

WHAT'S NEW WITH KIDS?

March 2016

Nevada High School Students' Diet Behaviors

This *Newsletter* provides a summary of Nevada high schools students' diet behaviors by gender, using findings from the 2015 *Youth Risk Behavior Survey (YRBS) Report*. All school districts in Nevada participated in the survey, and 5,108 youth completed it. Overall, male students had slightly better diet behaviors than female students in terms of drinking milk and eating breakfast. Female students' diet behavior related to eating vegetables and drinking soda or pop was better than male students' behavior.

- Male students were more likely than female students to have not eaten vegetables during the seven days before the YRBS survey was administered, 8.5 percent and 4.9 percent, respectively. Nearly 7.0 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, 11.5 percent and 11.4 percent, respectively. The figure for all high school students was 11.5 percent.
- Female students were more likely to have not drunk milk during the seven days before the survey compared to their male counterparts, 28.5 percent versus 17.1 percent. About 23.0 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 more likely to have done so than female students, 39.2 percent and 23.7 percent, respectively. Nearly 32 percent of all students reported this behavior.
- Male students were more likely than female students to have drunk soda or pop one or more times a day before the survey, 16.8 percent and 12.1 percent, respectively. On average, 85.5 percent of all students had not drunk soda or pop; whereas, 14.5 percent had.
- Males students were more likely to have eaten breakfast daily for a week before the survey than their female counterparts, 37.2 percent versus 30.8 percent. Only 34.1 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, 59.6 percent and 57.2 percent, respectively. About 58 percent of all the students reported this behavior.

The *YRBS Report* also disaggregates the above data by race, age, grade, and region of the state.

Diet Behavior of Nevada High School Students by Gender: 2015

| Indicators | Yes | | | | No | | | |
|--|--------|--------|---------|-------------|--------|--------|---------|-------------|
| | | Number | Percent | C.I.* | | Number | Percent | C.I.* |
| Did not eat vegetables during the 7 days before the survey | Total | 312 | 6.7 | (5.7-7.8) | Total | 4068 | 82.7 | (81.2-84.1) |
| | Female | 114 | 4.9 | (3.9-5.9) | Female | 2127 | 83.6 | (81.7-85.5) |
| | Male | 196 | 8.5 | (6.9-10.1) | Male | 1927 | 81.8 | (79.7-83.9) |
| Ate vegetables three or more times/day during the 7 days before the survey ** | Total | 593 | 11.5 | (10.4-12.6) | Total | 4286 | 88.5 | (87.4-89.6) |
| | Female | 302 | 11.4 | (10.0-12.8) | Female | 2215 | 88.6 | (87.2-90.0) |
| | Male | 285 | 11.5 | (9.9-13.2) | Male | 2059 | 88.5 | (86.8-90.1) |
| Did not drink milk during the 7 days before the survey | Total | 1038 | 22.7 | (21.3-24.2) | Total | 3873 | 77.3 | (75.8-78.7) |
| | Female | 640 | 28.5 | (26.2-30.8) | Female | 1884 | 71.5 | (69.2-73.8) |
| | Male | 393 | 17.1 | (15.2-19.0) | Male | 1975 | 82.9 | (81.0-84.8) |
| Drank one or more glasses/day of milk during the 7 days before the survey | Total | 1639 | 31.6 | (30.0-33.2) | Total | 3272 | 68.4 | (66.8-70.0) |
| | Female | 663 | 23.7 | (21.7-25.7) | Female | 1861 | 76.3 | (74.3-78.3) |
| | Male | 968 | 39.2 | (36.6-41.7) | Male | 1400 | 60.8 | (58.3-63.4) |
| Drank soda or pop one or more times/day | Total | 727 | 14.5 | (13.3-15.7) | Total | 4207 | 85.5 | (84.3-86.7) |
| | Female | 309 | 12.1 | (10.4-13.8) | Female | 2226 | 87.9 | (86.2-89.6) |
| | Male | 417 | 16.8 | (15.1-18.5) | Male | 1964 | 83.2 | (81.5-84.9) |
| Ate breakfast all 7 days | Total | 1699 | 34.1 | (32.1-36.2) | Total | 3212 | 65.9 | (63.8-67.9) |
| | Female | 800 | 30.8 | (28.2-33.3) | Female | 1718 | 69.2 | (66.7-71.8) |
| | Male | 889 | 37.2 | (34.2-40.3) | Male | 1482 | 62.8 | (59.7-65.8) |
| Ate fruit or drank 100% fruit juices one or more times/day during the 7 days before the survey | Total | 2889 | 58.4 | (56.7-60.1) | Total | 2052 | 41.6 | (39.9-43.3) |
| | Female | 1466 | 57.2 | (54.7-59.6) | Female | 1074 | 42.8 | (40.4-45.3) |
| | Male | 1414 | 59.6 | (57.2-62.1) | Male | 970 | 40.4 | (37.9-42.8) |

Source: Lensch, T., Baxa, A., Zhang, F., Gay, C., Larson, S., Clements-Nolle, K., Yang, W. State of Nevada, Division of Public and Behavioral Health and the University of Nevada, Reno. 2015 Nevada High School Youth Risk Behavior Survey (YRBS), available at: <http://dhs.unr.edu/Documents/dhs/chs/yrebs/2015%20YRBS%20Reports/2015%20Nevada%20HS%20YRBS%20Final.pdf>, as of 3/9/16.

*95% confidence interval.

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

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The views expressed are those of the author and do not necessarily represent those of the University of Nevada, Las Vegas or the Nevada System of Higher Education.