2019 North Dakota High School Students

Dietary Behaviors and Weight

- **Drank Milk (3 or more glasses per day):** 11%
- **Drank a can, bottle, or glass of soda or pop (2 or more times per day):** 9%
- **Were overweight (85th-95th percentile):**
  - Men: 16%
  - Women: 17%
- **Were obese (95th+ percentile):**
  - Men: 17%
  - Women: 12%

Source: 2019 North Dakota Youth Risk Behavior Survey

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