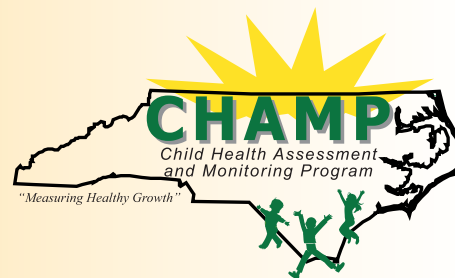


Child Health and School Achievement

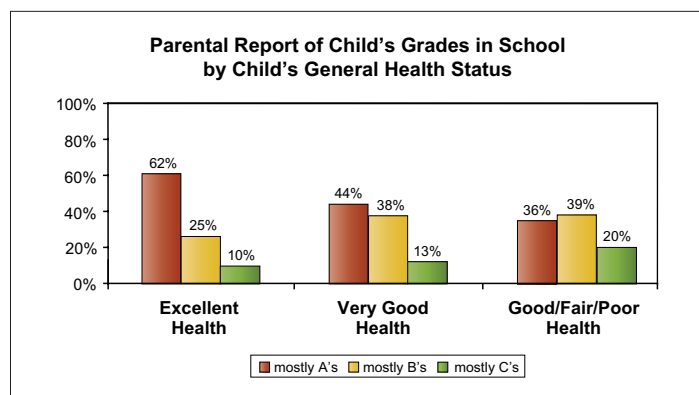
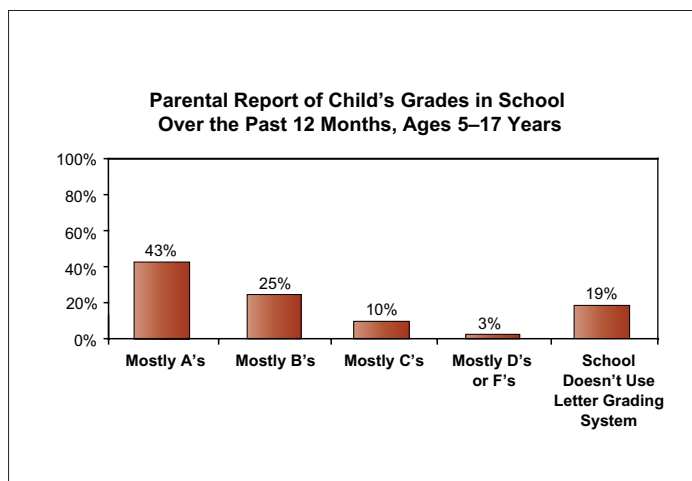
North Carolina 2008



February 2010

School Achievement

Parents of students enrolled in public and private schools in North Carolina were asked to describe their children's grades over the past 12 months.¹ Forty-three percent of parents reported that their child made mostly A's, 25 percent reported that their child made mostly B's, 10 percent reported that their child made mostly C's, and 3 percent reported that their child made mostly D's or F's. Nineteen percent reported that their child's school did not use a letter grading system. Parental report of child's school achievement varies by child's general health status, weight status, dental health status, daily physical activity level, and television viewing time. Note, due to the small sample size of students receiving "mostly D's or F's," this group is not reported in graphs below.

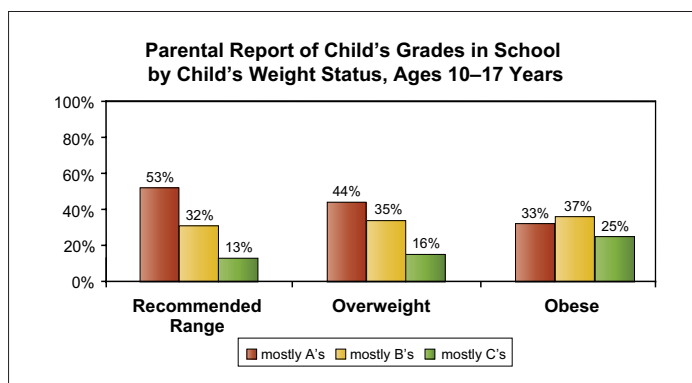


Health Status

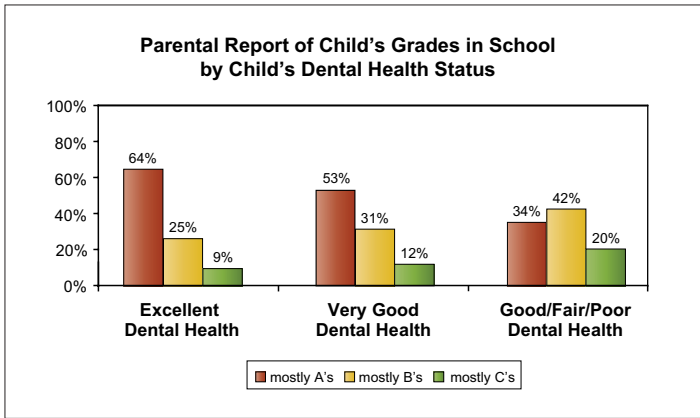
Fifty-four percent of parents reported that in general their child was in excellent health, 27 percent reported that their child was in very good health and 18 percent reported that their child was in good, fair or poor health. Parental report of child's grades in school varies by health status in that students rated as being in excellent health are more likely to have made mostly A's in school. Sixty-two percent of students with an excellent health rating made mostly A's in the past 12 months, compared to 44 percent of students with a very good health rating, and 36 percent of students with a good, fair or poor health rating.

Weight Status

Sixty-two percent of students, ages 10-17 years old, are in the recommended weight range relative to height based on BMI percentiles for age and sex. Seventeen percent are overweight and 15 percent are obese. Parental report of child's grades in school varies by weight status in that students in the recommended weight range are more likely to have made mostly A's in school in the past 12 months. Fifty-three percent of students with a weight status in the recommended range made mostly A's, compared to 44 percent of overweight students and 33 percent of students who are obese.



¹ The North Carolina Child Health Assessment and Monitoring Program (NC CHAMP) is a surveillance system that collects information about the health characteristics of children from birth to age 17. This fact sheet includes data collected in 2008 on 1,813 parental surveys of children enrolled in a public (91%) or private (9%) school that uses a letter grading system: ages 5-10 (35%), 11-13 (27%), and 14-17 years (38%). School achievement is based on parent response to the survey question: "How would you describe your child's grades in school over the past 12 months? Would you say they were mostly A's, B's, C's, D's or F's?" Weight status categories for ages 10-17 are estimated from parent report of child's height and weight and based on BMI percentiles for age and sex: <5 percent = Underweight, 5-84 percent = Recommended Range, 85-94 percent = Overweight, ≥ 95 percent = Obese. For further information about NC CHAMP, please visit www.schs.state.nc.us/SCHS/champ.

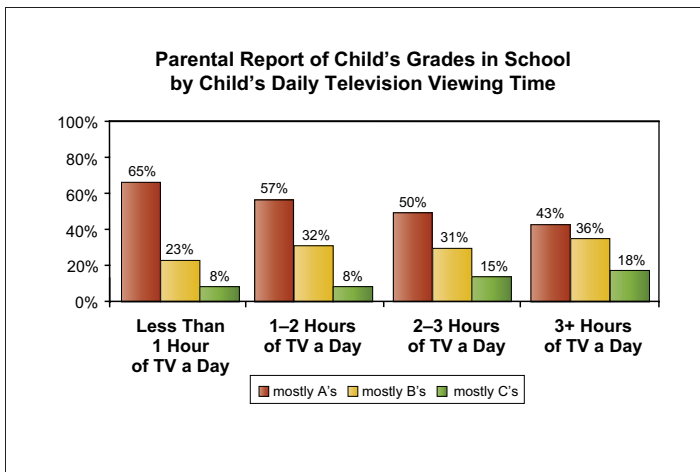
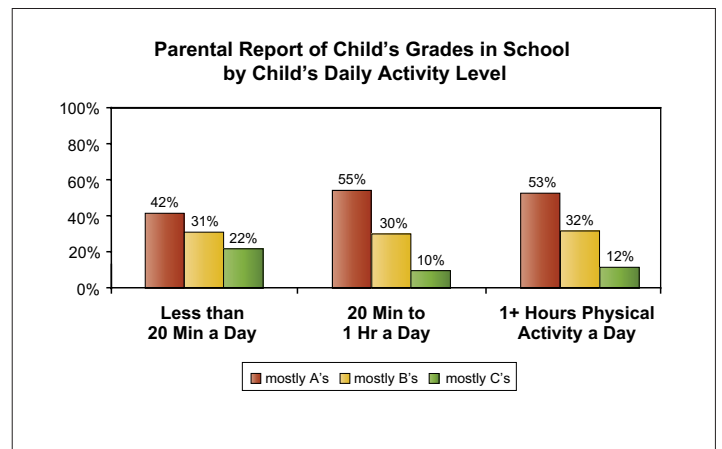


Dental Health Status

Forty-four percent of parents reported that their child's teeth are in excellent condition, 29 percent reported that their child's teeth are in very good condition, and 27 percent reported that their child's teeth are in good, fair, or poor condition. Parental report of child's grades in school varies by dental health status in that students rated as having excellent dental health are more likely to have made mostly A's in school. Sixty-four percent of students with an excellent dental health rating made mostly A's, compared to 53 percent of students with a very good dental health rating and 34 percent of students with a good, fair, or poor dental health rating.

Physical Activity

The majority of students are physically active more than an hour a day (64%). Twenty-seven percent of students spend between 20 minutes and an hour a day in physically active play and 9 percent spend less than 20 minutes a day in physically active play. Parental report of child's grades in school varies by daily physical activity level in that less physically active students are less likely to have made mostly A's during the past 12 months. Forty-two percent of students who are physically active less than 20 minutes a day made mostly A's, compared to 55 percent of students who are somewhat physically active, and 53 percent of students who are physically active for more than an hour a day.



Television Viewing Time

Thirteen percent of students watch less than one hour of TV a day, while 34 percent watch one to two hours, 30 percent watch two to three hours, and 23 percent watch three or more hours of TV a day. Parental report of child's grades in school varies by television viewing time in that students who spend less time watching TV are more likely to have made mostly A's in school. Sixty-five percent of students who watch less than one hour of TV a day made mostly A's, 57 percent of students who watch one to two hours of TV made mostly A's, 50 percent of students who watch two to three hours of TV made mostly A's and 43 percent of students who watch three or more hours of TV a day made mostly A's in school over the past 12 months.