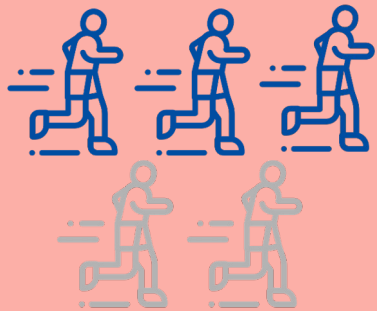


# Physical Activity

## Youth in Nebraska



**Three out of five** students (58%) were physically active for at least an hour a day for 5+ days.

This was **more** common for:

- boys (66% vs. 50% for girls)
- students who were not classified as overweight/obese (64% vs. 49% who were overweight/obese)
- those who felt safer at school (59% vs. 42% who felt unsafe)
- students who were happier (64% vs. 48% who felt sad/hopeless)

**Two out of three** students who reported no Adverse Childhood Experiences (ACEs)\* were physically active for at least an hour a day for 5+ days, compared to half of students (49%) who reported ACEs.

\*ACEs Indicators included in the YRBS:

- Ever lived with someone who was depressed, mentally ill, or suicidal
- Ever lived with someone who has/had a problem with alcohol or drug use
- Ever been separated from a parent/guardian because they went to prison, jail, or a detention center
- Usually did not sleep in their parent's/guardian's home
- A parent or other adult in their home frequently swore at them, insulted them, or put them down
- A parent or other adult in their home frequently hit, beat, kicked, or physically hurt them in any way
- Their parents or other adults in their home frequently slapped, hit, kicked, punched, or beat each other up



**Three out of ten** students (31%) were physically active for at least 60min every day.

This was **more** common for:

- boys than girls (36% vs. 25%)
- students who were happier (33% vs. % 27 who felt sad/hopeless)
- non-Hispanic students (32% vs. 26% for Hispanic students).

This was **less** common for:

- students classified as overweight/obese (26% vs. 34% not overweight/obese)
- students who felt unsafe at school (23% vs. 31% of those who felt safer).



**One-third** of students (34%) attended physical education classes every day of the week.

This was **more** common for:

- boys (39% vs. 29% for girls)
- those who felt safer at school (34% vs. 25% who felt unsafe)
- students who currently used alcohol, tobacco, marijuana, or vaped (38% vs. 32% who did not currently use substances)

# 17%



of Nebraska high school students had a concussion in the last year from sports or other physical activities.

This was **more** common for:

- students who felt unsafe at school (30% vs. 16% who felt safe at school)
- students who had considered suicide (26% vs. 15% who had not considered suicide)
- students who currently used alcohol, tobacco, marijuana, or vaped (24% vs. 15% who did not currently use substances)
- students who were frequently sad/hopeless (20% vs. 15% who were not sad/hopeless)

# 1 in 4

students participated in organized dance activities.

This was **more** common for:

- girls (36% vs 14% for boys)
- students who were happier (29% vs. 23% who felt sad/hopeless)
- non-Hispanic students (27% vs. 16% for Hispanic students)

# 59%

of students exercised to strengthen/tone their muscles on 3+ days a week.

This was **more** common for:

- boys (70% vs. 48% for girls)
- students without ACEs (65% vs. 54% who reported ACEs)
- those who did not report being sad/hopeless (63% vs. 51% for those who reported being sad/hopeless)



# Three out of four

students (74%) spent 3+ hours a day on screen time.

This was **more** common for

- students who had considered suicide (84% vs. 71% who had not considered suicide)

# 13%

of students did not participate in at least 60min of physical activity on at least 1 day in the past week.

This was **more** common for:

- students with ACEs (16% vs. 9% who reported no ACEs)
- students who were frequently sad/hopeless (16% vs. 11% who were not sad/hopeless)
- students who were classified as overweight/obese (15% vs. 10% who were not overweight/obese)



Flaticons by Freepik

Data from the Nebraska 2021 Youth Risk Behavior Survey (YRBS). Weighted data, n=675. Funded by CDC-PS18-1807, "Promoting Adolescent Health through School-Based HIV Prevention."