

## Healthy People 2010 Operational Definition

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**22-7. Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.**

<b>National Data Source</b>	Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.
<b>State Data Source</b>	Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.
<b>Healthy People 2000 Objective</b>	Adapted from 1.4 (Physical Activity and Fitness).
<b>Leading Health Indicator</b>	Physical Activity.
<b>Changes since the 2000 Publication</b>	None.
<b>Measure</b>	Percent.
<b>Baseline (Year)</b>	65 (1999)
<b>Target</b>	85
<b>Target-Setting Method</b>	Better than the best racial/ethnic subgroup. For a discussion of target-setting methods, see Part A, section 4.
<b>Numerator</b>	Number of students in grades 9 through 12 who report exercising or participating for at least 20 minutes in physical activity that made them sweat and breathe hard on 3 or more of the 7 days preceding the survey.
<b>Denominator</b>	Number of students in grades 9 through 12.
<b>Population Targeted</b>	Students in grades 9 through 12.
<b>Questions Used To Obtain the National Baseline Data</b>	From the 1999 Youth Risk Behavior Surveillance System:  ➤ <i>On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast</i>

*bicycling, fast dancing, or similar aerobic activities?*

*0 days*

*1 day*

*2 days*

*3 days*

*4 days*

*5 days*

*6 days*

*7 days*

**Expected Periodicity** Biennial.

**Comments** This objective is one of the measures used to track the Physical Activity Leading Health Indicator. See Appendix E for a complete list.

This objective differs from Healthy People 2000 objective 1.4, which used different question wording. The former YRBSS question was: “On how many of the past 7 days did you exercise or participate in sports activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, jogging, swimming laps, tennis, fast bicycling, or similar aerobic activities?”

For some measures, data do not meet the criteria for statistical reliability, data quality, or confidentiality and have been suppressed. Information on suppression of data for the major Healthy People 2010 data systems has been published in a *Healthy People Statistical Note*.<sup>1</sup>

See Part C for a description of YRBSS and Appendix A for focus area contact information.

## References

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1. Klein, R.J.; Proctor, S.E.; Boudreault, M.A.; Turczyn, K.M. Healthy People 2010 Criteria for Data Suppression. *Statistical Notes* No. 24. Hyattsville, MD: National Center for Health Statistics. 2002.