



Thank you for helping with the EAT 2010-2018 (Eating and Activity over Time) Study!

As a result of your help, we have learned a lot about what things make it easier and what things make it more challenging for young people to be healthy. Your past and future involvement is greatly valued. Because you play such an important role, we'd like to share with you some of the things we learned from the first survey in 2010 and have shared with other researchers, policy makers, and health providers, who care about helping young people to eat healthy and be active! In the future, we will share findings from the EAT survey that you just completed.

Why did we start the EAT 2010-2018 Study?

EAT 2010-2018 (Eating and Activity over Time) is designed to build on previous Project EAT studies, beginning in 1998, to evaluate how environments (friends, schools, neighborhoods) and personal characteristics (beliefs, values, choices, typical activities) may influence diet, physical activity, and weight in young people.

During the 2009-2010 school year, Project EAT staff worked with 20 middle and high schools in the Minneapolis-St. Paul metropolitan area to have students in a health, science, or gym class complete surveys about eating, activity, and weight-related behaviors. Students also had their height and weight measured, and their parents were invited to complete surveys.

Who participated in EAT 2010? 2,793 students across 20 schools in the Minneapolis and St. Paul School Districts

Gender: 53% female; 47% male

Grade level: 46% middle school; 54% high school

Race/Ethnicity: 29% African American/Black, 20% Asian American, 19% Caucasian, 17% Hispanic, 4% Native American, 11% other/mixed

What did we learn in EAT 2010?

Family Meals



Participants reported eating with their families an average of 4.4 times per week.

- * Nearly 1/3 of participants reported eating dinner as a family every night.
- * Almost 8% of participants ate breakfast as a family every day.

Physical Activity



Nearly 80% of participants enjoyed doing active things together with friends.

- * Just about 60% of participants reported doing active things together with their family, and 75% felt supported by their family in being physically active.
- * Over half of the participants felt their neighborhood was safe to take walks outside.

Media, Gaming, and Sleep



Participants reported watching TV and videos for an average of 17.2 hours per week, using the computer for non-homework activities an average of 14.6 hours per week, and playing video games for 8.3 hours per week.

- * The 10 most popular television shows named by participants were: *Family Guy*, *The Simpsons*, *SpongeBob SquarePants*, *CSI*, *iCarly*, *South Park*, *Two and a Half Men*, *That 70s Show*, *The Game* and *George Lopez*.
- * The 10 most popular magazines read by participants were: *Seventeen*, *People*, *Cosmopolitan*, *ESPN*, *Game Informer*, *J-14*, *Sports Illustrated*, *Vibe*, *Ebony* and *Teen Magazine*.
- * Just about 70% of participants reported getting 8 or more hours of sleep per night.

Family Talk



Nearly two-thirds of mothers and 58% of fathers talked with their teen participant about healthy eating habits.

Approximately two-thirds of mothers and fathers reported having conversations with their teen participant about physical activity habits.

Teasing



Participants were asked about how often they had been teased about their weight, appearance, race, and family's financial status — many reported never being teased about any of these factors.

Among the 42% of participants who reported being teased at least once a year, teasing about weight and appearance was most common.

How has your participation helped to improve the health and wellness of young people?

Information learned from participants and their families in EAT 2010 has helped support the development of health promotion programs in middle schools, high schools, and primary healthcare settings.

Findings from your participation (and the participation of teens in previous Project EAT studies) have been reported in the media for maximum dissemination. Some of the places where EAT 2010 data have been published are pictured here and include:

How do early food experiences shape up? *Minnesota Alumni*. Summer 2016. http://www.minnesotaalumni.org/s/1118/images/editor_documents/Minnesota%20PDFs/summer16/su16_food.pdf

My belly is there, I'm still strong. *The Guardian*. August 2016. <https://www.theguardian.com/lifeandstyle/2016/aug/16/jessamyn-stanley-body-positivity-yoga-instagram>

Parents Should Avoid Comments on a Child's Weight. *The New York Times*. June 15, 2016. http://well.blogs.nytimes.com/2016/06/16/parents-should-avoid-comments-on-a-childs-weight/?_r=0



Contact Information

Division of Epidemiology & Community Health
1300 South Second Street, Suite 300
Minneapolis, MN 55454
<http://www.sphresearch.umn.edu/epi/project-eat/>
eatstaff@umn.edu
phone: 1-800-353-8636

Funding Source

National Heart, Lung and Blood Institute, National Institutes of Health
Grants #R01HL084064 and #R01HL127077