

A high school student got only 4 hours of sleep, so she consumes energy drinks for an energy boost.

Community B

A runner believes that reflective strips looks goofy, so he refuses to wear reflective clothing when running late at night.

Community B

A freshman is in the habit of stopping by a fast food restaurant each day on her way home from school.

Community B

A parent packs school lunches for her child every day and always includes the child's favorite fruits and vegetables.

Community B

Families you work with report that they do not eat meals as a family because of busy or conflicting schedules.

Community B

A middle school basketball team provides only sport drinks, like Gatorade or PowerAde, during games.

Community B

Whenever a group of friends hangs out, they eat potato chips, popcorn, and candy while watching movies and playing video games.

Community B

Pat's friends never wear seatbelts when driving. Pat chooses not to wear a seatbelt when riding with them to avoid feeling out of place.

Community B

A Girl Scout or Boy Scout troop makes sure lights out occur at 10 p.m. each night to ensure that teens get enough sleep.

Community B

A group of high school friends decides to start swimming at their YMCA every weekend.

Community B

For every family gathering your grandma makes and serves her famous cinnamon rolls for dessert.

Community B

Public schools in your county want to serve fresh fruits and vegetables from local farmers, but cannot find affordable products.

Community B

A school has reduced physical education offerings due to budget cuts.

Community B

An apartment complex does not have sidewalks leading to the pool, laundry room, or business office, which encourages residents to drive (rather than walk) to those facilities.

Community B

Your town park holds weekly recreation days at which community kids and teens can participate in soccer, volleyball, and kickball.

Community B

A family living in low-income housing notices unsafe objects and unfamiliar groups of teens in local playgrounds. They decide to keep their children inside to play at all times.

Community B

Companies market sugary snacks and beverages to teenagers in specific ethnic groups.

Community B

Despite signing the Partnership for a Healthier America commitment, a hospital continues to offer sugary soft drinks to patients as their first choice following surgery.

Community B

Laws require drivers and passengers to wear seatbelts to prevent the number of injuries and deaths from accidents.

Community B

Concerns about food waste have increased since a law began requiring public schools to serve healthy meals that include a range of fruits and vegetables each week.

Community B

Your town passes a bill to fund the creation of a new bike path.

Community B

Laws require food companies to list their ingredients on their product labels.

Community B

Your community votes to increase a levy that funds physical education classes at the high school.

Community B

The U.S. Department of Health and Human services releases a series of commercials encouraging youth to get at least 8 hours of sleep each night.

Community B