



Trends in the Prevalence of Physical Activity and Sedentary Behaviors National YRBS: 1991–2013

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.

Percentages												Long term Change ¹	Change from 2011 2013 ²
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013		
Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)													
— ³	—	—	—	—	—	22.1	21.1	24.9	24.9	31.1	41.3	Increased 2003–2013 Increased 2003–2009 Increased 2009–2013	Increased
Watched television 3 or more hours per day (on an average school day)													
—	—	—	—	42.8	38.3	38.2	37.2	35.4	32.8	32.4	32.5	Decreased 1999–2013	No change
Attended physical education classes on 1 or more days (in an average week when they were in school)													
48.9	52.1	59.6	48.8	56.1	51.7	55.7	54.2	53.6	56.4	51.8	48.0	No change 1991–2013	No change
Attended physical education classes on all 5 days (in an average week when they were in school)													
41.6	34.3	25.4	27.4	29.1	32.2	28.4	33.0	30.3	33.3	31.5	29.4	Decreased, 1991–1995 No change 1995–2013	No change
Played on at least one sports team (run by their school or community groups during the 12 months before the survey)													
—	—	—	—	55.1	55.2	57.6	56.0	56.3	58.3	58.4	54.0	No change 1999–2013	Decreased

¹ Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade, $p < 0.05$. Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).

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

³ 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

