

Oregon BRFSS 2003

During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes		81.1	86.1	83.8	83.2	81.6	78.4	73.9
No		18.9	13.9	16.2	16.8	18.4	21.6	26.1
Male	Yes	82.7	85.2	85.1	84.4	83.3	76.1	80.2
	No	17.3	14.8	14.9	15.6	16.7	23.9	19.8
Female	Yes	79.6	87.1	82.4	81.9	79.9	80.6	69.4
	No	20.4	12.9	17.6	18.1	20.1	19.4	30.6

Denominator is:
All survey respondents.

During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		3,991	288	627	724	822	654	876
Yes		3,246	251	538	610	677	519	651
No		739	37	89	114	144	134	221
Don't know/Not sure		5				1	1	3
Refused		1						1
Male	Total	1,630	130	268	313	343	260	316
	Yes	1,353	114	234	266	285	205	249
	No	274	16	34	47	58	55	64
	Don't know/Not sure	2						2
Female	Total	2,361	158	359	411	479	394	560
	Yes	1,893	137	304	344	392	314	402
	No	465	21	55	67	86	79	157
	Don't know/Not sure	3				1	1	1

Denominator is:
All survey respondents.

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At risk for no leisure time physical activity.

(Weighted Column Percents)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
No risk	81.1	86.1	83.8	83.2	81.6	78.4	73.9
At risk	18.9	13.9	16.2	16.8	18.4	21.6	26.1
Male							
No risk	82.7	85.2	85.1	84.4	83.3	76.1	80.2
At risk	17.3	14.8	14.9	15.6	16.7	23.9	19.8
Female							
No risk	79.6	87.1	82.4	81.9	79.9	80.6	69.4
At risk	20.4	12.9	17.6	18.1	20.1	19.4	30.6

Denominator is:
All survey respondents.

At risk for no leisure time physical activity.

(Unweighted Frequencies)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Total	3,991	288	627	724	822	654	876
No risk	3,246	251	538	610	677	519	651
At risk	739	37	89	114	144	134	221
Unknown	6				1	1	4
Male							
Total	1,630	130	268	313	343	260	316
No risk	1,353	114	234	266	285	205	249
At risk	274	16	34	47	58	55	64
Unknown	3						3
Female							
Total	2,361	158	359	411	479	394	560
No risk	1,893	137	304	344	392	314	402
At risk	465	21	55	67	86	79	157
Unknown	3				1	1	1

Denominator is:
All survey respondents.

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Now, thinking about the moderate physical activities you do a usual week, do you do MODERATE activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?

(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes		86.0	87.4	86.0	90.0	87.2	86.8	78.6
No		14.0	12.6	14.0	10.0	12.8	13.2	21.4
Male	Yes	86.8	86.6	86.4	91.7	87.9	83.9	82.3
	No	13.2	13.4	13.6	8.3	12.1	16.1	17.7
Female	Yes	85.2	88.3	85.6	88.3	86.6	89.6	75.9
	No	14.8	11.7	14.4	11.7	13.4	10.4	24.1

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Now, thinking about the moderate physical activities you do a usual week, do you do MODERATE activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?

(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		3,946	284	621	715	813	647	866
Yes		3,412	253	551	647	719	567	675
No		517	29	68	65	93	78	184
Don't know/Not sure		14	2	1	1	1	2	7
Refused		3		1	2			
Male	Total	1,614	128	266	311	339	257	313
	Yes	1,410	112	238	285	301	221	253
	No	199	14	27	25	38	36	59
	Don't know/Not sure	5	2	1	1			1
Female	Total	2,332	156	355	404	474	390	553
	Yes	2,002	141	313	362	418	346	422
	No	318	15	41	40	55	42	125
	Don't know/Not sure	9				1	2	6
	Refused	3		1	2			

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Now thinking about the vigorous physical activities you do if in a usual week, do you do VIGOROUS activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes		51.7	68.9	60.8	57.5	53.1	41.3	29.7
No		48.3	31.1	39.2	42.5	46.9	58.7	70.3
Male	Yes	60.1	78.3	70.0	63.2	62.4	45.0	37.4
	No	39.9	21.7	30.0	36.8	37.6	55.0	62.6
Female	Yes	43.6	58.7	51.0	51.7	43.9	37.7	24.1
	No	56.4	41.3	49.0	48.3	56.1	62.3	75.9

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All survey respondents.

Now thinking about the vigorous physical activities you do if in a usual week, do you do VIGOROUS activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		3,927	283	618	711	812	642	861
Yes		1,919	187	386	412	422	258	254
No		1,979	93	229	296	385	381	595
Don't know/Not sure		24	3	3	1	5	3	9
Refused		5			2			3
Male	Total	1,604	128	264	307	339	255	311
	Yes	934	97	191	199	208	118	121
	No	658	29	71	108	129	136	185
	Don't know/Not sure	11	2	2		2	1	4
	Refused	1						1
Female	Total	2,323	155	354	404	473	387	550
	Yes	985	90	195	213	214	140	133
	No	1,321	64	158	188	256	245	410
	Don't know/Not sure	13	1	1	1	3	2	5
	Refused	4			2			2

Denominator is:
All survey respondents.