

Nutrition, physical activity, and weight status among 8th and 11th graders, Oregon 2015



	8 th grade		11 th grade	
	%	Number of students	%	Number of students
Nutrition				
Ate breakfast every day	42.9	17,700	36.2	14,100
Ate fruits and vegetables five or more (5+) times per day	23.4	9,400	19.5	7,400
Drank 7+ glasses of milk per week	40.5	16,400	34.7	13,300
Drank 7+ sodas per week	10.4	4,300	11.3	4,400
Drank 7+ other sugary drinks ¹ per week	8.7	3,600	5.1	2,000
Physical activity				
Participated in 60+ minutes of physical activity 5+ more days per week	58.0	23,600	49.9	19,300
Participated in muscle strengthening exercises 3+ times per week	61.8	25,200	51.6	20,000
Participated in physical education (PE) every school day	56.6	23,000	20.6	8,000
Played video or computer games or used mobile devices 3+ hours per day ²	46.0	18,800	42.3	16,400
Watched television for 3+ hours per day	23.9	9,800	20.5	8,000
Weight status				
Healthy weight	70.0	25,200	68.2	25,400
Obese	11.4	4,100	13.2	4,900

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 2015.

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 2015.

<https://public.health.oregon.gov/DiseasesConditions/ChronicDisease/DataReports/Pages/YouthData.aspx>.

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