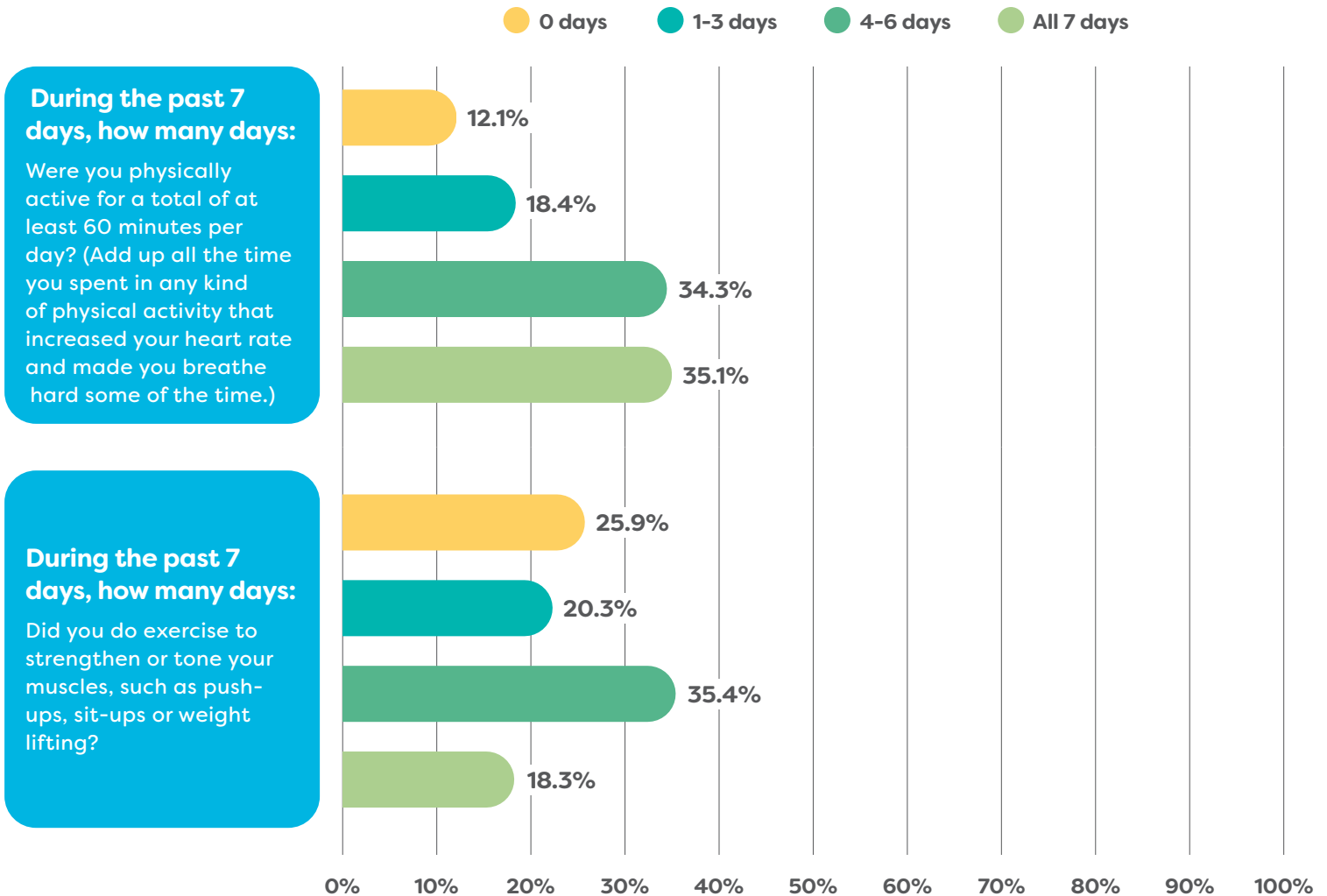


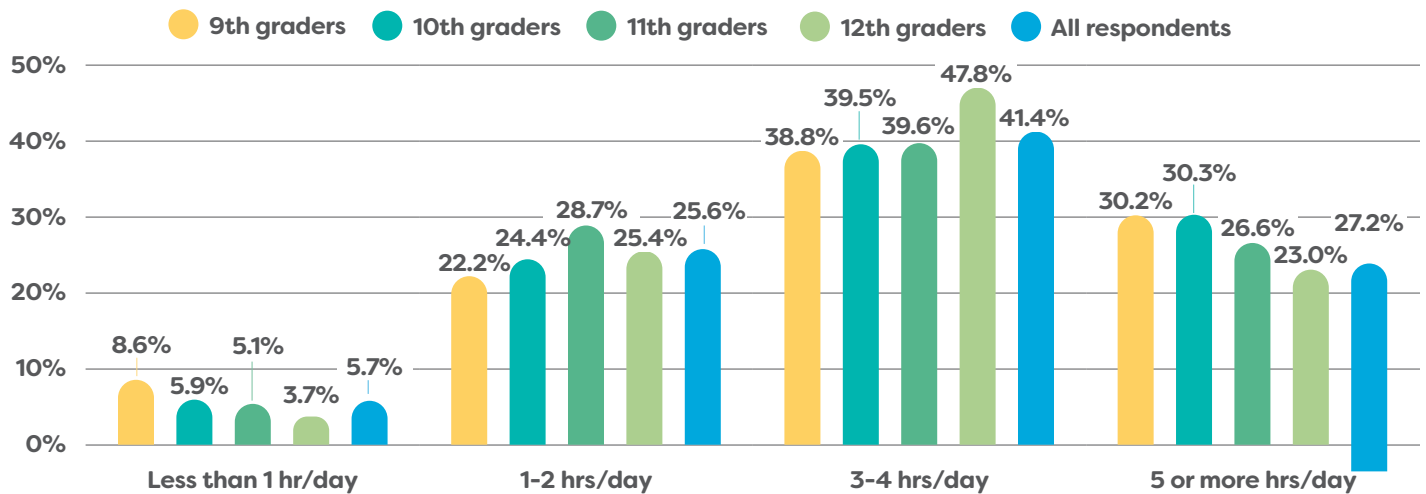
Healthy Selves: Physical Fitness and Health

Physical activity contributes to a healthy body and a healthy mind. When asked to report the amount of physical activity they engaged in during the previous week, a plurality (35.1%) said they got that much exercise all seven days. Almost as many (34.3%) said they moved for at least an hour on each of 4-6 days. Taken together, more than two-thirds of youth (69.4%) got an hour or more of exercise on most days the previous week. In addition to general physical activity, the survey asked respondents whether they performed any strength training during the previous week. About three-fourths (74.1%) said they engaged in strength training in the prior week, with a plurality (35.4%) saying they performed strength training on 4-6 days.



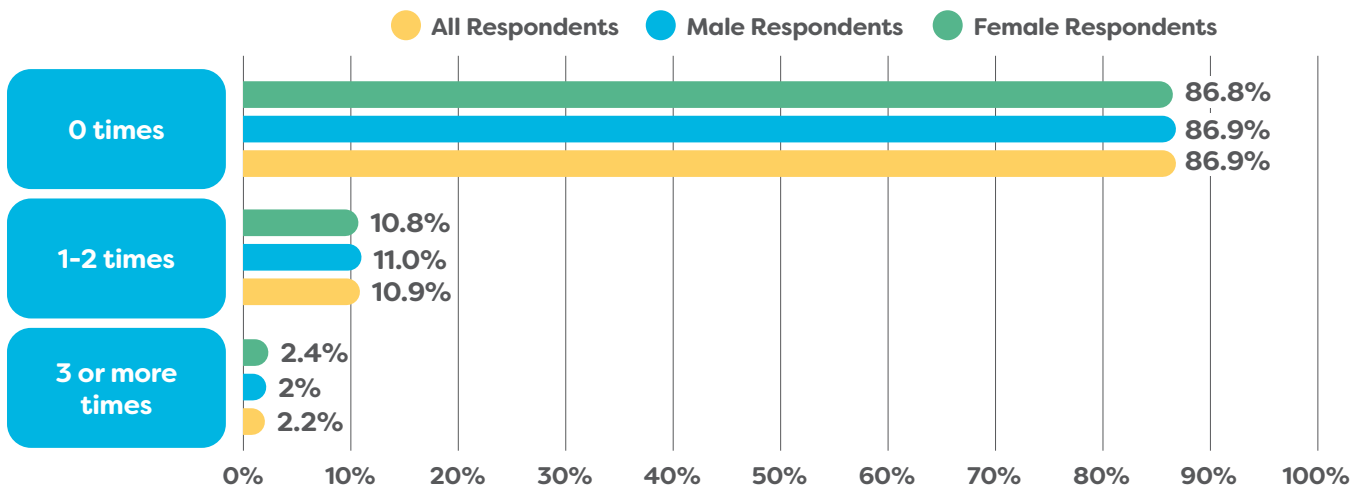
The absence of physical activity can also provide an indicator of physical or mental health. The survey asked youth to estimate how many hours each school day they devote to “screen time,” counted separately from time they spent doing schoolwork. Only about one in twenty respondents (5.7%) said they spent less than an hour per school day on “screen time,” with a sizable plurality (41.4%) reporting an average of 3-4 hours per school day on screen-based activities.

On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the internet, or using social media (also called “screen time”)?
(Do not count time spent doing schoolwork.)



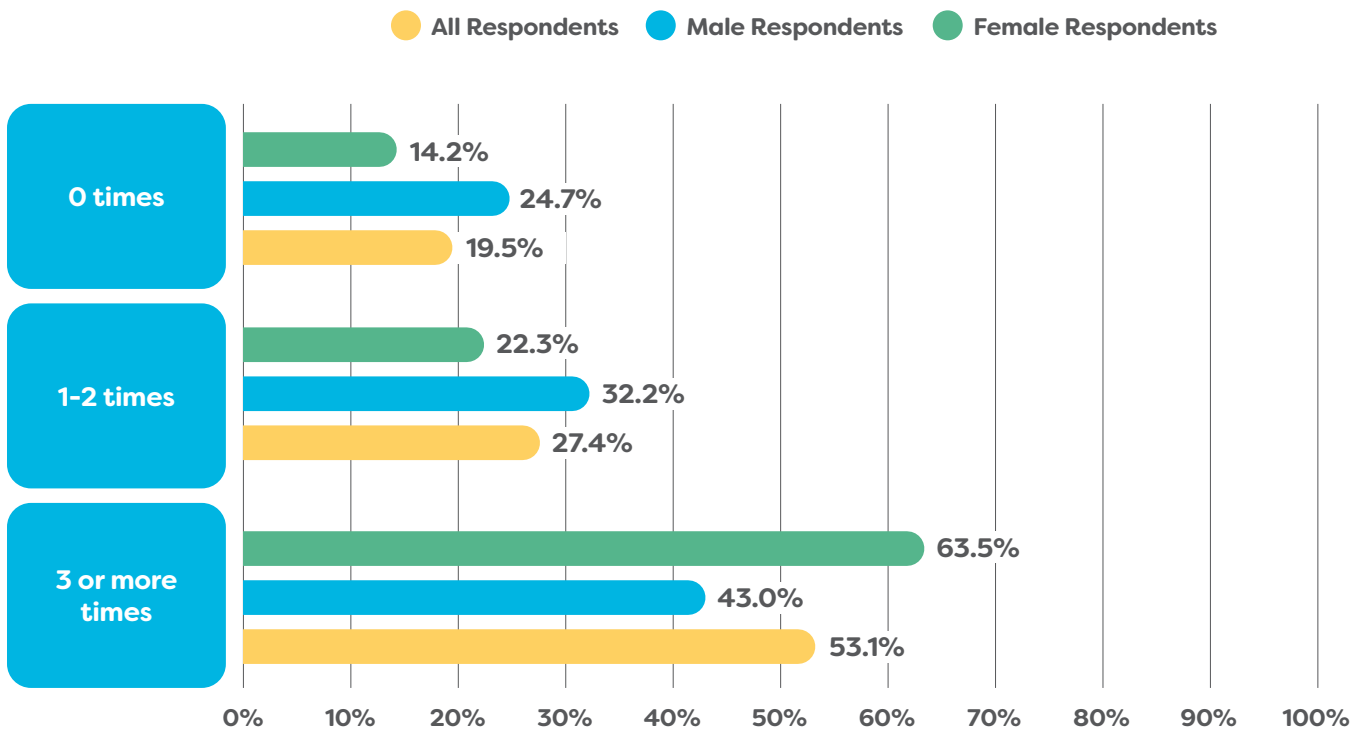
The survey asked youth about two other conditions that can pose long-term risk to physical wellbeing: concussions and sunburns. Large majorities of respondents (86.8%) reported **no concussions** during the prior 12 months. Of those who had concussions, young men and young women reported them in almost equal numbers.

During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?



For sunburns, more than one in five (20.5%) respondents said they had at least one sunburn in the preceding 12 months. Young men reported limited risk, receiving 1 or 2 sunburns in the prior year, while female respondents reported significantly more exposure. Almost two-thirds of young women (63.5%) saying they had three or more sunburns in the previous year.

During the past 12 months, how many times have you had a sunburn? (Count the number of times even a small part of your skin turned red or hurt for 12 hours or more after being outside in the sun or after using a sunlamp or other indoor tanning device.)



Research Methods

Every two to three years, Buffalo County Community Partners collaborates with the Nebraska Departments of Education and Health and Human Services to administer and analyze the Youth Behavioral and Risk Factor Survey. Data in this report were collected from a representative sample of Buffalo County youth between October and December 2021. In all, 974 Buffalo County youth completed the 2021 survey, providing a snapshot of their physical and mental health, as well as behaviors that might pose risks to their health and safety. Copies of current and past reports, along with a full description of the research methods, are available at www.bcchp.org/assessments.

