

Youth Overweight & Nutrition: Addison County

- 13% of youth* are overweight. Overweight is defined as having a BMI-for-age in the 95th percentile or higher.
- Overweight adolescents have an increased risk of high blood pressure, high cholesterol levels, Type 2 Diabetes, early heart disease, and becoming obese adults.
- 76% of youth do not eat the recommended 5 or more servings of fruits and vegetables per day.
- Studies have linked adequate intake of fruits and vegetables to reduced cancer risk in adulthood and stronger bones in adolescent girls.
- 57% of youth do not eat breakfast every day.
- Several studies have found that those who skip breakfast are more likely to be overweight than those who regularly consume a morning meal.
- 29% of boys and 12% of girls drink at least one glass of soda per day.
- Studies show that consumption of sugar-sweetened beverages, such as soda, is associated with obesity in children.
- 80% of girls and 66% of boys do not drink at least 3 glasses of milk per day.
- It is recommended that youth get at least 3 servings of foods from the milk group every day to ensure adequate calcium consumption. Studies have also shown that consuming 3 or more servings of dairy per day helps people maintain a healthy weight.

*Information is based on YRBS data for youth in grades 8 – 12

Youth Overweight & Nutrition: Bennington County

- 13% of youth* are overweight. Overweight is defined as having a BMI-for-age in the 95th percentile or higher.
- Overweight adolescents have an increased risk of high blood pressure, high cholesterol levels, Type 2 Diabetes, early heart disease, and becoming obese adults.
- 75% of youth do not eat the recommended 5 or more servings of fruits and vegetables per day.
- Studies have linked adequate intake of fruits and vegetables to reduced cancer risk in adulthood and stronger bones in adolescent girls.
- 61% of youth do not eat breakfast every day.
- Several studies have found that those who skip breakfast are more likely to be overweight than those who regularly consume a morning meal.
- 29% of boys and 18% of girls drink at least one glass of soda per day.
- Studies show that consumption of sugar-sweetened beverages, such as soda, is associated with obesity in children.
- 83% of girls and 71% of boys do not drink at least 3 glasses of milk per day.
- It is recommended that youth get at least 3 servings of foods from the milk group every day to ensure adequate calcium consumption. Studies have also shown that consuming 3 or more servings of dairy per day helps people maintain a healthy weight.

*Information is based on YRBS data for youth in grades 8 – 12

Youth Overweight & Nutrition: Chittenden County

- 10% of youth* are overweight. Overweight is defined as having a BMI-for-age in the 95th percentile or higher.
- Overweight adolescents have an increased risk of high blood pressure, high cholesterol levels, Type 2 Diabetes, early heart disease, and becoming obese adults.
- 74% of youth do not eat the recommended 5 or more servings of fruits and vegetables per day.
- Studies have linked adequate intake of fruits and vegetables to reduced cancer risk in adulthood and stronger bones in adolescent girls.
- 53% of youth do not eat breakfast every day.
- Several studies have found that those who skip breakfast are more likely to be overweight than those who regularly consume a morning meal.
- 25% of boys and 13% of girls drink at least one glass of soda per day.
- Studies show that consumption of sugar-sweetened beverages, such as soda, is associated with obesity in children.
- 82% of girls and 71% of boys do not drink at least 3 glasses of milk per day.
- It is recommended that youth get at least 3 servings of foods from the milk group every day to ensure adequate calcium consumption. Studies have also shown that consuming 3 or more servings of dairy per day helps people maintain a healthy weight.

*Information is based on YRBS data for youth in grades 8 – 12

Youth Overweight & Nutrition: Franklin County

- 14% of youth* are overweight. Overweight is defined as having a BMI-for-age in the 95th percentile or higher.
- Overweight adolescents have an increased risk of high blood pressure, high cholesterol levels, Type 2 Diabetes, early heart disease, and becoming obese adults.
- 80% of youth do not eat the recommended 5 or more servings of fruits and vegetables per day.
- Studies have linked adequate intake of fruits and vegetables to reduced cancer risk in adulthood and stronger bones in adolescent girls.
- 60% of youth do not eat breakfast every day.
- Several studies have found that those who skip breakfast are more likely to be overweight than those who regularly consume a morning meal.
- 37% of boys and 18% of girls drink at least one glass of soda per day.
- Studies show that consumption of sugar-sweetened beverages, such as soda, is associated with obesity in children.
- 80% of girls and 66% of boys do not drink at least 3 glasses of milk per day.
- It is recommended that youth get at least 3 servings of foods from the milk group every day to ensure adequate calcium consumption. Studies have also shown that consuming 3 or more servings of dairy per day helps people maintain a healthy weight.

*Information is based on YRBS data for youth in grades 8 – 12

Youth Overweight & Nutrition: Grand Isle County

- 15% of youth* are overweight. Overweight is defined as having a BMI-for-age in the 95th percentile or higher.
- Overweight adolescents have an increased risk of high blood pressure, high cholesterol levels, Type 2 Diabetes, early heart disease, and becoming obese adults.
- 80% of youth do not eat the recommended 5 or more servings of fruits and vegetables per day.
- Studies have linked adequate intake of fruits and vegetables to reduced cancer risk in adulthood and stronger bones in adolescent girls.
- 61% of youth do not eat breakfast every day.
- Several studies have found that those who skip breakfast are more likely to be overweight than those who regularly consume a morning meal.
- 31% of boys and 16% of girls drink at least one glass of soda per day.
- Studies show that consumption of sugar-sweetened beverages, such as soda, is associated with obesity in children.
- 80% of girls and 72% of boys do not drink at least 3 glasses of milk per day.
- It is recommended that youth get at least 3 servings of foods from the milk group every day to ensure adequate calcium consumption. Studies have also shown that consuming 3 or more servings of dairy per day helps people maintain a healthy weight.

*Information is based on YRBS data for youth in grades 8 – 12

Youth Overweight & Nutrition: Lamoille County

- 15% of youth* are overweight. Overweight is defined as having a BMI-for-age in the 95th percentile or higher.
- Overweight adolescents have an increased risk of high blood pressure, high cholesterol levels, Type 2 Diabetes, early heart disease, and becoming obese adults.
- 75% of youth do not eat the recommended 5 or more servings of fruits and vegetables per day.
- Studies have linked adequate intake of fruits and vegetables to reduced cancer risk in adulthood and stronger bones in adolescent girls.
- 57% of youth do not eat breakfast every day.
- Several studies have found that those who skip breakfast are more likely to be overweight than those who regularly consume a morning meal.
- 29% of boys and 15% of girls drink at least one glass of soda per day.
- Studies show that consumption of sugar-sweetened beverages, such as soda, is associated with obesity in children.
- 80% of girls and 70% of boys do not drink at least 3 glasses of milk per day.
- It is recommended that youth get at least 3 servings of foods from the milk group every day to ensure adequate calcium consumption. Studies have also shown that consuming 3 or more servings of dairy per day helps people maintain a healthy weight.

*Information is based on YRBS data for youth in grades 8 – 12

Youth Overweight & Nutrition: Orange County

- 13% of youth* are overweight. Overweight is defined as having a BMI-for-age in the 95th percentile or higher.
- Overweight adolescents have an increased risk of high blood pressure, high cholesterol levels, Type 2 Diabetes, early heart disease, and becoming obese adults.
- 77% of youth do not eat the recommended 5 or more servings of fruits and vegetables per day.
- Studies have linked adequate intake of fruits and vegetables to reduced cancer risk in adulthood and stronger bones in adolescent girls.
- 58% of youth do not eat breakfast every day.
- Several studies have found that those who skip breakfast are more likely to be overweight than those who regularly consume a morning meal.
- 35% of boys and 19% of girls drink at least one glass of soda per day.
- Studies show that consumption of sugar-sweetened beverages, such as soda, is associated with obesity in children.
- 83% of girls and 66% of boys do not drink at least 3 glasses of milk per day.
- It is recommended that youth get at least 3 servings of foods from the milk group every day to ensure adequate calcium consumption. Studies have also shown that consuming 3 or more servings of dairy per day helps people maintain a healthy weight.

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Youth Overweight & Nutrition: Orleans County

- 16% of youth* are overweight. Overweight is defined as having a BMI-for-age in the 95th percentile or higher.
- Overweight adolescents have an increased risk of high blood pressure, high cholesterol levels, Type 2 Diabetes, early heart disease, and becoming obese adults.
- 80% of youth do not eat the recommended 5 or more servings of fruits and vegetables per day.
- Studies have linked adequate intake of fruits and vegetables to reduced cancer risk in adulthood and stronger bones in adolescent girls.
- 59% of youth do not eat breakfast every day.
- Several studies have found that those who skip breakfast are more likely to be overweight than those who regularly consume a morning meal.
- 33% of boys and 20% of girls drink at least one glass of soda per day.
- Studies show that consumption of sugar-sweetened beverages, such as soda, is associated with obesity in children.
- 81% of girls and 68% of boys do not drink at least 3 glasses of milk per day.
- It is recommended that youth get at least 3 servings of foods from the milk group every day to ensure adequate calcium consumption. Studies have also shown that consuming 3 or more servings of dairy per day helps people maintain a healthy weight.

*Information is based on YRBS data for youth in grades 8 – 12

Youth Overweight & Nutrition: Rutland County

- 15% of youth* are overweight. Overweight is defined as having a BMI-for-age in the 95th percentile or higher.
- Overweight adolescents have an increased risk of high blood pressure, high cholesterol levels, Type 2 Diabetes, early heart disease, and becoming obese adults.
- 77% of youth do not eat the recommended 5 or more servings of fruits and vegetables per day.
- Studies have linked adequate intake of fruits and vegetables to reduced cancer risk in adulthood and stronger bones in adolescent girls.
- 60% of youth do not eat breakfast every day.
- Several studies have found that those who skip breakfast are more likely to be overweight than those who regularly consume a morning meal.
- 35% of boys and 20% of girls drink at least one glass of soda per day.
- Studies show that consumption of sugar-sweetened beverages, such as soda, is associated with obesity in children.
- 82% of girls and 67% of boys do not drink at least 3 glasses of milk per day.
- It is recommended that youth get at least 3 servings of foods from the milk group every day to ensure adequate calcium consumption. Studies have also shown that consuming 3 or more servings of dairy per day helps people maintain a healthy weight.

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Youth Overweight & Nutrition: Washington County

- 11% of youth* are overweight. Overweight is defined as having a BMI-for-age in the 95th percentile or higher.
- Overweight adolescents have an increased risk of high blood pressure, high cholesterol levels, Type 2 Diabetes, early heart disease, and becoming obese adults.
- 75% of youth do not eat the recommended 5 or more servings of fruits and vegetables per day.
- Studies have linked adequate intake of fruits and vegetables to reduced cancer risk in adulthood and stronger bones in adolescent girls.
- 56% of youth do not eat breakfast every day.
- Several studies have found that those who skip breakfast are more likely to be overweight than those who regularly consume a morning meal.
- 28% of boys and 13% of girls drink at least one glass of soda per day.
- Studies show that consumption of sugar-sweetened beverages, such as soda, is associated with obesity in children.
- 82% of girls and 70% of boys do not drink at least 3 glasses of milk per day.
- It is recommended that youth get at least 3 servings of foods from the milk group every day to ensure adequate calcium consumption. Studies have also shown that consuming 3 or more servings of dairy per day helps people maintain a healthy weight.

*Information is based on YRBS data for youth in grades 8 – 12

Youth Overweight & Nutrition: Windham County

- 14% of youth* are overweight. Overweight is defined as having a BMI-for-age in the 95th percentile or higher.
- Overweight adolescents have an increased risk of high blood pressure, high cholesterol levels, Type 2 Diabetes, early heart disease, and becoming obese adults.
- 76% of youth do not eat the recommended 5 or more servings of fruits and vegetables per day.
- Studies have linked adequate intake of fruits and vegetables to reduced cancer risk in adulthood and stronger bones in adolescent girls.
- 62% of youth do not eat breakfast every day.
- Several studies have found that those who skip breakfast are more likely to be overweight than those who regularly consume a morning meal.
- 31% of boys and 17% of girls drink at least one glass of soda per day.
- Studies show that consumption of sugar-sweetened beverages, such as soda, is associated with obesity in children.
- 84% of girls and 75% of boys do not drink at least 3 glasses of milk per day.
- It is recommended that youth get at least 3 servings of foods from the milk group every day to ensure adequate calcium consumption. Studies have also shown that consuming 3 or more servings of dairy per day helps people maintain a healthy weight.

*Information is based on YRBS data for youth in grades 8 – 12

Youth Overweight & Nutrition: Windsor County

- 11% of youth* are overweight. Overweight is defined as having a BMI-for-age in the 95th percentile or higher.
- Overweight adolescents have an increased risk of high blood pressure, high cholesterol levels, Type 2 Diabetes, early heart disease, and becoming obese adults.
- 74% of youth do not eat the recommended 5 or more servings of fruits and vegetables per day.
- Studies have linked adequate intake of fruits and vegetables to reduced cancer risk in adulthood and stronger bones in adolescent girls.
- 57% of youth do not eat breakfast every day.
- Several studies have found that those who skip breakfast are more likely to be overweight than those who regularly consume a morning meal.
- 32% of boys and 15% of girls drink at least one glass of soda per day.
- Studies show that consumption of sugar-sweetened beverages, such as soda, is associated with obesity in children.
- 84% of girls and 71% of boys do not drink at least 3 glasses of milk per day.
- It is recommended that youth get at least 3 servings of foods from the milk group every day to ensure adequate calcium consumption. Studies have also shown that consuming 3 or more servings of dairy per day helps people maintain a healthy weight.

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