

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes		79.0	86.8	84.1	82.5	78.9	74.3	68.9
No		20.9	13.2	15.9	17.3	21.1	25.4	30.7
Don't know/Not sure		.1			.1		.3	.4
Male	Yes	79.8	91.5	82.9	80.3	79.0	78.7	70.6
	No	20.1	8.5	17.1	19.7	21.0	21.3	28.9
	Don't know/Not sure	.1						.5
Female	Yes	78.4	82.9	85.0	84.2	78.9	71.2	68.0
	No	21.4	17.1	15.0	15.6	21.1	28.3	31.7
	Don't know/Not sure	.2			.2		.5	.3
Denominator is: All survey respondents								

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		2915	258	529	698	546	327	557
Yes		2303	224	445	576	431	243	384
No		608	34	84	121	115	83	171
Don't know/Not sure		4			1		1	2
Male	Total	1233	118	222	294	262	136	201
	Yes	984	108	184	236	207	107	142
	No	248	10	38	58	55	29	58
	Don't know/Not sure	1						1
Female	Total	1682	140	307	404	284	191	356
	Yes	1319	116	261	340	224	136	242
	No	360	24	46	63	60	54	113
	Don't know/Not sure	3			1		1	1
Denominator is: All survey respondents								

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

What type of physical activity did you spend the most time doing during the past month?
(Weighted Column Percents)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Aerobics class	6.3	7.6	8.8	6.6	7.4	4.9	2.1
Badminton	.0		.2				
Basketball	.8	4.5	.9	.7	.2		
Bicycling for pleasure	2.6	2.7	2.9	3.6	2.6	2.9	.3
Bowling	.5		.4		.5	1.2	1.3
Boxing	.0	.4					
Calisthenics	.8		.2	.5	1.4	1.6	1.0
Carpentry	.0			.2			
Dancing-aerobics/ballet	.8	.4	.4	1.0	.9	.8	.8
Fishing from river bank or boat	.1	.4	.2				.3
Gardening	12.3	3.1	9.4	10.1	12.1	18.5	20.6
Golf	2.0	.4	1.6	2.4	2.3	2.5	1.8
Handball	.0				.2		
Health club exercise	.3		.7	.3	.5		.3
Hiking-cross-country	2.0	5.4	1.3	2.1	1.4	2.5	.8
Home exercise	.2		.4	.2	.2		.3
Horseback riding	.4	.4	.4	.7	.7		
Hunting large game	.5		.4	.2	.7	1.2	.5
Jogging	1.9	3.1	1.1	1.9	2.1	1.2	2.1
Judo/karate	.2	.4	.4			.4	.3
Mowing lawn	.1				.2		.3
Racquetball	.3		.4	.5	.5		
Running	5.0	14.7	7.9	5.6	3.0	.4	.3
Scuba diving	.0				.2		
Skating, ice or roller	.2	.4	.4	.2			
Snow skiing	.2			.2	.2	.8	
Soccer	.3	1.3	.2	.2	.5		
Softball	.9	2.2	1.1	1.4	.5		
Stair climbing	.3	.4	.9		.2		
Swimming laps	1.7	1.8	1.8	2.1	1.6	2.1	1.0
Tennis	.5	.9	.2	.7	.7		.5
Touch football	.2	1.3	.2				
Volleyball	.2	.4	.4	.2	.2		

Walking		44.3	32.1	40.9	44.3	46.2	46.5	52.1
Waterskiing		.2		.4	.2			.3
Weight lifting		3.3	4.9	4.5	4.7	2.3	1.6	1.3
Other		6.9	7.1	6.3	6.1	7.2	9.1	7.3
Bicycling machine exercise		2.9	3.1	3.6	2.8	2.3	1.6	3.4
Rowing machine exercise		.4		.4	.3	.7		.8
Unknown		.2			.2	.2		.5
Male	Aerobics class	3.9	5.6	3.8	3.8	4.3	4.7	1.4
	Badminton	.1		.5				
	Basketball	1.8	8.3	2.2	1.7	.5		
	Bicycling for pleasure	4.0	2.8	4.9	6.4	3.4	4.7	
	Bowling	.7		.5		1.0	1.9	1.4
	Boxing	.1	.9					
	Calisthenics	1.1		.5	.4	1.9	3.7	.7
	Carpentry	.1			.4			
	Dancing-aerobics/ballet	.5			.8	1.0		.7
	Fishing from river bank or boat	.3	.9	.5				.7
	Gardening	11.9	2.8	11.4	7.6	10.1	17.8	24.6
	Golf	3.5	.9	3.8	5.1	2.9	4.7	2.1
	Handball	.1				.5		
	Health club exercise	.2			.4	.5		
	Hiking-cross-country	2.9	6.5	2.7	3.8	1.9	2.8	.7
	Home exercise	.1			.4			
	Horseback riding	.1				.5		
	Hunting large game	1.1		1.1	.4	1.4	2.8	1.4
	Jogging	2.1	1.9	1.6	1.7	2.9	.9	3.5
	Judo/karate	.1	.9					
	Mowing lawn	.1				.5		
	Racquetball	.5		.5	.8	1.0		
	Running	7.2	22.2	10.3	7.6	4.3		.7
	Snow skiing	.3				.5	1.9	
	Soccer	.4	1.9		.4	.5		
	Softball	1.5	1.9	2.7	2.5	1.0		
	Stair climbing	.4	.9	1.6				
	Swimming laps	2.4	.9	2.7	2.5	2.9	2.8	2.1
Tennis	.7	1.9		.8	1.0		.7	
Touch football	.3	2.8						
Volleyball	.2		.5		.5			

	Walking	33.5	12.0	26.1	34.7	39.6	40.2	43.7	
	Waterskiing	.3		1.1	.4				
	Weight lifting	5.6	8.3	8.7	6.8	2.9	3.7	2.8	
	Other	7.4	13.0	7.1	5.9	7.7	5.6	7.0	
	Bicycling machine exercise	3.4	2.8	4.3	3.0	3.9	1.9	3.5	
	Rowing machine exercise	.5		.5	.8	.5		.7	
	Unknown	.4			.4	.5		1.4	
Female	Aerobics class	8.2	9.5	12.3	8.5	10.3	5.1	2.5	
	Basketball	.1	.9						
	Bicycling for pleasure	1.5	2.6	1.5	1.8	1.8	1.5	.4	
	Bowling	.4		.4			.7	1.2	
	Calisthenics	.5			.6	.9		1.2	
	Dancing-aerobics/ballet	1.0	.9	.8	1.2	.9	1.5	.8	
	Gardening	12.6	3.4	8.0	11.8	13.8	19.1	18.2	
	Golf	.8			.6	1.8	.7	1.7	
	Health club exercise	.5		1.1	.3	.4		.4	
	Hiking-cross-country	1.2	4.3	.4	.9	.9	2.2	.8	
	Home exercise	.3		.8		.4		.4	
	Horseback riding	.7	.9	.8	1.2	.9			
	Jogging	1.7	4.3	.8	2.1	1.3	1.5	1.2	
	Judo/karate	.3		.8			.7	.4	
	Mowing lawn	.1						.4	
	Racquetball	.2		.4	.3				
	Running	3.3	7.8	6.1	4.1	1.8	.7		
	Scuba diving	.1				.4			
	Skating, ice or roller	.3	.9	.8	.3				
	Snow skiing	.1			.3				
	Soccer	.2	.9	.4		.4			
	Softball	.4	2.6		.6				
	Stair climbing	.2		.4		.4			
	Swimming laps	1.2	2.6	1.1	1.8	.4	1.5	.4	
	Tennis	.4		.4	.6	.4		.4	
	Touch football	.1		.4					
	Volleyball	.2	.9	.4	.3				
		Walking	52.4	50.9	51.3	50.9	52.2	51.5	57.0
		Waterskiing	.1						.4
		Weight lifting	1.7	1.7	1.5	3.2	1.8		.4
	Other	6.6	1.7	5.7	6.2	6.7	11.8	7.4	

Bicycling machine exercise	2.5	3.4	3.1	2.6	.9	1.5	3.3
Rowing machine exercise	.4		.4		.9		.8

Denominator is: All survey respondents who said that they engaged in some form of physical activity during the last month

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

What type of physical activity did you spend the most time doing during the past month?
(Unweighted Frequencies)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Total	2303	224	445	576	431	243	384
Aerobics class	146	17	39	38	32	12	8
Badminton	1		1				
Basketball	19	10	4	4	1		
Bicycling for pleasure	59	6	13	21	11	7	1
Bowling	12		2		2	3	5
Boxing	1	1					
Calisthenics	18		1	3	6	4	4
Carpentry	1			1			
Dancing-aerobics/ballet	18	1	2	6	4	2	3
Fishing from river bank or boat	3	1	1				1
Gardening	283	7	42	58	52	45	79
Golf	45	1	7	14	10	6	7
Handball	1				1		
Health club exercise	8		3	2	2		1
Hiking-cross-country	45	12	6	12	6	6	3
Home exercise	5		2	1	1		1
Horseback riding	10	1	2	4	3		
Hunting large game	11		2	1	3	3	2
Jogging	43	7	5	11	9	3	8
Judo/karate	5	1	2			1	1
Mowing lawn	2				1		1
Racquetball	7		2	3	2		
Running	115	33	35	32	13	1	1
Scuba diving	1				1		
Skating, ice or roller	4	1	2	1			
Snow skiing	4			1	1	2	
Soccer	7	3	1	1	2		
Softball	20	5	5	8	2		
Stair climbing	6	1	4		1		
Swimming laps	40	4	8	12	7	5	4
Tennis	12	2	1	4	3		2
Touch football	4	3	1				

Volleyball		5	1	2	1	1		
Walking		1021	72	182	255	199	113	200
Waterskiing		4		2	1			1
Weight lifting		77	11	20	27	10	4	5
Other		160	16	28	35	31	22	28
Bicycling machine exercise		66	7	16	16	10	4	13
Rowing machine exercise		10		2	2	3		3
Unknown		4			1	1		2
Male	Total	984	108	184	236	207	107	142
	Aerobics class	38	6	7	9	9	5	2
	Badminton	1		1				
	Basketball	18	9	4	4	1		
	Bicycling for pleasure	39	3	9	15	7	5	
	Bowling	7		1		2	2	2
	Boxing	1	1					
	Calisthenics	11		1	1	4	4	1
	Carpentry	1			1			
	Dancing-aerobics/ballet	5			2	2		1
	Fishing from river bank or boat	3	1	1				1
	Gardening	117	3	21	18	21	19	35
	Golf	34	1	7	12	6	5	3
	Handball	1				1		
	Health club exercise	2			1	1		
	Hiking-cross-country	29	7	5	9	4	3	1
	Home exercise	1		< BR>	1			
	Horseback riding	1				1		
	Hunting large game	11		2	1	3	3	2
	Jogging	21	2	3	4	6	1	5
	Judo/karate	1	1					
	Mowing lawn	1				1		
	Racquetball	5		1	2	2		
	Running	71	24	19	18	9		1
	Snow skiing	3				1	2	
	Soccer	4	2		1	1		
	Softball	15	2	5	6	2		
Stair climbing	4	1	3					
Swimming laps	24	1	5	6	6	3	3	
Tennis	7	2		2	2		1	

Touch football	3	3					
Volleyball	2		1		1		
Walking	330	13	48	82	82	43	62
Waterskiing	3		2	1			
Weight lifting	55	9	16	16	6	4	4
Other	73	14	13	14	16	6	10
Bicycling machine exercise	33	3	8	7	8	2	5
Rowing machine exercise	5		1	2	1		1
Unknown	4			1	1		2
Total	1319	116	261	340	224	136	242
Aerobics class	108	11	32	29	23	7	6
Basketball	1	1					
Bicycling for pleasure	20	3	4	6	4	2	1
Bowling	5		1			1	3
Calisthenics	7			2	2		3
Dancing-aerobics/ballet	13	1	2	4	2	2	2
Gardening	166	4	21	40	31	26	44
Golf	11			2	4	1	4
Health club exercise	6		3	1	1		1
Hiking-cross-country	16	5	1	3	2	3	2
Home exercise	4		2		1		1
Horseback riding	9	1	2	4	2		
Jogging	22	5	2	7	3	2	3
Judo/karate	4		2			1	1
Mowing lawn	1						1
Racquetball	2		1	1			
Running	44	9	16	14	4	1	
Scuba diving	1				1		
Skating, ice or roller	4	1	2	1			
Snow skiing	1			1			
Soccer	3	1	1		1		
Softball	5	3		2			
Stair climbing	2		1		1		
Swimming la ps	16	3	3	6	1	2	1
Tennis	5		1	2	1		1
Touch football	1		1				
Volleyball	3	1	1	1			
Walking	691	59	134	173	117	70	138

Female

Watersking	1						1
Weight lifting	22	2	4	11	4		1
Other	87	2	15	21	15	16	18
Bicycling machine exercise	33	4	8	9	2	2	8
Rowing machine exercise	5		1		2		2

Denominator is: All survey respondents who said that they engaged in some form of physical activity during the last month

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

What other type of physical activity gave you the next most exercise during the past month?
(Weighted Column Percents)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Aerobics class	7.1	16.4	6.9	5.1	5.2	8.0	5.5
Basketball	1.0	2.9	2.0	.9	.5		
Biking for fun	6.1	7.9	9.3	7.4	4.7	1.8	2.2
Boating/canoe,row,sail	.2			.9			
Bowling	1.0		.4	.9	2.8		1.6
Calisthenics	.9	1.4	.8	.6	.9	.9	1.1
Canoeing in competition	.3			.3	1.4		
Dancing-aerobics/ballet	1.4	.7	.8	.9	1.9	3.6	1.6
Fishing from river bank or boat	.2				.9	.9	
Gardening	14.2	2.1	9.3	15.1	17.0	16.1	24.2
Golf	4.6	2.9	5.2	5.1	4.2	3.6	4.9
Health club exercise	.3	.7		.9			
Hiking-cross-country	3.7	5.0	4.8	3.7	2.8	4.5	1.6
Home exercise	1.0	.7	1.2	.6	.9	2.7	.5
Horseback riding	.1			.3			
Hunting large game	.6	.7		.6	.9	.9	.5
Jogging	1.2		2.0	1.1	1.9	1.8	
Judo/karate	.1			.3			
Mowing lawn	.1						.5
Racquetball	.6	.7	.4	.6	1.4	.9	
Running	2.4	6.4	1.2	3.4	1.4	2.7	
Skating, ice or roller	.2		.4	.3		.9	
Snow skiing	1.0		.8	1.4	1.9		.5
Soccer	.2		.8		.5		
Softball	2.0	3.6	1.2	3.4	1.9	.9	
Stair climbing	.8		.4	1.7	.9		.5
Surfing	.1			.3			
Swimming laps	3.8	4.3	5.6	2.3	4.2	2.7	3.8
Table tennis	.1					.9	
Tennis	.7	.7	.8	.9	.9		.5
Touch football	.2	.7		.3			
Volleyball	.9	.7	3.2	.6			
Walking	19.3	15.7	16.5	16.3	19.8	25.9	26.9

Watersking		.4	1.4	.4	.6			
Weight lifting		6.0	9.3	7.3	6.0	7.5	3.6	1.6
Other		13.4	10.7	15.3	14.6	9.0	14.3	15.4
Bike machine exercise		3.1	3.6	2.4	2.0	3.3	1.8	6.0
Rowing machine exercise		.6	.7	.4	.9	.9	.9	
Male	Aerobics class	4.2	6.8	3.8	2.0	1.9	7.7	7.7
	Basketball	2.2	5.5	4.8	1.3	1.0		
	Biking for fun	8.0	11.0	12.5	7.3	7.6	3.8	3.1
	Boating/canoe,row,sail	.4			1.3			
	Bowling	.5				1.9		1.5
	Calisthenics	1.1	2.7	1.0	.7	1.0	1.9	
	Canoeing in competition	.4			.7	1.0		
	Dancing-aerobics/ballet	.4					1.9	1.5
	Fishing from river bank or boat	.5				1.9	1.9	
	Gardening	10.7	1.4	4.8	10.0	16.2	15.4	20.0
	Golf	6.9	2.7	8.7	7.3	5.7	7.7	9.2
	Health club exercise	.4			1.3			
	Hiking-cross-country	4.0	4.1	5.8	4.0	2.9	5.8	1.5
	Home exercise	1.5	1.4	1.9	1.3	1.9		1.5
	Hunting large game	1.1	1.4		.7	1.9	1.9	1.5
	Jogging	.9		1.9	.7	1.9		
	Judo/karate	.2			.7			
	Racquetball	1.5	1.4	1.0	1.3	2.9	1.9	
	Running	4.0	11.0	1.9	4.7	1.9	5.8	
	Skating, ice or roller	.2			.7			
	Snow skiing	1.1			2.0	1.9		1.5
	Soccer	.4		1.0		1.0		
	Softball	3.5	4.1	1.9	6.0	3.8	1.9	
	Stair climbing	.7			1.3	1.0		1.5
	Surfing	.2			.7			
	Swimming laps	2.2	1.4	1.0	2.0	3.8	1.9	3.1
	Table tennis	.2					1.9	
	Tennis	.7	1.4		.7	1.0		1.5
	Touch football	.4	1.4		.7			
	Volleyball	.9	1.4	2.9	.7			
	Walking	14.2	11.0	12.5	12.7	12.4	15.4	26.2
Watersking	.4	1.4	1.0					
Weight lifting	7.8	9.6	9.6	7.3	10.5	3.8	3.1	

	Other	14.9	15.1	19.2	16.7	9.5	17.3	10.8
	Bike machine exercise	2.9	2.7	2.9	2.7	2.9	1.9	4.6
	Rowing machine exercise	.5	1.4		.7	1.0		
Female	Aerobics class	9.4	26.9	9.0	7.5	8.4	8.3	4.3
	Basketball	.1			.5			
	Biking for fun	4.6	4.5	6.9	7.5	1.9		1.7
	Boating/canoe,row,sail	.1			.5			
	Bowling	1.4		.7	1.5	3.7		1.7
	Calisthenics	.7		.7	.5	.9		1.7
	Canoeing in competition	.3				1.9		
	Dancing-aerobics/ballet	2.2	1.5	1.4	1.5	3.7	5.0	1.7
	Gardening	17.0	3.0	12.5	19.0	17.8	16.7	26.5
	Golf	2.7	3.0	2.8	3.5	2.8		2.6
	Health club exercise	.3	1.5		.5			
	Hiking-cross-country	3.5	6.0	4.2	3.5	2.8	3.3	1.7
	Home exercise	.6		.7			5.0	
	Horseback riding	.1			.5			
	Hunting large game	.1			.5			
	Jogging	1.4		2.1	1.5	1.9	3.3	
	Mowing lawn	.1						.9
	Running	1.2	1.5	.7	2.5	.9		
	Skating, ice or roller	.3		.7			1.7	
	Snow skiing	.9		1.4	1.0	1.9		
	Soccer	.1		.7				
	Softball	.9	3.0	.7	1.5			
	Stair climbing	.9		.7	2.0	.9		
	Swimming laps	5.0	7.5	9.0	2.5	4.7	3.3	4.3
	Tennis	.7		1.4	1.0	.9		
	Volleyball	.9		3.5	.5			
	Walking	23.3	20.9	19.4	19.0	27.1	35.0	27.4
	Waterskiing	.4	1.5		1.0			
	Weight lifting	4.6	9.0	5.6	5.0	4.7	3.3	.9
	Other	12.2	6.0	12.5	13.0	8.4	11.7	17.9
	Bike machine exercise	3.2	4.5	2.1	1.5	3.7	1.7	6.8
	Rowing machine exercise	.7		.7	1.0	.9	1.7	
Denominator is: All survey respondents who said that they engaged in some form of physical activity during the last month								

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

What other type of physical activity gave you the next most exercise during the past month?
(Unweighted Frequencies)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Total	1244	140	248	350	212	112	182
Aerobics class	88	23	17	18	11	9	10
Basketball	13	4	5	3	1		
Biking for fun	76	11	23	26	10	2	4
Boating/canoe,row,sail	3			3			
Bowling	13		1	3	6		3
Calisthenics	11	2	2	2	2	1	2
Canoeing in competition	4			1	3		
Dancing-aerobics/ballet	17	1	2	3	4	4	3
Fishing from river bank or boat	3				2	1	
Gardening	177	3	23	53	36	18	44
Golf	57	4	13	18	9	4	9
Health club exercise	4	1		3			
Hiking-cross-country	46	7	12	13	6	5	3
Home exercise	12	1	3	2	2	3	1
Horseback riding	1			1			
Hunting large game	7	1		2	2	1	1
Jogging	15		5	4	4	2	
Judo/karate	1			1			
Mowing lawn	1						1
Racquetball	8	1	1	2	3	1	
Running	30	9	3	12	3	3	
Skating, ice or roller	3		1	1		1	
Snow skiing	12		2	5	4		1
Soccer	3		2		1		
Softball	25	5	3	12	4	1	
Stair climbing	10		1	6	2		1
Surfing	1			1			
Swimming laps	47	6	14	8	9	3	7
Table tennis	1					1	
Tennis	9	1	2	3	2		1
Touch football	2	1		1			
Volleyball	11	1	8	2			

Walking	240	22	41	57	42	29	49	
Waterskiing	5	2	1	2				
Weight lifting	75	13	18	21	16	4	3	
Other	167	15	38	51	19	16	28	
Bike machine exercise	38	5	6	7	7	2	11	
Rowing machine exercise	8	1	1	3	2	1		
Male	Total	549	73	104	150	105	52	65
	Aerobics class	23	5	4	3	2	4	5
	Basketball	12	4	5	2	1		
	Biking for fun	44	8	13	11	8	2	2
	Boating/canoe,row,sail	2			2			
	Bowling	3				2		1
	Calisthenics	6	2	1	1	1	1	
	Canoeing in competition	2			1	1		
	Dancing-aerobics/ballet	2					1	1
	Fishing from river bank or boat	3				2	1	
	Gardening	59	1	5	15	17	8	13
	Golf	38	2	9	11	6	4	6
	Health club exercise	2			2			
	Hiking-cross-country	22	3	6	6	3	3	1
	Home exercise	8	1	2	2	2		1
	Hunting large game	6	1		1	2	1	1
	Jogging	5		2	1	2		
	Judo/karate	1			1			
	Racquetball	8	1	1	2	3	1	
	Running	22	8	2	7	2	3	
	Skating, ice or roller	1			1			
	Snow skiing	6			3	2		1
	Soccer	2		1		1		
	Softball	19	3	2	9	4	1	
	Stair climbing	4			2	1		1
	Surfing	1			1			
	Swimming laps	12	1	1	3	4	1	2
	Table tennis	1					1	
	Tennis	4	1		1	1		1
	Touch football	2	1		1			
Volleyball	5	1	3	1				
Walking	78	8	13	19	13	8	17	

	Waterskiing	2	1	1					
	Weight lifting	43	7	10	11	11	2	2	
	Other	82	11	20	25	10	9	7	
	Bike machine exercise	16	2	3	4	3	1	3	
	Rowing machine exercise	3	1		1	1			
Female	Total	695	67	144	200	107	60	117	
	Aerobics class	65	18	13	15	9	5	5	
	Basketball	1			1				
	Biking for fun	32	3	10	15	2		2	
	Boating/canoe,row,sail	1			1				
	Bowling	10		1	3	4		2	
	Calisthenics	5		1	1	1		2	
	Canoeing in competition	2				2			
	Dancing-aerobics/ballet	15	1	2	3	4	3	2	
	Gardening	118	2	18	38	19	10	31	
	Golf	19	2	4	7	3		3	
	Health club exercise	2	1		1				
	Hiking-cross-country	24	4	6	7	3	2	2	
	Home exercise	4		1				3	
	Horseback riding	1			1				
	Hunting large game	1			1				
	Jogging	10		3	3	2	2		
	Mowing lawn	1						1	
	Running	8	1	1	5	1			
	Skating, ice or roller	2		1				1	
	Snow skiing	6		2	2	2			
	Soccer	1		1					
	Softball	6	2	1	3				
	Stair climbing	6		1	4	1			
	Swimming laps	35	5	13	5	5	2	5	
	Tennis	5		2	2	1			
	Volleyball	6		5	1				
	Walking	162	14	28	38	29	21	32	
		Waterskiing	3	1		2			
		Weight lifting	32	6	8	10	5	2	1
		Other	85	4	18	26	9	7	21
		Bike machine exercise	22	3	3	3	4	1	8
	Rowing machine exercise	5		1	2	1	1		

Denominator is: All survey respondents who said that they engaged in some form of physical activity during the last month

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Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

Physical Activity Level (Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Physically inactive		19.5	10.8	15.7	17.2	20.8	24.6	27.1
Irregular/not sustained		26.4	28.2	32.5	26.7	25.7	25.3	20.4
Regular/not intensive		36.6	48.7	38.4	36.7	31.3	32.0	35.3
Regular/intensive		17.3	12.3	13.4	19.2	22.3	17.8	16.9
Unknown		.1			.1		.3	.3
Male	Physically inactive	18.9	7.4	16.3	20.2	20.6	21.2	25.2
	Irregular/not sustained	27.8	33.2	35.4	27.0	27.4	24.2	18.8
	Regular/not intensive	38.2	46.7	39.6	39.2	29.8	37.4	39.0
	Regular/intensive	14.9	12.7	8.7	13.6	22.2	17.2	16.5
	Unknown	.1						.5
Female	Physically inactive	20.1	14.4	15.1	14.3	21.0	27.8	28.4
	Irregular/not sustained	25.2	23.0	29.7	26.3	23.9	26.3	21.6
	Regular/not intensive	35.1	50.7	37.1	34.3	32.8	27.0	32.7
	Regular/intensive	19.5	11.9	18.2	24.8	22.4	18.4	17.1
	Unknown	.2			.3		.6	.2
Denominator is: All survey respondents								

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

Physical Activity Level (Unweighted Frequencies)

		Total	Age Groups					65+
			18-24	25-34	35-44	45-54	55-64	
Total		2915	258	529	698	546	327	557
Physically inactive		608	34	84	121	115	83	171
Irregular/not sustained		756	73	165	180	145	77	116
Regular/not intensive		1020	121	202	253	169	104	171
Regular/intensive		527	30	78	143	117	62	97
Unknown		4			1		1	2
Male	Total	1233	118	222	294	262	136	201
	Physically inactive	248	10	38	58	55	29	58
	Irregular/not sustained	340	40	73	79	74	31	43
	Regular/not intensive	442	53	90	114	75	48	62
	Regular/intensive	202	15	21	43	58	28	37
	Unknown	1						1
Female	Total	1682	140	307	404	284	191	356
	Physically inactive	360	24	46	63	60	54	113
	Irregular/not sustained	416	33	92	101	71	46	73
	Regular/not intensive	578	68	112	139	94	56	109
	Regular/intensive	325	15	57	100	59	34	60
	Unknown	3			1		1	1
Denominator is: All survey respondents								

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

Sedentary Lifestyle: Sedentary, Irregular Physical Activity (Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
No risk		53.9	61.0	51.7	56.0	53.6	49.8	52.2
At risk		46.0	39.0	48.3	43.9	46.4	49.9	47.5
Unknown		.1			.1		.3	.3
Male	No risk	53.2	59.4	48.3	52.8	52.0	54.5	55.4
	At risk	46.7	40.6	51.7	47.2	48.0	45.5	44.1
	Unknown	.1						.5
Female	No risk	54.6	62.6	55.3	59.1	55.2	45.3	49.8
	At risk	45.2	37.4	44.7	40.6	44.8	54.0	50.0
	Unknown	.2			.3		.6	.2
Denominator is: All survey respondents								

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

Sedentary Lifestyle: Sedentary, Irregular Physical Activity (Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		2915	258	529	698	546	327	557
No risk		1547	151	280	396	286	166	268
At risk		1364	107	249	301	260	160	287
Unknown		4			1		1	2
Male	Total	1233	118	222	294	262	136	201
	No risk	644	68	111	157	133	76	99
	At risk	588	50	111	137	129	60	101
	Unknown	1						1
Female	Total	1682	140	307	404	284	191	356
	No risk	903	83	169	239	153	90	169
	At risk	776	57	138	164	131	100	186
	Unknown	3			1		1	1

Denominator is: All survey respondents

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

At Risk for Inactivity (Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
No risk		74.2	66.0	77.3	73.6	77.9	72.0	74.5
At risk		25.7	34.0	22.7	26.2	22.1	27.7	25.2
Unknown		.1			.1		.3	.3
Male	No risk	74.4	61.6	77.7	77.5	80.3	68.3	73.1
	At risk	25.5	38.4	22.3	22.5	19.7	31.7	26.4
	Unknown	.1						.5
Female	No risk	74.0	70.8	77.0	69.9	75.4	75.5	75.5
	At risk	25.8	29.2	23.0	29.9	24.6	23.9	24.3
	Unknown	.2			.3		.6	.2

Denominator is: All survey respondents

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

At Risk for Inactivity (Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		2915	258	529	698	546	327	557
No risk		2156	177	408	504	428	234	405
At risk		755	81	121	193	118	92	150
Unknown		4			1		1	2
Male	Total	1233	118	222	294	262	136	201
	No risk	914	75	172	223	211	92	141
	At risk	318	43	50	71	51	44	59
	Unknown	1						1
Female	Total	1682	140	307	404	284	191	356
	No risk	1242	102	236	281	217	142	264
	At risk	437	38	71	122	67	48	91
	Unknown	3			1		1	1

Denominator is: All survey respondents