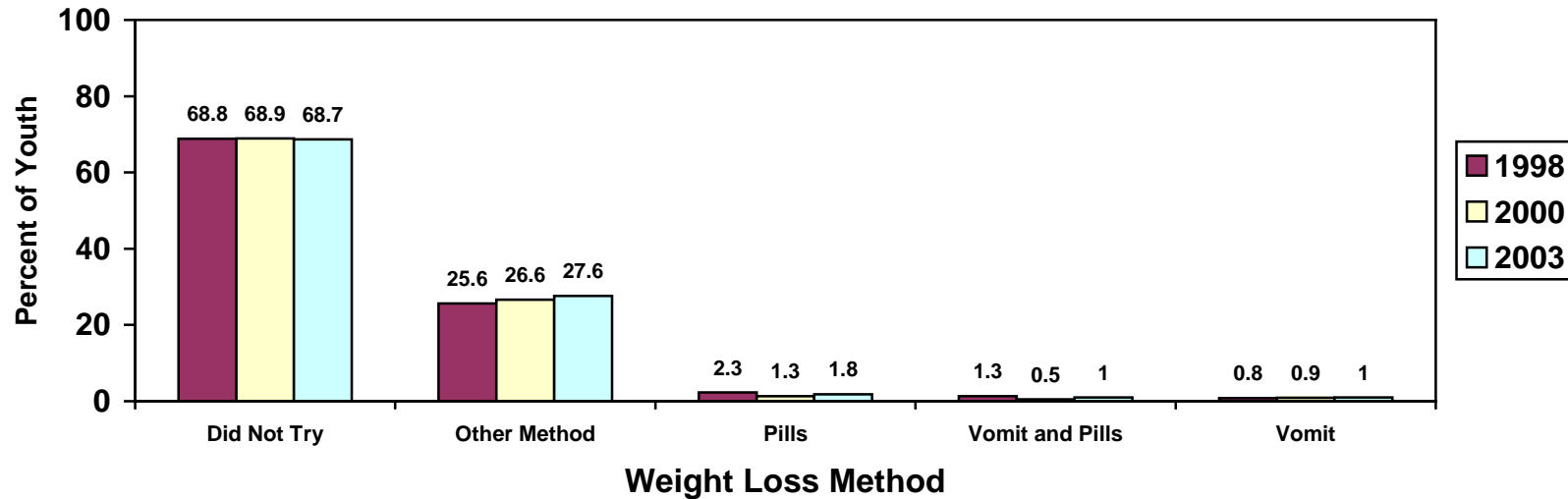


Health

Weight Loss Methods



Source: Harrisonburg/Rockingham County Youth Survey

What the numbers and other information told us:

31.4% of youth are using some method to lose or keep from gaining weight.

Of youth trying to lose weight, a majority of them are 10th and 12th graders (72%).

Youth do not report pills and/or vomiting as commonly as other methods of weight loss.

