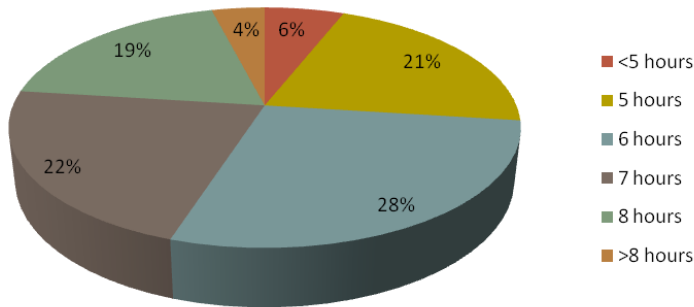
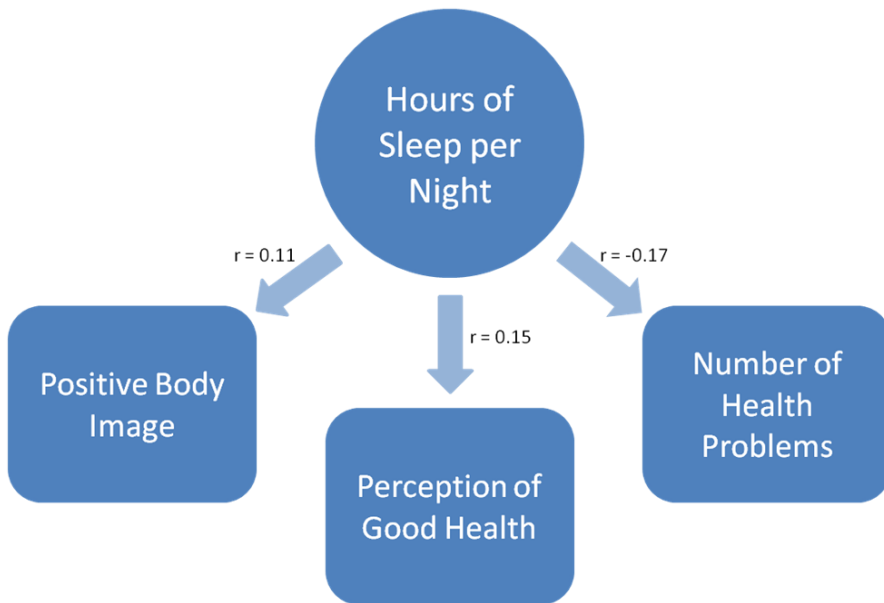


Findings: *Health Behaviors*

How many hours of sleep do you get per night?

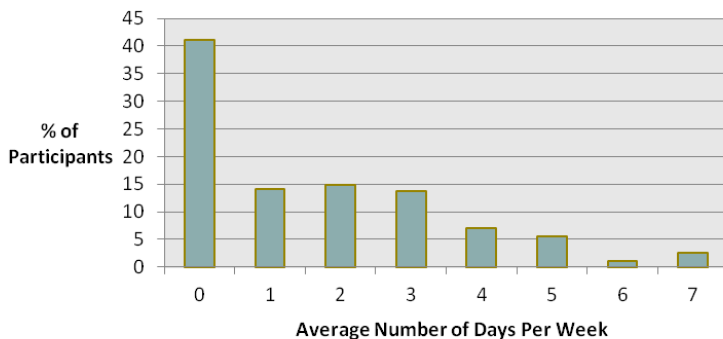


Forty-one percent of participants got the commonly recommended 7 to 8 hours of sleep per night. However the majority, 55%, reported getting 6 hours of sleep or less per night.



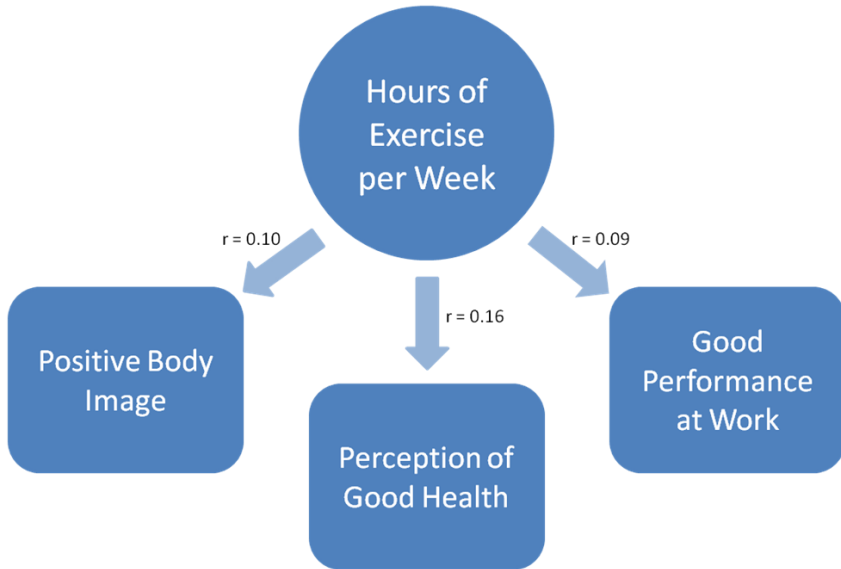
The diagram to the left illustrates that sleeping more is correlated positively with having a positive body image and with a perception of being in good health, and negatively with self-reported health problems. While we cannot prove that getting a good night’s sleep causes these beneficial outcomes, it is likely that it contributes to greater well-being. [Click here](#) for more information about understanding correlations.

How many days a week do you exercise vigorously?



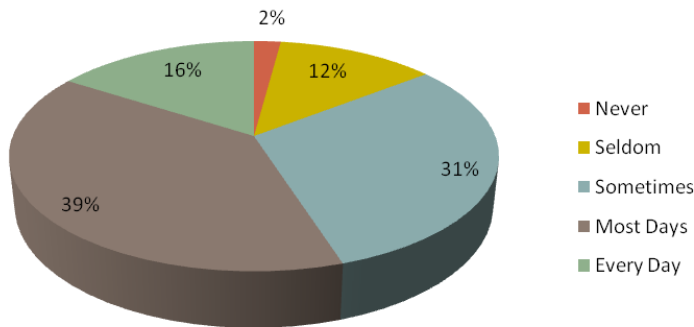
Over 40% of participants in the Community Youth Study reported that they did not exercise vigorously on a weekly basis. The other 59% reported that they worked out at least one day a week.

Findings: *Health Behaviors*



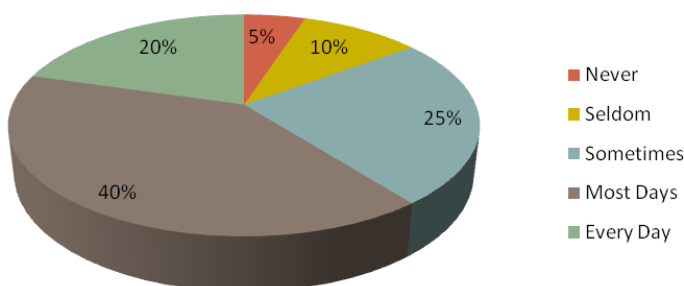
This diagram shows that exercise is related to a number of positive outcomes, including satisfaction with one’s body, good performance at work, and feeling in good health. While we cannot claim that exercise leads to these positive outcomes, we think it is likely that it contributes to psychological and physical well-being. [Click here](#) for more information about understanding correlations.

Healthy Diet: How often do you eat fruit?



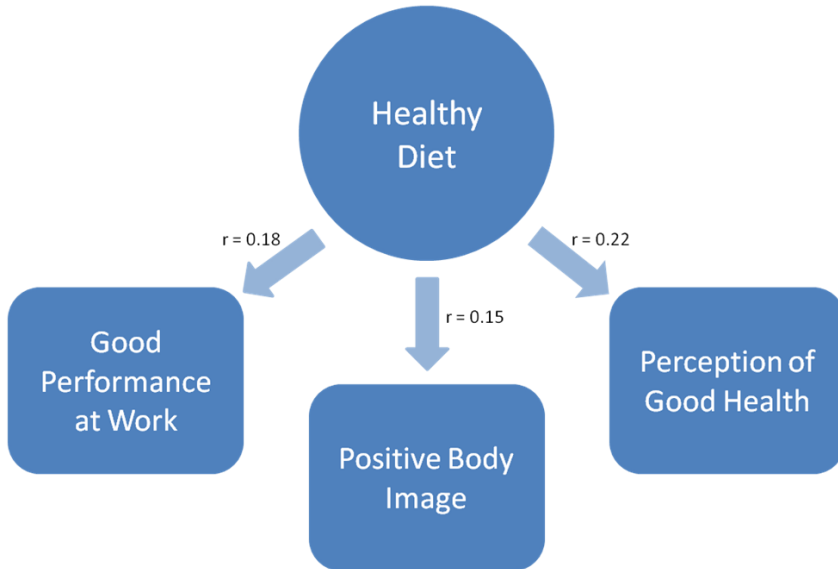
The majority of participants (55%) indicated that they eat fruit regularly, while only 2% said that they “never” eat fruit.

Healthy Diet: How often do you eat green vegetables?



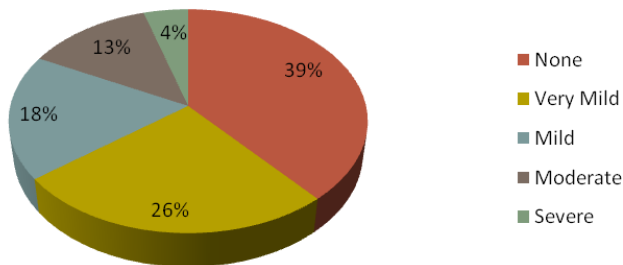
Sixty percent of participants reported regularly eating green vegetables. This is slightly more than the 55% who reported regularly eating fruit in the previous chart.

Findings: *Health Behaviors*



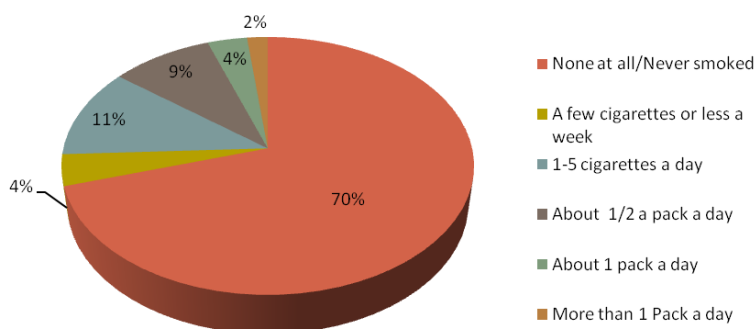
This diagram shows that a healthy diet is associated with a number of beneficial outcomes, including higher work performance, having a more positive body image, and feeling healthy. Comparing the “r” values for all of the variables, one can see that “Perception of Good Health” has the strongest relationship with a healthy diet. [Click here](#) for more information about understanding correlations.

How much bodily pain have you had during the past 4 weeks?



Fortunately, the majority of our sample (65%) reported very mild or no pain over the 4 weeks prior to participating in the study. Seventeen percent were bothered by moderate to severe pain.

How many cigarettes did you smoke in the past 30 days?



Seventy percent of CYs participants did not smoke at the last wave of data collection. Six percent smoked a pack or more per day.



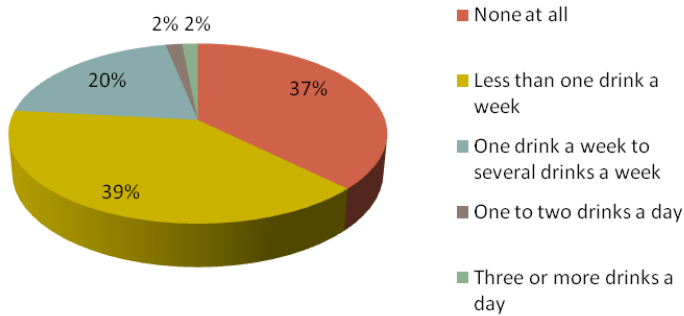
Findings: *Health Behaviors*

**Top Five Reasons for Wanting to Quit Smoking
(among participants who have ever smoked)**

Reason	Percentage of Participants who Endorsed this Item
You are concerned about smoking causing health problems in the future	90
Your children strongly object to your smoking	67
You are concerned about the effect of passive smoke on others	62
You don't like the taste or smell	53
Smoking is too expensive	51

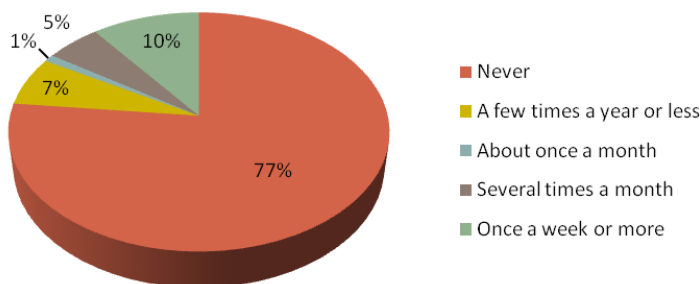
For the 49% of participants who reported ever having smoked, the most commonly cited reason for wanting to quit was health concerns, and the next two most common reasons for wanting to quit were related to the impact of smoking on the people around them.

How many drinks have you had in the past 30 days?



Most participants indicated that they drank at least one alcoholic beverage in the past 30 days, with the majority having less than one drink a week. Only 4% said that they drank alcohol every day.

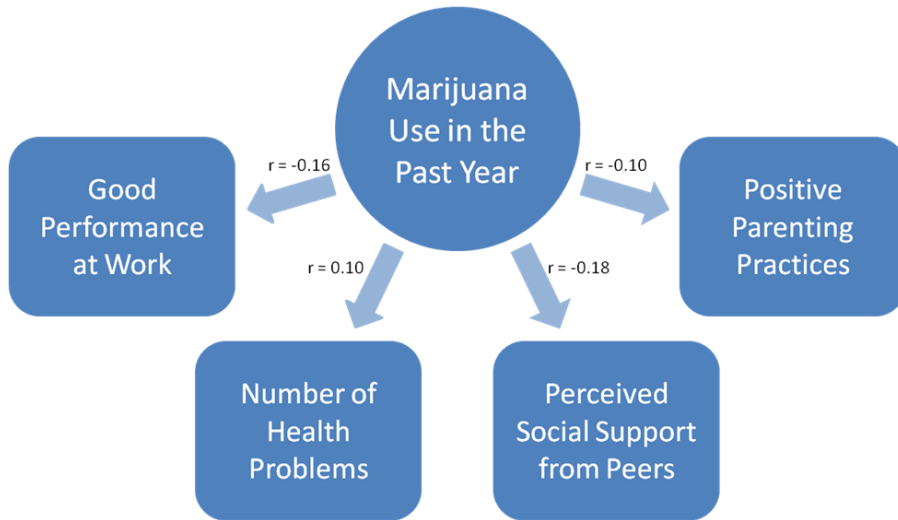
In the past year, how often have you used marijuana?



Marijuana use was not prevalent among our sample; 77% percent reported no use in the past year. Among those who did report using marijuana, the largest group (10%), reported using marijuana once a week or more.



Findings: *Health Behaviors*



Marijuana use reported in the last year is correlated with a number of negative outcomes, including a greater number of health problems. The negative correlations indicate that participants who used more marijuana in the previous year reported fewer positive parenting practices (such as frequently praising one’s child, giving one’s child a lot of care and attention, and being easy to talk to), worse work performance, and less perceived social support from friends. [Click here](#) for more information about understanding correlations.