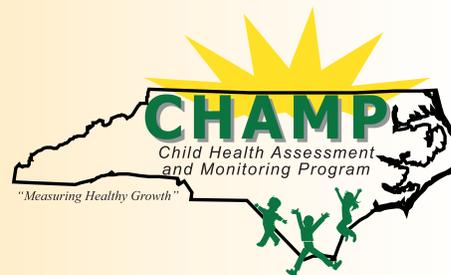


Child Health and School Performance

North Carolina 2005–2006

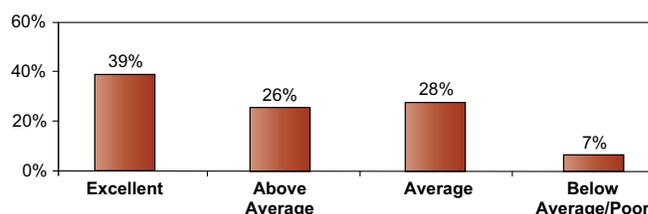


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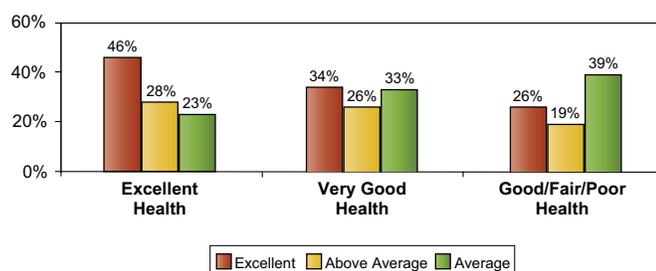
School Performance

Parents of students enrolled in public and private schools in North Carolina were asked to rate their child's performance in school over the past 12 months.¹ Thirty-nine percent of parents rated their child's performance as "excellent," 26 percent rated their child's performance as "above average," 28 percent rated their child's performance as "average," and 7 percent rated their child's performance as "below average or poor." Parental ratings of child's school performance varies by child's general health status, weight status, television viewing time, daily servings of sugar-sweetened beverages, and daily servings of chips and fries. Note, due to the small sample size of students rated as "below average or poor," this group is not reported in graphs below.

Parental Rating of Child's School Performance During the Past 12 Months, Ages 5–17 Years



Parental Rating of Child's School Performance by Child's General Health Status



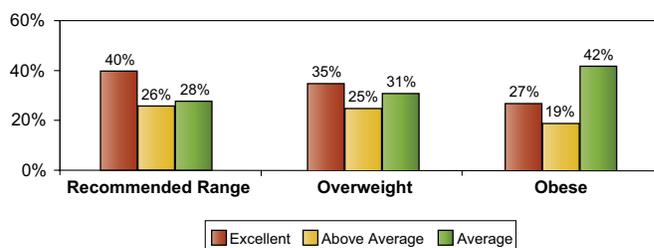
Health Status

Fifty-three percent of parents reported that in general their child was in excellent health, 28 percent reported their child was in very good health and 19 percent reported that their child was in good, fair, or poor health. Parental rating of child's school performance varies by health status in that students rated as being in excellent health are more likely to receive an excellent school performance rating. Forty-six percent of students with an excellent health rating also received an excellent school performance rating compared to 34 percent of students with a very good health rating, and 26 percent of students with a good, fair, or poor health rating.

Weight Status

Sixty-four percent of students, ages 10–17 years old, are in the recommended range for weight relative to height based on BMI percentiles for age and sex. Sixteen percent are overweight and 15 percent are obese. School performance varies by weight status in that students in the recommended weight range are more likely to receive an excellent rating on school performance. Forty percent of students with a weight status in the recommended range received an excellent school performance rating compared to 35 percent of overweight students and 27 percent of obese students.

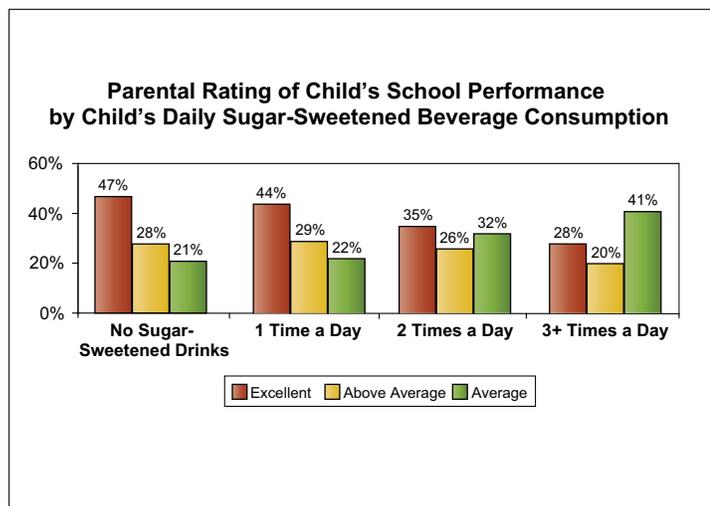
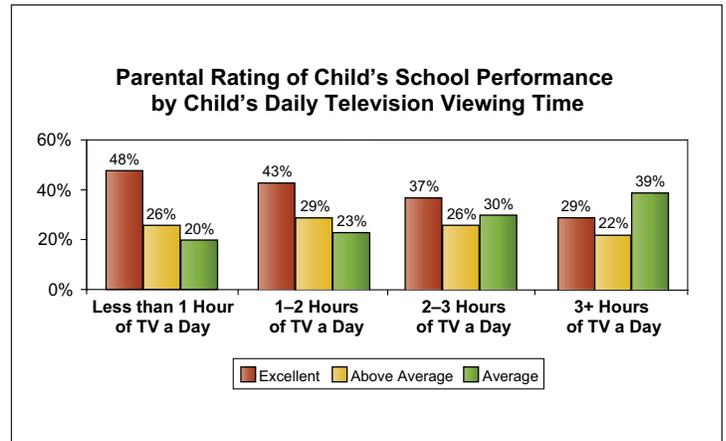
Parental Rating of Child's School Performance by Child's Weight Status, Ages 10–17 Years



¹ The North Carolina Child Health Assessment and Monitoring Program (NC CHAMP) is a surveillance system that collects information about the health characteristics of children from birth to age 17. This fact sheet includes data collected in 2005 and 2006 on 4,943 parental surveys of children enrolled in a public (92%) or private (8%) school: ages 5–10 (46%), 11–13 (24%), and 14–17 years (30%). School performance is based on parent response to the survey question: "During the past 12 months, how would you describe your child's performance in school? Would you say excellent, above average, average, below average, or poor?" Weight status categories for ages 10–17 are estimated from parent report of child's height and weight and based on BMI percentiles for age and sex: <5 percent = Underweight, 5–84 percent = Recommended Range, 85–94 percent = Overweight, ≥ 95 percent = Obese. For further information about NC CHAMP, please visit www.schs.state.nc.us/SCHS/champ.

Television Viewing Time

Fourteen percent of students watch less than one hour of TV a day, while 34 percent watch one to two hours, 30 percent watch two to three hours, and 22 percent watch three or more hours of TV a day. Parental rating of child's school performance varies by television viewing time in that students who spend less time watching TV are more likely to receive an excellent school performance rating. Forty-eight percent of students who watch less than one hour of TV a day received an excellent school performance rating, compared to 43 percent of students who watch one to two hours of TV, 37 percent of students who watch two to three hours, and 29 percent of students who watch three or more hours of TV a day.



Sugar-Sweetened Beverage Consumption

Twenty-five percent of students drink sugar-sweetened drinks three or more times a day, such as fruit-flavored drinks, sports drinks, sweet tea, or soda. Twenty-two percent drink two times a day, 31 percent drink one time a day, and 22 percent do not drink sugar-sweetened drinks on a daily basis. School performance varies by daily sugar-sweetened drink consumption in that students who drink more sugar-sweetened drinks are less likely to receive an excellent school performance rating. Forty-seven percent of students who do not drink sugar-sweetened beverages on a daily basis received an excellent school rating, compared to only 28 percent of students who drink sugar-sweetened beverages three or more times a day.

Daily Servings of Chips and Fries

Seven percent of students have three or more servings of chips or fries a day, while 13 percent have two servings, about half (49%) have one serving, and 30 percent do not eat chips and/or fries on a daily basis. School performance varies by daily servings of chips and fries in that students who eat more are less likely to receive an excellent rating on school performance. Forty-four percent of students who do not eat chips or fries on a daily basis received an excellent school rating, compared to only 26 percent of students who eat three or more servings of chips or fries on a daily basis.

