

A publication of Fitness for Youth

Parents “risk” more than kids

The 1997 Michigan Youth Risk Behavior Survey shows Michigan children are right about at the national average when it comes to engaging in risk behaviors. That’s a whole lot better than Mom and Dad. They scored higher than the rest of the country in most categories on a similar test. Could education be making the difference?

Michigan School Health Bulletin, Winter 1998

Exercisers find fountain of youth

At a time when children are becoming less and less active, yet another study is out praising the benefits of physical activity. Researchers at the Cooper Clinic and Aerobic Center recently found that sedentary lifestyles lessen life expectancy more than high blood pressure, high cholesterol levels and obesity.



Prevention Magazine, February 1998

Passive smoke lowers HDLs




Here’s another reason not to smoke. Children exposed to passive smoke could have lower levels of “good” HDL cholesterol than those who are not. Researchers found that HDL levels were 10% lower among children whose parents smoked than those from smoke-free homes.

Circulation, September 1997

Kid Bit

You’ll probably walk about 115,000 miles during your lifetime.

Bernice Kanner



SOMETHING TO PONDER

A Snapshot of American Teens

Alcohol:

- 80.9% have drunk during their life
- 48% drank in the past 30 days

Drug use:

- 32.8% have used marijuana during their life
- 2.2% have used steroids illegally

Eating habits:

- 15.4% ate five or more servings of fruits and vegetables the day before the survey
- 66.2% had two or fewer high-fat foods

Exercise:

- 65.8% exercised three times in past week
- 54.5% stretched
- 51.9% did strength exercises
- 52.1% are enrolled in PE class

Obesity:

- 34.3% think they are overweight
- 40.3% are trying to lose weight

Sex:

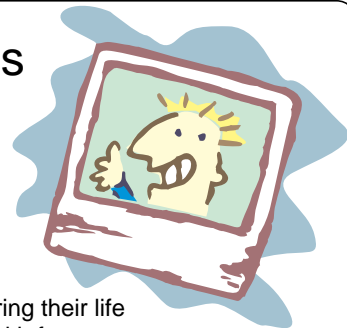
- 53% have had sex during their life
- 18.8% have had sex with four or more partners

Smoking:

- 69% have tried smoking
- 30.5% have smoked at least once in the past month

Suicide:

- 24.1% have seriously thought about committing suicide during the past year
- 8.6% tried to commit suicide during the past year



-Youth Risk Behavior Surveillance—United States, 1993 / March 24, 1995 / Vol. 44 / No. SS-1