

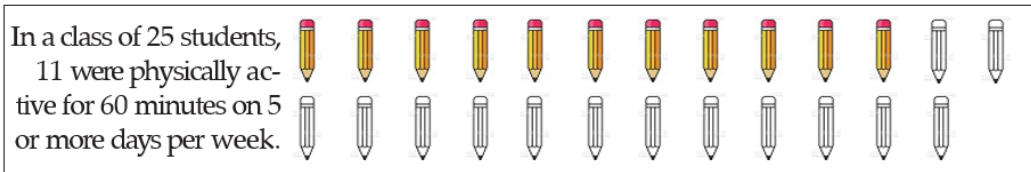
2019 New Jersey Student Health Survey

STUDENT HEALTH

Participation in regular physical activity among young people can help build and maintain healthy bones and muscles, maintain body weight and reduce body fat, reduce feelings of depression and anxiety, and promote psychological well-being.⁽¹⁾ Over time, regular physical activity decreases the risk of high blood pressure, heart disease, diabetes, obesity, some types of cancer and premature death.⁽¹⁾ The American Academy of Sleep Medicine recommends that youth ages 13-18 get 8 to 10 hours of sleep per day.⁽²⁾ Among high school students nationwide in 2015, 72.7% did not get the recommended 8 to 10 hours of sleep on school nights.⁽³⁾

44.5%

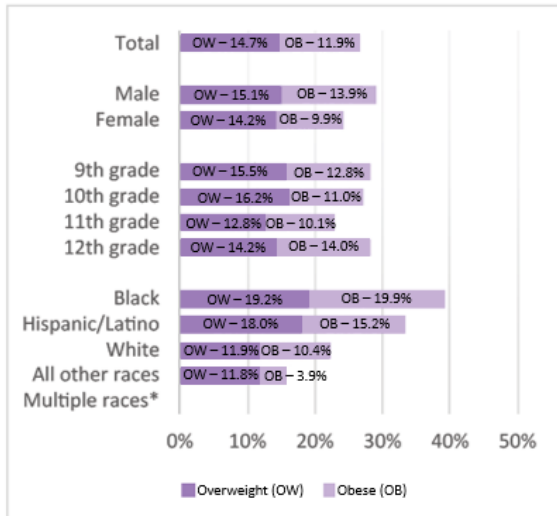
of NJ high school students were physically active for 60 minutes on 5 or more days (during the 7 days before the survey)



New Jersey Student Health Survey Highlights

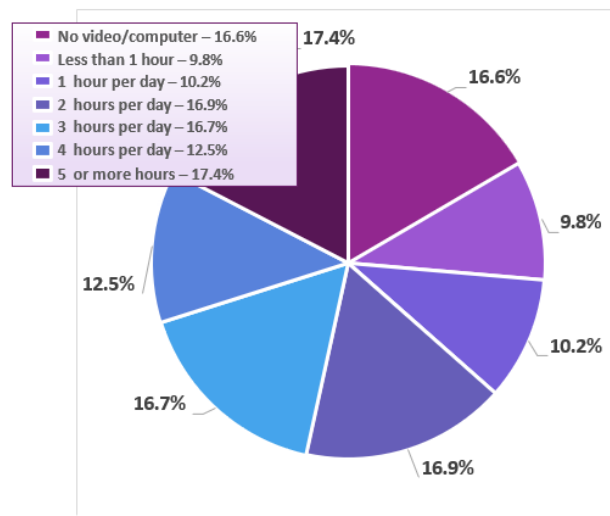
- One-third of students (33.3%) ate breakfast on all 7 days before the survey. This percentage decreased as age increased, from 35.9% for 15 or younger to 27.1% for 18 or older.
- While 26.6% of students were identified as overweight or obese based on BMI, 29.5% (32.3% of females and 26.6% of males) described themselves as slightly or very overweight.
- 15.7% of students got 8 or more hours of sleep on an average school night. This percentage decreased as age increased, from 20.0% for 15 or younger to 9.3% for 18 or older.

Overweight and Obesity by Demographic



*Fewer than 100 students in this subgroup.

Hours Spent on the Computer (other than school work)



Definitions

- Computer use is described in the survey as time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Facebook, or other social media, for something that was not school work, on an average school day.
- Obesity is defined as body mass index being greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts. Overweight is greater than or equal to the 85th percentile but less than the 95th percentile.
- A serving of soda or energy drink is a can, bottle, or glass. Examples of soda are Coke, Pepsi and Sprite; examples of energy drinks are Red Bull and Jolt.

Additional Details

- 53.6% of students reported that their physical health was not good (including illness and injury) on at least 1 day during the 30 days before the survey.
- 12.2% of students did not eat vegetables and 11.1% did not eat fruit during the 7 days before the survey. 3.6% did not drink any water during that time.
- 9.9% of students drank at least one soda daily, and 6.0% drank at least two sodas daily during the 7 days before the survey. 17.6% had at least one energy drink during that time.
- 13.5% of students reported having a concussion from physical activity one or more times in the 12 months before the survey (15.9% male; 10.9% female).
- 17.6% of students watched 3 or more hours of television on an average school day.

Resources for Schools

- Alliance for a Healthier Generation-Promotes Healthy Eating and Physical Activity: 1-888-KID-HLTH, <https://www.healthiergeneration.org/>
- Physical Activity Guidelines for Youth: 800-232-4636, <https://www.cdc.gov/healthyschools/physicalactivity/index.htm>
- Health and PE Information Page: 609-376-3500, <https://www.nj.gov/education/aps/cccs/chpe/>
- The President's Challenge: <https://health.gov/our-work/pcsf>
- New Jersey Association for Health, Physical Education, Recreation and Dance: 732-918-9999, <http://www.njahperd.org/>
- Coaching Education: 317-972-6900, <https://nfhslearn.com/home/administrators>
- Safe Routes to School: <http://saferoutespartnership.org/>

Resources for Parents

- Student Rights: 609-376-3500, <https://www.nj.gov/education/students/safety/health/hsp/rights.shtml>
- Action for Healthy Kids: <https://www.actionforhealthykids.org/>
- Centers for Disease Control and Prevention: 800-232-4636, <https://www.cdc.gov/physicalactivity/>
- American Heart Association-Children and Exercise: 1-800-242-8721, <https://www.heart.org/?identifier=3007589>
- State Obesity Fact Sheets-National Initiative for Children's Healthcare Quality (NICHQ): 617-391-2700, <https://www.nichq.org/>
- Coaching Education: 317-972-6900, <https://nfhslearn.com/home/parents>
- New Jersey State Interscholastic Athletic Association: <https://www.njsiaa.org/>

References

1. US Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: US Department of Health and Human Services; 2018.
2. Paruthi S, Brooks LJ, D'Ambrosio C, et al. Consensus statement of the American Academy of Sleep Medicine on the recommended amount of sleep for healthy children: methodology and discussion. *J Clin Sleep Med*. 2016;12:1549–1561.
3. Wheaton AG, Everett Jones S, Cooper AC, Croft JB. Short sleep duration among middle school and high school students — United States, 2015. *MMWR Morb Mortal Wkly Rep*. 2018;67:85–90.
<https://www.cdc.gov/mmwr/volumes/67/wr/mm6703a1.htm>. Accessed November 2021