

Oregon Overweight, Obesity, Physical Activity, and Nutrition Facts

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SUMMARY

Physical Activity and Nutrition Facts (PAN Facts) is a reference presenting the most recent data on physical activity, nutrition, overweight, and obesity in Oregon. This third report provides up-to-date information on each topic.

What's New

In Appendices B-D, we have added county-level information about body mass index, levels of physical activity and nutrition. For adults, this information was obtained by combining Behavioral Risk Factor Surveillance System data for the four years from 2002-2005. Data on adolescents are from a combined dataset from the Oregon Healthy Teens survey, incorporating data years 2005 and 2006.

Appendix B contains age-adjusted and non age-adjusted modifiable risk factors for adults. Body mass index, rates of physical activity, etc. vary by age. Age-adjusted rates allow comparison between a particular county and the state without concern about possible differences in the age distribution between the populations being compared. If you want to make comparisons, the age-adjusted rate is the one to use. Non-age-adjusted rates are useful to provide a picture of the absolute burden of obesity, physical inactivity, etc. in a given county.

Below is a list of highlights. Further information on each topic is available in the body of the report.

I. Overweight and Obesity in Oregon

- Percentage of adult Oregonians who were obese or overweight in 2005: **59.7**
- Percent increase in prevalence of obesity among adult Oregonians between 1990 and 2005: **118**
- Percentage of Oregon 8th graders in 2005 who were overweight or at risk for becoming overweight: **24.5**

II. Physical Activity and Related Behaviors in Oregon

- Percentage of adult Oregonians who met minimum recommendations for levels of physical activity in 2005: **56.4**
- Percent increase from 2001 to 2005 in fraction of Oregon 11th graders who watched more than two hours of T.V. on an average school day: **35**
- Percent increase in fraction of 11th graders who played video games more than two hours a day over the same period (2001 to 2005): **76**

III. Nutrition in Oregon

- Percentage of adult Oregonians who meet recommendations for fruit and vegetable consumption (i.e., they reported eating five or more servings of fruits and vegetables a day) in 2005: **25.9**
- Percent increase from 1994 to 2005 in fraction of adults who met recommendations for fruit and vegetable consumption: **23**

- Percentage of 11th graders who bought soft drinks at school one or more days per week in 2005: **34.9**

IV. Impact of Physical Activity and Obesity on Chronic Disease

- Percentage of Oregonians with diabetes in 2005 who were overweight or obese: **82.2**
- Percentage of Oregonians with diabetes who met minimum physical activity recommendations: **38.2**
- Percentage of Oregonians with history of heart attack who were overweight or obese: **69.2**
- Percentage with history of heart attack who met minimum physical activity recommendations: **41.2**

I. OVERWEIGHT AND OBESITY

Economic Cost

- ❖ In Oregon, estimated medical costs related to obesity among adults were \$781 million for 2003, representing 5.7% of Oregon's total health care bill.
- ❖ For Oregon, Medicare obesity-attributable medical expenditures were estimated at \$145 million, representing 6% of Medicare costs.
- ❖ \$180 million of obesity-related care was financed by Medicaid, representing 8.8% of Medicaid costs in Oregon.

Source: Finkelstein E, Fiebelkorn I, Wang G. State-level estimates of annual medical expenditures attributable to obesity. *Obesity Research*. 2004;12:18-24.

Adult Overweight and Obesity

Body mass index (BMI) is weight (in kilograms) divided by height (in meters) squared.

- ❖ 990,000 Oregon adults were overweight (BMI between 25.0 and 29.9).
- 660,000 Oregon adults were obese (BMI of 30.0 or greater).

Percentage of Adults Who Are Overweight or Obese, by Gender, 2005

	Overweight	Obese
Male	42.0%	24.4%
Female	29.7%	23.1%
All Adults	35.9%	23.8%

Source: Oregon Behavioral Risk Factor Surveillance System

Percentage of Adults Who Are Overweight or Obese, by Age Group, 2005

	Overweight	Obese
18-24 years old	24.8%	13.3%
25-34 years old	34.4%	22.7%
35-44 years old	37.0%	26.2%
45-54 years old	37.0%	28.2%
55-64 years old	37.8%	30.9%
65 years or older	41.3%	18.7%
All Adults	35.9%	23.8%

Source: Oregon Behavioral Risk Factor Surveillance System

Percentage of Adults Who Are Overweight or Obese, by Level of Education, 2005

	Overweight	Obese
Did not finish high school	34.6%	27.3%
High school graduate or GED	35.9%	25.4%
College 1-3 years	36.6%	26.7%
College graduate	35.8%	18.6%
All Adults	35.9%	23.8%

Source: Oregon Behavioral Risk Factor Surveillance System

Percentage of Adults Who Are Overweight or Obese, by Household Income, 2005

	Overweight	Obese
Less than \$15,000	32.3%	27.9%
\$15,000 - \$24,999	35.2%	26.0%
\$25,000 - \$49,999	36.2%	25.1%
\$50,000 or more	38.1%	22.3%
All Adults	35.9%	23.8%

Source: Oregon Behavioral Risk Factor Surveillance System

Percentage of Adults Who Are Overweight or Obese, by Health Insurance Status, 2005

	Overweight	Obese
Has health insurance, excluding Oregon Health Plan (OHP)	37.3%	23.1%
Oregon Health Plan	28.0%	33.2%
Does not have health insurance	33.8%	24.4%

Source: Oregon Behavioral Risk Factor Surveillance System

**Percentage of Adults Who Are Overweight or Obese,
by Race/Ethnicity and Gender, 2004-2005**

	Overweight			Obese		
	Male	Female	TOTAL (Age-Adjusted to year 2000 standard population)	Male	Female	TOTAL (Age-Adjusted to year 2000 standard population)
White, Non-Latino	43.6%	28.4%	35.5%	23.7%	24.8%	24.2%
African American, NL	39.7%	35.8%	40.0%	17.5%	40.8%	28.7%
Asian/Pacific Islander, NL	35.4%	21.3%	28.1%	21.4%	10.3%	14.7%**
American Indian, NL	38.2%	37.9%	38.5%	32.6%	27.9%	30.3%**
Latino	42.6%	31.0%	38.6%	28.7%	31.7%	30.9%**

Note: the racial categories White, African American, Asian/Pacific Islander and American Indian do not include respondents of Latino ethnicity. Rates presented have been age-adjusted, so that they will not be affected by differences in the age distribution between the various groups.

** Statistically significant difference, compared to White, Non-Latino

Source: Oregon Behavioral Risk Factor Surveillance System

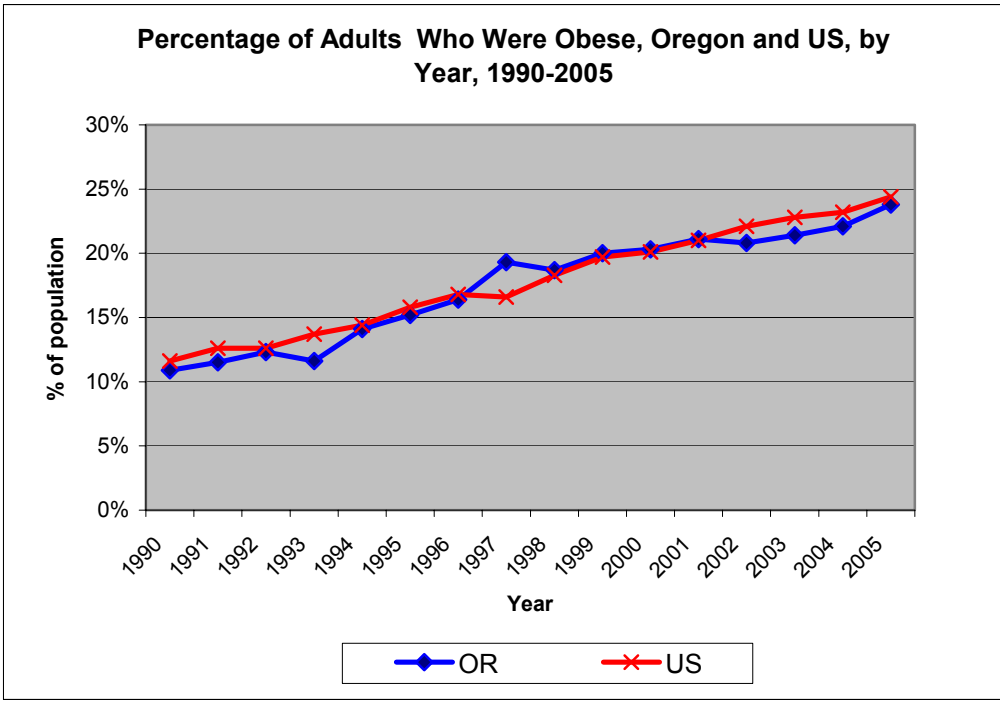
Percentage of Adults Who Are Overweight or Obese, by Region, 2005

	Overweight	Obese
Tri-County	35.1%	20.9%
Willamette Valley	35.5%	26.6%
Northern Coast	35.5%	30.0%
Southern Oregon	37.9%	23.8%
Eastern/Central Oregon	36.9%	24.6%
Statewide	35.9%	23.8%

Source: Oregon Behavioral Risk Factor Surveillance System

Regions

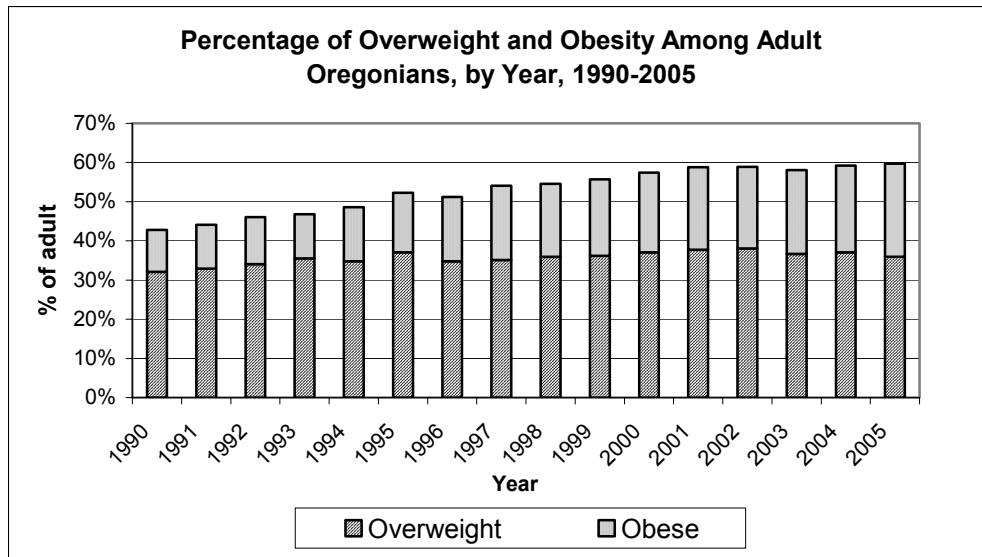
Tri-County: Clackamas, Multnomah, Washington
 Willamette Valley: Benton, Columbia, Lane, Linn, Marion, Polk, Yamhill
 Northern Coast: Clatsop, Lincoln, Tillamook
 Southern Oregon: Coos, Curry, Douglas, Jackson, Josephine
 Eastern/Central Oregon: Baker, Crook, Deschutes, Gilliam, Grant, Harney, Hood River, Jefferson, Klamath, Lake, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, Wheeler.



**Percentage of Adults Who Were Obese in Oregon and U.S.,
by Year, 1990 – 2005**

	OR	US
1990	10.9%	11.6%
1991	11.5%	12.6%
1992	12.3%	12.6%
1993	11.6%	13.7%
1994	14.1%	14.4%
1995	15.2%	15.8%
1996	16.4%	16.8%
1997	19.3%	16.6%
1998	18.7%	18.3%
1999	20.0%	19.7%
2000	20.3%	20.1%
2001	21.1%	21.0%
2002	20.8%	22.1%
2003	21.4%	22.8%
2004	22.1%	23.2%
2005	23.8%	24.4%

Source: Oregon Behavioral Risk Factor Surveillance System



Percentage of Adults Who Are Overweight or Obese, by Year, 1990-2005

	Overweight	Obese
1990	32.4%	10.9%
1991	33.5%	11.5%
1992	34.3%	12.3%
1993	35.9%	11.6%
1994	35.2%	14.1%
1995	37.0%	15.2%
1996	34.7%	16.4%
1997	35.1%	19.3%
1998	35.9%	18.7%
1999	36.1%	20.0%
2000	37.1%	20.3%
2001	37.7%	21.1%
2002	38.1%	20.8%
2003	36.7%	21.4%
2004	37.1%	22.1%
2005	35.9%	23.8%

Source: Oregon Behavioral Risk Factor Surveillance System

Change from 1990 to 2005: Prevalence of overweight among adults increased 11% (from 32.4% to 35.9%) and prevalence of obesity among adults increased 118% (from 10.9% to 23.8%).

Weight Control

- ❖ In 2005, 56% of overweight adults and 78% of obese adults reported trying to lose weight.

Overweight or Risk of Overweight Among Adolescents

Adolescents at or above the 95th percentile for BMI by sex and age are considered overweight. Adolescents between the 85th and 94th percentile for BMI by sex and age are considered at risk for being overweight. This section reports the frequency of “overweight” and “at risk of overweight” among 8th and 11th graders in Oregon.

- ❖ 11,600 Oregon 8th and 11th graders are at risk of overweight.
- 8,500 Oregon 8th and 11th graders are overweight.

Percentage of 8th and 11th Graders Who Were Overweight or at Risk of Overweight, by Grade and Gender, 2005

	8 th Grade			11 th Grade		
	Male	Female	Total	Male	Female	Total
Risk of Overweight (BMI of 85 th to 94 th percentile)	15.8%	13.3%	14.6%	14.2%	12.0%	13.1%
Overweight (BMI of equal or greater than 95 th percentile)	12.2%	7.5%	9.9%	14.4%	7.3%	10.9%

Source: Oregon Healthy Teens Survey

Percentage of 8th and 11th Graders Who Were Overweight or at Risk of Overweight, by Grade and Region, 2005

	8 th Grade		11 th Grade	
	Risk of Overweight	Overweight	Risk of Overweight	Overweight
Tri-County	13.6%	8.4%	11.2%	9.9%
Willamette Valley	15.4%	11.0%	14.2%	11.6%
Northern Coast	20.7%	12.7%	12.0%	10.3%
Southern Oregon	13.7%	10.6%	14.2%	11.6%
Eastern/Central Oregon	15.7%	10.6%	15.1%	11.3%
Statewide	14.6%	9.9%	13.1%	10.9%

Source: Oregon Healthy Teens Survey

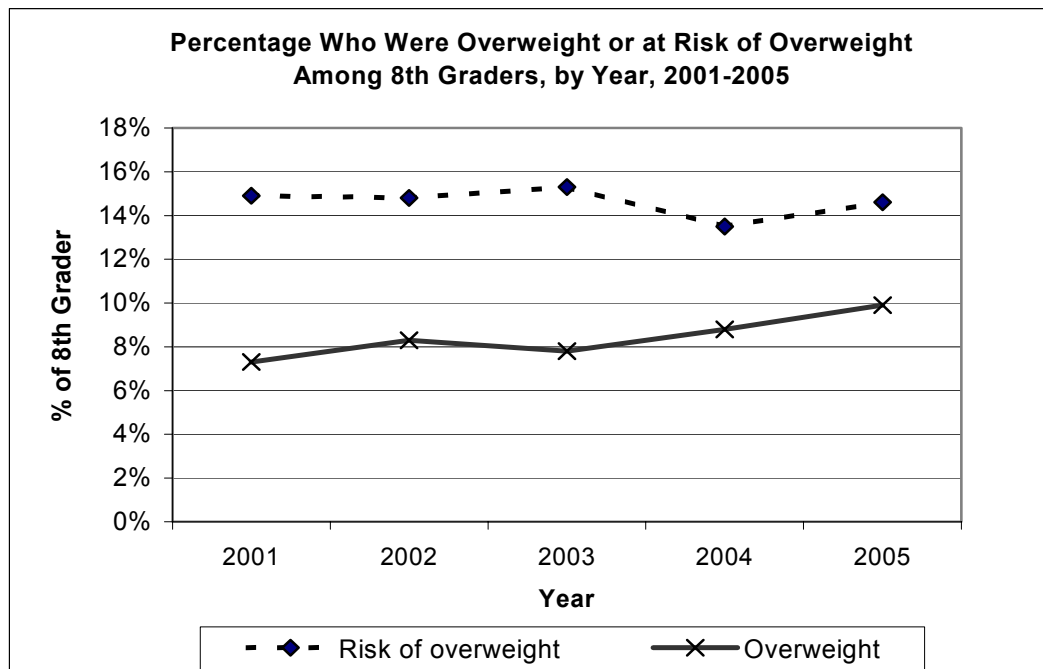
Regions

Tri-County:	Clackamas, Multnomah, Washington
Willamette Valley:	Benton, Columbia, Lane, Linn, Marion, Polk, Yamhill
Northern Coast:	Clatsop, Lincoln, Tillamook
Southern Oregon:	Coos, Curry, Douglas, Jackson, Josephine
Eastern/Central Oregon:	Baker, Crook, Deschutes, Gilliam, Grant, Harney, Hood River, Jefferson, Klamath, Lake, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, Wheeler.

**Percentage Who Were Overweight or at Risk of Overweight Among 8th Graders,
by Year, 2001 – 2005**

	Risk of Overweight	Overweight
2001	14.9%	7.3%
2002	14.8%	8.3%
2003	15.3%	7.8%
2004	13.5%	8.8%
2005	14.6%	9.9%

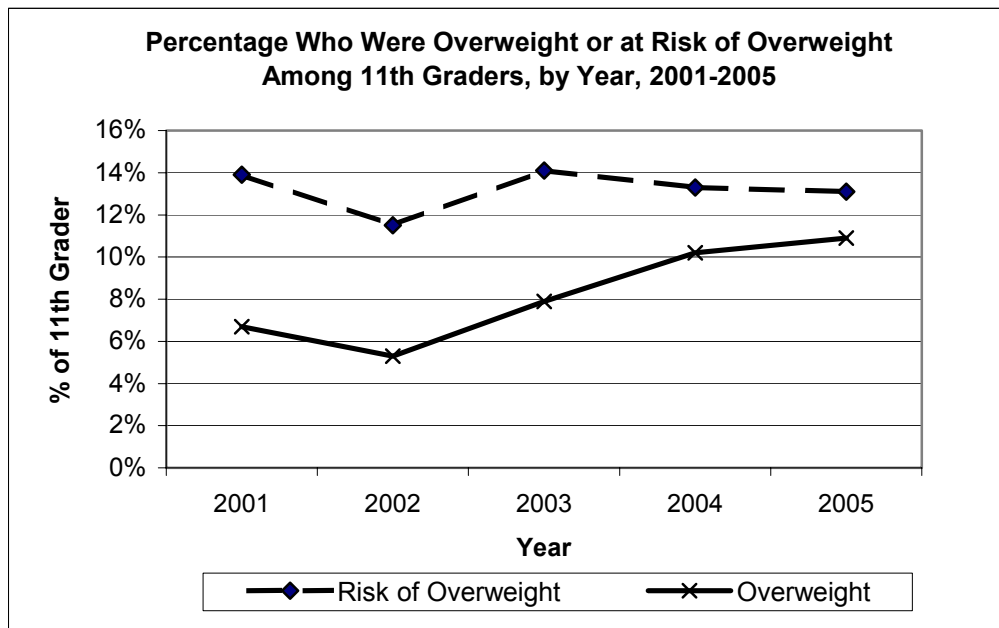
Source: Oregon Healthy Teens Survey



**Percentage Who Were Overweight or at Risk of Overweight Among 11th Graders,
by Year, 2001 – 2005**

	Risk of Overweight	Overweight
2001	13.9%	6.7%
2002	11.5%	5.3%
2003	14.1%	7.9%
2004	13.3%	10.2%
2005	13.1%	10.9%

Source: Oregon Healthy Teens Survey



Adolescents Attempting Weight Control

Percentage of 8th Graders Who Engaged in Specific Behaviors Associated with Weight Control, by Gender, 2005

	Male	Female	Total
Exercised to lose weight or to keep from gaining weight	47.9%	65.4%	56.7%
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight	25.8%	48.3%	37.1%
Went without eating for \geq 24 hours OR took diet pills, powders, or liquids, OR vomited or took laxatives to lose weight or keep from gaining weight	7.8%	16.7%	11.9%

Source: Oregon Healthy Teens Survey

Percentage of 11th Graders Who Engaged in Specific Behaviors Associated with Weight Control, by Gender, 2005

	Male	Female	Total
Exercised to lose weight or to keep from gaining weight	35.0%	61.4%	48.2%
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight	21.5%	53.8%	37.7%
Went without eating for \geq 24 hours OR took diet pills, powders, or liquids, OR vomited or took laxatives to lose weight or keep from gaining weight	6.7%	15.1%	10.8%

Source: Oregon Healthy Teens Survey

II. PHYSICAL ACTIVITY

Adult Physical Activity Levels

Epidemiologic studies demonstrate that daily physical activity at a moderate level provides significant health benefits. Vigorous activity can provide cardiovascular benefit with shorter durations and at lower frequencies. “Moderate” activity is defined in the BRFSS as “brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate.” “Vigorous” activity is defined as, “...running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate.” CDC’s physical activity recommendation can be met by getting moderate activity for at least 30 minutes 5 or more days per week or vigorous activity for at least 20 minutes 3 or more days per week. In the tables below, “No Leisure Time Activity” means that a respondent answered “no” when asked if he/she does moderate or vigorous physical activity of at least 10 minutes duration when not at work during a usual week.

Extent of Physical Activity Among Adults, by Gender, 2005

	Moderate 5x30 min.	Vigorous 3x20 min.	Meets CDC* Physical Activity Recommendation	Insufficiently Active	No Leisure Time Activity	Doesn't Meet CDC Physical Activity Recommendation
Male	42.6%	34.3%	56.2%	33.9%	9.9%	43.8%
Female	46.8%	28.7%	56.6%	34.3%	9.1%	43.4%
All Adults	44.7%	31.5%	56.4%	34.1%	9.5%	43.6%

*Percentages of those meeting guidelines for moderate and vigorous activity do not equal total meeting CDC recommendation because some persons meet guidelines for both.

Extent of Physical Activity Among Adults, by Age Group, 2005

	Moderate 5x30 min.	Vigorous 3x20 min.	Meets CDC* Physical Activity Recommendation	Insufficiently Active	No Leisure Time Activity	Doesn't Meet CDC Physical Activity Recommendation
18-24 years old	50.5%	44.8%	66.5%	26.4%	7.1%	33.5%
25-34 years old	45.6%	35.7%	58.9%	33.3%	7.8%	41.1%
35-44 years old	44.1%	34.0%	57.8%	35.3%	6.8%	42.1%
45-54 years old	43.4%	29.8%	53.1%	38.2%	8.7%	46.9%
55-64 years old	45.2%	26.7%	55.5%	35.1%	9.4%	44.5%
65 years or older	41.0%	19.6%	48.8%	33.7%	17.4%	51.1%
All Adults	44.7%	31.5%	56.4%	34.1%	9.5%	43.6%

*Percentages of those meeting guidelines for moderate and vigorous activity do not equal total meeting CDC recommendation because some persons meet guidelines for both.

Source: Oregon Behavioral Risk Factor Surveillance System

**Extent of Physical Activity Among Adults,
by Level of Education, 2005**

	Moderate 5x30 min.	Vigorous 3x20 min.	Meets CDC* Physical Activity Recommendation	Insufficiently Active	No Leisure Time Activity	Doesn't Meet CDC Physical Activity Recommendation
Did not finish high school	38.1%	22.8%	48.0%	32.3%	19.6%	51.9%
High school graduate or GED	42.6%	27.9%	52.7%	33.9%	13.3%	47.2%
College 1-3 years	45.7%	30.6%	56.1%	36.0%	7.9%	43.9%
College graduate	47.7%	38.2%	62.6%	33.0%	4.4%	37.4%
All Adults	44.7%	31.5%	56.4%	34.1%	9.5%	43.6%

*Percentages of those meeting guidelines for moderate and vigorous activity do not equal total meeting CDC recommendation because some persons meet guidelines for both.

Source: Oregon Behavioral Risk Factor Surveillance System

**Extent of Physical Activity Among Adults,
by Household Income, 2005**

	Moderate 5x30 min.	Vigorous 3x20 min.	Meets CDC* Physical Activity Recommendation	Insufficiently Active	No Leisure Time Activity	Doesn't Meet CDC Physical Activity Recommendation
Less than \$15,000	37.8%	20.9%	46.6%	31.7%	21.7%	53.4%
\$15,000 - \$24,999	40.4%	24.8%	50.0%	35.9%	14.1%	50.0%
\$25,000 - \$49,999	46.6%	30.2%	56.9%	34.8%	8.3%	43.1%
\$50,000 or more	47.8%	39.3%	62.9%	33.3%	3.8%	37.1%
All Adults	44.7%	31.5%	56.4%	34.1%	9.5%	43.6%

*Percentages of those meeting guidelines for moderate and vigorous activity do not equal total meeting CDC recommendation because some persons meet guidelines for both.

Source: Oregon Behavioral Risk Factor Surveillance System

**Extent of Physical Activity Among Adults,
by Health Insurance Status, 2005**

	Moderate 5x30 min.	Vigorous 3x20 min.	Meets CDC* Physical Activity Recommendation	Insufficiently Active	No Leisure Time Activity	Doesn't Meet CDC Physical Activity Recommendation
Has health insurance, excluding OHP	41.5%	23.1%	57.1%	34.9%	7.9%	42.8%
Oregon Health Plan (OHP)	43.3%	23.1%	50.3%	32.1%	17.6%	49.7%
Does not have health insurance	44.8%	29.7%	55.6%	31.5%	12.9%	44.4%

*Percentages of those meeting guidelines for moderate and vigorous activity do not equal total meeting CDC recommendation because some persons meet guidelines for both.

Source: Oregon Behavioral Risk Factor Surveillance System

**Extent of Physical Activity Among Adults,
by Race/Ethnicity, 2004-2005**

	Moderate 5x30 min.	Vigorous 3x20 min.	Meets CDC* Physical Activity Recommendation (Age-Adjusted to year 2000 standard population)	Insufficiently Active	No Leisure Time Activity	Doesn't Meet CDC Physical Activity Recommendation (Age-Adjusted to year 2000 standard population)
White, Non-Latino	47.8%	33.0%	59.0%	33.9%	7.5%	41.0%
African American, NL	47.6%	44.0%	63.9%	25.5%	12.1%	36.1%
Asian/Pacific Islander, NL	41.7%	40.6%	54.6%	35.5%	8.6%	45.4%
American Indian, NL	60.0%	39.7%	67.0%	23.8%	7.9%	33.0%
Latino	31.4%	26.9%	42.1%**	33.1%	22.7%	57.9%

Note: the racial categories White, African American, Asian/Pacific Islander and American Indian do not include respondents of Latino ethnicity. Rates presented have been age-adjusted, so that they will not be affected by differences in the age distribution between the various groups.

*Percentages of those meeting guidelines for moderate and vigorous activity do not equal total meeting CDC recommendation because some persons meet guidelines for both.

** Statistically significant difference, compared to White, Non-Latino

Source: Oregon Behavioral Risk Factor Surveillance System

**Extent of Physical Activity Among Adults,
by Region, 2005**

	Moderate 5x30 min.	Vigorous 3x20 min.	Meets CDC* Physical Activity Recommendation	Insufficiently Active	No Leisure Time Activity	Doesn't Meet CDC Physical Activity Recommendation
Tri-County	43.2%	32.2%	56.0%	34.8%	9.2%	44.0%
Willamette Valley	45.0%	29.9%	55.2%	35.9%	9.0%	44.9%
Northern Coast	44.3%	25.9%	51.9%	36.4%	11.7%	48.1%
Southern Oregon	48.3%	31.2%	59.4%	30.4%	10.2%	40.6%
Eastern/Central Oregon	44.8%	34.0%	57.8%	32.0%	10.2%	42.2%
Statewide	44.7%	31.5%	56.4%	34.1%	9.5%	43.6%

*Percentages of those meeting guidelines for moderate and vigorous activity do not equal total meeting CDC recommendation because some persons meet guidelines for both.

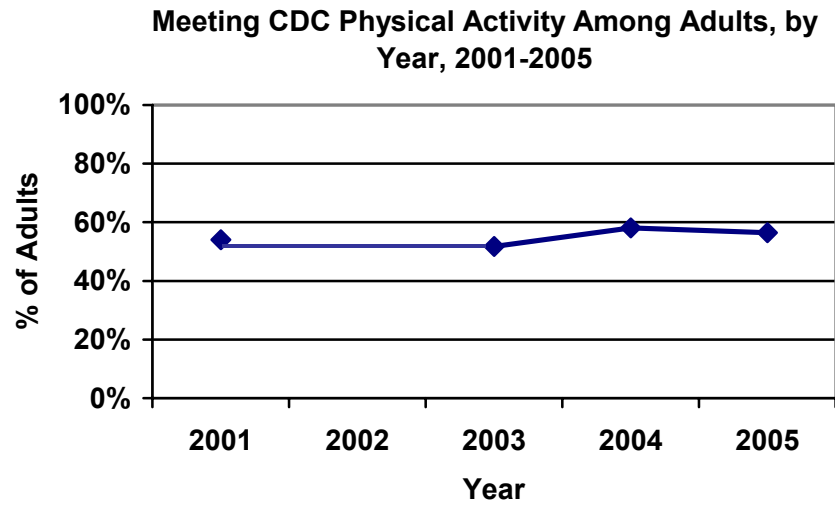
Source: Oregon Behavioral Risk Factor Surveillance System

Regions

Tri-County:	Clackamas, Multnomah, Washington
Willamette Valley:	Benton, Columbia, Lane, Linn, Marion, Polk, Yamhill
Northern Coast:	Clatsop, Lincoln, Tillamook
Southern Oregon:	Coos, Curry, Douglas, Jackson, Josephine
Eastern/Central Oregon:	Baker, Crook, Deschutes, Gilliam, Grant, Harney, Hood River, Jefferson, Klamath, Lake, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, Wheeler.

Meeting CDC Physical Activity Among Adults, by Year, 2001-2005

	Meets CDC* Physical Activity Recommendation
2001	54.0%
2002	No Data
2003	51.8%
2004	58.1%
2005	56.4%



Physical Activity Associated with Occupation and Commute to Work Among Adults

Percentage of Adults Engaging in Various Levels of Physical Activity at Work, by Gender, 2005

	Mostly Sitting and Standing	Mostly Walking	Mostly Heavy Labor
Male	53.3%	21.4%	25.3%
Female	67.5%	24.5%	8.0%
All Adults	59.4%	22.8%	17.8%

Source: Oregon Behavioral Risk Factor Surveillance System

Percentage of Adults Engaging in Various Levels of Physical Activity at Work, by Region, 2005

	Mostly Sitting and Standing	Mostly Walking	Mostly Heavy Labor
Tri-County	63.3%	21.7%	15.0%
Willamette Valley	59.4%	23.5%	17.2%
Northern Coast	45.6%	23.7%	30.7%
Southern Oregon	56.9%	20.6%	22.6%
Eastern/Central Oregon	54.4%	25.8%	19.8%
Statewide	59.4%	22.8%	17.8%

Source: Oregon Behavioral Risk Factor Surveillance System

Regions

Tri-County:	Clackamas, Multnomah, Washington
Willamette Valley:	Benton, Columbia, Lane, Linn, Marion, Polk, Yamhill
Northern Coast:	Clatsop, Lincoln, Tillamook
Southern Oregon:	Coos, Curry, Douglas, Jackson, Josephine
Eastern/Central Oregon:	Baker, Crook, Deschutes, Gilliam, Grant, Harney, Hood River, Jefferson, Klamath, Lake, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, Wheeler.

Percentage of Adults Who Engage in Physical Activity During Their Commute to Work at Least 3 Days per Week, by Gender and Type of Commute, 2001

	Walk part or all of the way to work	Bike part or all of the way to work
Male	9.8%	5.8%
Female	8.7%	1.4%
All Adults	9.3%	3.8%

Source: Oregon Behavioral Risk Factor Surveillance System

Physical Activity Levels Among Adolescents

In 2005, CDC made a new recommendation that adolescents be physically active for a total of at least 60 minutes/day on most days of the week and preferably daily. Below, you will find data based on the previous CDC physical activity recommendation, as well as data on the new recommendation, first collected in 2005.

Extent of Physical Activity Among 8th and 11th Graders, by Grade and Gender, 2005

	8 th Grade			11 th Grade		
	Male	Female	Total	Male	Female	Total
Previous Physical Activity Recommendations: Moderate 5x30min or Vigorous 3x20min	86.1%	79.8%	82.9%	81.8%	66.4%	73.4%
Current Physical Activity Recommendations: Physically active for a total of at least 60 minutes per day, 5 or more days per week	65.6%	50.3%	57.9%	61.1%	37.8%	49.4%

Source: Oregon Healthy Teens Survey

Extent of Physical Activity Among 8th and 11th Graders, by Grade and Region, 2005

	8 th Grade		11 th Grade	
	Previous Physical Activity Recommendations: Moderate 5x30min or Vigorous 3x20min	Current Physical Activity Recommendations: Physically active for a total of at least 60 minutes per day, 5 or more days per week	Previous Physical Activity Recommendations: Moderate 5x30min or Vigorous 3x20min	Current Physical Activity Recommendations: Physically active for a total of at least 60 minutes per day, 5 or more days per week
Tri-County	81.2%	55.4%	72.6%	45.8%
Willamette Valley	83.6%	59.4%	74.3%	51.1%
Northern Coast	87.8%	66.7%	75.3%	52.3%
Southern Oregon	87.6%	63.7%	76.8%	51.4%
Eastern/Central Oregon	81.8%	55.6%	74.8%	54.0%
Statewide	82.9%	57.9%	73.4%	49.4%

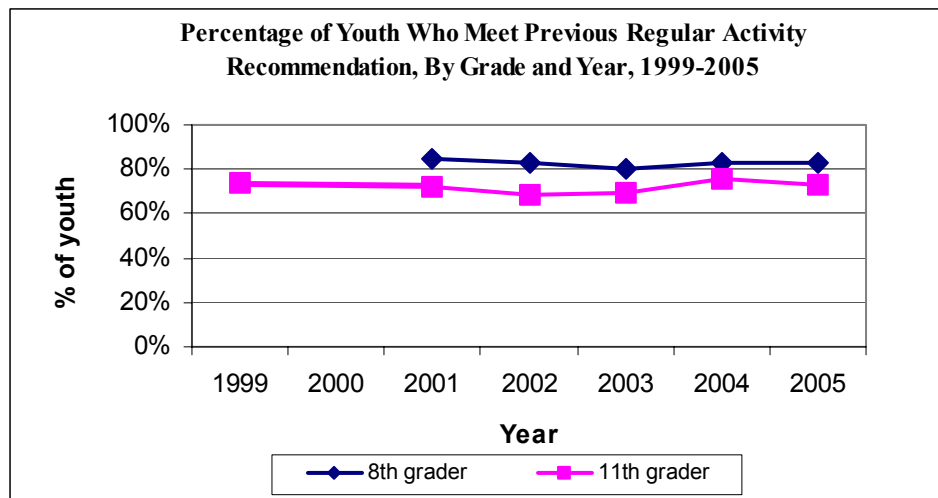
Source: Oregon Healthy Teens Survey

Regions

Tri-County:	Clackamas, Multnomah, Washington
Willamette Valley:	Benton, Columbia, Lane, Linn, Marion, Polk, Yamhill
Northern Coast:	Clatsop, Lincoln, Tillamook
Southern Oregon:	Coos, Curry, Douglas, Jackson, Josephine
Eastern/Central Oregon:	Baker, Crook, Deschutes, Gilliam, Grant, Harney, Hood River, Jefferson, Klamath, Lake, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, Wheeler.

**Extent of Physical Activity Among 8th and 11th Graders,
by Grade and Year, 1999-2005**

	8th Grade		11th Grade	
	Previous Physical Activity Recommendations: Moderate 5x30min or Vigorous 3x20min		Previous Physical Activity Recommendations: Moderate 5x30min or Vigorous 3x20min	
1999	Not Available		73.9%	
2000	No Data		No Data	
2001	84.6%		72.4%	
2002	83.2%		68.2%	
2003	80.3%		69.7%	
2004	83.1%		76.1%	
	Previous Physical Activity Recommendations: Moderate 5x30min or Vigorous 3x20min	Current Physical Activity Recommendations: Physically active for a total of at least 60 minutes per day, 5 or more days per week	Previous Physical Activity Recommendations: Moderate 5x30min or Vigorous 3x20min	Current Physical Activity Recommendations: Physically active for a total of at least 60 minutes per day, 5 or more days per week
2005	82.9%	59.7%	73.4%	49.4%



Change over time for previous physical activity recommendation: Between 2001 and 2005, the fraction of 8th graders who met physical activity recommendations decreased 2% (from 84.6% to 82.9%). Between 1999 and 2005, the fraction of 11th graders who met physical activity recommendations decreased less than 1% (from 73.9% to 73.4%).

Participation in Physical Education (PE) Classes Among Adolescents

Percentage of 8th and 11th Graders Who Participate in Daily PE, by Grade and Gender, 2005

	8 th Grade			11 th Grade		
	Male	Female	Total	Male	Female	Total
Daily PE class	57.1%	52.6%	54.8%	24.3%	11.8%	18.0%

Source: Oregon Healthy Teens Survey

Percentage of 8th and 11th Graders Who Participate in Daily PE, by Grade and Region, 2005

	8 th Grade	11 th Grade
Tri-County	58.0%	8.9%
Willamette Valley	46.1%	23.3%
Northern Coast	81.9%	5.2%
Southern Oregon	59.4%	21.9%
Eastern/Central Oregon	58.4%	29.2%
Statewide	54.8%	18.0%

Source: Oregon Healthy Teens Survey

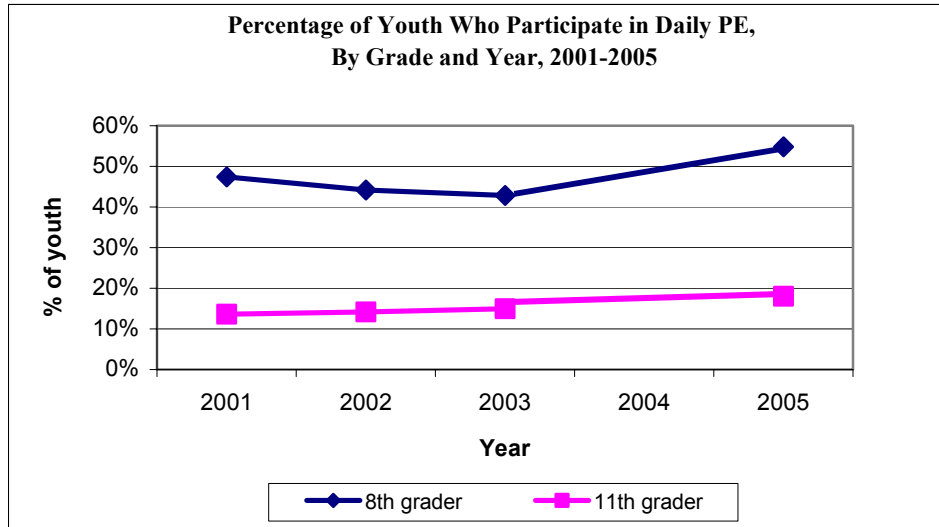
Regions

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Eastern/Central Oregon:	Baker, Crook, Deschutes, Gilliam, Grant, Harney, Hood River, Jefferson, Klamath, Lake, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, Wheeler.

**Percentage of 8th and 11th Graders Who Participate in Daily PE,
by Grade and Year, 2001 - 2005**

	8th Grade	11th Grade
2001	47.4%	13.6%
2002	44.2%	14.2%
2003	42.8%	15.0%
2004	No data	No data
2005	54.8%	18.0%

Source: Oregon Healthy Teens Survey



Change from 2001 to 2005: The fraction of 8th graders who participated in daily PE increased 16% (from 47.4% to 54.8%) and the fraction of 11th graders who participated in daily PE increased 32% (from 13.6% to 18.0%).

<p>Amount of Time Spent Watching TV, Playing Video Games, or “Surfing” the Internet by Adolescents</p>

On an Average School Day, Percentage of 8th and 11th Graders Who Watched TV for More Than 2 Hours, by Grade and Gender, 2005

	8 th Grade			11 th Grade		
	Male	Female	Total	Male	Female	Total
Watched TV more than 2 hours during school day	31.6%	29.7%	30.6%	24.3%	21.5%	22.9%

On an Average School Day, Percentage of 8th and 11th Graders Who Watched TV More Than 2 Hours, by Grade and Region, 2005

	8 th Grade	11 th Grade
Tri-County	30.7%	21.6%
Willamette Valley	31.3%	24.4%
Northern Coast	33.1%	17.5%
Southern Oregon	26.5%	22.1%
Eastern/Central Oregon	32.5%	24.4%
Statewide	30.6%	22.9%

Source: Oregon Healthy Teens Survey

Regions

Tri-County: Clackamas, Multnomah, Washington
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On an Average School Day, Percentage of 8th and 11th Graders Who Watched TV More Than 2 Hours, by Grade and Year, 2001 – 2005

	8th Grade	11th Grade
2001	28.5%	17.0%
2002	28.3%	20.3%
2003	31.1%	22.4%
2004	No data	No data
2005	30.6%	22.9%

Source: Oregon Healthy Teens Survey

Change from 2001 to 2005: On an average school day, the fraction of 8th graders who watched TV more than 2 hours increased 7% (from 28.5% to 30.6%). The fraction of 11th graders who watched TV more than 2 hours increased 35% (from 17.0% to 22.9%).

On an Average School Day, Percentage of 8th and 11th Graders Who Played Video Games or “Surfed” the Internet for More Than 2 Hours, by Grade and Gender, 2003

	8th Grade			11th Grade		
	Male	Female	Total	Male	Female	Total
Played video games more than 2 hours during school day	22.7%	4.1%	13.2%	15.7%	2.2%	8.6%
Surfed the internet* more than 2 hours during school day	14.2%	13.6%	14.0%	15.4%	9.9%	12.4%

Source: Oregon Healthy Teens Survey (* Does not include time spent using the internet for school homework.)

On an Average School Day, Percentage of 8th and 11th Graders Who Played Video Games More Than 2 Hours, by Grade and Region, 2003

	8th Grade	11th Grade
Tri-County	12.1%	8.7%
Willamette Valley	13.8%	7.5%
Northern Coast	19.1%	10.9%
Southern Oregon	14.7%	7.9%
Eastern/Central Oregon	13.0%	11.0%
Statewide	13.2%	8.6%

Source: Oregon Healthy Teens Survey

Regions

Tri-County: Clackamas, Multnomah, Washington
 Willamette Valley: Benton, Columbia, Lane, Linn, Marion, Polk, Yamhill
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On an Average School Day, Percentage of 8th and 11th Graders Who “Surfed” the Internet* More Than 2 Hours, by Grade and Region, 2003

	8th Grade	11th Grade
Tri-County	15.5%	14.7%
Willamette Valley	12.4%	11.1%
Northern Coast	23.7%	12.0%
Southern Oregon	15.2%	8.7%
Eastern/Central Oregon	10.8%	12.2%
Statewide	13.9%	12.5%

Source: Oregon Healthy Teens Survey (* Does not include time spent using the internet for school homework.)

Regions

Tri-County: Clackamas, Multnomah, Washington
 Willamette Valley: Benton, Columbia, Lane, Linn, Marion, Polk, Yamhill
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 Eastern/Central Oregon: Baker, Crook, Deschutes, Gilliam, Grant, Harney, Hood River, Jefferson, Klamath, Lake, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, Wheeler.

**On an Average School Day, Percentage of Youth Who Played Video Games
More Than 2 Hours, by Grade and Year, 2001 – 2003**

	8th Grade	11th Grade
2001	10.2%	4.9%
2002	12.1%	8.0%
2003	13.2%	8.6%

Source: Oregon Healthy Teens Survey

Change from 2001 to 2003: On an average school day, the fraction of 8th graders who played video games more than 2 hours increased 29% (from 10.2% to 13.2%). The fraction of 11th graders who played video games more than 2 hours increased 76% (from 4.9% to 8.6%).

**On an Average School Day, Percentage of 8th and 11th Graders Who “Surfed” the Internet* More
Than 2 Hours, by Grade and Year, 2001 – 2003**

	8th Grade	11th Grade
2001	11.0%	6.2%
2002	10.8%	9.0%
2003	14.0%	12.4%

Source: Oregon Healthy Teens Survey

(*Does not include time spent using the internet for school homework.)

Change from 2001 to 2003: On an average school day, the fraction of 8th graders who “surfed” the Internet more than 2 hours increased 27% (from 11.0% to 14.0%). The fraction of 11th graders who “surfed” the Internet more than 2 hours increased 100% (from 6.2% to 12.4%).

Physical Activity Associated with Commute to School Among Children

Modes of School Commute by Children Who Live within 2 Mile of School, by Grade Group, 2002*

On a regular basis,	1 st to 3 rd Grade	4 th to 5 th Grade	6 th to 8 th Grade	Total
Child walks to school at least 3 days per week	18.0%	27.6%	36.4%	26.2%
Child bikes to school at least 3 days per week	3.3%	4.0%	9.1%	5.2%
Child rides the school or public bus to school at least 3 days per week	40.0%	39.3%	33.8%	38.0%
Child rides in a car or carpool to school at least 3 days per week	48.2%	41.4%	40.4%	44.0%

* Parents were asked to estimate frequency with which child used various modes of commute. Categories were not presented as mutually exclusive and results do not necessarily total 100%

Source: Oregon Behavioral Risk Factor Surveillance System

III. NUTRITION

Fruit and Vegetable Consumption Among Adults

Percentage of Adults Who Consumed 5 or More Servings of Fruits and Vegetables a Day, by Gender, 2005

	5+ Servings A Day
Male	19.9%
Female	31.7%
All Adults	25.9%

Source: Oregon Behavioral Risk Factor Surveillance System

Percentage of Adults Who Consumed 5 or More Servings of Fruits and Vegetables a Day, by Age Group, 2005

	5+ Servings A Day
18-24 years old	18.9%
25-34 years old	24.3%
35-44 years old	25.5%
45-54 years old	26.2%
55-64 years old	25.9%
65 years or older	32.8%
All Adults	25.9%

Source: Oregon Behavioral Risk Factor Surveillance System

**Percentage of Adults Who Consumed 5 or More Servings of Fruits and Vegetables a Day,
by Level of Education, 2005**

	5+ Servings A Day
Did not finish high school	17.8%
High school graduate or GED	20.3%
College 1-3 years	26.5%
College graduate	33.2%
All Adults	25.9%

Source: Oregon Behavioral Risk Factor Surveillance System

**Percentage of Adults Who Consumed 5 or More Servings of Fruits and Vegetables a Day,
by Household Income, 2005**

	5+ Servings A Day
Less than \$15,000	20.2%
\$15,000 - \$24,999	24.2%
\$25,000 - \$49,999	25.8%
\$50,000 or more	29.2%
All Adults	26.3%

Source: Oregon Behavioral Risk Factor Surveillance System

**Percentage of Adults Who Consumed 5 or More Servings of Fruits and Vegetables a Day,
by Health Insurance Status, 2005**

	5+ Servings A Day
Has health insurance, excluding OHP	28.2%
Oregon Health Plan (OHP)	22.7%
Does not have health insurance	18.9%

Source: Oregon Behavioral Risk Factor Surveillance System

**Percentage of Adults Who Consumed 5 or More Servings of Fruits and Vegetables a Day,
by Race/Ethnicity and Gender, 2004-2005**

	5+ Servings A Day		
	Male	Female	TOTAL (Age-Adjusted to year 2000 standard population)
White, Non-Latino	21.8%	32.4%	27.0%
African American, NL	18.5%	36.8%	28.2%
Asian/Pacific Islander, NL	21.2%	25.4%	25.0%
American Indian, NL	30.8%	39.2%	34.8%
Latino	16.6%	22.6%	21.8%

Note: the racial categories White, African American, Asian/Pacific Islander and American Indian do not include respondents of Latino ethnicity. Rates presented have been age-adjusted, so that they will not be affected by differences in the age distribution between the various groups.

** Statistically significant difference, compared to White, Non-Latino

Source: Oregon Behavioral Risk Factor Surveillance System

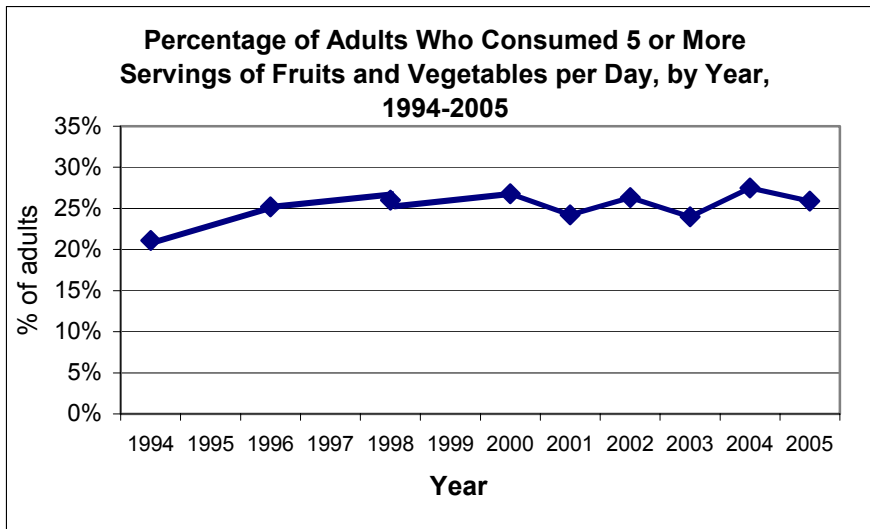
**Percentage of Adults Who Consumed 5 or More Servings of Fruits and Vegetables a Day,
by Region, 2005**

	5+ Servings A Day
Tri-County	28.3%
Willamette Valley	25.3%
Northern Coast	24.5%
Southern Oregon	24.4%
Eastern/Central Oregon	22.6%
Statewide	25.9%

Source: Oregon Behavioral Risk Factor Surveillance System

Regions

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Percentage of Adults Who Consumed 5 or More Servings of Fruits and Vegetables a Day, by Year, 1994-2005

	5+ Servings A Day
1994	21.1%
1995	No Data
1996	25.2%
1997	No Data
1998	26.0%
1999	No Data
2000	26.8%
2001	24.2%
2002	26.3%
2003	24.0%
2004	27.5%
2005	25.9%

Source: Oregon Behavioral Risk Factor Surveillance System

Change from 1994 to 2005: Fraction of adults who consumed 5 or more servings of fruits and vegetables a day increased 23% (from 21.1% to 25.9%).

Rates of Breastfeeding

Percentage of Mothers Who Breastfeed in Oregon, by Year

	Ever Breastfeeding	(Any) Breastfeeding at 6 months	(Any) Breastfeeding at 12 months	Exclusive Breastfeeding at 3 months	Exclusive Breastfeeding at 6 months.
2003	88.0%	54.1%	27.8%	58.1%	26.8%
2004	86.0%	53.0%	26.2%	54.7%	22.3%
2005	89.4%	57.6%	37.0%	59.2%	26.6%

Exclusive breastfeeding is defined in this 2005 study as ONLY breast milk — NO solids, no water, and no other liquids.
NOTE: This new definition reflects a change from the 2003 NIS, which had defined exclusive breastfeeding as "only breast milk and water -- no solids or other liquids."

Source: 2005 National Immunization Survey, Centers for Disease Control and Prevention, Department of Health and Human Services

Fruit and Vegetable Consumption Among Adolescents

Percentage of 8th and 11th Graders Who Consumed 5 or More Servings of Fruits and Vegetables a Day, by Grade and Gender, 2005

	8 th Grade			11 th Grade		
	Male	Female	Total	Male	Female	Total
5+ Servings A Day	24.6%	22.2%	23.4%	18.9%	16.6%	17.7%

Source: Oregon Healthy Teens Survey

Percentage of 8th and 11th Graders Who Consumed 5 or More Servings of Fruits and Vegetables a Day, by Grade and Region, 2005

	8 th Grade	11 th Grade
Tri-County	23.8%	17.7%
Willamette Valley	24.4%	19.1%
Northern Coast	24.1%	15.7%
Southern Oregon	23.3%	16.3%
Eastern/Central Oregon	20.0%	16.3%
Statewide	23.4%	17.7%

Source: Oregon Healthy Teens Survey

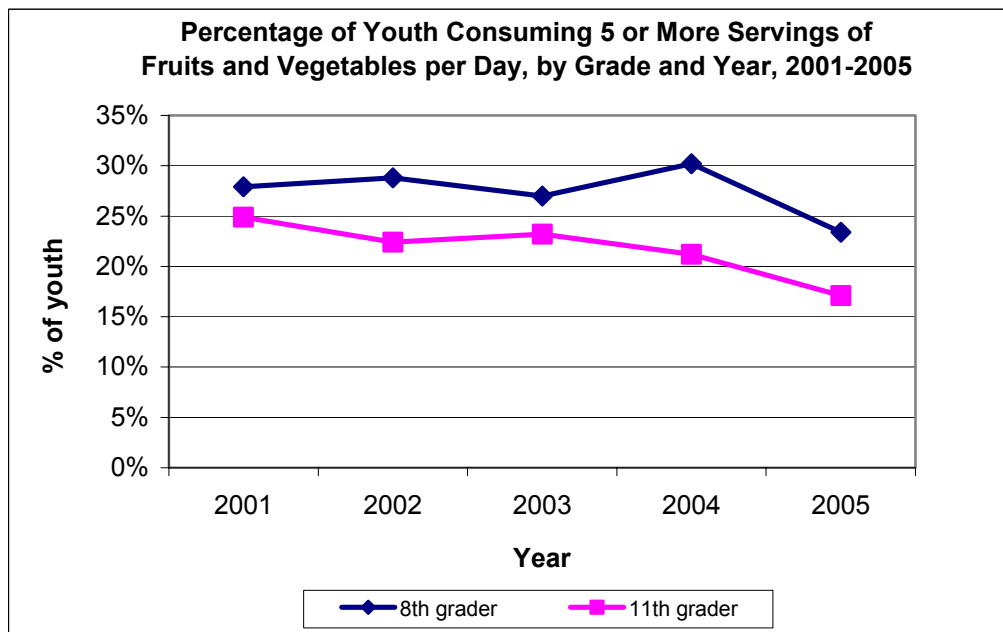
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Percentage of 8th and 11th Graders Who Consumed 5 or More Servings of Fruits and Vegetables a Day, by Grade and Year, 2001 – 2005

	8th Grade	11th Grade
2001	27.9%	24.9%
2002	28.8%	22.4%
2003	27.0%	23.2%
2004	30.2%	21.2%
2005	23.4%	17.7%

Source: Oregon Healthy Teens Survey



Change from 2001 to 2005: Fraction of 8th graders who consumed 5 or more servings of fruits and vegetables a day decreased 16% (from 27.9% to 23.4%) and fraction of 11th graders who consumed 5 or more servings a day decreased 29% (from 24.9% to 17.7%).

Frequency of Breakfast Consumption Among Adolescents

Percentage of 8th and 11th Graders Who Had Breakfast Every Day, by Grade and Gender, 2005

	8 th Grade			11 th Grade		
	Male	Female	Total	Male	Female	Total
Had breakfast every day	52.1%	38.8%	45.4%	41.2%	32.6%	36.9%

Source: Oregon Healthy Teens Survey

Percentage of 8th and 11th Graders Who Had Breakfast Every Day, by Grade and Region, 2005

	8 th Grade	11 th Grade
Tri-County	46.4%	38.9%
Willamette Valley	44.9%	35.7%
Northern Coast	40.2%	30.0%
Southern Oregon	44.8%	36.7%
Eastern/Central Oregon	44.9%	34.8%
Statewide	45.4%	36.9%

Source: Oregon Healthy Teens Survey

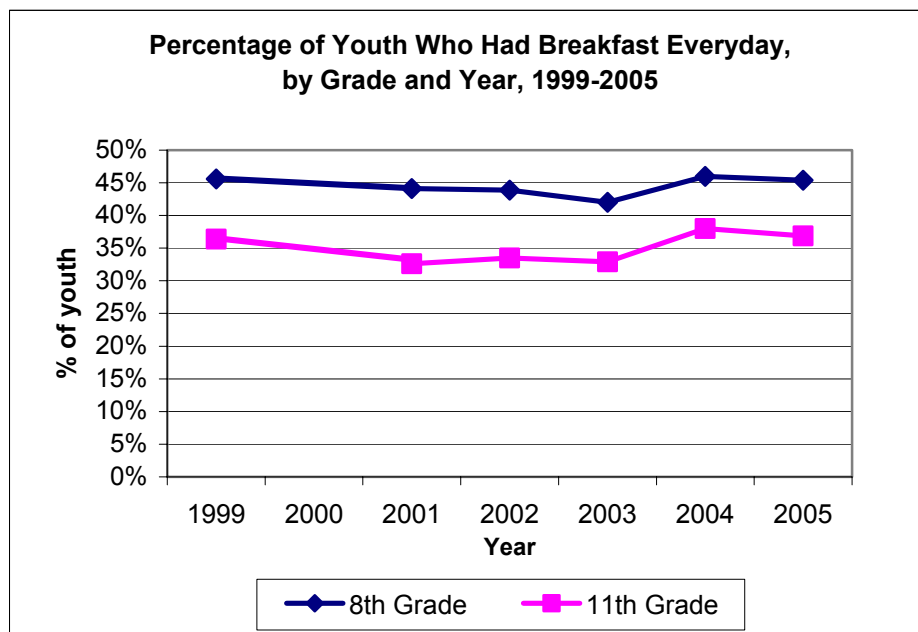
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**Percentage of 8th and 11th Graders Who Had Breakfast Every Day,
by Grade and Year, 1999 – 2005**

	8th Grade	11th Grade
1999	45.6%	36.4%
2000	No Data	No Data
2001	44.1%	32.6%
2002	43.9%	33.5%
2003	42.0%	32.9%
2004	46.0%	38.0%
2005	45.4%	36.9%

Source: Oregon Healthy Teens Survey



Change from 1999 to 2005: Fraction of 8th graders who had breakfast every day showed little change (from 45.6% to 45.4%) and fraction of 11th graders who had breakfast every day increased 1% (from 36.4% to 36.9%).

Frequency of Eating Meals with Family Among Adolescents

Percentage of 8th and 11th Graders Who Had Meals with Family 7 or More Times per Week, by Grade and Gender, 2003

	8 th Grade			11 th Grade		
	Male	Female	Total	Male	Female	Total
Eat meals with family \geq 7 per week	47.0%	35.1%	40.7%	28.2%	23.9%	26.0%

Source: Oregon Healthy Teens Survey

Percentage of 8th and 11th Graders Who Had Meals with Family 7 or More Times per Week, by Grade and Region, 2003

	8 th Grade	11 th Grade
Tri-County	39.9%	25.8%
Willamette Valley	43.0%	28.2%
Northern Coast	48.4%	24.6%
Southern Oregon	41.7%	25.1%
Eastern/Central Oregon	40.6%	25.4%
Statewide	40.7%	26.0%

Source: Oregon Healthy Teens Survey

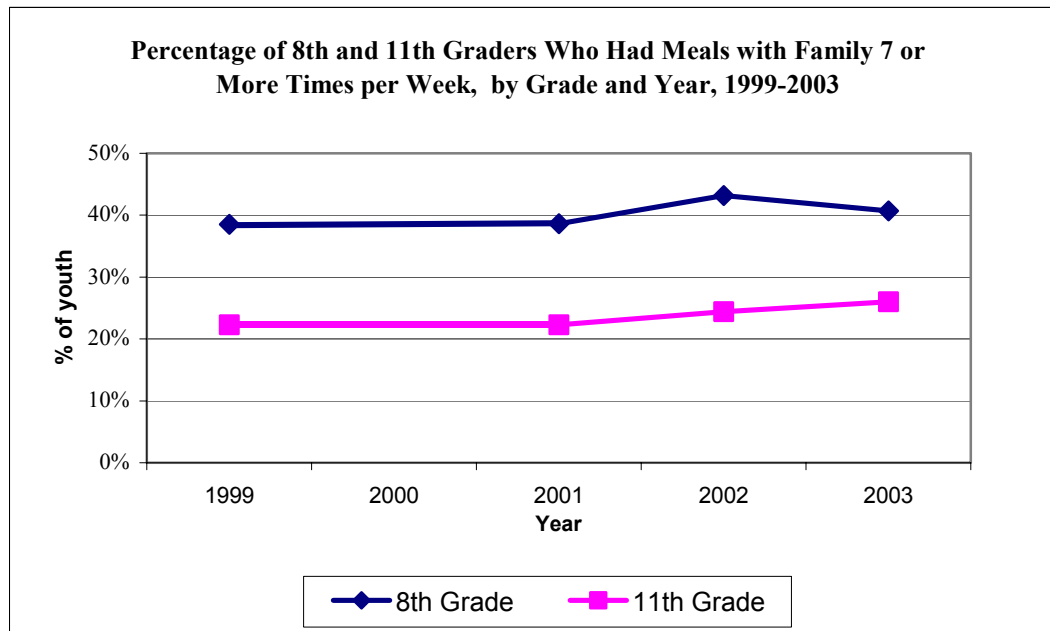
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Percentage of 8th and 11th Graders Who Had Meals with Family 7 or More Times per Week, by Grade and Year, 1999 – 2003

	8th Grade	11th Grade
1999	38.5%	22.3%
2000	No Data	No Data
2001	38.6%	22.3%
2002	43.2%	24.4%
2003	40.7%	26.0%

Source: Oregon Healthy Teens Survey



Change from 1999 to 2003: Fraction of 8th graders who had meals with family 7 or more times per week increased 6% (from 38.5% to 40.7%) and fraction of 11th graders who had meals with family 7 or more times per week increased 17% (from 22.3% to 26.0%).

Milk Consumption by Adolescents

Percentage of 8th and 11th Graders Who Drank 3 or More Glasses of Milk per Day, by Grade and Gender, 2005

	8 th Grade			11 th Grade		
	Male	Female	Total	Male	Female	Total
Drank ≥ 3 glasses of milk	27.3%	18.4%	22.8%	21.9%	11.4%	16.6%

Source: Oregon Healthy Teens Survey

Percentage of 8th and 11th Graders Who Drank 3 or More Glasses of Milk per Day, by Grade and Region, 2005

	8 th Grade	11 th Grade
Tri-County	20.9%	15.0%
Willamette Valley	24.4%	17.1%
Northern Coast	25.7%	14.5%
Southern Oregon	25.4%	18.5%
Eastern/Central Oregon	22.1%	18.4%
Statewide	22.8%	16.6%

Source: Oregon Healthy Teens Survey

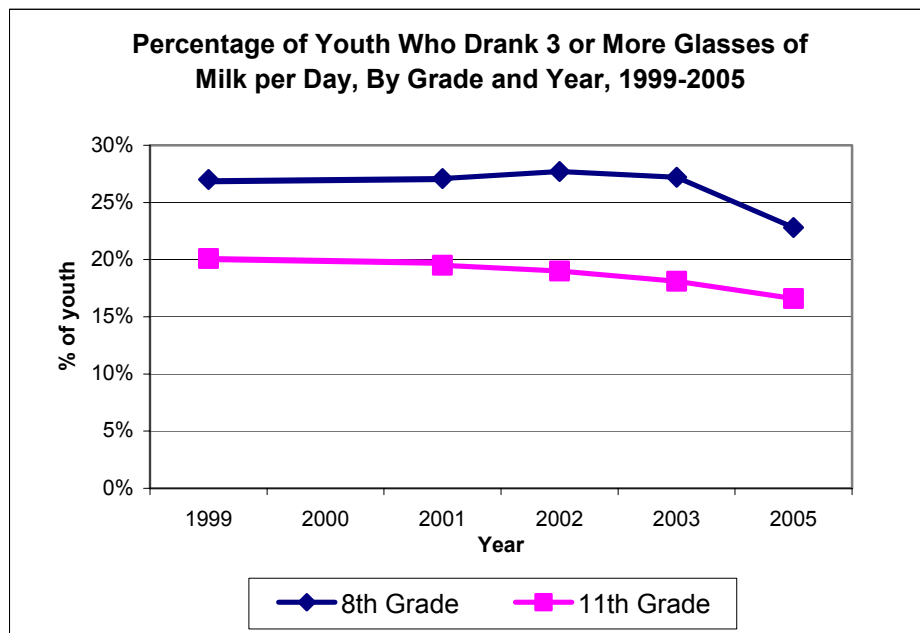
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**Percentage of 8th and 11th Graders Who Drank 3 or More Glasses of Milk per Day,
by Grade and Year, 1999 – 2005**

	8th Grade	11th Grade
1999	27.0%	20.1%
2000	No Data	No Data
2001	27.1%	19.5%
2002	27.7%	19.0%
2003	27.2%	18.1%
2005	22.8%	16.6%

Source: Oregon Healthy Teens Survey



Change from 1999 to 2005: Fraction of 8th graders who drank 3 or more glasses of milk per day decreased 16% (from 27.0% to 22.8%) and fraction of 11th graders who drank 3 or more glasses of milk per day decreased 17% (from 20.1% to 16.6%).

Soft Drink Consumption Among Adolescents

Percentage of 8th and 11th Graders Who Drank 7 or More Soft Drinks per Week, by Grade and Gender, 2005

	8 th Grade			11 th Grade		
	Male	Female	Total	Male	Female	Total
Drank soft drinks \geq 7 times per week	33.3%	23.3%	28.1%	35.3%	21.5%	28.3%

Source: Oregon Healthy Teens Survey

Percentage of 8th and 11th Graders Who Drank 7 or More Soft Drinks per Week, by Grade and Region, 2005

	8 th Grade	11 th Grade
Tri-County	26.5%	24.4%
Willamette Valley	28.8%	30.6%
Northern Coast	28.7%	25.8%
Southern Oregon	29.1%	31.6%
Eastern/Central Oregon	30.1%	31.6%
Statewide	28.1%	28.3%

Source: Oregon Healthy Teens Survey

Regions

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Purchase of Soft Drinks at School by Adolescents

Percentage of 8th and 11th Graders Who Bought Soft Drinks at School 1 or More Days per Week, by Grade and Gender, 2005

	8 th Grade			11 th Grade		
	Male	Female	Total	Male	Female	Total
Bought soft drinks at school \geq 1 day per week	19.3%	15.4%	17.3%	40.9%	28.8%	34.9%

Source: Oregon Healthy Teens Survey

Percentage of 8th and 11th Graders Who Bought Soft Drinks at School 1 or More Days per Week, by Grade and Region, 2005

	8 th Grade	11 th Grade
Tri-County	16.7%	31.6%
Willamette Valley	16.4%	41.0%
Northern Coast	10.1%	11.9%
Southern Oregon	15.0%	38.3%
Eastern/Central Oregon	24.0%	29.7%
Statewide	17.3%	34.9%

Source: Oregon Healthy Teens Survey

Regions

Tri-County:	Clackamas, Multnomah, Washington
Willamette Valley:	Benton, Columbia, Lane, Linn, Marion, Polk, Yamhill
Northern Coast:	Clatsop, Lincoln, Tillamook
Southern Oregon:	Coos, Curry, Douglas, Jackson, Josephine
Eastern/Central Oregon:	Baker, Crook, Deschutes, Gilliam, Grant, Harney, Hood River, Jefferson, Klamath, Lake, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, Wheeler.

IV. RELATED CHRONIC DISEASES

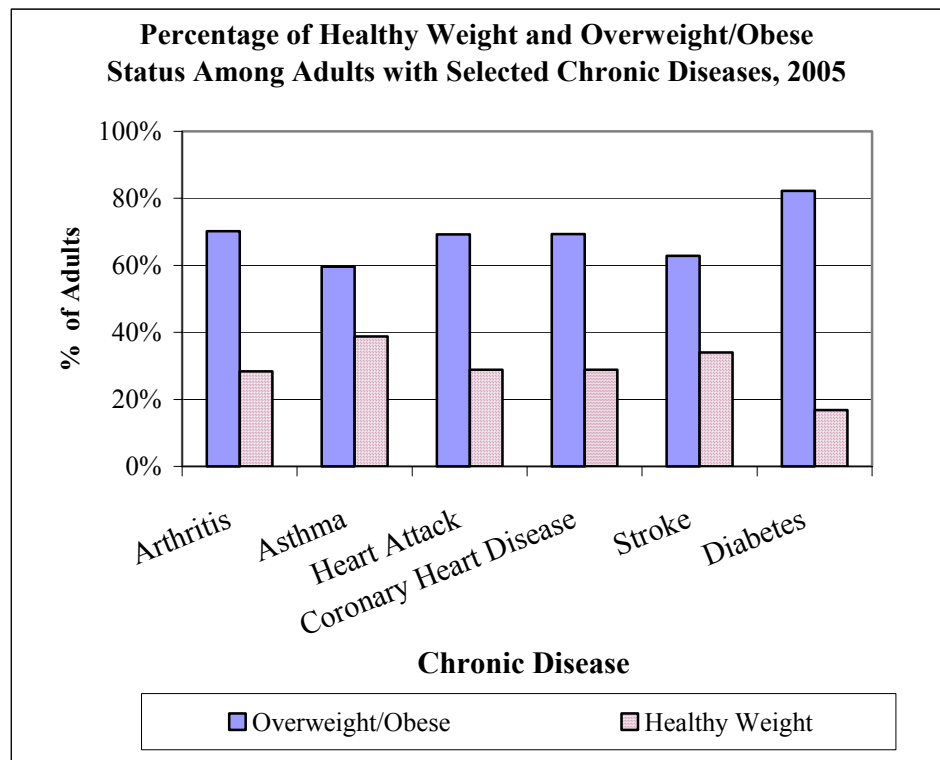
Adult Morbidity

Weight Status Among Adults with Selected Chronic Diseases, 2005

	Healthy Weight*	Overweight/Obese		
		Overweight	Obese	Total
Arthritis	28.4%	37.3%	32.9%	70.2%
Asthma	38.8%	35.9%	23.7%	59.6%
Heart attack	28.8%	36.8%	32.4%	69.2%
Coronary heart disease	28.8%	38.2%	31.1%	69.3%
Stroke	34.0%	33.1%	29.7%	62.8%
Diabetes	16.8%	31.3%	50.9%	82.2%
All Adults	38.8%	35.9%	23.8%	59.7%

Source: Oregon Behavioral Risk Factor Surveillance System

* Healthy weight is defined by a body mass index between 18.5 and 25 kg/m². These figures exclude the 1.5% of respondents who were underweight, that is, those who had a BMI of <18.5.

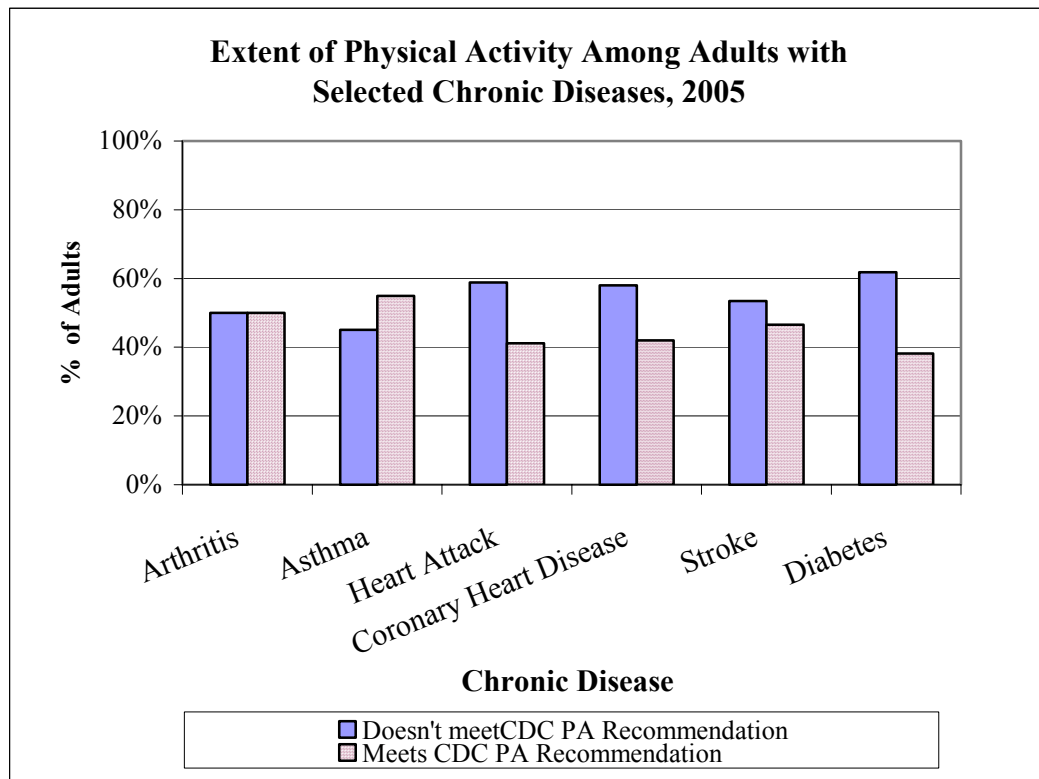


Extent of Physical Activity Among Adults with Selected Chronic Diseases, 2005

	Moderate 5x30 min.	Vigorous 3x20 min.	Meets CDC* Physical Activity Recommendation	Insufficiently Active	No Leisure Time Activity	Doesn't Meet CDC Physical Activity Recommendation
Arthritis	39.1%	21.8%	50.0%	35.7%	14.3%	50.0%
Asthma	41.1%	26.6%	54.9%	33.8%	11.3%	45.1%
Heart attack	30.3%	14.5%	41.2%	36.0%	22.8%	58.8%
Coronary heart disease	29.6%	14.9%	42.0%	31.1%	26.9%	58.0%
Stroke	39.4%	15.6%	46.6%	31.5%	21.9%	53.4%
Diabetes	29.3%	14.0%	38.2%	40.6%	21.2%	61.8%
All Adults	44.7%	31.5%	56.4%	34.1%	9.5%	43.6%

*Percentages of those meeting guidelines for moderate and vigorous activity do not equal total meeting CDC recommendation because some persons meet guidelines for both.

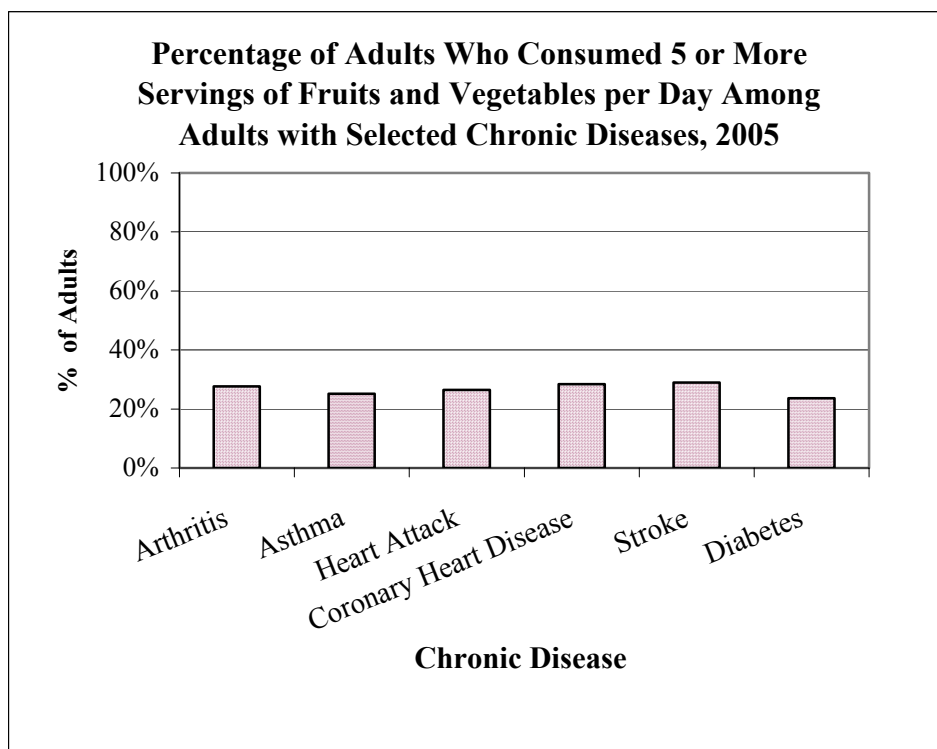
Source: Oregon Behavioral Risk Factor Surveillance System



**Percentage Who Consumed 5 or More Servings of Fruits and Vegetables per Day,
Among Adults with Selected Chronic Diseases, 2005**

	5+ Servings A Day
Arthritis	27.7%
Asthma	25.2%
Heart attack	26.5%
Coronary heart disease	28.4%
Stroke	29.0%
Diabetes	23.6%
All Adults	25.9%

Source: Oregon Behavioral Risk Factor Surveillance System



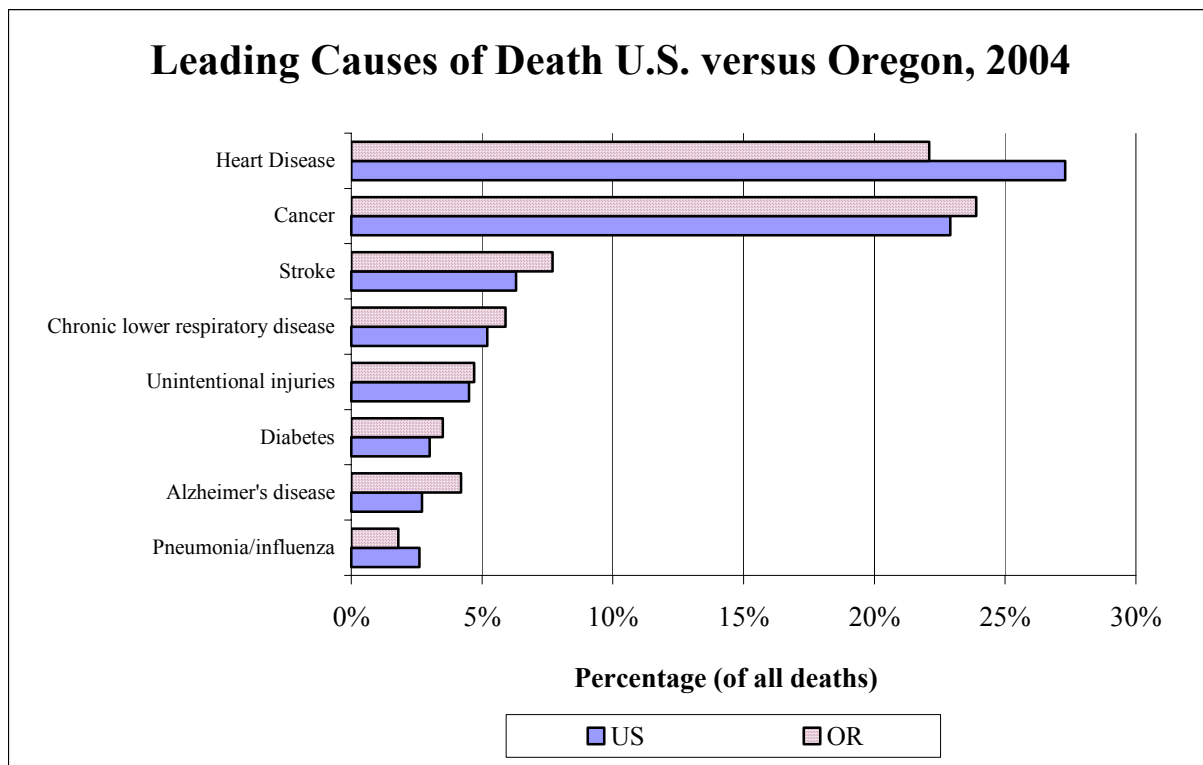
Adult Mortality

Leading Causes of Death in the U.S. versus Oregon, 2004

	U.S.*	Oregon [†]
Heart disease	27.3%	22.1%
Cancer	22.9%	23.9%
Stroke	6.3%	7.7%
Chronic lower respiratory disease	5.2%	5.9%
Unintentional injuries	4.5%	4.7%
Diabetes	3.0%	3.5%
Alzheimer's disease	2.7%	4.2%
Pneumonia and influenza	2.6%	1.8%

* Miniño AM, Arias E, Heron MP, and Smith BL. Deaths: Preliminary Data for 2004. National Vital Statistics Reports 2006; 54(19):1–50.

[†] Oregon resident death certificates, 2004



APPENDICES

In Appendices B-D, we have added county-level information about body mass index, levels of physical activity and nutrition. For adults, this information was obtained by combining Behavioral Risk Factor Surveillance System data for the four years from 2002-2005. Data on adolescents are from a combined dataset from the Oregon Healthy Teens survey, incorporating data years 2005 and 2006.

Appendix B contains age-adjusted and non age-adjusted modifiable risk factors for adults. Body mass index, rates of physical activity, etc. vary by age. Age-adjusted rates allow comparison between a particular county and the state without concern about possible differences in the age distribution between the populations being compared. If you want to make comparisons, the age-adjusted rate is the one to use. Non-age-adjusted rates are useful to provide a picture of the absolute burden of obesity, physical inactivity, etc. in a given county.

APPENDIX A: DATA SOURCES

A. Surveys

Behavioral Risk Factor Surveillance System

The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing random-digit dialed telephone survey of adults concerning health-related behaviors. The BRFSS was developed by the Centers for Disease Control and Prevention (CDC) and is conducted in all states in the U.S. Each year, between 3,000 and 7,000 adult Oregonians are interviewed. The BRFSS includes questions on health behavior risk factors such as seat belt use, diet, weight control, tobacco and alcohol use, physical activity, preventive health screenings, and use of preventive and other health care services. The data are weighted to represent all adults aged 18 years and older. A core set of questions, which includes questions on body weight and height, is asked annually and other topics are surveyed on a rotating basis every other year. Nutrition and physical activity questions are surveyed on a rotating basis.

Data presented by race/ethnicity are from a special combined 2004 and 2005 file, which includes additional surveys among African Americans, American Indians/Alaska Natives, and Asian/Pacific Islanders. The additional surveys were done to ensure that there would be a minimum of 250 surveys for each racial/ethnic group. Data for each racial/ethnic group were weighted to represent the group's population by age and gender. Percentages presented have been age-adjusted, so that they will not be affected by differences in the age distribution between the various groups.

County-level information was obtained by combining BRFSS data for the four years from 2002-2005.

Oregon Healthy Teens Survey

The Youth Risk Behavior Survey (YRBS) was developed by the Centers for Disease Control and Prevention and was administered in a sample of Oregon schools every other year from 1991 to 2000. The sample size varied between 1,600 and 32,000 and the final data were weighted to more accurately represent the Oregon high school population. The questionnaire assessed behavioral risks among Oregon high school students (grades 9 through 12) in the areas of vehicle safety, weapon carrying and violence, tobacco and alcohol use, other drug use, sexual activity and pregnancy, HIV knowledge and attitudes, eating behaviors, nutrition, physical activity, and access to health care, including use of school-based health centers. A sample of middle school students (grades 6 through 8) was added in 1997.

Since 2000, the YRBS and the Oregon Public School Drug Use Survey have been combined into a single annual survey, Oregon Healthy Teens. Surveys are administered annually to nearly one-half of Oregon's 8th and 11th graders. The OHT collected information from about 30,000 Oregon adolescents in 2005. Participating students came from 248 schools in 34 counties. Each year a random sampling process is used to select districts within counties and schools within districts for participation. County-level information on adolescents is from a combined OHT dataset incorporating data years 2005 and 2006.

National Immunization Survey

The National Immunization Survey (NIS) has been conducted annually since 1994 by the National Immunization Program and the National Center for Health Statistics, Centers for Disease Control and Prevention. The NIS is used to obtain national, state, and selected urban area estimates of vaccination coverage rates for U.S. children between the ages of 19 and 35 months. The NIS is a

random-digit dialed telephone survey of households with age-eligible children followed by a mail survey of the children's vaccination providers to validate immunization information. Additionally, beginning in January 2003, all respondents to the household telephone survey were asked questions about breastfeeding. In 2005, the breastfeeding questions analyzed for this data were: "Was [child's name] ever breastfed or fed breast milk?"; "How long was [child's name] breastfed or fed breast milk?"; and "How old was [child's name] when [he/she] was fed something other than breast milk? This includes formula, juice, solid foods, cow's milk, water, sugar water, anything else."

B. VITAL STATISTICS DATA

Death Certificate Statistical File

The Death Certificate Statistical File includes all deaths occurring in Oregon and deaths occurring out-of-state among Oregon residents. Data are obtained from death certificates that are collected by the State Registrar. The data are used to examine trends in mortality and causes of death. Variables in this database include cause of death, date and place of death, decedent demographic information, whether the death was related to tobacco use, and county, place, and date of injury (if applicable). The mortality data analyzed for this report consist of deaths of Oregon residents, and exclude residents of other states or countries who died in Oregon.

APPENDIX B: Modifiable Risk Factors among Adults, by County, Oregon 2002-2005

County	% classified as overweight		% classified as obese		% of adults who met CDC recommendations for physical activity		% of adults who consumed at least 5 servings of fruits and vegetables per day	
	non age-adjusted	age-adjusted	non age-adjusted	age-adjusted	non age-adjusted	age-adjusted	non age-adjusted	age-adjusted
	37.0%		22.1%		54.7%		25.8%	
Baker	38.0%	37.4%	19.0%	18.0%	47.2%	50.8%	26.0%	27.9%
Benton	36.4%	37.5%	15.2%	16.4%	58.5%	58.2%	28.8%	30.1%
Clackamas	38.3%	38.1%	21.1%	21.1%	54.1%	54.6%	25.2%	25.2%
Clatsop	33.9%	33.9%	26.2%	25.7%	56.3%	57.3%	22.6%	22.6%
Columbia	36.3%	35.6%	31.2%	30.9%**	55.0%	56.5%	25.2%	26.0%
Coos	38.6%	37.3%	23.6%	23.1%	58.6%	60.4%	22.3%	22.1%
Crook	45.1%	44.8%	24.4%	23.8%	54.6%	55.5%	25.4%	23.9%
Curry	40.2%	39.1%	17.3%	15.2%**	57.6%	67.9%**	32.3%	33.2%
Deschutes	39.2%	38.8%	18.4%	18.3%**	57.3%	57.5%	29.6%	29.5%
Douglas	38.0%	36.9%	26.9%	27.0%**	51.3%	52.1%	20.3%	19.5%**
Grant	45.4%	42.4%	23.2%	22.9%	68.1%	72.9%	16.0%	18.0%
Harney	47.3%	49.4%**	27.4%	26.2%	56.5%	56.0%	23.1%	22.3%
Hood River	39.5%	39.2%	19.6%	19.8%	44.0%	44.7%	29.4%	30.1%
Jackson	36.4%	36.2%	21.1%	20.9%	57.7%	58.0%	25.7%	25.6%
Jefferson	42.5%	42.7%	28.9%	28.7%	50.5%	53.9%	31.2%	32.5%
Josephine	34.9%	33.2%	23.6%	23.3%	54.2%	56.1%	24.2%	23.3%
Klamath	39.6%	39.2%	23.3%	23.2%	53.1%	54.1%	26.5%	25.8%
Lake	38.9%	37.3%	26.0%	24.1%	62.7%	63.3%	18.4%	19.6%
Lane	35.6%	35.7%	22.8%	23.0%	58.7%	58.8%	23.6%	23.6%
Lincoln	39.9%	37.8%	27.0%	28.0%**	51.1%	50.1%	24.3%	23.5%
Linn	35.2%	35.0%	30.7%	30.5%**	54.4%	54.9%	23.1%	22.9%
Malheur	40.2%	40.1%	29.7%	30.1%**	47.1%	47.1%	22.8%	23.0%
Marion	39.4%	39.4%	24.9%	25.1%**	49.6%	49.6%**	24.4%	24.6%
Morrow	46.3%	46.2%	29.0%	29.3%	40.4%	40.4%	13.2%	13.1%
Multnomah	34.4%	34.8%**	19.4%	19.9%**	56.4%	56.0%	27.7%	28.1%
Polk	37.3%	37.0%	20.9%	21.0%	58.3%	57.9%	25.3%	25.0%
Tillamook	40.7%	38.8%	21.9%	20.7%	50.2%	52.5%	29.0%	28.3%
Umatilla	40.4%	40.4%	26.0%	26.1%	37.8%	37.4%**	20.3%	20.3%
Union	40.1%	40.0%	20.3%	20.7%	60.9%	61.8%	22.6%	21.6%
Wallowa	38.7%	37.1%	11.4%	9.9%**	52.4%	51.8%	27.7%	26.1%
Washington	36.5%	37.1%	20.3%	20.4%	52.0%	51.3%	28.8%	29.8%**
Yamhill	36.1%	36.8%	26.1%	25.9%	56.1%	55.5%	22.8%	23.5%
Gilliam/Wheeler	30.2%	24.0%	33.6%	43.1%**	64.7%†	64.9%†	31.6%†	26.0%†
Sherman/Wasco	36.1%	34.9%	24.2%	23.4%	63.3%	64.5%	28.1%	26.0%

† % based on less than 50 respondents; may not accurately reflect behavior of entire county

** Statistically significant difference compared to Oregon.

Sources: BRFSS 2002-2005

APPENDIX C: Modifiable Risk Factors among 8th Graders, by County, Oregon 2005-2006

County	% at risk of overweight	% overweight	% who met current physical activity recommendations	% who consumed ≥ 5 serving of fruits and vegetables per day	% who had breakfast every day
OREGON	15.3%	10.5%	58.9%	24.1%	46.0%
Baker	17.0%	8.3%	61.8%	24.3%	53.6%**
Benton	11.6%**	8.1%	54.4%	31.1%**	57.7%**
Clackamas	12.1%**	9.7%	58.2%	24.1%	49.2%**
Clatsop	20.0%	10.8%	61.8%	20.9%	39.3%**
Columbia	14.9%	15.4%**	58.9%	23.0%	44.9%
Coos	16.5%	12.6%	65.8%**	25.4%	45.6%
Crook	12.9%	13.3%	54.0%	20.9%	46.9%
Curry	11.1%	13.1%	58.6%	22.1%	46.3%
Deschutes	11.8%**	7.7%**	60.9%	22.4%	49.2%
Douglas	17.6%	11.3%	67.1%**	22.1%	41.5%**
Gilliam	17.6%†	5.9%†	66.7%†	10.5%†	26.3%†
Grant	15.4%	18.5%	63.8%	13.3%**	55.0%
Harney	7.1%**	13.5%	50.0%	17.1%	54.9%
Hood River	14.2%	10.4%	44.2%**	30.3%**	53.1%**
Jackson	14.1%	9.3%	60.8%	22.4%	46.2%
Jefferson	18.6%	12.6%	53.9%	27.4%	46.7%
Josephine	--	--	--	--	--
Klamath	13.3%	11.7%	58.5%	22.7%	51.4%
Lake	11.0%	8.1%	79.7%**	23.4%	54.5%
Lane	14.8%	9.3%	60.7%	24.1%	47.1%
Lincoln	--	--	--	--	--
Linn	18.2%**	12.3%	64.0%**	23.5%	43.1%
Malheur	18.6%	14.6%**	53.1%**	27.3%	41.5%
Marion	16.0%	13.3%**	62.3%**	24.3%	44.7%
Morrow	15.7%	9.5%	61.0%	23.4%	41.7%
Multnomah	15.3%	10.7%	55.1%**	26.6%**	43.2%**
Polk	23.3%**	11.5%	58.7%	26.8%**	38.7%**
Sherman	17.8%†	13.3%†	51.0%	28.6%†	47.1%†
Tillamook	21.8%**	11.2%	65.3%	15.1%**	44.6%
Umatilla	17.7%	13.9%**	58.9%	21.7%	44.4%
Union	17.9%	7.5%	67.8%**	18.9%	47.2%
Wallowa	14.3%†	10.2%†	72.0%	14.6%†	54.0%
Wasco	19.2%	12.2%	56.9%	22.6%	43.1%
Washington	15.5%	7.8%**	55.4%**	23.6%	47.4%
Wheeler	19.0%†	14.1%†	76.0%†	28.1%†	23.1%†
Yamhill	17.0%	12.7%	57.8%	24.6%	43.2%

† % based on less than 50 respondents; may not accurately reflect behavior of entire county

** Statistically significant difference compared to Oregon.

Sources: OHT 2005-2006

APPENDIX C(cont.): Modifiable Risk Factors among 8th Graders, by County, Oregon 2005-2006

County	% who drank ≥ 3 glasses of milk per day	% who drank ≥ 7 sodas per week	% who bought soda at school ≥ 1 day per week	% who participated in PE daily	% who watched TV more than 2 hours daily
OREGON	23.9%	26.8%	17.2%	55.4%	30.5%
Baker	31.8%**	26.0%	18.4%	84.0%**	30.1%
Benton	23.9%	18.1%**	7.6%**	48.5%**	21.3%**
Clackamas	22.2%	22.7%**	11.2%**	54.0%	25.7%**
Clatsop	25.2%	33.5%**	8.4%**	47.9%**	37.2%**
Columbia	29.7%**	22.6%	25.6%**	23.8%**	24.0%**
Coos	28.5%**	28.0%	12.7%**	92.1%**	30.7%
Crook	25.4%	23.8%	14.3%	29.6%**	30.7%
Curry	25.6%	26.6%	18.8%	21.2%**	26.1%
Deschutes	23.3%	24.5%	12.1%**	58.2%	23.1%**
Douglas	26.4%	35.3%**	22.9%**	55.1%	30.6%
Gilliam	26.3%†	36.8%†	15.8%†	16.7%†**	42.1%†
Grant	36.9%	27.8%	17.3%	2.9%**	26.7%
Harney	31.7%	21.8%	4.9%**	2.2%**	30.9%
Hood River	25.2%	25.0%	11.2%**	8.4%**	34.2%
Jackson	24.7%	27.3%	13.9%**	52.6%	29.8%
Jefferson	24.7%	28.8%	6.6%**	58.8%	36.2%
Josephine	--	--	--	--	--
Klamath	27.7%	25.2%	19.3%	58.3%	25.9%
Lake	27.5%	27.8%	20.5%	68.9%**	26.7%
Lane	24.2%	26.6%	16.2%	47.0%**	28.3%
Lincoln	--	--	--	--	--
Linn	25.7%	30.7%**	13.0%**	62.6%**	28.1%
Malheur	29.6%**	27.2%	18.2%	44.1%**	39.5%**
Marion	25.1%	28.2%	14.8%	57.7%	31.5%
Morrow	32.2%**	24.2%	35.5%**	3.0%**	24.7%
Multnomah	21.9%	26.6%	18.0%	54.9%	34.1%**
Polk	23.1%	28.4%	30.7%**	13.8%**	36.7%**
Sherman	19.6%	39.2%	37.3%**	0%	27.5%
Tillamook	28.7%	23.9%	32.3%**	30.5%**	26.6%
Umatilla	26.2%	31.9%**	24.1%**	42.9%**	36.6%**
Union	26.5%	21.9%	24.1%**	72.7%**	26.3%
Wallowa	30.0%	24.0%	44.0%**	2.0%†**	32.0%
Wasco	19.6%	28.4%	10.0%**	37.3%**	34.1%
Washington	20.3%**	27.0%	21.1%**	72.6%**	33.0%
Wheeler	38.8%†	24.8%†	14.1%†	0%†	19.8%†
Yamhill	26.7%	27.5%	25.2%**	69.0%**	33.8%

† % based on less than 50 respondents; may not accurately reflect behavior of entire county

** Statistically significant difference compared to Oregon.

Sources: OHT 2005-2006

APPENDIX D Modifiable Risk Factors among 11th Graders, by County, Oregon 2005-2006

County	% at risk of overweight	% overweight	% who met current physical activity levels	% who consumed ≥ 5 serving of fruits and vegetables per day	% who had breakfast every day
OREGON	13.0%	10.7%	49.2%	18.4%	37.5%
Baker	7.9%**	13.2%	62.7%**	13.4%	38.0%
Benton	10.4%	8.3%	42.7%**	22.1%**	45.5%**
Clackamas	11.8%	9.5%	48.6%	18.1%	37.7%
Clatsop	16.2%	12.3%	54.3%	23.3%	35.5%
Columbia	10.4%	12.7%	53.2%	21.3%	35.2%
Coos	15.1%	11.9%	60.9%**	18.7%	39.5%
Crook	14.6%	9.6%	55.0%	16.2%	36.8%
Curry	11.5%	11.3%	50.0%	17.8%	37.2%
Deschutes	10.1%	8.5%	56.1%**	19.0%	38.9%
Douglas	13.7%	11.8%	53.5%	17.5%	36.9%
Gilliam	13.0%†	13.0%†	48.0%†	8.0%†	12.0%†**
Grant	10.0%	10.2%	50.2%	16.4%	36.9%**
Harney	15.0%	13.7%	47.3%	16.2%	43.6%
Hood River	14.1%	11.9%	44.4%	19.4%	39.5%
Jackson	13.4%	11.8%	47.5%	15.2%**	35.8%
Jefferson	19.5%	10.8%	44.6%	19.8%	32.1%
Josephine	--	--	--	--	--
Klamath	12.1%	12.3%	47.6%	15.0%	30.9%**
Lake	17.4%	5.7%	67.0%**	15.1%	35.2%
Lane	13.1%	10.6%	52.1%	19.1%	40.0%
Lincoln	--	--	--	--	--
Linn	13.5%	11.2%	52.9%	16.0%	36.3%
Malheur	11.2%	15.1%**	48.7%	19.7%	38.8%
Marion	13.9%	12.0%	51.7%	20.5%	34.9%
Morrow	19.1%	8.3%	58.0%**	21.3%	33.8%
Multnomah	13.2%	10.2%	40.4%**	18.3%	34.5%
Polk	18.6%**	13.7%	56.4%**	16.4%	34.4%
Sherman	18.4%†	7.9%†	73.2%†**	27.5%†	39.0%†
Tillamook	15.4%	4.8%	48.2%	18.2%	29.1%
Umatilla	16.8%	12.6%	53.4%**	16.8%	38.3%
Union	16.0%	9.9%	52.1%	15.7%	39.8%
Wallowa	22.6%†	3.1%†	47.4%†	15.1%†	27.5%†
Wasco	17.0%	13.1%	49.6%	17.8%	38.9%
Washington	10.8%	9.9%	46.4%	18.0%	42.9%**
Wheeler	17.7%†	15.4%†	48.2%†	30.5%†	50.1%†
Yamhill	18.2%**	11.3%	54.2%	20.7%	34.1%

† % based on less than 50 respondents; may not accurately reflect behavior of entire county

** Statistically significant difference compared to Oregon.

Sources: OHT 2005-2006

APPENDIX D(cont.): Modifiable Risk Factors among 11th Graders, by County, Oregon 2005-2006

County	% who drank ≥ 3 glasses of milk per day	% who drank ≥ 7 sodas per week	% who bought soda at school ≥ 1 day per week	% who participated in PE daily	% who watched TV more than 2 hours daily
OREGON	16.8%	27.1%	32.1%	18.6%	22.3%
Baker	18.8%	26.8%	27.8%	40.9%**	15.6%**
Benton	16.8%	22.4%**	34.8%	6.2%**	16.8%**
Clackamas	15.4%	25.5%	29.9%	15.5%**	20.2%
Clatsop	21.9%**	28.1%	11.8%**	14.5%	23.3%
Columbia	20.9%	26.0%	44.1%**	31.5%**	21.2%
Coos	21.7%**	27.1%	39.0%**	45.5%**	19.3%
Crook	16.9%	37.8%**	33.1%	30.3%**	22.4%
Curry	20.1%	29.6%	37.7%	47.5%**	19.1%
Deschutes	17.4%	29.1%	21.7%**	27.1%**	20.2%
Douglas	20.6%	33.6%**	38.1%	22.9%**	20.9%
Gilliam	8.0%†	36.0%†	64.0%†**	4.0%†	12.0%†
Grant	24.9%**	31.6%	38.6%	2.7%**	16.1%
Harney	18.9%	28.4%	32.9%	9.5%**	12.9%**
Hood River	14.2%	20.5%**	22.1%**	7.7%**	25.2%
Jackson	15.6%	29.8%	33.4%	11.8%**	22.6%
Jefferson	17.8%	30.4%	28.1%	32.7%**	26.8%
Josephine	--	--	--	--	--
Klamath	16.1%	32.0%**	38.9%**	20.5%	25.7%
Lake	18.8%	31.4%	30.8%	43.1%**	16.1%
Lane	17.5%	27.5%	34.9%	25.6%**	20.4%
Lincoln	--	--	--	--	--
Linn	14.5%	32.6%**	36.3%	18.5%	22.0%
Malheur	25.6%**	33.1%**	34.7%	14.0%**	33.3%**
Marion	17.0%	30.0%	41.5%**	32.9%**	23.9%
Morrow	23.6%**	38.4%**	45.4%**	4.2%**	31.7%**
Multnomah	13.6%**	23.5%**	37.1%**	5.4%**	24.1%
Polk	22.6%**	33.1%	45.1%**	43.1%**	24.3%
Sherman	14.6%†	43.9%†**	56.1%†**	36.6%†**	33.5%†
Tillamook	26.1%**	30.0%	46.4%**	28.4%**	23.6%
Umatilla	18.7%	31.4%**	33.8%	20.4%	27.2%**
Union	21.5%	32.6%	39.1%**	17.0%	22.2%
Wallowa	9.7%†	33.3%†	21.6%†	--	18.1%†
Wasco	16.0%	29.5%	15.0%**	22.7%	24.8%
Washington	16.2%	21.2%**	15.5%**	6.8%**	20.8%
Wheeler	39.7%†**	36.6%†	39.2%†	0%	24.7%†
Yamhill	17.1%	29.2%	39.2%**	32.8%**	28.2%**

† % based on less than 50 respondents; may not accurately reflect behavior of entire county

** Statistically significant difference compared to Oregon.

Sources: OHT 2005-2006