In connection with the European Health project related to teenage health, we have conducted a  
  
study asking 18-year-old Austrian students about their health-related habits. The results show a need   
  
of improvement for many Austrian teenagers.

**Results of the study**

When looking at the figures, we can see that more than 60% of female students eat fruit and

vegetables every day. While that value may sound promising, it is dampened by the fact that this

only applies to about 45% of male students. The arguably worst habit of Austrian students lies in the

weekly consumption of alcoholic drinks. More than 35% of male students stated that they drink

alcohol at least once a week. This high number is just slightly above the almost 30% of female

students. Austrian adolescents do not seem to exercise much. According to our study, less than 10%

of female students exercise daily. Male teenagers tend to be more active with about 20% specifying a

daily exercise routine. Smoking once a week applies to more than a fourth of the boys asked and is

even more popular with girls. Almost one third of the girls asked displays a regular smoking habit.

**Reasons to stay healthy**

It is important for teenagers to stay healthy. The age group we studied on is exposed to a lot of stress

which can be reduced by a healthy body and mind. Not only eating healthy, but also exercising

regularly can increase performance in school while making one more relaxed and happier.

**How to motivate adolescents?**

One way to motivate students to live a healthier way of life might be to improve the way gym classes

are being held. Simple training methods could be shown while also educating students about healthy

diets and the things their body needs.

When taking another look at the statistics, I think it is fair to say that Austrian adolescents are trying

their best to live a healthy live. Teenagers of that age will, however, often be in a situation that does

not allow them to focus on their health. Bad habits, like smoking and drinking, are seen as a way of

dealing with their problems and stress. Maybe, if we get them to shift that temporary relief towards

fitness and exercise, Austrian adolescents would not only be healthier, but also happier.

334 Words.