

Unhealthy Weight Management Among Missouri High School Students



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

1 out of **4** 

students reported **extreme weight loss management** by recently doing one of the following:



Went 24 hours without eating



Took some form of a diet pill



Vomiting or taking laxatives



Skipping meals

Since **2019**, more students are taking part in these unhealthy weight loss methods

14%

2019

26%

2021

More **females** than males used these methods to lose or maintain their weight

What do you do if you, or someone you know, struggles with unhealthy weight management?

- Get help from a healthcare provider
- Call or text the National Eating Disorders Association helpline at (800)931-2237 for help and resources

Source: 2021 Missouri Youth Risk Behavior Survey