

# Exercise • Body Weight • Eating Habits

Facts about Physical Health

## What percent of students exercise 3 or more times per week?

71% of students exercise 3+ days per week. 86% of BC students say their health is "good" or "excellent".



### Exercise:

"Participation in physical activity for at least 20 minutes that made you sweat and breathe hard such as jogging, dancing, swimming, biking or team sports."

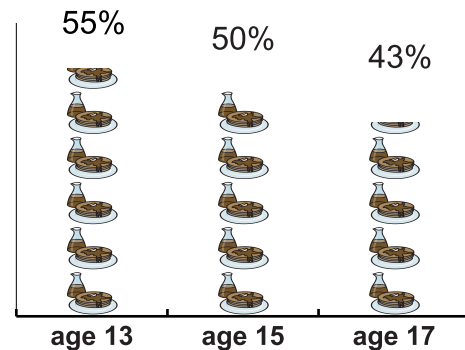
Boys are twice as likely to participate in unsupervised sports than girls are.

Younger students tend to be more active than older students.

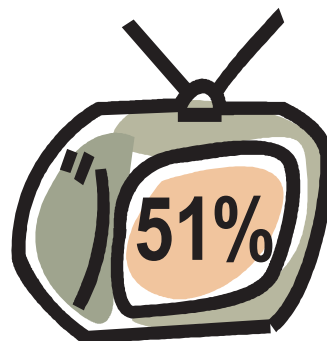
### Eating Breakfast

54% of boys and 45% of girls always eat breakfast on school days.

Students who always eat breakfast:



### Screen Time



...of students reported watching TV or using a computer for games, e-mailing, surfing the web, etc. for more than 4 hours on an average school day.

#### About the Adolescent Health Survey

These statistics are based on the results of the Adolescent Health Survey, a survey that was administered by the McCreary Centre Society in 1992, 1998, and 2003. It asked over 70,000 BC youth questions about their health.

The McCreary Centre Society is a non-profit organization dedicated to improving the health of BC youth through research, information sharing, and community-based projects that address the unmet health needs of young people.

Funded by the Child and Family Research Institute, BC Ministry of Children and Family Development, and the Province of BC.

Fact Sheets prepared by Bianca Corlett and David Sadler.

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[www.mcs.bc.ca](http://www.mcs.bc.ca)

# Eating Disorders

Eating disorders can affect males as well as females, but about 90 - 95% of anorexia sufferers are girls and women.

## Definitions

**an•o•rex•i•a ner•vo•sa:**  
People with this disorder starve themselves because they're afraid of getting fat. They think they are overweight, even when they're not.

**bu•li•mi•a:**  
People with this disorder binge-eat. they often purge themselves by vomiting, using laxatives, or exercising to prevent weight gain.

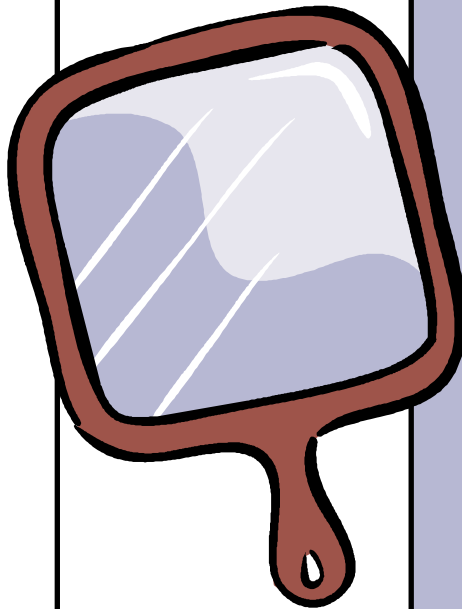
taken from dictionary.com

taken from girlhealth.org

## Self Perception

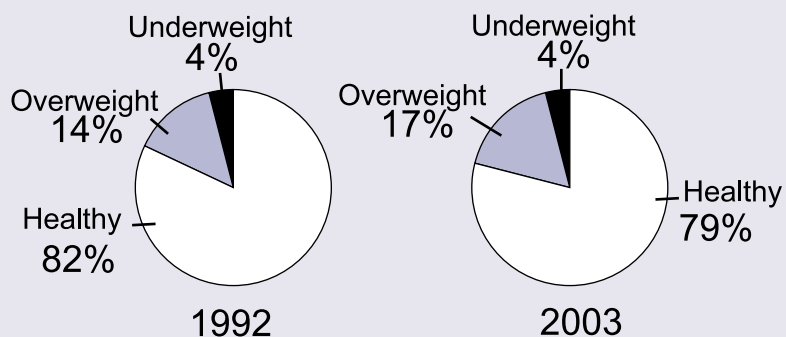
22% of BC girls are unsatisfied with their weight, and 52% of healthy-weight girls are trying to lose weight.

29% of BC girls think that they are overweight (even though only 11% actually are). 49% have dieted in the past year and 7% have vomited intentionally.



## Trend in Body Weight

The number of overweight students has grown since 1992.



Of healthy-weight boys and girls, 33% of the boys want to gain weight, whereas 52% of the girls want to lose weight.