I was asked to write a report on the topic of teenage health. Through the project of the organization European Health, my school collected various health-related information about students all over Austria.

The bar chart can be divided into girls and boys. In the first positive activity, over 60% of the girls reported eating fruits and vegetables every day, whereas only 45% of the boys did so daily. In the second positive activity, we see that 20% of the boys engage in daily training, while only 9% of the girls do the same.

The bar chart also shows that 35% of boys drink alcohol at least once a week, which can have a negative impact on their health, while only 29% of girls do so. The last illustration of the bar chart shows the percentage of Austrian teenagers who smoke at least once a week. As the data shows, 29% of the surveyed girls said they would smoke once a week, whereas only 21% of the boys reported doing so.

Taking care of one's health is crucial, and this should also apply to teenagers. Negative behaviours such as smoking and drinking alcohol often persist throughout life. Any kind of drug is known to reduce life expectancy, even if legal.

Daily exercise is not only beneficial for health, but also for well-being. Exercising for 20 minutes a day improves life expectancy and typically boosts motivation.

One approach to promoting healthy habits among teenagers would be to incorporate physical activity into their school day from an early age. If a mandatory 5-minute movement break followed each lesson and fresh fruits and vegetables were offered free of charge, many teenagers would likely benefit. Lectures should also be given on the negative consequences of smoking and drinking alcohol.