

Health-Risk Behaviors and Academic Achievement

HEALTH-RISK BEHAVIORS	NUMBER OF STUDIES	LONGITUDINAL CROSS-SECTIONAL	MEASURES USED FOR ACADEMIC ACHIEVEMENT	STUDIES REPORTING AN INVERSE ASSOCIATION BETWEEN HEALTH-RISK BEHAVIORS AND ACADEMIC ACHIEVEMENT
Violence-Related Behaviors	32	Longitudinal 18 Cross-Sectional Range of length	*3\$JUDGHVVWDEG DUGHG WHVWVFRUHVJUDGH UHWVVRVVDHDFHUUUDWHG HGFDWRVVDVJHPHV HGFDWRVVDVJHPHV DGRUHGFDWRV DWWDDPHV	31 of 32 KRDVWGVKDWGLGRWUHSRUWDDUVH DVVRFLDWLRQHWVDFDGHPLDFKLRPHV DEHLDFWLPRIROHFHGLKRRHU UHSRUWDDVVRFLDWLRQWVVEVHTVWSRRU VFKRRDWWHGH
Tobacco Use	28	Longitudinal 23 Cross-Sectional Range of length	*3\$JUDGHVVWDEG DUGHG WHVWVFRUHVJUDGH UHWVVRVVDHDFHUUUDWHG HGFDWRVVDVJHPHV DFDGHPLFVWUHDPH VFRDGRUFRUHJH MVHVRV	28 of 28 DOWKHVWGLHVUHSRUWHGDUVUHVHODWLRV EHVHVRHRIWREDFRLEOGLVPRNHVV WREDFRDFDGHPLDFKLRPHV
Alcohol and Other Drug Use (AOD)	44	Longitudinal 23 Cross-Sectional Range of length	*3\$JUDGHVVWDEG DUGHG WHVWVFRUHVJUDGH UHWVVRVVDHDFHUUUDWHG HGFDWRVVDVJHPHV FVVURRPGMVWPHVVR WHDWVHVRV JUDGDWRVFRV JUDGDWRVFRV*FRUHJH SDVFRVJHJHVDGRU DWWDDPHVVRIDFRUHJH GHJHJH	43 of 44 FRVWVHVVILGLRIDOOHFHSWRVRIWKH VWGLHVVDVUHVHVVVRFLDWLRQHWVH DFDGHPLDFKLRPHVDFGLWKHUELHGULNL GULNLWRJHVGUNVLLKDDVVPDULMD RWKHULOOFLWGUVDGRUPLVLSUHVFULSWLR PHGLFDWLRVWGLHVWGDWGLIHUHVLDWHGDOFRKRO VHIURPELVHGLNLJDEGULNLWRJHVGUN WKHLVUHVHVVVRFLDWLRQWUHSRUWVHGRUVELH GULNLJDEGULNLWRJHVGUN
Sexual Risk Behaviors	22	Longitudinal 10 Cross-sectional Range of length	*3\$JUDGHVVWDEG DUGHG WHVWVFRUHVJUDGH UHWVVRVVDHDFHUUUDWHG VFRVJUDGDWRVSDV IRUHVHVFRV RIVFRVFRVPSVWHG VFRVPHV VFRVFRVJHJHVDGRU DWWDDPHVVRIDFRUHJH	22 of 22 DORVWKHVWGLHVWGDWFRROHFVHGGDWDDE RIVHOGHEVUHSRUWVHGWKDWHDUOLHUVH DVLVUHVHFRUHHODWHGWKJUDGHVDDOVRV DUVRVHGHFDWLRFRPSOHVHGLVNVH EHKDRUHVJPOVLSOHVHOSDUVH RURVHFWHGVHOLVHFRVHDDOVRV FRUHHODWHGWKDFDGHPLDFKLRPHV
Inadequate Physical Activity	13	Longitudinal 10 Cross-sectional Range of length	*3\$JUDGHVVWDEG DUGHG WHVWVFRUHVJUDGH UHWVVRVVDHDFHUUUDWHG HGFDWRVVDVJHPHV RUJUDGDWVURFRUHJH	9 of 13 PHVSHVLSKVLFDHGHFDWLRVODVVGULVWKH LVWVWLRDODGLGRVUHVWLDORVJUDGHV ORVUVDGDUGLRWHVWVFRUHVDDOVRV DDOVRVGGDWDDEVWLPVSDUWFLSDWLRV DGLJRVV3KVLFDHGLVWV93VHRSRUWVHGD SRVLVDDVVRFLDWLRQWVDFDGHPLDFKLRPHV 6WGLHVDVSDUWFLSDWLRFRPSHWLWLDWKOHLV DFDGHPLDFKLRPHVWVWVWV
Inadequate Nutrition	9	Longitudinal 10 Cross-sectional Range of length	*3\$JUDGHVVWDEG DUGHG WHVWVFRUHVJUDGH UHWVVRVVDHDFHUUUDWHG HGFDWRVVDVJHPHV DWWDDPHVVRIDFRUHJH	9 of 9 Participating in school breakfast or lunch programs was associated with improvement in grades standard ed test scores and school attendance. After adding specific nutrients (fruits vegetables and dairy products) missing from students' diets their academic performance improved.
TOTAL	148*	1 month - 23 years	96.6% RIWKHVWGLHVUHSRUWVHGVWDLVWLFDOOVLJILFDVUHVH EHVHVRHVDOWKULVNEHKDVRUVDGDFDGHPLDFKLRPHV	

*This publication was supported by the Cooperative Agreement #5U58DP002759-03 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.