

This data brief describes data provided in 2016 and 2017 from the Cuyahoga County Youth Risk Behavior Survey (YRBS). The US Department of Health and Human Services recommends adolescents get 60 minutes or more of daily physical activity, consisting of aerobic, muscle-strengthening, and bone-strengthening exercise in order to have health benefits. In 2017, the Centers for Disease Control and Prevention (CDC) reported that 36.8% of high school females in the U.S. and 56.9% of high school males obtained recommended levels of physical activity. Conversely, 19.5% of high school females and 11.0% of high school males reported themselves physically inactive (< 60 min.) on all seven days of the week before completing the survey.

Overall, 40.9% of Cuyahoga County high school students and 51.5% of middle school students participated in 60 or more minutes of physical activity that made them sweat or breath hard some of the time on 5 or more of the past 7 days. Nationally, obtaining 60 minutes or more of physical activity is reported for 3 out of the past 7 days, 5 out of the past 7 days, and all 7 days. Since 2013, Cuyahoga County has reported the percent of students obtaining 60 minutes or more of physical activity 5 out of the past 7 days and are considered to be meeting physical activity recommendations.

The American Academy of Pediatrics recommends students spend no more than two hours daily on the computer or television. In 2017, 20.7% of US high school students reported watching more than 3 hours of television per day on an average school day, while 43.0% reported spending more than 3 hours per day on the computer or playing video games.

## Who is Meeting Physical Activity Recommendations?



Cuyahoga County is divided into six regions based on proximity to the central city of Cleveland. The lowest rates for obtaining recommended physical activity (PA) occurred in both the Cleveland East and West regions (see Fig. 1). The next lowest rates occurred in the inner rings both east and west of the city. Since 2013, the percent of county HS students meeting PA recommendations has declined significantly from 47% to 41%. A significant decline in meeting recommendations was also found specifically in the Cleveland East region (32.8% in 2013 to 27.1% in 2017).

Figure 1. High School Students Meeting PA Recommendations by Region

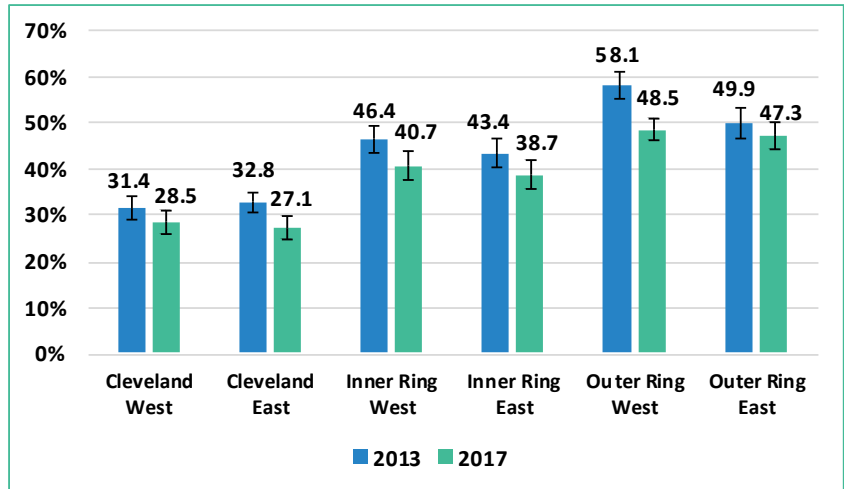
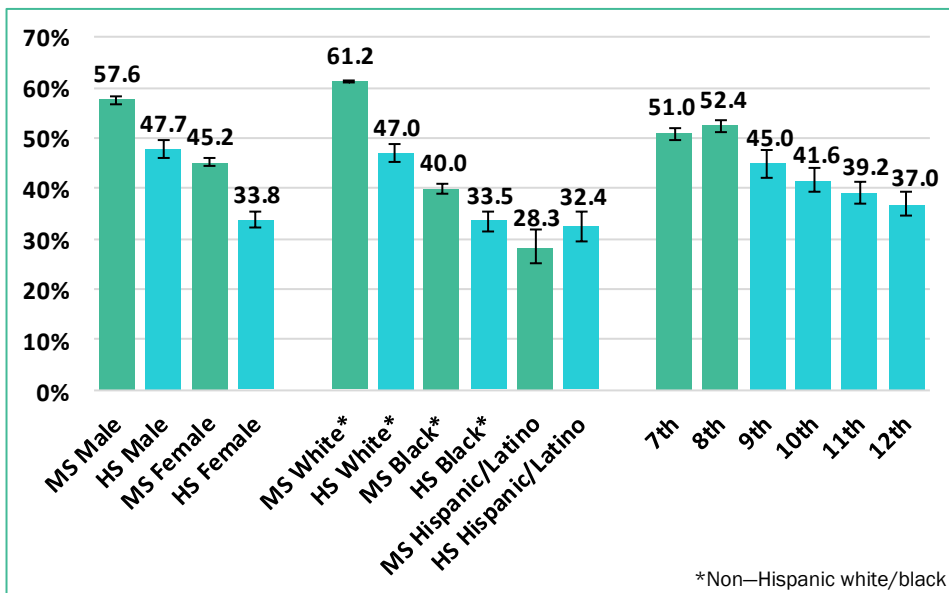


Figure 2. Students Meeting PA Recommendations by Demographic

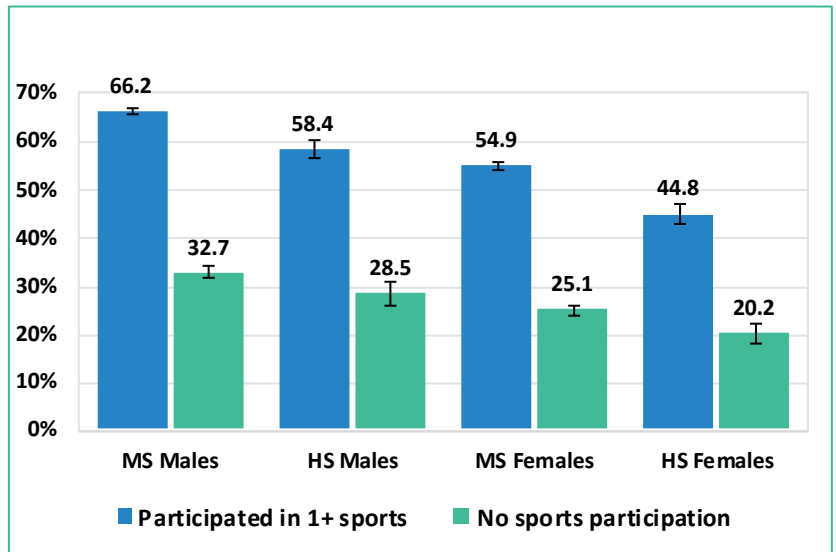


Cuyahoga County students vary in meeting physical activity recommendations based on gender, race, and grade level. Male middle school students had the highest prevalence of meeting physical activity recommendations. Female students were less likely than male students to meet recommended physical activity levels in both middle and high school. White middle and high school students were more likely to obtain recommended levels compared to both Black and Hispanic/Latino students. The prevalence of meeting physical activity recommendations declines from 9th to 12th grade (See Fig. 2). Cuyahoga County high school prevalence by gender and grade level were similar to estimates reported by the United States in 2017.



According to the CDC, sports team participation contributes to obtaining recommended levels of physical activity. Of those who played on sports teams in the prior 12 months, greater than half of students (61% MS, 52% HS) met physical activity (PA) recommendations. Only about one quarter of those NOT playing sports met physical activity recommendations (29% MS, 24% HS). Male middle and high school students were more likely to meet recommended levels of physical activity than female middle and high school students whether or not they played on one or more sports teams in the past 12 months. Despite having the highest percentage meeting PA recommendations of any group (see Fig. 3), one third of middle school males participating in one or more sports are not meeting recommendations.

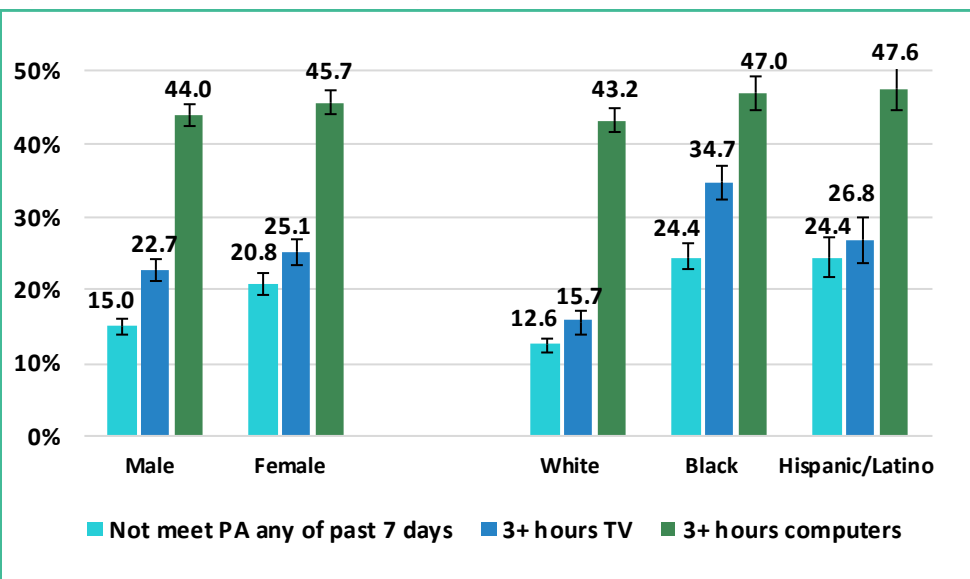
**Figure 3. Meeting PA Recommendations and Sports Team Participation**



**18%**

of Cuyahoga County high school students did not meet physical activity recommendations on any of the past 7 days

**Figure 4. Sedentary Behavior among HS Students by Gender and Race/Ethnicity**



Overall, 23.9% of high school students reported watching television on the average school day for 3+ hours a day. Minority-group students were more likely than white students to report watching 3+ hours of television on an average school day. Overall, 44.8% of high school students reported using computers for non-school work 3+ hours on average school days. Computer use did not differ significantly by race/ethnicity.

Nearly 18% of high school students didn't meet physical activity recommendations on any of the seven days prior to taking the survey. Females were more likely than males and minority students more likely than white to report less than 60 minutes of physical activity on any day. At the middle school level, similar patterns were reported by gender and race/ethnicity.

**Methods:** The Prevention Research Center for Healthy Neighborhoods (PRCHN) regularly uses a two-stage cluster sample design that mimics the sampling method of the Centers for Disease Control and Prevention (CDC) and its national Youth Risk Behavior Survey (YRBS). In 2017, 45 of 58 high schools (77.6%) and 13,907 of 18,098 students (76.8%) participated in the survey. An overall response rate of 60% (77.6 x 76.8) allowed the data to be weighted to the entire population of 9th-12th grade students in Cuyahoga County. In 2016, 95 of 104 schools that enrolled 7th and/or 8th grade students (91.3%), and 13,261 of 14,809 eligible students participated in the survey. An overall response rate of 82% (91.3 x 89.6) allowed the data to be weighted to the entire population of 7th-8th grade students in Cuyahoga County. Analyses were conducted using SPSS statistical software survey procedures to account for the sampling design. Unless otherwise noted, all differences in behavior are significant at the  $p < .05$  level.

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\* This brief is an update of a previous 2015 brief and features data from the most recent YRBS administration.

**References:**

<http://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>

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