Physical Activity (Youth)

**Health Behavior**

**Indicator:** Physical Activity (Youth)

**Definition:** Percent of youth in grades 6, 8, 10, and 12 who are physically active 60 minutes or more on five or more days per week.

**Why this is important:** 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.

**Where we are:** In 2014 in Spokane County, 57.1% of adolescents reported meeting the recommendation for physical activity. From 2008 to 2014, there was a significant increase in the proportion of adolescents meeting the physical activity recommendations. The proportion of physically active Spokane County youth was significantly higher than that of Washington state in 2014 and the United States in 2013.

**Health Disparities:**

Among youth in Spokane County in 2014:

- Physical activity decreased as age increased.
- Males were more likely than females to be physically active.
- Asian/Pacific Islanders were less likely to be physically active when compared to whites.
- Physical activity increased as maternal education level increased.

### Data Source
HYS, 2014 (grade 6,8,10,12)

### Geography
- Spokane County: 57.1% (55.9-58.3)
- Washington state: 55.6% (55.0-56.2)
- United States: 47.3%

### Trend
08-14 Increase

### Age
#### Youth
- 6th grade: 58.5% (56.4-60.6)
- 8th grade: 65.4% (63.0-67.6)
- 10th grade: 53.7% (51.2-56.3)
- 12th grade: 48.4% (45.8-51.0)

### Sex
#### Male
62.3% (60.6-63.9)
#### Female
52.0% (50.3-53.7)

### Race
#### White
57.6% (56.2-59.1)
#### Black
60.9% (53.7-67.7)
#### NAAN
58.9% (53.2-64.3)
#### API
50.2% (44.6-55.9)
#### Hispanic
54.8% (48.8-60.6)
#### 2 or more
56.2% (51.9-60.5)

### Education*
#### < High school
51.4% (46.1-56.7)
#### High school
51.3% (48.0-54.6)
#### Some college
55.6% (52.4-58.6)
College graduate  63.0% (50.6-65.4)

* Education reflects the mother’s highest education level