**Introduction**

As requested by the European Health organisation, this report aims to analyse and interpret the current health situation of Austrian students. All the data used in this report was provided by my school.

**Presentation of the data**

When looking at the provided data, it becomes clear that the consumption rate of vegetables and fruits is an area where both, the boys, but also the girls prosper in, with 60% for the girls and 45% for the boys. But on the other hand, at least 21% of teenagers, including both male and female drink alcohol, or smoke at least once a week. Another provided statistic is the percentile of how many teenagers do daily exercise, in the case of the males this is 20% and in the case of the females 9%.

**Health is important**

Teenagers should look after their health, not only just to benefit them in their current situation, but more so to benefit their future selves. The health of a human being is its most valuable asset. Everyone realizes this as soon as they get sick one time.

**Methods to motivate teenagers to stay healthy**

Teenagers can be really motivated when they have goals, and especially if those goals concern health. Some goals bound to health would be for example to see their grandchildren or to achieve an athletic and aesthetic body. As seen in these examples, goals can be short-term goals or long-term goals, either one is good for motivation.

**Conclusion**

On the basis of the facts mentioned above, the situation of Austrian teenagers would look a lot better if they cut out bad, unnecessary habits like smoking and drinking alcohol and replaced them with more daily exercise.