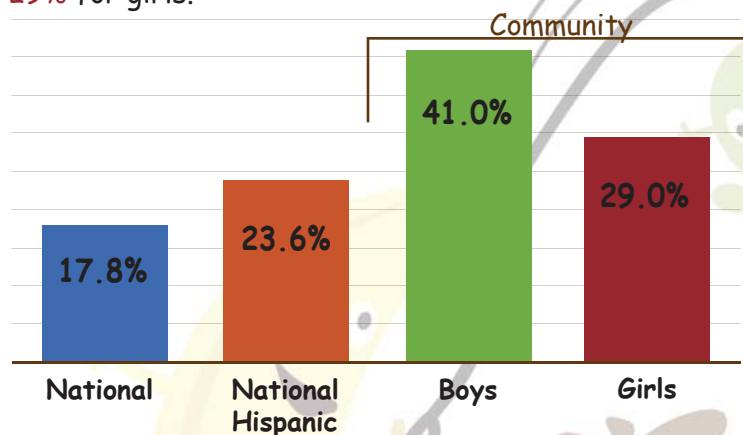


Comparison Community - Together We STRIDE Data Brief

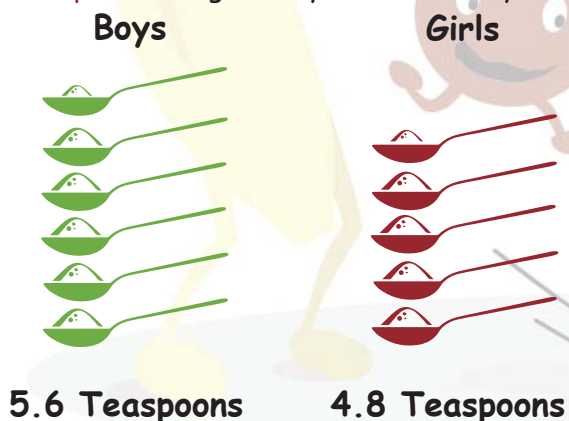
Weight Status by Gender

The obesity rate among youth ages 2-19 years is **17.8%** in the U.S. and **23.6%** among Hispanics. The rate of obesity for your community is **41%** for boys and **29%** for girls.



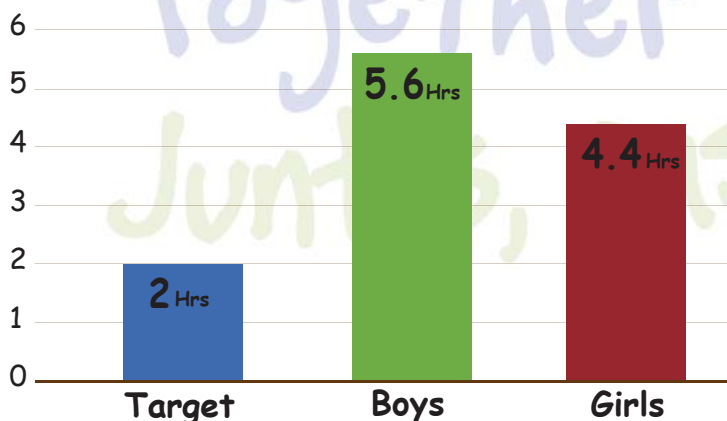
Sugar Consumption

Children should limit sugar consumption from sugar sweetened beverages (SSBs). The average sugar intake from SSB was equivalent to **5.6 teaspoons** for boys and **4.8 teaspoons** for girls in your community.



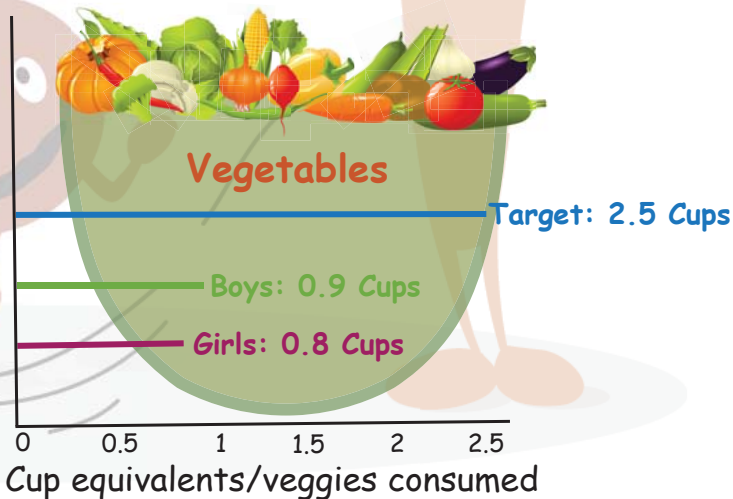
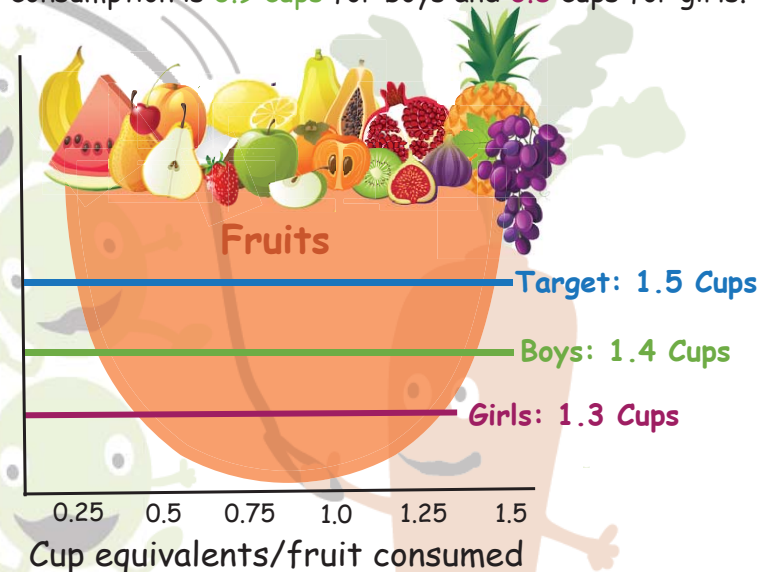
Screen Time

Children should limit screen time to no more than **2 hours** each day. The average screen time for boys was **5.6 hours** and **4.4 hours** for girls in your community.



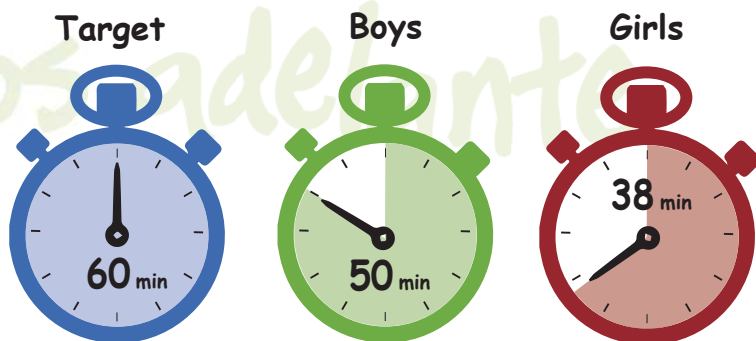
Fruit & Vegetable Consumption

Children should eat **1.5 cups** of fruit and **2 to 2.5 cups** of veggies. Fruit consumption is **1.3 cups** for girls and **1.4 cups** for boys in your community. Veggie consumption is **0.9 cups** for boys and **0.8 cups** for girls.



Physical Activity

Children should engage in at least **60 minutes** of moderate to vigorous physical activity (MVPA) each day. The average PA time for boys was **50 minutes** and **38 minutes** for girls.

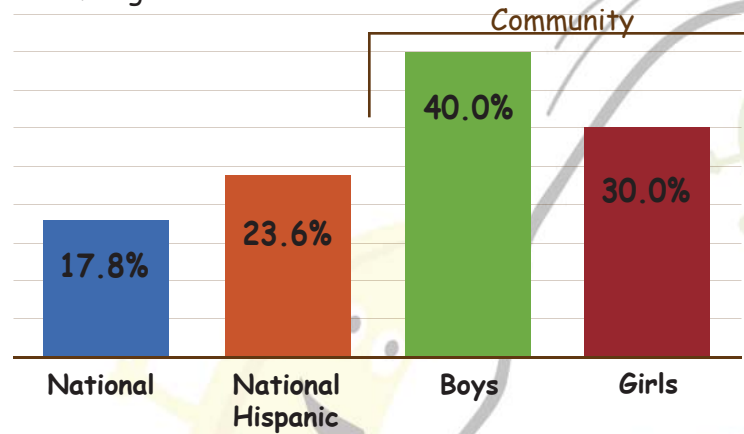


*Data collected from Fall 2016 baseline survey

Intervention Community - Together We STRIDE Data Brief

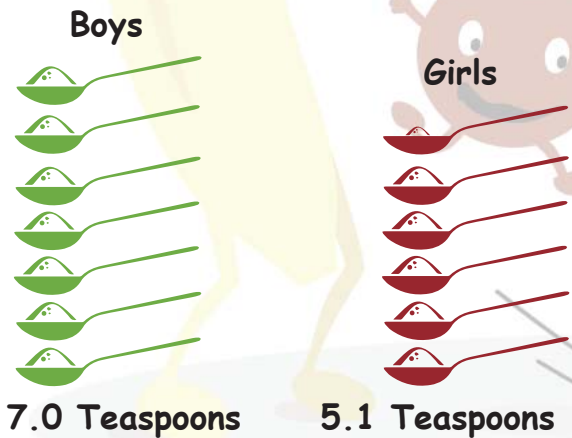
Weight Status by Gender

The obesity rate among youth ages 2-19 years is **17.8%** in the U.S. and **23.6%** among Hispanics. The rate of obesity for your community is **40%** for boys and **30%** for girls.



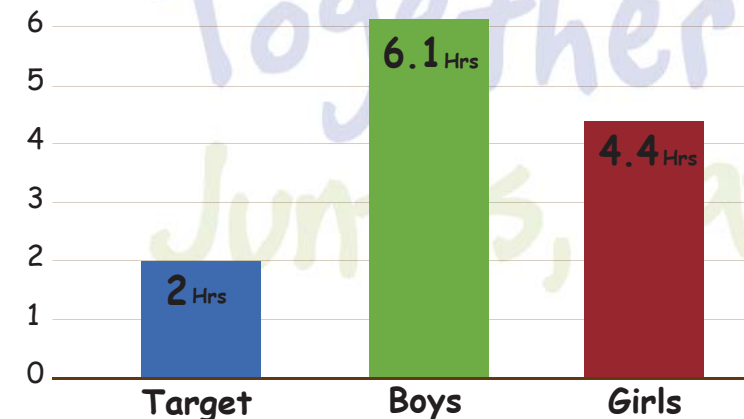
Sugar Consumption

Children should limit sugar consumption from sugar sweetened beverages (SSBs). The average sugar intake from SSBs was equivalent to **7.0 teaspoons** for boys and **5.1 teaspoons** for girls in your community.



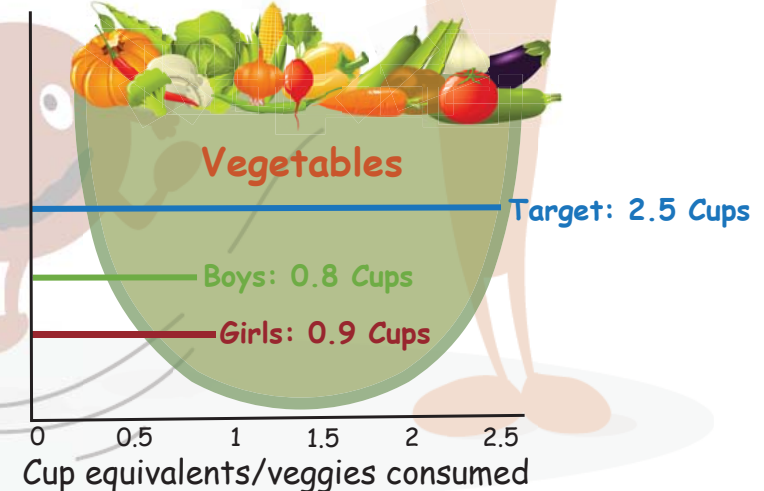
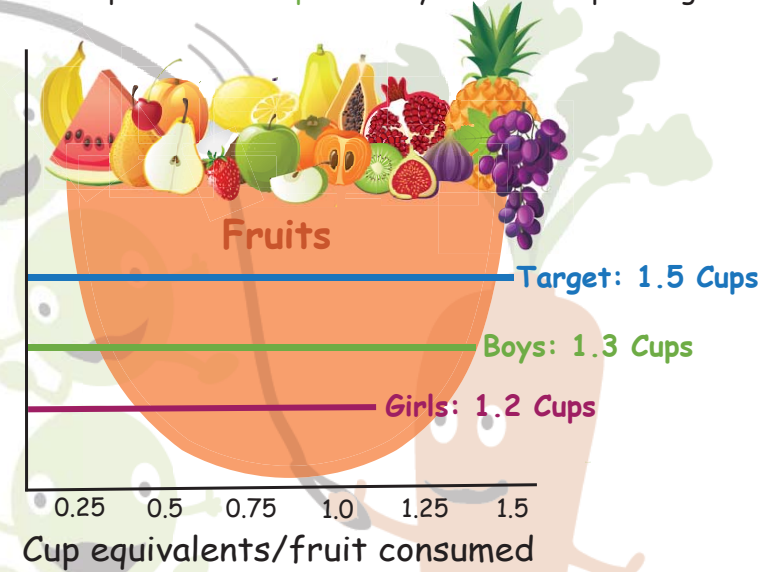
Screen Time

Children should limit screen time to no more than **2 hours** each day. The average screen time for boys was **6.1 hours** and **4.4 hours** for girls in your community.



Fruit & Vegetable Consumption

Children should eat **1.5 cups** of fruit and **2 to 2.5 cups** of veggies. Fruit consumption is **1.2 cups** for girls and **1.3 cups** for boys in your community. Veggie consumption is **0.8 cups** for boys and **0.9 cups** for girls.



Physical Activity

Children should engage in at least **60 minutes** of moderate to vigorous physical activity (MVPA) each day. The average PA time for boys was **39 minutes** and **34 minutes** for girls.

