Main Questions
- Are children and adolescents in the United States meeting the 5-2-1-0 targets? If so, which targets are being met?
- What are the differences among how youth of different racial groups are meeting these targets?

Study
Using a national survey National Health and Nutrition Examination Survey (NHANES) (2011-2012), the study looked to see how the youth across the country were following the 4 messages in the 5-2-1-0 recommendations, and to see if there were differences among youth of different racial and ethnic groups. The study looked at the self-reported answers to questions that were answered by 967 youth (representing 32,656,058) of ages 6-11 years old, and 987 adolescents (representing 32,223,921) of ages 12-19 years. It examined results from 4 self-reported racial/ethnic groups (non-Hispanic White, non-Hispanic Black, Asian, and Hispanic).

The Bottom Line
Low rates of children and adolescents meet recommended dietary and physical activity guidelines, and there are large differences among youth of difference racial/ethnic groups. Despite public health efforts, there has been little improvement in meeting the 5-2-1-0 targets, when compared to the NHANES 1999-2002 survey. The one area of improvement is an increase in physical activity among adolescents.

Contact

Source

Call for Action
There is a great need for finding programs that work, especially in interventions with youth of different ethnic/racial groups. In particular, policies and programs that help youth be more active and limit sugar-sweetened beverages and eat more fruits and vegetables are needed.