COORDINATED SCHOOL HEALTH

2009 Kentucky Youth Risk Behavior Survey (YRBS)

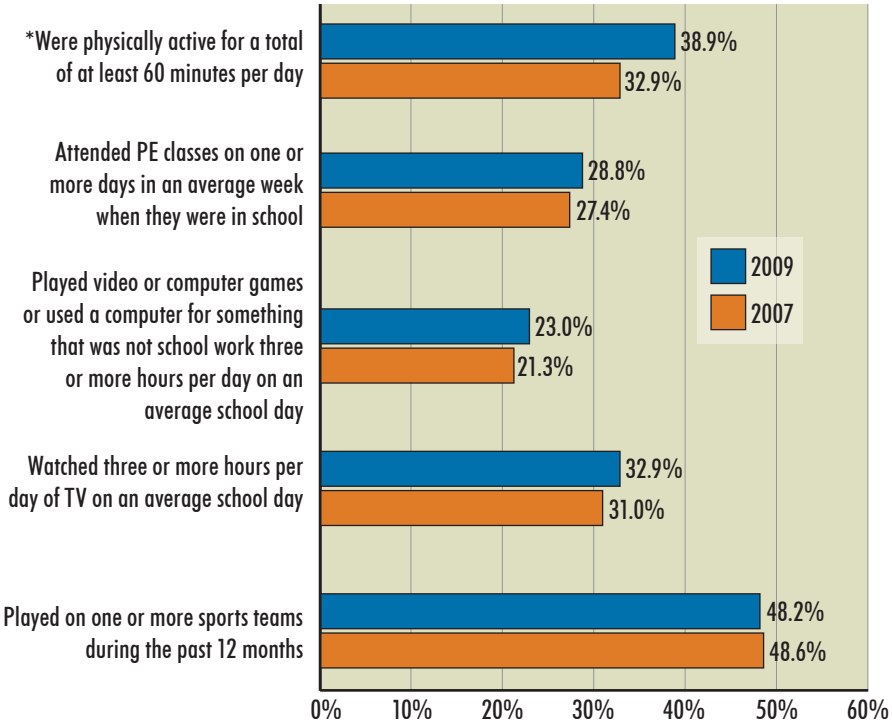
High School Fact Sheet

Physical activity reduces the risk of coronary heart disease, hypertension, colon cancer, and diabetes. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. The U.S. Departments of Health and Human Services and Agriculture recommend that young people (ages 6–17) engage in at least 60 minutes of physical activity daily.[1]

[1] *Centers for Disease Control and Prevention. http://www.cdc.gov/HealthyYouth/physicalactivity/. Retrieved 7/09/09.*

Physical Activity Trends in Kentucky

The following graph represents the physical activity behaviors of high school students in 2007 and 2009. **Please note there was only one statistically significant change: the % of students active for 60 minutes on five or more of the past seven days.*



The YRBS is a nationwide survey produced by the Centers for Disease Control and Prevention (CDC) Division of Adolescent and School Health (DASH) to monitor the six priority health-risk behaviors of adolescents: alcohol and drug use, injury and violence (including suicide), tobacco use, nutrition, physical activity, and sexual risk behaviors. The data is collected from students in 9th through 12th grades every two years.

Youth in Kentucky Disproportionately at Risk

- Males (49.2%) were more likely than females (28.2%) to have been physically active for a total of at least 60 minutes per day on five or more of the past seven days
- Whites (40.8%) were more likely than blacks (26.2%) to have been physically active for a total of at least 60 minutes per day on five or more of the past seven days
- Blacks (45.1%) were more likely than whites (26.7%) to have watched three or more hours per day of TV on an average school day
- Males (41.8%) were more likely than females (23.7%) to have attended PE classes on one or more days in an average week when they were in school

For More Information

For additional KY YRBS data and other YRBS fact sheets, visit the KDE website at: http://www.education.ky.gov/KDE/Administrative+Resources/School+Health/Youth+Risk+Behavior+Survey.htm

For national data or more information on the YRBS, visit the CDC website at: http://www.cdc.gov/HealthyYouth/yrbs/index.htm

EVERY CHILD PROFICIENT & PREPARED FOR SUCCESS KENTUCKY DEPARTMENT OF EDUCATION

Kentucky UNBRIDLED SPIRIT

2009 Kentucky Youth Risk Behavior Survey (YRBS)

PHYSICAL ACTIVITY

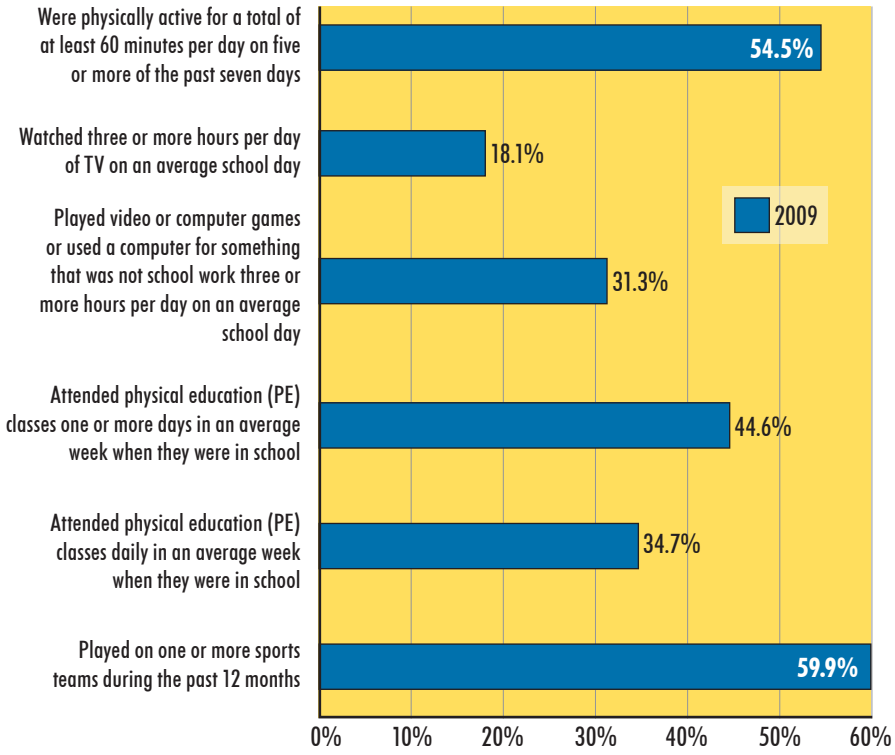
Middle School Fact Sheet

Physical activity reduces the risk of coronary heart disease, hypertension, colon cancer, and diabetes. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. The U.S. Departments of Health and Human Services and Agriculture recommend that young people (ages 6–17) engage in at least 60 minutes of physical activity daily.[1]

[1] *Centers for Disease Control and Prevention. http://www.cdc.gov/HealthyYouth/physicalactivity/. Retrieved 7/09/09.*

Physical Activity in Kentucky

The following graph represents the physical activity behaviors of middle school students in 2009. No comparison data is available.



The YRBS is a nationwide survey produced by the Centers for Disease Control and Prevention (CDC) Division of Adolescent and School Health (DASH) to monitor the six priority health-risk behaviors of adolescents: alcohol and drug use, injury and violence (including suicide), tobacco use, nutrition, physical activity, and sexual risk behaviors. In 2009, Kentucky was one of 14 states who administered a middle school YRBS to students in grades 6th through 8th.

Youth in Kentucky Disproportionately at Risk

- Males (59.1%) were more likely than females (49.2%) to have been physically active for a total of at least 60 minutes per day on five or more of the past seven days
- Blacks (53.9%) were more likely than whites (36.1%) to have watched three or more hours per day of TV on an average school day
- Males (38.2%) were more likely than females (36.1%) to have played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day
- Blacks (39.7%) were more likely than whites (30.0%) to have played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day

For More Information

For additional KY YRBS data and other YRBS fact sheets, visit the KDE website at: http://www.education.ky.gov/KDE/Administrative+Resources/School+Health/Youth+Risk+Behavior+Survey.htm

For national data or more information on the YRBS, visit the CDC website at: http://www.cdc.gov/HealthyYouth/yrbs/index.htm