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. 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. 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. 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

![Graph showing the percentage of students physically active over the years from 2011 to 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

![Graph showing the percentage of students physically active by race/ethnicity and gender over the years from 2019.]

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 95th 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%).

*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

<table>
<thead>
<tr>
<th>Sexual Orientation/Sexual Identity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heterosexual</td>
<td>23.8%</td>
</tr>
<tr>
<td>LGBT</td>
<td>12.1%</td>
</tr>
</tbody>
</table>

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

- 0 days: 17.3%
- 1 to 2 days: 18.0%
- 3 to 4 days: 23.3%
- 5 to 6 days: 19.3%
- 7 days: 22.0%

**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

<table>
<thead>
<tr>
<th>Duration</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 hrs</td>
<td>35.1%</td>
</tr>
<tr>
<td>1 to 4 hrs</td>
<td>27.5%</td>
</tr>
<tr>
<td>5 to 9 hrs</td>
<td>14.1%</td>
</tr>
<tr>
<td>10 to 19 hrs</td>
<td>15.4%</td>
</tr>
<tr>
<td>20+ hrs</td>
<td>7.9%</td>
</tr>
</tbody>
</table>

**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

- Not Slightly or Very overweight
  - Not Physically Active Every Day: 66.9%
  - Physically Active Every Day: 80.8%
- Slightly or Very overweight
  - Not Physically Active Every Day: 33.1%
  - Physically Active Every Day: 19.2%

**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

<table>
<thead>
<tr>
<th>Screen Time</th>
<th>Physically Active Every Day</th>
<th>Not Physically Active Every Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>More than 2 hours</td>
<td>61.2%</td>
<td>67.7%</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>No Days Physically Active</th>
<th>Physically Active on at least 1 Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>A's or B's</td>
<td>72.1%</td>
<td>79.8%</td>
</tr>
<tr>
<td>C's, D's or F's</td>
<td>27.9%</td>
<td>20.2%</td>
</tr>
</tbody>
</table>
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


FOR MORE INFORMATION

Please visit [https://www.vdh.virginia.gov/virginia-youth-survey/](https://www.vdh.virginia.gov/virginia-youth-survey/) or contact VYSrequest@vdh.virginia.gov