

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



	Nutrition (%)					Weight Status (%)	
	Ate breakfast every day	Ate fruits and vegetables five or more (5+) times per day	Drank 7+ glasses of milk per week	Drank 7+ sodas per week	Drank 7+ other sugary drinks ² per week	Healthy Weight	Obese
Oregon	42.9	23.4	40.5	10.4	8.7	70.0	11.4
Baker	50.0	18.6	42.3	10.6	8.7	64.6	10.4
Benton	52.3	29.0	50.8	8.1	5.9	74.9	7.3
Clackamas	43.3	21.1	41.5	9.6	7.6	69.8	10.3
Clatsop	38.7	18.6	46.9	11.4	11.4	68.0	15.8
Columbia	47.6	21.6	41.2	11.8	10.9	69.4	10.4
Coos	43.3	23.8	45.0	14.5	10.6	68.4	12.1
Crook	47.6	18.8	53.7	15.2	4.9	68.8	8.9
Curry	37.3	24.2	40.5	16.0	14.6	66.1	10.4
Deschutes	47.7	19.2	35.6	9.4	10.3	77.3	8.7 ^
Douglas	39.6	18.1 ^	34.0	22.2	10.6	47.7	28.1
Grant	52.5	22.5	43.6	7.7	--	69.4	11.1
Harney	54.8	23.7	54.0	--	7.6	51.7	31.9 ^
Hood River	54.6	31.9	36.6	7.6	6.3	73.6	7.5 ^
Jackson	43.8	23.6	41.4	7.7	7.5	74.1	10.1
Jefferson	33.3	32.7	32.4	11.8	11.0	68.1	16.5
Josephine	No data collected						
Klamath	44.8	20.8	44.6	12.2	9.3	72.0	10.5
Lake	48.1	16.3	49.2	14.6	13.9	80.7	9.2
Lane	39.9	22.8	43.1	12.7	8.8	68.8	14.0
Lincoln	29.2	22.8	36.9	12.6	11.6	57.6	18.8
Linn	42.7	24.3	39.9	13.7	9.6	70.6	12.0
Malheur	44.7	25.1	43.7	17.9	14.3	57.5	12.5
Marion	37.3	26.9	39.7	11.8	9.8	68.7	11.3
Morrow	46.0	25.4	48.2	16.4 ^	13.3	55.1	18.5
Multnomah	42.1	24.3	39.4	9.1	8.1	72.6	10.7
North Central ¹	31.1	25.0	37.1	9.8	5.5	51.2	--
Polk	42.1	25.9	40.8	13.3	8.7	68.4	14.9
Tillamook	46.9	22.8	50.8	10.9	10.2	59.8	13.7
Umatilla	38.5	25.8	37.0	11.1	4.0	67.8	11.0
Union	51.9	18.2	42.5	9.9 ^	7.1	70.9	8.5
Wallowa	No data collected						
Washington	47.1	20.5	41.6	7.1	8.3	72.9	9.2
Wheeler	No data collected						
Yamhill	42.9	35.0	34.0	9.4	10.9	70.2	11.0

^ 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.

² Includes fruit-flavored beverages, energy drinks, sports drinks, flavored milk and sweetened coffee or tea beverages.

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

	Physical activity (%)				
	Participated in 60+ minutes of physical activity on 5+ days per week	Participated in muscle strengthening exercises 3+ times per week	Participated in physical education (PE) every school day	Played video or computer games or used mobile devices 3+ hours per day ²	Watched television for 3+ hours per day
Oregon	58.0	61.8	56.6	46.0	23.9
Baker	66.7	80.6	6.8	31.4	20.3
Benton	65.3	61.9	--	35.1	17.5
Clackamas	55.8	60.3	64.8	49.3	23.3
Clatsop	60.1	54.8	63.0	55.4	26.9
Columbia	67.4	59.4	74.9	49.6	26.7
Coos	69.8	72.5	46.1 ^	42.9	23.1
Crook	66.3	64.6	55.6	42.1	28.7
Curry	54.7	75.1	--	55.4	29.3
Deschutes	63.9	67.9	69.8	34.5	20.4
Douglas	62.4	57.2	--	43.4	32.2
Grant	56.4	65.8	5.1	51.2	23.1
Harney	61.2	73.4	--	37.4	20.9
Hood River	54.7	55.3	5.1	43.3	22.0
Jackson	60.7	61.0	47.6	47.5	22.8
Jefferson	47.2	47.2	83.2	47.7	29.0
Josephine	No data collected				
Klamath	57.6	59.9	56.7	49.5	29.5
Lake	72.8	82.5	75.1	37.4	28.2
Lane	58.9	57.2	51.8	47.0	23.9
Lincoln	45.0	56.5	39.6	58.2	26.9
Linn	60.4	63.7	67.4	46.4	24.9
Malheur	55.7	60.5	--	43.5	26.2
Marion	54.6	56.9	55.2	45.9	24.2
Morrow	54.3	55.3	9.8	38.4	35.5
Multnomah	54.1	63.0	53.0	50.4	23.9
North Central ¹	80.0	65.3	92.3	36.7	40.9
Polk	52.8	58.7	39.2	48.5	25.8
Tillamook	78.4	67.2	99.2	43.5	23.0
Umatilla	48.2	72.9	89.0	41.3	23.3
Union	63.9	70.3	63.6	39.4	21.1
Wallowa	No data collected				
Washington	59.7	64.3	58.7	43.2	21.6
Wheeler	No data collected				
Yamhill	62.0	59.0	60.4	45.3	26.6

^ 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.

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

<http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/DataReports/Pages/CountyData.aspx>.

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