



Obese adolescents are more likely to become obese adults.

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

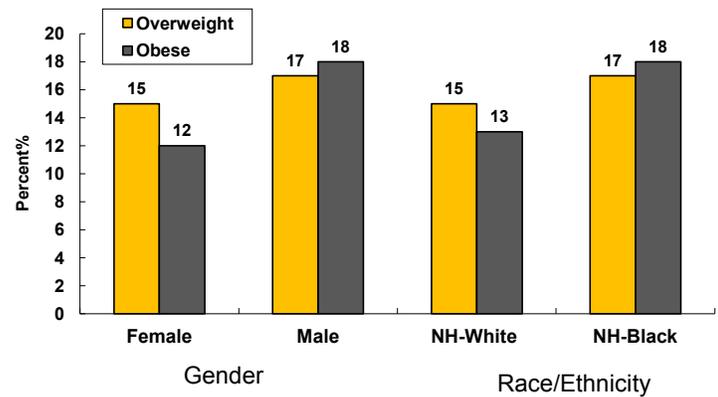
Environments and policies that will influence health behavior in adolescents

- 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

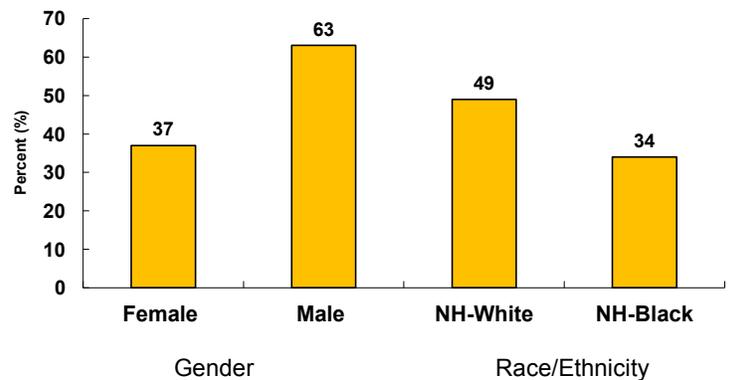
Obese adolescents are at increased risk for other medical conditions

- 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 \geq 95th
 Definition of overweight: ‡Body Mass Index-for-age = \geq 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