

**Nutrition, weight status, and physical activity among 11th graders, by county, Oregon 2017**



	Nutrition (%)					Weight Status (%)	
	Ate break-fast every day	Ate fruits and vegetables five or more times per day	Drank 7 or more glasses of water per week	Drank 7 or more plain milk per week	Drank 7 or more sodas per week	Healthy Weight	Obese
Oregon	32.3	18.8	84.0	30.9	10.9	67.7	13.7
Baker	24.5	15.1	68.6	21.6	15.7	71.2	11.5
Benton	34.7	18.4	84.2	33.8	8.1	69.2	9.6 ^
Clackamas	28.7	14.4	85.0	30.2	11.6	69.7	13.2
Clatsop	25.4	18.0	78.6	35.1	7.4	65.0	14.6
Columbia	31.7	17.7	83.8	37.4	13.1	66.8	15.5
Coos	31.6	17.7	82.9	31.7	8.2	64	15.5
Crook	No data collected						
Curry	20.9	22.0	75.3	33.3	15.5	68.3	13.4
Deschutes	37.4	19.2	86.8	28.6	12.1	71.2	11.4
Douglas	24.6	19.2	80.2	32.3	15.8	60.9	19.5
Grant	46.7	26.7	90.0	48.3	10	--	--
Harney	34.4	15.6	75.0	38.7	15.6	77.4	12.9 ^
Hood River	42.2	29.8	84.7	24.6	5.6	74.7	11.4
Jackson	31.4	18.3	83.6	28.2	14.6	72.6	11.0
Jefferson	No data collected						
Josephine	29.1	18.8	84.8	36.6	8.5	69.1	13.0
Klamath	32.1	15.2	85.2	33.1	14.4	67.9	15.5
Lake	38.4	20.7	89.5	26.2	13.5 ^	62.1	9.7 ^
Lane	32.5	20.0	87.7	32.1	11.0	66.6	15.2
Lincoln	31.3	14.9	80.5	33.6	10.8	65.7	17.9
Linn	34.9	17.7	81.7	29.0	11.7	65.6	14.5
Malheur	41.6	26.2	88.1	37.4	14.4	70.1	17.3
Marion	29.2	20.7	79.1	31.7	11.3	66.8	14.1
Morrow	34.6	16.1	80.7	33.1	14.3	66.7	13.4
Multnomah	34.0	20.4	86.4	27.8	8.2	68.5	12.7
North Central <sup>1</sup>	36.3	22.3	73.9	37.5	14.8 ^	53.3	20.8
Polk	27.5	16.3	81.3	32.7	5.2	57.2	20.0
Tillamook	37.8	20.5	85.5	29.0	10.0	60.4	20.9
Umatilla	26.6	8.7	82.5	32.7	14.2	63.1	15.3
Union	24.9	18.6	83.6	37.6	15.0 ^	56.2 ^	--
Wallowa	No data collected						
Washington	35.8	20.1	85.1	31.1	9.5	68.8	12.2
Wheeler	No data collected						
Yamhill	32.5	22.2	78.9	29.2	11.2	65.1	15.4

^ This number may be statistically unreliable and should be interpreted with caution.

-- This number is suppressed because it is statistically unreliable.

<sup>1</sup> North Central Public Health District includes Gilliam, Sherman, and Wasco counties.

## Nutrition, weight status, and physical activity among 11<sup>th</sup> graders, by county, Oregon 2017

	Physical activity (%)				
	Participated in 60 or more minutes of physical activity everyday	Participated in muscle strengthening exercises 3 or more times per week	Participated in physical education (PE) every school day	Played video or computer games or used mobile devices 3+ hours per day <sup>2</sup>	Watched television for 3+ hours per day
Oregon	22.5	48.4	20.0	46.8	17.8
Baker	18.9	30.2	--	44.2	26.9
Benton	20.0	52.4	--	33.9	12.9
Clackamas	21.6	43.7	13.2	48.4	18.4
Clatsop	22.9	46.3	--	46.1	22.0
Columbia	27.0	52.4	21.4	51.6	19.1
Coos	28.3	55.0	--	51.0	16.0 <sup>^</sup>
Crook	No data collected				
Curry	21.2	41.7	31.0	47.1	18.8
Deschutes	29.1	50.5	11.5	36.6	14.9
Douglas	25.8	47.8	23.4 <sup>^</sup>	49.5	24.4
Grant	36.7	80.0	--	26.7	23.3
Harney	50.0	59.4	--	37.5	--
Hood River	20.2	55.0	5.6	50.8	12.9
Jackson	21.3	47.6	10.0	49.1	16.9
Jefferson	No data collected				
Josephine	32.8	60.1	44.2	41.2	18.2
Klamath	25.1	55.2	38.0	42.1	21.9
Lake	30.4	67.9	29.5	28.3	14.8
Lane	28.3	48.8	21.8	48.0	17.5
Lincoln	28.6	45.0	29.4	56.1	17.9
Linn	19.3	42.7	9.8 <sup>^</sup>	45.0	16.3
Malheur	25.4	50.1	--	45.0	23.2
Marion	17.2	45.9	35.7	49.6	23.5
Morrow	24.6	59.4	--	41.8	18.7
Multnomah	19.6	48.8	28.5 <sup>^</sup>	47.9	15.2
North Central <sup>1</sup>	34.8	43.6	15.8 <sup>^</sup>	47.5	26.0
Polk	20.3	45.1	37.7	46.8	23.0
Tillamook	29.6	61.8	33.3	43.4	8.5 <sup>^</sup>
Umatilla	25.5	47.0	34.3	43.3	17.4
Union	31.3	46.6	15.4	47.9	16.7
Wallowa	No data collected				
Washington	18.4	47.7	7.9	47.2	16.3
Wheeler	No data collected				
Yamhill	27.4	57.9	12.5	47.4	15.2

<sup>^</sup> This number may be statistically unreliable and should be interpreted with caution.

-- This number is suppressed because it is statistically unreliable.

<sup>1</sup> North Central Public Health District includes Gilliam, Sherman, and Wasco counties.

<sup>2</sup> Includes time spent playing video games, or using tablets, smartphones, social networking tools, or the internet for non-school use.

Source: Oregon Healthy Teens 2017.

Suggested citation: Oregon Health Authority, Public Health Division, Health Promotion and Chronic Disease Prevention section. Nutrition, weight status, and physical activity among 8th graders by county, Oregon 2017.

<http://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/CHRONICDISEASE/DATAREPORTS/Pages/CountyData.aspx>.

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