

Nutrition, physical activity, and weight status among 8th and 11th graders by race and ethnicity, Oregon 2015

	White, NL		African American, NL		Asian or Pacific Islander, NL		American Indian or Alaska Native, NL		Latino	
	8 th	11 th	8 th	11 th	8 th	11 th	8 th	11 th	8 th	11 th
Nutrition										
Ate breakfast every day	46.3	38.4	41.3	28.6	43.4	36.1	39.0	21.0	35.3	32.5
Ate fruits and vegetables five or more (5+) times per day	21.3	18.3	28.4	30.1	28.8	22.2	28.2	13.7	25.6	22.3
Drank 7+ glasses of milk per week	42.4	36.5	38.3	33.5	44.0	26.3	40.2	36.1	36.6	31.3
Drank 7+ sodas per week	9.6	11.2	15.9	5.5	6.6	5.5	12.2	17.9	11.2	11.2
Drank 7+ other sugary drinks ¹ per week	7.1	4.6	14.5	7.1	8.7	3.8	14.1	9.9	10.0	6.0
Physical activity										
Participated in 60+ minutes of physical activity 5+ more days per week	60.5	52.5	61.9	55.0	56.1	42.8	63.1	51.1	52.7	44.0
Participated in muscle strengthening exercises 3+ times per week	62.2	51.8	65.8	58.0	65.6	50.1	64.3	56.3	60.3	51.0
Participated in physical education (PE) every school day	55.4	20.4	53.3	22.6	57.3	15.3	54.4	23.1	60.9	22.1
Played video or computer games or used mobile devices 3+ hours per day ²	43.5	38.8	49.8	43.6	56.1	55.6	40.4	40.2	49.4	48.5
Watched television for 3+ hours per day	21.3	18.2	37.3	25.9	21.2	18.5	26.1	22.0	29.4	26.9
Weight status										
Healthy weight	72.7	70.8	67.3	62.5	69.9	75.9	64.0	56.0	64.6	60.8
Obese	9.9	11.7	14.5	14.8	9.1	6.5	10.6	21.9	14.8	17.4

NL= non-Latino

¹ Includes fruit-flavored beverages, energy drinks, sports drinks, flavored milk and sweetened coffee or tea beverages.

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 2015.

Suggested citation: Oregon Health Authority, Public Health Division, Health Promotion and Chronic Disease Prevention section. Physical activity, nutrition, and weight status among 8th and 11th graders by race and ethnicity, Oregon 2015. <https://public.health.oregon.gov/DiseasesConditions/ChronicDisease/DataReports/Pages/YouthData.aspx>. Created January 22, 2016. Accessed [DOWNLOAD DATE].