

**BEING OVERWEIGHT and YOUTH RISK and PROTECTIVE FACTORS**  
 2007 Minnesota Student Survey Statewide Data  
 9<sup>th</sup> Grade Students

**What is the purpose of these tables and graphs?**

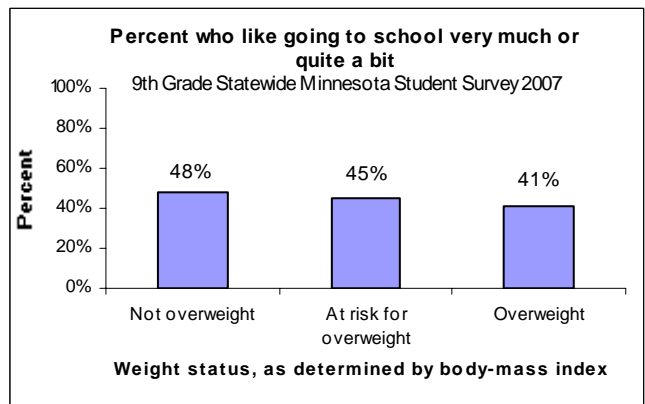
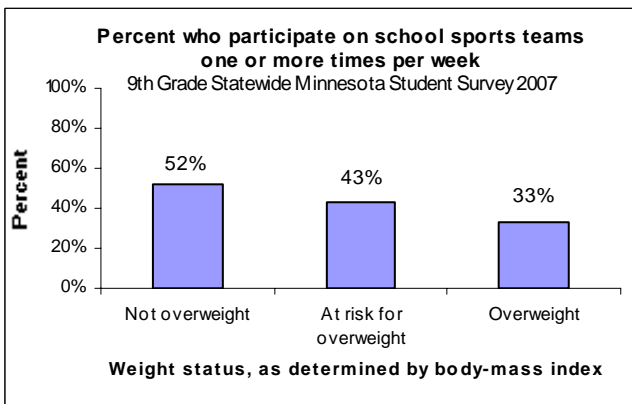
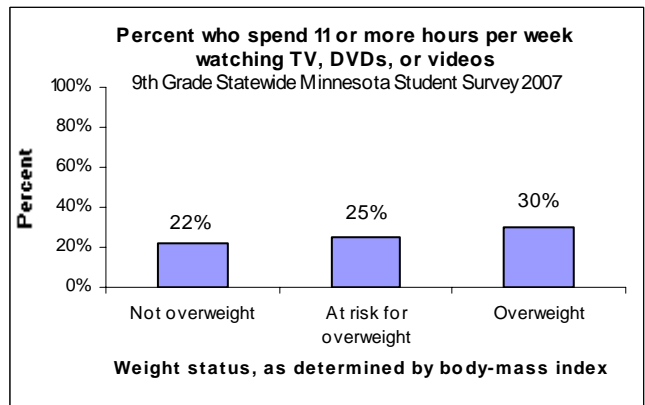
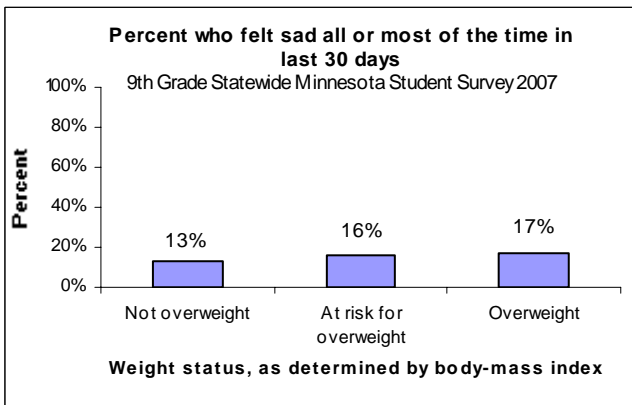
This issue brief provides data showing the extent to which selected risk and protective factors are associated with being overweight. The risk and protective factors selected for this brief are of interest to many who work with teens, but represent just a sample of all the survey questions that could 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, 9<sup>th</sup> 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, 35,025 students were not overweight according to the height and weight they provided; of these students, 13 percent reported feeling sad all or most of the time. In contrast, 4,120 students met the definition of overweight, and 17 percent of these students reported feeling sad all or most of the time.

**What do these tables and graphs say about being overweight other risk and protective factors?**

Being overweight was only slightly related to various risk factors. Ninth grade students who are overweight according to their self-reported height and weight are slightly more likely to engage in or be exposed to many of the *risk factors* examined in the table than are students who are not overweight. In some cases, the differences are very small. Students who are not overweight are somewhat more likely to engage in or be exposed to some but not all of the *protective factors* examined in the table. The strongest association is between not being overweight and participating in school sports.



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 9<sup>th</sup> 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>.

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 2007 Minnesota Student Survey Statewide Data  
 9<sup>th</sup> Grade Students

*(continued from reverse side)*

Risk Factors	Weight status, as measured by body-mass index*		
	Not overweight	At Risk for Overweight	Overweight
Number of Students (N)	35,025	6,043	4,120
Smoked cigarettes on one or more days in last 30 days	11%	14%	16%
Drank alcoholic beverages on one or more days in last 30 days	23%	26%	26%
Used marijuana on one or more days in last 30 days	9%	11%	13%
Have ever had sexual intercourse	17%	23%	23%
Felt sad all or most of the time in last 30 days	13%	16%	17%
Tried to kill themselves during past year	3%	4%	5%
Hit or beat up another person one or more times in last 12 months	24%	30%	34%
Skipped or cut one or more days of school in last 30 days	19%	23%	26%
Have been kicked, bitten or hit at least once on school property in last 12 months	23%	28%	33%
Have been teased, made fun of or excluded by other students once a week or more often	11%	14%	19%
Alcohol or drug use by family member has repeatedly caused problems	18%	22%	23%
Have experienced physical and/or sexual abuse by someone in their family	12%	14%	16%
Spend 11 or more hours per week watching TV, DVDs or videos	22%	25%	30%

Protective Factors	Weight status, as measured by body-mass index*		
	Not overweight	At Risk for Overweight	Overweight
Number of Students (N)	35,025	6,043	4,120
Had 5 or more servings of fruits & vegetables yesterday	18%	17%	17%
Were physically active for at least 30 minutes on 5 or more days in past week	58%	54%	49%
Always wear a seat belt when they ride in a car	59%	55%	51%
Like going to school "very much" or "quite a bit"	48%	45%	41%
Say that "all" or "most" of their teachers show respect for students	75%	72%	70%
Live with two parents	72%	67%	63%
Can talk to at least one parent about problems "most of the time"	57%	55%	56%
Feel their friends care about them "very much" or "quite a bit"	78%	70%	63%
Spend 6 or more hours per week doing homework	31%	26%	22%
Participate on school sports teams 1 or 2 times per week or more often	52%	43%	33%
Participate in religious activities (including youth group, programs, etc) 1 or 2 times per week or more often	44%	40%	35%

\*Students are asked to report their height and weight. The body-mass index (BMI) is calculated using a standard formula. "Not overweight" students have body-mass index less than the 85<sup>th</sup> percentile for same gender and age on Centers for Disease Control's (CDC) BMI-for-age growth charts. "At Risk for Overweight" students have body-mass index at or above the 85<sup>th</sup> percentile and under the 95<sup>th</sup> percentile. "Overweight" students have body-mass index equal to or greater than the 95<sup>th</sup> percentile.

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