

Table 209. High School Students Engaged in Physical Activity by Sex: 2007

[In percent. For students in grades 9 to 12. Based on the Youth Risk Behavior Survey, a school-based survey and subject to sampling error; for details, see source]

Characteristic	Met currently recommended levels of physical activity ¹	Did not participate in 60+ min. of physical activity on any day ²	Attended physical education class		Played on at least one sports team ⁵	Injured while exercising or playing sports ⁶	Used computers 3 or more hours/day ⁷	Watched 3 or more hours/day of TV ⁸
			Total ³	Attended daily ⁴				
All students	34.7	24.9	53.6	30.3	56.3	21.9	24.9	35.4
Male	43.7	18.0	57.7	33.2	62.1	24.1	29.1	37.5
Grade 9	44.4	17.1	68.3	39.7	63.4	26.0	30.5	42.0
Grade 10	45.1	16.3	62.3	35.7	64.7	24.5	30.0	38.1
Grade 11	45.2	18.0	51.4	27.9	63.0	23.8	29.5	35.4
Grade 12	38.7	21.5	44.6	27.5	56.2	20.9	25.6	32.8
Female	25.6	31.8	49.4	27.3	50.4	19.3	20.6	33.2
Grade 9	31.5	26.1	65.1	40.4	54.7	21.7	24.9	37.2
Grade 10	24.4	31.7	51.2	26.1	50.8	20.8	22.6	35.9
Grade 11	24.6	34.3	38.8	19.8	52.5	18.2	17.9	29.6
Grade 12	20.6	36.2	38.5	20.2	41.9	14.8	14.8	28.9

¹ Were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day for at least 5 or more days out of the 7 days preceding the survey. ² Did not participate in 60 or more minutes of any kind of physical activity that increased their heart rate and made them breathe hard some of the time on at least 1 day during the 7 days before the survey. ³ On one or more days in an average week when they were in school. ⁴ 5 days in an average week when they were in school. ⁵ Run by their school or community groups during the 12 months before the survey. ⁶ Students who saw a doctor or nurse for an injury that happened while exercising or playing sports during the 30 days before the survey, among 79.6% of students nationwide who exercised or played sports. ⁷ For something that was not schoolwork. ⁸ On an average school day.

Source: U.S. Centers for Disease Control and Prevention, Atlanta, GA, "Youth Risk Behavior Surveillance—United States, 2007," *Morbidity and Mortality Weekly Report*, Vol. 57, No. SS-4, June 2008. See also <<http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5704a1.htm>>.

Table 210. Households and Persons Having Problems With Access to Food: 2004 to 2008

[112,967 represents 112,967,000. Food-secure means that a household had access at all times to enough food for an active healthy life for all household members, with no need for recourse to socially unacceptable food sources or extraordinary coping behaviors to meet their basic food needs. Food-insecure households had limited or uncertain ability to acquire acceptable foods in socially acceptable ways. Households with very low food security (a subset of food-insecure households) were those in which food intake of one or more household members was reduced and normal eating patterns disrupted due to inadequate resources for food. The severity of food insecurity in households is measured through a series of questions about experiences and behaviors known to characterize households that are having difficulty meeting basic food needs. These experiences and behaviors generally occur in an ordered sequence as the severity of food insecurity increases. As resources become more constrained, adults in typical households first worry about having enough food, then they stretch household resources and juggle other necessities, then decrease the quality and variety of household members' diets, then decrease the frequency and quantity of adults' food intake, and finally decrease the frequency and quantity of children's food intake. All questions refer to the previous 12 months and include a qualifying phrase reminding respondents to report only those occurrences that resulted from inadequate financial resources. Restrictions to food intake due to dieting or busy schedules are excluded. The omission of homeless persons may be a cause of underreporting. Data are from the Food Security Supplement to the Current Population Survey (CPS); for details about the CPS, see text, Section 1 and Appendix III]

Household food	Number (1,000)					Percent distribution				
	2004	2005	2006	2007	2008	2004	2005	2006	2007	2008
Households, total	112,967	114,437	115,609	117,100	117,565	100.0	100.0	100.0	100.0	100.0
Food-secure	99,473	101,851	102,961	104,089	100,416	88.1	89.0	89.1	88.9	85.4
Food-insecure	13,494	12,586	12,648	13,011	17,149	11.9	11.0	10.9	11.1	14.6
With low food security ¹	9,045	8,158	8,031	8,262	10,426	8.0	7.1	6.9	7.0	8.9
With very low food security ²	4,449	4,428	4,617	4,749	6,723	3.9	3.9	4.0	4.1	5.7
With very low food security among children ³	274	270	221	323	506	0.7	0.7	0.6	0.8	1.3
Adult members	215,564	217,897	220,423	223,467	225,461	100.0	100.0	100.0	100.0	100.0
In food-secure households	191,236	195,172	197,536	199,672	193,026	88.7	89.6	89.6	89.4	85.6
In food-insecure households	24,328	22,725	22,887	23,795	32,435	11.3	10.4	10.4	10.6	14.4
With low food security	16,946	15,146	15,193	15,602	20,320	7.9	7.0	6.9	7.0	9.0
With very low food security ²	7,382	7,579	7,694	8,193	12,115	3.4	3.5	3.5	3.7	5.4
Child members	73,039	73,604	73,587	73,575	74,106	100.0	100.0	100.0	100.0	100.0
In food-secure households	59,171	61,201	60,959	61,140	57,433	81.0	83.1	82.8	83.1	77.5
In food-insecure households	13,868	12,403	12,628	12,435	16,673	19.0	16.9	17.2	16.9	22.5
With very low food security among children ³	545	606	430	691	1,077	0.7	0.8	0.6	0.9	1.5

¹ Prior to 2006, USDA described these households as food insecure without hunger. ² Food intake of one or more members in these households was reduced and normal eating patterns disrupted at some time during the year because of the household's food insecurity. Prior to 2006, USDA described these households as food insecure with hunger. ³ Percentages omit households with no children. The food security survey measures food security status at the household level. Not all children residing in food-insecure households were directly affected by the households' food insecurity. Similarly, not all children in households classified as having very low food security among children were subject to the reductions in food intake and disruptions in eating patterns that characterize this condition. Young children, in particular, are often protected from effects of the households' food insecurity.

Source: U.S. Department of Agriculture, Economic Research Service, *Household Food Security in the United States, 2008*, Economic Research Report Number 83, 2009. See also <<http://www.ers.usda.gov/publications/err83/>>.