Physical activity behaviors among Nebraska adolescents, 2010

Quick Facts:
- Only 1 in 3 males and 1 in 5 females were physically active for one or more hours per day.
- Approximately 2 in 3 males and nearly 1 in 2 females did exercises to strengthen or tone their muscles on 3+ days in the past week.

Source: 2010 NE Youth Risk Behavior Survey

Figure 1: Percentage of 9th-12th grade students who reported being physically active for 60+ minutes per day during the past week

Figure 2: Percentage of 9th-12th grade students who did exercises to strengthen or tone their muscles on 3+ days in past week

Source: 2010 NE Youth Risk Behavior Survey

2008 Physical Activity Guidelines for Americans

Children and adolescents should do 60 minutes or more of physical activity per day

Most of the 60 or more minutes per day should be a combination of moderate and vigorous aerobic physical activity

As part of their 60 or more minutes of daily physical activity, adolescents should include:

1. muscle-strengthening physical activity on at least 3 days of the week
2. bone-strengthening physical activity on at least 3 days of the week

For more information about the 2008 Physical Activity Guidelines for Americans, visit www.health.gov/paguidelines
Figure 3: Frequency of attending physical education (PE) classes in an average school week among 9th-12th grade students

- 5 Days: 33.5%
- 1-4 Days: 14.6%
- 0 Days: 51.9%

Source: 2010 NE Youth Risk Behavior Survey

Figure 4: Minutes actually spent exercising or playing sports during an average physical education (PE) class, among 9th-12th grade students

<table>
<thead>
<tr>
<th>Time Range</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 20 mins</td>
<td>10.5%</td>
</tr>
<tr>
<td>21-40 mins</td>
<td>36.2%</td>
</tr>
<tr>
<td>41-60 mins</td>
<td>37.1%</td>
</tr>
<tr>
<td>More than 60 mins</td>
<td>16.2%</td>
</tr>
</tbody>
</table>

Source: 2010 NE Youth Risk Behavior Survey

2010 Nebraska Youth Risk Behavior Survey Quick Facts:
- Only 1 in 3 students attended physical education (PE) class daily.
- 1 in 10 students spent less than 20 minutes actually exercising or playing sports during an average PE class.
- 1 in 4 students reported watching 3+ hours of television per day on an average school day.
- 1 in 5 students reported playing video or computer games, or using a computer for something that was not school work, 3+ hours per day on an average school day.

Figure 5: Percentage of 9th-12th grade students who watched TV or played video/computer games (or used a computer for something that was not school work) on an average school day

<table>
<thead>
<tr>
<th>Time Range</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-1 Hr</td>
<td>34.2%</td>
</tr>
<tr>
<td>1-2 Hr</td>
<td>40.5%</td>
</tr>
<tr>
<td>3+ Hr</td>
<td>25.2%</td>
</tr>
</tbody>
</table>

Source: 2010 NE Youth Risk Behavior Survey

Interested in creating policies and environments that support active living in your community?

Become a Partner N Health! www.partnersnhealth.org

Learn more about the Nutrition and Activity for Health (NAFH) program at www.dhhs.ne.gov/NAFH