

Recommendations



The 2005 YAWN survey indicates that our youth are not meeting the Healthy People 2010 Objectives for physical activity, nutrition, and weight. The Healthy People 2010 Objectives provide a comprehensive agenda for improving the health of all persons in the United States. The findings in our survey coupled with these objectives can be utilized by communities, local governments, schools, families, and businesses to implement a variety of initiatives.

- Encourage families to be active together
- Support physical activity in schools everyday for K-12
- Advocate for healthy meal options in school and work cafeterias
- Suggest use of schools for community activities
- Develop physical activity policies in the workplace to include showers, fitness facilities, flex-time and bike parking
- Promote physical activity in parks, facilities, play structures and special events
- Sponsor safe, active transportation through bike lanes, well lit trails, pedestrian friendly neighborhoods.



Williamson County & Cities Health District Divisions and Locations

Cedar Park Clinic

350 Discovery Blvd. #102
Cedar Park, TX 78613
Nursing 512-260-4240
WIC 512-260-4241

Georgetown Clinic

100 W. 3rd Street
Georgetown, TX 78626
Nursing 512-930-4386
WIC 512-930-4344

Round Rock Clinic

211 Commerce Blvd.,
Ste #109
Round Rock, TX 78664
Nursing 512-248-3257
WIC 512-248-3254

Taylor Clinic

115 West 6th Street
Taylor, TX 76574
Nursing 512-352-4121
WIC 512-352-4109

Administration

312 Main Street
Mailing: 100 W. 3rd. Street
Georgetown, TX 78626
512-943-3600

Environmental Services

303 Main Street
Georgetown, TX 78626
512-930-4390

Social Services

Healthcare Helpline
211 Commerce Blvd.,
Ste #114
Round Rock, TX 78664
512-248-3252
Tel: 1-800-890-6296

Community Health Promotion

312 Main Street
Mailing: 100 W. 3rd Street
Georgetown, TX 78626
512-943-1496



WCCHD Online:

www.bikemap.org
www.wcgardens.org
www.publichealthwilliamson.org

YAWN

Youth Activity Weight and Nutrition



PURPOSE

The obesity epidemic continues to be one of the most important health problems facing Texas today. The prevalence of overweight and obesity among Texas children and adults is higher than the national average and continues to increase. Overweight and obesity contributes to many chronic diseases such as heart disease and diabetes as well as to emotional problems such as low self-esteem and depression.

To examine this issue at a local level, in 2001 and 2005 the Williamson County and Cities Health District (WCCHD) implemented the Youth Activity Weight and Nutrition (YAWN) survey.

The YAWN survey evaluated priority health-risk behaviors, specifically unhealthy dietary behaviors, physical inactivity and overweight among Williamson County youth in grades 4th, 8th and 12th in three school districts. These behaviors are commonly interrelated and often are established during youth and extend into adulthood where they contribute to increased mortality and morbidity.

The results of the 2005 survey are provided in this report with anticipation that it will assist Georgetown, Taylor, and Liberty Hill Independent School Districts, WCCHD, and other public health entities to identify populations at risk, develop strategies to improve and/or implement prevention programs, educate the public and stakeholders about disease prevention and support potential grant funding within and out of local school districts and public entities.

Survey Sample

The survey sample consisted of youth in the 4th, 8th, and 12th grades attending Liberty Hill ISD, Georgetown ISD, and Taylor ISD. The survey was refined from the 2001 survey version by the Williamson County and Cities Health District (WCCHD) in consultation with the Department of Economics at Southwestern University. Staff from the three participating school districts and WCCHD staff played an integral role in the survey administration process. The questionnaire included questions that measure health behavior risks, knowledge about physical activity requirements and good nutrition practices as well as basic racial/ethnic information about the survey participants. There were a total of 21 questions. A copy of the questionnaire is available upon request.



Data Collection



Students in the 4th, 8th, and 12th grades in Georgetown, Taylor, and Liberty Hill School Districts completed a self-administered 'paper and pencil' questionnaire during one class period and recorded their responses directly on a questionnaire booklet. The questionnaire contained 21 multiple-choice questions. After completing the questionnaire, WCCHD staff measured the height and weight of each participant and recorded the result in their questionnaire booklet. Before the survey was conducted, parental permission procedures were followed for each school district. Participation in the survey was voluntary and anonymous participation was allowed. Student participation varied by school district, grade level, and absence rate on the day the survey was administered. A total of 2504 questionnaires were completed in three school districts. School district participation rates were 85% for Georgetown ISD, 85% for Taylor ISD, and 91% for Liberty Hill ISD. See table below.

District	4th		8th		12th		Total	
	#	%	#	%	#	%	#	%
Liberty Hill	129	92%	147	96%	111	84%	387	91%
Georgetown	596	89%	642	92%	363	75%	1601	85%
Taylor	169	86%	190	87%	157	82%	516	85%
Total	894	89%	979	92%	631	80%	2504	87%

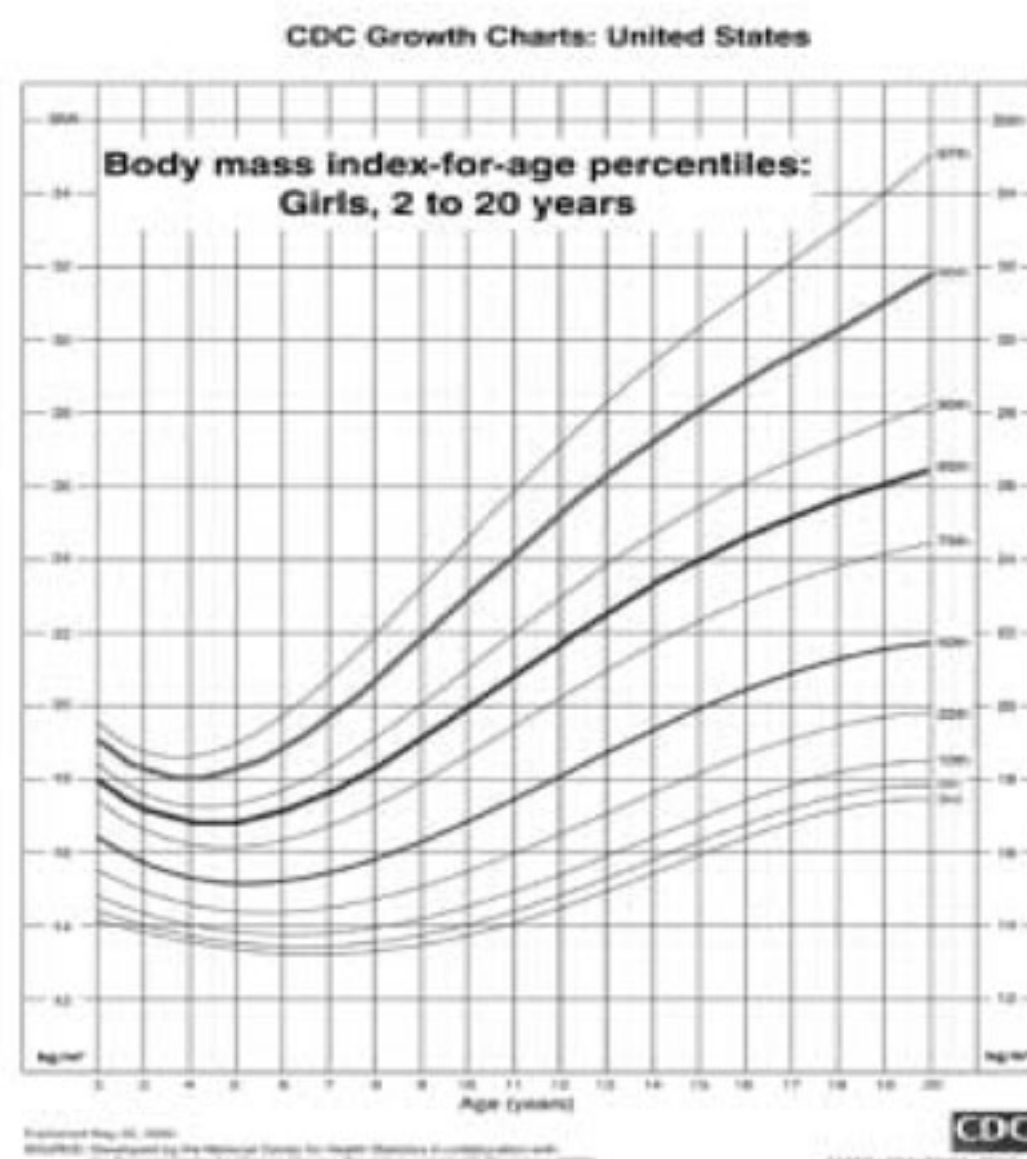
of student participants; % of student participants

Data Analysis

The data was entered into databases using statistical analysis software and cleaned and edited for inconsistencies. At risk for overweight and those already overweight were calculated from self-reported height and weight and then applied to the Body Mass Index (BMI) from the Centers for Disease Control & Prevention (CDC).

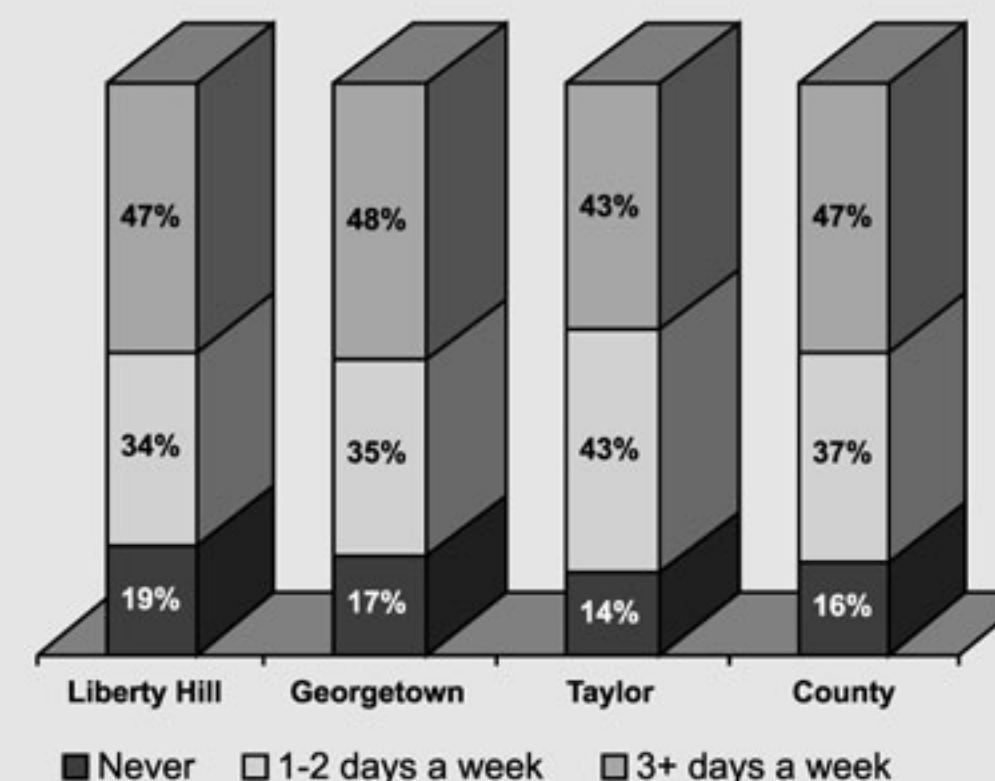
- BMI between the 85th - 95th percentile is at risk for becoming overweight
- BMI > 95th percentile is overweight
- BMI > 95th percentile is equal to a BMI > 30 among adults. For an adult, a BMI of 30 is approximately 30 pounds overweight.

SAS® and SUDAAN was used to compute prevalence estimates and confidence intervals for all variables and all data sets.



Physical Activity

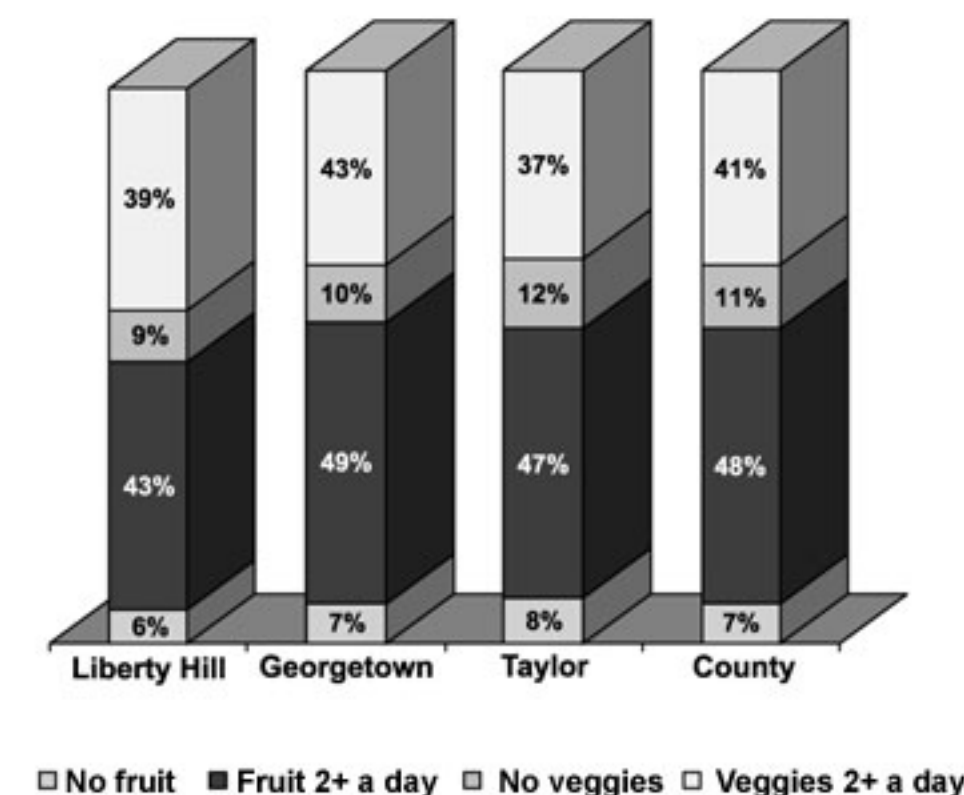
47% are physical activity three or more days a week.



The Healthy People 2010 target for adolescents who engage in vigorous physical activity that promotes cardio-respiratory fitness 3 or more days per week for 20 or more minutes per occasion is 85%. Based on our survey, 47% of students met this target. To increase this percentage, communities could consider a sound sidewalk infrastructure to support a Safe Routes to School program and provide affordable and convenient non team sports such as gymnastics and karate. Other activities could include planting a garden, forming a neighborhood activity group, or participating in fun run/walks together.

Nutrition

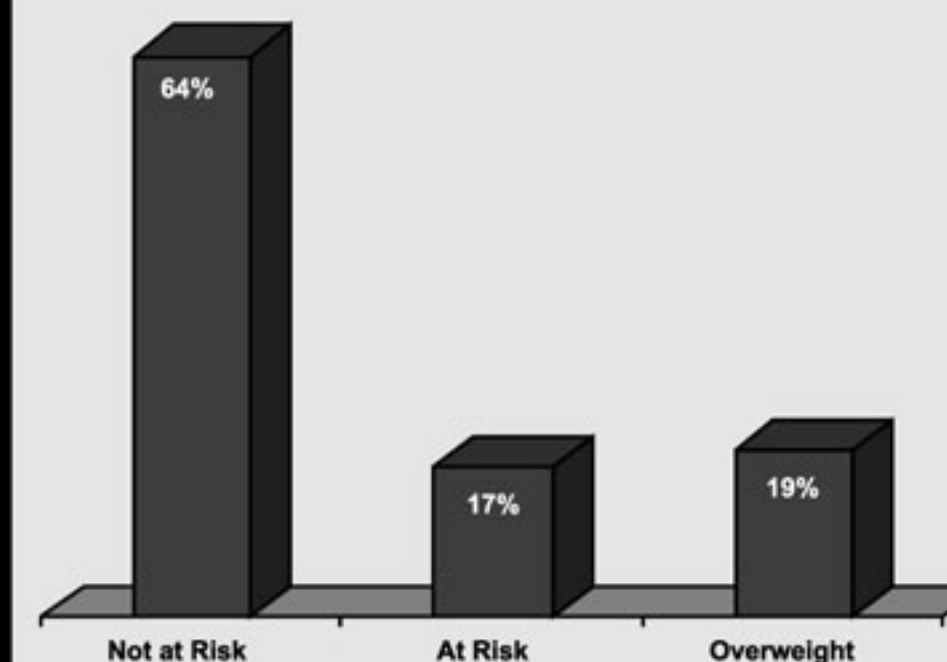
48% eat fruit & 41% eat vegetables two or more times a day.



The Healthy People 2010 targets for fruit and vegetable are that 75% of those 2 years and older eat at least two daily servings of fruit and 50% eat three or more servings of vegetables, with at least one of the servings being dark green or orange vegetables. Based on our survey participating students did not reach this target. To increase fruit and vegetable consumption among our youth, consider planting a fruit and vegetable garden, developing a healthy vending machine options policy, including fresh produce at social gatherings and offering healthy eating hands-on cooking classes for youth and their families.

Overweight

36% are at risk & overweight.



Each YAWN participant had their height and weight measured by survey administrators. The figures were applied to reference data from the CDC. The risk for becoming overweight (85-95%) or already overweight (>95%) was measured by the Body Mass Index (BMI). The Healthy People 2010 target is that no more than 5% of children and adolescents (6-19) are at risk or already overweight. Our participating students exceed this by 31%. Comprehensive lifelong physical activity and sound nutrition habits are key to reducing ones risk for being overweight.