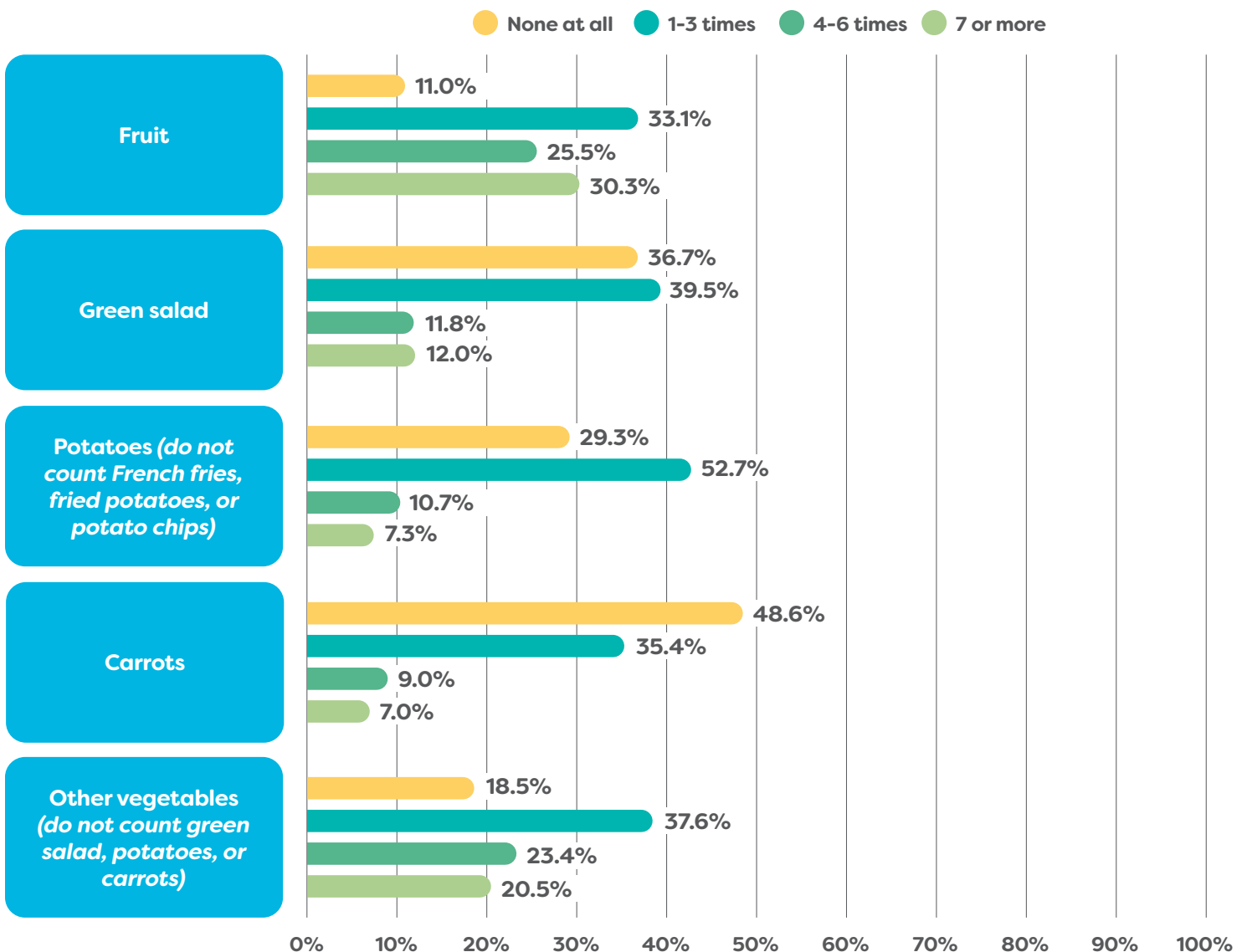


# Healthy Selves: Nutrition

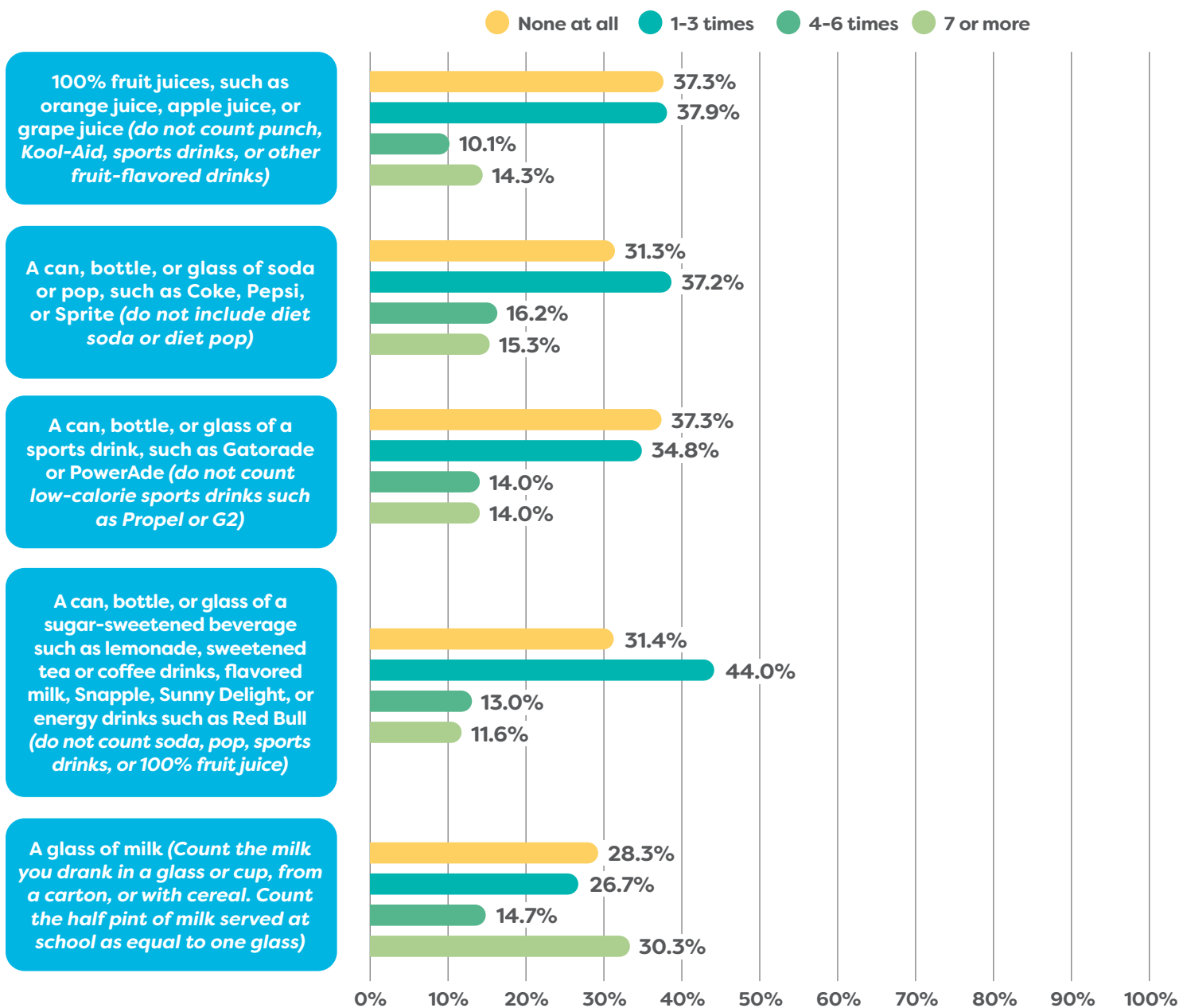
When asked about their dietary habits, most respondents said they eat some mix of fruits and vegetables a few times a week or more. Three in ten (30.3%) said they eat one or more servings of fruit each day, while about two in ten (20.5%) said they eat one or more vegetable each day. Overall, respondents eat more fruit than vegetables over the course of a week. Only one in nine (11%) said they ate no fruit during the previous week, while twice as many or more report eating no green salad, potatoes, carrots, or other vegetables.

## During the past 7 days, how many times did you eat the following?



When it comes to sugary beverages, about one-third of the youth surveyed reported they had not consumed 100% juice, soda, sports drinks or other sugar-sweetened beverages in the previous week. Between one in nine and one in every six and a half of respondents reported daily consumption of sugary drinks. A plurality (30.3%) said they drank milk seven or more times – an average of once a day or more – during the prior seven days.

## During the past 7 days, how many times did you eat the following?



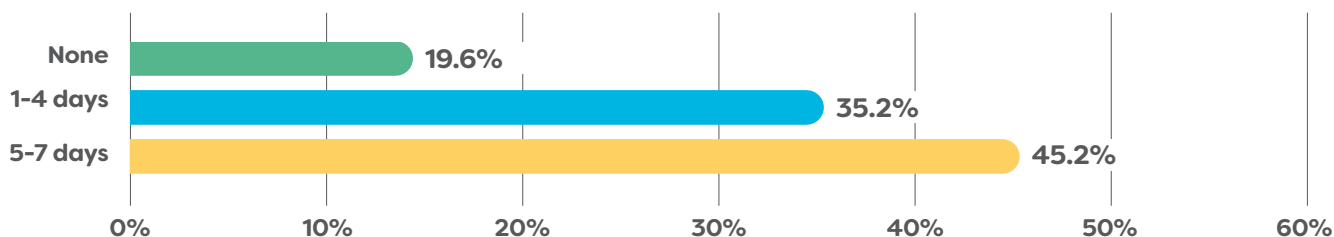
In 2010 respondents that ate fruit 7 or more times per week was 25.6% that rose to 30.3% in 2021.



Respondents soda consumption 7 or more times per week has decreased by 10.7% since 2010.

Almost one in five (19.6%) respondents reported they did not eat breakfast during the previous week, while more than a third (35.2%) ate breakfast some of the time, between one and four days. A plurality (45.2%) said they ate breakfast at least five, and as many as seven, times in the prior seven days.

### During the past 7 days, on how many days did you eat breakfast?



More than three out of five (61.8%) respondents said they are trying to change their weight. Young women disproportionately focus on losing weight, while young men disproportionately focus on gaining weight.

### Which of the following are you trying to do about your weight?

	All Youth	Male Youth	Female Youth
Lose weight	43.8%	35.0%	52.9%
Gain weight	18.0%	29.2%	6.4%
Stay the same weight	16.8%	18.1%	15.4%
I am not trying to do anything about my weight	21.4%	17.8%	25.3%

### Research Methods

Every two to three years, Buffalo County Community Partners collaborates with the Nebraska Departments of Education and Health and Human Services to administer and analyze the Youth Behavioral and Risk Factor Survey. Data in this report were collected from a representative sample of Buffalo County youth between October and December 2021. In all, 974 Buffalo County youth completed the 2021 survey, providing a snapshot of their physical and mental health, as well as behaviors that might pose risks to their health and safety. Copies of current and past reports, along with a full description of the research methods, are available at [www.bcchp.org/assessments](http://www.bcchp.org/assessments).

