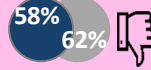


Weight & Nutrition

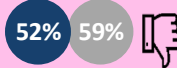
Youth in Nebraska

The % of Nebraska high school students who ate/drank certain foods **DAILY** in the week before the survey decreased between **2010** and **2021**.

Eat vegetables



Eat fruit



Drink milk



Drink soda

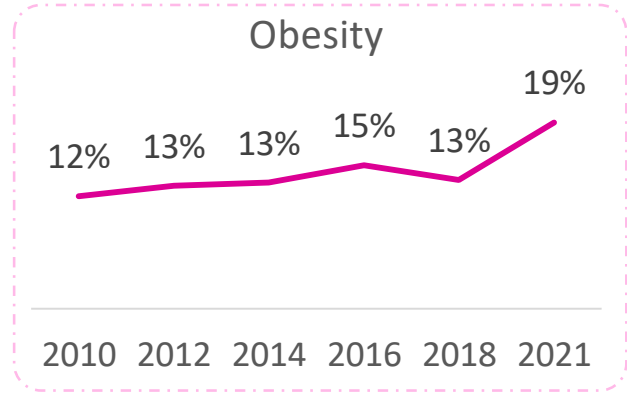


Drink sports drinks



15% of students were overweight**

19% were obese**, a 50% increase in the last decade



One out of Three students (33%) considered themselves to be overweight



Girls were more likely than boys to be overweight

19% girls vs. 12% boys but boys were more likely to be obese
16% girls vs. 22% boys.

Hispanic students were almost 2x as likely to be obese as non-Hispanic students

30% Hispanic vs. 16% non-Hispanic.

**BMI calculated from self-reported height and weight. Overweight is \geq 85th percentile but $<$ 95th percentile for body mass index. Obese is \geq 95th percentile

One out of five students (21%) did NOT eat breakfast in the past week.



27% ate breakfast daily

Daily breakfast was less common for students who:

- felt sad/hopeless (12% vs. 35% who were happier)
- had considered suicide (11% vs. 30% had not)
- used substances like alcohol or marijuana in the previous 30 days (15% vs. 30% who abstained)
- reported Adverse Childhood Experiences* (18% vs 35% who had none)

*ACEs Indicators included in the YRBS:

- Ever lived with someone who was depressed, mentally ill, or suicidal
- Ever lived with someone who was having a problem with alcohol or drug use
- Ever been separated from a parent/guardian because they went to prison, jail, or a detention center
- Usually did not sleep in their parent's/guardian's home
- A parent or other adult in their home frequently swore at them, insulted them, or put them down
- A parent or other adult in their home frequently hit, beat, kicked, or physically hurt them in any way
- Their parents or other adults in their home frequently slapped, hit, kicked, punched, or beat each other up



Flaticons by Freepik

Data from the Nebraska 2021 Youth Risk Behavior Survey (YRBS). Weighted data, n=675. Funded by CDC-PS18-1807, "Promoting Adolescent Health through School-Based HIV Prevention."