**Nutrition**

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 (36%) and high school students (29%) report eating breakfast every day during the past 7 days.

In one study on university students, skipping breakfast was positively associated with:

- Binge drinking (past month)
- Tobacco use
- Inadequate physical activity
- Depression
- Loneliness
- Restless sleep (much or most of the time)
- Poor academic performance

(Pengpid & Peltzer, 2020)

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**Physical Activity**

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 46% of middle and 41% of high school students get at least an hour of physical activity on 5 or more days a week on average.

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**Screen Time**

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

In Delaware, 76% of middle and 79% 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.

Sources:
The American Academy of Pediatrics 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 46% of Delaware middle school and 20% of high school students reported getting 8 or more hours of sleep on an average school night.

**Sleep & Academic Outcomes**
- Greater variability in sleep onset associated with higher odds of receiving D or lower in a class.
- Later sleep onset associated with lower percent of courses receiving A grade, lower average GPA, and higher odds of being suspended or expelled in past two years.

**(Mathew et al., 2024)**

**Sleep & Risk Behaviors**

Students who reported **sleeping less than 7 hours on school nights** were more likely to report several injury-related risk behaviors:
- Infrequent bicycle helmet use
- Infrequent seatbelt use
- Riding with a driver who had been drinking
- Drinking and driving
- Texting while driving

*(Wheaton et al., 2016)*