

## Healthy People 2010 Operational Definition

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### **22-10. Increase the proportion of adolescents who spend at least 50 percent of school physical education class time being physically active.**

<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>	1.9 (Physical Activity and Fitness).
<b>Changes since the 2000 Publication</b>	None.
<b>Measure</b>	Percent (age adjusted – see Comments).
<b>Baseline (Year)</b>	38 (1999)
<b>Target</b>	50
<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 spending 21 or more minutes exercising or playing sports in physical education class three to five times a week.
<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>In an average week when you are in school, on how many days do you go to physical education (PE) classes?</i> <i>0 days</i> <i>1 day</i> <i>2 days</i> <i>3 days</i> <i>4 days</i> <i>5 days</i>

- *During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?*

*I do not take PE*

*Less than 10 minutes*

*10 to 20 minutes*

*21 to 30 minutes*

*More than 30 minutes*

**Expected Periodicity** Biennial.

**Comments**

This objective is identical to one of the measures tracked by Healthy People 2000 objective 1.9. In addition to monitoring physical activity in physical education classes for students in grades 9 through 12, objective 1.9 also monitored the same measure for all students (grades 1 through 12).

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.