

## Healthy People 2010 Operational Definition

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### **22-6. Increase the proportion of adolescents who engage in moderate physical activity for at least 30 minutes per day 5 or more days per week.**

<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 1.3 (Physical Activity and Fitness) (also 15.11 and 17.13).
<b>Changes since the 2000 Publication</b>	Revised text (see Comments).
<b>Measure</b>	Percent.
<b>Baseline (Year)</b>	27 (1999)
<b>Target</b>	35
<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 participating for at least 30 minutes in physical activity that did not make them sweat or breathe hard on 5 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 participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?</i>  0 days 1 day 2 days

3 days  
4 days  
5 days  
6 days  
7 days

**Expected Periodicity** Biennial.

**Comments** The objective text was modified from 30 minutes of exercise on 5 of the previous 7 days to 30 minutes of exercise per day on 5 or more days a week due to changes in the survey question.

This objective differs from Healthy People 2000 objective 1.3, which tracked moderate physical activity in adults only.

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.