

Physical Activity

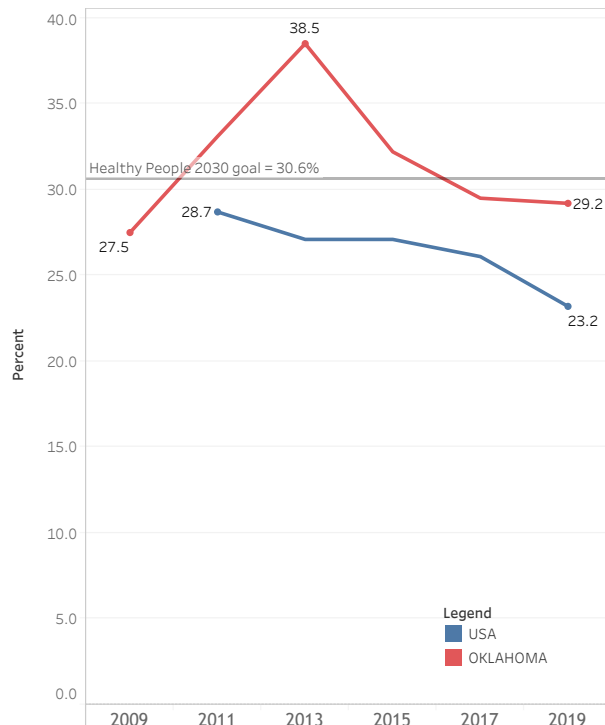
Percent of students in grades 9 through 12 were physically active for at least 60 minutes on all days of the past week

Regular physical activity can improve the health and quality of life of Americans of all ages, regardless of the presence of a chronic disease or disability.

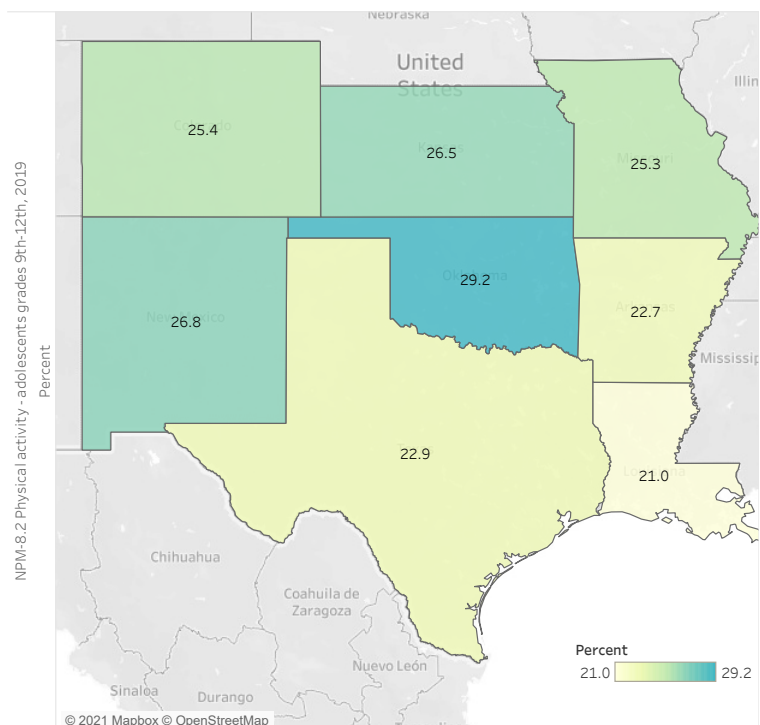
Physical activity in adolescents improves bone health, weight status, cardiorespiratory and cardiometabolic health, and brain health, including improved cognition and reduced depressive symptoms.

Physical activity in adolescents reduces the risk of early life risk factors for cardiovascular disease, hypertension, Type II diabetes, and osteoporosis. In addition to aerobic and muscle-strengthening activities, bone-strengthening activities are especially important for children and young adolescents because the majority of peak bone mass is obtained by the end of adolescence.(1)

Physical activity, adolescents grades 9th-12th
Oklahoma and USA, biannual periods 2009-2019(2)



Physical activity, adolescents grades 9th-12th
Oklahoma and surrounding states, 2019(2)



Physical activity, adolescents grades 9th-12th, for the biannual periods, 2009-2019(2)

			2009	2011	2013	2015	2017	2019
Arkansas	YRBSS-ADOLESCENT	Percent ..			27.5	28.6	21.4	22.7
Colorado	YRBSS-ADOLESCENT	Percent ..	26.9	29.2			27.4	25.4
Kansas	YRBSS-ADOLESCENT	Percent ..	27.8	30.2	28.3		26.5	26.5
Missouri	YRBSS-ADOLESCENT	Percent ..	26.7		27.2	26.0	28.6	25.3
New Mexico	YRBSS-ADOLESCENT	Percent ..	23.4	26.3	31.1	30.9	30.8	26.8
OKLAHOMA	YRBSS-ADOLESCENT	Percent ..	27.5	33.1	38.5	32.2	29.5	29.2
Texas	YRBSS-ADOLESCENT	Percent ..	27.2	27.1	30.0		25.2	22.9
USA	YRBSS-ADOLESCENT	Percent ..		28.7	27.1	27.1	26.1	23.2

Source:

1. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018. https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
2. Centers for Disease Control and Prevention (CDC). 1991-2019 High School Youth Risk Behavior Survey Data. Available at <http://yrbs-explorer.services.cdc.gov/>. Accessed on September 1, 2021.

