

Status of Young Women & Girls in Illinois: Physical Activity & Sports

Prepared by
Center for Urban Research and Learning
Loyola University Chicago*



* This research was completed by the Loyola University Chicago Center for Urban Research and Learning, an innovative collaborative university-community research center. CURL seeks to promote equality and to improve people's lives in communities throughout the Chicago metropolitan region. Data compiled by Martina Mihaljcic, CURL Urban Studies Seminar, and Shelena Johnson, Undergraduate Fellow. Questions and comments may be directed to: Jonna Gattuso, University:Community Collaborative Research Apprentice, 312.915.7531, jgattus@luc.edu; David Van Zytveld, Associate Director, 312.915.8629, dvanzyt@luc.edu, Dr. Christine George, Assistant Research Professor, 312.915.8625, cgeorg@luc.edu.

Physical Activity & Sports

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General Physical Fitness & Nutrition Facts

Research Findings from the Girls in the Game Elementary After School Program Multi-Method Evaluation. Facts on Physical Fitness & Nutrition in the State of Illinois¹

- Illinois requires daily physical education, but school districts may apply for waivers to be exempt from the law.
- In Chicago, 79 percent of elementary school students have gym once per week (CLOCC 2005).
- Eighty-four percent of urban 11th and 12th grade girls do not attend gym, compared to 48 percent of boys (Women's Sports Foundation 2008).
- Less than half of children get enough exercise every day (CDC 2008), but most children spend nearly six hours each day in front of a television or computer (NIH 2008).
- In predominately African American neighborhoods, the closest grocery store is likely to be a mile or more away (Northeastern Illinois Community Food Security Assessment 2008).
- Almost 20 percent of teen girls skip breakfast every day and more than 60 percent skip breakfast once a week (Girl Scouts 2006).

¹ Girls in the Game. More than Fun and Games: Making a Difference in the Lives of Girls. Research Findings from the Girls in the Game Elementary After School Program Multi-Method Evaluation, FY2007. Conducted by Dr. Amy Bohnert and the Activity Matters Research Team, Loyola University Chicago.

<http://www.girlsinthegame.org/content/index.asp?s=475&s2=476&p=476&t=The-Need>

Date Accessed: February 2009

Statistics on girl's tendency to be less active than boys from the official website of Girl Scouts of the USA.²

- High school females were much more likely (51.7%) than their male counterparts (40%) to **not** attend physical education class one or more days in an average school week. (Centers for Disease Control, *Youth Risk Behavior Surveillance—United States 2005*)
- In 2005, a much higher percentage of adolescent males participate in vigorous physical activity than do their female peers. Within all racial and ethnic subgroups, activity levels for males are between 13 and 19 percentage points higher than for females. For all grades, activity levels for males are between 10 and 20 percentage points higher than for females. (ChildTrends.org, *Child and Youth Indicators Databank: Vigorous Physical Activity by Youth, 2006*)
- In 2005, more high school females (72.2%) than their male counterparts (56.2%) did **not** meet currently recommended levels of physical activity—doing any kind of physical that increased their heart rate and made them breathe hard for a total of at least 60 minutes per day. (Centers for Disease Control, *Youth Risk Behavior Surveillance—United States 2005*)
- The more physically active girls are, the greater their self-esteem and the more satisfied they are with their weight, regardless of how much they weigh. Eighty-three percent of very active girls say that physical activity makes them feel good about themselves. (The Girl Scout Research Institute, *The New Normal? What Girls Say About Healthy Living (2006)*)
- For girls ages 11-17 it is the *perception* of being overweight, not just weight alone, that inhibits participation in sports and physical activities. (The Girl Scout Research Institute, *The New Normal? What Girls Say About Healthy Living (2006)*)
- Many girls ages 11–17 say they do not play sports because they do not feel skilled or competent (40%) or because they do not think their bodies look good (23%). (The Girl Scout Research Institute, *The New Normal? What Girls Say About Healthy Living (2006)*)
- Overall, females are somewhat less likely than their male counterparts to watch four or more hours of TV on an average weekday. The largest difference appears among twelfth graders, where 17% of females watch four or more hours of TV on an average weekday compared to 24% of males. (ChildTrends.org, *Child and Youth Indicators Databank: Watching Television, 2006*)

² 2009 Girl Scouts of the United States of America, Sports and Physical Activity: Statistics
http://www.girlscouts.org/research/facts_findings/sports_and_physical_activity.asp

Body Mass Index

Research Findings from the Girls in the Game Elementary After School Program Multi-Method Evaluation gave some facts on about Physical Fitness & Nutrition in the State of Illinois. 2006-2007 Pilot Study Evaluation.³

Body Mass Index (BMI)

Program girls' BMIs decreased as compared to non-program girls BMIs that increased from T1-T3.

	Time 1	Time 3	Change over Time
Students in Program	21.75	21.56	-0.19
Non-Program Students	21.92	22.16	0.23

Summary of Findings

Girls in the Game program girls exhibited statistically significant improvements over the course of one year in the following areas:

- Eating more fruits and vegetables
- Exercising more
- Demonstrating increased knowledge about nutrition and healthy eating
- Exhibiting a healthy decrease in BMI compared to an increase in BMI in non-program girls
- Gaining confidence, teamwork and problem-solving skills

Non-program girls did not show the same level of improvements as program girls, and exhibited significantly worse outcomes in several areas.

³ Girls in the Game. More than Fun and Games: Making a Difference in the Lives of Girls. Research Findings from the Girls in the Game Elementary After School Program Multi-Method Evaluation, FY2007. Conducted by Dr. Amy Bohnert and the Activity Matters Research Team, Loyola University Chicago.

<http://www.girlsinthegame.org>

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Involvement in Sports

Quick Facts on Female Athletes & Girls growing up in urban environments. ⁴

- Some positive impacts of sport for girls include higher grades, higher educational aspirations, increased school attendance, and higher graduation rates.
- One study found that African-American female athletes had a 15% higher graduation rate from college than their non-athlete counterparts.
- Black and Hispanic/ Latina female athletes reported better grades in high school and greater involvement with extracurricular activities than female non-athletes.
- Regular exercise decreases young women's chances of becoming overweight and developing obesity-related diseases, and higher rates of physical inactivity and obesity have been associated with urban girls- particularly black and Latina girls.
- Research shows that female athletes and girls who exercise regularly are less likely to be sexually active and to get pregnant.
- Physically active girls tend to suffer lower rates of depression than inactive girls.

⁴ Women's Sports Foundation founded by Billie Jean King. *Get It Going, Keep It Going: A Resource for Sports & Exercise Programs for Urban Girls*. November 2008.
<http://www.womenssportsfoundation.org/~media/Files/PDFs%20and%20other%20files%20by%20Topic/Other/Get%20It%20Going%20guide.pdf>
Date Accessed: February 2009

Quick Facts on Female Athletes & Girls growing up in urban environments. ⁵

- Young female athletes are less likely to smoke and to do drugs because sport and physical activity has decreased boredom. Boredom increases curiosity and negative behaviors.
- Female athletes have lower odds of considering or planning a suicide attempt.
- Girls of color really need more physical activity in their daily lives. Black girls tend to become less physically active over time. They are also twice as likely to be overweight as white girls.
- A nationwide telephone survey of parents of third through twelfth grade children found that the largest gender gap in athletic participation exists in urban areas. Fifty-five percent of daughters did not play any sports during the past year compared to 26% of sons.
- In New York City and Boston, for example, girls have only one opportunity to play sports for every two opportunities that boys have.
- As girls get older they are less likely to engage in heavy physical activity, while larger percentages of boys remain heavily involved with physical activity from childhood through the high school years. Among high school students, for example, 19% of girls were frequent exercisers compared with 38% of boys.
- For urban girls in Massachusetts, “only 37% of African-American high school girls and 28% of Hispanic girls participated in sports teams in 2001, while 54% of white high school girls played on a team.

⁵ Women’s Sports Foundation founded by Billie Jean King. *Get It Going, Keep It Going: A Resource for Sports & Exercise Programs for Urban Girls*. November 2008.
<http://www.womenssportsfoundation.org/~media/Files/PDFs%20and%20other%20files%20by%20Topic/Other/Get%20It%20Going%20guide.pdf>
Date Accessed: February 2009

Obesity

Research done on obesity and related risk factors among low socio-economic status minority students in Chicago. ⁶

Obesity & Socioeconomic Status

Obesity in low-income minority students

Study participants' sociodemographic and family characteristics (n= 498, grades 5-7, from 4 Chicago Public Schools)*

Characteristic:	Proportion (%)
Demographics	
<i>Girls</i>	56.2
<i>African American</i>	98.8
Grade	
<i>5th</i>	35.3
<i>6th</i>	36.6
<i>7th</i>	28.1
Family Structure (the child lived with)	
<i>Two Parents</i>	37.2
<i>Single parent</i>	47.9
<i>Grandparents only</i>	8.1
<i>Foster parents, relatives, or others</i>	6.8
Television/ Video Game/ Computer	
<i>Family owned a TV</i>	100.0
<i>Had owned a TV</i>	85.3
<i>Had cable TV at home</i>	88.6
<i>Had video game at home</i>	88.8
<i>Had computer at home</i>	74.4
Daily Pocket Money	
<i>None</i>	16.1
<i>≤ US \$1</i>	15.6
<i>US \$1-2</i>	30.8
<i>> US \$2</i>	37.5

⁶Center for Human Nutrition, Department of International Health, Bloomberg School of Public Health, Johns Hopkins University, 615 North Wolfe Street, Baltimore, MD 21205, USA; Department of Human Nutrition, University of Illinois at Chicago, USA; College of Health and Human Services, Oregon State University, USA.
<http://journals.cambridge.org/action/displayFulltext?type=1&fid=1293472&jid=PHN&volumeId=10&issueId=09&aid=1293464>

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Obesity in low-income minority students

Prevalence of at risk of overweight and overweight (%) by characteristics based on pooled data. At risk of overweight and overweight were defined based on BMI percentiles (n= 498, grades 5-7, from 4 Chicago Public Schools)* ⁷

Groups	Combined prevalence (BMI ≥ 85 th percentile)	At risk of overweight (85 th ≤ BMI < 95 th percentile)	Overweight (BMI ≥ 95 th percentile)	Group-difference in overweight, P-value
Boys and girls	39.8	18.0	21.8	--
Sex				
Boys	39.5	21.8	17.7	0.049‡
Girls	40.0	14.9	25.1	
Age (years)				
10+	41.7	19.5	22.2	0.820
11+	36.9	16.1	20.8	
12+	42.1	18.0	24.1	
13+	39.1	20.3	18.8	
Physical Activity †				
Low	41.4	15.0	26.4	0.015‡
High	38.7	21.8	16.9	
Daily TV/video game/ computer time				
≤ 1 h	44.6	17.4	27.2	0.220
2-3 h	30.6	12.9	17.7	
≥ 4 h	44.5	23.1	21.5	
Daily Pocket Money				
≤ US \$2	41.5	16.3	25.2	0.021‡
> US \$2	37.2	21.3	15.9	

BMI- Body Mass Index

† Based on median of MET (metabolic equivalent) values.

‡ P < 0.05

⁷Center for Human Nutrition, Department of International Health, Bloomberg School of Public Health, Johns Hopkins University, 615 North Wolfe Street, Baltimore, MD 21205, USA; Department of Human Nutrition, University of Illinois at Chicago, USA; College of Health and Human Services, Oregon State University, USA. <http://journals.cambridge.org/action/displayFulltext?type=1&fid=1293472&jid=PHN&volumeId=10&issueId=09&aid=1293464>

Obesity in low-income minority students

The study participants' physical activity and snacking patterns (%)⁸

Variables	All (n =458)	Boys (n= 198)	Girls (n = 260)	Gender difference, P-value
Physical activity				
Had at least 20 min of hard exercise in the past 7 days				
None	10.3	7.6	12.4	0.069
1-2 days	28.1	24.7	30.6	
3-4 days	25.4	25.8	25.2	
≥ 5 days	36.2	41.9	31.8	
Had at least 30 min of light exercise in the past 7 days				
None	18.5	17.8	19.1	0.652
1-2 days	34.7	37.8	32.3	
3-4 days	23.6	21.4	25.3	
≥ 5 days	23.2	23.0	23.3	
Daily TV/ video games/computer time				
< 3 h	37.9	43.2	34.0	0.052*
3-4 h	29.0	29.4	28.6	
≥ 5 h	33.1	27.4	37.4	
Exercise time in PE class each time				
< 10 min	13.8	14.7	13.1	0.067
10-20 min	28.3	22.3	32.8	
20-30 min	18.6	18.3	18.9	
> 30 min	39.3	44.7	35.2	
How to get to school				
Walk	65.8	71.1	61.8	0.038*
Bus	10.8	7.1	13.5	0.029*
Drop off	30.9	26.9	34.0	0.106
Bicycle	0.7	1.0	0.4	0.410
Snacking				
Choose healthy food when snacking				
Never	10.8	13.2	8.9	0.118
Sometimes	64.9	66.5	63.7	
Often	16.4	15.2	17.4	
Always	7.9	5.1	10.0	

⁸Center for Human Nutrition, Department of International Health, Bloomberg School of Public Health, Johns Hopkins University, 615 North Wolfe Street, Baltimore, MD 21205, USA; Department of Human Nutrition, University of Illinois at Chicago, USA; College of Health and Human Services, Oregon State University, USA. <http://journals.cambridge.org/action/displayFulltext?type=1&fid=1293472&jid=PHN&volumeId=10&issueId=09&aid=1293464>

Do not like the taste of most healthy foods				
Very true	19.1	18.6	19.5	0.615
A little true	38.0	35.0	40.2	
Not true	34.1	36.2	32.5	
Cannot say	8.8	10.2	7.8	
Only choosing familiar fruits				
Very true	39.6	46.4	34.3	0.016*
A little true	37.6	34.6	39.9	
Not true	15.0	10.1	18.9	
Cannot say	7.8	8.9	6.9	
Snacking under stress				
Never	63.4	67.6	60.2	0.052
Sometimes/often	30.8	29.6	31.8	
Always	5.8	2.8	8.0	
Snacking under depression				
Never	70.8	75.4	67.4	0.192
Sometimes/often	23.4	20.1	25.8	
Always	5.8	4.5	6.8	

*P < 0.05

Obesity in low-income minority students

The study participants' eating patterns⁹

Eating patterns (how often consumed a certain food group over the past 7 days)

Variables	All (n = 121)	Boys (n =47)	Girls (n =74)	Gender difference, P-value
Fruits				
Did not eat	12.1	13.4	11.3	0.995
< 1 time day ⁻¹	12.9	13.3	12.7	
1 time day ⁻¹	21.6	20.0	22.5	
2-3 times day ⁻¹	40.5	40.0	40.8	
≥ 4 times day ⁻¹	12.9	13.3	12.7	
Vegetables				
1 time day ⁻¹	54.8	67.4	47.2	0.103
2-3 times day ⁻¹	37.4	27.9	43.1	
≥ 4 times day ⁻¹	7.8	4.7	9.7	

⁹Center for Human Nutrition, Department of International Health, Bloomberg School of Public Health, Johns Hopkins University, 615 North Wolfe Street, Baltimore, MD 21205, USA; Department of Human Nutrition, University of Illinois at Chicago, USA; College of Health and Human Services, Oregon State University, USA. <http://journals.cambridge.org/action/displayFulltext?type=1&fid=1293472&jid=PHN&volumeId=10&issueId=09&aid=1293464>

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Green Salad				
Did not eat	48.3	54.6	44.4	0.030*
< 1 time day ⁻¹	15.5	20.4	12.5	
1 time day ⁻¹	19.8	22.7	18.1	
2-3 times day ⁻¹	11.2	2.3	16.7	
≥ 4 times day ⁻¹	5.2	0.0	8.3	
Fried Food				
Did not eat	2.5	0.0	4.1	0.600
< 1 time day ⁻¹	11.0	11.4	10.8	
1 time day ⁻¹	31.4	27.3	33.8	
2-3 times day ⁻¹	35.6	40.9	32.4	
≥ 4 times day ⁻¹	19.5	20.4	18.9	
Soft drinks				
Did not drink	9.3	6.8	10.8	0.902
< 1 time day ⁻¹	7.7	9.1	6.8	
1 time day ⁻¹	12.7	11.4	13.5	
2-3 times day ⁻¹	48.3	47.7	48.6	
≥ 4 times day ⁻¹	22.0	25.0	20.3	
Snacking				
Ate snack when watching TV				
Never	10.0	13.0	8.1	0.618
Sometimes	39.2	34.8	41.9	
Often	20.0	23.9	17.6	
Always	30.8	28.3	32.4	
Ate snack between meals				
Never	44.6	41.3	46.6	0.783
Sometimes	33.6	37.0	31.5	
Often	10.9	13.0	9.6	
Always	10.9	8.7	12.3	
Ate snack on way home or to school				
Never	28.3	30.4	27.0	0.606
Sometimes	47.5	45.7	48.6	
Often	12.5	8.7	14.9	
Always	11.7	15.2	9.5	
Ate snack when doing homework				
Never	14.9	17.0	13.5	0.866
Sometimes	63.7	59.6	66.2	
Often	10.7	12.8	9.5	
Always	10.7	10.6	10.8	

Based on baseline data collected in spring 2003.

*P <0.05.

**Obesity in low-income minority students
Significant predictors of overweight (BMI \geq 95th percentile) ¹⁰**

Variables	Odds ratio (95% CI)
Gender (female versus male)	2.02 (1.23 – 3.30)
Physical activity (high versus low)	0.59 (0.37 – 0.95)
Pocket money (> US \$2 versus \leq US \$2)	0.56 (0.34 -0.94)

BMI- Body mass index; CI- confidence interval
Age was adjusted for in the logistic regression analysis.

**Obesity in low-income minority students
Differences in the participants' physical activity, eating and snacking patterns by amount of pocket money (%) ¹¹**

	Pocket money > US\$2	Pocket money \leq US\$2	Test of difference, P-value	OR (95% CI)*
Eating pattern				
Vegetables \geq 3 times day ⁻¹	32.5	16.4	0.060	2.84 (1.08 7.45)
Fruits \geq 3 times day ⁻¹	47.5	21.6	0.006†	3.14 (1.35 7.27)
Fried food \geq 3 times day ⁻¹	47.6	24.3	0.014†	3.04 (1.32 6.99)
Soft drinks \geq 3 times day ⁻¹	57.1	29.7	0.006†	2.77 (1.29 5.95)
Snacking				
Often or always ate snack between meals	32.6	16.0	0.63	2.20 (0.92 5.28)
Often or always ate snack when watching TV	65.1	42.7	0.022†	2.62 (1.19 5.76)
Often or always ate snack when doing homework	34.9	13.3	0.009†	3.26 (1.32 8.04)

¹⁰Center for Human Nutrition, Department of International Health, Bloomberg School of Public Health, Johns Hopkins University, 615 North Wolfe Street, Baltimore, MD 21205, USA; Department of Human Nutrition, University of Illinois at Chicago, USA; College of Health and Human Services, Oregon State University, USA. <http://journals.cambridge.org/action/displayFulltext?type=1&fid=1293472&jid=PHN&volumeId=10&issueId=09&aid=1293464>
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Physical activity				
High level of physical activity ‡	57.5	46.6	0.032†	1.54 (1.04 2.26)
Frequent exercise§	71.8	62.7	0.052	1.49 (0.99 2.26)
PE exercise time ≥ 30 min	46.2	34.9	0.022†	1.68 (1.13 2.48)
TV viewing time ≥ 5 h day ¹	37.9	29.9	0.098	1.40 (0.93 2.09)

OR –odds ratio; CL – confidence interval; PE – physical education.

*Cochran-Mantel-Haenszel test, controlled for age and sex.

† P < 0.05.

‡ Based on MET (metabolic equivalent) median.

§ Over the past 7 days, had at least 20 min hard or 30 min light exercise in > 5 days.

Weight

Current Weight, Ages 10 -17

NSCH 2007	What is the weight status of children based on Body Mass Index for age (BMI-for-age)? ¹²							
	Underweight		Healthy Weight		Overweight		Obese	
	%	N	%	N	%	N	%	N
Illinois								
Male	3.2	17	59.7	274	12.0	68	25.0	105
Female	4.2	15	63.1	303	16.4	73	16.3	63
Nationwide								
Male	5.8	1,173	59.7	14,179	15.3	3,787	19.2	3,851
Female	4.5	1,013	66.8	14,942	15.2	2,967	13.5	2,189

“The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States. The Illinois YRBS also is conducted every 2 years and provides data representative of 9th through 12th grade students in public schools throughout Illinois.”

¹² National Survey of Children’s Health (2007), <http://nschdata.org/DataQuery/DataQueryResults.aspx>

Obese

U.S. 2007	Percentage of Overweight Students (i.e., At or Above 95th Percentile for Body Mass Index, by Age and Sex) ¹³
Female	9.6
Male	16.3
Total	13.0

Illinois 2007 (Excluding Chicago)	Percentage of Overweight Students (i.e., At or Above 95th Percentile for Body Mass Index, by Age and Sex) ¹⁴		
	Female	Male	Total
Total			
	9.2; N= 585	15.6; N= 599	12.4; N= 1,184
Age			
15 or Younger	9.2 ; N= 202	14.5; N= 218	11.8; N= 420
16 or 17	7.6; N= 326	14.9; N= 306	11.2; N= 632
18 or Older	N= 57	N= 75	18.9; N= 132
Grade			
9 th	8.7; N= 153	13.4 ; N= 184	11.1; N= 337
10 th	6.9; N= 157	18.1 ; N= 159	12.5; N= 316
11 th	11.1; N= 168	12.9 ; N= 151	12.0; N= 319
12 th	9.7; N= 105	18.7; N= 104	14.2; N= 209
Race/Ethnicity			
Black*	N= 83	15.6; N= 103	14.3; N= 186
Hispanic/Latino	N= 73	N= 73	14.2; N= 146
White*	8.1; N= 375	15.7 ; N= 361	11.8; N= 736
All Other Races	N= 20	N= 32	N= 52
Multiple Races	N= 29	N= 16	N= 45

*=Non-Hispanic

¹³ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf

¹⁴ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

Illinois 2007 (Including Chicago)	Percentage of Overweight Students (i.e., At or Above 95 th Percentile for Body Mass Index, by Age and Sex) ¹⁵		
	Female	Male	Total
Total			
	9.9	15.9	12.9
Race/Ethnicity			
Black*	14.0	16.2	15.2
Hispanic/Latino	9.8	19.6	14.6
White*	8.3	15.6	11.8
All Other Races	N/A	N/A	16.1

Chicago 2007	Percentage of Overweight Students (i.e., At or Above 95 th Percentile for Body Mass Index, by Age and Sex) ¹⁶		
	Female	Male	Total
Total			
	13.6; N = 531	18.0 ; N = 520	15.8 ; N =1,051
Age			
15 or Younger	15.1; N = 149	20.4; N = 114	17.6; N = 263
16 or 17	13.4; N = 306	15.8; N = 323	14.6 ; N = 629
18 or Older	N = 76	N = 83	15.8 ; N = 159
Grade			
9 th	14.1; N = 110	N = 76	15.7; N = 186
10 th	16.5; N = 170	20.1; N = 195	18.3; N = 365
11 th	12.0 ; N = 140	17.7; N = 156	14.6; N = 296
12 th	10.7; N = 107	N = 90	12.9; N = 197
Race/Ethnicity			
Black*	15.7; N = 227	15.6; N = 187	15.7; N = 414
Hispanic/Latino	11.0; N = 227	21.3; N = 230	16.0; N = 457
White*	N = 36	N = 44	N = 80
All Other Races	N = 23	N = 31	N = 54
Multiple Races	N = 12	N = 8	N = 20

*=Non-Hispanic

¹⁵ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=507&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

¹⁶ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Overweight

U.S. 2007	Percentage of Students Who Were At Risk for Becoming Overweight (i.e., At or Above 85th Percentile But Below the 95th Percentile for BMI, By Age & Sex¹⁷
Female	15.1
Male	16.4
Total	15.8

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Were At Risk for Becoming Overweight (i.e., At or Above 85th Percentile But Below the 95th Percentile for BMI, By Age & Sex¹⁸		
	Female	Male	Total
Total			
	15.0; N= 585	15.2 ; N= 599	15.1 ; N= 1,184
Age			
15 or Younger	15.6; N= 202	19.6 ; N= 218	17.6; N= 420
16 or 17	14.8; N= 326	14.7; N= 306	14.8; N= 632
18 or Older	N= 57	N= 75	10.3; N= 132
Grade			
9 th	15.4 ; N= 153	18.9 ; N= 184	17.2; N= 337
10 th	20.6 ; N= 157	13.8; N= 159	17.2; N= 316
11 th	10.7; N= 168	16.6; N= 151	13.6; N= 319
12 th	12.9; N= 105	10.9; N= 104	11.9; N= 209
Race/Ethnicity			
Black*	N= 83	12.9 ; N= 103	18.6; N= 186
Hispanic/Latino	N= 73	N= 73	19.5; N= 146
White*	13.1; N= 375	15.0 ; N= 361	14.1; N= 736
All Other Races	N= 20	N= 32	N= 52
Multiple Races	N= 29	N= 16	N= 45

*=Non-Hispanic

¹⁷ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbss07_mmwr.pdf

¹⁸ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

Illinois 2007 (Including Chicago)	Percentage of Students Who Were At Risk for Becoming Overweight (i.e., At or Above 85 th Percentile But Below the 95 th Percentile for BMI, By Age & Sex ¹⁹		
	Female	Male	Total
Total			
	15.8	15.5	15.7
Race/Ethnicity			
Black*	24.3	14.2	19.0
Hispanic/Latino	20.3	19.2	19.7
White*	13.2	14.9	14.1
All Other Races	N/A	N/A	10.4

Chicago 2007	Percentage of Students Who Were At Risk for Becoming Overweight (i.e., At or Above 85 th Percentile But Below the 95 th Percentile for BMI, By Age & Sex ²⁰		
	Female	Male	Total
Total			
	20.7; N = 531	16.6; N = 520	18.7; N = 1,051
Age			
15 or Younger	21.6; N = 149	18.8; N = 114	20.2; N = 263
16 or 17	19.7; N = 306	16.6; N = 323	18.2; N = 629
18 or Older	N = 76	N = 83	16.8; N = 159
Grade			
9 th	25.7; N = 110	N = 76	21.1; N = 186
10 th	16.1; N = 170	15.9; N = 195	16.0; N = 365
11 th	15.4; N = 140	17.3; N = 156	16.3; N = 296
12 th	26.0; N = 107	N = 90	21.7; N = 197
Race/Ethnicity			
Black*	21.9 ; N = 227	16.5; N = 187	19.4; N = 414
Hispanic/Latino	18.5; N = 227	18.8; N = 230	18.7; N = 457
White*	N = 36	N = 44	N = 80
All Other Races	N = 23	N = 31	N = 54
Multiple Races	N = 12	N = 8	N = 20

*=Non-Hispanic

¹⁹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=506&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

²⁰ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Described Themselves as Overweight

U.S. 2007	Percentage of Students Who Described Themselves as Slightly or Very Overweight ²¹
Female	34.5
Male	24.2
Total	29.3

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Described Themselves as Slightly or Very Overweight ²²		
	Female	Male	Total
Total			
	37.2; N = 633	22.1 ; N = 670	29.6 ; N = 1,308
Age			
15 or Younger	35.0 ; N = 225	23.2; N = 243	29.2; N = 470
16 or 17	36.5; N = 347	22.8; N = 341	29.6; N = 690
18 or Older	N = 61	N = 86	29.6; N = 147
Grade			
9 th	33.3; N = 172	23.4; N = 210	28.1; N = 384
10 th	37.8; N = 170	23.8; N = 180	30.7; N = 350
11 th	38.3; N = 176	21.5; N = 164	29.8; N = 341
12 th	39.5; N = 113	19.2; N = 115	29.2; N = 229
Race/Ethnicity			
Black*	N = 97	10.8 ; N = 129	17.6; N = 228
Hispanic/Latino	N = 82	N = 84	32.8 ; N = 167
White*	37.4 ; N = 392	24.6; N = 385	31.0 ; N = 778
All Other Races	N = 25	N = 35	N = 60
Multiple Races	N = 30	N = 20	N = 50

*=Non-Hispanic

²¹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbss07_mmwr.pdf

²² 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Described Themselves as Slightly or Very Overweight ²³		
	Female	Male	Total
Total			
	37.2	22.1	29.6
Race/Ethnicity			
Black*	28.6	13.0	20.2
Hispanic/Latino	42.0	25.3	33.7
White*	38.0	24.4	31.3
All Other Races	N/A	N/A	29.0

Chicago 2007	Percentage of Students Who Described Themselves as Slightly or Very Overweight ²⁴		
	Female	Male	Total
Total			
	34.0; N = 556	23.9; N = 508	29.2; N = 1,066
Age			
15 or Younger	27.8; N = 158	27.6; N = 115	27.6; N = 275
16 or 17	37.3; N = 315	23.8; N = 313	31.0; N = 628
18 or Older	N = 82	N = 78	28.1; N = 160
Grade			
9 th	27.8; N = 118	N = 75	25.4; N = 193
10 th	34.7; N = 177	26.5; N = 192	30.7; N = 369
11 th	33.1; N = 142	22.2; N = 152	28.0; N = 295
12 th	42.3; N = 115	N = 86	34.4; N = 201
Race/Ethnicity			
Black*	29.0; N = 230	20.1 ; N = 178	25.0; N = 408
Hispanic/Latino	39.4 ; N = 241	28.7; N = 225	34.3; N = 468
White*	N = 39	N = 47	N = 86
All Other Races	N = 27	N = 32	N = 59
Multiple Races	N = 10	N = 7	N = 17

*=Non-Hispanic

²³ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.

<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q65&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

²⁴ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.

<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Lose Weight

U.S. 2007	Percentage of Students Who Were Trying to Lose Weight²⁵
Female	60.3
Male	30.4
Total	45.2

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Were Trying to Lose Weight²⁶		
	Female	Male	Total
Total			
	64.8 ; N = 632	30.4 ; N = 669	47.4 ; N = 1,306
Age			
15 or Younger	63.5; N = 225	28.9 ; N = 242	46.5; N = 469
16 or 17	64.9; N = 346	31.9; N = 341	48.5; N = 689
18 or Older	N = 61	N = 86	44.9; N = 147
Grade			
9 th	60.1; N = 172	29.4 ; N = 210	44.1; N = 384
10 th	66.0; N = 169	34.8 ; N = 179	50.1; N = 348
11 th	64.9; N = 176	29.6 ; N = 165	47.3; N = 342
12 th	68.6 ; N = 113	27.6 ; N = 114	47.8; N = 228
Race/Ethnicity			
Black*	N = 97	22.6 ; N = 128	33.0; N = 227
Hispanic/Latino	N = 82	N = 85	53.2; N = 168
White*	67.3; N = 392	31.0; N = 386	49.4; N = 779
All Other Races	N = 24	N = 34	N = 58
Multiple Races	N = 30	N = 20	N = 50

*=Non-Hispanic

²⁵ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf

²⁶ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

Illinois 2007 (Including Chicago)	Percentage of Students Who Were Trying to Lose Weight ²⁷		
	Female	Male	Total
Total			
	63.7	30.8	47.3
Race/Ethnicity			
Black*	47.8	24.3	35.1
Hispanic/Latino	64.7	42.3	53.6
White*	68.0	30.8	49.7
All Other Races	N/A	N/A	41.6

Chicago 2007	Percentage of Students Who Were Trying to Lose Weight ²⁸		
	Female	Male	Total
Total			
	53.4; N = 555	36.5; N = 507	45.4; N = 1,063
Age			
15 or Younger	48.8; N = 157	38.7; N = 115	44.0; N = 273
16 or 17	56.1; N = 315	35.8; N = 310	46.6; N = 625
18 or Older	N = 82	N = 80	44.1; N = 162
Grade			
9 th	47.6; N = 119	N = 75	42.0; N = 194
10 th	63.7; N = 174	37.9; N = 191	51.0 ; N = 365
11 th	47.1; N = 143	36.0; N = 152	41.9; N = 296
12 th	55.0; N = 115	N = 86	46.4; N = 201
Race/Ethnicity			
Black*	45.4; N = 230	28.8; N = 177	38.0; N = 407
Hispanic/Latino	60.9; N = 239	46.8; N = 227	54.2; N = 467
White*	N = 39	N = 46	N = 85
All Other Races	N = 27	N = 31	N = 58
Multiple Races	N = 11	N = 7	N = 18

*=Non-Hispanic

²⁷ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.

<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q66&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

²⁸ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.

<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Exercised to Lose Weight or Maintain

U.S. 2007	Percentage of Students Who Exercised to Lose Weight or to Keep from Gaining Weight During the 30 Days Before the Survey²⁹
Female	67.0
Male	55.0
Total	60.9

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Exercised to Lose Weight or to Keep from Gaining Weight During the 30 Days Before the Survey³⁰		
	Female	Male	Total
Total			
	74.3; N = 633	53.5 ; N = 666	63.8; N = 1,304
Age			
15 or Younger	76.6; N = 225	55.4 ; N = 239	66.2; N = 466
16 or 17	73.4; N = 347	53.0; N = 341	63.2; N = 690
18 or Older	N = 61	N = 86	59.5; N = 147
Grade			
9 th	78.7; N = 172	57.6 ; N = 206	67.9; N = 380
10 th	75.5; N = 170	55.5 ; N = 179	65.4 ; N = 349
11 th	70.1; N = 176	51.3 ; N = 164	60.5 ; N = 341
12 th	73.3; N = 113	48.7 ; N = 116	60.9; N = 230
Race/Ethnicity			
Black*	N = 97	53.2; N = 127	57.4 ; N = 226
Hispanic/Latino	N = 82	N = 85	67.6 ; N = 168
White*	76.1 ; N = 392	51.9; N = 385	64.1; N = 778
All Other Races	N = 25	N = 35	N = 60
Multiple Races	N = 30	N = 19	N = 49

*=Non-Hispanic

²⁹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbss07_mmwr.pdf

³⁰ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

Illinois 2007 (Including Chicago)	Percentage of Students Who Exercised to Lose Weight or to Keep from Gaining Weight During the 30 Days Before the Survey ³¹		
	Female	Male	Total
Total			
	72.4	53.7	63.0
Race/Ethnicity			
Black*	58.4	51.8	55.2
Hispanic/Latino	70.3	62.4	66.3
White*	76.4	51.9	64.3
All Other Races	N/A	N/A	63.1

Chicago 2007	Percentage of Students Who Exercised to Lose Weight or to Keep from Gaining Weight During the 30 Days Before the Survey ³²		
	Female	Male	Total
Total			
	57.4; N = 548	55.5; N = 495	56.5; N = 1,044
Age			
15 or Younger	58.0; N = 156	63.3; N = 113	60.6; N = 270
16 or 17	60.5; N = 309	53.6 (44.5- 62.4) ; N = 306	57.2; N = 615
18 or Older	N = 82	N = 74	44.9; N = 156
Grade			
9 th	60.7; N = 117	N = 75	59.3; N = 192
10 th	60.0; N = 173	55.3; N = 186	57.7; N = 359
11 th	53.8; N = 139	57.1; N = 148	55.4; N = 288
12 th	53.0; N = 115	N = 84	51.1; N = 199
Race/Ethnicity			
Black*	50.0 ; N = 226	48.9; N = 170	49.5; N = 396
Hispanic/Latino	64.1; N = 237	63.3; N = 222	63.8; N = 460
White*	N = 39	N = 46	N = 85
All Other Races	N = 26	N = 31	N = 57
Multiple Races	N = 11	N = 7	N = 18

*=Non-Hispanic

³¹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.

<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q67&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

³² 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.

<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Restricting Calories to Lose Weight or Maintain

U.S. 2007	Percentage of Students Who Ate Less Food, Fewer Calories, or Low-Fat Foods to Lose Weight or to Keep From Gaining Weight During the 30 Days Before the Survey³³
Female	53.2
Male	28.3
Total	40.6

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Ate Less Food, Fewer Calories, or Low-Fat Foods to Lose Weight or to Keep From Gaining Weight During the 30 Days Before the Survey³⁴		
	Female	Male	Total
Total	57.3; N= 633	29.4 ; N= 666	43.1; N= 1,304
Age			
15 or Younger	55.7; N= 225	28.4 ; N= 239	42.4; N= 466
16 or 17	58.9; N= 347	29.4; N= 342	44.2; N= 691
18 or Older	N= 61	N= 85	41.0 ; N= 146
Grade			
9 th	56.0; N= 172	29.9 ; N= 206	42.5; N= 380
10 th	57.0; N= 170	28.9 ; N= 180	42.7; N= 350
11 th	61.6; N= 176	30.0 ; N= 164	45.9; N= 341
12 th	55.5; N= 113	28.9; N= 115	41.9; N= 229
Race/Ethnicity			
Black*	N= 97	24.3; N= 126	30.0; N= 225
Hispanic/Latino	N= 82	N= 85	44.9; N= 168
White*	59.8 ; N= 392	29.3 ; N= 385	44.8; N= 778
All Other Races	N= 25	N= 35	N= 60
Multiple Races	N= 30	N= 19	N= 49

*=Non-Hispanic

³³ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf

³⁴ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

Illinois 2007 (Including Chicago)	Percentage of Students Who Ate Less Food, Fewer Calories, or Low-Fat Foods to Lose Weight or to Keep From Gaining Weight During the 30 Days Before the Survey ³⁵		
	Female	Male	Total
Total			
	55.0	29.0	41.9
Race/Ethnicity			
Black*	37.7	24.2	30.4
Hispanic/Latino	51.8	34.8	43.4
White*	59.7	29.1	44.7
All Other Races	N/A	N/A	43.4

Chicago 2007	Percentage of Students Who Ate Less Food, Fewer Calories, or Low-Fat Foods to Lose Weight or to Keep From Gaining Weight During the 30 Days Before the Survey ³⁶		
	Female	Male	Total
Total			
	41.2; N = 549	25.0; N = 503	33.6; N = 1,053
Age			
15 or Younger	44.5; N = 157	19.8; N = 113	33.6; N = 1,053
16 or 17	37.9; N = 310	28.8; N = 309	33.6; N = 619
18 or Older	N = 81	N = 79	35.3; N = 160
Grade			
9 th	46.4; N = 118	N = 74	32.5; N = 192
10 th	42.6; N = 173	31.9; N = 190	37.3; N = 363
11 th	29.0; N = 141	28.0; N = 151	28.6; N = 292
12 th	43.3; N = 113	N = 85	35.3; N = 198
Race/Ethnicity			
Black*	36.0; N = 228	21.5; N = 176	29.5; N = 404
Hispanic/Latino	45.0; N = 238	32.7; N = 224	39.4; N = 463
White*	N = 39	N = 46	N = 85
All Other Races	N = 26	N = 31	N = 57
Multiple Races	N = 10	N = 7	N = 17

*=Non-Hispanic

³⁵ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q68&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

³⁶ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Did Not Eat For 24 or More Hours to Lose Weight or Maintain

U.S. 2007	Percentage of Students Who Did Not Eat for 24 or More Hours to Lose Weight or to Keep From Gaining Weight During the 30 Days Before the Survey³⁷
Female	16.3
Male	7.3
Total	11.8

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Did Not Eat for 24 or More Hours to Lose Weight or to Keep From Gaining Weight During the 30 Days Before the Survey³⁸		
	Female	Male	Total
Total			
	16.4; N= 633	7.4; N= 668	11.8 ; N= 1,306
Age			
15 or Younger	18.4 ; N= 225	7.3; N= 241	12.9; N= 468
16 or 17	14.0; N= 347	6.8; N= 341	10.4 ; N= 690
18 or Older	N= 61	N= 86	14.5; N= 147
Grade			
9 th	16.7; N= 172	7.2 ; N= 208	11.8; N= 382
10 th	19.5; N= 170	9.2 ; N= 180	14.3; N= 350
11 th	13.5; N= 176	8.2 ; N= 163	10.8; N= 340
12 th	15.2; N= 113	4.7 ; N= 116	9.8; N= 230
Race/Ethnicity			
Black*	N= 97	4.8; N= 127	7.5; N= 226
Hispanic/Latino	N= 82	N= 85	12.0; N= 168
White*	17.7; N= 392	7.8 ; N= 386	12.8; N= 779
All Other Races	N= 25	N= 35	;N= 60
Multiple Races	N= 30	N= 19	N= 49

*=Non-Hispanic

³⁷ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbss07_mmwr.pdf

³⁸ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

Illinois 2007 (Including Chicago)	Percentage of Students Who Did Not Eat for 24 or More Hours to Lose Weight or to Keep From Gaining Weight During the 30 Days Before the Survey ³⁹		
	Female	Male	Total
Total			
	15.9	7.6	11.7
Race/Ethnicity			
Black*	10.9	5.6	8.1
Hispanic/Latino	13.9	10.6	12.3
White*	17.9	7.8	12.9
All Other Races	N/A	N/A	9.8

Chicago 2007	Percentage of Students Who Did Not Eat for 24 or More Hours to Lose Weight or to Keep From Gaining Weight During the 30 Days Before the Survey ⁴⁰		
	Female	Male	Total
Total			
	12.1; N = 542	8.4; N = 495	10.4; N = 1,038
Age			
15 or Younger	13.0; N = 152	6.0; N = 112	9.9; N = 265
16 or 17	13.1; N = 308	10.0; N = 305	11.6; N = 613
18 or Older	N = 81	N = 76	8.1; N = 157
Grade			
9 th	15.5; N = 115	N = 73	10.1; N = 188
10 th	16.0; N = 170	10.2 ; N = 184	13.2; N = 354
11 th	9.2; N = 140	12.7; N = 151	10.8; N = 291
12 th	4.5; N = 113	N = 84	5.4; N = 197
Race/Ethnicity			
Black*	9.4; N = 224	6.6; N = 173	8.2; N = 397
Hispanic/Latino	13.8; N = 236	10.7; N = 222	12.5; N = 459
White*	N = 39	N = 44	N = 83
All Other Races	N = 25	N = 30	N = 55
Multiple Races	N = 10	N = 7	N = 17

*=Non-Hispanic

³⁹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.

<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q69&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

⁴⁰ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.

<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Took Diet Pills, Powders, or Liquids Without Doctor's Advice

U.S. 2007	Percentage of Students Who Took Any Diet Pills, Powders, or Liquids Without Doctor's Advice to Lose Weight or to Keep from Gaining Weight During the 30 Days Before the Survey ⁴¹
Female	7.5
Male	4.2
Total	5.9

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Took Any Diet Pills, Powders, or Liquids Without Doctor's Advice to Lose Weight or to Keep from Gaining Weight During the 30 Days Before the Survey ⁴²		
	Female	Male	Total
Total	5.3; N= 633	4.7; N= 667	5.0 ; N= 1,305
Age			
15 or Younger	4.0; N= 225	2.6; N= 238	3.3 ; N= 465
16 or 17	4.9 ; N= 347	4.3 ; N= 343	4.7 ; N= 692
18 or Older	N= 61	N= 86	10.5; N= 147
Grade			
9 th	3.3 ; N= 172	2.8; N= 205	3.0 ; N= 379
10 th	4.4 ; N= 170	2.2; N= 180	3.3; N= 350
11 th	7.3; N= 176	3.8; N= 165	5.8; N= 342
12 th	5.8; N= 113	10.7 ; N= 116	8.2; N= 230
Race/Ethnicity			
Black*	N= 97	7.2; N= 128	4.4; N= 227
Hispanic/Latino	N= 82	N= 82	6.2; N= 165
White*	5.5; N= 392	3.9; N= 388	4.8; N= 781
All Other Races	N= 25	N= 35	N= 60
Multiple Races	N= 30	N= 18	N= 48

*=Non-Hispanic

⁴¹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf

⁴² 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

Illinois 2007 (Including Chicago)	Percentage of Students Who Took Any Diet Pills, Powders, or Liquids Without Doctor's Advice to Lose Weight or to Keep from Gaining Weight During the 30 Days Before the Survey ⁴³		
	Female	Male	Total
Total			
	5.6	5.0	5.3
Race/Ethnicity			
Black*	2.6	7.7	5.3
Hispanic/Latino	7.8	4.6	6.2
White*	5.9	4.0	5.0
All Other Races	N/A	N/A	6.7

Chicago 2007	Percentage of Students Who Took Any Diet Pills, Powders, or Liquids Without Doctor's Advice to Lose Weight or to Keep from Gaining Weight During the 30 Days Before the Survey ⁴⁴		
	Female	Male	Total
Total			
	6.8; N = 545	7.2; N = 496	7.0; N = 1,041
Age			
15 or Younger	6.5; N = 155	4.6; N = 112	5.6; N = 267
16 or 17	6.4; N = 309	7.6; N = 304	7.0; N = 613
18 or Older	N = 80	N = 78	10.5; N = 158
Grade			
9 th	9.3 ; N = 116	N = 72	7.7 ; N = 188
10 th	8.0; N = 172	7.1; N = 187	7.6; N = 359
11 th	4.1; N = 140	6.0; N = 148	4.9; N = 288
12 th	5.0; N = 113	N = 86	7.0; N = 199
Race/Ethnicity			
Black*	5.6; N = 226	8.6; N = 172	6.9 ; N = 398
Hispanic/Latino	7.7; N = 237	4.6; N = 223	6.3; N = 460
White*	N = 39	N = 44	N = 83
All Other Races	N = 26	N = 31	N = 57
Multiple Races	N = 10	N = 7	N = 17

*=Non-Hispanic

⁴³ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.

<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q70&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

⁴⁴ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.

<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Vomited or Took Laxatives to Lose Weight or Maintain

U.S. 2007	Percentage of Students Who Vomited or Took Laxatives to Keep From Gaining Weight During the Past 30 Days ⁴⁵
Female	6.4
Male	2.2
Total	4.3

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Vomited or Took Laxatives to Keep From Gaining Weight During the Past 30 Days ⁴⁶		
	Female	Male	Total
Total			
	7.7; N= 632	2.7 ; N= 668	5.1; N= 1,305
Age			
15 or Younger	7.3; N= 225	3.0; N= 241	5.2; N= 468
16 or 17	6.4 ; N= 346	1.9; N= 342	4.2; N= 690
18 or Older	N= 61	N= 85	8.9 ; N= 146
Grade			
9 th	6.1; N= 172	4.6 ; N= 207	5.3 ; N= 381
10 th	7.4; N= 170	1.7 ; N= 180	4.5 ; N= 350
11 th	7.8; N= 175	1.9; N= 165	4.8 ; N= 341
12 th	9.3; N= 113	2.2; N= 115	5.7 ; N= 229
Race/Ethnicity			
Black*	N= 97	5.9; N= 128	5.2; N= 227
Hispanic/Latino	N= 82	N= 84	6.3; N= 167
White*	8.0; N= 391	1.9; N= 388	5.0; N= 780
All Other Races	N= 25	N= 35	N= 60
Multiple Races	N= 30	N= 17	N= 47

*=Non-Hispanic

⁴⁵ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf

⁴⁶ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

Illinois 2007 (Including Chicago)	Percentage of Students Who Vomited or Took Laxatives to Keep From Gaining Weight During the Past 30 Days ⁴⁷		
	Female	Male	Total
Total			
	7.4	3.2	5.2
Race/Ethnicity			
Black*	4.5	5.9	5.2
Hispanic/Latino	7.6	4.2	6.0
White*	8.1	2.2	5.2
All Other Races	N/A	N/A	3.8

Chicago 2007	Percentage of Students Who Vomited or Took Laxatives to Keep From Gaining Weight During the Past 30 Days ⁴⁸		
	Female	Male	Total
Total			
	5.8 ; N= 541	4.6 ; N=492	5.3; N= 1,033
Age			
15 or Younger	8.4 ; N= 155	2.1 ; N=109	5.5 ; N=264
16 or 17	5.1 ; N= 304	6.3 ; N= 304	5.7 ; N= 608
18 or Older	N= 81	N=77	3.5; N= 158
Grade			
9 th	9.3 ; N= 117	N=70	5.6 ; N= 187
10 th	7.0 ; N= 171	6.1 ; N=187	6.6 ; N= 358
11 th	4.7 ; N= 135	6.0 ; N=147	5.3 ; N= 282
12 th	1.0; N= 114	N=85	3.2 ; N= 199
Race/Ethnicity			
Black*	4.5 ; N= 226	4.0 ; N=170	4.3 ; N= 396
Hispanic/Latino	5.5 ; N= 232	4.9 ; N= 221	5.2 ; N= 453
White*	N= 39	N=45	N= 84
All Other Races	N= 25	N=31	N= 56
Multiple Races	N= 11	N=7	N= 18

*=Non-Hispanic

⁴⁷ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.

<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q71&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

⁴⁸ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.

<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Physical Activity Level

US Physical Activity Statistics 2007

Illinois: Recommended Physical Activity by: Gender & Race⁴⁹

Illinois	White		Black		Hispanic		Other	
	M	F	M	F	M	F	M	F
Recommended	52.1	48.9	46.9	34.7	N/A	39.4	N/A	N/A
Inactive	12.2	11.6	N/A	23.6	N/A	N/A	N/A	N/A

Note: Data was adjusted for non-responses, age-adjusted to the 2000 U.S. standard population, and weighted to provide state and overall estimates. Confidence intervals were calculated using SUDAAN to adjust for the complex survey sample design.

Physical activity among low socio-economic status minority students in Chicago.⁵⁰

The study looks at participants' physical activity and snacking patterns (%)

Variables		All (n=458)	Boys (n=198)	Girls (n=260)	Gender difference, P-value
Physical Activity					
Had at least 20 Minutes of Exercise in the past 7 days	None	10.3	7.6	12.4	0.069
	1-2 days	28.1	24.7	30.6	
	3-4 days	25.4	25.8	25.2	
	≥ 5 days	36.2	41.9	31.8	
Had at least 30 min of light exercise in the past 7 days	None	18.5	17.8	19.1	0.652
	1-2 days	34.7	37.8	32.3	
	3-4 days	23.6	21.4	25.3	
	≥ 5 days	23.2	23.0	23.3	

⁴⁹ Department of Health and Human Services Centers For Disease Control and Prevention,

<http://apps.nccd.cdc.gov/PASurveillance/DemoCompareResultV.asp?State=16&Cat=3&Cat=4&Year=2005&Go=GO>

⁵⁰ Center for Human Nutrition, Department of International Health, Bloomberg School of Public Health, Johns Hopkins University, 615 North Wolfe Street, Baltimore, MD 21205, USA; Department of Human Nutrition, University of Illinois at Chicago, USA; College of Health and Human Services, Oregon State University, USA.

<http://journals.cambridge.org/action/displayFulltext?type=1&fid=1293472&jid=PHN&volumeId=10&issueId=09&aid=1293464>

Date Accessed: February 2009

**Status of Young Women and Girls in Illinois
Physical Activity & Sports**

Daily TV/ video games/ computer time	< 3h	37.9	43.2	34.0	0.052*
	3-4h	29.0	29.4	28.6	
	≥ 5 h	33.1	27.4	37.4	
Exercise time in PE class each time	< 10 min	13.8	14.7	13.1	0.067
	10-20 min	28.3	22.3	32.8	
	20-30 min	18.6	18.3	18.9	
	>30 min	39.3	44.7	35.2	
How to get to school	Walk	65.8	71.1	61.8	0.038* 0.029* 0.106 0.410
	Bus	10.8	7.1	13.5	
	Drop off	30.9	26.9	34.0	
	Bicycle	0.7	1.0	0.4	
Snacking					
Choosing healthy food when snacking	Never	10.8	13.2	8.9	0.118
	Sometimes	64.9	66.5	63.7	
	Often	16.4	15.2	17.4	
	Always	7.9	5.1	10.0	
Do not like the taste of most healthy foods	Very true	19.1	18.6	19.5	0.615
	A little true	38.0	35.0	40.2	
	Not true	34.1	36.2	32.5	
	Cannot say	8.8	10.2	7.8	
Only choosing familiar fruits	Very true	39.6	46.4	34.3	0.016*
	A little true	37.6	34.6	39.9	
	Not true	15.0	10.1	18.9	
	Cannot say	7.8	8.9	6.9	
Snacking under stress	Never	63.4	67.6	60.2	0.052
	Sometimes or often	30.8	29.6	31.8	
	Always	5.8	2.8	8.0	
Snacking under depression	Never	70.8	75.4	67.4	0.192
	Sometimes or often	23.4	20.1	25.8	
	Always	5.8	4.5	6.8	

Dietary Intake

Ate Fruits or Vegetables 5 or More Times/Day

U.S. 2007	Percentage of Students Who Ate Fruits And Vegetables Five or More Times/Day During the Seven Days Before the Survey (100% Fruit Juices, Fruit, Green Salad, Potatoes [Excluding French Fries, Fried Potatoes, or Potato Chips]) ⁵¹
Female	19.9
Male	22.9
Total	21.4

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Ate Fruits And Vegetables Five or More Times/Day During the Seven Days Before the Survey (100% Fruit Juices, Fruit, Green Salad, Potatoes [Excluding French Fries, Fried Potatoes, or Potato Chips]) ⁵²		
	Female	Male	Total
Total	18.6; N= 629	24.8; N= 656	21.7; N= 1,290
Age			
15 or Younger	16.4; N= 222	26.2; N= 235	21.3; N= 459
16 or 17	19.9; N= 346	24.0; N= 335	21.9; N= 683
18 or Older	N= 61	N= 86	22.2; N= 147
Grade			
9 th	16.5; N= 170	26.3 ; N= 201	21.6; N= 373
10 th	21.1; N= 168	25.9 ; N= 176	23.6; N= 344
11 th	17.9 ; N= 176	22.7 ; N= 162	20.2 ; N= 339
12 th	19.1; N= 113	23.4; N= 116	21.2 ; N= 230
Race/Ethnicity			
Black*	N= 95	21.4; N= 122	17.6 ; N= 219
Hispanic/Latino	N= 82	N= 83	21.8 ; N= 166
White*	19.1; N= 391	23.8; N= 384	21.4; N= 776
All Other Races	N= 25	N= 34	N= 59
Multiple Races	N= 29	N= 18	N= 47

*=Non-Hispanic

⁵¹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf

⁵² 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

Illinois 2007 (Including Chicago)	Percentage of Students Who Ate Fruits And Vegetables Five or More Times/Day During the Seven Days Before the Survey (100% Fruit Juices, Fruit, Green Salad, Potatoes [Excluding French Fries, Fried Potatoes, or Potato Chips]) ⁵³		
	Female	Male	Total
Total			
	18.5	23.8	21.1
Race/Ethnicity			
Black*	14.6	20.8	17.7
Hispanic/Latino	18.0	23.0	20.7
White*	19.2	23.7	21.4
All Other Races	N/A	N/A	29.0

Chicago 2007	Percentage of Students Who Ate Fruits and Vegetables Five or More Times Per Day During the Past Seven Days ⁵⁴		
	Female	Male	Total
Total			
	19.7 ; N=526	21.1 ; N=481	20.4 ; N=1,008
Age			
15 or Younger	17.6 ; N=149	22.9 ; N=111	20.0 ; N=261
16 or 17	20.0;N=298	20.7 ; N=292	20.3 ; N=590
18 or Older	N=78	N=76	21.9 ; N=154
Grade			
9 th	18.6 ; N=108	N=70	22.6 ; N=178
10 th	22.0 ; N=170	18.1 ; N=181	20.1 ; N=351
11 th	17.1 ; N=133	21.5 ; N=142	19.0 ; N=276
12 th	21.0 ; N=111	N=85	18.4 ; N=196
Race/Ethnicity			
Black*	17.6 ; N=214	22.3 ; N=167	19.7 ; N=381
Hispanic/Latino	20.9 ; N=230	20.8 ; N=214	20.8 ; N=445
White*	N=39	N=44	N=83
All Other Races	N=25	N=30	N=55
Multiple Races	N=10	N=7	N=17

*=Non-Hispanic

⁵³ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=508&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

⁵⁴ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Drank Fruit Juices

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Drank 100% Fruit Juices One or More Times During the Seven Days Before the Survey ⁵⁵		
	Female	Male	Total
Total			
	82.8; N= 632	79.2; N= 670	80.9; N= 1,307
Age			
15 or Younger	75.8; N= 225	76.5 ; N= 241	76.2; N= 468
16 or 17	86.8; N= 346	80.5; N= 343	83.7; N= 691
18 or Older	N= 61	; N= 86	82.3; N= 147
Grade			
9 th	75.5; N= 172	75.6; N= 207	75.6 ; N= 381
10 th	81.2; N= 169	81.3; N= 181	81.3; N= 350
11 th	86.6; N= 176	76.2; N= 165	81.6; N= 342
12 th	88.6 ; N= 113	84.0; N= 116	86.3; N= 230
Race/Ethnicity			
Black*	N= 97	83.3 ; N= 127	81.4; N= 226
Hispanic/Latino	N= 82	N= 85	81.9; N= 168
White*	83.8; N= 392	77.6 ; N= 388	80.7; N= 781
All Other Races	N= 25	N= 35	N= 60
Multiple Races	N= 29	N= 19	N= 48

*=Non-Hispanic

Illinois 2007 (Including Chicago)	Percentage of Students Who Drank 100% Fruit Juices One or More Times During the Seven Days Before the Survey ⁵⁶		
	Female	Male	Total
Total			
	82.1	79.5	80.7
Race/Ethnicity			
Black*	79.7	82.4	81.2
Hispanic/Latino	80.9	82.5	81.8
White*	83.1	77.8	80.5
All Other Races	N/A	N/A	82.3

⁵⁵ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

⁵⁶ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q72&Loc=IL&Year=2007&compval=&Graphva l=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

Chicago 2007	Percentage of Students Who Drank 100% Fruit Juices One or More Times During the Seven Days Before the Survey ⁵⁷		
	Female	Male	Total
Total			
	80.7 ; N=546	82.9 ; N=500	81.8 ; N=1,048
Age			
15 or Younger	81.5 ; N=154	86.0 ; N=113	83.7 ; N=269
16 or 17	83.0 ; N=310	77.6;N=307	80.4 ; N=617
18 or Older	N=81	N=78	82.6 ; N=159
Grade			
9 th	81.2 ; N= 116	N=73	81.7 ; N=189
10 th	78.2; N=173	83.6 ; N=191	80.9 ; N=364
11 th	87.0 ; N=139	81.5 ; N=147	84.6 ; N=287
12 th	77.1 ; N=114	N=86	80.0 ; N=200
Race/Ethnicity			
Black*	81.8 ; N=228	78.4 ; N= 174	80.3 ; N=402
Hispanic/Latino	83.0 ; N=234	85.9 ; N=225	84.5 ; N=461
White*	N=39	N=44	N=83
All Other Races	N=26	N=31	N=57
Multiple Races	N=11	N=7	N=18

*=Non-Hispanic

⁵⁷ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Ate Fruit

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Ate Fruit One or More Times During the Seven Days Before the Survey ⁵⁸		
	Female	Male	Total
Total			
	86.9; N= 633	85.8 ; N= 668	87.6; N= 1,306
Age			
15 or Younger	87.9; N= 225	84.6; N= 241	86.3 ; N= 468
16 or 17	89.9; N= 347	85.6; N= 341	87.8 ; N= 690
18 or Older	N= 61	N= 86	90.6; N= 147
Grade			
9 th	86.4; N= 172	85.3 ; N= 207	85.9; N= 381
10 th	93.2; N= 170	84.3; N= 180	88.6 ; N= 350
11 th	91.4; N= 176	86.3; N= 164	88.9 ; N= 341
12 th	87.1; N= 113	87.4; N= 116	87.3 ; N= 230
Race/Ethnicity			
Black*	N= 97	76.2 ; N= 128	77.4 ; N= 227
Hispanic/Latino	N= 82	N= 84	90.2 ; N= 167
White*	90.4 ; N= 392	87.3; N= 387	88.9 ; N= 780
All Other Races	N= 25	N= 35	N= 60
Multiple Races	N= 30	N= 18	N= 48

*=Non-Hispanic

Illinois 2007 (Including Chicago)	Percentage of Students Who Ate Fruit One or More Times During the Seven Days Before the Survey ⁵⁹		
	Female	Male	Total
Total			
	88.7	84.9	86.7
Race/Ethnicity			
Black*	78.6	76.7	77.7
Hispanic/Latino	92.2	85.7	89.1
White*	90.4	87.1	88.8
All Other Races	N/A	N/A	89.8

⁵⁸ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

⁵⁹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q73&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

Chicago 2007	Percentage of Students Who Ate Fruit One or More Times During the Seven Days Before the Survey ⁶⁰		
	Female	Male	Total
Total			
	82.4 ; N=540	82.0 ; N=498	82.2; N=1,039
Age			
15 or Younger	77.9 ; N=153	83.6 ;N=112	80.6;N=266
16 or 17	82.8 ; N=306	79.7 ; N=304	81.4 ; N=610
18 or Older	N=80	N=80	87.9 ; N=160
Grade			
9 th	73.1 ; N=114	N=72	76.9 ; N=186
10 th	88.2 ; N=171	81.7 ; N=187	85.0 ; N=358
11 th	84.0 ; N=139	83.1 ; N=150	83.7 ; N=290
12 th	88.4 ; N=112	N=86	85.9 ; N=198
Race/Ethnicity			
Black*	78.8 ;N=223	78.7 ; N=173	78.7 ; N=396
Hispanic/Latino	87.9 ; N=233	85.9 ; N=223	87.0 ; N=457
White*	N=39	N=46	N=85
All Other Races	N=26	N=30	N=56
Multiple Races	N=11	N=7	N=18

*=Non-Hispanic

⁶⁰ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Ate Green Salad

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Ate Green Salad One or More Times During the Seven Days Before the Survey ⁶¹		
	Female	Male	Total
Total			
	71.9; N= 630	56.0; N= 664	63.6; N= 1,299
Age			
15 or Younger	69.1; N= 223	52.2 ; N= 238	60.8 ; N= 463
16 or 17	71.2; N= 346	57.0; N= 340	64.0 ; N= 688
18 or Older	N= 61	N= 86	69.8; N= 147
Grade			
9 th	68.1 ; N= 170	54.2 ; N= 204	61.0; N= 376
10 th	71.3 ; N= 169	53.2 ; N= 177	62.1; N= 346
11 th	72.7; N= 176	63.3; N= 166	67.8; N= 343
12 th	76.4; N= 113	53.8; N= 116	64.7 ; N= 230
Race/Ethnicity			
Black*	N= 95	41.2; N= 126	51.0; N= 233
Hispanic/Latino	N= 82	N= 84	52.5; N= 167
White*	75.8; N= 392	60.7; N= 386	68.3; N= 779
All Other Races	N= 25	N= 34	N= 59
Multiple Races	N= 29	N= 19	N= 48

*=Non-Hispanic

Illinois 2007 (Including Chicago)	Percentage of Students Who Ate Green Salad One or More Times During the Seven Days Before the Survey ⁶²		
	Female	Male	Total
Total			
	69.4	54.8	61.9
Race/Ethnicity			
Black*	58.0	42.1	49.4
Hispanic/Latino	58.6	48.5	53.5
White*	75.6	60.5	68.1
All Other Races	N/A	N/A	59.5

⁶¹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

⁶² 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q74&Loc=IL&Year=2007&compval=&Graphva l=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

Chicago 2007	Percentage of Students Who Ate Green Salad One or More Times During the Seven Days Before the Survey ⁶³		
	Female	Male	Total
Total			
	52.5 ;N=545	48.5 ; N=503	50.6 ; N=1,050
Age			
15 or Younger	49.6 ; N=155	40.7 ; N=113	45.5 ; N=270
16 or 17	53.0 ; N=308	47.3 ; N=308	50.3 ; N=616
18 or Older	N=81	N=80	62.3 ; N=161
Grade			
9 th	48.6 ; N= 117	N=73	44.9 ; N=190
10 th	53.2 ; N=172	48.2 ;N= 190	50.7 ; N=362
11 th	52.3 ; N=138	48.4 ; N=151	50.4 ; N=290
12 th	58.1 ; N=114	N=86	59.7 ; N= 200
Race/Ethnicity			
Black*	45.9 ; N=226	37.7 ; N=175	42.3 ; N=401
Hispanic/Latino	58.1 ; N=235	55.5 ; N=225	56.9 ; N=462
White*	N=39	N=46	N=85
All Other Races	N=26	N=31	N=57
Multiple Races	N=11	N=7	N=18

*=Non-Hispanic

⁶³ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Ate Potatoes

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Ate Potatoes One or More Times During the Seven Days Before the Survey ⁶⁴		
	Female	Male	Total
Total			
	69.8; N= 629	70.8 ; N= 663	70.4 ; N= 1,297
Age			
15 or Younger	68.0; N= 222	71.1 ; N= 240	69.6; N= 464
16 or 17	70.9 ; N= 346	71.1; N= 337	70.9 ; N= 685
18 or Older	N= 61	N= 86	69.8; N= 147
Grade			
9 th	68.2 ; N= 170	71.6; N= 206	70.0; N= 378
10 th	71.8; N= 168	71.6; N= 176	71.7; N= 344
11 th	72.5; N= 176	73.5; N= 164	72.8 ; N= 341
12 th	66.8; N= 113	66.0; N= 116	66.5; N= 230
Race/Ethnicity			
Black*	N= 95	56.6; N= 125	56.0; N= 222
Hispanic/Latino	N= 82	N= 85	55.7; N= 168
White*	75.1; N= 391	76.0; N= 386	75.5; N= 778
All Other Races	N= 25	N= 34	N= 59
Multiple Races	N= 29	N= 18	N= 47

*=Non-Hispanic

Illinois 2007 (Including Chicago)	Percentage of Students Who Ate Potatoes One or More Times During the Seven Days Before the Survey ⁶⁵		
	Female	Male	Total
Total			
	67.6	68.8	68.3
Race/Ethnicity			
Black*	53.7	55.5	54.9
Hispanic/Latino	53.7	57.1	55.5
White*	74.9	75.7	75.2
All Other Races	N/A	N/A	66.6

⁶⁴ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

⁶⁵ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q75&Loc=IL&Year=2007&compval=&Graphva1=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

Chicago 2007	Percentage of Students Who Ate Potatoes One or More Times During the Seven Days Before the Survey ⁶⁶		
	Female	Male	Total
Total			
	56.8 ; N=541	61.0 ; N=501	58.8; N=1,044
Age			
15 or Younger	56.3 ; N=152	64.7 ; N=113	60.3 ; N=267
16 or 17	57.4 ; N=308	58.3 ; N=307	57.9 ; N=615
18 or Older	N=80	N=79	60.0 ; N=159
Grade			
9 th	53.9 ; N=114	N=73	60.8 ; N=187
10 th	55.4 ; N=172	56.1 ; N=188	55.7 ; N=360
11 th	63.1 ; N=137	58.5 ; N=151	60.8 ; N=289
12 th	55.5; N=114	N=86	56.4; N=200
Race/Ethnicity			
Black*	53.2 ; N=224	59.4 ; N=174	55.9; N=398
Hispanic/Latino	55.3 ; N=234	61.0 ; N=224	58.0 ; N=460
White*	N=39	N=46	N=85
All Other Races	N=26	N=31	N=57
Multiple Races	N=10	N=7	N=17

*=Non-Hispanic

⁶⁶ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Ate Carrots

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Ate Carrots One or More Times During the Seven Days Before the Survey ⁶⁷		
	Female	Male	Total
Total			
	50.9; N= 630	48.2; N= 665	49.6; N= 1,300
Age			
15 or Younger	45.7; N= 223	50.0; N= 241	47.8 ; N= 466
16 or 17	54.7; N= 346	48.0; N= 338	51.5; N= 686
18 or Older	N= 61	N= 86	47.0; N= 147
Grade			
9 th	44.6; N= 170	54.8; N= 207	49.9; N= 379
10 th	50.7; N= 169	44.9; N= 177	47.8; N= 346
11 th	59.9; N= 176	49.2; N= 164	54.6; N= 341
12 th	48.9; N= 113	43.3; N= 116	46.2; N= 230
Race/Ethnicity			
Black*	N= 95	24.2; N= 125	26.2; N= 222
Hispanic/Latino	N= 82	N= 85	50.6; N= 168
White*	54.8; N= 392	51.8; N= 387	53.4; N= 780
All Other Races	N= 25	N= 34	N= 59
Multiple Races	N= 29	; N= 19	N= 48

*=Non-Hispanic

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Ate Carrots One or More Times During the Seven Days Before the Survey ⁶⁸		
	Female	Male	Total
Total			
	48.2	46.7	47.5
Race/Ethnicity			
Black*	26.6	26.5	26.8
Hispanic/Latino	45.3	48.9	47.3
White*	54.2	51.7	53.0
All Other Races	N/A	N/A	49.5

⁶⁷ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

⁶⁸ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q76&Loc=IL&Year=2007&compval=&Graphva l=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

Chicago 2007	Percentage of Students Who Ate Carrots One or More Times During the Seven Days Before the Survey ⁶⁹		
	Female	Male	Total
Total			
	32.1 ; N=538	38.3 ; N=492	35.0 ; N=1,032
Age			
15 or Younger	24.4 ; N=154	34.1;N=112	29.0 ; N=268
16 or 17	36.2 ; N=302	35.4 ; N=300	35.8 ; N=602
18 or Older	N=81	N=78	45.2 ; N=159
Grade			
9 th	24.7 ; N=115	N=71	29.4 ; N=186
10 th	31.6 ; N=171	33.4 ; N=186	32.5 ; N=357
11 th	34.0 ; N=134	39.0 ; N=147	36.2 ; N=282
12 th	38.9 ;N=114	N=85	44.0 ; N=199
Race/Ethnicity			
Black*	22.0 ; N=222	31.7 ; N=171	26.3 ; N=393
Hispanic/Latino	40.4 ; N=233	42.5 ; N=218	41.4 ;N=453
White*	N=39	N=46	N=85
All Other Races	N=25	N=31	N=56
Multiple Races	N=11	N=7	N=18

*=Non-Hispanic

⁶⁹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Ate Other Vegetables

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Ate Other Vegetables One or More Times During the Seven Days Before the Survey ⁷⁰		
	Female	Male	Total
Total			
	50.9; N= 630	48.2; N= 665	49.6; N= 1,300
Age			
15 or Younger	45.7; N= 223	50.0; N= 241	47.8; N= 466
16 or 17	54.7; N= 346	48.0; N= 241	51.5; N= 686
18 or Older	N= 61	N= 86	47.0 ; N= 147
Grade			
9 th	44.6; N= 170	44.6; N= 170	49.9 ; N= 379
10 th	50.7; N= 169	50.7; N= 169	47.8 ; N= 346
11 th	59.9; N= 176	59.9; N= 176	54.6 ; N= 341
12 th	48.9; N= 113	48.9; N= 113	46.2; N= 230
Race/Ethnicity			
Black*	N= 95	N= 95	26.2; N= 222
Hispanic/Latino	N= 82	N= 82	50.6; N= 168
White*	54.8; N= 392	54.8; N= 392	53.4 ; N= 780
All Other Races	N= 25	N= 25	N= 59
Multiple Races	N= 29	N= 29	N= 48

*=Non-Hispanic

Illinois 2007 (Including Chicago)	Percentage of Students Who Ate Other Vegetables One or More Times During the Seven Days Before the Survey ⁷¹		
	Female	Male	Total
Total			
	83.3	79.0	81.2
Race/Ethnicity			
Black*	71.7	68.4	70.1
Hispanic/Latino	75.9	74.0	75.1
White*	88.0	83.1	85.6
All Other Races	N/A	N/A	82.4

⁷⁰ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

⁷¹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q77&Loc=IL&Year=2007&compval=&Graphva l=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

Chicago 2007	Percentage of Students Who Ate Other Vegetables One or More Times During the Seven Days Before the Survey ⁷²		
	Female	Male	Total
Total			
	73.1 ; N=541	74.3 ; N=501	73.7 ; N=1,044
Age			
15 or Younger	75.2 ; N=155	82.5 ; N=113	78.7 ; N=270
16 or 17	72.3 ; N=305	67.7 ; N=307	70.1 ; N=612
18 or Older	N=80	N=79	74.7 ; N=159
Grade			
9 th	70.8 ; N=115	N=73	76.2 ; N=188
10 th	76.8 ; N=171	70.0 ; N=190	73.4 ; N=361
11 th	68.7 ; N=138	65.1 ; N=149	67.2 ; N=288
12 th	75.9 ; N=113	N=86	77.0 ; N=199
Race/Ethnicity			
Black*	66.8 ; N=222	74.5 ; N=173	70.2 ; N=395
Hispanic/Latino	75.8 ; N=235	70.5 ; N=225	73.4 ; N=462
White*	N=39	N=46	N=85
All Other Races	N=26	N=31	N=57
Multiple Races	N=11	N=7	N=18

*=Non-Hispanic

⁷² 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Drank Soda or Pop

U.S. 2007	Percentage of Students Who Drank a Can, Bottle, or Glass of Soda or Pop At Least One Time During the Seven Days Before the Survey (Not Including Diet Soda or Pop) ⁷³
Female	29.0
Male	38.6
Total	33.8

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Drank a Can, Bottle, or Glass of Soda or Pop At Least One Time During the Seven Days Before the Survey (Not Including Diet Soda or Pop) ⁷⁴		
	Female	Male	Total
Total			
	28.6; N= 629	40.3 ; N= 659	34.4 ; N= 1,293
Age			
15 or Younger	31.9 ; N= 223	44.9; N= 239	38.1; N= 464
16 or 17	25.8 ; N= 345	35.6; N= 335	30.6; N= 682
18 or Older	N= 61	N= 85	N= 39.8
Grade			
9 th	30.9; N= 170	40.7; N= 205	35.8 ; N= 377
10 th	34.7; N= 168	39.3 ; N= 147	37.0; N= 342
11 th	23.9; N= 176	40.2; N= 164	32.0; N= 341
12 th	23.5; N= 113	40.7; N= 115	32.0; N= 229
Race/Ethnicity			
Black*	N= 94	33.0; N= 123	32.3 ; N= 219
Hispanic/Latino	N= 82	N= 84	34.9; N= 167
White*	27.2; N= 392	43.5; N= 384	35.2; N= 777
All Other Races	N= 25	N= 34	N= 59
Multiple Races	N= 29	N= 19	N= 48

*=Non-Hispanic

⁷³ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf

⁷⁴ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

Illinois 2007 (Including Chicago)	Percentage of Students Who Drank a Can, Bottle, or Glass of Soda or Pop At Least One Time During the Seven Days Before the Survey (Not Including Diet Soda or Pop) ⁷⁵		
	Female	Male	Total
Total			
	28.3	39.3	33.7
Race/Ethnicity			
Black*	28.6	31.3	29.9
Hispanic/Latino	32.2	34.0	33.0
White*	27.3	44.1	35.5
All Other Races	N/A	N/A	27.7

Chicago 2007	Percentage of Students Who Drank a Can, Bottle, or Glass of Soda or Pop At Least One Time During the Seven Days Before the Survey (Not Including Diet Soda or Pop) ⁷⁶		
	Female	Male	Total
Total			
	23.2 ; N=541	32.9 ; N=497	27.8 ; N=1,040
Age			
15 or Younger	22.4 ; N=155	32.7 ; N=113	27.2 ; N=270
16 or 17	24.2 ; N=304	32.9 ; N=304	28.3 ; N=608
18 or Older	N=81	N=78	26.9 ; N=159
Grade			
9 th	19.2 ; N=115	N=72	27.7 ; N=187
10 th	30.2 ; N=171	36.6 ; N=188	33.3 ; N=359
11 th	23.4 ; N=137	28.2 ; N=148	25.5 ; N=286
12 th	21.2 ; N=114	N=86	23.3 ; N=200
Race/Ethnicity			
Black*	20.5 ; N=223	29.3 ; N=171	24.4 ; N=394
Hispanic/Latino	30.3 ; N=234	32.5 ; N=223	31.4 ; N=459
White*	N=39	N=46	N=85
All Other Races	N=26	N=31	N=57
Multiple Races	N=11	N=7	N=18

*Non-Hispanic

⁷⁵ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.

<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q78&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

⁷⁶ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.

<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Drank Greater Than or Equal to Three Glasses of Milk/ Day

U.S. 2007	Percentage of Students Who Drank Three or More Glasses Per Day of Milk During the Seven Days Before the Survey⁷⁷
Female	8.8
Male	19.4
Total	14.1

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Drank Three or More Glasses Per Day of Milk During the Seven Days Before the Survey⁷⁸		
	Female	Male	Total
Total			
	11.3; N= 629	21.3 ; N= 661	16.3; N= 1,295
Age			
15 or Younger	16.2; N= 223	24.1 ; N= 240	20.1; N= 465
16 or 17	8.9 ; N= 345	19.2; N= 336	14.0 ; N= 683
18 or Older	N= 61	N= 85	16.1; N= 146
Grade			
9 th	13.6; N= 170	22.0; N= 206	18.0; N= 378
10 th	16.6; N= 168	17.1; N= 175	16.9 ; N= 343
11 th	8.8 ; N= 176	22.0; N= 164	15.3; N= 341
12 th	4.5; N= 113	24.7; N= 115	14.7; N= 229
Race/Ethnicity			
Black*	N= 94	15.4 ; N= 124	11.5; N= 220
Hispanic/Latino	N= 82	N= 84	18.9; N= 167
White*	11.8; N= 392	21.2; N= 385	16.4; N= 778
All Other Races	N= 25	N= 34	N= 59
Multiple Races	N= 29	N= 19	N= 48

*=Non-Hispanic

⁷⁷ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbss07_mmwr.pdf

⁷⁸ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

Illinois 2007 (Including Chicago)	Percentage of Students Who Drank Three or More Glasses Per Day of Milk During the Seven Days Before the Survey ⁷⁹		
	Female	Male	Total
Total			
	10.3	19.8	15.1
Race/Ethnicity			
Black*	5.3	13.3	9.7
Hispanic/Latino	12.6	18.8	15.6
White*	11.6	21.1	16.3
All Other Races	N/A	N/A	14.5

Chicago 2007	Percentage of Students Who Drank Three or More Glasses Per Day of Milk During the Seven Days Before the Survey ⁸⁰		
	Female	Male	Total
Total			
	5.2; N=535	9.6 ;N=492	7.3 ; N=1,029
Age			
15 or Younger	7.5 ; N=154	9.6 ; N=111	8.4 ; N=267
16 or 17	3.7 ; N=300	10.8 ; N=301	7.1;N=601
18 or Older	N=81	N=78	5.6 ; N=159
Grade			
9 th	7.3 ; N=113	N=71	8.3 ; N=184
10 th	2.7 ; N=170	11.0; N=188	6.8;N=358
11 th	7.4 ; N=134	11.0 ;N=146	9.0 ; N=281
12 th	3.1 ; N=114	N=84	4.4 ; N=198
Race/Ethnicity			
Black*	4.9 ; N=219	4.1 ; N=170	4.5 ; N=389
Hispanic/Latino	7.5 ; N=233	16.1 ; N=220	11.5 ; N=455
White*	N=39	N=45	N=84
All Other Races	N=25	N=31	N=56
Multiple Races	N=11	N=7	N=18

*=Non-Hispanic

⁷⁹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=5&Quest=Q79&Loc=IL&Year=2007&compval=&Graphva1=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

⁸⁰ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

Activity

Summary of girls’ health threatened today by inactivity.⁸¹

“Hispanic female high school students in Chicago are not participating in sufficient amounts of physical activity. Fewer Hispanic female high school students (45.7%) in Chicago participate on one or more sports teams than the national average for high school females (51%). Only 38.7% of Hispanic female high school students in Chicago participate in sufficient vigorous physical activity each week, compared with the national average for high school females of 55%. However, more Chicago Hispanic female high school students (57.3%) attend physical education classes one or more days a week than then the national average for female students (52.8%). This rate is due in large part to the daily physical education requirement for the state of Illinois. Finally, a significantly higher number of Hispanic female high school students in Chicago (47.2%) watch three or more hours of television, compared with the national average for female students (37%).”

Met Recommended Levels of Physical Activity

U.S. 2007	Percentage of Students Who Were Physically Active Doing Any Kind of Physical Activity That Increased Their Heart Rate and Made Them Breathe Hard Some of the Time for a Total of At Least 60 Minutes/Day on Five or More of the Seven Days Before the Survey⁸²
Female	25.6
Male	43.7
Total	34.7

⁸¹ The Women’s Sports Foundation Reports: The Status of Health and Physical Activity in Chicago Hispanic Girls (2005) http://www.womenssportsfoundation.org/binary-data/WSF_ARTICLE/pdf_file/1098.PDF

⁸² 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control. http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Were Physically Active Doing Any Kind of Physical Activity That Increased Their Heart Rate and Made Them Breathe Hard Some of the Time for a Total of At Least 60 Minutes/Day on Five or More of the Seven Days Before the Survey ⁸³		
	Female	Male	Total
Total			
	34.9; N= 626	57.1; N= 662	46.1; N= 1,293
Age			
15 or Younger	38.1; N= 222	60.9; N= 240	49.2; N= 464
16 or 17	33.9 ; N= 343	53.0; N= 337	43.4; N= 682
18 or Older	N= 61	N= 85	49.2; N= 146
Grade			
9 th	38.1 ; N= 169	57.7; N= 206	48.1; N= 377
10 th	37.7; N= 168	51.5; N= 175	44.7; N= 343
11 th	30.4; N= 174	58.3; N= 165	44.4; N= 340
12 th	32.4; N= 113	61.4; N= 115	47.1; N= 229
Race/Ethnicity			
Black*	N= 94	50.6; N= 125	39.6; N= 221
Hispanic/Latino	N= 82	N= 84	36.8; N= 167
White*	37.5; N= 389	59.5; N= 385	48.3; N= 775
All Other Races	N= 25	N= 34	N= 59
Multiple Races	N= 29	N= 19	N= 48

*=Non-Hispanic

Illinois 2007 (Including Chicago)	Percentage of Students Who Were Physically Active Doing Any Kind of Physical Activity That Increased Their Heart Rate and Made Them Breathe Hard Some of the Time for a Total of At Least 60 Minutes/Day on Five or More of the Seven Days Before the Survey ⁸⁴		
	Female	Male	Total
Total			
	32.8	54.3	43.5
Race/Ethnicity			
Black*	22.4	47.1	36.0
Hispanic/Latino	23.9	41.0	32.1
White*	37.0	59.1	47.9
All Other Races	N/A	N/A	48.9

⁸³ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

⁸⁴ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=6&Quest=Q80&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

Chicago 2007	Percentage of Students Who Were Physically Active Doing Any Kind of Physical Activity That Increased Their Heart Rate and Made Them Breathe Hard Some of the Time for a Total of At Least 60 Minutes/Day on Five or More of the Seven Days Before the Survey ⁸⁵		
	Female	Male	Total
Total			
	21.7 ; N=539	36.9 ; N=494	28.8 ; N= 1,035
Age			
15 or Younger	29.0 ; N=155	49.7 ; N=112	38.3 ; N=269
16 or 17	20.8 ; N=304	31.3;N=305	25.7 ; N=609
18 or Older	N=80	N=75	16.4 ; N=155
Grade			
9 th	29.3 ; N=114	N=72	41.6 ; N=186
10 th	25.6 ; N=170	28.3 ; N=191	26.9 ; N=361
11 th	14.8 ; N=138	30.6 ; N=146	21.9 ; N=285
12 th	13.4 ; N=113	N=82	19.1 ; N=195
Race/Ethnicity			
Black*	22.1 ; N=222	39.1;N=172	29.7 ; N=394
Hispanic/Latino	19.3 ; N=234	32.4 ; N=220	25.3 ; N=456
White*	N=38	N=45	N=83
All Other Races	N=26	N=31	N=57
Multiple Races	N=11	N=7	N=18

*=Non-Hispanic

Attended Physical Education Class

U.S. 2007	Percentage of Students Who Went to Physical Education (PE) Classes on One or More Days in an Average Week When They Were in School ⁸⁶
Female	49.4
Male	57.7
Total	53.6

⁸⁵ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

⁸⁶ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Went to Physical Education (PE) Classes on One or More Days in an Average Week When They Were in School ⁸⁷		
	Female	Male	Total
Total			
	75.1; N= 626	80.3; N= 660	77.7; N= 1,291
Age			
15 or Younger	69.1; N= 221	77.4; N= 239	73.2; N= 462
16 or 17	77.2; N= 344	82.5; N= 335	79.6; N= 681
18 or Older	N= 61	N= 86	81.2; N= 147
Grade			
9 th	65.2; N= 168	77.6; N= 239	71.7; N= 374
10 th	83.1; N= 168	80.6; N= 174	81.8; N= 342
11 th	72.4; N= 175	79.8; N= 165	75.9; N= 341
12 th	81.2; N= 113	83.7; N= 116	82.2; N= 230
Race/Ethnicity			
Black*	N= 94	72.4; N= 123	70.2; N= 219
Hispanic/Latino	N= 81	N= 85	83.6; N= 167
White*	74.7; N= 391	80.5; N= 385	77.5; N= 777
All Other Races	N= 25	N= 31	N= 59
Multiple Races	N= 28	N= 18	N= 46

*=Non-Hispanic

Illinois 2007 (Including Chicago)	Percentage of Students Who Went to Physical Education (PE) Classes on One or More Days in an Average Week When They Were in School ⁸⁸		
	Female	Male	Total
Total			
	72.6	78.1	75.3
Race/Ethnicity			
Black*	61.6	69.7	65.7
Hispanic/Latino	74.3	79.2	76.8
White*	74.6	79.9	77.1
All Other Races	N/A	N/A	76.6

⁸⁷ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

⁸⁸ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=6&Quest=Q83&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

Chicago 2007	Percentage of Students Who Went to Physical Education (PE) Classes on One or More Days in an Average Week When They Were in School ⁸⁹		
	Female	Male	Total
Total	55.8 ; N=536	66.9 ; N=495	61.1 ; N=1,033
Age			
15 or Younger	75.3 ; N=152	86.4 ; N=112	80.6 ; N=266
16 or 17	50.4 ; N=304	61.9 ; N=304	55.8 ; N=608
18 or Older	N=80	N=77	34.3 ; N=157
Grade			
9 th	77.5 ; N=112	N=72	80.8 ; N=184
10 th	74.6 ; N=170	82.4 ; N=190	78.5 ; N=360
11 th	30.1 ; N=137	40.9 ; N=146	35.2 ; N=284
12 th	30.5 ; N=113	N=84	35.2 ; N=197
Race/Ethnicity			
Black*	49.5 ; N=220	66.7 ; N=174	57.2 ; N=394
Hispanic/Latino	61.2 ; N=233	69.7 ; N=219	65.3 ; N=454
White*	N=38	N=46	N=84
All Other Races	N=26	N=31	N=57
Multiple Races	N=11	N=6	N=17

*=Non-Hispanic

Attended Physical Education Classes Daily

U.S. 2007	Percentage of Students Who Went to Physical Education (PE) Classes Five Days in an Average Week When They Were in School ⁹⁰
Female	27.3
Male	33.2
Total	30.3

⁸⁹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

⁹⁰ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Went to Physical Education (PE) Classes Five Days in an Average Week When They Were in School ⁹¹		
	Female	Male	Total
Total			
	45.4; N= 626	50.8; N= 660	48.1; N= 1,291
Age			
15 or Younger	33.7; N= 221	42.9; N= 239	38.2; N= 462
16 or 17	48.1; N= 344	54.0; N= 335	50.9; N= 681
18 or Older	N= 61	N= 86	61.3; N= 147
Grade			
9 th	33.8; N= 168	42.0; N= 204	38.0; N= 374
10 th	40.3; N= 168	41.5; N= 174	40.9; N= 342
11 th	51.4; N= 175	55.4; N= 165	53.3; N= 341
12 th	59.2; N= 113	66.7; N= 116	62.8; N= 230
Race/Ethnicity			
Black*	N= 94	53.2; N= 123	47.8; N= 219
Hispanic/Latino	N= 81	N= 85	48.3; N= 167
White*	45.3; N= 391	49.5; N= 385	47.4; N= 777
All Other Races	N= 25	N= 34	N= 59
Multiple Races	N= 28	N= 18	N= 46

*=Non-Hispanic

Illinois 2007 (Including Chicago)	Percentage of Students Who Went to Physical Education (PE) Classes Five Days in an Average Week When They Were in School ⁹²		
	Female	Male	Total
Total			
	45.0	49.6	47.3
Race/Ethnicity			
Black*	38.5	49.8	44.4
Hispanic/Latino	42.6	47.7	44.9
White*	46.5	49.3	47.8
All Other Races	N/A	N/A	55.0

⁹¹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

⁹² 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=6&Quest=511&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

Chicago 2007	Percentage of Students Who Went to Physical Education (PE) Classes Five Days in an Average Week When They Were in School ⁹³		
	Female	Male	Total
Total			
	39.9 ; N=536	47.9 ; N=495	43.6 ; N=1,033
Age			
15 or Younger	55.9;N=152	69.6 ; N=112	62.1 ;N=266
16 or 17	34.9 ; N=304	41.4 ; N=304	37.9 ; N=608
18 or Older	N=80	N=77	20.3 ; N=157
Grade			
9 th	61.1 ; N=112	N=72	64.7 ; N=184
10 th	50.0 ; N=170	54.1 ; N=190	52.1 ; N=360
11 th	20.6 ; N=137	27.2 ; N=146	23.5 ; N=284
12 th	18.1 ; N=113	N=84	21.7 ; N=197
Race/Ethnicity			
Black*	36.9 ; N=220	50.2 ; N=174	42.9 ; N=394
Hispanic/Latino	39.1 ; N=233	45.9 ; N=219	42.1 ; N=454
White*	N=38	N=46	N=84
All Other Races	N=26	N=31	N=57
Multiple Races	N=11	N=6	N=17

*=Non-Hispanic

Played on at Least One Sports Team

U.S. 2007	Percentage of Students Who Played on at Least One Team (Run By Their School or Community Groups) During The 12 Months Before the Survey ⁹⁴
Female	50.4
Male	62.1
Total	56.3

⁹³ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

⁹⁴ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Played on at Least One Team (Run By Their School or Community Groups) During The 12 Months Before the Survey ⁹⁵		
	Female	Male	Total
Total			
	53.4; N= 626	64.8; N= 664	59.2; N= 1,295
Age			
15 or Younger	55.9; N= 222	67.0; N= 239	61.3; N= 463
16 or 17	54.1; N= 344	64.6; N= 339	59.2; N= 685
18 or Older	; N= 60	; N= 86	53.5; N= 146
Grade			
9 th	57.4; N= 169	68.2; N= 205	62.8; N= 376
10 th	53.2; N= 168	65.9; N= 177	59.6; N= 345
11 th	53.0; N= 175	63.8; N= 165	58.3; N= 341
12 th	49.3; N= 112	60.9; N= 116	55.1; N= 229
Race/Ethnicity			
Black*	; N= 94	72.3; N= 124	57.9; N= 220
Hispanic/Latino	; N= 82	; N= 85	53.4; N= 168
White*	56.0; N= 390	64.9; N= 387	60.4; N= 778
All Other Races	; N= 25	; N= 34	; N= 59
Multiple Races	; N= 28	; N= 19	; N= 47

*=Non-Hispanic

Illinois 2007 (Including Chicago)	Percentage of Students Who Played on at Least One Team (Run By Their School or Community Groups) During The 12 Months Before the Survey ⁹⁶		
	Female	Male	Total
Total			
	51.4	64.7	58.0
Race/Ethnicity			
Black*	38.8	70.3	55.4
Hispanic/Latino	49.5	56.5	52.8
White*	55.3	65.0	60.1
All Other Races	N/A	N/A	57.3

⁹⁵ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

⁹⁶ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=6&Quest=Q84&Loc=IL&Year=2007&compval=&Graphval=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

Chicago 2007	Percentage of Students Who Played on at Least One Team (Run By Their School or Community Groups) During The 12 Months Before the Survey ⁹⁷		
	Female	Male	Total
Total	42.3 ; N=535	61.9 ; N=495	51.6 ; N=1,032
Age			
15 or Younger	49.3 ; N=153	66.5 ; N=113	57.5 ; N=268
16 or 17	40.1 ; N=303	59.7 ; N=304	49.3 ; N=607
18 or Older	N=79	N=76	44.6 ; N=155
Grade			
9 th	51.0 ; N=113	N=72	58.8 ; N=185
10 th	44.3 ; N=168	63.4 ; N=190	53.8 ; N=358
11 th	38.2 ; N=138	60.2 ; N=147	48.3 ; N=286
12 th	32.5 ; N=112	N=83	40.5 ; N=195
Race/Ethnicity			
Black*	40.7 ; N=219	62.6 ; N=173	50.5 ; N=392
Hispanic/Latino	46.3 ; N=235	63.1 ; N=221	54.3 ; N=458
White*	N=38	N=44	N=82
All Other Races	N=25	N=31	N=56
Multiple Races	N=10	N=7	N=17

*=Non-Hispanic

Watched Television Three or More Hours/Day

U.S. 2007	Percentage of Students Who Watched Television Three or More Hours Per Day on An Average School Day ⁹⁸
Female	33.2
Male	37.5
Total	35.4

⁹⁷ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

⁹⁸ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf

Illinois 2007 (Excluding Chicago)	Percentage of Students Who Watched Television Three or More Hours Per Day on An Average School Day ⁹⁹		
	Female	Male	Total
Total			
	30.6; N= 627	35.4; N= 664	32.9; N= 1,296
Age			
15 or Younger	36.6; N= 223	44.0; N= 239	40.1; N= 464
16 or 17	28.3; N= 343	33.4; N= 339	30.9; N= 684
18 or Older	; N= 61	; N= 86	23.7; N= 147
Grade			
9 th	34.8; N= 170	43.4; N= 206	39.0; N= 378
10 th	37.7; N= 168	39.5; N= 176	38.6; N= 344
11 th	27.8; N= 174	28.6; N= 165	28.1; N= 340
12 th	20.0; N= 113	27.7; N= 116	24.1; N= 230
Race/Ethnicity			
Black*	; N= 93	63.9; N= 125	62.8; N= 220
Hispanic/Latino	; N= 82	; N= 85	39.1; N= 168
White*	23.3; N= 391	29.6; N= 386	24.4; N= 778
All Other Races	; N= 25	; N= 34	; N= 59
Multiple Races	; N= 29	; N= 19	; N= 48

*=Non-Hispanic

Illinois 2007 (Including Chicago)	Percentage of Students Who Watched Television Three or More Hours Per Day on An Average School Day ¹⁰⁰		
	Female	Male	Total
Total			
	32.8	37.3	35.0
Race/Ethnicity			
Black*	58.9	61.5	60.3
Hispanic/Latino	42.8	35.4	39.0
White*	23.8	29.8	26.7
All Other Races	N/A	N/A	37.3

⁹⁹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

¹⁰⁰ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=6&Quest=Q81&Loc=IL&Year=2007&compval=&Graphv=1=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

Chicago 2007	Percentage of Students Who Watched Television Three or More Hours Per Day on An Average School Day ¹⁰¹		
	Female	Male	Total
Total			
	45.4 ; N=536	45.1 ; N=495	45.2 ; N=1,033
Age			
15 or Younger	50.4 ; N=153	54.5 ; N=112	52.1 ; N=267
16 or 17	44.7 ; N=304	43.6 ; N=305	44.2 ; N=609
18 or Older	N=79	N=76	32.5 ; N=155
Grade			
9 th	51.1 ; N=113	N=72	51.2 ; N=185
10 th	43.1 ; N=171	48.7 ; N=190	45.8 ; N=361
11 th	51.1 ; N=136	42.9 ; N=146	47.2 ; N=283
12 th	35.0 ; N=112	N=84	33.2 ; N=196
Race/Ethnicity			
Black*	54.6 ; N=221	54.7 ; N=173	54.7 ; N=394
Hispanic/Latino	40.0 ; N=233	41.3 ; N=220	40.4 ; N=455
White*	N=37	N=46	N=83
All Other Races	N=26	N=30	N=56
Multiple Races	N=11	N=7	N=18

*=Non-Hispanic

Used Computers Three or More Hours/Day

U.S. 2007	Games or Used a Computer for Something That Was Not School Work Three or More Hours Per Day on An Average School Day ¹⁰²
Female	20.6
Male	29.1
Total	24.9

¹⁰¹ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

¹⁰² 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf

Illinois 2007 (Excluding Chicago)	Games or Used a Computer for Something That Was Not School Work Three or More Hours Per Day on An Average School Day ¹⁰³		
	Female	Male	Total
Total			
	18.6; N= 627	29.0; N= 662	23.8; N= 1,294
Age			
15 or Younger	19.8; N= 222	32.7; N= 239	26.1; N= 463
16 or 17	18.7; N= 344	27.1; N= 337	22.8; N= 683
18 or Older	N= 61	N= 86	22.3; N= 147
Grade			
9 th	19.6; N= 169	34.3; N= 205	27.1; N= 376
10 th	18.8; N= 168	30.6; N= 176	24.8; N= 344
11 th	19.6; N= 175	26.1; N= 164	22.8; N= 340
12 th	15.7; N= 113	24.0; N= 116	19.9; N= 230
Race/Ethnicity			
Black*	N= 94	30.9; N= 124	27.1; N= 220
Hispanic/Latino	N= 82	N= 84	24.9; N= 167
White*	16.9; N= 391	28.4; N= 387	22.6; N= 779
All Other Races	N= 25	N= 34	N= 59
Multiple Races	N= 28	N= 18	N= 46

*=Non-Hispanic

Illinois 2007 (Including Chicago)	Games or Used a Computer for Something That Was Not School Work Three or More Hours Per Day on An Average School Day ¹⁰⁴		
	Female	Male	Total
Total			
	18.9	28.7	23.8
Race/Ethnicity			
Black*	20.8	29.3	25.4
Hispanic/Latino	19.5	28.4	23.8
White*	17.0	28.3	22.6
All Other Races	N/A	N/A	30.9

¹⁰³ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://www.chdl.org/YRBS%202007%20Summary%20Tables.pdf>

¹⁰⁴ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control.
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?cat=6&Quest=Q82&Loc=IL&Year=2007&compval=&Graphva l=yes&path=&loc2=&colval=2007&rowval1=Sex&rowval2=Race&ByVar=CI&Submit2=GO>

Chicago 2007	Percentage of Students Who Played Video or Computer Games or Used a Computer for Something That Was Not School Work Three or More Hours Per Day on An Average School Day ¹⁰⁵		
	Female	Male	Total
Total			
	21.5 ; N=533	21.7 ; N=492	21.6;N=1,027
Age			
15 or Younger	21.2 ; N=149	21.1 ; N=112	21.1 ; N=263
16 or 17	23.2 ; N=304	24.2 ; N=303	23.7 ; N=607
18 or Older	N=80	N=75	16.5 ; N=155
Grade			
9 th	23.3 ; N=09	N=71	20.3 ; N=180
10 th	23.1 ; N=170	26.6 ; N=190	24.8 ; N=360
11 th	24.4 ; N=137	21.3 ;N=145	22.9 ; N=283
12 th	13.9 ; N=113	N=83	17.8 ; N=196
Race/Ethnicity			
Black*	18.4 ; N=218	18.4 ; N=170	18.4 ; N=388
Hispanic/Latino	19.5 ; N=233	21.5 ; N=220	20.4 ; N=455
White*	N=38	N=46	N=84
All Other Races	N=26	N=30	N=56
Multiple Races	N=10	N=7	N=17

*=Non-Hispanic

¹⁰⁵ 2007 Youth Risk Behavior Survey (YRBS), Centers for Disease Control, Chicago High School Survey.
<http://www.chdl.org/2007CHH%20Summary%20Tables.pdf>

**Status of Female Youth Physical Activity and Health in Chicago Metro Area
(compared with U.S. Averages)¹⁰⁶**

Sports Team Participation	Vigorous Physical Activity	Physical Education Class Attendance	At Risk Over Weight	TV Viewing	Nutrition	Disordered Eating Pattern	Cigarette Smoking	Asthma	Teen Pregnancy	Marijuana Use	Binge Drinking	Suicide Attempts	Over Weight
2	2	1	1	2	2	1	1	2	2	2	1	1	2

1 = better than US average

2 = worse than US average

¹⁰⁶ The Women's Sports Foundation Reports: The Status of Health and Physical Activity in Chicago Hispanic Girls (2005).
Date Accessed: April 2009 http://www.womenssportsfoundation.org/binary-data/WSF_ARTICLE/pdf_file/1098.PDF