



Trends in the Prevalence of Physical Activity

National YRBS: 1991–2007

The national Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

1991	1993	1995	1997	1999	2001	2003	2005	2007	Changes from 1991 2007 ¹	Change from 2005 2007 ²
Met recommended levels of physical activity (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 5 or more days during the 7 days before the survey.)										
NA ³	NA	NA	NA	NA	NA	NA	35.8 (33.9–37.9) ⁴	34.7 (32.5–37.0)	No change, 2005–2007	No change
Attended physical education classes (On 1 or more days in an average week when they were in school.)										
48.9 (43.3–54.6)	52.1 (46.7–57.5)	59.6 (47.4–70.7)	48.8 (37.9–59.8)	56.1 (48.6–63.3)	51.7 (46.9–56.4)	55.7 (48.2–63.0)	54.2 (49.2–59.0)	53.6 (47.0–60.1)	No change, 1991–2007	No change
Attended physical education classes daily (5 days in an average week when they were in school.)										
41.6 (36.0–47.3)	34.3 (29.5–39.4)	25.4 (16.9–36.2)	27.4 (22.1–33.5)	29.1 (20.3–39.7)	32.2 (27.4–37.4)	28.4 (22.9–34.7)	33.0 (27.8–38.6)	30.3 (25.4–35.8)	Decreased, 1991–1995 No change, 1995–2007	No change
Used computers 3 or more hours per day (Played video or computer games or used a computer for something that was not school work on an average school day.)										
NA	NA	NA	NA	NA	NA	22.1 (19.5–24.9)	21.1 (19.7–22.6)	24.9 (22.9–27.0)	No change, 2003–2005	Increased
Watched television 3 or more hours per day (On an average school day.)										
NA	NA	NA	NA	42.8 (39.7–45.8)	38.3 (36.0–40.7)	38.2 (35.3–41.2)	37.2 (35.1–39.4)	35.4 (33.1–37.7)	Decreased, 1999–2007	No change

¹ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade.

² Based on t-test analyses, $p < .05$.

³ Not available.

⁴ 95% confidence interval.



Where can I get more information?
Visit <http://www.cdc.gov/yrbss> or call 800-CDC-INFO (800-232-4636).

