

HIGH SCHOOL

(N = 5,108)

Diet

During the seven days before the survey:



93.3%
ate vegetables
and



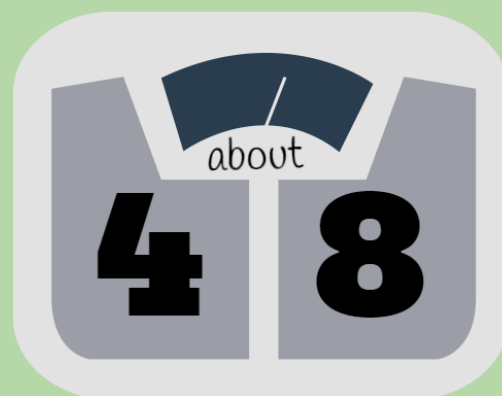
95.0%
ate fruit or drank
100% fruit juices.

56.9%
ate vegetables one or
more times per day.

**How many
times per
day?**

58.4%
ate fruit or drank 100% fruit
juices one or more times
per day.

Weight



4 8
percent were trying to
lose weight.



35.7%
of males



61.3%
of females

Physical Activity vs. Inactivity



49.9%

were physically
active at least 60
minutes per day on
five or more days.

** Physical activity includes any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey.



38.3%

played video or
computer games or
used a computer
for three or more
hours per day on a
school day.



22.9%

watched television
for three or more
hours per day on a
school day.

WHAT WE CAN DO

- ✓ Increase the availability of fruits and vegetables at school to increase fruit and vegetable intake per day.
- ✓ Encourage the involvement of students in extracurricular activities. For example, joining a little league or basketball team, or gymnastics center.
- ✓ Talk to students about body image and body shaming.
- ✓ Involve parents and communities in efforts to improve student health.



DATA Source: The Nevada Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of morbidity and mortality among youth. The survey asks students to self-report their behaviors in six major areas of health which include: unintentional injuries and violence, sexual behaviors, tobacco use, alcohol and other drug use, unhealthy dietary behaviors, and physical inactivity.

For more information, please visit: <http://dpbh.nv.gov/>.

