



# YRBSS

National Youth Risk Behavior Survey: 1991-2005

## Trends in the Prevalence of Physical Activity

### What Is the National Youth Risk Behavior Survey (YRBS)?

The national 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 9<sup>th</sup> through 12<sup>th</sup> grade students in public and private schools throughout the United States.

1991	1993	1995	1997	1999	2001	2003	2005	Changes from 1991 – 2005 <sup>1</sup>	Change from 2003 – 2005 <sup>2</sup>
<b>Did not participate in any vigorous or moderate physical activity</b> (During the 7 days preceding the survey.)									
NA <sup>3</sup>	NA	NA	NA	9.4 (±1.1) <sup>4</sup>	9.5 (±0.7)	11.5 (±2.0)	9.6 (±0.9)	No change, 1999 – 2005	No change
<b>Attended physical education classes</b> (On one or more days in an average week when they were in school.)									
48.9 (±5.5)	52.1 (±5.3)	59.6 (±11.5)	48.8 (±10.9)	56.1 (±7.2)	51.7 (±4.6)	55.7 (±7.3)	54.2 (±4.8)	No change, 1991 – 2005	No change
<b>Attended physical education classes daily</b> (Five days in an average week when they were in school.)									
41.6 (±5.5)	34.3 (±4.8)	25.4 (±9.4)	27.4 (±5.6)	29.1 (±9.5)	32.2 (±4.9)	28.4 (±5.7)	33.0 (±5.3)	Decreased, 1991 – 1995 No change, 1995 – 2005	No change
<b>Watched television ≥ 3 hours per day</b> (On an average school day.)									
NA	NA	NA	NA	42.8 (±3.0)	38.3 (±2.3)	38.2 (±2.9)	37.2 (±2.1)	Decreased, 1999 – 2005	No change

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

<sup>2</sup> Based on t-test analyses.

<sup>3</sup> Not available.

<sup>4</sup> 95% confidence interval.

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



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