



YEAR

2024

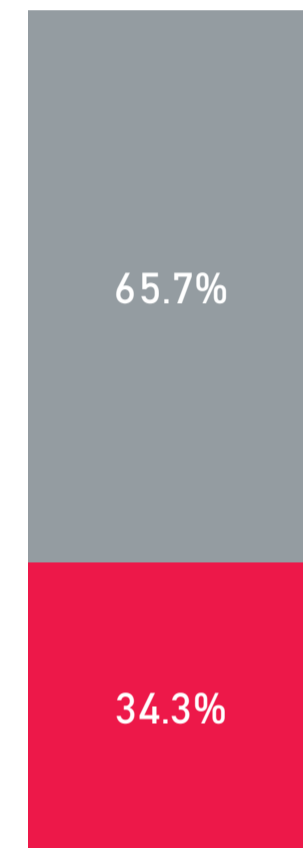
SURVEY TYPE

All

### Did you eat breakfast this morning?

Affiliate

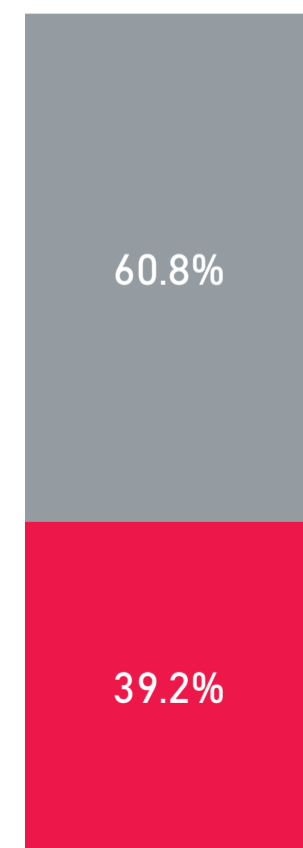
● No ● Yes



2024

National

● No ● Yes



2024

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

Affiliate



3 or more times

0 times

2 times

1 time

National



3 or more times

2 times

1 time

0 times

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

Affiliate



1 time

2 times

3 or more times

0 times

National



1 time

0 times

2 times

3 or more times



## Healthy Diet - Part 2

AFFILIATE

Girls Inc. of Columbus and Phenix-Russell

YEAR

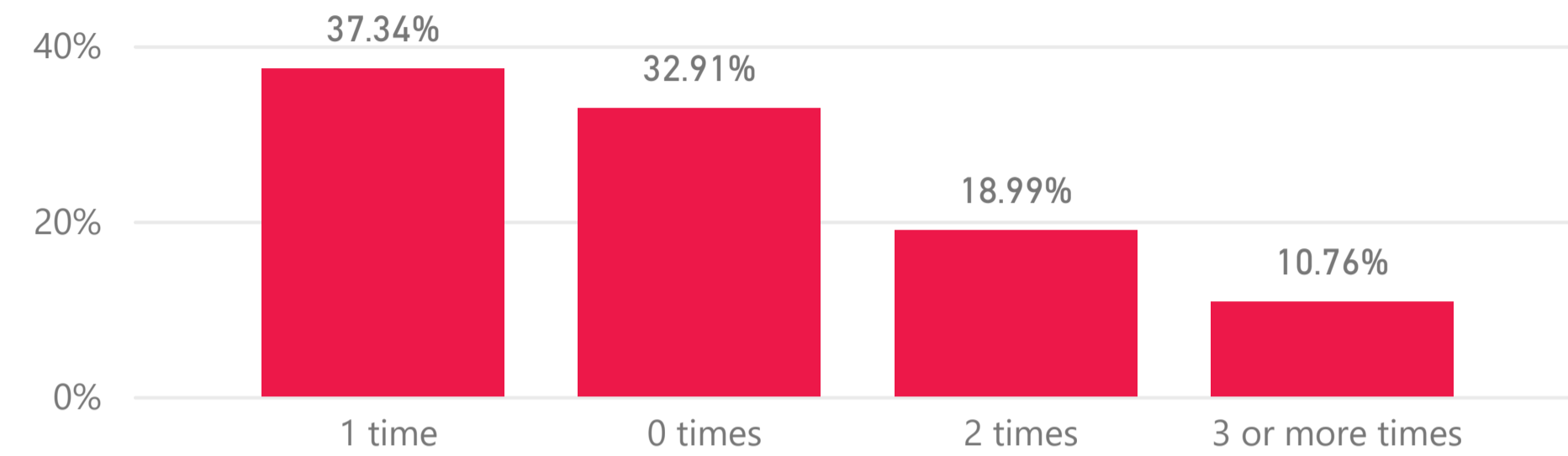
2024

SURVEY TYPE

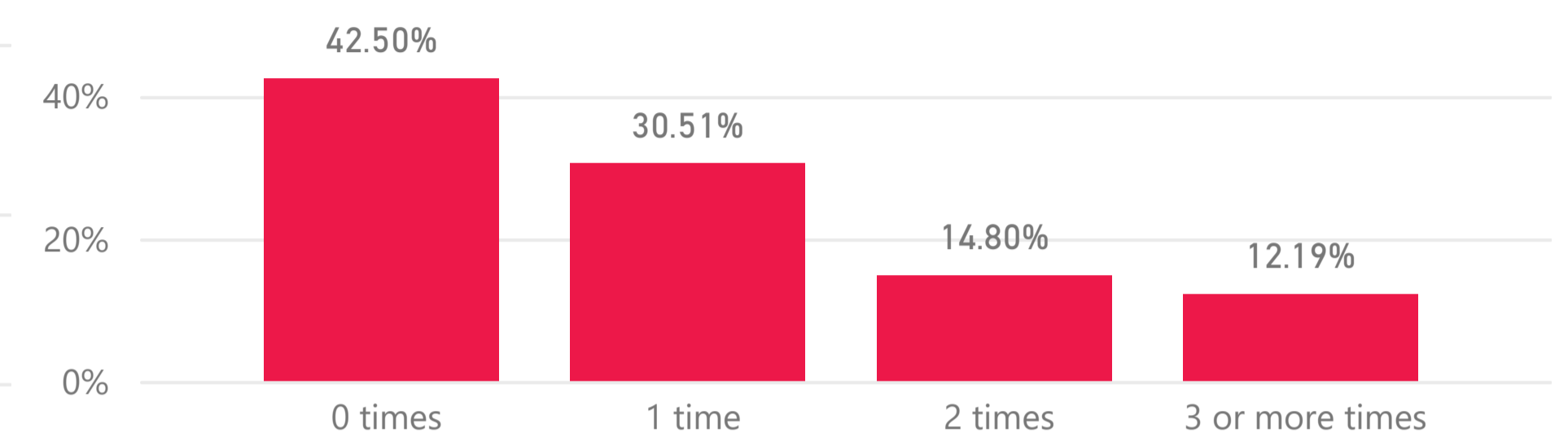
All

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

Affiliate

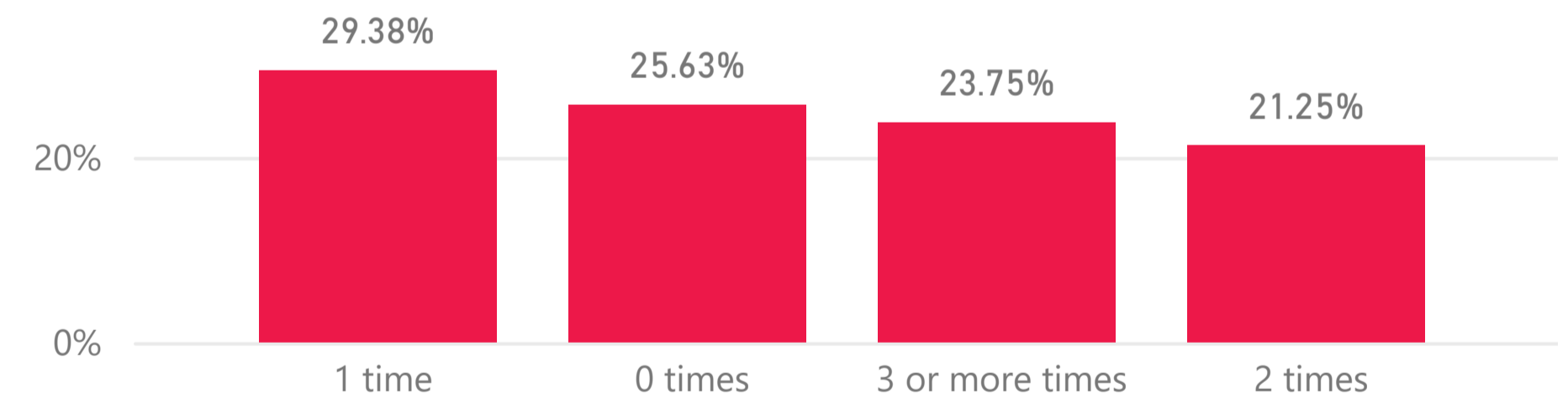


National

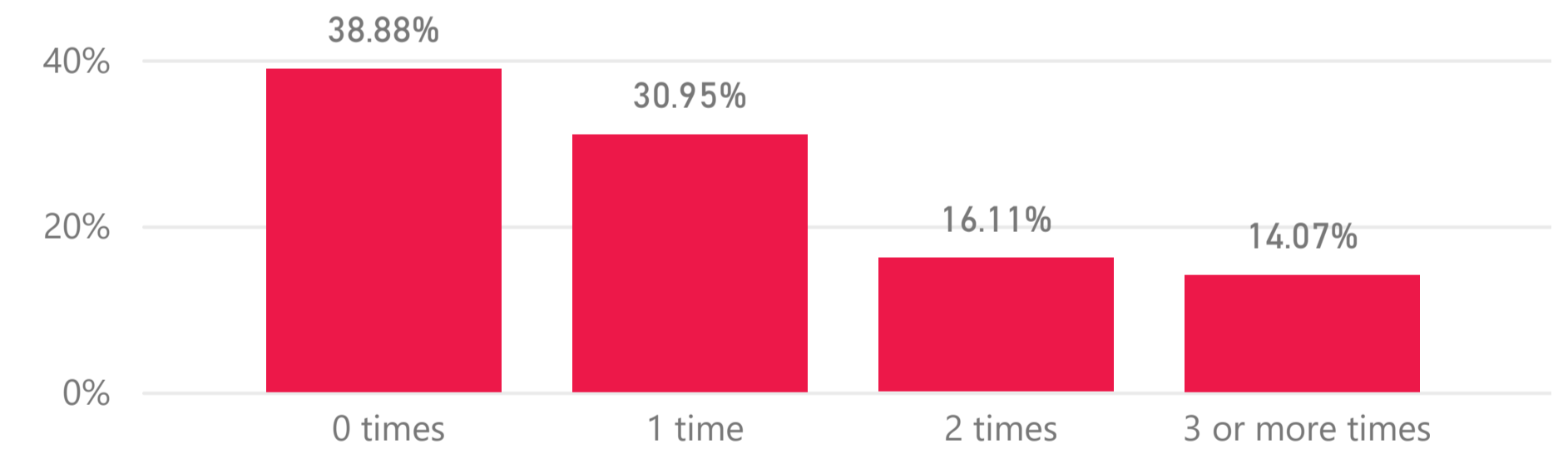


In the past 24 hours, how many times did you eat a meal or snack from a fast food restaurant?

Affiliate

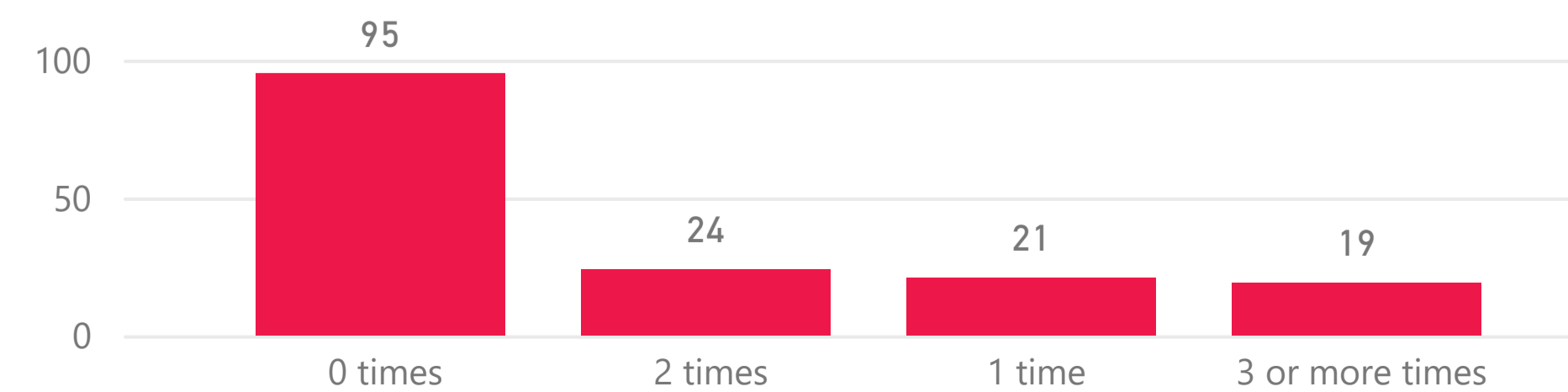


National

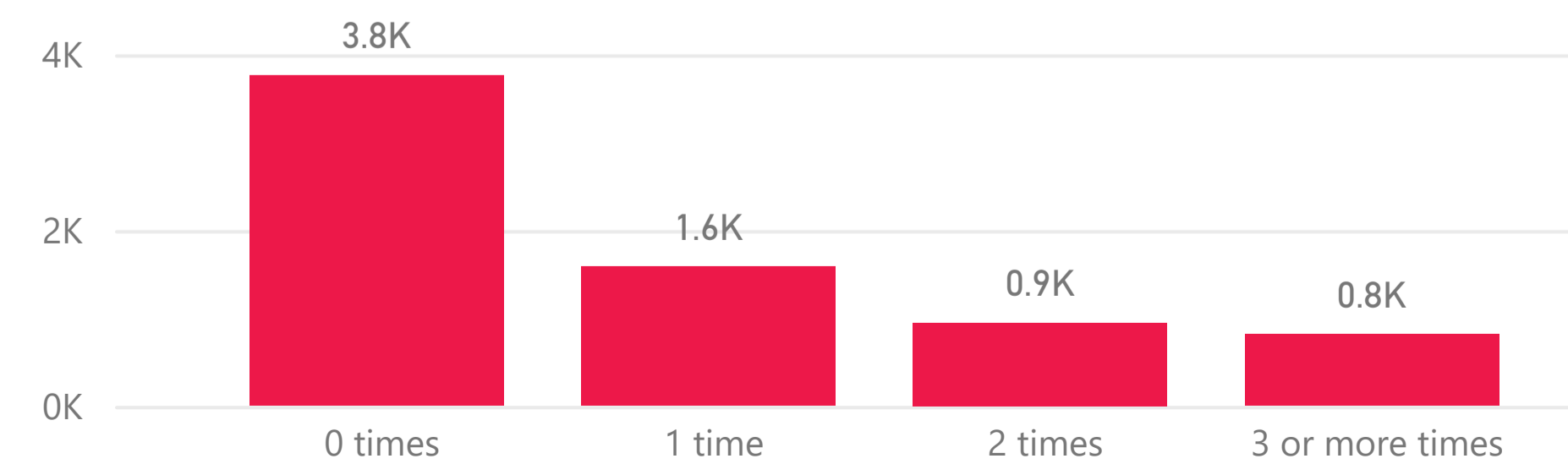


In the past 24 hours, how many times did you eat snacks from vending machines or convenience stores?

Affiliate



National





YEAR

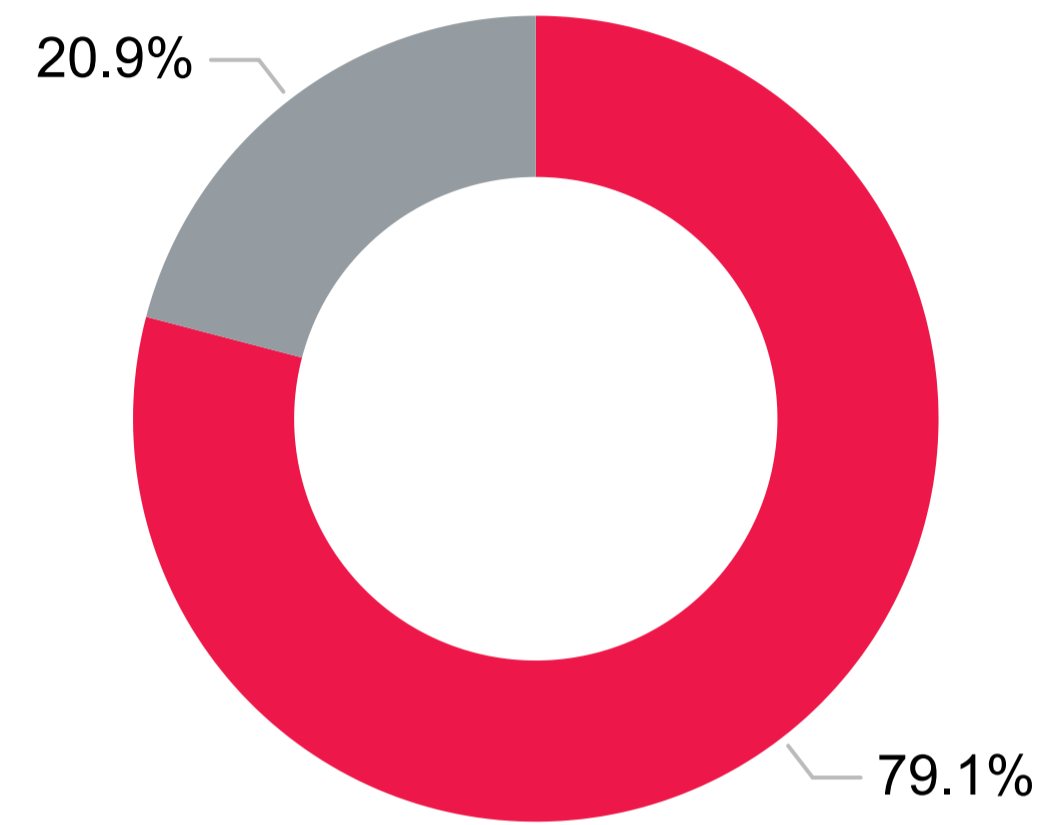
2024

SURVEY TYPE

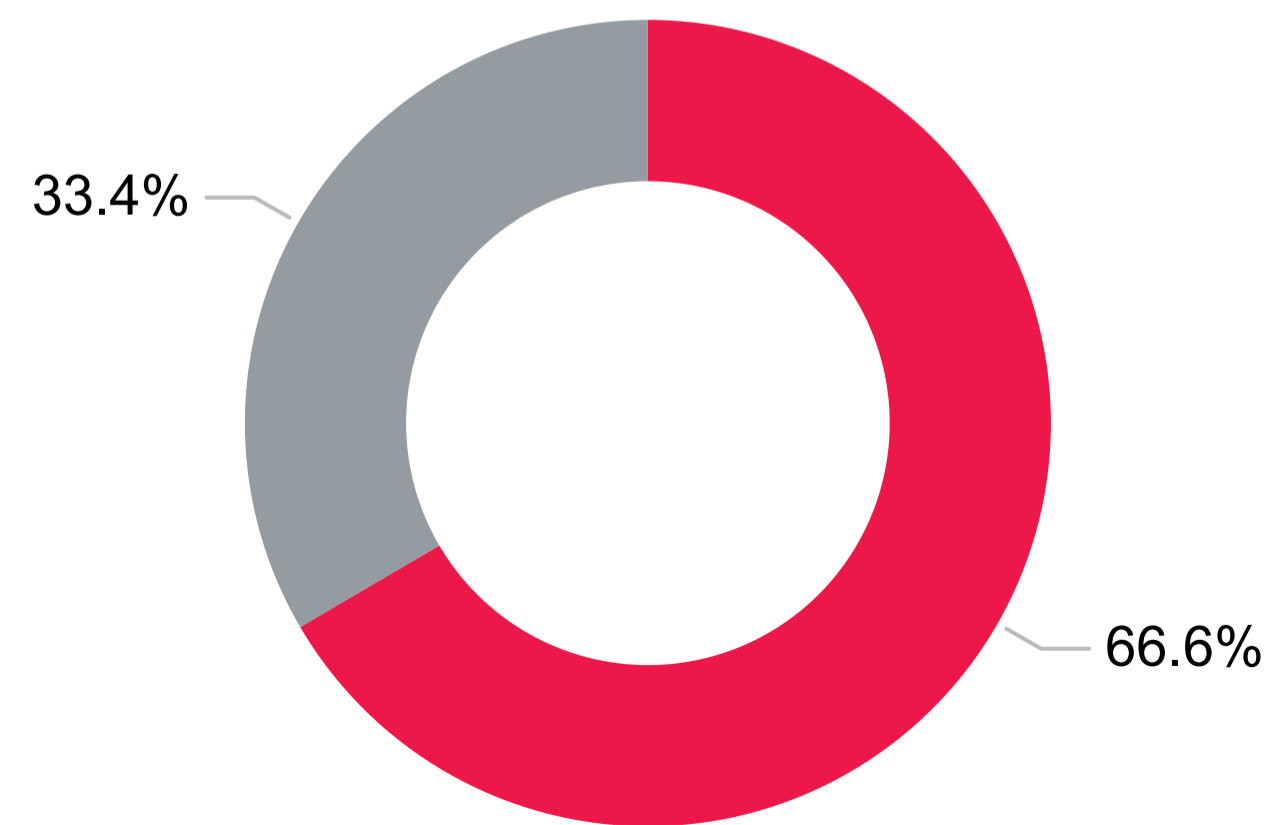
All

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

Affiliate

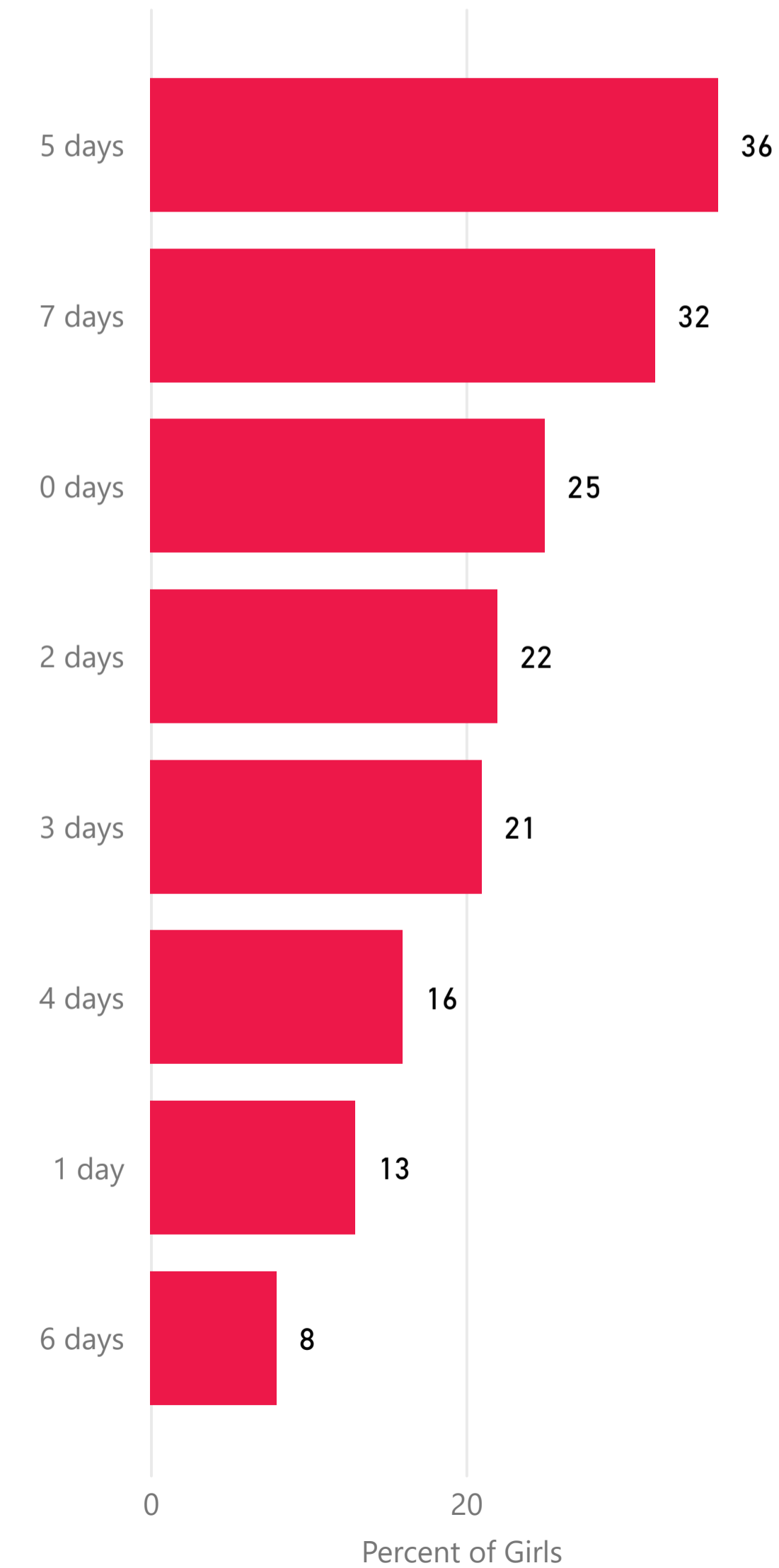


National

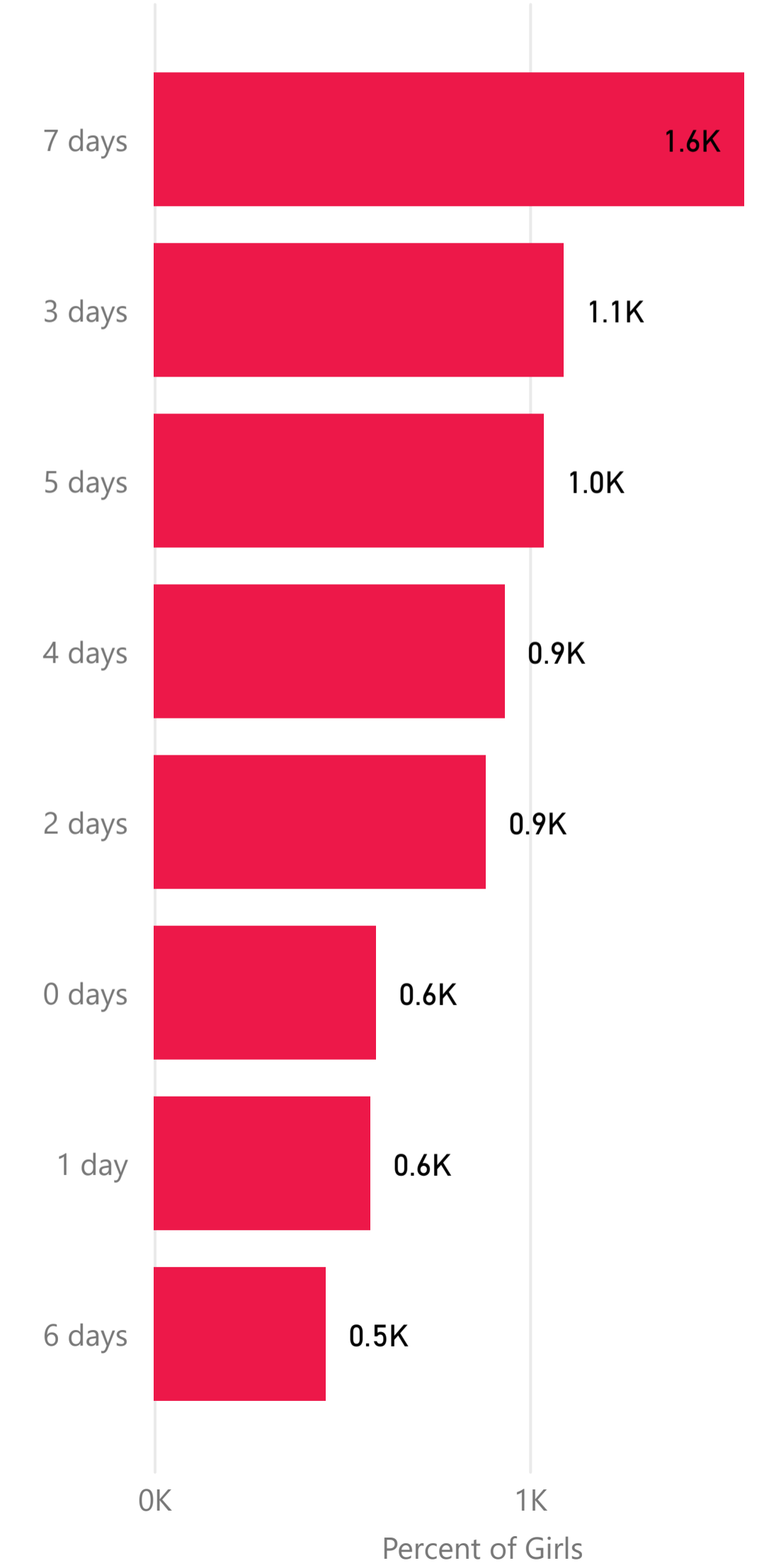


On how many days in the last week, did you exercise?

Affiliate



National





## Body Image

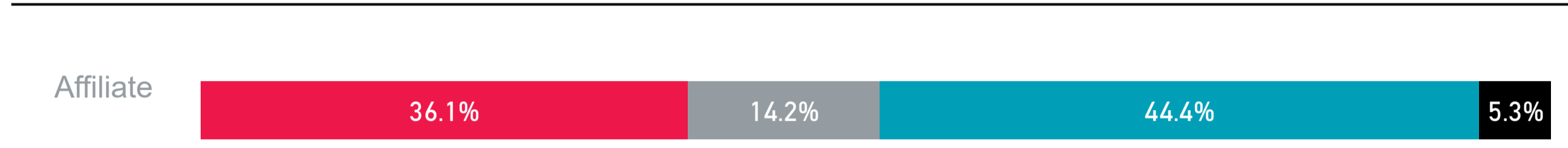
AFFILIATE

Girls Inc. of Columbus and Phenix-Russell

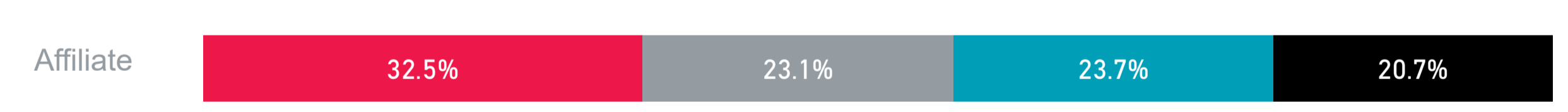
YEAR  
2024

SURVEY TYPE  
All

● Agree ● Disagree ● Strongly Agree ● Strongly Disagree



I am happy with how my body looks.



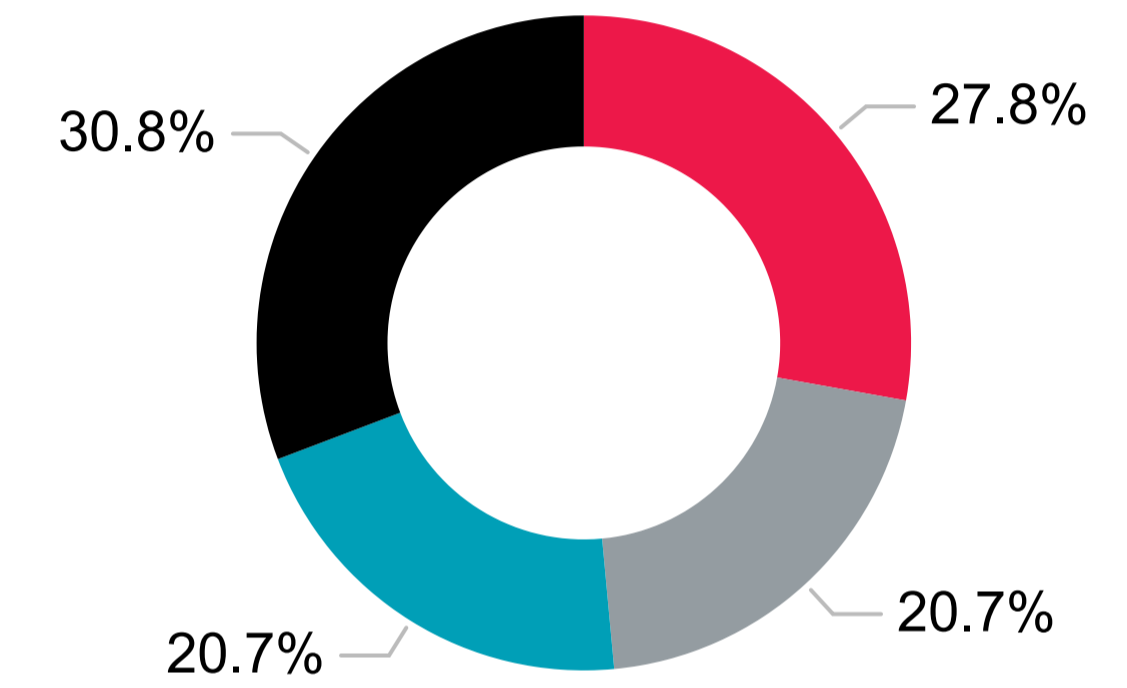
I see girls on TV, online, and in magazines that look like me and my friends.



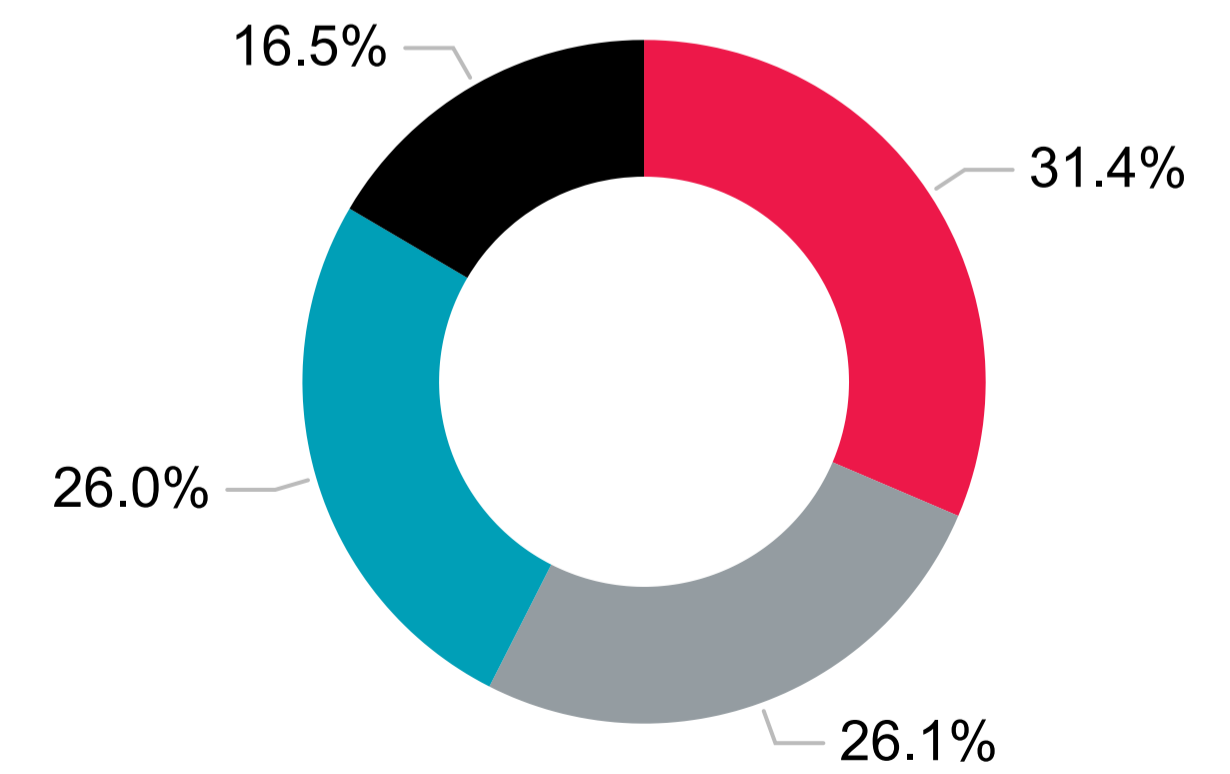
Affiliate

● Agree ● Disagree ● Strongly Agree ● Strongly Disagree

I feel a lot of pressure to be pretty.



National





## Mental Health - Part 1

AFFILIATE

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YEAR

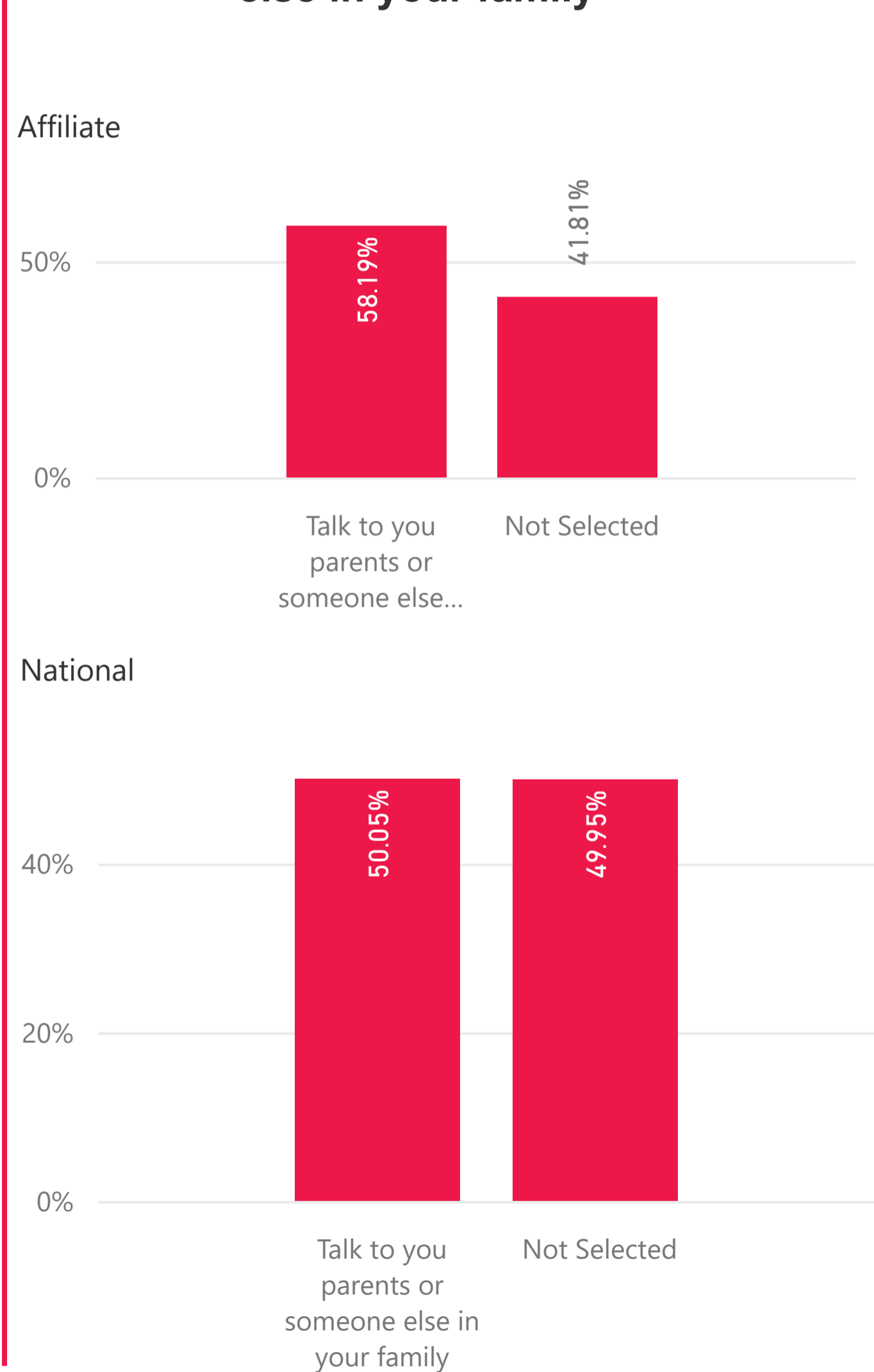
2024

SURVEY TYPE

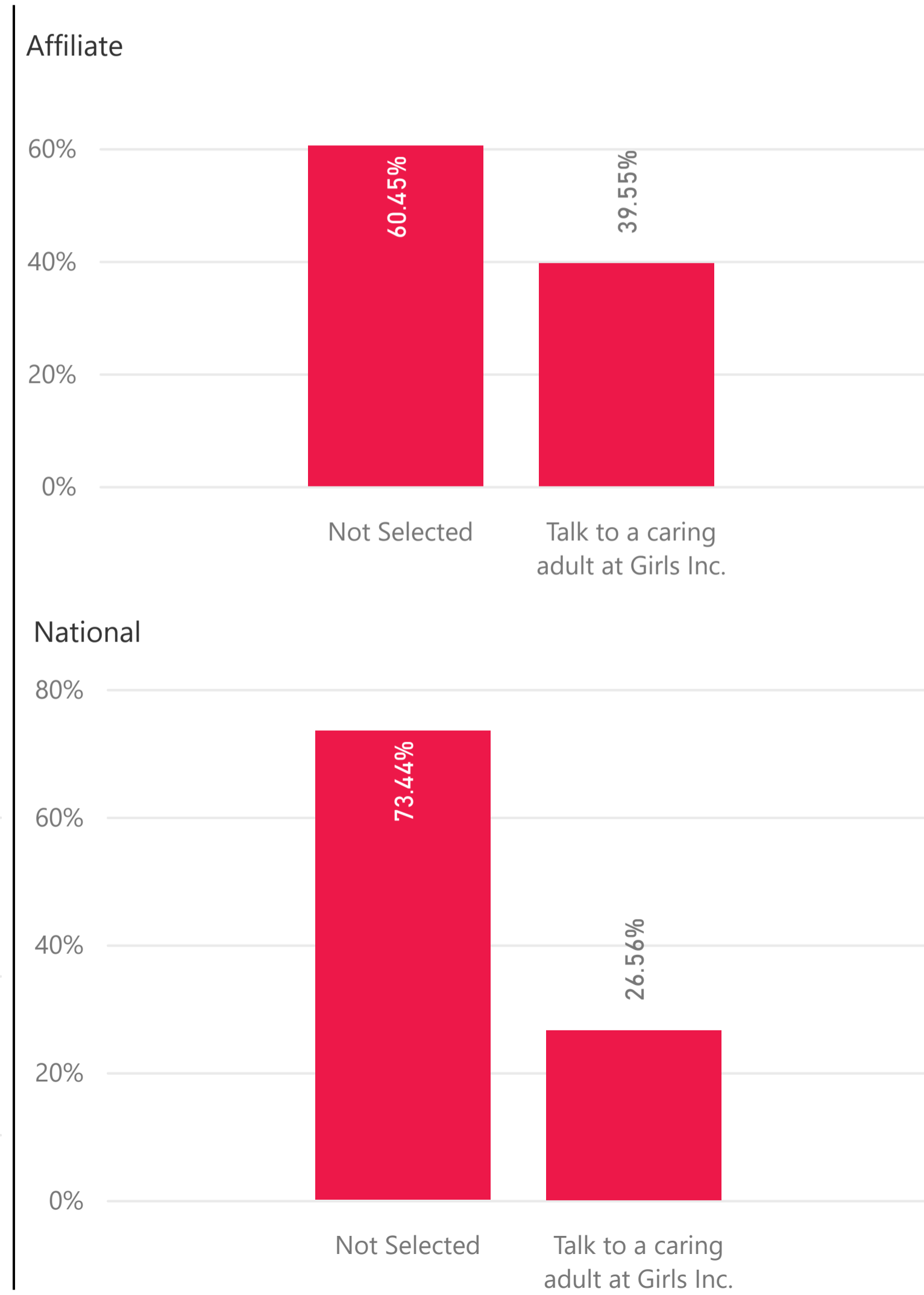
All

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

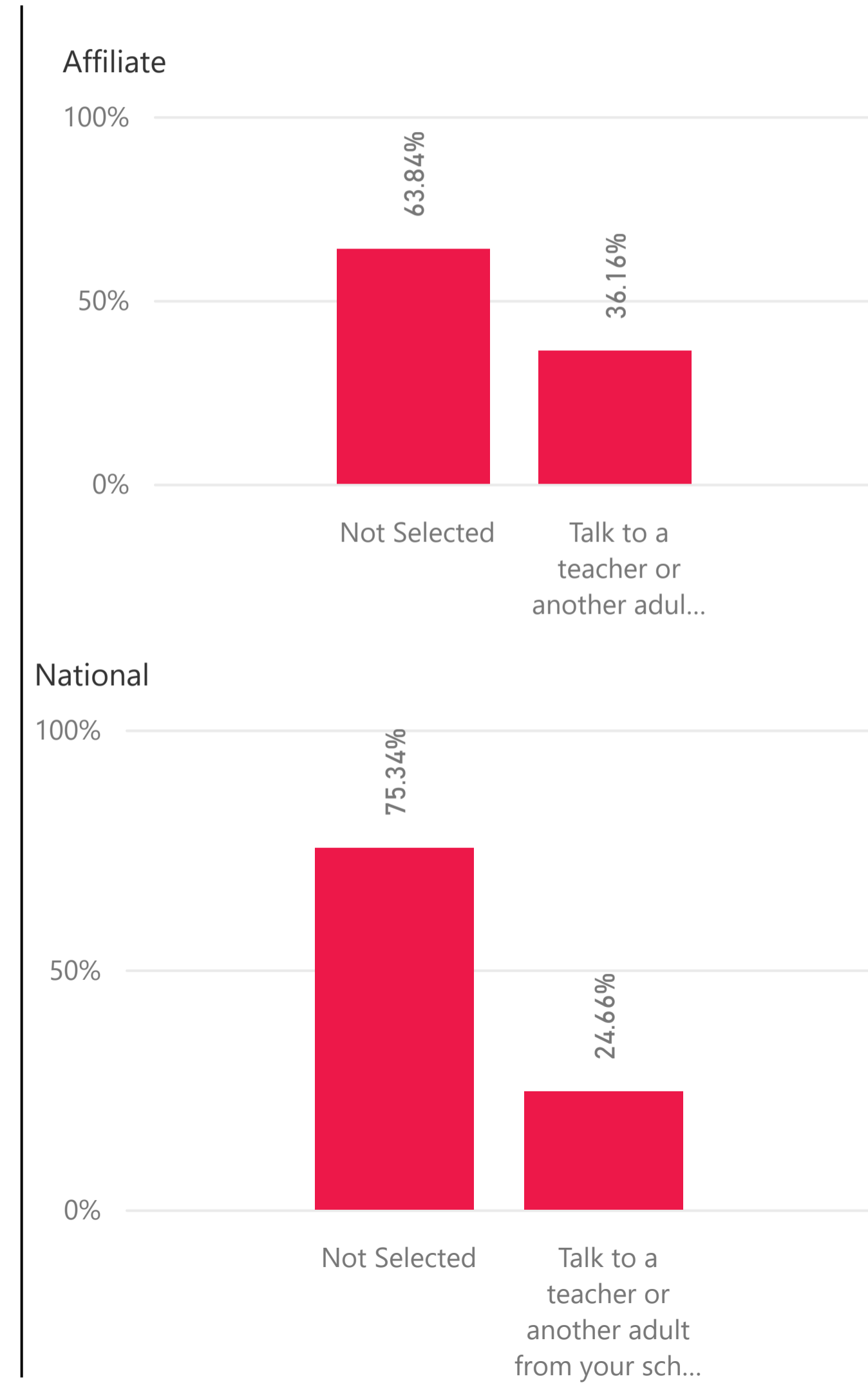
### Your parents or someone else in your family



### A caring adult at Girls Inc.



### Teacher or another adult from your school





## Mental Health - Part 2

AFFILIATE

Girls Inc. of Columbus and Phenix-Russell

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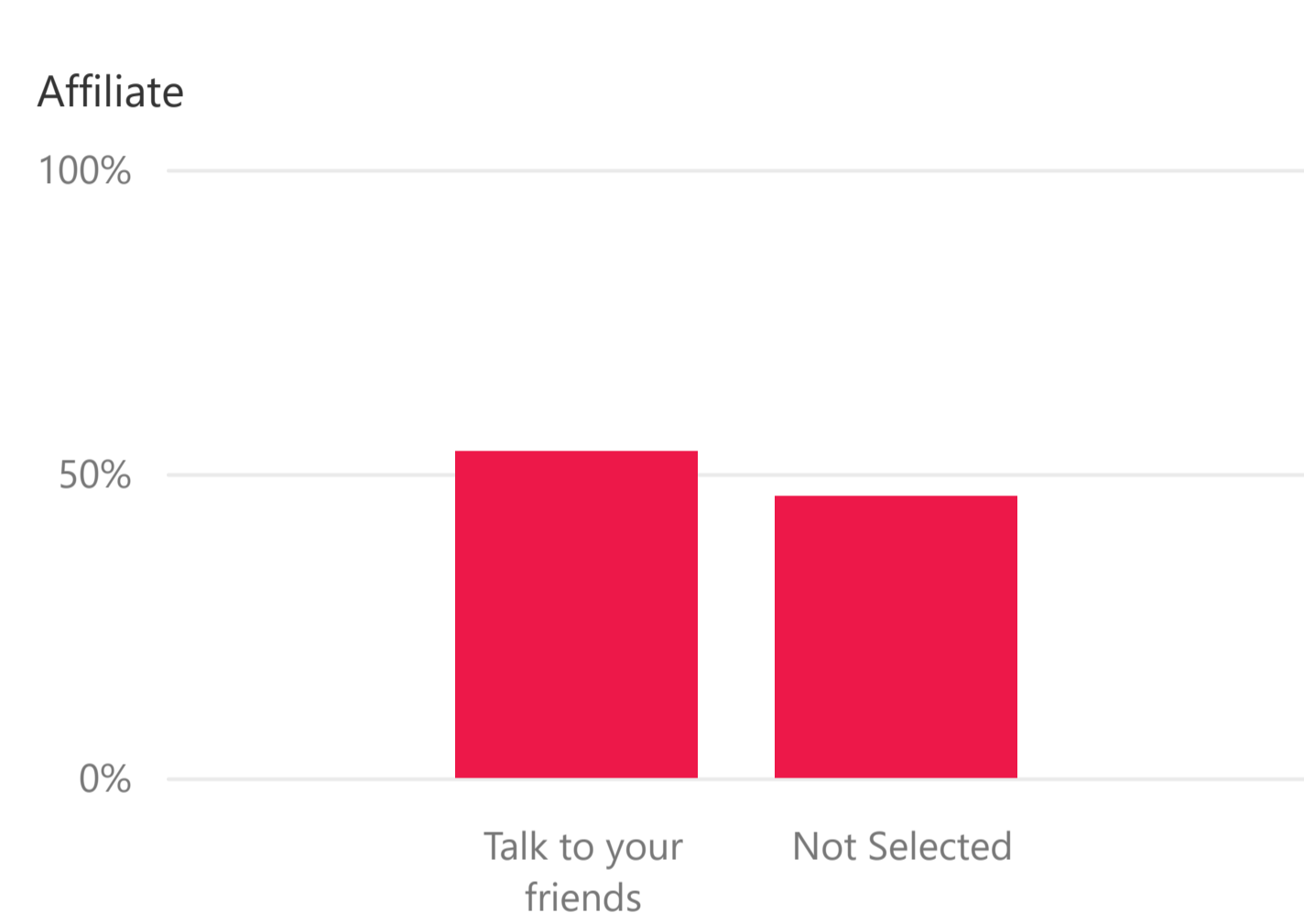
2024

SURVEY TYPE

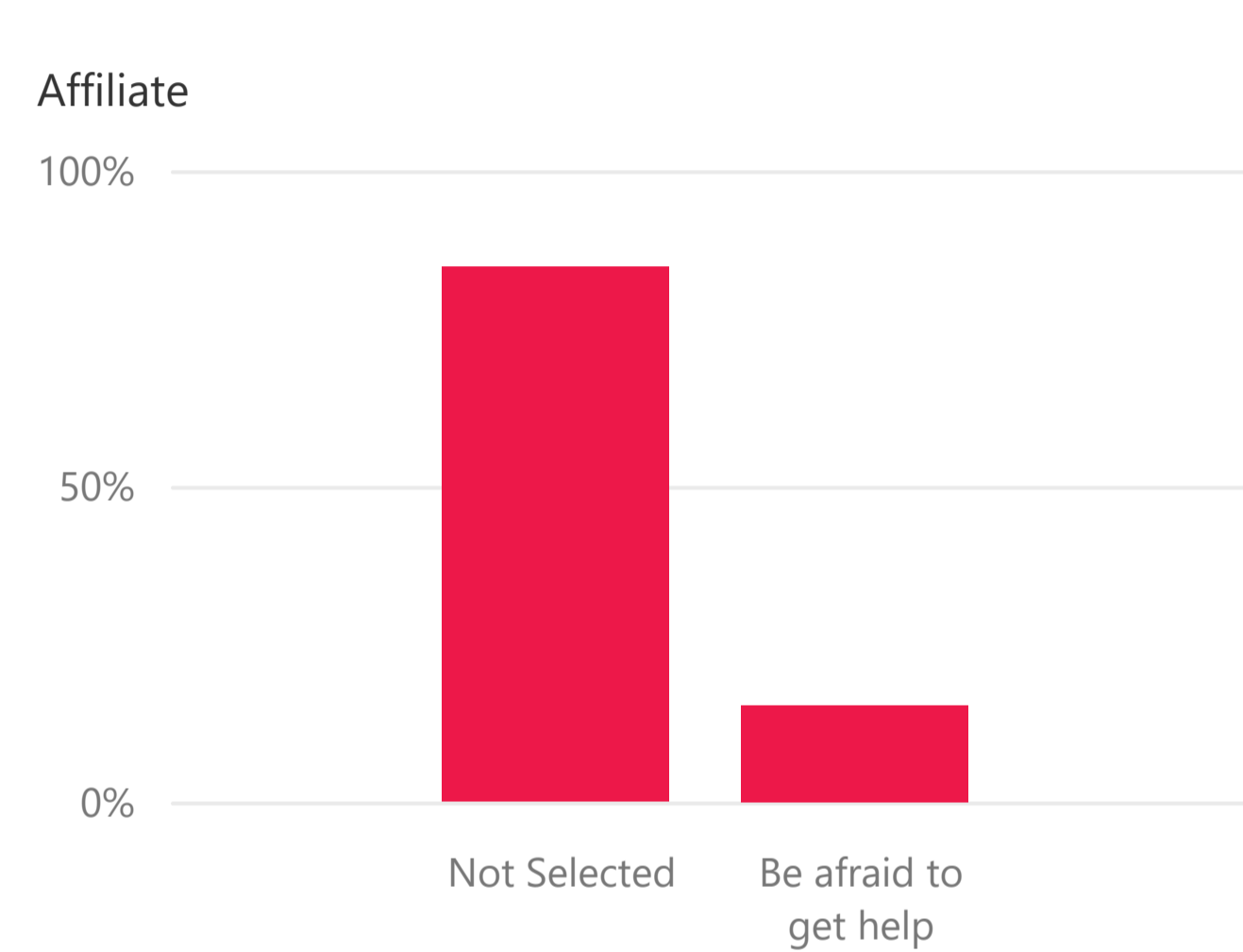
All

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

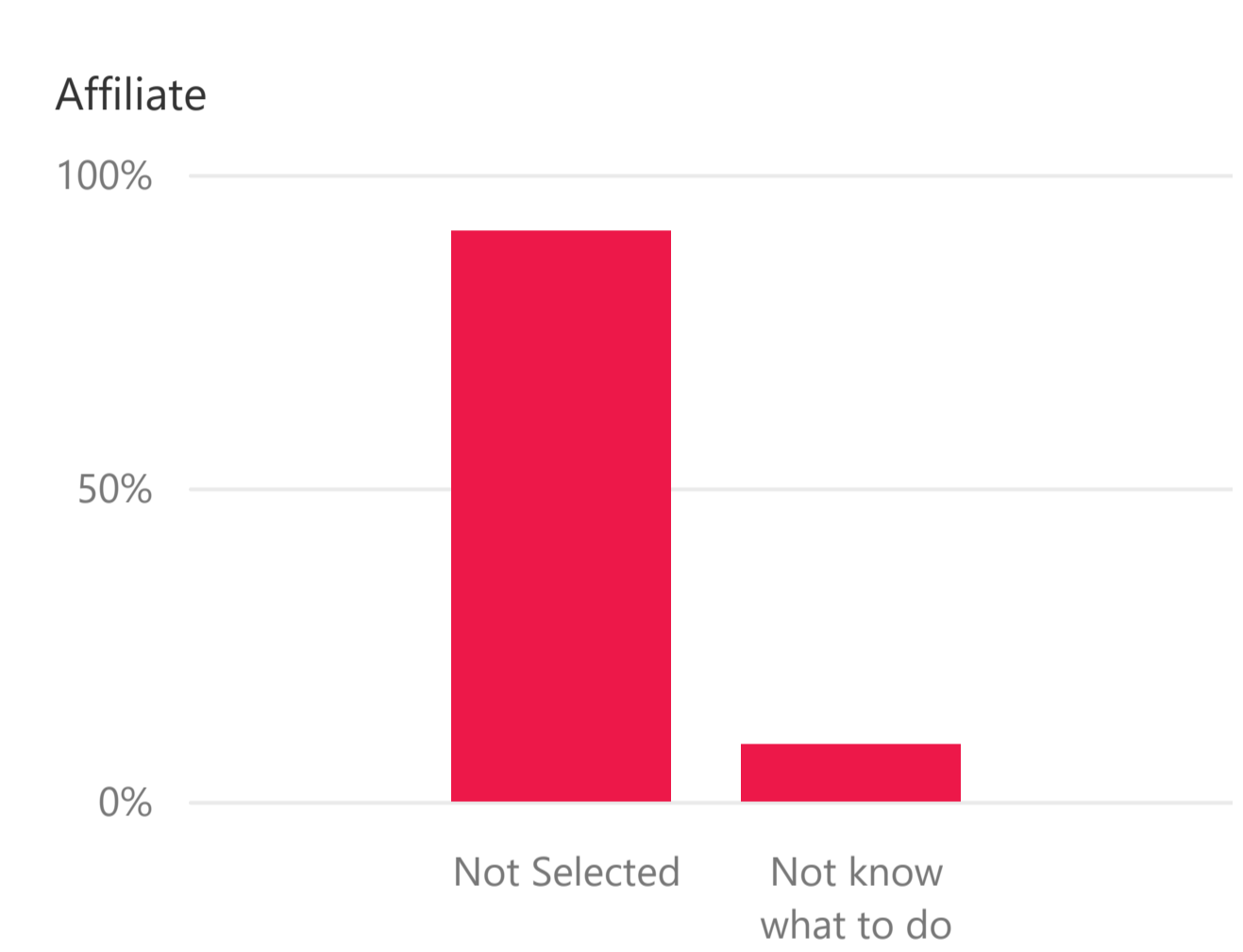
#### Talk to your friends



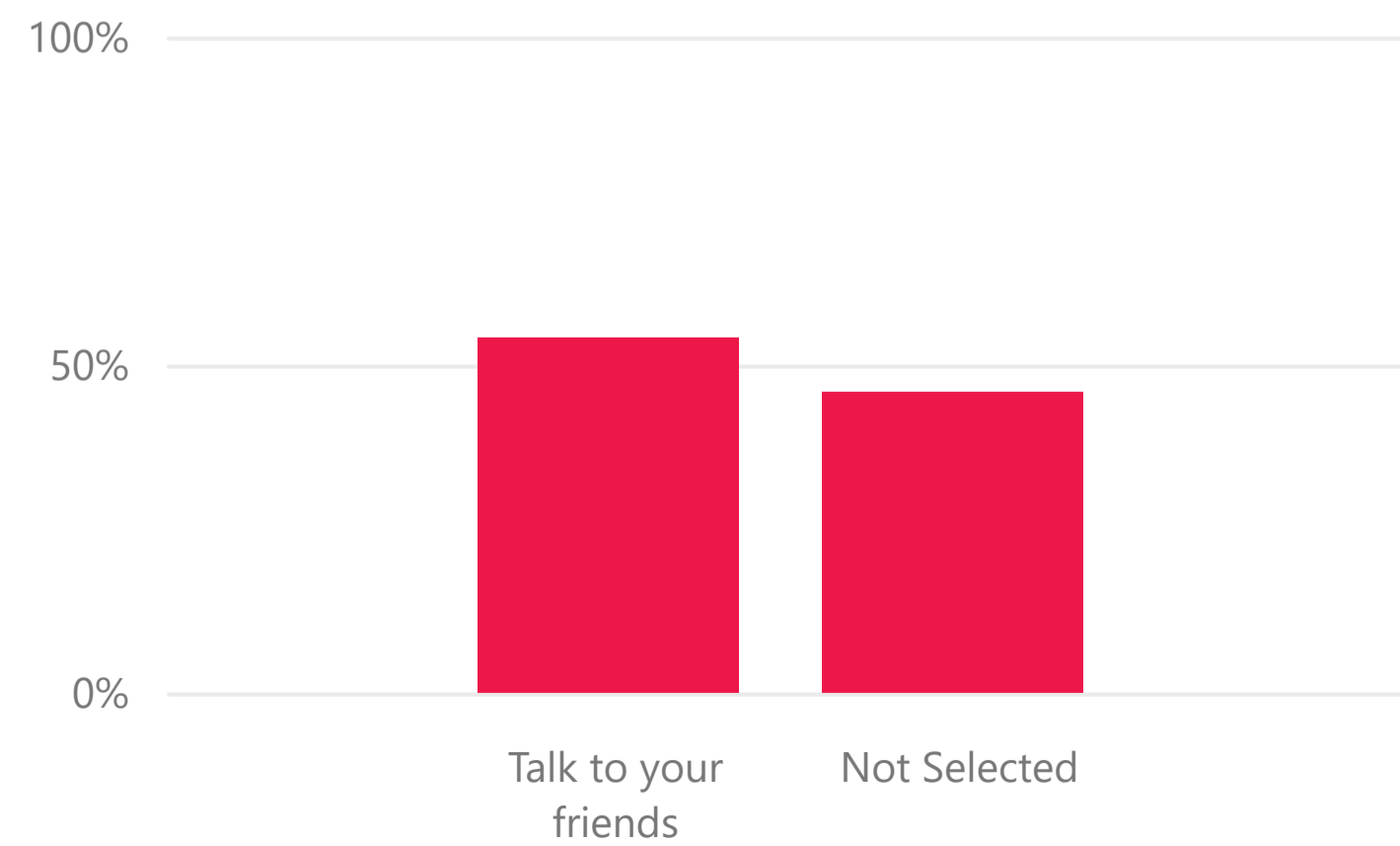
#### Be afraid to get help



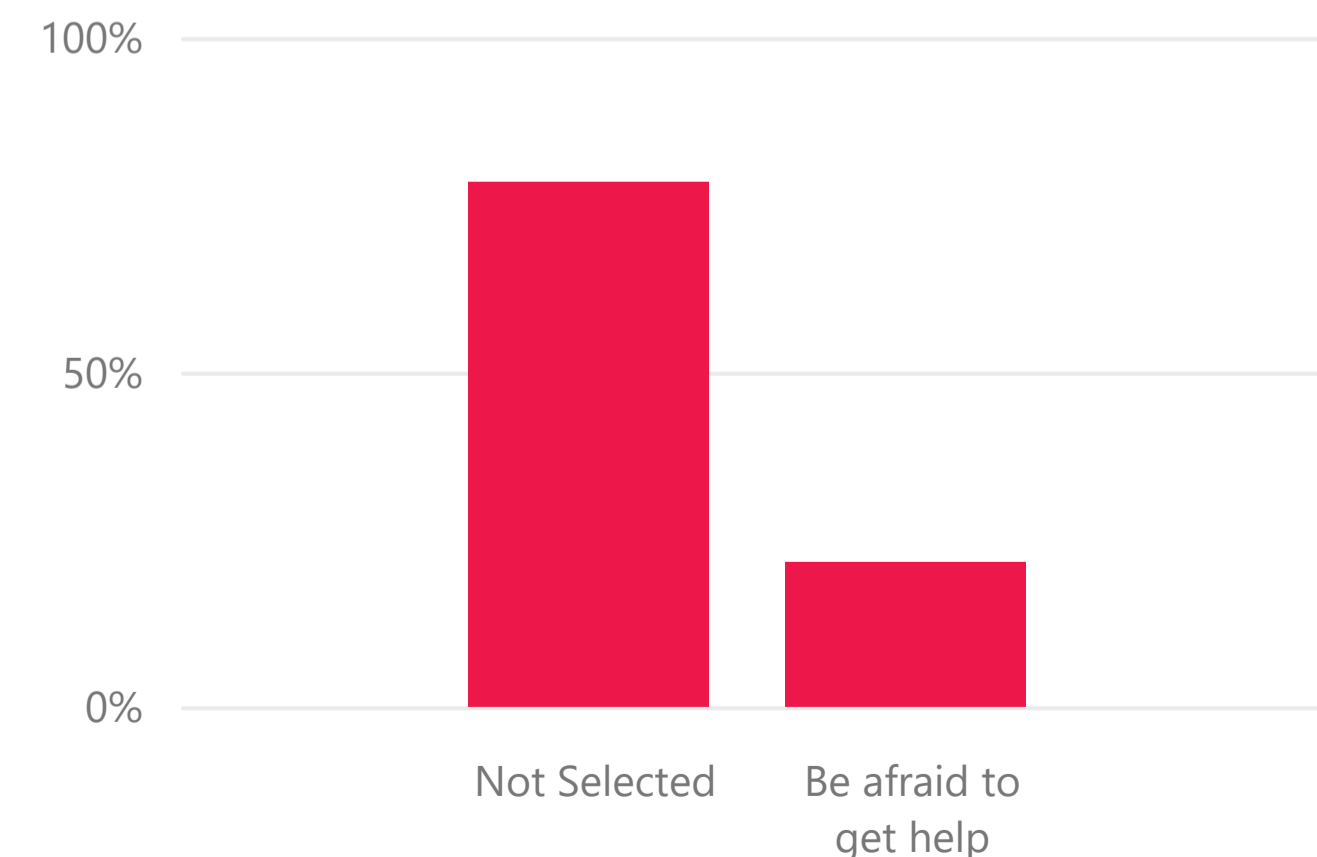
#### Not know what to do



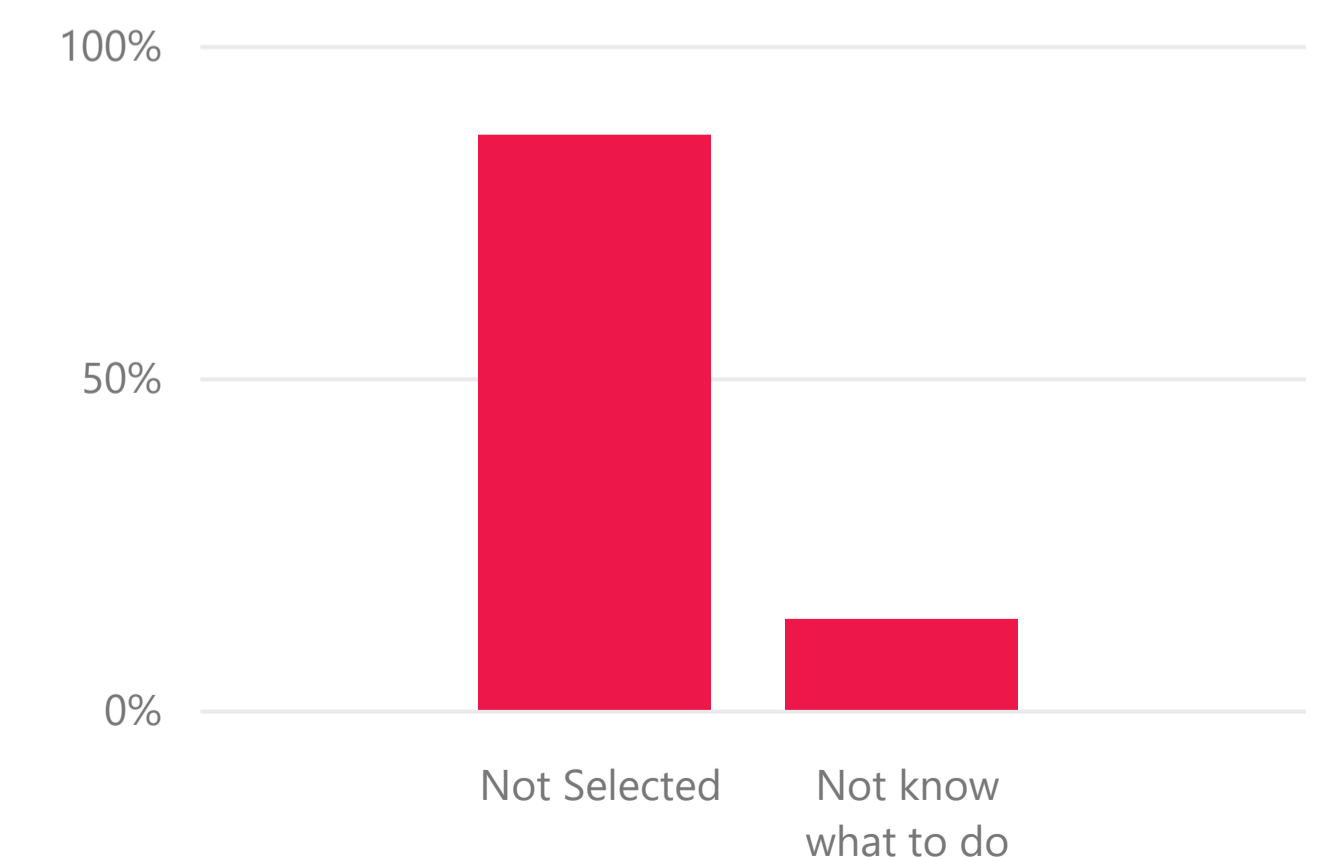
National



National



National





## Mental Health - Part 3

AFFILIATE

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YEAR

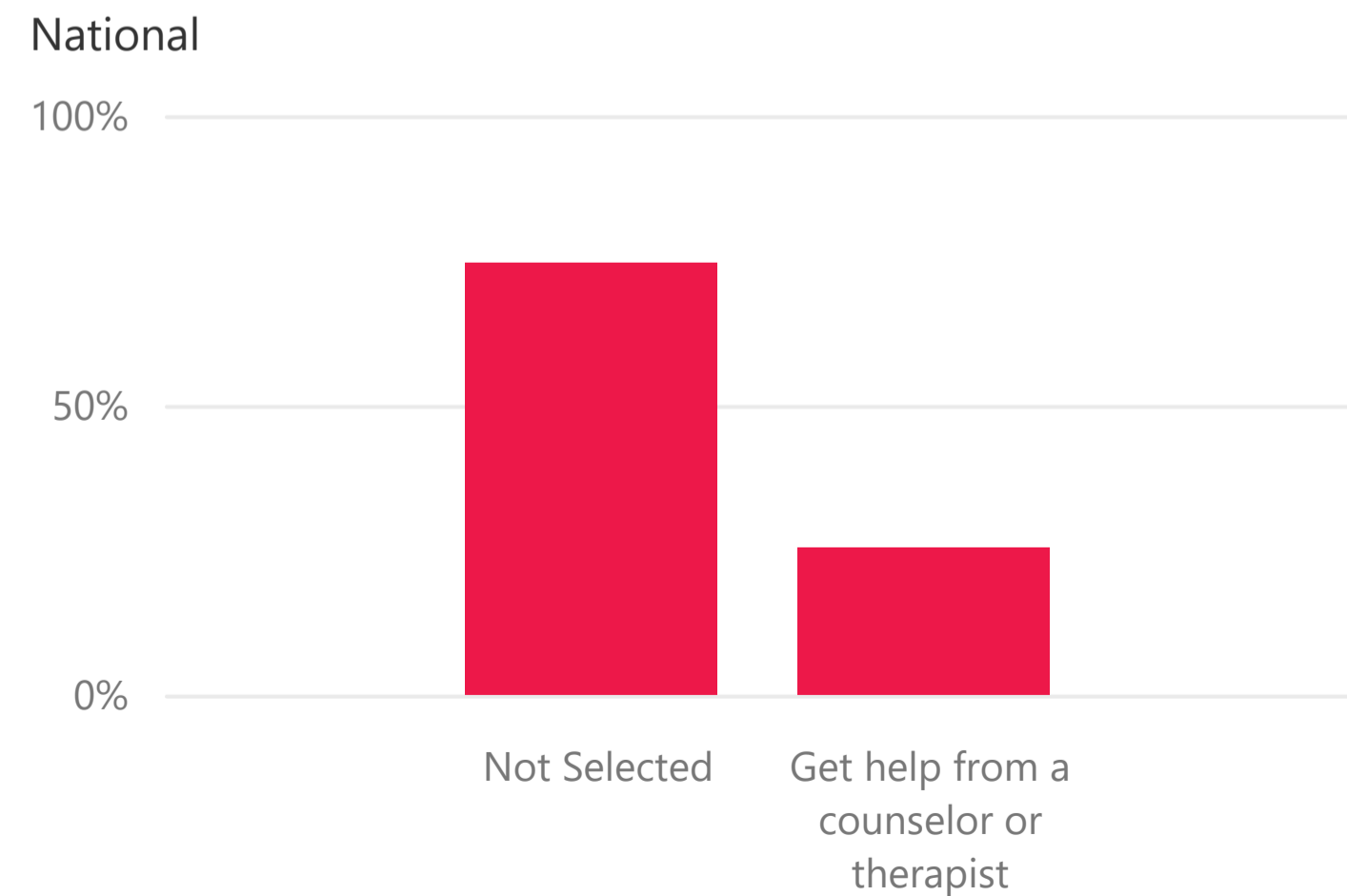
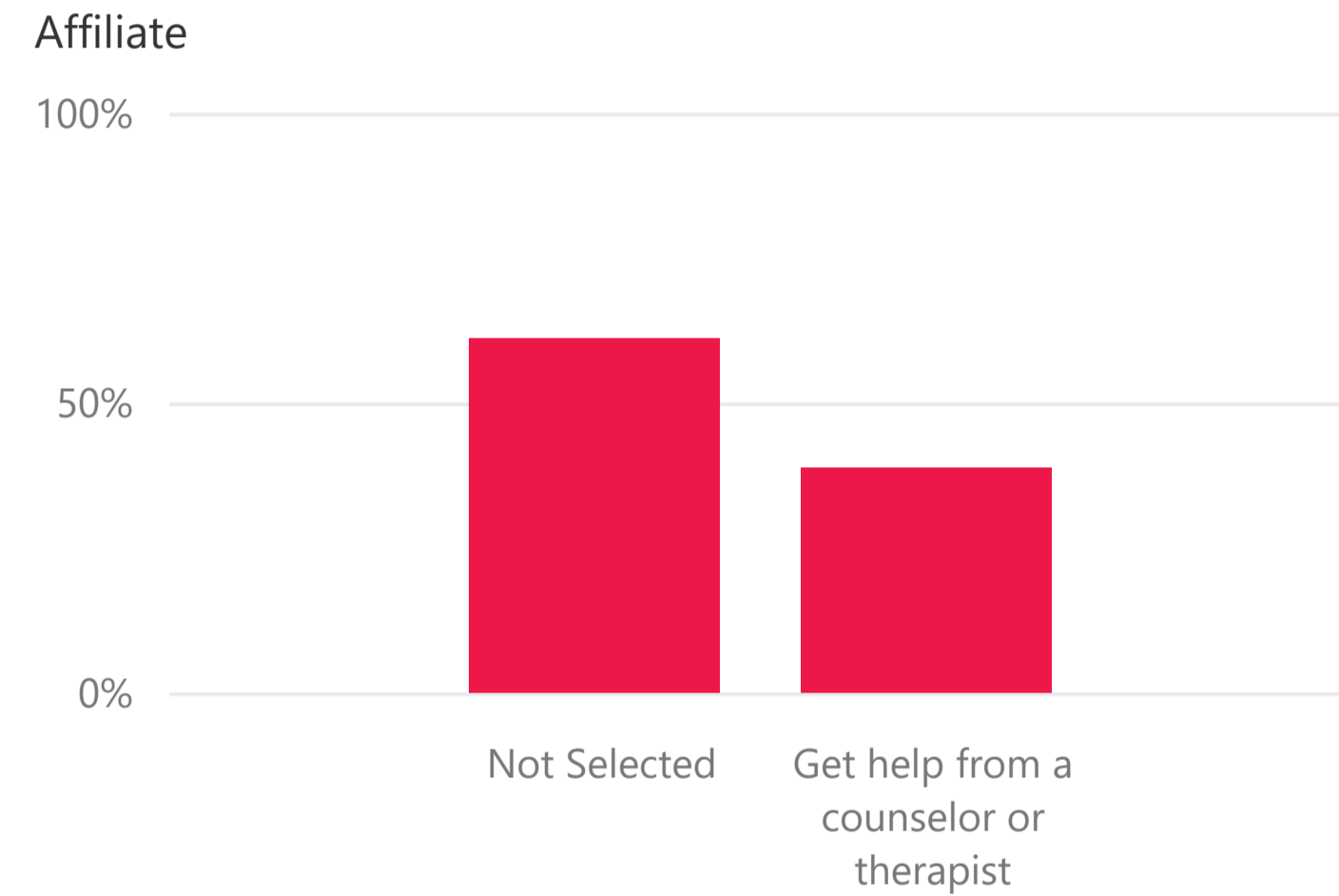
2024

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?

