

# CDC Healthy Schools

AK

## Summary of State School Nutrition Data\*†

### — Smart Snacks & Fundraising —



**22%** of secondary schools

Prohibited less nutritious foods and beverages (e.g., candy, baked goods) from being sold for fundraising purposes



**79%** of secondary schools

Did not sell any of 8 less nutritious items‡

### — Food & Beverage Marketing —



**65%** of secondary schools

Prohibited advertisements for candy, fast food restaurants, or soft drinks in school buildings

### — Celebrations & Rewards —



**28%** of secondary schools

Prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance

### — School Meals —



**11%** of secondary schools

Conducted taste tests to determine food preferences for nutritious items

### — Drinking Water Access —



**99%** of secondary schools

Permitted students to have a drinking water bottle with them during the school day

## High School Students

Did not drink sugar-sweetened soda or pop



Ate breakfast daily



Ate fruit or drank 100% fruit juices 1 or more times per day



Ate vegetables 1 or more times per day



\* 2023 Youth Risk Behavior Survey (YRBS) data presented on the first page. 2019, 2021, and 2023 presented on the second page.

† 2024 School Health Profiles (Profiles) data presented on the first page. 2020, 2022, and 2024 data presented on the second page.

‡ Chocolate candy; other kinds of candy; salty snacks not low in fat; cookies, crackers, cakes, pastries, or other baked goods not low in fat; ice cream or frozen yogurt not low in fat; soda pop or fruit drinks that are not 100% juice; sports drinks; energy drinks.

N/A or — means that item was not included on the state survey.

Nutrition Environment and Services	Percentage of Students		
Student Behaviors (YRBS)	2019	2021	2023
Ate fruit or drank 100% fruit juices 1 or more times per day	52	—	43
Ate vegetables 1 or more times per day	62	—	56
Ate breakfast daily	—	—	—
Did not drink sugar-sweetened soda or pop	32	—	27
Did not drink a sports drink	57	—	55
Drank a bottle or glass of plain water 3 or more times per day	—	—	—
Nutrition Environment and Services	Percentage of Schools		
School Policies and Practices (Profiles)	2020	2022	2024
Smart Snacks and Fundraising			
Allowed students to purchase:			
snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar	36	26	26
chocolate candy	14	7	9
other kinds of candy	13	8	9
salty snacks that are not low in fat (e.g., regular potato chips)	18	11	13
cookies, crackers, cakes, pastries, or other baked goods that are not low in fat	15	12	9
soda pop or fruit drinks that are not 100% juice	16	7	10
sports drinks (e.g., Gatorade)	26	15	18
ice cream or frozen yogurt that is not low in fat	4	4	2
energy drinks (e.g., Red Bull, Monster)	3	1	1
nonfat or 1% (low-fat) milk (plain)	9	8	8
plain water, with or without carbonation (e.g., Dasani, Aquafina, Smart Water)	30	24	22
fruits (not fruit juice)	9	8	9
non-fried vegetables (not vegetable juice)	6	6	6
Prohibited less nutritious foods and beverages (e.g., candy, baked goods) from being sold for fundraising purposes	26	24	22
Did not sell any of 8 less nutritious items <sup>‡</sup>	70	80	79
Celebrations and Rewards			
Always or almost always offered fruits or non-fried vegetables at school celebrations	41	38	34
Prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance	27	28	28
School Meals			
Priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages	9	4	8
Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating	39	33	33
Conducted taste tests to determine food preferences for nutritious items	15	13	11
Served locally or regionally grown foods in the cafeteria or classrooms	59	42	46
Planted a school food or vegetable garden	29	31	28
Placed fruits and vegetables near the cafeteria cashier, where they are easy to access	52	38	48
Used attractive displays for fruits and vegetables in the cafeteria	40	33	36
Offered a self-serve salad bar to students	23	9	26
Provided students with at least 20 minutes to eat lunch after they receive their meal	—	93	94
Food and Beverage Marketing			
Prohibited advertisements for candy, fast food restaurants, or soft drinks in school buildings	62	66	65
Drinking Water Access			
Offered a free source of drinking water in:			
the cafeteria during breakfast	98	97	98
the cafeteria during lunch	98	97	97
the gymnasium or indoor physical activity facilities	97	97	93
the outdoor physical activity facilities or sports fields	70	63	68
the hallways throughout the school	97	91	94
Permitted students to have a drinking water bottle with them during the school day	86	99	99