



# The Obesity Epidemic

## and San Diego, CA Students

### What is the problem?

The 2005 Youth Risk Behavior Survey indicates that among San Diego, CA high school students:

#### Overweight

- 13% are overweight. (1)
- 14% are at risk for becoming overweight. (2)

#### Unhealthy Dietary Behaviors

- 81% ate fruits and vegetables less than 5 times per day during the past 7 days.

#### Physical Inactivity

- NA% did not meet currently recommended levels of physical activity. (3)
- 10% had not participated in any vigorous or moderate physical activity during the past 7 days.
- 38% did not attend physical education classes. (4)
- 60% did not attend physical education classes daily. (5)

### What are the solutions?

Better health education • More physical education and physical activity • Healthier school environments

### What is the status?

The 2004 School Health Profiles indicates that among San Diego, CA middle/junior and senior high schools:

#### Health Education

- Among schools that require health education, NA% require students to take two or more health education courses.
- NA% of schools teach 15 critical nutrition and dietary topics in a required health education course.
- NA% of schools teach 12 critical physical activity topics in a required health education course.

#### Physical Education and Activity

- Among schools that require physical education, 95% require students to take two or more physical education courses.
- 48% of schools with a required physical education course do not exempt students from taking physical education because they are enrolled in other courses or participate in sports or school activities.
- 78% of schools offer intramural activities or physical activity clubs for students.

#### School Environment

- Among schools that allow students to purchase snack foods or beverages from vending machines or at the school store, canteen, or snack bar:
- 77% have fruits or vegetables available for purchase.
  - 72% have 100% fruit juice available for purchase.
  - 97% have bottled water available for purchase.
  - 10% do not allow students to purchase candy; high fat snacks; or soft drinks, sports drinks, or fruit drinks that are not 100% juice during school lunch periods.

1. Students who were greater than or equal to 95th percentile for body mass index, by age and sex, based on reference data.
  2. Students who were greater than or equal to 85th percentile but less than 95th percentile for body mass index, by age and sex, based on reference data.
  3. Were not physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on greater than or equal to 5 of the 7 days preceding the survey.
  4. On one or more days in an average week when they were in school.
  5. 5 days in an average week when they were in school.
- NA=Not Available

Where can I get more information? Visit [www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth) or call 800-CDC-INFO (800-232-4636).



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