

YRBS 2023 Data Results: Nutrition



June 2026

What is the Youth Risk Behavior Survey?

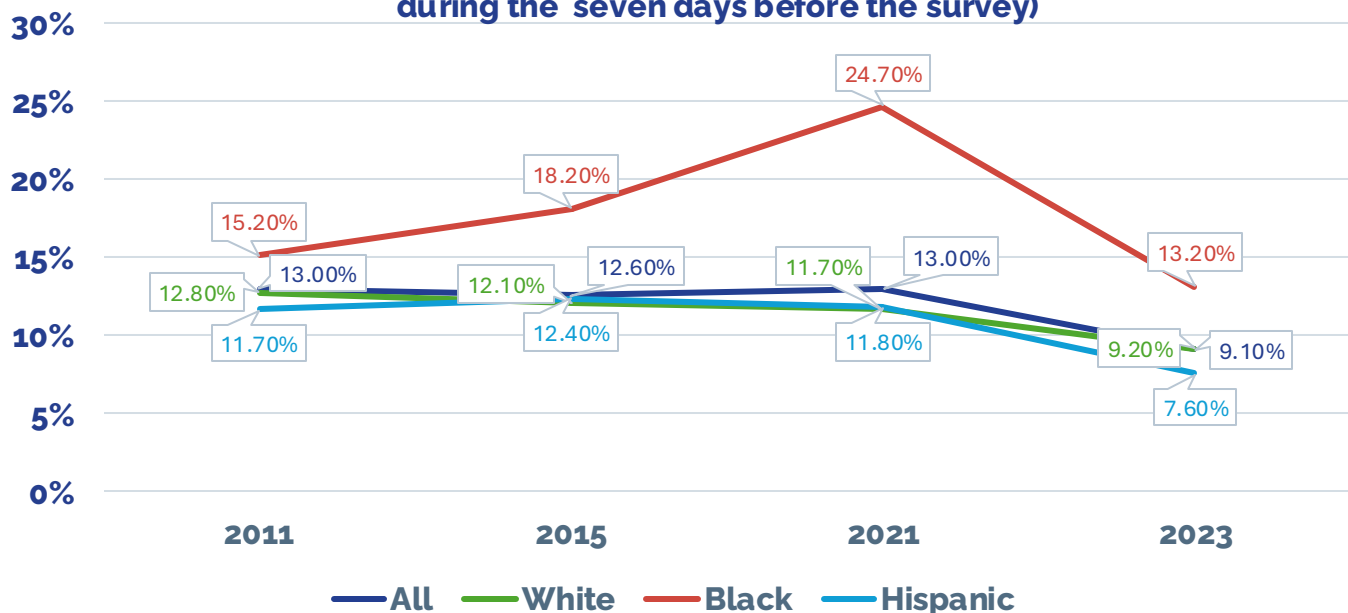
Youth Risk Behavior Survey (YRBS) is a Centers for Disease Control-sponsored survey that monitors students' health risks and behaviors and provides data at national and state levels. YRBS is conducted every other year on even-numbered years among high school students grades 9-12. The survey asks questions about weight, body image, nutrition and eating habits.

Fast Facts

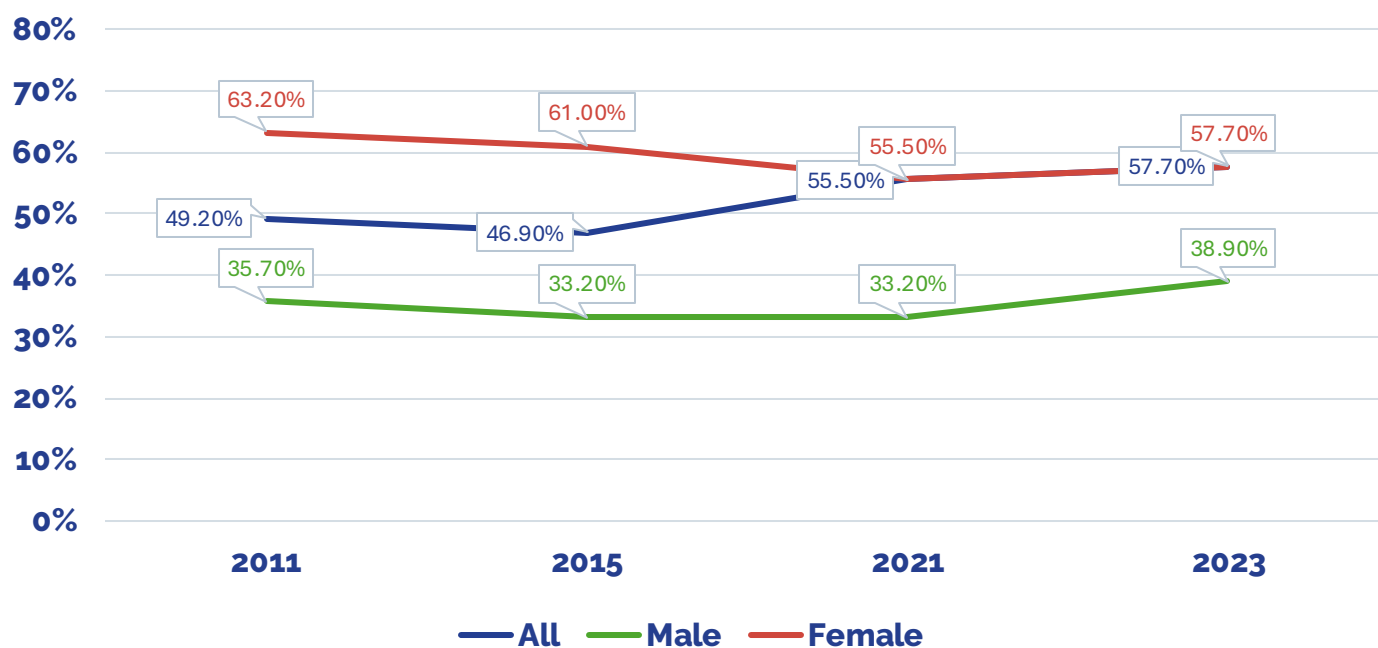
- **15.1%** of students were overweight
- **17.4%** of students were obese
- **48%** of students were trying to lose weight
- **90.9%** of students ate fruit one or more times per day*
- **31.4%** of students ate vegetables one or more times per day*

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

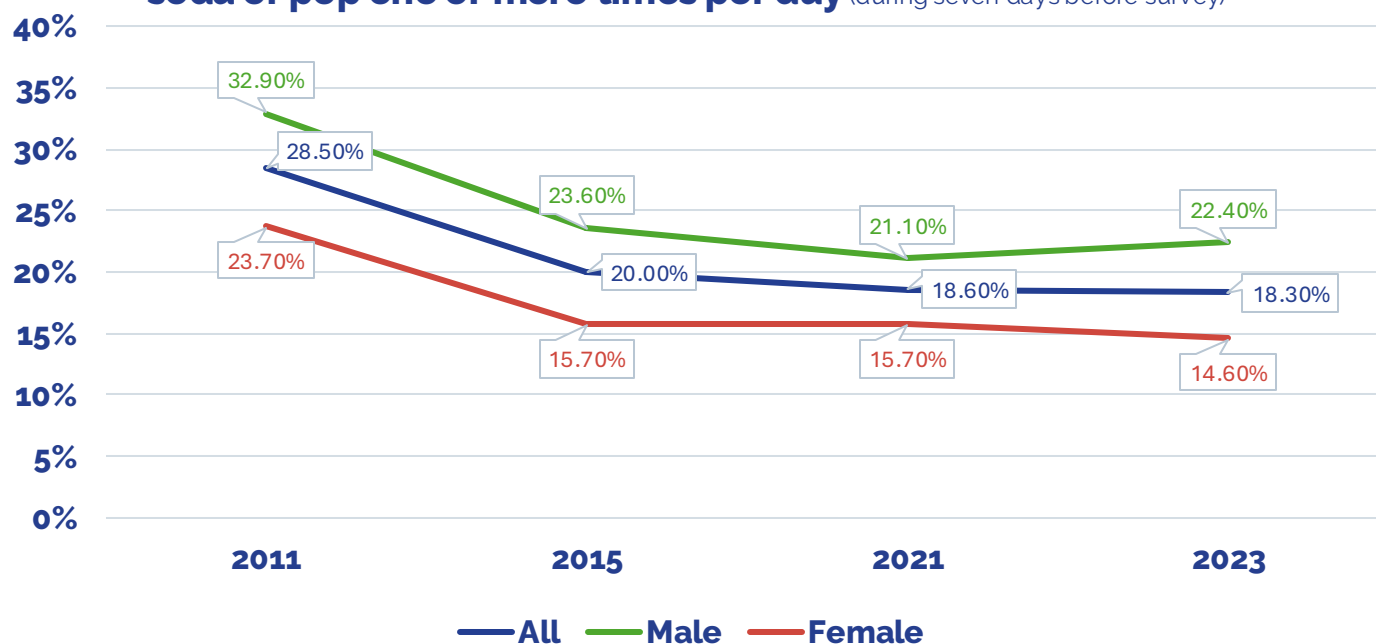
Students who did not eat fruit (one or more times during the seven days before the survey)



Percentage of students who were trying to lose weight



Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (during seven days before survey)



For additional information on adolescent health:
in.gov/health/mch/data/adolescentyoung-adult-health/