

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



	Nutrition (%)				Weight Status (%)	
	Ate fruits and vegetables five or more times per day	Drank seven or more glasses of water per week	Drank seven or more plain milk per week	Drank seven or more sodas per week	Healthy Weight	Obese
Oregon	16.4	86.9	25.1	10.3	67.2	14.1
Baker	12.6 ^	83.9	36.5	18.4	63.2	19.2
Benton	25.2	92.1	25.9	3.7 ^	68.1	10.5
Clackamas	16.1	87.2	24.3	9.0	69.5	12.8
Clatsop	14.6	89.1	20.8	11.0	63.8	17.5 ^
Columbia	13.6	84.5	23.3	10.3	66.5	17.0
Coos	10.3	91.0	21.8	12.8	70.3	18.8
Crook	21.3	72.9	33.6	20.0	61.9	15.1
Curry	16.4	76.9	34.0	14.2	67.6	13.5 ^
Deschutes	15.2	86.6	22.9	9.3	74.1	11.0
Douglas	10.0 ^	81.4	29.0	17.5	64.8	16.7 ^
Grant	19.5	88.1	43.9	7.1	72.5	12.5
Harney	--	--	--	--	--	--
Hood River	27.9	83.8	20.7	7.2	69.2	14.0
Jackson	13.9	87.5	23.6	14.8	67.7	14.1
Jefferson	14.6	81.4	33.0	15.5	55.1	25.6
Josephine	17.1	86.6	34.4	11.8	71.0	11.4
Klamath	19.4	85.1	31.6	7.0 ^	66.2	15.9
Lake	13.9 ^	91.7	34.3	19.4	58.8	20.6
Lane	15.0	85.6	25.3	12.1	65.3	17.7
Lincoln	9.5	85.9	21.4	8.6	66.8	15.6
Linn	18.9	80.9	24.4	15.0	62.9	15.6
Malheur	10.9	87.3	30.4	10.7	64.2	17.0
Marion	16.3	86.2	23.5	9.2	66.6	12.9
Morrow	9.7	81.2	30.9	4.7	52.7	22.6
Multnomah	18.1	91.9	23.4	7.4	71.1	11.2
North Central ¹	13.9	88.1	21.7	9.6	63.9	22.4
Polk	17.1	85.4	35.8	12.7	57.6	23.6
Tillamook	13.3	84.1	20.7	13.4	60.3	17.9
Umatilla	15.4	80.4	24.9	14.3	58.4	21.3
Union	13.2	86.9	30.1	10.2	63.8	17.3
Wallowa	No data collected					
Washington	17.5	86.1	25.2	8.9	66.0	13.7
Wheeler	--	--	--	--	--	--
Yamhill	17.3	88.5	27.6	13.6	65.7	11.6

^ 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. No data were collected from Gilliam county in 2019.

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	Physical activity (%)		
	Participated in 60 or more minutes of physical activity everyday	Participated in muscle strengthening exercises three or more times per week	Participated in physical education (PE) every school day
Oregon	18.5	45.5	19.0
Baker	16.3	48.8	--
Benton	13.5	40.2	2.4 ^
Clackamas	16.0	42.6	15.8 ^
Clatsop	27.5 ^	50.4	23.5 ^
Columbia	22.3	44.6	--
Coos	20.0	41.3	9.3
Crook	29.1	47.2	30.9
Curry	26.2	45.8	--
Deschutes	16.0	38.8	5.1
Douglas	29.4	54.7	--
Grant	12.8	61.5	--
Harney	--	--	--
Hood River	13.8	56.3	3.0 ^
Jackson	19.0	46.4	17.5 ^
Jefferson	19.8	47.9	19.6
Josephine	38.6	57.2	35.8
Klamath	12.4	52.0	30.7
Lake	33.3	52.8	27.8
Lane	18.4	40.3	20.6
Lincoln	22.3	48.6	31.6
Linn	19.7	46.1	32.4
Malheur	17.9	58.9	50.0
Marion	16.8	41.5	34.0
Morrow	21.0	46.2	--
Multnomah	17.1	46.9	19.4 ^
North Central ¹	18.2	45.1	22.1
Polk	18.9	48.4	31.4
Tillamook	27.1	54.1	34.1
Umatilla	17.5	46.9	26.4
Union	26.5	42.6	30.9
Wallowa	No data collected		
Washington	15.2	45.1	5.3
Wheeler	--	--	--
Yamhill	29.6	57.0	31.5 ^

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

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Source: Oregon Healthy Teens 2019.

Suggested citation: Oregon Health Authority, Public Health Division, Health Promotion and Chronic Disease Prevention section. Nutrition, weight status, and physical activity among 11th graders by county, Oregon 2019. <https://www.oregon.gov/oha/PH/DiseasesConditions/ChronicDisease/DataReports/Pages/index.aspx>. Created December 24, 2019. Accessed [DOWNLOAD DATE].