



# CHRONIC DISEASE BURDEN UPDATE

■ This update focuses on the physical activity and nutrition behavior among high school students in Illinois using data from the 2011 Youth Risk Surveillance System Behavior Surveillance System.

Physical inactivity and unhealthy diets are key risk factors for the development of major diseases. These behaviors are often established during childhood and adolescence, and extend into adulthood. A healthy diet and regular physical activity are essential to a person’s overall health and well being and may decrease a person’s risk of developing serious health conditions. Ensuring youth eat a healthy diet, participate in regular physical activity, and achieve and maintain healthy body weight is important for their long-term health.

Overweight and obesity have been increasing for several decades in both genders and among all population groups. Approximately 400,000 deaths each year in the U.S. are associated with overweight and obesity. If this trend continues, overweight and obesity are expected to replace tobacco as the leading cause of deaths. In adolescence, obesity is associated with hyperlipidemia,

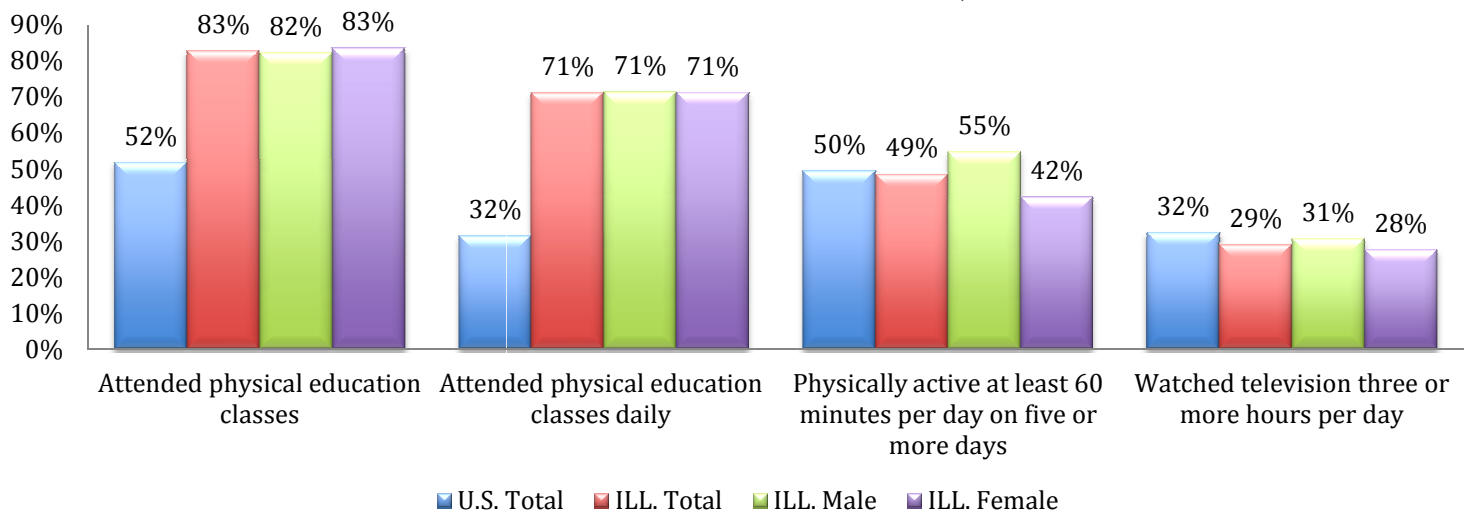
hypertension, abnormal glucose tolerance, and adverse psychological and social consequences.

For children and youth, a percentile rank of Body Mass Index (BMI) for age and sex is used to assess whether students are overweight or obese. In the Illinois Youth Risk Surveillance System Behavior Surveillance System (YRBSS), the BMI percentiles are based on students’ self-reported height and weight, age, and sex. Although self-reported data may result in underestimated of the prevalence of overweight, the data can be useful in tracking trends over time.

## PHYSICAL ACTIVITY BEHAVIOR

A larger percentage of Illinois high school students (82.8%) participate in physical education classes compared to the United States (51.8%). Seventy-one percent of Illinois high school students attend physical education classes daily compared to only 32 percent nationally. About half of Illinois high school students had been physically active at least 60 minutes per day on five or more days and the prevalence was higher among males (54.7%) than female students (42.2%). About a third of students watched television three or more hours per day on an average school day. Prevalence was higher in Illinois among males (30.7%) than females (27.6%).

**Physical Activity Behavior Among High School Students, in Illinois and the United States, 2011**

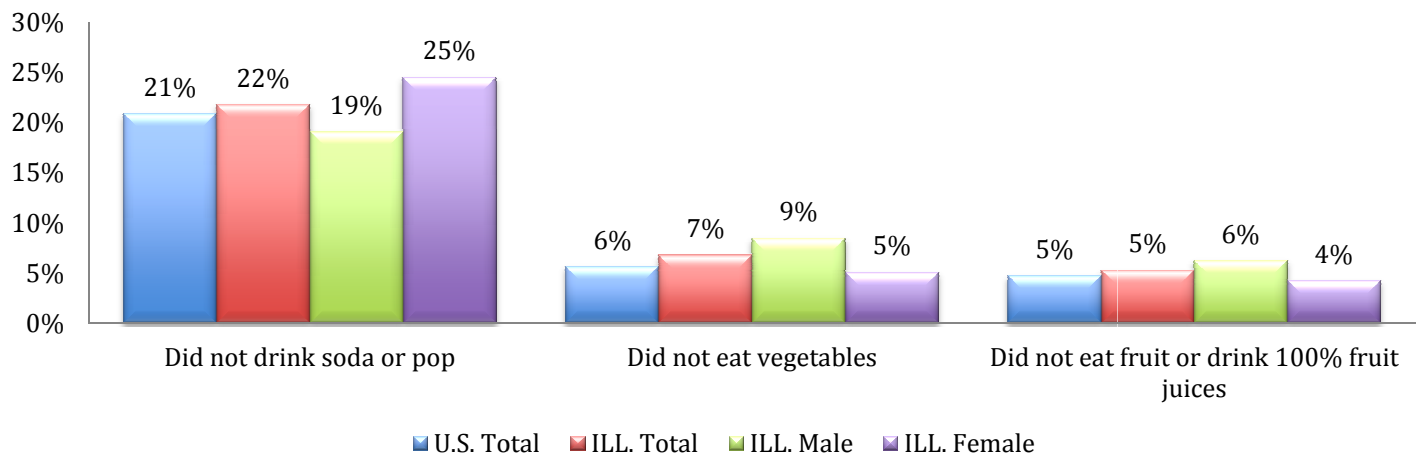


Source: Youth Risk Behavior Surveillance System, 2011

## DIETARY BEHAVIOR

About 22 percent of Illinois students did not drink soda or pop in the past week, not counting diet soda or diet pop. More females (24.5%) than males (19.1%) abstained from drinking soda. Seven percent of students did not eat vegetables, with the prevalence higher among males (8.5%) than female students (5.1%). Overall, 5 percent of Illinois high school students did not eat fruit or drink 100 percent fruit juices in the past week. The prevalence was higher among Illinois males (6.3%) than females (4.3%).

**Dietary Behavior Among High School Students,  
In Illinois and the United States, 2011**



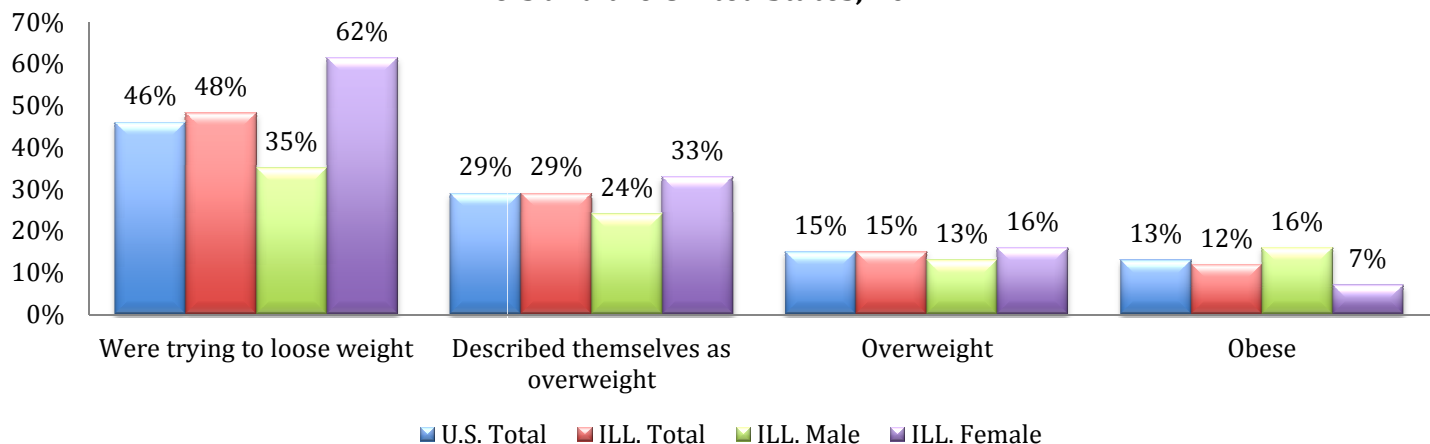
Source: Youth Risk Behavior Surveillance System, 2011

## WEIGHT LOSS

About half of Illinois high school students were trying to lose weight. Prevalence was higher among female students (61.5%) than male students (35.1%). About 29 percent of students described themselves as slightly overweight or very overweight, and prevalence was higher among females (33.1%) than male (24.3%) students.

In Illinois, 14.5 percent of high school students were overweight. Overweight prevalence was higher among females (15.7%) than males (13.2%). About 12 percent of students were obese, and the overall prevalence of obesity was higher among males (15.9%) than females (7.1%).

**Weight Control Behavior Among High School Students,  
in Illinois and the United States, 2011**



Source: Youth Risk Behavior Surveillance System, 2011