

# Physical Activity

## Oregon Healthy Teens 2009 - 11th Grade State Summary Report

**32. 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	3,508	100.0	1,790	100.0	1,718	100.0
0 days	344	10.6	229	13.7	115	7.3
1 day	290	8.5	196	11.5	94	5.3
2 days	364	10.8	223	12.3	141	9.2
3 days	457	12.9	290	15.9	167	9.8
4 days	452	12.9	227	13.1	225	12.8
5 days	514	14.0	241	12.6	273	15.5
6 days	331	9.3	148	8.2	183	10.4
7 days	756	21.0	236	12.7	520	29.7

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

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**33. 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	3,493	100.0	1,785	100.0	1,708	100.0
0 days	2,147	63.9	1,248	72.8	899	54.3
1 day	77	2.1	26	1.3	51	3.0
2 days	120	3.2	50	2.3	70	4.0
3 days	415	12.1	169	9.1	246	15.4
4 days	248	6.3	106	5.1	142	7.6
5 days	486	12.4	186	9.3	300	15.7

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

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34. 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	3,514	100.0	1,795	100.0	1,719	100.0
I do not take PE	1,915	56.7	1,135	65.9	780	47.0
Less than 10 minutes	37	1.0	19	1.2	18	.8
10 to 20 minutes	66	1.9	39	2.4	27	1.4
21 to 30 minutes	183	4.5	101	5.0	82	3.9
31 to 40 minutes	291	7.1	138	6.2	153	8.0
41 to 50 minutes	304	7.5	124	5.9	180	9.2
51 to 60 minutes	331	9.9	106	6.2	225	13.8
More than 60 minutes	387	11.3	133	7.2	254	15.7

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

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35. Do you feel that you get as much physical activity as you need, or less than you need?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3,462	100.0	1,761	100.0	1,701	100.0
As much as needed	1,734	49.2	687	37.9	1,047	61.0
Less than needed	1,728	50.8	1,074	62.1	654	39.0

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