



YOUTH PHYSICAL ACTIVITY, NUTRITION & SLEEP

Snohomish County Facts

- Our 8th graders are more likely to have daily PE classes than those in the rest of the state
- Compared to the rest of the state, our 8th graders are more likely to be drinking sugar-sweetened beverages at school
- However, the amount who purchase these drinks at school has been steadily decreasing every year since 2010 for all grades asked
- Our 10th graders are more likely to report 0 days a week of PE as well as 0 days total of any physical activity compared to the state averages
- Both our 10th and 12th graders are more likely to report having 5 or fewer hours of sleep on an average night compared to the state average

WEIGHT	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Obese	~	10.5	9.7	12.2
Overweight	~	15.0	12.9	13.6
<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	56.8	61.6	48.7	46.4
Not attending any physical education (PE) classes at school	~	18.3	69.3	61.3
Walks to school 3 or more times a week	21.3	20.6	22.3	15.0
Bikes to school 3 or more times a week	3.4	2.2	2.0	2.6
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	39.7	38.5	37.3	36.9
Spend 2+ hours on a school day playing video games, computer, or smartphone	42.4	53.1	55.3	51.9
<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*	24.1	20.9	22.1	
Do not drink any regular soda/sweetened drinks during the week	22.0	21.8	20.9	
Drink any regular soda/sweetened drinks at school	43.6	45.1	43.4	
Not eating breakfast	32.3	34.6	43.0	
Skipped or cut meal size due to lack of money in the last year	13.5	13.6	15.6	
Rarely or never eat dinner with family	17.1	19.7	25.5	
<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	50.0	73.4	80.3	



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

Washington State Healthy Youth Survey Facts

- Students participate across the state representing all 39 counties
- 13 of the 14 school districts in Snohomish County take part in the survey
- 75% of students across the four grades took the survey
- 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.! Between 8th and 10th grade there was a ___% drop in students having a physical education class.
- 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.