

A Minute of Health with CDC

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This podcast is presented by the Centers for Disease Control and Prevention.
CDC – safer, healthier people.

“All youth are reckless beyond words,” said the ancient Greek poet Hesiod. And while there are certainly many who would agree with him, a recent study by the CDC shows that over the last 15 years, fewer high school students are engaging in risky or reckless health behaviors.

For example, high school students appear to be getting the message to buckle up. Since 1991, there’s been a dramatic decline in the number of high school students who say they rarely or never wear a seatbelt when riding in a car.

The study also shows a drop in the percentage of high school students drinking alcohol.

Other good news to report--the percentage of high school students having sex has also decreased. In 2005, less than half of the kids surveyed said they’d ever had sex. And of those who had, an increasing number reported using condoms.

So before labeling today's high school students as reckless, take a look at the results of CDC’s Youth Risk Behavior Survey—we *are* making progress in reaching youth about positive health choices.

Be sure to join us next week on A Minute of Health with CDC.

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