INTRODUCTION

The Youth Risk Behavior Survey (YRBS) is a self-administered, school-based, confidential, and anonymous survey that was conducted in Duval County Public Schools (DCPS) during the spring of 2009, 2011, 2013, 2015, and 2017. 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. This report summarizes 2017 YRBS data on physical activity and dietary behaviors among Duval County high school students. In 2017, 3,493 students from 21 Duval County public high schools participated in the YRBS.

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, socioeconomic factors, and health outcomes. The HZs are based on mutually exclusive zip codes tied to county organization and demographics. The HZ analysis of the YRBS data increases our understanding of differences in the geographic distribution of health-related behaviors in Duval County and can assist in planning targeted health interventions.
Obesity is a complex health issue. Childhood obesity is linked to many physical, social, and psychological risks including:

- High blood pressure and high cholesterol
- Glucose tolerance, insulin resistance, and type 2 diabetes
- Breathing problems
- Anxiety and depression
- Low self-esteem and self-reported quality of life
- Bullying and associated stigma

**How can schools help youth be more physically active?**

- Have policies that provide time for organized physical activity and free play
- Support walk- and bike-to-school programs
- Provide information to parents about the benefits of physical activity
- Encourage staff to be active

**Benefits of physical activity.**

The CDC recommends that children and adolescents have at least 60 minutes of physical activity each day. Regular physical activity can help adolescents:

- Build strong bones and muscles
- Improve cardiorespiratory fitness
- Control weight
- Reduce symptoms of depression and anxiety
- Reduce the risk of developing health conditions such as: high blood pressure, type 2 diabetes, heart disease, cancer, and obesity

**More Duval County high school students were obese compared to Florida, in 2017:**

- About 1 in 7 Duval County high school students were obese compared to 1 in 10 Florida students. More male students (18.7%) in Duval County were obese than female students (10.3%).
  - In Duval County, HZ 2 (15.3%) and HZ 5 (17.7%) had the highest rates of obesity.
- About 1 in 7 Duval County high school students were overweight. More female students (17.8%) were overweight than male students (13.6%).

**Males**

- Obesity 19%
- Overweight 14%

**Females**

- Obesity 10%
- Overweight 18%

- Over 1 in 4 Duval County students were teased for their weight or appearance.
- About 2 in 7 Duval County students have been told by a doctor that they have asthma.
  - Male students (30.5%) are more likely to have been told that they have asthma than female students (24.3%).

- More Duval County high school students were obese compared to Florida. In 2017:

  - About 1 in 7 Duval County high school students were obese compared to 1 in 10 Florida students. More male students (18.7%) in Duval County were obese than female students (10.3%).
    - In Duval County, HZ 2 (15.3%) and HZ 5 (17.7%) had the highest rates of obesity.
  - About 1 in 7 Duval County high school students were overweight. More female students (17.8%) were overweight than male students (13.6%).
Physical activity and healthy eating has not improved among Duval County high school students. In 2017:

- Only 2 in 7 students were sufficiently physically active – a 15% decrease since 2013.
  - Male students (34.1%) were more likely to have sufficient physical activity than female students (22.6%).
- About 3 in 7 high school students played video/computer games for three or more hours per day – a 12% increase from 2013.
- About 2 in 7 high students ate at least one meal or snack from a fast food restaurant in the week before the survey.
  - In HZ 5, 1 in 3 students ate at least one meal at a fast food restaurant in the week before the survey.
- Fewer high school students in Duval County (17.8%) ate fruit or drank 100% fruit juice three or more times per day when compared to Florida (20.0%).
- Fewer high school students in Duval County (12.3%) ate vegetables three or more times per day when compared to Florida (14.7%).

Our ability to be physically active and eat nutritious foods is largely determined by the places in which we live, work, learn, and play.

The CDC recommends that communities form cross-sector partnerships that:

- Increase access to parks, athletic facilities, and recreation areas, especially in low-income communities
- Increase access to gyms, ball fields, and other recreation areas through joint-use agreements
- Use crime prevention and traffic safety measures to create safe environments that encourage physical activity
- Increase the number of school and community gardens
- Expand healthy food offerings at corner stores
<table>
<thead>
<tr>
<th>RISK FACTORS</th>
<th>HZ1</th>
<th>HZ2</th>
<th>HZ3</th>
<th>HZ4</th>
<th>HZ5</th>
<th>HZ6</th>
<th>Duval County</th>
<th>FL</th>
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</thead>
<tbody>
<tr>
<td><strong>PHYSICAL ACTIVITY</strong></td>
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<tr>
<td>Were physically active at least 60 minutes per day on 5 or more days**</td>
<td>27.2%</td>
<td>25.6%</td>
<td>29.5%</td>
<td>30.5%</td>
<td>25.8%</td>
<td>36.7%</td>
<td>28.3%</td>
<td>39.3%</td>
</tr>
<tr>
<td>Watched TV 3 or more hours per day***</td>
<td>29.0%</td>
<td>23.9%</td>
<td>23.4%</td>
<td>21.7%</td>
<td>22.4%</td>
<td>20.4%</td>
<td>23.6%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Played video or computer games or used a computer 3 or more hours per day for something that was not school work**</td>
<td>46.0%</td>
<td>42.6%</td>
<td>47.4%</td>
<td>&lt;sup&gt;6&lt;/sup&gt;</td>
<td>43.5%</td>
<td>41.4%</td>
<td>35.8%</td>
<td>43.4%</td>
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<tr>
<td>Played on at least one sports team*</td>
<td>43.4%</td>
<td>47.4%</td>
<td>40.4%</td>
<td>&lt;sup&gt;5&lt;/sup&gt;</td>
<td>48.2%</td>
<td>50.8%</td>
<td>48.9%</td>
<td>46.5%</td>
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<tr>
<td><strong>DIETARY BEHAVIORS</strong></td>
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<tr>
<td>Ate at least 1 meal or snack from a fast food restaurant**</td>
<td>30.2%</td>
<td>27.0%</td>
<td>24.2%</td>
<td>&lt;sup&gt;5&lt;/sup&gt;</td>
<td>29.7%</td>
<td>33.7%</td>
<td>28.0%</td>
<td>28.6%</td>
</tr>
<tr>
<td>Drank 3 or more glasses of water per day**</td>
<td>43.4%</td>
<td>39.7%</td>
<td>48.2%</td>
<td>35.8%</td>
<td>&lt;sup&gt;3&lt;/sup&gt;</td>
<td>37.1%</td>
<td>43.4%</td>
<td>40.5%</td>
</tr>
<tr>
<td>Ate fruit or drank 100% fruit juices three or more times per day**</td>
<td>16.5%</td>
<td>18.4%</td>
<td>15.6%</td>
<td>16.8%</td>
<td>21.6%</td>
<td>17.5%</td>
<td>17.8%</td>
<td>20.0%</td>
</tr>
<tr>
<td>Ate vegetables three or more times per day**</td>
<td>16.3%</td>
<td>13.6%</td>
<td>12.9%</td>
<td>9.4%</td>
<td>9.6%</td>
<td>12.6%</td>
<td>12.3%</td>
<td>14.7%</td>
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<tr>
<td><strong>OBESITY AND BODY IMAGE</strong></td>
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<tr>
<td>Were obese</td>
<td>13.3%</td>
<td>15.3%</td>
<td>12.4%</td>
<td>13.8%</td>
<td>17.7%</td>
<td>9.8%</td>
<td>14.2%</td>
<td>10.9%</td>
</tr>
<tr>
<td>Were overweight</td>
<td>15.8%</td>
<td>15.6%</td>
<td>13.8%</td>
<td>14.4%</td>
<td>14.5%</td>
<td>12.4%</td>
<td>14.7%</td>
<td>14.2%</td>
</tr>
<tr>
<td>Described themselves as slightly or very overweight</td>
<td>30.2%</td>
<td>29.6%</td>
<td>27.6%</td>
<td>26.9%</td>
<td>28.2%</td>
<td>25.9%</td>
<td>28.3%</td>
<td>29.9%</td>
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<tr>
<td><strong>OTHER HEALTH-RELATED FACTORS</strong></td>
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<tr>
<td>Lifetime asthma</td>
<td>26.6%</td>
<td>25.5%</td>
<td>26.8%</td>
<td>27.2%</td>
<td>27.6%</td>
<td>29.3%</td>
<td>26.8%</td>
<td>22.2%</td>
</tr>
<tr>
<td>Had 8 or more hours of sleep***</td>
<td>16.0%</td>
<td>14.2%</td>
<td>16.2%</td>
<td>15.4%</td>
<td>18.6%</td>
<td>19.3%</td>
<td>16.0%</td>
<td>21.1%</td>
</tr>
<tr>
<td>Had a sunburn*</td>
<td>38.1%&lt;sup&gt;6&lt;/sup&gt;</td>
<td>44.4%&lt;sup&gt;6&lt;/sup&gt;</td>
<td>47.1%&lt;sup&gt;4, 6&lt;/sup&gt;</td>
<td>36.6%&lt;sup&gt;6&lt;/sup&gt;</td>
<td>43.1%&lt;sup&gt;6&lt;/sup&gt;</td>
<td>60.4%</td>
<td>43.1%</td>
<td>QNA</td>
</tr>
<tr>
<td>Saw a dentist*</td>
<td>67.4%</td>
<td>65.8%</td>
<td>67.0%</td>
<td>69.1%</td>
<td>64.6%</td>
<td>73.7%</td>
<td>67.3%</td>
<td>66.5%</td>
</tr>
</tbody>
</table>

Notes:
QNA = not asked
* = During the 12 months before the survey  ** During the 7 days before the survey  *** = On an average school day

The superscript refers to a specific geographic area (e.g., superscript 1 refers to Health Zone 1, D refers to Duval County, F refers to Florida) and indicates that the data for that geographic area is significantly different from the reference geographic area.

Comparisons by County and State are provided by the CDC (See YRBS methodology at www.CDC.gov). Comparisons by Health Zone is provided by the Florida Department of Health in Duval County.
The CDC recommends a holistic approach to improving health behaviors and outcomes among youth. The Whole School, Whole Community, Whole Child (WSCC) model emphasizes that schools, health agencies, parents, and communities share a common goal of supporting health and academic achievement in adolescents. The WSCC model focuses its attention on the child, emphasizes a school-wide approach, and acknowledges learning, health, and the school as being a part of the local community. Importantly, the WSCC model provides a framework for how various sectors can work together to ensure that every young person is healthy, safe, engaged, supported, and challenged. This approach is illustrated in the image to the right.

Using information from the CDC and other research-based initiatives the below content provides recommendations for continued progress in supporting an active and healthy lifestyle in Duval County.

**INTERVENTION STRATEGIES**

- **Get parents involved to encourage active behavior.** Family fitness can help increase family connectedness, manage weight, reduce risk for chronic conditions, and boost academic performance.

- **Provide the means necessary for youth to be physically active on a daily basis.** Building sidewalks and bike lanes and improving neighborhood safety can play a major role in increasing physical activity.

- **Encourage personal goals.** Teens are more likely to engage in behaviors, such as physical activity and healthy eating, when they set their own personal goals. Short-term goals that involve specific, daily behaviors are more likely to lead to behavior change.

- **Improve the availability and affordability of public transportation to increase access to healthy food options.** Expanding public transportation also increases physical activity, as most users walk or bicycle to access public transportation.

- **School staff can be positive role models for students by being physically active in and out of school.** Staff members can support recess, clubs, intramural programs, and other physical activity offerings.

- **Help find safe places for youth to be physically active.** Promote safe routes to walk or bike to school. Encourage community organizations to offer physical activity programs for youth.