

# 2011 INDIANA



PHYSICAL  
ACTIVITY

## FACTS

about

HIGH SCHOOL STUDENTS

# 44%

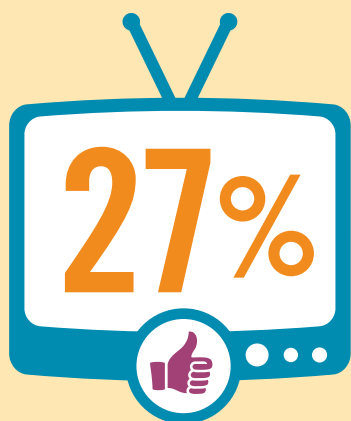
were physically active for a total of at least 60 minutes per day on five or more days during the past week.

**34% OF FEMALES**

**53% OF MALES**

**16% were NOT physically active for at least 60 minutes per day in the past week**

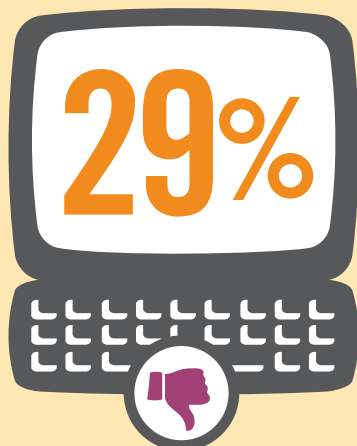
**12% OF MALES AND 20% OF FEMALES**



**WATCHED  
THREE OR  
MORE  
HOURS  
OF TV**

on an average school day

*A gradual decrease from a high of 33% in 2003*



**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—an increase from a low of 21% in 2007.

### WHAT YOU CAN DO

- 1 Walk or ride your bike to school, work, or your friend's house.
- 2 Be creative in PE classes—ask for yoga, dance, running, and outdoor activities.
- 3 Do a community service project that gets you moving, like a school garden or helping to maintain a trail.

The Indiana YRBS is part of a nationwide surveying effort led by the Centers for Disease Control and Prevention (CDC) to monitor students' health risks and behaviors in six categories. The YRBS is conducted every two years among a representative group of Indiana students in grades 9-12.

**KNOW THE FACTS:** [www.in.gov/yrbs](http://www.in.gov/yrbs)