

## Physical health data for NORTH CAROLINA

### OVERALL HEALTH AND CHRONIC CONDITIONS, AGES 12-17, 2007<sup>PH1</sup>

PERCENT OF ADOLESCENTS AGES 12-17 WHO:	NORTH CAROLINA	UNITED STATES
Parent describes being in		
Excellent/very good health	85%	83%
Good health	12%	13%
Fair/poor health	3%	4%
Have a chronic condition, <sup>a</sup> according to parent		
No chronic conditions	64%	71%
One chronic condition	20%	17%
Two or more chronic conditions	16%	12%

<sup>a</sup> Chronic conditions surveyed include learning disability; ADD or ADHD; depression; anxiety problems; behavioral or conduct problems; autism or other autism spectrum disorder; developmental delay; speech problems; asthma; diabetes; Tourette Syndrome; epilepsy or seizure disorder; hearing problems; vision problems; bone or joint problems; and brain injury or concussion. For each condition, parent respondents were asked whether they have ever been told by a health care professional that the adolescent has the condition, and whether the adolescent currently has the condition.

### ASTHMA PREVALENCE AMONG HIGH SCHOOL STUDENTS (Grades 9-12), 2009<sup>PH2</sup>

PERCENT OF HIGH SCHOOL STUDENTS WHO:	NORTH CAROLINA	UNITED STATES
Have ever been told by a doctor or nurse that they had asthma		
Total	22%	22%
Male	22%	23%
Female	21%	21%

### HEALTH INSURANCE STATUS, AGES 12-17, 2007<sup>PH1</sup>

PERCENT OF ADOLESCENTS AGES 12-17 WHO:	NORTH CAROLINA	UNITED STATES
Had health insurance at time of survey, according to parent	90%	90%

**PHYSICAL ACTIVITY AMONG HIGH SCHOOL STUDENTS (Grades 9-12), 2009<sup>PH2</sup>**

PERCENT OF HIGH SCHOOL STUDENTS WHO:	NORTH CAROLINA	UNITED STATES
Were physically active at least 60 minutes per day on 5 days or more per week		
Total	46%	37%
Male	57%	46%
Female	36%	28%
Attended physical education classes on 1 or more days in an average week		
Total	N/A%	56%
Male	N/A%	58%
Female	N/A%	55%
Watched television 3 or more hours per day		
Total	36%	33%
Male	37%	33%
Female	35%	32%
Used computers 3 or more hours per day		
Total	23%	25%
Male	28%	28%
Female	19%	21%

**WEIGHT/OBESITY AND EATING BEHAVIORS AMONG HIGH SCHOOL STUDENTS (Grades 9-12), 2009<sup>PH2</sup>**

PERCENT OF HIGH SCHOOL STUDENTS WHO:	NORTH CAROLINA	UNITED STATES
Are obese (>=95 <sup>th</sup> percentile for body mass index, by age and gender)		
Total	13%	12%
Male	17%	15%
Female	10%	8%
Described themselves as slightly or very overweight		
Total	28%	28%
Male	23%	23%
Female	33%	33%
Went without eating for 24 hours or more to lose weight or to keep from gaining weight (during the 30 days before the survey)		
Total	N/A%	11%
Male	N/A%	7%
Female	N/A%	14%



**FRUIT, VEGETABLE, AND SODA INTAKE AMONG HIGH SCHOOL STUDENTS (Grades 9-12), 2009<sup>PH2</sup>**

PERCENT OF HIGH SCHOOL STUDENTS WHO:	NORTH CAROLINA	UNITED STATES
Ate fruits and vegetables 5 or more times per day		
Total	17%	22%
Male	18%	24%
Female	16%	20%
Ate vegetables 3 or more times per day		
Total	9%	14%
Male	9%	14%
Female	9%	13%
Drank a can, bottle or glass of soda or pop at least one time per day (not including diet soda or diet pop)		
Total	33%	29%
Male	36%	35%
Female	29%	23%

**SEAT BELT USE AMONG HIGH SCHOOL STUDENTS (Grades 9-12), 2009<sup>PH2</sup>**

PERCENT OF HIGH SCHOOL STUDENTS WHO:	NORTH CAROLINA	UNITED STATES
Sometimes, most of the time, or always wore a seat belt (when riding in a car driven by someone else)		
Total	93%	90%
Male	92%	88%
Female	94%	92%

**DATA NOTES**

Data from the National Survey of Children’s Health have been rounded to the nearest whole number.

N/A: data does not exist on this measure for this state.

**DATA SOURCES**

<sup>PH1</sup> **Overall health and health insurance data are from:** Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. (2007). *National Survey of Children’s Health*. Portland, OR: Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. Retrieved May 20, 2011, from [www.nschdata.org](http://www.nschdata.org)

<sup>PH2</sup> **High school data are from:** Centers for Disease Control and Prevention. (2010). *Youth Risk Behavior Surveillance Survey - United States, 2009*. Surveillance summaries: MMWR 2010; 59 (No. SS 5). Retrieved February 15, 2011, from <http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>

