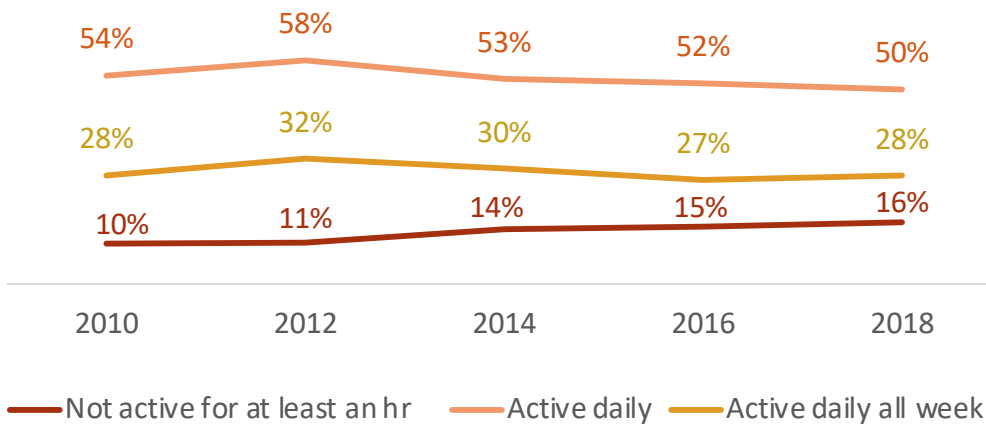


Physical Activity

Youth in Nebraska



The number of high school students who were **not** active for at least an hour at least once a week has **increased**, and the number who were active daily has **decreased** since 2010



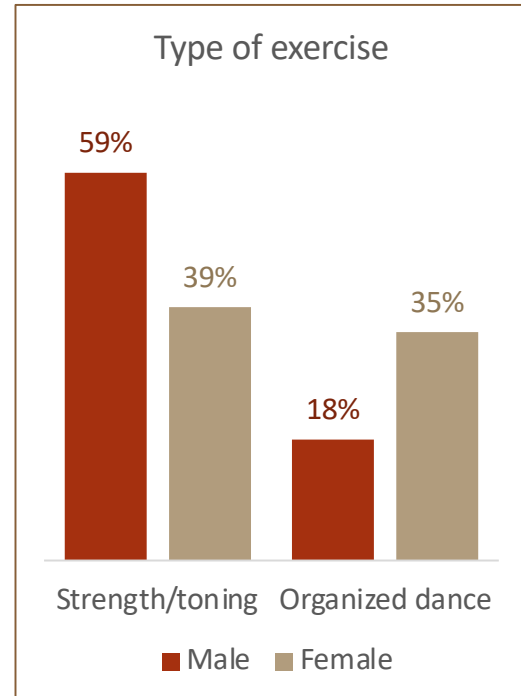
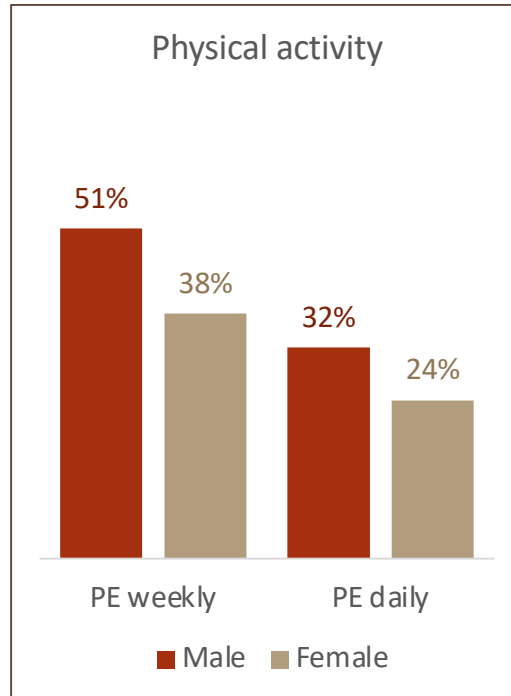
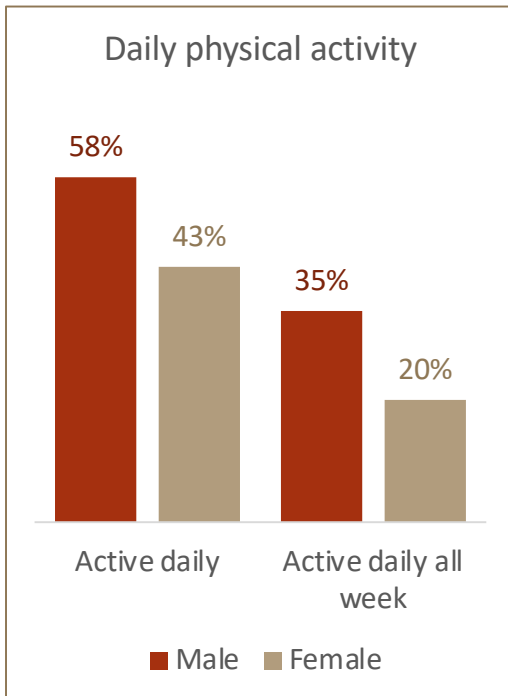
Male students were more likely than female students be classified as obese

M: **16%** vs. F: **10%**

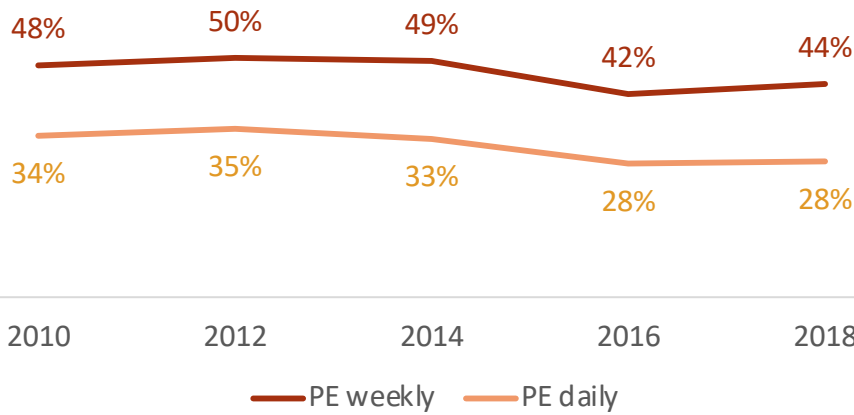
Hispanic students were more likely than non-Hispanic white students to be classified as obese

H: **18%** vs. non-H: **12%**

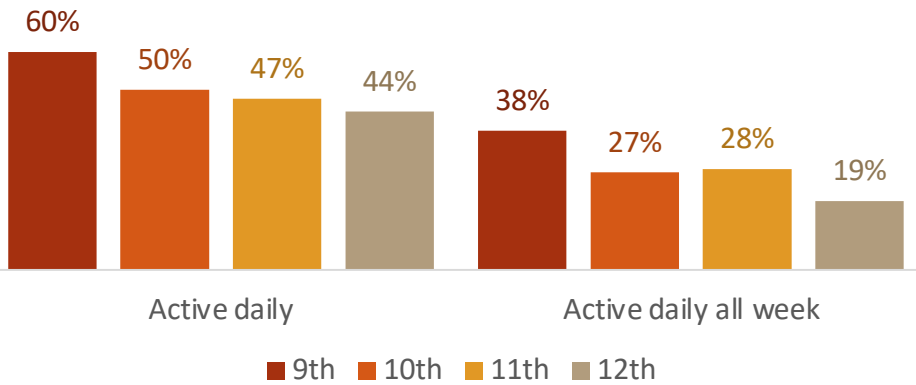
Male students were **more likely** than female students to be active daily, participate in PE, and do strength/toning exercises. Organized dance was the only category that male students were less likely to do.



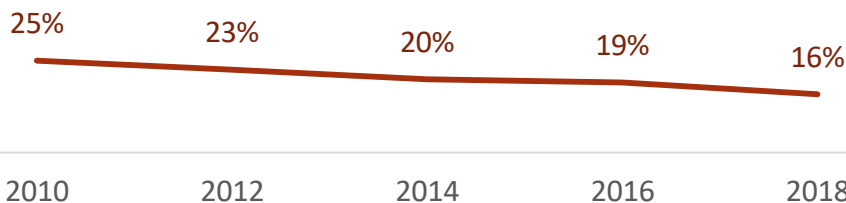
Physical Education participation has **decreased** since 2012



Daily activity is higher for **9th grade students** than any other grade, and seniors are less likely than all other grades to be active daily



The number of students watching 3+ hours of TV a day has **declined** since 2010



Non-Hispanic white students (51%) were

2x

as likely as Hispanic students (25%) to do strength/toning exercises



Over half of non-Hispanic white students (53%) were active daily, compared to 30% of Hispanic students (25%).

Similarly, 40% of non-Hispanic white students and 22% of Hispanic students were active daily all week



1 out of 7

non-Hispanic white students (14%) and

1 out of 5

Hispanic students (21%) watched 3+ hours of TV a day



Flaticons by Freepik

Nebraska YRBS, 2018, weighted