

Appendix B 2007 Fitness Survey

Frequency Table

How old are you?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	12	4	8.2	9.1	9.1
	13	20	40.8	45.5	54.5
	14	19	38.8	43.2	97.7
	15	1	2.0	2.3	100.0
	Total	44	89.8	100.0	
Missing	System	5	10.2		
Total		49	100.0		

What is your sex?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	18	36.7	36.7	36.7
	Female	31	63.3	63.3	100.0
	Total	49	100.0	100.0	

What grade will you be in when you return to school in August?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	8	28	57.1	100.0	100.0
Missing	9	21	42.9		
Total		49	100.0		

What is your race or ethnic group?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	American Indian or Alaskan Native	1	2.0	2.2	2.2
	Black or African American	37	75.5	82.2	84.4
	White	4	8.2	8.9	93.3
	American Indian/ Alaskan Native and African American/Black	1	2.0	2.2	95.6
	Biracial/multiracial	2	4.1	4.4	100.0
	Total	45	91.8	100.0	
Missing	System	4	8.2		
Total		49	100.0		

How would you describe your health in general?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	14	28.6	31.1	31.1
	Very Good	14	28.6	31.1	62.2
	Good	13	26.5	28.9	91.1
	Fair	4	8.2	8.9	100.0
	Total	45	91.8	100.0	
Missing	System	4	8.2		
Total		49	100.0		

Height in feet

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	4	4	8.2	10.0	10.0
	5	35	71.4	87.5	97.5
	6	1	2.0	2.5	100.0
	Total	40	81.6	100.0	
Missing	System	9	18.4		
Total		49	100.0		

Height in inches

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	3	6.1	7.5	7.5
	2	6	12.2	15.0	22.5
	3	4	8.2	10.0	32.5
	4	3	6.1	7.5	40.0
	5	7	14.3	17.5	57.5
	6	5	10.2	12.5	70.0
	7	2	4.1	5.0	75.0
	8	2	4.1	5.0	80.0
	9	5	10.2	12.5	92.5
	10	1	2.0	2.5	95.0
	11	2	4.1	5.0	100.0
	Total	40	81.6	100.0	
Missing	System	9	18.4		
Total		49	100.0		

How much do you weigh without your shoes on?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	84	1	2.0	2.4	2.4
	86	1	2.0	2.4	4.8
	89	1	2.0	2.4	7.1
	89	1	2.0	2.4	9.5
	90	1	2.0	2.4	11.9
	92	1	2.0	2.4	14.3
	96	1	2.0	2.4	16.7
	105	3	6.1	7.1	23.8
	114	1	2.0	2.4	26.2
	115	1	2.0	2.4	28.6
	116	3	6.1	7.1	35.7
	118	1	2.0	2.4	38.1
	123	1	2.0	2.4	40.5
	123	1	2.0	2.4	42.9
	130	1	2.0	2.4	45.2
	130	2	4.1	4.8	50.0
	131	1	2.0	2.4	52.4
	133	1	2.0	2.4	54.8
	137	1	2.0	2.4	57.1
	137	1	2.0	2.4	59.5
	138	1	2.0	2.4	61.9
	139	1	2.0	2.4	64.3
	141	1	2.0	2.4	66.7
	142	1	2.0	2.4	69.0
	145	1	2.0	2.4	71.4
	146	1	2.0	2.4	73.8
	152	1	2.0	2.4	76.2
	156	1	2.0	2.4	78.6
	157	1	2.0	2.4	81.0
	158	1	2.0	2.4	83.3
	174	1	2.0	2.4	85.7
	179	1	2.0	2.4	88.1
	209	1	2.0	2.4	90.5
	210	2	4.1	4.8	95.2
	251	1	2.0	2.4	97.6
	252	1	2.0	2.4	100.0
	Total	42	85.7	100.0	
Missing	System	7	14.3		
Total		49	100.0		

How would you describe your weight?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very underweight	2	4.1	4.7	4.7
	Slightly underweight	5	10.2	11.6	16.3
	About the right weight	26	53.1	60.5	76.7
	Slightly overweight	9	18.4	20.9	97.7
	Very overweight	1	2.0	2.3	100.0
	Total	43	87.8	100.0	
Missing	System	6	12.2		
Total		49	100.0		

Which of the following are you trying to do about your weight?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Lose weight	19	38.8	44.2	44.2
	Gain weight	5	10.2	11.6	55.8
	Stay the same weight	17	34.7	39.5	95.3
	I am not trying to do anything about my weight	2	4.1	4.7	100.0
	Total	43	87.8	100.0	
Missing	System	6	12.2		
Total		49	100.0		

Have you ever exercised to lose weight or keep from gaining weight?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	30	61.2	68.2	68.2
	No	14	28.6	31.8	100.0
	Total	44	89.8	100.0	
Missing	System	5	10.2		
Total		49	100.0		

Have you ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	18	36.7	41.9	41.9
	No	25	51.0	58.1	100.0
	Total	43	87.8	100.0	
Missing	System	6	12.2		
Total		49	100.0		

Have you ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	8	16.3	18.6	18.6
	No	35	71.4	81.4	100.0
	Total	43	87.8	100.0	
Missing	System	6	12.2		
Total		49	100.0		

Have you ever taken any diet pills, powders or liquids without a doctor's advice to lose weight or to keep from gaining weight?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	44	89.8	100.0	100.0
Missing	System	5	10.2		
Total		49	100.0		

Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	1	2.0	2.4	2.4
	No	41	83.7	97.6	100.0
	Total	42	85.7	100.0	
Missing	System	7	14.3		
Total		49	100.0		

On how many of the past seven days did you exercise or participate in physical activity for at least 2 minutes that made you sweat or breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activ?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0 days	4	8.2	9.3	9.3
	1 day	7	14.3	16.3	25.6
	2 days	5	10.2	11.6	37.2
	3 days	4	8.2	9.3	46.5
	4 days	3	6.1	7.0	53.5
	5 days	9	18.4	20.9	74.4
	6 days	4	8.2	9.3	83.7
	7 days	7	14.3	16.3	100.0
	Total	43	87.8	100.0	
Missing	System	6	12.2		
Total		49	100.0		

On an average school day, how many hours do you watch TV?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I do not watch TV on an average school day	2	4.1	4.7	4.7
	Less than one hour per day	5	10.2	11.6	16.3
	One hour per day	1	2.0	2.3	18.6
	Two hours per day	9	18.4	20.9	39.5
	Three hours per day	5	10.2	11.6	51.2
	Four hours per day	3	6.1	7.0	58.1
	Five or more hours per day	18	36.7	41.9	100.0
	Total	43	87.8	100.0	
Missing	System	6	12.2		
Total		49	100.0		

On an average day, what do you do when you are not in school?: Read

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	10	20.4	22.7	22.7
	No	34	69.4	77.3	100.0
	Total	44	89.8	100.0	
Missing	System	5	10.2		
Total		49	100.0		

On an average day, what do you do when you are not in school?: Talk on the phone

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	23	46.9	52.3	52.3
	No	21	42.9	47.7	100.0
	Total	44	89.8	100.0	
Missing	System	5	10.2		
Total		49	100.0		

On an average day, what do you do when you are not in school?: Play video games

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	10	20.4	22.7	22.7
	No	34	69.4	77.3	100.0
	Total	44	89.8	100.0	
Missing	System	5	10.2		
Total		49	100.0		

On an average day, what do you do when you are not in school?: Computer

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	22	44.9	50.0	50.0
	No	22	44.9	50.0	100.0
	Total	44	89.8	100.0	
Missing	System	5	10.2		
Total		49	100.0		

On an average day, what do you do when you are not in school?: Go shopping

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	5	10.2	11.4	11.4
	No	39	79.6	88.6	100.0
	Total	44	89.8	100.0	
Missing	System	5	10.2		
Total		49	100.0		

On an average day, what do you do when you are not in school?: Hang out with friends

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	17	34.7	38.6	38.6
	No	27	55.1	61.4	100.0
	Total	44	89.8	100.0	
Missing	System	5	10.2		
Total		49	100.0		

On an average day, what do you do when you are not in school?: Watch sisters/brothers

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	7	14.3	15.9	15.9
	No	37	75.5	84.1	100.0
	Total	44	89.8	100.0	
Missing	System	5	10.2		
Total		49	100.0		

On an average day, what do you do when you are not in school?: Outdoor physical activities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	25	51.0	56.8	56.8
	No	19	38.8	43.2	100.0
	Total	44	89.8	100.0	
Missing	System	5	10.2		
Total		49	100.0		

Do you think you should have to take physical education in school?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	36	73.5	83.7	83.7
	No	7	14.3	16.3	100.0
	Total	43	87.8	100.0	
Missing	System	6	12.2		
Total		49	100.0		

n an average week when you are in school, on how many days do you go to physical education classes?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0 days	7	14.3	16.7	16.7
	1 day	10	20.4	23.8	40.5
	2 days	8	16.3	19.0	59.5
	3 days	5	10.2	11.9	71.4
	4 days	2	4.1	4.8	76.2
	5 days	10	20.4	23.8	100.0
	Total	42	85.7	100.0	
Missing	System	7	14.3		
Total		49	100.0		

Do you play on any sports teams?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	33	67.3	75.0	75.0
	No	11	22.4	25.0	100.0
	Total	44	89.8	100.0	
Missing	System	5	10.2		
Total		49	100.0		