

# Physical Activity

**Oregon Healthy Teens 2005  
High School (Grades 9-12) State Summary  
30. 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
Total	100.0	100.0	100.0
0 days	10.2	13.6	6.6
1 day	6.3	8.4	4.0
2 days	5.6	6.7	4.5
3 days	9.6	11.1	8.1
4 days	11.1	14.6	7.5
5 days	15.8	15.9	15.7
6 days	13.1	12.2	13.9
7 days	28.4	17.4	39.6

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005  
High School (Grades 9-12) State Summary  
30. 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
Total	2,087	1,079	1,008
0 days	219	147	72
1 day	144	102	42
2 days	145	86	59
3 days	245	147	98
4 days	240	146	94
5 days	321	167	154
6 days	229	108	121
7 days	544	176	368

Unweighted counts exclude missing and/or refused answers.

# Physical Activity

**Oregon Healthy Teens 2005**  
**High School (Grades 9-12) State Summary**  
**31. Vigorous exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling or fast dancing?**

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	10.0	11.6	8.4
1 day	9.9	13.8	5.9
2 days	7.8	9.5	6.2
3 days	9.2	12.3	6.0
4 days	13.1	13.8	12.3
5 days	18.9	18.2	19.6
6 days	10.0	9.1	10.8
7 days	21.2	11.7	30.9

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005**  
**High School (Grades 9-12) State Summary**  
**31. Vigorous exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling or fast dancing?**

	Total	Female	Male
Total	2,084	1,077	1,007
0 days	232	140	92
1 day	189	132	57
2 days	170	107	63
3 days	234	148	86
4 days	264	141	123
5 days	354	185	169
6 days	199	90	109
7 days	442	134	308

Unweighted counts exclude missing and/or refused answers.

# Physical Activity

**Oregon Healthy Teens 2005**  
**High School (Grades 9-12) State Summary**  
**32. Moderate exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 30 minutes that did not make you sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, etc?**

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	13.6	11.9	15.4
1 day	11.0	12.1	9.7
2 days	11.4	11.5	11.3
3 days	13.5	14.5	12.5
4 days	11.2	13.1	9.2
5 days	10.8	12.1	9.5
6 days	5.8	5.8	5.8
7 days	22.7	19.0	26.6

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005**  
**High School (Grades 9-12) State Summary**  
**32. Moderate exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 30 minutes that did not make you sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, etc?**

	Total	Female	Male
Total	2,085	1,074	1,011
0 days	296	140	156
1 day	207	119	88
2 days	246	129	117
3 days	266	145	121
4 days	228	131	97
5 days	227	127	100
6 days	117	64	53
7 days	498	219	279

Unweighted counts exclude missing and/or refused answers.

# Physical Activity

**Oregon Healthy Teens 2005  
High School (Grades 9-12) State Summary  
33. In an average week when you are in  
school, on how many days do you go to  
physical education (PE) classes?**

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	45.8	53.5	38.1
1 day	.7	.6	.8
2 days	1.7	1.7	1.7
3 days	4.3	3.7	5.0
4 days	15.9	14.4	17.4
5 days	31.5	26.2	37.0

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005  
High School (Grades 9-12) State Summary  
33. In an average week when you are in  
school, on how many days do you go to  
physical education (PE) classes?**

	Total	Female	Male
Total	2,074	1,069	1,005
0 days	1,024	602	422
1 day	12	5	7
2 days	50	25	25
3 days	176	80	96
4 days	275	126	149
5 days	537	231	306

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2005  
High School (Grades 9-12) State Summary  
34. During an average physical education (PE) class, how  
many minutes do you spend actually exercising or playing  
sports?**

	Total	Female	Male
Total	100.0	100.0	100.0
I do not take PE	43.3	51.0	35.4
Less than 10 minutes	2.1	2.5	1.7
10 to 20 minutes	3.4	3.6	3.1
21 to 30 minutes	7.9	6.9	9.0
31 to 40 minutes	16.0	13.9	18.1
41 to 50 minutes	16.9	13.3	20.5
51 to 60 minutes	6.2	5.4	7.1
More than 60 minutes	4.3	3.3	5.2

Weighted percentages exclude missing and/or refused answers.

# Physical Activity

**Oregon Healthy Teens 2005**  
**High School (Grades 9-12) State Summary**  
**34. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?**

	Total	Female	Male
Total	2,083	1,072	1,011
I do not take PE	954	565	389
Less than 10 minutes	27	15	12
10 to 20 minutes	77	42	35
21 to 30 minutes	166	78	88
31 to 40 minutes	286	132	154
41 to 50 minutes	280	118	162
51 to 60 minutes	142	58	84
More than 60 minutes	151	64	87

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2005**  
**High School (Grades 9-12) State Summary**  
**35. On an average school day, how many hours do you watch TV?**

	Total	Female	Male
Total	100.0	100.0	100.0
I do not watch TV on an average school day	11.7	13.7	9.7
Less than 1 hour per day	21.7	23.4	20.0
1 hour per day	19.6	19.9	19.3
2 hours per day	22.9	21.4	24.3
3 hours per day	13.5	11.7	15.2
4 hours per day	4.7	5.0	4.3
5 hours or more per day	6.0	4.9	7.1

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005**  
**High School (Grades 9-12) State Summary**  
**35. On an average school day, how many hours do you watch TV?**

	Total	Female	Male
Total	2,085	1,074	1,011
I do not watch TV on an average school day	246	138	108
Less than 1 hour per day	457	246	211
1 hour per day	404	210	194
2 hours per day	488	243	245
3 hours per day	283	134	149
4 hours per day	97	55	42
5 hours or more per day	110	48	62

Unweighted counts exclude missing and/or refused answers.