

EATING FRUIT AND VEGETABLES and YOUTH RISK and PROTECTIVE FACTORS

2007 Minnesota Student Survey Statewide Data

9th Grade Students

What is the purpose of these tables and graphs?

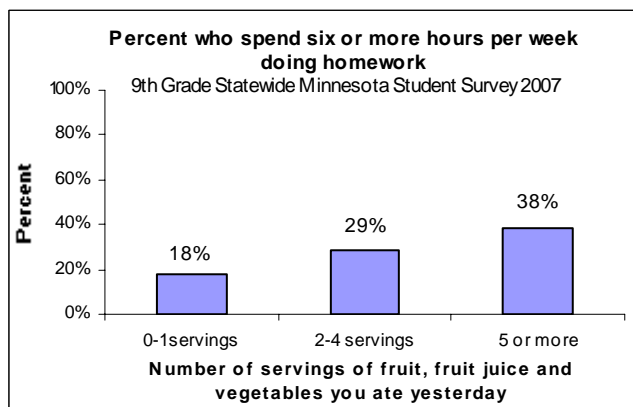
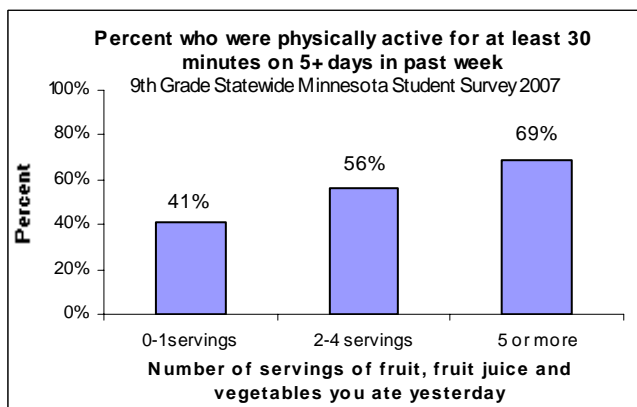
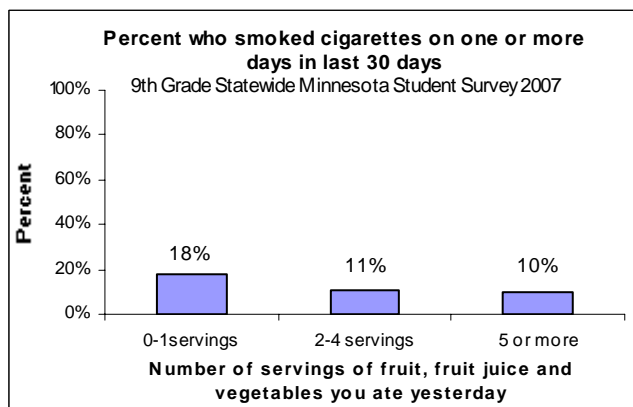
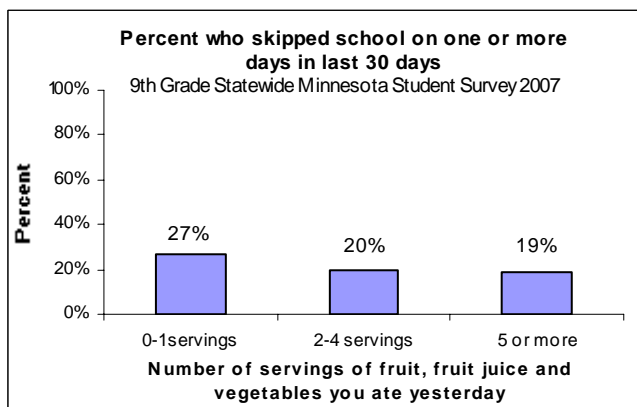
This issue brief provides data showing the extent to which selected risk and protective factors are associated with eating fruits and vegetables. The risk and protective factors selected for this brief are of interest to many who work with teens, but represent just a sample of all the survey questions that could be investigated. Each brief in this series uses the same set of risk and protective factors. An association only means that two factors often occur together. It is important to remember that the survey results alone cannot tell us if one factor “causes” or “predicts” the other. Just because two factors are associated with each other does not mean they are causally related.

How should I read these tables and graphs?

In this brief, 9th grade students are divided into three groups. The table on the reverse side compares these three groups on various risk and protective factors. For example, 9,326 students said they had zero or one servings of fruit, fruit juice or vegetables on the previous day; of these students, 27 percent reported skipping school on one or more days in the last 30 days. In contrast, 8,987 students said they had five or more servings of fruit, fruit juices or vegetables on the previous day, and 19 percent of these students reported skipping school on one or more days.

What do these tables and graphs say about healthy eating and other risk and protective factors?

In general, 9th grade students who ate zero or one serving of fruits and vegetables are only slightly more likely to engage in or be exposed to many of the *risk factors* examined in the table than are students who ate five or more servings. Exceptions to this general pattern include being kicked, bitten or hit at school; being teased, made fun of or excluded at school; and watching TV, DVDs and videos. In addition, students who ate plenty of fruits and vegetables are somewhat more likely to engage in or be exposed to each of the *protective factors* examined in the table.



This brief is based on responses by students in regular public schools to questions on the 2007 Minnesota Student Survey. Over 90 percent of the regular public school districts in the state participated in the 2007 survey. The participation rate for all 9th grade students was 76 percent. Statewide and county results can be found on the web at <http://www.health.state.mn.us/divs/chs/mss>.

EATING FRUIT AND VEGETABLES AND YOUTH RISK/PROTECTIVE FACTORS
 2007 Minnesota Student Survey Statewide Data
 9th Grade Students

(continued from reverse side)

Risk Factors	How many servings of fruits, fruit juices, or vegetables did you eat yesterday?		
	0-1	2-4	Five or more
Number of Students (N)	9,326	31,029	8,987
Smoked cigarettes on one or more days in last 30 days	18%	11%	10%
Drank alcoholic beverages on one or more days in last 30 days	28%	23%	23%
Used marijuana on one or more days in last 30 days	14%	9%	9%
Have ever had sexual intercourse	24%	17%	19%
Felt sad all or most of the time in last 30 days	19%	12%	13%
Tried to kill themselves during past year	6%	3%	4%
Hit or beat up another person one or more times in last 12 months	31%	24%	26%
Skipped or cut one or more days of school in last 30 days	27%	20%	19%
Have been kicked, bitten or hit at least once on school property in last 12 months	29%	23%	28%
Have been teased, made fun of or excluded by other students once a week or more often	15%	11%	14%
Alcohol or drug use by family member has repeatedly caused problems	24%	18%	18%
Have experienced physical and/or sexual abuse by someone in their family	17%	11%	13%
Spend 11 or more hours per week watching TV, DVDs or videos	26%	22%	24%

Protective Factors	How many servings of fruits, fruit juices, or vegetables did you eat yesterday?		
	0-1	2-4	Five or more
Number of Students (N)	9,326	31,029	8,987
Were physically active for at least 30 minutes on 5 or more days in past week	41%	56%	69%
Always wear a seat belt when they ride in a car	48%	59%	65%
Like going to school "very much" or "quite a bit"	35%	48%	53%
Say "all" or "most" of their teachers show respect for students	67%	76%	72%
Live with two parents	61%	71%	73%
Can talk to at least one parent about problems "most of the time"	48%	57%	62%
Feel their friends care about them "very much" or "quite a bit"	65%	76%	78%
Spend 6 or more hours per week doing homework	18%	29%	38%
Participate on school sports teams 1 or 2 times per week or more often	35%	49%	56%
Participate in religious activities (including youth group, programs, etc) 1 or 2 times per week or more often	31%	44%	48%

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