

# OKLAHOMA YOUTH RISK BEHAVIOR SURVEY 2007

## Physical Activity

The benefits of physical activity are numerous and include building and maintaining strong muscles and bones, weight control, a reduction in feelings of depression and anxiety, and a reduction in the risk of premature death, diabetes, heart disease, stroke, colon cancer, and high blood pressure.<sup>1</sup> Nationally, Oklahoma ranked 6<sup>th</sup> worst for the prevalence of obesity according to the 2007 United Health Foundation Report.<sup>2</sup> The 2007 Behavioral Risk Factor Surveillance System (BRFSS) from the Centers for Disease Control and Prevention (CDC) ranks Oklahoma 44<sup>th</sup> in the nation for monthly physical activity.<sup>3</sup> In 2003-2004, 17% of the nation's adolescents aged 12-19 were overweight or obese; a percentage three times higher than between the years 1976-1980.<sup>1</sup> Being overweight during adolescence can have profound consequences including diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.<sup>1</sup> Research shows the best way to maintain a healthy weight is through a healthy diet and regular physical activity. Unhealthy habits in youth often carry into adulthood and negatively impact health. In light of this, the Oklahoma legislature recently passed a bill that doubles the physical education requirements in kindergarten through fifth grades from 60 minutes to 120 minutes per week.

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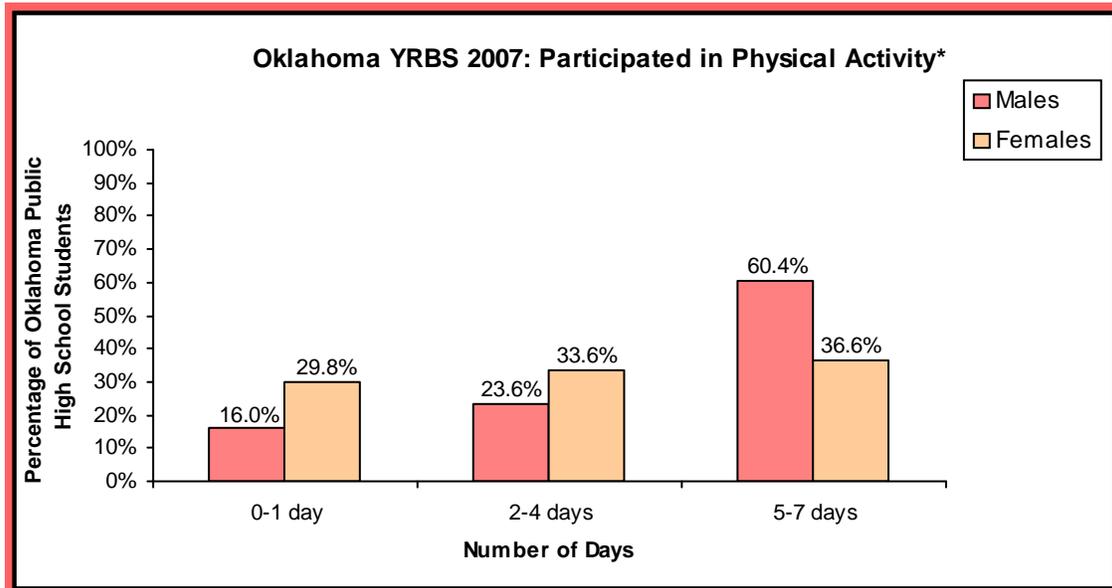
### 2007 YRBS Findings:

In 2007, 49.6% of students were physically active for 60 minutes or more for five or more of the past seven days, up from 38.2% in 2005.

More males participated in physical activity for 5-7 days compared to females.

Ninth graders watched more hours of television daily than any other grade level.

67.7% of females did not attend physical education classes (PE) at all during the school week.



◆ Males reported a higher percentage in the category of being physically active for five to seven days a week.

◆ Females reported a higher percentage in the category of being physically active for two to four days a week.

\* Physically active for a total of at least 60 minutes per day during the past 7 days

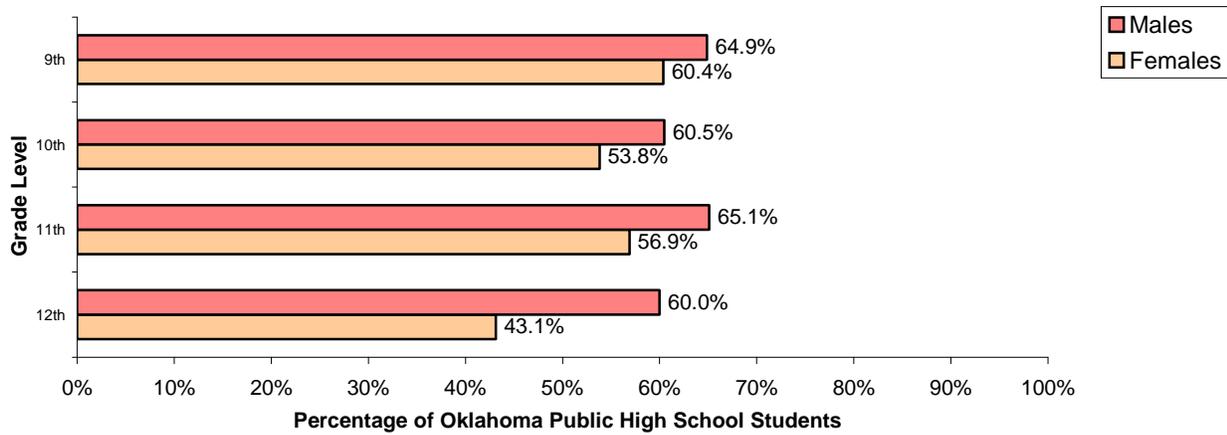


The Youth Risk Behavior Survey (YRBS) was developed by the Division of Adolescent and School Health (DASH), National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention (CDC). The YRBS is administered to students in grades 9-12 who attend Oklahoma public high schools. The survey is administered every odd year. It serves to monitor risk behaviors among adolescents that are the leading contributors of mortality, morbidity, and social problems among youth and adults. The behaviors covered in the YRBS fall into six categories: intentional and unintentional injury, tobacco use, alcohol and other drug use, sexual behaviors, dietary behaviors and physical activity. All data are self-reported. Data in this report were provided by the CDC. The data in this report are statistically weighted to represent all Oklahoma public high school students. The results presented reflect observed rates and do not necessarily represent statistically significant differences.

Funding for the YRBS project is provided in part by the CDC, (Grant Number U87/CCU622647-04-05), and the Title V Maternal and Child Health Block Grant, Maternal and Child Health Bureau and Department of Health and Human Services (Grant Number B04MC08929). This publication, printed by the Oklahoma State Department of Health, was authorized by James M. Crutcher, MD, MPH, Commissioner of Health and State Health Officer. Five hundred copies were printed in January, 2009 at a cost of \$145. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries. For more information regarding the YRBS, contact Maternal and Child Health Service (405) 271-6761.

# Oklahoma YRBS 2007 Results for Physical Activity

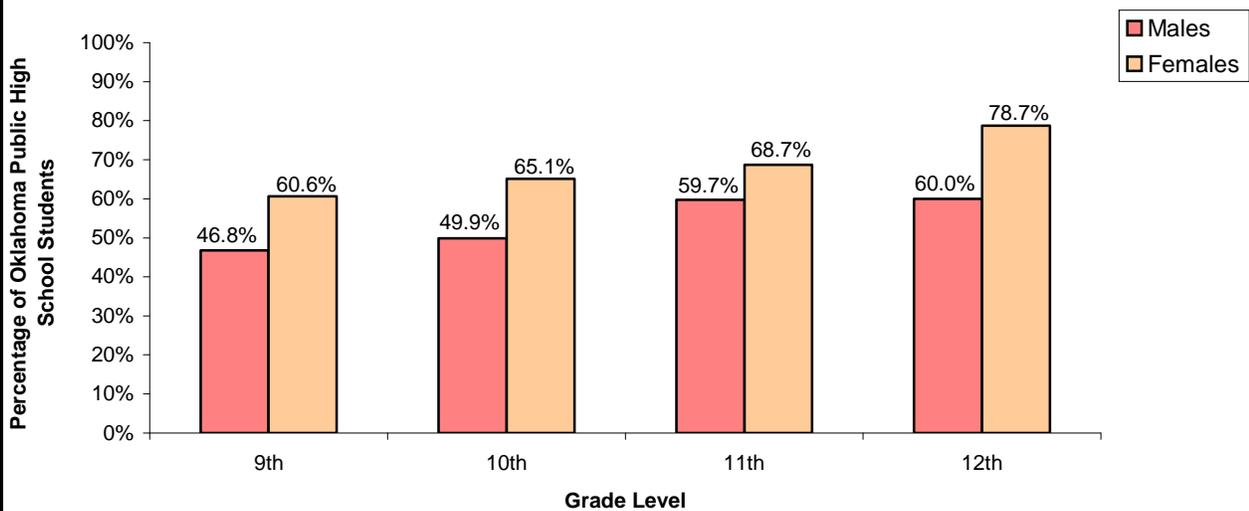
**Oklahoma YRBS 2007: Played on One or More Sports Teams In the Past 12 Months**



◆ Eleventh grade males reported the highest percentage of having played on one or more sports teams.

◆ Twelfth grade females reported the lowest percentage of having played on one or more sports teams.

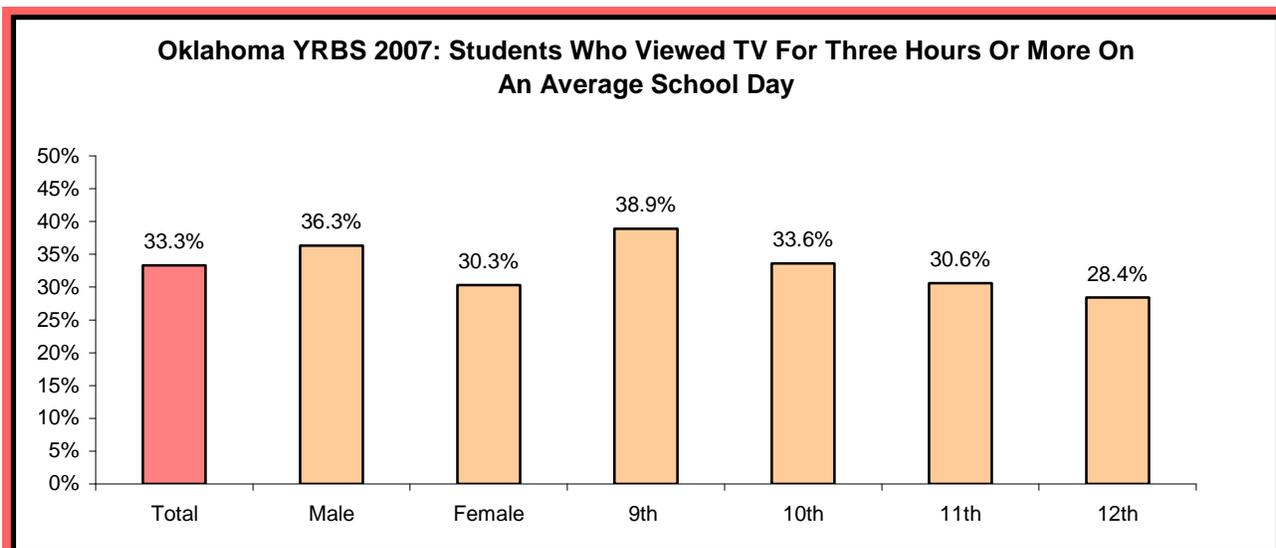
**Oklahoma YRBS 2007: Did Not Attend A Physical Education (PE) Class During the School Week**



◆ Twelfth grade females reported the highest percentage of not attending a PE class during the school week.

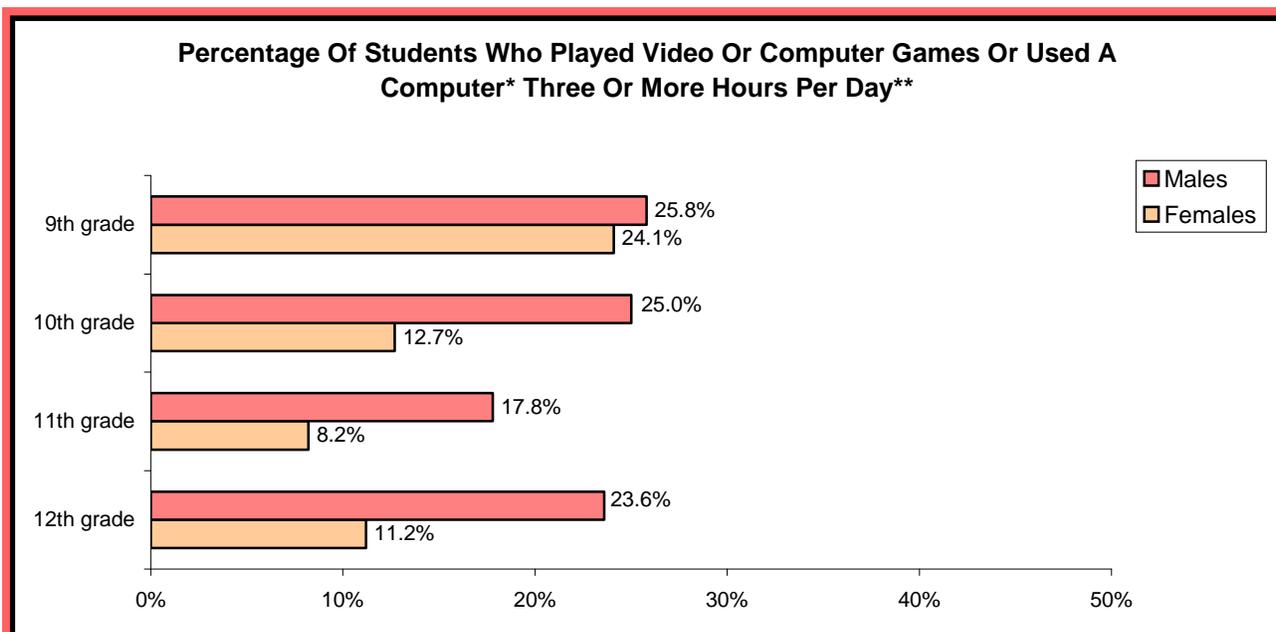
◆ Ninth grade males reported the lowest percentage of not attending a PE class during the school week.

# Oklahoma YRBS 2007 Results for Physical Activity



◆ Ninth graders reported the highest percentage of watching TV for three or more hours per day.

◆ Twelfth graders reported the lowest percentage of watching TV for three or more hours per day.



◆ Eleventh grade females reported the lowest percentage of playing video or computer games or using a computer\* for three or more hours per day.\*\*

◆ Ninth grade males reported the highest percentage of playing video or computer games or using a computer\* for three or more hours per day.\*\*

\*For something that was not school work

\*\* On an average school day

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## Summary Table

SURVEY QUESTION	National % 2007	OK % 2007	GENDER %		GRADE %				Trends %		
			M	F	9	10	11	12	2003	2005	2007
Physically active for a total of at least 60 minutes everyday during the past 7 days	*	29.4	41.4	16.9	29.0	29.2	32.2	26.4	Not asked	18.6	29.4**
Physically active for a total of at least 60 minutes for 5 or more days during the past 7 days	34.7	49.6	60.4	36.6	49.4	47.0	51.2	45.1	Not asked	38.2	49.6**
Attended physical education (PE) class daily	30.3	34.3	40.7	27.5	40.0	37.4	31.5	25.8	29.8	31.3	34.3
Attended physical education (PE) class one or more days during average school week	53.6	39.7	46.6	32.3	46.6	42.7	35.7	30.6	37.3	35.9	39.7
Watched 3 hours or more of TV per day on an average school day	35.4	33.3	36.3	30.3	38.9	33.6	30.6	28.4	36.7	38.8	33.3
Played 3 hours a day or more of video or computer games or used a computer for something that was not school work	24.9	19.1	23.4	14.5	24.9	19.0	13.1	17.5	Not asked	Not asked	19.1
Played on one or more sports teams in the past 12 months	56.3	58.6	62.8	54.1	62.8	57.4	60.9	51.5	55.6	56.6	58.6

- Centers for Disease Control and Prevention. (2007). *Handbook for Conducting Youth Risk Behavior Surveys 2007*. Division of Adolescent and School Health.
- United Health Foundation. (2007) *Prevalence of obesity summary*. Retrieved electronically from: <http://www.unitedhealthfoundation.org/ahr2007/obesity.html#Table23>
- Centers for Disease Control and Prevention (2007). *Behavioral Risk Factor Surveillance Survey prevalence data summary; exercise 2007*. Retrieved electronically from: <http://apps.nccd.cdc.gov/brfss/list.asp?cat=EX&yr=2007&qkey=4347&state=All>

\* Not evaluated

\*\* Caution should be used when comparing 2005 and 2007 data. Survey modifications appear to have influenced responses to this question.