



# **Nutrition Education Project**

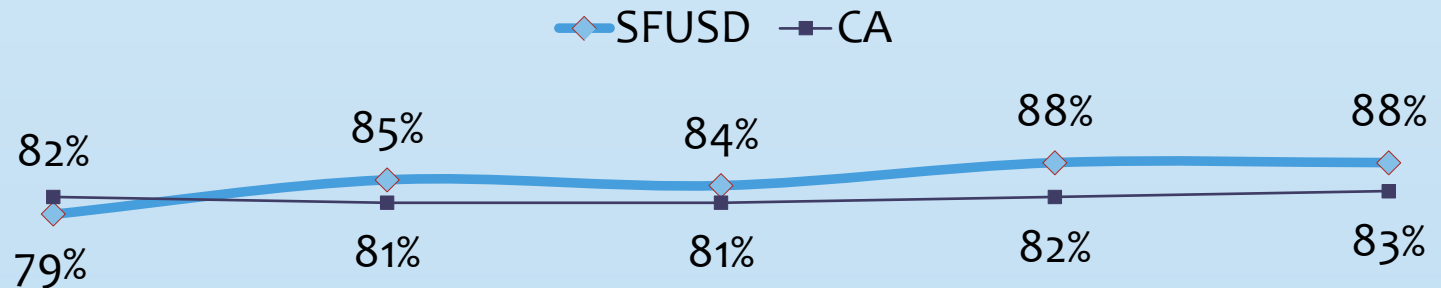
*Student Nutrition & Physical Activity Indicators*

SFUSD California Health Kids Survey 2011

# Nutrition & Physical Activity Trends

# Breakfast Consumption (ES CHKS)

Percentage of students who reported eating breakfast on the day of the survey.



2003 (SFUSD  
N=634; CA  
N=203,679)

2005 (SFUSD  
N=858, CA  
N=221,930)

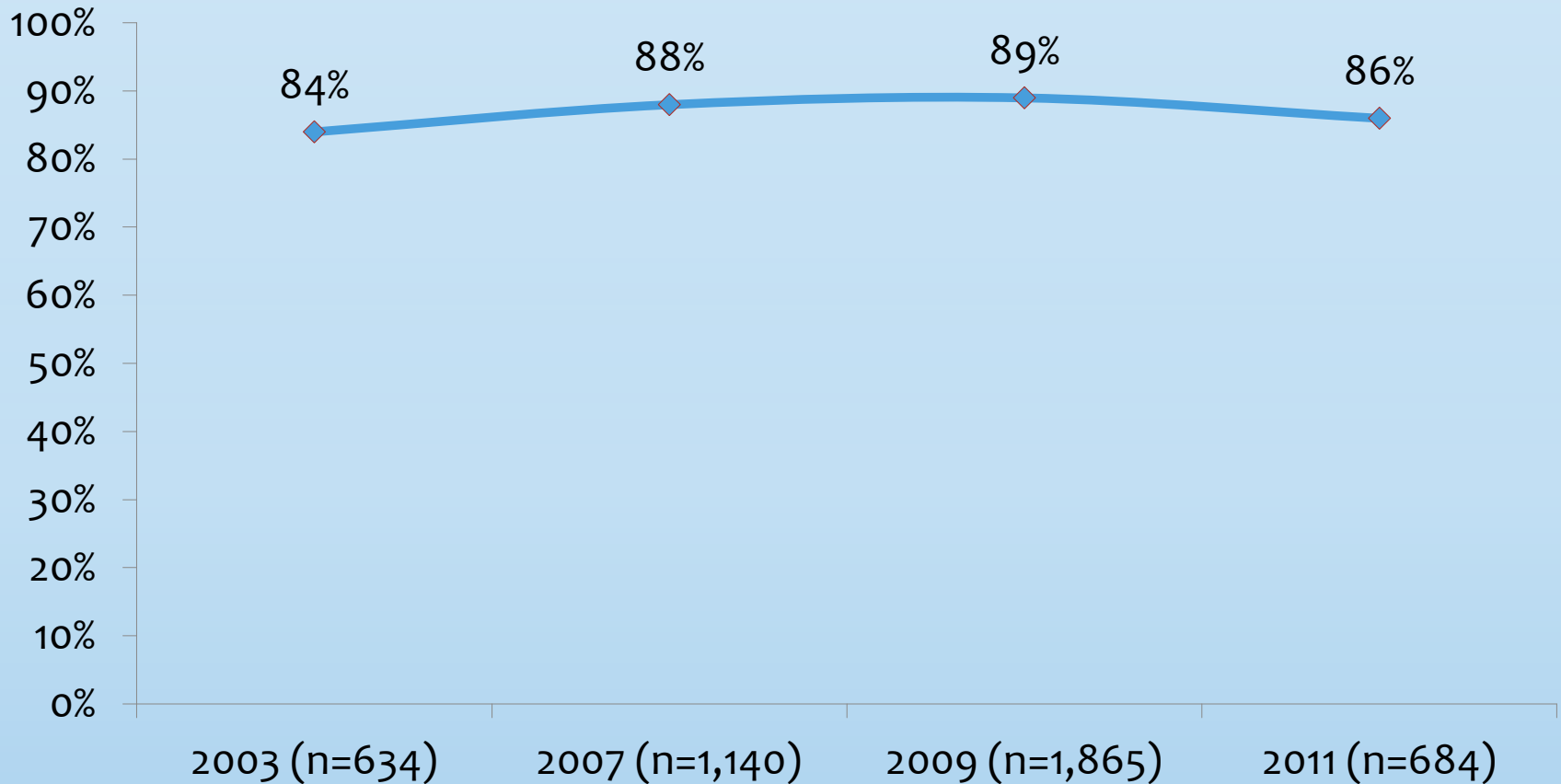
2007 (SFUSD  
N=1,140; CA  
N=198,948)

2009 (SFUSD  
N=1,865; CA  
N=199,973)

2011 (SFUSD  
N=684 ;CA  
N=202,917)

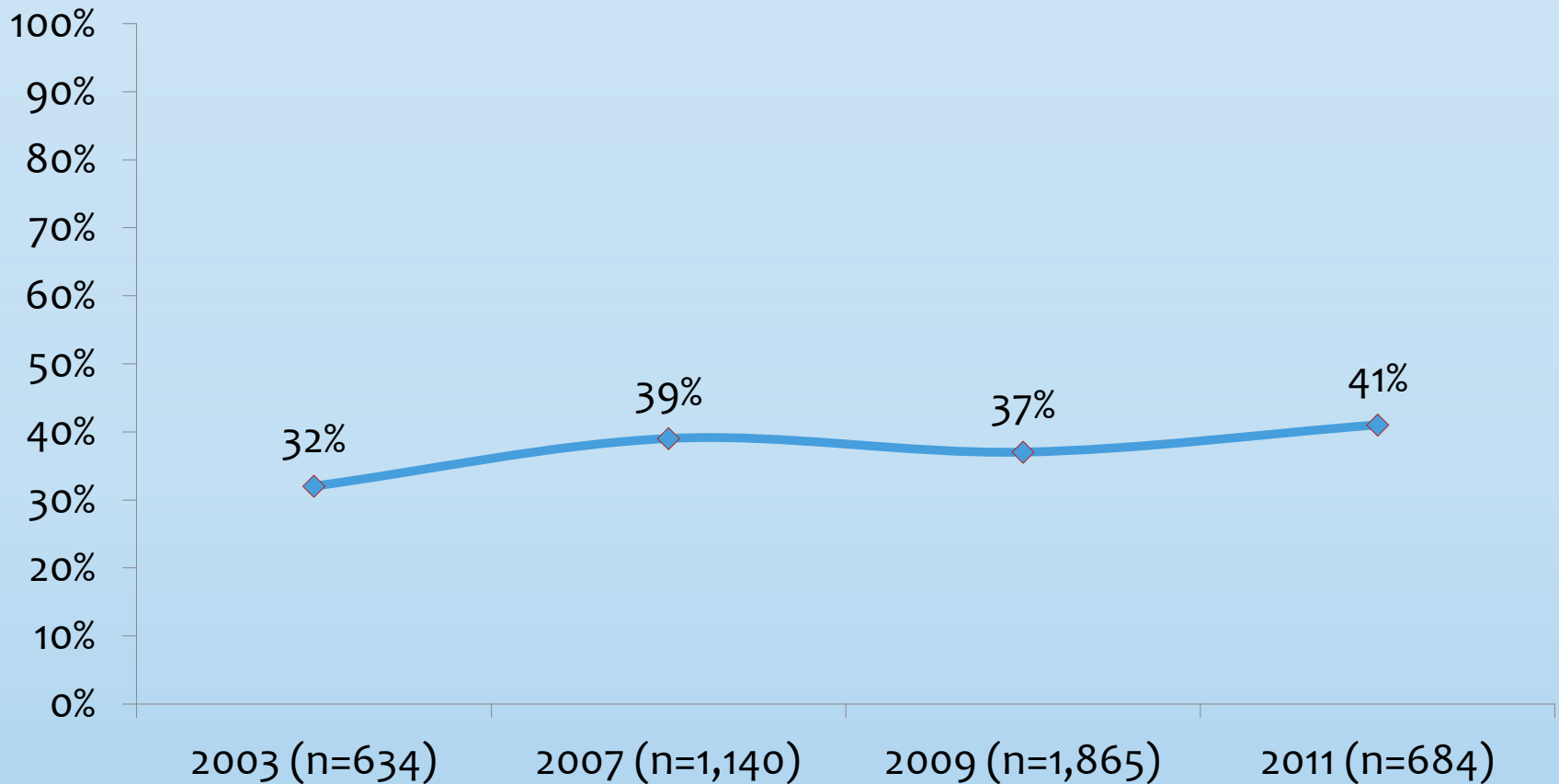
# Fruit Consumption (ES CHKS)

Percentage of students who reported eating fruit one or more times the day before the survey.



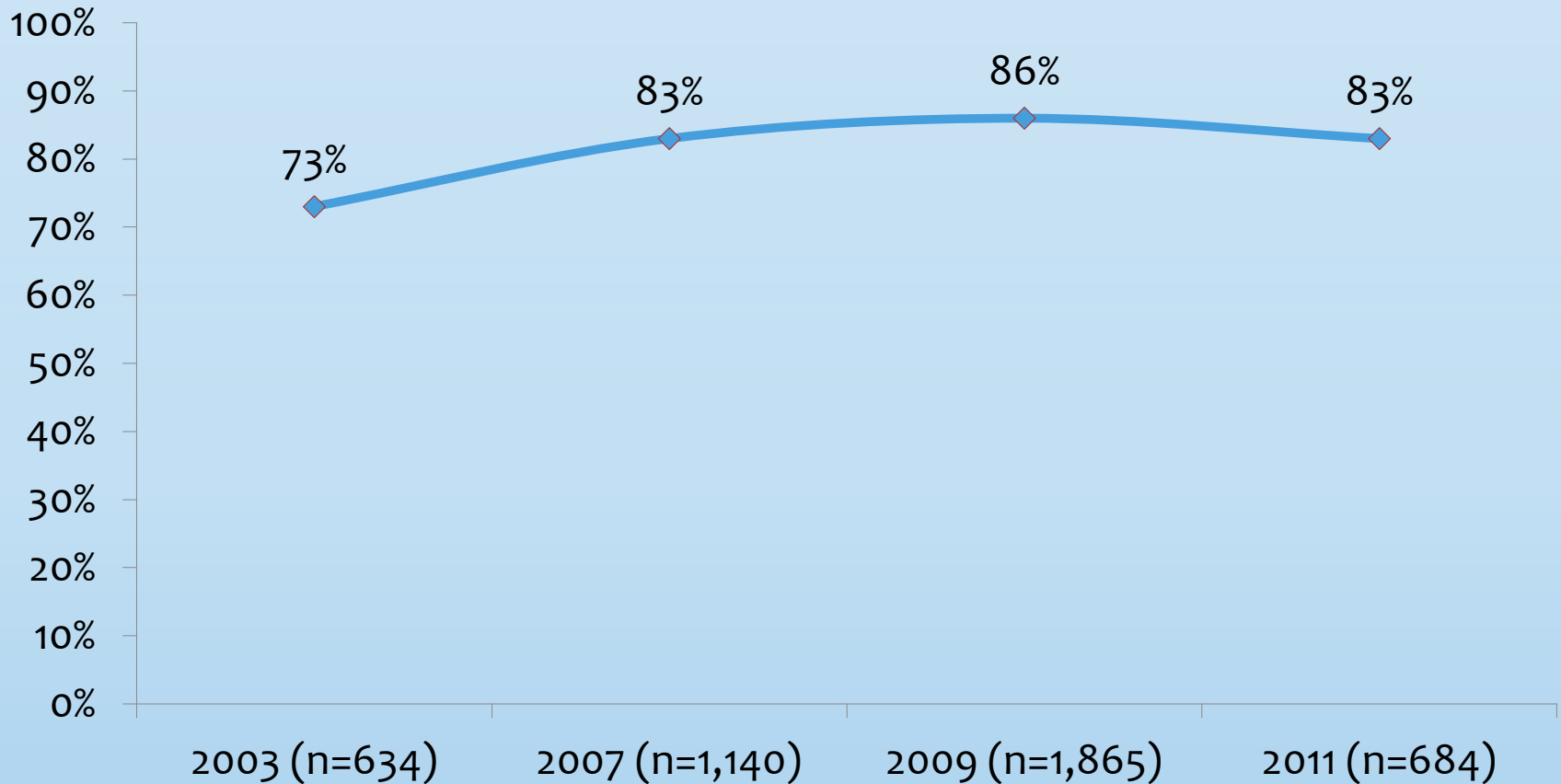
# Fruit Consumption (ES CHKS)

Percentage of students who reported eating fruit three or more times the day before the survey.



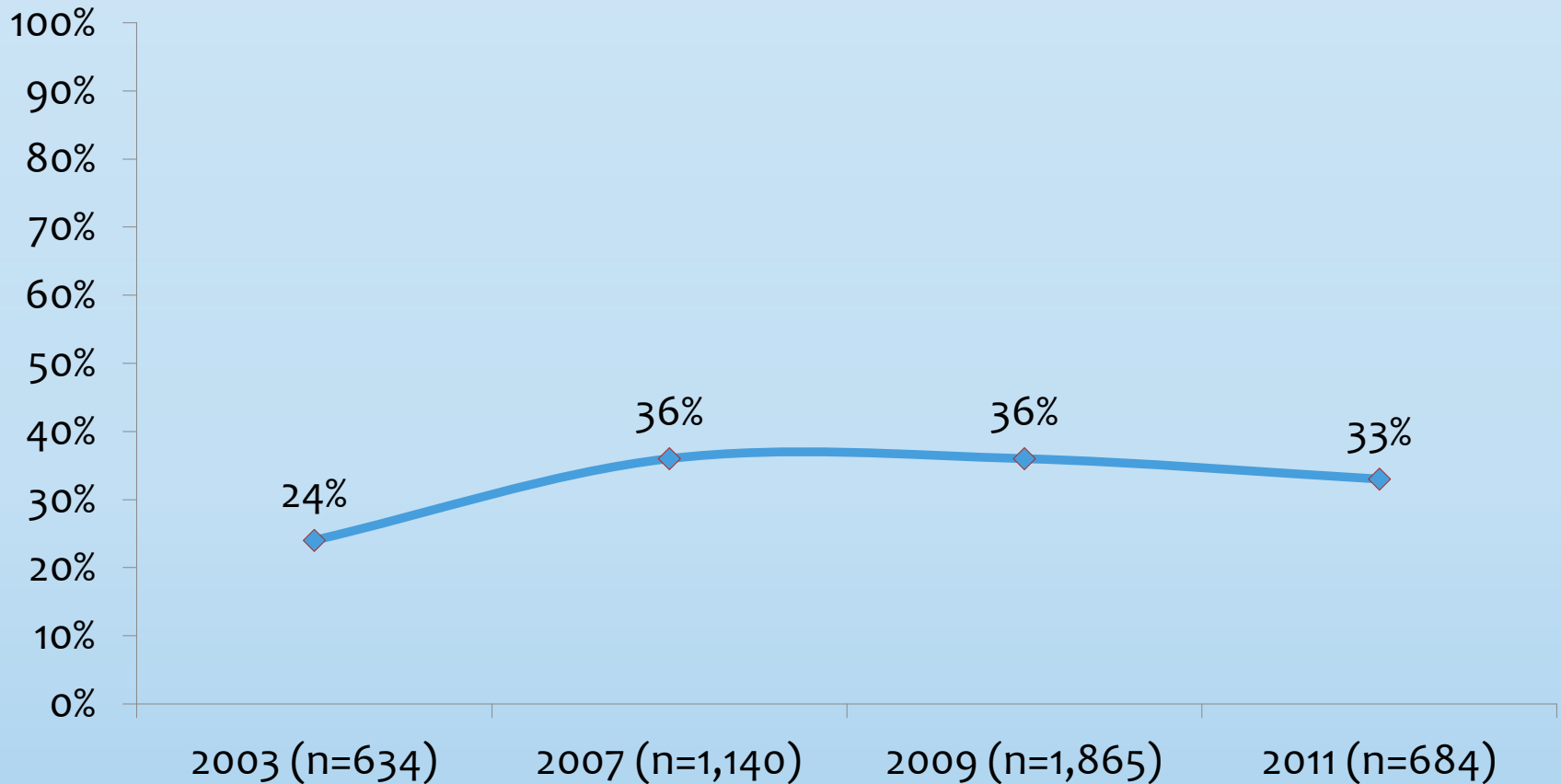
# Vegetable Consumption (ES CHKS)

Percentage of students who reported eating vegetables one or more times the day before the survey.



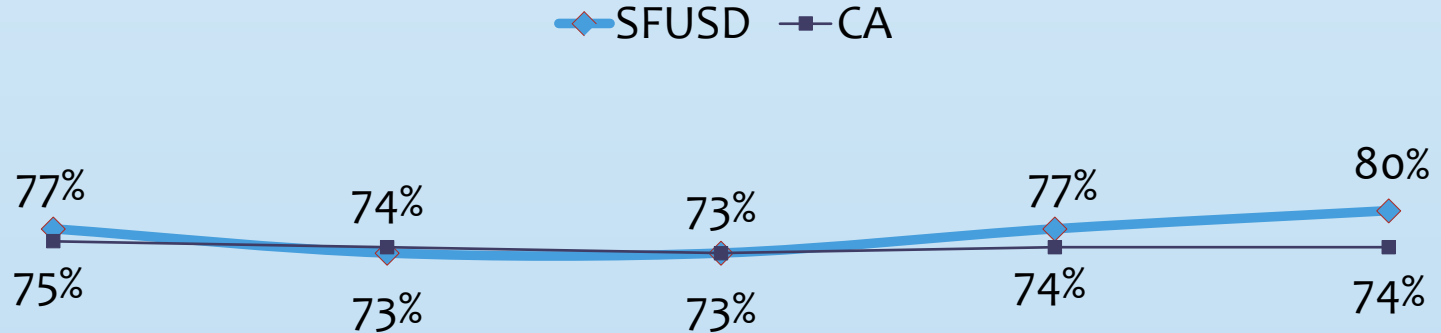
# Vegetable Consumption (ES CHKS)

Percentage of students who reported eating vegetables three or more times the day before the survey.



# Body Image (ES CHKS)

Percentage of students who think they are the right weight.



2003 (SFUSD  
N=634; CA  
N=203,679)

2005 (SFUSD  
N=858, CA  
N=221,930)

2007 (SFUSD  
N=1,140; CA  
N=198,948)

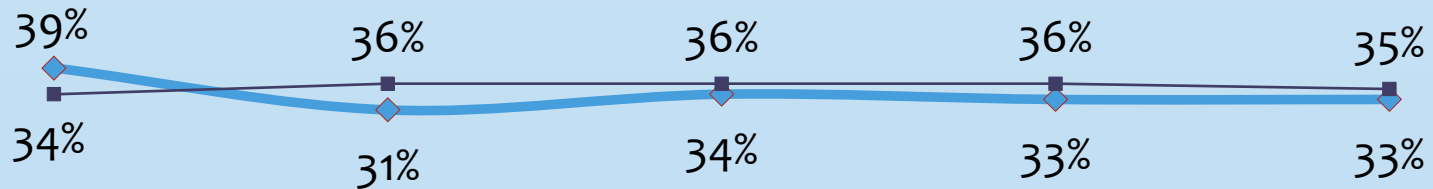
2009 (SFUSD  
N=1,865; CA  
N=199,973)

2011 (SFUSD  
N=684; CA  
N=202,917)

# Teased about Body (ES CHKS)

Percentage of students who report being teased about their body at school

◆ SFUSD ■ CA



2003 (SFUSD  
N=634; CA  
N=203,679)

2005 (SFUSD  
N=858, CA  
N=221,930)

2007 (SFUSD  
N=1,140; CA  
N=198,948)

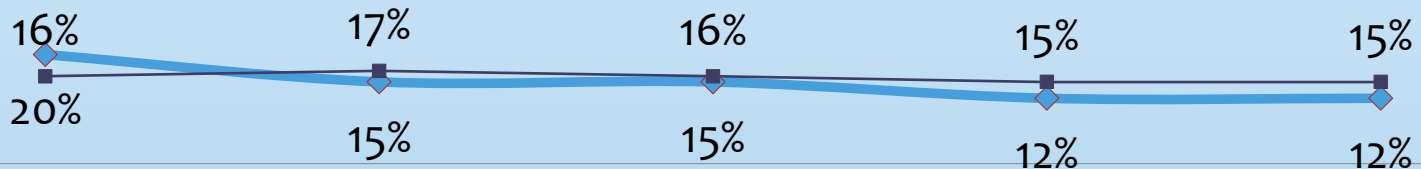
2009 (SFUSD  
N=1,865; CA  
N=199,973)

2011 (SFUSD  
N=684; CA  
N=202,917)

# Screen Time

Percentage of students who reported watching TV or played video games for 3 or more hours on the previous day.

◆ SFUSD ■ CA



2003 (SFUSD  
N=634; CA  
N=203,679)

2005 (SFUSD  
N=858, CA  
N=221,930)

2007 (SFUSD  
N=1,140; CA  
N=198,948)

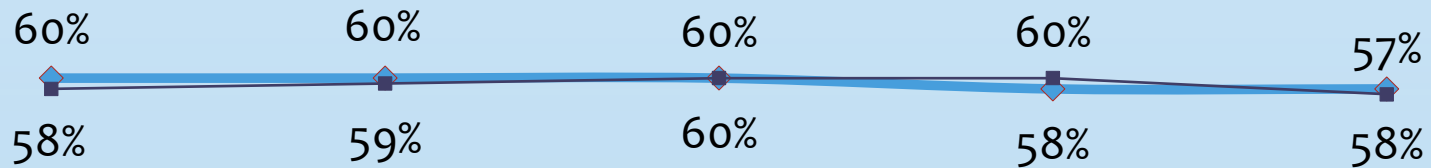
2009 (SFUSD  
N=1,865; CA  
N=199,973)

2011 (SFUSD  
N=684; CA  
N=202,917)

# Physical Exercise (ES CHKS)

Percentage of students who reported exercising five or more days a week.

◆ SFUSD ■ CA



2003 (SFUSD  
N=634; CA  
N=203,679)

2005 (SFUSD  
N=858, CA  
N=221,930)

2007 (SFUSD  
N=1,140; CA  
N=198,948)

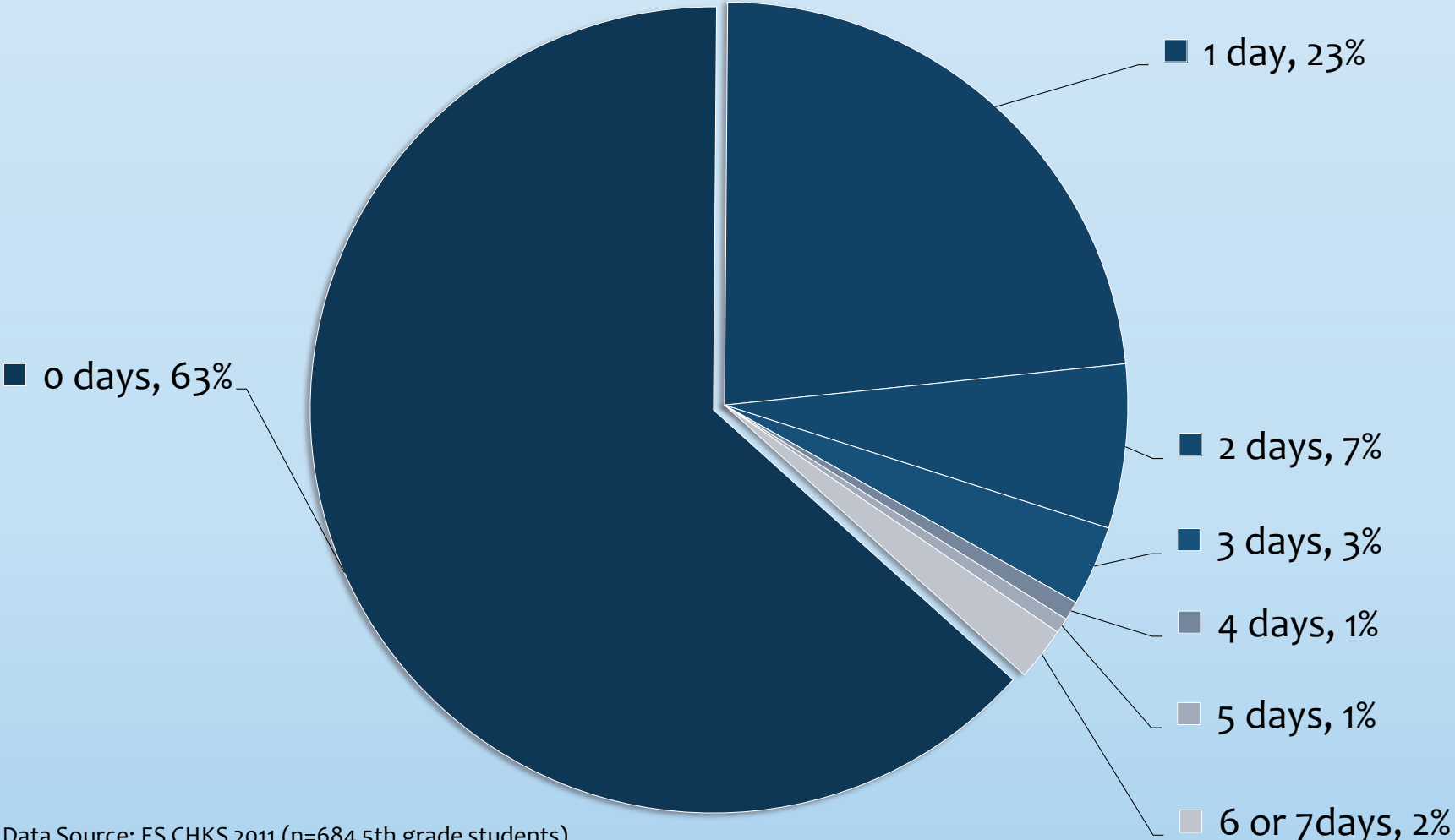
2009 (SFUSD  
N=1,865; CA  
N=199,973)

2011 (SFUSD  
N=684; CA  
N=202,917)

# New Indicators (2011)

Questions added to the CHKS in 2011 by  
SFUSD's Nutrition Education Project

# On how many of the past 7 days did you did you eat at a fast-food restaurant?



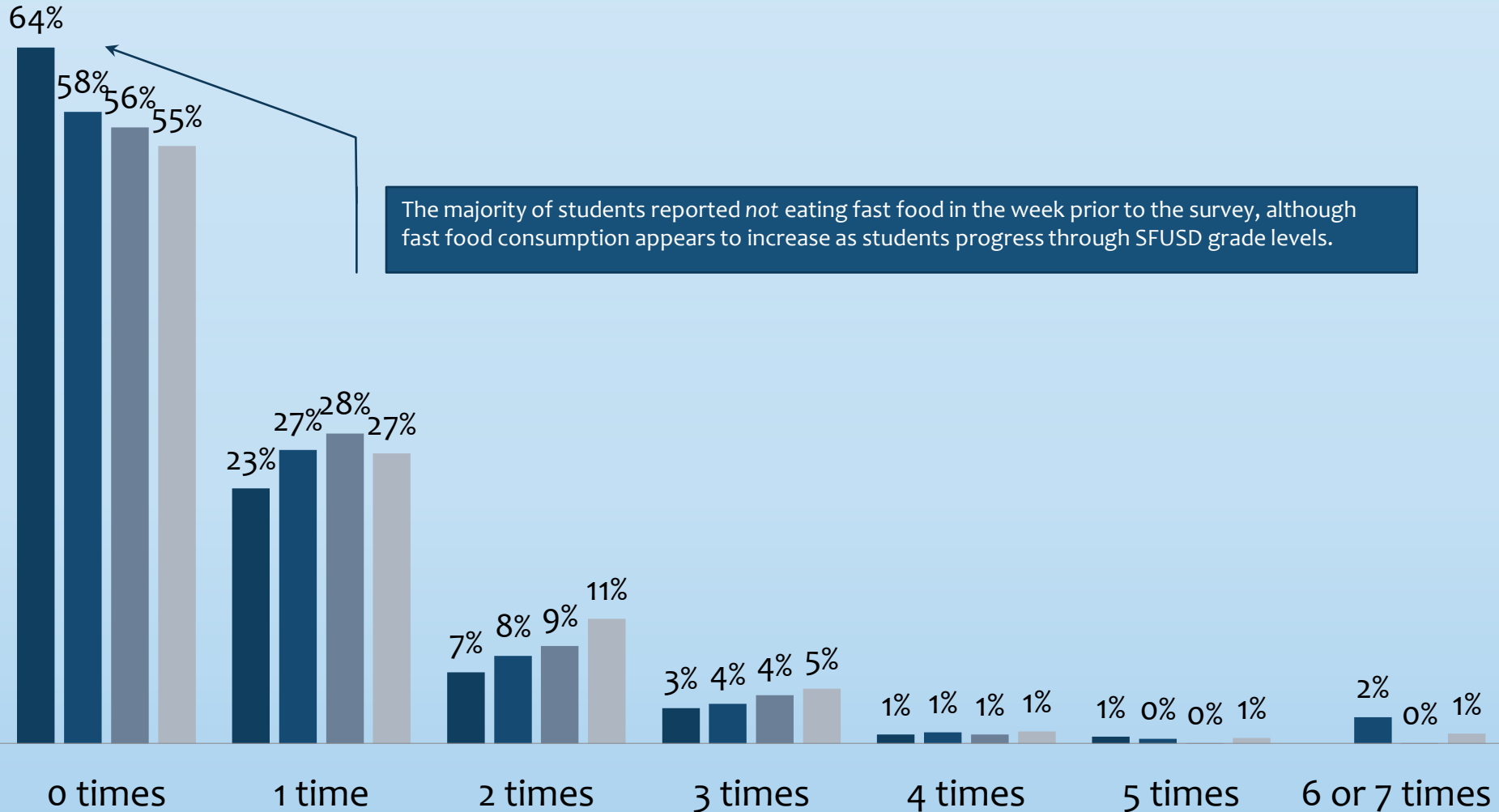
Data Source: ES CHKS 2011 (n=684 5th grade students)

# Fast Food Consumption Across the Grade Span

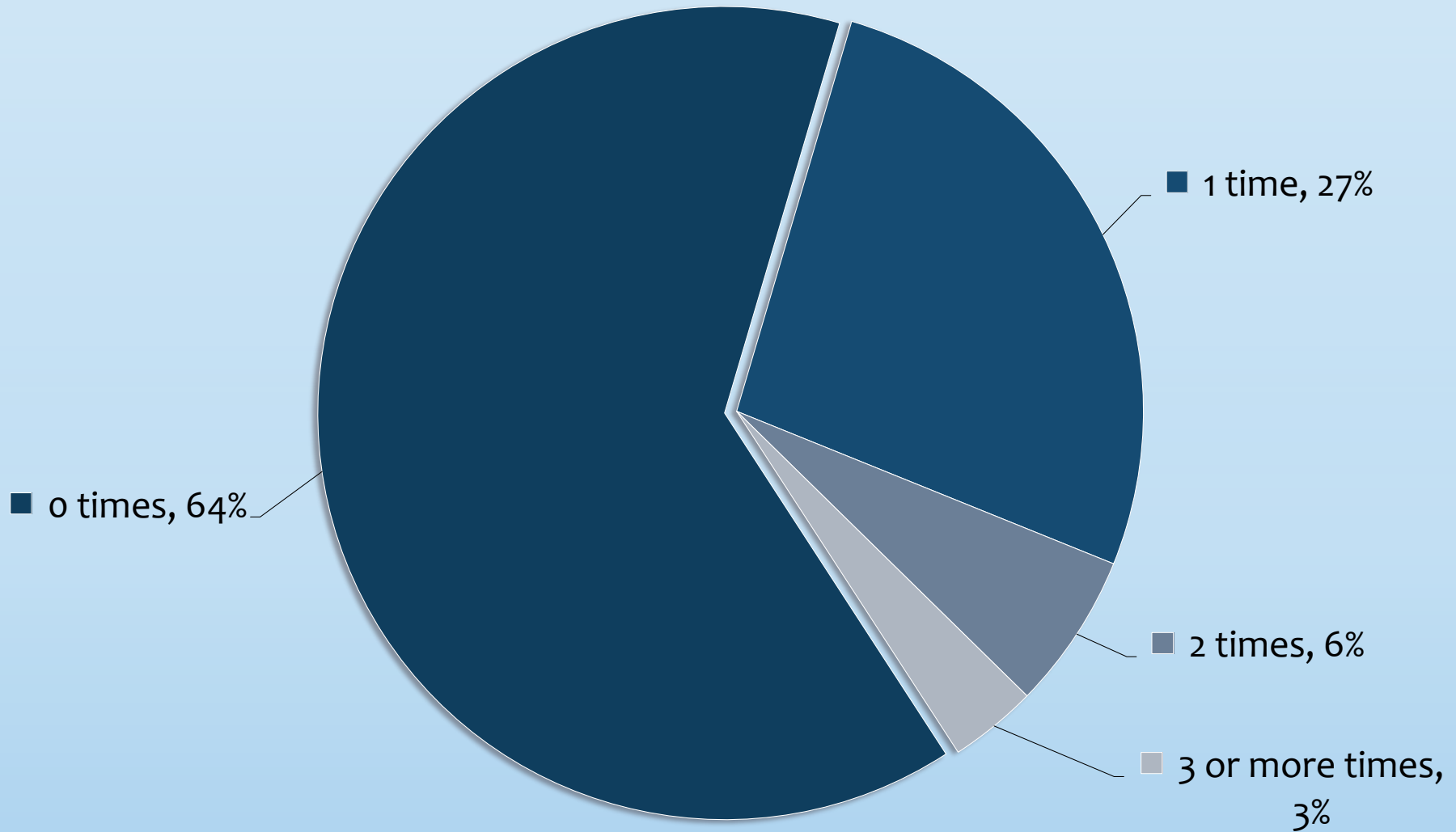
number of times students ate fast food in the week prior to the survey

## In the past 7 days, how many times have you eaten fast food?

■ 5th Grade ■ 7th Grade ■ 9th Grade ■ 11th Grade



# Yesterday, how many times did you drink a can, bottle, or glass of soda?

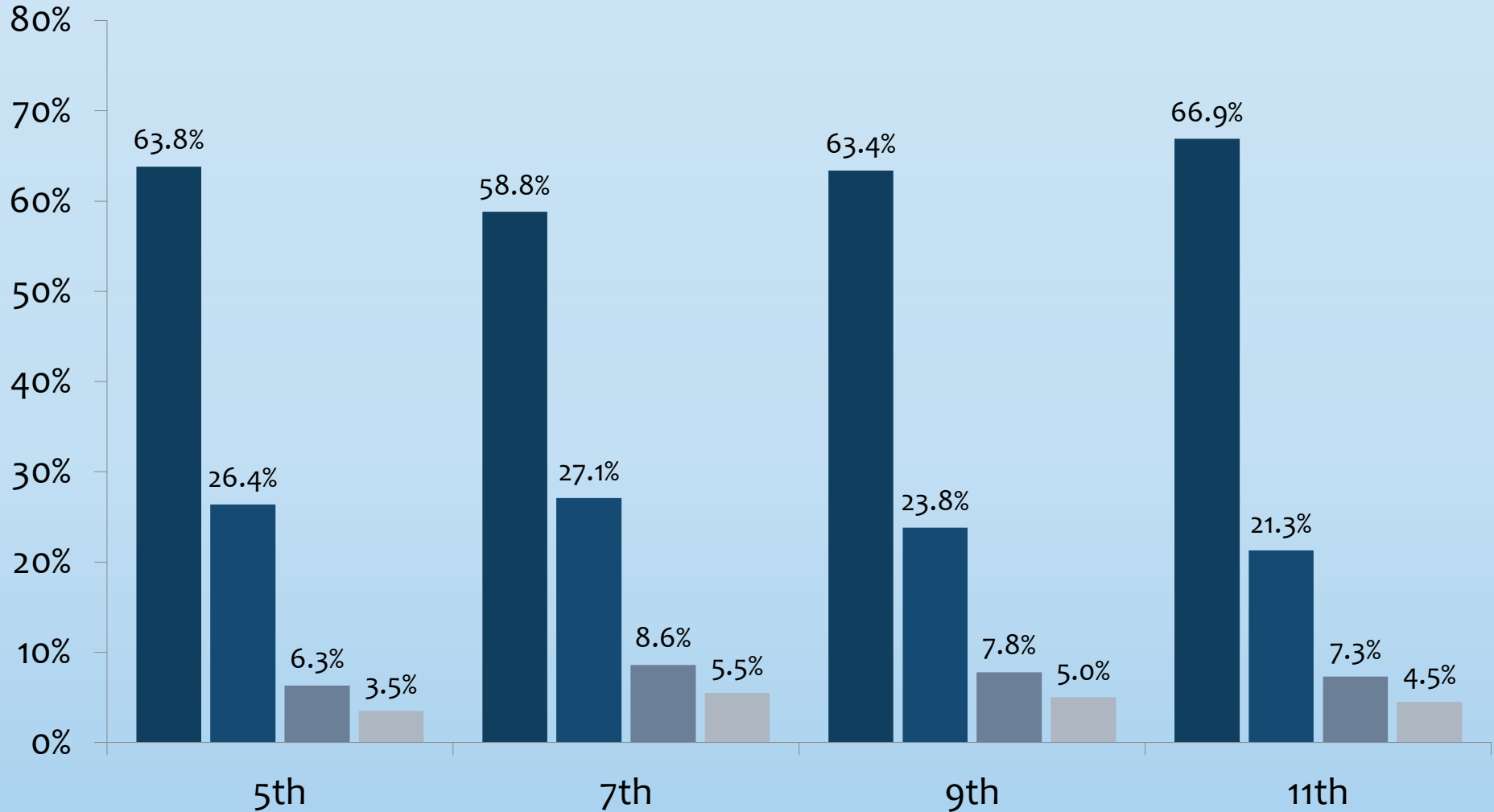


Data Source: ES CHKS 2011 (n=684 5th grade students)

# Soda Consumption Across the Grade Span

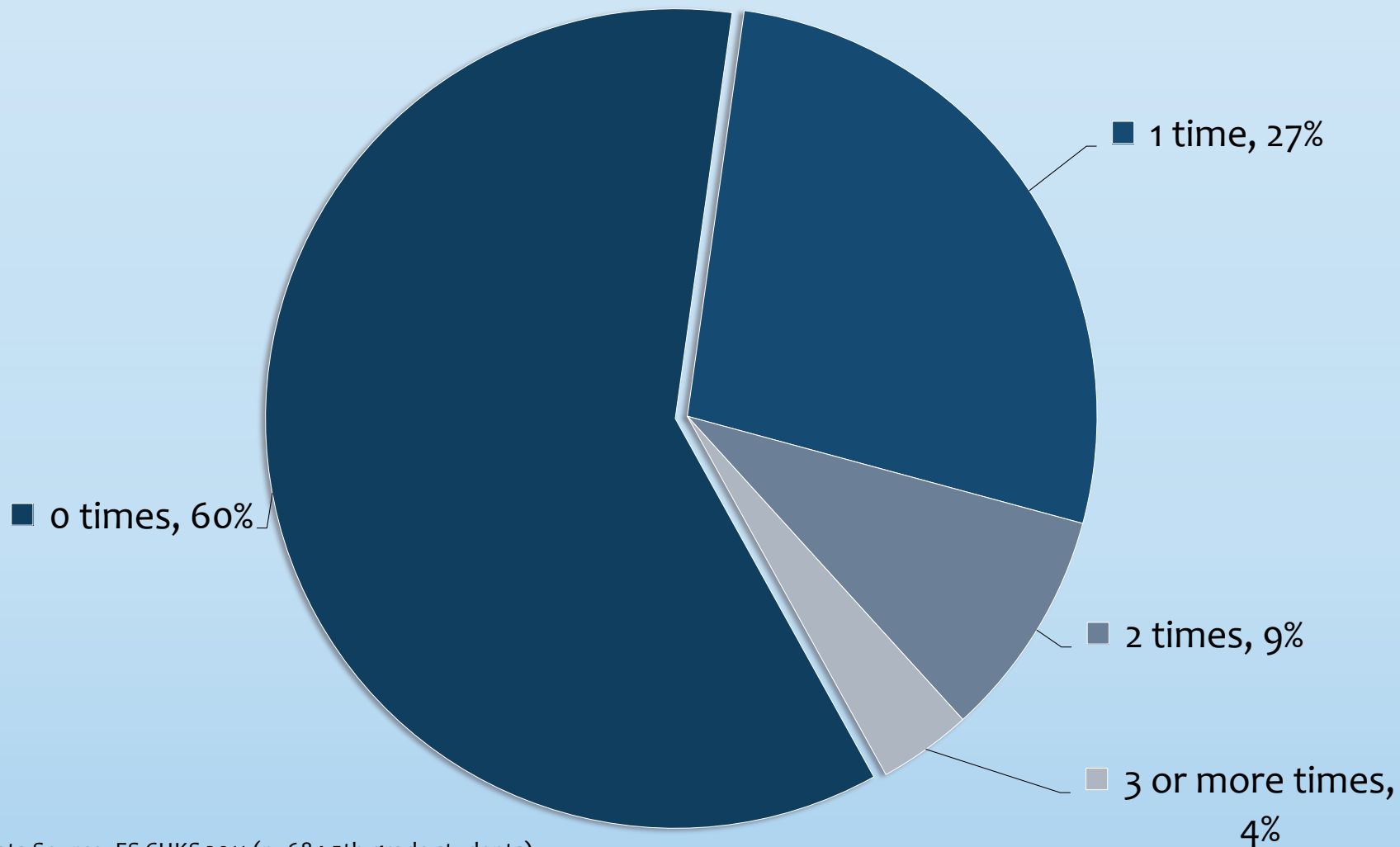
number of times students drank soda on the day prior to the survey

0 times 1 time 2 times 3 or more times



# Yesterday, how many times did you drink punch, Kool-Aid, sports drinks, or fruit-flavored drinks?

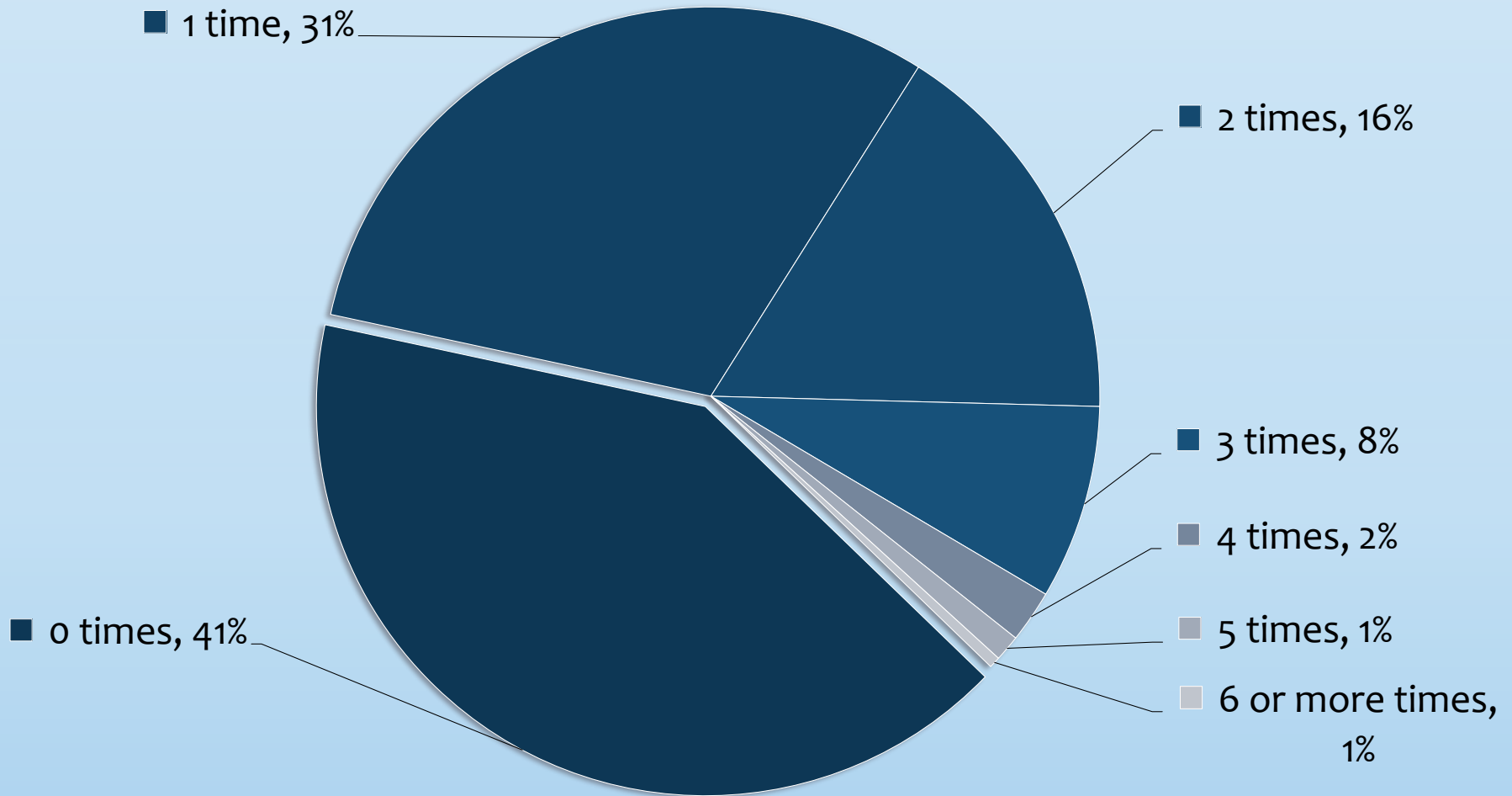
(Do not count 100% juice, like orange juice or apple juice)



Data Source: ES CHKS 2011 (n=684 5th grade students)

# Sugar-Sweetened Beverages Combined = Soda + Punch

number of times students drank soda and/or other sugar-sweetened beverages on the day prior to the survey



Data Source: ES CHKS 2011 (n=684 5th grade students)



# Nutrition Education Project

*Thank You*