

Oregon 2011 BRFSS

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 | 61.4 | 65.4 | 59.2 | 62.6 | 56.7 | 63.0 | 63.0 |
| Does not meet aerobic recommendation | 38.6 | 34.6 | 40.8 | 37.4 | 43.3 | 37.0 | 37.0 |
| Male | 60.0 | 62.5 | 58.5 | 60.0 | 51.9 | 63.2 | 65.7 |
| Female | 40.0 | 37.5 | 41.5 | 40.0 | 48.1 | 36.8 | 34.3 |
| Meets aerobic recommendation | 62.8 | 68.6 | 59.9 | 65.2 | 61.6 | 62.8 | 60.9 |
| Does not meet aerobic recommendation | 37.2 | 31.4 | 40.1 | 34.8 | 38.4 | 37.2 | 39.1 |

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 | 6,232 | 314 | 604 | 731 | 1,031 | 1,516 | 2,036 |
| Meets aerobic recommendation | 3,612 | 187 | 331 | 406 | 582 | 937 | 1,169 |
| Does not meet aerobic recommendation | 2,032 | 100 | 207 | 239 | 359 | 468 | 659 |
| Don't know/Not sure/Refused | 588 | 27 | 66 | 86 | 90 | 111 | 208 |
| Male | 2,571 | 155 | 282 | 321 | 426 | 607 | 780 |
| Female | 1,479 | 91 | 147 | 163 | 234 | 372 | 472 |
| Meets aerobic recommendation | 833 | 53 | 104 | 110 | 157 | 185 | 224 |
| Does not meet aerobic recommendation | 259 | 11 | 31 | 48 | 35 | 50 | 84 |
| Don't know/Not sure/Refused | 3,661 | 159 | 322 | 410 | 605 | 909 | 1,256 |
| Total | 2,133 | 96 | 184 | 243 | 348 | 565 | 697 |
| Meets aerobic recommendation | 1,199 | 47 | 103 | 129 | 202 | 283 | 435 |
| Does not meet aerobic recommendation | 329 | 16 | 35 | 38 | 55 | 61 | 124 |
| Don't know/Not sure/Refused | | | | | | | |

Denominator is:
All survey respondents.

Oregon 2011 BRFSS

Meets muscle strengthening recommendation

(Weighted Column Percents)

| | Age Groups | | | | | | |
|--|------------|-------|-------|-------|-------|-------|------|
| | Total | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65+ |
| Meets strengthening recommendation | 30.9 | 49.3 | 34.3 | 31.7 | 26.0 | 28.3 | 23.1 |
| Does not meet strengthening recommendation | 69.1 | 50.7 | 65.7 | 68.3 | 74.0 | 71.7 | 76.9 |
| Male | 33.8 | 60.9 | 34.8 | 34.6 | 26.6 | 29.1 | 24.4 |
| Female | 66.2 | 39.1 | 65.2 | 65.4 | 73.4 | 70.9 | 75.6 |
| Does not meet strengthening recommendation | 28.1 | 36.1 | 33.9 | 28.7 | 25.3 | 27.6 | 22.1 |
| Does not meet strengthening recommendation | 71.9 | 63.9 | 66.1 | 71.3 | 74.7 | 72.4 | 77.9 |

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 | 6,232 | 314 | 604 | 731 | 1,031 | 1,516 | 2,036 |
| Meets strengthening recommendation | 1,738 | 137 | 213 | 215 | 284 | 428 | 461 |
| Does not meet strengthening recommendation | 4,048 | 147 | 343 | 453 | 690 | 1,001 | 1,414 |
| Don't know/Not sure/Refused | 446 | 30 | 48 | 63 | 57 | 87 | 161 |
| Male | 2,571 | 155 | 282 | 321 | 426 | 607 | 780 |
| Female | 788 | 87 | 105 | 104 | 125 | 172 | 195 |
| Does not meet strengthening recommendation | 1,584 | 56 | 153 | 182 | 279 | 393 | 521 |
| Don't know/Not sure/Refused | 199 | 12 | 24 | 35 | 22 | 42 | 64 |
| Total | 3,661 | 159 | 322 | 410 | 605 | 909 | 1,256 |
| Meets strengthening recommendation | 950 | 50 | 108 | 111 | 159 | 256 | 266 |
| Does not meet strengthening recommendation | 2,464 | 91 | 190 | 271 | 411 | 608 | 893 |
| Don't know/Not sure/Refused | 247 | 18 | 24 | 28 | 35 | 45 | 97 |

Denominator is:

All survey respondents.

Oregon 2011 BRFSS

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 | 23.7 | 36.4 | 24.4 | 24.7 | 19.9 | 21.7 | 19.4 |
| Does not meet both recommendations | 76.3 | 63.6 | 75.6 | 75.3 | 80.1 | 78.3 | 80.6 |
| Male | 24.9 | 41.9 | 24.4 | 27.2 | 18.5 | 21.6 | 20.8 |
| Does not meet both recommendations | 75.1 | 58.1 | 75.6 | 72.8 | 81.5 | 78.4 | 79.2 |
| Female | 22.4 | 30.3 | 24.5 | 22.1 | 21.2 | 21.9 | 18.4 |
| Does not meet both recommendations | 77.6 | 69.7 | 75.5 | 77.9 | 78.8 | 78.1 | 81.6 |

Denominator is:
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 | 6,232 | 314 | 604 | 731 | 1,031 | 1,516 | 2,036 |
| Meets both recommendations | 1,320 | 98 | 146 | 156 | 221 | 332 | 367 |
| Does not meet both recommendations | 4,258 | 182 | 389 | 484 | 715 | 1,063 | 1,425 |
| Don't know/Not sure/Refused | 654 | 34 | 69 | 91 | 95 | 121 | 244 |
| Male | 2,571 | 155 | 282 | 321 | 426 | 607 | 780 |
| Meets both recommendations | 582 | 59 | 70 | 73 | 90 | 130 | 160 |
| Does not meet both recommendations | 1,705 | 82 | 181 | 197 | 298 | 422 | 525 |
| Don't know/Not sure/Refused | 284 | 14 | 31 | 51 | 38 | 55 | 95 |
| Total | 3,661 | 159 | 322 | 410 | 605 | 909 | 1,256 |
| Meets both recommendations | 738 | 39 | 76 | 83 | 131 | 202 | 207 |
| Does not meet both recommendations | 2,553 | 100 | 208 | 287 | 417 | 641 | 900 |
| Don't know/Not sure/Refused | 370 | 20 | 38 | 40 | 57 | 66 | 149 |

Denominator is:
All survey respondents.