

Nutrition, physical activity and weight status among 8th and 11th graders, Oregon 2019



	8 th grade		11 th grade	
	%	Number of students	%	Number of students
Nutrition				
Ate fruits and vegetables five or more times per day	22.4	10,000	16.4	7,200
Drank seven or more glasses of plain water per week	84.1	37,400	86.9	37,900
Drank seven or more glasses of plain milk per week	33.9	15,100	25.1	11,000
Drank seven or more sodas per week	9.9	4,400	10.3	4,500
Physical activity				
Participated in 60+ minutes of physical activity every day	25.5	11,300	18.5	8,100
Participated in muscle strengthening exercises 3 or more times per week	53.2	23,600	45.5	19,900
Participated in physical education (PE) every school day	53.1	23,600	19.0	8,300
Weight status				
Healthy weight	69.1	30,700	67.2	29,300
Obese	12.8	5,700	14.1	6,200

Source: Oregon Healthy Teens 2019.

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, Oregon 2019.

<https://public.health.oregon.gov/DiseasesConditions/ChronicDisease/DataReports/Pages/YouthData.aspx>. Created December 24, 2019. Accessed [DOWNLOAD DATE].