

# — GEORGIA — NUTRITION FACTS

2013 GEORGIA MIDDLE SCHOOL STUDENT (AGE 11-14 YEARS)



**54%**

drank soda and **48%** drank a sugar-sweetened beverage such as lemonade, sweetened tea or coffee, flavored milk, at least once yesterday.

**73%**

ate fruit at least **one** time yesterday,

**68%** ate vegetables at least **one** time yesterday.




**53%**

did **not** eat breakfast every day during the past week. **11%** of middle school students did not eat breakfast during the past week.

Of Georgia's middle school students (age 11-14 years):

**18%**

did **not** drink a bottle or glass of plain water yesterday.

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- Allow students to access drinking water throughout the school day.
  - Restrict the sale of foods high in fat, sodium, and added sugars, and beverages containing caffeine.
  - Increase the availability of healthful foods such as fruits and vegetables in snack bars and vending machines.
  - Involve family and communities in interventions aiming to improve student health.

The Georgia Youth Risk Behavior Survey (YRBS) monitors students' health risks and behaviors in six categories: unintentional injury and violence, tobacco use, alcohol and other drug use, dietary behavior, and physical activity. The YRBS is conducted every two years among a representative group of Georgia public school students in grades 6-8.

GET INFORMED ABOUT STUDENT HEALTH: [dph.georgia.gov/YRBS](http://dph.georgia.gov/YRBS)

**DPH**  
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