OBESITY IN HIGH SCHOOL STUDENTS

Obesity among adolescents is a significant public health problem in Georgia

- 148,000 (15%) high school students¶ are obese†
- 157,000 (16%) high school students¶ are overweight‡
- Male high school students (18%) are more likely to be obese than females (12%)
- African American students are more likely to be obese than any other race group
- Georgia exceeds the Healthy People 2010 national goal for children and youth in every age, sex, race and ethnic group
- The Healthy People 2020 national goal for obesity among children and youth (ages 2-18) is 14.6%

Poor diet and physical inactivity are among reasons for the rise in adolescent obesity¶

- Only 4 in 9 (42%) high school students in Georgia meet the Centers for Disease Control and Prevention requirements for recommended physical activity§
- More than 1 in 3 (37%) of Georgia’s high school students watch TV for 3 or more hours on a school day
- More than 1 in 4 (28%) of Georgia’s high school students played computer/video games, or used a computer for non-educational purposes for 3 or more hours per school day
- Only 1 in 5 (21%) high school students in Georgia consume 5 or more servings of fruits and vegetables daily

Environments and policies that will influence health behavior in adolescents

- Schools can encourage healthy lifestyles in students by adopting policies, environmental features, and providing programs to support healthy diets and regular physical activity
- Communities can promote healthy lifestyles in children by creating safe and supportive environments for healthy eating and physical activity

Obese adolescents are at increased risk for other medical conditions

- Obese adolescents are at increased risk for:
  - Hypertension
  - Diabetes
  - Sleep apnea
  - Asthma

2011 Overweight and Obesity among GA High School Students, by Gender and Race/Ethnicity

2011 Georgia High School Students that Meet Recommended Physical Activity Levels, by Gender and Race/Ethnicity

Definition of obesity: †Body Mass Index-for-age ≥ 95th
Definition of overweight: ‡Body Mass Index-for-age = ≥85<95th percentile
Definition of recommended physical activity: § At least 60 minutes of physical activity on 5 or more days per week.
Data Sources: ¶2011 Youth Risk Behavior Surveillance System (YRBS), commonly known as the Georgia Student Health survey