

ACTIVITIES - Physical Exercise

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B14. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, or fast dancing or similar aerobic activities?

	Total	Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
0 days	12.0	16.0	8.5	9.2
1 day	9.5	14.2	4.5	13.0
2 days	10.2	13.3	7.1	11.5
3 days	14.1	14.5	14.1	12.3
4 days	11.7	12.6	11.4	8.9
5 days	13.8	12.4	14.7	18.0
6 days	8.6	6.4	11.1	6.3
7 days	19.9	10.7	28.7	20.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B14. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, or fast dancing or similar aerobic activities?

	Total	Female	Male	Gender unknown
Total	3,866	1,775	1,769	322
Missing: skipped Q	103	38	54	11
0 days	473	288	149	36
1 day	352	226	99	27
2 days	381	231	123	27
3 days	510	257	212	41
4 days	400	188	181	31
5 days	558	232	268	58
6 days	331	118	189	24
7 days	758	197	494	67

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B15. On how many of the past 7 days did you exercise or participate in physical activity for at least 30 minutes that did not make you sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mop or similar aerobic activities?

	Total	Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
0 days	15.6	17.3	14.9	9.5
1 day	12.5	13.7	10.7	16.6
2 days	15.3	17.4	13.4	15.1
3 days	16.0	18.6	13.8	13.8
4 days	10.0	10.0	9.8	11.8
5 days	9.1	7.7	10.3	10.7
6 days	4.4	3.4	5.6	3.1
7 days	17.0	12.0	21.6	19.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B15. On how many of the past 7 days did you exercise or participate in physical activity for at least 30 minutes that did not make you sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mop or similar aerobic activities?

	Total	Female	Male	Gender unknown
Total	3,866	1,775	1,769	322
Missing: skipped Q	111	41	60	10
0 days	643	324	273	46
1 day	448	229	176	43
2 days	584	307	232	45
3 days	536	273	226	37
4 days	376	175	163	38
5 days	355	153	170	32
6 days	177	59	106	12
7 days	636	214	363	59

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B16. In an average week, when you are in school, on how many days do you go to physical education (PE) classes?

	Total	Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
0 days	58.9	71.3	46.9	58.2
1 day	.4	.5	.2	.4
2 days	2.8	2.1	3.4	4.1
3 days	20.7	15.9	26.2	15.7
4 days	3.6	2.3	4.5	5.3
5 days	13.6	7.9	18.8	16.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, 11th Grade

B16. In an average week, when you are in school, on how many days do you go to physical education (PE) classes?

	Total	Female	Male	Gender unknown
Total	3,866	1,775	1,769	322
Missing: skipped Q	144	52	80	12
0 days	2,197	1,215	808	174
1 day	18	9	7	2
2 days	105	38	58	9
3 days	701	257	388	56
4 days	165	55	92	18
5 days	536	149	336	51

Unweighted counts.