



**SURVEY RESULTS
2019-20 SEASON**

2019-20 SRLA Survey Background and Methodology

Students Run LA (SRLA) is committed to measuring the impact of its program. In 2019, 2,690 SRLA students participated in the 2019 Los Angeles Marathon, and 2,677 successfully crossed the finish line 26.2 miles later. Over the years, SRLA has used surveys to collect information from SRLA Leaders and students.

For the 2019-20 season, SRLA worked with Christiane Rivard, MPH, RD to restructure the student survey questions. All questions asked in the SRLA student survey are based on validated scales / questionnaires.

To minimize survey selection bias, SRLA did not attempt to ask all students to answer its survey this season. Instead, SRLA focused its outreach to students at groups that were also participating in an injury survey study. SRLA Leaders at these group sites were responsible for filling out weekly surveys on their students' runs and injuries and could closely monitor whether their students had completed the student survey.

SRLA first surveyed students at the beginning of the season and then, again, at the end of the season. For the season-end survey, SRLA started soliciting responses from students approximately one week before Marathon Day and continued to collect survey responses through the end of March.

Season-end data collection was made more difficult due to the unanticipated announcement of the closure of schools on Friday, March 13th, just five days after the Marathon. With schools closed, SRLA Leaders no longer could ask students in-person to take the season-end survey, and the immediate concerns of the "stay at home" orders and health crisis took priority over everything, hampering SRLA's data collection efforts.

Nevertheless, SRLA still had a robust response to its surveys. Overall, 1,067 students responded to the pre-program survey and 439 students responded to the post-program survey. Of these students, 372 of them responded to both surveys, allowing SRLA to evaluate changes in student behavior over the course of the season. Of note, 182 of the students who responded to both surveys were first-time participants in SRLA. Some questions, however, were asked in only one survey.

Because the surveys are directly linked to SRLA's database, which includes demographic information on each student, the surveys did not ask students about their age, gender, or ethnic identity. By linking the surveys to the database, SRLA could also compare individual pre- and post- program survey results.

In analyzing the results, SRLA explored different segmentations of the data including:

- Survey results by repeat survey participants
- Survey results of all survey participants
- Survey results of new SRLA participants

Regardless of the segmentation, the overall trend of the results was the same. Students increased their physical activity, decreased their screen time, adopted better eating habits, and felt like they belonged to a community. Included in this report are the results of students who took both the pre- and post- season surveys (i.e., repeat survey participants). The other segmented survey results are available by request.

Survey results are included in the pages that follow. SRLA thanks Lyn Li (Caltech '19), an Analyst at Cornerstone Research, who compiled these analytical results.

Impact on Physical Activity and Screen Time

As the illustrated in the following charts, SRLA has the biggest impact on increasing students' participation in physical activity. Throughout the course of the season, SRLA students adopt a regular habit of exercise, one that they report they will continue after the SRLA season ends.

The survey results also confirm that the more time students spent on physical activity, the less time they spent watching television or using electronics for something other than schoolwork.

The charts that follow show the results for the following physical activity questions¹:

- Exhibit A1 How many days were you physically active for a total of at least 60 minutes per day during an average 7-day week?
- Exhibit A2 How likely are you to continue to engage in physical activity now that the SRLA season is over?
- Exhibit A3 On an average day, how many hours did you watch TV?
- Exhibit A4 On an average day, how many hours did you play video or computer games or use a computer for something that is not school work?

¹ Physical activity questions are adapted from the Youth Risk Behavior Surveillance System 2019 National High School Questionnaire
<https://www.cdc.gov/healthyyouth/data/yrbs/questionnaires.htm>

Exhibit A1

How many days were you physically active for a total of at least 60 minutes per day during an average 7-day week?

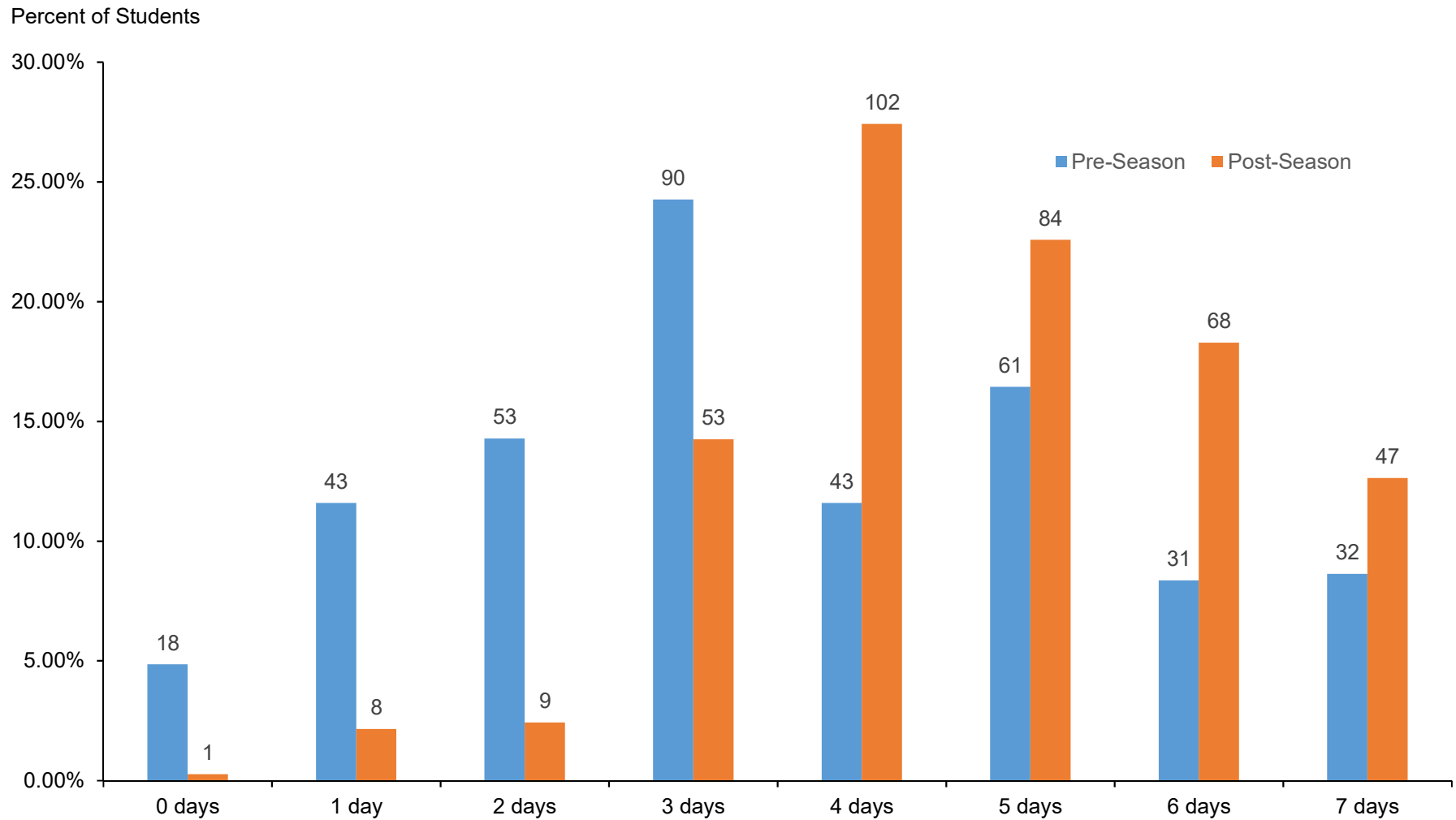


Exhibit A2

How likely are you to continue to engage in physical activity now that the SRLA season is over?

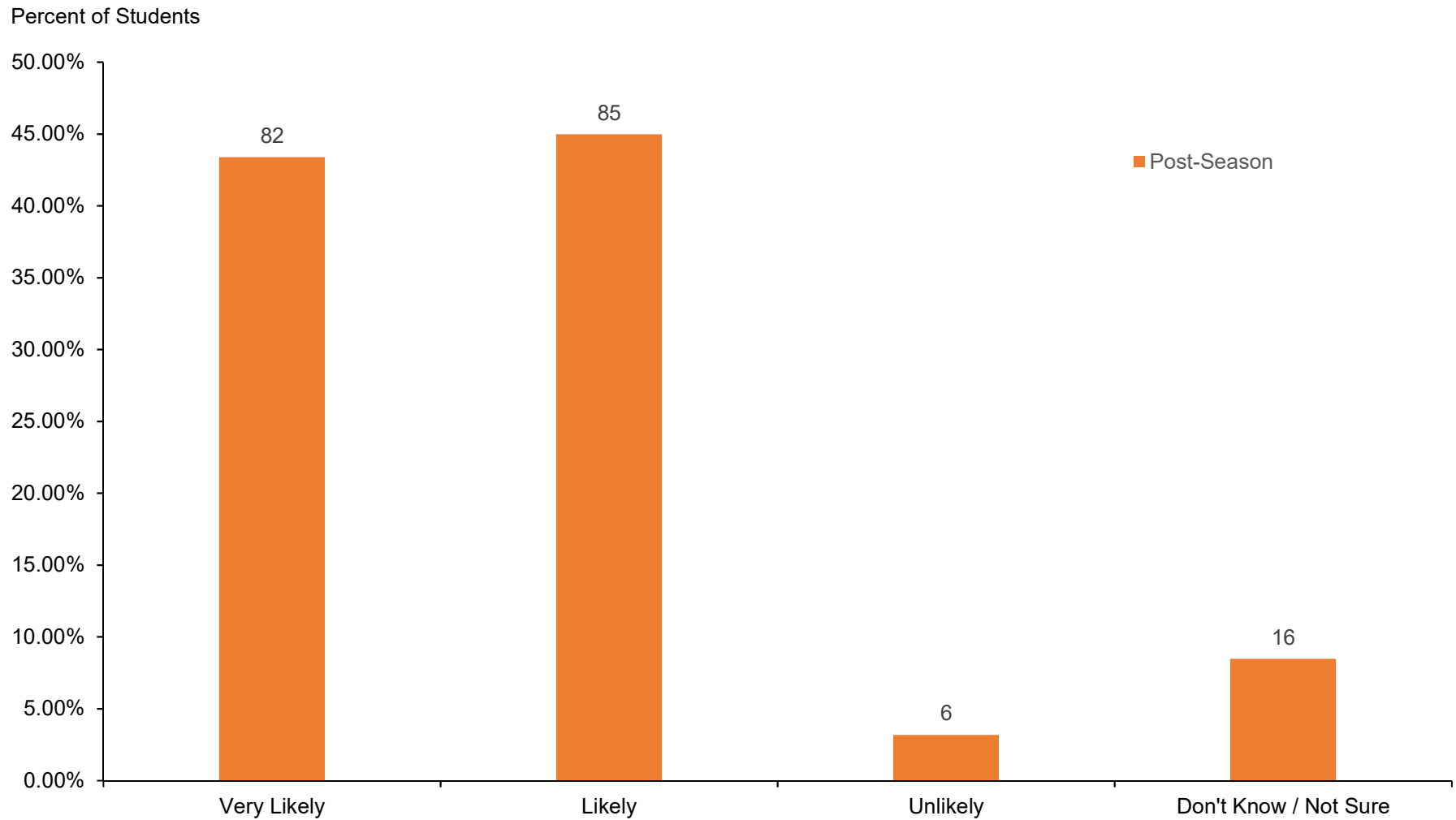


Exhibit A3

On an average day, how many hours did you watch TV?

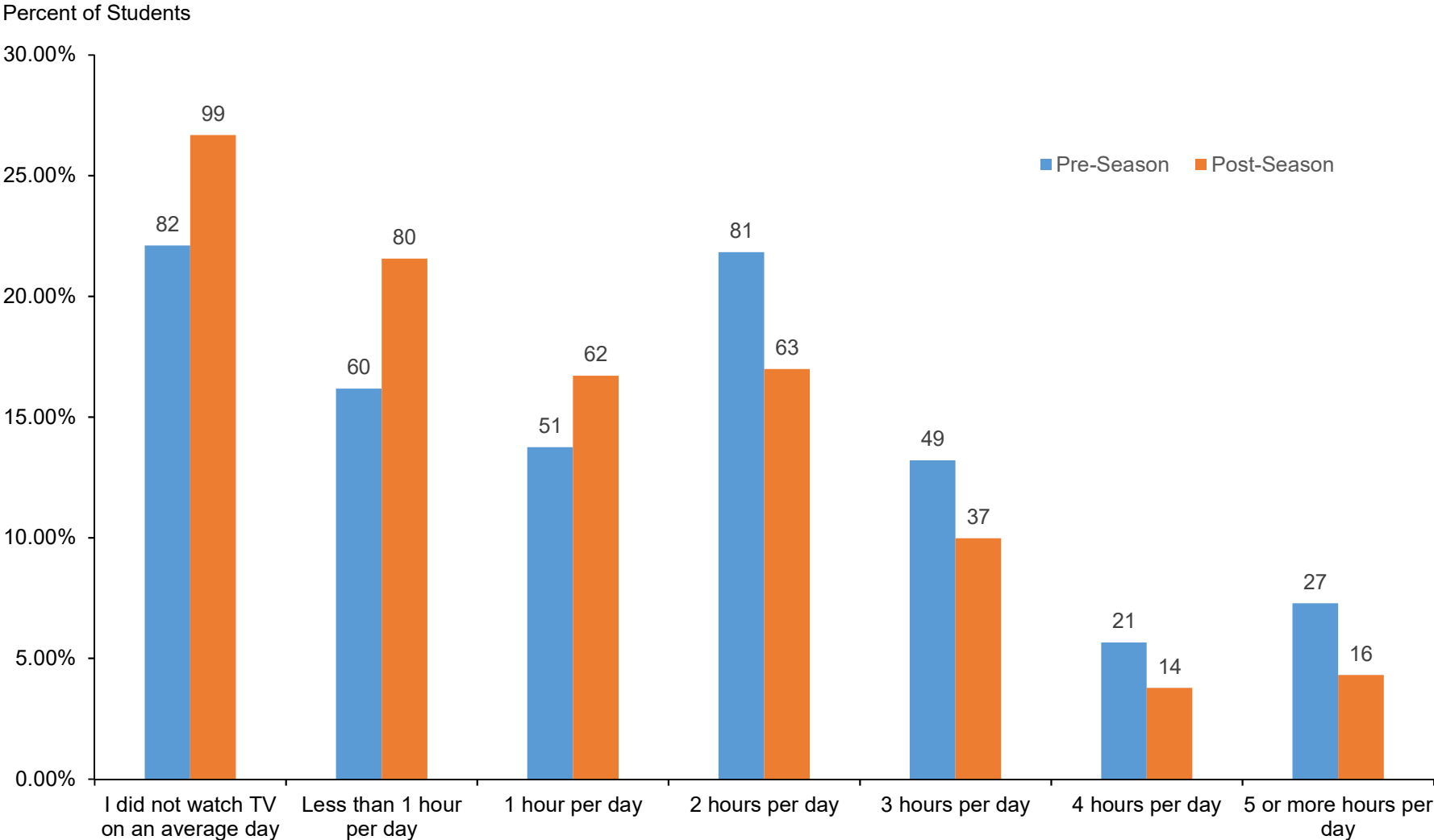
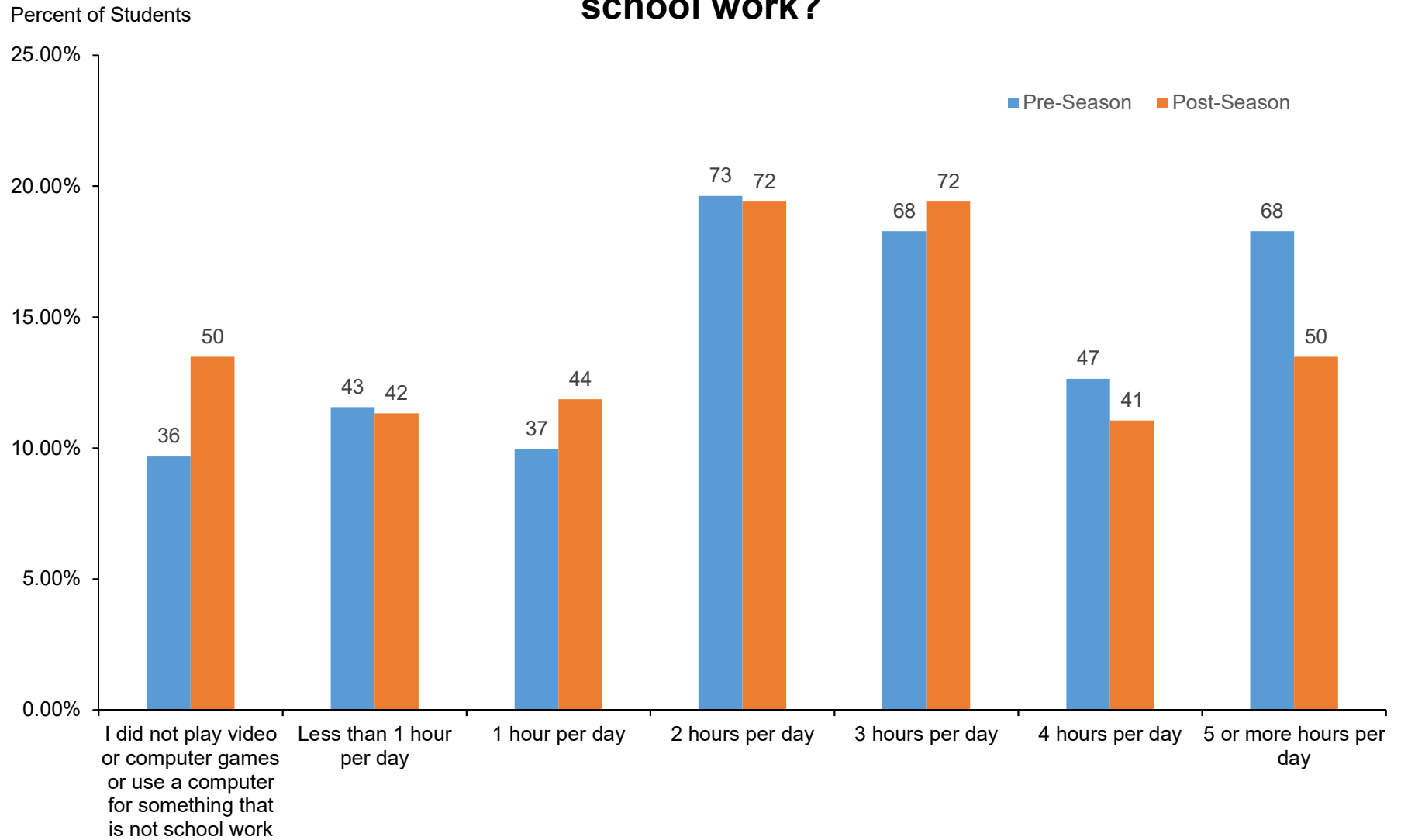


Exhibit A4

On an average day, how many hours did you play video or computer games or use a computer for something that is not school work?



Impact on Eating Habits

As the illustrated in the following charts, students participating in SRLA also report adopting better eating habits by eating fruits and vegetables more regularly and decreasing visits to fast food restaurants.

The charts that follow show the results for the following nutrition questions²:

- Exhibit A5 During an average 7-day week, how many times did you eat vegetables?
- Exhibit A6 During an average 7-day week, how many times did you eat fruit?
- Exhibit A7 During an average 7-day week, how many times did you drink a can, bottle, or glass/cup of soda?
- Exhibit A8 During a typical month, how many times did you buy food at a restaurant where food is ordered at a counter or eat fast food?³

² Nutrition, except fast food question, are adapted from the Youth Risk Behavior Surveillance System 2019 National High School Questionnaire
<https://www.cdc.gov/healthyyouth/data/yrbs/questionnaires.htm>

³ Adapted from: Nelson MC, Lytle LA. Development and evaluation of a brief screener to estimate fast-food and beverage consumption among adolescents. J Am Diet Assoc 2009 Apr;109(4):730-4.

Exhibit A5

During an average 7-day week, how many times did you eat vegetables?

Percent of Students

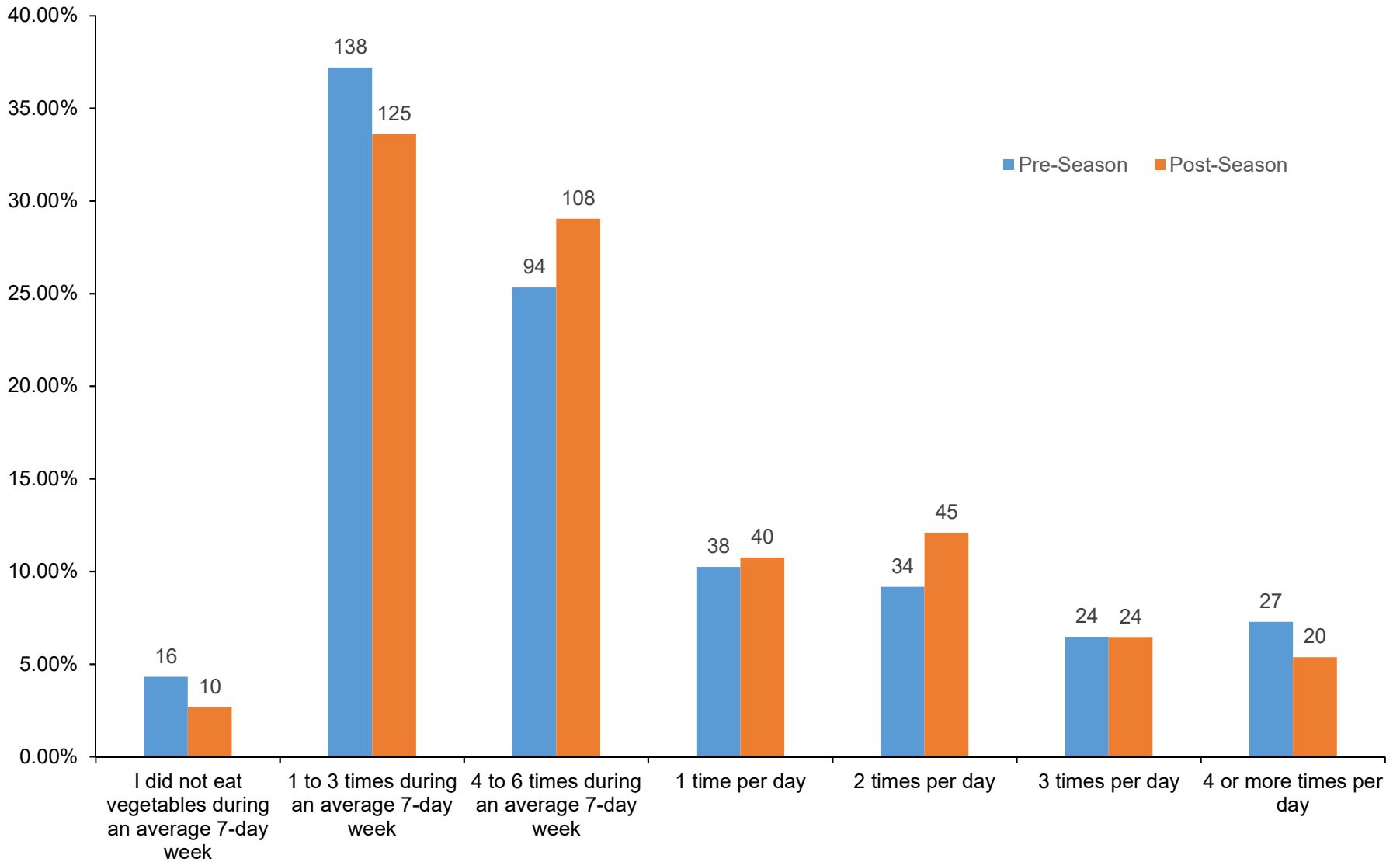


Exhibit A6

During an average 7-day week, how many times did you eat fruit?

Percent of Students

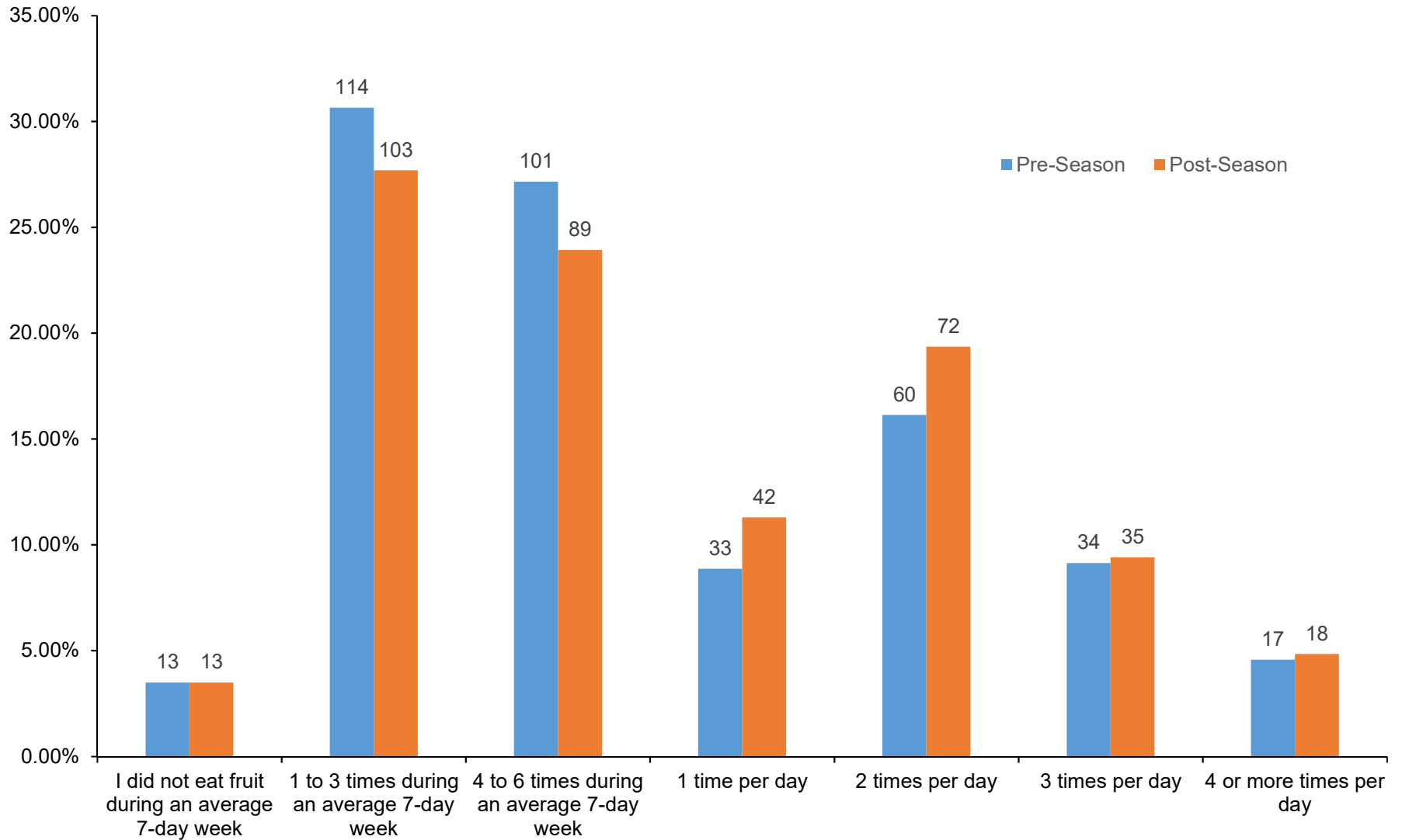


Exhibit A7

During an average 7-day week, how many times did you drink a can bottle or glass/bottle of soda?

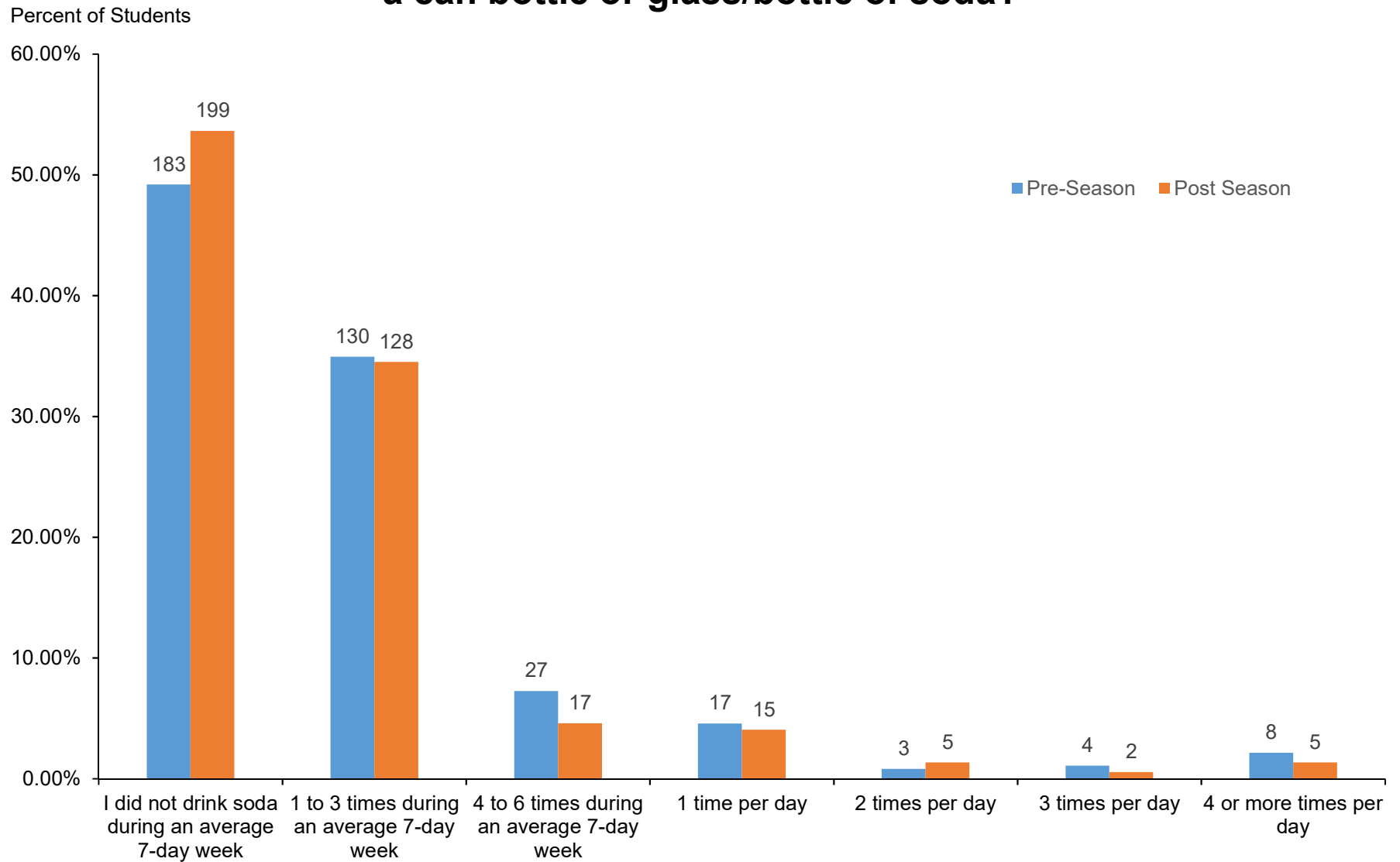
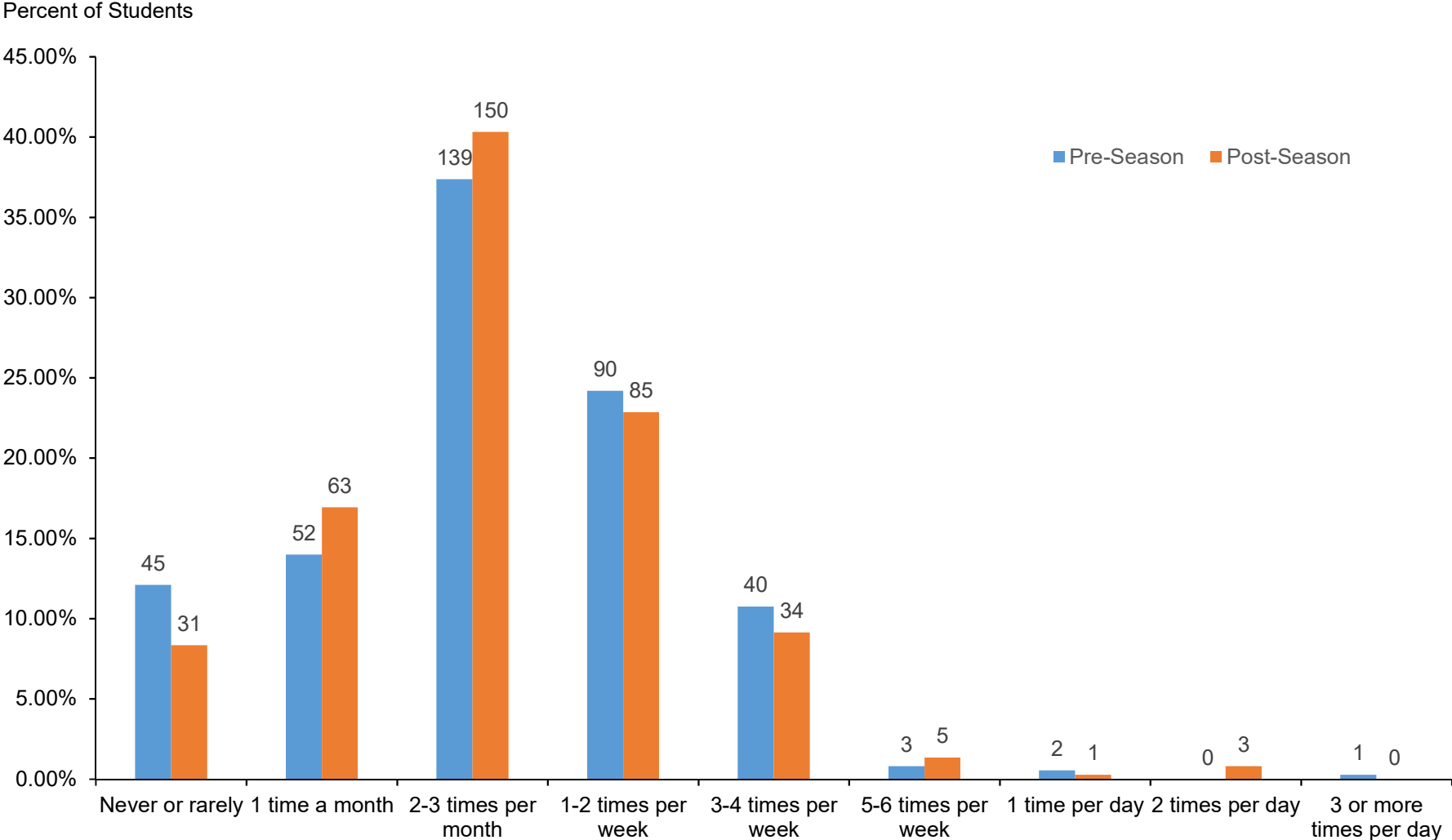


Exhibit A8

During a typical month, how many times did you buy food at a restaurant where food is ordered at a counter or eat fast food?



Impact on Social Well-Being

In this season's survey, SRLA also tried to measure students' social well-being. This is a completely new section of the SRLA survey.

The results show that, after participating in SRLA, students felt a stronger sense of community.⁴ This feeling of belonging to a community did not diminish for the students who responded to the question after schools were unexpectedly closed on March 13th.

The same improvement trend, however, was not observed in the answers to questions about a students' ability to adapt to change or bounce back after illness or hardship.⁵ While students reported high levels of resiliency, their answers, overall, do not show strong improvement.

The charts that follow show the results for the following questions:

- Exhibit A9 During the past month, how often did you feel that you belonged to a community?
- Exhibit A10 I am able to adapt to change.
- Exhibit A11 I tend to bounce back after illness, hardship, or setback.

Because the unexpected closure of schools might impact students' answers as they were experiencing a real-time dramatic change / hardship, the results include a comparison of the results pre-season, post-season before school closure, and post-season after school closure in the following charts:

- Exhibit E1 During the past month, how often did you feel that you belonged to a community?
- Exhibit E2 I am able to adapt to change.
- Exhibit E3 I tend to bounce back after illness, hardship, or setback.

⁴ Adapted from: Keyes, C. L. M. (2009). Atlanta: Brief description of the mental health continuum short form (MHC-SF). Adolescent MHC-SF (ages 12 to 18)

⁵ Adapted from: Connor-Davidson Resilience Scale (CD-RISC) 2. Davidson JRT. Connor-Davidson Resilience Scale (CD-RISC) Manual. Unpublished. 8-19-2018, accessible at www.cd-risc.com

Exhibit A9

During the past month how often did you feel that you belonged to a community?

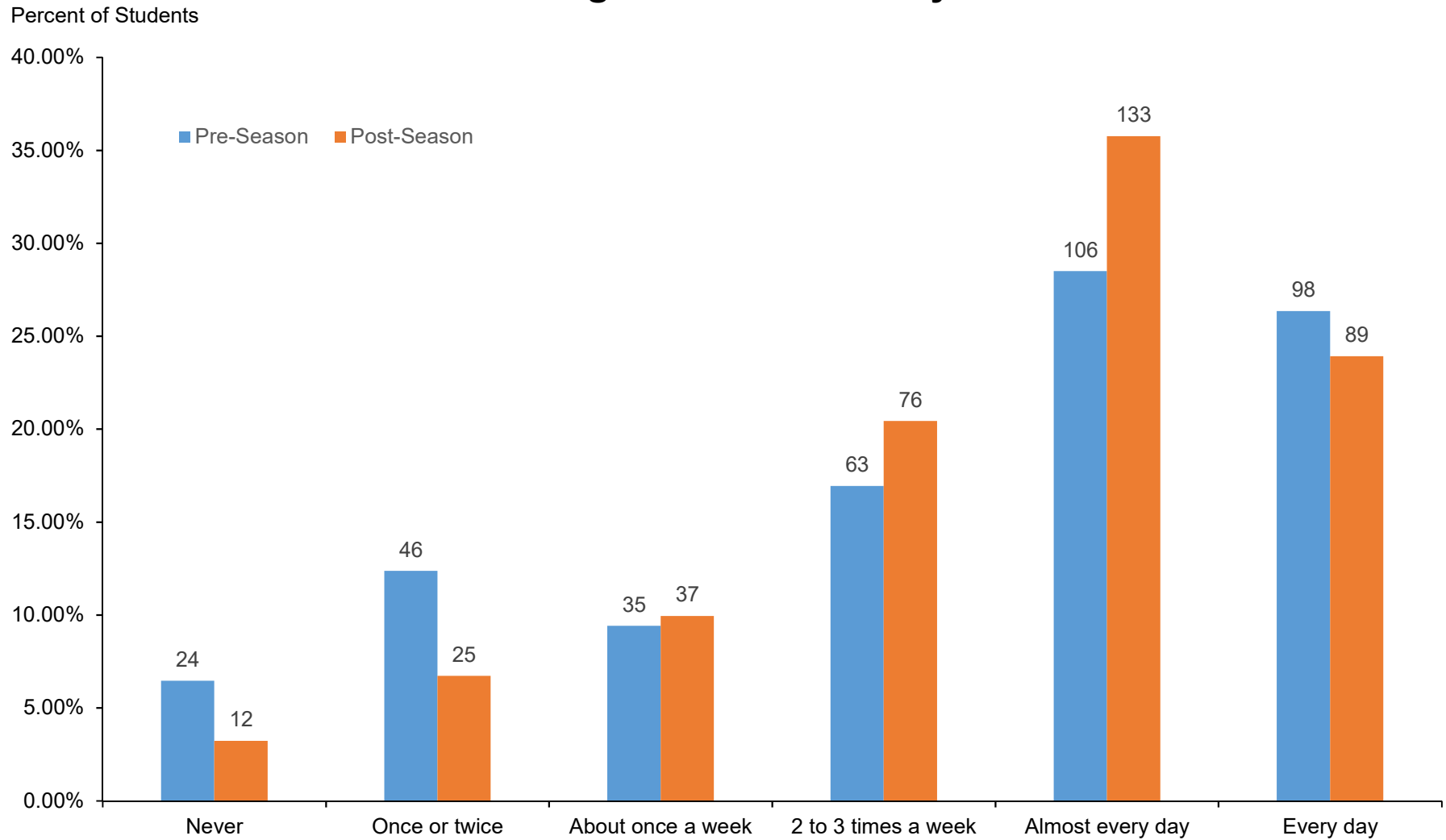


Exhibit A10

I am able to adapt to change.

Percent of Students

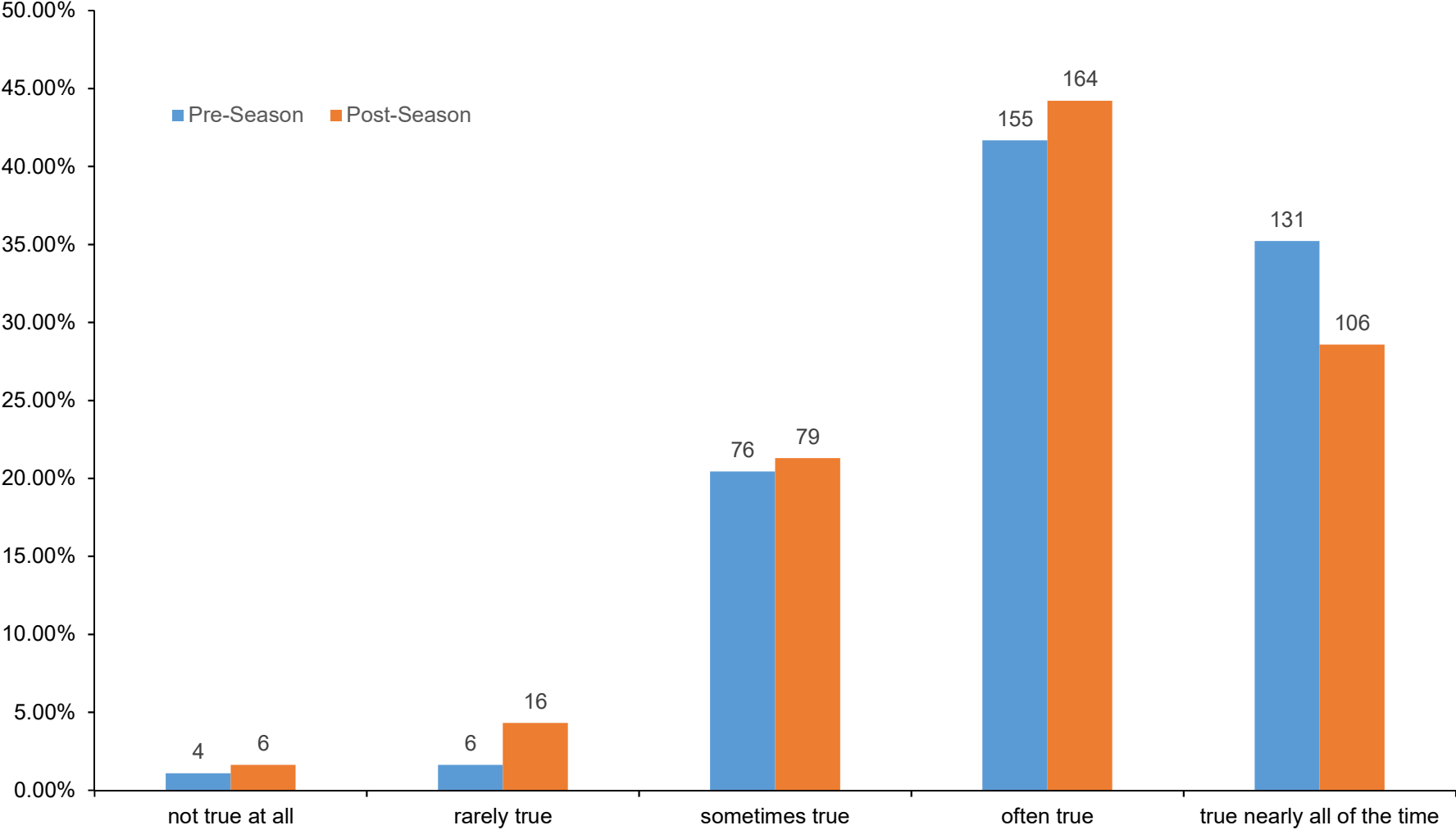


Exhibit A11

I tend to bounce back after illness hardship or setback.

Percent of Students

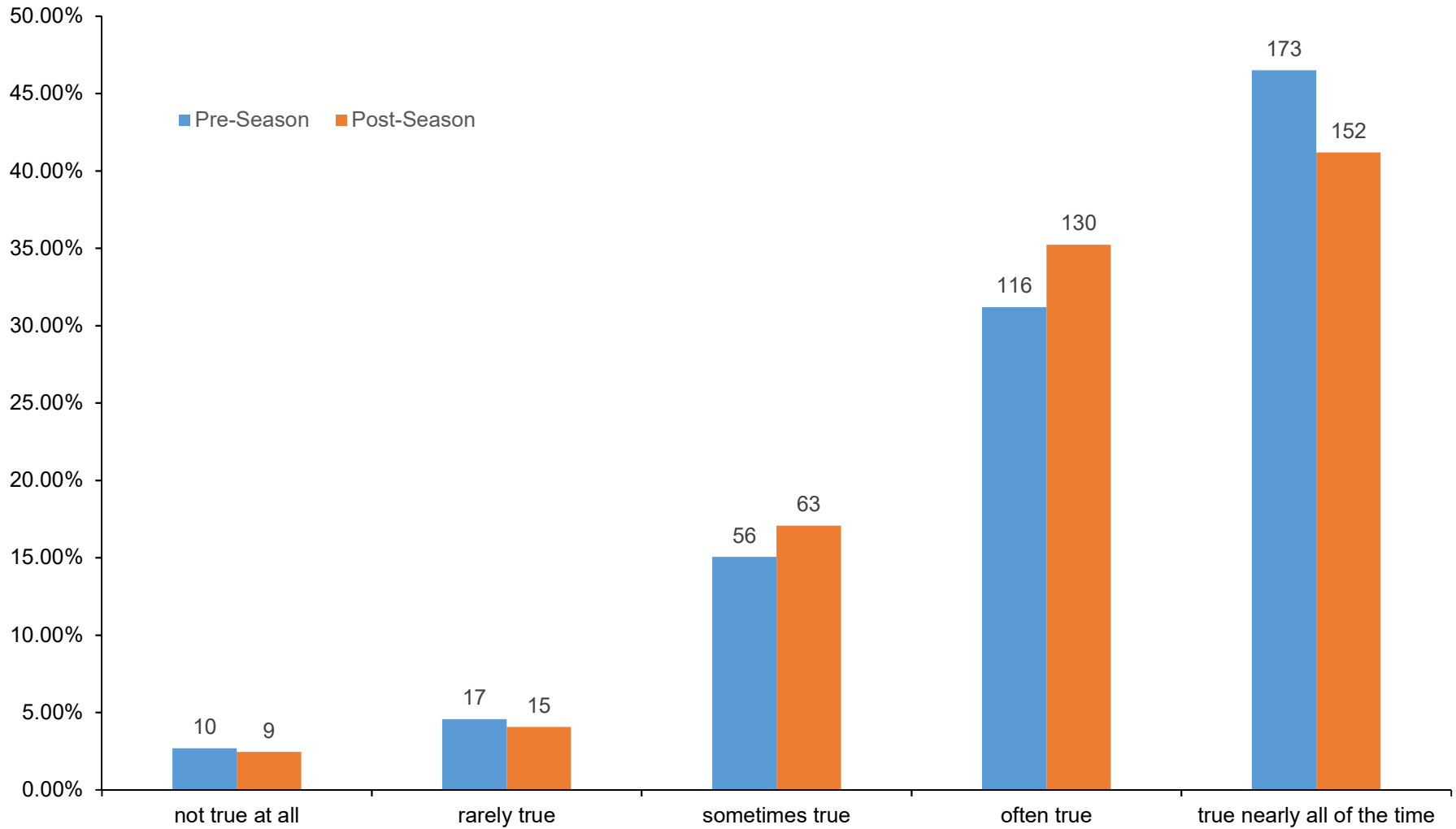
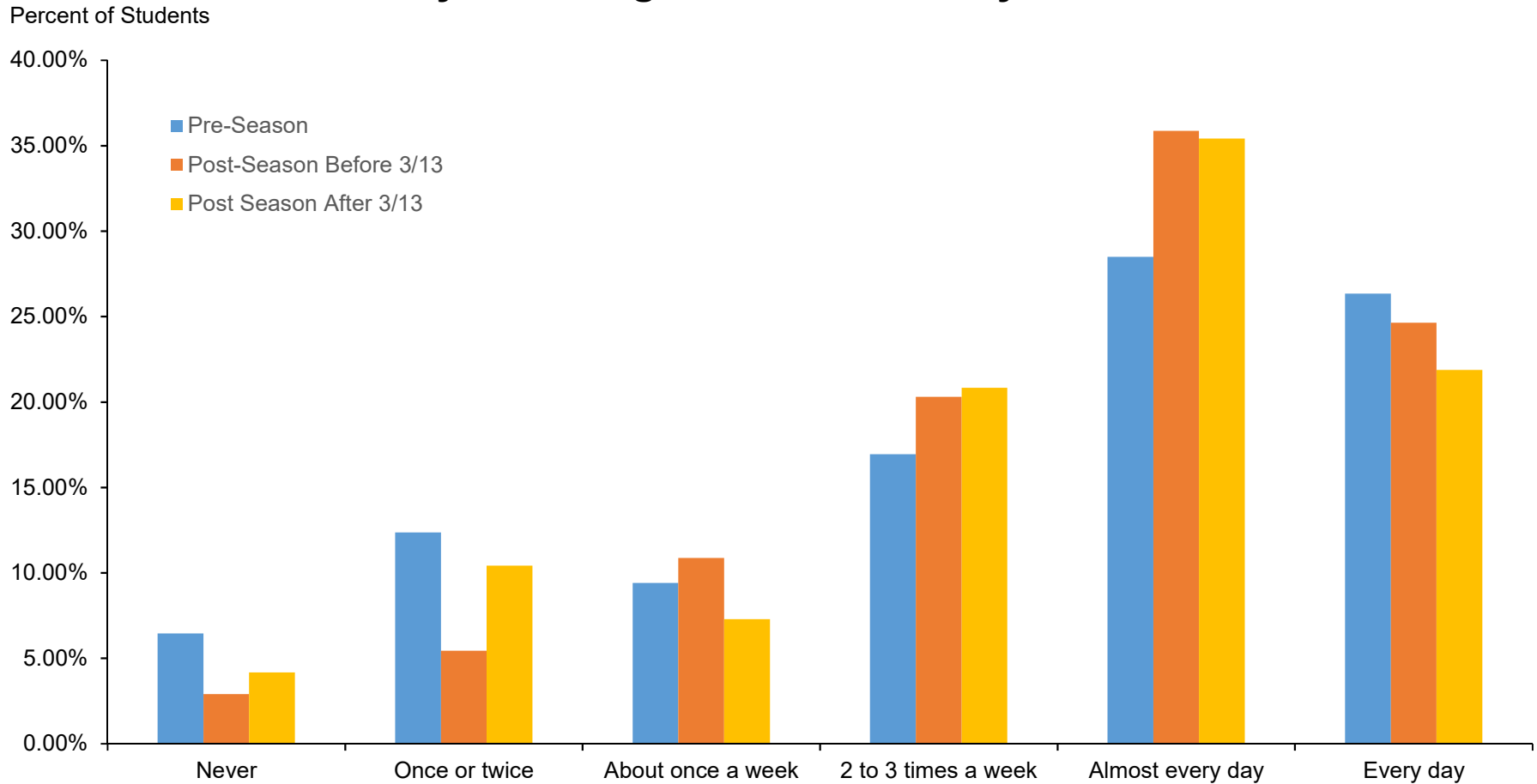


Exhibit E1

Question 9: During the past month how often did you feel that you belonged to a community?^{[1][2]}



Note:

[1] Los Angeles Unified School District (LAUSD) announced on March 13, 2020 that schools will be closed due to Coronavirus.

[2] Results presented in Table E1 are based on responses from students who completed both the Pre-Season survey and the Post-Season survey of the 2019-2020 season. A total of 372 students completed both surveys. The "Post-Season before EOD 3/13" columns reflect answers from students who completed the Post-Season survey before EOD 3/13. The "Post-Season after EOD 3/13" columns reflect answers from students who completed the Post-Season survey after EOD 3/13.

Exhibit E2

Question 10: I am able to adapt to change.

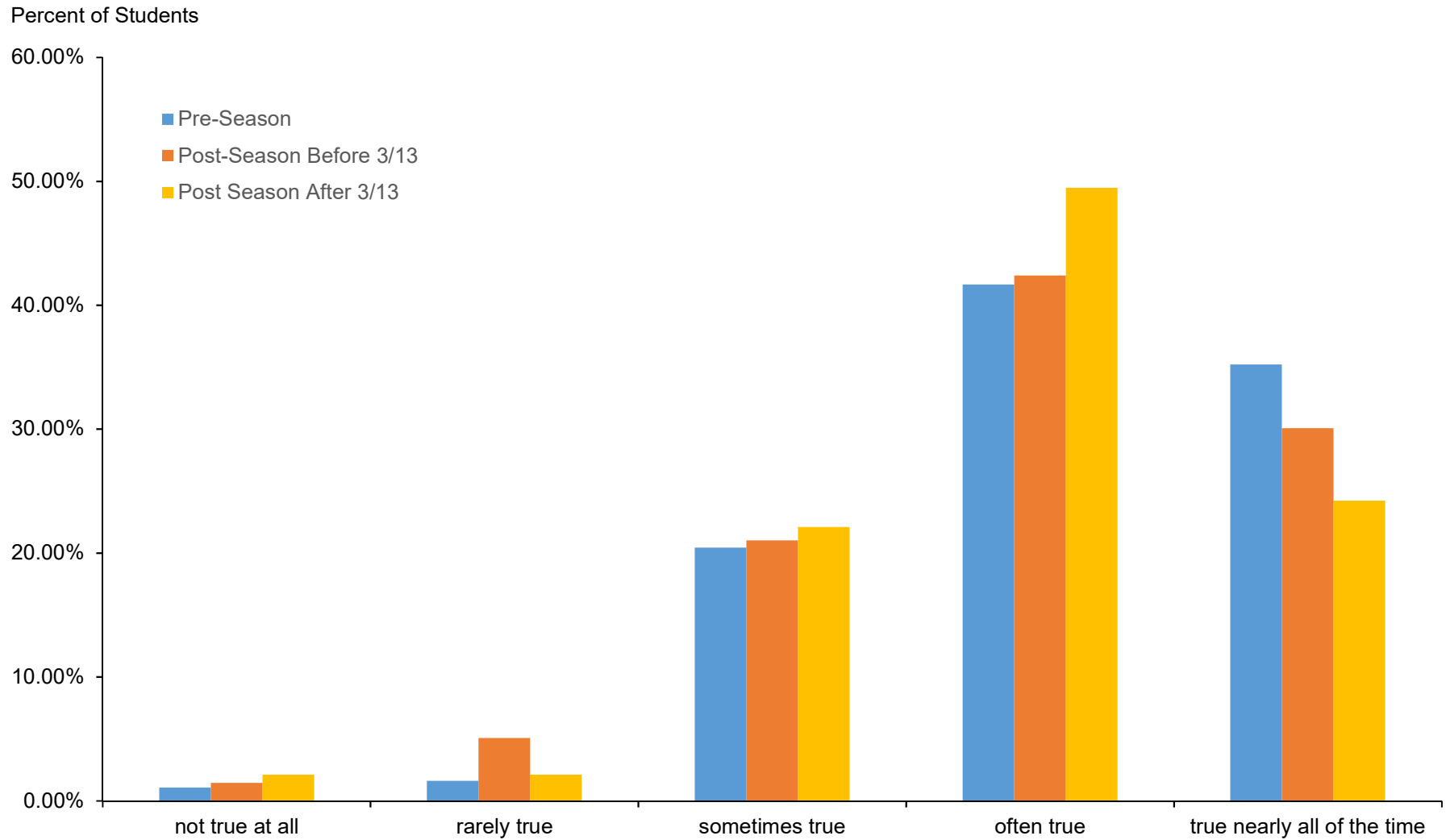
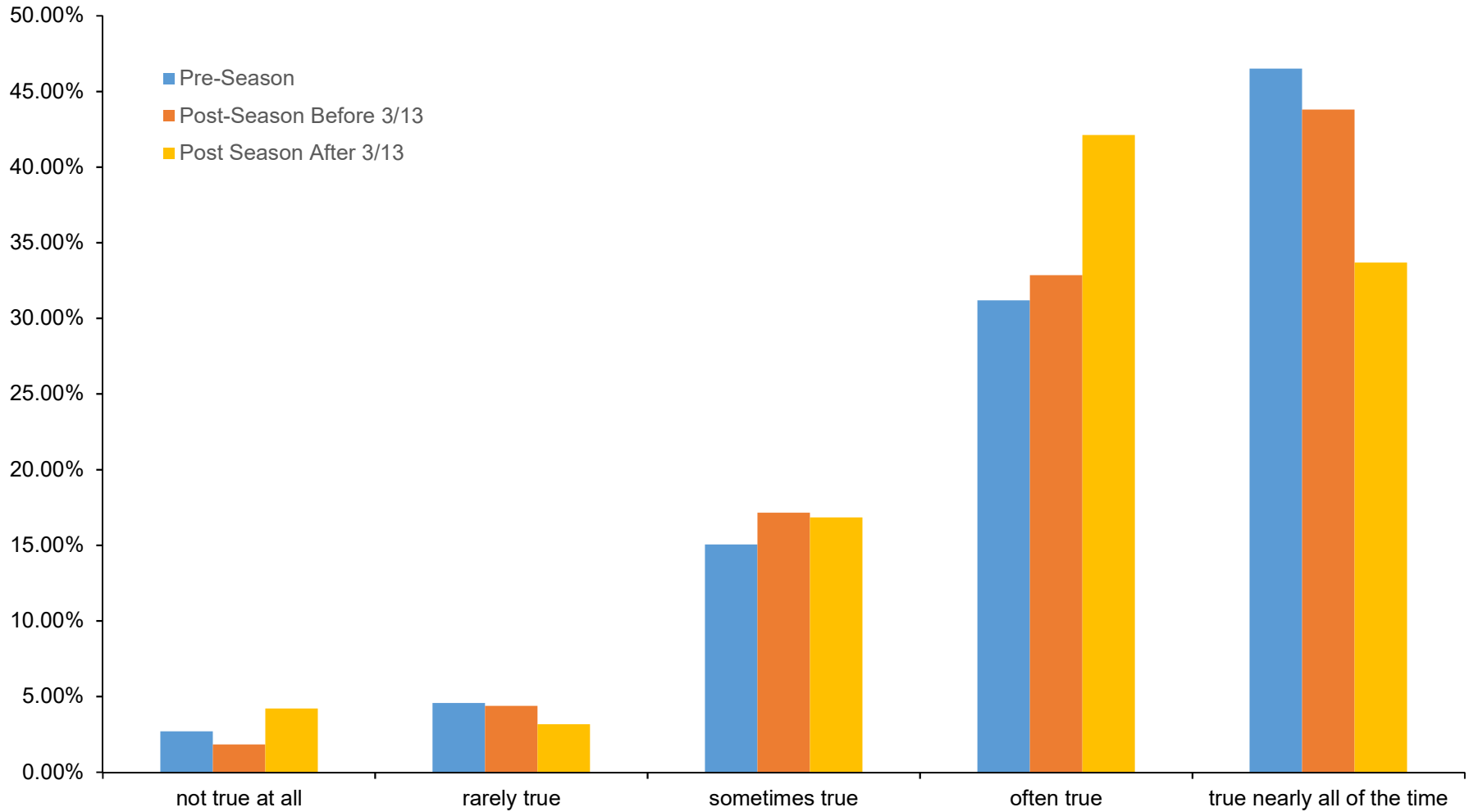


Exhibit E3

Question 11: I tend to bounce back after illness hardship or setback.

Percent of Students



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Table A1
2019-2020 SRLA Demographics
For Repeat Survey Participants^[1]

Panel 1: Gender

	Number of Students	Percent of Students
Male	174	46.77%
Female	197	52.96%
Non-Binary	1	0.27%
Total	372	100.00%

Panel 2: Ethnicity

	Number of Students	Percent of Students
Asian	27	7.26%
Black	5	1.34%
Latino	317	85.22%
White	15	4.03%
Other	8	2.15%
Total	372	100.00%

Panel 3: Age

	Number of Students	Percent of Students
12	25	6.72%
13	64	17.20%
14	47	12.63%
15	57	15.32%
16	61	16.40%
17	100	26.88%
18	15	4.03%
19	1	0.27%
20	2	0.54%
Total	372	100.00%

Panel 4: Grade

	Number of Students	Percent of Students
7	30	8.06%
8	73	19.62%
9	40	10.75%
10	65	17.47%
11	66	17.74%
12	98	26.34%
Total	372	100.00%

Panel 5: Type of School

	Number of Students	Percent of Students
Middle School	77	20.70%
High School	258	69.35%
Middle and High School	12	3.23%
Span	25	6.72%
Total	372	100.00%

Note:

[1] Results presented in Table A1 are based on responses from students who completed both the Pre-Season survey and the Post-Season survey of the 2019-2020 season. A total of 372 students completed both surveys.

Table A2

2019-2020 SRLA Survey Results For Repeat Participants

Question 0: How many years did you participate in SRLA and complete the Los Angeles Marathon with SRLA?

	Begin	
	Count	Percent
0 (never completed a Marathon w/SRLA)	181	48.79%
1	102	27.49%
2	45	12.13%
3	24	6.47%
4	13	3.50%
5	6	1.62%
Total	371	100.00%

Question 1: How many days were you physically active for a total of at least 60 minutes per day during an average 7-day week?

	Begin		Final	
	Count	Percent	Count	Percent
0 days	18	4.85%	1	0.27%
1 day	43	11.59%	8	2.15%
2 days	53	14.29%	9	2.42%
3 days	90	24.26%	53	14.25%
4 days	43	11.59%	102	27.42%
5 days	61	16.44%	84	22.58%
6 days	31	8.36%	68	18.28%
7 days	32	8.63%	47	12.63%
Total	371	100.00%	372	100.00%

Question 2: How likely are you to continue to engage in physical activity now that the SRLA season is over?

	Final	
	Count	Percent
Very Likely	82	43.39%
Likely	85	44.97%
Unlikely	6	3.17%
Don't Know / Not Sure	16	8.47%
Total	189	100.00%

Question 3: On an average day, how many hours do you watch TV?

	Begin		Final	
	Count	Percent	Count	Percent
I did not watch TV on an average day	82	22.10%	99	26.68%
Less than 1 hour per day	60	16.17%	80	21.56%
1 hour per day	51	13.75%	62	16.71%
2 hours per day	81	21.83%	63	16.98%
3 hours per day	49	13.21%	37	9.97%
4 hours per day	21	5.66%	14	3.77%
5 or more hours per day	27	7.28%	16	4.31%
Total	371	100.00%	371	100.00%

Question 4: On an average day, how many hours do you play video or computer games or use a computer for something that is not school work?

	Begin		Final	
	Count	Percent	Count	Percent
I did not play video or computer games or use a computer for something that is not school work	36	9.68%	50	13.48%
Less than 1 hour per day	43	11.56%	42	11.32%
1 hour per day	37	9.95%	44	11.86%
2 hours per day	73	19.62%	72	19.41%
3 hours per day	68	18.28%	72	19.41%
4 hours per day	47	12.63%	41	11.05%
5 or more hours per day	68	18.28%	50	13.48%
Total	372	100.00%	371	100.00%

Question 5: During an average 7-day week, how many times did you eat vegetables?

	Begin		Final	
	Count	Percent	Count	Percent
I did not eat vegetables during an average 7-day week	16	4.31%	10	2.69%
1 to 3 times during an average 7-day week	138	37.20%	125	33.60%
4 to 6 times during an average 7-day week	94	25.34%	108	29.03%
1 time per day	38	10.24%	40	10.75%
2 times per day	34	9.16%	45	12.10%
3 times per day	24	6.47%	24	6.45%
4 or more times per day	27	7.28%	20	5.38%
Total	371	100.00%	372	100.00%

Question 6: During an average 7-day week, how many times did you eat fruit?

	Begin		Final	
	Count	Percent	Count	Percent
I did not eat fruit during an average 7-day week	13	3.49%	13	3.49%
1 to 3 times during an average 7-day week	114	30.65%	103	27.69%
4 to 6 times during an average 7-day week	101	27.15%	89	23.92%
1 time per day	33	8.87%	42	11.29%
2 times per day	60	16.13%	72	19.35%
3 times per day	34	9.14%	35	9.41%
4 or more times per day	17	4.57%	18	4.84%
Total	372	100.00%	372	100.00%

Question 7: During an average 7-day week, how many times did you drink a can, bottle, or glass/cup of soda?

	Begin		Final	
	Count	Percent	Count	Percent
I did not drink soda during an average 7-day week	183	49.19%	199	53.64%
1 to 3 times during an average 7-day week	130	34.95%	128	34.50%
4 to 6 times during an average 7-day week	27	7.26%	17	4.58%
1 time per day	17	4.57%	15	4.04%
2 times per day	3	0.81%	5	1.35%
3 times per day	4	1.08%	2	0.54%
4 or more times per day	8	2.15%	5	1.35%
Total	372	100.00%	371	100.00%

Question 8: During a typical month, how many times did you buy food at a restaurant where food is ordered at a counter or at a drive-through window?

	Begin		Final	
	Count	Percent	Count	Percent
Never or rarely	45	12.10%	31	8.33%
1 time a month	52	13.98%	63	16.94%
2-3 times per month	139	37.37%	150	40.32%
1-2 times per week	90	24.19%	85	22.85%
3-4 times per week	40	10.75%	34	9.14%
5-6 times per week	3	0.81%	5	1.34%
1 time per day	2	0.54%	1	0.27%
2 times per day	0	0.00%	3	0.81%
3 or more times per day	1	0.27%	0	0.00%
Total	372	100.00%	372	100.00%

Question 9: During the past month how often did you feel that you belonged to a community?

	Begin		Final	
	Count	Percent	Count	Percent
Never	24	6.45%	12	3.23%
Once or twice	46	12.37%	25	6.72%
About once a week	35	9.41%	37	9.95%
2 to 3 times a week	63	16.94%	76	20.43%
Almost every day	106	28.49%	133	35.75%
Every day	98	26.34%	89	23.92%
Total	372	100.00%	372	100.00%

Question 10: I am able to adapt to change.

	Begin		Final	
	Count	Percent	Count	Percent
not true at all	4	1.08%	6	1.62%
rarely true	6	1.61%	16	4.31%
sometimes true	76	20.43%	79	21.29%
often true	155	41.67%	164	44.20%
true nearly all of the time	131	35.22%	106	28.57%
Total	372	100.00%	371	100.00%

Question 11: I tend to bounce back after illness hardship or setback.

	Begin		Final	
	Count	Percent	Count	Percent
not true at all	10	2.69%	9	2.44%
rarely true	17	4.57%	15	4.07%
sometimes true	56	15.05%	63	17.07%
often true	116	31.18%	130	35.23%
true nearly all of the time	173	46.51%	152	41.19%
Total	372	100.00%	369	100.00%

Note:

[1] Results presented in Table A2 are based on responses from students who completed both the Pre-Season survey and the Post-Season survey of the 2019-2020 season. A total of 372 students completed both surveys.

Table A3
Percentage of Improvement of SRLA 2019 - 2020 Survey Metrics^[1]

Question ^[2]	Number of Response	Students With No Change		Students With Improvement ^[3]		No Change Average ^[4]	Improvement Average ^[5]	
		Number	Percent	Number	Percent			
1	Number of days exercise per week	371	67	18.06%	236	63.61%	4.55	2.38
3	Number of hours watching TV per day	370	122	32.97%	152	41.08%	1.01	1.80
4	Number of hours playing video games per day	371	112	30.19%	156	42.05%	2.63	1.80
5	Number of days eating vegetables per week	371	144	38.81%	130	35.04%	N/A	N/A
6	Number of days eating fruits per week	372	131	35.22%	132	35.48%	N/A	N/A
7	Number of days drinking soda per week	371	230	61.99%	84	22.64%	N/A	N/A
8	Number of days buying fast food per week	372	155	41.67%	114	30.65%	N/A	N/A
9	How often do you feel that you belong to a community	372	117	31.45%	144	38.71%	N/A	N/A
10	I am able to adapt to change	371	175	47.17%	78	21.02%	N/A	N/A
11	I tend to bounce back after illness hardship or setback	369	165	44.72%	90	24.39%	N/A	N/A

- Note:
- [1] Results presented in Table A3 are based on responses from students who completed both the Pre-Season survey and the Post-Season survey of the 2019-2020 season. A total of 372 students completed both surveys.
 - [2] Question 2 was only asked in the post-season survey so it is not included in the improvement analysis.
 - [3] For questions 1, 5, 6, an improvement is indicated by an increase in the number of days/hours reported in the post-season survey. For questions 3, 4, 7, 8, an improvement is indicated by a decrease in the number of days/hours reported in the post-season survey. For questions 9, 10, 11, an improvement is indicated by an increase in the frequency reported in the post-season survey.
 - [4] The average days/hours for students reported no change are only able to be calculated for question 1, 3, 4, because answers to other questions contain a range of numbers. "No Change Average" reflects the average amount of days/times spent on certain activities for students who reported no change in pre and post season surveys.
 - [5] The average days/hours for students reported improvements are only able to be calculated for question 1, 3, 4, because answers to other questions contain a range of numbers. "Improvement Average" reflects the average amount of improvement in terms of days/times spent on certain activities for students whose answers in the post-season survey indicate