# EvaluationGroup, LLC

**Statewide Health Improvement Program**

**&**

**Tobacco Free Communities**

**Summary of**

**Youth Behavioral Risk Statistics**

**Kittson County**

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**Minnesota Student Survey 2007-2013**

**Kittson County**

**Overall Findings:**

**Overweight/Obese**

* The percentage of overweight youth trended higher from 2007 to 2010 but then reversed course from 2010 to 2013 eventually reverting back to approximately the same rate as in 2007 (10.9% overweight).
* The percentage of youth in Kittson County who are overweight is generally within the range of statewide levels.
  + Due to small numbers of youth in the county, the variability of the sample used is quite high, which makes it difficult to assess the exact extent of the percentage of youth overweight.
* An increase in the percentage of obese youth in Kittson County is suggested, moving from 12.7% in 2007 to 17.9% in 2013. Current rates of obesity in Kittson County are estimated to be significantly higher than the state average of 9.6%.

**Physical Activity**

* The percentage of youth engaging in ‘no weekly physical activity’ has trended lower over time which is a positive finding and it is likely lower than what is found across the rest of the state (7.3% vs. 12.4%).

**Fresh Fruit/Vegetable Consumption**

* The consumption of five or more servings of fresh fruits and vegetables per day appears to have increased between 2007 and 2010 from 12.1% to 20%, but then pulled back to 15%.
  + SHIP 1.0 funding may have had an impact but with the discontinuation in SHIP2.0 gains may not have been sustained.
* Both Kittson County and the larger SHIP region are still lagging in fresh fruit and vegetable consumption in youth compared to the statewide average.

**Tobacco Use**

* Use of any tobacco product over the past 30 days decreased substantially from 49.1% in 2007 to 22.5% in 2013. This represents a statistically significant drop in use across the county during this time frame.
  + Use of any tobacco product over the past 30 days (22.5%) is slightly higher compared to what is found across the rest of the state (state average 18.8%).
* Smokeless tobacco use appears to be declining, moving from 29.8% in 2007 to 7.5% in 2013.
  + In general, over 90% of smokeless tobacco users tend to be male.
* Smokeless tobacco use in Kittson County at 7.5% is similar to the state average of 7.6%.

*Youth Weight Trends*



* Overweight youth trended higher from 2007 to 2010 but then reversed course from 2010 to 2013, eventually reverting back to approximately the same rate as in 2007 (10.9% overweight).
* The percentage of youth in Kittson County who are overweight is generally within the range of statewide levels, however due to small numbers of youth in the county, the variability of the sample used is quite high, which makes it difficult to assess the extent of the percentage of youth overweight.



* An increase in the percentage of obese youth in Kittson County is suggested, moving from 12.7% in 2007 to 17.9% in 2013. Current rates of obesity in Kittson County are significantly higher than the state average of 9.6%.



*Physical Activity*



* The percentage of youth engaging in ‘No weekly physical activity’ has trended lower over time and is likely lower than what is found across the rest of the state (7.3% vs. 12.4%).
* MNSS data do not exist for examining adequate physical activity levels over time as the metrics have changed. In 2007 and 2010, adequate physical activity definitions included identifying 12th graders who reported ‘participating in either vigorous physical activity for 20 or more minutes per day on 3 or more days in the past 7 days or moderate physical activity for 30 or more minutes per day on 5 or more days in the past 7 days’. Current physical activity guidelines assessed 11th graders and asked: ‘During the last 7 days, on how many days were you physically active for a total of at least 60 minutes per day?’ Making comparisons between these data over time was not appropriate.



* Current U.S. Department of Health and Human Service guidelines recommend at least 60 minutes per day of either moderate or vigorous intensity aerobic physical activity and should include vigorous intensity physical activity at least 3 days a week. ([www.health.gov/paguidelines/guidelines/summary.aspx](http://www.health.gov/paguidelines/guidelines/summary.aspx))

*Consumption of Fruits and Vegetables*



* Consumption of five or more servings of fresh fruits and vegetables per day appears to have increased between 2007 and 2010 from 12.1% to 20% but then pulled back to 15%.
* SHIP 1.0 funding may have had an impact but with the discontinuation in SHIP2.0 gains may not have been sustained.
* Compared to the statewide average of 17.7% both Kittson County and the larger SHIP region are still lagging in fresh fruit and vegetable consumption in youth.



*Tobacco Use*



* Use of any tobacco product over the past 30 days decreased substantially from 49.1% in 2007 to 22.5% in 2013. This represents a statistically significant drop in use across the county during this time frame.
  + Use of any tobacco product over the past 30 days (22.5%) is slightly higher compared to what is found across the rest of the state (state average 18.8%).



* Smokeless tobacco use appears to be declining, moving from 29.8% in 2007 to 7.5% in 2013.
  + In general, over 90% of smokeless tobacco users tend to be male.
* Smokeless tobacco use in Kittson County at 7.5% is similar to the state average of 7.6%.



**Minnesota Student Survey Methodology**

The Minnesota Student Survey (MSS) is a triennial survey of young people regarding a variety of risk and protective factors. The survey asks young people questions about their activities, opinions, behaviors and experiences. It includes questions on an array of priority health-risk behaviors including tobacco use, dietary habits, physical inactivity, substance abuse, school climate, violence and safety concerns, out-of-school activities, and connections to school, community and family.

The survey is administered in schools, alternative learning centers and juvenile correctional facilities across the state. The purpose of the survey has been to:

* Provide data for program planning and evaluation.
* Meet state and federal student survey requirements.
* Address relevant issues confronting students.
* Mark trends over time.
* Involve schools/other educational settings statewide and provide data for local use.

The 2013 MSS was administered in the first half of 2013 to public school students in grades 5, 8, 9 and 11, statewide. All public school districts in Minnesota were invited to participate. Of the 334 public operating districts, 280 agreed to participate (84 percent of public operating school districts).

The survey's methodology changed in 2013 in ways that make it challenging to compare some of the latest results to previous years. From 1992 to 2010, the state surveyed 6th, 9th and 12th graders. In 2013 that changed to 5th, 8th, 9th and 11th graders. Furthermore, a large number of questions were either changed, omitted or added. To the extent that it was possible, variables on the 2013 MNSS were combined or parsed to extract data points that matched responses from previous iterations of the MNSS. The result was that 6 items of interest could be traced back through the 2007 administration and those data, in addition to other enlightening information is included in this review.

Public school student participation was voluntary and surveys were anonymous. Across the state, approximately 66 percent of fifth graders, 71 percent of eighth graders, 69 percent of ninth graders and 62 percent of eleventh graders participated in the 2013 MSS. Overall participation across the four grades was approximately 67 percent of total enrollment.

In Kittson County participation rates were: 85.5 percent of fifth graders, 81.8 percent of eighth graders, 92.1 percent of ninth graders and 83.7 percent of eleventh graders. Overall participation across the four grades was approximately 85.8% percent of total enrollment.

All schools and districts that participated in the survey followed federal laws regarding parental notification as required by the Family Educational Rights and Privacy Act (FERPA) and the Protection of Pupil Rights Amendment (PPRA). PPRA requires that schools that participate in the survey notify parents of the survey administration, provide parents the opportunity to review the survey instrument, and allow parents to opt their child out of participating.

The description of behavioral health risks in youth for Kittson County is based on the culmination of 2007, 2010 and 2013 Minnesota Student Survey data. The summaries that follow provide information on students in grade 12 in 2007 and 2010 whereas in 2013 11th grade student data is presented. Data from older youth is used as they show by far the greatest prevalence of health risk behaviors compared to younger grades. Data on grade 11 and 12 students is deemed to be a relevant and succinct representation of county youth needs given the parameters of the SHIP intervention guidelines.

EvaluationGroup, LLC staff contacted the MN Student Survey administrators and obtained a copy of the raw dataset for further analysis which were used in this report. We are indebted to their generosity for permitting us use of this data in pursuit of improving health in Minnesotans. The survey is made possible through a partnership between the Minnesota Departments of Education, Health, Human Services and Public Safety. These agencies provide funding and staff time to develop, administer and analyze the survey.

Minnesota Student Survey comparisons were made for three of the participating counties between the overall region and statewide statistics.

In Kittson County, there are three school districts, Kittson Central, Tri-County and Lancaster.

Comparisons between county level percentages and state percentages also include a benchmark SHIP Region percentage value. The SHIP region data includes data from all 12 counties who have been involved in either SHIP and/or CTG since 2009 and include the counties of Roseau, Marshall, Kittson, Lake of the Woods, Red Lake, Pennington, Polk, Mahnomen, Norman, Clearwater, Beltrami and Hubbard.