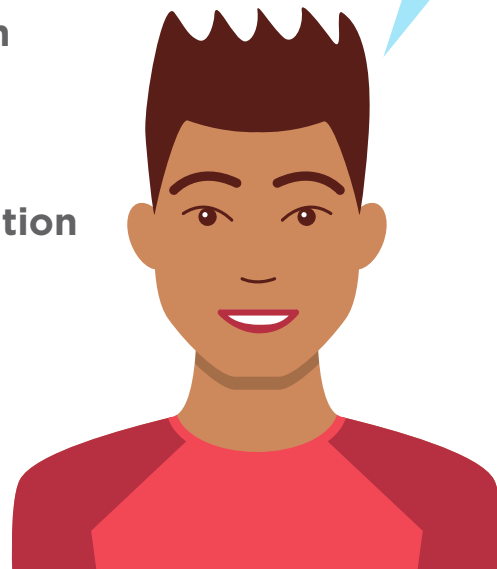


What Drives Healthy Eating Behaviors for Children?

GENYOUth research reveals:

In addition to household income, key predictors linked with healthy eating among youth include:

- ▶ Feeling knowledgeable about nutrition and healthy eating
- ▶ Eating school breakfast
- ▶ Being surrounded by people who care about good nutrition
- ▶ Getting information about nutrition at school
- ▶ Being active in physical education class and over summer breaks
- ▶ Getting encouragement from teachers



Based on an analysis of GENYOUth Insights Youth Eating Behaviors and Nutrition Literacy survey data (2023).