

Physical Activity

Oregon Healthy Teens 2008 - 8th Grade

State Summary Report

37. 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	10441	100.0	5387	100.0	5054	100.0
0 days	729	7.1	432	8.0	297	6.1
1 day	579	5.7	343	6.4	236	5.0
2 days	777	7.3	464	8.7	313	5.9
3 days	1092	10.7	642	12.2	450	9.0
4 days	1173	11.2	682	12.8	491	9.5
5 days	1667	16.2	933	17.3	734	15.0
6 days	1090	10.4	550	10.0	540	10.8
7 days	3334	31.4	1341	24.5	1993	38.7

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

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38. 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	10329	100.0	5343	100.0	4986	100.0
0 days	2501	22.0	1421	23.4	1080	20.6
1 day	251	2.7	119	2.5	132	3.0
2 days	389	3.9	182	3.4	207	4.5
3 days	1232	13.3	666	14.0	566	12.6
4 days	783	7.4	380	6.6	403	8.2
5 days	5173	50.6	2575	50.0	2598	51.2

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39. 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	10395	100.0	5362	100.0	5033	100.0
I do not take PE	2046	18.2	1228	20.9	818	15.4
Less than 10 minutes	232	2.4	108	2.1	124	2.7
10 to 20 minutes	868	8.6	455	8.7	413	8.6
21 to 30 minutes	1704	17.1	923	17.8	781	16.3
31 to 40 minutes	2236	21.8	1119	21.6	1117	22.0
41 to 50 minutes	1855	18.4	875	17.0	980	19.9
51 to 60 minutes	875	8.0	388	7.0	487	9.2
More than 60 minutes	579	5.4	266	5.0	313	5.9

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

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	10362	100.0	5365	100.0	4997	100.0
I do not watch TV on an average school day	1283	13.0	679	13.6	604	12.2
Less than 1 hour per day	2185	20.0	1221	21.4	964	18.4
1 hour per day	1814	17.2	932	17.2	882	17.2
2 hours per day	2375	22.5	1202	22.3	1173	22.8
3 hours per day	1437	14.1	706	13.1	731	15.2
4 hours per day	642	6.6	323	6.4	319	6.9
5 or more hours per day	626	6.6	302	6.1	324	7.2

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

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41. 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	10339	100.0	5348	100.0	4991	100.0
I do not play video or computer games or use a computer for something that is not school work	1822	18.0	1152	22.2	670	13.5
Less than 1 hour per day	2856	27.3	1611	29.6	1245	24.9
1 hour per day	1904	18.3	935	17.3	969	19.4
2 hours per day	1628	15.3	767	13.8	861	16.9
3 hours per day	990	9.9	424	8.6	566	11.3
4 hours per day	495	4.8	210	3.8	285	5.9
5 or more hours per day	644	6.3	249	4.8	395	8.0

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