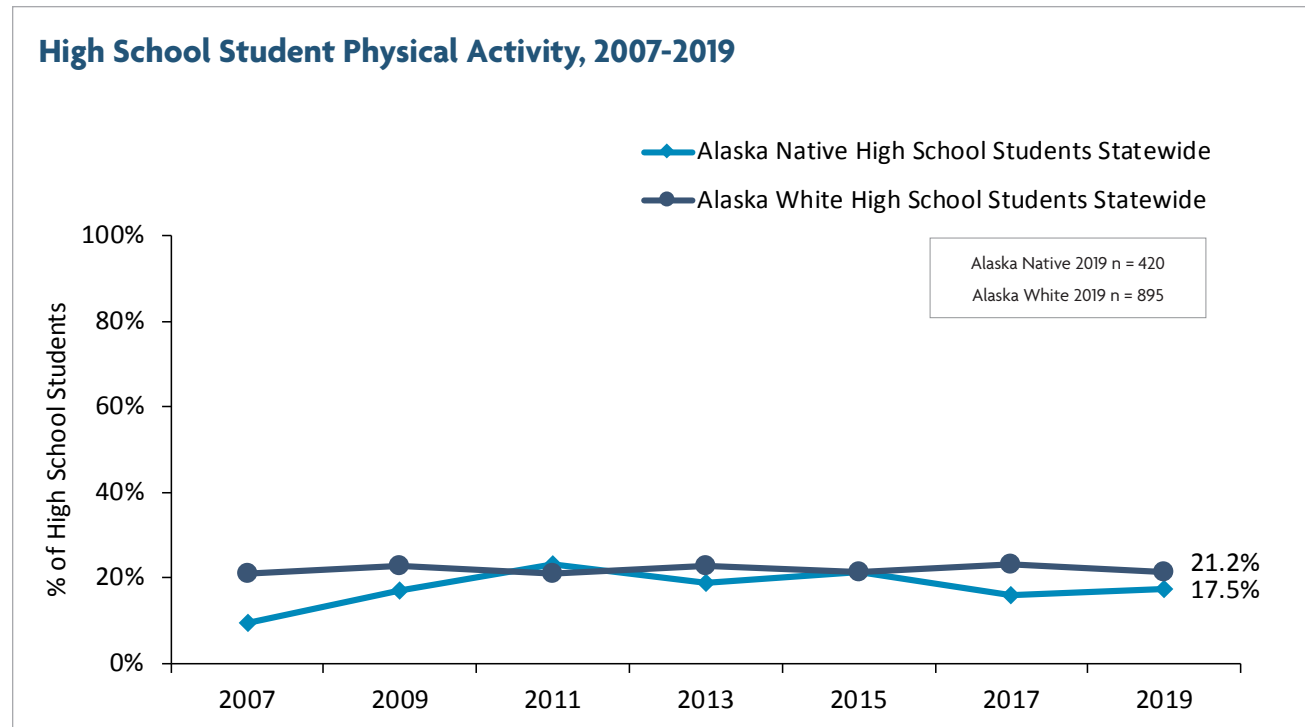


Physical Activity



Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Table C-87

Definition

Physical activity is defined as high school students (grades 9-12) who were physically active for a total of at least 60 minutes per day, including doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time. The current recommendation is 60 minutes of physical activity per day, every day of the week.²⁴

Related Objectives

Increase the percentage of adolescents (high school students in grades 9-12) who do at least 60 minutes of physical activity a day, every day of the week, to 22.0%. - *HEALTHY ALASKANS 2030, OBJECTIVE #16*. Increase the proportion of adolescents who do enough aerobic physical activity to 30.6%. - *HEALTHY PEOPLE 2030, OBJECTIVE PA-06*

Summary

- » Nearly one in five (17.5%) Alaska Native high school students reported engaging in the recommended level of physical activity in 2019.
- » In 2019, there was no statistically significant difference in the percent of high school students who met physical activity recommendations between Alaska Native and Alaska White high school students.
- » The percent of Alaska Native high school students who met physical activity recommendations has appeared to remain relatively stable between 2007 and 2019.

Physical Activity

Table C-87: High School Student Physical Activity, 2007-2019

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System

| | | Alaska Native Students Statewide | Alaska White Students Statewide |
|------|---------------------|---|--|
| 2007 | n | 248 | 744 |
| | % | 9.6% | 21.1% |
| | Confidence Interval | (5.6%-16.0%) | (17.6%-25.1%) |
| 2009 | n | 296 | 609 |
| | % | 17.1% | 22.8% |
| | Confidence Interval | (11.6%-24.4%) | (19.0%-27.2%) |
| 2011 | n | 300 | 651 |
| | % | 23.3% | 20.9% |
| | Confidence Interval | (16.4%-31.9%) | (17.6%-24.5%) |
| 2013 | n | 280 | 593 |
| | % | 18.9% | 22.7% |
| | Confidence Interval | (14.2%-24.6%) | (19.0%-26.8%) |
| 2015 | n | 350 | 658 |
| | % | 21.2% | 21.2% |
| | Confidence Interval | (17.2%-25.8%) | (17.9%-24.9%) |
| 2017 | n | 342 | 572 |
| | % | 15.8% | 23.1% |
| | Confidence Interval | (12.7%-19.6%) | (18.8%-27.9%) |
| 2019 | n | 420 | 895 |
| | % | 17.5% | 21.2% |
| | Confidence Interval | (12.0%-24.8%) | (17.5%-25.4%) |

24 Centers for Disease Control and Prevention. (2019). Physical Activity Guidelines for School-Aged Children and Adolescents. Retrieved from www.cdc.gov/healthyschools/physicalactivity/guidelines.htm