

# School Physical Activity and Nutrition (SPAN) Survey 2008

Results for McLennan County

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# What is SPAN?

- ❑ SPAN is the School Physical Activity and Nutrition Project.
- ❑ The goal of SPAN is to monitor the prevalence of overweight/obesity in school-aged children in Texas.
- ❑ In addition, SPAN identifies behavioral factors in Texas students that may underlie obesity.

# Who Conducted SPAN?

- ❑ The project was coordinated and supported by the Waco-McLennan County Public Health District
- ❑ Volunteers were utilized from various organizations within and outside of McLennan County.

# Who Conducted SPAN?

- ❑ Volunteers included:
  - ❑ Texas Department of State Health Services (DSHS)
  - ❑ Americorps
  - ❑ Master Wellness, Texas AgriLife Extension
  
- ❑ All persons collecting data were trained by WMCPHD staff.

# Survey Instrument

- Some questions in the survey ask the students questions about “yesterday.”
- These questions cannot provide information about “typical” individual behaviors, since it is only 1 day of data.
- However, if we look at the aggregate results of a group of students, we can get a reasonable idea of what the group is doing overall.

# Data Analysis

- These results are a snapshot of the 4<sup>th</sup> grade population in McLennan County, in the state of Texas during the 2008-09 academic school year.
- *The results are statistically weighted and can be used as representative data for the county.*

# Why is SPAN important?

- ❑ According to NHANES 2003-04, 18.8% of children and adolescents ages 6-11 years are obese
- ❑ SPAN provides objectively measured height and weights at the local level
- ❑ SPAN will also allow local organizations the ability to demonstrate a need when competing for grant funding or intervention opportunities.

# McLennan County Participation

## District(s) Participating:

- Connally ISD, Lorena ISD, Midway ISD, Robinson ISD, Waco ISD, and West ISD

## Students Participating:

4<sup>th</sup> Grade: 647

## Gender Distribution:

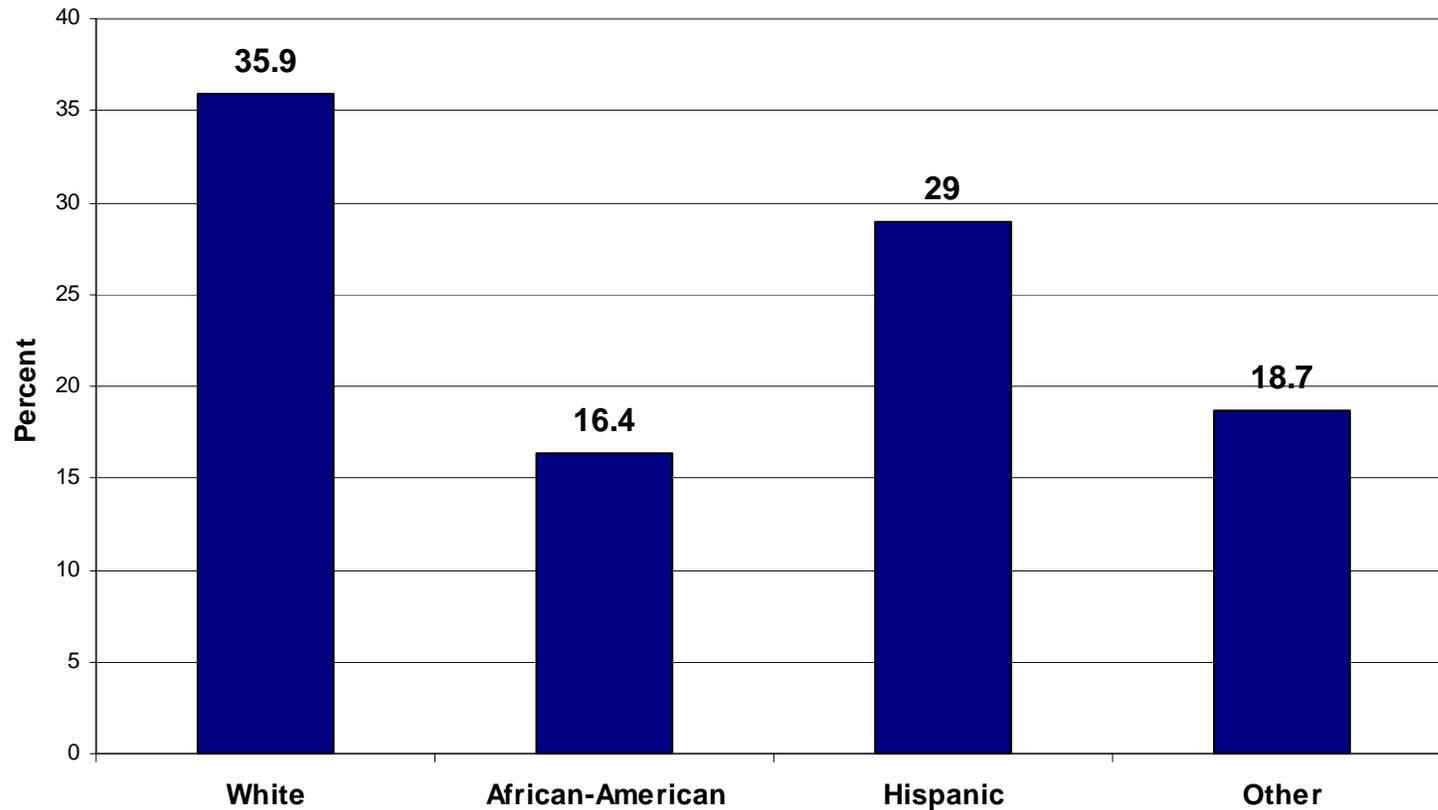
50% Female

50% Male

Mean Age = 9.8 years

# Racial/Ethnic Distribution (%)

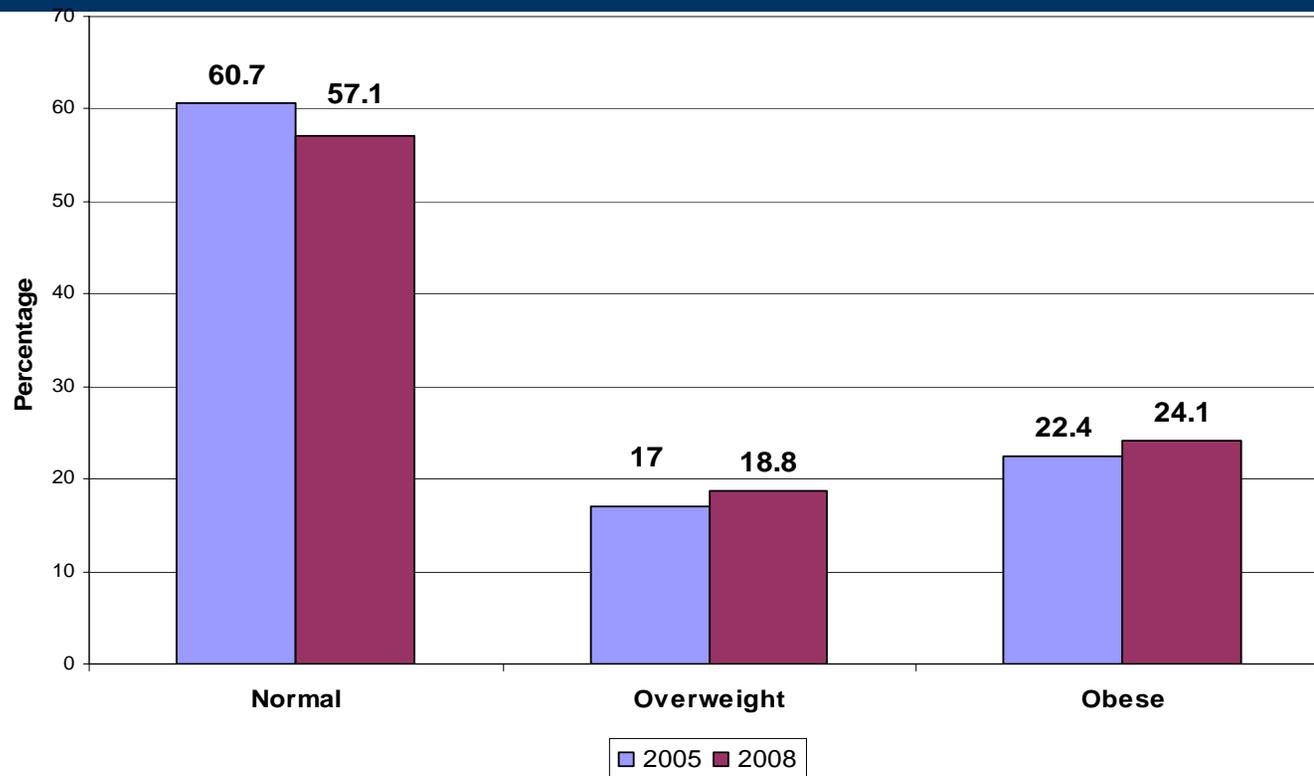
Racial/ Ethnic Composition of SPAN participants, 2008



# Definitions

- ❑ Obese for children and adolescents is defined as  $\geq 95^{\text{th}}$  percentile based on body mass index (BMI) 2000 CDC Growth Charts. <http://www.cdc.gov/growthcharts/>
  - ❑ Charts were developed based on cross-sectional nationally representative data from previous surveys
- ❑ Overweight is defined as  $\geq 85^{\text{th}}$  but  $< 95^{\text{th}}$  percentile based on BMI charts

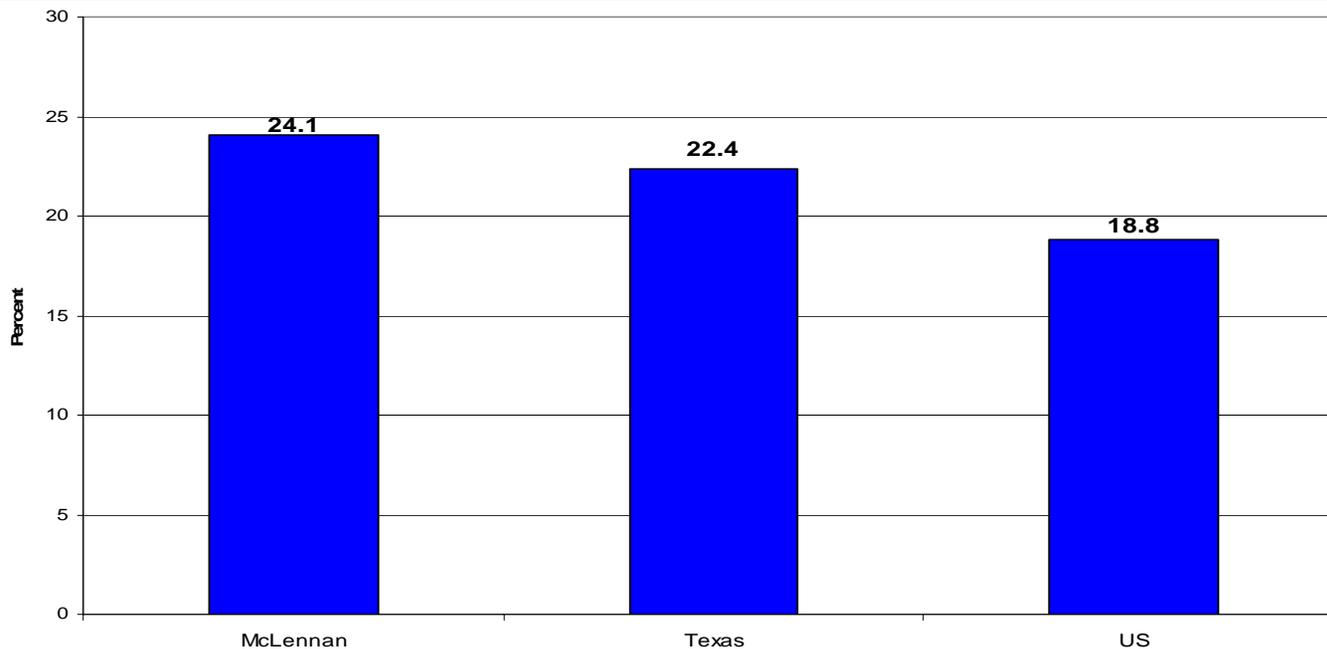
# Body Mass Index (%) by Grade



\*Overweight is  $\geq$  85<sup>th</sup> Percentile for BMI by Age/Sex

\*\*Obese is  $\geq$  95<sup>th</sup> Percentile for BMI by Age/Sex

# How Do We Compare(%)?



Overweight is  $\geq 95^{\text{th}}$  Percentile by Age/Sex

McLennan – SPAN 2008

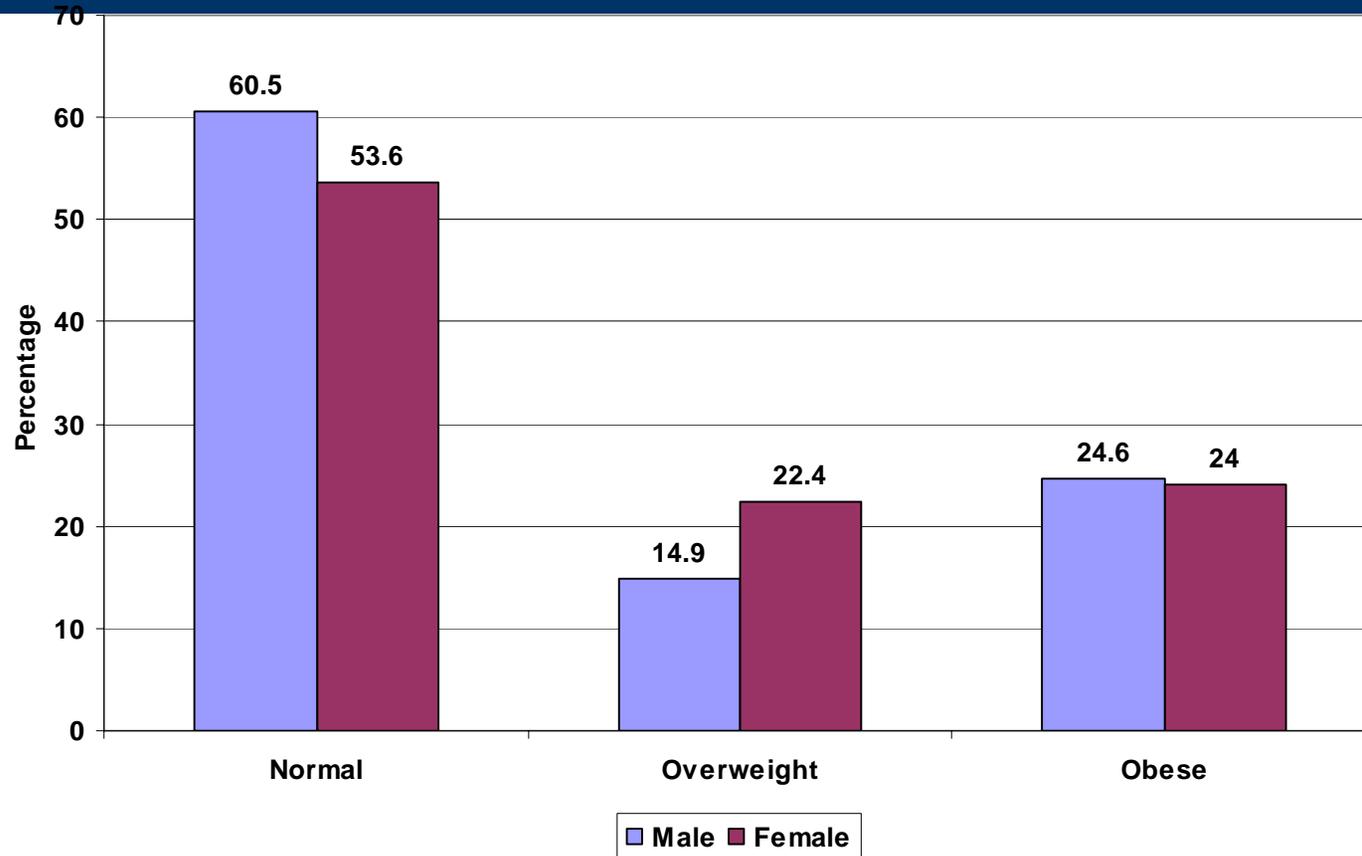
Texas – SPAN 2004

United States – NHANES 2003-04, children aged 6-11 years

# Fourth Grade - Results

- ❑ Hispanic students were 2.8 times more likely to be overweight or obese when compared to non-Hispanic students.
- ❑ Female students were 1.3 times more likely to be overweight or obese when compared to male students

# Body Mass Index by Gender (%)



# Fourth Grade - Results

- ❑ Only 16% of 4<sup>th</sup> graders were eating 3 or more servings of fruit/day and only 11% are eating 3 or more vegetables/day.
- ❑ The Dietary Guidelines for Americans 2005, based on a daily intake of 2,000 calories, children should consume:
  - ❑ 4-5 Servings of Vegetables per day
  - ❑ 4-5 Servings of Fruit per day( not including fruit juices)
- ❑ 35.2% of children ate at a restaurant (sit down or fast food) at least once per day.

## Fourth Grade – Results

- ❑ In 2005, 51% of 4<sup>th</sup> graders drink at least one non-diet soda per day, 6% of those are consuming 3 or more sodas per day
- ❑ In 2008, 45.6% of 4<sup>th</sup> graders drank at least one non-diet soda per day, 7.4% of those are consuming 3 or more sodas per day.
- ❑ Although this does show a reduction in the percent of students drinking non-diet soda, it still represents a large issue.

## Fourth Grade – Results

- ❑ In 2005, 29% of 4<sup>th</sup> graders are viewing more than 3 hours of TV per night.
- ❑ In 2008, 34.9% of 4<sup>th</sup> graders were viewing more than 3 hours of TV per night.
- ❑ According to the Texas YRBSS, in 2007 39% of children in Texas were viewing 3 or more hours of TV per night.

# Fourth Grade – Results

- 56.4% of the students did not meet the recommended levels of physical activity
  - Doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of 30 minutes for 5 or more days in a week
- Children who participated in less than 5 days per week of vigorous exercise were 1.3 times more likely to be overweight and/or obese.

# Fourth Grade - Results

- Decrease in the percentage of students who are participating in physical activity from 2005 to 2008.
  - In 2005, 72.4% of children were participating in at least one team sport within the last year. In 2008, only 70.4%.
  - In 2005, 42.5% of children were currently taking part in other organized physical activities or taking lessons, such as martial arts, dance, or gymnastics. In 2008, only 35.7%
  - In 2005, both of these activities were associated with a lower risk for overweight or obesity.

# Fourth Grade – Results

- Children were asked questions about how they perceived health and diet and it's effects.
- What you eat can make a difference in your chances of getting heart disease or cancer?
  - 31.2% answered “Yes”
- People who weigh much more than they should have more health problems than other people?
  - 43.7% answered “Yes”
- Skipping meals such as breakfast or lunch makes it hard for me to do well in my classes
  - 21.9% answered “Yes”

# Summary

- ❑ These results confirm the high prevalence of overweight children in our community.
- ❑ Hispanic students were more likely to be overweight or obese.
  - ❑ However, all races/ethnicity had a high percentage of overweight or obese children
- ❑ Females were more likely to be overweight or obese.
- ❑ 45% of Hispanic females who participated in the survey were obese.
- ❑ At the school district level, two districts reduced their percent of overweight and obese children.

# Suggested Interventions

- ❑ Programming and interventions should, when possible, be directed towards the Hispanic Community.
- ❑ Community partnerships should be created to increase the number of after-school programs and to increase participation in these events.
- ❑ More education provided for children on the effects of overweight and obesity and poor nutritional choices (or positive effects of healthy eating)

# Questions?

