

Findings Report: Spring 2010

Pilsen Community  
Nutrition & Physical  
Activity Survey



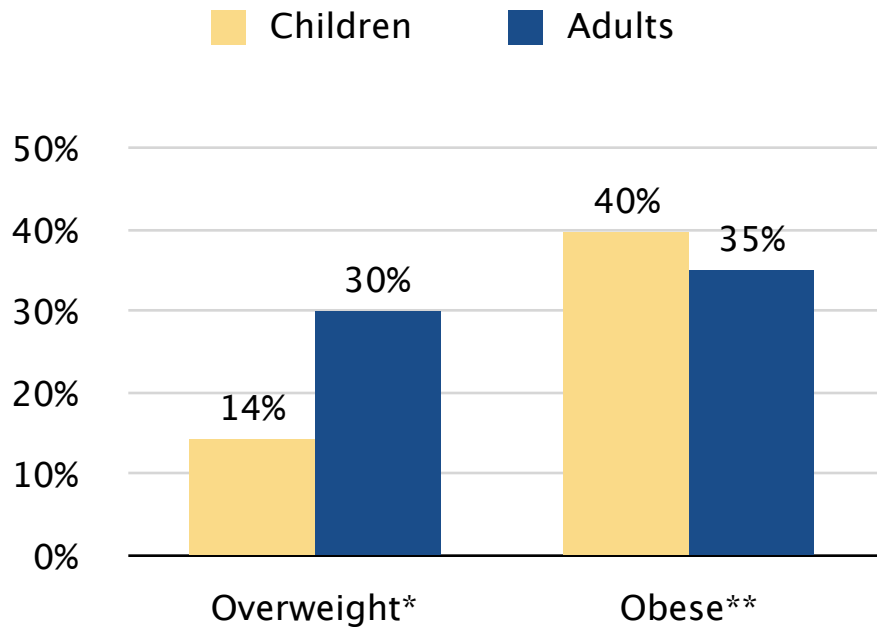


In the summer of 2009, El Valor and the Consortium to Lower Obesity in Chicago Children (CLOCC) conducted a survey of Pilsen residents. The purpose of the survey was to gather information about the current healthy lifestyle behaviors in children and caregivers. Surveyors asked neighborhood residents 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 find out how many children and child caregivers are overweight or obese, (2) to provide data to community organizations to use for program design or to apply for funding, and (3) to provide baseline information for future evaluation of community efforts towards child health.

## Key Findings

- ☑ Most adults (65%) in Pilsen are overweight or obese.
- ☑ Over half (54%) of children in Pilsen are overweight or obese.
- ☑ Most adults (95.6%) think that obesity is a serious problem for adults and children in the community.
- ☑ Most adults (77%) do not believe that children in the neighborhood eat well.
- ☑ Less than half of caregivers report their child is eating the recommended 5 or more servings of fruits and vegetables daily.
- ☑ Most adults (74%) do not believe that children in the neighborhood get enough exercise.
- ☑ Most caregivers (90%) report their children meet the recommendation of 1 hour or more of physical activity daily.

Obesity Prevalence in Pilsen  
(n children=63, n adults=130)



\*Defined as BMI between 25 – 30 for adults and BMI in the 85th – 94.9th percentile for children.

\*\*Defined as BMI over 30 for adults and BMI in the 95th percentile for children.



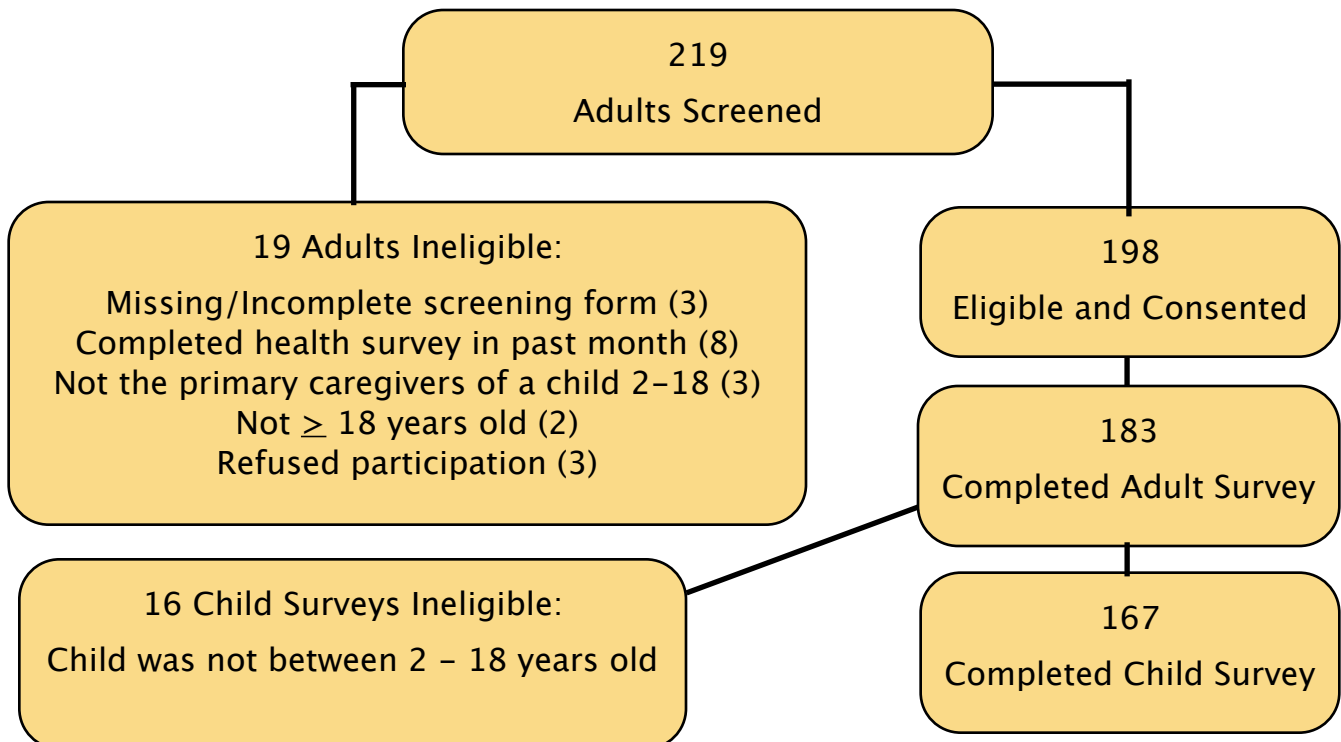
## Methods and Demographic Information

### Methods

From the months of May – August, 2009, local resident surveyors approached adults at various locations around Pilsen. 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 16th Street on the north, Cermak Road on the south, May Street on the east, and Western Avenue on the west. Participants completed the survey for themselves as well as the survey regarding their child's behaviors. The adult portion of the survey consisted of 57 questions and the child portion consisted of 38 questions. 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.

### Participant Demographics

183 adults completed surveys for themselves and a child in their care. Because some children were outside the age range for this study, some surveys were excluded from the final results. The total of completed child surveys used was 167. Ninety-two percent of participants were female, while their children were more evenly split with 47% of children being female. Over half of the adult caregivers were the child's mother (78%); other common relationships were father (8%), grandparent (5%), aunt/uncle (4%), and sibling (4%). The adult participants' ages ranged from 18–65 with an average of 34 years. The children ranged in age from 2–18 with 40% between the ages of 2–5, 40% between the ages of 6–12, and 20% between the ages of 13–18 years. Household size ranged from 1–11 people, with about half of households having more than 4 people. Half of participants have lived in Pilsen for more than 8 years.





## Demographic Information

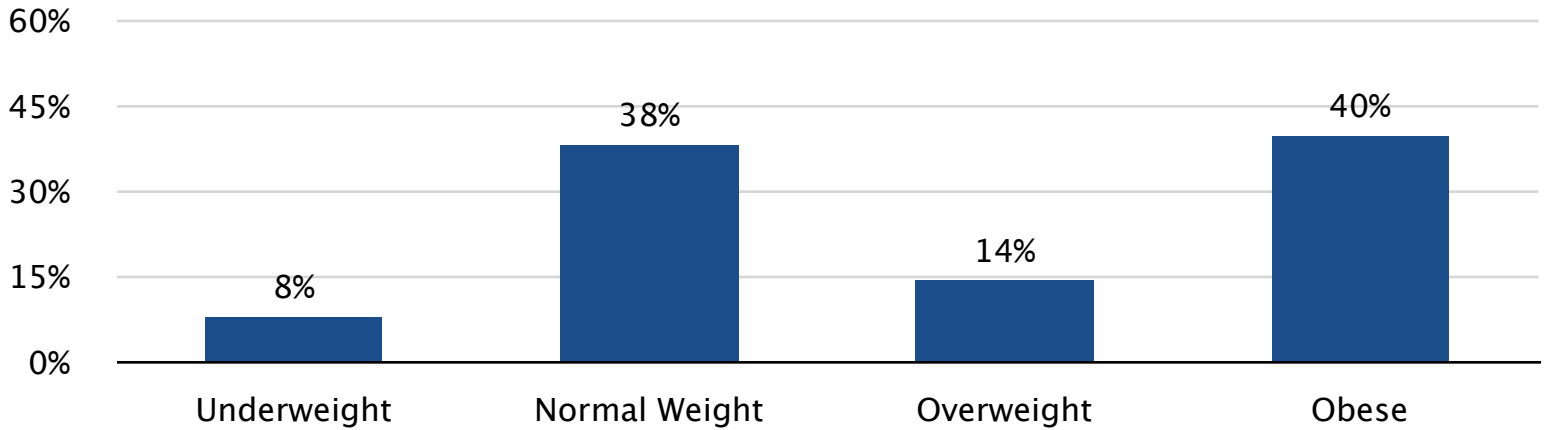
Adult Demographics		Percent or median/range	N
Race/Ethnicity	Mexican	82%	150
	Other Hispanic	12%	22
	Black	3%	6
	Other	2%	4
	Missing	.5%	1
Country of Birth	U.S.	25%	46
	Mexico	71%	130
	Other	3.8%	7
Years in the U.S. (if born outside U.S.)	Median	13	
	Range	1-45	
Primary Language*	English	21%	38
	Spanish	76%	137
	English/Spanish	2%	4
	Another Language	.6%	1
	No Response Given	.6%	1
Survey Language	English	28%	51
	Spanish	72%	132
Child Demographics		Percent or median/range	N
Race/Ethnicity	Mexican	70%	118
	Mexican and Something Else**	5%	8
	Other Hispanic	17%	28
	Black	3%	5
	Other	3%	5
	Missing	2%	3
Country of Birth	U.S.	91%	149
	Mexico	7%	12
	Puerto Rico	1%	2

\* Frequency missing 2. \*\* Mexican & Puerto Rican (1); Mexican & Other (4); Mexican & White (3).



## Weight Status and Perception – Children

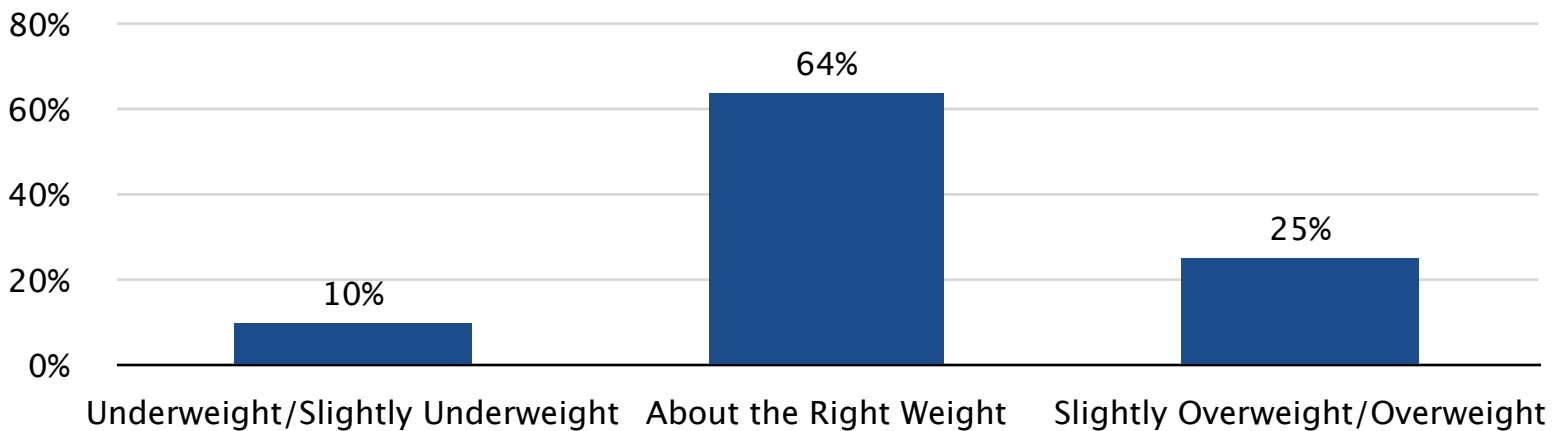
Children’s Weight Status (n=63)



Note: Many caregivers did not know their child’s height.

## Perception of Weight Status

Caregiver Perception of Child’s Weight Status (n=165)

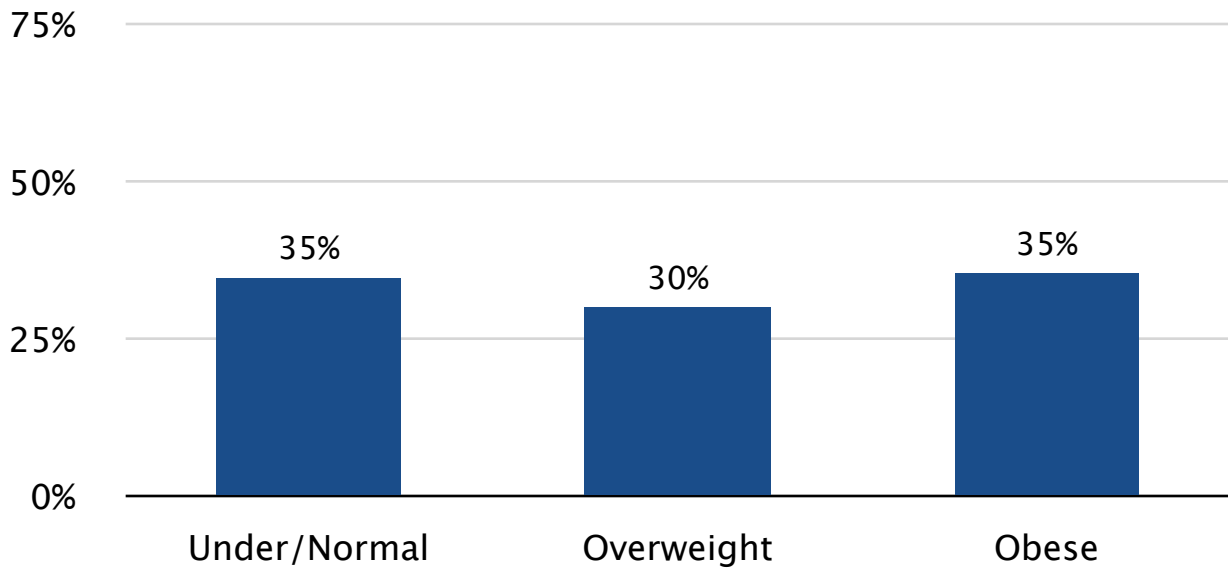


\* 1.2% “Don’t Know”



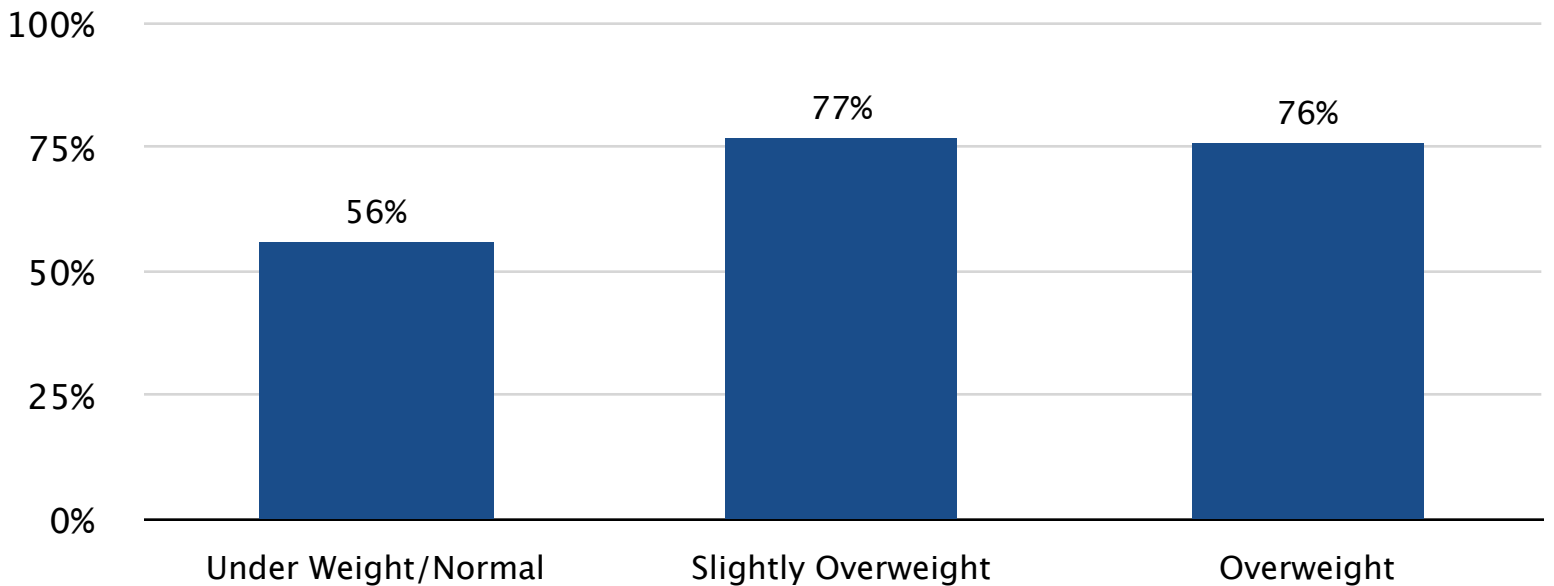
## Weight Status and Perception – Adults

Adult Weight Status (n=130)



## Perception of Weight Status

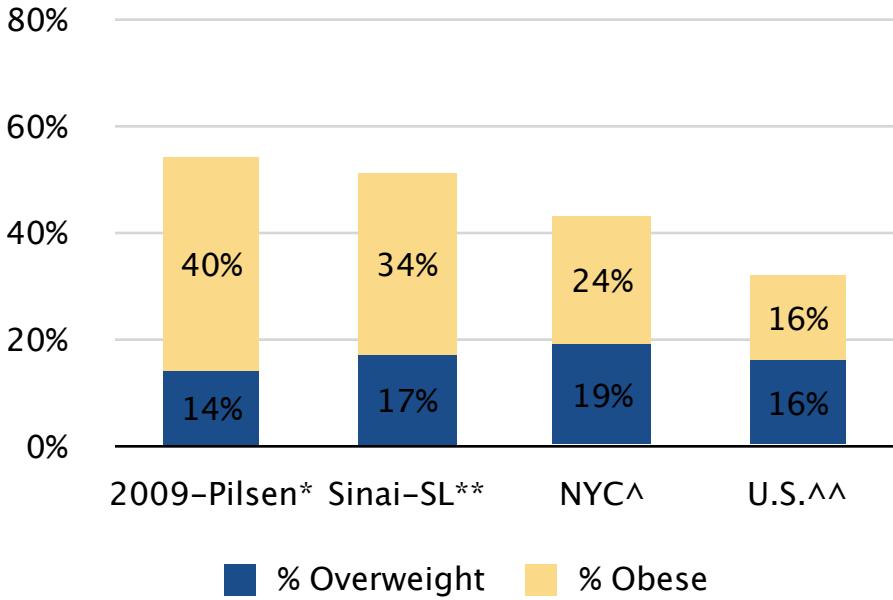
Caregiver Perception of Their Own Weight Status (n=130)





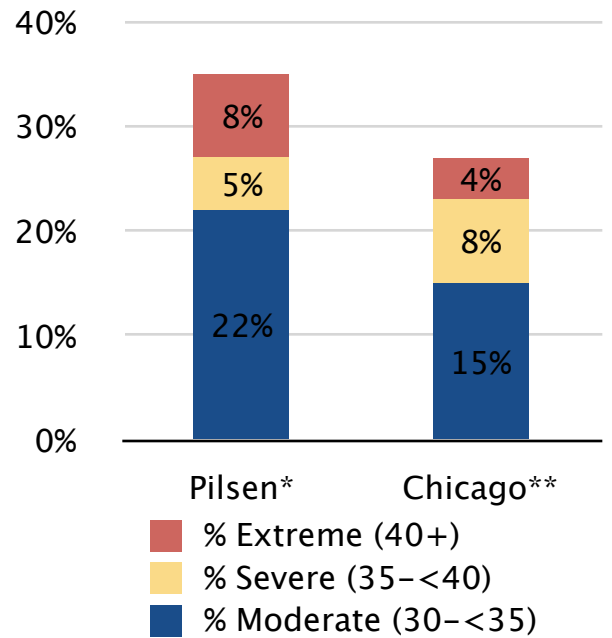
# Weight Status – Comparison With Other Locations

Child Weight Status (2–18 years)  
Comparison with Sinai Survey, NYC and National Data



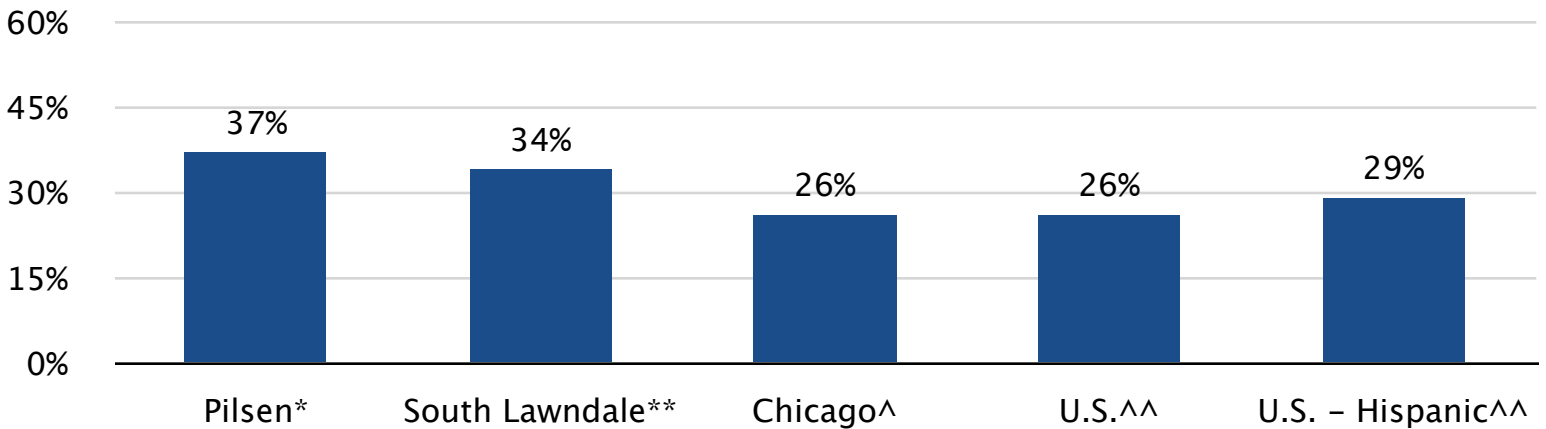
\* Pilsen & Little Village \*\*2–12 years, South Lawndale  
^K–5<sup>th</sup> grade ^^NHANES, 2003–2006

Prevalence of Obesity (Moderate, Severe, and Extreme) Among Adults (n=130)



\*Not age-adjusted  
\*\*Source: BRFSS 2003, age-adjusted

Adult Weight Status  
Percent Obese – Comparison of 2009 Pilsen Survey with Sinai Survey, Chicago and National Data



\*Age-adjusted using 2 age groups (18–39 yrs; 40–74 yrs)  
\*\*Sinai Improving Community Health Survey, age-adjusted  
^ IL BRFSS 2003, age-adjusted  
^^ U.S. BRFSS 2006–2008, age-adjusted





## Diet and Nutrition Findings – Children

Food Choices	Average # of servings	Median # of servings	Range of servings
Fruits & Vegetables, not including juice	4.1	4	0-15
Fruit, not including juice	1.7	2	0-6
Vegetables, not including potatoes	1	1	0-5
Potatoes, not fried	0.3	0	0-6
Potatoes, fried	0.4	0	0-6
Fast Food	0.5	0	0-3
High Sugar Foods (cookies, doughnuts, pastries, cakes, or popsicles)	0.9	1	0-7

How Often do You Give the Following Snacks to Your Child?	% of caregivers who said often	% of caregivers who said sometimes	Combined % often/sometimes
Fresh Fruit	72	24	96
Fresh Vegetables	51	37	87
Cheese	35	50	85
Crackers	15	68	83
Ice cream	24	57	81
Cookies	19	52	71
Candy	16	42	58
Popcorn	6	46	52
Canned Fruit	10	29	39
Doughnut/Munchkins	8	27	35



## Diet and Nutrition Findings – Children

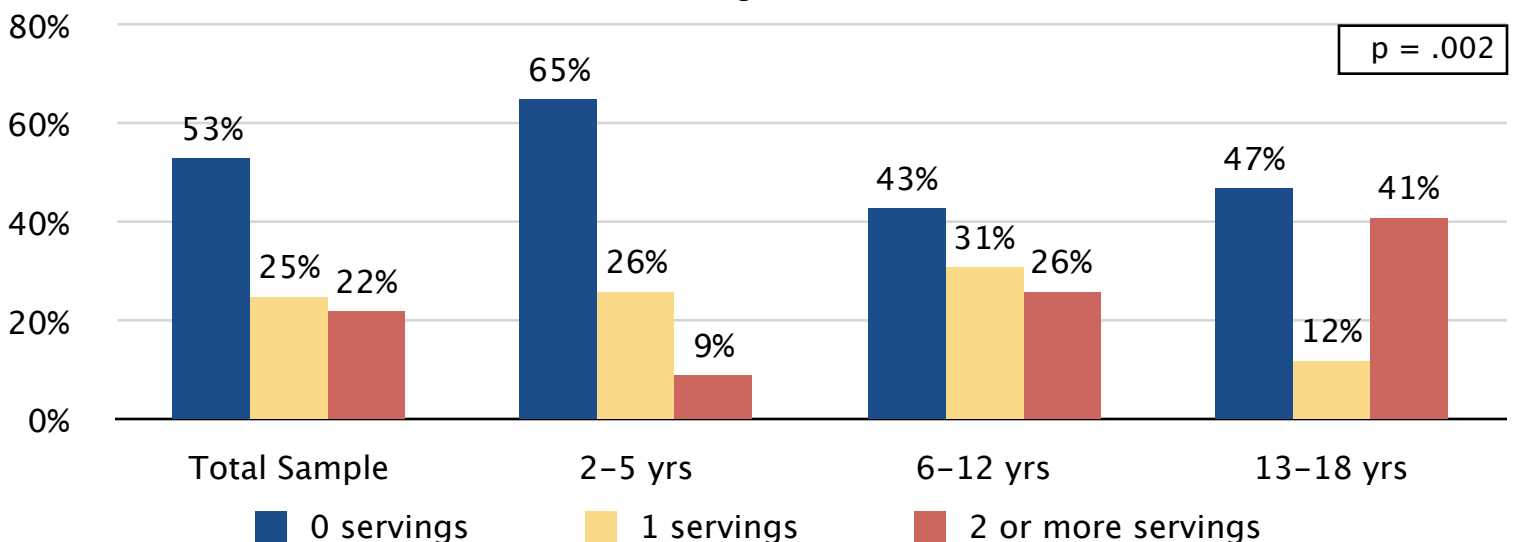
### Beverage Choices

	Mean	Median	Range
Water	2.4	2	0–8
Milk	2.1	2	0–8
100% Fruit juice	1.3	1	0–12
Soda	0.9	0	0–6

### Type of Milk Drank by Children (Note: 1% or skim is recommended)

Type of milk	Percent	N
Whole milk	23%	31
2% milk	72%	97
1% milk	1.5%	2
Skim milk	2%	3
Flavored milk	0.7%	1
Don't know	0.7%	1

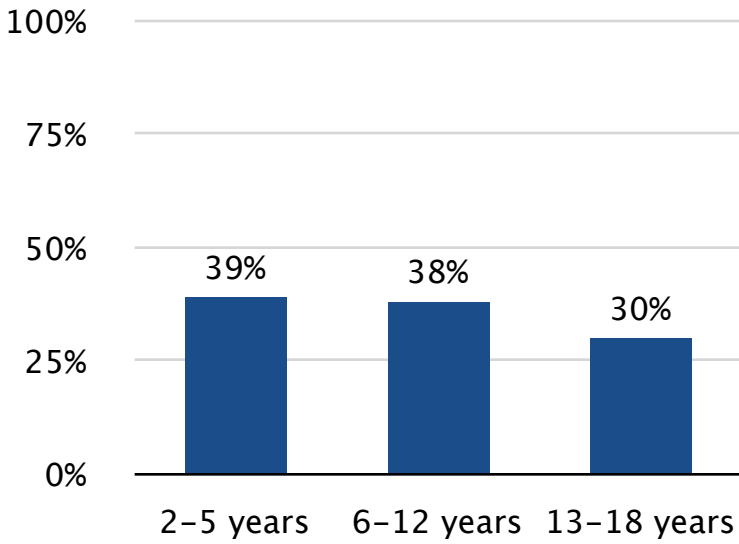
### Soda and Sweetened Beverage Consumption Overall and by Age (Not Including 100% Fruit Juice)



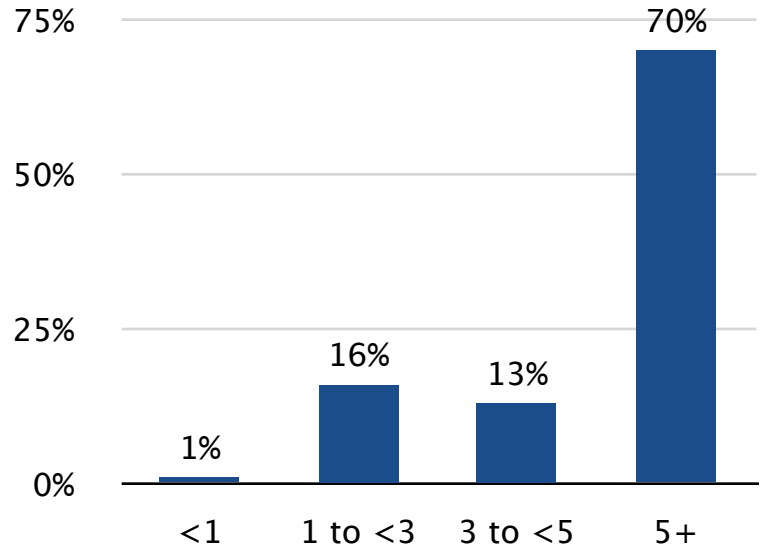


# Diet and Nutrition Findings – Fruit and Vegetable Intake

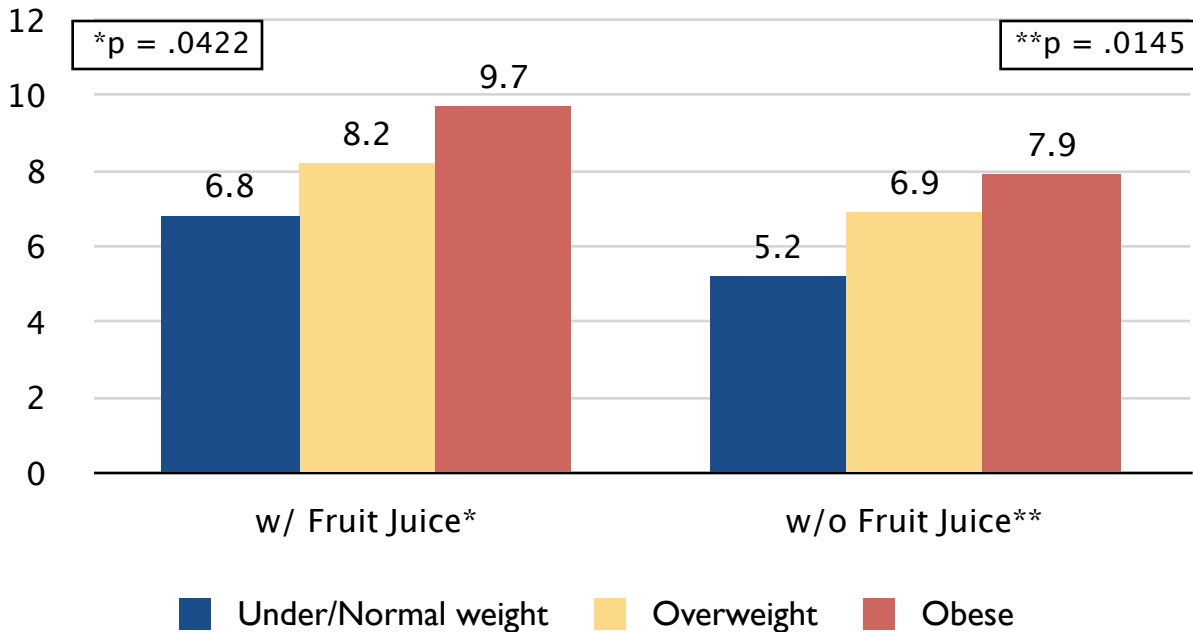
Percent of Children Meeting the Recommendation to Eat 5 Servings of Fruits & Vegetables Each Day, by Age (n=166)



Daily Servings of Fruits and Vegetables – Adults (n=183)



Average Daily Servings of Fruits and Vegetables for Adults – w/ and w/o Fruit Juice, by Weight



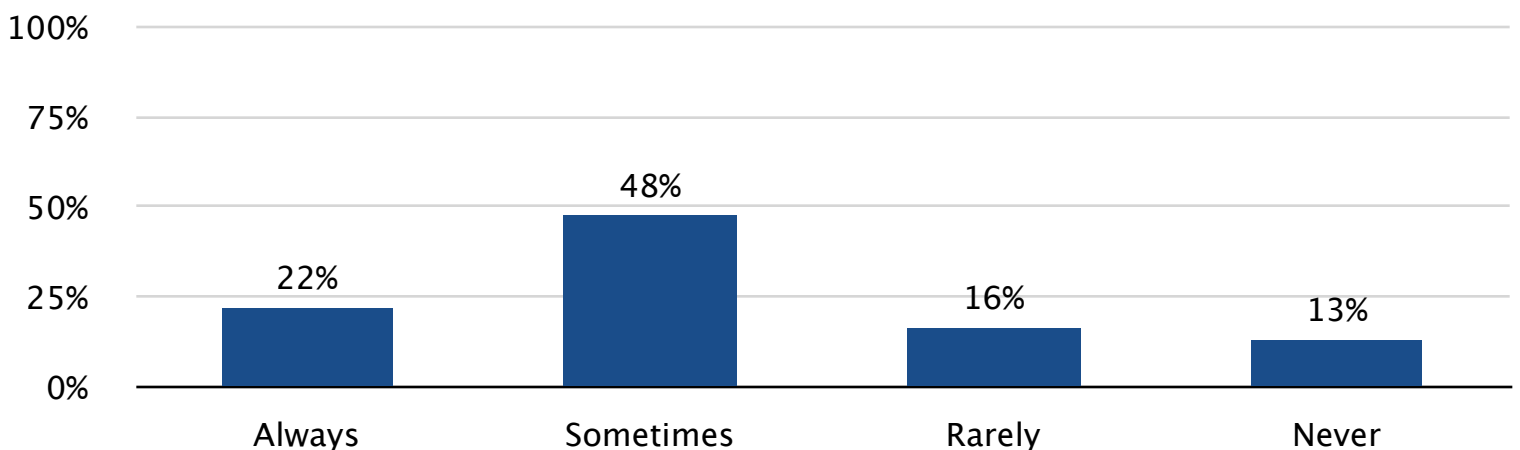


## Diet and Nutrition Findings – Adults

### Nutrition Knowledge

- Out of 11 nutrition knowledge questions, the average score was 79% correct with a median score of 82% correct and a range of 27% – 100% correct.
- Most adults did not know the recommended number of servings of fruits and vegetables they should eat every day.
  - 29% answered correctly (5–10 servings).
  - The average of the responses was 3.7 servings, with a median of 3 and a range of 1–10.
- Average nutrition scores increased with weight status ( $p=.049$ ).
  - Underweight – average score = 8.4
  - Overweight – average score = 8.9
  - Obese – average score = 9.2
- Adults born in the U.S. had a higher percentage of correct answers on average than those born outside the U.S.
- Adults whose primary language was English had a higher percentage of correct answers on average than those whose primary language was Spanish.
- The questions most often answered incorrectly were:
  - About how large is one serving of meat? (Correct Response: A deck of cards)
    - 42% answered incorrectly.
    - Most common incorrect response: “Both your hands” – 19%.
  - Which has more fat: coleslaw or a green salad? (Correct Response: coleslaw)
    - 38% answered incorrectly.
  - Which has more fat: frozen yogurt or ice cream? (Correct Response: ice cream)
    - 25% answered incorrectly.

How Often Do You Read the Nutrition-Related Information on Food Packages When Deciding What to Buy?\*





## Diet and Nutrition Findings – Adults

### Servings of Different Food Items Per Day

	Mean	Median	Range
Fruits & Vegetables	8.4	7	0-29
Fruit, not including juice	2.2	2	0-7
100% Fruit juice	1.7	1	0-7
Vegetables, not including potatoes	1.8	2	0-7
Green Salad	1.7	1	0-7
Potatoes, not fried	1.1	1	0-6
Potatoes, fried	1.1	1	0-6

### Average Intake of Different Food Items Per Week

	5+ days/week	1-4 days/week	<1 day/week	Never
Cheese	21%	57%	19%	3%
Red meat	17%	55%	22%	6%
Rice	17%	66%	15%	2%
Beans	46%	42%	11%	1%
Corn tortillas	69%	19%	10%	1%
Flour tortillas	5%	12%	42%	41%
Tostadas	7%	28%	50%	15%
Tamales	2%	8%	80%	10%

### Average Intake of Milk Per Week

	Whole Milk	2% Milk	1% or Skim Milk
5 or more	10%	39%	2%
1-4	13%	24%	3%
Less than 1	10%	14%	11%
None	67%	24%	84%



## Diet and Nutrition Findings – Adults

### Importance of Diet and Nutrition

How Important Is:	% Very important	% Somewhat important	Combined % very or somewhat important
Maintaining a healthy diet?	87	11	98
Choosing a diet with plenty of fruits & veggies?	81	14	95
Choosing a diet low in fat?	78	17	95
Eating a variety of foods?	73	20	93
Diet and nutrition to you personally?	69	22	91
Eating at least 2 servings of dairy products/day?	62	28	90
Choosing a diet with plenty of breads, cereals, rice, and pasta?	28	31	59

### Perceptions About Diet and Barriers to Healthy Eating

	% Strongly agree	% Agree	Combined % strongly agree/agree
I eat more on weekends	15	42	57
Some people are meant to be overweight	4	30	34
I eat more when I'm alone than when I eat around others	13	24	37
If I'm craving food, my body must need it	6	32	38
With my schedule, it's impossible to eat right	15	43	57
There's too much stress in my life for me to effectively manage my weight	21	36	57
When I've done something good, I reward myself with food	4	27	31



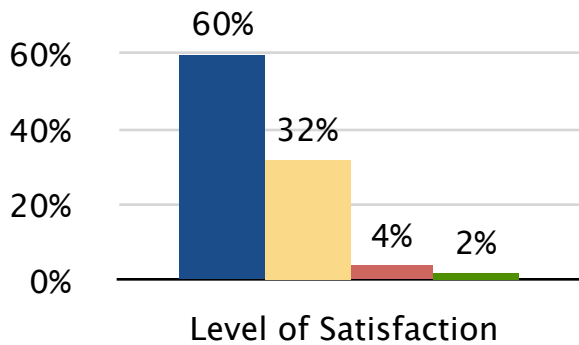
# Diet and Nutrition Findings – Other Factors

## Store Options and Food Availability

Most frequently used grocery stores

- Aldi – 55.7%
- Cermak Produce – 54.1%
- El Guero – 42.1%
- Casa del Pueblo – 37.2%
- Pete’s Market – 33.9%
- Jewel/Osco – 17.5%

Level of Satisfaction with the Selection of Food Items at the Store Where Adults Usually Shop for Food:

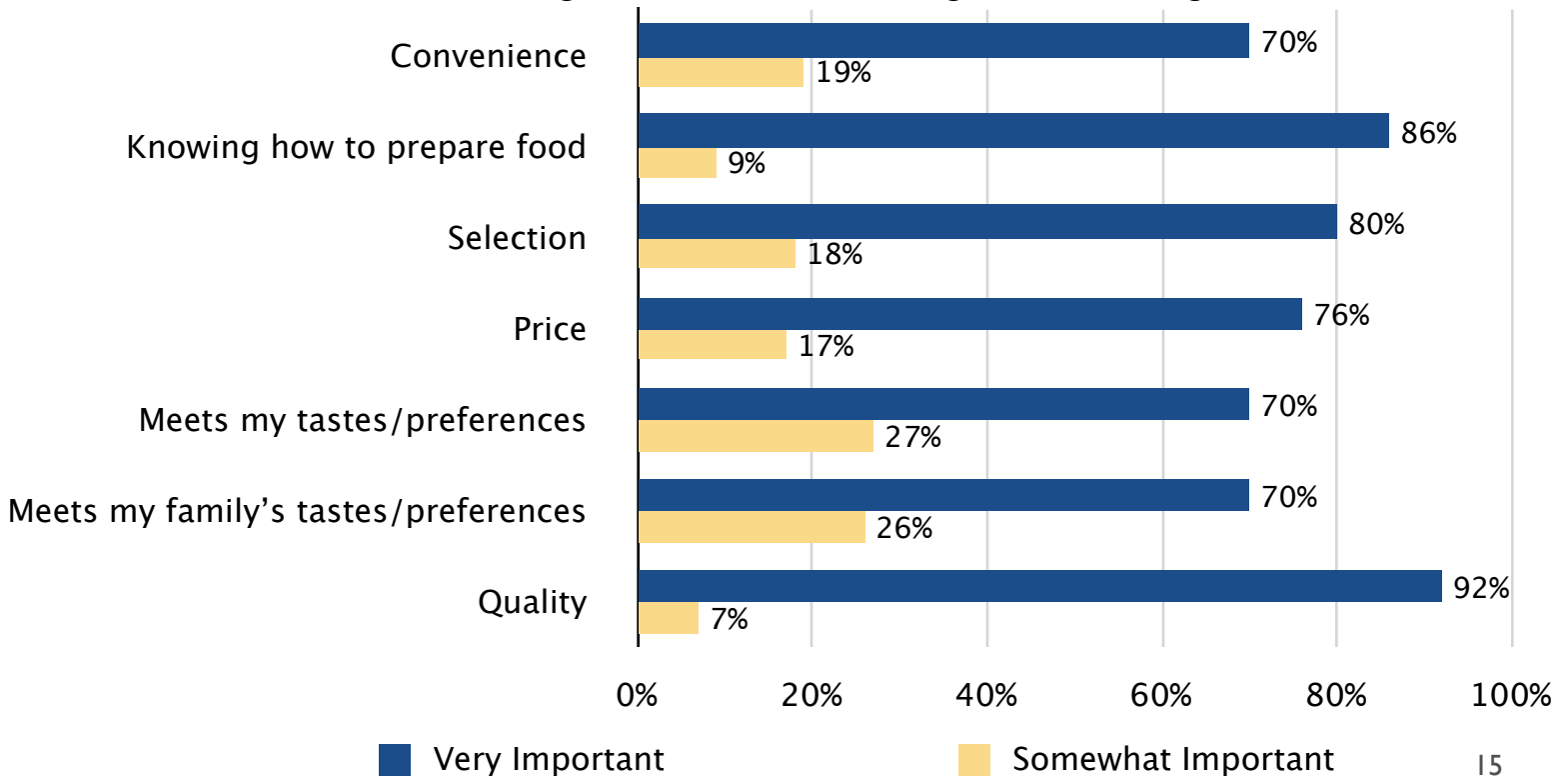


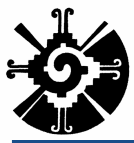
- Very Satisfied
- Somewhat Satisfied
- Not Too Satisfied
- Not At All Satisfied

In an Average Week, on How Many Evenings Does Your Family Eat Dinner at Home Together?  
(n=165)

	Mean	Median	p-value
Overall	5.2	7	n/a
Country of origin			
U.S.	4.5	5	p=.022
Not U.S.	6.2	7	
Primary language			
English	4.3	5	p=.013
Spanish	6.1	7	

## Factors Influencing Decisions when Eating or Purchasing Food





# Physical Activity Findings – Children

## Active Play Per Day

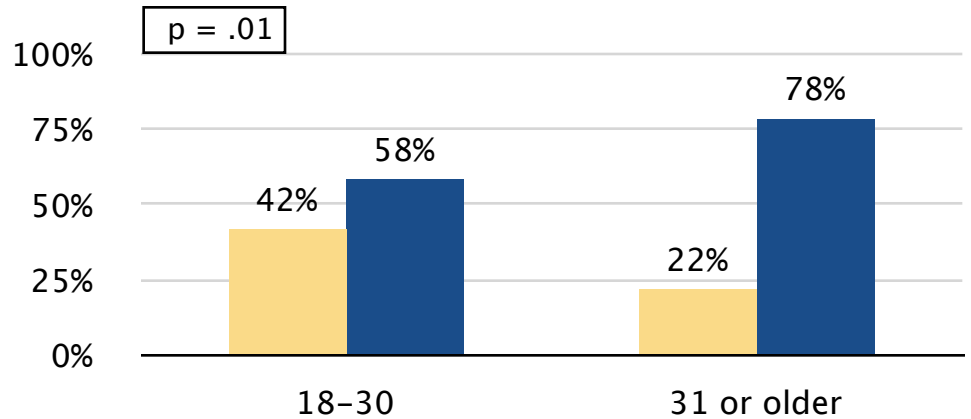
- 90% of children participate in active play for more than 1 hour/day.
- 50% of children participate in active play for more than 2 hours/day.

## Screen Time Per Day

	% 2 hrs or less per day	Mean (minutes)	Median (minutes)	Range (minutes)
TV Time	49%	165	150	0-720
Video Games/ Computer	86%	70	60	0-600
Total Screen Time	30%	228	180	0-840

### Child Screen Time by Age of Caregiver

- <2 hours
- 2 hours or more



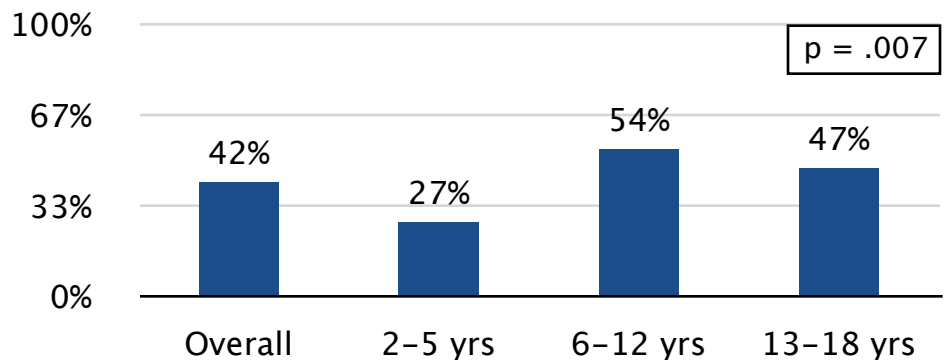
## Walk or Bike to School

- 79% of school age children live close enough to their school that they could walk or bike.
- Of those children that live within walking distance of their school, 83% walk or bike 4-5 days/week.
  - Median days walk = 5
  - Median days bike = 0

## Physical Education Class and Sports Team Participation

- The average school-age child attends physical education class 2.4 days/week (median=2).
- 42% of children played on a sports team or participated in some form of organized physical activity during the previous 12 months.

### Participation in Organized Physical Activity Age (n=160)







## Physical Activity Findings – Adults

### Physical Activity Knowledge

How much moderate physical activity does an average adult need per day to maintain good health?

- 69% of respondents answered correctly: 30–60 minutes.
- Most frequent incorrect answers: 120 minutes (14%) and 20 minutes (12%).

Statement	Correct answer	Percent of adults who responded correctly
Regular physical activity can improve your health	TRUE	97%
Physical activity is as important as diet in helping someone lose weight	TRUE	93%
You have to train like a marathon runner to become more physically fit	FALSE	87%
It takes a lot of money or expensive equipment to become fit	FALSE	86%
People who need to lose weight are the only ones who benefit from physical activity	FALSE	79%
Simply walking is strenuous enough to help maintain good health	TRUE	71%
Most people get enough physical activity from their daily routine	FALSE	51%



## Physical Activity Findings – Adults

### Barriers to Physical Activity

	% Strongly agree	% Agree	Combined % agree/ strongly agree
I've been thinking about being more physically active, but I just can't seem to get started	9	51	60
I am just too tired after work to engage in physical activity	10	37	47
My usual social activities with family or friends don't include physical activity	7	34	41
My free time during the day is too short to include physical activity	8	30	38
I don't have access to jogging trails, swimming pools, bike paths, etc.	7	21	28
Physical activity takes too much time away from other commitments – work, family, etc.	4	24	28
I'm embarrassed about how I will look when I engage in physical activity with others	3	17	20
I don't have enough money to be physically active	2	18	20
I don't like being physically active	3	15	18



# Physical Activity Findings – Adults

## Screen Time

- Half of adults spend more than 2 hours watching TV each day.
- Half of adults spend more than 1 hour using a computer each day.
- Obese adults spend more time watching TV each day than under/normal weight adults and overweight adults (p-ANOVA = .0093, p-Kruskal-Wallis = .02):
  - 3.1 hours on average per day for obese adults (median 3).
  - 2.1 hours on average per day for under/normal weight and overweight adults (median 2).

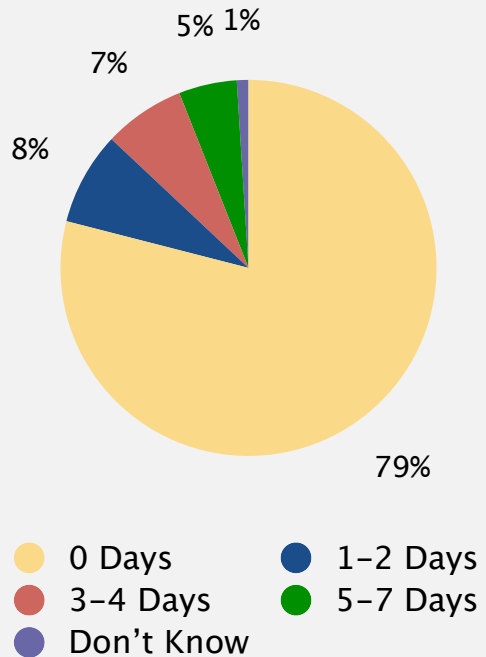
## Physical Activity Behavior

- 53% meet the CDC’s recommendation of 20 minutes of vigorous or 30 minutes of moderate physical activity 5 or more days per week.
- Most common activities:
  - 69% – Walking
  - 18% – Dancing/Aerobics
  - 16% – Jogging/Running
  - 9% – Bicycling
  - 9% – Swimming
  - 9% – Other

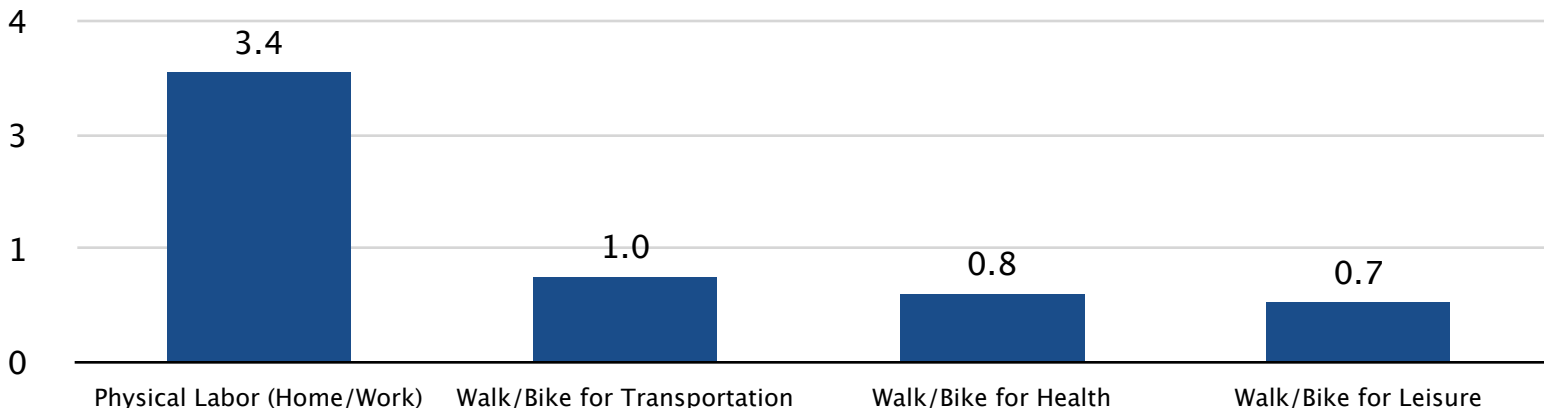
## Community Conditions

- 95% of adults say there is a “park, playground, or open space” within walking distance of their home.
- 73% of adults agree the park/playground walking distance from their house is safe during the day.
- 67% of adults indicate they would walk more often if they felt safer in their neighborhood.
- 55% of adults feel comfortable having their child play outside in the community.

On How Many of the Past 7 Days Did You do Any Kind of Physical Activity in a Place Such as a “Y,” Gym, Etc.?



## Average Hours Spent Physically Active Per Day



## 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



### Support was Provided by:

**The Chicago Community Trust**

**Kraft Foods**

**Michael Reese Health Trust**

**The Otho S. A. Sprague Memorial Institute**

### Contact Information

For more information about programs and resources to address healthy living in Pilsen, please contact:

Araceli Garza  
[araceli.garza@elvalor.net](mailto:araceli.garza@elvalor.net)

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

Lara Jaskiewicz, MPH, MBA  
CLOCC  
312-573-7759  
[ljaskiew@childrensmemorial.org](mailto:ljaskiew@childrensmemorial.org)

Sarah Welch, MPH  
CLOCC  
312-573-7767  
[swelch@childrensmemorial.org](mailto:swelch@childrensmemorial.org)

To download a copy of this report, please visit:

[www.clocc.net](http://www.clocc.net)

The logo for 'el valor' features the word 'el' in a blue, lowercase, sans-serif font, followed by 'valor' in a larger, blue, lowercase, serif font. A blue arrow points upwards from the top of the 'l' in 'valor'.

Consortium to Lower Obesity  
in Chicago Children  
**clocc**  
A small green triangle pointing upwards, positioned below the 'c' in the 'clocc' logo.