

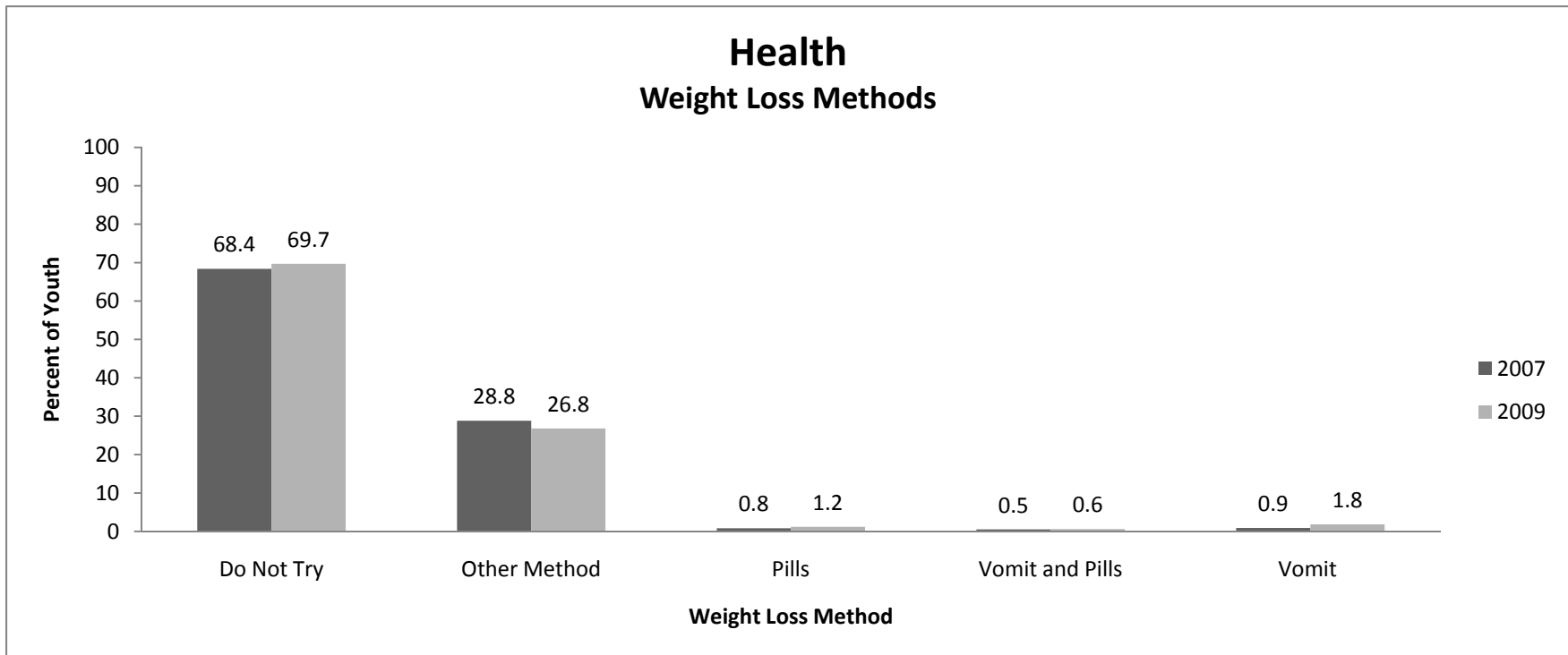
Source: Rockingham County/ Harrisonburg Youth Survey

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

There was a decrease by 3.4% among the amount of youth who feel that they are about the right weight since 2007.

There has been a slight increase of the amount of youth who feel that they are very underweight, slightly underweight, slight overweight and very overweight.

## Health Weight Loss Methods

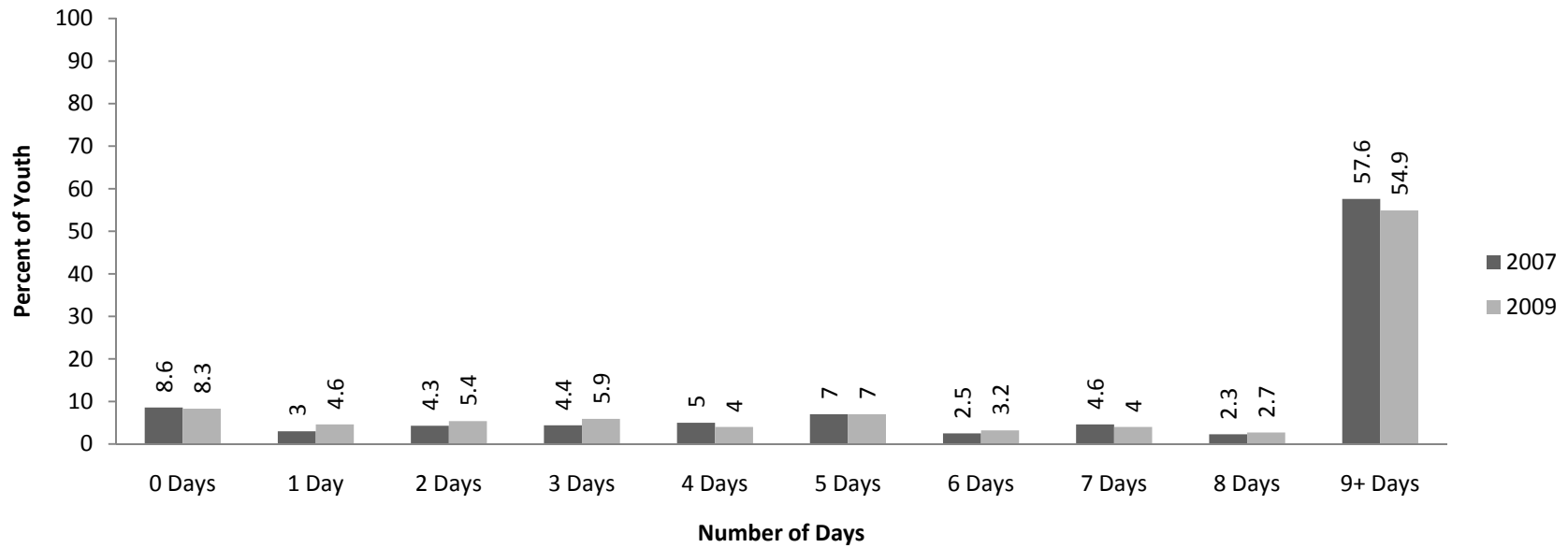


Source: Rockingham County/ Harrisonburg Youth Survey

### What the numbers and information told us:

There was a slight increase in the percentage of youth who have not tried a weight loss method by 1.3%.

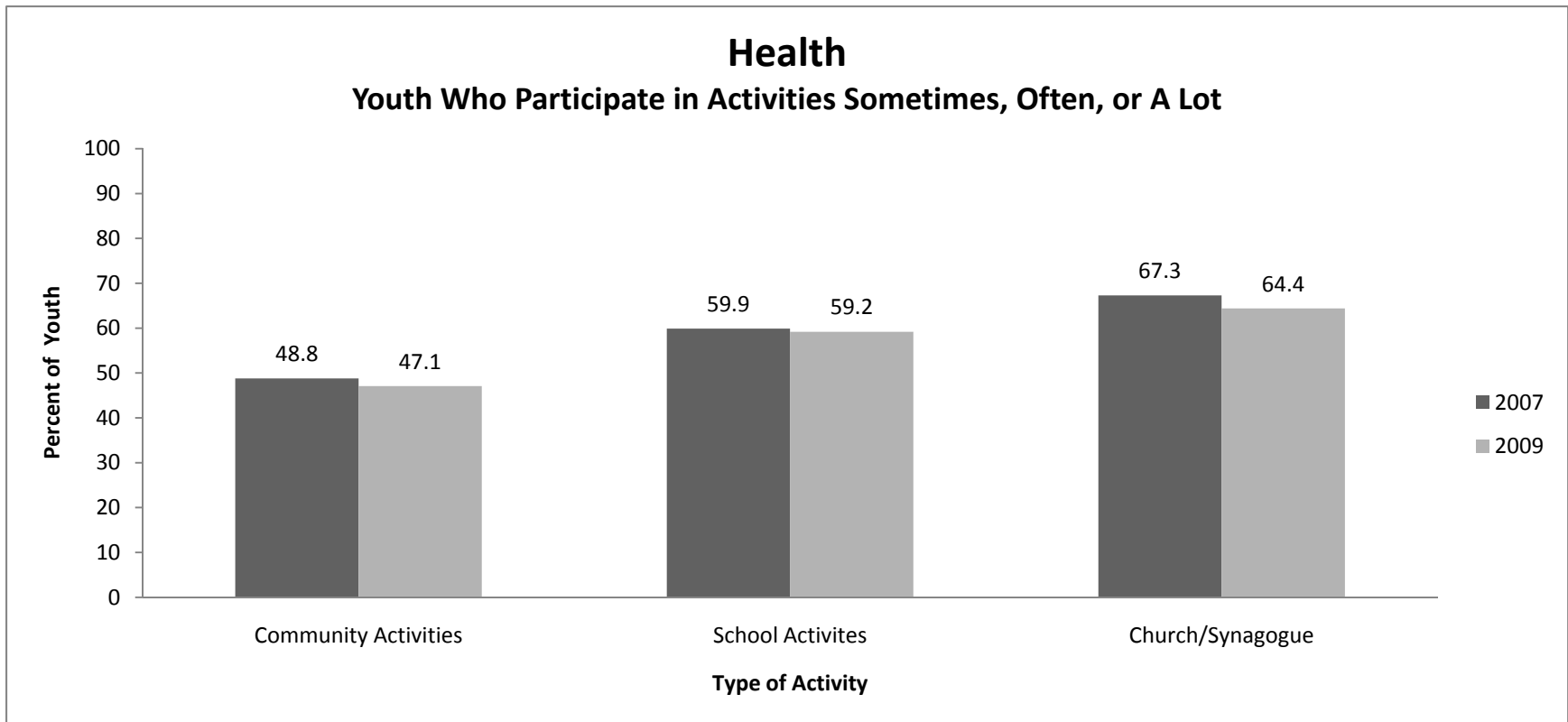
## Health Youth Who Exercise



Source: Rockingham County/Harrisonburg Youth Survey

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

Over half the youth (54.9%) report exercising more than 9 days throughout the month. This is a 2.7% decrease since 2007.

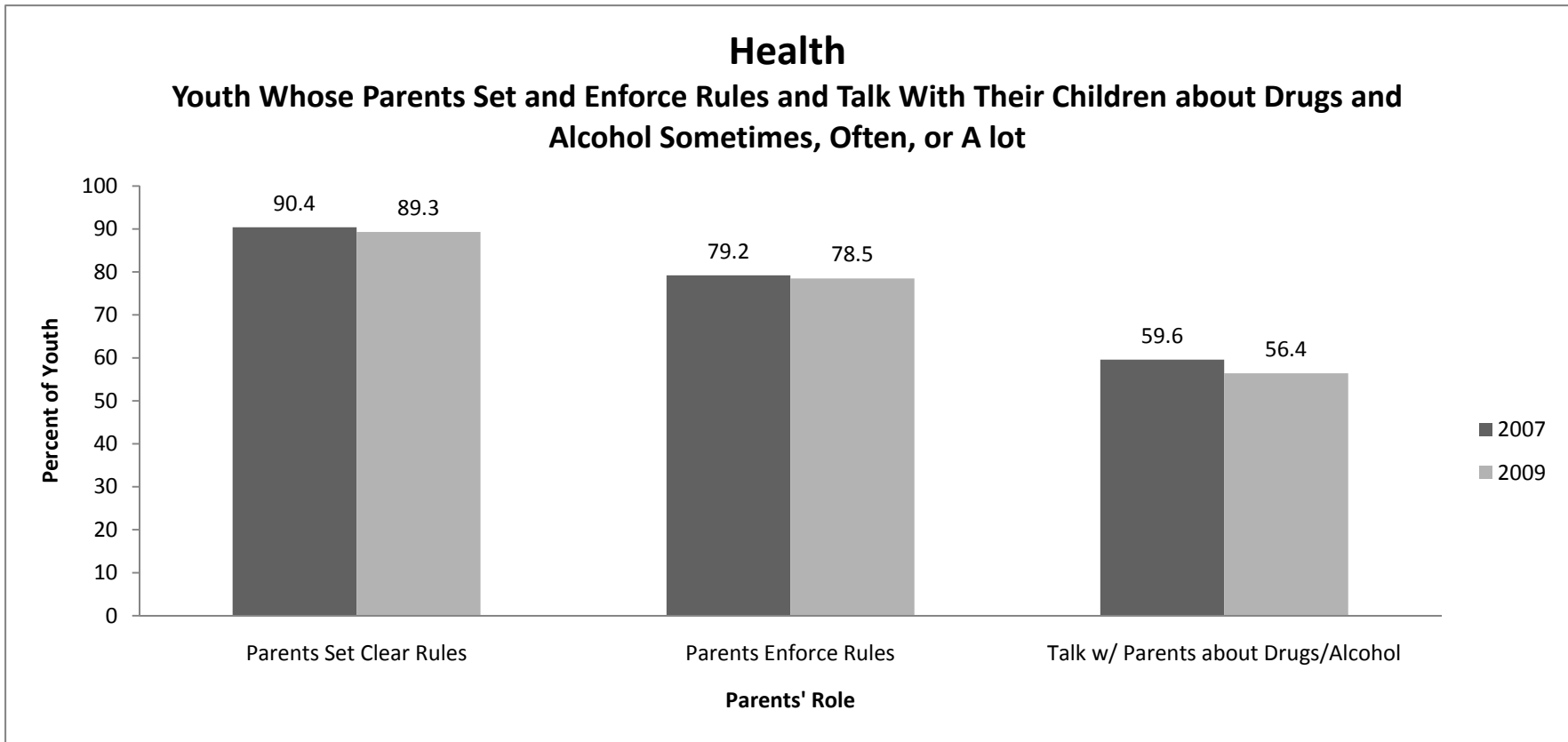


Source: PRIDE Survey

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

A large number of the youth reported going to church or synagogue (64.4%).

There was a decrease in youth participating in community activities (1.7%), school activities (0.7%) and church/synagogue (2.9%).



Source: PRIDE Survey

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

The majority of parents set clear rules for youth (89.3); however it is a 1.1% decrease from 2007.

The report shows a decrease in parents talking to their children/teens about rules and drugs/alcohol.

