



# The Obesity Epidemic

## What is the problem?<sup>1</sup>

### Among high school students...

#### Overweight

- 13% are overweight<sup>2</sup>
- 15% are at risk for becoming overweight<sup>3</sup>

#### Physical Activity

- 39% had not participated in sufficient vigorous physical activity during the past 7 days
- 78% had not participated in sufficient moderate physical activity during the past 7 days
- 10% did not participate in any vigorous or moderate physical activity
- 53% were not enrolled in physical education class
- 70% did not attend physical education class daily

#### Unhealthy Dietary Behaviors

- 82% ate <5 servings of fruits and vegetables per day during the past 7 days

## What are the solutions?<sup>4</sup>

### Among middle/junior and senior high schools...

#### Health Education

- 48% of schools require 2 or more health education courses
- 80% of schools teach about developing an individualized physical activity plan
- 73% of schools teach 15 critical nutrition and dietary behavior topics

#### Physical Education

- 55% of schools require 2 or more physical education courses
- 89% of schools do not allow students to be exempt from taking required physical education for being enrolled in other courses or participating in school activities or sports
- 54% of schools offer students intramural activities or physical activity clubs

#### Food Service<sup>5</sup>

- 40% of schools have fruits and vegetables available for purchase
- 84% of schools have 100% fruit juice available for purchase
- 95% of schools have bottled water available for purchase
- 53% of schools do not allow students to purchase snack foods or beverages during school lunch periods



<sup>1</sup> 2003 Youth Risk Behavior Survey data representative of high school students in North Carolina.

<sup>2</sup>  $\geq$ 95th percentile for BMI by age and sex.

<sup>3</sup>  $\geq$ 85th percentile but <95th percentile for BMI by age and sex.

<sup>4</sup> 2004 School Health Profiles data representative of middle/junior and senior high schools in North Carolina.

<sup>5</sup> Among schools that allow students to purchase snack foods or beverages from vending machines or at the school store or snack bar.

