

Physical Activity

Oregon Healthy Teens 2006, 11th Grade State Summary

31. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	11.9	16.6	7.2
1 day	7.7	10.4	5.0
2 days	9.2	11.8	6.6
3 days	12.9	15.5	10.3
4 days	11.9	12.7	11.0
5 days	15.8	14.1	17.6
6 days	7.6	7.1	8.2
7 days	22.9	11.8	34.0

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary

31. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

	Total	Female	Male
Total	2,570	1,298	1,272
0 days	306	218	88
1 day	192	127	65
2 days	248	161	87
3 days	339	200	139
4 days	301	161	140
5 days	382	174	208
6 days	220	100	120
7 days	582	157	425

Unweighted counts exclude missing and/or refused answers.

Physical Activity

Oregon Healthy Teens 2006, 11th Grade State Summary

32. Vigorous exercise: 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, fast dancing, etc.?

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	13.5	19.1	8.0
1 day	8.6	10.1	7.2
2 days	11.1	13.4	8.9
3 days	12.9	16.1	9.6
4 days	10.5	9.8	11.2
5 days	16.2	14.1	18.3
6 days	8.5	7.5	9.5
7 days	18.7	9.9	27.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary

32. Vigorous exercise: 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, fast dancing, etc.?

	Total	Female	Male
Total	2,570	1,296	1,274
0 days	330	235	95
1 day	225	134	91
2 days	269	164	105
3 days	342	207	135
4 days	287	134	153
5 days	411	190	221
6 days	218	93	125
7 days	488	139	349

Unweighted counts exclude missing and/or refused answers.

Physical Activity

Oregon Healthy Teens 2006, 11th Grade State Summary

33. Moderate exercise: 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
Total	100.0	100.0	100.0
0 days	13.1	11.7	14.5
1 day	11.5	12.1	10.8
2 days	12.4	12.3	12.4
3 days	12.4	14.4	10.5
4 days	9.8	12.0	7.6
5 days	11.8	13.0	10.7
6 days	6.0	5.1	6.8
7 days	23.0	19.3	26.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary

33. Moderate exercise: 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
Total	2,577	1,297	1,280
0 days	343	163	180
1 day	278	146	132
2 days	326	169	157
3 days	339	196	143
4 days	267	158	109
5 days	283	154	129
6 days	153	68	85
7 days	588	243	345

Unweighted counts exclude missing and/or refused answers.

Physical Activity

Oregon Healthy Teens 2006, 11th Grade State Summary

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

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	54.9	66.9	42.9
1 day	.8	.7	1.0
2 days	2.8	2.3	3.4
3 days	21.9	17.7	26.1
4 days	4.5	3.4	5.6
5 days	15.1	9.0	21.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary

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

	Total	Female	Male
Total	2,564	1,292	1,272
0 days	1,430	853	577
1 day	22	10	12
2 days	77	31	46
3 days	570	242	328
4 days	120	48	72
5 days	345	108	237

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary
35. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	Total	Female	Male
Total	100.0	100.0	100.0
I do not take PE	48.4	59.3	37.6
Less than 10 minutes	.7	.7	.7
10 to 20 minutes	1.9	1.8	2.0
21 to 30 minutes	5.5	5.7	5.2
31 to 40 minutes	11.8	9.7	13.9
41 to 50 minutes	9.7	7.5	11.8
51 to 60 minutes	9.7	7.2	12.3
More than 60 minutes	12.3	8.1	16.5

Weighted percentages exclude missing and/or refused answers.

Physical Activity

Oregon Healthy Teens 2006, 11th Grade State Summary
35. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	Total	Female	Male
Total	2,580	1,298	1,282
I do not take PE	1,269	766	503
Less than 10 minutes	20	11	9
10 to 20 minutes	53	26	27
21 to 30 minutes	157	85	72
31 to 40 minutes	303	134	169
41 to 50 minutes	212	86	126
51 to 60 minutes	242	85	157
More than 60 minutes	324	105	219

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary
36. On an average school day, how many hours do you watch TV?

	Total	Female	Male
Total	100.0	100.0	100.0
I do not watch TV on an average school day	15.7	17.8	13.7
Less than 1 hour per day	22.0	22.6	21.5
1 hour per day	17.3	16.9	17.7
2 hours per day	22.5	21.0	23.9
3 hours per day	13.2	12.5	13.8
4 hours per day	4.9	5.3	4.5
5 or more hours per day	4.4	4.0	4.8

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary
36. On an average school day, how many hours do you watch TV?

	Total	Female	Male
Total	2,578	1,298	1,280
I do not watch TV on an average school day	398	228	170
Less than 1 hour per day	560	291	269
1 hour per day	491	237	254
2 hours per day	585	280	305
3 hours per day	321	152	169
4 hours per day	122	67	55
5 or more hours per day	101	43	58

Unweighted counts exclude missing and/or refused answers.

Physical Activity

Oregon Healthy Teens 2006, 11th Grade State Summary
37. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, Play Station, computer games and the Internet.)

	Total	Female	Male
Total	100.0	100.0	100.0
I do not play video or computer games or use a computer for	19.3	26.3	12.4
Less than 1 hour per day	27.0	28.6	25.5
1 hour per day	17.8	17.3	18.2
2 hours per day	15.8	13.7	17.9
3 hours per day	9.8	7.4	12.2
4 hours per day	4.7	3.5	6.0
5 or more hours per day	5.5	3.2	7.8

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary
37. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, Play Station, computer games and the Internet.)

	Total	Female	Male
Total	2,576	1,297	1,279
I do not play video or computer games or use a computer for	476	326	150
Less than 1 hour per day	699	380	319
1 hour per day	473	230	243
2 hours per day	416	174	242
3 hours per day	250	99	151
4 hours per day	121	46	75
5 or more hours per day	141	42	99

Unweighted counts exclude missing and/or refused answers.