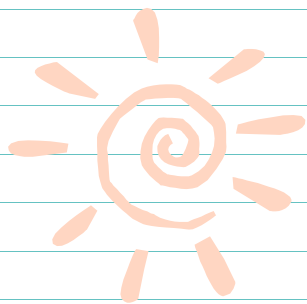
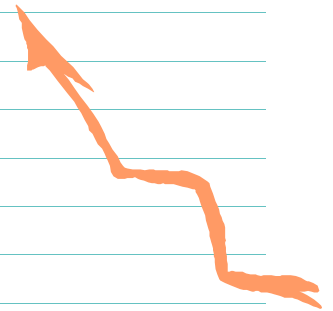
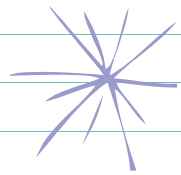


Snohomish Health District



**THE  
HEALTH OF  
SNOHOMISH  
COUNTY  
YOUTH**



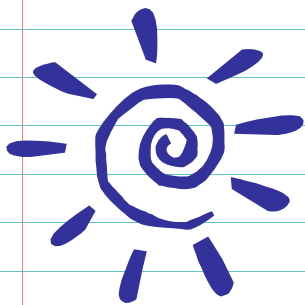
Healthy Youth Survey, 2002

PUBLISHED: SEPTEMBER, 2005



Snohomish Health District

**THE  
HEALTH OF  
SNOHOMISH  
COUNTY  
YOUTH**

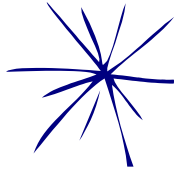


Healthy Youth Survey, 2002





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This report is also available on-line at: [www.snohd.org/hlthstats](http://www.snohd.org/hlthstats)

### **Mission Statement:**

*To improve the health of individuals, families, and communities through disease prevention, health promotion, and protection from environmental threats.*

# Executive Summary, Introduction & Methods



## EXECUTIVE SUMMARY

### **Background**

The Healthy Youth survey is a bi-annual survey of Washington State public school students in 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> grades. It measures the prevalence of health-related behaviors such as drug use and weight control, as well as attitudes towards education and family. It is a collaborative effort by the Washington Office of the Superintendent of Public Instruction (OSPI), and the Departments of Health (DOH), Social and Health Services (DSHS), and Community, Trade and Economic Development (DCTED).

In 2002, 9,743 Snohomish County students from 41 schools in 12 different school districts completed the survey. Response rates were highest in the 6<sup>th</sup> and 8<sup>th</sup> grades, which suggests that the results for the lower grades may be more representative than those for the higher grades. The racial composition of the sample was very similar to the Snohomish County student body, but females were over-represented compared to the general student population. The results in this report may reflect the responses of female students more than they should.

### **Findings**

#### **Academic Achievement**

- ✓ Students who spoke a language other than English or Spanish at home had better grades than other students.
- ✓ Most students (69%) planned on attending a 4-year college or earning an advanced degree.

#### **Health Issues**

- ✓ Nearly one in five students (19.2%) had some form of long-term physical, emotional, or learning disability.
- ✓ Only eight percent said their disability affected their daily activities.
- ✓ Students with disabilities tended to have lower grades than other students.



## EXECUTIVE SUMMARY

### Weight Status and Exercise

- ✓ Nearly one-quarter of Snohomish County students (23.2%) were overweight or at risk of becoming overweight.
- ✓ More than 80% of students who thought they were overweight said they were trying to lose weight.
- ✓ One-third of students (33.3%) engaged in the recommended amount of moderate physical activity (30 minutes or more on 5 or more days of the week).
- ✓ Three-quarters (75.0%) engaged in the recommended amount of vigorous physical activity (20 minutes or more three times a week).
- ✓ Participation in sports and exercise was most common among males, younger students, and those who got good grades.

### Violence and Personal Safety

- ✓ The vast majority of students (84.1%) said they felt safe at school, but one-quarter (24.0%) reported being bullied in the month before the survey.
- ✓ About one in eight (13.0%) students was in a fight at school in the previous year.
- ✓ About six percent (5.6%) of students said they carried a weapon to school in the past 30 days.
- ✓ Five percent (5.5%) of students said they were members of a gang.







## INTRODUCTION

This report presents the results of the 2002 Washington State Healthy Youth Survey for Snohomish County. The Healthy Youth Survey is a bi-annual survey of Washington State public school students. It is intended to measure the prevalence of behaviors such as drug use, exercise, and weight control, as well as attitudes towards education and family.

The survey is a collaborative effort by the Washington Office of the Superintendent of Public Instruction (OSPI), and the Departments of Health (DOH), Social and Health Services (DSHS), and Community, Trade and Economic Development (DCTED). The survey is conducted by RMC Research of Portland Oregon. It is administered in the fall, and takes one class period to complete. School participation is voluntary. This survey was first conducted in 2002. It combines the previous CDC Youth Risk Behavior Survey (YRBS) and the Washington State Survey of Adolescent Health Behaviors (WSSAHB).



This report is intended to provide schools, agencies, organizations and individuals with a description of the prevalence of health-related behaviors among youth in Snohomish County. The data are presented to provide convenient comparisons between Snohomish County and Washington State, and between various demographic factors (gender, grade in school, language spoken in the home).

The data presented provide measures for monitoring or evaluating existing programs, comparing program (or local) data to the county as a whole, or for identifying and targeting future needs and programs.

The results are also presented by students' academic achievement, as measured by their self-reported grades. Strong relationships between academic achievement and health have been demonstrated\*. However, no causality is implied in this report, that is, it cannot be said if positive health-related behaviors lead to good grades, or if good grades lead to positive health-related behaviors. It may simply be that good grades and positive health-related behaviors are both related to some other factor or factors, such as intelligence, self-esteem or parental education. The data presented in this report describe differences in health-related behaviors by self-reported academic achievement.



\* Symons, CW; Cinelli, B; James TC; Groff, P *Bridging Student Health Risks and Academic Achievement Through Comprehensive School Health Programs.* Journal of School Health, 67(6), 1997.

## METHODS

### Sampling

The results presented in this report are based upon a statewide sample taken from all schools in the public school system that contained at least 15 students in one of grades 6, 8, 10 or 12. This sample was drawn by the Department of Health and comprised separate samples of 6<sup>th</sup>, 8<sup>th</sup>, and 10<sup>th</sup> and 12<sup>th</sup> graders. All of the students in these grades were asked to participate in the survey.

Schools statewide were randomly chosen to participate in the survey. Random selection maximized the probability that the sample would be representative of the student body of the entire state. Additional schools in Snohomish County were randomly selected to take part in the survey. This allowed a more detailed county-level analysis to be conducted. Schools that were not in either the statewide or county samples could also voluntarily participate in the survey. Because these schools were not randomly chosen to participate, their results are *not* included in this report because they could bias the results.

### Questionnaire

Three different versions of the survey were developed because the sponsoring agencies wanted to ask students more questions than could be completed in the allotted time of one class period. Students in grades 8, 10 and 12 completed either Form A or Form B. These were distributed randomly within each classroom. Form A had 139 items, while Form B had 148; 42 items were common to both. Students in 6<sup>th</sup> grade completed Form C, which had 96 items drawn from either Forms A and B. Each form had a perforated “tear off” page containing relatively sensitive questions (including topics such as partner/parental abuse and racial or sexual orientation discrimination) that schools could remove prior to administration if they preferred not to present those questions to students. Spanish-language surveys were available in all schools. Survey materials in Russian, Korean and Vietnamese were available on request.

For a more complete explanation, please see the Healthy Youth Survey 2002 Analytic Report at [www.doh.wa.gov/HYS/Documents/HYS2002\\_AnalyticReport.pdf](http://www.doh.wa.gov/HYS/Documents/HYS2002_AnalyticReport.pdf).

## METHODS

### Response Rates

Of the 130 schools in the county, 55 were randomly selected to be part of the statewide or county samples. Of the sampled schools, 41 schools participated. The participating schools represented 12 of 14 school districts in the county. The two districts that were not part of the sample (Index and Darrington) were smaller districts, representing 0.6% of total school enrollment in the county.

The total response rate (the number of students participating in the survey divided by the total enrollment of the schools in the sample) for Snohomish County was 63%. The response rate among 6<sup>th</sup> graders was 89%, 77% among 8<sup>th</sup> graders, 48% in the 10<sup>th</sup> grade and 45% in the 12<sup>th</sup> grade. Because of the low response rates in the 10<sup>th</sup> and 12<sup>th</sup> grades, the results for these grades may not be representative of public-school students in those grades. Results for the lower grades (6<sup>th</sup> and 8<sup>th</sup>) are probably more representative than those for upper grades. More information on how representative the sample was of the total population of students in the county can be found in the Demographic chapter (page 1).

### Statistical Significance

Statistical tests determine whether differences between groups are greater than would be expected by chance. All “statistically significant” differences identified in this report (between genders, grades, etc.) are defined as those that occurred with less than a 5% probability (i.e.,  $p \leq 0.05$ ). Tests for significant differences between genders, self-reported grades, level in school and language spoken in the home were performed using a chi-square test. Tests for differences between Snohomish County and Washington State as a whole were performed by determining the standardized normal deviation of the county proportion from that of the state.

## METHODS

### Risk and Protective Factors

The risk and protective factors shown on page 92 are measures of individual and environmental characteristics that have been shown to influence students' likelihood of engaging in anti-social behaviors. They were based on a theoretical framework developed by Hawkins and Catalano at the University of Washington's Social Development Research Group. Most of the risk and protective factors are associated with behaviors such as drug and tobacco use, violence, and staying in school. Risk factors are associated with increased likelihood of engaging in high-risk health behaviors. Protective factors are positive influences that decrease the chance of a youth engaging in negative behaviors.

Six risk and protective factors were assessed for sixth graders and sixteen were calculated for students in the 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> grades. Risk and protective factors were organized into four domains of influence – community, family, school and peer-individual. Because questions related to the family domain were part of the optional tear-off sheet (see above), fewer students answered these questions than others. Because of this, results from the family domain are not included in this report. For a more detailed explanation of the risk and protective factors, please refer to the Washington State Healthy Youth Survey 2002 Analytic Report (see previous page).

Every student was given a score on each risk/ protective factor. Each score was calculated as the average of the student's response to one of more questions. Those whose scores placed them above a set cut-point were considered to be at risk on a given risk factor or resilient on a protective factor. These scores were calculated by RMC Research of Portland, Oregon (primary contractor for the Washington Healthy Youth Survey).





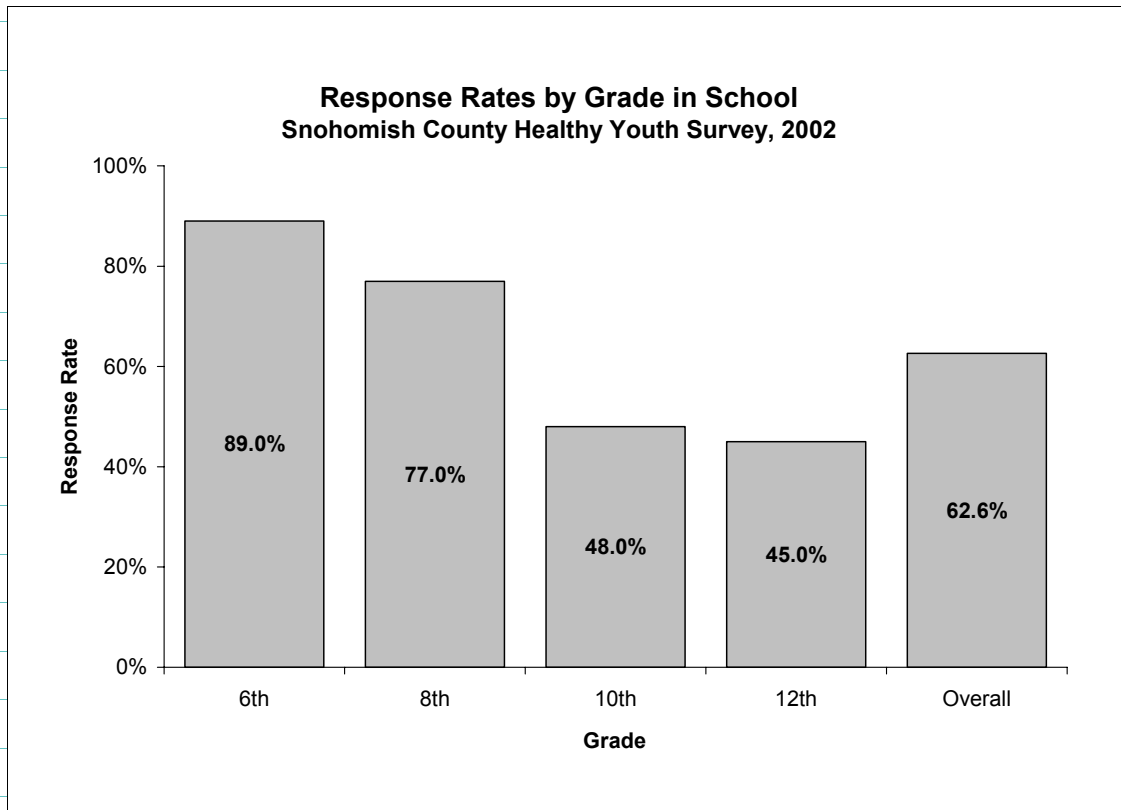
# Demographics

The total sample for the 2002 Snohomish County Healthy Youth survey comprised 9,743 students. Forty-one schools from 12 school districts in Snohomish County participated. More than one-third of respondents were in the 8<sup>th</sup> grade. The overall response rate to the survey was 63%. The developers of the Healthy Youth Survey state that response rates lower than 70% may not be representative of the students in a given grade. Response rates were highest in the 6<sup>th</sup> (89%) and 8<sup>th</sup> (77%) grades. Less than half of students participated from the 10<sup>th</sup> (48%) and 12<sup>th</sup> (45%) grades. This implies that the results for the lower grades may be more representative than those for the higher grades.



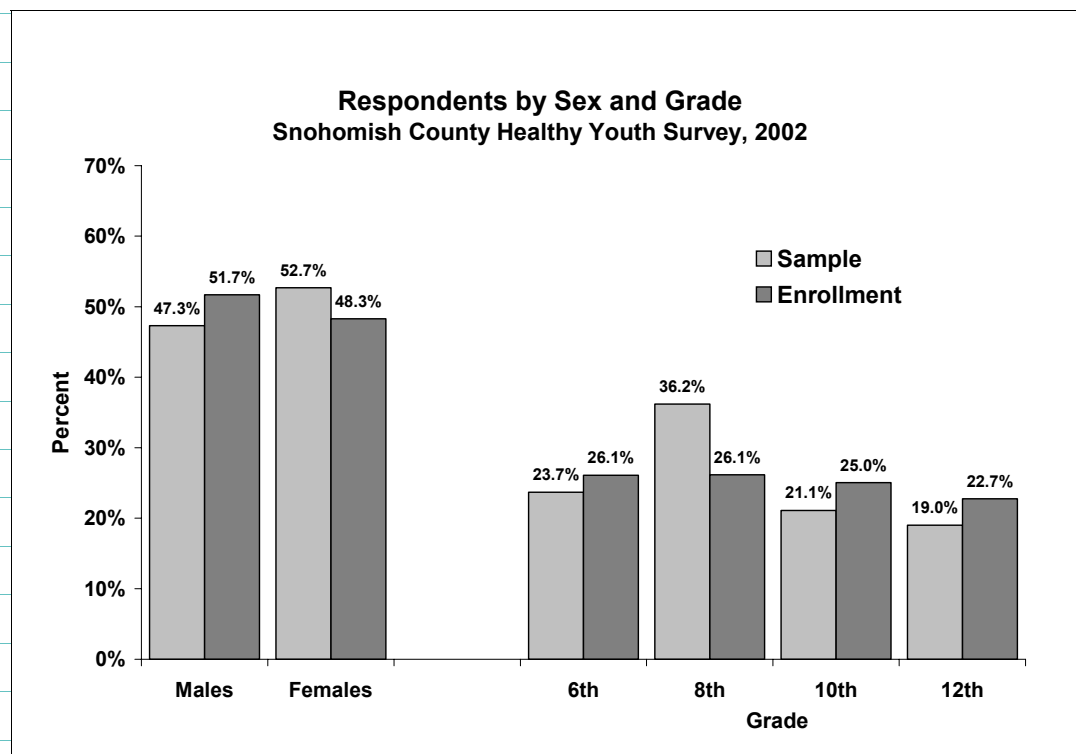
To determine if the sampled schools were representative of the student body as a whole, the race and sex composition of the sample was compared to fall, 2002 enrollment data. Females comprised 52.7% of the sample, although they constituted only 49.7% of the students in the sampled schools and 48.3% of total enrollment in Snohomish County schools. The racial composition of the sample was very similar to the Snohomish County student body. This suggests the results in this report may be biased with regards to gender with the overall results resembling those of females more than they should. Furthermore, it was not possible to make comparisons of other factors that could affect how representative the sample was due to lack of data. Examples of these would be parental education or family income.

## DEMOGRAPHICS



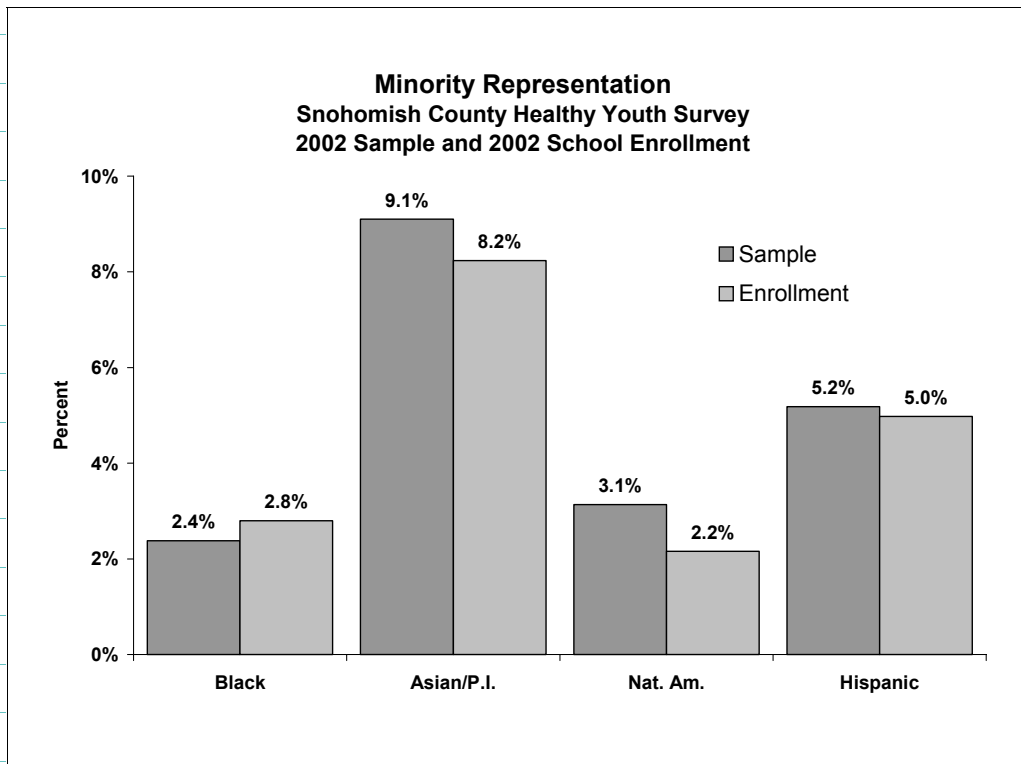
- ✓ Overall, 62.6% of the students enrolled in those schools that participated in the survey completed a valid survey form.
- ✓ Participation rates declined with grade. 6<sup>th</sup> grade students were twice as likely to participate as 12<sup>th</sup> grade students (89% vs. 45%).
- ✓ The data presented in this report are generally representative of Snohomish County students. However, low response rates among 10<sup>th</sup> and 12<sup>th</sup> graders suggest that the specific findings for these two grades may be less representative than those for other grades.
- ✓ The largest part of the sample consisted of 8<sup>th</sup> graders (36.2%) This grade is over-represented in the sample (*not shown*).

## DEMOGRAPHICS



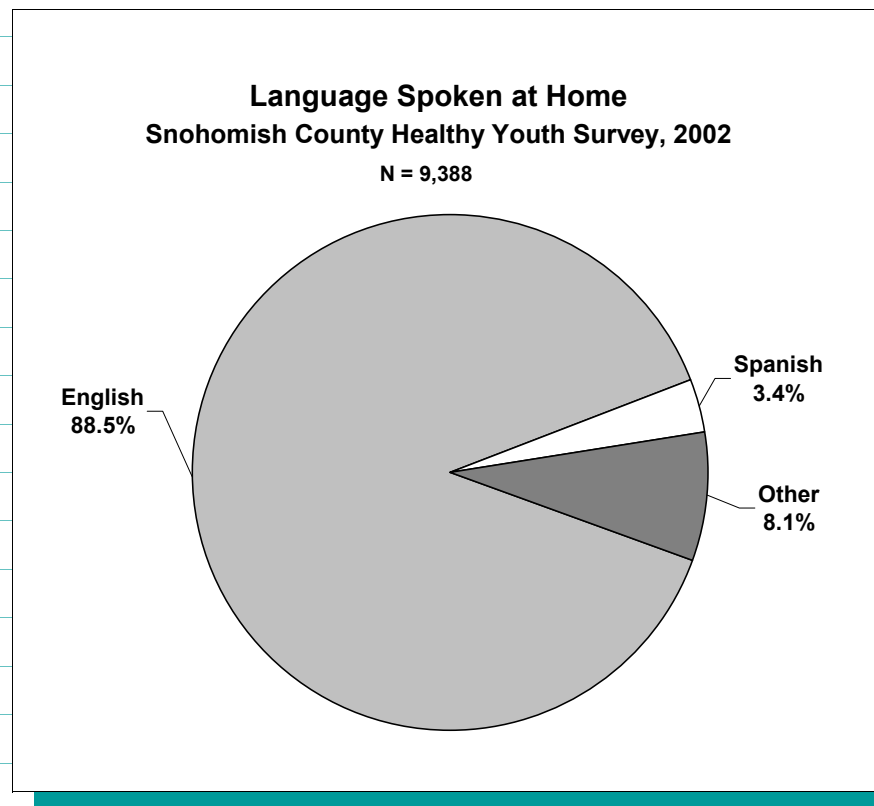
- ✓ A total of 9,743 Snohomish County children participated in the 2002 Healthy Youth Survey.
- ✓ More females than males participated in the survey (52.7% vs. 47.3%). This is the reverse of the 2002-2003 enrollment in Snohomish County schools. More males are enrolled than females.

## DEMOGRAPHICS



- ✓ The proportion of students responding to the 2002 Healthy Youth Survey who were minorities was very similar to the proportion of minorities in Snohomish County schools.
- ✓ The most over-represented minority in the sample was Native Americans, but the small proportion of these in the sample (and population as a whole) suggests that this difference does not affect the over-all results.

## DEMOGRAPHICS

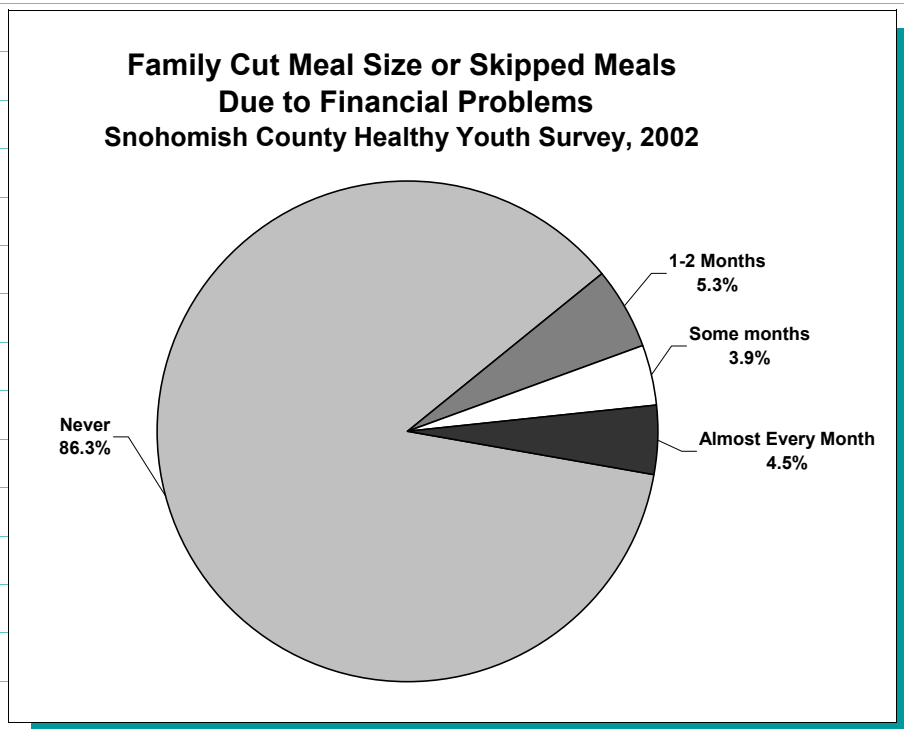


- ✓ The vast majority of students (88.5%) reported that English was the primary language spoken in their home. Only 3.4% said that Spanish was spoken at home. An additional 8.1% said that some other language (e.g., Russian, Vietnamese, Ukrainian, etc.) was spoken.
- ✓ About half of Hispanic students (49.2%) reported that Spanish was spoken at home. A similar proportion of Asian-American students (52.0%) said that a language other than English was spoken in their home (*not shown*).

## DEMOGRAPHICS

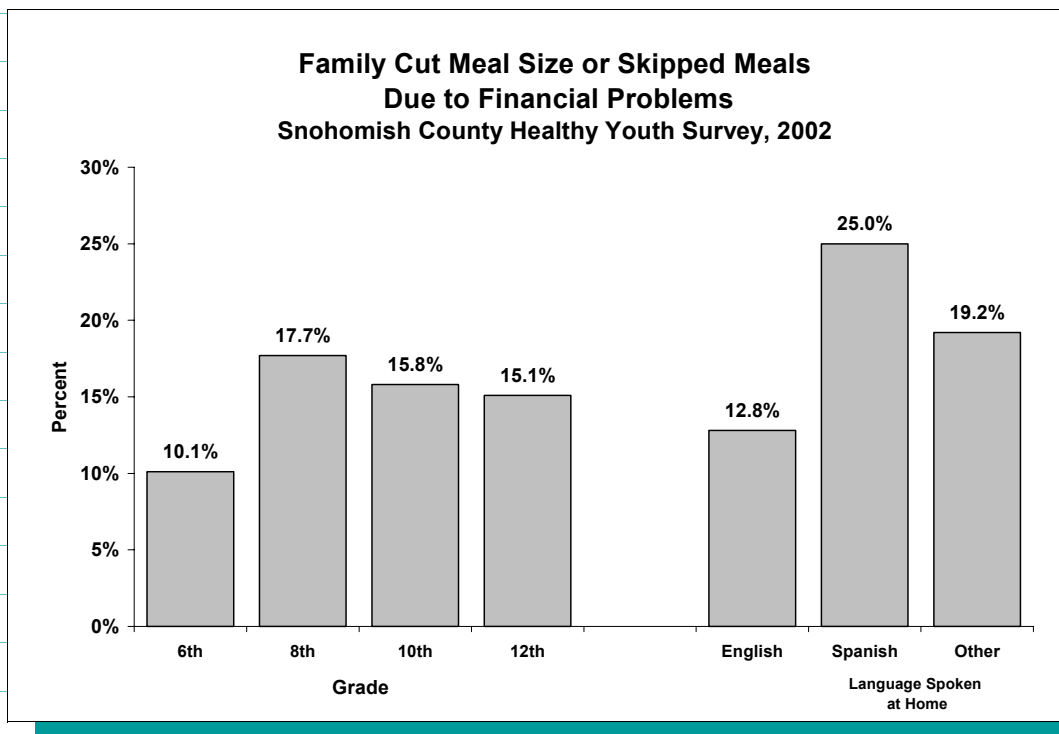
### Poverty

Although no direct measures of students' poverty was available in the survey, some indication of financial hardship was available in the form of a question about whether students' families had cut meal size, or skipped meals altogether, due to financial difficulties.



- ✓ More than one in eight students (13.7%) reported that there had been at least one month in the previous year when his/her family had cut meal size or skipped meals due to financial difficulties.
- ✓ Almost one student in 20 (4.5%) said that his/her family skipped meals or reduced their size almost every month.

## DEMOGRAPHICS



- ✓ Students in the 6<sup>th</sup> grade were much less likely to report their family skipped meals or cut their size due to financial problems.
- ✓ Students whose families spoke a language other than English in the home were more likely to report meal reduction or skipping. Those whose families spoke Spanish were the most likely to have cut or skipped meals.

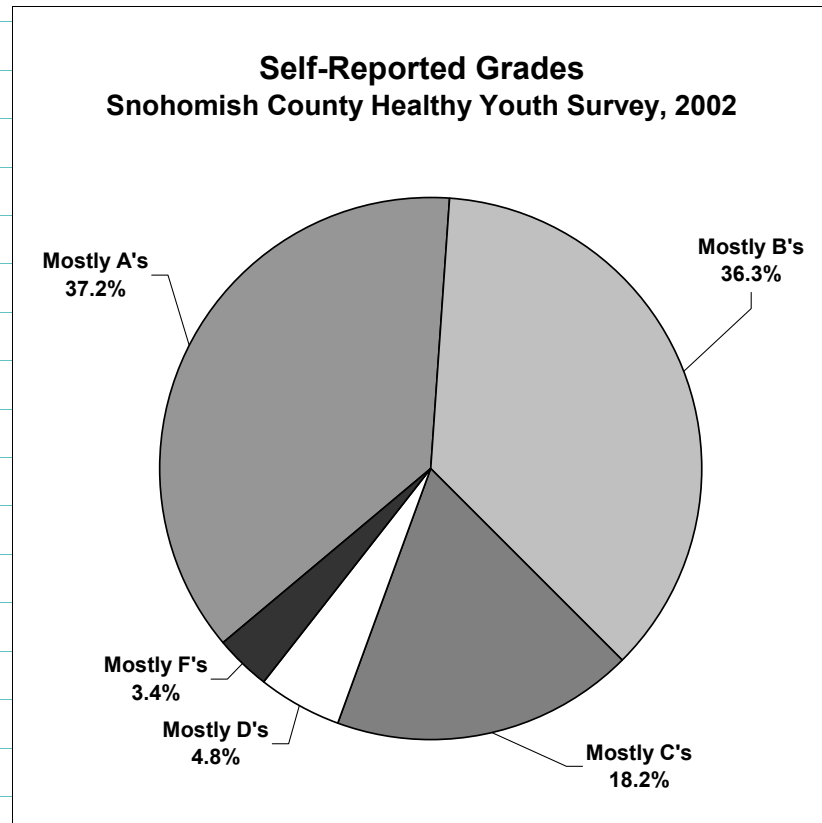


# Academics

Most students (73.5%) said their grades were mostly A's or B's. In general, females had better grades than males. Students who spoke a language other than English or Spanish at home had the best grades. Spanish-speaking students reported the worst grades. More than half of students said their grades were better than their peers'. Most students (69%) planned on attending a 4-year degree college or getting an advanced degree. Females were more likely to plan on going to college than males. The proportion of students planning on college declined with age, from 76.7% of 8<sup>th</sup> graders to only 61.0% of 12<sup>th</sup> graders. Students with high academic achievement were the most likely to plan on college. Students who spoke Spanish at home were the least likely to plan on attending college.

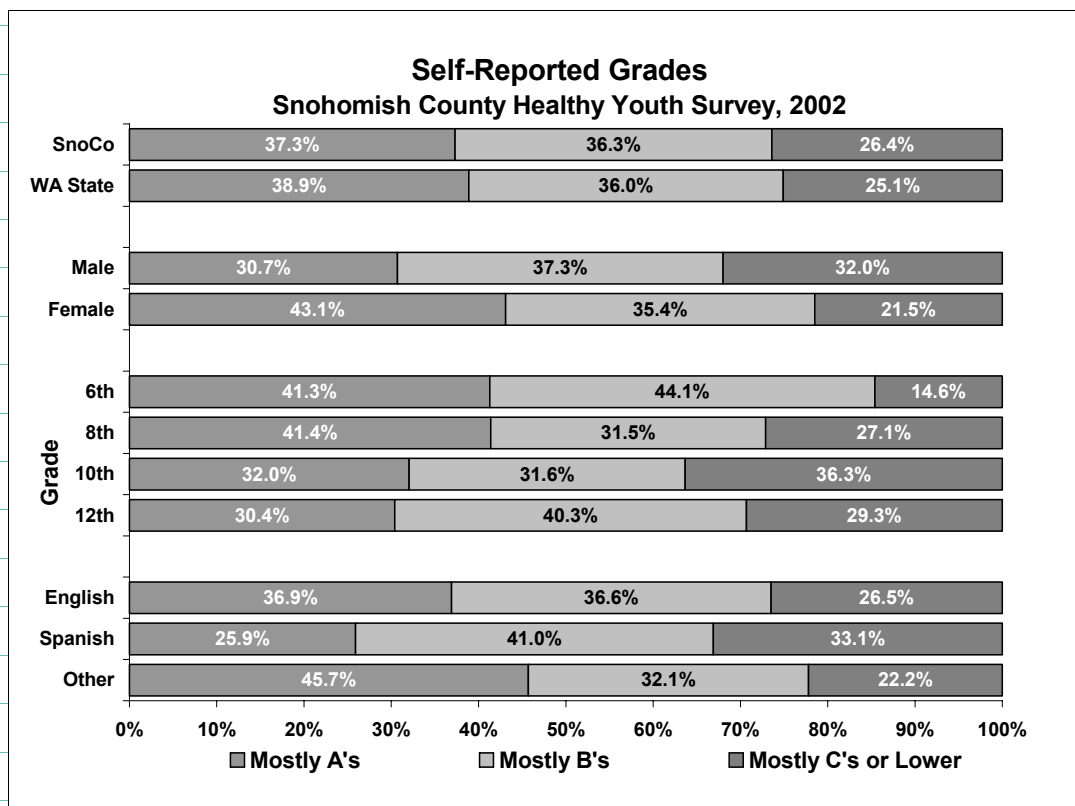
Biology test on  
Tuesday!!!!

## ACADEMICS



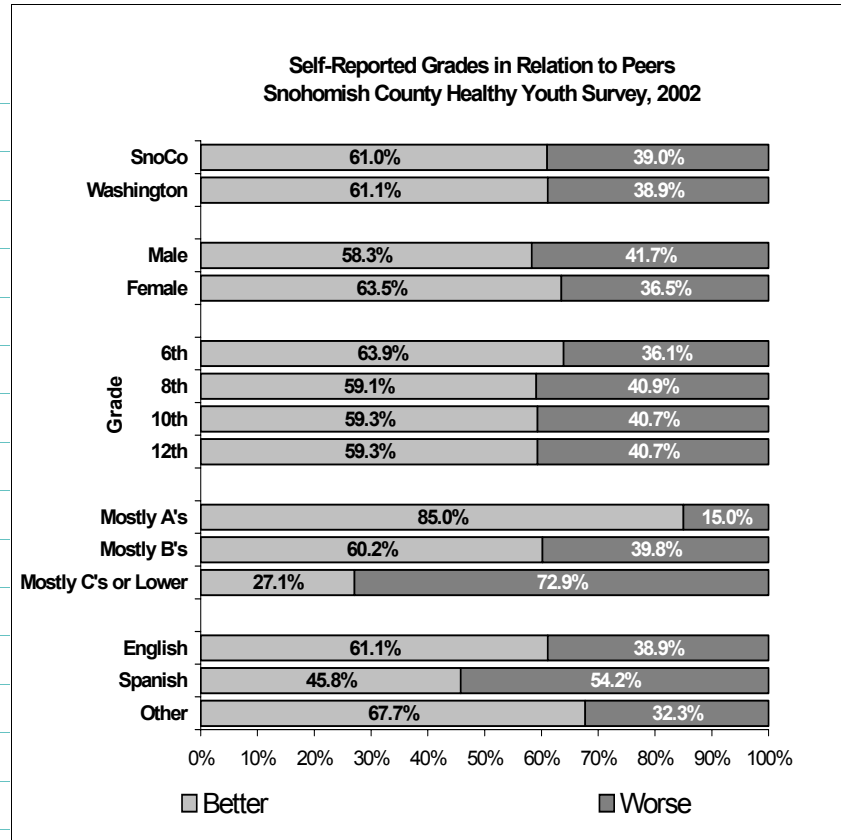
- ✓ The majority of students (73.5%) reported their grades were mostly A's or B's.
- ✓ Less than one in ten students (8.2%) had grades that were mostly lower than C's.

## ACADEMICS



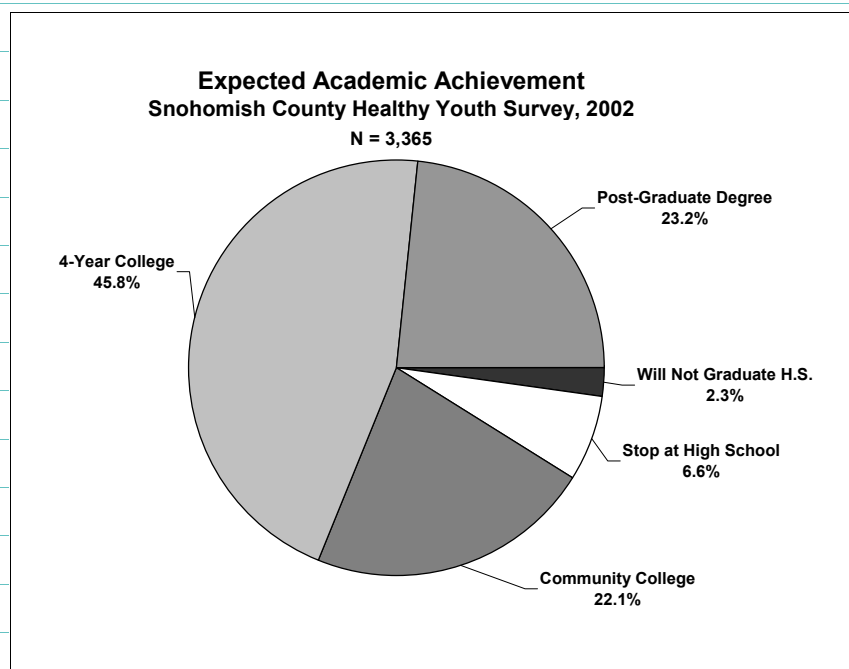
- ✓ Snohomish County students' grades were similar to those found statewide.
- ✓ Females generally reported better grades than males ( $p = 0.001$ ).
- ✓ Students in the 6<sup>th</sup> grade reported the best grades overall, while those in 10<sup>th</sup> grade reported the worst ( $p = 0.001$ ).
- ✓ Overall, students whose families spoke Spanish at home reported the worst grades. Those whose families spoke a language other than Spanish or English reported the best grades ( $p = 0.001$ ).

## ACADEMICS



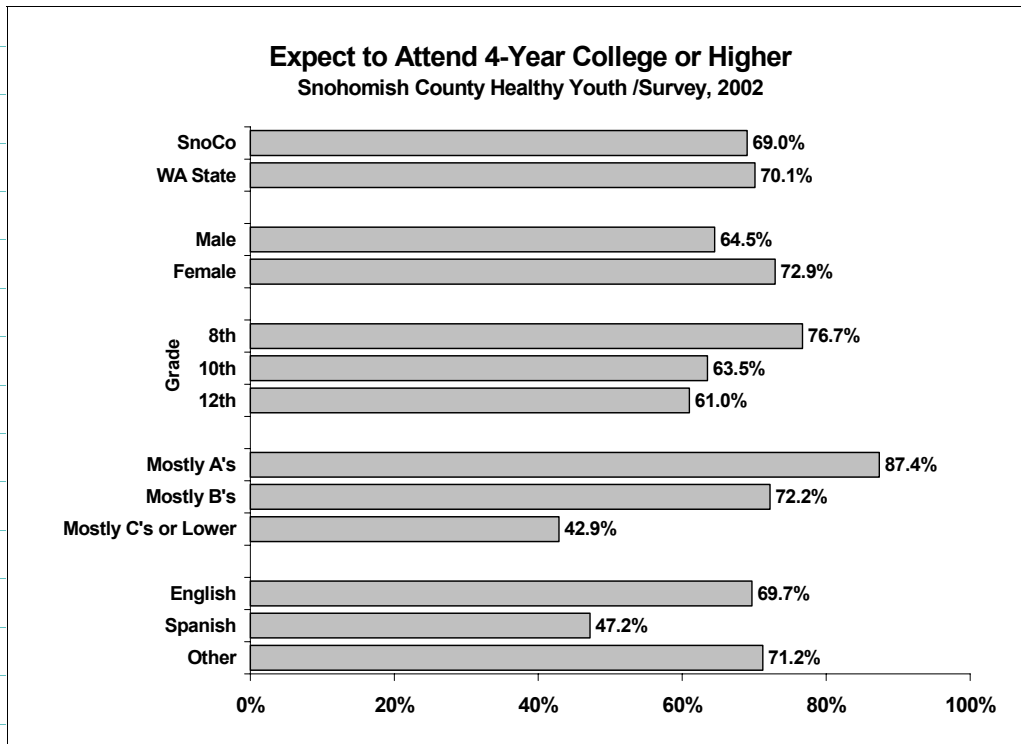
- ✓ When asked how their grades compared to their peers', over half of students (61.0%) said their grades were better.
- ✓ Females were more likely than males to report their grades were better than their peers' ( $p = 0.001$ ).
- ✓ Students in the 6<sup>th</sup> grade were more likely to say their grades were better than those of their peers than older students ( $p = 0.005$ ).
- ✓ Students whose grades were mostly A's were the most likely to say their grades were better than their peers', while those whose grades were C's or lower were more likely to say their grades were worse than others' ( $p = 0.001$ ).
- ✓ Students who spoke a language other than English or Spanish at home were the most likely to compare their grades favorably to others'. Students who spoke Spanish at home were the most likely to say that their grades were worse than their peers' ( $p = 0.001$ ).

## ACADEMICS



- ✓ Nearly half of students (45.8%) said they would attend and/or graduate from a 4-year degree college.
- ✓ An additional 23.2% intended to get a post-graduate degree.
- ✓ Very few (2.3%) students did not intend to graduate from high school.

## ACADEMICS



- ✓ The proportion of Snohomish County students who expected to attend a 4-year degree college was similar to the rest of Washington State.
- ✓ Female students were more likely than males to say they planned to attend college ( $p = 0.001$ ).
- ✓ The proportion of students who expected to go to college decreased with age ( $p = 0.001$ ).
- ✓ Students with good grades were more likely to plan on attending college than those with poor grades ( $p = 0.001$ ).
- ✓ Students whose families spoke Spanish at home were less likely than others to plan on attending a 4-year degree college ( $p = 0.001$ ).

# General Health

Nearly one in five students (19.2%) had some form of long-term physical, emotional or learning disability. However, only eight percent said their disability affected their daily activities. Students with disabilities tended to have lower grades than other students.

About one-sixth of students had been diagnosed with asthma, used asthma medication or experienced an asthma attack in the year prior to the survey. Males were somewhat more likely to have asthma than females. Students with asthma had lower grades than others.

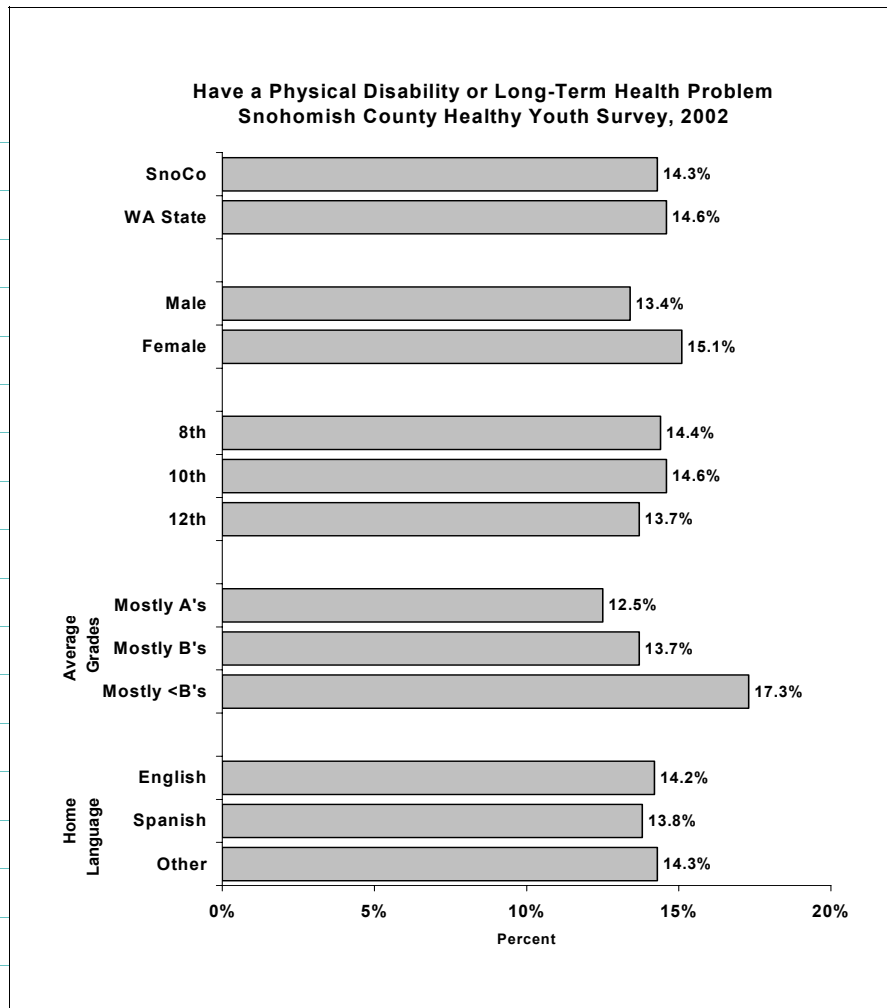


One-quarter of students felt depressed in the 12 months prior to the survey and about one-sixth had considered suicide. Only 7.8% made a suicide attempt. Females were more likely than males to be depressed and to consider suicide. Students who suffered from depression or considered suicide tended to be older and to have lower grades than others.

Although students used seatbelts and motorcycle helmets when appropriate, far fewer were likely to wear a helmet when they rode a bicycle. Of those students who rode a bicycle, only 29.4% said they wore a helmet 'always' or 'most of the time.' Females were more likely than males to wear helmets or use seatbelts. Students with better grades were more likely to wear a helmet or use seatbelts than those with lower grades. Students who spoke Spanish in the home were less likely than others to wear a helmet or use a seatbelt.

## GENERAL HEALTH

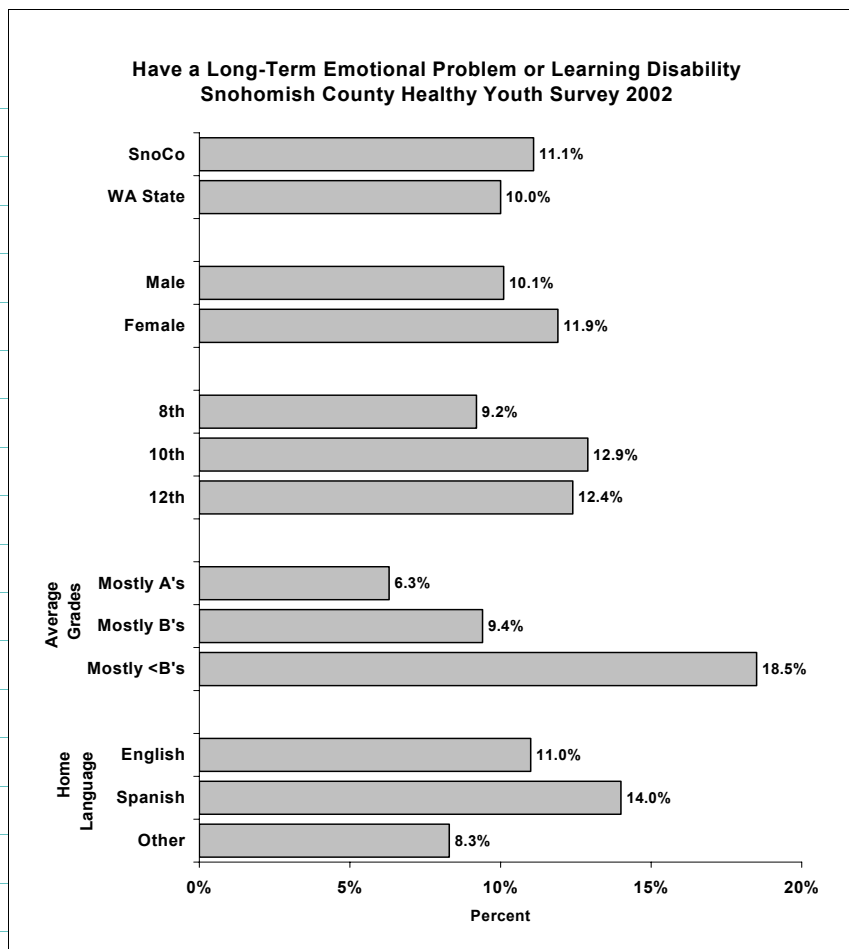
### Disabilities



- ✓ Approximately one in seven Snohomish County students had some form of physical disability or long-term health problem that was expected to last six months or more.
- ✓ The proportion of Snohomish County students who had a disability was similar to that found statewide (14.6%).
- ✓ Students with physical disabilities reported having lower average grades than those without such a disability ( $p = 0.012$ ).
- ✓ Only 40% of students (39.9%) with a physical disability or long-term health problem thought other people saw them as having a disability (*not shown*).

## GENERAL HEALTH

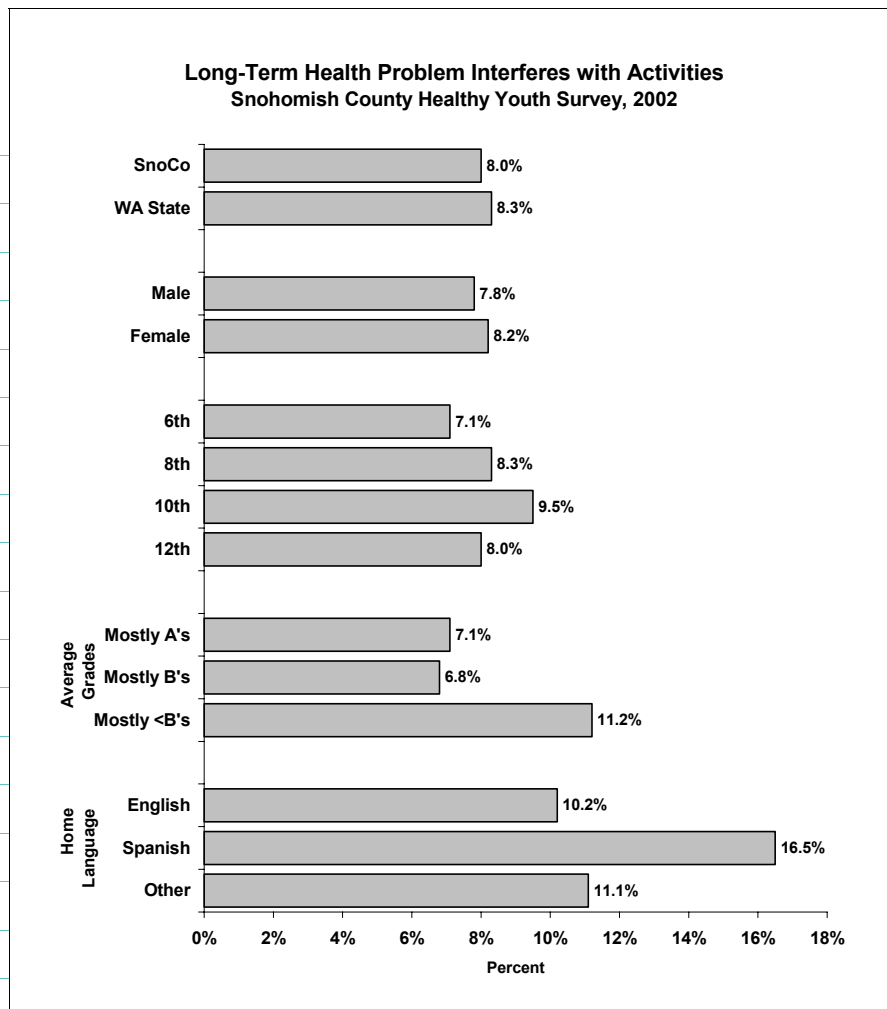
### Disabilities



- ✓ One in nine students (11.1%) said they had an emotional problem or learning disability that was expected to last 6 months or more.
- ✓ 8<sup>th</sup> grade students were less likely to report an emotional problem or learning disability than older students ( $p = 0.009$ ).
- ✓ Students with emotional problems or learning disabilities reported lower average grades than other students ( $p = 0.001$ ).
- ✓ 3.9% of students said that they had both a long-term physical disability and an emotional or learning problem (*not shown*).
- ✓ Half of the students (51.7%) with an emotional or learning problem thought that other people perceived them as having a disability (*not shown*).

## GENERAL HEALTH

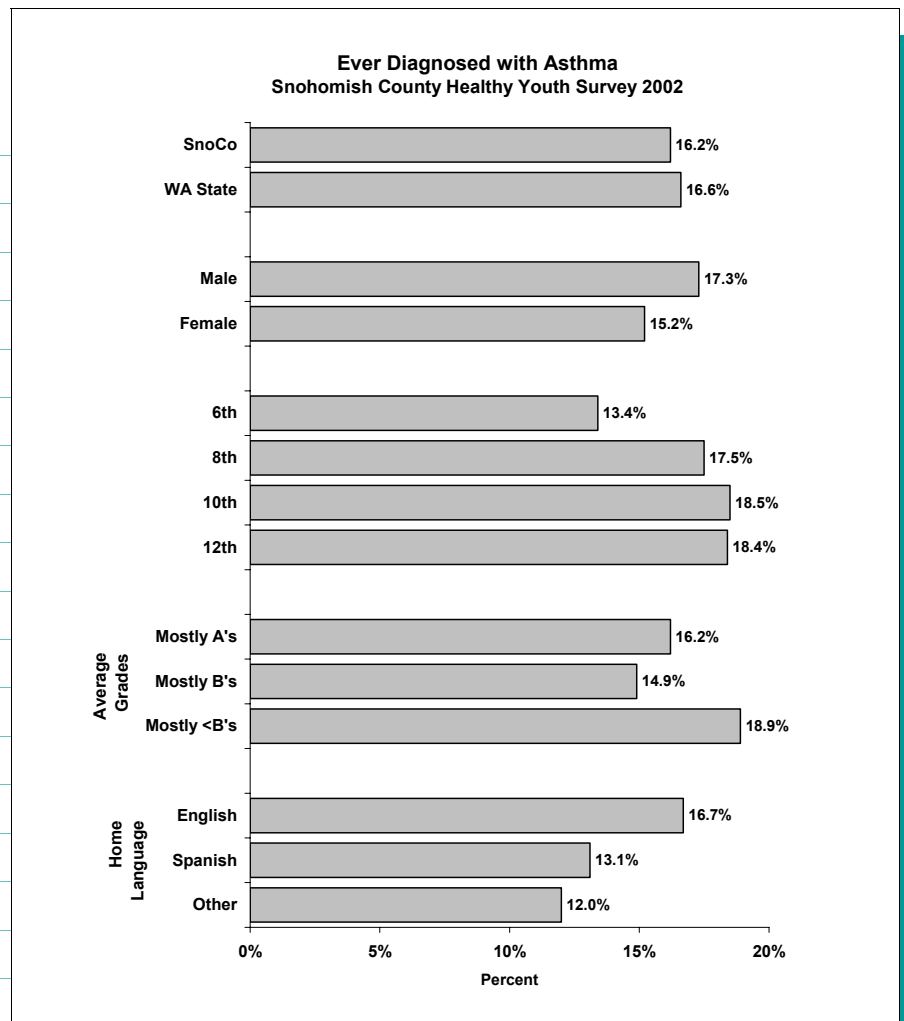
### Disabilities



- ✓ About 8% of Snohomish County students said that their activities were limited due to a physical disability or long-term health problem.
- ✓ The proportion of Snohomish County students whose disability interfered with their activities was similar to the state.
- ✓ Students whose activities were limited by a long-term health problem tended to have lower grades than others ( $p = 0.001$ ).

## GENERAL HEALTH

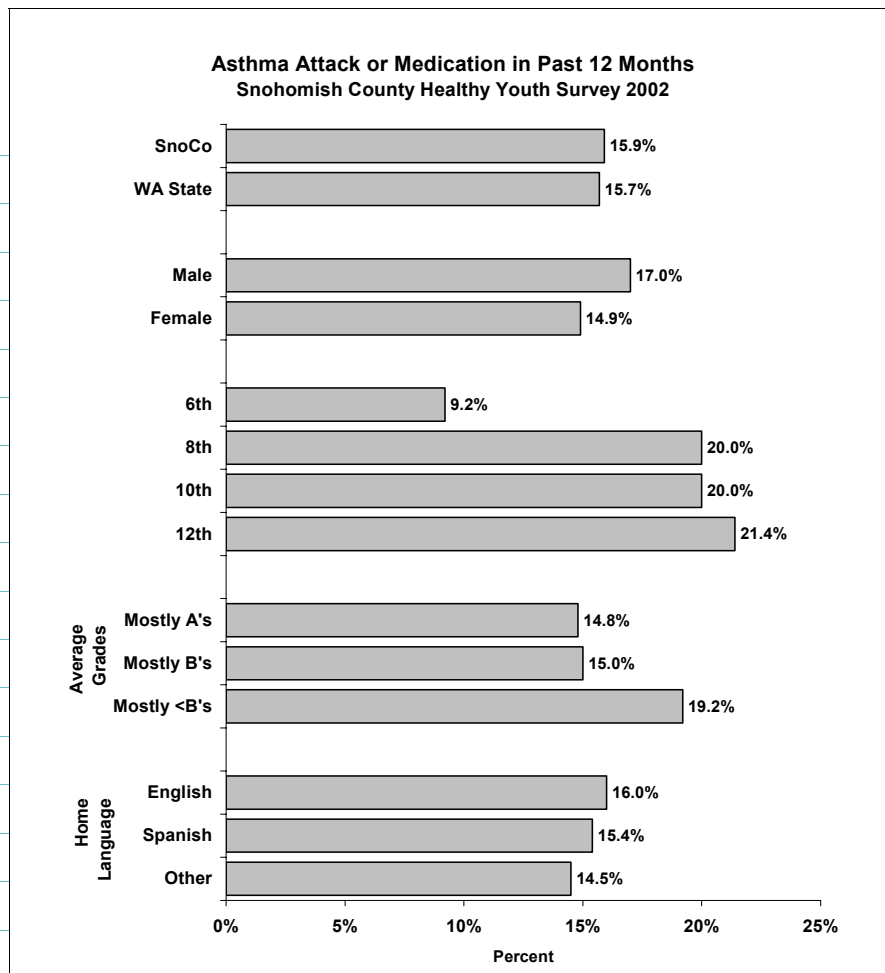
### Asthma



- ✓ The proportion of Snohomish County students reporting asthma was similar to that found statewide.
- ✓ Males were more likely to report asthma than females ( $p = 0.036$ ).
- ✓ 6<sup>th</sup> grade students were less likely to report asthma than older students ( $p = 0.001$ ).
- ✓ Students who reported asthma were more likely than others to report poor grades ( $p = 0.012$ ).
- ✓ Students who spoke English at home were more likely to report having asthma than students whose families spoke another language ( $p = 0.021$ ).

## GENERAL HEALTH

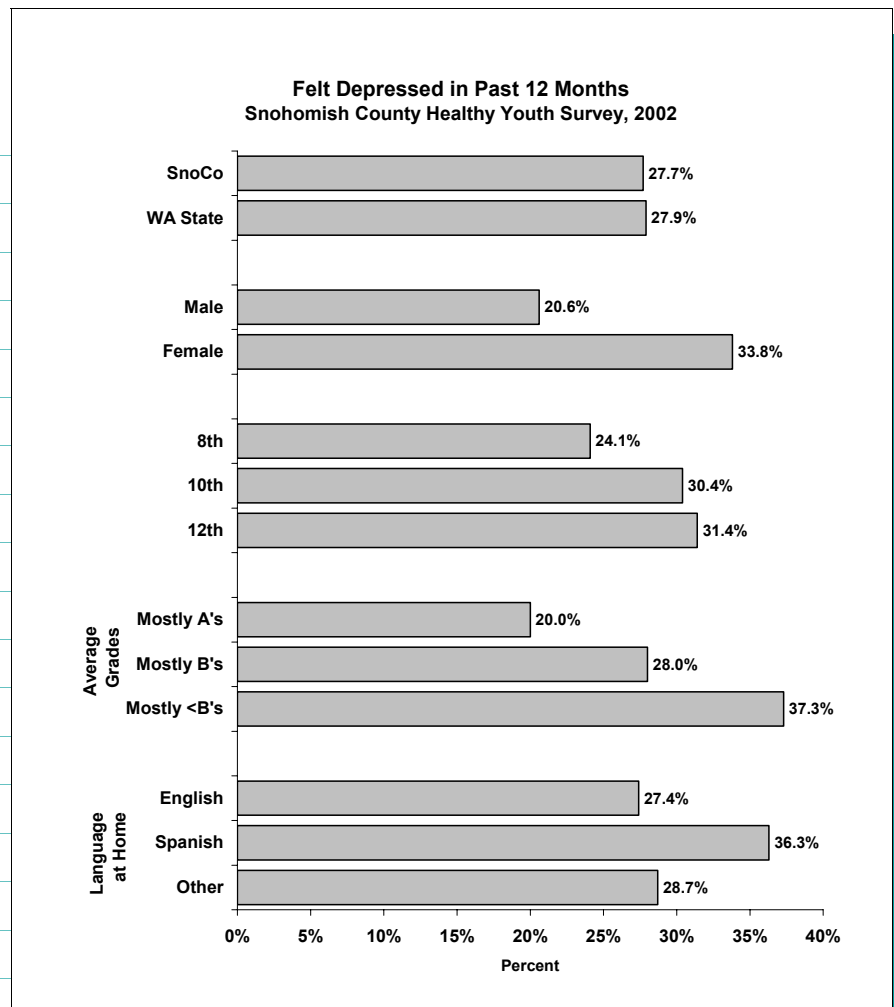
### Asthma



- ✓ 15.9% of students reported either experiencing an asthma attack or using asthma medication in the year prior to being surveyed.
- ✓ Males were more likely to report an asthma attack or use of asthma medication than females ( $p = 0.029$ ).
- ✓ 6<sup>th</sup> grade students were less likely to report having an attack or using medication than older students ( $p = 0.001$ ).
- ✓ Students who reported having an asthma attack or using medication reported lower average grades than other students ( $p = 0.001$ ).
- ✓ The students who reported having an asthma attack or using medication were not always the same ones who reported having been diagnosed with the disease. Only about half of those diagnosed with the disease had also experienced an attack or used medication and vice-versa.

## GENERAL HEALTH

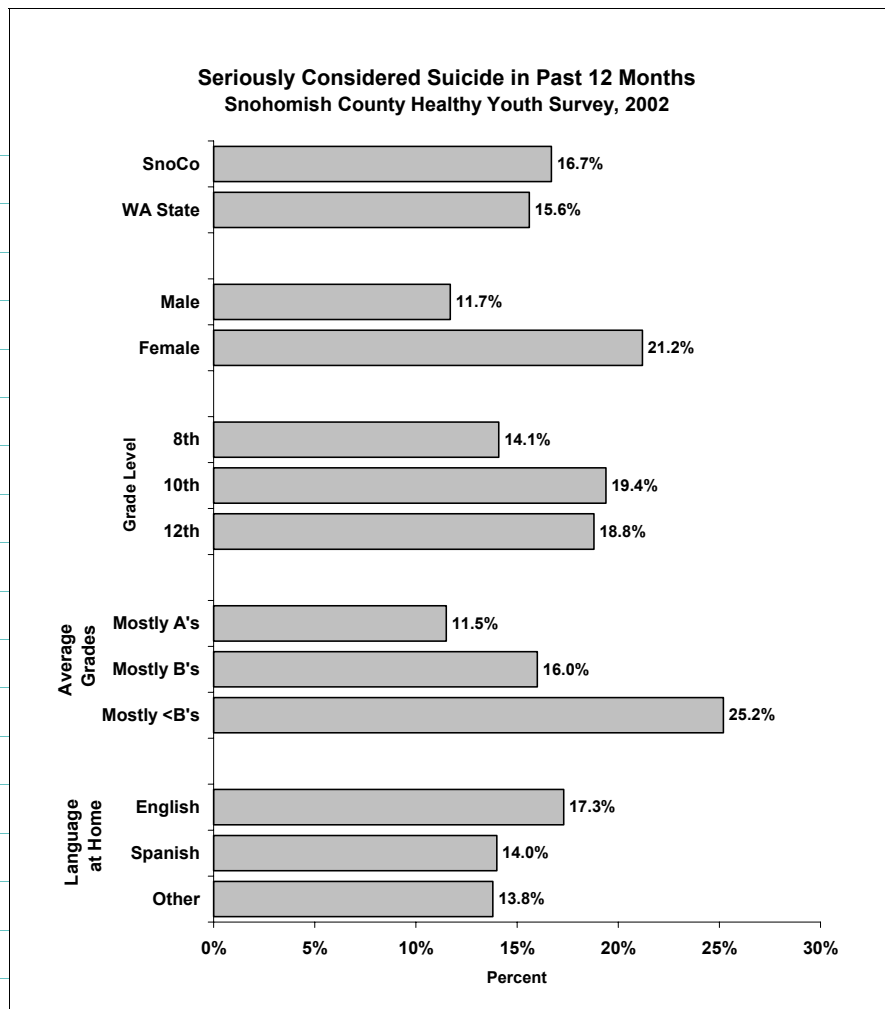
### Mental Health



- ✓ More than one-quarter of Snohomish County students said they felt depressed in the previous 12 months.
- ✓ Females were more likely to have been depressed than males ( $p = 0.001$ ).
- ✓ Students in the eighth grade were less likely to have been depressed than older students ( $p = 0.001$ ).
- ✓ The incidence of depression was greater among students with lower average grades ( $p = 0.001$ ).
- ✓ Students whose families spoke Spanish at home were more likely to have been depressed than other students ( $p = 0.012$ ).

## GENERAL HEALTH

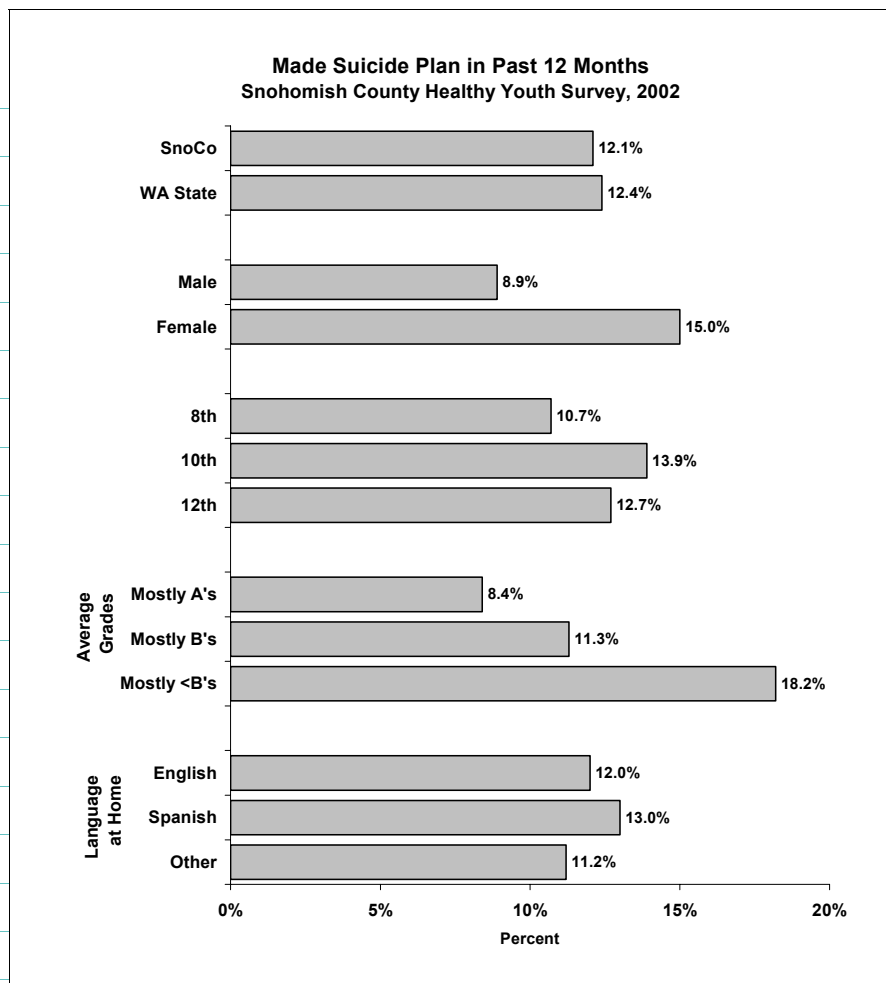
### Mental Health



- ✓ One-sixth of students (16.7%) said they considered suicide at some time in the previous 12 months.
- ✓ Females were almost twice as likely as males to consider suicide ( $p = 0.001$ ).
- ✓ 8<sup>th</sup> grade students were less likely to consider suicide than older students ( $p = 0.001$ ).
- ✓ The proportion of students who considered suicide was lowest among students whose grades were mostly A's and highest among those whose grades were mostly lower than B's ( $p = 0.001$ ).
- ✓ Among 6<sup>th</sup> graders, 16.3% said that they considered suicide at some point in their lives (*not shown – question worded differently for 6<sup>th</sup> graders*).

## GENERAL HEALTH

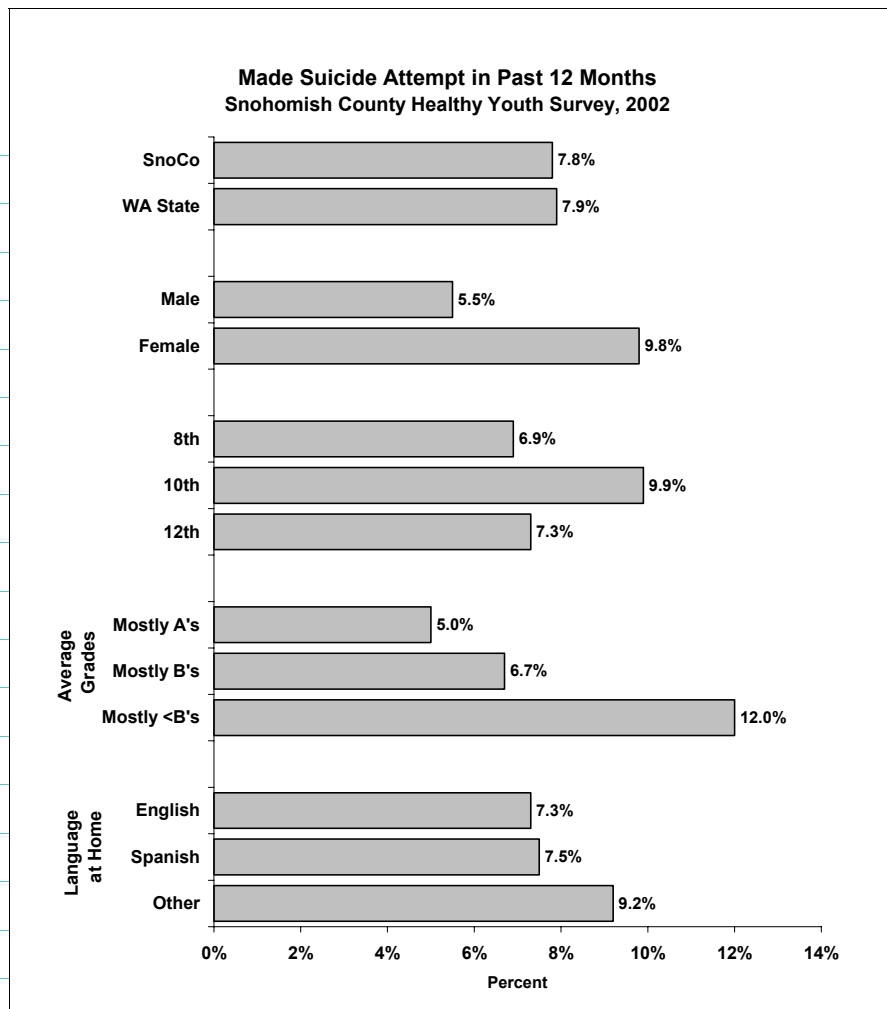
### Mental Health



- ✓ About one in eight students (12.1%) had made a plan about how they would commit suicide.
- ✓ Females were more likely to make a suicide plan than males ( $p = 0.001$ ).
- ✓ 8<sup>th</sup> grade students were less likely to have a suicide plan than older students ( $p = 0.043$ ).
- ✓ The proportion of students who made a suicide plan increased as their average grades decreased. Students with lower than a B average were twice as likely as A students to make a suicide plan ( $p = 0.001$ ).
- ✓ Of those students who had considered suicide (see previous page), over half (57.1%) made a plan of how to do so (*not shown*).

# GENERAL HEALTH

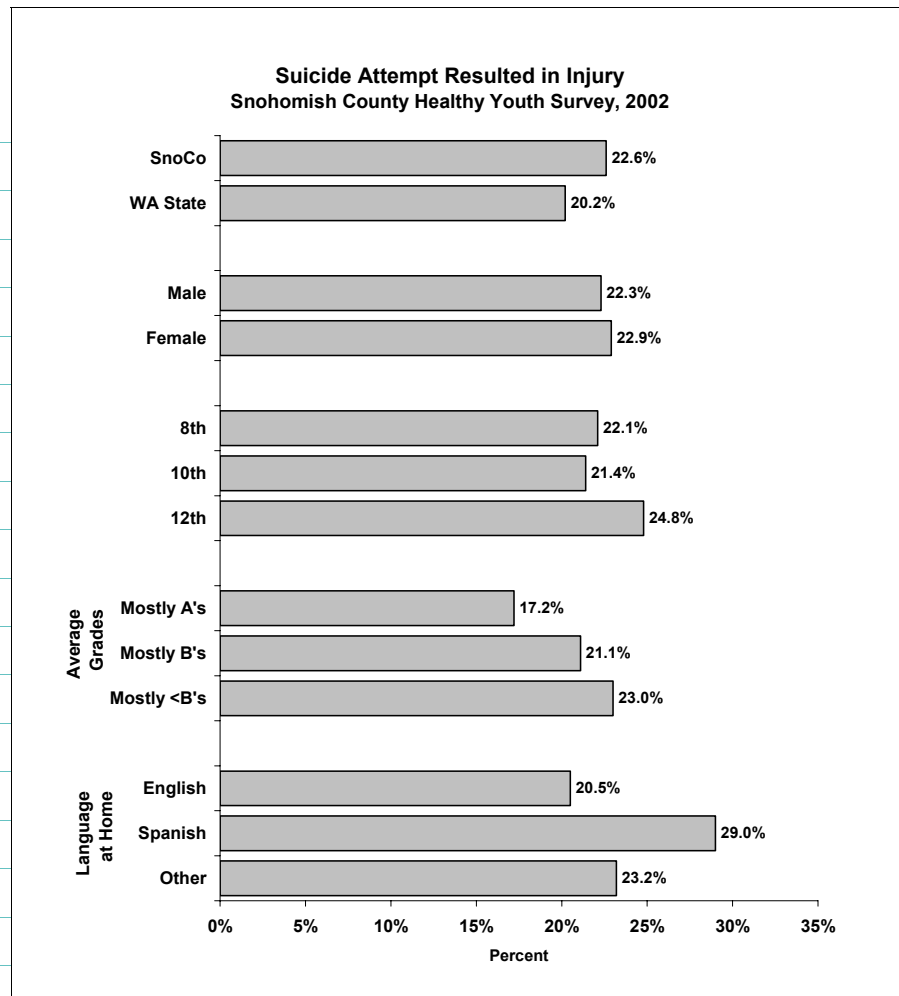
## Mental Health



- ✓ 7.8% of students reported making a suicide attempt in the previous eight months.
- ✓ Females were more likely to attempt suicide than males ( $p = 0.001$ ).
- ✓ Students in the tenth grade were more likely to attempt suicide than others ( $p = 0.004$ ).
- ✓ Suicide attempts were most frequent among students with grades lower than B's ( $p = 0.001$ ).
- ✓ Most students who had attempted suicide (70.6%) said that they had a plan.
- ✓ 4.4% of 6<sup>th</sup> graders said that they tried to kill themselves at some point in their lives (*not shown*).

## GENERAL HEALTH

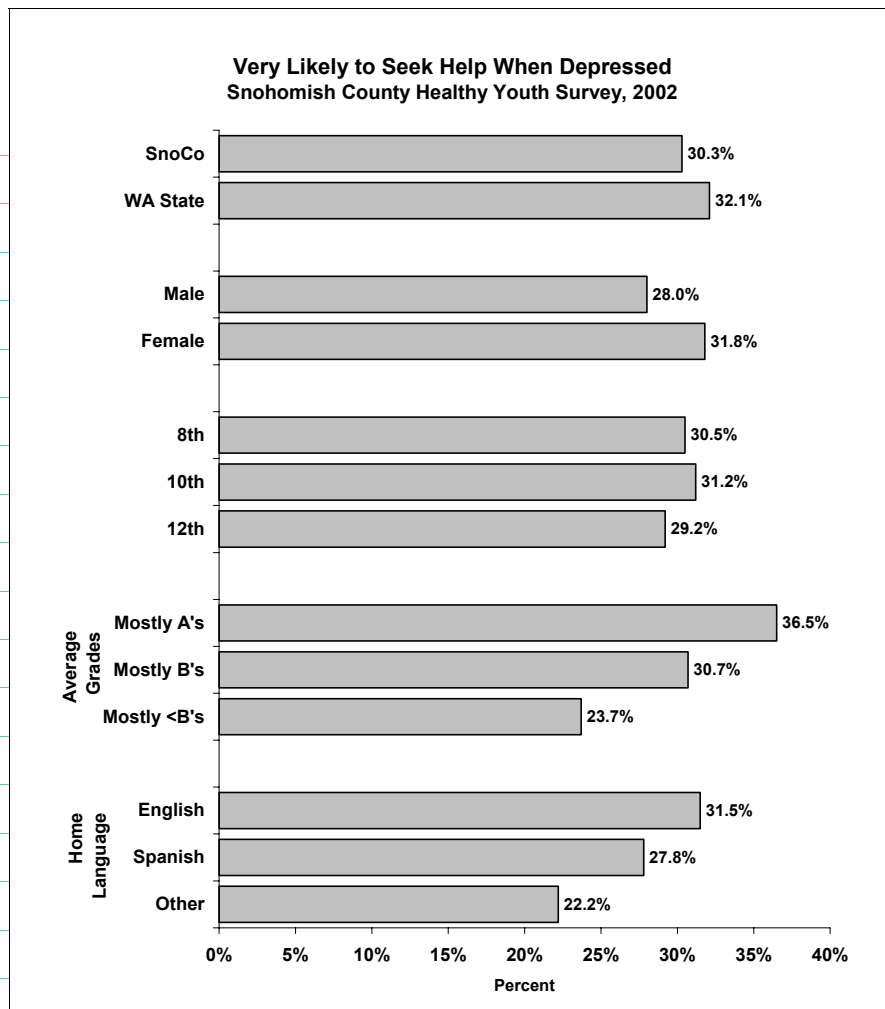
### Mental Health



- ✓ Among students who had tried to commit suicide, one-fifth (22.6%) said the attempt resulted in injury.
- ✓ The proportion of attempted suicides that resulted in injury did not vary by any demographic characteristics. This was probably due to the small number of students involved (n = 612).
- ✓ In 2002, one Snohomish County resident younger than 18 committed suicide. During that same year, there were 28 suicide-related hospitalizations of Snohomish County youths.

## GENERAL HEALTH

### Mental Health

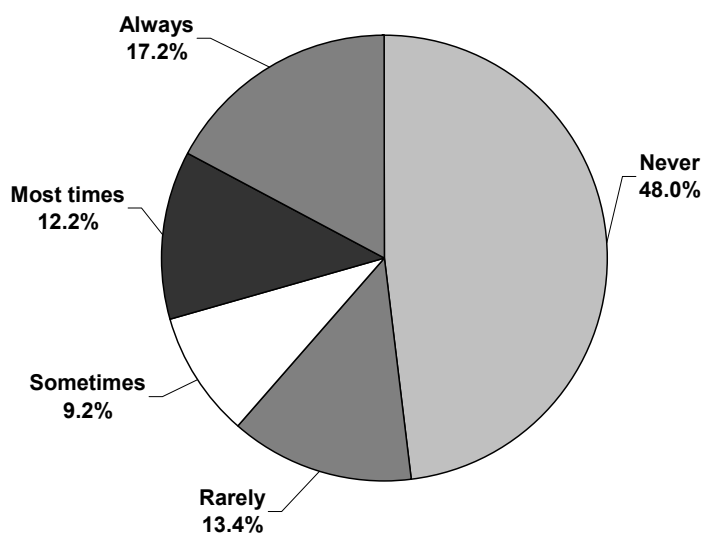


- ✓ About one-third of those students who suffered from depression said they were 'very likely' to seek help when they were depressed or suicidal.
- ✓ Students with higher grades were more likely to seek help than other students ( $p = 0.001$ ).
- ✓ English-speaking students were the most likely to seek help when depressed. Those whose families spoke a language other than English or Spanish in the home were the least likely to seek help ( $p = 0.054$ ).
- ✓ Students who thought about suicide were less likely to seek help than other students (17.2% vs. 35.5%,  $p = 0.001$ , not shown). Those who made a suicide plan, or who attempted suicide, were also less likely to seek help when depressed.

## GENERAL HEALTH

### Injury Prevention

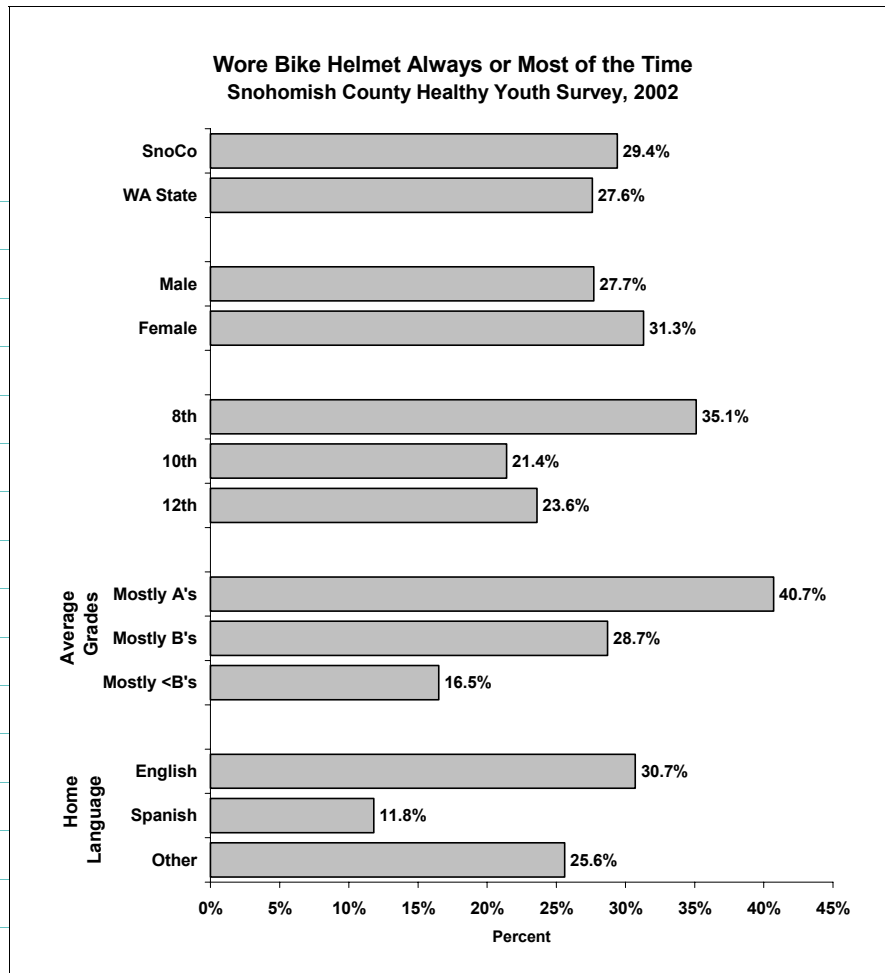
How Often Wore Helmet When Bicycling in Prior 12 Months  
Snohomish County Healthy Youth Survey, 2002  
Grades 8, 10 & 12



- ✓ Most students (76.7%) had ridden a bicycle in the 12 months prior to being surveyed (*not shown*).
- ✓ Among 6<sup>th</sup> graders (*not shown*), 32.8% 'always' wore a helmet and 15.3% said that they never wore one. This question was asked differently of 6<sup>th</sup> graders than other grades (it did not specify 'in the past 12 months'). Thus, results for 6<sup>th</sup> graders are not directly comparable to those of other grades.
- ✓ Nearly half (48.0%) of the students who rode a bike said they never wore a helmet.
- ✓ Only one in six students (17.2%) who rode a bike said they always wore a helmet.

## GENERAL HEALTH

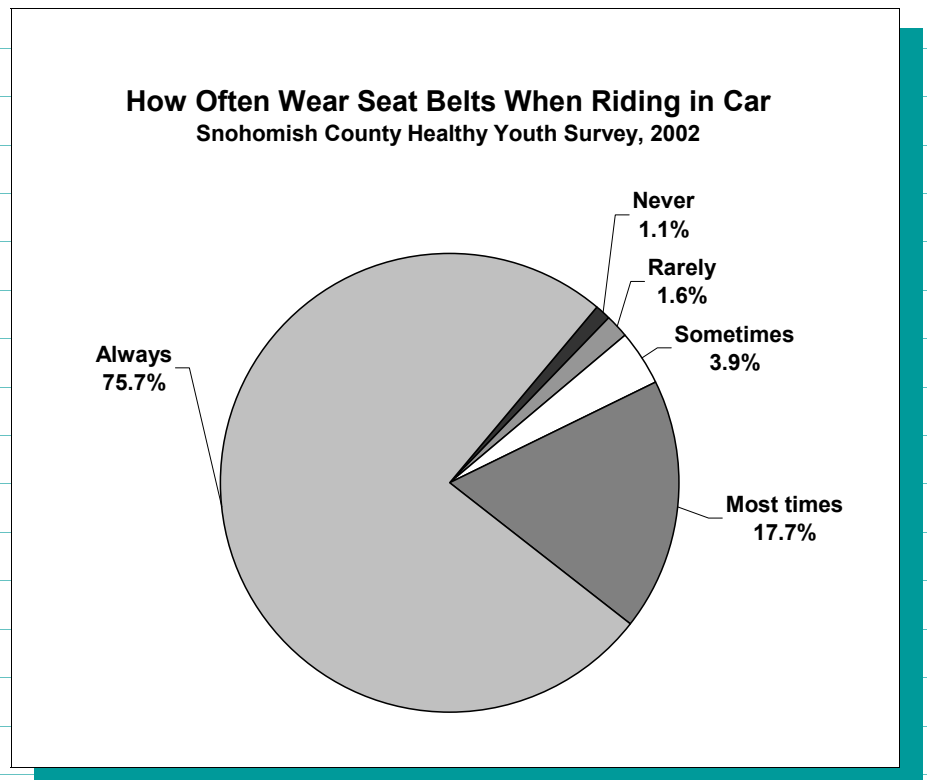
### Injury Prevention



- ✓ Among students who rode a bike in the year prior to the survey, 29.4% said they always wore a helmet or wore one most of the time.
- ✓ Females were more likely than males to wear a bicycle helmet most of the time or always ( $p = 0.038$ ).
- ✓ 8<sup>th</sup> graders were more likely to wear a bike helmet than older students ( $p = 0.001$ ).
- ✓ Students who got mostly A's were two and a half times more likely to wear a helmet regularly than students whose grades were lower than B's ( $p = 0.001$ ).
- ✓ Students who spoke Spanish at home were much less likely to make regular use of a bike helmet ( $p = 0.001$ ).
- ✓ Among 6<sup>th</sup> graders who rode a bike (93.4%), 50.9% regularly wore a helmet (*not shown*).

## GENERAL HEALTH

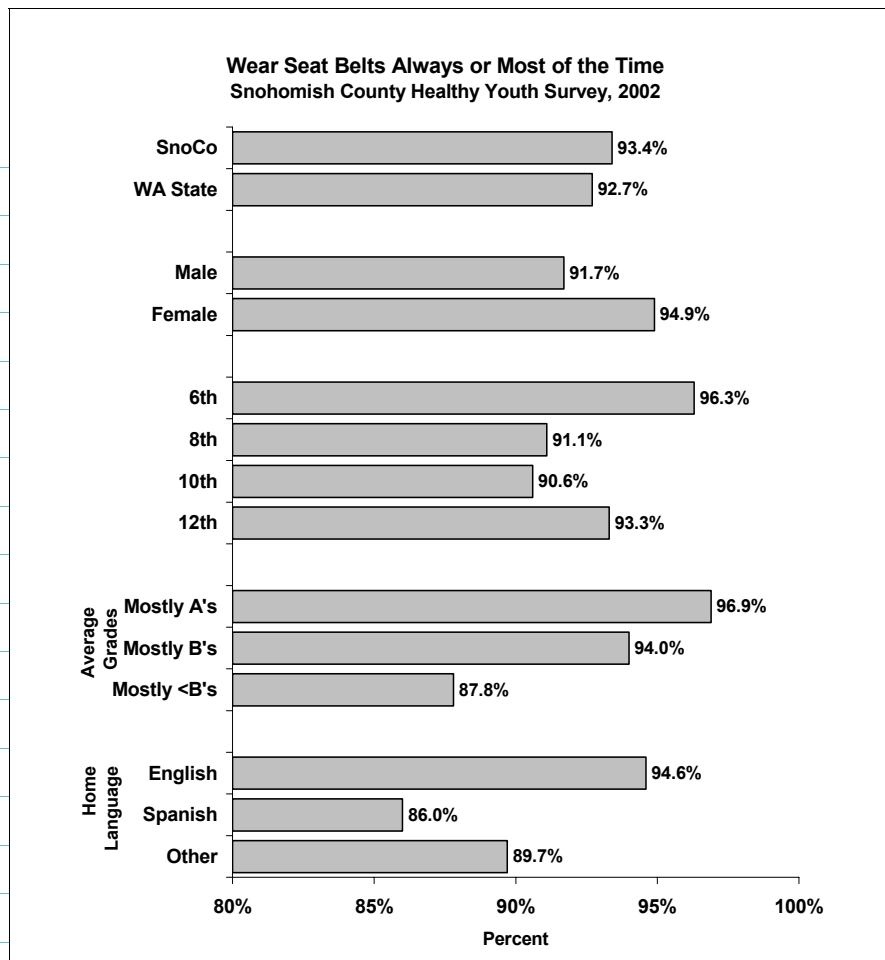
### Injury Prevention



- ✓ The majority of students (75.7%) said they always wore a seat belt when riding in a car.
- ✓ Very few students (1.1%) said they never wore seat belts. A further 1.6% rarely wore them.

## GENERAL HEALTH

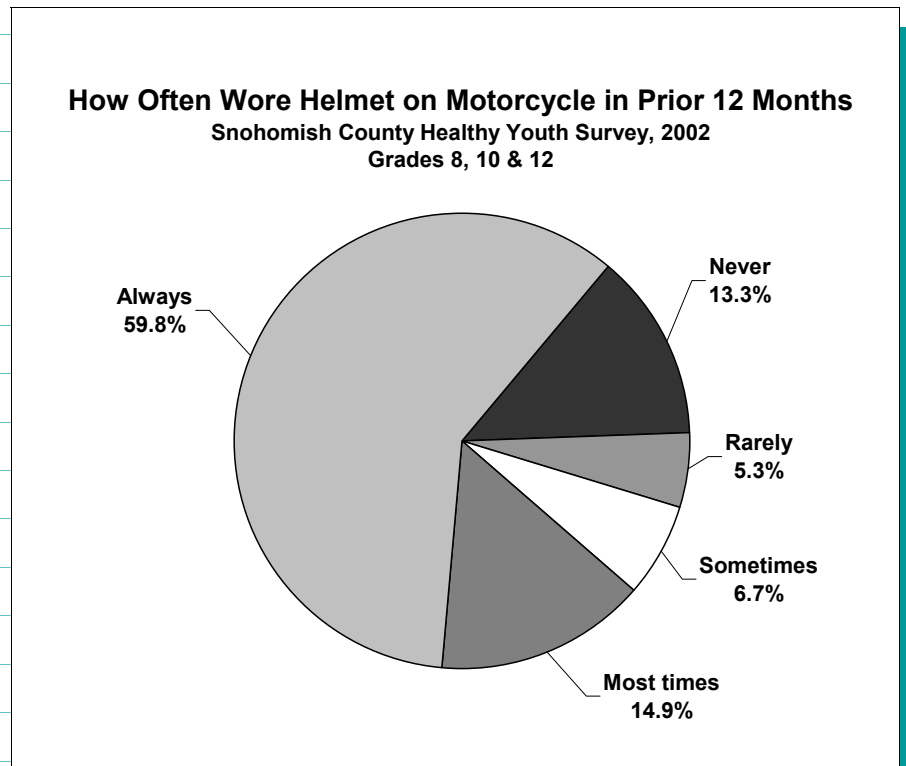
### Injury Prevention



- ✓ Nearly all Snohomish County students (93.4%) said they wore seatbelts regularly (e.g., 'most of the time' or 'always').
- ✓ Snohomish County students were more likely to regularly use seatbelts than was average for the state ( $p = 0.04$ ).
- ✓ Females were more likely than males to wear a seatbelt on a regular basis ( $p = 0.001$ ).
- ✓ 6<sup>th</sup> graders were more likely to wear a seatbelt than older students ( $p = 0.001$ ).
- ✓ Students with higher grades were more likely to wear seatbelts regularly than students with poor grades ( $p = 0.001$ ).
- ✓ Students who spoke English at home were more likely than others to wear seatbelts regularly ( $p = 0.001$ ).

## GENERAL HEALTH

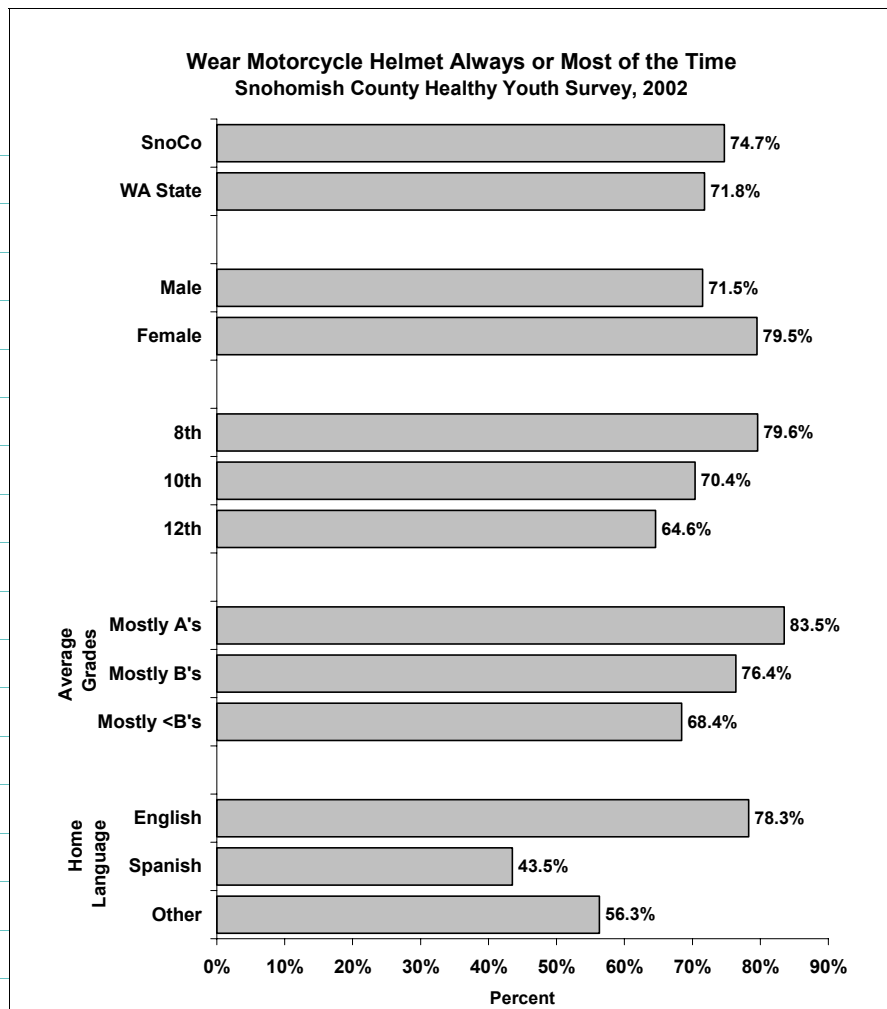
### Injury Prevention



- ✓ About one-third of students (30.2%) rode on a motorcycle in the 12 months prior to being surveyed (*not shown*).
- ✓ Of those that rode on a motorcycle, more than half (59.8%) said they always wore a helmet.
- ✓ A substantial number of riders said they never wore a helmet (13.3%) or rarely did (5.3%).

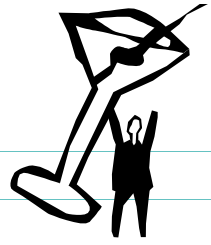
## GENERAL HEALTH

### Injury Prevention



- ✓ Three-quarters of motorcycle riders (74.7%) wore a helmet regularly (e.g., 'most of the time' or 'always').
- ✓ Females were more likely than males to wear a motorcycle helmet ( $p = 0.001$ ).
- ✓ The proportion of motorcycle riders who regularly wore a helmet declined with students' average grades ( $p = 0.001$ ).
- ✓ Students who spoke English in the home were more likely to wear a motorcycle helmet than other students ( $p = 0.001$ ).

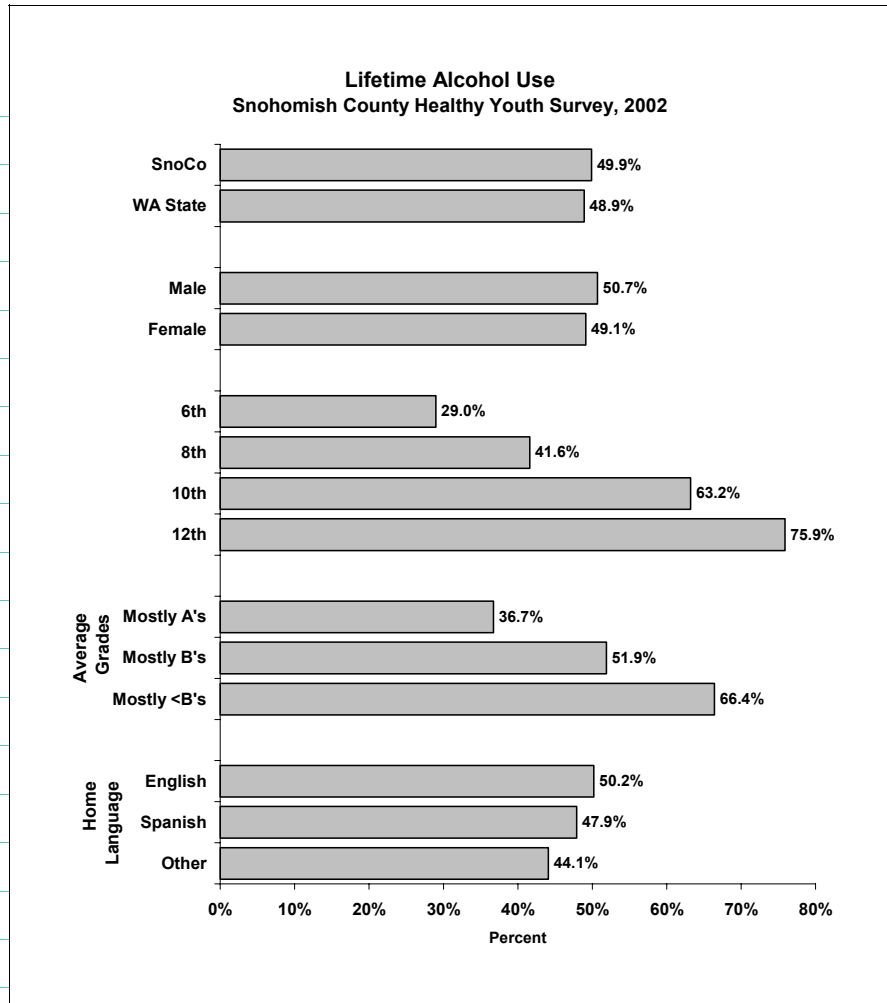
# Alcohol & Drugs



Half of Snohomish County students had tried alcohol. Both sexes were equally likely to drink, but males were more likely to engage in binge drinking and drunk driving. Males were also more likely to use illegal drugs. Drinking and illegal drug use was most prevalent among students with poor grades. Marijuana was the most popular illegal drug with nearly one-quarter of students (22.1%) reporting they had tried it. One in eight students said they had used it in the 30 days prior to the survey. Snohomish County students were more likely to have used illegal drugs than was average for the state.

## ALCOHOL & DRUGS

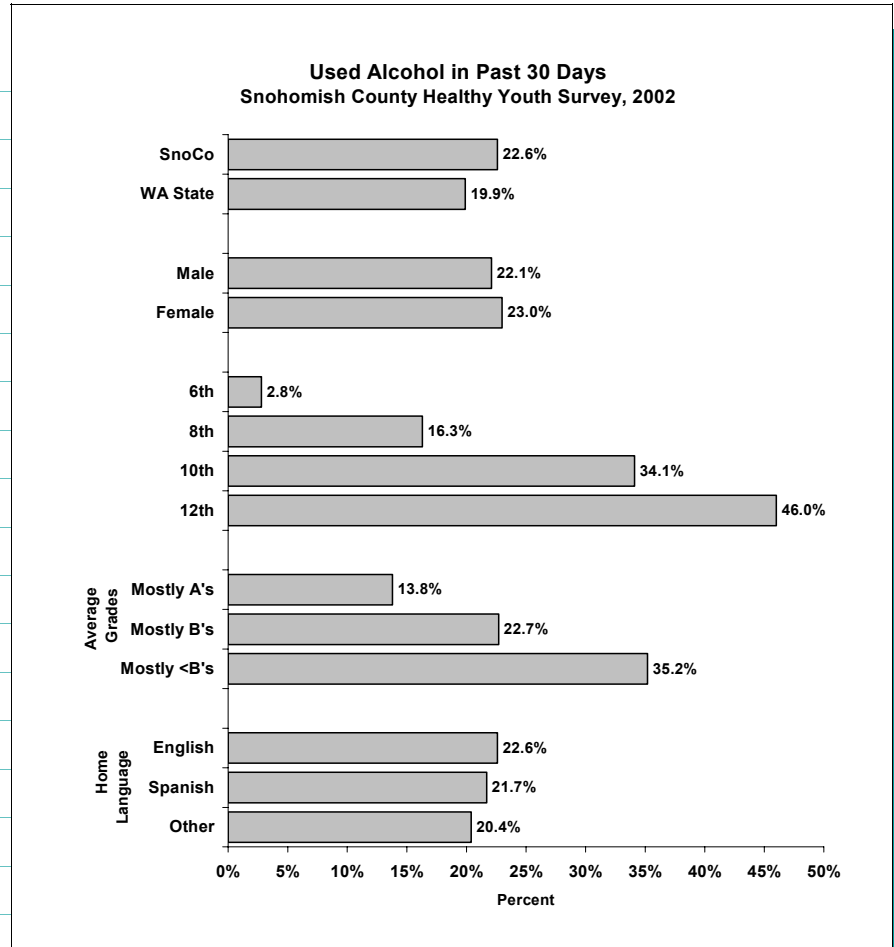
### Alcohol Use



- ✓ Nearly half of students (49.9%) drank more than a sip of alcohol in their lives.
- ✓ The proportion of students who tried alcohol increased with age ( $p = 0.001$ ).
- ✓ Lifetime alcohol use was lowest among students who got mostly A's, and highest among those with the lowest average grades (lower than B,  $p = 0.001$ ).
- ✓ Students who spoke English at home were the most likely to try alcohol. Those who spoke a language other than English or Spanish were the least likely to try it ( $p = 0.005$ ).

## ALCOHOL & DRUGS

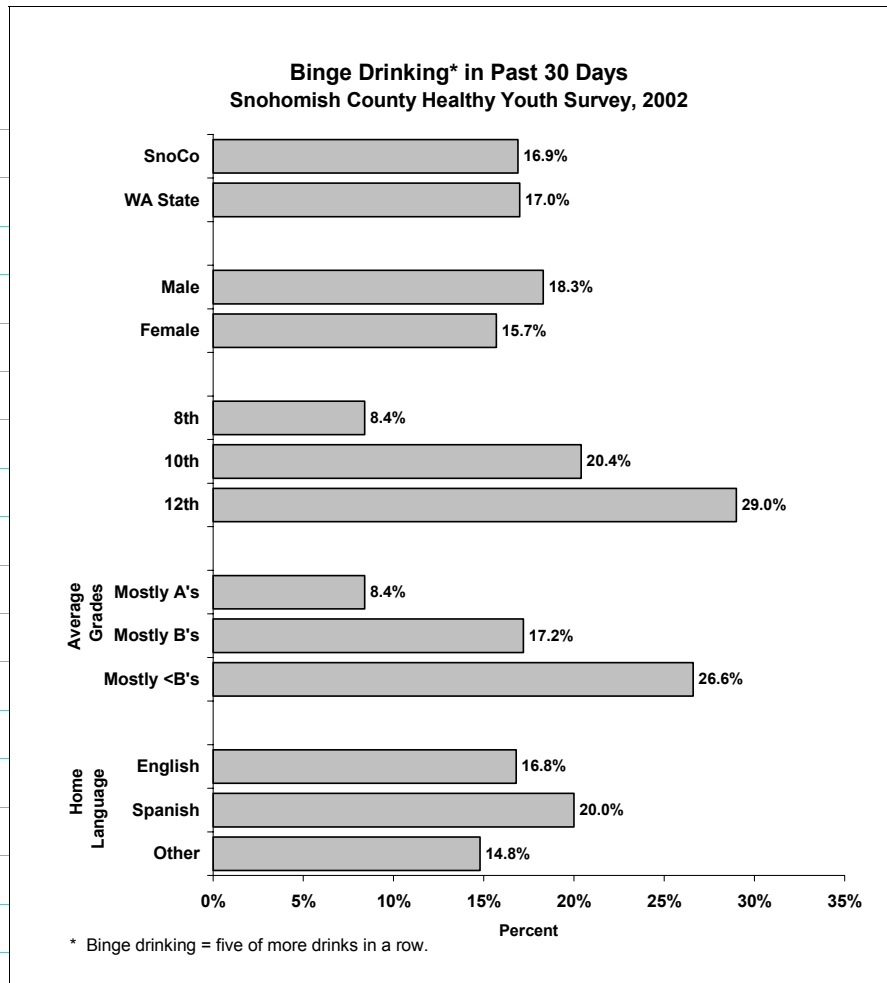
### Alcohol Use



- ✓ More than one-fifth of Snohomish County students (22.6%) used alcohol in the 30 days prior to being surveyed.
- ✓ A higher proportion of Snohomish County students used alcohol in the previous 30 days than the statewide average ( $p = 0.001$ ).
- ✓ Recent alcohol use increased with age ( $p = 0.001$ ).
- ✓ Students whose grades were mostly A's were the least likely to have used alcohol in the previous month. Those whose grades were lower than B's were the most likely ( $p = 0.001$ ).

## ALCOHOL & DRUGS

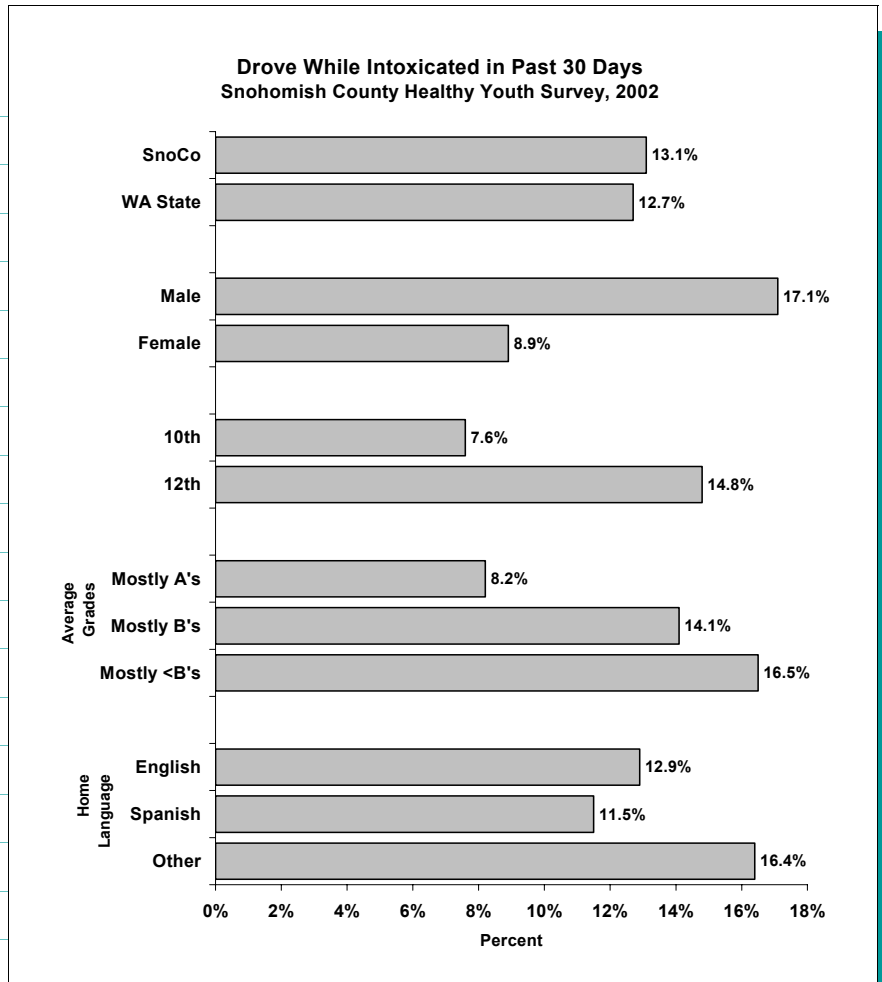
### Alcohol Use



- ✓ 16.9% of Snohomish County students said that they engaged in binge drinking (five or more drinks on a single occasion) during the 30 days prior to the survey.
- ✓ Males were more likely to engage in binge drinking than females ( $p = 0.004$ ).
- ✓ The incidence of binge drinking increased with age ( $p = 0.001$ ).
- ✓ Binge drinking was most common among students with poor (lower than B) grades ( $p = 0.001$ ).

## ALCOHOL & DRUGS

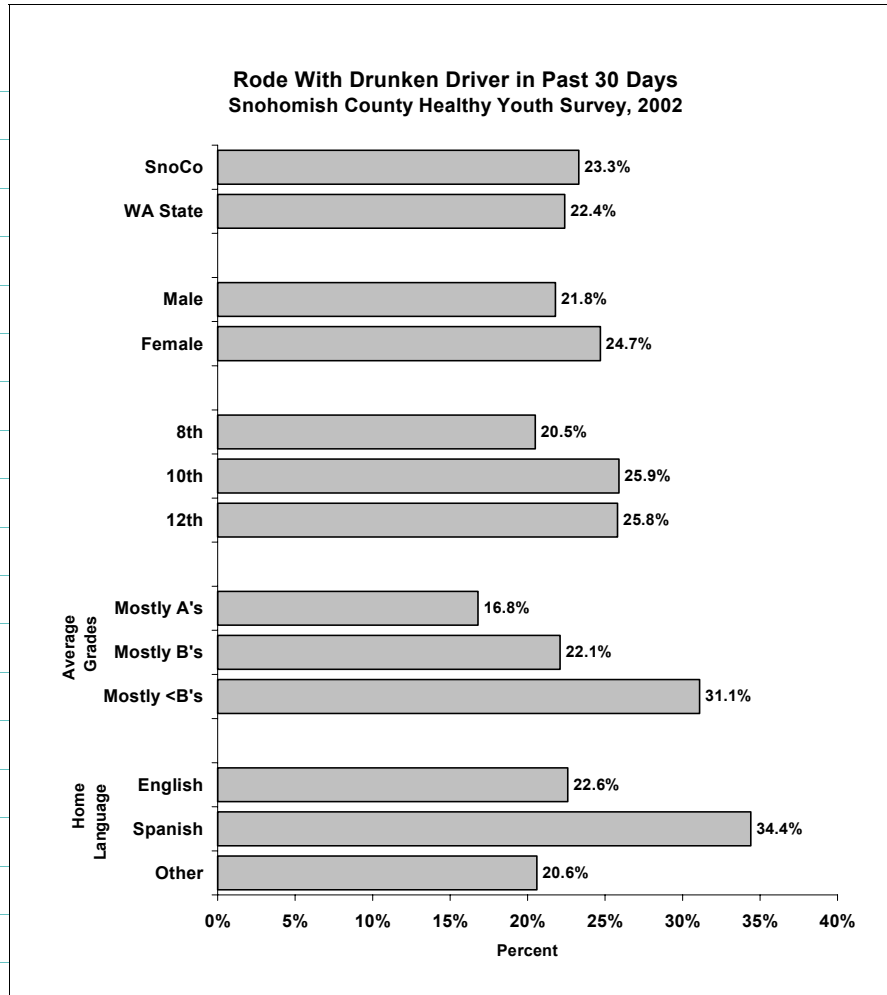
### Drunk Driving



- ✓ About one in eight Snohomish County students 16 and older reported driving while intoxicated in the month before the survey.
- ✓ Males were nearly twice as likely to drive drunk than females ( $p = 0.001$ ).
- ✓ The incidence of drunk driving increased with age ( $p = 0.001$ ).
- ✓ Drunken driving was least common among students whose grades were mostly A's ( $p = 0.004$ ).

## ALCOHOL & DRUGS

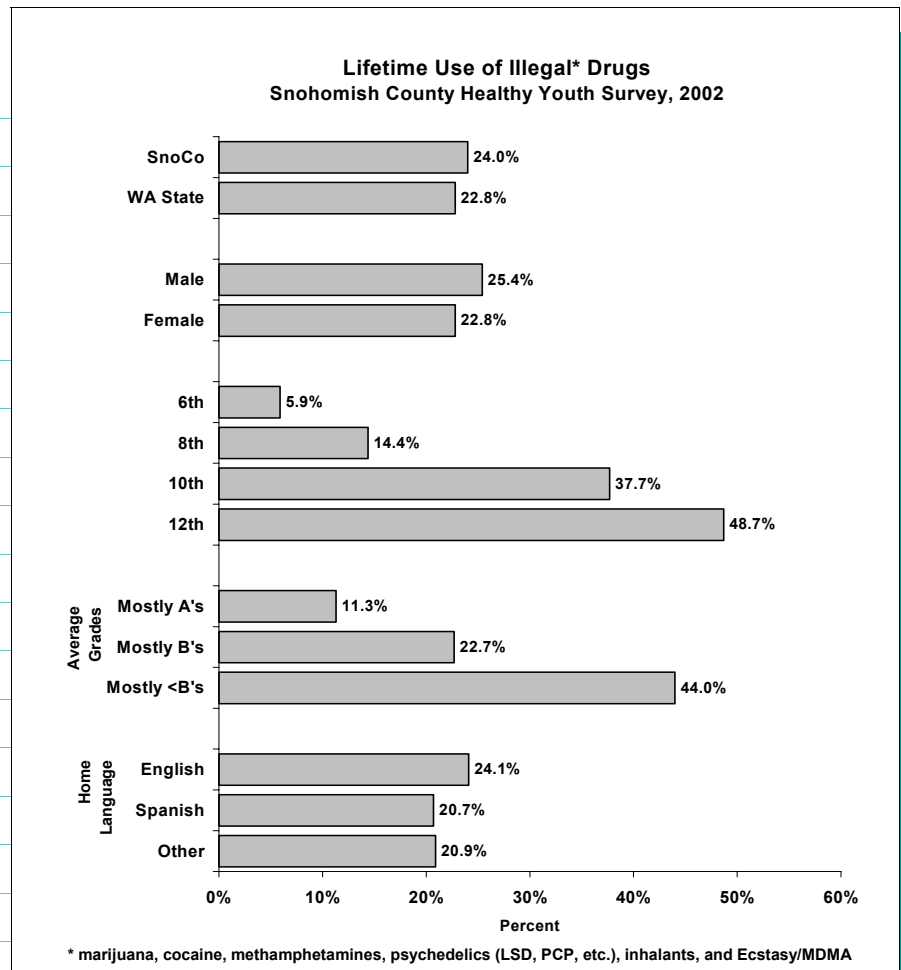
### Drunk Driving



- ✓ Nearly one-quarter of students said they rode with a driver who was intoxicated in the 30 days before the survey.
- ✓ Females were more likely than males to ride with a drunk driver ( $p = 0.04$ ).
- ✓ 8<sup>th</sup> graders were less likely than older students to drive with someone who was intoxicated ( $p = 0.001$ ).
- ✓ Students with grades lower than B's were almost twice as likely to ride with a drunk driver than students whose grades were mostly A's ( $p = 0.001$ ).
- ✓ Students who spoke Spanish at home were more likely to drive with an intoxicated driver than other students ( $p = 0.01$ ).

## ALCOHOL & DRUGS

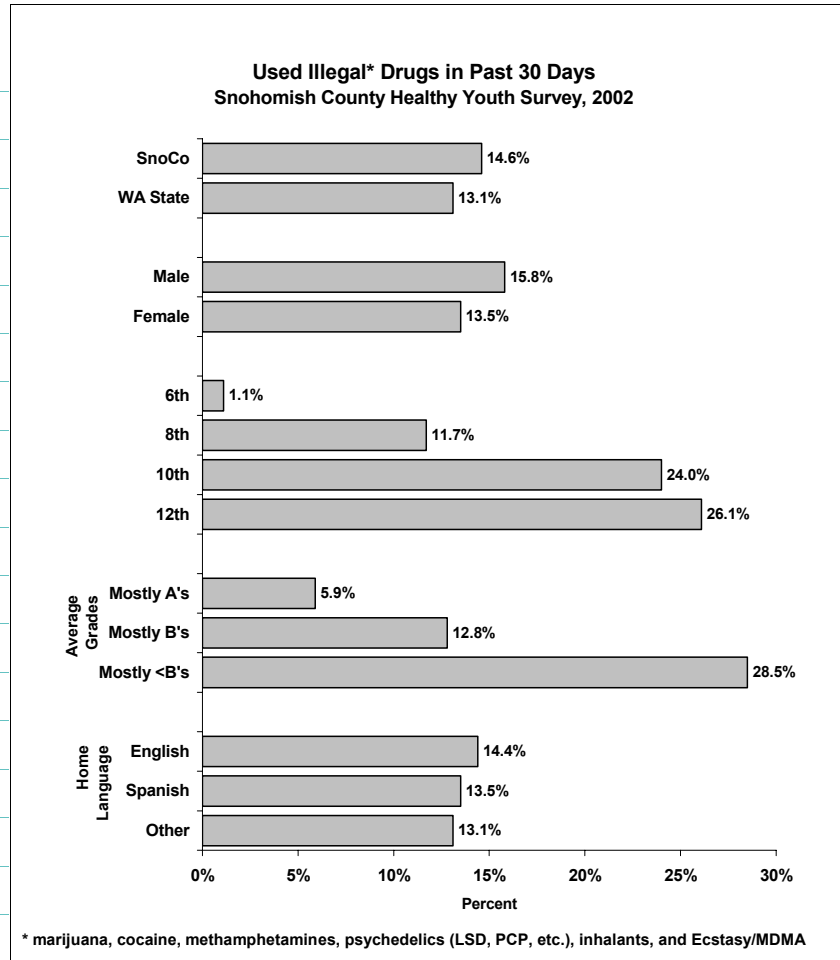
### Illegal Drugs



- ✓ About one-quarter of Snohomish County students said that they tried at least one illegal\* drug.
- ✓ A higher proportion of Snohomish County students tried illegal drugs than the statewide average ( $p = 0.006$ ).
- ✓ The proportion of students who tried an illegal drug increased with age ( $p = 0.001$ ).
- ✓ Males were more likely to try an illegal drug than females ( $p = 0.003$ ).
- ✓ Students with poor grades (lower than B's) were the most likely to try illegal drugs ( $p = 0.001$ ).

## ALCOHOL & DRUGS

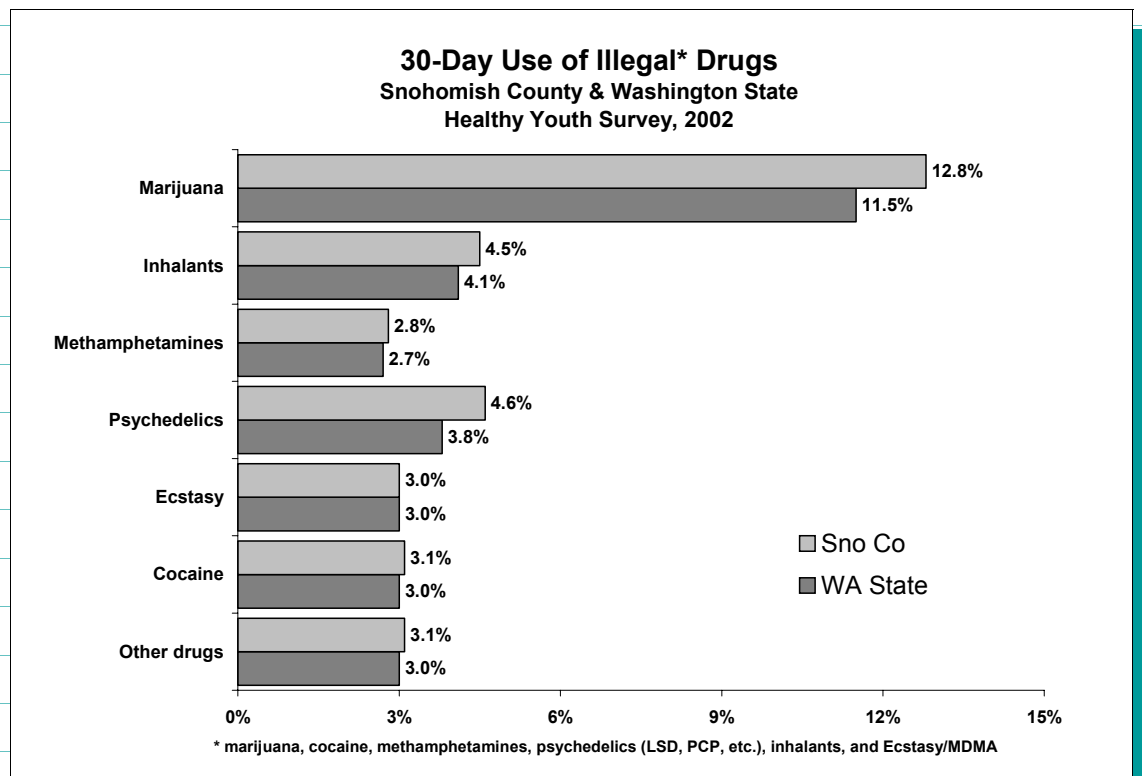
### Illegal Drugs



- ✓ Nearly fifteen percent of Snohomish County students used an illegal drug in the 30 days prior to the survey.
- ✓ Snohomish County students were more likely to use drugs in the month before the survey than the statewide average ( $p = 0.001$ ).
- ✓ Males were more likely than females to use drugs recently ( $p = 0.002$ ).
- ✓ Drug use increased with age ( $p = 0.001$ ).
- ✓ Recent drug use increased as students' average grades declined ( $p = 0.001$ ).

## ALCOHOL & DRUGS

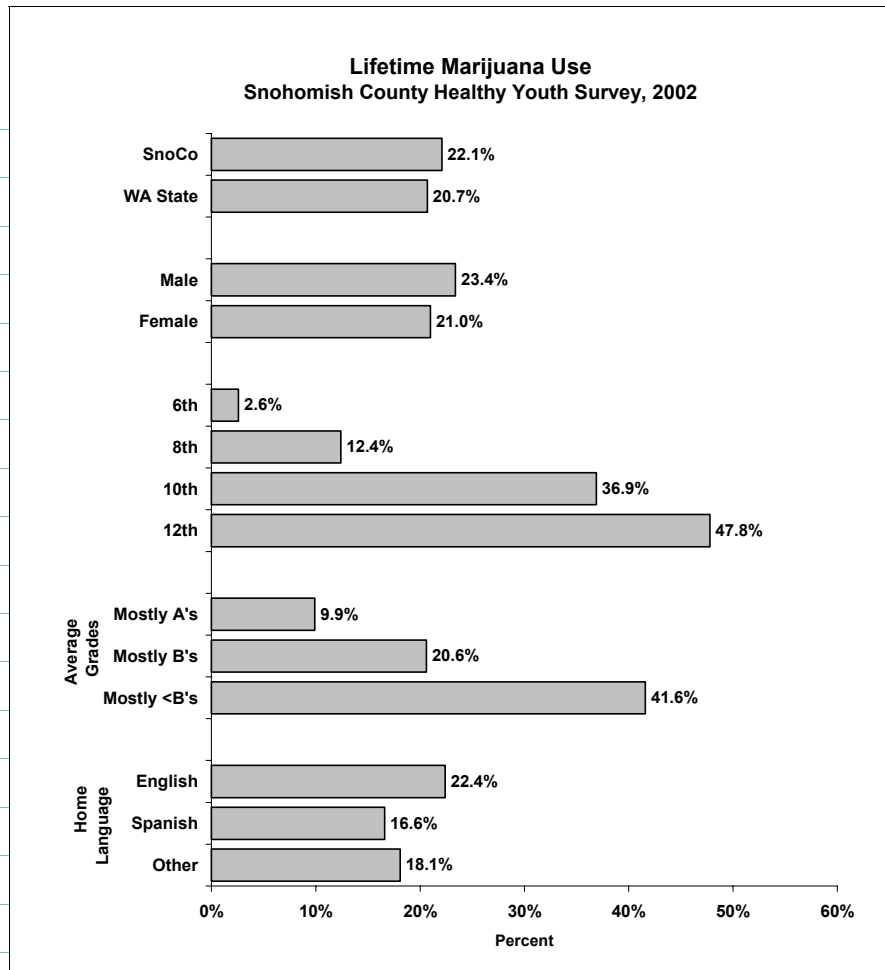
### Illegal Drugs



- ✓ Marijuana was the most commonly used illegal drug in Snohomish County.
- ✓ Snohomish County students were more likely to use marijuana than was the average statewide ( $p = 0.001$ ).
- ✓ After marijuana the most commonly used illegal drugs among Snohomish County students were inhalants and psychedelics.
- ✓ A greater proportion of Snohomish County students reported using psychedelic drugs (LSD, PCP, etc.) than the statewide average ( $p = 0.001$ ).
- ✓ Most (61.5%) of the students who had used drugs within 30 days had used only one kind of drug. An additional 16.5% had used two types of drugs (*not shown*).

## ALCOHOL & DRUGS

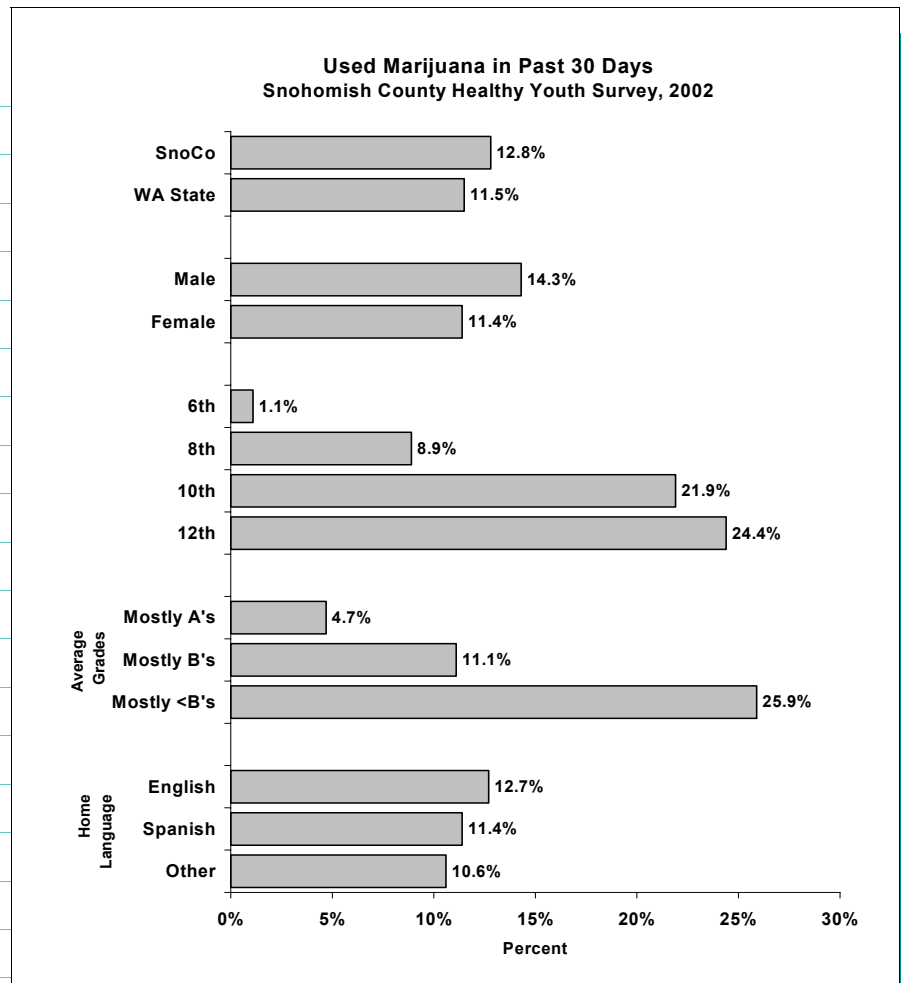
### Illegal Drugs



- ✓ Nearly one-quarter of Snohomish County students said they tried marijuana at some point in their lives.
- ✓ Snohomish County students were more likely to try marijuana than the statewide average ( $p = 0.001$ ).
- ✓ Males were more likely to try marijuana than females ( $p = 0.005$ ).
- ✓ The proportion of students who tried marijuana increased with age ( $p = 0.001$ ).
- ✓ Students who spoke English at home were more likely than others to try marijuana ( $p = 0.002$ ).
- ✓ Students with poor grades (lower than B's) were four times as likely to try marijuana than those students who earned mostly A's ( $p = 0.001$ ).

## ALCOHOL & DRUGS

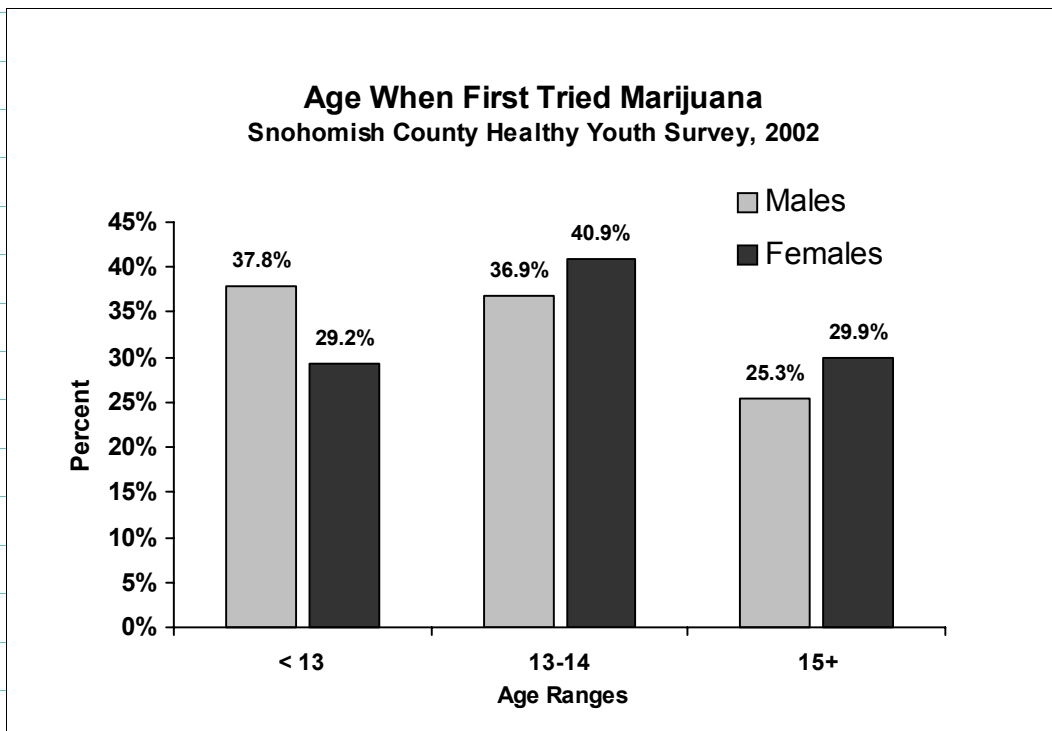
### Illegal Drugs



- ✓ One in eight Snohomish County students used marijuana in the 30 days prior to the survey.
- ✓ Snohomish County students were more likely to use marijuana than the statewide average ( $p = 0.001$ ).
- ✓ Recent marijuana use increased with age ( $p = 0.001$ ).
- ✓ Students with poor grades (lower than B's) were the most likely to use marijuana in the month before the survey ( $p = 0.001$ ).

## ALCOHOL & DRUGS

### Illegal Drugs



- ✓ Males first tried marijuana at younger ages than females ( $p = 0.001$ ).
- ✓ One-third of marijuana users (33.4%) had first tried it before the age of 13.

# Tobacco

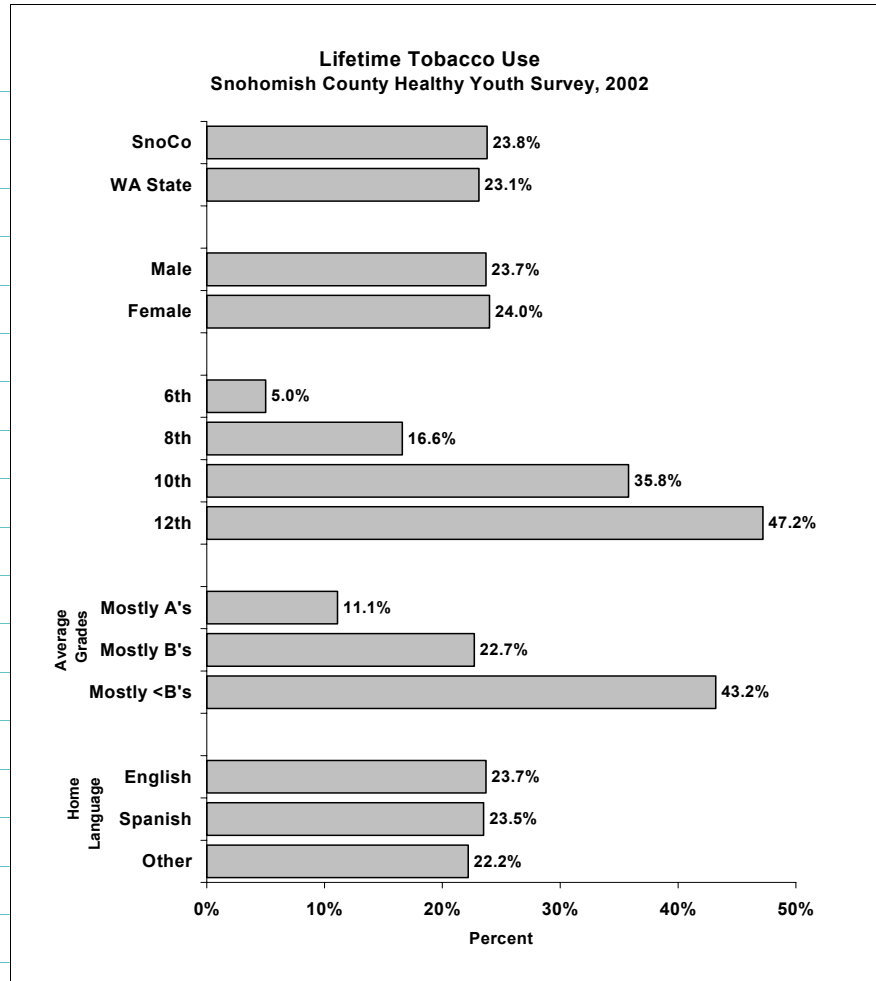
Although nearly one-quarter of students had used some form of tobacco in their lifetime, only about 15% used it in the 30 days prior to the survey. A greater proportion of Snohomish County students smoked than the statewide average. The vast majority of tobacco users smoked cigarettes, although nearly half said they smoked cigars.



Smoking behavior did not vary by gender or language spoken in the home, although female smokers were more likely to want to quit smoking. There were also differences between how males and females acquired cigarettes. Females were more likely to acquire their cigarettes through another person (e.g., had someone else buy or give them cigarettes). Tobacco use was inversely related to students' average grades; students who earned mostly C's or below were about five times more likely to smoke cigarettes than students who got mostly A's.

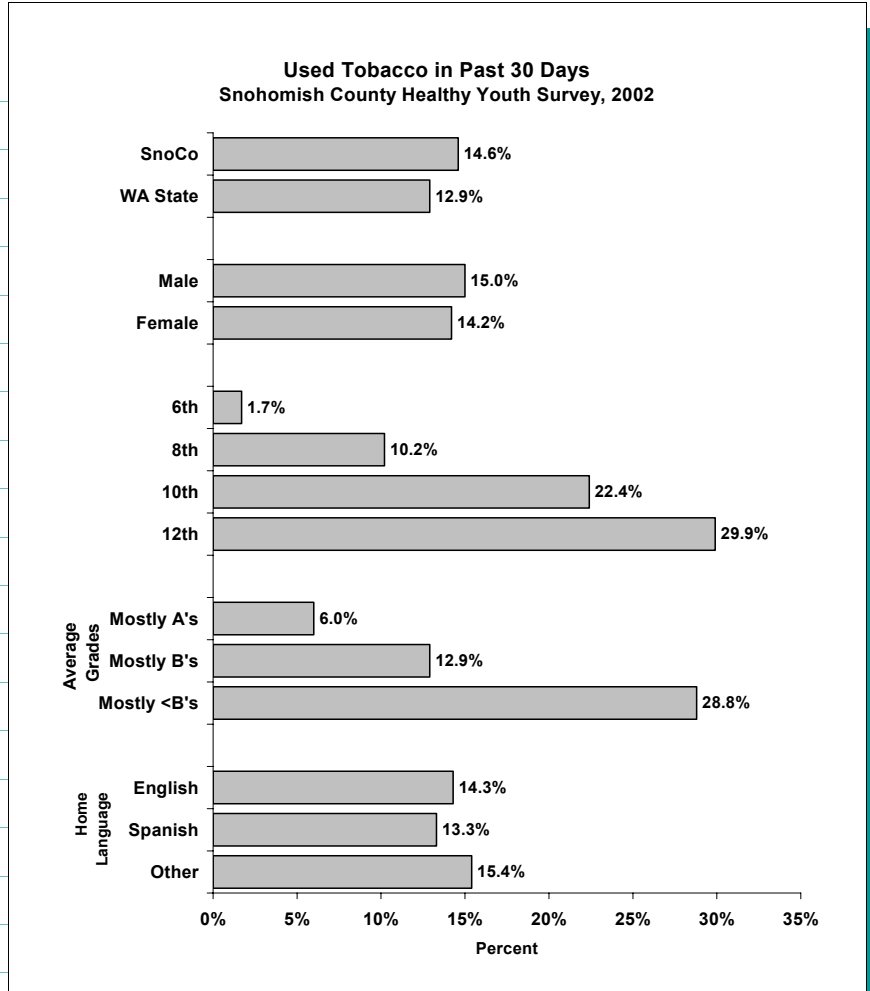
Two-thirds of students reported some exposure to second-hand smoke. While nearly all those who smoked had been exposed to second-hand smoke, only slightly more than half of non-smoking students reported such exposure.

## TOBACCO



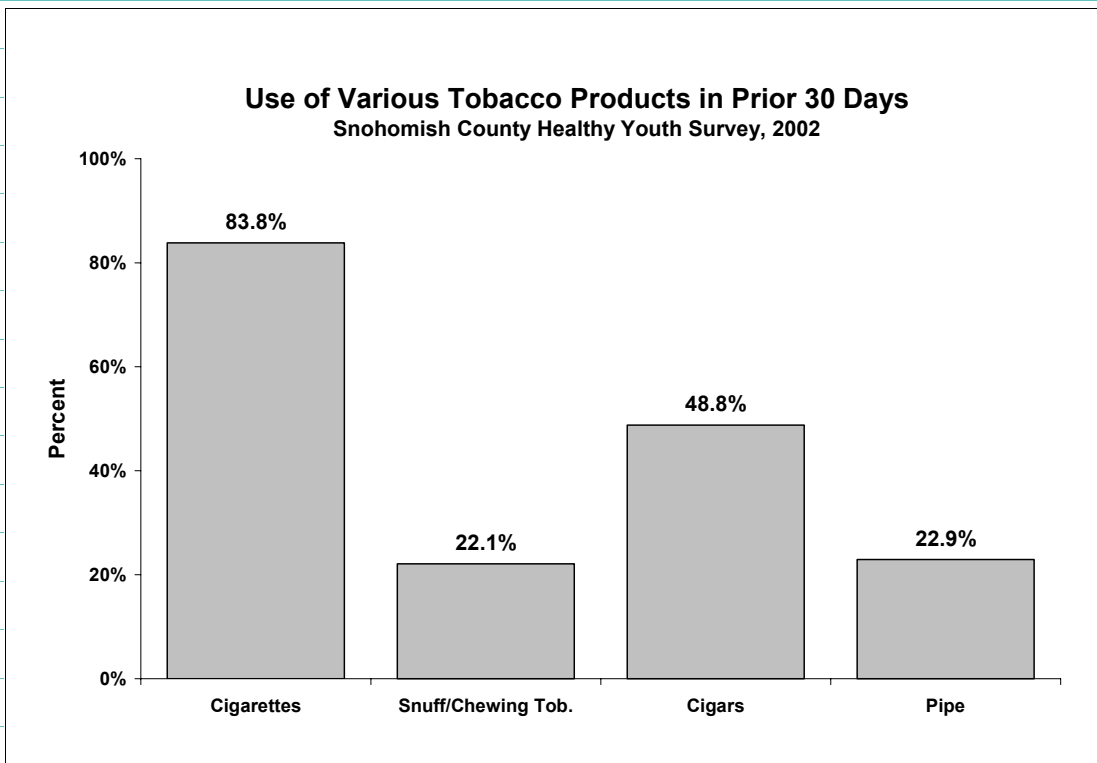
- ✓ Nearly one-quarter of students (23.8%) had used some form of tobacco (cigarettes, cigars, chewing tobacco, snuff, etc.) in their lives.
- ✓ The proportion of students with a history of tobacco use increased with age.
- ✓ Tobacco use was lowest among students who got mostly A's and highest among those with the lowest average grades lower than B's ( $p = 0.001$ ).

## TOBACCO



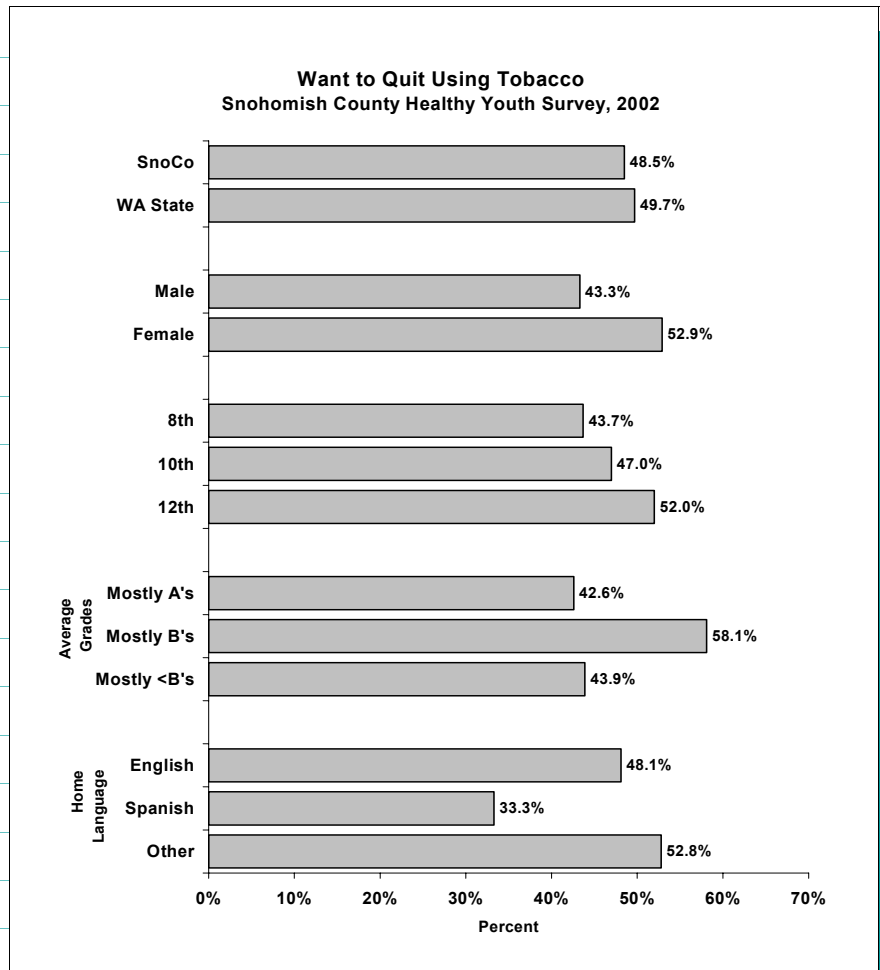
- ✓ One in seven Snohomish County students used tobacco in the 30 days prior to being surveyed.
- ✓ A significantly higher proportion of Snohomish County students used tobacco than was the average statewide ( $p = 0.001$ ).
- ✓ Tobacco use increased with age ( $p = 0.001$ ).

## TOBACCO



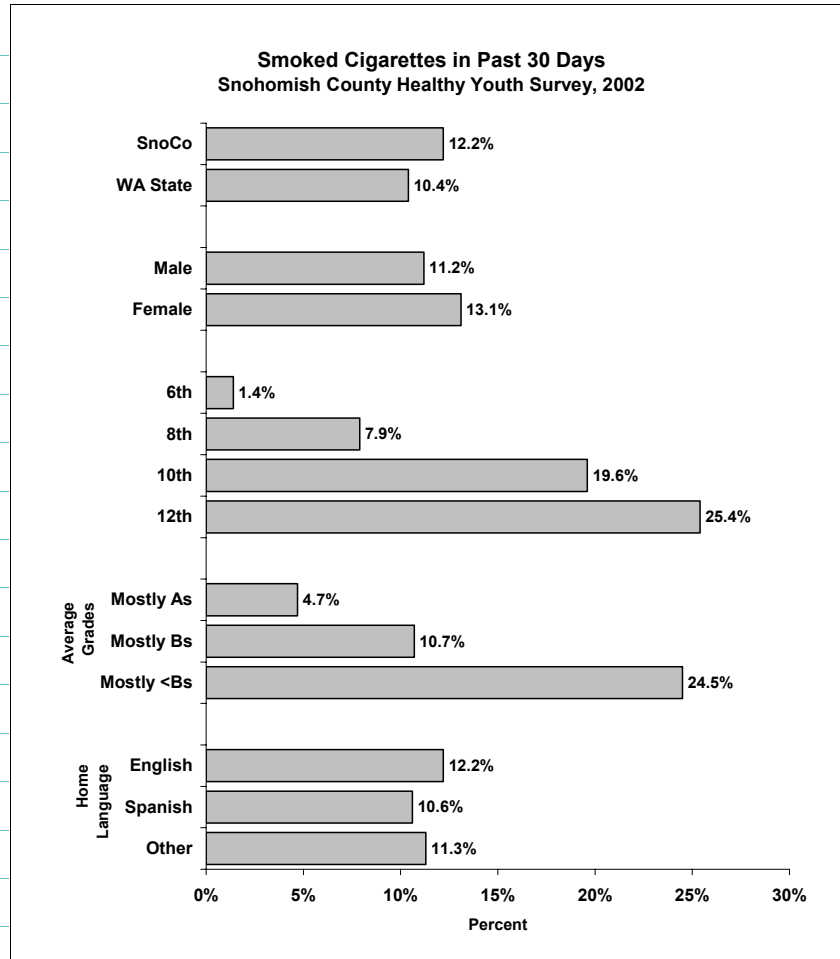
- ✓ Of those students who used tobacco, the majority (83.8%) smoked cigarettes.
- ✓ Almost half of tobacco users smoked cigars in the previous 30 days.
- ✓ More than one-third of tobacco users (38.4%) had used more than one form of tobacco in the 30 days before the survey.
- ✓ About eight percent of students (7.9%) smoked bidis (flavored cigarettes) during the 30 days prior to being surveyed, while 5.5% had smoked kreteks (clove cigarettes). (*Not shown*).

## TOBACCO



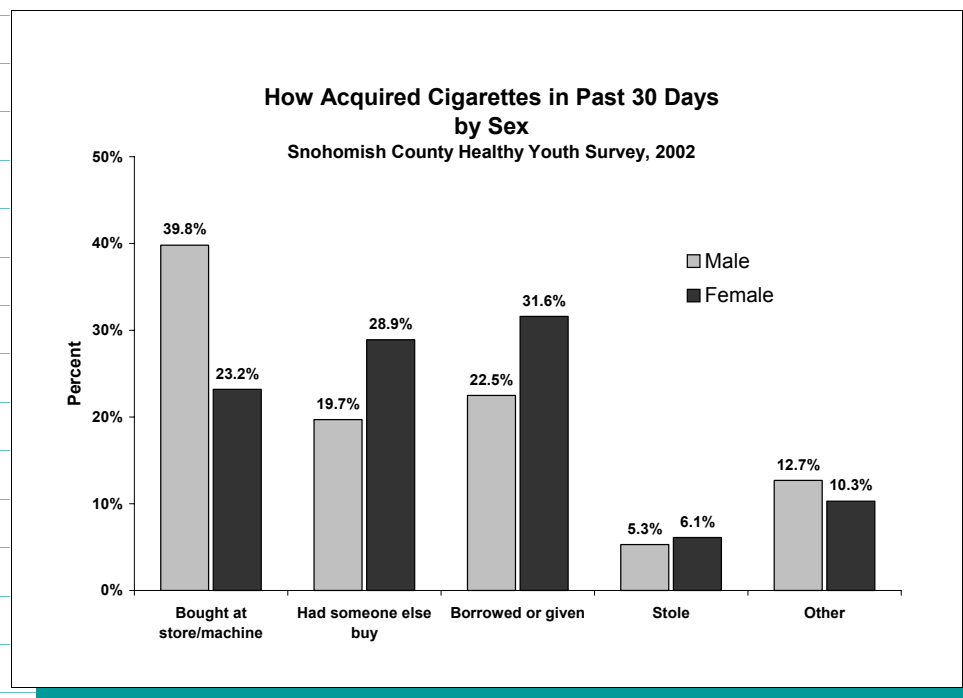
- ✓ Nearly half (48.5%) of those students who smoked said that they wanted to quit.
- ✓ Females were more likely to want to quit than males ( $p = 0.043$ ).
- ✓ The proportion of smokers who wanted to quit was highest among students whose grades were mostly B's ( $p = 0.014$ ).
- ✓ Although students who spoke Spanish at home were less likely to want to quit than other students, this difference was not significant ( $p = 0.23$ ).

## TOBACCO



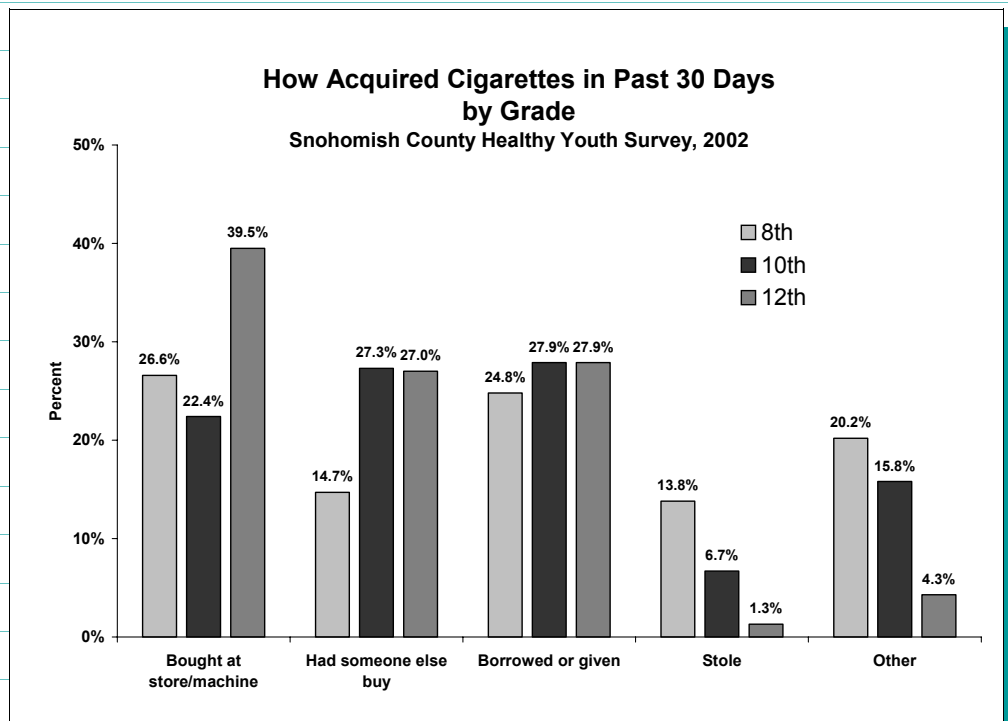
- ✓ About one in eight Snohomish County students had smoked cigarettes in the 30 days before the survey.
- ✓ Snohomish County students were more likely to have smoked cigarettes than the statewide average ( $p = 0.001$ ).
- ✓ Cigarette smoking was most common among students whose average grades were lower than B's ( $p = 0.001$ ).
- ✓ The proportion of students who smoked increased with age ( $p = 0.001$ ). One-quarter of 12<sup>th</sup> graders smoked cigarettes.

## TOBACCO



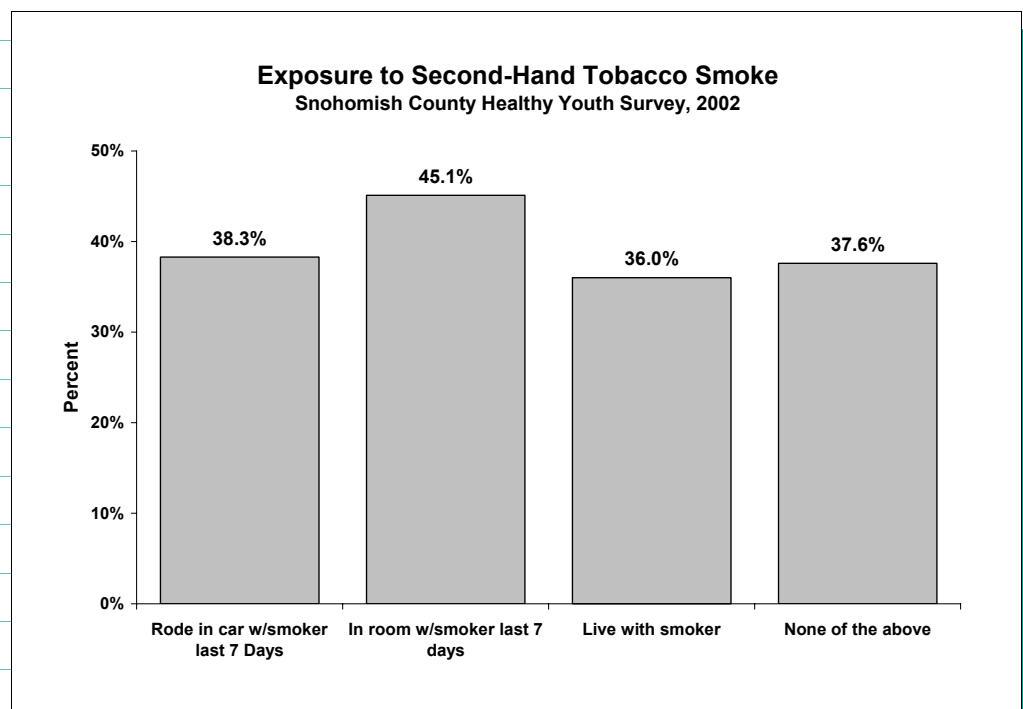
- ✓ There were differences in how males and females acquired cigarettes ( $p = 0.002$ ).
- ✓ Males were more likely than females to have purchased cigarettes at a store or vending machine (39.8% vs. 23.2%, respectively).
- ✓ Females were more likely to have someone else purchase cigarettes for them or to borrow them from another person 60.5% vs. 42.2% among males.

## TOBACCO



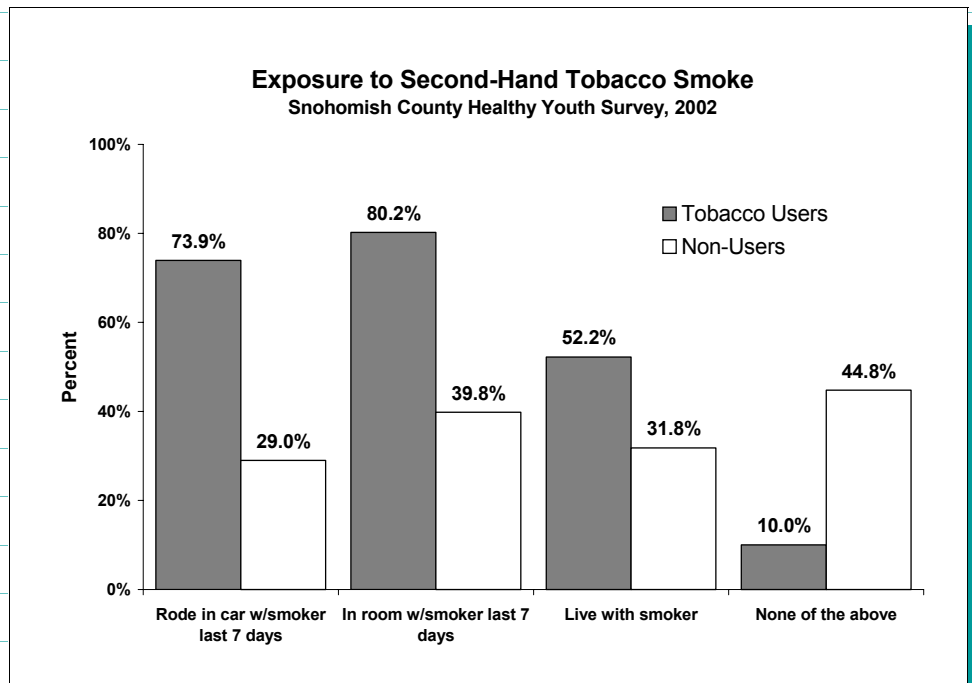
- ✓ There were differences in how students in various grades obtained cigarettes ( $p = 0.001$ ).
- ✓ The proportion of students who purchased their own cigarettes was highest amongst 12<sup>th</sup> graders, many of whom, being 18 years old, may legally purchase tobacco.
- ✓ Eighth graders were the most likely to report stealing to get cigarettes or to use another method.
- ✓ Students in the 10<sup>th</sup> grade were the most likely to get their cigarettes from someone else (either borrowing or having the other purchase cigarettes for them).

## TOBACCO



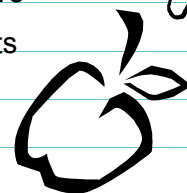
- ✓ About two-thirds of students reported some exposure to second-hand smoke.
- ✓ Nearly half of all students said that they had been in a room with a smoker in the week before the survey.

## TOBACCO



- ✓ Students who used tobacco in the 30 days prior to being surveyed were much more likely to have been exposed to second-hand smoke. Only 10% of students who used tobacco had not been exposed to second-hand smoke compared with nearly half (44.8%) of non-smokers ( $p = 0.001$ ).
- ✓ Smokers were more likely to be exposed to all forms of second-hand smoke than non-smokers. For example, 80.2% of smokers had been in a room with another smoker in the prior 7 days. This was twice as many as among non-smokers ( $p = 0.001$ ).

# Weight Status

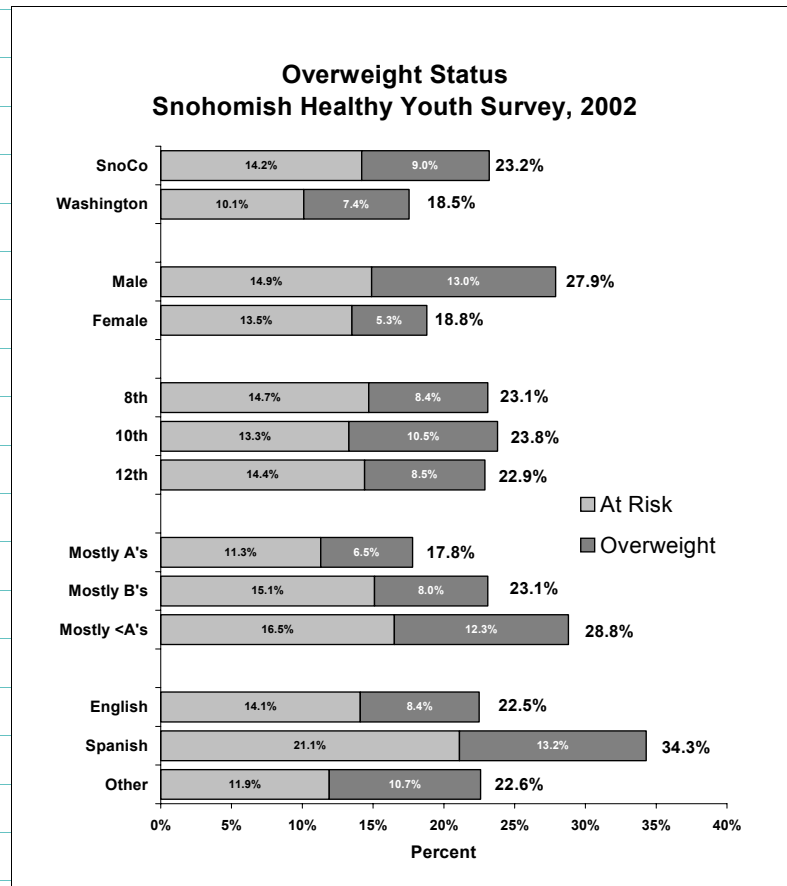


Nearly one-quarter of Snohomish County students were overweight or at risk of becoming overweight. Males were more likely to be overweight than females, but females were more likely to perceive themselves as overweight. Males were more likely to see themselves as being under-weight. Over 80% of students who thought they were overweight said they were trying to lose weight. Exercise was the most common strategy used to lose weight.

Only one-third of students engaged in the recommended amount of moderate physical activity (30 minutes or more on 5 or more days of the week). However, three-quarters engaged in the recommended amount of vigorous physical activity (20 minutes or more three times a week). Participation in sports and exercise was most common among males, younger students, and those who got good grades.

Only one-quarter of students ate the recommended five servings of fruits or vegetables daily. One-half of students drank soda.

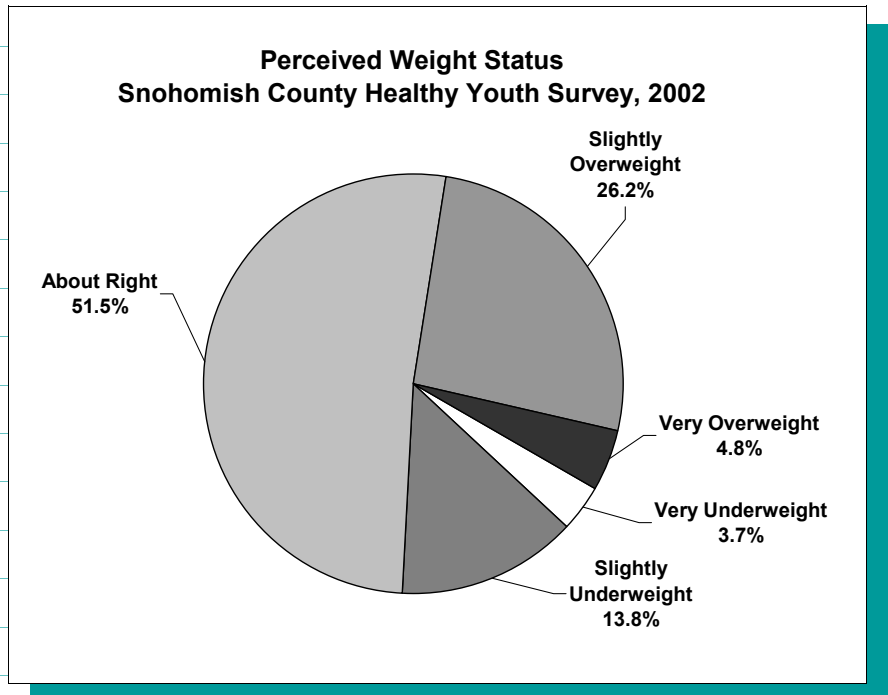
## WEIGHT STATUS



- ✓ Almost one-quarter of Snohomish County students were either overweight (9.0%) or considered to be at risk of becoming overweight (14.2%)\*.
- ✓ Snohomish County students were significantly more likely to be overweight or at risk of being overweight than the average student statewide ( $p = 0.001$ ).
- ✓ Males were more likely to be overweight than females ( $p = 0.001$ ).
- ✓ Students with poor grades were more likely than others to be overweight or at risk of becoming overweight ( $p = 0.001$ ).
- ✓ Students who spoke Spanish at home were more likely to be overweight than others ( $p = 0.02$ ).

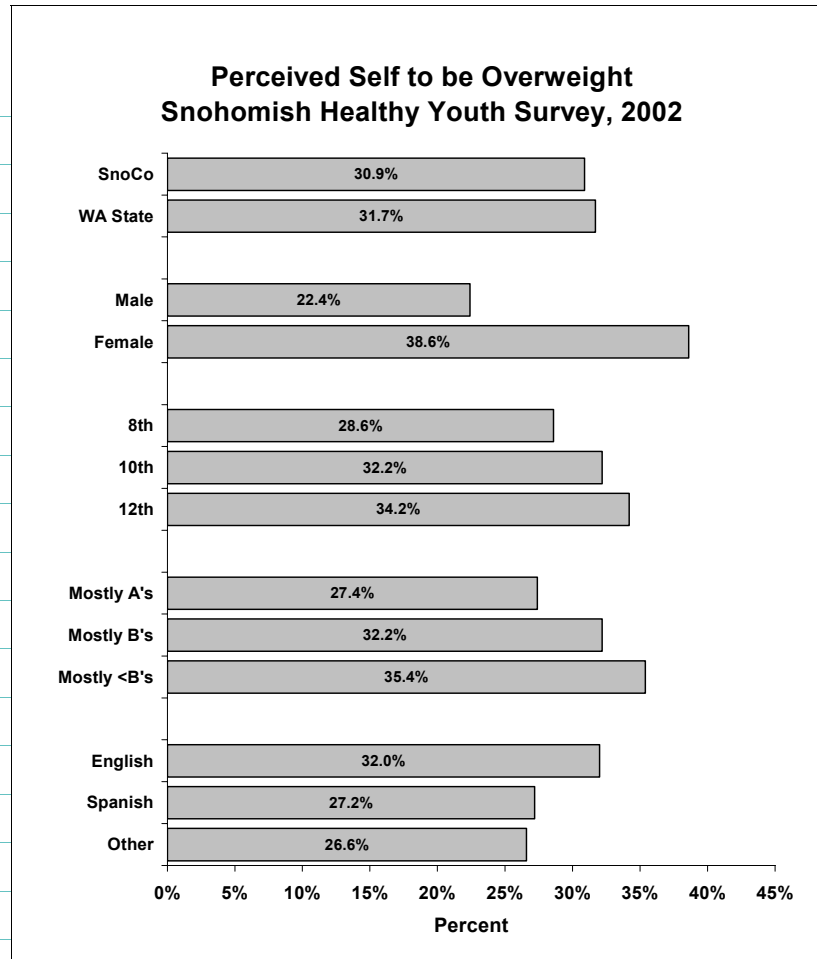
\* Overweight is defined as having a Body Mass Index within the 95<sup>th</sup> percentile or higher among the student's sex and age cohort. Those considered 'at risk' fall between the 85<sup>th</sup> and 95<sup>th</sup> percentiles. Body Mass index is defined as (kilograms of weight)/(height in meters)<sup>2</sup>. Centers for Disease Control.

## WEIGHT STATUS



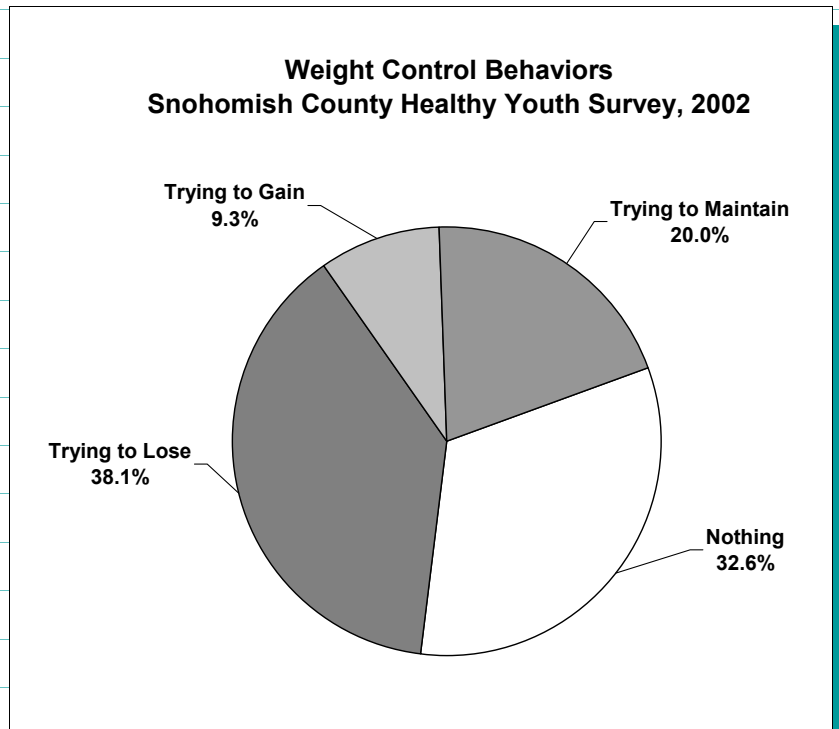
- ✓ About one-half of students (48.5%) were not satisfied with their weight.
- ✓ Almost one-third (31.8%) of students thought they were overweight.
- ✓ These results are similar to those for Washington State (*not shown*).

## WEIGHT STATUS



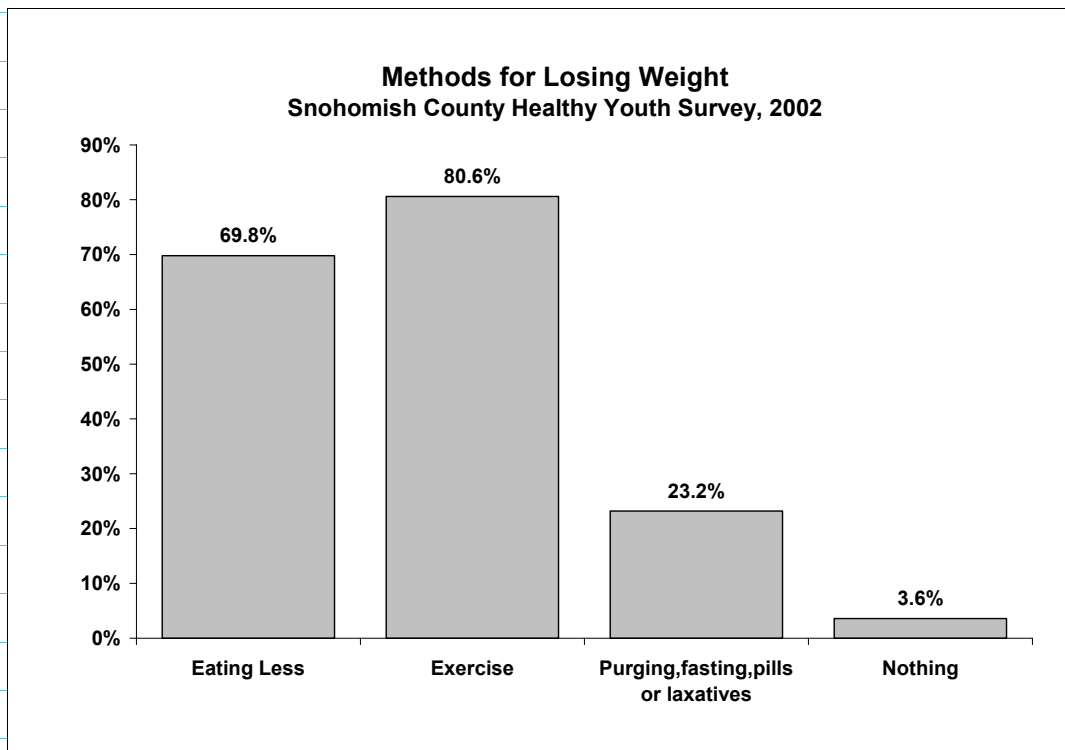
- ✓ Nearly one-third of Snohomish County students (30.9%) thought they were overweight.
- ✓ Females were much more likely than males to see themselves as overweight ( $p = 0.001$ ).
- ✓ Males were more likely than females to think of themselves as underweight (21.8% vs. 13.6%,  $p = 0.001$ , *not shown*).
- ✓ The proportion of students who thought of themselves as overweight increased with age ( $p = 0.009$ ).
- ✓ Students who spoke English at home were more likely than others to think of themselves as overweight ( $p = 0.007$ ).

## WEIGHT STATUS



- ✓ About one-half of students were either trying to gain or lose weight.
- ✓ Two-thirds (65.2%) of students who actually were overweight were trying to lose weight. (*not shown*)
- ✓ Students who perceived themselves as overweight were more likely to be trying to lose weight than those who were calculated to be overweight using the Body Mass Index (BMI). (*not shown*)

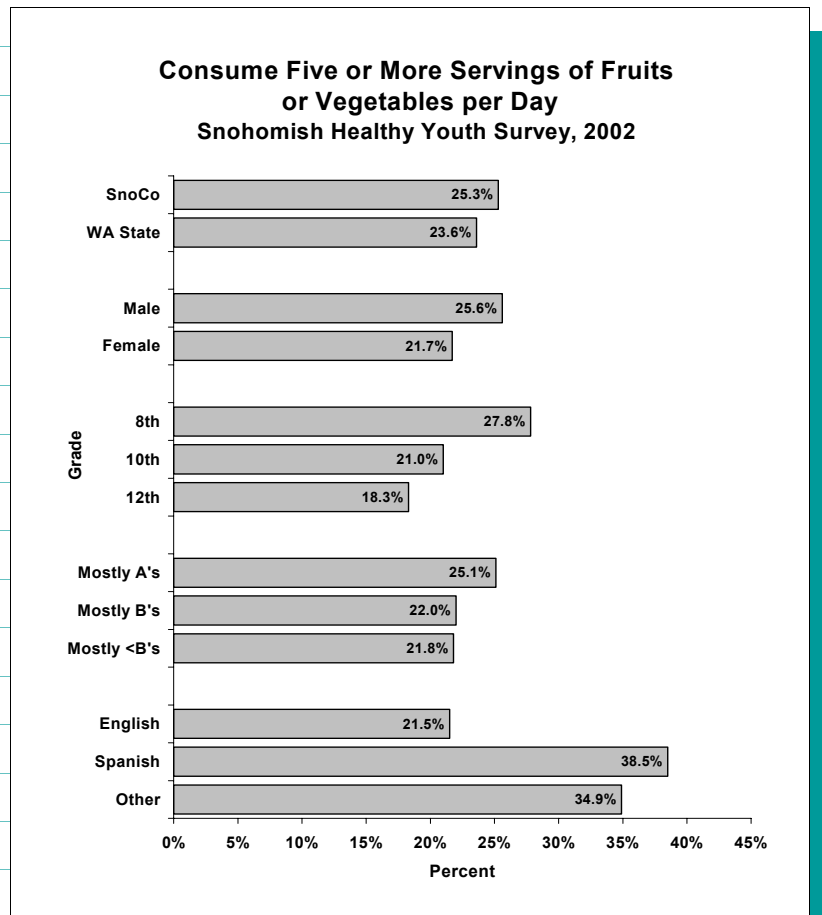
## WEIGHT STATUS



- ✓ Nearly one-quarter (23.2%) of those trying to lose weight purged, fasted, took diet pills or laxatives during the prior 30 days in order to lose weight.
- ✓ Exercise was the most popular method used by students who were trying to lose weight.
- ✓ Most students who were trying to lose weight ate less *and* exercised (54.0%, *not shown*).
- ✓ Most of those who used unhealthy weight-loss strategies *also* ate less (24.9%), exercised (9.2%), or both (58.1%).
- ✓ Nearly as many students were eating less to lose weight as those who were using exercise. (*not shown*)

## WEIGHT STATUS

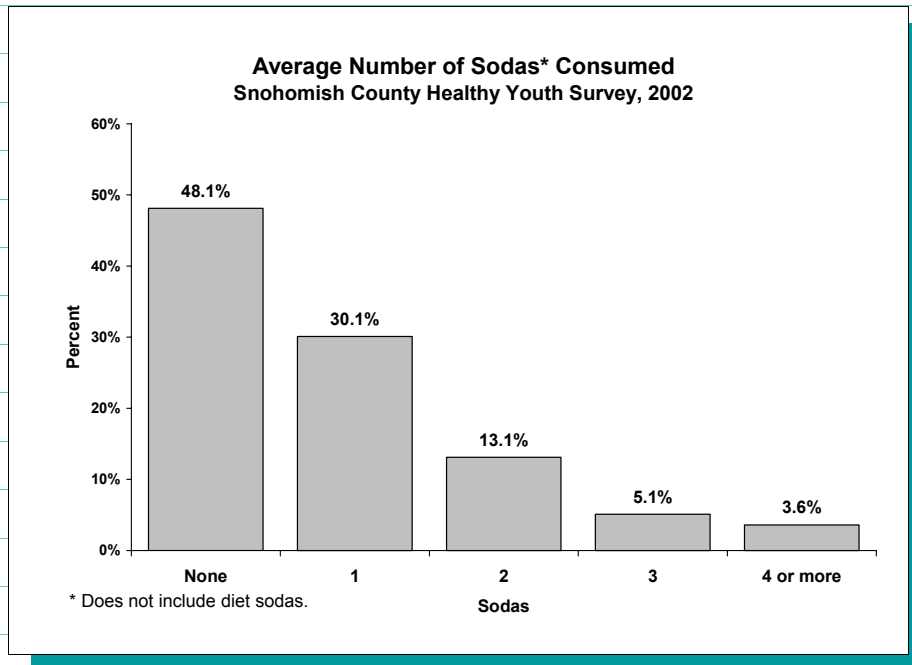
### Eating Habits



- ✓ Only one-quarter of students ate five or more servings of fruits and/or vegetables on a typical day.
- ✓ Males were more likely to eat 5 or more servings of fruits or vegetables per day than females ( $p = 0.007$ ).
- ✓ The proportion of students eating the recommended number of servings of fruits or vegetables decreased with age ( $p = 0.001$ ).
- ✓ Students who did not speak English in the home were more likely to eat five or more servings of fruits or vegetables per day than those who spoke English at home ( $p = 0.001$ ).

## WEIGHT STATUS

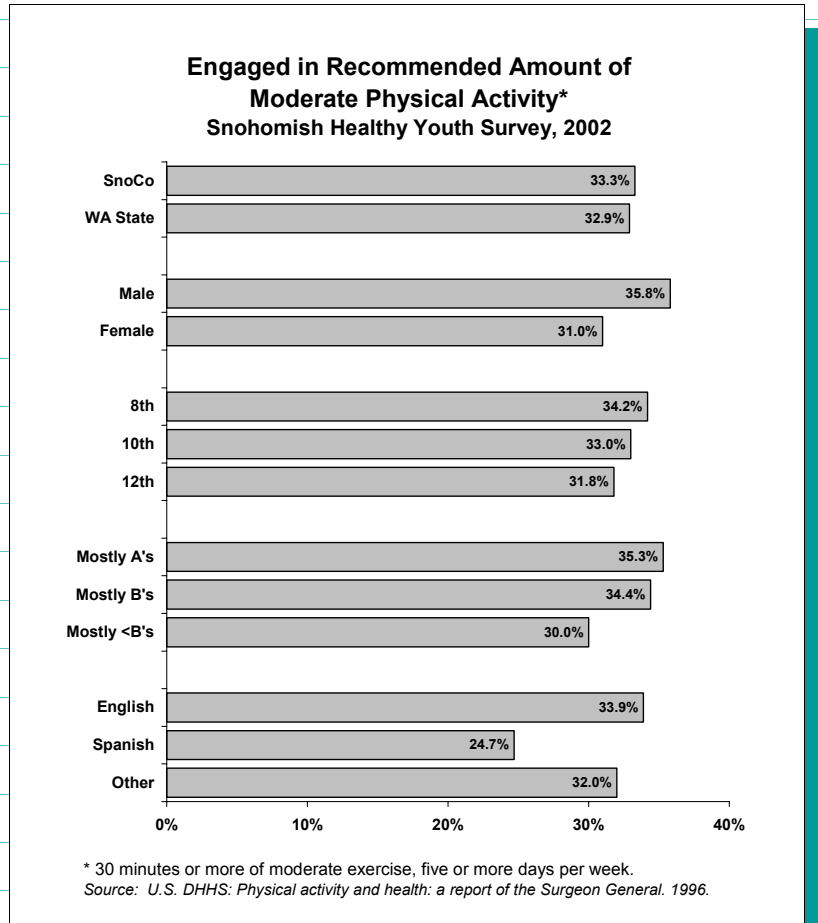
### Eating Habits



- ✓ 51.9% of students consumed at least one non-diet soda on the day before the survey.
- ✓ 30.1% of all students had only one non-diet soda the day before the survey.
- ✓ On average, Snohomish County students consumed less than one non-diet soda a day (0.86). This was the same for Washington State (*not shown*).

## WEIGHT STATUS

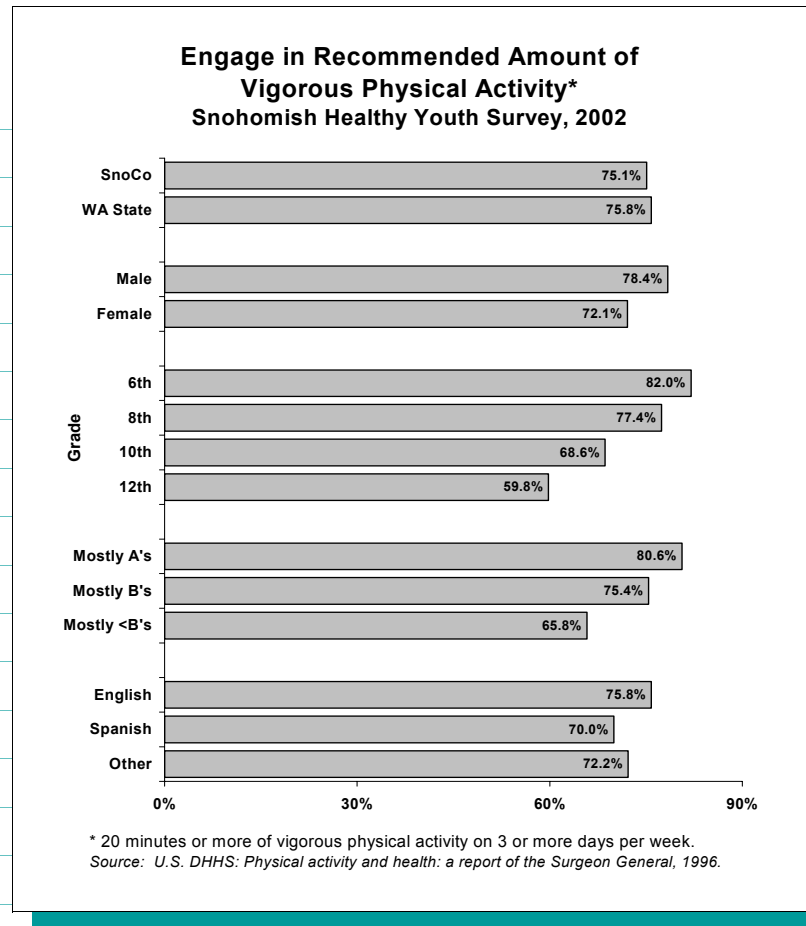
### Exercise



- ✓ One-third of students (33.3%) engaged in the recommended amount of moderate physical activity (30 minutes or more on five or more days per week).
- ✓ Snohomish County did not meet the Healthy People 2010 goal of having 35% of adolescents engage in the recommended amount of moderate physical activity.
- ✓ Males were more likely than females to meet the goal for moderate physical activity ( $p = 0.003$ ).
- ✓ Only 22.4% of overweight students met the goal for moderate physical activity compared with 35.3% of those who were not overweight ( $p = 0.001$ ). (not shown)

## WEIGHT STATUS

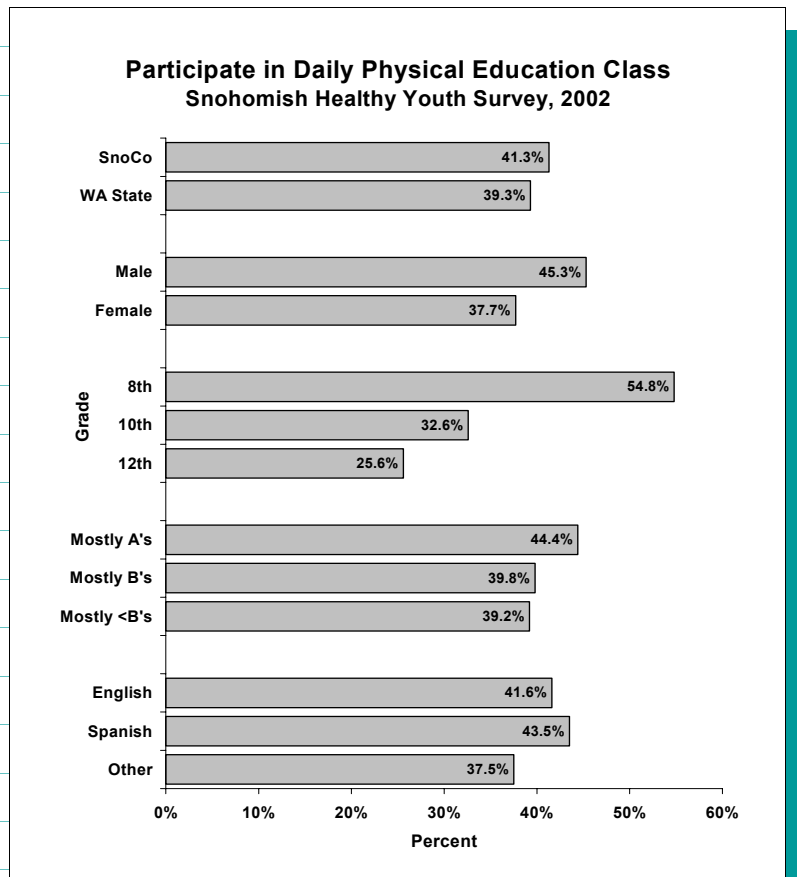
### Exercise



- ✓ Three-quarters of students (75.1%) engaged in the recommended amount of vigorous physical activity (20 minutes or more on three or more days of the week).
- ✓ Snohomish County did not meet the Healthy People 2010 goal of having 85% of adolescents engage in the recommended amount of vigorous physical activity.
- ✓ Males were more likely than females to meet the recommendation for vigorous physical activity ( $p = 0.001$ ).
- ✓ Students who spoke English at home were more likely than others to engage in the recommended amount of vigorous activity ( $p = 0.001$ ).
- ✓ The proportion of students meeting the recommendation declined with age ( $p = 0.001$ ).
- ✓ Students with good grades were more likely to meet the recommendation than those with poorer grades ( $p = 0.001$ ).

## WEIGHT STATUS

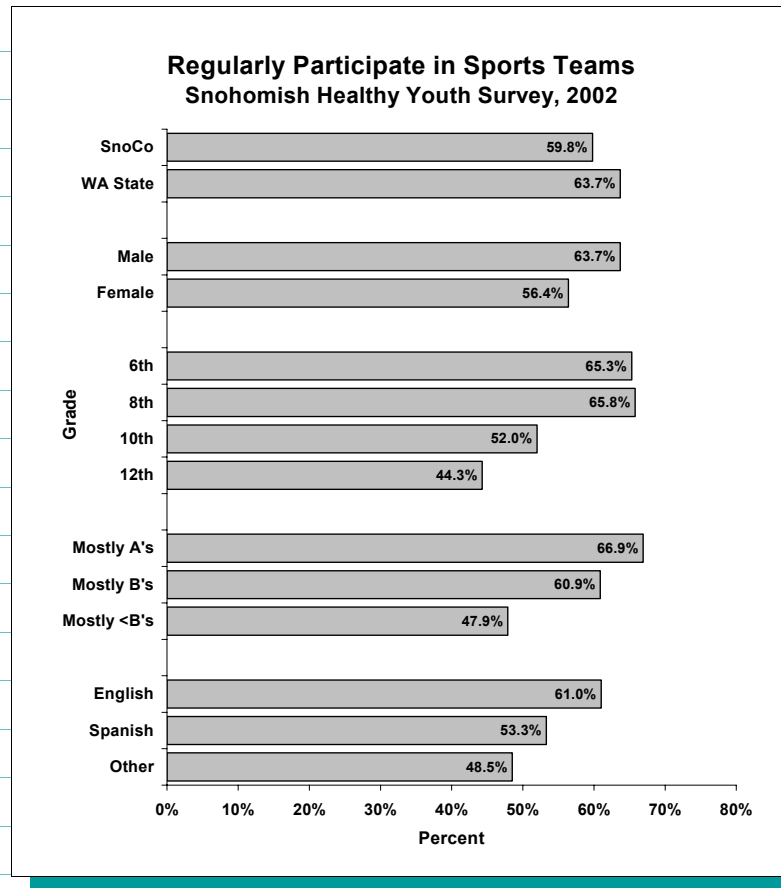
### Exercise



- ✓ Two out of five students (41.3%) participated in physical education class every day at school.
- ✓ Males were more likely than females to have physical education every day ( $p = 0.001$ ).
- ✓ Snohomish County did not meet the Healthy People 2010 goal of having 50% of students in physical education class every school day.
- ✓ The proportion of students who had physical education every day declined with age ( $p = 0.001$ ).
- ✓ Students with good grades were more likely to have physical education every day than others ( $p = 0.02$ ).

## WEIGHT STATUS

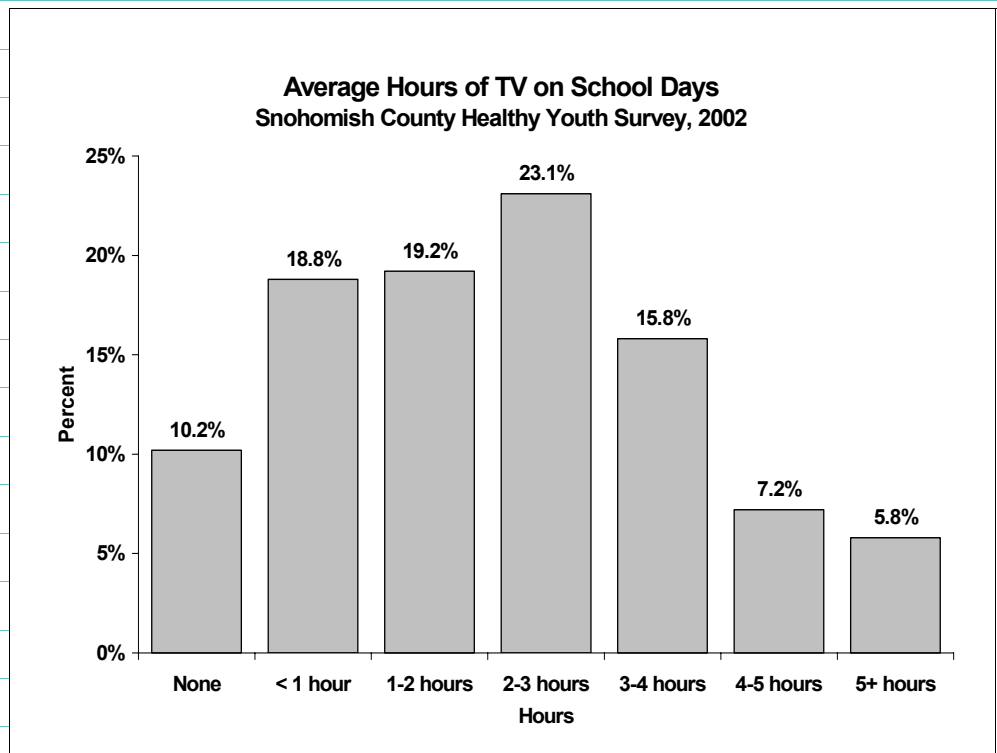
### Exercise



- ✓ Three out of five students (59.8%) participated in sports teams.
- ✓ Snohomish County students were less likely to participate in sports teams than the statewide average ( $p = 0.001$ ).
- ✓ Males were more likely to be on sports teams than females ( $p = 0.001$ ).
- ✓ The proportion of students who regularly participated in sports teams declined with age ( $p = 0.001$ ).
- ✓ Students with good grades were more likely to participate in sports teams than those with poor grades ( $p = 0.001$ ).
- ✓ Students who spoke English at home were more likely than others to participate in sports teams.

## WEIGHT STATUS

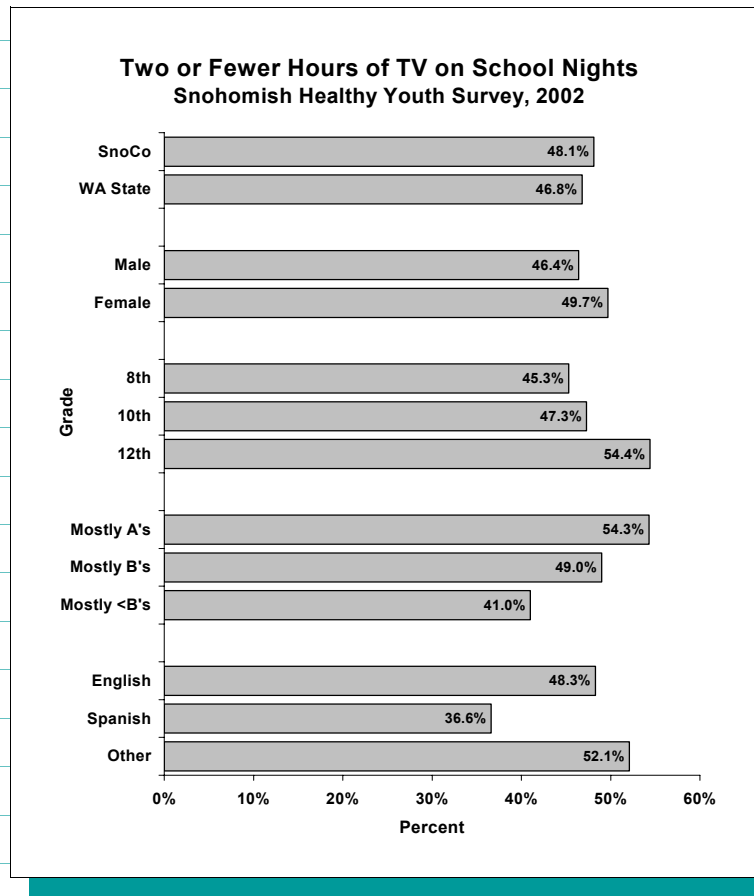
### Lifestyle



- ✓ Snohomish County students watched an average of 1.8 hours of television on school days (*not shown*).
- ✓ Nearly all students (89.8%) watched some TV on school days.
- ✓ Most students watched two or more hours of television on school days.

## WEIGHT STATUS

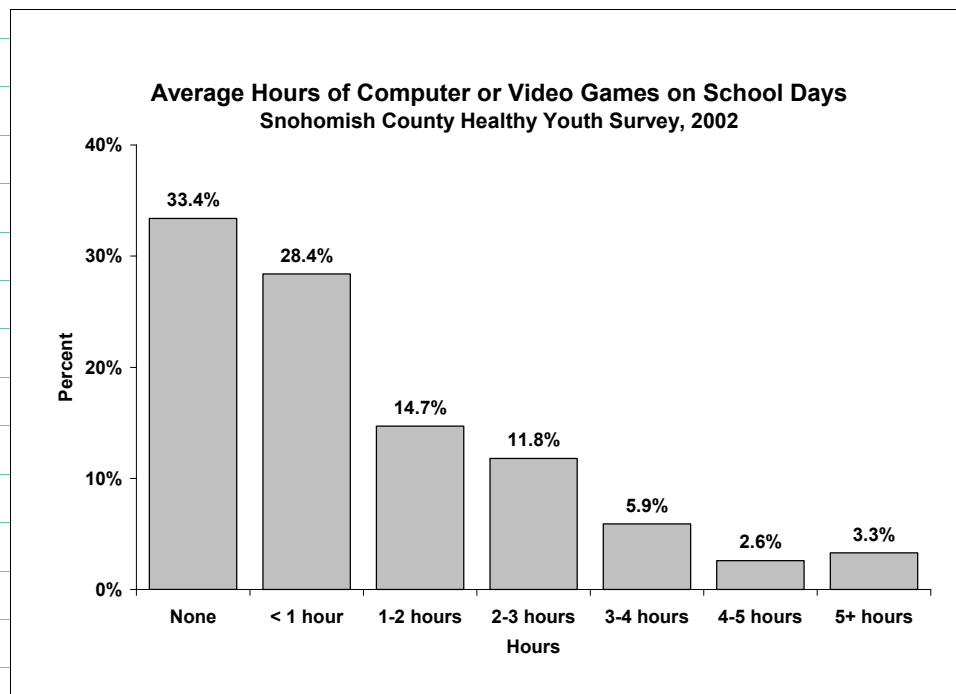
### Lifestyle



- ✓ Nearly half of students (48.1%) watched two or fewer hours of television on an average school day.
- ✓ Snohomish County has not met the Healthy People 2010 goal of having 75% of adolescents watch two or fewer hours of television on an average school day.
- ✓ The proportion of students who watched two or fewer hours of television on an average school day increased with age ( $p = 0.0001$ ).
- ✓ Students who spoke Spanish in the home were less likely than others to limit themselves to watching two or fewer hours of television on an average school day ( $p = 0.031$ ).
- ✓ Students who received good grades were more likely to watch two or fewer hours of television than students with poor grades ( $p = 0.0001$ ).

## WEIGHT STATUS

### Lifestyle



- ✓ One-third of students said they did not play computer or video games on a typical school day.
- ✓ Less than half of students (38.2%) played such games for more than one hour.
- ✓ Snohomish County students averaged less than one hour playing computer or video games on an average school day (*not shown*).



# Violence & Personal Safety



In general, Snohomish County youth were less exposed to violence than the statewide average. Young males with poor grades were the most likely to have been exposed to violence (fighting) or potential violence (carrying a weapon, gang membership). Students who spoke Spanish in the home were also more likely to have been in violent or potentially violent situations. Inter-personal violence (abuse by an adult or boyfriend/girlfriend) showed different patterns in regards to sex and age, but was similar to other indicators of violence in that it was most common among students with poor grades and those who did not speak English in the home.

Although the vast majority of students (84.1%) said they felt safe at school, almost one-quarter reported being bullied in the month before the survey. The proportion of students who felt safe at school declined with age, as did the proportion who had been bullied. Students with good grades were the most likely to feel safe at school, and the least likely to be bullied. Students who spoke English at home were the most likely to feel safe, while those who spoke Spanish were the most likely to have been afraid to go to school.

Nearly one-third of students had been in a fight in the year before the survey. Young males with poor grades were the most likely students to be involved in fights. Students who spoke Spanish at home were also more likely than others to have been in a fight. Members of gangs had the same characteristics, although Snohomish County students were less likely to belong to gangs than the statewide average. Males with poor grades were also the most likely students to have carried a weapon.

- Continued

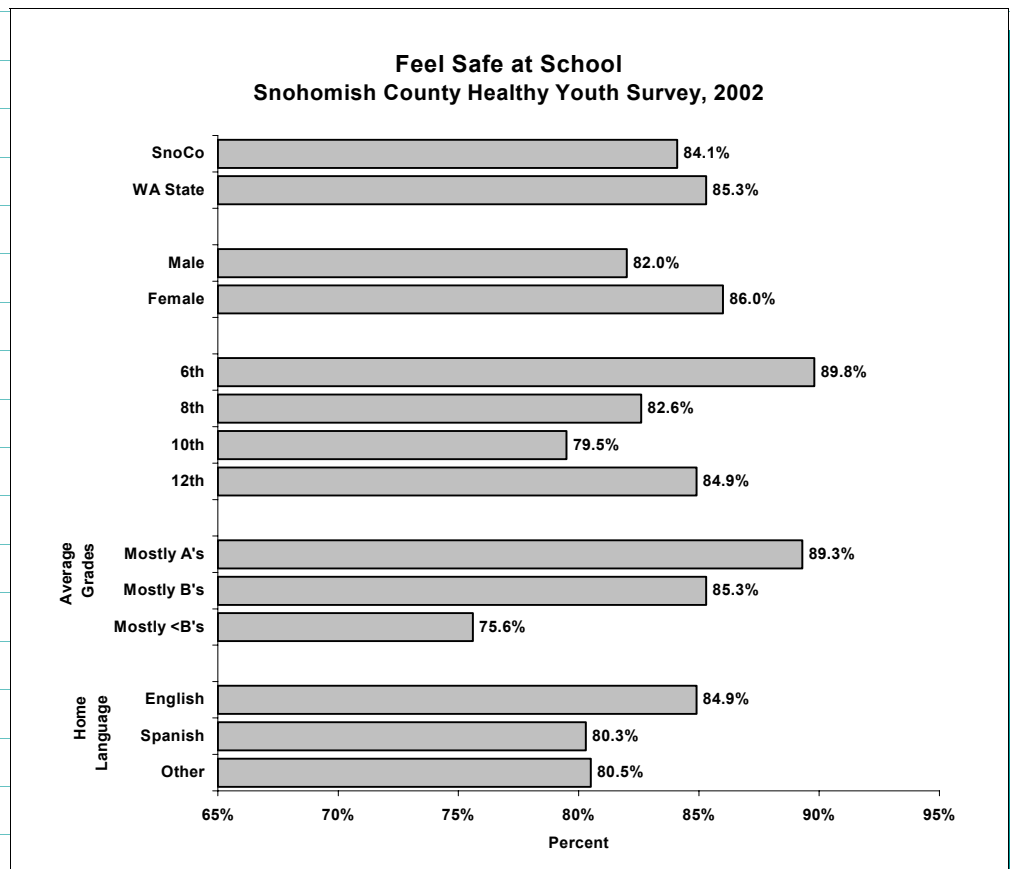
# Violence & Personal Safety

*Continued from previous page.*

One in ten students (11.6%) had been struck, restrained, threatened, or made to feel unsafe by either a boyfriend or girlfriend. Surprisingly, males were more likely to report this than females. Violence and/or intimidation by an intimate partner was most common among students with poor grades and those who spoke a language other than English in the home. Those who spoke Spanish at home were the most likely to experience abuse.

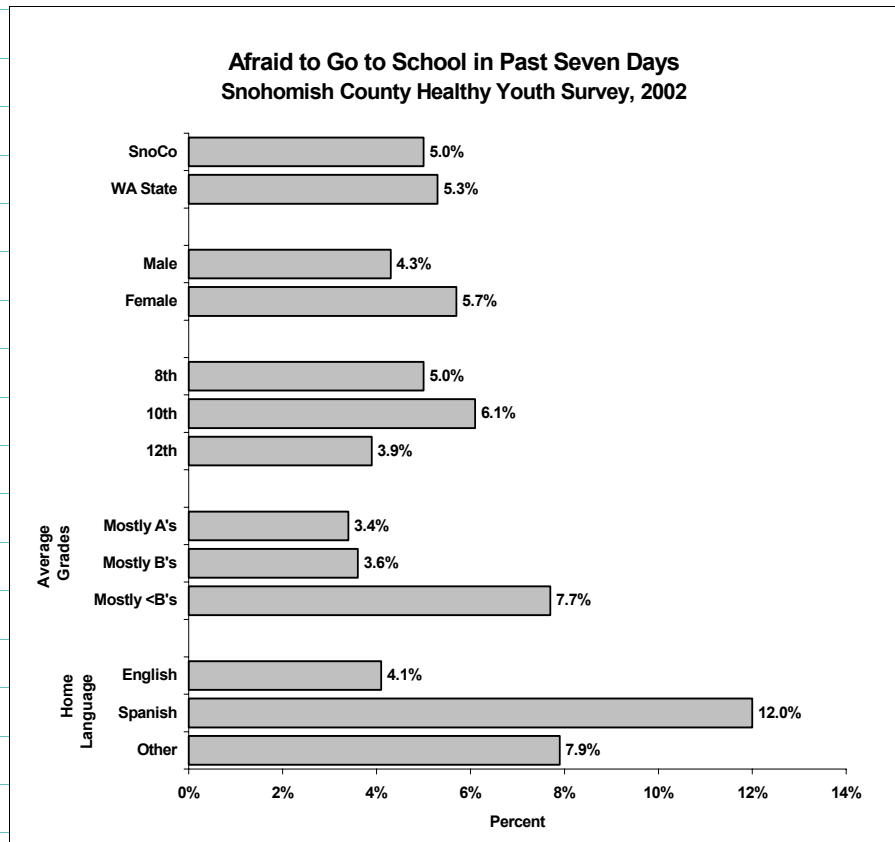
Nearly 15% of students were abused by an adult in the year before the survey. The pattern for abuse by adults differed from most other indicators of violence. Abuse increased with age, and there was no difference between sexes. However, there were still similarities to other indicators of violence in that adult abuse was most common among students with poor grades and those who spoke a language other than English at home.

## VIOLENCE & PERSONAL SAFETY



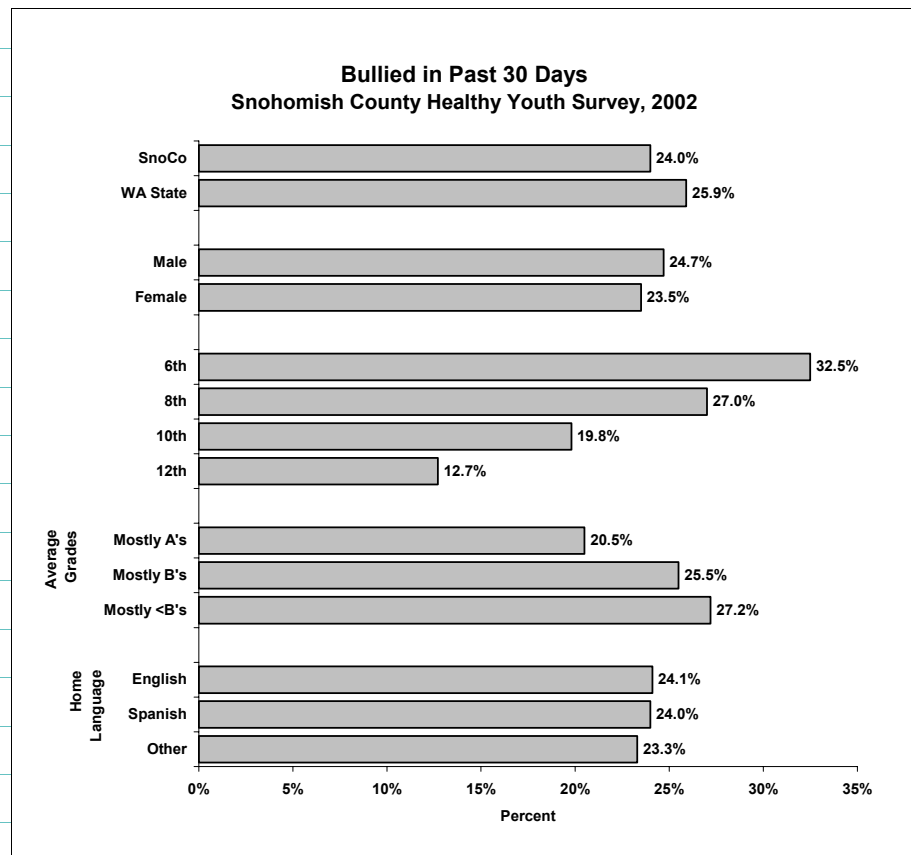
- ✓ The majority of students (84.1%) said they felt safe at school.
- ✓ Snohomish County students were less likely to feel safe at school than the average student statewide ( $p = 0.001$ ).
- ✓ 6<sup>th</sup> graders were the most likely to feel safe at school, and 10<sup>th</sup> graders were the least likely ( $p = 0.001$ ).
- ✓ Females were more likely to feel safe at school than males ( $p = 0.001$ ).
- ✓ Students with poor grades were less likely to feel safe than others ( $p = 0.001$ ).
- ✓ Students who were bullied were less likely to feel safe at school than others (75.3% vs. 87.2%,  $p = 0.001$ , *not shown*).

## VIOLENCE & PERSONAL SAFETY



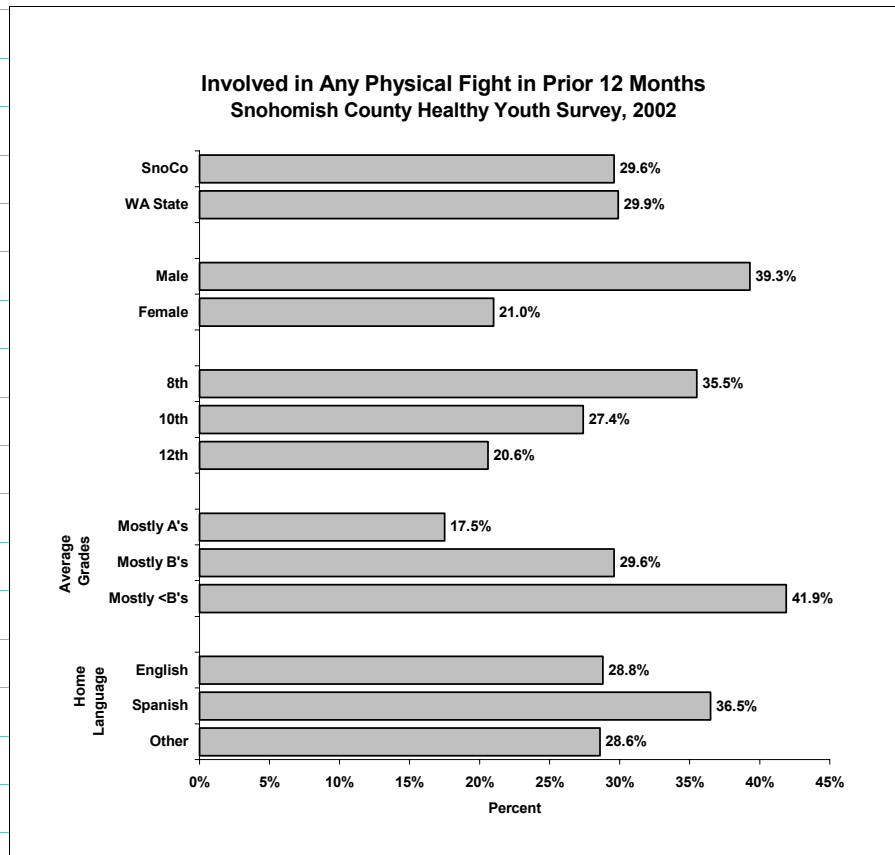
- ✓ One in twenty students said they stayed home from school because they were afraid.
- ✓ Females were more likely to stay home out of fear than males ( $p = 0.066$ ).
- ✓ Students whose grades were lower than B's were twice as likely to stay home due to fear than those with higher grades ( $p = 0.001$ ).
- ✓ Students who did not speak English at home were more likely to stay home due to fear than those who spoke English ( $p = 0.001$ ).
- ✓ Students who were bullied in the previous 30 days were much more likely to stay home from school because they were more afraid than others (11.4% vs. 3.1%,  $p = 0.001$ , *not shown*).

## VIOLENCE & PERSONAL SAFETY



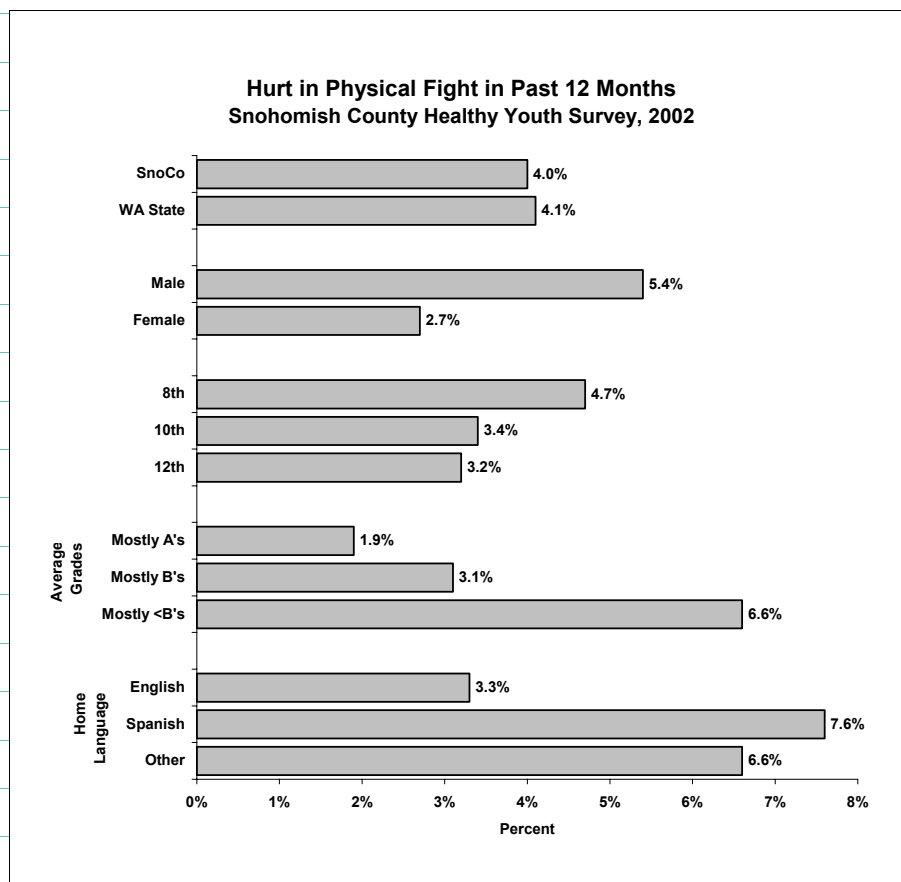
- ✓ Nearly one-quarter of Snohomish County students were bullied in the 30 days before the survey.
- ✓ Snohomish County students were less likely to be bullied than the statewide average ( $p = 0.001$ ).
- ✓ The proportion of students who were bullied was greatest among 6<sup>th</sup> graders and declined with age ( $p = 0.001$ ).
- ✓ The proportion of students who were bullied was lowest among those with the best grades and greatest among those with poor grades ( $p = 0.001$ ).

## VIOLENCE & PERSONAL SAFETY



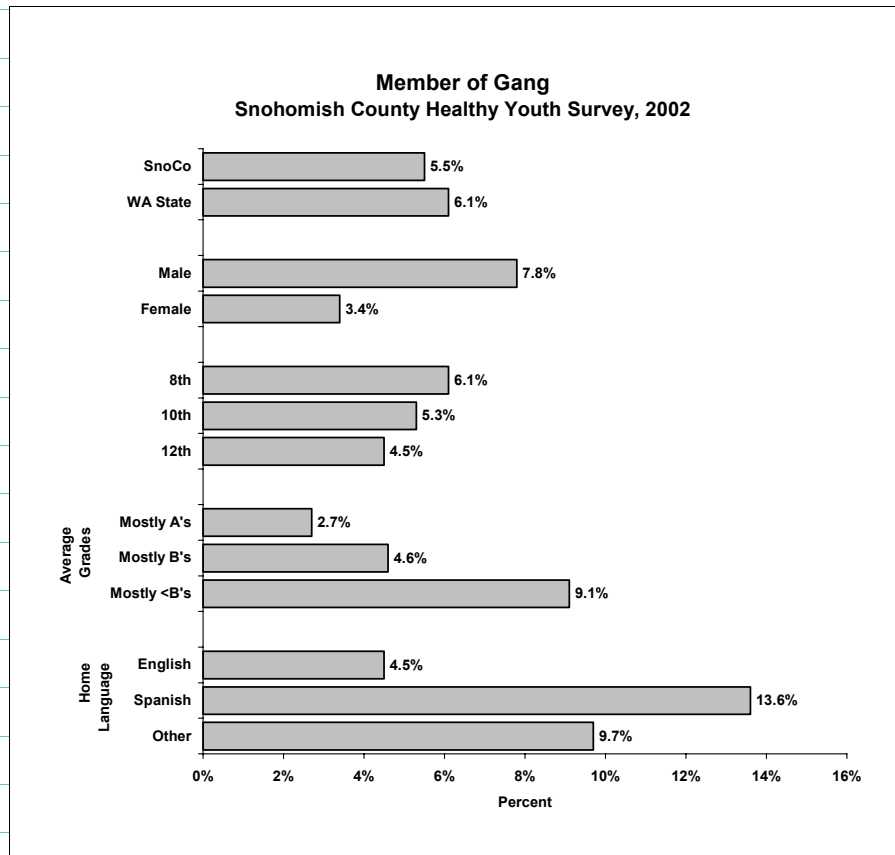
- ✓ Less than a third of students were in a physical fight in the previous year.
- ✓ Males were about twice as likely to be in a fight than females ( $p = 0.001$ ).
- ✓ The proportion of students who were in a fight declined with age ( $p = 0.001$ ).
- ✓ Students with good grades were less likely to be in a fight than those with poor grades ( $p = 0.001$ ).
- ✓ Students who spoke Spanish at home were more likely to be in a fight than others ( $p = 0.03$ ).

## VIOLENCE & PERSONAL SAFETY



- ✓ Only four percent of Snohomish County students had been hurt in a fight in the previous 12 months.
- ✓ Males were twice as likely as females to be hurt in a fight ( $p = 0.001$ ).
- ✓ Students with poor grades (lower than B's) were more likely to be hurt in a fight than those with better grades ( $p = 0.001$ ).
- ✓ Students who did not speak English at home were more likely to be hurt in a fight than those who spoke English at home ( $p = 0.002$ ).
- ✓ Approximately thirteen percent (13.2%) of 6<sup>th</sup> graders said they were hurt in a fight at some time in their lives (*not shown*).

## VIOLENCE & PERSONAL SAFETY

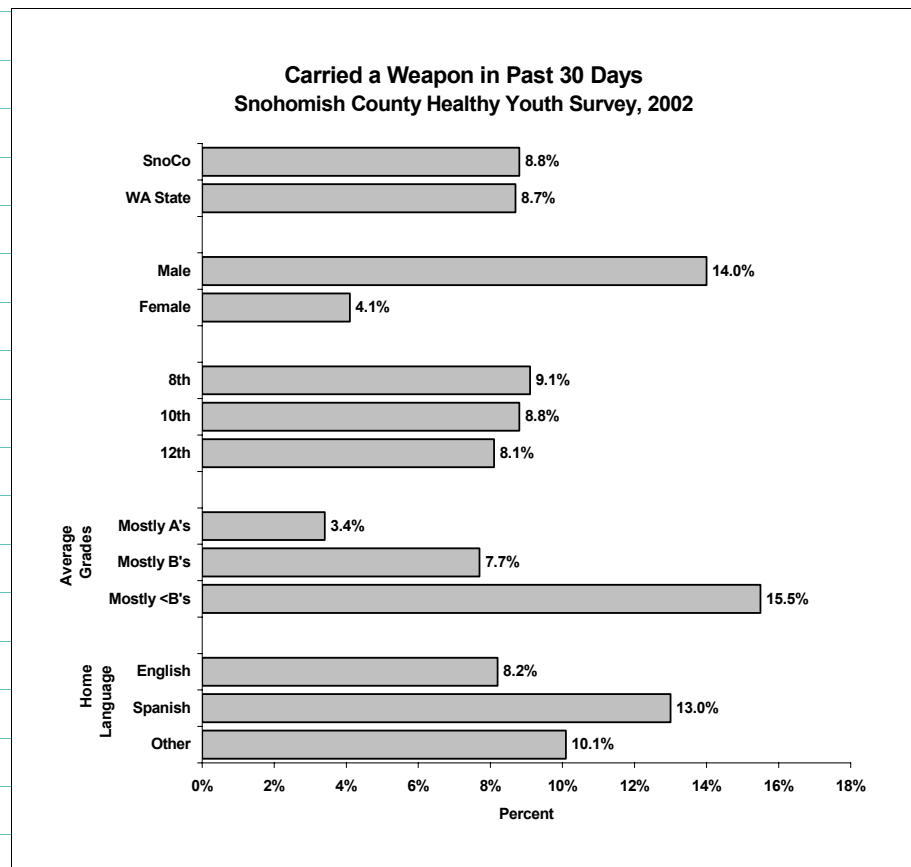


- ✓ About one in twenty Snohomish County students said that they were members of a gang.

*Nearly one-third of 6<sup>th</sup> grade students claimed that they belonged to a gang. Because this result is so different from that of 8<sup>th</sup> graders, its validity is questionable. Thus, 6<sup>th</sup> graders were excluded from this analysis.*

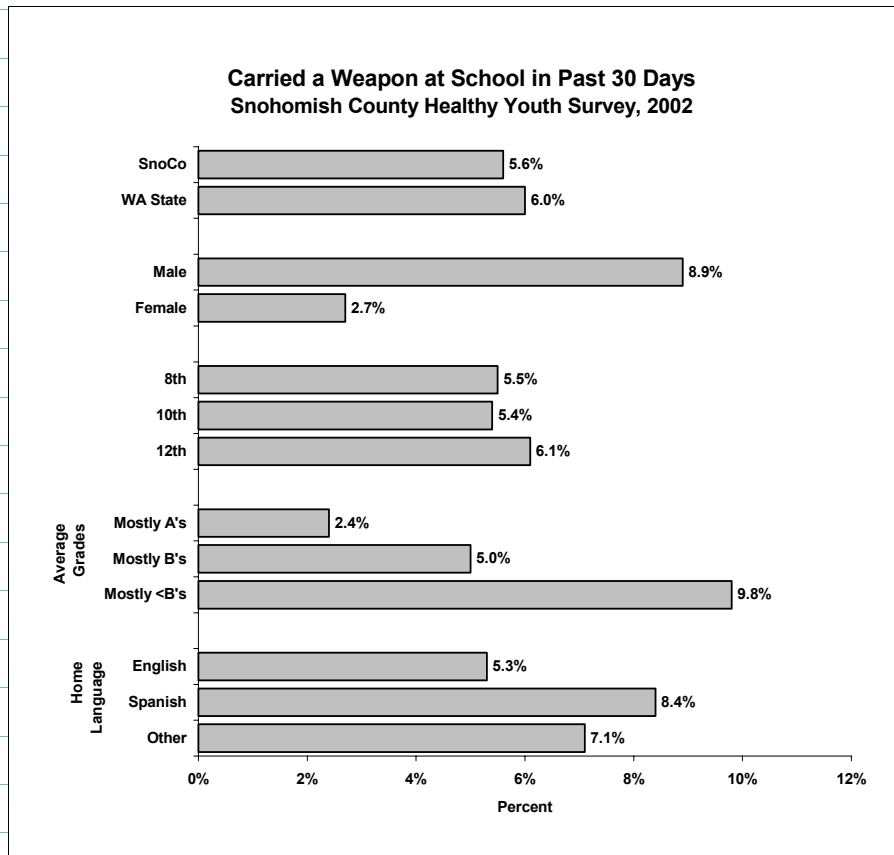
- ✓ Snohomish County students were less likely to belong to a gang than the statewide average ( $p = 0.017$ ).
- ✓ Males were more likely to belong to a gang than females ( $p = 0.001$ ).
- ✓ Gang membership declined with age ( $p = 0.053$ ).
- ✓ Students with poor grades were more likely to belong to a gang than others ( $p = 0.001$ ).
- ✓ Students who did not speak English at home were more likely than others to be in a gang ( $p = 0.001$ ).

## VIOLENCE & PERSONAL SAFETY



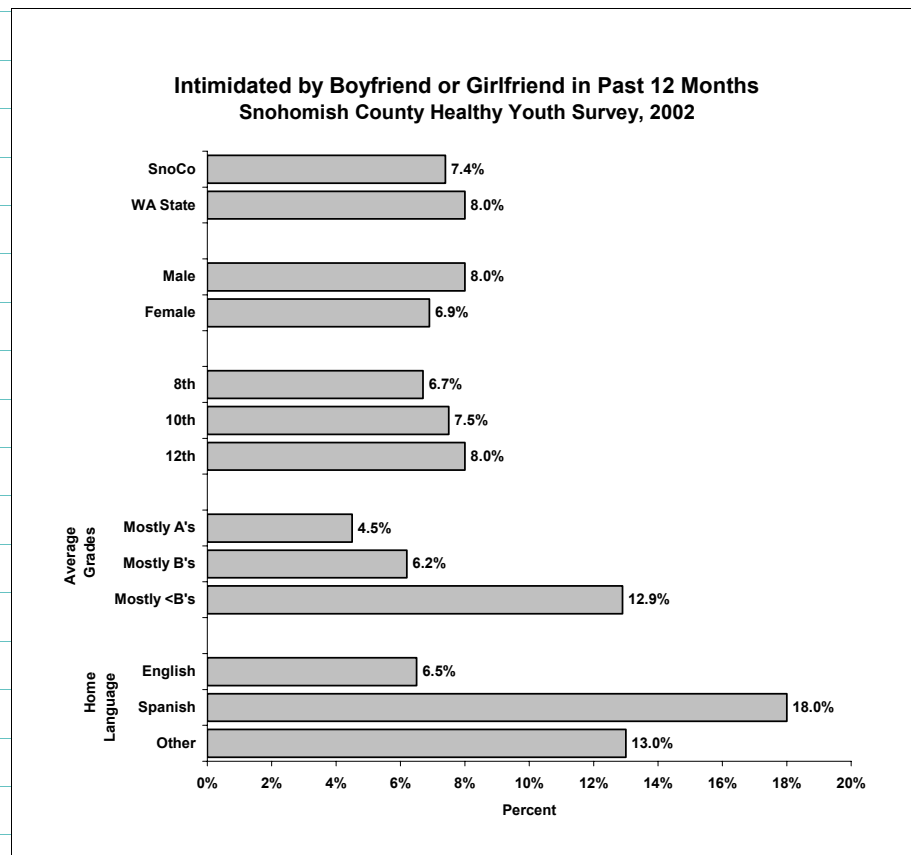
- ✓ Nearly ten percent (8.8%) of Snohomish County students said they carried a weapon in the 30 days prior to the survey.
- ✓ Males were much more likely to carry a weapon than females ( $p = 0.001$ ).
- ✓ The likelihood that a student carried a weapon increased as their average grades went down ( $p = 0.001$ ).
- ✓ Students who spoke Spanish at home were more likely than others to carry a weapon in the prior 30 days ( $p = 0.037$ ).

## VIOLENCE & PERSONAL SAFETY



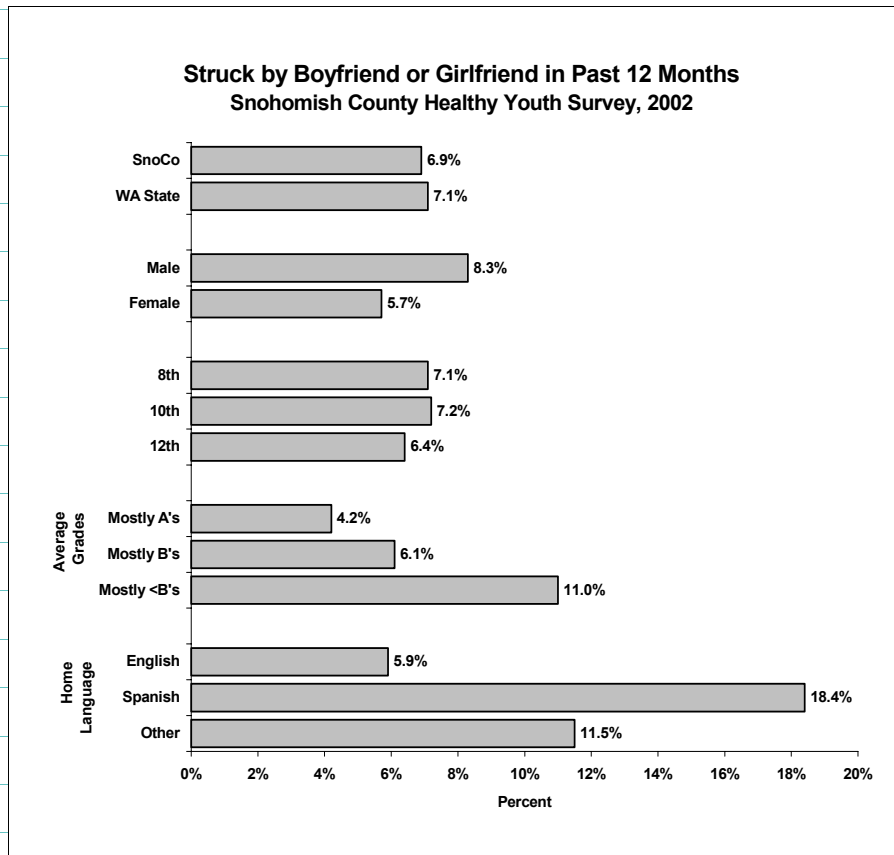
- ✓ Only 5.6% of students carried a weapon to school in the 30 days before the survey.
- ✓ Males were much more likely than females to carry a weapon to school ( $p = 0.001$ ).
- ✓ Students with poor grades were the most likely to carry a weapon to school ( $p = 0.001$ ).
- ✓ Students who did not speak English at home were more likely than those who did to carry a weapon to school ( $p = 0.002$ ).

## VIOLENCE & PERSONAL SAFETY



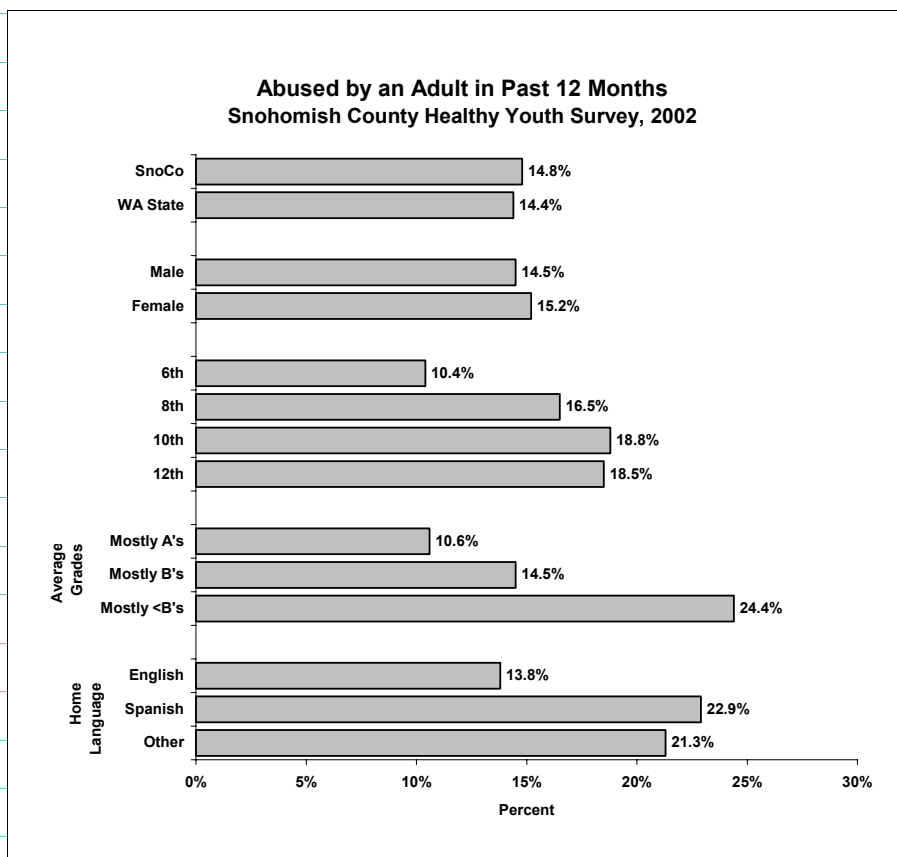
- ✓ In the previous year, only 7.4% of Snohomish County students said their boyfriend or girlfriend threatened them, made them feel unsafe, or in some way limited their activities.
- ✓ Students with poor grades were more likely than others to be intimidated by their boyfriend or girlfriend ( $p = 0.001$ ).
- ✓ Students who did not speak English at home were more likely than others to be intimidated by a boyfriend or girlfriend ( $p = 0.001$ ).

## VIOLENCE & PERSONAL SAFETY



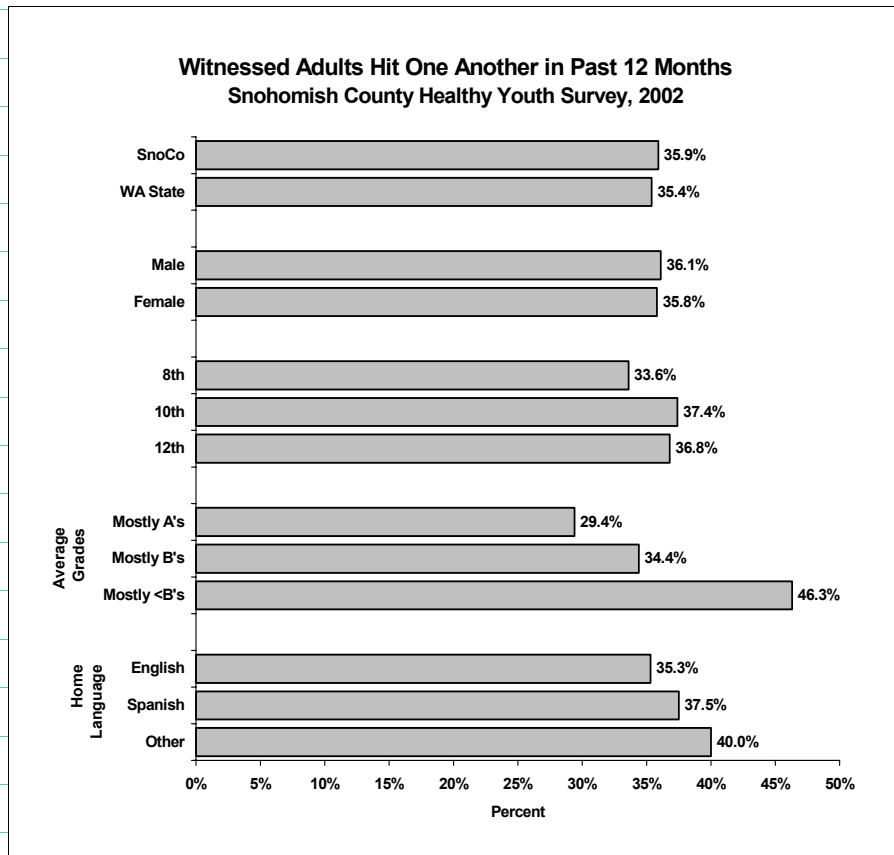
- ✓ 6.9% of Snohomish County students said their boyfriend or girlfriend hit them in the year before the survey.
- ✓ Males were more likely to report being hit by an intimate partner than females ( $p = 0.017$ ).
- ✓ Students with poor grades were more likely than others to be hit ( $p = 0.001$ ).
- ✓ Students who did not speak English at home were more likely to be hit than those that did speak English ( $p = 0.001$ ).

## VIOLENCE & PERSONAL SAFETY



- ✓ About one in seven Snohomish County students (14.8%) said an adult had abused them in the 12 months prior to the survey.
- ✓ Students in 6<sup>th</sup> grade were less likely to be abused than older students ( $p = 0.001$ ).
- ✓ Students with the poorest grades were the most likely to be abused ( $p = 0.001$ ).
- ✓ Students who did not speak English were more likely than others to be abused ( $p = 0.001$ ).

## VIOLENCE & PERSONAL SAFETY



- ✓ More than one-third of Snohomish students (35.9%) said they had witnessed one adult physically strike another in the year before the survey.
- ✓ The proportion of students who witnessed violence between adults increased as students' grades declined ( $p = 0.001$ ).



**Table 1. Academic Achievement**

	<i>Snohomish County</i>			<i>Washington State</i>		
	Percent	(95% C.I.)*	Number of respondents	Percent	(95% C.I.)*	Number of respondents
Self-Reported Grades			9,170			23,170
Mostly A's	37.3%	(36.3, 38.3)		38.9%	(38.3, 39.5)	
Mostly B's	36.3%	(35.3, 37.3)		36.1%	(35.5, 36.7)	
Mostly C's	18.2%	(17.4, 19)		17.9%	(17.4, 18.4)	
Mostly D's	4.8%	(4.4, 5.3)		4.5%	(4.3, 4.8)	
Mostly F's	3.4%	(3, 3.8)		2.7%	(2.5, 2.9)	
Expected Educational Attainment			3,362			7,460
Will Not Graduate H.S.	2.3%	(1.9, 2.9)		2.2%	(1.9, 2.5)	
Graduate H.S.	6.6%	(5.8, 7.5)		6.6%	(6, 7.2)	
Community College	22.1%	(20.7, 23.5)		20.4%	(19.5, 21.3)	
Attend 4-Year College	8.1%	(7.2, 9.1)		9.8%	(9.2, 10.5)	
Graduate 4-Year College	37.7%	(36.1, 39.7)		35.4%	(34.3, 36.5)	
Post-Graduate Degree	23.2%	(21.8, 24.7)		25.7%	(24.7, 26.7)	

\*95% confidence interval

**Table 2. General Health**

Disabilities	Snohomish County			Washington State		
	Percent	(95% C.I.)*	Number of respondents	Percent	(95% C.I.)*	Number of respondents
Long-Term Physical Problem	14.3%	(13.0, 15.5)	2965	14.6%	(13, 15.5)	6731
Long-Term Emotional or Learning Disability	11.1%	(10.0, 12.6)	3153	10.0%	(9.3, 10.7)	7019
Health Problem Interferes With Activities	8.0%	(7.3, 8.8)	5194	8.3%	(7.9, 8.9)	13825
<b>Asthma</b>						
Ever Diagnosed with Asthma	16.2%	(15.2, 17.1)	5468	16.6%	(16, 17.2)	14809
Asthma Attack or Used Medication in Past 12 Months	15.9%	(14.9, 16.8)	5541	15.8%	(15.2, 16.4)	15009
<b>Depression &amp; Suicide</b>						
Depressed in Past 12 Months	27.7%	(26.7, 28.7)	7023	27.9%	(27.2, 28.7)	15596
Seriously Considered Suicide in Past 12 Months	16.7%	(15.5, 17.9)	3623	15.6%	(14.8, 16.4)	8196
Made Suicide Plan in Past 12 Months	12.1%	(11, 13.1)	3618	12.4%	(11.7, 13.1)	8191
Attempted Suicide in Past 12 Months	7.8%	(6.9, 8.7)	3621	7.9%	(7.3, 8.5)	8183
Suicide Attempt Resulted in Injury in Past 12 Months	22.6%	(19.2, 25.9)	612	20.2%	(18.2, 22.3)	1451
How Likely to Seek Help When Depressed			3401			7570
Very Likely	16.6%	(15.4, 17.9)	3401	18.0%	(17.2, 18.9)	7570
Somewhat Likely	14.1%	(12.9, 15.3)	3401	15.0%	(14.2, 15.8)	7570
Somewhat Unlikely	9.8%	(8.9, 10.9)	3401	9.8%	(9.1, 10.4)	7570
Very Unlikely	13.4%	(13.2, 15.5)	3401	13.3%	(12.6, 14.1)	7570
Do Not Get Depressed	45.2%	(43.5, 46.9)	3401	44.0%	(42.9, 45.1)	7570
Very Likely to Seek Help When Depressed	30.3%	(28.2, 32.4)	1865	32.1%	(30.7, 33.5)	4252
<b>Safety</b>						
How Often Wear Bicycle Helmet			2793			6262
Never	48.0%	(46.2, 49.9)		50.6%	(49.3, 51.8)	
Rarely	13.4%	(12.1, 14.7)		12.4%	(11.6, 13.3)	
Sometimes	9.2%	(8.2, 10.3)		9.4%	(8.7, 10.2)	
Most of the Time	12.2%	(11.1, 13.5)		11.4%	(10.6, 12.2)	
Always	17.2%	(15.8, 18.6)		16.2%	(13.6, 17.2)	
Wear Bike Helmet Always or Most of the Time	29.4%	(27.7, 31.1)	2795	27.6%	(26.5, 28.7)	6262
How Often Wear Motorcycle Helmet			1094			2516
Never	13.1%	(11.2, 15.2)		15.3%	(14, 16.8)	
Rarely	5.3%	(4.1, 6.8)		6.0%	(5.1, 7)	
Sometimes	6.7%	(5.3, 8.3)		6.9%	(6, 7.9)	
Most of the Time	15.0%	(13, 17.2)		16.2%	(14.8, 17.7)	
Always	60.0%	(57, 62.8)		55.6%	(53.6, 57.5)	
Wear Motorcycle Helmet Always or Most of the Time	74.7%	(72.2, 77.3)	1097	71.8%	(70, 73.5)	2516
How Often Wear Seat Belts			5955			16199
Never	1.1%	(0.8, 1.4)		1.3%	(1.1, 1.4)	
Rarely	1.6%	(1.3, 2)		1.8%	(1.6, 2)	
Sometimes	3.9%	(3.5, 4.5)		4.3%	(4, 4.6)	
Most of the Time	17.7%	(16.7, 18.7)		18.1%	(17.5, 18.7)	
Always	75.7%	(74.6, 76.8)		74.6%	(73.9, 75.3)	
Wear Seatbelts Always or Most of the Time	93.4%	(92.7, 94)	5955	92.7%	(92.3, 93.1)	16199
*95% confidence interval						

**Table 3. Alcohol & Drugs**

	<i>Snohomish County</i>			<i>Washington State</i>		
	Percent	(95% C.I.)*	Number of respondents	Percent	(95% C.I.)*	Number of respondents
<b>Alcohol Use</b>						
Lifetime Alcohol Use	49.9%	(48.8, 50.9)	9,341	48.9%	(48.3, 50.4)	23,501
30-Day Alcohol Use	22.6%	(21.8, 23.4)	9,465	19.9%	(19.4, 20.4)	23,771
30-Day Binge Drinking	16.9%	(16, 17.8)	7,187	17.0%	(16.4, 17.6)	15,981
30-Day Drunk Driving	13.1%	(11.1, 15)	1,180	12.8%	(11.6, 14)	2,835
30-Day Rode w/Drunk Driver	23.3%	(21.9, 24.7)	3,642	22.4%	(21.5, 23.3)	8,238
<b>Illegal Drugs</b>						
Lifetime Use	24.0%	(23.2, 24.9)	9,302	22.8%	(22.3, 23.4)	23,415
Lifetime Marijuana Use	22.1%	(21.3, 23)	9,360	20.7%	(20.2, 21.2)	23,546
30-Day Use	14.6%	(13.9, 15.3)	9,431	13.1%	(12.6, 13.5)	23,731
Marijuana	12.8%	(12.1, 13.5)	9,447	11.5%	(11.1, 11.9)	23,754
Inhalants	4.6%	(4.1, 5)	7,238	4.1%	(3.8, 4.4)	16,121
Methamphetamines	2.8%	(2.4, 3.1)	7,213	2.7%	(2.4, 2.9)	16,088
Psychedelics	4.6%	(4.2, 5.1)	7,224	3.8%	(3.6, 4.1)	16,098
Ecstasy	3.0%	(2.6, 3.4)	7,212	2.9%	(2.7, 3.2)	16,077
Cocaine	3.1%	(2.7, 3.4)	7,218	3.0%	(2.7, 3.2)	16,100
Other	3.1%	(2.7, 3.5)	7,201	2.9%	(2.7, 3.2)	16,079
*95% confidence interval						

**Table 4. Tobacco**

Tobacco Products	Snohomish County			Washington State		
	Percent	(95% C.I.)*	Number of respondents	Percent	(95% C.I.)*	Number of respondents
Lifetime Tobacco Use	23.8%	(23, 24.7)	9373	23.1%	(22.6, 23.7)	23577
30-Day Tobacco Use	14.6%	(13.9, 15.3)	9476	12.9%	(12.4, 13.3)	23813
Cigarettes	12.2%	(11.6, 12.9)	9497	10.4%	(10, 10.8)	23893
Snuff or Chewing Tobacco	3.2%	(2.9, 3.6)	9486	3.4%	(3.2, 3.6)	23839
Cigars	10.2%	(9.1, 11.3)	2895	11.1%	(10.4, 11.9)	6276
Pipe	5.2%	(4.3, 6.1)	2274	5.5%	(4.8, 6.2)	4034
Bidis	8.0%	(6.8, 9.1)	2265	7.6%	(6.8, 8.4)	4019
Kreteks (clove cigarettes)	5.7%	(4.7, 6.6)	2265	5.5%	(4.8, 6.3)	
Want to Quit Using Tobacco	48.5%	(43.8, 53.1)	454	49.7%	(46.5, 52.8)	987
How Acquired Cigarettes			507			1047
Bought at Store	31.2%	(27.3, 35.4)		29.9%	(27.2, 32.7)	
Bought by Someone Else	24.5%	(20.9, 28.4)		25.4%	(22.9, 28.1)	
Borrowed or Given	27.2%	(23.5, 31.3)		30.0%	(27.3, 32.8)	
Stole	5.7%	(4, 8.1)		4.4%	(3.3, 5.8)	
Other	11.4%	(8.9, 14.5)		10.3%	(8.6, 12.3)	
Exposure to 2nd-Hand Smoke						
Rode in Car	45.1%	(43.7, 46.5)	5040	41.6%	(40.7, 42.4)	13661
In Same Room with Smoker	38.3%	(36.5, 40)	3020	36.0%	(34.8, 37.1)	6571
Live with Smoker	36.0%	(34.3, 37.7)	2982	33.6%	(32.4, 34.7)	6468

\*95% confidence interval

**Table 5. Exercise & Physical Health**

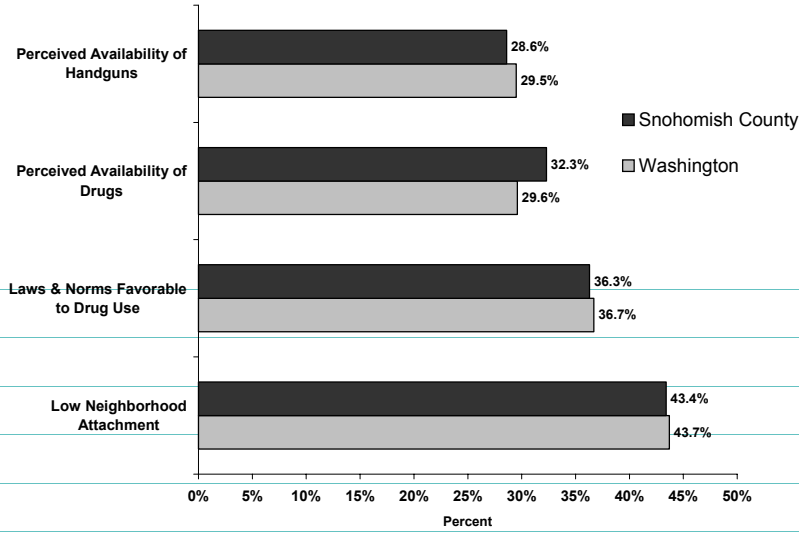
	<i>Snohomish County</i>			<i>Washington State</i>		
	Percent	(95% C.I.)*	Number of respondents	Percent	(95% C.I.)*	Number of respondents
Overweight	9.0%	(8.1, 10.1)	3,199	7.4%	(6.9, 8.1)	7,227
At Risk of Becoming Overweight	14.2%	(13, 15.5)	3,199	10.1%	(9.4, 10.8)	7,227
Perceived Weight Status			3,564			8,067
Very Underweight	3.7%	(3.1, 4.4)		3.3%	(2.9, 3.7)	
Slightly Underweight	13.8%	(12.7, 15)		12.5%	(11.8, 13.2)	
About Right	51.6%	(49.9, 53.2)		52.5%	(51.4, 53.6)	
Slightly Overweight	26.2%	(24.8, 27.7)		26.3%	(25.4, 27.3)	
Very Overweight	4.8%	(4.1, 5.5)		5.4%	(4.9, 5.9)	
Weight Control Behaviors			5,584			15,087
Trying to Lose	38.1%	(36.8, 39.3)		38.3%	(37.5, 39.1)	
Trying to Maintain	20.0%	(19, 21.1)		21.3%	(20.7, 22)	
Trying to Gain	9.3%	(8.6, 10.1)		9.1%	(8.7, 9.6)	
Nothing	32.6%	(31.4, 33.9)		31.3%	(30.5, 32)	
Weight Control Strategies			1,420			3,293
Eating Less	15.9%	(14.1, 17.9)		16.6%	(15.4, 17.9)	
Exercise	26.5%	(24.3, 28.9)		24.8%	(23.3, 26.3)	
Eating Less & Exercising	53.9%	(51.3, 56.4)		54.3%	(52.6, 56)	
Nothing	3.7%	(2.9, 4.8)		4.3%	(3.7, 5.1)	
Purging, Etc.	23.3%	(21.1, 25.5)	1,420	23.0%	(21.5, 24.4)	3,281
Moderate Exercise 30 Minutes 5 Days per Week	33.3%	(31.7, 34.9)	3,511	32.8%	(31.8, 33.8)	7,925
Vigorous Exercise 20 Minutes 3 Days per Week	75.0%	(73.9, 76.2)	5,787	75.8%	(75.1, 76.5)	15,799
Daily Physical Education Class	41.3%	(39.6, 42.9)	3,468	39.3%	(38.2, 40.4)	7,823
Regularly Participate in Team Sports	59.8%	(58.6, 61.1)	5,959	63.7%	(63, 64.4)	16,033
2 Hours or Less of TV on School Nights	71.2%	(69.7, 72.7)	3,509	69.6%	(68.6, 70.6)	7,918
Consume 5 or More Servings of Fruits and/or Vegetables	23.5%	(22.1, 24.9)	3,500	23.6%	(22.6, 24.5)	7,900
*95% confidence interval						

**Table 6. Violence & Personal Safety**

	<i>Snohomish County</i>			<i>Washington State</i>		
	Percent	(95% C.I.)*	Number of respondents	Percent	(95% C.I.)*	Number of respondents
Feel Safe at School	84.1%	(83.4, 84.8)	9,595	85.4%	(84.9, 85.8)	24,289
Afraid to Go to School in Past 7 Days	5.0%	(4.3, 5.7)	3,637	5.3%	(4.8, 5.8)	8,213
Bullied in Past 30 Days	24.0%	(23.1, 24.9)	9,281	25.9%	(25.4, 26.5)	23,341
Involved in Physical Fight in Past 12 Months	29.5%	(28.5, 30.6)	7,336	29.8%	(29.1, 30.5)	16,470
Involved in Physical Fight at School in Past 12 Months	13.0%	(11.9, 14.1)	3,632	14.2%	(13.5, 15)	8,237
Hurt in Fight in Past 12 Months	4.0%	(3.2, 4.6)	3,639	4.1%	(3.7, 4.5)	8,243
Member of a Gang	5.5%	(4.9, 6)	7,141	6.1%	(5.7, 6.5)	15,918
Carried a Weapon in Past 30 Days	8.8%	(8.1, 9.4)	7,358	8.7%	(8.3, 9.1)	16,499
Carried a Weapon to School in Past 30 Days	5.6%	(5.1, 6.1)	7,341	6.0%	(5.6, 6.3)	16,469
Intimidated by Boy- or Girlfriend in Past 12 Months	7.4%	(6.3, 8.5)	2,286	7.9%	(7.2, 8.8)	4,079
Struck by Boy- or Girlfriend in Past 12 Months	6.9%	(5.9, 8)	2,284	7.1%	(6.3, 7.9)	4,059
Abused by Adult in Past 12 Months	14.8%	(13.7, 16)	3,890	14.4%	(13.7, 15.2)	8,335
Witnessed Violence Between Adults in Past 12 Months	35.9%	(34, 37.9)	2,280	35.3%	(33.9, 36.8)	4,057
*95% confidence interval						

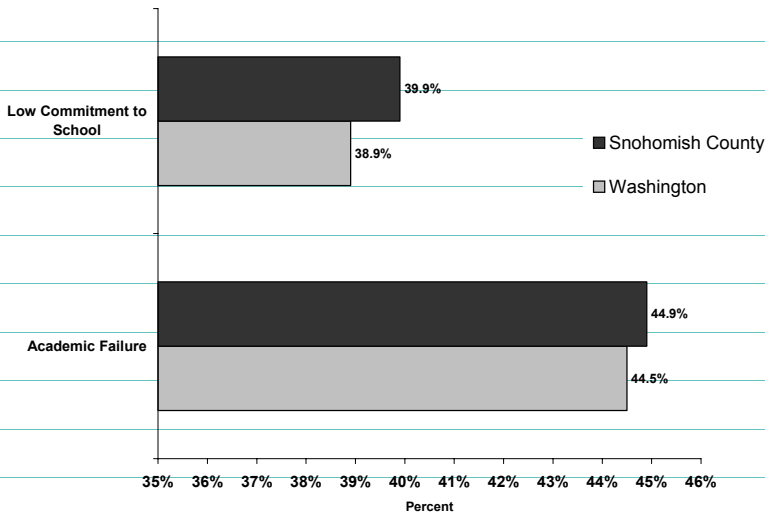
# Risk & Protective Factors

## Community Risk Factors

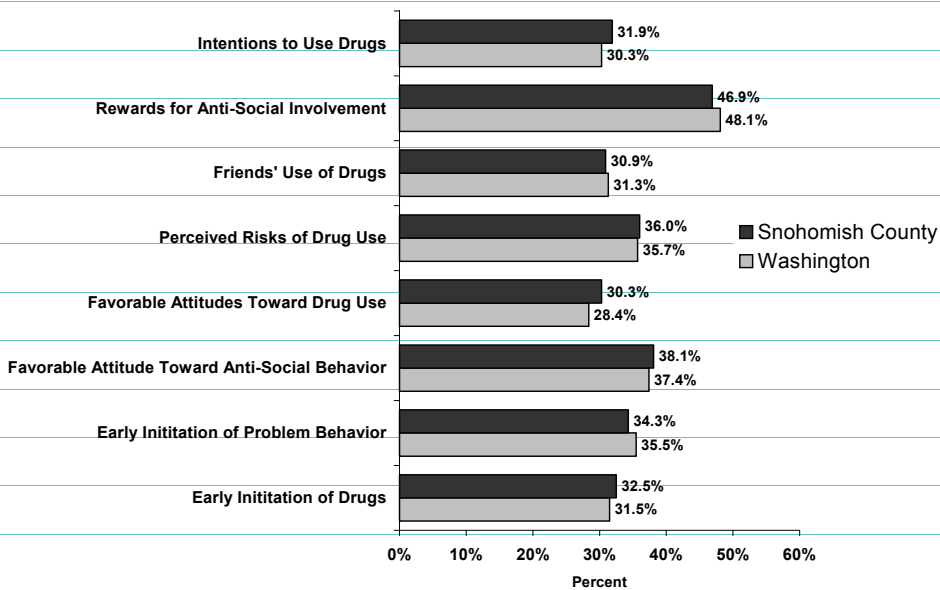


Snohomish  
County  
Risk Factors

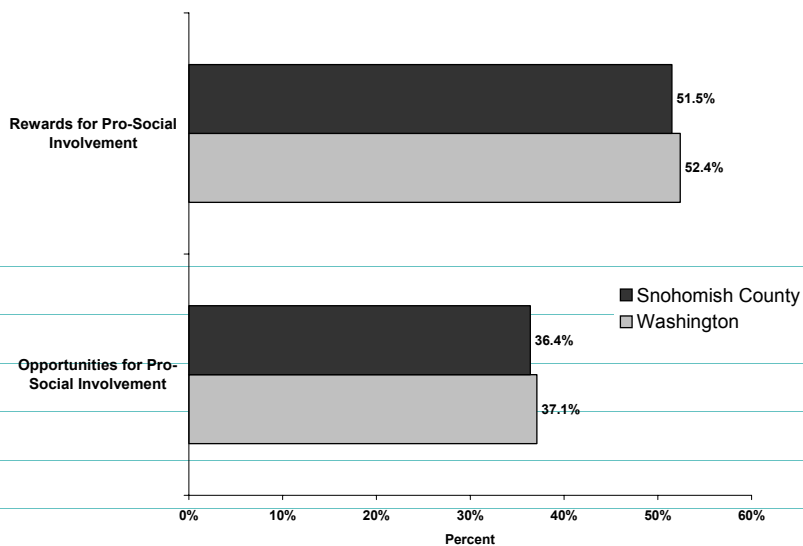
## School Risk Factors



## Peer-Individual Risk Factors

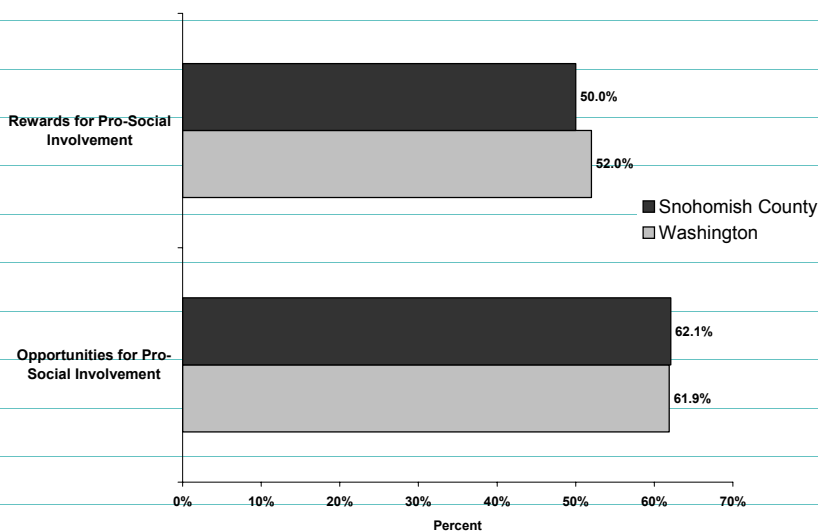


Community Protective Factors

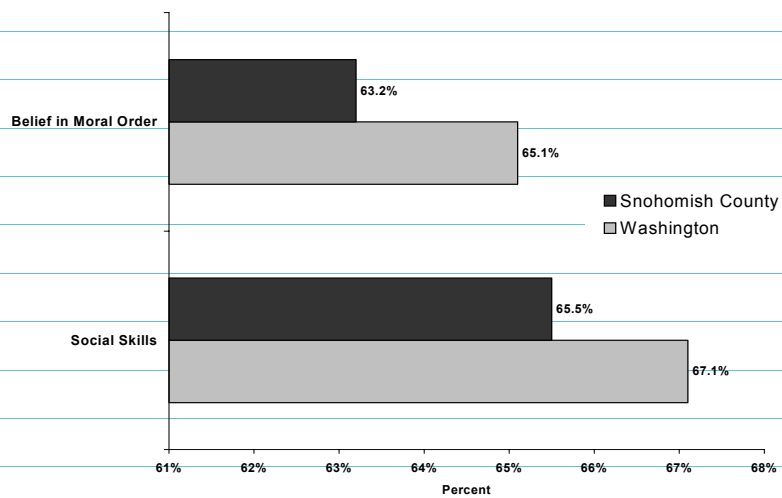


Snohomish County Protective Factors

School Protective Factors



Peer-Individual Protective Factors













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