

**Introduction**

The aim of this report is to analyse the health of teenagers, specifically focusing on 18-year-old Austrian students of both genders. The report will discuss various health-related topics, explain the importance of maintaining good health during adolescence, and offer suggestions on how to motivate teenagers to adopt a healthy lifestyle.

**Presenting data of boys and girls aged 18**

The data gathered shows that around 45% of boys and around 61% of girls eat fruits and vegetables every day. In terms of daily exercise, 20% of boys and 9% of girls engage in physical activities. Regarding alcohol consumption, 38% of boys and 28% of girls drink at least once a week. Lastly, about 21% of boys and about 29% of girls smoke at least once a week.

**Importance of teenage health**

Teenagers should look after their health to establish lifelong healthy habits that provide physical and mental benefits. Moreover, a balanced diet and regular exercise can prevent obesity, diabetes, and heart disease in the future. Avoiding alcohol and tobacco reduces the risk of addiction, lung cancer, and liver diseases.

**Ways to motivate teenagers to stay healthy**

To encourage teenagers to adopt healthier lifestyles, schools should provide engaging health education classes. These classes should teach the benefits of proper nutrition, exercise, and the dangers of substance abuse. Additionally, offering a variety of extracurricular sports and fitness activities can promote physical activity among students. Schools could also partner with local organisations to organise events and campaigns that create awareness about the importance of a healthy lifestyle. Finally, parents and teachers should set a positive example by promoting and practising healthy habits themselves.

**Conclusion**

Focusing on teenage health in Austrian schools is crucial. Providing education and support can help establish healthy habits for a lifetime. Collaboration among schools, parents, and communities is necessary to inspire teenagers to make better choices concerning nutrition, exercise, and abstaining from harmful substances, in the end promoting a healthier future for young people.

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