

YRBS 2023 Data Results: Physical Activity

June 2026

What is the Youth Risk Behavior Survey?

Youth Risk Behavior Survey (YRBS) is a CDC-sponsored survey that monitors students' health risks and behaviors and provides data at the national and state level. YRBS is conducted every other year on even-numbered years among high school students grades 9-12. We asked students questions related to physical activity, screen time, and physical education (PE) at school.

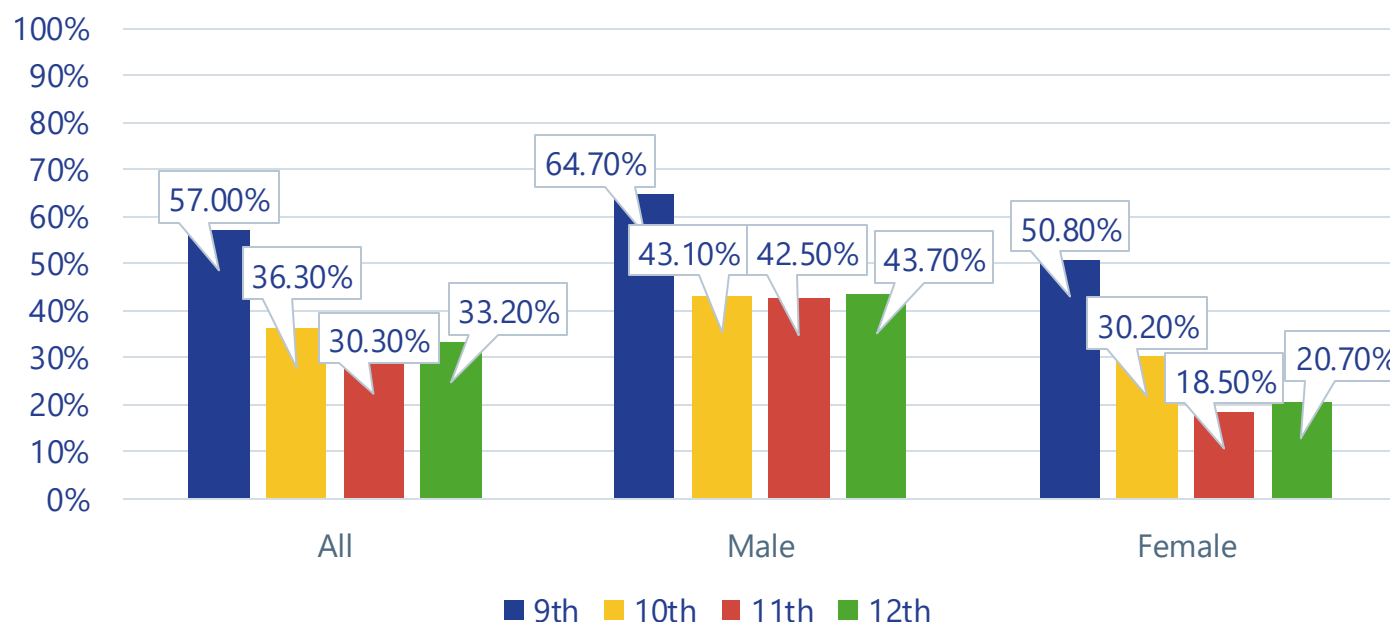
Fast Facts

- **39.6%** of students attended PE classes on one or more days*
- **22.4%** of students attended PE classes on all five days*
- **44.5%** of students were physically active at least 60 minutes per day on 5 or more days**
- **23.3%** of students were physically active at least 60 minutes per day on all 7 days**
- **12.7%** of students did not participate in at least 60 minutes of physical activity on at least 1 day**

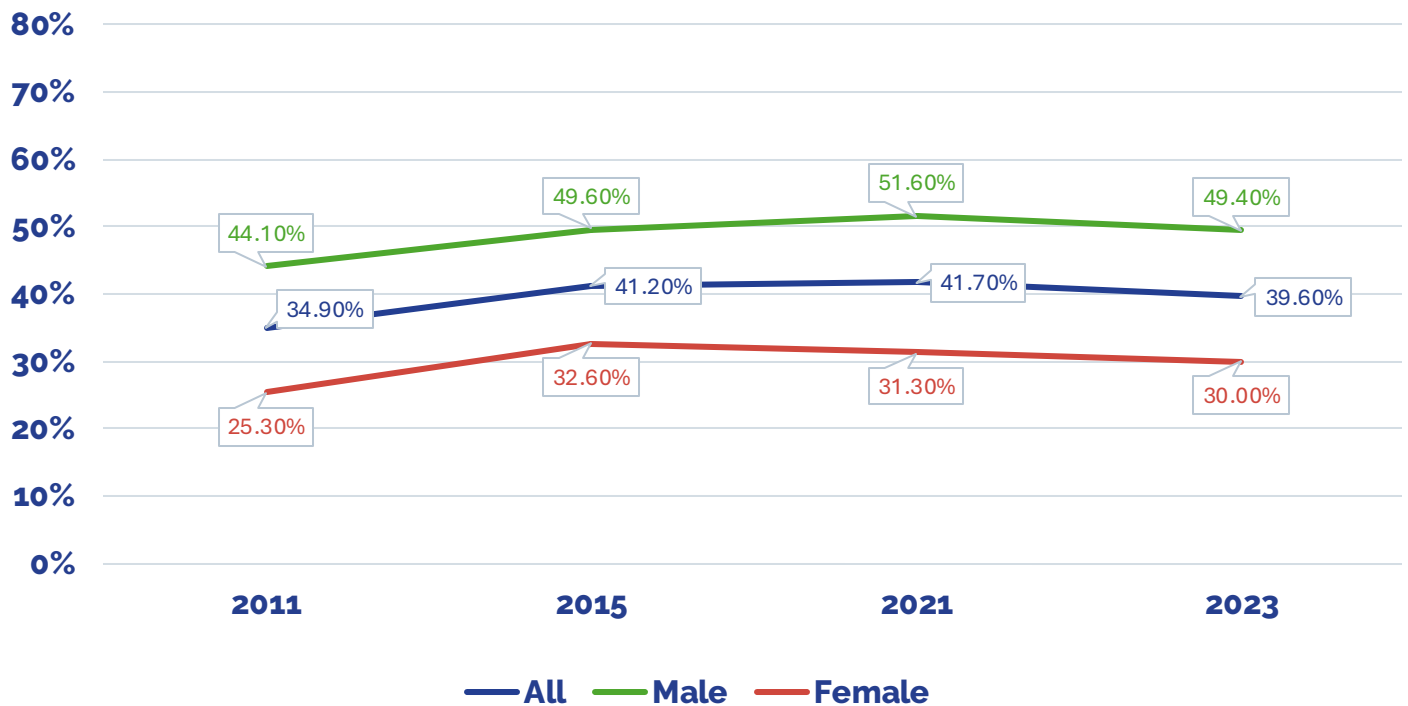
*in an average school week

**during the seven days before the survey

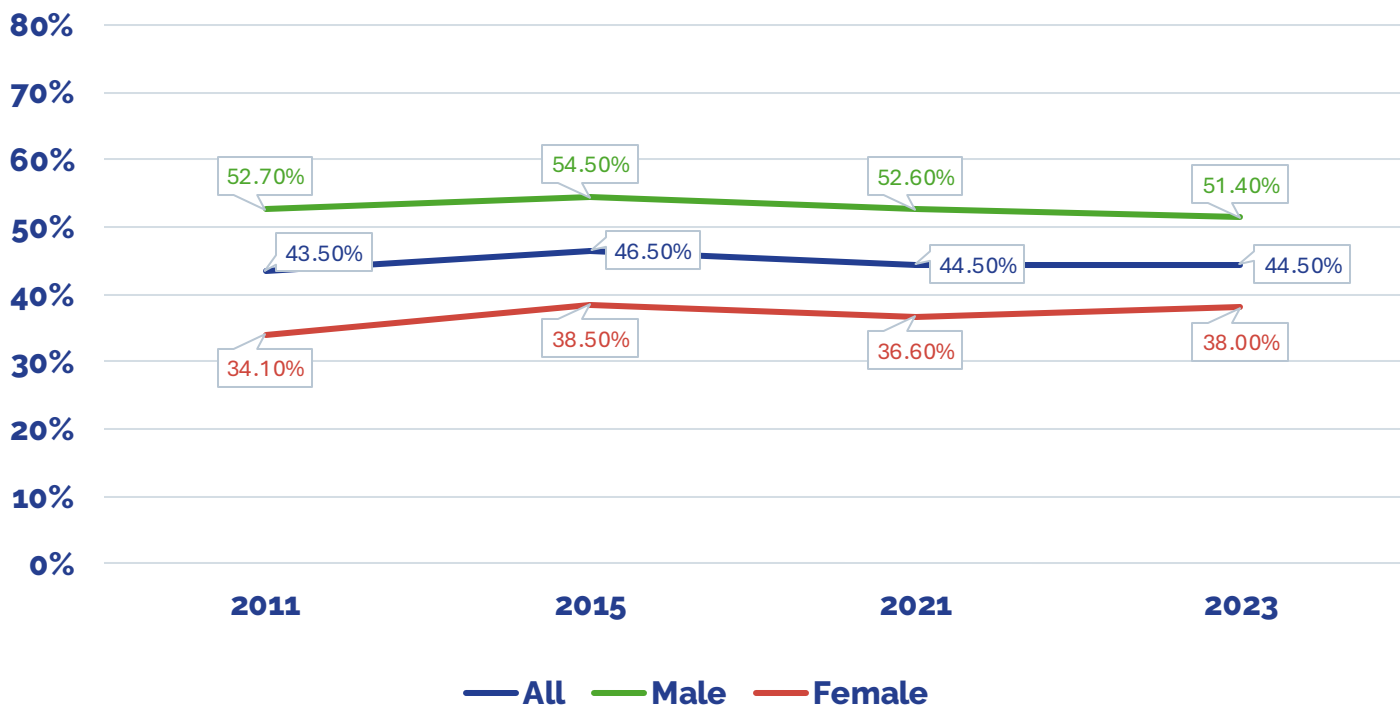
Percentage of students who attended physical education (PE) classes on one or more days in an average school week



Percentage of students who attended physical education (PE) classes on one or more days in an average school week



Percentage of students who were physically active at least 60 minutes per day on five or more days (during the seven days before the survey)



For additional information on adolescent health:
in.gov/health/mch/data/adolescentyoung-adult-health/