ACT II Initial Findings

Telephone Surveys

Anna Adachi-Mejia, Ph.D.
Annual telephone surveys

1,609 students and their parents completed Round 4
53 schools in 29 different NH & VT communities
50.4% students were female
Student age range: 12 - 18
Mostly (86.1%) grades 8 - 10
Student Survey Data

Prevalence of overweight

Physical Activity
- Physical Education
- Team Sports

Recreational Activity

Sedentary Activity
- Screen Time

TV in the Bedroom

Dietary Patterns
- 3 Meals per Day
- Types of foods eaten

Breakfast
Fast food
Adolescent overweight
Prevalence of Childhood and Adolescent Overweight in NH, VT, Act II, & the U.S.*

<table>
<thead>
<tr>
<th>2007 Youth Risk Behavior Surveillance Data</th>
<th>NH</th>
<th>VT</th>
<th>Act II</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overweight high school students</td>
<td>14.4%</td>
<td>14.5%</td>
<td>15.8%</td>
<td>15.8%</td>
</tr>
<tr>
<td>Obese high school students</td>
<td>11.7%</td>
<td>11.8%</td>
<td>13.1%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Total Percent Overweight</td>
<td>26.1%</td>
<td>26.3%</td>
<td>28.9%</td>
<td>28.8%</td>
</tr>
</tbody>
</table>

Grade in school and state of residence were *not* associated with overweight status.

Males were more likely to be overweight than females (33.5% vs. 24.4%).

<table>
<thead>
<tr>
<th>Prevalence of adolescent overweight</th>
<th>% of towns</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 20%</td>
<td>20.7</td>
</tr>
<tr>
<td>20 - 25%</td>
<td>24.1</td>
</tr>
<tr>
<td>26 - 30%</td>
<td>27.6</td>
</tr>
<tr>
<td>31 - 35%</td>
<td>6.9</td>
</tr>
<tr>
<td>36 - 40%</td>
<td>20.7</td>
</tr>
</tbody>
</table>
Physical Activity
Physical Education

Among students surveyed during the school year, nearly half did not participate in any PE classes during the 7 days preceding the survey.
Moderate-to-Vigorous Physical Activity

About half (51.5%) of students in the ACT II study met current physical activity guidelines by engaging in moderate-to-vigorous physical activity at least 5 of the 7 days preceding the survey.

Only 4.4% of participants did not participate in 60 or more minutes of physical activity on any day of the week prior to the survey.
Participants spent an average of 12.8 hours in recreational physical activity during the 7 days prior to the survey. 

Student participation in PE classes was positively associated with hours spent in recreational physical activity during the 7 days prior to the survey.
Moderate-to-Vigorous Physical Activity

Students who engaged in moderate-to-vigorous activity on 2 or more days in the 7 days prior to the survey were less likely to be overweight compared to students who exercised 1 or fewer days.

Association between days participating in moderate-to-vigorous activity and overweight

Days per week

- 0-1 days
  - % students overweight: 39
- 2+ days
  - % students overweight: 27.7
Team Sports

Overall, 74.2% of students (72.4% of girls; 76.0% of boys) participated on at least 1 team sport during the 12 months prior to the survey.

![Pie chart showing participation in team sports](image)
Team Sports

Team sports participation varied widely by school community, from 53% - 93%.

<table>
<thead>
<tr>
<th>Student participation in team sports</th>
<th>% of towns</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-74%</td>
<td>48.3</td>
</tr>
<tr>
<td>75-84%</td>
<td>31.0</td>
</tr>
<tr>
<td>&gt;=85%</td>
<td>20.7</td>
</tr>
</tbody>
</table>
Team Sports

We found an inverse relationship between team sports participation and adolescent overweight.

Adolescents who played on at least 1 sports team in the past year were significantly less likely to be overweight compared to teens who had not played on any sports team.
Sedentary activity
Screen Time

Screen time varied widely; participants reported spending 0 to more than 60 hours of screen time during the week prior to the survey.

On average, students reported 11.3 hours of screen time, which is just a little over 1½ hrs per day.
TV in the bedroom

57.6% of students have a TV in their bedroom, which is slightly less than the national average of 68%.

Students who had a TV in their bedroom were more likely to be overweight than students who did not.
Dietary patterns
3 Meals per Day

Overall, 70.7% of the students reported they usually eat 3 meals per day; 20.5% reported eating 2 meals per day.

Students who eat 3 or more meals per day are at lower risk of being overweight, compared to students who eat less than 3 meals per day.

Association between Meals per Day and Overweight

<table>
<thead>
<tr>
<th>Meals per day in past week</th>
<th>% overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 3</td>
<td>37.9%</td>
</tr>
<tr>
<td>3 or more</td>
<td>26.4%</td>
</tr>
</tbody>
</table>
Breakfast

Only half of the students ate breakfast everyday during the week before the survey. Students who ate breakfast on 5 or more days per week were at lower risk of being overweight.

Nearly 1 in 5 students (18.5%) ate breakfast less than 3 days per week.
Types of foods eaten

Average number of times students ate different foods in past week

- Soda/sweetened beverage: 3.9
- Chips/crackers/nachos: 2.1
- Desserts/sweets: 6.7
- High-fat meats: 2.6
- French fries/fried food: 4.1
- Whole grains: 4.2
- 100% fruit juice: 4.5
- Fruit: 3.7
- Vegetables: 4.2

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Fast Food

Overall, 55% of the students reported that they ate fast food in the 7 days prior to the survey.

Students who attended schools in more densely populated towns were more likely to eat fast food.
Student Survey Data

Prevalence of overweight

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  Physical Education
  Team Sports

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