

# YOUTH AND PHYSICAL HEALTH

## HEALTHY YOUTH SURVEY

### Washington State Healthy Youth Survey Facts

- More than 35,000 students participate across the state, representing all 39 counties
- Questions ask about risk for injury, health outcomes, alcohol, and drug use.
- Results are used by communities to support youth and reduce risks.

More info available at: [www.askhys.net](http://www.askhys.net)

### Island County Facts

#### Represented School Districts \*

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Oak Harbor  
Coupeville  
South Whidbey

#### Survey Response Rates

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6th Grade: 86%  
8th Grade: 83%  
10th Grade: 81%  
12th Grade: 60%

\*Camano Island youth are reported as part of the Stanwood School District in Snohomish County

WEIGHT STATUS*	6th Graders	8th Graders	10th Graders	12th Graders
<b>Overweight<sup>1</sup></b>	~	14.9%	14.7%	15.1%
<b>Obese<sup>2</sup></b>	~	11.9%	10.6%	9.7%
<b>Trying to lose weight</b>	~	36.3%	42.9%	42.7%

\* Self-reported height and weight; 1. "Overweight" = students in top 5.1%-15% for BMI by age & gender for Centers for Disease Control and Prevention growth charts (2000). 2. "Obese" includes students in the top 5%.

FOOD CHOICES AND MEALS	6th Graders	8th Graders	10th Graders	12th Graders
<b>Eat recommended amounts of fruits and vegetables (5 servings/day)</b>	~	20.4%	17.2%	20.6%
<b>Drink 2 or more regular sodas per day</b>		4.8%	2.6%	9.2%
<b>Did not eat breakfast</b>	23.1%	27.8%	34.3%	36.4%
<b>Usually eat dinner with family</b>	79.2%	74.4%	68.5%	60.3%
<b>Family has skipped or cut meal size due to lack of money</b>	~	11.5%	14.7%	15.4%

PHYSICAL ACTIVITY	6th Graders	8th Graders	10th Graders	12th Graders
<b>Meet physical activity recommendations (60 min/day, 5x/wk)</b>	61.3%	62.6%	50.0%	49.8%
<b>Walk to school at least 3x/wk</b>	24.1%	24.6%	26.0%	18.0%

SCREEN TIME	6th Graders	8th Graders	10th Graders	12th Graders
<b>Spend 3+ hours per school day watching television</b>	23.0%	24.1%	19.1%	19.1%
<b>Spend 3+ hours per school day playing video or computer games</b>	27.5%	44.4%	44.8%	43.9%

SLEEP*	6th Graders	8th Graders	10th Graders	12th Graders
<b>Get 9 hours or more of sleep a night</b>	~	16.4%	6.6%	4.1%
<b>Get about 8 hours of sleep a night</b>	~	33.3%	24.5%	19.7%
<b>Get 5 hours or less of sleep a night</b>	~	11.0%	13.5%	11.4%

\*The National Institute of Health recommends that teens get 9 to 10 hours of sleep per night. <http://www.cdc.gov/features/sleep/>

~ = Question was not asked to these students

**We are extremely appreciative for the participation of all our Island County School Districts in the Healthy Youth Survey. Their participation allows us to report on the current health status of our youth and track trends over time.**

For more information about Island Counts or this Fact Sheet, contact Laura Luginbill, MS, RD  
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# YOUTH AND PHYSICAL HEALTH

## HEALTHY YOUTH SURVEY

# WHAT WE CAN DO

### ISLAND COUNTY RESOURCES

Island County is full of different places to be physically active!

Family-Friendly  
Parks and Beaches  
[www.islandcountyahc.org/  
Page/78](http://www.islandcountyahc.org/Page/78)

Trail Maps  
[www.islandcounty.net/  
PublicWorks/trailsmain.htm](http://www.islandcounty.net/PublicWorks/trailsmain.htm)

Parks and Recreation  
Districts  
North Whidbey:  
[www.oakharborpool.com](http://www.oakharborpool.com)  
South Whidbey:  
[www.swparks.org](http://www.swparks.org)

Activity Scholarships  
Healthy Island Youth  
Initiative Scholarship  
[www.islandcountyahc.org/  
Page/74](http://www.islandcountyahc.org/Page/74)

## PARENTS

### PARENTS CAN ENCOURAGE HEALTHY CHOICES AT HOME:

Use the **5-2-1-0** approach daily:

- **5** or more fruits and vegetables.
- **2** hours or less of recreational screen time.
- **1** hour or more of physical activity.
- **0** sugary drinks. Drink more water and low-fat milk.<sup>1</sup>

### PARENTS CAN TALK TO YOUR KIDS ABOUT SEXUAL HEALTH:

Teens who talk with their parents about sex, relationships, birth control and pregnancy:

- Begin to have sex at later age.
- Use condoms and birth control more often if they do have sex.
- Have better communication with romantic partners.
- Have sex less often.<sup>2</sup>

## GOVERNMENT

**LOCAL OFFICIALS CAN** implement policies that promote health through community planning and development.

- Roadway systems can be planned, built, and managed to encourage alternative transportation modes to the single-occupant vehicle, such as walking, biking, and public transit.
- Open spaces can be linked to non-motorized trails and public transportation.
- Funding can support regional trail development that prioritizes linking multi-modal transportation, schools, urban development, places of employment, and recreational facilities.
- Development of multi-unit affordable housing can be encouraged near major employment opportunities, public services including health care, public transportation, retail providing healthy food options, and open spaces such as parks and trails.
- Home and community gardens within urban and urban growth areas can be encouraged through design and permitting processes. Density of fast food restaurants and convenience stores that serve unhealthy food items can be limited, especially near schools.

## SCHOOLS

### SCHOOLS CAN

- Start or promote a school breakfast program.
- Move recesses to right before lunch, not after.
- Initiate a Farm to School or School Garden program.
- Collaborate with community organizations like local hospitals or health departments to teach healthy choices in classrooms.
- Implement policies requiring that healthy options are available at school events, sporting events, and classroom activities.
- Restrict purchase of soda and all sugar-sweetened beverages on school property.

### ISLAND COUNTY FOOD ASSISTANCE

#### Do you need help providing healthy food for your family?

#### Island County Women, Infants, and Children (WIC)

<http://www.islandcountycfhs.org/Page/18>

Camano: (360) 387-0184

Oak Harbor: (360) 240-5554 ext. 46

South Whidbey: (360) 221-8880

#### North Help House (Help House)

(360) 675-0681

#### Good Cheer Food Bank (South Whidbey)

(360) 221-6454 ext 1

#### Gifts from the Heart Food Bank (Central Whidbey)

(360) 678-8312

1. 5210 Let's Go (2012). Retrieved from 5210 Let's Go: <http://www.lets-go.org/>

2. Centers for Disease Control and Prevention (2012, November 27). *CDC Features*. Retrieved from: <http://www.cdc.gov/vitalsigns/HIVamongyouth>