

# Youth Risk Behavior Survey

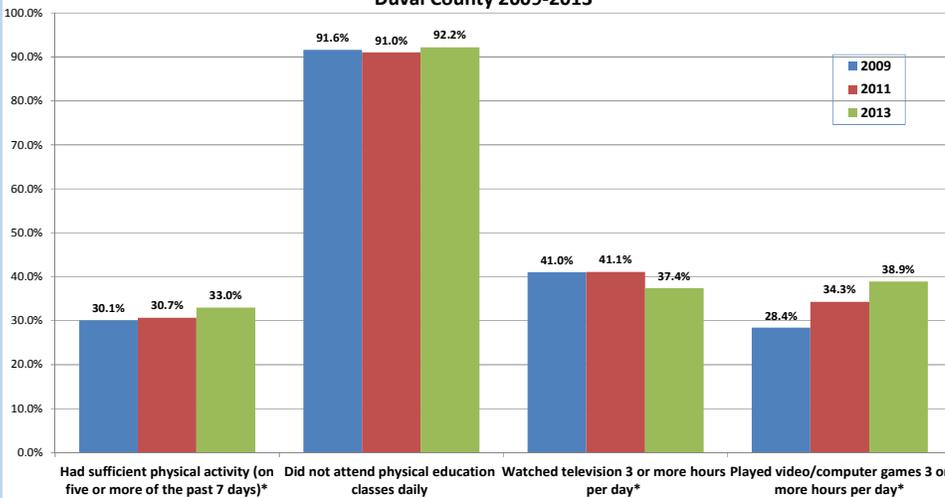


## DUVAL COUNTY HIGH SCHOOL STUDENTS 2013

### 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, and 2013. This is part of a national effort by the Centers for Disease Control and Prevention (CDC) to obtain information pertaining to youth health behaviors. These behaviors include: violence, safety, sex, nutrition, physical activity, and suicide. In 2013, 3,558 students from 21 Duval County public high schools participated in the YRBS.

High School Student (9th - 12th Grade) Physical Activity by Year  
Duval County 2009-2013

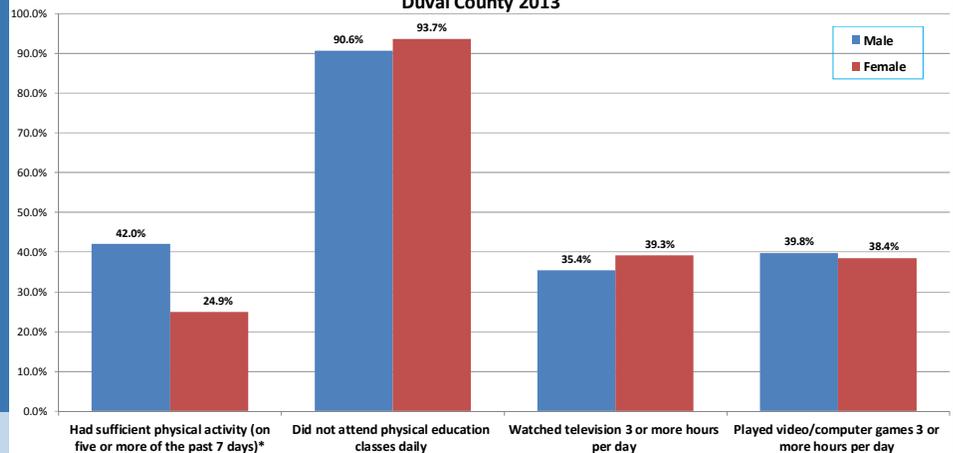


Lack of physical activity in adolescence can have lifelong consequences from chronic diseases to simply living a longer life. In Duval County 2 out of 3 high school students are not getting enough physical activity. Currently, PE classes are offered for 90 minutes every other day (not daily). Fewer students now watch TV for 3+ hours/day but there is a significant increase (+28%) in students who spend 3+ hours/day on "screen time" using smart phones, tablets, computers, gaming, etc. for non-school work.

Physical activity is higher among males than females with almost twice as many males getting adequate physical activity each week.

The same number of males and females spend 3+ hours/day watching TV or on "screen time." Since 2009, the largest change has been in females' screen time with an increase of +36% while males increased only +18%.

High School Student (9th - 12th Grade) Physical Activity by Gender  
Duval County 2013



An asterisk (\*) indicates statistical significance.

#### Additional Data

- Nearly 1 in 4 high school students reported **not** being physical activity for 60 minutes/day on any of the 7 days in the week before the survey.
- Fewer than 1 in 5 high school students reported being physically active for 60 minutes/day every day of the week before the survey.

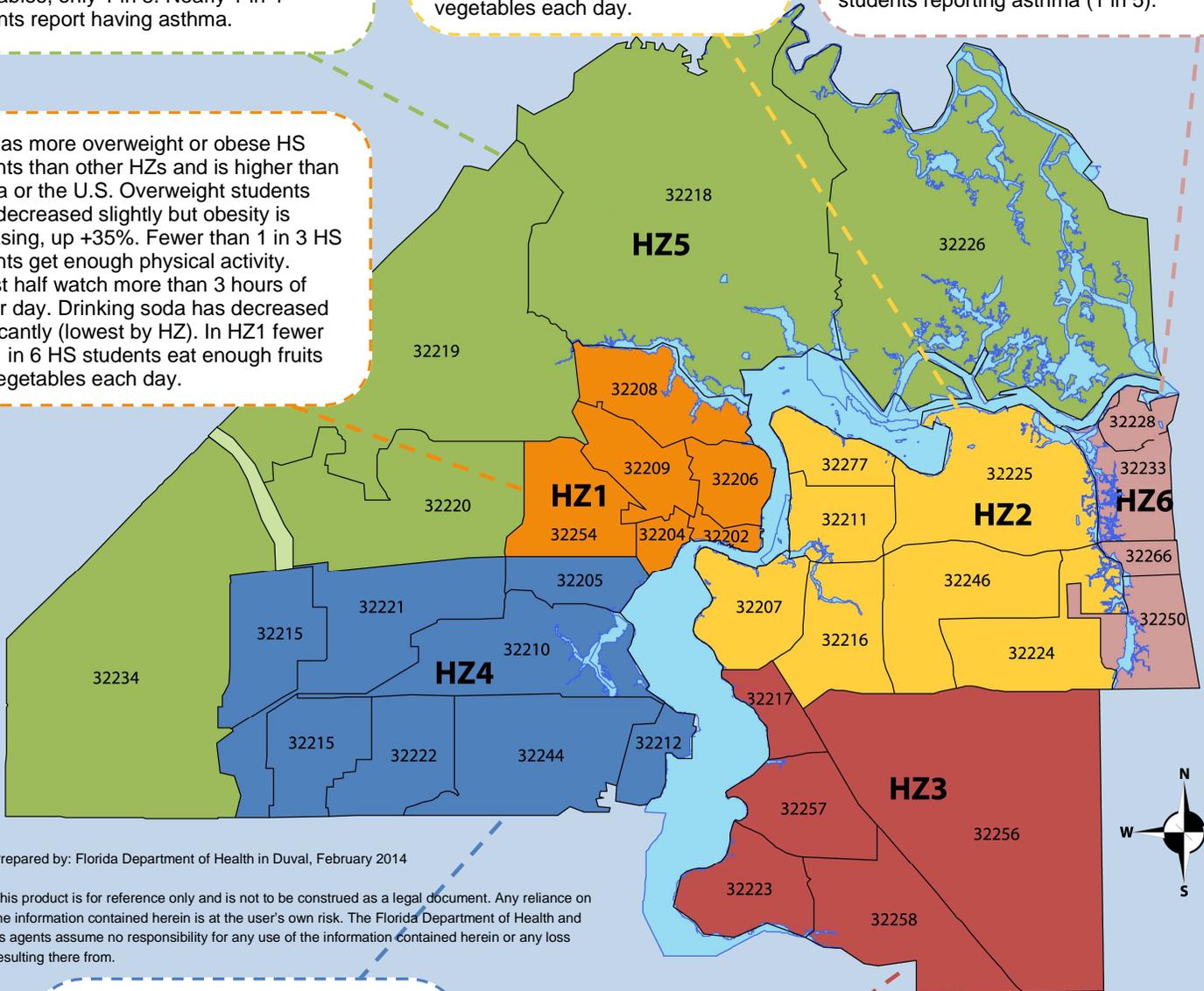
# Duval County Health Zones (HZ)

**HZ5** has more overweight HS students than in 2009, but fewer obese students (lower than Florida or the U.S.). There have been dramatic decreases in soda consumption (-42%) and only a moderate drop in physical activity. Screen time has increased and is higher than in the U.S. HZ5 has the fewest HS students eating enough fruits and vegetables, only 1 in 8. Nearly 1 in 4 students report having asthma.

**HZ2** has maintained the number of overweight or obese (1 in 4) HS students. It is also the highest for vomiting/using laxatives to lose weight. Screen time is increasing significantly with 2 in 5 HS students spending 3+ hours doing non-school activities daily. Drinking soda has not decreased as in other HZs and 1 in 4 students have soda daily. Nearly 1 in 6 HS students eat enough fruits and vegetables each day.

**HZ6** is the most physically active HZ with nearly 1 in 2 students getting enough physical activity and the highest number getting PE daily. Fewer than 1 in 10 students are obese, but a growing number of students are overweight (still lower than Florida or the U.S.). Nearly 2 in 5 HS students watch TV or have screen time for over 3 hours per day. HZ6 has the fewest students reporting asthma (1 in 5).

**HZ1** has more overweight or obese HS students than other HZs and is higher than Florida or the U.S. Overweight students have decreased slightly but obesity is increasing, up +35%. Fewer than 1 in 3 HS students get enough physical activity. Almost half watch more than 3 hours of TV per day. Drinking soda has decreased significantly (lowest by HZ). In HZ1 fewer than 1 in 6 HS students eat enough fruits and vegetables each day.



Prepared by: Florida Department of Health in Duval, February 2014

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**HZ4** has the fewest HS students getting adequate physical activity and the most (43%) students having 3+ hours of screen time per day. TV watching is also high (41%). Nearly 1 in 3 students are overweight or obese with a +27% increase in overweight students. Soda consumption has decreased and is below the U.S. and equal to Florida. As in the other HZs, nearly 1 in 6 students get enough fruits or vegetables in their diet. HZ4 has the highest number of students reporting having asthma, nearly 1 in 3.

**HZ3** has lower rates of obesity (1 in 10) and overweight (1 in 8). Adolescents in HZ3 eat the most fruits and vegetables, although remain low with just over 1 in 5 students eating the recommended amount. HZ3 has the highest soda consumption at 26% drinking soda daily. Physical activity is higher in HZ3 but still significantly lower than HZ6. HS students do not watch TV as much, but do engage in screen time at high rates. Asthma is increasing and the second highest at 28%.

Risk Factors	Year	HZ1	HZ2	HZ3	HZ4	HZ5	HZ6	Duval County	FL	USA
<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%	N/A	50.5%
	2011	26.4%	34.3%	33.2%	32.7%	30.6%	37.5%	30.7%	43.6%	49.5%
	2013	28.8% <sup>3,6</sup>	35.9%	38.5% <sup>1,4,5</sup>	28% <sup>3,6</sup>	30.4% <sup>6</sup>	45% <sup>1,4,5</sup>	33% <sup>^</sup>	43.9%	N/A
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%	73.3%	66.7%
	2011	91.1%	89.0%	92.6%	92.0%	94.5%	88.5%	91.0%	77.3%	68.5%
	2013	96.4% <sup>^2,6</sup>	90.3% <sup>1</sup>	93.9%	90.7%	95.1% <sup>6</sup>	87.9% <sup>1,5</sup>	92.2%	75.8%	NR
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%	38.2%	32.8%
	2011	50.3% <sup>2,3,6</sup>	39.8% <sup>1</sup>	35.5% <sup>1</sup>	43.8% <sup>6</sup>	45.7% <sup>6</sup>	30.7% <sup>1,4,5</sup>	41.1%	37.1%	32.4%
	2013	49.6% <sup>2,3,5,6</sup>	38.2% <sup>1,3,6</sup>	27.8% <sup>1,2,4,5</sup>	40.6% <sup>3,6</sup>	37.8% <sup>1,3</sup>	28.2% <sup>1,2,4</sup>	37.4% <sup>*</sup>	31.2%	NR
Played video/computer games 3 or more hours per day (on an average school day, count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)	2009	27.8%	26.8%	24.5% <sup>4</sup>	33.8% <sup>3</sup>	30.9%	26.6%	28.4%	31.0%	24.9%
	2011	34.6%	34.0%	34.0%	38.0%	34.0%	28.8%	34.3%	35.3%	31.1%
	2013	37.9%	40.1% <sup>^</sup>	38.8% <sup>^</sup>	42.9%	38.5%	32.6%	38.9% <sup>^</sup>	40.9% <sup>^</sup>	NR
<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%	10.2%	11.8%
	2011	19.2% <sup>2,3</sup>	9.8% <sup>1</sup>	5.8% <sup>1,4,5</sup>	13.7% <sup>3</sup>	15.2% <sup>3</sup>	11.2%	11.9%	11.5%	13.0%
	2013	14.2%	10.2%	10.3%	11.8%	11.1%	9.7%	11.8%	11.6%	NR
Percentage of students who were overweight	2009	25.4%	16.0%	16.5%	15.1%	15.5%	10.8%	16.4%	14.7%	15.6%
	2011	14.9%	14.2%	14.1%	16.0%	17.2%	13.2%	15.3%	13.6%	15.2%
	2013	23.4% <sup>3</sup>	16.3%	12.9% <sup>1,4</sup>	20.6% <sup>3</sup>	16.6%	13.9%	17.4%	14.7%	NR
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%	QNA	QNA
	2011	80.6%	78.2%	84.3%	78.7%	81.8%	83.0%	80.4%	77.4%	QNA
	2013	83.3%	82.0%	79.8%	81.8%	87.2%	83.5%	82.0%	QNA	QNA
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%	28.6%	29.2%
	2011	25.1%	25.5%	19.6%	26.2%	31.2%	30.1%	26.1%	26.0%	27.8%
	2013	17.1% <sup>2,3</sup>	25.1% <sup>1</sup>	26.0% <sup>1</sup>	22.0%	20.4% <sup>*</sup>	23.8%	23.3% <sup>*</sup>	22.1%	NR
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%	4.5%	4.0%
	2011	5.2%	4.7%	4.9%	6.3%	6.3%	5.5%	6.5%	4.1%	4.3%
	2013	7.4%	8.7% <sup>3</sup>	4.3% <sup>2</sup>	6.5%	7.5%	6.5%	8.3%	4.6%	NR
<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%	20.7%	22.0%
	2011	25.2%	24.7%	22.5%	22.8%	19.8%	23.3%	24.1%	21.7%	23.0%
	2013	27.4%	23.7%	28.2%	29.9%	24.7%	21.1%	26.3%	21.9%	NR

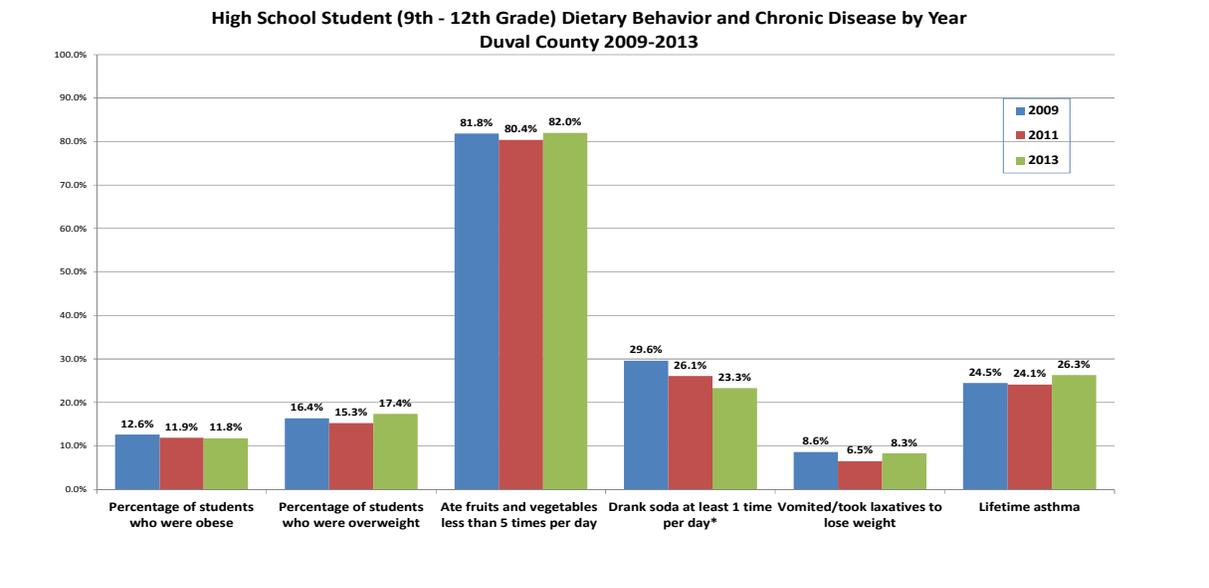
2009-2013 statistically significant trend \*decrease ^increase

**QNA: Question not asked**

**NR: Not Ready (June 2014 release)**

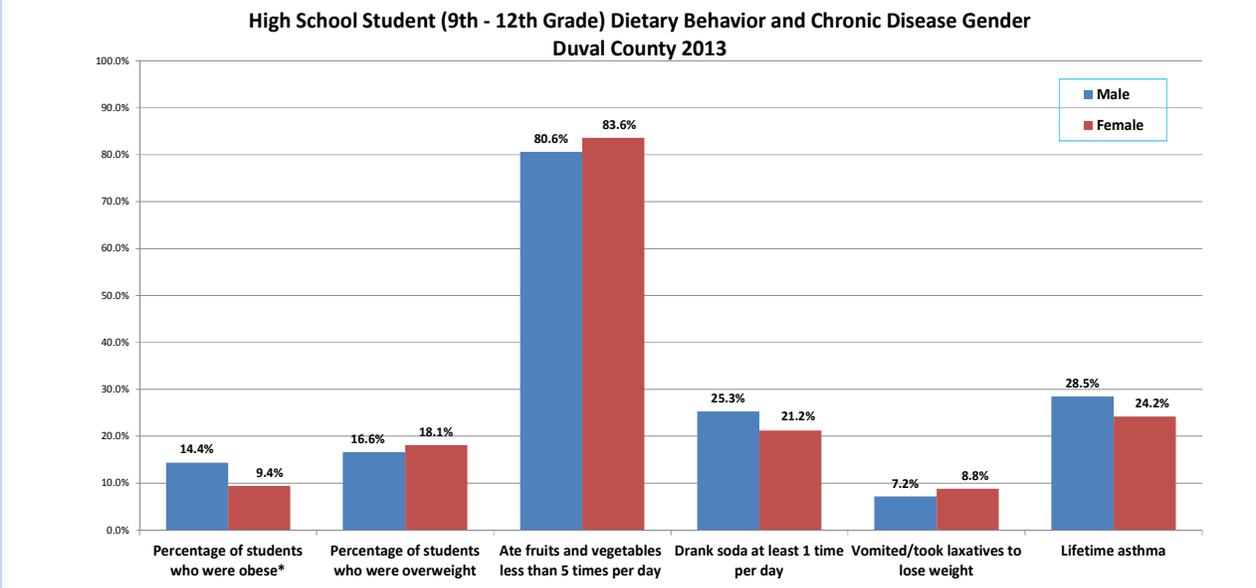
NOTE: The superscript number indicates that one Health Zone is statistically significantly different than another Health Zone.

Trend analysis by County, State and Nation are provided by CDC (See YRBS methodology at [www.CDC.gov](http://www.CDC.gov)).  
Trend analysis and comparisons by Health Zone is provided by the Department of Health-Duval (See YRBS methodology at <http://www.dchd.net/health-data-resources/health-reports>).



As with Florida and the U.S., many of the indicators for weight, nutrition, and chronic disease have not improved or are getting worse. Duval has seen one improvement: significantly fewer HS students are drinking soda daily, a -21% reduction. Still, more than 1 in 10 students are obese and Duval is quickly approaching 2 in 10 being overweight. More male HS students are obese while more females are overweight. Males also tend to consume more soda. Consumption of the recommended fruits and vegetables on a daily basis is dramatically low with fewer than 1 in 5 HS students reporting eating 5 servings of fruits and vegetables. The negative health effects on the population in 10, 20, or 30 years is concerning, especially considering the lack of physical activity also reported.

Asthma has increased slightly and more males than females report having asthma. Just over 1 in 10 students report currently having asthma and only half of those with asthma have a management plan in case of an emergency.



- Additional Data**
- Over 25% of Duval County high school students describe themselves as slightly or very overweight.
  - 42.1% of Duval County High School students are trying to lose weight.
  - Currently, one out of nine (11.1%) Duval County high school students has an asthma diagnosis.

For more information about the YRBS, e-mail Duval County Public Schools at [yrbs@duvalschools.org](mailto:yrbs@duvalschools.org). Visit <http://www.duvalschools.org/Page/11295> or <http://www.dchd.net/health-data-resources/health-reports> to view or download YRBS data.

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