

Healthcare Georgia Foundations (HGF) awarded a grant to the Survey Research Center at the University of Georgia to conduct the Healthcare Georgia Foundation *2004 Georgia Childhood Overweight and Physical Activity Survey*. Data were generated from a telephone interview of a RDD (Random Digit Dial) probability sample of 1,200 Georgia residents 18 years old or older, conducted between 6 July and 5 October 2004. The sampling design also included an oversample of African-Americans respondents and a list-assisted sample of 200 Hispanic speaking Georgians. The purpose of the survey was to assess perceptions of Georgia residents about opinions and attitudes toward childhood obesity and physical activity of Georgia children. Estimates based on the total sample size of 1,200 respondents are subject to sampling error of +/- 2.8% at the 95 percent confidence interval. Sampling error for the African-American sample (n = 290) is +/- 5.7%, while sampling error for the Hispanic sample (n = 271) is +/- 5.9%. Sampling error is the probably difference in results between interviewing a sample of the population of adult Georgians versus interviewing the entire population of adults in Georgia. Sample surveys are subject to other sources of error such as non-response error and error associated with the wording of questionnaire items. The cooperation rate for the study was 43.1%. The questionnaire and survey results can be found at www.healthcaregeorgia.org

All manuscripts utilizing data made available through the University of Georgia Survey Research Center should acknowledge that fact as well as identify the original collector of the data. The Survey Research Center urges all users of this data to use some adaptation of the following notice, with the parentheses indicating items to be filled in approximately or deleted by the individual user:

The data (and tabulations) utilized in this document were made available (in part) by the Survey Research Center of the University of Georgia. Neither the Survey Research Center nor the University bear any responsibility for the analyses or interpretations presented here.

Healthcare Georgia Foundation
2004 Youth Overweight and Physical Activity Survey

Table 1: Age of Children

Children 18 Or Less

Q1	N	%
Yes	573	46.3
No	665	53.7
Total	1238	100.0

Children 13 Or Less

Q2	N	%
Yes	462	37.3
No	776	62.7
Total	1238	100.0

Table 2: Importance of Physical Activity

Importance of School Requirement of Physical Education Classes

Q3	N	%
Very important	1107	90.1
Somewhat important	112	9.1
Not very important	4	0.3
Not at all important	6	0.5
Total	1229	100.0

Importance of After-school Sports

Q4	N	%
Very important	880	72.5
Somewhat important	294	24.2
Not very important	33	2.7
Not at all important	7	0.6
Total	1214	100.0

Table 3: School Responsibilities

Schools Have Responsibility to Prevent Children From Becoming Physically Inactive

Q5	N	%
Strongly agree	410	34.3
Agree somewhat	418	34.9
Disagree somewhat	231	19.3
Strongly disagree	137	11.5
Total	1196	100.0

Schools Have Responsibility to Protect Children from Becoming Overweight.

Q6	N	%
Strongly agree	280	23.3
Agree somewhat	476	39.5
Disagree somewhat	272	21.6
Strongly disagree	176	14.0
Total	1204	100.0

Table 4: Health-Related Issues

Regular Physical Activity Prevents Health Problems

Q7	N	%
Strongly agree	863	71.6
Agree somewhat	258	21.4
Disagree somewhat	59	4.9
Strongly disagree	25	2.1
Total	1205	100.0

Physical Inactivity Has Negative Effect on School Performance

Q8	N	%
Strongly agree	653	55.3
Agree somewhat	346	29.3
Disagree somewhat	124	41.5
Strongly disagree	58	4.9
Total	1181	100.0

Being Overweight Has Negative Effect on School Performance

Q9	N	%
Strongly agree	588	49.2
Agree somewhat	382	31.9
Disagree somewhat	150	12.5
Strongly disagree	76	6.4
Total	1196	100.0

Most Important Thing Schools Can or Should Do to Protect Children From Being Overweight

Q10	N	%
Required physical ed classes	481	40.7
Improve school breakfasts and lunches	381	32.2
Eliminate vending, snack machines	111	9.4
Nothing schools can do	41	3.5
Other	169	14.3
Total	1183	100.0

Likelihood of Overweight Child Becoming Overweight Adult

Q11	N	%
Strongly agree	909	75.1
Agree somewhat	192	15.9
Disagree somewhat	78	6.4
Strongly disagree	32	2.6
Total	1211	100.0

Seriousness of Low Fitness Level Among Youth in Georgia

Q12	N	%
Very serious	659	55.6
Somewhat serious	466	39.3
Not too serious	56	4.7
Not at all serious	4	0.3
Total	1185	100.0

Seriousness of the Problem of Overweight and Obesity

Q13	N	%
Very serious	798	67.2
Somewhat serious	350	29.5
Not too serious	34	2.9
Not at all serious	5	0.4
Total	1187	100.0

Kinds of Health Problems Contributed to by Overweight And Obesity

Q14	N	%
Diabetes	680	45.1
Hypertension	284	22.9
Heart Disease	697	56.3
Asthma	135	10.9
Low self-esteem	179	14.4
Other psychological problems	122	9.8
None	8	0.6
Other	193	15.6

Table 5: Effectiveness of School Programs

Effectiveness of Physical Education in Schools

Q17	N	%
Very effective	538	46.1
Somewhat effective	504	43.2
Not too effective	96	8.2
Not at all effective	29	2.5
Total	1167	100.0

Support or Oppose Required PE in Schools

Q17x1	N	%
Support	1188	97.1
Oppose	36	2.9
Total	1224	100.0

Georgia Schools Should Include Nutrition Education

Q18	N	%
Strongly agree	566	53.7
Agree Somewhat	324	30.7
Disagree Somewhat	101	9.6
Strongly Disagree	63	6.0
Total	1054	100.0

Effectiveness of Nutrition Education in Schools

Q19	N	%
Very Effective	357	42.6
Somewhat Effective	339	40.5
Not too Effective	115	13.7
Not at all Effective	27	3.2
Total	838	100.0

Support or Oppose Nutrition Education in Schools

Q19x1	N	%
Support	847	97.2
Oppose	24	2.8
Total	871	100.0

Effectiveness of Sidewalks and Paths in Encouraging Physical Activity

Q20	N	%
Very Effective	524	44.3
Somewhat Effective	403	34.1
Not too Effective	168	14.2
Not at all Effective	87	7.4
Total	1182	100.0

Support or Oppose Providing Sidewalks and Paths

Q20x1	N	%
Support	1077	90.0
Oppose	120	10.0
Total	1197	100.0

Effectiveness of Healthy School Meals in Preventing Overweight and Obesity

Q21	N	%
Very Effective	775	64.1
Somewhat Effective	352	29.1
Not too Effective	66	5.5
Not at all Effective	16	1.3
Total	1209	100.0

Support or Oppose Breakfast Programs

Q22	N	%
Support	1099	92.1
Oppose	94	7.9
Total	1193	100.0

Ways Respondent Willing to Pay For School Breakfast Programs

Q22x1	N	%
Increasing school property taxes	617	49.8
Increasing state income taxes	487	39.3
Using part of special 1 cent sales tax	742	59.9
Earmarking increase in alcohol and tobacco	769	62.1
Offering after-school program paid by parents	680	54.9
Reducing support for other school programs	244	19.7
None of the above	205	16.5

Support or Oppose Healthier School Lunch Programs

Q23	N	%
Support	1185	97.1
Oppose	36	2.9
Total	1221	100.0

Ways Respondent Willing to Pay for Healthier School Lunch Programs

Q23x1	N	%
Increasing school property taxes	620	50.0
Increasing state income taxes	499	40.3
Using part of special 1 cent sales tax	754	60.9
Earmarking increase in alcohol and tobacco	779	62.9
Offering after-school program paid by parents	694	56.0
Reducing support for other school programs	249	20.1
None of the above	199	16.1

Table 6: Community and Environment

Favor or Oppose Increasing Funding to Provide Safe Places for Children to Play

Q25	N	%
Favor	1140	93.8
Oppose	75	6.2
Total	1215	100.0

Primary Responsibility for Preventing Childhood Overweight

Q26	N	%
Parents	1197	96.6
Parent Groups/PTAs	8	0.6
Me	6	0.5
YMCAs/Boys and Girls Clubs	1	0.1
Recreational Centers, including Play Grounds	3	0.2
Churches	9	0.7
Gyms	2	0.2
Schools	170	13.7
Local/State/National Politicians	2	0.2
Health Care Clinics/Providers	9	0.7
Local Businesses	7	0.6
Local/Community Newspapers	2	0.2
Local Television Stations	8	0.6
Children Themselves	41	3.3
Others	25	2.0

Most Important Factor in Growing Childhood Obesity

Q27	N	%
Lack of adequate physical activity	246	20.4
Eating habits	521	43.3
Lack of school physical education programs	24	2.0
Too much television viewing or video games	316	26.3
Computer time	19	1.6
Genetic predisposition	26	2.2
Other	51	4.2
Total	1203	100.0

Support or Oppose Requirement of Restaurants to Include Dietary Information on Menus

Q30	N	%
Support	946	79.2
Oppose	248	20.8
Total	1194	100.0

Support or Oppose Requirement of Schools to Include Dietary Information on Menus

Q31	N	%
Support	1008	83.4
Oppose	201	16.6
Total	1209	100.0

Support or Oppose Requirement of PE in Schools

Q32	N	%
Support	1146	94.5
Oppose	67	5.5
Total	1213	100.0

Ways Respondent Willing to Pay for Physical Education in Schools

Q33	N	%
Increasing school property taxes	604	52.7
Increasing state income taxes	469	40.9
Using part of special 1 cent sales tax	709	61.9
Earmarking increase in alcohol and tobacco	735	64.1
Offering after-school program paid by parents	656	57.2
Reducing support for other school programs	238	20.8
None of the above	162	14.1

Table 7: Family

Weight of Respondent's Child

Q34	N	%
About right weight	427	74.7
More than right weight	93	16.3
Less than right weight	52	9.1
Total	572	100.0

Respondent Worries that Child may Become Obese

Q35	N	%
Yes	263	45.8
No	311	54.2
Total	574	100.0

Child's School Includes Physical Education

Q36	N	%
Yes	441	88.7
No	56	11.3
Total	497	100.0

How Many Times Respondent's Family Eats Out During the Week

Q37	N	%
0	126	22.1
1	250	43.8
2	130	22.8
3	42	7.4
4	14	2.5
5	3	0.5
6	0	0.0
7	6	1.1
Total	571	100.0

How Many of These Times are at Fast-food Restaurants

Q38	N	%
0	240	42.6
1	234	41.5
2	67	11.9
3	12	2.1
4	3	0.5
5	3	0.5
6	1	0.2
7	4	0.7
Total	564	100.0

Characterization of Child's Diet

Q39	N	%
Extremely healthy	119	20.8
Fairly healthy	392	68.7
Not too healthy	60	10.5
Total	571	100.0

Hours Per Week Child Engages in Strenuous Physical Activity

Q41	N	%
0 – 4	168	31.3
5 – 9	147	27.3
10 – 14	111	20.7
15 – 19	52	9.7
20 – 24	29	5.4
25 – 34	25	4.7
35 +	5	0.9
Total	537	100.0

Hours Per Week Child Engages in Moderate Physical Activity

Q42	N	%
0 – 4	232	43.5
5 – 9	145	27.2
10 – 14	83	15.6
15 – 19	18	3.4
20 – 24	31	5.8
25 – 34	14	2.6
35+	10	1.9
Total	533	100.0

How Many Hours Each Week Child Watches Television

Q43	N	%
0 – 4	143	26.0
5 – 9	148	26.9
10 – 14	100	18.2
15 – 19	49	8.9
20 – 24	57	10.4
25 – 34	40	7.3
35+	13	2.3
Total	550	100.0

Table 8: Respondent Support

Would Support Method of Promoting Physical Fitness Opportunities

Q44	N	%
After school programs	999	80.6
Funding for PE in schools	1031	83.2
Funding for youth sports programs	993	80.1
Recruiting for sports leagues	908	73.3
Funding for safe routes to school	897	72.4
Funding for school tracks	952	76.8
Installing bike racks at school	880	71.0
None of the above	53	4.3

Would Support Method of Promoting Healthy Eating Habits

Q45	N	%
Improve nutritional content of school lunches	1125	90.8
Eliminate a la carte menus in schools	654	52.8
Offer healthy snack options in vending machines	1009	81.4
Offer school lunch programs to low-income families during summer	903	72.9
Eliminate fast food options in schools	957	77.2
Give parents information	1100	88.8
None of the above	30	2.4

Table 9: Demographics

Age of Respondent

Q46	N	%
18 – 24	157	12.9
25 – 29	124	10.3
30 – 34	160	13.2
35 – 39	118	9.8
40 – 44	121	10.0
45 – 49	134	11.1
50 – 59	180	14.9
60 – 69	118	9.8
70 +	97	8.0
Total	1209	100.0

Hispanic or Latino

Q47	N	%
Yes	271	22.1
No	955	77.9
Total	1226	100.0

Race

Q48	N	%
White/Caucasian	629	51.7
Black/African American	290	23.8
Asian/Pacific Islander	12	1.0
Native American	3	0.2
Multi-racial	11	0.9
Hispanic	271	22.3
Total	1216	100.0

Gender

Q49	N	%
Male	328	26.6
Female	907	73.4
Total	1235	100.0

Marital Status

Q50	N	%
Married	745	61.1
Divorced	102	8.4
Separated	20	1.6
Widowed	75	6.2
Single	277	22.7
Total	1219	100.0

Education

Q51	N	%
None	12	1.0
1 – 8 years	52	4.3
9 – 11 years	150	12.3
High school diploma/GED	335	27.4
Some college/technical school, no degree	221	17.5
2 year college	97	7.9
Bachelor's degree	210	17.2
Some graduate work	26	2.1
Advanced/Professional degree	118	9.7
Total	1221	100.0

Household Income

Q52	N	%
\$4,999 or less	18	2.1
\$5,000 - \$9,999	22	2.6
\$10,000 - \$14,999	56	6.7
\$15,000 - \$19,999	73	8.7
\$20,000 - \$24,999	46	5.5
\$25,000 - \$29,999	52	6.2
\$30,000 - \$34,999	77	9.2
\$35,000 - \$49,000	136	16.2
\$50,000 - \$74,999	171	20.4
\$75,000 or more	188	22.4
Total	839	100.0
