Obesity Survey Research Report

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I. KEY FINDINGS

Weight and Weight Loss Behaviors

• Over two-thirds (68%) of Virginia youth are at a healthy weight while 3% are underweight and 22% are overweight or obese.
  o Girls and young women (17%) are less likely to be overweight or obese for their age compared to boys and young men (27%).
  o Youth in the southwest region (28%) are slightly more likely to be overweight or obese for their age while those in the central region (18%) are slightly less likely to fall into these categories compared to youth in the southeast (24%) and north (20%) regions.
  o White, non-Hispanic youth (72%) are more likely to have a healthy weight for their age compared to minority youth (61%) while minority youth (26%) are more likely to be overweight or obese for their age compared to white, non-Hispanic youth (19%).

• Most (68%) believe they are about the right weight.
  o Youth correctly classified their weight 65% of the time.

• Most youth are not doing anything about their weight (38%) or are trying to maintain their current weight (22%) while 28% are trying to lose weight and 12% are trying to gain weight.

• About two out of every five youth trying to lose weight say they want to be healthier (42%) while one in five say they want to be better at sports (23%) or they want to look better (20%).

• 89% of youth say that over the past year they have been trying to lose weight.
  o Among those who tried to lose weight last year
    ▪ 97% exercised
    ▪ 87% cut back on food
    ▪ 85% ate less sweets and fatty foods
    ▪ 38% went on a special diet
    ▪ 33% skipped meals
    ▪ 16% did not eat for a day or more
Eating Habits

- About a third (34%) of youth said that, on average, they have a least 1 100% fruit juice drink a day.

- Almost half (48%) of youth said that, on average, they have a least 1 piece of fruit a day.

- Over half (55%) of youth said that, on average, they have a least 1 serving of vegetables a day.

- Only 4% of youth met the USDA recommendation to have, on average, 9 serving of fruits and vegetables a day\(^1\).

- About one in five (19%) youth said that, on average, they have a least 1 serving of soda a day.

- Over half (58%) of youth said that, on average, they have a least 1 glass of milk a day.

- During an average school week, three out of five (59%) youth eat breakfast every day while 15% never eat breakfast.

- During an average school week, the vast majority (88%) of youth eat lunch every day.

- Over half (59%) of youth buy lunch at school
  - Among those who buy lunch at school
    - 54% usually choose the standard meal option
    - 24% usually choose fast food options
    - 13% choose healthy a la carte items

- About a quarter (23%) of youth have access to fast food from chain restaurants at their school.
  - Over half (54%) of those with access to this food at school say that, in an average school week, they eat lunch from these places at least once.

- Most (54%) youth do NOT purchase any snacks from a school vending machine during an average school week.

• The vast majority (71%) of youth do NOT purchase soda from a school vending machine during an average school week.

• During an average week, 73% of youth eat food from a fast food restaurant at least once.

• During an average week, 92% of youth eat snacks such as chips and candy or drink soda at least once.

**Physical Activity**

• During an average week, 66% of youth exercise 60 minutes or more per day 4 or more days.

• In an average week, the majority (69%) of youth has PE or goes to the gym to fulfill the requirement of an online PE class at least once.

• Four out of every five youth (80%) participated in an organized sport in the previous year.
  
  o Of those who participated in a sport the previous year the most popular include basketball (31%), soccer (26%), football (17%), and track and field (16%).

  o Of those who participated in a sport the previous year, over half (51%) were through school, 37% were organized through the community, and 11% were pay to participate.

• About one in five (16%) youth rode their bike to school at some point during the school year.

• On an average school day, a quarter (24%) of youth watch 3 or more hours of TV and 16% play 3 or more hours of video games.

**Weight and Physical Activity among Friends**

• In general, youth describe most of their friends’ weights as being about the right weight.
  
  o One in ten (10%) describe half of their friends or more as overweight.

• The vast majority (70%) say that about half of their friends or more exercised for 30 minutes or more in the past month.
Risky Behaviors among Friends

- Many youth reported that their friends engaged in risky behaviors in the past month including:
  - 53% had friends who drank alcohol
  - 49% had friends who were in a physical fight
  - 48% had friends who smoked a cigarillo
  - 46% had friends who smoked a cigarette
  - 43% had friends who used spit tobacco
  - 30% had friends who binged on alcohol

Social Behavior and Self Perception

- Youth high in Social Concern (76%) are more likely to be at a healthy weight for their age compared to others (low-61%, medium-67%).
II. EXECUTIVE SUMMARY

Introduction

The Virginia Foundation for Healthy Youth (VFHY-formerly the Virginia Tobacco Settlement Foundation) was created in 1999 by the Virginia Assembly to promote healthy living habits among 10 to 17 year olds throughout Virginia. Initially, the foundation focused on reducing tobacco use among youth; however, in 2009, VFHY added prevention and reduction of childhood obesity to their mission. VFHY accomplishes their mission through the development of educational programs in both the classroom and community; a youth marketing campaign, and supporting enforcement of Virginia’s tobacco-access laws.

This research provides current estimates of overweight and obesity among youth in Virginia as well as eating habits and physical activity. These data were collected between December 3, 2009 and March 20, 2010. The results are based on a statewide sample of 2501 Virginia youth aged 10 to 17. Data are weighted to reflect the demographic breakdown of the most recent census population estimates available for Virginia.

Weight and Weight Loss Behaviors

The survey gathered height and weight information in order to calculate body mass index (BMI) which categorized youth based on CDC guidelines on BMI for age. Currently, based on youth self report of weight and height, over two-thirds (68%) of youth are at a healthy weight for their age while 3% are underweight, 13% are overweight and 9% obese (7% did not provide enough information to calculate BMI). These numbers are similar to those found from an earlier survey conducted by VFHY in the Fall of 2009. Specifically, that research provided estimates of 62% of youth at a healthy weight, 5% underweight and 14% overweight and 8% obese. Compared to estimates derived from the 2007-2008 National Health and Nutrition Examination Survey (NHANES) data, Virginia youth are slightly less likely to be overweight and much less likely to be obese compared to national estimates. Among 10 to 17 year olds nationally, 60% were at a healthy weight, 4% underweight, 16% overweight, and 18% obese.

Overweight and obesity appears to be more common among boys and young men (27%) compared to girls and young women (17%), youth living in the southwest (28%)
compared to other regions (southeast-24%, north-20%, central-17%), and minority youth (26%) compared to white, non-Hispanic youth (19%).

Over a quarter of youth (28%) are currently trying to lose weight. Among those currently trying to lose weight, two out of every five say they want to be healthier (42%) while about one in five say they want to be better at sports (23%) or they want to look better (20%).

While a quarter are currently trying to lose weight, 89% said that sometime within the past year they have tried to lose weight. This is particularly pronounced among youth in the southwest (96%) and southeast (92%) compared to youth in other areas (north 87%, central-84%). The vast majority of youth who attempted to lose weight in the past year used relatively healthy weight loss strategies, such as exercising (97%), cutting back on the food they eat (87%), and eating less sweets and fatty foods (85%). There was a sizeable minority who used more extreme weight reduction strategies such as skipping meals (33%) and not eating for a day or more (16%). Compared to national estimates using the most recently available data from the National Youth Risk Behavior Survey (YRBS) conducted among students in grades 9-12, slightly more Virginia youth have not eaten for a day or more to lose weight compared to youth nationally (12%).

Youth in the southeast were more likely to use these extreme weight reduction practices. Specifically, youth in the southeast who tried to lose weight in the past year were more likely to skip meals (38%) or not eat for a day or more (24%) compared to youth in the north (26% and 13%, respectively) and central region (31% and 12%, respectively). Youth in the southwest were as likely to use skipping meals to lose weight (38%) compared to the southeast but were less likely to not eat for a day or more (14%) compared to youth in that area.

Minority youth (36%) were more likely to currently be trying to lose weight compared to white, non-Hispanic youth (23%). Among those trying to lose weight, minority youth (21%) were more likely to use not eating for a day or more as a weight loss strategy compared to others (12%).

**Eating Habits**

The survey also asked youth about eating habits. About a third (34%) of youth said that, on average, they have a least one 100% fruit juice drink per day and half (48%) have at least one piece of fruit per day. Over half (55%) said that, on average, they have at least one serving of vegetables per day. The USDA Guidelines suggest eating 9 servings of fruits and vegetables per day. Only 4% of youth met the USDA guidelines. Compared to national estimates derived from the 2007 National YRBS, Virginia youth are more likely to eat at least one piece of fruit or have a 100% fruit juice

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drink per day compared to youth nationally (29% had at least 1 piece of fruit, 29% had at least 1 100% fruit juice) but are less likely to have at least one serving of vegetables per day compared to national estimates (72% had at least 1 serving of vegetables)\(^7\). Furthermore, similar to the proportion found among Virginia youth, 3% of youth meet the USDA guidelines of 9 fruits and vegetables per day nationally.

In addition to fruit and vegetable consumption the survey asked about drinking soda and milk. About one in five (19%) youth said that, on average, they have at least one serving of soda per day which compares favorably to 34% nationally. Well over half (58%) of youth say that, on average, they have at least one glass of milk per day which is well below national estimates of 82% who report having at least one glass of milk per day\(^8\).

During the average school week, most youth eat breakfast (59%) and lunch (88%) every day. Over half buy lunch at school and among those students, 54% generally choose the standard meal option of a main dish, fruit/vegetable, bread and milk while another 13% choose healthy a la carte items. Almost a quarter (24%) of youth usually chooses fast food options offered at school. Likewise, among youth whose school serves fast food from chain and local restaurants, 54% said that in an average school week they eat lunch from these selections at least once.

Most students report that they do not purchase snacks (54%) or soda (71%) from in-school vending machines; however almost all (92%) said that they ate snacks such as chips and candy or drank soda outside of school at least once during an average week. Furthermore, 73% eat food from a fast food restaurant outside of school at least once a week during an average week.

In general, youth living in the southwest tend to have poorer eating habits. They are less likely to include fruits and vegetables in their diet on a daily basis and are more likely to have at least 1 soda on a daily basis (see pages 23 to 27 for percentages). Youth in the southwest are also more likely to eat fast food both in-school and outside of school (see pages 34 and 38 for percentages).

Differences in eating habits between minority youth and white, non-Hispanic youth were mixed. While minority youth (40%) were more likely to have at least one serving of 100% fruit juice per day compare to others (29%), they were less likely to have had at least one piece of fruit (minority-43%, white non-Hispanic-51%) or a serving of milk per day.

\(^7\) It should be noted that different methodologies were used to determine fruit and vegetable intake between Virginia and National estimates. Whereas the National YRBS asks a single question about 100% fruit juice and fruit consumption in the previous week, the Virginia survey asked 2 questions (the number of days the person consumed juice/fruit and the average servings of juice/fruit the person consumed which was then combined to form a variable indicating the total number of juice/fruit someone consumed). Additionally, the National YRBS asks about consumption of several different types vegetables which were then combined to form a variable indicating vegetable consumption while the Virginia survey relied on simply asking about vegetables in general.

\(^8\) Similar to the differences in data collection noted for juice/fruit consumption, milk and soda consumption questions differed between Virginia and National surveys.
day (minority-52%, white non-Hispanic-61%) and more likely to eat fast food for lunch at school (minority-64%, white non-Hispanic-48%).

Physical Activity

The USDA guidelines suggest children and adolescents engage in 60 minutes of physical activity per day on most days of the week. Two-thirds (66%) of Virginia youth reported being physically active for at least 60 minutes on four or more days during an average week. This compares to 43% of youth nationally who were physically active 4 or more days. Similarly, the vast majority of Virginia youth (69%) has physical education at least one day in an average week compared to just over half (54%) of youth nationally. Virginia youth are also more likely to participate in an organized sport (80%) compared to youth nationally (56%). Additionally, about one in five (16%) Virginia youth said that they rode their bike to school at least once since school started.

During an average school day, almost a quarter (24%) of Virginia youth watches 3 or more hours of TV while 16% play 3 or more hours of video games per day. These figures are much lower than national estimates which show that, nationally, over a third (35%) of youth watch 3 or more hours of TV during an average school day and 25% play 3 or more hours of video games.

Youth in the southwest area of the state tend to engage in fewer sports and more sedentary activities. Specifically, 72% of youth in the southwest participated in an organized sport in the previous year compared to 83% of youth in the north, 80% in the central region, and 79% in the southeast. Youth in the southwest (30%) were also slightly more likely to watch 3 hours or more of television on the average school day compared to youth in the southeast (26%), central region (24%), and north (17%).

Minority youth (35% and 23%, respectively) were more likely to watch 3 or more hours of TV and play 3 or more hours of video games compared to white, non-Hispanic youth (16% and 13%, respectively).

Conclusions

Overall Virginia appears to be doing fairly well regarding overweight and obesity among youth, at least according to self reported height and weight information gathered in the survey. In cases where youth are trying to lose weight they are generally using healthy weight reduction strategies.

Very few youth are meeting USDA guidelines for fruit and vegetable consumption; however, this appears to be a national issue rather than one specific to the state of Virginia. Another potentially troubling finding is the proportion who include fast food as a regular part of their weekly diet. Indeed, almost three-quarters of youth reported eating fast food (outside of school) at least once a week.
Virginia youth also compare favorably to national estimates of physical activity and engaging in sedentary activities during their free time.

There are specific groups of youth which seem to be at particular risk. These include youth in the southwest and southeast as well as minority youth. In general, these groups are more likely to be attempting to lose weight and use more extreme weight reduction strategies. These groups also tend to have poorer diets including regular consumption of fast food. Furthermore, they are, in general, less likely to engage in physical activity and more likely to engage in sedentary activities such as watching TV and playing video games. Interventions designed to improve overall weight, fitness, and diet should include a special focus on these populations.
III. SUMMARY REPORT

A. Weight and Weight Loss Behaviors
Over two-thirds (68%) of Virginia youth are at a healthy weight while 3% are underweight and 22% are overweight or obese.
### TABLE 1
Body Mass Index for Age by Demographic Groups

<table>
<thead>
<tr>
<th>Demographic Group</th>
<th>Underweight</th>
<th>Healthy Weight</th>
<th>Over-Weight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Region</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>North</td>
<td>3%</td>
<td>68%</td>
<td>13%</td>
<td>9%</td>
</tr>
<tr>
<td>Southeast</td>
<td>3%</td>
<td>65%</td>
<td>15%</td>
<td>9%</td>
</tr>
<tr>
<td>Central</td>
<td>5%</td>
<td>69%</td>
<td>10%</td>
<td>8%</td>
</tr>
<tr>
<td>Southwest</td>
<td>4%</td>
<td>63%</td>
<td>14%</td>
<td>14%</td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10-14</td>
<td>4%</td>
<td>62%</td>
<td>13%</td>
<td>10%</td>
</tr>
<tr>
<td>15-17</td>
<td>2%</td>
<td>74%</td>
<td>12%</td>
<td>8%</td>
</tr>
<tr>
<td><strong>Sex</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>4%</td>
<td>70%</td>
<td>12%</td>
<td>5%</td>
</tr>
<tr>
<td>Male</td>
<td>3%</td>
<td>65%</td>
<td>14%</td>
<td>13%</td>
</tr>
<tr>
<td><strong>Race/Ethnicity</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White, non-Hispanic</td>
<td>4%</td>
<td>68%</td>
<td>13%</td>
<td>9%</td>
</tr>
<tr>
<td>Other</td>
<td>3%</td>
<td>61%</td>
<td>15%</td>
<td>11%</td>
</tr>
</tbody>
</table>

**Demographic Differences**

- Girls and young women (17%) are less likely to be overweight or obese for their age compared to boys and young men (27%).

- Youth in the southwest region (28%) are slightly more likely to be overweight or obese for their age while those in the central region (18%) are slightly less likely to fall into these categories compared to youth in the southeast (24%) and north (20%) regions.

- White, non-Hispanic youth (72%) are more likely to have a healthy weight for their age compared to minority youth (61%) while minority youth (26%) are more likely to be overweight or obese for their age compared to white, non-Hispanic youth (19%).
Most (68%) believe they are about the right weight.

**TABLE 2**

<table>
<thead>
<tr>
<th>Weight Perception</th>
<th>Underweight</th>
<th>Healthy Weight</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Underweight</td>
<td>6%</td>
<td>1%</td>
<td>0%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Slightly Underweight</td>
<td>41%</td>
<td>13%</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>About the Right Weight</td>
<td>49%</td>
<td>78%</td>
<td>55%</td>
<td>23%</td>
</tr>
<tr>
<td>Slightly Overweight</td>
<td>3%</td>
<td>7%</td>
<td>40%</td>
<td>60%</td>
</tr>
<tr>
<td>Very Overweight</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>1%</td>
<td>16%</td>
</tr>
</tbody>
</table>

**FIGURE 2**

How do you describe your weight?
Demographic Differences

- Youth aged 10 to 14 (63%) are less likely to describe their weight as about the right weight compared to those aged 15 to 17 (73%).

- Boys and young men (15%) are more likely to describe their weight as slightly underweight compared to girls and young women (8%).

- Youth in the southwest region (25%) are slightly more likely to describe their weight as overweight compared to youth in other regions (north-18%, southeast-22%, central-14%).

- Youth correctly classified their weight 65% of the time.
Currently, most youth are not doing anything about their weight (38%) or are trying to maintain their current weight (22%) while 28% are trying to lose weight and 12% are trying to gain weight.

**Demographic Differences**

- Boys and young men (19%) are more likely to say they are trying to gain weight compared to girls and young women (5%) while girls and young women (31%) are more likely say they are trying to lose weight compared to boys and young men (24%).

- Youth in the north (41%) and central (41%) regions are more likely to say they are not doing anything about their weight compared to youth in the southeast (34%) and southwest (33%).

- White, non-Hispanic youth (23%) are less likely to say they are trying to lose weight compared to minority youth (36%).
• Youth who are a healthy weight (25%) are more likely to say they are not trying to do anything about their weight compared to youth who are underweight (15%), overweight (11%) or obese (12%).

• Youth who are underweight (33%) are more likely to say they are trying to gain weight compared to youth who are a healthy weight (14%), overweight (6%) or obese (5%).

• Youth who are overweight (57%) or obese (70%) are more likely to say they are trying to lose weight compared to youth who are a healthy weight (17%) or underweight (7%).
About two out of every five youth trying to lose weight say they want to be healthier (42%) while one in five say they want to be better at sports (23%) or they want to look better (20%).

**TABLE 3**

*Why are you trying to lose weight?*

*(asked of those who said they are trying to lose weight)*

<table>
<thead>
<tr>
<th>Response</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>I Want To Be Healthier</td>
<td>42%</td>
</tr>
<tr>
<td>I Want To Be Better At Sports And Other Physical Activities</td>
<td>23%</td>
</tr>
<tr>
<td>I Want To Look Better</td>
<td>20%</td>
</tr>
<tr>
<td>My Mother Or Father Wants Me To Lose Weight</td>
<td>11%</td>
</tr>
<tr>
<td>I Want To Feel Good/Better About Myself</td>
<td>8%</td>
</tr>
<tr>
<td>I Don't Want To Be Fat</td>
<td>7%</td>
</tr>
<tr>
<td>I Think My Clothes Will Fit Better</td>
<td>4%</td>
</tr>
<tr>
<td>I Get Teased About My Weight</td>
<td>3%</td>
</tr>
<tr>
<td>I Want To Be Skinny</td>
<td>2%</td>
</tr>
<tr>
<td>A Doctor, Nurse, Or Other Health Professional Wants Me To Lose Weight</td>
<td>2%</td>
</tr>
<tr>
<td>I Think Boys/Girls Will Like Me Better</td>
<td>2%</td>
</tr>
<tr>
<td>My Friends Are Trying To Lose Weight</td>
<td>2%</td>
</tr>
<tr>
<td>Someone In My Family Is Trying To Lose Weight</td>
<td>1%</td>
</tr>
<tr>
<td>For Summer</td>
<td>1%</td>
</tr>
<tr>
<td>Something To Do</td>
<td>1%</td>
</tr>
<tr>
<td>DK/REF</td>
<td>5%</td>
</tr>
</tbody>
</table>
89% of youth say that over the past year they have been trying to lose weight.

**FIGURE 4**

In the past year, how often have you tried to lose weight?  
*(asked of those who said they are trying to lose weight)*

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>never</td>
<td>10%</td>
</tr>
<tr>
<td>sometimes</td>
<td>68%</td>
</tr>
<tr>
<td>a lot</td>
<td>21%</td>
</tr>
<tr>
<td>DK</td>
<td>1%</td>
</tr>
</tbody>
</table>

**Demographic Differences**

- Youth in the southwest (96%) and southeast (92%) are more likely to have tried to lose weight in the past year compared to youth in other regions (north-87%, central-84%).

- Youth who are overweight (90%) or obese (98%) are more likely to have tried to lose weight in the past year compared to youth who are underweight (42%) or a healthy weight (84%).
Among those who tried to lose weight last year the majority exercised (97%), cut back on food (87%) or ate less sweets and fatty foods (85%).

FIGURE 5
In the past year, how often have you done the following to lose weight?
(asked of those who said they are trying to lose weight)
### TABLE 4
Use of Weight Lose Behaviors by Demographic Groups
(% saying they used this behavior sometimes or a lot to lose weight among those who said they are trying to lose weight)

<table>
<thead>
<tr>
<th>Demographic Group</th>
<th>Exercise</th>
<th>Cut back on eating</th>
<th>Eat less sweets and fatty foods</th>
<th>Special Diet</th>
<th>Skipped Meals</th>
<th>Didn't eat for a day or more</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Region</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>North</td>
<td>97%</td>
<td>84%</td>
<td>83%</td>
<td>34%</td>
<td>26%</td>
<td>13%</td>
</tr>
<tr>
<td>Southeast</td>
<td>99%</td>
<td>92%</td>
<td>90%</td>
<td>44%</td>
<td>38%</td>
<td>24%</td>
</tr>
<tr>
<td>Central</td>
<td>92%</td>
<td>82%</td>
<td>77%</td>
<td>32%</td>
<td>31%</td>
<td>12%</td>
</tr>
<tr>
<td>Southwest</td>
<td>96%</td>
<td>93%</td>
<td>91%</td>
<td>41%</td>
<td>38%</td>
<td>14%</td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10-14</td>
<td>98%</td>
<td>87%</td>
<td>86%</td>
<td>35%</td>
<td>31%</td>
<td>16%</td>
</tr>
<tr>
<td>15-17</td>
<td>95%</td>
<td>88%</td>
<td>85%</td>
<td>41%</td>
<td>35%</td>
<td>16%</td>
</tr>
<tr>
<td><strong>Sex</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>97%</td>
<td>87%</td>
<td>86%</td>
<td>42%</td>
<td>30%</td>
<td>13%</td>
</tr>
<tr>
<td>Male</td>
<td>96%</td>
<td>87%</td>
<td>84%</td>
<td>33%</td>
<td>36%</td>
<td>21%</td>
</tr>
<tr>
<td><strong>Race/Ethnicity</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White, non-Hispanic</td>
<td>96%</td>
<td>87%</td>
<td>89%</td>
<td>33%</td>
<td>29%</td>
<td>12%</td>
</tr>
<tr>
<td>Other</td>
<td>97%</td>
<td>88%</td>
<td>81%</td>
<td>43%</td>
<td>36%</td>
<td>21%</td>
</tr>
<tr>
<td><strong>BMI for Age</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Underweight</td>
<td>100%</td>
<td>42%</td>
<td>42%</td>
<td>29%</td>
<td>13%</td>
<td>0%</td>
</tr>
<tr>
<td>Healthy weight</td>
<td>94%</td>
<td>81%</td>
<td>80%</td>
<td>32%</td>
<td>35%</td>
<td>13%</td>
</tr>
<tr>
<td>Overweight</td>
<td>98%</td>
<td>93%</td>
<td>93%</td>
<td>38%</td>
<td>28%</td>
<td>24%</td>
</tr>
<tr>
<td>Obese</td>
<td>98%</td>
<td>91%</td>
<td>90%</td>
<td>43%</td>
<td>40%</td>
<td>17%</td>
</tr>
</tbody>
</table>

**Demographic Differences**

**Among those who are trying to lose weight...**

- Youth in the southeast (92%) and southwest (93%) are more likely to have cut back on what they ate to lose weight in the past year compared to youth in the north (84%) and central (82%) regions.
Youth who are overweight (93%) or obese (91%) are more likely to have cut back on what they ate to lose weight in the past year compared to youth who are underweight (42%) or a healthy weight (81%).

Youth in the southeast (91%) and southwest (90%) are more likely to have eaten less sweets and fatty foods to lose weight in the past year compared to youth in the north (83%) and central (77%) regions.

White, non-Hispanic youth (89%) are more likely to have eaten less sweets or fatty foods to lose weight in the past year compared to minority youth (81%).

Youth who are underweight (42%) are less likely to have eaten less sweets or fatty foods to lose weight in the past year compared to youth who are overweight (93%), obese (91%) or a healthy weight (80%).

Girls and young women (42%) are more likely to have been on a special diet to lose weight in the past year compared to boys and young men (33%).

Youth in the southeast (44%) and southwest (41%) are more likely to have been on a special diet to lose weight in the past year compared to youth in the north (34%) and central (32%) regions.

White, non-Hispanic youth (33%) are less likely to have been on a special diet to lose weight in the past year compared to minority youth (43%).

Among those who are trying to lose weight, youth in the southeast (38%) and southwest (38%) are more likely to have skipped meals to lose weight in the past year compared to youth in the north (26%) and central (31%) regions.

Youth who are underweight (13%) are less likely to have skipped meals to lose weight in the past year compared to youth who are overweight (28%), obese (40%) or a healthy weight (35%).

Boys and young men (21%) are more likely to have not eaten for a day or more to lose weight in the past year compared to girls and young women (13%).

Youth in the southeast (24%) are more likely to have not eaten for a day or more to lose weight in the past year compared to youth in other regions (north-13%, central-12%, southwest-14%).

White, non-Hispanic youth (12%) are less likely to have not eaten for a day or more to lose weight in the past year compared to minority youth (21%).

Youth who are overweight (24%) or obese (17%) are more likely to have not eaten for a day or more to lose weight in the past year compared to youth who are underweight (0%) or a healthy weight (13%).
B. Eating Habits
About a third (34%) of youth said that, on average, they have at least 1 100% fruit juice drink a day.

**FIGURE 6**

How many 100% fruit drinks did you have in the past 7 days?

Demographic Differences

- White, non-Hispanic youth (29%) are less likely to have had one or more 100% fruit juice drinks per day in the past 7 days compared to minority youth (40%).

- Youth who are underweight (30%) are less likely to have had one or more 100% fruit juice drinks per day in the past 7 days compared to youth who are overweight (38%), obese (40%) or a healthy weight (33%).
Almost half (48%) of youth said that, on average, they have at least 1 piece of fruit a day.

**Demographic Differences**

- Youth in the southwest (38%) are less likely to have had a piece of fruit or more per day in the past 7 days compared to youth in other regions (north-54%, southeast-43%, central-50%).

- White, non-Hispanic youth (51%) are more likely to have had a piece of fruit or more per day in the past 7 days compared to minority youth (43%).

**FIGURE 7**

How many pieces of fruit did you have in the past 7 days?

- 0: 10%
- 1 to 3: 19%
- 4 to 6: 20%
- 7 to 9: 21%
- 10 to 15: 15%
- 16 to 20: 3%
- 21 or more: 9%
- DK: 3%

- 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% 0 1 to 3 4 to 6 7 to 9 10 to 15 16 to 20 21 or more DK
Over half (55%) of youth said that, on average, they have at least 1 serving of vegetables a day.

Demographic Differences

- Youth in the central (60%) region are more likely to have had a serving of vegetables or more per day in the past 7 days compared to youth in other regions (north-57%, southeast-51%, southwest-49%).
Only 4% of youth met the USDA recommendation to have, on average, 9 serving of fruits and vegetables a day.

**Demographic Differences**

There were no demographic differences on whether youth met the USDA standard of a total of 9 servings of fruits and vegetables per day.
About one in five (19%) youth said that, on average, they have at least 1 serving of soda a day.

**FIGURE 10**
How many servings of soda did you have in the past 7 days?

<table>
<thead>
<tr>
<th>Servings</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>32%</td>
</tr>
<tr>
<td>1 to 3</td>
<td>35%</td>
</tr>
<tr>
<td>4 to 6</td>
<td>13%</td>
</tr>
<tr>
<td>7 to 9</td>
<td>7%</td>
</tr>
<tr>
<td>10 to 15</td>
<td>7%</td>
</tr>
<tr>
<td>16 to 20</td>
<td>1%</td>
</tr>
<tr>
<td>21 or more</td>
<td>4%</td>
</tr>
<tr>
<td>DK</td>
<td>0%</td>
</tr>
</tbody>
</table>

**Demographic Differences**

- Boys and young men (24%) are more likely to have had 1 or more sodas per day in the past 7 days compared to girls and young women (12%).

- Youth in the southwest (34%) are more likely to have had 1 or more sodas per day in the past 7 days compared to youth in other regions (north-13%, southeast-19%, central-18%)

- Youth who are overweight (23%) or obese (23%) are more likely to have 1 or more sodas per day in the past 7 days compared to youth who are underweight (15%) or a healthy weight (17%).
Over half (58%) of youth said that, on average, they have at least 1 glass of milk a day.

**Demographic Differences**

- Girls and young women (51%) are less likely to have had one or more glasses of milk per day in the past 7 days compared to boys and young men (64%).

- White, non-Hispanic youth (61%) are more likely to have had one or more servings of milk per day in the past 7 days compared to minority youth (52%).
During an average school week, three out of five (59%) youth eat breakfast every day while 15% never eat breakfast.

**FIGURE 12**
During the average school week, how many days do you eat breakfast (not including pastries, doughnuts, muffins, or poptarts)?

Demographic Differences

- Youth aged 10 to 14 (65%) are more likely to eat breakfast every day in an average school week compared to those aged 15 to 17 (53%).

- Youth in the southeast (51%) are slightly less likely to eat breakfast every day in an average school week compared to youth in other regions (north-64%, central-63%, southwest-58%).

- Youth who are obese (46%) are less likely to eat breakfast every day in an average school week compared to youth who are underweight (73%), a healthy weight (61%), or overweight (55%).
During an average school week, the vast majority (88%) of youth eat lunch every day.

**Demographic Differences**

- Youth aged 10 to 14 (92%) are more likely to eat lunch every day in an average school week compared to those aged 15 to 17 (83%).

- Youth who are obese (81%) or overweight (78%) are less likely to eat lunch every day in an average school week compared to youth who are underweight (90%) or a healthy weight (91%).
Over half (59%) of youth buy lunch at school with most of those choosing the standard school menu option (54%) while 24% choose fast food options and another 13% choose healthy a la carte items.

**TABLE 5**
When you buy lunch at school, what do you usually buy? (asked of those who buy lunch at school)

<table>
<thead>
<tr>
<th>Response</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard Meal Option (Main Dish, Fruit/Vegetable, Bread, &amp; Milk)</td>
<td>54%</td>
</tr>
<tr>
<td>Fast Food Options (Pizza, Burgers, French Fries)</td>
<td>24%</td>
</tr>
<tr>
<td>Healthy A La Carte Items (Yogurt, Fruit, Juice, Bottled Water, Milk)</td>
<td>13%</td>
</tr>
<tr>
<td>Snacks (Chips, Ice Cream, Fruit Snacks)</td>
<td>3%</td>
</tr>
<tr>
<td>Sandwiches That Are Offered/Chicken Sandwich</td>
<td>2%</td>
</tr>
<tr>
<td>Combination Of All Choices</td>
<td>1%</td>
</tr>
<tr>
<td>Other</td>
<td>1%</td>
</tr>
<tr>
<td>DK</td>
<td>3%</td>
</tr>
</tbody>
</table>
Demographic Differences

- Youth aged 10 to 14 (63%) are more likely to buy lunch at school every day during the average school week compared to those aged 15 to 17 (54%).
  - Among those who bought lunch at school...
    - Over half of 10 to 14 year olds (60%) bought the standard meal option (main dish, fruit/vegetable, bread & milk) compared to 46% of 15 to 17 year olds.
    - 21% of 10 to 14 year olds bought fast food options (pizza, burgers, french fries) compared to 28% of 15 to 17 year olds.
    - 10% of 10 to 14 year olds bought healthy a la carte items (yogurt, fruit, juice, water, milk) compared to 15 to 17 year olds.

- Boys and young men (66%) are more likely to buy lunch at school every day during the average school week compared to girls and young women (51%).
  - Among those who bought lunch at school...
    - About half of boys and young men (55%) bought the standard meal option compared to 53% of girls and young women.
    - Over a quarter of boys and young men (28%) bought fast food options compared to 19% of girls and young women.
    - 8% of boys and young men bought healthy a la carte items compared to 18% of girls and young women.

- Youth in the southwest (70%) are more likely to buy lunch at school every day during the average school week compared to youth in other regions (north-58%, central-58%, southeast-56%).
  - Among those who bought lunch at school...
    - Two-thirds of those in the southwest (66%) bought the standard meal option compared to 54% in the north, 53% in the southeast, and 46% in the central region.
    - 16% of those in the southwest bought fast food options compared to 22% in the north, 27% in the southeast, and 28% in the central region.
    - 8% of those in the southwest bought healthy a la carte items compared to 14% in the north, 12% in the southeast, and 14% in the central region.
About a quarter (23%) of youth have access to fast food from chain restaurants at their school.

Demographic Differences

- Youth in the southeast (30%) and central (31%) regions are more likely to attend schools that serve food from fast food restaurants compared to youth in the north (14%) and southwest (10%) regions.
Among those with access to fast food from restaurants at school, over half (54%) say that, in an average school week, they eat lunch from these places once a week or more.

**Demographic Differences**

**Among those attending schools with fast food restaurant selections...**

- Boys and young men (60%) are more likely to have eaten fast food for lunch at least one day in an average school week compared to girls and young women (49%).

- Youth in the Southwest (64%) are more likely to have eaten fast food for lunch at least one day in an average school week compared to youth in other regions (north-56%, southeast-54%, central-51%).

- White, non-Hispanic youth (48%) are less likely to have eaten fast food for lunch at least one day in an average school week compared to minority youth (64%).
• Youth who are obese (75%) are more likely to have eaten fast food for lunch at least one day in an average school week compared to youth who are underweight (62%), a healthy weight (53%), or overweight (67%).
Most (54%) youth do NOT purchase any snacks from a school vending machine during an average school week.

Demographic Differences

- Youth aged 10 to 14 (49%) are less likely to have bought snacks from a vending machine at school compared to those aged 15 to 17 (60%). However this could be a function of fewer vending machines in primary/middle schools as 21% of 10 to 14 year olds said that there were no vending machines serving these items at their school compared to 5% of 15 to 17 year olds.
The vast majority (71%) of youth do NOT purchase soda from a school vending machine during an average school week.

**Demographic Differences**

- Youth aged 10 to 14 (64%) are less likely to have bought soda from a vending machine at school compared to those aged 15 to 17 (79%). However this could be a function of fewer vending machines in primary/middle schools as 29% of 10 to 14 year olds said that there were no vending machines serving these items at their school compared to 11% of 15 to 17 year olds.
During an average week, 73% of youth eat food from a fast food restaurant at least once.

**Demographic Differences**

- Youth in the Southwest (82%) are more likely to eat fast food at least one day during an average week compared to youth in other regions (north-70%, southeast-75%, central-72%).

- Youth who are obese (83%) are more likely to eat fast food at least one day during an average week compared to youth who are underweight (68%), a healthy weight (72%), or overweight (77%).
During an average week, 92% of youth eat snacks such as chips and candy or drink soda at least once.

**FIGURE 20**
During the average week, how many days do you drink soda or eat snacks, chips or candy?

**Demographic Differences**
There were no demographic differences.
C. Physical Activity
During an average week, 66% of youth exercise 60 minutes or more per day 4 or more days.

**FIGURE 21**
During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

Demographic Differences

- Boys and young men (37%) are more likely to have been active all seven days for 60 minutes each day in the past week compared to girls and young women (26%).
Only 14% of youth attend a school that offers an online physical education class.
In an average week, the majority (69%) of youth have PE or go to the gym to fulfill the requirement of an online PE class at least once.

**FIGURE 23**
In an average week, on how many days do you go to in school physical education (PE) classes or to a gym to fulfill the online PE class requirement?

**Demographic Differences**

- Youth aged 15 to 17 (49%) are less likely to participated in physical education for school in an average week compared to those aged 10 to 14 (86%).
Four out of every five youth (80%) participated in an organized sport in the previous year.

**FIGURE 24**
Have you participated in any type of organized sports activities in the last 12 months?

![Bar graph showing](image)

**Demographic Differences**

- Youth in the Southwest (72%) are less likely to have participated in any type of sport activities in the last 12 months compared to youth in other regions (north-83%, southeast-79%, central-80%).

- Youth who are obese (70%) are less likely to have participated in any type of sport activities in the last 12 months compared to youth who are underweight (82%), a healthy weight (81%), or overweight (81%).
Of those who participated in a sport the previous year, the most popular include basketball (31%), soccer (26%), football (17%), and track and field (16%).

TABLE 6
What sports did you play?

<table>
<thead>
<tr>
<th>Sport</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>31%</td>
</tr>
<tr>
<td>Soccer</td>
<td>26%</td>
</tr>
<tr>
<td>Football</td>
<td>17%</td>
</tr>
<tr>
<td>Track And Field</td>
<td>16%</td>
</tr>
<tr>
<td>Baseball</td>
<td>12%</td>
</tr>
<tr>
<td>Swimming</td>
<td>12%</td>
</tr>
<tr>
<td>Dance</td>
<td>9%</td>
</tr>
<tr>
<td>Volleyball</td>
<td>9%</td>
</tr>
<tr>
<td>Tennis</td>
<td>6%</td>
</tr>
<tr>
<td>Softball</td>
<td>6%</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>6%</td>
</tr>
<tr>
<td>Cheerleading</td>
<td>5%</td>
</tr>
<tr>
<td>Karate</td>
<td>4%</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>3%</td>
</tr>
<tr>
<td>Wrestling</td>
<td>3%</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>2%</td>
</tr>
<tr>
<td>Golf</td>
<td>2%</td>
</tr>
<tr>
<td>Horseback Riding</td>
<td>2%</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>1%</td>
</tr>
<tr>
<td>Crew</td>
<td>1%</td>
</tr>
<tr>
<td>Marching Band</td>
<td>1%</td>
</tr>
</tbody>
</table>

Less than 1% mentioned each of the following: Works Out In A Gym, Bowling, Fencing, Skateboarding, Bike Racing/ Mtn. Biking, Figure Skating, Skiing, Rugby, Diving, Aerobics/ Pilates, Dodgeball, Rock Climbing, Snow Boarding, Archery, Paintball, Ultimate Frisbee, Badminton, Boxing, Ultimate Frisbee, Boy Scouts, Yoga, Surfing, Hiking, Firefighting, Cricket, Boot Camp, Squash, Jump Rope
Of those who participated in a sport the previous year, over half (51%) were through school, 37% were organized through the community, and 11% were pay to participate.

Demographic Differences

Among those participating in sports...

- Youth aged 10 to 14 are more likely to have participated in a sport organized through their community (48%) compared to youth aged 15 to 17 (21%) while youth aged 15 to 17 (63%) are more likely to participate in a sport organized through their school compared to youth aged 10 to 14 (39%).

- Girls and young women are more likely to have participated in a sport paid for directly (16%) compared to boys and young men (9%) while boys and young men (40%) are more likely to participate in a sport organized through their community (40%) compared to girls and young women (32%).
• Youth in the Southeast (53%) and Central (55%) regions are more likely to have participated in a sport organized through school compared to youth in the North (45%) and Southwest (46%). Youth in the North (43%) are also more likely to have participated in a sport organized through their community compared to other regions, particularly in the southwest (29%) (southeast-31%, central-35%).

• Youth who are obese (7%) are more likely to have participated in a sport that someone paid for directly to participate compared to youth who are underweight (16%), a healthy weight (13%), and overweight (12%).
About one in five (16%) youth rode their bike to school at some point during the school year.

**FIGURE 26**
Since school started this year, how often did you ride your bike or walk to school?

Demographic Differences

- Youth in the north (20%) are more likely to have ridden their bike to school at some point during the school year compared to youth in other regions (southeast-14%, central-11%, southwest-13%).
On an average school day, a quarter (24%) of youth watch 3 or more hours of TV and 16% play 3 or more hours of video games.

**FIGURE 27**
On an average school day, how many hours do you watch TV, play video/computer games or use the computer for something other than school work?

---

**Demographic Differences**

- Youth in the north (17%) are less likely to watch 3 or more hours of TV per day during an average school week compared to youth in other regions (southwest-30%, southeast-26%, central-24%).

- White, non-Hispanic youth (16%) are less likely to watch 3 or more hours of TV per day during an average school week compared to minority youth (35%).

- Youth who are obese (30%) or overweight (32%) are more likely to watch 3 or more hours of TV per day during an average school week compared to youth who are underweight (17%) or a healthy weight (19%).
• Youth aged 15 to 17 (24%) are more likely to have played 3 or more hours of video or computer games per day during an average school week compared to those aged 10 to 14 (12%).

• White, non-Hispanic youth (13%) are less likely to play 3 or more hours of video or computer games per day during an average school week compared to minority youth (23%).
D. Weight and Physical Activity Among Friends
In general, youth describe most of their friends’ weights as being about the right weight.

<table>
<thead>
<tr>
<th>Underweight</th>
<th>Right Weight</th>
<th>Overweight</th>
<th>% Describing friends weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Some</td>
<td>Some</td>
<td>Some</td>
<td>22%</td>
</tr>
<tr>
<td>X</td>
<td>Most</td>
<td>Some</td>
<td>19%</td>
</tr>
<tr>
<td>X</td>
<td>All</td>
<td>X</td>
<td>16%</td>
</tr>
<tr>
<td>Some</td>
<td>Most</td>
<td>X</td>
<td>16%</td>
</tr>
<tr>
<td>Half</td>
<td>Some</td>
<td>Some</td>
<td>7%</td>
</tr>
<tr>
<td>Half</td>
<td>Half</td>
<td>X</td>
<td>4%</td>
</tr>
<tr>
<td>Some</td>
<td>Some</td>
<td>Half</td>
<td>4%</td>
</tr>
<tr>
<td>X</td>
<td>Half</td>
<td>Half</td>
<td>3%</td>
</tr>
<tr>
<td>Half</td>
<td>X</td>
<td>Half</td>
<td>2%</td>
</tr>
<tr>
<td>Most</td>
<td>X</td>
<td>Some</td>
<td>2%</td>
</tr>
<tr>
<td>Most</td>
<td>Some</td>
<td>X</td>
<td>1%</td>
</tr>
<tr>
<td>X</td>
<td>Some</td>
<td>Most</td>
<td>1%</td>
</tr>
<tr>
<td>All</td>
<td>X</td>
<td>X</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Some</td>
<td>Some</td>
<td>Most</td>
<td>&lt;1%</td>
</tr>
</tbody>
</table>
The vast majority (70%) say that about half of their friends or more exercised for 30 minutes or more in the past month.

**FIGURE 28**
About how many of your friends have exercised for at least 30 minutes in the past month?

<table>
<thead>
<tr>
<th>None of your friends</th>
<th>Some of your friends</th>
<th>About half of your friends</th>
<th>Most of your friends</th>
<th>All of your friends</th>
<th>DK</th>
</tr>
</thead>
<tbody>
<tr>
<td>6%</td>
<td>22%</td>
<td>21%</td>
<td>27%</td>
<td>22%</td>
<td>1%</td>
</tr>
</tbody>
</table>

**Demographic Differences**

- White, non-Hispanic youth (74%) are more likely to say half or more of their friends exercised for 30 minutes in the past month compared to minority youth (64%).

- Youth who are a healthy weight (73%) or overweight (69%) are more likely to say half or more of their friends exercised for 30 minutes in the past month compared to youth who are underweight (60%) or obese (59%).
E. Risky Behaviors among Friends
Over half (53%) of youth said that some of their friends had drank alcohol in the past month.
One in five (20%) youth said that about half of their friends or more had been in a physical fight with someone in the past month.

**Demographic Differences**

- Girls and young women (57%) are more likely to NOT have any friends who have been in a fight in the past month compared to boys and young men (44%).

- Youth who are underweight (63%) are more likely to NOT have any friends who have been in a fight in the past month compared to youth who are a healthy weight (49%), overweight (48%), or obese (55%).
About one in five (19%) youth said that about half of their friends or more had smoked at least one cigarette in the past month.

**FIGURE 31**
About how many of your friends have smoked at least one cigarette in the past month?

- None of your friends: 53%
- Some of your friends: 27%
- About half of your friends: 13%
- Most of your friends: 5%
- All of your friends: 1%
- DK: 1%

**Demographic Differences**

- Youth aged 10 to 14 (36%) are less likely to have a friend who smoked a cigarette in the past month compared to those aged 15 to 17 (59%).

- Youth in the southwest (39%) are less likely to have a friend who smoked a cigarette in the past month compared to youth in the southeast (48%), central (48%) and north (46%) regions.

- Youth who are obese (40%) are less likely to have a friend who smoked a cigarette in the past month compared to youth who are underweight (48%), healthy weight (47%) or overweight (49%).
About one in four (27%) youth said that about half of their friends or more had drunk alcohol in the past month.

**FIGURE 32**
About how many of your friends drank any alcohol in the past month?

<table>
<thead>
<tr>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>None of your friends</td>
</tr>
<tr>
<td>Some of your friends</td>
</tr>
<tr>
<td>About half of your friends</td>
</tr>
<tr>
<td>Most of your friends</td>
</tr>
<tr>
<td>All of your friends</td>
</tr>
<tr>
<td>DK</td>
</tr>
</tbody>
</table>

**Demographic Differences**

- Youth aged 10 to 14 (41%) are less likely to have a friend who drank alcohol in the past month compared to those aged 15 to 17 (67%).
About one in five (17%) youth said that about half of their friends or more had binged on alcohol in the past month.

**FIGURE 33**

About how many of your friends drank at least 5 or more alcoholic drinks on one occasion in the past month?

<table>
<thead>
<tr>
<th>Percentage</th>
<th>None of your friends</th>
<th>Some of your friends</th>
<th>About half of your friends</th>
<th>Most of your friends</th>
<th>All of your friends</th>
<th>DK</th>
</tr>
</thead>
<tbody>
<tr>
<td>63%</td>
<td></td>
<td>14%</td>
<td>7%</td>
<td>6%</td>
<td>4%</td>
<td>6%</td>
</tr>
</tbody>
</table>

**Demographic Differences**

- Youth aged 10 to 14 (20%) are less likely to have a friend who binged on alcohol in the past month compared to those aged 15 to 17 (42%).
About one in four (23%) youth said that about half of their friends or more had smoked at least one cigarillo in the past month.

**FIGURE 34**

About how many of your friends smoked at least one cigarillo, like a Black and Mild in the past month?

Demographic Differences

- Youth aged 10 to 14 (37%) are less likely to have a friend who smoked a cigarillo in the past month compared to those aged 15 to 17 (60%).

- Youth in the southwest (37%) are less likely to have a friend who smoked a cigarillo in the past month compared to youth in the southeast (50%), central (51%) and north (47%) regions.

- White, non-Hispanic youth (44%) are less likely to have a friend who smoked a cigarillo in the past month compared to minority youth (54%).
14% of youth said that about half of their friends or more had used spit tobacco in the past month.

FIGURE 35
About how many of your friends used spit tobacco, chew, or dip in the past month?

Demographic Differences

- Youth aged 10 to 14 (35%) are less likely to have a friend who used spit tobacco in the past month compared to those aged 15 to 17 (52%).
F. Social Behavior and Self Perception

The data collection for this survey asks a series of questions which are used to create a Social Concern variable. Social Concern is a concept which encompasses a respondent’s need and ability to blend into their social environment. For example, an individual high in Social Concern would be more likely to conform to the latest fashion and social trends compared to individuals low in Social Concern. The variable is calculated by assigning points to responses on eight questions asked in the survey (the questions used to calculate this variable are found in Figures 36 to 39). Respondents are then categorized as low in Social Concern (25th percentile or less), medium Social Concern (26th to 74th percentile), or high in Social Concern (75th percentile or greater). Differences in weight loss strategies, eating habits, physical activity, and risky behaviors among friends are detailed in this section beginning on page 66.
<table>
<thead>
<tr>
<th>Type of Music</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>ROCK</td>
<td>24%</td>
</tr>
<tr>
<td>HIP HOP</td>
<td>17%</td>
</tr>
<tr>
<td>COUNTRY</td>
<td>14%</td>
</tr>
<tr>
<td>POP</td>
<td>12%</td>
</tr>
<tr>
<td>RAP</td>
<td>8%</td>
</tr>
<tr>
<td>ALTERNATIVE ROCK</td>
<td>5%</td>
</tr>
<tr>
<td>R&amp;B</td>
<td>4%</td>
</tr>
<tr>
<td>CHRISTIAN</td>
<td>4%</td>
</tr>
<tr>
<td>METAL</td>
<td>2%</td>
</tr>
<tr>
<td>JAZZ</td>
<td>1%</td>
</tr>
<tr>
<td>CLASSICAL</td>
<td>1%</td>
</tr>
<tr>
<td>INDIE ROCK</td>
<td>1%</td>
</tr>
<tr>
<td>TECHNO</td>
<td>1%</td>
</tr>
<tr>
<td>SKA/REGGAE</td>
<td>1%</td>
</tr>
<tr>
<td>INSTRUMENTAL/SOUNDTRACKS</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>PUNK</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>LATIN</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>EMO</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>80'S</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>UNDERGROUND HIP HOP</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>OTHER (SPECIFY)</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>UNSURE</td>
<td>4%</td>
</tr>
</tbody>
</table>
FIGURE 36
In an average week when you are going to school, how many nights do you go out to have fun?

<table>
<thead>
<tr>
<th>Nights</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 nights</td>
<td>27%</td>
</tr>
<tr>
<td>1 night</td>
<td>27%</td>
</tr>
<tr>
<td>2 nights</td>
<td>25%</td>
</tr>
<tr>
<td>3-4 nights</td>
<td>16%</td>
</tr>
<tr>
<td>5-7 nights</td>
<td>4%</td>
</tr>
</tbody>
</table>

FIGURE 37
How late do you usually stay out on weekends?

<table>
<thead>
<tr>
<th>Time</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Earlier than 9:00 PM</td>
<td>22%</td>
</tr>
<tr>
<td>9:01 PM to 11:00 PM</td>
<td>53%</td>
</tr>
<tr>
<td>11:01 PM to Midnight</td>
<td>16%</td>
</tr>
<tr>
<td>12:01 AM to 1:00 AM</td>
<td>3%</td>
</tr>
<tr>
<td>1:01 AM to 2:00 AM</td>
<td>1%</td>
</tr>
<tr>
<td>2:01 AM to 3:00 AM</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Later than 3:01 AM</td>
<td>1%</td>
</tr>
</tbody>
</table>
You are up for anything
You pick and choose what to do
You are street smart
You are book smart
You are carefree
You are responsible

In groups of people, I am rarely the center of attention
I have considered being an entertainer or actor
I can look anyone in the eye and tell a lie with a straight face
Youth high in Social Concern (76%) are more likely to be at a healthy weight for their age compared to others (low-61%, medium-67%).

**Differences between Social Concern Levels**

**Weight Loss**
- High social concern youth (17%) are less likely to say they are trying to stay the same weight compared to medium (59%) or low (65%) social concern youth.

- High social concern youth (18%) are more likely to say they are trying to gain weight compared to medium (12%) or low (8%) social concern youth.

- Among those who are trying to lose weight, high social concern youth (43%) are more likely to have been on a special diet to lose weight in the past year compared to medium (39%) or low (32%) social concern youth.
• Among those who are trying to lose weight, high (17%) and medium (21%) social concern youth are more likely to have not eaten for a day or more to lose weight in the past year compared to low (10%) social concern youth.

• Among those who are trying to lose weight, high social concern youth (41%) are more likely to have skipped meals to lose weight in the past year compared to medium (35%) or low (23%) social concern youth.

**Eating Habits**

• High social concern youth (40%) are more likely to have had one or more 100% fruit juice drinks per day in the past 7 days compared to medium (33%) or low (29%) social concern youth.

• High social concern youth (25%) are more likely to have had one or more sodas per day in the past 7 days compared to medium (15%) or low (17%) social concern youth.

• High social concern youth (52%) are less likely to eat breakfast every day in an average school week compared to medium (62%) or low (62%) social concern youth.

• Among those attending schools with fast food restaurant selections, high (59%) and medium (60%) social concern youth are more likely to have eaten fast food for lunch at least one day in an average school week compared to low (40%) social concern youth.

• High social concern youth (39%) are more likely to have bought snacks from a vending machine at school compared to medium (30%) or low (27%) social concern youth.

• High social concern youth (12%) are more likely to have bought soda from a vending machine at school compared to medium (6%) or low (6%) social concern youth.

• High social concern youth (79%) are more likely to eat fast food at least one day during an average week compared to medium (73%) or low (70%) social concern youth.

**Physical Activity**

• High social concern youth (27%) are more likely to play 3 or more hours of video or computer games per day during an average school week compared to medium (15%) or low (12%) social concern youth.
Risky Behaviors Among Friends

- High social concern youth (42%) are less likely to NOT have any friends who have been in a fight in the past month compared to youth who are a medium (47%) or low (43%) social concern youth.

- High social concern youth (57%) are more likely to have a friend who smoked a cigarette in the past month compared to medium (18%) or low (15%) social concern youth.

- High social concern youth (64%) are more likely to have a friend who drank alcohol in the past month compared to medium (50%) or low (47%) social concern youth.

- High social concern youth (41%) are more likely to have a friend who binged in the past month compared to medium (28%) or low (24%) social concern youth.

- High social concern youth (52%) are more likely to have a friend who smoked a cigarillo in the past month compared to medium (49%) or low (42%) social concern youth.

- High social concern youth (50%) are more likely to have a friend who used spit tobacco in the past month compared to medium (43%) or low (37%) social concern youth.
G. Demographic Characteristics
FIGURE 43
Age Group

10 to 14 years old: 55%
15 to 17 years old: 45%

FIGURE 44
Race

White: 67%
Black or African American: 23%
Asian or Pacific Islander: 2%
Native American or Alaskan native: <1%
Mixed racial background: 5%
Other race: 2%
FIGURE 45
Hispanic Origin

FIGURE 46
Grades in Previous 12 Months
FIGURE 47
Adult Listened in on Survey

- On the phone with you: 26%
- In the same room with you: 36%
- Neither: 38%
APPENDIX A: METHODOLOGY

Sampling and Data Collection

The Virginia Foundation for Healthy Youth Tracking Survey is based on telephone interviews conducted from December 3rd, 2009 to March 20th, 2010 with 2501 randomly selected Virginia youth aged 10 to 17. The sampling approach relied on a stratified sampling design using age-targeted listed sample from GENESYS Sampling Systems and stratified into nine regions encompassing one or more counties each (see Map 1). The sampling strategy for the VFHY Tracking Survey was based on non-overlapping regions created from regions used in previous VFHY research (see Map 2) as well as Virginia Health Department (VDH) Obesity Regions (see Map 3). The sampling regions (strata) were formed using FIPS codes which identify counties as well as larger Virginia cities. Using the four regions of the VFHY and the six regions of the VDH, nine non-overlapping sampling strata were developed.

Map 1
When an eligible number (one where a 10 to 17 year old lived) was called, permission was obtained from a parent to speak with a 10 to 17 year old living in the household. In cases where more than one 10 to 17 year old lived at the residence, the one with the most recent birthday was selected to participate. Up to 15 attempts were made to contact and interview each randomly selected respondent.

Interviews were evenly divided between VFHY Regions, age (10-14, 15-17), and gender.
Response Rate and Weighting

The response rate for the VFHY Tracker Survey was 18% using the CASRO response rate formula.

Data are weighted to adjust for the probability of selection within stratification areas, non-response within stratification areas and also to match the demographic profile of Virginia youth with respect to area of residence, age, gender, race, and ethnicity using the most recent census estimates. The weighting procedures involved three primary phases: probability of selection weighting adjustments, non-response weighting adjustments and post-stratification weighting adjustments. Weighting was handled sequentially by adjusting for the probability of selecting a number within the strata area, non-response within the strata area and then post-stratification adjustments. The following formulas illustrate the weighting procedure.

**Probability of Selection Adjustments:**

\[ \text{Padj} = 1 / P_{\text{strata}} \]

Where:

- \( \text{Padj} \) is the probability of selection adjustment
- \( P_{\text{strata}} \) is the probability that a given number will be selected from the sample available within the stratification area

This adjustment was made to take into account the probability of selecting a given number from the total list of numbers within each stratification area.

**Non-Response Adjustments:**

\[ \text{NRadj} = 1 / RR_{\text{strata}} \]

Where:

- \( \text{NRadj} \) is the Nonresponse adjustment
- \( RR_{\text{strata}} \) is the response rate within the stratification area

This adjustment was made to take into account non-response among 10 to 17 year olds. This was done so that the data accurately reflect the total population of youth within each stratification area.
**Post-Stratification Adjustments:**

\[ \text{PSadj} = \frac{\text{Number of Units}_{\text{census}}}{(P\text{adj}\times N\text{Radj} \times \text{Number of Units}_{\text{sample}})} \]

Where:
- \( P\text{adj} \) is the adjustment by stratification regions by demographic variables
- \( \text{Number of Units}_{\text{census}} \) is the total population from the census within the stratification area of a particular demographic group
- \( P\text{adj}\times N\text{Radj} \times \text{Number of Units}_{\text{sample}} \) is the number of respondents in the sample within the stratification area of a particular demographic group by the probability of selection and nonresponse adjustments.

This adjustment was made to take into account the number of Virginia youth within a stratification area relative to demographic group.

**Final Weight:**

\[ \text{Weight} = \frac{\text{Number of Units}_{\text{census}}}{(\text{PSadj} \times \text{Number of Units}_{\text{sample}})} \]

Where:
- \( \text{Weight} \) is the final weight
- \( \text{Number of Units}_{\text{census}} \) is the total population from the census within the stratification area of a particular demographic group
- \( \text{PSadj} \times \text{Number of Units}_{\text{sample}} \) is the number of respondents in the sample within the stratification area of a particular demographic group weighted by the post-stratification adjustment

Post-stratification weighting adjustments were made iteratively until weighted counts closely matched counts calculated from the census estimates.

All percentages presented in this report reflect weighted percentages to produce more accurate population estimates from the collected sample data.

**Sampling Error and Significance Testing**

The percentages reported for the entire sample are within plus or minus 2% that would be found if all 10 to 17 year olds in Virginia were interviewed.

Demographic differences are examined using independent samples t-tests and assessed at a two-tailed probability level of 5% or less.
APPENDIX B: SURVEY

Q01
First, I would like to get some information on your social preferences

If you were allowed to pick one style of music as your favorite, what would it be?

INT: ASK OPEN-ENDED AND THEN PROBE WITH PRECODES BELOW IF NECESSARY
   ONLY USE OTHER AS ABSOLUTE LAST RESORT

20 RAP
21 HIP HOP
22 UNDERGROUND HIP HOP
23 PUNK
24 ROCK
25 EMO
26 COUNTRY
27 METAL
28 INDIE ROCK
29 TECHNO

95 OTHER (SPECIFY)
98 DK
99 REF

Q02
In an average week when you are going to school, how many nights do you go out to have fun?

0 to 7 ENTER NUMBER

DK ENTER 8
REF ENTER 9
Q03
[NOT ASKED IF 0 TO Q02]

How late do you usually stay out on weekends?

1  EARLIER THAN 9:00 PM
2  9:01 PM TO 11:00 PM
3  11:01 PM TO MIDNIGHT
4  12:01 AM TO 1:00 AM
5  1:01 AM TO 2:00 AM
6  2:01 AM TO 3:00 AM
7  LATER THAN 3:01 AM
8  DK
9  REF

Q04

For each of the next three questions, I will read you 2 statements and then ask you to choose which of the 2 statements describes you better.

Of these 2 statements please choose the one that describes you better...

SELECT <1> TO CONTINUE

Q04A

READ RESPONSES

PROMPT: Of these 2 statements please choose the one that describes you better...

1  You are up for anything or
2  You pick and choose what to do

8  DK
9  REF
Q04B

READ RESPONSES

PROMPT: Of these 2 statements please choose the one that describes you better...

1  You are street smart or
2  You are book smart

8  DK
9  REF

Q04C

READ RESPONSES

PROMPT: Of these 2 statements please choose the one that describes you better...

1  You are carefree or
2  You are responsible

8  DK
9  REF

Q05A

In the next three questions I am now going to read you a statement. Please tell me if the statement is true or false in describing you.

In groups of people, I am rarely the center of attention.

1  TRUE
2  FALSE

8  DK
9  REF
Q05B

I have considered being an entertainer or actor.

PROMPT: Please tell me if this statement is true or false in describing you.

1  TRUE
2  FALSE
8  DK
9  REF

Q05C

I can look anyone in the eye and tell a lie with a straight face.

PROMPT: Please tell me if this statement is true or false in describing you.

1  TRUE
2  FALSE
8  DK
9  REF

OQ06a

For each of the next several questions, I will ask you about how many of your friends have performed the following behaviors in the past month?

About how many of your friends have exercised for at least 30 minutes in the past month? Would you say...

1  None of your friends
2  Some of your friends
3  About half of your friends
4  Most of your friends, or
5  All of your friends
8  DK
9  REF
OQ06b

About how many of your friends have been in a physical fight with someone in the past month? Would you say...

1  None of your friends
2  Some of your friends
3  About half of your friends
4  Most of your friends, or
5  All of your friends

8  DK
9  REF

OQ06c

About how many of your friends have smoked at least one cigarette in the past month? Would you say...

1  None of your friends
2  Some of your friends
3  About half of your friends
4  Most of your friends, or
5  All of your friends

8  DK
9  REF

OQ06d

About how many of your friends drank any alcohol in the past month? Would you say...

1  None of your friends
2  Some of your friends
3  About half of your friends
4  Most of your friends, or
5  All of your friends

8  DK
9  REF
About how many of your friends drank at least 5 or more alcoholic drinks on one occasion in the past month? Would you say...

1 None of your friends  
2 Some of your friends  
3 About half of your friends  
4 Most of your friends, or  
5 All of your friends  
8 DK  
9 REF

About how many of your friends smoked at least one cigarillo, like a Black and Mild in the past month? Would you say...

1 None of your friends  
2 Some of your friends  
3 About half of your friends  
4 Most of your friends, or  
5 All of your friends  
8 DK  
9 REF

About how many of your friends used spit tobacco, chew, or dip in the past month? Would you say...

1 None of your friends  
2 Some of your friends  
3 About half of your friends  
4 Most of your friends, or  
5 All of your friends  
8 DK  
9 REF
OQ07a

How many of your friends would you describe as overweight? Would you say...

1 None of your friends
2 Some of your friends
3 About half of your friends
4 Most of your friends, or
5 All of your friends

8 DK
9 REF

OQ07b

How many of your friends would you describe as underweight? Would you say...

1 None of your friends
2 Some of your friends
3 About half of your friends
4 Most of your friends, or
5 All of your friends

8 DK
9 REF
OQ08

The next several questions are about your height and weight.

How tall are you without your shoes?

INT: FIRST SELECT THE NUMBER OF FEET FROM THE LEFT COLUMN AND THEN NUMBER OF INCHES FROM THE RIGHT COLUMN. IF RESPONDENT IS AN EVEN NUMBER OF FEET, ONLY SELECT FROM THE LEFT COLUMN

<table>
<thead>
<tr>
<th>Feet</th>
<th>Inches</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>3</td>
</tr>
<tr>
<td>41</td>
<td>4</td>
</tr>
<tr>
<td>42</td>
<td>5</td>
</tr>
<tr>
<td>43</td>
<td>6</td>
</tr>
<tr>
<td>44</td>
<td>7</td>
</tr>
<tr>
<td>45</td>
<td>1</td>
</tr>
<tr>
<td>46</td>
<td>2</td>
</tr>
<tr>
<td>47</td>
<td>3</td>
</tr>
<tr>
<td>48</td>
<td>4</td>
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<td>55</td>
<td>11</td>
</tr>
<tr>
<td>98</td>
<td>DK</td>
</tr>
<tr>
<td>99</td>
<td>REF</td>
</tr>
</tbody>
</table>

OQ09

How much do you weigh?

40 LBS TO 350 LBS ENTER WEIGHT

<table>
<thead>
<tr>
<th>Weight</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>998</td>
<td>DK</td>
</tr>
<tr>
<td>999</td>
<td>REF</td>
</tr>
</tbody>
</table>

ENTER WEIGHT:

OQ10

How do you describe your weight? Would you say you are...

1 Very underweight
2 Slightly underweight
3 About the right weight
4 Slightly overweight
5 Very overweight
8 DK
9 REF
OQ11
Which of the following are you trying to do about your weight?
Are you trying to...

1 Stay the same weight
2 Gain weight
3 Lose weight or
4 you are not trying to do anything about your weight

8 DK
9 REF

OQ12A
[ASK ONLY IF OQ11=3]

Why are you trying to lose weight? (Check all that apply)

10 I WANT TO LOOK BETTER
11 I WANT TO BE HEALTHIER
12 I WANT TO BE BETTER AT SPORTS AND OTHER PHYSICAL ACTIVITIES
13 I GET TEASED ABOUT MY WEIGHT
14 I THINK MY CLOTHES WILL FIT BETTER
15 I THINK BOYS/GIRLS WILL LIKE ME BETTER
16 MY FRIENDS ARE TRYING TO LOSE WEIGHT
17 SOMEONE IN MY FAMILY IS TRYING TO LOSE WEIGHT
18 MY MOTHER OR FATHER WANTS ME TO LOSE WEIGHT
19 MY TEACHER OR COACH WANTS ME TO LOSE WEIGHT
20 A DOCTOR, NURSE, OR OTHER HEALTH PROFESSIONAL WANTS ME TO LOSE WEIGHT
21 I DON'T WANT TO BE FAT
22 I WANT TO BE SKINNY
23 I WANT TO FEEL GOOD/BETTER ABOUT MYSELF

95 OTHER (SPECIFY)
98 DK
99 REF
OQ12B

In the past year, how often have you tried to lose weight? [ASK ONLY IF OQ11=3]
Would you say . . .

1  never
2  sometimes, or
3  a lot?

8  DK
9  REF

OQ13a

[ASK ONLY IF OQ11=3]

In the past year, how often have you been on a special diet to lose weight?
Would you say . . .

1  never
2  sometimes, or
3  a lot?

8  DK
9  REF

OQ13b

[ASK ONLY IF OQ11=3]

In the past year, how often have you not eaten for a day or more to lose weight? Would you say . . .

1  never
2  sometimes, or
3  a lot?

8  DK
9  REF
OQ13c
[ASK ONLY IF OQ11=3]

In the past year, how often have you cut back on what you ate to lose weight? Would you say . . .

1  never
2  sometimes, or
3  a lot?

8  DK
9  REFUSED

OQ13d
[ASK ONLY IF OQ11=3]

In the past year, how often have you skipped meals to lose weight? Would you say . . .

1  never
2  sometimes, or
3  a lot?

8  DK
9  REFUSED

OQ13e
[ASK ONLY IF OQ11=3]

In the past year, how often have you exercised to lose weight? Would you say . . .

1  never
2  sometimes, or
3  a lot?

8  DK
9  REFUSED
**OQ13f**

[ASK ONLY IF OQ11=3]

In the past year, how often have you eaten less sweets or fatty foods to lose weight? Would you say . . .

1 never  
2 sometimes, or  
3 a lot?  
8 DK  
9 REFUSED

**OQ14a**

These next several questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

First, how many days during the past 7 days did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? Please do not include punch, kool aid, sports drinks, or other fruit-flavored drinks.

10 0 days  
11 1 days  
12 2 days  
13 3 days  
14 4 days  
15 5 days  
16 6 days  
17 7 days  
98 DK  
99 REF
**OQ14B**
[ASK ONLY IF OQ14a>10]

About how many fruit juice drinks did you have on the days when you drank juice?

1-97 times ENTER NUMBER =>

98 DK
99 REF

**OQ15a**

How many days during the past 7 days did you eat fruit? Please do not include fruit juice.

10  0 days
11  1 days
12  2 days
13  3 days
14  4 days
15  5 days
16  6 days
17  7 days

98  DK
99  REF

**OQ15b**
[ASK ONLY IF OQ15a>10]

About how many pieces of fruit did you have on the days when you ate fruit?

1-97 pieces ENTER NUMBER =>

98 DK
99 REF
OQ16a

How many days during the past 7 days did you eat vegetables including green salad?

10  0 days
11  1 days
12  2 days
13  3 days
14  4 days
15  5 days
16  6 days
17  7 days
98  DK
99  REF

OQ16b

[ASK ONLY IF OQ16a>10]

About how many vegetables did you eat on the days when you ate vegetables?

1-97 vegetables ENTER NUMBER =>

98 DK
99 REF

OQ17a

How many days during the past 7 days did you drink a can, bottle, or glass of soda or pop such as Coke, Pepsi, or Sprite? Please do not include diet soda or pop.

10  0 days
11  1 days
12  2 days
13  3 days
14  4 days
15  5 days
16  6 days
17  7 days
98  DK
99  REF
**OQ17b**  
[ASK ONLY IF OQ17a>10]  

About how many cans, bottles, or glasses of soda did you drink on the days when you drank soda?  

1-97 servings ENTER NUMBER =>  

98 DK  
99 REF

---

**OQ18a**  

How many days during the past 7 days did you drink a glass of milk? Please include milk you drank in a glass or cup, from a carton, or with cereal.  

10  0 days  
11  1 days  
12  2 days  
13  3 days  
14  4 days  
15  5 days  
16  6 days  
17  7 days  

98  DK  
99  REF

---

**OQ18b**  
[ASK ONLY IF OQ18a>10]  

About how many glasses of milk did you drink on the days when you drank milk? Please consider the half pint of milk served with school lunches as equal to one glass.  

1-97 glasses ENTER NUMBER =>  

98  DK  
99  REF
These next several questions are about the foods you eat during the average school week. Please do not include food eaten during the weekends.

During the average school week, how many days do you eat breakfast? Please do not count days when you ate pastries for breakfast, such as doughnuts, muffins, or poptarts.

1. 0 days
2. 1 days
3. 2 days
4. 3 days
5. 4 days
6. 5 days
8. DK
9. REF

During the average school week, how many days do you eat lunch?

1. 0 days
2. 1 days
3. 2 days
4. 3 days
5. 4 days
6. 5 days
8. DK
9. REF

During the average school week, how many days do you buy lunch at school?

1. 0 days
2. 1 days
3. 2 days
4. 3 days
5. 4 days
6. 5 days
8. DK
9. REF
OQ21a
[ASK ONLY IF OQ21>10]

When you buy lunch at school, what do you usually buy?

1  STANDARD MEAL OPTION (MAIN DISH, FRUIT/VEGETABLE, BREAD, & MILK)
2  FAST FOOD OPTIONS (PIZZA, BURGERS, FRENCH FRIES)
3  HEALTHY A LA CARTE ITEMS (YOGURT, FRUIT, JUICE, BOTTLED WATER, MILK)
4  SNACKS (CHIPS, ICE CREAM, FRUIT SNACKS)
5  OTHER

8  DK
9  REF

OQ22A

Does your school serve food from fast food restaurants, such as Pizza Hut, Subway or other local fast food restaurants?

1  YES
2  NO

8  DK
9  REF

OQ22b
[ASK ONLY IF OQ22a=1]

During the average school week, how many days do you eat lunch from these in-school fast food restaurant selections?

1  0 days
2  1 days
3  2 days
4  3 days
5  4 days
6  5 days

8  DK
9  REF
OQ23

During the average school week, how many days do you buy snacks, chips, or candy from your school vending machine?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>0 days</td>
</tr>
<tr>
<td>11</td>
<td>1 days</td>
</tr>
<tr>
<td>12</td>
<td>2 days</td>
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<td>13</td>
<td>3 days</td>
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<tr>
<td>14</td>
<td>4 days</td>
</tr>
<tr>
<td>15</td>
<td>5 days</td>
</tr>
</tbody>
</table>

97 NO VENDING MACHINES/DOES NOT SERVE THIS FOOD IN VENDING MACHINES
98 DK
99 REF

OQ24

During the average school week, how many days do you buy soda, such as Coke, Pepsi, or Sprite from your school?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>0 days</td>
</tr>
<tr>
<td>11</td>
<td>1 days</td>
</tr>
<tr>
<td>12</td>
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<td>3 days</td>
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<td>14</td>
<td>4 days</td>
</tr>
<tr>
<td>15</td>
<td>5 days</td>
</tr>
</tbody>
</table>

97 SODA IS NOT AVAILABLE AT SCHOOL
98 DK
99 REF
These next couple of questions are about foods you eat during the average week outside of school. Please do not include food you eat at school.

During the average week, how many days do you eat food from a fast food restaurant such as McDonald's, Hardee's, or Pizza Hut?

10 0 days
11 1 days
12 2 days
13 3 days
14 4 days
15 5 days
16 6 days
17 7 days
98 DK
99 REF

During the average week, how many days do you drink soda or eat snacks, chips or candy?

10 0 days
11 1 days
12 2 days
13 3 days
14 4 days
15 5 days
16 6 days
17 7 days
98 DK
99 REF
Q27

These next several questions are about physical activity.

During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? Please add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.

10  0 days
11  1 days
12  2 days
13  3 days
14  4 days
15  5 days
16  6 days
17  7 days

98  DK
99  REF

Q28

On an average school day, how many hours do you watch TV?

10  I DO NOT WATCH TV ON AN AVERAGE SCHOOL DAY
11  LESS THAN 1 HOUR PER DAY
12  1 HOUR PER DAY
13  2 HOURS PER DAY
14  3 HOURS PER DAY
15  4 HOURS PER DAY
16  5 OR MORE HOURS PER DAY

98  DK
99  REF
OQ29

On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work?

10 I DO NOT USE EXCEPT FOR SCHOOL WORK ON AN AVERAGE SCHOOL DAY
11 LESS THAN 1 HOUR PER DAY
12 1 HOUR PER DAY
13 2 HOURS PER DAY
14 3 HOURS PER DAY
15 4 HOURS PER DAY
16 5 OR MORE HOURS PER DAY

98 DK
99 REF

OQ30a

Does your school offer an online physical education class?

1 YES
2 NO

8 DK
9 REF

OQ30b

[ASK ONLY IF OQ30a>1]

In an average week when you are in school, on how many days do you go to physical education or PE classes?

10 0 days
11 1 days
12 2 days
13 3 days
14 4 days
15 5 days
16 6 days
17 7 days

98 DK
99 REF
**OQ30c**

[ASK ONLY IF OQ30a=1]

In an average week, on how many days do you go to a gym to fulfill the requirements of your online physical education class?

10 0 days  
11 1 days  
12 2 days  
13 3 days  
14 4 days  
15 5 days  
16 6 days  
17 7 days

98 DK  
99 REF

**OQ31a**

During the past 12 months, what types of organized sports activities have you been involved in? An organized sport can be any sport that is managed by your school such as a football team; through your community such as a Babe Ruth youth baseball or softball team; or one that your parents pay for directly such as karate or dance.

INT: PROBE IF NECESSARY

Are there any others?

30 BASEBALL  
31 FOOTBALL  
32 SOCCER  
33 TENNIS  
34 GOLF  
35 DANCE  
36 KARATE  
37 VOLLEYBALL  
38 TRACK AND FIELD  
39 CHEERLEADING  
40 BASKETBALL  
41 FIELD HOCKEY  
42 ICE HOCKEY  
43 SWIMMING  
44 WRESTLING  
45 SKIING  
46 SOFTBALL  
47 DIVING  
48 LACROSSE  
97 OTHER (SPECIFY)  
98 DK  
99 REF

96 HAVE NOT PARTICIPATED IN SPORTS
**OQ31b**  
[ASK ONLY IF OQ31a<>96, 98, 99]  
Of the FILL # OF SPORTS sports you just mentioned, how many were organized through your school?

0-10 ENTER NUMBER =>

98 DK  
99 REF

**OQ31c**  
[ASK ONLY IF OQ31a<>96, 98, 99]  
How many of the FILL # OF SPORTS sports were organized through your community?

0-7 ENTER NUMBER =>

8 DK  
9 REF

**OQ31d**  
[ASK ONLY IF OQ31a<>96, 98, 99]  
How many of the FILL # OF SPORTS sports did someone pay for you to participate?

0-7 ENTER NUMBER =>

8 DK  
9 REF
OQ32
Since school started this year, how often did you ride your bike or walk to school?

10 ALMOST EVERYDAY THERE WAS SCHOOL
11 2 - 3 TIMES PER WEEK
12 ABOUT ONCE PER WEEK
13 2 - 3 TIMES PER MONTH
14 ONCE PER MONTH
15 A COUPLE TIMES SINCE SCHOOL STARTED
16 NEVER

98 DK
99 REF

D01
The survey is almost done! I have a few questions that will help us make sure we are including all types of young people in Virginia.

During the past 12 months, how would you describe your grades in school? (READ LIST IF NECESSARY)

1 Mostly A's
2 Mostly B's
3 Mostly C's
4 Mostly D's
5 Mostly F's
6 My school does not use grades

8 DK
9 REF

D02
Are you of Hispanic origin, such as Latin American, Mexican, Puerto Rican, or Cuban?

1 YES
2 NO

8 DK
9 REF
D03

Do you consider yourself...

READ RESPONSES

1 White
2 Black
3 African American
4 Asian or Pacific Islander
5 Native American or Alaskan native
6 Mixed racial background
7 Other race
8 DK
9 REF

D04

Thank you for taking time to answer these questions.
While you were on the phone with me, was your parent or another adult...

READ RESPONSES

1 On the phone with you
2 In the same room with you
3 Neither
8 DK
9 REF

SEX

INTERVIEWER, ENTER

1 IF RESPONDENT WAS FEMALE/GIRL
5 IF RESPONDENT WAS MALE/BOY

8 IF DON'T KNOW