

# Youth Risk Behavior Survey

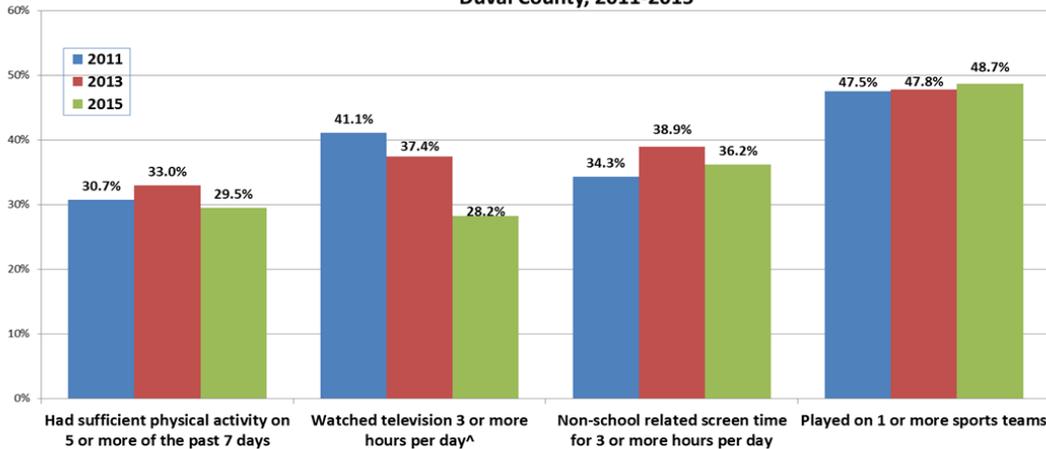


## DUVAL COUNTY HIGH SCHOOL STUDENTS 2015

### 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 2009, 2011, 2013, and 2015. This is part of a national effort by the Centers for Disease Control and Prevention (CDC) to obtain information pertaining to youth health behaviors that contribute to the leading causes of death and disability among youth and adults. These include: 1) behaviors that contribute to unintentional injuries and violence, 2) sexual behaviors that contribute to unintended pregnancies and STDs, 3) alcohol and other drug use, 4) tobacco use, 5) unhealthy dietary behaviors, and 6) inadequate physical activity. In 2015, 3,608 students from 21 Duval County public high schools participated in the YRBS.

High School Student (9th-12th Grade) Physical Activity by Year  
Duval County, 2011-2015



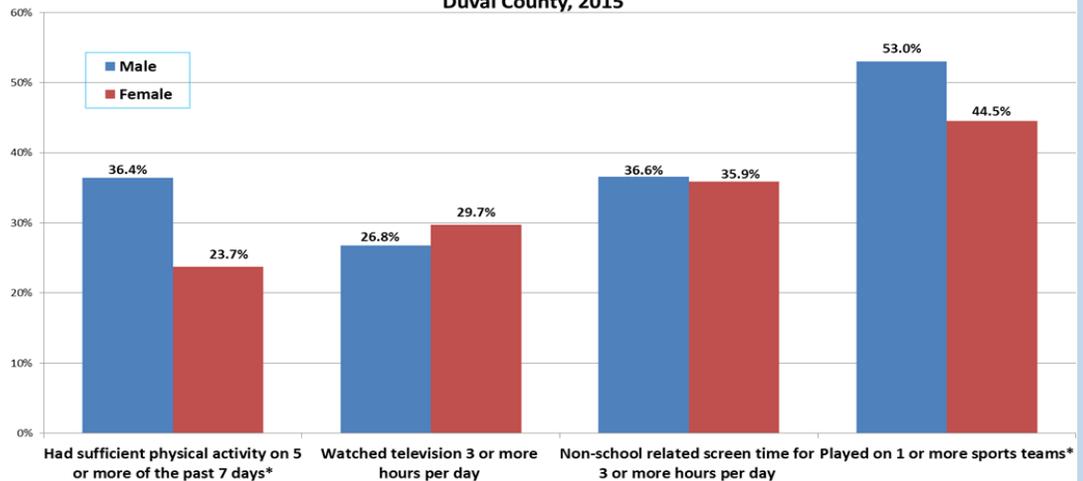
Lack of physical activity in adolescence can have lifelong consequences. In 2015, over 70% of high school students reported insufficient physical activity, a trend that has remained relatively stable since 2011.

The number of students that watched TV for three or more hours per day decreased by 31% from 2011 to 2015. In contrast, the number of students that reported three or more hours of non-school related screen time per day has remained relatively stable since 2011.

Fewer female students (23.7%) engaged in sufficient physical activity than male students (36.4%). Male students (53.0%) were also more likely to participate on at least one sports team than female students (44.5%).

Too much screen time adversely impacts both male and female students. Over 1 in 3 male and female students reported three or more hours of non-school related screen time per day.

High School Student (9th-12th Grade) Physical Activity by Gender  
Duval County, 2015



Note: \* indicates statistical difference Males vs. Females; ^ Indicates statistical difference 2015 vs. 2011 and 2013.

#### Additional Data

- Nearly 1 in 4 high school students reported **not** being physical active for at least 60 minutes on any of the seven days before the survey.
- Fewer than 1 in 6 high school students reported being physically active for at least 60 minutes per day every day in the seven days before the survey.

# Duval County Health Zones (HZ)

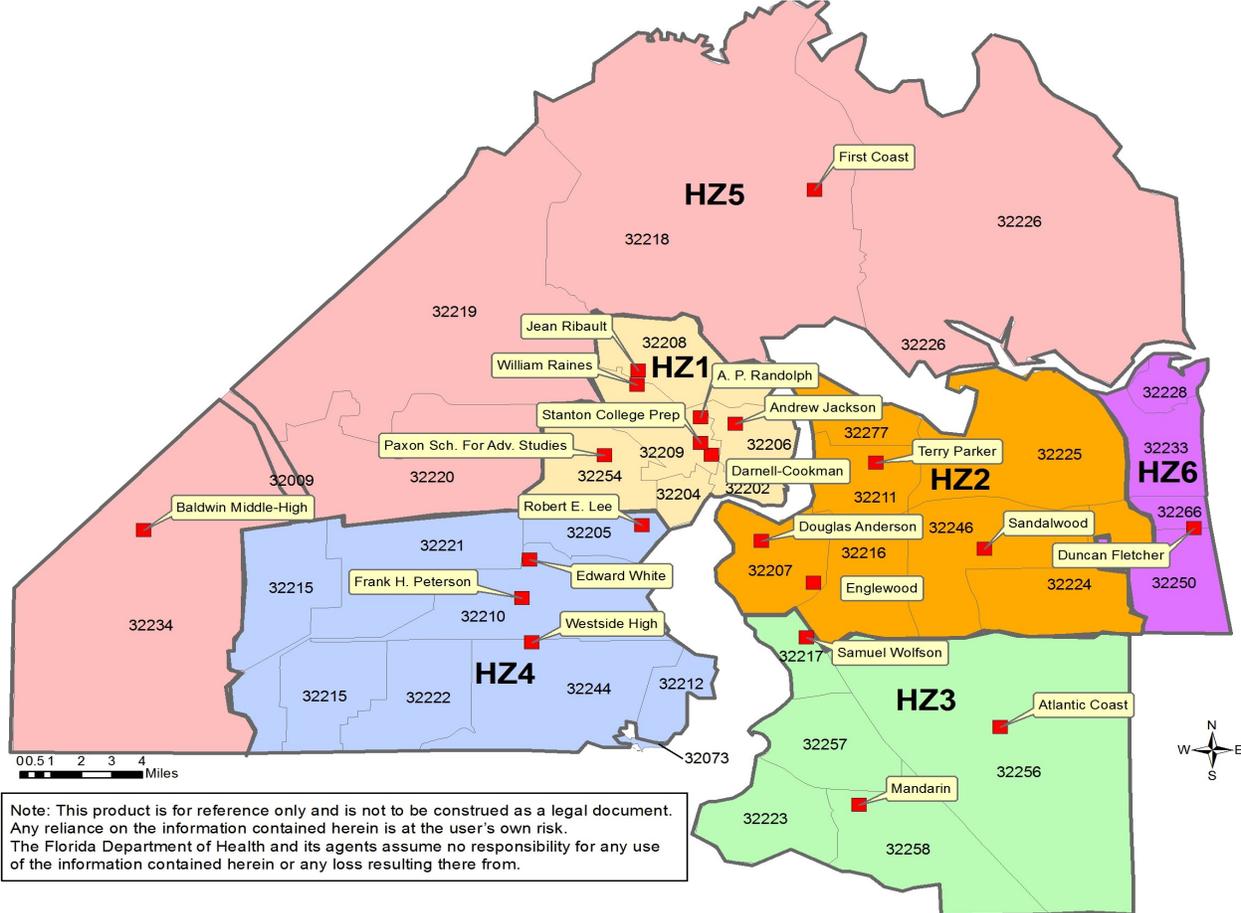
Duval County is located on the northeast coast of Florida and is comprised of urban, suburban, and pockets of rural areas. The County is divided into six Health Zones (HZ) which differ in terms of demographics, socio-economic factors, and health outcomes. The HZs are based on mutually exclusive zip codes tied to county organization and demographics. The geographic analysis of the YRBS data informs data-driven decision-making and policy changes, a targeted approach to programming, and effective allocation of resources. In the 2015 YRBS reports, HZ data was determined using the zip code of the school that students attended, rather than students' home zip code. Therefore, the HZ analyses in the 2015 YRBS reports are not comparable to the HZ data in prior YRBS reports.

**HZ1** was the most physically active HZ, with nearly 1 in 3 students getting sufficient physical activity. More students in HZ1 ate fruit three or more times per day (10.5%) than teens in other HZs. One in 8 students ate vegetables three or more times per day. When compared to other HZs, HZ1 had the fewest students that took diet pills, powders, or liquids to lose or maintain weight (5.8%) and that consumed soda at least one time per day (14.9%).

**HZ2** had the most students that engaged in non-school related screen time for three or more hours per day (41.3%), as well as the fewest students that played on a sports team (42.1%). Over 1 in 8 students were obese and fewer than 1 in 3 reported sufficient physical activity. Over 1 in 5 students reported drinking soda at least one time per day and nearly 1 in 2 reported a sunburn during the 12 months before the survey.

**HZ3** had the most students that took diet pills, powder, or liquids to lose or maintain weight (11.7%). When compared to other HZs, fewer students in HZ3 ate regularly at fast food restaurants (23.5%). HZ3 was lowest for students that ate vegetables (9.9%) or fruit (7.6%) three or more times per day. HZ3 also had the fewest students that were diagnosed with asthma (23.4%) and that slept for eight or more hours per night (15.5%).

## Location of Duval County Public High Schools



**HZ4** had the most students that were overweight (16.0%) or obese (14.7%), watched TV for three or more hours per day (31.5%), and slept for eight or more hours on the average school night (21.6%). HZ4 had the fewest students that reported sufficient physical activity (26.2%) and that consumed three or more glasses of water per day (30.1%). Only 2 in 5 students saw a dentist in the 12 months before the survey, the lowest rate in the County.

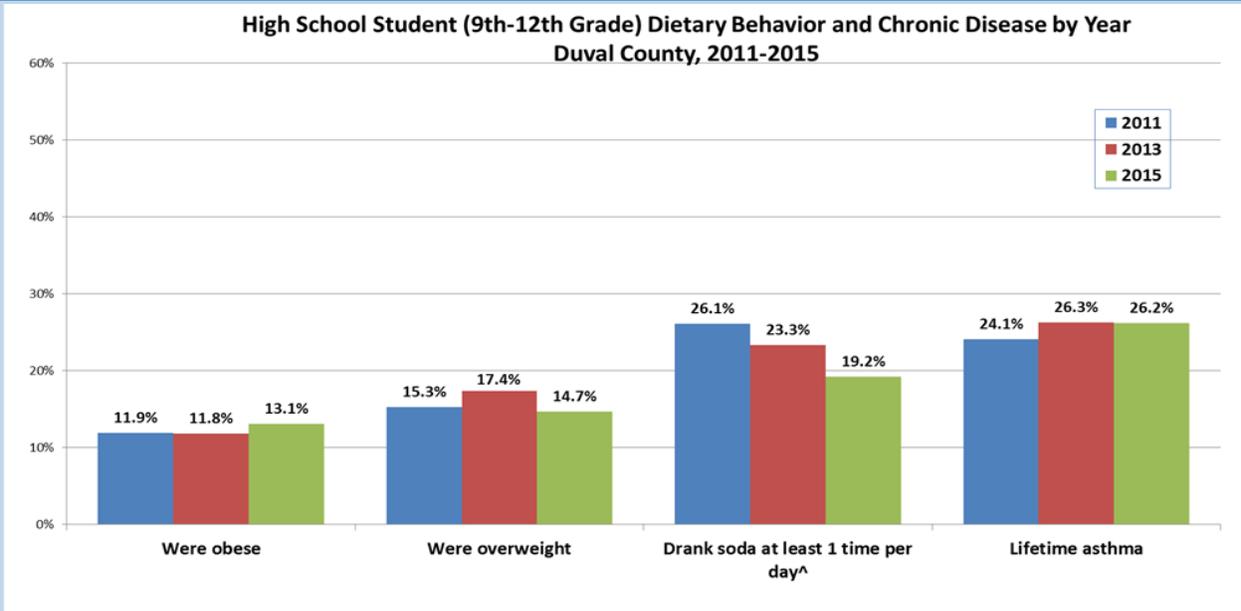
**HZ5** had the most students that played on a sports team (53.6%). HZ5 had the fewest students that were obese (10.6%), described themselves as slightly or very overweight (22.5%), and were trying to lose weight (39.8%). HZ5 had the most students that ate regularly at fast food restaurants (40.8%) and drank soda at least one time per day (23.7%). Nearly 1 in 7 students consumed three or more vegetables per day, the highest rate in the County.

**HZ6** had the fewest students that were overweight (12.1%). Still, HZ6 was highest for students that described themselves as slightly or very overweight (30.2%) and nearly 1 in 2 were trying to lose weight. More students consumed three or more glasses of water per day (42.2%) and saw a dentist in the 12 months before the survey (68.6%) than in other HZs. HZ6 was lowest for having three or more hours of non-school related screen time (32.4%) per day.

Risk Factors	HZ1	HZ2	HZ3	HZ4	HZ5	HZ6	Duval County	FL	USA 2013
<b>Physical Activity</b>									
Were physically active at least 60 minutes per day on 5 or more days*	32.1%	29.7%	31.0%	26.2%	27.7%	29.7%	29.5%	41.9% <sup>1-6,D</sup>	47.3%
Watched TV three or more hours per day**	27.5%	27.9%	26.8%	31.5%	31.0%	21.4%	28.2% <sup>6</sup>	28.2%	32.5%
Played video or computer games or used a computer three or more hours per day for something that was not school work**	34.7%	41.3%	35.0%	34.8%	36.5%	32.4%	36.2%	42.2% <sup>1,3,4,6,D</sup>	41.3%
Played on at least one sports team***	52.2% <sup>2</sup>	42.1%	49.3%	49.8%	53.6% <sup>2</sup>	46.6%	48.7%	49.0%	54.0%
<b>Obesity and Body Image</b>									
Were obese	12.1%	13.4%	14.0%	14.7%	10.6%	10.9%	13.1%	12.3%	13.7%
Were overweight	15.6%	15.3%	13.0%	16.0%	13.7%	12.1%	14.7%	14.5%	16.6%
Described themselves as slightly or very overweight	26.0%	27.9%	29.4%	26.3%	22.5%	30.2%	27.1%	28.3% <sup>5</sup>	31.1%
Were trying to lose weight	42.6%	44.7%	42.6%	40.6%	39.8%	48.9%	42.8%	42.8%	52.3%
Took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight	5.8%	9.0%	11.7%	11.2%	7.7%	11.1%	9.3%	5.7% <sup>2-4,6,D</sup>	5.0%
<b>Dietary</b>									
Ate at least one meal or snack from a fast food restaurant on three or more days*	27.4% <sup>5</sup>	28.4% <sup>5</sup>	23.5% <sup>5</sup>	32.8%	40.8%	27.6% <sup>5</sup>	29.2% <sup>5</sup>	28.7% <sup>5</sup>	QNA
Drank three or more glasses per day of water*	39.4%	40.1%	38.8%	30.1% <sup>6</sup>	34.1%	42.2%	37.1%	QNA	QNA
Drank a can, bottle, or glass of soda or pop at least one time per day*	14.9%	20.3%	18.4%	21.3% <sup>1</sup>	23.7% <sup>1</sup>	19.6%	19.2% <sup>1</sup>	20.8% <sup>1</sup>	27.0%
Ate vegetables three or more times per day*	12.8%	11.9%	9.9%	11.8%	14.1%	13.4%	12.0%	15.5%	QNA
Ate fruit three or more times per day*	10.5%	9.3%	7.6%	10.4%	9.2%	9.5%	9.5%	10.0%	QNA
<b>Other Health-Related</b>									
Were ever told by a doctor or nurse that they had asthma	27.2%	24.1%	23.4%	28.5%	25.4%	31.7%	26.2%	23.2% <sup>6</sup>	21.0%
Saw a dentist***	67.8%	66.8%	68.0% <sup>4</sup>	59.8%	65.8%	68.6%	65.7% <sup>4</sup>	65.7% <sup>4</sup>	QNA
Had 8 or more hours of sleep**	20.1%	18.2%	15.5%	21.6%	19.8%	18.2%	19.0%	23.1% <sup>3,6,D</sup>	31.7%
Had a sunburn***	34.8% <sup>2,3,6</sup>	48.2% <sup>4,6</sup>	50.5% <sup>4</sup>	31.9% <sup>5,6</sup>	44.1% <sup>6</sup>	62.5%	42.7% <sup>4,6</sup>	QNA	QNA

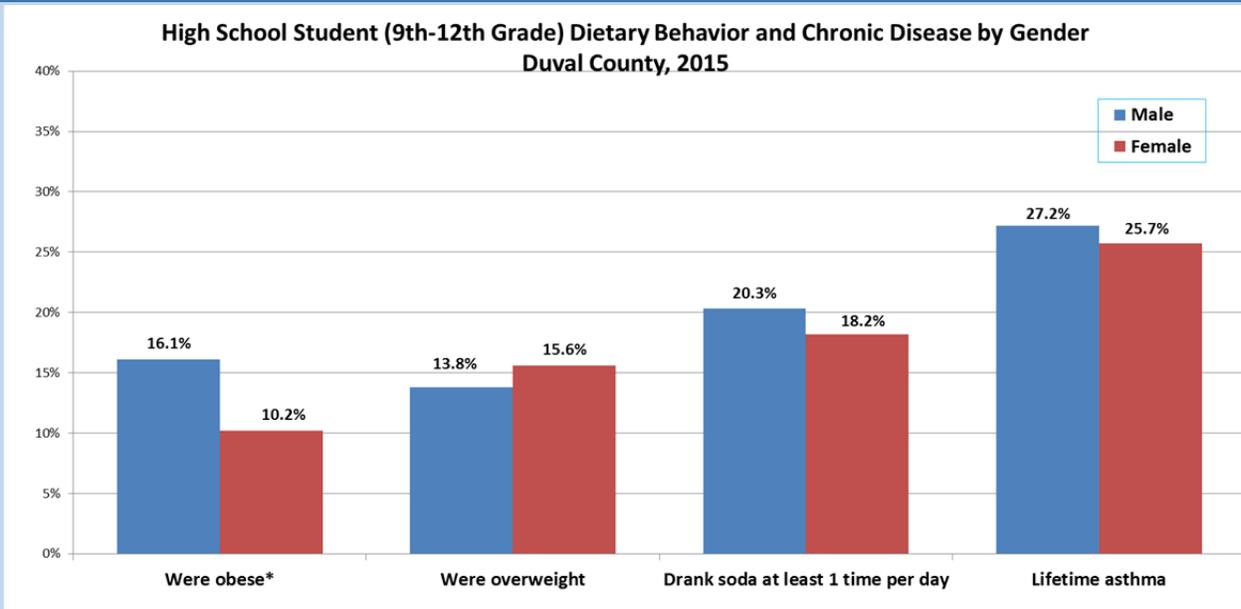
Note: \* = During the seven days before the survey; \*\* = On an average school day; \*\*\* = During the 12 months before the survey; \*\*\*\* = During the 30 days before the survey. QNA = Question not asked. The superscript number refers to a specific geographic area (i.e., superscript 1 refers to Health Zone 1; D refers to Duval County) and indicates that the data for that geographic area is statistically significantly different from data for the reference geographic area.

Comparison analysis by County, State and Nation are provided by CDC (See YRBS methodology at [www.CDC.gov](http://www.CDC.gov)). Comparisons by Health Zone is provided by the Florida Department of Health in Duval County (See YRBS methodology at <http://duval.floridahealth.gov/programs-and-services/community-health-planning-and-statistics/youth-risk-behavior-survey/index.html>).



As with Florida and the U.S., many of the indicators for weight, nutrition, and chronic disease have not significantly improved since 2011. Duval County has seen one improvement: significantly fewer high school students consumed soda daily, a 26% reduction from 2011 to 2015. Still, in 2015, more than 1 in 8 students were obese and 1 in 7 were overweight. Male students (16.1%) were significantly more likely to be obese than female students (10.2%).

More than 1 in 4 students reported that they had ever received an asthma diagnosis on the 2015 survey, a number that has remained relatively stable since 2011.



Note: \* indicates statistical difference Males vs. Females; ^ Indicates statistical difference 2015 v 2011 and 2013.

### Additional Data

- Over 1 in 4 high school students described themselves as slightly or very overweight.
- Approximately 1 in 10 high school students took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight.
- Over 2 in 5 high school students had a sunburn in the 12 months before the survey.
- More than 4 in 5 high school students reported not sleeping for eight or more hours on the average school night.