

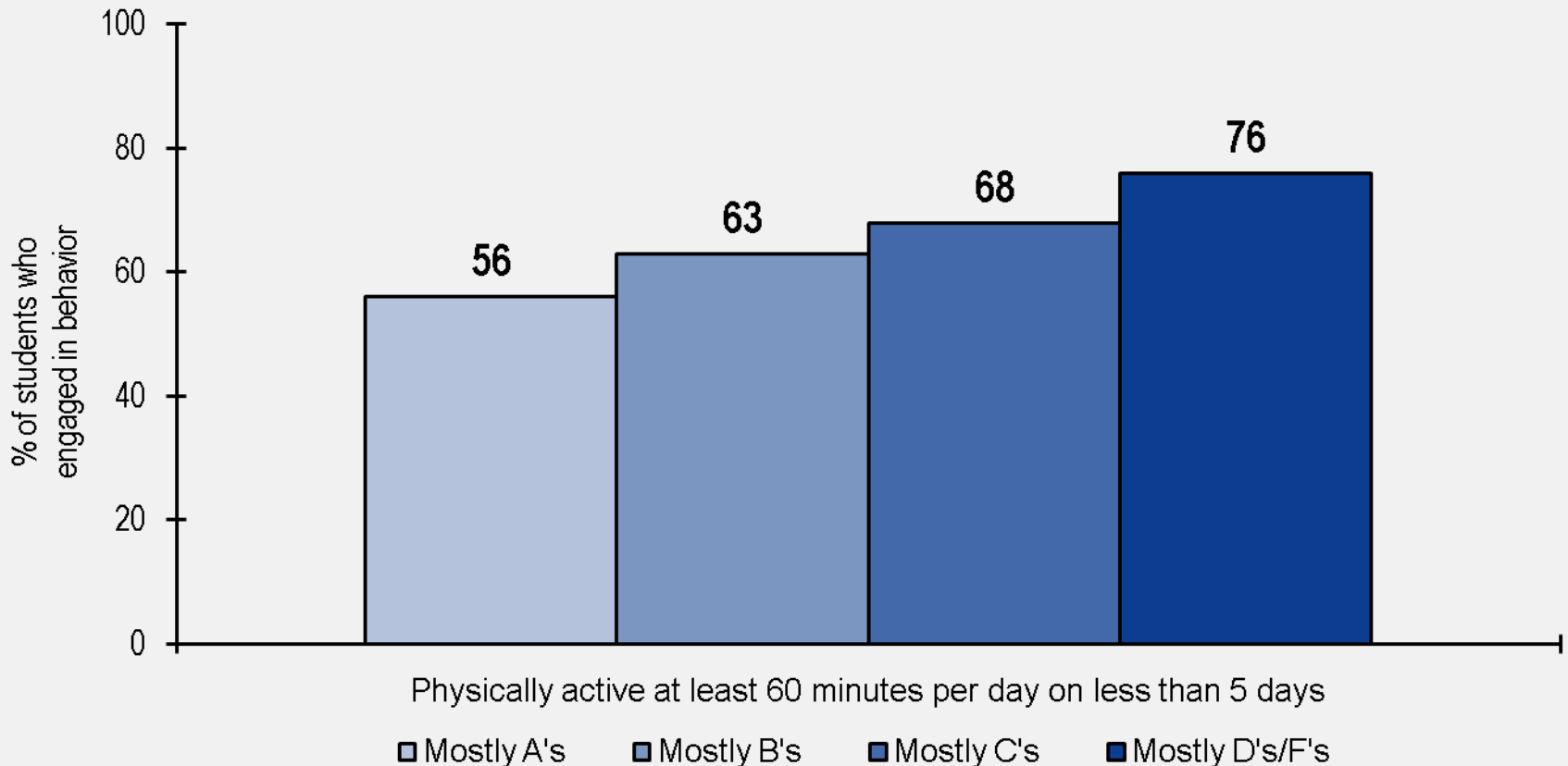
# Physical Inactivity and Unhealthy Dietary Behaviors



**DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
**CENTERS FOR DISEASE CONTROL AND PREVENTION**



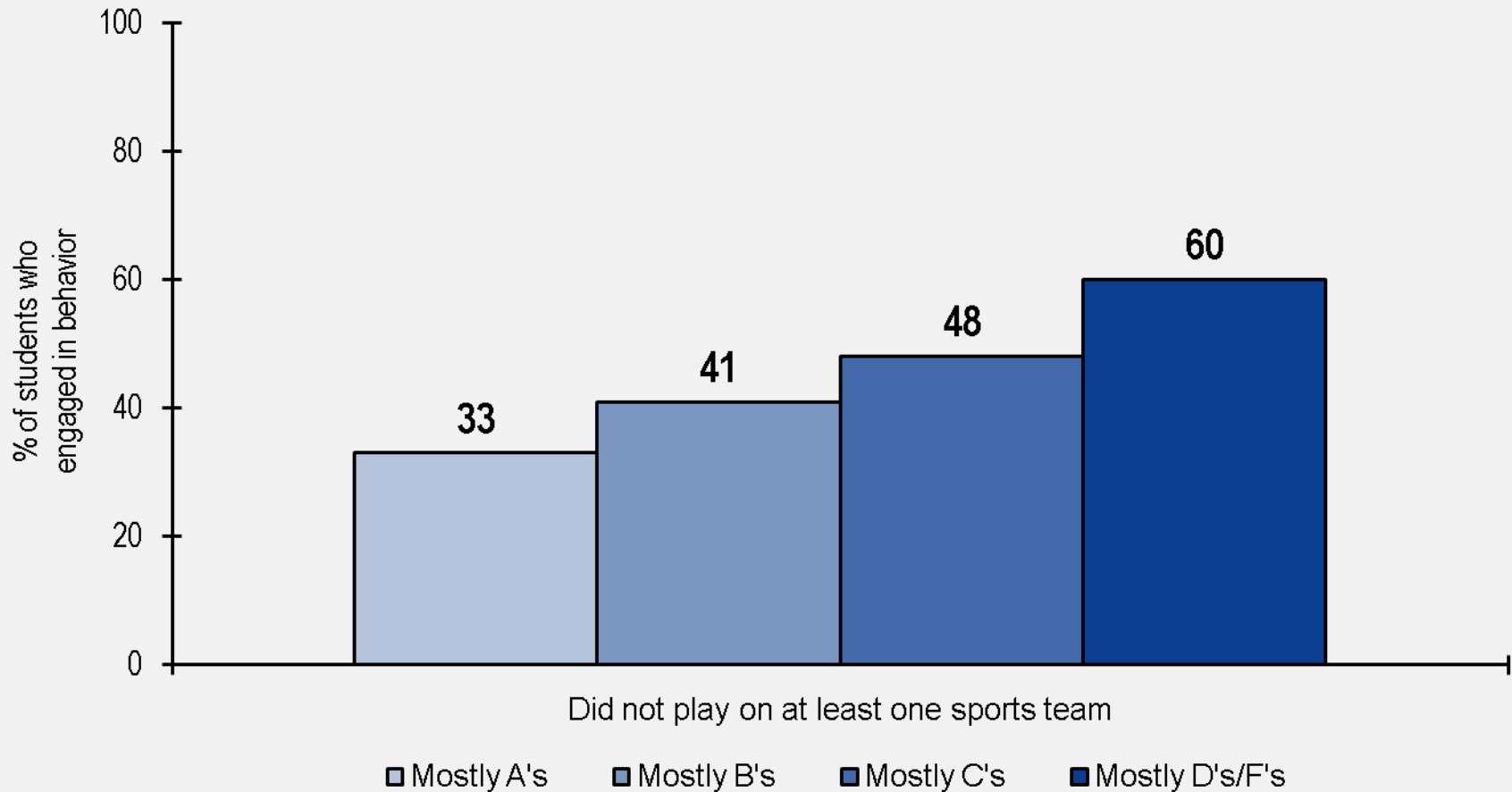
# Percentage of High School Students Who Were Physically Active at Least 60 Minutes Per Day on Less Than 5 Days,\* by Type of Grades Earned (Mostly A's, B's, C's or D's/F's), 2009\*\*



*\*Any kind of physical activity that increased their heart rate and made them breathe hard some of the time on less than 5 days during the 7 days before the survey.*

*\*\* $p < .0001$  after controlling for sex, race/ethnicity, and grade level.*

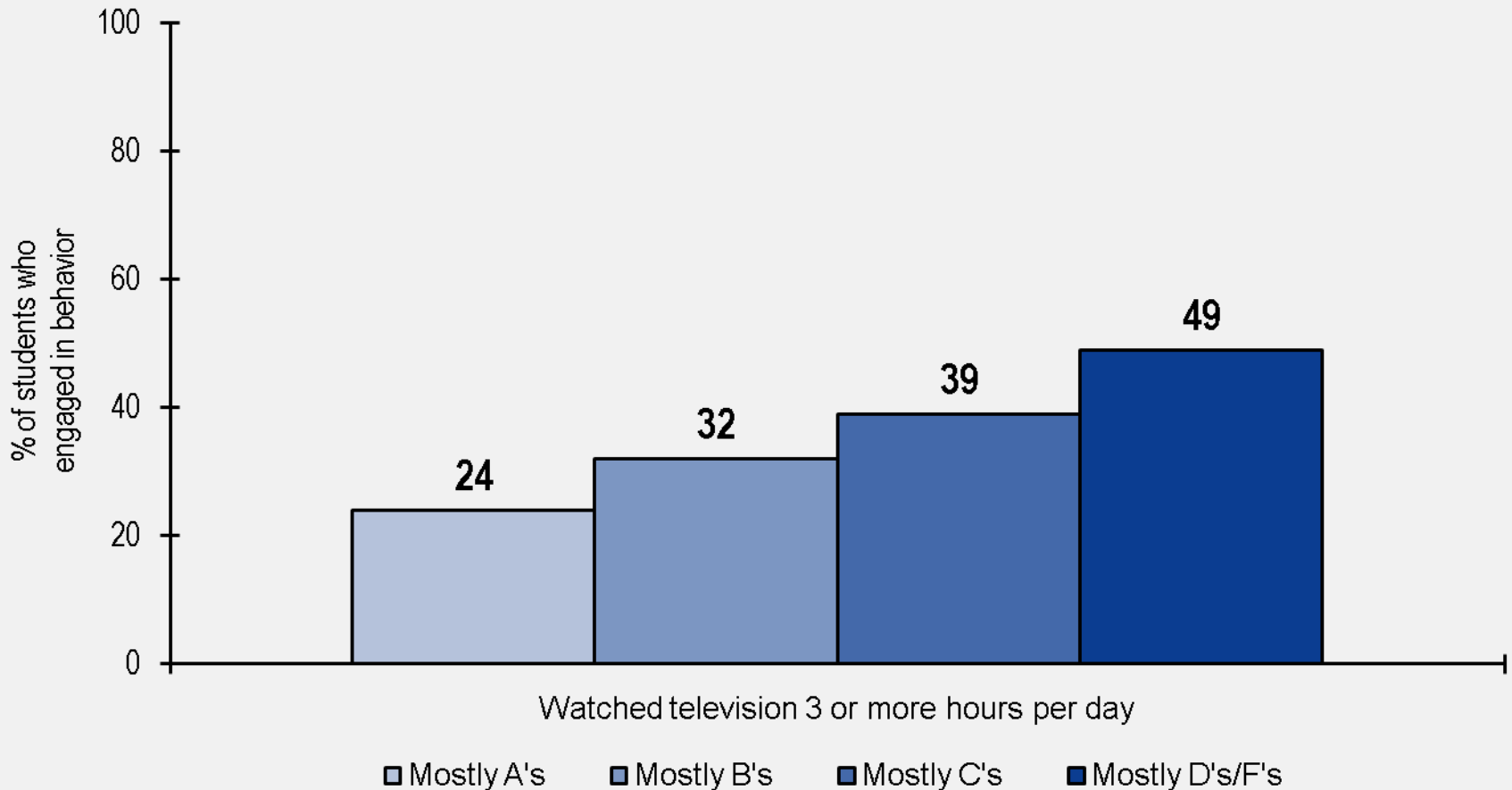
# Percentage of High School Students Who Did Not Play on at Least One Sports Team,<sup>\*</sup> by Type of Grades Earned (Mostly A's, B's, C's or D's/F's), 2009<sup>\*\*</sup>



*\*Run by their school or community groups during the 12 months before the survey.*

*\*\*p<.0001 after controlling for sex, race/ethnicity, and grade level.*

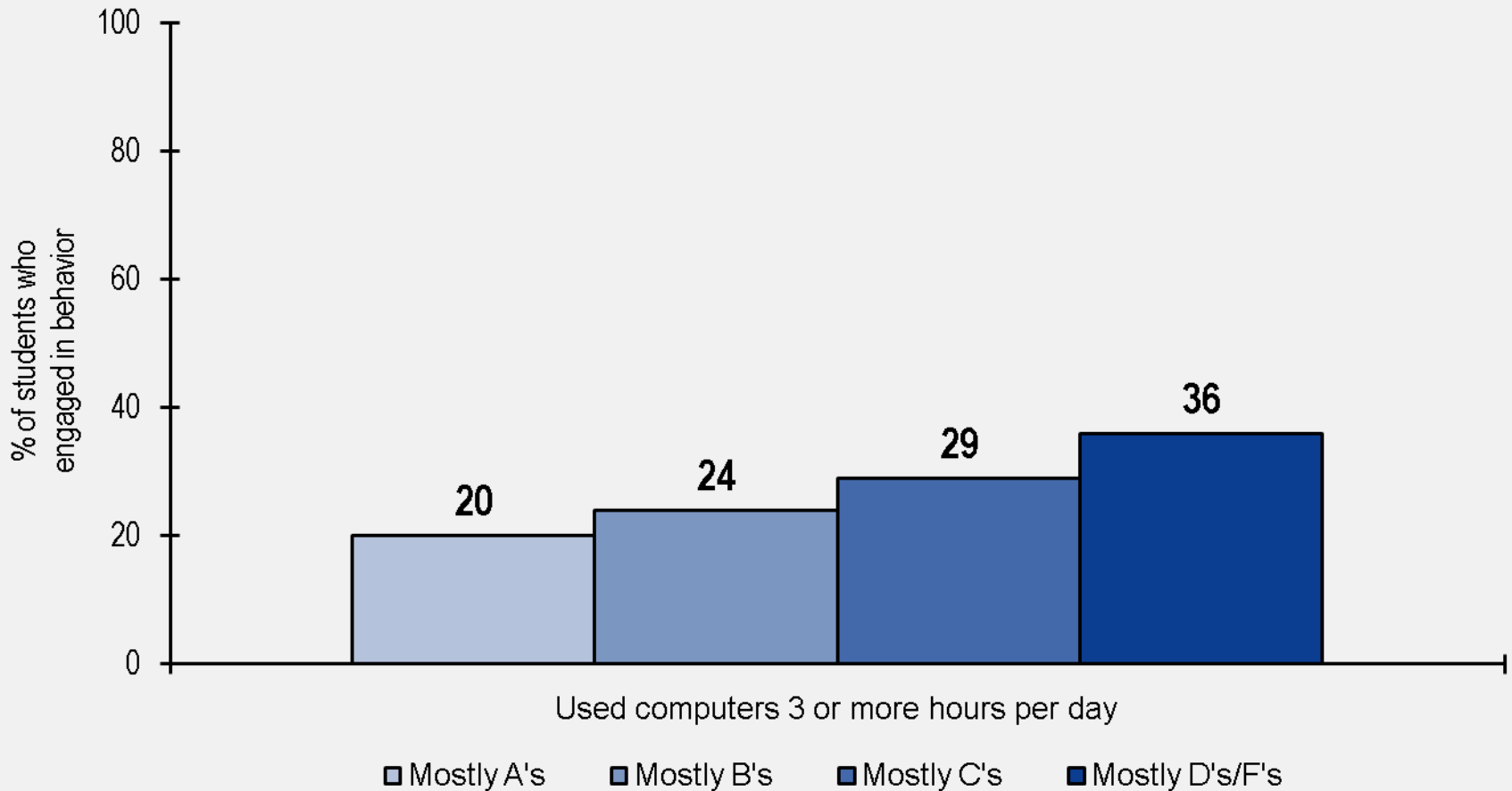
## Percentage of High School Students Who Watched Television 3 or More Hours Per Day,\* by Type of Grades Earned (Mostly A's, B's, C's or D's/F's), 2009\*\*



\*On an average school day.

\*\* $p < .0001$  after controlling for sex, race/ethnicity, and grade level.

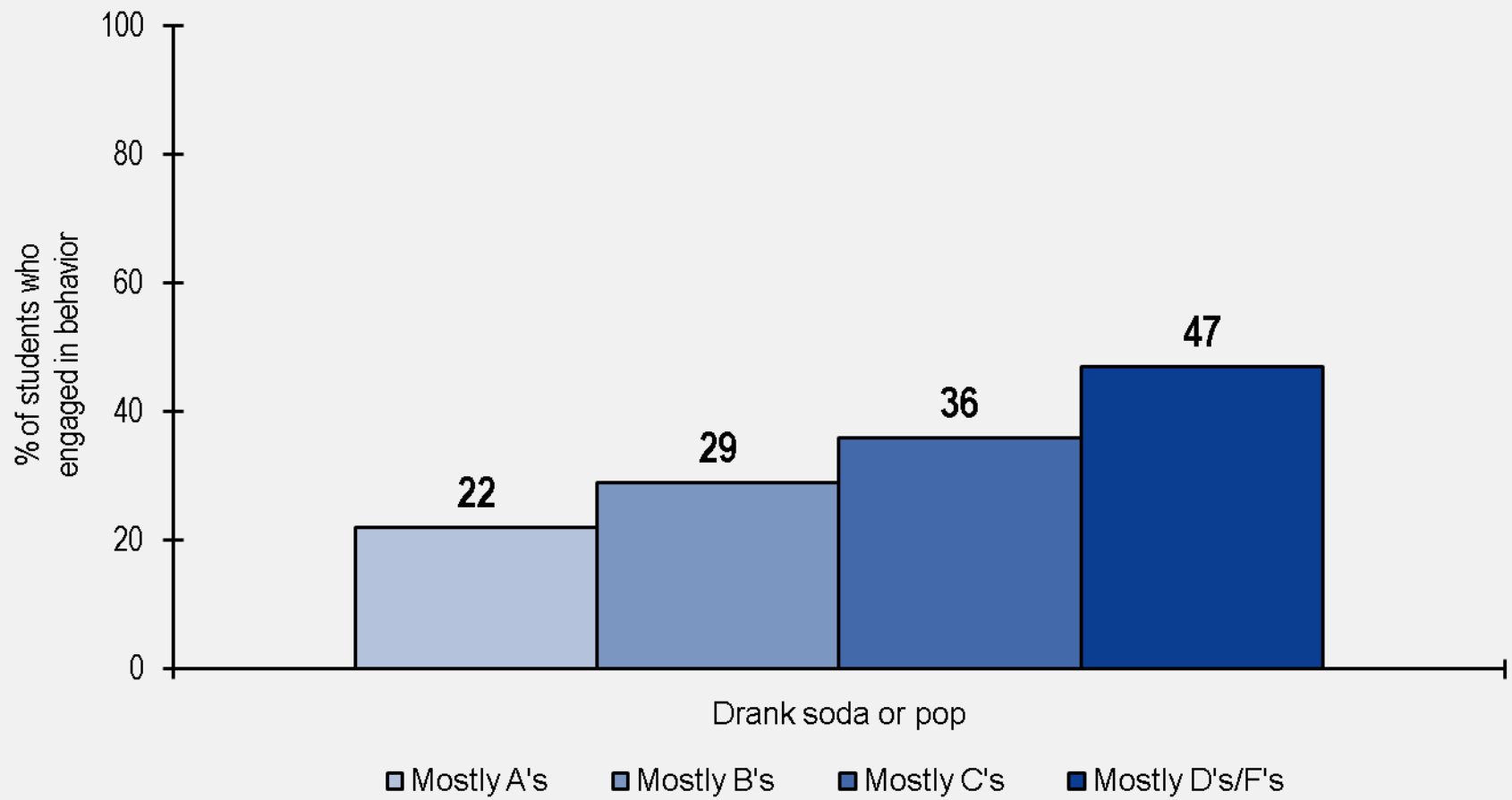
# Percentage of High School Students Who Used Computers 3 or More Hours Per Day,<sup>\*</sup> by Type of Grades Earned (Mostly A's, B's, C's or D's/F's), 2009<sup>\*\*</sup>



<sup>\*</sup>Played video or computer games or used a computer for something that was not school work for 3 or more hours on an average school day.

<sup>\*\*</sup> $p < .0001$  after controlling for sex, race/ethnicity, and grade level.

# Percentage of High School Students Who Drank a Can, Bottle, or Glass of Soda or Pop at Least One Time Per Day,\* by Type of Grades Earned (Mostly A's, B's, C's or D's/F's), 2009\*\*

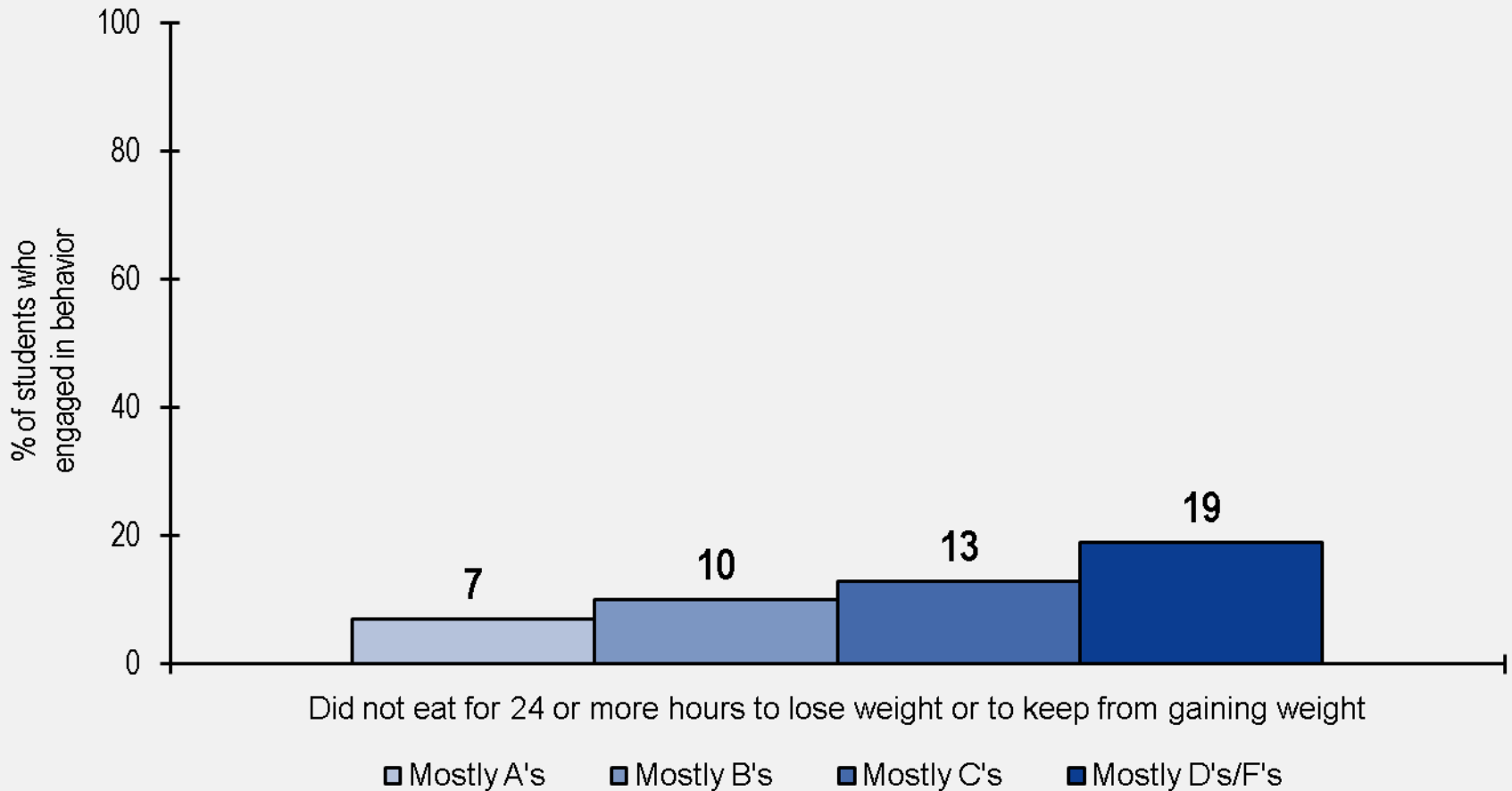


\*Drank a can, bottle, or glass of soda or pop (not including diet soda or diet pop) at least one time per day during the 7 days before the survey.

\*\*p<.0001 after controlling for sex, race/ethnicity, and grade level.



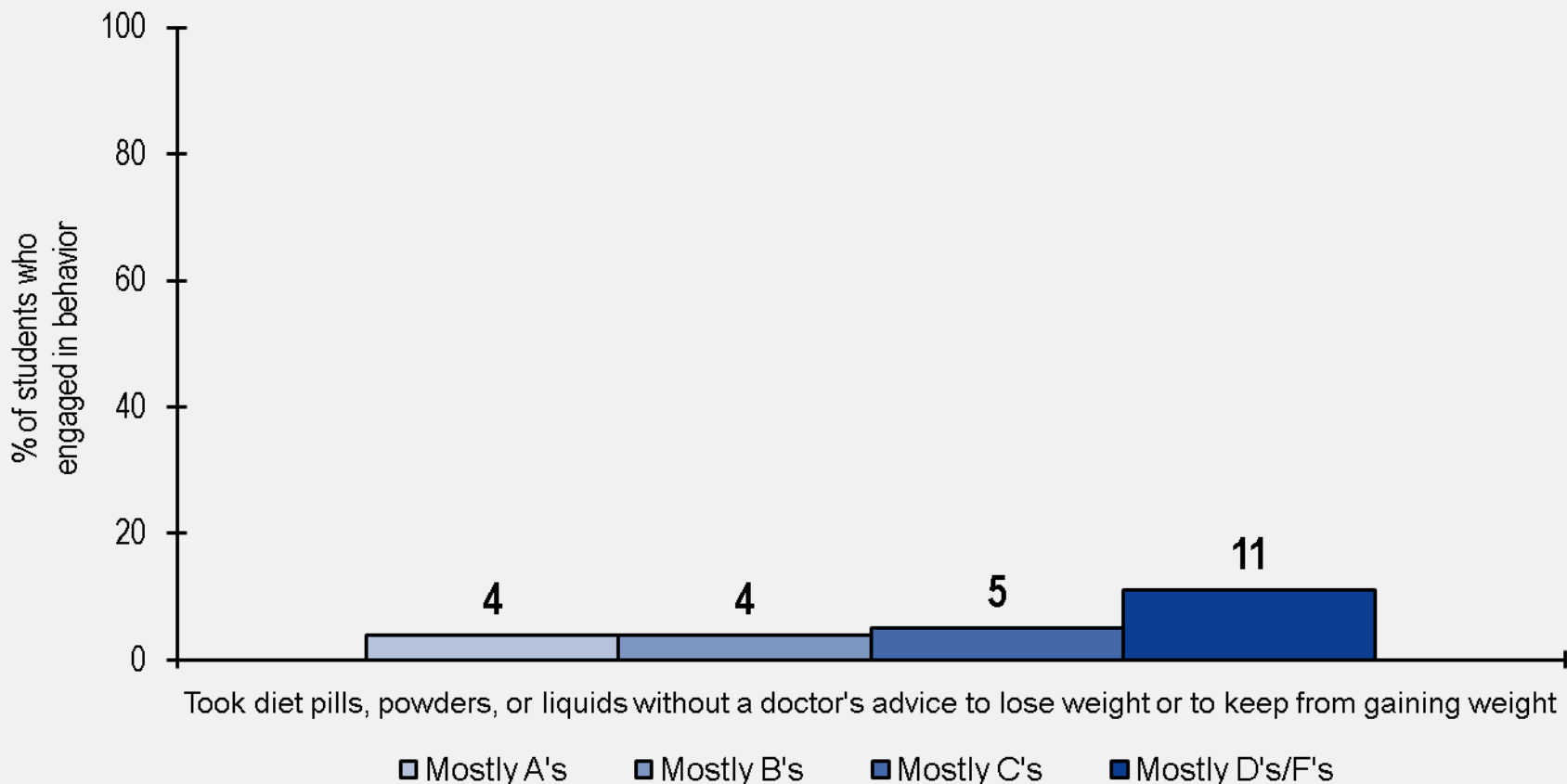
# Percentage of High School Students Who Did Not Eat for 24 or More Hours to Lose Weight or to Keep From Gaining Weight,\* by Type of Grades Earned (Mostly A's, B's, C's or D's/F's), 2009\*\*



\*During the 30 days before the survey.

\*\* $p < .0001$  after controlling for sex, race/ethnicity, and grade level.

# Percentage of High School Students Who Took Diet Pills, Powders, or Liquids Without a Doctor's Advice to Lose Weight or to Keep From Gaining Weight,\* by Type of Grades Earned (Mostly A's, B's, C's or D's/F's), 2009\*\*

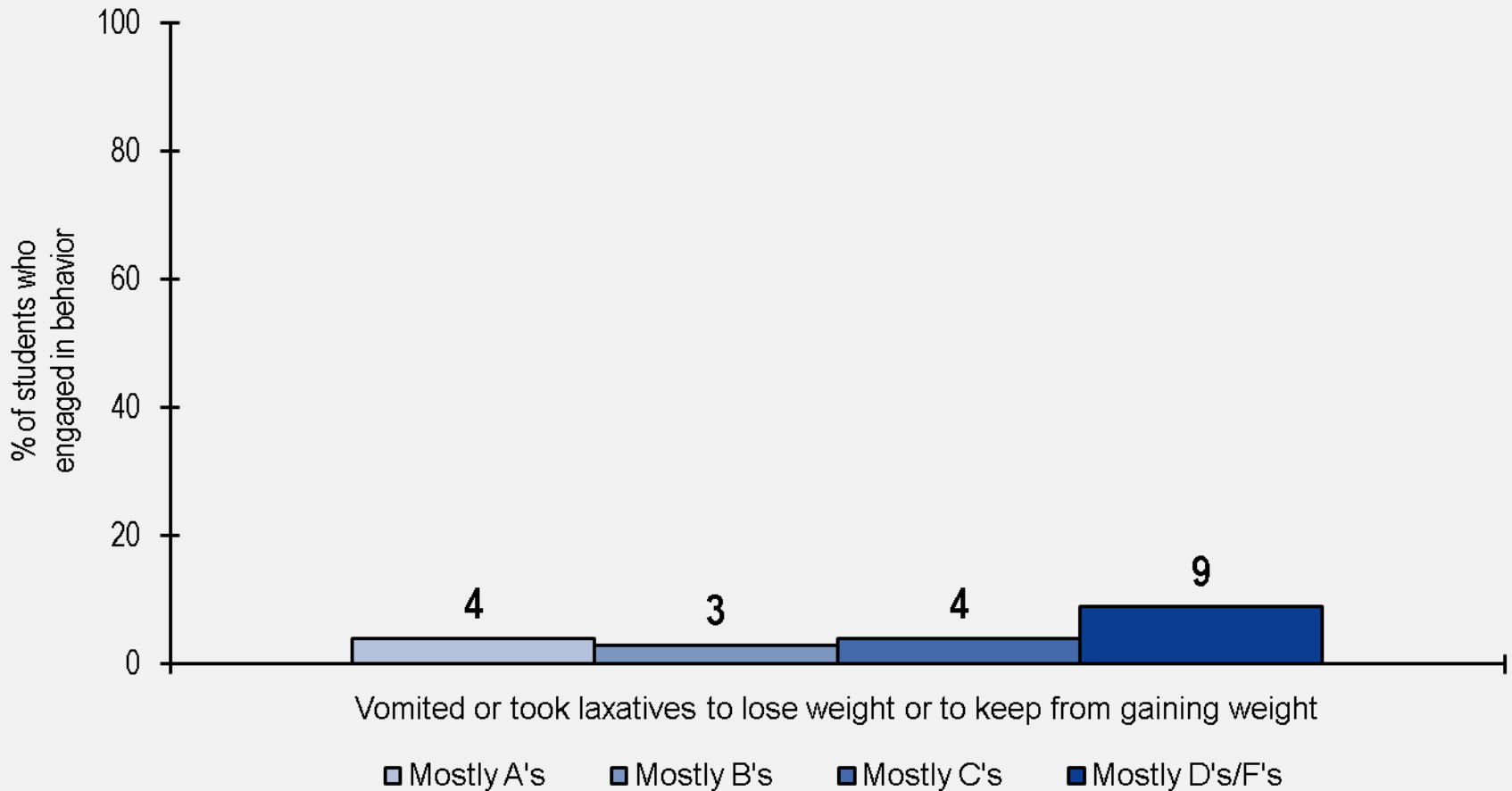


\*During the 30 days before the survey.

\*\* $p < .0001$  after controlling for sex, race/ethnicity, and grade level.



# Percentage of High School Students Who Vomited or Took Laxatives to Lose Weight or to Keep From Gaining Weight,\* by Type of Grades Earned (Mostly A's, B's, C's or D's/F's), 2009\*\*



\*During the 30 days before the survey.

\*\* $p < .0001$  after controlling for sex, race/ethnicity, and grade level.