

Physical Activity

Oregon Healthy Teens 2007 - 11th Grade State Summary Report

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	
	Count	%	Count	%	Count	%
Total	5,633	100.0	2,881	100.0	2,752	100.0
0 days	666	12.0	425	14.6	241	9.3
1 day	394	7.2	246	9.0	148	5.2
2 days	566	10.4	358	13.0	208	7.6
3 days	652	11.4	380	13.1	272	9.6
4 days	587	10.5	318	10.6	269	10.3
5 days	837	15.1	414	15.0	423	15.2
6 days	519	9.3	243	8.2	276	10.4
7 days	1,412	24.2	497	16.3	915	32.3

Unweighted counts and weighted percentages exclude missing and/or refused answers.

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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	
	Count	%	Count	%	Count	%
Total	5,641	100.0	2,887	100.0	2,754	100.0
0 days	738	12.7	460	15.4	278	9.9
1 day	551	10.2	340	12.2	211	8.1
2 days	634	11.9	370	13.9	264	9.8
3 days	704	12.7	399	14.1	305	11.2
4 days	604	10.2	309	10.1	295	10.3
5 days	839	15.0	429	14.8	410	15.2
6 days	475	8.2	220	7.1	255	9.4
7 days	1,096	19.0	360	12.3	736	26.0

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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	
	Count	%	Count	%	Count	%
Total	5,626	100.0	2,881	100.0	2,745	100.0
0 days	810	14.9	389	14.0	421	15.8
1 day	636	11.2	346	11.9	290	10.6
2 days	711	11.8	387	12.5	324	11.1
3 days	637	11.9	338	12.5	299	11.3
4 days	555	9.6	304	9.7	251	9.5
5 days	596	10.5	329	12.1	267	8.9
6 days	303	5.7	167	6.0	136	5.4
7 days	1,378	24.3	621	21.4	757	27.4

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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	
	Count	%	Count	%	Count	%
Total	5,584	100.0	2,862	100.0	2,722	100.0
0 days	3,509	63.0	2,075	72.8	1,434	52.6
1 day	64	1.2	22	.8	42	1.6
2 days	160	3.2	66	2.6	94	3.8
3 days	519	10.7	209	8.0	310	13.4
4 days	228	3.3	92	2.6	136	4.1
5 days	1,104	18.7	398	13.2	706	24.6

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35. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,635	100.0	2,885	100.0	2,750	100.0
I do not take PE	3,227	56.7	1,942	66.7	1,285	46.1
Less than 10 minutes	64	1.0	25	.8	39	1.2
10 to 20 minutes	148	2.5	70	2.9	78	2.1
21 to 30 minutes	309	5.1	133	4.2	176	6.1
31 to 40 minutes	539	9.4	211	7.3	328	11.6
41 to 50 minutes	499	8.2	189	6.0	310	10.5
51 to 60 minutes	397	7.7	161	6.0	236	9.5
More than 60 minutes	452	9.4	154	6.1	298	12.9

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36. On an average school day, how many hours do you watch TV?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,631	100.0	2,889	100.0	2,742	100.0
I do not watch TV on an average school day	838	15.5	486	16.7	352	14.2
Less than 1 hour per day	1,358	23.8	741	26.4	617	21.2
1 hour per day	1,021	17.6	523	17.3	498	18.0
2 hours per day	1,225	21.0	582	19.1	643	23.1
3 hours per day	692	12.6	322	11.5	370	13.7
4 hours per day	278	5.5	130	5.5	148	5.6
5 or more hours per day	219	3.9	105	3.5	114	4.2

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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, X-box, computer games and the Internet.)

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,626	100.0	2,883	100.0	2,743	100.0
I do not play video or computer games or use a computer for something that is not school work	1,159	20.5	778	26.2	381	14.6
Less than 1 hour per day	1,658	28.9	908	30.7	750	26.9
1 hour per day	966	17.5	469	17.2	497	17.8
2 hours per day	843	15.1	355	12.5	488	17.8
3 hours per day	465	8.5	191	6.7	274	10.3
4 hours per day	253	4.6	93	3.5	160	5.7
5 or more hours per day	282	5.0	89	3.1	193	7.0

Unweighted counts and weighted percentages exclude missing and/or refused answers.