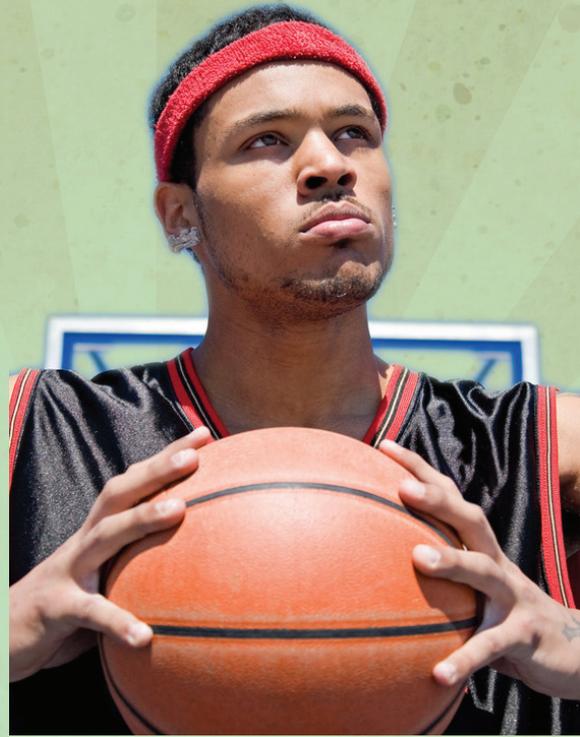


2013 Ohio Youth Risk Behavior Survey



# Physical Activity

## Physical Activity

Currently, the US Department of Health and Human Services recommends that youth ages six to seventeen years engage in at least sixty minutes of physical activity each day.<sup>1</sup> Regular physical activity leads to improved health in adolescence that can continue into adulthood.<sup>1</sup> Benefits of physical activity include reduction in the risk of obesity and many chronic diseases, positive academic changes, and decrease in depression and anxiety.<sup>1</sup> In Ohio, about one quarter of high school students are getting the recommended amount of daily physical activity.

Healthy People 2020's 10-year health objectives include topics relevant to the YRBS topics, aimed at improving the health of adolescents in the United States.<sup>2</sup> One objective that addresses Physical Activity (PA) specifically aimed at adolescents is presented below:

**PA-3-1:** Increase the proportion of adolescents who meet current Federal physical activity guidelines for aerobic physical activity to 20.2 percent.

- In 2013, 26 percent of Ohio high school students reported engaging in 60 minutes of physical activity.

Recent trends (2003-2013) in Ohio adolescent physical activity indicate:

- The prevalence of Ohio high school students who reported watching three or more hours of television on an average school day decreased.
- The prevalence of Ohio high school students who played video or computer games or used a computer for non- school related work for three or more hours on an average school day increase since 2007.
- The prevalence of Ohio high school students who engaged in at least 60 minutes of physical activity every day during the past seven days remained steady since 2007.

The charts on the following pages represent the past ten years of YRBS data.<sup>abc</sup>

<sup>a</sup>2009 data are not included in tables because the limited response rate did not produce a weighted sample.

<sup>b</sup>Trend data based on trend analysis using logistic regression model controlling for sex, race/ethnicity, and grade,  $p < 0.05$ .

<sup>c</sup>Comparisons among groups in 2013 data were not tested for significance, but determined by comparing confidence intervals.

**Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days, Ohio 2007-2013**



*“During the past seven days, on how many days were you physically active for a total of at least 60 minutes per day?”*

- From 2007 to 2013, there were **no significant changes** in the percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days.
- When compared to female students, male students were 1.5 times more likely to report being physically active for 60 minutes five or more times during the past week.
- There were no differences by grade level or race for students who reported being active at least five of the past seven days.

**Percentage of students who were physically active for a total of at least 60 minutes per day on seven of the past seven days, Ohio 2011-2013**



*“During the past seven days, on how many days were you physically active for a total of at least 60 minutes per day?”*

- From 2011 to 2013, there was **no significant change** in the percentage of students who were physically active for 60 minutes on seven of the past seven days.
- When compared to female students, male students were 1.9 times more likely to engage in daily physical activity.
- There were no differences by grade level or race.

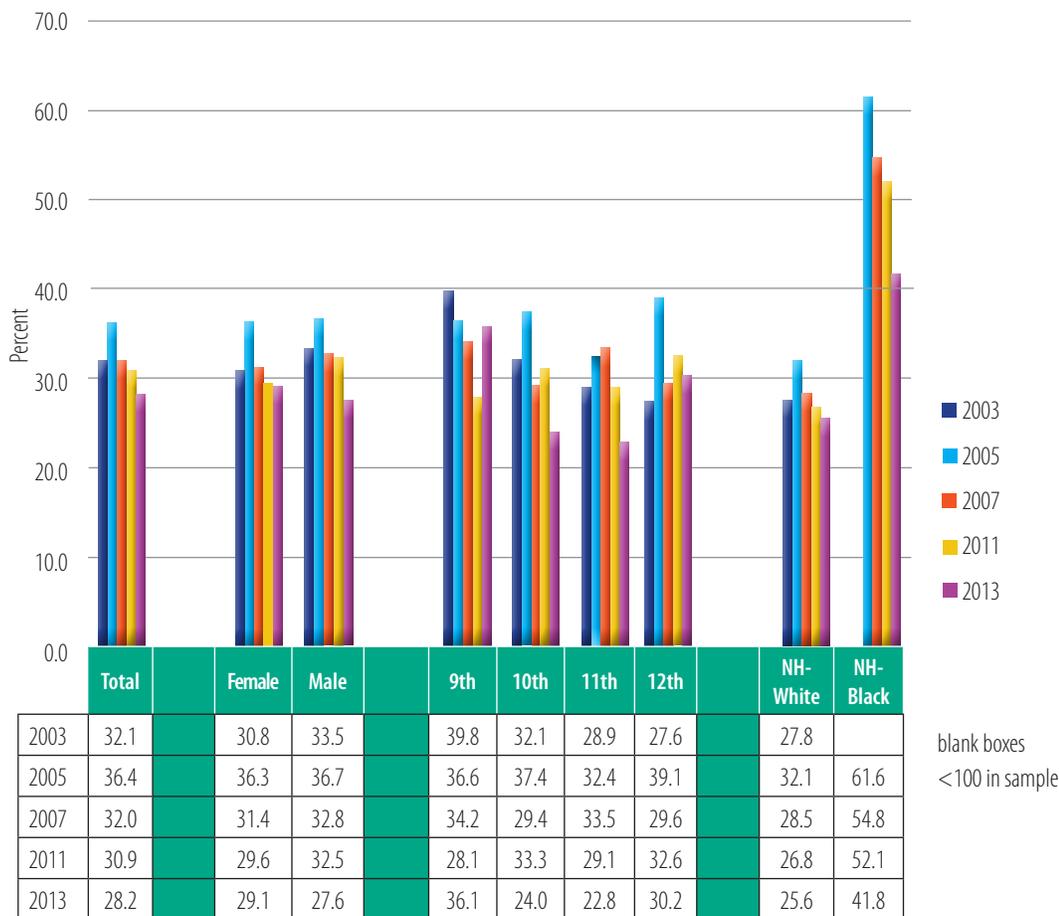
**Percentage of students who spend more than 20 minutes actually exercising or playing sports during an average physical education (PE) class, Ohio 2013**



*“During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?”*

- When compared to female students, male students were 1.5 times more likely to spend more than 20 minutes exercising during an average PE class.
- There were no differences by grade level or race for exercise time during PE class.

**Percentage of students who watched three or more hours per day of TV on an average school day, Ohio 2003-2013**



*“On an average school day, how many hours do you watch TV?”*

- From 2003 to 2013, there was a **significant decrease** in the percentage of students who watched three or more hours per day of TV on an average school day.
- When compared to non-Hispanic white students, non-Hispanic black students were 1.6 times more likely to watch three or more hours of TV on an average school day.
- 9<sup>th</sup> graders were 1.6 times more likely than 11<sup>th</sup> graders to watch three or more hours of tv a day.
- There were no differences by gender.

blank boxes <100 in sample

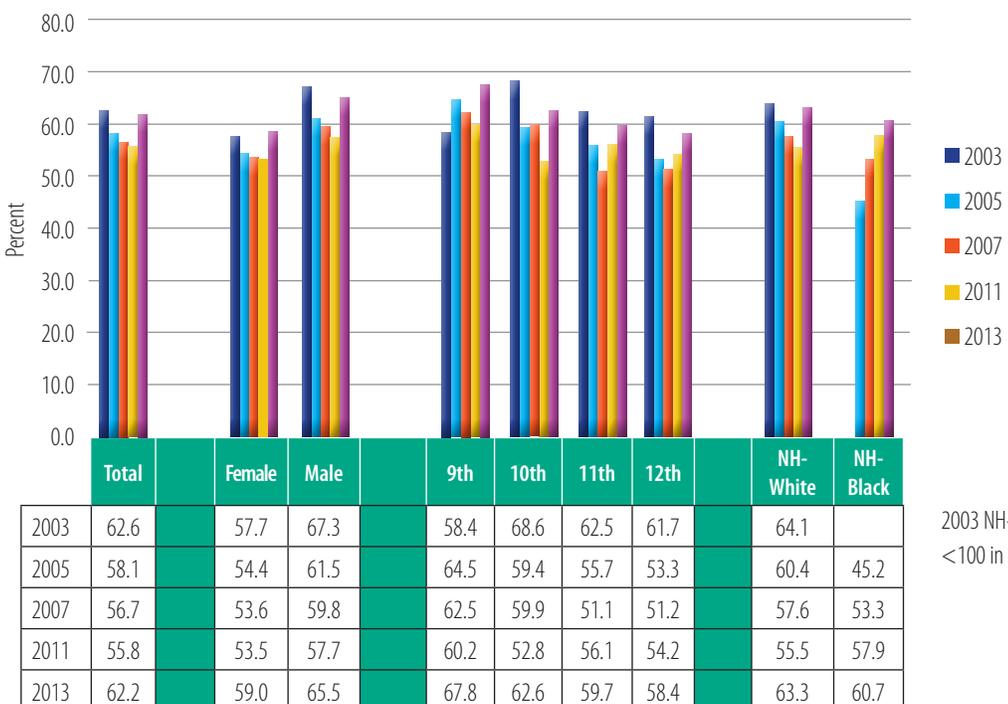
**Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day, Ohio 2007-2013**



*“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?”*

- From 2007 to 2013, there was a **significant increase** in the percentage of students played video or computer games or used a computer recreationally.
- There were no differences by gender, race or grade level for students who reported using computer or video games for three or more hours per day on an average school day.

**Percentage of students who played on one or more sports team during the past 12 months, Ohio 2003-2013**



*“During the past 12 months, on how many sports teams did you play?”*

- From 2003-2013, there was **no significant change** in the percentage of students who played on one or more sports team during the past year.
- There were no differences by grade level, gender or race for students who played on one or more sports team during the past year.

2003 NH-black < 100 in sample

## Conclusions

Physical activity can have a positive effect on numerous aspects of adolescents' lives, such as health, mental health, and academics. It is recommended that children and adolescents engage in a total of sixty minutes of daily physical activity. In Ohio, slightly more than one-fourth of students meet that guideline. In addition, the percentage of students who spend three or more hours on the computer or playing video games has increased significantly in recent years. In addition to having a negative effect on physical activity, research suggests that high TV/ computer activity is associated with increased risk behaviors, such as tobacco use, alcohol or drug use or delinquency.<sup>3</sup>

The primary findings for the 2013 Ohio YRBS showed that approximately:

- Three out of 10 students are getting the recommended 60 minutes per day of physical activity.
- Three out of 10 students reported watching three or more hours of television on an average school day.
- Four out of 10 students reported spending three or more hours playing video or computer games or using a computer for non-school related activities on an average school day
- Six out of 10 students played on one or more sports teams during the past year.

## References:

1. Center for Disease Control and Prevention. (2013, February 19). *Physical Activity Facts*. Retrieved from Adolescent and School Health: <http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>
2. Healthy People. (2013, March 8). 2020 Topics and Objectives. Retrieved from: <http://www.healthypeople.gov/2020/topicsobjectives2020/default.aspx>
3. Nelson, M.C & Gordon-Larsen, P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics*, 117, 1281-1290. doi: 10.1542/peds.2005-1692. Retrieved from: <http://pediatrics.aappublications.org/content/117/4/1281>

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