

GUTS!

2002's News & Clues
from the Growing Up Today Study



You've Got

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You Rule

As the Growing Up Today Study heads into its 6th year, we want to **thank you** for participating in the study. We know you lead a busy life, so we really appreciate the time you take to fill out the GUTS survey every year.

With the information you've given us so far, we've been able to expand the focus of the study and explore such important issues as sexuality, drug use, and dieting. Many of our findings have made **national news**, and we're excited to be working with you to advance adolescent health.

On the next few pages, you'll find facts and tips that can help you stay on top of everything from quitting smoking to eating right. We hope this information will help you make the choices that are right for you. In the meantime, thank you again for being such an important part of the Growing Up Today Study.

Thank You...

Don't

Bring

Me

Down



Quick Fix

As soon as people **quit smoking**, their bodies—and budgets—start to fix themselves.

In the first HOUR:

- Circulation starts to improve
- Body gets more oxygen

In the first DAY:

- Breathing is easier
- Heart rate goes back to normal

In the first WEEK:

- Sense of taste and smell get better
- Chance of having a heart attack goes down
- You save **\$25** from not smoking

In the first MONTH:

- Exercising gets easier
- Circulation gets a lot better

In the first YEAR:

- Skin looks healthier
- Energy levels go up
- You save **\$1300** from not smoking

Alcohol: “Pouring” Over the Facts*



- A can of beer, glass of wine, and shot of liquor all have about the same amount of alcohol.
- When adolescents drive after drinking, they're more likely than adults to get in a crash, even if they've had less to drink.
- People are more likely to be victims of serious crimes, like assault or rape, if they've been drinking.

Cruise Control**

More than 4,500 adolescents died in car crashes in 2000.

- ◀ About half were driving at the time of the crash. Most of the others were riding in cars driven by adolescents.
- ◀ More than 20% of those who died at the wheel were legally drunk.
- ◀ Guys were twice as likely as girls to die in crashes—and twice as likely to be driving drunk.
- ◀ Almost half of the fatal crashes occurred after 9 o'clock at night.



Stay on Top

Get the Info!



Need to Know

Get the latest on the issues that matter to you!

Teen Life

www.teengrowth.com

Sexuality & Relationships

www.siecus.org/teen
www.teenwire.com

Quitting Smoking

www.quitnet.com

Weight Concerns and Eating Disorders

www.nationaleatingdisorders.org

Depression and Suicide

The Hopeline Network:
1-800-SUICIDE (1-800-784-2433)
A 24-hour toll-free hotline.

Alcohol

www.thecoolspot.org

Drugs

www.freevibe.com

Fact: A third of all STDs occur in people under age 25.

- The only way to completely prevent STDs is to abstain from sexual contact.
- STDs are spread by sexual contact, including oral sex.
- For those who are sexually active, latex condoms offer the best protection against STDs.

Fact: Most people who have an STD don't have any symptoms.

- This year, 1 in 4 sexually active teens will get an STD.
- People who have STDs and don't have symptoms can still pass the disease on to their partners.
- The only way to know for sure if you have an STD is to get a test from a health care provider.

Fact: Some types of birth control are better at preventing pregnancy than others.

- Here is the percentage of women who will get pregnant in the first year of using...



- The effectiveness of any type of birth control depends on it being used consistently and correctly.

Being at Your Best...

... means getting at least **30 minutes of physical activity a day.**

Based on your survey responses, more than 85% of you are already doing that.

Here are the **top 5** things you're up to:

- Walking
- Running
- Biking
- Basketball
- Strength Training



on GUTS

Getting a Grip

With six years of GUTS surveys under your belt, you probably feel like you know the study inside and out. But GUTS is more than just a survey. Here's the inside scoop on **what it's really all about**.

The Point

The main goal of GUTS has always been to understand how diet and exercise influence weight over time. We're still studying that, but we're also looking at a lot of other things, like why adolescents start smoking, what influences their body image, and how they make decisions about sex.

A Higher Purpose

What we learn from GUTS has the potential to shape kids' lives in the future. For example, if we found that eating breakfast helped kids concentrate better, more schools might start breakfast programs. Or if we learned what foods might prevent acne, pediatricians could change the diets they recommend for teens. By participating in GUTS, you're making a huge impact on the future of adolescent health.

You Matter

With some 16,000 participants, GUTS is one of the largest studies ever of adolescent health. But even with all of those study participants, **you are still incredibly important** to our study. Your perspective on being a young adult is unique, and we want your voice to be heard.

Survey Savvy

Whether you fill out the survey on paper or on the web at www.gutsweb.org, we want to hear from you. Remember, everything you report on your survey is **confidential**: we do not share it with anyone. We appreciate the trust you've shown in us so far, and we will not do anything to risk losing that.

Media Play

From Washington to St. Louis, GUTS has been making news across the country. Here are just a few of the newspaper headlines we've seen lately that highlight our findings:

Studies Rub It In: The USA Needs to Use Sunscreen

—USA Today

The Obesity-Asthma Connection

—Washington Post

Reinventing the Family Meal

—Chicago Sun Times

Fashion Magazines Can Give Girls False Ideas About Weight

—St. Louis Dispatch

Being a vegetarian means different things to different people. Some vegetarians don't eat any animal-based foods (including eggs and dairy products), while others simply avoid eating red meat.

Here's what the vegetarians in GUTS said they **don't** eat:

RED MEAT	96%
FISH	54%
POULTRY	51%
EGGS	18%
DAIRY	8%

Eating a plant-based diet can be very healthy, but it also requires taking some extra steps to make sure you're getting enough iron, calcium, and protein. For more info about eating a balanced vegetarian diet, visit www.vrg.org/nutrition/teennutrition.htm.

Vegetarian Variety

