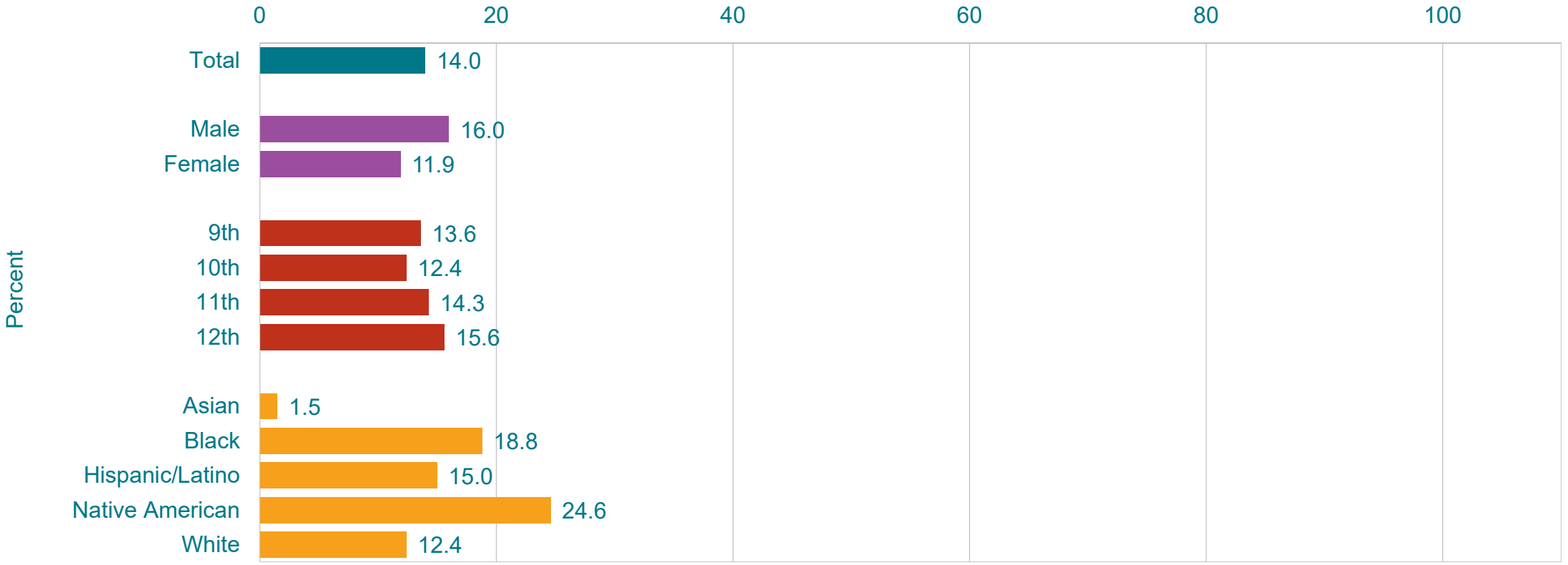
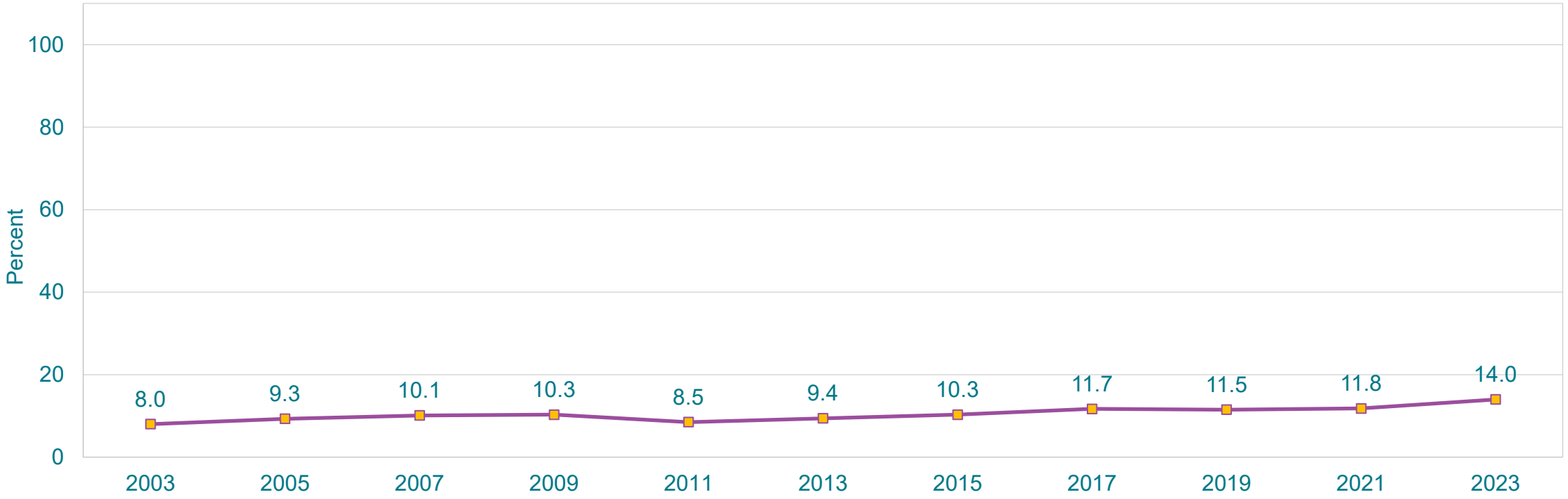
Percentage of High School Students Who Had Obesity,* by Sex,† Grade, and Race/Ethnicity,† 2023



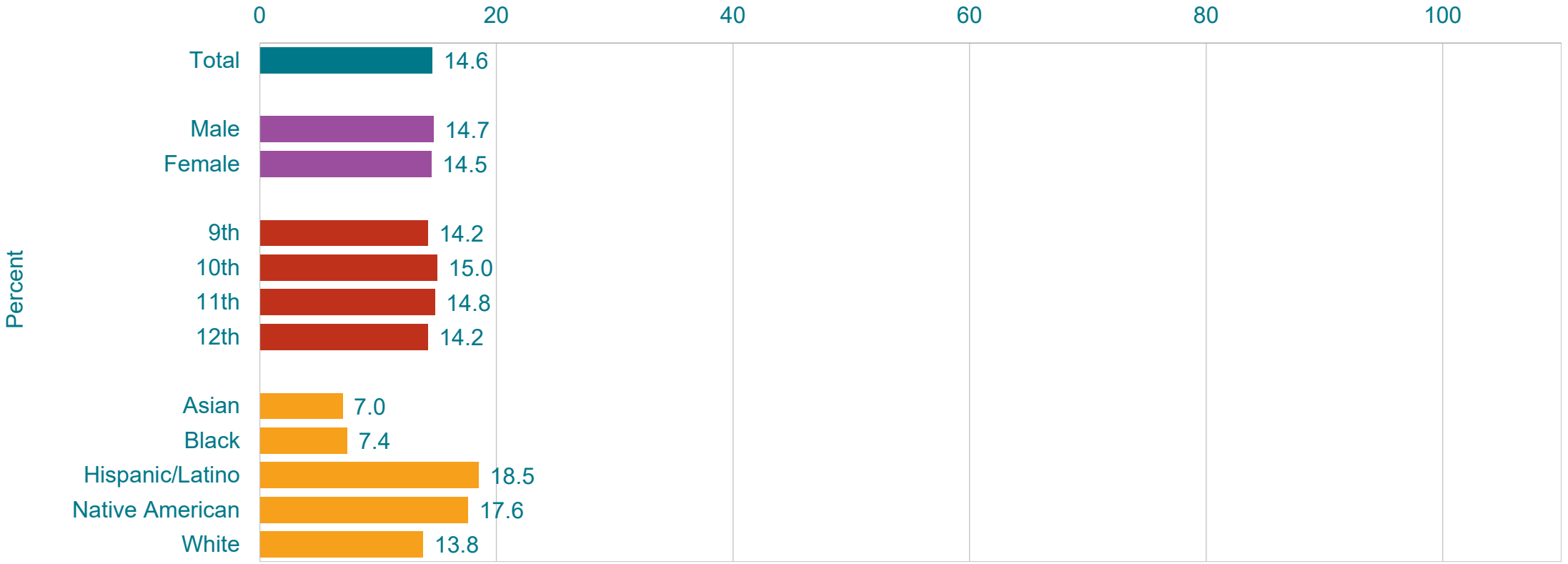
* ≥ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts. In 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
†M > F; B > A, H > A, N > A, N > H, N > W, W > A (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Had Obesity,* 2003-2023†



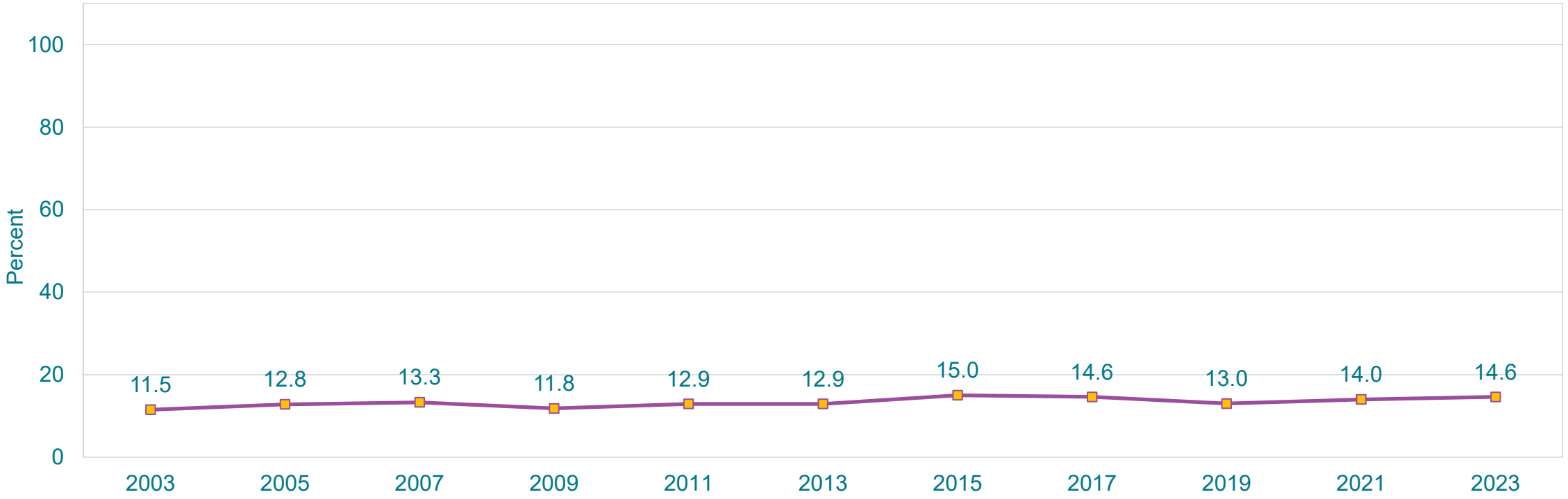
* ≥ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts. In 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
†Increased 2003-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.

Percentage of High School Students Who Were Overweight,* by Sex, Grade, and Race/Ethnicity,† 2023



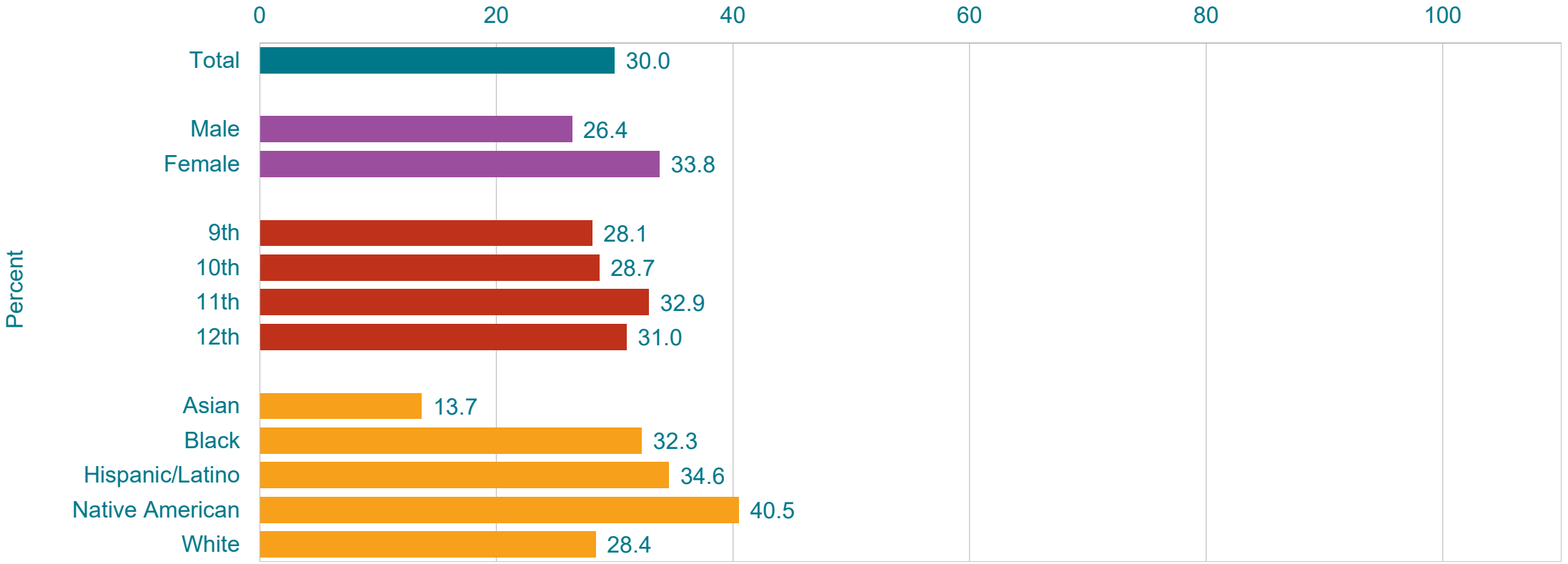
* ≥ 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts. In 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
†N > W (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Were Overweight,* 2003-2023†



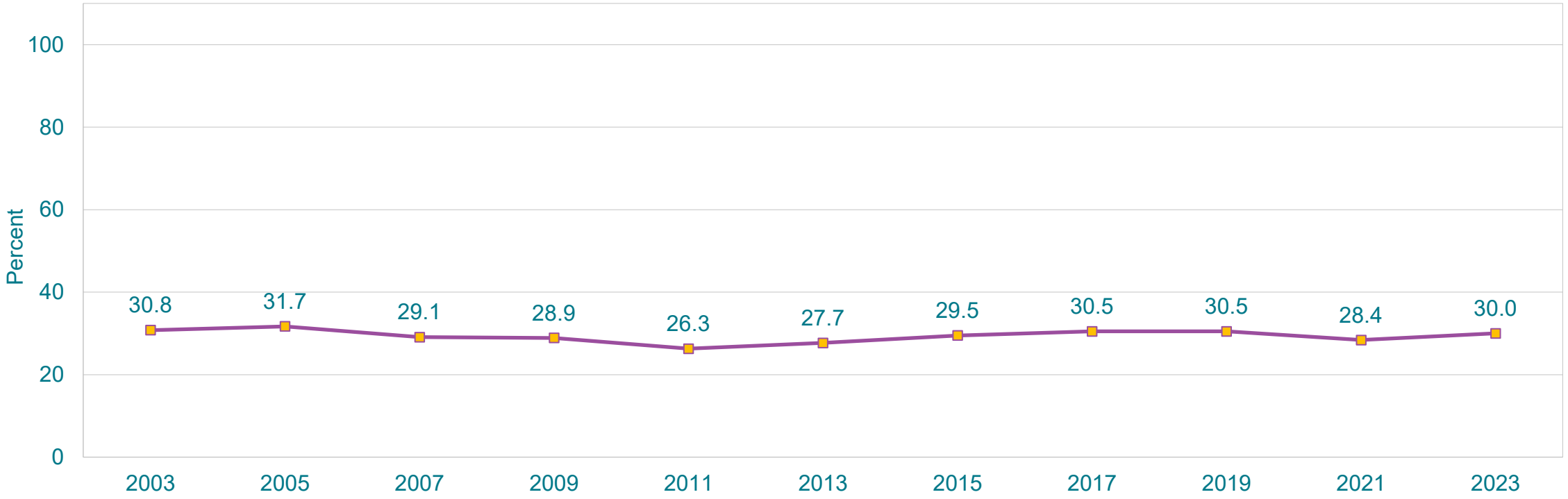
* ≥ 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts. In 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
†Increased 2003-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.

Percentage of High School Students Who Described Themselves As Slightly or Very Overweight, by Sex,* Grade,* and Race/Ethnicity,* 2023



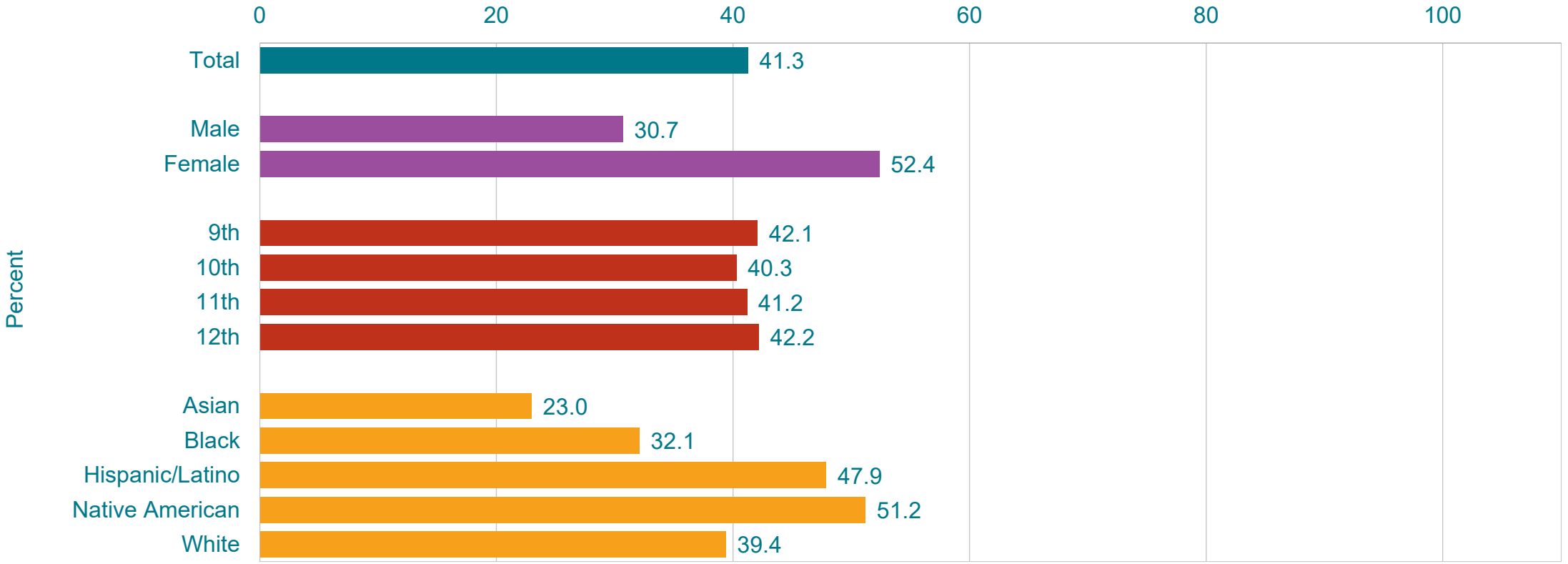
*F > M; 11th > 9th, 11th > 10th; H > A, H > W, N > A, N > W (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Described Themselves As Slightly or Very Overweight, 2003-2023*



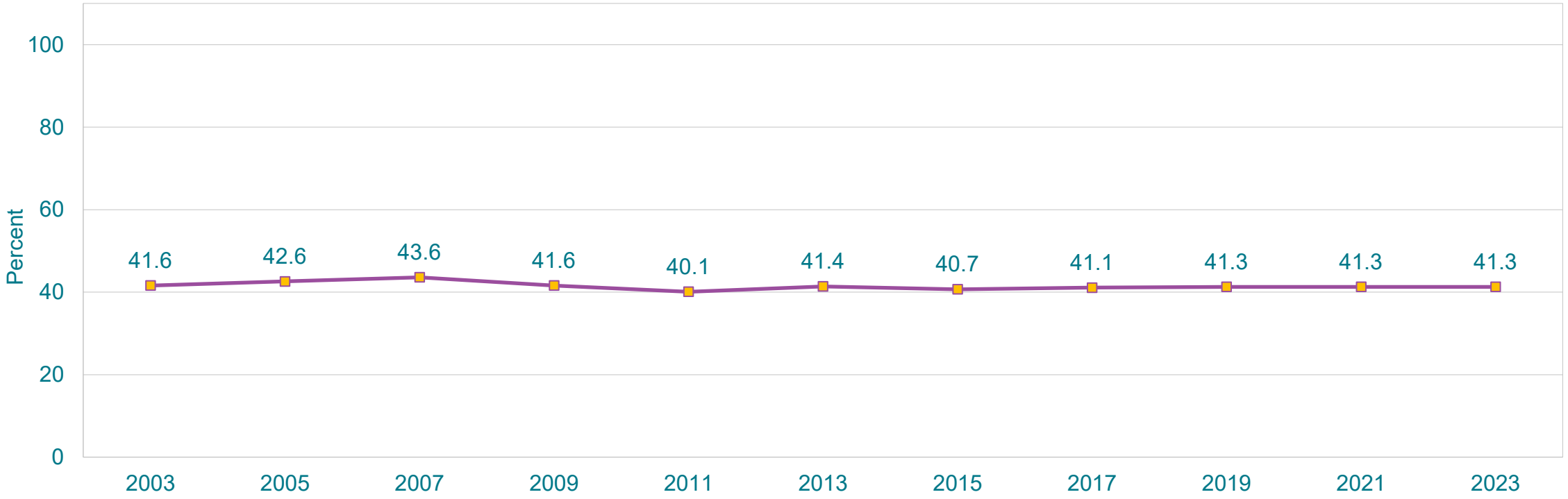
*Decreased, 2003-2011, increased, 2011-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.

Percentage of High School Students Who Were Trying to Lose Weight, by Sex,* Grade, and Race/Ethnicity,* 2023



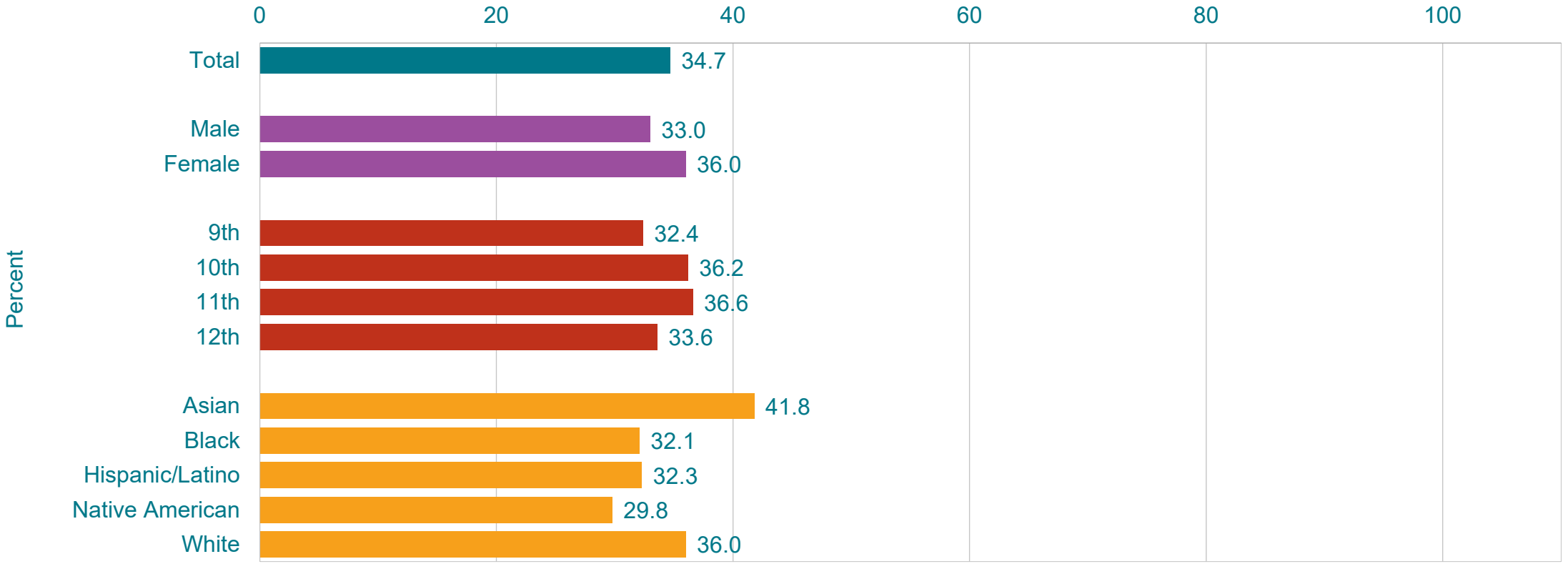
*F > M; H > A, H > B, H > W, N > A, N > B, N > W (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Were Trying to Lose Weight, 2003-2023*



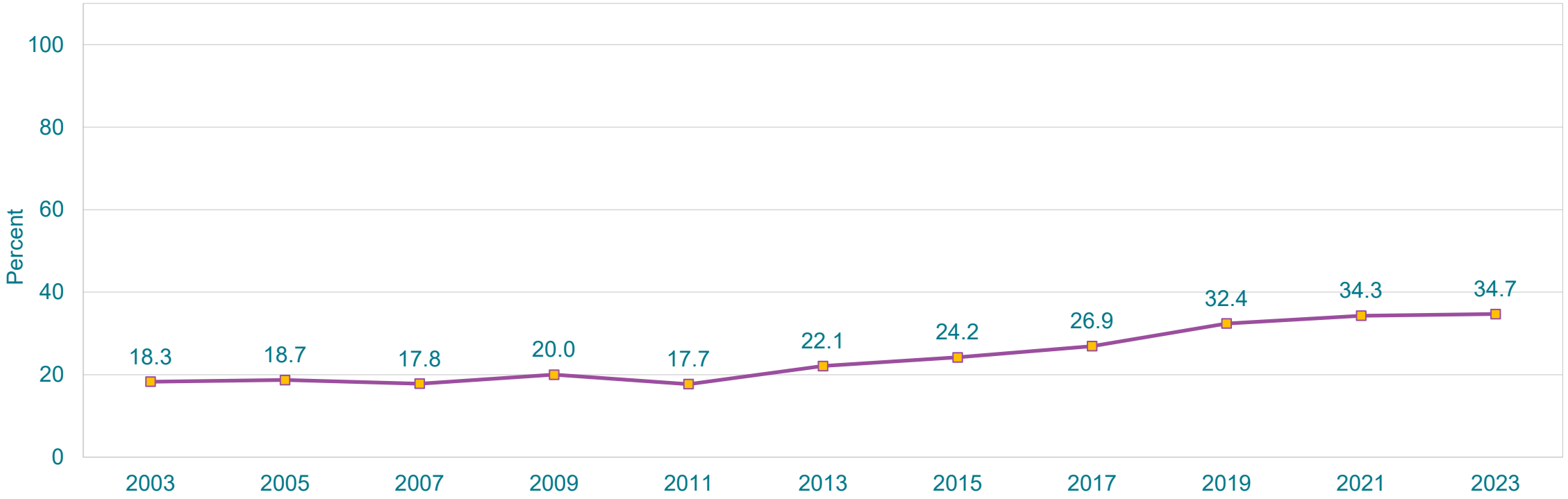
*Decreased 2003-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.

Percentage of High School Students Who Did Not Drink Fruit Juice,* by Sex,† Grade, and Race/Ethnicity,† 2023



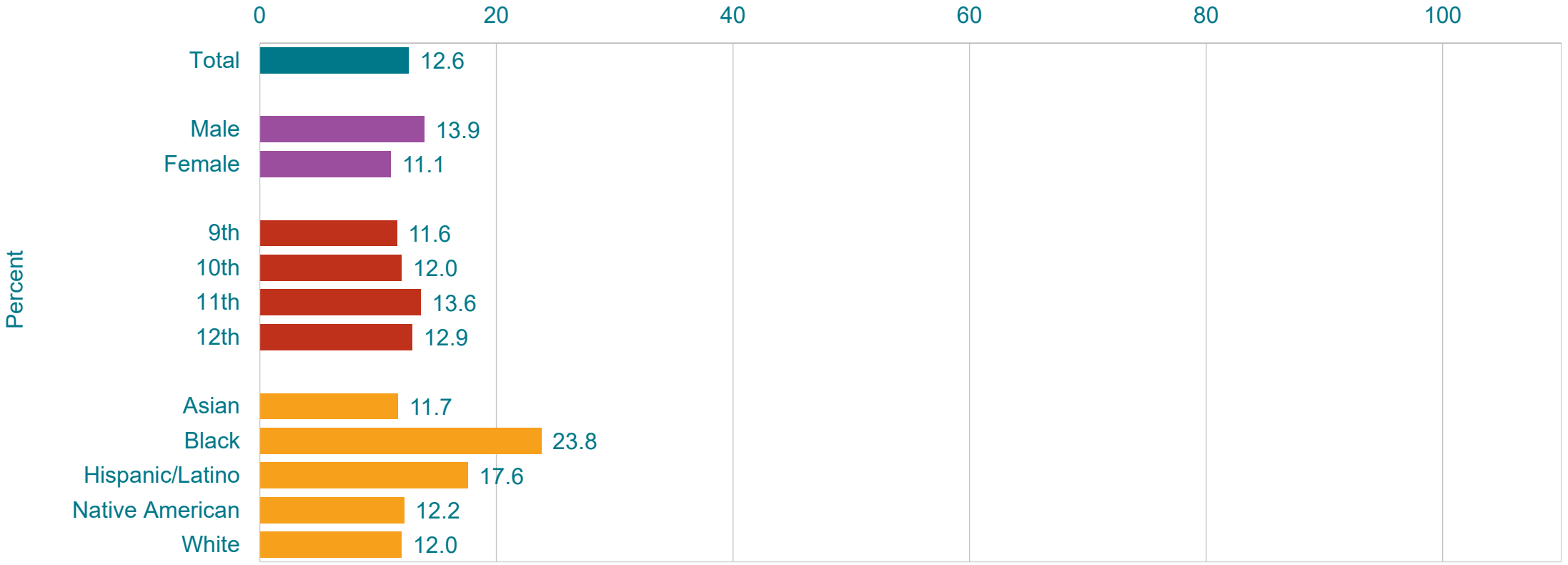
*100% fruit juices one or more times during the 7 days before the survey
†F > M; W > N (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Did Not Drink Fruit Juice,* 2003-2023†



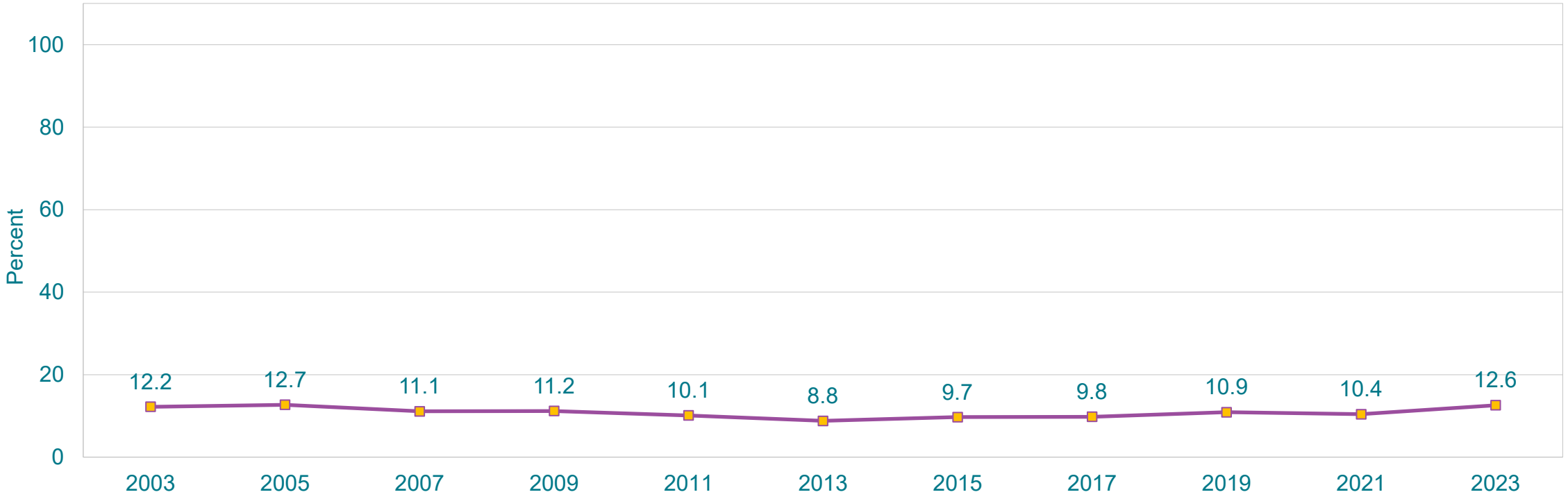
*100% fruit juices one or more times during the 7 days before the survey
†Increased 2003-2023, no change 2003-2011, increased 2011-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Fruit,* by Sex,† Grade, and Race/Ethnicity,† 2023



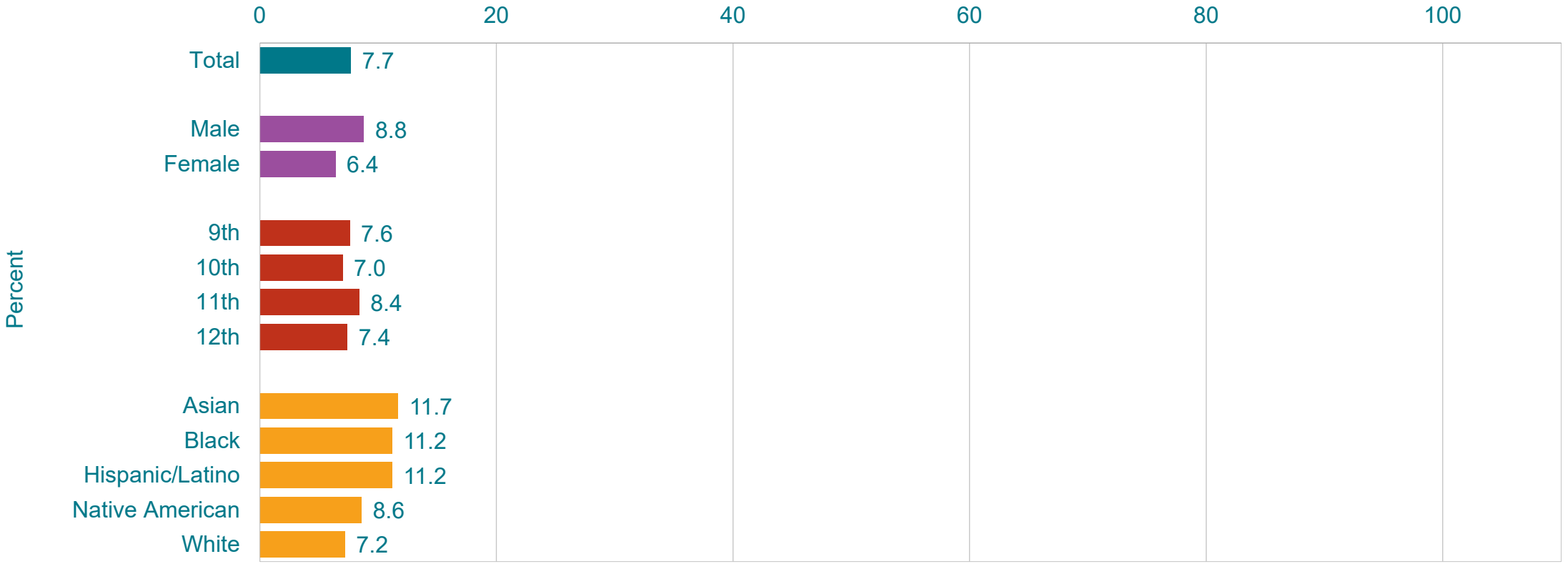
*One or more times during the 7 days before the survey
†M > F; B > N, B > W, H > W (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Fruit,* 2003-2023†



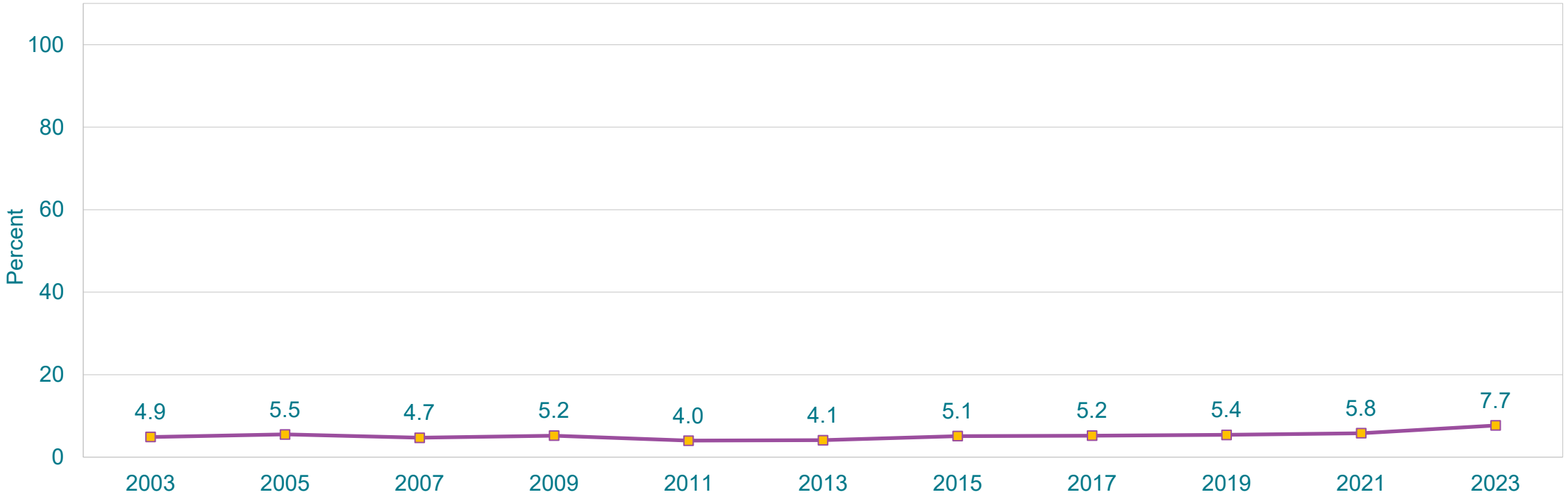
*One or more times during the 7 days before the survey
†Decreased 2003-2023, decreased 2003-2013, increased 2013-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Fruit or Drink 100% Fruit Juices,* by Sex,† Grade, and Race/Ethnicity,† 2023



*Such as orange juice, apple juice, or grape juice, during the 7 days before the survey
†M > F; H > W (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Fruit or Drink 100% Fruit Juices,* 2003-2023†

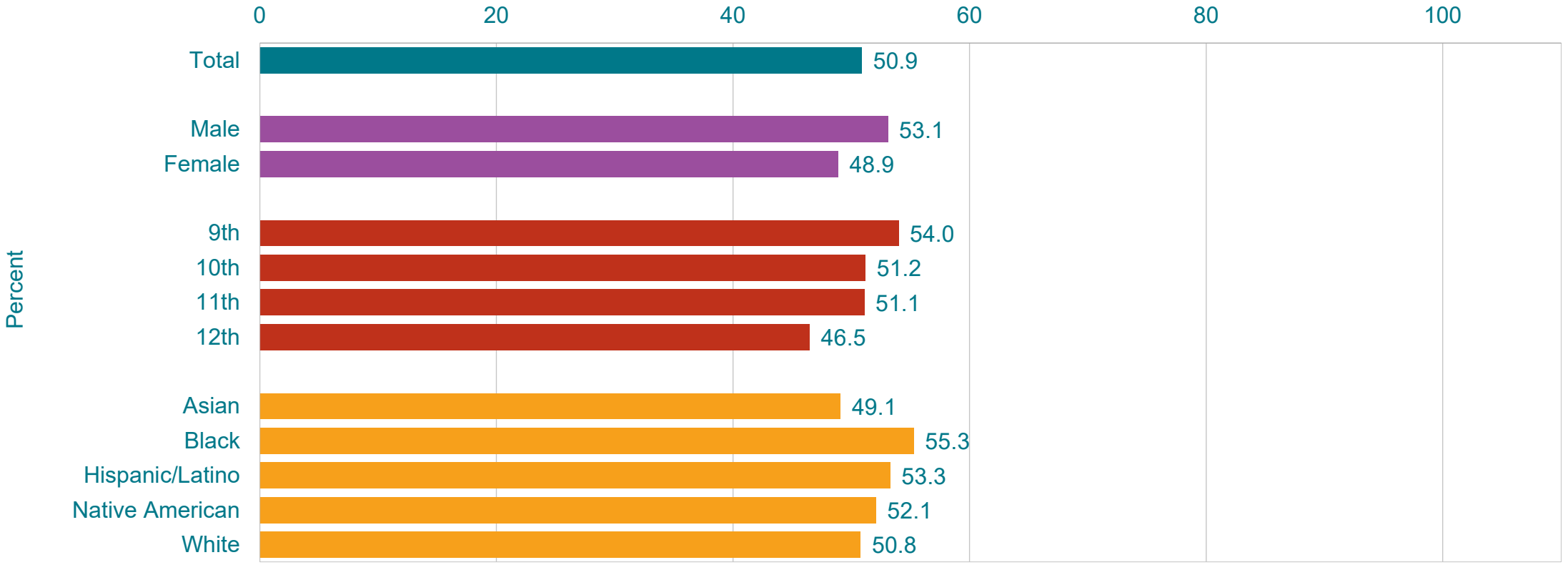


*Such as orange juice, apple juice, or grape juice, during the 7 days before the survey

†Increased 2003-2023, decreased 2003-2013, increased 2013-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

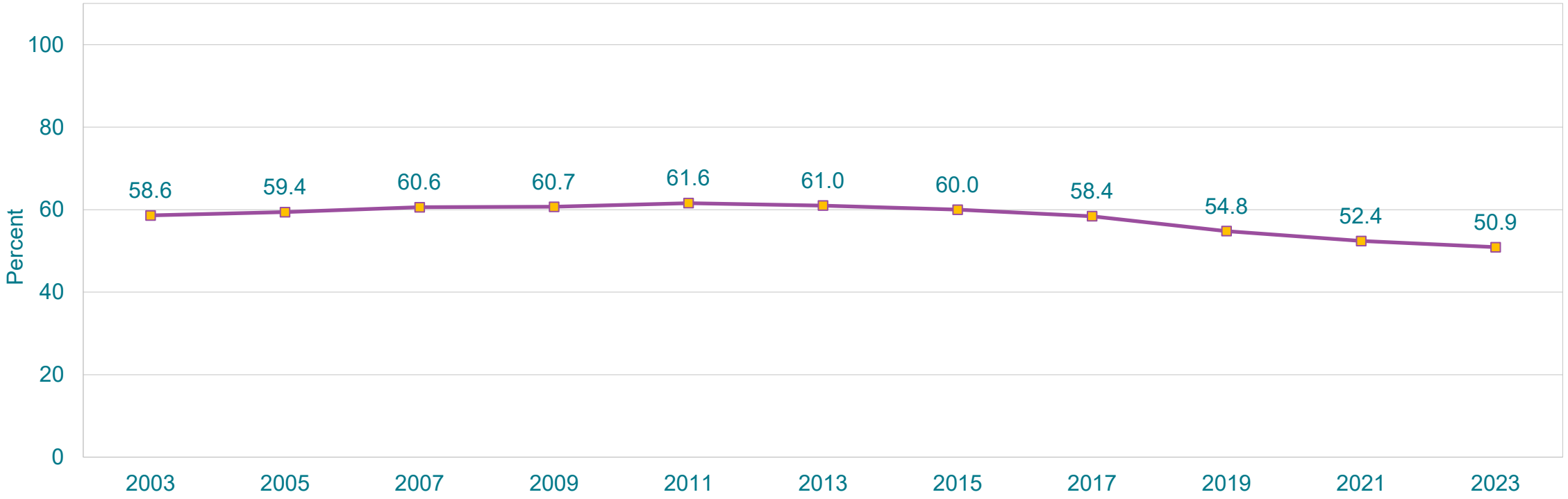
This graph contains weighted results.

Percentage of High School Students Who Ate Fruit or Drank 100% Fruit Juices One or More Times Per Day,* by Sex,† Grade,† and Race/Ethnicity, 2023



*Such as orange juice, apple juice, or grape juice, during the 7 days before the survey
†M > F; 9th > 12th, 11th > 12th (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Ate Fruit or Drank 100% Fruit Juices One or More Times Per Day,* 2003-2023†

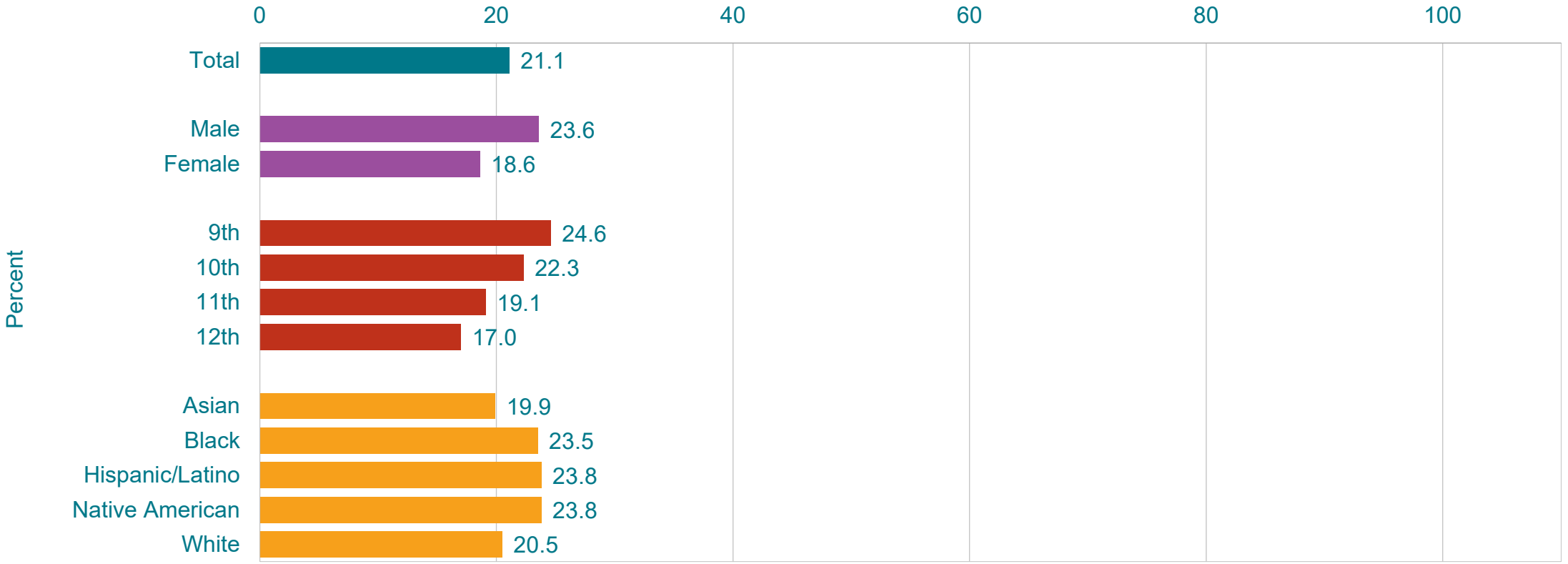


*Such as orange juice, apple juice, or grape juice, during the 7 days before the survey

†Decreased 2003-2023, increased 2003-2013, decreased 2013-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

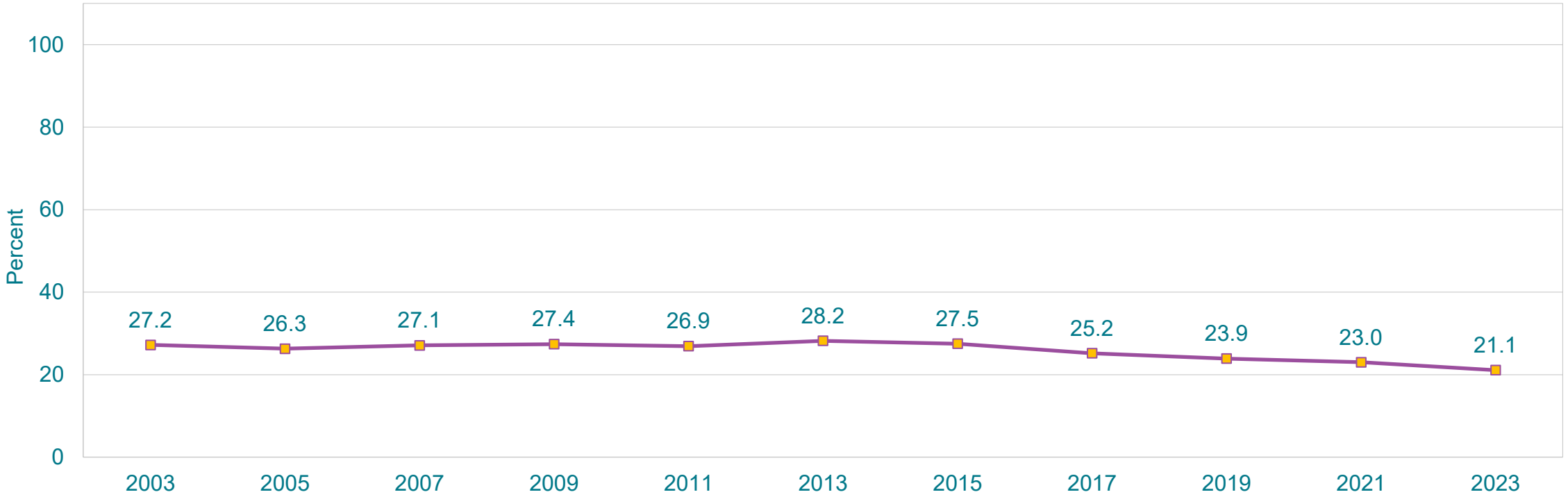
This graph contains weighted results.

Percentage of High School Students Who Ate Fruit or Drank 100% Fruit Juices Two or More Times Per Day,* by Sex,† Grade,† and Race/Ethnicity, 2023



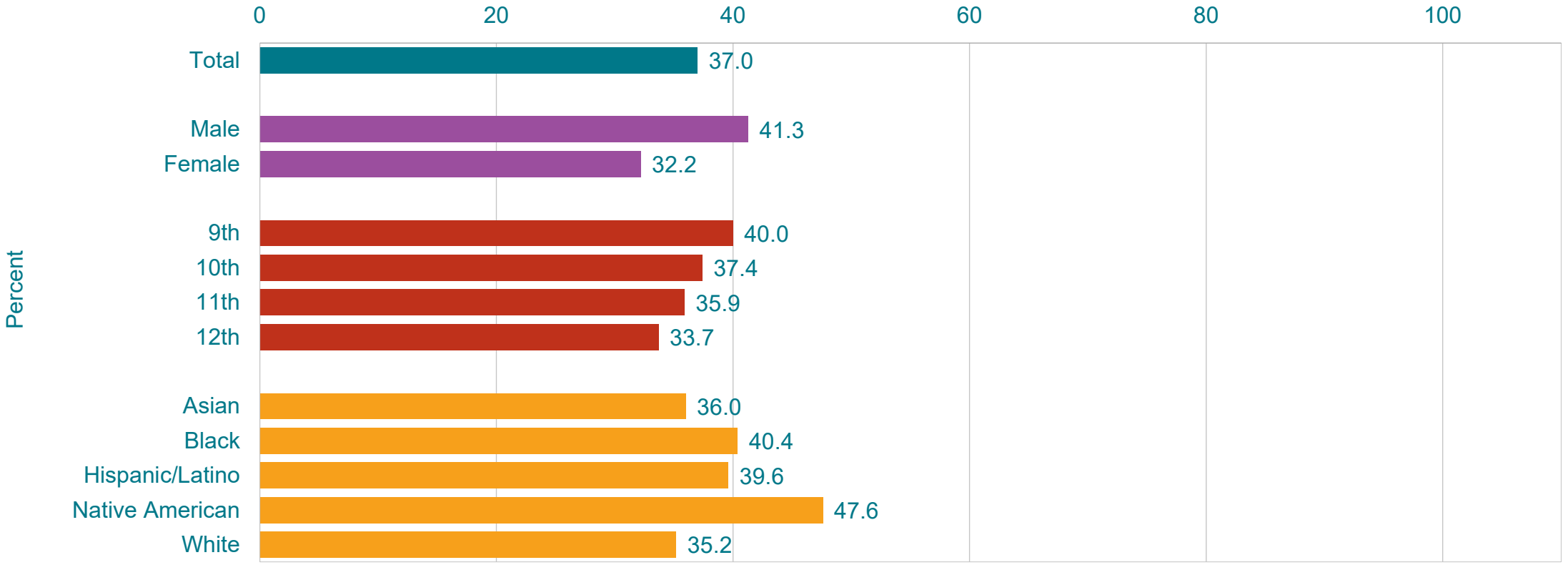
*Such as orange juice, apple juice, or grape juice, during the 7 days before the survey
†M > F; 9th > 11th, 9th > 12th, 10th > 12th (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Ate Fruit or Drank 100% Fruit Juices Two or More Times Per Day,* 2003-2023†



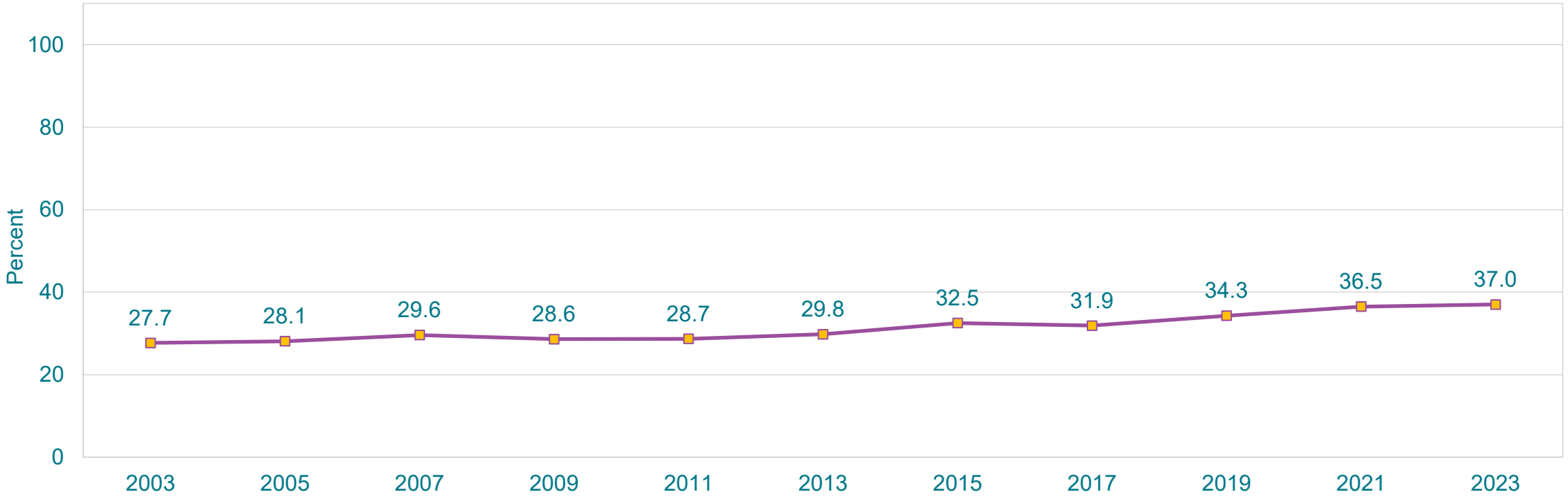
*Such as orange juice, apple juice, or grape juice, during the 7 days before the survey
†Decreased 2003-2023, no change 2003-2015, decreased 2015-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Green Salad,* by Sex,† Grade, and Race/Ethnicity,† 2023



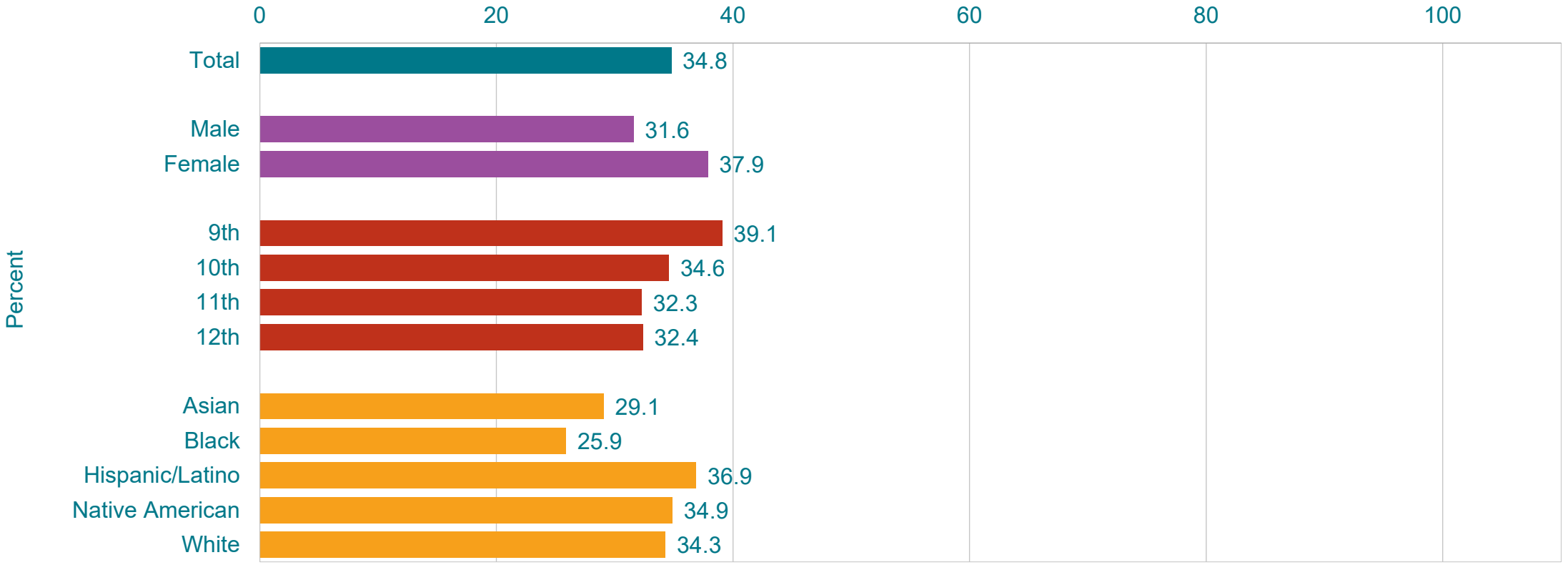
*One or more times during the 7 days before the survey
†M > F; N > W (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Green Salad,* 2003-2023†



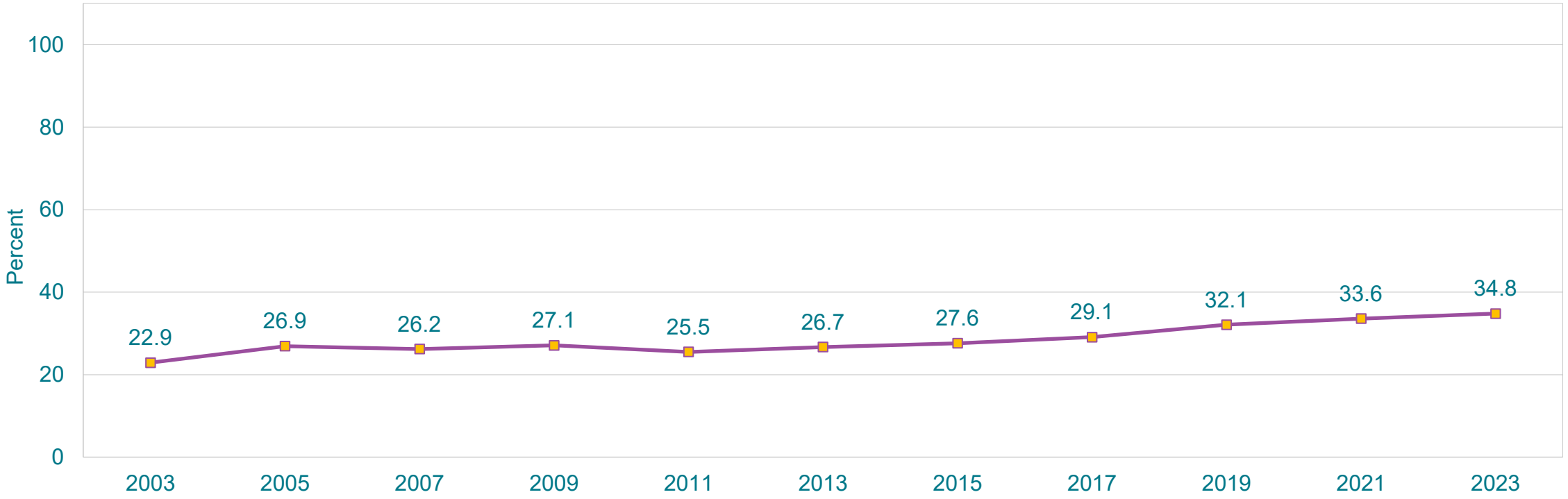
*One or more times during the 7 days before the survey
†Increased 2003-2023, no change 2003-2013, increased 2013-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Potatoes,* by Sex,† Grade,† and Race/Ethnicity, 2023



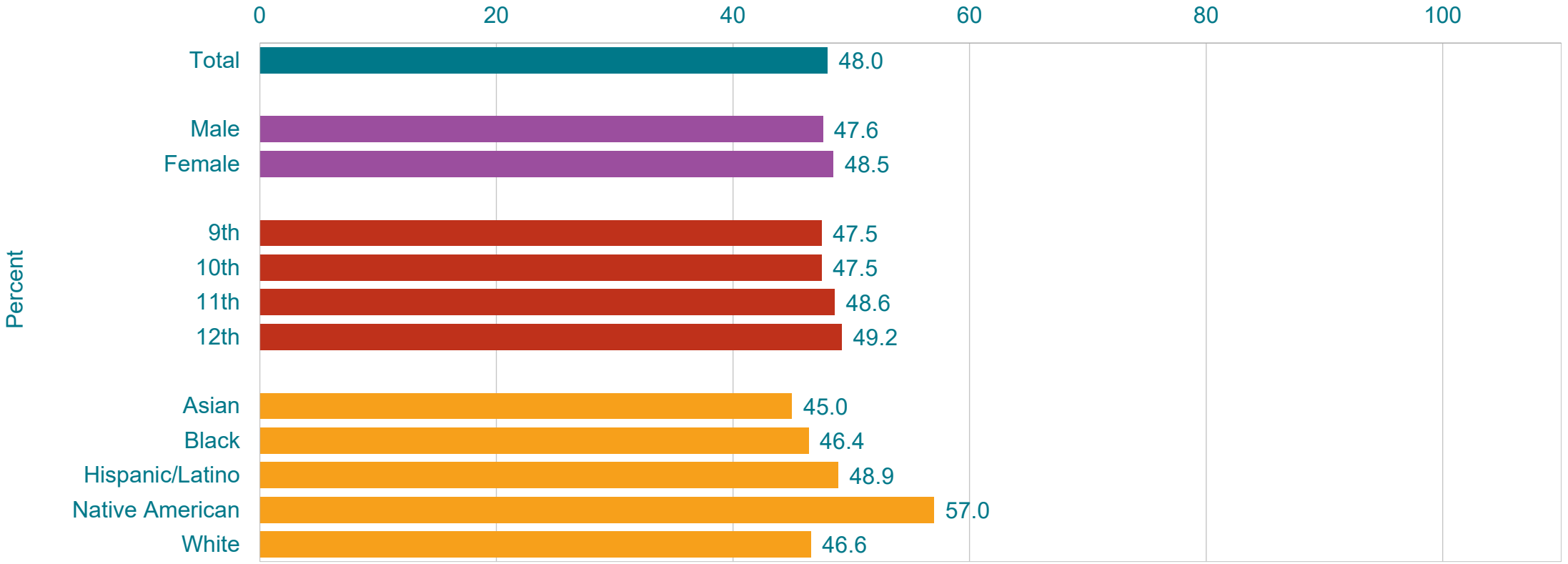
*One or more times during the 7 days before the survey
†F > M; 9th > 11th, 9th > 12th (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Potatoes,* 2003-2023†



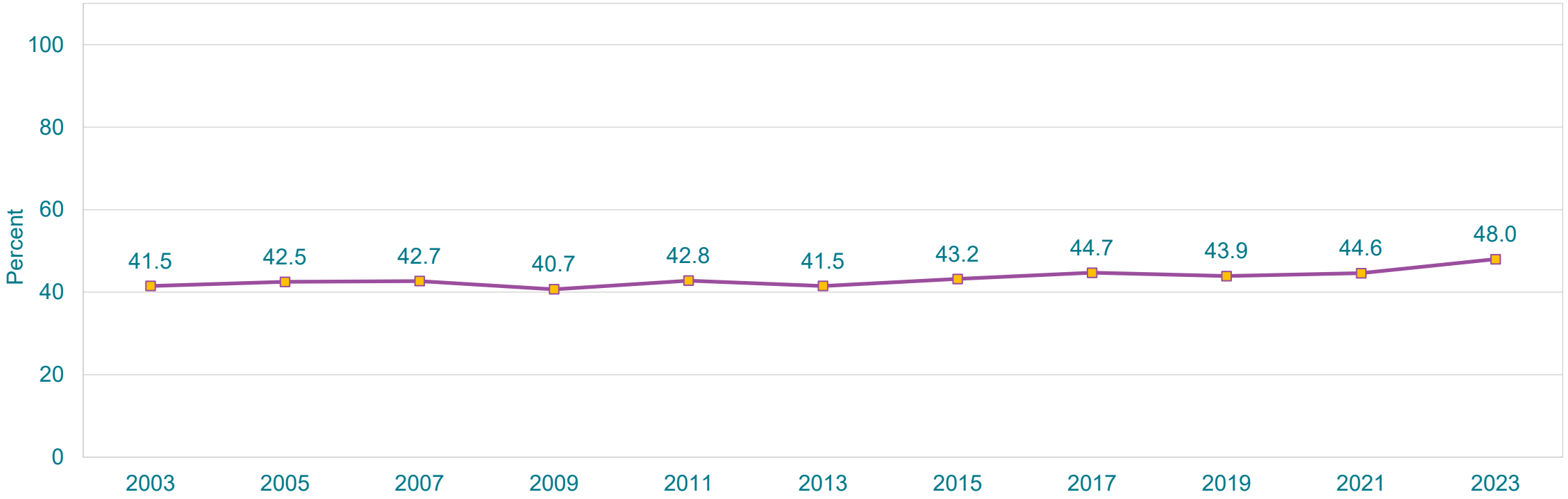
*One or more times during the 7 days before the survey
†Increased 2003-2023, no change 2003-2013, increased 2013-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Carrots,* by Sex, Grade, and Race/Ethnicity,† 2023



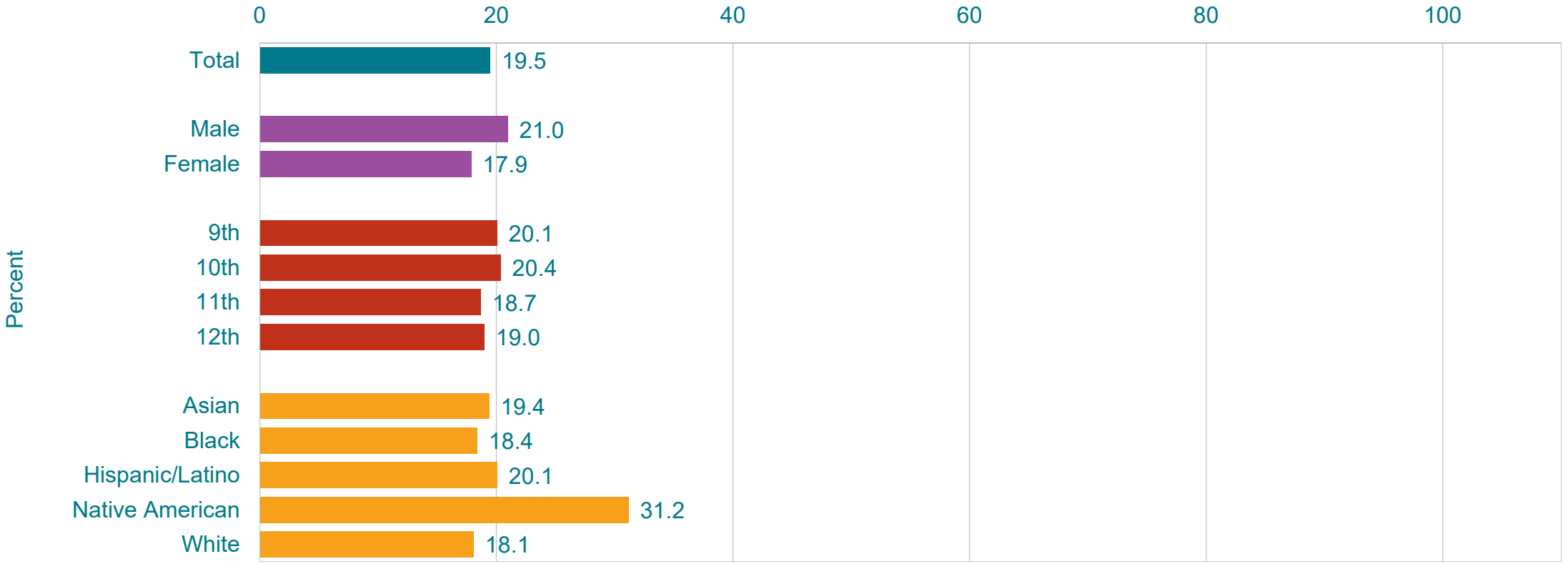
*One or more times during the 7 days before the survey
†N > H, N > W (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Carrots,* 2003-2023†



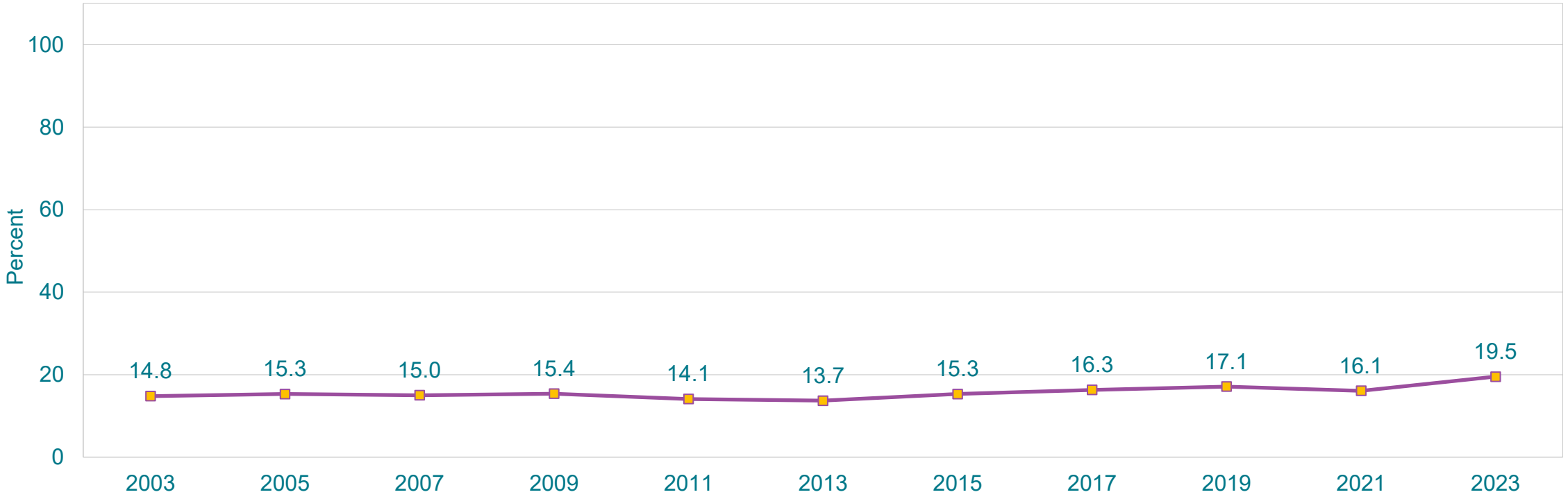
*One or more times during the 7 days before the survey
†Increased 2003-2023, no change 2003-2019, increased 2019-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Other Vegetables,* by Sex,† Grade, and Race/Ethnicity,† 2023



*One or more times during the 7 days before the survey
†M > F; N > B, N > H, N > W (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Other Vegetables,* 2003-2023†

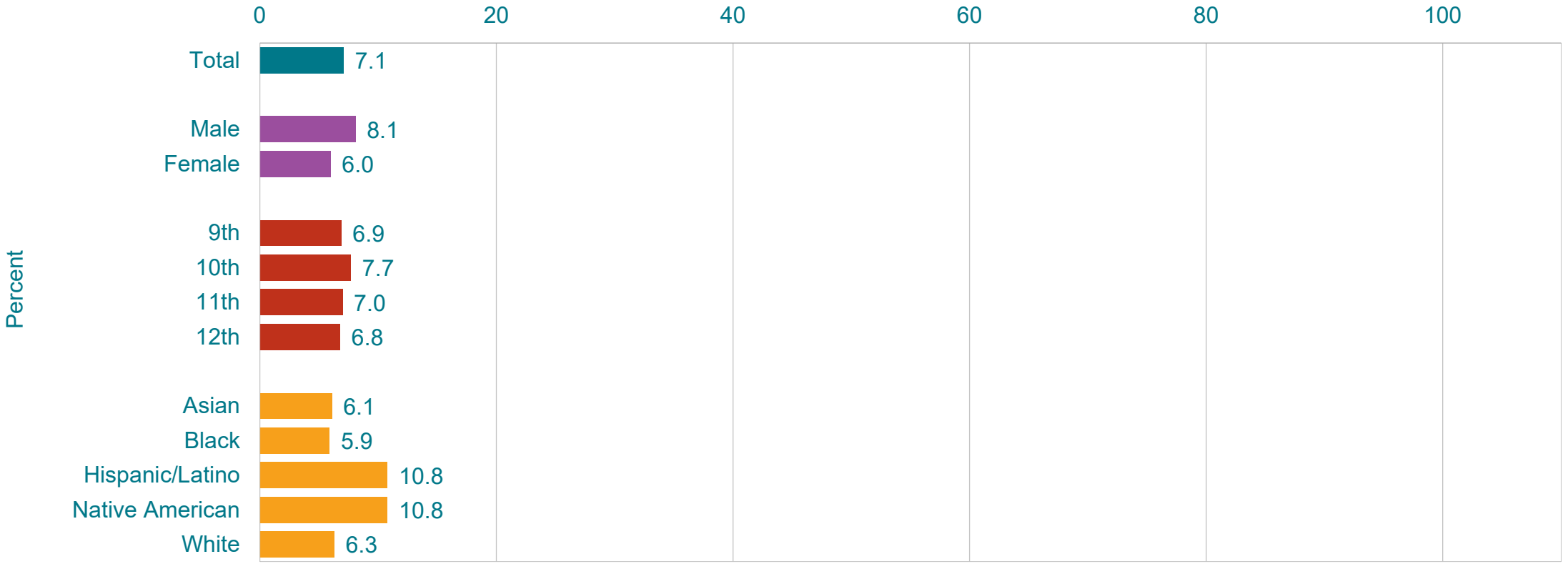


*One or more times during the 7 days before the survey

†Increased 2003-2023, no change 2003-2013, increased 2013-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Vegetables,* by Sex,† Grade, and Race/Ethnicity,† 2023



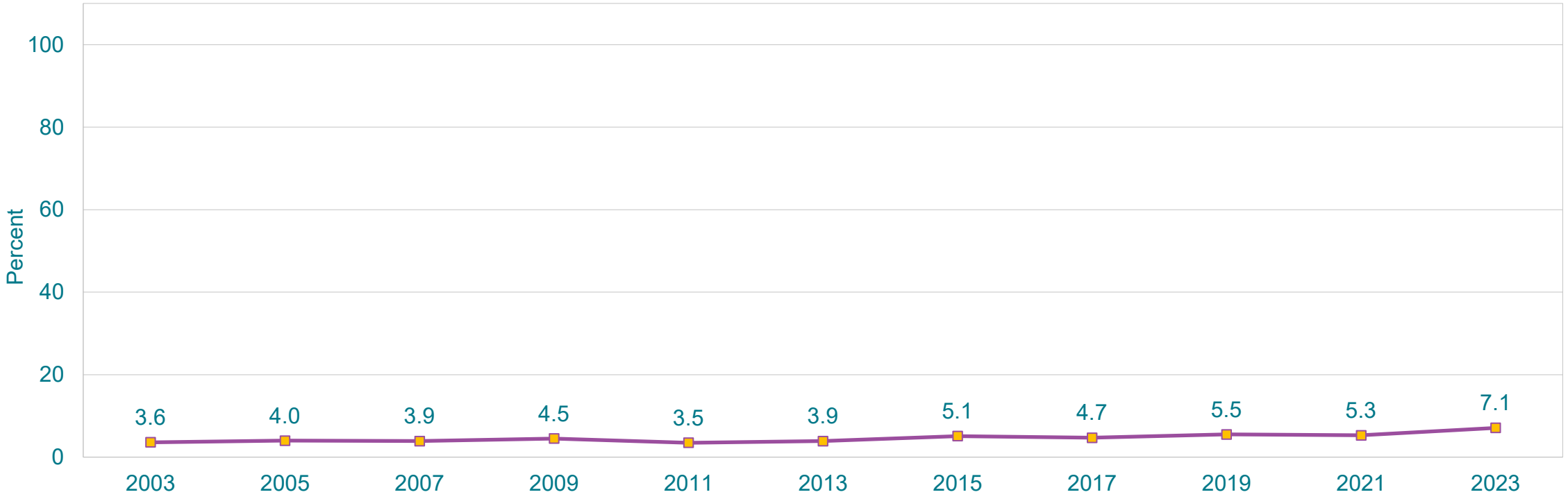
*Green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey

†M > F; H > W, N > W (Based on t-test analysis, $p < 0.05$.)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

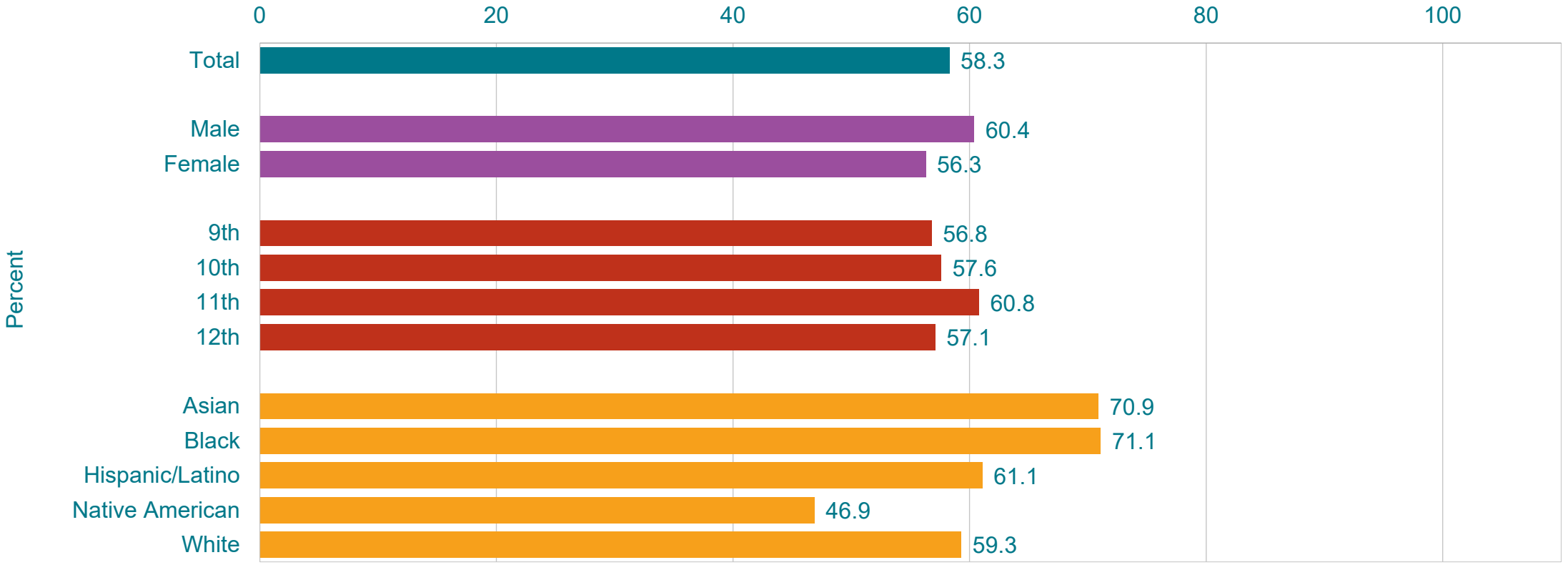
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Vegetables,* 2003-2023†



*Green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey
†Increased 2003-2023, no change 2003-2013, increased 2013-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.

Percentage of High School Students Who Ate Vegetables One or More Times Per Day,* by Sex,† Grade, and Race/Ethnicity,† 2023



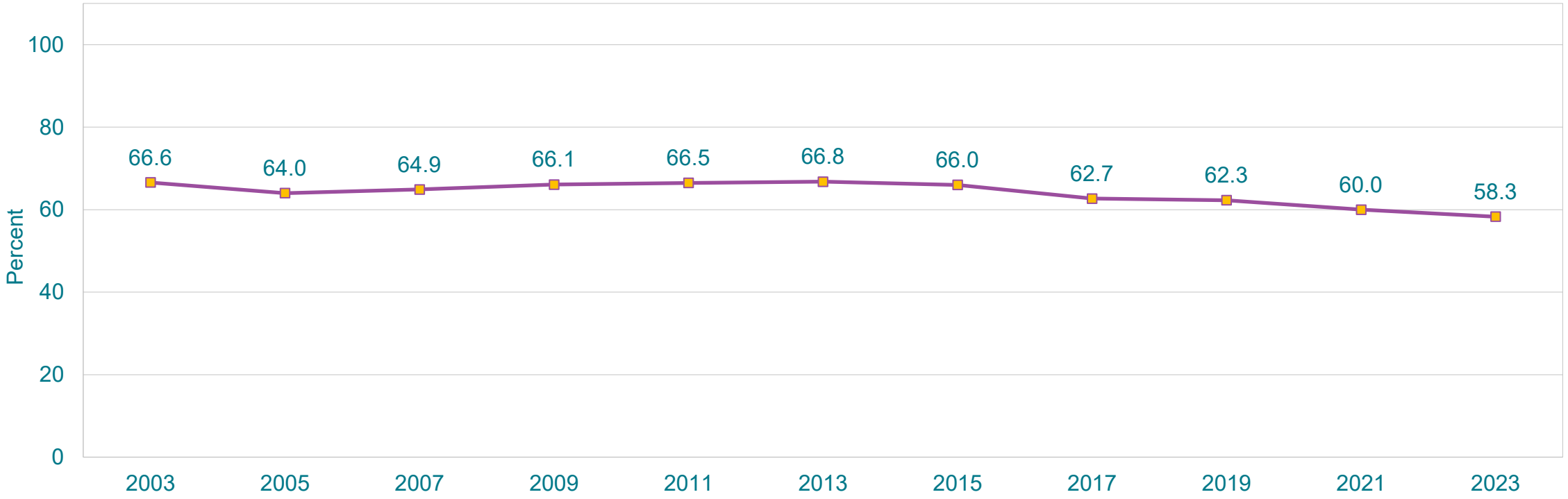
*Green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey

†M > F; A > N, B > N, H > N, W > N (Based on t-test analysis, $p < 0.05$.)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

This graph contains weighted results.

Percentage of High School Students Who Ate Vegetables One or More Times Per Day,* 2003-2023†

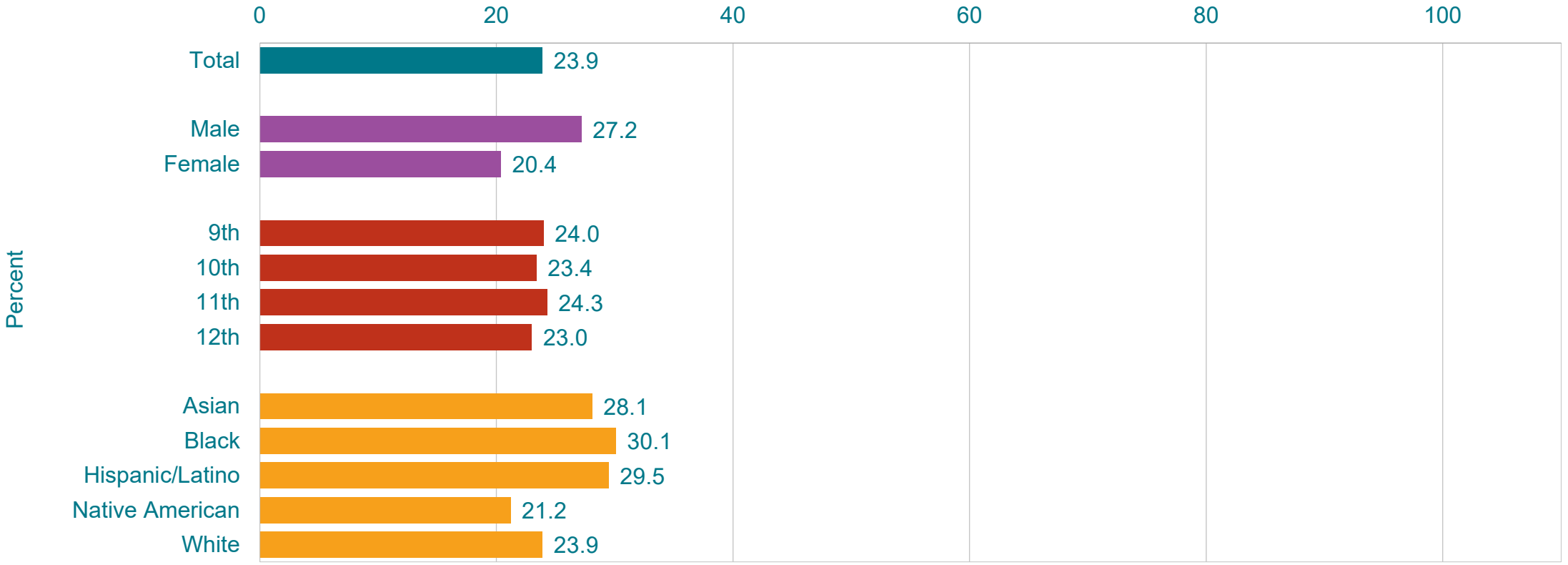


*Green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey

†Decreased 2003-2023, no change 2003-2013, decreased 2013-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.

Percentage of High School Students Who Ate Vegetables Two or More Times Per Day,* by Sex,† Grade, and Race/Ethnicity,† 2023



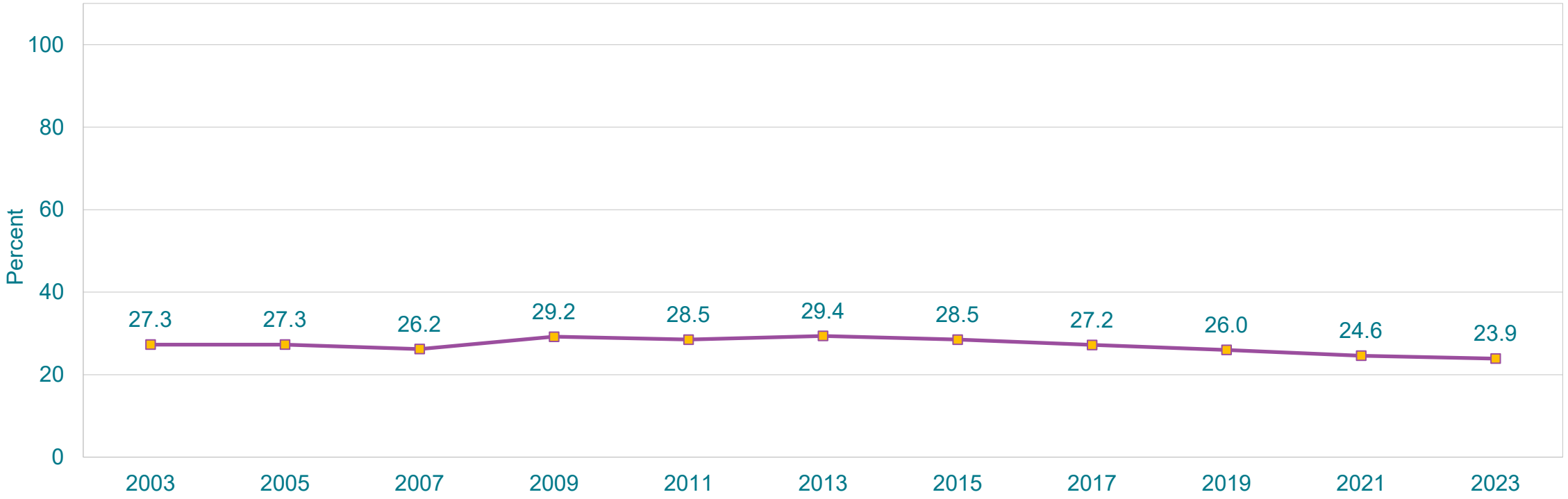
*Green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey

†M > F; H > N (Based on t-test analysis, $p < 0.05$.)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

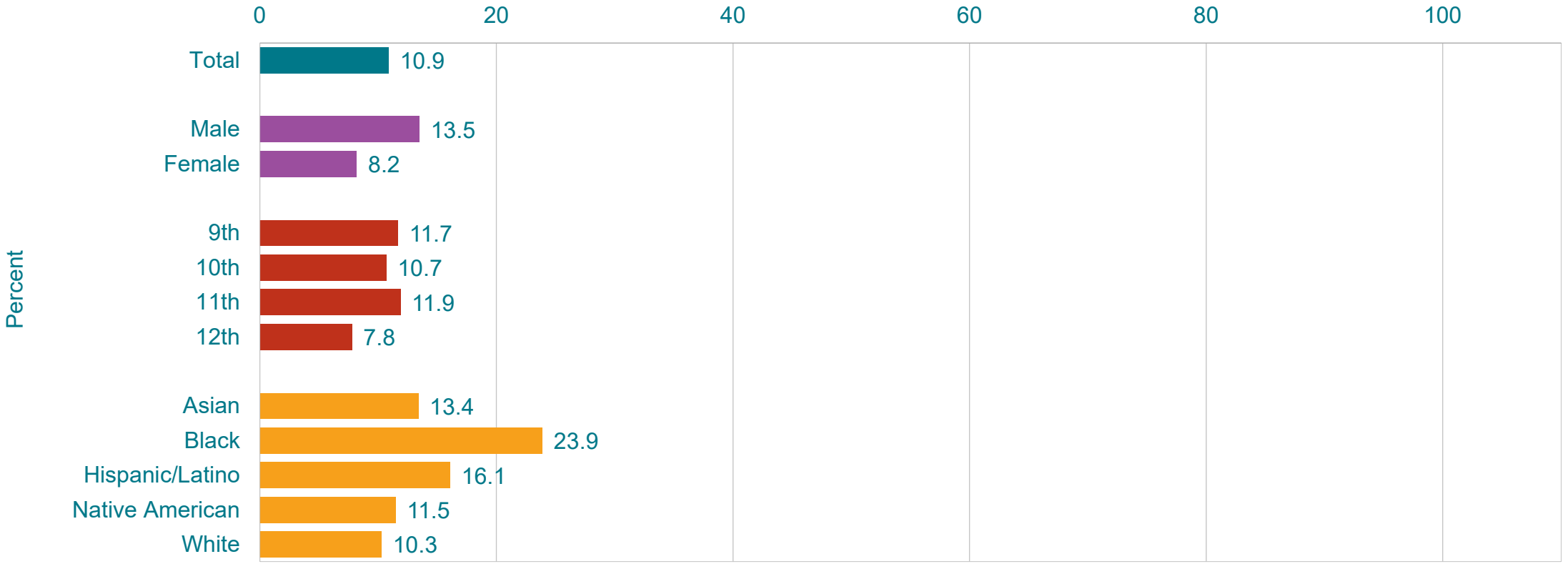
This graph contains weighted results.

Percentage of High School Students Who Ate Vegetables Two or More Times Per Day,* 2003-2023†



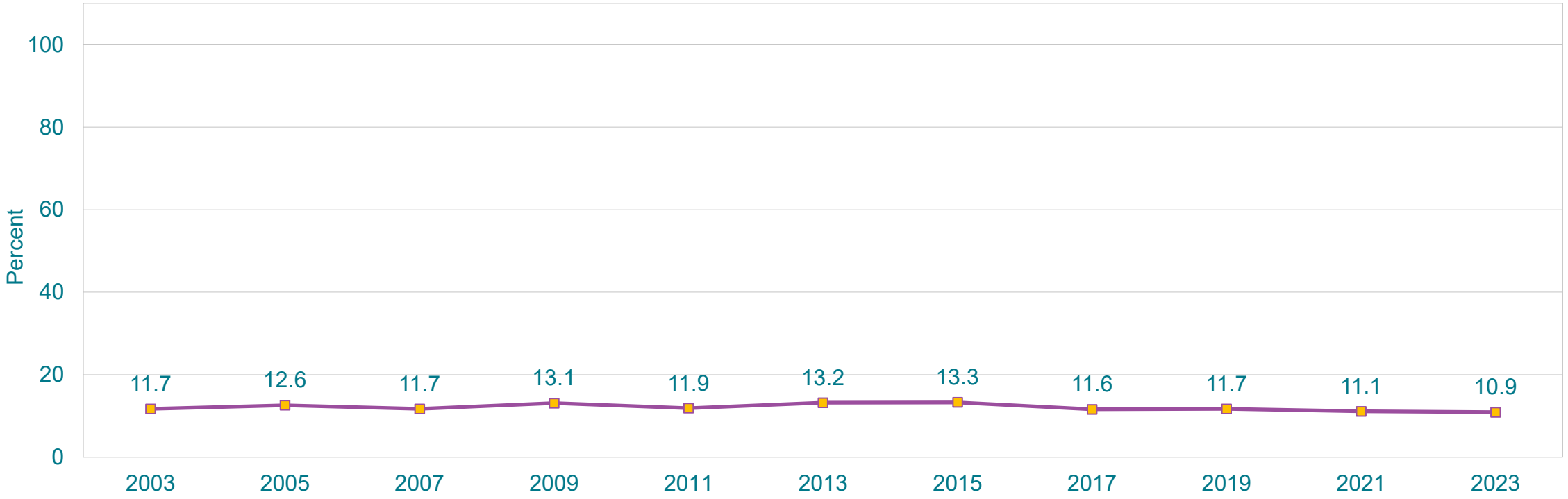
*Green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey
†Decreased 2003-2023, increased 2003-2013, decreased 2013-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.

Percentage of High School Students Who Ate Vegetables Three or More Times Per Day,* by Sex,† Grade,† and Race/Ethnicity,† 2023



*Green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey
†M > F; 9th > 12th, 11th > 12th; H > W (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Ate Vegetables Three or More Times Per Day,* 2003-2023†

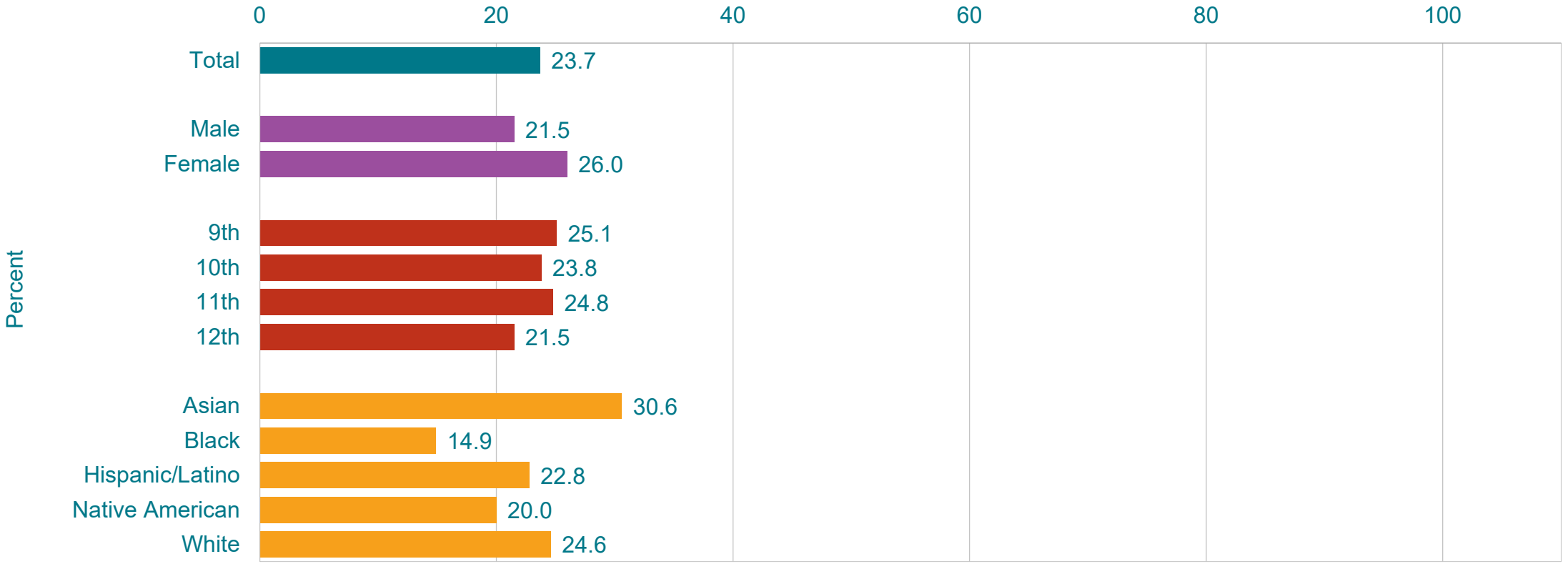


*Green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey

†Increased, 2003-2015, decreased, 2015-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

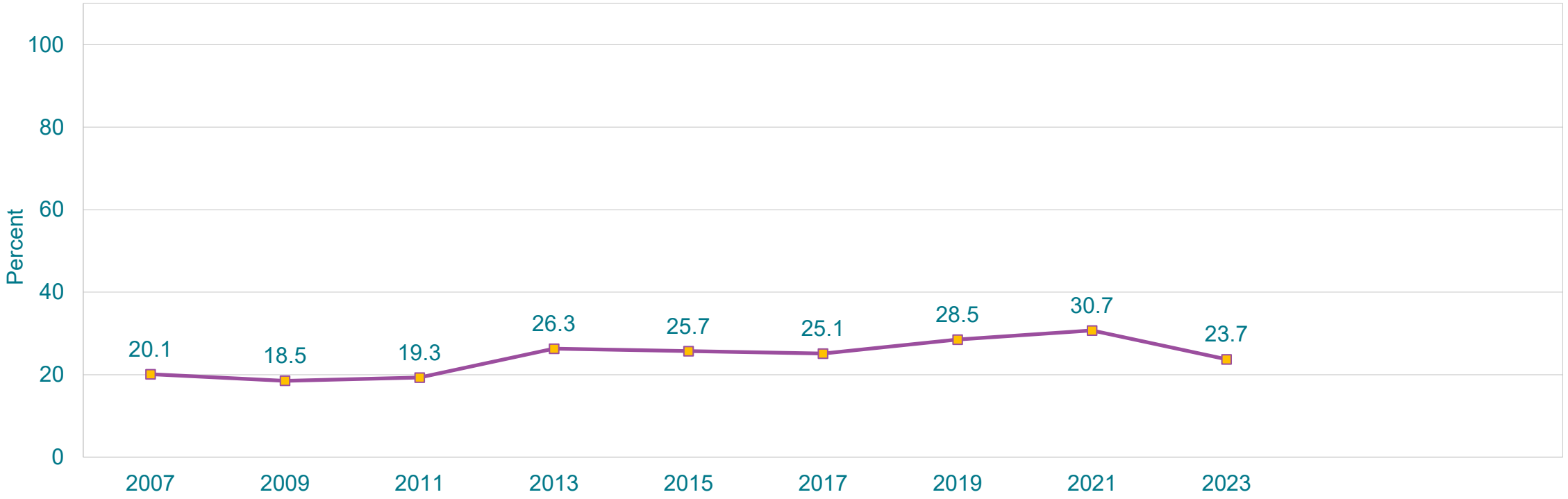
This graph contains weighted results.

Percentage of High School Students Who Did Not Drink a Can, Bottle, or Glass of Soda or Pop,* by Sex,† Grade, and Race/Ethnicity, 2023



*Such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey
†F > M (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Did Not Drink a Can, Bottle, or Glass of Soda or Pop,* 2007-2023†

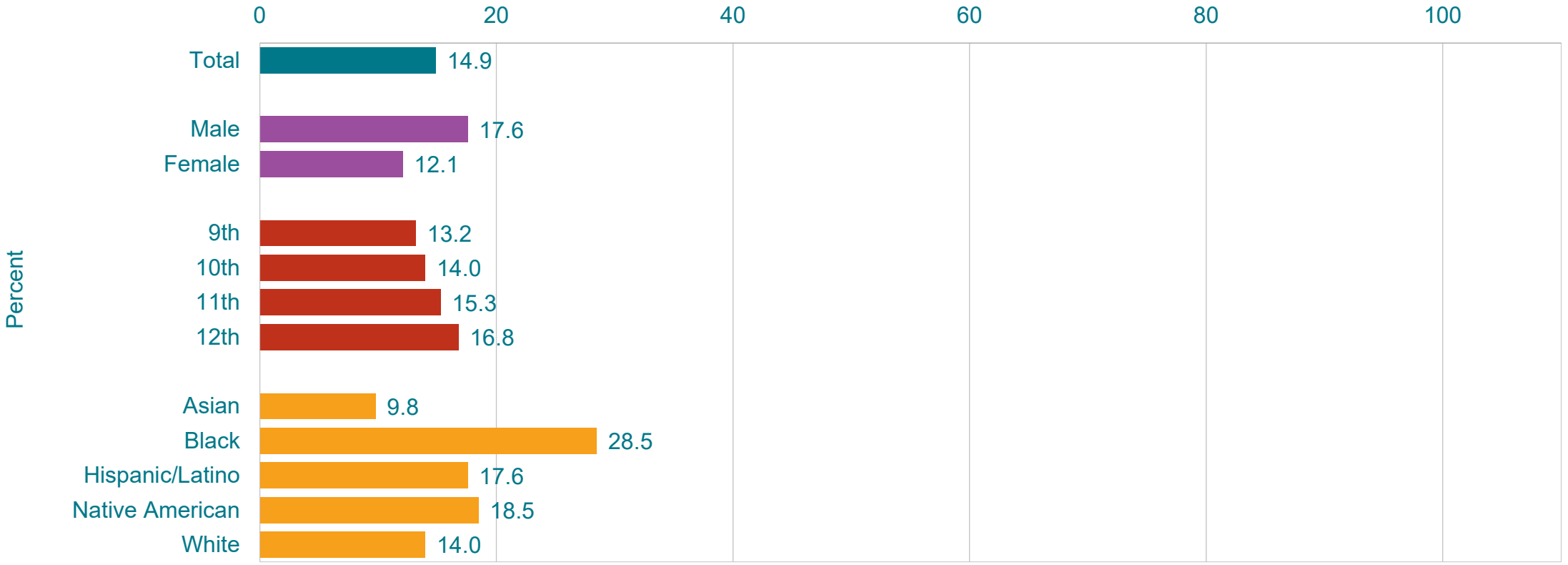


*Such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey

†Increased 2007-2023, increased 2007-2019, decreased 2019-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

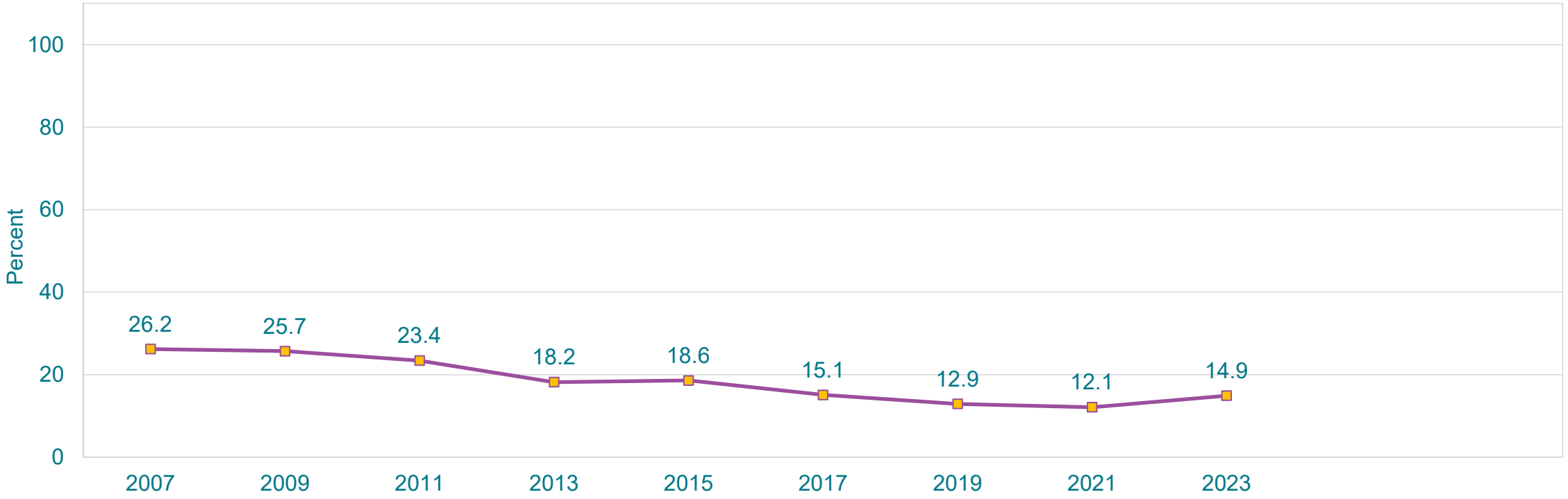
This graph contains weighted results.

Percentage of High School Students Who Drank a Can, Bottle, or Glass of Soda or Pop One or More Times Per Day,* by Sex,† Grade, and Race/Ethnicity, 2023



*Such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey
†M > F (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Drank a Can, Bottle, or Glass of Soda or Pop One or More Times Per Day,* 2007-2023†

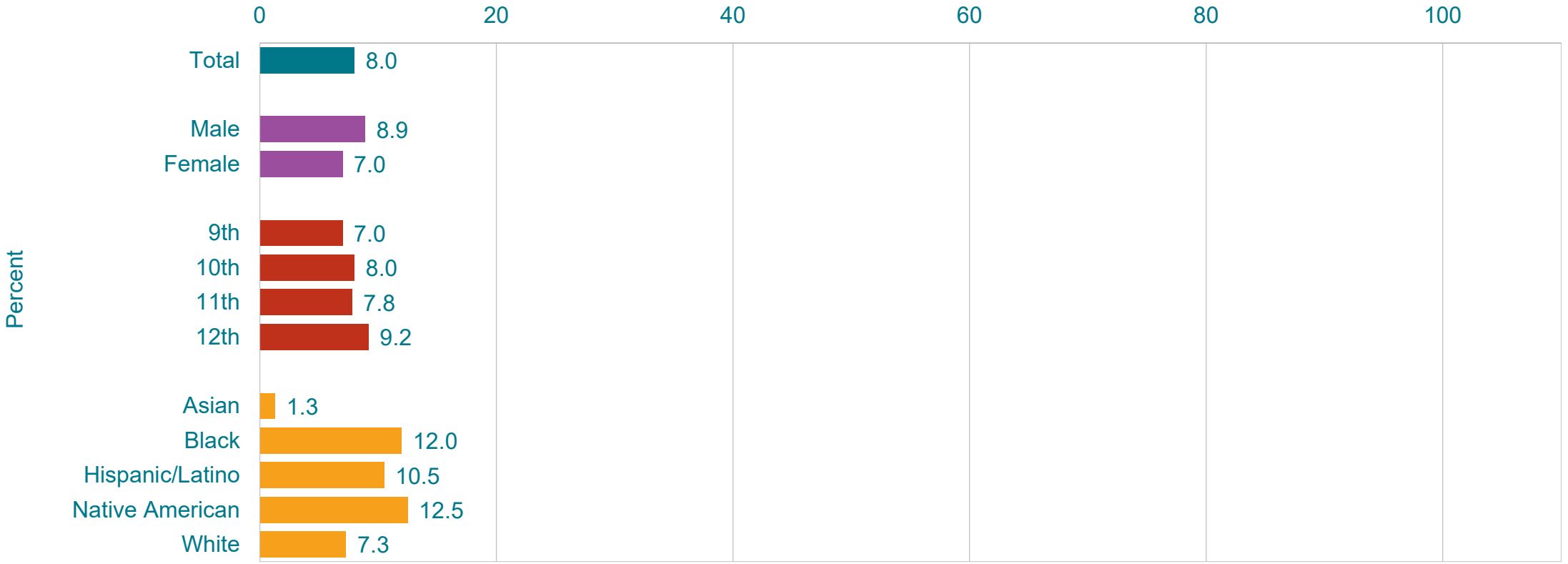


*Such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey

†Decreased 2007-2023, decreased 2007-2019, increased 2019-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

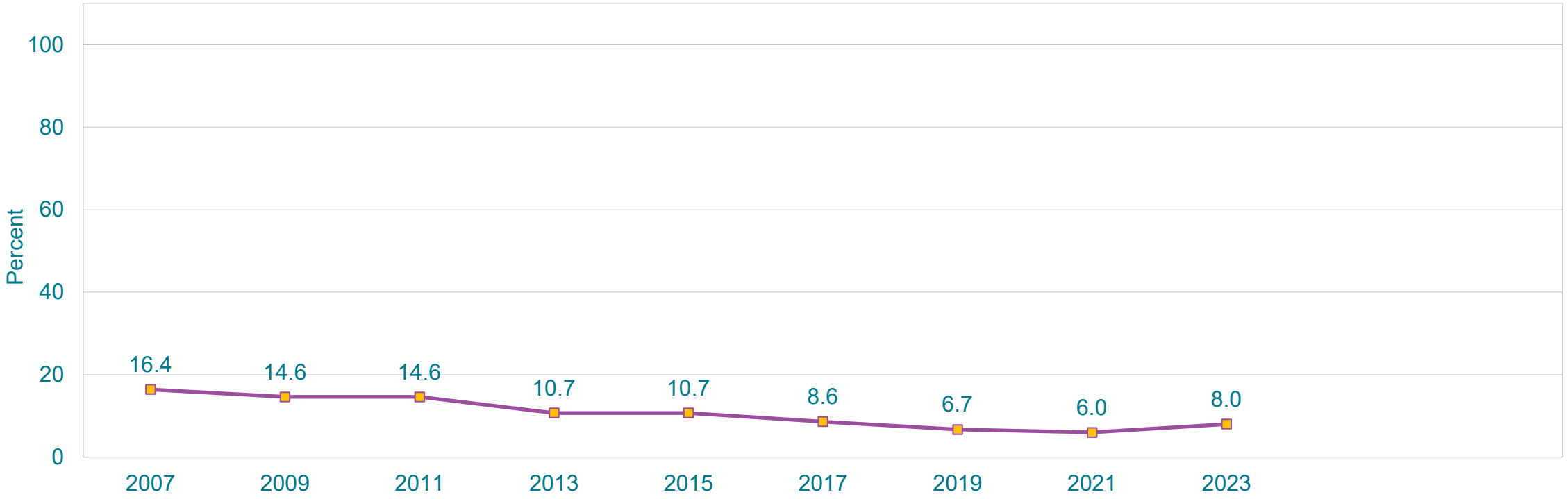
This graph contains weighted results.

Percentage of High School Students Who Drank a Can, Bottle, or Glass of Soda or Pop Two or More Times Per Day,* by Sex,† Grade, and Race/Ethnicity,† 2023



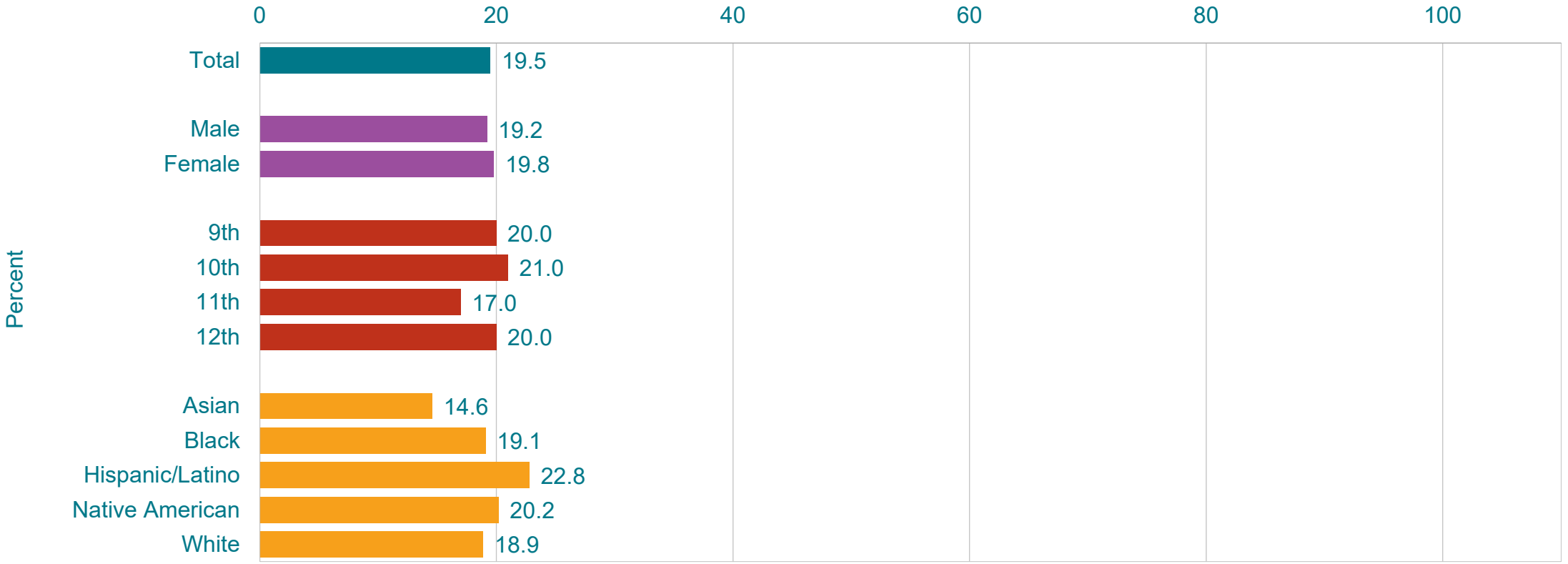
*Such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey
†M > F; B > A, H > A, N > A, W > A (Based on t-test analysis, $p < 0.05$.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Drank a Can, Bottle, or Glass of Soda or Pop Two or More Times Per Day,* 2007-2023†



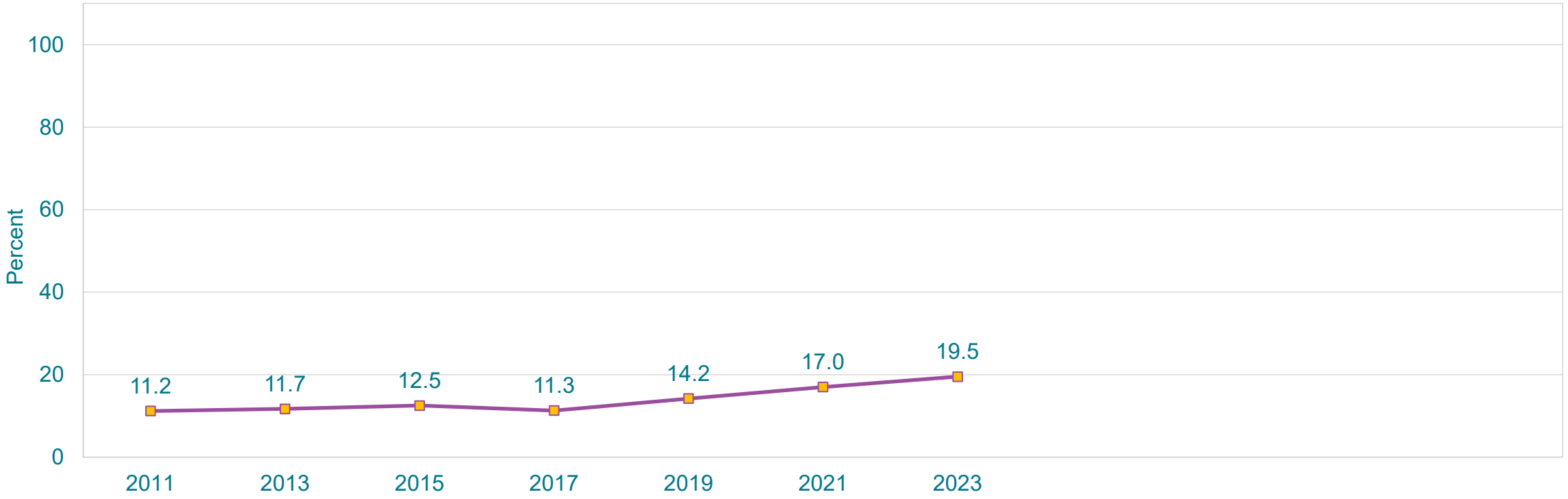
*Such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey
†Decreased 2007-2023, decreased 2007-2019, no change 2019-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Breakfast,* by Sex, Grade, and Race/Ethnicity, 2023



*During the 7 days before the survey
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Percentage of High School Students Who Did Not Eat Breakfast,* 2011-2023†



*During the 7 days before the survey
†Increased 2011-2023, no change 2011-2017, increased 2017-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ($p < 0.05$). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.