

# Physical Activity

## 2007 Oregon Healthy Teens

### High School (Grades 9-12) 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	3,469	100.0	1,773	100.0	1,696	100.0
0 days	434	12.3	287	16.2	147	8.3
1 day	251	7.0	151	8.7	100	5.3
2 days	317	7.8	207	10.0	110	5.6
3 days	389	10.1	216	10.8	173	9.3
4 days	325	8.2	183	9.0	142	7.3
5 days	550	17.2	279	18.3	271	16.0
6 days	292	8.8	129	6.9	163	10.6
7 days	911	28.7	321	20.2	590	37.4

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

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**32. Vigorous exercise: On how many of the past 7 days did you exercise/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?**

	Total		Female		Male	
Total	3,470	100.0	1,771	100.0	1,699	100.0
0 days	426	11.3	263	14.1	163	8.5
1 day	377	10.3	250	13.5	127	7.0
2 days	385	10.0	232	11.9	153	8.1
3 days	390	10.1	210	10.3	180	9.8
4 days	330	8.7	166	8.9	164	8.5
5 days	537	18.5	287	19.3	250	17.7
6 days	263	7.5	102	5.8	161	9.3
7 days	762	23.6	261	16.2	501	31.1

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**33. Moderate exercise: On how many of the past 7 days did you exercise/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, etc?**

	Total		Female		Male	
Total	3,471	100.0	1,775	100.0	1,696	100.0
0 days	523	15.6	271	16.7	252	14.5
1 day	376	10.4	199	10.8	177	10.0
2 days	457	12.9	246	13.7	211	12.0
3 days	399	11.3	211	10.7	188	11.9
4 days	307	8.1	150	8.3	157	8.0
5 days	360	10.5	200	11.5	160	9.6
6 days	169	5.2	92	5.5	77	5.0
7 days	880	25.9	406	22.9	474	29.0

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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	
Total	3,433	100.0	1,753	100.0	1,680	100.0
0 days	2,019	55.8	1,195	63.7	824	47.9
1 day	39	1.0	20	1.0	19	1.1
2 days	123	2.6	51	2.1	72	3.1
3 days	335	6.3	135	4.9	200	7.7
4 days	88	1.8	36	1.4	52	2.1
5 days	829	32.4	316	26.9	513	38.1

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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	
Total	3,473	100.0	1,777	100.0	1,696	100.0
I do not take PE	1,752	49.0	1,047	56.6	705	41.3
Less than 10 minutes	53	2.5	21	1.9	32	3.1
10 to 20 minutes	106	3.3	60	3.6	46	2.9
21 to 30 minutes	202	7.1	94	6.3	108	7.9
31 to 40 minutes	371	13.8	162	12.4	209	15.2
41 to 50 minutes	375	11.8	165	10.1	210	13.6
51 to 60 minutes	294	5.9	117	4.3	177	7.6
More than 60 minutes	320	6.6	111	4.9	209	8.3

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

## 2007 Oregon Healthy Teens

### High School (Grades 9-12) State Summary

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

	Total		Female		Male	
Total	3,461	100.0	1,777	100.0	1,684	100.0
I do not watch TV on an average school day	484	14.4	268	15.0	216	13.8
Less than 1 hour per day	833	23.6	493	28.3	340	18.9
1 hour per day	643	18.0	315	16.7	328	19.3
2 hours per day	744	21.9	327	18.8	417	25.2
3 hours per day	427	12.5	209	12.4	218	12.6
4 hours per day	164	4.8	89	4.8	75	4.9
5 or more hours per day	166	4.7	76	4.1	90	5.4

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

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5 or more hours per day	166	4.7	76	4.1	90	5.4

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