

Nutrition, weight status and physical activity among 8th 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	22.4	84.1	33.9	9.9	69.1	12.8
Baker	23.6	85.3	41.3	14.5	75.0	10.0
Benton	27.4 ^	90.7	41.1	1.4 ^	75.1	8.3 ^
Clackamas	20.7	85.6	34.0	9.3	71.6	11.9
Clatsop	21.6	83.2	39.1	12.0	66.0	15.6
Columbia	21.1	83.3	37.0	12.7	69.3	14.4
Coos	17.8	80.2	31.1	14.0	56.6	22.1
Crook	28.1	87.7	39.1	13.1	68.8	11.9
Curry	20.8	78.7	29.2	5.0 ^	74.1	8.7 ^
Deschutes	23.2	85.4	35.2	9.4	72.1	10.5
Douglas	13.8 ^	81.3	33.2	11.9	64.3	13.3
Grant	28.6	88.4	49.3	6.0	64.8	22.4
Harney	31.7	87.8	45.0	12.2	83.9	--
Hood River	28.4	77.5	34.0	8.4	69.6	10.1
Jackson	19.3	86.1	32.4	10.0	71.7	8.4
Jefferson	30.4	73.4	31.8	19.0	61.0	22.0
Josephine	15.2	88.8	40.5	16.7	69.5	8.9 ^
Klamath	22.9	81.9	31.5	9.6	79.7	6.8
Lake	22.9	77.1	41.2	8.6 ^	59.4	21.9
Lane	23.6	82.2	29.0	10.9	66.7	15.2
Lincoln	23.7	75.2	30.5	11.2	62.9	18.9
Linn	21.1	87.5	29.8	9.3	66.6	12.5 ^
Malheur	22.0	84.1	40.0	17.0	69.4	--
Marion	22.1	84.7	36.2	9.0	64.1	19.0
Morrow	26.9	82.9	36.0	13.4	64.6	11.4
Multnomah	26.6	85.1	31.4	7.9	73.1	9.2
North Central ¹	23.5	80.5	43.0	14.2	69.6	15.8
Polk	21.6	78.5	32.4	13.4	64.7	15.0
Tillamook	20.3	88.8	39.4	9.1	67.9	18.9
Umatilla	20.8	78.1	33.1	13.6	60.6	20.2
Union	23.0	87.3	32.1	10.9	71.1	9.1
Wallowa	No data collected					
Washington	21.4	83.0	34.4	8.8	71.1	11.6
Wheeler	No data collected					
Yamhill	22.1	86.3	42.0	13.3 ^	59.1	17.5

^ 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.

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

	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	25.5	53.2	53.1
Baker	33.0	68.5	9.2
Benton	25.2	60.0	16.6 ^
Clackamas	24.2	47.2	48.8
Clatsop	25.9	58.9	84.3
Columbia	33.2	51.0	70.6
Coos	28.1	61.8	32.9
Crook	37.2	62.5	50.4
Curry	32.8	72.4	37.4
Deschutes	27.9	55.9	48.9
Douglas	31.2	53.8	--
Grant	34.2	71.8	--
Harney	34.1	65.0	--
Hood River	11.8	45.7	11.5
Jackson	28.3	64.5	61.7
Jefferson	21.5	43.5	80.6
Josephine	30.7	55.2	39.7
Klamath	25.0	54.4	43.5
Lake	41.7	85.3	79.4
Lane	27.4	53.6	49.0
Lincoln	20.7	44.6	50.5
Linn	27.5	55.1	78.6
Malheur	31.1	75.0	91.7
Marion	24.3	43.6	53.6
Morrow	28.4	63.1	4.5
Multnomah	25.3	54.3	40.2
North Central ¹	14.1	41.9	43.3
Polk	27.6	54.5	47.4
Tillamook	35.6	46.7	88.1
Umatilla	27.8	58.0	64.5
Union	25.4	75.2	78.4
Wallowa	No data collected		
Washington	20.8	54.7	75.1
Wheeler	No data collected		
Yamhill	27.4	45.1	--

^ 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 8th graders by county, Oregon 2019. <https://www.oregon.gov/oha/PH/DiseasesConditions/ChronicDisease/DataReports/Pages/index.aspx>. Created December 24, 2019. Accessed [DOWNLOAD DATE].