

**APPENDIX B
SUMMERBRIDGE DAYTON 2006
FITNESS SURVEY FREQUENCY DISTRIBUTIONS**

How old are you?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	11	1	1.9	2.2	2.2
	12	6	11.5	13.0	15.2
	13	27	51.9	58.7	73.9
	14	10	19.2	21.7	95.7
	15	2	3.8	4.3	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	100.0		

What is your sex?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	13	25.0	28.3	28.3
	Female	32	61.5	69.6	97.8
	5	1	1.9	2.2	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	8	32	61.5	100.0	100.0
Missing	9	14	26.9		
	System	6	11.5		
Total		20	38.5		
Total		52	100.0		

What is your race or ethnic group?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Asian	1	1.9	2.2	2.2
	Black or African American	38	73.1	82.6	84.8
	Hispanic or Latino	1	1.9	2.2	87.0
	White	6	11.5	13.0	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	100.0		

How would you describe your health in general?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	8	15.4	17.4	17.4
	Very Good	22	42.3	47.8	65.2
	Good	13	25.0	28.3	93.5
	Fair	3	5.8	6.5	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	100.0		

Height in feet

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	4	3	5.8	7.5	7.5
	5	37	71.2	92.5	100.0
	Total	40	76.9	100.0	
Missing	System	12	23.1		
Total		52	100.0		

Height in inches

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	2	3.8	5.0	5.0
	1	2	3.8	5.0	10.0
	2	4	7.7	10.0	20.0
	3	3	5.8	7.5	27.5
	4	5	9.6	12.5	40.0
	5	4	7.7	10.0	50.0
	6	6	11.5	15.0	65.0
	7	5	9.6	12.5	77.5
	8	2	3.8	5.0	82.5
	9	3	5.8	7.5	90.0
	10	3	5.8	7.5	97.5
	11	1	1.9	2.5	100.0
	Total	40	76.9	100.0	
Missing	System	12	23.1		
Total		52	100.0		

Height (recoded into inches)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	57.0	2	3.8	5.0	5.0
	58.0	1	1.9	2.5	7.5
	60.0	2	3.8	5.0	12.5
	61.0	2	3.8	5.0	17.5
	62.0	4	7.7	10.0	27.5
	63.0	3	5.8	7.5	35.0
	64.0	5	9.6	12.5	47.5
	65.0	4	7.7	10.0	57.5
	66.0	6	11.5	15.0	72.5
	67.0	5	9.6	12.5	85.0
	68.0	2	3.8	5.0	90.0
	69.0	1	1.9	2.5	92.5
	70.0	2	3.8	5.0	97.5
	71.0	1	1.9	2.5	100.0
	Total	40	76.9	100.0	
Missing	System	12	23.1		
Total		52	100.0		

Height (recoded into meters)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1.44780	2	3.8	5.0	5.0
	1.47320	1	1.9	2.5	7.5
	1.52400	2	3.8	5.0	12.5
	1.54940	2	3.8	5.0	17.5
	1.60020	3	5.8	7.5	25.0
	1.62560	5	9.6	12.5	37.5
	1.65100	4	7.7	10.0	47.5
	1.67640	6	11.5	15.0	62.5
	1.70180	9	17.3	22.5	85.0
	1.72720	2	3.8	5.0	90.0
	1.75260	1	1.9	2.5	92.5
	1.77800	2	3.8	5.0	97.5
	1.80340	1	1.9	2.5	100.0
	Total	40	76.9	100.0	
	Missing	System	12	23.1	
Total		52	100.0		

How much do you weigh without your shoes on?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	79	1	1.9	2.3	2.3
	85	1	1.9	2.3	4.5
	89	1	1.9	2.3	6.8
	98	1	1.9	2.3	9.1
	102	1	1.9	2.3	11.4
	104	2	3.8	4.5	15.9
	106	1	1.9	2.3	18.2
	110	2	3.8	4.5	22.7
	111	1	1.9	2.3	25.0
	116	2	3.8	4.5	29.5
	117	1	1.9	2.3	31.8
	118	1	1.9	2.3	34.1
	121	1	1.9	2.3	36.4
	122	2	3.8	4.5	40.9
	125	2	3.8	4.5	45.5
	129	1	1.9	2.3	47.7
	131	1	1.9	2.3	50.0
	132	1	1.9	2.3	52.3
	134	2	3.8	4.5	56.8
	135	3	5.8	6.8	63.6
	138	1	1.9	2.3	65.9
	139	1	1.9	2.3	68.2
	140	1	1.9	2.3	70.5
	147	1	1.9	2.3	72.7
	155	1	1.9	2.3	75.0
	157	2	3.8	4.5	79.5
	158	1	1.9	2.3	81.8
	161	1	1.9	2.3	84.1
	167	1	1.9	2.3	86.4
	168	1	1.9	2.3	88.6
	180	1	1.9	2.3	90.9
	187	1	1.9	2.3	93.2
	195	1	1.9	2.3	95.5
	232	1	1.9	2.3	97.7
	237	1	1.9	2.3	100.0
	Total	44	84.6	100.0	
Missing	System	8	15.4		
Total		52	100.0		

Weight (recoded into kilograms)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	35.83380	1	1.9	2.3	2.3
	38.55535	1	1.9	2.3	4.5
	40.36972	1	1.9	2.3	6.8
	44.45205	1	1.9	2.3	9.1
	46.26642	1	1.9	2.3	11.4
	47.17361	2	3.8	4.5	15.9
	48.08079	1	1.9	2.3	18.2
	49.89516	2	3.8	4.5	22.7
	50.34876	1	1.9	2.3	25.0
	52.61672	2	3.8	4.5	29.5
	53.07031	1	1.9	2.3	31.8
	53.52390	1	1.9	2.3	34.1
	54.88468	1	1.9	2.3	36.4
	55.33827	1	1.9	2.3	38.6
	55.33827	1	1.9	2.3	40.9
	56.69905	2	3.8	4.5	45.5
	58.51342	1	1.9	2.3	47.7
	59.42060	1	1.9	2.3	50.0
	59.87420	1	1.9	2.3	52.3
	60.78138	2	3.8	4.5	56.8
	61.23497	3	5.8	6.8	63.6
	62.59575	1	1.9	2.3	65.9
	63.04934	1	1.9	2.3	68.2
	63.50294	1	1.9	2.3	70.5
	66.67808	1	1.9	2.3	72.7
	70.30682	1	1.9	2.3	75.0
	71.21401	2	3.8	4.5	79.5
	71.66760	1	1.9	2.3	81.8
	73.02838	1	1.9	2.3	84.1
	75.74993	1	1.9	2.3	86.4
	76.20352	1	1.9	2.3	88.6
	81.64663	1	1.9	2.3	90.9
	84.82178	1	1.9	2.3	93.2
	88.45052	1	1.9	2.3	95.5
	105.23343	1	1.9	2.3	97.7
	107.50139	1	1.9	2.3	100.0
	Total	44	84.6	100.0	
Missing	Refused	8	15.4		
Total		52	100.0		

How would you describe your weight?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very underweight	1	1.9	2.3	2.3
	Slightly underweight	2	3.8	4.5	6.8
	About the right weight	28	53.8	63.6	70.5
	Slightly overweight	11	21.2	25.0	95.5
	Very overweight	2	3.8	4.5	100.0
	Total	44	84.6	100.0	
Missing	System	8	15.4		
Total		52	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Lose weight	28	53.8	62.2	62.2
	Gain weight	3	5.8	6.7	68.9
	Stay the same weight	11	21.2	24.4	93.3
	I am not trying to do anything about my weight	3	5.8	6.7	100.0
	Total	45	86.5	100.0	
Missing	System	7	13.5		
Total		52	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	34	65.4	73.9	73.9
	No	12	23.1	26.1	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	20	38.5	43.5	43.5
	No	26	50.0	56.5	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	4	7.7	8.7	8.7
	No	42	80.8	91.3	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	Yes	1	1.9	2.2	2.2
	No	45	86.5	97.8	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	0	1	1.9	2.2	2.2
	Yes	2	3.8	4.3	6.5
	No	43	82.7	93.5	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	2	3.8	4.3	4.3
	1 day	5	9.6	10.9	15.2
	2 days	1	1.9	2.2	17.4
	3 days	4	7.7	8.7	26.1
	4 days	8	15.4	17.4	43.5
	5 days	2	3.8	4.3	47.8
	6 days	10	19.2	21.7	69.6
	7 days	14	26.9	30.4	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	3.8	4.3	4.3
	Less than one hour per day	6	11.5	13.0	17.4
	One hour per day	1	1.9	2.2	19.6
	Two hours per day	8	15.4	17.4	37.0
	Three hours per day	12	23.1	26.1	63.0
	Four hours per day	5	9.6	10.9	73.9
	Five or more hours per day	12	23.1	26.1	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	13	25.0	28.3	28.3
	No	33	63.5	71.7	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	19	36.5	41.3	41.3
	No	27	51.9	58.7	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	7	13.5	15.2	15.2
	No	39	75.0	84.8	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	13	25.0	28.3	28.3
	No	33	63.5	71.7	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	9	17.3	19.6	19.6
	No	37	71.2	80.4	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	16	30.8	34.8	34.8
	No	30	57.7	65.2	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	8	15.4	17.4	17.4
	No	38	73.1	82.6	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	21	40.4	45.7	45.7
	No	25	48.1	54.3	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	43	82.7	93.5	93.5
	No	3	5.8	6.5	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	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	8	15.4	17.4	17.4
	1 day	5	9.6	10.9	28.3
	2 days	9	17.3	19.6	47.8
	3 days	2	3.8	4.3	52.2
	5 days	22	42.3	47.8	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	100.0		

Do you play on any sports teams?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	30	57.7	65.2	65.2
	No	16	30.8	34.8	100.0
	Total	46	88.5	100.0	
Missing	System	6	11.5		
Total		52	100.0		

Height (squared)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2.10	2	3.8	5.0	5.0
	2.17	1	1.9	2.5	7.5
	2.32	2	3.8	5.0	12.5
	2.40	2	3.8	5.0	17.5
	2.56	3	5.8	7.5	25.0
	2.64	5	9.6	12.5	37.5
	2.73	4	7.7	10.0	47.5
	2.81	6	11.5	15.0	62.5
	2.90	9	17.3	22.5	85.0
	2.98	2	3.8	5.0	90.0
	3.07	1	1.9	2.5	92.5
	3.16	2	3.8	5.0	97.5
	3.25	1	1.9	2.5	100.0
	Total	40	76.9	100.0	
Missing	System	12	23.1		
Total		52	100.0		

Body Mass Index

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	12.37	1	1.9	2.6	2.6
	14.23	1	1.9	2.6	5.1
	16.29	1	1.9	2.6	7.7
	16.60	1	1.9	2.6	10.3
	18.39	1	1.9	2.6	12.8
	18.95	1	1.9	2.6	15.4
	19.01	1	1.9	2.6	17.9
	19.05	1	1.9	2.6	20.5
	19.14	1	1.9	2.6	23.1
	19.26	1	1.9	2.6	25.6
	19.35	1	1.9	2.6	28.2
	19.49	1	1.9	2.6	30.8
	19.91	1	1.9	2.6	33.3
	20.18	1	1.9	2.6	35.9
	20.82	1	1.9	2.6	38.5
	20.94	1	1.9	2.6	41.0
	20.98	1	1.9	2.6	43.6
	21.14	1	1.9	2.6	46.2
	21.61	1	1.9	2.6	48.7
	21.63	1	1.9	2.6	51.3
	21.77	1	1.9	2.6	53.8
	21.92	1	1.9	2.6	56.4
	21.97	1	1.9	2.6	59.0
	22.30	1	1.9	2.6	61.5
	23.17	1	1.9	2.6	64.1
	23.30	1	1.9	2.6	66.7
	23.73	1	1.9	2.6	69.2
	23.96	1	1.9	2.6	71.8
	24.59	1	1.9	2.6	74.4
	25.02	1	1.9	2.6	76.9
	25.50	1	1.9	2.6	79.5
	26.31	1	1.9	2.6	82.1
	27.64	1	1.9	2.6	84.6
	28.01	1	1.9	2.6	87.2
	29.29	1	1.9	2.6	89.7
	29.95	1	1.9	2.6	92.3
	30.66	1	1.9	2.6	94.9
	32.45	1	1.9	2.6	97.4
	33.29	1	1.9	2.6	100.0
	Total	39	75.0	100.0	
Missing	System	13	25.0		
Total		52	100.0		

BMI (recoded)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Underweight (Less than 18.5)	5	9.6	12.8	12.8
	Normal Weight (18.5-24.9)	24	46.2	61.5	74.4
	Overweight (25-29.9)	7	13.5	17.9	92.3
	Obese (30+)	3	5.8	7.7	100.0
	Total	39	75.0	100.0	
Missing	System	13	25.0		
Total		52	100.0		