



2005 Steps Youth Survey Report and Resources May 1, 2006

Steps to a HealthierNY
Rockland County, NY

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Highlights

What we have learned from the 2005 Steps Youth Survey ...

is that for every 1,000 high school students in Rockland County:

- 253 were overweight or at risk for becoming overweight.
- 252 did not get the recommended minimum amount of physical activity per week.
- 844 did not eat the recommended 5 or more servings of fruits and vegetables per day.
- Over one third (345 students) watched 3 or more hours of television on an average school day.
- 132 smoked cigarettes on 1 or more of the past 30 days.
- 42 students reported smoking on school property during the past month.
- 220 have been diagnosed with asthma - one of the leading causes of school absenteeism - and 67 had an asthma attack in the past year.

On the positive side...

- Over 800 students drank 100% fruit juice and ate salad, vegetables and fruit in the past week.
- 700 met minimum recommendations for vigorous physical activity in the past month.
- 985 attended physical education classes in an average week.

Students participating in the Steps Youth Survey responded to questions measuring actual health-risk behaviors, and not simply knowledge, attitudes, or beliefs. These health-risk behaviors have implications potentially affecting school policy, academic outcomes and financial impact.

Introduction

Public Health experts recently predicted that, for the first time in human history, children born today are not likely to live as long or longer than their parents and will not enjoy better health during their lifetime. The epidemic of preventable chronic disease will take its toll. Right now, preventable conditions such as obesity and type 2 diabetes are negatively impacting the lives of young people both through their own compromised health and that of their parents and other family members. Together, through our communities, homes and schools, we can reverse this trend.

Schools have good reason to care about and influence the health of their students. Healthy and physically fit students are better learners and perform better on tests. Healthy students are absent fewer days than students burdened by obesity, asthma and poor health. The benefits to schools include better test scores, improved morale and increased revenue from state aid due to reduced absenteeism.

Since 2003, the Steps to a HealthierNY school programs have been assisting Rockland schools in recognizing not only the need for change but also the paths through which change can be made. By helping schools increase access to better nutrition and physical activity, the Steps program is doing its part to reduce the risk factors for obesity, type 2 diabetes and asthma. The 2005 Steps Youth Survey is one way to help schools identify where change can benefit our young people the most. The self-reported health behaviors of our youth give us insight into what we as adults are doing right and where we can improve for the sake of the next generation.

What is the Steps Youth Survey?

The Centers of Disease Control and Prevention developed the Steps Youth Survey with input from the New York State Department of Health and Steps to a HealthierNY. The survey focuses on the physical activity, dietary and tobacco-related behaviors of our youth. The survey will be conducted again in 2007 to assess how these risk behaviors have changed over time.

This packet highlights major points found in the data from the 2005 Steps Youth Survey in Rockland County. More data is available at the end of the report and detailed data is available upon request. Suggestions and resources are listed after each section to assist schools in addressing the concerns made evident by the data.

The data is presented in percentages as well as in rates per 1,000 students to make it easier to understand the real numbers of students impacted in your high school(s). Wherever possible, local data will be compared to New York State and New York City data as well as the target goals of Healthy People 2010 (a comprehensive set of disease prevention and health promotion objectives for the nation developed by the Department of Health and Human Services with the best scientific knowledge available).

Who took the survey in Rockland County?

1,366 students in 12 public high schools in Rockland County, NY completed the Steps Youth Survey during the spring of 2005. Participation was voluntary and anonymous.

Demographics of Survey Respondents

		N	Percent
Total number of Respondents		1,366	100.0
Grade	9th	204	14.9
	10th	604	44.2
	11th	274	20.1
	12th	256	18.7
	Ungraded or other	19	1.4
	Missing	9	0.7
Race/Ethnicity	Black	267	19.5
	Hispanic/Latino	203	14.9
	White	704	51.5
	All other races	140	10.2
	- Asian	102	
	- Native Hawaiian or Pacific Islander	23	
	- American Indian or Alaska Native	15	
	Multiple races	46	3.4
	Missing	6	0.4

For More Information...

For additional data or information about the 2005 Steps Youth Survey in Rockland County, please contact Carrie Steindorff at 845-364-2360, steindoc@co.rockland.ny.us or Hailey Reid at 845-364-3855, reidh@co.rockland.ny.us .

Weight and Weight loss

Introduction

The United States is currently in the midst of an overweight/obesity crisis that is affecting not only adults, but also the nation's youth. Since the 1970's the prevalence of overweight among children has more than doubled for preschoolers ages 2-5 and adolescents ages 12-19, and it has more than tripled for children ages 6-11¹. Certain ethnic groups are disproportionately affected by overweight such as Hispanic and African Americans.

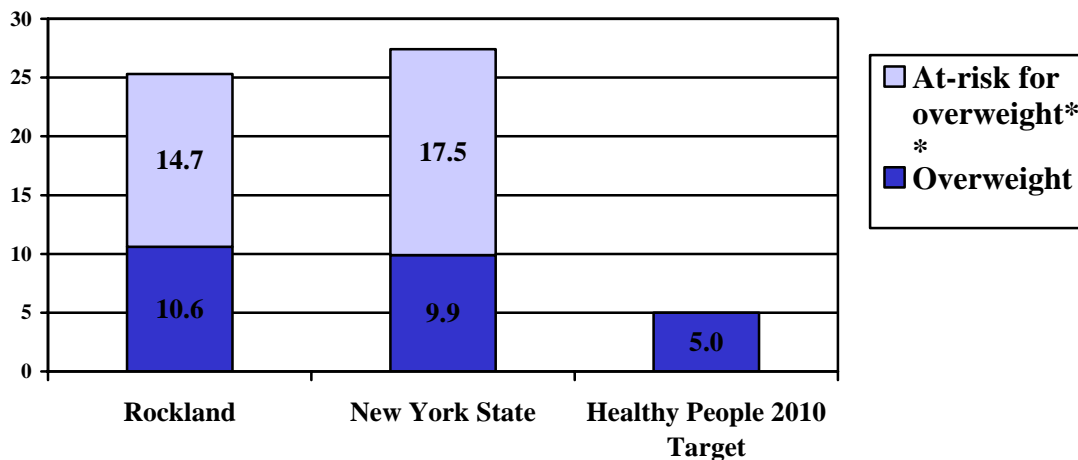
Dangerous health conditions often accompany overweight in children and are often carried into adulthood, shortening the lifespan. Such conditions as asthma, type 2 diabetes, cardiovascular disease, sleep apnea, psychological problems and adult overweight are typical complications stemming from overweight in children and teens. The good news is that the risk factors for overweight are preventable and reversible. The solution can be as simple as increasing physical activity and better nutrition.

For the purposes of the Steps Youth Survey, the following Centers for Disease Control (CDC) definitions of overweight and obesity are used. Body Mass Index (BMI) is the standard used to assess relative health risks related to body mass and is defined as weight in kilograms divided by height in square meters.

- **At Risk for Overweight** is defined as a BMI-for-age-and-gender from the 85th percentile to the 95th percentile.
- **Overweight** is defined as a BMI-for-age-and-gender at or above the 95th percentile.

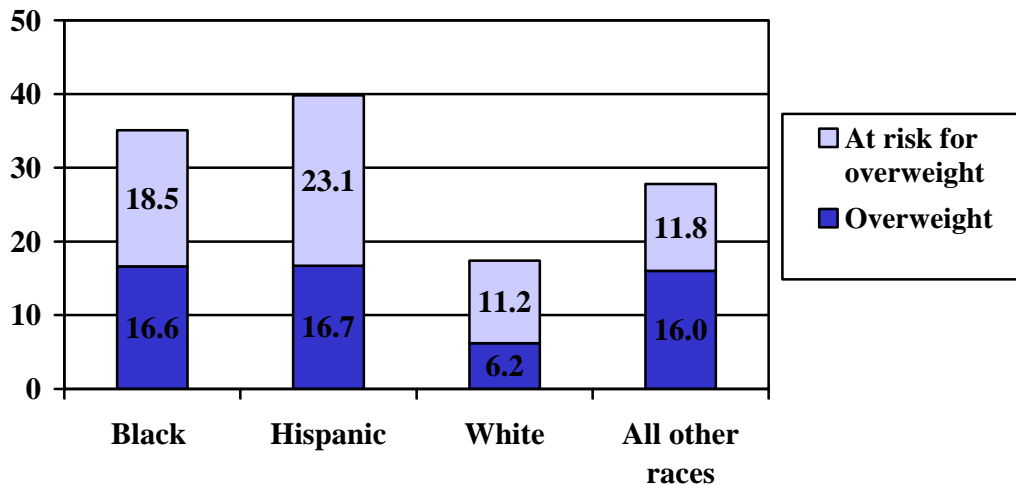
Steps Youth Survey Results

Rockland High School Students At-Risk for Overweight or Overweight Compared with New York State and Healthy People 2010 Target (2005)



- 25.3% (253 per 1,000) were at risk for overweight or were overweight
- 28.2% (282 per 1,000) described themselves as slightly or very overweight
- 43.3% (433 per 1,000) said they were trying to lose weight

Percentage of Rockland High School Students At Risk for Overweight and Overweight by Race/Ethnicity (2005)



- Black and Hispanic students were more likely to be at risk for overweight and more likely to be overweight
- 23.8% of Black males were overweight compared with 8.9% of White males

During the past month, to lose weight or keep from gaining weight:

- 63.3% (633 per 1,000) exercised
 - White girls (80.0%) were more likely to report using exercise as a strategy for weight control than Black girls (51.9%) or Black (50.3%) or White (57.1%) boys
- 39.8% (398 per 1,000) ate less food, fewer calories, or foods low in fat
 - White girls (66.1%) reported engaging in this practice more than Black girls (34.3%) or Black (25.2%) or White (26.3%) boys
- 7.4% (74 per 1,000) went without eating for 24 hours or more
 - Girls (11.3%) reported engaging in this practice more than boys (3.7%)
- 5.1% (51 per 1,000) took diet pills, powders, or liquids without a doctor's advice
- 3.6% (36 per 1,000) vomited or took laxatives

Implications

Clearly, many Rockland County teens are weight-conscious and are actively attempting to control their weight. Some strategies may be appropriate such as exercising or limiting caloric intake. However, weight loss without proper supervision can be unsuccessful at best and even dangerous especially when drastic measures such as fasting and purging are used. Studies have shown that school-based health interventions may effectively integrate prevention of both obesity and disordered weight-control behaviors².

References

1. Ogden CL, Flegal KM, Carroll MD, Johnson CL. *Prevalence and trends in overweight among US children and adolescents, 1999-2000*. JAMA. 2002;288(14):1728-1732.
2. Austin SB, Field AE, Wiecha J, Peterson KE, Gortmaker SL. *The impact of a school-based obesity prevention trial on disordered weight-control behaviors in early*

adolescent girls. Archives of Pediatric and Adolescent Medicine. (2005) Mar;159(3):225-30.

Recommendations and Resources Addressing Overweight in Adolescents

- Refer at risk for overweight or overweight students to a reputable weight management program.
 - The Positive Image - Rockland – a Steps to a HealthierNY program run by Pascack Valley Hospital (Spring Valley office) to help teens improve their self-esteem and body image while helping them to manage their weight. Contact 845-426-5505.
- A comprehensive set of strategies to address student and schools concerns about weight can be found in the following document, “The Role of Michigan Schools in Promoting Healthy Weight: A Consensus Paper”
http://www.michiganfitness.org/Publications/documents/healthyweight_13649_7.pdf

Physical Activity, Physical Inactivity and Physical Education

Introduction

Regular physical activity helps maintain good health and body weight and is associated with lower risk of obesity, diabetes and heart disease. Increased self-esteem is another important benefit of physical activity. Long periods of watching television and playing video games are linked to an increased risk of obesity.

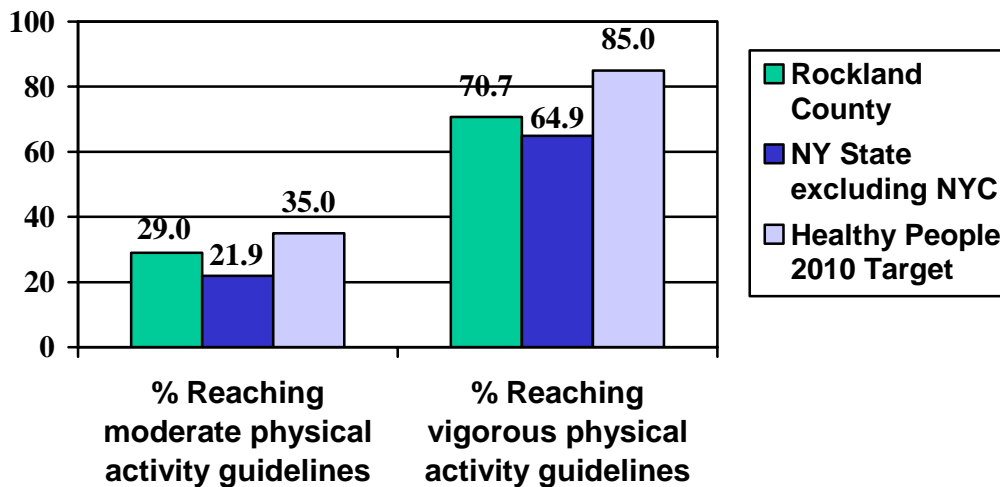
Minimum levels of moderate and vigorous physical activity were set to help Americans of all ages determine the necessary amount of physical activity they need for cardiovascular health. The total number of minutes of activity can be acquired in 10-minute segments.

- **Moderate physical activity** does not result in sweating or heavier breathing. Examples include walking, slow bike riding, leisurely vacuuming. The recommended minimum level per week of this type of activity is at least 30 minutes on 5 or more days per week.
- **Vigorous physical activity** results in sweating and heavier breathing. Examples include running, swimming laps, fast dancing. The recommended minimum level per week of this type of activity is at least 20 minutes on 3 or more days per week.

Steps Youth Survey Results

Physical Activity

Percent of Rockland High School Students Meeting Physical Activity Guidelines compared with New York State and Healthy People 2010 Targets (2005)



- Rockland students are more likely to meet the physical activity guidelines compared with NYS, but fall short of the Healthy People 2010 targets.

- Some groups are more likely to meet the vigorous guidelines than others:
 - Male students (76.8%) were more likely to meet the vigorous physical activity guidelines than female students (64.5%)
 - White students (77.9%) were more likely to meet the vigorous physical activity guidelines than Black (62.3%) or Hispanic (60.0%) students or students of all other races (66.3%)
 - Black (48.4%) and Hispanic (48.0%) females were least likely to meet these guidelines
- 60.0% played on one or more sports teams during the past year
 - Males (66.1%) were more likely to participate in team sports than females (53.6%)
- 25.2% participated in some physical activity but not enough moderate or vigorous physical activity to meet the minimum recommendations
 - 43% of Black and 40.8% of Hispanic females did not meet either of the minimum recommendations for moderate or vigorous physical activity
- 4.5% were sedentary. These students did not participate in any amount of vigorous or moderate physical activity during the past week

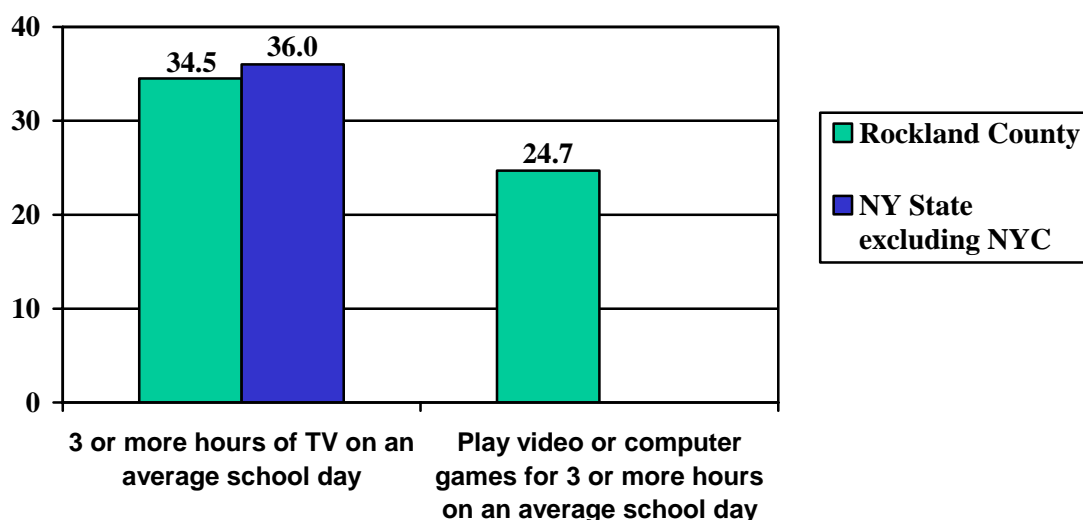
Screen Time

- Healthy People 2010 Target: no more than 25% of adolescents watching 2 or more hours of TV per day.

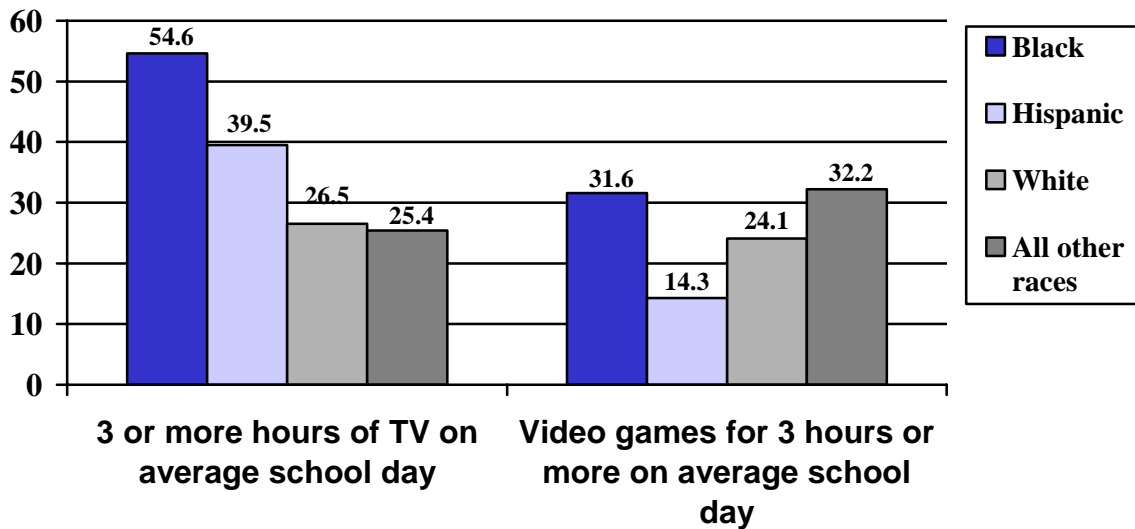
On an average school day:

- 34.5% (345 per 1000) watched TV for 3 or more hours per day
- 24.7% (247 per 1000) played video or computer games or used a computer for other than schoolwork for 3 or more hours per day
- 9th graders (45.0%) are more likely to watch 3 or more hours of TV than 11th (25.6%) or 12th graders (30.6%)

Percentage of Rockland High School Students Engaged in 3 or More Hours of Screen Time Compared with New York State (2005)



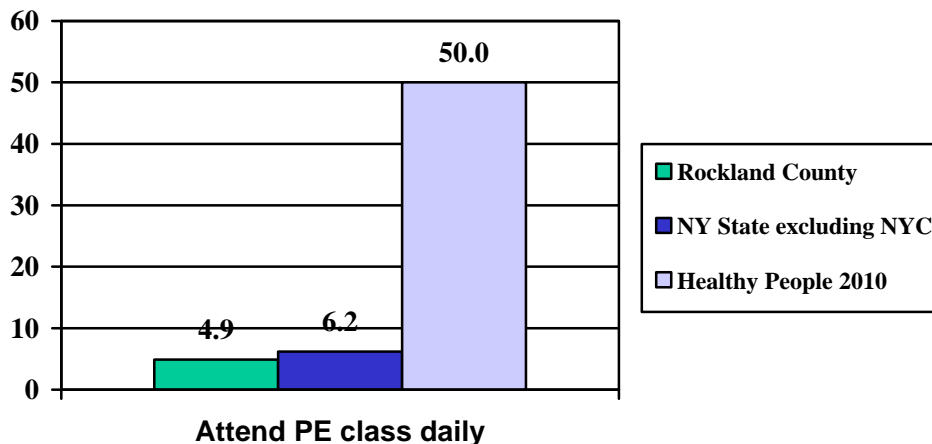
Percentage of Rockland High School Students Engaged in 3 or More Hours of Screen Time by Race/Ethnicity (2005)



Physical Education

- 98.5% (985 per 1,000) attended PE classes on one or more days
- Among those enrolled in PE: 76.7% (767 per 1,000) exercised or played sports more than 20 minutes during an average PE class

Percent of Students Who Attend a PE Class Daily in an Average Week for Rockland County and New York State and Healthy People 2010



Implications

The good news is that nearly three quarters of the students (70%) indicated they were vigorously physically active at least some of the time and about one-third was moderately physically active. However, there were disparities between genders and race/ethnicities that need to be addressed. While 600 per 1,000 students played on a sports team during the school year, 400 did not. Nearly one-third of students are not getting enough exercise and about one-third of students watched 3 or more hours of TV and/or played screen games per day, though these are not necessarily the same students.

Schools have a vested interest in providing opportunities and education on how to stay physically fit. Numerous studies worldwide have supported the conclusion that physically fit students perform better in school. Enhanced brain function, energy levels, muscle tone and self-esteem have all been attributed to physical activity and to improved academic performance. The positive impact of physical activity on academics needs to be considered when districts readjust their schedules and propose reducing PE time. As an alternative to traditional PE programming, schools can partner with local parks and recreation departments for special activities and for classroom speakers on community resources for physical activity.

Recommendations and Resources for Increasing Physical Activity

- Fund-raise through walk-a-thons and dance-a-thons instead of candy or cake sales
- Participate in Turn off TV week

- Partner with town parks and recreation for speakers, materials, and programs

- Send teachers to be trained in using physical activity to teach academic subjects. Contact Rockland Teachers' Center Institute 845-942-7602

- *RC Walks* – A Steps to a HealthierNY program that engages students and staff in a walking challenge that includes incentive prizes. This program includes a partnership with the parks department and local malls for walking programs. For more information call 845-364-2500

- A listing of best practices in physical education K-12:
http://www.actionforhealthykids.org/devel/resources_topic.php?topic=18&displaytype=resources

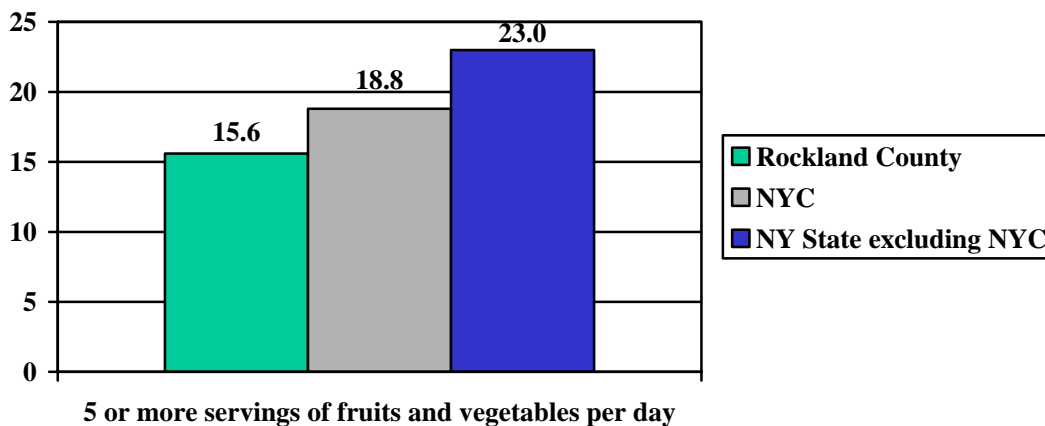
Nutrition

Introduction

Adolescents can learn healthful eating habits that will follow them into adulthood. Unfortunately, many youth do not meet current dietary guidelines. A healthful diet is associated with lower risk of obesity, diabetes and cardiovascular disease. Heavy consumption of soda and fast food is linked to an increased risk of obesity.

Steps Youth Survey Data

Percentage of Rockland High School Students Eating Five Fruits and Vegetables Per Day Compared with New York City and New York State (2005)



- Only 15.6% (156 per 1,000) ate five or more servings of fruits and vegetables per day, which was lower than teens across NYS and NYC
 - White and Hispanic students were the least likely to have eaten 5 or more servings of fruit and vegetables per day
- Although most Rockland students are not eating the recommended amounts of fruits and vegetables – they are eating fruits and vegetables!

One or more times during the past week:

- 83.0% (830 per 1,000) drank 100% fruit juices
- 83.3% (833 per 1,000) ate fruit
- 69.1% (691 per 1,000) ate green salad
- 44.9% (449 per 1,000) ate carrots
- 80.9% (809 per 1,000) ate other vegetables
- 20.0% ate at a fast food restaurant on three or more of the past seven days.
- 47.3% reported drinking soda one or more times per day during the past 30 days.
- 53.4% (534 per 1,000) usually drink skim or non-fat, 1% or 2% milk when they drink milk
 - White students (65.4%) are more likely to drink low fat or skim milk than Black (32.4%) or Hispanic (37.7%) students or students of other races (50.7%)
 - High school seniors (61.8%) drink low fat milk more often than younger students

- 50.8% (508 per 1,000) most of the time or always ate lunch at school during the past month
 - Males (56.6%) are more likely than females (44.8%) to eat lunch at school “most of the time or always”
- 4.4% (44 per 1,000) have been told by a doctor or nurse that they have diabetes

Implications

The data shows that teens are eating vegetables and fruit. They just aren't eating the recommended 5 fruits and vegetables per day. In fact, fewer Rockland teens eat “5-a-day” than their peers in New York City or the rest of New York State. Schools have an opportunity to influence the school environment in ways that would improve access to better nutrition including vegetables and fruit. Many of the schools across the country that have switched to healthy options have reaped financial benefits as well as happier, healthier, better fed students (see the resource called, *Making it Happen* and *Changing the Scene*).

The survey identifies 44 out of 1,000 students as diabetic. Providing food options that allow students on restricted diets to eat healthily will ensure that vulnerable students have their needs met while at the same time giving all students healthier options.

Recommendations and Resources for Improving Nutrition

- Make fruit and vegetables available through cafeteria offerings such as salad bar and through vending and snack sales (i.e., carrot and sliced-apple snack packs). Price these items competitively
- Highlight healthy food options to help students make wiser choices
- “*Just Ask Us!*” – a Steps to a HealthierNY campaign that assists food purveyors in offering and labeling healthier menu options. Contact Michelle Kleinman, RD, Public Health Nutritionist, Rockland County Department of Health, 845-364-3612
- Best practices in school meal programs
http://www.actionforhealthykids.org/devel/resources_topic.php?topic=20
- Best practices in A la Carte
http://www.actionforhealthykids.org/devel/resources_topic.php?topic=7
- Best practices in healthy fund raising
http://www.actionforhealthykids.org/devel/resources_topic.php?topic=13
- *Making it Happen: School Nutrition Success Stories* - a collection of successful changes in school nutrition programs
www.fns.usda.gov/tn and www.cdc.gov/HealthyYouth/Nutrition/Making-it-Happen
- *Changing the Scene: Improving the School Nutritional Environment* – a free guide to making changes in school food programs
www.fns.usda.gov/tn and www.cdc.gov/HealthyYouth/Nutrition/Making-it-Happen

Asthma

Introduction

Asthma is a disease of the lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing and is one of the most common long-term diseases of children and the leading cause of school absenteeism. Asthma is a serious and potentially life-threatening condition that can be managed with proper understanding of environmental and emotional triggers along with medication.

Asthma can be controlled by following a medical management plan and by avoiding contact with environmental “triggers,” such as mold, dust mites, cockroaches, animal dander, tobacco smoke, cold air, and certain chemicals such as perfumes and sprays. Emotional stress can also trigger an asthma attack. Although sometimes asthma attacks can start during or after physical activity, medication is available to prevent an asthma attack during exercise. With proper management, people with asthma can live healthy, active lives.

Steps Youth Survey Data

- 22.0% (220 per 1,000) have been told by a doctor or nurse that they have ever had asthma
- 17.7% (177 per 1,000) currently have asthma
- 6.7% (67 per 1,000) had an asthma attack in the past year

Implications

Almost one in five Rockland high school students has asthma and 67 per 1,000 students have had an asthma attack in the past year. Since asthma is the leading cause of school absenteeism, schools can help students prevent or manage their asthma by ensuring school buildings are free of common asthma triggers and by equipping school personnel with information on how to help students who are experiencing an asthma attack.

Recommendations and Resources for Better Asthma Management

- Ensure that the school environment is free of the controllable asthma triggers listed above
- Train school nurses, coaches and physical education teachers to assist students in the case of an asthma attack
- *Steps to Better Breathing* – a Steps to a HealthierNY program available to county residents under the age of 18 who have asthma. The purpose is to help families of children and teens with asthma learn to reduce and manage asthma attacks. Contact: Lisa Young, Program Specialist, Rockland County Department of Health, 845-364-2500

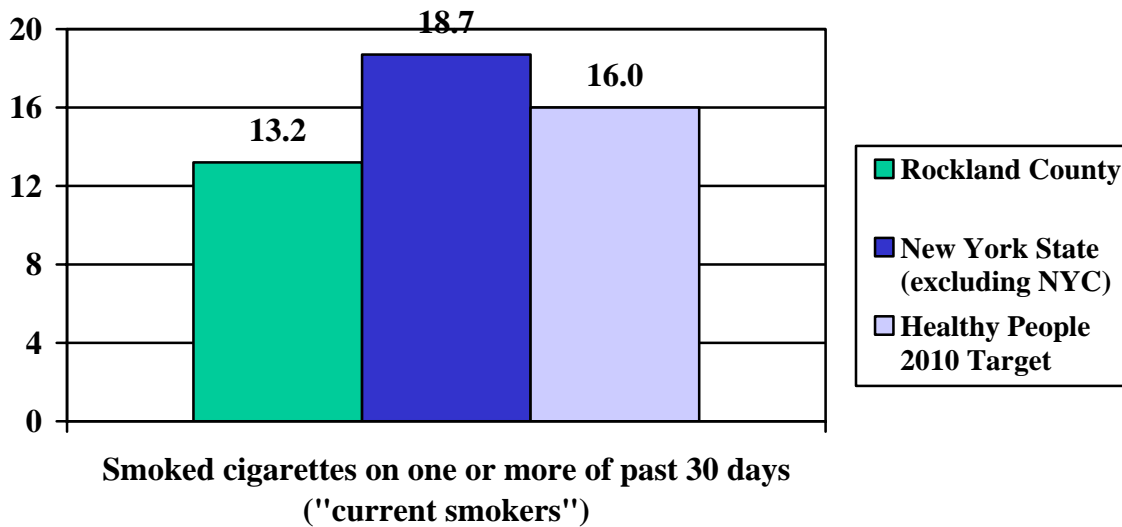
Tobacco

Introduction

Many current smokers began smoking during their youth. Cigarette smoking is the leading preventable cause of death in the United States. It increases the risk of several diseases including some cancers, cardiovascular disease, and asthma. If current patterns of smoking continue, over 5 million youth alive today can be expected to die prematurely from a smoking related disease.

Steps Youth Survey Data

Percentage of Rockland High School Students Who Smoked in the Past Month compared with New York State and Healthy People 2010 Target (2005)



- A lower percentage of high school students in Rockland smoked cigarettes during the past 30 days compared with New York State
- 8.7% (87 per 1,000) smoked cigarettes daily at some time
 - White students are more likely to be current smokers (15.8%), and to have smoked cigarettes daily at some point in their lives (10.9%)
- 4.2% (42 per 1,000) smoked cigarettes on school property during the past 30 days
- 32.9% of smokers age < 18 purchased own cigarettes at a store or gas station during the past 30 days
- 50.9 % of current smokers tried to quit in the past 12 months.
- 9.2% (92 per 1,000) said their doctor or nurse discussed ways to avoid tobacco use during their last check-up

Implications

This data shows that fewer Rockland high school students smoked cigarettes than in New York State as a whole. Still, current smoking behaviors of students have immediate health and legal implications for schools. A third of teen smokers illegally purchased their own cigarettes and 42 out of 1,000 students smoked on school property. Nearly half of students have tried smoking while 13% continued to smoke. Over half of smoking teens have tried to quit in the past year.

To assist students, schools can offer smoking cessation programs to support teens in making the decision to quit. Schools can also train personnel such as coaches, guidance counselors, health teachers and school nurses, who often have one-on-one contact with teens, to provide supportive messages and resources about smoking prevention and cessation.

Recommendations and Resources for Reducing Tobacco Use and Exposure

- *Reality Check* – a youth action program against the tobacco industry with chapters in area high schools. Contact: Devon Kessler, Program Specialist, Rockland County Department of Health, 845-364-3755
- *Put it out Rockland* – a smoking cessation program for adults with referral and self help materials for teens. Contact: Maryanne Ferrara, Program Specialist, Rockland County Department of Health, 845-364-2651
- *New York State Smokers' Quitline* 1-866-NY-QUITS, www.nysmokefree.com
- Teen cessation links on the internet
 - www.quitnet.org
 - www.trytostop.org
 - www.cdc.gov/tobacco
- TAP/TEG (Tobacco Awareness Program/Tobacco Education Group) – staff training for teen smoking cessation and alternatives to smoking-related suspension. Contact Shelly Chanler, Public Health Education Coordinator, Rockland County Department of Health, 845-364-2502
- Establish tobacco-free school policies. Contact Maureen Heller, Health Educator, CANDLE, 845-634-6677

Closing Remarks

The 2005 Steps Youth Survey reveals the current health behaviors of Rockland County high school students in grades 9–12. This report highlighted important observations from the data and provided additional local and website resources.

The Steps to a HealthierNY programs both in the schools and in the community are guiding the process of change with initiatives that will leave long lasting impact on our policies, practices and environments. In Rockland schools, districts are forming School Health Advisory Councils, which, based on the coordinated school health model, can more effectively address health concerns through recommendations and surveillance. Many schools have evaluated their effectiveness in promoting health by conducting the School Health Index and are using that document as a blue print for change. Finally, teachers at all grade levels are learning about the link between physical activity, health and optimal brain development through the *3 Rs in Motion* courses offered by the Rockland Teachers' Center Institute.

Schools can deepen their engagement in the process of change by adopting model policies that support best practices and environmental improvements. These changes can effectively enhance access to physical activity, better nutrition and reduction in exposure to tobacco for generations to come.

For more information about the 2005 Steps Youth Survey and Steps to a HealthierNY school programs, please contact Carrie Steindorff, School Health Coordinator, Steps to a HealthierNY, Rockland County Department of Health at 845-364-2360, steindoc@co.rockland.ny.us.



At a Glance

2005 Youth Risk Behavior Survey (YRBS) Results

General Health

- 8.7% (87 per 1,000) described their health as fair or poor

Tobacco Use: Cigarettes

- 44.1% (441 per 1,000) have tried cigarette smoking
- 7.8% (78 per 1,000) smoked a whole cigarette before age 13
- 13.2% (132 per 1,000) smoked cigarettes during the past month ("current smoker")
- 5.6% (56 per 1,000) smoked cigarettes on ≥ 20 days during the past month
- 9.9% of current smokers smoked $> \frac{1}{2}$ pack per day on days they smoked in the past month
- 4.2% (42 per 1,000) smoked cigarettes on school property during the past month
- 8.7% (87 per 1,000) smoked cigarettes daily at some time
- 50.9% of current smokers tried to quit smoking in the past year

Tobacco Use: Cigarette Purchase

- 32.9% of smokers age < 18 purchased cigarettes at a store or gas station in the past month

Tobacco Counseling

- 9.2% (92 per 1,000) said a doctor or nurse discussed ways to avoid tobacco use during their last check-up

Dietary Behaviors: Weight

- 14.7% (147 per 1,000) were at risk for becoming overweight
- 10.6% (106 per 1,000) were overweight
- 28.2% (282 per 1,000) described themselves as slightly or very overweight
- 43.3% (433 per 1,000) were trying to lose weight

During the past month, to lose weight or keep from gaining weight:

- 63.3% (633 per 1,000) exercised
- 39.8% (398 per 1,000) ate less food, fewer calories, or foods low in fat
- 7.4% (74 per 1,000) went without eating for 24 hours or more
- 5.1% (51 per 1,000) took diet pills, powders, or liquids without a doctor's advice
- 3.6% (36 per 1,000) vomited or took laxatives

Dietary Behaviors: Dietary Intake

One or more times during the past week:

- 83.0% (830 per 1,000) drank 100% fruit juices
- 83.3% (833 per 1,000) ate fruit
- 69.1% (691 per 1,000) ate green salad
- 59.6% (596 per 1,000) ate potatoes
- 44.9% (449 per 1,000) ate carrots
- 80.9% (809 per 1,000) ate other vegetables
- 15.6% (156 per 1,000) ate five or more servings of fruits and vegetables per day

Milk & Soft Drink Consumption

- 53.4% (534 per 1,000) usually drink skim or non-fat, 1% or 2% milk
- 47.3% (473 per 1,000) drank carbonated soft drinks one or more times during the past month

Fast Food

- 20.0% (200 per 1,000) ate fast food at a restaurant three or more times during the past week

Food & Nutrition in School

During the past month:

- 50.8% (508 per 1,000) most of the time or always ate lunch at school

During the past school year, in any of their classes:

- 40.6% (406 per 1,000) were taught about the benefits of eating more fruits & vegetables
- 25.4% (254 per 1,000) were taught how to make healthy meals & snacks

Physical Activity: Activity

On three or more days during the past week:

- 70.7% (707 per 1,000) exercised or participated in physical activity that made them sweat or breathe hard for 20 minutes or more
- 47.9% (479 per 1,000) exercised to strengthen or tone their muscles

On five or more days during the past week:

- 29.0% (290 per 1,000) participated in physical activity that did not make them sweat or breathe hard for 30 minutes or more

Physical Activity: Inactivity

- 25.2% (252 per 1,000) did not participate in at least 20 minutes of vigorous physical activity three or more times during the past week and did not participate in at least 30 minutes of moderate physical five or more times during the past week
- 4.5% (45 per 1,000) did not participate in any physical activity during the past week

On an average school day:

- 34.5% (345 per 1,000) watched TV for 3 or more hours per day
- 24.7% (247 per 1,000) played video or computer games or used a computer for other than schoolwork for 3 or more hours per day

Physical Education (PE)

In an average week:

- 98.5% (985 per 1,000) attended PE classes on one or more days
- 4.9% (49 per 1,000) attended PE classes daily

Among those enrolled in PE:

- 76.7% actually exercised or played sports more than 20 minutes during an average PE class
- 60.0% (600 per 1,000) played on one or more sports teams during the past year

Physical Activity Education in School

During the past school year, in some of their classes:

- 60.1% (601 per 1,000) were taught about the benefits of physical activity
- 41.3% (413 per 1,000) were taught how to develop a physical fitness plan for themselves
- 27.5% (275 per 1,000) were taught about opportunities for physical activity in their community

Exercise or Sports Injury

- 21.7% (217 per 1,000) saw a doctor or nurse for an injury that happened while exercising or playing sports during the past month

Health Conditions: Asthma

- 22.0% (220 per 1,000) have ever been told by a doctor or nurse that they had asthma
- 17.7% (177 per 1,000) currently have asthma
- 6.7% (67 per 1,000) had an asthma attack in the past year

Health Conditions: Diabetes

- 4.4% (44 per 1,000) have ever been told by a doctor or nurse that they have diabetes