

YOUTH AND PHYSICAL HEALTH

HEALTHY YOUTH SURVEY

Washington State Healthy Youth Survey Facts

- More than 35,000 students participate across the state.
- 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

Island County Facts

Represented School Districts *

Oak Harbor
Coupeville
South Whidbey

Survey Response Rates

6th Grade: 62%
8th Grade: 54%
10th Grade: 74%
12th Grade: 59%

*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
Overweight¹	~	11.7%	12.7%	15.2%
Obese²	~	10.2%	12.2%	15.7%
Trying to lose weight	~	34.3%	33.6%	40.6%

* 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
Eat recommended amounts of fruits and vegetables (5 servings/day)	~	26.3%	24.5%	18.2%
Drink 2 or more regular sodas, sports drinks, or other flavored sweetened drinkers per day	~	3.7%	10.8%	6.6%
Did not eat breakfast	24.0%	30.2%	38.3%	37.9%
Usually eat dinner with family	79.2%	75.6%	59.2%	57.7%
Family has skipped or cut meal size due to lack of money	~	10.9%	10.8%	15.9%

PHYSICAL ACTIVITY	6th Graders	8th Graders	10th Graders	12th Graders
Meet physical activity recommendations (60 min/day, 7x/wk)	24.8%	29.5%	22.6%	20.4%
Walk to school at least 3x/wk	17.3%	26.3%	22.6%	15.9%

SCREEN TIME	6th Graders	8th Graders	10th Graders	12th Graders
Spend 3+ hours per school day watching television	18.5%	15.1%	12.3%	13.7%
Spend 3+ hours per school day playing video or computer games or use the computer for something that is not school work	26.4%	31.8%	47.2%	45.8%

SLEEP*	6th Graders	8th Graders	10th Graders	12th Graders
Get 9 hours or more of sleep a night	~	15.1%	6.7%	5.0%
Get about 8 hours of sleep a night	~	38.1%	22.5%	17.8%
Get 5 hours or less of sleep a night	~	7.1%	18.7%	15.6%

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



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!

Parks and Trails

[www.islandcountywa.gov/
PublicWorks/Parks/Pages/
Home.aspx](http://www.islandcountywa.gov/PublicWorks/Parks/Pages/Home.aspx)

Parks and Recreation Districts

North Whidbey:
www.oakharborpool.com

South Whidbey:
www.swparks.org

Activity Scholarships

Healthy Island Youth
Initiative Scholarship
[www.islandcountywa.gov/
Health/AHC/Pages/HIYI-
Scholarship.aspx](http://www.islandcountywa.gov/Health/AHC/Pages/HIYI-Scholarship.aspx)

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.¹

TIPS TO REDUCE SCREEN TIME:

- Parents should set a good example and limit their own screen time to two hours a day.
- Set screen time limits.
- Create screen-free bedrooms (this will help kids get the sleep they need as well).
- Don't use screen time as a reward or punishment (this makes screen time seem even more important to kids).²

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.
- Home and community gardens within urban and urban growth areas can be encouraged through design and permitting processes.



ISLAND COUNTY FOOD ASSISTANCE

Do you need help providing healthy food for your family?

Island County Women, Infants, and Children (WIC)

<https://www.islandcountywa.gov/Health/CFHS/Pages/WIC.aspx>

Camano: (360) 387-0184 (phone) (360) 544-2167 (text)

Oak Harbor: (360) 240-5554 (phone) (360) 544-2239 (text)

South Whidbey: (360) 221-8880 (phone) (360) 544-2238 (text)

North Whidbey Help House (Oak Harbor)

(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

If you have EBT Benefits, participate in **Complete Eats at Safeway.**

~Buy \$10 of Fruit and Vegetables & Get a \$5 Coupon

~ Must use EBT and Safeway card to get benefits

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.
- Implement policies requiring that healthy options are available at school events, sporting events, and classroom activities.
- Offer incentives for staff to be physically active and make healthy food choices.

¹5210 Let's Go (2012). Retrieved from 5210 Let's Go: <http://www.lets-go.org/>

²National Heart, L. a. (2013, February 13). *Tips to Reduce Screen Time*. Retrieved from We Can!: <https://www.nhlbi.nih.gov/health/educational/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm>