

# overweight and obesity

## OKLAHOMA YOUTH RISK BEHAVIOR SURVEY (YRBS) - 2011 RESULTS

### What is the problem?

The 2011 Oklahoma Youth Risk Behavior Survey indicates that among high school students:

#### Obesity

- 17% were obese.<sup>1</sup>

#### Overweight

- 16% were overweight.<sup>1</sup>

#### Unhealthy Dietary Behaviors

- 86% ate vegetables two or fewer times per day during the 7 days before the survey.
- 72% ate fruit one or fewer times per day during the 7 days before the survey.

#### Physical Inactivity

- 12% did not participate in at least 60 minutes of physical activity on any day during the 7 days before the survey.
- 30% watched television 3 or more hours per day on an average school day.
- 27% used computers 3 or more hours per day on an average school day for reasons other than school work.

### What are the solutions?

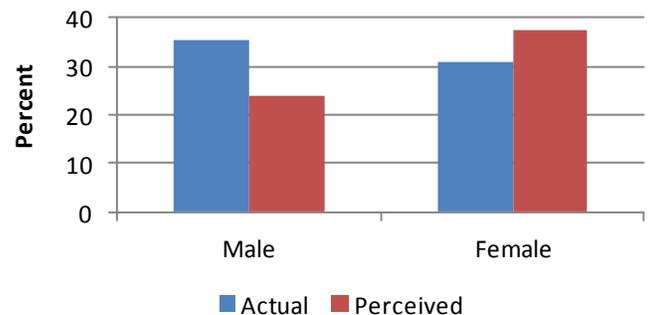
- Provide a variety of healthy cafeteria choices for students who have lunch on campus and replace vending machine options with healthier alternatives.
- Support legislation policies that provide health education, increased opportunity for physical activity, and quality nutrition in schools.
- Partner with the schools, local community coalitions, and county health departments to initiate community activities which promote physical activity, healthful eating, and overall wellness.
- Promote physical activity in schools by encouraging all students to participate in Physical Education.
- Encourage schools to participate in surveys, such as the YRBS, that assess risk-taking behaviors among youth.

1. Body Mass Index (BMI) is a measure of body fat using a person's height and weight. Obesity is defined as having a BMI > 95th percentile for body mass index, by age and sex, based on reference data. Overweight is defined as having a BMI above the 85th percentile but below the 95th percentile for body mass index.

36%....

of students drank a can, bottle, or glass of soda or pop at least one time per day during the 7 days before the survey (not including diet soda or diet pop)

Gender Differences between Actual Overweight Status based on BMI and Perceived Overweight Status based on Self Perception: Oklahoma YRBS 2011



63%...

of students did not attend any physical education (PE) classes in an average week when they were in school

For more information contact the Maternal and Child Health Service, MCH Assessment at (405) 271-6761 or visit URL: <http://yrbs.health.ok.gov>