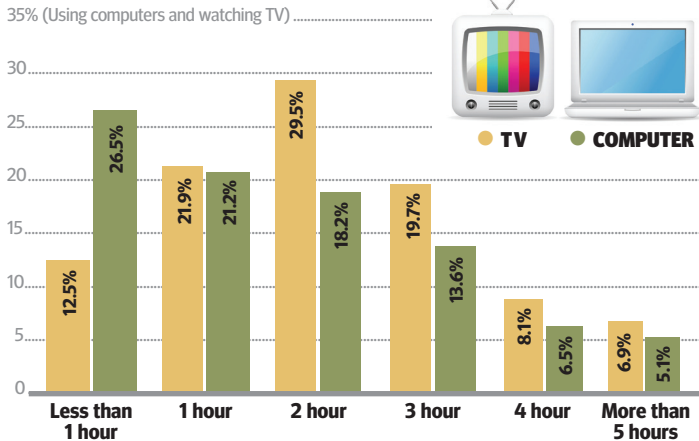


# data dig

// a statistical snapshot of health care //

## Screen Time

Percentage of youth ages 12–15 in the United States reporting daily TV watching and computer use



Source: Centers for Disease Control and Prevention's National Health and Nutrition Examination Survey and NHANES National Youth Fitness Survey, 2012



## Energy Drink Emergencies

Misuse or overconsumption of energy drinks led to twice as many emergency department visits for U.S. youth from 2007 to 2011.

### Number of youth who report they regularly consume energy drinks

Ages 12–17 ..... **31%**  
Ages 18–24 ..... **34%**

### Number of ED visits tied to energy drinks

2007 ..... **10,000 visits**  
2011 ..... **Nearly 21,000 visits**

Source: American College of Medical Toxicology; Advocate Children's Hospital, 2014

## Hot, and Deadly, Cars

**40+** Number of U.S. children who die each year of "vehicular heatstroke" — being left or trapped in hot cars. Tennessee this summer became the first state to protect people from liability for breaking into cars and rescuing kids they think are at risk of heatstroke.

Source: National Highway Traffic Safety Administration; Robert Wood Johnson Foundation's *New Public Health* post, July 21, 2014

## Good News on Teen Smoking

**15.7%**

Current smoking rate among U.S. high school students, the lowest in 22 years. It meets the national Healthy People 2020 objective of reducing adolescent cigarette use to 16% or less.

Source: Centers for Disease Control and Prevention, June 2014

## Eat Your Veggies!

The Dietary Guidelines for Americans, 2010, encourages people to increase their consumption of fruits and vegetables.

Sources: Centers for Disease Control and Prevention's National Health and Nutrition Examination Survey, 2009–2010

**92%**

Percent of youth ages 2–19 who consumed vegetables on a given day

**77.1%**

Percent of youth ages 2–19 who consumed fruit on a given day

