

LIFESTYLE-RELATED BEHAVIORS OF DELAWARE HIGH SCHOOL STUDENTS

When you know their behaviors, you can learn how to help.

Delaware's Youth Risk Behavior Survey (YRBS) is conducted every other year (odd years) and helps to measure the progress our schools are making to address key behavioral areas. High school is a critical time, and habits formed now can stay with students into adulthood. The data below can help you address their wellness and activity levels.

Based on the 2023 Delaware YRBS



22.1% did not participate in at least 60 minutes of physical activity on at least one day a week.



32.2% described themselves as being overweight.



23.3% spent three or more hours playing video or computer games on a standard school day.



**Be sure your school participates in the Delaware YRBS.
Learn more: HealthyDelaware.org/Activate.**