

YOUTH ALCOHOL USE: SNOHOMISH COUNTY 2010

Findings from the Washington State Healthy Youth Survey

DRINKING		6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Current Alcohol use		2.2	11.7	25.6	38.8
Ever tried Alcohol		21.9	35.7	56.1	69.8
Current Binge Drinking		2.1	6.7	15.0	22.7
Problem Drinking		1.7	3.7	7.1	12.8
Heavy Drinking		0.6	4.4	10.4	14.1
No Drinking		97.8	88.3	74.4	61.2

Problem drinking: Drinking on 3-5 days in the last 30 days or 1 binge drinking in past 2 weeks

Heavy drinking: 6+ days drinking in past 30 days or 2 binge drinking in past 2 weeks

DRIVING		6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Recently rode in a vehicle driven by someone who had been Drinking		16.5	16.7	20.2	21.1
Recently drove a vehicle (themselves) when you had been Drinking		~	3.6	6.4	11.4

PERCEPTION OF USE		6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Think it would be very easy to get Alcohol if they wanted some		4.5	15.5	25.8	36.4
Think it is very wrong for someone their age to use Alcohol		86.5	71.5	48.5	32.2

ACCESS TO ALCOHOL		8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Got Alcohol from friends		3.2	8.5	18.5
Got Alcohol at home without permission		3.3	4.8	4.7
Got Alcohol at home with permission		1.7	3.2	5.0
Got Alcohol at a party		2.5	8.0	14.6
Gave someone money to buy Alcohol for them		1.7	4.5	11.3

~ Not asked of students in this grade

* Too few responses to report

Current use = any use in the past 30 days (also called recent use). Ever tried = use at anytime in the past (also called lifetime use).

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

For more information about this data sheet, please contact Carrie McLachlan, MPA, Program Manager, Healthy Communities and Assessment at: cmclachlan@snohd.org or 425-339-8650

YOUTH INVOLVEMENT & COMMUNITY ENVIRONMENTS: SNOHOMISH COUNTY 2010

Findings from the Washington State Healthy Youth Survey

INVOLVEMENT IN ACTIVITIES	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Involved in supervised after-school activities at least one day per week	~	63.5	65.2	67.9
Never participate in clubs, organizations, activities at school	27.8	~	~	~
Lots of chances for students to get involved in sports, clubs, activities	~	90.8	93.0	91.0

COMMUNITY INVOLVEMENT & VOLUNTEERING	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Community has opportunities for prosocial involvement	~	72.3	73.0	79.9
Community rewards prosocial involvement	38.3	~	~	~
Sports team and recreation are available	~	86.8	88.4	91.7
Scouts, Camp Fire, 4-H, and other service clubs are available	~	66.4	71.7	77.6
Boys and Girls Club, YMCA, or other activity clubs are available	~	81.6	84.9	88.9
Has volunteered for community service in past year	49.0	~	~	~
People in my neighborhood encourage me to do my best	45.4	~	~	~
People in my community are proud of me	46.2	~	~	~

WEAPON CARRYING	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Carried a weapon to school on 6 or more days	~	1.4	3.2	3.5
Carry a gun (not for hunting) in past 30 days	~	10.9	12.2	8.9
Perceive the availability of handguns to be sort of easy or very easy	~	13.0	16.0	20.7

~ Not available for students in this grade.

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Rv. 11/12

YOUTH INJURY: SNOHOMISH COUNTY 2010

Findings from the Washington State Healthy Youth Survey

UNINTENTIONAL INJURY	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Use a seatbelt "most of the time" or "always"	96.2	91.9	91.3	94.5
Use a bike helmet "most of the time" or "always"	46.0	25.1	16.1	13.0
Use a lifejacket when in a small boat more than half the time	~	53.2	46.9	42.4
MOTOR VEHICLE ACCIDENTS				
MOTOR VEHICLE ACCIDENTS	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Recently drove a vehicle (themselves) when you had been drinking	~	5.6	6.4	11.4
In past 30 days, ever ridden in a car with someone who had drank alcohol	~	16.7	20.2	21.1
SAFE ENVIRONMENTS: WEAPONS, PHYSICAL FIGHTING, BULLYING				
SAFE ENVIRONMENTS: WEAPONS, PHYSICAL FIGHTING, BULLYING	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Carried a weapon on school property in the past 30 days	2.2	5.1	7.2	6.2
Carried a weapon for self-protection or might need in a fight, past 30 days	~	10.9	12.2	8.9
Involved in a physical fight in the past 12 months	25.9	32.7	26.5	20.5
Has been bullied in the past 30 days	29.0	30.9	24.0	15.9
Has been a member of a gang in the past 12 months	~	6.2	6.6	5.7
<p>~ Not asked of students in this grade * Too few responses to report</p> <p><i>Participation by nearly all of the Snohomish County school districts in the Healthy Youth Survey is extremely appreciated. Their participation allows us to report on the current health status of our youth and track trends over time.</i></p> <p>For more information about this data sheet, please contact Carrie McLachlan, MPA, Program Manager. Healthy Communities and Assessment at: cmclachlan@snohd.org or 425-339-8650</p>				

Rv. 11/12

YOUTH TOBACCO USE: SNOHOMISH COUNTY 2010

Findings from the Washington State Healthy Youth Survey

CIGARETTES	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Currently smoke Cigarettes, past 30 days	0.9	6.0	13.5	19.2
Ever tried a cigarette	~	16.4	28.8	42.0
Think it would be very easy to get Cigarettes if they wanted some	6.3	15.6	31.7	55.2
Think it is very wrong for someone their age to smoke Cigarettes	90.2	74.8	57.9	42.6
Have made a firm commitment not to smoke cigarettes	89.2	75.4	67.2	62.1

CIGARS, CIGARILLOS, LITTLE CIGARS, AND BIDIS (FLAVORED CIGARETTES)	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Currently use Cigars, Cigarillos or Little Cigars	~	3.1	8.2	14.6
Currently use tobacco that tastes like candy, fruit, or alcohol (tobacco includes: little cigars, bidis, cloves, chew, spit, snus, hookah) in the past 30 days	~	3.9	11.2	18.7

--Cigars contain the same toxic and carcinogenic (cancer causing) compounds found in cigarettes and are not a safe alternative to cigarettes.
 -- Small, thin hand-rolled cigarettes imported to the United States primarily from India and other Southeast Asian countries. Bidis have higher concentrations of nicotine, tar, and carbon monoxide than conventional cigarettes sold in the United States.

Source: Centers for Disease Control and Prevention

--Imported from Indonesia, kreteks typically contain a mixture consisting of tobacco, cloves, and other additives. Research indicates that analyses indicate that kreteks deliver more nicotine, carbon monoxide, and tar than conventional cigarettes. Source: Centers for Disease Control and Prevention

CHEW, SNUFF OR DIP	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Currently use Chew, Snuff or Dip Tobacco, past 30 days	0.6	2.6	5.1	7.3

--Smokeless tobacco is a significant health risk and is not a safe substitute for smoking cigarettes.

~ Not asked of students in this grade.

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SCHOOL ATMOSPHERE	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Enjoy being in school (often, almost always)	60.4	51.4	43.6	42.1
Hate being in school (often, almost always)	12.6	22.7	27.4	25.6
Tries to do their best work often or almost always (often, almost always)	92.1	81.6	72.9	71.8
In my school, students have "lots of chances to decide things" (yes, YES)	~	47.9	47.6	45.7
The school lets my parents know when I have done something well (yes, YES)	49.7	36.4	24.6	21.6
I feel safe at my school (yes, YES)	87.8	83.9	84.1	87.9
Missed whole days of school because skipped or cut in the past 4 weeks	15.8	16.9	20.2	26.4
If you skipped school, would you be caught by your parents (yes, YES)	~	88.4	80.0	69.2

SCHOOL WORK	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
How often do you feel the schoolwork you are assigned is meaningful and important (seldom, never)	12.9	15.2	25.0	26.5
How interesting are most of your courses to you? (very/stimulating, quite, fairly)	85.5	76.8	73.6	77.4
How important do you think the things you are learning are going to be for you later in life (very, quite, fairly)	93.6	87.2	77.2	76.9
My parents ask if I've gotten my homework done (yes, YES)	~	88.4	83.0	75.5

STUDENTS AND TEACHING	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
There are lots of chances for students to talk to teachers 1:1 (yes, YES)	~	79.0	76.0	81.3
Teachers ask me to work on special classroom projects (yes, YES)	~	43.5	31.4	33.2
Lots of chances to be part of class discussions/activities	~	84.1	86.6	88.1
My teacher notices when I do a good job and lets me know about it (yes, YES)	76.5	66.5	57.9	62.8
My teacher praises me when I work hard at school (yes, YES)	56.4	49.6	40.3	42.7

~ Not asked of students in this grade
* Too few responses to report

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Rv 11/12

YOUTH MENTAL HEALTH: SNOHOMISH COUNTY 2010

Findings from the Washington State Healthy Youth Survey

SUICIDE (PAST YEAR)	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Seriously considered attempting suicide	11.8	13.8	19.7	15.6
Planned how you would attempt suicide	~	10.7	13.7	11.1
Attempted suicide	3.2	6.9	8.0	5.3
Very or somewhat likely to seek help if feeling depressed or suicidal	~	25.8	34.2	37.6
Very or somewhat likely to seek help for a friend who is depressed or suicidal	~	80.5	85.8	86.9
DEPRESSION (PAST YEAR)	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Have been severely depressed *	~	24.8	30.7	29.6
Feel alone in life, ratings of 9-10, 10 is "completely true"	~	8.7	8.6	6.8
Have goals and plans for the future	87.4	~	~	~
Look forward to the future, ratings of 8-10 "completely true"	~	75.2	71.3	74.0
<i>*Depressed – Student self report of being so sad or hopeless they stopped doing usual activities for two or more weeks in a row.</i>				
SOCIAL SUPPORT	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Do not feel they can ask a parent for help with a personal problem	10.7	19.4	27.2	25.9
Do not have (or are not sure) they have an adult to turn to when feeling sad or hopeless	18.0	28.0	32.2	25.0
School provides help for substance use problems	~	62.7	66.4	68.5
BULLYING (PAST 30 DAYS)	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Been bullied in the past 30 days	29.0	31.9	24.0	15.9
ABUSE	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Boyfriend/girlfriend has limited your activities or threatened you	~	6.1	8.2	10.4
Boyfriend/girlfriend physically hurt you	~	6.3	6.9	6.5
Ever been physically abused by an adult (2006 data)	~	15.4	19.2	18.3
<i>~ Not available for students in this grade</i>				
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Rv. 11/12

HEALTHY WEIGHT, HEALTHY EATING AND PHYSICAL ACTIVITY: SNOHOMISH COUNTY 2010

Findings from the Washington State Healthy Youth Survey

WEIGHT	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Obese	~	12.4	9.0	10.8
Overweight	~	15.9	14.1	12.2
Trying to lose weight	~	41.5	40.9	45.3
MEALS	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Not regularly eating dinner with family (Never, Rarely)	10.2	16.5	20.8	25.7
Not eating breakfast	19.6	34.6	37.1	40.4
Skipping meals or cutting meal size due to lack of money	~	15.5	17.3	18.6
FOOD CHOICES	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Drinking two or more regular (sweetened) sodas or pops a day	7.5	10.9	11.8	11.1
PHYSICAL ACTIVITY	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Physically active for 60 minutes per day	28.2	25.7	19.9	17.8
Not attending physical education (PE) classes in school	~	20.0	59.2	64.4
Does not walk to school	71.4	70.7	61.7	71.3
Does not bike to school	92.1	93.5	95.0	95.0
SCREEN TIME	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Spending 2+ hours on a school day watching TV/DVD/Videos	~	49.4	48.9	47.0
Spending 2+ hours on a school day playing video or computer games	~	35.5	40.5	40.7
~ Not available for students in this grade.				
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Rv. 3/13

YOUTH DRUG USE: SNOHOMISH COUNTY 2010

Findings from the Washington State Healthy Youth Survey

MARIJUANA	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Currently use Marijuana	0.7	7.6	20.8	25.7
Ever tried Marijuana	2.7	10.9	31.9	44.1
Think it would be easy to get Marijuana if they wanted some	5.3	21.7	54.6	68.8
Think it is very wrong for someone their age to use Marijuana	94.6	76.7	52.3	37.3
METHAMPHETAMINE, COCAINE & OTHER ILLEGAL DRUGS	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Ever tried Methamphetamine	~	3.3	4.4	4.4
Ever tried Cocaine to get high	~	3.2	5.6	7.8
Used any illegal drug to get high in past 30 days	~	8.2	21.9	26.9
INHALANTS	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Ever tried Inhalants to get high	2.5	5.9	9.7	9.2
PRESCRIPTION DRUGS	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Used Ritalin without a doctor's order	~	2.1	4.2	4.5
Currently use Painkillers to get high (e.g. Vicodin, Percocet)	~	3.8	9.0	7.4
Got Painkillers from my own prescription	~	2.3	3.4	6.5
Got Painkillers from a friend	~	1.4	4.7	5.1
Took from home or someone else's house	~	1.2	2.2	2.8
AVAILABILITY AND ATTITUDES TOWARDS DRUGS	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Perceive Drugs as easy to obtain	20.5	25.2	36.4	40.9
Have a favorable attitude towards Drug use	17.0	22.2	36.0	38.0
Perceive risk of Drug use	33.9	33.9	35.7	47.2
Intentions to use Drugs	~	29.6	42.5	35.0
Parental attitudes favorable towards Drug use	~	19.4	36.8	37.3
<p>~ Not asked of students in this grade. * Currently use = any use in the past 30 days (also called recent use). Ever tried = use at anytime in the past (also called lifetime use).</p> <p>Participation by nearly all of the Snohomish County school districts in the Healthy Youth Survey is extremely appreciated. Their participation allows us to report on the current health status of our youth and track trends over time.</p> <p>For more information about this data sheet, please contact Carrie McLachlan, MPA, Program Manager, Healthy Communities and Assessment at: cmclachlan@snohd.org or 425-339-8650</p>				

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