



United States adolescent physical health and nutrition facts

Overall health and chronic conditions, ages 12-17, 2007^{PH1}

Percent of adolescents ages 12-17 who:	United States
Parent describes being in	
Excellent/very good health	83%
Good health	13%
Fair/poor health	4%
Have a chronic condition, ^a according to parent	
No chronic conditions	71%
One chronic condition	17%
Two or more chronic conditions	12%

^a Chronic conditions surveyed include learning disability; ADD or ADHD; depression; anxiety problems; behavioral or conduct problems; autism or other autism spectrum disorder; developmental delay; speech problems; asthma; diabetes; Tourette Syndrome; epilepsy or seizure disorder; hearing problems; vision problems; bone or joint problems; and brain injury or concussion. For each condition, parent respondents were asked whether they have ever been told by a health care professional that the adolescent has the condition, and whether the adolescent currently has the condition.

Asthma prevalence among high school students (grades 9-12), 2009^{PH2}

Percent of high school students who:	United States
Have ever been told by a doctor or nurse that they had asthma	
Total	22%
Male	23%
Female	21%

Health insurance status, ages 12-17, 2007^{PH1}

Percent of adolescents ages 12-17 who:	United States
Had health insurance at time of survey, according to parent	90%

Physical activity among high school students (grades 9-12), 2009^{PH2}

Percent of high school students who:	United States
Were physically active at least 60 minutes per day on 5 days or more per week	

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Total	37%
Male	46%
Female	28%
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Attended physical education classes on 1 or more days in an average week	
Total	56%
Male	58%
Female	55%
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Watched television 3 or more hours per day	
Total	33%
Male	33%
Female	32%
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Used computers 3 or more hours per day	
Total	25%
Male	28%
Female	21%

Weight/obesity and eating behaviors among high school students (grades 9-12), 2009^{PH2}

Percent of high school students who:	United States
Are obese ($\geq 95^{\text{th}}$ percentile for body mass index, by age and gender)	
Total	12%
Male	15%
Female	8%
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Described themselves as slightly or very overweight	
Total	28%
Male	23%
Female	33%
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Went without eating for 24 hours or more to lose weight or to keep from gaining weight (during the 30 days before the survey)	
Total	11%
Male	7%
Female	14%



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Fruit, vegetable, and soda intake among high school students (grades 9-12), 2009^{PH2}

Percent of high school students who:	United States
Ate fruits and vegetables 5 or more times per day	
Total	22%
Male	24%
Female	20%
Ate vegetables 3 or more times per day	
Total	14%
Male	14%
Female	13%
Drank a can, bottle or glass of soda or pop at least one time per day (not including diet soda or diet pop)	
Total	29%
Male	35%
Female	23%

Seat belt use among high school students (grades 9-12), 2009^{PH2}

Percent of high school students who:	United States
Sometimes, most of the time, or always wore a seat belt (when riding in a car driven by someone else)	
Total	90%
Male	88%
Female	92%

Data notes and sources

Data from the National Survey of Children's Health have been rounded to the nearest whole number.
N/A: data do not exist on this measure for this state.

^{PH1} **Overall health and health insurance data are from:** Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. (2007). *National Survey of Children's Health*. Portland, OR: Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. Retrieved May 20, 2011, from www.nschdata.org

^{PH2} **High school data are from:** Centers for Disease Control and Prevention. (2010). *Youth Risk Behavior Surveillance Survey - United States, 2009*. Surveillance summaries: MMWR 2010; 59 (No. SS 5). Retrieved February 15, 2011, from <http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>

