



YRBSS

National Youth Risk Behavior Survey: 1991-2005

Trends in the Prevalence of Overweight

What Is the National Youth Risk Behavior Survey (YRBS)?

The national YRBS monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

1991	1993	1995	1997	1999	2001	2003	2005	Changes from 1991 – 2005 ¹	Change from 2003 – 2005 ²
Overweight (≥ 95 th percentile for body mass index, by age and sex, based on reference data.)									
NA ³	NA	NA	NA	10.7 (±1.2) ⁴	10.5 (±1.0)	12.1 (±1.3)	13.1 (±0.9)	Increased, 1999 – 2005	No change
Described themselves as slightly or very overweight									
31.8 (±2.0)	34.3 (±1.4)	27.6 (±1.3)	27.3 (±1.5)	30.0 (±1.0)	29.2 (±1.2)	29.6 (±1.9)	31.5 (±1.2)	Decreased, 1991 – 1997 Increased, 1997 – 2005	No change
Were trying to lose weight									
41.8 (±2.1)	40.3 (±1.6)	41.4 (±1.5)	39.7 (±1.7)	42.7 (±1.5)	46.0 (±1.6)	43.8 (±2.6)	45.6 (±1.2)	Increased, 1991 – 2005	No change

¹ Based on linear and quadratic trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade.

² Based on t-test analyses.

³ Not available

⁴ 95% confidence interval.

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



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

