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NUTRITION AND PHYSICAL ACTIVITY

ILLINOIS YOUTH SURVEY

UNIVERSITY OF ILLINOIS
AT URBANA-CHAMPAIGN

CENTER FOR PREVENTION
RESEARCH AND DEVELOPMENT

2024

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About the Illinois Youth Survey

The Illinois Youth Survey (IYS) is a statewide, school-based survey administered every two years to 8th, 10th, and 12th grade students. Funded by the Illinois Department of Human Services, the IYS gathers self-reported data on substance use, mental health, perceptions of risk, school climate and safety.

The survey has two goals:

- To provide schools with local data to inform prevention efforts
- To generate reliable statewide estimates on key health indicators

In 2024, more than 172,000 students from 675 schools participated in the IYS. The data presented in this report is based on a scientifically weighted, representative sample of 10,490 students from 153 public schools across Illinois, capturing trends across the 8th, 10th, and 12th grade levels.

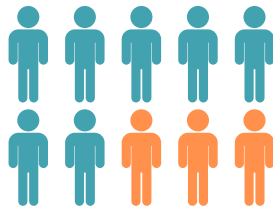
	Weighted Count
8th	3,470
10th	3,639
12th	3,381
Total	10,490

Nutrition

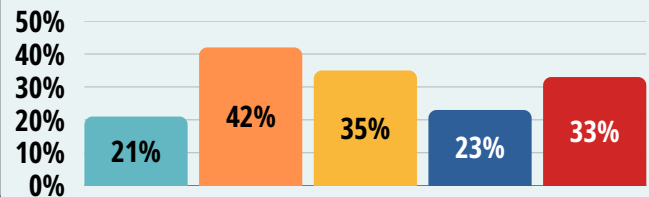
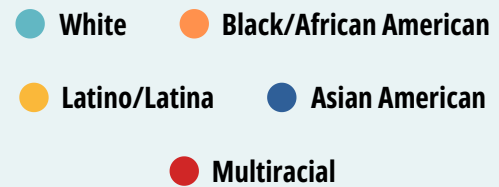
Food Insecurity

Adequate nutrition is a vital role in adolescent growth and development. If students don't get enough to eat, it's harder to learn, stay active, and feel their best. Youth were asked how often they went hungry because there was not enough food in their home during the past 30 days.

Nearly 3 in 10 youth (27%) experienced hunger during the past 30 days due to insufficient food at home.



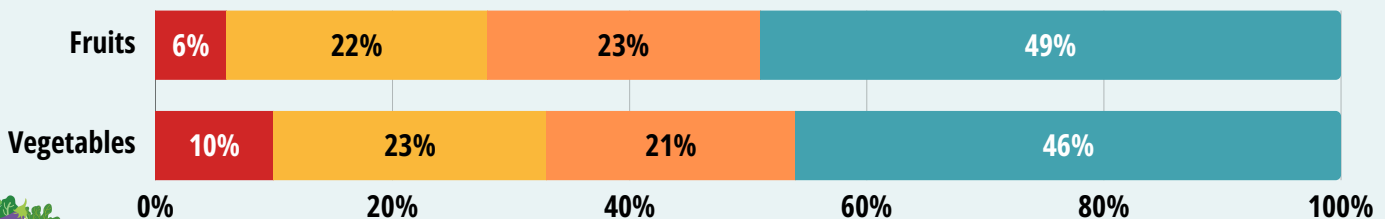
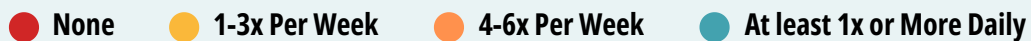
Experienced Hunger Due to Insufficient Food



Fruit and Vegetable Consumption

About half of youth surveyed reported eating fruits and vegetables at least one time daily. Slightly more youth reported consuming fruits than vegetables. Dietary guidelines recommend a minimum of 1.5-2 cups of fruit and 2.5-3 cups of vegetables every day for individuals aged 14-18.

Frequency of Consumption Per Week



Physical Activity



27%

of youth reported being physically active for at least 60 minutes 7 days a week, which is the recommended amount.



72%

of youth were a healthy weight while 11% of youth were classified as obese, according to their BMI.



49%

of youth were a part of a schools sports team.

Screen Time

On an average school day, 35% of youth reported spending 4-6 hours on non-school related screen time (e.g. TV, videos, gaming, streaming, social media, smart phone usage). Those who have 7+ hours of screen time were more likely to be obese. More than 2 hours is considered excessive screen time.

