

## ACTIVITIES - Physical Exercise

**Oregon Healthy Teens 2001 Data Summary, 8th 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	Gender		
		Female	Male	unknown
Total	100.0	100.0	100.0	100.0
0 days	6.7	7.1	6.1	7.1
1 day	5.3	5.8	4.8	5.2
2 days	7.3	10.0	4.5	6.3
3 days	10.4	12.4	7.9	11.4
4 days	10.5	11.4	10.3	5.8
5 days	16.6	18.9	14.1	17.2
6 days	10.3	10.3	10.2	10.6
7 days	33.1	24.0	42.2	36.4

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	Gender		
		Female	Male	unknown
Total	5,526	2,572	2,517	437
Missing: skipped Q	381	126	224	31
0 days	339	171	144	24
1 day	262	139	100	23
2 days	373	229	115	29
3 days	579	319	214	46
4 days	572	297	241	34
5 days	870	469	329	72
6 days	501	243	217	41
7 days	1,649	579	933	137

Unweighted counts.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	16.4	15.6	17.5	15.4
1 day	11.0	12.0	9.4	13.3
2 days	12.7	13.6	11.5	13.3
3 days	13.1	14.3	11.6	14.2
4 days	10.0	11.7	8.0	10.9
5 days	9.7	10.2	9.2	9.9
6 days	5.6	5.5	5.9	4.3
7 days	21.5	17.1	26.9	18.7

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	5,526	2,572	2,517	437
Missing: skipped Q	410	135	240	35
0 days	828	363	399	66
1 day	598	319	229	50
2 days	665	356	261	48
3 days	668	333	274	61
4 days	479	266	172	41
5 days	529	275	217	37
6 days	294	128	145	21
7 days	1,055	397	580	78

Unweighted counts.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	22.0	26.1	18.1	19.1
1 day	1.2	.8	1.5	2.0
2 days	5.7	4.1	7.6	4.9
3 days	17.5	16.8	17.7	20.1
4 days	6.2	6.3	6.2	6.7
5 days	47.4	45.9	49.0	47.2

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	5,526	2,572	2,517	437
Missing: skipped Q	481	171	273	37
0 days	973	531	370	72
1 day	59	24	28	7
2 days	276	108	146	22
3 days	1,041	492	458	91
4 days	392	188	174	30
5 days	2,304	1,058	1,068	178

Unweighted counts.