

Data Source Documentation

Indicator	Physical activity, high school students
Demographic Group	Wisconsin public high school students
Numerator	For 1999-2005, the numerator is the number of high school students who reported on the Wisconsin Youth Risk Behavior Survey (YRBS) that they engage in regular moderate or vigorous physical activity (separate measures). In 2007, only the vigorous activity question was asked. In 2009, the vigorous exercise question was also dropped, leaving one regular exercise question asking if the student has been physically active for at least 60 minutes on five or more of the past seven days (see question wording below). The numerator is the number of high school students who reported meeting that definition of regular exercise (activity for 60 or more minutes on five of the past seven days).
Denominator	All high school students who responded to the Wisconsin YRBS in the relevant year or years.
Details about Data Item	<p>In the tables, the 95% confidence interval (the “+/-“ column) indicates the range in which 95 of 100 identical surveys would estimate the percent of high school students who engage in regular physical activity. Add the confidence interval to the estimated percent to find the high boundary and subtract it to find the low boundary. Smaller numbers of cases in the denominator produce larger confidence intervals.</p> <p>YRBS questions:</p> <ul style="list-style-type: none"> • “On how many of the last 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing or similar aerobic activities?” (<i>vigorous</i>) • “On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?” (<i>moderate</i>) • During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)
Other Data Information	The Wisconsin Youth Risk Behavior Survey is administered through collaboration between the Wisconsin Department of Public Instruction and the U.S. Centers for Disease Control and Prevention (CDC). All public schools in Wisconsin containing grades 9-12 are included in the high school sampling frame. Schools are selected with probability proportional to enrollment in grades 9-12. All students in classes selected within each school are eligible to participate. The results are weighted to represent the overall population of Wisconsin public high school students.

Reference Time Period	The 7 days immediately preceding the day the student responded to the YRBS.
Data Source	Wisconsin Youth Risk Behavior Survey, Department of Public Instruction; U.S. Centers for Disease Control and Prevention (CDC).
Additional Information	Additional information about the Wisconsin YRBS can be found on the Department of Public Instruction Web site: http://dpi.wi.gov/sspw/yrbsindx.html