

Physical Activity

Oregon Healthy Teens 2008 - 11th Grade State Summary Report

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6902	100.0	3587	100.0	3315	100.0
0 days	760	11.0	504	14.2	256	7.5
1 day	522	8.0	315	9.0	207	6.9
2 days	566	9.0	345	10.2	221	7.7
3 days	716	10.7	434	12.6	282	8.6
4 days	793	11.7	438	12.2	355	11.2
5 days	1170	16.7	602	16.6	568	16.8
6 days	675	9.5	329	8.7	346	10.4
7 days	1700	23.4	620	16.5	1080	30.7

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

Oregon Healthy Teens 2008 - 11th Grade State Summary Report

35. 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	6862	100.0	3575	100.0	3287	100.0
0 days	4073	59.6	2447	67.8	1626	50.8
1 day	72	1.1	33	1.1	39	1.1
2 days	158	2.8	64	2.3	94	3.4
3 days	465	7.9	200	6.7	265	9.2
4 days	526	6.4	213	4.9	313	8.1
5 days	1568	22.1	618	17.2	950	27.4

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

Physical Activity

Oregon Healthy Teens 2008 - 11th Grade State Summary Report

36. 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	6899	100.0	3586	100.0	3313	100.0
I do not take PE	3529	51.3	2150	59.6	1379	42.2
Less than 10 minutes	87	1.3	38	1.0	49	1.6
10 to 20 minutes	161	2.4	77	2.4	84	2.4
21 to 30 minutes	361	5.7	182	5.2	179	6.2
31 to 40 minutes	712	10.1	309	8.4	403	11.8
41 to 50 minutes	822	11.6	361	10.2	461	13.2
51 to 60 minutes	602	7.9	256	6.4	346	9.5
More than 60 minutes	625	9.8	213	6.8	412	13.1

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

Oregon Healthy Teens 2008 - 11th Grade State Summary Report

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6884	100.0	3584	100.0	3300	100.0
I do not watch TV on an average school day	1035	15.8	566	16.2	469	15.2
Less than 1 hour per day	1582	23.2	906	25.0	676	21.3
1 hour per day	1231	17.8	614	17.2	617	18.4
2 hours per day	1518	21.1	749	20.3	769	21.9
3 hours per day	875	12.4	435	12.0	440	12.9
4 hours per day	337	5.2	172	5.3	165	5.2
5 or more hours per day	306	4.5	142	4.0	164	5.1

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

Physical Activity

Oregon Healthy Teens 2008 - 11th Grade State Summary Report

38. 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?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6871	100.0	3575	100.0	3296	100.0
I do not play video or computer games or use a computer for something that is not school work	1509	22.1	1001	27.7	508	16.0
Less than 1 hour per day	1959	28.3	1156	31.6	803	24.8
1 hour per day	1160	16.5	561	15.9	599	17.2
2 hours per day	972	14.5	404	12.0	568	17.3
3 hours per day	610	9.1	233	6.2	377	12.1
4 hours per day	284	3.9	106	3.0	178	4.9
5 or more hours per day	377	5.6	114	3.5	263	7.7

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