



## Trends in the Prevalence of Physical Activity and Sedentary Behaviors National YRBS: 1991—2015

The national Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9<sup>th</sup> through 12<sup>th</sup> grade students in public and private schools throughout the United States.

Percentages													Change from 1991–2015 <sup>1</sup>	Change from 2013–2015 <sup>2</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015		
<b>Did not participate in at least 60 minutes of physical activity on at least 1 day</b> doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey														
— <sup>3</sup>	—	—	—	—	—	—	—	—	—	13.8	15.2	14.3	No change 2011—2015	No change
<b>Were physically active at least 60 minutes per day on 5 or more days</b> doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey														
—	—	—	—	—	—	—	—	—	—	49.5	47.3	48.6	No change 2011—2015	No change
<b>Were physically active at least 60 minutes per day on all 7 days</b> doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey														
—	—	—	—	—	—	—	—	—	—	28.7	27.1	27.1	No change 2011—2015	No change
<b>Played video or computer games or used a computer 3 or more hours per day</b> (for something that was not school work on an average school day)														
—	—	—	—	—	—	22.1	21.1	24.9	24.9	31.1	41.3	41.7	Increased 2003—2015 Increased 2003—2009 Increased 2009—2015	No change
<b>Watched 3 or more hours per day of television</b> (on an average school day)														
—	—	—	—	42.8	38.3	38.2	37.2	35.4	32.8	32.4	32.5	24.7	Decreased 1999—2015	Decreased

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Percentages													Change from 1991–2015 <sup>1</sup>	Change from 2013–2015 <sup>2</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015		
Attended physical education classes on 1 or more days (in an average week when they were in school)														
48.9	52.1	59.6	48.8	56.1	51.7	55.7	54.2	53.6	56.4	51.8	48.0	51.6	No change 1991—2015	No change
Attended physical education classes on all 5 days (in an average week when they were in school)														
41.6	34.3	25.4	27.4	29.1	32.2	28.4	33.0	30.3	33.3	31.5	29.4	29.8	Decreased 1991—1995 No change 1995—2015	No change
Played on at least one sports team (run by their school or community groups during the 12 months before the survey)														
—	—	—	—	55.1	55.2	57.6	56.0	56.3	58.3	58.4	54.0	57.6	No change 1999—2015	No change
Participated in muscle strengthening activities on 3 or more days (such as, push-ups, sit-ups, or weight lifting, during the 7 days before the survey)														
47.8	51.9	50.3	51.4	53.6	53.4	51.9	—	—	—	55.6	51.7	53.4	Increased 1991—2015 No change 1991—1995 No change 1995—2015	No change

<sup>1</sup> Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade,  $p < 0.05$ . Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).

<sup>2</sup> Based on t-test analysis,  $p < 0.05$ .

<sup>3</sup> Not available.

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