

**YRBS 2003 Grades 9-12**

**2003 Oregon Healthy Teens, Data Summary,  
High School (Grades 9-12)**

**B16. On how many of the past 7 days did you exercise/participate in physical activity for at least 20 minutes that made you sweat/breathe hard; e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing or similar aerobic activities?**

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
0 days	16.0	16.8	15.2	9.8
1 day	8.3	11.9	4.8	
2 days	9.7	12.6	6.9	
3 days	14.2	12.3	15.7	45.7
4 days	9.5	11.7	7.4	
5 days	14.9	15.3	14.7	
6 days	7.0	5.6	8.5	
7 days	20.5	13.9	26.8	44.5

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**B16. On how many of the past 7 days did you exercise/participate in physical activity for at least 20 minutes that made you sweat/breathe hard; e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing or similar aerobic activities?**

	Total	Female	Male	Gender Unknown
Total	1,504	750	747	7
Missing: skipped Q	127	49	77	1
0 days	219	127	90	2
1 day	130	82	48	
2 days	136	86	50	
3 days	201	99	100	2
4 days	127	72	55	
5 days	187	93	94	
6 days	102	43	59	
7 days	275	99	174	2

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**B17. On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?**

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
0 days	23.8	26.0	21.9	4.1
1 day	12.9	16.1	9.7	5.7
2 days	12.9	12.5	13.1	32.4
3 days	12.5	13.5	11.2	32.4
4 days	9.3	8.8	9.7	13.3
5 days	9.0	7.5	10.5	12.1
6 days	3.8	3.6	4.0	
7 days	15.7	11.9	19.8	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**B17. On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?**

	Total	Female	Male	Gender Unknown
Total	1,504	750	747	7
Missing: skipped Q	82	33	48	1
0 days	323	170	152	1
1 day	180	109	70	1
2 days	192	96	95	1
3 days	183	91	91	1
4 days	123	67	55	1
5 days	132	60	71	1
6 days	57	28	29	
7 days	232	96	136	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**B18. 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	57.5	59.9	55.4	36.5
1 day	.9	.7	1.1	
2 days	2.3	2.1	2.6	
3 days	7.0	6.0	8.0	12.1
4 days	9.7	7.8	11.3	38.1
5 days	22.5	23.4	21.7	13.3

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**B18. 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	1,504	750	747	7
Missing: skipped Q	79	30	48	1
0 days	819	449	368	2
1 day	17	7	10	
2 days	49	21	28	
3 days	151	66	84	1
4 days	87	37	48	2
5 days	302	140	161	1

Weighted percentages and unweighted counts exclude missing and/or refused answers.