

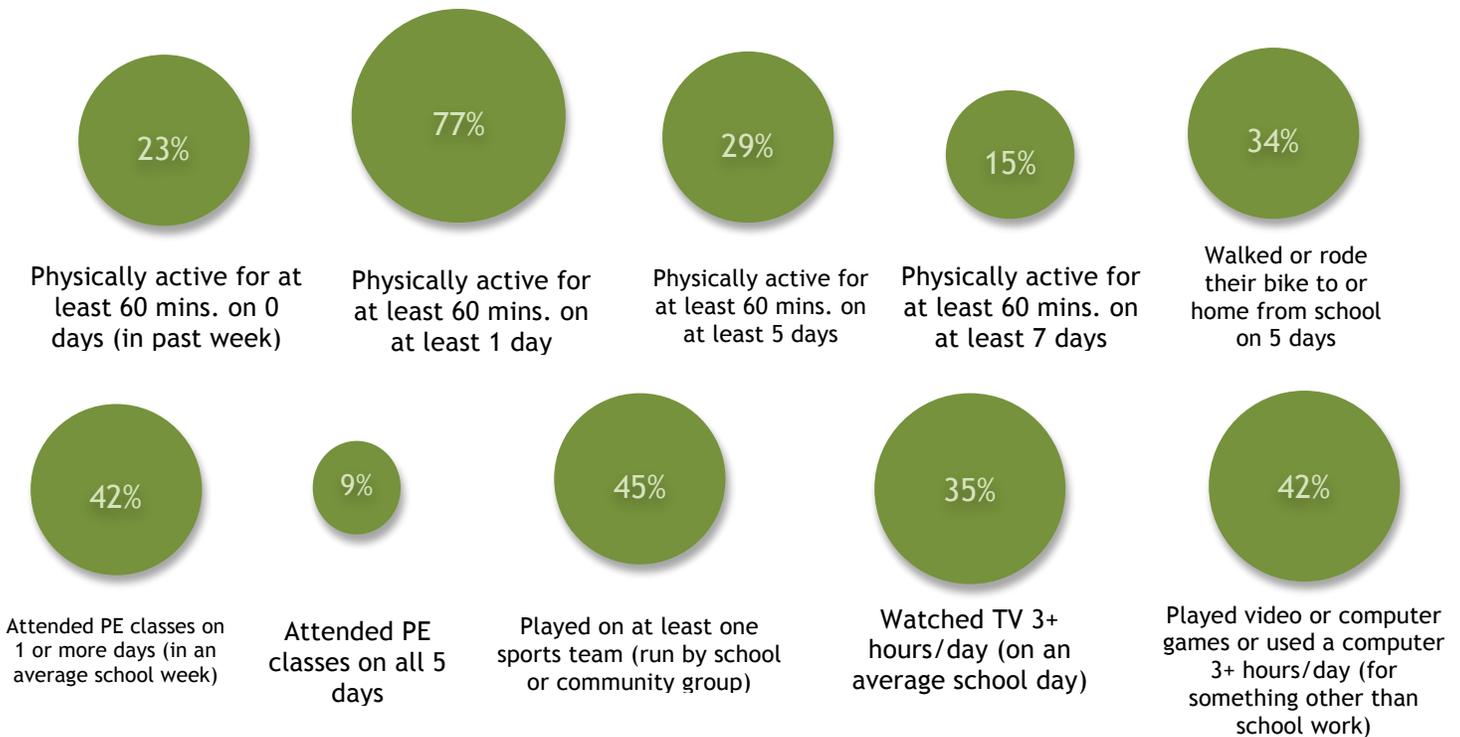
# BOSTON YOUTH RISK BEHAVIOR SURVEY

## PHYSICAL ACTIVITY

### 2013 Key Findings

- Fewer students are not engaging in any physical activity (physically active for at least 60 minutes/day on 0 days in the past week) in 2013 (23% vs. 27% in 2007). However, there was no change in students who were physically active for 5+ days or all 7 days.
- More students are playing video or computer games or using computers (unrelated to school work) (42% in 2013 vs. 26% in 2007), but fewer students are watching TV (35% in 2013 vs. 50% in 2003).
- More Black students watched 3+ hours of TV on an average school day (43%) compared to Asian (24%) and White (15%) students. No difference with Hispanic/Latino students.
- More Asian students played video/computer games or used a computer (not related to school work) for 3+ hours on an average school day (59%) compared to Black students (36%). No difference between other racial/ethnic groups.
- Fewer students who got mostly A's (24%) watched 3+ hours of TV/day (on an average school day) compared to those who got mostly D's/F's (43.2%).

**2013 Snapshot:** In 2013, [blank] % of high school students engaged in the following behaviors...



**Key:**



= decrease from 2011



= no change from 2011 OR new question added in 2013



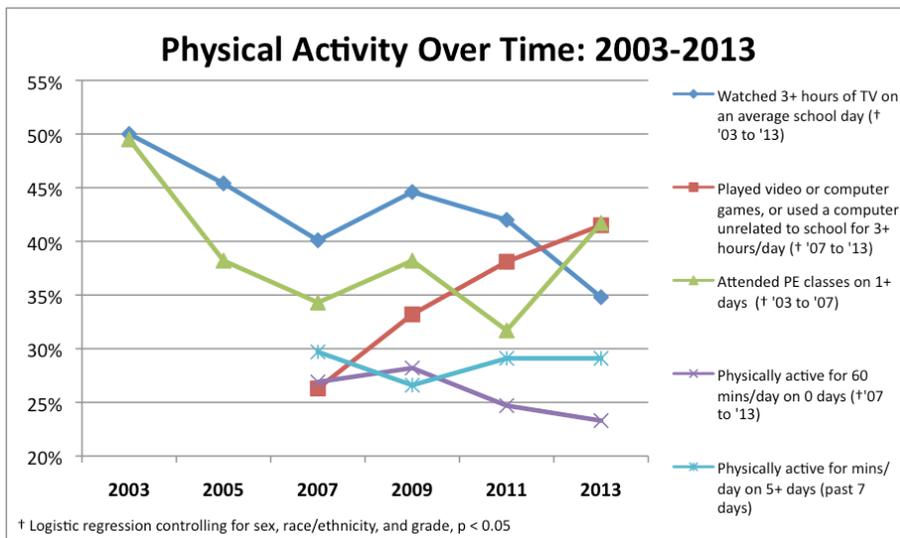
= increase from 2011

Sizes of bubbles are meant to provide a visual cue to the relative prevalence of a risk-behavior and are not exactly proportional to prevalence.

The purpose of this report is 1) to highlight significant trends and differences in health and health-risk behaviors among Boston adolescents over time and between demographic sub-groups and 2) to disseminate significant results which may inform future wellness-related programs, practices, and policies that aim to improve the health and wellness of Boston youths. The intent of this report is not to attempt to provide solutions, but rather to highlight significant results to spark future conversations and collaborations. The District Wellness Policy Annual Report will annually report both school- and student-level outcomes against District Wellness Policy initiatives. Please visit [www.bpshealthandwellness.org](http://www.bpshealthandwellness.org) for more information.

# Youth Risk Behavior Survey

## Trend Data: 2003-2013



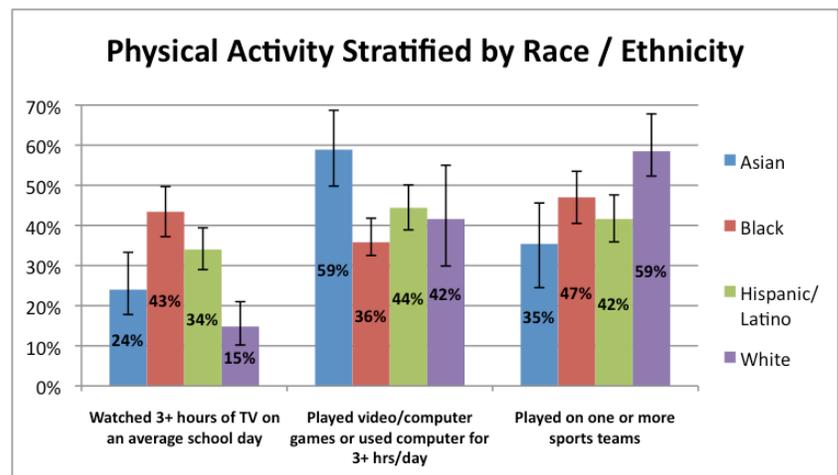
Physical activity remains level, while certain sedentary behaviors have increased.

Fewer students are not engaging in any physical activity (physically active for at least 60 minutes/day on 0 days in the past week) in 2013 (23% vs. 27% in 2007). However, there was no change in students who were physically active for 5+ days or all 7 days. Fewer students attended physical education classes at least one day/week between 2003 (50%) and 2007 (34%). This figure has not changed significantly since. Although fewer students watch TV (3+ hrs on an average school day) in 2013 (35%) than in 2003 (50%), more students are playing video/computer games or using a computer (not for school work, for 3+ hours/day) in 2013 (42%) compared to 2007 (26%).

## Race / Ethnicity

Overall, physical activity did not differ significantly between racial/ethnic sub-groups.

Some sub-groups engaged in certain sedentary behaviors more than others.



No difference was observed between racial/ethnic groups in many behaviors, including:

- Physically active for 60+ mins/day on 0, 5+, or 7+ of the past seven days.
- Attending PE classes on 1+ or 5+ days in an average school week.
- Walking or riding their bikes to or from school on five days in an average school week.

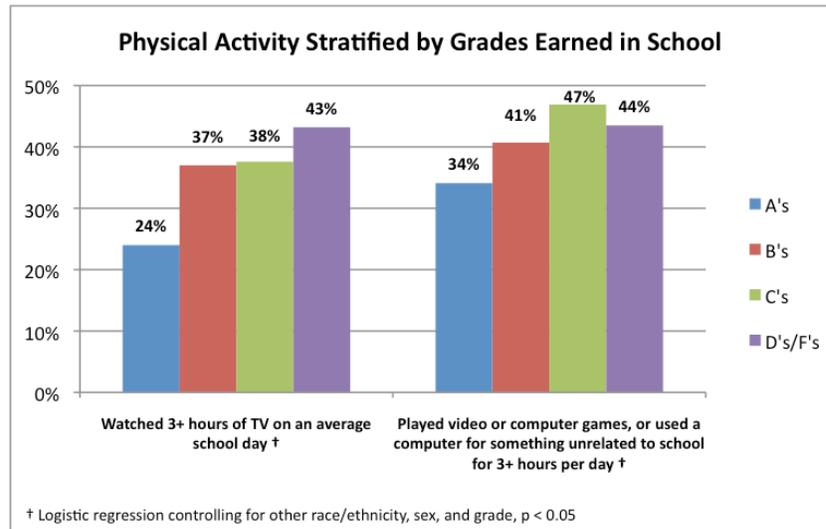
Among risk behaviors where a difference was observed:

- More Black students watched 3+ hours of TV on an average school day (43%) compared to Asian (24%) and White (15%) students. More Hispanic/Latino students watched 3+ hours of TV (34%) compared to White students, but there was no difference from their Black and Asian peers.
- More Asian students played video/computer games or used a computer (not related to school work) for 3+ hours on an average school day (59%) compared to Black students (36%).
- More White students played on 1+ sports teams (59%) compared to Asian students (35%).

# Youth Risk Behavior Survey

## Academic Performance

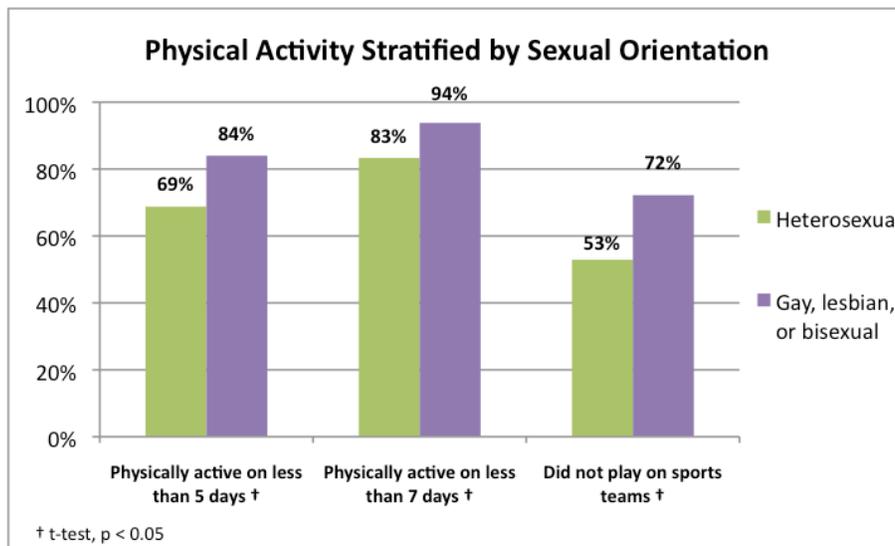
There is a significant association between screen time and academic achievement.



Among behaviors where a statistical difference was observed:

- Fewer students who got mostly A's (24%) watched 3+ hours of TV/day (on an average school day) compared to those who got mostly D's/F's (43.2%).
- Fewer students who got mostly A's (34%) played video/computer games or used a computer (not for school) for 3+hrs/day compared to those who got B's (41%), C's(47%), and D's/F's(44%).

## Sexual Orientation



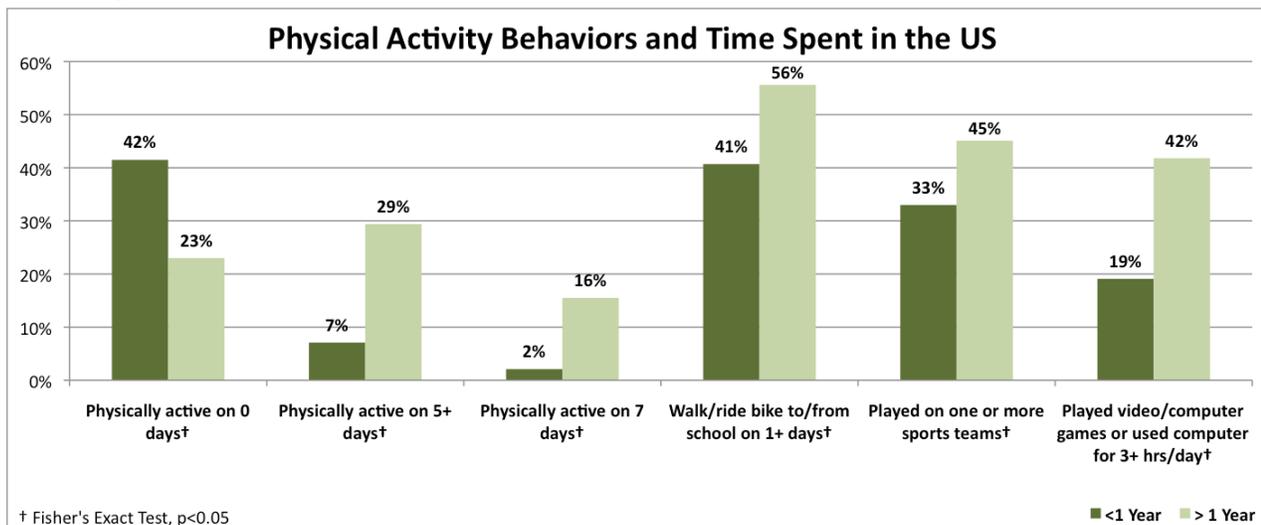
Fewer students who identify as lesbian, gay, or bisexual engage in regular physical activity and fewer play on sports teams compared to students who identify as heterosexual.

More students who identified as gay, lesbian, or bisexual (GLB):

- Engage in 60+ minutes of physical activity on *fewer than 5 days* (84%) compared to their heterosexual peers (69%). This means that fewer GLB students engage in physical activity for 5 or more days during an average week than heterosexual students.
- Engage in 60+ minutes of physical activity on *fewer than 7 days* (94%) compared to their heterosexual peers (83%).
- Do not play on sports teams (72%) compared to heterosexual students (53%).

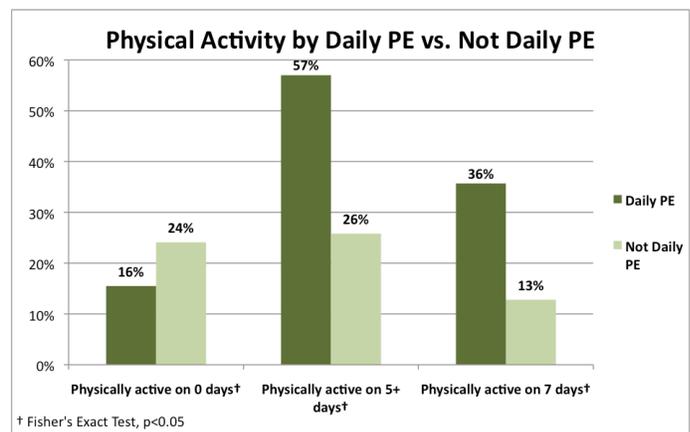
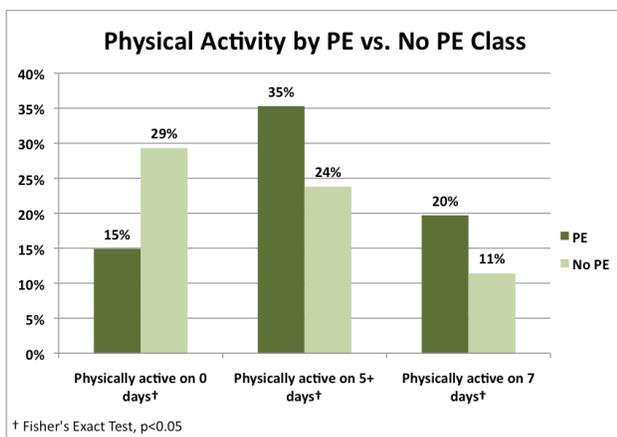
# Youth Risk Behavior Survey

## Time Spent in the US



There is a significant association between time spent in the US (<1 year vs. > 1 year) and physical activity days (0, 5, and 7 days). More students who have been in the US for <1 year are active on 0 days (42%) compared to those who have been here for >1 year (23%). While no difference was observed in watching TV, fewer students who have been in the US for <1 year (19%) engage in other screen time activities compared to those who have been in the US for >1 year (42%). Time spent in the US is also significantly associated with active transport to/from school and playing on sports teams.

## Physical Education Class at School



Physical activity and having physical education class at school are significantly associated. More students who do not have PE class (29%) are active on 0 days compared to those who do have PE class (15%), while more who have PE (20%) are active on all 7 days (compared to 11% of students with no PE).

More students who have daily PE are active on 5+ days (57%) and all 7 days (36%) compared to those who do not have daily PE (26% 5+ days, 13% all 7 days).

For more information about the Boston YRBS, please visit <http://www.bpshealthandwellness.org/>