

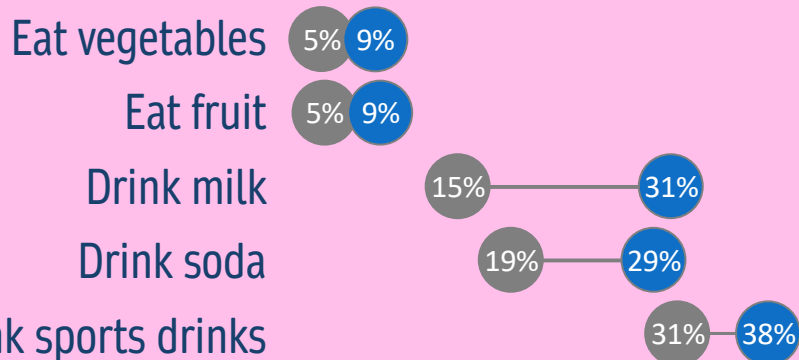


# Weight & Nutrition

## Youth in Nebraska

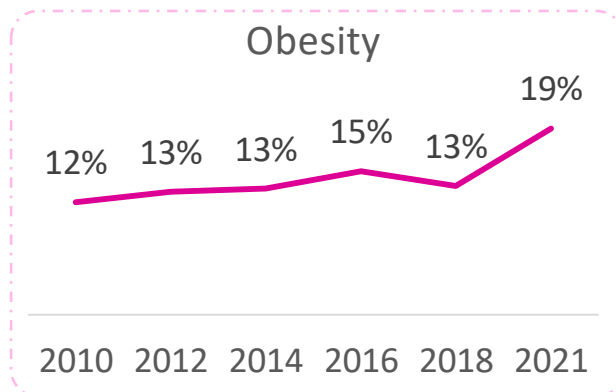
The % of Nebraska high school students who **did NOT** eat/drink certain foods in the week before the survey increased between **2010** and **2021**.

Including:  fewer fruits/vegetables and less milk  
 less soda and 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 >= 85th percentile but <95th percentile for body mass index. Obese is >= 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). Funded by CDC-PS18-1807, "Promoting Adolescent Health through School-Based HIV Prevention. Weighted n=97,885