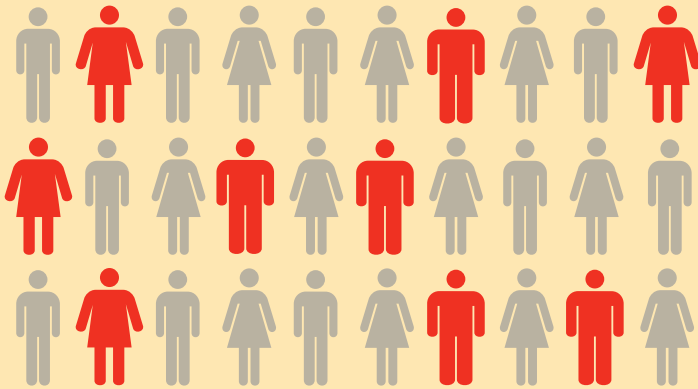


Half of your plate should be fruits and vegetables.

15% ate the recommended five or more servings of fruits and vegetables per day during the past week



30% 9 STUDENTS IN EVERY CLASS OF 30 were considered overweight or obese



Rethink your drink

DID NOT drink soda or pop one or more times per day during the past week.

DRINK AT LEAST SIX 12 OUNCE SERVINGS OF WATER PER DAY



2011 INDIANA



FACTS

about
HIGH SCHOOL STUDENTS

WHAT YOU CAN DO

- 1 Drink lots of water.
- 2 Eat fruits and veggies every day.
- 3 Eat a rainbow of fruits and veggies... the brighter the better.
- 4 Help plant a school garden.
- 5 Get a Farm to School program started to eat fresh, locally grown food.

The Indiana YRBS is part of a nationwide surveying effort led by the Centers for Disease Control and Prevention (CDC) to monitor students' health risks and behaviors in six categories. The YRBS is conducted every two years among a representative group of Indiana students in grades 9-12.

KNOW THE FACTS: www.in.gov/yrbs