



# YRBSS

National Youth Risk Behavior Survey: 1991-2005

## Trends in the Prevalence of Dietary Behaviors and Weight Control Practices

### What Is the National Youth Risk Behavior Survey (YRBS)?

The national YRBS monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9<sup>th</sup> through 12<sup>th</sup> grade students in public and private schools throughout the United States.

1991	1993	1995	1997	1999	2001	2003	2005	Changes from 1991 – 2005 <sup>1</sup>	Change from 2003 – 2005 <sup>2</sup>
<b>Ate fruits and vegetables ≥ 5 times per day</b> (100% fruit juice, fruit, green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables during the 7 days preceding the survey.)									
NA <sup>3</sup>	NA	NA	NA	23.9 (±1.7) <sup>4</sup>	21.4 (±1.3)	22.0 (±1.4)	20.1 (±1.4)	Decreased, 1999 – 2005	No change
<b>Drank ≥ 3 glasses of milk per day</b> (During the 7 days preceding the survey.)									
NA	NA	NA	NA	18.0 (±1.8)	16.4 (±1.3)	17.1 (±2.7)	16.2 (±1.7)	No change, 1999 – 2005	No change
<b>Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight</b> (During the 30 days preceding the survey.)									
NA	NA	NA	NA	40.4 (±1.7)	43.8 (±1.8)	42.2 (±1.5)	40.7 (±1.2)	No change, 1999 – 2005	No change
<b>Exercised to lose weight or to keep from gaining weight</b> (During the 30 days preceding the survey.)									
NA	NA	51.0 (±1.3)	51.5 (±1.7)	58.4 (±1.8)	59.9 (±1.5)	57.1 (±3.2)	60.0 (±1.4)	Increased, 1995 – 2001 No change, 2001 – 2005	No change
<b>Went without eating for ≥ 24 hours to lose weight or to keep from gaining weight</b> (During the 30 days preceding the survey.)									
NA	NA	NA	NA	12.6 (±1.3)	13.5 (±1.1)	13.3 (±1.1)	12.3 (±0.9)	No change, 1999 – 2005	No change
<b>Vomited or took laxatives to lose weight or to keep from gaining weight</b> (During the 30 days preceding the survey.)									
NA	NA	4.8 (±0.7)	4.5 (±0.6)	4.8 (±0.7)	5.4 (±0.6)	6.0 (±1.2)	4.5 (±0.5)	No change, 1995 – 2005	Decreased

<sup>1</sup> Based on linear and quadratic trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade.

<sup>2</sup> Based on t-test analyses.

<sup>3</sup> Not available.

<sup>4</sup> 95% confidence interval.

Where can I get more information? Visit <http://www.cdc.gov/yrbss> or call 800-CDC-INFO (800-232-4636).



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