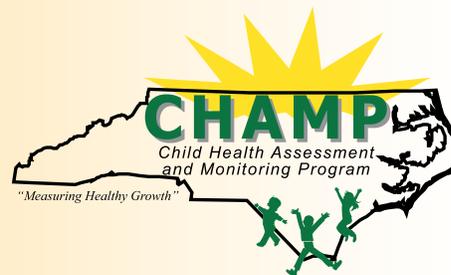


# Children's Physical Activity and Nutrition

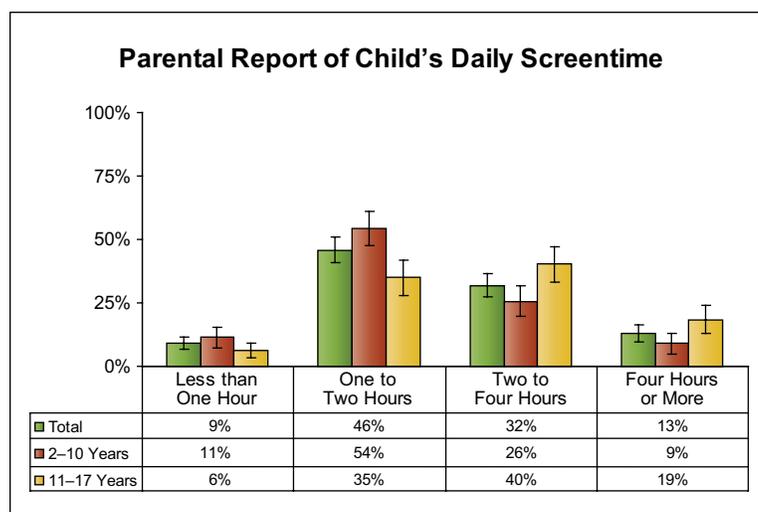
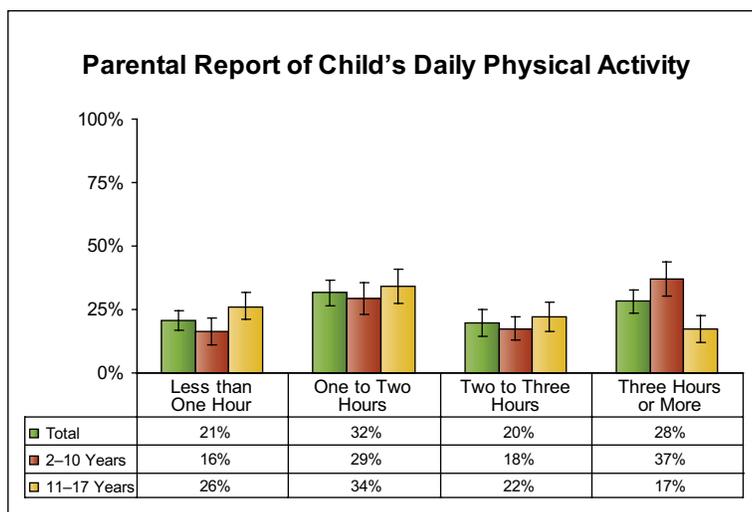
## North Carolina 2011



January 2013

### Daily Physical Activity

Parents of children ages 2 to 17 years were asked on the 2011 N.C. CHAMP survey<sup>1</sup> to report how much total time their child spends in physically active play on a typical day. Parents report that 21 percent [CI 17–24]<sup>2</sup> of children spent less than one hour a day in physically active play, 32 percent [CI 27–36] were active for one to two hours per day, 20 percent [CI 16–23] were active for two to three hours per day, and 28 percent [CI 24–33] of children were physically active for three or more hours per day. Daily physical activity varied by the child's age. Children between the ages of 2 and 10 years old were more likely to participate in physically active play for three or more hours per day (37% [CI 30–44]), compared to 11 to 17 year olds (17% [CI 12–23]).



### Daily Television and Internet Viewing

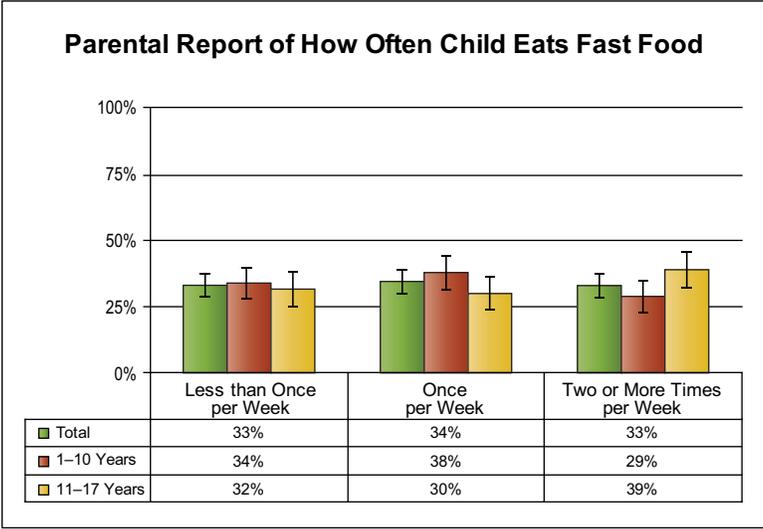
Parents of children ages 2 to 17 years were asked to report the amount of time their children spent watching television, videos or DVDs; and the time spent playing video games, computer games or using the Internet on a typical day. Screentime duration is the total time that a child spends watching television or using the computer recreationally on a typical day. Parents report less than one hour of screentime on a typical day for 9 percent [CI 7–12] of children, between one and two hours of screentime on a typical day for 46 percent [CI 41–51] of children, between two and four hours of screentime on a typical day for 32 percent [CI 27–37] of children and four or more hours of screentime on a typical day for 13 percent [CI 10–17] of children. Daily screentime duration varied by the child's age. Parents of children between the

ages of 2 and 10 years old were more likely to report one to two hours of daily screentime (54% [CI 47–61]) compared to parents of children between the ages of 11 and 17 years of age (35% [CI 28–42]). Parents of children between the ages of 2 and 10 years old were less likely to report two to four hours of daily screentime (26% [CI 20–32]) compared to parents of children between the ages of 11 and 17 years of age (40% [CI 33–47]).

<sup>1</sup> The North Carolina Child Health Assessment and Monitoring Program (N.C. CHAMP) is a surveillance system that collects information about the health characteristics of children from birth to age 17 years. This fact sheet includes data collected through N.C. CHAMP in 2011 on 1,392 parental surveys of children: 51 percent between the ages of birth and 10 years (n=710) and 49 percent between the ages of 11 and 17 years (n=682). For further information about N.C. CHAMP, please visit [www.schs.state.nc.us/SCHS/champ](http://www.schs.state.nc.us/SCHS/champ) or contact [CHAMPstaff@dhhs.nc.gov](mailto:CHAMPstaff@dhhs.nc.gov).

<sup>2</sup> CI = 95 percent confidence interval.

### Parental Report of How Often Child Eats Fast Food



### Fast Food Consumption

Parents of children ages 1 to 17 were asked how frequently their child eats fast food each week. Parents reported that 33 percent [CI 28–37] of children ate fast food two or more times per week, 34 percent [CI 30–39] of children ate fast food one time per week and 33 percent [CI 29–37] of children ate fast food less than once per week—including children who did not eat fast food. There were not statistically significant differences in frequency of fast food consumption between the two child age groups. Parents report that 34 percent [CI 28–40] of children between 1 and 10 years of age ate fast food less than once per week, compared to 32 percent [CI 25–38] of children between the ages of 11 and 17 years. Parents report that 38 percent [CI 31–44] and 29 percent [CI 23–35] of children between 1 and 10 years of age consumed

fast food once per week and two or more times per week, respectively; compared to 30 percent [CI 24–36] and 39 percent [CI 32–45] of children between the ages of 11 and 17.

### Sweetened Beverage Consumption

Parents of children ages 1 to 17 were asked how frequently their child drinks sweetened beverages each day. Parents reported that 19 percent [CI 15–23] of children (ages 1 to 17 years) drank sweetened beverages—soda pop, sweet tea, fruit punch, sports drinks or fruit drinks—three or more times per day; 15 percent [CI 12–18] of children drank sweetened beverages twice per day; 33 percent [CI 28–37] drank sweetened beverages once per day and 33 percent [CI 29–38] of children did not drink any sweetened beverages on a daily basis. Frequency of daily sweetened beverage consumption varied by the child’s age. Children between the ages of 1 and 10 were more likely to drink no sweetened beverages on a daily basis (40% [CI 34–46]) compared to children ages 11 to 17 years (24% [CI 18–29]).

### Parental Report of How Often Child Drinks Sweetened Beverages

