

APPENDIX

Time Playing Outdoors Among Children Aged 3–5 Years: National Survey of Children’s Health, 2021

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Appendix Table 1. Time Playing Outdoors by State, Children Aged 3–5 Years, National Survey of Children’s Health, 2021

State	Unweighted n	Weekdays, hours/day spent playing outdoors [% (95% CI)]			Weekend days, hours/day spent playing outdoors [% (95% CI)]		
		≤1	2	≥3	≤1	2	≥3
Alabama	205	45.1 (35.6, 54.9)	34.7 (26.8, 43.5)	20.2 (14.5, 27.4)	^a 27.7 (18.5, 39.2)	25.3 (18.6, 33.4)	47.1 (37.9, 56.4)
Alaska	229	^a 34.2 (24.9, 45.0)	35.8 (26.6, 46.3)	29.9 (21.3, 40.2)	19.2 (11.8, 29.6)	26.2 (18.3, 36.0)	^a 54.6 (44.1, 64.8)
Arizona	212	57.6 (47.7, 66.9)	26.4 (18.6, 35.9)	16.1 (10.9, 23.1)	33.4 (24.5, 43.6)	35.7 (26.4, 46.1)	31.0 (22.8, 40.5)
Arkansas	203	30.6 (22.3, 40.5)	^a 31.0 (21.7, 42.2)	^a 38.3 (28.0, 49.9)	23.4 (16.0, 32.8)	21.9 (14.2, 32.2)	^a 54.7 (43.9, 65.1)
California	231	^a 39.3 (29.7, 49.8)	31.8 (23.4, 41.6)	28.9 (21.4, 37.7)	^a 29.7 (20.6, 40.8)	24.9 (17.7, 34.0)	45.3 (35.9, 55.2)
Colorado	322	29.4 (22.4, 37.6)	34.0 (27.2, 41.5)	36.6 (29.3, 44.7)	12.5 (7.6, 20.1)	26.7 (20.1, 34.5)	60.8 (52.5, 68.4)
Connecticut	223	^a 38.8 (28.1, 50.6)	^a 34.0 (24.0, 45.7)	27.2 (19.7, 36.3)	^a 22.3 (13.0, 35.5)	27.5 (18.9, 38.0)	^a 50.3 (39.1, 61.4)
Delaware	221	42.7 (33.0, 52.9)	32.2 (24.2, 41.5)	25.1 (17.1, 35.4)	25.3 (17.0, 36.0)	29.9 (22.3, 38.9)	44.7 (35.1, 54.8)
District of Columbia	211	^a 37.8 (26.3, 50.9)	^a 32.3 (22.1, 44.5)	^a 29.9 (19.5, 43.0)	^a 26.5 (16.0, 40.6)	^a 25.5 (16.5, 37.2)	^a 48.0 (35.7, 60.5)
Florida	211	^a 55.0 (44.1, 65.4)	25.1 (17.4, 34.9)	19.9 (12.6, 29.9)	^a 35.0 (25.6, 45.7)	^a 34.5 (24.4, 46.3)	30.5 (21.8, 40.8)
Georgia	278	45.9 (37.4, 54.7)	30.6 (23.3, 38.9)	23.6 (16.9, 31.8)	30.8 (23.2, 39.6)	34.0 (26.2, 42.9)	35.1 (27.6, 43.5)
Hawaii	249	34.4 (26.1, 43.8)	31.4 (24.1, 39.7)	34.2 (26.0, 43.4)	25.3 (17.6, 34.9)	19.8 (14.4, 26.6)	54.9 (45.8, 63.7)
Idaho	197	22.8 (14.7, 33.6)	^a 35.9 (26.4, 46.5)	^a 41.3 (30.9, 52.6)	^a 9.2 (4.1, 19.4)	24.3 (16.6, 34.1)	^a 66.5 (55.6, 75.9)
Illinois	233	^a 41.5 (31.7, 52.1)	33.4 (25.4, 42.5)	25.1 (17.2, 35.0)	25.5 (17.2, 36.0)	23.9 (16.4, 33.5)	^a 50.6 (40.5, 60.6)
Indiana	227	24.2 (17.9, 32.0)	38.4 (29.8, 47.7)	37.4 (29.0, 46.6)	12.3 (8.0, 18.4)	22.0 (16.1, 29.2)	65.8 (57.5, 73.2)
Iowa	223	24.9 (18.3, 33.0)	39.6 (31.1, 48.9)	35.4 (27.0, 44.9)	11.7 (7.4, 18.0)	28.7 (20.6, 38.4)	59.6 (50.1, 68.4)
Kansas	237	26.7 (19.5, 35.4)	41.8 (32.8, 51.3)	31.5 (23.5, 40.8)	16.4 (10.3, 25.0)	15.5 (10.6, 22.1)	68.1 (59.1, 75.9)
Kentucky	222	35.6 (26.6, 45.7)	27.2 (20.4, 35.3)	37.3 (28.0, 47.6)	17.6 (10.8, 27.4)	22.8 (16.8, 30.1)	59.6 (50.0, 68.6)
Louisiana	211	43.2 (33.6, 53.2)	34.8 (25.6, 45.3)	22.0 (15.4, 30.5)	24.1 (17.2, 32.6)	^a 30.2 (21.0, 41.4)	45.6 (36.1, 55.6)
Maine	254	23.4 (16.9, 31.4)	25.3 (19.5, 32.2)	51.3 (43.4, 59.2)	11.1 (7.4, 16.5)	19.1 (12.9, 27.5)	69.7 (61.5, 76.9)
Maryland	183	^a 34.4 (24.7, 45.7)	^a 35.9 (25.8, 47.6)	^a 29.6 (20.0, 41.5)	^a 23.9 (15.1, 35.6)	27.0 (18.3, 38.1)	^a 49.1 (37.8, 60.4)
Massachusetts	207	32.2 (23.0, 42.9)	^a 37.0 (27.2, 48.1)	30.8 (22.7, 40.3)	20.5 (12.5, 31.9)	21.5 (14.2, 31.2)	^a 58.0 (47.1, 68.1)
Michigan	220	25.5 (18.5, 34.1)	33.6 (25.0, 43.5)	40.9 (31.5, 50.9)	13.2 (8.5, 19.9)	27.0 (18.7, 37.3)	59.8 (49.9, 69.1)

Minnesota	189	18.7 (12.2, 27.6)	32.7 (24.2, 42.4)	^a 48.6 (37.9, 59.4)	11.8 (6.4, 20.6)	24.5 (16.8, 34.3)	63.7 (53.1, 73.1)
Mississippi	210	30.6 (22.7, 39.9)	^a 36.6 (25.8, 49.0)	^a 32.8 (22.4, 45.1)	21.0 (13.4, 31.5)	^a 29.8 (20.1, 41.8)	^a 49.1 (37.8, 60.6)
Missouri	221	29.1 (21.8, 37.8)	41.8 (32.6, 51.5)	29.1 (21.3, 38.4)	21.6 (14.3, 31.4)	25.5 (18.5, 34.0)	52.9 (43.4, 62.2)
Montana	220	17.6 (10.8, 27.4)	23.0 (16.5, 31.1)	59.4 (49.0, 69.0)	^a 9.5 (4.4, 19.5)	15.1 (9.8, 22.6)	75.4 (65.5, 83.2)
Nebraska	273	29.1 (21.6, 38.0)	35.5 (27.2, 44.8)	35.4 (26.9, 44.8)	17.2 (11.3, 25.3)	25.6 (18.1, 34.9)	57.1 (47.7, 66.0)
Nevada	203	^a 37.9 (28.0, 48.8)	^a 28.9 (19.6, 40.5)	^a 33.2 (22.9, 45.4)	29.0 (20.3, 39.6)	^a 30.9 (20.7, 43.4)	^a 40.1 (29.7, 51.4)
New Hampshire	200	24.2 (16.7, 33.7)	34.5 (26.4, 43.7)	41.2 (32.0, 51.1)	^a 12.3 (6.6, 21.9)	24.9 (18.0, 33.3)	62.8 (53.1, 71.6)
New Jersey	219	^a 37.9 (28.4, 48.5)	39.9 (30.5, 50.2)	22.2 (15.8, 30.2)	24.2 (16.2, 34.6)	26.8 (18.7, 37.0)	48.9 (39.0, 58.9)
New Mexico	199	24.6 (16.4, 35.1)	^a 37.8 (26.5, 50.6)	^a 37.6 (25.8, 51.1)	19.0 (11.5, 29.8)	^a 29.7 (19.8, 41.9)	^a 51.3 (38.8, 63.5)
New York	197	34.6 (25.4, 45.1)	^a 41.3 (31.4, 51.9)	24.2 (17.6, 32.2)	20.3 (13.1, 29.9)	^a 28.3 (19.2, 39.5)	^a 51.5 (41.3, 61.6)
North Carolina	207	32.6 (23.6, 43.0)	^a 34.7 (25.2, 45.6)	32.7 (24.2, 42.6)	^a 28.0 (18.8, 39.7)	24.9 (17.3, 34.3)	^a 47.1 (37.0, 57.4)
North Dakota	202	16.5 (11.5, 23.1)	36.2 (27.3, 46.1)	47.3 (38.0, 56.9)	^a 5.1 (2.6, 9.8)	22.5 (15.7, 31.2)	72.4 (63.4, 79.8)
Ohio	267	27.5 (20.7, 35.6)	38.2 (30.7, 46.4)	34.2 (26.8, 42.5)	18.8 (12.5, 27.4)	25.4 (19.2, 32.8)	55.8 (47.4, 63.9)
Oklahoma	224	44.9 (35.2, 54.9)	35.2 (25.9, 45.7)	20.0 (12.8, 29.7)	29.2 (20.8, 39.3)	28.2 (20.4, 37.7)	^a 42.5 (32.7, 53.0)
Oregon	583	32.2 (26.7, 38.1)	33.6 (28.2, 39.3)	34.3 (29.3, 39.7)	19.3 (14.7, 24.8)	24.6 (20.0, 30.0)	56.1 (50.2, 61.9)
Pennsylvania	191	^a 33.6 (23.9, 44.9)	^a 31.0 (21.1, 43.0)	^a 35.4 (25.3, 47.1)	^a 23.7 (14.1, 36.9)	19.9 (13.0, 29.3)	^a 56.4 (44.6, 67.5)
Rhode Island	212	^a 35.2 (25.2, 46.6)	^a 38.3 (28.1, 49.5)	26.6 (19.3, 35.3)	21.0 (13.1, 31.8)	^a 29.6 (20.3, 41.1)	^a 49.4 (38.7, 60.1)
South Carolina	204	^a 35.1 (25.5, 46.0)	30.9 (21.8, 41.7)	^a 34.1 (24.5, 45.1)	14.9 (8.9, 23.9)	24.7 (16.7, 34.8)	^a 60.4 (49.6, 70.3)
South Dakota	219	24.9 (18.6, 32.4)	28.9 (22.3, 36.7)	46.2 (37.9, 54.7)	12.6 (8.2, 18.9)	21.2 (15.0, 29.1)	66.2 (57.8, 73.6)
Tennessee	234	29.7 (22.3, 38.5)	33.3 (25.1, 42.7)	36.9 (28.1, 46.6)	20.6 (14.2, 29.0)	31.3 (22.5, 41.8)	48.0 (38.9, 57.3)
Texas	214	^a 46.0 (35.8, 56.6)	^a 38.7 (28.7, 49.8)	15.3 (10.0, 22.7)	31.9 (23.0, 42.3)	^a 31.4 (21.8, 42.9)	36.7 (27.6, 46.9)
Utah	218	32.8 (25.7, 40.9)	44.5 (36.2, 53.2)	22.7 (16.6, 30.1)	20.6 (15.1, 27.4)	24.6 (18.2, 32.3)	54.9 (46.6, 62.9)
Vermont	220	^a 11.3 (5.9, 20.6)	33.4 (25.5, 42.4)	55.3 (46.4, 63.8)	^a 8.6 (3.7, 18.6)	16.7 (11.8, 23.2)	74.7 (65.8, 81.9)
Virginia	187	^a 37.1 (27.0, 48.4)	^a 33.8 (24.2, 45.0)	29.1 (20.3, 39.8)	13.4 (8.4, 20.7)	24.2 (15.8, 35.1)	^a 62.4 (51.5, 72.2)
Washington	231	37.6 (29.0, 47.2)	30.6 (23.4, 38.8)	31.8 (24.1, 40.6)	13.9 (9.0, 20.7)	36.4 (27.8, 46.0)	49.7 (40.7, 58.7)
West Virginia	225	27.7 (20.7, 36.0)	25.8 (18.7, 34.6)	46.5 (36.6, 56.6)	14.6 (9.8, 21.1)	18.7 (13.1, 25.9)	66.8 (58.0, 74.5)
Wisconsin	399	25.4 (19.9, 31.8)	31.6 (25.9, 37.9)	43.0 (36.6, 49.6)	14.7 (10.1, 20.9)	18.1 (14.1, 22.9)	67.2 (60.8, 73.1)
Wyoming	166	25.1 (16.5, 36.3)	30.3 (21.7, 40.6)	44.5 (34.9, 54.5)	14.5 (8.1, 24.5)	22.9 (14.5, 34.1)	^a 62.7 (51.7, 72.4)

Percentages are weighted prevalence.

^a Based on National Survey of Children's Health data presentation criteria, estimate flagged for poor reliability (i.e., 95% CI width > 20 percentage points or relative standard error > 30%). Source: The United States Census Bureau, Associate Director of Demographic Programs, National Survey of Children's Health. 2021 National Survey of Children's Health Frequently Asked Questions. January 2023. Available from: <https://www.census.gov/programs-surveys/nsch/data/datasets.html>.