

Nutrition, physical activity, and weight status among 8th and 11th graders by race and ethnicity, Oregon 2017

	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	44.8	34.5	33.6	26.8	44.2	35.2	37.0	21.4	34.4	27.7
Ate fruits and vegetables five or more times per day	23.8	17.2	28.2	23.6	26.7	25.9	26.9	19.2	25.9	21.1
Drank 7 or more glasses of plain water per week	84.7	86.4	77.5	79.7	86.3	86.2	83.6	81.1	79.1	78.3
Drank 7 or more glasses of plain milk per week	38.3	32.4	30.9	20.9	37.0	27.9	40.6	25.6	35.9	29.7
Drank 7 or more sodas per week	8.1	10.4	9.8	9.6	6.5	7.4	15.0	19.3	11.1	12.3
Physical activity										
NEW! Participated in 60+ minutes of physical activity every day	30.7	23.9	35.1	29.7	24.7	15.8	34.9	23.7	26.2	18.8
Participated in muscle strengthening exercises 3 or more times per week	60.2	48.4	66.1	50.4	57.7	48.6	62.3	48.4	59.6	47.7
Participated in physical education (PE) every school day	53.5	18.3	56.8	23.4	49.8	14.6	58.9	24.2	61.2	24.0
Played video or computer games or used mobile devices 3 or more hours per day ²	47.1	44.6	49.2	48.7	49.6	50.7	47.1	47.6	54.5	50.6
Watched television for 3 or more hours per day	19.1	16.4	27.7	22.0	14.9	13.3	20.0	23.1	24.9	22.2
Weight status										
Healthy weight	73.5	70.5	69.0	66.5	72.2	68.9	65.1	62.8	64.9	61.3
Obese	9.9	12.0	13.3	19.4	10.4	11.6	13.1	16.0	15.5	17.7

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 2017.

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 2017. <https://public.health.oregon.gov/DiseasesConditions/ChronicDisease/DataReports/Pages/YouthData.aspx>. Created December 5, 2017. Accessed [DOWNLOAD DATE].