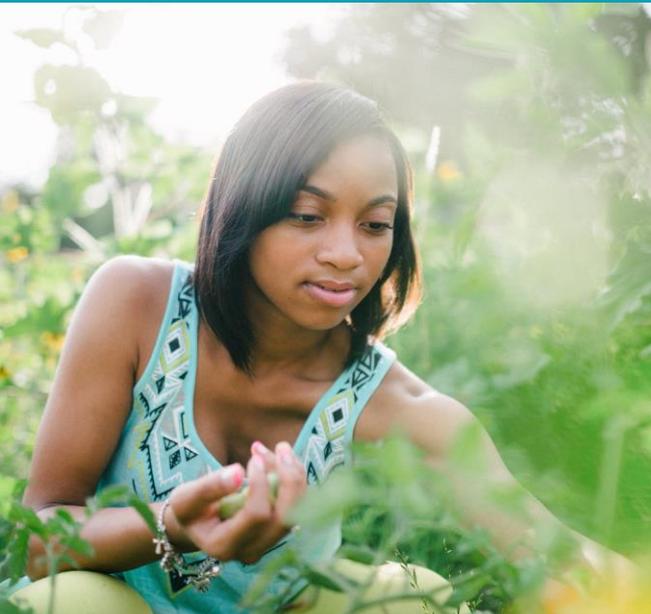
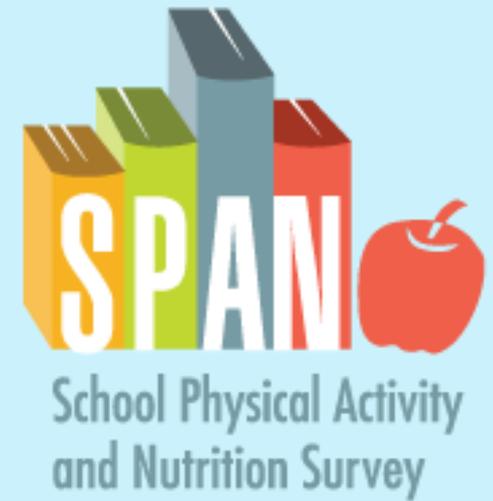
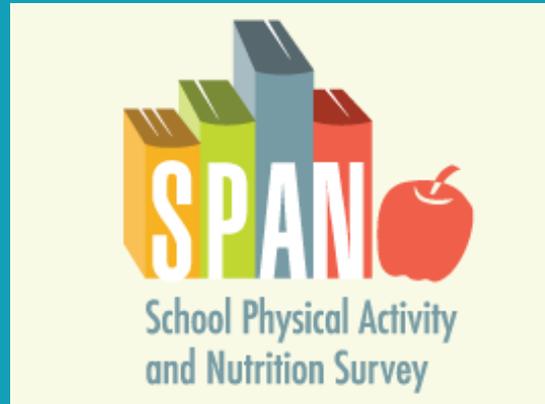


HEALTHY CHILDREN IN A HEALTHY WORLD

Michael & Susan Dell
Center for Healthy Living



**School Physical Activity & Nutrition (SPAN)
2015-2016 Project
District Report
FORT STOCKTON ISD**



**University of Texas Health Science Center Houston
School of Public Health in Austin
Michael & Susan Dell Center for Healthy Living**



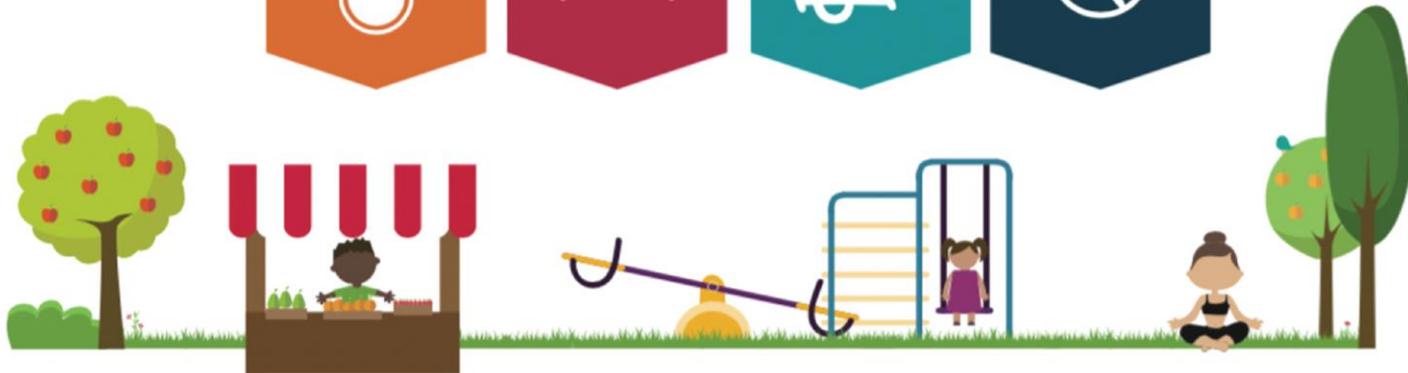
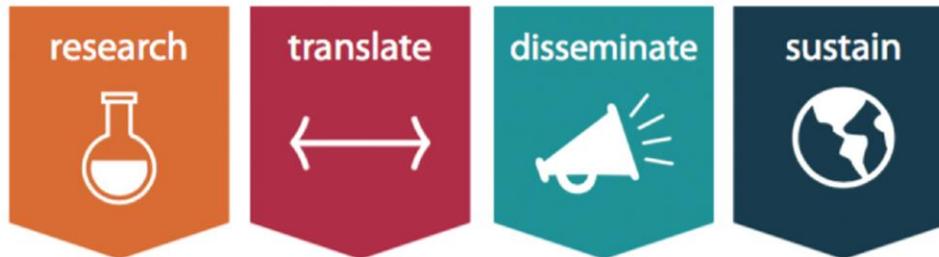
MICHAEL & SUSAN DELL CENTER *for* HEALTHY LIVING

Healthy children in a healthy world.

We advance health and healthy living for children and families through cutting-edge research, innovative community-based programs, and dissemination of evidence-based practices.

This chart illustrates how our individual efforts contribute to the Center's broader strategic goals and overall mission and vision.

STRATEGIC PLAN GOALS



What is SPAN?

- ❑ School Physical Activity and Nutrition Project
- ❑ SPAN is a surveillance system that monitors the prevalence of and secular trends in overweight and obesity in school children in Texas.
- ❑ SPAN identifies factors in Texas students that may be associated with obesity.
- ❑ Information from SPAN will assist in the development of targeted programs and policies to address overweight and obesity among Texas youth.
- ❑ SPAN 2015-2016 is the fourth time the statewide project has been conducted.

Who Conducted SPAN?

- ❑ The SPAN Project was conducted by researchers at the Michael and Susan Dell Center for Healthy Living, University of Texas School of Public Health, Austin Regional Campus.
- ❑ Funding for SPAN was provided by the Texas Department of State Health Services. The Center for Healthy Living is funded by the Michael & Susan Dell Foundation.

Information Collected During SPAN

- A questionnaire including nutrition and physical activity behaviors, knowledge, attitudes, and practices
- Height and weight measurements taken by trained SPAN staff

Information in this Report

- ❑ Snapshot of the 2nd, 4th, 8th, and 11th grade population in the state of Texas during the 2015-2016 academic school year
- ❑ Summary of self-reported nutrition and physical activity data, other health related outcomes, and measured BMI data for students in 4th, 8th, and 11th grade
- ❑ Summary of parent-reported nutrition and physical activity data, other health related outcomes, and measured BMI data for students in 2nd grade

Please keep in mind

- The data presented in this report was collected from small groups of students from selected grades and selected schools.
- Therefore, the results of this report cannot be considered representative of the district.*
- Percentages shown in some of the exhibits might not add to exactly 100 percent due to rounding.
- Your district's results are presented for 2015-2016.

For What Purposes Can This Report Be Used?

- Results may be used as pilot data when applying for funding to improve the health status of students in the district.
- In addition, participating schools may be interested in examining the results, as long as it is understood that *these results cannot be generalized to any one school population.*

Statewide Participation

- Health Service Regions: 1-9/10, 2/3, 4/5N, 6/5S, 7, 8/11
- Number of Districts Surveyed: 70
- Number of Schools Surveyed: 362

	Students / Parents Participating	2015–2016 Population Representation
2nd Grade Parents	2,317	320,800
4th Grade	6,180	315,228
8th Grade	5,421	347,620
11th Grade	3,635	311,668
Total	17,553	1,295,316

ISD Participation

Schools Participating:

Elementary School(s): _____

Middle School(s): FORT STOCKTON _____

High School(s): FORT STOCKTON _____

Participation by Grade Level:

2nd Grade: 0

4th Grade: 0

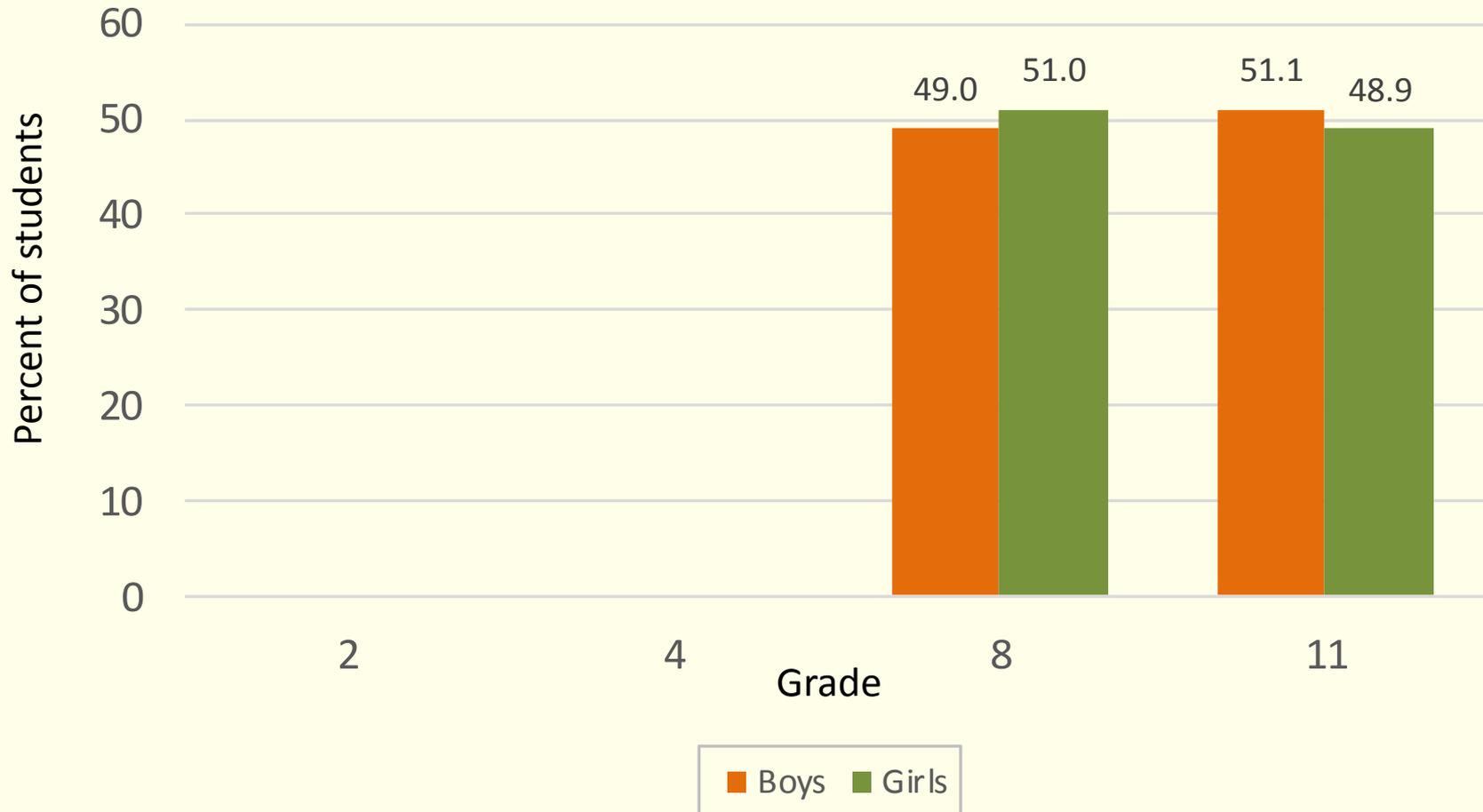
8th Grade: 49

11th Grade: 47

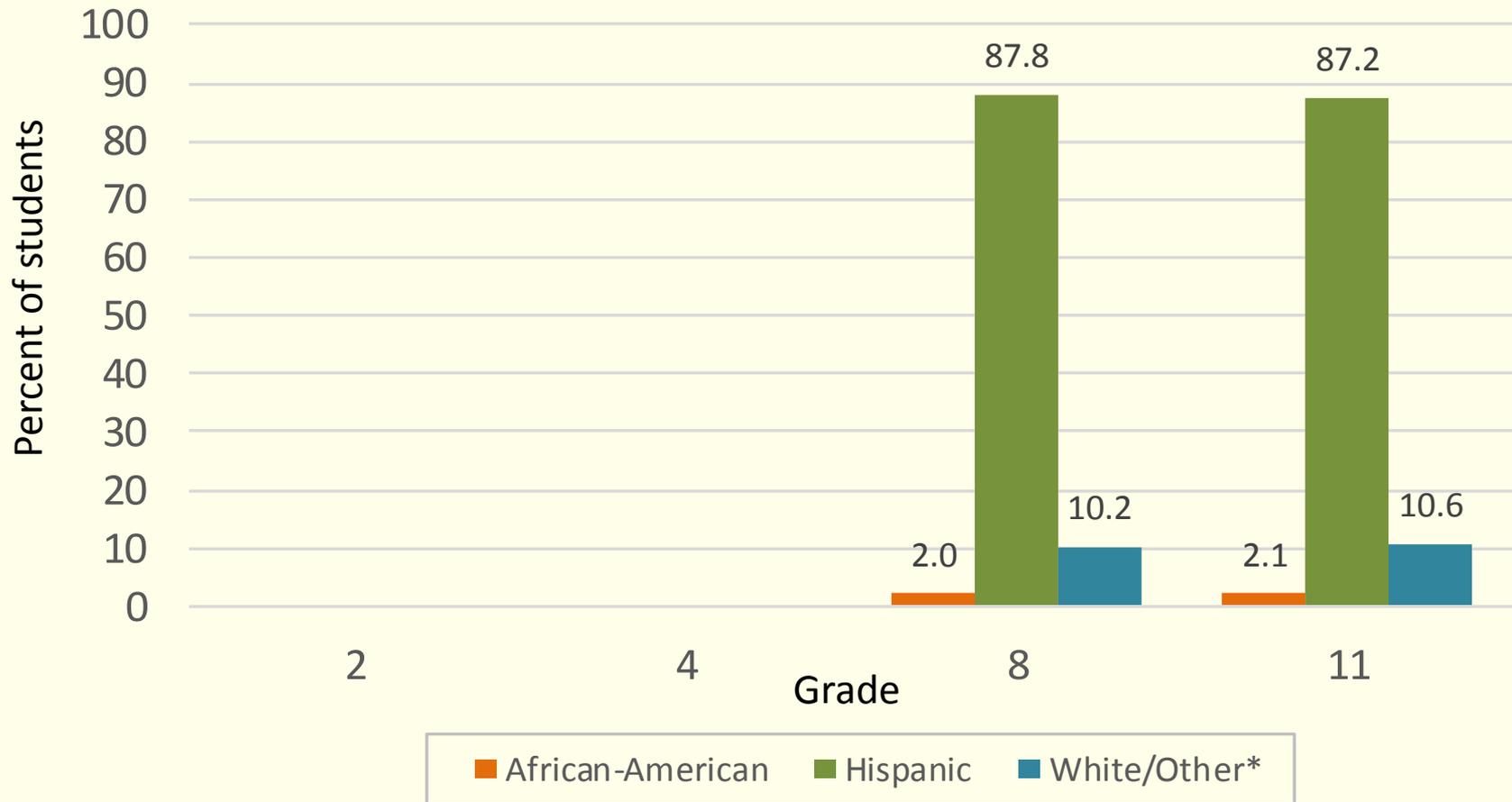
Total: 96

There will be no data on graphs for grades that did not participate.

Gender Distribution



Ethnic Distribution



*White/Other includes multi-racial students.

Weight Status in Children

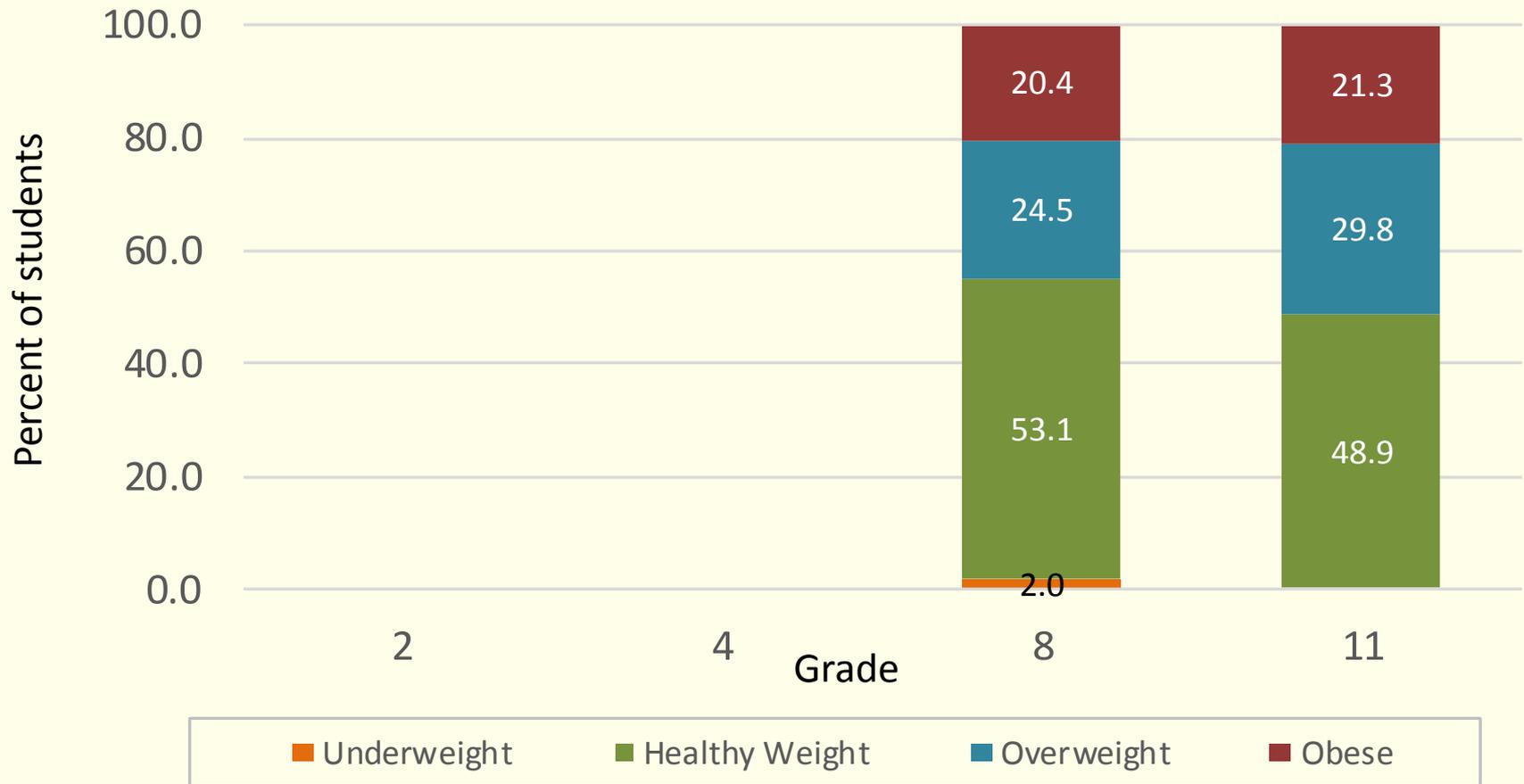
- ❑ Weight status categories for children 2-19 are defined using BMI (kg/m²) percentile cutpoints on the CDC growth charts
 - ❑ Underweight: < 5th percentile BMI
 - ❑ Healthy weight: 5th to < 85th percentile BMI
 - ❑ Overweight: 85th to < 95th percentile BMI
 - ❑ Obesity: ≥ 95th percentile BMI

- ❑ The “severe” obesity category has been recently developed to accommodate the inadequacy of percentile BMI in capturing risk at very high ranges
 - ❑ Severe obesity: ≥ 120% of 95th percentile BMI

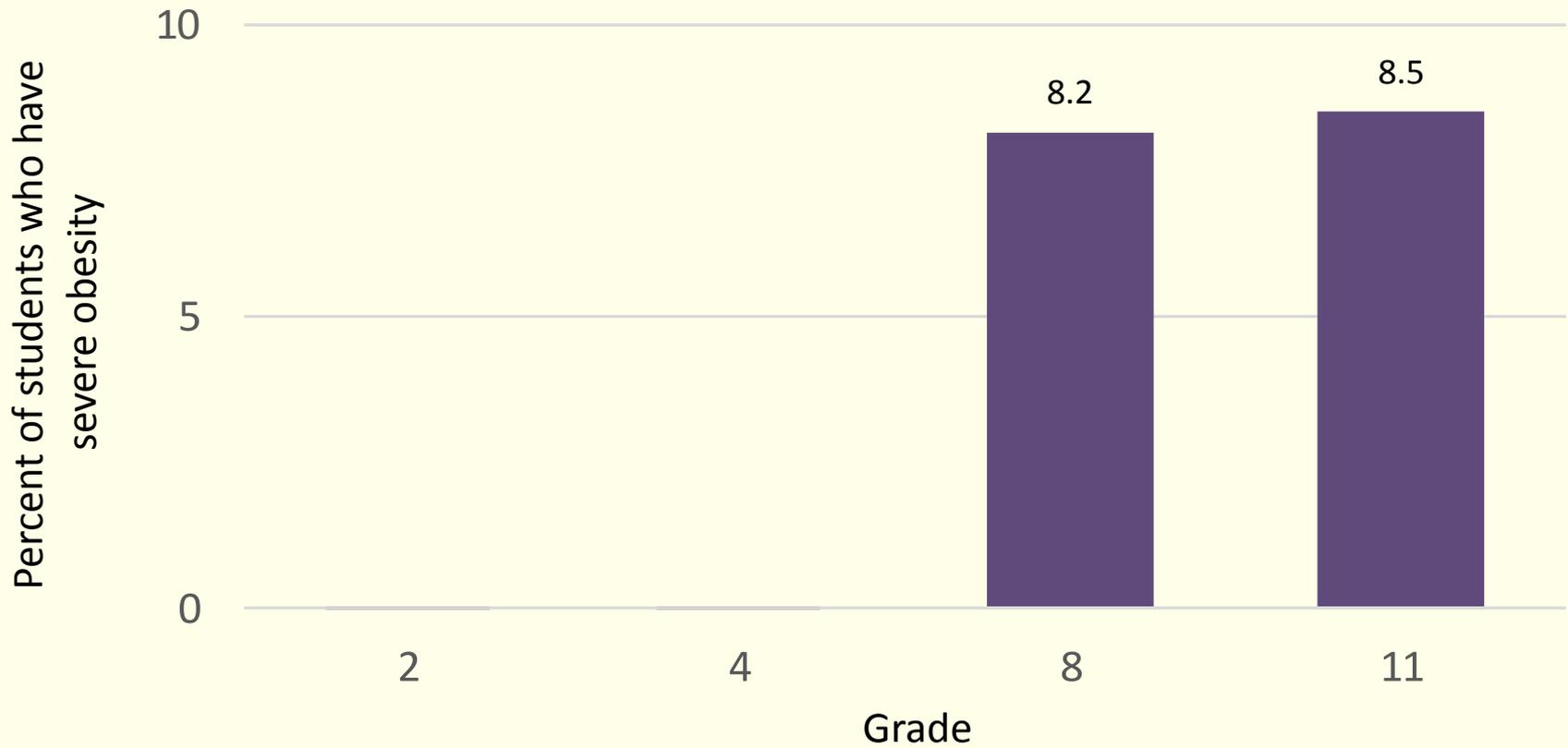
Obesity Reduction Goals

- ❑ Nutrition and Weight Status Objective-10 of the Healthy People 2020 Goals is to Reduce the proportion of children and adolescents who are considered obese by 10%.
- ❑ Thus, obesity in children ages 6-11 needs to be reduced from 17.4% to 15.7%, and obesity among adolescents age 12-19 has to be reduced from 17.9% to 16.1%.

Weight Status



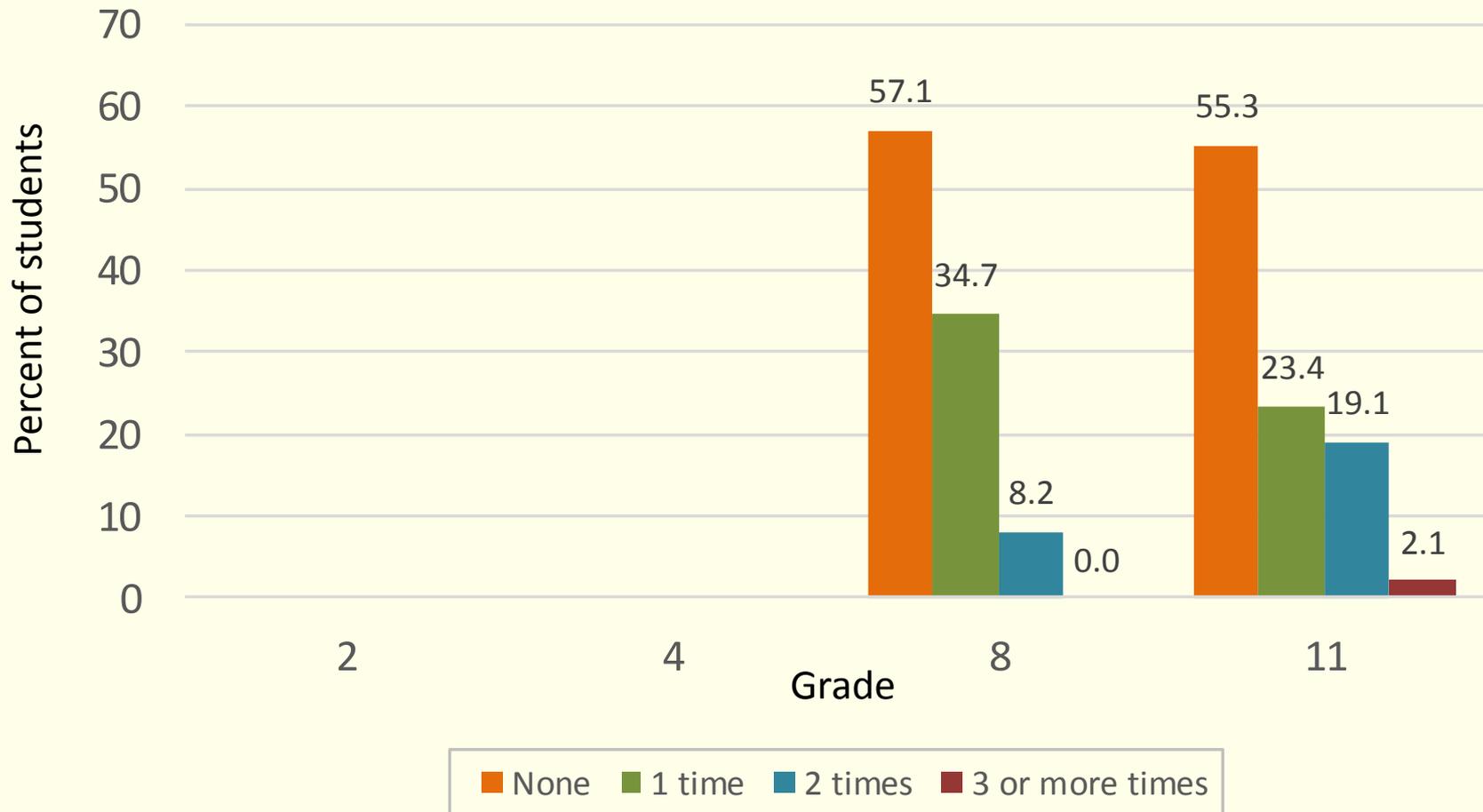
Severe Obesity



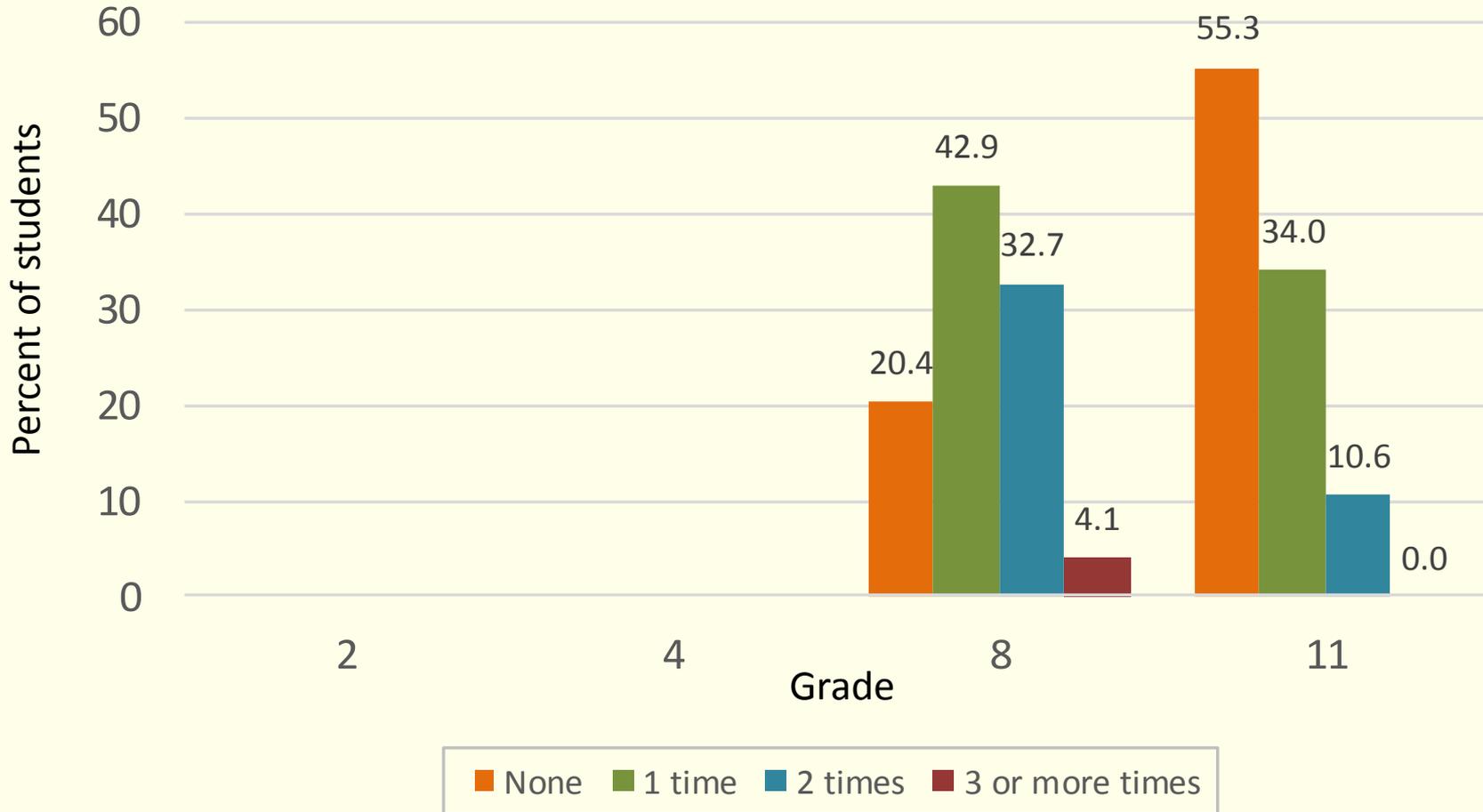
“Yesterday” Questions

- Some diet-related questions in the survey ask the students questions about “yesterday”. For 2nd grade, parents of students were asked about “yesterday” behaviors.
- These questions cannot provide information about “typical” individual behaviors, since it is only one 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.

Yesterday, did you eat hamburger, hot dogs, sausage (chorizo), steak, bacon, or ribs?



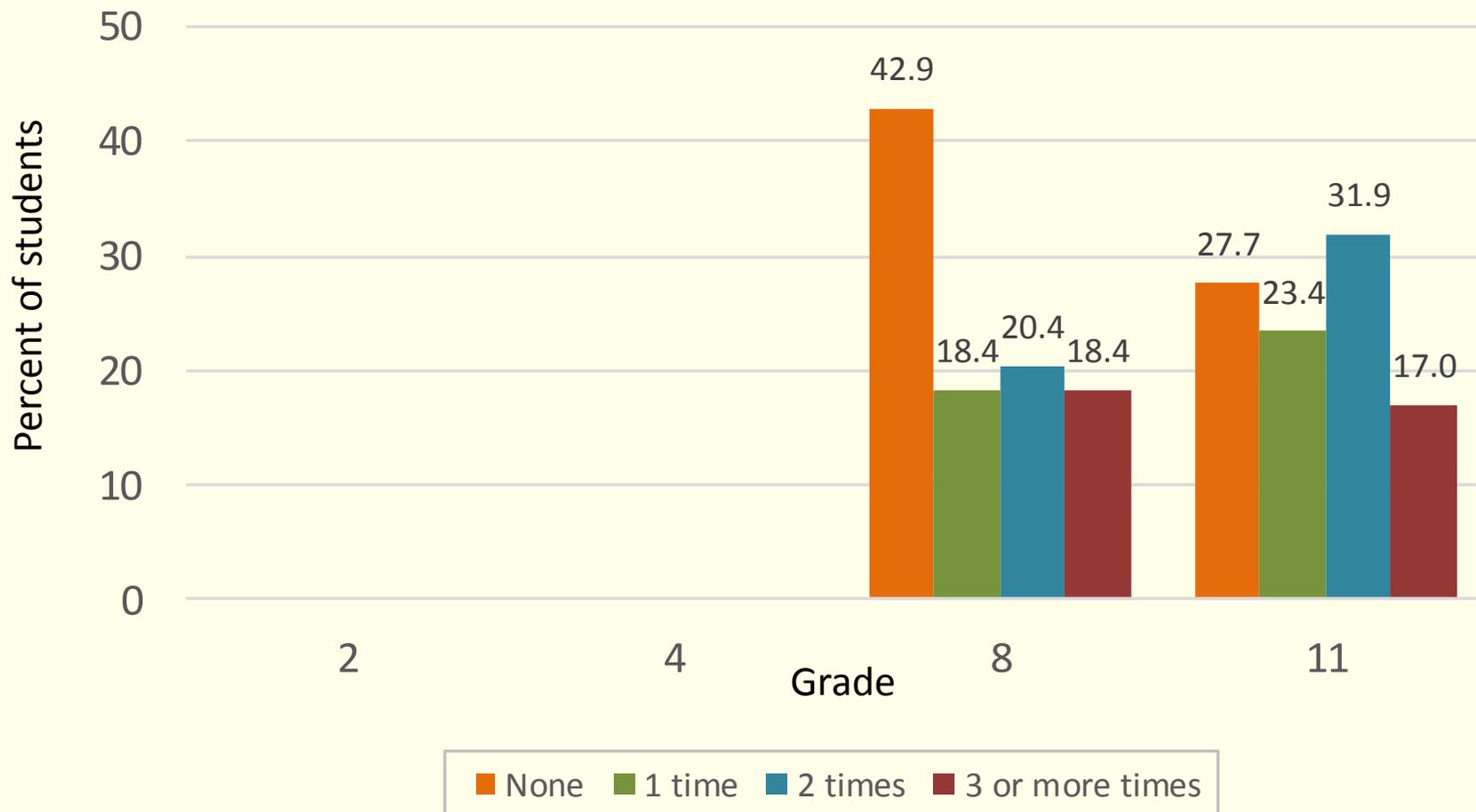
Yesterday, did you drink any kind of milk?



Recommendation: Milk / Dairy

- ❑ According to the United States Department of Agriculture's 2015-2020 Dietary Guidelines for Americans, children should consume the following amounts of milk or other dairy products to meet their calcium requirements:
 - ❑ Children ages 4 to 8 years: 2½ cup-equivalents per day (1000mg of calcium)
 - ❑ Adolescents ages 9 to 18 years: 3 cup-equivalents per day (1300mg of calcium)
- ❑ Fat-free and low-fat (1%) dairy, including milk, yogurt, cheese, or fortified soy beverages (commonly known as “soymilk”) are excellent sources of calcium.

Yesterday, did you eat any vegetables (excluding French fries or chips)?



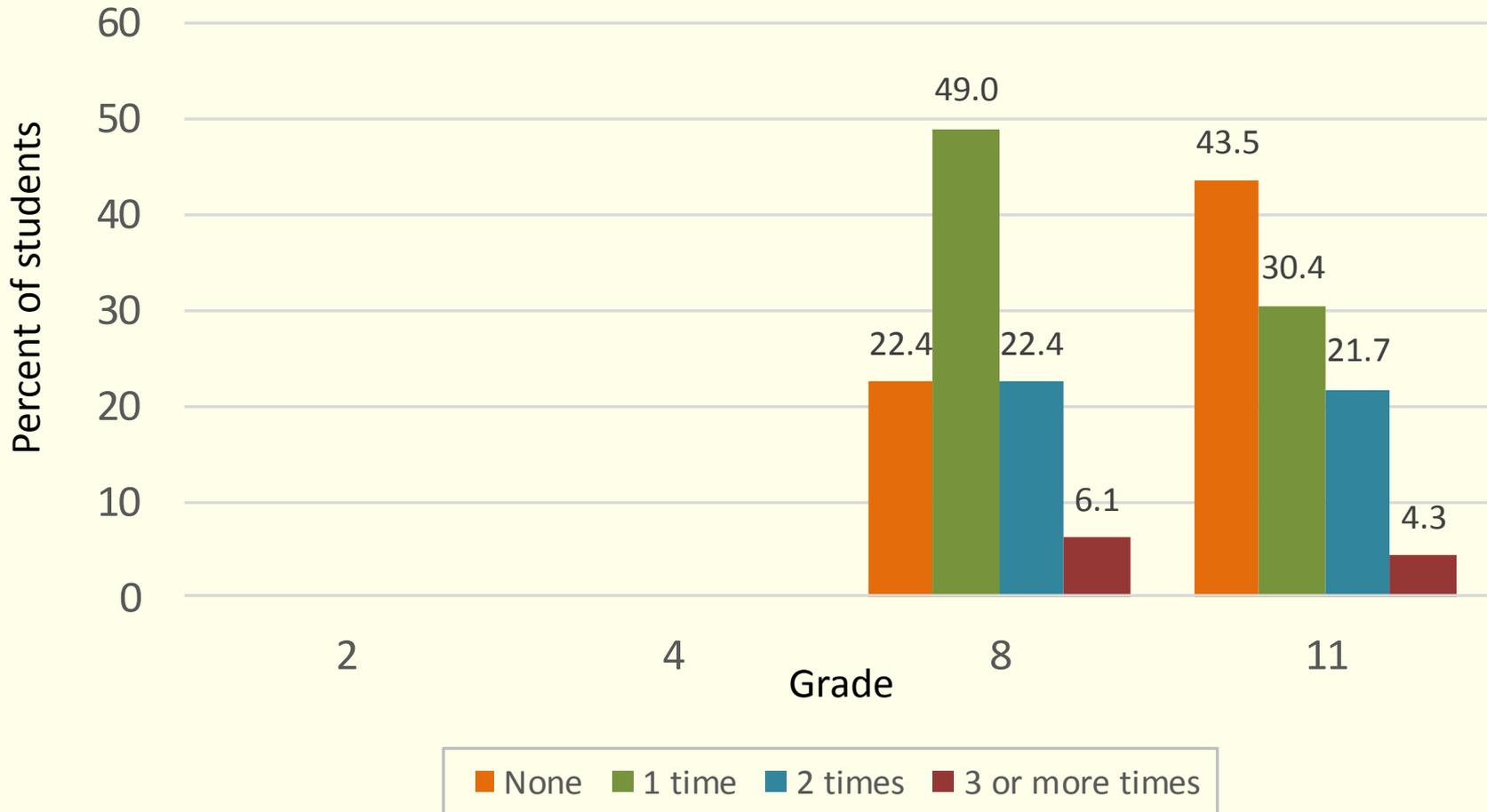
Recommendation: Vegetables

- ❑ 2015 recommendations for daily vegetable intake by the United States Department of Agriculture, depending on activity levels:

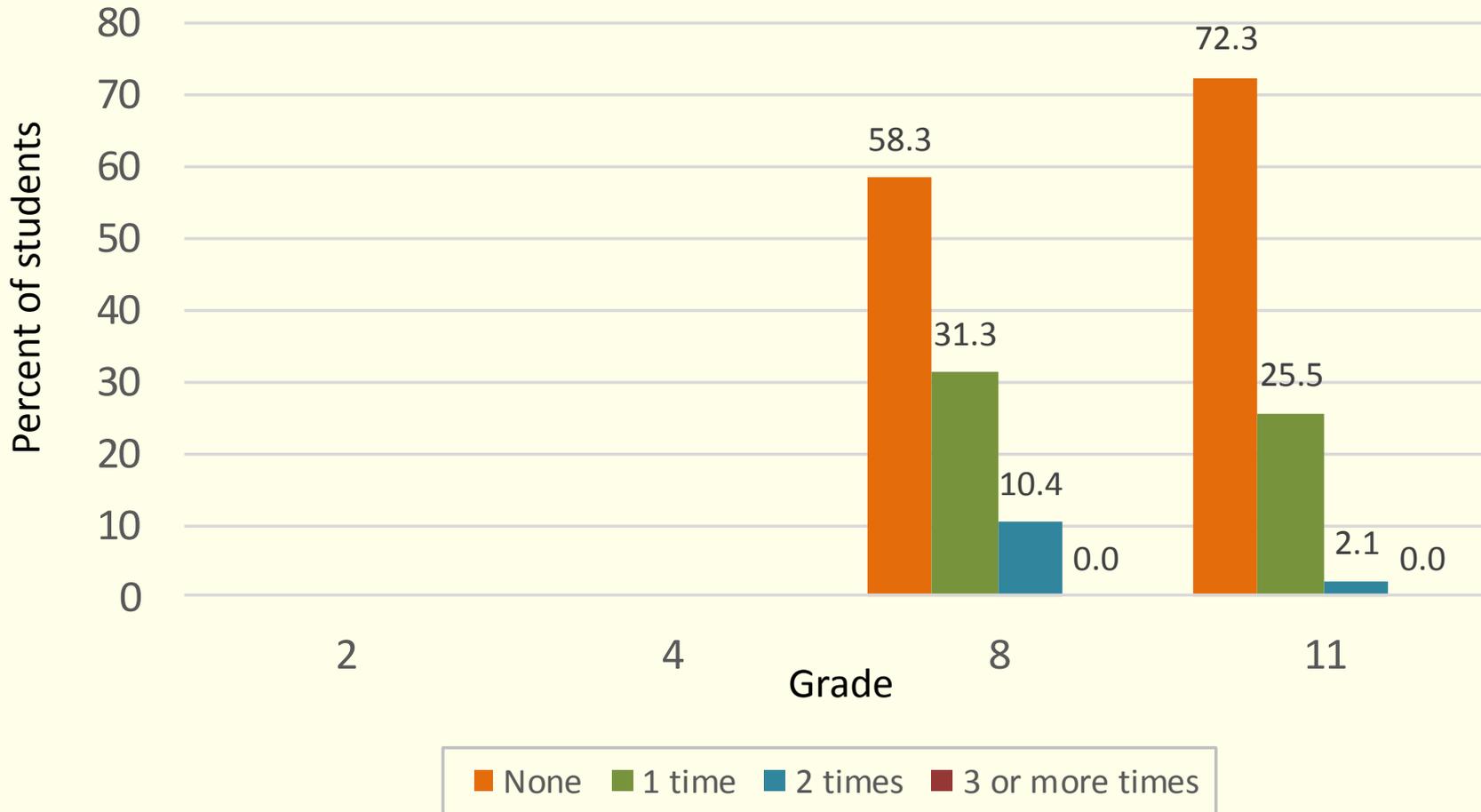
	Boys	Girls
Ages 4 – 8	1.5 – 2.5 cups/day	1.5 – 2.5 cups/day
Ages 9 – 13	2.5 – 3.5 cups/day	2 – 3 cups/day
Ages 14 – 18	3 – 4 cups/day	2.5 – 3 cups/day

- ❑ Two cups of leafy greens count as a single 1-cup serving. For other vegetables, 1 cup by volume is a single cup serving.
- ❑ Vegetable consumption includes leafy greens, brightly colored red and orange vegetables, and legumes.

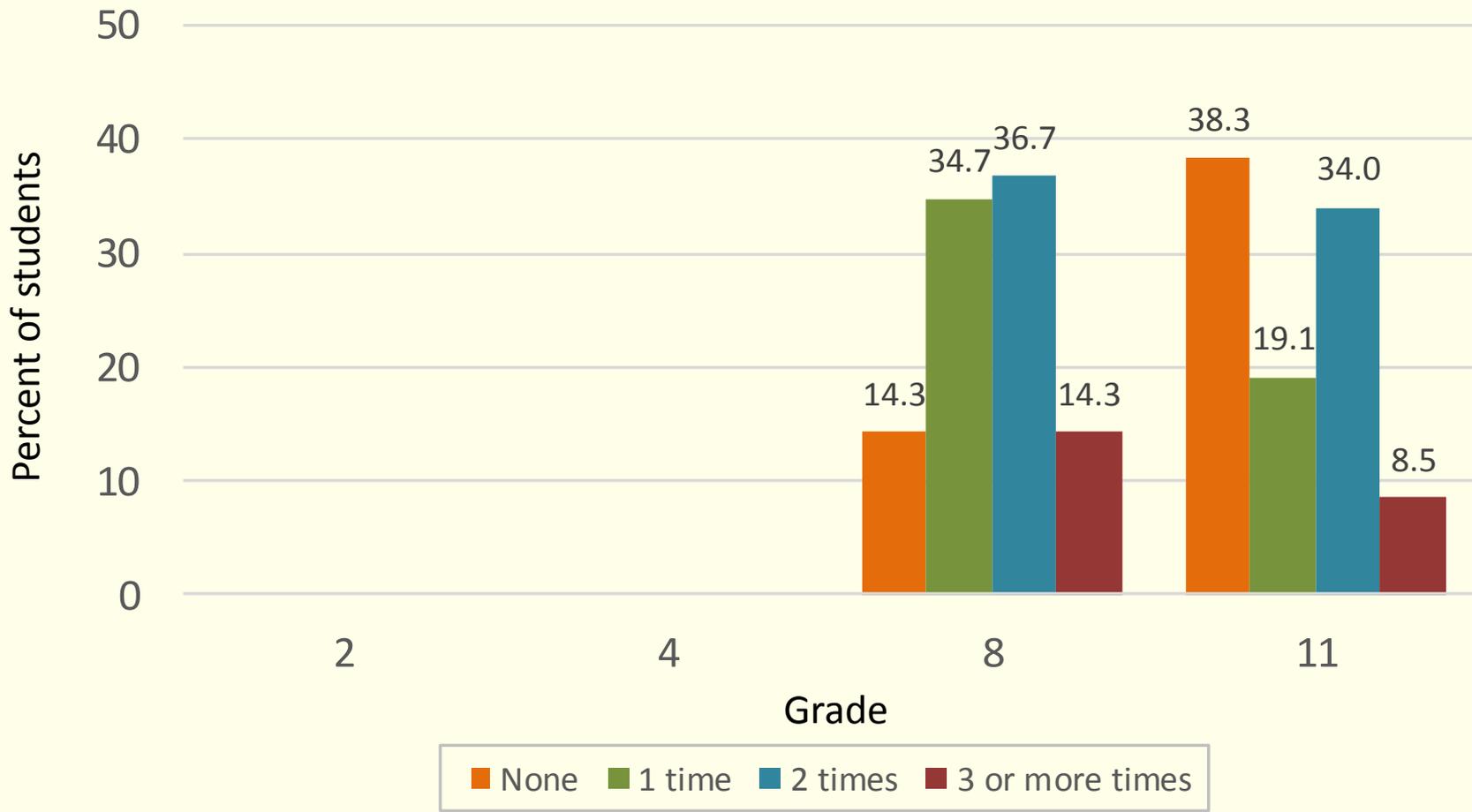
Yesterday, did you eat any fruit?



Yesterday, did you drink fruit juice?



Total Fruit Consumption*



*Computed as consumption of fruit plus fruit juice.

Recommendation: Fruit

- 2015 recommendations for daily fruit consumption by the United States Department of Agriculture, depending on activity levels:

	Boys	Girls
Ages 4 – 8	1 cup/day	1 cup/day
Ages 9 – 18	1.5 – 2.5 cups/day	1.5 cups/day

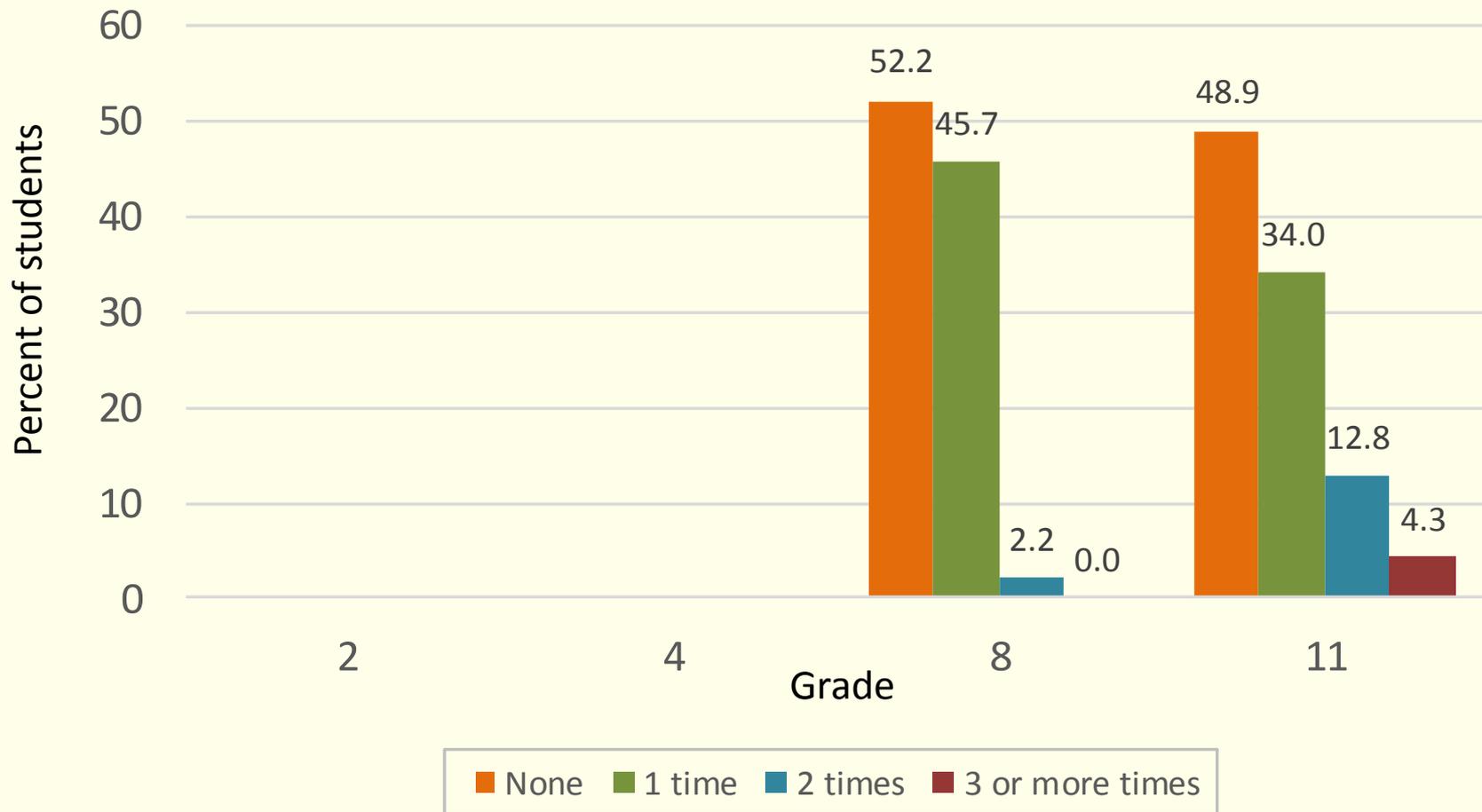
- 100% fruit juice counts as part of the recommended daily intake of fruit, but children should be encouraged to eat whole fruit, and should be educated regarding the fiber and longer consumptions benefits of whole fruit compared with fruit juice.

<http://pediatrics.aappublications.org/content/early/2017/05/18/peds.2017-0967..info>

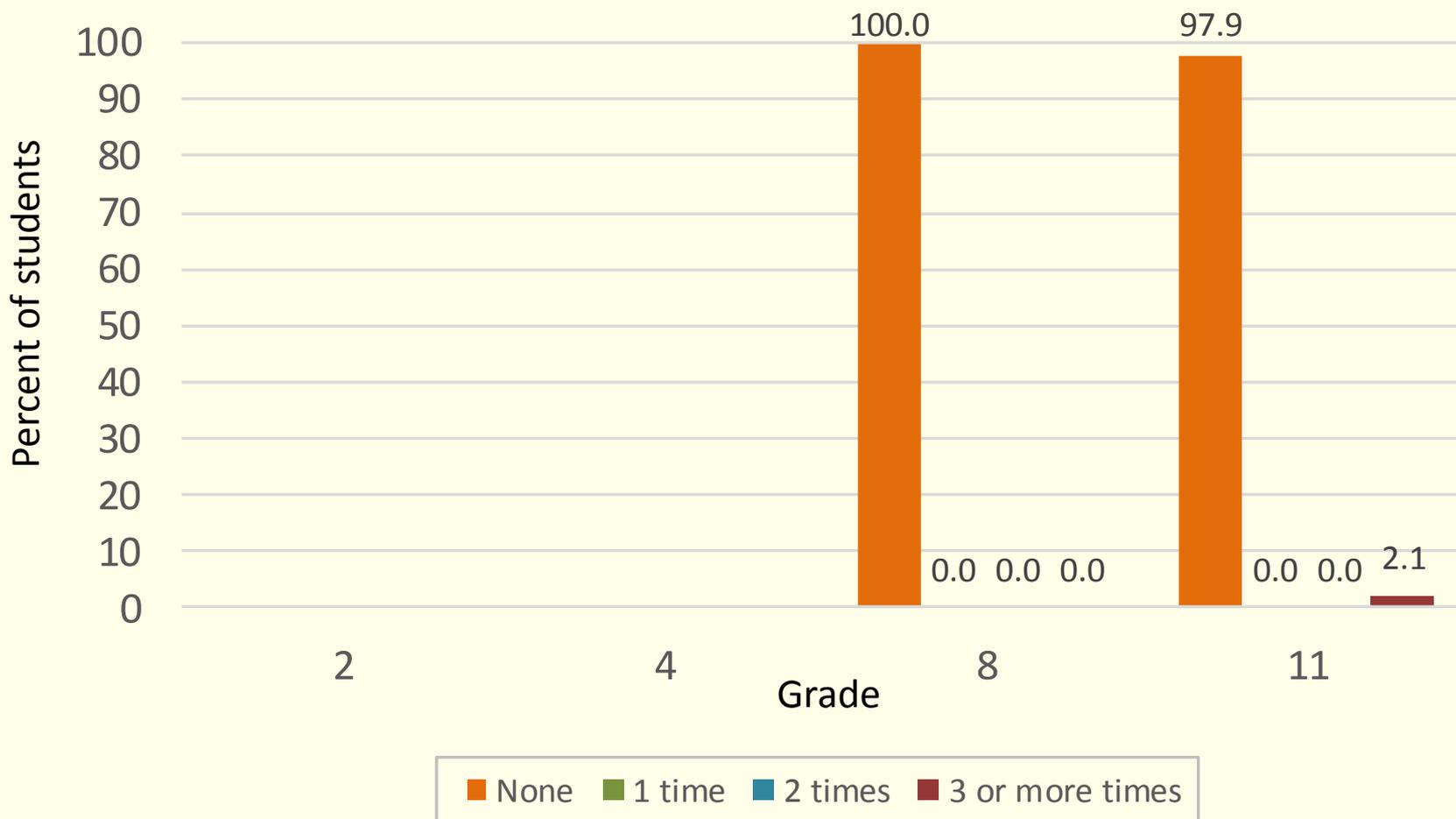
Recommendation: Fruit

- ❑ Sweetened beverages such as fruit punch and fruit drinks look like fruit juice, but may contain little or no fruit. These drinks, as well as some flavored waters, sweetened teas, and sports drinks, provide calories, but little or no nutrients.

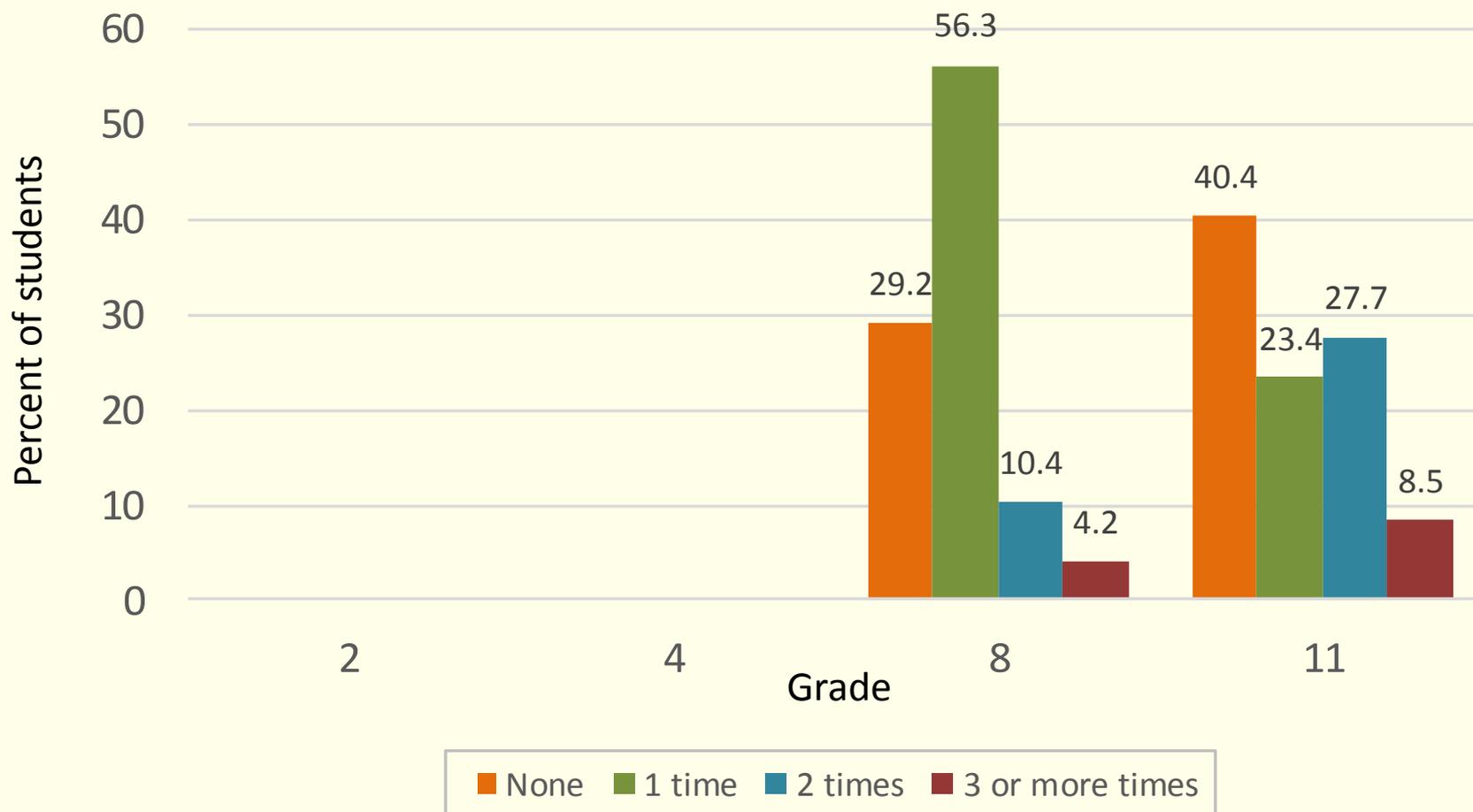
Yesterday, did you drink *regular* (not diet) sodas or soft drinks?



Yesterday, did you drink *diet* (not regular) sodas or soft drinks?



Consumption of Sugary Beverages*



*Computed as consumption of regular sodas plus punch/sport drinks

Recommendation: Sugary Beverages

□ The USDA 2015 Dietary Guidelines states:

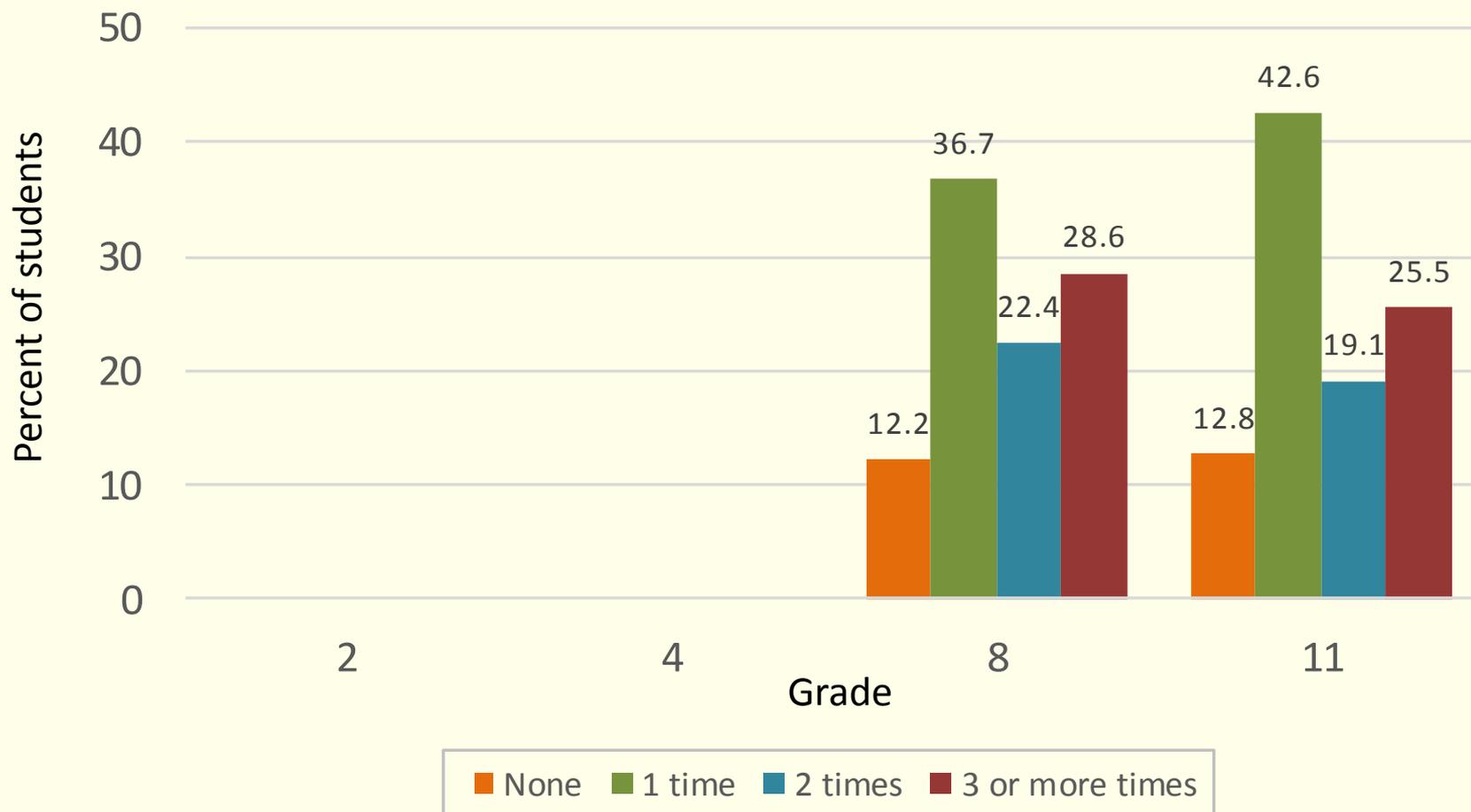
Replacing soft drinks and other sugar-sweetened beverages (including sports drinks) with non-fat fluid milk would substantially reduce added sugars and empty calories and increase the intake of shortfall nutrients, including calcium, vitamin D, and magnesium.

(One 12-ounce can of sugar-sweetened soda contains ~150 calories and 40 to 50 grams of sugar.)

Recommendation: Sugary Beverages

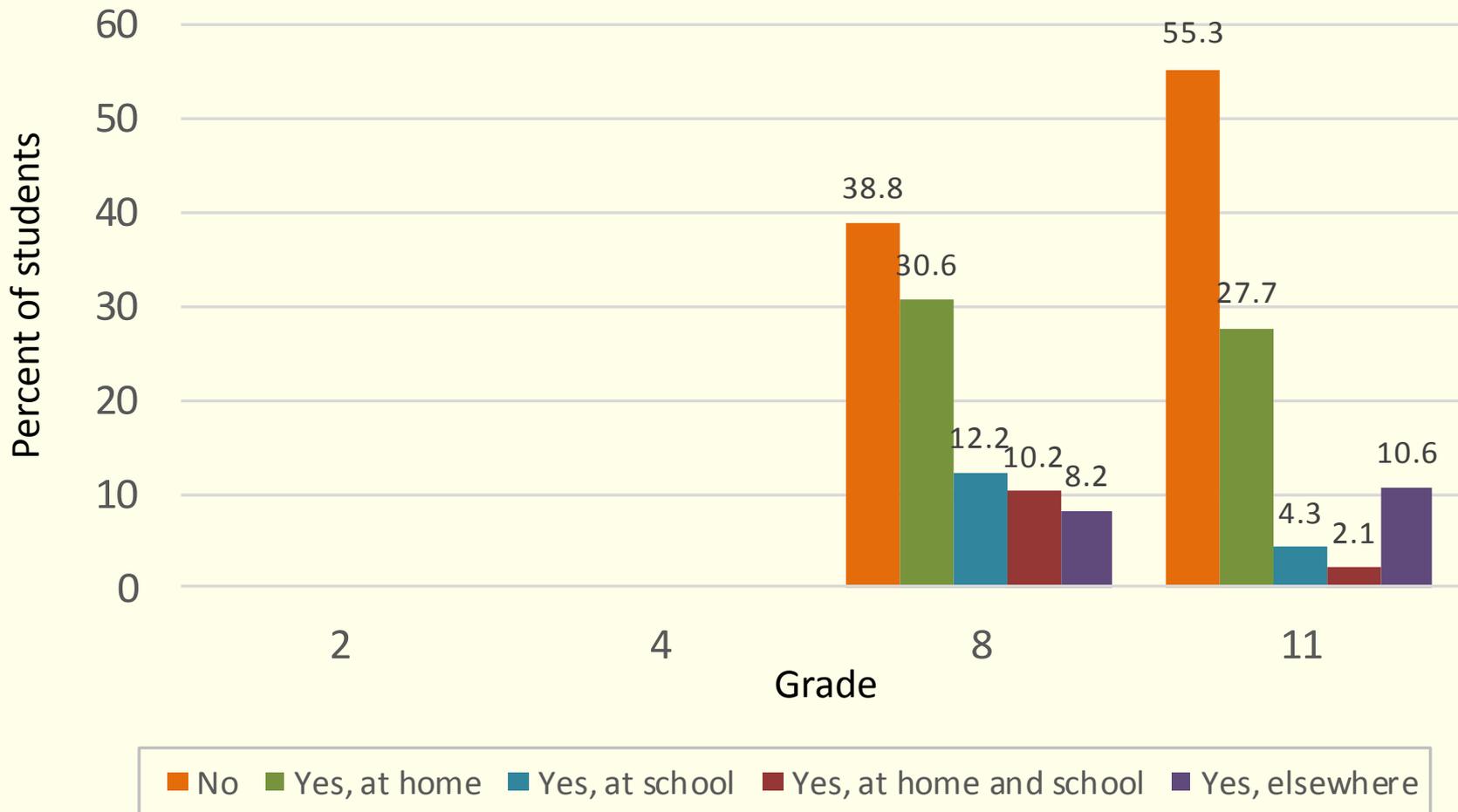
- The World Health Organization recommends reducing the intake of added sugars to less than 10% of total energy intake for both children and adults.
- Water is the best beverage choice for hydration.

Consumption of Sweet and Savory Snacks*

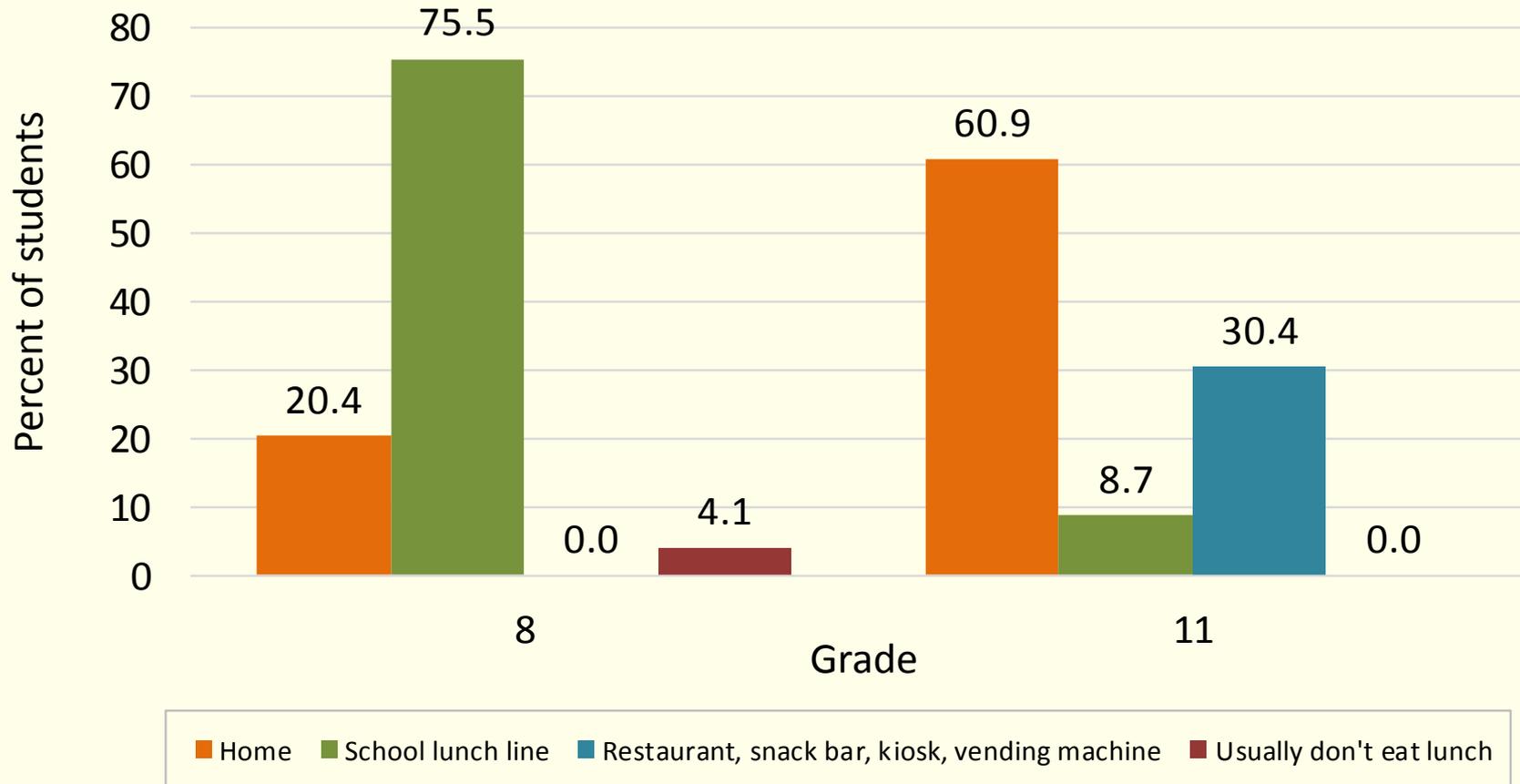


*Computed as consumption of candy, frozen dessert, cakes, French fries/chips

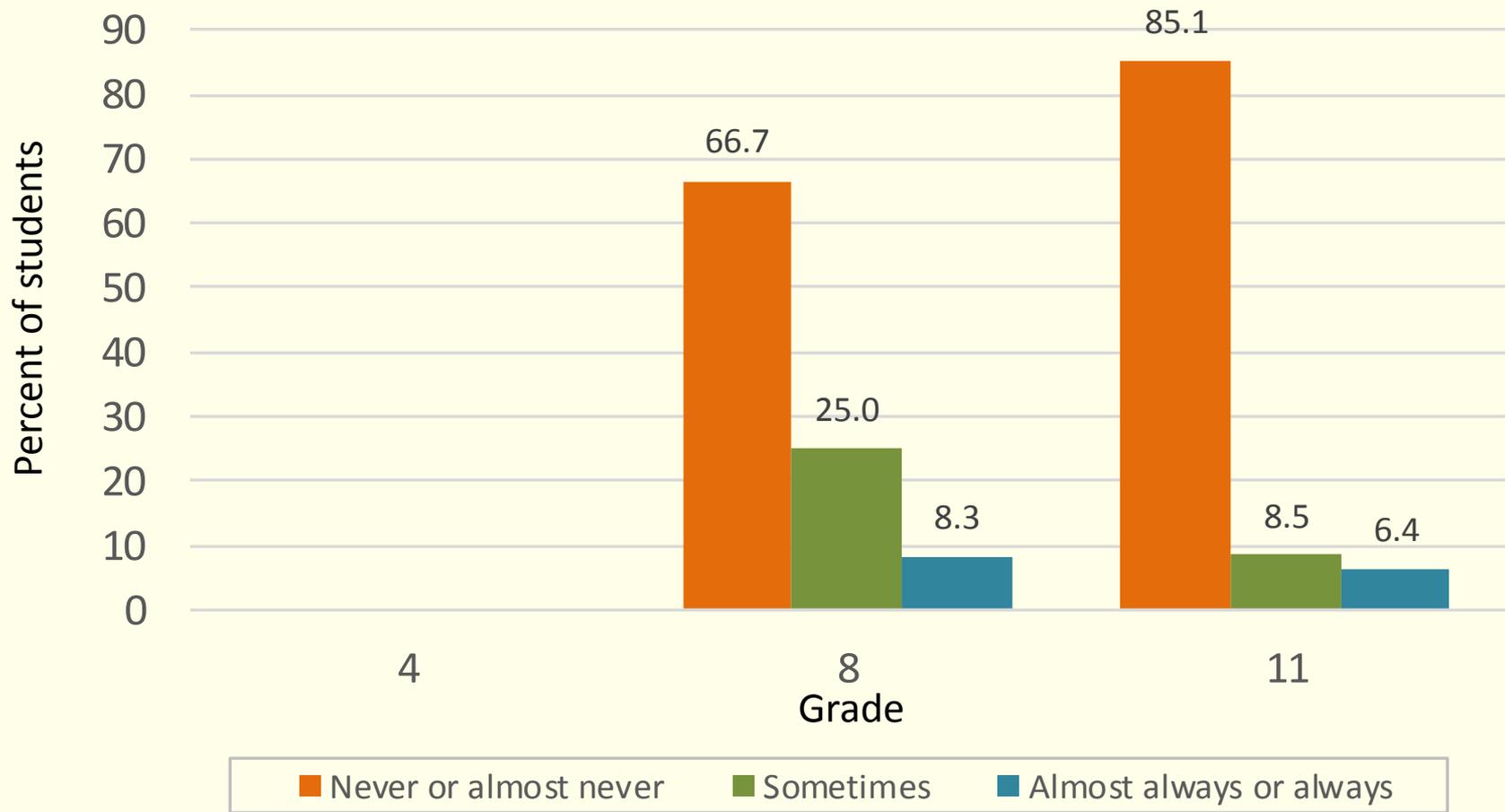
Yesterday, did you eat breakfast?



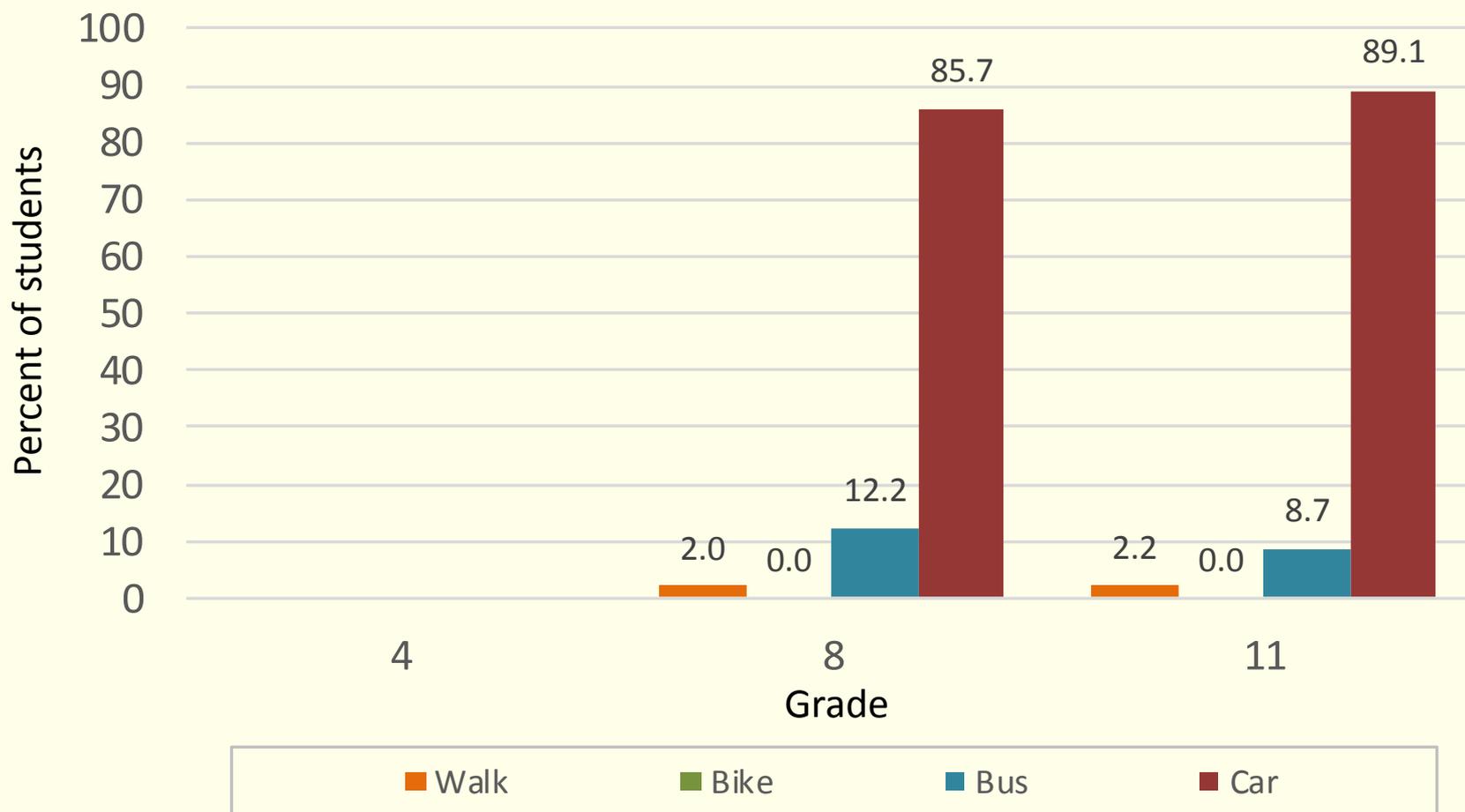
Where do you usually get your lunch on school days?



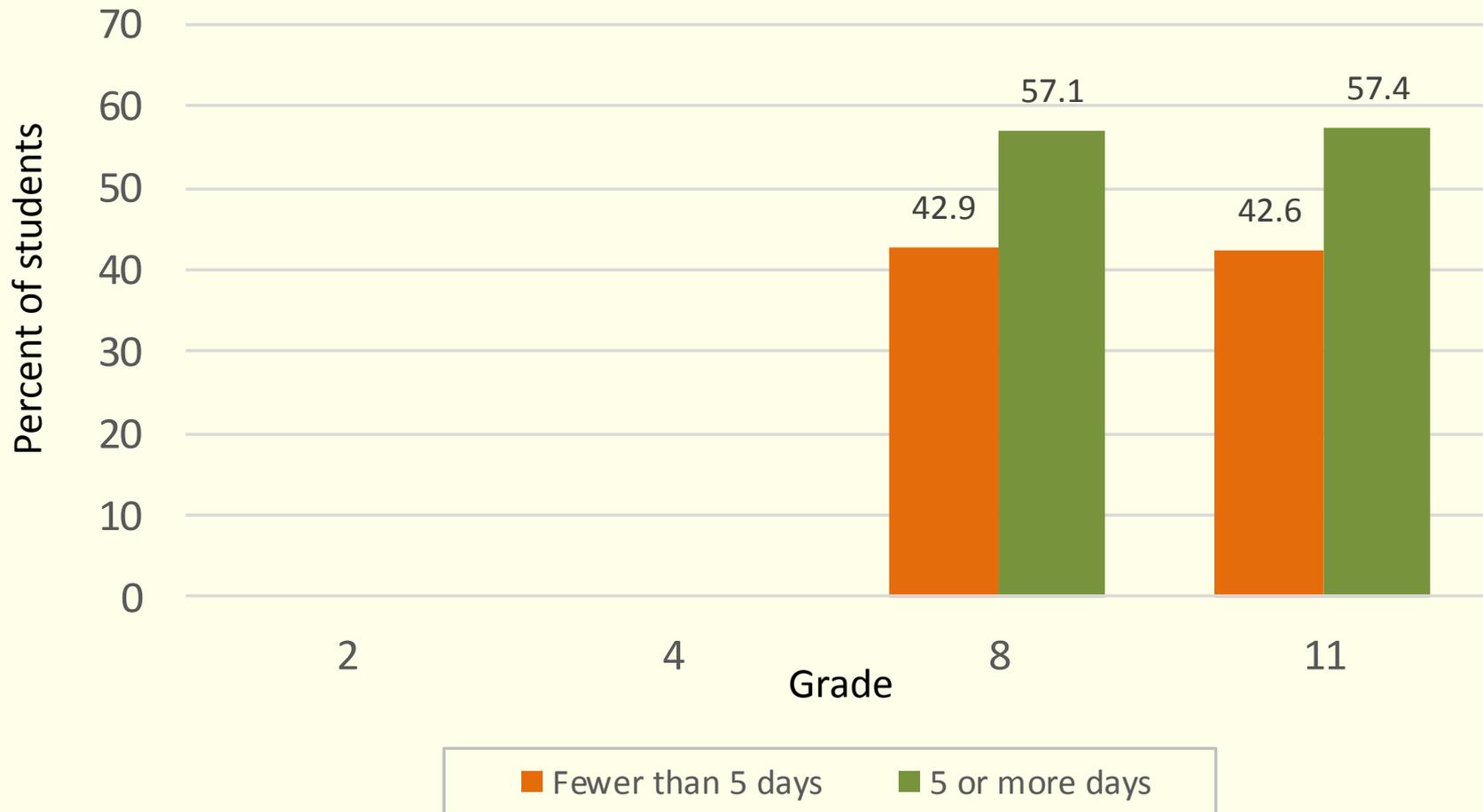
How often do you read the nutrition labels on food packages?



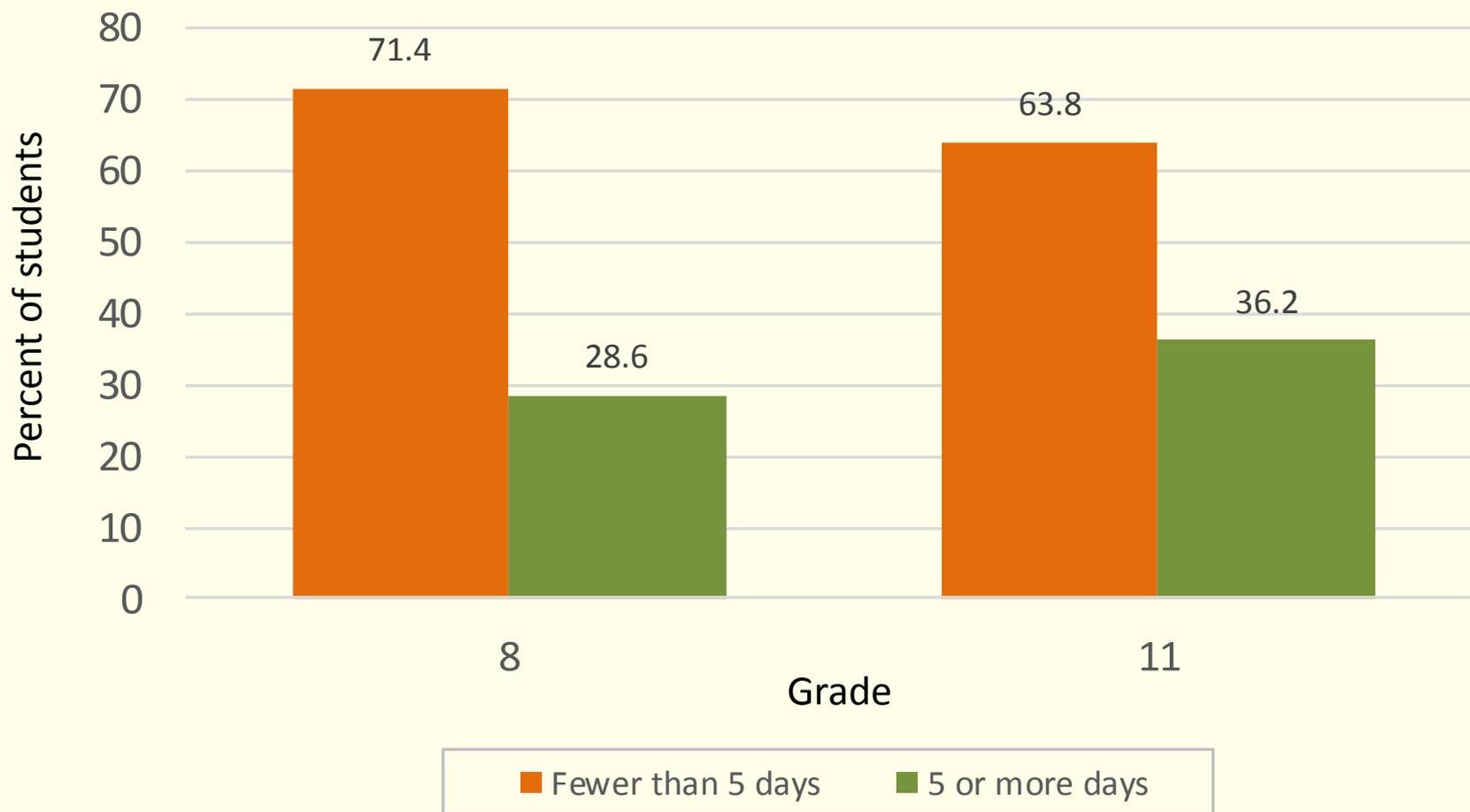
On most days, how do you arrive at school?



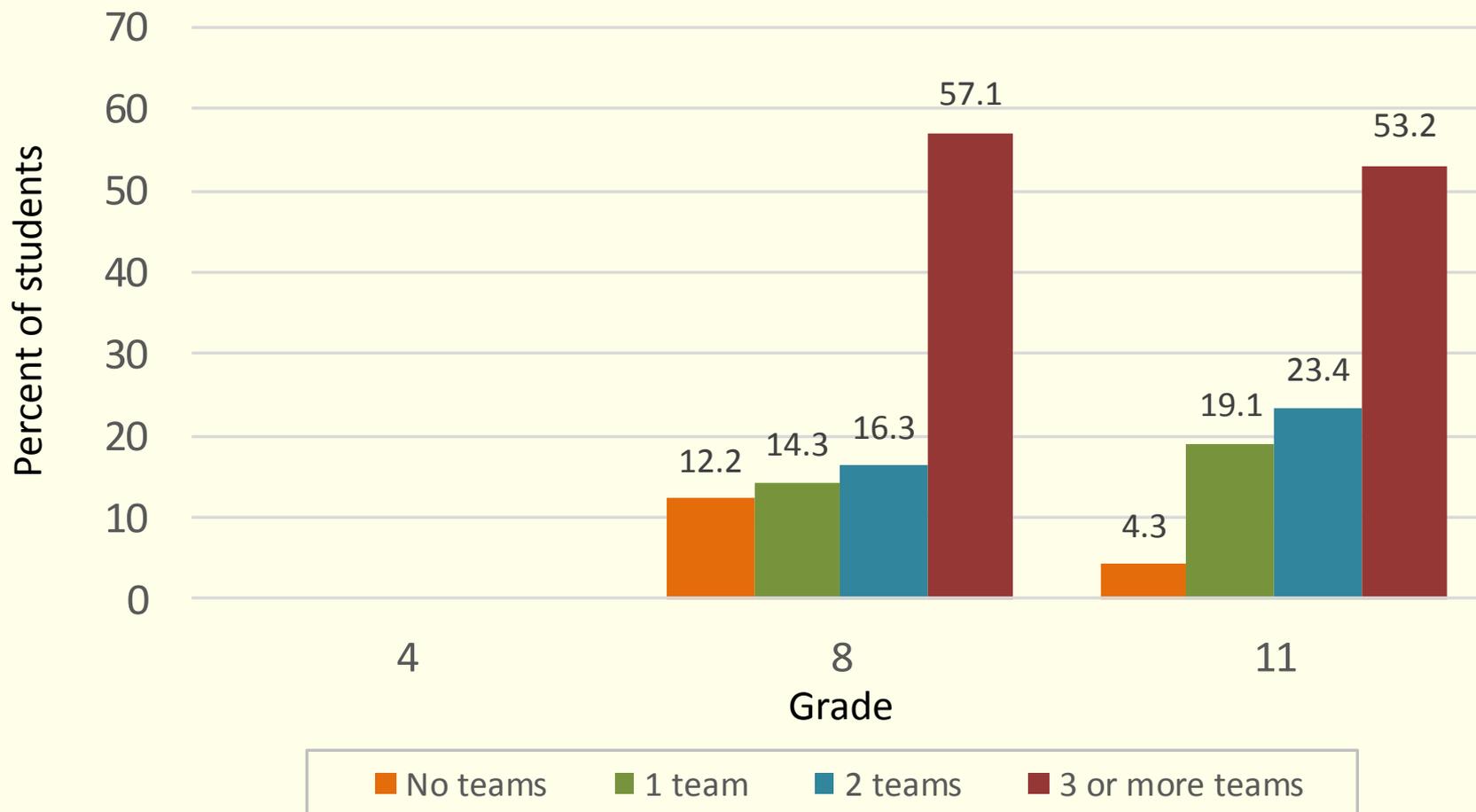
Last week, on which days were you physically active for a total of at least 60 minutes per day?



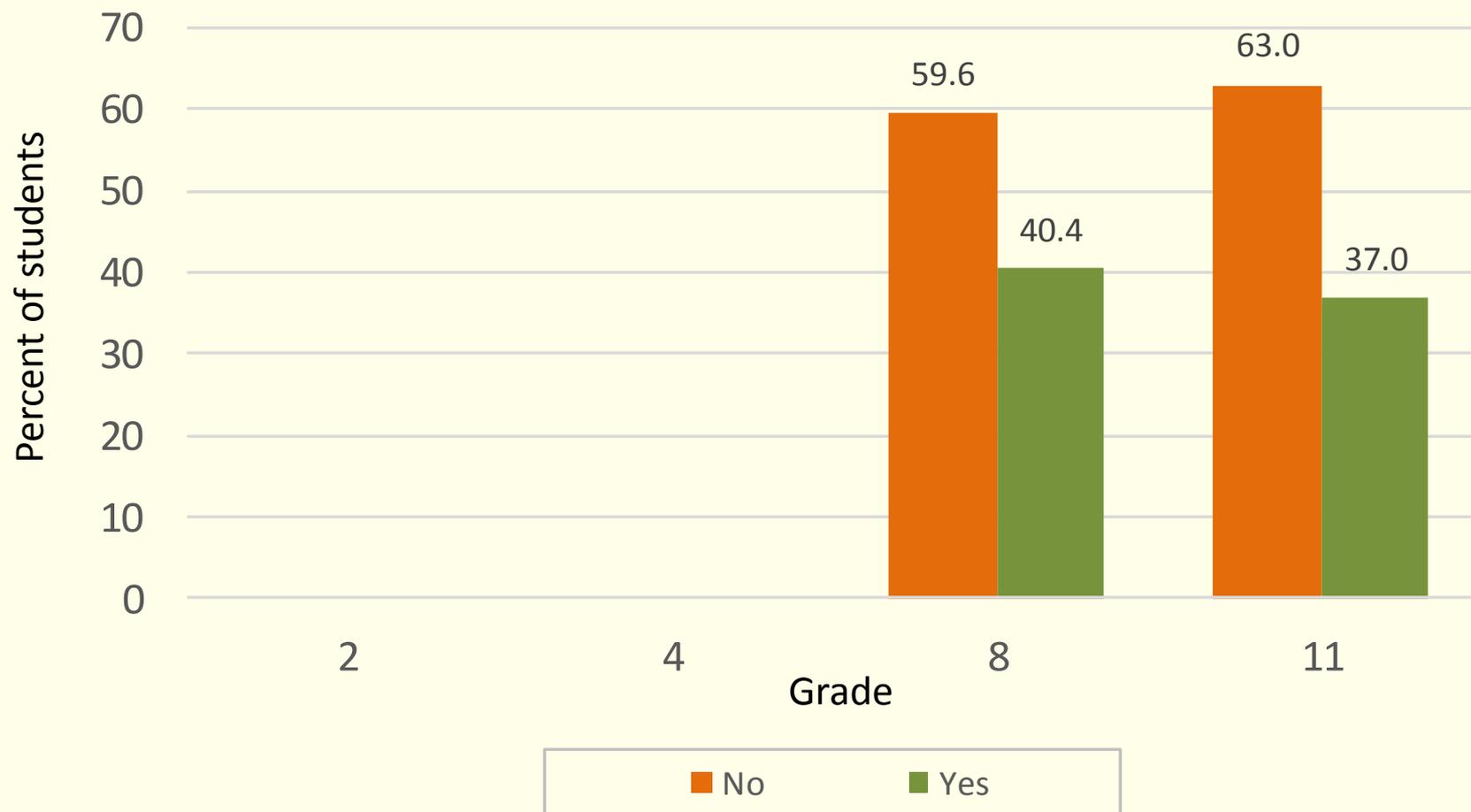
During the past 7 days, on how many days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?



During the past 12 months, on how many sports teams did you play?



Do you currently participate in any other organized physical activities or take lessons?



Recommendation: Physical Activity

- ❑ The U.S. Department of Health and Human Services recommends that children and adolescents aged 6-17 years should have 60 minutes (1 hour) or more of physical activity each day.
- ❑ Aerobic: Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity at least 3 days a week.

Source: Physical Activity Guidelines for Americans (2008)

<https://health.gov/paguidelines/guidelines/children.aspx>

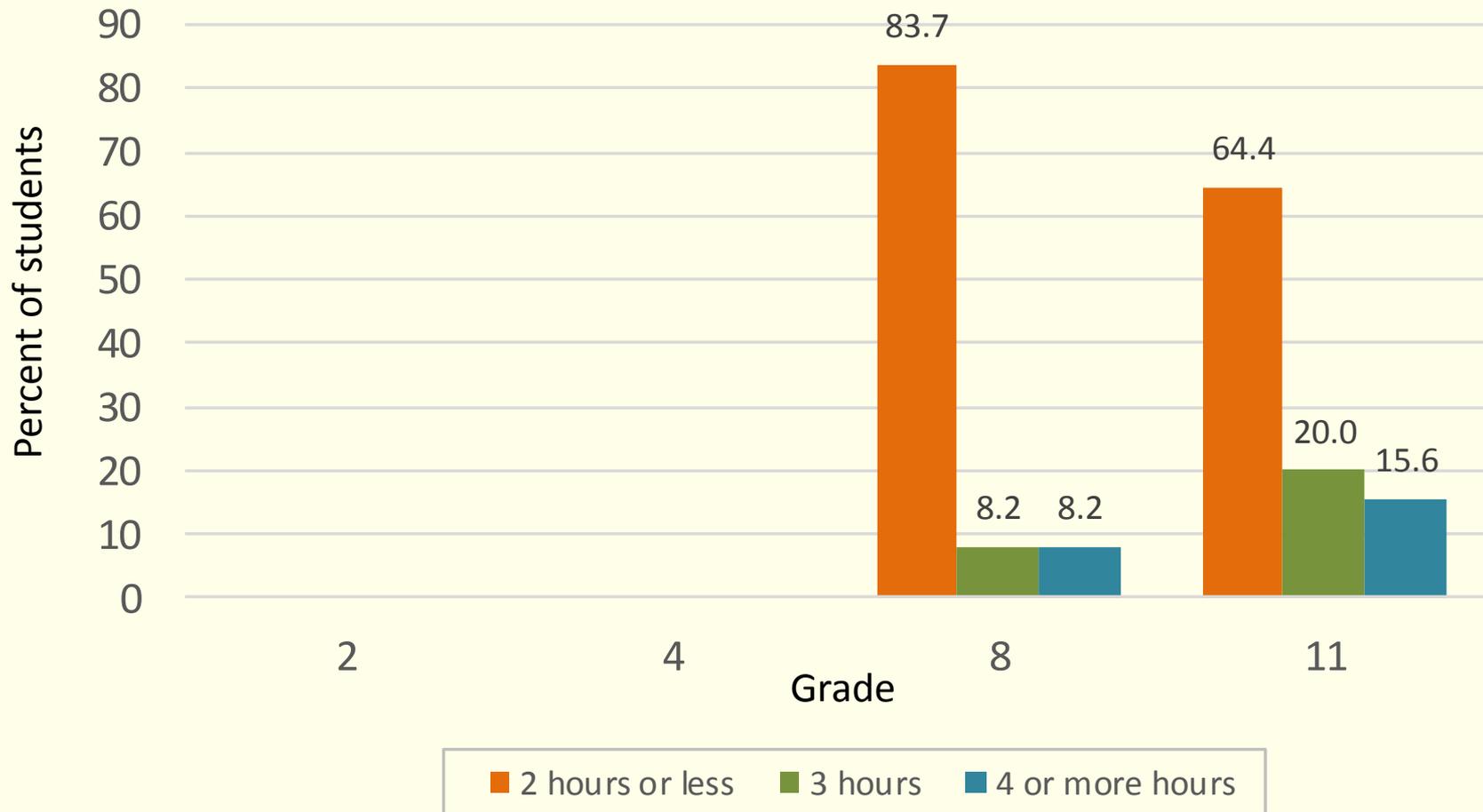
Recommendation: Physical Activity

- ❑ Muscle-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- ❑ Bone-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.

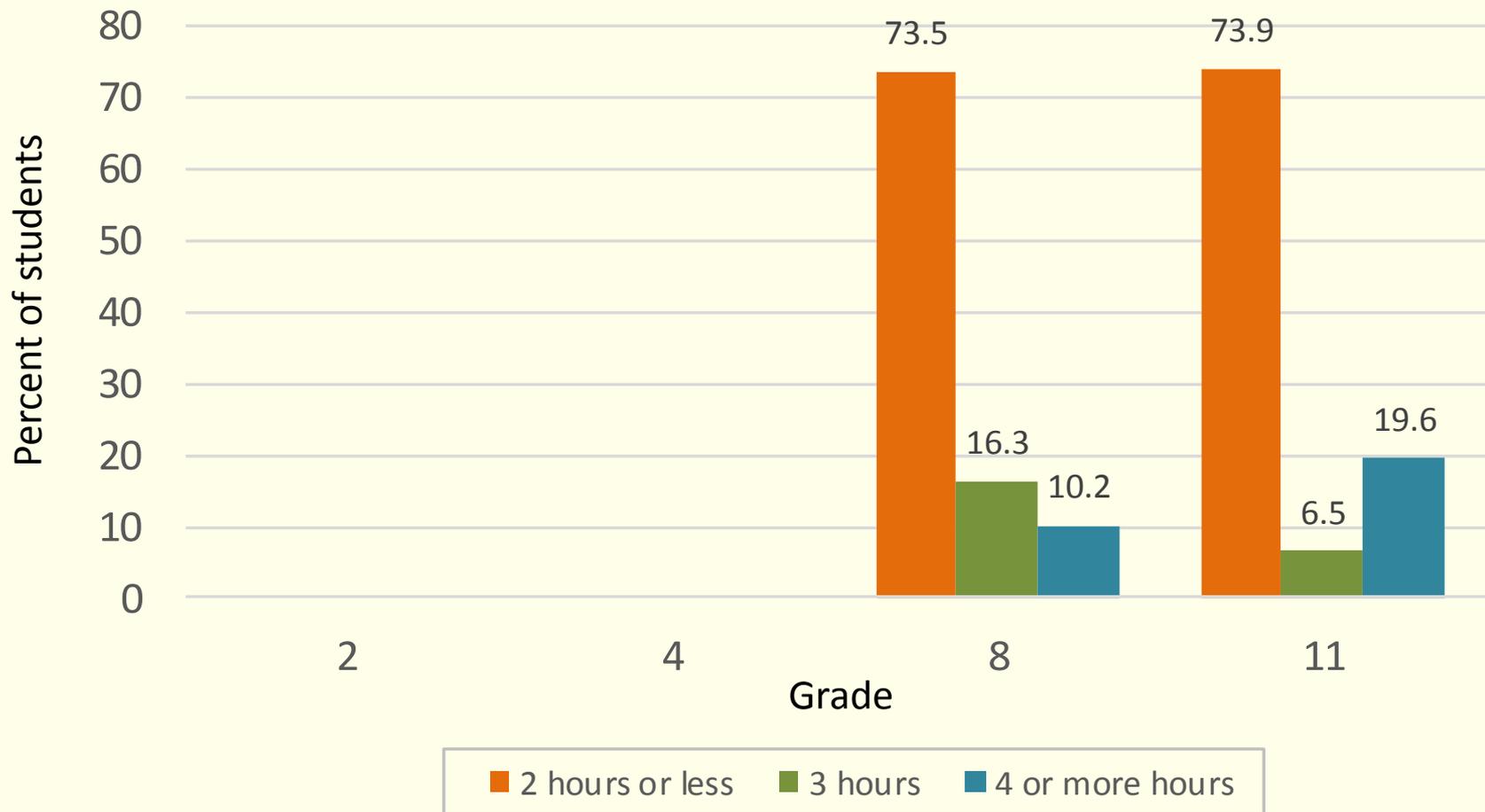
Source: Physical Activity Guidelines for Americans (2008)

<https://health.gov/paguidelines/guidelines/children.aspx>

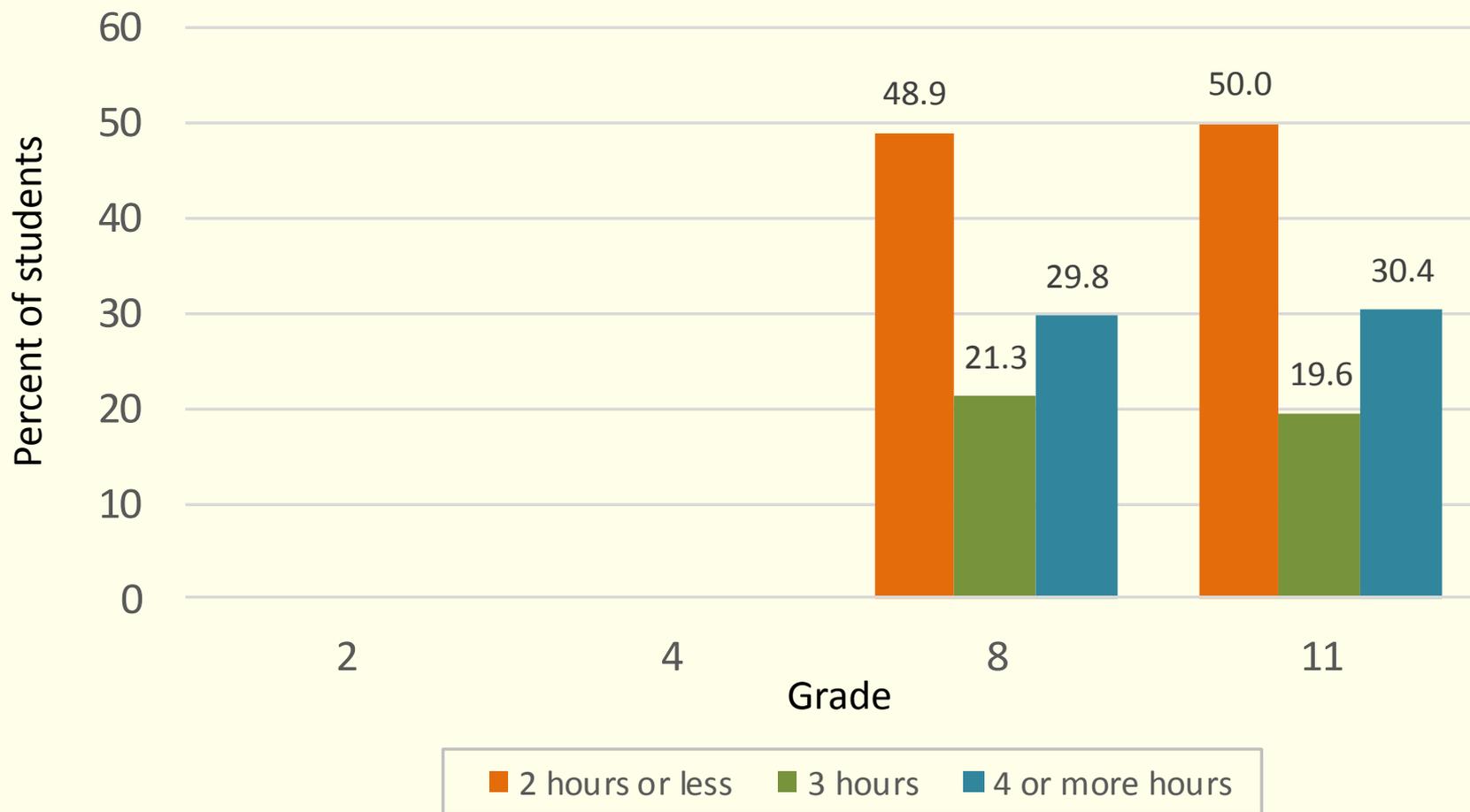
How many hours per day do you usually watch TV, DVDs, or movies out of school?



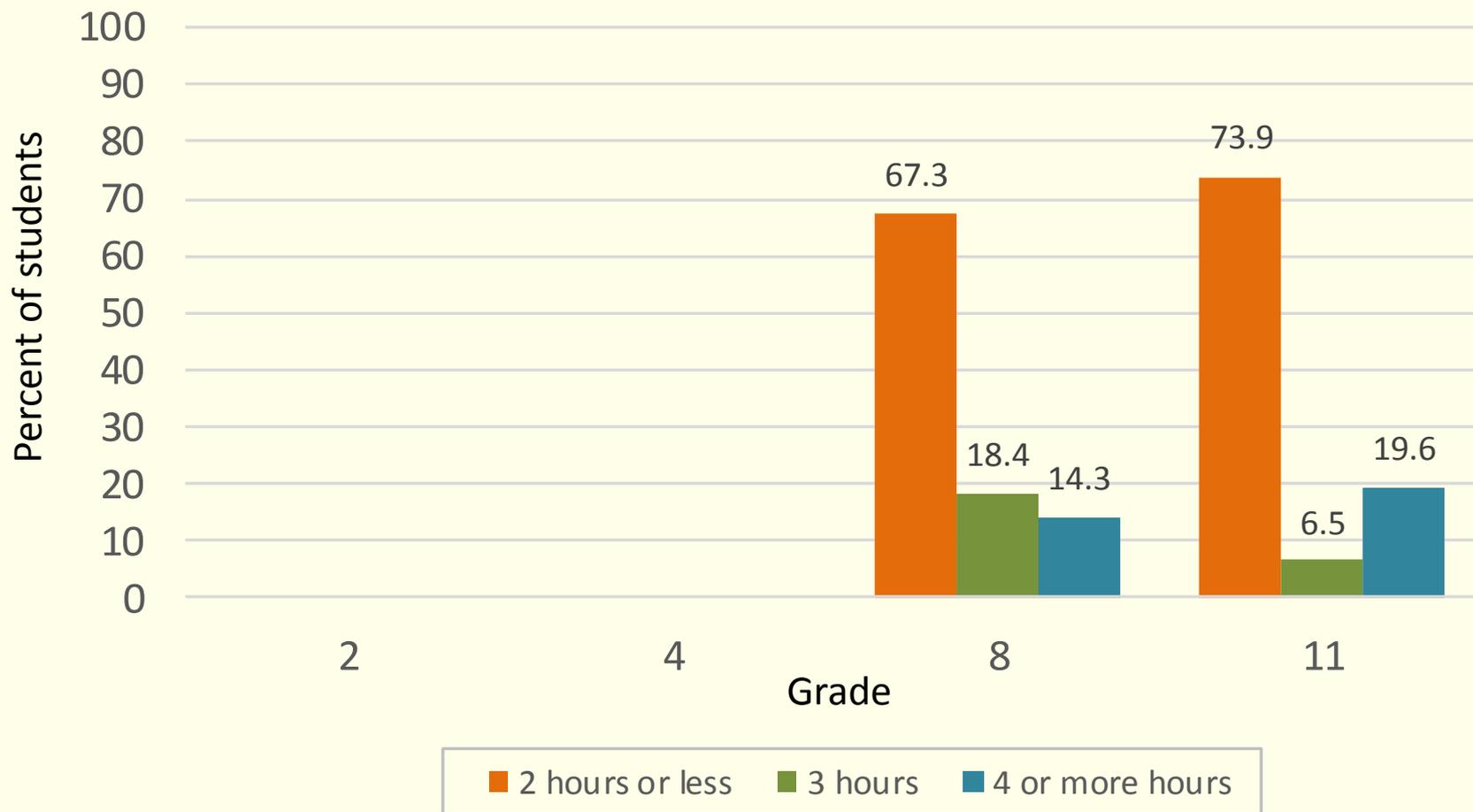
How many hours do you spend on a computer or tablet/iPad® out of school for school work?



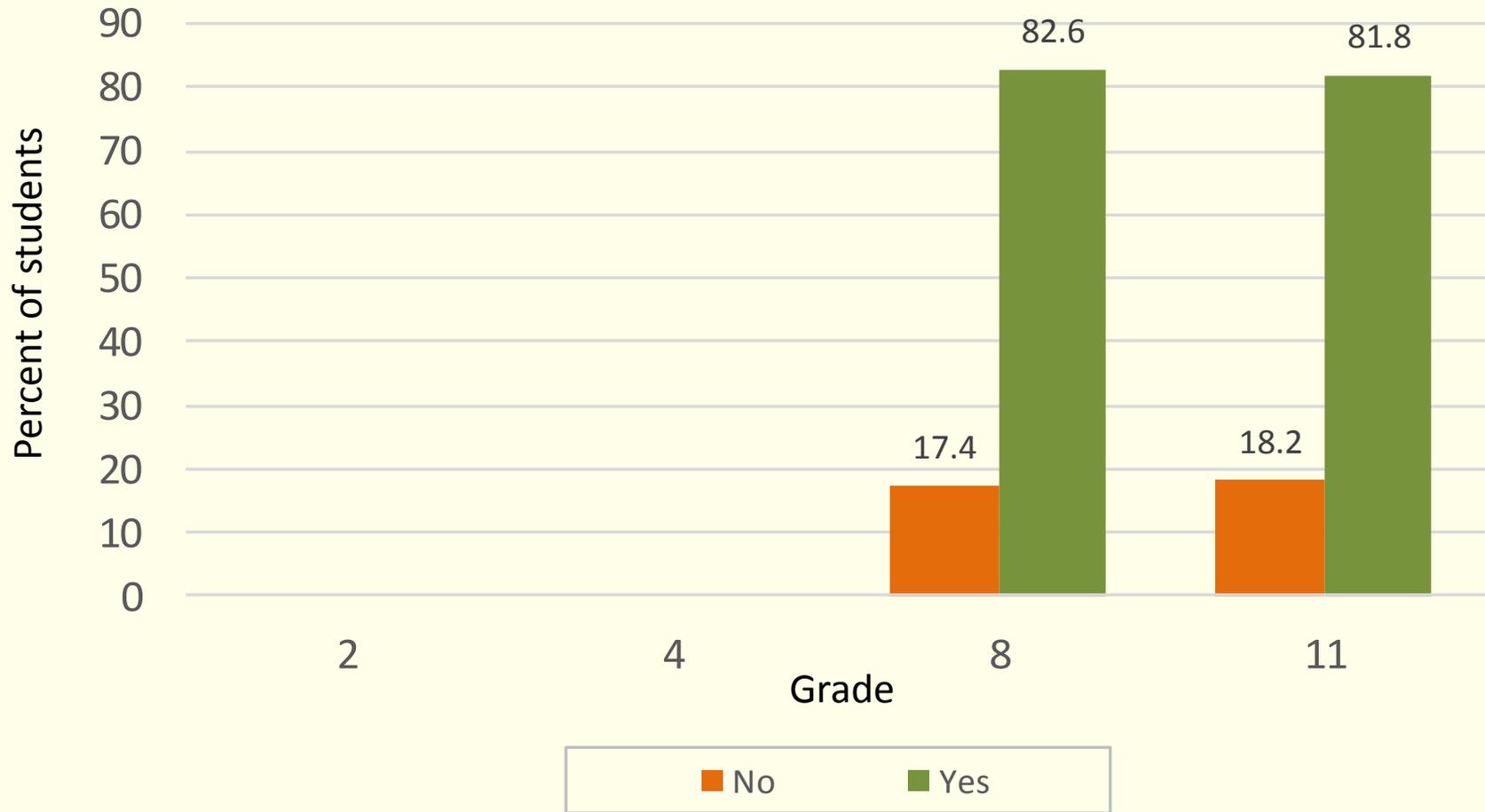
How many hours do you spend on a computer or tablet/iPad® out of school for anything except school work?



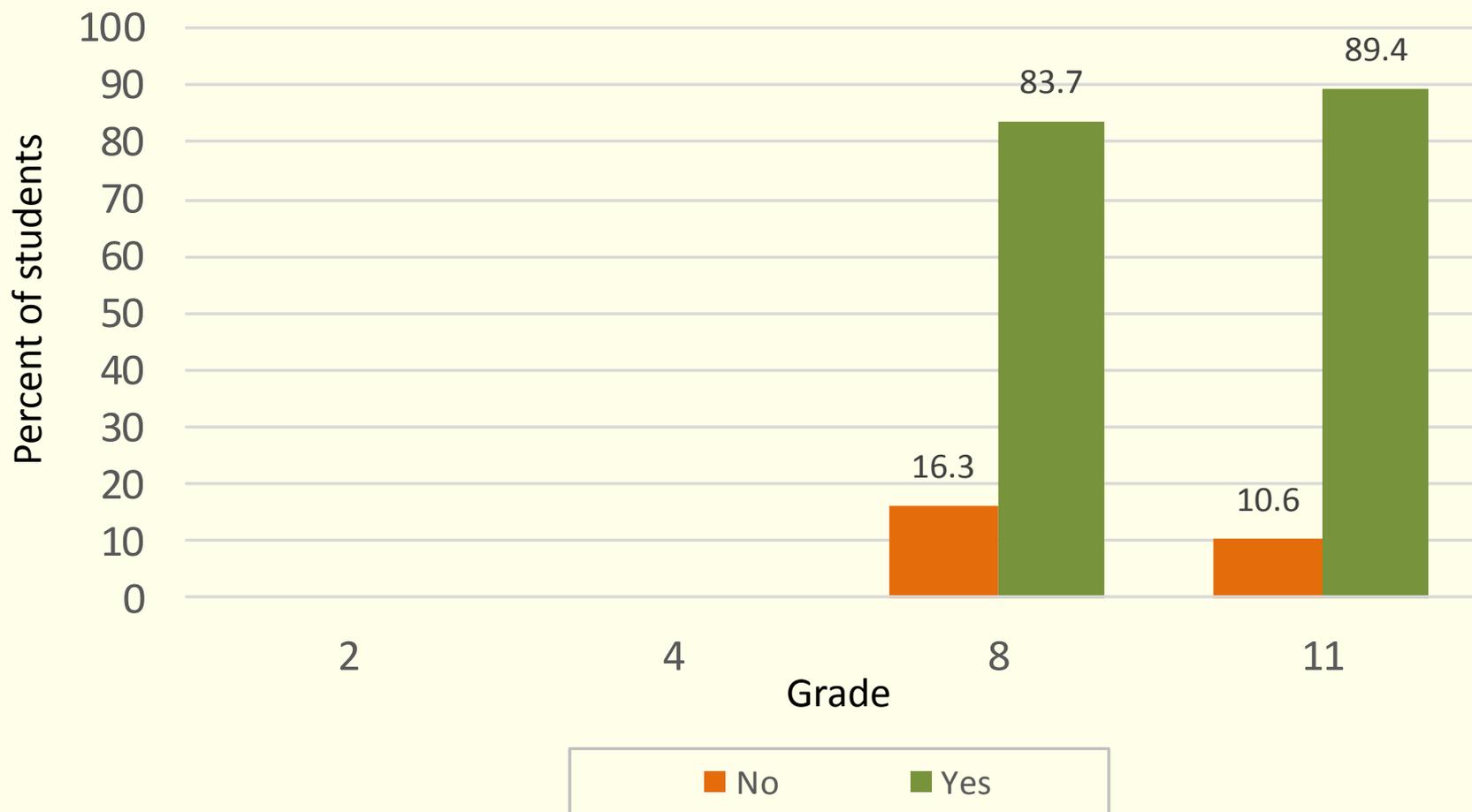
How many hours per day do you usually spend playing video or computer games out of school?



Do you have a TV in the room where you sleep?



Do you have a computer, iPad®, tablet, phone, or gaming console in the room where you sleep?



Recommendation: Media Time

The American Academy of Pediatrics recommends parental guidance as follows:

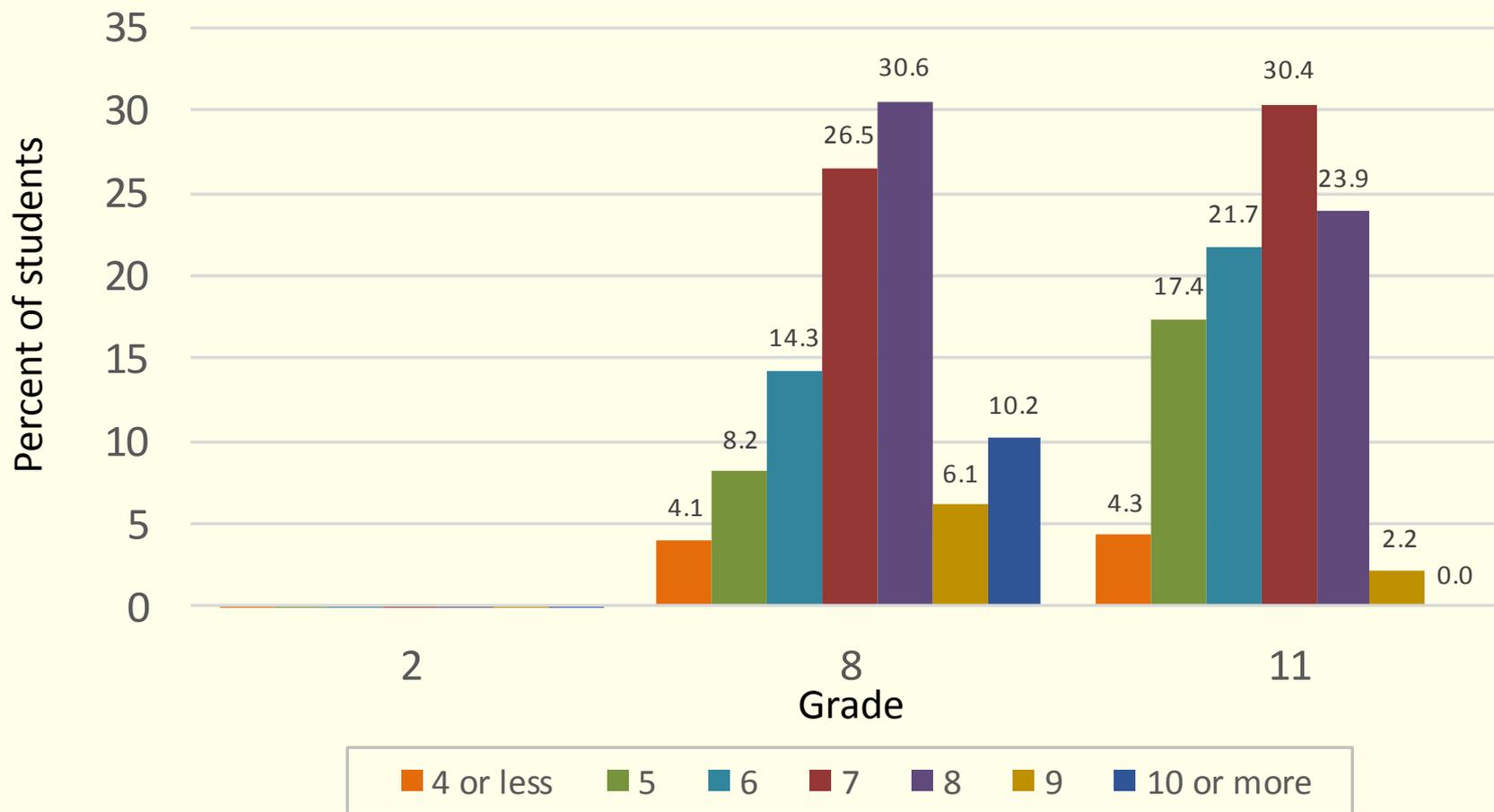
- For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity, and other behaviors essential to health.
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

Recommendation: Media Time

- ❑ Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.

<https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/american-academy-of-pediatrics-announces-new-recommendations-for-childrens-media-use.aspx>

On an average school night, how many hours of sleep do you get?

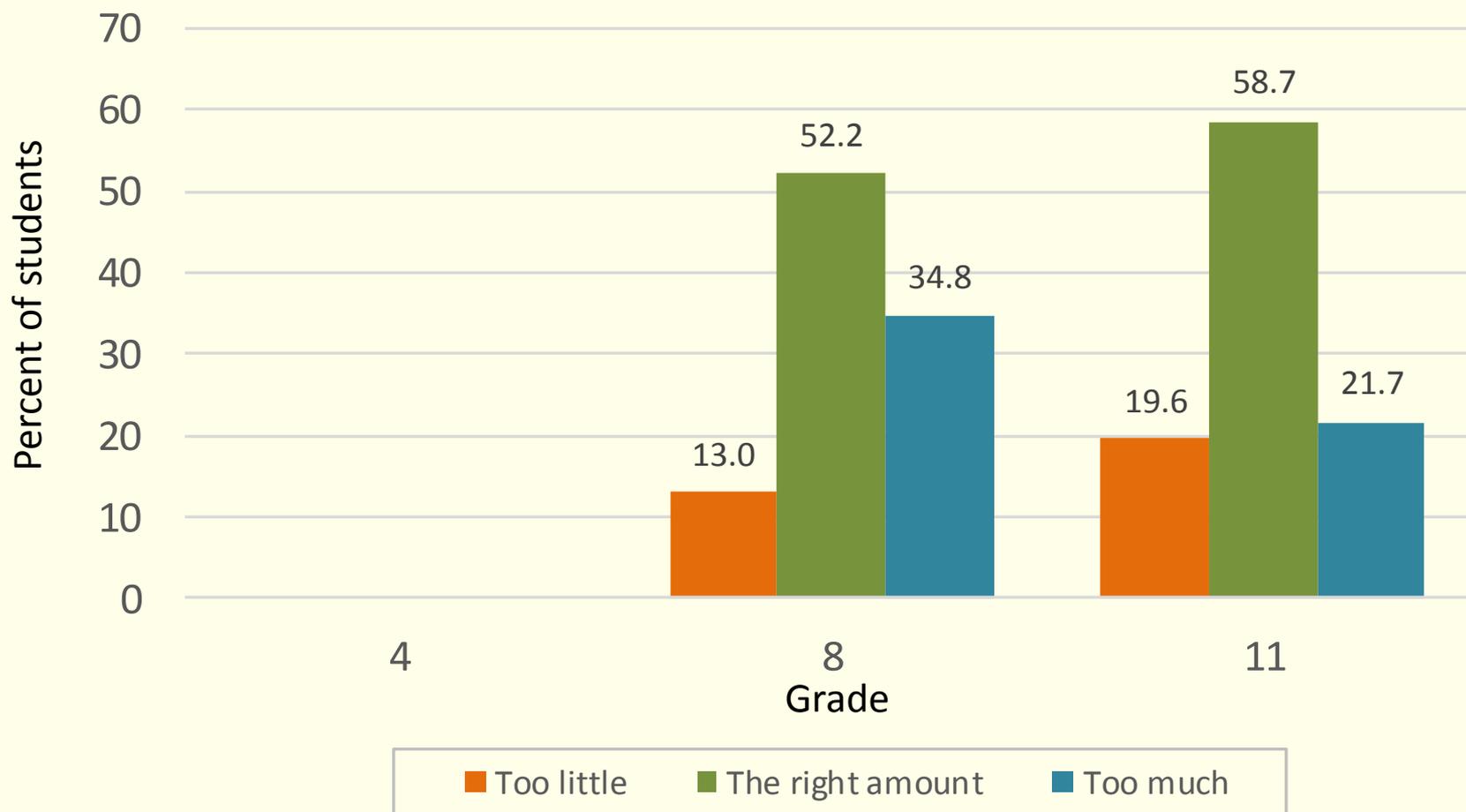


Recommendation: Sleep

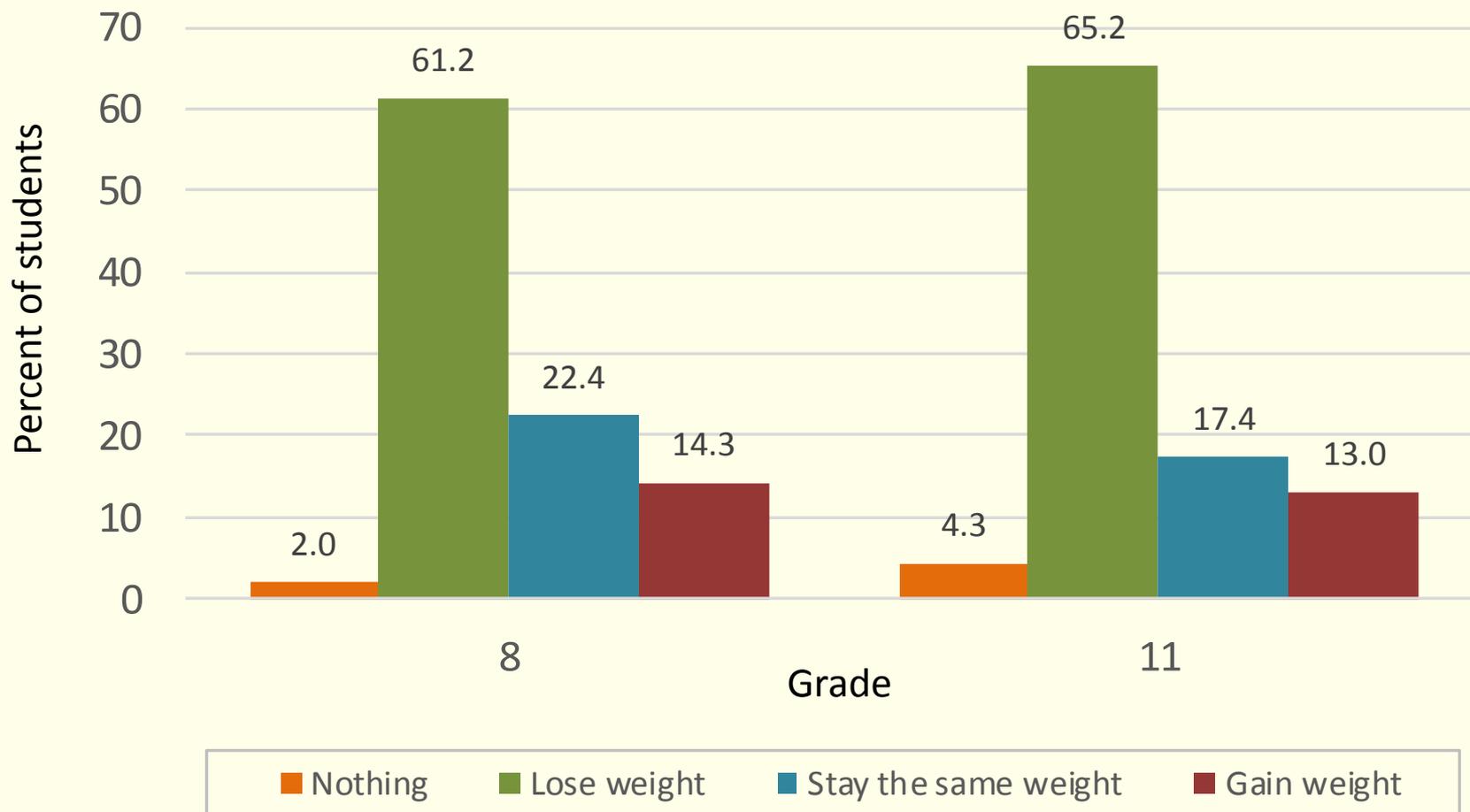
- According to the Centers for Disease Control and Prevention, children should get the following recommended hours of sleep per day:
 - Children ages 6-12 years: 9-12 hours
 - Adolescents ages 13-18 years: 8-10 hours

Source: https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html

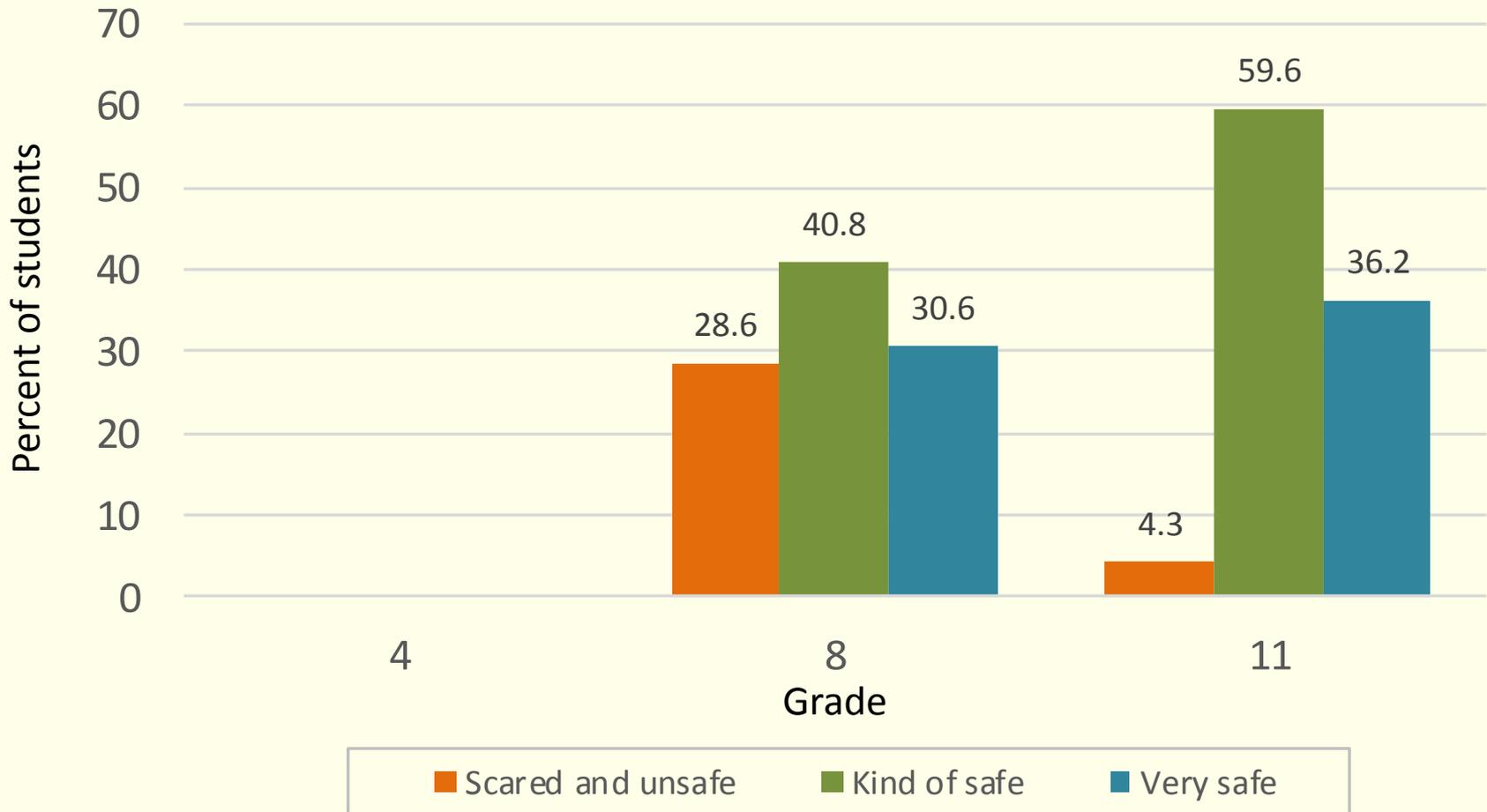
Compared to other students in your grade who are as tall as you, do you think you weigh:



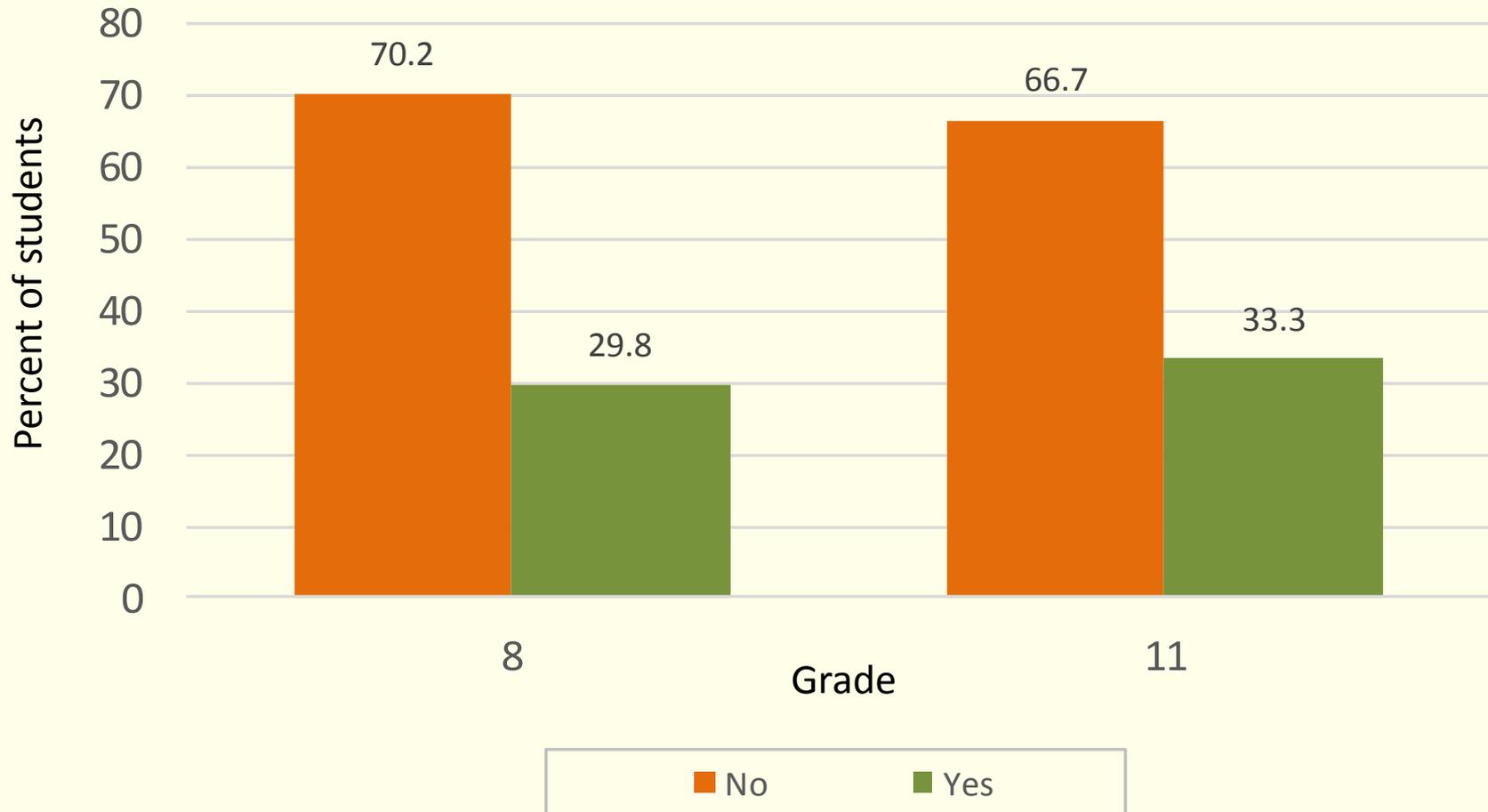
What are you trying to do about your weight?



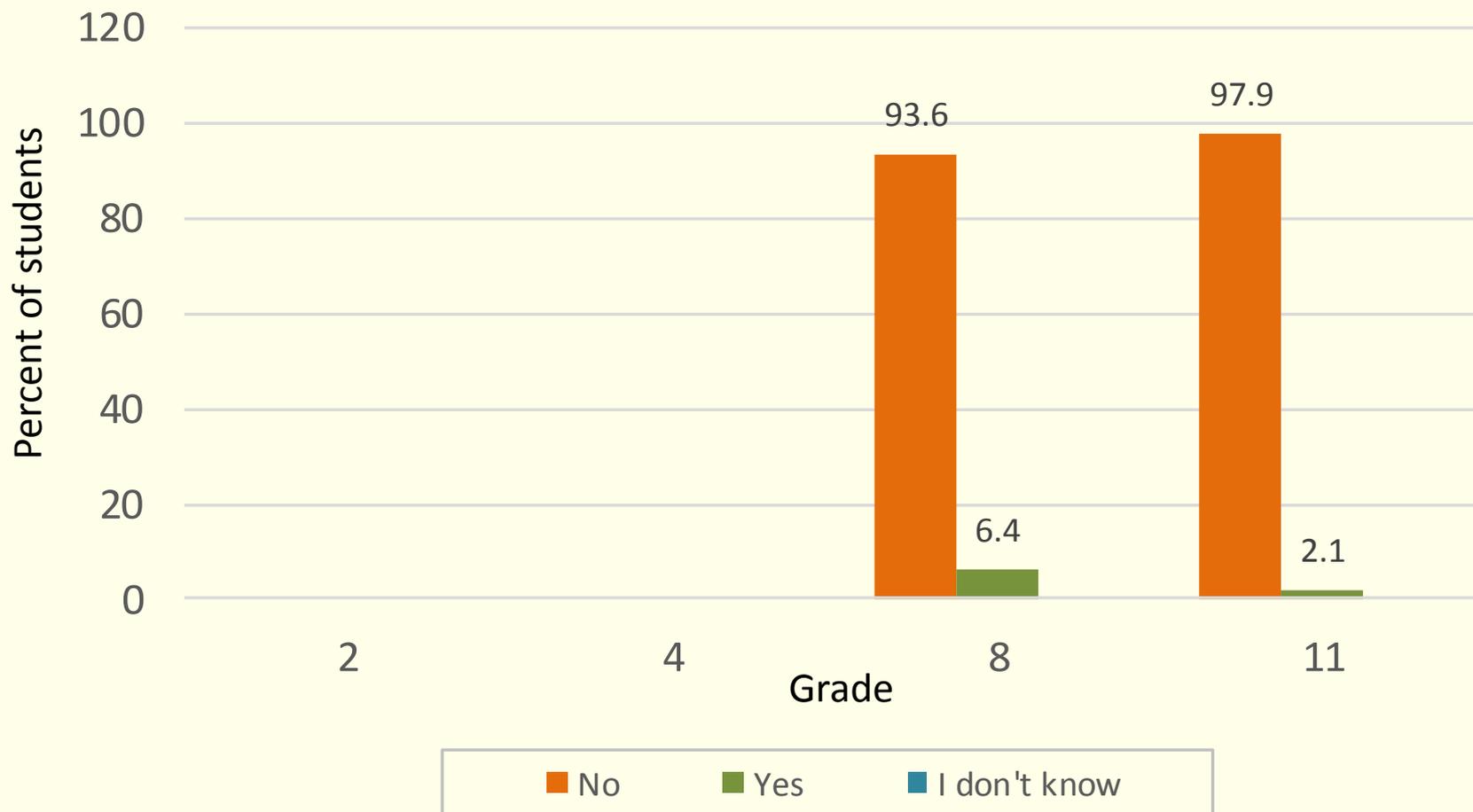
At school, I feel:



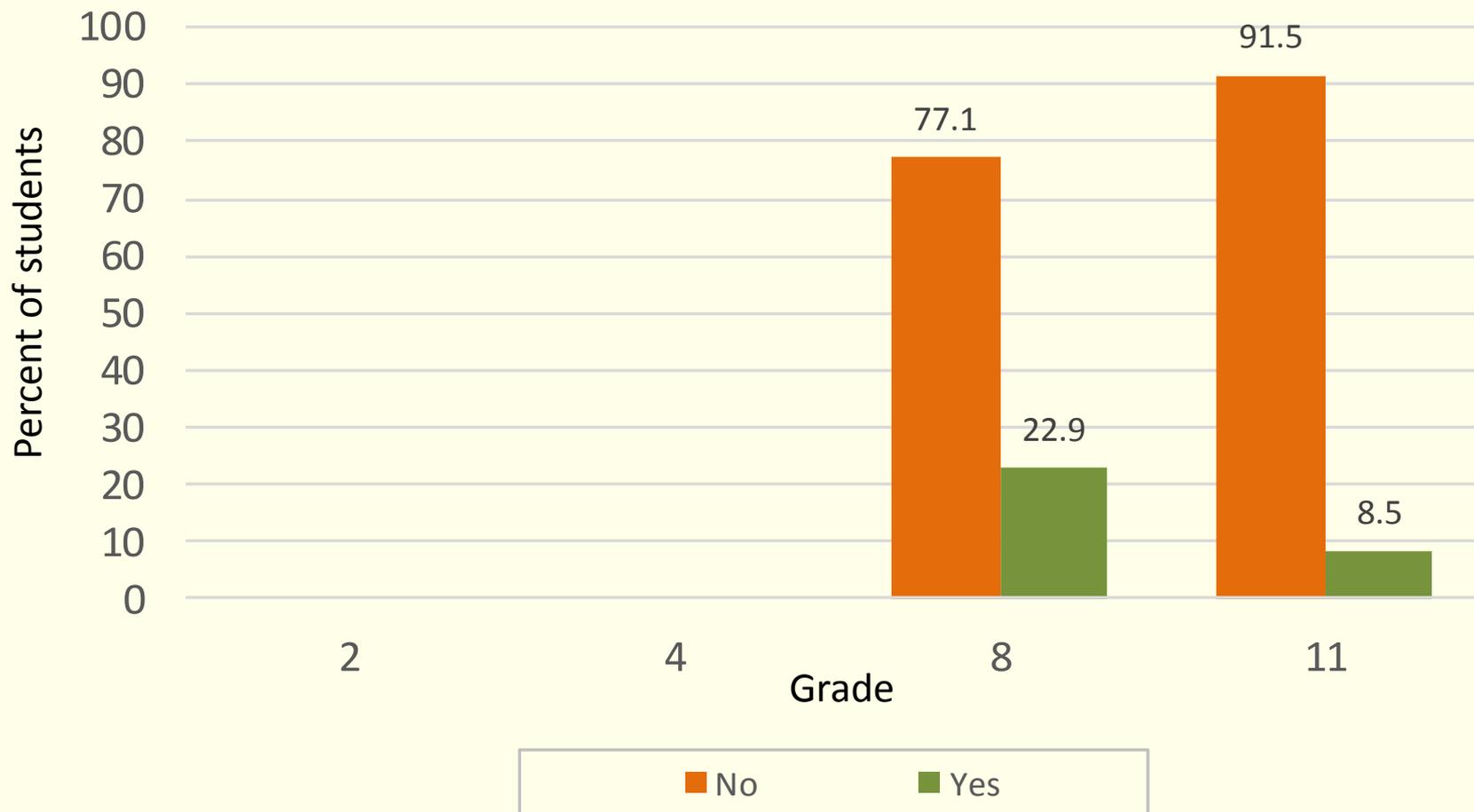
Have you EVER used an e-cigarette, even one or two times?



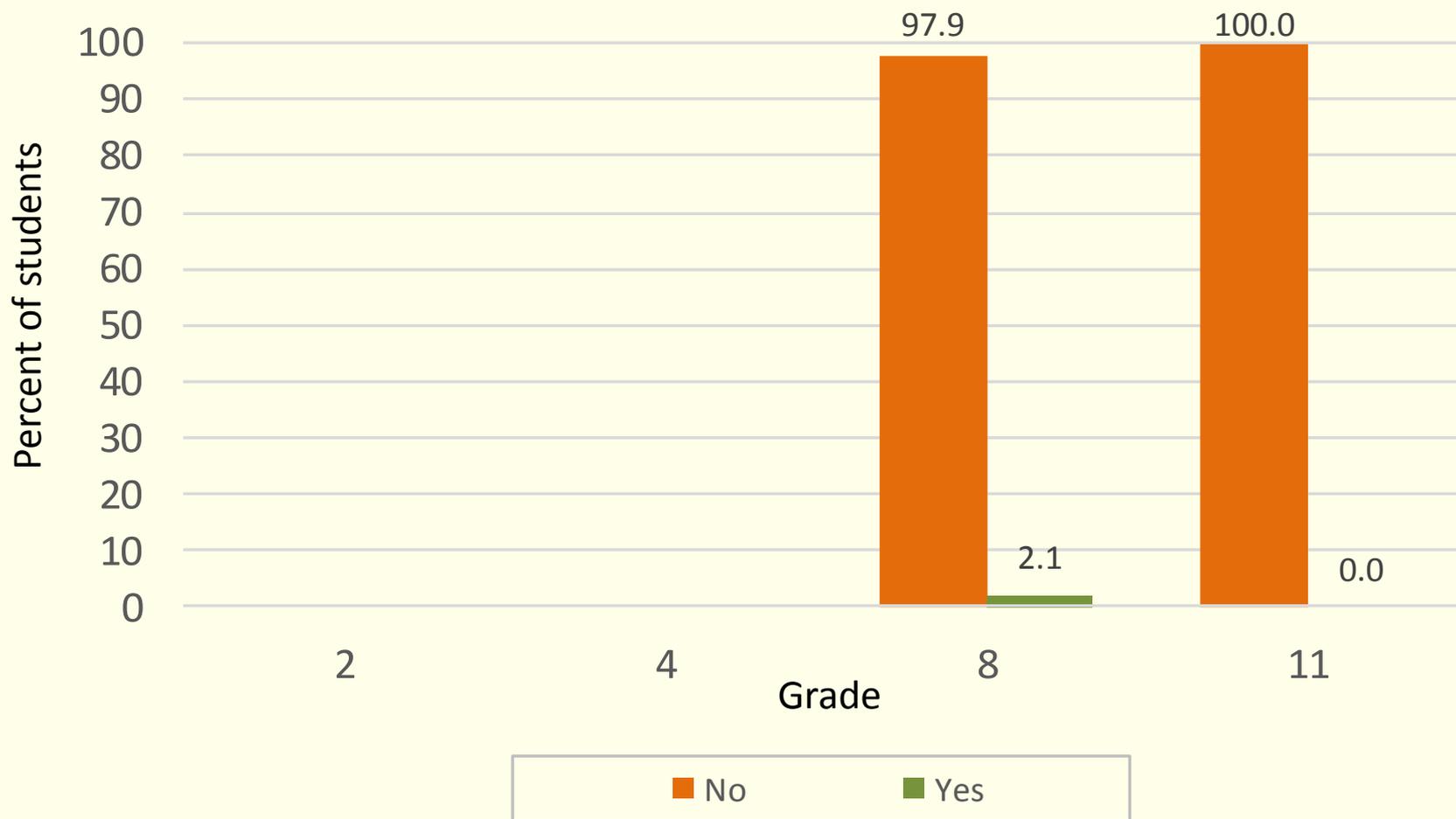
Do you have any food allergies?



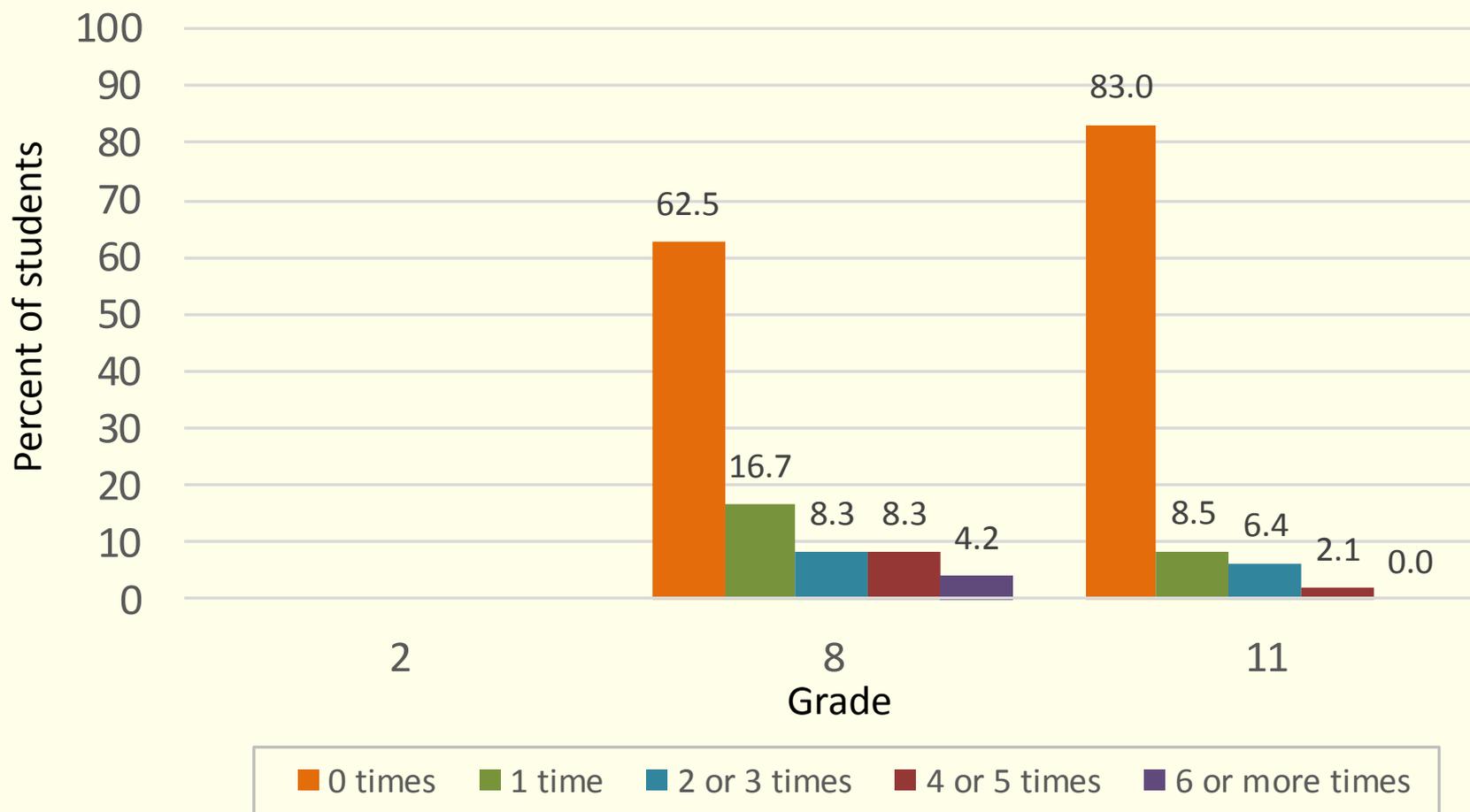
Has a doctor or nurse ever told you that you have asthma?



Has a doctor or nurse ever told you that you have diabetes?



During the past 12 months, how many times have you missed school because of problems with your teeth or mouth?



SPAN Research Team

- UTHealth SPH:

- Investigators:

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- Adriana Perez, PhD

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- Dina Sanchez
- Keith Winters



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- ❑ Other acknowledgments: DSHS Office of Border Health; UTSPH campuses; DSHS Region 4/5 Community Outreach Division; DSHS Regional 9/10; Area Health Education Centers (AHEC): Desert Mountain AHEC, Greater Houston AHEC, Lower Rio Grande AHEC, Panhandle AHEC, West Texas AHEC; City of El Paso Department of Public Health; UTHealth School of Nursing; UT Health Science Center Regional Campus, Laredo; UT Tyler Nursing

Acknowledgments

Thank you to the school districts, schools, children, and parents who participated in the study.



go.uth.edu/SPAN