



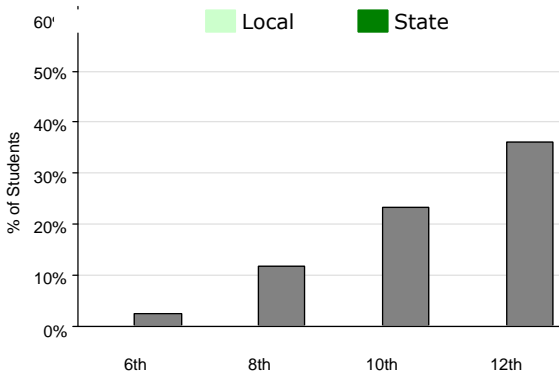
Healthy Youth Survey Fact Sheet

Year: 2012 Grade: 6 Gender: Both Number of Students Surveyed: 76

Background:

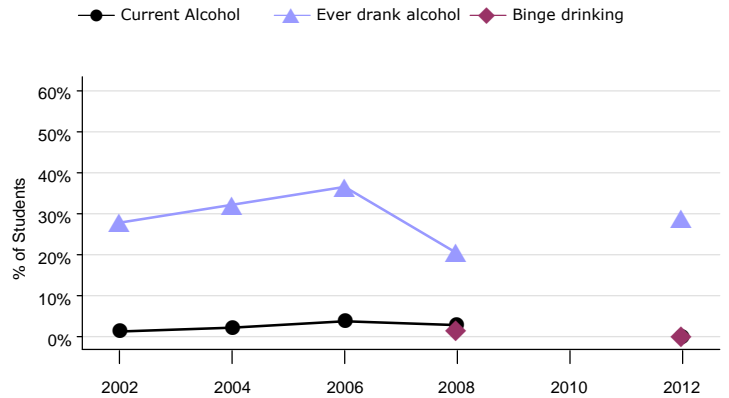
- Alcohol is implicated in nearly a third of youth traffic fatalities. It is also associated with violence, suicide, educational failure, and sexual activity.
- Contrary to earlier beliefs, recent research shows that alcohol can affect the developing adolescent brain.
- Most kids find it easy to get alcohol from friends, at parties, or from home.

Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2012



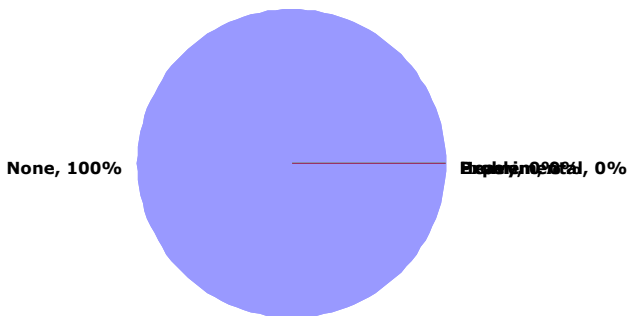
| Prevalence | 6th | 8th | 10th | 12th |
|------------|-------|--------|--------|--------|
| Local | 0% ±0 | N/G | N/G | N/G |
| State | 3% ±0 | 12% ±1 | 23% ±2 | 36% ±2 |

Current Alcohol Use Trends, Grade 6



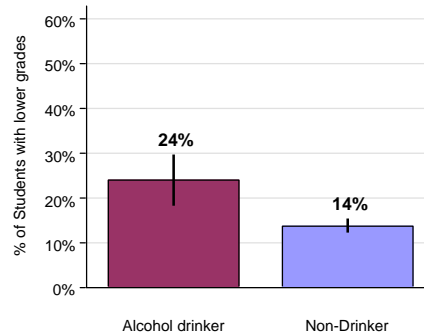
| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|--------------------|---------|---------|---------|---------|------|---------|
| Current Alcohol | 1% ±3 | 2% ±4 | 4% ±5 | 3% ±4 | N/P | 0% ±0 |
| Ever drank alcohol | 28% ±10 | 32% ±13 | 36% ±13 | 20% ±9* | N/P | 29% ±10 |
| Binge drinking | N/A | N/A | N/A | 1% ±3 | N/P | 0% ±0 |

Level of Alcohol Use Grade 6, 2012



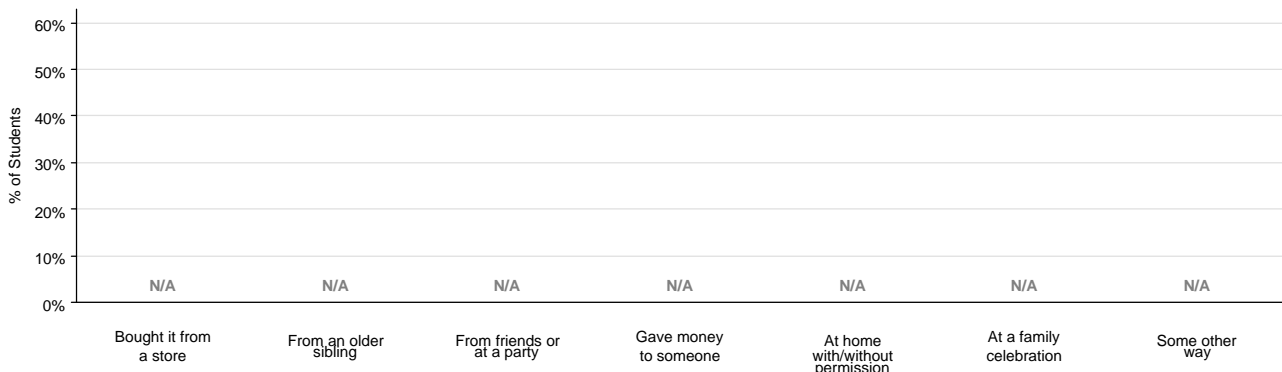
- None: no drinking in the past 30 days
- Experimental: 1-2 days drinking, and no binge drinking
- Heavy: 3-5 days drinking, and/or one binge
- Problem: 6+ days drinking, and/or 2+ binges

Statewide Relationship between Lower Grades and Alcohol Use Grade 6, 2012



Statewide, 6th graders who drink alcohol are more likely to get lower grades in school (C's, D's or F's) compared to those who don't drink.

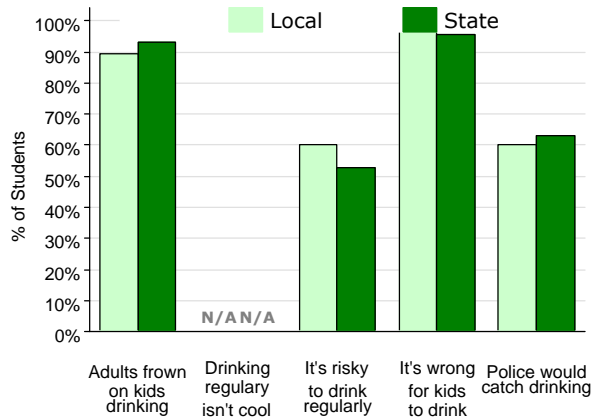
Source for Those Who Got Alcohol, Grade 6, 2012





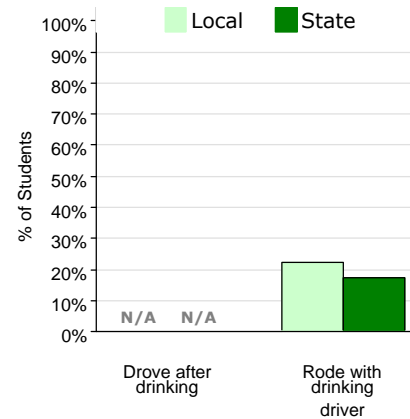
Healthy Youth Survey Fact Sheet

Youth Perceptions about Alcohol Compared to the State, Grade 6, 2012



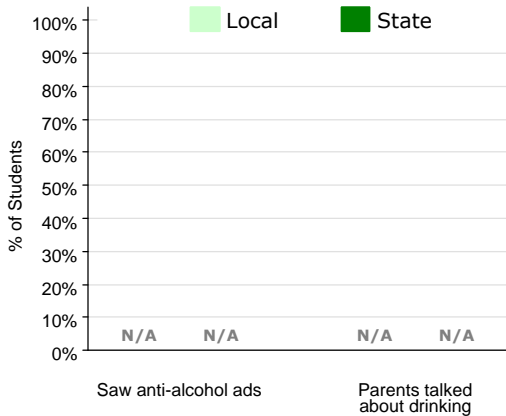
| Prevalence | Adults frown on drinking | Regular drinking isn't cool | Regular drinking is risky | Drinking is wrong for kids | Police catch drinking |
|------------|--------------------------|-----------------------------|---------------------------|----------------------------|-----------------------|
| Local | 89% ±7 | N/A | 60% ±11 | 97% ±4 | 60% ±11 |
| State | 93% ±1 | N/A | 53% ±3 | 96% ±1 | 63% ±1 |

Drinking and Driving/Riding Compared to the State, Grade 6, 2012



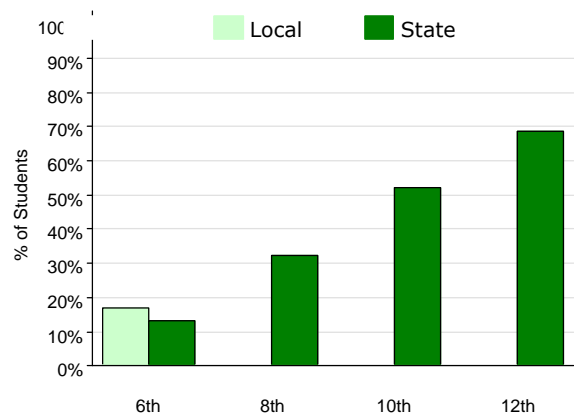
| Prevalence | Drove after drinking | Rode with drinking driver |
|------------|----------------------|---------------------------|
| Local | N/A | 22% ±10 |
| State | N/A | 18% ±1 |

Received Anti-Alcohol Messages Compared to the State, Grade 6, 2012



| Prevalence | Saw anti-alcohol ads | Parents talked about drinking |
|------------|----------------------|-------------------------------|
| Local | N/A | N/A |
| State | N/A | N/A |

Youth Perception that Alcohol is Easy to Get Compared to the State, Grade 6, 2012



| Prevalence | 6th | 8th | 10th | 12th |
|------------|--------|--------|--------|--------|
| Local | 17% ±9 | N/G | N/G | N/G |
| State | 13% ±1 | 32% ±2 | 52% ±2 | 68% ±2 |

For More Information:

- Parents, schools, kids, and communities can work together to keep youth safe. To see a list of prevention organizations in your county, go to the Start Talking Now website: www.starttalkingnow.org.
- For free guides on preventing alcohol and other drug use, call the ADAI Clearinghouse at the University of Washington: 206-221-8325, or adaiclearinghouse.org.
- Parents can find prevention tips at The Partnership at DrugFree.org website: www.drugfree.org
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org



Healthy Youth Survey Fact Sheet

Asthma for Martha Lake Elementary (Edmonds School District)

Year: 2012

Grade: 6

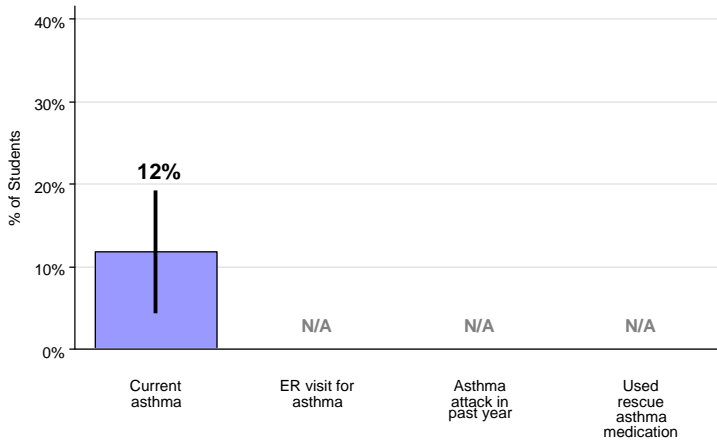
Gender: Both

Number of Students Surveyed: 76

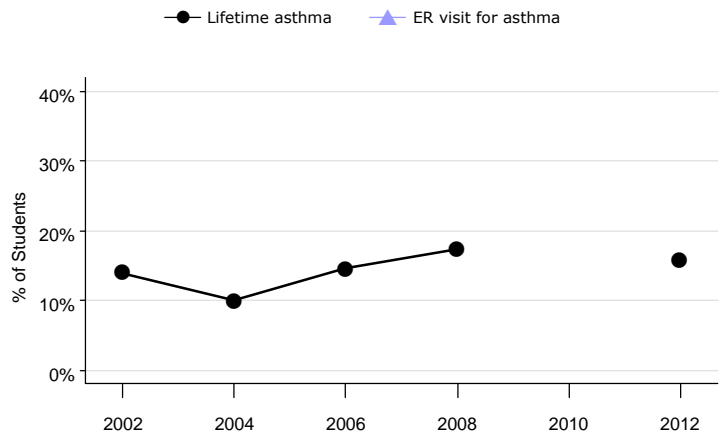
Background:

- Youth who smoke are more likely to have asthma.
- 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.

**Effects of Asthma
Grade 6, 2012**

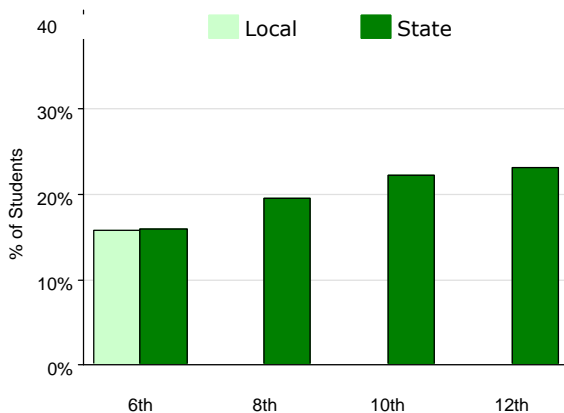


Asthma Trends, Grade 6



| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|---------------------|--------|--------|---------|--------|------|--------|
| Lifetime asthma | 14% ±8 | 10% ±9 | 15% ±10 | 17% ±9 | N/P | 16% ±8 |
| ER visit for asthma | N/S | N/A | N/A | N/A | N/P | N/A |

**Lifetime Asthma
Compared to the State, All Grades, 2012**



| Prevalence | 6th | 8th | 10th | 12th |
|------------|--------|--------|--------|--------|
| Local | 16% ±8 | N/G | N/G | N/G |
| State | 16% ±1 | 19% ±1 | 22% ±2 | 23% ±2 |

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

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: www.doh.wa.gov
- Washington Asthma Initiative's website at: www.alaw.org/asthma/washington_asthma_initiative

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Community Risk Factors for Martha Lake Elementary (Edmonds School District)

Year: 2012

Grade: 6

Gender: Both

Number of Students Surveyed: 76

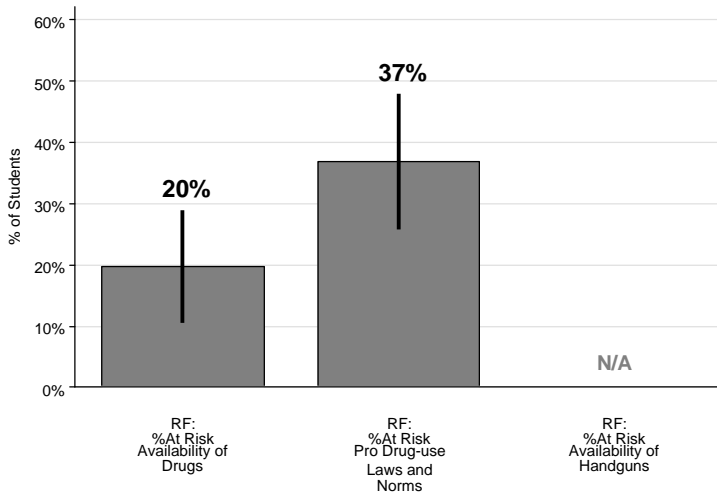
Background:

- 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.

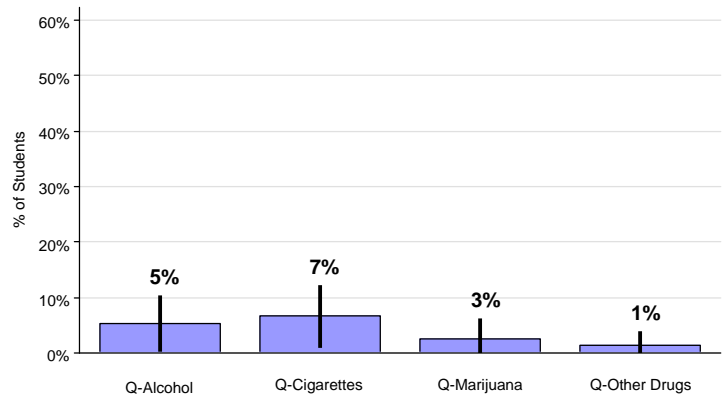
For More Information:

- Parents, schools, kids, and communities can work together to keep youth safe. To see a list of prevention organizations in your county, go to the Start Talking Now website: www.starttalkingnow.org.
- For free guides on preventing alcohol and other drug use, call the ADAI Clearinghouse at the University of Washington: 206-221-8325, or adaiclearinghouse.org.
- Parents can find prevention tips at The Partnership at DrugFree.org website: www.drugfree.org

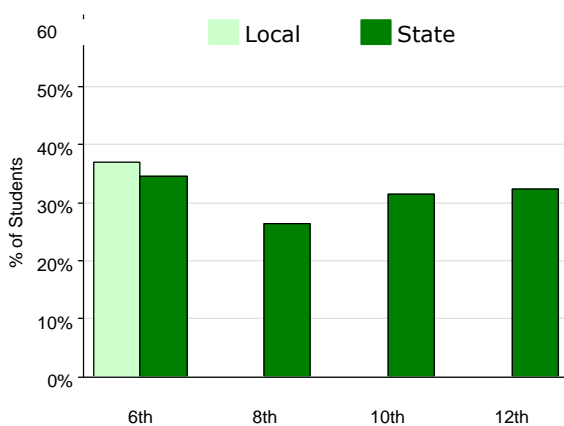
**Community Risk Factors
Grade 6, 2012**



**Availability of Drugs, Selected Questions (Q)
Percent reporting "very easy to get"
Grade 6, 2012**

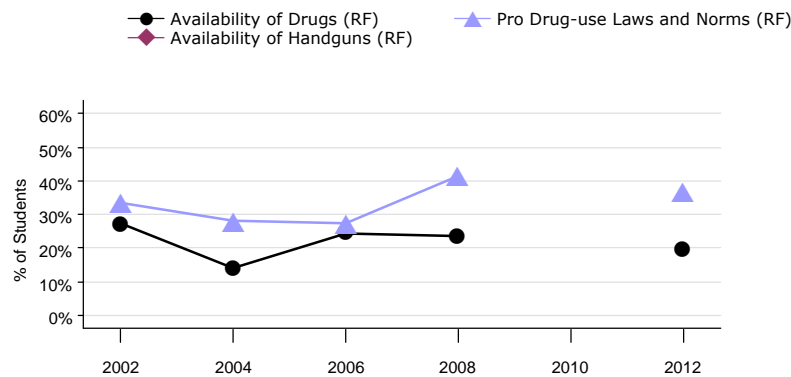


**Laws and Norms Favorable to Drug Use (RF)
All Grades, 2012**



| Prevalence | 6th | 8th | 10th | 12th |
|------------|---------|--------|--------|--------|
| Local | 37% ±11 | N/G | N/G | N/G |
| State | 34% ±2 | 26% ±2 | 31% ±3 | 32% ±2 |

Community Risk Factors Trends, Grade 6



| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|-------------------------------|---------|---------|---------|---------|------|---------|
| Availability of Drugs (RF) | 27% ±10 | 14% ±10 | 25% ±12 | 24% ±10 | N/P | 20% ±9 |
| Pro Drug-use Laws (RF) | 33% ±11 | 28% ±13 | 27% ±12 | 42% ±12 | N/P | 37% ±11 |
| Availability of Handguns (RF) | N/A | N/A | N/A | N/A | N/P | N/A |

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Current Substance Use for Martha Lake Elementary (Edmonds School District)

Year: 2012 Grade: 6 Gender: Both Number of Students Surveyed: 76

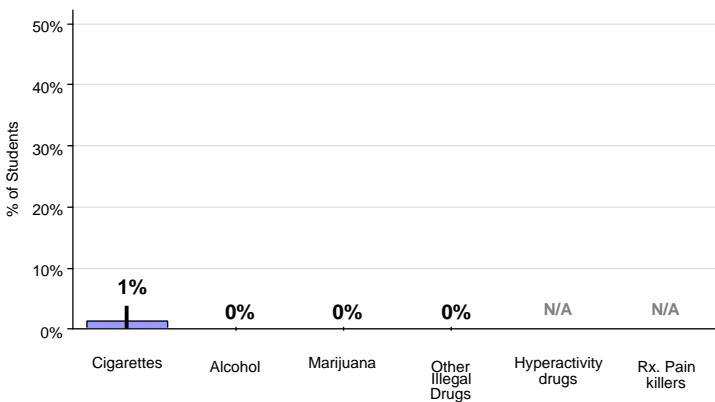
Background:

- 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.

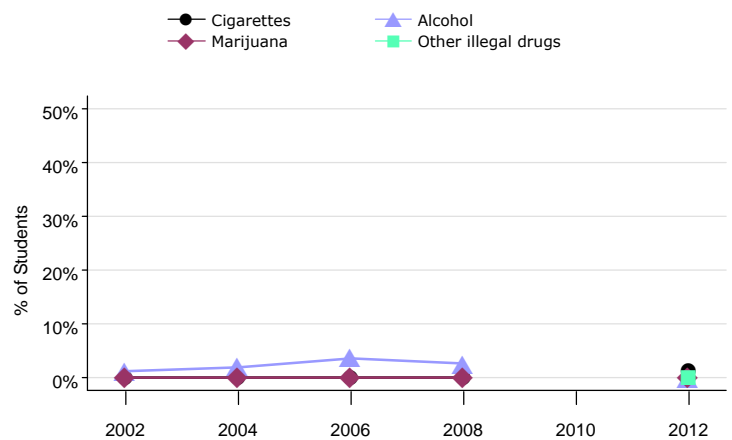
For More Information:

- Parents, schools, kids, and communities can work together to keep youth safe. To see a list of prevention organizations in your county, go to the Start Talking Now website: www.starttalkingnow.org.
- For free guides on preventing alcohol and other drug use, call the ADAI Clearinghouse at the University of Washington: 206-221-8325, or adaiclearinghouse.org.
- Parents can find preventative tips at the Start Talking Now website, and www.drugfree.org.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org

**Current (past 30-day) Substance Use
Grade 6, 2012**

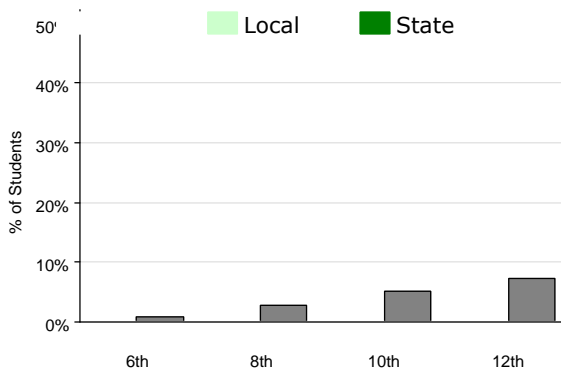


Current Substance Use Trends, Grade 6



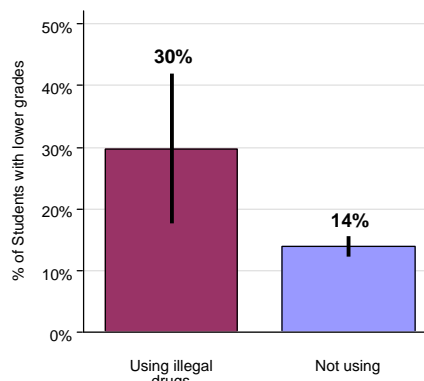
| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|---------------------|-------|-------|-------|-------|------|-------|
| Cigarettes | 0% ±0 | 0% ±0 | 0% ±0 | 0% ±0 | N/P | 1% ±3 |
| Alcohol | 1% ±3 | 2% ±4 | 4% ±5 | 3% ±4 | N/P | 0% ±0 |
| Marijuana | 0% ±0 | 0% ±0 | 0% ±0 | 0% ±0 | N/P | 0% ±0 |
| Other illegal drugs | N/S | N/A | N/A | N/A | N/P | 0% ±0 |

**Current Illegal Drug Use
(*Drugs other than Alcohol, Tobacco or Marijuana)
Compared to the State, All Grades, 2012**



| Prevalence | 6th | 8th | 10th | 12th |
|------------|-------|-------|-------|-------|
| Local | 0% ±0 | N/A | N/A | N/A |
| State | 1% ±0 | 3% ±0 | 5% ±1 | 7% ±1 |

**Statewide
Relationship between Lower Grades and Illegal Drug Use*
(*Drugs other than Alcohol, Tobacco or Marijuana)
Grade 6, 2012**



Statewide, 6th graders who use illegal drugs (not including alcohol, tobacco or marijuana) are more likely to get lower grades in school (C's, D's or F's) compared to those who don't use.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Dietary Behaviors for Martha Lake Elementary (Edmonds School District)

Year: 2012

Grade: 6

Gender: Both

Number of Students Surveyed: 76

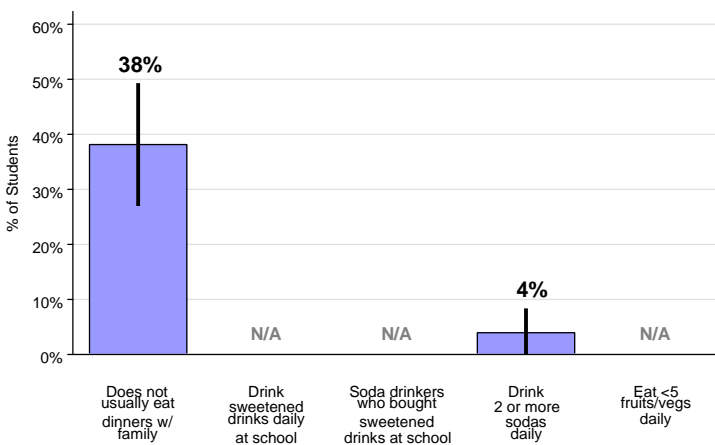
Background:

- 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, health status and academic achievement of children and adolescents.
- 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:

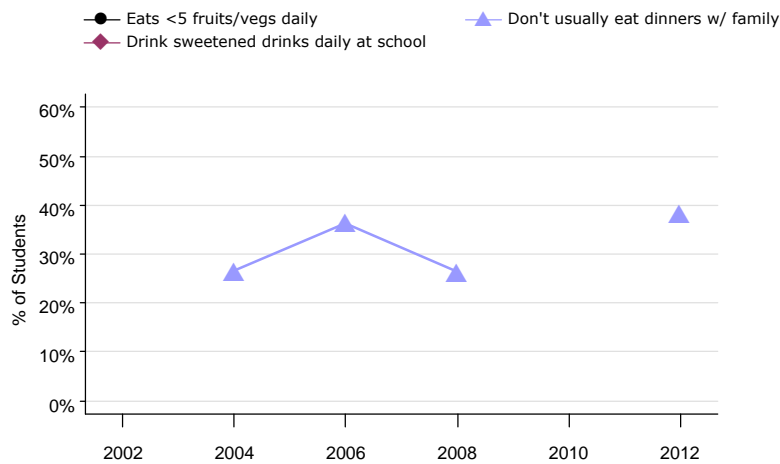
- Visit the Washington State Healthy Eating Active Living Program website: www.doh.wa.gov

**Dietary Behaviors
Grade 6, 2012**



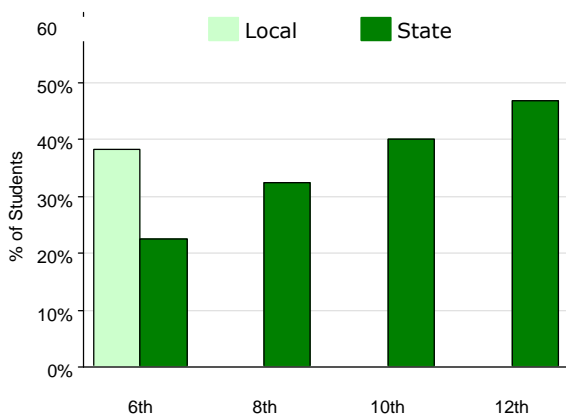
In 2012, 38% of 6th graders in our s don't usually eat dinner with their family.

Dietary Behavior Trends, Grade 6



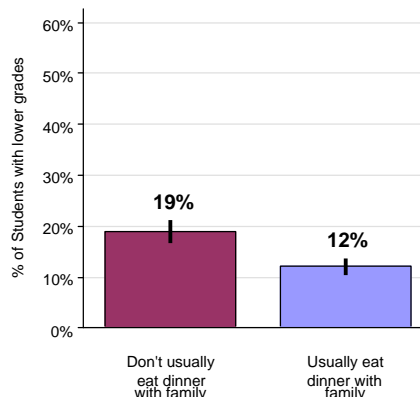
| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|--|------|---------|---------|---------|------|---------|
| Eats <5 fruits/vegs daily | N/A | N/A | N/A | N/A | N/P | N/A |
| Does not usually eat dinners w/ family | N/A | 27% ±13 | 36% ±13 | 26% ±10 | N/P | 38% ±11 |
| Drink sweetened drinks daily at school | N/S | N/S | N/A | N/A | N/P | N/A |

**Does Not Usually Eat Dinners with Family
Compared to the State, All Grades, 2012**



| Prevalence | 6th | 8th | 10th | 12th |
|------------|----------|--------|--------|--------|
| Local | 38% ±11* | N/G | N/G | N/G |
| State | 23% ±2 | 32% ±2 | 40% ±2 | 47% ±3 |

**Statewide
Relationship between Lower Grades
and Usually Eating Dinner with Family
Grade 6, 2012**



Statewide, 6th graders who do not usually eat dinner with their families are more likely to get lower grades in school (C's, D's or F's) compared to youth who do.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Family Protective Factors for Martha Lake Elementary (Edmonds School District)

Year: 2012 Grade: 6 Gender: Both Number of Students Surveyed: 76

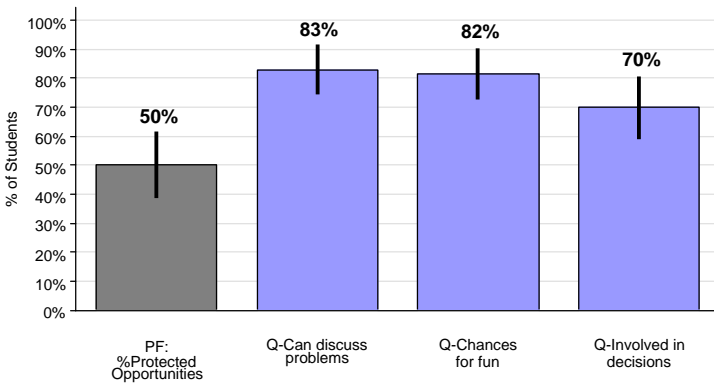
Background:

- Children who are attached to positive families are less likely to develop problems in adolescence.
- When parents set clear and healthy 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 make healthy choices.

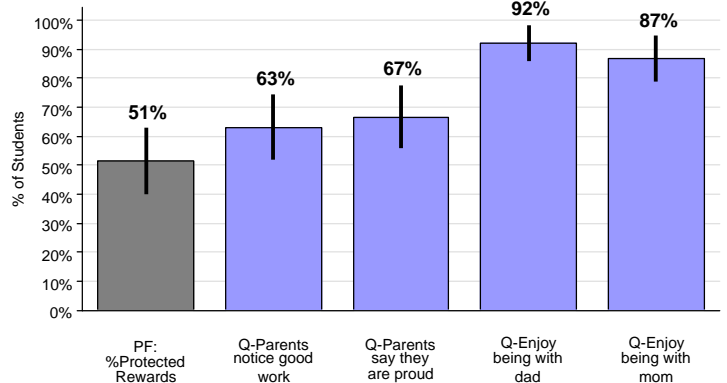
For More Information:

- 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 the ADAI Clearinghouse at the University of Washington: 206-221-8325, or adaiclearinghouse.org.
- For non-State resources, parents can go to www.drugfree.org.

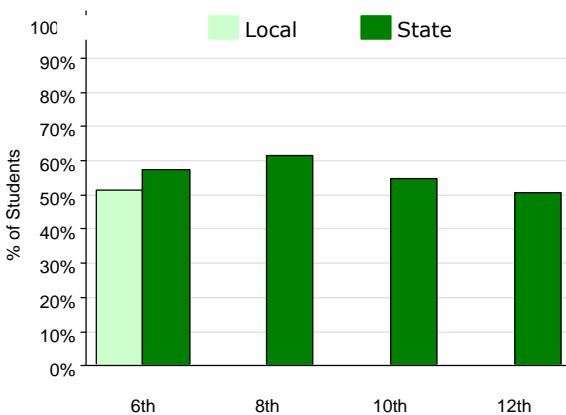
**Opportunities for Family Involvement
Protective Factor (PF) and Selected Questions (Q)
Grade 6, 2012**



**Rewards for Family Involvement
Protective Factor (PF) and Selected Questions (Q)
Grade 6, 2012**

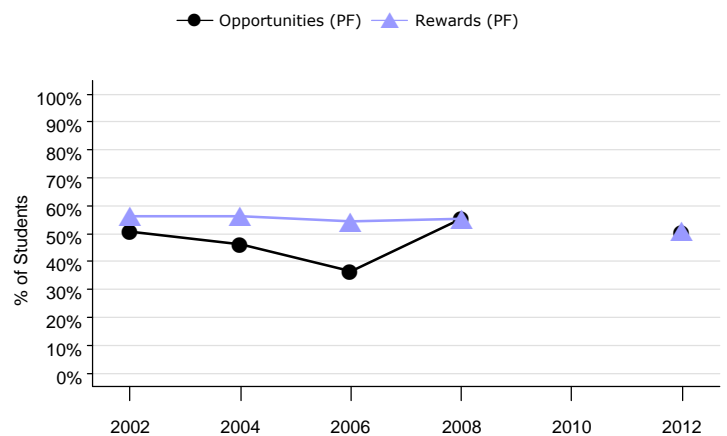


**Rewards for Family Involvement
Protective Factor (PF), All Grades, 2012**



| Prevalence | 6th | 8th | 10th | 12th |
|------------|---------|--------|--------|--------|
| Local | 51% ±11 | N/G | N/G | N/G |
| State | 57% ±2 | 62% ±2 | 55% ±3 | 51% ±3 |

Family Protective Factor Trends, Grade 6



| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|--------------------|---------|---------|---------|----------|------|---------|
| Opportunities (PF) | 51% ±11 | 46% ±14 | 36% ±13 | 55% ±11* | N/P | 50% ±12 |
| Rewards (PF) | 56% ±11 | 56% ±14 | 55% ±14 | 55% ±11 | N/P | 51% ±11 |

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Missing codes: S = result suppressed due to insufficient reporting from students of 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 Sheet

Bullying and Harassment for Martha Lake Elementary (Edmonds School District)

Year: 2012 Grade: 6 Gender: Both Number of Students Surveyed: 76

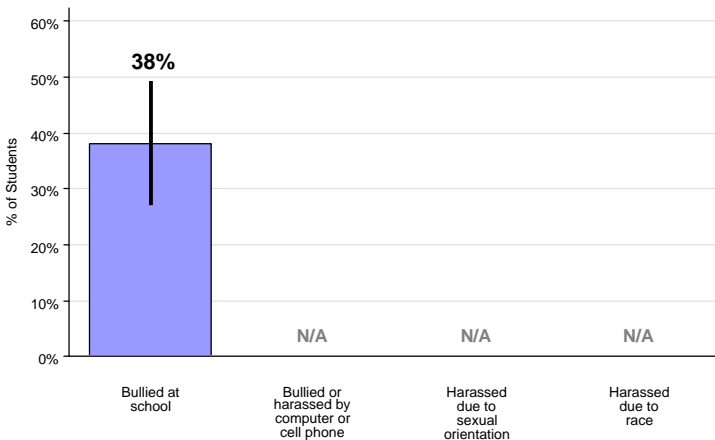
Background:

- All Washington schools must implement model policies and procedures that prohibit harassment, intimidation and bullying.
- Bullying is when an aggressor says or does nasty or unpleasant things to a targeted student. It is also bullying when targeted students are teased repeatedly in ways they don't like.
- Students who report being bullied also report getting lower grades in school.
- Researchers have identified evidence-based programs that reduce bullying and build positive school climates.

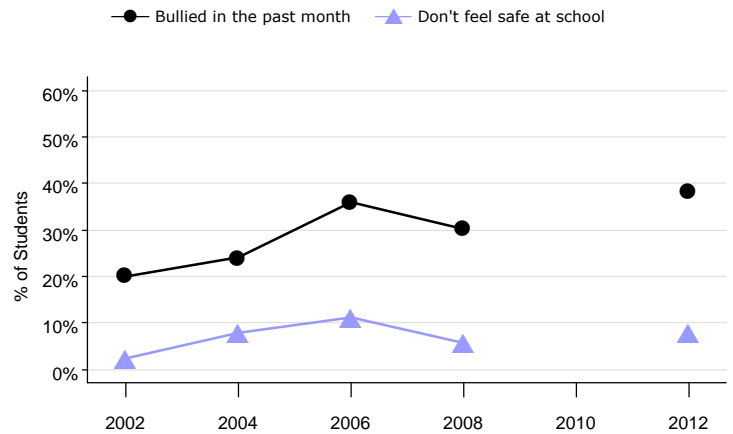
For More Information:

- School Safety Center, sponsored by the Office of Superintendent of Public Instruction at: www.k12.wa.us/safetycenter.

**Bullying and Harassment
Grade 6, 2012**

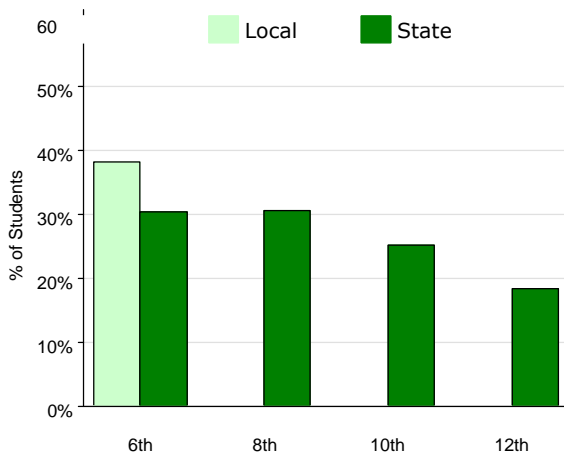


Bullying and Harassment Trends, Grade 6



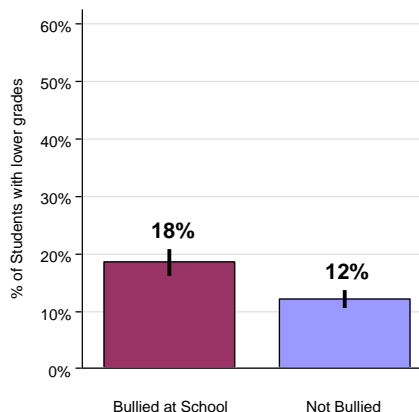
| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|---------------------------|--------|---------|---------|---------|------|---------|
| Bullied at school | 20% ±9 | 24% ±12 | 36% ±13 | 30% ±11 | N/P | 38% ±11 |
| Don't feel safe at school | 3% ±3 | 8% ±8 | 11% ±9 | 6% ±5 | N/P | 8% ±6 |

**Bullied in Past Month
Compared to the State/All Grades, 2012**



| Prevalence | 6th | 8th | 10th | 12th |
|------------|---------|--------|--------|--------|
| Local | 38% ±11 | N/G | N/G | N/G |
| State | 30% ±2 | 31% ±1 | 25% ±1 | 18% ±1 |

**Statewide
Relationship between Lower Grades and Bullying
Grade 6, 2012**



Statewide, 6th graders who are bullied at school are more likely to get lower grades in school (C's, D's or F's) compared to those who aren't bullied.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Current Marijuana Use for Martha Lake Elementary (Edmonds School District)

Year: 2012

Grade: 6

Gender: Both

Number of Students Surveyed: 76

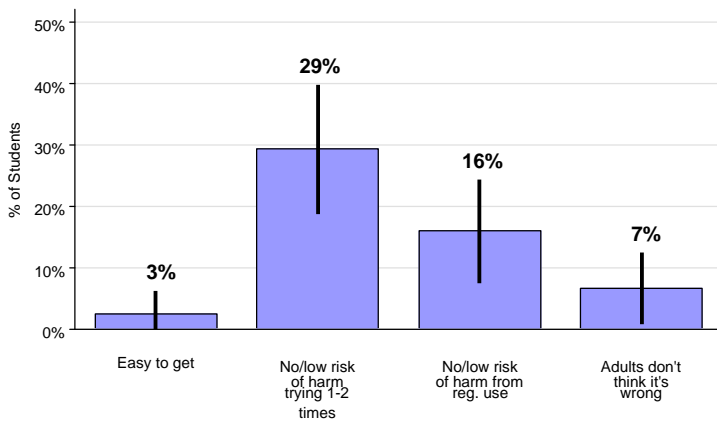
Background:

- Smoking marijuana affects neuropsychological functioning, such as hand-eye coordination, reaction time, and memory.
- Marijuana potency appears to have increased over time.
- The earlier someone starts using marijuana, the greater their vulnerability to addiction and psychiatric disorders.

For More Information:

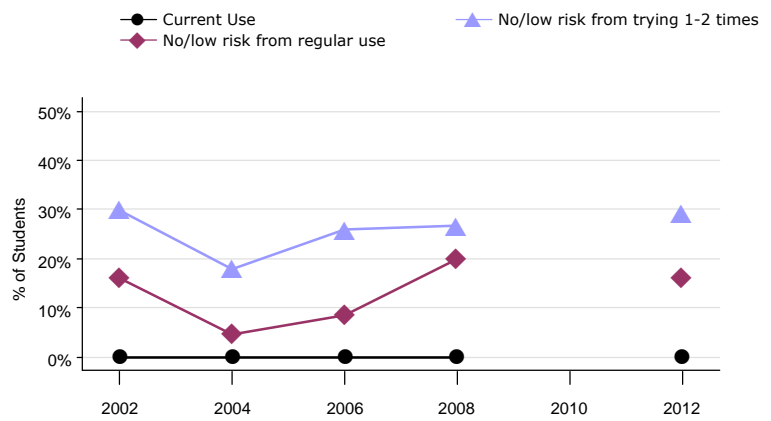
- Parents, schools, kids, and communities can work together to keep youth safe. To see a list of prevention organizations in your county, go to the Start Talking Now website: www.starttalkingnow.org.
- For free guides on preventing alcohol and other drug use, call the ADAI Clearinghouse at the University of Washington: 206-221-8325, or adaiclearinghouse.org.
- Parents can find prevention tips at The Partnership at DrugFree.org website: www.drugfree.org
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org

**Attitudes about Marijuana Use
Grade 6, 2012**



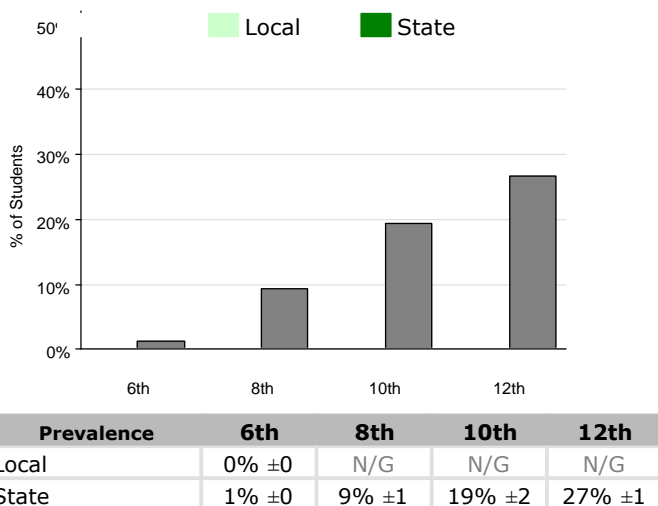
In 2012, 16% of 6th graders in our s thought there was little or no risk of using marijuana regularly.

**Current Marijuana Use and Perception of Harm Trends
Grade 6**

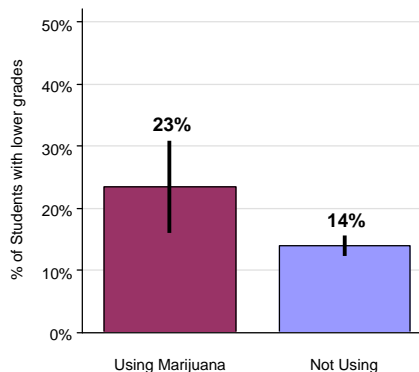


| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|-----------------------------------|---------|---------|---------|---------|------|---------|
| Current Use | 0% ±0 | 0% ±0 | 0% ±0 | 0% ±0 | N/P | 0% ±0 |
| No/low risk from trying 1-2 times | 30% ±10 | 18% ±11 | 26% ±12 | 27% ±10 | N/P | 29% ±11 |
| No/low risk from regular use | 16% ±8 | 5% ±7* | 9% ±8 | 20% ±9 | N/P | 16% ±8 |

**Current Marijuana Use
Compared to the State, All Grades, 2012**



**Statewide
Relationship between Lower Grades and Marijuana Use
Grade 6, 2012**



Statewide, 6th graders who use marijuana are more likely to get lower grades in school (C's, D's or F's) compared to those who don't use.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

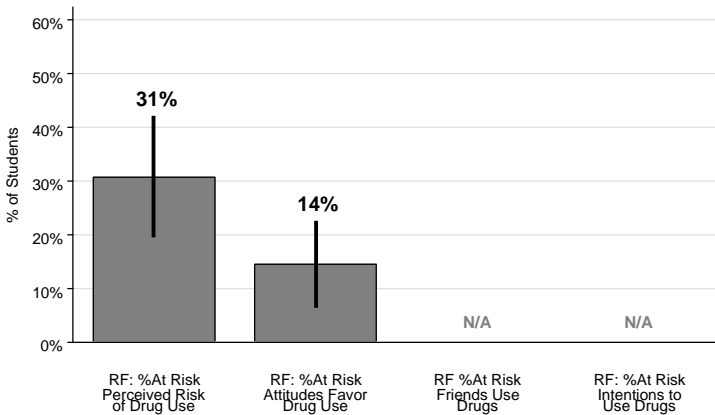
Peer-Individual Risk Factors for Martha Lake Elementary (Edmonds School District)

Year: 2012 Grade: 6 Gender: Both Number of Students Surveyed: 76

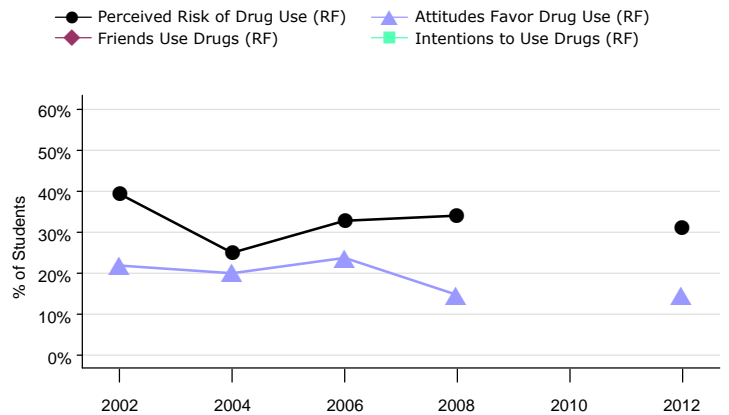
Background:

- 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 health attitudes and choices.

**Peer-Individual Risk Factors
Grade 6, 2012**



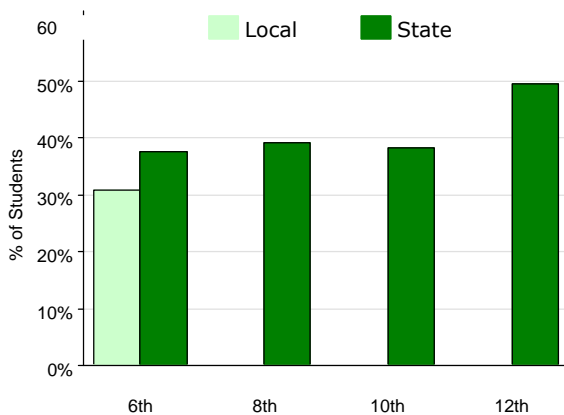
**Peer-Individual Risk Factor Trends
Grades 6**



In 2012, 14% of 6th graders in our s were at risk for favorable attitudes towards drugs.

| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|---------------------------------|---------|---------|---------|---------|------|---------|
| Perceived Risk of Drug Use (RF) | 39% ±11 | 25% ±14 | 33% ±14 | 34% ±12 | N/P | 31% ±11 |
| Attitudes Favor Drug Use (RF) | 22% ±9 | 20% ±11 | 24% ±12 | 14% ±8 | N/P | 14% ±8 |
| Friends Use Drugs (RF) | N/A | N/A | N/A | N/A | N/P | N/A |
| Intentions to Use Drugs (RF) | N/A | N/A | N/A | N/A | N/P | N/A |

**Perceived Risk of Drug Use (RF)
Compared to the State, All Grades, 2012**



From 2010 to 2012, the change cannot be determined in the perceived risk of drug use among 6th graders in our s.

| Prevalence | 6th | 8th | 10th | 12th |
|------------|---------|--------|--------|--------|
| Local | 31% ±11 | N/G | N/G | N/G |
| State | 38% ±3 | 39% ±3 | 38% ±3 | 49% ±3 |

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 www.AskHYS.net homepage.
- For free guides on preventing alcohol and other drug use, call the ADAI Clearinghouse at the University of Washington: 206-221-8325, or adaiclearinghouse.org.
- For non-State resources, parents can go to www.drugfree.org.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

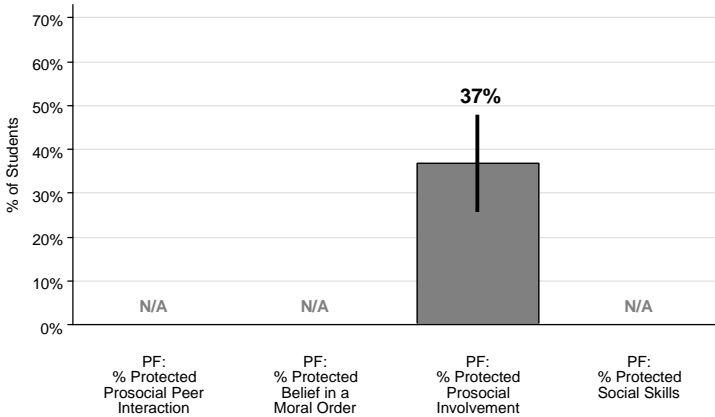
Peer-Individual Protective Factors for Martha Lake Elementary (Edmonds School District)

Year: 2012 Grade: 6 Gender: Both Number of Students Surveyed: 76

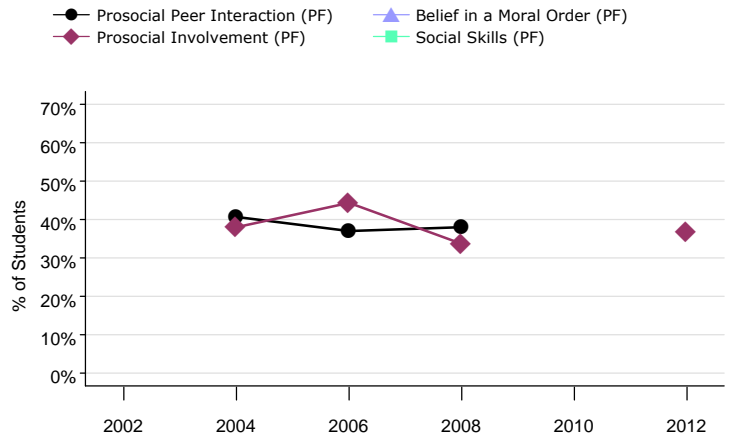
Background:

- 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 skills and opportunities to be involved in prosocial activities are less likely to engage in risky behaviors.

**Peer-Individual Protective Factors
Grade 6, 2012**

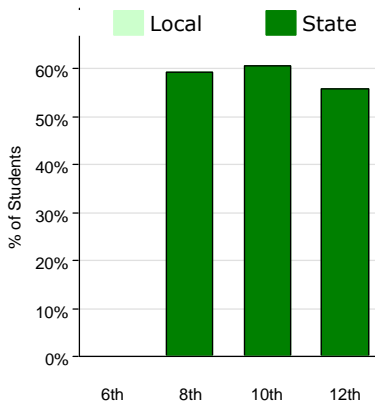


Peer-Individual Protective Factor Trends, Grade 6



| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|---------------------------------------|------|---------|---------|---------|------|---------|
| Interaction with Prosocial Peers (PF) | N/S | 41% ±14 | 37% ±13 | 38% ±11 | N/P | N/A |
| Belief in a Moral Order (PF) | N/A | N/A | N/A | N/A | N/P | N/A |
| Prosocial Involvement (PF) | N/S | 38% ±14 | 44% ±14 | 34% ±11 | N/P | 37% ±11 |
| Social Skills (PF) | N/A | N/A | N/A | N/A | N/P | N/A |

**Interaction with Prosocial Peers (PF)
All Grades, 2012**



| Prevalence | 6th | 8th | 10th | 12th |
|------------|-----|--------|--------|--------|
| Local | N/A | N/A | N/A | N/A |
| State | N/A | 59% ±3 | 60% ±3 | 56% ±3 |

For More Information:

- Parents, schools, kids, and communities can work together to keep youth safe. To see a list of prevention organizations in your county, go to the Start Talking Now website: www.starttalkingnow.org
- For free guides on preventing alcohol and other drug use, call the ADAI Clearinghouse at the University of Washington: 206-221-8325, or adaiclearinghouse.org.
- Parents can find prevention tips at The Partnership at DrugFree.org website: www.drugfree.org

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Missing codes: S = result suppressed due to insufficient reporting from students of 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 Sheet

Physical Activity for Martha Lake Elementary (Edmonds School District)

Year: 2012

Grade: 6

Gender: Both

Number of Students Surveyed: 76

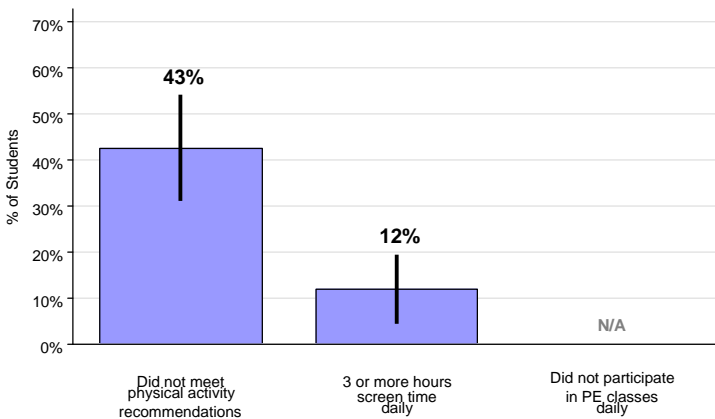
Background:

- Regular physical activity reduces rates of obesity and serious diseases, helps people maintain a healthy body weight and improves quality of life.
- The Dietary Guidelines for Americans and the National Association for Sport & Physical Education recommend that children and adolescents participate in at least 60 minutes of physical activity most days of the week, preferably daily.
- 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.
- 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.

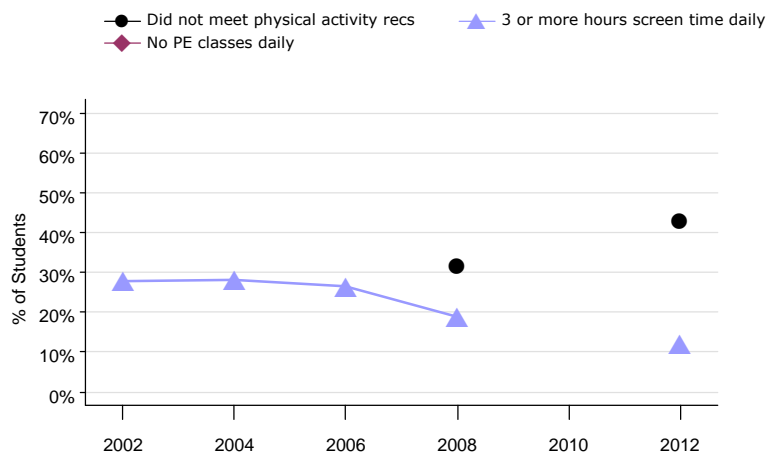
For More Information:

- Visit the Washington State Healthy Eating Active Living Program website: www.doh.wa.gov

Physical Activity Grade 6, 2012

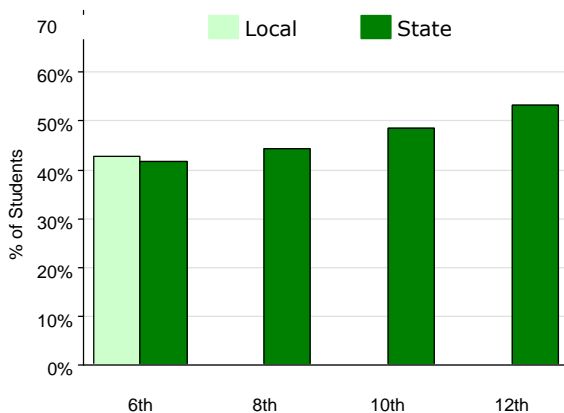


Physical Activity Trends, Grade 6



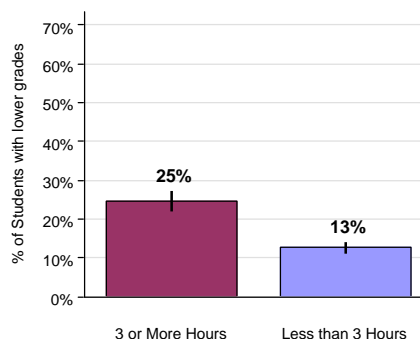
In 2012, 43% of 6th graders in our schools did not meet the recommendations for 60 minutes of physical activity daily.

Did Not Meet Recommendations for Physical Activity Compared to the State, All Grades, 2012



| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|---|---------|---------|---------|---------|------|---------|
| Did not meet physical activity recs | N/S | N/S | N/A | 32% ±11 | N/P | 43% ±11 |
| 3 or more hours screen time daily | 28% ±10 | 28% ±13 | 26% ±12 | 19% ±9 | N/P | 12% ±8 |
| Did not participate in PE classes daily | N/A | N/A | N/A | N/A | N/P | N/A |

Statewide Relationship between Lower Grades and 3 or More Hours of Screen Time Daily Grade 6, 2012



Statewide, 6th graders who spend 3 or more hours of screen time daily are more likely to get lower grades in school (C's, D's or F's) compared to youth who spend less than 3 hours.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
 *Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

School Protective Factors for Martha Lake Elementary (Edmonds School District)

Year: 2012 Grade: 6 Gender: Both Number of Students Surveyed: 76

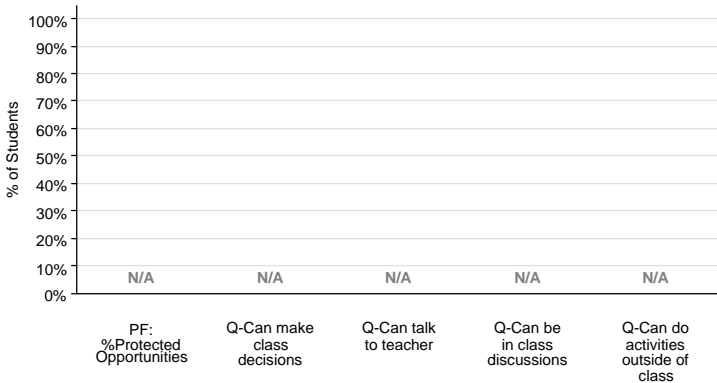
Background:

- Research has identified a unique set of factors that protect youth from substance use, delinquency, violence, pregnancy, and school dropout.
- Students that experience protective factors, such as opportunities and rewards for school involvement, are more protected from problems and more likely to be academically successful.
- Researchers have identified best practice programs that can increase protective factors and build supportive school cultures.

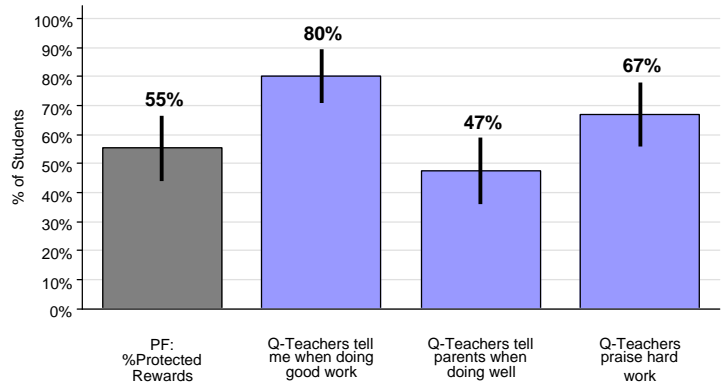
For More Information:

- Information about supportive learning environments, sponsored by the Office of Superintendent of Public Instruction at: www.k12.wa.us/LearningTeachingSupport.
- For information about the associations between Risk and Protective Factors and problem behaviors: www.oasas.ny.gov/prevention/documents/RiskProtFactors2011.pdf
- For Risk and Protective Factor definitions: www.oasas.ny.gov/prevention/documents/RPFactorDictionary07.pdf
- For local Risk Factor profiles: <http://www.dshs.wa.gov/rda/research/Risk.shtm>

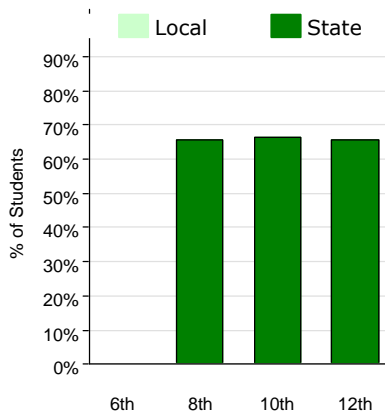
Opportunities for School Involvement Protective Factor (PF) and Selected Questions (Q) Grade 6, 2012



Rewards for School Involvement Protective Factor (PF) and Selected Questions (Q) Grade 6, 2012

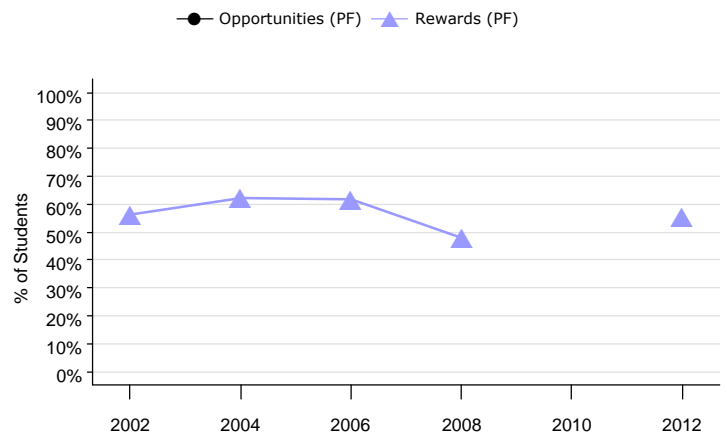


Opportunities for School Involvement Compared to the State, All Grades, 2012



| Prevalence | 6th | 8th | 10th | 12th |
|------------|-----|--------|--------|--------|
| Local | N/A | N/G | N/G | N/G |
| State | N/A | 66% ±2 | 67% ±2 | 65% ±3 |

School Protective Factor Trends, Grade 6



| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|--------------------|---------|---------|---------|---------|------|---------|
| Opportunities (PF) | N/A | N/A | N/A | N/A | N/P | N/A |
| Rewards (PF) | 56% ±11 | 62% ±14 | 62% ±13 | 48% ±12 | N/P | 55% ±11 |

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
 *indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

School Risk Factors for Martha Lake Elementary (Edmonds School District)

Year: 2012 Grade: 6 Gender: Both Number of Students Surveyed: 76

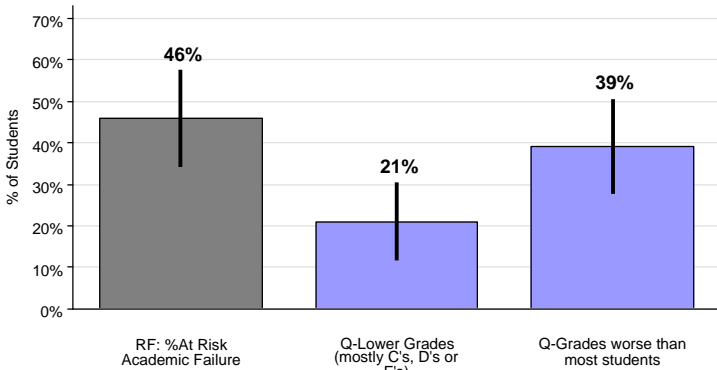
Background:

- Research has identified a unique set of factors that put youth at risk for substance use, delinquency, violence, pregnancy, and school dropout.
- Students that experience risk factors, such as academic failure and lack of commitment to school, are at greater risk of problems.
- Students in schools with high levels of risk and even moderate substance use are less likely to meet mathematics, reading and writing standards.
- Researchers have identified best practice programs that can decrease risk factors and build supportive school culture.

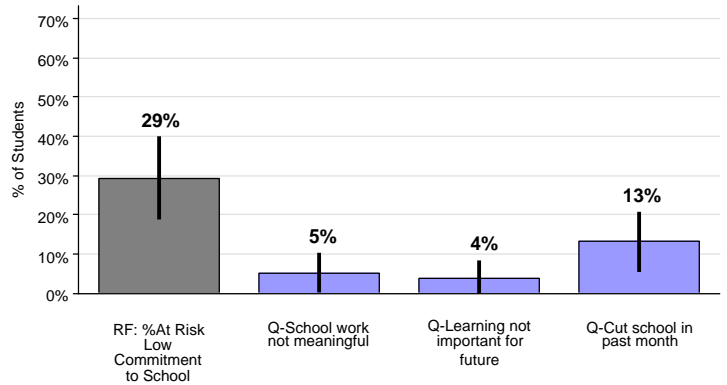
For More Information:

- Information about supportive learning environments, sponsored by the Office of Superintendent of Public Instruction at: www.k12.wa.us/LearningTeachingSupport.
- For information about the associations between Risk and Protective Factors and problem behaviors: www.oasas.ny.gov/prevention/documents/RiskProtFactors2011.pdf
- For Risk and Protective Factor definitions: www.oasas.ny.gov/prevention/documents/RPFactorDictionary07.pdf
- For local Risk Factor profiles: <http://www.dshs.wa.gov/rda/research/Risk.shtm>

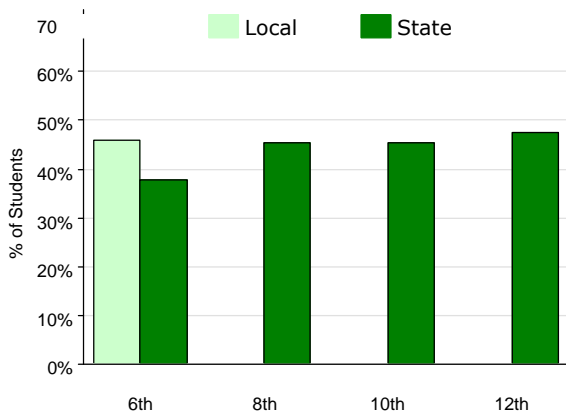
**Academic Failure
Risk Factor (RF) and Selected Questions (Q)
Grade 6, 2012**



**Low Commitment to School
Risk Factor (RF) and Selected Questions (Q)
Grade 6, 2012**

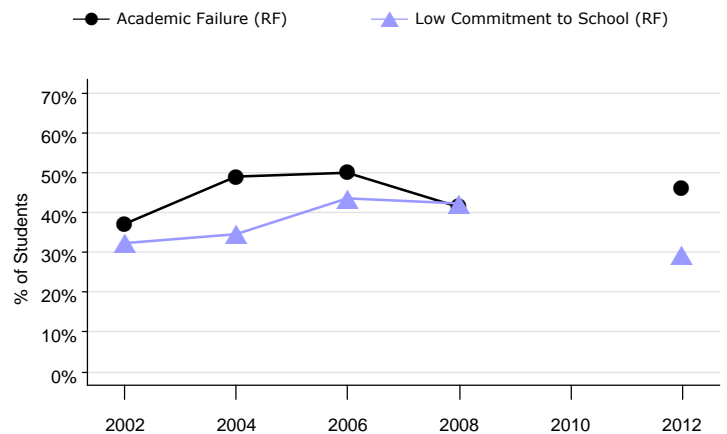


**Academic Failure (RF)
All Grades, 2012**



| Prevalence | 6th | 8th | 10th | 12th |
|------------|---------|--------|--------|--------|
| Local | 46% ±12 | N/G | N/G | N/G |
| State | 38% ±2 | 45% ±2 | 45% ±2 | 47% ±3 |

School Risk Factor Trends, Grade 6



| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|-------------------------------|---------|---------|---------|---------|------|---------|
| Academic Failure (RF) | 37% ±11 | 49% ±15 | 50% ±15 | 41% ±12 | N/P | 46% ±12 |
| Low Commitment to School (RF) | 32% ±11 | 35% ±14 | 44% ±14 | 42% ±11 | N/P | 29% ±11 |

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Tobacco Use for Martha Lake Elementary (Edmonds School District)

Year: 2012 Grade: 6 Gender: Both Number of Students Surveyed: 76

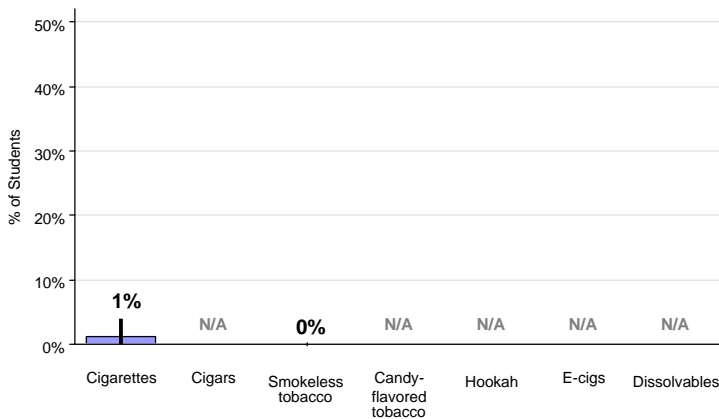
Background:

- In Washington State, 40 youth start smoking cigarettes each day.
- One in three of all youth smokers will die prematurely from a smoking-caused disease.
- Smoking is associated with the increased risk of drug use and low academic performance.

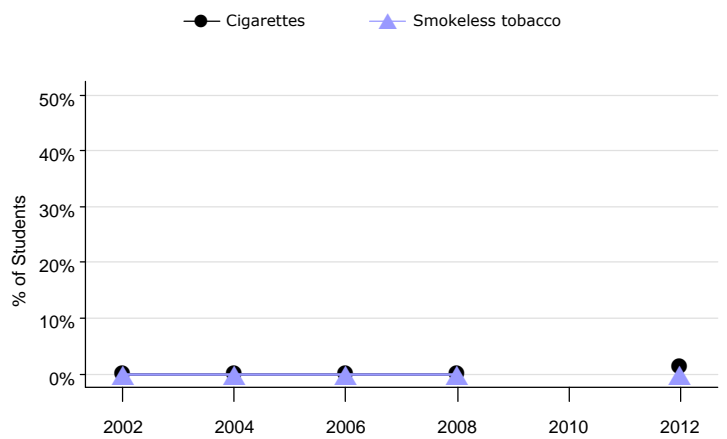
For More Information:

- The Washington State Department of Health funds a statewide tobacco prevention and control program to keep youth from beginning to use tobacco, to help people quit using tobacco, and to reduce exposure to secondhand smoke. Visit www.doh.wa.gov.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org

**Current (30-day) Tobacco Use
Grade 6, 2012**

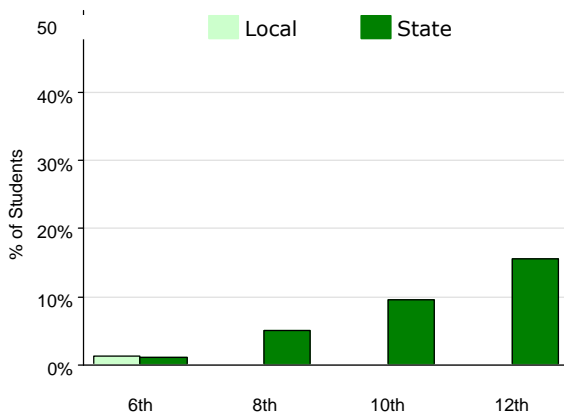


Tobacco Use Trends, Grade 6



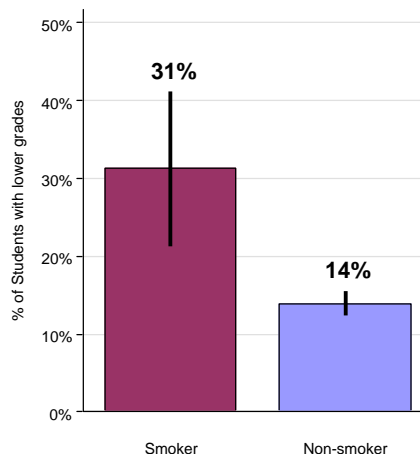
| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|-------------------|-------|-------|-------|-------|------|-------|
| Cigarettes | 0% ±0 | 0% ±0 | 0% ±0 | 0% ±0 | N/P | 1% ±3 |
| Smokeless tobacco | 0% ±0 | 0% ±0 | 0% ±0 | 0% ±0 | N/P | 0% ±0 |

**Cigarette Smoking
Compared to the State, All Grades, 2012**



| Prevalence | 6th | 8th | 10th | 12th |
|------------|-------|-------|--------|--------|
| Local | 1% ±3 | N/G | N/G | N/G |
| State | 1% ±0 | 5% ±1 | 10% ±1 | 16% ±2 |

**Statewide
Relationship between Lower Grades and
Cigarette Smoking
Grade 6, 2012**



Statewide, 6th graders who smoke cigarettes are more likely to get lower grades in school (C's, D's or F's) compared to non-smokers.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Missing codes: S = result suppressed due to insufficient reporting from students of 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 Sheet

Unintentional Injury for Martha Lake Elementary (Edmonds School District)

Year: 2012

Grade: 6

Gender: Both

Number of Students Surveyed: 76

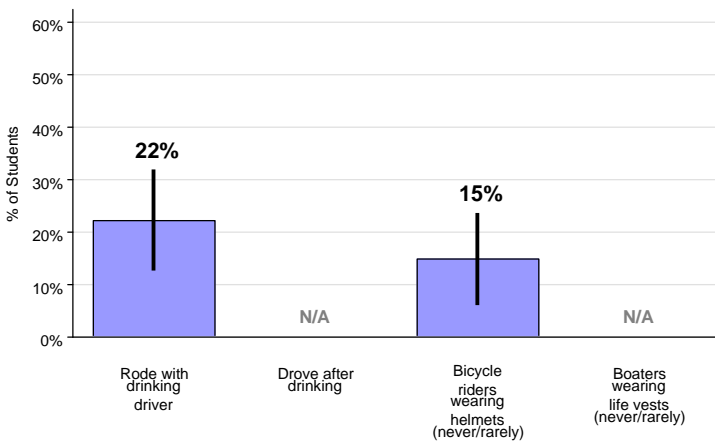
Background:

- Unintentional injury is the leading cause of death among youth. Motor vehicle crashes are the most common cause.
- Unintentional injuries are caused by behaviors such as drinking and driving, riding with a drinking driver, riding a bike or motorcycle without a helmet, or not wearing a life jacket.
- Most unintentional injuries are not accidents because they can be prevented. Alcohol and other substances impair one's judgment and may contribute to injuries and even death.

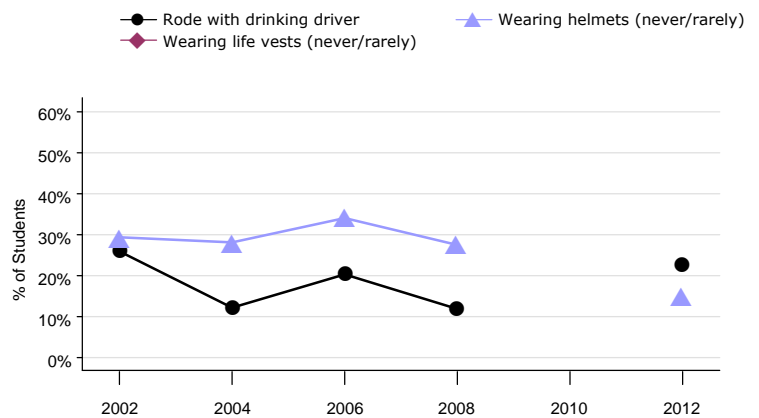
For More Information:

- Visit the Washington State Injury and Violence Prevention Website at: www.doh.wa.gov

**Unintentional Injury
Grade 6, 2012**



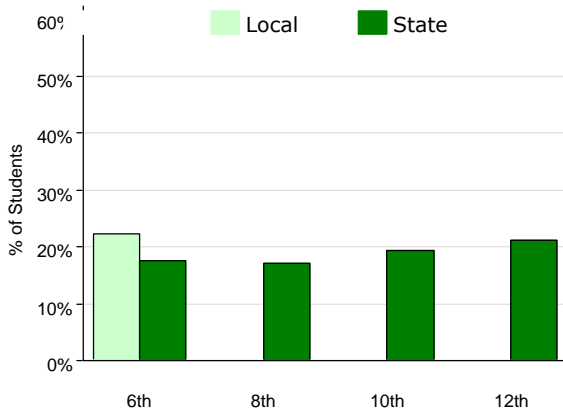
**Unintentional Injury Trends
Grade 6**



In 2012, 15% of 6th graders in our school who rode a bicycle in the past month rarely or never wore a helmet.

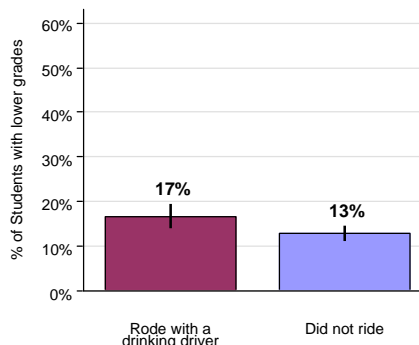
| Prevalence | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 |
|-----------------------------------|---------|---------|---------|---------|------|---------|
| Rode with drinking driver | 26% ±10 | 12% ±9* | 20% ±11 | 12% ±7 | N/P | 22% ±10 |
| Wearing helmets (never/rarely) | 29% ±11 | 28% ±14 | 34% ±14 | 27% ±11 | N/P | 15% ±9 |
| Wearing life vests (never/rarely) | N/A | N/A | N/A | N/A | N/P | N/A |

**Rode with Drinking Driver
Compared to the State, All Grades, 2012**



| Prevalence | 6th | 8th | 10th | 12th |
|------------|---------|--------|--------|--------|
| Local | 22% ±10 | N/G | N/G | N/G |
| State | 18% ±1 | 17% ±1 | 19% ±1 | 21% ±2 |

**Statewide
Relationship between Lower Grades and
Rode with Drinking Driver
Grade 6, 2012**



Statewide, 6th graders who rode with a drinking driver were more likely to get lower grades in school (C's, D's or F's) compared to those who did not.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Violent Behaviors and School Safety for Martha Lake Elementary (Edmonds School District)

Year: 2012 Grade: 6 Gender: Both Number of Students Surveyed: 76

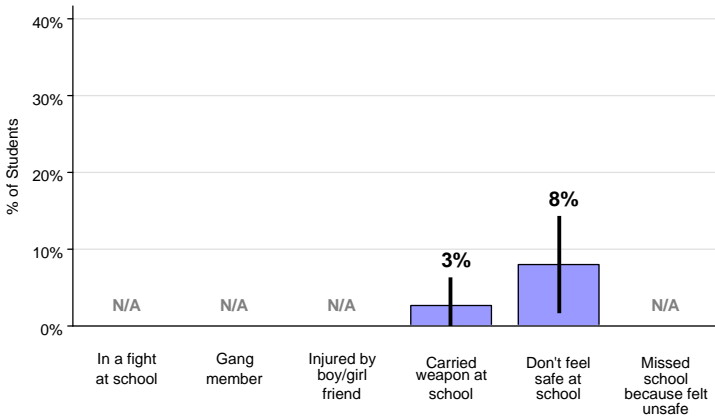
Background:

- Washington schools 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).
- Schools referral systems that encourage students to report threats will help prevent violent incidents.
- Creating a supportive learning environment is critical for student academic achievement.
- 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.

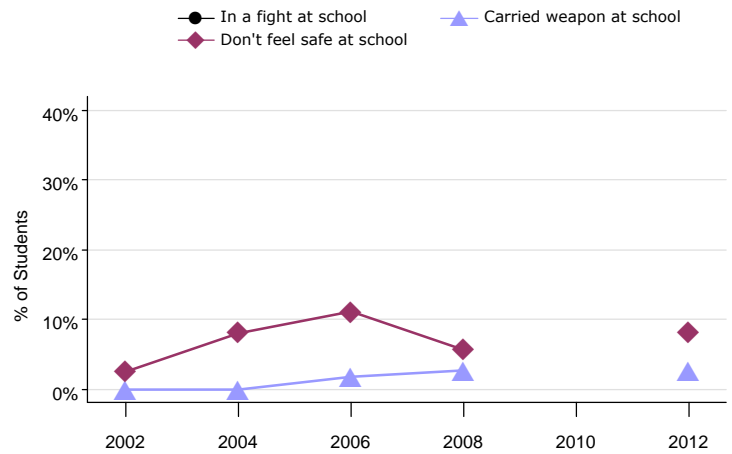
For More Information:

- School Safety Center, sponsored by the Office of Superintendent of Public Instruction: www.k12.wa.us/safetycenter
- Washington State Department of Health - Injury and Violence Prevention Program website: www.doh.wa.gov

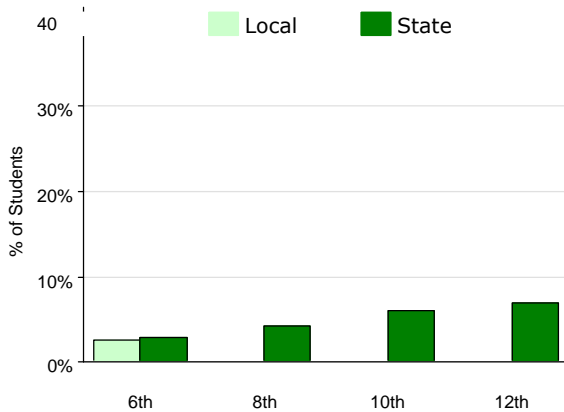
**Violent Behavior and School Safety
Grade 6, 2012**



Violent Behavior and School Safety Trends, Grade 6

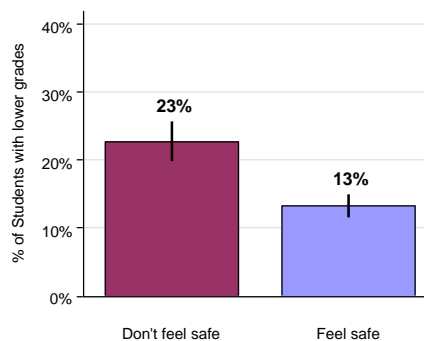


**Carried a Weapon at School
Compared to the State, All Grades, 2012**



| Prevalence | 6th | 8th | 10th | 12th |
|------------|-------|-------|-------|-------|
| Local | 3% ±4 | N/G | N/G | N/G |
| State | 3% ±0 | 4% ±1 | 6% ±1 | 7% ±1 |

**Statewide
Relationship between Lower Grades
and Not Feeling Safe at School
Grade 6, 2012**



Statewide, 6th graders who don't feel safe at school are more likely to get lower grades in school (C's, D's or F's) compared to those who feel safe.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05