Physical health data for Utah

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

Percent of adolescents ages 12-17 who:	Utah	United States
Parent describes being in		
Excellent/very good health	90%	83%
Good health	8%	13%
Fair/poor health	2%	4%
Have a chronic condition (according to parent)		
No chronic conditions	74%	71%
One chronic conditions	17%	17%
Two or more chronic conditions	10%	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:	Utah	United States
Have ever been told by a doctor or nurse that they had asthma		
Total	21%	23%
Male	20%	23%
Female	21%	23%

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

Percent of adolescents ages 12-17 who:	Utah	United States
Had health insurance at time of survey (according to parent)	86%	90%

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

Percent of high school students who:	Utah	United States
Were physically active at least 60 minutes per day on 5 or more days (during the 7 days before the survey)		
Total	48%	49%
Male	56%	60%
Female	41%	38%
Attended physical education classes on 1 or more days in an average week (when they were in school)		
Total	55%	52%
Male	59%	57%
Female	51%	47%
Played on at least one sports team run by their school or community groups (during the 12 months before the survey)		
Total	60%	58%
Male	64%	64%
Female	55%	53%
Watched television 3 or more hours per day (on an average school day)		
Total	19%	32%
Male	20%	33%
Female	19%	32%
Used computers 3 or more hours per day (on an average school day)		
Total	19%	31%
Male	25%	35%
Female	12%	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:	Utah	United States
Were obese		
Total	9%	13%
Male	12%	16%
Female	5%	10%
Described themselves as slightly or very overweight		
Total	25%	29%
Male	21%	24%
Female	29%	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	11%	12%
Male	7%	7%
Female	14%	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	6%	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:	Utah	United States
Ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)		
Total	32%	34%
Male	32%	37%
Female	31%	31%
Ate vegetables 3 or more times per day (during the 7 days before the survey)		
Total	15%	15%
Male	16%	17%
Female	14%	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	14%	28%
Male	18%	31%
Female	11%	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