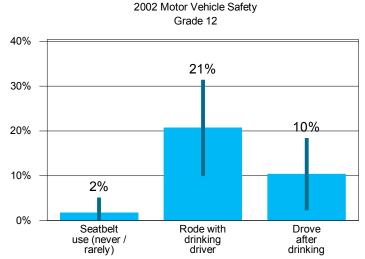
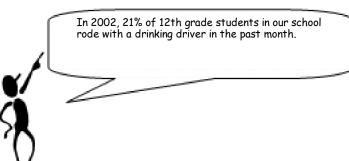
Unintentional Injury for Meadowdale High School (Edmonds School District)

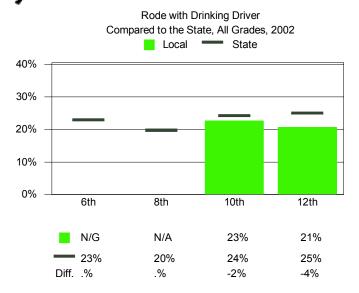
Year: 2002 Grade: 12 Gender: Both Ethnicity:

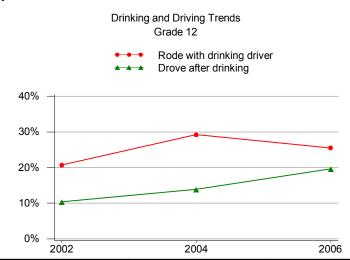
Highlights

- 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.

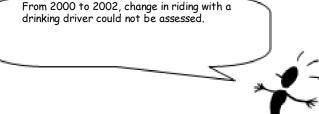








| Prevalence ** | 2002 | 2004 | 2006 | 2008 | 2010 |
|---------------------------|-----------|-----------|----------|----------|---------|
| Rode with drinking driver | 21% ± 11% | 29% ± 11% | 26% ± 9% | 23% ± 8% | 17% ± 5 |
| | (58) | (65) | (98) | (116) | (232) |
| Drove after drinking | 10% ± 8% | 14% ± 9% | 20% ± 8% | 15% ± 7% | 7% ± 3° |
| | (58) | (65) | (97) | (116) | (231) * |



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 X², p<.05)

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

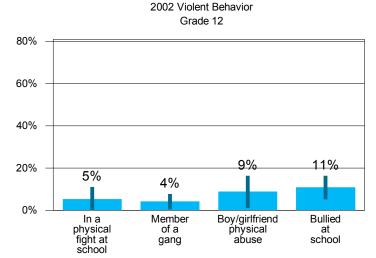
Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this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

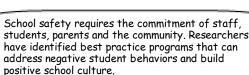
Violent Behaviors for Meadowdale High School (Edmonds School District)

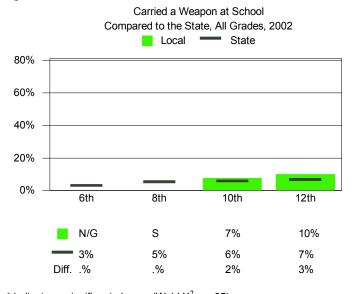
Year: 2002 Grade: 12 Gender: Both Ethnicity:

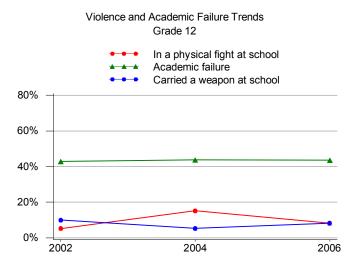
Highlights

- 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)









| Prevalence ** | 2002 | 2004 | 2006 | 2008 | 201 |
|-------------------------------|-----------|-----------|-----------|----------|-------|
| In a physical fight at school | 5% ± 6% | 15% ± 9% | 8% ± 6% | 5% ± 4% | 3% ± |
| | (58) | (66) | (97) | (116) | (121 |
| Academic failure | 43% ± 13% | 44% ± 12% | 44% ± 10% | 46% ± 9% | 40% ± |
| | (63) | (64) | (94) | (121) | (112 |
| Carried a weapon at school | 10% ± 5% | 5% ± 4% | 8% ± 4% | 7% ± 3% | 4% ± |
| | (121) | (132) | (195) | (239) | (235 |

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

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/

 $^{^{\}star}$ 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 Report generated at www.AskHYS.net

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

Year: 2002 Grade: 12 Gender: Both Ethnicity:

2002 Basis for Harassment at School

Highlights

100%

80%

60%

40%

20%

0%

Race/

citv

- 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

Grade 12

31%

N/S

Gender

N/S

Health

or disability N/S

Other

rea-

sons

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.

orient-

ation

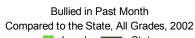
N/S

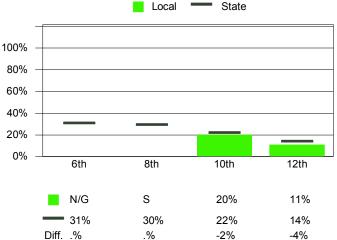
Reli-

gion

Bullying and Academic Failure Trends Grade 12 Bullied in past month Academic failure Feel safe at school 100% 80% 60% 20% 2002 2004 2004

| Prevalence ** | 2002 | 2004 | 2006 | 2008 | 20 |
|-----------------------|-------------------|-------------------|-------------------|-------------------|------------|
| Bullied in past month | 11% ± 6% (121) | 16% ± 6% (129) | 14% ± 5% (191) | 17% ± 5% (229) | 13% (2: |
| Academic failure | 43% ± 13% (63) | 44% ± 12% (64) | 44% ± 10% (94) | 46% ± 9% (121) | 40% (1 |
| Feel safe at school | 92% ± 5% (121) | 85% ± 6% (131) | 85% ± 5% (194) | 87% ± 4% (240) | 94% (23 |





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.



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/

 $^{^{\}star}$ 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 Report generated at www.AskHYS.net

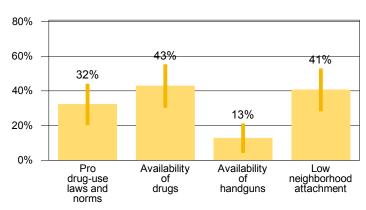
Community Risk Factors for Meadowdale High School (Edmonds School District)

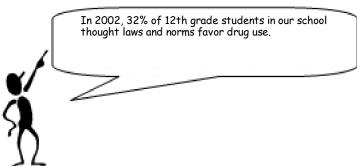
Year: 2002 Grade: 12 Gender: Both Ethnicity:

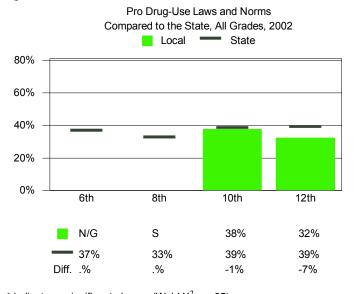
Noteworthy

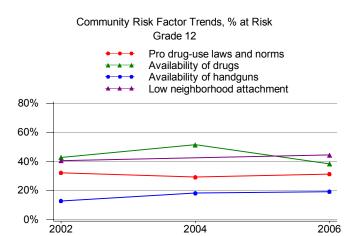
- Research shows that the risk factors measured by the Healthy Youth Survey are linked to adolescent substance use, delinquency, violence, school dropout, and other risky health behaviors.
- The more risk factors a youth is exposed to, the more likely it is that she or he will engage in problem behaviors.

2002 Community Risk Factor Scales, % at Risk Grade 12

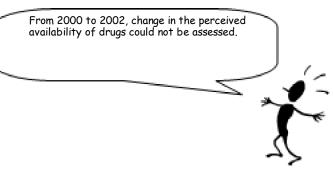








| Prevalence ** | 2002 | 2004 | 2006 | 2008 | 201 |
|-----------------------------|-------------------|-------------------|-------------------|-------------------|---------------|
| Pro drug-use laws and norms | 32% ± 12% (62) | 29% ± 11% (65) | 31% ± 9% (99) | 32% ± 8% (124) | 24% ± (11 |
| Availability of drugs | 43% ± 13% (63) | 52% ± 12% (66) | 38% ± 10% (99) | 37% ± 9% (124) | 23% ± (114 |
| Availability of handguns | 13% ± 8% (63) | 18% ± 10% (66) | 19% ± 8% (99) | 18% ± 7% (122) | 16% ± |
| Low neighborhood attachment | 41% ± 12% (64) | N/S | 44% ± 10% (99) | 50% ± 9% (125) | 44% ± |



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.

 $^{^{\}star}$ 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.

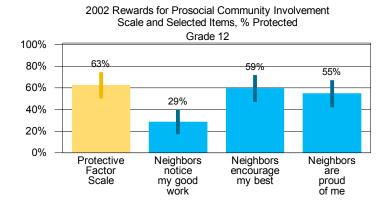
Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this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

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

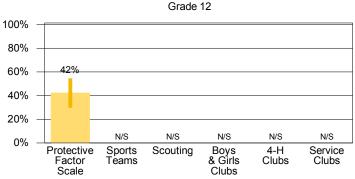
Year: 2002 Grade: 12 Gender: Both Ethnicity:

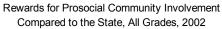
Noteworthy

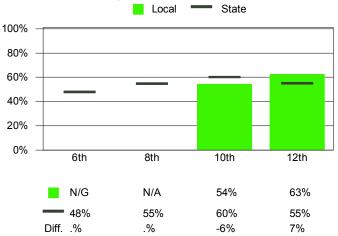
- Kids living in high-risk environments can be protected from problem behaviors by positive relationships with adults who care about their healthy development.
- Providing opportunities for involvement in positive and healthy activities help communities promote youth development.



2002 Opportunities for Prosocial Community Involvement Scale and Selected Items

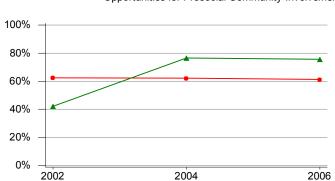






Protective Factor Trends, % Protected Grade 12





| Prevalence ** | 2002 | 2004 | 2006 | 2008 | 20 |
|--|-------------------|---------------------|-------------------|-------------------|-----------|
| Rewards for social Community Involvement | 63% ± 12% (64) | 62% ± 12% (66) | 61% ± 10% (98) | 65% ± 9% (124) | |
| Opportunities for social Community Involvement | 42% ± 12% (64) | 77% ± 11% (64) * | 76% ± 9% (99) | 82% ± 7% (124) | 79% (1 |

From 2000 to 2002, change in community opportunities for prosocial involvement could not be assessed.



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.

 $^{^{\}star}$ 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.

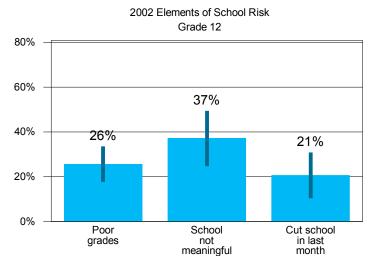
Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this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

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

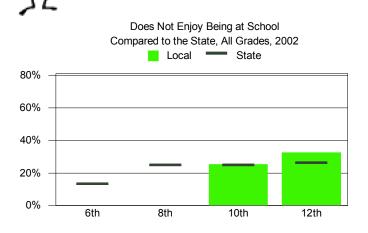
Year: 2002 Grade: 12 Gender: Both Ethnicity:

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.



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.



N/A

25%

.%

25%

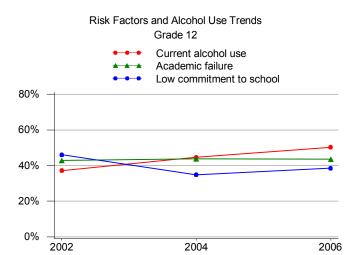
25%

0%

33%

26%

6%



| Prevalence ** | 2002 | 2004 | 2006 | 2008 | 201 |
|--------------------------|-----------|-----------|-----------|----------|-------|
| Current alcohol use | 37% ± 9% | 45% ± 9% | 50% ± 7% | 42% ± 6% | 32% : |
| | (121) | (130) | (193) | (236) | (23 |
| Academic failure | 43% ± 13% | 44% ± 12% | 44% ± 10% | 46% ± 9% | 40% : |
| | (63) | (64) | (94) | (121) | (11 |
| Low commitment to school | 46% ± 13% | 35% ± 12% | 39% ± 10% | 40% ± 9% | 32% : |
| | (63) | (66) | (96) | (124) | (11 |

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



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

N/G

14%

Diff. .%

 $^{^{\}star}$ 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 Report generated at www.AskHYS.net

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

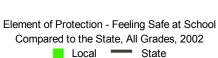
Year: 2002 Grade: 12 Gender: Both Ethnicity:

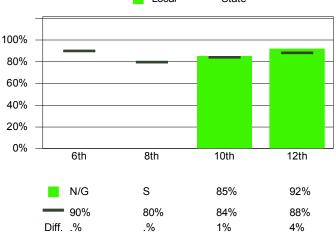
Highlights

- 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.

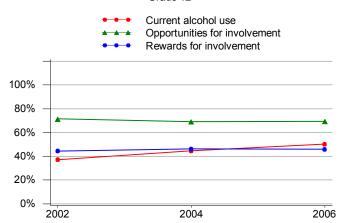
2002 Elements of School Protection Grade 12 89% 91% 100% 80% 60% 37% 29% 40% 20% 0% Teachers Parents Opportunity Chances notified to talk to hard of good teacher involved

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 12



| Prevalence ** | 2002 | 2004 | 2006 | 2008 | 201 |
|--------------------------------------|-----------|-----------|-----------|----------|-------|
| Current alcohol use | 37% ± 9% | 45% ± 9% | 50% ± 7% | 42% ± 6% | 32% : |
| | (121) | (130) | (193) | (236) | (23 |
| Opportunities for school involvement | 71% ± 11% | 69% ± 12% | 69% ± 9% | 69% ± 8% | 68% : |
| | (63) | (65) | (95) | (124) | (11 |
| Rewards for school involvement | 44% ± 13% | 46% ± 12% | 46% ± 10% | 46% ± 9% | 53% : |
| | (63) | (65) | (96) | (124) | (11 |

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.



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 X², 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

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

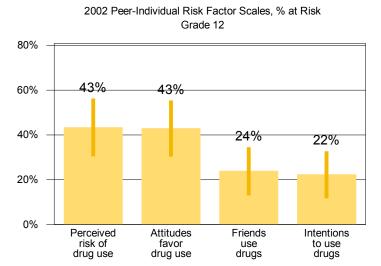
Year: 2002 Grade: 12 Gender: Both Ethnicity:

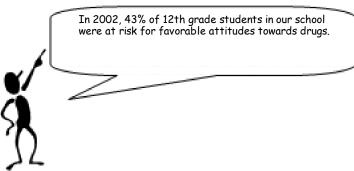
Highlights

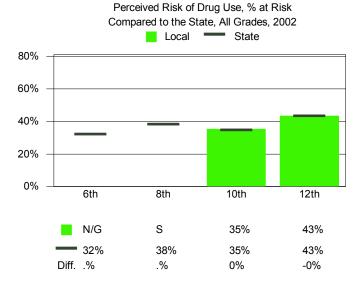
- Research shows that the risk factors measured by the Healthy Youth Survey are linked to adolescent substance use, delinquency, violence, school dropout, and other risky health behaviors.
- The attitudes kids have about drug use strongly influence the likelihood they will use drugs. Families and communities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

0%

2002





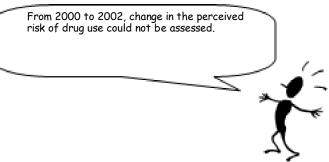


Peer-Individual Risk Factor Trends, % at Risk Grade 12 Perceived risk of drug use Attitudes favor drug use Friends use drugs Intentions to use drugs 80% 40%

| Prevalence ** | 2002 | 2004 | 2006 | 2008 | 2010 |
|----------------------------|-----------|-----------|-----------|----------|---------|
| Perceived risk of drug use | 43% ± 13% | 41% ± 12% | 37% ± 10% | 41% ± 9% | 46% ± 9 |
| | (60) | (64) | (94) | (121) | (111) |
| Attitudes favor drug use | 43% ± 13% | 34% ± 12% | 39% ± 10% | 37% ± 9% | 25% ± 8 |
| | (63) | (62) | (95) | (116) | (110) |
| Friends use | 24% ± 11% | 29% ± 12% | 19% ± 8% | 33% ± 9% | 19% ± 7 |
| drugs | (63) | (62) | (94) | (114) * | (108) |
| Intentions to use drugs | 22% ± 11% | 32% ± 12% | 24% ± 9% | 36% ± 9% | 24% ± 8 |
| | (63) | (62) | (94) | (113) | (109) |

2004

2006



For More Information

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 $^{^{\}star}$ 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

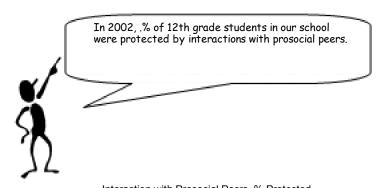
Peer-Individual Protective Factors for Meadowdale High School (Edmonds School District)

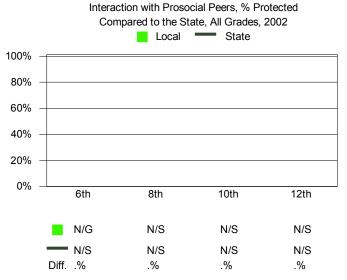
Year: 2002 Grade: 12 Gender: Both Ethnicity:

Highlights

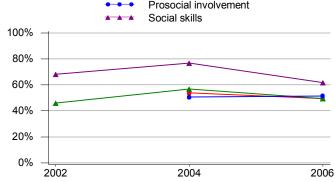
- Kids are strongly influenced by their peers. Parents need to know who their children's friends are, where they are and what they are doing.
- Kids who have the skills and opportunities to be involved in pro-social activities are less likely to engage in risky behavior.

2002 Peer-Individual Protective Factor Scales, % Protected Grade 12 100% 68% 80% 46% 60% 40% 20% N/S N/S 0% Prosocial **Belief** Prosocial Social in a skills interaction moral

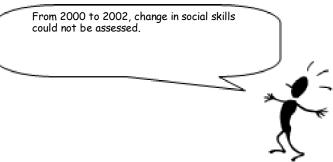




Peer-Individual Protective Factor Trends, % Protected Grade 12 Prosocial peer interaction Belief in a moral order Prosocial involvement Social skills



| | Prevalence ** | 2002 | 2004 | 2006 | 2008 | 2010 |
|---|----------------------------|-------------------|-------------------|---------------------|-------------------|------------------|
| | Prosocial peer interaction | N/S | 54% ± 13% (63) | 49% ± 10% (95) | 47% ± 9% (115) | 60% ± 9 (109) |
| I | Belief in a moral order | 46% ± 13% (63) | 57% ± 12% (65) | 49% ± 10% (95) | 52% ± 9% (119) | 71% ± (112) |
| | Prosocial involvement | N/S | 51% ± 12% (65) | 52% ± 10% (97) | N/S | N/S |
| Ī | Social skills | 68% ± 12% (63) | 77% ± 11% (65) | 62% ± 10% (97) * | 63% ± 9% (117) | 58% ± 1 (107) |



For More Information

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

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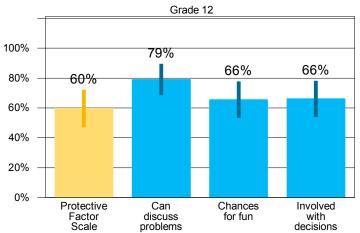
Family Protective Factors for Meadowdale High School (Edmonds School District)

Year: 2002 Grade: 12 Gender: Both Ethnicity:

Highlights

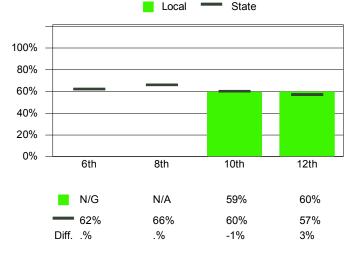
- Children who are attached to positive families are less likely to develop problems in adolescence.
- When parents set clear standards for children's behavior, when they are widely and consistently supported, and when the consequences for not following the standards are consistent, young people are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

2002 Opportunities for Prosocial Family Involvement, % Protected Scale and Selected Items



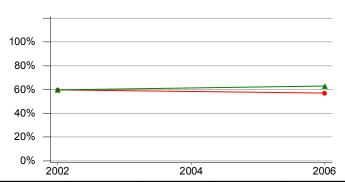
In 2002, 60% of 12th grade students in our school were protected with opportunities for prosocial family involvement.

Rewards for Prosocial Family Involvement Compared to the State, All Grades, 2002



Family Protective Factor Trends Grade 12

Rewards for prosocial family involvement
Opportunities for Prosocial Family Involvement



| Prevalence ** | 2002 | 2004 | 2006 | 2008 | 20 |
|--|-------------------|------|-------------------|-------------------|----|
| Rewards for prosocial family involvement | 60% ± 13% (62) | N/S | 57% ± 10% (93) | 56% ± 9% (113) | |
| Opportunities for Prosocial Family Involvement | 60% ± 13% (62) | N/S | 63% ± 10% (92) | 51% ± 9% (115) | 7 |

From 2000 to 2002, change in family opportunities for prosocial involvement could not be assessed.



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 .

 $^{^{\}star}$ 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

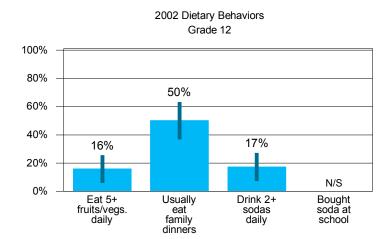
| Healthy Youth Survey Fact Sheets | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|
| Weight and Obesity for Meadowdale High School (Edmonds School District) | | | | | | | | | |
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| The Weight and Obesity report is unavailable at the school level. | | | | | | | | | |
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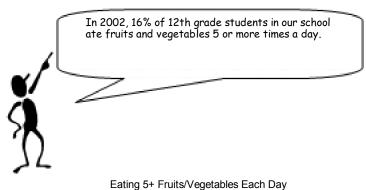
Dietary Behaviors for Meadowdale High School (Edmonds School District)

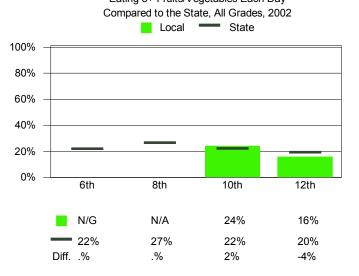
Year: 2002 Grade: 12 Gender: Both Ethnicity:

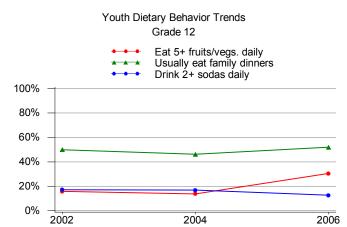
Highlights

- 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.

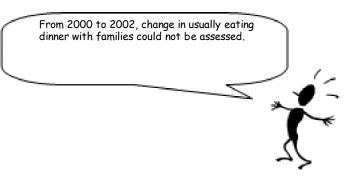








| Prevalence ** | 2002 | 2004 | 2006 | 2008 | 2010 |
|----------------------------|-----------|-----------|-----------|----------|---------|
| Eat 5+ fruits/ | 16% ± 10% | 14% ± 9% | 30% ± 10% | 24% ± 8% | N/S |
| vegs. daily | (57) | (65) | (92) * | (115) | |
| Usually eat family dinners | 50% ± 13% | 46% ± 12% | 52% ± 10% | 48% ± 9% | 51% ± 9 |
| | (58) | (65) | (96) | (116) | (120) |
| Drink 2+ | 17% ± 10% | 17% ± 9% | 13% ± 7% | 13% ± 6% | 9% ± 5° |
| sodas daily | (58) | (65) | (95) | (116) | (120) |



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

 $^{^{\}star}$ 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.

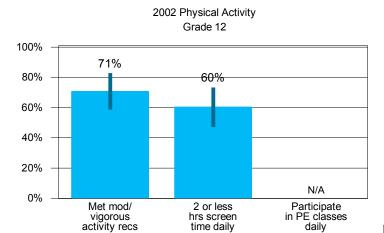
Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this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

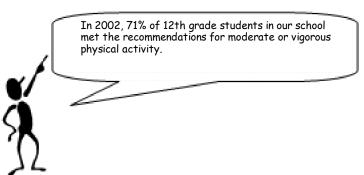
Physical Activity for Meadowdale High School (Edmonds School District)

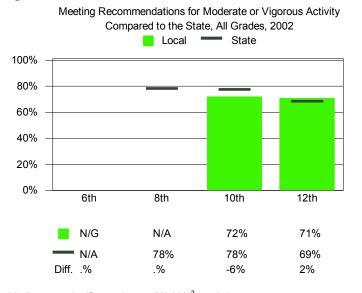
Year: 2002 Grade: 12 Gender: Both Ethnicity:

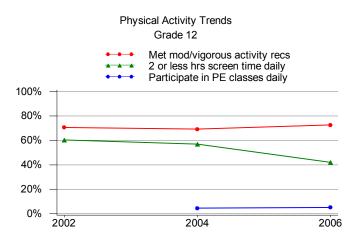
Highlights

- 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.









| Prevalence ** | 2002 | 2004 | 2006 | 2008 | 201 |
|---------------------------------|-------------------|-------------------|-------------------|-------------------|---------------|
| Met mod/vigorous activity recs | 71% ± 12% (58) | 69% ± 12% (65) | 73% ± 9% (95) | 66% ± 9% (116) | N/S |
| 2 or less hrs screen time daily | 60% ± 13% (58) | 57% ± 12% (65) | 42% ± 10% (95) | 47% ± 9% (116) | 47% ± (121 |
| Participate in PE classes daily | N/A | 5% ± 5% (65) | 5% ± 5% (96) | N/A | 3% ± (121 |

From 2000 to 2002, change in 2 hours or less of daily screen time could not be assessed.

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

 $^{^{\}star}$ 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.

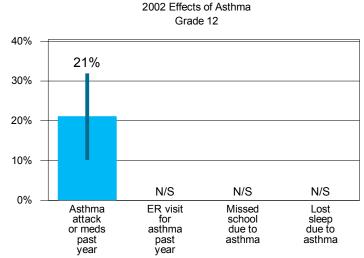
Missing Codes: S = result suppressed due to insufficient reporting from students or schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this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

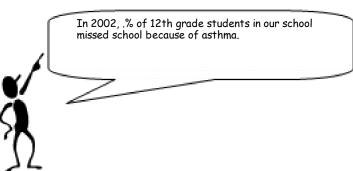
Asthma for Meadowdale High School (Edmonds School District)

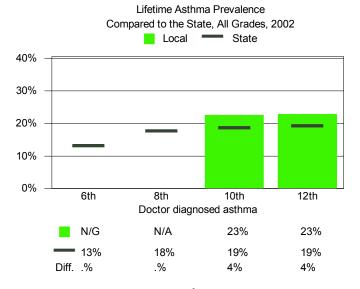
Year: 2002 Grade: 12 Gender: Both Ethnicity:

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.







Youth Asthma Trends
Grade 12

Doctor diagnosed asthma
Asthma attack or meds past year

40%
30%
20%
10%
2002
2004
2006

| Prevalence ** | 2002 | 2004 | 2006 | 2008 | 201 |
|---------------------------------|-------------------|-------------------|------------------|-------------------|--------------|
| Doctor diagnosed asthma | 23% ± 11% (57) | 14% ± 9% (65) | 22% ± 9% (94) | 27% ± 8% (116) | 25% ± (12 |
| Asthma attack or meds past year | 21% ± 11% (57) | 25% ± 11% (65) | 13% ± 7% (92) | N/S | N/S |

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



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/

 $^{^{\}star}$ 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.

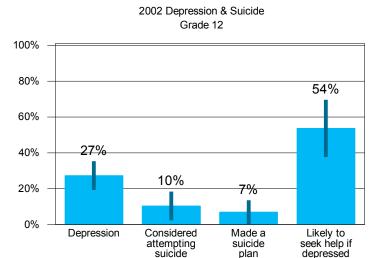
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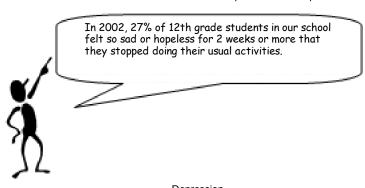
Depression & Suicide for Meadowdale High School (Edmonds School District)

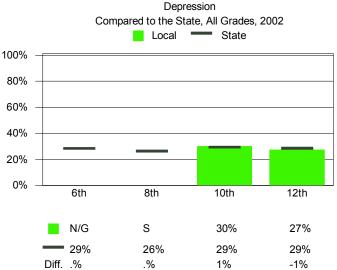
Year: 2002 Grade: 12 Gender: Both Ethnicity:

Highlights

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

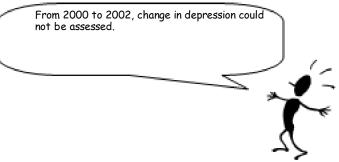






| | Depres | sion & Suicide Trends Grade 12 | |
|--------|---------------------------------------|---|------|
| | * * * * * * * * * * * * * * * * * * * | Depression Considered attempting suicide Likely to seek help if depressed | |
| 100% — | | | |
| 80% — | | | |
| 60% — | • | | |
| 40% — | | | |
| 20% — | | | |
| 0% – | 2002 | 2004 | 2006 |

| Prevalence ** | 2002 | 2004 | 2006 | 2008 | 201 |
|-------------------------------------|-------------------|-------------------|-------------------|-------------------|---------------|
| Depression | 27% ± 8% (121) | 35% ± 8% (128) | 29% ± 6% (193) | 31% ± 6% (230) | 27% ± (230 |
| Considered attempting suicide | 10% ± 8% (58) | 17% ± 9% (65) | 12% ± 7% (98) | 15% ± 5% (229) | 15% ± |
| Likely to seek help if depressed | 54% ± 16% (41) | 56% ± 15% (45) | 63% ± 13% (54) | 61% ± 11% (77) | 58% ± (72 |



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

 $^{^{\}star}$ 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.

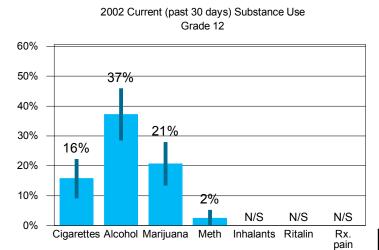
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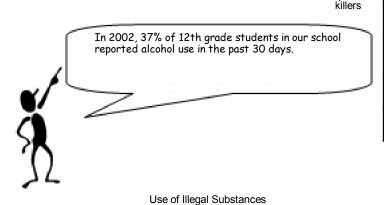
Current Substance Use for Meadowdale High School (Edmonds School District)

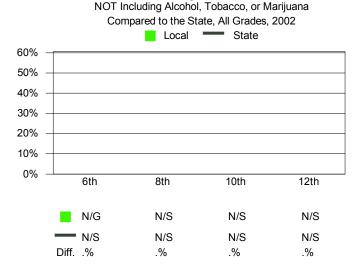
Year: 2002 Grade: 12 Gender: Both Ethnicity:

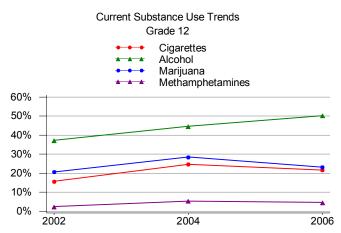
Highlights

- 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.









| Prevalence ** | 2002 | 2004 | 2006 | 2008 | 20 |
|------------------|------------------|------------------|------------------|------------------|-----|
| Cigarettes | 16% ± 7% | 25% ± 8% | 22% ± 6% | 24% ± 5% | 10% |
| | (121) | (130) | (194) | (235) | (23 |
| Alcohol | 37% ± 9% | 45% ± 9% | 50% ± 7% | 42% ± 6% | 32% |
| | (121) | (130) | (193) | (236) | (23 |
| Marijuana | 21% ± 7% | 28% ± 8% | 23% ± 6% | 29% ± 6% | 21% |
| | (121) | (130) | (194) | (236) | (23 |
| Methamphetamines | 2% ± 3% (121) | 5% ± 4% (131) | 5% ± 3% (193) | 4% ± 4% (120) | N/ |

From 2000 to 2002, change in marijuana use could not be assessed.

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/

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