

What is the NHANES National Youth Fitness Survey (NYFS)?

The National Youth Fitness Survey, also known as the NYFS, is a national survey focused on the fitness levels and physical activity of children and adolescents ages 3 to 15 years in the United States. The last comprehensive assessment of the fitness of America's youth occurred more than 20 years ago and did not include dietary information.

How was your child chosen for this survey?

Approximately 1,500 children and adolescents will be asked to participate in the NYFS. Individuals are not chosen by name but on the basis of living in a specific neighborhood and in a specific household chosen for the survey. Individuals are part of a random sample that is representative of the U.S population. Each child selected will represent thousands of other children living in the United States. We do not accept volunteers for our survey.

What kind of information will be obtained in the NYFS?

This survey will collect data to help answer two major questions: how fit are children and adolescents living in the U.S. and what are their dietary behaviors and habits?

The NYFS participants will complete questionnaires and fitness activities based on their age. The survey is designed to test physical activity and abdominal strength, upper and lower body strength, endurance, and aerobic capacity. Coordination and balance will be assessed in ages 3-5 years.

Why is the NYFS important?

When it comes to the exercise and dietary habits of children and adolescents living in the U.S., there is not enough good information to address the concerns facing the younger population. Over the past 40 years, childhood obesity and Type II diabetes have increased among U.S. children and adolescents.

The National Youth Fitness Survey will provide current information on the fitness levels, physical activity, and dietary behaviors of America's youth. Better data on youth fitness is needed to fully understand the magnitude of health-related issues that exist in the younger population. Data are needed on fitness levels and physical activities that help to prevent obesity, develop healthy hearts, stronger muscles and bones.

What are the benefits?

You will receive a free report with results from the NYFS tests and learn more about your child's health. In addition, you will receive a cash payment for your time and effort. You will be compensated for transportation costs or you will be provided free transportation to and from the NYFS mobile center.

Who can I contact for more information?

For more information about our survey, please contact Dr. Kathryn Porter of the U.S. Public Health Service, toll-free at 1-800-452-6115. She is available Monday through Friday from 8:30am to 6:00pm eastern standard time.