

ACT II Initial Findings

Telephone Surveys



Dartmouth Medical School



Hood Center
for Children and Families

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Annual telephone surveys

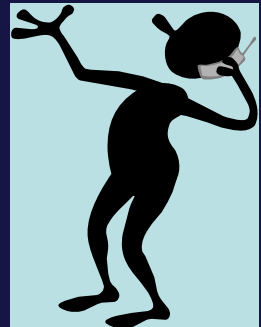
1,609 students and their parents completed Round 4

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



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Adolescent overweight



Overweight

Overweight: BMI \geq 85th percentile

Obese: BMI \geq 95th 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%
Total Percent Overweight	26.1%	26.3%	28.9%	28.8%

*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%).

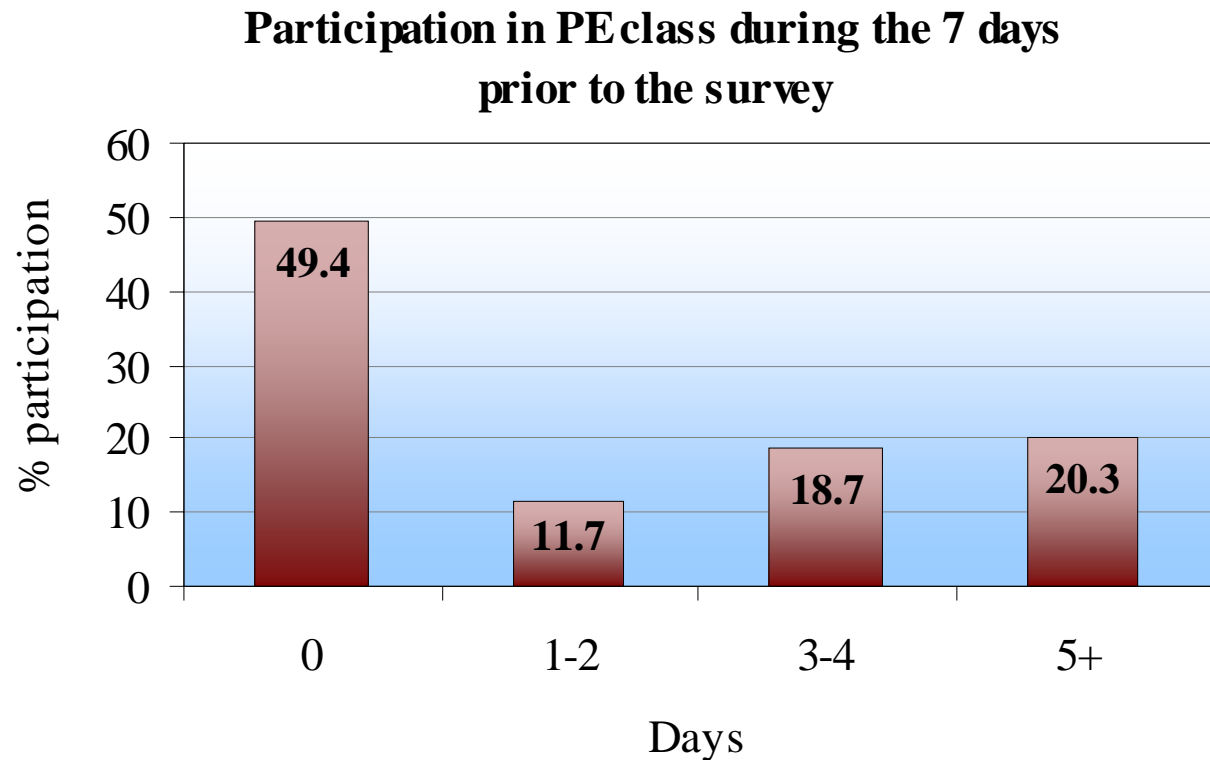
Prevalence of adolescent overweight	% of towns
Less than 20%	20.7
20 - 25%	24.1
26 - 30%	27.6
31 - 35%	6.9
36 - 40%	20.7

Physical Activity



Physical Education

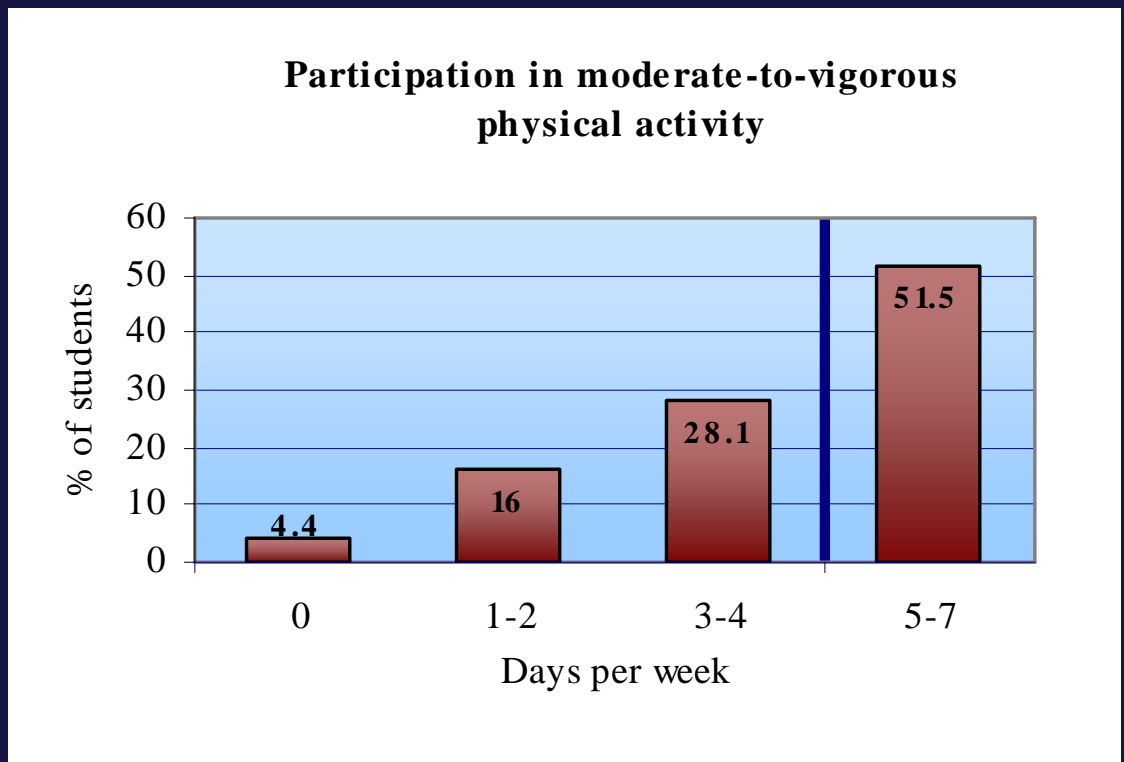
Among students surveyed during the school year, nearly half did not participate in any PE classes during the 7 days preceding the survey.



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.

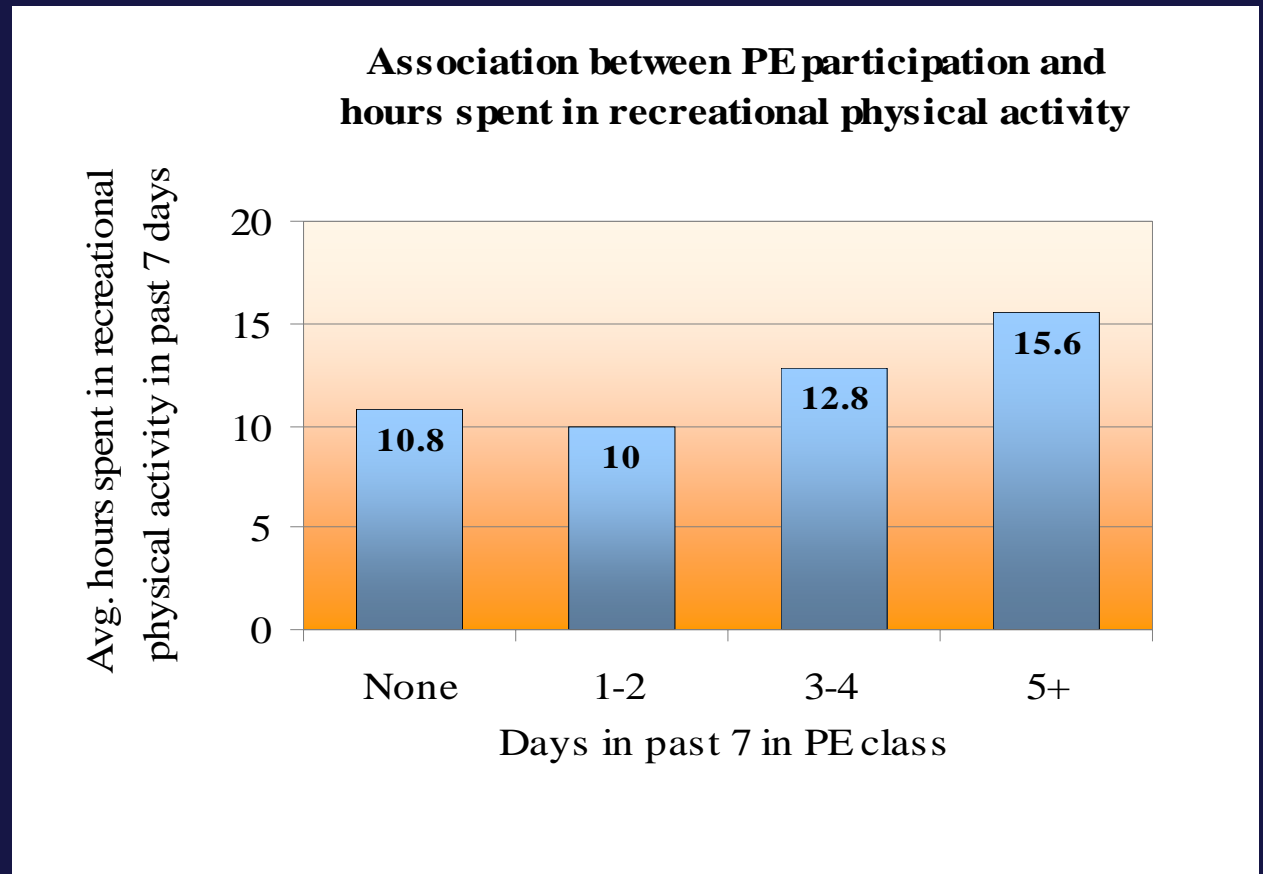
Only 4.4% of participants did not participate in 60 or more minutes of physical activity on any day of the week prior to the survey.



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.

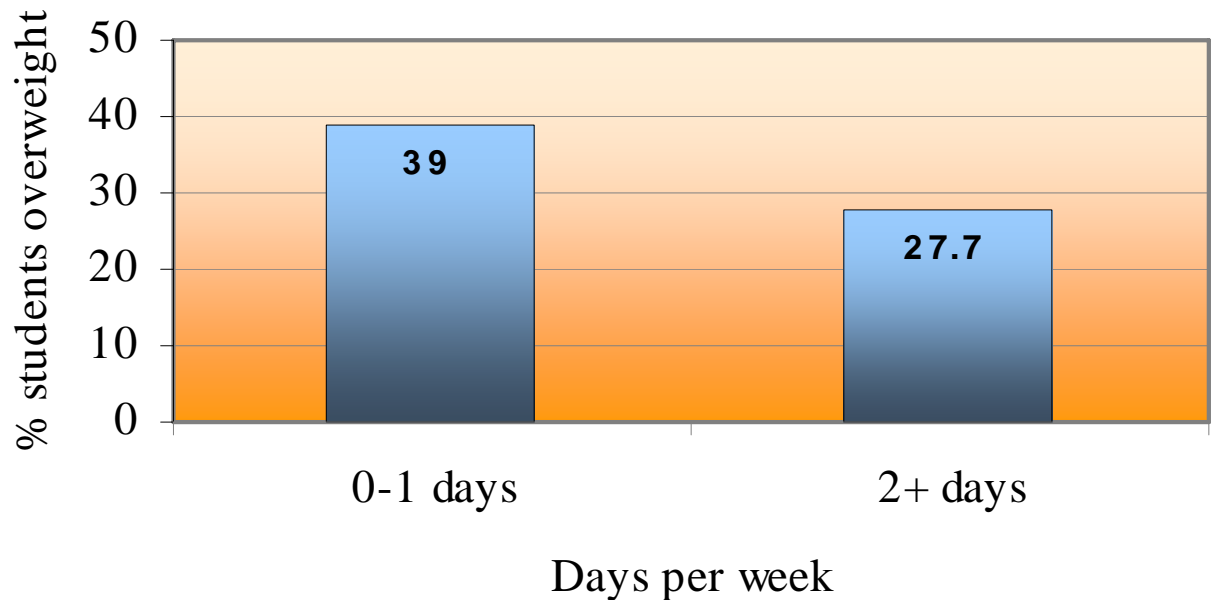
Student participation in PE classes was positively associated with hours spent in recreational physical activity during the 7 days prior to the survey.



Moderate-to-Vigorous Physical Activity

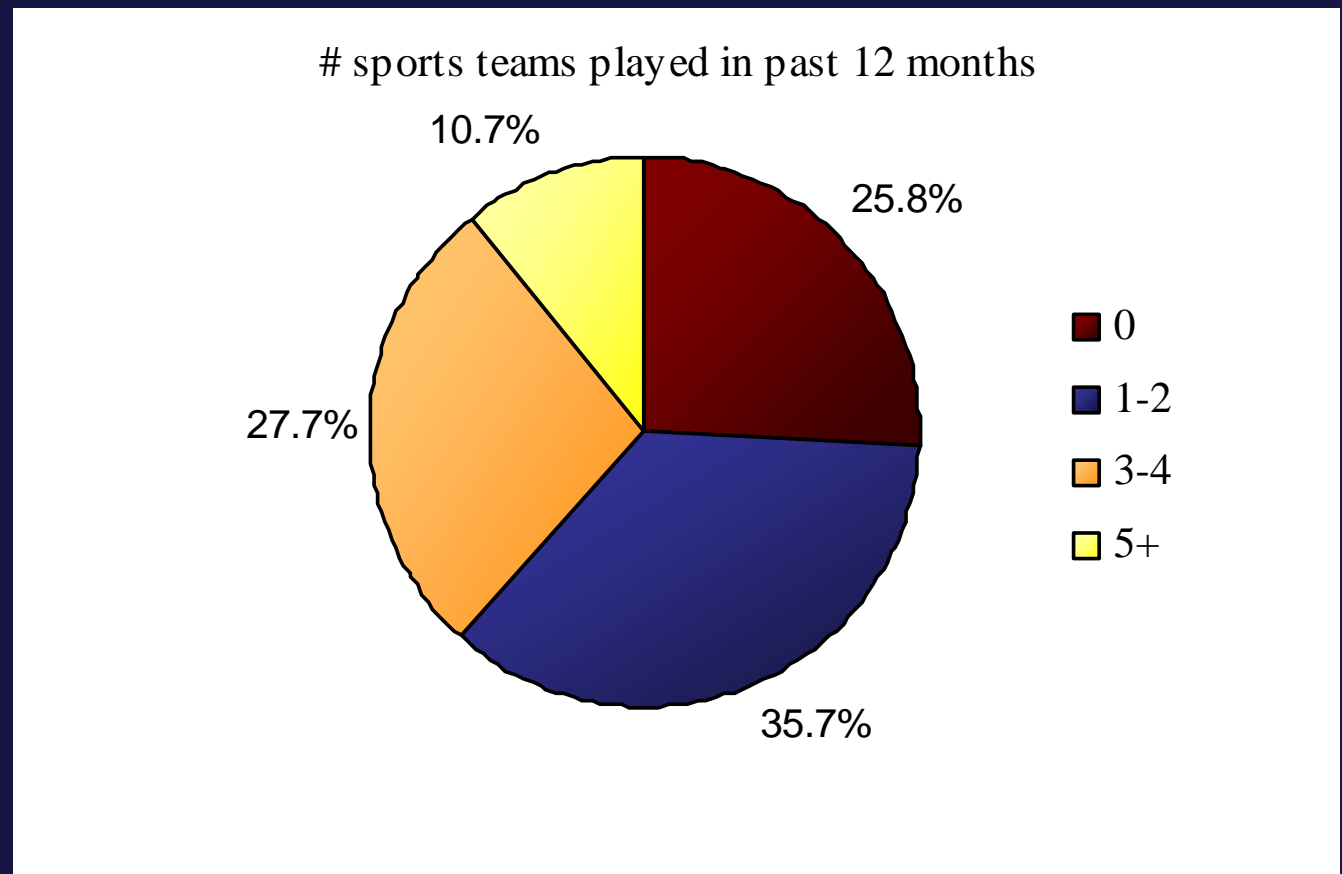
Students who engaged in moderate-to-vigorous activity on 2 or more days in the 7 days prior to the survey were less likely to be overweight compared to students who exercised 1 or fewer days.

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

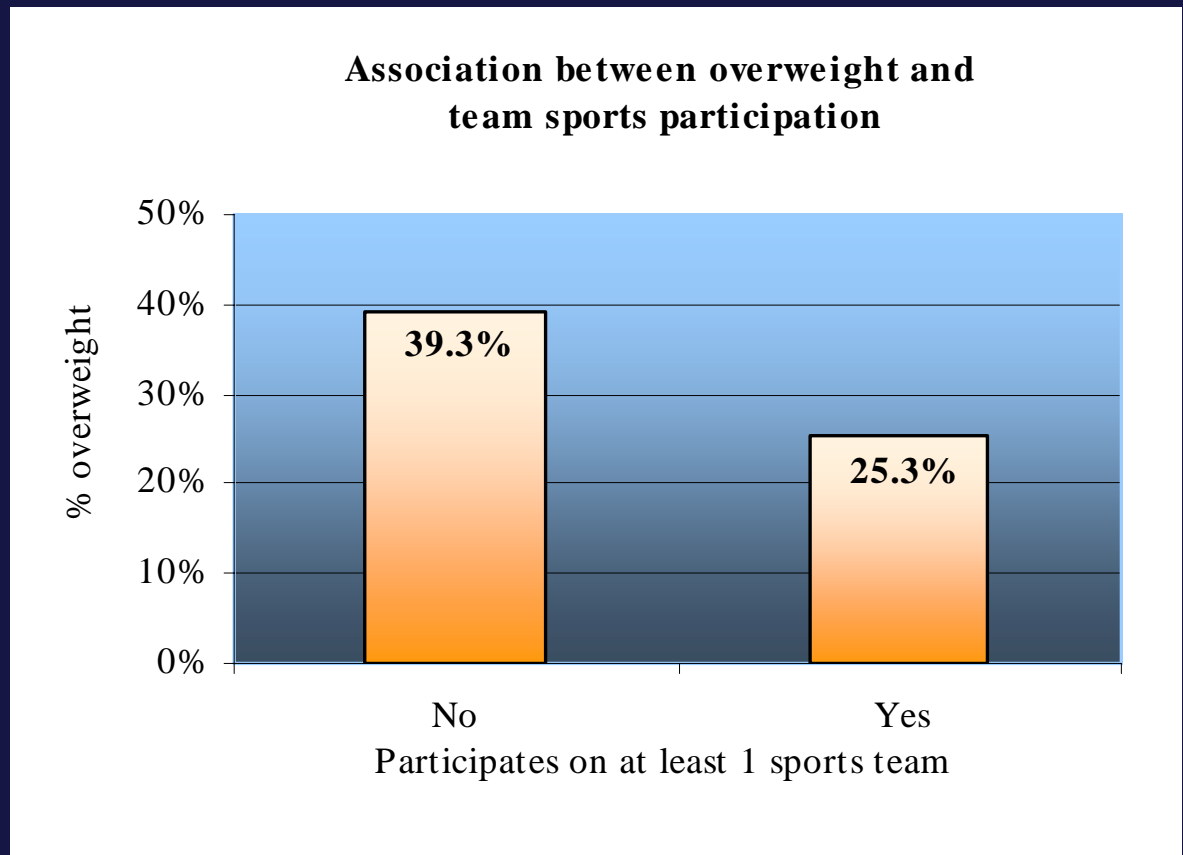
Team sports participation varied widely by school community, from 53% - 93%.

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

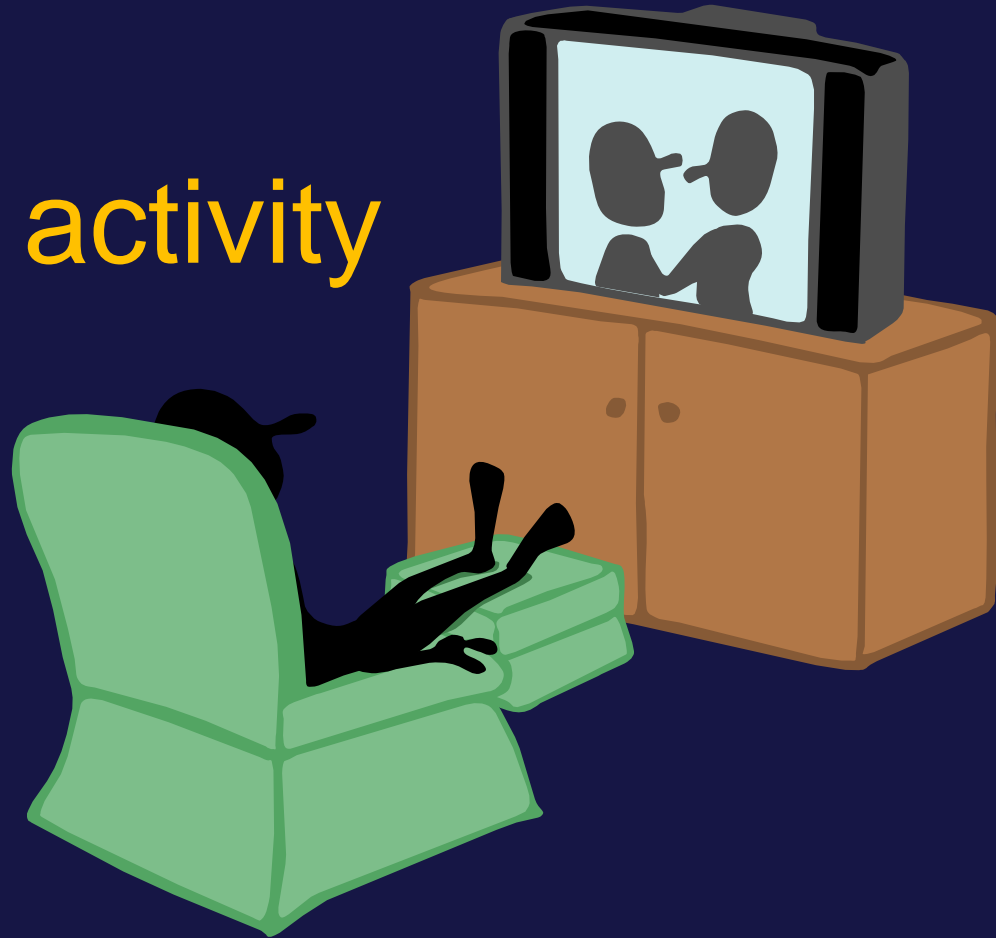
Team Sports

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.



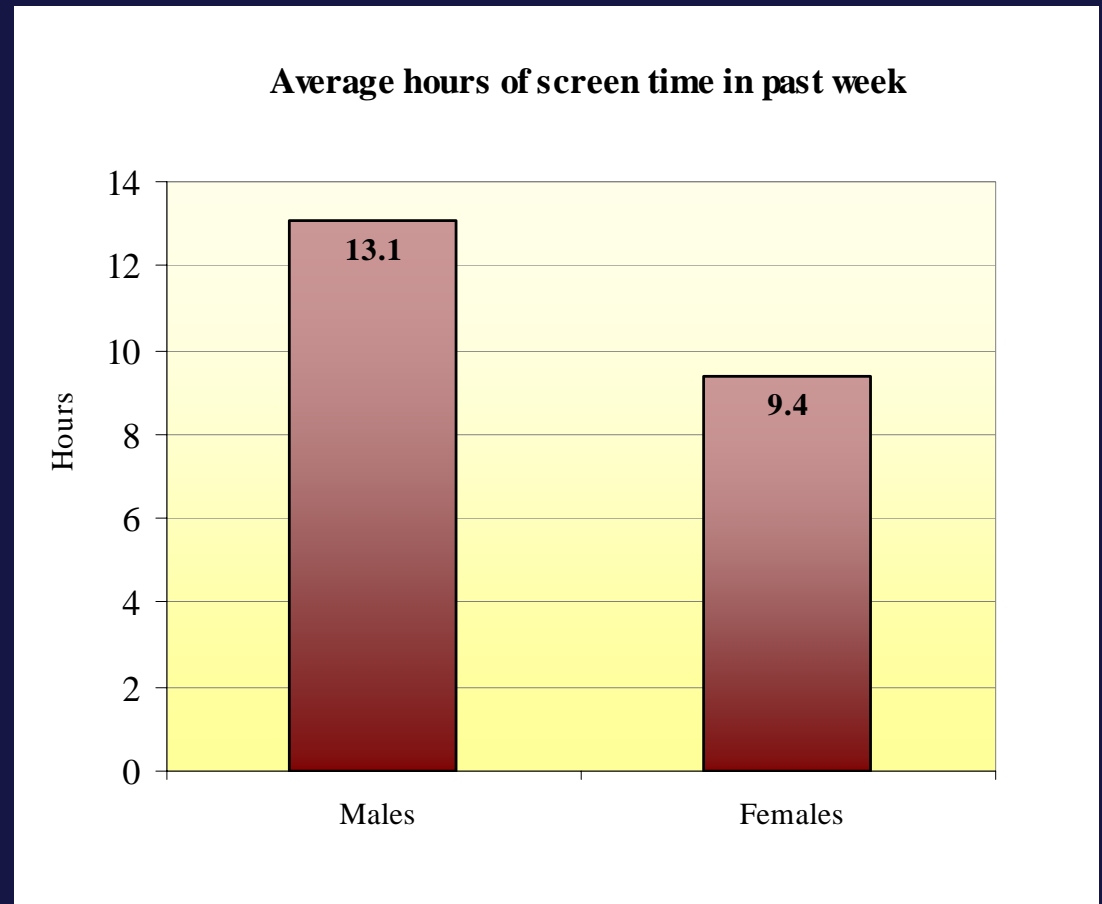
Sedentary activity



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.

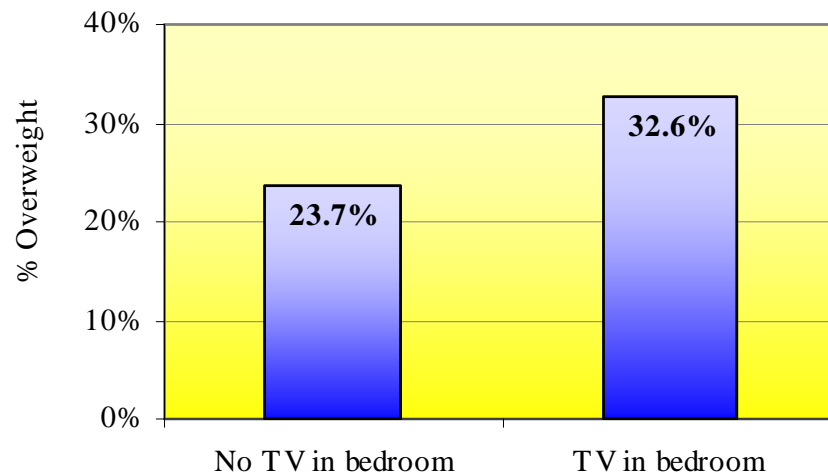


TV in the bedroom

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



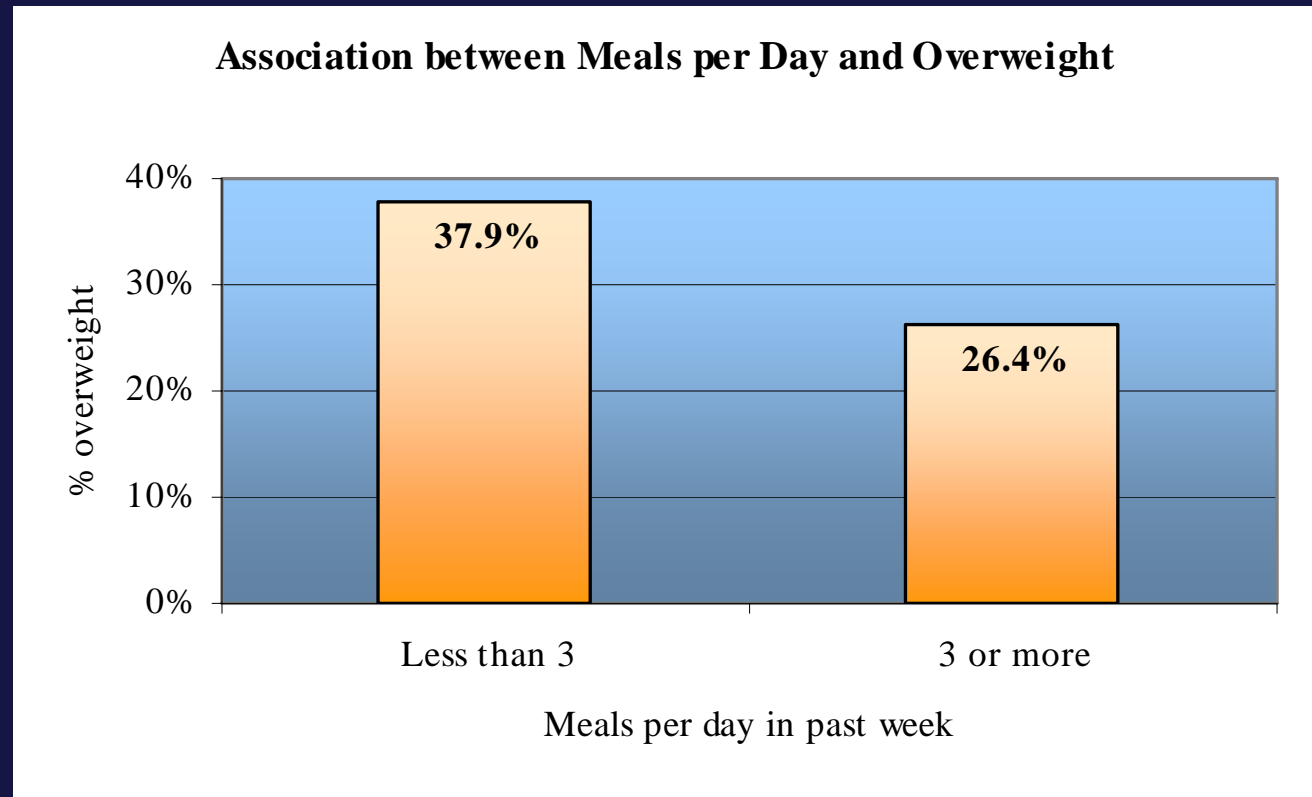
Dietary patterns



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.

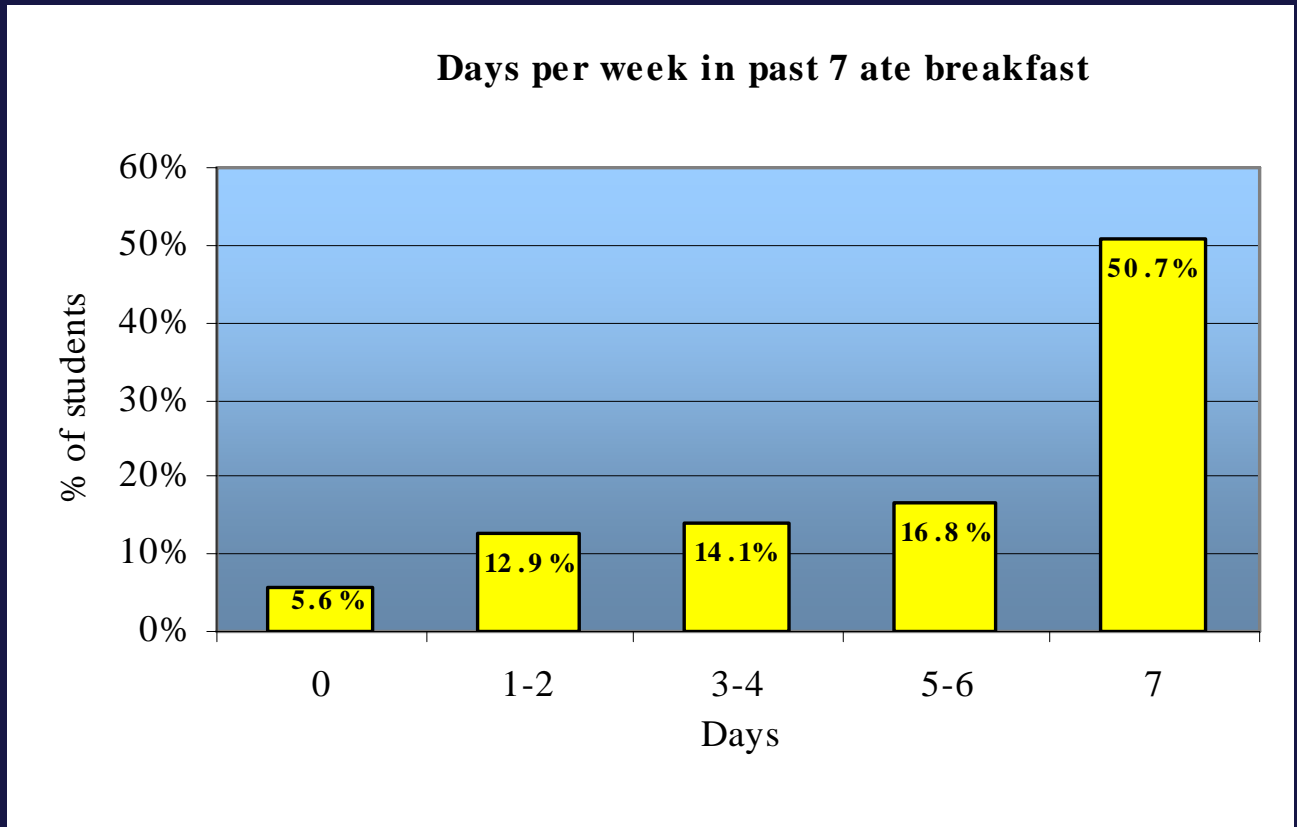
Students who eat 3 or more meals per day are at lower risk of being overweight, compared to students who eat less than 3 meals per day.



Breakfast

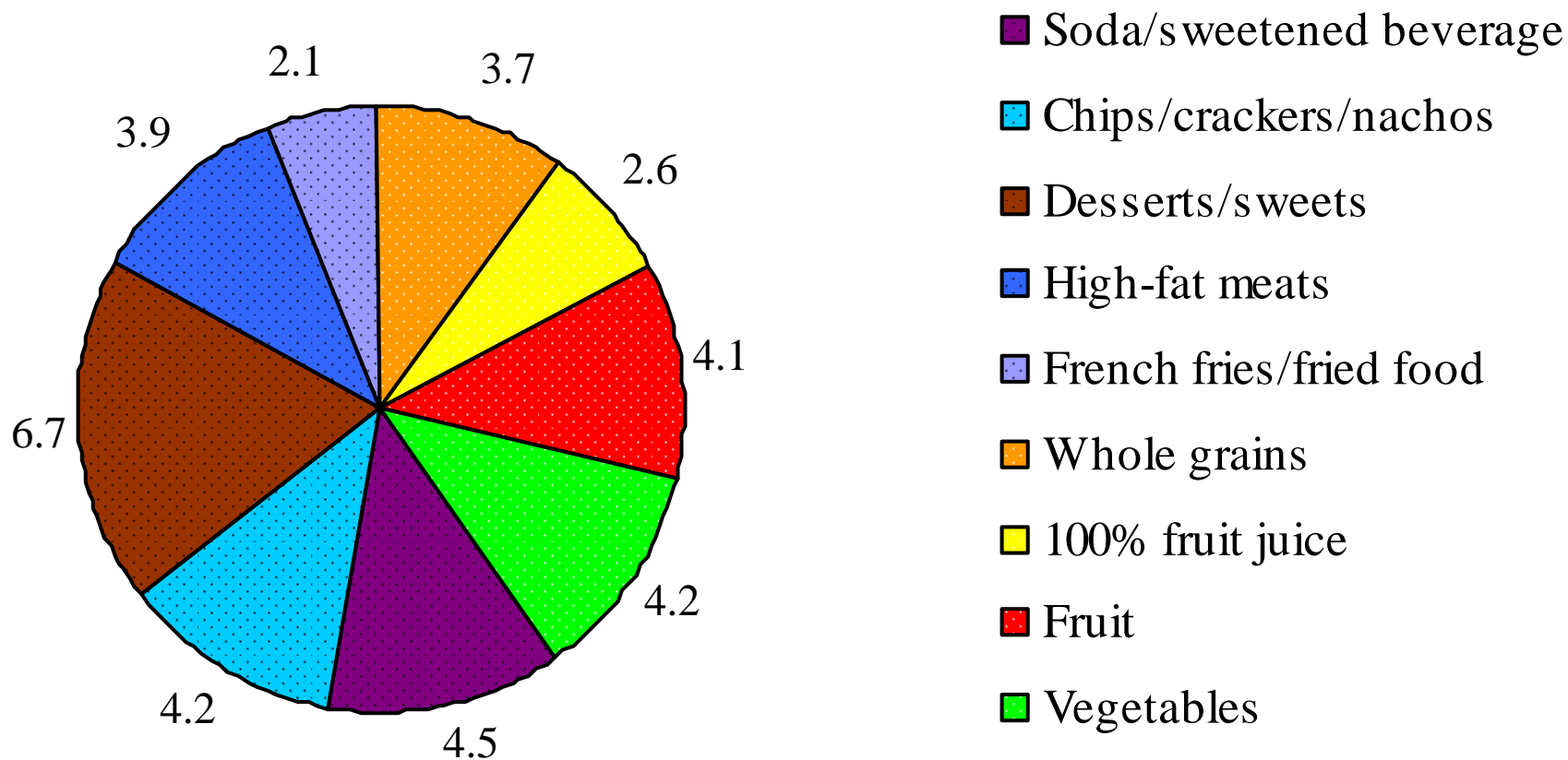
Only half of the students ate breakfast everyday during the week before the survey. Students who ate breakfast on 5 or more days per week were at lower risk of being overweight.

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



Types of foods eaten

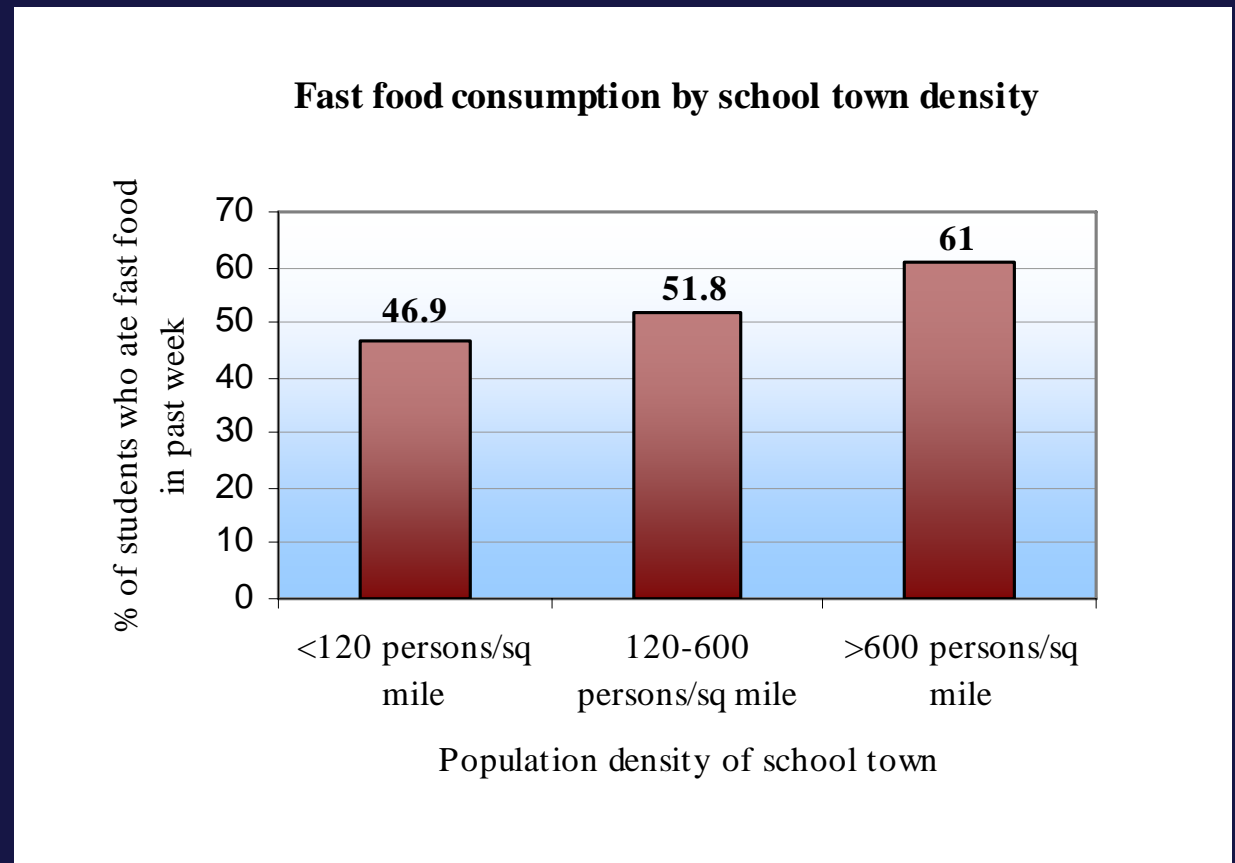
Average number of times students ate different foods in past week



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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