

2010-2011 School Year Fairfax County Youth Survey

Nutrition and Physical Activity

February 2012



Fairfax County Youth Survey



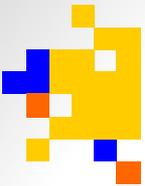


Fairfax County Youth Survey

The Fairfax County Youth Survey ...

- Is comprehensive, anonymous and voluntary.
- Examines the behaviors, experiences, and risk and protective factors that influence the well-being of our county's youth.
- Provides county, school, and community-based organizations with data to assess youth needs and strengths, develop programs, monitor trends, measure community indicators, and guide countywide planning of prevention efforts.





Fairfax County Youth Survey Participation

The 2010 Fairfax County Youth Survey was completed...

- by over 44,000 FCPS students,
- representing 86% of enrolled students,
- in grades 6, 8, 10, and 12.

6th grade students take a shortened, modified survey.



Fairfax County Youth Survey





Fairfax County Youth Survey Demographics

Risk & Protective Factors Survey (Grades 8,10,12)

| | <u>Survey Respondents</u> | |
|------------------|---------------------------|----------------|
| | <u>Number</u> | <u>Percent</u> |
| • Grade 8 | 10,718 | 35.3% |
| • Grade 10 | 10,197 | 33.5% |
| • Grade 12 | 9,484 | 31.2% |
| • Female | 15,160 | 50.1% |
| • Male | 15,083 | 49.9% |
| • White | 13,688 | 45.5% |
| • Black | 3,070 | 10.2% |
| • Hispanic | 5,200 | 17.3% |
| • Asian | 5,999 | 19.9% |
| • Other/Multiple | 2,128 | 7.1% |

The 2010 Fairfax County Youth Survey results by demographics are representative of the student population of the grade levels surveyed.

The 2010 Fairfax County Youth Survey was administered to 10,964 6th graders with similar representation in demographic categories.





A Countywide Prevention Goal

Children are physically fit with good nutritional habits

- It is important **not to focus solely on children's weight**. Children who are physically fit with good nutritional habits are likely to be at a healthy weight and have adopted healthy behaviors.
- Note – being a healthy weight does not mean you are fit with good nutritional habits. Behavior is important to life-long good health. Unhealthy behaviors are linked to a variety of chronic diseases, such as cancer, stroke, diabetes, and heart disease.
- Children who are raised in active families tend to stay active as adults.



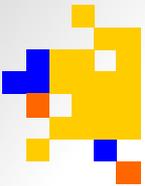


Childhood Obesity and Adulthood

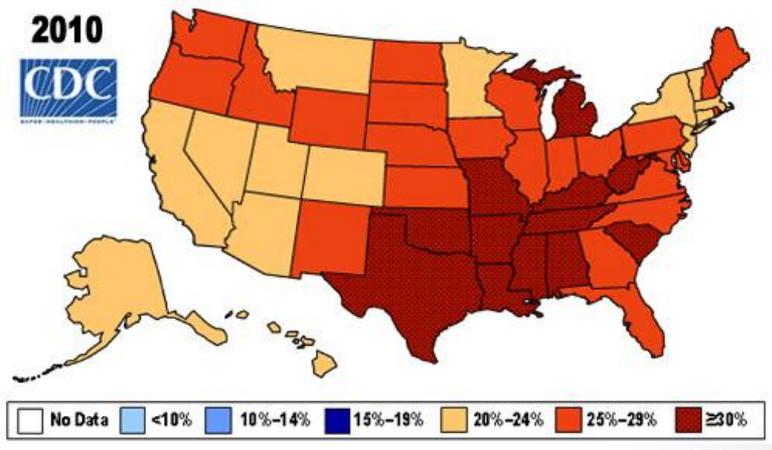
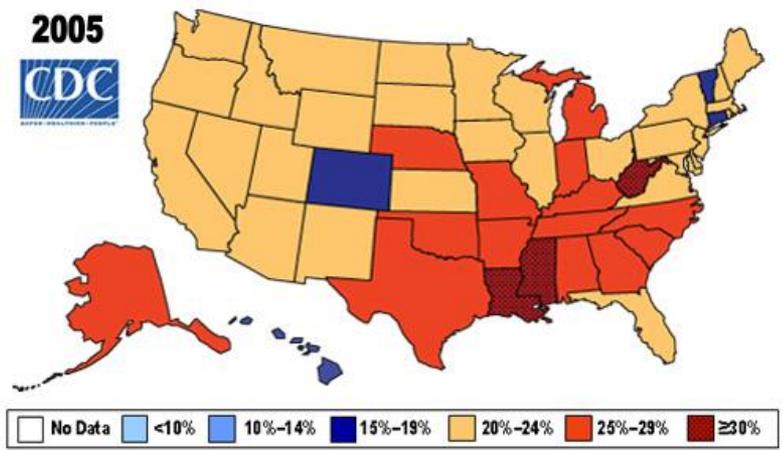
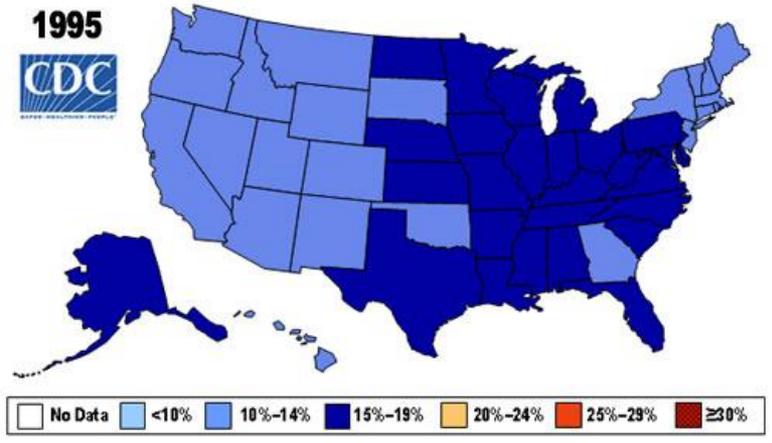
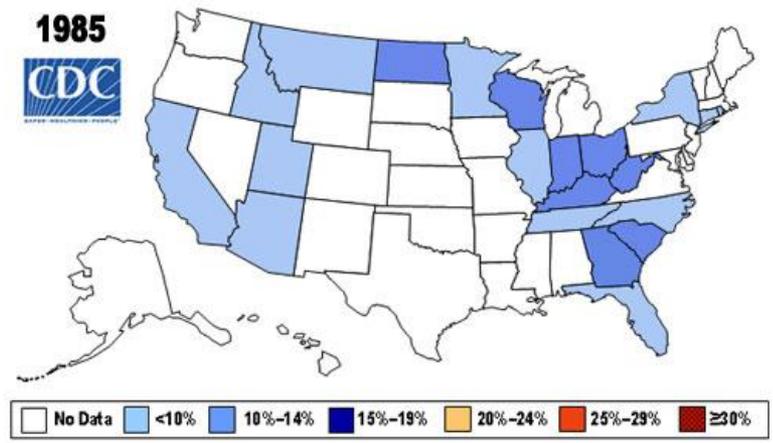
“It is possible that, given the increasing prevalence of severe overweight, some children will live shorter and less healthy lives than their parents.”
-- *The Center for Health and Health Care in Schools*

“Children and adolescents who are obese are likely to be obese as adults and are therefore more at risk for adult health problems.”
-- *CDC Childhood Obesity Facts*





CDC Maps Percent of Obese in U.S. Adults (BMI > 30)



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Health Effects of Childhood Obesity

Treating and preventing childhood obesity helps protect the health of your child now and in the future

Immediate and Long-term Physical Effects

- Risk factors for cardiovascular disease – high cholesterol and high blood pressure
- Pre-diabetes – high risk for development of Type 2 diabetes
- Bone and joint problems
- Sleep apnea
- Asthma and other breathing problems
- Early puberty or menstruation

Social and Emotional Complications

- Low self-esteem and victim of bullying
- Behavior and learning problems
- Depression

Sources: The Centers for Disease Control and Prevention, The Mayo Clinic, The National Institutes of Health.

Fairfax County Youth Survey





What Causes Childhood Obesity

- **Limited Knowledge** of the benefit of physical activity and nutrition as well as **Limited Skills** to make healthy choices.
- **Inconvenience and Unaffordability of Nutritious Foods** Multiple barriers including physical, economical, and time constraints can influence an individual's access to healthy foods.
- **Limited Access to Physical Activity and Recreation** In some cases, individuals are simply unaware of the physical activity and recreation opportunities available to them. But in other cases, issues of safety or the physical space of neighborhoods can impact healthy options and physical activity levels.





What Causes Childhood Obesity

- **Cultural Norms and Role Models** Families and other role models can have an impact on one's behaviors, values, and perspectives. Cultural norms and perspectives on food and physical activity can have repercussions for children and their families.
- **Impact of the Media and Screen Time** Youth spend much of their time using these media **while not being physically active** and during this time they are confronted with **marketing and advertising messages** that promote candy, sugary cereals, and fast food.





Nutrition and Physical Activity Questions



Fairfax County Youth Survey





Fairfax County Youth Survey Questions

On the 2010 Fairfax County Youth Survey, students were asked the following question:

The next section asks about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.





Fairfax County Youth Survey Questions

During the past 7 days:

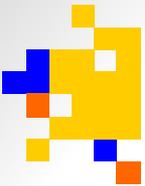
- how many times did you eat **fruit**? (Do not count fruit juice.)
- how many times did you eat **green salad**?
- how many times did you eat **potatoes**? (Do not count french fries, fried potatoes, or potato chips.)
- how many times did you eat **carrots**?
- how many times did you eat **other vegetables**? (Do not count green salad, potatoes, or carrots.)
- how many times did you drink a can, bottle, or glass of **soda or pop**, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)

- I did not [eat ____] during the past 7 days
- 1-3 times during the past 7 days
- 4-6 times during the past 7 days
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day



Fairfax County Youth Survey





Fairfax County Youth Survey Questions

On the 2010 Fairfax County Youth Survey, students were asked the following question:

The next section asks about physical activity and sleep.

During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.

0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, 7 days





Survey Results

Nutrition



Fairfax County Youth Survey

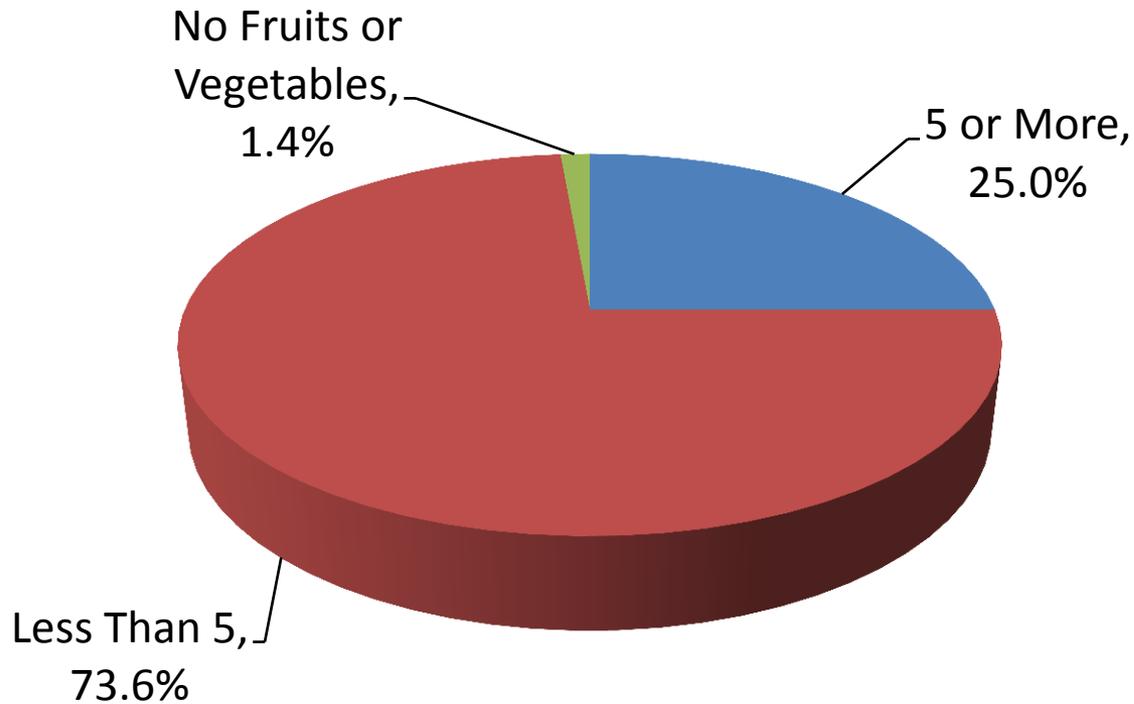




Nutrition (Grades 8, 10, 12)

Frequency for eating 5 or More Fruits and Vegetables Daily

Overall Responses



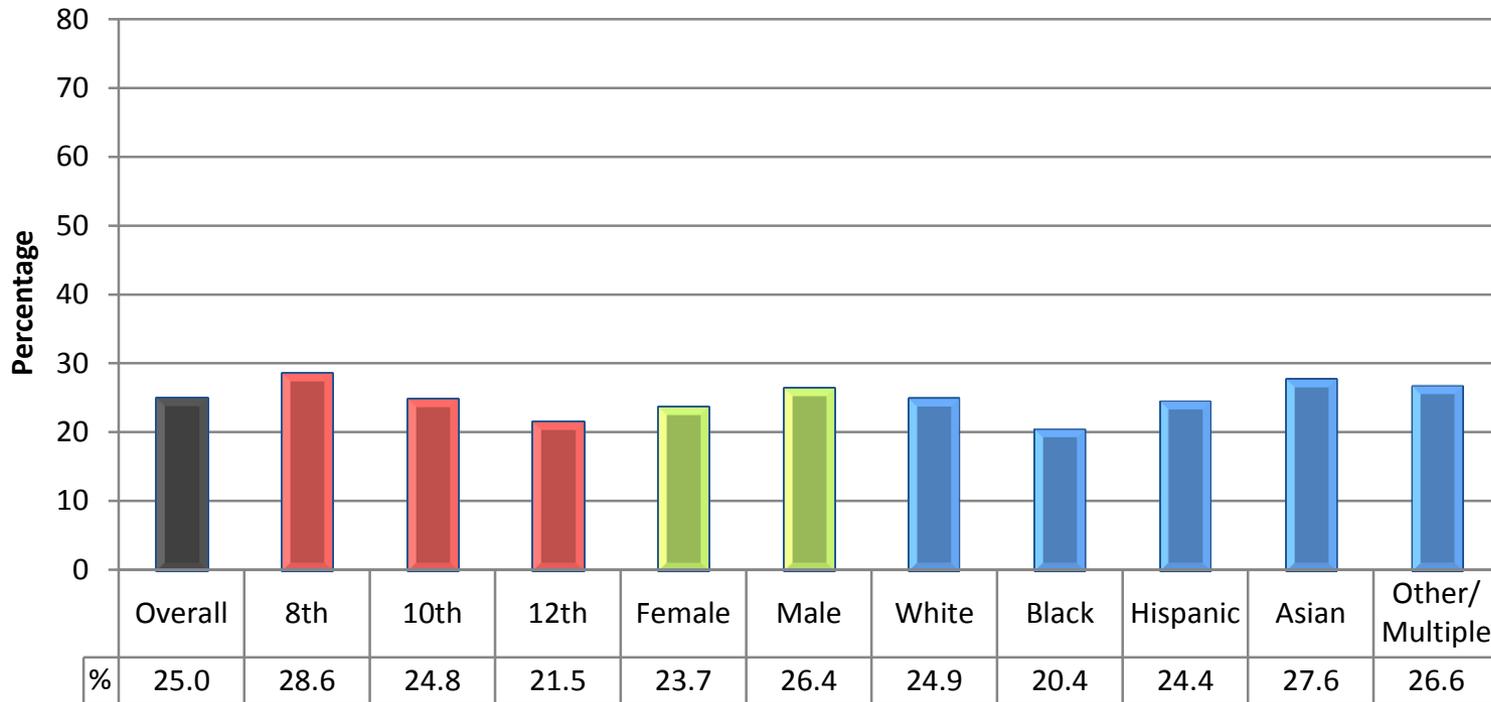
32.5% of 6th- graders reported eating 5 or more fruits and vegetables daily.





Nutrition (Grades 8, 10, 12)

Students Who ate 5 or More Fruits and Vegetables Daily



32.5% of 6th- graders reported eating 5 or more fruits and vegetables daily.





Survey Results

Physical Activity



Fairfax County Youth Survey

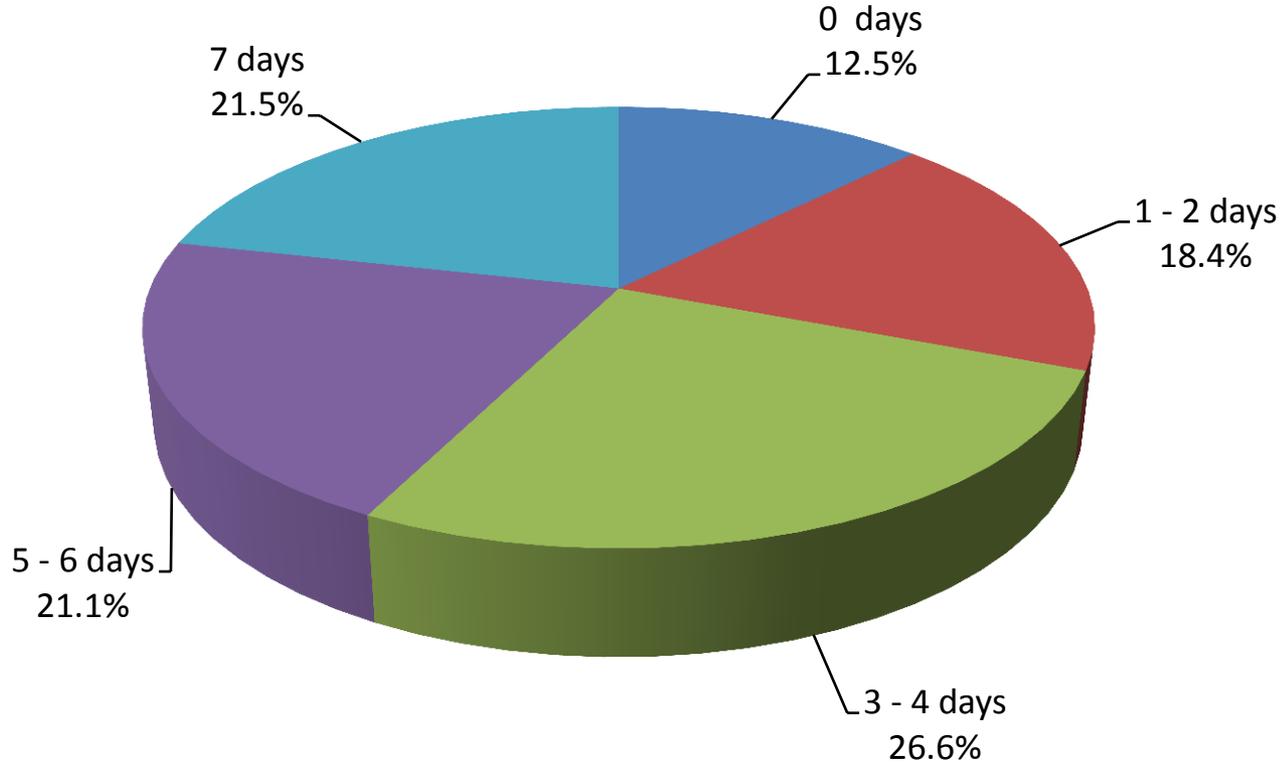




Physical Activity (Grades 8, 10, 12)

Frequency of Physical Activity (Past Week)

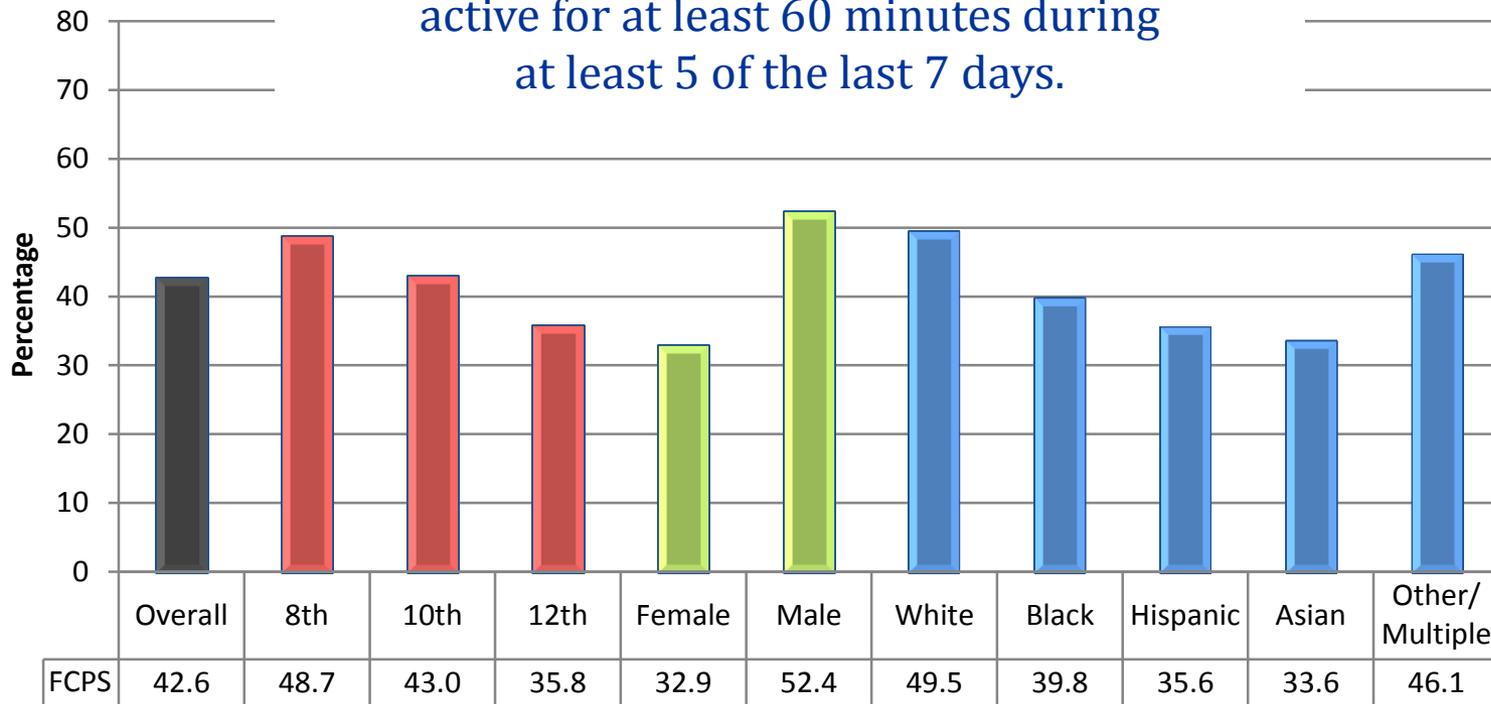
Overall





Physical Activity (Grades 8, 10, 12)

Percent of Fairfax youth who were physically active for at least 60 minutes during at least 5 of the last 7 days.



Note: 6th Grade Prevalence = 53.7%

The national survey for comparison (YRBS) was not administered in 2010.



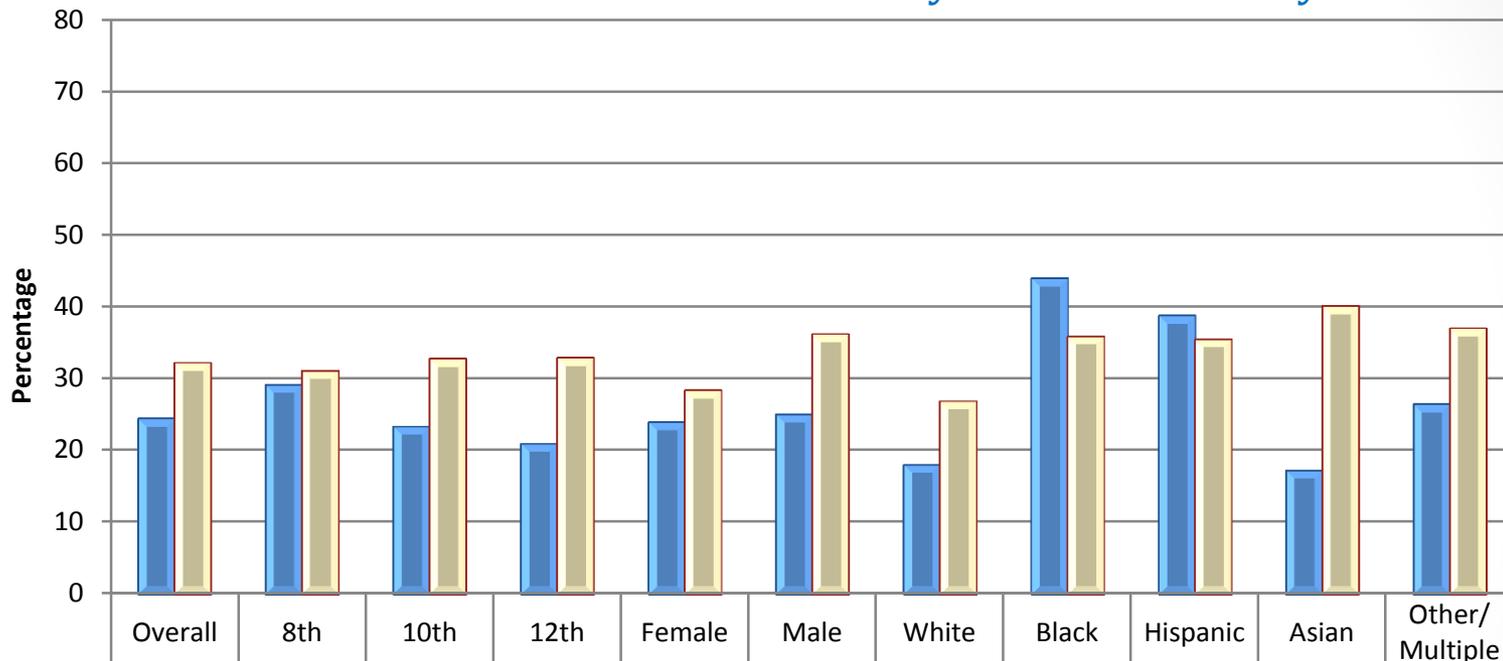
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Screen Time (Grades 8, 10, 12)

Results from the 2009 Healthy Behaviors Survey



| | | | | | | | | | | | |
|------------------------------------|------|------|------|------|------|------|------|------|------|------|------|
| ■ 3+ Hours TV | 24.4 | 29.1 | 23.3 | 20.9 | 23.9 | 25.0 | 18.0 | 43.9 | 38.7 | 17.2 | 26.4 |
| ■ 3+ Hours Video or Computer Games | 32.1 | 31.0 | 32.7 | 32.8 | 28.3 | 36.1 | 26.8 | 35.8 | 35.4 | 40.0 | 36.9 |

There were no screen time-related questions on the 2010 Fairfax County Risk and Protective Factors Youth Survey.

The national survey for comparison (YRBS) was not administered in 2010.

Fairfax County Youth Survey





Nutrition & Activity Correlations



Fairfax County Youth Survey





Correlation Data

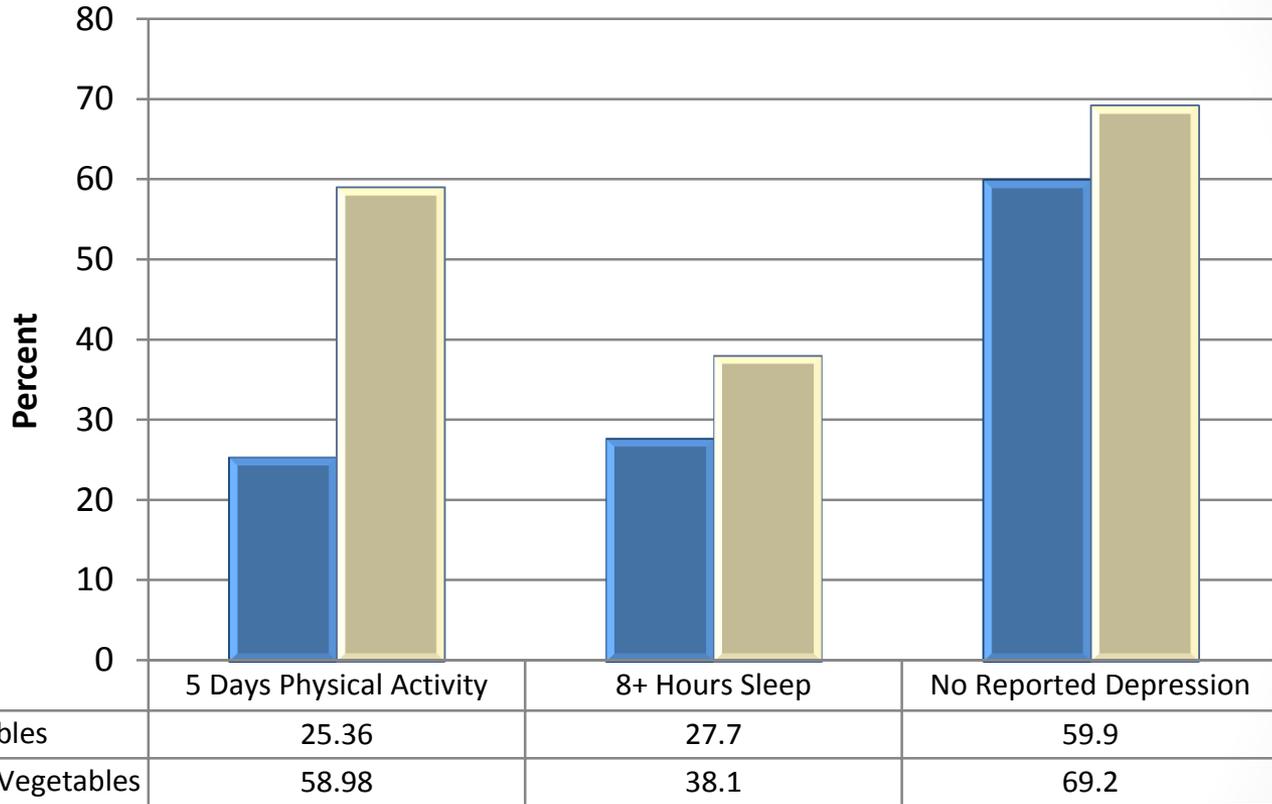
- **Cross-tabulations** are when we look at the way students responded to multiple questions, for example when we look at results by demographics such as symptoms of depression by gender or the cross of two experiences such as symptoms of depression by substance use.
- **Cross-tabulations of data do not imply cause and effect.**
- The results do not imply that being a certain gender or using substances causes depression. The data indicate there is a **correlation** of the female gender reporting higher prevalence of reported depressive symptoms.
- Similarly, youth who use substances are more likely to report symptoms of depression, but the results cannot say whether the substance use causes depression or whether depression leads to substance use.





Fruits and Vegetables (Grades 8, 10, 12)

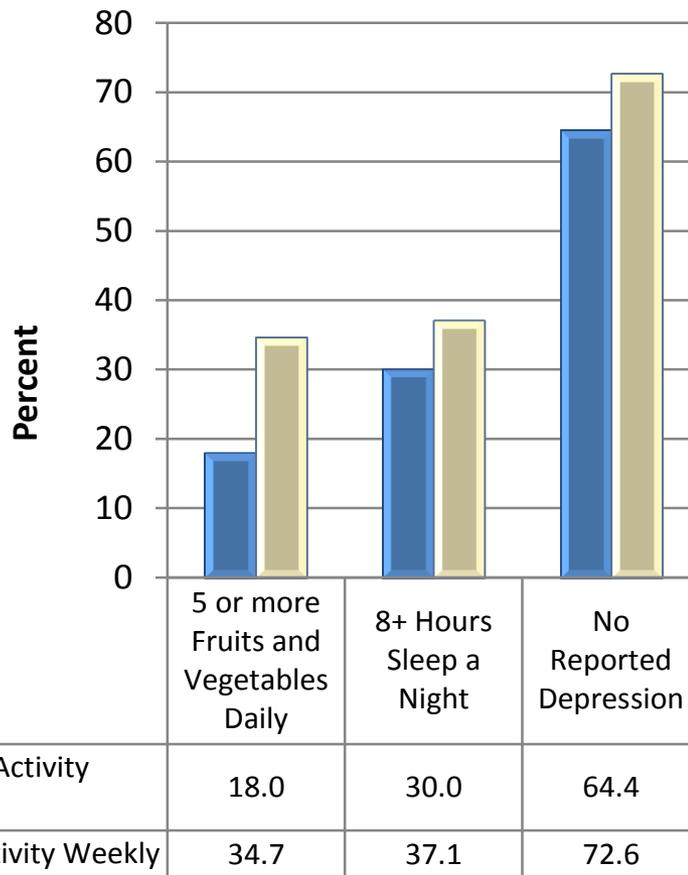
Self-Care and Depression Related Factors

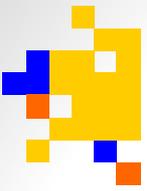




Physical Activity (Grades 8, 10, 12)

Self-Care and Depression Related Factors





Three to Succeed



Fairfax County Youth Survey



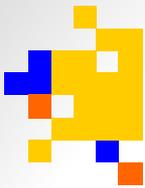


Three to Succeed

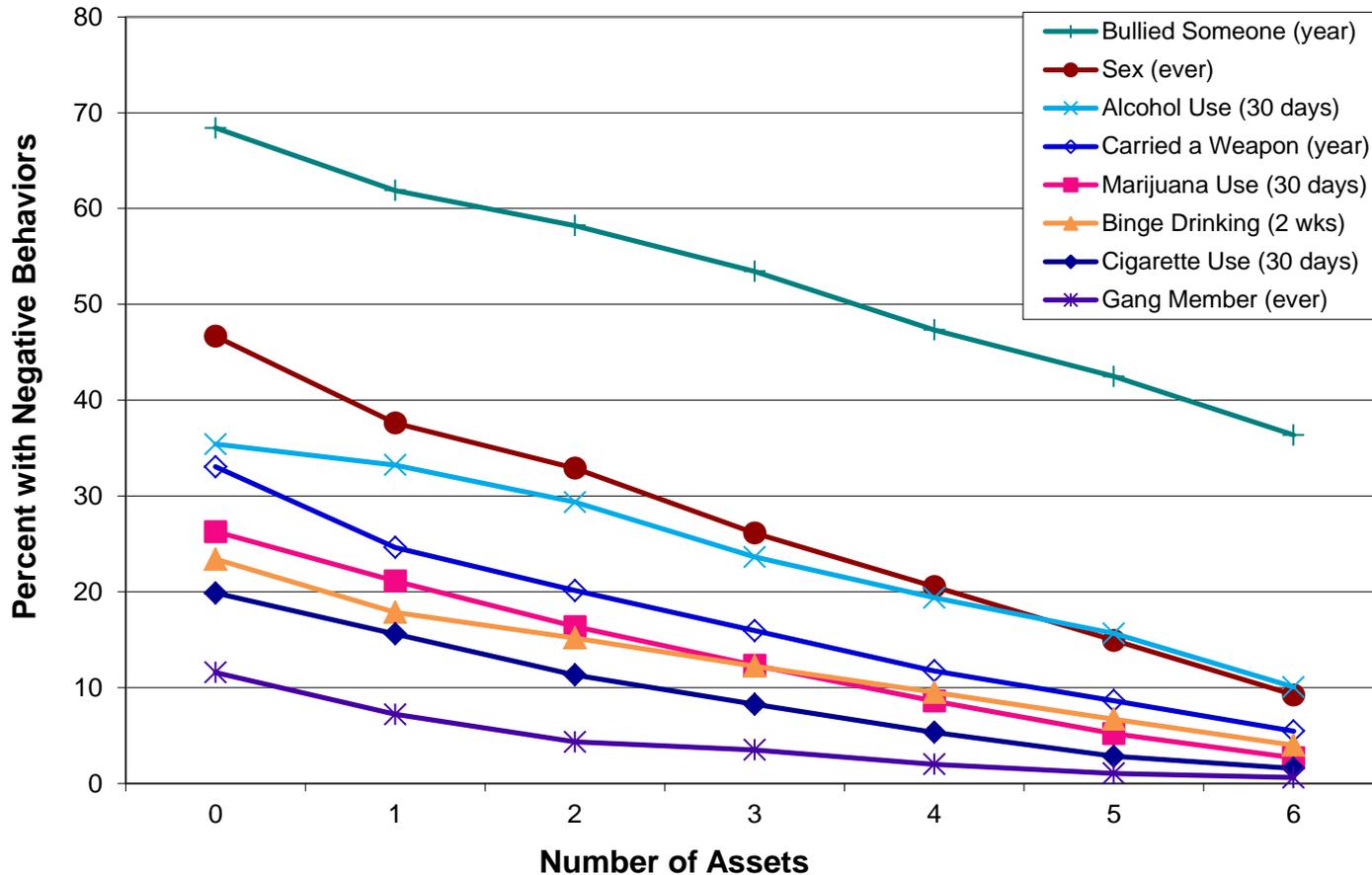
The Three to Succeed concept is based on the youth survey analysis that shows how just having three **assets** (or strengths) dramatically reduces risk behaviors and promotes thriving youth.

Assets are strengths in young people, their families, schools and communities that help them thrive in health, in school and daily life, and in a safe environment. The more assets an individual has in their lives, the fewer risk behaviors are reported.





Asset Graph for Fairfax County (Grades 8, 10, 12)



High Personal Integrity
 Perform Community Service
 Teachers Recognize Good Work

Have Community Adults to Talk to
 Participate in Extracurricular Activities
 Parents are Available for Help

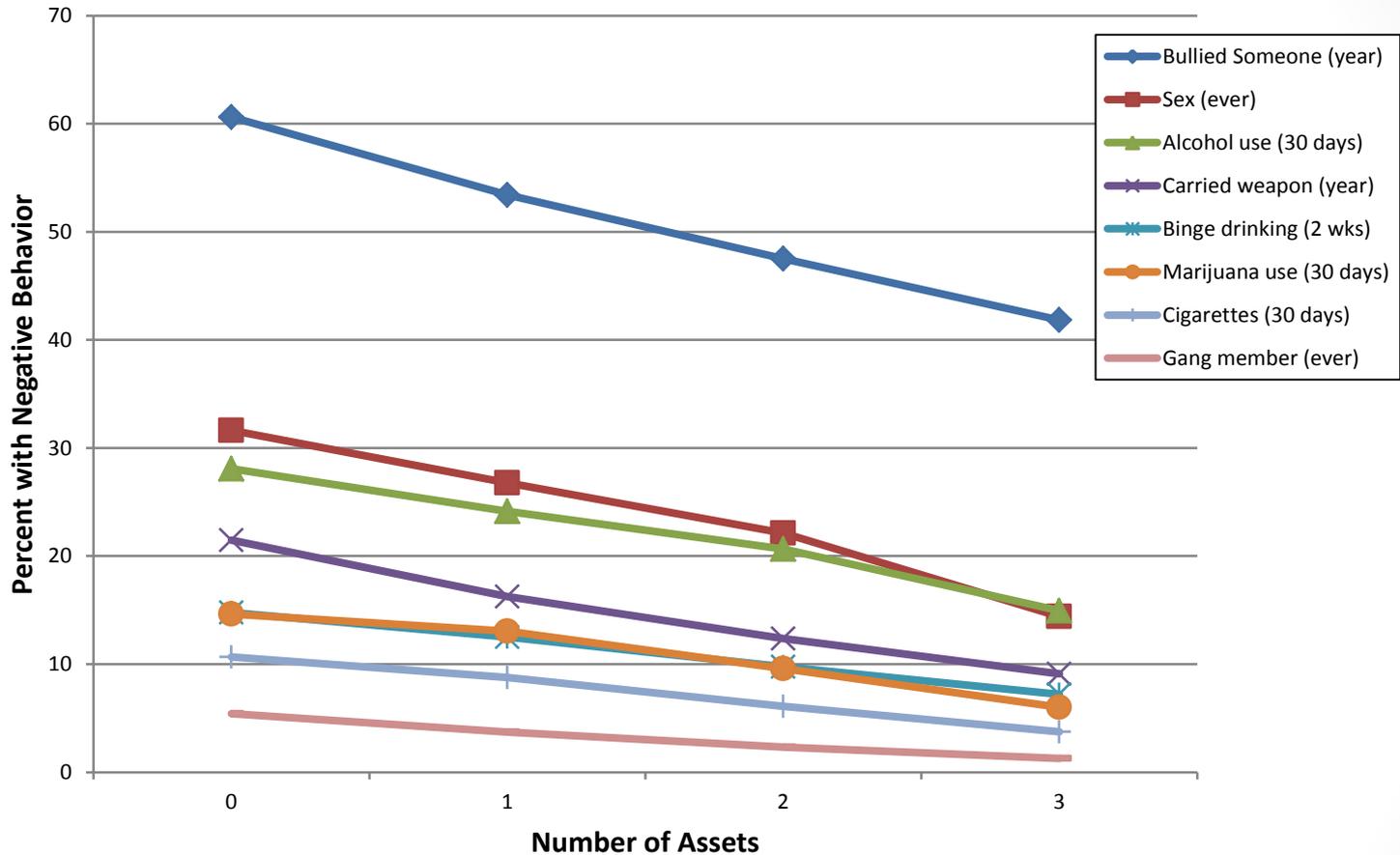


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Asset Graph for Caring Adults (Grades 8, 10, 12)



Teachers Recognize Good Work

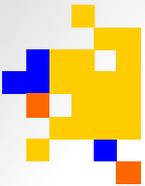
Have Community Adults to Talk to

Parents are Available for Help

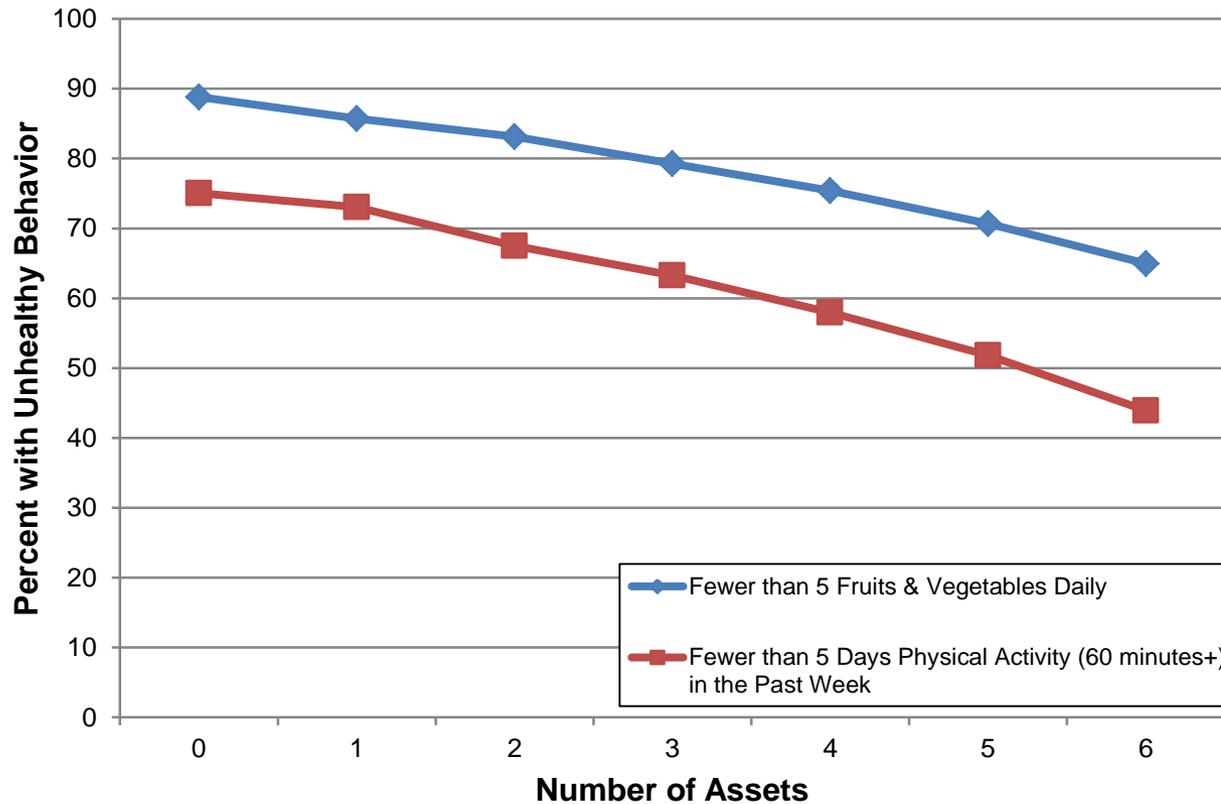


Fairfax County Youth Survey





Asset Graph for Nutrition and Activity (Grades 8, 10, 12)



High Personal Integrity
Perform Community Service
Teachers Recognize Good Work

Have Community Adults to Talk to
Participate in Extracurricular Activities
Parents are Available for Help



Fairfax County Youth Survey





What Families Can Do

Adapted from the Centers for Disease Control and Prevention

- **Eat meals together as a family** Parental presence at the evening meal means adolescents eat more fruits, vegetables and dairy foods.
- **Provide plenty of fruits and vegetables**, limit foods high in fat and sugar, and prepare healthier foods at family meals.
- **Serve your family water instead of sugary drinks.**
- **Make sure your child gets physical activity each day.**
- **Limit media time** for kids to no more than 1 to 2 hours of quality programming per day whether at home, school or child care.
- **Ensure children and adolescents get enough sleep.** Lack of sleep is a risk factor for overweight and obesity.





What Community Groups Can Do

Adapted from Northern Virginia Healthy Kids Coalition

9-5-2-1-0

- **Increase availability of healthy drinks/snacks** at youth programs, vending machines, and other events.
- **Increase activities that teach members healthy habits.**
- **Provide educational materials** to parents/children and post materials in public areas/meeting rooms.
- **Educate staff on healthy behaviors** and encourage staff to be good role models.
- **Integrate healthy eating/physical activity into children/youth programs and classes.**
- **Host active family events** to promote physical activity that parents and children can enjoy together.



Fairfax County Youth Survey





What Community Groups Can Do – More Ideas

- Work with your homeowners association to establish a regular **maintenance and safety check schedule for playgrounds and tot lots.**
- Establish a policy in your PTA or house of worship to **limit the amount of unhealthy foods** served at events, potlucks, and fundraisers.
- Form **carpooling partnerships** to help more kids participate in after-school and athletic activities.





The Prevention Toolkit

The Prevention Toolkit provides access to presentations, videos, fact sheets, links to helpful organizations and resources, and ideas for taking action in your family and community to address Youth Survey related topics:

- Alcohol, Tobacco and Other Drugs
- Bullying and Cyberbullying
- Mental Health: Depression & Suicide
- Nutrition and Physical Activity
- Teen Dating Abuse

Visit:

www.fairfaxcounty.gov/ncs/prevention/toolkit.htm

Questions may be emailed to:

NCSPrevention@fairfaxcounty.gov



Fairfax County Youth Survey





Help and More Information

Find these and other organizations in the Prevention Toolkit.

- [Fairfax County Department of Neighborhood and Community Services](#)
- [Fairfax County Park Authority](#)
- [Fairfax County Health Department](#)

- [Fairfax County Public Schools Office of Food and Nutrition Services](#)
- [Fairfax County Public Schools Health and Physical Education](#)
 - [Resources](#)

- [Centers for Disease Control and Prevention](#)
- [We Can!, National Institutes of Health](#)
- [Northern Virginia Healthy Kids Coalition 9-5-2-1-0 for Health](#)
- [Healthy People 2010 \(HP2010\)](#)
- [Eating Disorders, National Alliance on Mental Illness](#)

Visit

www.fairfaxcounty.gov/ncs/prevention/toolkit_agencies_orgs.htm



Fairfax County Youth Survey





Contact Us

For additional information and resources regarding the Fairfax County Youth Survey, contact:

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Fairfax County Youth Survey Project Manager

Department of Neighborhood and Community Services

Countywide Service Integration and Planning Management

or visit

www.fairfaxcounty.gov/youthsurvey



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