

Oregon Healthy Teens 2017 - 11th Grade
Physical Activity

53. 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		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	11533	100.0	5590	100.0	5279	100.0	664	100.0
0 days	1488	13.4	854	15.8	500	9.8	134	21.1
1 day	870	7.5	526	9.4	274	5.1	70	9.6
2 days	1074	8.9	639	11.0	374	6.7	61	8.6
3 days	1325	11.5	733	13.2	519	9.5	73	12.5
4 days	1295	11.6	720	13.4	514	10.1	61	9.2
5 days	1837	16.0	900	16.1	863	16.5	74	10.3
6 days	1001	8.7	439	7.9	521	9.9	41	5.3
7 days	2643	22.5	779	13.1	1714	32.3	150	23.3

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

- Non-binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.

54. 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		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	11527	100.0	5584	100.0	5278	100.0	665	100.0
0 days	3742	33.2	2132	39.2	1333	25.8	277	41.9
1 day	999	8.8	588	10.5	350	7.1	61	8.3
2 days	1133	9.5	660	11.6	419	7.6	54	7.3
3 days	1283	11.1	674	12.2	547	10.3	62	8.7
4 days	1013	8.6	459	8.2	507	9.1	47	7.7
5 days	1558	13.4	557	9.5	934	17.7	67	10.9
6 days	517	4.2	209	3.2	291	5.6	17	2.0
7 days	1282	11.1	305	5.5	897	16.8	80	13.2

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

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55. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	11505	100.0	5587	100.0	5259	100.0	659	100.0
0 days	7843	66.3	4371	76.9	3011	54.9	461	67.4
1 day	117	.9	43	.6	65	1.2	9	1.3
2 days	235	1.9	91	1.5	131	2.4	13	1.8
3 days	806	6.8	266	4.4	502	9.4	38	5.7
4 days	456	4.1	177	3.1	254	4.9	25	6.5
5 days	2048	20.0	639	13.5	1296	27.2	113	17.3

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
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56. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	10633	100.0	5157	100.0	4857	100.0	619	100.0
I do not take PE	7030	64.1	3975	75.6	2633	51.8	422	66.1
Less than 10 minutes	58	.7	29	.7	25	.7	4	.6
10 to 20 minutes	121	1.4	60	1.5	51	1.3	10	1.8
21 to 30 minutes	364	3.9	161	3.4	186	4.5	17	4.1
31 to 40 minutes	799	8.6	313	6.9	452	10.7	34	5.6
41 to 50 minutes	888	8.8	254	5.3	580	12.5	54	7.9
51 to 60 minutes	653	5.9	187	3.4	432	8.6	34	5.6
More than 60 minutes	720	6.6	178	3.2	498	9.9	44	8.3

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56.x. Among only those who took PE: During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	3567	100.0	1172	100.0	2200	100.0	195	100.0
Less than 10 minutes	58	2.0	29	3.0	25	1.4	4	1.7
10 to 20 minutes	121	4.0	60	6.1	51	2.7	10	5.3
21 to 30 minutes	357	10.9	157	13.6	183	9.3	17	12.2
31 to 40 minutes	795	24.0	312	28.4	449	22.3	34	16.8
41 to 50 minutes	881	24.4	251	21.7	576	26.0	54	23.5
51 to 60 minutes	645	16.6	185	13.9	427	18.0	33	16.0
More than 60 minutes	710	18.2	178	13.3	489	20.2	43	24.5

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

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	11504	100.0	5590	100.0	5257	100.0	657	100.0
I do not watch TV on an average school day	3114	27.3	1395	25.1	1480	28.4	239	36.1
Less than 1 hour per day	2509	21.7	1244	22.3	1144	21.7	121	16.4
1 hour per day	1826	15.7	901	15.9	836	15.6	89	13.9
2 hours per day	2057	17.6	1066	18.5	914	17.1	77	13.1
3 hours per day	1106	9.9	548	9.9	499	9.8	59	10.3
4 hours per day	442	4.1	227	4.5	192	3.8	23	3.3
5 or more hours per day	450	3.8	209	3.8	192	3.5	49	6.9

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
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58. 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		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	11496	100.0	5592	100.0	5248	100.0	656	100.0
I do not play video or computer games or use a computer for something that is not school work	1749	15.1	1148	20.3	553	10.5	48	7.5
Less than 1 hour per day	1281	10.6	517	8.7	706	12.9	58	8.5
1 hour per day	1206	10.3	533	9.2	616	11.6	57	8.5
2 hours per day	1956	17.2	894	16.4	985	18.7	77	11.6
3 hours per day	1877	16.4	892	15.6	869	17.2	116	17.5
4 hours per day	1171	10.5	567	10.9	535	10.0	69	11.2
5 or more hours per day	2256	19.9	1041	18.8	984	19.1	231	35.3

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
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67. 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		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	10111	100.0	4912	100.0	4638	100.0	561	100.0
0 days	7371	72.3	3743	75.5	3289	70.5	339	58.6
1 day	512	5.1	244	4.8	231	5.2	37	6.8
2 days	370	3.8	175	3.9	174	3.7	21	4.2
3 days	292	3.2	136	3.4	129	2.7	27	5.6
4 days	187	1.9	82	1.8	91	2.1	14	2.2
5 days	1379	13.7	532	10.7	724	15.9	123	22.6

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
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68. 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		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	9948	100.0	4864	100.0	4546	100.0	538	100.0
0 days	9562	96.0	4768	97.8	4288	94.3	506	94.2
1 day	139	1.4	47	.9	87	2.0	5	.8
2 days	76	.8	18	.5	51	1.1	7	1.3
3 days	52	.5	11	.2	34	.7	7	.8
4 days	35	.4	7	.2	23	.5	5	1.1
5 days	84	.9	13	.4	63	1.3	8	1.8

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
- Non-binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.

69. 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, skates, or scooter

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	9919	100.0	4843	100.0	4533	100.0	543	100.0
0 days	9558	96.5	4746	98.2	4315	95.3	497	91.8
1 day	92	1.0	22	.4	60	1.3	10	3.0
2 days	79	.8	28	.5	39	.9	12	1.9
3 days	58	.6	15	.3	39	1.0	4	.8
4 days	26	.2	5	.1	15	.3	6	.5
5 days	106	.9	27	.5	65	1.3	14	1.9

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
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70. 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

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	10019	100.0	4888	100.0	4570	100.0	561	100.0
0 days	6963	69.2	3475	71.9	3147	67.2	341	63.0
1 day	239	2.4	125	2.4	110	2.6	4	.9
2 days	250	2.6	123	2.4	107	2.9	20	3.1
3 days	296	2.9	148	3.0	130	2.8	18	2.9
4 days	344	3.7	172	3.7	145	3.5	27	4.7
5 days	1927	19.1	845	16.6	931	21.1	151	25.4

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
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71. 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 public transportation, including a city bus or light rail

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	9899	100.0	4823	100.0	4538	100.0	538	100.0
0 days	9046	90.2	4439	91.4	4137	89.6	470	85.3
1 day	162	1.8	83	1.8	69	1.7	10	2.4
2 days	119	1.4	55	1.3	57	1.6	7	1.1
3 days	115	1.2	56	1.3	53	1.1	6	.7
4 days	104	1.1	43	.9	56	1.3	5	.8
5 days	353	4.3	147	3.4	166	4.6	40	9.8

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72. 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 or drive a car or other private vehicle (with only members of your family)

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	10874	100.0	5335	100.0	4951	100.0	588	100.0
0 days	2337	21.9	959	18.2	1188	24.6	190	32.1
1 day	722	6.8	343	6.5	337	7.2	42	6.8
2 days	566	5.5	278	5.2	261	5.9	27	4.7
3 days	458	4.4	216	4.2	210	4.6	32	5.8
4 days	567	5.6	285	5.9	256	5.4	26	4.3
5 days	6224	55.8	3254	60.1	2699	52.3	271	46.4

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
- Non-binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.

73. 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 carpool (with people other than your family)

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	10019	100.0	4928	100.0	4544	100.0	547	100.0
0 days	7810	78.1	3757	76.9	3619	79.7	434	76.1
1 day	596	6.1	325	6.4	242	5.8	29	6.6
2 days	380	3.7	208	4.1	158	3.3	14	2.6
3 days	278	2.8	135	2.8	128	2.8	15	2.6
4 days	183	1.7	101	1.8	68	1.5	14	3.1
5 days	772	7.5	402	7.9	329	6.9	41	9.0

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