

Percentage of Children and Adolescents Aged 12–17 Years Who Participated in 60 Minutes of Physical Activity Most Days or Every Day, by Daily Hours of Screen Time Use, United States, July 2021–December 2023

Daily screen time use	Percent	Lower 95% confidence interval	Upper 95% confidence interval	Standard error
Total	61.1	58.2	64.0	1.5
≤2 Hours	70.4	64.7	75.7	2.7
3 Hours	64.9	58.8	70.7	3.0
≥4 Hours	54.4	50.4	58.4	2.0

NOTES: "Physical activity for at least 60 minutes a day" is based on a response of "most days or every day" to the survey question, "In a typical week during the school year, how often do you exercise, play a sport, or participate in physical activity for at least 60 minutes a day?"

"Daily screen time use" is based on the response to the survey question, "On most weekdays, how many hours do you spend a day in front of a TV, computer, cellphone, or other electronic device watching programs, playing games, accessing the Internet, or using social media?" Teens were instructed not to include time spent doing schoolwork.

SOURCE: National Center for Health Statistics, National Health Interview Survey —Teen, July 2021—December 2023