

# Physical Activity

## Risk Factors

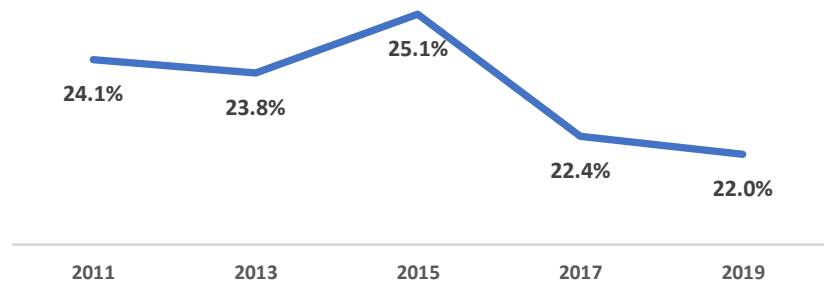
### Key Highlights

- Excluding a peak in 2015, the percentage of students who were physically active for at least 60 minutes per day on all 7 days decreased from 2011 (24.1%) through 2019 (22.0%).
- Less than a quarter (22.0%) of high school students meet the current physical activity guidelines of at least 60 minutes of activity per day.
- Heterosexual students are nearly two times as likely as LGBT students to engage in 60 minutes of physical activity every day (23.8% vs 12.1%).
- Compared to students who were physically active, students who were not physically active at least 60 minutes per day on any of the previous 7 days were more likely to report a BMI that exceeded the 95<sup>th</sup> percentile for body mass index based on gender and age specifics (1.8 times as likely).
- Hispanic (37.7%) were more likely than NH Other (34.3%), NH Black (32.0%), and NH White (31.5%) students to not be physically active at least 60 minutes per day on all 7 days and perceive themselves as slightly or very overweight.
- On average, students who were not physically active for at least 60 minutes per day on all 7 days reported 3.7 hours of screen time (TV viewing and computer use) on an average school day.
- Compared to student who were physically active, students who were not physically active at least 60 minutes per day on any of the previous 7 days were more likely to receive C's, D's or F's in school (1.5 times as likely).
- Compared to female students, male students were more likely to not participate in at least 60 minutes of physical activity on at least 1 day and reported their grades in school as mostly C's, D's or F's (34.0% vs 23.5%).

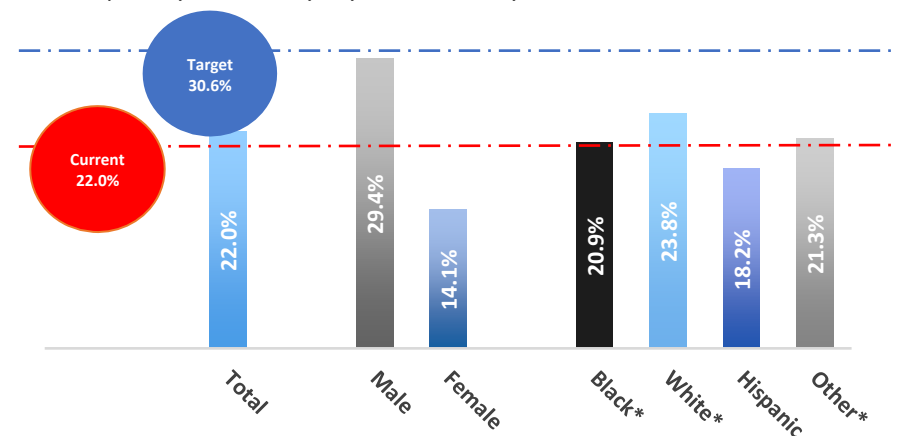
### Introduction

Children and adolescents ages 6 through 17 years should participate in 60 minutes or more of moderate-to-vigorous physical activity daily. Regular physical activity among children and adolescents is associated with improved cardiovascular and muscular fitness, bone health, metabolism and body composition.<sup>1</sup> The relationship between physical activity, health, and academic performance is well documented; students who are physically active are more likely to have higher grades and attend school regularly.<sup>2</sup> For students statewide, participation in sports teams was associated with an increase in physical activity. Current studies suggest that excessive screen time is one of the most-documented causes of obesity in adolescents.<sup>3</sup> Comprehensive school-based physical activity programs along with increase parent involvement can help youth meet most of their physical activity needs.

**Figure 1:** Percentage of Students who were physically active for at least 60 minutes per day on all 7 days, VYS, 2011 - 2019

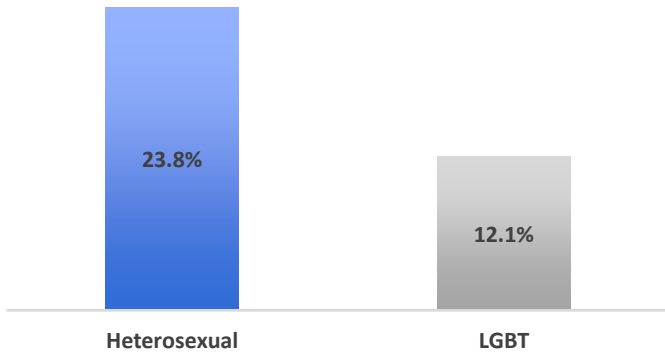


**Figure 2:** Percentage of Students who were physically active for at least 60 minutes per day on all 7 days by Race/Ethnicity and Sex, VYS, 2019

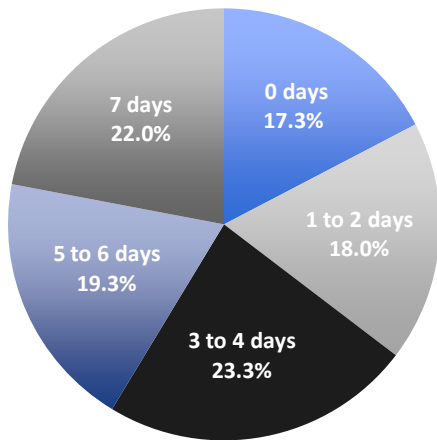


\*Non-Hispanic (NH)  
 Other = Asian\*, Multiple Races\*, All other Races\*  
 Health People 2020 Target for Adolescent Physical Activity

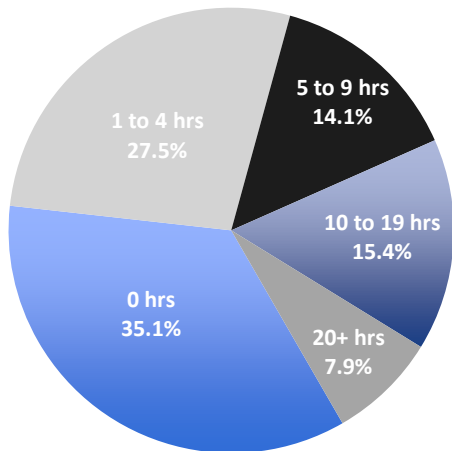
**Figure 3:** Percentage of Students who were physically active for at least 60 minutes per day on all 7 days by Sexual Orientation/Sexual Identity, VYS, 2019



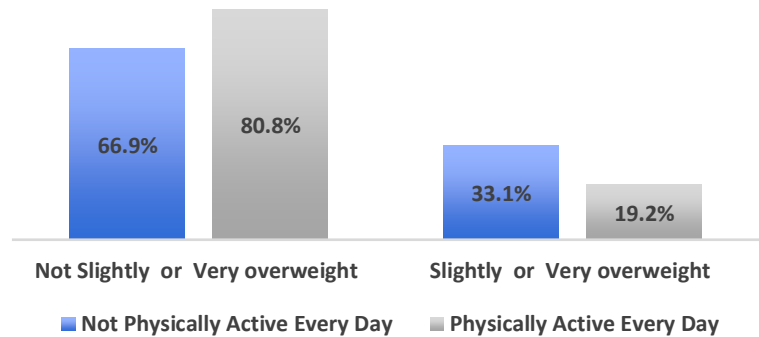
**Figure 4:** Chart of How many days Students spent being physically active for at least 60 minutes per day, VYS, 2019



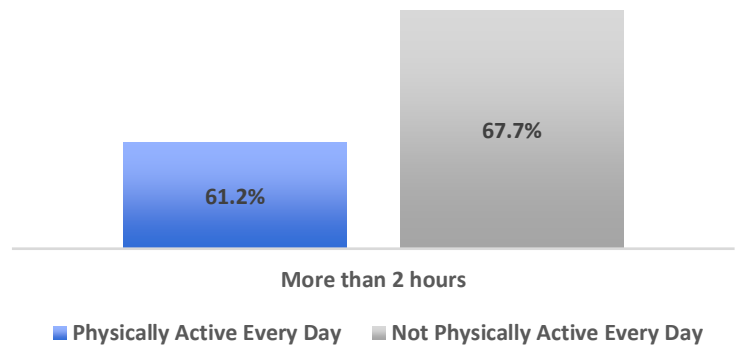
**Figure 5:** Chart of How often Students participate in after school or community activities such as sport, band, drama, or club in an average week, VYS, 2019



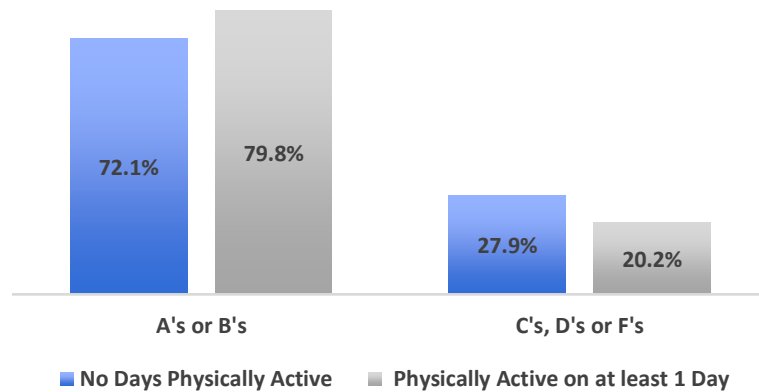
**Figure 6:** Percentage of Students who perceived themselves to be slightly or very overweight by reported physical activity for at least 60 minutes per day on all 7 days, VYS, 2019



**Figure 7:** Percentage of Students reporting daily screen-time by whether they were physically active at least 60 minutes per day on all 7 days by screen time, VYS, 2019



**Figure 8:** Percentage of Students reporting grade level in school by whether they were physically active at least 60 minutes per day on at least one day, VYS, 2019



**DEFINITIONS**

- **Heterosexual:** A sexual orientation in which a person feels physically and emotionally attracted to people of a gender other than their own.
- **Lesbian, Gay, Bisexual, and Transgender (LGBT):**
  - **Lesbian:** Usually, a woman whose primary sexual and affectional orientation is toward people of the same gender.
  - **Gay:** A sexual and affectional orientation toward people of the same gender.
  - **Bisexual:** A person whose primary sexual and affectional orientation is toward people of the same and other genders, or towards people regardless of their gender.
  - **Transgender:** Identifying as transgender, or trans, means that one's internal knowledge of gender is different from conventional or cultural expectations based on the sex that person was assigned at birth.

**REFERENCES**

1. Piercy KL, Troiano RP, Ballard RM, et al. The Physical Activity Guidelines for Americans. JAMA. 2018; 320 (19):2020–2028. doi:10.1001/jama.2018.14854. Accessed May 11, 2020, <https://jamanetwork.com/journals/jama/fullarticle/2712935>
2. Michael SL, Merlo C, Basch C, et al. Critical connections: health and academics. Journal of School Health. 2015; 85 (11):740–758. Accessed May 11, 2020, <https://onlinelibrary.wiley.com/doi/full/10.1111/josh.12309>
3. Robinson TN, Banda JA, Hale L, et al. Screen Media Exposure and Obesity in Children and Adolescents. Pediatrics. 2017; 140 (Suppl 2): S97-S101. doi:10.1542/peds.2016-1758K. Accessed May 11, 2020, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5769928/>

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