**DIY Survey Results**

254 youth participated in the DIY program. This represents **100%** of the youth in the Dundas Youth Program and 12% of the youth age 10-17 who live in the County of Dundas. (Census Canada) The youth participated in fitness training in October 2013 and in March 2015. One challenge that we faced is that there was only a small number of youth who completed both fitness tests. On average, the youth who completed the fitness tests in March 2015 increased their agility, balance and coordination from the results of the fitness tests in October 2013. The youth increased their agility demonstrated in the “Zig Zag” exercise by 45%. They increased their standing balance time by 69%. The youth had a 30% increase in the Hand Wall Toss exercise. Their results went from a poor rating in 2013 to a good rating in 2015 averaging 32 catches per 30 seconds.

The youth were surveyed after each 4-6 week session of each sport or recreation activity. On average, 77% of the youth would continue playing the sports.

|  |  |
| --- | --- |
| **Sport/ Recreation Activity** | **% of youth who will continue playing the sport** |
| Football | 67% |
| Yoga | 80% |
| Hand weights | 50% |
| Snow shoes | 79% |
| Circuit Fitness | 75% |
| Wii Fit | 100% |
| Zumba | 78% |
| Badminton | 60% |
| Sports games such as Fitness Bingo | 100% |
|  |  |
| **Average** | **77%** |

We also surveyed the youth in October 2013 and March 2015 to gain knowledge about their personal activity habits and their eating habits. The Dundas Youth Program will continue to add physical activities to daily program planning in order to lessen the time spent on sedentary behaviours and increase the time spent on sports and recreational activities. We have added a healthy snack component or a healthy supper component to the DIY Program. We will continue to encourage healthy eating habits.

**Sedentary behaviours**

|  |  |
| --- | --- |
| **Type of sedentary activity** | **% of youth** |
| I watch 1-2 hours of television a night | 35% |
| I watch more than 3 hours of television a night | 41% |
| I play 1-2 hours of video games a night | 24% |
| I play more than 3 hours of video games a night | 6% |

**Active Behaviours**

|  |  |
| --- | --- |
| **Type of active behaviour** | **% of youth** |
| I work out | 29% |
| I am active for more than three hours a week | 24% |
| I play sports 2 times a week | 47% |

**Eating Habits**

|  |  |
| --- | --- |
| **Eating Habits** | **% of youth** |
| I mainly eat three meals a day | 59% |
| I eat two meals a day | 29% |
| I eat one meal a day/ I do not eat meals, just snack throughout the day | 18% |
| I eat a lot of fruit and veggies | 59% |
| I eat a lot of chips and cookies | 53% |
| I mainly drink soda throughout the week | 24% |
| I mainly drink milk or water throughout the week | 47% |
| I most**ly** drink juice throughout the week | 71% |