

Meet Physical Activity Guidelines in Hawaii

Meet Physical Activity Guidelines in Hawaii, by School Type, State, Gender, Grade Level, and DOH Race-Ethnicity,* for the Years 2001 - 2013

*The weighted data is available for middle school for all years; high school weighted data is not available for 2001 or 2003.
Data are shown by year in descending order. Questions for certain health indicators were not asked in all years.*

Below are the indicators included in this report and the long description for each indicator.

Health Indicator	Health Indicator Description
Physical activity - 60+ min, 7 of past 7 days	Students who were physically active for a total of 60 minutes or more per day on all of the past seven days
Physical activity - muscle strengthen, 3+ of past 7 days	Students who did exercises to strengthen or tone their muscles, such as push-ups, sit-ups, or weight lifting, on three or more of the past seven days
Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days	Students who were physically active for at least 60 minutes on 7 of the past 7 days and did muscle-strengthening activities on 3+ days of the past 7 days

Suggested citation:

*Hawaii Health Data Warehouse, State of Hawaii, Hawaii School Health Survey: Youth Risk Behavior Survey
Module, (report title and years), Report Created: 9/25/15*

For documentation on other terms and coding in this report, please go to the following links:

[Click here to access YRBS documentation](#)

[Click here to access Race-Ethnicity coding](#)

[Click here to access Hawai'i Data Guide](#)

For questions about this report, please contact The Hawaii Health Data Warehouse

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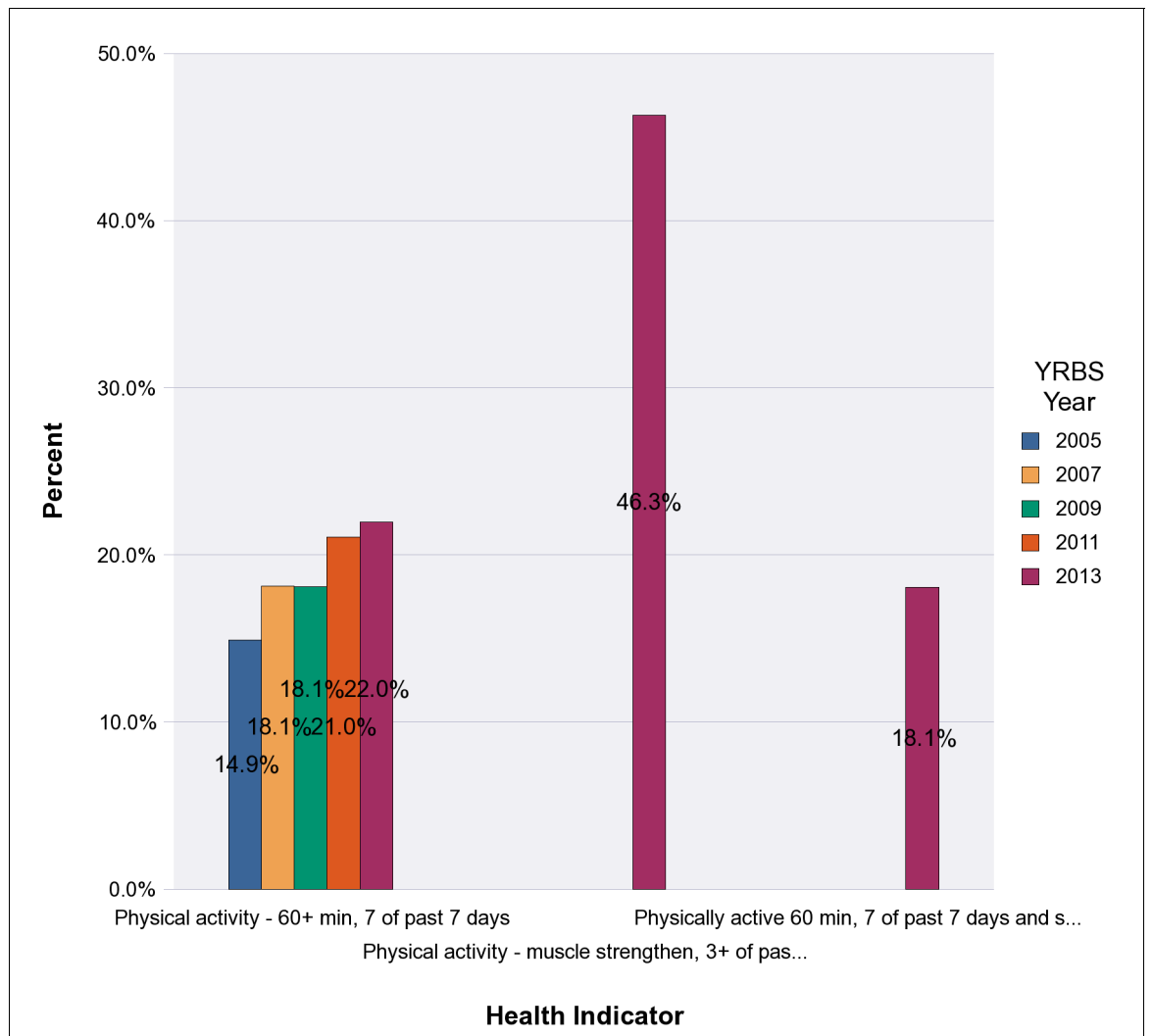
(855) 946-5899 x 15

Meet Physical Activity Guidelines in Hawaii, by School Type, for the Years 2001 - 2013

Note: Weighted percentages, positive responses only, 95% confidence interval; n/r (Not Reportable) - Total unweighted responses less than 100

High Schools

Health Indicator	YRBS Year	Percent
Physical activity - 60+ min, 7 of past 7 days	2005	14.9%
	2007	18.1%
	2009	18.1%
	2011	21.0%
	2013	22.0%
	Physical activity - muscle strengthen, 3+ of past 7 days	2013
2013		18.1%



Middle Schools

Health Indicator	YRBS Year	Percent
Physical activity - 60+ min, 7 of past 7 days	2005	16.9%
	2007	19.7%
	2009	26.0%
	2011	25.0%
	2013	32.0%
	Physical activity - muscle strengthen, 3+ of past 7 days	2013
2013		24.0%

