

NYFS

National Youth Fitness Survey Health Measurements List

You will receive the results of health measures shown with a black diamond (◆). The adult accompanying the child will provide information shown with a (P). The adult accompanying the child will be asked questions about the child to make sure all measurements are safe.

Children ages 3-5 years will receive:

- Height, weight and other measures of growth and development ◆
- A physical activity monitor to wear for 7 days to be mailed back in a prepaid envelope
- A measurement of abdominal or core muscle strength
- A measurement of upper body muscle strength (age 5 years only) ◆
- An assessment of coordination and balance
- An interview related to your child's eating habits (P)

Children ages 6-11 years will receive:

- Height, weight and other measures of growth and development ◆
- A physical activity monitor to wear for 7 days to be mailed back in a prepaid envelope
- A measurement of abdominal or core muscle strength
- A measurement of lower body muscle strength
- A measurement of grip strength (ages 7-11 years only) ◆
- A measurement of upper body muscle strength ◆
- A treadmill fitness measure consisting of walking and running
- An interview related to your child's eating habits (P)

Children ages 12-15 years will receive:

- Height, weight and other measures of growth and development ◆
 - A physical activity monitor to wear for 7 days to be mailed back in a prepaid envelope
 - A measurement of abdominal or core muscle strength
 - A measurement of lower body muscle strength
 - A measurement of grip strength ◆
 - A measurement of upper body muscle strength ◆
 - A treadmill fitness measure consisting of walking ◆
 - An interview related to your child's eating habits
 - An interview related to your child's physical activity
 - Questions about smoking, alcohol and drug use
- [You will answer these questions on a touch screen computer that does not include your name]*

If you have questions about getting your results, please call 1-800-452-6115