


Define statistical question

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All of us consist of many different parts, all of them unique, but nevertheless we all define our inner hero in our particular way. Who are you at the end of the day? PERSONALITY on a scale of 1-10, how much do you like your parents? 5 minute quiz 5 Min PERSONALITY Can we guess your type of intelligence? 5 Minute Quiz 5 Min PERSONALITY Can we guess what childhood game toy you still have? 5 minute quiz 5 Min PERSONALITY Are you snob, introverted or just sad? 5 Minute Quiz 5 Min PERSONALITY What is the worst zodiac sign for you to be around? 6 Minute Quiz 6 Min PERSONALITY How cowboy are you based on these yes or no questions? 5 Minute Quiz 5 Min PERSONALITY Respond to These Fortune Cookies and Will We Guess When You First Got a High 5 Minute Quiz 5 Min PERSONALITY Are You a Cool Mom? 6 Minute Quiz 6 Min PERSONALITY Answer these random questions and we'll guess who you'll be in the future 5 Minute Quiz 5 Min PERSONALITY What kind of weird are you? 5 minute quiz 5 Min How much do you know about dinosaurs? What is octane rating? And how do you use the correct noun? Luckily for you, HowStuffWorks Play is here to help. Our award winning website offers reliable, easy to use explanations about how the world works. From fun quizzes that bring joy to your day, to compelling photos and fascinating lists, HowStuffWorks Play offers something for everyone. Sometimes we explain how things work, other times we ask you, but we are always exploring in the name of fun! Because learning is fun, so stay with us! Playing quizzes is free! We send trivial questions and personality tests to your inbox every week. By clicking Sign Up, you agree to our Privacy Policy and confirm that you are 13 years of age or older. Copyright © 2020 InfoSpace Holdings, LLC, System1 Company Only one in three children is physically active every day.1 Less than 5% of adults participate in 30 minutes of physical activity each day;2 only one in three adults receive the recommended amount of physical activity each week.3 Only 35-44% of adults aged 75 and older are physically active, and 28-34% of adults aged 65-74 are physically active.4 More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities and more than 80% of adolescents do not perform sufficient aerobic physical activity to meet youth guidelines.5 In 2013, research found that adults in subsequent states were most likely to report exercise 3 or more days a week for at least 30 minutes: Vermont (65.3%), Hawaii (62.2%), Montana (60.1%), Alaska (60.1%), Delaware (46.5%), West Virginia (47.1%) were the least likely. Alabama (47.5%). The national average of regular exercise is 51.6%.6 Children now spend more than seven and a half hours a day in front of the screen (e.g. TV, video games, computer).7 Nationwide, 25.6% of people with disabilities reported being physically the usual week, compared to 12.6% of those without disabilities.3 Only about one in five homes have parks within half a mile, and approximately the same number have a fitness or recreation center at this distance.5 Only 6 states (Illinois, Hawaii, Massachusetts, Mississippi, New York and Vermont) require physical education in each year, K-12.22 28.0% of Americans, or 80.2 million people aged six and older are physically inactive.23 Nearly one-third of high school students play video or computer games for 3 or more hours on an average school day.24 Typical U.S. diets exceed recommended intake levels or limits in four categories: calories from solid fats and added sugars; refined grains; sodium; saturated fat.2 Americans eat less than the recommended amount of vegetables; fruits, whole grains, dairy products and oils.2 About 90% of Americans eat more sodium than recommended for a healthy diet.8 Reducing the sodium Americans eat by 1,200 mg a day could save up to \$20 billion a year in medical costs.8 Food available for consumption increased in all major food categories from 1970 to 2008. Average daily calories per person on the market have increased by about 600 calories.2 From 70, an estimated 49.1 million people, including 16.7 million children, have experienced food insecurity (limited availability of safe and nutritionally adequate food) multiple times throughout the year.10 In 2013, residents of these states were most likely to report eating at least five servings of vegetables four or more days a week: Vermont (68.7%), Montana (63.0%) Washington (61.8%). The least likely were Oklahoma (52.3%), Louisiana (53.3%) Missouri (53.8%). The national average for regular consumption of produce is 57.7%.6 Empty calories from added sugars and solid fats contribute to 40% of total daily calories for 2-18 year olds and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, cereal desserts, pizza and whole milk.27 U.S. adults consume an average of 3,400 mg/day [sodium], well above current federal guidance of less than 2,300 mg per day.28 Food safety awareness goes hand in hand with nutrition education. In the United States, food-borne substances affect 1 in 6 individuals and cause approximately 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths each year.29 U.S. per capita total fat consumption rose from about 57 pounds in 1980 to 78 pounds in 2009, with the highest consumption being 85 pounds in 2005.30 U.S. percentage of food-insecure households, those with limited or precarious ability to obtain affordable foods in socially acceptable increased from 11% to 15% between 2005 and 2009.31 Data from 2009-2010 indicates that more than 78 million adults in the U.S. and about 12.5 million (16.9%) children and adolescents are obese.11 Recent reports indicate that by 2030, half of all adults (115 million adults) in the United States will be obese.12 Overweight adolescents have a 70% chance of becoming obese or obese adults.1314 For children with disabilities, obesity rates are approximately 38% higher than children without disabilities. This is getting worse in the adult population, where obesity rates in adults with disabilities are approximately 57 % higher than for adults without disabilities.15 Obesity Then and Now2 Prevalence of obesity in children aged 2 to 5 years – doubled in the early 1970s: 10% Prevalence of obesity in children aged 6 to 11 – quadrupled in early 1970: 4% 2007-08 : 20% Prevalence of obesity in children aged 12 to 19 years – tripled early 1970 : 6% 2007-08: 18% Percentage of obese adults – doubled in the early 1970s: 15% 2007-08: 34% states with adult obesity prevalence rates over 25%; Early 1970s: Zero 2007-08: Almost 45% of children living in poverty are overweight or obese, compared with 22% of children living in households with a four-time poverty income.16 Almost 40% of black and Latino young people aged 2 to 19 are overweight or obese compared to only 29% of white youth.16 Obesity among children in the United States remained around 17% between 2003-2004 and 2011-12.25 between 2003 and 2012; obesity in children aged 2 to 5 years has fallen from 14 % to 8 %-43 % decrease in decades.25 The rate of obesity among children aged 6 to 11 years fell from 18.8 % in 2003-2004 to 17.7 % in 2011-2012; obesity rates in children aged 12 to 19 increased from 17.4% to 20.5% over the same period of time. 25 Obesity-related diseases, including chronic diseases, disability, and death, is estimated to carry an annual cost of \$190.2 billion.17 Forecasts estimate that by 2018, obesity will cost the U.S. 21 percent of our total health care costs - \$344 billion a year.18 Those those who are obese have health care costs that are \$1,429 more than normal weight on average (roughly 42% higher).19 The annual cost of being overweight is \$524 for women and \$432 for men; The annual cost of being obese is even higher: \$4,879 for women and \$2,646 for men.20 Obesity is also a growing threat to national security - surprising 27% of young Americans are too obese to serve in our military. Approximately 15,000 potential recruits fail their physical each year because they are inappropriate.21 The cost of medical care for obesity in the United States is staggering. In 2008 dollars, these costs totaled about \$ 147 billion,26 1. National Association for and physical education. The Fitness Equation: Physical Activity + Balanced Diet = Fit Fit VA: National Association for Sports and Physical Education, 1999. 2 U.S. Department of Agriculture. Dietary Guidelines for Americans, 2010. Available at: . 3 U.S. Department of Health and Health Services. Healthy People 2010. Available at: . 4 Centers for Disease Control and Prevention. CDC behavioral risk factor surveillance survey. Available at: . 5 U.S. Department of Health and Health Services. Healthy People 2020. Available at: . 6 Gallup-Healthways Well-Being Index. Jan. 2-Dec. 29, 2013. Available at: . 7 Rideout, Victoria J., Foeht, Ulla G., and Roberts, Donald F. Generation M2: Media in the Life of 8- to 18-Year-Olds. Rep. 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