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## News Release

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John R. Kasich / Governor  
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**FOR IMMEDIATE RELEASE**

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### **SURVEY: OHIO TEENS ENGAGE IN HEALTHY BEHAVIORS**

COLUMBUS – Results of the newest Youth Risk Behavioral Survey (YRBS) released today by the Ohio Department of Health (ODH) show that Ohio’s teens know it is important to stay safe on the road, but are still not making the best choices when it comes to food and physical activity.

Eighty-three percent of Ohio teenagers wear their seat belts when riding in a car, and 79 percent report they do not ride with other teens who have been drinking, according to the 2011 YRBS.

“This survey shows that prevention education efforts that have long been integrated into health programs seem to make an impact on teens health behaviors,” said ODH Director Ted Wymyslo, M.D. “There is still more work that needs to be done to encourage healthy eating habits among our youngsters.”

When looking at dietary behaviors most teens are not practicing healthy nutritional habits. Only 7.2 percent of Ohio teens report eating fruits or vegetables two or more times daily as recommended and 30 percent report a weight and height that classify them as overweight and obese.

Other key findings of the YRBS include:

- 62% of teens do not drink alcohol
- 78.9 % said they don’t smoke cigarettes
- 92% of Ohio teenagers report that they did not drink and drive in the past month
- 85% say they have at least one adult they feel comfortable seeking help with a problem
- 60% of Ohio teenagers report seeing a doctor for a checkup in the past year
- 32% report eating seven or more meals with their families during an average week
- 45% of Ohio teenagers report they have never had sexual intercourse

The 2011 YRBS questioned 1,442 Ohio students in grades nine through 12 and focused on 11 major categories: youth development; injury; violence; mental health; tobacco; alcohol; illegal drugs and prescription drug abuse; sexual behaviors; nutrition; physical activity; and preventive health care.

Learn more on the ODH website [www.odh.ohio.gov](http://www.odh.ohio.gov) and visit the [YRBS page](#).