

Oregon Healthy Teens 2015 - 8th Grade  
Physical Activity

**45. 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	15552	100.0	7802	100.0	7750	100.0
0 days	1054	6.7	628	7.9	426	5.5
1 day	795	5.1	490	6.4	305	3.8
2 days	1108	7.3	706	9.4	402	5.2
3 days	1581	10.2	961	12.1	620	8.3
4 days	1904	12.6	1116	14.4	788	10.7
5 days	2661	17.2	1407	18.1	1254	16.2
6 days	1575	10.2	772	9.9	803	10.5
7 days	4874	30.7	1722	21.9	3152	39.8

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

**46. 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	15681	100.0	7854	100.0	7827	100.0
0 days	2881	18.3	1643	20.6	1238	16.0
1 day	1350	8.5	834	10.4	516	6.5
2 days	1772	11.4	1017	13.2	755	9.5
3 days	2071	13.7	1078	13.9	993	13.5
4 days	1727	11.6	855	11.5	872	11.7
5 days	2497	15.5	1197	14.8	1300	16.3
6 days	830	5.1	359	4.5	471	5.7
7 days	2553	15.9	871	11.1	1682	20.7

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**47. 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	15549	100.0	7795	100.0	7754	100.0
0 days	3514	21.7	1958	24.0	1556	19.4
1 day	252	1.6	144	1.7	108	1.4
2 days	457	3.0	217	3.0	240	3.0
3 days	1376	10.3	727	10.5	649	10.1
4 days	1224	6.8	630	7.2	594	6.5
5 days	8726	56.6	4119	53.7	4607	59.6

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

**48. 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	15087	100.0	7573	100.0	7514	100.0
I do not take PE	3093	19.7	1770	22.3	1323	17.0
Less than 10 minutes	256	1.5	134	1.5	122	1.4
10 to 20 minutes	1061	6.9	575	7.8	486	6.0
21 to 30 minutes	2290	14.8	1217	15.6	1073	14.0
31 to 40 minutes	3318	22.7	1639	23.0	1679	22.5
41 to 50 minutes	3071	20.7	1439	18.9	1632	22.6
51 to 60 minutes	1356	8.8	574	7.1	782	10.5
More than 60 minutes	642	4.8	225	3.7	417	6.0

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

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**48.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	11805	100.0	5729	100.0	6076	100.0
Less than 10 minutes	250	1.8	129	1.9	121	1.7
10 to 20 minutes	1041	8.6	567	10.1	474	7.2
21 to 30 minutes	2257	18.5	1205	20.1	1052	16.8
31 to 40 minutes	3278	28.4	1624	29.8	1654	27.1
41 to 50 minutes	3026	25.8	1420	24.3	1606	27.3
51 to 60 minutes	1328	10.9	564	9.1	764	12.6
More than 60 minutes	625	6.0	220	4.7	405	7.2

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

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	15666	100.0	7846	100.0	7820	100.0
I do not watch TV on an average school day	2560	16.4	1257	15.6	1303	17.1
Less than 1 hour per day	3420	21.6	1680	21.2	1740	22.0
1 hour per day	2601	16.7	1286	16.6	1315	16.7
2 hours per day	3370	21.4	1713	22.2	1657	20.7
3 hours per day	2062	13.0	1079	13.8	983	12.2
4 hours per day	770	5.4	403	5.2	367	5.6
5 or more hours per day	883	5.6	428	5.5	455	5.7

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

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**50. 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	15661	100.0	7843	100.0	7818	100.0
I do not play video or computer games or use a computer for something that is not school work	1476	9.5	894	11.9	582	7.0
Less than 1 hour per day	2122	13.5	1025	12.9	1097	14.1
1 hour per day	2003	12.9	906	11.5	1097	14.4
2 hours per day	2763	18.2	1260	16.2	1503	20.1
3 hours per day	2580	16.1	1245	15.8	1335	16.4
4 hours per day	1598	10.2	828	10.5	770	9.9
5 or more hours per day	3119	19.6	1685	21.1	1434	18.1

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

**59. 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	13629	100.0	6927	100.0	6702	100.0
0 days	8005	57.8	4195	59.5	3810	55.9
1 day	1187	8.6	578	8.0	609	9.2
2 days	696	5.3	343	4.9	353	5.7
3 days	507	3.7	276	4.0	231	3.4
4 days	453	3.1	254	3.5	199	2.6
5 days	2781	21.5	1281	19.9	1500	23.1

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

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**60. 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	13145	100.0	6703	100.0	6442	100.0
0 days	12089	92.0	6426	95.8	5663	87.9
1 day	352	2.8	110	1.8	242	3.8
2 days	214	1.7	69	1.2	145	2.4
3 days	136	.9	26	.4	110	1.5
4 days	62	.4	14	.2	48	.6
5 days	292	2.2	58	.7	234	3.8

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

**61. 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	13132	100.0	6709	100.0	6423	100.0
0 days	12086	92.3	6377	94.9	5709	89.6
1 day	313	2.4	125	1.9	188	2.8
2 days	209	1.5	69	1.0	140	2.0
3 days	134	.9	42	.6	92	1.3
4 days	91	.7	28	.4	63	1.1
5 days	299	2.2	68	1.2	231	3.3

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

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**62. 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	14328	100.0	7258	100.0	7070	100.0
0 days	5449	38.2	2761	37.8	2688	38.7
1 day	543	3.8	263	3.5	280	4.1
2 days	505	3.4	265	3.5	240	3.2
3 days	712	4.8	389	5.0	323	4.6
4 days	1256	9.3	665	10.1	591	8.6
5 days	5863	40.4	2915	40.1	2948	40.8

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

**63. 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	14259	100.0	7253	100.0	7006	100.0
0 days	4762	33.7	2186	31.2	2576	36.3
1 day	1783	12.6	972	13.6	811	11.5
2 days	989	7.2	543	7.6	446	6.8
3 days	728	5.2	371	5.2	357	5.3
4 days	991	6.6	497	6.2	494	6.9
5 days	5006	34.8	2684	36.2	2322	33.2

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