



**CALIFORNIA STATE SCIENCE FAIR  
2012 PROJECT SUMMARY**

<b>Name(s)</b> Aaron P. Wapner	<b>Project Number</b> <b>J0424</b>
<b>Project Title</b> <b>Do Adolescents Know How to Live Healthy Lifestyles, and Do They Put That Knowledge into Action?</b>	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> The objective is to obtain information regarding adolescent#s knowledge of healthy eating and physical activity, and compare this data to what the adolescents actually do themselves in terms of healthy eating and physical activity. Also, to obtain information on what factors and methods motivate early adolescents to live healthy lifestyles.</p> <p><b>Methods/Materials</b> 155 questionnaires were printed and given to students at Marshall Middle School. Also, Microsoft Excel 2003 was used to organize and compute data.</p> <p><b>Results</b> 54% of adolescents knew the proper amount of nutritious foods to eat every day. However, 21% actually consumed the proper amount of nutritious foods. 65% of adolescents knew how much daily physical activity should be obtained, but surprisingly, 94% obtained the proper amount of physical activity. Finally, the majority of the adolescents looked to themselves for motivation.</p> <p><b>Conclusions/Discussion</b> Over half of the adolescents knew what healthy foods they should be eating, but less than a quarter actually consumed it. This may be because they are not motivating themselves to eat healthy foods. 65% of the adolescents knew the proper amount of daily physical activity, and 94% obtained the right amount of physical activity. This may be because they are getting the physical activity in their school's physical education classes. Most adolescents looked to themselves for motivation; however, they may not be motivating themselves enough because only 21% consumed the right amount of healthy foods.</p>	
<b>Summary Statement</b> This questionnaire was designed to determine if adolescents know the requirements for proper nutrition/exercise, if they met those requirements, and to determine what motivates them to live healthy lifestyles.	
<b>Help Received</b> Dr. Patricia Cantrell (pediatrician) helped develop the idea and was interviewed by the experiment conductor, Mother, Father, school science teacher helped edit papers.	