

Physical Activity

Oregon Healthy Teens 2005, 8th Grade State Summary
30. 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 |
|--------|-------|--------|-------|
| Total | 100.0 | 100.0 | 100.0 |
| 0 days | 7.5 | 8.8 | 6.2 |
| 1 day | 5.3 | 6.7 | 3.8 |
| 2 days | 6.9 | 8.9 | 4.9 |
| 3 days | 11.2 | 13.0 | 9.5 |
| 4 days | 11.2 | 12.4 | 9.9 |
| 5 days | 16.7 | 17.7 | 15.7 |
| 6 days | 10.2 | 10.5 | 9.9 |
| 7 days | 31.0 | 22.0 | 40.0 |

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary

30. 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 |
|--------|-------|--------|-------|
| Total | 8,433 | 4,231 | 4,202 |
| 0 days | 613 | 354 | 259 |
| 1 day | 420 | 266 | 154 |
| 2 days | 583 | 379 | 204 |
| 3 days | 930 | 549 | 381 |
| 4 days | 983 | 544 | 439 |
| 5 days | 1,400 | 759 | 641 |
| 6 days | 848 | 426 | 422 |
| 7 days | 2,656 | 954 | 1,702 |

Unweighted counts exclude missing and/or refused answers.

Physical Activity

Oregon Healthy Teens 2005, 8th Grade State Summary

31. Vigorous exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling or fast dancing?

| | Total | Female | Male |
|--------|-------|--------|-------|
| Total | 100.0 | 100.0 | 100.0 |
| 0 days | 6.8 | 8.1 | 5.5 |
| 1 day | 6.4 | 7.9 | 5.0 |
| 2 days | 8.6 | 10.0 | 7.1 |
| 3 days | 11.7 | 14.0 | 9.4 |
| 4 days | 10.9 | 12.0 | 9.9 |
| 5 days | 17.5 | 18.1 | 16.9 |
| 6 days | 9.3 | 9.6 | 8.9 |
| 7 days | 28.7 | 20.3 | 37.3 |

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary

31. Vigorous exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling or fast dancing?

| | Total | Female | Male |
|--------|-------|--------|-------|
| Total | 8,455 | 4,254 | 4,201 |
| 0 days | 563 | 331 | 232 |
| 1 day | 524 | 313 | 211 |
| 2 days | 713 | 432 | 281 |
| 3 days | 995 | 597 | 398 |
| 4 days | 977 | 529 | 448 |
| 5 days | 1,463 | 769 | 694 |
| 6 days | 803 | 418 | 385 |
| 7 days | 2,417 | 865 | 1,552 |

Unweighted counts exclude missing and/or refused answers.

Physical Activity

Oregon Healthy Teens 2005, 8th Grade State Summary

32. Moderate exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 30 minutes that did not make you sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, etc?

| | Total | Female | Male |
|--------|-------|--------|-------|
| Total | 100.0 | 100.0 | 100.0 |
| 0 days | 15.2 | 14.2 | 16.2 |
| 1 day | 12.4 | 12.5 | 12.4 |
| 2 days | 13.0 | 13.4 | 12.6 |
| 3 days | 13.0 | 14.3 | 11.7 |
| 4 days | 10.2 | 10.9 | 9.5 |
| 5 days | 9.6 | 10.7 | 8.4 |
| 6 days | 5.2 | 5.7 | 4.7 |
| 7 days | 21.4 | 18.3 | 24.5 |

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary

32. Moderate exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 30 minutes that did not make you sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, etc?

| | Total | Female | Male |
|--------|-------|--------|-------|
| Total | 8,474 | 4,252 | 4,222 |
| 0 days | 1,319 | 600 | 719 |
| 1 day | 1,021 | 522 | 499 |
| 2 days | 1,096 | 577 | 519 |
| 3 days | 1,080 | 597 | 483 |
| 4 days | 840 | 447 | 393 |
| 5 days | 831 | 473 | 358 |
| 6 days | 442 | 244 | 198 |
| 7 days | 1,845 | 792 | 1,053 |

Unweighted counts exclude missing and/or refused answers.

Physical Activity

Oregon Healthy Teens 2005, 8th Grade State Summary

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 |
|--------|-------|--------|-------|
| Total | 100.0 | 100.0 | 100.0 |
| 0 days | 27.0 | 30.5 | 23.5 |
| 1 day | 1.1 | .9 | 1.3 |
| 2 days | 2.7 | 2.1 | 3.2 |
| 3 days | 10.2 | 10.0 | 10.5 |
| 4 days | 4.1 | 3.9 | 4.3 |
| 5 days | 54.8 | 52.6 | 57.1 |

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary

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 |
|--------|-------|--------|-------|
| Total | 8,356 | 4,204 | 4,152 |
| 0 days | 1,918 | 1,088 | 830 |
| 1 day | 94 | 39 | 55 |
| 2 days | 278 | 119 | 159 |
| 3 days | 1,189 | 592 | 597 |
| 4 days | 540 | 265 | 275 |
| 5 days | 4,337 | 2,101 | 2,236 |

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary
34. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

| | Total | Female | Male |
|----------------------|-------|--------|-------|
| Total | 100.0 | 100.0 | 100.0 |
| I do not take PE | 21.9 | 25.7 | 18.1 |
| Less than 10 minutes | 2.3 | 2.1 | 2.6 |
| 10 to 20 minutes | 8.8 | 9.2 | 8.5 |
| 21 to 30 minutes | 16.8 | 16.7 | 16.9 |
| 31 to 40 minutes | 21.8 | 21.3 | 22.4 |
| 41 to 50 minutes | 15.9 | 14.5 | 17.3 |
| 51 to 60 minutes | 7.0 | 6.3 | 7.7 |
| More than 60 minutes | 5.3 | 4.2 | 6.4 |

Weighted percentages exclude missing and/or refused answers.

Physical Activity

Oregon Healthy Teens 2005, 8th Grade State Summary
34. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

| | Total | Female | Male |
|----------------------|-------|--------|-------|
| Total | 8,472 | 4,257 | 4,215 |
| I do not take PE | 1,575 | 929 | 646 |
| Less than 10 minutes | 201 | 99 | 102 |
| 10 to 20 minutes | 758 | 406 | 352 |
| 21 to 30 minutes | 1,450 | 725 | 725 |
| 31 to 40 minutes | 1,876 | 905 | 971 |
| 41 to 50 minutes | 1,426 | 674 | 752 |
| 51 to 60 minutes | 674 | 311 | 363 |
| More than 60 minutes | 512 | 208 | 304 |

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary
35. On an average school day, how many hours do you watch TV?

| | Total | Female | Male |
|--|-------|--------|-------|
| Total | 100.0 | 100.0 | 100.0 |
| I do not watch TV on an average school day | 9.0 | 9.5 | 8.4 |
| Less than 1 hour per day | 18.7 | 19.5 | 17.9 |
| 1 hour per day | 16.6 | 16.3 | 16.9 |
| 2 hours per day | 25.1 | 25.0 | 25.2 |
| 3 hours per day | 15.4 | 15.5 | 15.3 |
| 4 hours per day | 7.3 | 6.7 | 7.9 |
| 5 hours or more per day | 7.9 | 7.4 | 8.4 |

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary
35. On an average school day, how many hours do you watch TV?

| | Total | Female | Male |
|--|-------|--------|-------|
| Total | 8,453 | 4,250 | 4,203 |
| I do not watch TV on an average school day | 768 | 399 | 369 |
| Less than 1 hour per day | 1,608 | 843 | 765 |
| 1 hour per day | 1,423 | 699 | 724 |
| 2 hours per day | 2,065 | 1,033 | 1,032 |
| 3 hours per day | 1,324 | 666 | 658 |
| 4 hours per day | 587 | 291 | 296 |
| 5 hours or more per day | 678 | 319 | 359 |

Unweighted counts exclude missing and/or refused answers.