Physical health data for Iowa

Overall health and chronic conditions, ages 12-17, 2007[PH1]

Percent of adolescents ages 12-17 who:	Iowa	United States
Parent describes being in		
Excellent/very good health	89%	83%
Good health	10%	13%
Fair/poor health	2%	4%
Have a chronic condition (according to parent)		
No chronic conditions	73%	71%
One chronic conditions	16%	17%
Two or more chronic conditions	11%	12%

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), 2011 [PH2]

Percent of high school students who:	Iowa	United States
Have ever been told by a doctor or nurse that they had asthma		
Total	16%	23%
Male	16%	23%
Female	16%	23%

Health insurance status, ages 12-17, 2007 [PH1]

Percent of adolescents ages 12-17 who:	Iowa	United States
Had health insurance at time of survey (according to parent)	96%	90%

Physical activity among high school students (grades 9-12), 2011 [PH2]

Percent of high school students who:	Iowa	United States
Were physically active at least 60 minutes per day on 5 or more days (during the 7 days before the survey)		
Total	51%	49%
Male	61%	60%
Female	42%	38%
Attended physical education classes on 1 or more days in an average week (when they were in school)		
Total	71%	52%
Male	72%	57%
Female	69%	47%
Played on at least one sports team run by their school or community groups (during the 12 months before the survey)		
Total	64%	58%
Male	68%	64%
Female	60%	53%
Watched television 3 or more hours per day (on an average school day)		
Total	24%	32%
Male	24%	33%
Female	23%	32%
Used computers 3 or more hours per day (on an average school day)		
Total	25%	31%
Male	32%	35%
Female	18%	27%

Physical activity is defined as doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey.

Used computers is defined as having played video or computer games or used a computer for something that was not school work on an average school day.

Weight/obesity and eating behaviors among high school students (grades 9-12), 2011 [PH2]

Percent of high school students who:	Iowa	United States
Were obese		
Total	13%	13%
Male	16%	16%
Female	10%	10%
Described themselves as slightly or very overweight		
Total	31%	29%
Male	26%	24%
Female	36%	35%
Did not eat for 24 or more hours to lose weight or to keep from gaining weight (during the 30 days before the survey)		
Total	14%	12%
Male	10%	7%
Female	18%	17%
Vomited or took laxatives to lose weight or to keep from gaining weight (during the 30 days before the survey)		
Total	4%	4%
Male	3%	3%
Female	5%	6%

Obesity is defined as students who were ≥ 95th percentile for body mass index (BMI), based on sex- and age-specific reference data from the 2000 CDC Growth Charts. BMI is calculated from students' self-reported height and weight.

Fruit, vegetable, and soda intake among high school students (grades 9-12), 2011 [PH2]

Percent of high school students who:	Iowa	United States
Ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)		
Total	31%	34%
Male	33%	37%
Female	29%	31%
Ate vegetables 3 or more times per day (during the 7 days before the survey)		
Total	13%	15%
Male	16%	17%
Female	11%	14%
Drank a can, bottle, or glass of soda or pop one or more times per day (during the 7 days before the survey)		
Total	28%	28%
Male	35%	31%
Female	21%	24%

Vegetables include green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey.

The soda or pop measure does not include diet soda or diet pop.

Data notes and sources

All percentages 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. *National Survey of Children's Health, 2007*. Portland, OR: Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. Retrieved October 10, 2012, from http://www.childhealthdata.org/browse/survey

[PH2] **High school data are from:** Centers for Disease Control and Prevention. (2012). 1991-2011 High School Youth Risk Behavior Survey data. Retrieved October 10, 2012, from http://apps.nccd.cdc.gov/youthonline