

HIGH SCHOOL STUDENTS & WELLNESS

News from the West Virginia 2017 Youth Risk Behavior High School Survey

West Virginia High School Students

Today.

18 Years Ago.

WEIGHT MANAGEMENT

36% Are overweight

27%



31%

35% Describe themselves as overweight

45% Trying to lose weight

47%

NUTRITION

26% Drink at least one soda a day

46%



54%

56% Ate fruit or drank 100% fruit juice

DIDN'T EAT THEIR VEGETABLES

43% Green salad

33%



30%

20% Potatoes (NOT fries, fried potatoes, chips)

60% Carrots

53%

23%

15% Other veggies

PHYSICAL ACTIVITY

24% Watched TV 3 or more hours a day

32%



about 50% Played on school or community team

about 50%

44%

52% Physically active at least an hour five days a week

41% Played video/computer games more than 3 hours

28% 10 years ago



West Virginia DEPARTMENT OF EDUCATION

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