West Virginia Middle School Students

**WEIGHT MANAGEMENT & NUTRITION**

- 28% Describe themselves as overweight
- 47% Trying to lose weight
- 49% Ate breakfast every day

**PHYSICAL ACTIVITY**

- 26% Watched TV for 3 or more hours
- 61% Played on school or community sports team
- 64% Physically active for an hour five days a week
- 48% Played video/computer games more than 3 hours

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