



2012 Cuyahoga County Youth Risk Behavior Survey: Nutrition

Introduction

The Prevention Research Center for Healthy Neighborhoods (PRCHN) at Case Western Reserve University has administered the Youth Risk Behavior Survey (YRBS) in school districts throughout Cuyahoga County since 2000. The YRBS is a cross-sectional tool developed by the Centers for Disease Control and Prevention (CDC) to track adolescent risk behavior over time. In spring of 2012, the PRCHN conducted the YRBS among 7th and 8th grade students in Cuyahoga County middle schools. A more detailed description of the methodology is available at our website, <http://prchn.org/yrbs.aspx>.

This brief report presents results from the 2012 Cuyahoga County Middle School Youth Risk Behavior Survey, with a particular focus on Nutrition. In this brief report, we present:

- [Overall Prevalence](#)
- [Regional Prevalence](#)
- [Demographic Prevalence](#)
- [Trend Report](#)

Data for similar behaviors can be found at our website, <http://prchn.org/yrbs.aspx>.

Nutrition

Diet and nutrition have important links to adolescent health and well-being, as well as to major causes of morbidity and mortality later in life. Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. There is probable evidence to suggest that dietary patterns with higher intakes of fruits and vegetables are associated with a decreased risk for some types of cancer,^{i,ii,iii} cardiovascular disease,^{iv} and stroke.^v Although data are limited, an increased intake of fruits and vegetables appears to be associated with a decreased risk of being overweight.^{vi}

Eating breakfast every day may reduce the risk for obesity and insulin resistance syndrome — an early sign of developing diabetes, by as much as 35 to 50 percent.^{vii} Breakfast eaters tend to eat fewer calories, less saturated fat and cholesterol and have better overall nutritional status than breakfast skippers.^{viii}

Overall Prevalence

The following table summarizes nutrition behaviors among the 12,341 middle school students who completed the 2012 Cuyahoga County YRBS. Prevalence estimates and 95% confidence intervals were computed for all variables.

Risk Behavior	% (95% Confidence Interval)
Ate fruits and vegetables five or more times per day (During the day before the survey.)	28.1% (27.0-29.1)
Ate fast food one or more times (During the 7 days before the survey.)	70.6% (69.6-71.7)
Did not eat breakfast every day (During the 7 days before the survey.)	58.7% (57.6-59.9)
Drank 3 or more glasses of milk per day (During the day before the survey.)	24.3% (23.4-25.3)

Regional Prevalence

The table below represents nutrition behaviors by the six regions of Cuyahoga County. This division was conducted to provide a geographic representation of the prevalence of different risk behaviors in Cuyahoga County. In 2012, we were able to weight to 4 of 6 regions in Cuyahoga County. The columns under Inner Ring–East and Inner Ring–West do not include data because school participation within those regions was insufficient to permit weighting.

Risk Behavior	CMSD-East % (95% CI)	CMSD- West % (95% CI)	Inner Ring-East % (95% CI)	Inner Ring-West % (95% CI)	Outer Ring-East % (95% CI)	Outer Ring-West % (95% CI)
Ate fruits and vegetables five or more times per day (During the day before the survey.)	22.1% (20.3-23.8)	21.5% (19.2-23.9)	N/A	N/A	37.0% (34.5-39.5)	32.1% (30.0-34.3)
Ate fast food one or more times (During the 7 days before the survey.)	76.2% (74.5-77.8)	77.2% (74.9-79.6)	N/A	N/A	63.4% (60.3-66.6)	66.2% (63.8-68.5)
Did not eat breakfast every day (During the 7 days before the survey.)	65.1% (62.3-68.0)	63.9% (60.8-67.1)	N/A	N/A	52.9% (49.7-56.1)	50.5% (48.4-52.7)
Drank 3 or more glasses of milk per day (During the day before the survey.)	18.5% (16.6-20.5)	23.6% (20.9-26.2)	N/A	N/A	23.3% (20.7-25.9)	31.4% (29.4-33.4)

Demographic Prevalence

The tables below allow for further comparisons of nutrition behaviors between demographic groups. Data are presented by gender, race/ethnicity, and grade level. A statistically significant difference exists between groups if the 95% confidence intervals do not overlap.

Ate fruits and vegetables five or more times per day		
Category	%	CI
Gender		
Female	28.5	27.1 - 30.0
Male	27.5	26.0 - 29.0
Race/Ethnicity		
Black	22.7	21.1 - 24.3
White	32.1	30.6 - 33.7
Hispanic	22.1	19.1 - 25.0
Other/Multiple	33.3	28.9 - 37.7
Grade		
7th	30.9	29.4 - 32.4
8th	25.3	23.9 - 26.7
Total	28.1	27.0 - 29.1

Ate fast food one or more times		
Category	%	CI
Gender		
Female	69.6	68.1 - 71.0
Male	71.6	70.1 - 73.0
Race/Ethnicity		
Black	77.6	76.2 - 79.0
White	64.5	62.8 - 66.2
Hispanic	81.7	79.4 - 83.9
Other/Multiple	69.4	65.3 - 73.5
Grade		
7th	68.6	67.0 - 70.2
8th	72.4	71.1 - 73.8
Total	70.6	69.6 - 71.7

Did not eat breakfast every day		
Category	%	CI
Gender		
Female	65.1	63.6 - 66.7
Male	53.1	51.4 - 54.7
Race/Ethnicity		
Black	67.4	65.6 - 69.3
White	51.6	50.0 - 53.2
Hispanic	63.8	60.9 - 66.8
Other/Multiple	57.5	52.9 - 62.2
Grade		
7th	55.7	54.0 - 57.4
8th	61.5	60.0 - 63.1
Total	58.7	57.6 - 59.9

Drank 3 or more glasses of milk per day		
Category	%	CI
Gender		
Female	18.1	17.0- 19.3
Male	29.9	28.5 - 31.3
Race/Ethnicity		
Black	16.9	15.6 - 18.2
White	30.1	28.7 - 31.6
Hispanic	22.9	20.2 - 25.5
Other/Multiple	23.7	19.7 - 27.7
Grade		
7th	24.9	23.6 - 26.2
8th	23.8	22.5 - 25.2
Total	24.3	23.4 - 25.3

Cuyahoga County Trend Data

The following table presents the prevalence of nutrition behaviors among Cuyahoga County middle school students in 2008, 2010, and 2012. The prevalence for each year is given (when available), with 95% confidence intervals below.

Cuyahoga County, 2008	Cuyahoga County, 2010	Cuyahoga County, 2012
Ate fruits and vegetables five or more times per day (During the day before the survey.)		
24.2% (23.0-25.3)	26.9% (25.6-28.3)	28.1% (27.0-29.1)
Ate fast food one or more times (During the 7 days before the survey.)		
70.9% (69.6-72.1)	68.9% (67.8-70.0)	70.6% (69.6-71.7)
Did not eat breakfast every day (During the 7 days before the survey.)		
62.2% (61.1-63.4)	59.8% (58.0-61.5)	58.7% (57.6-59.9)
Drank 3 or more glasses of milk per day (During the day before the survey.)		
24.4% (23.2-25.6)	28.0% (26.6-29.4)	24.3% (23.4-25.3)

Contact Information

Prepared by:
Prevention Research Center for Healthy Neighborhoods
Case Western Reserve University
10900 Euclid Avenue
Cleveland, Ohio 44106-7069
www.prchn.org

For more information please contact:
Erika S. Trapl, PhD
Assistant Professor, Department of Epidemiology and Biostatistics
Associate Director, Prevention Research Center for Healthy Neighborhoods
Case Western Reserve University
Erika.trapl@case.edu
216-368-0098

Jean L. Frank, MPH
Manager of Community Initiatives
Prevention Research Center for Healthy Neighborhoods
Case Western Reserve University
Jean.frank@case.edu
216-368-5913

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