

# PHYSICAL ACTIVITY

## Fact Sheet



**The Michigan Youth Risk Behavior Survey (YRBS)** is part of a nationwide surveying effort led by the Centers for Disease Control and Prevention (CDC) to monitor students' health risks and behaviors in six categories identified as most likely to result in adverse outcomes. These categories include: unintentional injury and violence, tobacco use, alcohol and other drug use, sexual behaviors that contribute to unintended pregnancy or disease, dietary behaviors, and physical inactivity.

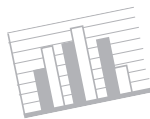
Forty-three Michigan schools and 3,630 students participated in the 2001 YRBS. High response rates allow results of the 2001 YRBS to be generalized to all Michigan high school students.



### Of Vital Concern

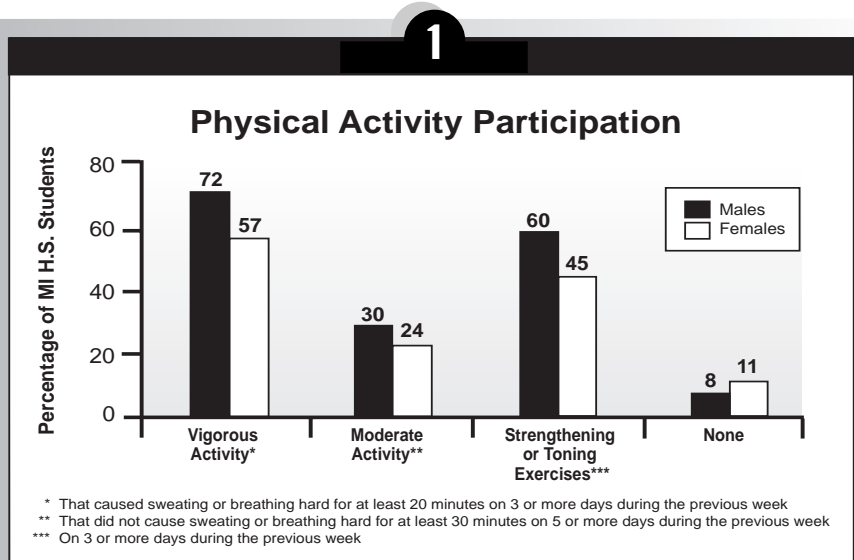
Participation in regular physical activity helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat; reduces feelings of depression and anxiety; and promotes psychological well-being. In the long term, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure. Major decreases in vigorous physical activity occur during grades 9-12, particularly for girls; by 11<sup>th</sup> grade, more than half of female students are not participating regularly in vigorous physical activity. School physical education classes can increase adolescent participation in moderate to vigorous physical activity and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity. Daily participation in physical education class has dropped from 42% in 1991 to 25% in 1995. Television viewing is the principal sedentary leisure time behavior in the U.S., and studies have shown that television viewing in young people is related to obesity and violent or aggressive behavior.

For complete references, please log onto [www.emc.cmich.edu/yrbs/references.htm](http://www.emc.cmich.edu/yrbs/references.htm).



### 2001 Survey Results

- ◆ Two thirds of all students participated in the recommended amount of vigorous physical activities<sup>1</sup> during the previous week.<sup>2</sup>
- ◆ Males were more likely than females to participate in moderate<sup>3</sup> and vigorous activity, exercise to tone their muscles, and attend physical education class at least once a week (Figure 1).
- ◆ One third of students had not received the recommended amount of both moderate and vigorous physical activity during the week.
- ◆ Black students were twice as likely as white students to not participate in moderate or vigorous physical activity during the previous week.



<sup>1</sup> *Vigorous physical activities* are defined as exercise or participation in physical activities that make the participant sweat and breathe hard. The recommended amount is at least 20 minutes of activity on three or more days a week.  
<sup>2</sup> *Previous week* means the seven days preceding the survey.  
<sup>3</sup> *Moderate physical activities* are defined as participation in physical activities that do not make the participant sweat and breathe hard. The recommended amount is at least 30 minutes of activity on five or more days a week.

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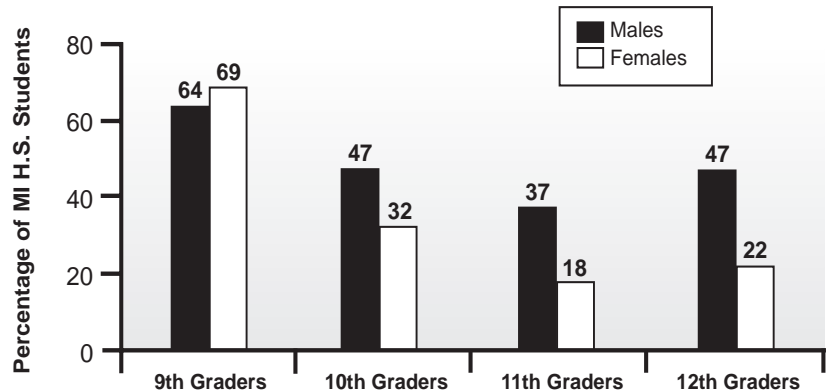
### 2001 Survey Results (continued)

- ◆ More females than males did not participate in the recommended amount<sup>4</sup> of both moderate and vigorous physical activity during the week.
- ◆ Four fifths of all students exercised or played sports for more than 20 minutes during their physical education class regardless of gender or grade.
- ◆ White students were more likely than black students to take part in moderate and vigorous activity, exercise to tone their muscles, exercise or play sports more than 20 minutes during an average physical education class, and play on a sports team.
- ◆ Weekly attendance of physical education class dropped considerably from ninth to tenth grade and dropped again from tenth to eleventh and twelfth grades (Figure 2).
- ◆ Daily attendance of physical education class was more likely in ninth grade than in tenth, eleventh, or twelfth grades.
- ◆ Younger students were more likely than older students to watch three or more hours of television each day on an average school day.<sup>5</sup>
- ◆ Black and Hispanic students were more likely than white students to watch three or more hours of television each day on an average school day (Figure 3).

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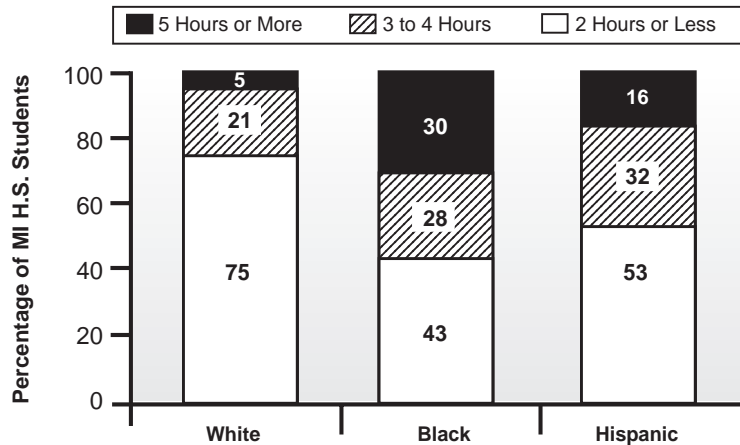
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### Physical Education Class Attendance\*



\* Attended physical education class one or more days during an average school week

### Television Viewing Time\*



\* On an average school day  
Due to rounding, these percentages do not equal 100 percent.

<sup>4</sup> Participate in at least 20 minutes of vigorous physical activity on 3 or more of the past 7 days and at least 30 minutes of moderate physical activity on 5 or more of the past 7 days

<sup>5</sup> Television viewing is typically a sedentary behavior that is correlated with obesity.

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### Trends

Compared to 1997, significantly more high school students exercised to lose weight or keep from gaining weight.

#### Contact Information

Michigan Department of Education, Office of School Excellence, Learning Support Unit,  
P.O. Box 30008, Lansing, Michigan 48909 Phone: 517-241-4284  
Web: www.michigan.gov/mde

#### State of Compliance With Federal Law

The Michigan Department of Education complies with all Federal laws and regulations prohibiting discrimination, and with all requirements and regulations of the U. S. Department of Education.

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### SURVEY QUESTION



SURVEY QUESTION	MI 01	GENDER		GRADE				RACE/ETHNICITY		
		M	F	9	10	11	12	White	Black	Hispanic
% of students who participated in the recommended amount of <b>vigorous physical activities</b> <sup>1</sup> during the past 7 days	65	72	57	69	64	61	63	68	48	52
% of students who participated in the recommended amount of <b>moderate physical activities</b> <sup>3</sup> during the past 7 days	27	30	24	28	27	25	29	28	20	26
% of students who <b>did not participate</b> in the recommended amount <sup>4</sup> of <b>moderate and vigorous physical activity</b> during the past 7 days	31	25	37	26	32	35	33	28	46	42
% of students who participated in <b>no vigorous or moderate physical activity</b> during the past 7 days.	10	8	11	9	8	11	11	8	19	16
% of students who did exercises to <b>strengthen or tone their muscles</b> on 3 or more of the past 7 days	52	60	45	54	53	50	52	55	37	42
% of students who watched <b>3 hours or more of TV per day</b> on an average school day	31	32	30	35	36	27	22	26	57	47
% of students who <b>attended physical education (PE) class</b> one or more days during an average school week	44	50	38	67	40	27	35	43	51	46
% of students who <b>attended physical education (PE) class daily</b>	29	33	26	46	25	18	24	28	35	32
Of students enrolled in physical education (PE) class, % who <b>exercised or played sports more than 20 minutes during</b> an average physical education class	83	85	81	81	86	85	88	89	56	—
% of students who played on one or more <b>sports teams</b> during the past 12 months	61	65	57	63	62	60	57	63	48	52

For additional information on the YRBS results, please log on to [www.emc.cmich.edu/yrbs/default.htm](http://www.emc.cmich.edu/yrbs/default.htm)