

## YOUTH PHYSICAL ACTIVITY, NUTRITION & SLEEP

### Snohomish County Facts

- There was a significant decrease in 8th grade students who are consuming five or more servings a day of fruit and vegetables since 2016.
- Across all grades surveyed, students who qualify as “overweight” is at an all-time high.
- Since the Healthy Youth Survey began in 2002, the percentage of 12th grade students who are considered obese has nearly doubled.

WEIGHT	6 <sup>TH</sup> GRADERS	8 <sup>TH</sup> GRADERS	10 <sup>TH</sup> GRADERS	12 <sup>TH</sup> GRADERS
Obese	~	10.9%	15.1%	16.9%
Overweight	~	16.6%	14.9%	15.0%
<i>These measures are determined using the student's reported height and weight</i>				
EXERCISE AND PHYSICAL ACTIVITY	6 <sup>TH</sup> GRADERS	8 <sup>TH</sup> GRADERS	10 <sup>TH</sup> GRADERS	12 <sup>TH</sup> GRADERS
Physically active for at least 60mins on 5 or more days a week	53.0%	53.0%	49.2%	45.9%
Not attending any physical education (PE) classes at school	~	28.2%	60.9%	64.2%
Walks to school 3 or more times a week	15.8%	17.7%	21.5%	14.2%
Bikes to school 3 or more times a week	3.0%	2.0%	1.9%	1.9%
SCREEN TIME	6 <sup>TH</sup> GRADERS	8 <sup>TH</sup> GRADERS	10 <sup>TH</sup> GRADERS	12 <sup>TH</sup> GRADERS
Spend 2+ hours on a school day watching TV/DVD/Streaming Videos	55.5%	58.8%	62.5%	60.7%
Spend 2+ hours on a school day playing video games, computer, or smartphone	43.1%	46.7%	44.4%	44.2%
NUTRITION & MEALS	8 <sup>TH</sup> GRADERS	10 <sup>TH</sup> GRADERS	12 <sup>TH</sup> GRADERS	
Eat fruit and vegetables 5+ times each day*	18.8%	17.2%	16.8%	
Do not drink any regular soda/sweetened drinks during the week	25.5%	24.1%	25.0%	
Drink any regular soda/sweetened drinks <b>at school</b>	37.6%	42.5%	40.5%	
Not eating breakfast	37.2%	44.9%	48.6%	
Skipped or cut meal size due to lack of money in the last year	9.9%	12.1%	15.6%	
Rarely or never eat dinner with family	17.3%	24.2%	30.4%	
<i>*100% fruit juice and potatoes are not included as a serving</i>				
SLEEP	8 <sup>TH</sup> GRADERS	10 <sup>TH</sup> GRADERS	12 <sup>TH</sup> GRADERS	
Get less than 8 hours of sleep on an average night	53.8%	76.0%	84.7%	



## **YOUTH PHYSICAL ACTIVITY, NUTRITION & SLEEP: WHAT WE CAN DO**

### **Washington State Healthy Youth Survey Facts**

- Survey questions focus on risk for injury, health behaviors and outcomes, alcohol and drug use.
- Results are used by communities to support youth and reduce risks.

More info available at: [www.askhys.net](http://www.askhys.net)

### **PARENTS**

- Model healthy behaviors to set a good example. Eat a variety of foods, including lots of fruits and vegetables. And no skipping breakfast!
- Keep your fridge and pantry well-stocked with healthy choices and limit unhealthy snacks and sugary drinks.
- Don't encourage food as a reward. Find other options.
- Try to include your child in regular physical activity, like walking the dog together or hiking.

### **SCHOOLS AND COMMUNITY GROUPS**

- Studies show students who eat lunch *after* recess make healthier choices at lunch—one small change can cause a large impact.
- Limit availability of sugary drinks and unhealthy snacks.
- Have maps of walking and biking routes to school easily available.
- Encourage participation and provide low-cost or no-cost access to healthy activities such as youth sports.

### **GOVERNMENT**

- Snohomish County has embraced the **5-2-1-0** campaign—encouraging people to have **5** or more fruits and veggies, less than **2** hours of screen time, **1** hour or more of physical activity, and **0** sugary beverages every day.

*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](http://www.snohd.org).

#### **Snohomish Health District, Assessment**

3020 Rucker Avenue, Suite 206 Everett, WA 98201-3900 • [healthstats@snohd.org](mailto:healthstats@snohd.org) • 425.252.8856