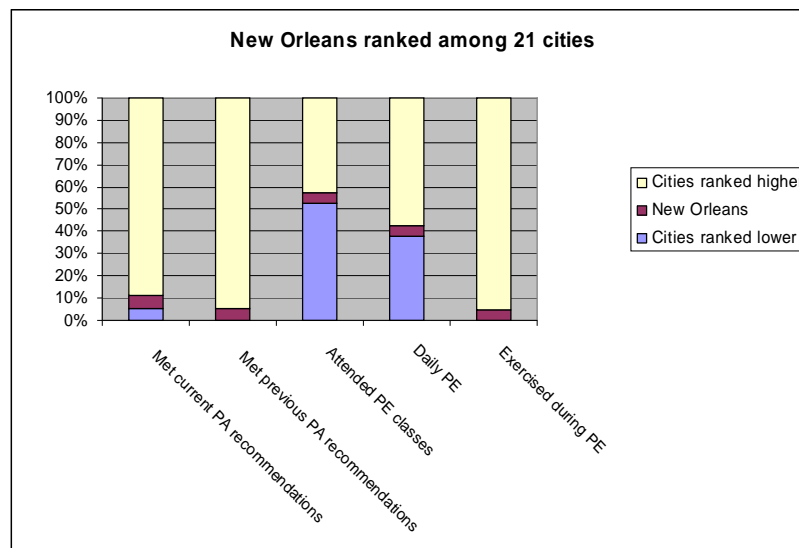


2005 New Orleans YRBS Results Physical Activity

Among adults (aged 25 years or older), cardiovascular disease and cancer cause 61% of deaths. Adolescents who do not exercise regularly, who lack fruits and vegetables in their diets, and those who use tobacco greatly increase their chances of developing these diseases. The results of the 2005 Youth Risk Behavior Survey suggest that New Orleans high school students do not get enough exercise.

- Only 19.2% of those surveyed report achieving the currently recommended levels of physical activity¹, compared to 35.8% of students surveyed nationally.
- A total of 45.4% of students met previously recommended levels of physical activity²
- Less than half (49.2%) of students participated in physical education (on one or more days of an average week)
- Over a quarter (26.5%) attended PE classes daily
- Unfortunately, PE classes were not always active. Only 56.4% exercised or played sports for more than 20 minutes during an average PE class
- 38.9% walked or biked to school (at least once during the past 7 days)

Compared to the 21 other cities that collected YRBS data, New Orleans was ranked as the chart below illustrates.



¹ Were physically active for a total of 60 minutes or more per day on five or more of the past 7 days

² Participated in at least 20 minutes of vigorous physical activity on 3 or more days or 30 minutes of moderate exercise on 5 or more of the past 7 days