

WHAT'S NEW WITH KIDS?

January 2015

Nevada High School Students' Diet Behaviors

This *Newsletter* provides a summary of Nevada high schools students' diet behaviors by gender, using findings from the *2013 Youth Risk Behavior Survey (YRBS) Report*.^{*} All school districts in Nevada participated in the survey, and 3,928 youth completed it. Overall, male students had slightly worse diet behaviors than female students in terms of eating vegetables and drinking pop/soda. However, male students' behaviors related to drinking milk and eating breakfast were somewhat better than female students' behaviors.

- Male students were less likely than female students to have eaten vegetables during the seven days before the YRBS survey was administered, 8.0 percent and 5.1 percent, respectively. Nearly 7 percent of the high school students reported this behavior.
- Male students were about equally likely as female students to report that they had eaten vegetables three or more times a day during the seven days before the survey, 12.0 percent and 12.3 percent, respectively. The figure for all high school students was 12.1 percent.
- Female students were less likely to have drunk milk during the seven days before the survey compared to their male counterparts, 24.5 percent versus 18.7 percent. About 22 percent of the students reported this behavior.
 - Of those who had drunk one or more glasses of milk per day during the seven days before the survey, male students were nearly twice as likely to have done so as female students, 40.7 percent and 27.3 percent, respectively.
 - Male students were more likely than female students to have drunk soda or pop one or more times a day before the survey, 19.4 percent and 13.3 percent, respectively. On average, 83.8 percent of all students had not drunk soda or pop; whereas, 16.2 percent had.
 - Males students were more likely to have eaten breakfast daily for a week before the survey than their female counterparts, 37.1 percent versus 32.2 percent. Only 34.5 percent of the high school students had done so.
 - Male students were about equally likely as female students to report that they had eaten fruit or had drunk 100 percent fruit juices one or more times a day during the seven days before the survey, 57.8 percent and 58.3 percent, respectively. Fifty-eight percent of all the students reported this behavior.

The *YRBS Report*, which is available at <http://chs.unr.edu/subpages/research/.documents/2013NevadaYRBSReportFinal10142014.pdf>, also disaggregates the above data by race, age, grade, and region of the state.

^{*}The YRBS is a national surveillance system that was established in 1991 by the Centers for Disease Control and Prevention to monitor the prevalence of health risk behaviors among youth.
Source: Office of Public Health Informatics and Epidemiology. Division of Public and Behavioral Health. *2013 Nevada Youth Risk Behavior Survey (YRBS) Report*. Carson City, Nevada, February 2014, available at: <http://chs.unr.edu/subpages/research/documents/2013NevadaYRBSReportFinal10142014.pdf>, as of 12/2/14.

Diet Behavior of Nevada High School Students by Gender: 2013

Indicators	Yes				No			
		Number	Percent	C.I.*		Number	Percent	C.I.*
Did not eat vegetables during the 7 days before the survey	Total	219	6.5	(5.4-7.6)	Total	3,555	93.5	(92.4-94.6)
	Female	95	5.1	(3.7-6.4)	Female	1,870	94.9	(93.6-96.3)
	Male	124	8.0	(6.2-9.8)	Male	1,685	92.0	(90.2-93.8)
Ate vegetables three or more times/day during the 7 days before the survey **	Total	483	12.1	(10.7-13.6)	Total	3,291	87.9	(86.4-89.3)
	Female	231	12.3	(10.3-14.3)	Female	1,734	87.7	(85.7-89.7)
	Male	252	12.0	(10.0-14.0)	Male	1,557	88.0	(86.0-90.0)
Did not drink milk during the 7 days before the survey	Total	723	21.7	(19.9-23.6)	Total	3,076	78.3	(76.4-80.1)
	Female	450	24.5	(21.9-27.2)	Female	1,524	75.5	(72.8-78.1)
	Male	273	18.7	(16.1-21.4)	Male	1,552	81.3	(78.6-83.9)
Drank one or more glasses/day of milk during the 7 days before the survey	Total	1,398	33.8	(31.7-35.9)	Total	2,401	66.2	(64.1-68.3)
	Female	570	27.3	(24.6-30.0)	Female	1,404	72.7	(70.0-75.4)
	Male	828	40.7	(37.6-43.8)	Male	997	59.3	(56.2-62.4)
Drank soda or pop one or more times/day	Total	717	16.2	(14.7-17.8)	Total	3,099	83.8	(82.2-85.3)
	Female	293	13.3	(11.2-15.3)	Female	1,693	86.7	(84.7-88.8)
	Male	424	19.4	(16.9-21.8)	Male	1,406	80.6	(78.2-83.1)
Ate breakfast all 7 days	Total	1,302	34.5	(32.5-36.6)	Total	2,495	65.5	(63.4-67.5)
	Female	614	32.2	(29.3-35.0)	Female	1,361	67.8	(65.0-70.7)
	Male	688	37.1	(34.0-40.2)	Male	1,134	62.9	(59.8-66.0)
Ate fruit or drank 100% fruit juices one or more times/day during the 7 days before the survey	Total	2,221	58.0	(55.8-60.2)	Total	1,601	42.0	(39.8-44.2)
	Female	1,158	58.3	(55.3-61.2)	Female	831	41.7	(38.8-44.7)
	Male	1,063	57.8	(54.6-60.9)	Male	770	42.2	(39.1-45.4)

Source: Office of Public Health Informatics and Epidemiology. Division of Public and Behavioral Health. 2013 Nevada Youth Risk Behavior Survey (YRBS) Report. Carson City, Nevada, February 2014, available at: <http://chs.unr.edu/subpages/research/documents/2013NevadaYRBSReportFinal10142014.pdf>, as of 12/2/14.

*95% confidence interval.

** Green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

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