

RHODE ISLAND: ELEMENTARY

Student Chart _____
Student Chart E - D.5.1

2004-2005 STUDENT REPORTS OF HEALTH CARE, NUTRITION, AND SLEEP BY GRADE LEVEL

	Grade level											
	Overall			4th			5th			6th		
	97-98	03-04	04-05	97-98	03-04	04-05	97-98	03-04	04-05	97-98	03-04	04-05
During the past week, on how many days did you eat breakfast?												
0 days	11	6	6	11	5	6	10	7	6	10	8	9
1-2 days	8	7	8	7	6	7	8	8	8	12	10	11
3-4 days	7	7	7	5	6	6	7	8	8	10	10	10
5-6 days	7	7	7	5	6	6	8	8	7	8	9	10
Everyday	67	72	72	72	76	75	67	70	71	59	64	61
Think about all the meals and snacks you ate yesterday. How many servings of vegetables/fruits did you eat yesterday?												
I did not eat any yesterday	21	21	21	24	23	23	19	19	19	17	18	16
1 or 2 servings	42	40	40	42	41	39	44	40	41	41	43	42
3 or 4 servings	23	27	26	20	24	24	25	29	27	30	30	30
5 or more servings	13	12	13	14	13	13	12	12	12	12	10	12
How many hours of sleep do you get on a typical school night?												
5 hours or less	11	8	9	13	9	9	9	8	8	9	7	8
6 hours	8	7	7	8	7	7	8	6	7	7	7	7
7 hours	10	10	10	10	10	9	10	10	10	12	12	13
8 hours	21	22	23	18	20	20	22	23	24	27	28	28
9 or more hours	50	53	52	52	54	54	51	53	52	45	47	44

Note: This table can be disaggregated by gender or ethnicity.