

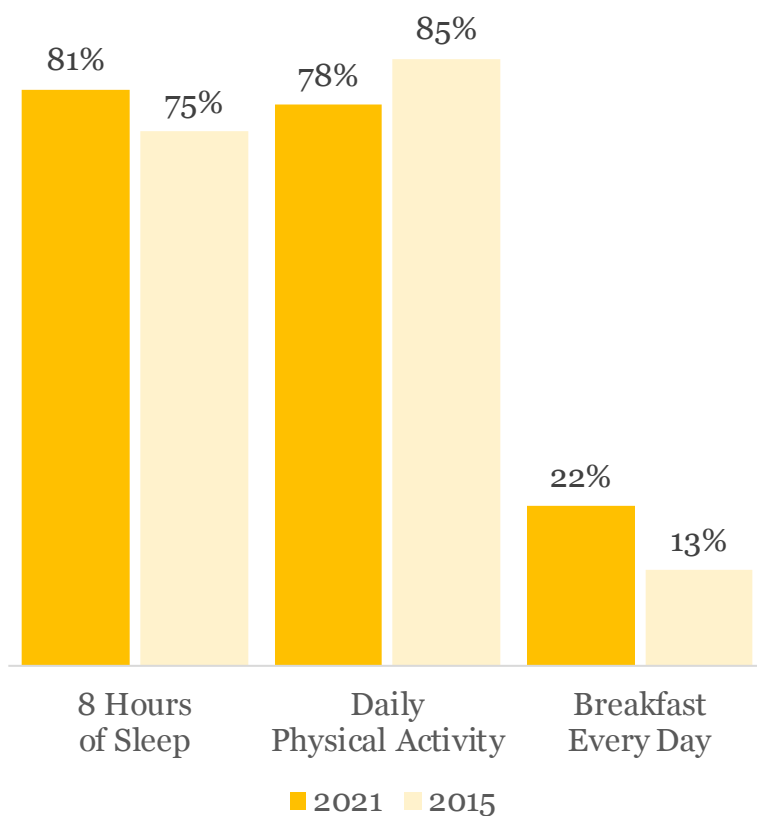


Healthy Habits Among Girls

Commissioned by the Girl Scout Councils Serving Alabama

Girls are struggling to build healthy habits: **80% of girls** are not getting enough sleep or physical activity.

Percent of High School Girls NOT Getting:



As girls enter adolescence, their growing independence impacts healthy decision-making like eating balanced meals, prioritizing enough sleep, and getting daily exercise. In order to ensure proper physical development, the CDC recommends teens get at least 8 hours of sleep, 60 minutes of daily exercise, and start the day with breakfast.

- 81% of high school girls report they are NOT getting enough sleep, an increase since 2015.
- Slightly more girls are getting daily physical activity compared to 2015, but 78% are still not exercising every day.
- The percent of girls not eating a daily breakfast increased by 60% since 2015 - from 13% to 22%.

Short and long-term consequences to these deficits include threats to academic success, increased risk of depression, and obesity.

Source: Youth Risk Behavior Survey, CDC, Alabama, 2021

Healthy Activities. Healthy Behaviors.

Girls not only need access to healthy activities like athletics; girls need fun opportunities that teach overall healthy behaviors. Research from the Girl Scout Research Institute found that, as girls grow older, their participation in healthy activities decreases; but for Girl Scouts, their participation in these activities remains consistent.

82%
of Girl Scouts
participate in
healthy activities
compared to 69% of
non-Girl Scouts.