

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