

## Youth Obesity Awareness Quiz

1. Put the following causes of death in order from the cause that kills the most people to the cause that kills the least:
  - \_\_\_\_\_ Alcohol abuse and misuse
  - \_\_\_\_\_ Diet and physical inactivity
  - \_\_\_\_\_ Illicit use of drugs
  - \_\_\_\_\_ Sexual behavior
  - \_\_\_\_\_ Use of tobacco products
2. What percentage of overweight children, ages 5-10, have one or more risk factors for heart disease (e.g., high cholesterol, high blood pressure or diabetes risk factors)?
  - a. 15%
  - b. 30%
  - c. 60%
  - d. 90%
3. Since 1980, how much has the rate of obesity increased among children and adolescents?
  - a. 25%
  - b. 50%
  - c. 100%
  - d. 200%
4. The childhood obesity epidemic has been linked with an unprecedented outbreak of what disease among young people?
  - a. Psoriasis
  - b. Type 2 Diabetes
  - c. Type 3 Diabetes
  - d. Acute Acne
5. On average, how many teaspoons of sugar per day do US teens get from soft drinks?
  - a. 5
  - b. 10
  - c. 15
  - d. 5
6. Nationally, what percentage of high schools provide daily PE classes for all students?
  - a. 6%
  - b. 12%
  - c. 20%
  - d. 40%

### ANSWERS:

1) 1- tobacco, 2- diet and physical inactivity, 3- alcohol abuse/misuse, 4- sexual behavior, 5- illicit use of drugs; 2) C; 3) C; 4) B; 5) C; 6)

### SOURCES:

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