




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, about one-third (32.8%) said they got that much exercise all seven days. Almost as many (35.4%) said they moved for at least an hour on each of 4-6 days. Taken together, more than two-thirds of youth (68.2%) 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 played on any sports teams in the past year. Just under two-thirds played on a sports team (65.1%).

Percent of youth who reported physical activity for at least 60 minutes per day in the past week:

	 All Youth	 Male Youth	 Female Youth
0 days	12.1%	10.8%	13.5%
1-3 days	19.7%	16.8%	22.5%
4-6 days	35.4%	31.3%	39.8%
All 7 days	32.8%	41.0%	24.3%



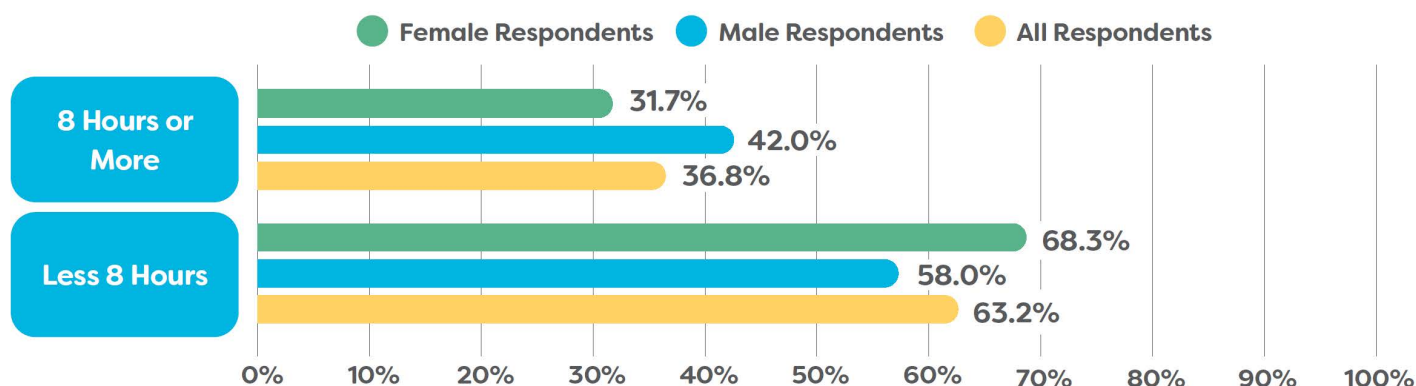
65.1% of all youth said they played on at least one school or community sports team, during the past 12 months.

68.5% of Males
61.2% of Females
played on at least one sports team,
during the past 12 months.



2/3 of youth report sleeping less than 8 hours a night.

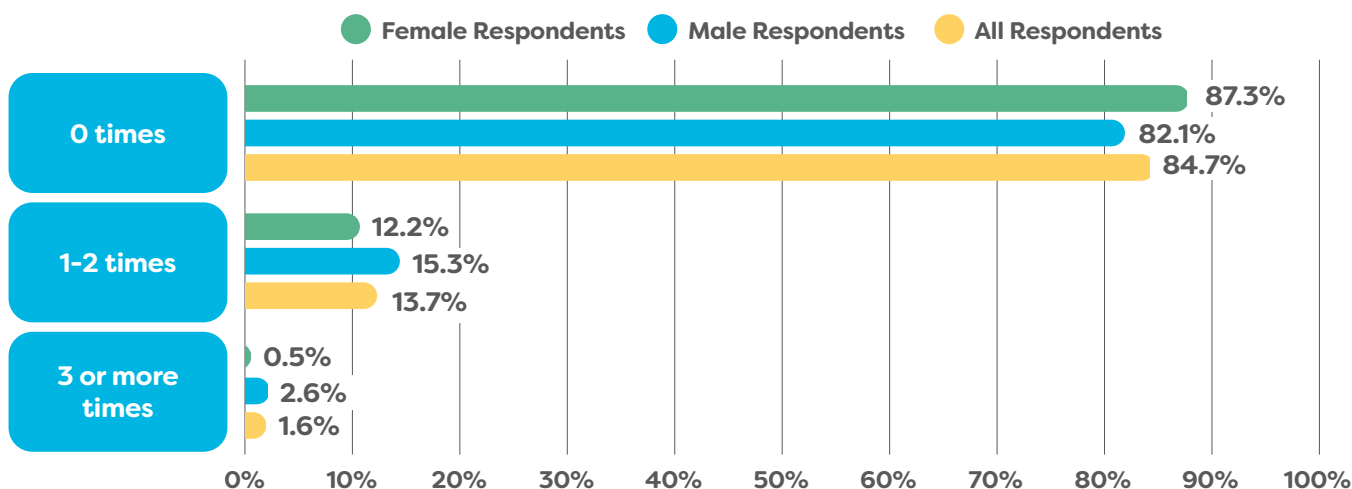
Average sleep reported on a school night:



(84.7%) reported no concussions during the prior 12 months.

Of those who had concussions, young men and young women reported them in almost equal numbers.

Percent of youth who reported concussions from playing a sport/being physically active in past 12 months:



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 2023. In all, 1023 Buffalo County youth, in grades 9-12, completed the 2023 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.

