



Trends in the Prevalence of Obesity, Dietary Behaviors, and Weight Control Practices National YRBS: 1991–2007

The national Youth Risk Behavior Survey (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 9th through 12th grade students in public and private schools throughout the United States.

| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | Changes from 1991–2007 ¹ | Change from 2005–2007 ² |
|---|---------------------|---------------------|---------------------|---------------------------------|---------------------|---------------------|---------------------|---------------------|--|------------------------------------|
| Were obese³ (Students who were \geq 95 th percentile for body mass index, by age and sex, based on reference data.) | | | | | | | | | | |
| NA ⁴ | NA | NA | NA | 10.7 (9.6–12.0) ⁵ | 10.5 (9.5–11.5) | 12.1 (10.8–13.6) | 13.1 (12.2–14.0) | 13.0 (11.9–14.1) | Increased, 1999–2007 | No change |
| Ate fruits and vegetables five or more times per day (100% fruit juices, fruit, green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables during the 7 days before the survey.) | | | | | | | | | | |
| NA | NA | NA | NA | 23.9 (22.2–25.6) | 21.4 (20.1–22.8) | 22.0 (20.6–23.6) | 20.1 (18.6–21.6) | 21.4 (19.8–23.1) | Decreased, 1999–2007 | No change |
| Drank three or more glasses per day of milk (During the 7 days before the survey.) | | | | | | | | | | |
| NA | NA | NA | NA | 18.0 (16.2–19.9) | 16.4 (15.1–17.8) | 17.1 (14.5–20.1) | 16.2 (14.5–18.1) | 14.1 (12.4–16.0) | Decreased, 1999–2007 | No change |
| Were trying to lose weight | | | | | | | | | | |
| 41.8 (39.6–44.0) | 40.3 (38.7–42.0) | 41.4 (39.8–42.9) | 39.7 (38.0–41.5) | 42.7 (41.1–44.3) | 46.0 (44.3–47.7) | 43.8 (41.1–46.4) | 45.6 (44.4–46.8) | 45.2 (43.8–46.7) | Increased, 1991–2007 | No change |
| Did not eat for 24 or more hours to lose weight or to keep from gaining weight (During the 30 days before the survey.) | | | | | | | | | | |
| NA | NA | NA | NA | 12.6 (11.3–14.0) | 13.5 (12.4–14.6) | 13.3 (12.2–14.5) | 12.3 (11.4–13.3) | 11.8 (11.0–12.6) | No change, 1999–2007 | No change |
| Vomited or took laxatives to lose weight or to keep from gaining weight (During the 30 days before the survey.) | | | | | | | | | | |
| NA | NA | 4.8 (4.1–5.6) | 4.5 (4.0–5.2) | 4.8 (4.2–5.6) | 5.4 (4.9–6.0) | 6.0 (4.9–7.4) | 4.5 (4.0–5.0) | 4.3 (3.7–5.0) | No change, 1995–2003 Decreased, 2003–2007 | No change |

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

² Based on t-test analyses, $p < .05$.

³ Previous YRBS fact sheets used the term "overweight" to describe those youth with a BMI \geq 95th percentile for age and sex. However, this fact sheet uses the term "obese" rather than "overweight" in accordance with the 2007 recommendations from the Expert Committee on the Assessment, Prevention, and Treatment of Child and Adolescent Overweight and Obesity convened by the American Medical Association (AMA) and cofunded by AMA in collaboration with the Health Resources and Services Administration and CDC.

⁴ Not available.

⁵ 95% confidence interval.



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Visit <http://www.cdc.gov/yrbss> or call 800-CDC-INFO (800-232-4636).

