



*2020 Vision*

# Active Lifestyle and Healthy Eating

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Data Report 2017

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### Introduction

Buffalo County Community Partners has developed a 2020 vision around five strategic directions:

1. **Active Lifestyle and Healthy Eating**
2. Eliminate Health Disparities
3. High Impact Prevention Services
4. Healthy Homes and Sustainable Communities
5. Injury Free Living

Each strategic direction has identified 2020 well-being indicators as well as measures and targets. The purpose of the data reports for each of the strategic directions is to provide baseline and indicator data directly related to each of the strategic directions to measure and review changes in the community data. Data sources are indicated within each of the tables and figures. The tables and figures may include, when available and appropriate, regional, and state data comparisons.

### 2020 Well Being Measures

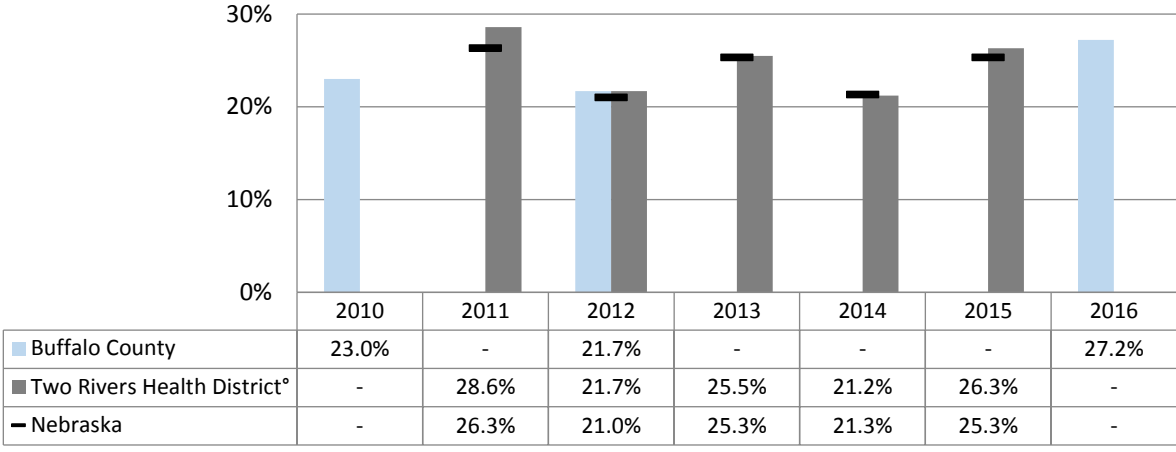
The 2020 well-being measures (and objectives) for “Active Lifestyle and Healthy Eating” are listed below. This data report includes these measures.

- Decrease the number of residents reporting NOT being active
- Decrease the number of youth that watch two or more hours of TV on an average school day
- Increase the number of adults who eat fruits and vegetables daily
- Increase the number of youth who eat fruit daily
- Decrease the number of adults with greater than a 25 BMI
- Decrease the number of youth at risk for becoming overweight or reporting overweight

# Indicator Data

Over one-in-four (27.2%) adults in Buffalo County reported having no leisure-time devoted to physical activity in the past 30 days in 2016. This is basically comparable to the Two Rivers Health District and the state (Figure 1).

**Figure 1. Percentage of Adults (18 and over) Who Report No Leisure-time Physical Activity in the Past 30 Days\***



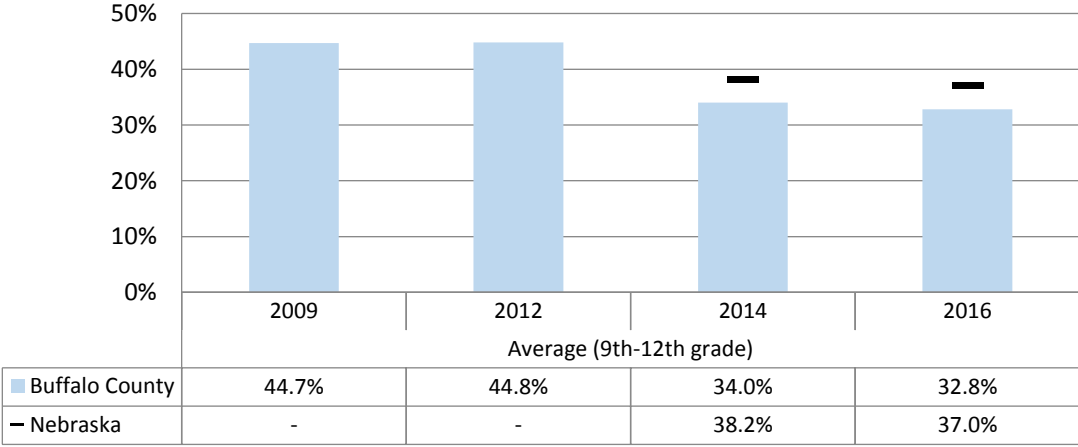
<sup>o</sup>Includes Buffalo, Dawson, Gosper, Phelps, Kearney, Harlan, and Franklin Counties.

\*The percent who report not participating in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise, other than at their regular job.

(Source: Behavioral Risk Factors Surveillance System)

The percentage of Buffalo County youth who report watching two or more hours of TV on an average school day declined from 44.8% in 2012 to 32.8% in 2016 (Figure 2).

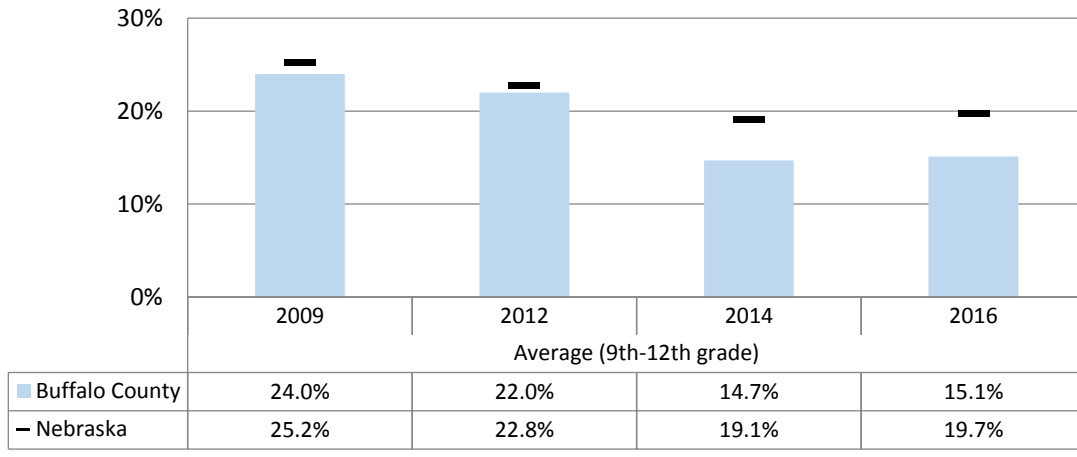
**Figure 2. Percentage of Youth Who Report Watching Two or More Hours of TV on an Average School Day**



(Source: Youth Risk Behavior Survey)

**Alternate measure to Figure 2.** In 2009 and 2012, just under one-in-four youth in Buffalo County reported watching three or more hours of TV on an average school day. This has decreased rather dramatically to 15.1% in 2016 (Figure 3).

**Figure 3. Percentage of Youth Who Report Watching Three or More Hours of TV on an Average School Day**



(Source: Youth Risk Behavior Survey)

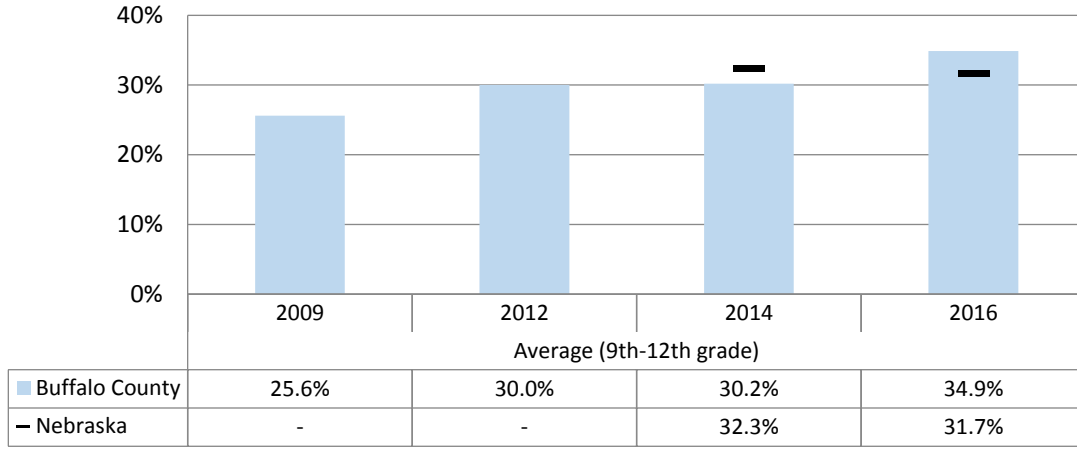
In 2012, 40.8% of adults in Buffalo County reported eating at least one serving of fruit and one serving of vegetables per day on average in the past 30 days (does not include fruit juice). This decreased slightly to 39.1% in 2016 (Figure 4).

<b>Figure 4</b>	<b>Consumption of Fruit and Vegetables</b>	
	<b>2012</b>	<b>2016</b>
<b>Percentage of Buffalo County Adults (ages 18 and over) who report eating one serving of fruit and one serving of vegetables every day in the past 30 days</b>	40.8%	39.1%

(Source: Behavioral Risk Factors Surveillance System)

In 2016, 34.9% of Buffalo County youth reported eating fruit every day in the past 30 days. This represented a moderate increase from previous years (Figure 5).

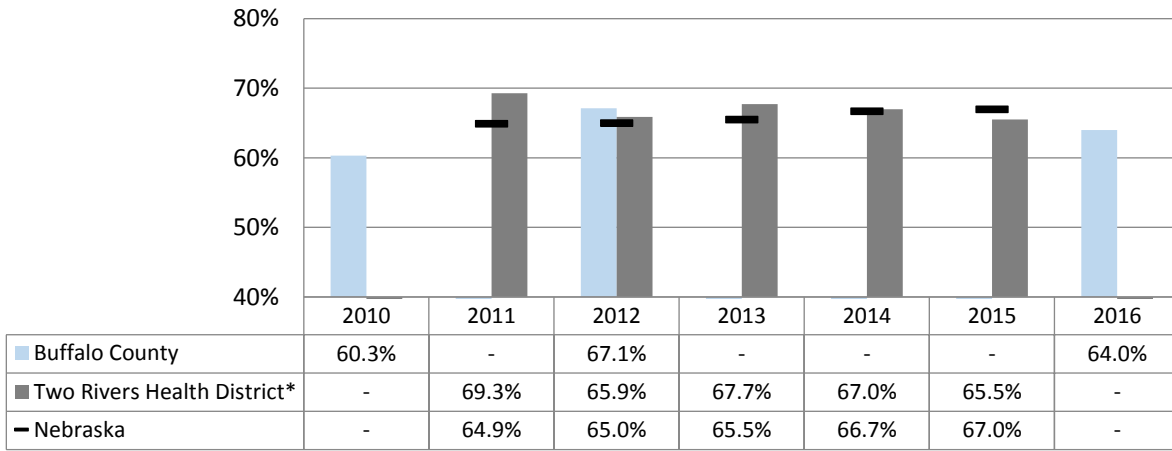
**Figure 5. Percentage of Youth Who Ate Fruit Everyday in the Past 7 Days**



(Source: Youth Risk Behavior Survey)

In Buffalo County in 2012, 67.1% of adults reported a height and weight that identified them as overweight or obese. This rate decreased slightly to 64.0% in 2016, and is slightly lower than the Two Rivers Health District and the state (Figure 6).

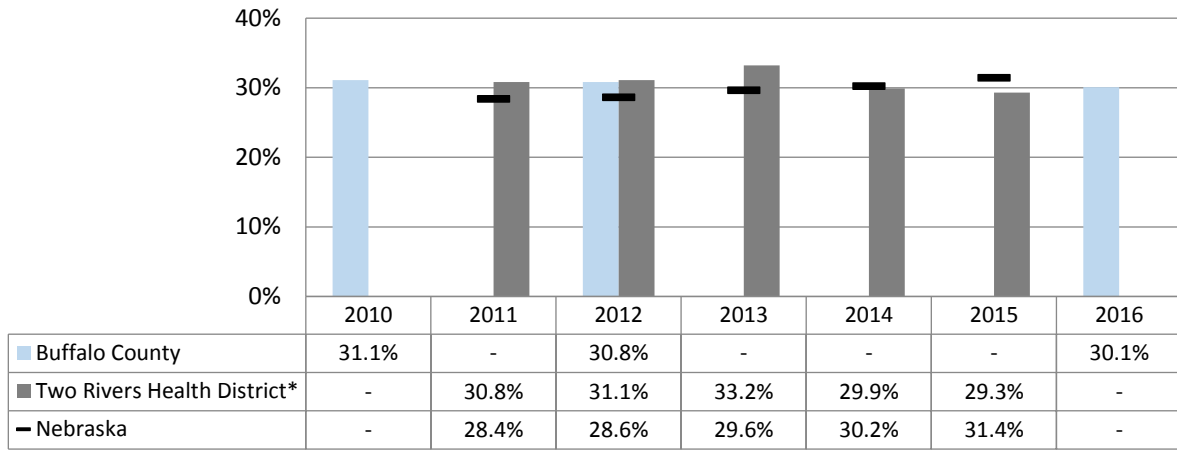
**Figure 6. Percentage of Adults (18 and over) Who Are Overweight or Obese (BMI 25.0 or Higher)**



(Source: Behavioral Risk Factors Surveillance System)

From 2010 to 2016 obesity rates in Buffalo County have remained fairly stable. In 2016, 30.1% of Buffalo County adults reported a height and weight that identified them as obese, a rate that comparable to the Two Rivers Health District and the state (Figure 7).

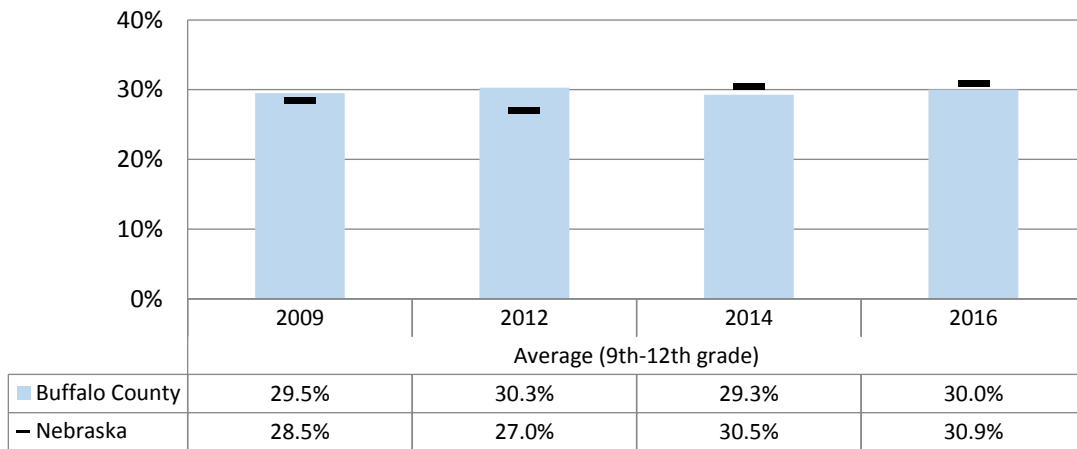
**Figure 7. Percentage of Adults (18 and over) Who Are Obese (BMI 30.0 or Higher)**



(Source: Behavioral Risk Factors Surveillance System)

From 2009 to 2016 approximately 30% of Buffalo County youth have described themselves as slightly or very overweight (Figure 8).

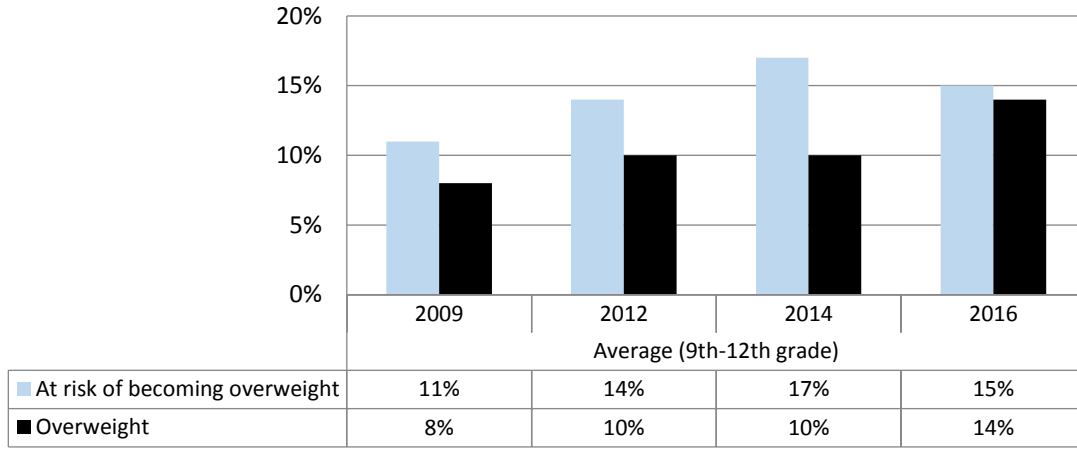
**Figure 8. Percentage of Youth Who Describe Themselves as Slightly or Very Overweight**



(Source: Youth Risk Behavior Survey)

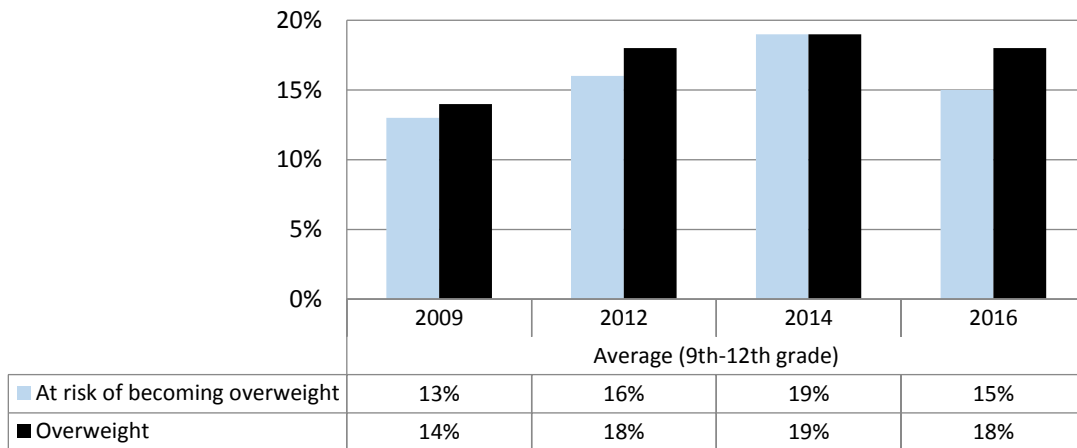
In 2016, 15% of Buffalo County high school girls and 15% of boys were identified as being at risk of becoming overweight. These rates marked a notable decrease from 2014 for both boys and girls. (Figures 9 and 10).

**Figure 9. Buffalo County High School Girls At Risk of Becoming Overweight and Overweight**



(Source: Youth Risk Behavior Survey)

**Figure 10. Buffalo County High School Boys At Risk of Becoming Overweight and Overweight**

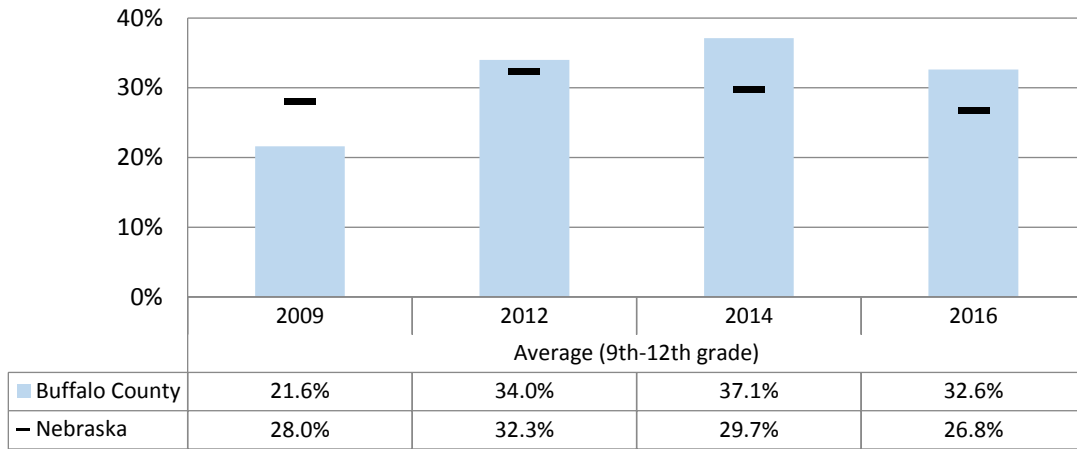


(Source: Youth Risk Behavior Survey)

## Additional Data on Physical Activity

The percentage of youth reporting that they were physically active for at least 60 minutes per day every day during the past 7 days has risen considerably from 2009 (reported by 21.6%) to 2016 (reported by 32.6%) (Figure 11).

**Figure 11. Percentage of Youth You Were Physically Active for at Least 60 Minutes per Day Every Day During the Past 7 Days**



(Source: Youth Risk Behavior Survey)

Nearly three-fifths (57.7%) of Buffalo County adults ages 18 and over reported using local trails for walking, hiking, or biking at least a monthly basis or more in 2016 (Figure 12).

Figure 12	In good weather, how frequently do you use a local paved or dirt trail for walking, hiking, or biking? (Buffalo County adults 18 and over)				
	Daily	At least weekly	At least monthly	Less than monthly	Never
<b>2012</b>	12.9%	32.7%	13.7%	11.6%	29.1%
<b>2016</b>	10.8%	34.6%	12.3%	7.1%	35.3%

(Source: Behavioral Risk Factors Surveillance System)



### Safe Routes to School Survey Results

Following are highlights from the Safe Routes to School Survey, which was conducted in Buffalo County Schools in the Spring of 2014 and 2015. The survey is administered to parents and addresses various issues around walking or biking to school.

Three schools participated in both 2014 and 2015 (Kenwood Elementary, Northeast Elementary, and Pleasanton Public Schools). Due to the varying levels of participation across the two years, the survey data were weighted using the 2013-2014 school enrollment as the standard. This weighting allows for an equal comparison across the two years of the survey, and it also adjusts the sample within each year of the survey to be representative of the student populations at each of the three schools. Figure 13 displays the number of respondents both actual and after the weights are applied.

Figure 13	Sample Size and Weighting of Data					
		2014		2015		
	2013-2014 School Enrollment	Actual Number of Respondents	Weighted Number of Respondents	Actual Number of Respondents	Weighted Number of Respondents	
	Kenwood Elementary	408	141	114	148	75
	Northeast Elementary	406	120	114	37	75
	Pleasanton Public Schools	253	38	71	11	47

(Source: Safe Routes to school Survey)

In both years of the survey, the majority of the students lived less than ¼ mile from school. Note that there was a difference between 2014 and 2015 in terms of the distance between home and school among the youth (Figure 14).

Figure 14	Distance between Home and School				
	Less than ¼ mile	¼ mile to ½ mile	½ mile to 1 mile	1 to 2 miles	More than 2 miles
2014	32.0%	27.1%	15.1%	7.2%	18.6%
2015	47.2%	19.7%	10.4%	4.7%	18.1%

(Source: Safe Routes to school Survey)

In both survey administrations, approximately 15%-17% of respondents reported that their child walks or bikes to school upon arrival and approximately 25% reported that their child walks or bikes from school upon departure. There was little change across both years of the survey (Figure 15).

Figure 15	Percentage of Buffalo County Children Typically Walking and Biking to and from School by Distance Child Lives from School			
	<u>Arrival</u>			
2014		2015		
	Walk	Bike	Walk	Bike
Less than ¼ mile	22.8%	6.5%	21.7%	4.3%
¼ mile to ½ mile	11.4%	6.3%	5.1%	7.7%
½ mile to 1 mile	15.6%	0.0%	4.8%	0.0%
1 to 2 miles	0.0%	0.0%	0.0%	0.0%
More than 2 miles	0.0%	0.0%	0.0%	0.0%
<b>Total</b>	<b>12.8%</b>	<b>3.8%</b>	<b>11.6%</b>	<b>3.5%</b>
<u>Departure</u>				
2014		2015		
	Walk	Bike	Walk	Bike
Less than ¼ mile	41.9%	5.4%	33.0%	3.3%
¼ mile to ½ mile	18.8%	6.3%	25.6%	7.7%
½ mile to 1 mile	20.5%	0.0%	10.0%	0.0%
1 to 2 miles	0.0%	0.0%	0.0%	0.0%
More than 2 miles	1.9%	0.0%	0.0%	0.0%
<b>Total</b>	<b>21.9%</b>	<b>3.4%</b>	<b>21.5%</b>	<b>3.1%</b>

(Source: Safe Routes to school Survey)

In both survey administrations, roughly two-thirds of respondents reported that their children have asked permission from the school to walk or bike to/from school (Figure 16).

Figure 16	Percentage of Buffalo County Children Who Have Asked Permission to Walk or Bike to/from School by Distance they Live from School					
	Less than ¼ mile	¼ mile to ½ mile	½ mile to 1 mile	1 to 2 miles	More than 2 miles	Total
<b>2014</b>	84.8%	84.6%	68.2%	52.4%	15.1%	<b>67.0%</b>
<b>2015</b>	75.4%	83.6%	68.8%	50.0%	14.6%	<b>63.7%</b>

(Source: Safe Routes to school Survey)

Issues surround traffic and safety appear to dominate the concerns of parents with respect to their child walking or biking to/from school. In both survey administrations, the top issues reported by parents that affect the decision to allow a child to walk or bike to/from school were amount of traffic along route, speed of traffic along route, distance, safety of intersections and crossings, and weather or climate (Figure 17).

Figure 17	Issues Reported to Affect the Decision to Allow a Child to Walk or Bike to/from School	
	2014	2015
Amount of traffic along route	43.5%	48.5%
Speed of traffic along route	43.1%	43.9%
Distance	38.1%	43.4%
Safety of Intersections and crossings	40.1%	38.8%
Weather or climate	42.8%	37.8%
Sidewalks or pathways	23.7%	19.9%
Adults to bike/walk with	14.7%	18.9%
Time	13.4%	16.3%
Convenience of driving	11.4%	16.3%
Crossing guards	14.4%	15.3%
Violence or crime	12.0%	15.3%
Child's participation in after school programs	9.0%	8.7%

(Source: Safe Routes to school Survey)

The most drastic change in the Safe Routes to School Survey from 2014 to 2015 was the percentage of parents reporting that their child's school encourages or strongly encourages walking and biking to/from school, with an increase from 46.2% in 2014 to 70.0% in 2015 (Figure 18).

Figure 18	Parents' Opinions* about Walking and Biking to/from School	
	2014	2015
School "encourages" or "strongly encourages" walking and biking to/from school	46.2%	70.0%
Walking and biking to/from school is "fun" or "very fun" for their child	68.8%	71.4%
Walking and biking to/from school is "healthy" or "very healthy" for their child	94.7%	96.9%

\*All survey items were on a 5 point scale.

(Source: Safe Routes to school Survey)

## BCCP Program Outreach

Figure 19	<b>BCCP Program Outreach: Active Lifestyle and Healthy Eating (2015)</b>	
Number of parents reached with educational materials	750	
Number of pedestrian signs given to each school	Kenwood-3 Windy Hills- 3 Northeast-3 (And PTO bought 3 more)	
Number of students participating in Walk and Bike to School Days	(% of student enrollment) Kenwood-55% Windy Hills-70% Northeast-75% Park-45%	
Number of students participating in additional events and projects hosted at schools	Approximately 1/3 of students	