

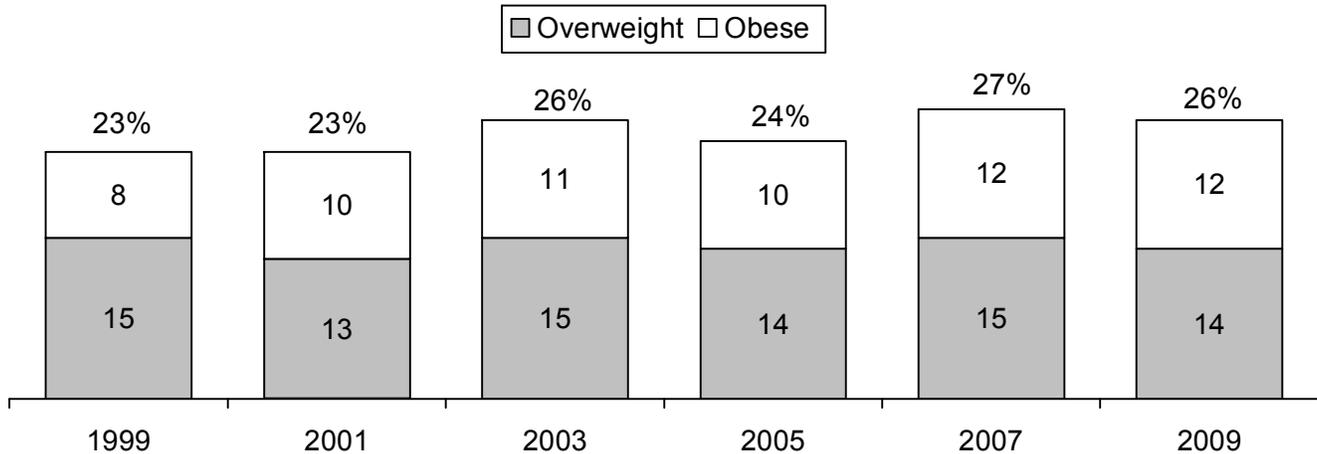
Vermont Youth Risk Behavior Survey

Data Brief

Obesity

In 2009, 26% of Vermont students in eighth through twelfth grade were overweight or obese¹. Males (31%) were significantly more likely than females (21%) to be overweight or obese. There were no significant differences by grade or race/ethnicity. Obesity rates are stable over time. The trend is not significantly different and there are no significant differences between years.

Percent of students in grades 8-12 classified as overweight or obese, 1999-2009



Nutrition

Students who were overweight and obese were less likely to report consuming breakfast daily or the recommended number of daily fruit servings, and were more likely to consume soda. Other comparisons were not significantly different.

	Overweight and obese	Not overweight or obese
Eat breakfast on:		
7 of past 7 days	37%	45%
3 of past 7 days	73%	78%
0 of past 7 days	10%	8%
Fruit and vegetable consumption, per day, in past 7 days:		
2+ servings fruit	30%	35%
3+ servings vegetables	14%	15%
5+ servings combined	21%	23%
1+ servings milk per day in past 7 days	58%	58%
1+ servings soda per day in past 7 days	24%	20%

¹ Classifications of overweight and obese in the Youth Risk Behavior Survey are based on body mass index (BMI) calculated from students' self-reported height and weight. Obese students have a BMI \geq 95th percentile for age and sex. Overweight students have a BMI \geq 85th percentile but $<$ 95th percentile.

Physical Activity

Overweight and obese students were more likely to watch TV, use the computer for fun, or play video games. Other comparisons were not significantly different.

	Overweight and obese	Not overweight or obese
Watch TV, use computer for fun, play video games on an average school day for:		
5+ hours	13%	8%
3+ hours	44%	36%
Physical activity for at least 60 minutes per day on:		
7 of past 7 days	21%	25%
5 of past 7 days	40%	48%
0 of past 7 days	12%	11%
Physical education classes on:		
5 of past 5 days	22%	18%
1+ of past 5 days	51%	47%

Other Weight Loss Behaviors

Overweight and obese students were more likely to report thinking they were overweight, and trying to lose weight. However, there were no differences in extreme weight loss measures by obesity status.

	Overweight and obese	Not overweight or obese
How would you describe your weight?		
Underweight	1%	16%
About the right weight	27%	71%
Overweight	72%	14%
What are you trying to do about your weight?		
Lose weight	71%	31%
Gain weight	3%	14%
Stay the same weight	12%	24%
Not trying to do anything	14%	30%
Extreme weight loss measures		
Vomited to lose weight in past 30 days	3%	3%
Took diet pills, powders, or liquids without a doctor's advice	2%	2%

For more information on the YRBS, contact Erika Edwards, Ph.D., M.P.H. (802-863-7246; erika.edwards@ahs.state.vt.us).

For the Data Brief archive, visit: http://www.healthvermont.gov/research/yrbs/data_briefs.aspx