



## Physical health data for Tennessee

### Overall health and chronic conditions, ages 12-17, 2007<sup>PH1</sup>

Percent of adolescents ages 12-17 who:	Tennessee	United States
Parent describes being in		
Excellent/very good health	83%	83%
Good health	15%	13%
Fair/poor health	2%	4%
Have a chronic condition (according to parent)		
No chronic conditions	69%	71%
One chronic conditions	16%	17%
Two or more chronic conditions	15%	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<sup>PH2</sup>

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

### Health insurance status, ages 12-17, 2007<sup>PH1</sup>

Percent of adolescents ages 12-17 who:	Tennessee	United States
Had health insurance at time of survey (according to parent)	91%	90%

## Physical activity among high school students (grades 9-12), 2011 <sup>PH2</sup>

Percent of high school students who:	Tennessee	United States
Were physically active at least 60 minutes per day on 5 or more days (during the 7 days before the survey)		
Total	47%	49%
Male	60%	60%
Female	34%	38%
Attended physical education classes on 1 or more days in an average week (when they were in school)		
Total	41%	52%
Male	44%	57%
Female	37%	47%
Played on at least one sports team run by their school or community groups (during the 12 months before the survey)		
Total	54%	58%
Male	59%	64%
Female	48%	53%
Watched television 3 or more hours per day (on an average school day)		
Total	35%	32%
Male	36%	33%
Female	34%	32%
Used computers 3 or more hours per day (on an average school day)		
Total	30%	31%
Male	34%	35%
Female	26%	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<sup>PH2</sup>**

Percent of high school students who:	Tennessee	United States
Were obese		
Total	15%	13%
Male	18%	16%
Female	12%	10%
Described themselves as slightly or very overweight		
Total	28%	29%
Male	22%	24%
Female	35%	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	13%	12%
Male	8%	7%
Female	19%	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	2%	3%
Female	6%	6%

Obesity is defined as students who were  $\geq 95^{\text{th}}$  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 <sup>PH2</sup>

Percent of high school students who:	Tennessee	United States
Ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)		
Total	29%	34%
Male	31%	37%
Female	26%	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	40%	28%
Male	43%	31%
Female	38%	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.

<sup>PH1</sup> **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>

<sup>PH2</sup> **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>

