



# Steps to a HealthierNY: Broome County Program Evaluation Steps Youth Survey

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# Heard of Steps to a HealthierNY

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Which of the following statements about the Steps to a HealthierNY program is true?

- A. All Broome County adults reported being aware of the Steps to a HealthierNY program.
- B. Recognition of the Steps to a HealthierNY declined significantly between YR 01 & YR 03
- C. More than half of Broome County adults have heard of the Steps to a HealthierNY program
- D. Recognition of the Steps to a HealthierNY program has remained the same over the past 3 years



# Heard of Steps to a HealthierNY

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CORRECT ANSWER:

C. More than half of Broome County adults have heard of the Steps to a HealthierNY program

DATA:

- The proportion of adults in Broome County who have heard of the Steps to a HealthierNY was
  - 45.4% for YR 01
  - 56.2% for YR 02
  - 54.0% for YR 03

These differences were not significant

COMMENT:

- A high level of program recognition was achieved in the first year of the Steps program and was maintained over the next two years

# Youth Survey: Broome County

Healthy Youth!

## ■ Year 01 = 2005

- 11 of 12 schools  
School response rate = 92%
- All grade levels  
Student response rate = 76%
- Overall response rate = 70%

## ■ Year 03 = 2007

- All 12 sampled schools  
School response rate = 100%
- All grade levels  
Student response rate = 75%
- Overall response rate = 75%

GRADE	YEAR 01	YEAR 03
9 <sup>th</sup>	26.2%	26.3%
10 <sup>th</sup>	26.4%	25.7%
11 <sup>th</sup>	32.1%	24.9%
12 <sup>th</sup>	23.9%	22.8%
GENDER	YEAR 01	YEAR 03
Male	48.3%	48.3%
Female	51.7%	51.7%
TOTAL (N)	1391	1019



# Steps Youth Survey: Cigarette Smoking

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For the Steps Youth Survey, all of the following indicators improved significantly between YR 01 and YR 03 except one. Which indicator was significantly worse from YR 01 to YR 03?

- A. Percentage of high school students who ever tried cigarette smoking, even one or two puffs.
- B. Percentage of high school students who smoked a whole cigarette for the first time before age 13 years.
- C. Percentage of high school students who smoked cigarettes on one or more of the past 30 days.
- D. Percentage of high school smokers who ever tried to quit smoking cigarettes during the past twelve months.



# Steps Youth Survey: Cigarette Smoking

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## CORRECT ANSWER:

- D. Percentage of high school smokers who ever tried to quit smoking cigarettes during the past twelve months decreased significantly from 59.7% in YR 01 to 43.2% in YR 03

## DATA:

- The percentage of high school students who ever tried cigarette smoking, even one or two puffs decreased significantly from 47.3% in YR 01 to 37.7% in YR 03
- The percentage of high school students who smoked a whole cigarette for the first time before age 13 years decreased significantly from 12.7% in YR 01 to 9.5% in YR 03
- The percentage of high school students who smoked cigarettes on one or more of the past 30 days decreased significantly from 17.1% in YR 01 to 12.6% in YR 03

## COMMENT:

- Significant improvements were observed in smoking behaviors among high school students in Broome County over the first three years of the Steps program
- 5.8% of high school smokers indicated that they wanted to quit smoking now



# Steps Youth Survey: Smoked 20+ Days Past Month

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The percentage of high school students who smoked cigarettes on 20 or more of the past 30 days improved significantly from YR 01 to YR 03 for which of the following?

- A. Males
- B. Females
- C. Total sample



# Steps Youth Survey: Smoked 20+ Days Past Month

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CORRECT ANSWER:

A. Males

DATA:

Among high school students who smoked cigarettes on 20 or more of the past 30 days

- The percentage for males decreased significantly from 9.1% in YR 01 to 4.7% in YR 03
- The percentage for females decreased from 8.6% in YR01 to 7.4% in YR 03
- The percentage for the total sample decreased from 8.9% in YR 01 to 6.0% in YR 03

Though decreases were observed for females as well as the total sample, these improvements were not significant

COMMENT:

- Current frequent cigarettes use was higher than both NYS and the US in YR 01 (2005) [state and national figures for 2007 were not available]
  - For NYS, this percentage was 6.6% for males, 6.0% for females, and 6.3% for the total sample
  - For the US, this percentage was 9.3% for males, 9.3% for females, and 9.4% for the total sample



# Steps Youth Survey: Smoked on School Property Past Month

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The percentage of high school students who smoked cigarettes on school property on one or more of the past 30 days improved significantly from YR 01 to YR 03 for which of the following?

- A. Males
- B. Females
- C. Total sample



# Steps Youth Survey: Smoked on School Property Past Month

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CORRECT ANSWER:

A. Males

DATA:

Among high school students who smoked cigarettes on school property on one or more of the past 30 days

- The percentage for males decreased significantly from 7.3% in YR 01 to 4.0% in YR 03
- The percentage for females decreased from 6.7% in YR01 to 5.5% in YR 03
- The percentage for the total sample decreased from 7.0% in YR 01 to 4.8% in YR 03

Though decreases were observed for females as well as the total sample, these improvements were not significant

COMMENT:

- Smoking on school property was higher than both NYS and the US in YR 01 (2005) [state and national figures for 2007 were not available]
  - For NYS, this percentage was 6.1% for males, 5.3% for females, and 5.7% for the total sample
  - For the US, this percentage was 7.4% for males, 6.2% for females, and 6.8% for the total sample



# Steps Youth Survey: Ever Smoked Daily

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The percentage of high school students who ever smoked cigarettes daily (i.e., at least one cigarette every day for 30 days) improved significantly from YR 01 to YR 03 for which of the following?

- A. Males
- B. Females
- C. Total sample



# Steps Youth Survey: Ever Smoked Daily

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CORRECT ANSWER:

A. Males

DATA:

Among high school students who ever smoked daily

- The percentage for males decreased significantly from 14.2% in YR 01 to 6.0% in YR 03
- The percentage for females increased from 12.5% in YR01 to 13.6% in YR 03
- The percentage for the total sample decreased from 13.4% in YR 01 to 9.7% in YR 03  
The changes observed for females and the total sample were not significant

COMMENT:

- Ever smoked daily was higher than both NYS and the US in YR 01 (2005) [state and national figures for 2007 were not available]
  - For NYS, this percentage was 10.7% for males, 9.8% for females, and 10.3% for the total sample
  - For the US, this percentage was 13.3% for males, 13.5% for females, and 13.4% for the total sample
- Significant improvements were observed across all three tobacco use indicators for males
- Lifetime daily tobacco use among females is similar to the national figure and remains high



# Steps Youth Survey: Physical Activity

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The percentage of high school students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days

- A. Increased significantly
- B. Decreased significantly
- C. Stayed about the same



# Steps Youth Survey: Physical Activity

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CORRECT ANSWER:

A. Increased significantly

DATA:

- The percentage of high school students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days increased significantly from 37.8% in YR 01 to 46.9% in YR 03

COMMENT:

- In YR 01 (2005) the percentage of high school students who met the recommended level of physical activity was 29.6% for NYS and 35.8% for the US [state and national figures for 2007 were not available]
- This change parallels improvements in physical education in schools from YR 01 to YR 03. The percentage of high school students who reported being taught about
  - The benefits of physical activity increased from 59.7% to 67.8%
  - How to develop a physical fitness plan increased from 41.9% to 47.8%
  - Opportunities for physical activity in the community increased from 30.9% to 38.1%



# Steps Youth Survey: Physical Activity

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For which gender did the percentage of high school students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days improve significantly?

- A. Males only
- B. Females only
- C. Both males and females



# Steps Youth Survey: Physical Activity

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CORRECT ANSWER:

A. Both males and females

DATA:

- The percentage of high school students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days was
  - For males, 44.0% in YR 01 and 52.1% in YR 03
  - For females, 38.1% in YR 01 and 48.0% in YR 03

COMMENT:

- In YR 01 (2005) the percentage of high school students who met the recommended level of physical activity was
  - In NYS, 34.2% for males & 25.0% for females
  - In the US, 43.8% for males & 27.8% for females
- Unlike the changes observed in tobacco behaviors which occurred primarily in males, improvements in this area were realized for both genders
- In YR 03: Although 90.2% thought that physical activity was important or very important to their health, only 37.5% knew that they should engage in 60 minutes or more of physical activity on five or more days per week



# Steps Youth Survey: Vegetable Servings

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From YR 01 to YR 03, the proportion of students who consumed at least 3 daily servings of vegetables

- A. Increased from 10.6% to 14.9%
- B. Stayed approximately the same
- C. Decreased from 8.7% to 7.9%



# Steps Youth Survey: Vegetable Servings

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## CORRECT ANSWER:

A. Increased from 10.6% to 14.9%

## DATA:

- Answer B refers to the proportion of high school students who consumed at least 2 daily servings of fruit, which was 29.9% for YR 01 and 30.4% for YR 03
- Answer C refers to adult vegetable consumption which decreased from 8.7% in YR 01 to 7.9% in YR 03

## COMMENTS:

- For high school students, consumption of five or more servings per day of fruits and vegetables increased from 18.0% in YR 01 to 20.5% in YR 03; interestingly in YR 03, 25.7% thought they ate the right amount
- Though this change was not significant, the increase appears to be primarily an increase in vegetable consumption
- This change parallels improvements in nutrition education in schools from YR 01 to YR 03. The percentage of high school students who reported being taught about
  - The benefits of eating more fruits and vegetables increased from 40.7% to 43.2%
  - How to make health meals and snacks increased from 29.3% to 33.3%
- Of note in YR 03, only 19.6% knew that 5 to 9 servings of fruits and vegetables are recommended to eat every day for good health



# Steps Youth Survey: Obesity

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From YR 01 to YR 03, the proportion of high school students who were overweight (BMI  $\geq$  95<sup>th</sup> percentile)

- A. Increased slightly from 14.3% to 14.5%
- B. Stayed exactly the same
- C. Decreased from 11.5% to 10.2%



# Steps Youth Survey: Obesity

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CORRECT ANSWER:

C. Decreased from 11.5% to 10.2%

DATA:

- At risk for becoming overweight = at or above the 85<sup>th</sup> but below the 95<sup>th</sup> percentile for BMI, by age and sex
- Overweight = at or above the 95<sup>th</sup> percentile for BMI, by age and sex
- Answer A refers to the percent of high school students who were at risk for becoming overweight, which remained approximately the same:  
14.3% for YR 01 & 14.5% for YR 02

COMMENTS:

- In NYS for YR 01 (2005), 17.1% of high school students were at risk for becoming overweight and 10.5% were overweight
- In the US for YR 01 (2005), 15.7% of high school students were at risk for becoming overweight and 13.1% were overweight
- Interestingly, the percent of high school students who described themselves as slightly or very overweight also decreased from 31.2% in YR 01 to 27.3% in YR 02
- In 2007, 24.4% of high school students reported that their doctor or nurse discussed how to maintain a healthy weight during their last check-up



# Steps Youth Survey: Weight Loss

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In 2007, 43.1% of high school students were trying to lose weight. What was the most common method to lose weight or keep from gaining weight that students cited using in the past month?

- A. Exercising
- B. Eating less food, fewer calories, or foods low in fat
- C. Going without eating for 24 hours or more
- D. Taking diet pills, powders, or liquids without a doctor's advice
- E. Vomiting or taking laxatives



# Steps Youth Survey: Weight Loss

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CORRECT ANSWER:

A. Exercising

DATA:

- 61.7% exercised
- 38.2% ate less food, fewer calories, or foods low in fat
- 10.7% went without eating for 24 hours or more
- 6.4% took diet pills powders or liquids without a doctor's advice
- 6.2% vomited or took laxatives

COMMENTS:

- Exercising decreased slightly from YR 01 (62.0%) and eating less food, fewer calories, or foods low in fat increased slightly from YR 01 (36.0%)
- Of concern, are the unhealthy dietary practices, which all increased. For YR 01:
  - 8.9% went without eating for 24 hours or more
  - 5.4% took diet pills powders or liquids without a doctor's advice
  - 4.5% vomited or took laxatives
- Additional education efforts are need in the area of healthy ways to lose or maintain weight



# Steps Youth Survey: Physical Activity

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From YR 01 to YR 03, the Healthy People Target goal of 35% was exceeded for which of the following behaviors?

- A. Proportion of adolescents who participate in daily school physical education
- B. Moderate physical activity for at least 30 minutes on five or more days per week
- C. Vigorous physical activity 20 or more minutes on 3 or more days per week



# Steps Youth Survey: Physical Activity

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CORRECT ANSWER:

B. Moderate physical activity for at least 30 minutes on five or more days per week

DATA:

- Answer A. The proportion of adolescents who participate in daily school physical education remained relatively stable: 5.3% for YR 01 & 5.4% for YR 02 and reflects the six day cycle that area schools follow. The Healthy People 2010 target for this indicator is 50%.
- Answer C. Vigorous physical activity 20 or more minutes on 3 or more days per week decreased from 71.9% in YR 01 to 67.2% in YR 02, which is considerably lower than the Healthy People 2010 target of 85%

COMMENTS:



# Steps Youth Survey: Television Viewing

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From YR 01 to YR 03, the proportion of adolescents who view television 2 or fewer hours on a school day

- A. Met the Healthy People 2010 target of 75%
- B. Fell below the Healthy People 2010 target of 25%
- C. Exceeded the Healthy People 2010 target of 95%



# Steps Youth Survey: Television Viewing

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## CORRECT ANSWER:

A. Met the Healthy People 2010 target of 75%

## DATA:

- The percentage of high school students who watch TV for 3 or more hours per day decreased slightly from 26.1% in YR 01 to 25.1% in YR 03
- The percentage of high school students who played video or computer games or used a computer for other than schoolwork for 3 or more hours per day increased slightly from 22.5% in YR 01 to 23.3% in YR 03
- For YR 03, 68.1% of high school students reported having a TV in their room

## COMMENTS:

- Although television viewing reached the HP 2010 target, TV is not the only behavior that promotes physical inactivity; video game and computer use is also contributory and rose slightly from YR 01 to YR 03
- IN YR 01, the percentage of students who watched 3 or more hours of TV on an average school day was 37.2% for NYS & 41.9% for the US
- In YR 01, 23.9% did not participate in at least 20 minutes of vigorous physical activity three or more times during the past week and did not participate in at least 30 minutes of moderate physical five or more times during the past week; and 3.8% did not participate in any vigorous or moderate physical activity during the past week