

Physical Activity

Oregon Healthy Teens 2006, 8th Grade State Summary

31. 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	4.5	5.7	3.3
1 day	5.1	6.7	3.5
2 days	6.0	7.5	4.6
3 days	11.6	14.2	9.0
4 days	13.3	14.0	12.6
5 days	18.9	20.0	17.9
6 days	10.6	9.5	11.7
7 days	30.0	22.4	37.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

31. 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	3,550	1,804	1,746
0 days	199	122	77
1 day	195	126	69
2 days	228	146	82
3 days	384	242	142
4 days	450	251	199
5 days	647	345	302
6 days	381	182	199
7 days	1,066	390	676

Unweighted counts exclude missing and/or refused answers.

Physical Activity

Oregon Healthy Teens 2006, 8th Grade State Summary

32. Vigorous exercise: On how many of the past 7 days did you exercise or 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, fast dancing, etc.?

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	5.0	5.5	4.5
1 day	5.4	7.1	3.7
2 days	9.0	10.9	7.1
3 days	12.0	14.2	9.9
4 days	13.4	13.2	13.6
5 days	18.2	18.5	17.9
6 days	9.7	10.5	8.9
7 days	27.3	20.1	34.4

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

32. Vigorous exercise: On how many of the past 7 days did you exercise or 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, fast dancing, etc.?

	Total	Female	Male
Total	3,547	1,807	1,740
0 days	204	112	92
1 day	205	128	77
2 days	309	196	113
3 days	401	241	160
4 days	439	248	191
5 days	661	336	325
6 days	357	189	168
7 days	971	357	614

Unweighted counts exclude missing and/or refused answers.

Physical Activity

Oregon Healthy Teens 2006, 8th Grade State Summary

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

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	14.0	12.8	15.3
1 day	11.5	11.6	11.4
2 days	13.2	13.4	13.0
3 days	13.5	14.7	12.2
4 days	9.0	10.2	7.9
5 days	10.7	11.1	10.4
6 days	6.9	6.4	7.3
7 days	21.2	19.8	22.6

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

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

	Total	Female	Male
Total	3,574	1,812	1,762
0 days	516	239	277
1 day	428	224	204
2 days	475	246	229
3 days	473	272	201
4 days	341	180	161
5 days	365	193	172
6 days	237	119	118
7 days	739	339	400

Unweighted counts exclude missing and/or refused answers.

Physical Activity

Oregon Healthy Teens 2006, 8th Grade State Summary

34. 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	20.6	22.0	19.4
1 day	2.0	2.1	1.9
2 days	3.0	3.2	2.7
3 days	14.9	13.8	16.0
4 days	11.3	11.5	11.1
5 days	48.1	47.3	48.9

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

34. 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	3,535	1,796	1,739
0 days	734	419	315
1 day	57	30	27
2 days	83	47	36
3 days	438	225	213
4 days	329	163	166
5 days	1,894	912	982

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
35. 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	17.4	18.8	16.0
Less than 10 minutes	1.9	2.0	1.8
10 to 20 minutes	8.7	9.0	8.4
21 to 30 minutes	18.2	19.5	16.9
31 to 40 minutes	21.5	20.7	22.2
41 to 50 minutes	16.0	15.2	16.8
51 to 60 minutes	9.3	9.1	9.5
More than 60 minutes	7.1	5.8	8.4

Weighted percentages exclude missing and/or refused answers.

Physical Activity

Oregon Healthy Teens 2006, 8th Grade State Summary
35. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	Total	Female	Male
Total	3,567	1,807	1,760
I do not take PE	627	364	263
Less than 10 minutes	74	38	36
10 to 20 minutes	316	158	158
21 to 30 minutes	676	356	320
31 to 40 minutes	805	395	410
41 to 50 minutes	601	285	316
51 to 60 minutes	271	127	144
More than 60 minutes	197	84	113

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
36. 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	9.9	9.6	10.2
Less than 1 hour per day	18.4	19.3	17.5
1 hour per day	16.6	16.7	16.6
2 hours per day	24.2	24.0	24.3
3 hours per day	16.3	16.2	16.5
4 hours per day	7.2	6.3	8.1
5 or more hours per day	7.3	7.9	6.8

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
36. On an average school day, how many hours do you watch TV?

	Total	Female	Male
Total	3,559	1,806	1,753
I do not watch TV on an average school day	337	166	171
Less than 1 hour per day	665	359	306
1 hour per day	613	309	304
2 hours per day	865	447	418
3 hours per day	567	279	288
4 hours per day	248	110	138
5 or more hours per day	264	136	128

Unweighted counts exclude missing and/or refused answers.

Physical Activity

Oregon Healthy Teens 2006, 8th Grade State Summary
37. 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 Nintendo, Game Boy, Play Station, computer games and the Internet.)

	Total	Female	Male
Total	100.0	100.0	100.0
I do not play video or computer games or use a computer for	17.1	22.8	11.5
Less than 1 hour per day	26.1	28.8	23.6
1 hour per day	17.8	15.8	19.8
2 hours per day	16.6	14.8	18.5
3 hours per day	9.8	8.5	11.0
4 hours per day	5.5	4.9	6.1
5 or more hours per day	7.0	4.4	9.6

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
37. 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 Nintendo, Game Boy, Play Station, computer games and the Internet.)

	Total	Female	Male
Total	3,564	1,815	1,749
I do not play video or computer games or use a computer for	611	409	202
Less than 1 hour per day	948	529	419
1 hour per day	641	302	339
2 hours per day	608	262	346
3 hours per day	346	158	188
4 hours per day	179	79	100
5 or more hours per day	231	76	155

Unweighted counts exclude missing and/or refused answers.