Fairfax County Youth Survey School Year 2014-2015

Nutrition and Physical Activity

Fairfax County 2014 Youth Survey

Updated November 2015

About the Fairfax County Youth Survey

It provides ***DATA*** to **county**, **school**, and **community–based organizations** to:

- Assess Youth **Strengths** and **Needs**
- Develop **Programs** and **Services**
- Monitor **Trends**
- **Measure** Community Indicators
- Guide Countywide **Planning** of **Prevention** Efforts

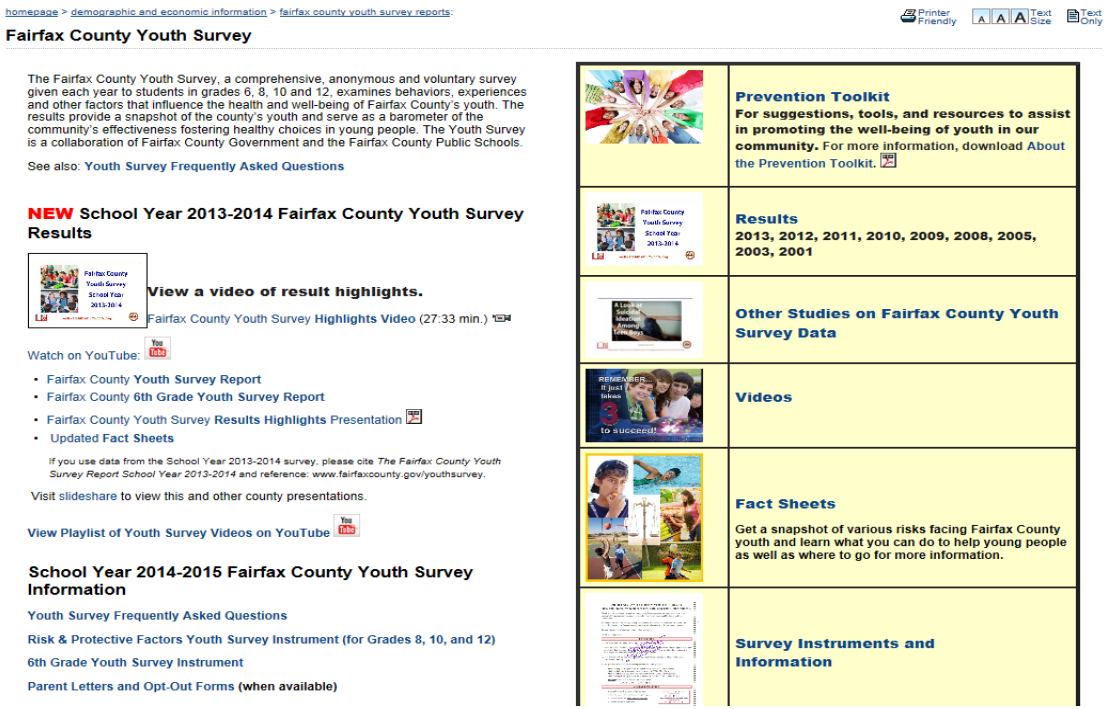
More About the Fairfax County Youth Survey

- **Comprehensive**
- **Anonymous**
- **Voluntary**

It examines the

- **Behaviors**,
- **Experiences**, and
- **Risk** and **Protective Factors** that influence the well-being of our county's youth.

Fairfax County Youth Survey Web Page



homepage > demographic and economic information > fairfax county youth survey reports:

Printer Friendly | A A A Text Size | Text Only

Fairfax County Youth Survey

The Fairfax County Youth Survey, a comprehensive, anonymous and voluntary survey given each year to students in grades 6, 8, 10 and 12, examines behaviors, experiences and other factors that influence the health and well-being of Fairfax County's youth. The results provide a snapshot of the county's youth and serve as a barometer of the community's effectiveness fostering healthy choices in young people. The Youth Survey is a collaboration of Fairfax County Government and the Fairfax County Public Schools.

See also: Youth Survey Frequently Asked Questions

NEW School Year 2013-2014 Fairfax County Youth Survey Results

View a video of result highlights.

Fairfax County Youth Survey Highlights Video (27:33 min.)

Watch on YouTube:

- Fairfax County Youth Survey Report
- Fairfax County 6th Grade Youth Survey Report
- Fairfax County Youth Survey Results Highlights Presentation
- Updated Fact Sheets

If you use data from the School Year 2013-2014 survey, please cite *The Fairfax County Youth Survey Report School Year 2013-2014* and reference: www.fairfaxcounty.gov/youthsurvey.

Visit slideshare to view this and other county presentations.

View Playlist of Youth Survey Videos on YouTube

School Year 2014-2015 Fairfax County Youth Survey Information

Youth Survey Frequently Asked Questions

Risk & Protective Factors Youth Survey Instrument (for Grades 8, 10, and 12)

6th Grade Youth Survey Instrument

Parent Letters and Opt-Out Forms (when available)

Prevention Toolkit
For suggestions, tools, and resources to assist in promoting the well-being of youth in our community. For more information, download About the Prevention Toolkit.

Results
2013, 2012, 2011, 2010, 2009, 2008, 2005, 2003, 2001

Other Studies on Fairfax County Youth Survey Data

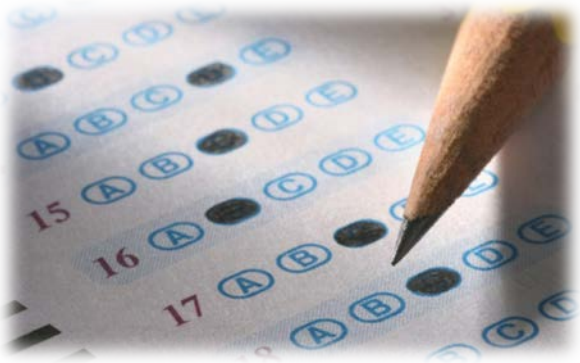
Videos

Fact Sheets
Get a snapshot of various risks facing Fairfax County youth and learn what you can do to help young people as well as where to go for more information.

Survey Instruments and Information

www.fairfaxcounty.gov/youthsurvey

Fairfax County Youth Survey Participation



- **46,855 FCPS students**
- **Grades 6, 8, 10, and 12**
- **Representing 87% of enrolled students**

6th grade students take a shortened, modified survey.

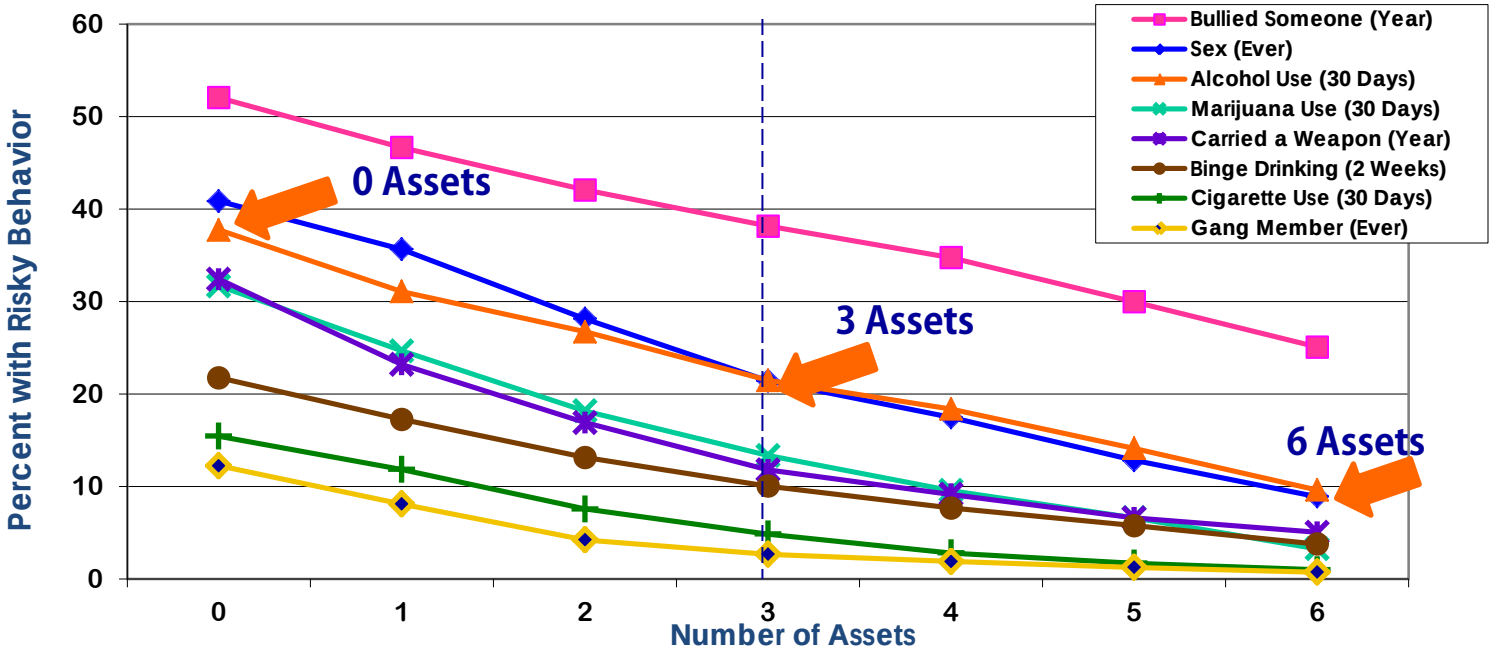
Three to Succeed

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.

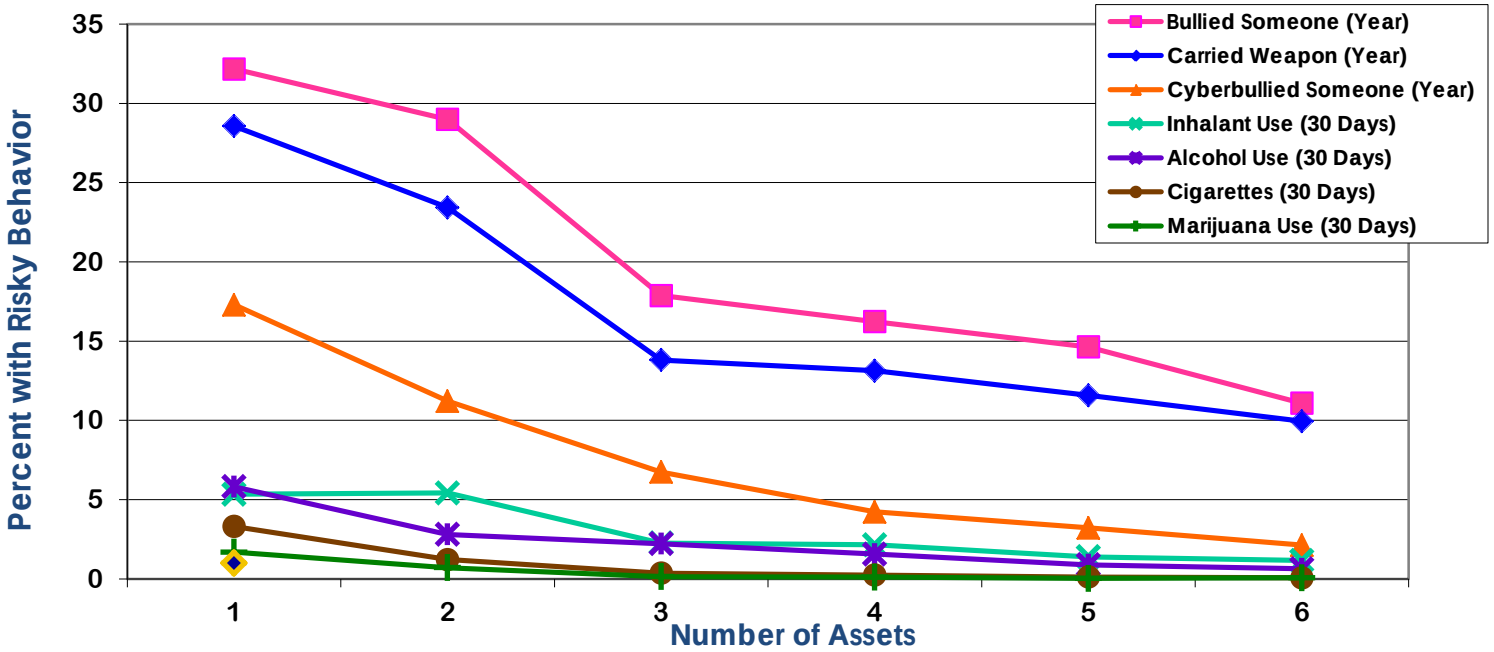
Assets are strengths in young people, their families, schools and communities that help them thrive in health, in school and daily life, and in a safe environment. The more assets an individual has in their lives, the fewer risk behaviors are reported.

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



Having High Personal Integrity
Performing Community Service
Having Teachers Recognize Good Work
Having Community Adults to Talk to
Participating in Extracurricular Activities
Having Parents Available for Help

Asset Graph for Fairfax County (Grade 6)



High Personal Integrity
Perform Community Service
Feel Safe at School

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

Fairfax County 2014 Youth Survey

A Countywide Prevention Goal

Children are Physically Fit with Good Nutritional Habits

- **Don't focus solely on weight**. Children who are physically fit with good nutritional habits are likely to be at a healthy weight and have adopted healthy behaviors.

- **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.

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

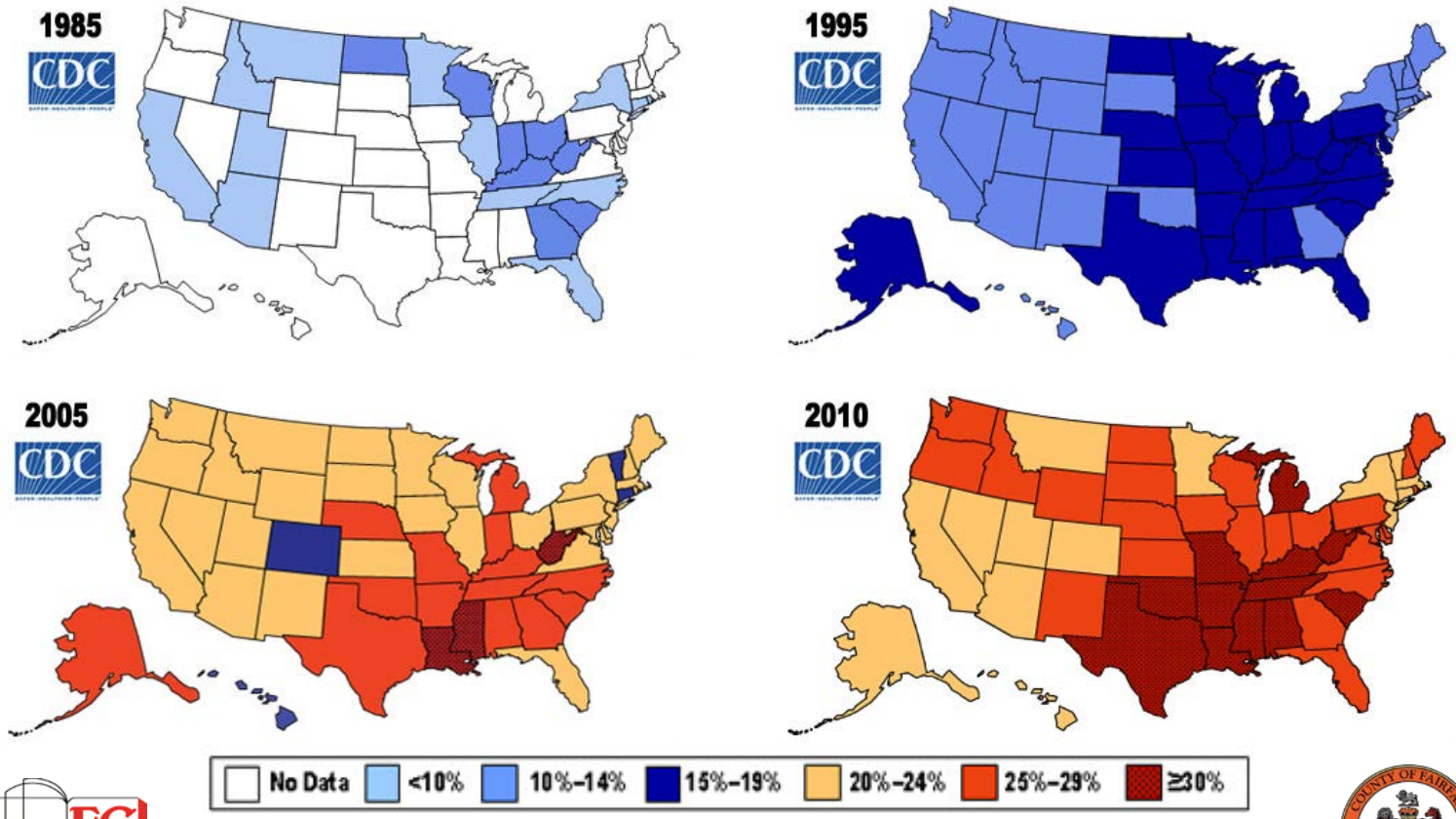
"***Children and adolescents who are obese are likely to be obese as adults***

and are therefore more at risk for adult health problems."

-- CDC Childhood Obesity Facts

Fairfax County 2014 Youth Survey

CDC Maps Percent of Obese in U.S. Adults



Fairfax County 2014 Youth Survey

Health Effects of Childhood Obesity

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

Immediate/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

Fairfax County 2014 Youth Survey

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

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 unaware of the opportunities available to them. But in other cases, issues of safety or the physical space of neighborhoods can have an impact.

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 Survey Questions and Results

Fairfax County 2014 Youth Survey

Fairfax County Youth Survey Questions

Students were asked nutrition questions with the following instruction:

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

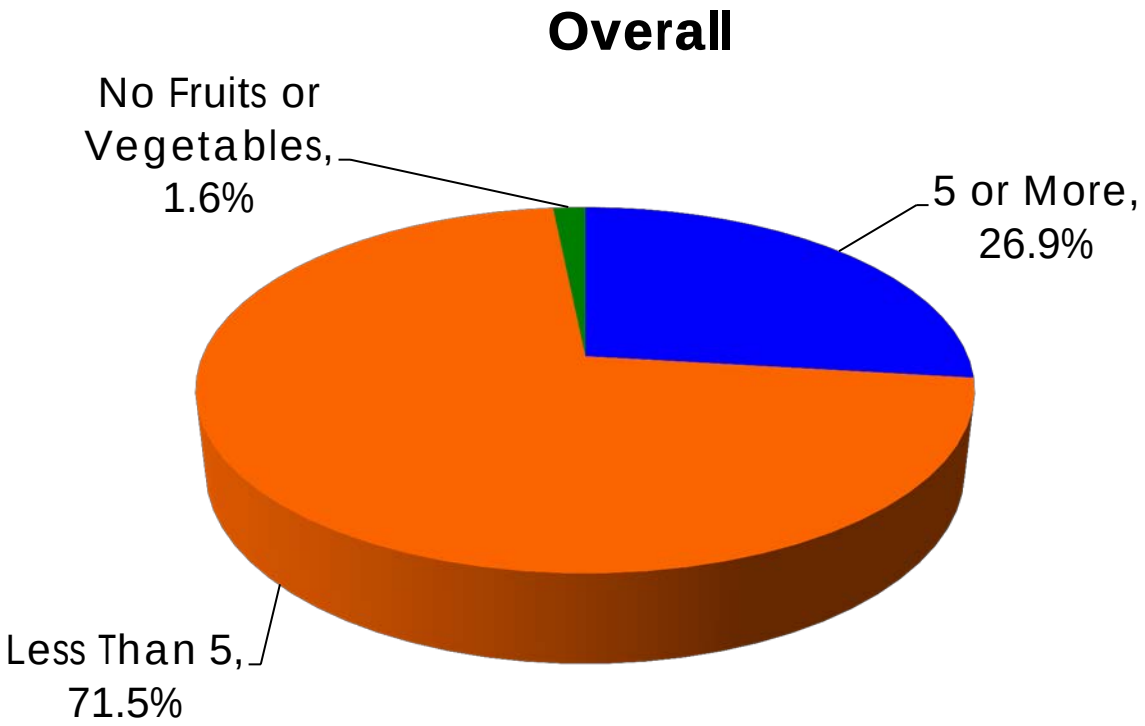
During the past 7 days:

- 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 [_] /past 7 days, 1-3 times/past 7 days, 4-6 times/past 7 days
1 time/day, 2 times/day, 3 times/day, 4 or more times/day

Nutrition (Grades 8, 10, 12)

Frequency for Eating 5 or More Fruits and Vegetables Daily

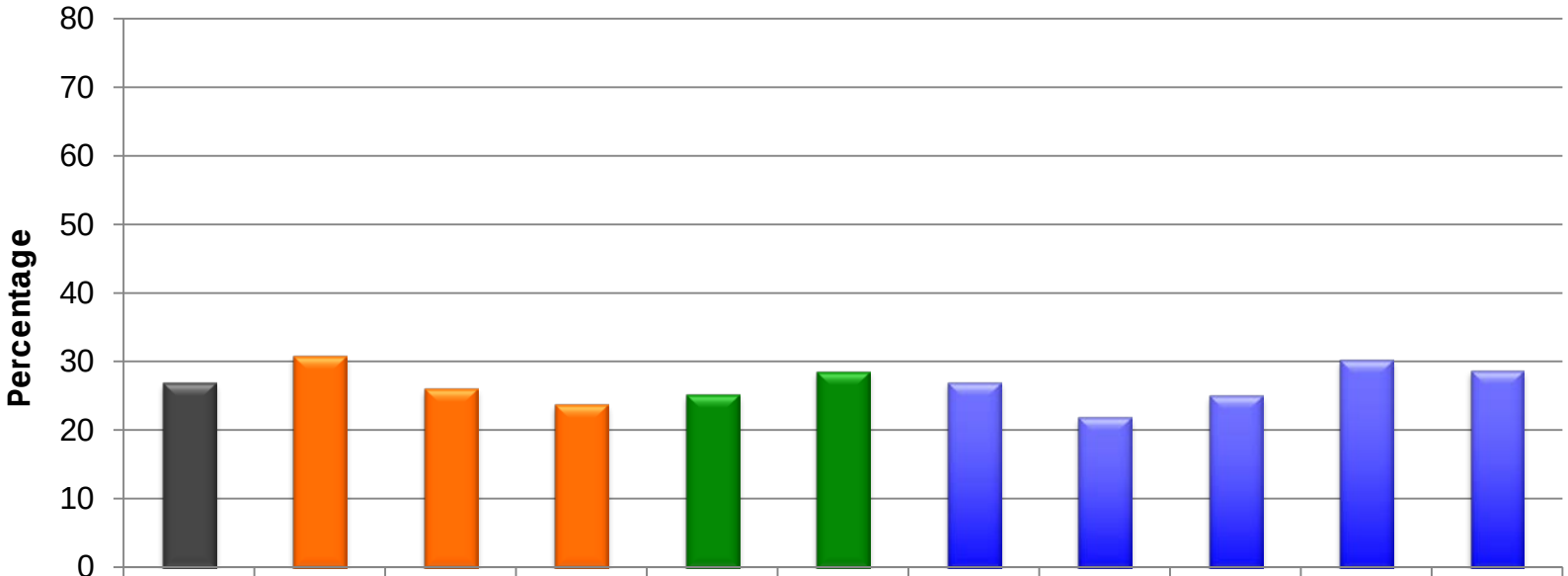


33.7% of 6th- graders reported eating 5 or more fruits and vegetables daily.

Fairfax County 2014 Youth Survey

Nutrition (Grades 8, 10, 12)

Students Who ate 5 or More Fruits and Vegetables Daily



	Overall	8th	10th	12th	Female	Male	White	Black	Hispanic	Asian	Other/ Multiple
FCPS	26.9	30.9	26.1	23.7	25.2	28.6	27.0	21.9	25.0	30.2	28.7

33.7% of 6th- graders reported eating 5 or more fruits and vegetables daily.

Fairfax County 2014 Youth Survey

Physical Activity Survey Questions and Results

Fairfax County 2014 Youth Survey

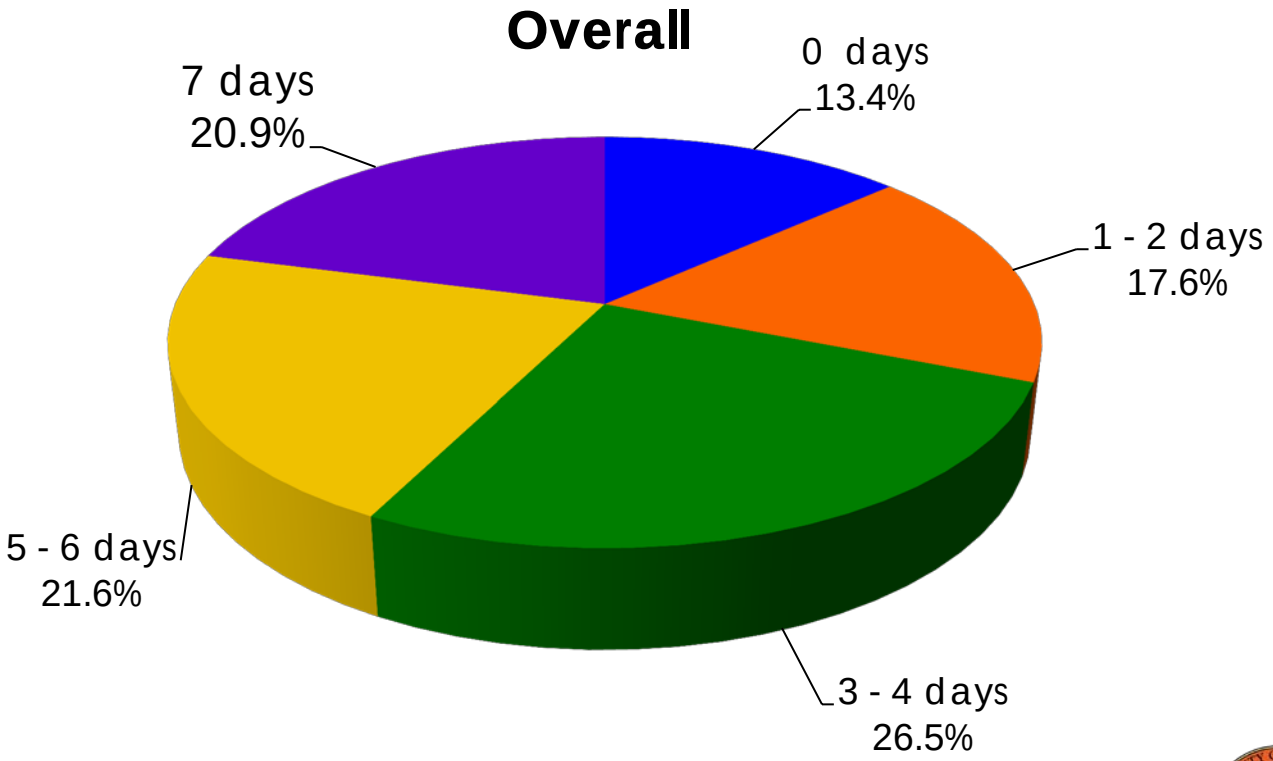
Fairfax County Youth Survey Questions

The next section asks about physical activity.

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.

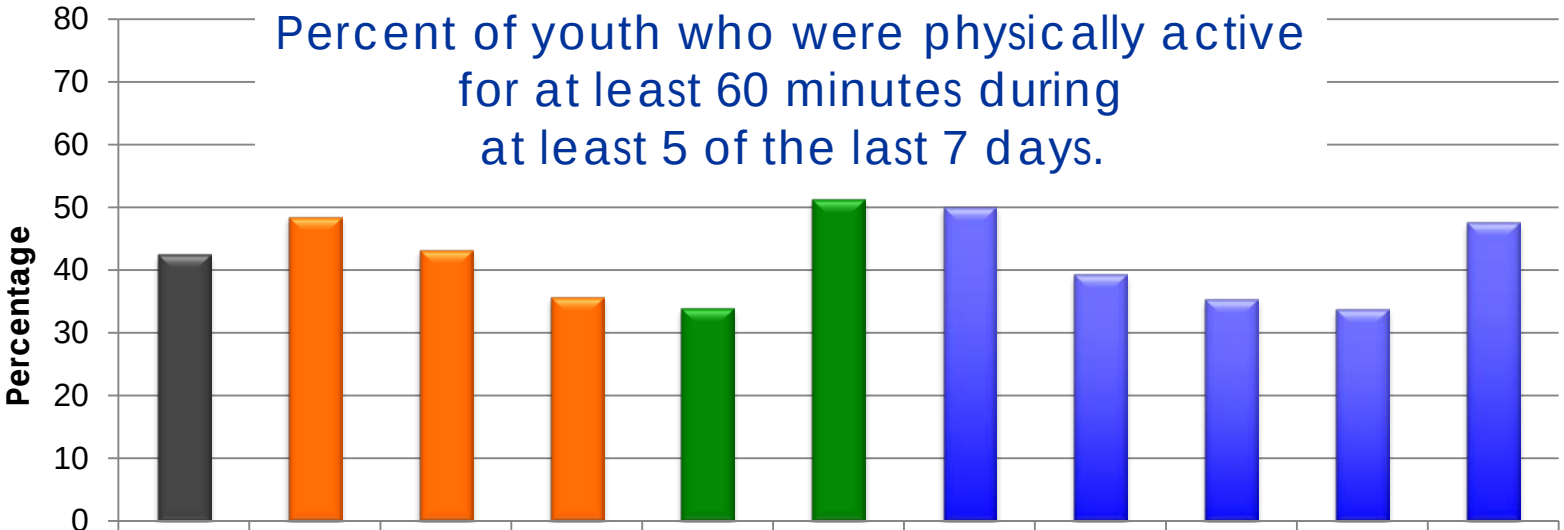
0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, 7 days

Physical Activity (Grades 8, 10, 12)
Frequency of Physical Activity (Past Week)



Fairfax County 2014 Youth Survey

Physical Activity (Grades 8, 10, 12)



	Overall	8th	10th	12th	Female	Male	White	Black	Hispanic	Asian	Other/ Multiple
FCPS	42.5	48.5	43.2	35.7	33.9	51.4	50.1	39.4	35.3	33.8	47.6

Note: 6th Grade Prevalence = 53.3%

Fairfax County 2014 Youth Survey

Fairfax County Youth Survey Questions

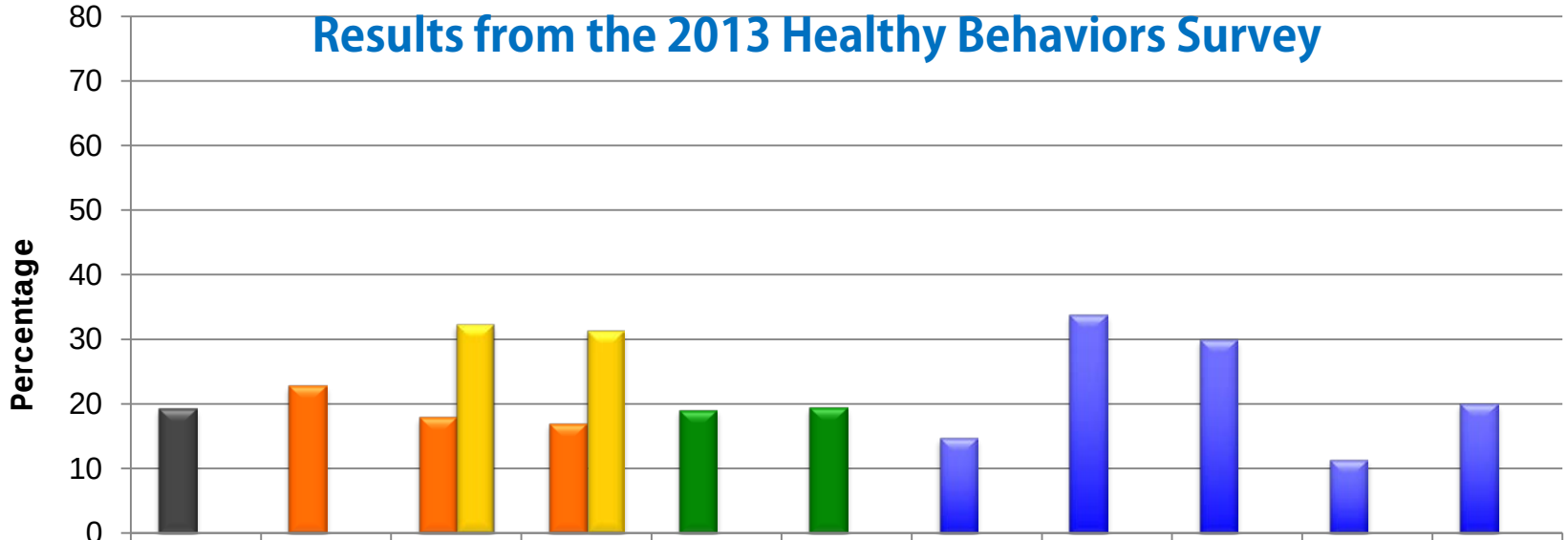
The next section asks about screentime.

On an average school day, how many hours do you:

- … watch TV?
- … play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, PlayStation, an iPod, iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)

Not at all, Less than 1 hour per day, 1 hour per day, 2 hours per day, 3 hours per day, 4 hours per day, 5 or more hours per day

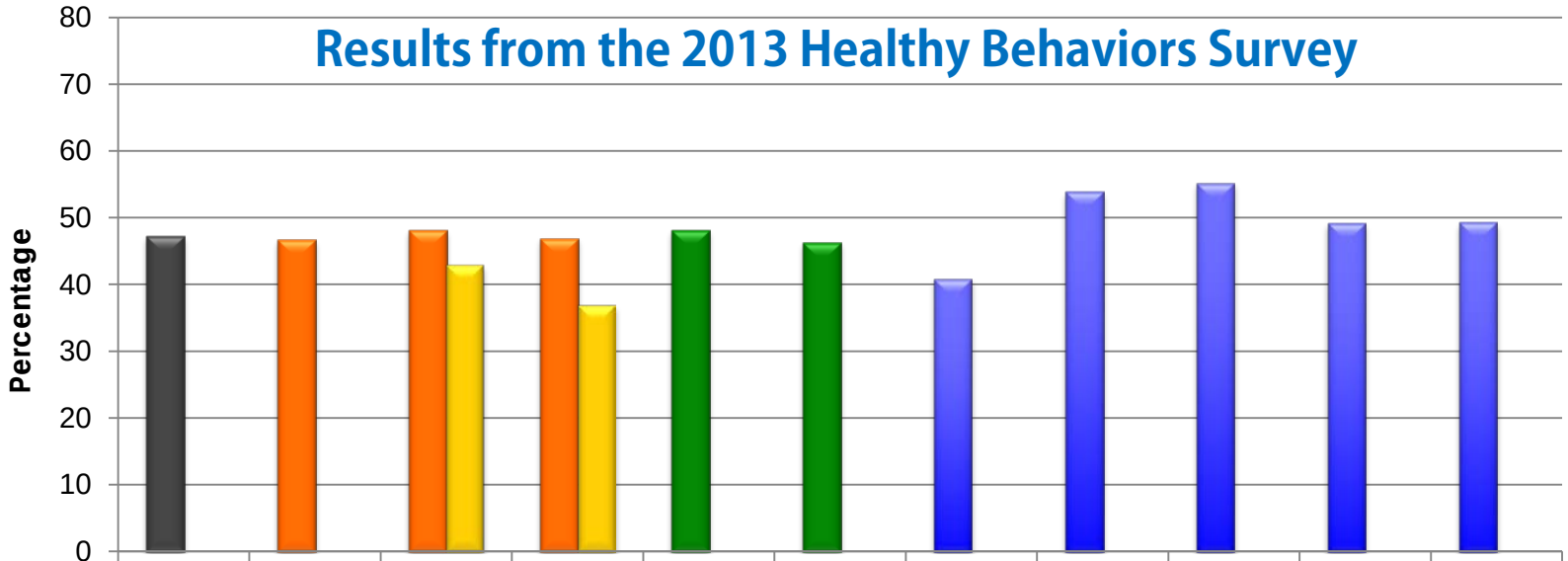
Screentime: 3+ Hours TV (Grades 8, 10, 12)



	Overall	8th	10th	12th	Female	Male	White	Black	Hispanic	Asian	Other/ Multiple
FCPS	19.3	22.9	18.0	17.0	19.1	19.5	14.7	33.8	30.0	11.3	20.0
US			32.3	31.3							

Fairfax County 2014 Youth Survey

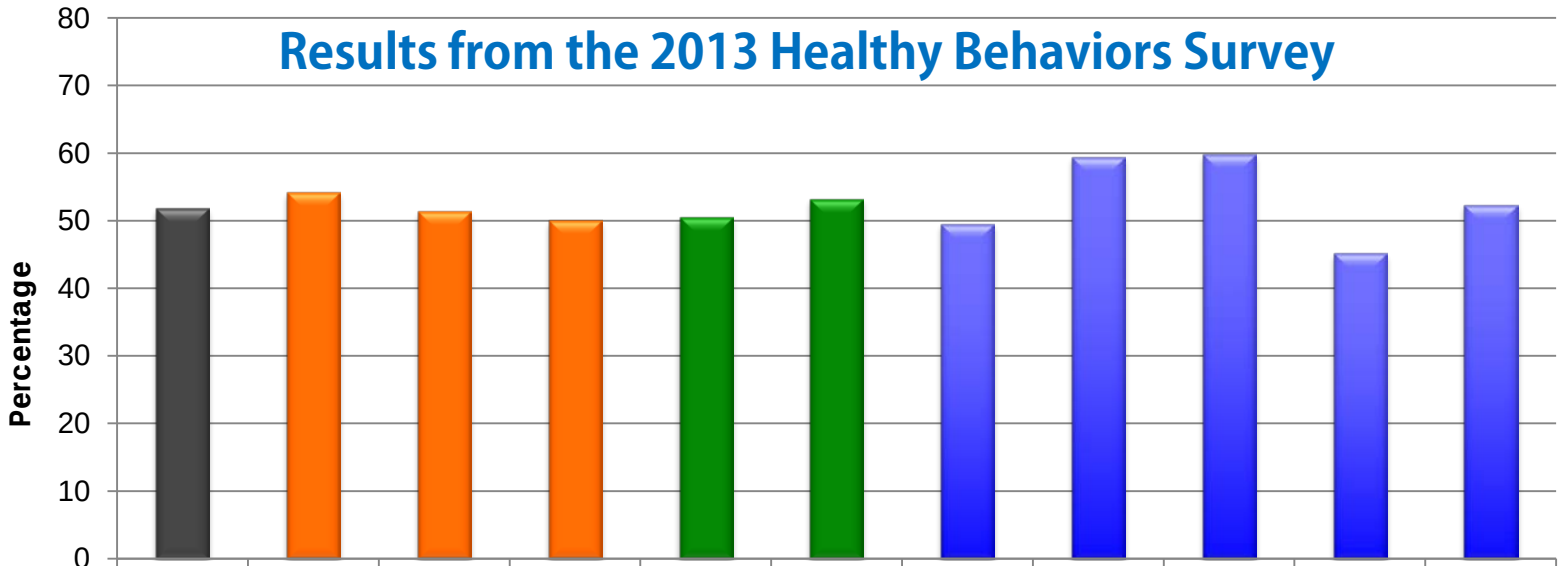
Screentime: 3+ Hours Video Games/ Non-Academic Computer (Grades 8, 10, 12)



	Overall	8th	10th	12th	Female	Male	White	Black	Hispanic	Asian	Other/ Multiple
FCPS	47.3	46.8	48.2	47.0	48.2	46.4	40.9	53.9	55.3	49.2	49.3
US			42.9	36.9							

Fairfax County 2014 Youth Survey

Screentime (Combined): 3+ Hours per Day
(Grades 8, 10, 12)



	Overall	8th	10th	12th	Female	Male	White	Black	Hispanic	Asian	Other/ Multiple
FCPS	51.9	54.2	51.4	50.1	50.6	53.3	49.6	59.5	59.8	45.2	52.4

Fairfax County 2014 Youth Survey

Correlations

Correlation Data

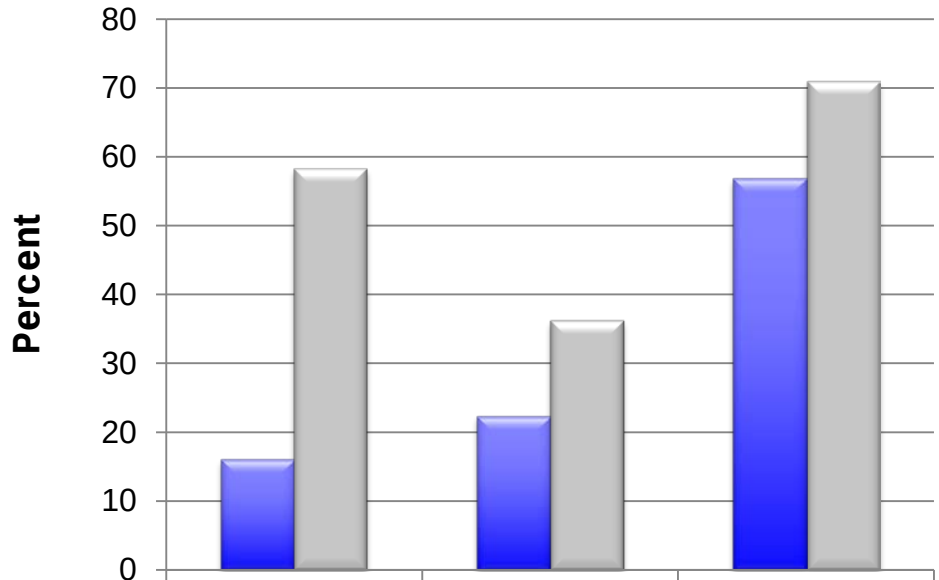
- **Cross-tabulations** are when we look at the way students responded to multiple questions, for example when we look at results by demographics such as symptoms of depression by gender or the cross of two experiences such as symptoms of depression by substance use.

Cross-tabulations of data do not imply cause and effect.

Correlation Data

- 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 do NOT show if *substance use* causes *depression* or if *depression* leads to *substance use*.

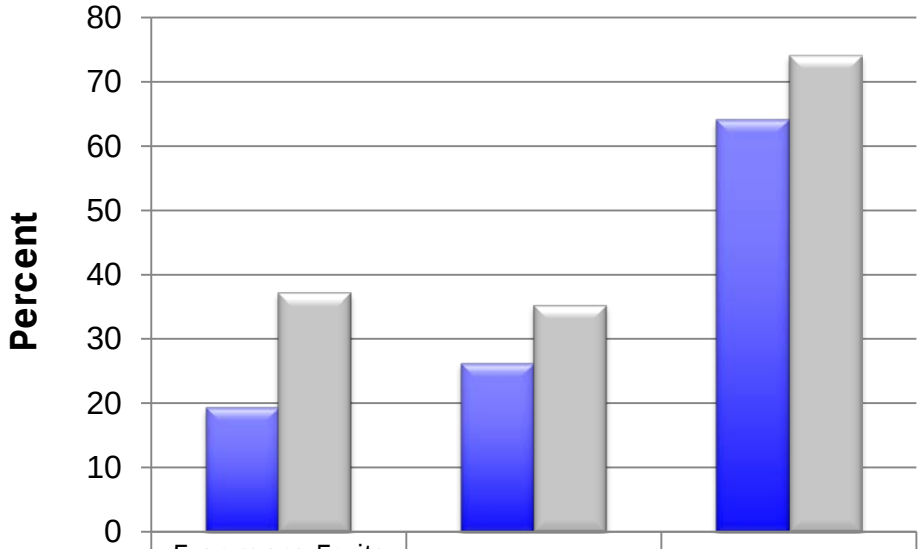
Fruits and Vegetables (Grades 8, 10, 12) Self-Care and Depression Related Factors



	5 Days Physical Activity	8+ Hours Sleep	No Reported Depression
No Fruits and Vegetables	16.11	22.4	56.9
5 or More Fruits and Vegetables	58.33	36.3	71.0

Fairfax County 2014 Youth Survey

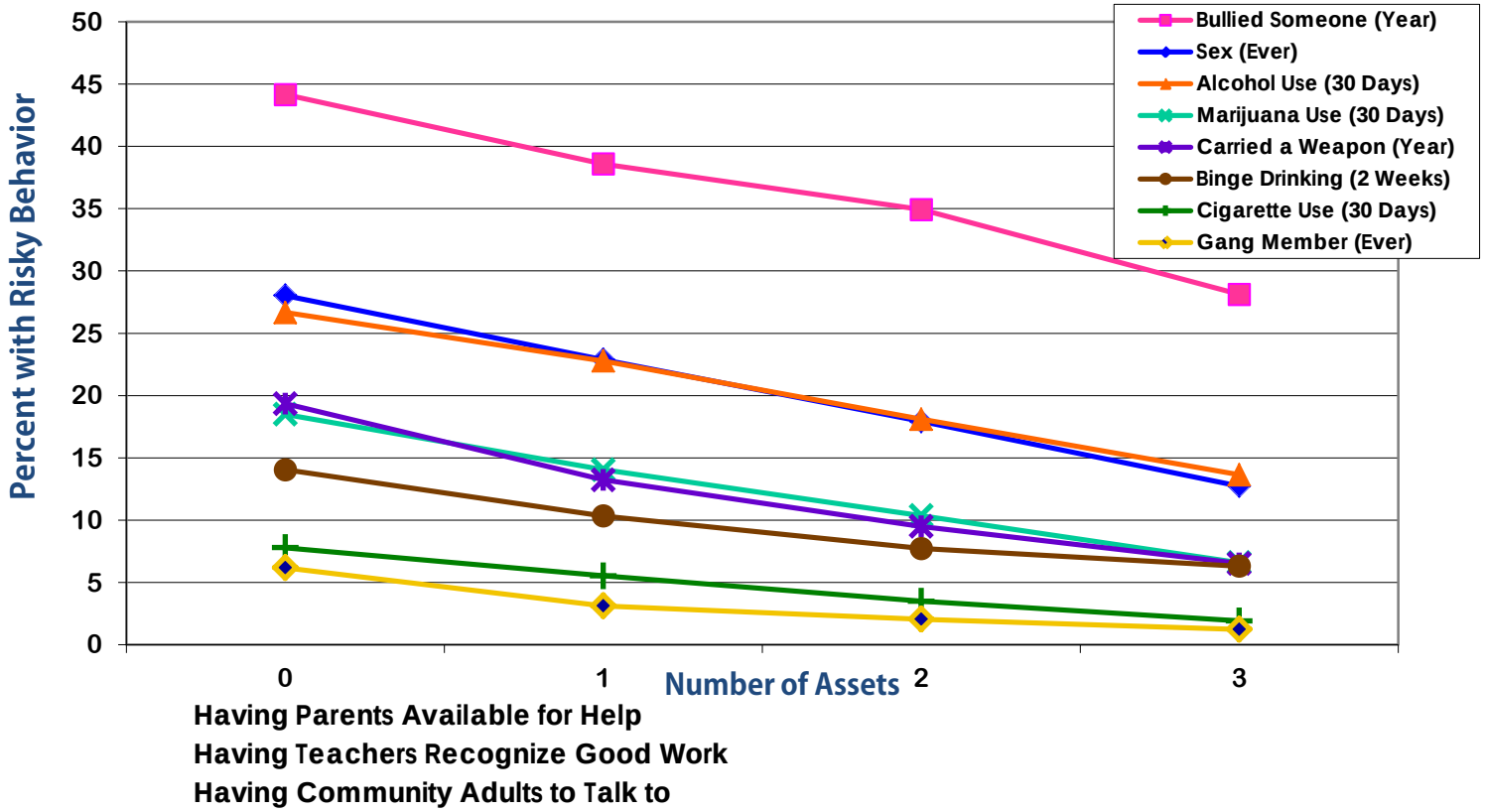
Physical Activity (Grades 8, 10, 12)
Self-Care and Depression Related Factors



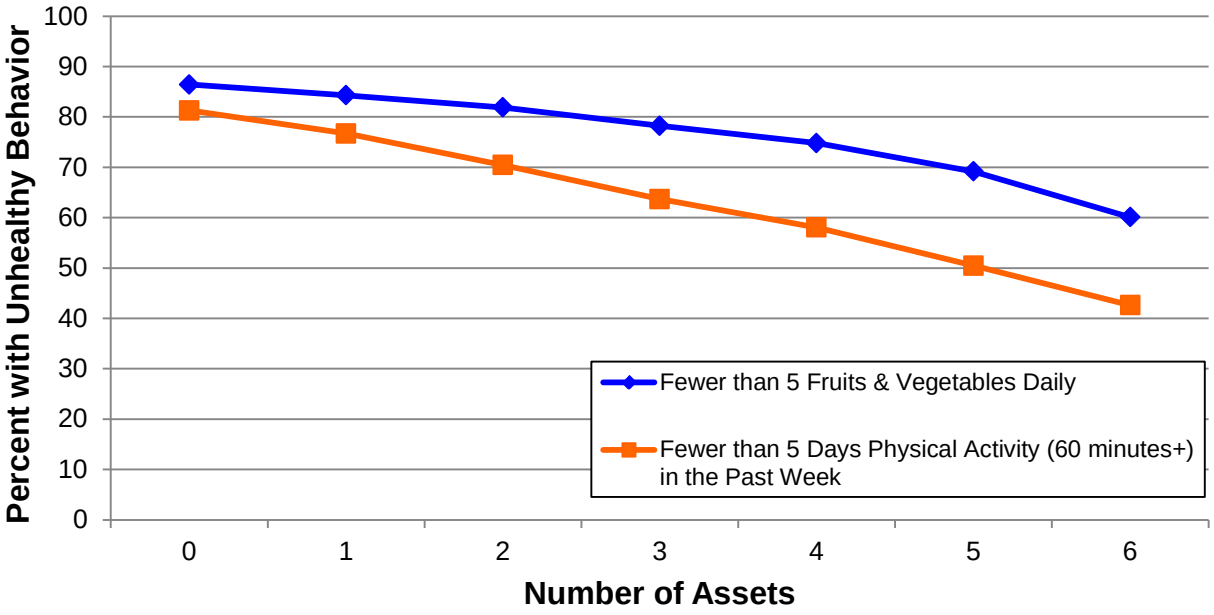
	5 or more Fruits and Vegetables Daily	8+ Hours Sleep a Night	No Reported Depression
Fewer than 5 Days of Activity Weekly	19.4	26.3	64.2
5 Days or More of Activity Weekly	37.3	35.4	74.1

Fairfax County 2014 Youth Survey

Three to Succeed
Caring Adults (Grades 8, 10, 12)



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



Having High Personal Integrity
Performing Community Service
Having Teachers Recognize Good Work
Having Community Adults to Talk to
Participating in Extracurricular Activities
Having Parents Available for Help

Fairfax County 2014 Youth Survey

What Families Can Do

Adapted from the Centers for Disease Control and Prevention

Children who are raised in active families tend to stay active as adults.

- **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.

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 **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**
- **Depression, Suicide & Unhealthy Weight Loss**
- **Nutrition and Physical Activity**
- **Teen Dating Abuse**

The Prevention Toolkit Website
www.fairfaxcounty.gov/ncs/prevention/toolkit.htm

Contact Email
NCS-Prevention@fairfaxcounty.gov

Fairfax County 2014 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

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

Help and More Information (cont.)

Find these and other organizations in the Prevention Toolkit:

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

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

Questions? Contact Us!

Sophia Dutton

Countywide Service Integration and Planning Management

Strategic Planning, Communications, and Info Management

Sophia.Dutton@fairfaxcounty.gov

Dede Bailer

Fairfax County Public Schools

Office of Intervention and Prevention Services

Dede.Bailer@fcps.edu

Fairfax County 2014 Youth Survey

www.fairfaxcounty.gov/youthsurvey