The Teens Who Took the YAS:

- Total participants: 6,674
- Female: 50%
- Male: 50%
- 8th grade: 31%
- 10th grade: 35%
- 12th grade: 33%
- White: 72%
- Hispanic: 12%
- Other: 16%

50% have been physically active for 60+ minutes per day on five or more of the past seven days.

- 42% 8th grade
- 58% 10th grade
- 55% 12th grade

37% of students who receive 8 or more hours of sleep on an average night.

- 34% 8th grade
- 58% 10th grade
- 58% 12th grade

26% of students who eat five or more servings of fruits and vegetables on an average day.

- 26% 8th grade
- 30% 10th grade
- 32% 12th grade

In the past 30 days 1 in 10 Participants sometimes, most of the time, or always went hungry because there was not enough food in their home.

- 10% 8th grade
- 11% 10th grade
- 11% 12th grade

5.75 The average stress level reported by students on a scale from 1 to 10 during the past 30 days.

White 8%
Hispanic 17%
Other 19%

For a full report, please visit www.ottawacountyouth.org