



2013 Summary of **477** Interviews with Youth Ages 22-29

## PHYSICAL HEALTH

### SLEEP



**30%** OF YOUTH DO NOT GET THE **SEVEN** HOURS OF SLEEP RECOMMENDED BY THE NATIONAL SLEEP FOUNDATION



HOURS SLEPT IS STEADILY **DECLINING** EVERY YEAR



SHORTER SLEEP DURATION IS A PREDICTOR OF **WEIGHT GAIN**

## INJURIES



**26%** HAVE SUFFERED A SERIOUS INJURY IN THE PAST YEAR



**52%** OF THESE INJURIES ARE SPRAINS, CUTS OR SERIOUS BRUISES



**82%** SEEK MEDICAL ATTENTION AFTER RECEIVING A SERIOUS INJURY



**40%** VISIT HOSPITAL EMERGENCY ROOM



**41%** PAY THEIR INJURY COSTS OUT OF THEIR OWN POCKET

**14%** COULD NOT PAY FOR NEEDED TREATMENTS

## BLOOD PRESSURE



**22%** OF YOUTH ARE AT RISK FOR **HYPERTENSION**

**HYPERTENSION** INCREASES CHANCES OF:

- PERMANENT HEART DAMAGE
- CHANCE OF STROKE
- HEART DISEASE
- FULL HIGH BLOOD PRESSURE SYMPTOMS



### HYPERTENSION

IS A CONDITION WHERE THE BLOOD PRESSURE IN YOUR ARTERIES IS HIGH ENOUGH TO DAMAGE THEM

DIASTOLIC AND SYSTOLIC RANGES FOR HYPERTENSION ARE **140 / 90** OR HIGHER



**30%** OF MALES



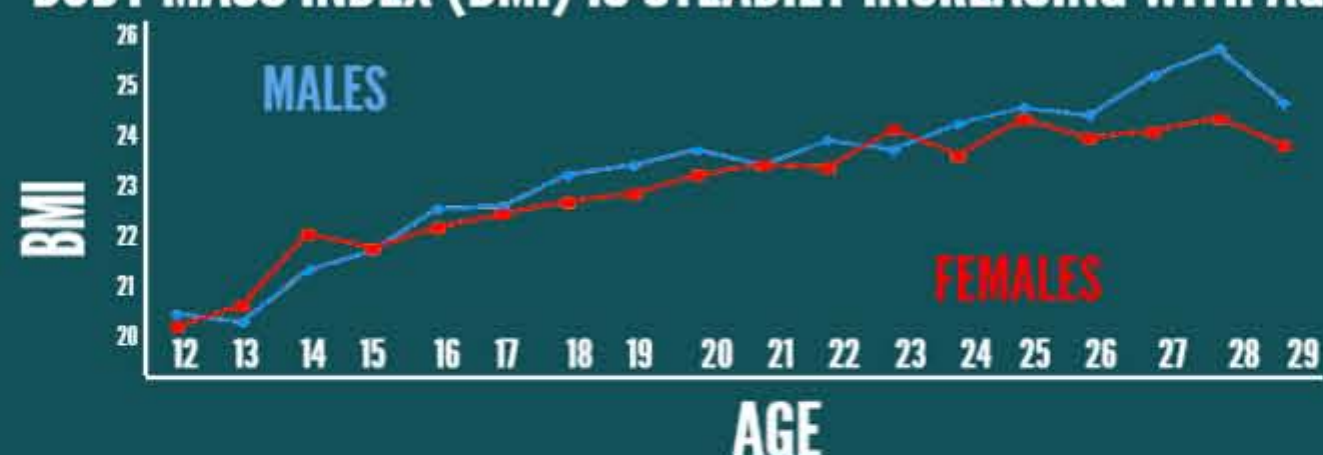
**16%** OF FEMALES

ARE ALREADY SUFFERING FROM HIGH BLOOD PRESSURE AND FULL **HYPERTENSION** SYMPTOMS

## BODY MASS INDEX



BODY MASS INDEX (BMI) IS STEADILY INCREASING WITH AGE



**35%** OF MALES



**27%** OF FEMALES

ARE OVERWEIGHT



**13%** ARE **OBESE**

## PHYSICAL ACTIVITY



PHYSICAL ACTIVITY IS **DECREASING** OVERTIME

% WHO REPORTED ALWAYS EXERCISING 3-4 TIMES PER WEEK BY **YEAR**

2003	66%	2009	42%
2005	55%	2011	35%
2007	48%	2013	36%

## BODY SATISFACTION



FACE - ARE SATISFIED OR VERY SATISFIED **80%** **83%**



MUSCLE - ARE SATISFIED **45%** **32%**



WEIGHT - ARE SATISFIED **47%** **31%**



HEIGHT - ARE SATISFIED OR VERY SATISFIED **74%** **80%**

MALES FEMALES

## NUTRITION



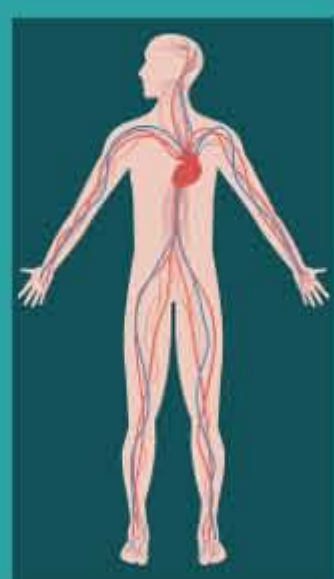
LIMIT THEIR **JUNK FOOD** AND **FAT INTAKE** **40%** **ALWAYS**



EAT A **HEALTHY DIET** THAT INCLUDES **FRUIT AND VEGETABLES**



READ FOOD LABELS



## BODY MODIFICATION



IN THE PAST YEAR **7%** GOT A TATTOO **7%** GOT A BODY PIERCING **18%** WENT TO A TANNING SALON



SUBSTANCE USE



ALCOHOL



CIGARETTES



MARIJUANA



OTHER DRUGS



AGE FIRST USED

~ 14-16

~ 15-16

~ 14-16

~ 16-20

AVERAGE USE PER YEAR

MORE THAN ONCE A WEEK

MORE THAN ONCE A WEEK

A FEW TIMES PER YEAR

A FEW TIMES PER YEAR

% OF YOUTH WHO USED THESE SUBSTANCES AT LEAST ONCE IN THE PAST YEAR

ALCOHOL



CIGARETTES



MARIJUANA



CLUB DRUGS



HALLUCINAGENS



96%

45%

54%

18%

14%

ENERGY DRINKS



23% CONSUMED ENERGY DRINKS MORE THAN ONCE A MONTH

15% CONSUMED ENERGY DRINKS AND ALCOHOL TOGETHER ONCE OR TWICE A MONTH 2% CONSUMED WEEKLY

CONSUMING ENERGY DRINKS AND ALCOHOL TOGETHER CAN CAUSE HEART PALPITATIONS, PROBLEMS SLEEPING, AND ANXIETY OR PANIC



SEXUAL HEALTH



CONDOM USE



NEVER

SOMETIMES

ALWAYS

28%

48%

24%

9% CURRENTLY HAVE CHILDREN OF THEIR OWN



SEXUAL TRANSMITTED INFECTIONS



19% HAVE HAD AN STI IN THEIR LIVES

OF THOSE 8% SOUGHT TREATMENT WITHIN 12 MONTHS OF INFECTION

16% OF FEMALES AND 7% OF MALES HAVE BEEN IMMUNIZED AGAINST HPV



50% HAVE HAD NINE OR MORE SEXUAL PARTNERS IN THEIR LIVES

MOST HAD TWO PARTNERS IN THE PAST YEAR

SOCIAL SUPPORT



70% ARE INVOLVED WITH A LONG TERM PARTNER



20% ARE MARRIED TO THEIR PARTNER AND 10% ARE ENGAGED



63% LIVE WITH THEIR PARTNER



ON AVERAGE MOST RELATIONSHIPS HAVE LASTED 3.5 YEARS OR MORE



HOWEVER 25% ARE IN A NEW RELATIONSHIP LESS THAN 1 YEAR OLD

RELATIONSHIP QUALITY



MOST YOUTH WORRY ABOUT WHAT THEY CAN DO TO MAKE THEIR RELATIONSHIP BETTER

MORE THAN HALF REPORT THAT THEIR PARTNERS...



MAKE THEM HAPPY AND COMFORTABLE

WORK TO STRENGTHEN THEIR RELATIONSHIP

CAN BE RELIED ON AND CONFIDED IN

FEEL LIKE A TEAM



6% HAVE REPORTED RELATIONSHIPS ABUSE

HEALTH CARE



21% DID NOT RECEIVE HEALTH CARE NEEDED BECAUSE OF WAIT TIMES, MONETARY COST, OR WERE TOO BUSY

