

Physical Activity

**Oregon Healthy Teens 2011 - 8th 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	3880	100.0	1921	100.0	1959	100.0
0 days	207	5.6	125	6.6	82	4.7
1 day	160	3.5	103	4.7	57	2.4
2 days	239	5.5	157	7.7	82	3.4
3 days	384	8.9	241	11.3	143	6.6
4 days	439	11.3	255	13.7	184	9.1
5 days	793	20.6	438	24.7	355	16.8
6 days	460	12.4	209	11.5	251	13.3
7 days	1198	32.2	393	19.8	805	43.9

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	3877	100.0	1928	100.0	1949	100.0
0 days	621	14.9	381	18.9	240	11.1
1 day	278	7.1	172	9.3	106	5.0
2 days	428	11.3	251	14.4	177	8.3
3 days	547	14.2	274	15.5	273	12.9
4 days	441	11.9	210	10.4	231	13.3
5 days	688	16.7	344	17.3	344	16.1
6 days	215	5.5	80	4.2	135	6.8
7 days	659	18.5	216	10.0	443	26.5

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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	3883	100.0	1927	100.0	1956	100.0
0 days	630	16.2	371	18.0	259	14.4
1 day	75	2.6	36	2.8	39	2.4
2 days	136	4.4	63	4.3	73	4.5
3 days	536	9.2	266	9.0	270	9.3
4 days	111	11.5	51	11.3	60	11.7
5 days	2395	56.2	1140	54.6	1255	57.7

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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	3874	100.0	1926	100.0	1948	100.0
I do not take PE	564	14.4	339	16.5	225	12.4
Less than 10 minutes	56	1.7	31	2.3	25	1.1
10 to 20 minutes	201	5.4	109	6.0	92	4.8
21 to 30 minutes	590	15.6	302	16.1	288	15.1
31 to 40 minutes	992	25.0	466	22.4	526	27.4
41 to 50 minutes	764	20.9	364	21.2	400	20.5
51 to 60 minutes	431	11.8	205	11.7	226	12.0
More than 60 minutes	276	5.3	110	3.7	166	6.8

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3880	100.0	1925	100.0	1955	100.0
I do not watch TV on an average school day	482	13.7	249	13.7	233	13.6
Less than 1 hour per day	813	20.9	418	22.2	395	19.8
1 hour per day	703	19.4	338	19.0	365	19.7
2 hours per day	906	22.6	445	23.2	461	22.0
3 hours per day	549	13.5	280	12.7	269	14.2
4 hours per day	212	4.6	106	4.8	106	4.4
5 or more hours per day	215	5.4	89	4.5	126	6.3

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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	3883	100.0	1928	100.0	1955	100.0
I do not play video or computer games or use a computer for something that is not school work	458	12.2	244	13.6	214	10.8
Less than 1 hour per day	899	25.9	511	27.9	388	24.0
1 hour per day	751	19.8	408	22.4	343	17.4
2 hours per day	716	17.7	345	16.9	371	18.5
3 hours per day	469	11.1	187	9.2	282	12.8
4 hours per day	212	4.8	85	3.7	127	5.8
5 or more hours per day	378	8.5	148	6.3	230	10.6

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57. 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	3459	100.0	1743	100.0	1716	100.0
0 days	1993	57.1	1018	59.2	975	54.9
1 day	293	7.1	159	7.4	134	6.8
2 days	188	4.8	91	5.1	97	4.6
3 days	152	4.0	88	4.2	64	3.8
4 days	122	6.4	58	5.2	64	7.6
5 days	711	20.7	329	18.9	382	22.4

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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? Ride a bike

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3301	100.0	1670	100.0	1631	100.0
0 days	2971	89.2	1602	96.3	1369	82.0
1 day	104	3.2	30	1.5	74	4.8
2 days	64	2.5	10	.4	54	4.6
3 days	45	1.3	11	.7	34	1.9
4 days	30	1.1	5	.1	25	2.2
5 days	87	2.7	12	1.0	75	4.5

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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 skateboard, scooter, or other non-motorized vehicle

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3252	100.0	1657	100.0	1595	100.0
0 days	3020	91.7	1599	96.9	1421	86.4
1 day	59	1.9	21	.6	38	3.3
2 days	53	1.9	12	.9	41	2.8
3 days	34	1.4	7	.5	27	2.3
4 days	25	.8	7	.2	18	1.4
5 days	61	2.4	11	.9	50	3.9

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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 school bus or use public transportation

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3568	100.0	1781	100.0	1787	100.0
0 days	1279	38.7	633	40.9	646	36.5
1 day	140	3.4	66	3.2	74	3.6
2 days	129	2.9	73	3.2	56	2.5
3 days	216	5.3	109	4.9	107	5.6
4 days	285	10.8	140	8.9	145	12.7
5 days	1519	39.0	760	38.9	759	39.1

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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 in a car or other motorized vehicle

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3532	100.0	1788	100.0	1744	100.0
0 days	1229	33.4	546	28.2	683	38.6
1 day	467	12.5	251	13.1	216	12.0
2 days	280	6.8	144	6.8	136	6.8
3 days	211	5.8	105	5.5	106	6.2
4 days	229	12.2	128	14.5	101	10.0
5 days	1116	29.2	614	31.9	502	26.5

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