

Oregon Healthy Teens 2017 - 8th Grade
Physical Activity

47. 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		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14206	100.0	6812	100.0	6663	100.0	731	100.0
0 days	882	6.3	472	7.3	335	5.0	75	9.0
1 day	730	5.1	420	6.1	243	3.7	67	8.8
2 days	1023	6.9	609	8.5	344	4.9	70	10.1
3 days	1531	10.7	881	12.9	565	8.4	85	11.4
4 days	1661	11.9	896	13.1	678	10.6	87	11.6
5 days	2680	18.8	1405	20.5	1155	17.1	120	18.5
6 days	1498	10.7	723	11.2	729	10.7	46	6.3
7 days	4201	29.5	1406	20.4	2614	39.5	181	24.3

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
- Non-binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.

48. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14218	100.0	6818	100.0	6670	100.0	730	100.0
0 days	2792	19.8	1515	22.6	1059	15.8	218	28.9
1 day	1359	9.3	742	10.6	548	8.0	69	9.1
2 days	1574	10.8	893	12.5	610	9.1	71	9.8
3 days	1878	13.3	919	13.5	858	12.9	101	14.1
4 days	1495	10.5	691	10.0	742	11.3	62	7.2
5 days	2280	16.2	1052	15.6	1147	17.0	81	14.3
6 days	727	5.2	304	4.8	394	5.7	29	3.6
7 days	2113	15.0	702	10.3	1312	20.1	99	13.0

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Physical Activity

49. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14154	100.0	6814	100.0	6610	100.0	730	100.0
0 days	3441	23.7	1889	26.4	1317	20.1	235	31.0
1 day	289	1.9	141	1.9	129	1.7	19	3.0
2 days	636	3.4	286	3.1	304	3.5	46	4.6
3 days	1411	8.2	674	8.0	677	8.5	60	6.6
4 days	871	7.0	417	7.3	406	6.6	48	8.1
5 days	7506	55.9	3407	53.3	3777	59.6	322	46.8

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

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	13814	100.0	6627	100.0	6471	100.0	716	100.0
I do not take PE	3175	22.5	1747	25.2	1202	18.8	226	30.4
Less than 10 minutes	198	1.3	107	1.6	75	.9	16	1.9
10 to 20 minutes	777	5.3	396	6.0	345	4.7	36	5.3
21 to 30 minutes	1973	14.3	971	15.0	924	13.9	78	11.0
31 to 40 minutes	2908	21.9	1409	22.2	1351	21.6	148	22.2
41 to 50 minutes	2651	19.6	1166	18.0	1386	21.8	99	15.2
51 to 60 minutes	1381	9.9	576	8.4	734	11.5	71	9.6
More than 60 minutes	750	5.1	255	3.6	453	6.7	42	4.5
9.00	1	.0	0	.0	1	.0	0	.0

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Oregon Healthy Teens 2017 - 8th Grade
Physical Activity

50.x. Among only those who took PE: During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	10539	100.0	4845	100.0	5207	100.0	487	100.0
Less than 10 minutes	196	1.7	107	2.2	73	1.1	16	2.7
10 to 20 minutes	768	6.9	390	7.9	342	5.8	36	7.6
21 to 30 minutes	1951	18.4	964	19.9	910	17.2	77	15.7
31 to 40 minutes	2888	28.4	1400	29.8	1340	26.8	148	32.0
41 to 50 minutes	2627	25.4	1157	24.1	1371	26.9	99	22.0
51 to 60 minutes	1365	12.7	574	11.3	721	14.0	70	13.7
More than 60 minutes	743	6.6	253	4.8	449	8.3	41	6.2
8.00	1	.0	0	.0	1	.0	0	.0

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51. On an average school day, how many hours do you watch TV?

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14163	100.0	6804	100.0	6639	100.0	720	100.0
I do not watch TV on an average school day	3029	21.3	1300	19.5	1514	22.4	215	28.2
Less than 1 hour per day	3239	22.1	1559	22.1	1543	22.1	137	21.7
1 hour per day	2435	16.8	1181	17.0	1156	17.2	98	11.4
2 hours per day	2643	19.0	1341	19.8	1186	18.5	116	16.5
3 hours per day	1491	11.0	759	11.3	651	10.5	81	12.0
4 hours per day	604	4.5	316	4.8	262	4.3	26	3.8
5 or more hours per day	722	5.4	348	5.6	327	5.1	47	6.3

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
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Oregon Healthy Teens 2017 - 8th Grade
Physical Activity

52. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, Play Station, Nintendo DS, iPod touch, Facebook, and the Internet.)

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14152	100.0	6812	100.0	6620	100.0	720	100.0
I do not play video or computer games or use a computer for something that is not school work	1315	9.4	836	12.4	439	6.8	40	4.7
Less than 1 hour per day	1665	11.9	779	11.4	817	12.6	69	10.5
1 hour per day	1679	11.8	788	11.6	829	12.3	62	9.1
2 hours per day	2488	17.6	1130	16.4	1247	19.0	111	15.8
3 hours per day	2391	17.1	1085	16.0	1202	18.3	104	17.0
4 hours per day	1581	11.0	742	11.1	756	11.2	83	9.8
5 or more hours per day	3033	21.2	1452	21.2	1330	19.8	251	33.2

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
- Non-binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.

61. In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Walk

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	12517	100.0	6079	100.0	5801	100.0	637	100.0
0 days	7613	60.1	3835	62.9	3421	57.6	357	57.3
1 day	1074	8.8	510	8.7	526	9.2	38	5.7
2 days	678	5.5	314	5.1	323	5.7	41	7.7
3 days	513	4.1	252	4.1	227	4.2	34	4.6
4 days	418	3.2	196	3.1	203	3.4	19	3.0
5 days	2221	18.2	972	16.2	1101	20.0	148	21.7

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
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Oregon Healthy Teens 2017 - 8th Grade
Physical Activity

62. In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride a bike

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	12074	100.0	5864	100.0	5598	100.0	612	100.0
0 days	11115	92.3	5649	96.3	4921	88.2	545	89.9
1 day	334	2.7	94	1.6	225	3.8	15	3.0
2 days	169	1.3	31	.6	122	2.0	16	2.2
3 days	124	1.0	24	.4	90	1.7	10	1.4
4 days	79	.6	22	.4	54	1.0	3	.3
5 days	253	2.0	44	.7	186	3.3	23	3.2

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
- Non-binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.

63. In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride a skateboard, skates, or scooter

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	11975	100.0	5840	100.0	5530	100.0	605	100.0
0 days	11133	92.8	5585	95.4	5019	90.7	529	86.9
1 day	267	2.2	91	1.5	153	2.8	23	3.8
2 days	146	1.3	51	1.0	82	1.5	13	2.7
3 days	123	1.0	29	.4	88	1.5	6	1.2
4 days	67	.6	21	.5	41	.8	5	.5
5 days	239	2.1	63	1.3	147	2.7	29	4.8

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
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Oregon Healthy Teens 2017 - 8th Grade
Physical Activity

64. In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride a school bus

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	12641	100.0	6108	100.0	5901	100.0	632	100.0
0 days	5100	38.6	2479	38.7	2370	38.5	251	38.9
1 day	471	3.8	217	3.8	230	3.9	24	3.6
2 days	465	3.7	223	3.7	218	3.6	24	3.6
3 days	598	4.8	324	5.3	252	4.5	22	3.1
4 days	1048	8.4	554	9.2	445	7.3	49	9.7
5 days	4959	40.7	2311	39.3	2386	42.2	262	41.0

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
- Non-binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.

65. In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride public transportation, including a city bus or light rail

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	11965	100.0	5820	100.0	5533	100.0	612	100.0
0 days	11281	93.5	5516	94.2	5215	93.3	550	88.3
1 day	187	1.9	83	1.8	84	1.8	20	2.7
2 days	98	.8	38	.6	51	1.0	9	1.4
3 days	72	.6	30	.5	39	.8	3	.3
4 days	67	.6	37	.8	27	.4	3	.6
5 days	260	2.6	116	2.1	117	2.7	27	6.7

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Oregon Healthy Teens 2017 - 8th Grade
Physical Activity

66. In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride in or drive a car or other private vehicle (with only members of your family)

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	12951	100.0	6318	100.0	5977	100.0	656	100.0
0 days	4318	34.1	1787	29.1	2297	39.6	234	33.7
1 day	1773	14.3	941	15.3	743	13.0	89	15.7
2 days	968	7.4	511	7.7	414	7.2	43	6.5
3 days	717	5.4	336	5.0	341	5.8	40	5.8
4 days	932	6.6	468	6.9	420	6.2	44	6.9
5 days	4243	32.2	2275	36.0	1762	28.2	206	31.4

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
- Non-binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.

67. In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride in a carpool (with people other than your family)

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	12286	100.0	5996	100.0	5664	100.0	626	100.0
0 days	10480	85.5	4937	82.6	5023	88.8	520	83.8
1 day	738	5.9	428	6.9	262	4.6	48	7.2
2 days	336	2.8	195	3.3	124	2.2	17	2.4
3 days	185	1.4	96	1.4	76	1.4	13	1.5
4 days	139	1.1	85	1.3	49	.8	5	.7
5 days	408	3.4	255	4.5	130	2.1	23	4.3

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