

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

47%



Nutrition

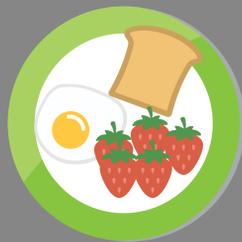


Ate vegetables daily

55%

60%

Ate fruit or drank juice daily



Ate breakfast daily

37%

65%

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



Encouraging Trends 2007-2017



Daily soda consumption has decreased from 31% to

18%

Daily TV watching for 3+ hrs has decreased from 40% to

23%