MINUTES OF THE HOUSE COMMITTEE ON EDUCATION K-12.

The meeting was called to order by Vice-Chairperson Kathe Lloyd at 9:00 a.m. on February 5, 2002 in Room 313-S of the Capitol.

Committee staff present: Ben Barrett, Legislative Research Department
Carolyn Rampey, Legislative Research Department
Jill Wolters, Revisor of Statutes
Ann Deitcher, Committee Secretary

Conferees appearing before the committee: Dale Dennis, Deputy Commissioner, State Department
of Education
Dr. Darrell Lang, Program Consultant, State Department
of Education
Rhonda Holt, 2000 National Elem.P.E.Teacher of the Year,
Wichita
Michelle Dilisio, 1999 Central Dist. Amer. Alliance for
Health, P.E., Recreation and Dance High School
P.E. Ed Teacher of the Year, Chanute
Dr. Kathy Ermler, Prof. Of P.E., Emporia State Univ.

Dale Dennis introduced Dr. Darrell Lang, who spoke to the Committee of physical education in our schools in Kansas. (Attachment 1.)

Testifying next was Rhonda Holt who explained the advances being made in physical education from the elementary prospective. (Attachment 2).

Michelle Dilisio spoke on physical education at the secondary level. (Attachment 3).

Dr. Kathy Ermler provided testimony on teacher education in the areas of physical education. (Attachment 4).

A question and answer session followed.

Chairman Tanner spoke briefly in regard to the "crisis in the physical health in our children". (Attachment 5). He cited the prevalence of Type 2 Diabetes, hypertension and cholesterol problems in our teenagers and said we need to get the attention of the State School Board which needs then to get the attention of the local school board because something needs to done about this.

A conceptual motion was made by Representative Huebert and seconded by Representative Lloyd that a site council be formed to look into a workout program. The motion to accept passed on a voice vote.

The Chairman told of an incident where a school board set aside a teacher's grades and substituted their own. This teacher was then subjected to the students' lack of respect and eventually resigned.

Chairman Tanner explained the bill he'd drafted that would require the development of and filing of rules of discipline including social and academic behavior. This would include plagiarism, hooliganism and a broad range of other things. This must be on file at the State Department of Education.

Ben Barrett said there was a requirement that they file policies that have to do with discipline of employees and students but it is a locally determined policy.

MINUTES OF THE HOUSE COMMITTEE ON EDUCATION K-12 at on February 5, 2002 in Room 313-S of the Capitol.

Chairman Tanner said that the local school boards would have to adopt and file published rules. They can change these rules any time they want but they will have to publish them each time they change them. Teachers will be encouraged to abide by and support those rules. Any teacher who is threatened with some sort of disciplinary action for enforcing the rules of discipline which have been approved will have his/her legal defenses paid by the local board.

It was moved by Representative Tanner and seconded by Representative DeVita that this be accepted as a bill by the Committee. The motion carried on a voice vote.

The meeting was adjourned at 10:50. The next meeting is scheduled for Thursday, February 7, 2002.

PHYSICAL EDUCATION AND CHILDHOOD OBESITY

Education Committee
February 5, 2002

Dr. Darrel Lang
Health and Physical Education
Program Consultant
Kansas State Department of Education

Ms. Rhonda Holt
2000 National Elementary Physical Education Teacher of the Year
USD # 229
Wichita, KS

Ms. Michelle DiLisio
Secondary Physical Education Teacher of the Year
USD # 413
Chanute, KS

Dr. Kathy Ermler
Professor
Division of Health and Physical Education
Emporia State University
Emporia, KS

7 LIFESTYLE FACTORS THAT LEAD TO LONGEVITY

- 3 MEALS/DAY AND NO SNACKS
- BREAKFAST MOST MORNINGS
- FRUIT AND VEGETABLES MOST DAYS
- EXERCISE 3 TIMES/WEEK FOR AT LEAST 20 MINUTES
- NO SMOKING
- NO ALCOHOL OR IN MODERATION
- 6-7 HOURS OF SLEEP/NIGHT

5+ OF THE LIFESTYLE FACTORS WILL ADD 12 YEARS TO LIFE EXPECTANCY.

1.2

7 Cardinal Principles of Education
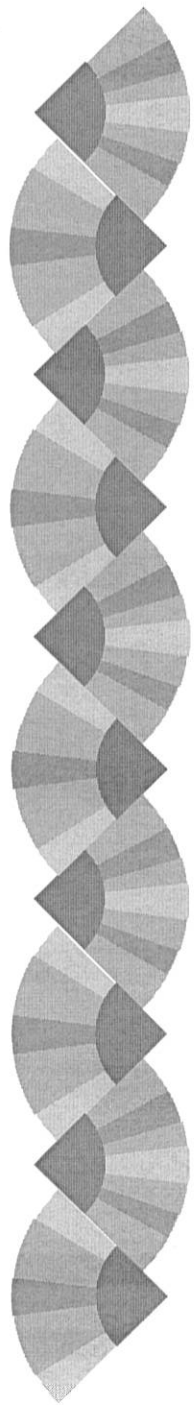
- Health

- Command of Fundamental Processes (3 R's)

- Worthy Home Membership

- Vocation

- Citizenship

- Worthy Use of Leisure Time

- Ethical Character

National Educational Association: Commission on Reorganization of Secondary Schools, 1918

Kansas High School Survey
Detail Table - Unweighted Data

Q86. During the past 12 months, on how many sports teams did you play?

Females

| | | All females | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
0 teams	%	39.3	36.5	40.4	-	35.0	-	-	-	-	-	35.6	-	-
	N	116	57	44	15	41	26	23	18	3	15	83	4	11
1 team	%	25.4	23.1	25.7	-	23.1	-	-	-	-	-	26.6	-	-
	N	75	36	28	11	27	15	17	11	6	4	62	1	2
2 teams	%	14.2	16.7	13.8	-	20.5	-	-	-	-	-	13.3	-	-
	N	42	26	15	1	24	9	9	0	2	4	31	3	2
3 or more teams	%	21.0	23.7	20.2	-	21.4	-	-	-	-	-	24.5	-	-
	N	62	37	22	3	25	15	7	4	0	4	57	1	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	295	156	109	30	117	65	56	33	11	27	233	9	15

N = Number of unweighted observations.
- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q86. During the past 12 months, on how many sports teams did you play?

Males

		All males	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
0 teams	%	32.0	24.5	36.4	-	29.4	-	-	-	-	-	26.4	-	-
	N	103	34	56	12	37	27	19	17	6	24	61	9	3
1 team	%	21.4	22.3	21.4	-	24.6	-	-	-	-	-	22.5	-	-
	N	69	31	33	5	31	15	15	5	2	7	52	6	2
2 teams	%	18.0	17.3	19.5	-	19.0	-	-	-	-	-	18.6	-	-
	N	58	24	30	4	24	17	10	5	4	10	43	1	0
3 or more teams	%	28.6	36.0	22.7	-	27.0	-	-	-	-	-	32.5	-	-
	N	92	50	35	7	34	17	19	7	4	2	75	9	2
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	322	139	154	28	126	76	63	34	16	43	231	25	7

N = Number of unweighted observations.

- = Fewer than 100 cases.

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Kansas High School Survey
Detail Table - Unweighted Data

Q86. During the past 12 months, on how many sports teams did you play?

Overall

		Overall	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
0 teams	%	35.3	30.7	37.7	-	31.7	37.6	35.3	-	-	-	31.0	-	-
	N	219	91	100	27	78	53	42	35	9	39	144	13	14
1 team	%	23.3	22.6	23.4	-	24.0	21.3	26.9	-	-	-	24.5	-	-
	N	145	67	62	16	59	30	32	16	8	12	114	7	4
2 teams	%	16.4	17.2	17.4	-	20.3	18.4	16.0	-	-	-	16.1	-	-
	N	102	51	46	5	50	26	19	5	6	15	75	4	2
3 or more teams	%	25.0	29.4	21.5	-	24.0	22.7	21.8	-	-	-	28.4	-	-
	N	155	87	57	10	59	32	26	11	4	6	132	10	2
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	621	296	265	58	246	141	119	67	27	72	465	34	22

Note: There were 10 students who did not provide usable data for Q86.

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q85. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

Females

		All females	Age 15 or younger	Age 16 or 17	Age 18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Do not take PE	%	48.9	24.3	74.3	-	20.8	-	-	-	-	-	49.8	-	-
	N	134	34	78	22	22	40	46	24	3	8	110	3	10
Less than 10 minutes	%	0.7	1.4	0.0	-	0.9	-	-	-	-	-	0.5	-	-
	N	2	2	0	0	1	0	0	0	0	1	1	0	0
10 to 20 minutes	%	8.4	13.6	2.9	-	13.2	-	-	-	-	-	8.6	-	-
	N	23	19	3	1	14	4	0	1	1	1	19	0	2
21 to 30 minutes	%	8.0	10.0	5.7	-	13.2	-	-	-	-	-	8.1	-	-
	N	22	14	6	2	14	4	4	0	1	3	18	0	0
31 to 40 minutes	%	10.9	15.0	6.7	-	17.0	-	-	-	-	-	10.0	-	-
	N	30	21	7	2	18	6	2	3	3	4	22	1	0
41 to 50 minutes	%	6.6	10.7	1.9	-	12.3	-	-	-	-	-	5.9	-	-
	N	18	15	2	1	13	2	1	1	0	3	13	0	2
51 to 60 minutes	%	5.8	9.3	2.9	-	8.5	-	-	-	-	-	6.3	-	-
	N	16	13	3	0	9	2	0	0	0	1	14	1	0
More than 60 minutes	%	10.6	15.7	5.7	-	14.2	-	-	-	-	-	10.9	-	-
	N	29	22	6	1	15	1	2	1	1	2	24	2	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	274	140	105	29	106	59	55	30	9	23	221	7	14

N = Number of unweighted observations.
- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q85. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

Males

		All males	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Do not take PE	%	28.3	12.8	40.1	-	15.2	-	-	-	-	-	25.4	-	-
	N	82	16	55	11	17	32	20	13	5	15	53	7	2
Less than 10 minutes	%	2.4	4.0	1.5	-	1.8	-	-	-	-	-	2.4	-	-
	N	7	5	2	0	2	1	1	0	1	1	5	0	0
10 to 20 minutes	%	5.9	4.8	8.0	-	6.3	-	-	-	-	-	4.3	-	-
	N	17	6	11	0	7	7	2	1	2	4	9	2	0
21 to 30 minutes	%	10.7	12.8	8.8	-	17.9	-	-	-	-	-	11.0	-	-
	N	31	16	12	3	20	2	6	3	0	5	23	3	0
31 to 40 minutes	%	9.3	9.6	8.8	-	9.8	-	-	-	-	-	8.6	-	-
	N	27	12	12	3	11	6	6	4	2	5	18	1	1
41 to 50 minutes	%	10.3	11.2	8.8	-	13.4	-	-	-	-	-	12.9	-	-
	N	30	14	12	3	15	6	3	6	1	0	27	2	0
51 to 60 minutes	%	9.3	12.8	5.8	-	9.8	-	-	-	-	-	9.1	-	-
	N	27	16	8	3	11	3	8	1	2	2	19	2	2
More than 60 minutes	%	23.8	32.0	18.2	-	25.9	-	-	-	-	-	26.3	-	-
	N	69	40	25	4	29	10	10	4	3	8	55	3	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	290	125	137	27	112	67	56	32	16	40	209	20	5

N = Number of unweighted observations.

- = Fewer than 100 cases.

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Kansas High School Survey
Detail Table - Unweighted Data

Q85.   During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

Overall

		Overall	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Do not take PE	%	38.4	19.2	54.9	-	18.6	57.1	59.5	-	-	-	38.1	-	-
	N	218	51	134	33	41	72	66	37	8	24	164	10	12
Less than 10 minutes	%	1.6	2.6	0.8	-	1.4	0.8	0.9	-	-	-	1.4	-	-
	N	9	7	2	0	3	1	1	0	1	2	6	0	0
10 to 20 minutes	%	7.0	9.4	5.7	-	9.5	8.7	1.8	-	-	-	6.5	-	-
	N	40	25	14	1	21	11	2	2	3	5	28	2	2
21 to 30 minutes	%	9.3	11.3	7.4	-	15.4	4.8	9.0	-	-	-	9.5	-	-
	N	53	30	18	5	34	6	10	3	1	8	41	3	0
31 to 40 minutes	%	10.0	12.4	7.8	-	13.1	9.5	7.2	-	-	-	9.3	-	-
	N	57	33	19	5	29	12	8	7	5	9	40	2	1
41 to 50 minutes	%	8.5	10.9	5.7	-	12.7	6.3	3.6	-	-	-	9.3	-	-
	N	48	29	14	4	28	8	4	7	1	3	40	2	2
51 to 60 minutes	%	7.7	10.9	4.9	-	9.5	4.0	7.2	-	-	-	7.7	-	-
	N	44	29	12	3	21	5	8	1	2	4	33	3	2
More than 60 minutes	%	17.4	23.3	12.7	-	19.9	8.7	10.8	-	-	-	18.3	-	-
	N	99	62	31	5	44	11	12	5	4	10	79	5	0
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	568	266	244	56	221	126	111	62	25	65	431	27	19

Note: There were 63 students who did not provide usable data for Q85.

N = Number of unweighted observations.

- = Fewer than 100 cases.

235

Kansas High School Survey
Detail Table - Unweighted Data

Q84.   In an average week when you are in school, on how many days do you go to physical education (PE) classes?

Females

		All females	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
0 days	%	49.3	24.5	74.5	-	20.6	-	-	-	-	-	50.2	-	-
	N	135	34	79	22	22	41	46	24	3	8	111	3	10
1 day	%	0.7	0.7	0.9	-	0.9	-	-	-	-	-	0.9	-	-
	N	2	1	1	0	1	0	0	0	0	0	2	0	0
2 days	%	6.6	12.2	0.0	-	8.4	-	-	-	-	-	6.3	-	-
	N	18	17	0	1	9	1	0	1	2	1	14	1	0
3 days	%	23.7	39.6	8.5	-	42.1	-	-	-	-	-	23.1	-	-
	N	65	55	9	1	45	5	3	1	3	5	51	2	4
4 days	%	0.4	0.0	0.9	-	0.0	-	-	-	-	-	0.5	-	-
	N	1	0	1	0	0	1	0	0	0	0	1	0	0
5 days	%	19.3	23.0	15.1	-	28.0	-	-	-	-	-	19.0	-	-
	N	53	32	16	5	30	12	6	4	1	9	42	1	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	274	139	106	29	107	60	55	30	9	23	221	7	14

N = Number of unweighted observations.
- = Fewer than 100 cases.

234

Kansas High School Survey
Detail Table - Unweighted Data

Q84. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

Males

		All males	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
0 days	%	28.3	12.9	39.9	-	15.0	-	-	-	-	-	25.6	-	-
	N	82	16	55	11	17	32	20	13	5	15	53	7	2
1 day	%	2.4	2.4	2.9	-	2.7	-	-	-	-	-	2.4	-	-
	N	7	3	4	0	3	2	1	0	0	2	5	0	0
2 days	%	10.0	16.9	5.1	-	16.8	-	-	-	-	-	9.7	-	-
	N	29	21	7	1	19	4	0	3	2	3	20	4	0
3 days	%	28.3	40.3	18.8	-	36.3	-	-	-	-	-	28.5	-	-
	N	82	50	26	5	41	5	15	4	3	11	59	5	4
4 days	%	2.1	2.4	2.2	-	1.8	-	-	-	-	-	1.9	-	-
	N	6	3	3	0	2	3	1	0	0	2	4	0	0
5 days	%	29.0	25.0	31.2	-	27.4	-	-	-	-	-	31.9	-	-
	N	84	31	43	10	31	21	19	12	6	7	66	5	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	290	124	138	27	113	67	56	32	16	40	207	21	6

N = Number of unweighted observations.
- = Fewer than 100 cases.

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Kansas High School Survey
Detail Table - Unweighted Data

Q84.   In an average week when you are in school, on how many days do you go to physical education (PE) classes?

Overall

		Overall	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
0 days	%	38.6	19.3	54.9	-	18.4	57.5	59.5	-	-	-	38.5	-	-
	N	219	51	135	33	41	73	66	37	8	24	165	10	12
1 day	%	1.6	1.5	2.0	-	1.8	1.6	0.9	-	-	-	1.6	-	-
	N	9	4	5	0	4	2	1	0	0	2	7	0	0
2 days	%	8.3	14.4	2.8	-	12.6	3.9	0.0	-	-	-	7.9	-	-
	N	47	38	7	2	28	5	0	4	4	4	34	5	0
3 days	%	26.1	39.8	14.6	-	39.0	7.9	16.2	-	-	-	25.6	-	-
	N	148	105	36	6	87	10	18	5	6	17	110	7	8
4 days	%	1.2	1.1	1.6	-	0.9	3.1	0.9	-	-	-	1.2	-	-
	N	7	3	4	0	2	4	1	0	0	2	5	0	0
5 days	%	24.3	23.9	24.0	-	27.4	26.0	22.5	-	-	-	25.2	-	-
	N	138	63	59	15	61	33	25	16	7	16	108	6	0
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	568	264	246	56	223	127	111	62	25	65	429	28	20

Note: There were 63 students who did not provide usable data for Q84.

   N = Number of unweighted observations.

   - = Fewer than 100 cases.

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Kansas High School Survey
Detail Table - Unweighted Data

Q83.   On an average school day, how many hours do you watch TV?

Females

		All females	Age 15 or younger	Age 16 or 17	Age 18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
No TV on average school day	%	12.2	7.1	19.3	-	6.9	-	-	-	-	-	12.5	-	-
	N	36	11	21	4	8	9	12	6	0	3	29	1	3
Less than 1 hour per day	%	18.7	18.1	21.1	-	16.4	-	-	-	-	-	22.0	-	-
	N	55	28	23	4	19	14	9	8	0	2	51	1	1
1 hour per day	%	19.4	15.5	23.9	-	12.9	-	-	-	-	-	21.6	-	-
	N	57	24	26	7	15	15	16	7	0	5	50	1	1
2 hours per day	%	21.8	23.9	15.6	-	28.4	-	-	-	-	-	20.7	-	-
	N	64	37	17	10	33	8	11	8	4	7	48	3	2
3 hours per day	%	15.3	18.1	12.8	-	19.8	-	-	-	-	-	13.4	-	-
	N	45	28	14	3	23	10	5	2	0	9	31	1	4
4 hours per day	%	5.8	7.7	3.7	-	6.0	-	-	-	-	-	5.6	-	-
	N	17	12	4	1	7	5	1	1	1	0	13	0	3
5 or more hours per day	%	6.8	9.7	3.7	-	9.5	-	-	-	-	-	4.3	-	-
	N	20	15	4	1	11	4	2	1	6	1	10	2	1
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	294	155	109	30	116	65	56	33	11	27	232	9	15

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q83.   On an average school day, how many hours do you watch TV?

Males

		All males	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
No TV on average school day	%	7.1	7.1	5.8	-	7.9	-	-	-	-	-	6.9	-	-
	N	23	10	9	4	10	5	3	5	3	1	16	3	0
Less than 1 hour per day	%	12.1	9.3	13.6	-	9.4	-	-	-	-	-	13.4	-	-
	N	39	13	21	4	12	9	10	5	0	6	31	2	0
1 hour per day	%	19.8	21.4	18.8	-	22.0	-	-	-	-	-	22.1	-	-
	N	64	30	29	5	28	11	12	9	0	5	51	6	2
2 hours per day	%	23.2	17.1	28.6	-	19.7	-	-	-	-	-	25.1	-	-
	N	75	24	44	7	25	23	14	8	3	8	58	5	1
3 hours per day	%	20.4	25.0	18.8	-	20.5	-	-	-	-	-	19.0	-	-
	N	66	35	29	2	26	17	14	2	3	12	44	5	2
4 hours per day	%	7.1	7.9	5.2	-	7.9	-	-	-	-	-	6.9	-	-
	N	23	11	8	4	10	2	6	3	3	4	16	0	0
5 or more hours per day	%	10.2	12.1	9.1	-	12.6	-	-	-	-	-	6.5	-	-
	N	33	17	14	2	16	9	4	2	4	7	15	5	2
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	323	140	154	28	127	76	63	34	16	43	231	26	7

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q83.   On an average school day, how many hours do you watch TV?

Overall

		Overall	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
No TV on average school day	%	9.7	7.1	11.7	-	7.7	9.9	12.6	-	-	-	9.7	-	-
	N	60	21	31	8	19	14	15	11	3	5	45	4	3
Less than 1 hour per day	%	15.1	13.9	16.6	-	12.6	16.3	16.0	-	-	-	17.7	-	-
	N	94	41	44	8	31	23	19	13	0	8	82	3	1
1 hour per day	%	19.5	18.2	20.8	-	17.5	18.4	23.5	-	-	-	21.8	-	-
	N	121	54	55	12	43	26	28	16	0	10	101	7	3
2 hours per day	%	22.4	20.6	23.0	-	23.6	22.0	21.0	-	-	-	22.8	-	-
	N	139	61	61	17	58	31	25	16	7	15	106	8	3
3 hours per day	%	18.0	21.3	16.6	-	20.3	19.1	16.0	-	-	-	16.2	-	-
	N	112	63	44	5	50	27	19	4	3	22	75	6	6
4 hours per day	%	6.4	7.8	4.5	-	6.9	5.0	5.9	-	-	-	6.3	-	-
	N	40	23	12	5	17	7	7	4	4	4	29	0	3
5 or more hours per day	%	8.9	11.1	6.8	-	11.4	9.2	5.0	-	-	-	5.6	-	-
	N	55	33	18	3	28	13	6	3	10	8	26	7	3
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	621	296	265	58	246	141	119	67	27	72	464	35	22

Note: There were 10 students who did not provide usable data for Q83.

N = Number of unweighted observations.

- = Fewer than 100 cases.

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Kansas High School Survey
Detail Table - Unweighted Data

Q82. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

Females

		All females	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
0 days	%	29.9	29.0	27.5	-	19.8	-	-	-	-	-	31.0	-	-
	N	88	45	30	13	23	18	20	15	2	7	72	2	5
1 day	%	8.8	9.7	9.2	-	8.6	-	-	-	-	-	9.5	-	-
	N	26	15	10	1	10	7	5	1	1	2	22	0	1
2 days	%	11.9	12.9	12.8	-	14.7	-	-	-	-	-	12.5	-	-
	N	35	20	14	1	17	8	7	2	0	3	29	1	2
3 days	%	16.0	12.9	20.2	-	13.8	-	-	-	-	-	16.4	-	-
	N	47	20	22	5	16	14	7	7	2	4	38	1	2
4 days	%	10.2	13.5	4.6	-	15.5	-	-	-	-	-	9.9	-	-
	N	30	21	5	4	18	5	4	2	1	4	23	1	1
5 days	%	9.2	10.3	9.2	-	13.8	-	-	-	-	-	8.6	-	-
	N	27	16	10	1	16	4	5	2	2	4	20	1	0
6 days	%	3.4	3.9	3.7	-	4.3	-	-	-	-	-	3.0	-	-
	N	10	6	4	0	5	0	4	0	0	1	7	0	2
7 days	%	10.5	7.7	12.8	-	9.5	-	-	-	-	-	9.1	-	-
	N	31	12	14	5	11	9	4	4	3	2	21	3	2
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	294	155	109	30	116	65	56	33	11	27	232	9	15

N = Number of unweighted observations.
- = Fewer than 100 cases.

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Kansas High School Survey
Detail Table - Unweighted Data

Q82. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

Males

| | | All males | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
0 days	%	16.7	17.4	14.6	-	17.5	-	-	-	-	-	16.7	-	-
	N	53	24	22	7	22	7	11	8	4	7	38	3	1
1 day	%	7.5	6.5	9.3	-	7.1	-	-	-	-	-	5.7	-	-
	N	24	9	14	1	9	11	1	2	1	7	13	3	0
2 days	%	11.0	13.8	8.6	-	17.5	-	-	-	-	-	10.1	-	-
	N	35	19	13	3	22	4	6	3	4	4	23	3	1
3 days	%	16.4	21.7	12.6	-	19.0	-	-	-	-	-	15.9	-	-
	N	52	30	19	3	24	11	7	4	2	6	36	6	2
4 days	%	13.5	9.4	15.9	-	9.5	-	-	-	-	-	13.2	-	-
	N	43	13	24	6	12	13	10	6	1	7	30	5	0
5 days	%	12.3	8.0	17.9	-	9.5	-	-	-	-	-	14.1	-	-
	N	39	11	27	1	12	12	13	1	1	5	32	1	0
6 days	%	5.0	5.1	4.0	-	4.0	-	-	-	-	-	5.3	-	-
	N	16	7	6	3	5	3	3	3	0	2	12	1	1
7 days	%	17.6	18.1	17.2	-	15.9	-	-	-	-	-	18.9	-	-
	N	56	25	26	4	20	14	10	7	3	5	43	4	1
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	318	138	151	28	126	75	61	34	16	43	227	26	6

N = Number of unweighted observations.
- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q82. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

Overall

		Overall	Age			Grade				Race/Ethnicity				
		Overall	15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
0 days	%	23.1	23.5	19.8	-	18.4	17.9	26.5	-	-	-	23.9	-	-
	N	142	69	52	20	45	25	31	23	6	14	110	5	6
1 day	%	8.1	8.2	9.2	-	7.8	12.9	5.1	-	-	-	7.6	-	-
	N	50	24	24	2	19	18	6	3	2	9	35	3	1
2 days	%	11.4	13.3	10.3	-	15.9	8.6	11.1	-	-	-	11.3	-	-
	N	70	39	27	4	39	12	13	5	4	7	52	4	3
3 days	%	16.1	17.0	15.6	-	16.3	17.9	12.0	-	-	-	16.1	-	-
	N	99	50	41	8	40	25	14	11	4	10	74	7	4
4 days	%	12.2	11.6	11.8	-	13.1	12.9	12.0	-	-	-	11.5	-	-
	N	75	34	31	10	32	18	14	8	2	13	53	6	1
5 days	%	10.7	9.2	14.1	-	11.4	11.4	15.4	-	-	-	11.3	-	-
	N	66	27	37	2	28	16	18	3	3	9	52	2	0
6 days	%	4.2	4.4	3.8	-	4.1	2.1	6.0	-	-	-	4.1	-	-
	N	26	13	10	3	10	3	7	3	0	3	19	1	3
7 days	%	14.3	12.9	15.3	-	13.1	16.4	12.0	-	-	-	14.1	-	-
	N	88	38	40	9	32	23	14	11	6	7	65	7	3
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	616	294	262	58	245	140	117	67	27	72	460	35	21

Note: There were 15 students who did not provide usable data for Q82.

N = Number of unweighted observations.

- = Fewer than 100 cases.

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Kansas High School Survey
Detail Table - Unweighted Data

Q81. On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

Females

| | | All females | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
0 days	%	21.7	24.4	16.5	-	19.7	-	-	-	-	-	23.2	-	-
	N	64	38	18	8	23	13	11	7	1	5	54	2	2
1 day	%	12.9	13.5	12.8	-	12.0	-	-	-	-	-	11.6	-	-
	N	38	21	14	3	14	6	7	6	2	4	27	1	4
2 days	%	14.2	13.5	17.4	-	14.5	-	-	-	-	-	13.7	-	-
	N	42	21	19	2	17	15	7	2	1	8	32	0	1
3 days	%	16.6	17.3	13.8	-	17.9	-	-	-	-	-	15.5	-	-
	N	49	27	15	7	21	13	5	7	1	5	36	2	5
4 days	%	9.2	8.3	11.0	-	11.1	-	-	-	-	-	10.3	-	-
	N	27	13	12	2	13	4	9	1	1	1	24	1	0
5 days	%	8.8	8.3	7.3	-	9.4	-	-	-	-	-	9.4	-	-
	N	26	13	8	5	11	4	5	5	3	0	22	1	0
6 days	%	3.7	1.9	6.4	-	3.4	-	-	-	-	-	3.4	-	-
	N	11	3	7	1	4	1	6	0	1	0	8	1	1
7 days	%	12.9	12.8	14.7	-	12.0	-	-	-	-	-	12.9	-	-
	N	38	20	16	2	14	9	6	5	1	4	30	1	2
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	295	156	109	30	117	65	56	33	11	27	233	9	15

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q81. On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

Males

		All males	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
0 days	%	24.8	28.5	19.0	-	32.0	-	-	-	-	-	23.6	-	-
	N	79	39	29	11	40	13	12	10	8	10	54	7	0
1 day	%	12.2	13.1	11.8	-	13.6	-	-	-	-	-	11.8	-	-
	N	39	18	18	3	17	14	4	2	1	7	27	4	0
2 days	%	14.7	12.4	16.3	-	12.0	-	-	-	-	-	14.0	-	-
	N	47	17	25	5	15	10	7	9	0	9	32	4	2
3 days	%	9.7	10.9	10.5	-	8.8	-	-	-	-	-	10.5	-	-
	N	31	15	16	0	11	11	6	0	1	4	24	2	0
4 days	%	9.7	5.1	12.4	-	5.6	-	-	-	-	-	10.0	-	-
	N	31	7	19	5	7	7	11	4	1	6	23	1	0
5 days	%	7.8	5.8	9.8	-	7.2	-	-	-	-	-	9.2	-	-
	N	25	8	15	2	9	6	6	4	0	2	21	1	1
6 days	%	2.8	4.4	1.3	-	3.2	-	-	-	-	-	2.2	-	-
	N	9	6	2	1	4	1	2	0	1	2	5	1	0
7 days	%	18.2	19.7	19.0	-	17.6	-	-	-	-	-	18.8	-	-
	N	58	27	29	1	22	13	15	5	4	3	43	6	2
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	319	137	153	28	125	75	63	34	16	43	229	26	5

N = Number of unweighted observations.
- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q81.   On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

Overall

		Overall	Age			Grade				Race/Ethnicity				
		Overall	15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
0 days	%	23.3	26.2	18.2	-	26.1	18.6	19.3	-	-	-	23.3	-	-
	N	144	77	48	19	64	26	23	17	9	16	108	9	2
1 day	%	12.5	13.3	12.1	-	12.7	14.3	9.2	-	-	-	11.7	-	-
	N	77	39	32	6	31	20	11	8	3	11	54	5	4
2 days	%	14.4	12.9	16.7	-	13.1	17.9	11.8	-	-	-	13.8	-	-
	N	89	38	44	7	32	25	14	11	1	17	64	4	3
3 days	%	12.9	14.3	11.7	-	13.1	17.1	9.2	-	-	-	13.0	-	-
	N	80	42	31	7	32	24	11	7	2	9	60	4	5
4 days	%	9.4	6.8	11.7	-	8.2	7.9	16.8	-	-	-	10.2	-	-
	N	58	20	31	7	20	11	20	5	2	7	47	2	0
5 days	%	8.4	7.1	9.1	-	8.6	7.1	9.2	-	-	-	9.3	-	-
	N	52	21	24	7	21	10	11	9	3	3	43	2	1
6 days	%	3.2	3.1	3.4	-	3.3	1.4	6.7	-	-	-	2.8	-	-
	N	20	9	9	2	8	2	8	0	2	2	13	2	1
7 days	%	15.9	16.3	17.0	-	15.1	15.7	17.6	-	-	-	16.0	-	-
	N	98	48	45	3	37	22	21	10	5	7	74	7	4
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	618	294	264	58	245	140	119	67	27	72	463	35	20

Note: There were 13 students who did not provide usable data for Q81.

   N = Number of unweighted observations.

   - = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q80. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

Females

		All females	15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
			Age			Grade				Race/Ethnicity				
0 days	%	19.0	16.1	22.0	-	12.8	-	-	-	-	-	20.3	-	-
	N	56	25	24	7	15	11	15	10	0	4	47	1	4
1 day	%	7.8	6.5	7.3	-	5.1	-	-	-	-	-	8.2	-	-
	N	23	10	8	5	6	4	6	5	1	2	19	1	0
2 days	%	11.2	11.6	9.2	-	10.3	-	-	-	-	-	11.2	-	-
	N	33	18	10	5	12	7	3	7	0	4	26	2	1
3 days	%	11.9	14.2	8.3	-	13.7	-	-	-	-	-	11.2	-	-
	N	35	22	9	4	16	11	4	3	3	4	26	0	2
4 days	%	8.8	7.1	11.9	-	6.8	-	-	-	-	-	9.5	-	-
	N	26	11	13	2	8	6	9	1	0	1	22	0	3
5 days	%	13.9	14.8	14.7	-	17.9	-	-	-	-	-	14.7	-	-
	N	41	23	16	2	21	13	3	3	2	3	34	2	0
6 days	%	6.5	4.5	11.0	-	5.1	-	-	-	-	-	5.6	-	-
	N	19	7	12	0	6	5	6	0	2	2	13	0	2
7 days	%	20.7	25.2	15.6	-	28.2	-	-	-	-	-	19.4	-	-
	N	61	39	17	5	33	8	10	4	3	7	45	3	3
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	294	155	109	30	117	65	56	33	11	27	232	9	15

N = Number of unweighted observations.

- = Fewer than 100 cases.

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Kansas High School Survey
Detail Table - Unweighted Data

Q80. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

Males

		All males	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
0 days	%	10.6	11.5	7.8	-	13.5	-	-	-	-	-	9.1	-	-
	N	34	16	12	6	17	6	4	6	5	5	21	2	1
1 day	%	5.3	2.2	8.5	-	3.2	-	-	-	-	-	3.9	-	-
	N	17	3	13	1	4	8	3	2	1	5	9	2	0
2 days	%	9.3	7.2	11.1	-	9.5	-	-	-	-	-	7.4	-	-
	N	30	10	17	3	12	8	6	3	1	7	17	4	1
3 days	%	10.6	8.6	13.7	-	9.5	-	-	-	-	-	10.9	-	-
	N	34	12	21	1	12	11	5	3	0	6	25	2	1
4 days	%	10.9	9.4	11.8	-	7.9	-	-	-	-	-	11.3	-	-
	N	35	13	18	4	10	6	10	5	4	4	26	1	0
5 days	%	16.2	18.0	16.3	-	15.9	-	-	-	-	-	18.7	-	-
	N	52	25	25	2	20	15	9	4	0	6	43	3	0
6 days	%	6.2	7.2	5.2	-	6.3	-	-	-	-	-	6.5	-	-
	N	20	10	8	2	8	5	4	2	0	4	15	1	0
7 days	%	30.8	36.0	25.5	-	34.1	-	-	-	-	-	32.2	-	-
	N	99	50	39	9	43	17	21	9	5	6	74	11	3
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	321	139	153	28	126	76	62	34	16	43	230	26	6

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q80. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

Overall

		Overall	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
0 days	%	14.7	13.9	14.0	-	13.4	12.1	16.1	-	-	-	14.7	-	-
	N	91	41	37	13	33	17	19	16	5	10	68	3	5
1 day	%	6.5	4.4	8.0	-	4.1	8.5	7.6	-	-	-	6.0	-	-
	N	40	13	21	6	10	12	9	7	2	7	28	3	0
2 days	%	10.2	9.5	10.2	-	9.8	10.6	7.6	-	-	-	9.3	-	-
	N	63	28	27	8	24	15	9	10	1	11	43	6	2
3 days	%	11.1	11.5	11.4	-	11.4	15.6	7.6	-	-	-	11.0	-	-
	N	69	34	30	5	28	22	9	6	3	10	51	2	3
4 days	%	10.0	8.5	11.7	-	7.7	8.5	16.1	-	-	-	10.6	-	-
	N	62	25	31	6	19	12	19	6	4	5	49	1	3
5 days	%	15.0	16.3	15.5	-	16.7	19.9	10.2	-	-	-	16.6	-	-
	N	93	48	41	4	41	28	12	7	2	9	77	5	0
6 days	%	6.5	5.8	8.0	-	6.1	7.1	8.5	-	-	-	6.0	-	-
	N	40	17	21	2	15	10	10	2	2	7	28	1	2
7 days	%	26.0	30.2	21.2	-	30.9	17.7	26.3	-	-	-	25.7	-	-
	N	161	89	56	14	76	25	31	13	8	13	119	14	6
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	619	295	264	58	246	141	118	67	27	72	463	35	21

Note: There were 12 students who did not provide usable data for Q80.

  N = Number of unweighted observations.

  - = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q79.   During the past 7 days, how many glasses of milk did you drink?

Females

		All females	Age 15 or younger	Age 16 or 17	Age 18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not drink milk	%	20.7	18.7	23.9	-	19.0	-	-	-	-	-	19.4	-	-
	N	61	29	26	6	22	16	13	5	6	3	45	2	5
1 to 3 glasses past 7 days	%	19.7	22.6	15.6	-	24.1	-	-	-	-	-	19.8	-	-
	N	58	35	17	6	28	9	10	6	1	8	46	1	2
4 to 6 glasses past 7 days	%	18.0	17.4	18.3	-	18.1	-	-	-	-	-	17.2	-	-
	N	53	27	20	6	21	11	11	6	2	7	40	3	1
1 glass per day	%	13.6	12.9	14.7	-	11.2	-	-	-	-	-	15.1	-	-
	N	40	20	16	4	13	15	4	5	0	3	35	0	2
2 glasses per day	%	13.6	14.2	12.8	-	12.1	-	-	-	-	-	15.9	-	-
	N	40	22	14	4	14	8	10	5	0	0	37	2	1
3 glasses per day	%	8.2	5.8	10.1	-	6.0	-	-	-	-	-	8.2	-	-
	N	24	9	11	4	7	4	6	5	0	1	19	1	3
4 or more glasses per day	%	6.1	8.4	4.6	-	9.5	-	-	-	-	-	4.3	-	-
	N	18	13	5	0	11	2	2	1	2	5	10	0	1
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	294	155	109	30	116	65	56	33	11	27	232	9	15

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q79. During the past 7 days, how many glasses of milk did you drink?

Males

| | | All males | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not drink milk	%	12.4	10.1	13.6	-	11.9	-	-	-	-	-	9.5	-	-
	N	40	14	21	5	15	9	11	4	6	9	22	1	2
1 to 3 glasses past 7 days	%	12.4	12.2	12.3	-	14.3	-	-	-	-	-	10.0	-	-
	N	40	17	19	4	18	12	4	5	3	12	23	0	2
4 to 6 glasses past 7 days	%	18.3	16.5	20.8	-	19.8	-	-	-	-	-	18.6	-	-
	N	59	23	32	3	25	9	13	8	2	9	43	5	0
1 glass per day	%	16.5	20.1	13.0	-	20.6	-	-	-	-	-	14.3	-	-
	N	53	28	20	5	26	9	11	6	4	6	33	7	3
2 glasses per day	%	17.1	14.4	18.2	-	12.7	-	-	-	-	-	21.6	-	-
	N	55	20	28	7	16	16	12	6	1	1	50	3	0
3 glasses per day	%	9.6	14.4	5.8	-	10.3	-	-	-	-	-	11.3	-	-
	N	31	20	9	2	13	8	2	2	0	3	26	2	0
4 or more glasses per day	%	13.7	12.2	16.2	-	10.3	-	-	-	-	-	14.7	-	-
	N	44	17	25	2	13	13	10	3	0	3	34	7	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	322	139	154	28	126	76	63	34	16	43	231	25	7

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q79. During the past 7 days, how many glasses of milk did you drink?

Overall

		Overall	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not drink milk	%	16.5	14.9	17.7	-	15.5	17.7	20.2	-	-	-	14.7	-	-
	N	102	44	47	11	38	25	24	9	12	12	68	3	7
1 to 3 glasses past 7 days	%	16.1	17.6	14.3	-	19.6	14.9	11.8	-	-	-	14.9	-	-
	N	100	52	38	10	48	21	14	11	4	22	69	1	4
4 to 6 glasses past 7 days	%	18.1	16.9	19.6	-	18.8	14.2	20.2	-	-	-	17.9	-	-
	N	112	50	52	9	46	20	24	14	4	16	83	8	1
1 glass per day	%	15.0	16.3	13.6	-	15.9	17.0	12.6	-	-	-	14.7	-	-
	N	93	48	36	9	39	24	15	11	4	9	68	7	5
2 glasses per day	%	15.3	14.2	15.8	-	12.2	17.0	18.5	-	-	-	18.8	-	-
	N	95	42	42	11	30	24	22	11	1	1	87	5	1
3 glasses per day	%	8.9	9.8	7.5	-	8.2	8.5	6.7	-	-	-	9.7	-	-
	N	55	29	20	6	20	12	8	7	0	4	45	3	3
4 or more glasses per day	%	10.2	10.2	11.3	-	9.8	10.6	10.1	-	-	-	9.5	-	-
	N	63	30	30	2	24	15	12	4	2	8	44	7	1
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	620	295	265	58	245	141	119	67	27	72	464	34	22

Note: There were 11 students who did not provide usable data for Q79.

N = Number of unweighted observations.

- = Fewer than 100 cases.

217

Kansas High School Survey
Detail Table - Unweighted Data

Q78.   During the past 7 days, how many times did you eat other vegetables?

Females

		All females	Age 15 or younger	16 or 17	18 or older	Grade 9th	10th	11th	12th	Race/Ethnicity African American	Hispanic/ Latino	White	All other races	Multiple races
Did not eat other vegetables	%	12.2	12.8	11.0	-	11.1	-	-	-	-	-	11.2	-	-
	N	36	20	12	4	13	12	5	4	4	5	26	1	0
1 to 3 times	%	45.2	44.2	45.0	-	42.7	-	-	-	-	-	47.0	-	-
	N	133	69	49	15	50	28	28	15	1	12	109	5	6
4 to 6 times	%	21.4	21.8	20.2	-	22.2	-	-	-	-	-	22.4	-	-
	N	63	34	22	7	26	16	10	8	0	3	52	3	5
1 time per day	%	8.2	8.3	8.3	-	9.4	-	-	-	-	-	9.1	-	-
	N	24	13	9	2	11	3	5	3	1	1	21	0	1
2 times per day	%	6.8	5.1	10.1	-	6.0	-	-	-	-	-	7.3	-	-
	N	20	8	11	1	7	1	7	3	0	1	17	0	2
3 times per day	%	3.1	2.6	4.6	-	3.4	-	-	-	-	-	1.7	-	-
	N	9	4	5	0	4	3	1	0	0	4	4	0	1
4 or more times per day	%	3.1	5.1	0.9	-	5.1	-	-	-	-	-	1.3	-	-
	N	9	8	1	0	6	1	0	0	5	0	3	1	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	294	156	109	29	117	64	56	33	11	26	232	10	15

N = Number of unweighted observations.
- = Fewer than 100 cases.

216

Kansas High School Survey
Detail Table - Unweighted Data

Q78. During the past 7 days, how many times did you eat other vegetables?

Males

| | | All males | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not eat other vegetables	%	17.7	15.1	20.1	-	19.0	-	-	-	-	-	15.2	-	-
	N	57	21	31	5	24	13	14	5	8	9	35	5	0
1 to 3 times	%	35.4	36.7	33.1	-	32.5	-	-	-	-	-	39.8	-	-
	N	114	51	51	11	41	26	21	14	3	12	92	5	2
4 to 6 times	%	22.7	22.3	25.3	-	23.8	-	-	-	-	-	21.2	-	-
	N	73	31	39	3	30	17	16	7	4	12	49	5	3
1 time per day	%	11.2	12.9	9.1	-	12.7	-	-	-	-	-	10.4	-	-
	N	36	18	14	4	16	8	5	2	1	3	24	7	1
2 times per day	%	6.2	7.2	5.8	-	6.3	-	-	-	-	-	7.4	-	-
	N	20	10	9	1	8	8	2	2	0	3	17	0	0
3 times per day	%	3.1	1.4	3.2	-	3.2	-	-	-	-	-	3.0	-	-
	N	10	2	5	3	4	2	1	3	0	2	7	1	0
4 or more times per day	%	3.7	4.3	3.2	-	2.4	-	-	-	-	-	3.0	-	-
	N	12	6	5	1	3	2	4	1	0	2	7	3	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	322	139	154	28	126	76	63	34	16	43	231	26	6

N = Number of unweighted observations.

- = Fewer than 100 cases.

215

Kansas High School Survey
Detail Table - Unweighted Data

Q78. During the past 7 days, how many times did you eat other vegetables?

Overall

		Overall	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not eat other vegetables	%	15.0	13.9	16.2	-	15.0	17.9	16.0	-	-	-	13.1	-	-
	N	93	41	43	9	37	25	19	9	12	14	61	6	0
1 to 3 times	%	40.0	40.5	38.1	-	37.4	38.6	41.2	-	-	-	43.3	-	-
	N	248	120	101	26	92	54	49	29	4	25	201	10	8
4 to 6 times	%	22.3	22.3	23.4	-	23.6	23.6	21.8	-	-	-	22.0	-	-
	N	138	66	62	10	58	33	26	15	4	16	102	8	8
1 time per day	%	9.7	10.5	8.7	-	11.0	7.9	8.4	-	-	-	9.7	-	-
	N	60	31	23	6	27	11	10	5	2	4	45	7	2
2 times per day	%	6.5	6.1	7.5	-	6.1	6.4	7.6	-	-	-	7.3	-	-
	N	40	18	20	2	15	9	9	5	0	4	34	0	2
3 times per day	%	3.1	2.0	3.8	-	3.3	3.6	1.7	-	-	-	2.4	-	-
	N	19	6	10	3	8	5	2	3	0	6	11	1	1
4 or more times per day	%	3.5	4.7	2.3	-	3.7	2.1	3.4	-	-	-	2.2	-	-
	N	22	14	6	1	9	3	4	1	5	2	10	4	0
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	620	296	265	57	246	140	119	67	27	71	464	36	21

Note: There were 11 students who did not provide usable data for Q78.

N = Number of unweighted observations.

- = Fewer than 100 cases.

214

Kansas High School Survey
Detail Table - Unweighted Data

Q77. During the past 7 days, how many times did you eat carrots?

Females

		All females	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not eat carrots	%	43.4	47.8	33.0	-	49.2	-	-	-	-	-	40.3	-	-
	N	128	75	36	17	58	24	19	18	8	15	94	3	8
1 to 3 times	%	43.1	38.2	50.5	-	33.9	-	-	-	-	-	46.8	-	-
	N	127	60	55	12	40	30	29	14	1	7	109	5	5
4 to 6 times	%	7.5	7.0	10.1	-	8.5	-	-	-	-	-	7.7	-	-
	N	22	11	11	0	10	5	6	1	0	3	18	0	1
1 time per day	%	4.1	5.1	3.7	-	5.1	-	-	-	-	-	3.9	-	-
	N	12	8	4	0	6	3	2	0	0	1	9	1	1
2 times per day	%	1.0	1.3	0.9	-	2.5	-	-	-	-	-	0.4	-	-
	N	3	2	1	0	3	0	0	0	1	0	1	1	0
3 times per day	%	0.3	0.0	0.9	-	0.0	-	-	-	-	-	0.4	-	-
	N	1	0	1	0	0	1	0	0	0	0	1	0	0
4 or more times per day	%	0.7	0.6	0.9	-	0.8	-	-	-	-	-	0.4	-	-
	N	2	1	1	0	1	1	0	0	1	0	1	0	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	295	157	109	29	118	64	56	33	11	26	233	10	15

N = Number of unweighted observations.
- = Fewer than 100 cases.

213

Kansas High School Survey
Detail Table - Unweighted Data

Q77. During the past 7 days, how many times did you eat carrots?

Males

| | | All males | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not eat carrots	%	44.7	44.6	44.8	-	46.0	-	-	-	-	-	43.1	-	-
	N	144	62	69	13	58	34	26	17	11	21	100	10	2
1 to 3 times	%	35.4	33.8	35.7	-	32.5	-	-	-	-	-	35.8	-	-
	N	114	47	55	11	41	24	26	14	4	13	83	11	3
4 to 6 times	%	8.7	11.5	6.5	-	10.3	-	-	-	-	-	9.5	-	-
	N	28	16	10	2	13	7	4	1	0	3	22	2	1
1 time per day	%	5.3	4.3	6.5	-	5.6	-	-	-	-	-	6.5	-	-
	N	17	6	10	1	7	7	2	1	0	1	15	1	0
2 times per day	%	2.5	2.2	3.2	-	3.2	-	-	-	-	-	1.7	-	-
	N	8	3	5	0	4	3	1	0	0	4	4	0	0
3 times per day	%	0.6	0.7	0.6	-	0.0	-	-	-	-	-	0.9	-	-
	N	2	1	1	0	0	1	0	0	0	0	2	0	0
4 or more times per day	%	2.8	2.9	2.6	-	2.4	-	-	-	-	-	2.6	-	-
	N	9	4	4	1	3	0	4	1	0	1	6	2	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	322	139	154	28	126	76	63	34	15	43	232	26	6

N = Number of unweighted observations.

- = Fewer than 100 cases.

212

Kansas High School Survey
Detail Table - Unweighted Data

Q77. During the past 7 days, how many times did you eat carrots?

Overall

		Overall	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not eat carrots	%	43.8	46.1	39.6	-	47.0	41.4	37.8	-	-	-	41.6	-	-
	N	272	137	105	30	116	58	45	35	19	36	194	13	10
1 to 3 times	%	39.3	36.4	42.3	-	34.0	38.6	46.2	-	-	-	41.4	-	-
	N	244	108	112	23	84	54	55	28	5	22	193	16	8
4 to 6 times	%	8.1	9.1	7.9	-	9.3	8.6	8.4	-	-	-	8.6	-	-
	N	50	27	21	2	23	12	10	2	0	6	40	2	2
1 time per day	%	4.7	4.7	5.3	-	5.3	7.1	3.4	-	-	-	5.2	-	-
	N	29	14	14	1	13	10	4	1	0	2	24	2	1
2 times per day	%	1.8	1.7	2.3	-	2.8	2.1	0.8	-	-	-	1.1	-	-
	N	11	5	6	0	7	3	1	0	1	4	5	1	0
3 times per day	%	0.5	0.3	0.8	-	0.0	1.4	0.0	-	-	-	0.6	-	-
	N	3	1	2	0	0	2	0	0	0	0	3	0	0
4 or more times per day	%	1.9	1.7	1.9	-	1.6	0.7	3.4	-	-	-	1.5	-	-
	N	12	5	5	1	4	1	4	1	1	1	7	2	0
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	621	297	265	57	247	140	119	67	26	71	466	36	21

Note: There were 10 students who did not provide usable data for Q77.

N = Number of unweighted observations.

- = Fewer than 100 cases.

211

Kansas High School Survey
Detail Table - Unweighted Data

Q76. During the past 7 days, how many times did you eat potatoes?

Females

		All females	15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
				Age			Grade				Race/Ethnicity			
Did not eat potatoes	%	20.7	23.1	18.3	-	22.9	-	-	-	-	-	20.7	-	-
	N	61	36	20	5	27	15	9	5	1	8	48	3	1
1 to 3 times	%	52.4	48.7	55.0	-	44.1	-	-	-	-	-	56.0	-	-
	N	154	76	60	18	52	32	36	21	2	8	130	5	9
4 to 6 times	%	18.7	18.6	21.1	-	22.0	-	-	-	-	-	17.7	-	-
	N	55	29	23	3	26	14	8	4	3	8	41	1	2
1 time per day	%	4.4	3.8	3.7	-	3.4	-	-	-	-	-	3.9	-	-
	N	13	6	4	3	4	3	1	3	0	1	9	0	3
2 times per day	%	1.7	3.2	0.0	-	4.2	-	-	-	-	-	0.9	-	-
	N	5	5	0	0	5	0	0	0	2	1	2	0	0
3 times per day	%	1.0	1.3	0.9	-	1.7	-	-	-	-	-	0.4	-	-
	N	3	2	1	0	2	0	1	0	1	0	1	1	0
4 or more times per day	%	1.0	1.3	0.9	-	1.7	-	-	-	-	-	0.4	-	-
	N	3	2	1	0	2	0	1	0	2	0	1	0	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	294	156	109	29	118	64	56	33	11	26	232	10	15

N = Number of unweighted observations.
- = Fewer than 100 cases.

210

Kansas High School Survey
Detail Table - Unweighted Data

Q76. During the past 7 days, how many times did you eat potatoes?

Males

		All males	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not eat potatoes	%	24.5	22.1	26.6	-	26.0	-	-	-	-	-	20.3	-	-
	N	79	31	41	7	33	19	15	7	10	13	47	6	3
1 to 3 times	%	45.2	47.1	44.2	-	45.7	-	-	-	-	-	46.6	-	-
	N	146	66	68	11	58	34	27	16	5	17	108	13	3
4 to 6 times	%	13.3	10.7	16.2	-	8.7	-	-	-	-	-	14.7	-	-
	N	43	15	25	3	11	12	11	5	1	6	34	2	0
1 time per day	%	8.0	8.6	7.8	-	9.4	-	-	-	-	-	10.3	-	-
	N	26	12	12	2	12	4	7	1	0	2	24	0	0
2 times per day	%	5.0	7.9	0.6	-	6.3	-	-	-	-	-	5.2	-	-
	N	16	11	1	4	8	3	0	4	0	2	12	2	0
3 times per day	%	0.9	0.7	0.6	-	0.8	-	-	-	-	-	0.9	-	-
	N	3	1	1	1	1	1	0	1	0	1	2	0	0
4 or more times per day	%	3.1	2.9	3.9	-	3.1	-	-	-	-	-	2.2	-	-
	N	10	4	6	0	4	2	4	0	0	2	5	3	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	323	140	154	28	127	75	64	34	16	43	232	26	6

N = Number of unweighted observations.
- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q76. During the past 7 days, how many times did you eat potatoes?

Overall

		Overall	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not eat potatoes	%	22.5	22.6	23.0	-	24.2	24.5	20.0	-	-	-	20.4	-	-
	N	140	67	61	12	60	34	24	12	11	21	95	9	4
1 to 3 times	%	48.8	48.1	49.1	-	45.6	47.5	52.5	-	-	-	51.4	-	-
	N	303	143	130	29	113	66	63	37	7	27	239	18	12
4 to 6 times	%	15.8	14.8	18.1	-	14.9	18.7	15.8	-	-	-	16.1	-	-
	N	98	44	48	6	37	26	19	9	4	14	75	3	2
1 time per day	%	6.3	6.1	6.0	-	6.5	5.0	6.7	-	-	-	7.1	-	-
	N	39	18	16	5	16	7	8	4	0	3	33	0	3
2 times per day	%	3.4	5.4	0.4	-	5.2	2.2	0.0	-	-	-	3.0	-	-
	N	21	16	1	4	13	3	0	4	2	3	14	2	0
3 times per day	%	1.0	1.0	0.8	-	1.2	0.7	0.8	-	-	-	0.6	-	-
	N	6	3	2	1	3	1	1	1	1	1	3	1	0
4 or more times per day	%	2.3	2.0	2.6	-	2.4	1.4	4.2	-	-	-	1.3	-	-
	N	14	6	7	0	6	2	5	0	2	2	6	3	0
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	621	297	265	57	248	139	120	67	27	71	465	36	21

Note: There were 10 students who did not provide usable data for Q76.
　　N = Number of unweighted observations.
　　- = Fewer than 100 cases.

208

Kansas High School Survey
Detail Table - Unweighted Data

Q75. During the past 7 days, how many times did you eat green salad?

Females

		All females	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not eat green salad	%	24.1	26.8	22.0	-	27.1	-	-	-	-	-	22.3	-	-
	N	71	42	24	5	32	12	13	7	6	7	52	3	3
1 to 3 times	%	46.1	42.7	46.8	-	41.5	-	-	-	-	-	49.8	-	-
	N	136	67	51	18	49	30	30	18	3	10	116	2	5
4 to 6 times	%	18.0	19.1	16.5	-	17.8	-	-	-	-	-	18.9	-	-
	N	53	30	18	5	21	16	6	7	0	4	44	3	2
1 time per day	%	8.8	7.6	11.9	-	9.3	-	-	-	-	-	6.4	-	-
	N	26	12	13	1	11	4	7	1	1	5	15	1	4
2 times per day	%	2.0	1.9	2.8	-	3.4	-	-	-	-	-	1.7	-	-
	N	6	3	3	0	4	2	0	0	1	0	4	0	1
3 times per day	%	0.3	0.6	0.0	-	0.0	-	-	-	-	-	0.4	-	-
	N	1	1	0	0	0	0	0	0	0	0	1	0	0
4 or more times per day	%	0.7	1.3	0.0	-	0.8	-	-	-	-	-	0.4	-	-
	N	2	2	0	0	1	0	0	0	0	0	1	1	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	295	157	109	29	118	64	56	33	11	26	233	10	15

N = Number of unweighted observations.
- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q75. During the past 7 days, how many times did you eat green salad?

Males

		All males	15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
			Age				**Grade**				**Race/Ethnicity**			
Did not eat green salad	%	30.7	36.7	26.5	-	38.1	-	-	-	-	-	26.0	-	-
	N	99	51	41	7	48	20	15	7	9	19	60	8	3
1 to 3 times	%	40.6	33.1	47.1	-	34.9	-	-	-	-	-	45.0	-	-
	N	131	46	73	12	44	36	31	16	6	11	104	9	1
4 to 6 times	%	9.9	10.8	9.0	-	7.9	-	-	-	-	-	10.8	-	-
	N	32	15	14	2	10	8	4	4	1	3	25	2	1
1 time per day	%	10.2	10.8	9.0	-	11.1	-	-	-	-	-	10.8	-	-
	N	33	15	14	4	14	6	7	4	0	3	25	4	1
2 times per day	%	3.7	5.0	2.6	-	5.6	-	-	-	-	-	3.5	-	-
	N	12	7	4	1	7	3	1	1	0	2	8	2	0
3 times per day	%	1.9	0.7	1.9	-	0.8	-	-	-	-	-	0.9	-	-
	N	6	1	3	2	1	2	1	2	0	4	2	0	0
4 or more times per day	%	3.1	2.9	3.9	-	1.6	-	-	-	-	-	3.0	-	-
	N	10	4	6	0	2	1	5	0	0	2	7	1	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	323	139	155	28	126	76	64	34	16	44	231	26	6

N = Number of unweighted observations.

- = Fewer than 100 cases.

206

Kansas High School Survey
Detail Table - Unweighted Data

Q75. During the past 7 days, how many times did you eat green salad?

Overall		Overall	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not eat green salad	%	27.7	31.6	24.8	-	33.2	22.9	23.3	-	-	-	24.3	-	-
	N	172	94	66	12	82	32	28	14	15	27	113	11	6
1 to 3 times	%	43.1	38.0	47.0	-	38.1	47.1	50.8	-	-	-	47.3	-	-
	N	268	113	125	30	94	66	61	34	9	22	220	11	6
4 to 6 times	%	13.7	15.2	12.0	-	12.6	17.1	8.3	-	-	-	14.8	-	-
	N	85	45	32	7	31	24	10	11	1	7	69	5	3
1 time per day	%	9.5	9.1	10.2	-	10.1	7.1	11.7	-	-	-	8.6	-	-
	N	59	27	27	5	25	10	14	5	1	8	40	5	5
2 times per day	%	2.9	3.4	2.6	-	4.5	3.6	0.8	-	-	-	2.6	-	-
	N	18	10	7	1	11	5	1	1	1	2	12	2	1
3 times per day	%	1.1	0.7	1.1	-	0.4	1.4	0.8	-	-	-	0.6	-	-
	N	7	2	3	2	1	2	1	2	0	4	3	0	0
4 or more times per day	%	2.1	2.0	2.3	-	1.2	0.7	4.2	-	-	-	1.7	-	-
	N	13	6	6	0	3	1	5	0	0	2	8	2	0
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	622	297	266	57	247	140	120	67	27	72	465	36	21

Note: There were 9 students who did not provide usable data for Q75.

N = Number of unweighted observations.

- = Fewer than 100 cases.

205

Kansas High School Survey
Detail Table - Unweighted Data

Q74.   During the past 7 days, how many times did you eat fruit?

Females

		All females	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not eat fruit	%	14.9	14.0	17.4	-	13.6	-	-	-	-	-	14.2	-	-
	N	44	22	19	3	16	8	11	4	2	4	33	2	3
1 to 3 times	%	43.7	43.9	38.5	-	42.4	-	-	-	-	-	46.4	-	-
	N	129	69	42	18	50	34	19	18	2	9	108	4	6
4 to 6 times	%	18.0	15.3	20.2	-	13.6	-	-	-	-	-	17.6	-	-
	N	53	24	22	7	16	12	13	7	2	7	41	1	2
1 time per day	%	10.5	11.5	11.0	-	13.6	-	-	-	-	-	11.6	-	-
	N	31	18	12	1	16	3	8	2	0	2	27	1	1
2 times per day	%	5.8	5.7	7.3	-	7.6	-	-	-	-	-	4.3	-	-
	N	17	9	8	0	9	3	4	1	2	3	10	0	2
3 times per day	%	2.4	1.9	3.7	-	2.5	-	-	-	-	-	2.6	-	-
	N	7	3	4	0	3	1	1	1	0	0	6	1	0
4 or more times per day	%	4.7	7.6	1.8	-	6.8	-	-	-	-	-	3.4	-	-
	N	14	12	2	0	8	3	0	0	3	1	8	1	1
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	295	157	109	29	118	64	56	33	11	26	233	10	15

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q74. During the past 7 days, how many times did you eat fruit?

Males

| | | All males | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not eat fruit	%	12.1	10.8	12.3	-	14.3	-	-	-	-	-	10.8	-	-
	N	39	15	19	5	18	8	7	6	6	7	25	1	0
1 to 3 times	%	38.1	40.3	39.4	-	38.1	-	-	-	-	-	40.3	-	-
	N	123	56	61	6	48	27	24	12	6	13	93	10	1
4 to 6 times	%	19.2	20.1	18.7	-	17.5	-	-	-	-	-	19.0	-	-
	N	62	28	29	5	22	16	12	6	2	12	44	3	1
1 time per day	%	11.8	11.5	11.6	-	12.7	-	-	-	-	-	12.6	-	-
	N	38	16	18	4	16	8	10	2	1	3	29	3	2
2 times per day	%	12.1	10.8	11.0	-	11.9	-	-	-	-	-	12.1	-	-
	N	39	15	17	6	15	12	4	6	1	3	28	5	2
3 times per day	%	2.5	2.2	2.6	-	2.4	-	-	-	-	-	1.7	-	-
	N	8	3	4	1	3	2	2	1	0	3	4	1	0
4 or more times per day	%	4.3	4.3	4.5	-	3.2	-	-	-	-	-	3.5	-	-
	N	14	6	7	1	4	3	5	1	0	3	8	3	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	323	139	155	28	126	76	64	34	16	44	231	26	6

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q74. During the past 7 days, how many times did you eat fruit?

Overall		Overall	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not eat fruit	%	13.3	12.5	14.3	-	13.8	11.4	15.0	-	-	-	12.5	-	-
	N	83	37	38	8	34	16	18	10	8	11	58	3	3
1 to 3 times	%	40.7	42.1	39.1	-	40.1	43.6	35.8	-	-	-	43.2	-	-
	N	253	125	104	24	99	61	43	30	8	23	201	14	7
4 to 6 times	%	18.6	17.5	19.5	-	15.8	20.0	20.8	-	-	-	18.3	-	-
	N	116	52	52	12	39	28	25	13	4	20	85	4	3
1 time per day	%	11.1	11.4	11.3	-	13.0	7.9	15.0	-	-	-	12.0	-	-
	N	69	34	30	5	32	11	18	4	1	5	56	4	3
2 times per day	%	9.0	8.1	9.4	-	9.7	10.7	6.7	-	-	-	8.2	-	-
	N	56	24	25	6	24	15	8	7	3	6	38	5	4
3 times per day	%	2.4	2.0	3.0	-	2.4	2.1	2.5	-	-	-	2.2	-	-
	N	15	6	8	1	6	3	3	2	0	3	10	2	0
4 or more times per day	%	4.8	6.4	3.4	-	5.3	4.3	4.2	-	-	-	3.7	-	-
	N	30	19	9	1	13	6	5	1	3	4	17	4	1
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	622	297	266	57	247	140	120	67	27	72	465	36	21

Note: There were 9 students who did not provide usable data for Q74.

N = Number of unweighted observations.

- = Fewer than 100 cases.

202

Kansas High School Survey
Detail Table - Unweighted Data

Q73. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?

Females

| | | All females | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not drink fruit juice	%	22.8	25.2	20.2	-	18.8	-	-	-	-	-	25.5	-	-
	N	67	39	22	6	22	17	11	6	0	5	59	1	2
1 to 3 times	%	34.4	31.6	34.9	-	32.5	-	-	-	-	-	32.0	-	-
	N	101	49	38	14	38	22	21	14	4	15	74	4	4
4 to 6 times	%	15.6	15.5	17.4	-	15.4	-	-	-	-	-	17.3	-	-
	N	46	24	19	3	18	12	10	4	0	2	40	2	2
1 time per day	%	9.2	7.1	12.8	-	6.8	-	-	-	-	-	10.0	-	-
	N	27	11	14	2	8	7	7	3	0	0	23	1	3
2 times per day	%	9.5	10.3	7.3	-	13.7	-	-	-	-	-	9.5	-	-
	N	28	16	8	4	16	3	5	4	0	2	22	1	3
3 times per day	%	1.7	1.3	2.8	-	2.6	-	-	-	-	-	1.7	-	-
	N	5	2	3	0	3	1	1	0	1	0	4	0	0
4 or more times per day	%	6.8	9.0	4.6	-	10.3	-	-	-	-	-	3.9	-	-
	N	20	14	5	1	12	3	1	2	6	3	9	1	1
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	294	155	109	30	117	65	56	33	11	27	231	10	15

N = Number of unweighted observations.
- = Fewer than 100 cases.

201

Kansas High School Survey
Detail Table - Unweighted Data

Q73.   During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?

Males

| | | All males | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not drink fruit juice	%	16.0	17.1	15.5	-	21.1	-	-	-	-	-	19.0	-	-
	N	52	24	24	4	27	11	5	7	3	4	44	0	1
1 to 3 times	%	28.4	22.1	32.9	-	20.3	-	-	-	-	-	27.6	-	-
	N	92	31	51	10	26	26	21	11	6	14	64	7	1
4 to 6 times	%	22.8	25.0	20.6	-	25.8	-	-	-	-	-	21.1	-	-
	N	74	35	32	6	33	12	16	8	3	12	49	7	3
1 time per day	%	6.5	6.4	6.5	-	5.5	-	-	-	-	-	7.8	-	-
	N	21	9	10	2	7	4	5	3	1	0	18	1	1
2 times per day	%	12.0	12.9	11.6	-	13.3	-	-	-	-	-	13.4	-	-
	N	39	18	18	3	17	14	5	2	1	5	31	2	0
3 times per day	%	4.6	5.0	4.5	-	6.3	-	-	-	-	-	3.0	-	-
	N	15	7	7	1	8	1	5	1	1	3	7	4	0
4 or more times per day	%	9.6	11.4	8.4	-	7.8	-	-	-	-	-	8.2	-	-
	N	31	16	13	2	10	8	7	2	1	6	19	5	0
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	324	140	155	28	128	76	64	34	16	44	232	26	6

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q73. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?

Overall

		Overall	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Did not drink fruit juice	%	19.3	21.6	17.3	-	20.2	19.9	13.3	-	-	-	22.4	-	-
	N	120	64	46	10	50	28	16	13	3	9	104	1	3
1 to 3 times	%	31.2	27.0	33.8	-	26.2	34.0	35.0	-	-	-	29.7	-	-
	N	194	80	90	24	65	48	42	25	10	30	138	11	5
4 to 6 times	%	19.5	19.9	19.5	-	21.0	17.0	21.7	-	-	-	19.2	-	-
	N	121	59	52	9	52	24	26	12	3	15	89	9	5
1 time per day	%	7.7	6.8	9.0	-	6.0	7.8	10.0	-	-	-	8.8	-	-
	N	48	20	24	4	15	11	12	6	1	0	41	2	4
2 times per day	%	10.8	11.5	9.8	-	13.3	12.1	8.3	-	-	-	11.4	-	-
	N	67	34	26	7	33	17	10	6	1	7	53	3	3
3 times per day	%	3.2	3.0	3.8	-	4.4	1.4	5.0	-	-	-	2.4	-	-
	N	20	9	10	1	11	2	6	1	2	3	11	4	0
4 or more times per day	%	8.4	10.1	6.8	-	8.9	7.8	6.7	-	-	-	6.0	-	-
	N	52	30	18	3	22	11	8	4	7	9	28	6	1
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	622	296	266	58	248	141	120	67	27	73	464	36	21

Note: There were 9 students who did not provide usable data for Q73.

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q72.   During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

Females

| | | All females | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Yes	%	7.1	7.6	6.4	-	5.1	-	-	-	-	-	6.4	-	-
	N	21	12	7	2	6	5	3	4	1	3	15	2	0
No	%	92.9	92.4	93.6	-	94.9	-	-	-	-	-	93.6	-	-
	N	275	145	102	28	112	60	53	29	10	24	218	8	15
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	296	157	109	30	118	65	56	33	11	27	233	10	15

N = Number of unweighted observations.

- = Fewer than 100 cases.

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Kansas High School Survey
Detail Table - Unweighted Data

Q72. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

Males

		All males	15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
			Age			**Grade**				**Race/Ethnicity**				
Yes	%	4.3	4.9	1.3	-	5.4	-	-	-	-	-	3.9	-	-
	N	14	7	2	5	7	0	1	4	1	2	9	2	0
No	%	95.7	95.1	98.7	-	94.6	-	-	-	-	-	96.1	-	-
	N	313	135	154	23	122	76	64	30	15	42	224	25	7
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	327	142	156	28	129	76	65	34	16	44	233	27	7

N = Number of unweighted observations.
- = Fewer than 100 cases.

197

Kansas High School Survey
Detail Table - Unweighted Data

Q72. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

Overall

| | | Overall | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Yes	%	5.9	6.7	3.4	-	5.6	3.5	3.3	-	-	-	5.4	-	-
	N	37	20	9	7	14	5	4	8	2	5	25	4	0
No	%	94.1	93.3	96.6	-	94.4	96.5	96.7	-	-	-	94.6	-	-
	N	590	280	258	51	236	136	117	59	25	68	442	33	22
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	627	300	267	58	250	141	121	67	27	73	467	37	22

Note: There were 4 students who did not provide usable data for Q72.

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q71. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight?

Females

		All females	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Yes	%	10.1	9.6	9.2	-	11.0	-	-	-	-	-	10.7	-	-
	N	30	15	10	5	13	6	6	4	1	2	25	2	0
No	%	89.9	90.4	90.8	-	89.0	-	-	-	-	-	89.3	-	-
	N	266	142	99	25	105	59	50	29	10	25	208	8	15
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	296	157	109	30	118	65	56	33	11	27	233	10	15

N = Number of unweighted observations.
- = Fewer than 100 cases.

195

Kansas High School Survey
Detail Table - Unweighted Data

Q71. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight?

Males

		All males	Age 15 or younger	Age 16 or 17	Age 18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
							Grade					Race/Ethnicity		
Yes	%	7.6	7.7	3.8	-	9.3	-	-	-	-	-	7.3	-	-
	N	25	11	6	8	12	3	4	5	1	6	17	1	0
No	%	92.4	92.3	96.2	-	90.7	-	-	-	-	-	92.7	-	-
	N	302	131	150	20	117	73	61	29	15	38	216	26	7
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	327	142	156	28	129	76	65	34	16	44	233	27	7

N = Number of unweighted observations.

- = Fewer than 100 cases.

194

Kansas High School Survey
Detail Table - Unweighted Data

Q71. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight?

Overall			Age			Grade				Race/Ethnicity				
		Overall	15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Yes	%	8.9	8.7	6.0	-	10.0	6.4	8.3	-	-	-	9.0	-	-
	N	56	26	16	13	25	9	10	9	2	8	42	3	0
No	%	91.1	91.3	94.0	-	90.0	93.6	91.7	-	-	-	91.0	-	-
	N	571	274	251	45	225	132	111	58	25	65	425	34	22
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	627	300	267	58	250	141	121	67	27	73	467	37	22

Note: There were 4 students who did not provide usable data for Q71.

N = Number of unweighted observations.

- = Fewer than 100 cases.

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Kansas High School Survey
Detail Table - Unweighted Data

Q70. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

Females

		All females	Age 15 or younger	16 or 17	18 or older	Grade 9th	10th	11th	12th	Race/Ethnicity African American	Hispanic/ Latino	White	All other races	Multiple races
Yes	%	20.6	24.2	14.7	-	23.7	-	-	-	-	-	20.2	-	-
	N	61	38	16	7	28	14	10	5	2	6	47	3	3
No	%	79.4	75.8	85.3	-	76.3	-	-	-	-	-	79.8	-	-
	N	235	119	93	23	90	51	46	28	9	21	186	7	12
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	296	157	109	30	118	65	56	33	11	27	233	10	15

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q70. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

Males

| | | All males | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Yes	%	7.3	7.0	6.4	-	5.4	-	-	-	-	-	6.0	-	-
	N	24	10	10	4	7	6	4	3	1	7	14	1	1
No	%	92.7	93.0	93.6	-	94.6	-	-	-	-	-	94.0	-	-
	N	303	132	146	24	122	70	61	31	15	37	219	26	6
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	327	142	156	28	129	76	65	34	16	44	233	27	7

N = Number of unweighted observations.
- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q70. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

Overall

		Overall	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Yes	%	13.9	16.3	9.7	-	14.4	14.2	11.6	-	-	-	13.3	-	-
	N	87	49	26	11	36	20	14	8	3	13	62	4	4
No	%	86.1	83.7	90.3	-	85.6	85.8	88.4	-	-	-	86.7	-	-
	N	540	251	241	47	214	121	107	59	24	60	405	33	18
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	627	300	267	58	250	141	121	67	27	73	467	37	22

Note: There were 4 students who did not provide usable data for Q70.

N = Number of unweighted observations.

- = Fewer than 100 cases.

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Kansas High School Survey
Detail Table - Unweighted Data

Q69.   During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

Females

| | | All females | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Yes	%	54.9	52.6	56.9	-	50.4	-	-	-	-	-	58.2	-	-
	N	162	82	62	18	59	45	30	20	1	12	135	5	9
No	%	45.1	47.4	43.1	-	49.6	-	-	-	-	-	41.8	-	-
	N	133	74	47	12	58	20	26	13	10	15	97	5	6
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	295	156	109	30	117	65	56	33	11	27	232	10	15

N = Number of unweighted observations.
- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q69. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

Males

| | | All males | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Yes	%	26.0	23.9	26.9	-	22.5	-	-	-	-	-	24.9	-	-
	N	85	34	42	8	29	22	14	10	3	15	58	6	3
No	%	74.0	76.1	73.1	-	77.5	-	-	-	-	-	75.1	-	-
	N	242	108	114	20	100	54	51	24	13	29	175	21	4
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	327	142	156	28	129	76	65	34	16	44	233	27	7

N = Number of unweighted observations.
- = Fewer than 100 cases.

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Kansas High School Survey
Detail Table - Unweighted Data

Q69. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

Overall			Age			Grade				Race/Ethnicity				
		Overall	15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Yes	%	39.6	39.1	39.0	-	35.7	47.5	36.4	-	-	-	41.6	-	-
	N	248	117	104	26	89	67	44	30	4	27	194	11	12
No	%	60.4	60.9	61.0	-	64.3	52.5	63.6	-	-	-	58.4	-	-
	N	378	182	163	32	160	74	77	37	23	46	272	26	10
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	626	299	267	58	249	141	121	67	27	73	466	37	22

Note: There were 5 students who did not provide usable data for Q69.

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q68. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

Females

| | | All females | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Yes	%	67.8	69.9	69.7	-	70.1	-	-	-	-	-	69.4	-	-
	N	200	109	76	15	82	46	39	18	8	16	161	4	11
No	%	32.2	30.1	30.3	-	29.9	-	-	-	-	-	30.6	-	-
	N	95	47	33	15	35	19	17	15	3	11	71	6	4
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	295	156	109	30	117	65	56	33	11	27	232	10	15

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q68. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

Males

| | | All males | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Yes	%	48.6	52.8	43.6	-	49.6	-	-	-	-	-	45.5	-	-
	N	159	75	68	15	64	34	32	15	8	26	106	15	4
No	%	51.4	47.2	56.4	-	50.4	-	-	-	-	-	54.5	-	-
	N	168	67	88	13	65	42	33	19	8	18	127	12	3
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	327	142	156	28	129	76	65	34	16	44	233	27	7

N = Number of unweighted observations.
- = Fewer than 100 cases.

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Kansas High School Survey
Detail Table - Unweighted Data

Q68.   During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

Overall

		Overall	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Yes	%	57.7	61.9	54.3	-	59.4	56.7	58.7	-	-	-	57.5	-	-
	N	361	185	145	30	148	80	71	33	16	43	268	19	15
No	%	42.3	38.1	45.7	-	40.6	43.3	41.3	-	-	-	42.5	-	-
	N	265	114	122	28	101	61	50	34	11	30	198	18	7
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	626	299	267	58	249	141	121	67	27	73	466	37	22

Note: There were 5 students who did not provide usable data for Q68.

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q67. Which of the following are you trying to do about your weight?

Females

		All females	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Lose weight	%	59.9	60.0	57.8	-	61.5	-	-	-	-	-	61.0	-	-
	N	176	93	63	20	72	43	32	20	7	15	141	5	8
Gain weight	%	6.8	7.7	6.4	-	8.5	-	-	-	-	-	3.0	-	-
	N	20	12	7	1	10	4	2	2	2	5	7	2	4
Stay the same weight	%	17.3	14.8	21.1	-	14.5	-	-	-	-	-	19.0	-	-
	N	51	23	23	5	17	9	13	5	1	3	44	1	2
Not trying to do anything	%	16.0	17.4	14.7	-	15.4	-	-	-	-	-	16.9	-	-
	N	47	27	16	4	18	9	9	6	1	4	39	2	1
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	294	155	109	30	117	65	56	33	11	27	231	10	15

N = Number of unweighted observations.
- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q67. Which of the following are you trying to do about your weight?

Males

		All males	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Lose weight	%	26.7	31.0	21.9	-	30.5	-	-	-	-	-	24.5	-	-
	N	87	44	34	8	39	18	11	11	3	19	57	5	3
Gain weight	%	29.4	21.8	35.5	-	23.4	-	-	-	-	-	29.2	-	-
	N	96	31	55	10	30	33	22	11	7	11	68	8	2
Stay the same weight	%	20.6	21.8	18.7	-	23.4	-	-	-	-	-	21.5	-	-
	N	67	31	29	7	30	12	11	6	3	8	50	6	0
Not trying to do anything	%	23.3	25.4	23.9	-	22.7	-	-	-	-	-	24.9	-	-
	N	76	36	37	3	29	13	21	6	3	5	58	8	2
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	326	142	155	28	128	76	65	34	16	43	233	27	7

N = Number of unweighted observations.

- = Fewer than 100 cases.

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Kansas High School Survey
Detail Table - Unweighted Data

Q67.   Which of the following are you trying to do about your weight?

Overall

		Overall	Age			Grade				Race/Ethnicity				
		Overall	15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Lose weight	%	42.6	46.3	36.8	-	45.6	43.3	35.5	-	-	-	42.8	-	-
	N	266	138	98	28	113	61	43	31	10	35	199	10	11
Gain weight	%	18.6	14.4	23.3	-	16.1	26.2	19.8	-	-	-	16.1	-	-
	N	116	43	62	11	40	37	24	13	9	16	75	10	6
Stay the same weight	%	18.9	18.1	19.5	-	19.0	14.9	19.8	-	-	-	20.2	-	-
	N	118	54	52	12	47	21	24	11	4	11	94	7	2
Not trying to do anything	%	19.9	21.1	20.3	-	19.4	15.6	24.8	-	-	-	20.9	-	-
	N	124	63	54	7	48	22	30	12	4	10	97	10	3
Total	%	100.0	100.0	100.0	-	100.0	100.0	100.0	-	-	-	100.0	-	-
	N	624	298	266	58	248	141	121	67	27	72	465	37	22

Note: There were 7 students who did not provide usable data for Q67.
   N = Number of unweighted observations.
   - = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q66.   How do you describe your weight?

Females

		All females	Age			Grade				Race/Ethnicity				
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Very underweight	%	1.7	2.0	1.8	-	2.6	-	-	-	-	-	0.9	-	-
	N	5	3	2	0	3	1	0	0	1	2	2	0	0
Slightly underweight	%	9.9	9.8	11.0	-	13.0	-	-	-	-	-	8.7	-	-
	N	29	15	12	2	15	6	4	3	2	3	20	1	3
About the right weight	%	54.5	53.6	56.0	-	52.2	-	-	-	-	-	57.6	-	-
	N	159	82	61	16	60	32	32	20	5	13	132	4	5
Slightly overweight	%	30.1	28.8	29.4	-	29.6	-	-	-	-	-	29.7	-	-
	N	88	44	32	12	34	24	18	9	3	8	68	3	6
Very overweight	%	3.8	5.9	1.8	-	2.6	-	-	-	-	-	3.1	-	-
	N	11	9	2	0	3	2	2	1	0	1	7	2	1
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	292	153	109	30	115	65	56	33	11	27	229	10	15

N = Number of unweighted observations.

- = Fewer than 100 cases.

Kansas High School Survey
Detail Table - Unweighted Data

Q66. How do you describe your weight?

Males

| | | All males | Age | | | Grade | | | | Race/Ethnicity | | | | |
			15 or younger	16 or 17	18 or older	9th	10th	11th	12th	African American	Hispanic/ Latino	White	All other races	Multiple races
Very underweight	%	4.3	2.8	3.8	-	3.1	-	-	-	-	-	3.0	-	-
	N	14	4	6	3	4	3	2	5	1	5	7	1	0
Slightly underweight	%	14.4	12.7	14.7	-	13.8	-	-	-	-	-	15.5	-	-
	N	47	18	23	6	18	16	6	5	1	8	36	2	0
About the right weight	%	59.0	59.9	60.9	-	60.8	-	-	-	-	-	58.4	-	-
	N	193	85	95	13	79	43	42	15	13	20	136	20	4
Slightly overweight	%	17.7	19.0	16.7	-	17.7	-	-	-	-	-	19.3	-	-
	N	58	27	26	5	23	9	12	8	1	8	45	3	1
Very overweight	%	4.6	5.6	3.8	-	4.6	-	-	-	-	-	3.9	-	-
	N	15	8	6	1	6	4	3	1	0	3	9	1	2
Total	%	100.0	100.0	100.0	-	100.0	-	-	-	-	-	100.0	-	-
	N	327	142	156	28	130	75	65	34	16	44	233	27	7

N = Number of unweighted observations.

- = Fewer than 100 cases.

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Kansas High School Survey

Percentage of students who are at risk for becoming overweight

	12.2	14.1	10.0		12.5	9.1	11.9
	Total	Males	Females		9th	10th	11th	12th
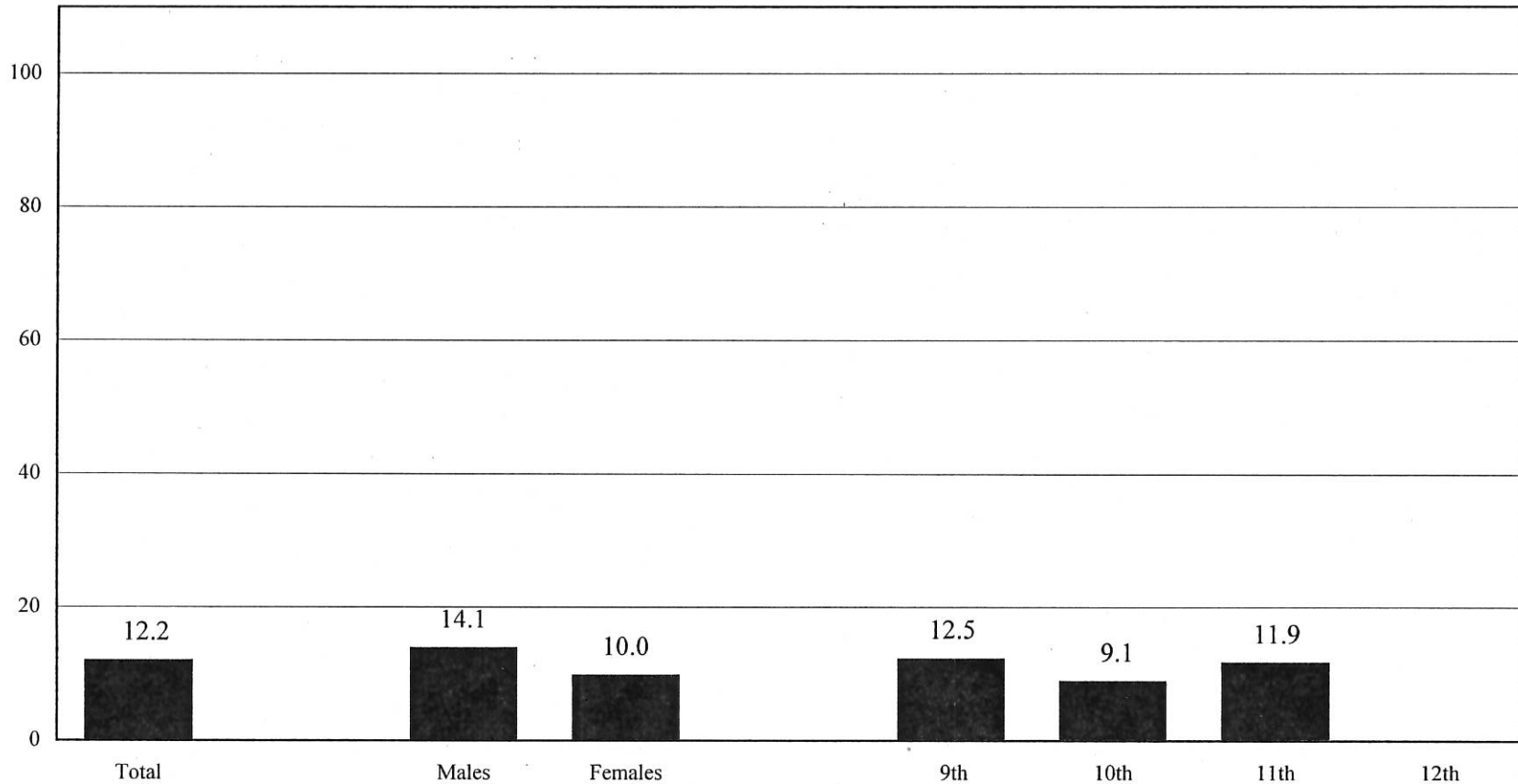
High School Survey - M7 - Unweighted Data
See corresponding summary table for detailed explanation of data.
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who are overweight
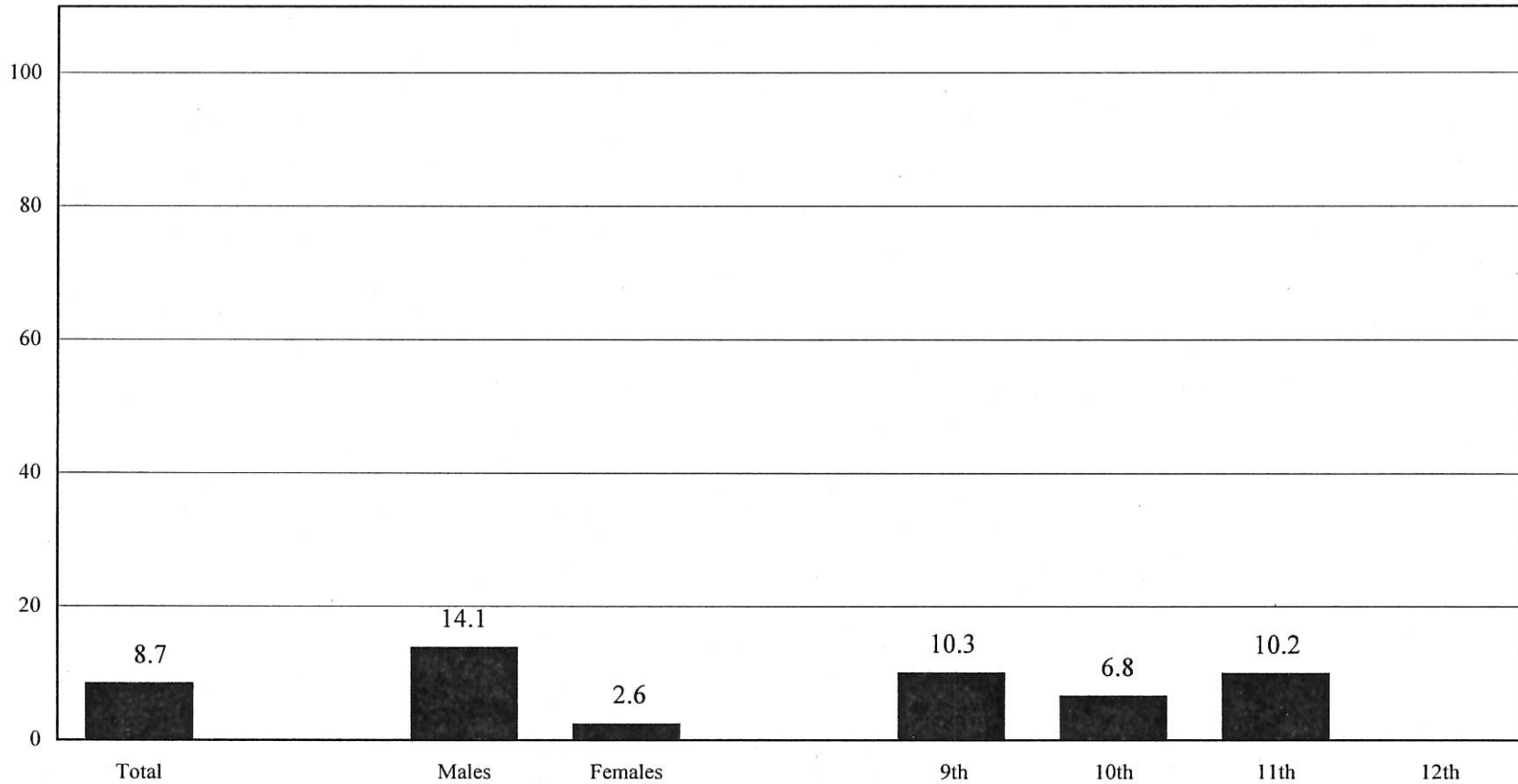
High School Survey - M8 - Unweighted Data
See corresponding summary table for detailed explanation of data.
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

## Percentage of students who described themselves as slightly or very overweight
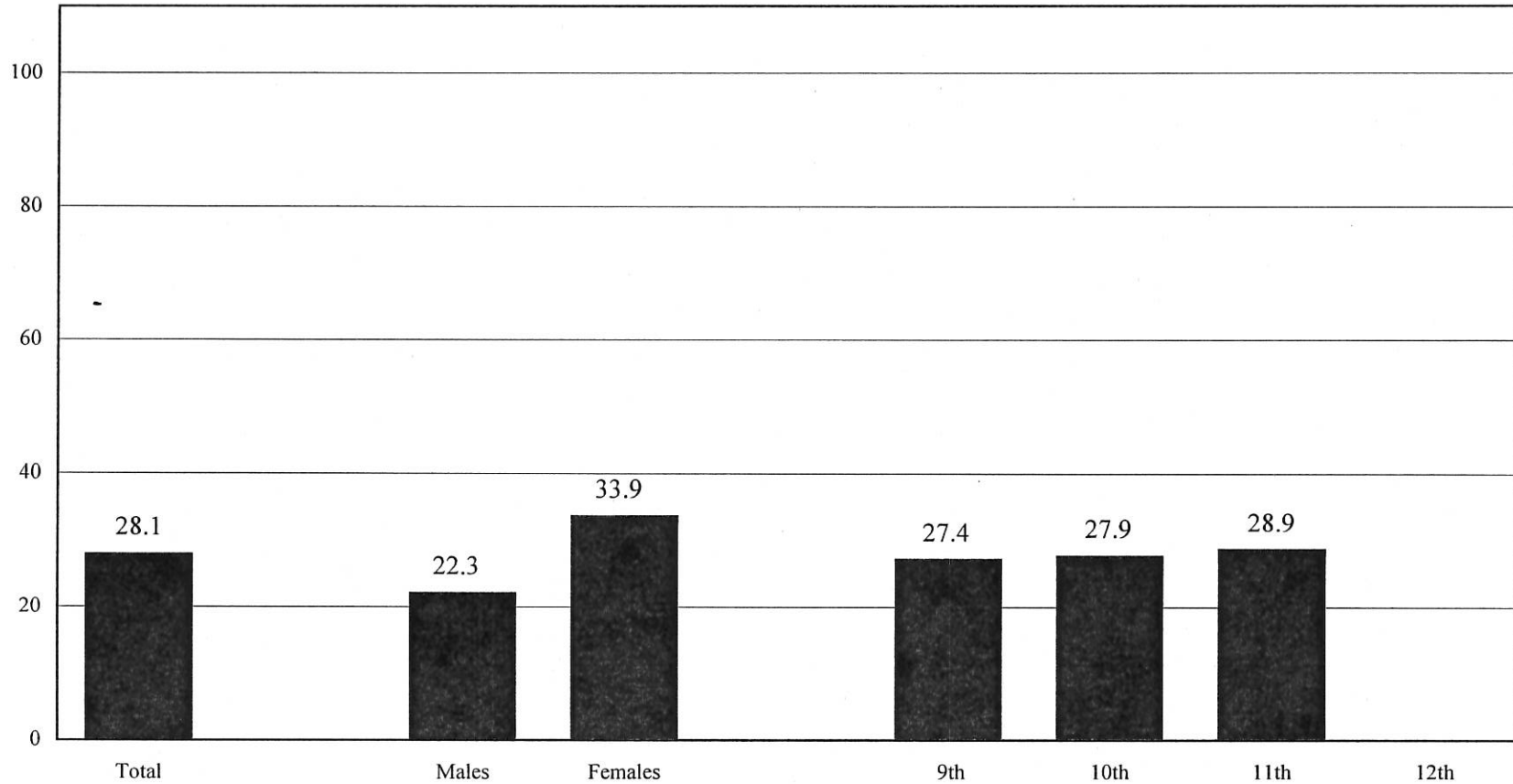
High School Survey - Q66 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

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2001 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kansas High School Survey

Percentage of students who were trying to lose weight
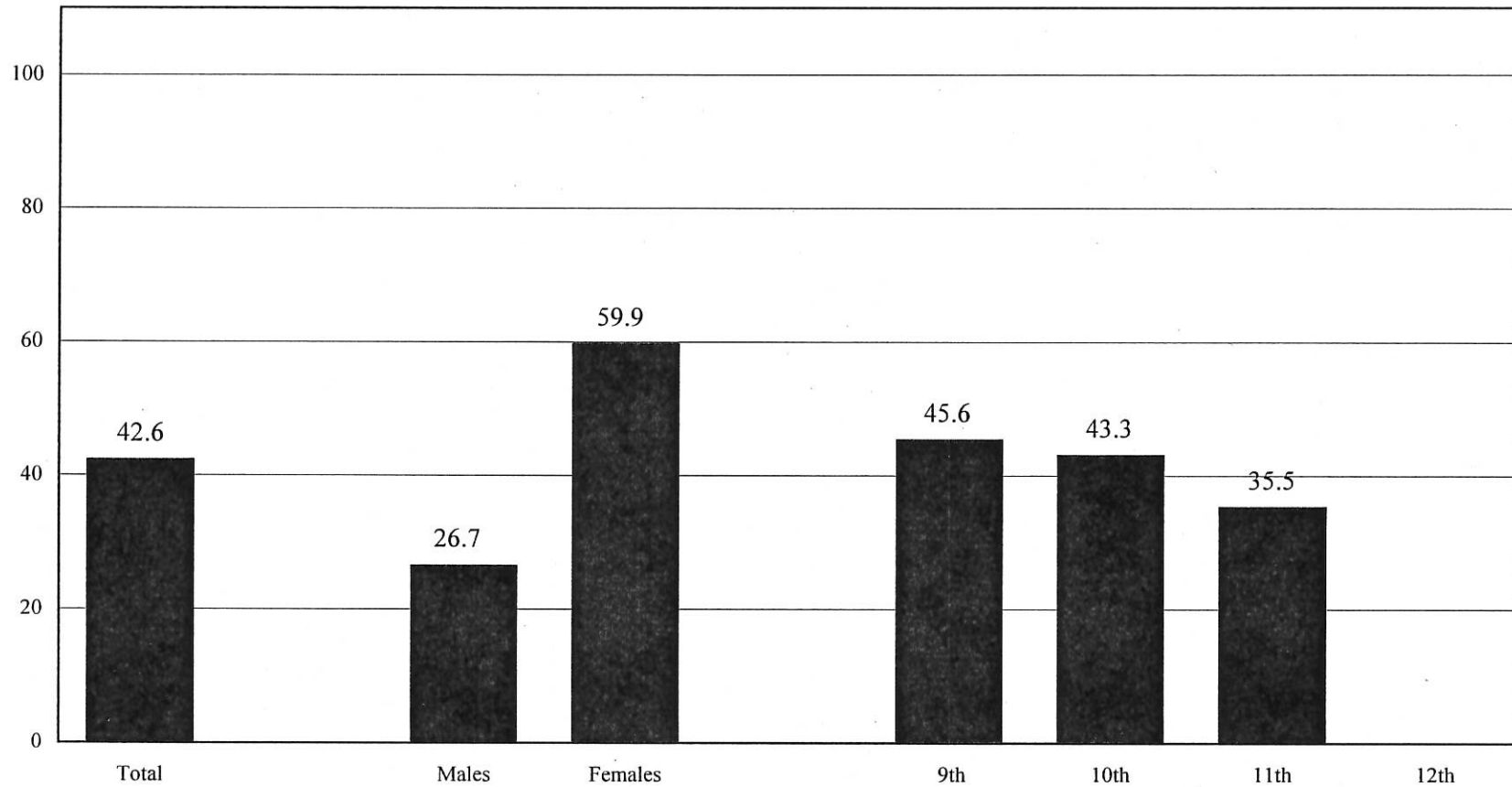
High School Survey - Q67 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days
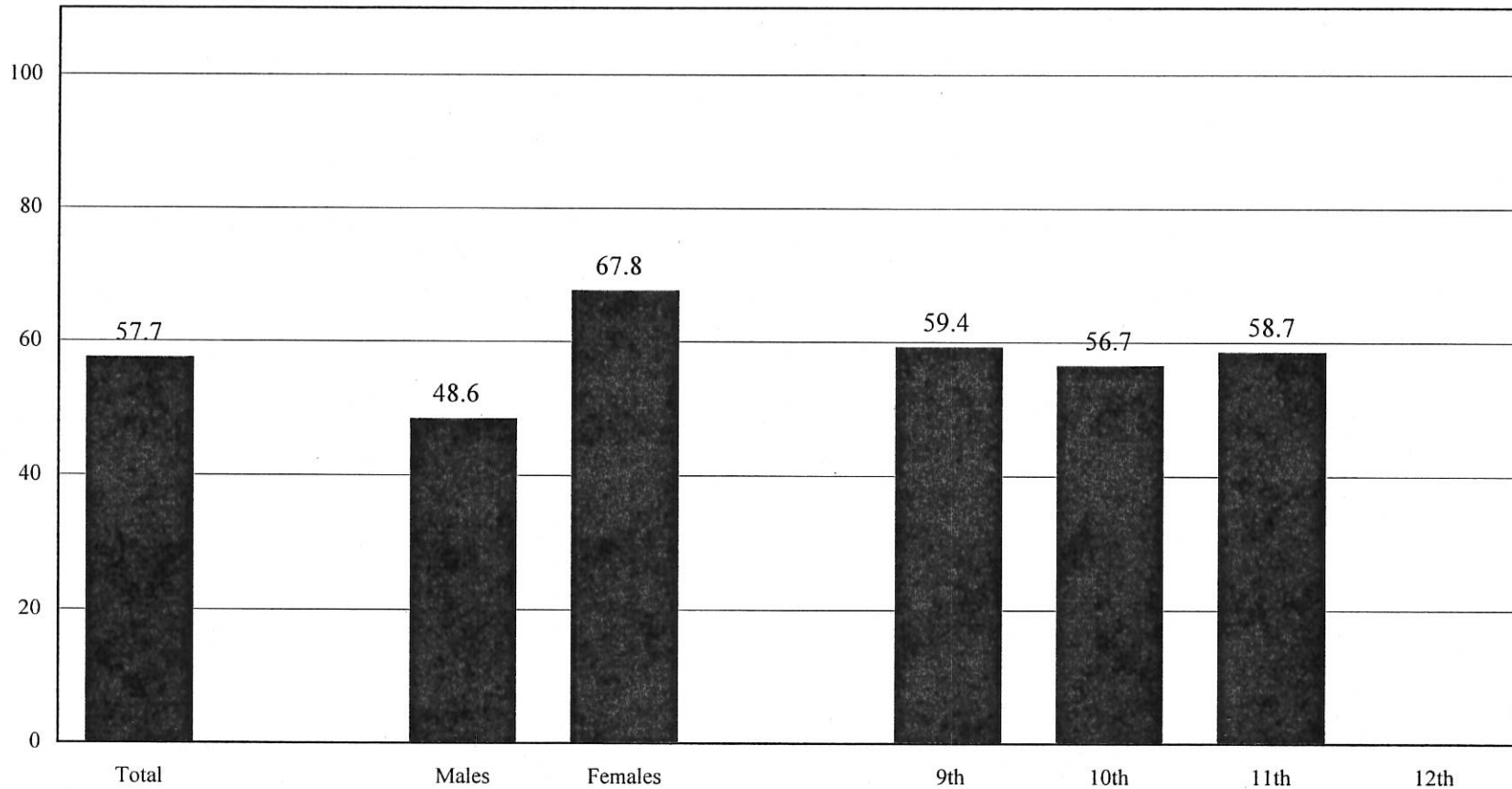
High School Survey - Q68 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days
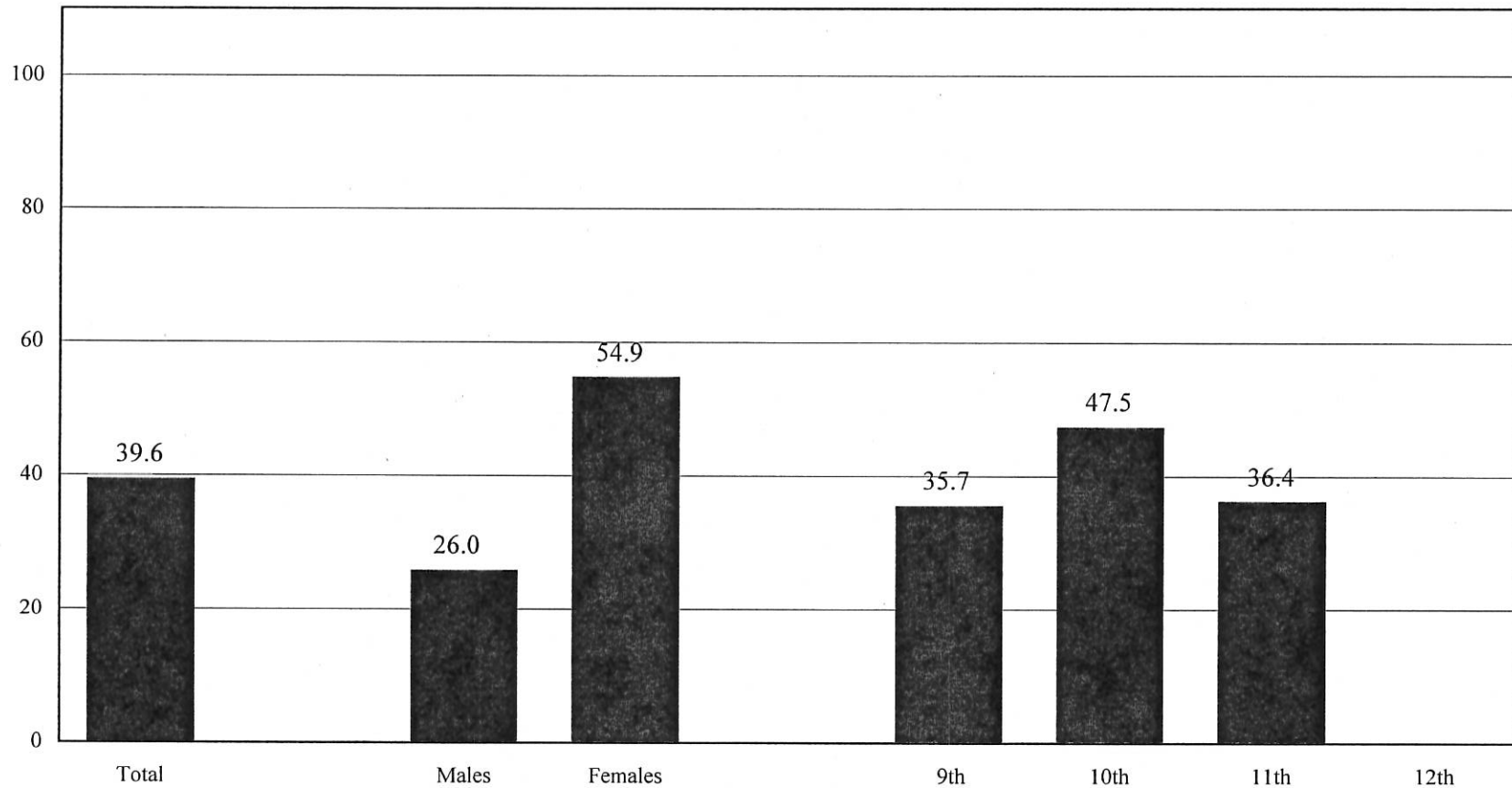
High School Survey - Q69 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days
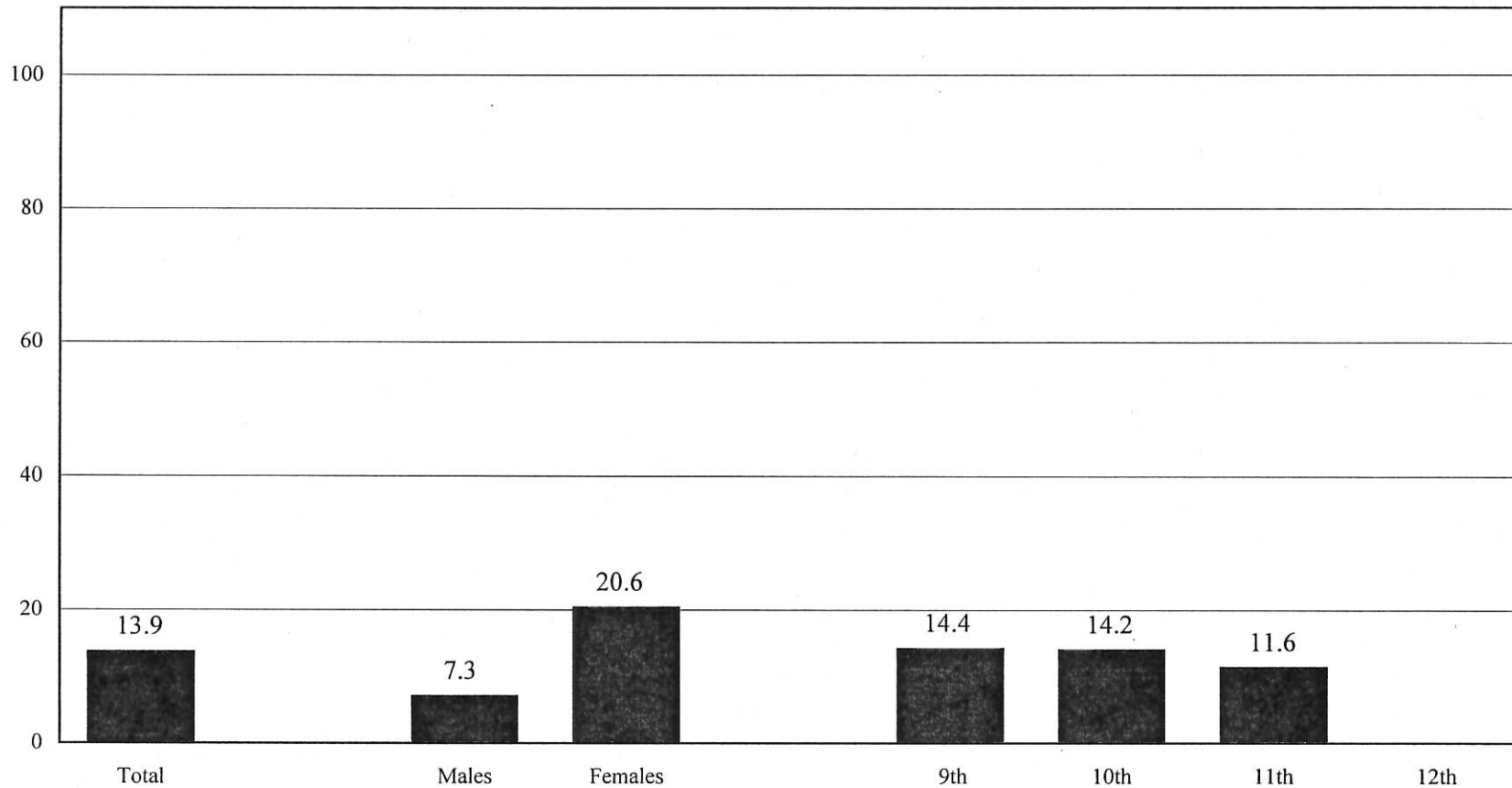
High School Survey - Q70 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days
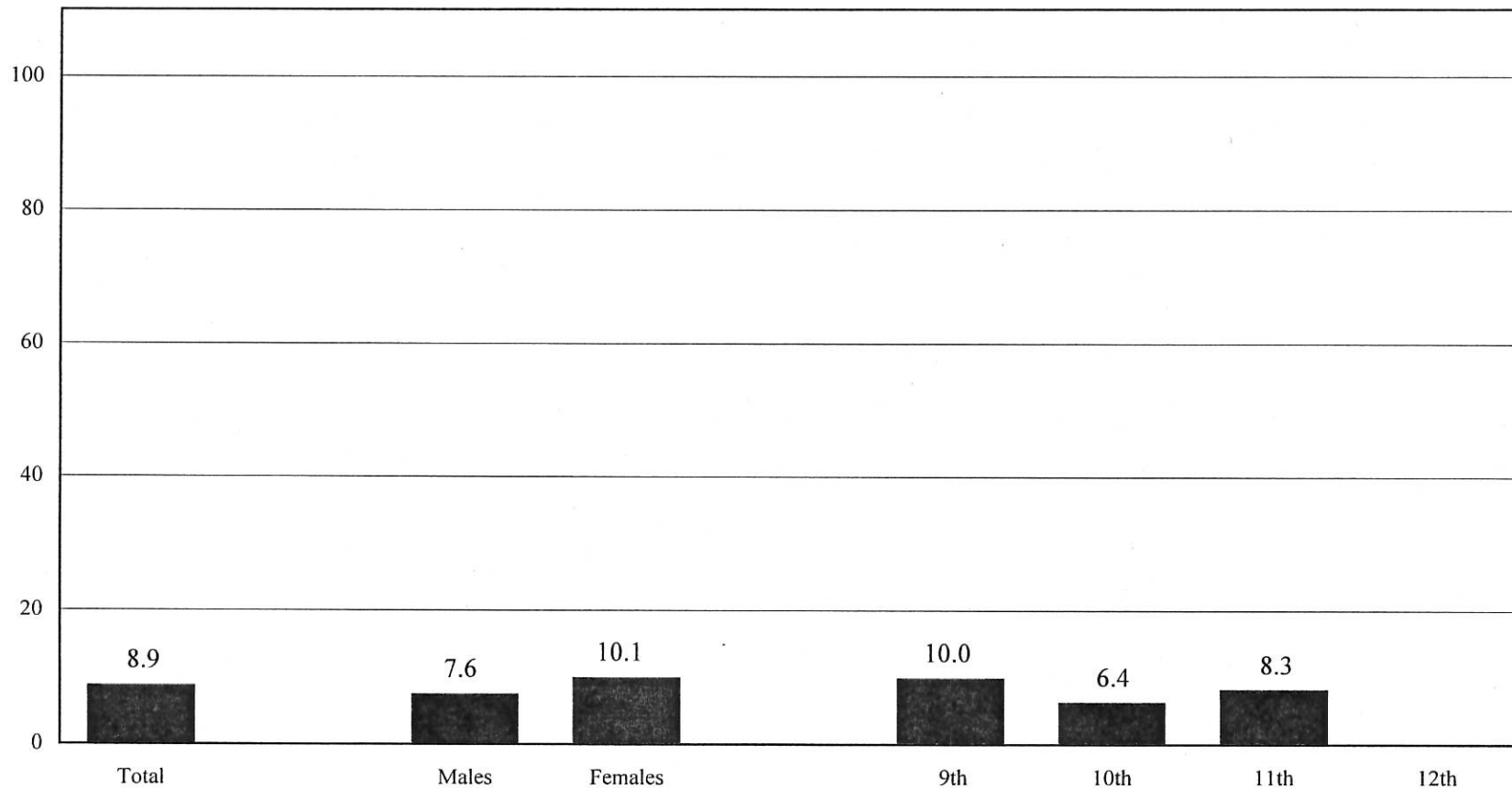
High School Survey - Q71 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days

100	
80	
60	
40	
20	
0	5.9 4.3 7.1 5.6 3.5 3.3

Total   Males   Females   9th   10th   11th   12th
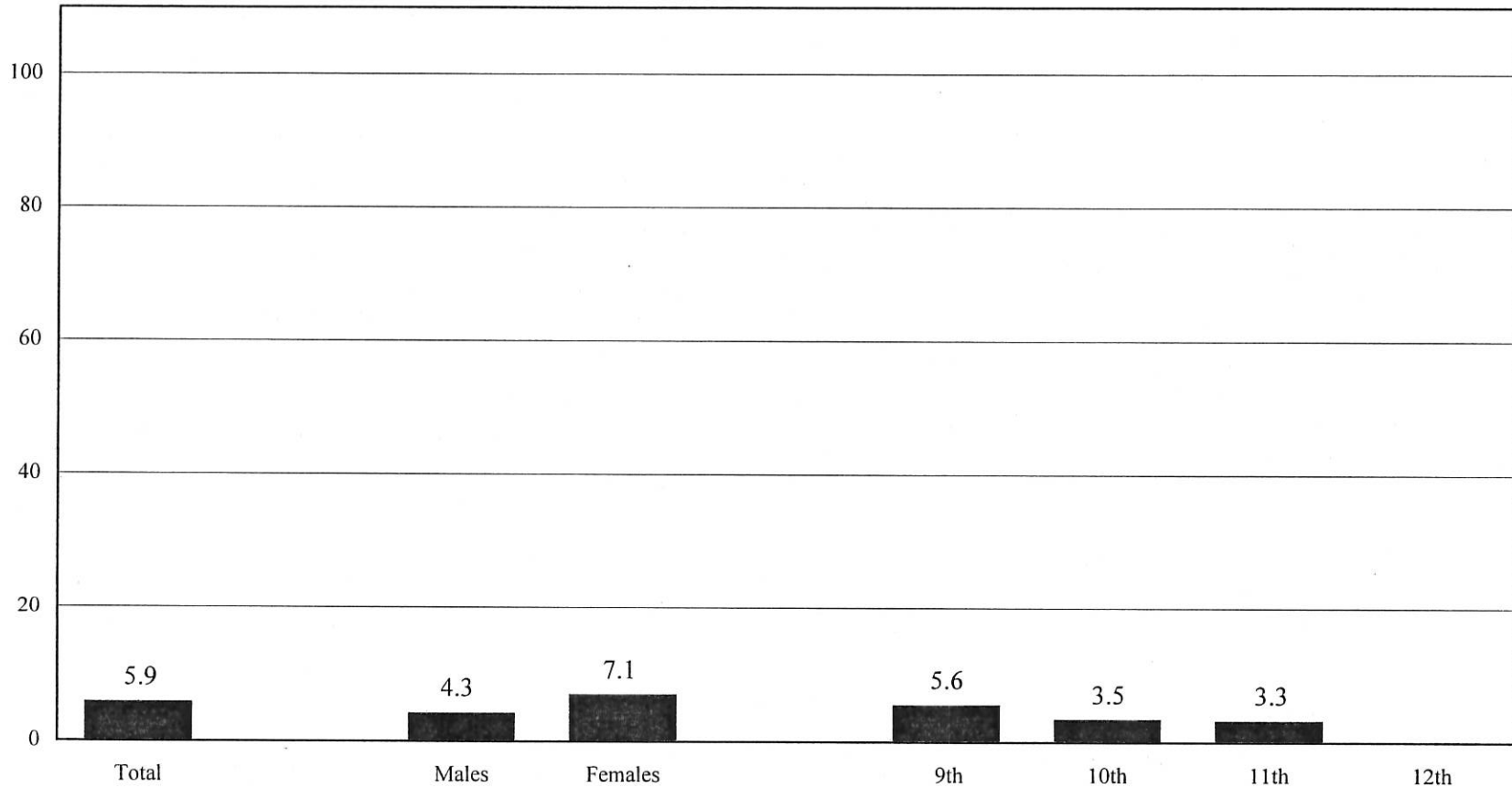
High School Survey - Q72 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who drank 100% fruit juices one or more times during the past seven days
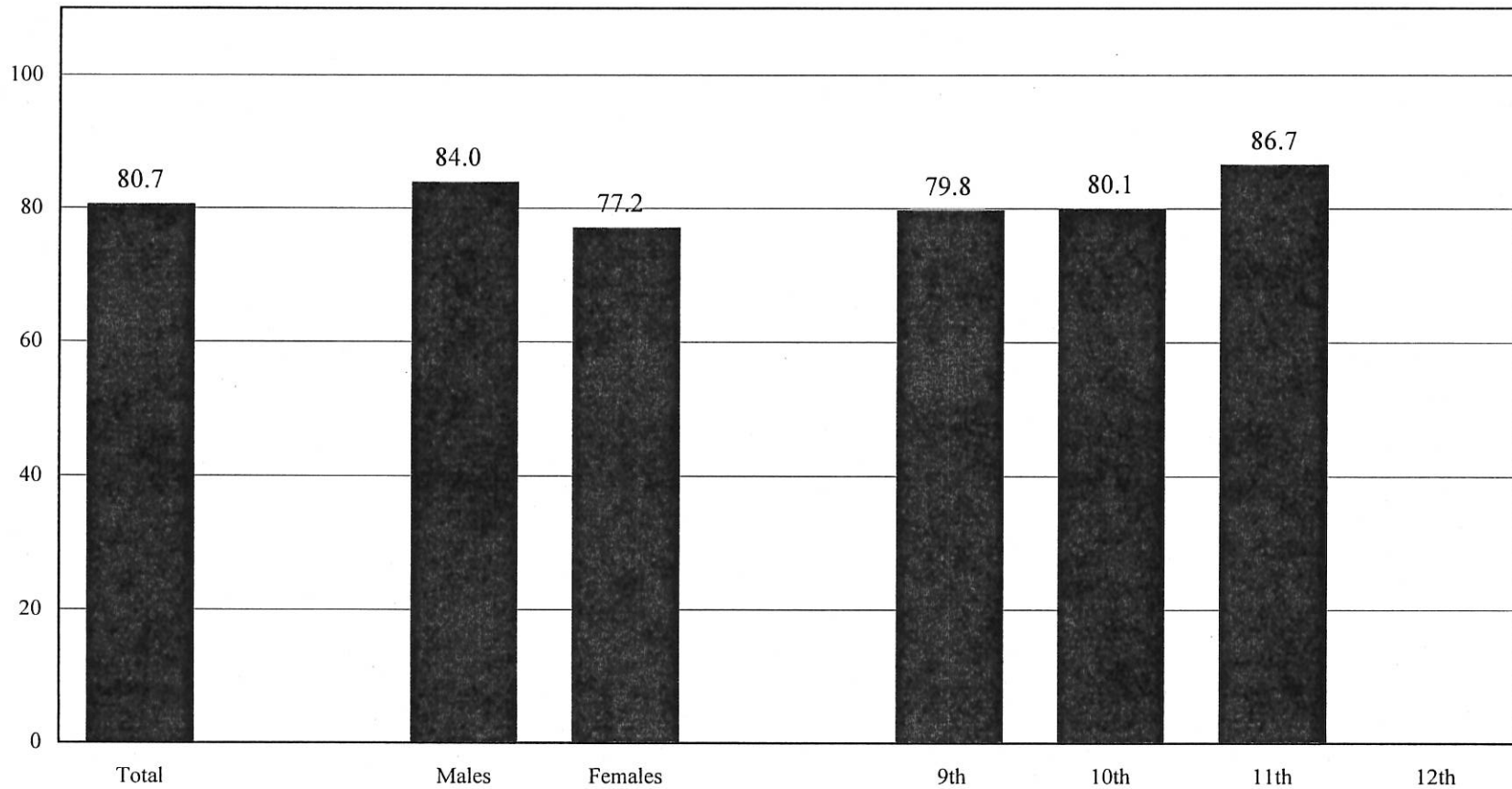
High School Survey - Q73 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who ate fruit one or more times during the past seven days
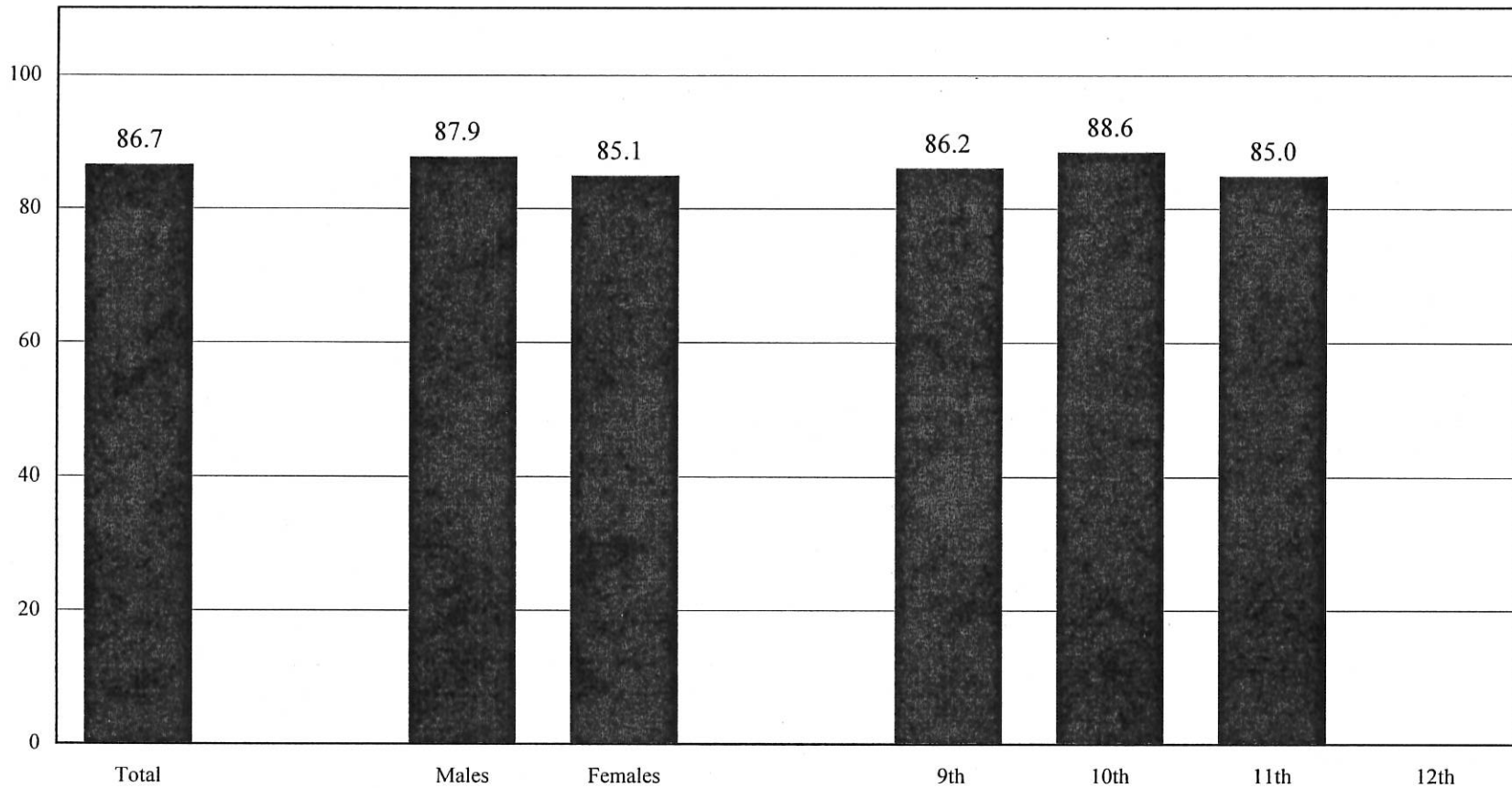
High School Survey - Q74 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who ate green salad one or more times during the past seven days
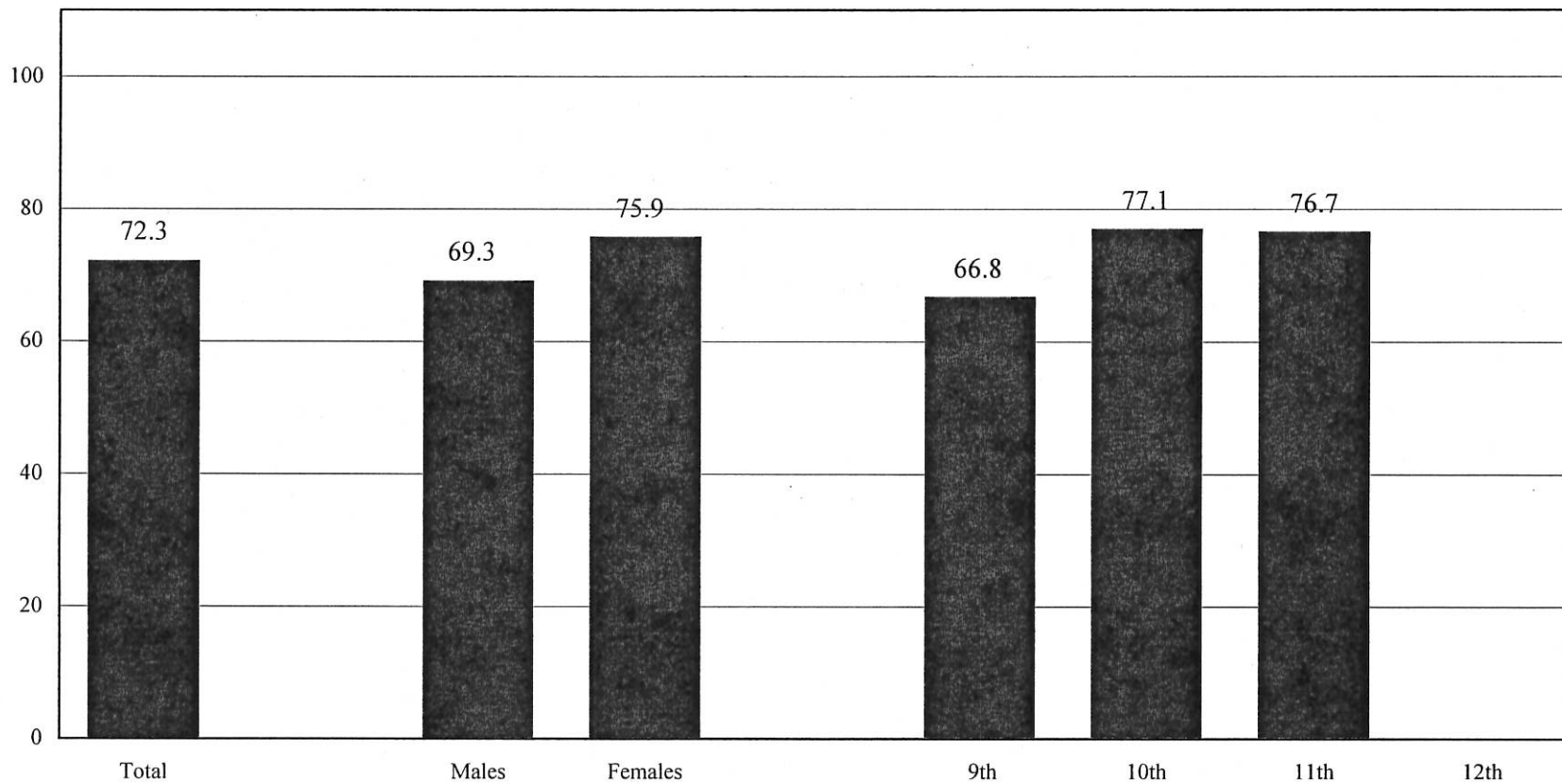
High School Survey - Q75 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

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Kansas High School Survey

Percentage of students who ate potatoes one or more times during the past seven days

77.5   75.5   79.3   75.8   75.5   80.0

| Total | Males | Females | 9th | 10th | 11th | 12th |
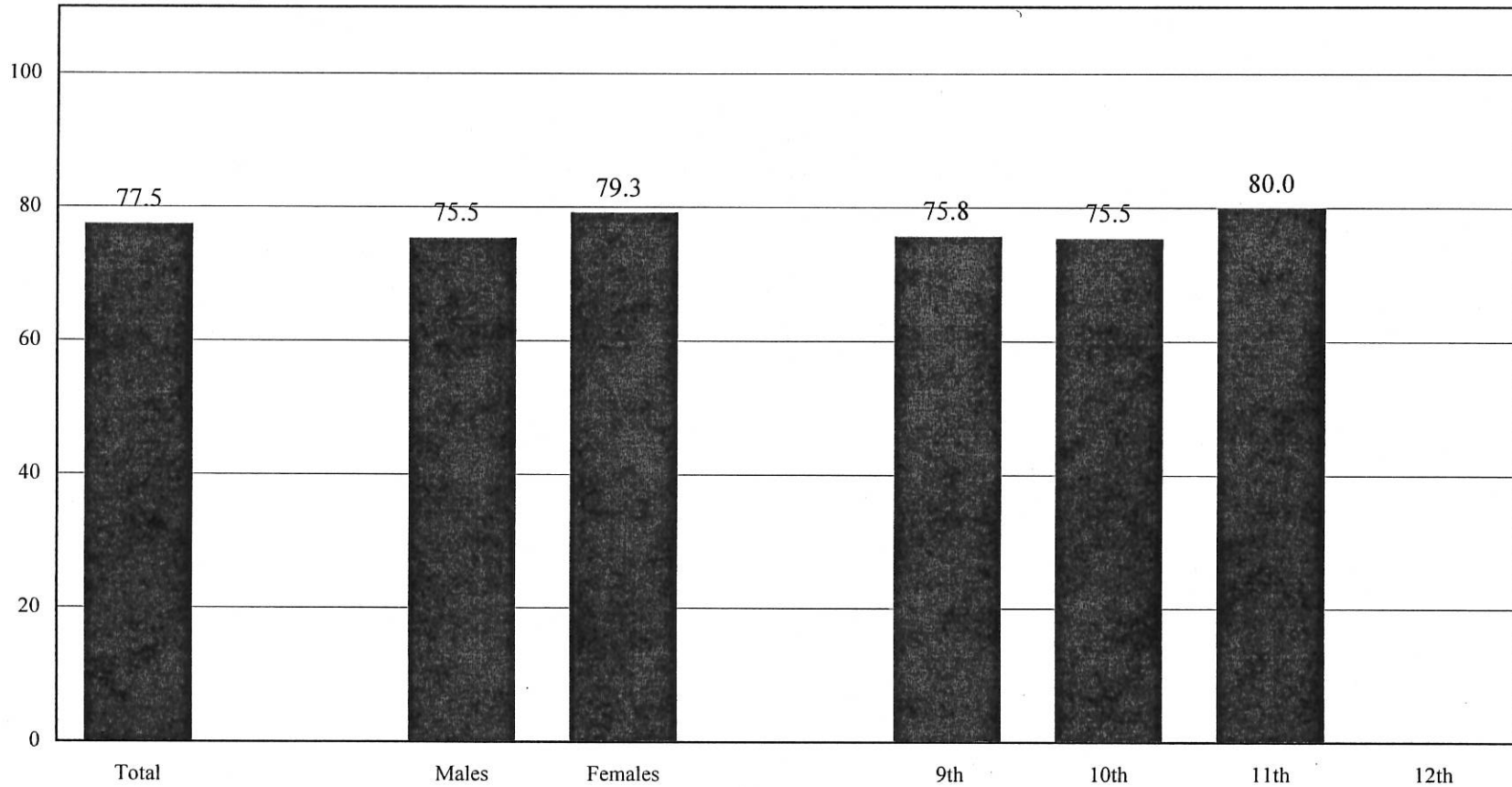
High School Survey - Q76 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who ate carrots one or more times during the past seven days
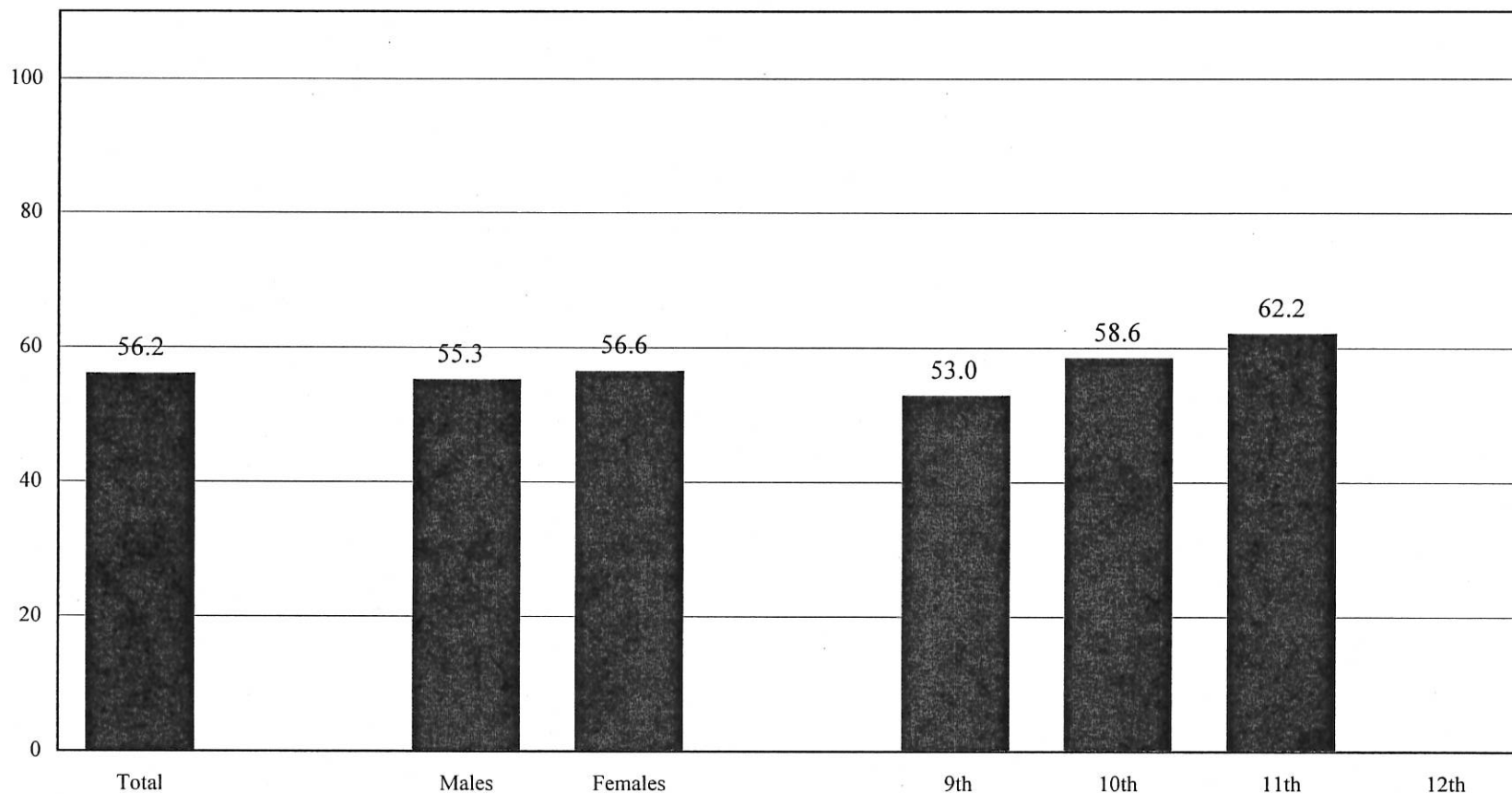
High School Survey - Q77 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who ate other vegetables one or more times during the past seven days
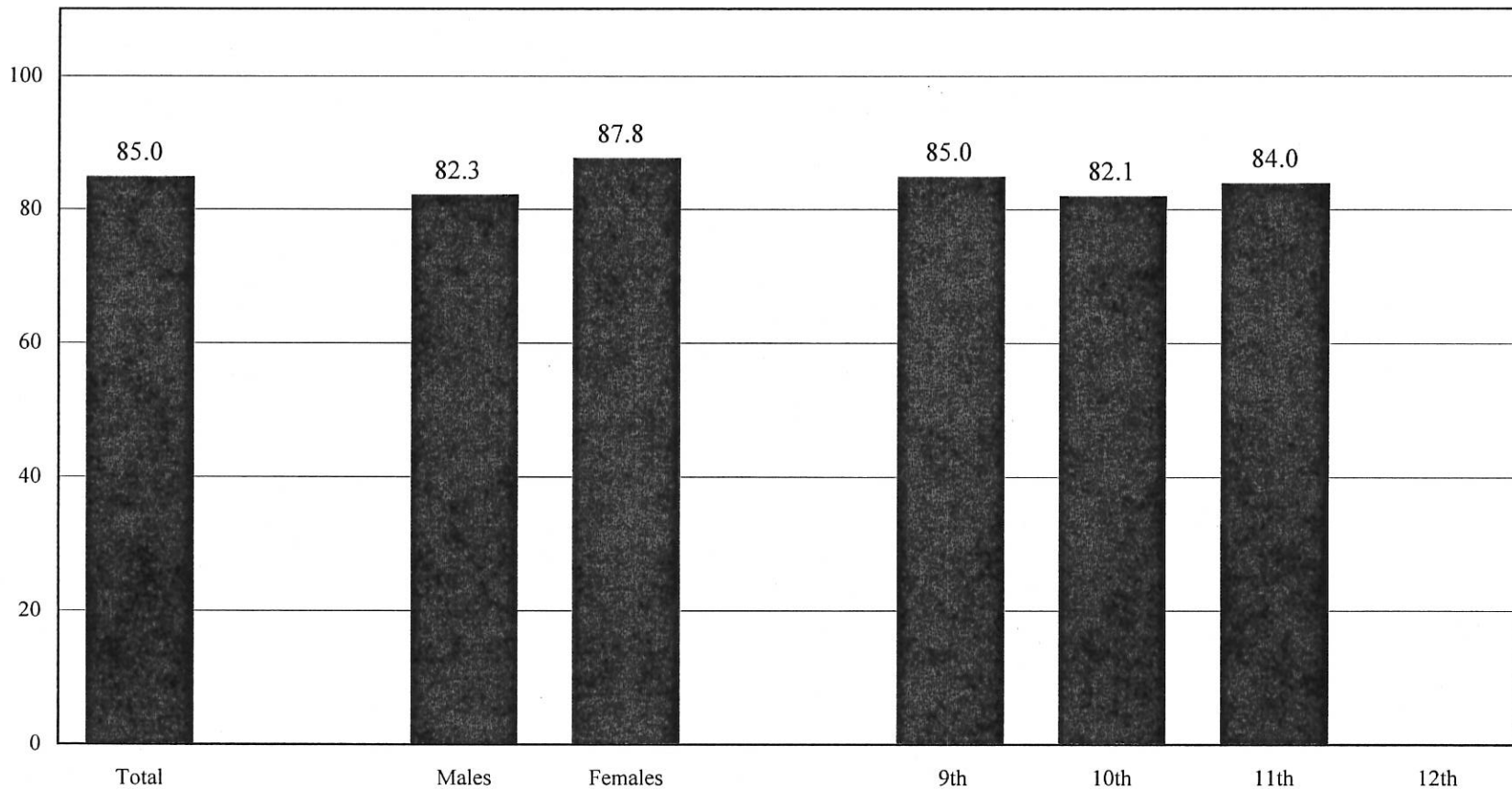
High School Survey - Q78 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who ate five or more servings of fruits and vegetables per day during the past seven days
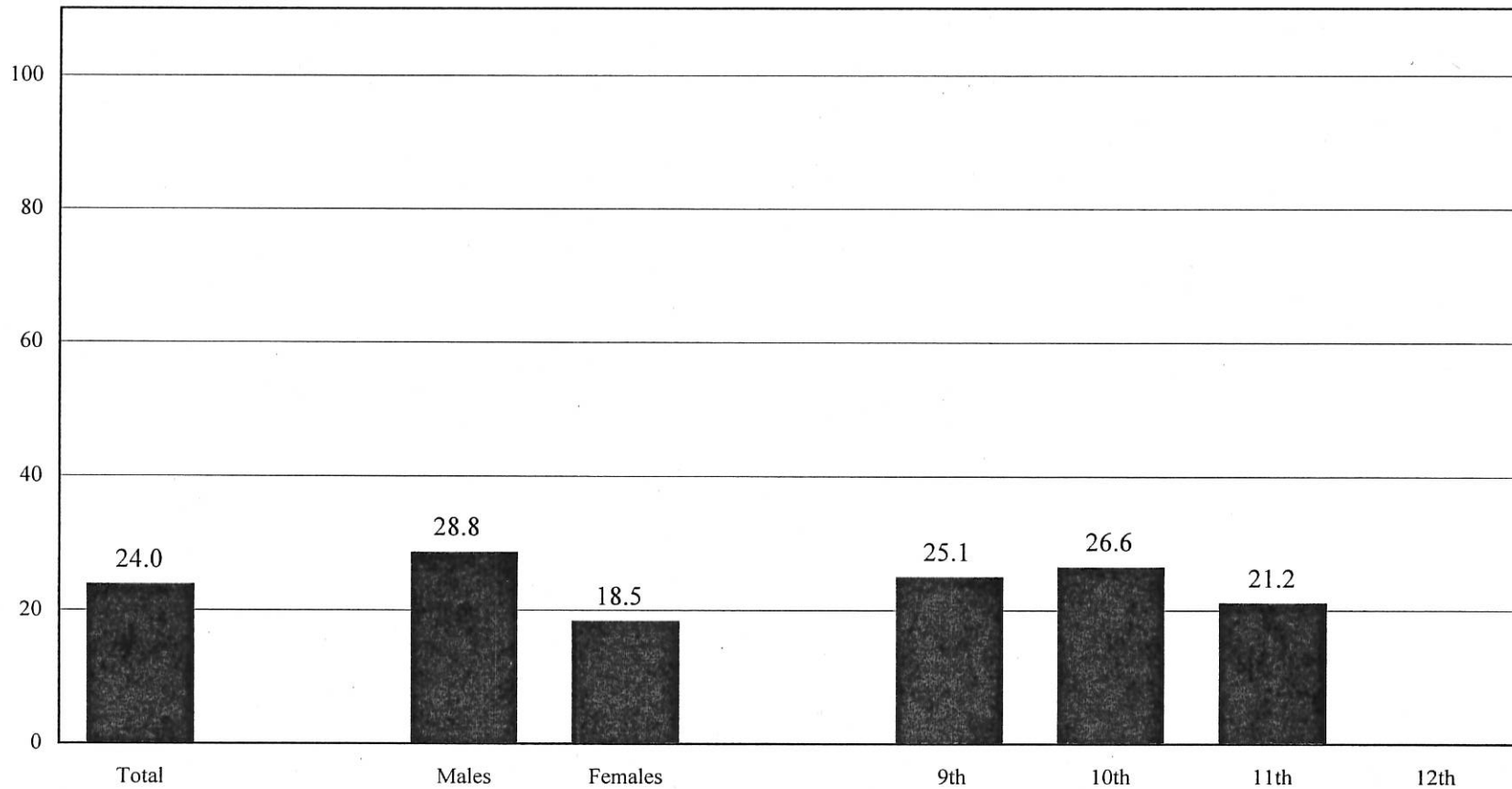
High School Survey - M9 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who drank three or more glasses of milk per day during the past seven days
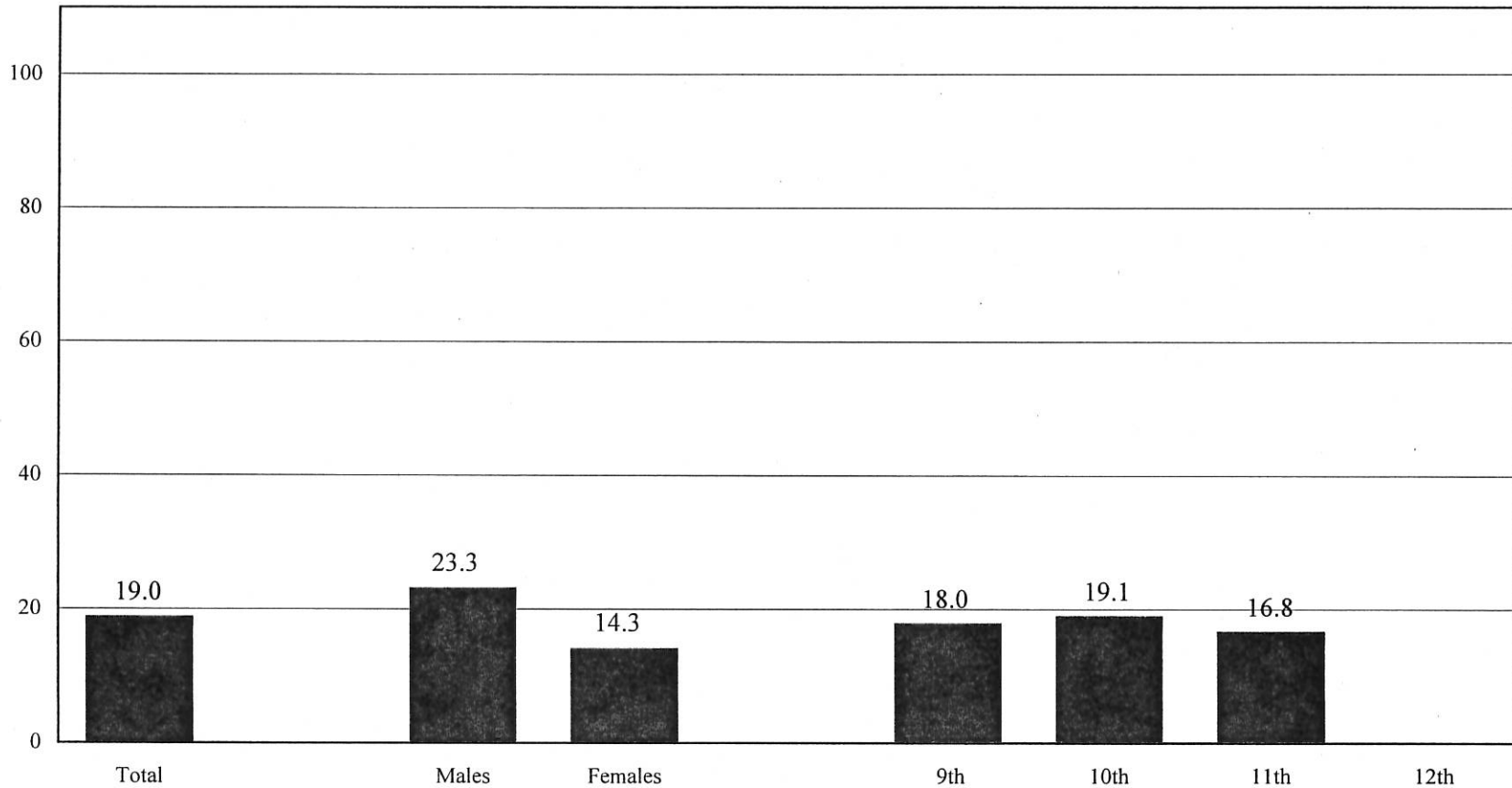
High School Survey - Q79 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard on three or more of the past seven days
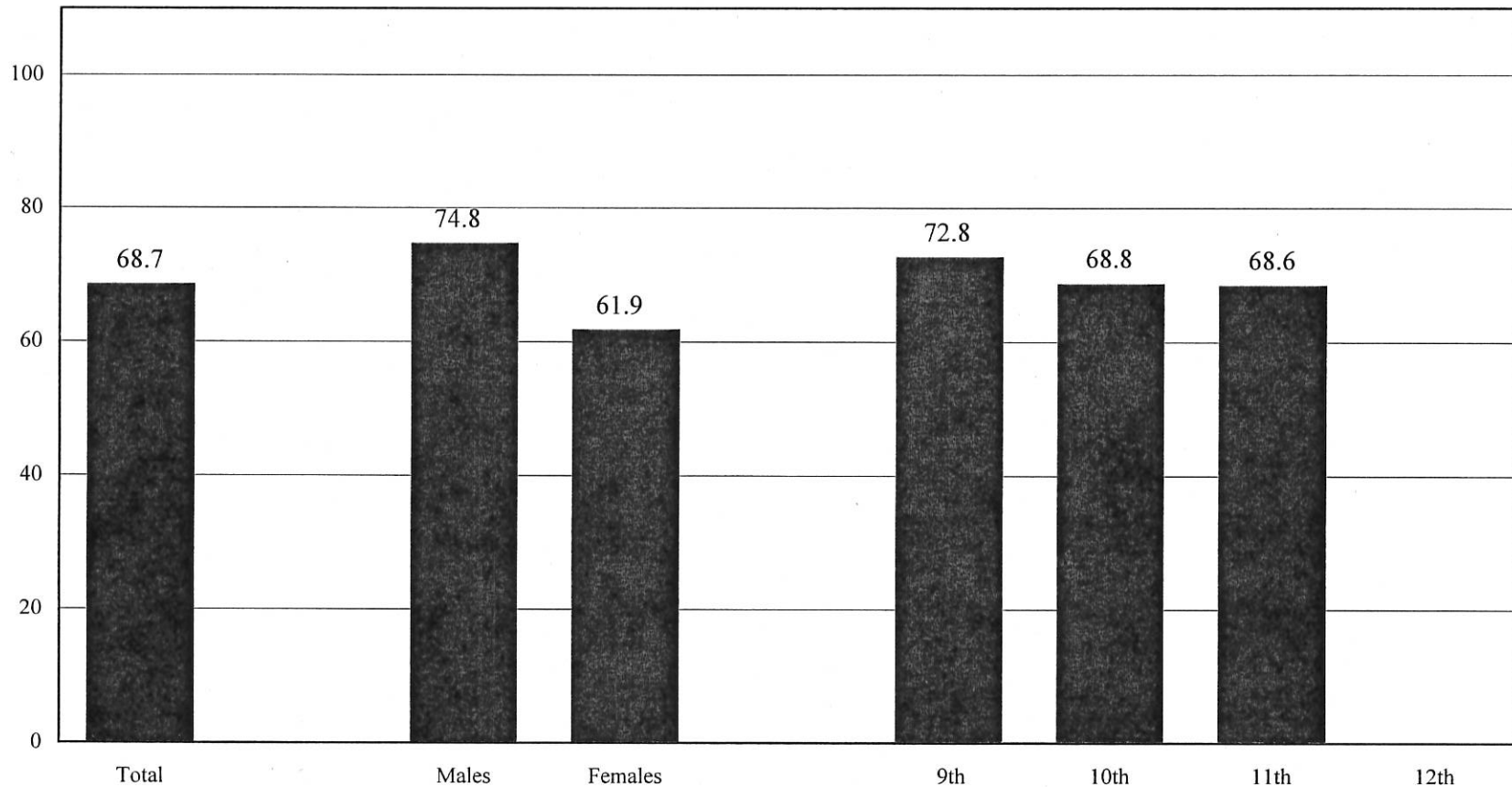
High School Survey - Q80 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who participated in physical activities that did not make them sweat or breathe hard for at least 30 minutes on five or more of the past seven days
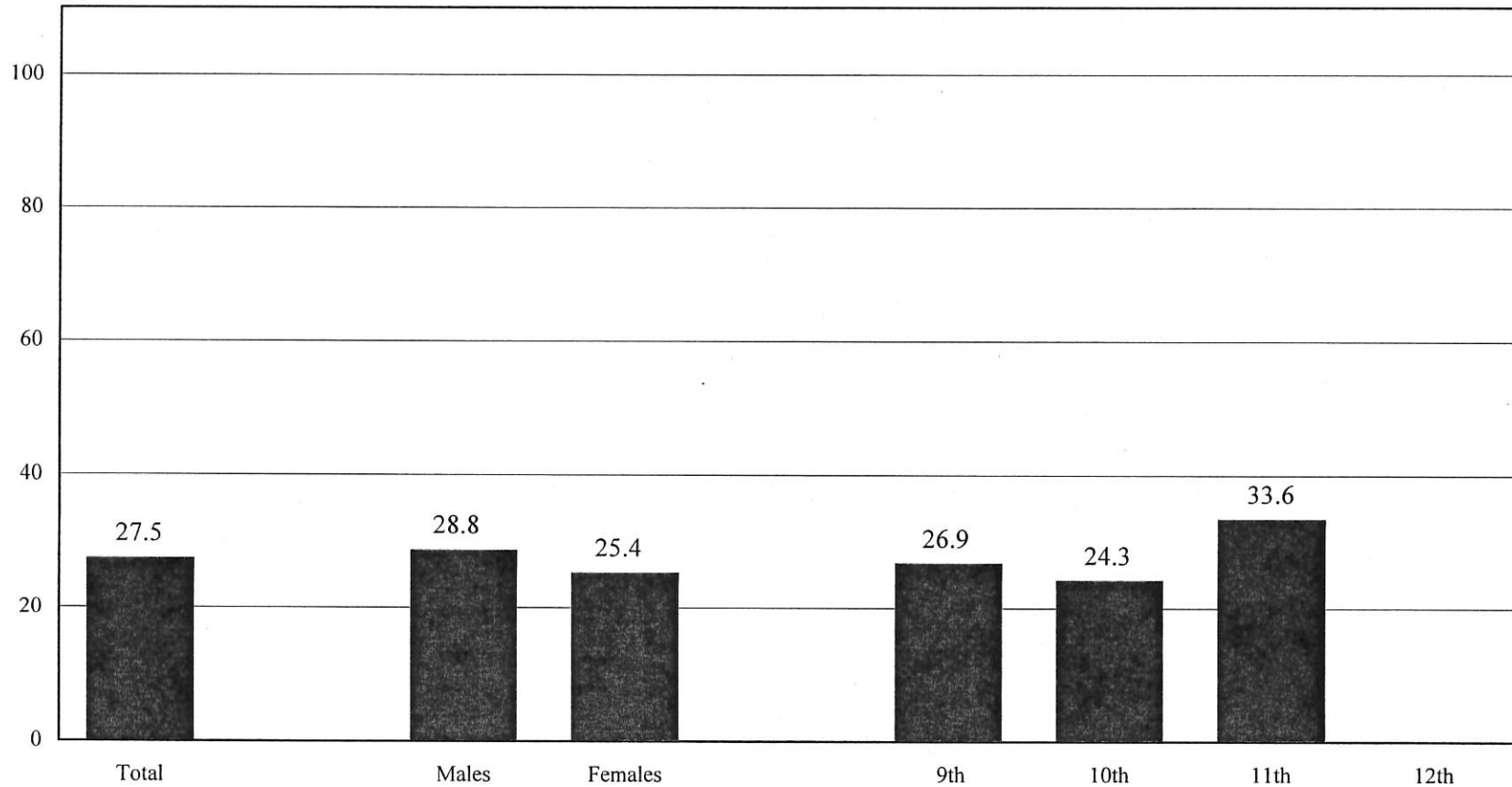
High School Survey - Q81 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who did not participate in at least 20 minutes of vigorous physical activity on three or more of the past seven days and did not do at least 20 minutes of moderate physical activity on five or more of the past seven days
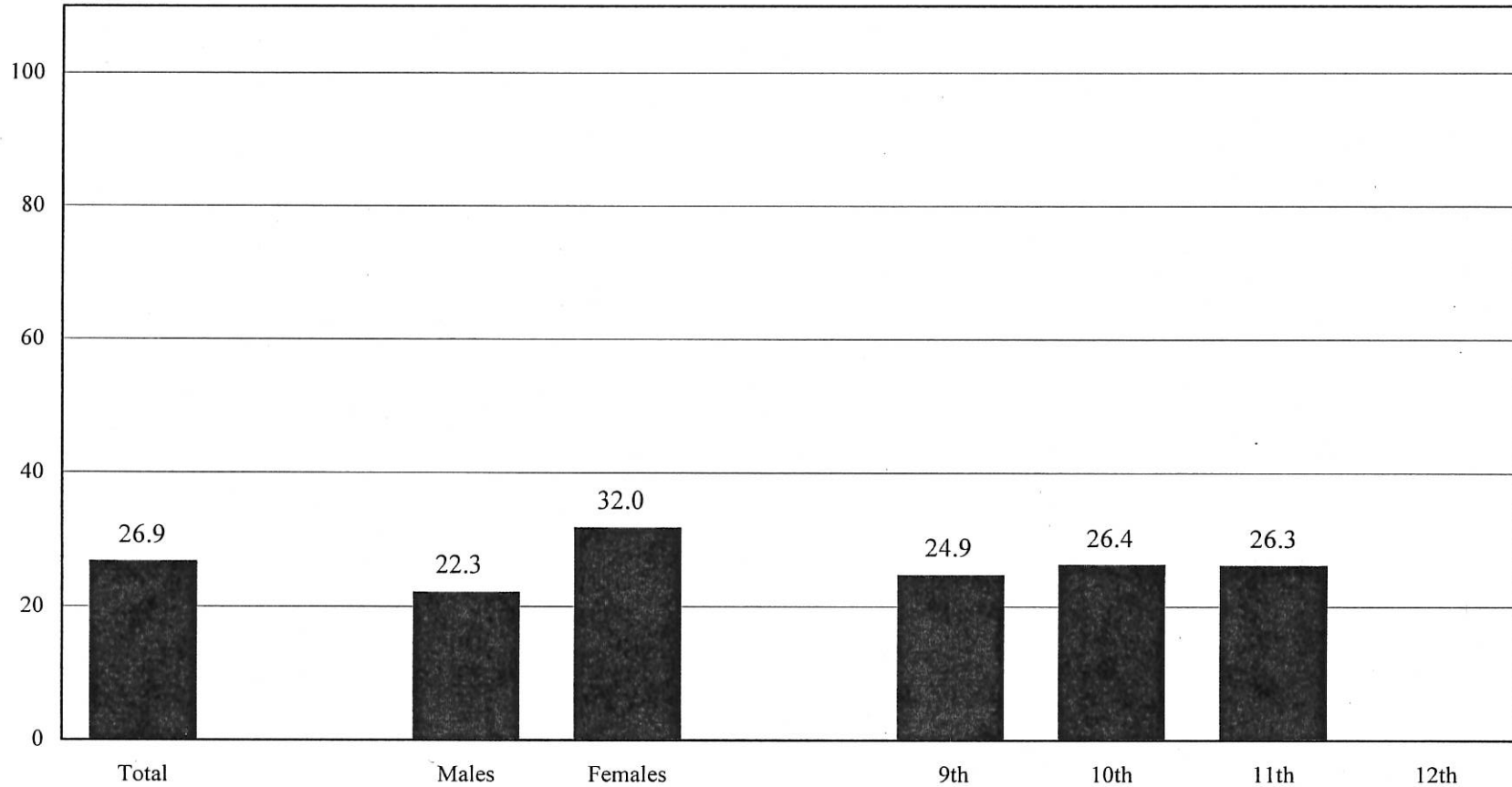
High School Survey - M10 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who participated in no vigorous or moderate physical activity during the past seven days
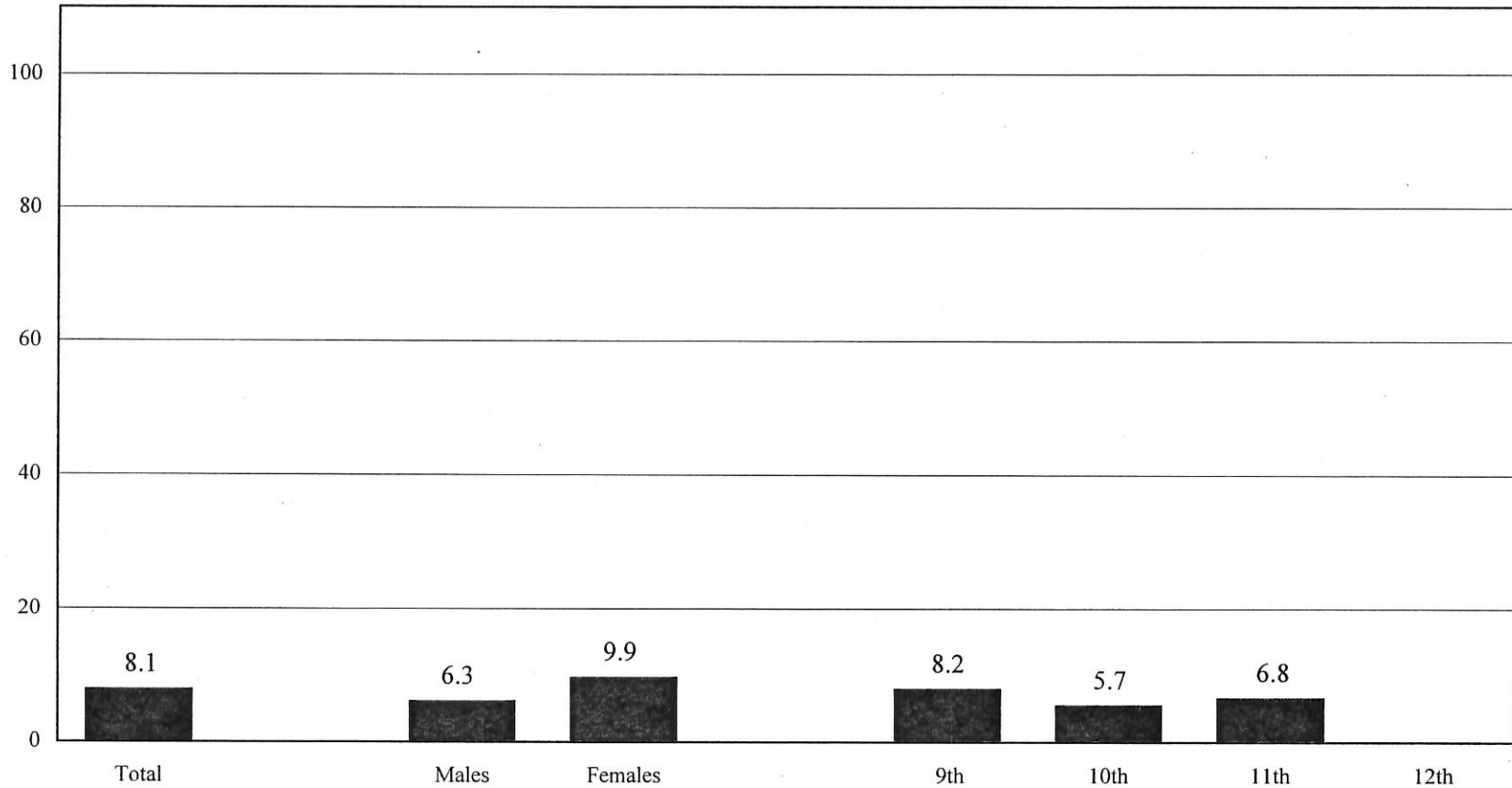
High School Survey - M11 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who did exercises to strengthen or tone their muscles on three or more of the past seven days
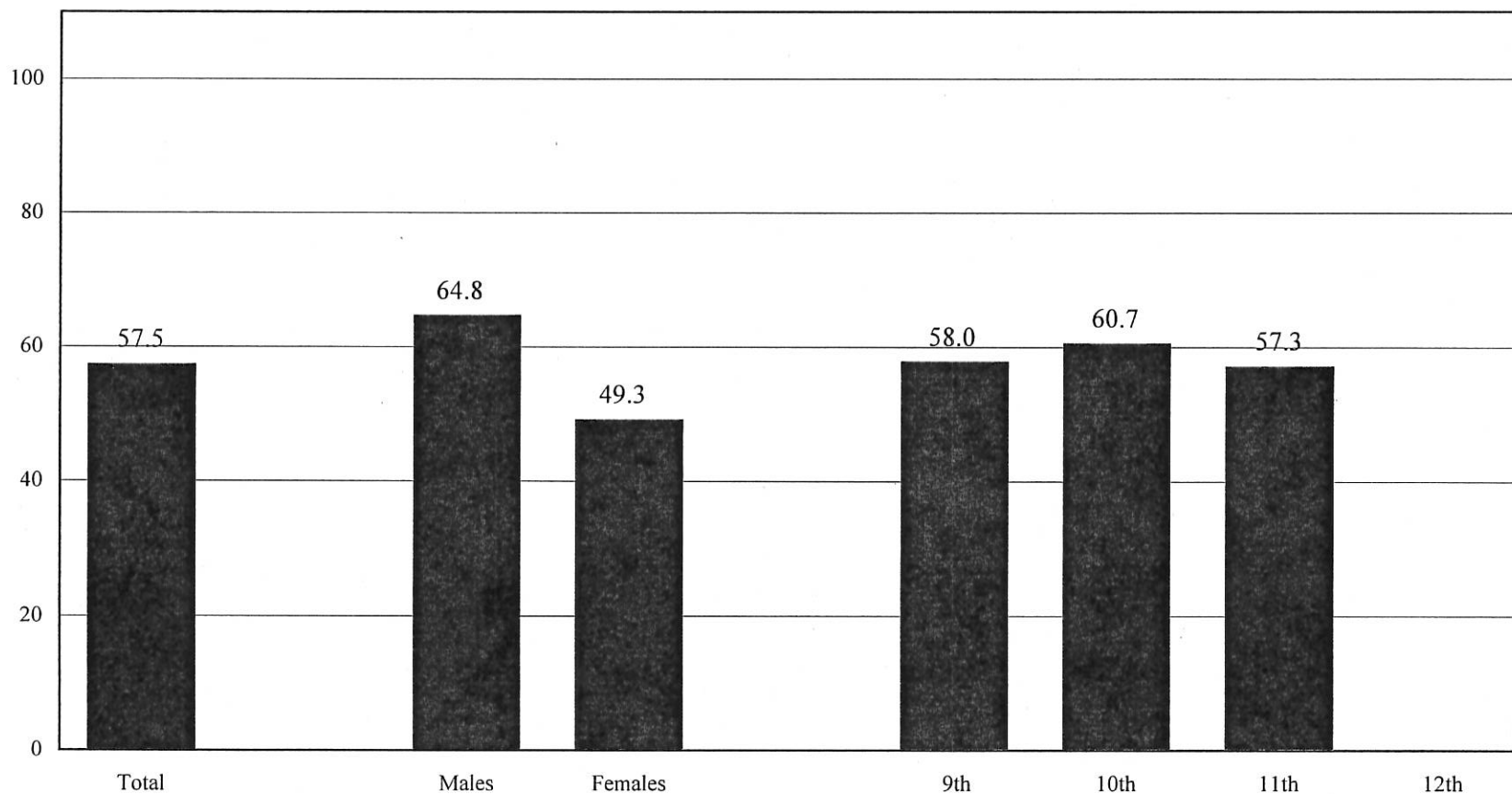
High School Survey - Q82 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who watched three or more hours of TV per day on an average school day
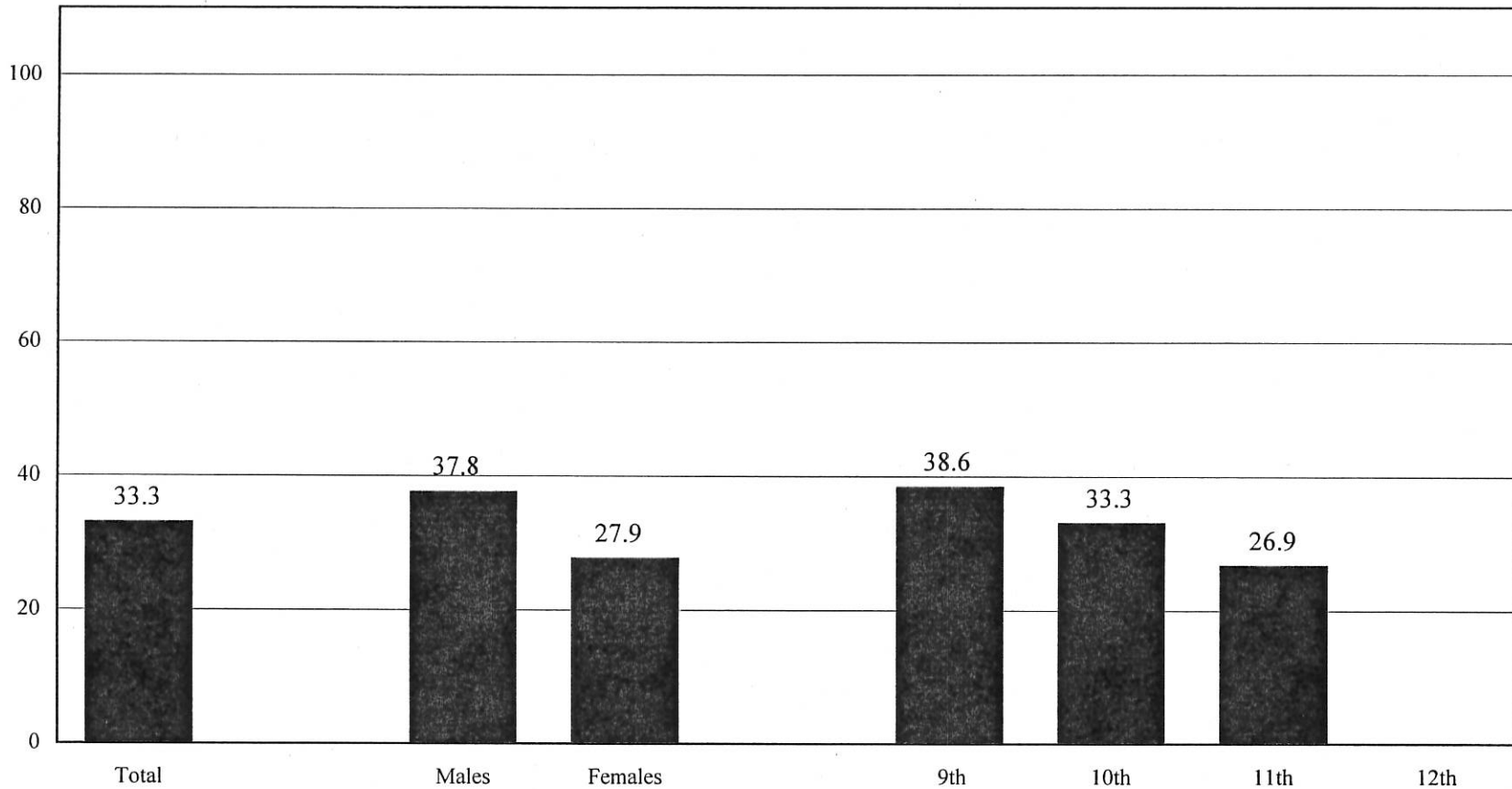
High School Survey - Q83 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who attended physical education (PE) class one or more days during an average school week
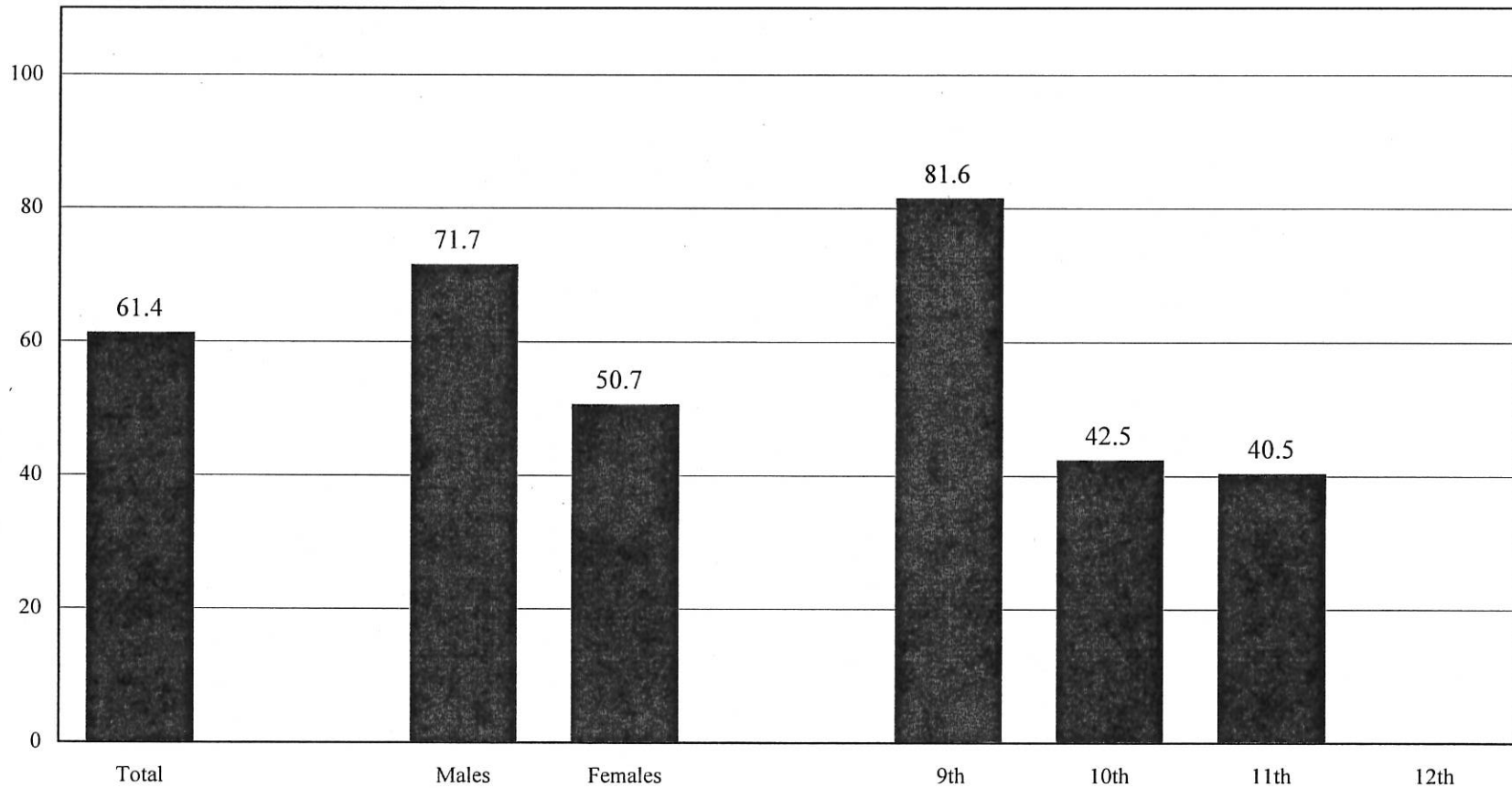
High School Survey - Q84 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who attended physical education (PE) class daily
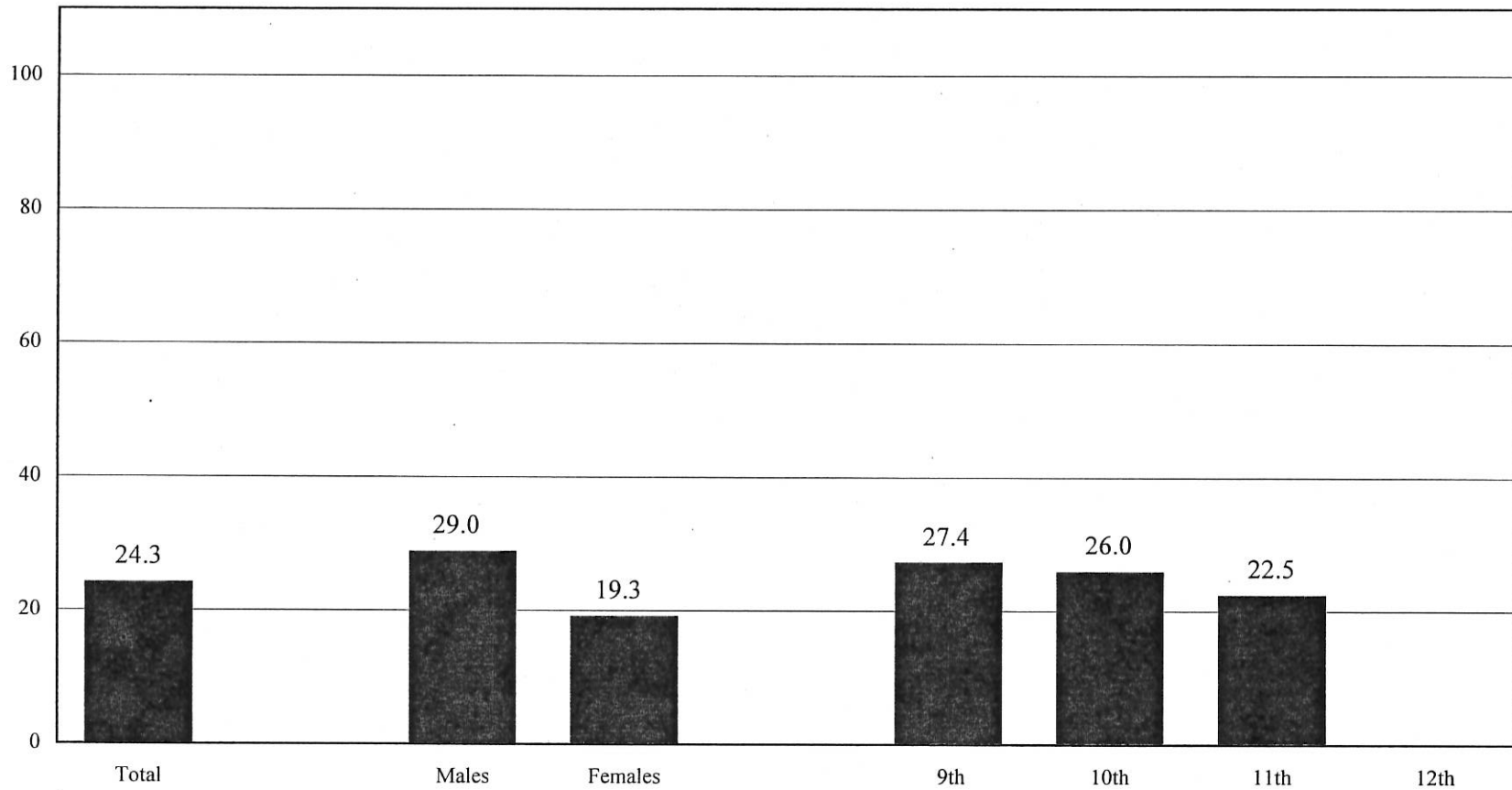
High School Survey - M12 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Of students enrolled in physical education (PE) class, the percentage who exercised or played sports more than 20 minutes during an average physical education class
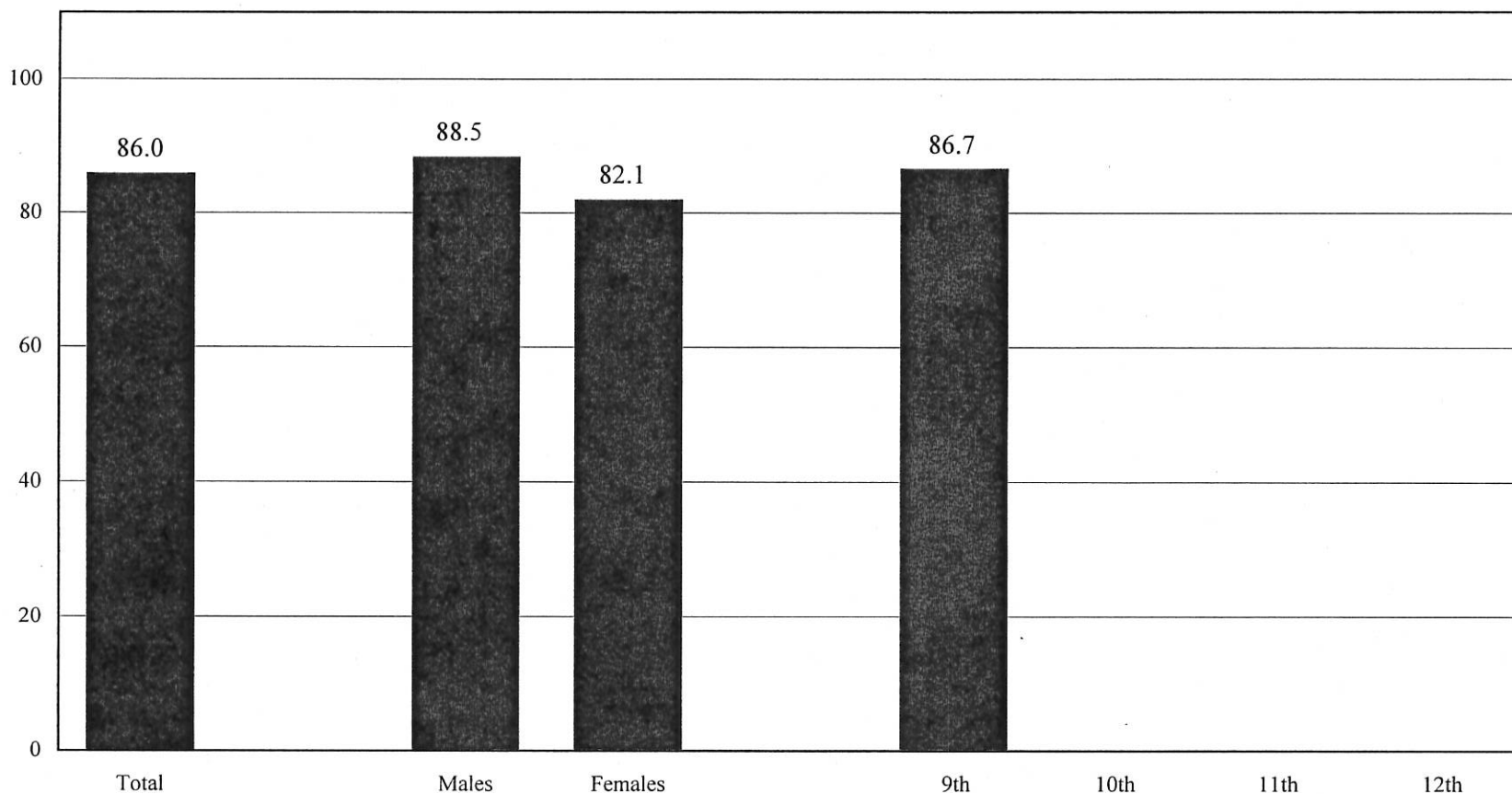
High School Survey - Q85 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Kansas High School Survey

Percentage of students who played on one or more sports teams during the past 12 months
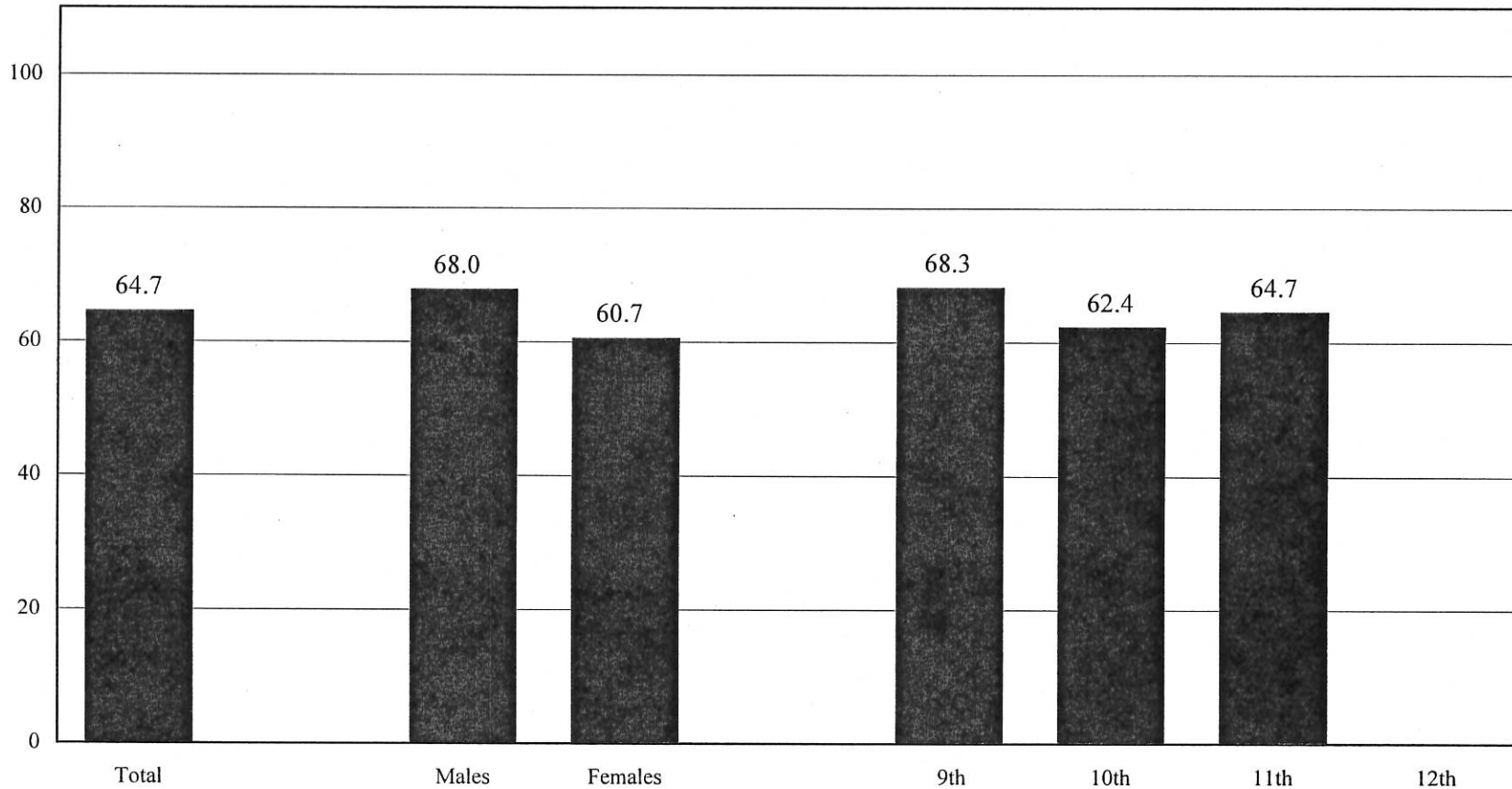
High School Survey - Q86 - Unweighted Data
Missing bars indicate less than 100 respondents in the subgroup.

Data tables for figures 6.1-6.3:

Data table for figure 6.1. Prevalence of obesity among adults aged 20 years and over: United States, 1997-2001

Year	Percent (95% confidence interval)	
	Crude[1]	Age adjusted[2]
1997	19.4 (18.9-19.9)	19.5 (18.9-20.0)
1998	20.6 (20.1-21.1)	20.6 (20.0-21.1)
1999	21.5 (20.9-22.1)	21.5 (20.9-22.1)
2000	21.8 (21.2-22.4)	21.8 (21.2-22.3)
2001 (January-June)	22.5 (21.7-23.4)	22.4 (21.6-23.3)

[1]Crude estimates are presented in the graph.

[2]Estimates are age-adjusted to a year 2000 standard population for this Healthy People 2010 leading health indicator using seven age groups: 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70-79 years, and 80 years and over.

Data table for figure 6.2. Prevalence of obesity among adults aged 20 years and over, by age group and sex: United States, January-June 2001

Age and sex	Percent	95% confidence interval
20-39 years		
Total	20.1	18.8-21.4
Men	20.7	18.7-22.6
Women	19.4	17.7-21.1
40-59 years		
Total	26.1	24.7-27.4
Men	26.2	24.3-28.2
Women	25.9	24.0-27.7
60 years and over		
Total	20.9	19.4-22.5
Men	20.2	17.8-22.5
Women	21.5	19.5-23.5

Data table for figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 years and over, by sex and race/ethnicity: United States, January-June 2001

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Sex and race/ethnicity	Percent[1]	95% confidence interval
Men		
Hispanic	22.5	19.5-25.6
White non-Hispanic	22.3	20.8-23.0
Black non-Hispanic	27.6	24.1-31.1
Women		
Hispanic	25.6	22.7-28.5
White non-Hispanic	20.2	18.9-21.6
Black non-Hispanic	36.0	32.9-39.1

[1]Estimates are age-adjusted to a year 2000 standard population using three age groups: 20-39 years, 40-59 years, and 60 years and over.

Previous   Next   **Return to Early Release of NHIS**

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Rhonda Holt
2000 National Elementary Physical Education Teacher of the Year
U.S.D. #259, Wichita Public Schools
Peterson Elementary School
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9710 W. Central
Wichita, Kansas 67212
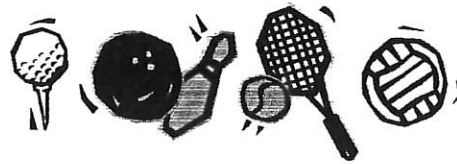
PHYSICAL INACTIVITY IS A SERIOUS, NATIONWIDE PROBLEM.

Facts:
- More than 60 percent of U.S. adults do not engage in the recommended amount of activity.
- Approximately 25 percent of U.S. adults are not active at all.
- Physical inactivity is more common among:
  -Women than men.
  -African American and Hispanic adults than whites.
  -Older than younger adults.
  -Less affluent than more affluent people.
- Nearly half of American youths ages 12-21 are not vigorously active on a regular basis.
- About 14 percent of young people report no recent physical activity.
- There is an alarming rise in obesity and diabetes in young people.
- Participation in all types of physical activity declines strikingly as age or grade in school increases.
- Daily enrollment in physical education classes dropped from 42 percent to 25 percent among high school students between 1991 and 1995.
- Well designed school-based interventions directed at increasing physical activity in physical education classes have been shown to be effective.
- Social support from family and friends has been consistently and positively related to regular physical activity.

CHANGES MUST BE MADE TO REVERSE THE TREND.

We must teach to the National Physical Education Standards:
- Standard #1 Motor Skills—Demonstrates competency in many and proficiency in a few movement forms
- Standard #2 Learning Concepts—Applies movement concepts and principles to the learning and development of motor skills
- Standard #3 Active Lifestyle—Exhibits a physically active lifestyle
- Standard #4 Is Physically Fit—Achieves and maintains a health-enhancing level of physical fitness
- Standard #5 Social Skills—Demonstrates responsible personal and social behavior in physical activity settings
- Standard #6 Diversity—Demonstrates understanding and respect for differences among people in physical activity settings
- Standard #7—Values Exercise—Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction

In Kansas, we are educating both minds and bodies by:
- Developing curriculums that are based on National Physical Education Standards.
- Offering free training to Kansas teachers for Physical Dimensions, Focus, and Essentials.
- Encouraging the Support of the Physical Education Progress (PEP) Bill.
- Offering workshops and in-service activities across the state that promotes maximum participation in developmentally appropriate activities.
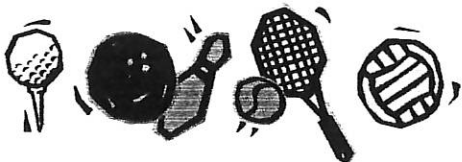
The next step is for us to take a look at increasing the guidelines for physical education requirements in our schools. With your support we could make certain that every child in our state benefits from quality daily physical education.

FACT SHEET
....
WHY CHILDREN NEED PHYSICAL EDUCATION

Overall Health Benefits

- Physical education provides a number of important benefits that improve children's overall physical and mental health.

Physical Benefits

A daily physical education program helps children physically. Here are some of the things a quality program does for them.

- *Reduces the risk of heart disease.* Physical education can counteract the four major risk factors of coronary heart disease. Obesity. Inactivity. High blood pressure. And high cholesterol levels.

- *Improves physical fitness.* A good program improves children's muscular strength, flexibility, muscular endurance, body composition (fat-to-muscle ratio) and cardiovascular endurance.

- *Makes bones stronger.* Regular physical activity improves posture and increases bone density to create stronger bones and may help reduce the risk of osteoporosis.

- *Aids in weight regulation.* A good program can help children regulate their weight by burning calories, toning their bodies and improving their overall body composition.

- *Promotes healthy, active lifestyles.* Physical education develops motor skills and sports skills to promote health and fitness throughout life.

Mental Benefits

A daily physical education program helps children mentally. Here are some of the things a quality program does for them.

- *Improves academic performance.* Studies have shown that, when I.Q.s are the same, children who have daily physical education classes tend to get higher grades than children who don't.

- *Increases interest in learning.* Regular physical activity makes children more alert and more receptive to learning new things.

- *Improves judgment.* Physical education gives children practice in moral reasoning and problem solving. They learn to accept responsibility for their classmates' safety. Assume leadership in team decisions. Accept moral responsibility for actions towards their teammates. And develop a sense of fair play.

- *Promotes self discipline.* A good program teaches children they are responsible for their own health and fitness. They learn to take control of their lives.

- *Encourages goal setting.* Physical education gives children the time and encouragement they need to set and strive for personal, achievable goals.

Psychological and Social Benefits

A daily physical education program helps children psychologically and socially. Here are some of the things a quality program does for them.

- *Improves self-confidence and self-esteem.* Physical education instills a stronger sense of self-worth in children. They become more confident, assertive, emotionally stable, independent and self-controlled.

- *Provides an outlet for stress.* Physical activity becomes an outlet for releasing tension and anxiety, instead of acting out delinquent behavior.

- *Strengthens their peer relationships.* Physical education can be a major force in helping children socialize with others more successfully. Especially during late childhood and adolescence, being able to participate in dances, games and sports is an important part of fitting in. Children learn the basic skills they'll need in physical education, which makes new skills easier to learn.

- *Reduces the risk of depression.* A good program makes children less prone to depression and generally more optimistic about their lives.

- *Promotes healthier lifestyles.* Physical education helps children make a habit of an active lifestyle. They learn a lifelong concern for their personal health that makes them more productive adults.

Committee on Education
February 5, 2002
Michelle DiLisio

As PE Teachers, we are given the opportunity to touch the lives of students in countless ways. We can change the ways in which our students look at the world. We provide essential tools for life beyond the classroom. Everyday, inside and outside the classroom, we should be providing our students with lessons to follow thru adulthood. The 3 vital ingredients of our lessons should be <u>developing respect</u> (both of themselves and of others), <u>developing responsibility</u>, and <u>developing a healthful attitude</u>. Physical education is merely a tool used to teach our students the truly important things needed for successful living—hard work, character, values, self-respect & respect for others.

Many changes have taken place during my 22 years of teaching PE. One of the major changes has been the introduction of a special curriculum developed for Kansas's schools. So I would like to introduce to you, Physical Dimensions—the Kansas High School Physical Activity & Health/Wellness Curriculum. Our curriculum incorporates <u>those</u> 3 <u>vital ingredients</u> (respect, responsibility, & a healthful attitude) and is designed to provide young adults with the knowledge & skills necessary to enjoy a physically healthy lifestyle.

PE has transitioned from the traditional, (which is probably what most of you experienced, which emphasized athletics & team sports) into one, which focuses on the health benefits of physical activity and fitness.

Physical Dimensions contributes to health, fitness and a quality life by providing instruction in physical activity, nutrition, stress management, personal safety, and making healthy choices about drugs, and sexuality.

Physical Dimensions is divided into three areas of focus, or dimensions:

Dimension One: Health-Related Fitness. (Achieved thru activities such as: Orientation, Aerobics, Strength & Conditioning, Orienteering, Self-Defense, Combatives, Walking/ Jogging, & Rollerblading.)

Dimension Two: Lifetime Physical Activity. (Achieved thru activities such as: Golf, Swimming, Bowling, Ping Pong, Archery, Racquetball, Badminton, Tennis, Rhythms, & Team Games.)

Dimension Three: Health/ Wellness Concepts & Skills. (Achieved thru activities such as: Nutrition & Weight Management, Personal Safety, Critical Health Issues, & Stress Management.)

When it comes to physical activity, research shows that something is better than nothing. Unfortunately, ¼ of adults participate in **no** physical activity. None.

The Physical Dimensions curriculum addresses this concern. It emphasizes that physical activity can be integrated into all phases of our adult work and play. Students discover that physical activity does not always mean high impact workouts or competitive sports. It's about walking, rather than riding; climbing the stairs instead of taking the elevator; doing yard work instead of watching television; or riding a bike to the store rather than driving the car.

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Physical Dimensions instills in students that living life actively and dynamically is vital to a healthy lifestyle.

We, in Kansas, are very fortunate to have the Physical Dimensions curriculum and a top-notch network of Physical Educators available to us as resources.

Good morning Representative Tanner and members of the Education Committee. Thank you so much for the opportunity to speak to you today. David Satcher, our current U.S. Surgeon General, says, "As a nation, we are becoming increasingly more sedentary in our lifestyles. Physical inactivity is higher than ever. And, we have an epidemic of childhood obesity." Dr. Satcher also says that "There really are no easy answers, but one thing is certain---prevention is the key to the future. We must learn how to develop and implement measures to prevent obesity and promote healthy lifestyles." He continues by stating "From that standpoint, our schools have a responsibility to educate both minds and bodies. That should be our challenge for the future."

I am honored to have the opportunity to talk about what we can and are doing to improve physical education in our schools and at the same time accepting the challenge of our Surgeon General to educate both minds and bodies.

As I am sure you know, that in many of our schools, physical education today is not like what is was when we were all in school. As a matter of fact, it's really not even like what is was about 5 years ago!

Many of our programs are now based on our National Physical Education Standards. As a result of that, the concern we all have about the future well-being of our children and nation, are being addressed. With a standards based curriculum, physical education today is <u>not</u> counting while we do exercises or running laps, it is <u>not</u> playing dodgeball, it's <u>not</u> about the much feared climbing rope, it's <u>not</u> about being chosen last for a team, and it's <u>not</u> about using exercise as a form of punishment. By using a standards based curriculum, physical education today <u>is</u> about learning how to make healthy choices, it <u>is</u> about working together as a team, it <u>is</u> about making exercise fun, it <u>is</u> understanding the value of an active lifestyle, and it <u>is</u> about helping our students do better in the classroom.

It's important for us to change our way of thinking about what we teach and why we teach it. We need to use a variety of skills to teach students not just how to play a game, but to help them learn the importance of being a team player, and how to work together and accept others. Incorporating many different activities and exercises in a fun and challenging way helps students understand the value of leading an active, health-enhancing lifestyle. Maximum participation, developmentally appropriate activities, and the integration of other curriculum areas are more important than who wins the game. Our ultimate goal should be to make certain that students have the

skills and knowledge needed to be healthy, productive individuals for the rest of their lives. Using our national standards helps make that a possibility.

In the Wichita Public Schools, we have in place a curriculum that is based on our national physical education standards. This curriculum has benchmarks for each grade level, developmental rubrics and sample activities for both formative and summative assessments. These benchmarks hold both students and teachers accountable. During the past year, we have received requests for our Benchmarks and Rubrics from 33 different states.

Teachers in the state of Kansas have a wonderful opportunity to receive training in a curriculum called Physical Essentials which was developed by Kathy Ermler and Joella Mehrhof from Emporia State University. This curriculum lays the foundation for a healthy, active life. Physical Essentials is the first step in a comprehensive K-12 Physical Education Curriculum. As you can see, Kansas is a leader in the development of quality physical education.

In order to give you a picture of what this "new P.E." looks like, I'd like to share with you some things we do at Peterson Elementary. During the past month, these are activities our students have taken part in:
- ✓ We finished our In-School Bowling program with a trip to the bowling lanes. In order to promote fitness while we were bowling, we included an activity called "Fitness Bowling". Each lane started with one pin. As soon as that pin was knocked down, the entire group ran one lap around the lane and moved on to two pins. So, students were improving their bowling skills, working together as a team, and also constantly moving. Several of our standards were addressed by including this one activity in our bowling plans.
- ✓ Students have spent some time learning how to juggle, and doing an activity called cup stacking. When students are doing these activities, they are crossing the mid-line. Current brain research shows us that many academic skills are enhanced by cross-lateral movements.
- ✓ At Peterson, we start each day with student-led morning announcements. As a part of that, we do a "brain wake-up" routine where we play music over the intercom and all staff and students are doing a routine of cross-lateral movements.
- ✓ Last week, we began working on our dribbling skills. But, class certainly didn't look like basketball practice. As soon as students entered the gym, every child had a ball in their hand and we did an "Instant Activity" which is a key component in the Physical Essentials curriculum. These "Instant Activities" are fun, quick starting, and

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allow students to begin moving instantly. During the rest of the class period, students were practicing their dribbling skills with a variety of individual, partner or group activities. You would have seen 4th and 5th graders tossing and catching a rubber chicken, 2nd and 3rd graders playing Pac Man and Kindergarten and 1st graders playing follow the leader all while improving their dribbling skills. You also would have seen basketball sit-ups and push-ups which are a way to make fitness fun. Self and peer assessments are included in our activities.

✓ You would not see students standing still very often. A wonderful new piece of equipment called a step counter which is basically a pedometer, has helped students see how hard they are working in class. When students put these on, they immediately begin moving in order to meet our Bell Ringer goal for the day, or the complete a warm up such as the Peterson 500.

✓ If you came at lunch recess, you would see students walking and jogging at recess time in order to earn "Toe Tokens". These are small bright colored feet that students earn for every 5 miles they walk or jog. Since the beginning of December when this program was started, our students have accumulated over 6,000 miles. Current brain research shows us that physical activity is not only good for the heart, but it is also good for the brain. Numerous studies show that children who exercise regularly do better in school. In fact, as a result of the latest brain enhancing technology, we can actually prove that exercise and physical activity stimulate the growth of new brain cells, even into adulthood. That is exciting news for all of us! Students, and adults, who are physically active, are able to learn more effectively. Think about not only the health benefits, but also how test scores in our state would improve if every teacher and every class took a brisk 15-20 minute walk each and every day!

✓ At the end of this month, we will be skating in class. and taking our students
By the end of the year   to the Racket
                                                                 Club
                                                                 for
                                                                 tennis
                                                                 lessons

These are all examples of the wide-variety of activities we provide for our students. What I just described to you is a program based on National Standards, one that uses benchmarks, and takes advantage of the Physical Essentials curriculum.

Our challenge now, is to begin to see every student in Kansas receive the benefits of this type of a curriculum. The next step is for us to take a look at increasing the guidelines for physical education requirements in our schools. We need a more comprehensive physical education requirement for elementary students, as well as mandatory physical education at the Middle School level. The Kansas Health Foundation has invested over two million

dollars to improve physical education in our state. With your support we could make certain that every child in Kansas benefits from this investment. In doing this, we are meeting Dr. Satcher's challenge of taking the responsibility to educate both minds and bodies.

While I believe that everything I have just told you is important, I will close with what I think is the most important message of all. And that is, what an awesome responsibility we have as teachers to reach out and touch the lives of our students.
Each time we help a student laugh or smile,
Learn how to make a healthy choice like eating right or wearing their seat belt,
Improve a skill,
Be more responsible,
Accept others regardless of differences,
Or understand the importance of daily physical activity,
We help make this world better for all of us.
And that, is the greatest job in the world!!

Thank you for your interest and concern for the quality of physical education in Kansas. With strong leadership in our state organization, and the support of people such as you, we will continue to accept the challenge of being responsible for educating both minds and bodies.

States consider ways to improve health, fitness of children

by Veronica Thomas

The health of American schoolchildren is a concern states are grappling with as they try to find ways to keep young people fit and free from diseases such as diabetes. Two factors that will improve the health of today's children are obvious: regular exercise and good diet. However, it is less clear how states should go about advancing these kinds of lifestyle choices in children.

About half of the nation's elementary and secondary school students have physical education classes every day, and only 29 percent of all high school-age children do, according to figures from the National Association for Sport and Physical Education. Illinois is currently the only U.S. state to require daily physical education, thanks to a 1943 law that was passed due to concerns about the lack of fitness in young men and women called to service during World War II. Since 1995, Illinois school districts have been allowed to seek waivers exempting them from the daily physical education requirement. More than 20 percent of the state's school districts have requested and received waivers, often citing tighter budgets and an increased focus on academics as reasons.

Rep. William Delgado is sponsoring a bill that would place additional restrictions on requests to waive or modify daily physical education classes. The Chicago Democrat says the bill is designed to assure that "schools comply with the everyday requirement of providing exercise and fitness training," adding that some are excluding students from physical education "without legitimate reasons." Illinois Rep. Mary Lou Cowlishaw, a Republican from Naperville who originally sponsored the bill to allow school waivers, agrees that changes have to be made. "I'm very concerned about the number of school districts that submit requests for waivers," she says.

A newly released national study from the University of Michigan indicates that childhood obesity has increased by more than 50 percent over the last 12 years. Authors of the study blame the inactivity of today's children, saying young people spend too much time watching television, using computers and playing video games. The Centers for Disease Control and Prevention have declared obesity an epidemic among children. Obesity-related health problems, such as Type 2 diabetes and high blood pressure, are increasingly being diagnosed in adolescents.

Cowlishaw believes there are other unfortunate side effects as well. "You can't develop the mind and the gifts it can offer in a sick body," she says. "Kids in middle school and high school don't get enough opportunity to participate in activities and sports that develop their bodies."

In September 2001, the Illinois Board of Education changed its PE waiver guidelines.

School administrators are now required to demonstrate the performance of their students against the Illinois Learning Standards for Physical Development and Health. They also must offer plans showing how students affected by the waiver can continue to make progress in relation to the state's physical development and health standards.

Two other ways in which government impacts the health of students is through school breakfast and lunch programs, which have reached record participation levels in the United States. Some Midwestern states now require certain school districts to offer the School Breakfast Program, a federally funded initiative that provides a nutritious morning meal to low-income children.

Children from families with incomes at or below 130 percent of the federal poverty level receive meals for free, while students from families with incomes between 130 percent and 185 percent of the poverty level receive meals at a reduced price. During the last school year, schools were reimbursed $1.12 by the federal government for every free meal and 82 cents for reduced-price breakfasts. Nicole Woo of the Food Research and Action Center, a nonprofit, nonpartisan research and public policy center, believes the integration of school breakfast programs provides important benefits to children from families at all income levels.

"Some parents work, and their kids go to day care," says Woo, co-author of the recent FRAC report "School Breakfast Scorecard: 2001." "These children eat breakfast early and then they're hungry by mid-morning. Also, some school districts are telling us that the kids in rural areas have long bus routes. This forces these children to eat breakfast too early to sustain them until lunch."

The benefits associated with children eating a nutritious breakfast are numerous. Researchers at the Boston Medical Center found that students who participated in the School Breakfast Program scored higher on achievement tests and had lower rates of tardiness and absenteeism than students who did not participate. A congressionally funded study is currently examining the academic effects of offering free breakfasts to all children in schools.

The annual FRAC report includes state-by-state comparisons concerning the availability of

the School Breakfast Program to low-income students. As part of the study, researchers first established which schools offered free school lunches (available in 95 percent of U.S. schools) and then determined the percentage of those schools also offering breakfasts to low-income children. Iowa's rate ranked it among the top five in the country, while Nebraska, Ohio, Illinois and Wisconsin were near the bottom for the 2000-2001 school year. FRAC credits Iowa's numbers to state legislation requiring that public school students have access to breakfast. The state provides schools with 4 cents per breakfast served.

Dietary and safety concerns

The nutritional value and safety of school meals are also concerns. A fall 2001 report by the Physicians Committee for Responsible Medicine concluded that the National School Lunch Program "falls short of routinely serving healthy, low-fat, fiber- and nutrient-rich meals to children." Many doctors argue that the U.S. Department of Agriculture needs to strengthen its nutritional guidelines for school lunches. However, the Physicians Committee's report also found that some school districts either did not know or did not care if they were meeting the current USDA guidelines in place.

In addition, a December 2001 *Chicago Tribune* investigation found that the number of school food illness outbreaks reported to federal officials rose by 56 percent between 1990 and 1997. Disturbing regional examples were discussed as well. A Chicago factory was implicated in the illness of 1,200 students who ate bad tortillas. In North Dakota, 469 first-graders were sickened by their school lunch burritos.

Scrutiny over issues involving the safety and nutritional value of school meals will only increase if the number of students being served by schools continues to rise.

School participation in meals programs for 2000-2001 school year

State	Number in School Lunch Program	Number in School Breakfast Program	Percent offering lunch that also offer breakfast
Illinois	4,457	2,452	55.0%
Indiana	2,245	1,520	67.7%
Iowa	1,631	1,472	90.3%
Kansas	1,615	1,333	82.5%
Michigan	4,014	2,916	72.6%
Minnesota	1,864	1,219	65.4%
Nebraska	902	385	42.7%
North Dakota	444	260	58.6%
Ohio	4,146	2,071	50.0%
South Dakota	645	379	58.8%
Wisconsin	2,449	942	38.5%
United States	96,213	73,058	75.9%

Source: Food Research and Action Center