

Table 66 (page 1 of 2). Health-related behaviors of children 6–11 years of age, by selected characteristics: United States, 2003 and 2007

Updated data when available, Excel, PDF, and standard errors: <http://www.cdc.gov/nchs/hus/contents2011.htm#066>.

[Data are based on telephone interviews of a sample of the noninstitutionalized population]

Characteristic	Did not get daily vigorous physical activity ¹		Greater than 2 hours of screen time per day ²		Did not get enough sleep nightly ³	
	2003	2007	2003	2007	2003	2007
Age						
Percent of population						
6–11 years	68.7	62.3	36.2	39.5	24.5	27.6
6–8 years	67.0	59.2	33.8	35.1	22.8	26.1
9–11 years	70.3	65.4	38.5	44.0	26.1	29.1
Sex						
Male	63.7	57.8	37.0	39.4	24.6	27.6
Female	74.0	67.0	35.4	39.7	24.4	27.6
Sex and age						
Male:						
6–8 years	62.3	55.4	34.9	34.9	22.4	25.2
9–11 years	65.0	60.4	39.0	44.1	26.7	30.1
Female:						
6–8 years	72.0	63.3	32.8	35.3	23.2	27.0
9–11 years	75.8	70.5	37.9	44.0	25.5	28.1
Hispanic origin and race ⁴						
Hispanic or Latino	70.1	69.3	35.5	41.7	21.7	24.4
Not Hispanic or Latino	68.5	60.4	36.3	38.9	25.2	28.4
White only	68.3	59.7	33.0	34.7	25.8	29.1
Black or African American only	66.2	62.1	48.8	58.2	25.4	27.1
Sex and Hispanic origin and race ⁴						
Male:						
Hispanic or Latino	66.2	61.7	34.4	39.9	21.1	24.6
Not Hispanic or Latino	63.4	56.8	37.6	39.2	25.4	28.4
White only	62.7	54.9	34.7	35.0	25.8	29.3
Black or African American only	60.3	61.4	49.1	58.3	25.4	27.4
Female:						
Hispanic or Latina	73.9	76.5	36.6	43.4	22.2	24.3
Not Hispanic or Latina	74.0	64.4	35.0	38.6	25.1	28.3
White only	74.4	64.9	31.2	34.4	25.8	29.0
Black or African American only	71.9	62.8	48.6	58.1	25.5	26.8

See footnotes at end of table.

Table 66 (page 2 of 2). Health-related behaviors of children 6–11 years of age, by selected characteristics: United States, 2003 and 2007

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[Data are based on telephone interviews of a sample of the noninstitutionalized population]

Characteristic	Did not get daily vigorous physical activity ¹		Greater than 2 hours of screen time per day ²		Did not get enough sleep nightly ³	
	2003	2007	2003	2007	2003	2007
Percent of poverty level ⁵			Percent of population			
Below 100%	63.3	62.6	38.2	43.9	22.4	25.9
100%–199%	66.7	63.1	41.8	44.4	22.8	25.6
200%–399%	70.7	60.8	36.8	40.1	25.0	28.9
400% or more	71.6	63.1	29.3	32.6	26.8	28.7
Sex and percent of poverty level ⁵						
Male:						
Below 100%	57.9	59.3	39.0	43.1	21.7	26.7
100%–199%	61.2	58.0	42.8	44.6	23.7	26.2
200%–399%	65.4	57.6	38.1	40.1	24.6	29.0
400% or more	67.6	57.1	29.3	32.6	27.3	27.6
Female:						
Below 100%	68.9	66.2	37.5	44.7	23.2	25.1
100%–199%	72.4	68.4	40.9	44.2	22.0	24.9
200%–399%	76.3	64.4	35.5	40.3	25.4	28.7
400% or more	75.8	69.3	29.3	32.8	26.2	29.7

¹Based on respondent's answer to the question, "During the past week, on how many days did CHILD exercise, play a sport, or participate in physical activity for at least 20 minutes that made him/her sweat and breathe hard?" Children whose parent/guardian responded that the child did not exercise, play a sport, or participate in physical activity every day were classified as not getting daily vigorous physical activity.

²Based on respondent's answer to the question, "On an average weekday, about how much time does CHILD use a computer for purposes other than schoolwork?" and "On an average weekday, about how much time does CHILD usually watch TV, watch videos, or play video games?" Children whose parent's/guardian's combined responses to both questions equaled more than 2 hours were classified as watching more than 2 hours of screen time daily.

³Based on respondent's answer to the question, "In the past week, on how many nights did CHILD get enough sleep for a child of his/her age?" Children whose parent/guardian responded that the child did not get enough sleep on at least one night were classified as not getting enough sleep nightly.

⁴Persons of Hispanic origin may be of any race. See [Appendix II, Hispanic origin](#).

⁵Percent of poverty level is based on total household income and family composition using U.S. Census Bureau poverty thresholds. The poverty categories available in the two survey years used slightly different cut points. In 2003, the available categories were: below 100%, 100%–199%, 200%–399%, and 400% or more. In 2007, the poverty categories were: at or below 100%, above 100%–200%, above 200%–400%, and above 400%. Poverty level was unknown for 1% of households in 2003 and 8% of households in 2007. Missing household income data were imputed. See [Appendix II, Family income; Poverty](#).

NOTES: Standard errors are available in the spreadsheet version of this table. Available from: <http://www.cdc.gov/nchs/hus.htm>.

SOURCE: CDC/NCHS, State and Local Area Integrated Telephone Survey, National Survey of Children's Health. See [Appendix I, National Survey of Children's Health \(NSCH\)](#).