

## DATA BRIEF

Philadelphia Department of Public Health

June 2014

### Weight, nutrition, and physical activity among Philadelphia youth

- More than one out of three Philadelphia teens is overweight or obese (32.7%).
- Only one in five youth gets at least 3 daily fruit servings (20.6%), and only one in eight gets at least 3 daily servings of vegetables (12.3%).\*
- One out of four drink at least one soda a day (23.7%).
- Only one in five get enough physical activity (20.9%).
- Many spend too much time in front of TVs (40.5%) and increasingly computers (46.7%).

#### Data sources

**YRBSS:** The Youth Risk Behavior Surveillance System is a biennial self-administered survey of public and private high school students, conducted nationally by the Centers for Disease Control and Prevention. For more survey details, visit:

<http://www.cdc.gov/healthyyouth/yrbs/index.htm>

\*Based on 2011 data (not available in 2013).

#### Definitions

**Youth:** Students in grades 9 -12

**Overweight:** ≥85th but <95th percentile for body mass index (BMI) for sex and age group

**Obese:** ≥95th percentile for BMI for sex and age group

**Fruit servings:** Fruit or 100% fruit juice servings per day in past 7 days; "enough" = 3+ servings/day

**Vegetable servings:** Green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, and other vegetable servings per day in past 7 days; "enough" = 3+ servings/day

**Sodas:** Regular sodas per day in past 7 days

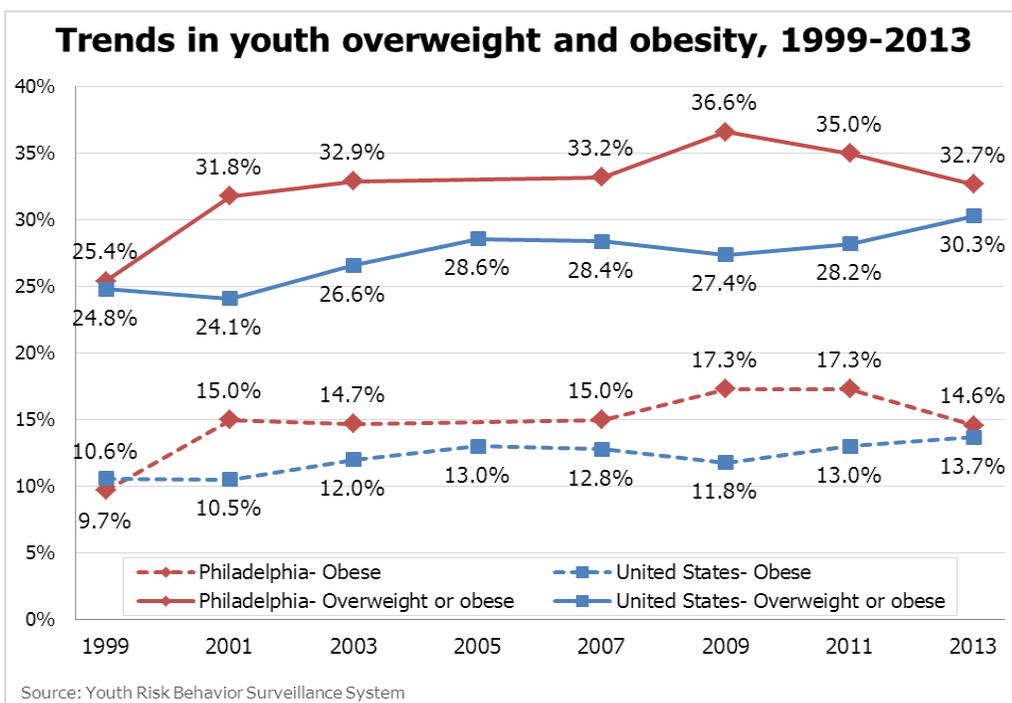
**No physical activity:** In the past 7 days, no days of at least 60 minutes of moderate to vigorous physical (MVPA)

**Recommended physical activity:** At least 60 minutes of MVPA every day in past 7 days

**Excess screen time:** 3 hours or more on average school night

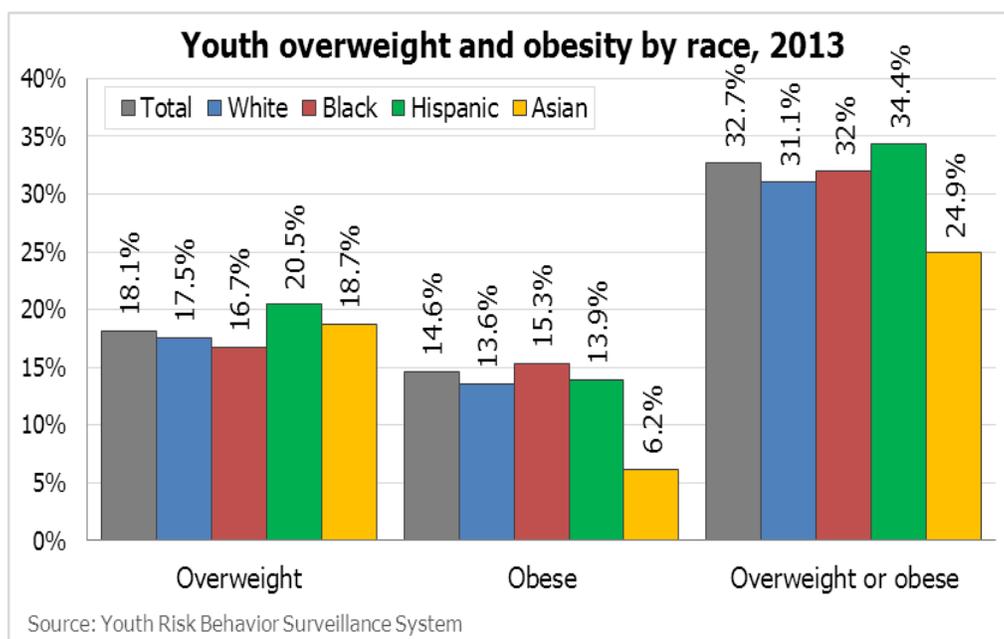
### Overweight and obesity – trends over time in Philadelphia and U.S.

- From 2009 to 2013, obesity and overweight/obesity among Philadelphia teens **decreased** by 16% and 11%, respectively.
- During this same time period, obesity and overweight/obesity among all U.S. teens **increased** by 16% and 11%, respectively.



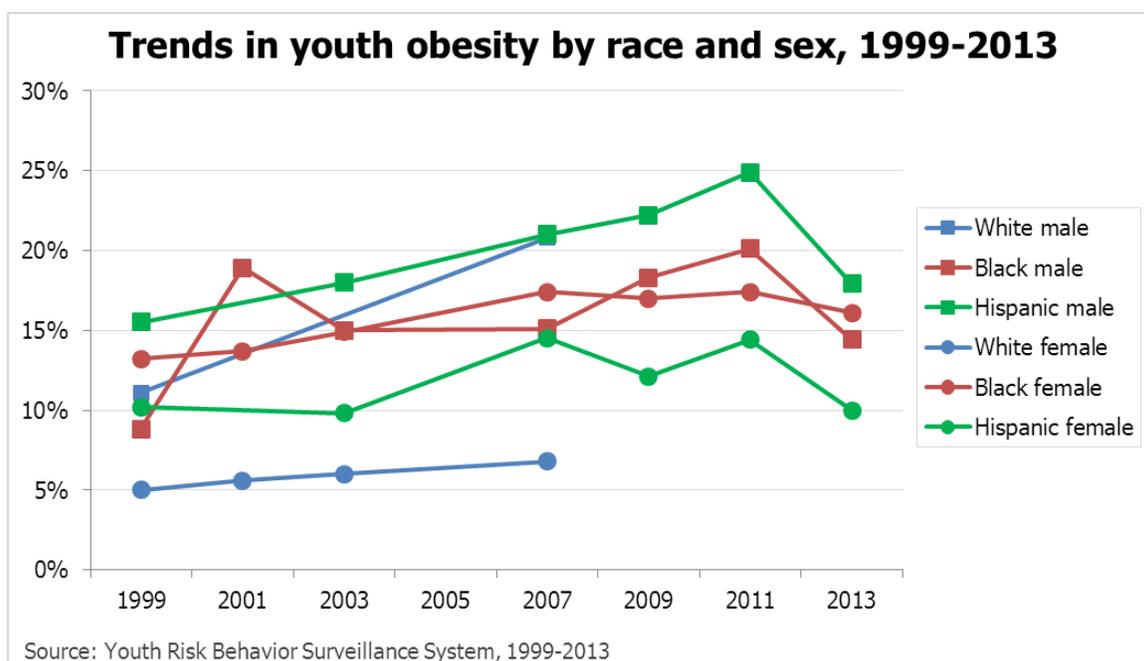
## Overweight and obesity – racial/ethnic disparities in Philadelphia

- Hispanic teens have the highest prevalence of overweight (20.5%). Black youth have the highest prevalence of obesity (15.3%).
- Even among Asians, the group with the lowest prevalence of unhealthy weight, one out of four youth is overweight or obese (24.9%).



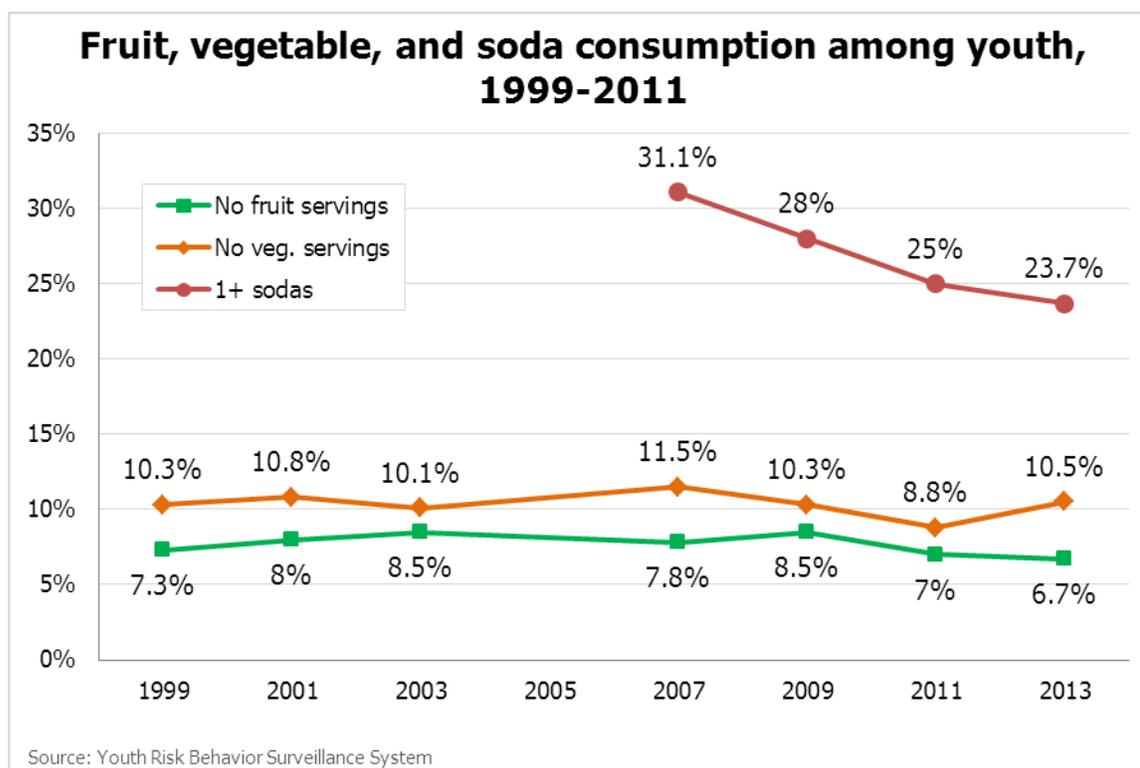
## Overweight and obesity – trends over time by race/ethnicity and sex in Philadelphia

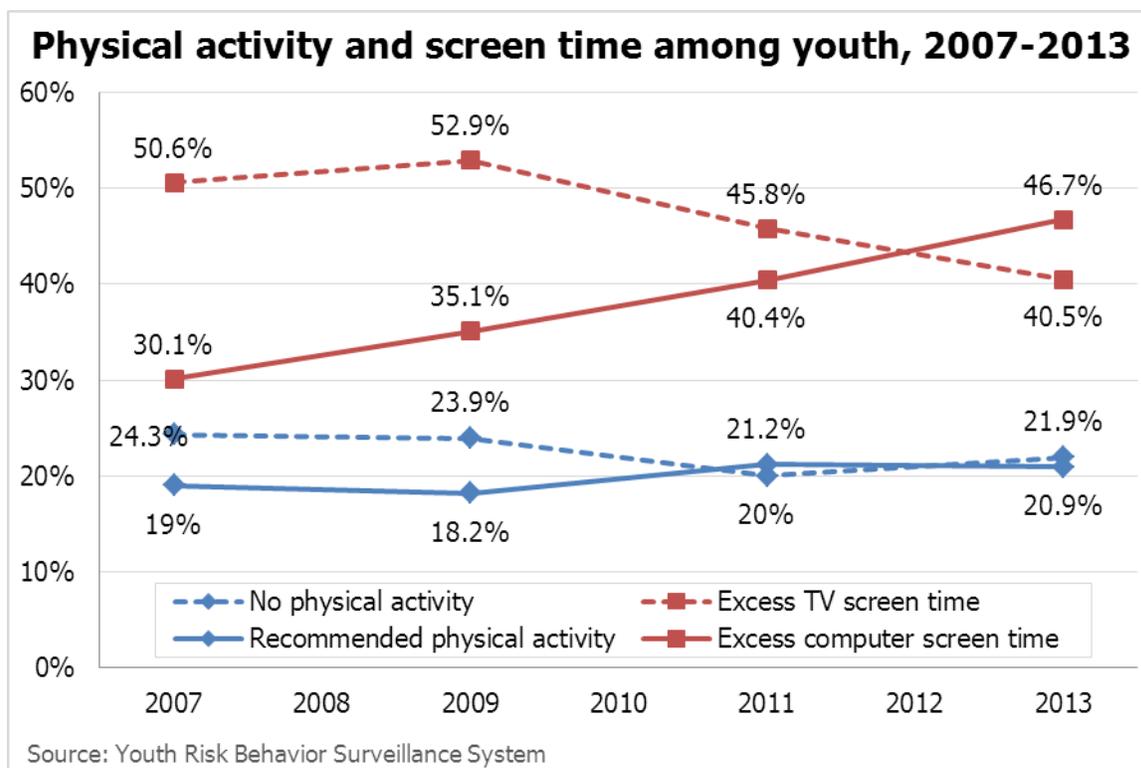
- Obesity rates are generally higher among boys than girls. The gender gap is widest among whites and narrowest among blacks, among whom girls' rates are sometimes higher than boys' (including in 2013).
- Obesity rates generally rose between 1999 and 2011, but have since fallen for all groups for whom data are available (white sample sizes have been too small to make reliable estimates).



## Nutrition in Philadelphia

- Youth drinking one or more sodas per day has declined by 24% in Philadelphia since 2007.
- Daily soda consumption is most prevalent among black (26.4%) and Hispanic (25.7%) youth
- Fruit and vegetable consumption is generally unchanged over the last 14 years. Only one in five youth gets at least 3 daily fruit servings (20.6%), and only one in eight gets at least 3 daily servings of vegetables (12.3%).\*
- Blacks are most (21.9%) and whites least (17.2%) likely to get enough fruit; whites are most (17.8%) and blacks least (11.1%) likely to get enough vegetables.\*





### Physical activity and screen time in Philadelphia

- The U.S. Department of Health and Human Services recommends that children and adolescents aged 6-17 years should have at least 60 minutes of physical activity every day.
- In Philadelphia, only one out of five youth get the recommended amount of physical activity (20.9%), with boys (26.9%) being more active than girls (15.5%).
- About one out of five youth get no physical activity at all (21.9%), a problem especially prevalent among black girls (29.8%).
- TV screen time has declined 23% since 2009, but two out of five youth still watch 3 or more hours of TV on an average school night (40.5%).
- The drop in TV screen time has been mirrored by a jump in computer screen time – time spent playing video or computer games or using a computer for something other than homework – which has increased by 33% since 2009.
- Excess TV screen time is most prevalent among black youth (48.7%), while excess computer screen time is most prevalent among whites (54.9%) and Asians (52.7%).

#### More resources

- For more on child overweight and obesity, visit <http://www.cdc.gov/healthyyouth/obesity/facts.htm>
- For youth physical activity guidelines, visit <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>
- For CDC Youth Physical Activity Guidelines Toolkit, visit <http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm>
- For more about sugary drinks, visit <http://www.foodfitphilly.org/all-about-sugary-drinks/facts/>