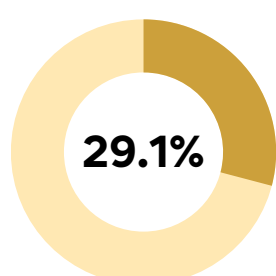


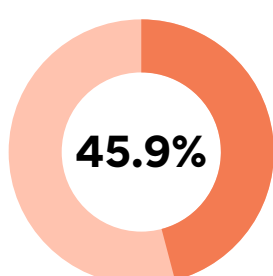
UNHEALTHY WEIGHT CONTROL BEHAVIORS AMONG ARIZONA YOUTH

Disordered eating is a mounting public health issue for youth. With or without an associated eating disorder (e.g., anorexia nervosa and bulimia nervosa), **unhealthy weight control behaviors** such as **fasting, purging, and diet pill use** can have long-term health and psychosocial consequences. Recent studies suggest that the prevalence of disordered eating has **increased**; however, updated surveillance information is lacking. This report helps fill this gap by presenting data on **prevalence, inequities, and trends** in disordered eating among youth from the Arizona Youth Risk Behavior Survey (YRBS).

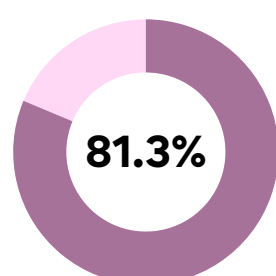
1 in 3 Arizona youth engaged in disordered eating in 2021.



Unhealthy weight control behaviors

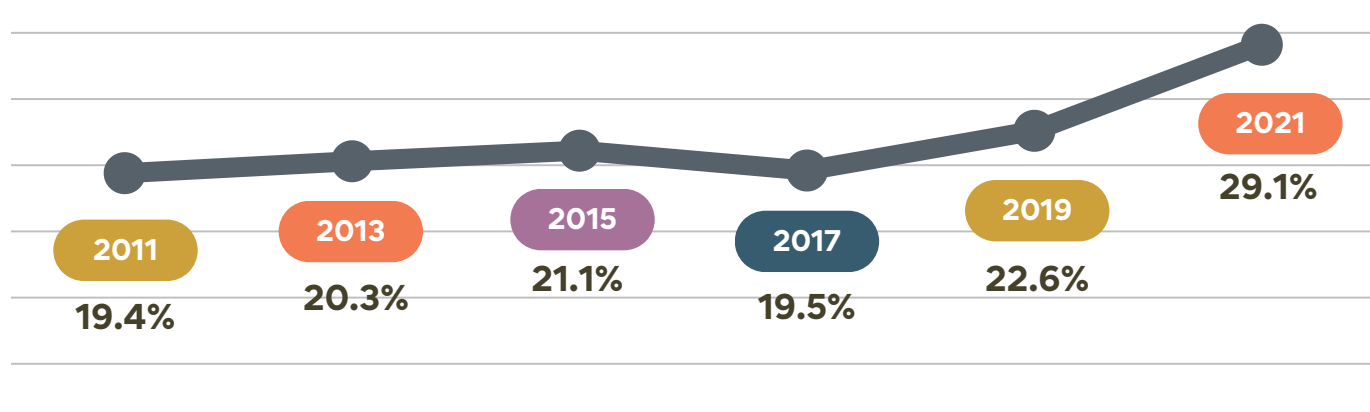


Weight loss-related motivations

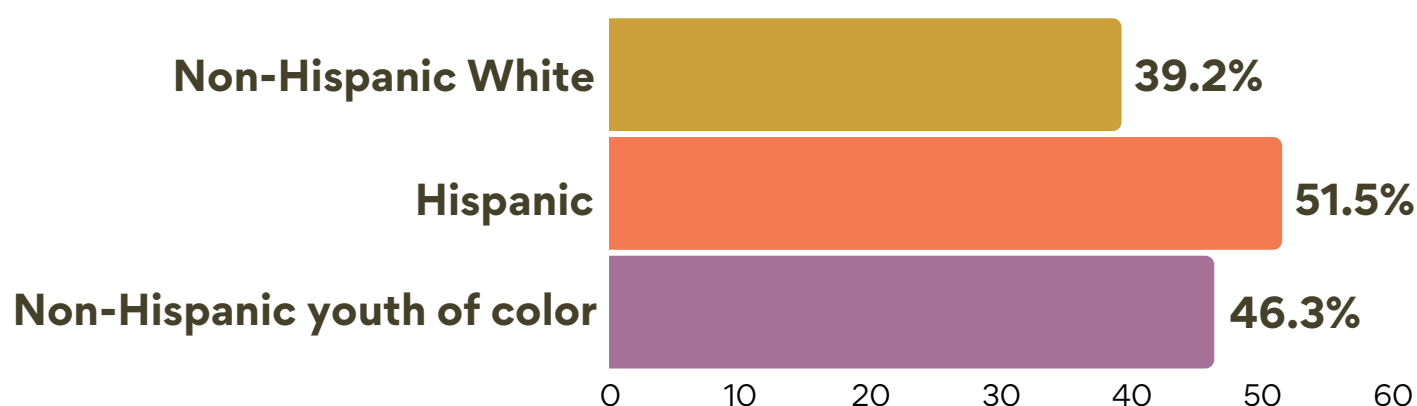


Any weight motivations

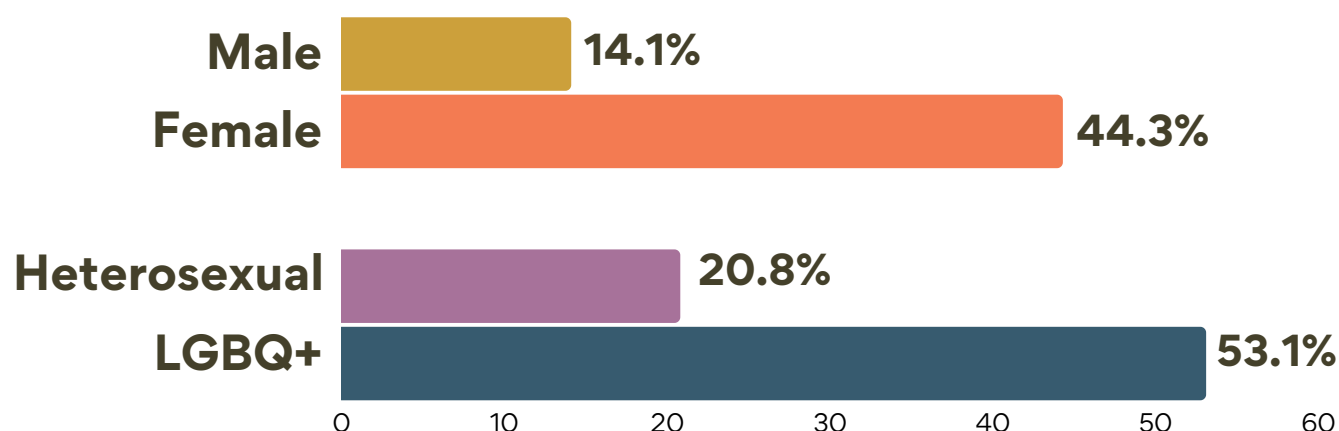
The prevalence of unhealthy weight control behaviors has increased substantially from 2011 (19.4%) to 2021 (29.1%).



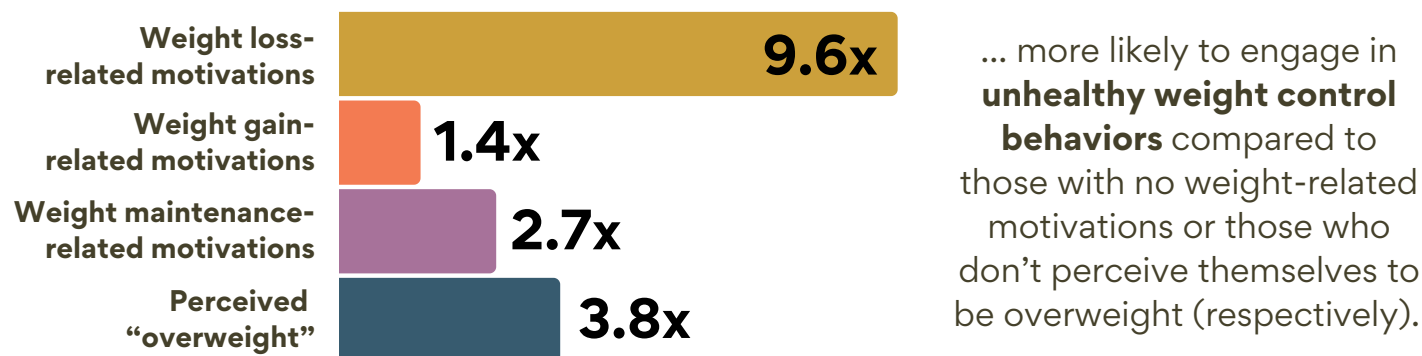
Youth of color** had a higher prevalence of weight loss-related motivations than did non-Hispanic White youth.



Female* and LGBTQ+* youth had the highest prevalence of unhealthy weight control behaviors across all youth.



Youth reporting weight-related motivations and youth who perceived themselves to be “overweight” were most likely to engage in unhealthy weight control behaviors.



Disordered eating was **highly prevalent** and **inequitably distributed** among Arizona youth in 2021, with increasing levels over the past decade and disproportionate impacts on LGBTQ+ youth and youth of color. To address these concerning trends, **public health efforts should focus on promoting healthy behaviors rather than weight**, given that weight-related motivations are themselves likely a risk factor. Public health professionals in **state and local health departments are well positioned** to enhance surveillance, raise awareness, initiate prevention strategies, and foster collaboration across research, healthcare, and school settings to ensure **equitable and effective responses**.



Learn more about the surveillance of disordered eating among US youth!



Learn more about best practices in disordered eating surveillance.

* The 2021 Arizona YRBS included a single item that asked participants of their sex, with response options of “female” or “male”. Gender identity was not assessed. ** Several race/ethnicity categories were combined due to small sample sizes.