



YOUTH PHYSICAL ACTIVITY, NUTRITION & SLEEP

Snohomish County Facts

- In the past 10th years, 8th, 10th, and 12th grade students purchasing sugary beverages at school decreased by 66% or more
- 12th grade students were statistically more likely to get 5 or fewer hours of sleep on an average night compared to the state average
- The amount of tenth graders qualifying as 'obese' has significantly increased since the last Healthy Youth Survey
- Significantly less 12th grade students are meeting the fruit and vegetable intake guidelines compared to 2014's survey results

WEIGHT	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Obese	~	10.2%	13.0%	14.7%
Overweight	~	15.5%	14.4%	14.8%
<i>These measures are determined using the student's reported height and weight</i>				
EXERCISE AND PHYSICAL ACTIVITY	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Physically active for at least 60mins on 5 or more days a week	58.6%	58.2%	51.5%	44.2%
Not attending any physical education (PE) classes at school	~	28.4%	60.9%	63.3%
Walks to school 3 or more times a week	18.0%	20.1%	23.1%	17.4%
Bikes to school 3 or more times a week	2.6%	2.0%	2.1%	1.9%
SCREEN TIME	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Spend 2+ hours on a school day watching TV/DVD/Videos	34.5%	36.0%	34.0%	36.5%
Spend 2+ hours on a school day playing video games, computer, or smartphone	46.6%	55.0%	58.8%	53.5%
<i>*within past 30 days</i>				
NUTRITION & MEALS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	
Eat fruit and vegetables 5+ times each day*	22.8%	18.9%	17.8%	
Do not drink any regular soda/sweetened drinks during the week	24.3%	25.3%	20.9%	
Drink any regular soda/sweetened drinks at school	37.8%	39.1%	40.1%	
Not eating breakfast	34.6%	39.2%	47.2%	
Skipped or cut meal size due to lack of money in the last year	10.9%	13.6%	15.1%	
Rarely or never eat dinner with family	16.7%	22.0%	31.0%	
<i>*100% fruit juice and potatoes are not included as a serving</i>				
SLEEP	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	
Get less than 8 hours of sleep on an average night	54.5%	74.4%	84.5%	



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

Washington State Healthy Youth Survey Facts

- Questions ask about 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

SCHOOLS AND COMMUNITY GROUPS

- Keep P.E.!
- 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 available throughout school.

PARENTS

- Model healthy behaviors to set a good example—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 alternatives instead.
- Try to include your child for physical activity, like walking the dog together or hiking.

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.

Additionally, the Snohomish Health District is targeting obesity as a community health improvement project. If you are interested in being an advocate for obesity prevention in the county, please contact Carrie McLachlan, MPA, Program Manager, Healthy Communities and Assessment at: cmclachlan@snohd.org or 425-339-8650.

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.

Assessment, Planning and Evaluation Center

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