

NUTRITION

YRBS 2021 Profiles 2020

WHAT IS THE PROBLEM?

Data from the 2021 YRBS show that among public high school students in Oklahoma



1 in 5

(21.4%) did not eat any fruit.*

1 in 10

(9.8%) did not eat any vegetables.*

Nearly 1 in 5

(18.8%) drank soda or pop one or more times per day.*

1 in 4

(24.3%) did not eat breakfast.*

*During the 7 days before the survey.

WHAT ARE OKLAHOMA SCHOOLS DOING ABOUT IT?

Data from the 2020 School Health Profiles show that among public schools in Oklahoma

6 in 10

(63%) schools placed fruits and vegetables near the cafeteria cashier where they are easy to access.

6 in 10

(61%) offered a self-serve salad bar to students.

Half

(51%) of schools collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating.

Almost 1 in 3

(29%) conducted taste tests to determine food preferences for nutritious items.

WHAT ARE THE SOLUTIONS?

- Promote healthy eating and physical activity in the school.¹
- Provide a quality school meal program.¹
- Include a comprehensive physical education and health education course in the curriculum.¹

Source:

1. Tips to Create Healthier School Environments. By Healthy Food Choices in Schools (2019) at URL: <https://healthy-food-choices-in-schools.extension.org/tips-to-create-healthier-school-environments/>

For more information about the YRBS contact the Maternal and Child Health Service, MCH Assessment at (405) 426-8092 or visit oklahoma.gov/health/yrbs

For more information about the School Health Profiles visit okintheknow.org/new-school-health-profiles/

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