

# Health of the American Next Generation

Team: Group 10 B2 (Hailey Han, Hiba Hassan, Kateryna Shapovalenko)

## 1. GENERAL PICTURE

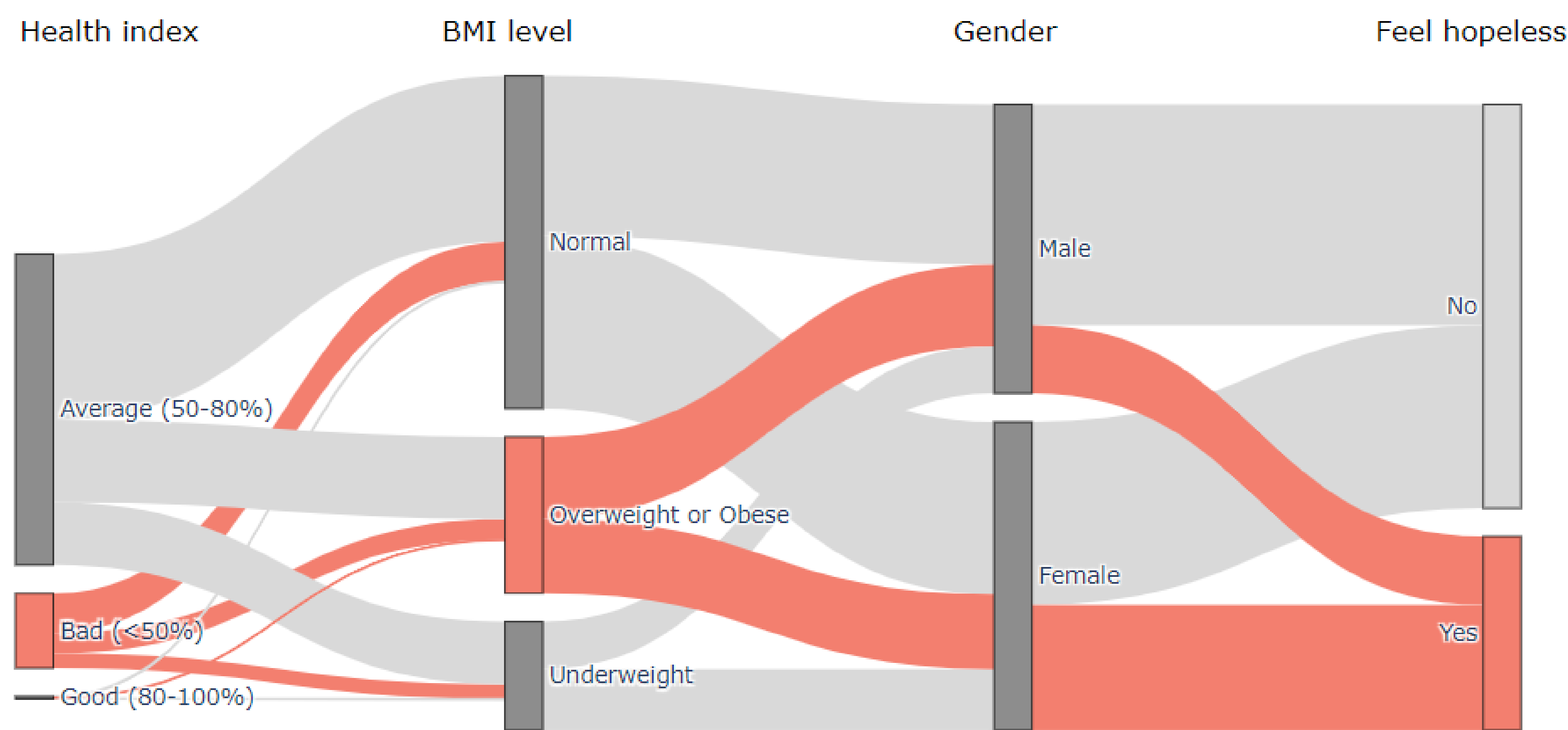
Health impacts all states of life. Healthy people are productive at work, socially active, and significantly contribute to society. According to multiple research, most health-related habits are formed at a young age. By minimizing health risk behaviors among youth, we can secure a better future for individuals and the entire nation. To address this, our team checked the health-related habits of American high school students to see if there are any red flags. Next, we designed a set of evidence-based recommendations.

58% ▼ -0.8 pp. (vs to 2017)

An average health level of American high school students as per the calculated **Health Index 2019\***

\* The Index is calculated based on CDC's Youth Risk Behavior Surveillance System (YRBSS)

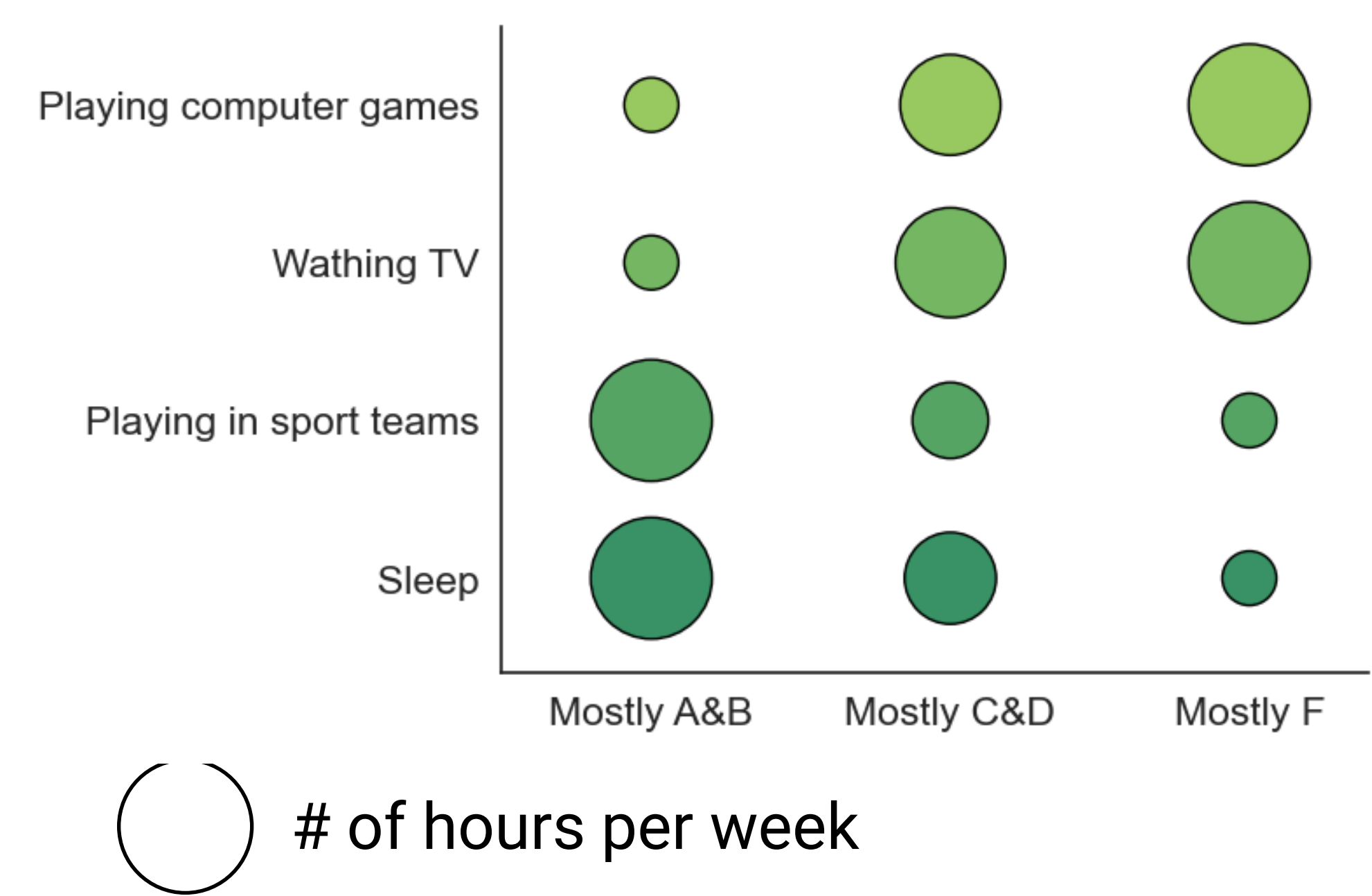
Key health indicators for American high school students (2019)



## 2. FOCUSED VIEW

### Day schedule

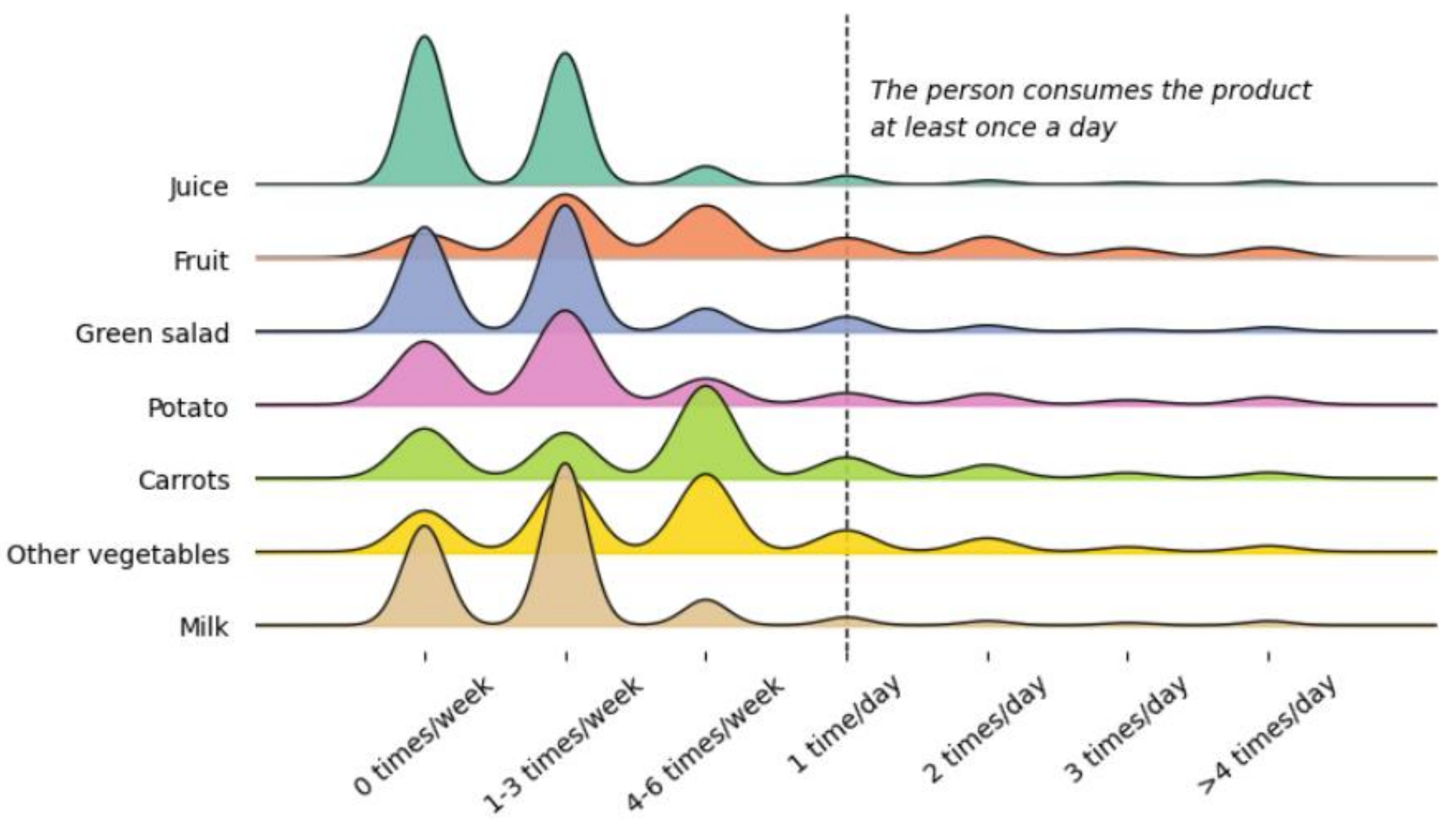
How do students with different grades spend their week (2019)?



- High-performing students have the most hours of sport and sleep compared to others
- In 2019 average high-school student slept less, but played more computer games

### Nutrition

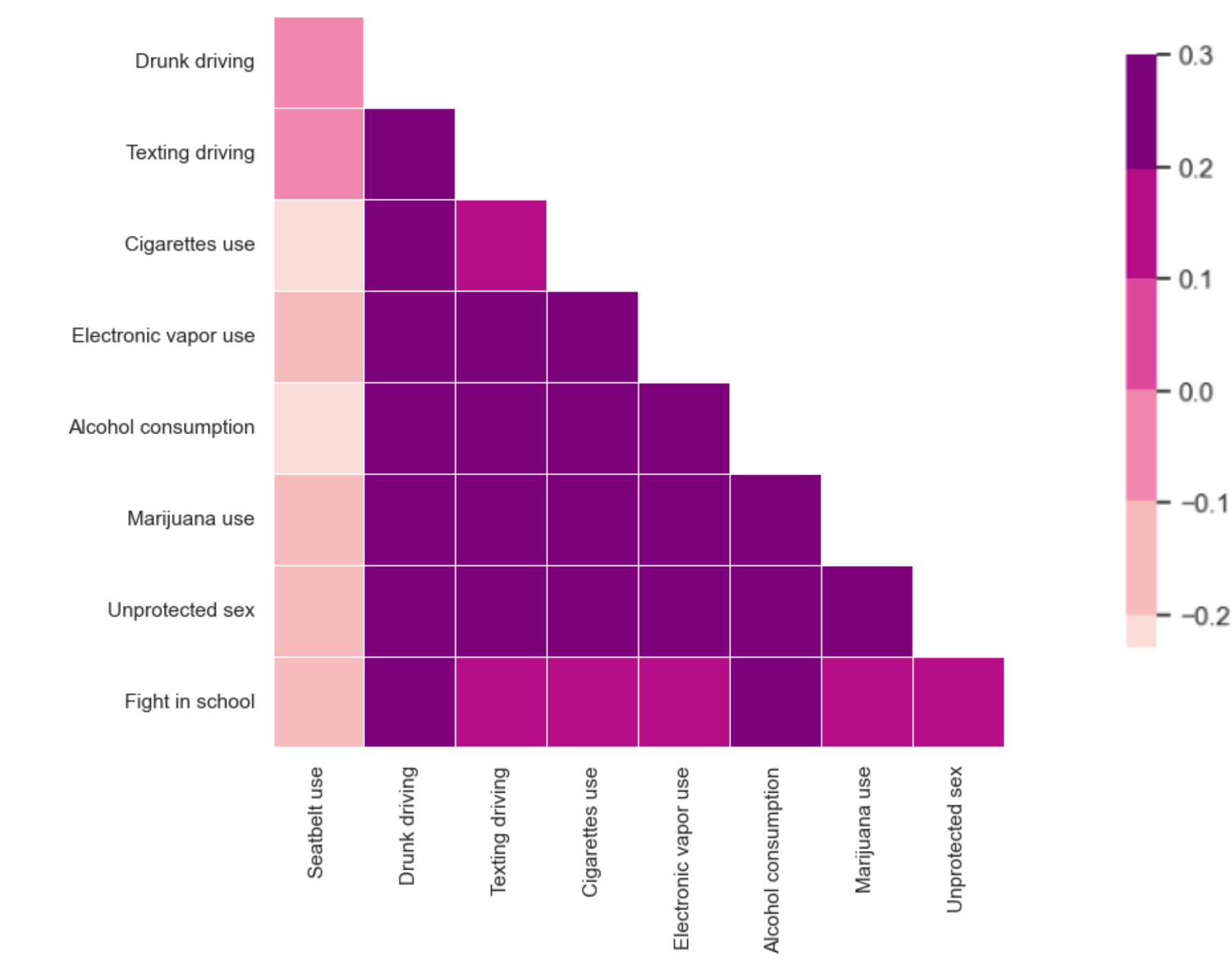
Does American youth consume enough natural products (2019)?



- High-school students do not eat enough natural food (i.e., fruits and vegetables)
- In 2019 high-school students ate less nutritious food and more often skipped breakfast

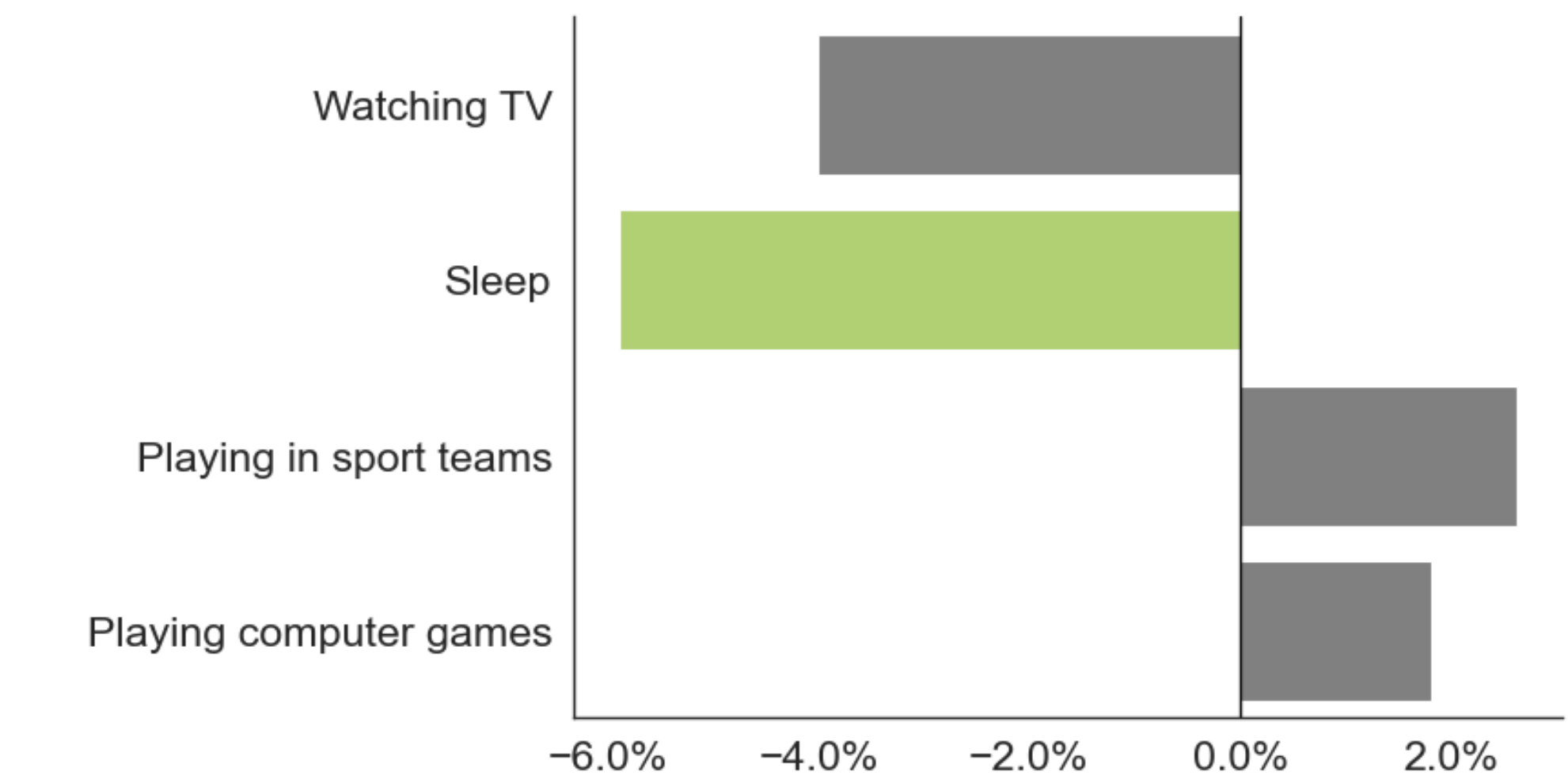
### Life-threat. activities

How life-threatening activities are connected (2019)?

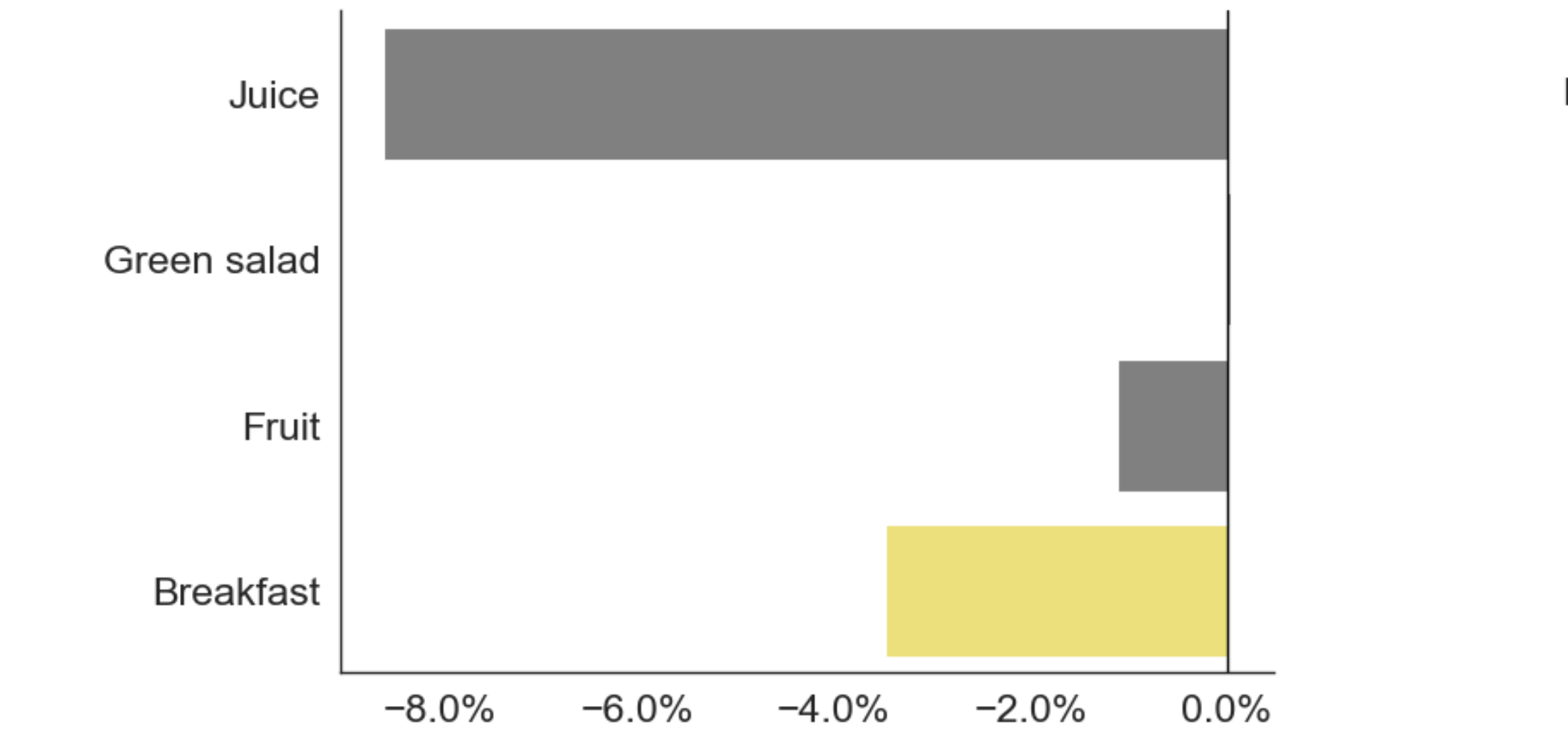


- Students who drink alcohol or do drugs are more likely to start a fight at school
- In 2019 high-school students did less smoking, but vapor product use has risen

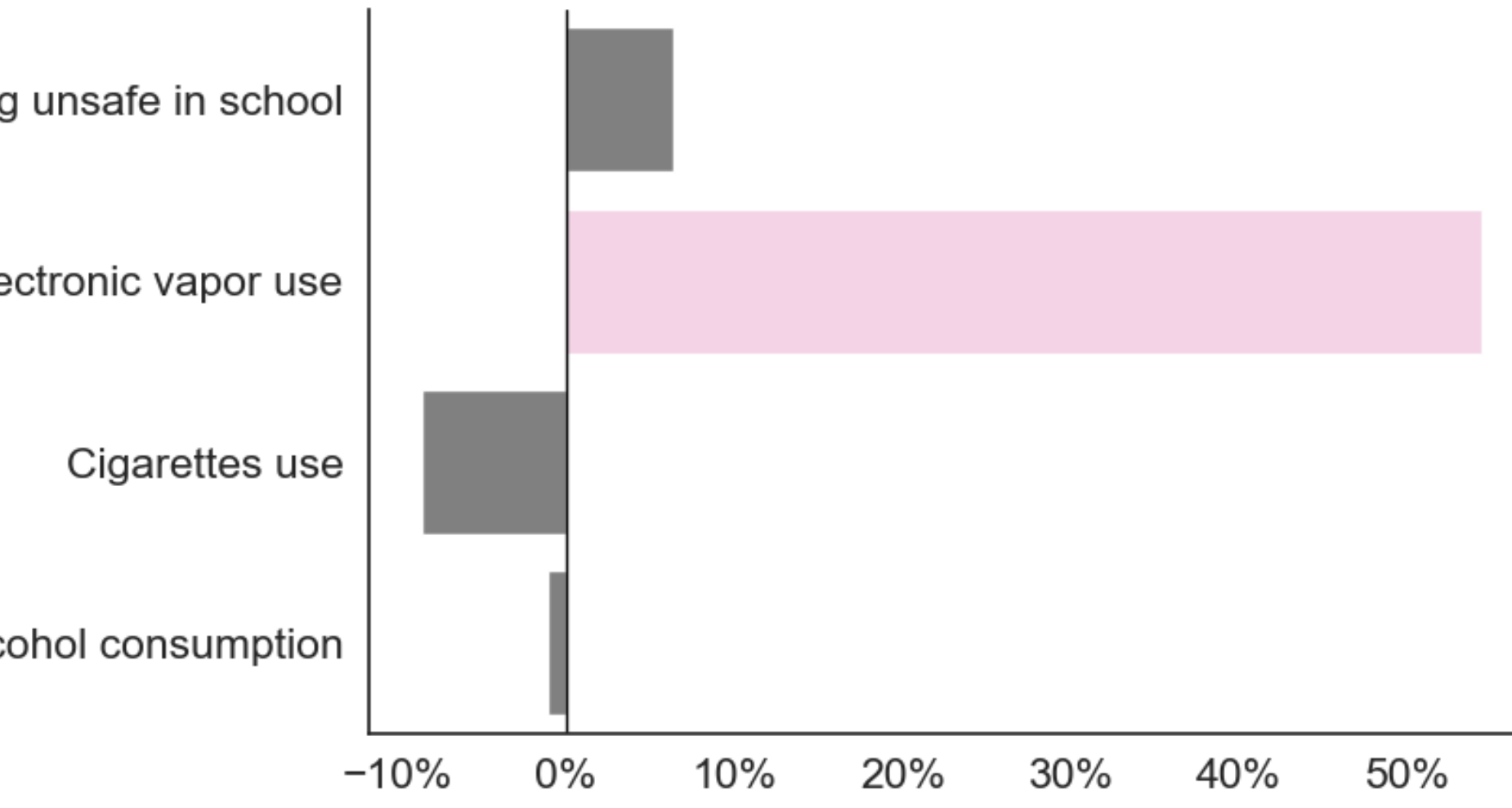
### Day schedule trend (2019 vs 2017)



### Nutrition trend (2019 vs 2017)



### Life-threat. trend (2019 vs 2017)



## 3. RECOMMENDED ACTIONS

1 **Prioritize sports at school** (i.e., encourage students to do team sports)

2 **Offer a balanced breakfast** at school and explain its importance

3 **Ban vapor products** (i.e., make them illegal to sell for people under 18)

Data source: CDC's Youth Risk Behavior Surveillance System (YRBSS)