Health Behaviors

Physical activity in adults and youth

Regular physical activity improves strength and endurance, helps ensure healthy bones and muscles, helps to control weight, reduces anxiety and stress, increases self-esteem, and improves blood pressure and cholesterol levels. In 2011, the Centers for Disease Control and Prevention (CDC) began reporting data which aligned with the 2008 Physical Activity Guidelines for Americans. The new data are not comparable to data reported previously (2009 and earlier). Data for Oregon are presented below.

In 2011, 24% of Oregon adults (25.1% of men, and 22.8% of women) reported meeting the new CDC physical activity recommendations.

Nearly 60% of Oregon eighth-graders report engaging in the minimum amount of physical activity recommended by CDC. In 2013, boys were 35% more likely to achieve minimum physical activity recommendations than girls.
Increasing physical activity in both adults and youth is necessary to address the obesity epidemic.
Additional Resources: 2012 Oregon Overweight, Obesity, Physical Activity and Nutrition Facts

About the Data: Data sources are the Oregon Behavioral Risk Factor Surveillance Systems (BRFSS) for adults and the Oregon Healthy Teens Survey (OHT) for youth. BRFSS is a telephone survey conducted annually among non-institutionalized adults age 18+. Since 2010, the Oregon BRFSS data have included cell phone respondents as well as those reached by landline, and data weighting methods have changed. Therefore, caution should be used in interpreting changes over time. OHT is a pencil and paper or online survey conducted every two years among Oregon 8th and 11th graders within schools. Physical activity is measured by meeting the CDC recommendations.

In 2008, the CDC updated the recommendations for physical activity for adults. The CDC now recommends that adults be moderately active for greater than or equal to \( \geq \) 150 minutes per week, or vigorously active for \( \geq \)75 minutes per week (or equivalent combination), and participate in muscle strengthening activities on \( \geq \)2 days per week.

The CDC recommends that adolescents be physically active for \( \geq \)60 minutes per day on most days of the week, preferably daily. The data presented above indicates the percentage of youth who are physically active for \( \geq \)60 minutes per day on \( \geq \)5 days of the week. In 2008, CDC also recommended that adolescents include muscle- and bone-strengthening activities \( \geq \)3 days per week as part of their 60 minutes of physical activity. However, the data presented here does not distinguish between activity types.

For More Information Contact: Luci Longoria, luci.longoria@state.or.us

Date Updated: August 1, 2014

Oregon State Health Profile

OHA 9153-D (Rev) 09/14: This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the Publications and Design Section at 503-378-3486, 711 for TTY, or email dhs-oha.publicationrequest@state.or.us.