HEALTHY YOUTH SURVEY 2021

Nutrition and Fitness

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

- Never or Rarely
- Sometimes
- Most of the time or Always

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).

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

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?

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.