

## **Does a Healthier Lifestyle During Adolescence Lead to Educational Success?**

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### **Summary:**

Studies have reported a positive relationship among healthier lifestyles, positive peer relationships, and self-esteem levels in adolescents. However, little information is available on the relationship between healthier lifestyles and academic achievement. As a result, Congress mandated the University of North Carolina at Chapel Hill to collect data measuring the impact of social environment on adolescent health, leading to the prospective cohort study, National Longitudinal Study of Adolescent Health. This study explores the relationship between healthier lifestyles and academic achievement in adolescents via secondary data analysis.

### **Problem statement:**

To determine if an association exists between healthy lifestyles during adolescence, specifically exercise, and long term academic achievement.

### **Round-table questions:**

**Is there a more appropriate way, not used in this analysis, that could identify an association?**

**From what we know about exercise, is this study believable, or should we expect a stronger association?**

**Should focusing on educational attainment and how to promote it be a priority in public health?**