

Weight Management

PERCENTAGE OF HIGH SCHOOL STUDENTS WHO

TOTAL

MALE

FEMALE

BLACK

HISPANIC

WHITE

Are overweight

16.1

14.0

18.3

17.0

18.6

14.1

Are obese

14.0

16.2

11.6

14.7

14.6

12.9

Described themselves as overweight

32.1

27.6

36.8

26.4

35.9

32.5

Attempted to lose weight

46.1

36.8

55.8

39.0

52.1

45.6

Consumed less food, fewer calories, or foods low in fat to lose or keep from gaining weight

40.7

33.6

48.0

31.9

43.7

42.7

Nutrition

PERCENTAGE OF HIGH SCHOOL STUDENTS WHO

TOTAL

MALE

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HISPANIC

WHITE

Consumed two or more servings of fruit per day

28.1

29.5

26.8

29.8

30.8

24.7

Consumed three or more servings of vegetables per day

13.4

14.3

12.4

14.4

14.1

11.6

Ate fast food three or more days per week

29.7

28.6

30.5

38.3

28.6

26.2

Consumed a can, bottle, or glass of soda one or more times per day

16.8

20.1

13.3

15.8

14.8

19.0

Physical Activity

PERCENTAGE OF HIGH SCHOOL STUDENTS WHO

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Participated in physical activity at least 60 minutes per day 5 or more days a week

22.7

30.8

14.4

21.0

21.0

24.6

Played on at least one sports team

45.5

49.9

40.9

49.8

41.3

47.0

Watched television three or more hours per day

22.0

21.7

22.3

27.6

21.6

19.6

Played video or computer games or used a computer three or more hours per day for non-school purposes

47.7

51.6

43.9

45.8

48.1

48.3