44% were physically active for a total of at least 60 minutes per day on five or more days during the past week.

34% of females
53% of males

16% were NOT physically active for at least 60 minutes per day in the past week
12% of males and 20% of females

27% WATCHED THREE OR MORE HOURS OF TV on an average school day

A gradual decrease from a high of 33% in 2003

29% PLAYED VIDEO OR COMPUTER GAMES OR USED A COMPUTER for something that was not school work three or more hours per day on an average school day—an increase from a low of 21% in 2007.

WHAT YOU CAN DO

1. Walk or ride your bike to school, work, or your friend’s house.
2. Be creative in PE classes—ask for yoga, dance, running, and outdoor activities.
3. Do a community service project that gets you moving, like a school garden or helping to maintain a trail.

The Indiana YRBS is part of a nationwide surveying effort led by the Centers for Disease Control and Prevention (CDC) to monitor students’ health risks and behaviors in six categories. The YRBS is conducted every two years among a representative group of Indiana students in grades 9-12.

KNOW THE FACTS: www.in.gov/yrbs