Youth Risk Behavior Surveys

NUTRITION

LOUISIANA 2008 & 2009

Louisiana Public Health Institute

Louisiana Department of Education
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 caloric snacks and beverages make a substantial contribution to the current obesity epidemic.
In 2009, only 13.9% of Louisiana students ate the recommended daily amount of fruits and vegetables, a decrease from the 2008 figure of 15.0% (Figure 1). Nationally, a much higher percent of students ate 5+ servings of fruits and vegetables in 2009 (23.1%), and this had increased slightly from 21.4% in 2008.

Fruit and vegetable intake was better among students in 9th and 10th grade. On average, 15.3% of this grade level ate five or more servings of fruits and vegetables, compared to only 11.9% of 12th graders (Figure 1). This has decreased somewhat from 2008 for 9th graders only.
Milk is an important source of Vitamin D and Calcium. Insufficient amounts of Calcium and Vitamin D can lead to health problems later in life, such as osteoporosis.

» In 2009, 9.2% of Louisiana students drank three or more glasses of milk during the seven days before the survey, compared to 13.0% of students nationally (Figure 2). In both Louisiana and nationally, this percent has decreased from 2008.

» More than twice as many male students drank sufficient amounts of milk as female students in both years (16.5% vs. 6.6% in 2008 and 12.7% vs. 6.0% in 2009).

» More white than black students drink milk (11.7% versus 4.6%) (Figure 2).

*Percentage of students who drank 3 or more glasses of milk during the 7 days before the survey.

**FIGURE 2**
**DRANK SODA**

In Louisiana, the percentage of students who drank soda 1+ times/day for the past week has not changed from 2008 to 2009 (Figure 3). In 2009, nationally, 33.7% of students drank soda, compared to 36.6% in Louisiana.

- More white students than black students drank soda (41.4% versus 32.1%) (Figure 3).

*Percentage of students who drank soda 1+ times/day past 7 days.*

FIGURE 3
BOUGHT SNACK FOODS/SODA AT LEAST 1 TIME A DAY AT SCHOOL

19.8% of students bought snack foods or soda at school one or more times a day in 2009, a very small decrease from the 2008 figure of 20.7% (Figure 4).

- More black students bought snack foods or soda than white students in both survey years (Figure 4).
- Males and females were about the same in the % purchasing snacks at school.

For more information on the Youth Risk Behavior Survey, go to [http://www.cdc.gov/HealthyYouth/yrbs/index.htm](http://www.cdc.gov/HealthyYouth/yrbs/index.htm).

Note: This question was not asked on the 2007 National YRBS Survey.
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