



Cowlitz County Health Department

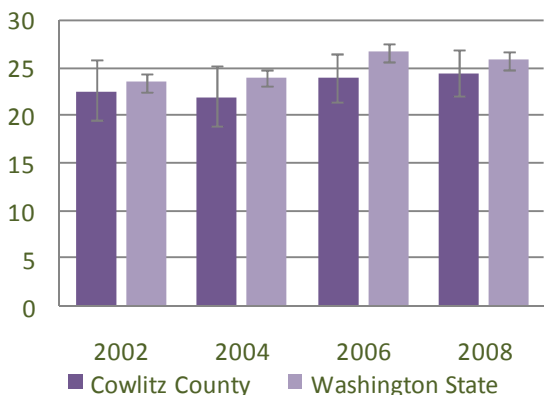
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Board of County Commissioners

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Nutrition and Physical Activity in Cowlitz County Youth

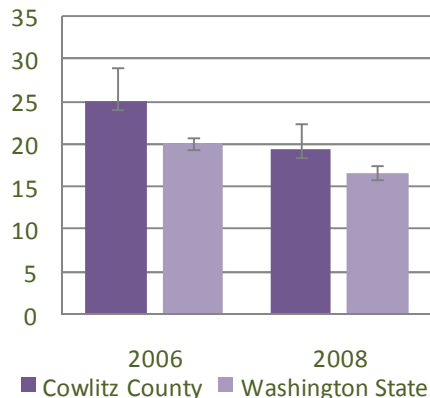
Percent youth who consume five or more fruits or vegetables a day



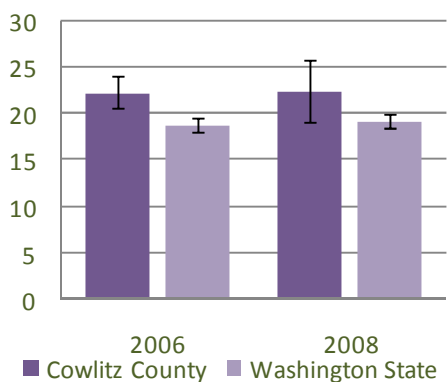
In 2008, 23% (less than one in four) youth in Cowlitz County reported consuming five or more fruits or vegetables a day. This is lower than the state (25%).

Although the percentage of youth who drink sweetened beverages daily has decreased in 2008, at 19% it remained higher than the state (17%). One in five youth in Cowlitz County drink sweetened beverages daily.

Percent youth who drink sweetened beverages daily



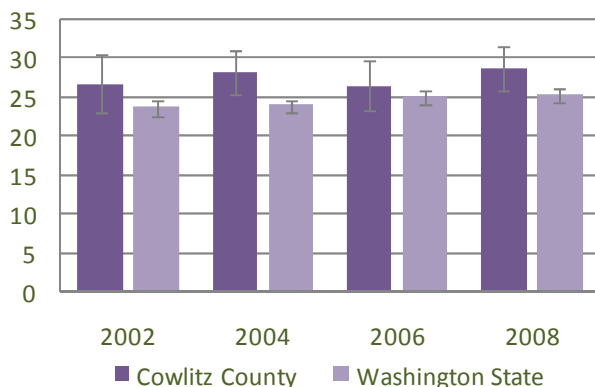
Percent youth that met physical activity recommendations



While more youth in Cowlitz County report sufficient physical activity than the state, in 2008 only 22% got the recommended 60 minutes a day.

In 2008, 29% of Cowlitz County's 8, 10, & 12th graders were overweight or obese. This is higher than Washington State's youth (24%).

Percent Youth Overweight or Obese



Healthy People 2010 Goals

- 75% of people aged 2 years and older eating at least two daily servings of fruit.
- 50% of people aged 2 years and older eating at least 3 daily servings of vegetables.
- 85% of students in grades 9 to 12 will report meeting vigorous activity recommendations.
- Less than 5% of adolescents aged 12 to 19 will be overweight or obese.

Benefits of Healthy Students

Kids who are healthy go to school, pay attention, and are more likely to have better test scores and succeed academically.

