

YouTube Link: <https://youtu.be/c5xPZVjAVpY>

Audience

Parents of 13-18 year old Americans



Centers For Disease Control

Youth Nutrition, Physical Activity, and Obesity Data



Birds Eye View

DECREASE IN

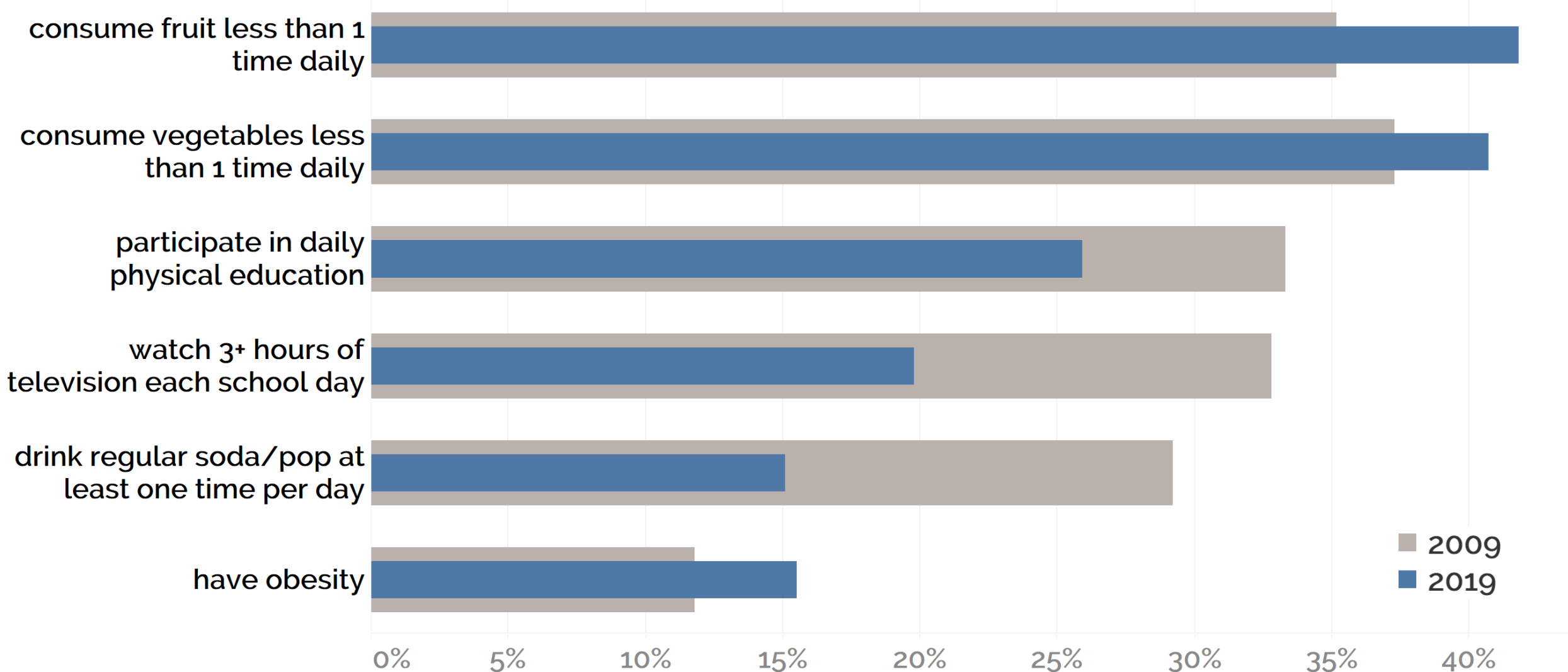
- Daily fruit/vegetable consumption
- Daily physical education
- Television viewing
- Soda consumption

INCREASE IN

- Obesity

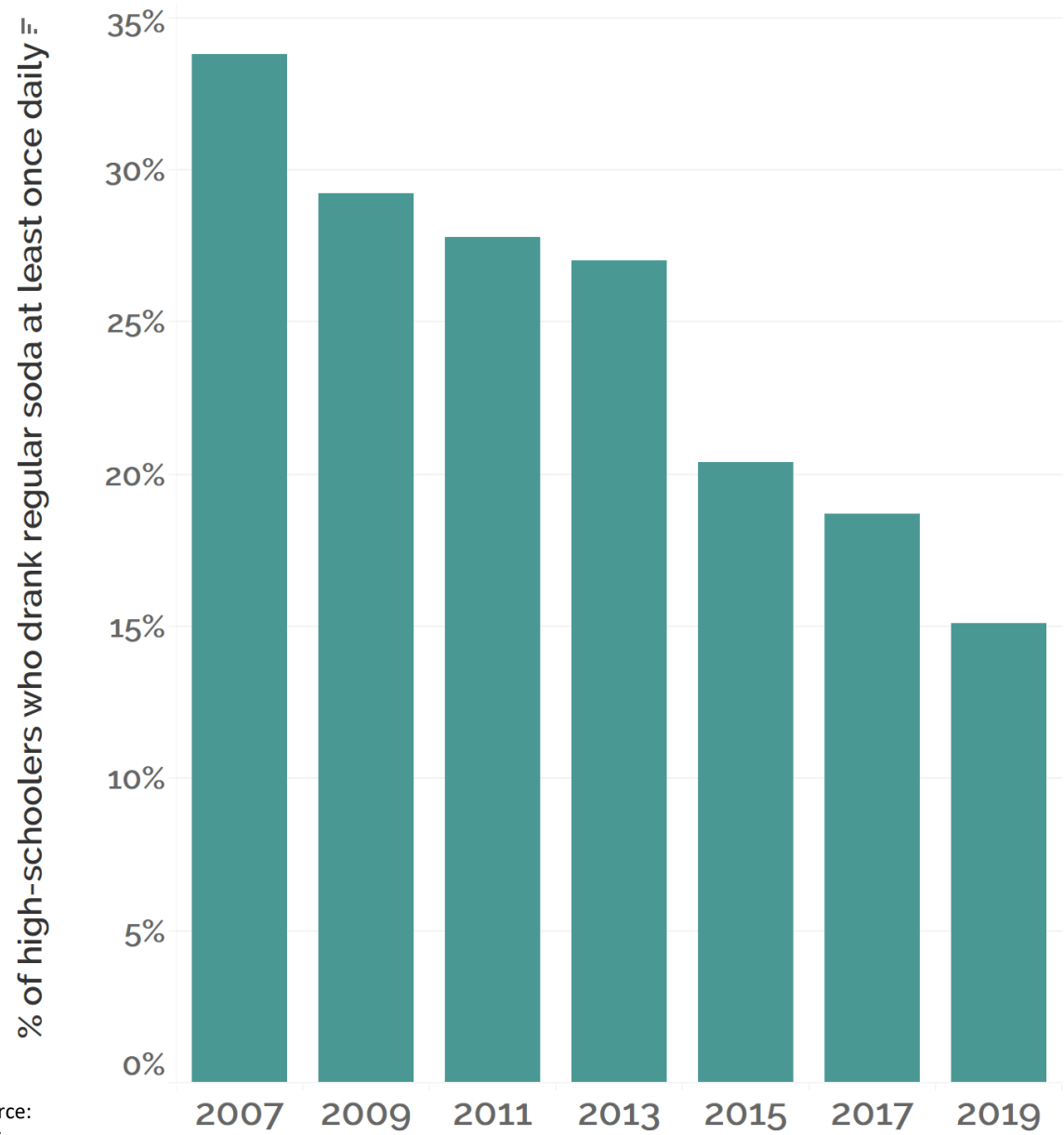
Overall Youth Health Trends

Percent of US high school students who...



Source: Centers For Disease Control

Soda Consumption Over Time



Source:
CDC



Source: Centers For Disease Control



Potential Reasons for Decline

Soda Substitution

- Water, sparkling water
- Diet Soda
- Coffee
- Juices, smoothies, other beverages

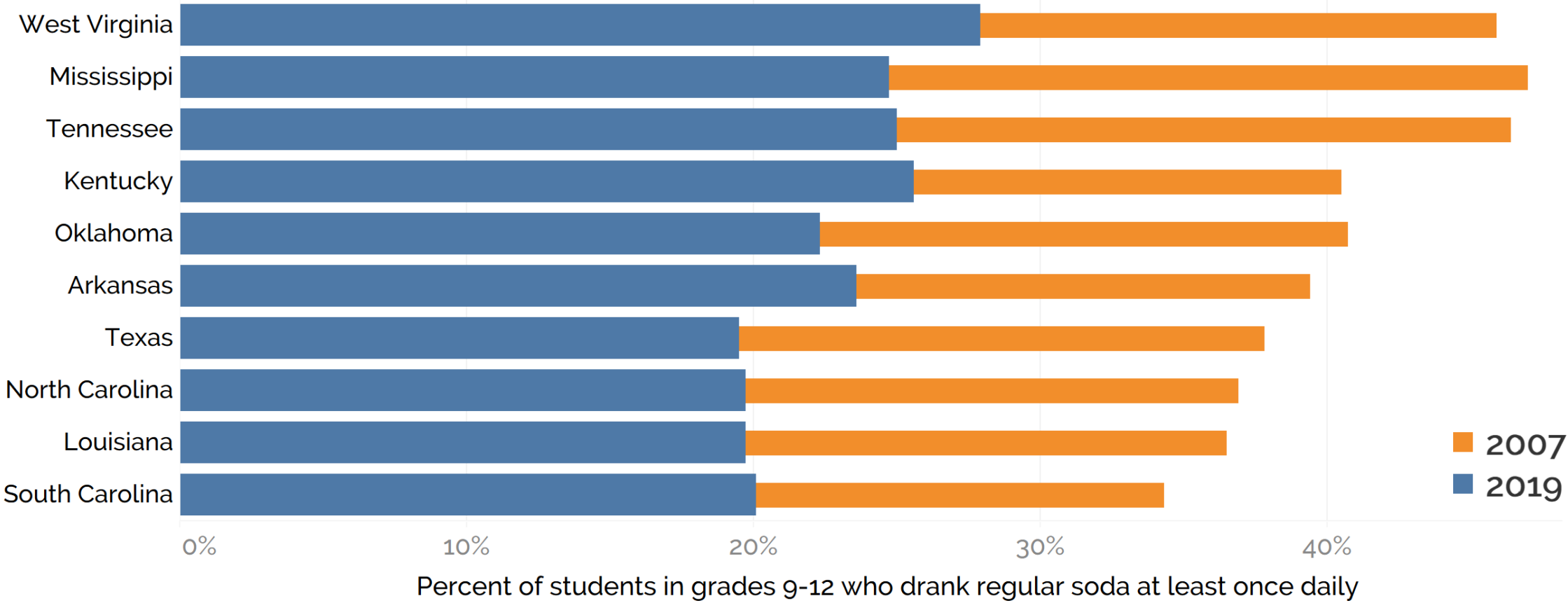
School Vending Machines

Consumer Trends

- Healthier living
- Marketing response

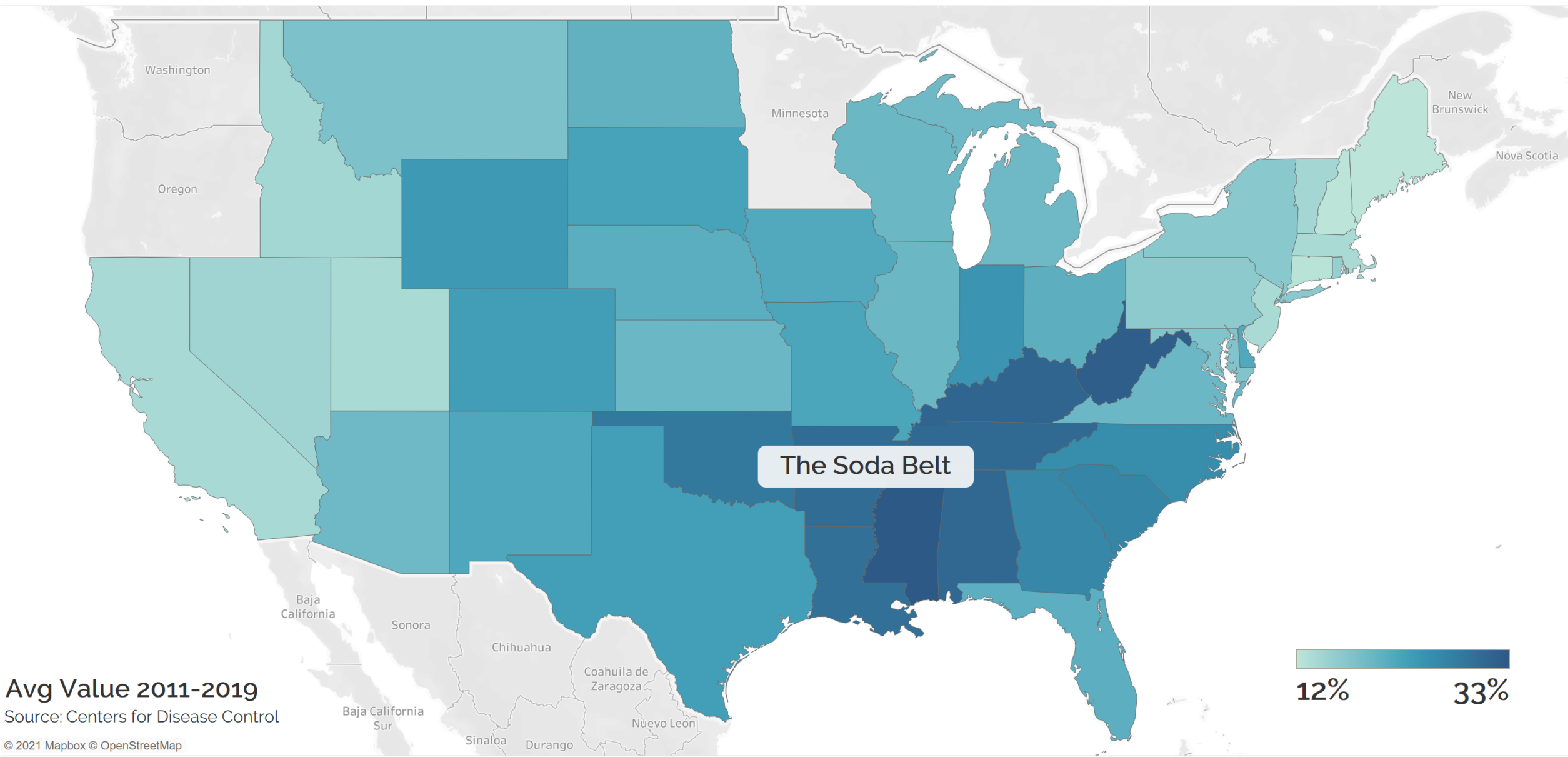
The Top 10 Soda States

Have all shown a significant decrease in daily soda consumption



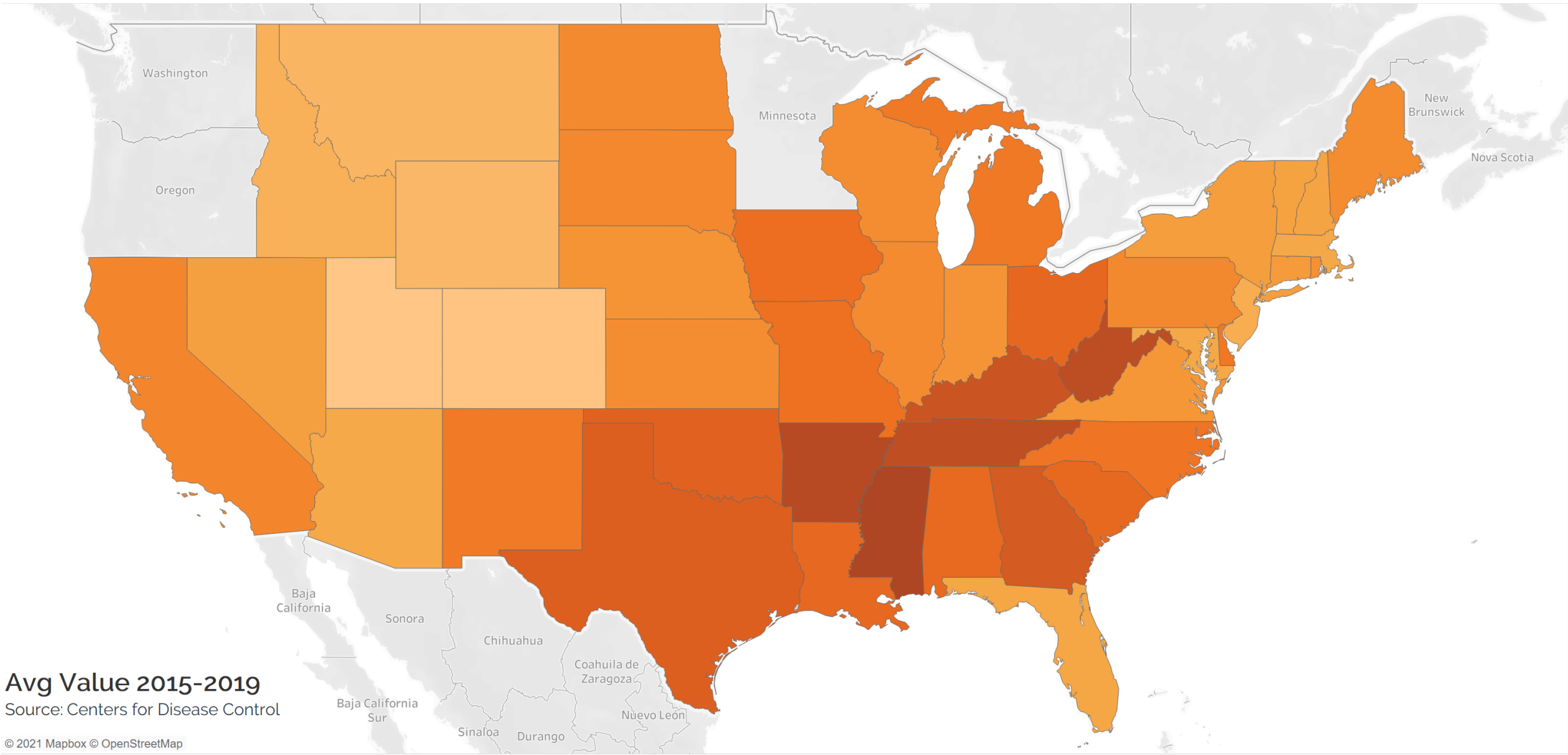
US Youth Soda Consumption is Highest in the South

Percent of students in grades 9-12 who drank regular soda/pop everyday



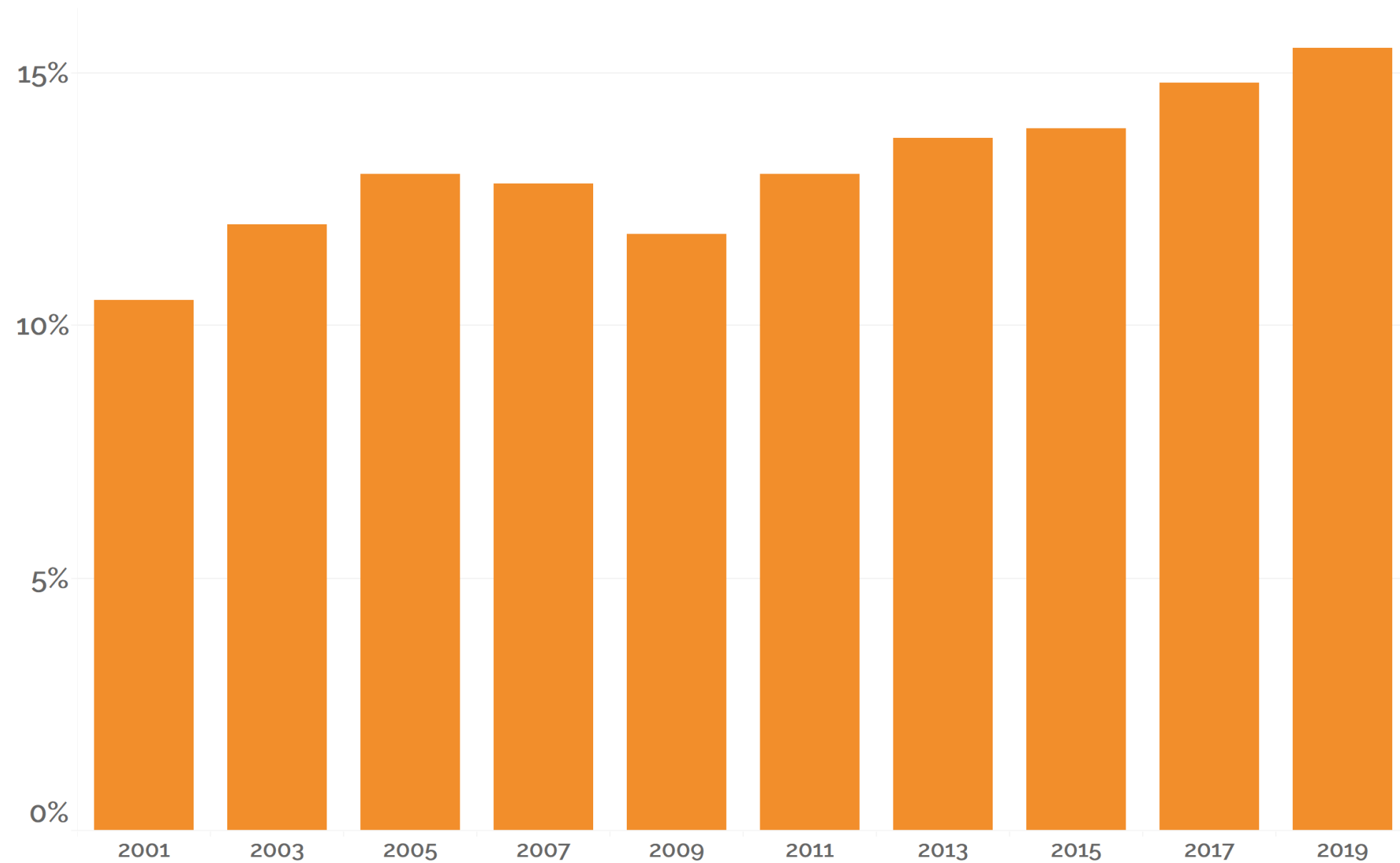
Youth Obesity is More Common in the South

Percent of students in grades 9-12 with obesity



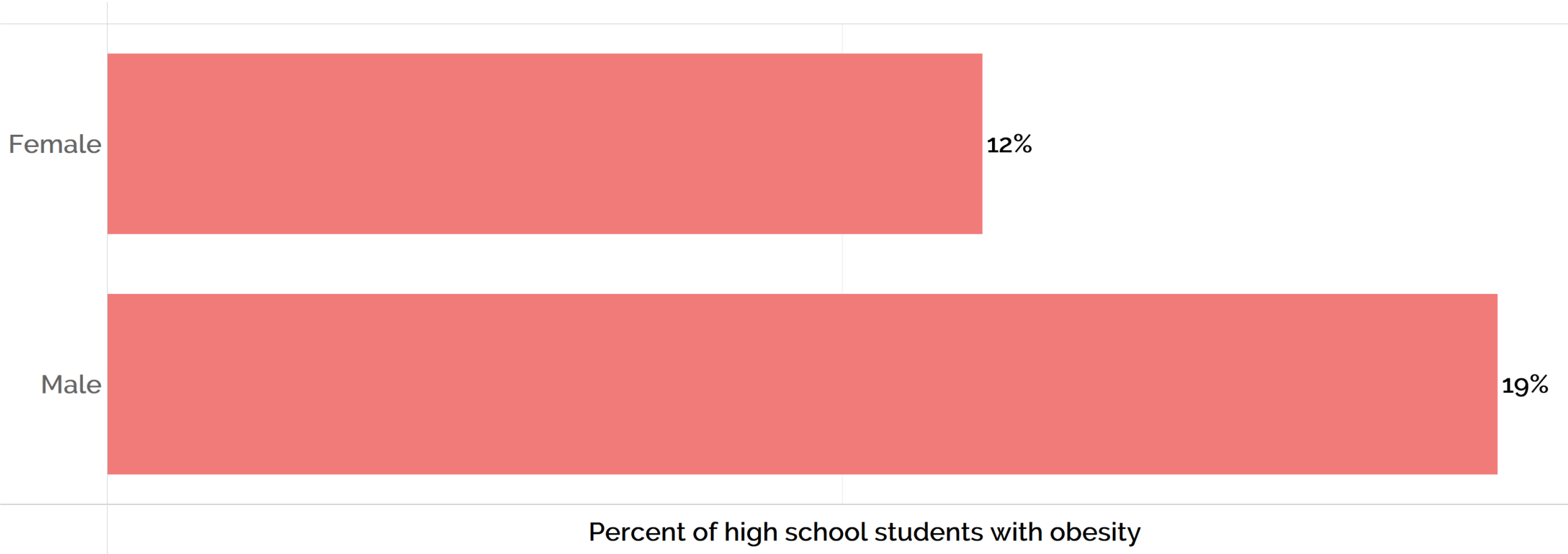
Obesity Has Been Increasing Since 2009

Percent of US high-schoolers with obesity



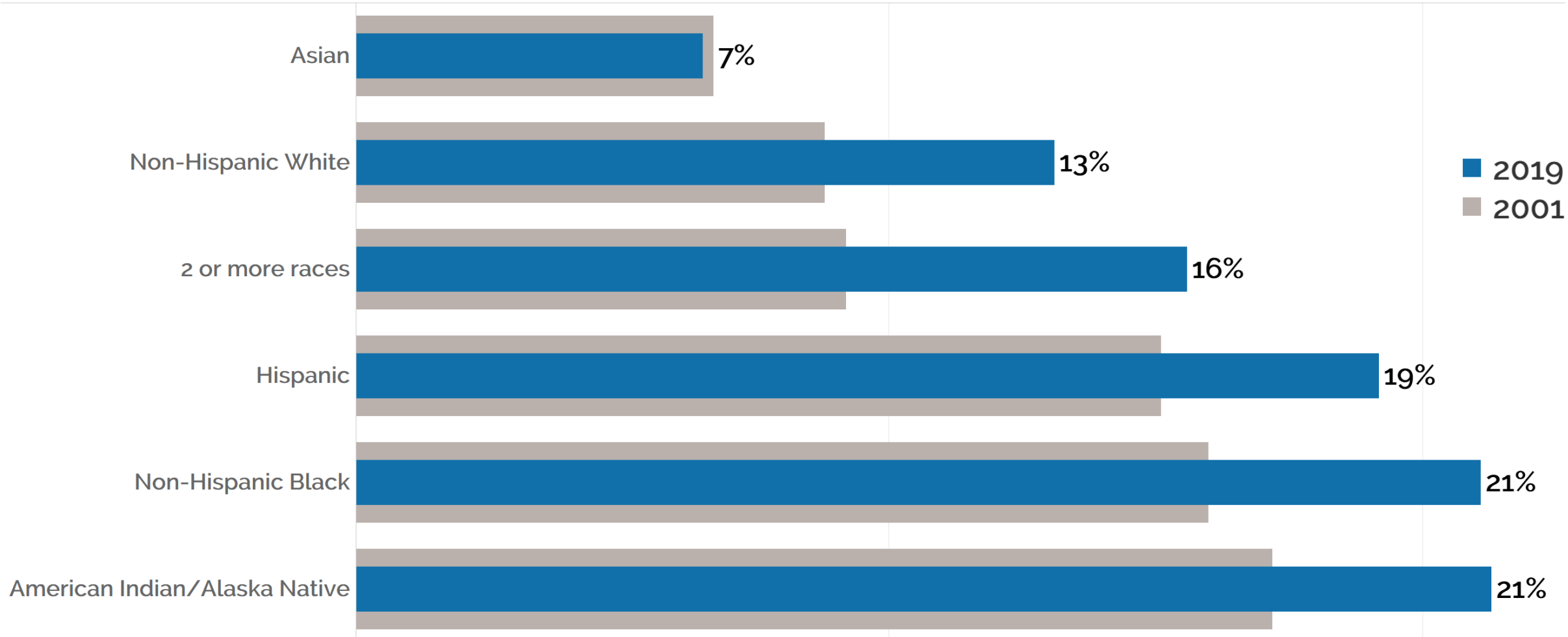
High School Males Show Higher Levels of Obesity

Across the US during 2019



Asian Americans Have Had Consistently Low Obesity Rates

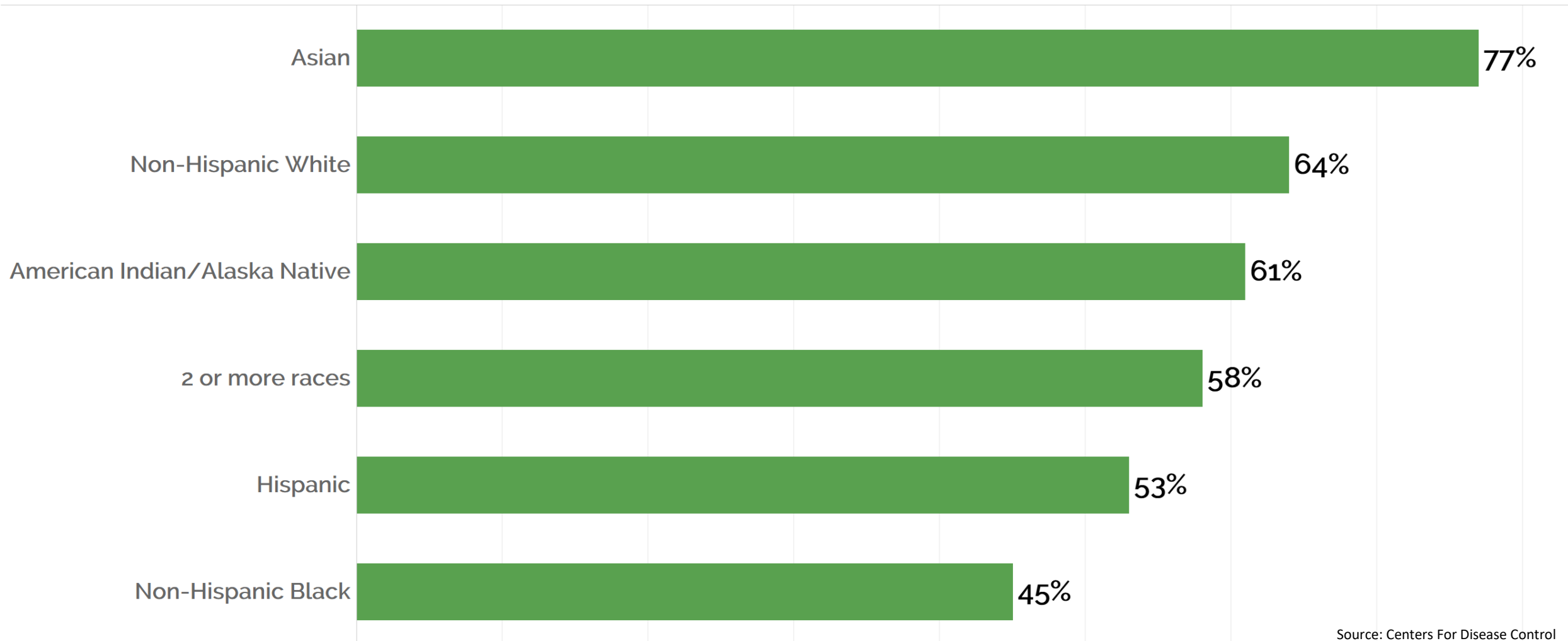
While obesity rates have increased for other races



Percent of high school students with obesity

Asian Students Eat Vegetables More Often

Percent of high school students who ate vegetables at least one time per day in 2019



Source: Centers For Disease Control

Fewer Girls Get Daily Exercise

And the gender gap hasn't closed much since 2011

