

# Nutrition and Physical Activity Survey – Evaluation Report

FY 2015

## Background

The Nutrition and Physical Activity Survey is used to collect annual post-intervention data from school-age TRACKS participants in grades 8-12. The survey includes demographics and nutrition and physical activity items from the CDC Youth Risk Behavior Survey (YRBS). Additionally, the FY 2015 version included self-report height and weight, calcium items from a University of Minnesota Food Frequency Questionnaire<sup>1</sup>, internet access/usage questions, and CDC items capturing hours of TV and computer time.

## Sample Characteristics

Eight local agencies (partners) participated in the evaluation; three partners administered surveys in the School District of Philadelphia. The evaluation included 40 classrooms from 8 school districts. The sample (n=633) was 51.1% female, mean age was 14.78 years. Grade and race information is shown in Table 1.

81.2% of the sample provided complete height and weight information; mean BMI was 23.0. 22.2 % of girls had a BMI  $\geq$ 25; 27.5% of boys had a BMI  $\geq$ 25.

91.4% of respondents reported connecting to the internet from their home and 80.3% connect from a location other than home. 91.1% indicated connecting to the internet using a cell phone or mobile device; 43.5% of these students would use an app to learn about nutrition and health.

**Table 1. FY15 Nutrition and Physical Activity Survey Sample Grade & Race**

	FY15 TRACKS* n=633	National 2013 n=13,583	Philadelphia, PA 2013 n=1,280
<b>Grade</b>			
8 <sup>th</sup>	52.0%	0.0%	0.0%
9 <sup>th</sup>	22.4%	27.3%	28.2%
10 <sup>th</sup>	10.7%	25.7%	25.5%
11 <sup>th</sup>	6.7%	23.8%	23.5%
12 <sup>th</sup>	8.2%	23.1%	22.4%
<b>Race</b>			
Black or African American	29.4%	14.3%	57.3%
White	46.4%	55.6%	14.4%
Multiracial	13.9%	**	**
Other	10.3%	8.9%	11.6%
<b>Ethnicity</b>			
Hispanic	21.8%	21.1%	16.6%

\*Valid percentages presented due to missing responses.

\*\*Not reported.

## Results

YRBS nutrition and physical activity survey results are presented in Table 2 along with national and state data from 2013 (most recent available). Survey items ask students to report food and physical activity related behavior over the past 7 days. Sample characteristics and results from previous years can be reviewed in the corresponding annual reports accessible on the TRACKS Website at:

<http://www.patrails.org/public/evaluation.asp>

<sup>1</sup> Harnack, L. J. *et al.* Reliability and Validity of a Brief Questionnaire to Assess Calcium Intake of Middle-School-Aged Children. *J Am Diet Assoc.* 2006;106:1790–1795.

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**Table 2. Youth Risk Behavior Survey Item Results**

	FY15 TRACKS* n=633	National 2013 n=13,583	Philadelphia, PA 2013 n=1,280
Did not eat fruit or drink 100% fruit juices in the past 7 days	4.2% (n=621)	5.0%	6.9%
Reported eating <b>fruit</b> 2 or more times/day in the past 7 days	33.6% (n=621)	33.2%	25.9%
Did not eat vegetables in the past 7 days	5.4% (n=616)	6.6%	10.5%
Reported eating <b>vegetables</b> 2 or more times/day in the past 7 days	33.4% (n=616)	28.4%	20.1%
Reported eating <b>vegetables</b> 3 or more times/day in the past 7 days	23.4% (n=616)	15.7%	11.9%
Did not participate in at least 60 minutes of physical activity on any day in the past 7 days	7.7% (n=612)	15.2%	21.9%
Reported 60 minutes of <b>physical activity</b> on five or more days in the past 7 days.	46.9% (n= 612)	47.3%	35.8%

\*Sample sizes vary due to missing responses.

Participants reported watching television for an average of 2.0 hours during a typical school day. Time spent playing video games or using a computer for something other than school work was 2.6 hours on an average school day.

Calcium items from a University of Minnesota food frequency questionnaire replaced the YRBS item “During the past 7 days, how many glasses of milk did you drink?” beginning in FY11. Results revealed a clearer picture of dairy group intake and allowed estimation of cup equivalents which can be compared to recommendations (3 or more cup equivalents per day). Survey items ask students to report how many times per week various dairy foods are eaten.

Results for individual dairy items are shown in Table 3. Students with complete responses for the six dairy items (n=463) consumed an average of  $2.49 \pm 1.96$  cup equivalents from the dairy group per day; 29.4% consumed 3 or more cup equivalents per day. On average, males consumed significantly more milk, milk on cold cereal, total dairy (Table 4). Differences between gender groups for ice cream, yogurt, and pizza intake were not significant.

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**Table 3. Dairy Group Intake**

Food	Times/day Mean (SD)	n*	Cup equivalents/day Mean (SD)	n*
Milk (Beverage)**	0.90 (0.97)	616	1.04 (1.30)	601
Milk (on Cold Cereal)	0.55 (0.57)	619	0.29 (0.37)	528
Yogurt or Yogurt Drink	0.24 (0.31)	612	0.22 (0.33)	598
Pizza	0.36 (0.42)	624	0.40 (0.55)	611
Ice Cream, Ice Cream Bars, Milkshakes, Frozen Yogurt	0.40 (0.48)	622	0.30 (0.43)	581
Cheese	0.42 (0.33)	622	0.23 (0.21)	601
Total dairy	2.85 (1.78)	594	2.49 (1.96)	463

\* Sample sizes vary due to missing responses.

\*\*21.3% of respondents (n=468) reported usually drinking skim or 1% fat milk.

**Table 4. Gender Differences for Dairy Food Intake**

Food	Females		Males		p-value
	Cup equivalents/day Mean (SD)	n*	Cup equivalents/day Mean (SD)	n*	
Milk (Beverage)	0.68 (0.99)	301	1.42 (1.47)	281	<0.001
Milk (on Cold Cereal)	0.23 (0.35)	264	0.35 (0.39)	249	<0.001
Yogurt or Yogurt Drink	0.20 (0.30)	293	0.23 (0.35)	286	0.236
Pizza	0.38 (0.53)	301	0.39 (0.52)	289	0.760
Ice Cream, Ice Cream Bars, Milkshakes, Frozen Yogurt	0.32 (0.44)	292	0.29 (0.43)	284	0.536
Cheese	0.22 (0.21)	300	0.23 (0.21)	220	0.645
Total Dairy	2.00 (1.69)	312	2.98 (2.10)	298	<0.001