

# Island County Community Health Planning 2015 Community Health Assessment



Category: Health Determinant and Correlate Metrics	Section: Health Behaviors	Topic: Nutrition and Physical Activity
Indicator: 10 <sup>th</sup> grade students being physically active for $\geq$ 60 min per day		
Prepared by: Celine, Laura additions on 6/2/15		

## I. ISLAND COUNTY DATA

Source: 2014 HYS	Year: 2014
Source Link: <a href="http://www.askhys.net/FactSheets">http://www.askhys.net/FactSheets</a>	
Data Point: <del>10<sup>th</sup> grade students did NOT meet physical activity recommendations (Note different from indicator) = 76%</del> Laura Addition: 10 <sup>th</sup> grade students being physically active for $\geq$ 60 min per day = 23.7%	

## II. ISLAND COUNTY SUB-GROUPS

Is data available for sub-groups of our population? If so, please list below: Of those students meeting physical activity recommendations.....		
Sub-Group	Data Point	Source (if different)
Male		
Female		
Data not available via <a href="http://www.askhys.net">www.askhys.net</a>		

## III. ISLAND COUNTY TRENDS

Is data available for previous years in Island County? If so, please list below:		
Year	Data Point	Source (if different)
2004	n/a	
2006	16.8%	
2008	12.7%	
2010	19.4%	
2012	22.6%	
2014	23.7%	

## IV. WASHINGTON STATE

Source: Healthy Youth Survey	Year: 2014
Source Link: <a href="http://www.askhys.net">www.askhys.net</a>	

<b>Data Point:</b> 23.5%
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**V. UNITED STATES**

<b>Source:</b> Youth Risk Behavior Survey	<b>Year:</b> 2013, 10 <sup>th</sup> grade only
<b>Source Link:</b> <a href="http://nccd.cdc.gov/youthonline">http://nccd.cdc.gov/youthonline</a>	
<b>Data Point:</b> 27.6%	

**VI. STANDARD OR GOAL**

<b>Source:</b> CDC
<b>Source Link:</b> <a href="http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html">www.cdc.gov/physicalactivity/everyone/guidelines/children.html</a>
<b>Standard or Goal:</b> CDC Recommends 60 min of physical activity daily and muscle strengthening 3 days a week.