



Trends in the Prevalence of Physical Activity and Sedentary Behaviors National YRBS: 1991–2011

The national Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	Changes from 1991–2011 ¹	Change from 2009–2011 ²
Attended physical education classes on 1 or more days in an average week (when they were in school)												
48.9 (43.3–54.6) ³	52.1 (46.7–57.5)	59.6 (47.4–70.7)	48.8 (37.9–59.8)	56.1 (48.6–63.3)	51.7 (46.9–56.4)	55.7 (48.2–63.0)	54.2 (49.2–59.0)	53.6 (47.0–60.1)	56.4 (48.9–63.6)	51.8 (46.0–57.6)	No change, 1991–2011	No change
Attended physical education daily in an average week (when they were in school)												
41.6 (36.0–47.3)	34.3 (29.5–39.4)	25.4 (16.9–36.2)	27.4 (22.1–33.5)	29.1 (20.3–39.7)	32.2 (27.4–37.4)	28.4 (22.9–34.7)	33.0 (27.8–38.6)	30.3 (25.4–35.8)	33.3 (27.7–39.3)	31.5 (26.1–37.4)	Decreased, 1991–1995 No change, 1995–2011	No change
Played on at least one sports team (run by their school or community groups during the 12 months before the survey)												
NA ⁴	NA	NA	NA	55.1 (52.7–57.4)	55.2 (53.2–57.2)	57.6 (55.4–59.8)	56.0 (53.7–58.3)	56.3 (53.7–58.9)	58.3 (55.5–61.1)	58.4 (56.0–60.7)	Increased, 1999–2011	No change
Used computers 3 or more hours per day (played video or computer games or used a computer for something that was not school work on an average school day)												
NA	NA	NA	NA	NA	NA	22.1 (19.5–24.9)	21.1 (19.7–22.6)	24.9 (22.9–27.0)	24.9 (22.9–27.0)	31.1 (29.3–32.9)	No change, 2003–2005 Increased, 2005–2011	Increased
Watched television 3 or more hours per day (on an average school day)												
NA	NA	NA	NA	42.8 (39.7–45.8)	38.3 (36.0–40.7)	38.2 (35.3–41.2)	37.2 (35.1–39.4)	35.4 (33.1–37.7)	32.8 (30.4–35.3)	32.4 (30.9–34.0)	Decreased, 1999–2011	No change

¹ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade.

² Based on t-test analyses, $p < 0.05$.

³ 95% confidence interval.

⁴ Not available.

Where can I get more information? Visit www.cdc.gov/yrbss or call 800–CDC–INFO (800–232–4636).



National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention
Division of Adolescent and School Health

