

Nutrition, weight status, and physical activity among 8th graders, by county, Oregon 2017



	Nutrition (%)					Weight Status (%)	
	Ate breakfast 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	41.2	25.0	82.8	37.5	9.2	70.9	11.4
Baker	44.0	18.0	85.4	47.2	10.2	62	10.1
Benton	44.3	33.2	84.5	37.8	6.2 ^	75.5	8.2
Clackamas	38.3	23.5	81.6	40.0	9.0	69.9	12.8
Clatsop	42.0	37.2	76.1	46.9	8.4	68.5	13.9 ^
Columbia	43.6	20.2	82.1	42.2	10.0	65.5	12.5
Coos	29.0	22.7	76.9	39.9	13.0	65.9	9.5
Crook	No data collected						
Curry	37.2	27.5	72.3	30.9	9.6	60.8	12.7
Deschutes	42.0	27.9	84.3	40.8	7.5	75.5	6.3
Douglas	33.2	17.1	80.2	35.4	11.3	67.2	14.3
Grant	52.3	20.9	90.9	31.8	9.1	54.8	16.7
Harney	37.0	13.0	78.3	40.0	19.6	81	7.1
Hood River	47.5	32.2	89.6	38.5	5.0	75.5	7.6
Jackson	44.5	23.5	84.3	40.8	7.4	72.9	10.7
Jefferson	No data collected						
Josephine	40.0	24.4	83.0	40.0	8.6	67.8	11.2
Klamath	43.6	25.3	80.7	41.7	10.4	68	10.6
Lake	37.1	11.6 ^	80.5	53.7	11.6 ^	75.8	8.0
Lane	42.1	23.9	84.7	34.2	9.2	72.2	10.5
Lincoln	38.8	23.1	82.6	43.6	14.5	64.6	12.7
Linn	38.8	25.0	82.4	42.0	9.4 ^	70.4	13.2
Malheur	40.5	20.6	83.6	37.9	12.5	62.6	15.7
Marion	37.1	24.0	76.4	34.3	10.2	68.3	15.8
Morrow	32.5	20.5	77.9	29.6	18.0	69.2	13.3
Multnomah	40.7	26.9	84.6	33.1	7.6	71.3	10.4
North Central ¹	27.1	27.7	81.0	35.4	10.0	66.1	12.7
Polk	37.9	25.7	81.5	36.4	10.6	65.3	17.4
Tillamook	40.5	22.1	82.3	40.2	6.3	66.1	17.4
Umatilla	34.5	28.4	79.5	44.0	17.1	64.9	16.9
Union	44.7	24.0	85.5	42.0	10.7	79.3	6.0
Wallowa	No data collected						
Washington	48.5	25.3	85.5	37.8	8.4	74.0	9.6
Wheeler	No data collected						
Yamhill	43.4	26.2	85.5	36.8	11.0	73.2	8.7

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

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

¹ North Central Public Health District includes Gilliam, Sherman, and Wasco counties.

Nutrition, weight status, and physical activity among 8th 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 ²	Watched television for 3+ hours per day
Oregon	29.4	60.1	55.9	49.4	20.9
Baker	36.3	57.6	12.0	39.6	15.2
Benton	30.0	64.1	64.0 ^	40.2	11.8
Clackamas	25.7	56.0	38.4 ^	55.0	23.0
Clatsop	34.6	58.9	45.9 ^	48.8	17.3
Columbia	38.5	54.1	70.4	51.8	24.0
Coos	28.2	67.7	29.9	51.3	25.8
Crook	No data collected				
Curry	25.5	72.0	16.0	55.3	20.2
Deschutes	31.5	65.4	44.8	43.7	15.6
Douglas	31.8	62.6	53.9	48.4	23.4
Grant	38.6	72.7	6.8	61.4	36.4
Harney	34.8	60.0	2.2^	45.7	13.0
Hood River	19.5	52.2	4.1	42.8	15.1
Jackson	34.2	64.5	53.0	47.8	19.7
Jefferson	No data collected				
Josephine	37.9	60.4	55.7	49.5	20.7
Klamath	33.4	70.4	70.0	46.1	21.6
Lake	38.2	68.8	70.1	34.9	23.9
Lane	32.9	56.9	54.9	50.4	22.4
Lincoln	31.7	54.7	63.1	48.1	18.0
Linn	23.6	60.6	--	47.7	22.8
Malheur	32.0	62.1	--	45.2	20.8
Marion	27.5	57.6	67.6	47.6	24.2
Morrow	26.4	62.6	3.8	56.4	22.4
Multnomah	25.2	54.8	48.4	49.9	19.1
North Central ¹	26.7	58.4	53.0	58.7	23.1
Polk	36.5	67.0	58.0	48.1	18.0
Tillamook	43.5	68.4	96.4	50.2	15.4
Umatilla	38.0	72.3	88.3	51.0	23.4
Union	29.0	71.2	54.5	50.0	22.0
Wallowa	No data collected				
Washington	30.1	64.2	69.9	49.3	19.2
Wheeler	No data collected				
Yamhill	28.4	57.7	84.9	49.1	24.2

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

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¹ North Central Public Health District includes Gilliam, Sherman, and Wasco counties.

² 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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