

Table 1. Descriptive statistics of study sample in 8th grade^a, overall and by state PE time requirement

	Overall	State PE time requirement		
		None	Weak	Strong
# of states	40	<10	>20	<10
Student variables				
<i>N</i>	5510	570	3560	1380
<i>Gender (%)</i>				
Female	50.3	53.0	49.6	50.8
<i>Race/ethnicity (%)</i>				
White, non-Hispanic	62.0	42.5	75.2	35.9
Black, non-Hispanic	10.4	22.1	8.7	10.0
Hispanic	17.4	9.8	9.6	40.7
Other, non-Hispanic	10.2	25.6	6.5	13.5
<i>SES quintile (%)</i>				
1	16.7	21.1	12.6	25.2
2	20.2	22.1	20.1	19.6
3	19.9	22.5	20.7	16.7
4	22.2	18.3	23.8	19.6
5	21.1	16.0	22.8	18.9
<i>Locale (%)</i>				
Urban	29.0	28.4	22.1	47.1
Suburban	42.6	18.3	44.8	47.2
Township/Rural	28.4	53.3	33.1	5.8
<i>Census region (%)</i>				
Northeast	18.7	0.0	23.1	15.3
Midwest	28.8	21.1	41.2	0.0
South	32.0	39.0	29.4	35.9
West	20.4	39.9	6.4	48.8
<i>Activity measures – 8th grade</i>				
3+ days of PE/week (%)	65.6	58.9	61.4	79.5
5 days of PE/week (%)	39.6	40.1	34.2	43.5
Days of PA/week (mean)	4.6	4.4	4.7	4.6
<i>Weight status – 8th grade (%)</i>				
Obesity	19.7	21.4	18.5	22.1
Overweight	37.0	39.2	35.6	39.6

^a Data collected in Spring 2007 in the United States

Table 2. Adjusted proportion of students reporting PE attendance in 8th grade^a, by gender and 2006 time requirement law, and differences associated with time requirement^b

Gender	State law	3+ days per week				5 days per week			
		%	Average difference	95% CI	p-value	%	Average difference	95% CI	p-value
Girls									
	None	52.1	-	-		26.1	-	-	
	Weak	63.2	11.1	-6.4, 28.6	0.21	31.4	5.3	-13.4, 23.9	0.58
	Strong	74.1	22.0	2.1, 42.0	0.03	34.4	8.3	-17.0, 33.6	0.52
Boys									
	None	57.6	-	-		39.1	-	-	
	Weak	66.6	9.1	-6.6, 24.8	0.26	34.9	-4.3	-23.2, 14.7	0.66
	Strong	70.8	13.2	-5.6, 32.0	0.17	31.5	-7.6	-30.8, 15.6	0.52

^a Data collected in Spring 2007 in the United States

^b Adjusted for race/ethnicity, socioeconomic status, locale, Census region, TV viewing, and sports participation

Table 3. Adjusted mean days of physical activity per week in 8th grade^a by gender and 2006 time requirement law, and average difference associated with time requirement^b

Gender	State law	Days of physical activity			
		Mean	Average difference	95% CI	p-value
Girls					
	None	4.09	-	-	-
	Weak	4.32	0.23	-0.04, 0.51	0.09
	Strong	4.40	0.31	0.02, 0.61	0.04
Boys					
	None	4.80	-	-	-
	Weak	4.89	0.10	-0.22, 0.41	0.55
	Strong	5.00	0.20	-0.14, 0.54	0.24

^a Data collected in Spring 2007 in the United States

^b Adjusted for race/ethnicity, socioeconomic status, locale, Census region, TV viewing, and sports participation

Table 4. Adjusted difference in mean within-student BMI change^a associated with state PE time requirement and competitive food laws^b

PE laws	Competitive food laws ^c	Girls			Boys		
		β	95% CI	p-value	β	95% CI	p-value
None	None	-	-	-	-	-	-
Weak	None	-0.14	-0.62, 0.34	0.57	0.35	-0.11, 0.81	0.14
	Weak	-0.43	-0.93, 0.07	0.09	0.07	-0.40, 0.54	0.78
	Strong	-0.35	-0.84, 0.13	0.15	0.08	-0.39, 0.54	0.74

^a Data collected in Spring 2004 and Spring 2007 in the United States

^b Estimated from individual-level fixed-effect model, adjusted for socioeconomic status, locale, fast food consumption, and overall sugar-sweetened beverage consumption

^c Laws governing nutritional standards of foods and beverages sold in vending machines, cafeterias, and other school venues