

Oregon Healthy Teens 2019 - 8th 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	14168	100.0	6819	100.0	6530	100.0	819	100.0
0 days	1018	7.4	515	8.2	398	5.8	105	13.1
1 day	858	6.2	457	6.9	328	5.1	73	10.2
2 days	1209	8.6	687	10.4	455	6.8	67	7.6
3 days	1699	11.9	963	13.7	643	9.9	93	12.5
4 days	1807	12.4	986	14.2	715	10.6	106	11.5
5 days	2581	17.9	1355	18.9	1098	17.1	128	15.8
6 days	1415	10.0	674	9.7	682	10.7	59	6.6
7 days	3581	25.5	1182	18.0	2211	33.9	188	22.6

- 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	14162	100.0	6824	100.0	6521	100.0	817	100.0
0 days	3087	22.9	1700	26.0	1138	18.4	249	33.1
1 day	1473	10.4	832	12.4	560	8.4	81	9.7
2 days	1874	13.4	996	14.8	774	12.0	104	12.7
3 days	1968	13.3	946	12.9	930	14.0	92	11.2
4 days	1454	9.8	669	9.2	721	10.7	64	7.5
5 days	1934	13.5	890	13.0	953	14.5	91	10.2
6 days	710	4.8	291	4.0	386	5.9	33	3.3
7 days	1662	11.8	500	7.7	1059	16.1	103	12.3

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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	14112	100.0	6803	100.0	6491	100.0	818	100.0
0 days	3466	26.6	1899	30.4	1318	21.7	249	33.0
1 day	304	2.3	138	2.3	154	2.5	12	1.4
2 days	491	3.8	224	3.7	237	4.0	30	3.5
3 days	1230	7.7	596	7.5	573	8.1	61	7.2
4 days	1045	6.4	495	6.2	487	6.6	63	6.6
5 days	7576	53.2	3451	49.9	3722	57.2	403	48.3

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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	14130	100.0	6801	100.0	6506	100.0	823	100.0
I do not take PE	3505	26.9	1925	30.9	1331	21.8	249	32.9
Less than 10 minutes	245	1.5	132	1.7	95	1.3	18	2.0
10 to 20 minutes	823	5.6	421	6.1	353	5.2	49	5.0
21 to 30 minutes	1859	12.4	927	12.8	840	12.1	92	10.4
31 to 40 minutes	3179	21.8	1554	22.2	1471	22.0	154	16.6
41 to 50 minutes	2722	19.6	1210	17.6	1353	21.7	159	20.8
51 to 60 minutes	1199	8.4	450	6.3	686	10.6	63	8.2
More than 60 minutes	598	3.8	182	2.4	377	5.2	39	4.1

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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	10505	100.0	4820	100.0	5118	100.0	567	100.0
Less than 10 minutes	239	2.0	129	2.4	92	1.6	18	3.0
10 to 20 minutes	811	7.7	414	8.7	349	6.7	48	7.4
21 to 30 minutes	1839	17.0	916	18.7	831	15.5	92	15.7
31 to 40 minutes	3144	29.7	1538	32.1	1454	28.1	152	24.8
41 to 50 minutes	2700	27.0	1197	25.5	1344	27.9	159	31.2
51 to 60 minutes	1187	11.5	447	9.2	680	13.6	60	12.0
More than 60 minutes	585	5.1	179	3.4	368	6.6	38	6.0

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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	14123	100.0	6825	100.0	6484	100.0	814	100.0
I do not use social media on an average day	2283	16.2	866	12.9	1270	19.3	147	19.0
Less than 1 hour per day	1778	12.7	631	9.3	1058	16.6	89	10.5
1 hour per day	1720	12.7	749	11.7	895	14.1	76	9.5
2 hours per day	2460	17.8	1224	18.1	1122	17.6	114	15.3
3 hours per day	2093	14.2	1114	15.4	850	12.9	129	14.1
4 hours per day	1387	9.5	833	11.6	493	7.5	61	7.7
5 or more hours per day	2402	17.0	1408	20.9	796	12.0	198	24.0

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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	13851	100.0	6699	100.0	6349	100.0	803	100.0
Mostly positive	6404	45.8	2968	43.6	3072	48.2	364	45.0
Mostly negative	1009	7.4	611	9.2	332	5.4	66	7.9
Neither positive nor negative	6438	46.8	3120	47.2	2945	46.4	373	47.0

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**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	13443	100.0	6564	100.0	6105	100.0	774	100.0
0 days	8235	61.7	4188	64.7	3596	59.0	451	57.5
1 or more days	5208	38.3	2376	35.3	2509	41.0	323	42.5

- 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	13048	100.0	6403	100.0	5913	100.0	732	100.0
0 days	12046	92.9	6187	96.9	5196	88.7	663	90.9
1 or more days	1002	7.1	216	3.1	717	11.3	69	9.1

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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	13015	100.0	6381	100.0	5902	100.0	732	100.0
0 days	12146	93.3	6128	96.0	5357	90.7	661	90.5
1 or more days	869	6.7	253	4.0	545	9.3	71	9.5

- 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.

**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	13437	100.0	6547	100.0	6127	100.0	763	100.0
0 days	5654	40.7	2794	42.0	2546	39.2	314	42.1
1 or more days	7783	59.3	3753	58.0	3581	60.8	449	57.9

- 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.

**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	12945	100.0	6346	100.0	5874	100.0	725	100.0
0 days	12255	94.4	6070	95.3	5521	93.8	664	91.8
1 or more days	690	5.6	276	4.7	353	6.2	61	8.2

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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	13497	100.0	6585	100.0	6139	100.0	773	100.0
0 days	4423	33.0	1898	29.1	2264	37.4	261	33.2
1 or more days	9074	67.0	4687	70.9	3875	62.6	512	66.8

- 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	13101	100.0	6432	100.0	5928	100.0	741	100.0
0 days	11175	85.4	5338	83.6	5201	87.2	636	86.2
1 or more days	1926	14.6	1094	16.4	727	12.8	105	13.8

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