



UNINTENTIONAL INJURY RISK

Snohomish County Facts

- Compared to the state, 12th grade students were significantly less likely to say they did not text and drive at all in the last 30 days
- Since 2006, 12th graders who drove after drinking in Snohomish County has decreased 45%

WATER RECREATION RISKS	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Has taken formal swimming lessons	58.0%	57.1%	56.8%	56.1%
Feels they are a "good" swimmer	57.2%	56.0%	54.6%	55.9%
Use a lifejacket when in a small boat more than half the time	~	59.9%	56.8%	49.8%
MOTOR VEHICLE RISKS	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Drove a vehicle while texting or emailing*	~	4.5%	8.0%	41.4%
Rode in a car with someone who was texting and driving*	24.1%	49.6%	57.9%	62.6%
Drove within three hours of using marijuana*	~	4.1%	8.5%	15.8%
Rode in a car with a driver who had been using marijuana*	~	8.8%	16.4%	25.4%
Drove a vehicle after drinking*	~	3.0%	4.4%	8.4%
Rode in a vehicle driven by someone who had been drinking*	6.1%	14.7%	16.8%	15.8%

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

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

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



UNINTENTIONAL INJURY: WHAT WE CAN DO

Washington State Healthy Youth Survey Facts

- Questions ask about risk for injury, health outcomes, alcohol and drug use
- Results are used by communities to support youth and reduce risks

More info available at: www.askhys.net

PARENTS

Parents can help reduce injury by:

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

Parents who own guns can reduce violence and injury by:

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

YOUTH

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

SCHOOLS AND COMMUNITY GROUPS

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

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

GOVERNMENT

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

Healthy Communities & Assessment

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