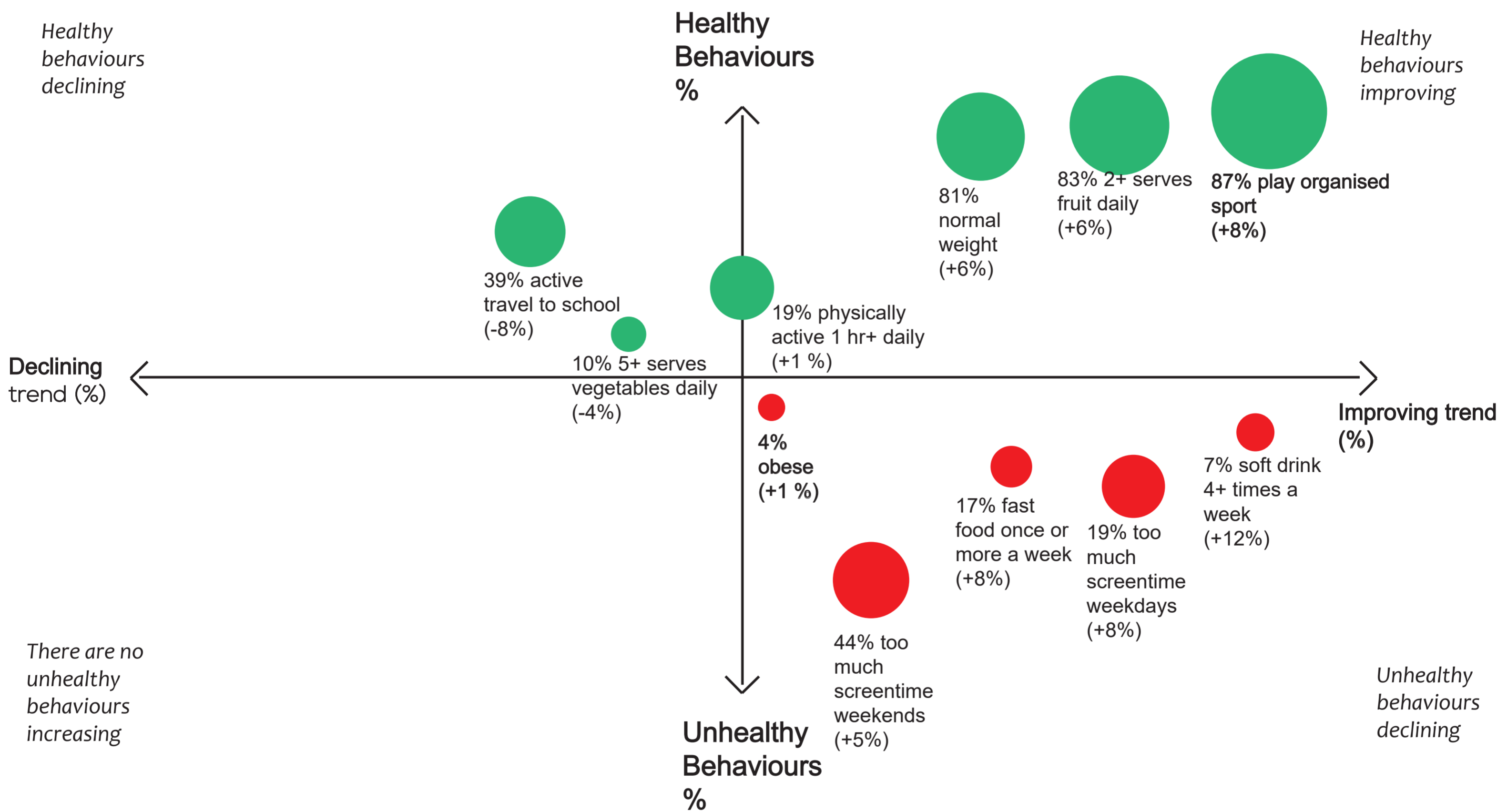
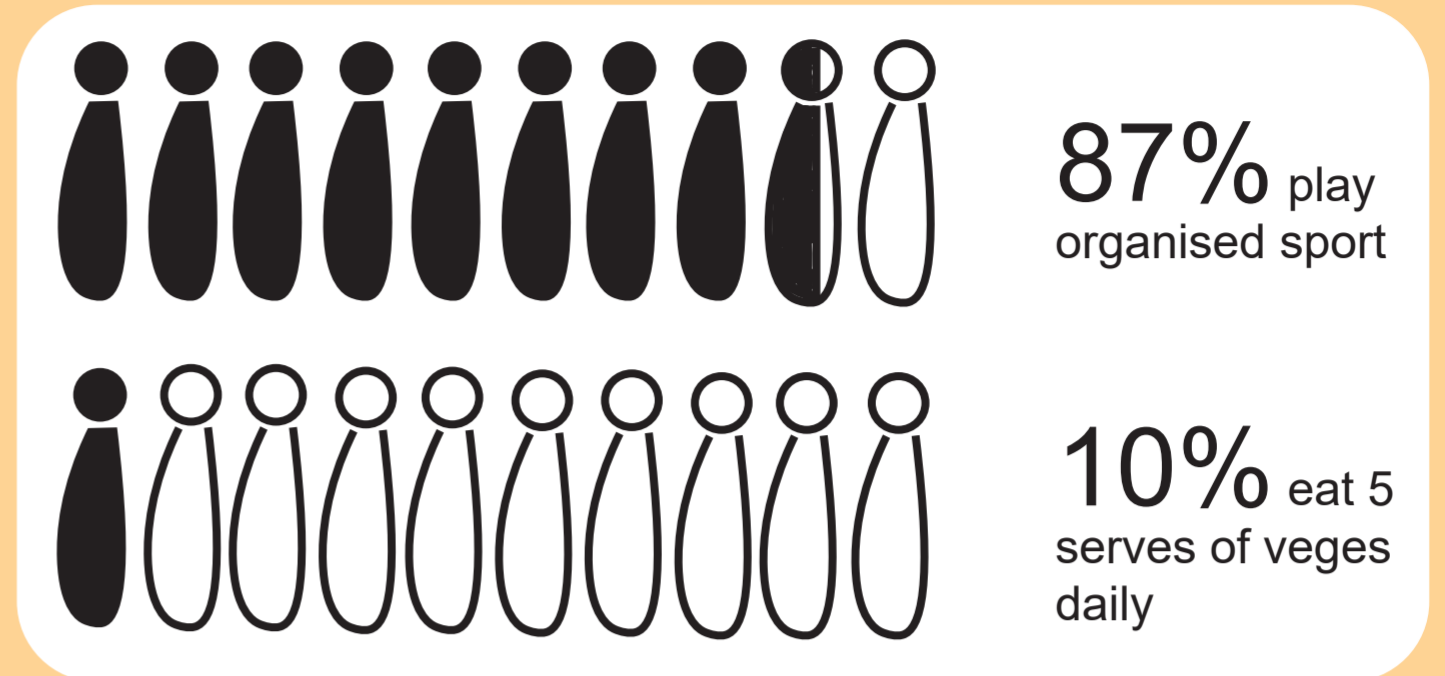


What's happening in our kids's health?

Trends from 2006 to 2018 for nutrition and physical activity of ACT children

Improving trends since 2006 relate to playing organised sport, eating recommended amounts of fruit, and being of normal weight. Some healthy behaviours have declined.

Unhealthy behaviours such as the consumption of soft drink or fast food and exceeding screentime guidelines have also declined.



Differences in behaviours for **Girls** and **Boys**

