

# Physical Activity

## Risk Factors

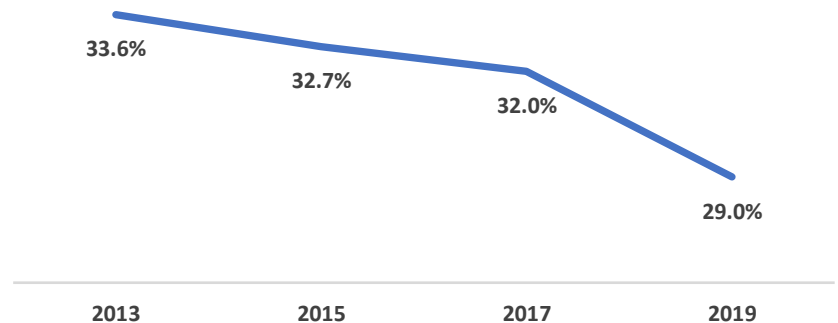
### Key Highlights

- ▶ The percentage of students who were physically active for at least 60 minutes per day on all 7 days decreased from 2013 (33.6%) through 2019 (29.0%).
- ▶ During an average week, roughly three in ten (29.0%) middle school students meet the current physical activity guidelines of at least 60 minutes of physical activity per day.
- ▶ Male students were nearly two times as likely as female students to engage in at least 60 minutes of physical activity every day (35.6% vs 22.3%).
- ▶ On average, middle school students reported 3.7 hours of screen time (TV viewing and computer use) per school day.
- ▶ Compared to students who were physically active, students who were not physically active for at least 60 minutes per day on any of the previous 7 days were less likely to receive A's and B's in school (0.7 times as likely).
- ▶ Male students who were not physically active at least 60 minutes per day on any of the previous 7 days, were more likely to report their grades in school as mostly C's, D's or F's compared to female students (24.9% vs 16.6%).
- ▶ Compared to students who were physically active, students who were not physically active for at least 60 minutes per day on all 7 days were more likely to perceive themselves as slightly or very overweight (1.7 times as likely).
- ▶ NH White (32.2%) students were significantly more likely than Hispanic (31.3%), NH Other (29.7%), and NH Black (21.7%) students to not be physically active for at least 60 minutes per day on all 7 days and perceive themselves as slightly or very overweight.

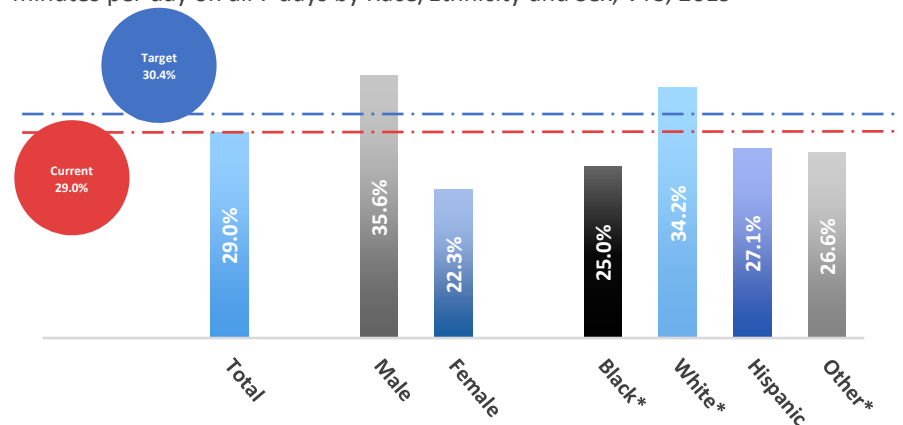
### Introduction

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 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

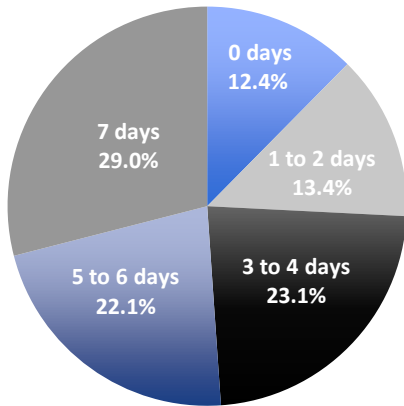


**Figure 2:** Percentage of Students who were physically active for at least 60 minutes per day on all 7 days by Race/Ethnicity and Sex, VYS, 2019

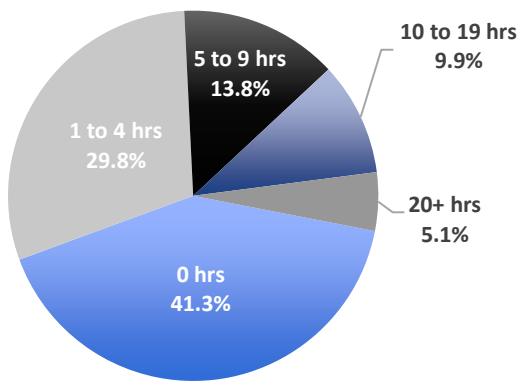


\*Non-Hispanic (NH)  
 Other = Asian\*, Multiple Races\*, All other Races\*  
 Health People 2030 Target for Adolescent Physical Activity

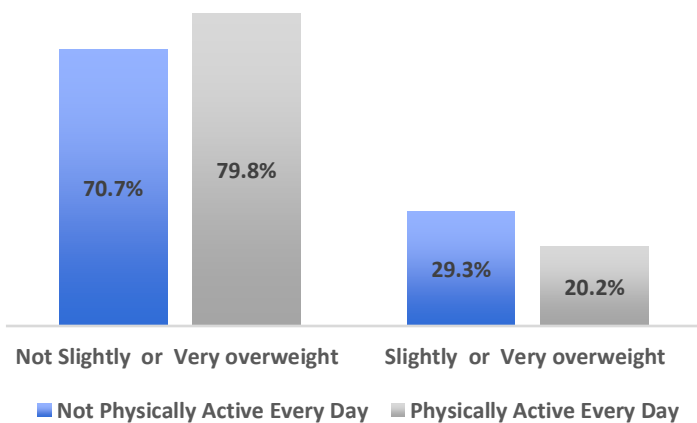
**Figure 3:** Chart of How many days Students spent being physically active for at least 60 minutes per day, VYS, 2019



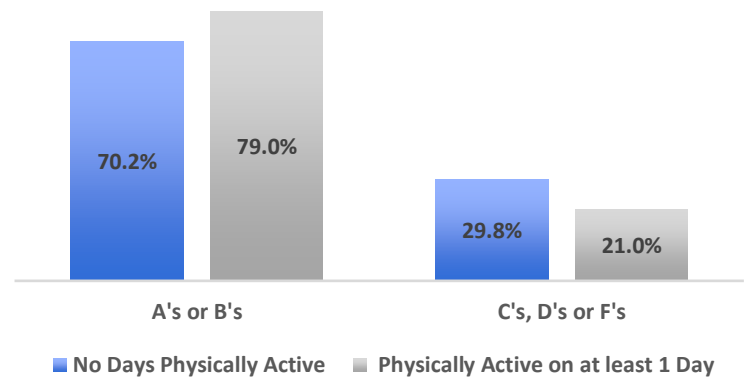
**Figure 4:** Percentage of Students who participated in after school or community activities such as sports, band, drama, or club in an average week, VYS, 2019



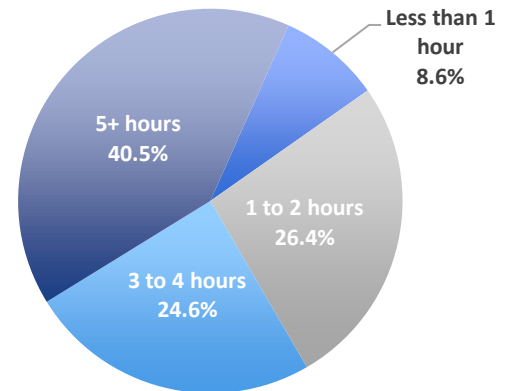
**Figure 5:** Percentage of Students who perceived themselves to be slightly or very overweight by reported physical activity for at least 60 minutes per day on all 7 days, VYS, 2019



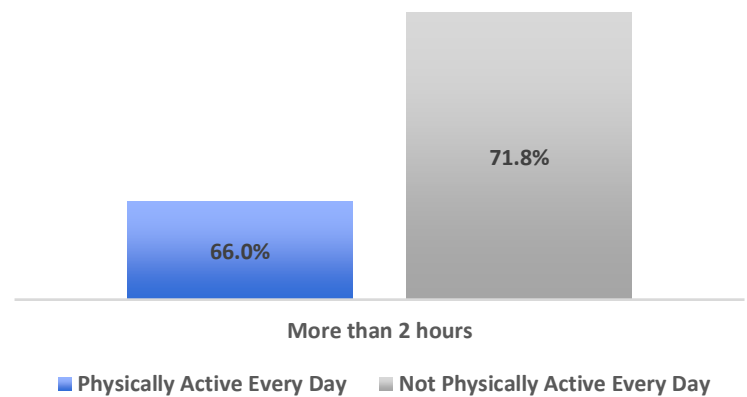
**Figure 6:** Percentage of Students reporting grades in school by whether they were physically active at least 60 minutes per day on at least one day, VYS, 2019



**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



**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



**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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