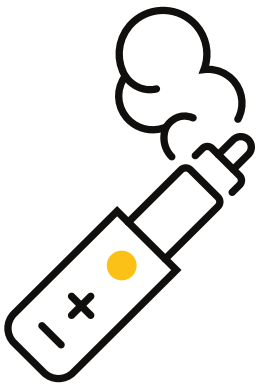


HIGHLIGHTS

YOUTH HEALTH BEHAVIOR



ELECTRONIC VAPING

Nearly **half** of Iowa public high school students had used an electronic vaping product in 2019. **1 in 5** vaped in the past 30 days.

VEGETABLE INTAKE

Well **over half** of public high school students ate vegetables at least once a day. **12%** ate vegetables 3 or more times a day.

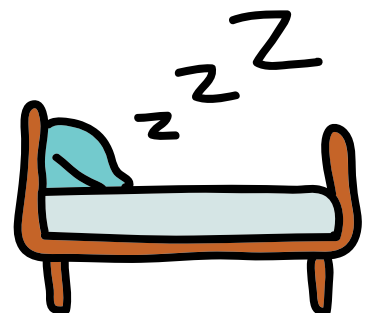


ALCOHOL USE

1 in 4 public high school students drank alcohol in the past 30 days. More than **1 in 10** drank 5 or more drinks in a row.

SLEEP

3 out of 4 public high school students did not get 8 or more hours of sleep on an average school night.



MENTAL HEALTH

1 in 3 Iowa public high school students experienced persistent sadness or hopelessness in 2019.

BODY WEIGHT

1 in 3 Iowa public high school students were overweight or obese.



[HTTPS://IDPH.IOWA.GOV/PUBLICHEALTHDATA/IOWA-YOUTH-RISK-BEHAVIOR-SURVEY](https://idph.iowa.gov/publichealthdata/iowa-youth-risk-behavior-survey)