

**Data Brief 153. Cardiorespiratory Fitness Levels Among U.S. Youth Aged 12–15 Years: United States, 1999–2004 and 2012**

**Data table for Figure 1. Percentage of youth aged 12–15 years who had adequate levels of cardiorespiratory fitness, by sex and age group: United States, 2012**

Age group	Sex	Sample size	Percent	SE	Percent (95% CI)
Total (12–15 years)	Total	450	42.2	2.8	42.2 (36.2–48.1)
	Boys	227	50.2	3.6	50.2 (42.5–57.9)
	Girls	223	33.8	3.0	33.8 (27.5–40.2)
12–13 years	Total	233	43.6	3.9	43.6 (35.1–52.0)
	Boys	116	51.2	5.5	51.2 (39.3–63.1)
	Girls	117	35.7	3.3	35.7 (28.5–42.9)
14–15 years	Total	217	40.6	3.3	40.6 (33.5–47.6)
	Boys	111	49.1	3.8	49.1 (40.9–57.3)
	Girls	106	31.8	3.8	31.8 (23.8–39.9)

NOTES: SE is standard error. CI is confidence interval.

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**Data table for Figure 2. Percentage of youth aged 12–15 years who had adequate levels of cardiorespiratory fitness, by race and Hispanic origin and family income-to-poverty ratio: United States, 2012**

		Sample size	Percent	SE	Percent (95% CI)
Race and other Hispanic origin	Non-Hispanic white	197	44.2	3.4	44.2 (36.9–51.5)
	Non-Hispanic black	96	37.6	7.3	37.6 (21.6–53.7)
	Hispanic	122	42.7	4.9	42.7 (32.0–53.4)
Family income-to-poverty ratio	Less than 130%	174	43.5	3.2	43.5 (36.6–50.4)
	130%–349%	151	39.6	5.2	39.6 (28.4–50.7)
	350% or more	125	43.6	4.8	43.6 (33.3–53.9)

NOTES: SE is standard error. CI is confidence interval.

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**Data table for Figure 3. Percentage of youth aged 12–15 years who had adequate levels of cardiorespiratory fitness, by weight status: United States, 2012**

BMI category	Sample size	Percent	SE	Percent (95% CI)
Normal weight <sup>1</sup>	273	54.1	3.0	54.3 (47.6–60.5)
Overweight	81	29.9	5.4	30.0 (18.3–41.6)
Obese	96	20.0	4.2	17.0 (11.1–28.9)

<sup>1</sup>Includes underweight group.

NOTES: BMI is body mass index. SE is standard error. CI is confidence interval.

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**Data table for Figure 4. Percentage of youth aged 12–15 years who had adequate levels of cardiorespiratory fitness, by sex and survey period: United States, 1999–2004 and 2012**

Survey	Sex	Sample size	Percent	SE	Percent (95% CI)
NHANES 1999–2000	Total	814	52.4	3.1	52.4 (45.9–59.0)
	Boys	404	64.8	4.1	64.8 (56.0–73.6)
	Girls	410	40.5	3.3	40.5 (33.4–47.7)
NHANES 2001–2002	Total	908	51.1	2.6	51.1 (45.6–56.6)
	Boys	415	63.1	3.5	63.1 (55.7–70.5)
	Girls	493	40.4	1.8	40.4 (36.5–44.2)
NHANES 2003–2004	Total	853	47.6	4.2	47.6 (38.6–56.6)
	Boys	431	59.2	5.5	59.2 (47.5–70.8)
	Girls	422	35.4	3.7	35.4 (27.6–43.2)
NNYFS 2012	Total	450	42.2	2.8	42.2 (36.2–48.1)
	Boys	227	50.2	3.6	50.2 (42.5–57.9)
	Girls	223	33.8	3.0	33.8 (27.5–40.2)

NOTES: SE is standard error. CI is confidence interval. NHANES is National Health and Nutrition Examination Survey. NNYFS is NHANES National Youth Fitness Survey.