**HIGHLIGHTS**

**YOUTH HEALTH BEHAVIOR**

**ELECTRONIC VAPOING**

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

01/2021