



Trends in the Prevalence of Obesity, Dietary Behaviors, and Weight Control Practices

National YRBS: 1991–2013

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.

Percentages												Long term Change ¹	Change from 2011 2013 ²
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013		
Were obese (≥ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)													
— ³	—	—	—	10.6	10.5	12.0	13.0	12.8	11.8	13.0	13.7	Increased 1999–2013	No change
Were overweight (≥ 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)													
—	—	—	—	14.1	13.6	14.7	15.6	15.6	15.6	15.2	16.6	Increased 1999–2013	No change
Did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													
—	—	—	—	5.4	6.1	6.1	5.8	5.8	5.1	4.8	5.0	Decreased 1999–2013	No change
Ate fruit or drank 100% fruit juices three or more times per day (during the 7 days before the survey)													
—	—	—	—	24.9	21.6	21.1	19.8	21.3	22.9	22.4	21.9	Decreased 1999–2003 No change 2003–2013	No change
Did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
—	—	—	—	4.2	4.6	5.2	6.0	5.9	6.0	5.7	6.6	Increased 1999–2013	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)													
—	—	—	—	14.0	13.5	14.6	12.9	13.2	13.8	15.3	15.7	Increased 1999–2013 No change 1999–2007 Increased 2007–2013	No change

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



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Percentages												Long term Change ¹	Change from 2011 2013 ²
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013		
Did not drink milk (during the 7 days before the survey)													
—	—	—	—	17.0	16.4	16.6	16.5	18.2	17.3	17.3	19.4	Increased 1999–2013	No change
Drank three or more glasses per day of milk (during the 7 days before the survey)													
—	—	—	—	18.0	16.4	17.1	16.2	14.1	14.5	14.9	12.5	Decreased 1999–2013	Decreased
Did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)													
—	—	—	—	—	—	—	—	18.6	19.4	20.9	22.3	Increased 2007–2013	No change
Drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													
—	—	—	—	—	—	—	—	14.4	11.2	11.3	11.2	Decreased 2007–2013	No change
Did not eat breakfast (during the 7 days before the survey)													
—	—	—	—	—	—	—	—	—	—	13.1	13.7	No change 2011–2013	No change
Ate breakfast on all 7 days (during the 7 days before the survey)													
—	—	—	—	—	—	—	—	—	—	37.7	38.1	No change 2011–2013	No change
Did not eat for 24 or more hours to lose weight or keep from gaining weight (during the 30 days before the survey)													
—	—	—	—	12.6	13.5	13.3	12.3	11.8	10.6	12.2	13.0	No change 1999–2013	No change
Vomited or took laxatives to lose weight or to keep from gaining weight (during the 30 days before the survey)													
—	—	4.8	4.5	4.8	5.4	6.0	4.5	4.3	4.0	4.3	4.4	Decreased 1995–2013	No change

¹ Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade, $p < 0.05$. Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).

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

³ Not available.

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