



A MINUTE OF HEALTH WITH CDC

Developing Healthy Habits – Part 1

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.

Many high school students have habits or behaviors that are linked to the leading causes of death among adults. A recent CDC study found that nearly half of students smoke cigarettes, more than three fourths didn't eat enough fruits and vegetables, and over 80 percent didn't get enough exercise. Such behaviors can result in severe health problems later in life, including heart disease, cancer, and diabetes. It's important for young people to learn healthy behaviors both at home and at school. Developing good habits early in life, such as a healthy diet, regular exercise, and abstaining from tobacco use, can lead to a longer, healthier life.

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