

PHYSICAL ACTIVITY

Fact Sheet



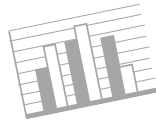
The Michigan Youth Risk Behavior Survey (YRBS) is part of a nationwide surveying effort led by the Centers for Disease Control and Prevention (CDC) to monitor students' health risks and behaviors in six categories identified as most likely to result in adverse outcomes. These categories include unintentional 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 2005 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. Decreases in vigorous physical activity occur during grades 9-12, particularly for girls; by 11th grade, half of female high school students do not participate regularly in sufficient levels of vigorous physical activity. School physical education classes can increase adolescent participation in moderate to vigorous 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 1991-2003. Television viewing is the principal sedentary leisure time behavior in the United States. Television viewing in young people is related to obesity.

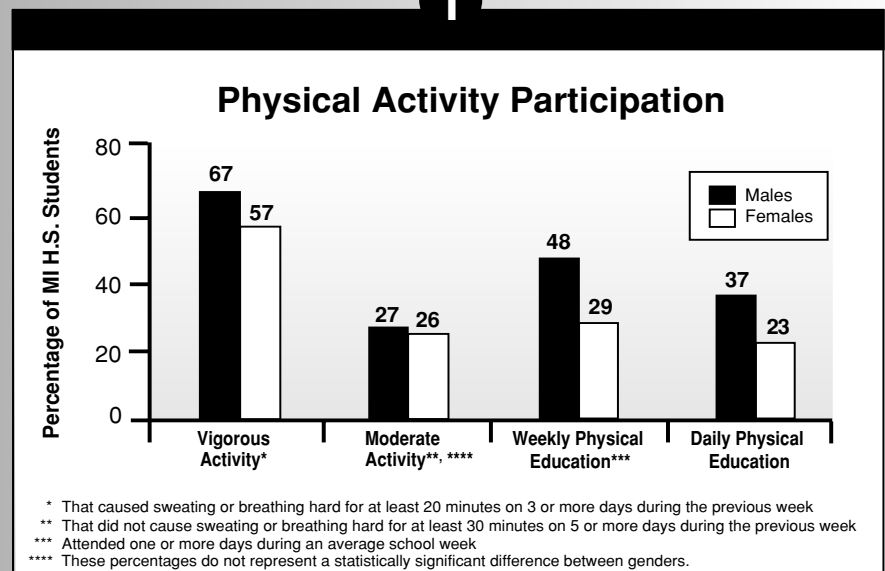
For complete references, please log onto www.emc.cmich.edu/yrbs.



2005 Survey Results

- ◆ Less than two thirds of all students participated in the **recommended amount of vigorous physical activity**¹ during the previous week.²
- ◆ Males were more likely than females to participate in **vigorous physical activity, exercise to tone their muscles, and attend physical education** class either daily or at least once a week. (Figure 1).
- ◆ One third of students had not received the recommended amount of both **moderate**³ and **vigorous physical activity** during the week.

1



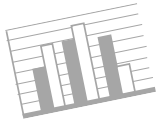
¹ *Vigorous physical activities* are defined as exercise or participation in physical activities that make the participant sweat and breathe hard. The recommended amount is at least 20 minutes of activity on three or more days a week.

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

³ *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.

PHYSICAL ACTIVITY

Fact Sheet

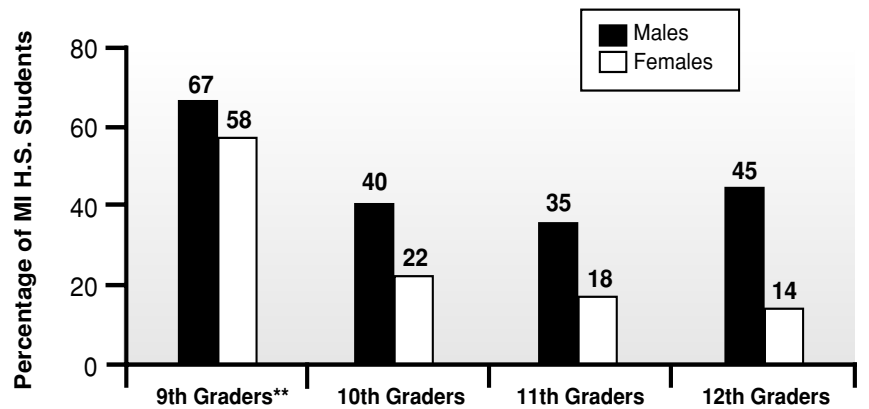


2005 Survey Results (continued)

- ◆ Students with higher grades were more likely than students with lower grades⁴ to participate in the recommended amount of **vigorous physical activity**.
- ◆ More females than males did not participate in the recommended amount⁵ of both **moderate and vigorous physical activity** during the week.
- ◆ More than four fifths of all students **exercised or played sports for more than 20 minutes** during their physical education class regardless of gender, grade, or race/ethnicity.
- ◆ **Daily and weekly attendance of physical education class** was twice as likely in ninth grade than in tenth, eleventh or twelfth grades (Figure 2).
- ◆ Black students were more likely to attend a **daily physical education class** than Hispanic students.
- ◆ Students with higher grades were less likely than students with average and low grades to **watch three or more hours of television**⁶ each day on an average school day.
- ◆ Black students were more likely than white, Hispanic, and American Indian students to **watch three or more hours of television** each day on an average school day (Figure 3).

2

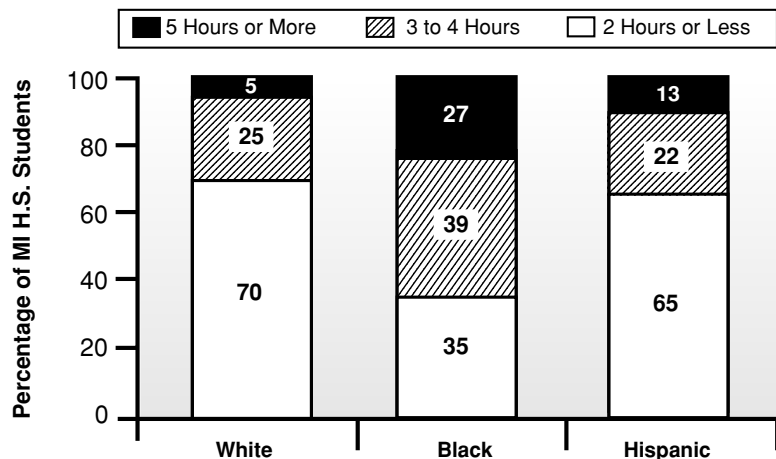
Physical Education Class Attendance*



* 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.

⁴ 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.
⁵ 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.
⁶ Television viewing is a sedentary behavior related to obesity.

PHYSICAL ACTIVITY

Fact Sheet



Trends

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

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

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. 10,000 pieces printed at \$48 each, total cost \$791.77.

Michigan State Board of Education

Kathleen N. Straus, President
Carolyn L. Curtin, Secretary
Nancy Danhof, NASBE Delegate
Reginald M. Turner
John C. Austin, Vice President
Marianne Yared McGuire, Treasurer
Elizabeth W. Bauer
Eileen Lappin Weiser

Ex-Officio

Jennifer M. Granholm, Governor
Michael P. Flanagan, Superintendent of Public Instruction

SURVEY QUESTION 	MI	GENDER		GRADE				RACE/ETHNICITY			
	2005	M	F	9	10	11	12	Black	White	Hispanic	American Indian
% of students who participated in the recommended amount of vigorous physical activities during the past 7 days	62	67	57	71	63	59	52	57	63	70	71
% of students who participated in the recommended amount of moderate physical activities during the past 7 days	27	27	26	29	25	26	28	27	27	23	33
% of students who did not participate in the recommended amount of moderate and vigorous physical activity during the past 7 days	33	29	37	25	32	36	40	38	32	26	26
% of students who participated in no vigorous or moderate physical activity during the past 7 days	11	10	12	9	10	13	11	14	10	11	4
% of students who did exercises to strengthen or tone their muscles on 3 or more of the past 7 days	49	55	43	52	53	44	47	50	49	51	63
% of students who watched 3 hours or more of TV per day on an average school day	36	38	33	40	37	33	32	65	30	35	37
% of students who attended physical education (PE) class one or more days during an average school week	38	48	29	63	31	26	29	50	36	37	46
% of students who attended physical education (PE) class daily	30	37	23	47	26	22	20	42	28	26	26
Of students enrolled in physical education (PE) class, % who exercised or played sports more than 20 minutes during an average physical education class	88	90	85	87	88	95	86	78	91	—	—

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