

GEORGIA

Nutrition Facts

2014 High School Student (Age 14-18 Years)



45%

ate vegetables at least one time per day during the past week.



30%
were
overweight
or obese

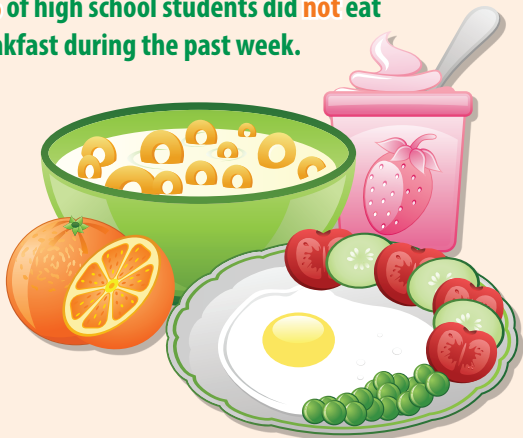


86%

ate fruit at least one time per day during the past week.

68%

did not eat breakfast every day during the past week.
16% of high school students did not eat breakfast during the past week.



77% drank at least one soda or pop during the past week. 72% drank at least one sugar-sweetened beverage such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight during the past week.



41% did not drink a bottle or glass of plain water at least one time per day during the past week.

The Georgia YRBS monitors students' health risks and behaviors in six categories: unintentional injury and violence, tobacco use, alcohol and other drug use, dietary behavior, and physical activity. The YRBS is conducted every two years among a representative group of Georgia students in grades 9-12.

Get Informed About Student Health: dph.georgia.gov/YRBS