

# A few things we know about girls ...

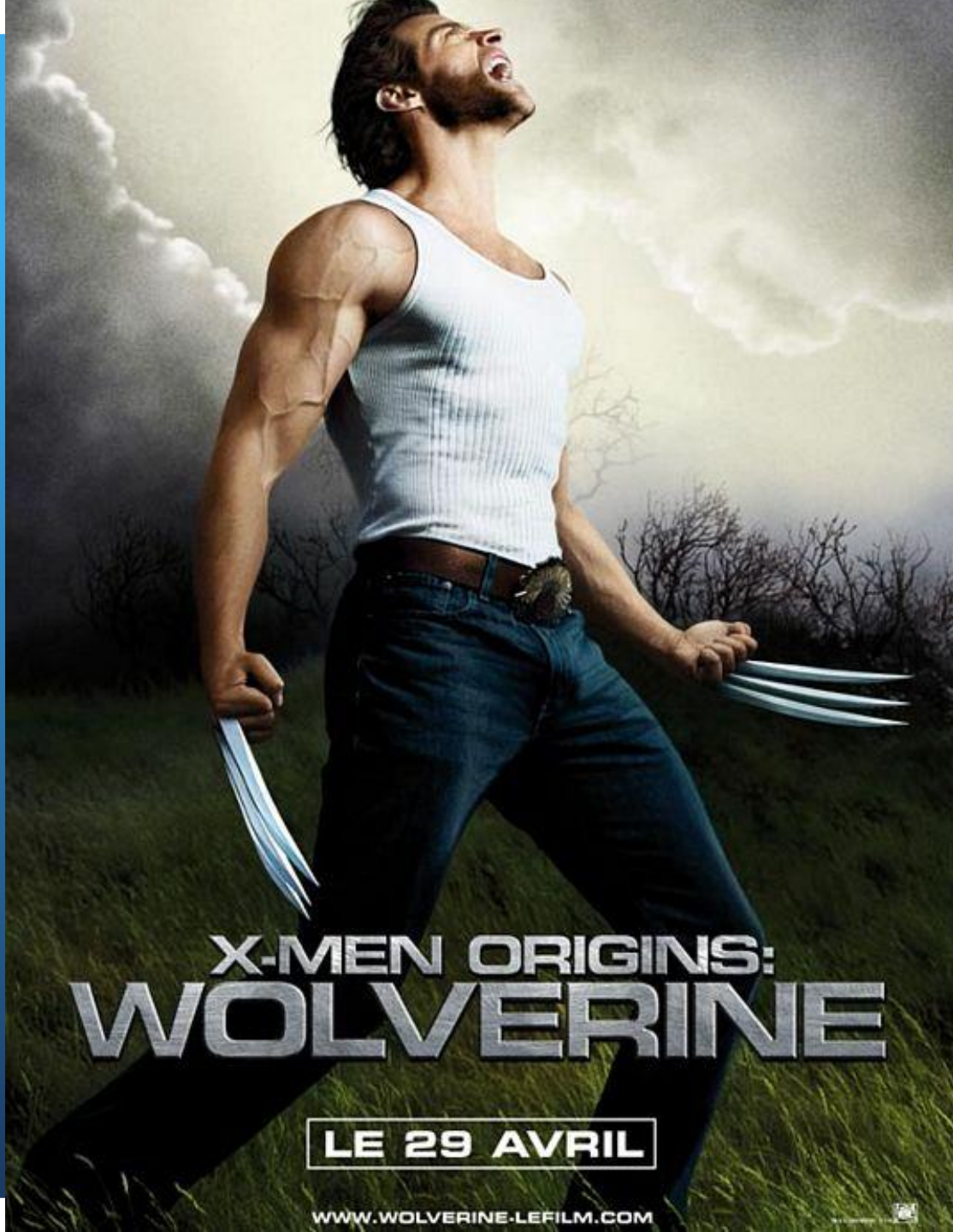
- Teenage girls and women are twice as likely to be depressed as boys and men.—*Archives of General Psychiatry* (2000)
- Women account for 90 to 95% of all cases of anorexia nervosa and 80% of those who struggle with bulimia nervosa. (National Institutes for Mental Health; American Psychological Association)
- According to a study of 13 northern California schools, 35% of third grade girls reported wanting to lose weight, and 24% reported dieting to lose weight.

## A few things we know about girls ...

- The use of diet pills, powders, or liquids to lose weight or to keep from gaining weight is higher among young women in grades 9-12 than it is among young men. In 2005, young women were found to be twice as likely as young men to use diet aids to try to lose weight or keep from gaining weight, according to the CDC.
- There has been a 600% increase in women's death rates from lung cancer since 1950, according to a recent Surgeon General's report. Smoking among girls and young women increased dramatically during the 1990s. From 1991 to 1999, smoking among high school girls increased from 27 to 34.9 percent, and it continues to rise.

# A few things we know about girls ...

- Teen pregnancy rates in the United States are rising (Centers for Disease Control, 2009). The United States has the highest teen pregnancy rate of any industrialized nation.
- One in four teenage girls in the U.S. has a sexually transmitted disease (Centers for Disease Control, 2008)



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Miley Cyrus (16) on Nickelodeon, 2009