

STEPS YOUTH SURVEY HIGHLIGHTS

TIOGA COUNTY

2007

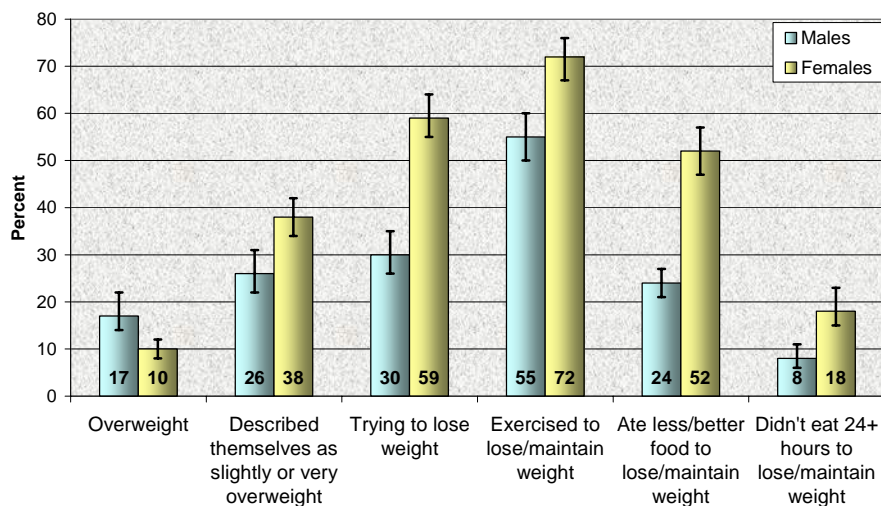
BODY WEIGHT

- ◆ 19% At risk for becoming overweight¹
- ◆ 14% Overweight (above 95th percentile)
- ◆ 32% Described themselves as overweight
- ◆ 45% Trying to lose weight
- ◆ 63% Exercised to lose/maintain weight²
- ◆ 38% Ate less/better food to lose/maintain weight²
- ◆ 13% Didn't eat 24+ hours to lose/maintain weight²
- ◆ 6% Took diet pills, powders, liquids to lose or maintain their weight in the past month
- ◆ 4% Vomited/took laxatives to lose/maintain wt²

HIGH RISK STUDENTS

- △ Overweight:
 - Males had a significantly higher percentage (17%) than females (10%).
- △ Described themselves as slightly or very overweight:
 - Females had a significantly higher percentage (38%) compared to males (26%).
- △ Trying to lose weight:
 - Females had a significantly higher percentage (59%) compared to males (30%).
- △ Exercised to lose/maintain weight²: Males had a significantly lower percentage (55%) compared to females (72%).
- △ Ate less/better food to lose/maintain weight²: Males had a sig. lower percentage (24%) compared to females (52%).
- △ Didn't eat 24+ hours to lose/maintain weight²: Females had a sig. higher percentage (18%) compared to males (8%).

Body Weight - Gender Breakouts
2007 Tioga County Steps Youth Survey



STEPS TO A HEALTHIER PA

¹Above the 85th percentile but below the 95th percentile

²During the past 30 days

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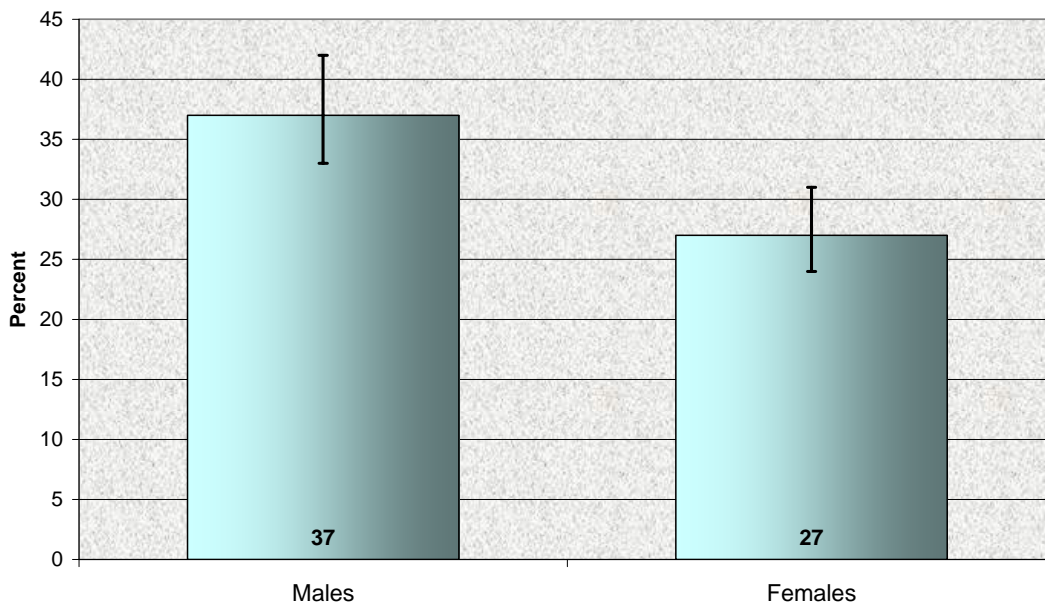
HEALTHY EATING

- ◆ 21% Ate fruits/vegetables 5+ times daily during the past week
- ◆ 69% Ate green salad 1+ times in the past week
- ◆ 90% Ate fruit 1+ times in the past week
- ◆ 32% Drank soda daily in the past week

HIGH RISK STUDENTS

- △ Drank soda daily in the past week:
 - Males had a significantly higher percentage (37%) compared to females (27%).

Drank Soda Daily in the Past Week
2007 Tioga County Steps Youth Survey



ASTHMA

- ◆ 19% Ever told they had asthma
- ◆ 8% Currently have asthma

Note: Results from the 2006 Behavioral Risk Factor Surveillance System (BRFSS) estimate that approximately 14 percent of Tioga County children under age 18 were ever told they have asthma, and approximately 11 percent currently have asthma.

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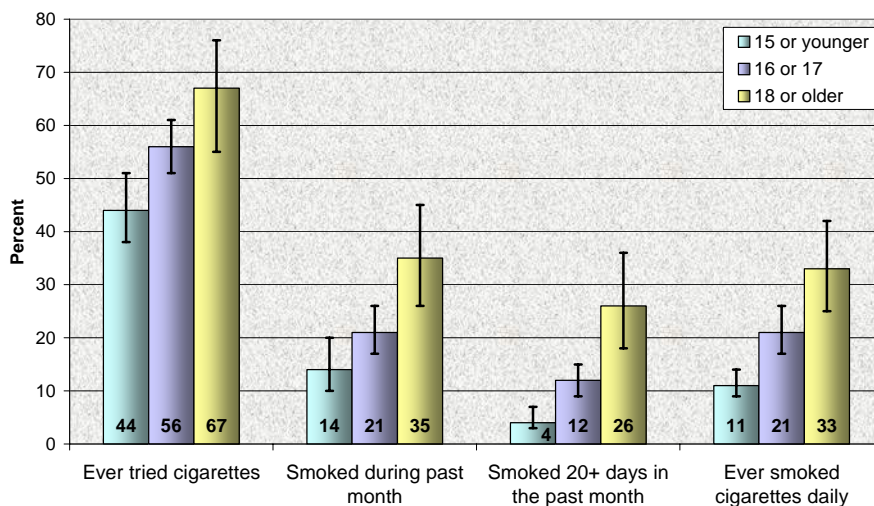
TOBACCO USE

- ◆ 54% Ever tried cigarettes
- ◆ 18% Smoked a cigarette before age 13
- ◆ 21% Smoked during the past month
- ◆ 12% Smoked 20+ days in the past month
- ◆ 20% Ever smoked cigarettes daily
- ◆ 5% Smoked at school during the past month
- ◆ 55% Tried to quit smoking past year⁴
- ◆ 14% Smoked 10+ cigarettes each day they smoked in the past month⁴
- ◆ 10% Usually got cigarettes at store or gas station⁵

HIGH RISK STUDENTS

- △ Ever tried cigarettes:
 - Students age 18+ had a significantly higher percentage (67%) than students 15 and younger (44%).
- △ Smoked during past month:
 - Students age 18+ had a sig. higher percentage (35%) compared to students age 17 or younger.
- △ Smoked 20+ days in the past month:
 - Students age 18+ had a sig. higher percentage (26%) compared to students age 17 or younger.
 - Students age 16-17 had a significantly higher percentage (12%) compared to students age 15 or younger (4%).
- △ Ever smoked cigarettes daily:
 - Students age 16 and older had a significantly higher percentage compared to students age 15 or younger (11%).

Tobacco Use - Age Breakouts
2007 Tioga County Steps Youth Survey



STEPS TO A HEALTHIER PA

⁴Out of students who reported current cigarette use

⁵Out of students younger than 18 years old who reported current cigarette use

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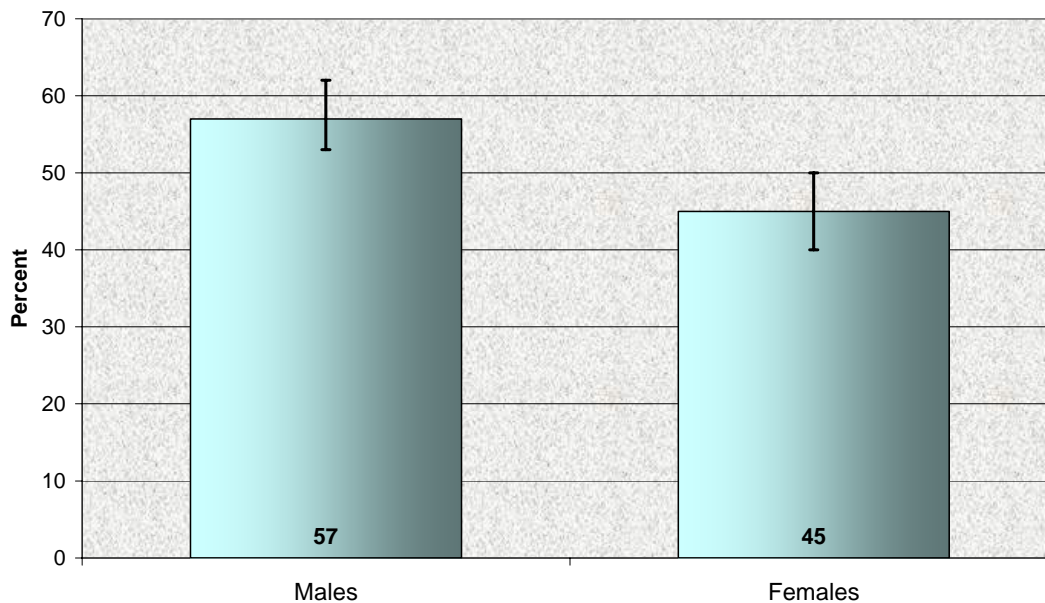
PHYSICAL ACTIVITY

- ◆ 51% Physically active 60+ minutes per day on 5+ days during the past week
- ◆ 69% Attended PE classes 1+ days per week
- ◆ 42% Attended PE classes daily
- ◆ 61% Played on sports teams during the past year
- ◆ 27% Watched 3+ hours of TV daily³
- ◆ 22% Played video games or used computer for non-school-related activities 3+ hours daily³

HIGH RISK STUDENTS

- △ Physically active 60+ minutes per day on 5+ days during the past week:
 - Females had a significantly lower percentage (45%) compared to males (57%).

Physically Active 60+ Min/Day 5+ Days Past Week
2007 Tioga County Steps Youth Survey



Note: Comparison between the estimated percentages shown in this report should not be made without the review of each percentage's 95% confidence interval or without a test measuring the percentages' probability of being different due to sample error. For this information or testing, contact the Steps to a HealthierPA statistician in the Bureau of Health Statistics and Research at 717-783-2548.

STEPS TO A HEALTHIERPA

³On an average school day