

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 2009 YRBS to be generalized to all Michigan students in grades 9-12.

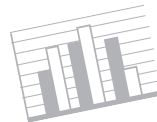


Of Vital Concern: The National Perspective

Participation in regular physical activity among young people can help build and maintain healthy bones and muscles, maintain body weight and reduce body fat, reduce feelings of depression and anxiety, and promote psychological well-being. Over time, regular physical activity decreases the risk of high blood pressure, heart disease, diabetes, some types of cancer, and premature death.

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 2007, 35% of high school students nationwide had been 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 on 5 or more days during the 7 days before the survey. 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.

In 2007, 54% of high school students nationwide went to physical education classes on 1 or more days in an average week when they were in school. Television viewing, computer usage, and video/DVD usage are all considered sedentary behaviors. Child and adolescent TV viewing, in particular, is associated with childhood and adult obesity and youth who engage in less than two hours of TV viewing per day tend to be more active. Computer usage and video game playing are associated with physical inactivity among adolescents and young adults.

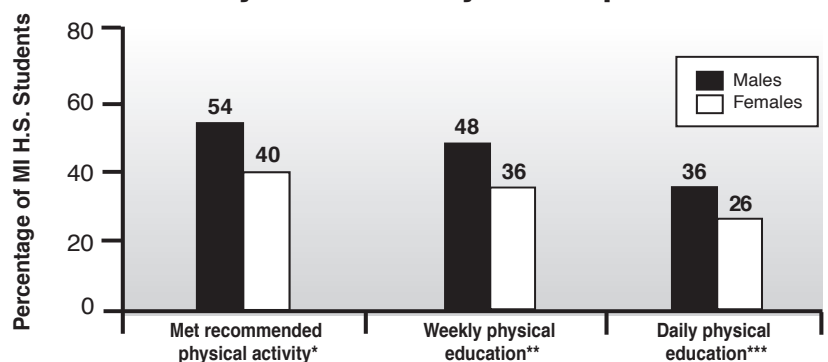


2009 Survey Results

- ◆ Less than half of all Michigan high school students met the **recommended level of physical activity**¹ during the previous week.²
- ◆ Ninth graders were more likely than eleventh and twelfth graders to get **recommended levels of physical activity**. Similarly, students with high grades³ were more likely than those with low grades to get enough physical activity.
- ◆ Males were more likely than females to get **recommended levels of physical activity** and **attend physical education** at least once a week (Figure 1).

1

Physical Activity Participation



* Participated in physical activity for at least 60 minutes per day on 5 or more days during the previous week

** Attended one or more days during an average school week

*** These percentages do not represent a statistically significant difference between genders.

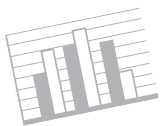
¹ *Met recommended levels of physical activity* is activity that increased their heart rate and made them breathe hard some of the time for at least 60 minutes per day on 5 or more days during the previous week.

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

³ 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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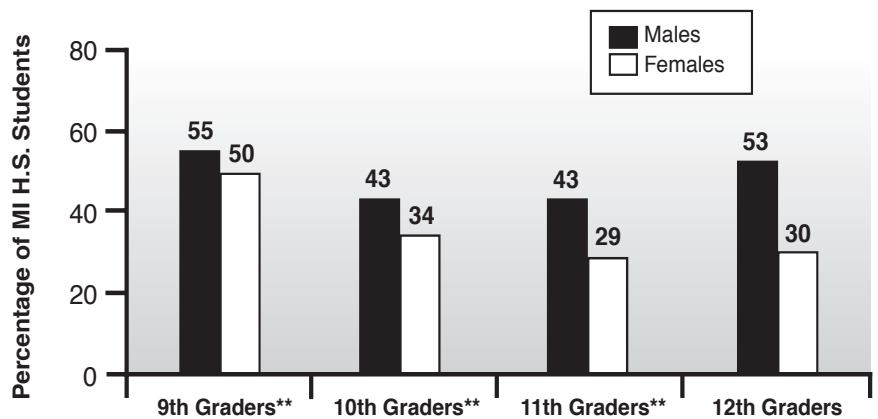


2009 Survey Results (continued)

- ◆ Less than half of Michigan students **attended physical education class weekly**⁴ and less than one-third attended **daily**. This was true for tenth, eleventh, and twelfth grade students (Figure 2).
- ◆ Black students were less likely than white students to get **recommended levels of physical activity** and almost twice as likely to watch **three or more hours of television**⁵ each day on an average school day (Figure 3).
- ◆ Students with high grades were less likely than students with average and low grades 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**⁵ for non-school use for more than three hours on a school day (Figure 4).
- ◆ Males were more likely than females to watch excessive **television** and use a **computer** for non-school use on a school day.

2

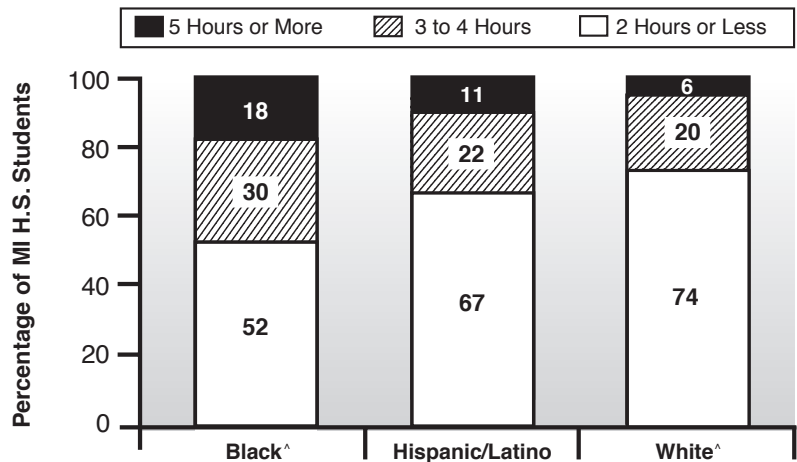
Weekly Physical Education Attendance*



* 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 may not equal 100 percent.
[^] Non-Hispanic

⁴ Weekly physical education is attending one or more days during an average school week.

⁵ Television viewing and playing computer or video games is a sedentary behavior related to obesity.

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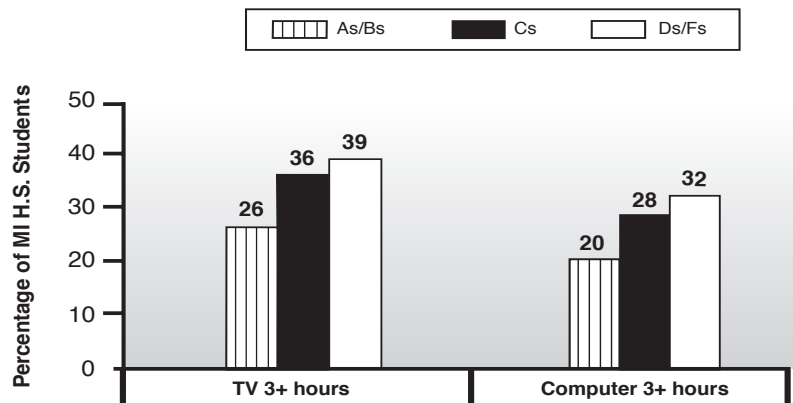
Trends



In the past decade, Michigan high school students are less likely to watch three or more hours per day of TV on an average school day.

4

Leisure Time Behavior and Academics



Contact Information

Michigan Department of Education, Grants Coordination and School Support,
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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	GENDER		GRADE				RACE/ETHNICITY		
	2009	M	F	9	10	11	12	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)	47	54	40	56	48	39	43	38	41	50
% of students who watched 3 hours or more of TV per day on an average school day	30	34	25	31	29	29	31	48	33	25
% 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	23	28	19	26	23	22	22	28	24	22
% of students who attended physical education PE class one or more days during an average school week	42	48	36	52	38	36	41	48	46	41
% of students who attended physical education PE class daily	31	36	26	40	28	25	31	31	32	31
Of students enrolled in physical education PE class, % who exercised or played sports more than 20 minutes during an average physical education class	42	49	35	53	38	37	40	41	42	43

[^]Non-Hispanic

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