

Growing Up Today Study

Newsletter

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Thanks to all of you who took time last year to complete the 1998 Growing Up Today Study survey. It's almost time for you to fill out the next one! That's right, the 1999 questionnaire will be coming sometime in September, so watch for it in the mail. The questionnaire is MUCH different this year. We have added in some new questions and, as promised, the foods section is a lot shorter. We would again like to thank you for your continued participation over the past three years. Look inside for results and statistics from the 1998 survey!



So what new questions will be on the 1999 questionnaire? In response to your requests, we have added questions about:

- Pets
- Depression
- Stress
- Sunburns
- Acne
- Drugs
- Dieting
- Music

Facts about the kids in GUTS . . .

5 most popular Activities/Sports:

Walking
Swimming
Running/Jogging
Biking
Basketball

Most popular for Girls:

Walking
Swimming
Running/Jogging

Most popular for Boys:

Walking
Hard Work Outdoors
Biking



Random Stats:

21% of you listed animations (like South Park and King of the Hill) as the kinds of TV shows you watch most.

Most popular type of magazine for girls: Teen magazines
Most popular type of magazine for boys: Sports magazines

The top three types of cereals are Cheerios, Frosted Flakes, and Clusters.

36 % of you say you use multivitamins like Flintstones or Centrum.

Types of schools you attend:

- 78% of you go to public school
- 19% of you go to private school
- 2.2% of you go to an all boys or all girls school
- 1.7% of you are home schooled
- 0.3% of you go to boarding or military school

* Percentages add up to more than 100 because you were allowed to choose more than one response.



How Many of You are Using Tobacco?

Do you think a lot of teenagers smoke? Not so. Check out the tobacco facts for GUTS teens.

	GIRLS	BOYS
Smoked cigarettes in the past year	14%	12%
Used chewing tobacco in the past year	1%	3%
Have ever smoked a cigar	7%	13%

Some Facts About Young People & Tobacco

- Most people who use tobacco start using it before they finish high school. This means that as you stay smoke-free in school, you will probably never smoke.
- Most teens who smoke are addicted to nicotine. They want to quit smoking but they can't.
- Cigarette advertisements are designed to make people think that smoking is cool and that everybody does it. These misleading ads appear to increase kids' risk of smoking.
- Here's some good news. Kids who warn each other about the dangers of smoking, and programs that make it harder for stores to sell cigarettes to kids are helping to keep kids away from tobacco.

Centers for Disease Control & Prevention



To find out more about young people and tobacco, check out these web sites:

- CDC's Tips for Teens www.cdc.gov/tobacco/tipsteen.htm
- NCI's Smoke-Free Kids www.smokefree.govinfo.html
- ACS's Anti-Smoking Resource www.cancer.org/smokeout

www.com
www.co
www.

Q & A

WHY DO YOU ASK ALMOST THE SAME QUESTIONS EVERY YEAR? IT SEEMS SO REPETITIVE.

This year's survey will have lots of new questions on it. But there are some questions we must ask over and over again because you are at a period in your life when you are going through constant changes. So how you respond to a question one year will likely be different from how you respond the next.

I'VE FILLED OUT THE GUTS QUESTIONNAIRE 3 YEARS IN A ROW. WHAT ARE THE RESULTS SO FAR?

We are looking at a bunch of different things from the information you have given us. You might have already seen some of the results in your local newspaper. Below you will find a summary of our findings on two topics. We will keep you informed about more results through email updates and the next newsletter.

DO KIDS WHO EAT DINNER WITH THEIR FAMILY HAVE BETTER DIETS?

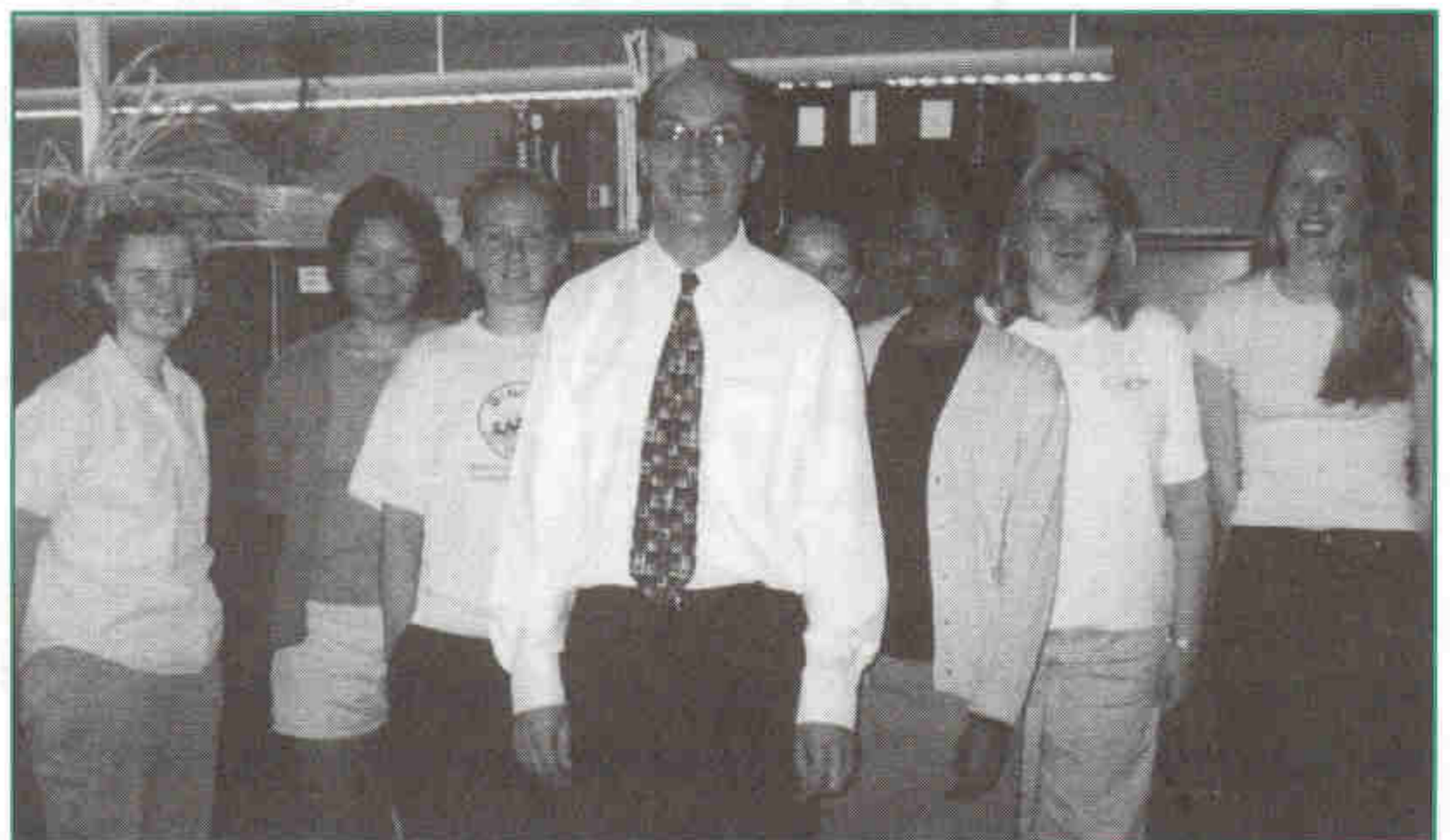
For G.U.T.S. kids, the answer is yes. In the very first questionnaire, each of you answered a question about how often you eat dinner with members of your family. From your responses, we were able to determine that girls and boys who have family dinner eat more fruits, vegetables, and other healthful nutrients such as fiber, calcium, and iron. They also eat less animal fat, drink less soda, and have fried foods less often.

ARE OVERWEIGHT YOUNG PEOPLE MORE LIKELY TO HAVE ASTHMA?

Since the beginning of the study, we have been asking you to tell us your height and weight. We have also asked you if you have been diagnosed with asthma. By comparing your answers to these questions, we see that heavier G.U.T.S. kids are more likely to have asthma. We don't exactly know why this is true. People might become overweight because they have asthma, or they might develop asthma because they are overweight.

PROFILE GARY CHASE & THE SURVEY CODERS

These are some of the people who check over each of the surveys you send to us. In the middle is Gary Chase - the guy who coordinates everything. Around him are the "Data Coders". They do things like check to make sure that no pages have accidentally been skipped and read any notes or comments that you write. If a coder finds you've written a good comment or question on a questionnaire, he or she passes it on to Gary and the study investigators. The investigators then consider making changes to the questionnaire based on your comment or question.



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