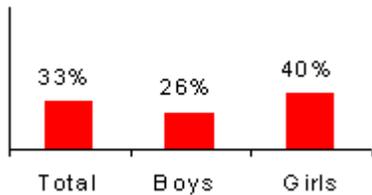


NUTRITION & OVERWEIGHT

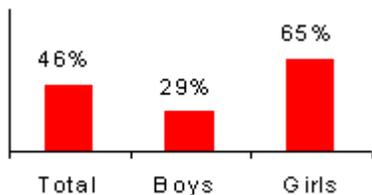
WHO'S OVERWEIGHT?

NDE Grade 9-12 2005 Youth Risk Behavior Survey (YRBS)

Percentage of students who describe themselves as slightly or very overweight

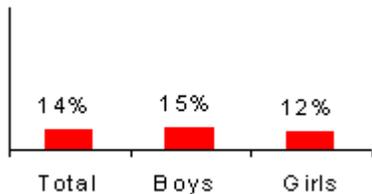


Percentage of students trying to lose weight

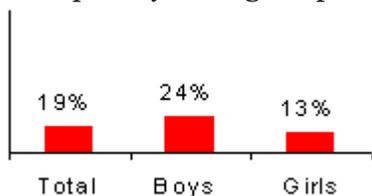


WHAT ARE KIDS EATING?

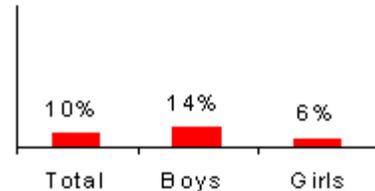
Percentage of students who ate 5 or more servings of fruits and vegetables per day during the past 7 days



Percentage of students who drank 3 or more glasses of milk per day during the past 7 days



Percentage of students who drank 32 or more ounces of soda per day during the past 7 days



HOW STUDENTS MANAGE WEIGHT

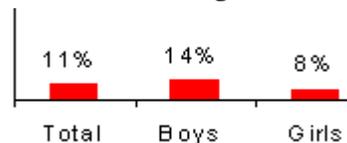
- Among the 46% of Nebraska high school students trying to lose weight, almost two in every three (63%) used the recommended weight loss methods of both diet and exercise to lose weight during the past 30 days.
- However, 17% of all students are trying to lose weight used one or more of these high-risk weight loss methods during the past 30 days: fasted for 24 hours or more, took diet pills or supplements without doctors advice or vomited or used laxatives.

IMPORTANCE OF THE ISSUE

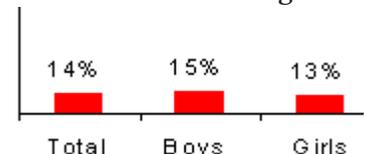
NDE Grade 9-12 2005 Youth Risk Behavior Survey (YRBS)

A body mass index (BMI), based on age, gender, height, and weight, determines whether a student is either overweight or at risk for overweight.

Overweight



At risk for overweight



NUTRITION IN SCHOOLS

NDE 2006 School Health Profile (SHP)
(6-12 Grade Public Schools)

TEACHING

Teachers taught the following in a required health education course:

- + Benefits of healthy eating 94%
- + Eating more fruits, vegetables, and grain products 89%
- + The MyPyramid food guidance 83%
- + Choosing and preparing food with less salt 82%
- + Using food labels 81%
- + Keeping food safe to eat 77%

ENVIRONMENT

- Foods in schools with vending machines/canteens/snack bars:
 - + Soft drinks/juice/sports drinks 98%
 - + Bottled water 92%
 - + 100% fruit juice 73%
 - + Salty snacks (low fat) 61%
 - + Non-chocolate candy 54%
 - + Salty snacks (not low fat) 54%
 - + Low fat baked goods 53%
 - + Chocolate candy 52%
 - + Fruits and vegetables 20%
- 11% of schools have a policy to offer fruits or vegetables at school functions.
- 65% of schools allow students to purchase snack foods or beverages before school; 48% during school hours when meals are not being served; and 17% allow snack food purchases during the lunch period.

TEACHERS

- During the past two years, 30% of lead health education teachers **participated** in a staff development activity about nutrition and dietary behavior.
- 57% **would like** staff development activities about nutrition and dietary behavior.

National Objectives

By 2010 . . .

Increase to 75% the proportion of persons who consume at least two servings of fruit daily.

- ✓ In Nebraska, 13% of students in grades 9-12 ate fruit two or more times daily (2005 YRBS).

Increase to 50% the proportion of persons who consume at least three servings of vegetables daily.

- ✓ In Nebraska, 9% of students in grades 9-12 ate green salad once or more daily; 7% ate potatoes once or more daily; 5% ate carrots once or more daily; and 16% ate other vegetables once or more daily (2005 YRBS).

Reduce the proportion of adolescents who are overweight or obese to 5%

- ✓ In Nebraska, 1 in every 4 students (25%) in grades 9-12 is either at risk for overweight or overweight (2005 YRBS).

WHAT CAN WE DO?

- Improve the quality of foods and beverages sold within school lunchrooms and vending machines.
- Adopt policies requiring that healthy food alternatives (such as fruits and vegetables) be available at school-related functions.
- Increase the number of schools with a school breakfast program.

FOR MORE INFORMATION . . .

- NDHHS - Nutrition and Activity for Health
(402) 471-2101
www.dhhs.ne.gov/hew/hpe/nafh
- NDE - Health/Physical Education/HIV Prevention
(402) 471-4352; (402) 471-2109
www.nde.state.ne.us/pehealth/index.html