

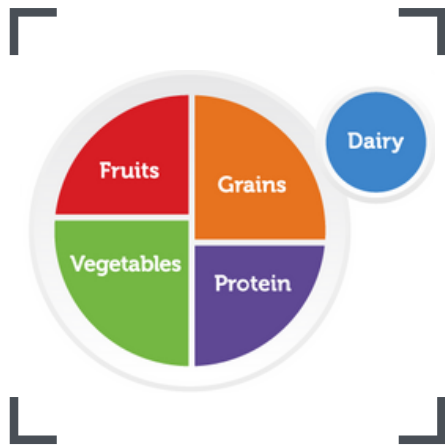
# 2021-22 ST. CLAIR COUNTY REPORT

## High School & Middle School

### Weight, Nutrition and Physical Activity

This report summarizes key findings from the 2021-2022 school-year for St. Clair County (SCC) Michigan Profile for Healthy Youth (MiPHY) survey for weight, nutrition and physical activity.

### HIGH SCHOOL STUDENTS IN THE LAST 7 DAYS



#### Milk

1.6 in 20 SCC high school students reported drinking three or more glasses per day of milk in the past 7 days



#### Breakfast

4.0 in 20 SCC high school students reported having breakfast every day in the past 7 days



#### Fruits & Vegetables

3.3 in 20 SCC high school students reported eating five or more servings per day of fruits and vegetables in the past 7 days



### High School Students

In the past 7 days:

- 19.8% had breakfast every single day
- 16.3% ate five or more servings per day of fruits and vegetables
- 7.8% drank three or more glasses of milk per day
- 19.0% drank soda or pop one or more times per day

#### Soda

3.8 in 20 SCC high schools students reported drinking soda or pop one or more times per day in the past 7 days



### Middle School Students

In the past 7 days:

- 24.9% had breakfast every single day
- 24.1% ate five or more servings per day of fruits and vegetables
- 11.1% drank three or more glasses of milk per day
- 21.5% drank soda or pop one or more times per day



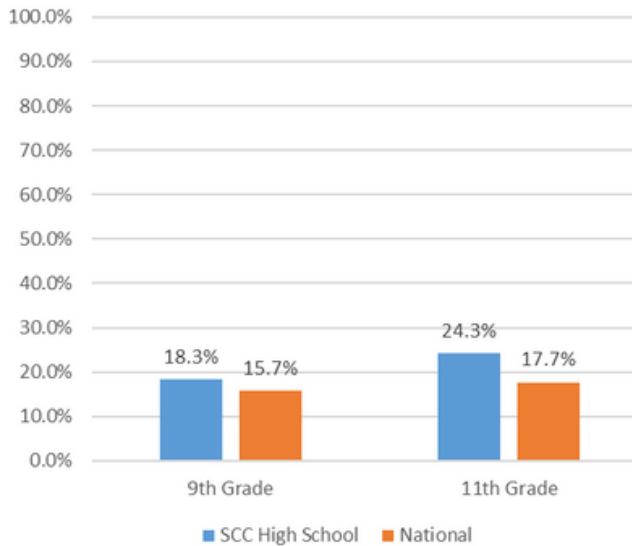
#### REPORT BACKGROUND

St. Clair County data was obtained from the 2021-22 St. Clair County MiPHY, a student survey assessing 7th, 9th, and 11th graders' substance use, violence, physical activity, sexual behavior, and emotional health. The 2019 Youth Risk Behavior Survey was used as a national comparisons.

# NUTRITION

The graphs below depict the percentage of students who did not eat breakfast and those who drank a can, bottle, or glass of soda or pop one or more times per day during the past 7 days for St. Clair County (SCC) and nationally.

**Percentage of students who did not eat breakfast in the past seven days**



## High School Students



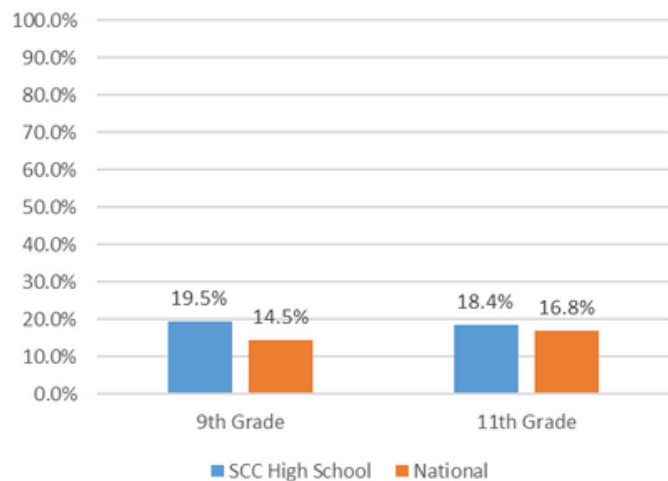
SCC high school students reported not eating breakfast in the past seven days **higher** than students nationally

## High School Students

SCC high school students reported drinking soda or pop one or more times per day in the past seven days **higher** than students nationally



**Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days**



SOURCE: National data for 9th and 11th grade was obtained from the Youth Risk Behavior Survey, 2019

# WEIGHT

The graphs below depict the percentage of 9th and 11th grade students who are obese or had obesity and those who describe themselves as slightly or very overweight for St. Clair County (SCC) and nationally.

## High School Students



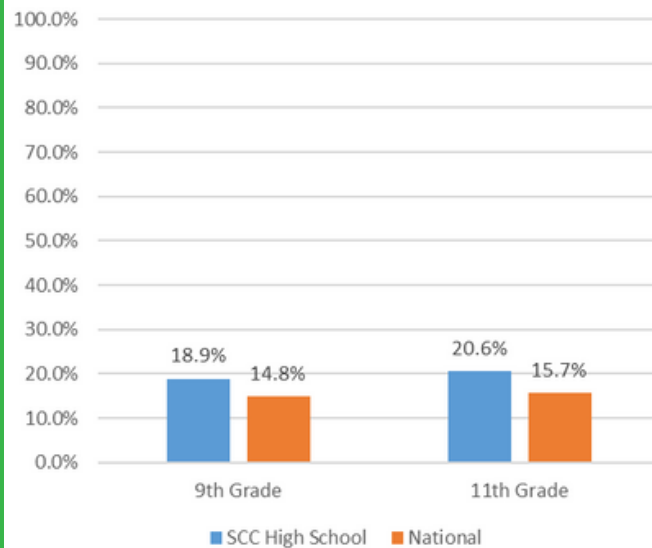
Percentage of SCC high school students who are obese or had obesity is **higher** than the national rate

## Middle School Students

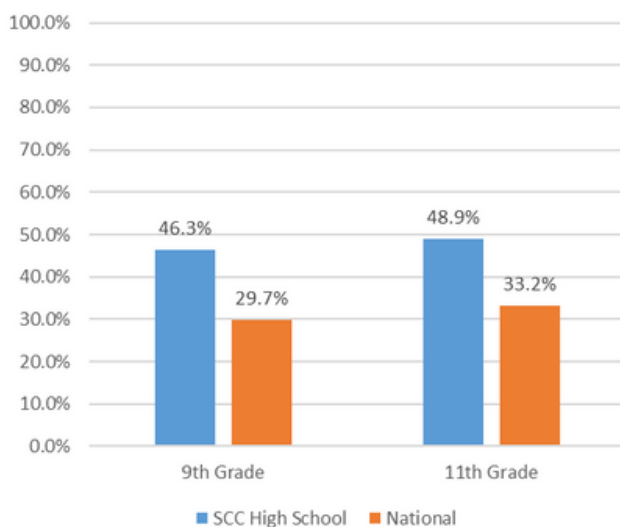
21.1% of SCC middle school students are obese (at or above the 95th percentile for BMI by age and sex)



### Percentage of students who are obese or had obesity (at or above the 95th percentile for BMI by age and sex)



### Percentage of students who described themselves as slightly or very overweight



## High School Students



SCC high school students described themselves as slightly or very overweight **higher** than the national average

## Middle School Students

33.3% of SCC middle school students described themselves as slightly or very overweight



SOURCE: National data for 9th and 11th grade was obtained from the Youth Risk Behavior Survey, 2019

# WEIGHT

The graph below depicts the percentage of students who are trying to lose weight for St. Clair County (SCC) 7th, 9th, and 11th grade students and the national rate.

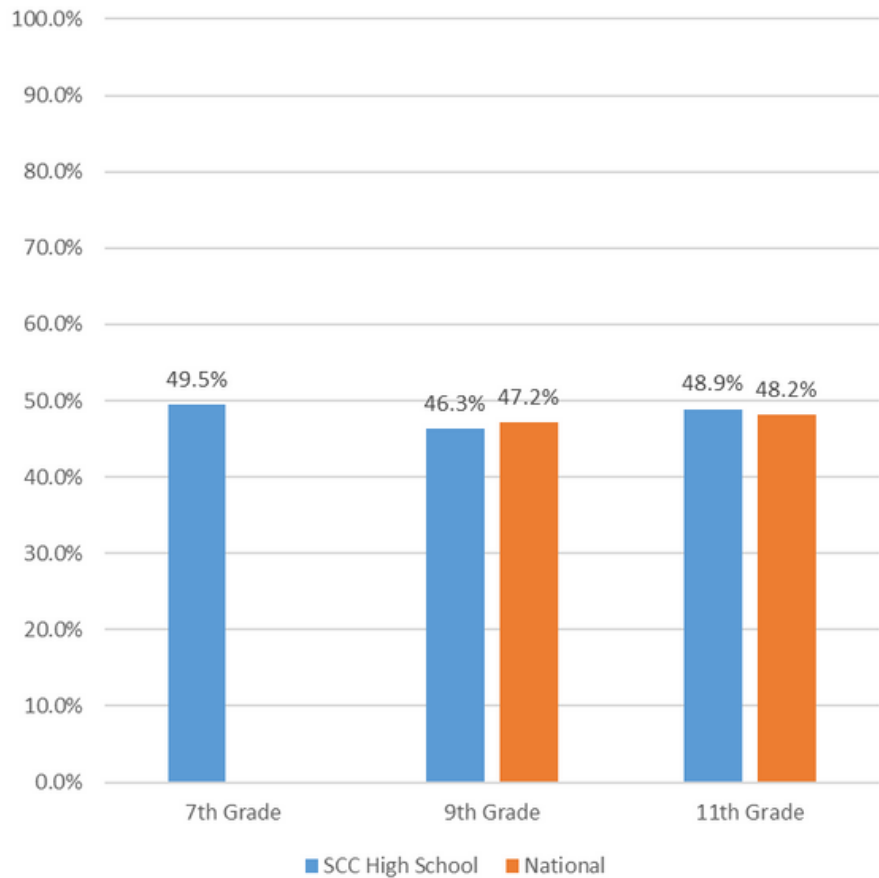


SCC 9th graders reported trying to losing weight **lower** than the national average



SCC 11th graders reported trying to losing weight **higher** than the national average

### Percentage of students who were trying to lose weight



Among 7th grade SCC students 49.5% reported trying to losing weight, no comparison of national percentage

SOURCE: National data for 9th and 11th grade was obtained from the Youth Risk Behavior Survey, 2019

NOTE: National data for 7th grade was not available.

# PHYSICAL ACTIVITY

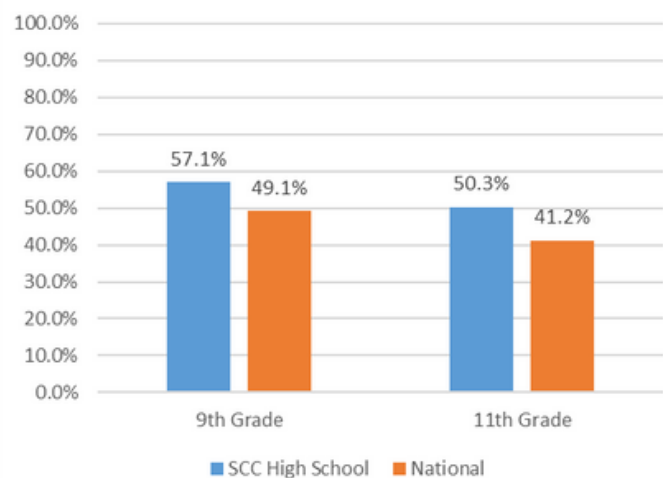
The graphs below depict the percentage of students who were physically active for a total of 60 minutes per day on five or more of the past 7 days and who attended physical education class daily in an average week when they were at school for St. Clair County (SCC) and nationally.

## 9th & 11th Grade Students

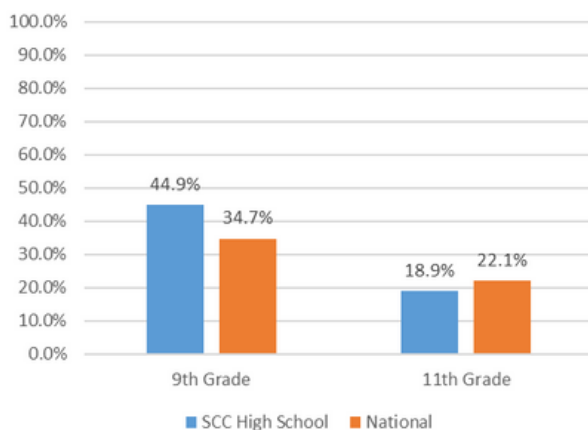
SCC had a higher percentage of 9th and 11th grade students who were physically active for at least 60 minutes per day, compared to the national percentage



Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days



Percentage of students who attended physical education (PE) classes daily in an average week when they were in school



### 9th Grade Students

SCC 9th graders attended PE classes daily **higher**, compared to the national percentage



### 11th Grade Students

SCC 11th graders attended PE classes daily **lower**, compared to the national percentage



SOURCE: National data for 9th and 11th grade was obtained from the Youth Risk Behavior Survey, 2019