

# Youth

## Role of Recreation in the Non-Supervised Hours

**Due to a variety of reasons, today's youth are more likely to spend a significant number of hours without adult supervision, often confined to the house.**

- Youth enrolled in a study supported by the Centers for Disease Control in organized park and recreation settings reported that they spent most of the non-organized time watching television; watching TV was mentioned twice as often as playing outside (*Parks and Recreation*).
- CDC survey of 4,000 high school students indicated that a low level of activity (fewer than two days of light exercise and no days of hard exercise in the past 14 days) were **associated with various risk behaviors:** tobacco and pot use, lower fruit and vegetable consumption, greater TV watching, failure to wear a seat belt, lower perception of academic performance (American Public Health Association).
- Top Reasons Kids Say “No” to Drugs (ages 9 – 17): Sports, 30%; Hobbies, 16%; Family and Friends, 14%; Arts, 12%, and Music, 11% (White House Office of National Drug Control).
- Over half of teens surveyed (54%) said they wouldn't watch do so much screen time if they had other things to do. The same number indicated they wished there were more community or neighborhood based programs and two-thirds said they'd participate, if they were available (Penn, Schoen & Bertrand).