The guide to ... Healthy Kids

Contributed by BMRB
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Roughly three-quarters of 11 to 19-year-olds eat vegetables, but only a fifth of them consider them to be their favourite type of food

Since 1999, the proportion of 11 to 19-year-olds who drink minerals has increased by almost 36%, while fizzy drink consumption has decreased by 3%

Around 2,250,000 11 to 19year-olds eat fruit as a snack, of whom 45% read a daily newspaper yesterday

Although half of all 11 to 19year-olds definitely agree that â€œsport is important to keep healthyâ€•, the proportion who own a games console has risen by almost 30% in the past 10 years

Almost half of 11 to 19-yearolds are â€œvery worriedâ€• about health and disease issues, with three-quarters of them noticing poster advertising at a supermarket in the past week

19-year-olds are almost twice as likely as 11-year-olds to agree that â€œitâ€™s important to be attractive to the opposite sexâ€•

43% of those who listen to weekend radio for at least four hours a day â€œoften try to lose weightâ€•

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