Diet, Physical Activity, and Weight Facts

2015 NEVADA YRBS

HIGH SCHOOL

(N = 5,108)

Diet

During the seven days before the survey:

- 93.3% ate vegetables one or more times per day.
- 95.0% ate fruit or drank 100% fruit juices.

How many times per day?

- 56.9% ate vegetables one or more times per day.
- 58.4% ate fruit or drank 100% fruit juices one or more times per day.

Weight

- About 48 percent were trying to lose weight.

Physical Activity vs. Inactivity

- 49.9% were physically active at least 60 minutes per day on five or more days.
- 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.

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.

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/.

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