

**Appendix 3: Quantitative Data from the Evaluation of Get Healthy San Mateo County
Task Force Activities and Selected Community Outcomes (2007-2008)***

Methods

In the 2006-07 report, we selected benchmarks from various data sources to evaluate the current status of overweight and healthy behavior among children in San Mateo County. These benchmarks come from four separate sources: the California Healthy Kids Survey (CHKS); the Pediatric Nutrition Surveillance Survey (PedNSS); the California Physical Fitness Test (CPFT); and the Community Health and Quality of Life Survey (HQOL). For this report we present each measure’s latest year’s value as well as its previous value for comparison.

Results

From Table 1, we see that 21 of the 27 indicators (81%) have moved in positive directions. This was particularly marked in the CPFT data, where all 14 of the indicators showed improvement. Each difference is small on its own, but the combined data provide some evidence that the nutritional health and physical fitness of San Mateo County’s children are improving.

| Table 1: Selected Data on Physical Activity, Nutrition and Childhood Overweight in San Mateo County | | | | |
|--|--------|------------|--------|------------|
| Pediatric Nutrition Surveillance Survey (PedNSS) | | | | |
| <u>% of all children in various body weight zones</u> | | | | |
| Group | 2006 n | 2006 Value | 2007 n | 2007 Value |
| <i>% of children 2-4 years 'overweight'</i> | 2,904 | 19.4% | 3,001 | 17.9% |
| <i>% of children 2-4 years 'at risk of overweight'</i> | 2,904 | 16.0% | 3,001 | 17.1% |
| <i>% of children 0-5 years 'underweight'</i> | 10,306 | 7.3% | 10,735 | 8.3% |
| <i>% of children 5-20 years 'overweight'</i> | 3,362 | 24.7% | 3,515 | 25.7% |
| <i>% of children 5-20 years 'at risk of overweight'</i> | 3,362 | 21.6% | 3,515 | 20.0% |
| <i>% of children 5-20 years underweight'</i> | 3,362 | 1.6% | 3,515 | 1.5% |
| California Healthy Kids Survey (CHKS) Data | | | | |

* For the full report on the Evaluation of Get Healthy San Mateo County Task Force Activities and Selected Community Outcomes (2007-2008), visit http://gethealthysmc.org/uploads/pages/14_ghsmc%20evaluation%2007-08%20final.pdf

| <u>Average Response of San Mateo County Students to Questions</u> | | | | |
|---|---------|-------------|---------|-------------|
| Question | 05-06 n | 05-06 Value | 07-08 n | 07-08 Value |
| <i>Past 7 days, heavy exercise¹</i> | 5,576 | 3.91 | 4,637 | 3.95 |
| <i>Past 7 days, light exercise²</i> | 5,564 | 3.44 | 4,581 | 3.53 |
| <i>Past 24 hours, times drink soda</i> | 5,551 | 1.29 | 4,504 | 1.17 |
| <i>Past 24 hours, times eat fruit</i> | 5,524 | 1.85 | 4,435 | 2.09 |
| <i>Past 24 hours, times eat vegetables</i> | 5,531 | 1.84 | 4,393 | 2.03 |
| California Physical Fitness Test (CPFT) Data | | | | |
| <u>% of students passing 6 of 6 fitness standards, by group³</u> | | | | |
| Group | 05-06 n | 05-06 Value | 06-07 n | 06-07 Value |
| <i>All</i> | 19,004 | 35.1% | 18,013 | 38.1% |
| <i>Female</i> | 9,442 | 37.0% | 8,692 | 41.3% |
| <i>Male</i> | 9,562 | 33.2% | 9,321 | 35.0% |
| <i>White</i> | 6,668 | 43.5% | 6,336 | 45.5% |
| <i>Hispanic</i> | 6,199 | 23.4% | 5,711 | 26.1% |
| <i>Black</i> | 802 | 24.3% | 690 | 29.4% |
| <i>Filipino</i> | 1,955 | 36.8% | 1,946 | 37.0% |
| <i>Chinese</i> | 1,341 | 51.2% | 1,389 | 53.9% |
| <i>Other Pacific Islander</i> | 449 | 18.3% | 339 | 23.3% |
| <u>% of students inside each Healthy Fitness Zone</u> | | | | |
| Zone | 05-06 n | 05-06 Value | 06-07 n | 06-07 Value |
| <i>Aerobic Capacity</i> | 19,004 | 68.2% | 18,013 | 71.9% |
| <i>Abdominal Strength</i> | 19,004 | 86.2% | 18,013 | 86.4% |
| <i>Trunk Extension Strength</i> | 19,004 | 88.3% | 18,013 | 89.0% |

| | | | | |
|--|--------|------------|---------------------|-------------------------|
| <i>Upper Body Strength</i> | 19,004 | 73.8% | 18,013 | 76.2% |
| <i>Flexibility</i> | 19,004 | 74.3% | 18,013 | 74.8% |
| Community Health and Quality of Life (HQOL) Survey Data | | | | |
| % of San Mateo County Residents responding that they had 'Excellent' or 'Very Good' Access | | | | |
| Question | 2007 n | 2007 Value | 2010 ⁶ n | 2010 ⁶ Value |
| <i>Do you have access to healthy food?⁴</i> | 1,568 | 76.6% | n/a | n/a |
| <i>Do you have access to parks?⁵</i> | 1,568 | 65.3% | n/a | n/a |

Another important factor to consider is the relative ranking of San Mateo County compared to other counties in the state. It is possible that changes in the health of our community are a result of larger societal changes in California and the nation as a whole. One measure to try to detect if the Task Force's activities are having an impact is a comparison of San Mateo County's relative ranking among counties that are subject to the same state-wide and national trends. The PedNSS data is the only source that performs rankings of counties, and Table 6 shows the changes between 2005 to 2007, where a higher rank (smaller number) represents a smaller percent of children in these categories. San Mateo County has increased its ranking in all three categories, most notably in the 2-5 year olds rated as 'overweight' (>95% for their height and weight). San Mateo County was ranked 56th out of 61 jurisdictions in 2005 and 2006, but moved up to 14th in the 2007 rankings. This provides evidence suggesting that children in San Mateo County may be getting healthier at rates faster than the rest of the state.

| <u>Table 1: Ranking Among California Counties by PedNSS</u> | | | |
|--|------------|------------|------------|
| Category | 2005 Value | 2006 Value | 2007 Value |
| <i>2-5 years old - 'overweight'</i> | 56 / 61 | 56 / 61 | 14 / 63 |
| <i>5-20 years old - 'at risk of overweight'</i> | 53 / 62 | 53 / 62 | 43 / 59 |
| <i>5-20 years old - 'overweight'</i> | 56 / 62 | 56 / 62 | 44 / 59 |