

# Youth Risk Behavior Survey

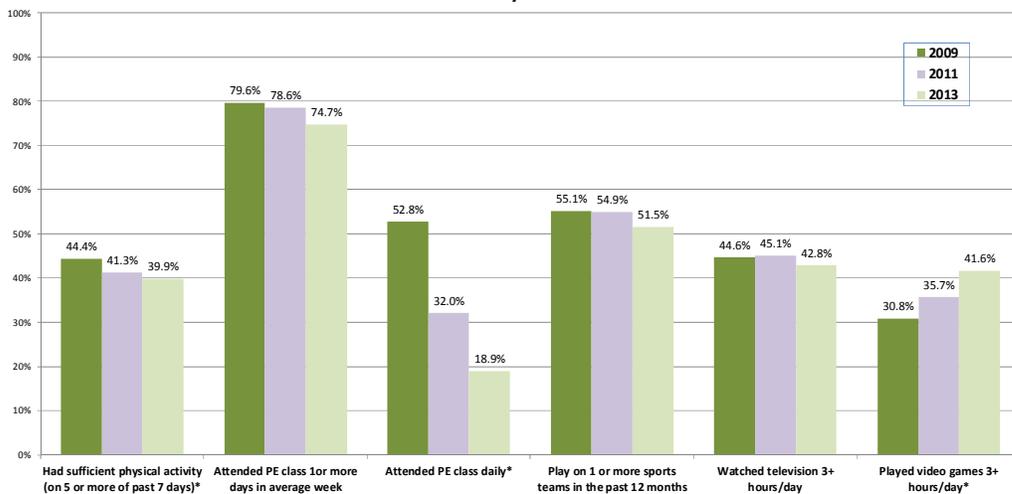


## DUVAL COUNTY MIDDLE SCHOOL STUDENTS 2013

### Physical Activity and Dietary Behaviors

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, 4,832 students from 28 Duval County public middle schools provided data for the YRBS.

Middle School Students (6th - 8th Grade) Physical Activity by Year  
Duval County 2009-2013



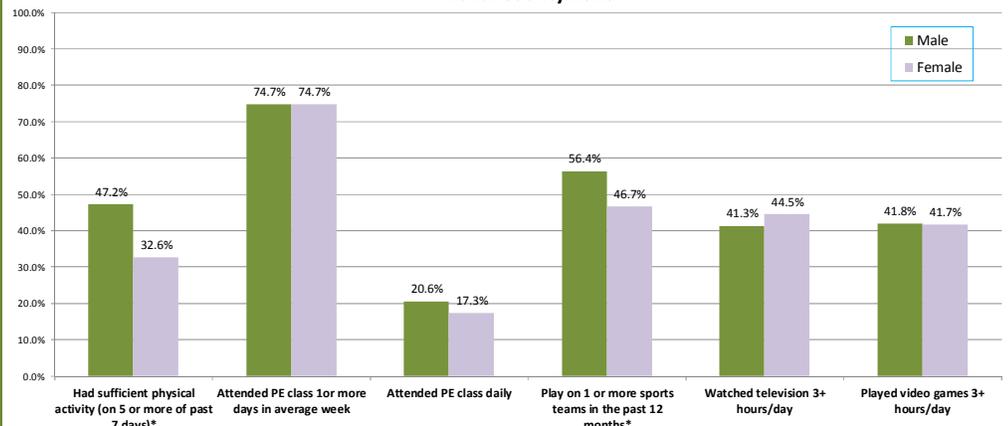
Lack of physical activity in childhood and adolescence can have lifelong consequences. In Duval County 2 out of 5 middle school students are not getting enough physical activity. Currently, PE classes are offered for 90 minutes every other day in all schools (not daily). But 1 in 4 students report not receiving any PE during a normal school week.

Fewer students watch TV for 3+ hours/day but there is a significant increase (+26%) in students having 3+ hours/day of "screen time" on smart phones, tablets, computers, gaming, etc. for non-school purposes.

Males get more physical activity than females and this has been consistent between years even though there is no gender difference in PE attendance per week. Males participate on sports teams +16% more than females.

Females have not changed their TV watching habits, while males have decreased theirs slightly. Both are engaging in increased screen time (over 3+ hours/day on social media, gaming, and non-school related computer time).

Middle School Students (6th - 8th Grade) Physical Activity by Gender  
Duval County 2013



An asterisk (\*) indicates statistical significance.

#### Additional Data

- In 2013 16% of middle school students reported **not** being physically active for a total of 60 minutes/day any of the past seven days.
- Nearly 1 in 4 middle school students reported being physically active for a total of 60 minutes/day every day the week before the survey.

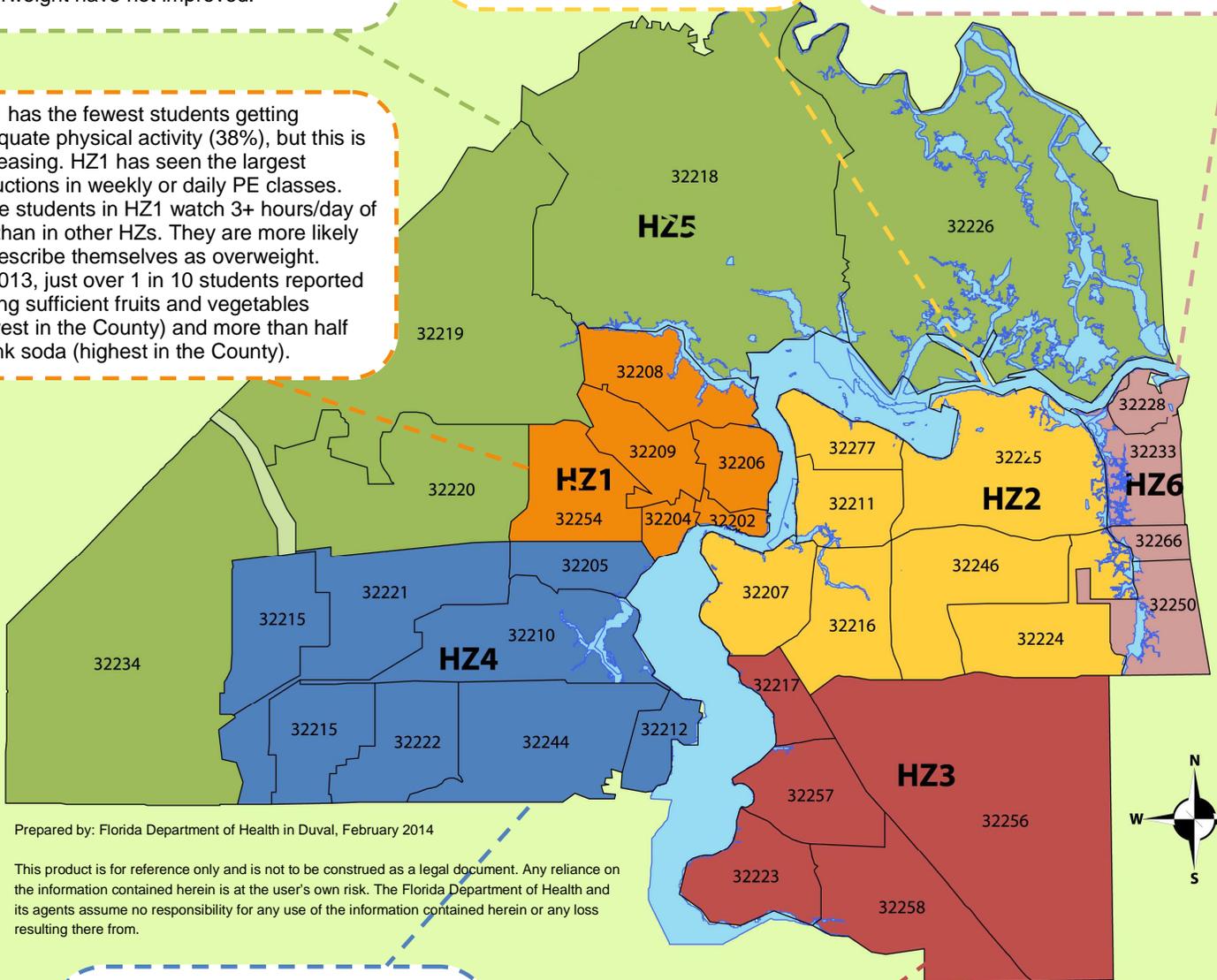
# Duval County Health Zones (HZ)

**HZ5** has the most middle school students having 3+ hours/day of screen time (games, social media, etc.); a +40% increase since 2009. Students in HZ5 also drink more energy drinks than other HZs, although this has decreased slightly. Many middle school students do not participate in team sports (fewer than half). Since 2009, sufficient physical activity, nutrition, and being overweight have not improved.

**HZ2** has the fewest students reporting being overweight but the most reporting taking laxatives or vomiting to lose weight. In 2013, fewer students are getting sufficient physical activity or attending PE classes. More than 2 in 5 students are watching TV and/or having screen time 3+ hours/day. Drinking soda or energy drinks has decreased. Since 2009, adequate fruit/vegetable intake has not improved.

**HZ6** has the highest levels of physical activity and PE class attendance in the County (more than double HZ1 & 3). HZ6 has the fewest students reporting screen time for 3+ hours/day, but this has increased by +56% since 2009. More than 1 in 4 students report being overweight and HZ6 has the highest rate of diet pill use in the County. Since 2009, fewer students are eating enough fruits and vegetables.

**HZ1** has the fewest students getting adequate physical activity (38%), but this is increasing. HZ1 has seen the largest reductions in weekly or daily PE classes. More students in HZ1 watch 3+ hours/day of TV than in other HZs. They are more likely to describe themselves as overweight. In 2013, just over 1 in 10 students reported eating sufficient fruits and vegetables (lowest in the County) and more than half drank soda (highest in the County).



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

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**HZ4** has seen a -16% decrease in TV viewing for 3+ hours/day and a moderate +19% increase in 3+ hours/day of screen time. Adequate physical activity is decreasing but HZ4 is the only HZ where PE class attendance is increasing (higher than HZ1 & HZ5). Since 2009, HZ4 has seen a -20% reduction in soda consumption. HZ4 is now the lowest for drinking soda in the County. Since 2009, +28% more middle school students are eating 5 servings of fruits and vegetables.

**HZ3** has the most student athletes playing on sports teams at 56.5%. HZ3 has the most students attending PE class at least once per week, although daily PE is lower than HZ4 & HZ6. There has been little change in TV watching whereas screen time for 3+ hours/day has increased by +31% since 2009. HZ3 has the most middle school students (16.1%) eating the recommended amount of fruits and vegetables. Since 2009, soda and energy drink consumption have decreased.

# 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 (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%
	2013	38.0%	41.0%	41.6%	41.0%	43.5%	44.6%	39.9%*
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%
	2013	70.4% <sup>4</sup>	76.7%	83.5%	82.3% <sup>1,5</sup>	73.7% <sup>5</sup>	80.6%	74.7%
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</sup>	66.8% <sup>1,2,4-6</sup>	24.7% <sup>3,6</sup>	19.1% <sup>2,3,6</sup>	47.9% <sup>1-5</sup>	32.0%
	2013	13.1%	20.9%*	13.5%*	26.8%*	20.5%*	31.6%*	18.9%*
Play on 1 or more sports teams in the 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%
	2013	52.7%	52.3%	56.5%	53.2%	48.7%	53.1%	51.5%*
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>1,4,6</sup>	36.1% <sup>1,4,5</sup>	51.8% <sup>2,3,6</sup>	47.6% <sup>1,3,6</sup>	29.4% <sup>1,2,4,5</sup>	45.1%
	2013	46.8%*	44.0%	37.5%	37.2%	44.9%	38.0%	42.8%
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%
	2013	42.3%	43.5%^	37.1%^ <sup>5</sup>	38.0%	45.5%^ <sup>3</sup>	37.1%^	41.6%^
<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%
	2013	28.6%	24.5%	27.7%	25.4%	26.7%	26.7%	25%^
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%
	2013	8.7%	5.5%	5.6%	6.3%	7.2%	8.9%	6.9%
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%	4.3%	7.5%
	2013	7.8%	9.0%	7.4%	6.9%	6.7%*	8.8%	8.4%
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%
	2013	10.6%	12.1%	16.1%	13.6%	13.3%	12.0%	13.0%
Drank soda at least 1 time per day yesterday	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%
	2013	56.2%	51.7%	48.3%	47.5%*	52.5%	48.0%	51.8%*
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</sup>	17.9%	19.6%	16.7%	29.1% <sup>2</sup>	19.7%
	2013	15.0%	15.2%*	10.8%*	14.6%	16.0%	15.5%	15.9%*

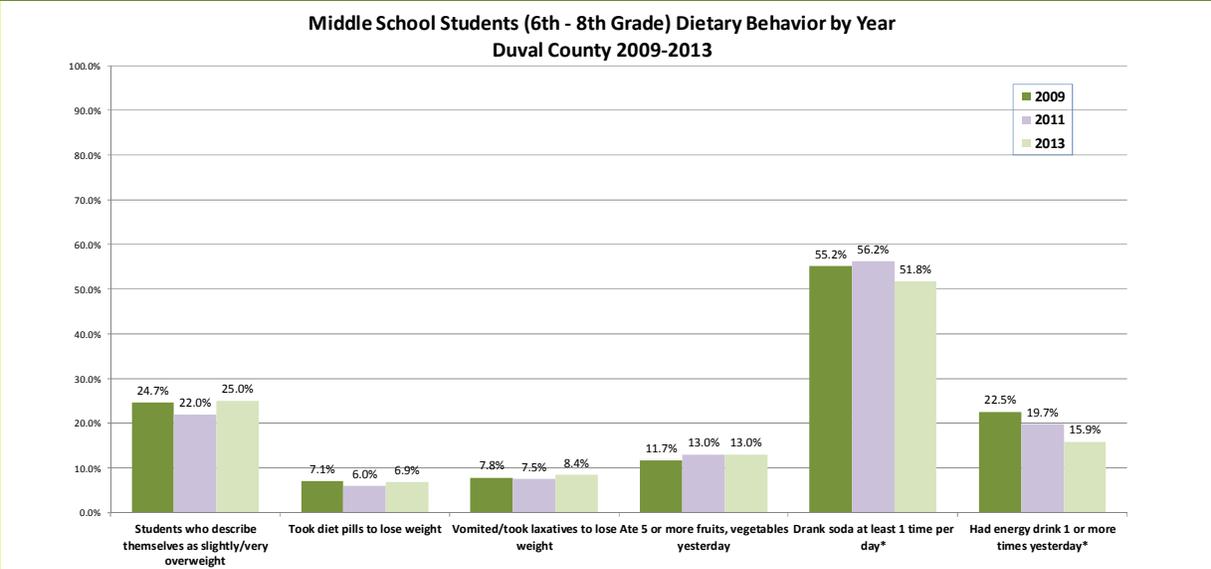
2009-2013 statistically significant trend \*decrease ^increase

**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.

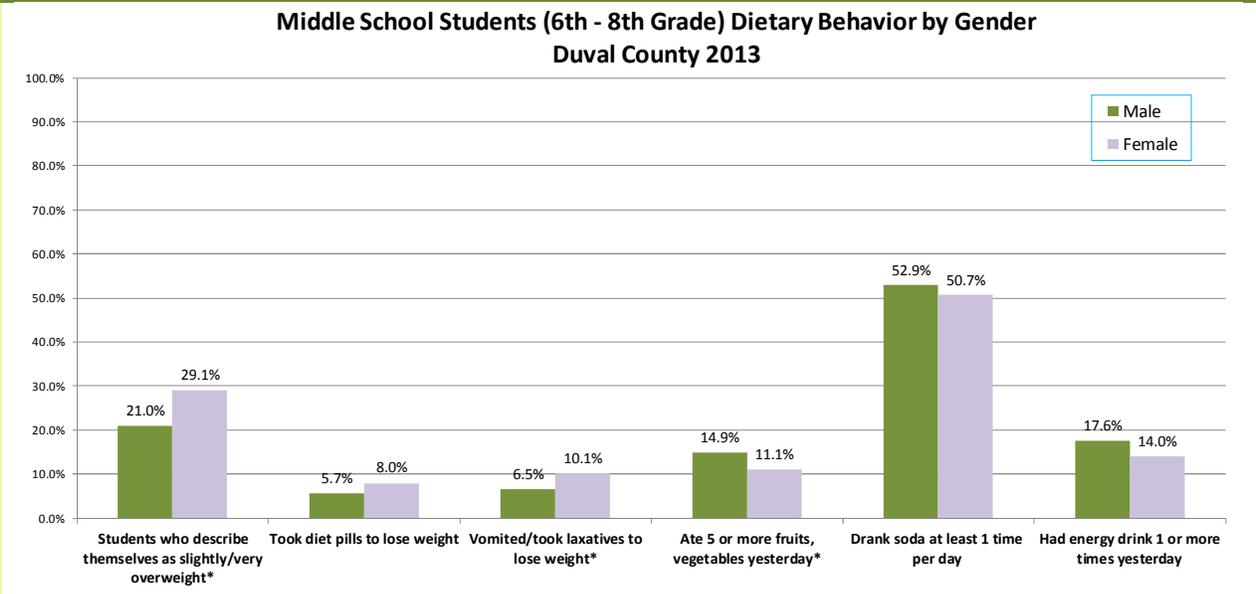
Trend analysis by County, State and Nation are provided by CDC (See YRBS methodology at [www.CDC.gov](http://www.CDC.gov)). Trend analysis and comparisons by Health Zone is provided by the Department of Health-Duval (See YRBS methodology at <http://www.dchd.net/health-data-resources/health-reports>).



Duval County middle school students have poor dietary intake and engage in many unhealthy eating habits. However, Duval has seen one area of improvement; significantly fewer middle school students (-30%) are drinking energy drinks. Males tend to consume more soda and energy drinks.

More than 1 in 4 students report being slightly or very overweight. Approximately 1 in 8 middle school students reporting eating the recommended fruits and vegetables on a daily basis. Males tend to eat fruits and vegetables more than females. Since 2011, the number of males with adequate intake has increased while the number of females with adequate intake has decreased.

The negative health effects on the population in 10, 20, or 30 years from now is concerning, especially considering the lack of physical activity also reported.



**Additional Data**

- More than 20% (1 in 5) middle school students have gone without eating for 24 hours or more to lose or to keep from gaining weight.
- The percent of middle school students who have ever exercised to lose weight or to keep from gaining weight was 68.1%.
- 26.5% of middle school students have been told by a doctor or nurse that they had asthma.

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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