

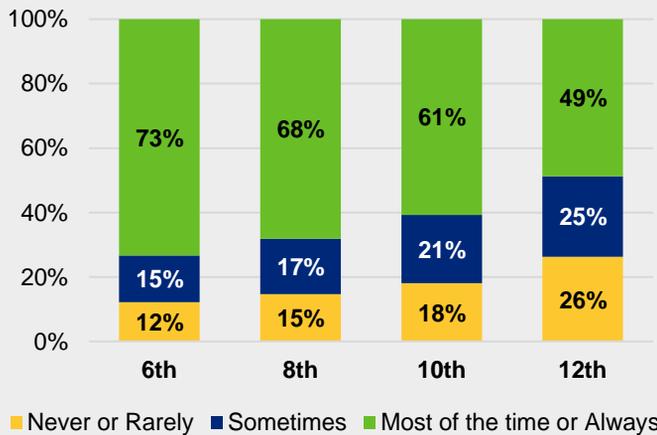
HEALTHY YOUTH SURVEY 2021

Nutrition and Fitness

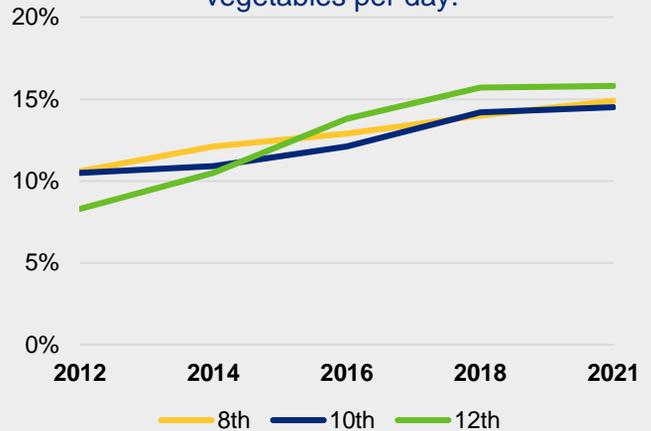


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How much of the time do you eat dinner with your family?



In recent years, **more** students report eating **less than one serving** of fruit or vegetables per day.



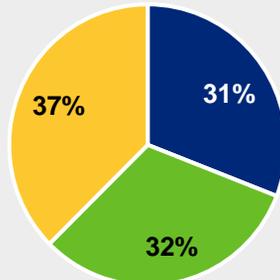
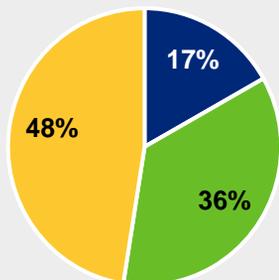
Most students report frequently eating dinners with their family! Experts agree that eating together as a family promotes sensible eating habits and fosters healthy self-esteem ([Stanford Children's Health, 2022](#)).

Students continue to consume *few* sugar-sweetened drinks. More than 1 out of 5 students reported **zero sugar-sweetened drinks** in the last 7 days!

6th Graders: On an average school day, how many hours do you:

Watch TV shows, movies, or stream videos on an electronic device?

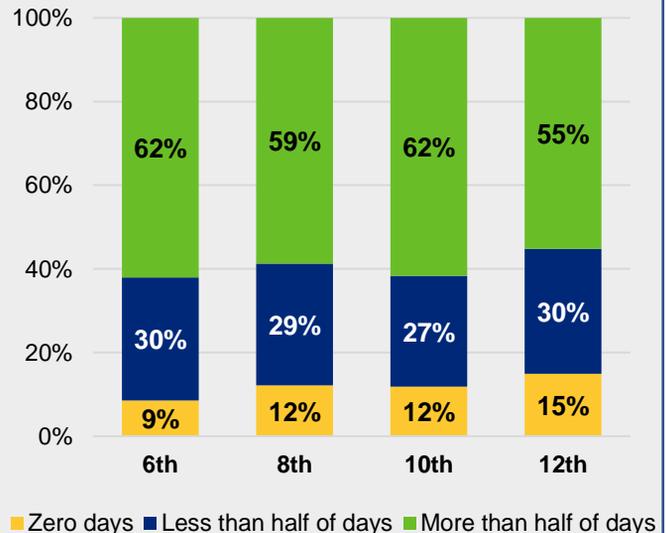
Play video or computer games, or use a computer for something that isn't schoolwork?



Under 1 hour or not at all
1 or 2 hours
3 or more hours

Compared to recent years, more students are spending 3 or more hours per day on non-school screen time.* The **AAP encourages** using a Media Use Plan to help teens manage screen time.

On how many of the last 7 days were you physically active for a total of at least 60 minutes?



*These, among other differences seen in 2021, could be an artifact of changes to daily life during the pandemic. For more information, please visit www.askhys.net and www.snohd.org/hys