

Physical Activity

**Oregon Healthy Teens 2011 - 11th Grade
State Summary Report**

42. 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	3733	100.0	1844	100.0	1889	100.0
0 days	406	10.9	250	13.8	156	8.2
1 day	289	8.2	187	10.7	102	5.7
2 days	383	9.7	232	11.9	151	7.6
3 days	494	12.3	286	14.5	208	10.2
4 days	466	12.6	244	14.2	222	11.1
5 days	539	15.0	264	15.0	275	14.9
6 days	349	9.3	151	7.6	198	10.9
7 days	807	22.1	230	12.4	577	31.3

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

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43. 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	3733	100.0	1847	100.0	1886	100.0
0 days	1118	31.3	687	39.3	431	23.6
1 day	362	9.3	225	12.0	137	6.8
2 days	395	10.4	231	12.7	164	8.3
3 days	492	13.2	245	12.3	247	14.0
4 days	382	10.0	172	9.2	210	10.7
5 days	405	11.1	133	6.8	272	15.1
6 days	172	4.6	42	2.1	130	6.9
7 days	407	10.1	112	5.5	295	14.5

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44. 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	3734	100.0	1852	100.0	1882	100.0
0 days	2642	69.9	1496	79.4	1146	60.9
1 day	32	.8	10	.6	22	1.1
2 days	87	1.7	36	1.2	51	2.1
3 days	440	7.6	154	5.6	286	9.6
4 days	154	6.2	46	5.2	108	7.1
5 days	379	13.7	110	8.0	269	19.2

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45. 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	3727	100.0	1848	100.0	1879	100.0
I do not take PE	2248	61.4	1289	70.1	959	53.0
Less than 10 minutes	19	.7	9	1.2	10	.3
10 to 20 minutes	37	1.1	17	1.3	20	1.0
21 to 30 minutes	101	4.1	49	3.1	52	5.0
31 to 40 minutes	254	8.4	105	6.3	149	10.4
41 to 50 minutes	324	9.9	134	8.3	190	11.5
51 to 60 minutes	317	6.5	108	4.8	209	8.1
More than 60 minutes	427	7.9	137	4.9	290	10.8

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3735	100.0	1852	100.0	1883	100.0
I do not watch TV on an average school day	643	16.8	318	15.6	325	18.0
Less than 1 hour per day	871	24.6	458	27.5	413	21.9
1 hour per day	616	15.9	297	14.8	319	17.0
2 hours per day	803	21.8	404	22.2	399	21.4
3 hours per day	472	11.5	224	10.9	248	12.1
4 hours per day	184	5.4	81	5.3	103	5.5
5 or more hours per day	146	3.9	70	3.8	76	4.0

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47. 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	3741	100.0	1854	100.0	1887	100.0
I do not play video or computer games or use a computer for something that is not school work	565	16.6	352	20.2	213	13.1
Less than 1 hour per day	837	23.0	468	25.3	369	20.8
1 hour per day	682	17.3	364	19.3	318	15.4
2 hours per day	669	17.3	299	15.1	370	19.5
3 hours per day	464	12.1	185	10.0	279	14.0
4 hours per day	215	5.8	84	5.0	131	6.6
5 or more hours per day	309	7.9	102	5.2	207	10.6

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58. 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	3423	100.0	1714	100.0	1709	100.0
0 days	2191	65.2	1164	70.1	1027	60.5
1 day	199	5.7	89	5.2	110	6.2
2 days	162	4.3	75	3.6	87	4.9
3 days	148	3.9	83	4.1	65	3.8
4 days	92	3.2	49	3.3	43	3.0
5 days	631	17.7	254	13.7	377	21.6

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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? Ride a bike

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3315	100.0	1671	100.0	1644	100.0
0 days	3116	94.7	1612	97.0	1504	92.4
1 day	72	1.9	25	1.3	47	2.5
2 days	54	1.6	15	.7	39	2.3
3 days	28	.8	9	.4	19	1.2
4 days	9	.2	3	.1	6	.2
5 days	36	.9	7	.5	29	1.4

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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 skateboard, scooter, or other non-motorized vehicle

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3288	100.0	1661	100.0	1627	100.0
0 days	3144	95.9	1637	98.7	1507	93.1
1 day	43	1.3	11	.5	32	2.1
2 days	38	1.2	3	.2	35	2.2
3 days	20	.4	4	.1	16	.7
4 days	8	.1	2	.1	6	.2
5 days	35	1.0	4	.4	31	1.6

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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 school bus or use public transportation

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3412	100.0	1720	100.0	1692	100.0
0 days	1996	61.5	1033	62.3	963	60.7
1 day	111	2.9	63	3.3	48	2.4
2 days	130	3.2	63	3.3	67	3.1
3 days	137	3.8	73	4.0	64	3.6
4 days	156	6.7	77	7.5	79	6.0
5 days	882	21.9	411	19.6	471	24.2

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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 in a car or other motorized vehicle

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3625	100.0	1798	100.0	1827	100.0
0 days	740	19.5	312	17.3	428	21.6
1 day	264	6.8	123	6.7	141	7.0
2 days	210	5.0	106	5.1	104	4.8
3 days	177	4.1	81	3.9	96	4.4
4 days	226	9.6	101	8.9	125	10.3
5 days	2008	55.0	1075	58.2	933	51.9

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