

# NUTRITION, PHYSICAL ACTIVITY & WELLNESS

## The Teens Who Took the MiPHY:



**Total participants:**  
**4,351**



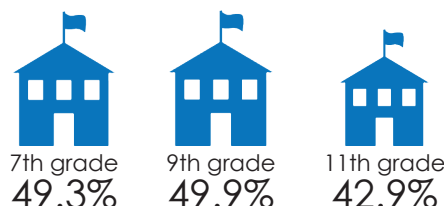
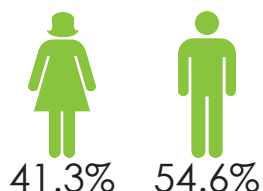
Female: 49.8%  
Male: 49.7%



7th grade: 39.4%  
9th grade: 34%  
11th grade: 26.6%

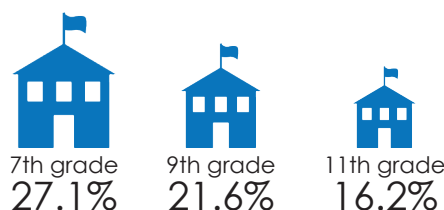
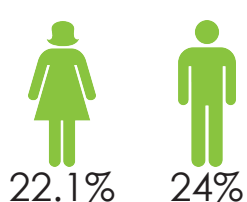
**48.7%**

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



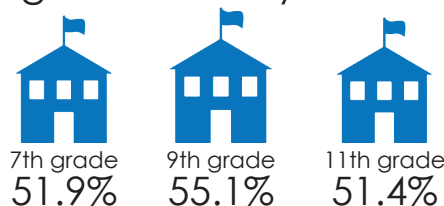
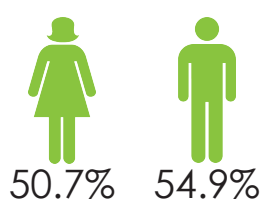
**24.4%**

of students who ate **five or more servings**  
of fruits and vegetables during the past seven  
days.



**52.3%**

of students **who played video or computer**  
**games** or use a computer for something that  
is not school work **three or more hours** per  
day on an average school day.



**13.8%**

(1 in 10)



students **did not eat**  
**breakfast** in the past  
seven days.