

# 2016 FACTS

## YOUTH RISK BEHAVIOR SURVEY

HIGH SCHOOL RESULTS – NUTRITION  
ST. MARY'S COUNTY, MARYLAND

**13%** of students  
were obese  
\*above the 95<sup>th</sup> percentile  
for Body Mass Index (BMI)

**14%** of students  
were overweight  
\*above the 85<sup>th</sup> but below the  
95<sup>th</sup> percentile for BMI

### Key Indicators for Nutrition

High School Students Who\*:

	St. Mary's %	Maryland %
ate vegetables 2+ times per day	22.3	24.0
did not eat salad	42.7	44.8
did not drink soda	29.2	31.8
drank soda 1+ times per day	15.5	14
ate fruit or drank 100% fruit juices 2+ times per day	23.7	26.7

\*in the week prior to the survey

### WHY IS THIS IMPORTANT?

At a very young age, children develop the habits and behaviors that will influence their life-long health. Healthy kids are more likely to grow into healthy adults. Healthy eating and active living can reduce the risk for being overweight or obese and help to prevent the development of chronic diseases like diabetes, cancer, heart disease and high blood pressure.

### Average Day

**22%** watched 3+  
hours of television

**37%** played 3+  
hours of video or  
computer games

(Non-school related)

Excessive screen time is  
linked to elevated blood  
pressure, high cholesterol  
and being overweight or  
obese among youth.

**ONLY  
18%**

of students  
were physically  
active for 60  
minutes a day

