

WHAT YOU TOLD US ABOUT Physical Activity



1 in 9 STUDENTS is **OBESSE**

Overweight teens are at risk for getting many illnesses.

1 in 8 STUDENTS
IS NOT
PHYSICALLY ACTIVE

23% don't attend PE classes

45% do not play on any sports team



17% of students play on the computer more than **5 HOURS A DAY** and are **NOT ACTIVE**



30%

of students describe themselves as **OVERWEIGHT.**

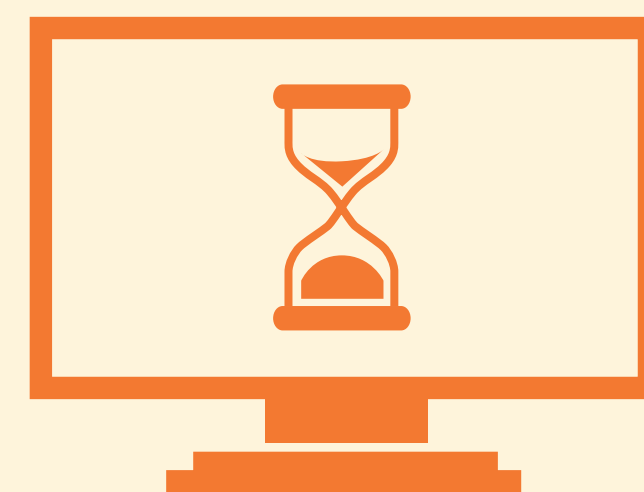
More girls than boys think they are fat (36% vs. 23%)

GOOD NEWS: HERE'S WHAT YOU CAN DO:



Eat a "rainbow" of fruits and veggies every day - the brighter the better.

Get physically active. Walk, bike, or join a sports team. You'll feel better!



Limit TV, cell phone, and recreational computer use, especially on school days.

Know the facts.

This information is from the 2013 High School Youth Risk Behavior Survey (YRBS), administered by the Rhode Island Department of Health. (www.health.ri.gov/data/youthriskbehaviorsurvey)
401-222-5111

