

Adolescent Behaviors and Experiences Survey

Physical Activity	Opposite Sex Only		Same Sex Only or Both Sexes	
	Percentage	Confidence Interval	Percentage	Confidence Interval
Were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	45.5	41.7 - 49.3	30.1	24.4 - 36.6
Spent 3 or more hours per day on screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork, on an average school day)	80.4	77.8 - 82.8	86.8	82.0 - 90.5
Attended physical education (PE) classes on 1 or more days (in an average week when they were in school)	43.3	37.8 - 48.9	41.4	32.6 - 50.7
Played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)	55.4	51.4 - 59.4	36.0	31.2 - 41.2
Had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)	13.4	11.4 - 15.8	13.7	9.5 - 19.3
Did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	16.5	14.0 - 19.4	27.8	23.4 - 32.7
Were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	24.7	22.3 - 27.3	14.7	10.5 - 20.3
Attended physical education (PE) classes on all 5 days (in an average week when they were in school)	22.0	17.4 - 27.3	21.9	15.4 - 30.1
Did exercises to strengthen or tone their muscles on three or more days (such as push-ups, sit-ups, or weight lifting, during the 7 days before the survey)	49.6	45.6 - 53.6	32.3	25.9 - 39.3