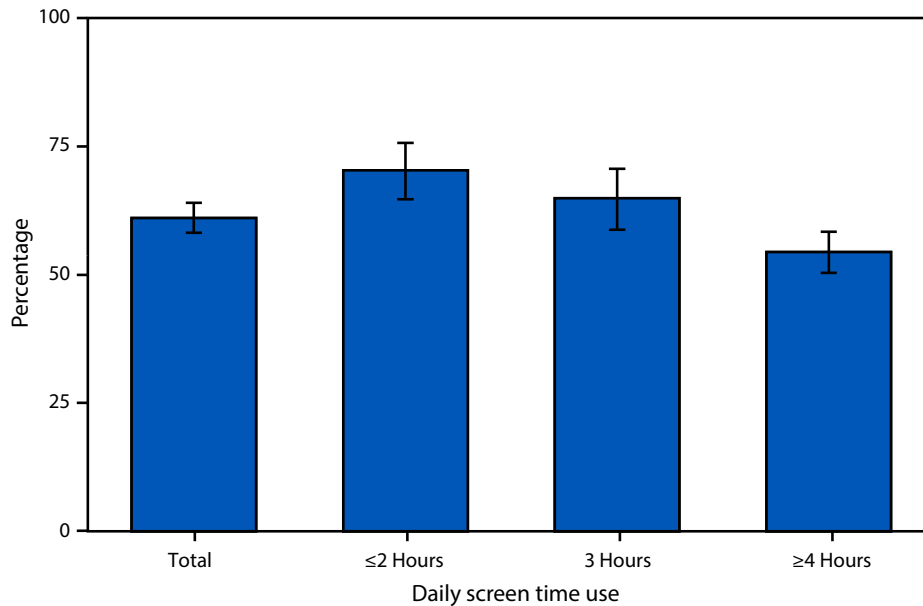


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Children and Adolescents Aged 12–17 Years Who Participated in 60 Minutes of Physical Activity Most Days or Every Day,[†] by Daily Hours of Screen Time Use[§] — United States, July 2021–December 2023



* With 95% CIs indicated by error bars. Estimates are based on a sample of the civilian, noninstitutionalized U.S. population and were self-reported by children and adolescents aged 12–17 years.

[†] Based on a response of “most days or every day” to the survey question, “In a typical week during the school year, how often do you exercise, play a sport, or participate in physical activity for at least 60 minutes a day?”

[§] Based on the response to the survey question, “On most weekdays, how many hours do you spend a day in front of a TV, computer, cellphone, or other electronic device watching programs, playing games, accessing the Internet, or using social media?” Respondents were instructed not to include time spent doing schoolwork.

During July 2021–December 2023, 61.1% of children and adolescents reported 60 minutes of physical activity most days or every day. Physical activity decreased with increasing hours of screen time use, from 70.4% among those with ≤2 hours of screen time to 54.4% among those with ≥4 hours of screen time.

Supplementary Table: <https://stacks.cdc.gov/view/cdc/166706>

Source: National Center for Health Statistics, National Health Interview Survey-Teen, July 2021–December 2023. <https://www.cdc.gov/nchs/nhis/teen.htm>

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For more information on this topic, CDC recommends the following link: <https://www.cdc.gov/physical-activity-basics/guidelines/children.html>.