WHAT YOU TOLD US ABOUT
Physical Activity

1 in 9 STUDENTS is OBESE
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

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.

30% of students describe themselves as OVERWEIGHT. More girls than boys think they are fat (36% vs. 23%)

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