

# BODY MASS INDEX, HEALTHY EATING & PHYSICAL ACTIVITY: HIGH SCHOOL

## LOCAL AND NATIONAL HEALTH FACTS

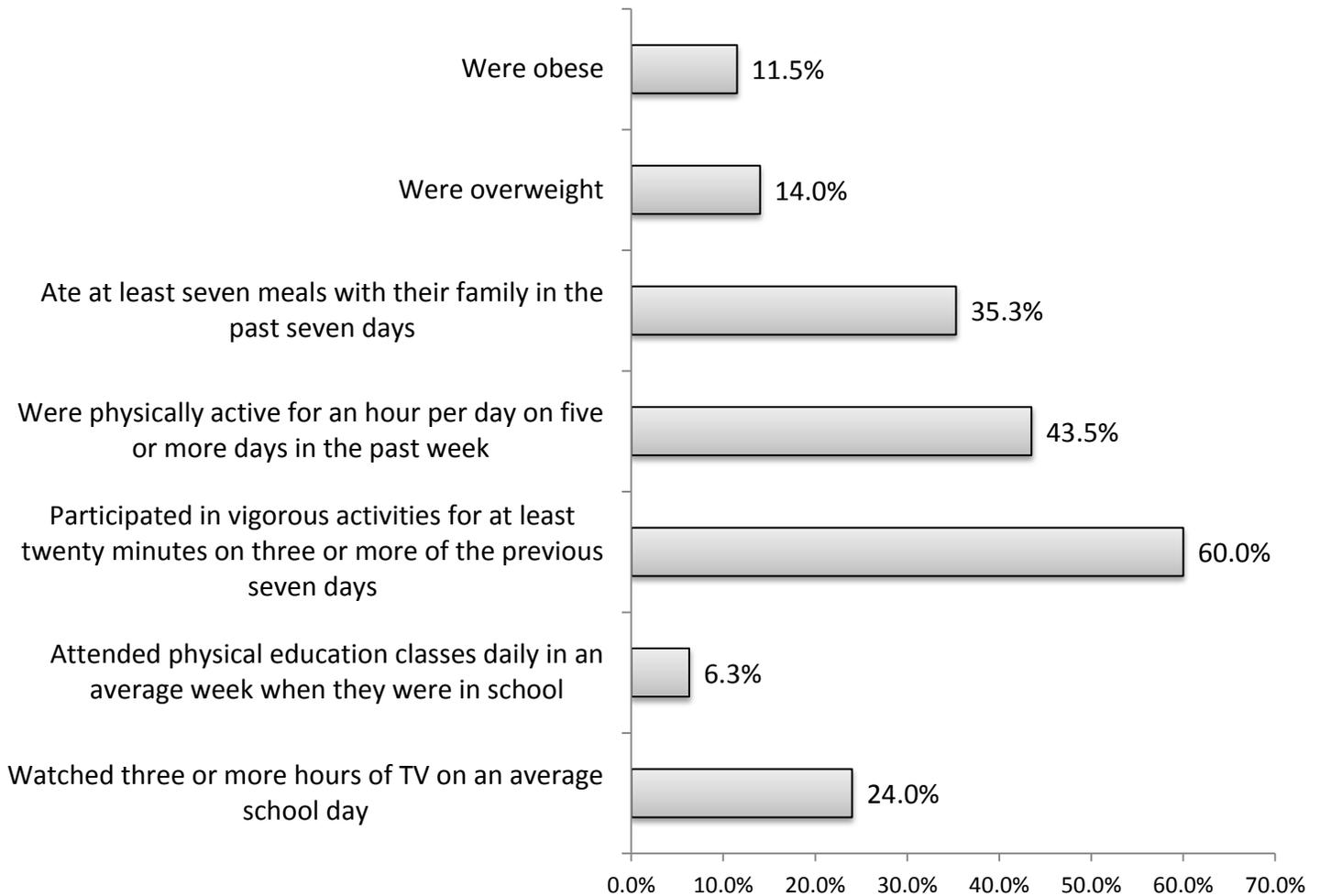
Maine Data:	The percentages of students who are overweight and /or obese have not changed significantly in the past ten years.
	A little over three out of ten students (30.8%) report spending three or more hours per day using video games or computers for purposes other than school.
	Eighteen percent (18%) of students drank three or more glasses of milk per day during the past seven days.
CDC National Data:	Healthy eating in childhood and adolescence is important for proper growth and development and can prevent health problems such as obesity, dental caries, and iron deficiency anemia.
	Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.

## TRENDS OVER THE PAST FOURTEEN YEARS...

	1997	1999	2001	2003	2005	2007	2009	2011	1997 Compared to 2011	2009 Compared to 2011
<b>% Overweight</b> (95 <sup>th</sup> percentile or greater for body mass index, by age and sex, based on reference data)										
ME HS	n/a	n/a	14.2	14.4	14.2	12.8	15	14	No change	No change
National	n/a	14.2	13.6	14.6	15.6	15.6	15.6	15.2	Increased	No change
<b>% ate fruit or drank 100% fruit juices two or more times a day</b> (during the seven days before the survey)										
ME HS	n/a	n/a	34	33.6	30	29	29	31	Decreased	No change
National	n/a	35	32	32	30	32	34	34	Decreased	No change
<b>% Attended physical education classes</b> (on one or more days in an average week when they were in school)										
ME HS	47	n/a	42	40.5	36	38	41.5	38	Decreased	Decreased
National	44.9	56	52	56	54	53.6	56.4	51.8	No change	No change

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## Percentage of high school students who...



Maine Priority Increase Physical Activity	Maine Priority Increase Healthy Weight	Maine Priority Healthy Eating
<ul style="list-style-type: none"> <li>Thirty percent of students report playing video games or using a computer for something other than school work for three or more hours on an average school day</li> </ul>	<ul style="list-style-type: none"> <li>Over twenty-five percent (25.5% of Maine students are obese or overweight based on their Body Mass Index score.</li> </ul>	<ul style="list-style-type: none"> <li>A little over three out of ten (31%) students reported eating two servings of fruit or 100% fruit juice per day.</li> </ul>