

Oregon Healthy Teens 2015 - 11th Grade
Physical Activity

51. 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	13199	100.0	6618	100.0	6581	100.0
0 days	1624	11.6	1013	14.4	611	8.8
1 day	925	7.0	586	8.9	339	5.0
2 days	1135	8.8	705	10.9	430	6.7
3 days	1554	12.1	923	14.4	631	9.7
4 days	1501	10.5	850	12.0	651	9.1
5 days	2055	16.1	1003	15.3	1052	16.9
6 days	1278	10.2	587	9.6	691	10.7
7 days	3127	23.7	951	14.5	2176	33.1

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

52. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	13242	100.0	6645	100.0	6597	100.0
0 days	4064	29.9	2426	35.6	1638	24.1
1 day	1076	8.3	672	10.0	404	6.5
2 days	1334	10.2	757	12.0	577	8.4
3 days	1567	11.9	808	12.5	759	11.3
4 days	1270	9.4	618	9.0	652	9.7
5 days	1718	13.1	658	10.2	1060	16.0
6 days	714	5.8	300	4.7	414	6.9
7 days	1499	11.5	406	6.0	1093	17.2

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

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53. 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	13178	100.0	6622	100.0	6556	100.0
0 days	8446	62.6	4932	71.8	3514	53.2
1 day	116	.8	42	.6	74	1.0
2 days	275	1.9	111	1.5	164	2.3
3 days	1320	9.2	487	6.8	833	11.6
4 days	672	4.9	250	3.8	422	6.1
5 days	2349	20.6	800	15.4	1549	25.8

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

54. 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	12180	100.0	6095	100.0	6085	100.0
I do not take PE	7534	59.9	4440	70.2	3094	49.5
Less than 10 minutes	66	.6	34	.6	32	.6
10 to 20 minutes	177	1.4	87	1.5	90	1.3
21 to 30 minutes	490	4.4	216	4.0	274	4.8
31 to 40 minutes	987	8.8	358	6.3	629	11.4
41 to 50 minutes	1098	9.9	376	8.0	722	11.9
51 to 60 minutes	815	6.8	279	4.7	536	9.0
More than 60 minutes	1013	8.1	305	4.8	708	11.6

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

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54.x. Among only those who took PE: 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	4598	100.0	1638	100.0	2960	100.0
Less than 10 minutes	64	1.4	33	2.0	31	1.1
10 to 20 minutes	171	3.4	86	5.1	85	2.5
21 to 30 minutes	484	11.1	213	13.5	271	9.6
31 to 40 minutes	981	21.9	356	20.8	625	22.6
41 to 50 minutes	1092	24.8	376	27.1	716	23.5
51 to 60 minutes	807	17.1	275	15.8	532	17.9
More than 60 minutes	999	20.2	299	15.8	700	22.9

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

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	13225	100.0	6641	100.0	6584	100.0
I do not watch TV on an average school day	3040	22.7	1512	22.4	1528	23.0
Less than 1 hour per day	2742	20.9	1403	21.5	1339	20.2
1 hour per day	2115	15.6	1065	15.8	1050	15.3
2 hours per day	2660	20.4	1319	20.1	1341	20.6
3 hours per day	1566	11.8	747	10.8	819	12.8
4 hours per day	565	4.6	325	5.1	240	4.1
5 or more hours per day	537	4.1	270	4.3	267	3.9

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

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56. 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 Xbox, Play Station, Nintendo DS, iPod touch, Facebook, and the Internet.)

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	13226	100.0	6640	100.0	6586	100.0
I do not play video or computer games or use a computer for something that is not school work	1960	15.3	1255	19.9	705	10.7
Less than 1 hour per day	1648	13.0	786	12.7	862	13.2
1 hour per day	1535	11.2	757	10.9	778	11.5
2 hours per day	2354	18.2	1111	17.4	1243	19.0
3 hours per day	2095	15.6	1013	14.8	1082	16.5
4 hours per day	1342	9.8	611	8.8	731	10.8
5 or more hours per day	2292	16.9	1107	15.5	1185	18.3

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

65. In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Walk

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	11497	100.0	5835	100.0	5662	100.0
0 days	7981	69.2	4219	72.4	3762	65.8
1 day	617	5.1	294	4.7	323	5.5
2 days	434	3.9	200	3.7	234	4.1
3 days	357	3.2	185	3.2	172	3.2
4 days	278	2.3	138	2.3	140	2.4
5 days	1830	16.3	799	13.8	1031	19.0

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

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66. In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride a bike

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	11226	100.0	5726	100.0	5500	100.0
0 days	10703	95.1	5605	97.4	5098	92.6
1 day	183	1.8	50	1.2	133	2.5
2 days	112	1.0	27	.6	85	1.4
3 days	45	.6	15	.4	30	.8
4 days	46	.4	9	.2	37	.6
5 days	137	1.2	20	.3	117	2.2

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

67. In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride a skateboard, scooter, or other non-motorized vehicle

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	11189	100.0	5713	100.0	5476	100.0
0 days	10702	95.4	5591	97.5	5111	93.2
1 day	147	1.2	44	.8	103	1.6
2 days	99	1.0	25	.6	74	1.4
3 days	79	.8	22	.4	57	1.2
4 days	38	.5	5	.1	33	.8
5 days	124	1.1	26	.5	98	1.8

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

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68. In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride a school bus or use public transportation

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	11654	100.0	5927	100.0	5727	100.0
0 days	7101	61.9	3621	62.3	3480	61.4
1 day	363	3.2	162	2.9	201	3.5
2 days	361	2.9	186	3.2	175	2.6
3 days	427	3.5	225	3.6	202	3.5
4 days	556	4.9	313	5.3	243	4.4
5 days	2846	23.6	1420	22.8	1426	24.5

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

69. In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride in a car or other motorized vehicle

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	12629	100.0	6407	100.0	6222	100.0
0 days	2458	19.0	1080	15.8	1378	22.3
1 day	870	7.0	446	7.0	424	7.1
2 days	657	5.1	349	5.1	308	5.0
3 days	520	4.1	260	4.3	260	4.0
4 days	875	6.2	436	6.1	439	6.3
5 days	7249	58.6	3836	61.6	3413	55.4

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