

Data Brief 141: Physical Activity in U.S. Youth Aged 12–15 Years, 2012

Data table for Figure 1. Percentage of youth who were physically active, by number of days per week and sex: United States, 2012

Sex	Days per week	Sample size	Percent	SE	95% CI
Boys	0	394	6.4	1.6	3.1–9.8
	1	394	*2.8	0.9	1.0–4.7
	2	394	9.9	1.2	7.2–12.5
	3	394	12.1	1.6	8.7–15.6
	4	394	8.5	1.7	4.9–12.1
	5	394	21.9	2.6	16.4–27.4
	6	394	11.3	2.7	5.5–17.2
	7	394	27.0	1.8	23.2–30.8
Girls	0	380	8.7	1.8	4.9–12.5
	1	380	4.7	1.2	2.1–7.4
	2	380	10.7	2.7	4.9–16.5
	3	380	15.8	2.0	11.5–20.0
	4	380	10.7	1.4	7.7–13.8
	5	380	20.5	3.8	12.4–28.7
	6	380	6.4	1.3	3.6–9.1
	7	380	22.5	2.6	17.0–28.0

* Does not meet standard of statistical reliability and precision (relative SE of $\geq 30\%$ but $< 40\%$).

NOTES: SE is standard error. CI is confidence interval. Physically active is defined as engaging in any kind of moderate-to-vigorous physical activity, including activities both in school and outside of school, that increased heart rate and made breathing harder some of the time for at least 60 minutes. Weighted percentages are shown.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey and National Youth Fitness Survey, 2012.

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Data table for Figure 2. The top five activities outside of school-based physical education and gym classes reported among boys aged 12–15 years: United States, 2012

Activity	Sample size	Percent	SE	95% CI
Basketball	336	48.0	2.9	41.7–54.3
Running	336	33.5	4.7	23.3–43.7
Football	336	27.4	3.9	19.1–35.7
Bike riding	336	24.0	3.1	17.3–30.6
Walking	336	23.6	1.9	19.5–27.7

NOTES: SE is standard error. CI is confidence interval. Based on any physical activity, regardless of intensity, reported in the past week. More than one activity could be reported.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey and National Youth Fitness Survey, 2012.

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Data table for Figure 3. The top five activities outside of school-based physical education and gym classes reported among girls aged 12–15 years: United States, 2012

Activity	Sample size	Percent	SE	95% CI
Running	269	34.9	2.4	29.7–40.1
Walking	269	27.6	3.0	21.2–34.0
Basketball	269	21.4	2.9	15.2–27.5
Dancing	269	20.8	3.6	13.1–28.5
Bike riding	269	18.4	4.5	8.8–27.9

NOTES: SE is standard error. CI is confidence interval. Based on any physical activity, regardless of intensity, reported in the past week. More than one activity could be reported.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey and National Youth Fitness Survey, 2012.

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Data table for Figure 4. The percentage of youth who were physically active daily, by weight status and sex: United States, 2012

Sex	Weight status	Sample size	Percent	SE	95% CI
Boys	Normal-weight	235	29.5	3.47	22.0–36.9
	Overweight	64	29.5	4.30	20.3–38.7
	Obese	93	18.0	2.94	11.7–24.3
Girls	Normal-weight	236	24.1	4.87	13.6–34.5
	Overweight	60	20.1	5.28	8.7–31.5
	Obese	80	19.6	4.23	10.5–28.6

NOTES: SE is standard error. CI is confidence interval. Physically active is defined as engaging in any kind of moderate-to-vigorous physical activity, including activities both in school and outside of school, that increased heart rate and made breathing harder some of the time for at least 60 minutes.
SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey and National Youth Fitness Survey, 2012.