

**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** 

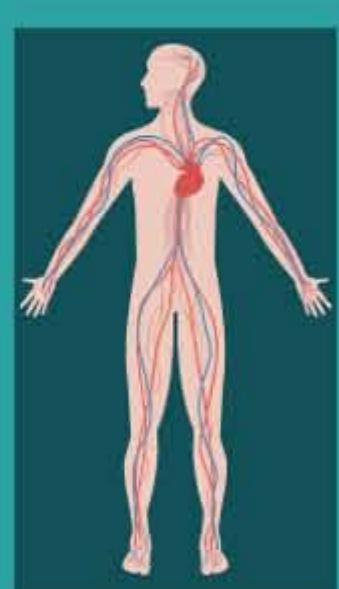
**LIMIT THEIR JUNK FOOD AND FAT INTAKE** **40% ALWAYS**



**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



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



### 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



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

