



# Healthy Youth Survey Fact Sheets

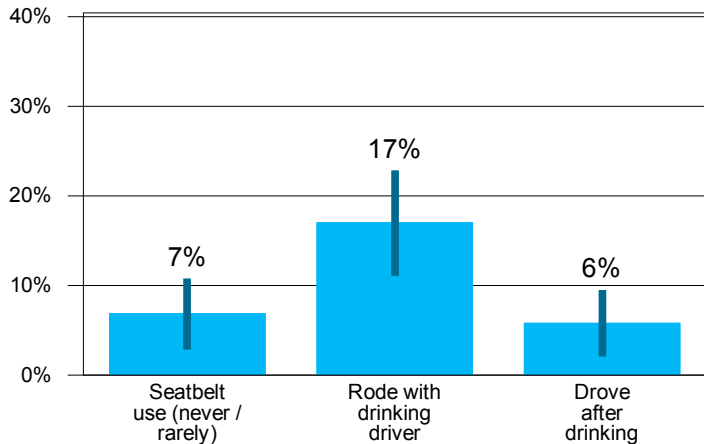
Unintentional Injury for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

## Highlights

- Unintentional injury is the leading cause of death among youth.
- Unintentional injuries are caused by behaviors such as not wearing a seatbelt, riding a bike or motorcycle without a helmet, drinking and driving, riding with a drunk driver and not wearing a life jacket.
- Motor vehicle crashes are the most common type of injury death among youth.

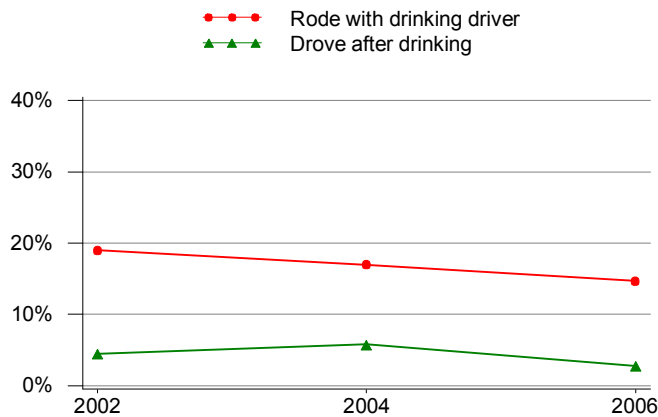
2004 Motor Vehicle Safety  
Grade 8



In 2004, 17% of 8th grade students in our school rode with a drinking driver in the past month.



Drinking and Driving Trends  
Grade 8

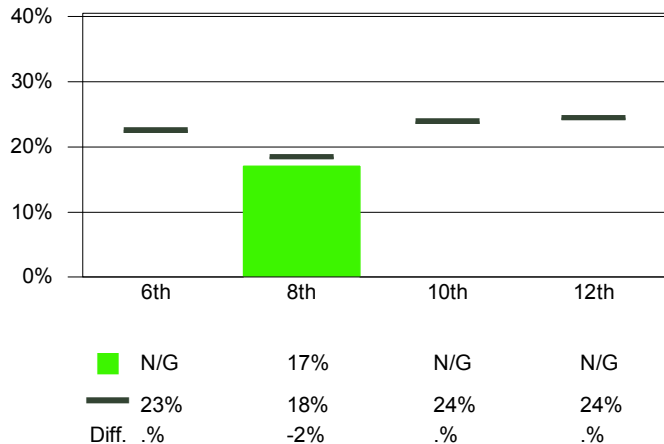


Prevalence **	2002	2004	2006	2008	2010
Rode with drinking driver	19% ± 7% (137)	17% ± 6% (159)	15% ± 6% (150)	14% ± 6% (149)	18% ± 6% (182)
Drove after drinking	4% ± 4% (135)	6% ± 4% (156)	3% ± 3% (146)	1% ± 1% (150)	6% ± 4% (180)

From 2002 to 2004, there has been no change in riding with a drinking driver among 8th grade students in our school



Rode with Drinking Driver  
Compared to the State, All Grades, 2004



## For More Information

Most unintentional injuries are not accidents because they can be prevented. Alcohol and other substances impair one's judgment and may contribute to the likelihood of many injuries and even death. For more information and resources, visit the Washington State Injury and Violence Prevention Website at:

<http://www.doh.wa.gov/hsqa/emstrauma/injury/>

\* indicates a significant change (Wald  $\chi^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage ± 95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



# Healthy Youth Survey Fact Sheets

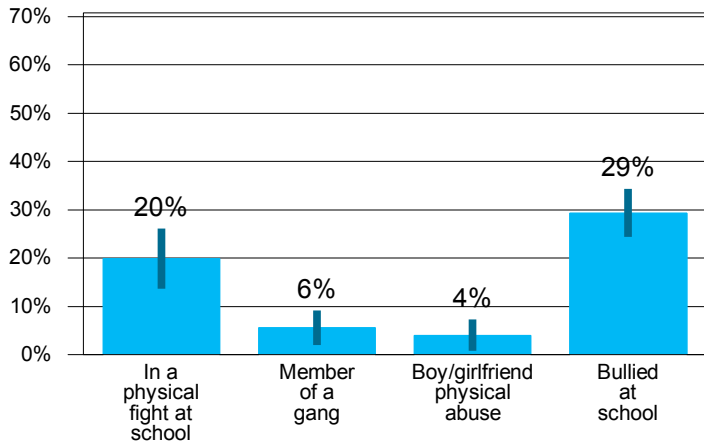
Violent Behaviors for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

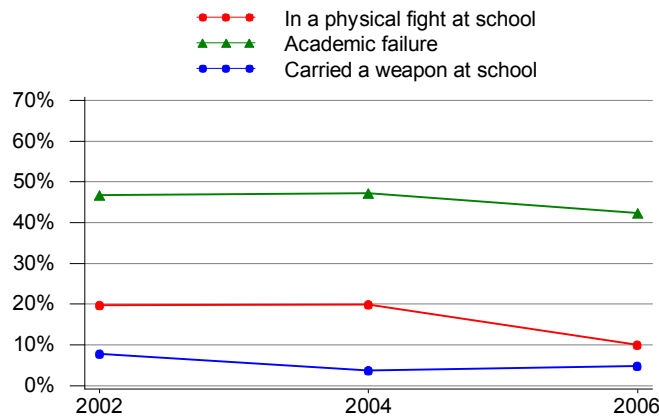
## Highlights

- The federal Gun Free Schools Act requires the expulsion of students who bring firearms to school (SED. 4141) and Washington Law requires a one year expulsion for possession of firearms or dangerous weapons on school campuses. (RCW 28A.600.420 / RCW 9.41.280)
- Schools in Washington are required to have a comprehensive school safety plan that includes prevention, intervention, all-hazards/crisis response and post crisis recovery. (RCW 28A.320.125)

2004 Violent Behavior  
Grade 8



Violence and Academic Failure Trends  
Grade 8



School safety requires the commitment of staff, students, parents and the community. Researchers have identified best practice programs that can address negative student behaviors and build positive school culture.

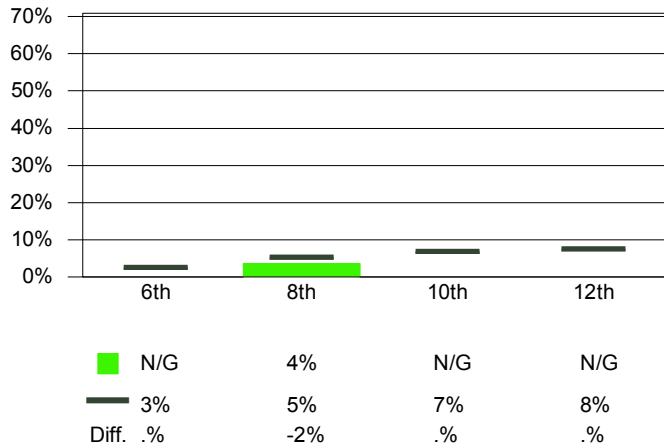


Prevalence **	2002	2004	2006	2008	2010
In a physical fight at school	20% ± 7% (137)	20% ± 6% (161)	10% ± 5% (150) *	14% ± 6% (152)	14% ± 7% (195)
Academic failure	47% ± 8% (141)	47% ± 8% (161)	42% ± 8% (137)	43% ± 8% (141)	51% ± 8% (100)
Carried a weapon at school	8% ± 3% (284)	4% ± 2% (323) *	5% ± 2% (290)	4% ± 2% (293)	6% ± 3% (196)

Schools must have in place effective referral systems that encourage students to report threats if they hope to prevent violent incidents.



Carried a Weapon at School  
Compared to the State, All Grades, 2004



## For More Information

Supportive learning environments are essential for student academic achievement. Students need safe, nurturing, healthy, and civil schools in order to be successful.

For More Information about school safety, visit the OSPI-sponsored Safety Center Website at: <http://www.K12.wa.us/safetycenter/>

\* indicates a significant change (Wald  $X^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage ± 95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



# Healthy Youth Survey Fact Sheets

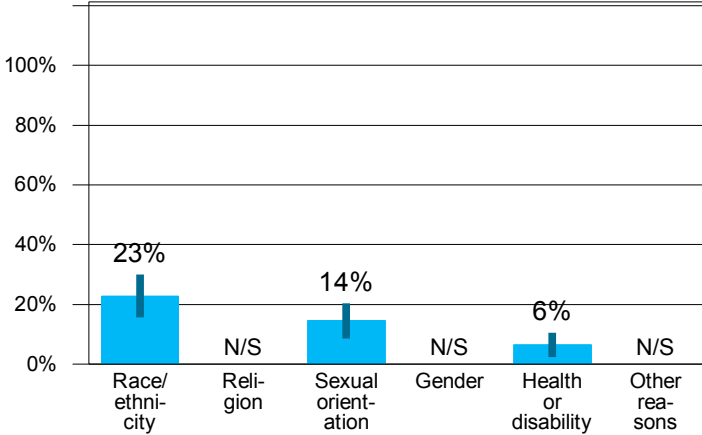
Harassment, Intimidation, and Bullying for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

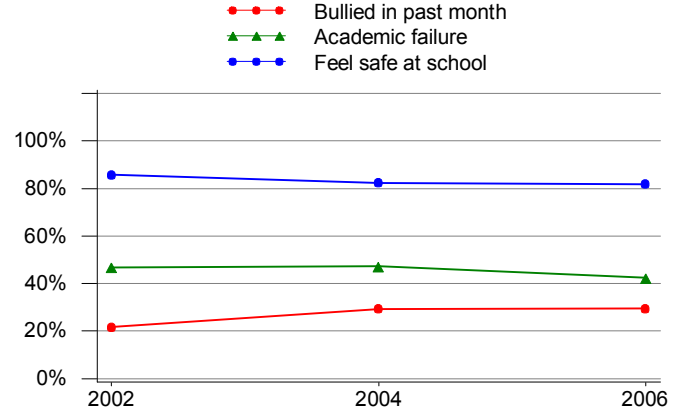
## Highlights

- Washington State Law (RCW 28A.300.285) requires all school districts to adopt a policy that prohibits harassment, intimidation, and bullying (HIB).
- The legislation also requires the Office of Superintendent of Public Instruction (OSPI) to publish a model policy at the following website: [http://www.k12.wa.us/Safetycenter/LawEnforcement/Student\\_Discipline.aspx](http://www.k12.wa.us/Safetycenter/LawEnforcement/Student_Discipline.aspx)

2004 Basis for Harassment at School  
Grade 8



Bullying and Academic Failure Trends  
Grade 8

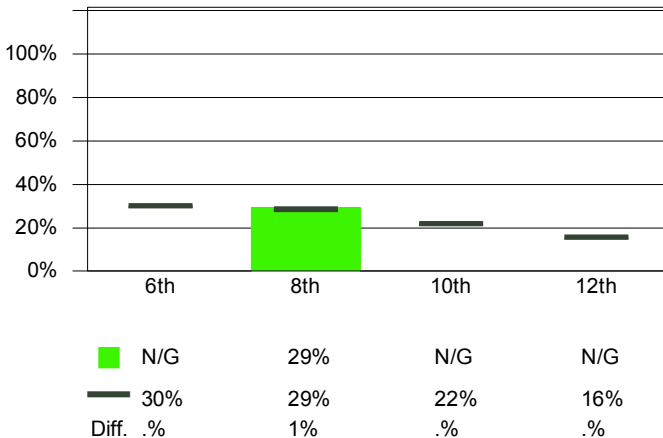


Bullying is defined as a student, or group of students, saying or doing nasty or unpleasant things to another student. It is also bullying when a student is teased repeatedly in a way he or she doesn't like.



Prevalence**	2002	2004	2006	2008	2010
Bullied in past month	22% ± 5% (272)	29% ± 5% (320)*	30% ± 5% (281)	29% ± 5% (280)	27% ± 5% (280)
Academic failure	47% ± 8% (141)	47% ± 8% (161)	42% ± 8% (137)	43% ± 8% (141)	51% ± 8% (141)
Feel safe at school	86% ± 4% (283)	82% ± 4% (324)	82% ± 4% (292)	82% ± 4% (294)	85% ± 4% (294)

Bullied in Past Month  
Compared to the State, All Grades, 2004



Researchers have identified best practice support programs that, when implemented with fidelity in schools and classrooms, can address school harassment & bullying and build positive school cultures.



## For More Information

Supportive learning environments are essential for student academic achievement. Students need safe, nurturing, healthy, and civil schools in order to be successful.

For More Information visit the OSPI-sponsored Safety Center Website at: <http://www.K12.wa.us/safetycenter/>

\* indicates a significant change (Wald  $\chi^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage ± 95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



# Healthy Youth Survey Fact Sheets

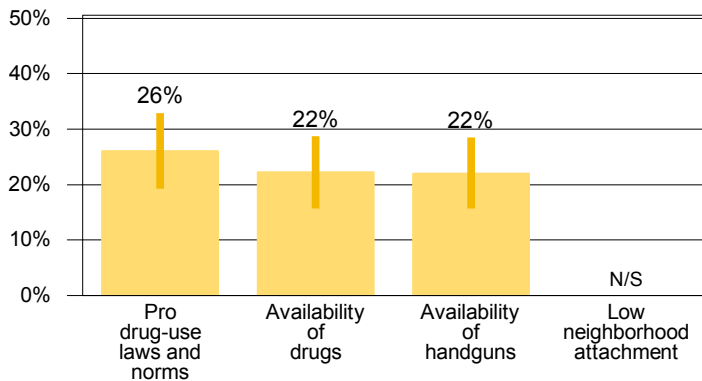
Community Risk Factors for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

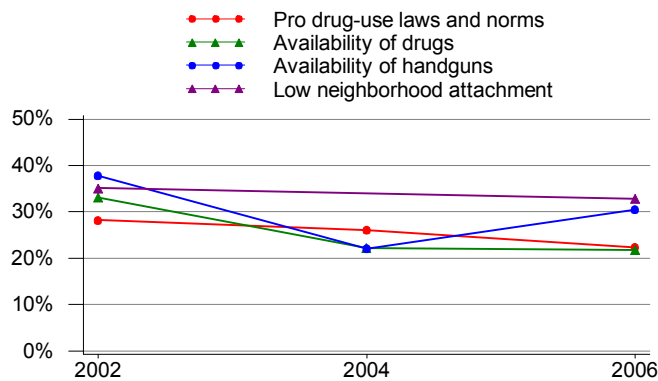
## Noteworthy

- Research shows that the risk factors measured by the Healthy Youth Survey are linked to adolescent substance use, delinquency, violence, school dropout, and other risky health behaviors.
- The more risk factors a youth is exposed to, the more likely it is that she or he will engage in problem behaviors.

2004 Community Risk Factor Scales, % at Risk  
Grade 8



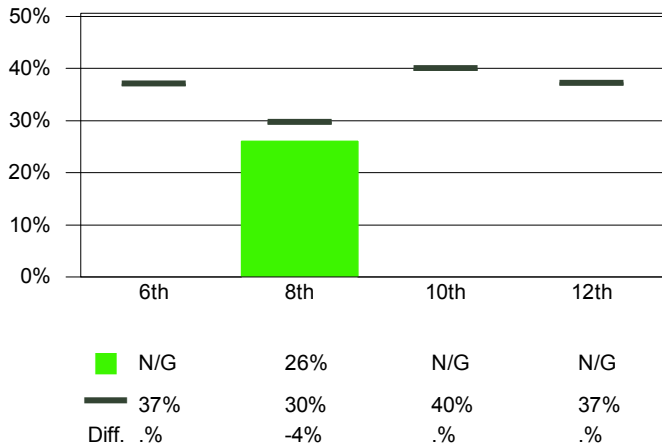
Community Risk Factor Trends, % at Risk  
Grade 8



In 2004, 26% of 8th grade students in our school thought laws and norms favor drug use.



Pro Drug-Use Laws and Norms  
Compared to the State, All Grades, 2004



From 2002 to 2004, there has been a decrease in the perceived availability of drugs among 8th grade students in our school



## For More Information

Parents, schools, kids, and communities can work together to keep youth safe. To see how State and local partners are addressing these issues, see listings on the AskHYS homepage. For free guides on preventing alcohol and other drug use, call Washington State Alcohol/Drug Information Clearinghouse: 1-800-662-9111.

For non-State resources, parents can go to [www.drugfree.org](http://www.drugfree.org). Prevention professionals should see <http://captus.samhsa.gov/western>.

\* indicates a significant change (Wald  $\chi^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage  $\pm$  95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



# Healthy Youth Survey Fact Sheets

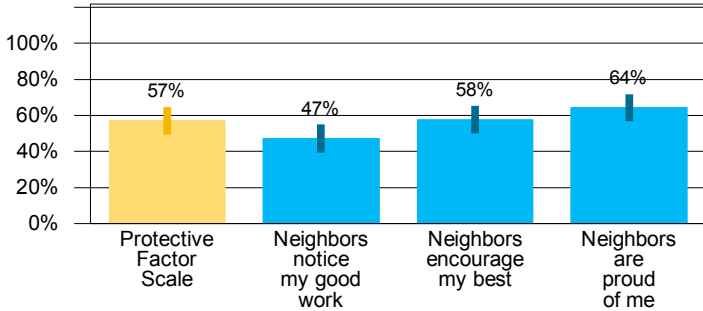
Community Protective Factors for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

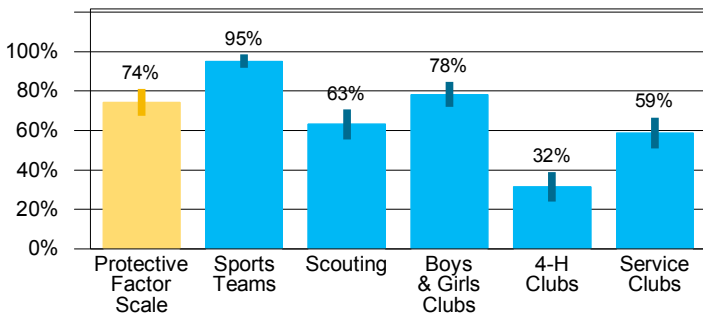
## Noteworthy

- Kids living in high-risk environments can be protected from problem behaviors by positive relationships with adults who care about their healthy development.
- Providing opportunities for involvement in positive and healthy activities help communities promote youth development.

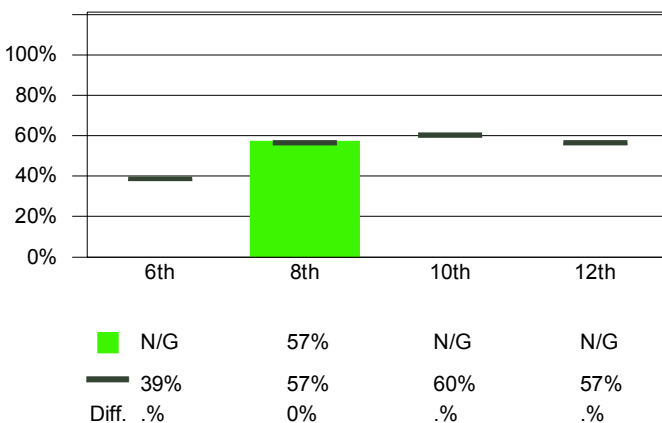
2004 Rewards for Prosocial Community Involvement Scale and Selected Items, % Protected  
Grade 8



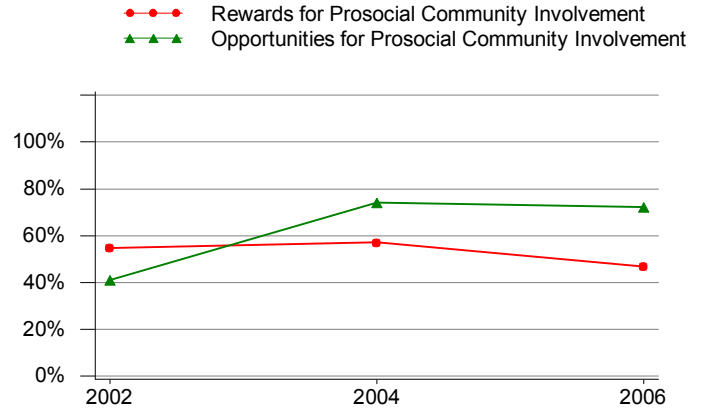
2004 Opportunities for Prosocial Community Involvement Scale and Selected Items  
Grade 8



Rewards for Prosocial Community Involvement Compared to the State, All Grades, 2004



Protective Factor Trends, % Protected  
Grade 8



Prevalence **	2002	2004	2006	2008	2010
Rewards for Prosocial Community Involvement	55% ± 8% (146)	57% ± 8% (163)	47% ± 8% (141)	61% ± 8% (142) *	N/A
Opportunities for Prosocial Community Involvement	41% ± 8% (139)	74% ± 7% (159) *	72% ± 8% (140)	73% ± 7% (141)	70% ± 8% (141)

From 2002 to 2004, there has been an increase in community opportunities for prosocial involvement among 8th grade students in our school



## For More Information

Parents, schools, kids, and communities can work together to keep youth safe. To see how State and local partners are addressing these issues, see listings on the AskHYS homepage. For free guides on preventing alcohol and other drug use, call Washington State Alcohol/Drug Information Clearinghouse: 1-800-662-9111.

For non-State resources, parents can go to [www.drugfree.org](http://www.drugfree.org). Prevention professionals should see <http://captus.samhsa.gov/western>.

\* indicates a significant change (Wald  $\chi^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage ± 95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



# Healthy Youth Survey Fact Sheets

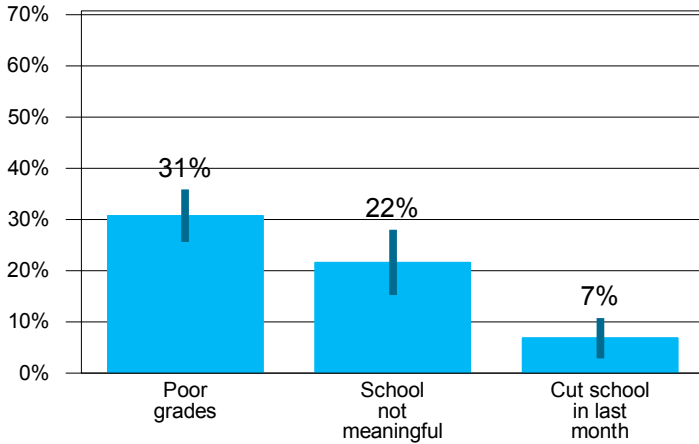
School Risk Factors for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

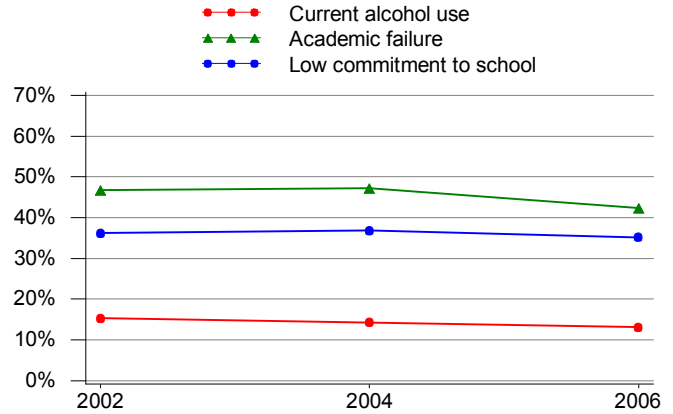
## Highlights

- Research has identified a unique set of risk factors that put youth at risk for problems, such as substance use and school drop out.
- Youth who get poor grades, have friends who smoke, experience family conflict, and live in neighborhoods that are disorganized are at greater risk for negative youth behaviors.

2004 Elements of School Risk  
Grade 8



Risk Factors and Alcohol Use Trends  
Grade 8



Students in schools with high levels of risk and even moderate substance use are less likely to meet the standards for the mathematics, reading and writing sections of standardized tests.

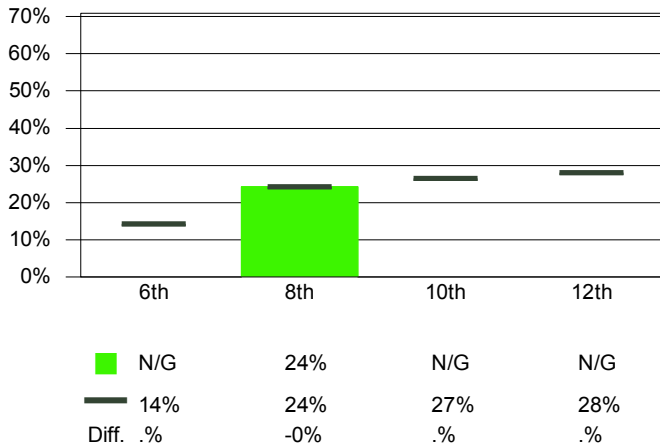


Prevalence **	2002	2004	2006	2008	2010
Current alcohol use	15% ± 4% (280)	14% ± 4% (322)	13% ± 4% (289)	13% ± 4% (293)	12% ± 4% (18)
Academic failure	47% ± 8% (141)	47% ± 8% (161)	42% ± 8% (137)	43% ± 8% (141)	51% ± 8% (10)
Low commitment to school	36% ± 8% (149)	37% ± 7% (163)	35% ± 8% (142)	30% ± 8% (144)	40% ± 8% (10)

Students experiencing academic failure and lack of commitment to school are at higher risk for substance abuse, delinquency, violence, pregnancy and school drop out.



Does Not Enjoy Being at School  
Compared to the State, All Grades, 2004



## For More Information

Supportive learning environments are essential for student academic achievement. Students need safe, nurturing, healthy, and civil schools in order to be successful. Researchers have identified best practice support programs that, when implemented with fidelity in schools and classrooms, can decrease risk factors and build positive school cultures.

For More Information about school risk factors, visit the website <http://captus.samhsa.gov/western>

\* indicates a significant change (Wald  $\chi^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage ± 95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



# Healthy Youth Survey Fact Sheets

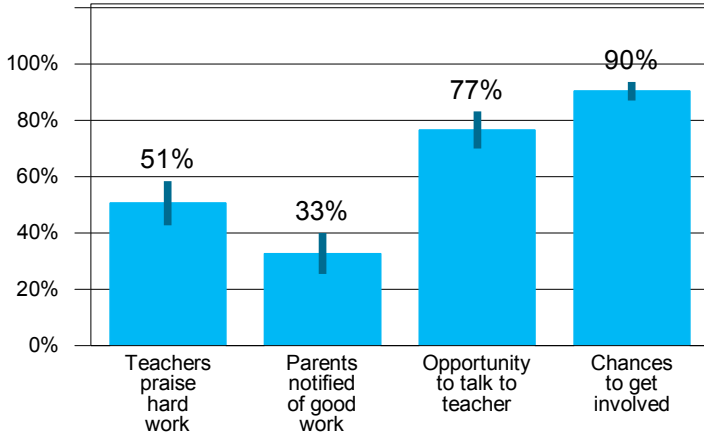
School Protective Factors for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

## Highlights

- Research has identified a unique set of protective factors that buffer youth from problems such as substance use and school drop out.
- Youth who are involved in positive school activities, have well developed social skills, are attached to their families, and live in neighborhoods that invite positive participation are at less risk for negative youth behaviors.

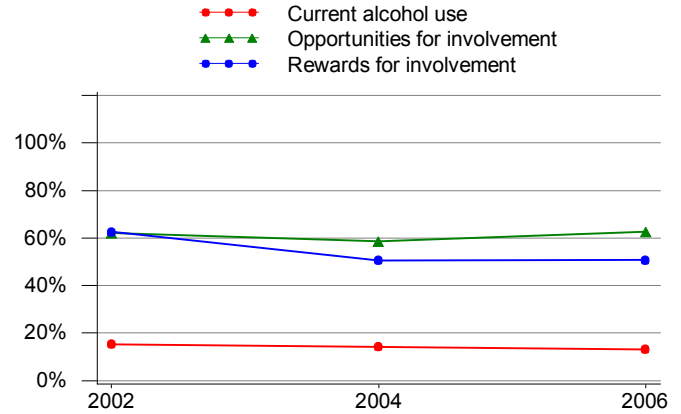
2004 Elements of School Protection  
Grade 8



Offering young people opportunities for meaningful involvement in school and recognizing them for their efforts and accomplishments will help buffer them from problem behavior.



Protection Factors and Alcohol Use Trends  
Grade 8



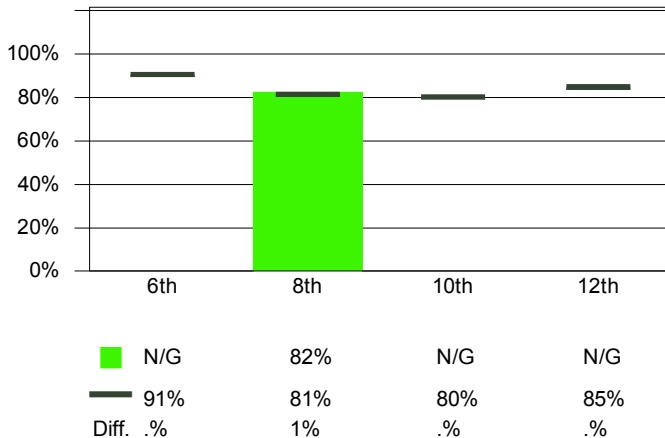
Prevalence **	2002	2004	2006	2008	2010
Current alcohol use	15% ± 4% (280)	14% ± 4% (322)	13% ± 4% (289)	13% ± 4% (293)	12% ± 4% (18)
Opportunities for school involvement	62% ± 8% (148)	59% ± 8% (162)	63% ± 8% (142)	72% ± 7% (142)	59% ± 8% (10)
Rewards for school involvement	63% ± 8% (147)	51% ± 8% (162) *	51% ± 8% (142)	55% ± 8% (142)	49% ± 8% (10)

Students in schools with low levels of protection and even moderate substance use are less likely to meet the standards for the mathematics, reading and writing sections of standardized tests.



Element of Protection - Feeling Safe at School  
Compared to the State, All Grades, 2004

Local State



## For More Information

Supportive learning environments are essential for student academic achievement. Students need safe, nurturing, healthy, and civil schools in order to be successful. Researchers have identified best practice support programs that, when implemented with fidelity in schools and classrooms, can increase protective factors and build supportive school cultures.

For More Information about school protective factors, visit the website <http://captus.samhsa.gov/western>

\* indicates a significant change (Wald  $\chi^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage ± 95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



# Healthy Youth Survey Fact Sheets

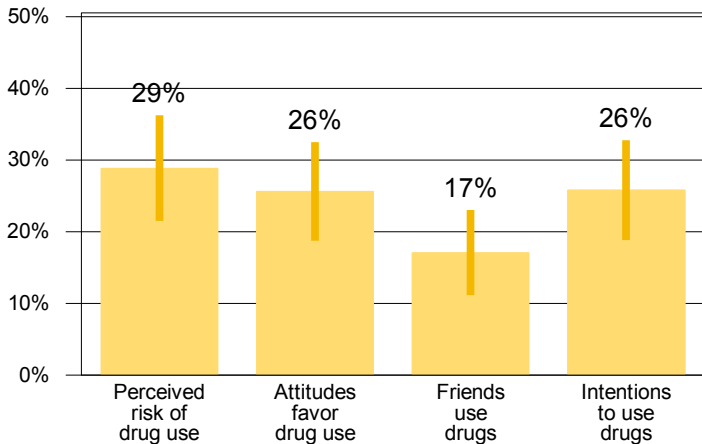
Peer-Individual Risk Factors for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

## Highlights

- Research shows that the risk factors measured by the Healthy Youth Survey are linked to adolescent substance use, delinquency, violence, school dropout, and other risky health behaviors.
- The attitudes kids have about drug use strongly influence the likelihood they will use drugs. Families and communities should model healthy attitudes and choices.

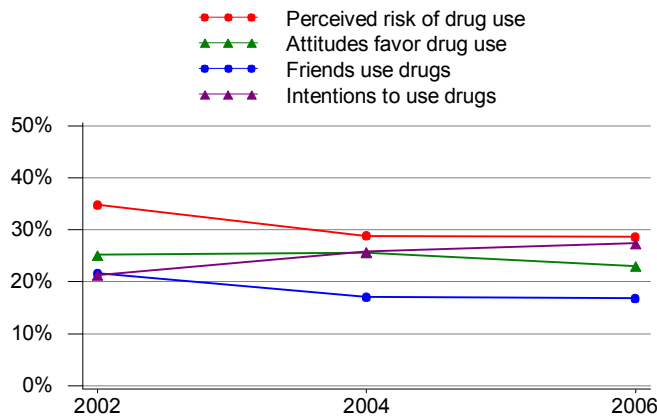
2004 Peer-Individual Risk Factor Scales, % at Risk Grade 8



In 2004, 26% of 8th grade students in our school were at risk for favorable attitudes towards drugs.

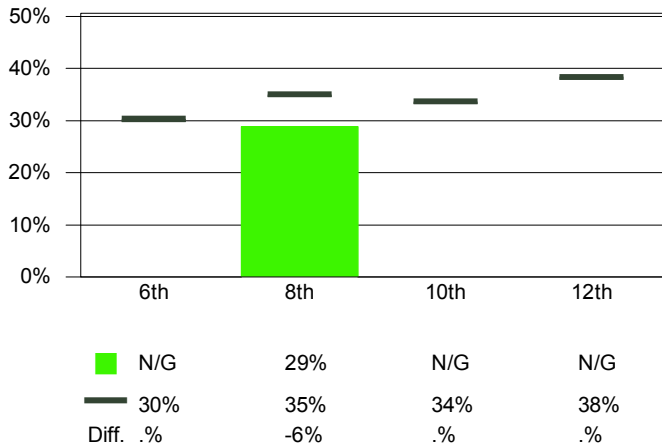


Peer-Individual Risk Factor Trends, % at Risk Grade 8



Prevalence **	2002	2004	2006	2008	2010
Perceived risk of drug use	35% ± 8% (135)	29% ± 7% (149)	29% ± 8% (136)	24% ± 7% (141)	38% ± 1% (93) *
Attitudes favor drug use	25% ± 7% (135)	26% ± 7% (160)	23% ± 7% (130)	24% ± 7% (134)	27% ± 9% (89)
Friends use drugs	22% ± 7% (134)	17% ± 6% (158)	17% ± 7% (125)	18% ± 7% (129)	21% ± 9% (84)
Intentions to use drugs	21% ± 7% (136)	26% ± 7% (155)	27% ± 8% (124)	27% ± 8% (128)	30% ± 1% (86)

Perceived Risk of Drug Use, % at Risk Compared to the State, All Grades, 2004



From 2002 to 2004, there has been no change in the perceived risk of drug use among 8th grade students in our school



## For More Information

Parents, schools, kids, and communities can work together to keep youth safe. To see how State and local partners are addressing these issues, see listings on the AskHYS homepage. For free guides on preventing alcohol and other drug use, call Washington State Alcohol/Drug Information Clearinghouse: 1-800-662-9111.

For non-State resources, parents can go to [www.drugfree.org](http://www.drugfree.org). Prevention professionals should see <http://captus.samhsa.gov/western>.

\* indicates a significant change (Wald  $\chi^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage ± 95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location





# Healthy Youth Survey Fact Sheets

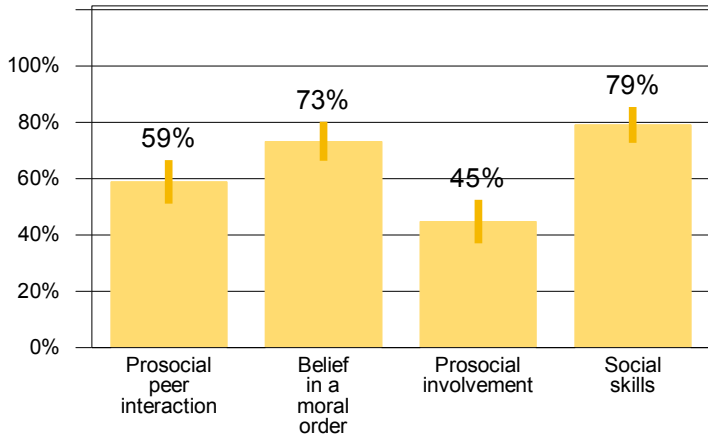
Peer-Individual Protective Factors for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

## Highlights

- Kids are strongly influenced by their peers. Parents need to know who their children's friends are, where they are and what they are doing.
- Kids who have the skills and opportunities to be involved in pro-social activities are less likely to engage in risky behavior.

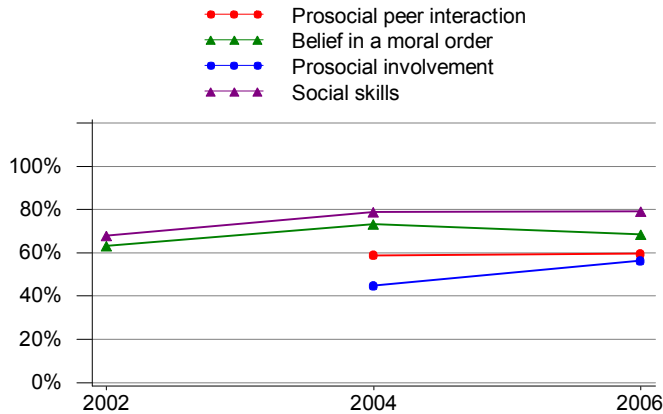
2004 Peer-Individual Protective Factor Scales, % Protected Grade 8



In 2004, 59% of 8th grade students in our school were protected by interactions with prosocial peers.



Peer-Individual Protective Factor Trends, % Protected Grade 8



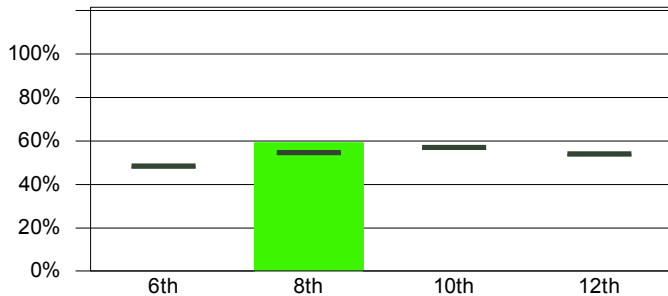
Prevalence**	2002	2004	2006	2008	2010
Prosocial peer interaction	N/S	59% ± 8% (158)	60% ± 9% (129)	69% ± 8% (130)	58% ± 1% (85)
Belief in a moral order	63% ± 8% (144)	73% ± 7% (161)	69% ± 8% (140)	68% ± 8% (142)	57% ± 1% (96)
Prosocial involvement	N/S	45% ± 8% (163)	56% ± 8% (142)*	N/S	N/S
Social skills	68% ± 8% (144)	79% ± 6% (162)*	79% ± 7% (140)	75% ± 7% (142)	60% ± 1% (83)*

From 2002 to 2004, there has been an increase in social skills among 8th grade students in our school



Interaction with Prosocial Peers, % Protected Compared to the State, All Grades, 2004

Local State



Local	N/G	59%	N/G	N/G
State	48%	55%	57%	54%
Diff. .%		4%	.%	.%

## For More Information

Parents, schools, kids, and communities can work together to keep youth safe. To see how State and local partners are addressing these issues, see listings on the AskHYS homepage. For free guides on preventing alcohol and other drug use, call Washington State Alcohol/Drug Information Clearinghouse: 1-800-662-9111.

For non-State resources, parents can go to [www.drugfree.org](http://www.drugfree.org). Prevention professionals should see <http://captus.samhsa.gov/western>.

\* indicates a significant change (Wald  $X^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage ± 95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



# Healthy Youth Survey Fact Sheets

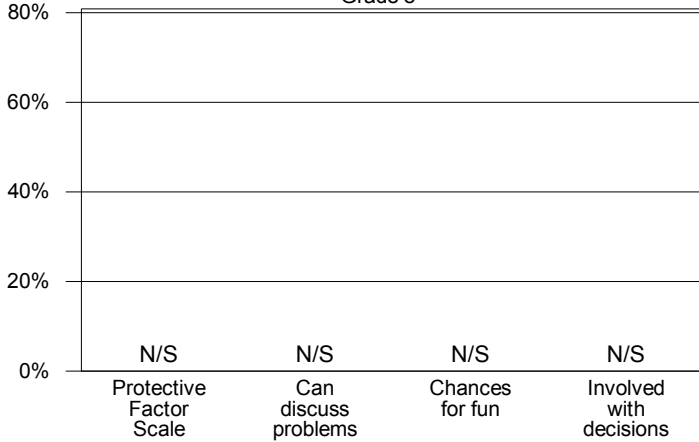
Family Protective Factors for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

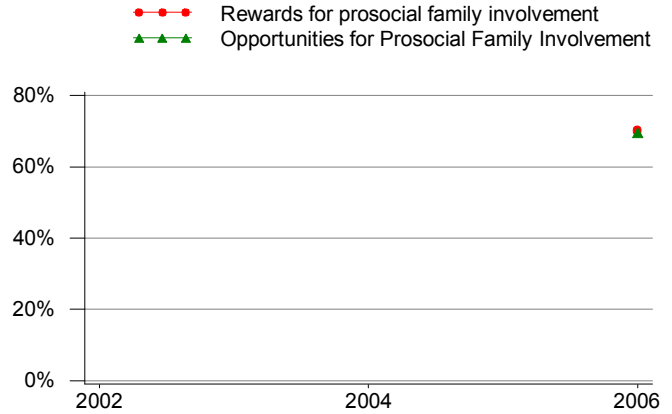
## Highlights

- Children who are attached to positive families are less likely to develop problems in adolescence.
- When parents set clear standards for children's behavior, when they are widely and consistently supported, and when the consequences for not following the standards are consistent, young people are more likely to follow the standards.

2004 Opportunities for Prosocial Family Involvement, % Protected Scale and Selected Items Grade 8



Family Protective Factor Trends Grade 8



In 2004, .% of 8th grade students in our school were protected with opportunities for prosocial family involvement.

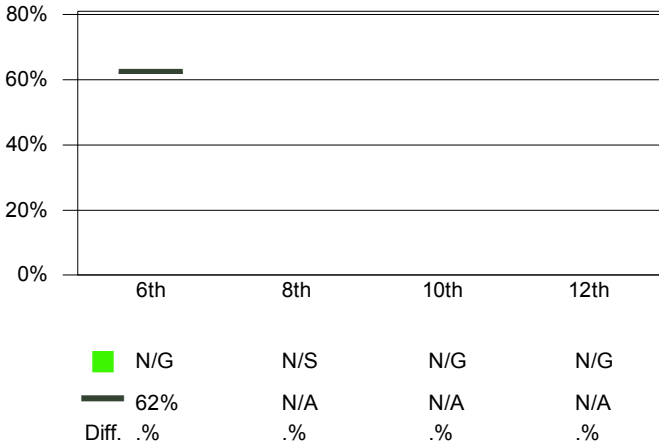


Prevalence **	2002	2004	2006	2008	2010
Rewards for prosocial family involvement	N/S	N/S	70% ± 8% (121)	67% ± 8% (126)	58% ± 8% (121)
Opportunities for Prosocial Family Involvement	N/S	N/S	70% ± 8% (122)	64% ± 8% (128)	58% ± 8% (128)

From 2002 to 2004, change in family opportunities for prosocial involvement could not be assessed.



Rewards for Prosocial Family Involvement Compared to the State, All Grades, 2004



## For More Information

Parents and caregivers are the #1 influence on a child's decisions about alcohol and other drugs. You have the power to help your child make healthy choices.

Talking with your child about his or her activities opens up an opportunity for you to share your interests and values. Young people are much less likely to have mental health and substance abuse problems when they have positive activities to do and when caring adults are involved in their lives.

For More Information, visit the Start Talking Now website at [www.StartTalkingNow.org](http://www.StartTalkingNow.org).

\* indicates a significant change (Wald  $\chi^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage ± 95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



# Healthy Youth Survey Fact Sheets

Weight and Obesity for Meadowdale Middle School (Edmonds School District)

---

The Weight and Obesity report is unavailable at the school level.



# Healthy Youth Survey Fact Sheets

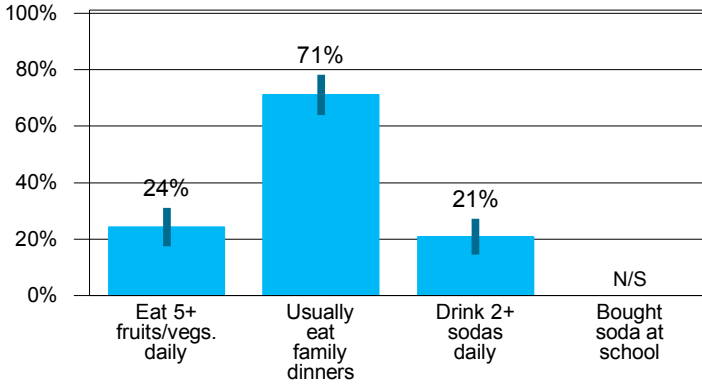
Dietary Behaviors for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

## Highlights

- A nutritious diet can reduce major risk factors for chronic disease such as obesity, high blood pressure, and high blood cholesterol.
- Poor nutrition has the potential to affect the growth, development, and health status of children and adolescents.

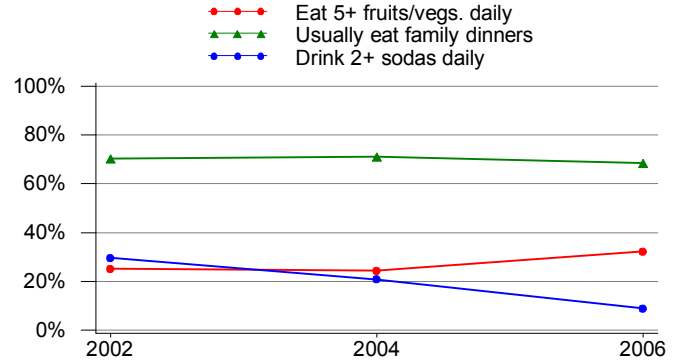
2004 Dietary Behaviors  
Grade 8



In 2004, 24% of 8th grade students in our school ate fruits and vegetables 5 or more times a day.



Youth Dietary Behavior Trends  
Grade 8

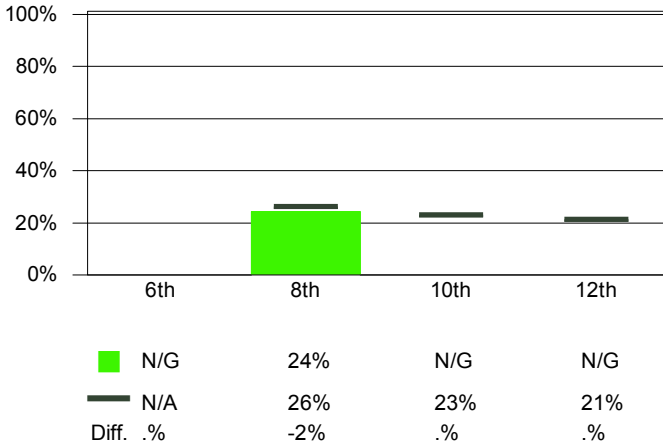


Prevalence **	2002	2004	2006	2008	2010
Eat 5+ fruits/vegs. daily	25% ± 8% (127)	24% ± 7% (156)	32% ± 8% (136)	25% ± 7% (133)	N/S
Usually eat family dinners	70% ± 8% (131)	71% ± 7% (159)	68% ± 8% (149)	61% ± 8% (151)	68% ± 10% (87)
Drink 2+ sodas daily	30% ± 8% (125)	21% ± 6% (158)	9% ± 5% (146) *	11% ± 5% (148)	7% ± 5% (87)

From 2002 to 2004, there has been no change in usually eating dinner with families among 8th grade students in our school



Eating 5+ Fruits/Vegetables Each Day  
Compared to the State, All Grades, 2004



## For More Information

Individual food choices are made within the context of the family and the community. In order to be able to choose a nutritious diet, an affordable supply of health-promoting foods must be available.

For More Information and resources visit the Washington State Nutrition and Physical Activity Website at:  
[www.doh.wa.gov/cfh/nutritionpa](http://www.doh.wa.gov/cfh/nutritionpa)

\* indicates a significant change (Wald  $\chi^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage ± 95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



# Healthy Youth Survey Fact Sheets

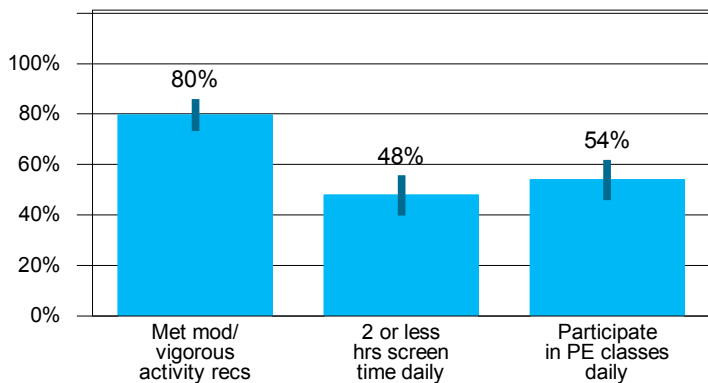
Physical Activity for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

## Highlights

- Regular physical activity reduces rates of obesity and serious diseases, helps people maintain a healthy body weight and improves quality of life.
- The Centers for Disease Control and Prevention (CDC) recommends 60 minutes of physical activity on five or more days a week.
- One challenge to being more physically active is the amount of recreational screen time spent on sedentary activities such as watching TV, playing video games or using a computer for fun.

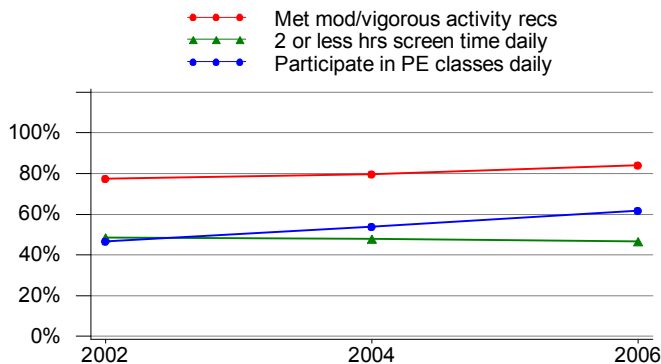
2004 Physical Activity  
Grade 8



In 2004, 80% of 8th grade students in our school met the recommendations for moderate or vigorous physical activity.



Physical Activity Trends  
Grade 8



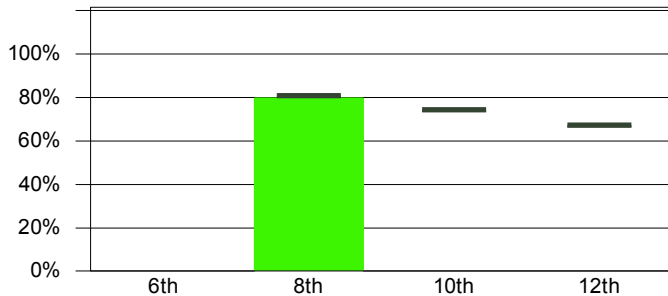
Prevalence **	2002	2004	2006	2008	2010
Met mod/vigorous activity recs	78% ± 7% (129)	80% ± 6% (157)	84% ± 6% (149)	75% ± 7% (148)	N/S
2 or less hrs screen time daily	48% ± 9% (128)	48% ± 8% (157)	47% ± 8% (148)	38% ± 8% (147)	41% ± (85)
Participate in PE classes daily	47% ± 9% (129)	54% ± 8% (156)	62% ± 8% (149)	61% ± 8% (147)	5% ± (86)

From 2002 to 2004, there has been no change in 2 hours or less of daily screen time among 8th grade students in our school



Meeting Recommendations for Moderate or Vigorous Activity  
Compared to the State, All Grades, 2004

Local State



Local	N/G	80%	N/G	N/G
State	N/A	81%	74%	67%
Diff. %		-1%	%.%	%.%

## For More Information

Many social and environmental factors influence the decision to be active. Successful strategies to promote physical activity include educating individuals and developing policies to create environments that support being physically active.

For More Information and resources visit the Washington State Nutrition and Physical Activity Website at:

[www.doh.wa.gov/cfh/nutritionpa](http://www.doh.wa.gov/cfh/nutritionpa)

\* indicates a significant change (Wald  $\chi^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage ± 95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location

Report generated at [www.AskHYS.net](http://www.AskHYS.net)



# Healthy Youth Survey Fact Sheets

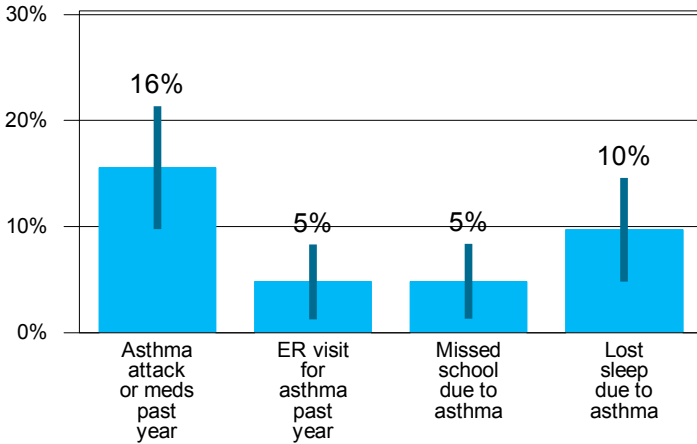
## Asthma for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

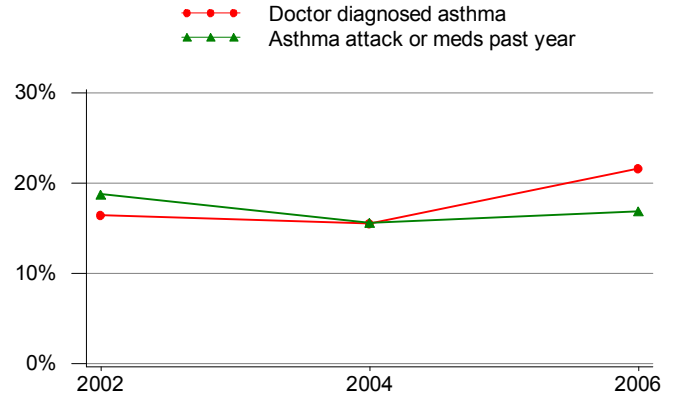
### Highlights

- In Washington State, about one in five youth have been diagnosed with asthma.
- Among youth with asthma, about one in five had at least one visit to an emergency department for asthma attack during 2006.
- Youth who smoke are more likely to have asthma.

2004 Effects of Asthma  
Grade 8



Youth Asthma Trends  
Grade 8



In 2004, 5% of 8th grade students in our school missed school because of asthma.

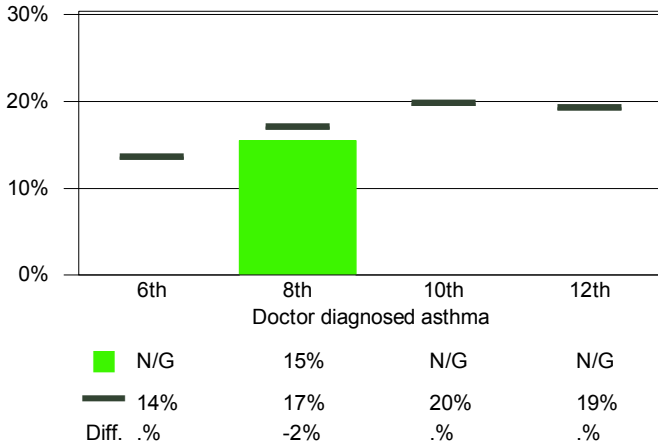


Prevalence **	2002	2004	2006	2008	2010
Doctor diagnosed asthma	16% ± 7% (128)	15% ± 6% (155)	22% ± 7% (148)	10% ± 5% (144) *	19% ± 5% (85)
Asthma attack or meds past year	19% ± 7% (128)	16% ± 6% (154)	17% ± 6% (148)	N/S	N/S

All youth with asthma should have a written asthma action plan to follow in the event of an attack.



Lifetime Asthma Prevalence  
Compared to the State, All Grades, 2004



### For More Information

Asthma is a lung disease that causes trouble with breathing, usually in episodes called attacks. An attack can be triggered by exercise, exposure to smoke, mold, allergens like pet dander, and air pollution such as diesel exhaust. Asthma can be controlled by avoidance of asthma triggers, regular health care visits, compliance with medication schedules, and maintaining appropriate weight.

For More Information visit the Asthma Program's website at: <http://www.doh.wa.gov/cfh/asthma>

Washington Asthma Initiative's website at: [http://www.alaw.org/asthma/washington\\_asthma\\_initiative/](http://www.alaw.org/asthma/washington_asthma_initiative/)

\* indicates a significant change (Wald  $\chi^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage ± 95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



# Healthy Youth Survey Fact Sheets

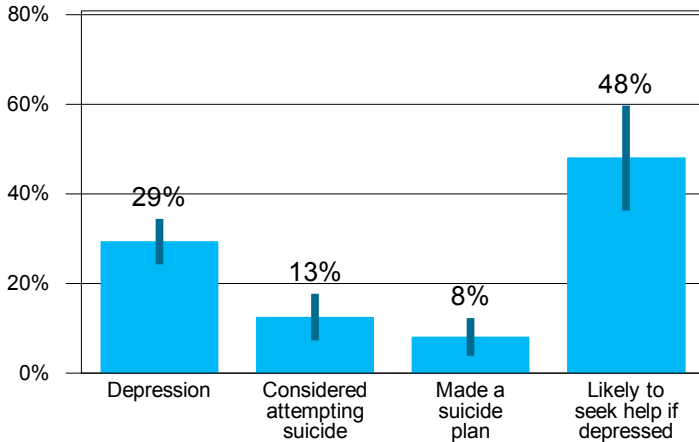
Depression & Suicide for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

## Highlights

- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Most youth suicides occur at home.

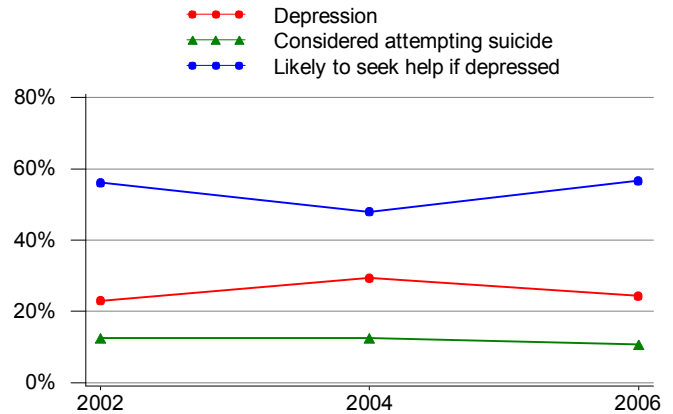
2004 Depression & Suicide  
Grade 8



In 2004, 29% of 8th grade students in our school felt so sad or hopeless for 2 weeks or more that they stopped doing their usual activities.



Depression & Suicide Trends  
Grade 8

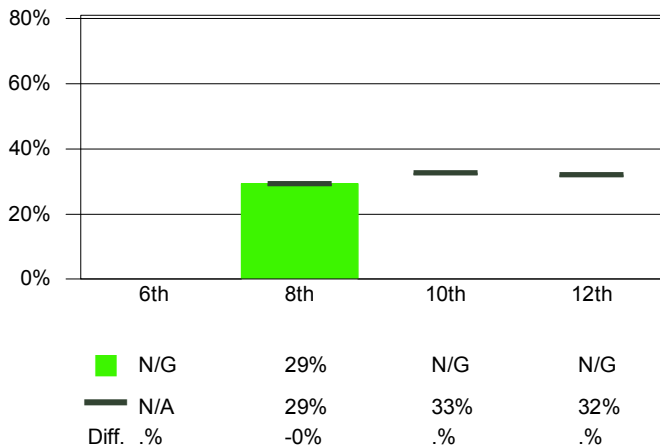


Prevalence **	2002	2004	2006	2008	2010
Depression	23% ± 5% (270)	29% ± 5% (317)	24% ± 5% (275)	22% ± 5% (280)	30% ± 5% (317)
Considered attempting suicide	13% ± 6% (136)	13% ± 5% (160)	11% ± 5% (150)	15% ± 4% (279)	17% ± 5% (177)
Likely to seek help if depressed	56% ± 13% (57)	48% ± 12% (73)	57% ± 13% (60)	54% ± 11% (79)	61% ± 11% (38)

From 2002 to 2004, there has been no change in depression among 8th grade students in our school



Depression  
Compared to the State, All Grades, 2004



## For More Information

Depression is a feeling of sadness, helplessness and hopelessness that lingers over time. Untreated it can lead to alcohol abuse and even suicide. For more information and resources, visit the Washington State Youth Suicide Prevention Program Website at: <http://www.yspp.org>

National Suicide Prevention Hotline  
- phone number 1-800-273 TALK(8255)  
- website: <http://www.suicidepreventionlifeline.org>

\* indicates a significant change (Wald  $\chi^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage ± 95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



# Healthy Youth Survey Fact Sheets

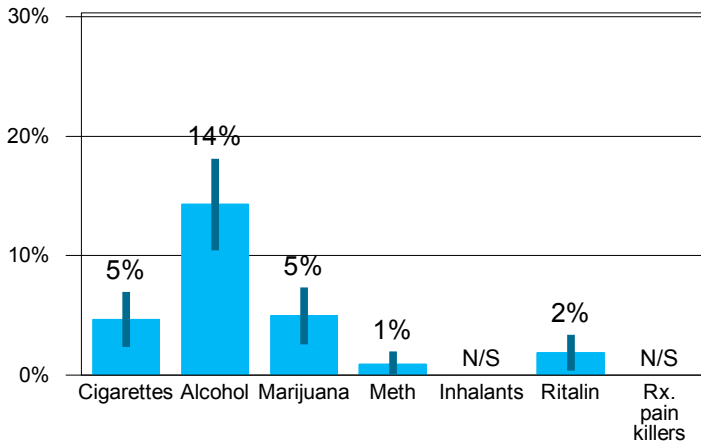
Current Substance Use for Meadowdale Middle School (Edmonds School District)

Year: 2004 Grade: 8 Gender: Both Ethnicity:

## Highlights

- Parents are the primary influence on their children's decision to use alcohol, tobacco, and other drugs.
- Brain development continues into the early twenties. The growing brain is more vulnerable to long-term impact from alcohol and other drugs.

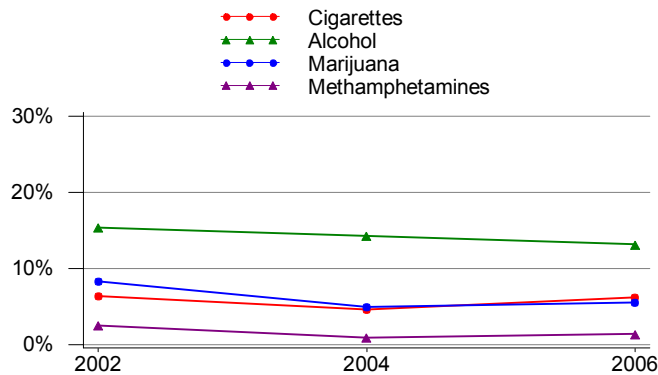
2004 Current (past 30 days) Substance Use  
Grade 8



In 2004, 14% of 8th grade students in our school reported alcohol use in the past 30 days.



Current Substance Use Trends  
Grade 8

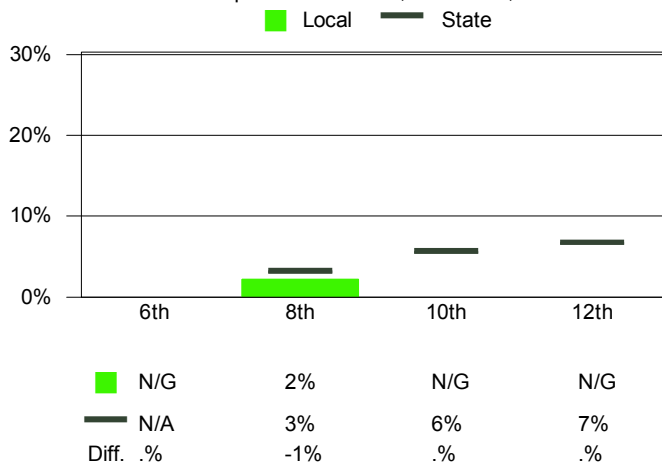


Prevalence **	2002	2004	2006	2008	2010
Cigarettes	6% ± 3% (282)	5% ± 2% (323)	6% ± 3% (289)	6% ± 3% (292)	5% ± 3% (188)
Alcohol	15% ± 4% (280)	14% ± 4% (322)	13% ± 4% (289)	13% ± 4% (293)	12% ± 4% (188)
Marijuana	8% ± 3% (277)	5% ± 2% (322)	6% ± 3% (289)	8% ± 3% (293)	9% ± 3% (188)
Methamphetamines	3% ± 2% (277)	1% ± 1% (321)	1% ± 1% (288)	1% ± 2% (141)	N/A

From 2002 to 2004, there has been no change in marijuana use among 8th grade students in our school



Use of Illegal Substances  
NOT Including Alcohol, Tobacco, or Marijuana  
Compared to the State, All Grades, 2004



## For More Information

Parents, schools, kids, and communities can work together to keep youth safe. To see how State and local partners are addressing these issues, see listings on the AskHYS homepage. For free guides on preventing alcohol and other drug use, call Washington State Alcohol/Drug Information Clearinghouse: 1-800-662-9111.

If you or someone you know needs help with drug abuse, contact the Washington State Alcohol/Drug Helpline at 1-800-562-1240, or online at <http://www.adhl.org>

\* indicates a significant change (Wald  $\chi^2$ ,  $p < .05$ )

\*\* Prevalence is displayed as the estimated percentage ± 95% confidence interval, with the number of respondents to this question in parentheses.

Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location