

Physical Activity

Oregon Healthy Teens 2009 - 8th Grade State Summary Report

32. 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	
	Count	%	Count	%	Count	%
Total	5,277	100.0	2,727	100.0	2,550	100.0
0 days	266	5.2	151	5.8	115	4.5
1 day	250	5.4	153	6.3	97	4.5
2 days	403	7.1	247	7.9	156	6.2
3 days	621	11.7	396	14.4	225	8.9
4 days	702	13.2	419	15.7	283	10.5
5 days	885	16.4	510	18.7	375	13.9
6 days	561	10.1	276	9.8	285	10.4
7 days	1,589	31.0	575	21.4	1,014	41.1

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

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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	
	Count	%	Count	%	Count	%
Total	5,204	100.0	2,686	100.0	2,518	100.0
0 days	662	18.5	365	18.9	297	18.0
1 day	73	1.3	31	1.1	42	1.6
2 days	185	3.1	98	3.1	87	3.1
3 days	921	14.8	503	16.2	418	13.2
4 days	369	7.8	188	8.0	181	7.5
5 days	2,994	54.5	1,501	52.6	1,493	56.5

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

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34. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,250	100.0	2,708	100.0	2,542	100.0
I do not take PE	572	16.0	318	16.5	254	15.5
Less than 10 minutes	123	2.1	63	2.2	60	2.0
10 to 20 minutes	553	9.7	319	11.5	234	7.9
21 to 30 minutes	1,021	16.9	561	18.0	460	15.8
31 to 40 minutes	1,301	22.4	663	21.8	638	23.1
41 to 50 minutes	936	17.8	459	16.5	477	19.2
51 to 60 minutes	382	8.6	181	8.3	201	8.9
More than 60 minutes	362	6.4	144	5.1	218	7.7

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35. Do you feel that you get as much physical activity as you need, or less than you need?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,097	100.0	2,648	100.0	2,449	100.0
As much as needed	3,219	61.8	1,537	56.1	1,682	68.0
Less than needed	1,878	38.2	1,111	43.9	767	32.0

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