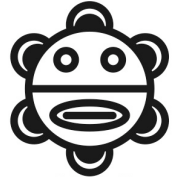


# Findings Report: 2013



## Humboldt Park Community Nutrition & Physical Activity Survey

Consortium to Lower Obesity  
in Chicago Children

**clocc**





## Introduction

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In summer 2005 and again in summer 2009, with assistance from SUHI, CO-OP Humboldt Park and the Consortium to Lower Obesity in Chicago Children (CLOCC) conducted a survey of Humboldt 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 or for funding applications, and (3) to provide information for evaluation of community efforts toward improving child health. This report summarizes key findings from the 2005 and 2009 surveys as well as significant changes between the two reports.

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### Key 2005 Findings

- Based on survey data, 69% of adults in Humboldt Park are overweight or obese.
  
- 85% of the caregivers of overweight children and 58% of the caregivers of obese children perceived those children to be either of normal weight or underweight.
  
- Only 20% of adults knew that it is recommended to eat five servings of fruits and vegetables a day.

### Key 2009 Findings

- Over half of adults (62%) in Humboldt Park are overweight or obese.
  
- Only 44% of caregivers of overweight children correctly identified their child as overweight; only 31% of caregivers of obese children correctly identified their child as obese.
  
- Only 18% of adults knew the recommended number of servings of fruits and vegetables daily is 5-10 servings.



## Methods

### **The 2005 survey**

Humboldt Park residents were identified and trained in recruitment and interviewing. They administered surveys to eligible community residents in English and Spanish between June and August of 2005. Surveys were administered in a variety of settings including: homes, schools, and churches. To be eligible to participate in the survey, participants had to be living in Humboldt Park and be the primary caregiver of a child between the ages of 2 and 12 years. The borders of Humboldt Park were defined as North Ave on the north, Augustana Boulevard on the south, Western Avenue on the east, and California Avenue on the west. Venue-based time-space sampling was used; a list of events/locations with high expected yield of participants was generated and interviewers were sent to these locations based on the recruitment calendar that was created by the research team. As an incentive, participants were given a \$15 Target gift card for their participation. All participants were required to sign an informed consent.

### **The 2009 survey**

Local resident surveyors approached adults at various locations in Humboldt Park (HP) between April and July of 2009. The adults were asked to participate in a survey about their health behaviors and those of a child in their care. To be eligible for the study, 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 Bloomingdale Avenue on the north, Augustana Boulevard on the south, Western Avenue on the east, and Kedzie Avenue on the west. For this report, only information about children age 2 to 12 years was included. Participants completed a survey consisting of 57 questions for themselves, as well as a 38-question survey regarding their child's behaviors. Specific topics included demographics; weight status and perceptions; nutrition – knowledge, attitudes, and behaviors; physical activity – knowledge, attitudes and behaviors; and healthy environment– perceptions about the local communities support for health lifestyles, and screen time. Surveys were completed in English or Spanish, which also required informed consent. Upon completion of the survey, participants received a \$15 Target gift card.



## Demographic Information

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### Explanation of Recoding

The race category options in the 2005 and 2009 Surveys were different. In order to better represent the change in participant demographics from the primary survey in 2005 to the secondary survey in 2009, race and ethnicity responses from the 2009 survey were recoded into 6 categories: Mexican (alone/combination with any other race), Puerto Rican (alone/combination with any other race), Mexican and Puerto Rican (alone/combination with any other race), Other Hispanic (not including Mexican or Puerto Rican), Non-Hispanic Black, and Other. There was missing race information in some of the adult surveys, and therefore there is a seventh category that takes this into account. In order to match 2005 to 2009 samples– we excluded non-Hispanic Blacks from the 2009 sample (enrollment criteria different for 2009 survey) when comparisons were made. Therefore, 2005 and 2009 survey comparisons do not include non-Hispanic Blacks.

The 2009 survey also used different age criteria for children. The 2005 survey only included children between the ages of 2–12 years. In 2009, children included ranged from 2–18 years of age (18 years being the cut off). Therefore, the analysis includes 2005 and 2009 survey comparisons of child data that are age-adjusted. This was done by excluding children over the age of 12 years from 2009. Consequently, the results in this report refer only to children 2–12 years of age.

### *2005 Participant Demographics*

A total of 202 adults completed the surveys for themselves and on behalf of a child in their care. Some children were outside the age range criteria for this study. Data from these surveys were excluded from final results. The total number of child surveys included was 187. The majority of adult respondents were female (88%) and about half of the children were female (48%). Mothers were the most likely caregivers (81%), 10% of caregivers were fathers and 7.5% of caregivers were grandparents. The ages of adult participants ranged from 18–68 with an average age of 34. Children ranged in ages from 2 to 12; 44% were between the ages of 2–5 and 66% were between the ages of 6–12. Half of the participants had lived in Humboldt Park for less than 7 years, participants lived in the neighborhood an average of 10 years.

### *2009 Participant Demographics*

A total of 188 adults completed the surveys for themselves and a child in their care. Some children were outside the age range for this study, and data from these surveys were excluded from the final results. The total number of completed child surveys used was 176. Most of the adult participants were female (90%), while their children were more evenly split with 52% of children being female. The majority of adult caregivers were the child's mother (73%); other common relationships were father (11%), grandparent (10%), and other (7%). The ages of adult participants ranged from 19–65 years, the average age was 34 years. Children ranged in age from 2–12 years; x% were between the ages of 2–5 and x% between the ages of 6–12. Household size ranged from 2–13 people, and 50% of households had 5 or more people. Half of the respondents had lived in Humboldt Park for less than 7 years, participants lived in the neighborhood an average of 10 years.



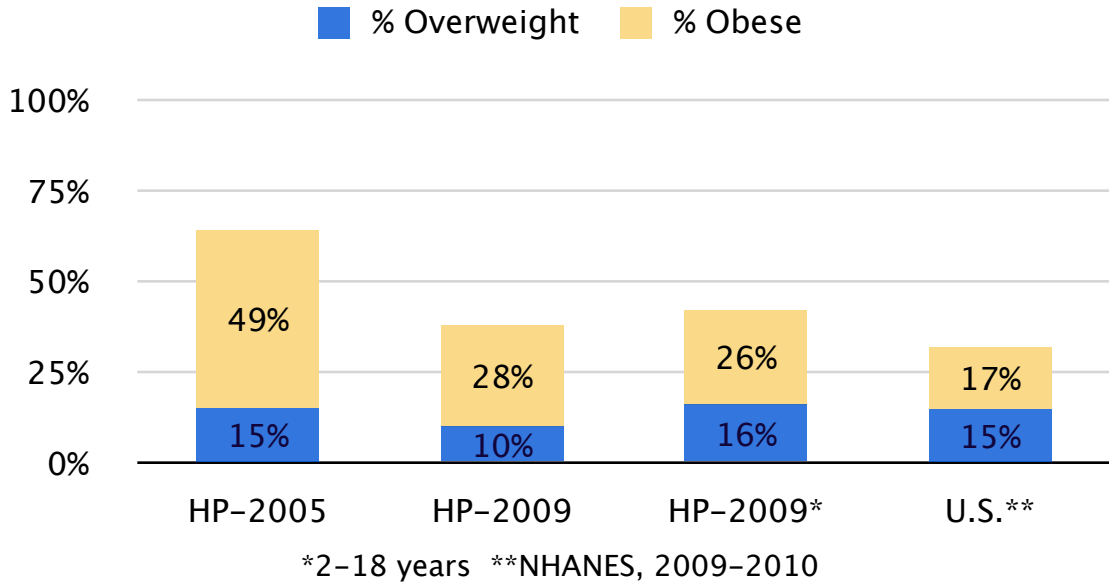
## Demographic Information

Adult Demographics	Percent or median/range		N	
	2005	2009	2005	2009
Race/Ethnicity				
Mexican (alone/combo)	51.2%	46.7%	103	70
Puerto Rican (alone/combo)	43.8%	40.0%	88	60
Mexican & Puerto Rican (alone/combo)	3.5%	1.3%	7	2
Other Hispanic	1.0%	7.3%	2	11
Other	0%	3.3%	0	5
Missing	0.5%	1.3%	1	2
Country of Birth				
U.S.	41.2%	44.0%	82	66
Mexico	43.7%	38.7%	87	58
Puerto Rico	13.6%	13.3%	27	20
Other	1.5%	4.0%	3	6
Years in the U.S. (if born outside U.S.)				
Median	15	15	119	95
Range	0-52	1-44		
Primary Language				
English	43.2%	38.8%	86	57
Spanish	54.8%	60.5%	109	89
English/Spanish	1.0%	0%	2	0
Survey Language				
English	NA	56.9%	NA	107
Spanish		43.1%		81
Child Demographics	Percent		N	
	2005	2009	2005	2009
Race/Ethnicity				
Mexican (alone/combo)	42.2%	44.7%	79	51
Puerto Rican (alone/combo)	41.2%	40.4%	77	46
Mexican & Puerto Rican (alone/combo)	11.2%	5.3%	21	6
Other Hispanic	3.7%	4.4%	7	5
Other	0.5%	3.5%	1	4
Country of Birth				
U.S.	91.8%	94.7%	167	108
Mexico	6.0%	4.4%	11	5
Puerto Rico	2.2%	1.7%	4	1



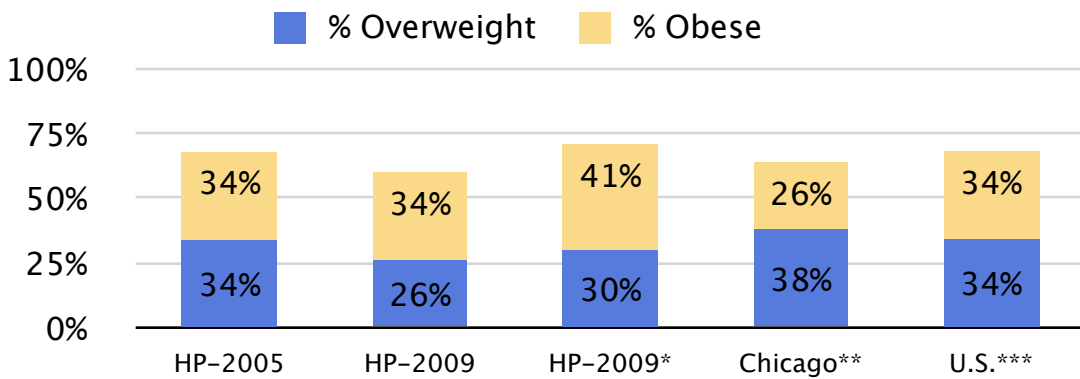
# Weight Status

## Child Weight Status Comparison Chicago with National Data



Based on 2005 survey data over half of children in Humboldt Park were overweight or obese. In 2009 38% of children in Humboldt Park were overweight or obese.

## Adult Weight Status Comparison Chicago and National Data



In 2005 & 2009 over half of adults in Humboldt Park were overweight or obese.

\* Age-adjusted to 2005 sample using 2 age groups (18-39 yrs; 40-74 yrs)

\*\*IL BRFSS 2003, age-adjusted

\*\*\*U.S. NHANES 2007-2008 (20+ yrs)

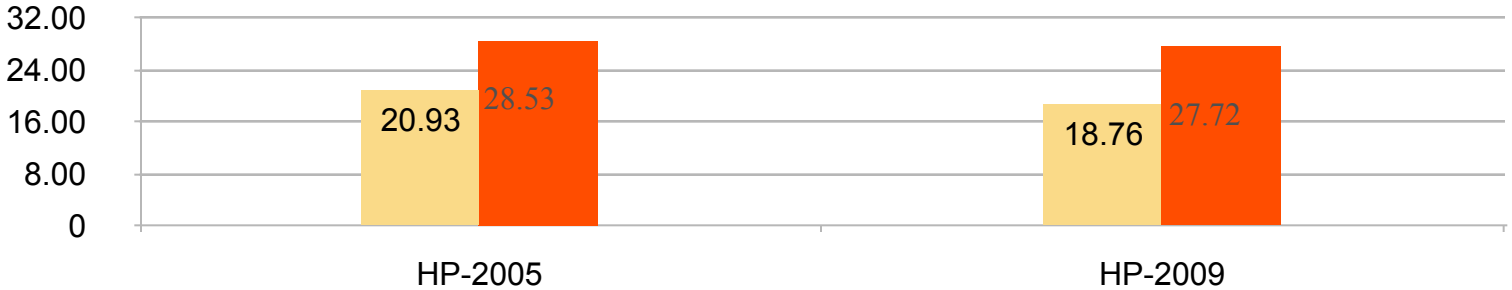


# Weight Status

## Average BMI (2-12 Years) 2005-2009 Comparisons

Child (2-12 years) Adult

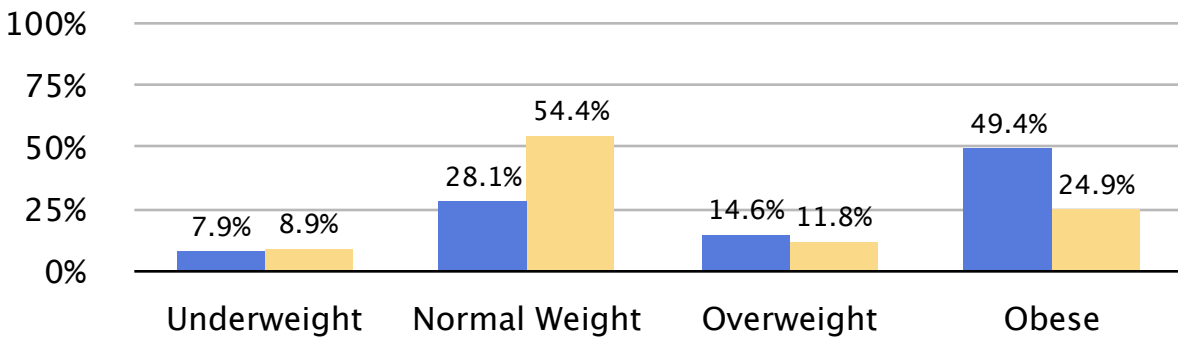
p = .015



## Child Weight Status (2-12 Years) 2005-2009 Comparisons

HP-2005 (n=89) HP-2009 (n=68)

p = .015

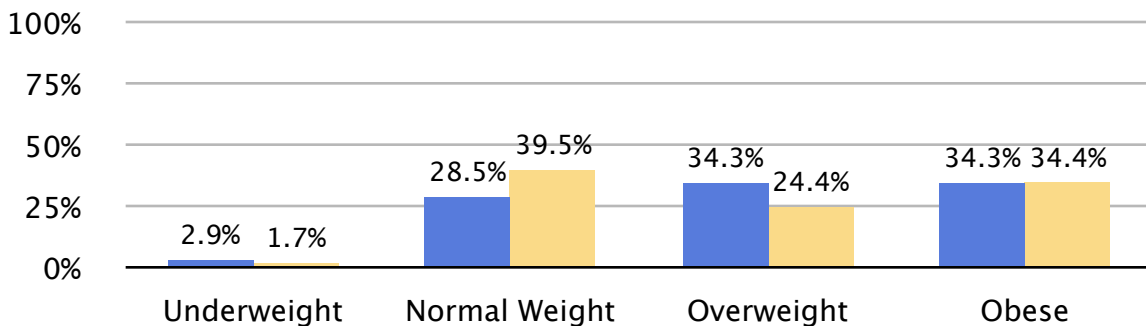


In 2005 survey data indicates that over half of children in Humboldt Park were overweight or obese. There was a decrease in child obesity levels in 2009, according to these data.

## Adult Weight Status 2005-2009 Comparisons

HP-2005 (n=172) HP-2009 (n=137)

p = .015



In 2005 & 2009 over half of adults in Humboldt Park were overweight or obese.



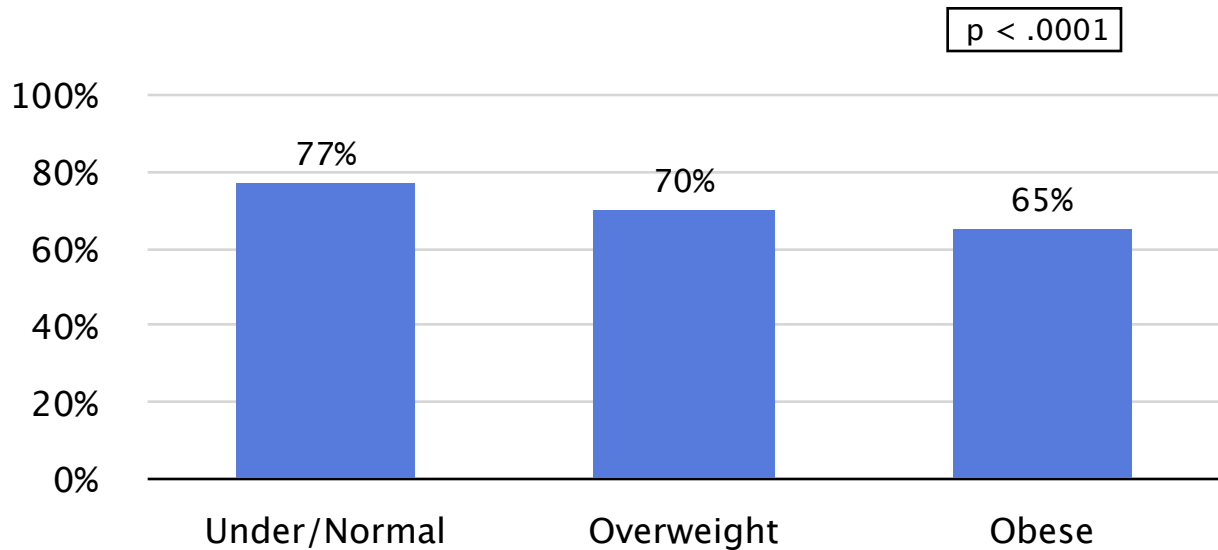




## Weight Status – Perception of Weight Status

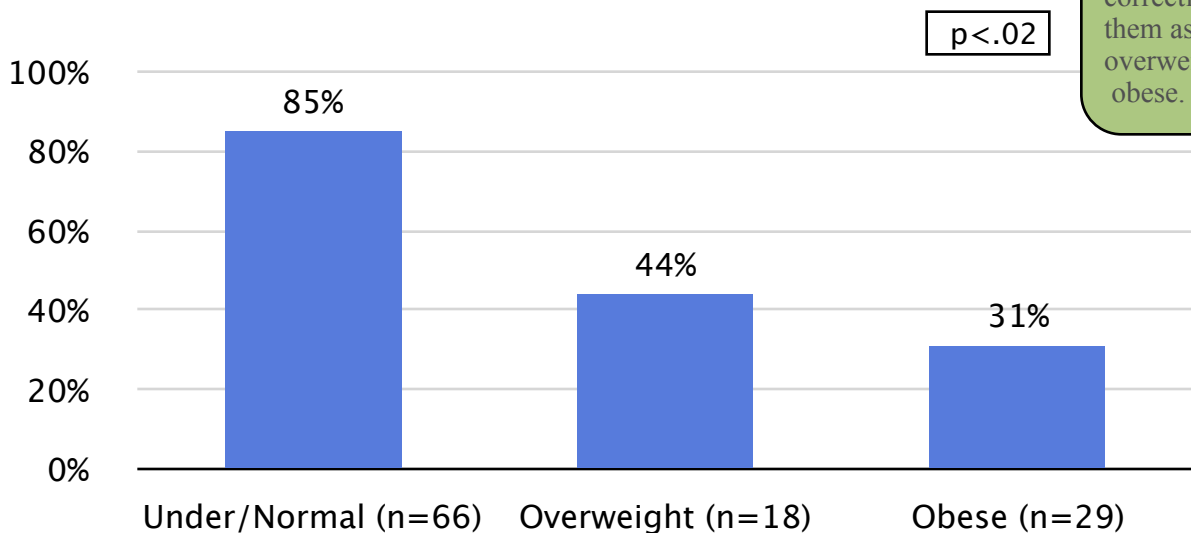
2009

Percent of Caregivers Identifying Their Own Weight Status Correctly by Weight Status (n=173)



2009

Percent of Caregivers Identifying Their Child's Weight Status Correctly:



Caregivers were more likely to correctly identify their own weight status. However, caregivers of overweight or obese children were less likely to correctly identify them as being overweight or obese.



# Diet and Nutrition Findings – Children

## 2005–2009 Comparisons of Importance of Diet and Nutrition

How Important Is:	Combined % Very or Somewhat Important	
	2005	2009
Diet and nutrition to you personally?	94%	98%
Choosing a diet with plenty of fruits & veggies?	97%	97%
Maintaining a healthy diet?	94%	96%
Eating a variety of foods?	90%	93%
Choosing a diet low in fat?	90%	93%
Eating at least 2 servings of dairy products/day?	89%	93%
Choosing a diet with plenty of breads, cereals, rice, and pasta?	48%	84%

Maintaining a healthy diet is important to children in Humboldt Park, according to survey data.



## Diet and Nutrition Findings – Children

### Children's Average # of Servings of Select Food Items Per Day

2005–2009 Comparisons

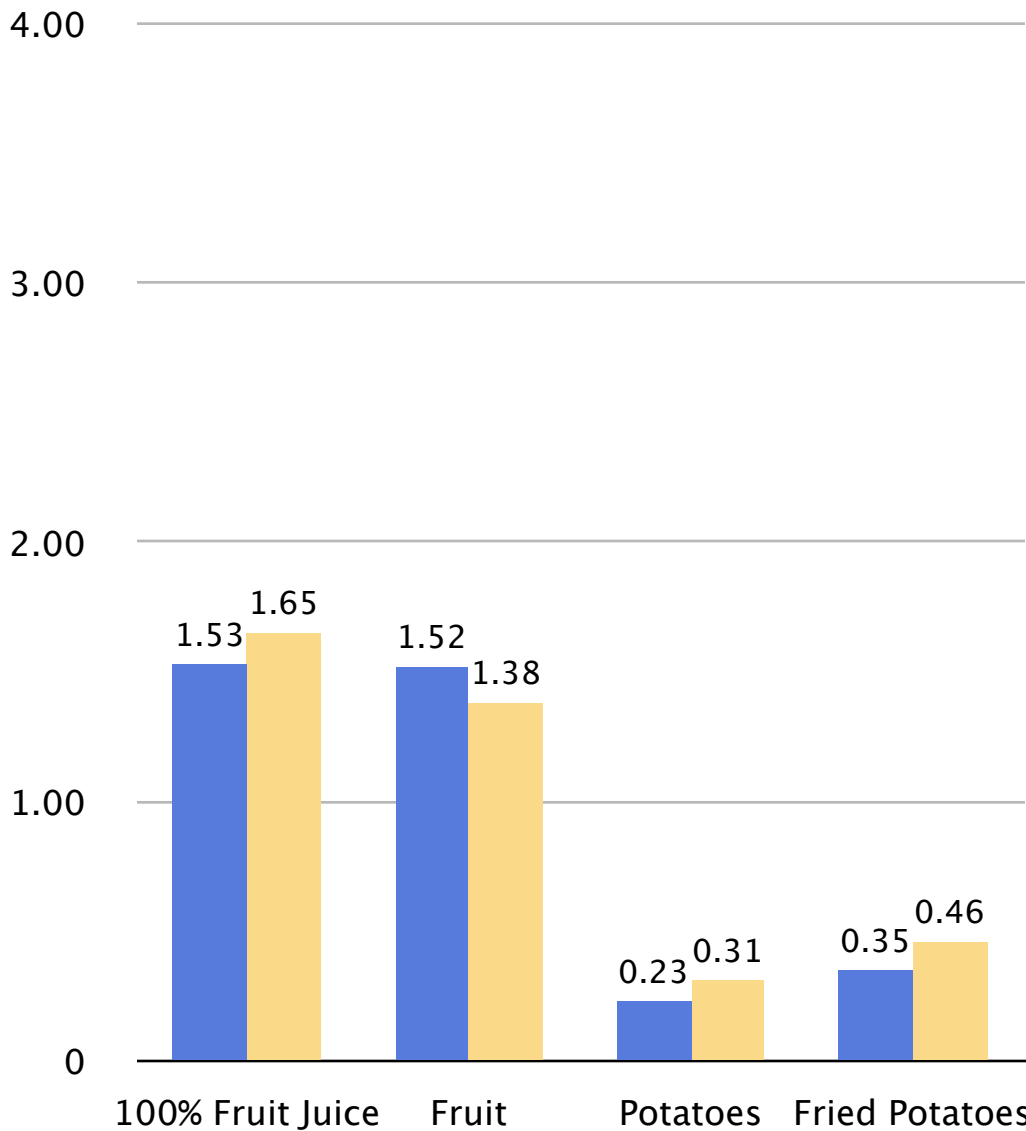
■ 2005      ■ 2009

$p = .002$

$p = .008$

$p = .006$

$p = .009$



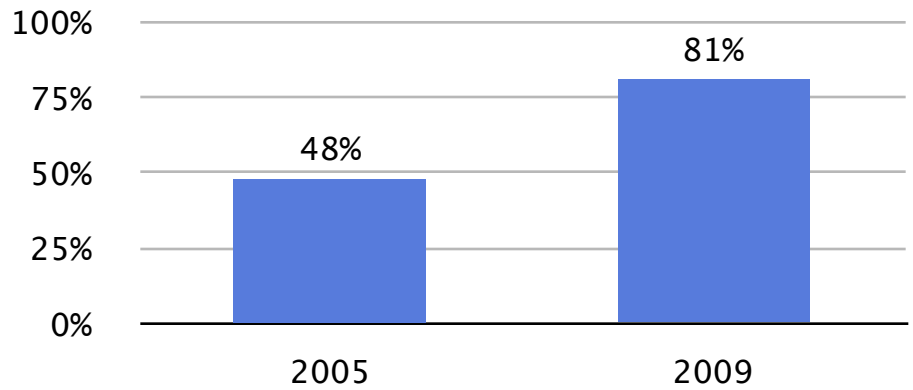
Children in Humboldt Park are consistently consuming more fruit juice and fruits than potatoes.



# Diet and Nutrition Findings – Adults

## Nutrition Knowledge

Percent of Nutrition Knowledge questions answered correctly



On average, adult respondents in 2009 answered 81% of Nutrition Knowledge questions correctly, an increase from an average of 48% correct in 2005.

## 2005–2009 Comparisons of Perceptions About Diet and Barriers to Healthy Eating

	Combined % Strongly Agree/Agree	
	2005	2009
If I'm craving food, my body must need it.	58%	43%
With my schedule, it's impossible to eat right.	70%	42%
There's too much stress in my life for me to effectively manage my weight.	63%	40%
I eat more on weekends.	64%	40%
I eat more when I'm alone than when I eat around others.	51%	28%
Some people are meant to be overweight.	45%	20%
When I've done something good, I reward myself with food.	38%	14%

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



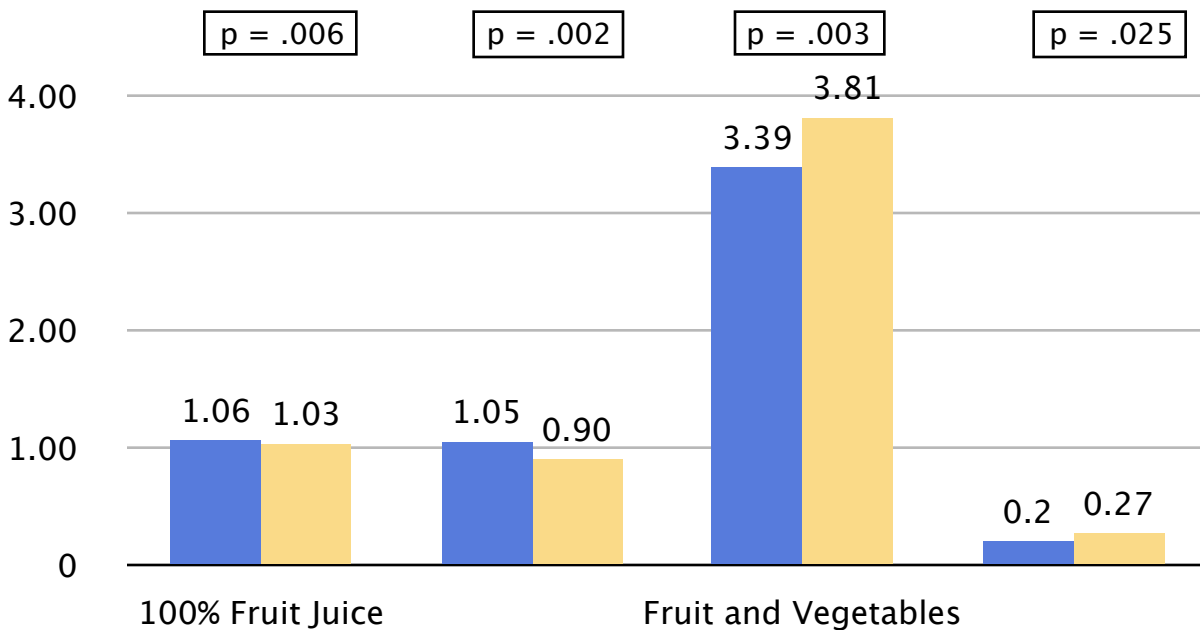
## Diet and Nutrition Findings – Adults

### 2005–2009 Comparisons of Daily Servings of Select Food Items

Food Choices	Average # Servings / day		P-Value
	2005	2009	
100% Fruit Juice	1.06	1.03	<0.05
Fruit, not including juice	1.05	0.90	<0.05
Vegetables, not including potatoes	0.61	1.06	NS
Fruit and Vegetables, including potatoes	3.39	3.81	<0.05
Fried potatoes	0.20	0.27	<0.05
Potatoes, other than fried	0.24	0.27	NS
Green Salad	0.55	0.65	NS

Adult's Average # of Servings of Select Food Items Per Day  
2005–2009 Comparisons

■ 2005 ■ 2009



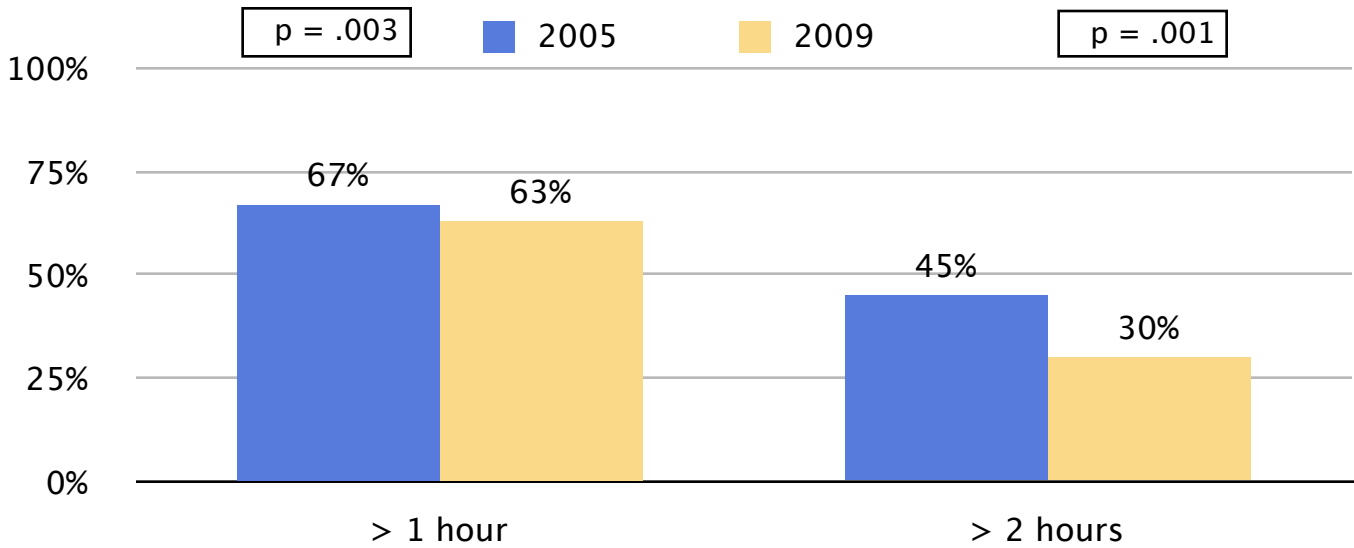
In both 2005 and 2009 adults in Humboldt Park tended to consume more fruits and vegetables than fried potatoes or fruit juice.



# Physical Activity Findings – Children

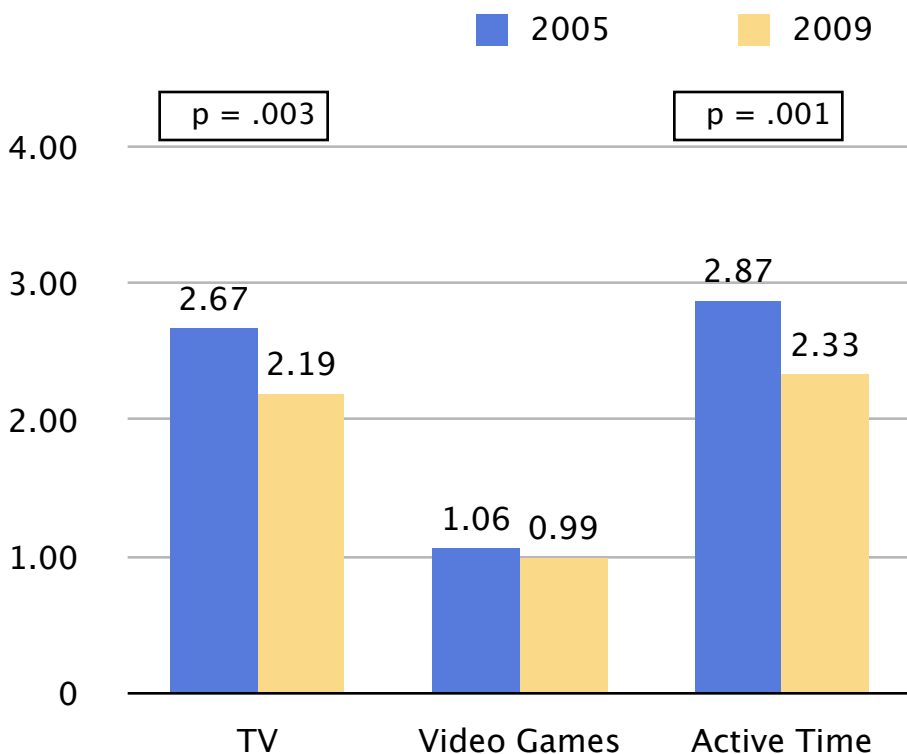
## Active Play Per Day

Percent of Children and Hours of Active Play Per Day  
2005–2009 Comparisons



## 2005–2009 Comparisons of Screen Time Per Day

Average Screen Time Per Day  
2005–2009 Comparisons

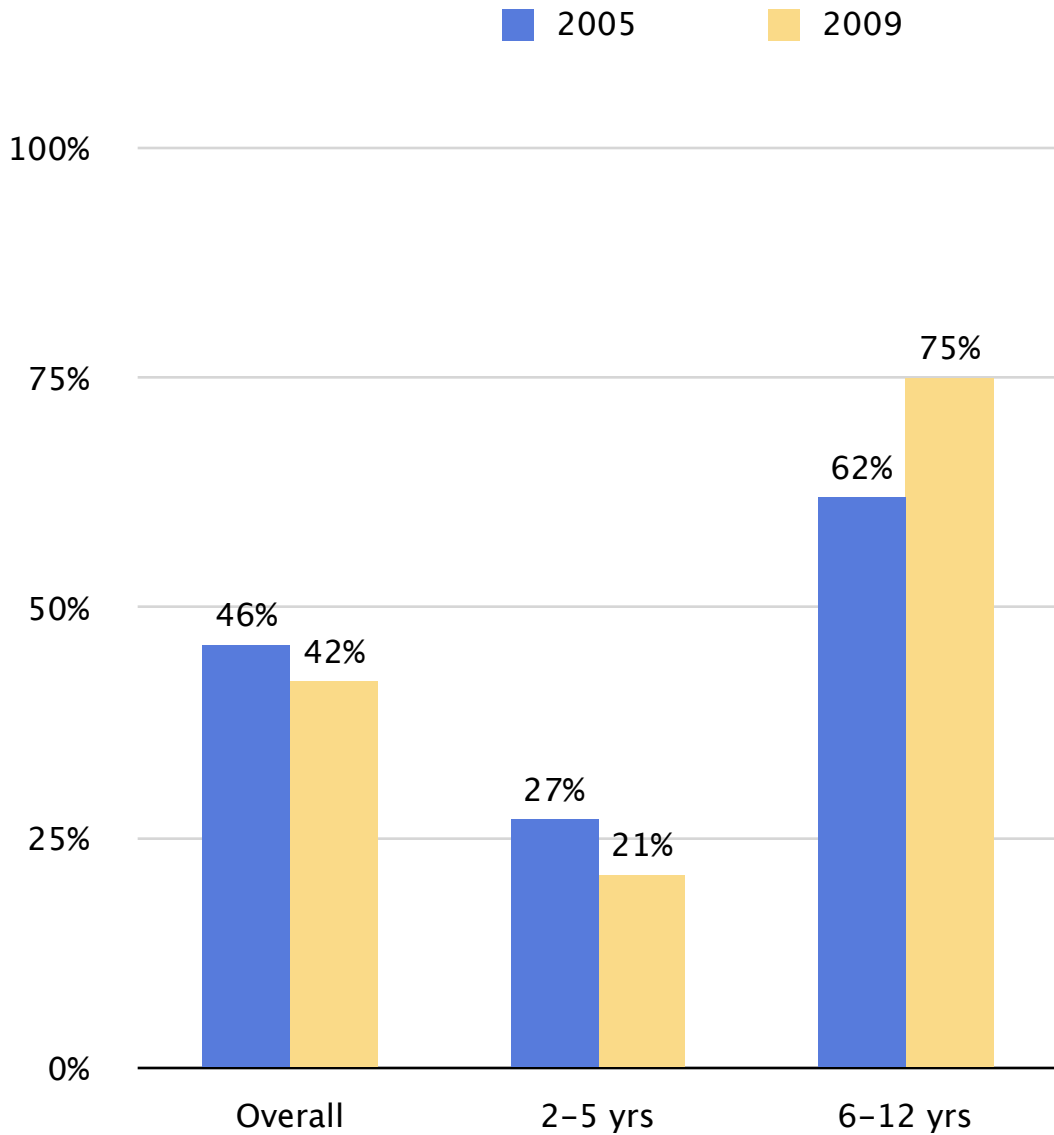


In both 2005 & 2009 survey data showed that children in Humboldt Park participate in more screen time per day than to physical activity.



## Physical Activity Findings – Children

Participation in Organized Physical Activity by Age  
2005–2009 Comparisons



Children ages 6-12 years consistently show to participate in more organized physical activity than children ages 2-5.



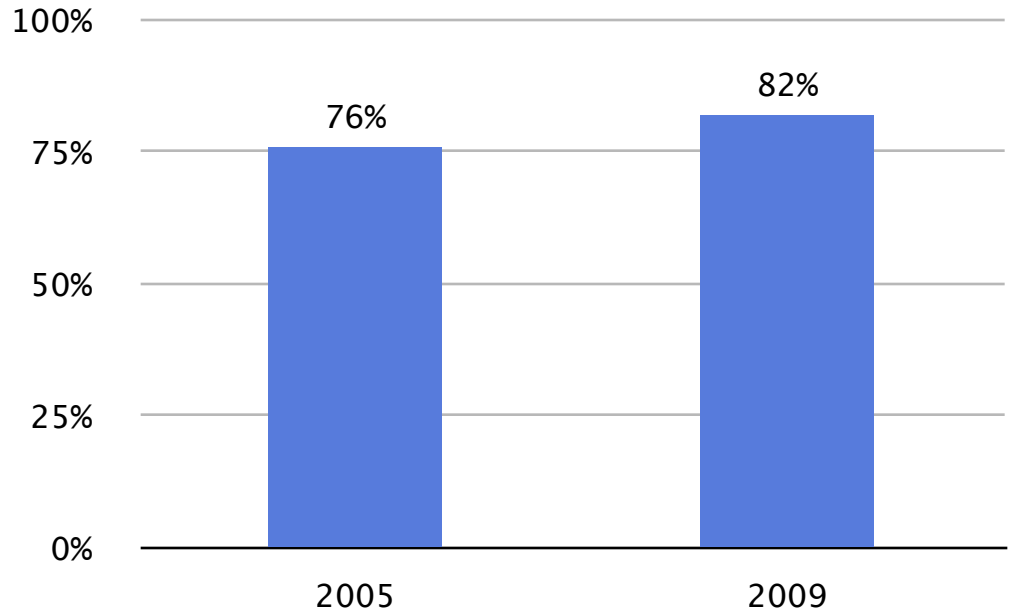
# Physical Activity Findings – Adults

## 2005–2009 Comparisons of Physical Activity Knowledge

In 2009, Out of 7 physical activity knowledge questions, the mean score was 82% correct, and the median score was 86%. The range was 29% – 100% correct.

In 2005, out of 7 physical activity knowledge questions, the mean score was 76% correct, and the range was 0%–100% correct.

Percent of Physical Activity Knowledge questions answered correctly



Statement	Correct answer	Percent of adults who responded correctly in 2005	Percent of adults who responded correctly in 2009
People who need to lose weight are the only ones who benefit from physical activity.	FALSE	75%	74%
Most people get enough physical activity from their daily routine.	FALSE	55%	45%





## Physical Activity Findings – Adults

### 2005–2009 Comparisons of Barriers to Physical Activity

	Combined % Strongly Agree/ Agree		Combined % Disagree/Strongly Disagree	
	2005	2009	2005	2009
My usual social activities with family or friends don't include physical activity.	50%	57%	50%	43%
I've been thinking about being more physically active, but I just can't seem to get started.	64%	47%	36%	53%
I am just too tired after work to engage in physical activity.	53%	42%	47%	58%
My free time during the day is too short to include physical activity.	39%	25%	61%	75%
I don't like being physically active.	NA	19%	NA	81%
I don't have access to jogging trails, swimming pools, bike paths, etc.	35%	22%	64%	75%
Physical activity takes too much time away from other commitments – work, family, etc.	28%	18%	72%	82%
I don't have enough money to be physically active.	NA	16%	NA	84%
I'm embarrassed about how I will look when I engage in physical activity with others.	18%	13%	81%	87%



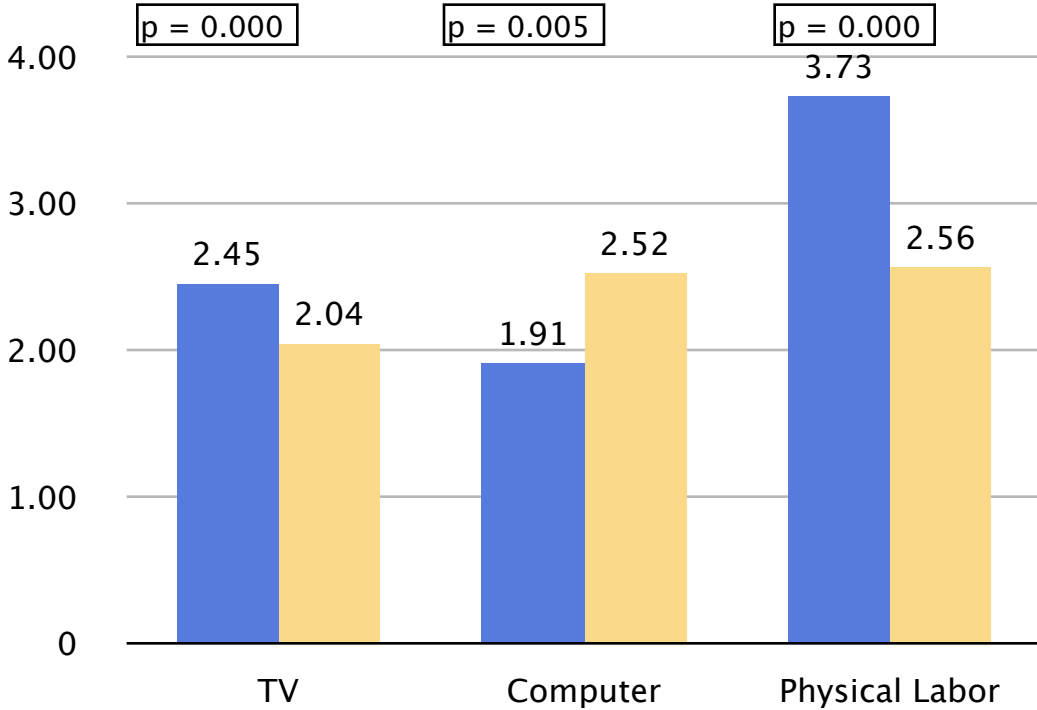
# Physical Activity Findings – Adults

## 2005–2009 Comparisons of Screen Time Per Day

Average Screen Time per Day in hours

2005–2009 Comparisons

■ 2005 ■ 2009

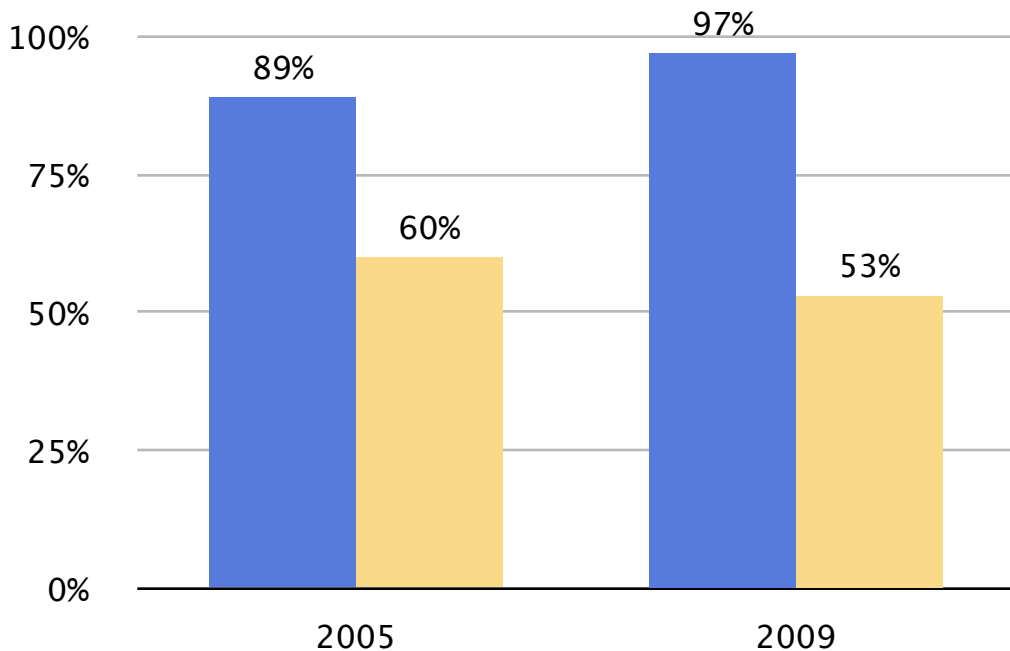


The amount of screen time per day is high for adults in Humboldt Park.

## Community Conditions

2005–2009 Comparisons

■ There is a Park/Playground or Open Space ■ Comfortable Having Children Outside



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

For more information about the survey or survey results, please contact:

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