

**B19**

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**Lifestyle Behaviors among Adolescents: assessing the impact of COVID-19 using the Youth Risk Behavior Survey 2019 and 2023**

**Introduction:** Disease prevention through healthy lifestyle behavior promotion continues to be an area of public health focus in the adolescent population. The coronavirus pandemic (COVID-19) affected individual health behaviors in many ways, presenting challenges to continuing health-preserving behaviors. Adolescents were particularly affected by the pandemic, as lockdowns and social distancing measures limited in person participation in school and afterschool activities. We aim to examine changes in diet and physical activity prior to and after the pandemic to identify how youth health behaviors have been affected by the pandemic.

**Methods:** The Centers for Disease Control and Prevention's Youth Risk Behavior Survey (YRBS) is a national, biannual survey used to assess adolescent lifestyle behaviors. The 2019 and 2023 YRBS datasets were used to compare adolescent diet and physical activity behaviors prior to and after the COVID-19 pandemic. Our cohort (n=33,780) included high school students from 9-12th grade from 180 schools across the United States. Chi-square analysis was performed to compare pre- and post-pandemic activity levels, involvement in sports, and fruit and soda consumption.

**Results:** There is a statistically significant difference in fruit consumption ( $p=0.005$ ), soda consumption ( $p<0.001$ ), daily physical activity ( $p<0.001$ ), attendance of physical education class ( $p<0.001$ ) and participation in sports ( $p<0.001$ ) between pre-pandemic and post-pandemic.

**Conclusions:** Our work identifies the current state of adolescent health behaviors as compared to pre-pandemic levels. The results provide opportunities for adolescent re-engagement in healthy behaviors through public health strategies and initiatives.