

Table 213. High School Students Engaged in Physical Activity by Sex: 2009

[In percent. For students in grades 9 to 12. Based on the Youth Risk Behavior Survey, a school-based survey and subject to sampling error; for details, see source]

Characteristic	Participated in 60+ min. of physical activity on 5 of last 7 days ¹	Participated in 60+ min. of physical activity on all 7 days ²	Did not participate in 60+ min. of physical activity on any day ³	Attended physical education class		Played on at least one sports team ⁶	Used computers 3 or more hours/day ⁷	Watched three or more hours/day of TV ⁸
				Total ⁴	Attended daily ⁵			
All students	37.0	18.4	23.1	56.4	33.3	58.3	24.9	32.8
Male	45.6	24.8	17.0	57.7	34.6	63.8	28.3	33.5
Grade 9	47.5	28.0	17.4	70.7	45.5	65.9	32.2	36.3
Grade 10	47.4	25.3	15.7	58.6	34.9	66.8	28.2	35.7
Grade 11	46.2	23.3	16.4	50.9	29.7	63.4	27.2	31.8
Grade 12	40.4	21.9	18.5	46.9	25.2	57.9	24.5	28.4
Female	27.7	11.4	29.9	55.0	31.9	52.3	21.2	32.1
Grade 9	30.8	13.6	26.9	74.3	48.2	56.6	24.6	33.9
Grade 10	30.5	12.7	30.3	56.4	32.3	56.4	22.5	33.6
Grade 11	26.0	10.3	29.8	45.3	25.5	51.3	19.3	29.6
Grade 12	22.4	8.6	33.0	40.7	19.6	44.1	17.7	31.0

¹ 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/day for at least 5 or more days out of the 7 days preceding the survey. ² Participate in 60 or more minutes of any kind of physical activity that increased their heart rate and made them breathe hard some of the time on all 7 days before the survey. ³ Did not participate in 60 or more minutes of any kind of physical activity that increased their heart rate and made them breathe hard some of the time on at least 1 day during the 7 days before the survey. ⁴ On one or more days in an average week when they were in school. ⁵ Five days in an average week when they were in school. ⁶ Run by their school or community groups during the 12 months before the survey. ⁷ Played video or computer games or used computer for something that was not school work on an average day. ⁸ On an average school day.

Source: U.S. Centers for Disease Control and Prevention, Atlanta, GA, "Youth Risk Behavior Surveillance—United States, 2009," Surveillance Series, June 2010, *Morbidity and Mortality Weekly Report* 2010, Vol. 59 (SS-5). See also <<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>>.

Table 214. Households and Persons Having Problems With Access to Food: 2005 to 2009

[114,437 represents 114,437,000. Food-secure means that a household had access at all times to enough food for an active healthy life for all household members, with no need for recourse to socially unacceptable food sources or extraordinary coping behaviors to meet their basic food needs. Food-insecure households had limited or uncertain ability to acquire acceptable foods in socially acceptable ways. Households with very low food security (a subset of food-insecure households) were those in which food intake of one or more household members was reduced and normal eating patterns disrupted due to inadequate resources for food. The severity of food insecurity in households is measured through a series of questions about experiences and behaviors known to characterize households that are having difficulty meeting basic food needs. These experiences and behaviors generally occur in an ordered sequence as the severity of food insecurity increases. As resources become more constrained, adults in typical households first worry about having enough food, then they stretch household resources and juggle other necessities, then decrease the quality and variety of household members' diets, then decrease the frequency and quantity of adults' food intake, and finally decrease the frequency and quantity of children's food intake. All questions refer to the previous 12 months and include a qualifying phrase reminding respondents to report only those occurrences that resulted from inadequate financial resources. Restrictions to food intake due to dieting or busy schedules are excluded. The omission of homeless persons may be a cause of underreporting. Data are from the Food Security Supplement to the Current Population Survey (CPS); for details about the CPS, see text, Section 1 and Appendix III]

Household food	Number (1,000)					Percent distribution				
	2005	2006	2007	2008	2009	2005	2006	2007	2008	2009
Households, total	114,437	115,609	117,100	117,565	118,174	100.0	100.0	100.0	100.0	100.0
Food-secure	101,851	102,961	104,089	100,416	100,820	89.0	89.1	88.9	85.4	85.3
Food-insecure	12,586	12,648	13,011	17,149	17,354	11.0	10.9	11.1	14.6	14.7
With low food security ¹	8,158	8,031	8,262	10,426	10,601	7.1	6.9	7.0	8.9	9.0
With very low food security ²	4,428	4,617	4,749	6,723	6,753	3.9	4.0	4.1	5.7	5.7
With very low food security among children ³	270	221	323	506	469	0.7	0.6	0.8	1.3	1.2
Adult members	217,897	220,423	223,467	225,461	227,543	100.0	100.0	100.0	100.0	100.0
In food-secure households	195,172	197,536	199,672	193,026	194,579	89.6	89.6	89.4	85.6	85.5
In food-insecure households	22,725	22,887	23,795	32,435	32,964	10.4	10.4	10.6	14.4	14.5
With low food security	15,146	15,193	15,602	20,320	20,741	7.0	6.9	7.0	9.0	9.1
With very low food security ²	7,579	7,694	8,193	12,115	12,223	3.5	3.5	3.7	5.4	5.4
Child members	73,604	73,587	73,575	74,106	74,207	100.0	100.0	100.0	100.0	100.0
In food-secure households	61,201	60,959	61,140	57,433	57,010	83.1	82.8	83.1	77.5	76.8
In food-insecure households	12,403	12,628	12,435	16,673	17,197	16.9	17.2	16.9	22.5	23.2
With very low food security among children ³	606	430	691	1,077	988	0.8	0.6	0.9	1.5	1.3

¹ Prior to 2006, USDA described these households as food insecure without hunger. ² Food intake of one or more members in these households was reduced and normal eating patterns disrupted at some time during the year because of the household's food insecurity. Prior to 2006, USDA described these households as food insecure with hunger. ³ Percentages omit households with no children. The food security survey measures food security status at the household level. Not all children residing in food-insecure households were directly affected by the households' food insecurity. Similarly, not all children in households classified as having very low food security among children were subject to the reductions in food intake and disruptions in eating patterns that characterize this condition. Young children, in particular, are often protected from effects of the households' food insecurity.

Source: U.S. Department of Agriculture, Economic Research Service, *Household Food Security in the United States, 2009*, Economic Research Report Number 108, 2010. See also <<http://www.ers.usda.gov/publications/err108/>>.