



Obesity

and South Carolina Students

What is the problem?¹

Among high school students. . .

Overweight

- 17% are obese²
- 16% are overweight³

Physical Activity

- 49% had not participated in moderate to vigorous physical activity on at least 5 of the past 7 days
- 76% had not participated in moderate to vigorous physical activity on each of the past 7 days
- 12% did not participate in any physical activity during the past 7 days
- 43% were not enrolled in physical education class
- 65% did not attend physical education class daily

What are the solutions?⁴

Among middle/junior and senior high schools. . .

Health Education

- 88% of schools require 2 or more health education courses
- 94% of schools teach about balancing food intake and physical activities
- 51% of schools teach 22 critical nutrition and dietary behavior topics

Physical Education

- 50% of schools do not allow waivers, exemptions, or substitutions for physical education
- 83% of schools offer students intramural activities or physical activity clubs
- 16% of schools require physical education in grades 11 or 12

Food Services⁵

- 81% of schools have fruits available for purchase
- 13% of schools have vegetables available for purchase
- 35% of schools offer a self-serve salad bar to students
- 69% of schools have bottled water available for purchase
- 45% of schools prohibited less nutritious foods and beverages from being sold for fundraising purposes

¹ 2019 Youth Risk Behavior Survey data representative of high school students in South Carolina.

² ≥95th percentile for BMI by age and sex.

³ ≥85th percentile but <95th percentile for BMI by age and sex.

⁴ 2018 School Health Profiles data representative of middle/junior and senior high schools in South Carolina.

⁵ Among schools that allow students to purchase snack foods or beverages from vending machines or at the school store or snack bar.

