

Report:

## **Introduction**

This report aims to present the collected data on teenage health, as a part of the European Health organization's project to address the growing concerns regarding it. Our school has gathered this information from a diverse group of Austrian teenagers as a contribution to this project.

## **Are Austrian teenager live healthy?**

The data shows that a elevated percentage of Austrian students do not engage in healthy behaviors. Only 45% of boys and 62% of girls consume fruits and vegetables every day, while 20% of the male and 9% of the female teenagers exercise daily. Some teens report consuming alcohol and tobacco at least once a week, with 37% of girls using alcohol and 21% of the boys smoking .

## **What are the reasons why teenagers should look after their health?**

It's important for teenagers to take care of their health because it affects how they feel physically, emotionally, and mentally. Eating healthy foods and exercising regularly can help them maintain a healthy weight, feel better, and reduce their chances of getting sick. Drinking alcohol and smoking cigarettes can be harmful and can cause addiction, liver problems, lung cancer, and even death. That's why it's

important for teenagers to focus on their health and try to make healthy choices every day.

**Ways to motivate teenagers to stay healthy:**

To motivate teenagers to prioritize their health, schools can offer health education programs that teach them about the benefits of healthy habits and the risks of unhealthy behaviors. Additionally, schools can provide healthy food options in cafeterias and offer private activities that encourage physical activity. Parents can encourage healthy behaviors in their teenagers by setting a positive example and making healthy choices for themselves.

**Conclusion:**

In conclusion, the findings of this report highlight the need for teenagers to prioritize their health and well-being through healthy lifestyle choices. It is important for them to develop good habits like eating healthy foods, doing exercise often, and staying away from bad things like alcohol and tobacco.

331 words