

ACTIVITIES - Physical Exercise

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
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	unk
Total	100.0	100.0	100.0	100.0
0 days	13.3	15.9	10.4	13.1
1 day	7.7	8.9	6.5	6.6
2 days	9.7	11.6	7.4	10.7
3 days	15.2	18.3	12.3	11.4
4 days	10.0	10.6	9.9	7.0
5 days	15.0	14.4	15.0	18.7
6 days	8.9	7.3	10.4	10.1
7 days	20.3	12.8	28.2	22.4

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
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	unk
Total	4,935	2,276	2,241	418
Missing: skipped Q	185	62	107	16
0 days	594	341	199	54
1 day	402	242	134	26
2 days	502	276	180	46
3 days	631	330	258	43
4 days	475	233	206	36
5 days	732	334	321	77
6 days	429	183	213	33
7 days	985	275	623	87

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
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	Gender		
		Female	Male	unk
Total	100.0	100.0	100.0	100.0
0 days	18.9	18.7	19.2	17.9
1 day	11.7	11.9	12.1	8.2
2 days	15.0	18.5	11.5	13.2
3 days	12.9	14.6	10.8	14.3
4 days	11.0	11.7	10.3	10.9
5 days	9.3	7.6	10.5	13.0
6 days	5.6	4.8	6.9	2.5
7 days	15.6	12.2	18.6	20.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
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	Gender		
		Female	Male	unk
Total	4,935	2,276	2,241	418
Missing: skipped Q	182	59	108	15
0 days	874	409	396	69
1 day	560	294	224	42
2 days	697	372	269	56
3 days	628	326	243	59
4 days	455	214	198	43
5 days	460	208	215	37
6 days	262	109	139	14
7 days	817	285	449	83

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
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 unk
Total	100.0	100.0	100.0	100.0
0 days	52.7	56.4	47.9	57.4
1 day	.6	.8	.4	.2
2 days	3.9	3.6	4.5	2.6
3 days	22.1	22.7	22.4	15.9
4 days	5.3	4.8	5.9	5.1
5 days	15.4	11.6	19.0	18.9

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
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 unk
Total	4,935	2,276	2,241	418
Missing: skipped Q	230	77	132	21
0 days	2,484	1,300	974	210
1 day	32	17	14	1
2 days	169	74	79	16
3 days	849	355	424	70
4 days	253	107	127	19
5 days	918	346	491	81

Unweighted counts.