

Healthy Lifestyle

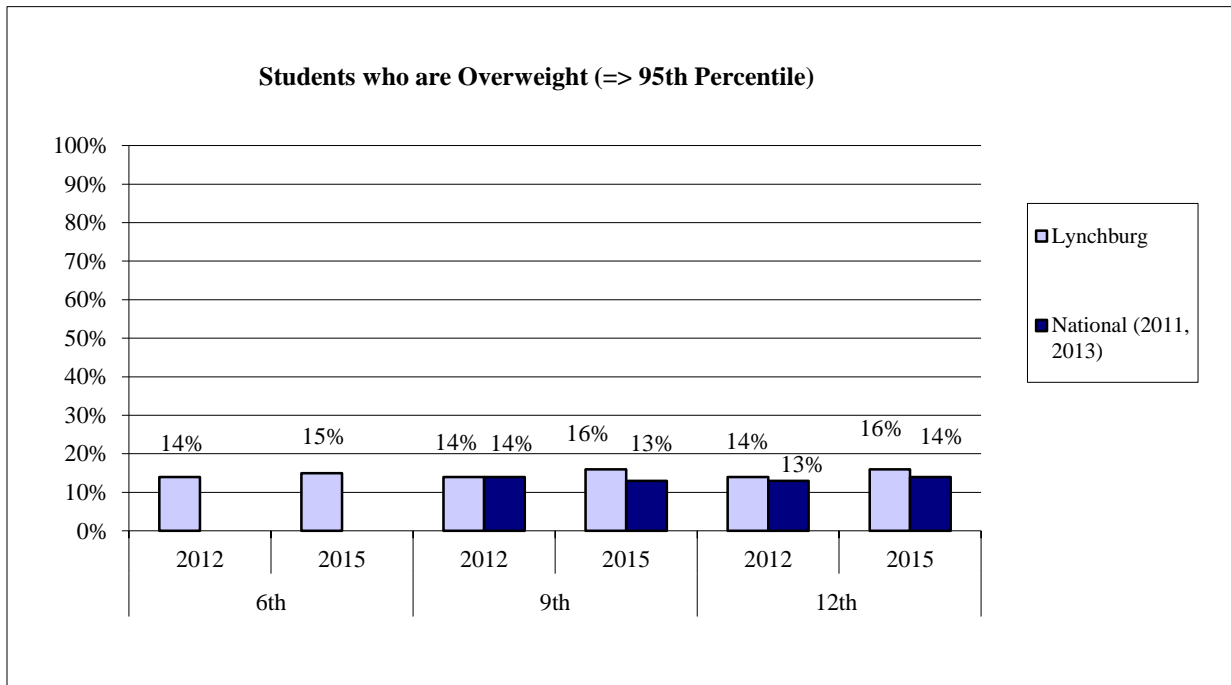
Survey Questions:

How tall are you without your shoes on?

And

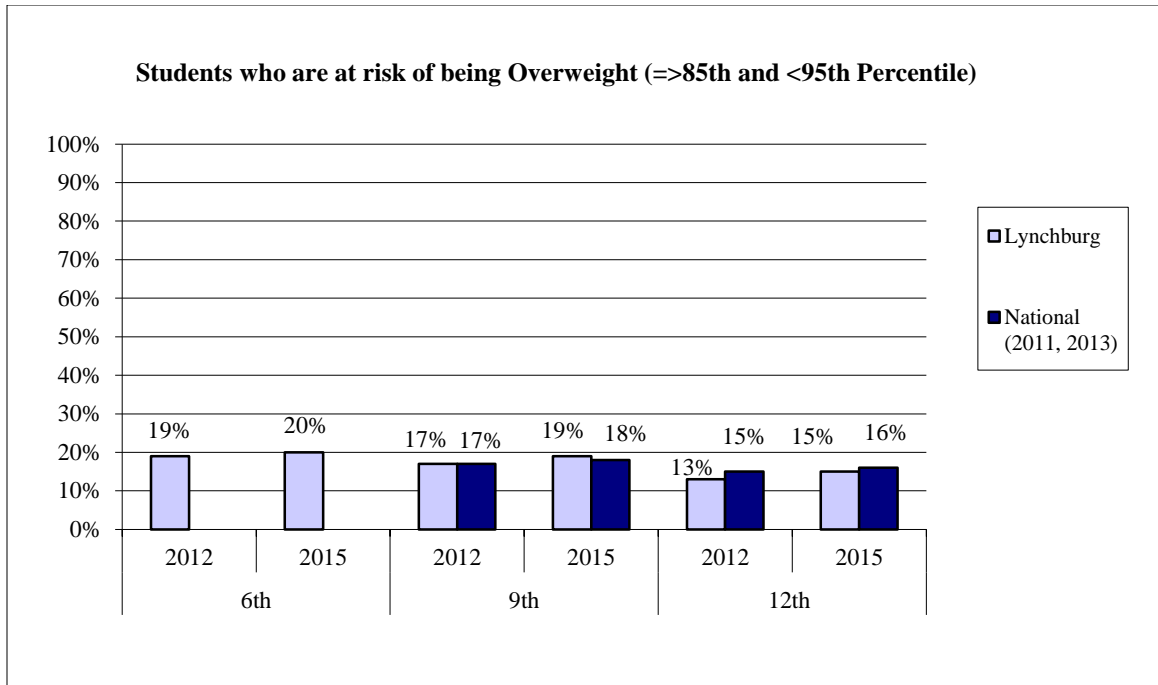
How much do you weigh without your shoes on?

The results of these questions were used to calculate the Body Mass Index of individual students. The percentages of students who are overweight and who are at risk of being overweight are presented in the graphs below.



6th grade N = 501 (2012), 511 (2015); 9th grade N = 526 (2012), 520 (2015); 12th grade N = 510 (2012), 368 (2015)

All local and national samples are within 1-3% of each other, with the Lynchburg City students having slightly higher portions of overweight students.



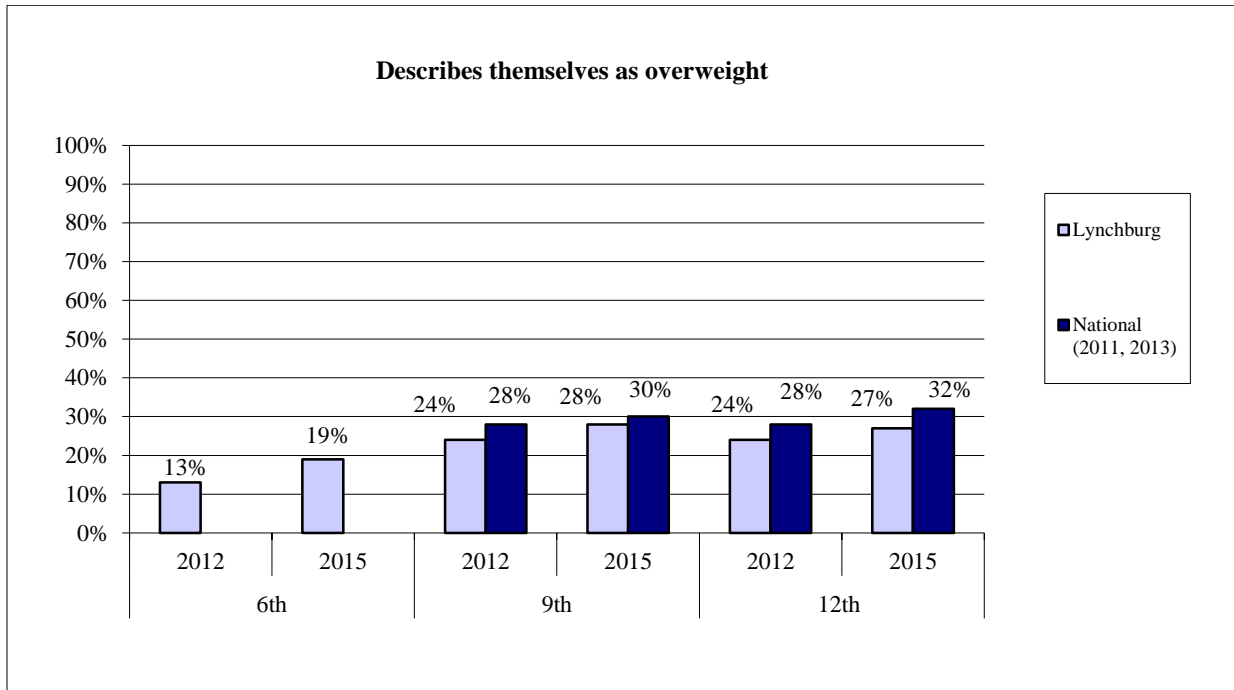
6th grade N = 501 (2012), 511 (2015); 9th grade N = 526 (2012), 520 (2015); 12th grade N = 510 (2012), 368 (2015)

There have been slight increases in all samples with regard to the portion of students whom are at risk of being overweight. Both Lynchburg City high school samples increased 2% between 2012 and 2015.

Survey Question:

How do you describe your weight?

The results of this question are presented in the graph below.



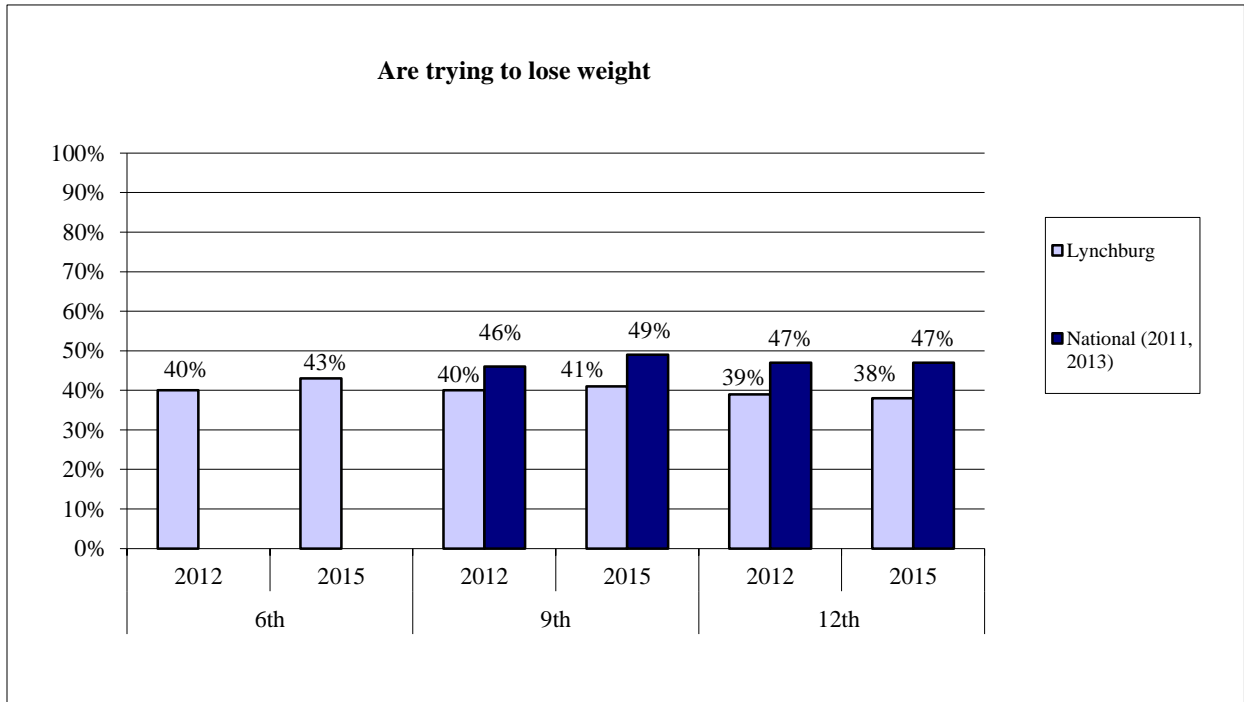
6th grade N = 501 (2012), 511 (2015); 9th grade N = 526 (2012), 520 (2015); 12th grade N = 510 (2012), 368 (2015)

Between 2012 and 2015, there was a 6% increase in the portion of Lynchburg City School 6th grade students who think of themselves as overweight. The high school students revealed an increase of 3-4%. There were small differences between the national and local survey results: 2% less Lynchburg City School 9th and 5% 12th grade students reported this belief than did their national counterparts.

Survey Question:

Are you trying to lose weight?

The percentages of students who reported that they are trying to lose weight are presented in the graph below.



6th grade N = 501 (2012), 511 (2015); 9th grade N = 526 (2012), 520 (2015); 12th grade N = 510 (2012), 368 (2015)

For all local samples, the range of percentages indicates that less Lynchburg City students are trying to lose weight. The minimum is 38%, reported by the Lynchburg City School 12th grade students. The largest portion (49%) of students who reported that they are trying to lose weight was from the nationally-surveyed 9th grade sample.

Survey Question(s):

During the past week (7 days), how many times did you*:

The percentages of students who reported drinking and eating the following things **on at least one day in the past week** are presented in the tables below.

9th	Response	%
	Drink 100% fruit juices? Do not count punch, Kool-Aid, sports drinks.	75
	Eat fruit? (Do not count fruit juice)	89
	Eat green salad?	65
	Eat vegetables? (Do not count green salad)	88
	Drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite?	77
	Drink a can, bottle, or glass of a sports drink such as Gatorade or Powerade?	62
	Drink a bottle or glass of plain water?	93
	Drink “Energy Drinks”? (Monster, Red Bull, Rock Star, 5-Hour Energy)	28
	Eat breakfast on all 7 days?	32

12th	Response	%
	Drink 100% fruit juices? Do not count punch, Kool-Aid, sports drinks.	74
	Eat fruit? (Do not count fruit juice)	84
	Eat green salad?	61
	Eat vegetables? (Do not count green salad)	84
	Drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite?	73
	Drink a can, bottle, or glass of a sports drink such as Gatorade or Powerade?	60
	Drink a bottle or glass of plain water?	92
	Drink “Energy Drinks”? (Monster, Red Bull, Rock Star, 5-Hour Energy)	19
	Eat breakfast on all 7 days?	31

9th grade N = 520 (2015); 12th grade N = 368 (2015)

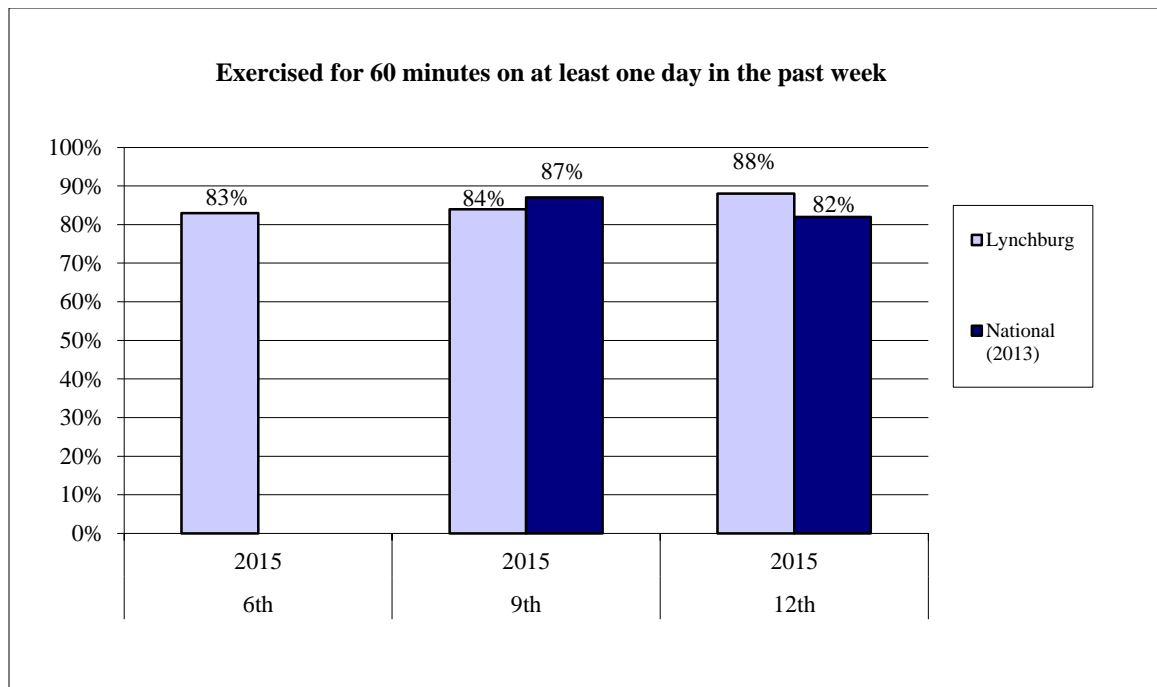
Less than one third of all Lynchburg City high school students reported having eaten breakfast on all of the past 7 days prior to taking the survey.

*A question that would elicit comparable responses was not asked on the national survey.

Survey Question:

During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time).*

The percentages of students who reported engaging in this behavior on at least one day in the past week are presented in the graph below.



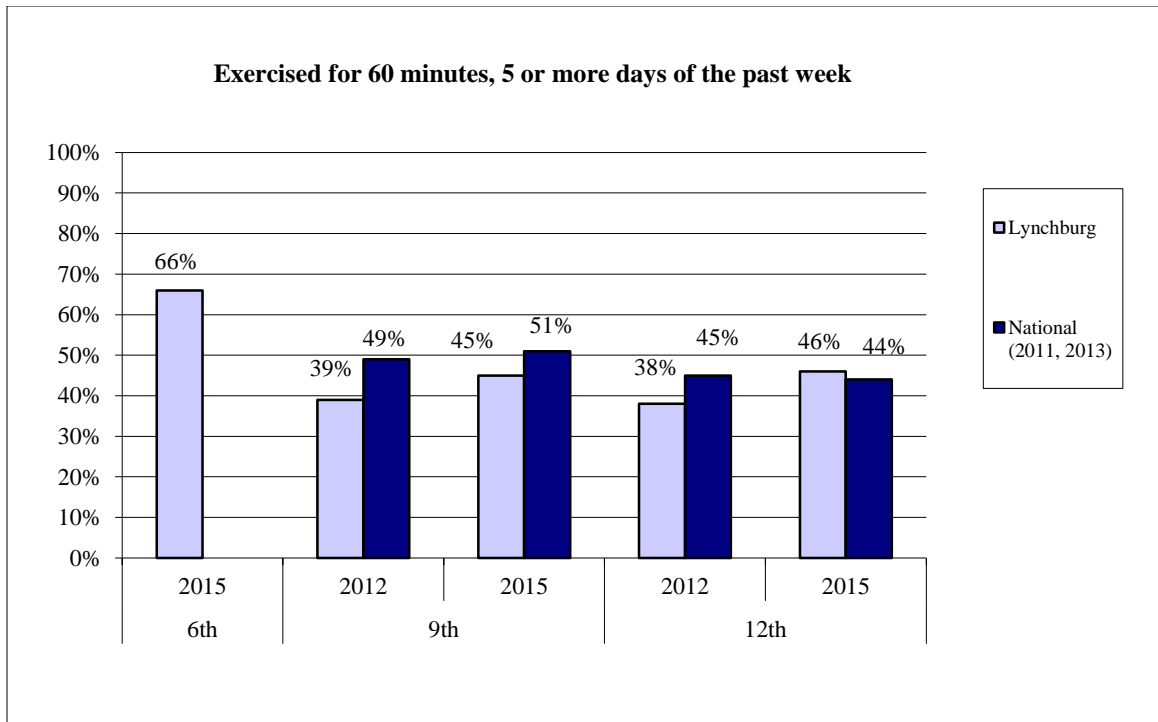
6th grade N = 511 (2015); 9th grade N = 520 (2015); 12th grade N = 368 (2015)

This question, in this particular format, was new for the Lynchburg City survey in 2015. While there are more less than national 9th grade students reporting that they exercised at least 60 minutes on at least one day in the past week, the portion of local 12th grade students is 6% higher than their national counterparts.

Survey Question:

On how many of the past 7 days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

The percentages of students who reported engaging in this behavior on five or more days in the past week are presented in the graph below.



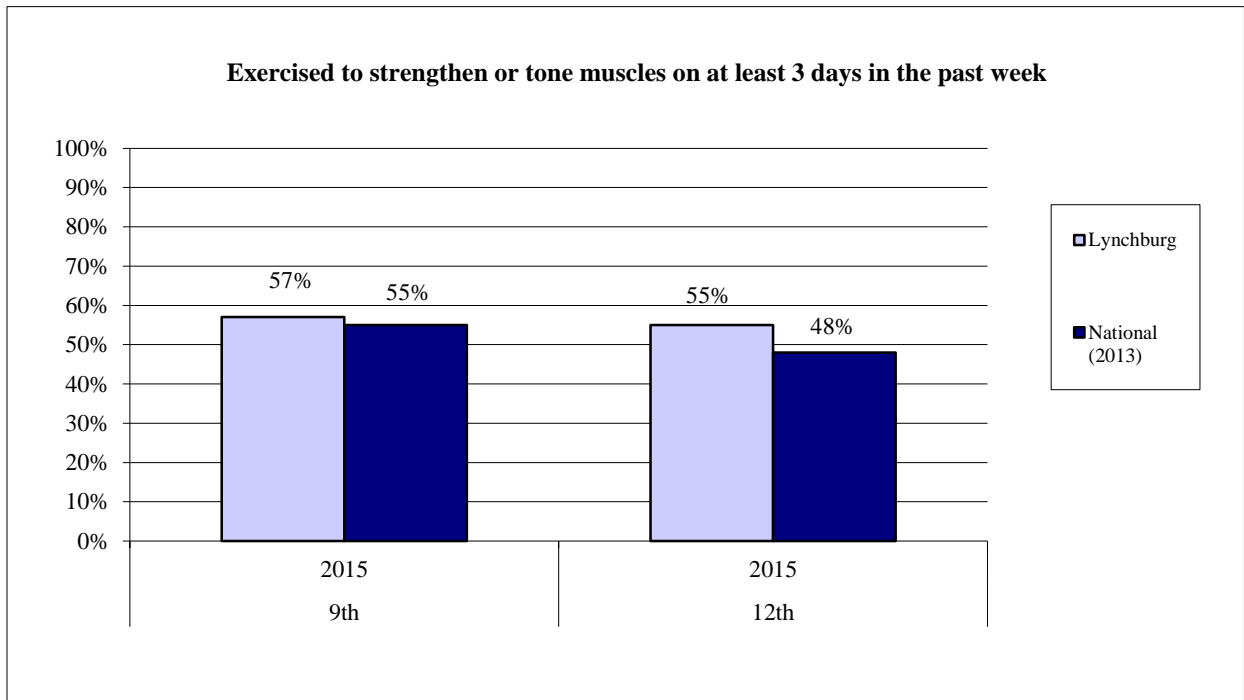
6th grade N = 511 (2015); 9th grade N = 526 (2012), 520 (2015); 12th grade N = 510 (2012), 368 (2015)

Both local samples increased in the number affirmative responses to this question. Further, Lynchburg City 6th graders reported the highest rate (66%) of having exercised five of the last 7 days.

Survey Question:

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?

The percentages of students who reported engaging in this behavior on **three or more days** in the past week are presented in the graph below.



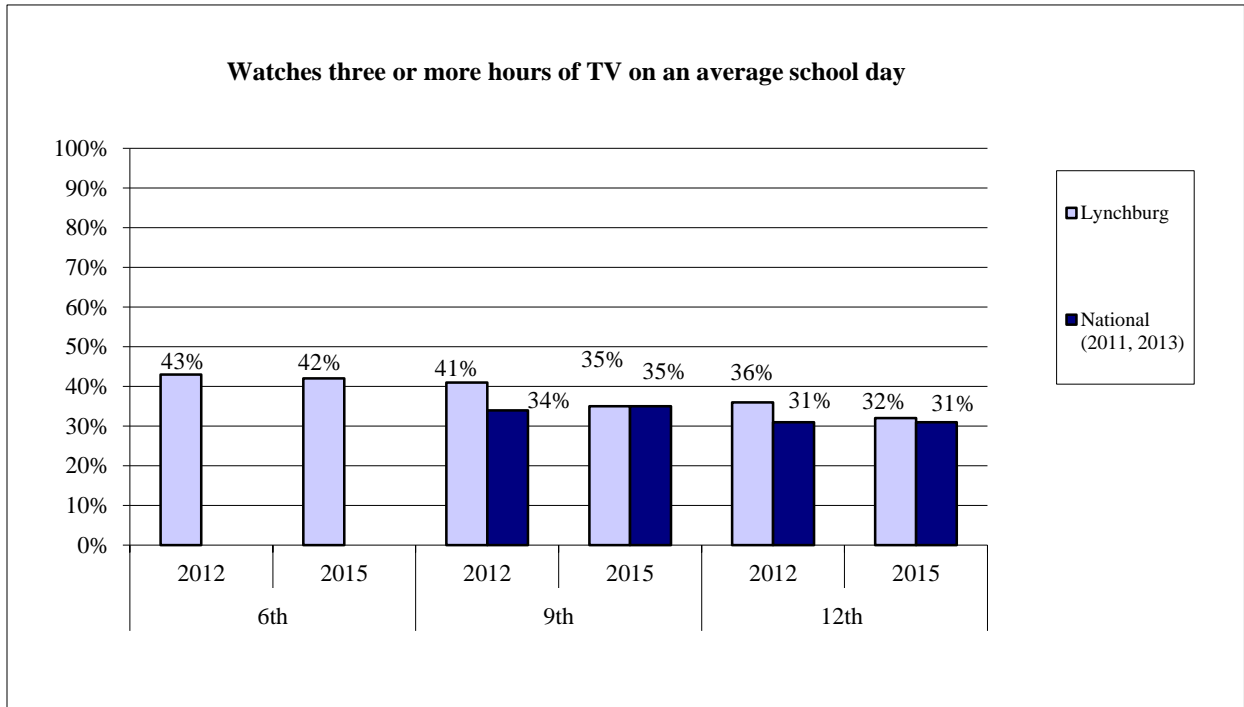
9th grade N = 520 (2015); 12th grade N = 368 (2015)

This question was new for the Lynchburg City survey in 2015. Both local samples reported higher rates of exercising to strengthen or tone muscles than their national counterparts.

Survey Question:

On an average school day, how many hours do you watch TV?

The percentages of students who reported watching three or more hours of TV on an average school day are presented in the graph below.



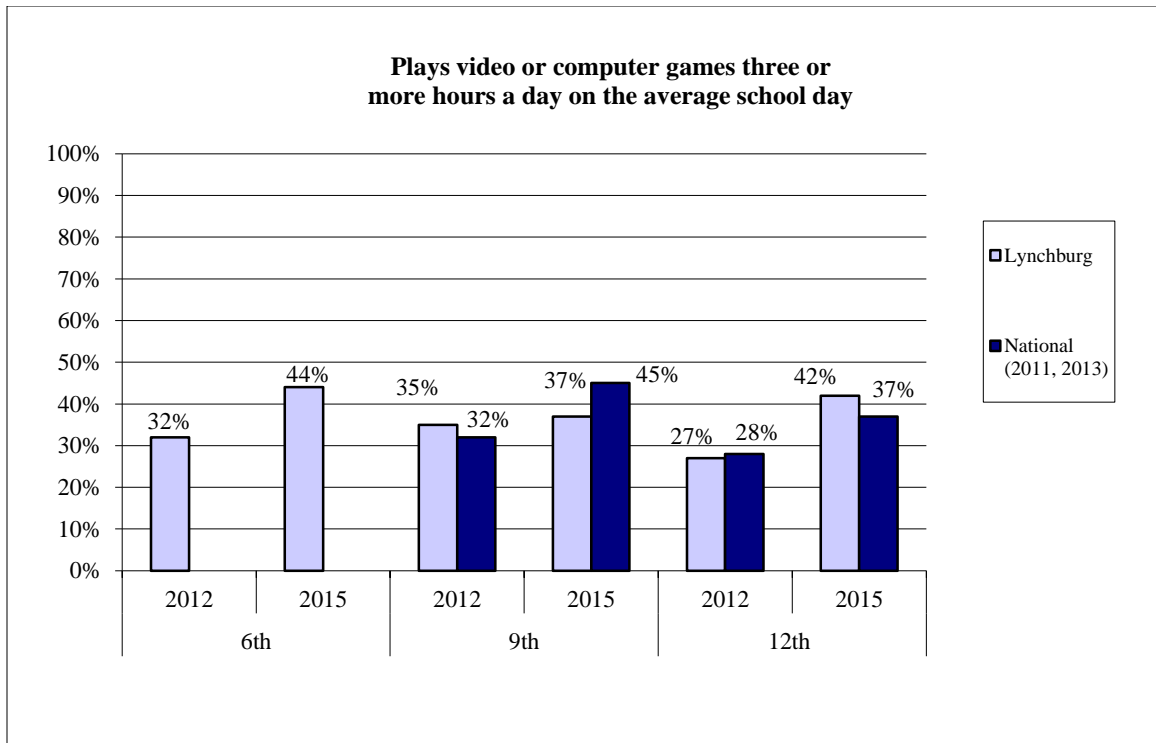
6th grade N = 501 (2012), 511 (2015); 9th grade N = 526 (2012), 520 (2015); 12th grade N = 510 (2012), 368 (2015)

A slight decreasing trend for the results of this question occurred across grade levels. The Lynchburg City School 6th grade students reported that 42% of them engaged in this behavior. The smallest portion was that of the nationally-surveyed 12th graders, which was 1% smaller than their local counterparts. There was a notable drop (6%) in this activity as reported by local 9th graders between 2012 and 2015.

Survey Question:

On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)*

The percentages of students who reported engaging in this behavior three or more hours on an average school day are presented in the graph below.



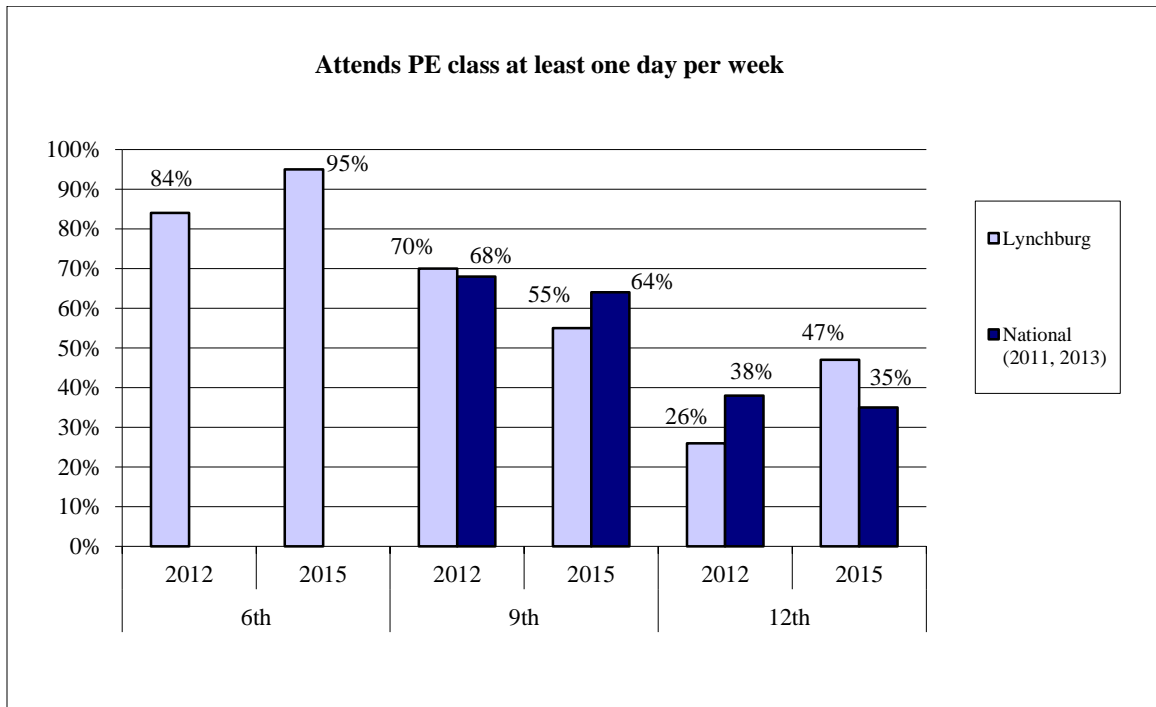
6th grade N = 501 (2012), 511 (2015); 9th grade N = 526 (2012), 520 (2015); 12th grade N = 510 (2012), 368 (2015)

All grade levels indicated notable increases in the amount of students who are spending time on a computer for non-school activities.

Survey Question:

In an average week when you are in school, on how many days do you go to physical education (PE) classes?

The percentages of students who reported going to PE class one or more days per week are presented in the graph below.



6th grade N = 501 (2012), 511 (2015); 9th grade N = 526 (2012), 520 (2015); 12th grade N = 510 (2012), 368 (2015)

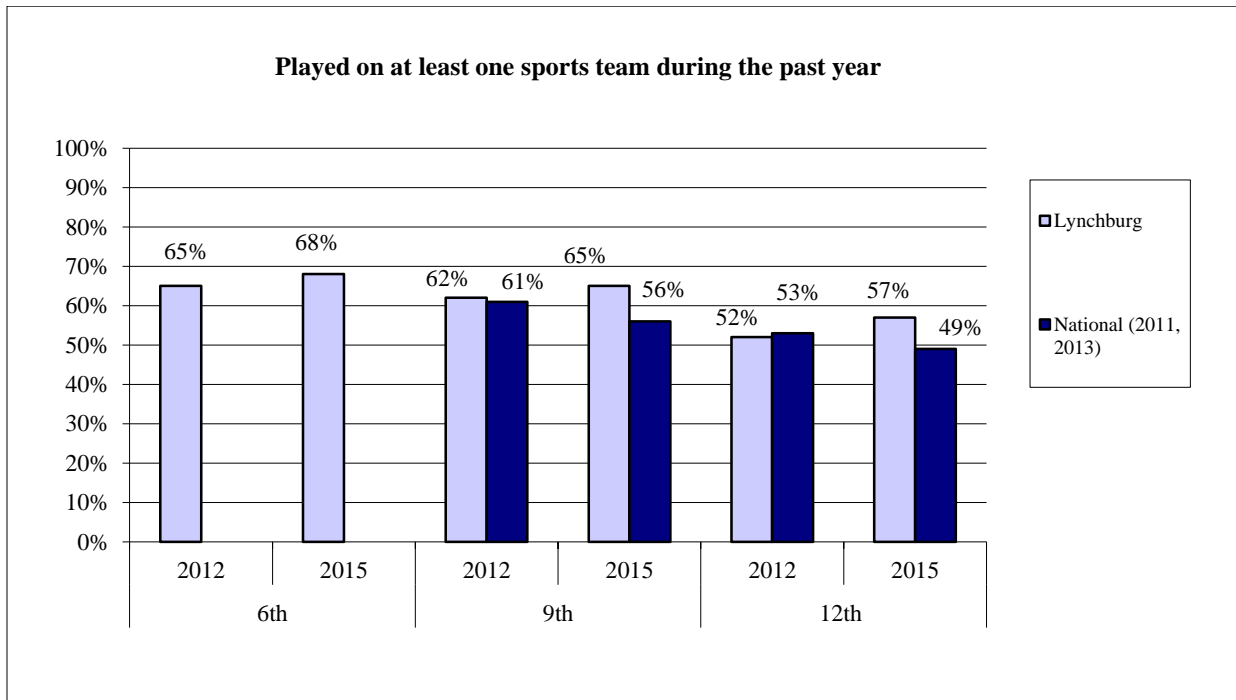
There is a steady decline, as grade level increases, in the number of students who reported attending PE class at least once per week. The smallest portion (47%) in 2015 was that of the locally-surveyed 12th graders. But, this portion is 12% greater than the portion the national survey data revealed.

Survey Question:

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

(Include any teams run by your school or community groups.)

The percentages of students who reported playing on at least one sports team in the past year are presented in the graph below.



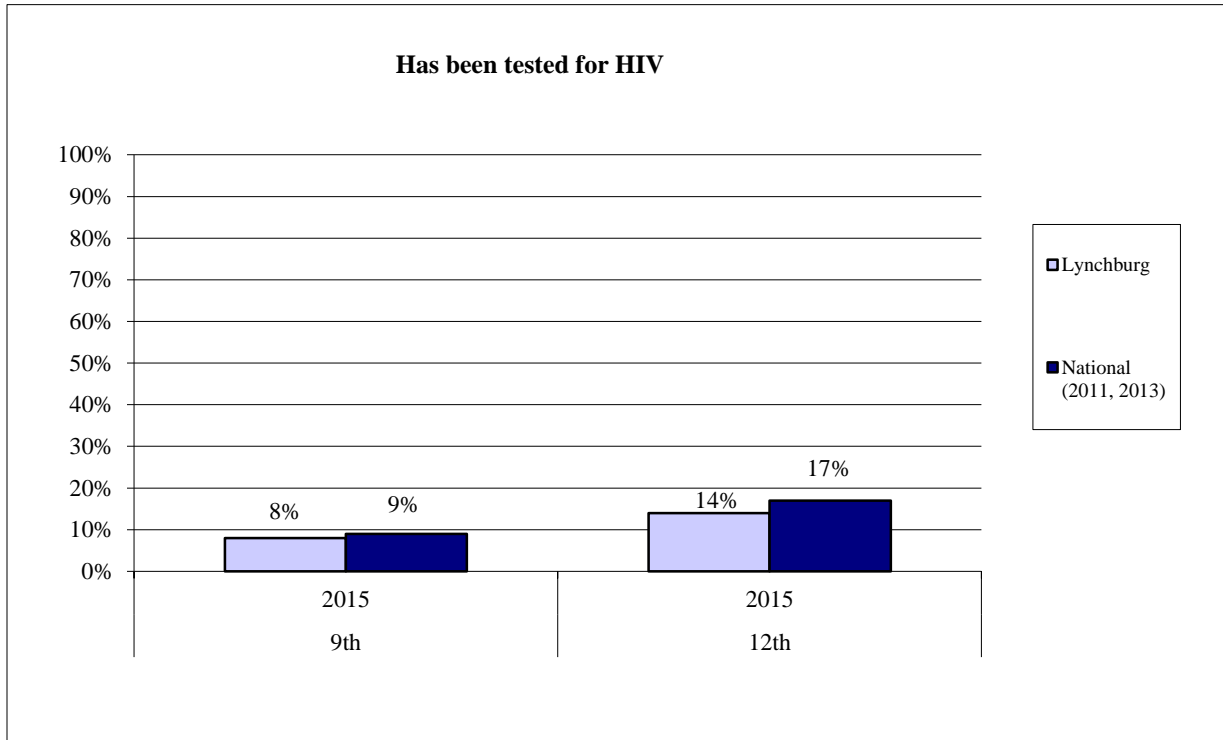
6th grade N = 501 (2012), 511 (2015); 9th grade N = 526 (2012), 520 (2015); 12th grade N = 510 (2012), 368 (2015)

There is a slight but steady decline, as grade level increases, in the number of students who reported engaging in sports in the past year. The largest portion reporting this activity is that of the Lynchburg City School 6th grade students (65% and 68% for 2012 and 2015, respectively). The number decreases to 52% for the 2012 locally-surveyed 12th graders, which rose to 57% in 2015.

Survey Question:

Have you ever been tested for HIV, the virus that causes AIDS? (Do not count test done if you donated blood.)?

The percentages of students who reported that they had been tested for HIV are presented in the graph below.



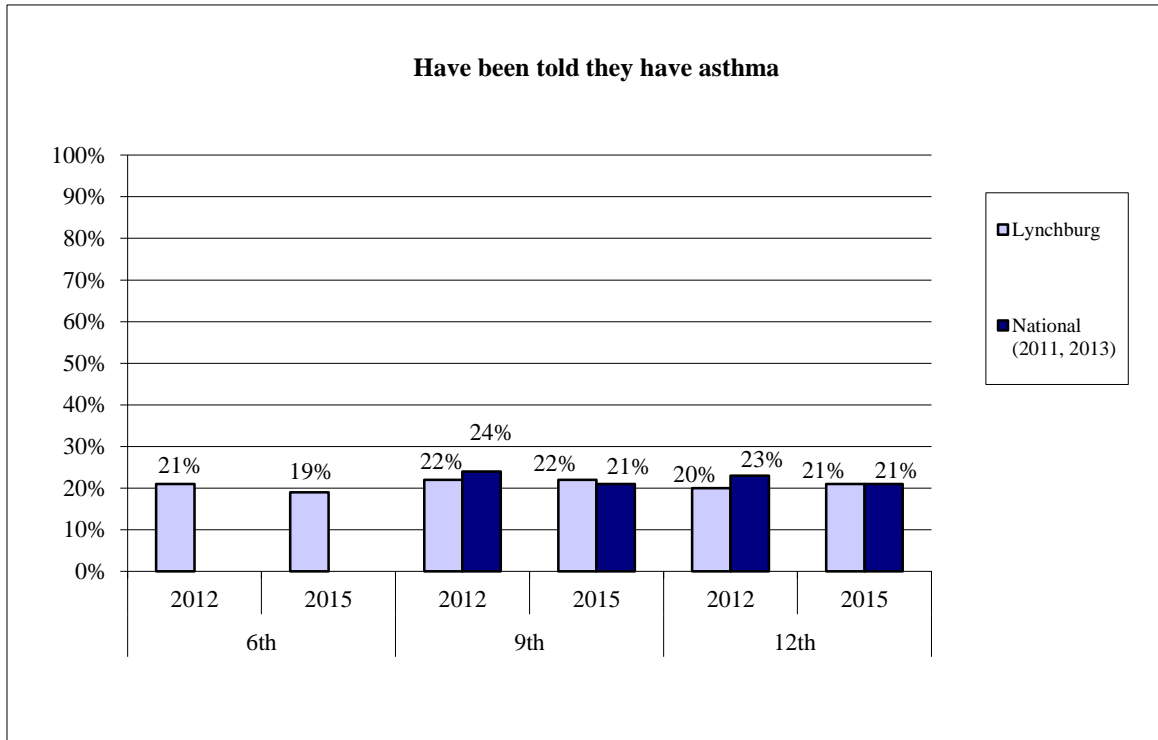
9th grade N = 520 (2015); 12th grade N = 368 (2015)

This question was new for the 2015 Lynchburg City survey. Both the 9th grade and 12th grade sample results indicate that local students are tested for HIV at a slightly lower rate than their national counterparts.

Survey Question:

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

The percentages of students who reported that they have been told by a doctor or nurse that they have asthma are presented in the graph below.



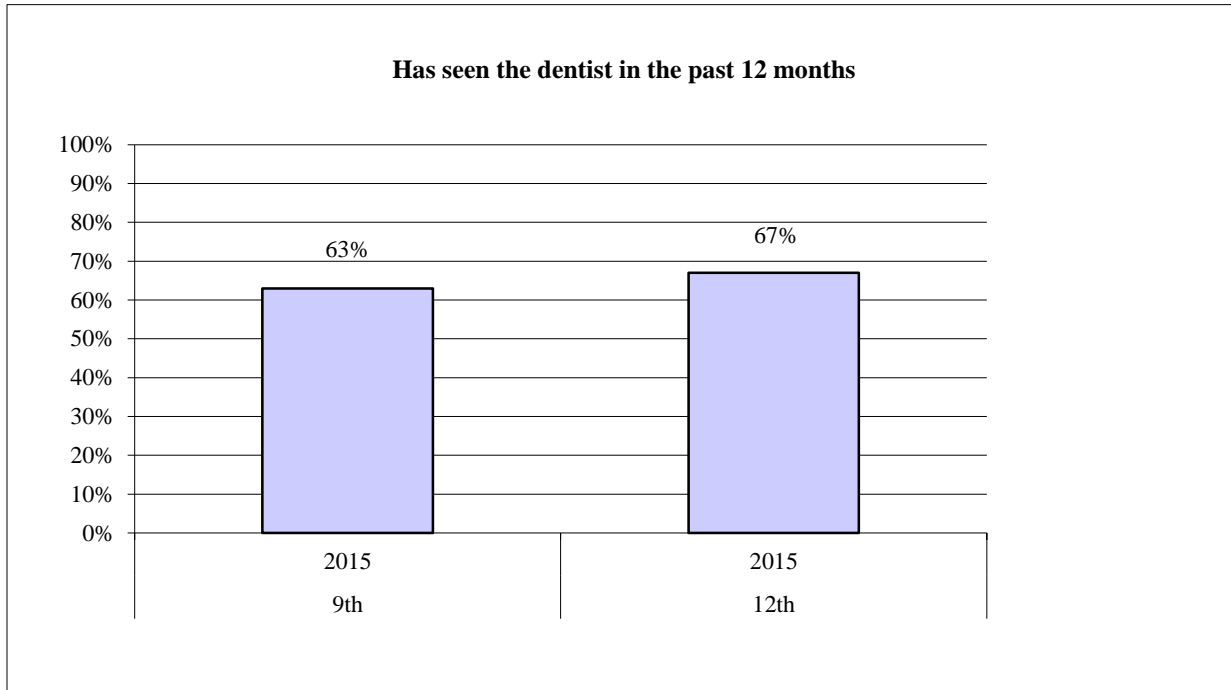
6th grade N = 501 (2012), 511 (2015); 9th grade N = 526 (2012), 520 (2015); 12th grade N = 510 (2012), 368 (2015)

There was a 2% decrease in the percentage of Lynchburg 6th grade students who reported that a doctor or nurse had told them they have asthma. There was no notable change in the percentage of high school students who reported the same.

Survey Question:

When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

The percentages of students who reported that they have visited a dentist in the past 12 months are presented in the graph below.



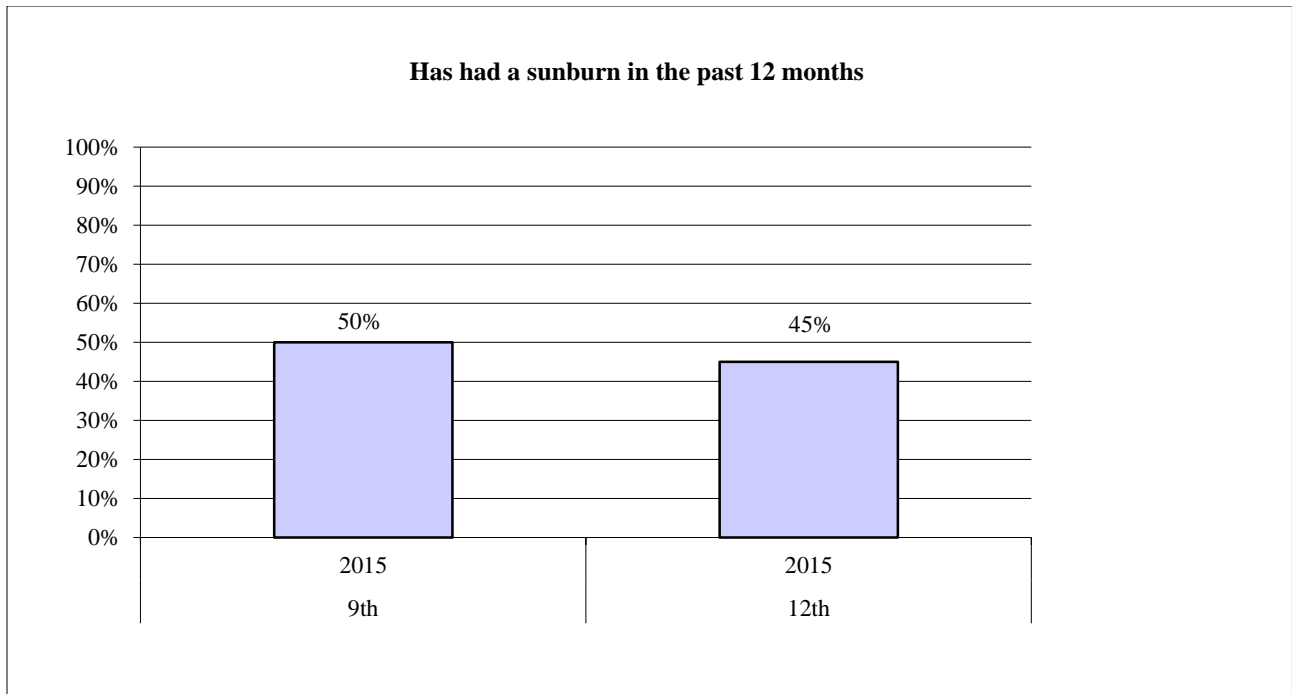
9th grade N = 520 (2015); 12th grade N = 368 (2015)

The Lynchburg City School high school samples responded similarly to this question. The percentages vary 4% across all two grade levels, indicating that approximately 65% of the surveyed Lynchburg students have visited the dentist in the past year.

Survey Question:

During the past 12 months, how many times have you had a sunburn? (Count the number of times even a small part of your skin turned red or hurt for 12 hours or more after being outside in the sun or after using a sunlamp or other indoor tanning device.)

The percentages of students who reported that they have had a sunburn in the past 12 months are presented in the graph below.



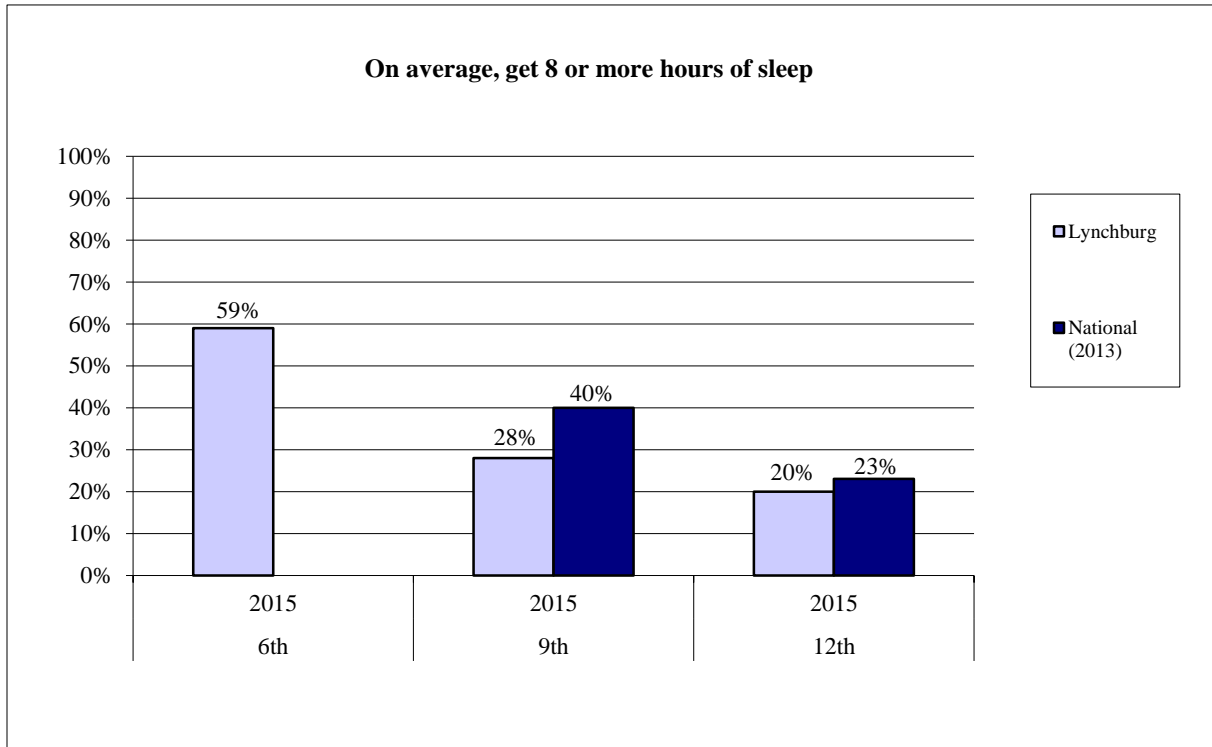
9th grade N = 520 (2015); 12th grade N = 368 (2015)

Approximately half of the surveyed Lynchburg City students have had a sunburn in the past year.

Survey Question:

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

The percentages of students who reported that they get 8 or more hours of sleep per night are presented in the graph below.



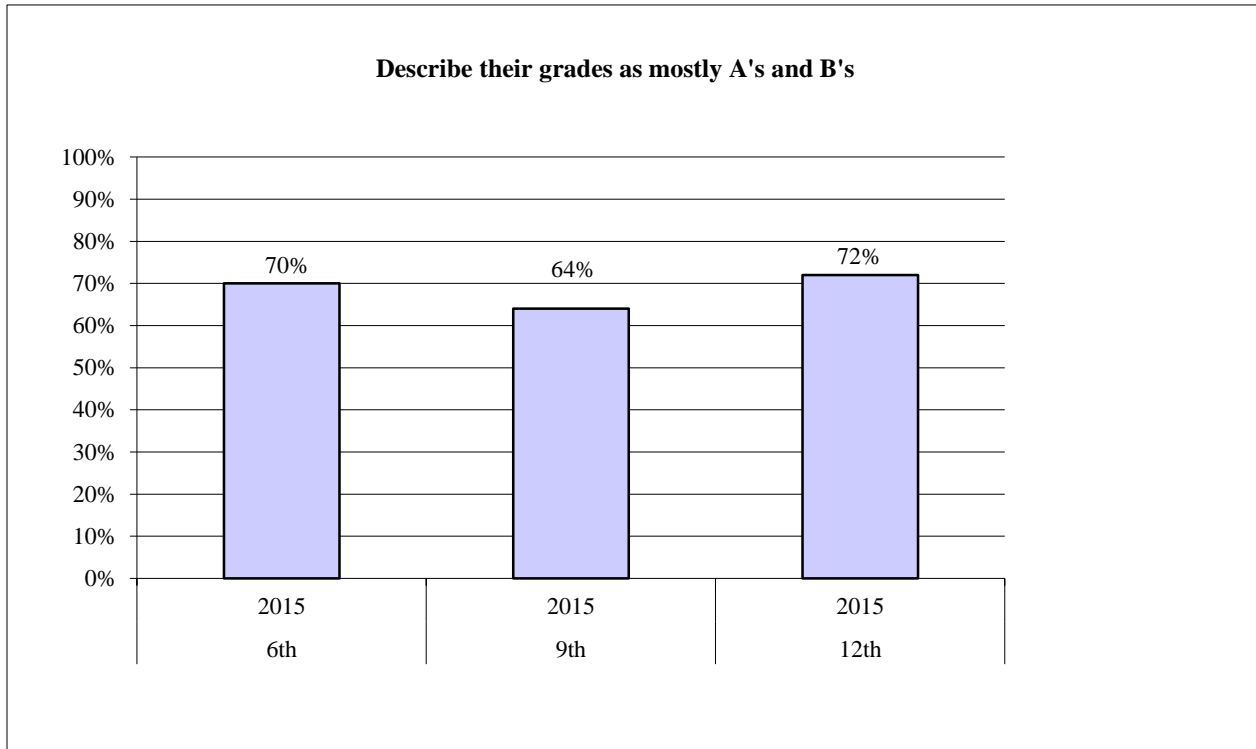
6th grade N = 511 (2015); 9th grade N = 520 (2015); 12th grade N = 368 (2015)

Over half of the surveyed Lynchburg City 6th grade students usually get 8 or more hours of sleep per night. Both local high school samples reported getting this much sleep at a rate lower than the national samples.

Survey Question:

During the past 12 months, how would you describe your grades in school?

The percentages of students who would describe their grades as mostly A's and B's during the past 12 months are presented in the graph below.



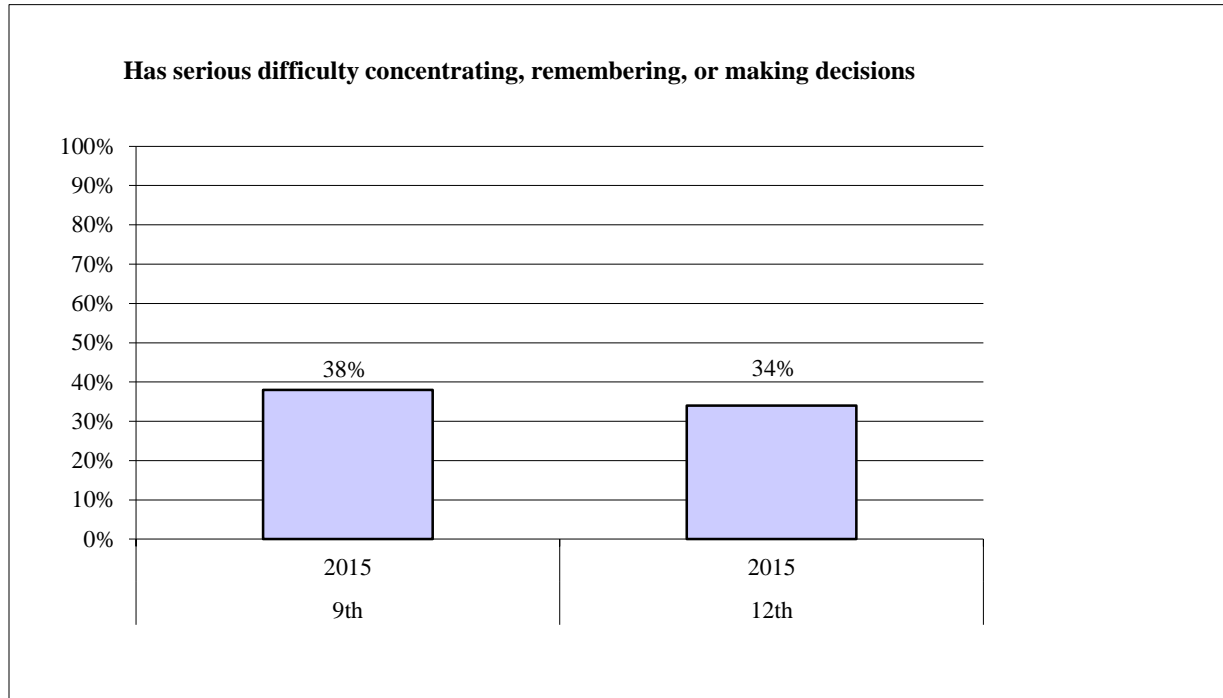
6th grade N = 511 (2015); 9th grade N = 520 (2015); 12th grade N = 368 (2015)

Most of the Lynchburg City students surveyed would describe their grades as mostly A's and B's.

Survey Question:

Because of a physical, mental, or emotional problem, do you have serious difficulty concentrating, remembering, or making decisions?

The percentages of students who report having serious difficulty concentrating, remembering, or making decisions are presented in the graph below.



9th grade N = 520 (2015); 12th grade N = 368 (2015)

Approximately one third of the Lynchburg City students surveyed report having serious difficulty concentrating, remembering, or making decisions.