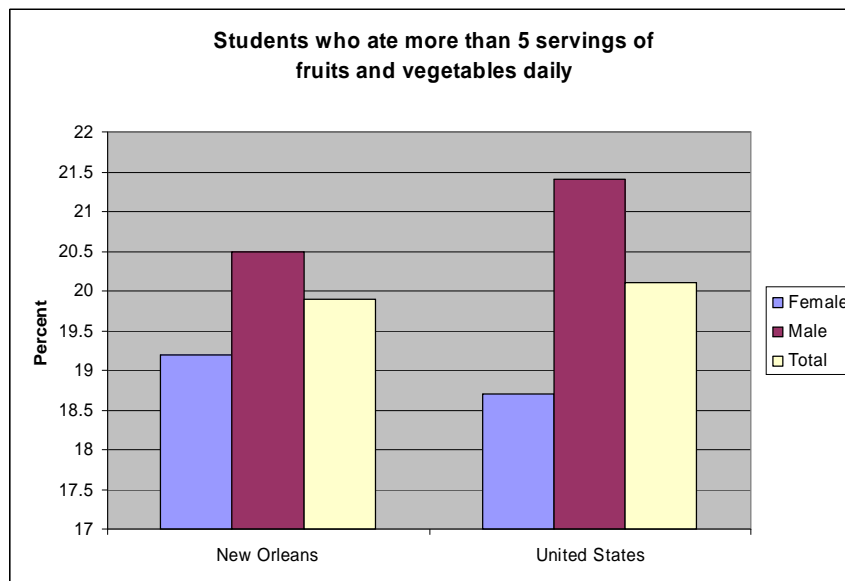


## 2005 New Orleans YRBS Results Nutrition

Among adults (aged 25 years or older), cardiovascular disease and cancer cause 61% of deaths. Adolescents who do not exercise regularly, who lack fruits and vegetables in their diets, and those who use tobacco greatly increase their chances of developing these diseases. The results of the 2005 Youth Risk Behavior Survey suggest that New Orleans high school students eat more junk food and fewer fruits and vegetables than they should.

However, New Orleans high school students are almost as likely as other students across the United States to eat at least five servings of fruits and vegetables per day. New Orleans ranked 9<sup>th</sup> of 17 cities completing the YRBS for daily fruit and vegetable consumption.



New Orleans students are more likely to eat non-nutritious snacks or drinks than fruit.

- 91.9% ate snack foods (such as chips, cookies, doughnuts, or candy) or drank carbonated drinks like Coca-Cola (including diet drinks) at least once during the week
- 81.4% had purchased those snack foods and drinks at school
- Only 73.1% had eaten any fruit during the previous week
- The students reported eating the following specific foods at least once during the week:
  - green salad -- 47.8%
  - potatoes -- 55.2%
  - 100% fruit juices -- 75.4%
  - carrots -- 26.9%
  - other vegetables -- 60.1%
- 91.4% agreed or strongly agreed that eating plenty of fruits and vegetables is important
- 15.9% of students were overweight (at or above 95% for body mass index)