

Delaware Adolescent Physical Health

2017 Delaware Youth Risk Behavior Survey

Nutrition & Physical Activity



According to the American Academy of Pediatrics, all children should be consuming a well balanced breakfast daily in order to sustain proper brain function.**

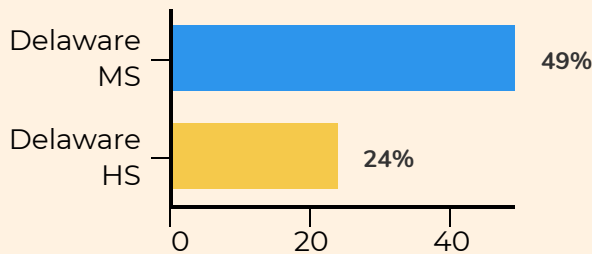
But less than half of Delaware middle (39%) and high school students (47%) report eating breakfast everyday during the past 7 days.



The Centers for Disease Control and Prevention recommends that children ages 6-17 should get at least 60 minutes of moderate to vigorous physical activity daily.***

In Delaware, only 50% of middle and 44% of high school students got at least an hour of physical activity on 5 or more days a week on average.

Sleep Zz



The American Academy of Pediatrics also recommends 9-12 hours of sleep for children aged 6-12 and 8-10 hours of sleep per day for youth aged 13-18.*

But only 49% of Delaware middle school and 24% of high school students reported getting 8 or more hours of sleep on an average school night.

Screen Time

3 or more hours...



In Delaware, 50% of middle and 45% of high school students play video games or use the computer for non-school related work 3 or more hours on an average school day.

The World Health Organization recommends that recreational screen time be a maximum of 2 hours daily for adolescents.****

Body and Mind: The Need for a Whole Person Approach to Health

2017 High School Delaware Youth Risk Behavior Survey

Physical Health & Mental Health*

Delaware teens who report **eating breakfast everyday** or being **physically active on a daily basis** are **less likely to report mental health concerns (23%)** than those who report not having breakfast (45%) or exercising at all (39%).



Youth who report **sleeping an average of 8-9 hours** on a school night are also **less likely to report mental health concerns (less than 21%)** than those who averaged less than 5 or more than 10 hours (**more than 42%**).

*Mental health includes feeling sad/hopeless almost everyday for two weeks in a row or more, suicidal thoughts, plans of suicide, or suicide attempts in the past year.

Physical Health & Substance Use**

Delaware high school students who report **eating breakfast everyday** in the past week are also **less likely to report substance use (34%)** than those who do not eat breakfast regularly (41%).



Teens who report getting an **average of 8-9 hours of sleep** on a school night are **less likely to report substance use (32%)** than those who average less than 6 hours or more than 10 hours (**more than 40%**).

**Substance use includes the consumption/use of alcohol, marijuana, vape devices, or cigarettes in the past 30 days.