Youth Risk Behavior Surveys

PHYSICAL ACTIVITY

LOUISIANA 2008 & 2009
Among adults (aged 25 years or older), cardiovascular disease and cancer cause 61 percent of deaths. Physical inactivity is recognized as an important risk factor for cardiovascular disease and cancer. Increasing physical activity by 30 minutes at least five days a week has been documented to reduce risk of cardiovascular events. Regular activity plays an important role in helping to maintain a healthy body weight; excess body weight increases amounts of circulating estrogen, androgens, and insulin, all of which are associated with cell and tumor growth. Adolescents who do not engage in enough physical activity increase their chances of developing cardiovascular and other chronic diseases, including diabetes.
LOUISIANA STATISTICS

In 2009, 39.5% of all Louisiana students met the recommendation for physical activity, a slightly higher rate than the national average of 37%, but a lower rate than in 2008 (44.3%) (Figure 2).

» In both years, male students were more physically active than female students (Figure 1).

» The proportion of students who met the recommended amount of physical activity decreased most years of high school from 2008 to 2009; the only exception is 12th grade students who increased slightly from 36.7% to 41.4% (Figure 1).

FIGURE 1
In 2009, 51.0% of Louisiana students reported going to physical education class at least one day in an average school week compared to 59.5% of students in 2008. This difference was statistically significant at 5% (Figure 2). At the national level, weekly physical education increased only slightly from 53.6% to 56.4% in 2008 to 2009 – surpassing Louisiana in 2009.

» More 9th and 10th grade students had weekly physical education than 11th and 12th grade students in both survey years (Figure 2).

» The percentage of students who attended PE classes on a weekly basis has decreased in all gender, race and grade level groups from 2008 to 2009.

*Percentage of students who attended physical education (PE) classes on 1 or more days in an average week when they were in school.

**FIGURE 2**

2008: Weekly Physical Education*

- Total: LA 59.5%, U.S. Total 2007 53.6%
- Gender: Female 54.0%, Male 64.9%
- Race: White 58.0%, Black 61.3%
- Grade Level: Total 71.4%, Female 79.3%

2009: Weekly Physical Education

- Total: LA 51.0%, U.S. Total 2009 56.4%
- Gender: Female 48.2%, Male 53.8%
- Race: White 53.3%, Black 50.1%
- Grade Level: Total 56.2%, Female 39.4%

*Note: Percentage of students who attended physical education (PE) classes on 1 or more days in an average week when they were in school.
**DAILY PHYSICAL EDUCATION**

Attendance at daily physical education classes while in school has decreased by almost 9 percentage points from 2008 to 2009: 44.7% to 36.4% (Figure 3). This difference is statistically significant at 5%. However, Louisiana was higher than the national level in both years.

» In 2008, more 9th and 10th grade students had daily PE than 11th and 12th grade students. However, the 2009 class of 9th graders showed only 35.8% had daily PE compared to 57.9% in the same grade level in 2008 (Figure 3).

» There were no differences between races in 2008, but in 2009 white students were more likely to have daily PE than black students (Figure 3).

*Percentage of students who attended physical education (PE) classes 5 days in an average week when they were in school.*

**FIGURE 3**
In 2009, 50.6% of Louisiana students played on one or more sports teams during the 12 months before the survey, compared to 58.3% nationally (Figure 4). The percents in Louisiana declined from 2008 to 2009, while national figures showed a slight increase in students who played on one or more teams.

Increasingly fewer students played on sports teams each year of high school in 2008, but this trend was less pronounced in 2009 (Figure 4).

More male students and more black students played on sports teams than female students and white students in both survey years (Figure 4). Most participation rates have decreased from 2008 to 2009.

*Percentage of students who played on at least one sports team during the 12 months before the survey.
TELEVISION, VIDEO GAME OR NON-SCHOOL COMPUTER USE

In 2009, 50.2% of students watched TV, played video games or used a computer for other than school work in the 30 days before the survey compared to 45.8% nationally (Figure 5). This is a slight increase from 48.6% in 2008 in Louisiana, but a decrease nationally in the same years.

» More 9th graders watched TV or played video games than students in any other grade level in both 2008 and 2009 (Figure 5).

» More black students than white students watched TV or played video games in 2008 and 2009 (Figure 5).

For more information on the Youth Risk Behavior Survey, go to http://www.cdc.gov/HealthyYouth/yrbs/index.htm.
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