



Healthy Diet - Part 1

AFFILIATE

All

YEAR

2024

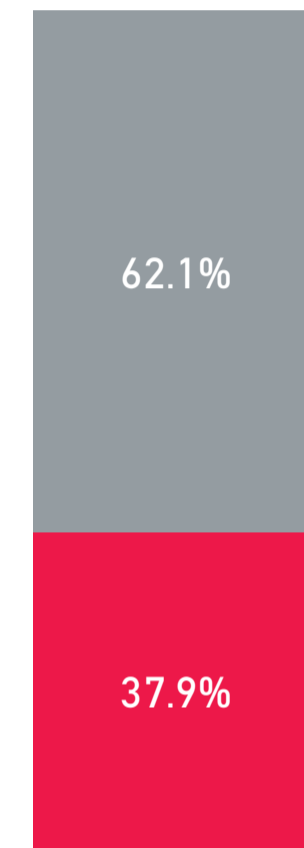
SURVEY TYPE

All

Did you eat breakfast this morning?

Affiliate

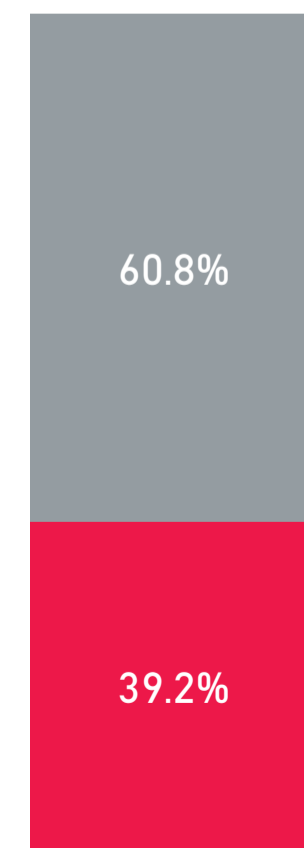
No Yes



2024

National

No Yes



2024

In the past 24 hours, how many times did you eat fruit?

Affiliate



3 or more times

1 time

2 times

0 times

National



3 or more times

2 times

1 time

0 times

In the past 24 hours, how many times did you eat vegetables?

Affiliate



0 times

1 time

2 times

3 or more times

National



1 time

0 times

2 times

3 or more times



Healthy Diet - Part 2

AFFILIATE

All



YEAR

2024



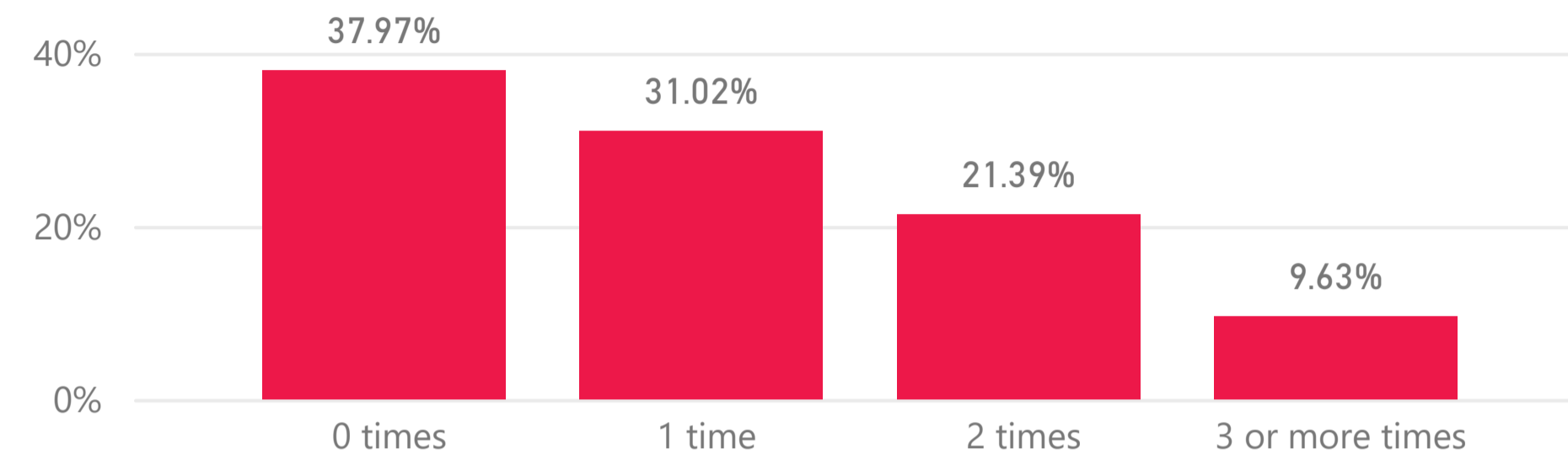
SURVEY TYPE

All

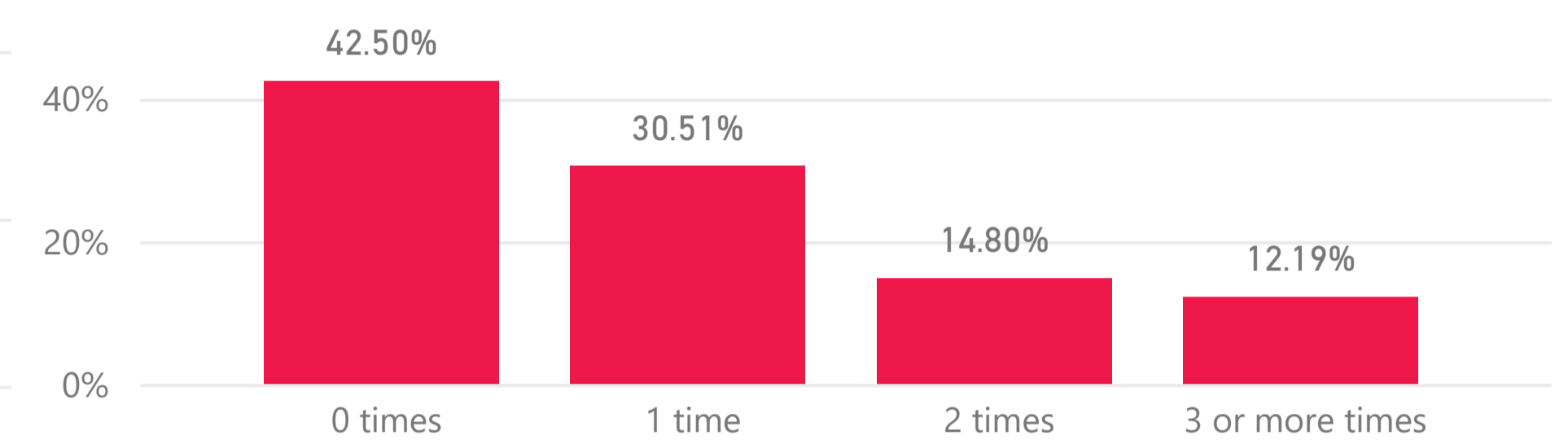


In the past 24 hours, how many times did you drink soda?

Affiliate

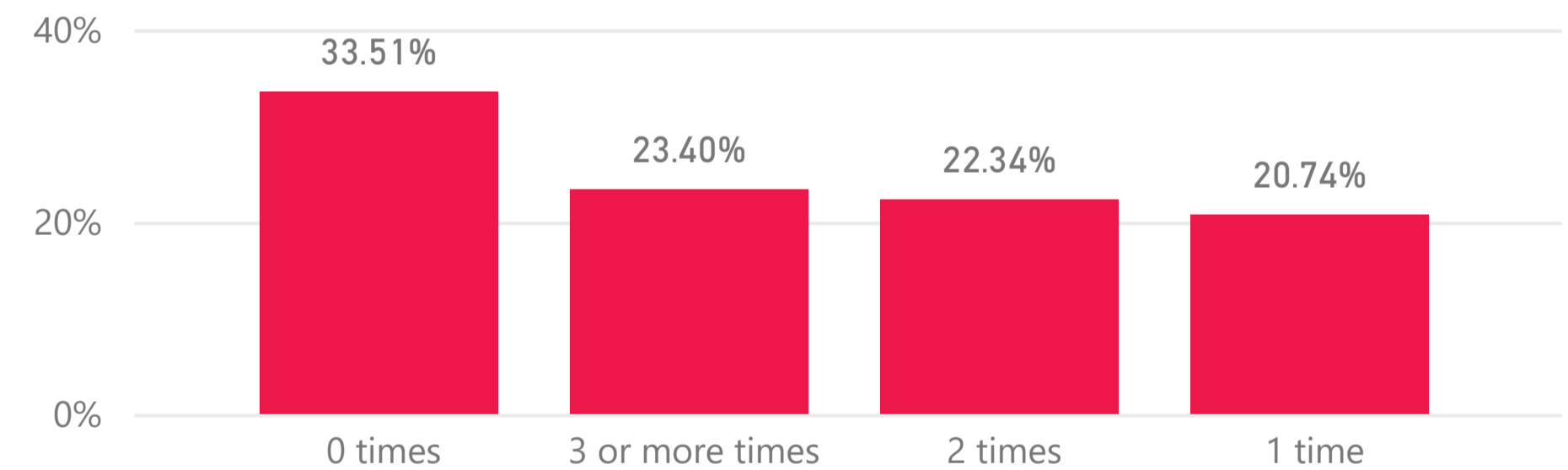


National

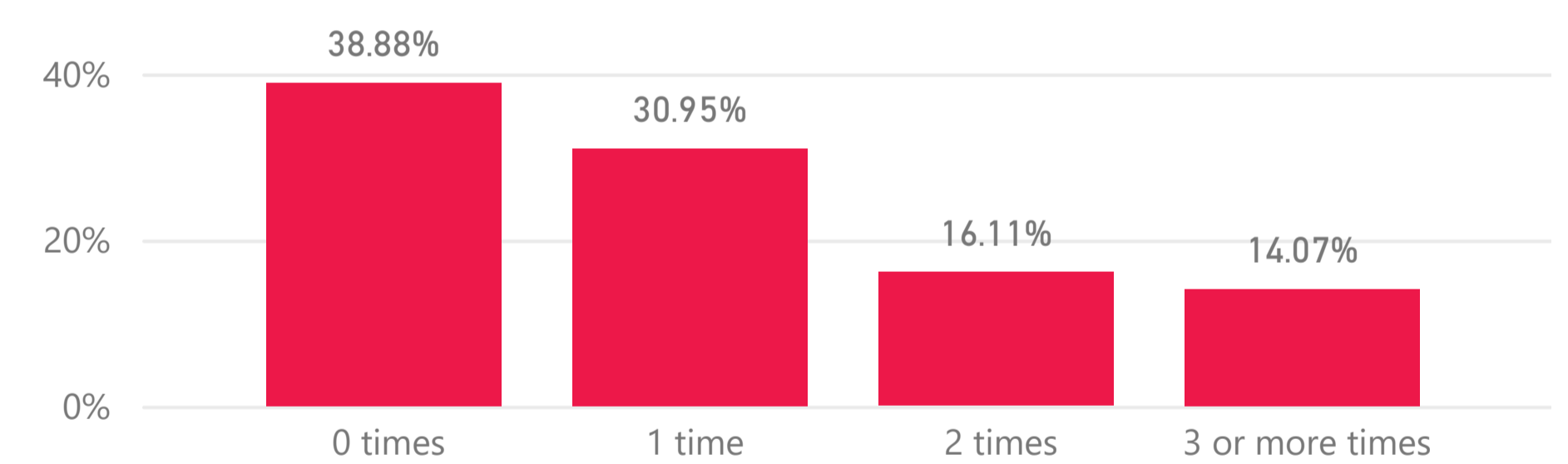


In the past 24 hours, how many times did you eat a meal or sn...

Affiliate

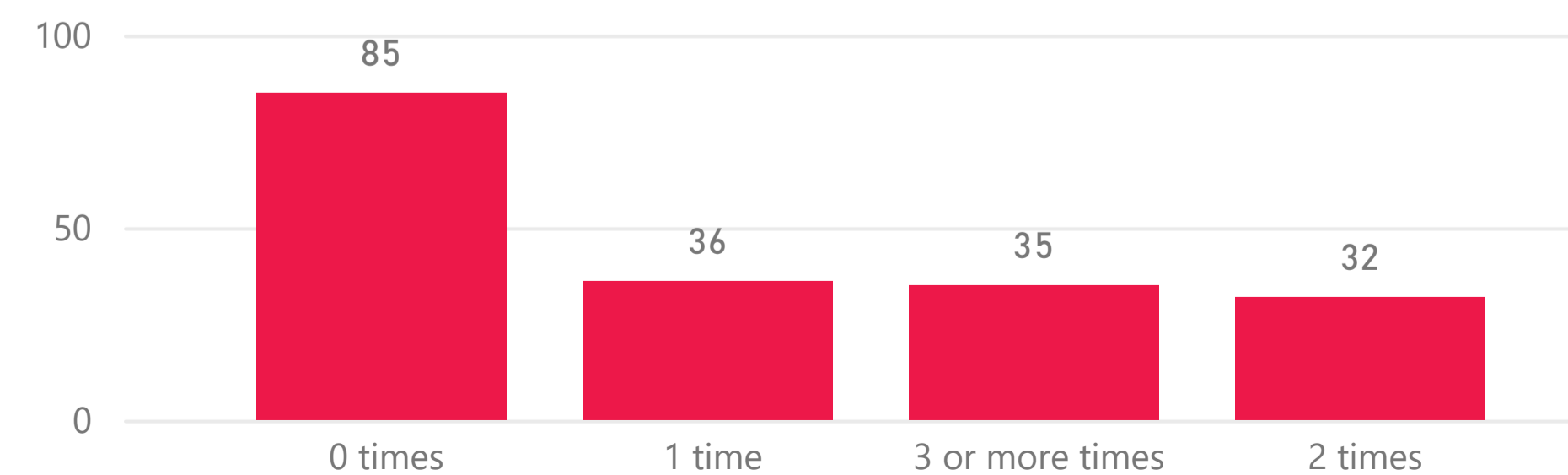


National

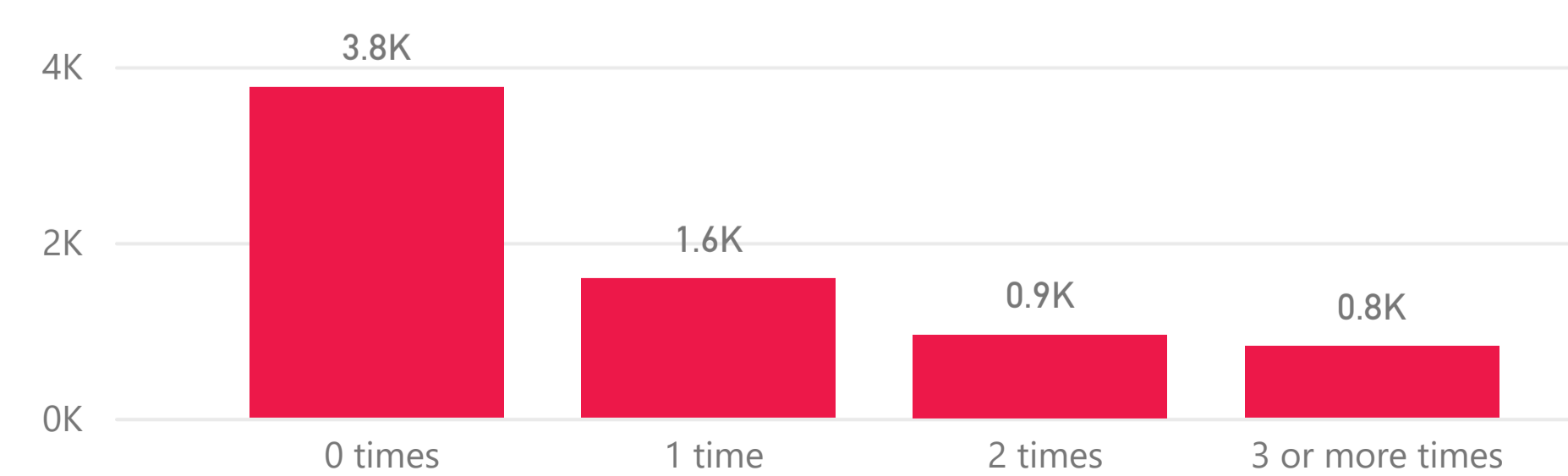


In the past 24 hours, how many times did you eat snacks from ve...

Affiliate



National





All

YEAR

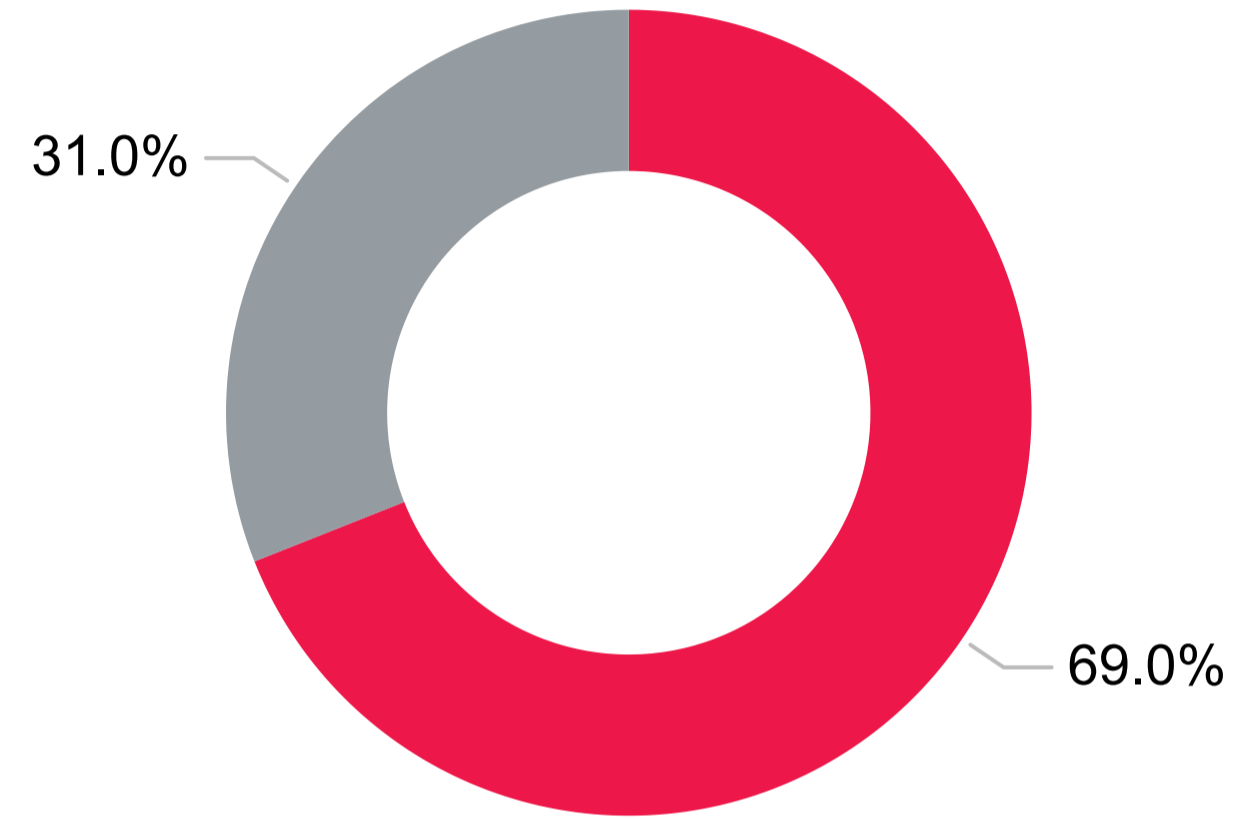
2024

SURVEY TYPE

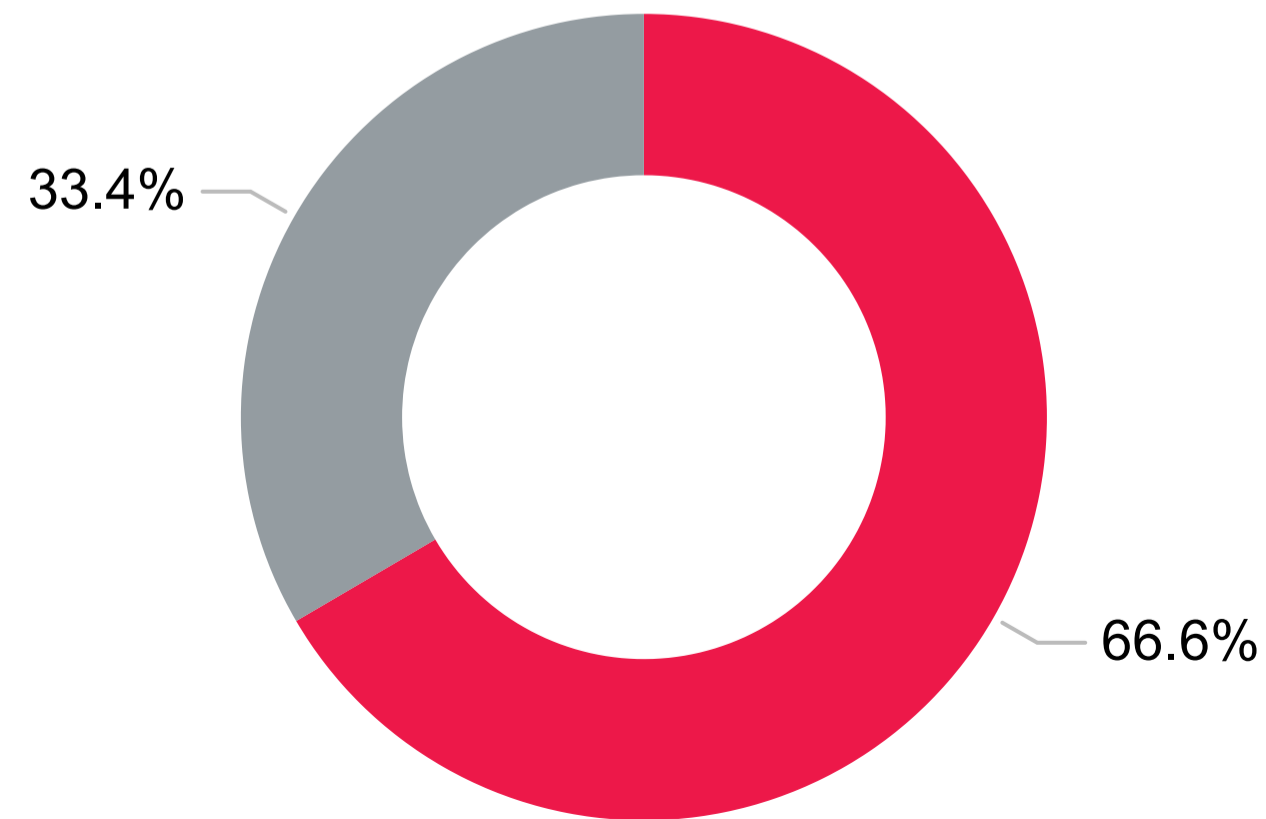
All

Thinking back over the past year, did you play on a sports team?

Affiliate

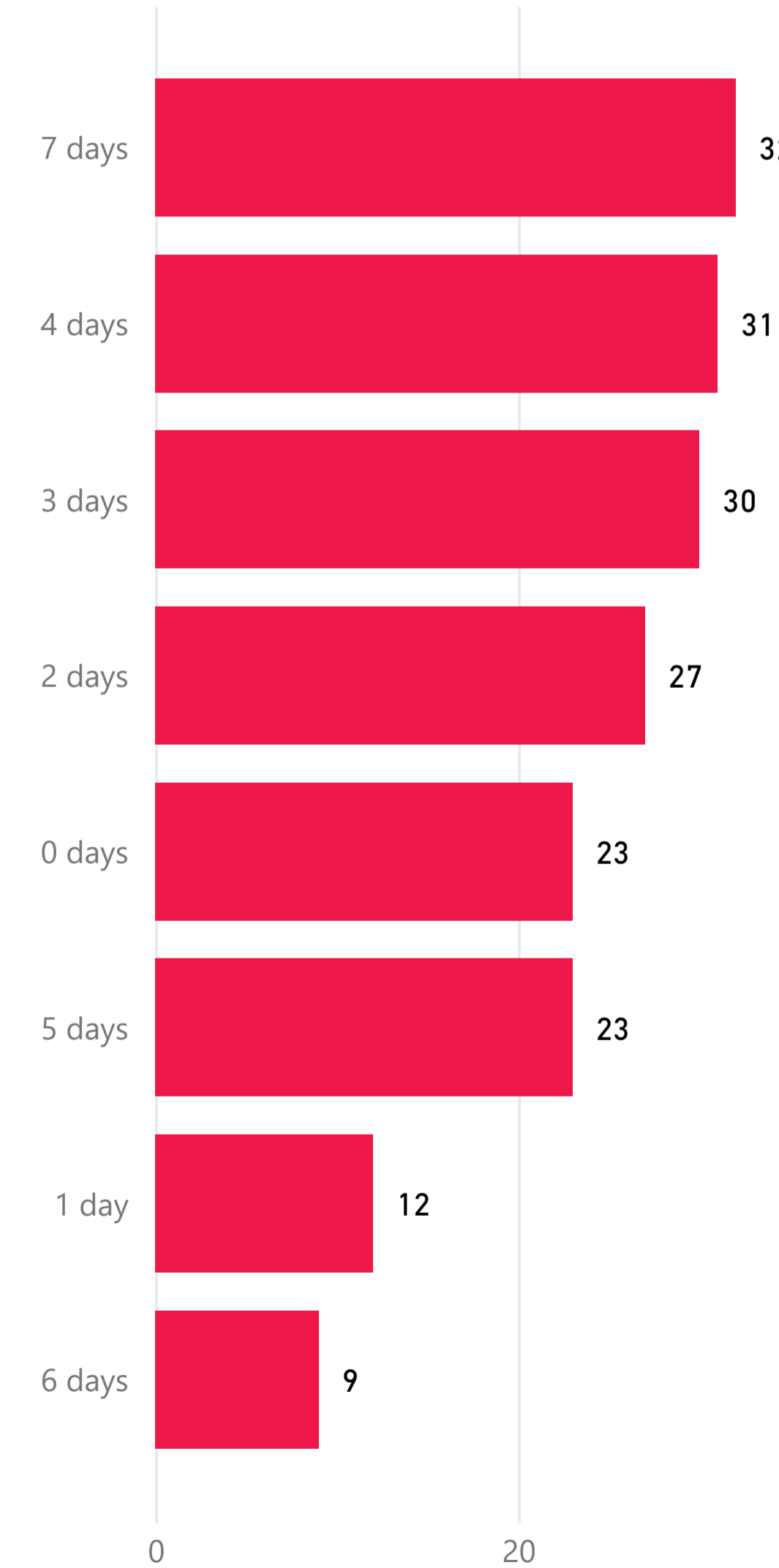


National

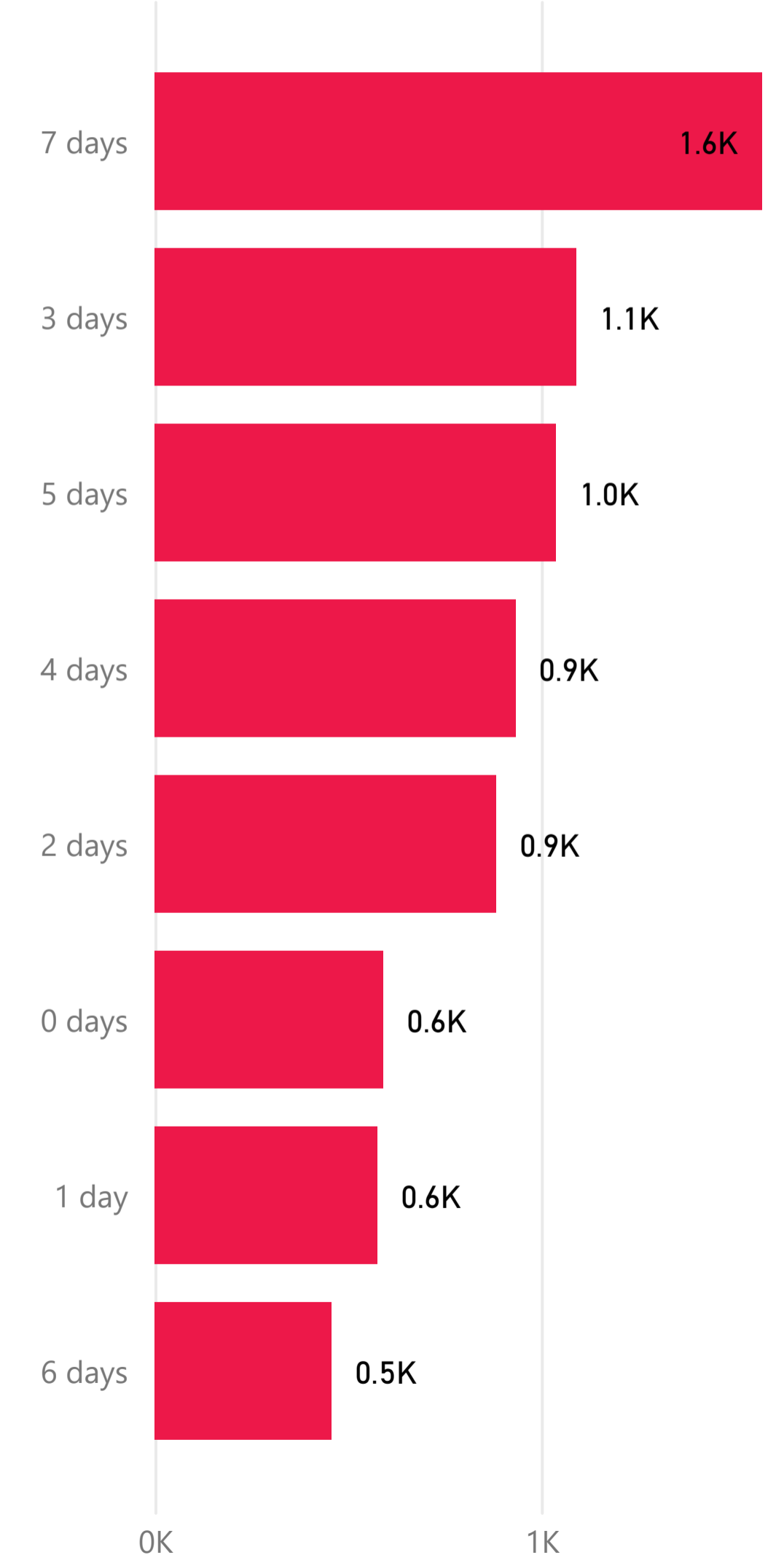


On how many days in the last week, did you exercise?

Affiliate



National



Percent of Girls

Percent of Girls



Body Image

AFFILIATE

All

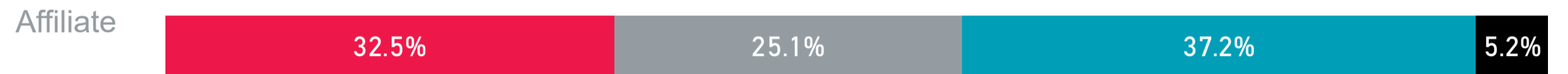
YEAR

2024

SURVEY TYPE

All

● Agree ● Disagree ● Strongly Agree ● Strongly Disagree



I am happy with how my body looks.



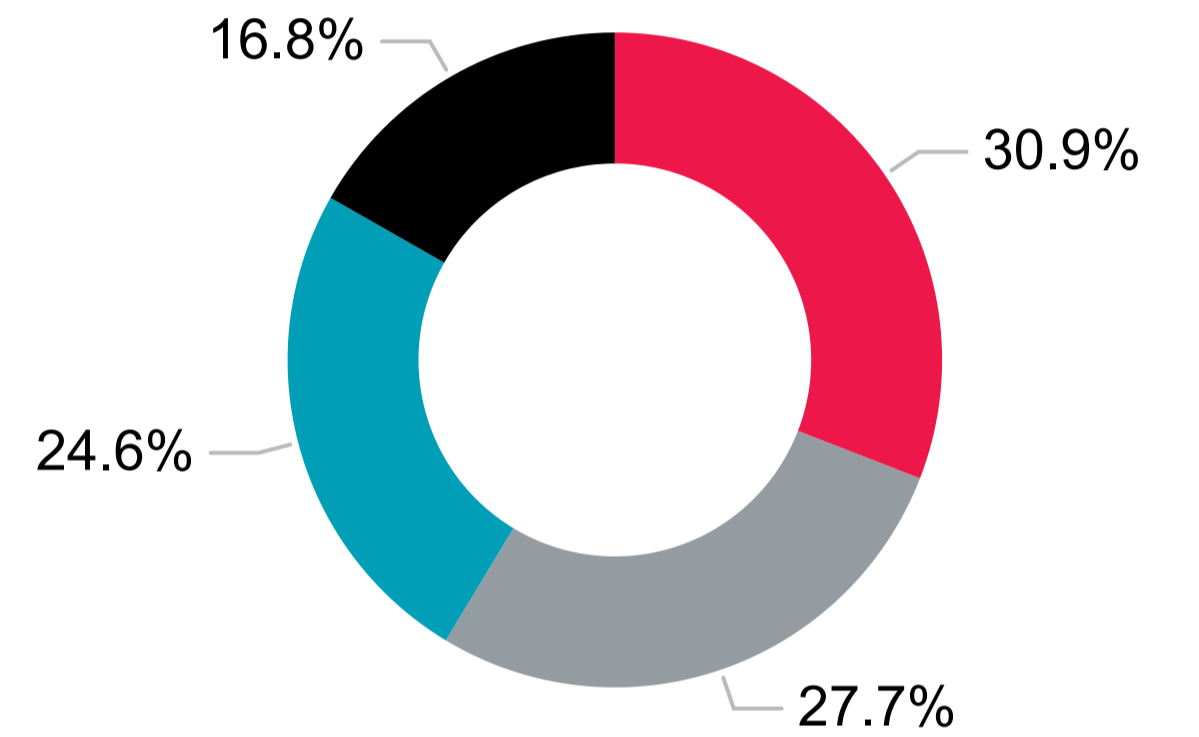
I see girls on TV, online, and in magazines that look like me and my friends.



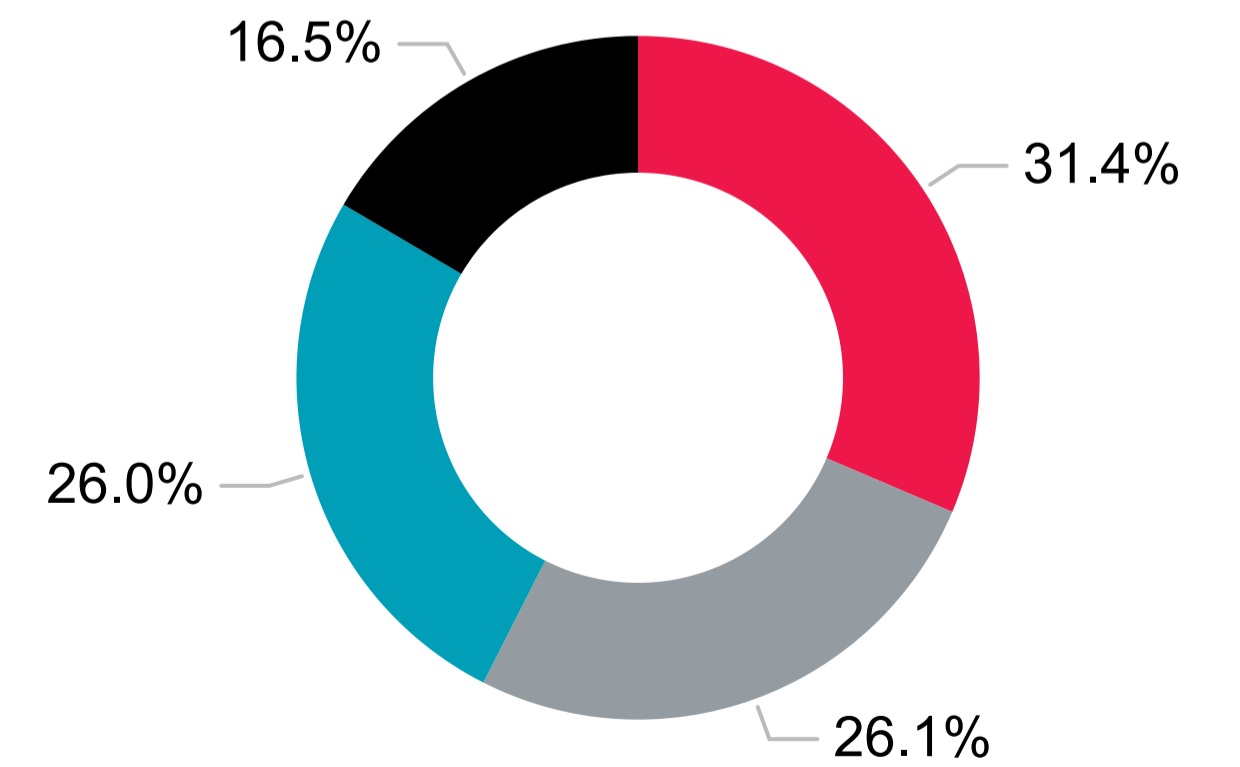
Affiliate

● Agree ● Disagree ● Strongly Agree ● Strongly Disagree

I feel a lot of pressure to be pretty.



National





Mental Health - Part 1

AFFILIATE

All

YEAR

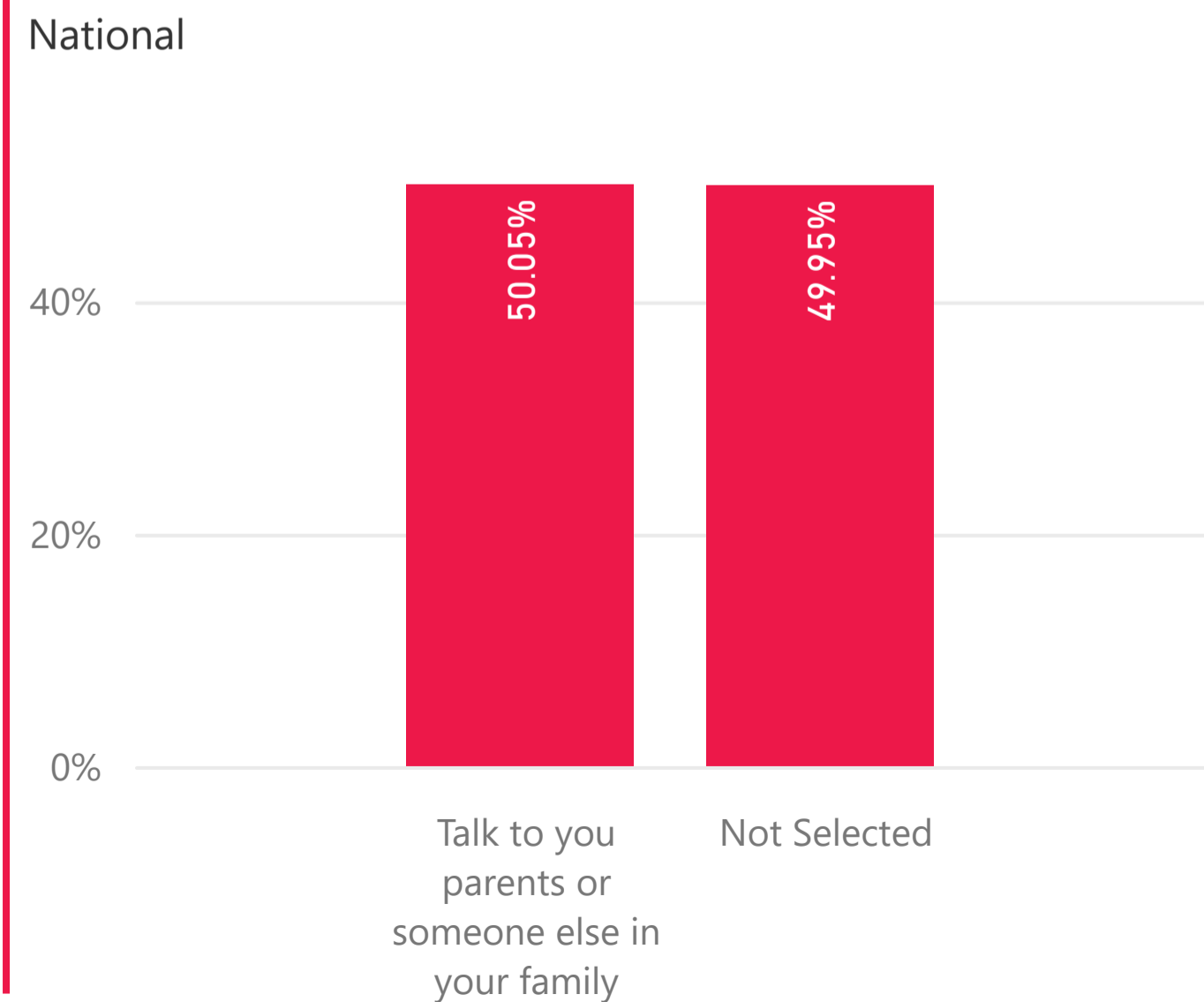
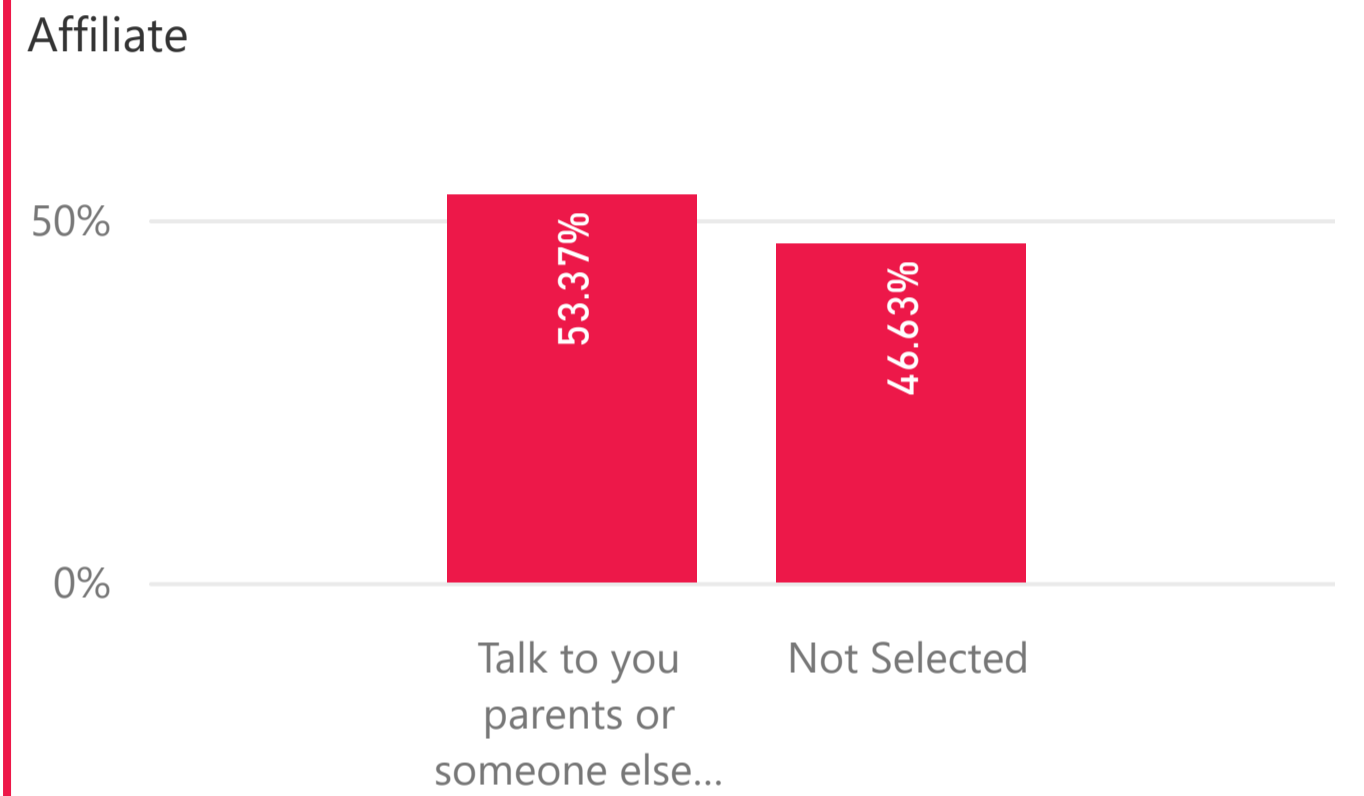
2024

SURVEY TYPE

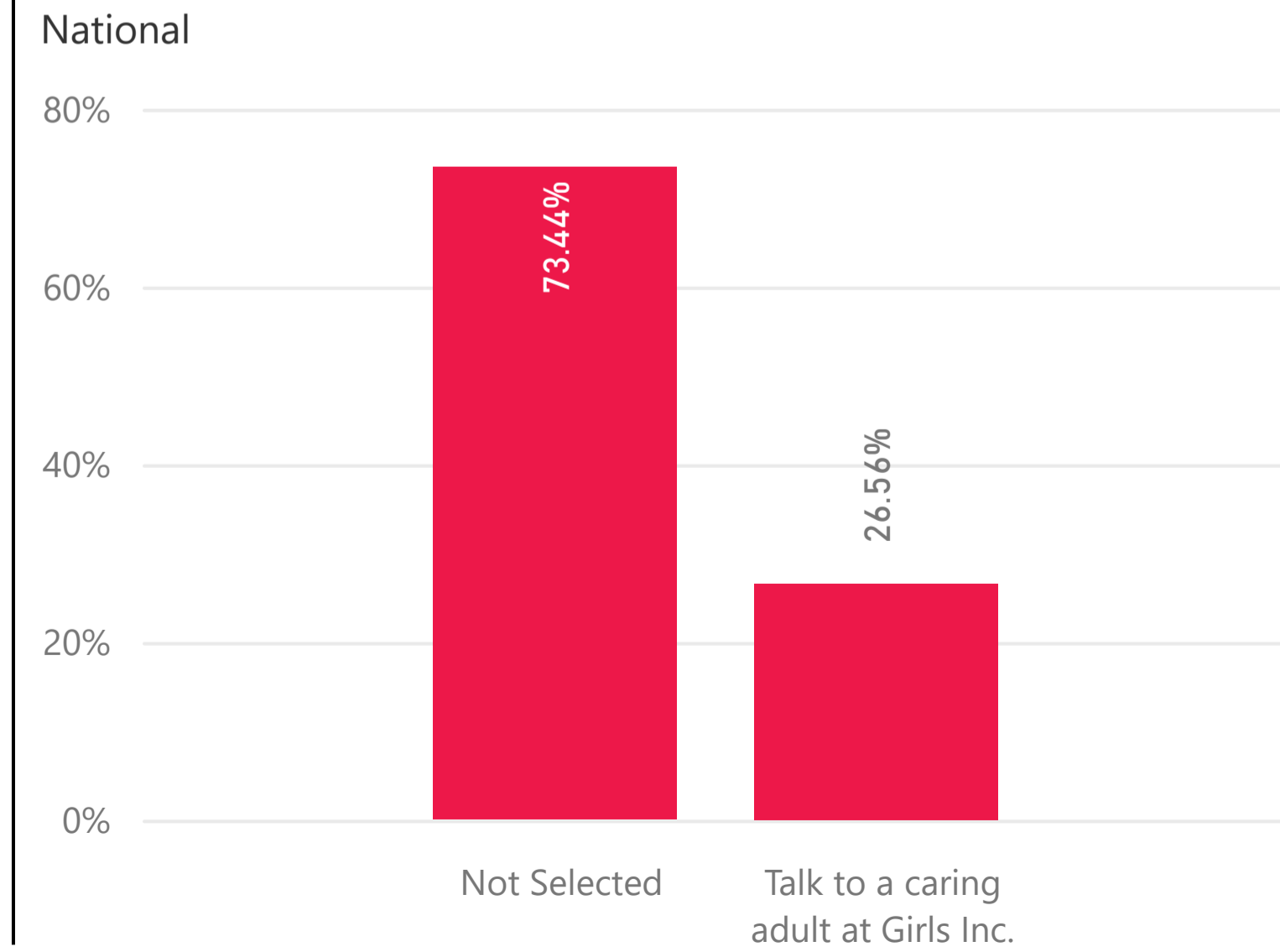
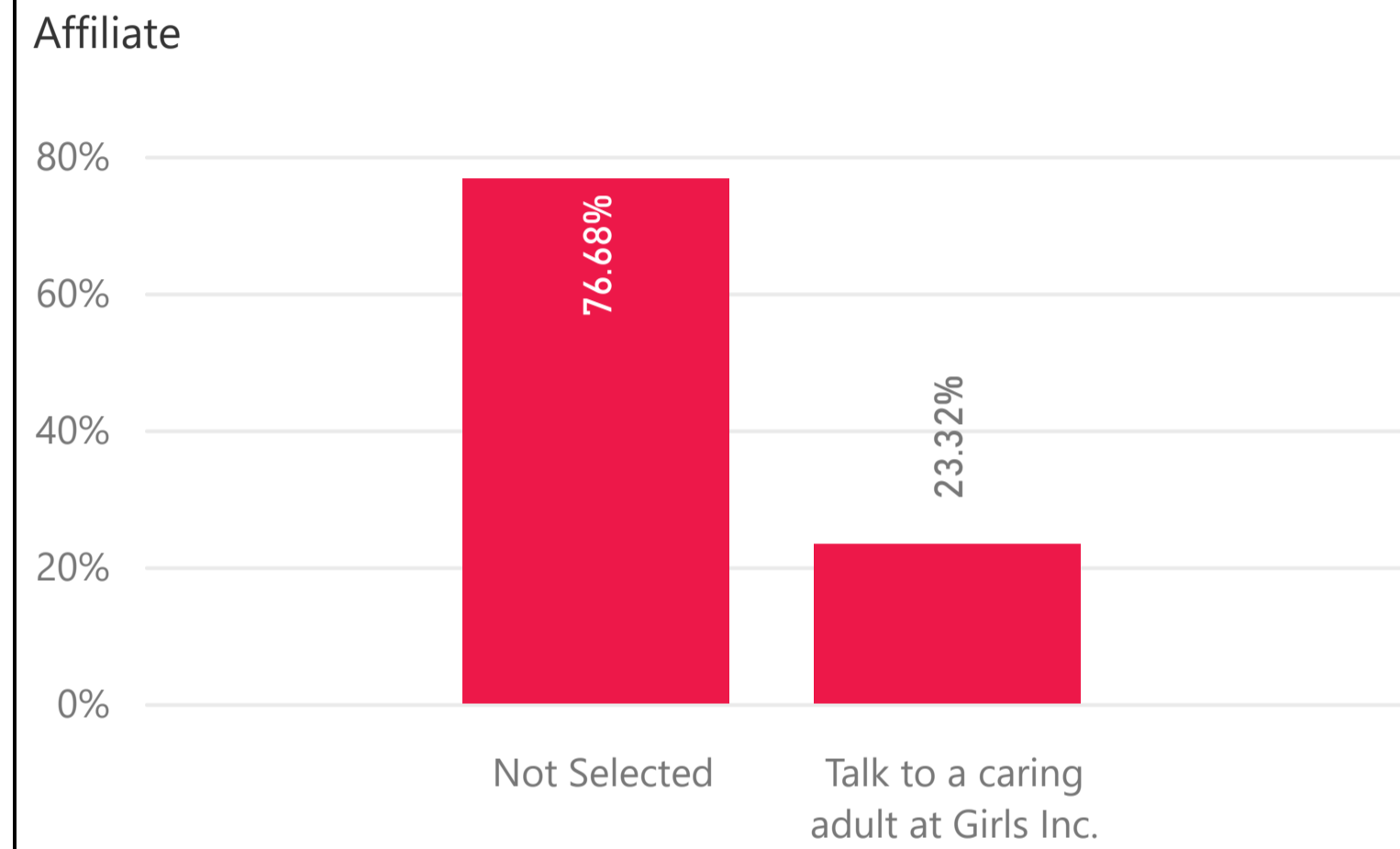
All

If you were feeling very sad, stressed, or depressed, would you...

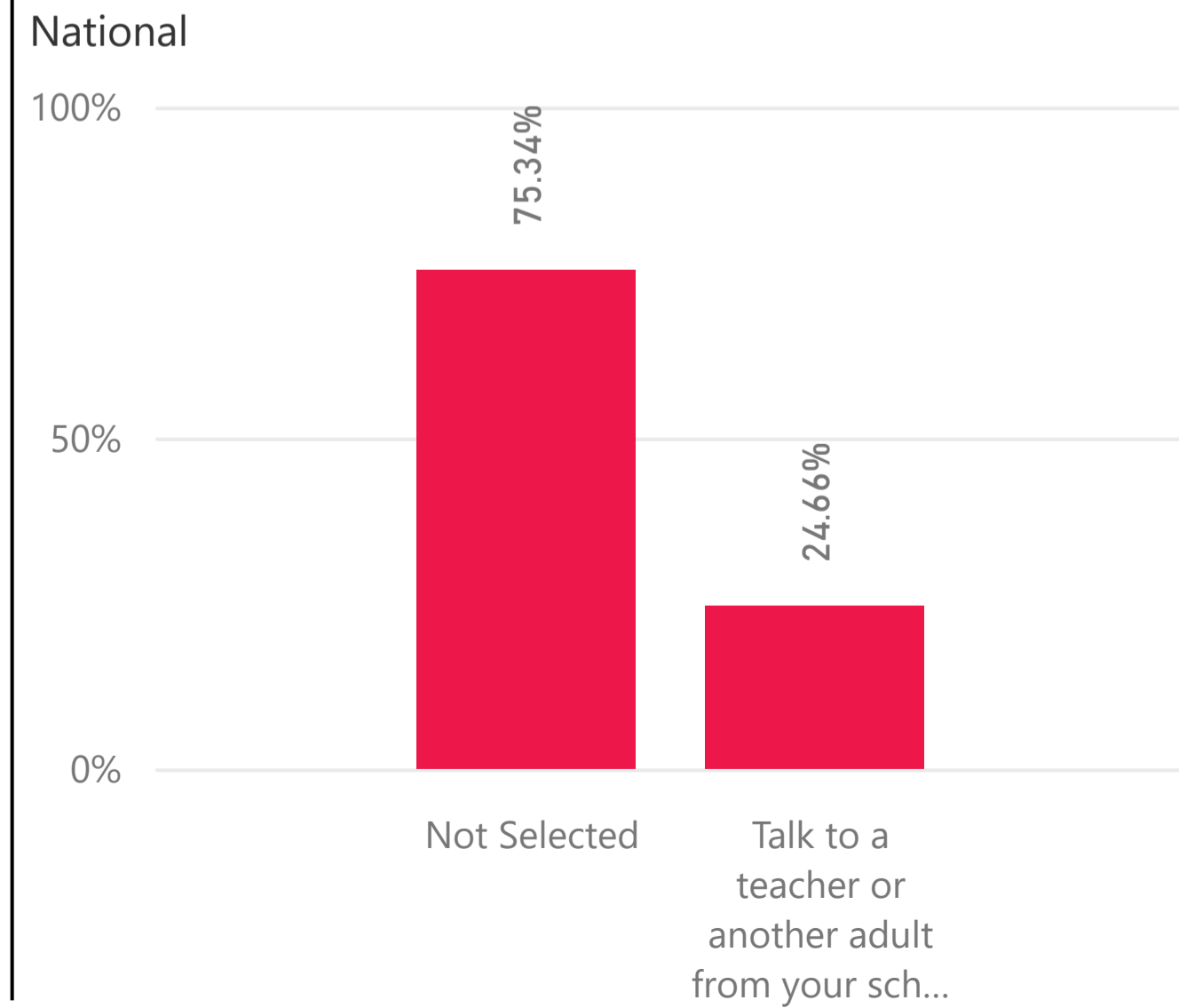
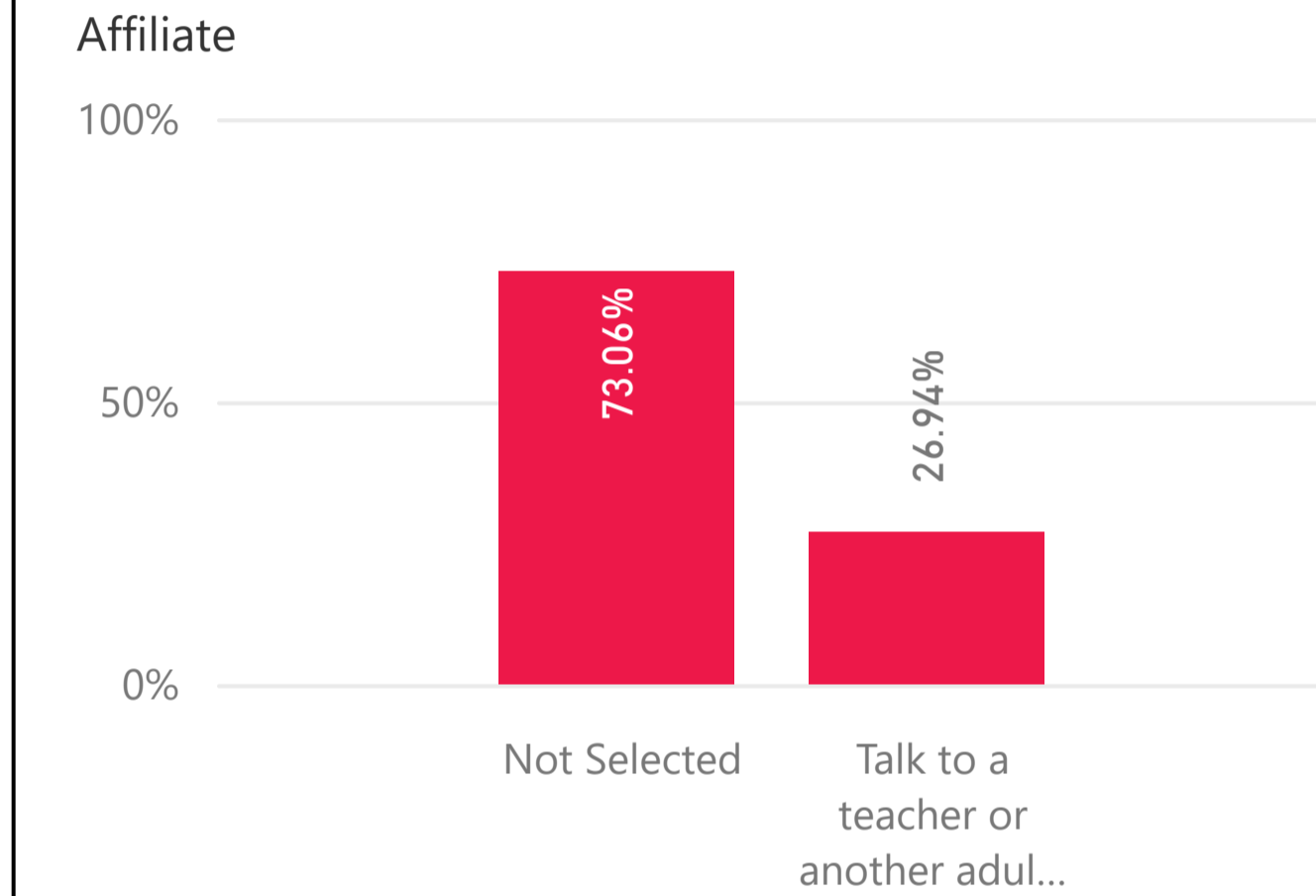
Your parents or someone else in your family



A caring adult at Girls Inc.



Teacher or another adult from your school





Mental Health - Part 2

AFFILIATE

All

YEAR

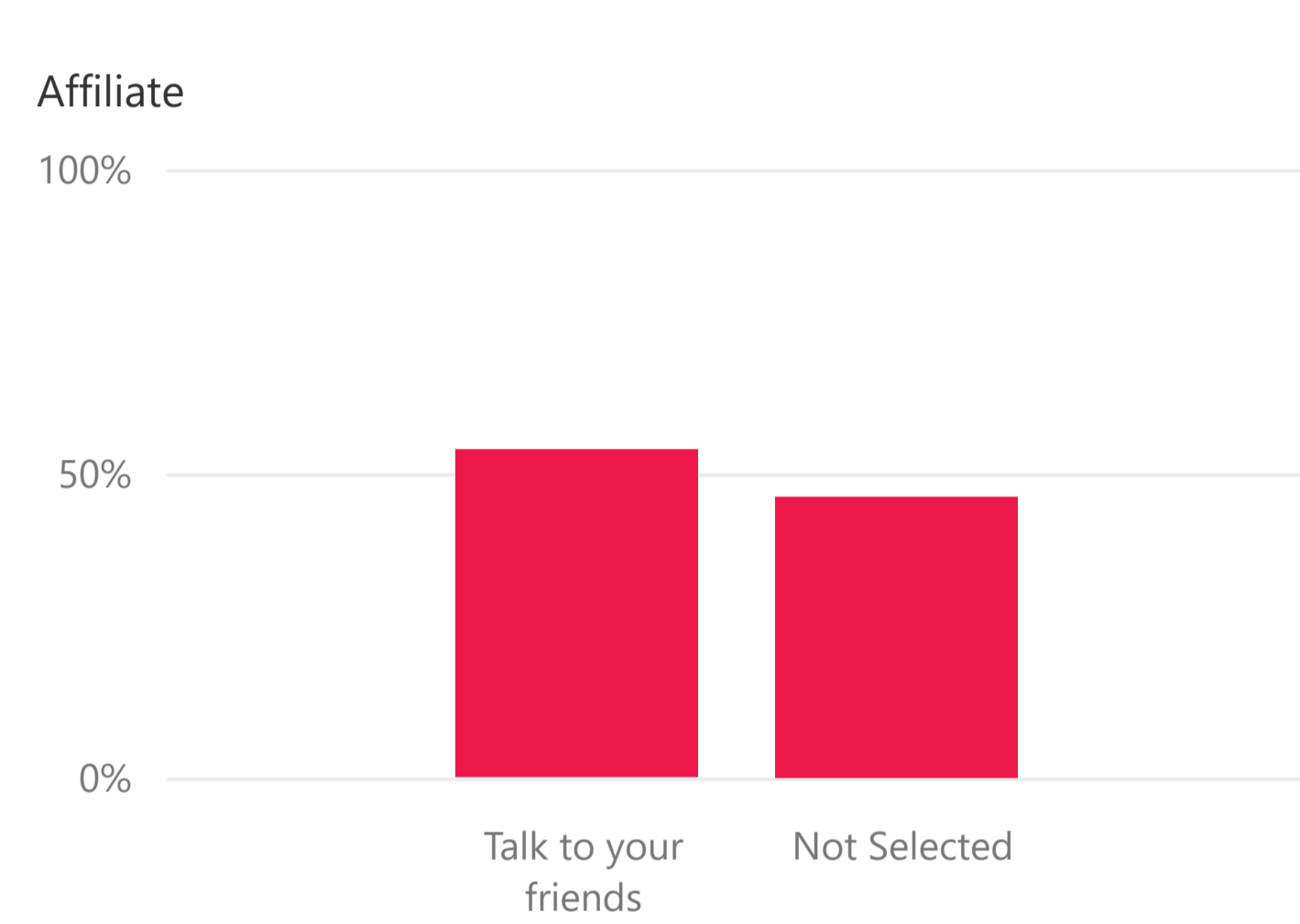
2024

SURVEY TYPE

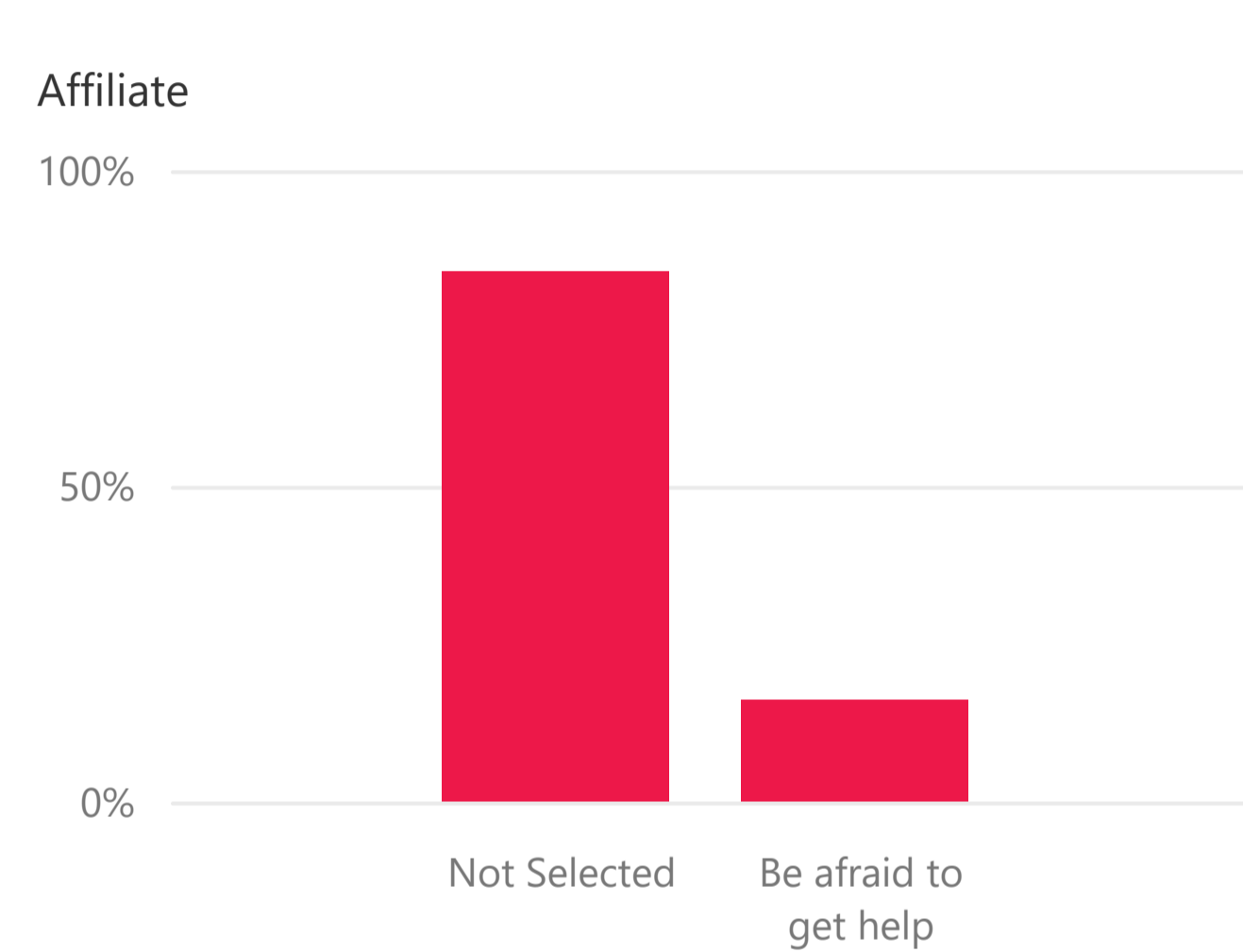
All

If you were feeling very sad, stressed, or depressed, would you...

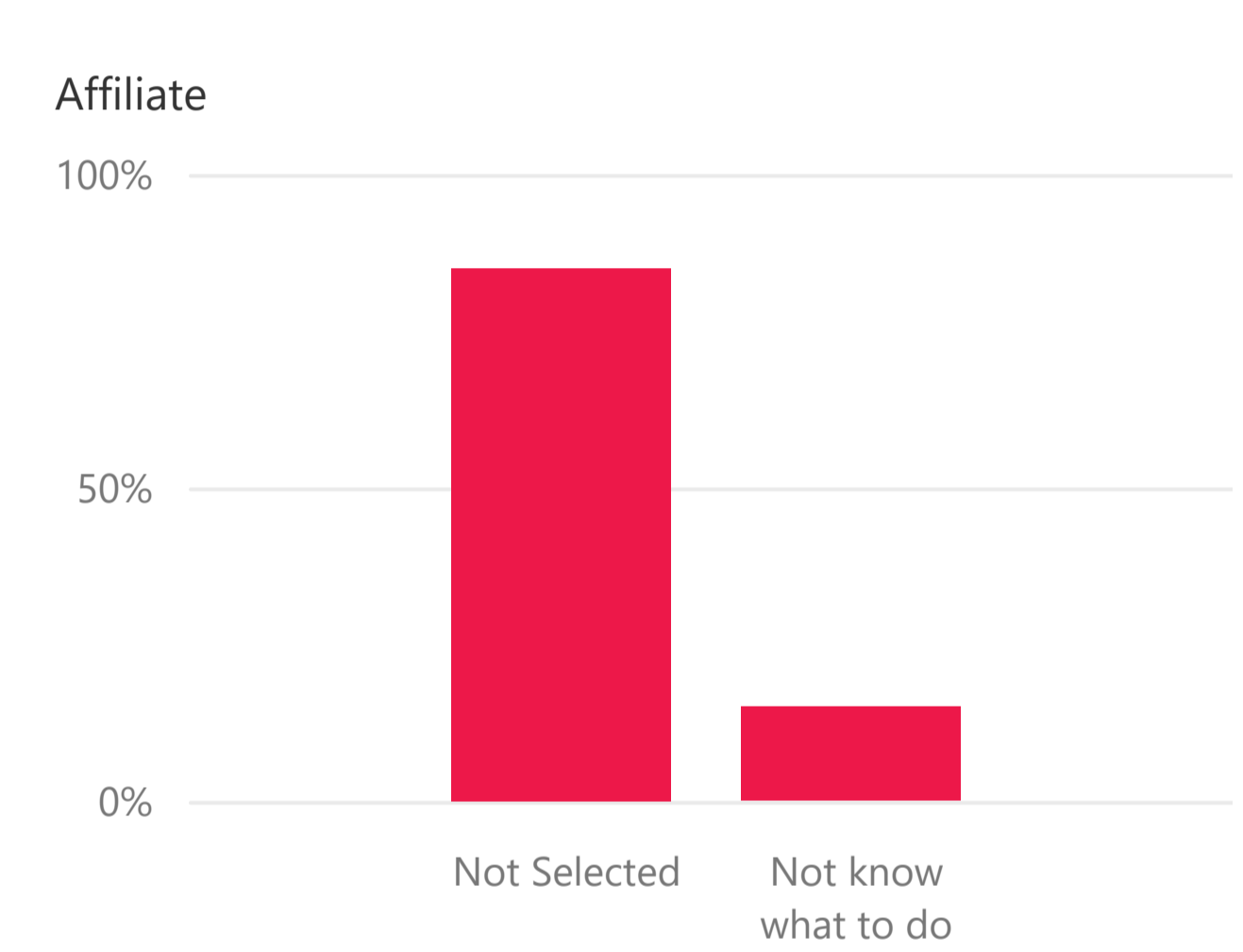
Talk to your friends



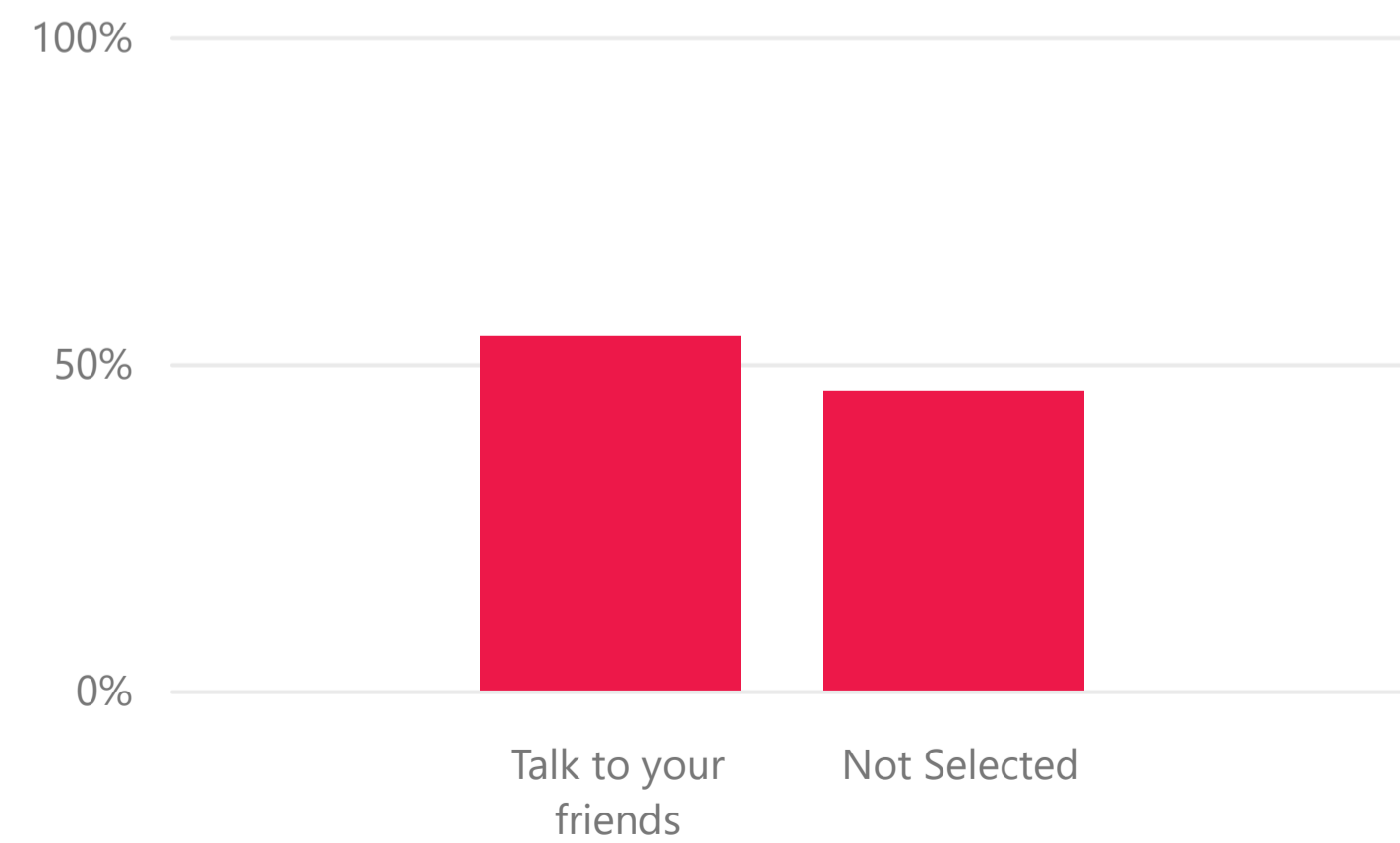
Be afraid to get help



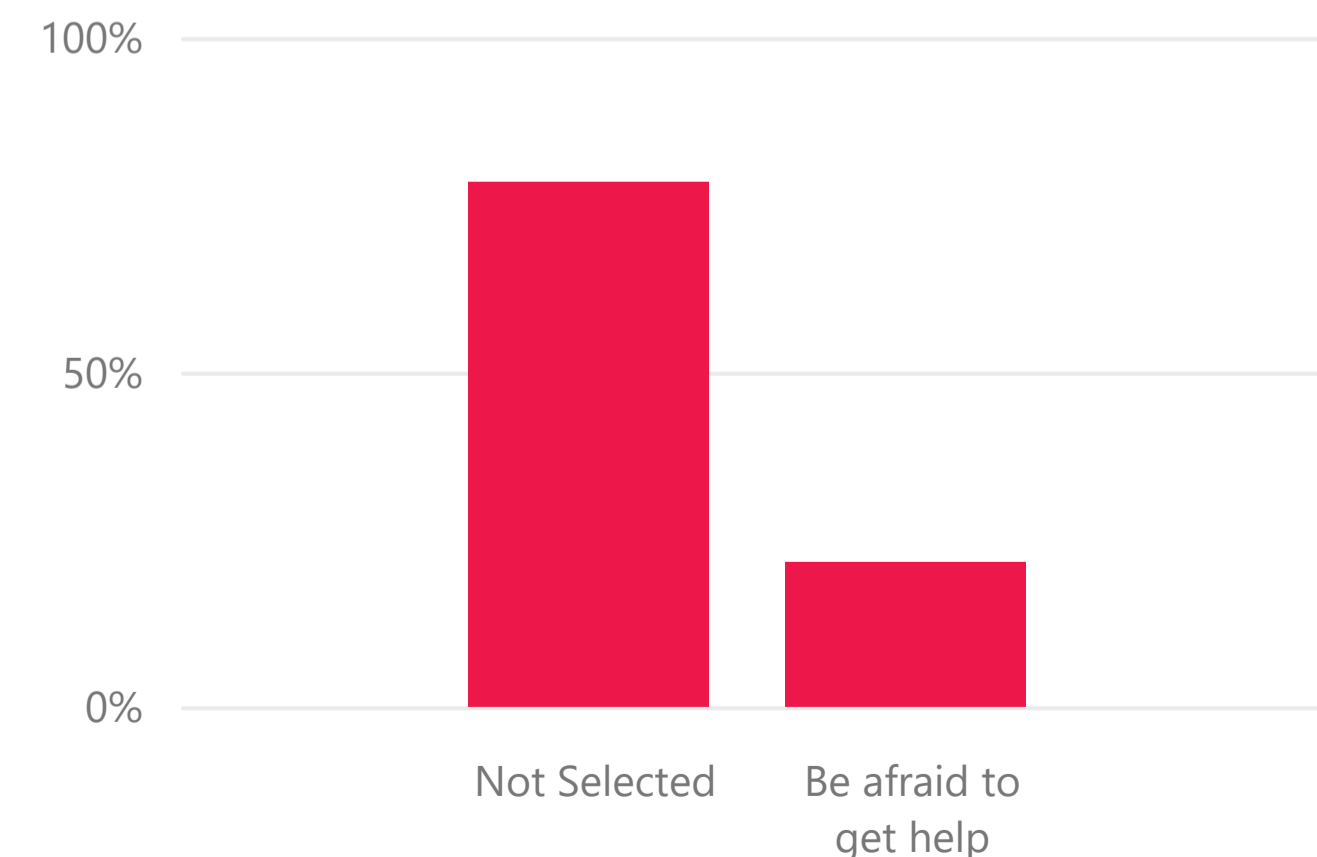
Not know what to do



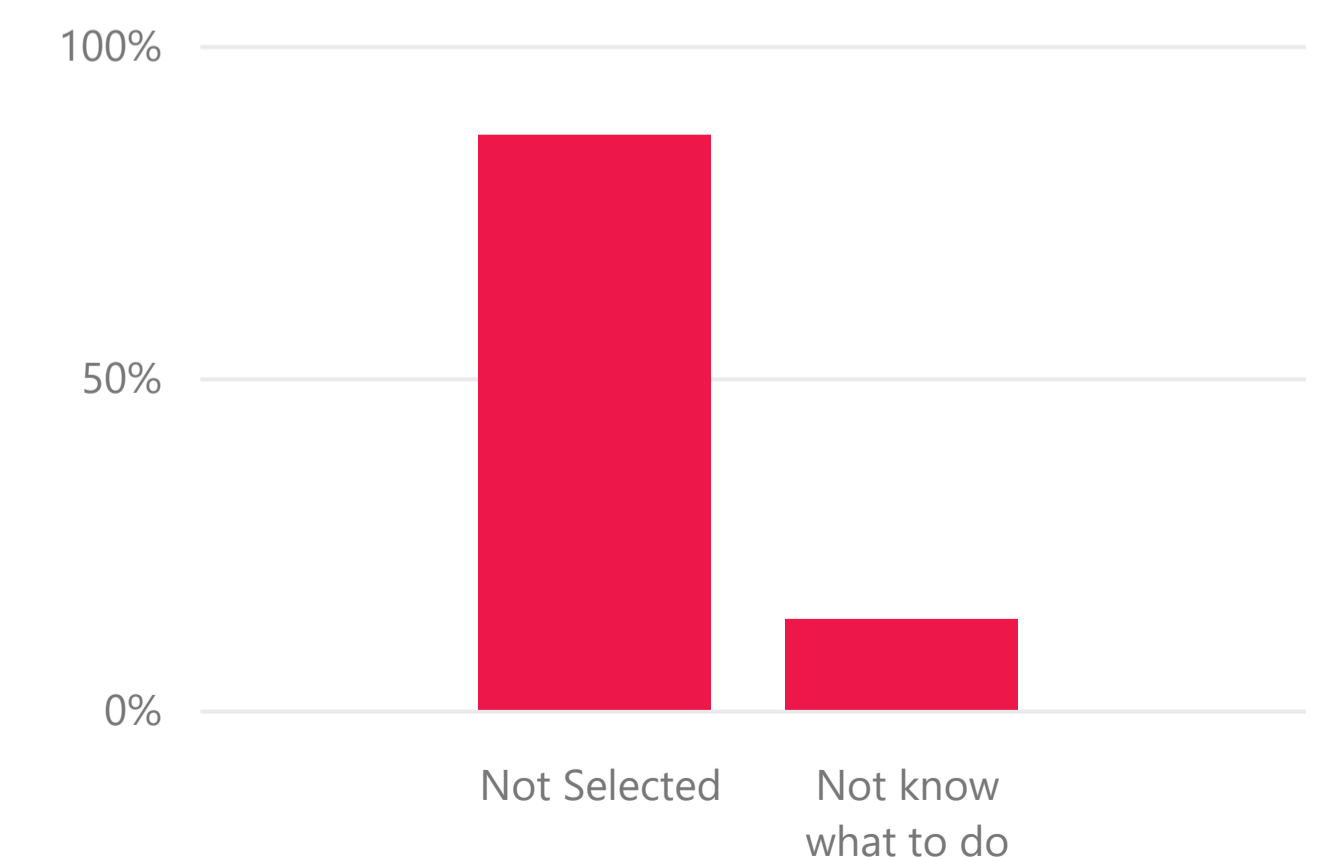
National



National



National





Mental Health - Part 3

AFFILIATE

All

YEAR

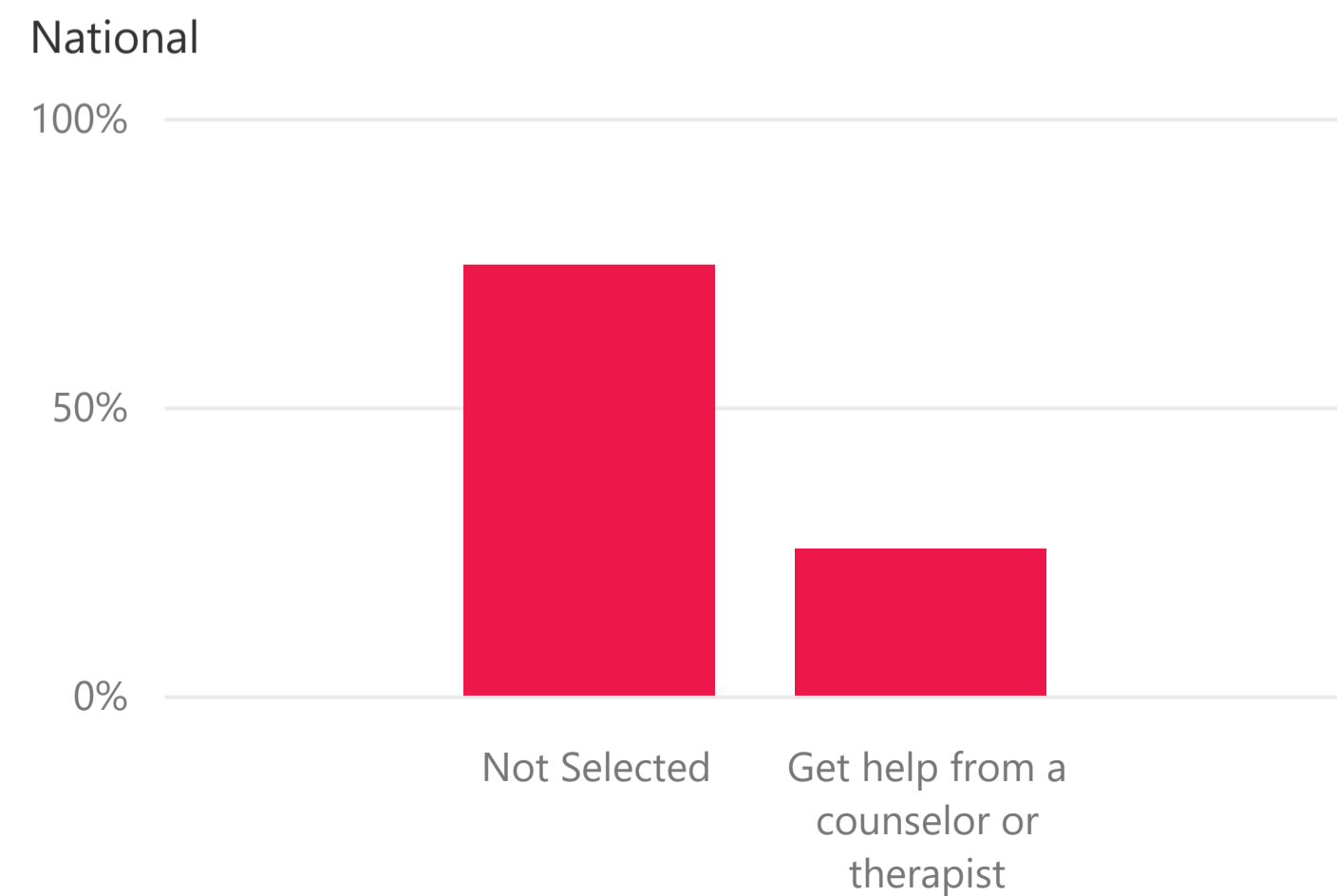
2024

SURVEY TYPE

All

If you were feeling very sad, stressed, or depressed, would you...

Get help from a counselor



Affiliate

All of the time Most of the time None of the time Some of the time



During the past 30 days, how often was your mental health not good?

