The Georgia Youth Risk Behavior Survey (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 public school students in grades 6-8.

**2013 GEORGIA MIDDLE SCHOOL STUDENT (AGE 11-14 YEARS)**

- **73%** ate fruit at least one time yesterday, **68%** ate vegetables at least one time yesterday.
- **54%** drank soda and 48% drank a sugar-sweetened beverage such as lemonade, sweetened tea or coffee, flavored milk, at least once yesterday.
- **53%** did not eat breakfast every day during the past week. **11%** of middle school students did not eat breakfast during the past week.
- **18%** did not drink a bottle or glass of plain water yesterday.

**The Idea Spot**

- Allow students to access drinking water throughout the school day.
- Restrict the sale of foods high in fat, sodium, and added sugars, and beverages containing caffeine.
- Increase the availability of healthful foods such as fruits and vegetables in snack bars and vending machines.
- Involve family and communities in interventions aiming to improve student health.