

EXERCISE AND OTHER ACTIVITIES

U.S. HEALTHY PEOPLE YEAR 2000 OBJECTIVES

- 1.4 Increase the prevalence of vigorous physical activity of people 6-17 years to at least 75%
1.8 Increase the number of students in grades 1-12 who attend daily school physical education to at least 50%

These questions measure the occurrence and frequency of participation in aerobic exercise, physical education classes, sports teams, and other activities among Oregon high school students.

Regular physical activity is linked to better health and reduced risk for multiple causes of mortality and chronic diseases such as hypertension, diabetes mellitus, and various types of cancer. In addition, there is evidence that regular moderate physical activity can alleviate depression and anxiety, and physical activity is consistently related to higher levels of self-esteem and self-concept.¹⁶

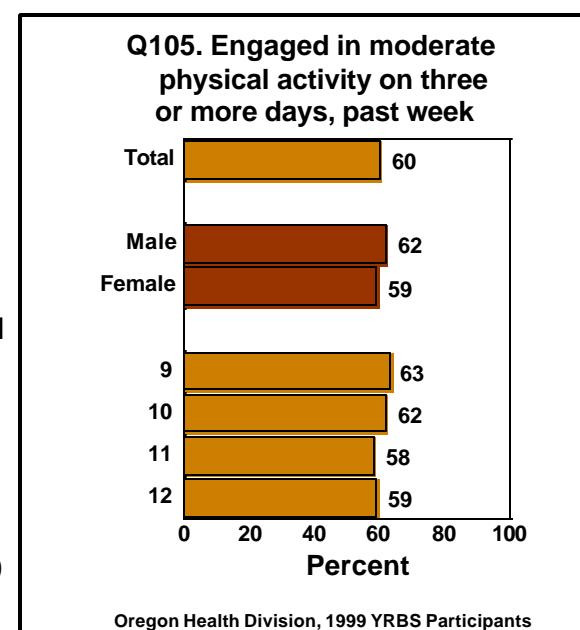
Although youth are generally more active than adults, significant numbers of young people still do not engage in recommended levels of activity, and participation in physical activity declines sharply in adolescence.¹⁶ According to the 1996 Oregon Adult Behavioral Risk Factor Survey, only 12 percent of 18 to 24 year-olds exercised aerobically for at least 20 minutes three or more times a week.

WHAT OREGON STUDENTS REPORTED

Q105. On how many of the past 7 days did you 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, or mopping floors?

Sixty percent of Oregon 1999 YRBS participants reported that they participated in moderate physical activity (exercise or sports activities for at least 20 minutes, that did not make them sweat and breathe hard, on three or more days of the previous seven).

Males were more likely than females to have participated in moderate physical activity (62 vs. 59 percent).



The percentage of students engaging in moderate physical activity declined slightly as grade increased. Ninth graders were somewhat more likely than 12th graders to engage in moderate exercise (63 vs. 59 percent).

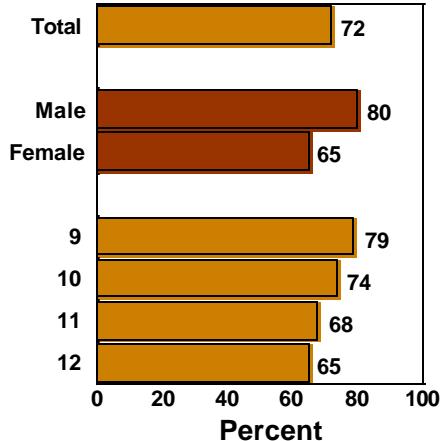
Q104. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing or similar aerobic activities?

Seventy-two percent of Oregon 1999 YRBS participants reported that they participated in vigorous physical activity or sports on three or more days in the past week. However, over a quarter of Oregonian high school youth (28 percent) aren't engaging in this recommended amount of vigorous physical activity.

Almost 19 percent more males than females reported engaging in vigorous physical activity (80 vs. 65 percent).

The proportion of those engaging in regular vigorous physical activity declined as grade increased, with 9th graders 18 percent more likely than 12th graders to have participated in vigorous exercise (79 vs. 65 percent).

Q104. Engaged in vigorous physical activity on three or more days, past week



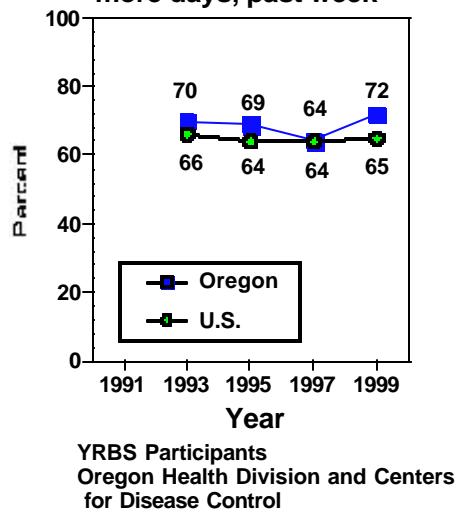
Oregon Health Division, 1999 YRBS Participants

Q104. On how many of the past 7 days did you exercise or 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, fast dancing or similar aerobic activities?

Oregon YRBS participants were a little more likely than students nationally to participate in vigorous physical activity (72 vs. 65 percent).

Nationally, males were more likely than females to report vigorous exercise (72 vs. 57 percent). Ninth graders were more likely than 12th graders to engage in vigorous physical activity (73 vs. 65 percent).

Q104. Engaged in vigorous physical activity on three or more days, past week



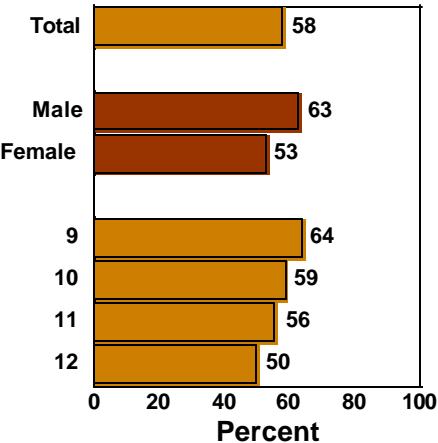
Q106. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

Over half of Oregon 1999 YRBS participants (58 percent) played on one or more sports teams in the year prior to the survey, whether these activities were run by schools or outside organizations.

Sixteen percent more males than females participated in team sports (63 vs. 53 percent).

Participation on sports teams gradually decreased as grade increased, dropping about 22 percent between 9th and 12th graders (64 vs. 50 percent).

Q106. Played on a sports team, past 12 months



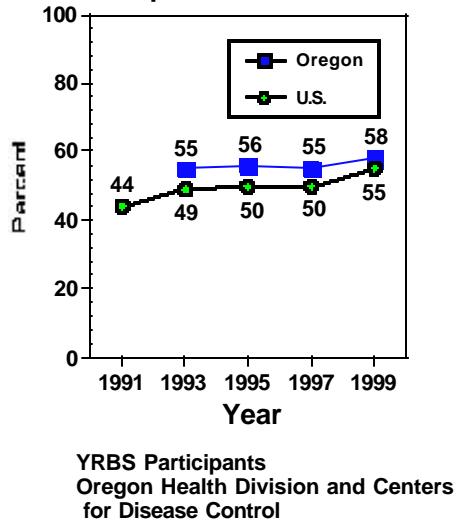
Oregon Health Division, 1999 YRBS Participants

Q106. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

Similar proportions of Oregon 1999 YRBS and national participants played on at least one sports team in the year prior to the survey (58 vs. 55 percent).

Nationally, males were more likely than females to have played on sports teams (62 vs. 49 percent).

Q106. Played on a sports team, past 12 months



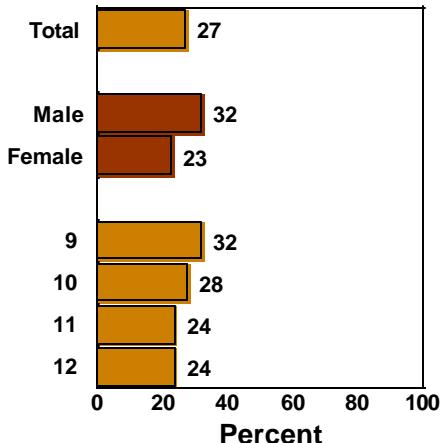
Q107. On an average school day, how many hours do you watch TV?

Of Oregon 1999 YRBS participants, 27 percent watched TV an average of three or more hours per day, or over 20 hours per week. Studies suggest that more television watching corresponds with both inactivity and high caloric intake. Large amounts of television watching by youth is associated with unhealthy eating habits and unhealthy concepts about food.³ (MMWR 1995, 45:RR-9).

Males were more likely than females to watch three hours or more per day (32 vs. 23 percent).

The amount of heavy TV watching was 25 percent lower for 11th and 12th grades than for 9th grade (32 vs. 24 percent).

Q107. Watched TV three or more hours per day on an average school day



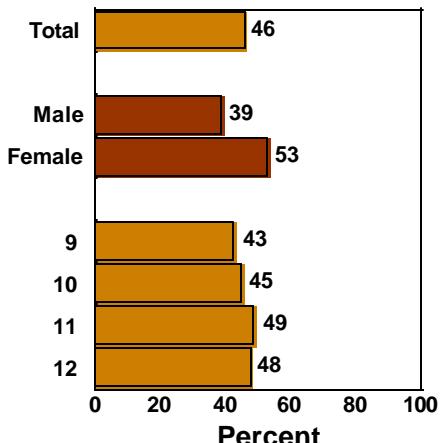
Oregon Health Division, 1999 YRBS Participants

Q108. Thinking back over the last month, in an average week, how many hours do you spend in volunteer work, religious activities, youth groups, music, drama or special school activities such as year book, both at school and away from school? (Do not include hours spent on the sports teams you previously indicated.)

Almost half of Oregon's 1999 YRBS participants (46 percent) spent three or more hours a week participating in school and outside community activities.

Twenty-six percent more females than males participated in school and outside community activities three or more hours per week (53 vs. 39 percent).

Q108. Participated in school or community activities three or more hours per week



Oregon Health Division, 1999 YRBS Participants

Participation in school and outside activities varied somewhat by grade; 11th and 12th graders had the highest percentage of participation.

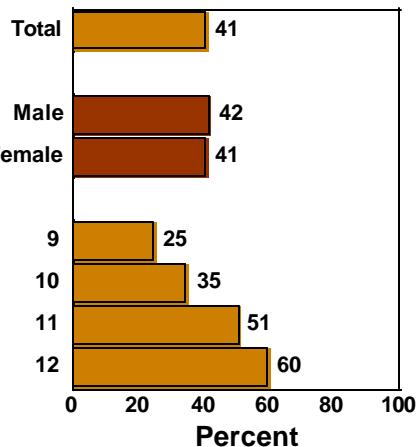
Q109. Thinking back over the last month, in an average week, how many hours do you spend working at a job for which you receive a paycheck or wages?

Forty-one percent of Oregon 1999 YRBS participants worked at a job three or more hours in an average week during the last month.

The proportion of working students differed very little by gender.

As grade increased, the proportion of students working at a job three or more hours per week rose. Twelfth graders were almost two and a half times more likely to have a job than 9th graders (60 vs. 25 percent). The percentage of working youth jumped by about a third between 10th and 11th grades.

Q109. Worked at a job three or more hours in an average week, past month



Oregon Health Division, 1999 YRBS Participants

WHAT OREGON STUDENTS WROTE

Sports and other activities

"My parents, coaches, teachers, and myself all help me lead a healthy lifestyle."

"I think sports help a lot, people don't do as many drugs when they have a sport. So encourage exercise."

"Have sports in which everyone who wants to play or participate can."

"Teenagers? Healthy? HA! I think I'd feel better if I was out of school and working. If my emotional state was stabilized, I'd probably devote more energy towards physical fitness."

Physical activity and eating habits

"As a healthy high-school student I participate in sports - cross-country & track. I also dance two hours a week. My family also practices healthy eating habits - fruits, vegetables, dairy, low-fat, [foods], etc."

"Taking dance and playing golf keep me in shape and strong. My unhealthy behaviors are not eating breakfast and too much candy; but that's my problem, no one else's."

"Sports teams help a lot! Eating too many unhealthy foods, I snack too much. I eat when I'm not hungry."

"I swim 14 hours a week. I have a good diet and I drink tons of milk. I am doing fine, so I don't think I need help."

"My family and the school helps me keep a healthy lifestyle by eating right and playing sports. My unhealthy behaviors are watching too much T.V. for a period of time, and using too much butter on my vegetables."

"I play sports and exercise to keep in shape. I am a vegetarian and it is hard to find good, nutritional food at school."

"Self discipline and sports and weight lifting helps keep a healthy lifestyle and eating healthy. My unhealthy behaviors are eating junk food or skipping out on exercise."

"Nutritional eating and exercise; enforce better/healthier cafeteria foods/active lifestyle."

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