

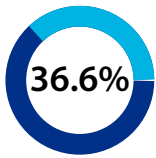


# YRBS Data Brief

Texas Youth Risk Behavior Survey

March 2018

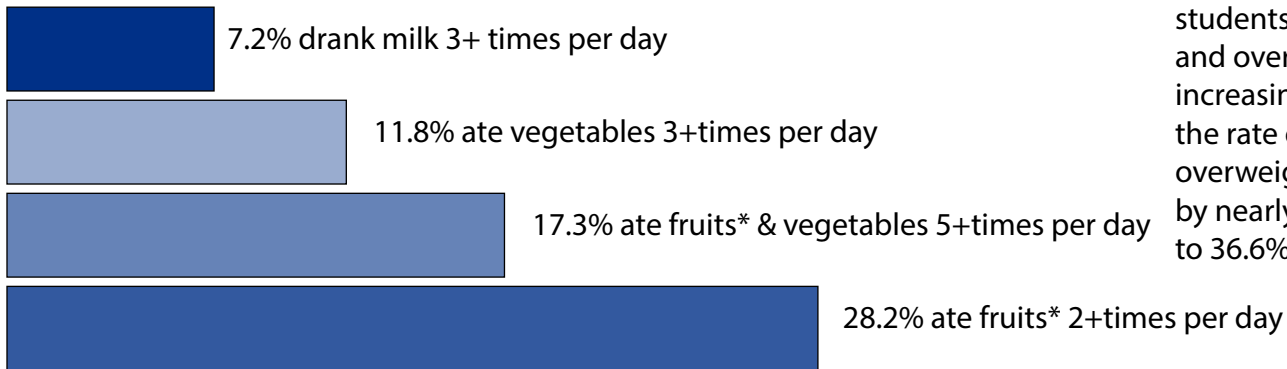
## Nutrition & Obesity



**36.6%** of Texas high school students are overweight or obese.

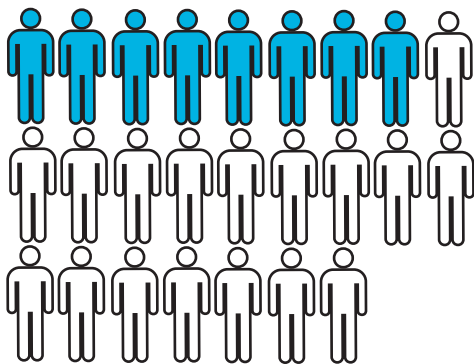
*Obese is defined as BMI greater than the 95th percentile. Overweight is defined as BMI greater than the 85th percentile but less than or equal to the 95th percentile.*

### Percentage of Texas High School Students Meeting Dietary Guidelines in their Eating over the Past 7 Days, Texas YRBS 2017



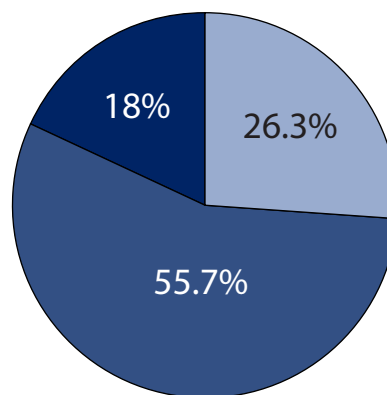
\* eating fruits includes drinking 100% fruit juice

Fruit and vegetable consumption is decreasing among Texas high school students while obesity and overweight are increasing. Since 2001, the rate of obese and overweight has increased by nearly 30%, from 28.6% to 36.6%.



In a class of 25 Texas high school students, less than 8 (31.5%) of them ate breakfast on all of the past 7 days.

### Frequency of Soda Consumption by Texas High School Students, Texas YRBS 2017



- 1 or more a day
- less than 1 a day
- never

Soda, along with other sugar sweetened beverages, is a leading source of added sugars in the American diet. Consumption is associated with weight gain/obesity and many diseases.

The Texas YRBS is a biennial survey of students in randomly selected public and charter high schools across Texas. For more information about the Texas Youth Risk Behavior Survey please visit: [www.dshs.texas.gov/chs/yrbs](http://www.dshs.texas.gov/chs/yrbs).



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