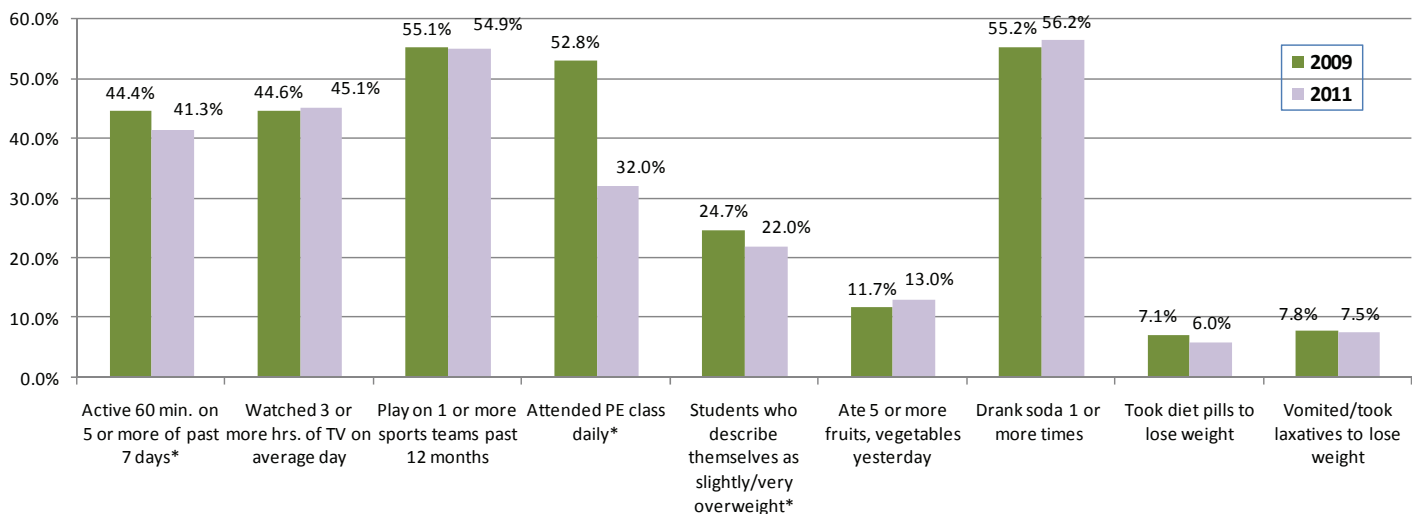


## DUVAL COUNTY MIDDLE SCHOOL STUDENTS 2011

### 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

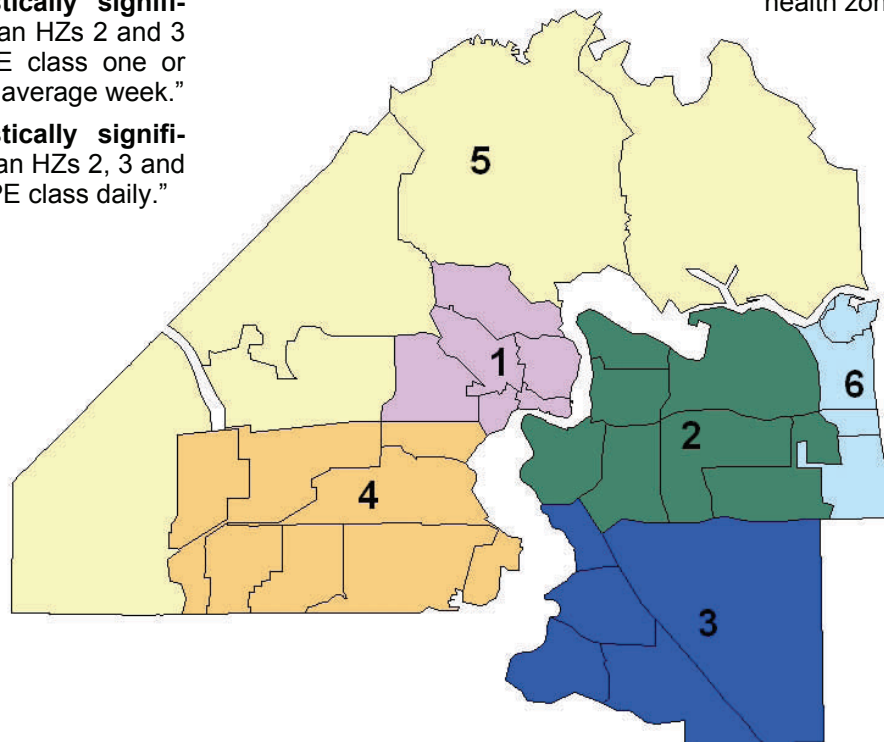
- Overall, seven of the twelve risk factors decreased from 2009 to 2011.
- HZ1 was **statistically significantly higher** than at least one health zone for “watched three or more hours of TV on average day” and “drank soda one or more times yesterday.”
- HZ1 was **statistically significantly lower** 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
<b>Physical Activity</b>								
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% <sup>^</sup>
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% <sup>2-3,5-6</sup>	40.9% <sup>1,6</sup>	36.1% <sup>1</sup>	51.8% <sup>6</sup>	47.6% <sup>1,6</sup>	29.4% <sup>1-2, 4-5</sup>	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% <sup>6*</sup>	33.2%	28.3% <sup>4</sup>	35.7% <sup>*</sup>
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% <sup>2-3</sup>	86.3% <sup>1,4-5</sup>	86.8% <sup>1,4-5</sup>	72.3% <sup>2-3</sup>	76.6% <sup>2-3</sup>	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% <sup>2-3, 6</sup>	30.9% <sup>1, 3,5-6^A</sup>	66.8% <sup>1-2,4-6</sup>	24.7% <sup>3, 6^A</sup>	19.1% <sup>2-3, 6^A</sup>	47.9% <sup>1-5</sup>	32.0% <sup>^</sup>
<b>Obesity, Body Image, and Dietary</b>								
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% <sup>^</sup>
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% <sup>^</sup>	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% <sup>2-3</sup>	53.3% <sup>1</sup>	48.1% <sup>1</sup>	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% <sup>6^A</sup>	17.9%	19.6%	16.7%	29.1% <sup>2</sup>	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 <sup>1</sup> means that Health Zone is statistically significantly different than Health Zone 1

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

<sup>1,2</sup> Statistically significantly different than HZ1 & HZ2

<sup>1,3</sup> Statistically significantly different than HZ1 & HZ3

<sup>1-5</sup> Statistically significantly different than HZ1 through HZ5

<sup>2</sup> Statistically significantly different than HZ1

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

<sup>3</sup> Statistically significantly different than HZ1

<sup>4</sup> Statistically significantly different than HZ4

<sup>4-5</sup> Statistically significantly different than HZ4 & HZ5

<sup>4-6</sup> Statistically significantly different than HZ4, HZ5 & HZ6

<sup>5-6</sup> Statistically significantly different than HZ5 & HZ6

<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

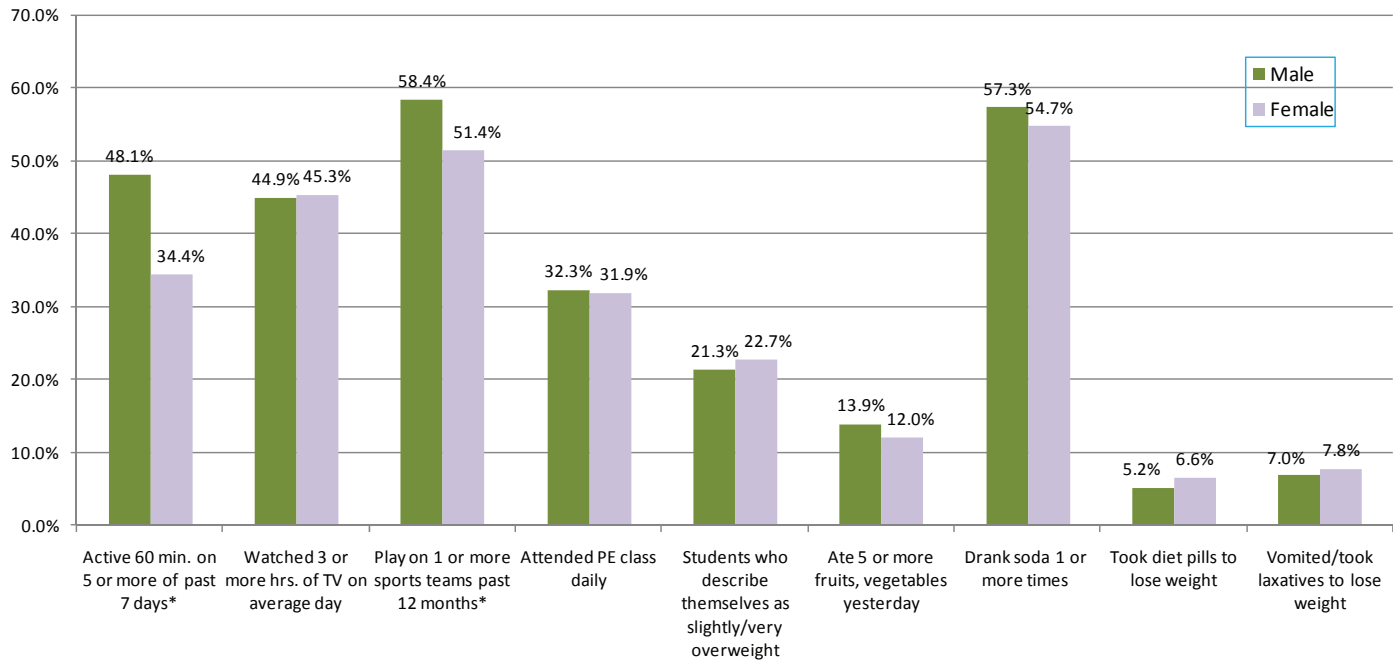
**HZ4** = 32205, 10, 12, 15, 21, 22 & 44

**HZ5** = 32218, 19, 20, 26 & 34

**HZ6** = 32227, 28, 33, 50 & 66

# Duval County 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](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.