

# MIDDLE SCHOOL STUDENTS & WELLNESS

News from the West Virginia 2017 Youth Risk Behavior Survey

West Virginia Middle School Students

**Today.** **16 Years Ago.**

## WEIGHT MANAGEMENT & NUTRITION



**28%**

**30%** Describe themselves as overweight

**47%** Trying to lose weight

**48%**



**49%**

**43%** Ate breakfast every day

## PHYSICAL ACTIVITY

**26%** Watched TV for 3 or more hours

**35%**

**53%**

**41%** Attended PE classes all 5 days

**61%** Played on school or community sports team

**64%**

**64%**

**65%** Physically active for an hour five days a week

**48%** Played video/computer games more than 3 hours

**26%** 10 years ago

