

# Healthy Weight

## Physical Activity



Participated in moderate to vigorous exercise for 60+ minutes every day

23%

## Organized Sports

Played on at least one sports team at school or in their community

46%



## Nutrition

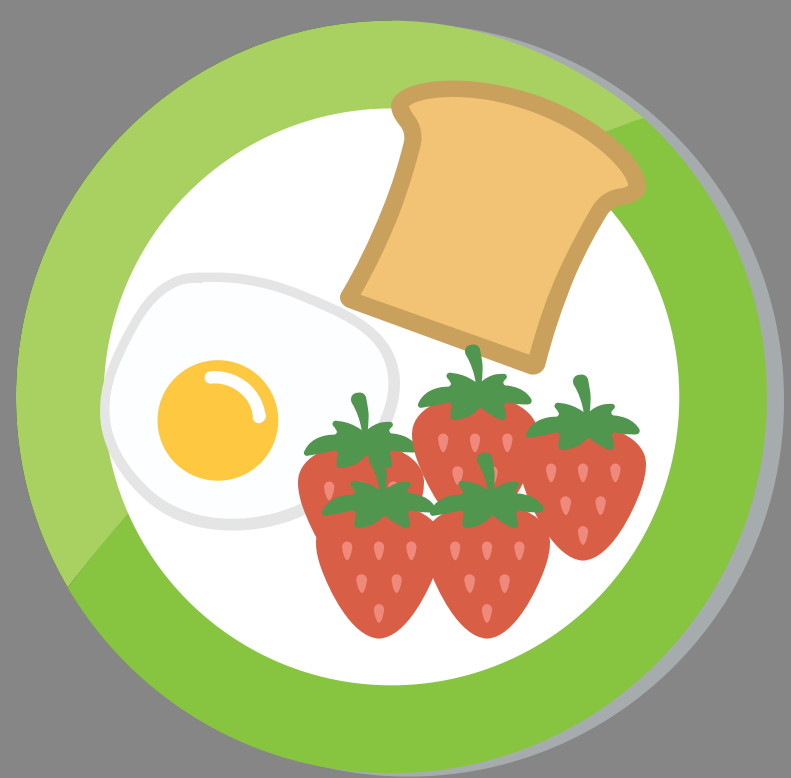


Ate vegetables daily

52%

54%

Ate fruit or drank juice daily



Ate breakfast daily

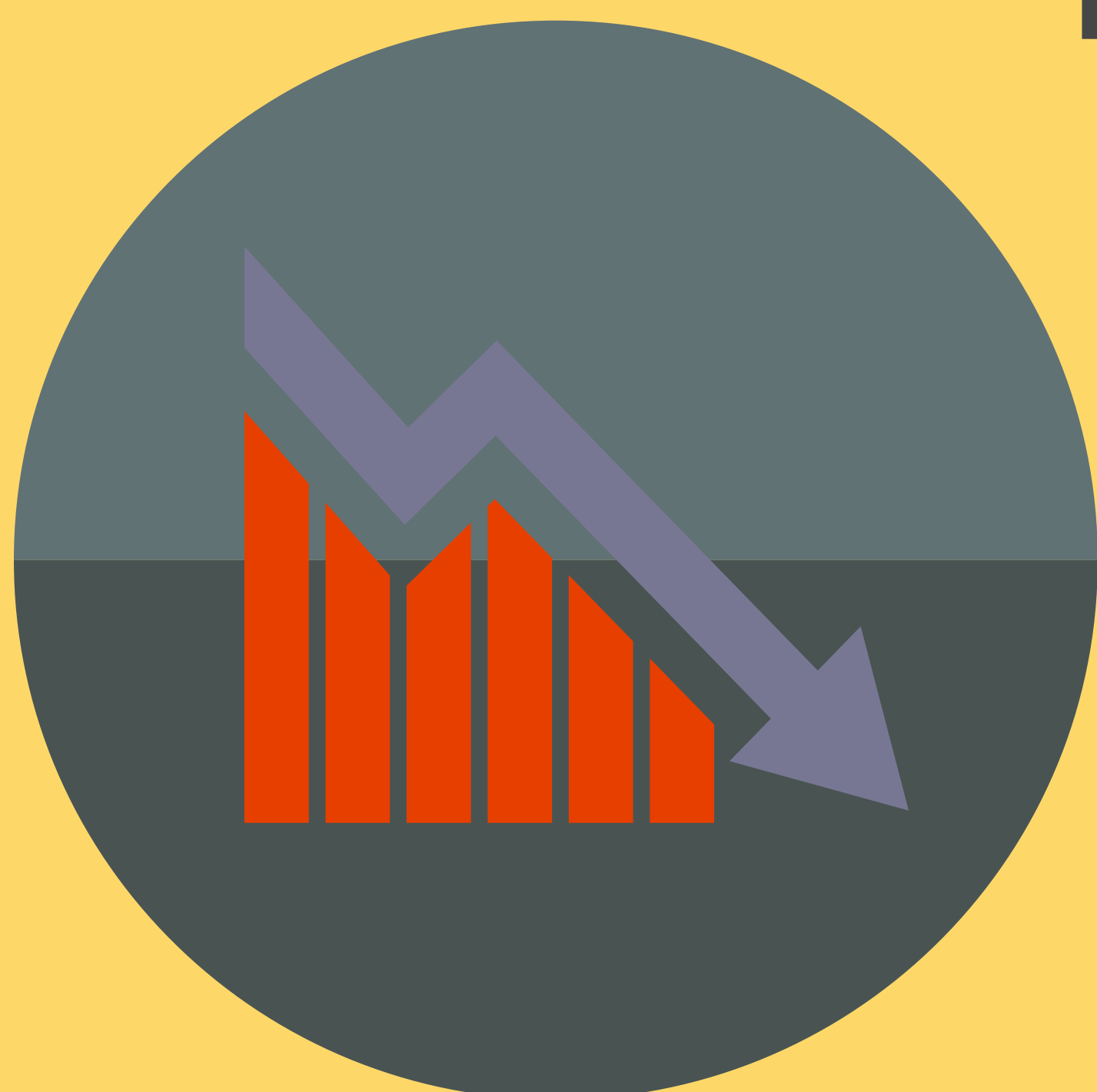
34%

65%

Ate dinner at home with a parent at least 4x a week



## Encouraging Trends 2009-2019



Daily soda consumption has decreased from 29% to

17%

Daily TV watching for 3+ hrs has decreased from 38% to

22%