

2007 New Orleans Youth Risk Behavioral Survey (YRBS) Results

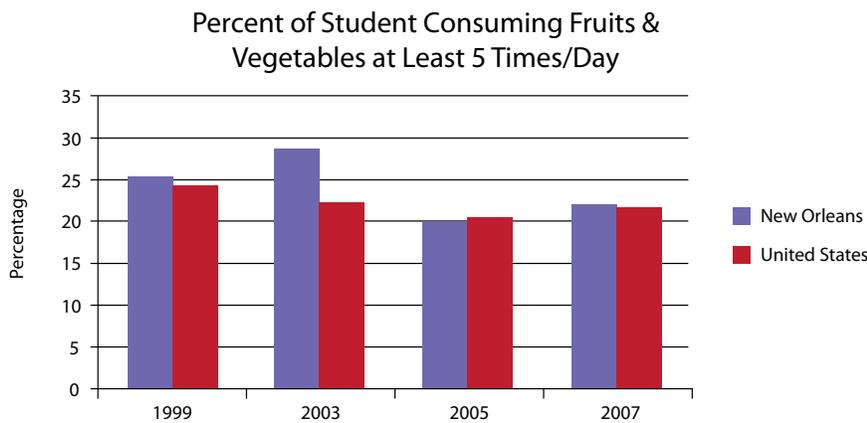
NUTRITION

About Nutrition

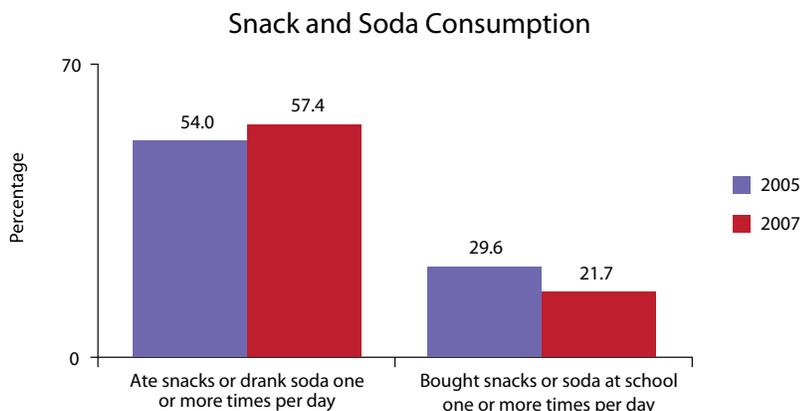
It is important for adolescents to eat plenty of fruits and vegetables and avoid high-calorie snacks and sugar-sweetened beverages. Fruits and vegetables are rich in vitamins, minerals and fiber, and may prevent cancer and other chronic illnesses. High calorie snacks and beverages make a substantial contribution to the current obesity epidemic.

New Orleans

Most high school students in New Orleans do not consume the recommended amount of fruits and vegetables. Although the proportion of New Orleans students eating fruits and vegetables at least five times per day has historically been higher than or comparable to the national average, it is still only a small portion of students (22%).



New Orleans students have reduced the amount of high calorie snacks and soda they purchase at school since 2005. However, students do not seem to be consuming snacks and soda less often.



EVIDENCE-BASED STRATEGIES

Six Approaches to Improving Student Nutrition

(Adapted from the CDC's Making It Happen: <http://www.cdc.gov/healthyyouth/nutrition/Making-It-Happen/approaches.htm>)

1. Establish nutrition standards for competitive foods.

Nutrition standards list criteria that determine which foods and beverages can and cannot be offered on a school campus. One approach to setting standards is to increase options, such as requiring that schools offer fruits or vegetables at all locations where snacks are available. A second approach is to limit options, such as stipulating that schools cannot sell foods with more than a specified number of grams of fat per serving, or cannot deep-fry foods.

2. Influence food and beverage contracts:

Vending contracts give food and beverage companies selling rights in return for cash and non-cash benefits to the school or district. Schools and school districts can influence vending contracts in several ways. They can cancel contracts, not sign contracts, not renew contracts, or negotiate contracts that encourage healthy eating. Many existing vending contracts require schools to allow the marketing of products high in added fats and sugars. Others provide incentives for schools to encourage their students to choose those products.

3. Make more healthful foods and beverages available:

Making more healthful foods and beverages available is all about making nutritious choices easy for students. Schools can add more nutrient-rich items to à la carte lines, vending machines, snack bars, and student stores. Or they can reduce the number of high-fat/high-sugar items, and replace them with more nutritious choices. Among the many healthful options schools offer are low-fat milk, bottled water and water from drinking fountains, 100% fruit juices, low-fat yogurt, fresh and dried fruits, raw vegetables such as carrots, celery and cucumbers, salads and salad bars, whole grain breads, trail mix and low-fat popcorn.

4. Adopt marketing techniques:

Offering healthful foods and beverages in schools does not guarantee that students will choose them. To help young people improve their eating habits, schools must promote healthful choices by adopting some of the effective techniques used by the food industry.

5. Limit student access to competitive foods:

Limiting access means making it more difficult for students to obtain competitive foods and beverages. The term “competitive foods” refers to any food or beverage served outside of Federal meal programs, regardless of nutritional value.

6. Use fundraising activities and rewards:

Fundraising supports student health when it involves selling nutritious foods and beverages (e.g., fruits, vegetables, 100% fruit juice, low-fat milk) or selling non-food items, such as wrapping paper, candles, or student artwork. Schools can also raise money and promote health at the same time through, for example, a walk-a-thon or jump rope contest. Rewards support student health when they involve using non-food items or activities to recognize students for their achievements or good behavior, if an extrinsic reward system is used. These types of rewards include stickers, books, or extra time for recess.

The New Orleans Youth Risk Behavioral Survey (NOYRBS) is part of a national survey program conducted at a parish/city level by the Louisiana Public Health Institute and the City of New Orleans Health Department. The NOYRBS is a representative sample of 9th through 12th grade students in Orleans Parish public schools.

REFERENCES AND RESOURCES

CDC Information on Nutrition: <http://www.cdc.gov/healthyouth/nutrition/>

Nutrition Standards for Foods in Schools: <http://www.iom.edu/CMS/3788/30181/42502/42505.aspx>
(from the Institute of Medicine)

Making It Happen! School Nutrition Success Stories: <http://www.cdc.gov/healthyouth/nutrition/Making-It-Happen/download.htm>

More about fruits and vegetables: <http://www.fruitsandveggiesmatter.gov/>

National Food Service Management Institute: <http://www.nfsmi.org/>

School Nutrition Association: <http://www.schoolnutrition.org/>

Youth Risk Behavior Survey: <http://www.cdc.gov/healthyouth/yrbs/index.htm>

Steps to a Healthier US: <http://www.cdc.gov/steps/>



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