

# Physical Activity



**DID NOT PARTICIPATE IN AT LEAST 60 MINUTES OF PHYSICAL ACTIVITY AT LEAST 1 DAY A WEEK**

**17%** US 2019  
**14%** ND 2019

**PLAYED VIDEO OR COMPUTER GAMES OR USED A COMPUTER 3 OR MORE HOURS PER DAY**



**39%** ND 2015  
**44%** ND 2017  
**45%** ND 2019

**WATCHED TELEVISION 3 OR MORE HOURS PER DAY**



**19%**



NORTH DAKOTA DEPARTMENT OF  
**PUBLIC INSTRUCTION**

[www.nd.gov/dpi/districtschools/safety-health](http://www.nd.gov/dpi/districtschools/safety-health)

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