

Health Behaviors

Physical activity

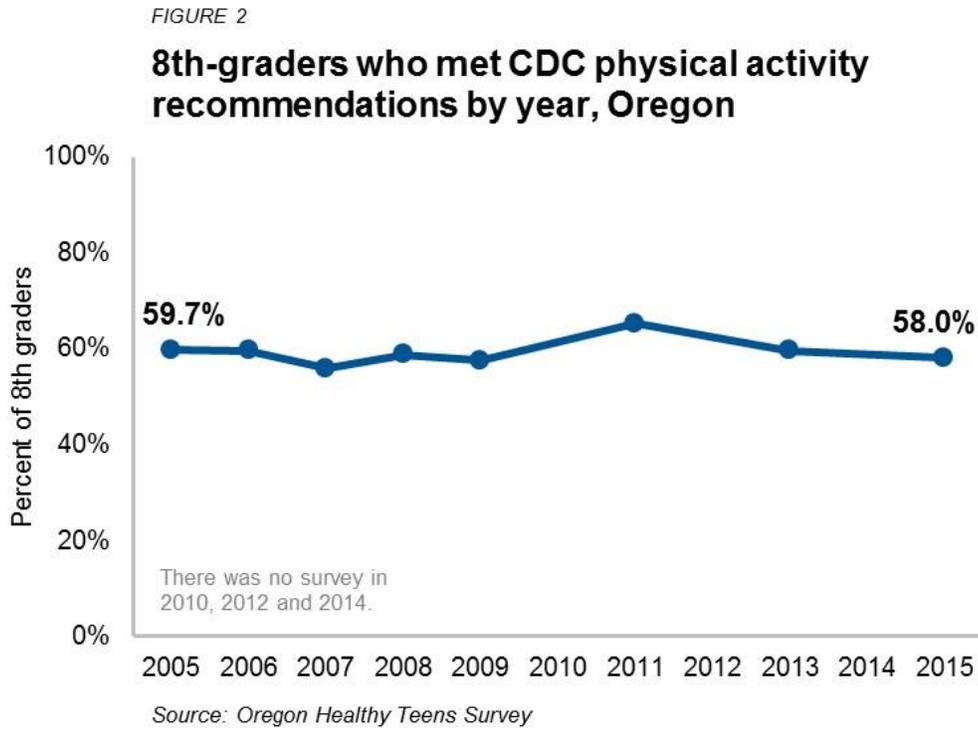
Regular physical activity improves overall health and helps to ensure healthy bones and muscles, control weight, reduce anxiety and stress, and improve blood pressure and cholesterol levels. In 2011, the Centers for Disease Control and Prevention (CDC) began reporting physical activity data aligned with the *2008 Physical Activity Guidelines for Americans*. The 2008 recommendation includes strengthening activities in addition to aerobic exercise; therefore, new data are not comparable to data reported in 2009 and earlier.

In 2013, 24.8% of Oregon adults reported meeting the new CDC physical activity recommendations (Figure 1). Meeting the new physical activity recommendations did not vary by sex; however, adults who had a healthy weight were more than twice as likely to meet CDC physical activity recommendations compared to those who were obese (33.8% vs. 15.0%).

FIGURE 1

Adults who meet CDC physical activity recommendations by sex and body weight status, Oregon, 2013	
All adults	Percent¹ 24.8%
Sex	
Female	25.1%
Male	24.6%
Body weight status	
Healthy weight	33.8%
Overweight	23.7%
Obese	15.0%
¹ Estimates are age-adjusted. Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)	

Fifty-eight percent of Oregon eighth-graders report engaging in the minimum amount of physical activity recommended by CDC, which has not changed over the past decade (Figure 2).



In 2015, boys were more likely than girls to meet the CDC physical activity recommendation, and those of a healthy weight were more likely to meet the recommendation compared with those who are obese (Figure 3).

FIGURE 3
8th-graders who meet CDC physical activity recommendation by sex and body weight status, Oregon, 2015

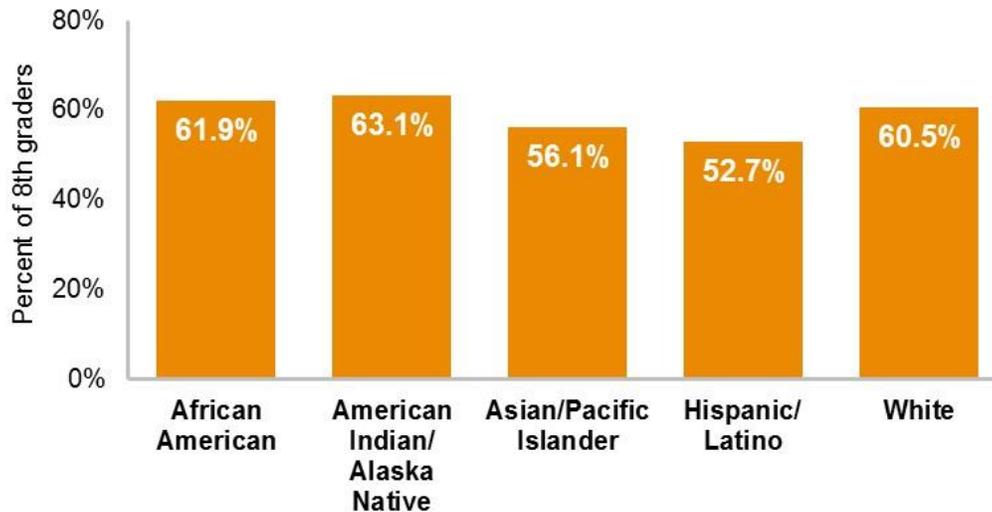
	Percent
All 8th graders	58.0%
Sex	
Female	49.8%
Male	66.5%
Body weight status	
Healthy weight	62.3%
Overweight	54.8%
Obese	52.3%

Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Hispanics (52.7%) and Asian/Pacific Islanders (56.1%) were less likely to meet the CDC physical activity recommendation compared to whites (60.5%), African Americans (61.9%), and American Indian/Alaska Natives (63.1%; Figure 4).

FIGURE 4

8th-graders who met CDC physical activity recommendations by race/ethnicity, Oregon, 2015



Notes: All other groups exclude Hispanic ethnicity
 Source: Oregon Healthy Teens Survey

Increasing physical activity in both adults and youth is necessary to address the obesity epidemic, and the many chronic health conditions that are linked to obesity.

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 ≥ 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 ≥ 60 minutes per day on ≥ 5 days of the week. In 2008, CDC also recommended that adolescents include muscle- and bone- strengthening activities ≥ 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

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[Oregon State Health Profile](#)

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