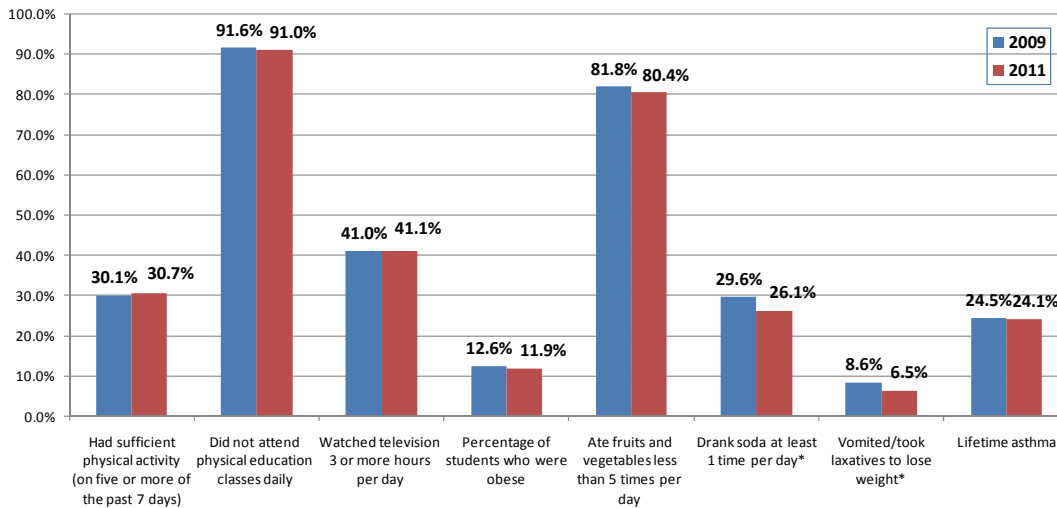


DUVAL COUNTY HIGH SCHOOL STUDENTS 2011

Physical Activity and Dietary Behavior

The Youth Risk Behavior Survey (YRBS) is a self-administered, school-based, confidential, and anonymous survey that was conducted in Duval County Public Schools during the spring of 2011. This is part of a national effort by the Centers for Disease Control and Prevention (CDC) to obtain information pertaining to youth social behaviors. These behaviors include but are not limited to: violence, safety, sex, nutrition and weight management, suicide, and more. There were 3,336 students from 21 Duval County public high schools who participated in the YRBS.

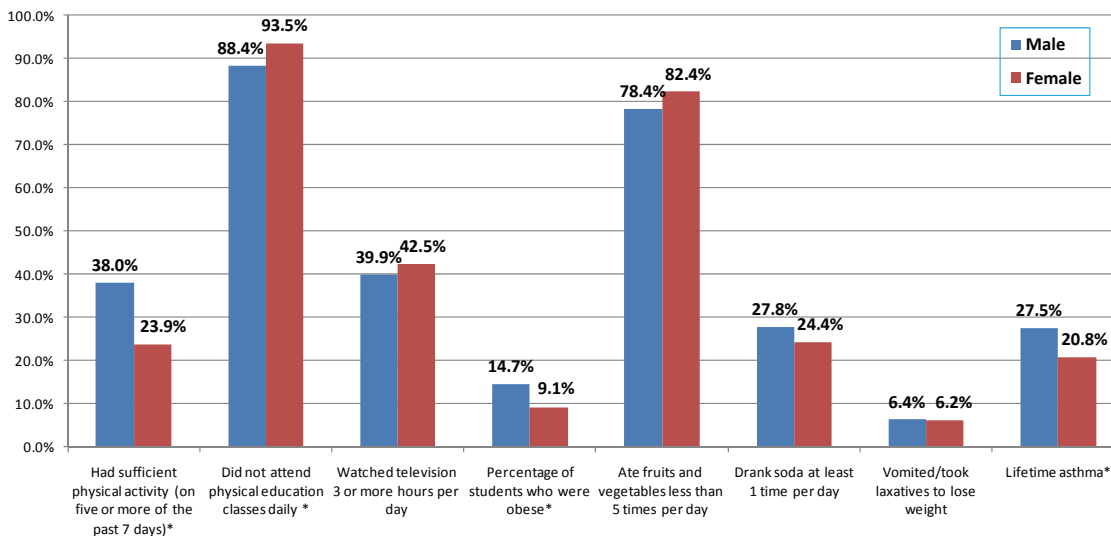
Physical Activity and Dietary Behavior by Year - Duval County



Six of eight indicators have decreased from 2009 to 2011 with only two (drank soda daily and vomited or took laxatives to lose or maintain weight.) being **statistically significant**.

An asterisk (*) indicates statistical significance.

Physical Activity and Dietary Behavior by Gender - Duval County



Males have a higher score in five of the eight physical activity and dietary behavior indicators. Male rates are **statistically significantly higher** than females in four of the indicators.

An asterisk (*) indicates statistical significance.

Duval County Map by Health Zones (HZ)

Health Zone 1

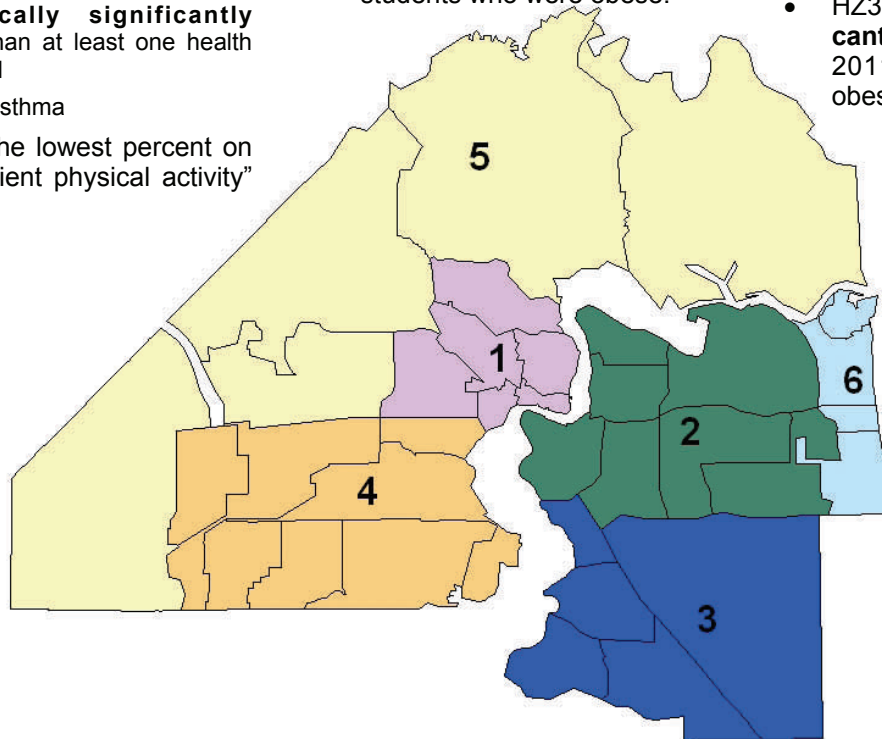
- Overall, five of the eight risk factors decreased from 2009 to 2011.
- HZ1 had the highest percent of all HZ for three of the eight risk factors in 2011.
 - ⇒ Watched TV for 3 or more hours per day (**statistically significantly higher** than at least one health zone)
 - ⇒ Students who were obese (**statistically significantly higher** than at least one health zone) and
 - ⇒ Lifetime asthma
- HZ1 had the lowest percent on “had sufficient physical activity” in 2011.

Health Zone 2

- Overall, five of the eight risk factors decreased from 2009 to 2011
- HZ2 had the lowest percent for two of the eight risk factors in 2011.
- HZ2 was **statistically significantly lower** than at least one health zone for “watched TV for three or more hours” and “students who were obese.”

Health Zone 3

- Overall, six of the eight risk factors decreased from 2009 to 2011.
- HZ3 had the lowest percent for two of the eight risk factor in 2011.
- “Students who were obese” was **statistically significantly lower** than at least one health zone.
- HZ3 had **statistically significantly decreased** from 2009 to 2011 “students who were obese”, 10.3%, 5.8%.



Health Zone 4

- Overall, seven of the eight risk factors decreased from 2009 to 2011.
- HZ4 was **statistically significantly higher** than at least one health zone on two indicators in 2011:
 - Watched TV three hour or more a day and
 - Students who were obese.

Health Zone 5

- Overall, five of the eight risk factors decreased from 2009 to 2011.
- HZ5 had the lowest percent on “lifetime asthma” (19.8%) in 2011.
- HZ5 was **statistically significantly higher** than at least one health zone on two indicators:
 - ⇒ Watched TV three hour or more a day and
 - ⇒ Students who were obese.

Health Zone 6

- Overall, six of the eight risk factors decreased from 2009 to 2011.
- HZ6 had the highest percent for “had sufficient physical activity” (37.5%) in 2011.
- HZ6 had the lowest percent in “watched TV three or more hours a day” (30.7%) in 2011.
- This indicator was also **statistically significantly lower** than at least one health zone in 2011.

Duval County Health Zone Comparison by Year

Risk Factors	Year	HZ1	HZ2	HZ3	HZ4	HZ5	HZ6	Duval County
Physical Activity								
Had sufficient physical activity (total of 60 minutes per day on five or more of the past 7 days)	2009	32.0%	33.9%	35.8%	27.3%	32.5%	27.4%	30.1%
	2011	26.4%	34.3%	33.2%	32.7%	30.6%	37.5%	30.7%
Did not attend physical education classes daily (while in school during a regular 5 day week)	2009	88.6%	91.7%	90.8%	92.1%	91.2%	91.6%	91.6%
	2011	91.1%	89.0%	92.6%	92.0%	94.5%	88.5%	91.0%
Watched television 3 or more hours per day (on an average school day)	2009	56.9%	38.4%	35.2%	44.3%	44.1%	29.2%	41.0%
	2011	50.3% ^{2,3 & 6}	39.8% ¹	35.5% ¹	43.8% ⁶	45.7% ⁶	30.7% ^{1,4 & 5}	41.1%
Obesity, Body Image, and Dietary								
Percentage of students who were obese	2009	9.3%	13.6%	10.3%	16.8%	13.1%	12.2%	12.6%
	2011	19.2% ²⁻³	9.8% ¹	5.8% ^{1,4 & 5^A}	13.7% ³	15.2% ³	11.2%	11.9%
Ate fruits and vegetables less than five times per day (100% fruit juice, fruit, green salads, potatoes, carrots, other vegetables during the 7 days before the survey)	2009	83.2%	79.1%	85.1%	84.7%	83.6%	85.6%	81.8%
	2011	80.6%	78.2%	84.3%	78.7%	81.8%	83.0%	80.4%
Drank a can, bottle, or glass of soda or pop at least one time per day (not including diet soda or pop, during the last 7 days before the survey)	2009	28.0%	25.7%	29.2%	27.7%	35.2%	32.2%	29.6%
	2011	25.1%	25.5%	19.6%	26.2%	31.2%	30.1%	26.1% ^A
Vomited or took laxatives to lose weight or to keep from gaining weight (during the 30 days before the survey)	2009	6.7%	8.3%	6.3%	7.6%	7.2%	15.2%	8.6%
	2011	5.2%	4.7%	4.9%	6.3%	6.3%	5.5%	6.5% ^A
Other Health-Related								
Lifetime asthma (ever been told by a doctor or nurse that they had asthma)	2009	24.7%	23.9%	23.9%	23.7%	26.1%	31.5%	24.5%
	2011	25.2%	24.7%	22.5%	22.8%	19.8%	23.3%	24.1%

* Is statistically significantly higher than comparison year

^A Is statistically significantly lower than comparison year

NOTE 1: The superscript number indicates the Health Zone that is statistically significantly different. For example ¹ means that Health Zone is statistically significantly different than Health Zone 1

¹ Statistically significantly different than HZ1

^{1,4 & 5} Statistically significantly different than HZ1, HZ4 & HZ5

²⁻³ Statistically significantly different than HZ2 & HZ3

^{2,3 & 6} Statistically significantly different than HZ2, HZ3 & HZ6

³ Statistically significantly different than HZ3

⁶ Statistically significantly different than HZ6

List of zip codes within health zones (HZ):

HZ1 = 32202, 04, 06, 08 09 & 54

HZ2 = 32207, 11, 16, 24, 25, 46 & 77

HZ3 = 32217, 23, 56, 57 & 58

HZ4 = 32205, 10, 12, 15, 21, 22 & 44

HZ5 = 32218, 19, 20, 26 & 34

HZ6 = 32227, 28, 33, 50 & 66

Duval County High School Comparison to U.S. & FL

Risk Factors	US 2009	FL 2011	Duval 2011
<i>Physical Activity</i>			
Had sufficient physical activity (total of 60 minutes per day on five or more of the past 7 days)	37.0%	43.6%	30.7%*^
Did not attend physical education classes daily (while in school during a regular 5 day week)	66.7%	77.3%	91.0%*^
Watched television 3 or more hours per day (on an average school day)	24.9%	37.1%	41.1%*
<i>Obesity, Body Image, and Dietary</i>			
Were obese (as self reported)	12.0%	11.5%	11.9%
Ate fruits and vegetables less than five times per day (100% fruit juice, fruit, green salads, potatoes, carrots, other vegetables during the 7 days before the survey)	77.7%	77.4%	80.4%^
Drank a can, bottle, or glass of soda or pop at least one time per day (not including diet soda or pop, during the last 7 days before the survey)	29.2%	26.0%	26.1%
Vomited or took laxatives to lose weight or to keep from gaining weight (during the 30 days before the survey)	4.0%	4.1%	6.5%*^
<i>Other Health-Related</i>			
Lifetime asthma (ever been told by a doctor or nurse that they had asthma)	22.0%	21.7%	24.1%

* Duval is statistically significantly different from the U.S.

^ Duval is statistically significantly different from Florida

Key Findings

Duval (2011) versus U.S. (2009)

- Duval's high school students had a **statistically significantly lower** percentage on sufficient physical activity than the U.S., 30.7% versus 37.0%.
- The percentage of high school students who watched three or more hours per day of television was **statistically significantly higher** in Duval than the U.S., 41.1% versus 24.9%.
- Duval high school students had a **statistically significantly higher** percentage than the U.S. on vomited or took laxatives to lose weight or to keep from gaining weight, 6.5% vs. 4.0%.

Duval (2011) versus Florida (2011)

- Duval's high school students had a **statistically significantly higher** percentage than Florida regarding "did not attend physical education classes daily", 91.0% versus 77.3%.
- High school students eating fruits and vegetables **less than 5 times** per day was **statistically significantly higher** in Duval than Florida, 80.4% versus 77.4%.

For more information about the YRBS, e-mail Duval County Public Schools at yrbs@duvalschools.org.

Visit duvalschools.org/yrbs or dchd.net, the Duval County Health Department's website to view or download YRBS data.