



Spokane Regional Health District · www.srhd.org



# Spokane Counts 2015

A summary of 59 selected public health indicators

## Physical Activity (Youth)

Health Behavior



**Indicator:** Physical Activity (Youth)

**Definition:** Percent of youth in grades 6, 8, 10, and 12 who are physically active 60 minutes or more on five or more days per week.

**Why this is important:** Regular physical activity in adolescence helps build healthy bones and muscles, increases self-esteem, helps control weight, reduces symptoms of anxiety and depression, and lowers the risk of chronic disease later in life.

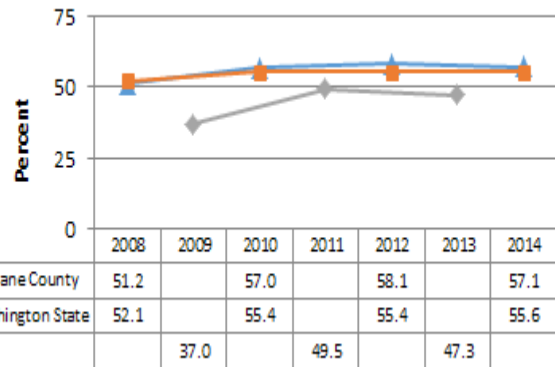
**Where we are:** In 2014 in Spokane County, 57.1% of adolescents reported meeting the recommendation for physical activity. From 2008 to 2014, there was a significant increase in the proportion of adolescents meeting the physical activity recommendations. The proportion of physically active Spokane County youth was significantly higher than that of Washington state in 2014 and the United States in 2013.

### Health Disparities:

Among youth in Spokane County in 2014:

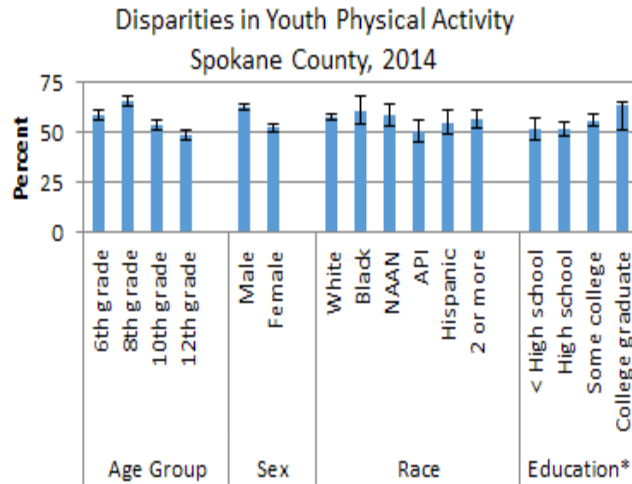
- Physical activity decreased as age increased.

**Youth Physical Activity Over Time**



(click to enlarge)

- Males were more likely than females to be physically active.
- Asian/Pacific Islanders were less likely to be physically active when compared to whites.
- Physical activity increased as maternal education level increased.



\*Education reflects the mother's highest education level

(click to enlarge)

Data Source HYS, 2014 (grade 6,8,10,12)

Geography Spokane County 57.1% (55.9-58.3)  
 Washington state 55.6% (55.0-56.2)  
 United States 47.3%

Trend 08-14 Increase

Age Youth  
 6th grade 58.5% (56.4-60.6)  
 8th grade 65.4% (63.0-67.6)  
 10th grade 53.7% (51.2-56.3)  
 12th grade 48.4% (45.8-51.0)

Sex Male 62.3% (60.6-63.9)  
 Female 52.0% (50.3-53.7)

Race White 57.6% (56.2-59.1)  
 Black 60.9% (53.7-67.7)  
 NAAN 58.9% (53.2-64.3)  
 API 50.2% (44.6-55.9)  
 Hispanic 54.8% (48.8-60.6)  
 2 or more 56.2% (51.9-60.5)

Education\* < High school 51.4% (46.1-56.7)  
 High school 51.3% (48.0-54.6)  
 Some college 55.6% (52.4-58.6)

College graduate 63.0% (50.6-65.4)

\* Education reflects the mother's highest education level

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**Data Source:** Health Youth Survey. Washington State Department of Health. Calculations and presentation of data by Spokane Regional Health District, Data Center. Centers for Disease Control and Prevention (CDC). 1991-2013 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline/>. Accessed on 04/01/15.

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Demographics

Indicator Overview

Executive Summary

Performance Measures