



A MINUTE OF HEALTH WITH CDC

Developing Healthy Habits – Part 2

Youth Risk Behavior Surveillance — United States, 2009

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

Too many high school students are engaging in behaviors that place them at immediate risk for serious health, education, and social problems. A recent CDC study found that three-quarters of students have consumed alcohol, a quarter have ridden with a driver who had been drinking alcohol, and 14 percent have had sexual intercourse with four or more persons. Such behaviors can result in motor vehicle crashes, violence, substance abuse, sexually transmitted diseases, and unintended pregnancy. Communication and education, both at home and at school, are the keys to learning healthy behaviors that help insure our young people live longer, healthier lives.

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

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