



Trends in the Prevalence of Obesity, Dietary Behaviors, and Weight Control Practices National YRBS: 1991–2009

The national Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	Changes from 1991 2009 ¹	Change from 2007 2009 ²
Obese (students who were \geq 95 th percentile for body mass index, by age and sex, based on reference data)											
NA ³	NA	NA	NA	10.7 (9.6–12.0) ⁴	10.5 (9.5–11.5)	12.1 (10.8–13.6)	13.1 (12.2–14.0)	13.0 (11.9–14.1)	12.0 (10.9–13.1)	Increased, 1999–2009	No change
Overweight (students who were \geq 85 th percentile but $<$ 95 th percentile for body mass index, by age and sex, based on reference data)											
NA	NA	NA	NA	14.4 (13.4–15.5)	13.6 (12.7–14.5)	14.8 (14.1–15.6)	15.7 (14.7–16.7)	15.8 (14.8–16.8)	15.8 (14.7–17.0)	Increased, 1999–2009	No change
Ate fruits and vegetables five or more times per day (100% fruit juices, fruit, green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables during the 7 days before the survey)											
NA	NA	NA	NA	23.9 (22.2–25.6)	21.4 (20.1–22.8)	22.0 (20.6–23.6)	20.1 (18.6–21.6)	21.4 (19.8–23.1)	22.3 (21.1–23.7)	Decreased, 1999–2005 No change, 2005–2009	No change
Ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)											
NA	NA	NA	NA	14.0 (12.6–15.5)	13.5 (12.6–14.6)	14.6 (13.2–16.1)	12.9 (11.9–14.0)	13.2 (12.2–14.5)	13.8 (12.9–14.8)	No change, 1999–2009	No change
Ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)											
NA	NA	NA	NA	34.8 (32.0–37.8)	31.8 (30.3–33.3)	31.9 (30.3–33.5)	30.1 (28.6–31.8)	32.2 (30.2–34.2)	33.9 (32.2–35.6)	Decreased, 1999–2005 Increased, 2005–2009	No change
Drank a can, bottle or glass of soda or pop at least one time per day (not including diet soda or diet pop, during the 7 days before the survey)											
NA	NA	NA	NA	NA	NA	NA	NA	33.8 (31.0–36.8)	29.2 (27.2–31.2)	Decreased, 2007–2009	Decreased
Went without eating for 24 hours or more to lose weight or to keep from gaining weight (during the 30 days before the survey)											

Where can I get more information? Visit www.cdc.gov/healthyyouth or call 800–CDC–INFO (800–232–4636).



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1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	Changes from 1991 2009 ¹	Change from 2007 2009 ²
NA	NA	NA	NA	12.6 (11.3–14.0)	13.5 (12.4–14.6)	13.3 (12.2–14.5)	12.3 (11.4–13.3)	11.8 (11.0–12.6)	10.6 (9.7–11.5)	No change, 1999–2001 Decreased, 2001–2009	Decreased
Vomited or took laxatives to lose weight or to keep from gaining weight (during the 30 days before the survey)											
NA	NA	4.8 (4.1–5.6)	4.5 (4.0–5.2)	4.8 (4.2–5.6)	5.4 (4.9–6.0)	6.0 (4.9–7.4)	4.5 (4.0–5.0)	4.3 (3.7–5.0)	4.0 (3.5–4.4)	No change, 1995–2003 Decreased, 2003–2009	No change

¹ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade.

² Based on t-test analyses, $p < 0.05$.

³ Not available.

⁴ 95% confidence interval.

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