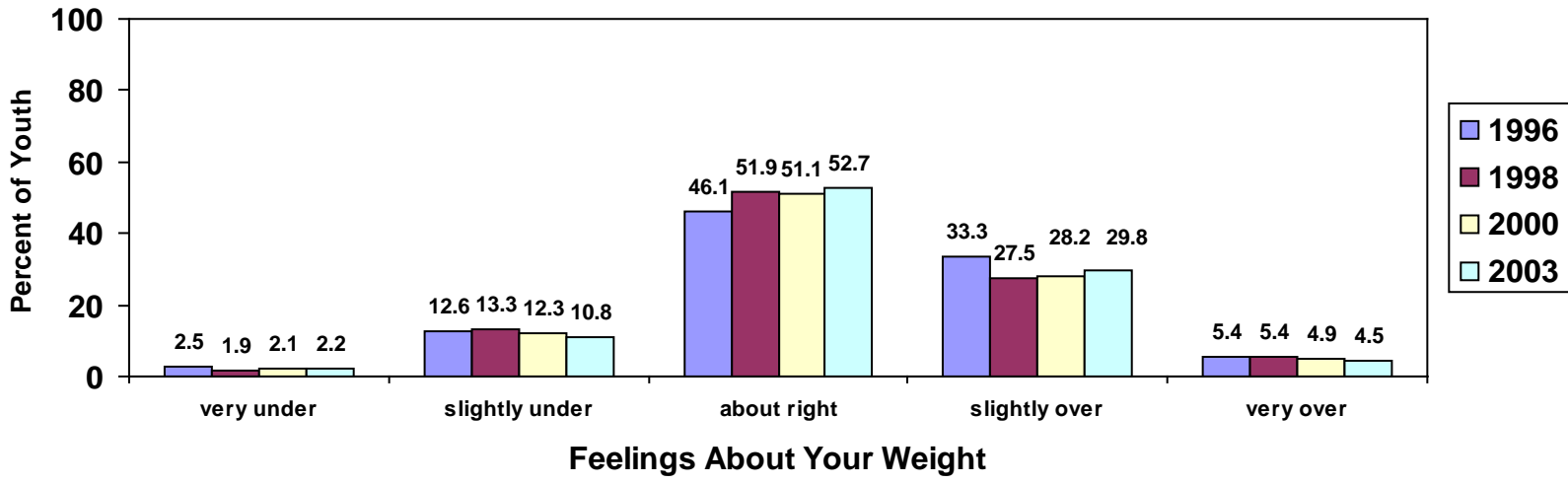


# Health

## Self-Report of Weight



Source: Harrisonburg/Rockingham County Youth Survey

**What the numbers and other information told us:**

34.3% of youth report they are over weight, while 12% report they are under weight.

In a day, 61.4% of youth report they eat fruit, 32% eat green salad, and 51.7% eat cooked vegetables.

14.9-18.2% of youth eat two or more of the following foods a day: hamburgers, hot dogs, sausages, French fries, chips, cookies, donuts, pies or cakes.

