

SUPPLEMENTARY TABLE. Changes from 2023 to 2025 in the percentage of high school students who had eaten fruit ≥ 2 time/day and vegetables ≥ 3 time/day, by demographic characteristics and year —Youth Risk Behavior Survey, United States*

Behavior	2023 % (95% CI)	2025 % (95% CI)	Change between 2023 and 2025 [†]
Ate fruit ≥ 2 times/day[§]	N = 19,027	N = 10,252	
Overall	21.4 (20.0-22.7)	28.1 (26.1-30.1)	Increase
Sex			
Female	20.4 (18.9-22.0)	27.2 (24.8-29.8)	Increase
Male	22.4 (20.7-24.1)	28.9 (26.7-31.2)	Increase
Race and ethnicity			
AI/AN	16.1 (9.4-26.3)	29.7 (15.0-50.3)	No change
Asian	21.7 (17.1-27.1)	28.9 (23.4-35.2)	No change
Black or African American	20.5 (17.8-23.4)	24.0 (20.8-27.5)	No change
Hispanic or Latino [¶]	23.3 (20.7-26.1)	29.5 (27.4-31.8)	Increase
ME/NA	—**	51.3 (33.7-68.5)	—**
NH/OPI	27.5 (18.8-38.2)	42.0 (22.3-64.7)	No change
White	20.7 (18.8-22.8)	27.4 (24.0-31.0)	Increase
Multiracial	20.8 (17.0-25.2)	28.8 (23.5-34.7)	Increase
Grade			
9	22.4 (20.4-24.5)	31.9 (28.9-35.1)	Increase
10	23.1 (20.8-25.6)	28.9 (25.8-32.2)	Increase
11	21.4 (19.2-23.6)	27.0 (24.5-29.8)	Increase
12	18.3 (15.9-20.9)	23.9 (20.5-27.6)	Increase
Ate vegetables ≥ 3 times/day^{††}	N = 14,938	N = 8,781	
Overall	13.1 (11.9-14.4)	16.2 (15.1-17.5)	Increase
Sex			
Female	11.9 (10.6-13.3)	14.9 (13.4-16.5)	Increase
Male	14.3 (12.7-16.0)	17.6 (16.0-19.3)	Increase
Race and ethnicity			
AI/AN	17.2 (9.5-29.0)	19.0 (8.3-37.7)	No change

Asian	17.4 (13.7-21.8)	21.6 (16.2-28.2)	No change
Black or African American	14.8 (12.3-17.7)	14.3 (12.3-16.7)	No change
Hispanic or Latino [¶]	14.5 (12.7-16.5)	17.7 (15.6-20.0)	Increase
ME/NA	— ^{**}	24.4 (16.5-34.5)	— ^{**}
NH/OPI	18.8 (12.0-28.3)	— ^{§§}	— ^{§§}
White	10.5 (9.0-12.2)	14.8 (12.8-17.0)	Increase
Multiracial	16.8 (13.3-21.0)	18.4 (14.2-23.4)	No change
Grade			
9	14.4 (12.8-16.2)	18.4 (16.7-20.1)	Increase
10	13.7 (11.9-15.8)	16.1 (13.6-19.0)	No change
11	12.9 (11.2-14.8)	15.4 (13.4-17.5)	No change
12	11.0 (9.2-13.0)	14.9 (12.8-17.2)	Increase

Abbreviations: AI/AN = American Indian or Alaska Native; CI = confidence interval; ME/NA = Middle Eastern or North African; NH/OPI = Native Hawaiian or other Pacific Islander.

*2023: N = 20,103 respondents; 2025: N = 10,710 respondents. The total number (N) of students answering each question varied. Data may be missing because 1) students in schools selected for both national and site-specific YRBS samples completed only one questionnaire; when the site-specific questionnaire was administered, it might not have included all questions on the national YRBS, 2) the student did not answer the question, or 3) the response was set to missing because of an out-of-range response or logical inconsistency. Prevalence estimates in each category are calculated on the known data.

[†]Based on t-test analysis, $p < 0.05$.

[§]On the basis of *t*-test analysis with Taylor series linearization ($p < 0.05$). In 2025, Black students significantly different from Hispanic students. ME/NA students significantly different from Asian, Black, Hispanic, White, and multiracial students. Grade 9 students significantly different from Grades 11 and 12 students. Grade 10 students significantly different from Grade 12 students. No differences by sex.

[¶]Persons of Hispanic origin could be of any race or multiple races but are categorized as Hispanic; all racial groups are categorized as non-Hispanic.

^{**}Data for ME/NA students not collected in 2023.

^{††}On the basis of *t*-test analysis with Taylor series linearization ($p < 0.05$). In 2025, female students different than male students. Asian students significantly different from Black and White students. Black students significantly different from Hispanic and ME/NA students. ME/NA students significantly different from White students. Grade 9 students significantly different from Grades 11 and 12 students.

^{§§}Prevalence estimates with a denominator of < 30 were considered statistically unreliable and therefore were suppressed.