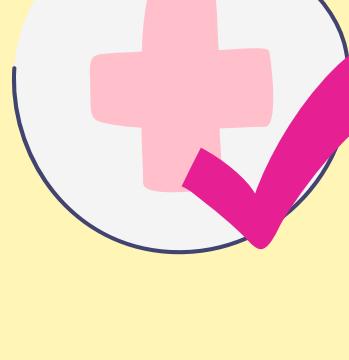


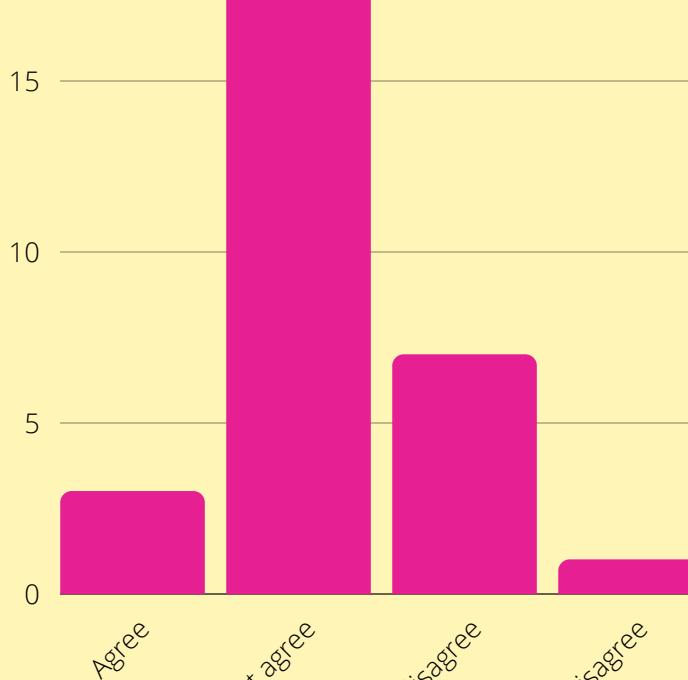
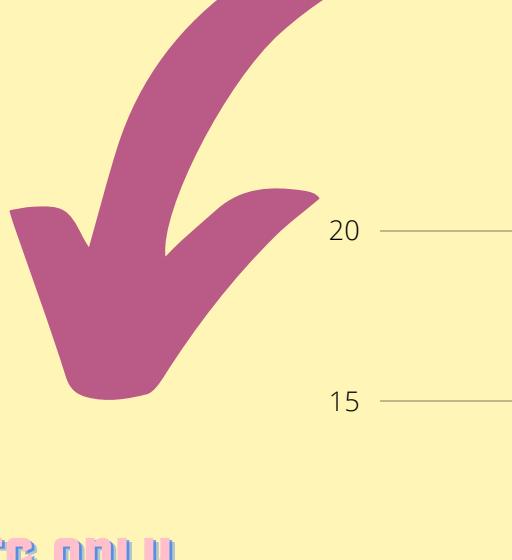
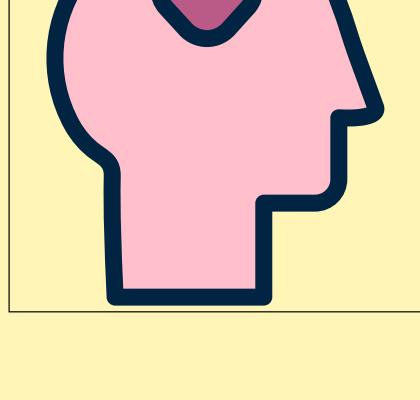
HEALTH, WELLNESS AND SOCIAL MEDIA IN GEN Z



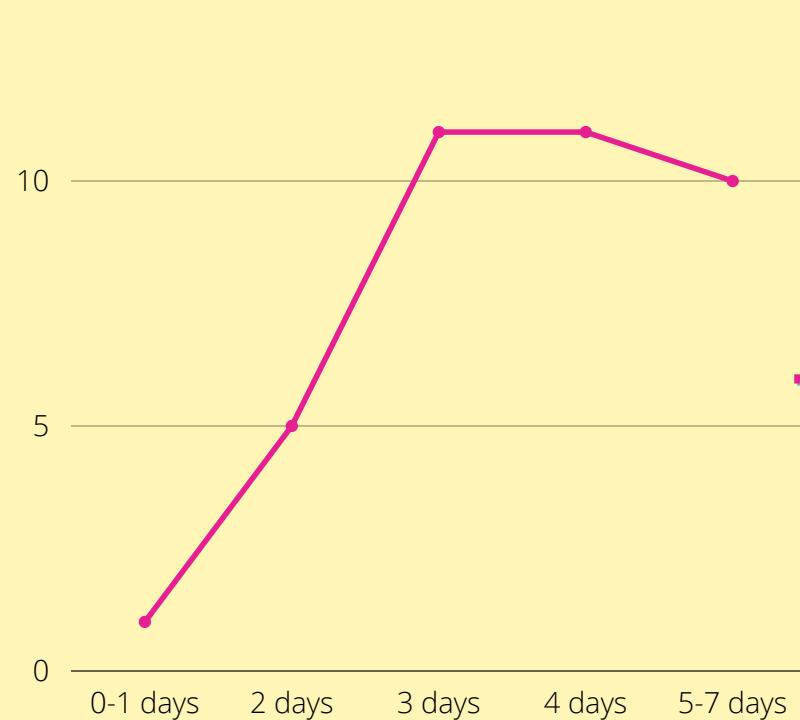
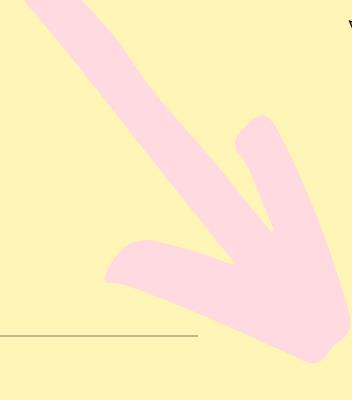
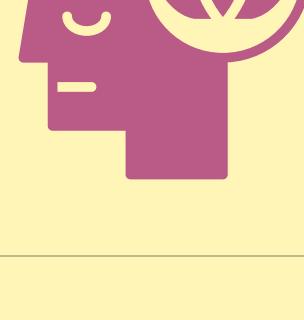
Findings from two surveys of 38 and 54 respondents.



60% OF RESPONDENTS
CONSIDER THEMSELVES TO
BE PHYSICALLY HEALTHY



55% OF PARTICPANTS ONLY
SOMEWHAT AGREED THAT
THEY TAKE CARE OF THEIR
MENTAL HEALTH



MAJORITY OF YOUNG PEOPLE
TOOK PART IN ACTIVITIES THAT
PROMOTE WELLNESS 3-4
TIMES PER WEEK





SNAPCHAT IS THE MOST COMMONLY USED PLATFORM BY GEN Z, FOLLOWED BY INSTAGRAM AND TIKTOK

