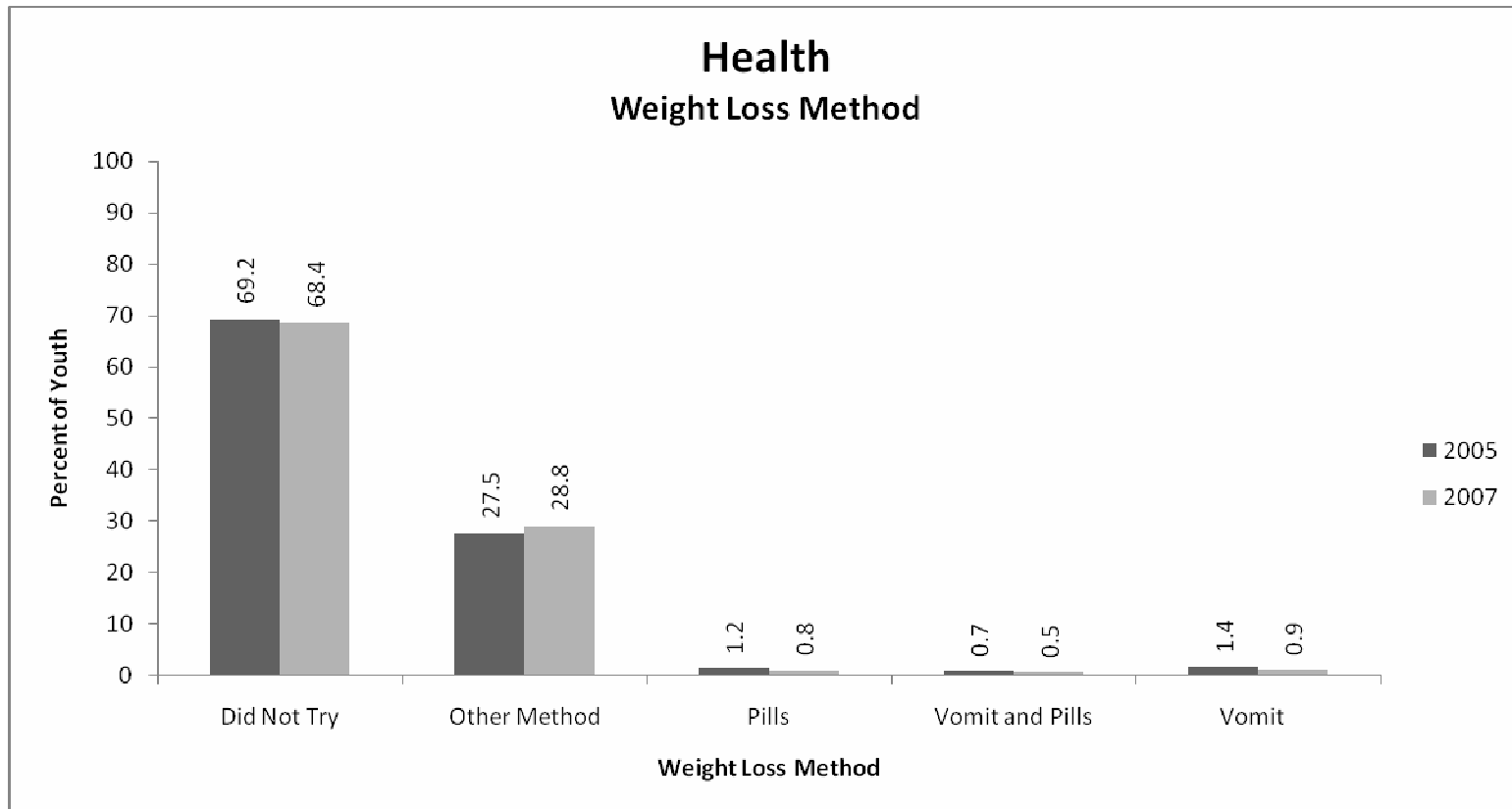


Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

Since 2005, there has not been much change in the way youth feel about their weight.

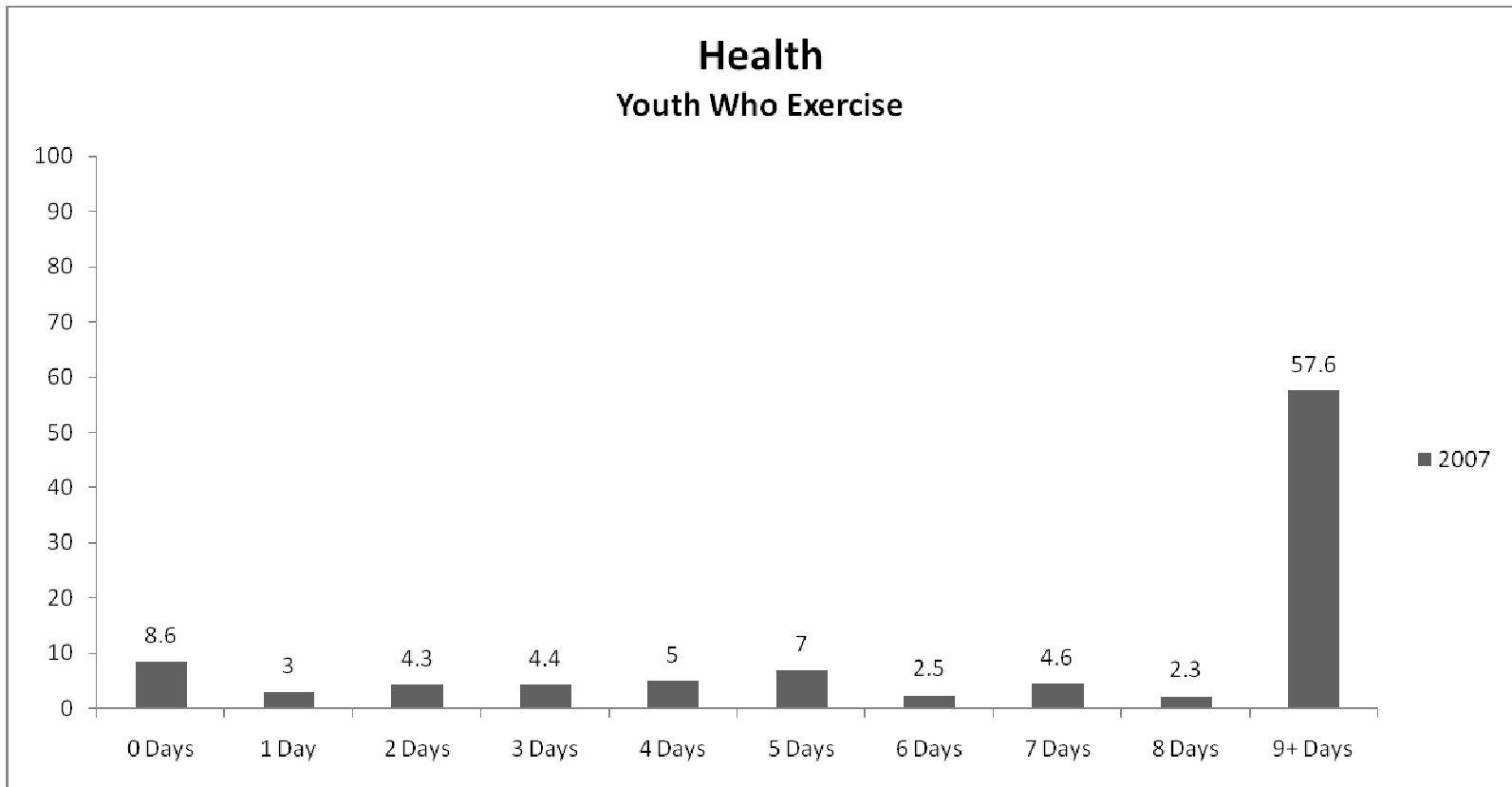


Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and information told us:**

31% of our youth are using some method to lose or keep from gaining weight, a 0.8% increase from 2005.

There was a slight decrease in the percentage of youth who have not tried a weight loss method by 0.8%.

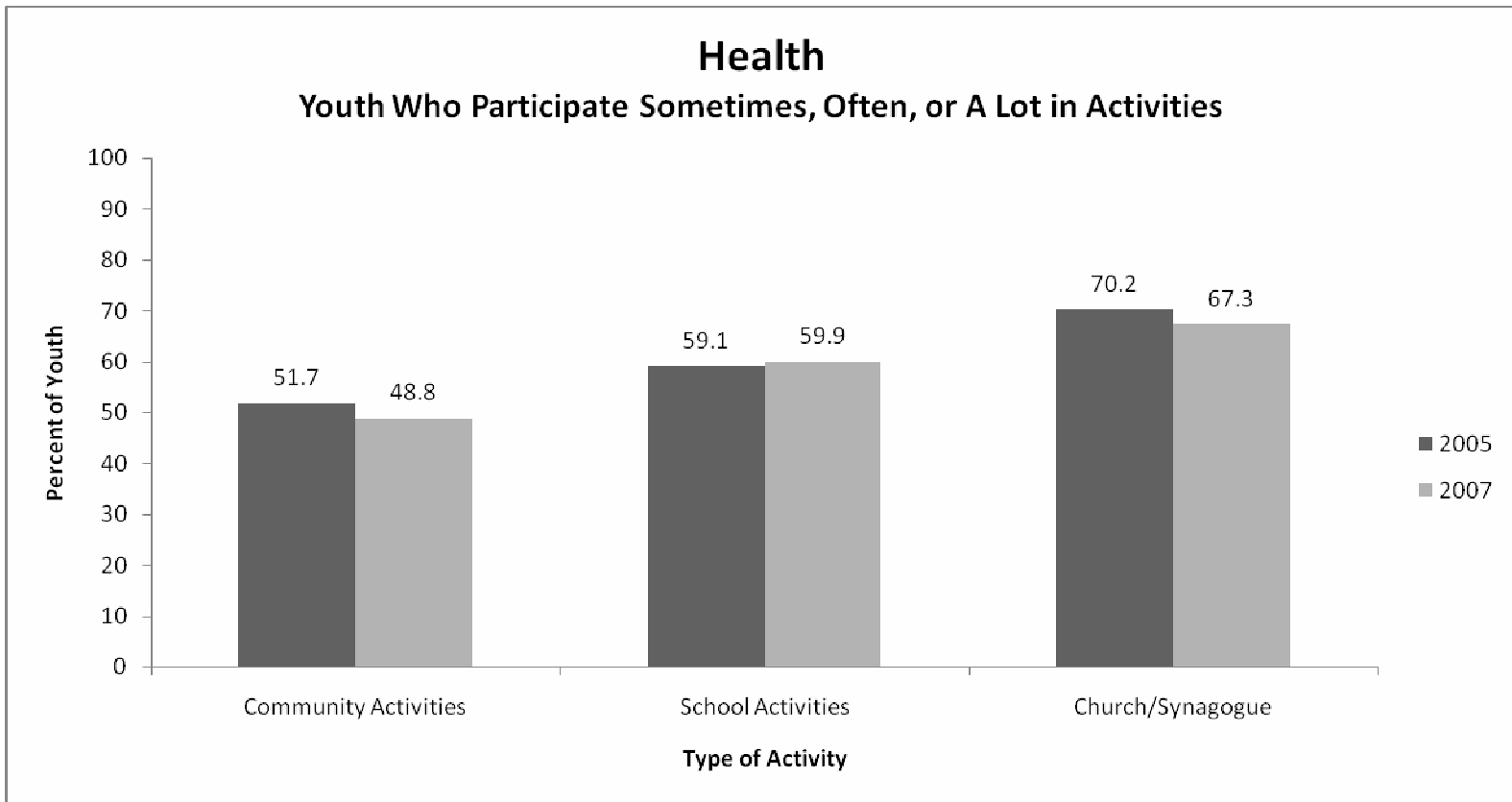


Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

A comparison is not provided because in 2005, the question asked about numbers of times youth exercised PER WEEK, and in 2007, the question asked youth the number of times they exercised PER 30 DAYS.

Over half the youth (57.6%) report exercising more than 9 days throughout the month.

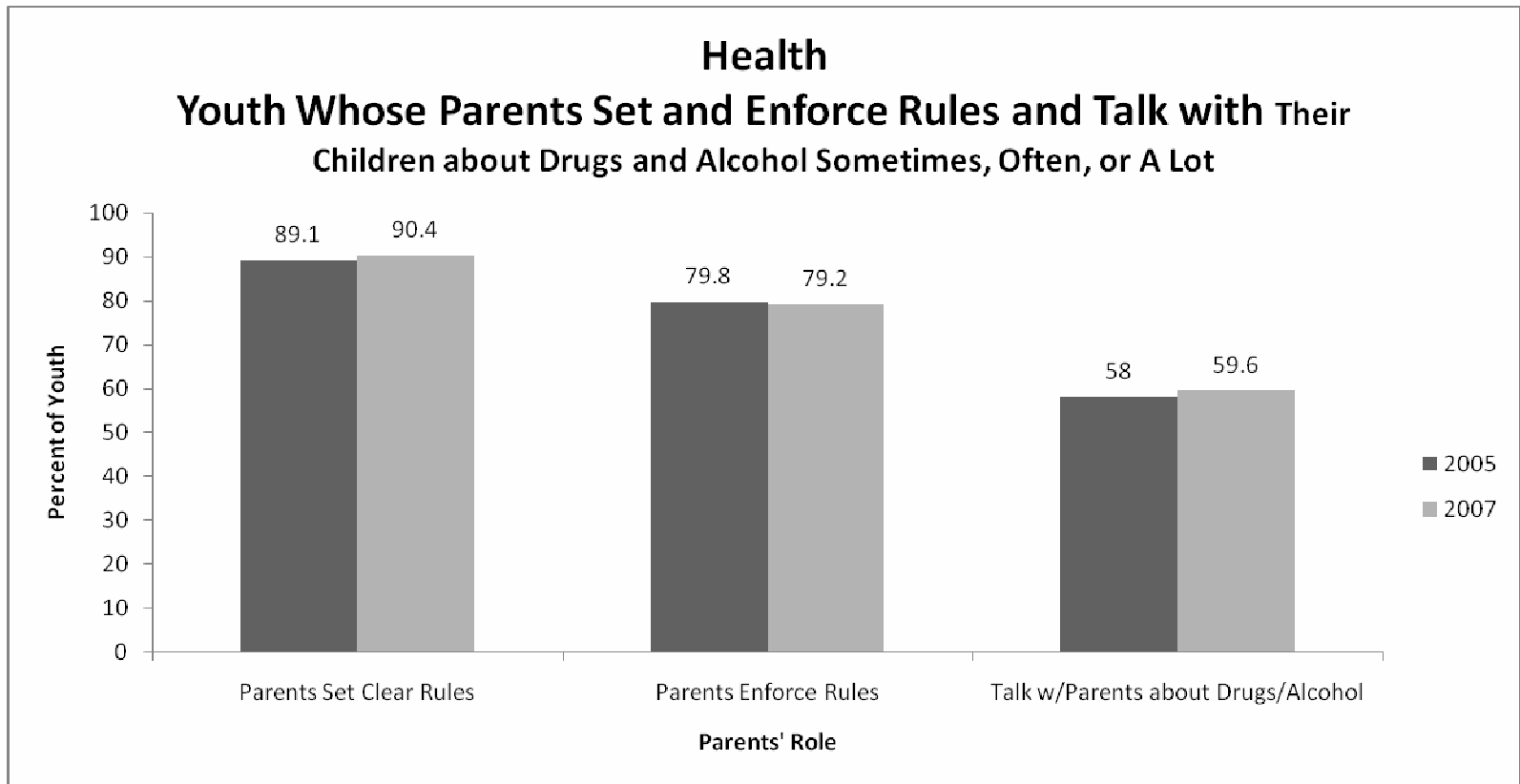


Source: PRIDE Survey

**What the numbers and other information told us:**

Most youth reported going to church or synagogue the most (67.3%).

There was a decrease in youth participating in community activities (2.9%) and church/synagogue (2.9%) while there was an increase in school activities (0.8%).



Source: PRIDE Survey

**What the numbers and other information told us:**

The majority of parents set clear rules for youth (90.4%), a 1.3% increase from 2005.

The youth report shows an increase in parents talking to their children about rules and drugs/alcohol.