

PHYSICAL ACTIVITY and YOUTH RISK and PROTECTIVE FACTORS
 2007 Minnesota Student Survey Statewide Data
 9th Grade Students

What is the purpose of these tables and graphs?

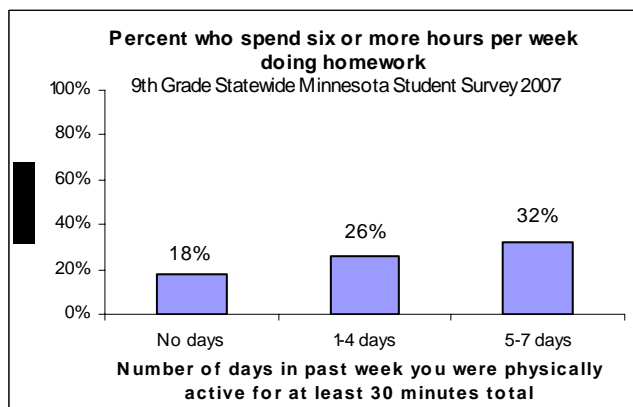
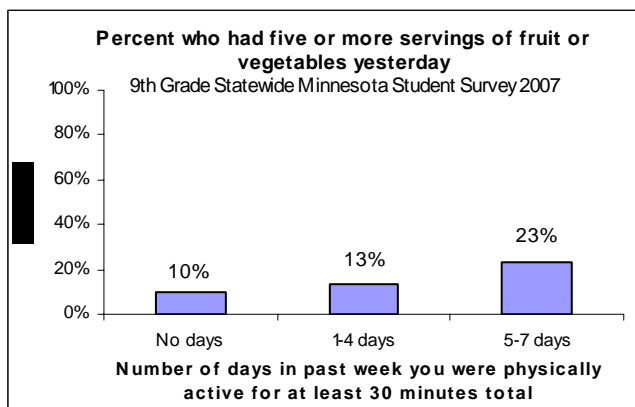
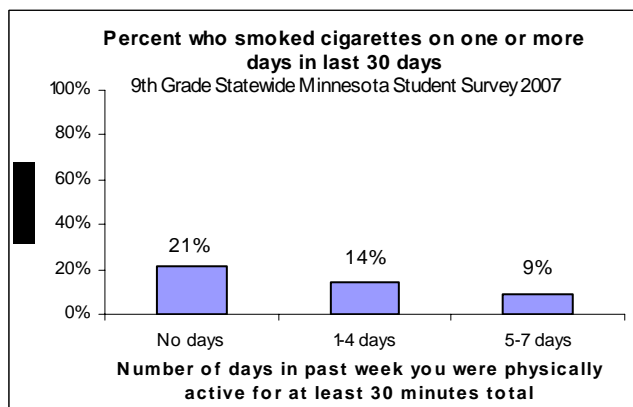
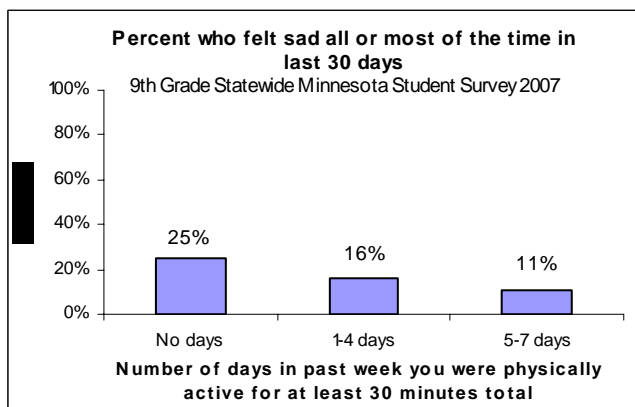
This issue brief provides data showing the extent to which selected risk and protective factors are associated with being physically active. The risk and protective factors selected for this brief are of interest to many who work with teens, but represent just a sample of all the survey questions that could be investigated. Each brief in this series uses the same set of risk and protective factors. An association only means that two factors often occur together. It is important to remember that the survey results alone cannot tell us if one factor “causes” or “predicts” the other. Just because two factors are associated with each other does not mean they are causally related.

How should I read these tables and graphs?

In this brief, 9th grade students are divided into three groups. The table on the reverse side compares these three groups on various risk and protective factors. For example, 3,603 students said they were not physically active for at least 30 minutes on any days in the past week; of these students, 25 percent reported feeling sad all or most of the time in the last 30 days. In contrast, 27,354 students said they were physically active on five or more days in the past week, and 11 percent of these students reported feeling sad all or most of the time.

What do these tables and graphs say about being physically active and other risk and protective factors?

Ninth grade students who reported frequent physical activity are somewhat less likely to engage in or be exposed to many of the *risk factors* examined in the table than are students who were not physically active. Exceptions to this general rule include hitting or beating up another person and being kicked, bitten or hit at school. In addition, students who are physically active on most days are more likely to engage in or be exposed to each of the *protective factors* examined in the table.



This brief is based on responses by students in regular public schools to questions on the 2007 Minnesota Student Survey. Over 90 percent of the regular public school districts in the state participated in the 2007 survey. The participation rate for all 9th grade students was 76 percent. Statewide and county results can be found on the web at <http://www.health.state.mn.us/divs/chs/mss>.

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(continued from reverse side)

Risk Factors	On how many of last 7 days were you physically active for combined total of at least 30 minutes?		
	No days	1-4 days	5-7 days
Number of Students (N)	3,603	18,495	27,354
Smoked cigarettes on one or more days in last 30 days	21%	14%	9%
Drank alcoholic beverages on one or more days in last 30 days	28%	25%	22%
Used marijuana on one or more days in last 30 days	16%	11%	8%
Have ever had sexual intercourse	26%	19%	18%
Felt sad all or most of the time in last 30 days	25%	16%	11%
Tried to kill themselves during past year	8%	4%	3%
Hit or beat up another person one or more times in last 12 months	28%	25%	26%
Skipped or cut one or more days of school in last 30 days	32%	23%	18%
Have been kicked, bitten or hit at least once on school property in last 12 months	28%	23%	26%
Have been teased, made fun of or excluded by other students once a week or more often	17%	12%	12%
Alcohol or drug use by family member has repeatedly caused problems	25%	21%	17%
Have experienced physical and/or sexual abuse by someone in their family	20%	14%	11%
Spend 11 or more hours per week watching TV, DVDs or videos	28%	22%	23%

Protective Factors	On how many of last 7 days were you physically active for combined total of at least 30 minutes?		
	No days	1-4 days	5-7 days
Number of Students (N)	3,603	18,495	27,354
Had 5 or more servings of fruits & vegetables yesterday	10%	13%	23%
Always wear a seat belt when they ride in a car	51%	56%	60%
Like going to school "very much" or "quite a bit"	35%	45%	49%
Say "all" or "most" of their teachers show respect for students	64%	73%	75%
Live with two parents	56%	67%	73%
Can talk to at least one parent about problems "most of the time"	45%	53%	60%
Feel their friends care about them "very much" or "quite a bit"	60%	72%	78%
Spend 6 or more hours per week doing homework	18%	26%	32%
Participate on school sports teams 1 or 2 times per week or more often	18%	32%	62%
Participate in religious activities (including youth group, programs, etc) 1 or 2 times per week or more often	27%	39%	47%

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