

N. Sample Table Shells

Percentage of high school students who watch television 2 or more hours a day on an average school day, by sex, race/ethnicity, and grade - United States, National Youth Physical Activity and Nutrition Survey, 2010

| | Female | | Male | | Total | |
|-----------------------|--------|--------|------|--------|-------|--------|
| | % | 95% CI | % | 95% CI | % | 95% CI |
| Race/Ethnicity | | | | | | |
| White* | | | | | | |
| Black* | | | | | | |
| Hispanic | | | | | | |
| Other | | | | | | |
| Grade | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |
| 11 | | | | | | |
| 12 | | | | | | |
| Total | | | | | | |

CI=confidence interval. *Non-Hispanic.

Percentage of high school students reporting key diet and physical activity behaviors, overall and by BMI status – United States, National Youth Physical Activity and Nutrition Survey, 2010

| Variable | Total (%) | BMI Status | | | |
|---|-----------|------------------------------|---------------------------------|-----------------------------|------------------------|
| | | Underweight ¹ (%) | Healthy Weight ² (%) | Overweight ³ (%) | Obese ⁴ (%) |
| Diet | | | | | |
| Eat fruit 2+ times a day | | | | | |
| Drink soda or pop 2+ times per day | | | | | |
| Eat breakfast or a morning meal every day | | | | | |
| Eat dinner with television on most of the time or always | | | | | |
| Physical Activity | | | | | |
| Physically active for at least 60 minutes per day every day | | | | | |
| Did muscle-strengthening exercises at least 3 days a week | | | | | |
| Have a television in bedroom | | | | | |

¹Underweight – Body mass index less than the 5th percentile

²Healthy weight – Body mass index between 5th percentile and 85th percentile

³Overweight – Body mass index between 85th percentile and 95th percentile

⁴Obese – Body mass index equal to or greater than the 95th percentile

Odds ratio of youth who report no social support from an adult at home engaging in physical activity behaviors relative to youth who report receiving social support from an adult at home - United States, National Youth Physical Activity and Nutrition Survey, 2010

| | Adult never encourages youth to do physical activity or play sports | Adult never does physical activity or plays sports with student | Adult never provides transportation to a place to do physical activity or play sports | Adult never watches student participate in physical activity or sports |
|--|---|---|---|--|
| Is physically active for at least 60 minutes per day every day | | | | |
| Played on 1+ sports teams in past 12 months | | | | |
| Walks or rides bike to and/or from school on 3+ days per week | | | | |
| Has TV in bedroom | | | | |