

activities. Not much difference was observed between white students (51.1%) and black students (50.7%).

Diet and Nutrition

- In the week prior to the survey, 82% of students ate fruit one or more times during the past seven days. A somewhat higher percentage of females (84%) had consumed fruit than males (80%). White students (84%) were more likely to consume fruit than black students (75%).
- Of the overall student sample, 59% had eaten green salad one or more times during the past 7 days. Males (55%) were less likely to have eaten salad than females (63%). Black students (46%) were less likely than white students (63%) to have eaten green salad in the past week.
- Forty-two percent of students ate carrots one or more times in the preceding week. Forty percent of males and 43% of females had eaten carrots. Black (28%) and white (46%) students were different on 7-day rates for having eaten carrots.
- In 2001, 20% of students had eaten more than five servings of fruits and vegetables per day in the preceding 7 days, compared to 21% of students nationwide. The rate for males was 24%, compared to 17% for females. There was no difference between racial groups.
- The 7-day consumption rate of 3 or more glasses of milk a day was 15% in Tennessee, compared to 16% in the U.S.. Twenty-one percent of males and 9% of females drank 3 or more glasses of milk a day during the 7 days preceding the survey.

Dieting and Perceptions of Body Weight among Tennessee High School Students

- In 2001, 14% of Tennessee high school students were at risk for becoming overweight⁹. Males (16%) were more likely to be at risk for being overweight than were females (12%). By race, 15.6% of black students were at risk for becoming overweight, compared to 13.7% of white students.

⁹Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.