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.\(^1\) 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.\(^2\) 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.\(^3\) Comprehensive school-based physical activity programs along with increased 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, 2013 - 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 2030 Target for Adolescent Physical Activity
**Figure 3**: Chart of How many days Students spent being physically active for at least 60 minutes per day, VYS, 2019

- 0 days: 12.4%
- 1 to 2 days: 13.4%
- 3 to 4 days: 23.1%
- 5 to 6 days: 22.1%
- 7 days: 29.0%

**Figure 4**: Percentage of Students who participated in after school or community activities such as sports, band, drama, or club in an average week, VYS, 2019

- 0 hrs: 41.3%
- 1 to 4 hrs: 29.8%
- 5 to 9 hrs: 13.8%
- 10 to 19 hrs: 9.9%
- 20+ hrs: 5.1%

**Figure 5**: 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: 70.7%
- Slightly or Very overweight: 29.3%

**Figure 6**: Percentage of Students reporting grades in school by whether they were physically active at least 60 minutes per day on at least one day, VYS, 2019

- A’s or B’s: 70.2%
- C’s, D’s or F’s: 29.8%

**Figure 7**: Chart of How many hours Students spent watching TV or playing video games or using a computer for things not related to school per week, VYS, 2019

- Less than 1 hour: 8.6%
- 1 to 2 hours: 26.4%
- 3 to 4 hours: 24.6%
- 5+ hours: 40.5%

**Figure 8**: Percentage of Students who reported daily screen-time by whether they were physically active at least 60 minutes per day on all 7 days by screen time, VYS, 2019

- More than 2 hours: 71.8%
REFERENCES


FOR MORE INFORMATION

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