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**	**RLWGLDO RVV6HFWLRDO 5DHRIOHWK** RIRVVGDV VWGHV HDUWRHDUV	*3$JUDGHVVWDGDUGHG WHVWVFRUHVJUDGH UHWHVRVVHDFHUUDWHG HGFDWRDHDJHPHV HGFDWRDDVSUDWRV DGRUHGFDWRDV DWWDPHV	**31 of 32** KHRDYWGWVKDWGLGRWUHSRUWDLUVH DVVRFLDWLREHWHHDFDGHPLFDFKLHPHV DGEHLDLFWLPRILROHFHGLGKRHU UHSRUWDDVVRFLDWLRLWKVEVHTVVSRRU VFKRRDWWHGFH
Tobacco Use	**28**	**10** Longitudinal **18** Cross-Sectional Range of length RIRVVGDV VWGHV PRVVWR HDUV	*3$JUDGHVVWDGDUGHG WHVWVFRUHVJUDGH UHWHVRVVHDFHUUDWHG HGFDWRDHDJHPHV DFDGHPFVVWUHDPV VFRRDGRUFRHJH VHVRV	**28 of 28** DOWKHVWGLHVUHSRUWHGDLUVHUHODWLRVKLS EHWHHYHRIWREDFFRLFOGLVPRNHOHVV WREDFFRDGFDGHPLFDFKLHPHV
Alcohol and Other Drug Use (AOD)	**44**	Longitudinal 23 Cross-Sectional Range of length RIRVVGDV VWGHV HDUVWR HDUV	*3$JUDGHVVWDGDUGHG WHVWVFRUHVVYFRRDDVV UDDFDGHPFVVWUHDP VYFRRJUDGH UHWHVRVVHDFHUUDWHG FDVVURRPDGMVWPHVRV WPHDWHVYFRR JUDGDWRVYFRR JUDGDWRRU*(RRHJH SDYFRHJHHVVUDGRU DWWDPHVRIDFRHJH GHJUHH	**43 of 44** FRVLVWHVILGLRIDOOHFHSWRHRIWKH VWGLHVDVDLUVHDVVRFLDWLRHHWHH DFDGHPLFDFKLHPHVDGHLWKHUELHGULNLG GULNLWRJHWGUNYLLKDODVVPDULMDD RWKHUOOLFLWGUJVDGRUPLVYLLSUHVFULSWLR PHGLFDWLRYWGLHVWKDWGLIIHUHVLDWHGDOFRKRO VHIURPELHGULNLDGGULNLWRJHWGUN WKHLUUVHDVVRFLDWLRDVUHSRUWHGRDRUELH GULNLDGGULNLWRJHWGUN
Sexual Risk Behaviors	**22**	Longitudinal 10 Cross-secctional Range of length RIRVVGDV VWGHV PRVVWR 1HDUV	*3$JUDGHVVWDGDUGHG WHVWVFRUHVJUDGH UHWHVRVDVVUDV VFRRJUDGDWRSDY IRUIVVHVFRRVHDUV RIVFRRRPSHWHG VFRRPHPHV VDWVFRHJHDGRU DWWHGFRHJH	**22 of 22** DORIWKHVWGLHVWKDWFROOHFWHGGDWDDERVDJH RIVHDOGHEVUHSRUWHGWKDWHDUOLHUVHDOGHEV DVLHUVHORRUUHODWHGWKJUDGHVDGDOVRLWK HDUVRIHGFDWLRRPSOHWHG5LVNVHDO EHKDLRUHJPDWLSOVHVHDOSDUWHUVDG SURWHFWHGVHDOLVHUFRVHDVDOVRLHUVHO FRUUHODWHGLWKDFDGHPLFDFKLHPHV
Inadequate Physical Activity	**13**	**7 Longitudinal 6 Cross-Sectional Range of length** RIRVVGDV VWGHV PRVVWR HDUV	*3$JUDGHVVWDGDUGHG WHVWVFRUHVVHVJUHSRUWHGL PHVSHVLSKYLFDOHGFDWLRFODVVGULWKH LYWUFWLRDOGDGLGRWUHVDWLORRUJUDGHVRU ORUVWDGDUGLHGWHVWVFRUHVDOVWGLHVWKDW DDOHGGDWDDERVWLPHSDUWLFLSDWLVLORGHUDWH DG9LJRUY3KYLFDOFWLLWQ93VHSRUWHGD SRVWLHDVVRFLDWLRLWKDFDGHPLFDFKLHPHV 6WGLHVDERVSDUWLFLSDWLRFRPSHWLWLHDWKOHWLFV DGDFDGHPLFDFKLHPHVKDGPLHGUHVDWV
Inadequate Nutrition	**9**	**4RLWGLDO 5 Cross-Sectional 5DHRIOHWK** RIRVVGDV VWGHV PRVVWR HDUV	*3$JUDGHVVWDGDUGHG WHVW VFRUHV DGRU VFRRDWWHGDFHDGWDUGHVV	**9 of 9** Participating in school breakfast or lunch programs was associated with improvement in grades standardi 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%**	RIWKHVWGLHVUHSRUWHGVWDWLVWLFDOOYLJILFDWLLUVHUH EHWHHXHDOWKULVNEHKDLRUVDGDFDGHPLFDFKLHPHV

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National Association of Chronic Disease Directors
2200 Century Parkway, Suite 250, Atlanta, GA 30345 | (770) 458-7400 | www.chronicdisease.org