

PHYSICAL ACTIVITY

Fact Sheet



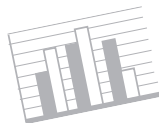
The Michigan Youth Risk Behavior Survey (YRBS) is part of a nationwide surveying effort led by the Centers for Disease Control and Prevention (CDC) to monitor students' health risks and behaviors in six categories identified as most likely to result in adverse outcomes. These categories include unintentional injury and violence, tobacco use, alcohol and other drug use, sexual behaviors that contribute to unintended pregnancy or disease, dietary behaviors, and physical inactivity. High response rates allow results of the 2007 YRBS to be generalized to all Michigan students in grades 9-12.



Of Vital Concern: The National Perspective

Participating 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. Over time, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure. The 2005 Dietary Guidelines for Americans recommends that youth engage in at least 60 minutes of physical activity on most, preferably all, days of the week. In 2005, 44% of male and 28% of female high school students had been physically active for at least 60 minutes per day. School physical education classes can increase adolescent participation in physical activity and help high school students develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity. The percentage of high school students enrolled in physical education class did not change significantly from 1991-2005. Television viewing, computer usage, and video game playing are associated with physical inactivity among adolescents and young adults. Television viewing during childhood and adolescence is associated with being overweight.

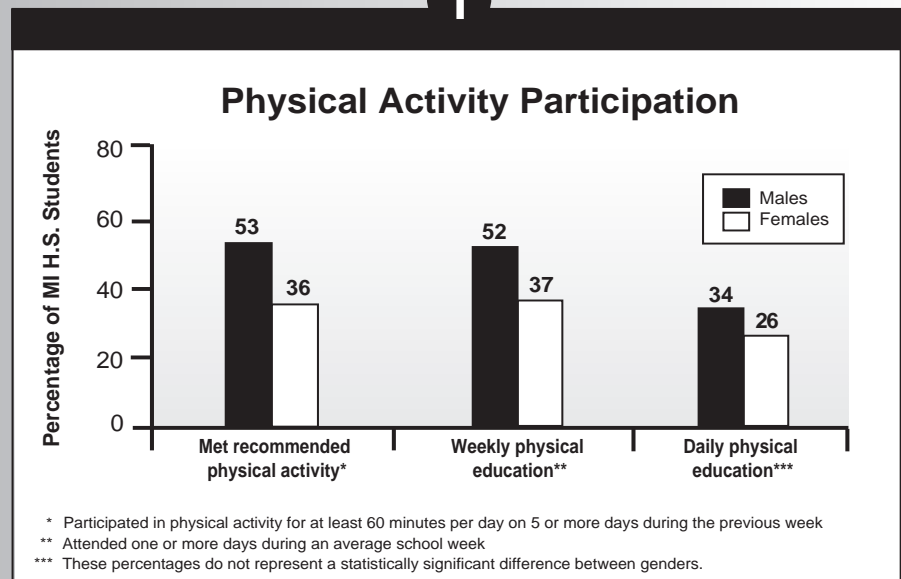
For complete references, please log onto www.emc.cmich.edu/yrbs.



2007 Survey Results

- ◆ Less than half of all Michigan high school students met the **recommended level of physical activity**¹ during the previous week.² This was true for all race/ethnicity groups, 10th through 12th grade students, and females.
- ◆ One-seventh of students **did not participate** in 60 minutes or more of physical activity on any day during the previous week.
- ◆ Males were more likely than females to get **recommended levels of physical activity** and **attend physical education** at least once a week. The prevalence of **not participating** in any days of physical activity for at least 60 minutes is higher among females than males (Figure 1).

1

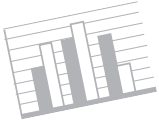


¹ *Met recommended levels of physical activity* is activity that increased their heart rate and made them breathe hard some of the time for at least 60 minutes per day on 5 or more days during the previous week.

² *Previous week* means the 7 days preceding the survey.

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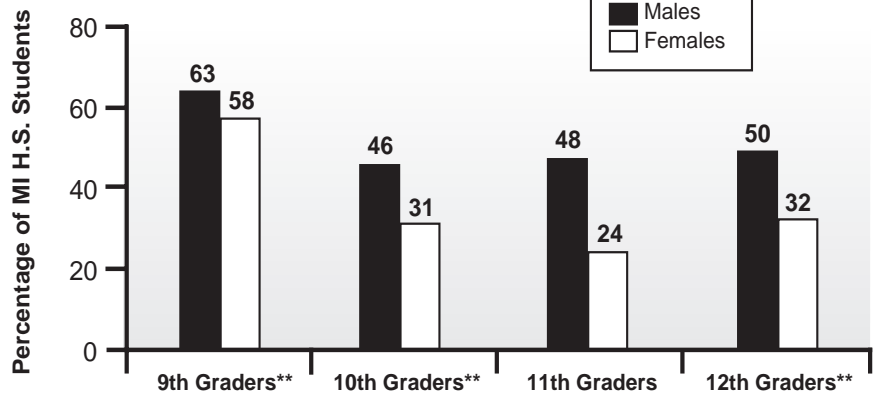


2007 Survey Results (continued)

- ◆ Less than half of Michigan students attended **physical education class weekly**³ and less than one-third attended **daily**.
- ◆ **Weekly attendance of physical education class** was more likely in ninth grade than in tenth, eleventh, or twelfth grades. **Daily** physical education was more likely for ninth than eleventh and twelfth grade students (Figure 2).
- ◆ Black students were more likely than American Indian, Hispanic, or white students to **watch three or more hours of television**⁴ each day on an average school day. They were also more likely than American Indian and white students to use a **computer** for something other than school work and **play video or computer games**⁴ for three or more hours each day on an average school day (Figure 3).
- ◆ Students with high grades were less likely than students with low grades⁵ to **watch three or more hours of television** each day on an average school day. Students with high grades were also less likely than students with average and low grades to use a **computer** for non-school use for more than three hours on a school day (Figure 4).

2

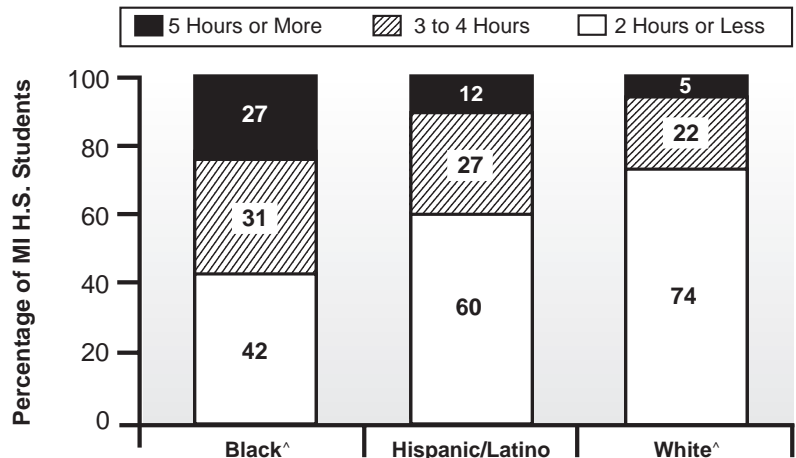
Weekly Physical Education Attendance*



* Attended physical education class one or more days during an average school week
 ** These percentages do not represent a statistically significant difference between genders.

3

Television Viewing Time*



* On an average school day
 Due to rounding, these percentages do not equal 100 percent.
[^] Non-Hispanic

³ *Weekly physical education* is attending one or more days during an average school week.
⁴ Television viewing and playing computer or video games is a sedentary behavior related to obesity.
⁵ Self report grades earned in school are used to assess academic achievement with high grades representing students with mostly As and Bs, average grades with Cs, and low grades with mostly Ds and Fs.

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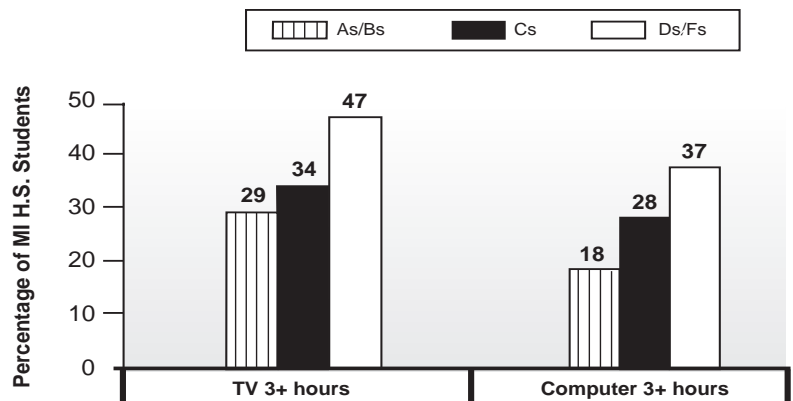
Trends



Since 1999, trends show that more high school students attend one or more physical education classes in a week.

4

Leisure Time Behavior and Academics



Contact Information

Michigan Department of Education, Grants Coordination and School Support,
Coordinated School Health and Safety Programs
P.O. Box 30008, Lansing, Michigan 48909 Phone: 517-241-4284
Web: www.michigan.gov/mde

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SURVEY QUESTION



| SURVEY QUESTION | MI 2007 | GENDER | | GRADE | | | | RACE/ETHNICITY | | | |
|---|------------|--------|----|-------|----|----|----|--------------------|--------------------|---------------------|--------------------|
| | | M | F | 9 | 10 | 11 | 12 | American Indian | Black [^] | Hispanic/ Latino | White [^] |
| % 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 (Recommended level of physical activity) | 44 | 53 | 36 | 52 | 40 | 41 | 42 | 33 | 41 | 39 | 46 |
| % of students who watched 3 hours or more of TV per day on an average school day | 33 | 35 | 31 | 33 | 37 | 34 | 25 | 34 | 58 | 40 | 27 |
| % 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 week | 23 | 28 | 18 | 24 | 23 | 25 | 19 | 10 | 31 | 25 | 21 |
| % of students who attended physical education (PE) class one or more days during an average school week | 45 | 52 | 37 | 60 | 39 | 36 | 41 | 44 | 51 | 47 | 44 |
| % of students who attended physical education (PE) class daily | 30 | 34 | 26 | 44 | 26 | 22 | 25 | 33 | 36 | 28 | 29 |
| Of students enrolled in physical education (PE) class, % who exercise or played sports more than 20 minutes during an average physical education class | 45 | 52 | 37 | 62 | 37 | 36 | 39 | 31 | 41 | 44 | 46 |

[^]Non-Hispanic

For additional information on the YRBS results, please log on to www.michigan.gov/yrbs