

Findings Report: WINTER 2013



Englewood Community
Nutrition & Physical
Activity Survey

Consortium to Lower Obesity
in Chicago Children

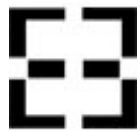




In summer 2009 and again in summer 2010, Teamwork Englewood/Strategy 5 and the Consortium to Lower Obesity in Chicago Children (CLOCC) conducted a survey of Englewood Park residents. The purpose of the survey was to gather information about the current healthy lifestyle behaviors in children and their caregivers. Surveyors asked neighborhood residents for information about weight status, physical activity habits, and nutrition and eating behaviors for themselves and a child in their care. The purpose of this study was (1) to estimate the prevalence of overweight and obesity among children and child caregivers, (2) to provide data to community organizations to use for program design and for funding applications, and (3) to provide information for evaluation of community efforts toward improving child health. This report summarizes key findings from the 2009 and 2010 surveys as well as significant changes between the two reports. Throughout the report, we use “p-value” to indicate statistically significant differences. A p-value is an indication of the probability a finding represents a true change as opposed to occurring due to chance. P-values of $<.05$ indicate statistically significant change.

Methods

From the months of May – August, 2009 and 2010, local resident surveyors approached adults at various locations around Greater Englewood. The adults were asked if they would like to participate in a survey about their health behaviors and those of a child in their care. Participants had to be the primary caregiver of a child between the ages of 2 and 18 years old and live within the area bordered by 55th St. on the north, 75th St. on the south, the Dan Ryan on the east, and Hamilton Ave. on the west. The survey consisted of 54 questions the participant answered about themselves and 36 questions they answered about a child in their care. Specific topics included demographics; weight status and perceptions; nutrition – knowledge, attitudes and behaviors; physical activity – knowledge, attitudes and behaviors; stages of change; and healthy environment – perceived safety, grocery shopping, opportunities for physical activity, and child’s screen time. At the completion of the survey participants received a \$15 Target gift card.



Adult Demographics		Percent or median (n)	
		2009	2010
Gender	Male Female	24.7% (49) 74.2% (147)	28.6% (56) 71.4% (140)
Race/Ethnicity	Black/African-American Hispanic/Latino White Other	97% (192) .5% (1) 0% (0) .5% (1)	95.9% (188) 1% (2) .5% (1) 1% (2)
Household Size		3.97	4.14
Years of Residence		11	12



Child Demographics	Percent (n)		
	2009	2010	
Caregiver			
	Mother	60.5% (112)	56% (107)
	Father	17.8% (33)	20.9% (40)
	Grandparent	8.6% (16)	12% (23)
	Aunt/Uncle	4.3% (8)	6.3% (12)
	Sister/Brother	2.7% (5)	2.6% (5)
	Other	1% (1)	.5% (1)
Gender of Child			
	Male	43.8% (81)	42.4% (81)
	Female	55.7% (103)	57.1% (109)
Race/Ethnicity			
	Black/African-American	95.7% (177)	96.3% (184)
	Hispanic/Latino	0 (0)	2.1% (4)
	White	0 (0)	.5% (1)
	Other	4.3% (4)	1.6% (3)
Caregiver reported the child was breastfed			
	Yes	12% (22)	19.4% (37)
	No	84.2% (155)	78% (149)
Caregiver reported the child receives or received WIC			
	Yes	16% (27)	20.8% (33)
	No	84% (142)	77.4% (123)



Key 2009 Findings

- Based on survey data, 55% of adults in Englewood are overweight or obese.
- Over half of children (60%) in Englewood are overweight or obese.
- About 60% of overweight adult respondents misperceived their weight status, as did 40% of obese respondents.
 - None of the caregivers of overweight children perceived those children as overweight.
 - 7% of the caregivers of obese children perceived those children as obese.
- Only 20% of adults knew that it is recommended to eat five servings of fruits and vegetables a day.
- Nearly all (96%) of the adult respondents knew that being overweight puts you at an increased risk for heart disease and diabetes.
- Most adults (88%) think that obesity is a serious problem for adults in the community.
- 36% of 2–5 year old children, 35% of 6–12 year old children, and most 3–18 year old children (61%) and adults (57%) are not meeting healthy eating guidelines of five servings of fruits and vegetables a day.

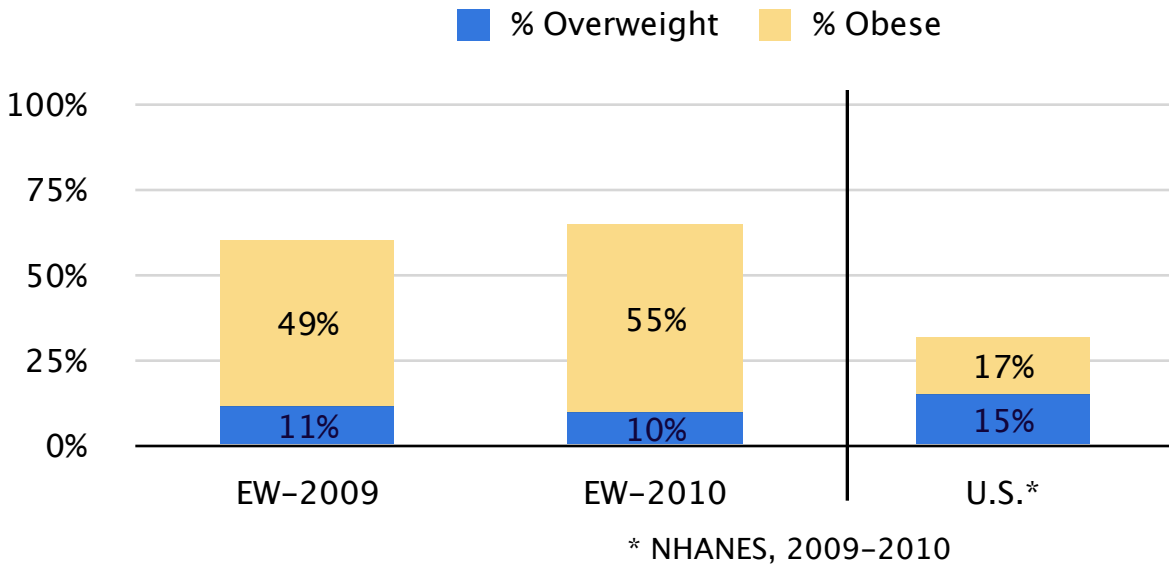
Key 2010 Findings

- Over half of adults (74%) in Englewood are overweight or obese.
- Over half of children (65%) in Englewood are overweight or obese.
- About 64% of overweight adult respondents misperceived their weight status, as did 20% of obese respondents.
 - 25% of caregivers of overweight children perceived those children as overweight.
 - 5% of caregivers of obese children perceived those children as obese.
- Only 26% of adults knew the recommended number of servings of fruits and vegetables daily is 5–10 servings.
- Most adults (84%) knew that that obesity is a serious problem for adults in the community.
- More than half of adults (67%) do not believe that children in the neighborhood eat well.
- Only 30% of adults believe that children in the neighborhood get enough exercise.



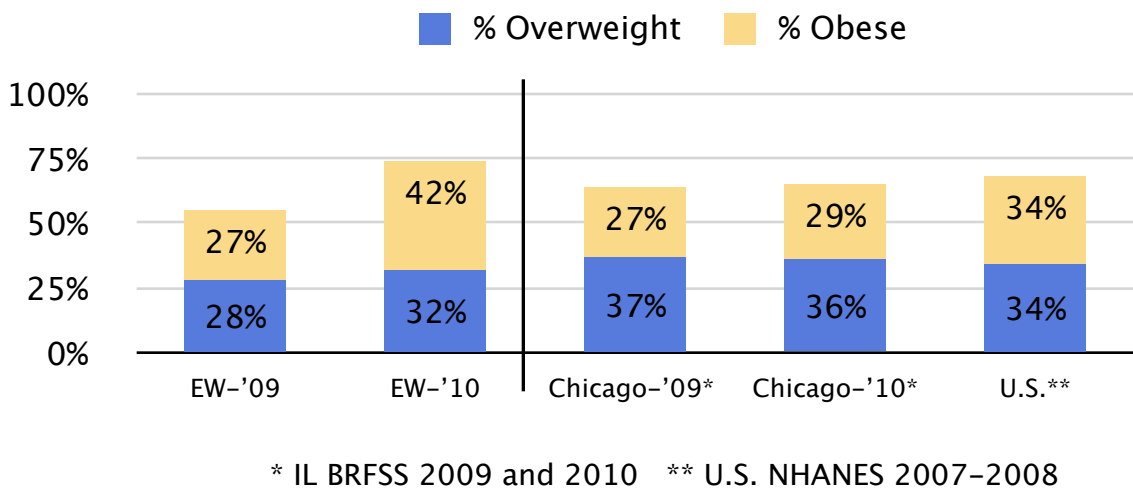
Child Weight Status

Child Weight Status Comparison with National Data



In 2009 & 2010 over half of children in Englewood were overweight or obese.

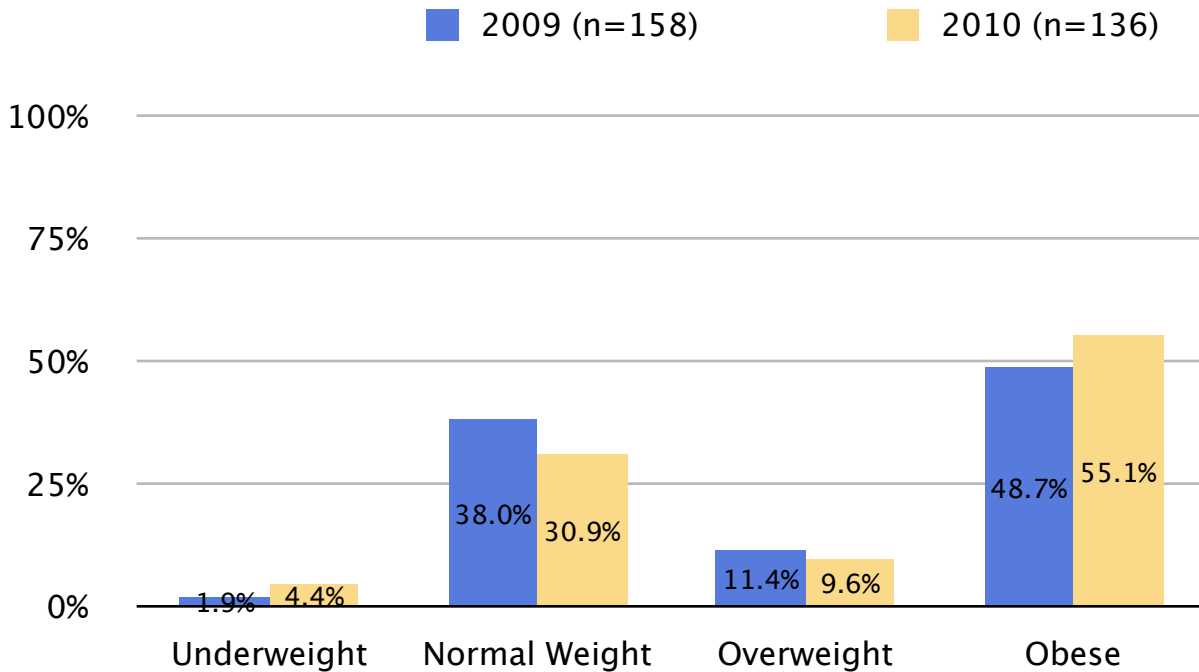
Adult Weight Status Comparison with Chicago and National Data



Based on 2009 survey data, 55% of adults in Englewood are overweight or obese.
In 2010 over half of adults (74%) in Englewood are overweight or obese.



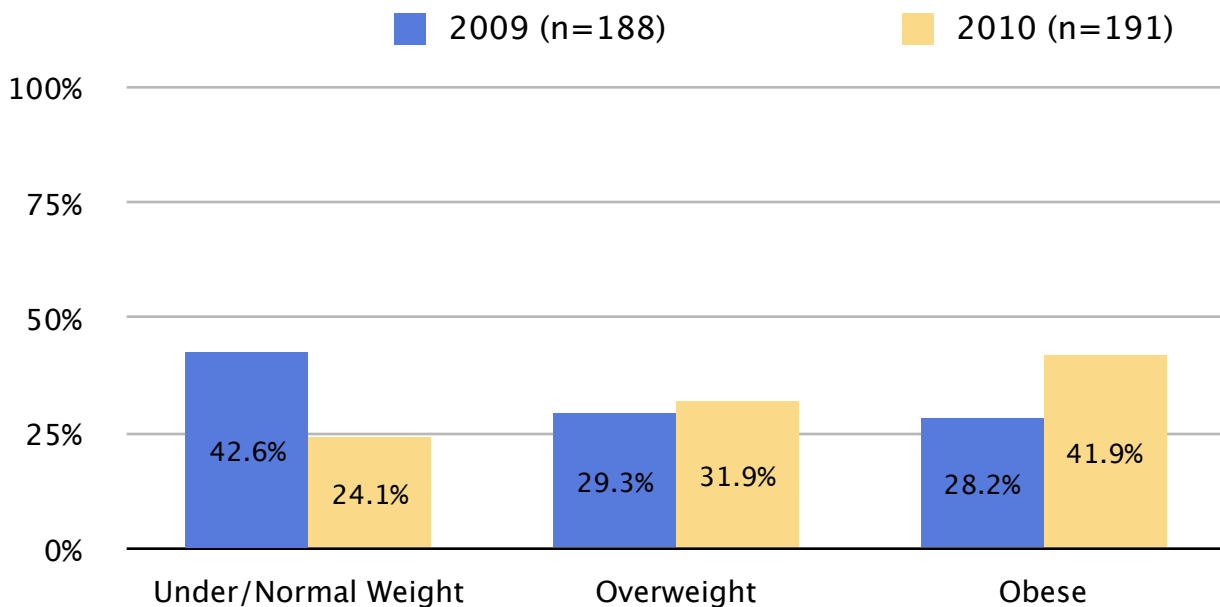
Child Weight Status (2-18 Years) Englewood 2009-2010 Comparisons



Overweight and obesity prevalence is high in both children and adults.

In 2009 & 2010 over half of children in Englewood were overweight or obese.

Adult Weight Status 2009-2010 Comparisons

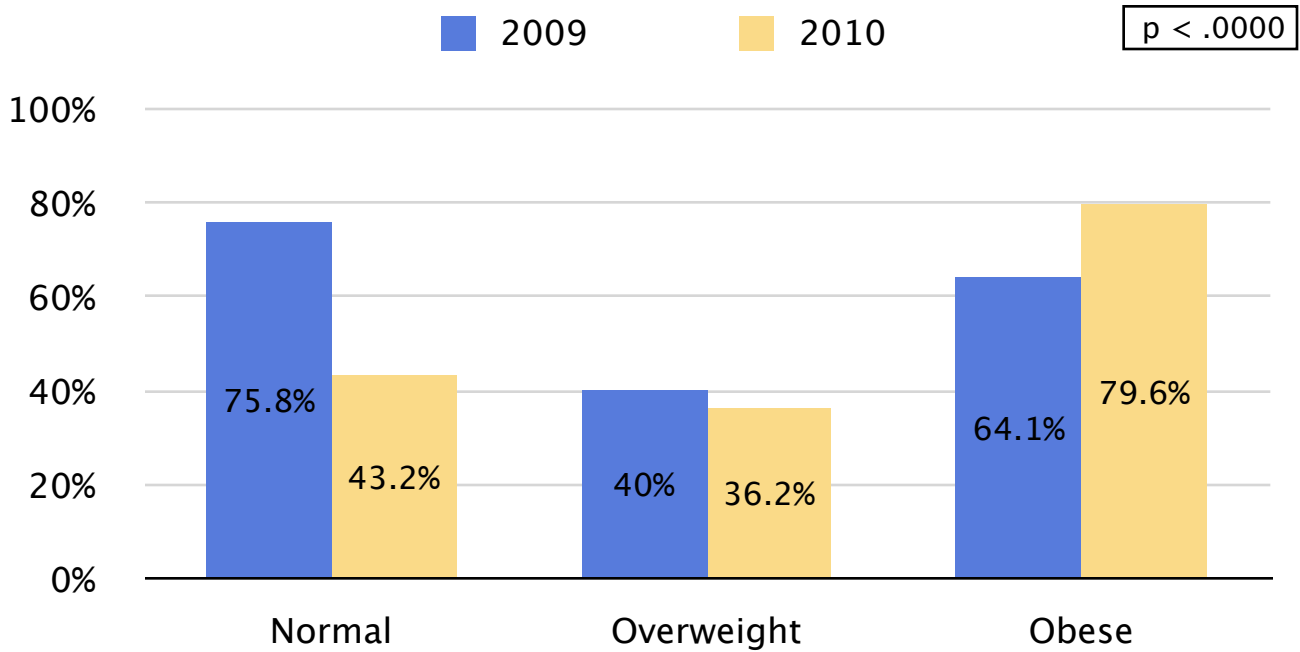


In 2009 & 2010 over half of adults in Englewood were overweight or obese.



Weight Status – Perception of Weight Status

Percent of Caregivers Identifying Their Own Weight Status Correctly by Weight Status (n=197)



Misperception of weight status is common for individuals whom are overweight or obese.

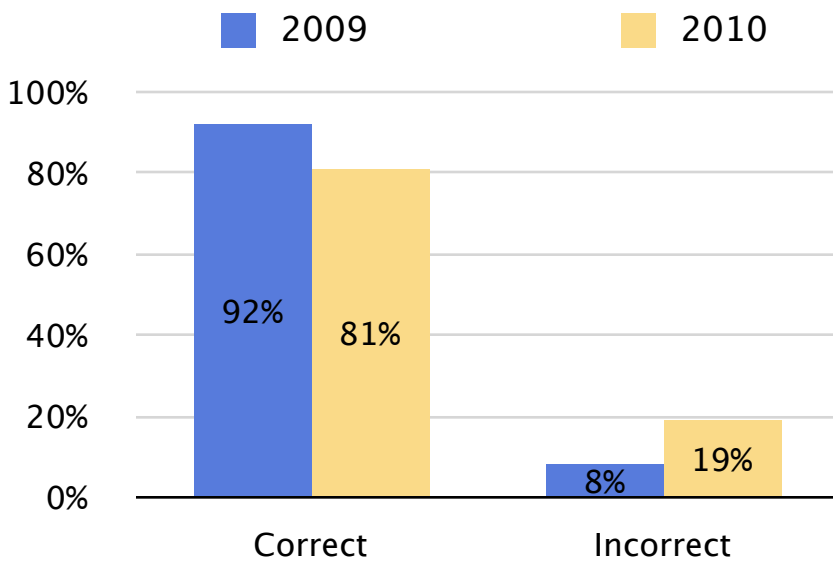
In 2009, about 60% of overweight adult respondents misperceived their weight status, as did 40% of obese respondents.

In 2010, about 64% of overweight adult respondents misperceived their weight status, as did 20% of obese respondents.



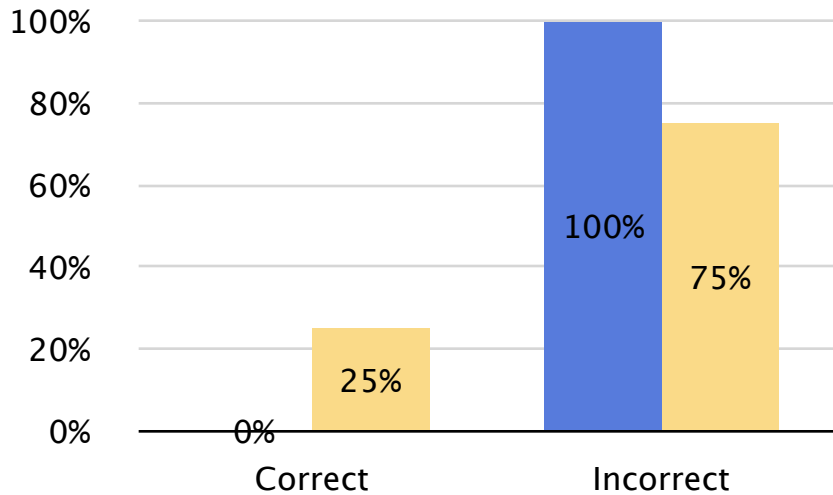
Weight Status – Caregiver Perception of Child Weight Status

Percent of Caregivers Identifying Their **Normal Weight** Child's Weight Status Correctly
(2009 n = 64)
(2010 n = 48)



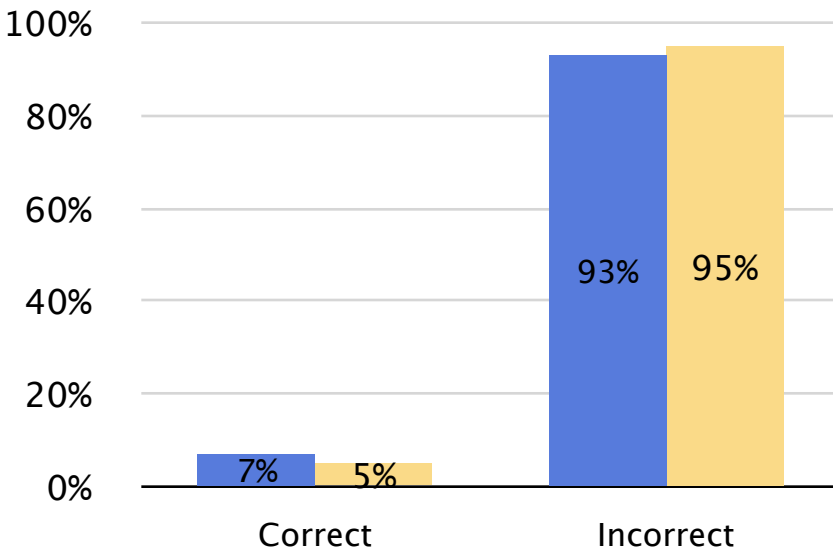
There were only 4 underweight children in our sample; none of their caregivers correctly identified their weight status.

Percent of Caregivers Identifying Their **Overweight** Child's Weight Status Correctly
(2009 n = 21)
(2010 n = 16)



In 2010, only 25% of caregivers of overweight children correctly identified their child as overweight; an increase from the previous year when no caregivers correctly identified their child as overweight.

Percent of Caregivers Identifying Their **Obese** Child's Weight Status Correctly
(2009 n = 81)
(2010 n = 80)



In both 2009 and 2010, over 90% of the caregivers of obese children did not recognize their child was obese.



2009–2010 Comparisons of Importance of Diet and Nutrition

How Often do You Give the Following Snacks to Your Child?	Combined % Often/Sometimes		Combined % Never/Hardly Ever	
	2009	2010	2009	2010
Fresh Fruit	95.7%	88.4%	4.3%	11%
Ice Cream	93.5%	75.4%	6.5%	23.6%
Fresh Vegetables	92.5%	79.1%	7.5%	18.8%
Cheese	92.4%	87.4%	7.6%	11.5%
Cookies	90.8%	84.9%	8.6%	14.7%

How Important is:	Combined % Very and Somewhat Important	
	2009	2010
Diet and nutrition to you personally?	92.9%	88.8%
Choosing a diet with plenty of fruits and veggies?	98%	93.8%
Eating a variety of foods?	92%	78.6%
Maintaining a healthy diet?	94%	92.3%
Choosing a diet low in fat?	88.9%	85.2%
Choosing a diet with plenty of breads, cereals, rice, and pasta?	69.7%	68.9%
Eating at least 2 servings of dairy products?	84.8%	75%

Healthy eating is important to most adults.



Diet and Nutrition Findings – Children

2009–2010 Comparisons of Daily Servings of Select Food Items

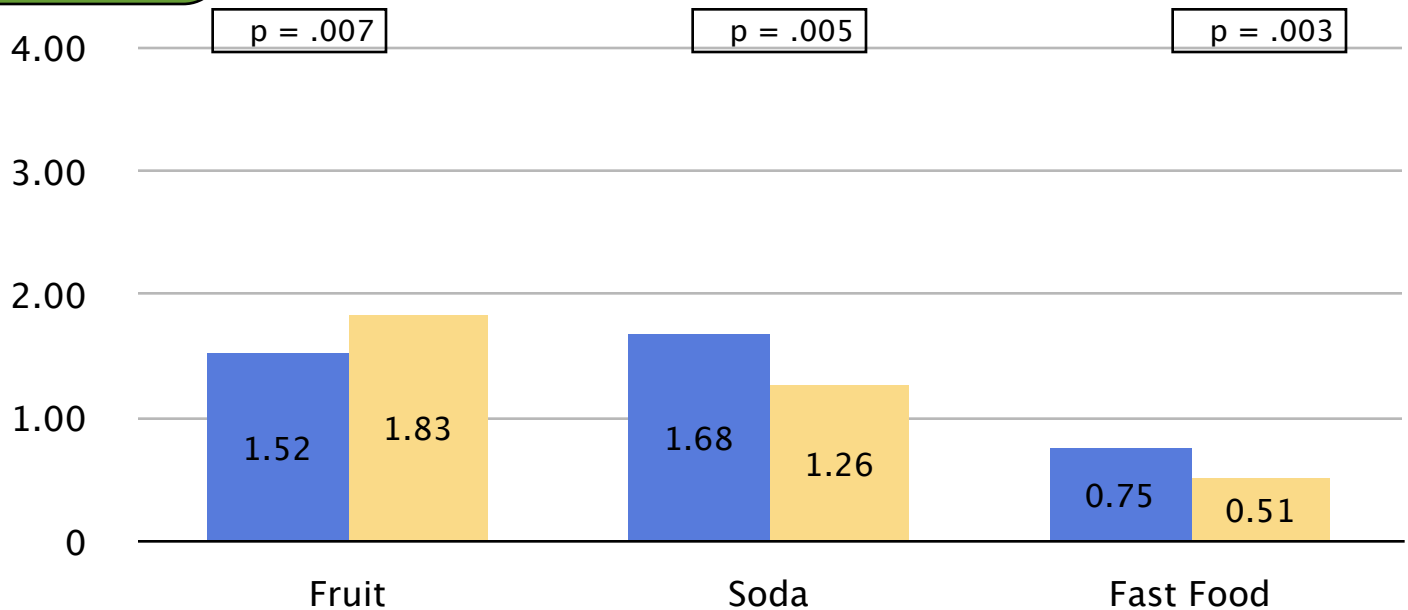
Food Choices	Average # of Servings / day		p-value
	2009	2010	
100% Fruit Juice	1.73	1.47	Not significant
Fruit, not including juice	1.83	1.52	<0.01
Vegetables, not including potatoes	1.45	1.39	Not significant
Potatoes, not fried	0.73	0.65	Not significant
French Fries/Potatoes	0.65	0.62	Not significant
Milk	1.92	1.91	Not significant
Soda	1.68	1.26	<0.01
Fast Food	0.75	0.51	<0.01
High Sugar Foods (cookies, doughnuts, pastries, cakes, or popsicles)	2.01	1.73	Not significant

In 2010, children are consuming less fruit and more fast food and soda than in 2009.

Children's Average # of Servings of Select Food Items Per Day 2009–2010 Comparisons

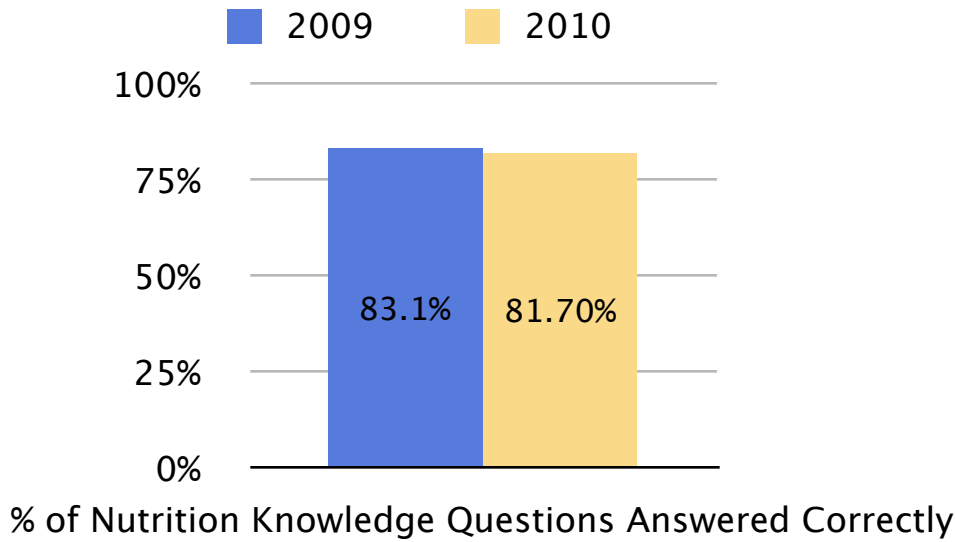
■ 2009 ■ 2010

Children are not meeting CDC healthy eating guidelines of 5 fruits and vegetables a day.





Nutrition Knowledge



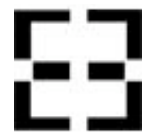
On average, adult respondents in 2010 answered 81.7% of Nutrition Knowledge questions correctly, a slight decrease from an average of 83.1% correct in 2009.

In 2009 and 2010 nearly all of the adult respondents (97% and 98% respectively) knew that being overweight puts you at an increased risk for heart disease and diabetes.

2009–2010 Comparisons of Adults’ Perceptions About Diet and Barriers to Healthy Eating

	Combined % Strongly Agree and Agree	
	2009	2010
With my schedule, it's impossible to eat right	33.8%	49.5%
There's too much stress in my life for me to effectively manage my weight	27.3%	35.2%
I eat more when I'm alone than when I eat around others	35.9%	26.1%
When I've done something good, I reward myself with food	25.2%	16.3%
I eat more on the weekends	39.4	25%
If I'm craving food, my body must need it	35.9%	33.2%
Some people are meant to be overweight	36.3%	28.6%

The most common barriers to healthy eating are: personal schedule, life stressors, and food cravings.



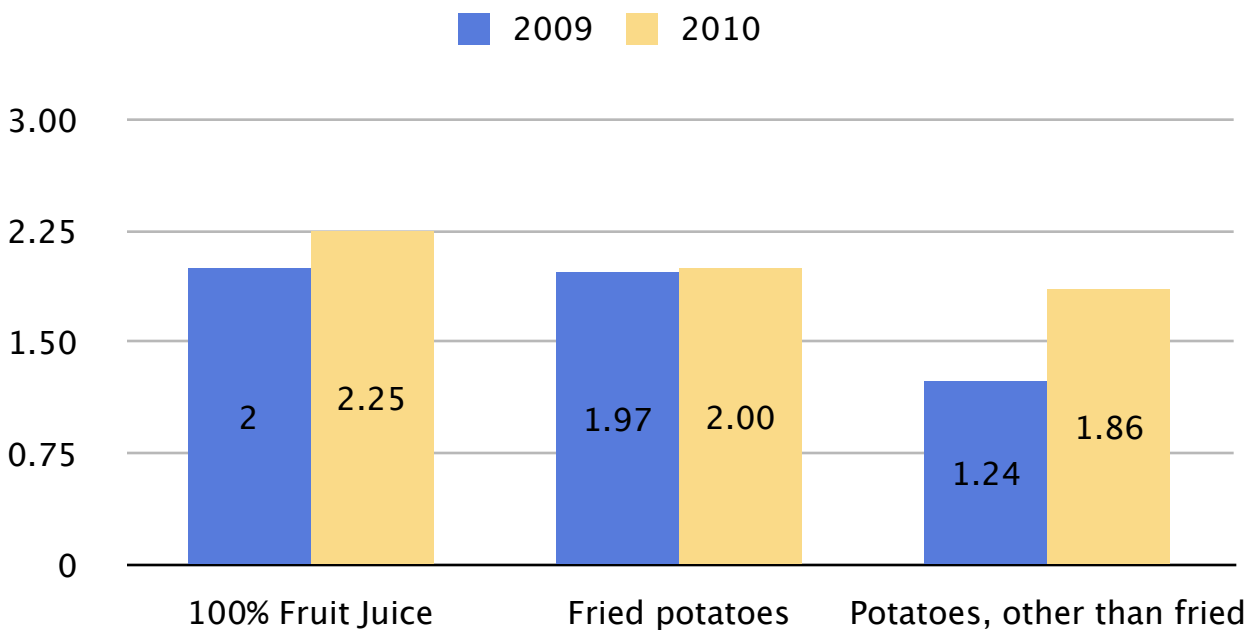
Diet and Nutrition Findings – Adults

2009–2010 Comparisons of Daily Servings of Select Food Items

Food Choices	Average # Servings / day		P-Value
	2009	2010	
100% Fruit Juice	2.00	2.25	NS
Fruit, not including juice	2.01	1.96	NS
Vegetables, not including potatoes	1.86	1.83	NS
Fried potatoes	1.97	2.00	NS
Potatoes, other than fried	1.24	1.86	NS
Green Salad	1.74	1.55	NS

Adults are not meeting CDC healthy eating guidelines for 5 fruit and vegetable servings daily.

Adult's Average # of Servings of Select Food Items Per Day
2009–2010 Comparisons

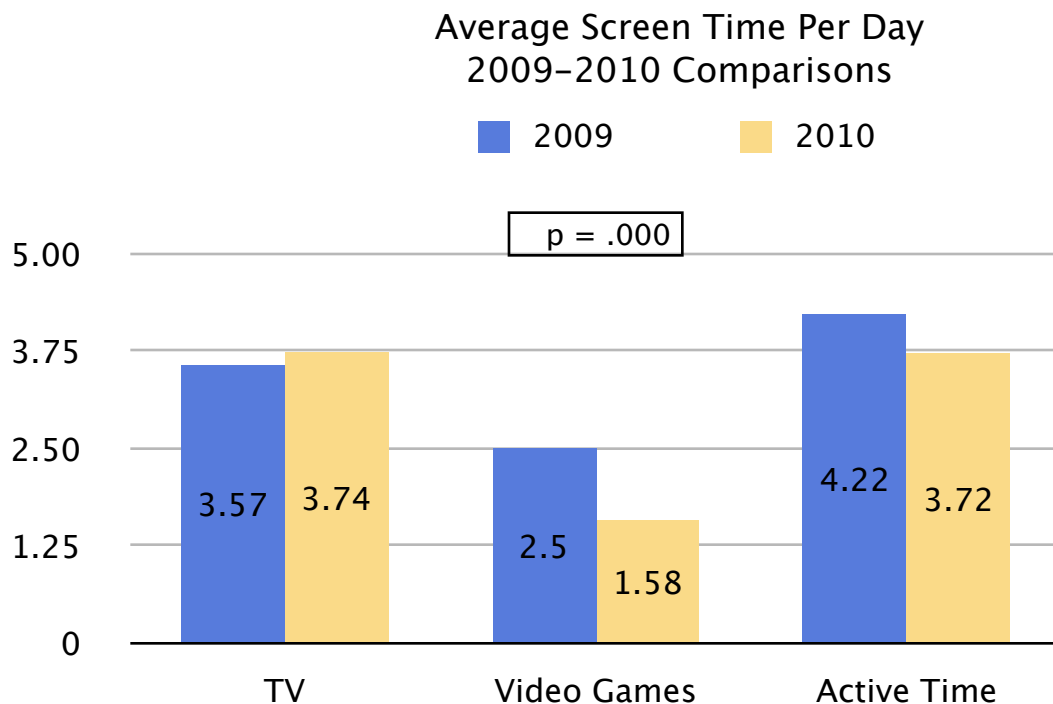




Active Play Per Day

Caregivers of children in Englewood reported very high levels of active play in both 2009 and 2010. There was a great range in the active play times reported, from 0 minutes of active play time to a 16 hours per day. Because of the wide range and because more than 8 hours of active play seems unlikely and studies indicating parents overestimate children's active time we calculated average active play time using reported values up to 8 hours per day. The average daily amount of active play reported was 2.3 hours in 2009 and 3 hours in 2010. These averages are very high based other data from the United States, suggesting that caregivers in Englewood, like caregivers nationally, overestimate the amount of time their children spend in active play.

2009–2010 Comparisons of Screen Time Per Day



While screen time is higher than recommended, there was a significant decrease for video games in 2010.



Active Transportation to School

- 57% of school age children in 2010 lived close enough to walk or bike to school.
- Of those children that lived within walking distance of their school, 57% walked or biked 5 days/week.
 - Median days walk = 5 in 2010 (5 days in 2009)
 - Median days bike = 5 in 2010 (3 days in 2009)

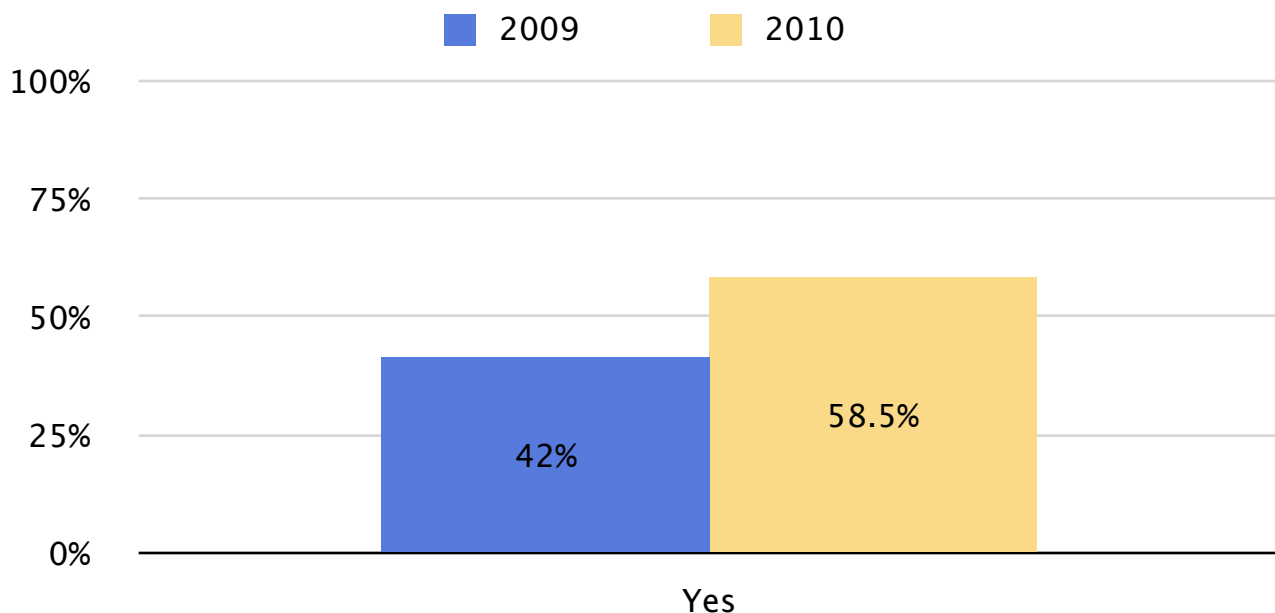
In 2010, 57% of children living within walking distance of school report walking or biking 4–5 days/week.

Physical Education Class and Sports Team Participation

- The average school-age child in 2009 attended physical education class 3 days/week.
- The average school-age child in 2010 attended physical education class 5 days/week.

Organized Physical Activity

Percent of Children Participating in Organized Physical Activity/Sports Teams

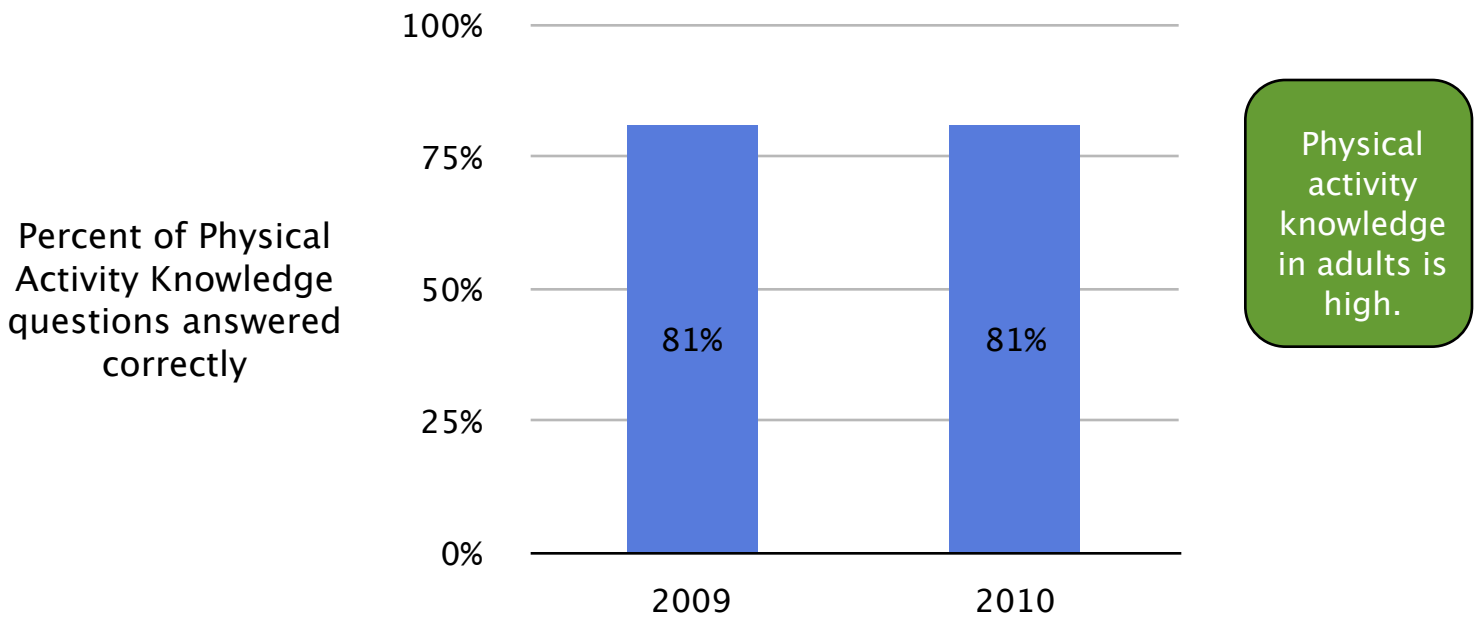




Physical Activity Findings – Adults

2009–2010 Comparisons of Physical Activity Knowledge

- Physical activity knowledge decreased slightly from an average of 5.64 questions correct out of 7 in 2009, to an average of 5.64 questions correct out of 7 in 2010.



Statement	Correct answer	Percent of adults who responded correctly in 2009	Percent of adults who responded correctly in 2010
People who need to lose weight are the only ones who benefit from physical activity.	FALSE	59.6%	76.7%
Most people get enough physical activity from their daily routine.	FALSE	6%	3%



Physical Activity Findings – Adults

2009–2010 Comparisons of Barriers to Physical Activity

	Combined % Strongly Agree/ Agree		Combined % Disagree/Strongly Disagree	
	2009	2010	2009	2010
I am just too tired after work to engage in physical activity.	30.9%	45.4%	68.7	54.1%
I've been thinking about being more physically active, but I just can't seem to get started.	49%	61.7%	51%	38.3
I don't have access to jogging trails, swimming pools, bike paths, etc.	24.3%	25.5%	75.3%	74%
Physical activity takes too much time away from other commitments – work, family, etc.	22.3%	25%	77.8%	74.8%
I'm embarrassed about how I will look when I engage in physical activity with others.	18.7%	12.7%	81.3%	86.7%
I don't have enough money to be physically active.	20.8%	20.4%	79.3%	79.6%
My free time during the day is too short to include physical activity.	21.8%	27%	78.3%	72.4%
My usual social activities with family or friends don't include physical activity.	30.3%	48.5%	69.2%	51.6%
I don't like being physically active.	19.1%	20.4%	80.3%	79.6



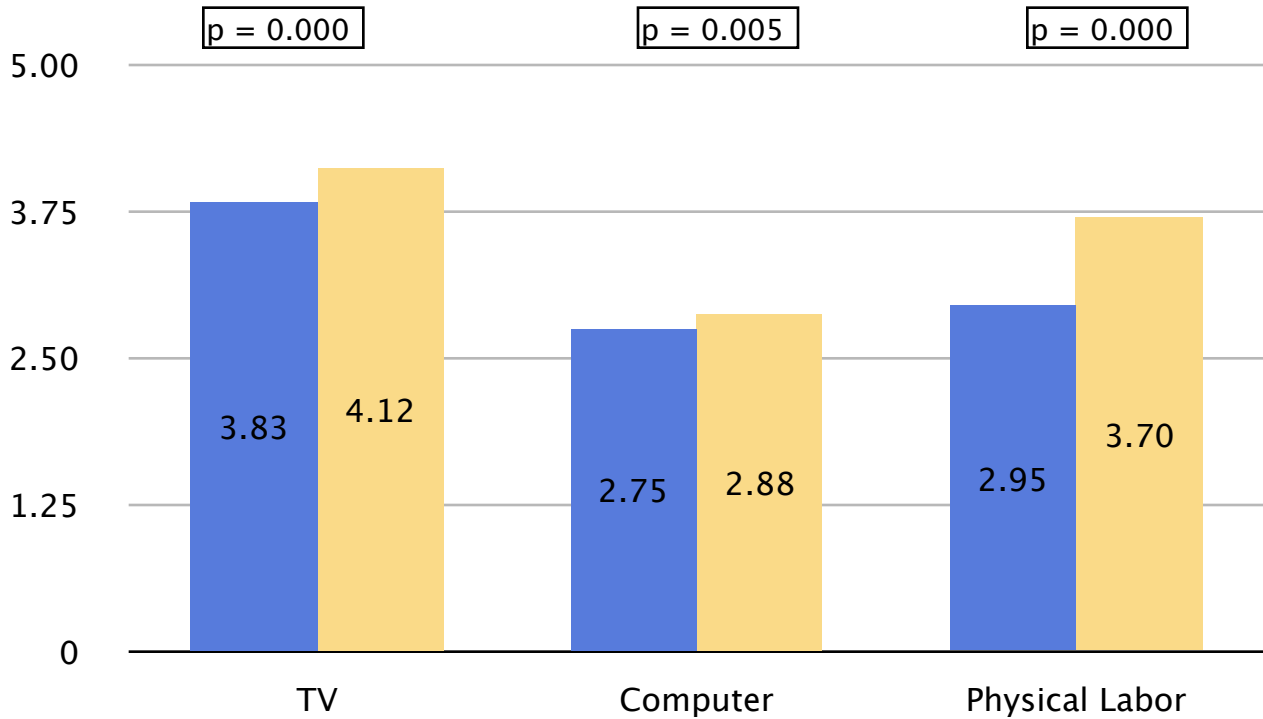
Factors Affecting Physical Activity – Adults

2009–2010 Comparisons of Screen Time Per Day

Average Screen Time per Day in hours

2009–2010 Comparisons

■ 2009 ■ 2010

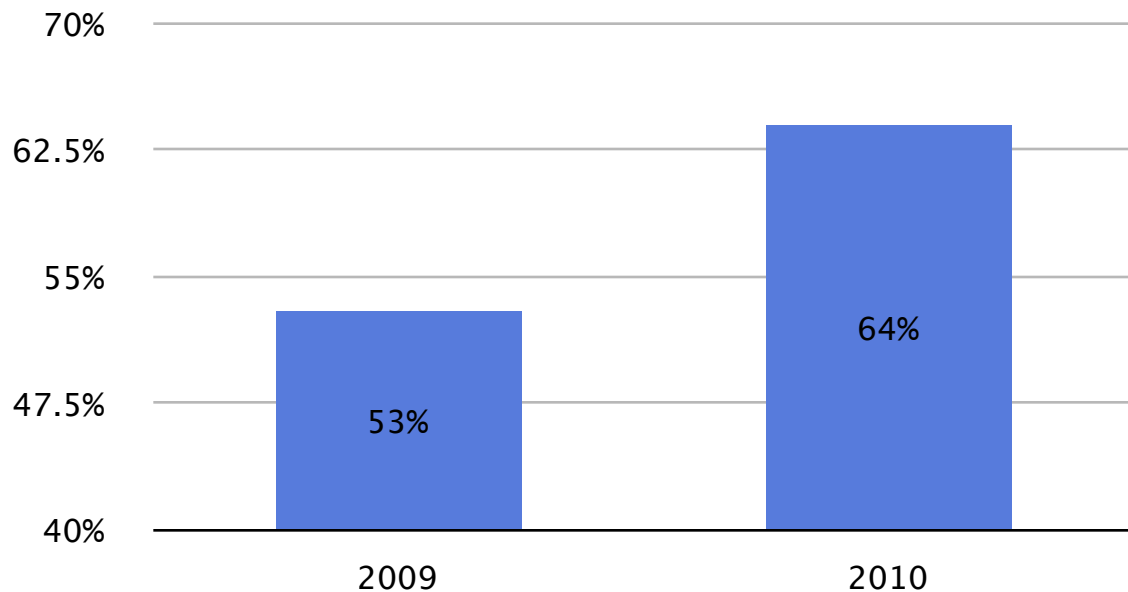


Screen-time is high for adults..

Parental Perception of Community Safety

2009–2010 Comparisons

■ I feel comfortable with my child playing outside in my community





Summary

We found that in Englewood in 2010, over half of children and adults are overweight or obese, a 16% increase from 2009. Nationally, only around 32% of children are overweight or obese, while in Englewood in 2010 65% of children were overweight or obese. Most parents in Englewood have difficulty recognizing overweight or obesity in their children, with only 24% of caregivers of overweight children and 19% of caregivers of obese children correctly identifying their child's weight status. Caregivers report that eating healthy is important to them and have good nutrition knowledge, however neither adults nor children are meeting the CDC's healthy eating guidelines. Screen time is high for both children and adults.

Discussion

The findings from this study show some improvements in healthy living knowledge and behavior from 2009 to 2010, however overweight and obesity rates for adults and children are still much higher than the national rates. The information in this report can be used to identify areas of action and intervention to address concerns about the health of residents of Englewood. Resources for improving the food and physical activity environment and tips for encouraging healthy lifestyles can be found on CLOCC's website, www.clocc.net.

Support for this study was provided by: The Chicago Community Trust, Kraft Foods, and The Otho S. A. Sprague Memorial Institute.

Eating Right and Being Healthy are as Easy as:

5 Servings of fruits and vegetables a day

4 Servings of water a day

3 Servings of low fat dairy a day

2 Hours or less of screen time a day

1 Hour or more of physical activity a day



Contact Information

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To download a copy of this report, please visit:
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CO-OP

Englewood

Consortium to Lower Obesity
in Chicago Children

