



A MINUTE OF HEALTH WITH CDC ***Making Healthy Choices***

Youth Risk Behavior Surveillance — United States, 2007

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

A recent CDC study documented what most parents already know - kids don't always make good choices. A national survey of high school students found that many teenagers engage in risky behaviors. Nearly 8 in 10 aren't eating enough fruits and vegetables, one third drink soda or pop daily, and two thirds aren't getting enough exercise. In addition, three fourths had drunk alcohol, and nearly 3 in 10 had ridden in a vehicle with someone who had been drinking alcohol. One in five smoke cigarettes and almost half have engaged in sexual intercourse.

Parents, talk to your children about the importance of making good choices. It could help them enjoy a healthy, happy life.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.