

Oregon 2015 BRFSS  
Physical Activity

**During the past month, other than your regular job, did you participate in any physical activities or exercises?**

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Yes		81.2	87.3	86.1	82.9	79.7	80.1	75.2
No		18.8	12.7	13.9	17.1	20.3	19.9	24.8
Male	Yes	80.8	90.3	85.6	80.3	79.0	78.9	74.7
	No	19.2	9.7	14.4	19.7	21.0	21.1	25.3
Female	Yes	81.7	84.4	86.6	85.5	80.5	81.2	75.6
	No	18.3	15.6	13.4	14.5	19.5	18.8	24.4

Denominator is: All survey respondents.

**During the past month, other than your regular job, did you participate in any physical activities or exercises?**

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		4,820	263	451	543	702	1,032	1,829
Yes		3,932	227	399	459	584	854	1,409
No		873	33	52	84	117	177	410
Don't know/Not sure		8	2					6
Refused		7	1			1	1	4
Male	Total	2,115	142	228	246	347	442	710
	Yes	1,718	125	202	201	283	358	549
	No	393	16	26	45	64	84	158
	Don't know/Not sure	2	1					1
	Refused	2						2
Female	Total	2,705	121	223	297	355	590	1,119
	Yes	2,214	102	197	258	301	496	860
	No	480	17	26	39	53	93	252
	Don't know/Not sure	6	1					5
	Refused	5	1			1	1	2

Denominator is: All survey respondents.

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Physical Activity

**Meets aerobic physical activity recommendations (150min moderate or 75min vigorous exercise).**

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Meets aerobic recommendation		60.5	61.0	55.2	56.3	61.8	65.2	62.5
Does not meet aerobic recommendation		39.5	39.0	44.8	43.7	38.2	34.8	37.5
Male	Meets aerobic recommendation	60.0	64.1	55.9	52.4	63.7	63.6	61.2
	Does not meet aerobic recommendation	40.0	35.9	44.1	47.6	36.3	36.4	38.8
Female	Meets aerobic recommendation	60.9	57.8	54.5	60.3	59.9	66.7	63.7
	Does not meet aerobic recommendation	39.1	42.2	45.5	39.7	40.1	33.3	36.3

Denominator is: All survey respondents.

**Meets aerobic physical activity recommendations (150min moderate or 75min vigorous exercise).**

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		5,340	303	520	618	766	1,131	2,002
Meets aerobic recommendation		2,929	145	247	308	429	662	1,138
Does not meet aerobic recommendation		1,643	104	179	216	239	324	581
DK/NS/Ref/Sysmis		768	54	94	94	98	145	283
Male	Total	2,367	169	265	284	380	490	779
	Meets aerobic recommendation	1,282	81	129	130	220	279	443
	Does not meet aerobic recommendation	737	54	84	106	114	149	230
DK/NS/Ref/Sysmis		348	34	52	48	46	62	106
Female	Total	2,973	134	255	334	386	641	1,223
	Meets aerobic recommendation	1,647	64	118	178	209	383	695
	Does not meet aerobic recommendation	906	50	95	110	125	175	351
	DK/NS/Ref/Sysmis	420	20	42	46	52	83	177

Denominator is: All survey respondents.

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**Meets muscle strengthening recommendation**

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Meets strengthening recommendation		30.4	50.8	38.2	29.6	23.4	25.5	23.3
Does not meet strengthening recommendation		69.6	49.2	61.8	70.4	76.6	74.5	76.7
Male	Meets strengthening recommendation	32.2	62.4	43.7	27.0	21.8	24.3	24.5
	Does not meet strengthening recommendation	67.8	37.6	56.3	73.0	78.2	75.7	75.5
Female	Meets strengthening recommendation	28.7	39.8	32.6	32.4	24.9	26.6	22.3
	Does not meet strengthening recommendation	71.3	60.2	67.4	67.6	75.1	73.4	77.7

Denominator is: All survey respondents.

**Meets muscle strengthening recommendation**

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		5,340	303	520	618	766	1,131	2,002
Meets strengthening recommendation		1,430	134	178	183	188	284	463
Does not meet strengthening recommendation		3,293	121	263	351	499	735	1,324
DK/NS/Ref/Sysmis		617	48	79	84	79	112	215
Male	Total	2,367	169	265	284	380	490	779
	Meets strengthening recommendation	650	82	99	77	86	113	193
	Does not meet strengthening recommendation	1,415	55	124	166	252	322	496
	DK/NS/Ref/Sysmis	302	32	42	41	42	55	90
Female	Total	2,973	134	255	334	386	641	1,223
	Meets strengthening recommendation	780	52	79	106	102	171	270
	Does not meet strengthening recommendation	1,878	66	139	185	247	413	828
	DK/NS/Ref/Sysmis	315	16	37	43	37	57	125

Denominator is: All survey respondents.

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**Meets aerobic and strengthening recommendations.**

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Meets both recommendations		22.6	37.4	25.1	20.9	18.2	21.1	18.7
Does not meet both recommendations		77.4	62.6	74.9	79.1	81.8	78.9	81.3
Male	Meets both recommendations	24.1	45.5	28.8	17.2	19.1	21.1	19.6
	Does not meet both recommendations	75.9	54.5	71.2	82.8	80.9	78.9	80.4
Female	Meets both recommendations	21.3	29.1	21.3	24.5	17.3	21.2	18.0
	Does not meet both recommendations	78.7	70.9	78.7	75.5	82.7	78.8	82.0

All survey respondents.

**Meets aerobic and strengthening recommendations.**

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		5,340	303	520	618	766	1,131	2,002
Meets both recommendations		1,061	89	115	125	141	224	367
Does not meet both recommendations		3,444	154	306	392	515	752	1,325
DK/NS/Ref/Sysmis		835	60	99	101	110	155	310
Male	Total	2,367	169	265	284	380	490	779
	Meets both recommendations	489	55	66	49	70	95	154
	Does not meet both recommendations	1,494	77	145	184	257	327	504
	DK/NS/Ref/Sysmis	384	37	54	51	53	68	121
Female	Total	2,973	134	255	334	386	641	1,223
	Meets both recommendations	572	34	49	76	71	129	213
	Does not meet both recommendations	1,950	77	161	208	258	425	821
	DK/NS/Ref/Sysmis	451	23	45	50	57	87	189

All survey respondents.