

Oregon Healthy Teens 2019 - 11th Grade
Physical Activity

61. 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	12093	100.0	5872	100.0	5591	100.0	630	100.0
0 days	1549	12.4	911	15.1	515	8.9	123	18.3
1 day	978	8.1	569	9.6	343	6.1	66	11.5
2 days	1273	10.4	716	12.0	486	8.8	71	9.8
3 days	1701	13.8	960	16.2	670	11.4	71	12.4
4 days	1378	11.3	699	11.7	621	11.2	58	9.0
5 days	1889	16.1	852	15.0	943	17.2	94	15.4
6 days	1127	9.5	480	8.5	610	11.1	37	5.2
7 days	2198	18.5	685	11.9	1403	25.3	110	18.5

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
- Non-binary/GNC includes those who identify as Transgender/Trans Female or Male, gender non-conforming, gender fluid/genderqueer, agender or something else.

62. 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	12074	100.0	5863	100.0	5584	100.0	627	100.0
0 days	4132	33.9	2440	41.4	1411	25.0	281	45.1
1 day	1116	9.0	610	10.4	450	7.6	56	8.8
2 days	1370	11.5	747	12.8	567	10.6	56	8.8
3 days	1506	12.4	730	12.8	721	12.4	55	8.9
4 days	1030	8.7	432	7.4	548	10.2	50	7.6
5 days	1404	11.9	504	8.8	845	15.5	55	8.9
6 days	530	4.4	182	2.8	334	6.2	14	2.7
7 days	986	8.0	218	3.6	708	12.5	60	9.2

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63. 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	12066	100.0	5862	100.0	5577	100.0	627	100.0
0 days	8136	66.3	4507	75.7	3194	56.5	435	68.0
1 day	126	1.1	44	.8	72	1.3	10	1.3
2 days	293	2.4	110	1.7	169	3.0	14	2.2
3 days	970	7.3	305	4.9	617	9.9	48	6.5
4 days	564	4.0	200	3.0	335	5.1	29	3.9
5 days	1977	18.9	696	13.8	1190	24.2	91	18.1

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64. 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	12076	100.0	5867	100.0	5583	100.0	626	100.0
I do not take PE	8184	66.8	4531	76.1	3217	56.9	436	68.3
Less than 10 minutes	68	.6	22	.3	43	.9	3	.3
10 to 20 minutes	132	1.0	66	1.1	59	1.0	7	.8
21 to 30 minutes	334	2.9	148	3.0	164	2.7	22	2.9
31 to 40 minutes	867	8.0	351	6.9	476	9.1	40	9.0
41 to 50 minutes	925	8.0	315	5.1	572	11.1	38	6.2
51 to 60 minutes	752	6.2	232	4.0	491	8.6	29	4.7
More than 60 minutes	814	6.6	202	3.4	561	9.7	51	7.8

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64.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	3870	100.0	1328	100.0	2353	100.0	189	100.0
Less than 10 minutes	66	1.8	21	1.3	42	2.1	3	1.0
10 to 20 minutes	131	3.1	66	4.7	58	2.3	7	2.4
21 to 30 minutes	333	8.7	148	12.8	163	6.3	22	9.3
31 to 40 minutes	864	24.2	350	28.9	475	21.1	39	28.0
41 to 50 minutes	924	24.0	315	21.5	571	25.9	38	19.6
51 to 60 minutes	751	18.6	231	16.7	491	20.0	29	15.0
More than 60 minutes	801	19.6	197	14.0	553	22.4	51	24.7

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65. On an average day, how many hours do you use social media?

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	12044	100.0	5868	100.0	5554	100.0	622	100.0
I do not use social media on an average day	696	6.0	212	3.6	433	8.0	51	10.2
Less than 1 hour per day	985	8.6	327	5.8	604	11.3	54	10.5
1 hour per day	1523	12.7	570	9.8	874	15.9	79	11.9
2 hours per day	2745	22.8	1318	22.9	1293	22.8	134	22.0
3 hours per day	2512	20.4	1343	22.3	1049	18.7	120	17.0
4 hours per day	1624	13.3	931	15.7	627	11.3	66	9.6
5 or more hours per day	1959	16.2	1167	20.0	674	11.9	118	18.8

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66. Overall, what effect would you say your social media use has had on your life?

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	11972	100.0	5833	100.0	5517	100.0	622	100.0
Mostly positive	4338	36.1	1941	32.9	2138	39.1	259	37.9
Mostly negative	1411	11.7	843	14.1	514	9.3	54	10.2
Neither positive nor negative	6223	52.3	3049	53.0	2865	51.6	309	51.9

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
- Non-binary/GNC includes those who identify as Transgender/Trans Female or Male, gender non-conforming, gender fluid/genderqueer, agender 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? Walk

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	11385	100.0	5590	100.0	5209	100.0	586	100.0
0 days	8401	73.8	4271	76.1	3730	72.0	400	69.4
1 or more days	2984	26.2	1319	23.9	1479	28.0	186	30.6

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
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68. 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	11213	100.0	5511	100.0	5123	100.0	579	100.0
0 days	10816	96.2	5422	98.4	4858	94.7	536	90.5
1 or more days	397	3.8	89	1.6	265	5.3	43	9.5

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69. 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	11181	100.0	5500	100.0	5106	100.0	575	100.0
0 days	10837	96.6	5418	98.3	4881	95.4	538	92.0
1 or more days	344	3.4	82	1.7	225	4.6	37	8.0

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
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70. 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	11315	100.0	5542	100.0	5185	100.0	588	100.0
0 days	8076	71.3	4060	72.7	3655	70.9	361	62.6
1 or more days	3239	28.7	1482	27.3	1530	29.1	227	37.4

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
- Non-binary/GNC includes those who identify as Transgender/Trans Female or Male, gender non-conforming, gender fluid/genderqueer, agender or something else.

71. 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	11150	100.0	5472	100.0	5106	100.0	572	100.0
0 days	10098	90.0	4981	90.7	4626	89.9	491	84.0
1 or more days	1052	10.0	491	9.3	480	10.1	81	16.0

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72. 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	11745	100.0	5737	100.0	5402	100.0	606	100.0
0 days	2582	21.7	1096	19.4	1296	23.3	190	29.4
1 or more days	9163	78.3	4641	80.6	4106	76.7	416	70.6

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
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73. 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	11256	100.0	5536	100.0	5139	100.0	581	100.0
0 days	8625	76.5	4128	74.5	4032	78.1	465	81.0
1 or more days	2631	23.5	1408	25.5	1107	21.9	116	19.0

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
- Non-binary/GNC includes those who identify as Transgender/Trans Female or Male, gender non-conforming, gender fluid/genderqueer, agender or something else.