



**Physical  
Inactivity**

## PHYSICAL ACTIVITY

### Questions:

87. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time that you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)
88. On an average school day, how many hours do you watch TV?
89. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, Play Station, Nintendo DS, iPod touch, Facebook, and the Internet.)
90. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
91. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

### Rationale:

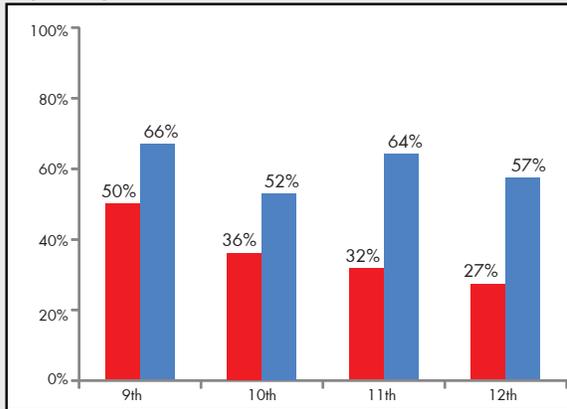
These questions measure participation in physical activity, physical education classes, and time spent watching television (TV) and using a computer or playing video games. Participation in regular physical activity among young people can help build and maintain healthy bones and muscles, maintain body weight and reduce body fat, reduce feelings of depression and anxiety, and promote psychological well-being.(75,87) Over time, regular physical activity decreases the risk of high blood pressure, heart disease, diabetes, obesity, some types of cancer, and premature death.(75) In 2008, the U.S. Department of Health and Human Services recommended that young people ages 6–17 participate in at least 60 minutes of physical activity daily.(98) In 2009, 18% of high school students were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on each of the 7 days before the survey (i.e., physically active at least 60 minutes on all 7 days).(15) School physical education classes can increase adolescent participation in physical activity(24,60,61,97) and help high school students develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.(22,97) In 2009, 56% of high school students nationwide went to physical education classes on 1 or more days in an average week when they were in school.(15) Watching TV and using a computer are considered sedentary behaviors. Among youth, time spent watching TV, in particular, is associated with childhood and adult obesity(30,35,49,54,101) and youth who engage in less than two hours of TV viewing per day tend to be more active.(54) Computer usage and video game playing are associated with physical inactivity among adolescents(35) and young adults.(27) Among high school students nationwide in 2009, 25% of students played video or computer games or used a computer for something that was not school work for 3 or more hours per day on an average school day and 33% watched television 3 or more hours per day on an average school day.(15)

**Results:** The results for Questions 87 to 91 are summarized on pages 81 to 83.

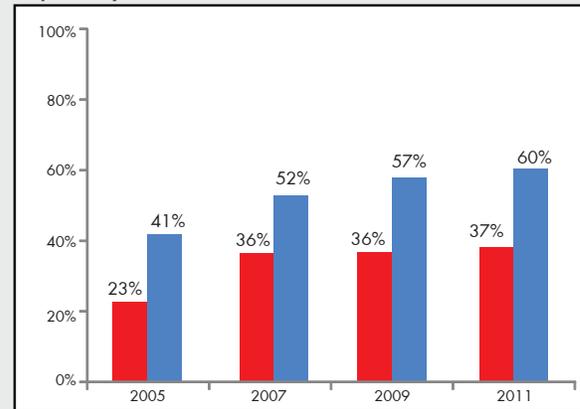
### Question 87

Percentage of respondents who were physically active for a total of at least 60 minutes per day, during 5 or more of the past 7 days = 49%

Responses by Grade



Responses by Year

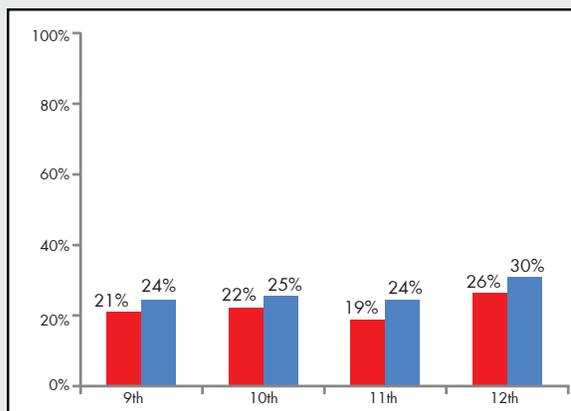


■ Females ■ Males

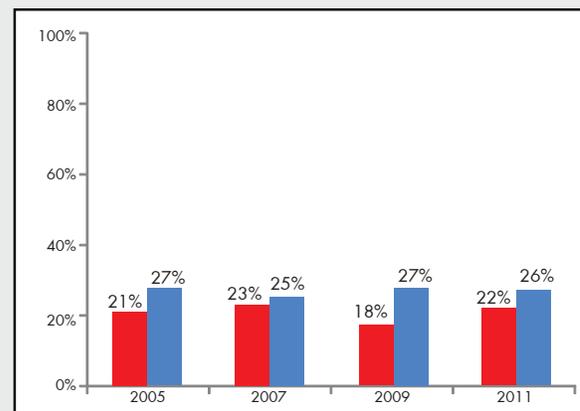
### Question 88

Percentage of respondents who during an average school day watched TV for 3 or more hours per day = 24%

Responses by Grade



Responses by Year

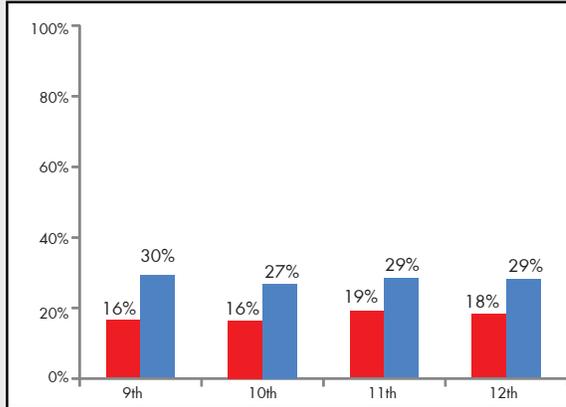


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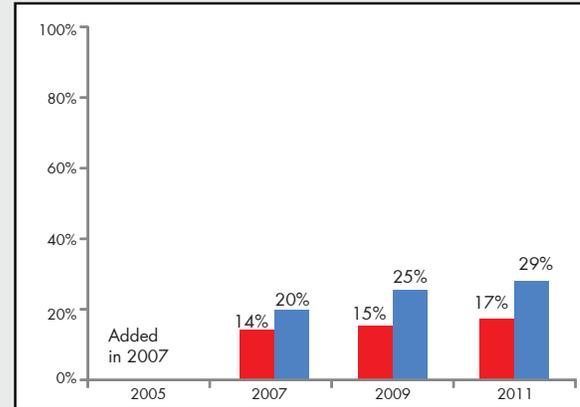
### Question 89

Percentage of respondents who played video games or used a computer for something that was not school work for 3 or more hours on an average school day = 23%

Responses by Grade



Responses by Year

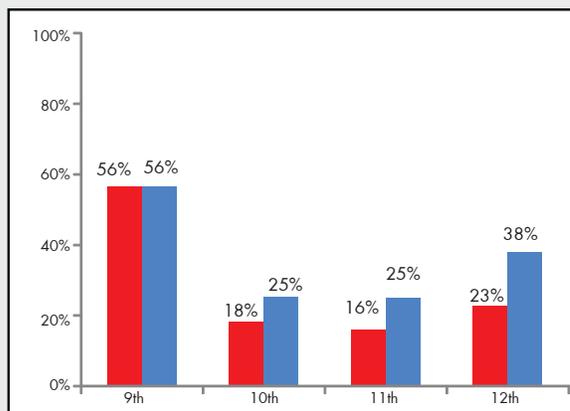


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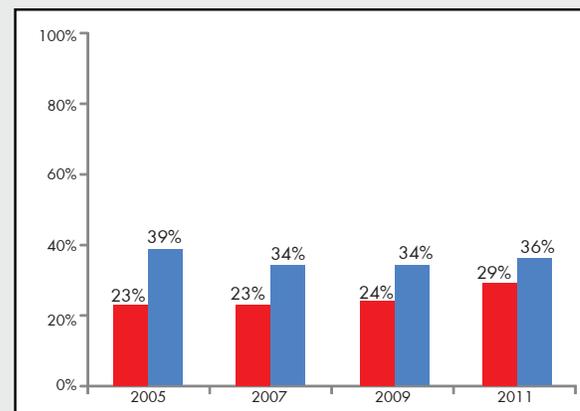
### Question 90

Percentage of respondents who went to physical education class one or more days in an average school week = 33%

Responses by Grade



Responses by Year

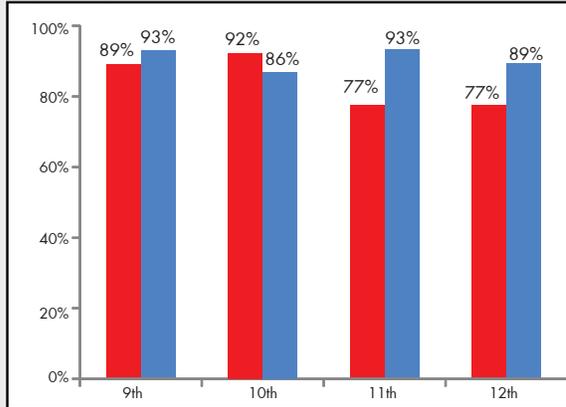


Females Males

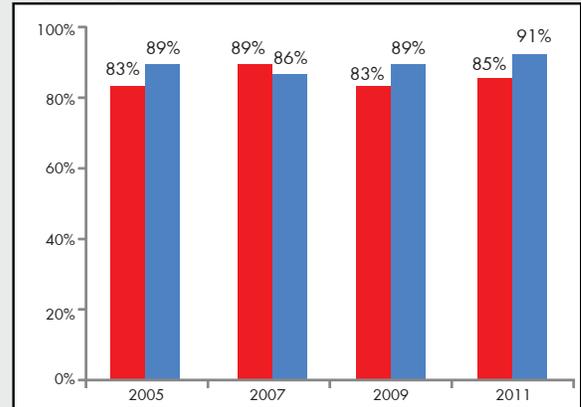
### Question 91

Of respondents enrolled in physical education class, the percentage who exercised or played sports more than 20 minutes during an average physical education class = 88%

Responses by Grade



Responses by Year



■ Females ■ Males

