

2021 New Jersey Student Health Survey

STUDENT HEALTH

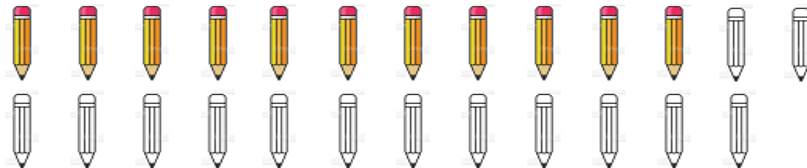
Participation in regular physical activity among young people can help build and maintain healthy bones and muscles, maintain body weight and reduce body fat, reduce feelings of depression and anxiety, and promote psychological well-being.⁽¹⁾ Over time, regular physical activity decreases the risk of 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 2021, 77.3% did not get the recommended 8 to 10 hours of sleep on school nights.⁽³⁾

45%

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

10-Year Linear Trend: No Change

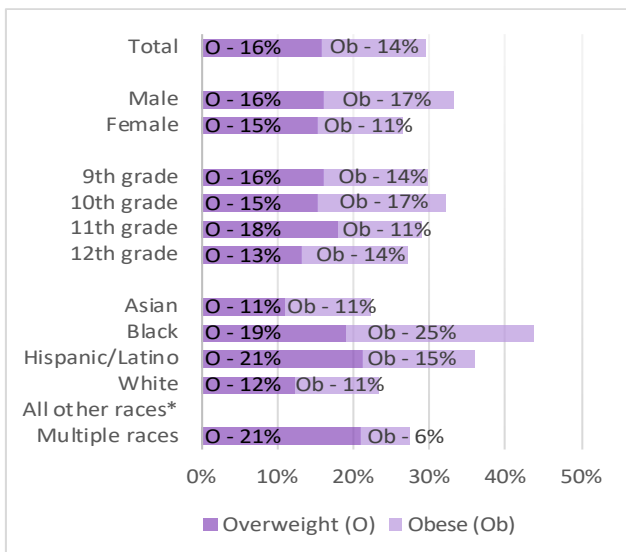
In a class of 25 students, about 11 were physically active for 60 minutes on 5 or more days per week.



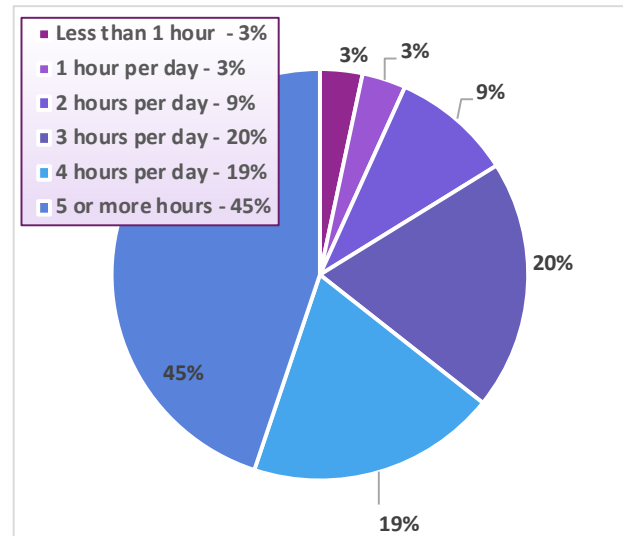
New Jersey Student Health Survey Highlights

- *Physically Active:* 45% were physically active at least 60 minutes on 5 or more days during the past 7 days.
- *Screen Time:* 84% spent 3 or more hours per day on screen time on an average school day (not counting homework).
- *Concussion:* 10% had a concussion from sport or activity during past 12 months.
- *Breakfast:* 19% did not eat breakfast during the past 7 days.

Overweight and Obesity by Demographic














Hours Spent on the Computer (other than school work)



*Fewer than 30 students in this subgroup.

NJSHS 10-Year Trend Analysis: 2011-2021 Student Health

Percentage of New Jersey Youth Who:			2011	2013	2019	2021	Trend Analysis 2011-2021
Were overweight			15%	14%	15%	16%	
Were obese			11%	9%	12%	14%	
Were physically active at least 60 minutes per day on 5 or more days			50%	49%	45%	45%	
Were physically active at least 60 minutes on all 7 days			28%	28%	23%	22%	
Got 8 or more hours of sleep			26%	27%	16%	23%	
Increase in negative behavior	Decrease in negative behavior	Increase in a positive behavior	Decrease in a positive behavior		No change in behavior		Trend not reported by CDC
							
Trend analysis was performed by the CDC on data from 2011 to 2021 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked.							

Additional New Jersey Student Health Survey Findings

- While 30% of students were identified as overweight or obese based on BMI, 31% (34% of females and 28% of males) described themselves as slightly or very overweight.
- The percentage of students getting 8 hours of sleep per night decreased as grade increased, from 29% for 9th grade students to 18% for 12th grade students.
- 27% of students ate breakfast on all 7 days before the survey. This percentage decreased as age increased, from 31% for 15 or younger to 22% for 18 or older.

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.

Resources

- New Jersey Association for Health, Physical Education, Recreation and Dance: <http://www.njahperd.org/>
- State Obesity Fact Sheets-National Initiative for Children's Healthcare Quality (NICHQ): <https://www.nichq.org/>
- New Jersey State Interscholastic Athletic Association: <https://www.njsiaa.org/>
- Alliance for a Healthier Generation-Promotes Healthy Eating and Physical Activity: <https://www.healthiergeneration.org/>