

# ACT II Initial Findings

## Telephone Surveys



Dartmouth Medical School



Hood Center  
for Children and Families

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## Annual telephone surveys

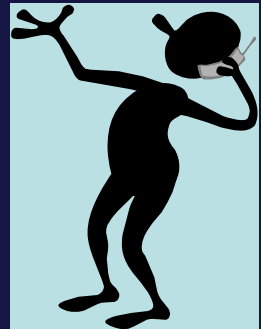
1,609 students and their parents completed Round 4

**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



Hood Center  
for Children and Families

# Adolescent overweight



# Overweight

**Overweight: BMI  $\geq$  85<sup>th</sup> percentile**

**Obese: BMI  $\geq$  95<sup>th</sup> percentile**

## Prevalence of Childhood and Adolescent Overweight in NH, VT, Act II, & the U.S.\*

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

\*Eaton, Kann, Kinchen 2008.

# Overweight

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%).

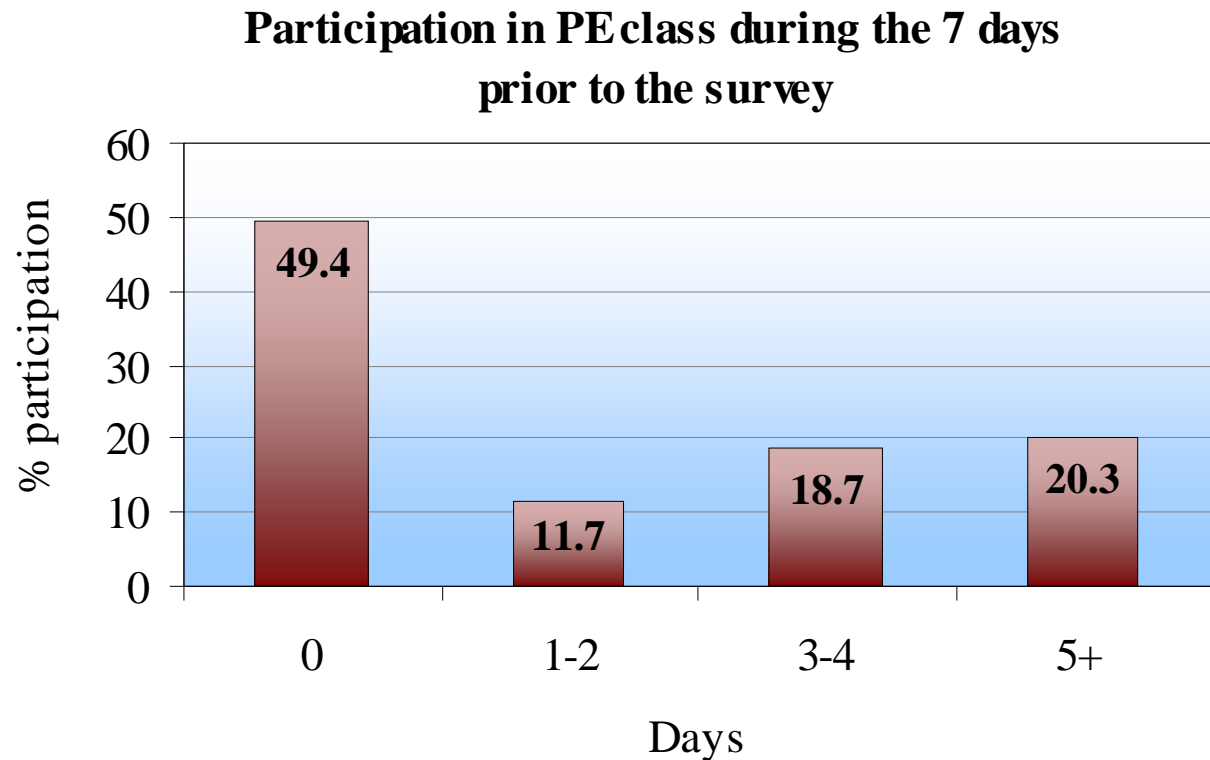
Prevalence of adolescent overweight	% of towns
Less than 20%	20.7
20 - 25%	24.1
26 - 30%	27.6
31 - 35%	6.9
36 - 40%	20.7

# 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.

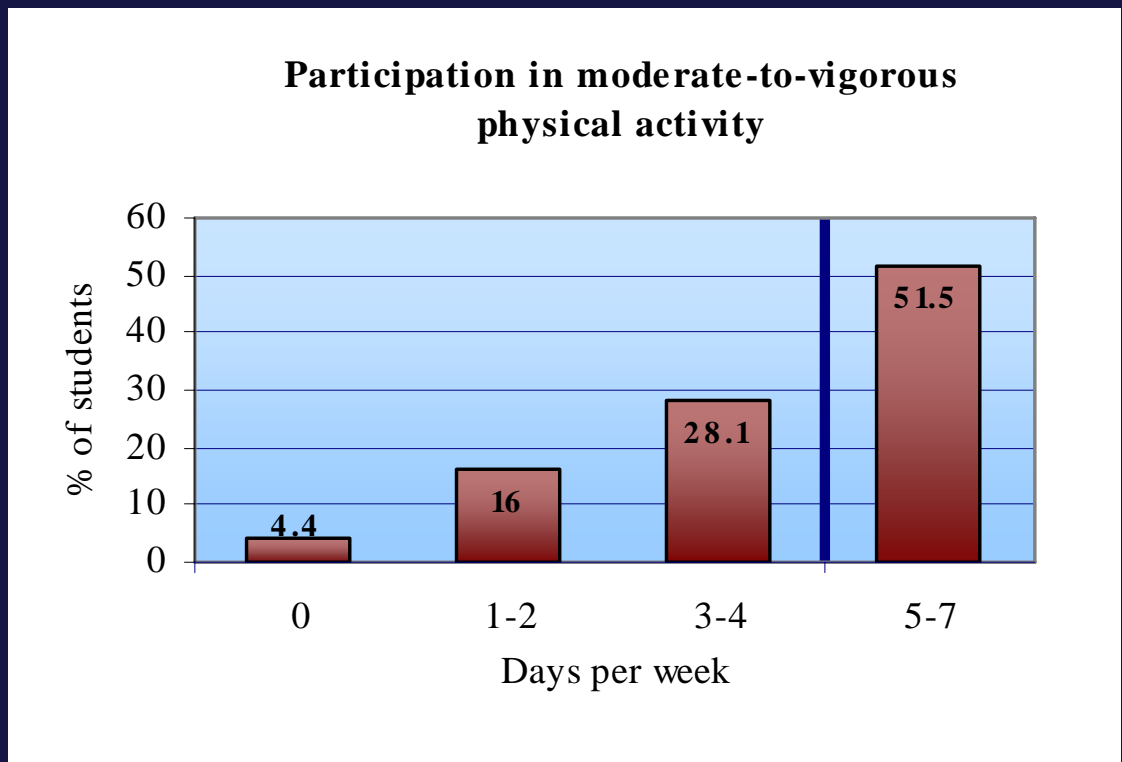




# Moderate-to-Vigorous Physical Activity

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.

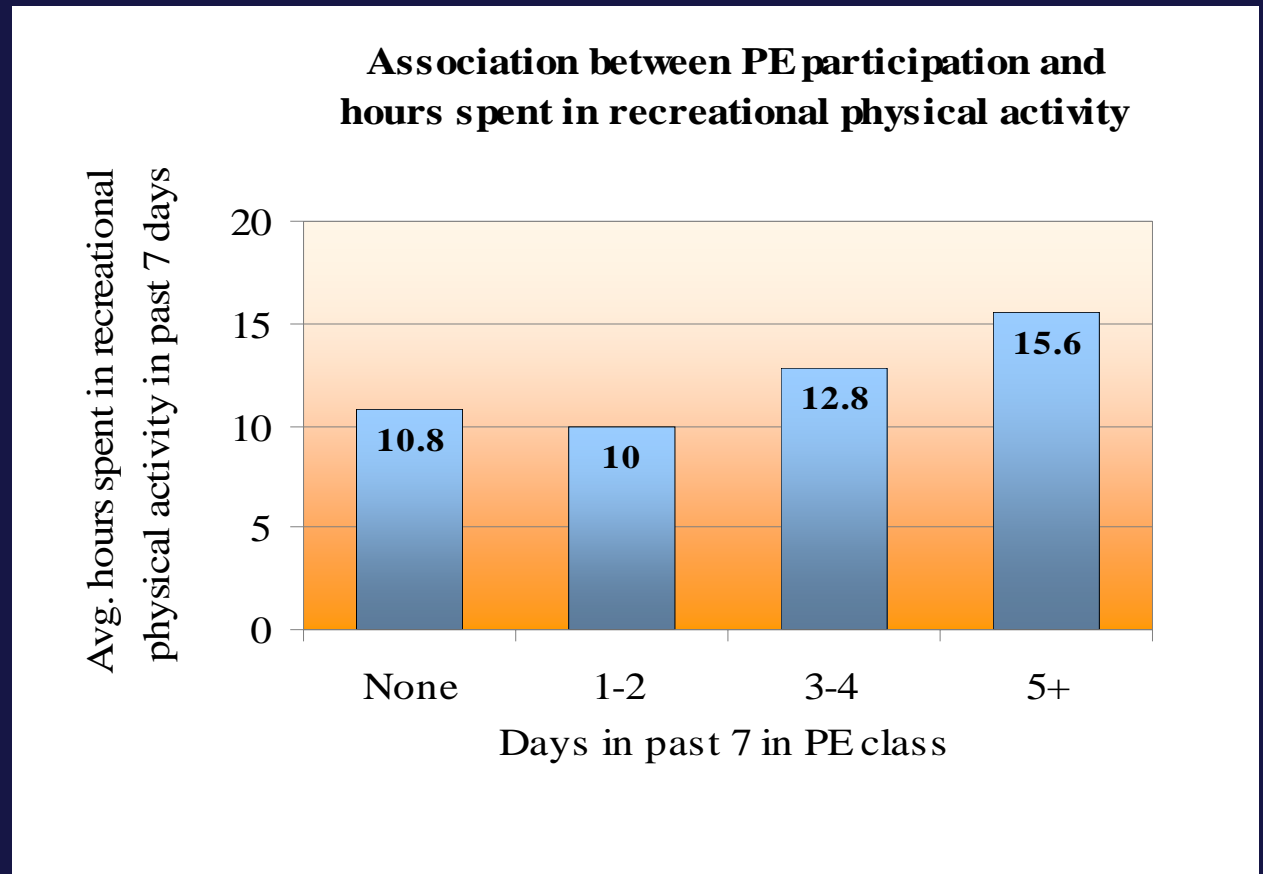
Only 4.4% of participants did not participate in 60 or more minutes of physical activity on any day of the week prior to the survey.



# PE Participation & Recreational Physical Activity

Participants spent an average of 12.8 hours in recreational physical activity during the 7 days prior to the survey.

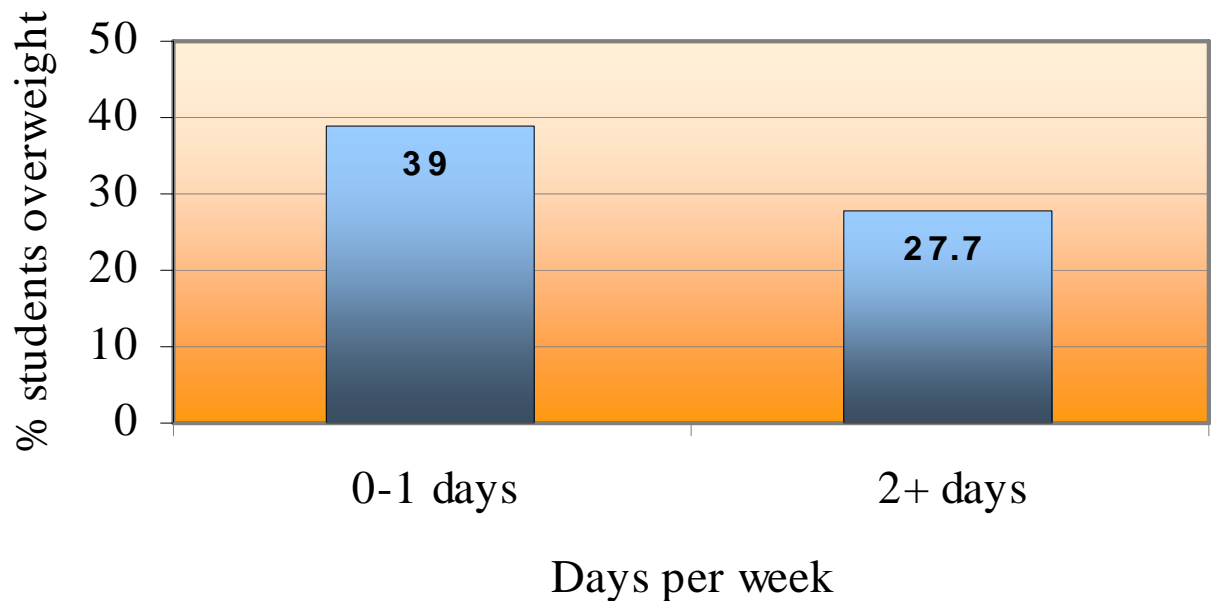
Student participation in PE classes was positively associated with hours spent in recreational physical activity during the 7 days prior to the survey.



# Moderate-to-Vigorous Physical Activity

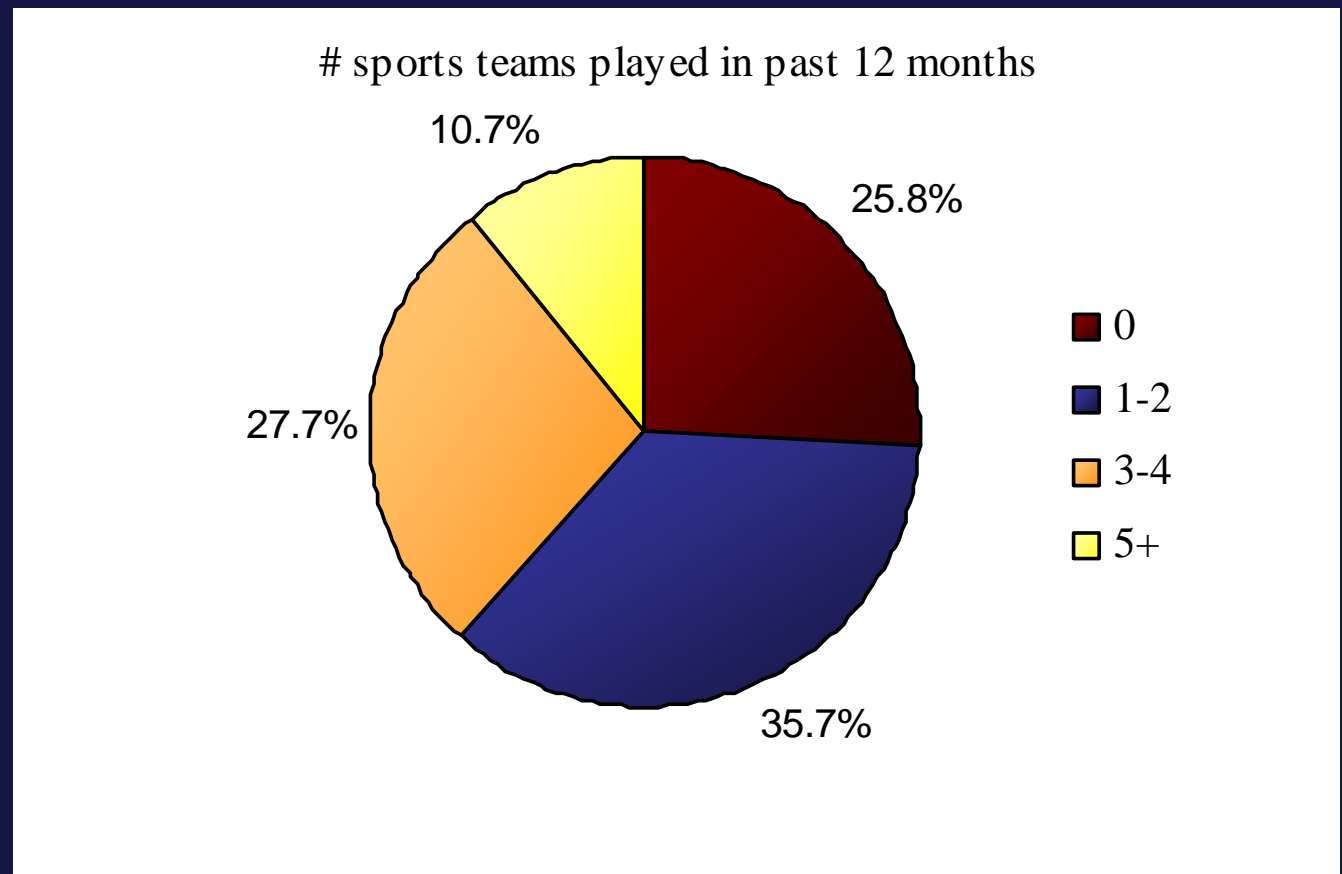
Students who engaged in moderate-to-vigorous activity on 2 or more days in the 7 days prior to the survey were less likely to be overweight compared to students who exercised 1 or fewer days.

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



# 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.



# Team Sports

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

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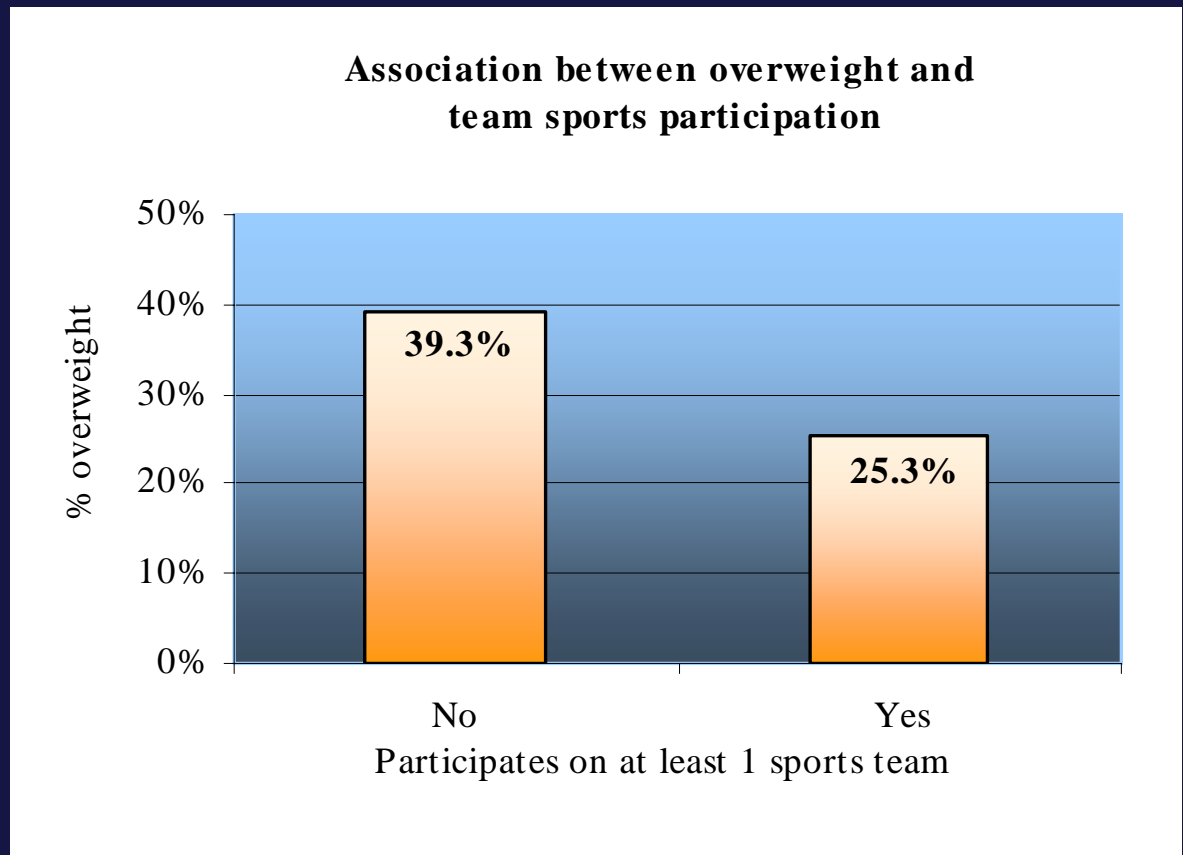
<b>Student participation in team sports</b>	<b>% of towns</b>
50-74%	48.3
75-84%	31.0
$\geq 85\%$	20.7

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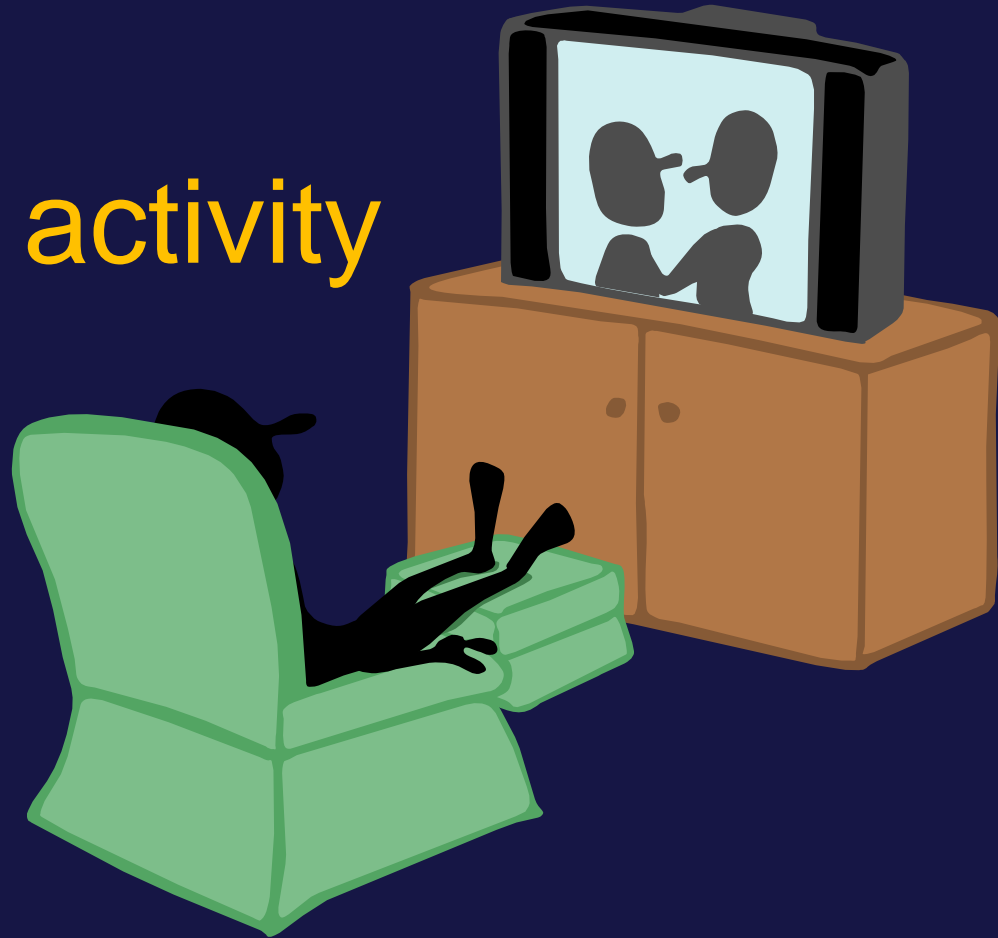
# Team Sports

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.



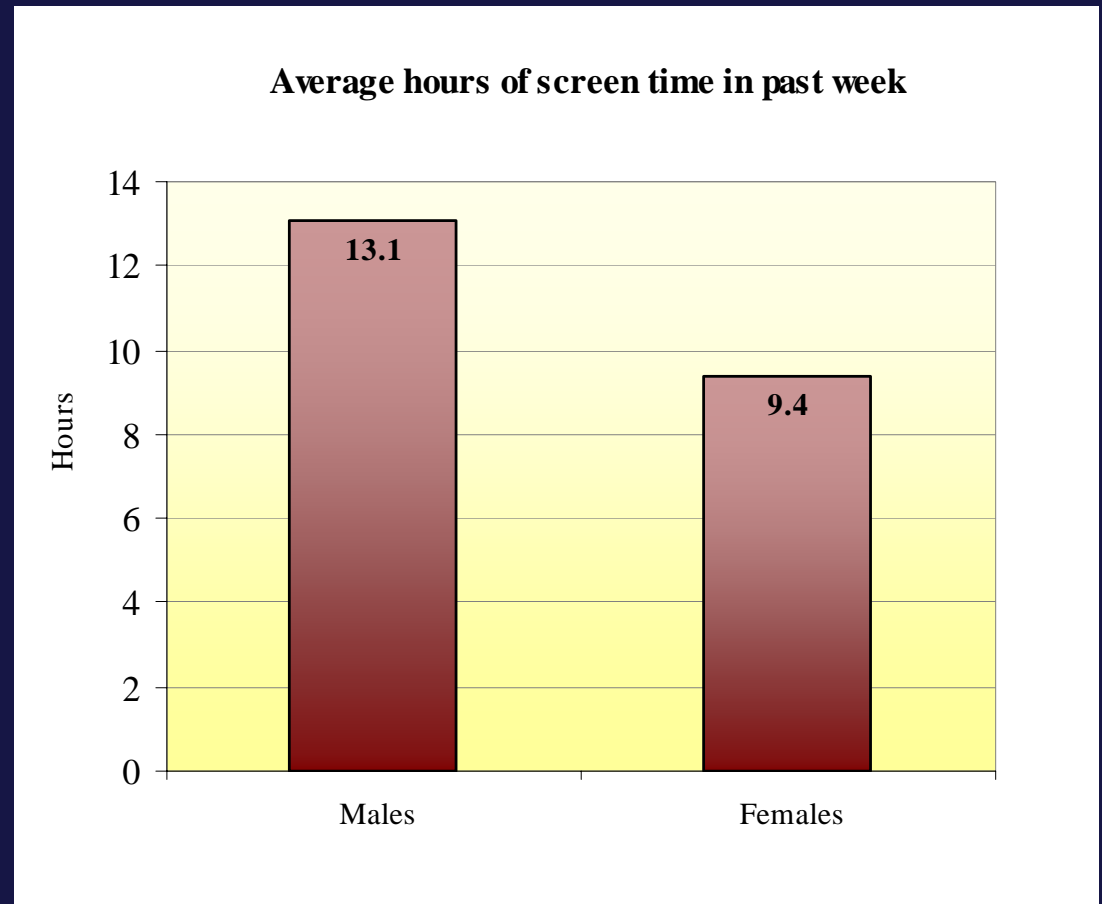
Sedentary activity



# 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.



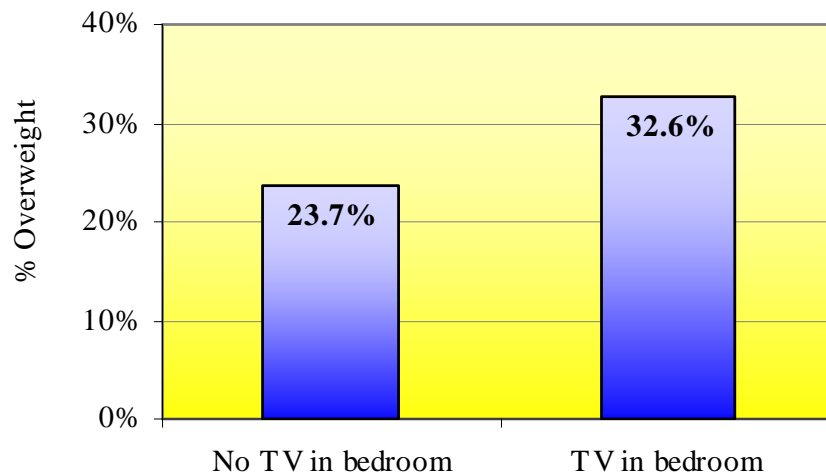


## TV in the bedroom

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.

**Association between overweight and having a TV in the bedroom**



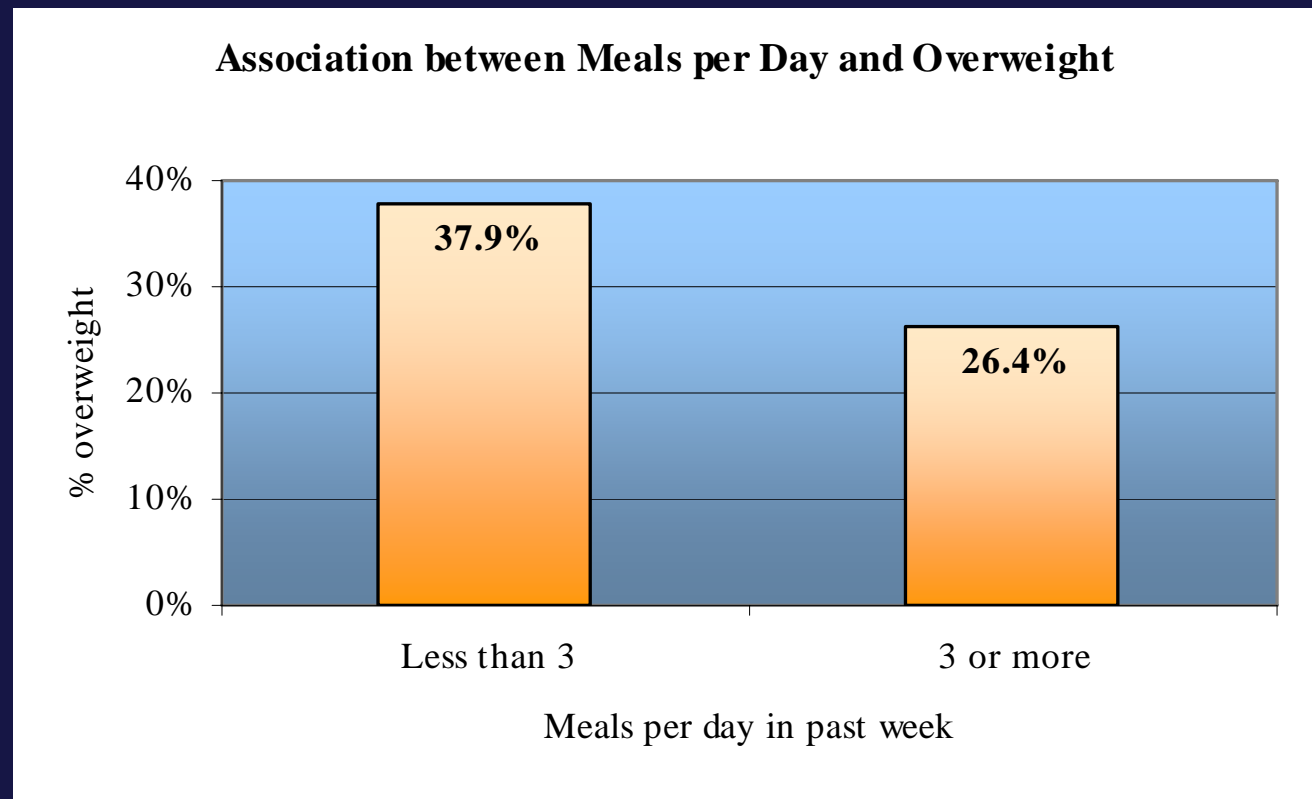
# Dietary patterns



## 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.

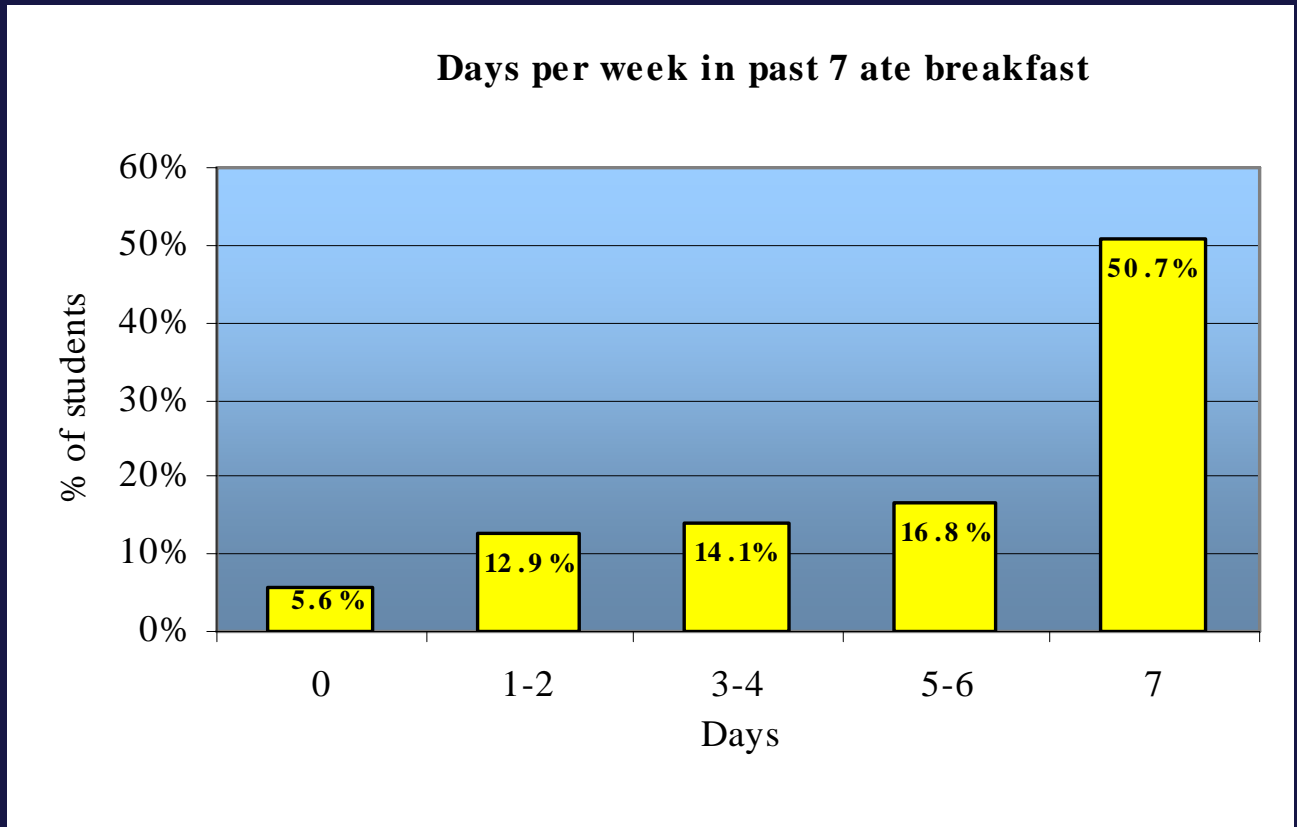
Students who eat 3 or more meals per day are at lower risk of being overweight, compared to students who eat less than 3 meals per day.



# Breakfast

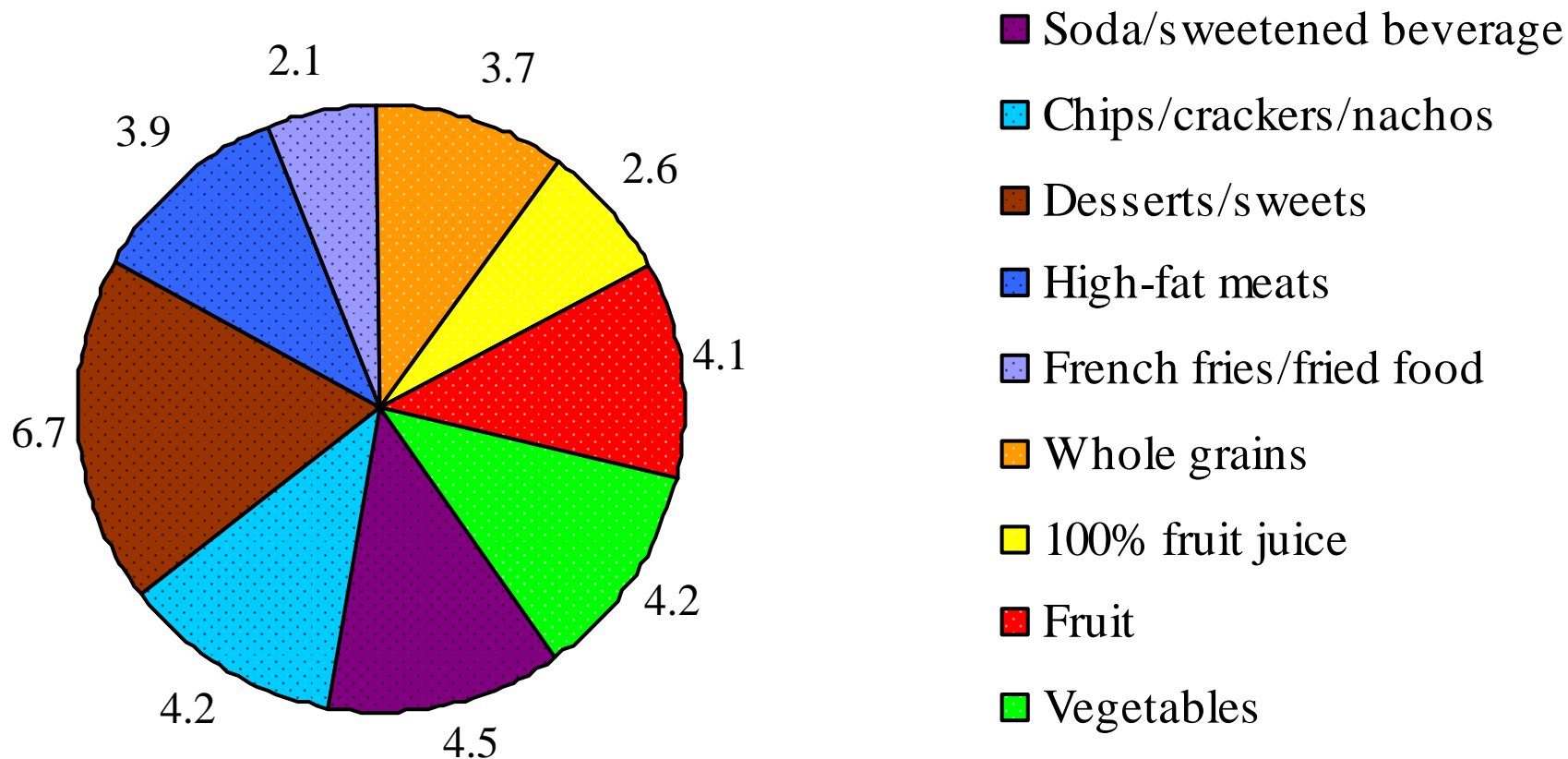
Only half of the students ate breakfast everyday during the week before the survey. Students who ate breakfast on 5 or more days per week were at lower risk of being overweight.

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



# Types of foods eaten

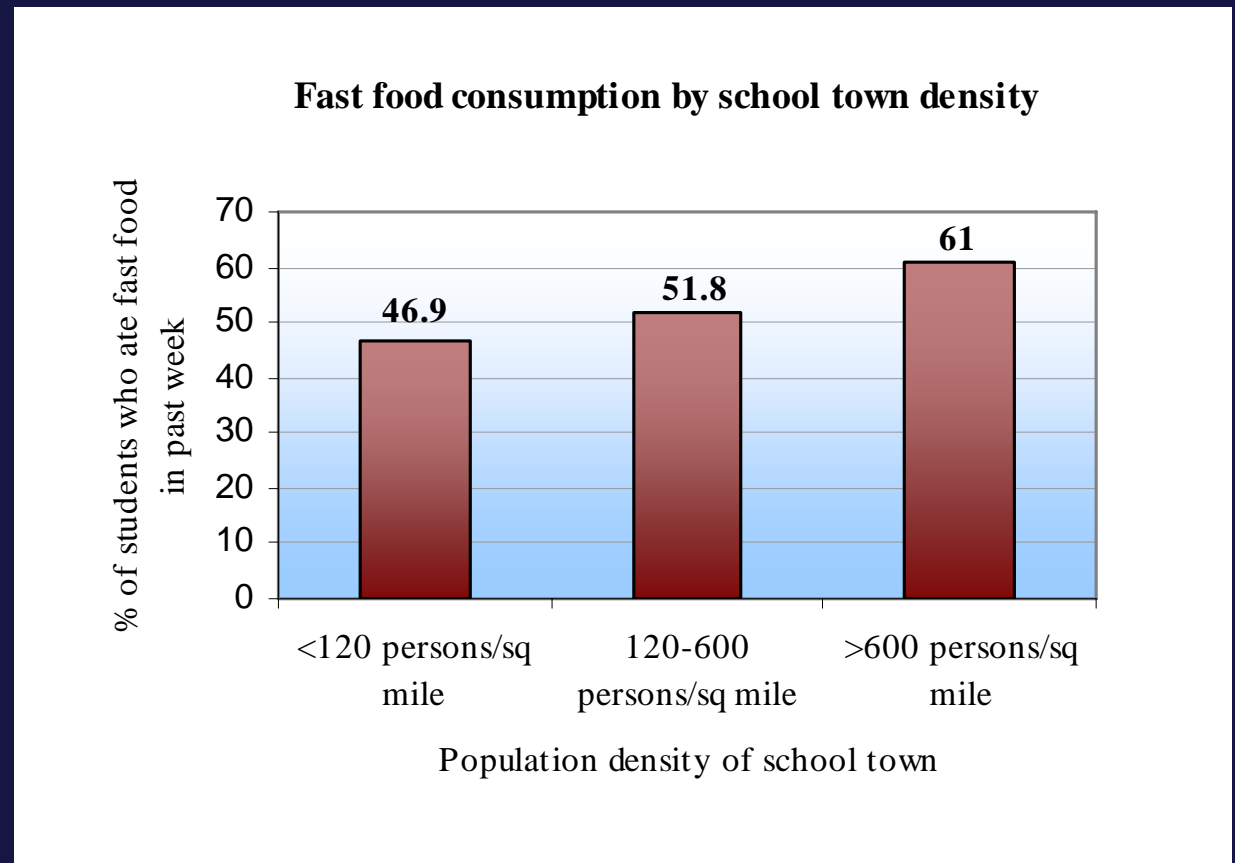
Average number of times students ate different foods in past week



# 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.



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