

Obesity

Among Public High School Students in Oklahoma



What do the data say?

Data from the **2023 Oklahoma Youth Risk Behavior Survey (YRBS)** show that:

Obesity

- **17.9%** of students were obese¹
- **16.5%** were overweight²

Unhealthy Dietary Behaviors

- **19.5%** did not eat any fruit during the 7 days before the survey
- **9.3%** did not eat any vegetables during the 7 days before the survey
- **22.2%** drank a can, bottle, or glass of soda or pop one or more times per day during the 7 days before the survey

Physical Inactivity

- **16.3%** did not participate in at least 60 minutes of physical activity on any day³
- **64.2%** did not attend physical education (PE) classes on any day in an average school week

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of students were obese¹

16.5%

of students were overweight²

1. Students > 95th percentile for body mass index, based on sex and age-specific reference data from the 2000 CDC growth charts.
2. Students > 85th percentile but < 95th percentile for body mass index, based on sex and age-specific reference data from the 2000 CDC growth charts.
3. Doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time.

What are the solutions?

- Encourage teenagers to get 8-10 hours of sleep at night, maintaining routine bedtimes even on weekends. **[Sleep in Middle and High School Students | Healthy Schools | CDC](#)**
- Limit sugar-sweetened beverages, such as soda, fruit drinks, sports drinks, energy drinks, or flavored coffee drinks. Choose mostly water. Unsweetened teas or unsweetened coffee drinks can be enjoyed as well. **[Sugary Drinks | The Nutrition Source | Harvard T.H. Chan School of Public Health](#)**
- Increase availability of quality school-based breakfast and lunch options **[breakfastforhealth-1.pdf \(frac.org\)](#)**
- Utilize choice architecture in lunchrooms to make healthier food options easier and more attractive to students **[HER_ConsumptionBrief_final.pdf \(healthyeatingresearch.org\)](#)**
- Create physical education requirements for elementary, middle and high school levels. **[State laws matter when it comes to school provisions for structured PE and daily PE participation - PMC \(nih.gov\)](#)**
- Implement comprehensive physical and health education programming included in school curriculum beginning in early grade school. **[Health Literacy and Health Education in Schools: Collaboration for Action - PMC \(nih.gov\)](#)**

For more information, contact the Family Support and Prevention Service, Assessment Division, at **(405) 426-8092** or visit **oklahoma.gov/health/yrebs**.