

Physical Activity

**Oregon Healthy Teens 2007 - 8th Grade
State Summary Report**

28. 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	8,928	100.0	4,566	100.0	4,362	100.0
0 days	611	7.1	339	7.5	272	6.6
1 day	591	6.4	372	7.9	219	4.9
2 days	716	8.1	440	9.6	276	6.6
3 days	975	11.3	574	13.2	401	9.3
4 days	1,019	11.4	585	13.3	434	9.4
5 days	1,310	15.0	728	16.4	582	13.4
6 days	836	8.9	417	8.5	419	9.2
7 days	2,870	31.9	1,111	23.6	1,759	40.6

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

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29. 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	8,912	100.0	4,559	100.0	4,353	100.0
0 days	1,224	13.8	574	11.7	650	16.0
1 day	861	9.8	449	9.8	412	9.8
2 days	1,039	11.3	587	12.8	452	9.7
3 days	1,045	12.1	580	13.4	465	10.8
4 days	768	8.9	411	9.2	357	8.6
5 days	916	10.4	525	12.2	391	8.6
6 days	462	5.2	261	5.8	201	4.5
7 days	2,597	28.4	1,172	25.0	1,425	32.0

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30. 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	8,812	100.0	4,508	100.0	4,304	100.0
0 days	1,654	15.0	909	16.4	745	13.7
1 day	192	2.0	86	1.6	106	2.4
2 days	446	5.1	214	5.0	232	5.2
3 days	1,163	15.9	599	15.5	564	16.4
4 days	414	3.8	199	3.5	215	4.2
5 days	4,943	58.1	2,501	58.1	2,442	58.2

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	8,872	100.0	4,545	100.0	4,327	100.0
I do not watch TV on an average school day	882	9.7	459	9.8	423	9.6
Less than 1 hour per day	1,703	18.4	896	19.0	807	17.7
1 hour per day	1,592	18.2	841	18.8	751	17.7
2 hours per day	2,098	24.2	1,066	23.9	1,032	24.4
3 hours per day	1,290	15.0	642	14.7	648	15.4
4 hours per day	548	6.2	282	6.3	266	6.0
5 or more hours per day	759	8.3	359	7.4	400	9.3

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32. 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	8,849	100.0	4,532	100.0	4,317	100.0
I do not play video or computer games or use a computer for something that is not school work	1,491	17.0	954	21.0	537	12.8
Less than 1 hour per day	2,339	26.6	1,289	29.0	1,050	24.1
1 hour per day	1,685	18.4	799	16.9	886	20.0
2 hours per day	1,389	15.8	661	14.8	728	16.8
3 hours per day	859	10.1	388	8.6	471	11.6
4 hours per day	437	5.0	202	4.5	235	5.5
5 or more hours per day	649	7.1	239	5.2	410	9.1

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