


Percentage of Oregon Adults Who Met the CDC Recommendations for Physical Activity
Percents not displayed if respondents < 50 or there were < 12 in one of the three age groups.
*Centers for Disease Control and Prevention.
**Adults with 30+ minutes of moderate physical activity 5+ days per week OR adults with 20+ minutes of vigorous physical activity 3+ days per week.
(State \% = 54.7)

