



UNINTENTIONAL INJURY RISK

Snohomish County Facts

- Over the last eight years, more and more of our 12th grade students are reporting wearing a life vest at least 50% of the time when in a small boat
- Across all grades asked, less of our students have operated a car after drinking each year since 2008. 10th and 12th graders have been showing less students being passengers in cars driven by someone who consumed alcohol as well

WATER RECREATION RISKS	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Has taken formal swimming lessons	55.8	56.2	63.6	65.9
Feels comfortable in water over their head	83.3	86.3	85.7	87.4
Use a lifejacket when in a small boat more than half the time	~	62.1	59.5	55.7
MOTOR VEHICLE RISKS	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Drove a vehicle while texting or emailing*	~	4.3	8.0	44.1
Rode in a car with someone who was texting and driving*	23.8	48.5	58.5	62.6
Drove within three hours of using marijuana*	~	4.5	8.0	17.5
Rode in a car with a driver who had been using marijuana*	~	10.0	18.3	28.1
Drove a vehicle after drinking*	~	3.0	4.9	8.7
Rode in a vehicle driven by someone who had been drinking*	6.4	17.7	17.6	18.9

~ Not asked of students in this grade
* In the last 30 days

Participation by all of the Snohomish County school districts in the Healthy Youth Survey is extremely appreciated. School participation allows us to report on the current health status of our youth and track trends over time.

For more information about the Healthy Youth Survey, check out <http://www.askhys.net/> or to see Snohomish County Healthy Youth Survey Fact Sheets go to www.snohd.org.



UNINTENTIONAL INJURY: WHAT WE CAN DO

Washington State Healthy Youth Survey Facts

- Students participate across the state representing all 39 counties
- All 14 school districts in Snohomish County take part in the survey
- 75% of students across the four grades took the survey—that's 11,852 students!
- Questions ask about risk for injury, health outcomes, alcohol and drug use
- Results are used by communities to support youth and reduce risks

More info available at: www.askhys.net

PARENTS

Parents can help reduce injury by:

- Demonstrate safe behaviors. Always wear a helmet when bicycling, buckle your seatbelt, and never text (or other ways of using your phone) and drive.
- Install hands-free capabilities in the car your child uses and help them pair their phone.
- Enforce Graduated License Laws for children with learner's permits or new licenses.

Parents who own guns can reduce violence and injury by:

- Locking up any guns you have and make sure they are unloaded and the ammunition is stored away from the firearm
- Investing in trigger locks and remove the gun from your home if your child displays any suicidal tendencies or depression

YOUTH

- Never drink and drive
- Never ride with someone who has been drinking or using marijuana
- Always wear a seatbelt on every trip, no matter how short
- Obey speed limits
- Know and follow the "Graduated Driving License" laws
- Put your phone away when driving—in the backseat, in a purse/back pack, etc.

SCHOOLS AND COMMUNITY GROUPS

Community leaders and government officials can work with schools to create a prevention plan. Work with law enforcement officers, youth groups, health care professionals, and other community members to help build and maintain a positive living environment for youth where they feel safe and respected.

- Host on-campus driver's education courses.
- Provide swimming lessons for those of all ages in community pools.

GOVERNMENT

- Hold events and give away free bicycle helmets to low-income families.
- Give away lockboxes and trigger locks for firearms.
- Enforce traffic and seatbelt laws.
- Current laws in the state are proposed to enhance the "texting and driving" laws to include all ways of using a phone while driving (i.e. Facebook, Twitter, etc).

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