You probably know that the expression “couch potato” refers to a person who spends most of his or her time watching TV on the couch, rather than doing something more physically strenuous. Take this quiz to see how much you know about our nation’s couch potato tendencies. Fill in the blanks with what you think is the probable answer. Then check the Did You Know? fact sheet to learn the correct answers. You might be surprised!

1. ______ (percentage) of American adults are overweight.

2. One in ___ young people ages 6-19 are overweight.

3. 20 years ago, five percent of American children were overweight. Today, that number has grown to ___ percent.

4. In 1969, 80 percent of children played sports every day. Today, only ___ percent play sports every day.

5. By the time a child reaches age 17, he will have spent ___ percent more time watching TV than being in school.

6. For every additional daily serving of soda a child drinks, her risk of becoming obese rises by ___ percent.

7. The average teenager gets ___ to ___ percent of his daily calories from soda.

8. On days when children eat fast food, they consume an average of ___ more calories than days when they don’t.

9. The average American child eats fast food ___ time(s) every three days.

10. Children are exposed to 40,000 TV commercials each year. Up to ___ percent of them are for food products, the majority of which are unhealthy.

11. For every hour of watching TV a child averages a day, her risk of becoming obese rises by ___ percent.

12. ___ percent of all the vegetables eaten in the United States are French fries.