

HEALTHY WEIGHT, HEALTHY EATING AND PHYSICAL ACTIVITY: ISLAND COUNTY 2006



Findings from the Washington State Healthy Youth Survey

WEIGHT	6 TH	8 TH	10 TH	12 TH
	GRADERS	GRADERS	GRADERS	GRADERS
Obese	~	10.6%	9.2%	5.4%
Overweight	~	14.9%	15.2%	15.7%
Trying to lose weight	33.4%	40%	43.6%	39.3%

MEALS	6 TH	8 TH	10 TH	12 TH
	GRADERS	GRADERS	GRADERS	GRADERS
Not regularly eating dinner with family	24.8%	27.5%	41.7%	50.9%
Not eating breakfast	20.6%	33.9%	36%	41.4%
Skipping meals or cutting meal size due to lack of money	~	13.8%	12.5%	18.6%

FOOD CHOICES	6 TH	8 TH	10 TH	12 TH
	GRADERS	GRADERS	GRADERS	GRADERS
Not eating enough fruit or vegetables each day (< 5 servings)	~	69.4%	77.4%	77.3%
Eating chips or similar snack foods regularly (<i>excludes low-fat/fat-free items</i>) *	~	23.9%	16%	15.8%
Drinking two or more regular (sweetened) sodas or pops a day	8.4%	15.4%	16%	7.4%

*Regularly eating chips = 4 or more times a week.

PHYSICAL ACTIVITY	6 TH	8 TH	10 TH	12 TH
	GRADERS	GRADERS	GRADERS	GRADERS
Not getting enough moderate physical activity (<i>e.g. walking or skating</i>) *	~	64.9%	60.8%	64.1%
Not attending physical education (PE) classes in school	~	24.5%	50%	70.8%
Does not bike or walk near home or to school	22.9%	28.2%	34.9%	49.3%

* Not enough moderate physical activity = less than 5 days a week.

SCREEN TIME	6 TH	8 TH	10 TH	12 TH
	GRADERS	GRADERS	GRADERS	GRADERS
Spending 2+ hours on a school day watching TV/DVD/Videos	55.3%	62%	53%	45.1%
Spending 2+ hours on a school day playing video or computer games		42.8%	42.6%	37.0%

~ Not available for students in this grade.

We are extremely appreciative of the participation of all four 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 this data sheet, please contact Whitney Webber at whitneyw@co.island.wa.us or (360) 240-5554 ext. 30

