

Physical activity, high school students

Health Priority I: Overweight, Obesity, Lack of Physical Activity

Objective I2: Between 2001 and 2010, increase the proportion of Wisconsin adolescents who report they engaged in at least 30 minutes of moderate physical activity, on five or more of the previous seven days, from 27 percent to 37 percent.

[**Note:** As of 2007, the Youth Risk Behavior Survey no longer includes the moderate exercise question and, as of 2009, no longer includes the vigorous exercise question. Another YRBS measure that addresses regular physical activity – but not moderate or vigorous activity specifically – is shown below for 2005, 2007 and 2009 (total and by sex) and for the period 2005-2009 (total and by race/ethnicity).]

2010 Target: 37%

Indicator: Physical activity, high school students

Percent of Wisconsin High School Students Who Were Physically Active for at Least 60 Minutes per Day on Five or More of the Past Seven Days (Regular Physical Activity)

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
2005	35%	2%	42%	3%	28%	3%
(N)	2,372		1,156		1,211	
2007	38%	2%	44%	3%	32%	3%
(N)	2,069		1,046		1,022	
2009	48%	2%	55%	3%	42%	3%
(N)	2,404		1,166		1,234	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: The physical activity measures available through YRBS changed in 2007 and 2009.

Separate moderate and vigorous exercise measures are no longer available (see documentation).

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

*Non-Hispanic.

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Physical activity, high school students, continued

Percent of Wisconsin High School Students Who Were Physically Active for at Least 60 Minutes per Day on Five or More of the Past Seven Days (Regular Physical Activity), by Race Ethnicity

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic		White*	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
2005-2009	40%	1%	30%	5%	45%	10%	32%	6%	26%	7%	42%	1%
(N)	6,845		363		104		274		180		5414	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: The questions on moderate and vigorous exercise were not on the survey in 2009 (see documentation).

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

* Non-Hispanic.

Percent of Wisconsin High School Students Who Regularly Engage in Moderate Physical Activity

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
1999	26%	2%	26%	3%	25%	3%
(N)	1,336		682		648	
2001	28%	2%	30%	3%	25%	3%
(N)	2,120		1,031		1,084	
2003	28%	2%	32%	3%	25%	3%
(N)	2,121		1,019		1,097	
2005	28%	2%	32%	3%	23%	3%
(N)	2,389		1,163		1,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: 'Moderate' refers to activity that causes small increases in breathing or heart rate. 'Regularly' refers to moderate activity performed for at least 30 minutes, five or more times per week. (See documentation on changes in measures from 2005 to 2009.)

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

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Physical activity, high school students, continued

Percent of Wisconsin High School Students Who Regularly Engage in Vigorous Physical Activity

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
1999	60%	3%	65%	4%	56%	3%
(N)	1,336		682		648	
2001	65%	2%	72%	3%	58%	3%
(N)	2,120		1,031		1,084	
2003	63%	2%	70%	3%	56%	3%
(N)	2,121		1,019		1,097	
2005	67%	2%	74%	3%	60%	3%
(N)	2,389		1,163		1,219	
2007	69%	2%	73%	3%	65%	3%
(N)	2,073		1,048		1,024	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: 'Vigorous' refers to activity that causes large increases in breathing or heart rate. 'Regularly' refers to vigorous activity performed for at least 20 minutes, three or more times per week. The vigorous exercise question was not on the survey in 2009.

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

Percent of Wisconsin High School Students Who Regularly Engage in Moderate Physical Activity, by Race/Ethnicity

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic		White*	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
1999-2003	27%	1%	23%	5%	30%	10%	16%	5%	27%	9%	28%	1%
(N)	5,577		397		104		213		154		4,379	
2001-2005	28%	1%	21%	5%	32%	8%	23%	5%	23%	6%	29%	1%
(N)	6,630		468		136		272		203		5,219	

Source: Wisconsin Youth Risk Behavior Survey, Wisconsin Department of Public Instruction.

Note: 'Moderate' refers to activity that causes small increases in breathing or heart rate. 'Regularly' refers to moderate activity performed for at least 30 minutes, five or more times per week. The moderate exercise question was not on the survey in 2007 or 2009 (see documentation).

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

* Non-Hispanic.

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Physical activity, high school students, continued

Percent of Wisconsin High School Students Who Regularly Engage in Vigorous Physical Activity, by Race/Ethnicity

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic		White*	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
1999-2003	63%	2%	46%	6%	52%	11%	50%	8%	61%	9%	65%	2%
(N)	5,577		397		104		213		154		4,379	
2001-2005	65%	1%	48%	6%	63%	8%	57%	6%	59%	7%	67%	1%
(N)	6,630		468		136		272		203		5,219	
2003-2007	67%	1%	52%	6%	67%	9%	60%	6%	59%	7%	69%	1%
(N)	6,530		325		119		251		194		5,273	

Source: Wisconsin Youth Risk Behavior Survey, Wisconsin Department of Public Instruction.

Note: 'Vigorous' refers to activity that causes large increases in breathing or heart rate. 'Regularly' refers here to vigorous activity performed for at least 20 minutes, three or more times per week. The vigorous activity question was not on the survey in 2009 (see documentation).

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

* Non-Hispanic.