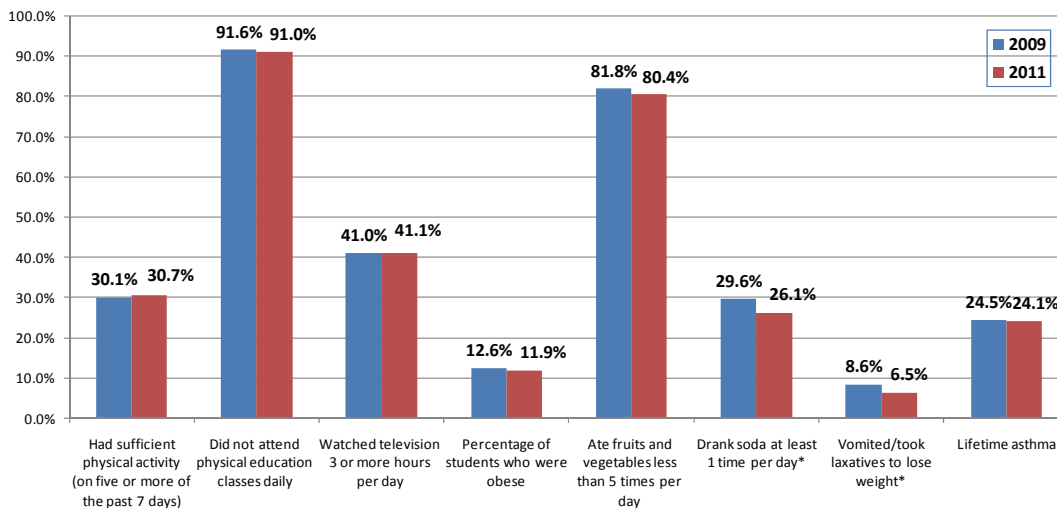


DUVAL COUNTY HIGH SCHOOL STUDENTS 2011

**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.

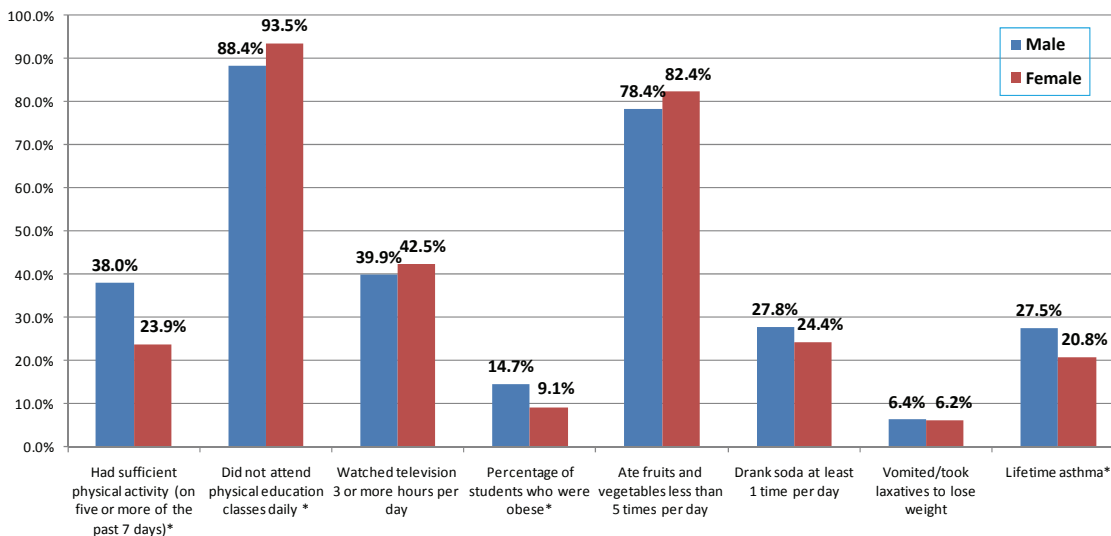
**Physical Activity and Dietary Behavior by Year - Duval County**



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

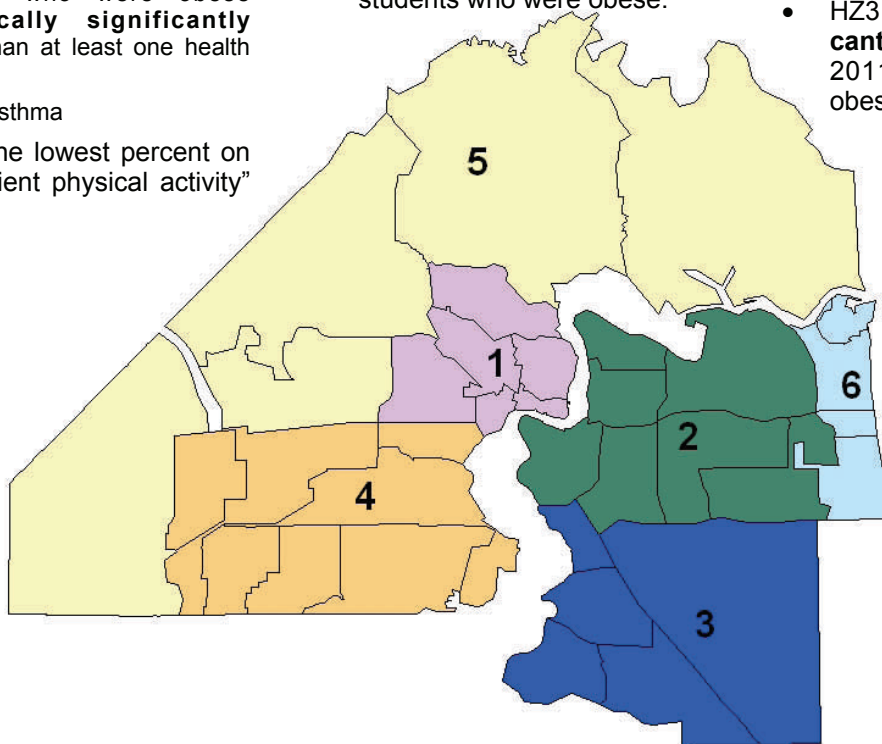
- Overall, five of the eight risk factors decreased from 2009 to 2011.
- HZ1 had the highest percent of all HZ for three of the eight risk factors in 2011.
  - ⇒ Watched TV for 3 or more hours per day (**statistically significantly higher** than at least one health zone)
  - ⇒ Students who were obese (**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
<b>Physical Activity</b>								
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% <sup>2,3 &amp; 6</sup>	39.8% <sup>1</sup>	35.5% <sup>1</sup>	43.8% <sup>6</sup>	45.7% <sup>6</sup>	30.7% <sup>1,4 &amp; 5</sup>	41.1%
<b>Obesity, Body Image, and Dietary</b>								
Percentage of students who were obese	2009	9.3%	13.6%	10.3%	16.8%	13.1%	12.2%	12.6%
	2011	19.2% <sup>2-3</sup>	9.8% <sup>1</sup>	5.8% <sup>1,4 &amp; 5^A</sup>	13.7% <sup>3</sup>	15.2% <sup>3</sup>	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% <sup>^</sup>
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% <sup>^</sup>
<b>Other Health-Related</b>								
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

^ Is statistically significantly lower than comparison year

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

<sup>1</sup> Statistically significantly different than HZ1

<sup>1,4 & 5</sup> Statistically significantly different than HZ1, HZ4 & HZ5

<sup>2-3</sup> Statistically significantly different than HZ2 & HZ3

<sup>2,3 & 6</sup> Statistically significantly different than HZ2, HZ3 & HZ6

<sup>3</sup> Statistically significantly different than HZ3

<sup>6</sup> 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
<b><i>Physical Activity</i></b>			
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%*
<b><i>Obesity, Body Image, and Dietary</i></b>			
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%*^
<b><i>Other Health-Related</i></b>			
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](mailto:yrbs@duvalschools.org).

Visit [duvalschools.org/yrbs](http://duvalschools.org/yrbs) or [dchd.net](http://dchd.net), the Duval County Health Department's website to view or download YRBS data.