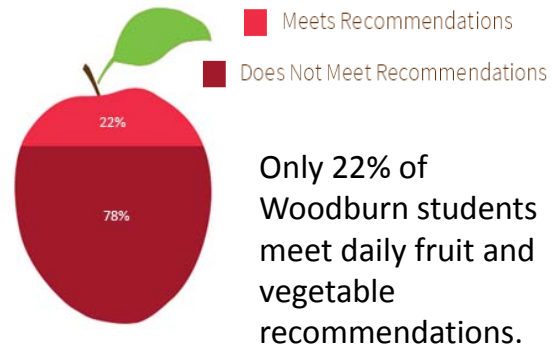
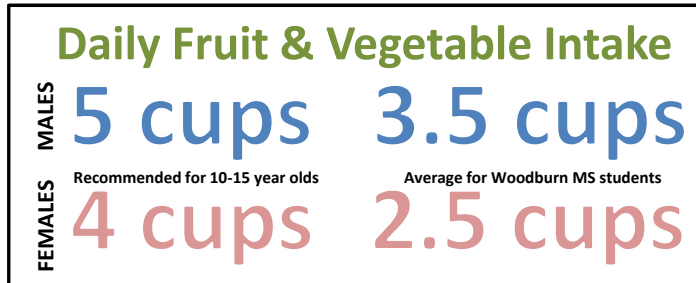


Let's Get Healthy! visited Valor and French Prairie Middle Schools on October 14th & 17th, 2013 and collected research data from 1,051 Woodburn students. 607 students completed the diet station and their results are shown below.



- Breakfast** • 71% of students decide for themselves what they eat for breakfast.
- Lunch** • 30% of students said that the school decides what they eat for lunch.
- Dinner** • Most students (77%) said that their parents decide what they eat for dinner.



One in seven students said they "never" or "rarely" eat breakfast.
About half (46%) of students said they think about what they eat most days.

DAIRY INTAKE



9 out of 10 Woodburn middle-schoolers consume more sugar than recommended!



Did you know? It is recommended that females consume less than 6 teaspoons per day and males consume less than 9.

Only 13% of students thought that **students in their school** would meet recommendations for healthy diet. Over one fourth (29%) of students said they thought **their own diet** would meet recommendations.

2.3x

On average, students are consuming **2.3 times more** sugar than recommended.