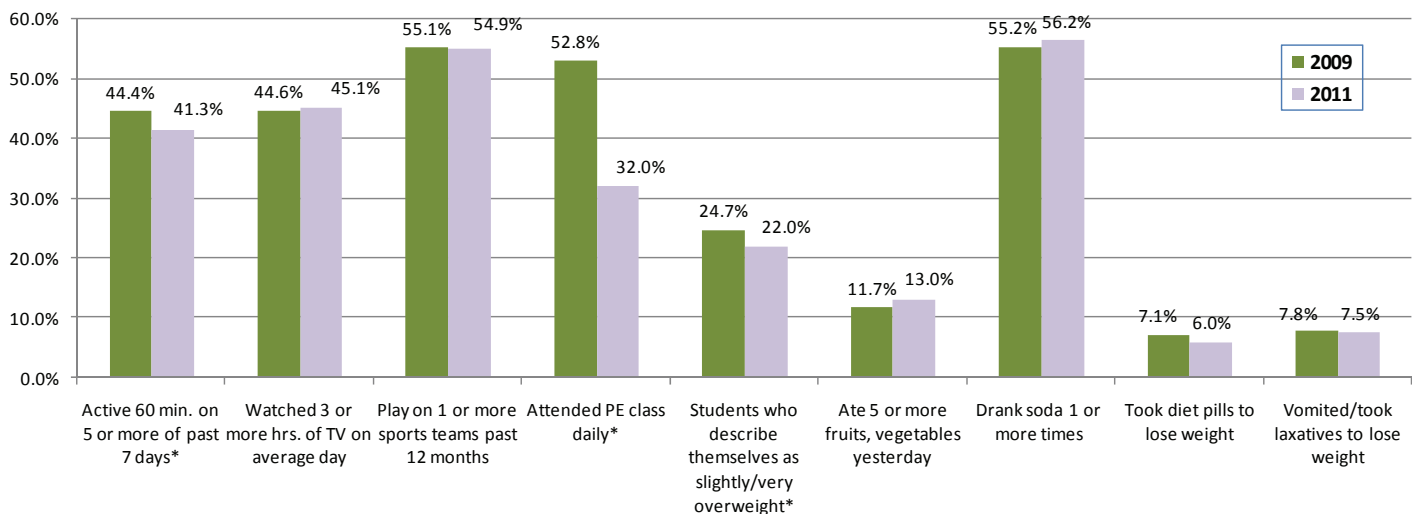


DUVAL COUNTY MIDDLE SCHOOL STUDENTS 2011

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 4,513 students from 30 Duval County public middle schools who participated in the YRBS.

Physical Activity and Dietary Behavior by Year - Duval County



* Indicates statistically significant difference

Key Findings

Duval (2011) versus Duval (2009)

Six of the nine indicators have decreased from 2009 to 2011 with three being statistically significant:

- Active 60 minutes on five or more of the past seven days,
- Attended Physical Education (PE) class daily and
- Students who described themselves as slightly or very overweight.

Duval County Map by Health Zones (HZ)

Health Zone 1

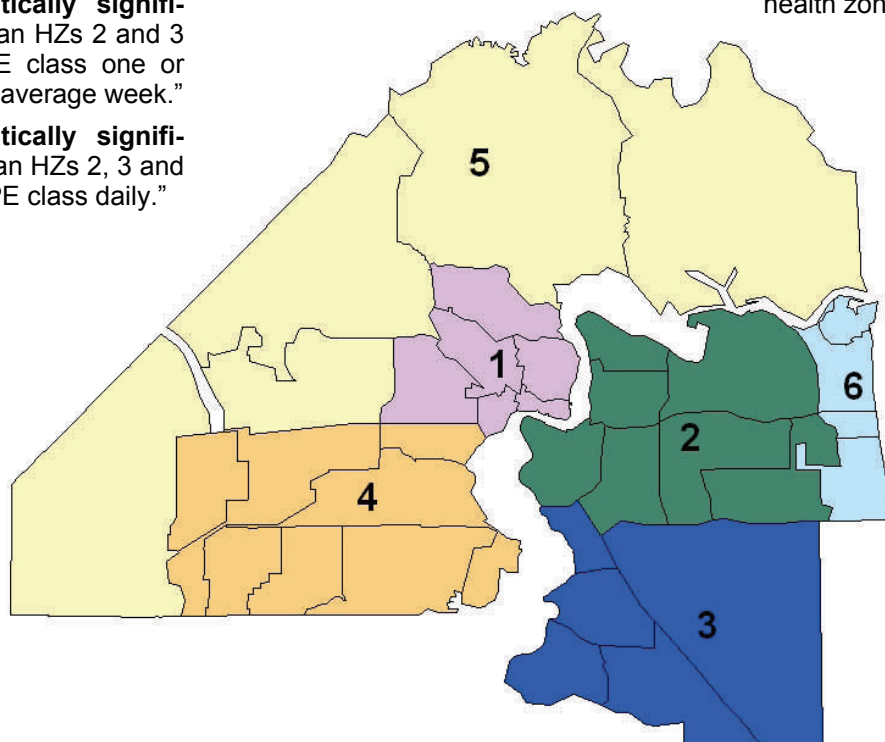
- Overall, seven of the twelve risk factors decreased from 2009 to 2011.
- HZ1 was **statistically significantly higher** than at least one health zone for “watched three or more hours of TV on average day” and “drank soda one or more times yesterday.”
- HZ1 was **statistically significantly lower** than HZs 2 and 3 for “attended PE class one or more days in an average week.”
- HZ1 was **statistically significantly lower** than HZs 2, 3 and 6 for “attended PE class daily.”

Health Zone 2

- Overall, seven of the twelve risk factors decreased from 2009 to 2011.
- Two of the decreases were **statistically significant**:
 - ⇒ Attended PE daily and
 - ⇒ Had energy drink one or more times yesterday.

Health Zone 3

- Overall, seven of the twelve risk factors decreased from 2009 to 2011.
- HZ3 had four of the highest and two of the lowest scores amongst the health zones in 2011.
- HZ3 was **statistically significantly higher** than all the other health zones.



Health Zone 4

- Overall, seven of the twelve risk factors decreased from 2009 to 2011.
- One of the decreases was **statistically significant**, “attended PE class daily.”
- HZ4 had one of the highest and one of the lowest scores amongst the HZs in 2011.
- HZ4 had a **statistically significant increase** for “played video games three or more hours per day.” For the same indicator, it was also statistically significantly higher than HZ6.

Health Zone 5

- Overall, nine of the twelve risk factors decreased from 2009 to 2011.
- Two of the decreases were **statistically significant**:
 - ⇒ “Attended PE daily” and
 - ⇒ “Vomited/took laxatives to lose weight.”
- HZ5 had the lowest scores amongst the health zones, for “attended PE class daily” in 2011.

Health Zone 6

- Overall, seven of the twelve risk factors decreased from 2009 to 2011.
- HZ6 had one of the highest and four of the lowest scores amongst the HZs in 2011.
- HZ6 was **statistically significantly higher** than HZ2 for “had energy drink one or more times yesterday” in 2011.

Duval County Health Zone (HZ) Comparison by Year

Risk Factors	Year	HZ1	HZ2	HZ3	HZ4	HZ5	HZ6	Duval County
Physical Activity								
Had sufficient physical activity (on 5 or more of past 7 days)	2009	34.8%	46.4%	46.6%	45.9%	43.7%	56.3%	44.4%
	2011	37.5%	46.0%	45.4%	40.9%	40.6%	45.3%	41.3% [^]
Watched television 3 or more hours per day	2009	61.2%	42.1%	36.0%	44.1%	46.6%	30.8%	44.6%
	2011	57.3% ^{2-3,5-6}	40.9% ^{1,6}	36.1% ¹	51.8% ⁶	47.6% ^{1,6}	29.4% ^{1-2, 4-5}	45.1%
Played video games 3 or more hours/day	2009	36.2%	31.6%	25.7%	30.9%	27.5%	16.5%	30.8%
	2011	39.0%	33.9%	31.4%	40.4% ^{6*}	33.2%	28.3% ⁴	35.7% [*]
Attended PE class 1 or more days in average week	2009	77.5%	82.0%	83.7%	78.0%	83.0%	82.7%	79.5%
	2011	70.9% ²⁻³	86.3% ^{1,4-5}	86.8% ^{1,4-5}	72.3% ²⁻³	76.6% ²⁻³	83.6%	78.6%
Play on 1 or more sports teams past 12 months	2009	57.9%	56.7%	55.8%	52.3%	57.1%	57.7%	55.1%
	2011	55.6%	58.5%	54.9%	50.9%	56.2%	53.9%	54.9%
Attended PE class daily	2009	27.4%	65.1%	64.7%	58.7%	37.3%	69.4%	52.8%
	2011	20.7% ^{2-3, 6}	30.9% ^{1, 3,5-6^A}	66.8% ^{1-2,4-6}	24.7% ^{3, 6^A}	19.1% ^{2-3, 6^A}	47.9% ¹⁻⁵	32.0% [^]
Obesity, Body Image, and Dietary								
Described themselves as slightly/very overweight	2009	23.0%	25.6%	25.7%	23.5%	26.3%	23.5%	24.7%
	2011	20.7%	21.6%	25.3%	22.2%	23.2%	21.8%	22.0% [^]
Took diet pills to lose weight	2009	7.0%	5.9%	5.8%	4.8%	10.4%	4.9%	7.1%
	2011	5.9%	4.5%	6.8%	5.6%	5.1%	2.4%	6.0%
Vomited/took laxatives to lose weight	2009	7.1%	6.0%	6.6%	6.6%	13.1%	4.3%	7.8%
	2011	7.5%	6.0%	6.0%	7.3%	6.0% [^]	4.3%	7.5%
Ate 5 or more fruits, vegetables yesterday	2009	11.0%	11.6%	13.6%	9.8%	13.8%	14.8%	11.7%
	2011	11.0%	14.1%	13.5%	11.0%	12.6%	10.9%	13.0%
Drank soda at least 1 time per day	2009	61.0%	53.6%	51.3%	59.1%	48.2%	50.5%	55.2%
	2011	63.0% ²⁻³	53.3% ¹	48.1% ¹	56.7%	57.3%	60.1%	56.2%
Had energy drink 1 or more times yesterday	2009	22.5%	22.3%	18.7%	18.2%	20.3%	27.2%	22.5%
	2011	19.4%	14.9% ^{6^A}	17.9%	19.6%	16.7%	29.1% ²	19.7%

* Is statistically, significantly higher than comparison year

^ Is statistically, significantly lower than comparison year

NOTE: 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

^{1,2} Statistically significantly different than HZ1 & HZ2

^{1,3} Statistically significantly different than HZ1 & HZ3

¹⁻⁵ Statistically significantly different than HZ1 through HZ5

² Statistically significantly different than HZ1

²⁻³ Statistically significantly different than HZ2 & HZ3

³ Statistically significantly different than HZ1

⁴ Statistically significantly different than HZ4

⁴⁻⁵ Statistically significantly different than HZ4 & HZ5

⁴⁻⁶ Statistically significantly different than HZ4, HZ5 & HZ6

⁵⁻⁶ Statistically significantly different than HZ5 & HZ6

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

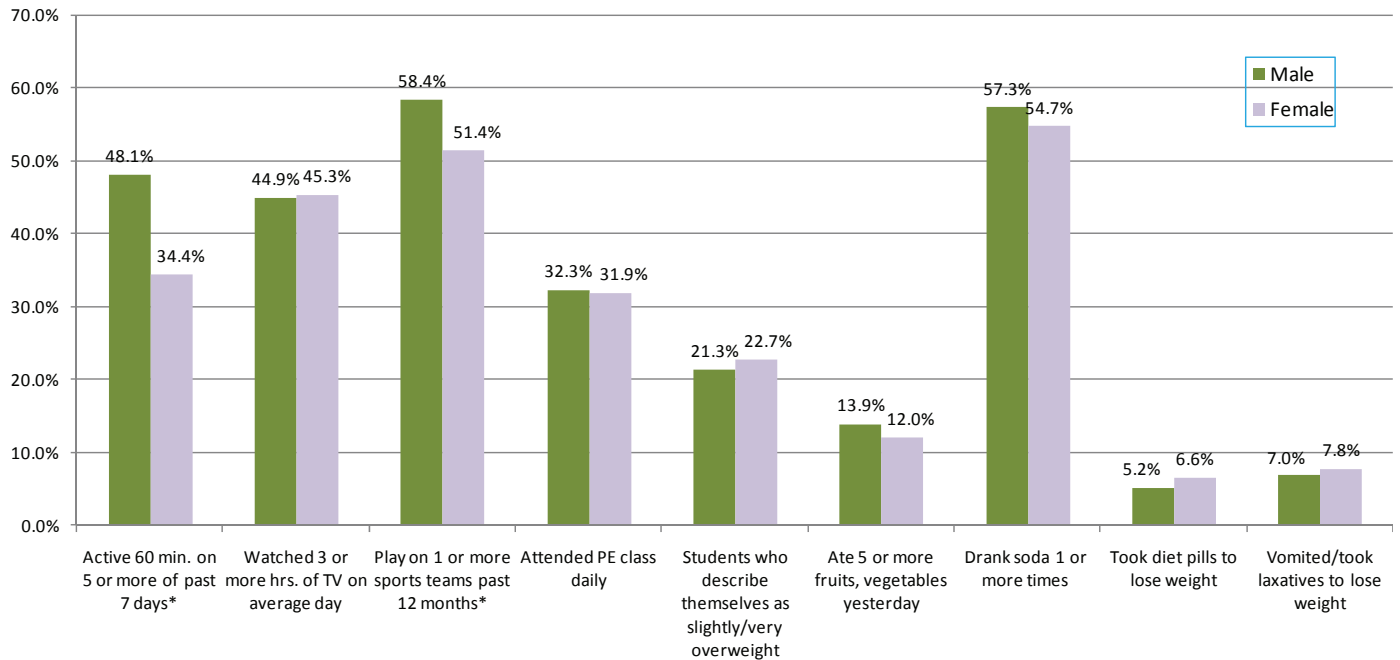
HZ4 = 32205, 10, 12, 15, 21, 22 & 44

HZ5 = 32218, 19, 20, 26 & 34

HZ6 = 32227, 28, 33, 50 & 66

Duval County Middle School Comparison: Gender

Physical Activity and Dietary Behavior by Gender - Duval County



* Indicates statistically significant difference

Key Findings

Males versus Females

- Males have higher score in five of the nine physical activity and dietary behavior indicators.
- Male rates are statistically, significantly higher than females in two of the indicators.
 - ⇒ Active 60 minutes on five or more of the past seven days and
 - ⇒ Played on one or more sports teams in the past 12 months.
- Females have higher scores in four of the nine physical and dietary behavior indicators.

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.