

# REAL Kids Alberta

Raising healthy Eating Active Living Kids Alberta

2014

The REAL Kids Alberta Evaluation is a joint project between **Alberta Health** and the **University of Alberta's School of Public Health**.

Dr. Paul Veugelers is the Principal Investigator of REAL Kids Alberta.

## OVERVIEW:

Nearly **4000 Grade 5 students** and their parents from over **140 schools** across Alberta were surveyed in 2008, 2010, 2012, & 2014.

## SURVEYS FOR 2014:

### Parent Survey included:

- parental support for health-related policy in schools
- socioeconomic background
- home and community environment

### Student Survey included:

- dietary assessment tool
- self-reported information on physical activity and screen-time
- height, weight, and arm span measurements

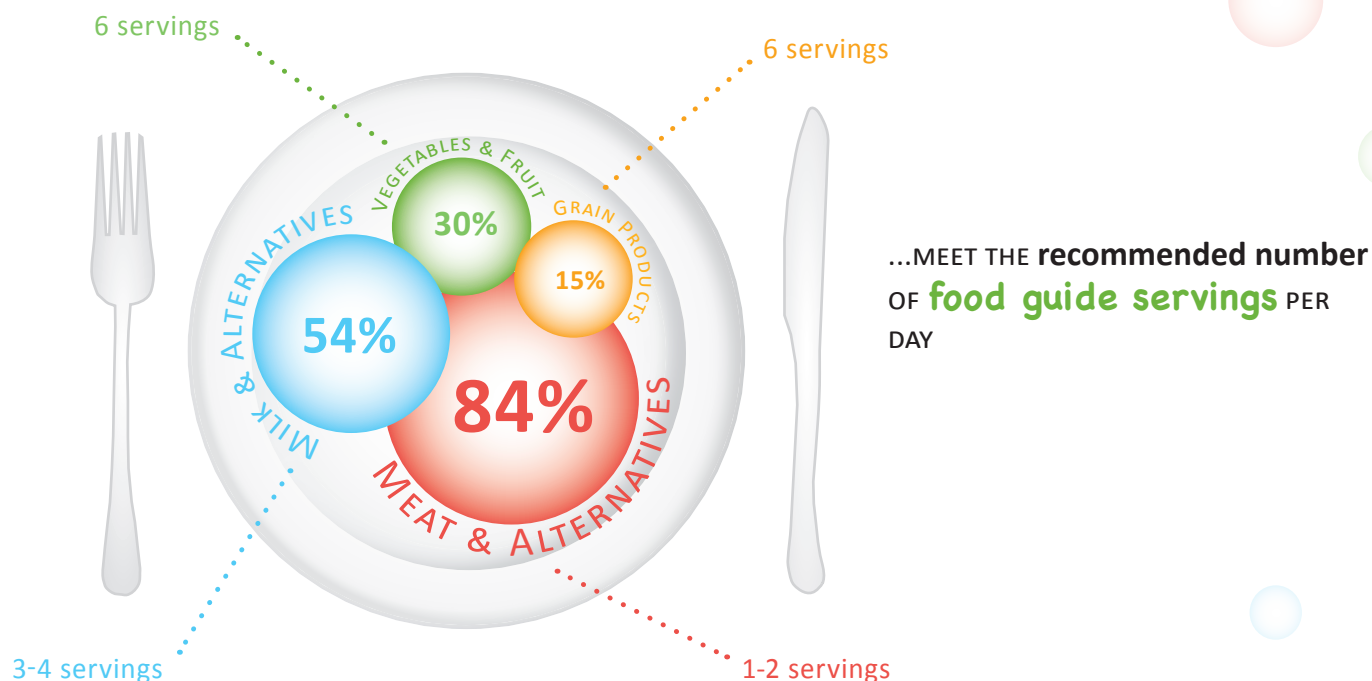
### Principal Survey included:

- school environment
- implementation of provincial programs

Listed below are some of the 2014 findings:

## Percentage of grade 5 students in Alberta who...

### Nutrition



# Percentage of grade 5 students in Alberta who...

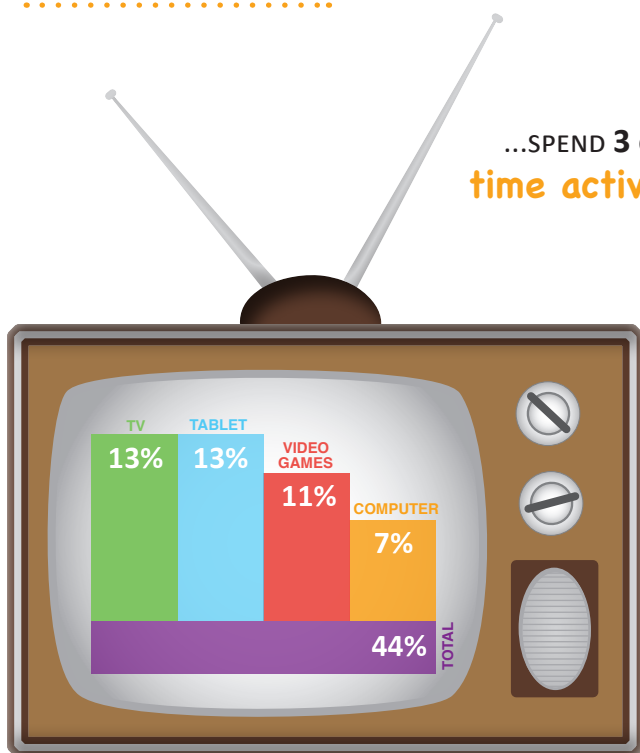
## Nutrition



...CONSUME **2 or more servings** OF **non-nutritious foods & drinks** PER DAY



## Technology



...SPEND **3 or more hours** PER DAY ON **screen-time activities** OUTSIDE OF SCHOOL HOURS

## Activity

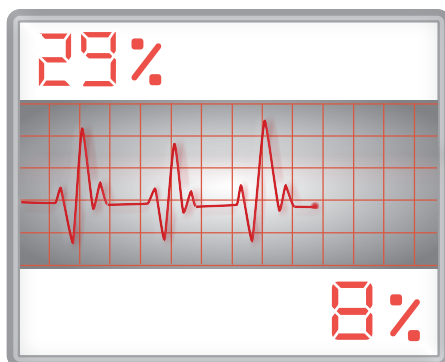
...USUALLY **walk or bike** to and from **school** ON A FAIR WEATHER DAY



## Health

...ARE **overweight**

29%



...ARE **obese**