

**Table 24. Percentage of students who exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard on 3 or more of the past 7 days, San Diego City Schools, 1991-1999**

By Gender, Age, and Race/Ethnicity

| Variable              | San Diego   |               |             |               |             |               |             |               |             |               | National Data |
|-----------------------|-------------|---------------|-------------|---------------|-------------|---------------|-------------|---------------|-------------|---------------|---------------|
|                       | 1991        |               | 1993        |               | 1995        |               | 1997        |               | 1999        |               | 1999          |
|                       | %           | 95% CI        | %           | 95% CI        | %           | 95% CI        | %           | 95% CI        | %           | 95% CI        | % (95% CI)    |
| <b>Total</b>          | <b>73.4</b> | (67.6 - 79.1) | <b>68.6</b> | (65.9 - 71.3) | <b>63.2</b> | (60.2 - 66.3) | <b>67.4</b> | (65.0 - 69.8) | <b>67.2</b> | (63.8 - 70.6) | 64.7 (+/-2.2) |
| <b>Gender</b>         |             |               |             |               |             |               |             |               |             |               |               |
| Male                  | <b>81.4</b> | (75.6 - 87.3) | <b>77.4</b> | (74.4 - 80.5) | <b>71.6</b> | (67.7 - 75.6) | <b>74.2</b> | (71.2 - 77.1) | <b>74.4</b> | (70.8 - 78.0) | 72.3 (+/-3.2) |
| Female                | <b>65</b>   | (55.8 - 74.2) | <b>59.8</b> | (56.0 - 63.6) | <b>55.6</b> | (51.4 - 59.8) | <b>60.5</b> | (57.1 - 64.0) | <b>60.2</b> | (55.6 - 64.9) | 57.1 (+/-2.4) |
| <b>Age</b>            |             |               |             |               |             |               |             |               |             |               |               |
| 15 or less            | <b>80.4</b> | (72.1 - 88.8) | <b>79.2</b> | (73.4 - 84.9) | <b>71.2</b> | (67.2 - 75.1) | <b>76.2</b> | (73.4 - 79.0) | <b>76.4</b> | (72.2 - 80.5) | N/A           |
| 16 or 17              | <b>71</b>   | (63.8 - 78.1) | <b>66</b>   | (62.4 - 69.6) | <b>60.2</b> | (56.3 - 64.1) | <b>64.3</b> | (61.0 - 67.6) | <b>63.1</b> | (59.3 - 66.9) | N/A           |
| 18 or more            | <b>64.5</b> | (50.9 - 78.2) | <b>53.3</b> | (45.5 - 61.1) | <b>51.1</b> | (46.0 - 56.3) | <b>50.1</b> | (44.6 - 55.6) | <b>51.7</b> | (43.7 - 59.8) | N/A           |
| <b>Race/Ethnicity</b> |             |               |             |               |             |               |             |               |             |               |               |
| White                 | <b>78.3</b> | (69.0 - 87.5) | <b>73.5</b> | (69.9 - 77.2) | <b>67.5</b> | (62.6 - 72.4) | <b>75.5</b> | (72.0 - 79.0) | <b>73.1</b> | (68.7 - 77.6) | 67.4 (+/-2.7) |
| African Am.           | <b>71.3</b> | (57.7 - 85.0) | <b>67.6</b> | (59.8 - 75.4) | <b>65.8</b> | (57.9 - 73.8) | <b>61.3</b> | (55.6 - 66.9) | <b>66.3</b> | (59.2 - 73.4) | 55.6 (+/-4.3) |
| Hispanic              | <b>69.8</b> | (62.7 - 77.0) | <b>64.6</b> | (59.5 - 69.7) | <b>58.5</b> | (53.4 - 63.6) | <b>63.5</b> | (58.4 - 68.6) | <b>64.1</b> | (58.4 - 69.8) | 60.5 (+/-4.8) |
| Filipino              |             |               | <b>68</b>   | (61.9 - 74.1) | <b>62.4</b> | (57.1 - 67.8) | <b>61.7</b> | (53.5 - 70.0) | <b>70.7</b> | (60.2 - 81.3) | N/A           |
| Asian                 |             |               | <b>62.2</b> | (55.2 - 69.1) | <b>60.9</b> | (54.7 - 67.2) | <b>67.5</b> | (61.2 - 73.8) | <b>51.8</b> | (41.5 - 62.1) | N/A           |
| Other                 | <b>67.4</b> | (58.5 - 76.2) | N/A         |               | N/A         |               | N/A         |               | N/A         |               | N/A           |
| <b>Participants</b>   |             | N = 658       |             | N = 1,778     |             | N = 1,997     |             | N = 2,445     |             | N = 1,715     |               |

Prevalence estimates by selected characteristics are not reported when numbers of observations were < 25 in 1991, < 50 in 1993, and < 100 in 1995, 1997 and 1999 surveys.

Data Sources:

Youth Risk Behavior Surveillance System (YRBSS), San Diego City Schools, 1991 to 1999.

Youth Risk Behavior Surveillance System (YRBSS), United States, 1999.