

Children's Physical Activity and Nutrition:

North Carolina 2009*

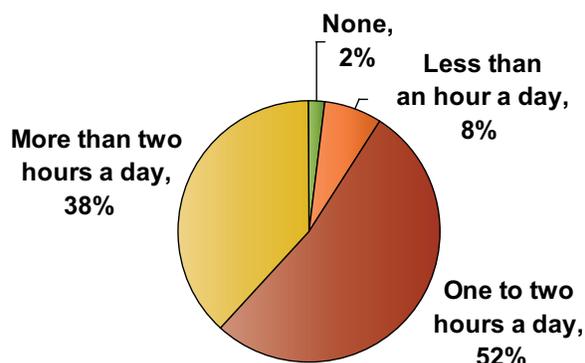


August 2010

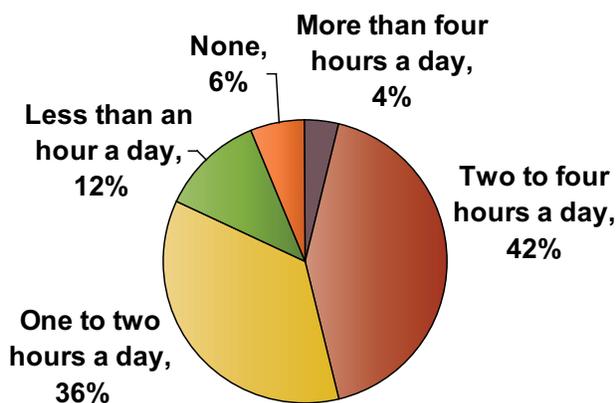
Daily Physical Activity

Parents of children ages 2 to 17 years were asked to report how much total time their child spends in physically active play on a typical day. Eight percent of parents reported their child spent less than one hour a day in physically active play, 52 percent reported their child was physically active one to two hours a day, and 38 percent of parents reported their child participated in physically active play for more than two hours on a daily basis. Only 2 percent of parents reported that their children were not physically active on a daily basis. Daily physical activity varied by the child's age: children between the ages of 2 and 4 years old were more likely to participate in physically active play for two or more hours a day (67% [CI 60–73][†]) compared to 5 to 10 year olds (36% [CI 31–41]) and 11 to 17 year olds (26% [CI 22–30]).

Parent Report of Child's Daily Physical Activity



Parent Report of Child's Daily Television Viewing



Daily Television Viewing

Parents of children ages 2 to 17 years were asked to report how much total time their child spends watching television on a typical day. Twelve percent of parents reported that their child watched television for less than an hour a day, 36 percent reported that their child watched one to two hours a day, 42 percent reported their child watched two to four hours a day, and 4 percent of parents reported that their child watched more than four hours of television on a daily basis. Only 6 percent of parents reported that their child did not watch television on a daily basis. Daily television viewing did not vary by the child's age.

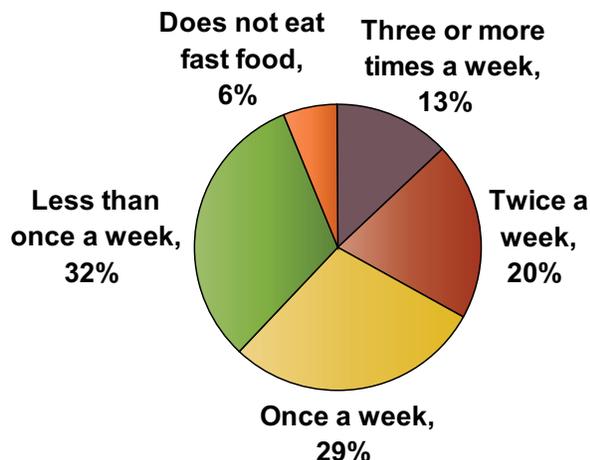
* This fact sheet includes data collected through the North Carolina Child Health Assessment and Monitoring Program (NC CHAMP) in 2009 on 2,261 parental surveys of children ages 1 to 17 years. NC CHAMP is a surveillance system that collects information about the health characteristics of children from birth to age 17. Further information about NC CHAMP is available at www.schs.state.nc.us/SCHS/champ.

[†] CI = 95 percent confidence interval; explanation for how to interpret CIs is available at www.schs.state.nc.us/SCHS/champ/interpreting.html.

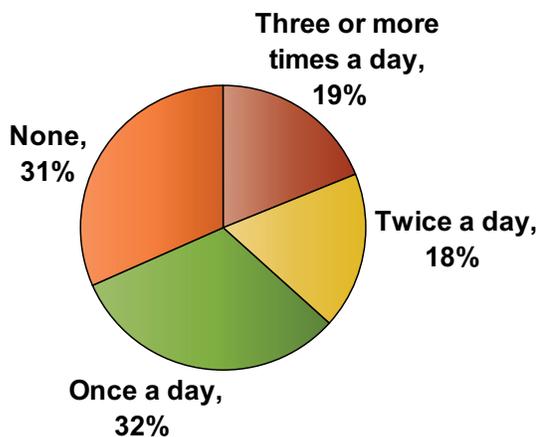
Fast Food Consumption

Thirteen percent of parents reported that their child (ages 1 to 17 years) ate fast food three or more times a week. Twenty percent reported their child ate fast food twice a week, 29 percent reported their child ate fast food once a week, 32 percent reported that their child ate fast food less than once a week, and 6 percent reported that their child did not eat fast food. Frequency of fast food consumption varied by the age of the child: children 14 to 17 years old were more likely to eat fast food three or more times a week (24% [95%CI 19–28]) compared to children younger than 10 years old (9% [CI 6–11]) and 11 to 13 years old (12% [CI 8–16]).

Parent Report of How Often Child Eats Fast Food



Parent Report of How Often Child Drinks Sweetened Beverages



Sweetened Beverage Consumption

Nineteen percent of parents reported that their child (ages 1 to 17 years) drank sweetened beverages — soda pop, sweet tea, fruit punch, sports drinks or fruit drinks — three or more times a day. Eighteen percent reported their child drank sweetened beverages twice a day, 32 percent once a day, and 31 percent of parents reported that their child did not drink sweetened beverages on a daily basis. Frequency of daily sweetened beverage consumption varied by the child's age: children 4 years and younger were less likely to drink sweetened beverages three or more times a day (13% [CI 9–18]) compared to 5 to 10 year olds (19% [CI 15–23]) and 11 to 17 year olds (23% [CI 20–27]). About half of 1 to 4 year olds do not drink sweetened beverages on a daily basis (50% [CI 44–56]), compared to one-third of 5 to 10 year olds (33% [CI 28–37]), and one-fifth of 11 to 17 year olds (19% [CI 16–22]) that do not drink sweetened beverages on a daily basis.

Key Findings:

- Ninety percent of parents reported that their child was physically active one or more hours a day. Preschool age children are more likely to participate in physically active play for longer periods of time compared to elementary school age children and adolescents.
- Eighty-two percent of children ages 2 to 17 years watch television for at least one hour on a daily basis, with almost half of all children (46%) watching two or more hours of television a day.
- One-quarter of teenagers eat fast food three or more times a week; on average 10 percent of children under the age of 13 years eat fast food three or more times a week.
- About half of preschool age children, one-third of elementary school age children, and one-fifth of adolescents do not drink sweetened beverages on a daily basis.
- One-quarter of adolescents drink sweetened beverages three or more times a day.