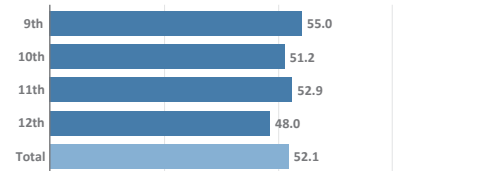


Nutrition & Physical Activity among South Dakota High Schoolers 2019

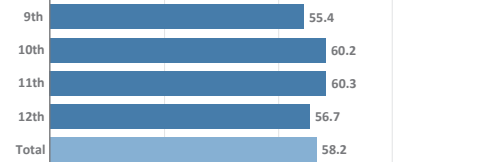


Nutrition (by grade)

Percent of students who ate fruit or drank 100% fruit juice one or more times per day during the past 7 days



Percent of students who ate vegetables one or more times per day during the past 7 days



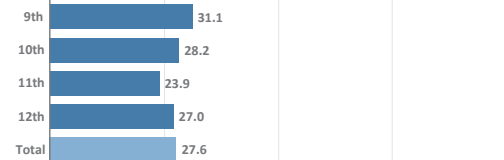
Percent of students who drank a can, bottle, or glass of sugar-sweetened beverage (i.e. Gatorade, Red Bull, Lemonade, coffee drinks, Sunny Delight) one or more times per day during the past seven days



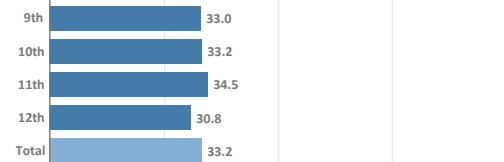
Percent of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past 7 days



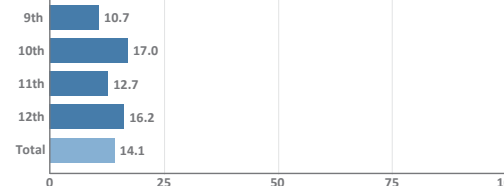
Percent of students who ate breakfast on all of the past seven days



Percent of students who drank one or more glasses of milk per day in the past seven days

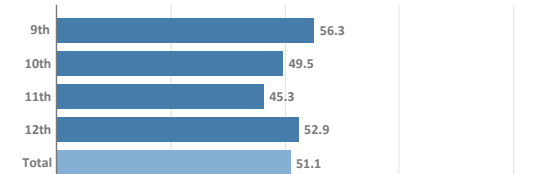


Percent of students who were obese

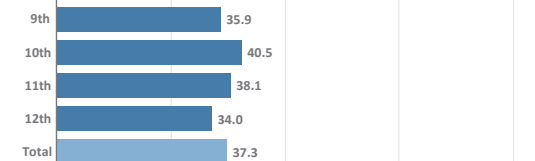


Physical Activity (by grade)

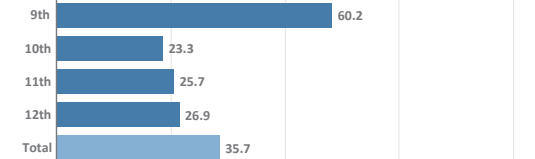
Percent of students who were physically active at least 60 minutes per day on five or more days in the past 7 days



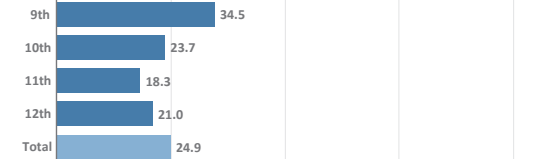
Percent of students who played video or computer games, or used a computer or smartphone three or more hours per day for something that was not schoolwork



Percent of students who attended physical education (PE) classes on 1 or more days in an average school week



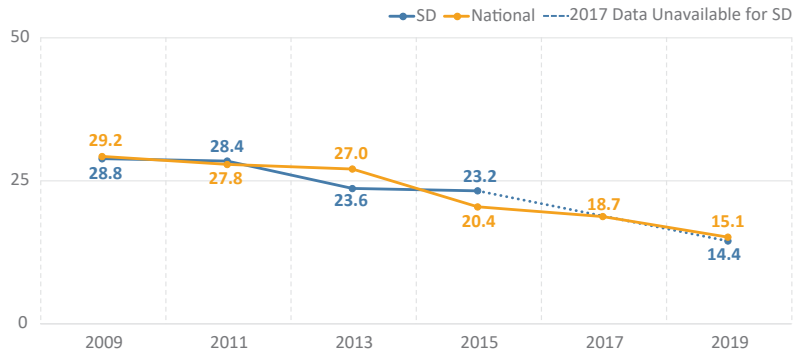
Percent of students who got 8 or more hours of sleep on an average school night





Nutrition

Percent of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past 7 days



Physical Activity

Percent of students who played video or computer games, or used a computer or smartphone three or more hours per day for something that was not schoolwork

