

OKLAHOMA YOUTH RISK BEHAVIOR SURVEY 2007

Weight and Nutrition

Research shows eating a diet rich in fruits and vegetables is associated with decreasing the risk of certain cancers, cardiovascular disease, and stroke¹. It also appears to be associated with a decreased risk of being overweight. Calcium intake plays a critical role in maintaining healthy bones and staving off osteoporosis when ingested in the first two to three decades of life.¹ Unhealthy habits in youth often carry into adulthood and negatively impact health. Nationally, Oklahoma tied for sixth worst in the nation for the prevalence of obesity according to the 2007 United Health Foundation Report.² Data from the 2007 Behavioral Risk Factor Surveillance System (BRFSS) show Oklahoma is ranked 50th in the nation for fruit and vegetable consumption.³ In 2003-2004, 17% of adolescents aged 12-19 were overweight or obese, a percentage three times higher than between the years 1976-1980.¹ Being overweight during adolescence can have profound consequences, including diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.¹ Eating disorders, which include anorexia, bulimia, binge-eating disorder, and their variants affect eight million Americans every year.⁴ This issue offers information regarding weight and nutrition behaviors among Oklahoma's public high school students.

Volume 1 Issue 1

2007 YRBS Findings:

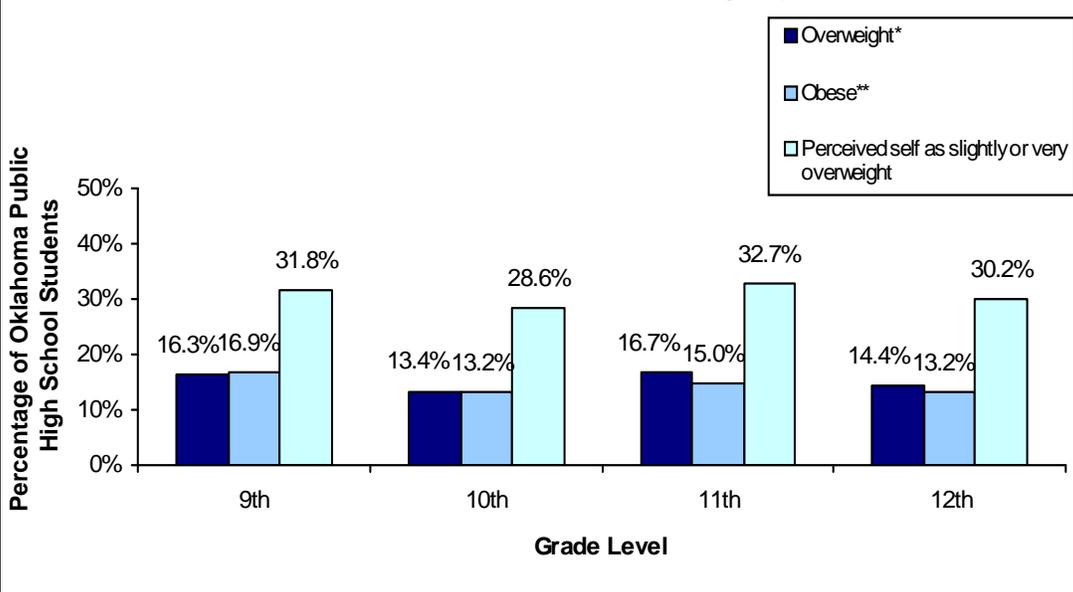
14.7% of Oklahoma's high school students were obese.

An additional 15.2% of Oklahoma's high school students were overweight.

Among Oklahoma high school students, 30.8% perceived themselves as slightly or very overweight.

Only 15.6% of Oklahoma's high school students consumed five or more servings of fruits and vegetables per day.

Oklahoma YRBS 2007: Perceived and Actual Overweight by Grade Level



◆ Ninth graders had the highest percentage of obesity compared to all other grades.

◆ Eleventh graders reported the highest percentage of perceiving themselves as being overweight compared to all other grades.

* At or above the 85th percentile, but below the 95th percentile for body mass index for age and sex.

** At or above the 95th percentile for body mass index for age and sex

The Youth Risk Behavior Survey (YRBS) was developed by the Division of Adolescent and School Health (DASH), National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention (CDC). The YRBS is administered to students in grades 9-12 who attend Oklahoma public high schools. The survey is administered every odd year. It serves to monitor risk behaviors among adolescents that are the leading contributors of mortality, morbidity, and social problems among youth and adults. The behaviors covered in the YRBS fall into six categories: intentional and unintentional injury, tobacco use, alcohol and other drug use, sexual behaviors, dietary behaviors and physical activity. All data are self-reported. Data in this report were provided by the CDC. The data in this report are statistically weighted to represent all Oklahoma public high school students. The results presented reflect observed rates and do not necessarily represent statistically significant differences.

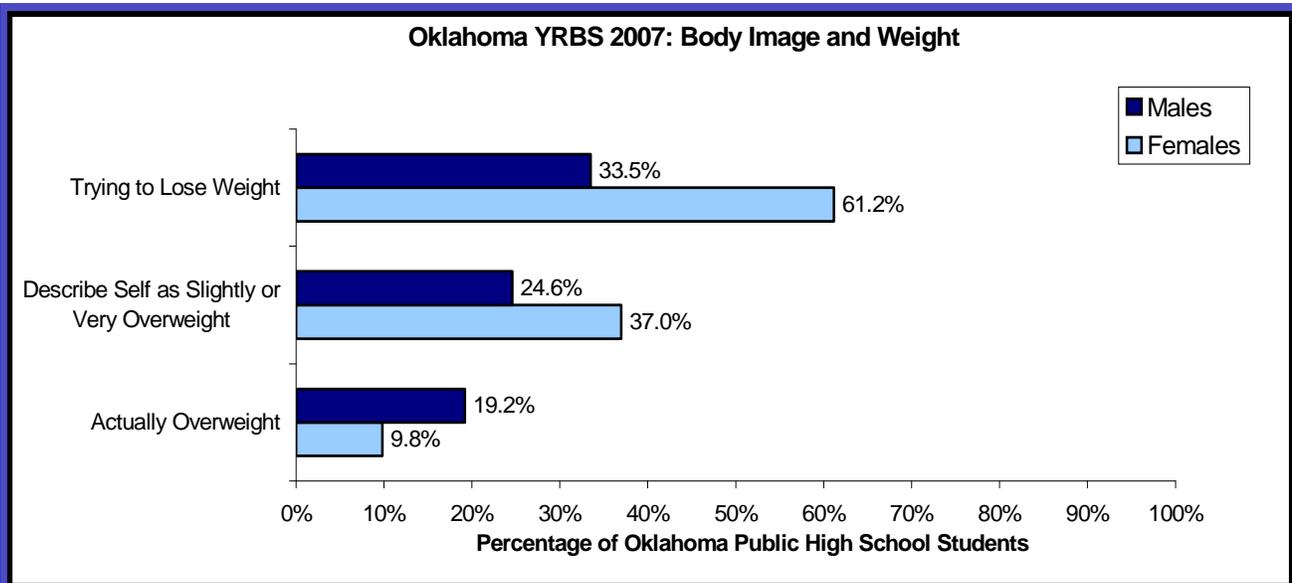
Funding for the YRBS project is provided in part by the CDC, (Grant Number U87/CCU622647-04-05), Title V Maternal and Child Health Block Grant, Maternal and Child Health Bureau, Department of Health and Human Services (Grant Number B04MC08929). This publication, printed by the Oklahoma State Department of Health, was authorized by Rocky McElvany, MS., Interim Commissioner of Health. Five hundred copies were printed in March, 2009 at a cost of \$145. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries. For more information regarding the YRBS, contact the Maternal and Child Health Service at (405) 271-6761.



Oklahoma State
Department of Health

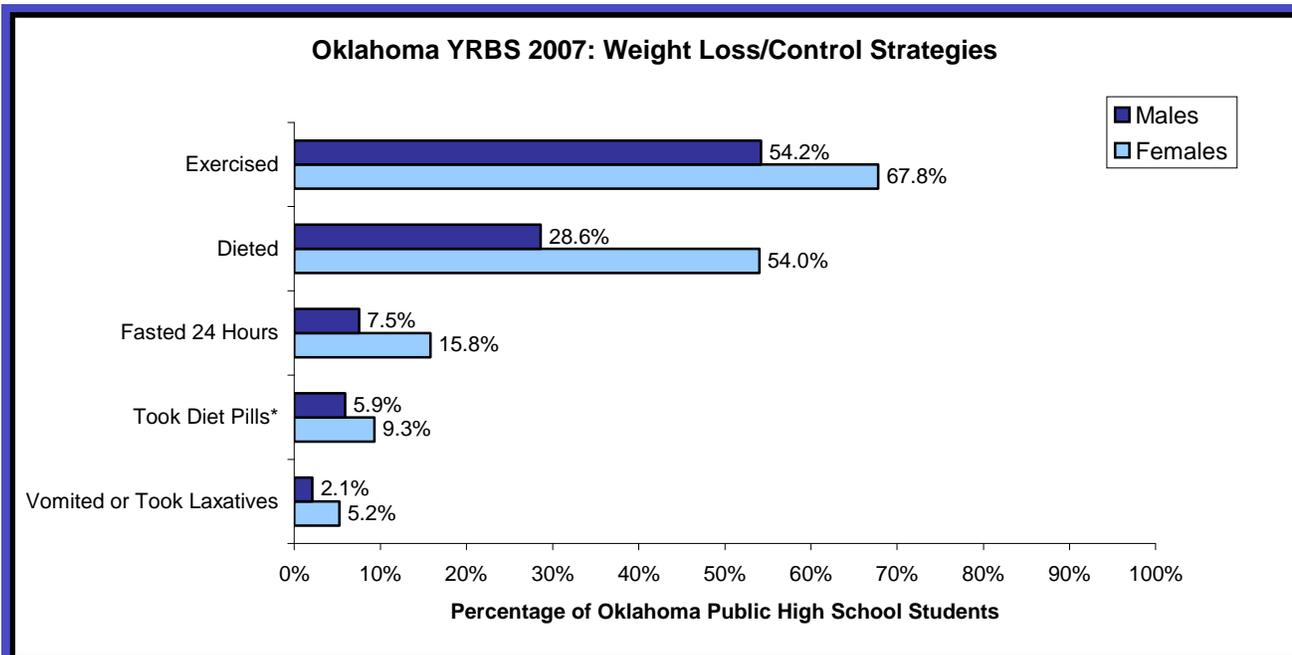
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Oklahoma YRBS 2007 Results for Weight



◆ Males were overweight almost two times more than females.

◆ Females reported higher percentages of describing themselves as slightly or very overweight. Compared to males, almost twice as many females reported they were trying to lose weight.

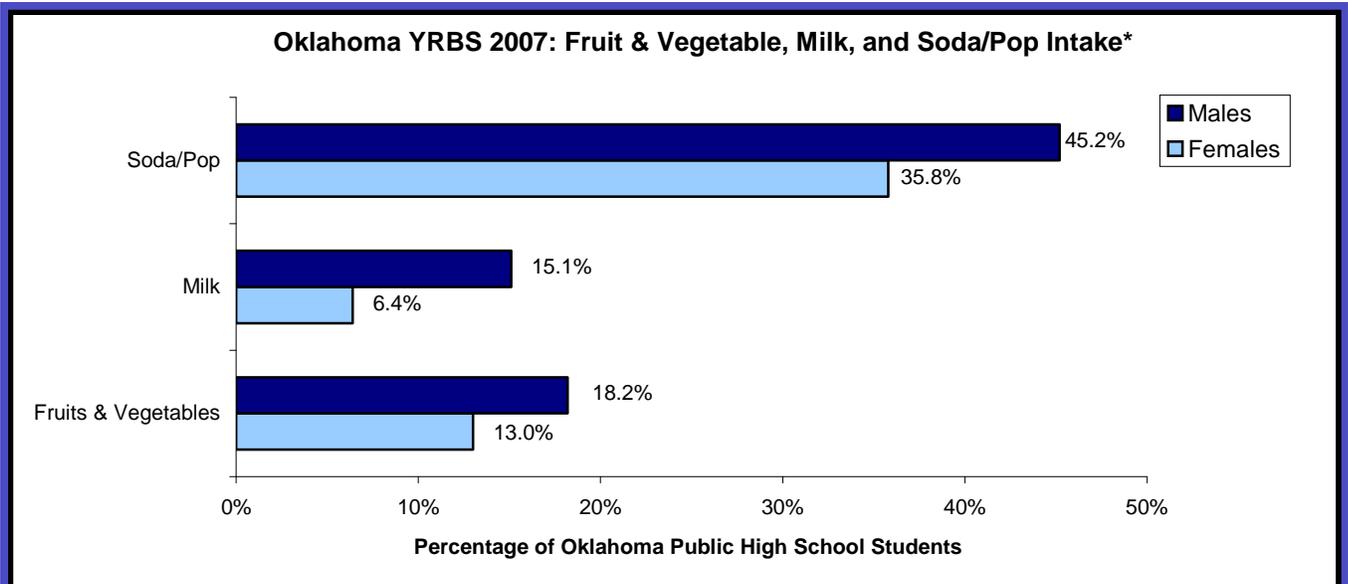


◆ Exercising was the method used most to control weight.

◆ Females reported a higher percentage than males of engaging in weight loss behaviors such as exercising, dieting, fasting, consuming diet pills, vomiting, or taking laxatives to control weight.

*Without a doctor's advice

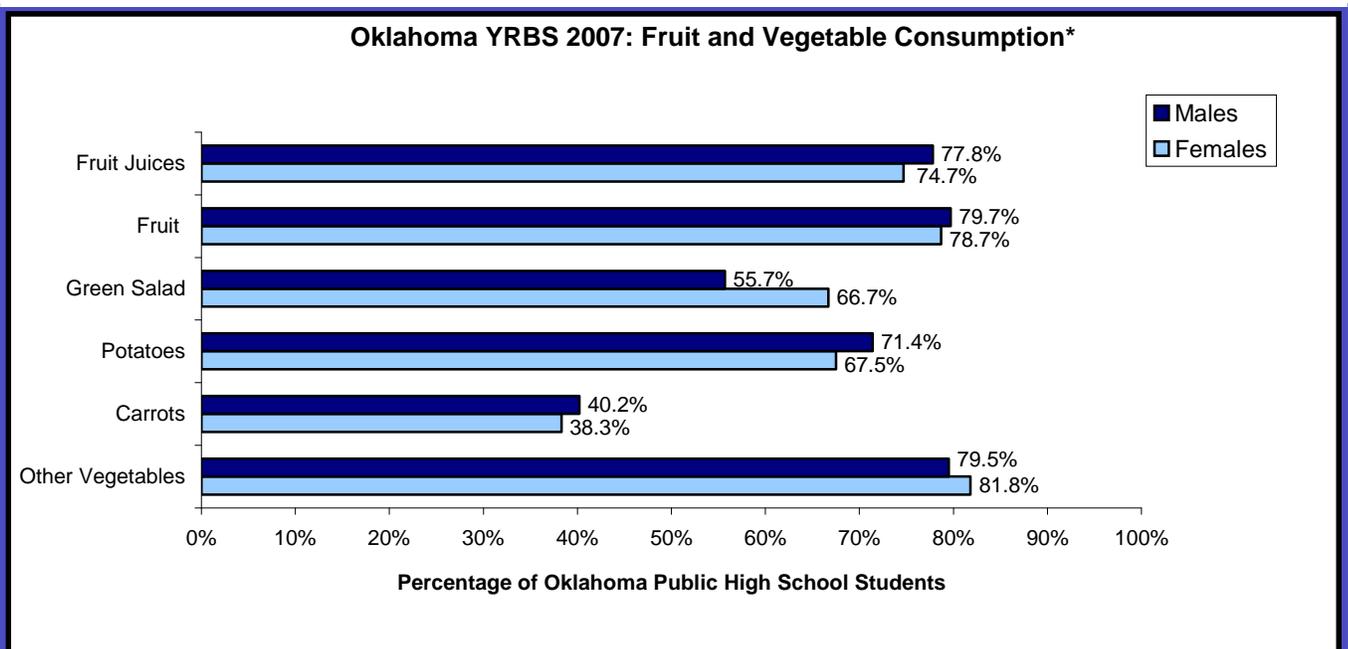
Oklahoma YRBS 2007 Results for Nutrition



◆ Males reported a higher percentage than females in consuming milk, fruits, and vegetables.

◆ Females reported a lower percentage than males in drinking soda/pop.

* Fruit and vegetable intake was measured as five or more times per day during the past seven days. Milk intake was measured as three or more glasses per day.



◆ Males reported a higher percentage of consuming fruit juices, other fruit, potatoes, and carrots than females.

◆ Females reported a higher percentage of consuming green salad and other vegetables** compared to males.

*One or more days during the past seven days.

** "Other vegetables" was an answer option on the survey.

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Summary Table

SURVEY QUESTION	National % 2007	OK % 2007	GENDER %		GRADE %				Trends %		
			M	F	9	10	11	12	2003	2005	2007
Students who were overweight	15.8	15.2	13.7	16.8	16.3	13.4	16.7	14.4	14.2	15.9	15.2
Students who were obese	13.0	14.7	19.2	9.8	16.9	13.2	15.0	13.2	11.1	15.2	14.7
Students who described themselves as slightly or very overweight	29.3	30.8	24.6	37.0	31.8	28.6	32.7	30.2	30.7	30.9	30.8
Students who were trying to lose	45.2	46.9	33.5	61.2	49.0	45.5	47.4	45.5	44.3	46.7	46.9
Exercised to lose weight or to keep from gaining weight during the past	60.9	60.8	54.2	67.8	67.3	60.9	57.9	56.1	59.1	58.8	60.8
Ate less food, fewer calories, or food low in fat to lose weight or to keep from gaining weight during	40.6	41.0	28.6	54.0	43.7	38.4	42.4	39.4	42.6	41.2	41.0
Went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30	11.8	11.6	7.5	15.8	12.1	13.4	10.9	9.3	13.1	11.8	11.6
Vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days	4.3	3.6	2.1	5.2	3.2	4.9	1.8	4.2	4.7	4.0	3.6
Took diet pills, powders, or liquids without a doctor's advice to lose weight or keep from gaining weight during the past 30 days	5.9	7.5	5.9	9.3	6.3	6.9	7.9	9.2	9.0	7.2	7.5
Drank 100% fruit juices one or more times during the past 7 days	80.3	76.3	77.8	74.7	77.1	77.8	76.6	73.0	74.6	75.9	76.3
Ate fruit one or more times during the past 7 days	85.3	79.1	79.7	78.7	78.6	80.8	77.4	79.7	80.4	78.8	79.1
Ate green salad one or more times during the past 7 days	64.1	61.2	55.7	66.7	56.8	58.7	64.2	66.7	66.4	61.7	61.2
Ate potatoes one or more times during the past 7 days	69.1	69.5	71.4	67.5	66.4	66.6	75.6	69.9	68.8	70.6	69.5
Ate carrots one or more times during the past 7 days	46.3	39.2	40.2	38.3	39.6	40.7	37.5	38.5	38.5	39.7	39.2
Ate other vegetables one or more times during the past 7 days	82.4	80.6	79.5	81.8	80.8	80.9	78.0	82.8	83.1	79.4	80.6
Ate 5 or more servings per day of fruit and vegetables during the past	21.4	15.7	18.2	13.0	15.9	16.5	16.1	14.0	14.3	15.9	15.7
Drank a can, bottle, or glass of soda/pop one or more times during	33.8	40.7	45.2	35.8	39.3	40.9	43.2	39.6	Not asked	Not asked	40.7
Drank three or more glasses of milk per day during the past 7 days	14.1	10.8	14.1	6.4	12.7	11.3	10.3	8.0	12.6	14.5	10.8

1. Centers for Disease Control and Prevention. (2007). *Handbook for Conducting Youth Risk Behavior Surveys 2007*. Division of Adolescent and School Health.

2. United Health Foundation. (2007) *Prevalence of obesity summary*. Retrieved electronically from: <http://www.unitedhealthfoundation.org/ahr2007/obesity.html#Table23>

3. Centers for Disease Control and Prevention (2007) . *Behavioral Risk Factor Surveillance Survey prevalence data summary; fruits and vegetables 2007*. Retrieved electronically from: <http://apps.nccd.cdc.gov/brfss/list.asp?cat=FV&yr=2007&qkey=4415&state=All>

4. Duyff, R.L.(2006). *American Dietetic Association: Complete Food and Nutrition Guide 3rd Edition*. Hoboken, New Jersey: John Wiley and Sons Incorporated.