

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

	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 fruits and vegetables five or more times per day	20.2	15.2	23.5	19.8	24.9	19.0	26.0	16.1	24.4	17.5
Drank seven or more glasses of plain water per week	86.5	88.3	80.6	77.3	84.5	89.6	81.2	80.5	80.1	83.9
Drank seven or more glasses of plain milk per week	35.5	27.0	30.2	27.2	32.0	19.8	35.2	24.2	31.3	21.7
Drank seven or more sodas per week	8.5	10.7	18.2	7.7	7.0	6.0	17.7	16.9	11.6	10.1
Physical activity										
Participated in 60+ minutes of physical activity every day	27.4	20.0	31.8	23.6	21.8	15.0	30.6	28.4	20.6	13.7
Participated in muscle strengthening exercises 3 or more times per week	53.6	44.4	57.9	53.0	51.0	43.8	56.9	52.2	51.6	46.2
Participated in physical education (PE) every school day	50.0	17.7	52.9	22.5	51.6	13.7	52.1	30.0	60.1	22.0
Weight status										
Healthy weight	72.2	70.4	67.7	69.5	75.9	72.7	65.4	60.2	61.5	58.6
Obese	10.3	12.7	16.0	13.5	10.9	9.7	17.2	20.7	18.1	18.4

NL= non-Latino

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 by race and ethnicity, Oregon 2019. <https://www.oregon.gov/oha/PH/DiseasesConditions/ChronicDisease/DataReports/Pages/index.aspx>.

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