

Health | Behaviors

2009 Update

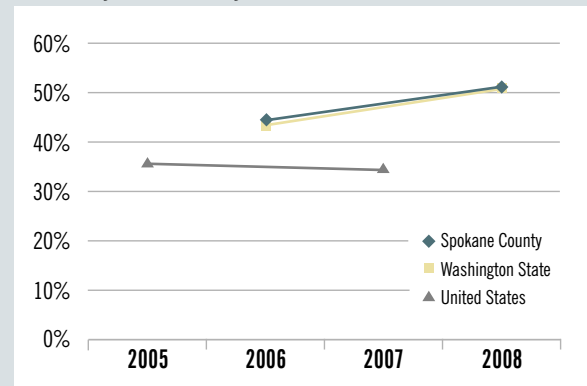
This indicator is 1 of 44 Spokane Counts indicators found at www.srhd.org/SpokaneCounts

Physical Activity (youth)

Youth physical activity is measured by the percent of individuals in grades 6, 8, 10, or 12 who engage in any level of physical activity for 60 minutes per day on 5 or more days per week. Regular physical activity in adolescence helps build healthy bones and muscles, increases self-esteem, helps control weight, reduces symptoms of anxiety and depression, and lowers the risk of chronic disease later in life.¹

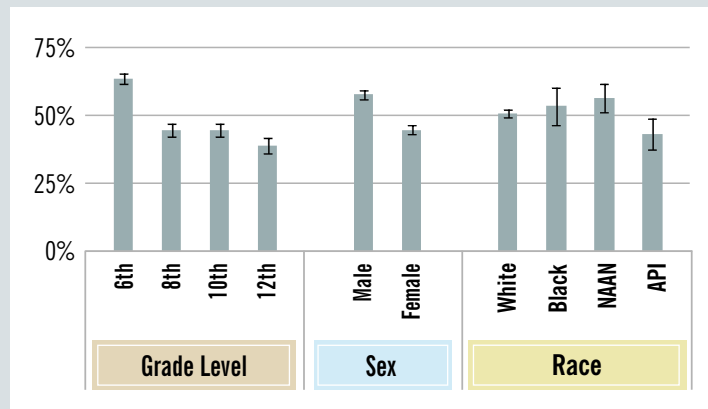
In Spokane County, half of youth met the recommendation of 60 minutes of physical activity per day on 5 or more days per week in 2008. There was a significant increase in the proportion of adolescents who met the physical activity recommendations since 2006. The proportion of physically active youth in Spokane County was similar to that of Washington State in 2008, but significantly higher than the U.S. in 2007.

Youth Physical Activity



Source: Washington State Healthy Youth Survey; Youth Risk Behavior Surveillance System Data

Demographic Disparities in Youth Physical Activity, Spokane County, 2008



Source: Washington State Healthy Youth Survey

Among Spokane County youth in 2008:

- Physical activity decreased as grade level increased;
- Males were more likely than females to be physically active; and
- Compared to Whites, Asian/Pacific Islanders were less likely to be physically active.

Indicator: Physical Activity (youth)

Percent (95% Confidence Interval)

	2006	2008	
Total	Spokane County	44.4% (42.9, 45.8)	51.2% (50.1, 52.4)
	Washington State	43.1% (42.2, 44.0)	52.1% (51.4, 52.8)
	National	35.8% (2005)	34.7% (2007)
Grade Level	6th grade		63.7% (61.9, 65.6)
	8th grade	48.7% (46.5, 51.0)	44.7% (42.6, 46.9)
	10th grade	42.6% (40.2, 45.1)	44.6% (42.2, 47.1)
	12th grade	39.6% (36.7, 42.6)	38.9% (36.1, 41.7)
Sex	Male	51.7% (49.5, 53.8)	57.9% (56.3, 59.5)
	Female	37.7% (35.7, 39.7)	44.9% (43.3, 46.5)
Race	White	44.7% (43.1, 46.4)	51.1% (49.7, 52.5)
	Black	35.9% (27.4, 45.3)	53.5% (46.7, 60.2)
	Native American/Alaska Native	38.6% (30.3, 47.7)	56.6% (51.2, 61.9)
	Asian/Pacific Islander	41.0% (33.9, 48.5)	43.3% (37.7, 49.1)

Source: Washington State Healthy Youth Survey;
Youth Risk Behavior Surveillance System Data



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