

HEALTHY WEIGHT, HEALTHY EATING AND PHYSICAL ACTIVITY: ISLAND COUNTY 2008



Findings from the Washington State Healthy Youth Survey

WEIGHT	6 TH	8 TH	10 TH	12 TH
	GRADERS	GRADERS	GRADERS	GRADERS
Obese	~	7.9	6.9	9.0
Overweight	~	12.8	10.7	16.0
Trying to lose weight	36.8	40.6	36.0	41.1

MEALS	6 TH	8 TH	10 TH	12 TH
	GRADERS	GRADERS	GRADERS	GRADERS
Not regularly eating dinner with family	27.4	32.3	38.0	44.4
Not eating breakfast	23.8	30.7	37.0	43.7
Skipping meals or cutting meal size due to lack of money	~	14.6	22.3	12.6

FOOD CHOICES	6 TH	8 TH	10 TH	12 TH
	GRADERS	GRADERS	GRADERS	GRADERS
Not eating enough fruit or vegetables each day (< 5 servings)	~	69.8	74.3	81.6
Drinking two or more regular (sweetened) sodas or pops a day	6.8	11.8	12.7	9.1

PHYSICAL ACTIVITY	6 TH	8 TH	10 TH	12 TH
	GRADERS	GRADERS	GRADERS	GRADERS
Not getting enough moderate physical activity (e.g. walking or skating)*	42.4	66.2	64.9	64.5
Not getting enough vigorous physical exercise	~	24.1	37.5	35.7
Do get sufficient moderate or vigorous activity	~	81	69	70
Physically active for 60 minutes per day	27.1	14.5**	12.7**	18.3
Not attending physical education (PE) classes in school	~	22.5	68.9	60.8
Does not walk to school	64.0	60.2	51.3	69.9
Does not bike to school	91.1	89.2	93.8	98.0

- Not enough moderate physical activity = less than 5 days a week.
 - Not enough vigorous physical activity=3 or more days per week
- **Significantly lower than state

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	47.8	56.9	47.8	41.7
Spending 2+ hours on a school day playing video or computer games		41.8	41.3	39.0

~ 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

