

# Overweight and Obesity among High School Students in Vermont

## Physical Activity and Nutrition (2 of 3)

### Vermont 2013 Youth Risk Behavior Survey

#### Obesity

The past 30 years have seen an increase in overweight and obesity rates among adolescents in the U.S.<sup>1,2</sup> The immediate and long term health effects of this increase are a cause for concern.

According to the Centers for Disease Control and Prevention (CDC), healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases.

The Centers for Disease Control (CDC) defines child and adolescent obesity and overweight as:

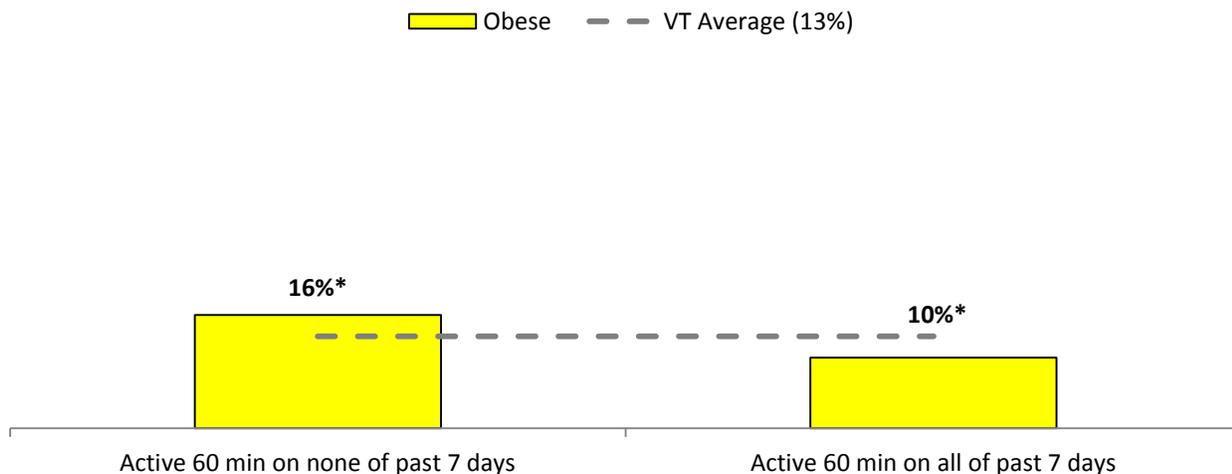
- **Overweight** is defined as a BMI<sup>3</sup> at or above the 85th percentile and lower than the 95th percentile for children of the same age and sex.
- **Obesity** is defined as a BMI at or above the 95th percentile for children of the same age and sex.

The Vermont Youth Risk Behavior Survey (YRBS) asks high school students to report their weight and height. From this information, estimates for BMI are derived. The graphics below summarize findings regarding BMI and physical activity and nutrition measures using the 2013 YRBS survey. This is the second of three data briefs on this subject using 2013 data.

#### Physical Activity and Obesity

In 2013, high school students with 60 minutes of physical activity on all of the past 7 days were less likely to be obese compared to the Vermont average. Students who did not get 60 minutes of physical activity on any of the past 7 days were more likely to be obese compared to the Vermont average.

Percent of high school students who are obese by physical activity



\*Significantly different from the Vermont average based on 95 percent confidence intervals

Updated on 6/3/2014

Revised on 11/6/2015

<sup>1</sup> Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of obesity and trends in body mass index among US children and adolescents, 1999-2010. *Journal of the American Medical Association* 2012;307(5):483-490.

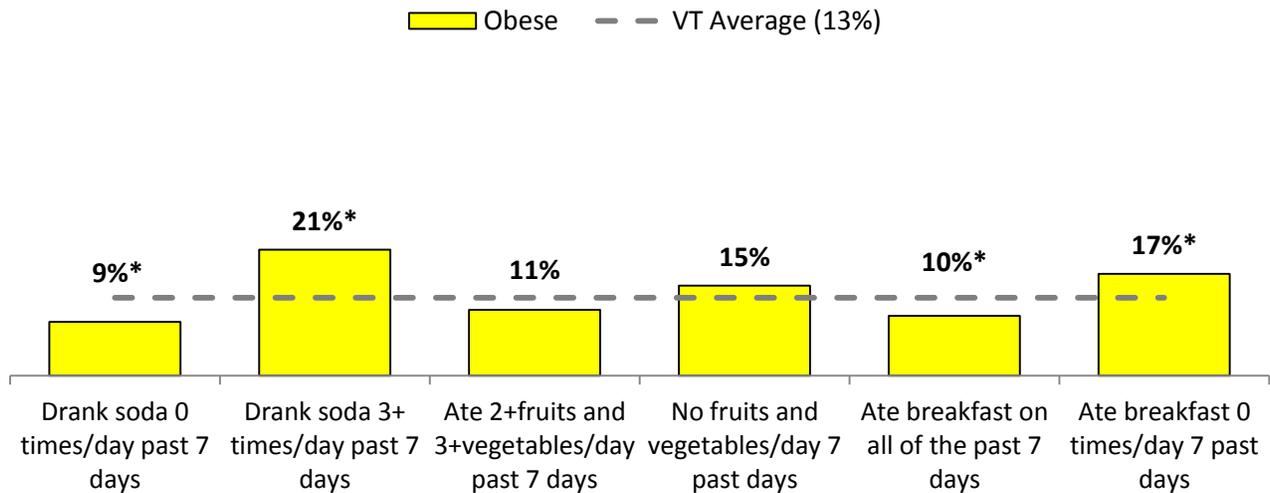
<sup>2</sup> National Center for Health Statistics. *Health, United States, 2011: With Special Features on Socioeconomic Status and Health*. Hyattsville, MD; U.S. Department of Health and Human Services; 2012.

<sup>3</sup> Body mass index(BMI)=weight(kilograms)/height(meters)<sup>2</sup>

## Nutrition and Obesity

In 2013, high school students who did not consume soda in the last week were half as likely to report being obese compared to students who reported drinking soda three times a day – both groups were significantly different from the Vermont average. Students who reported eating the recommended amount of fruits and vegetables were not significantly less likely to report being obese compared to the Vermont average. Students who reported eating breakfast on all of the past seven days were less likely to report being obese, and those who reported eating breakfast on none of the past seven days were more likely to report being obese compared to the Vermont average.

Percent of high school students who are obese by nutrition factors

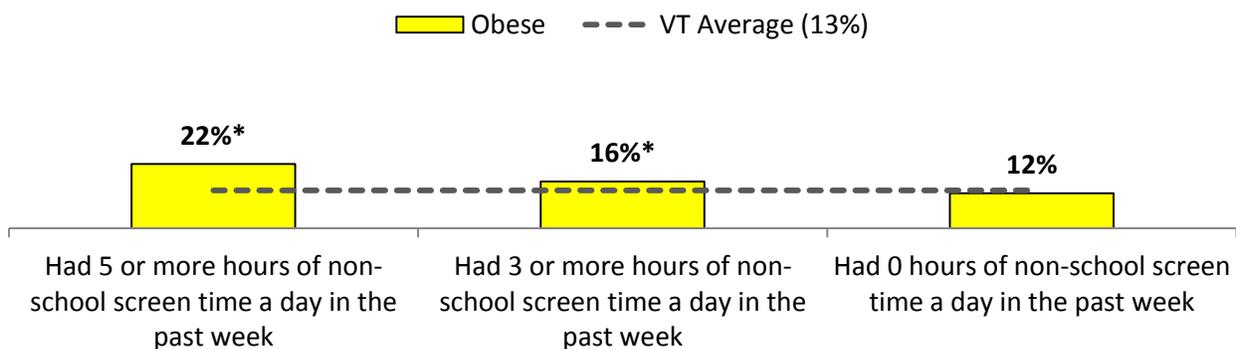


\*Significantly different from the Vermont average based on 95 percent confidence intervals

## Screen Time and Obesity

Students who reported three or more hours of watching TV, playing video games, or using a computer for something not related to school work were more likely to be obese compared to the Vermont average. Students who reported no hours of non-school screen time per day were not significantly different from the Vermont average.

Percent of high school students who are obese by average daily number of hours spent using a screen not for school work



\*Significantly different from the Vermont average based on 95 percent confidence intervals

For more information, contact Kristen Murray, PhD ([kristen.murray@vermont.gov](mailto:kristen.murray@vermont.gov); 802-863-7276). For the YRBS Data Brief Archive, visit: [http://www.healthvermont.gov/research/yrbs/data\\_briefs.aspx](http://www.healthvermont.gov/research/yrbs/data_briefs.aspx)