

# **Pacific Cascade Middle School (Issaquah School District)**

Highlights from the Healthy Youth Survey  
(March 1, 2019)

# **Student Participation**

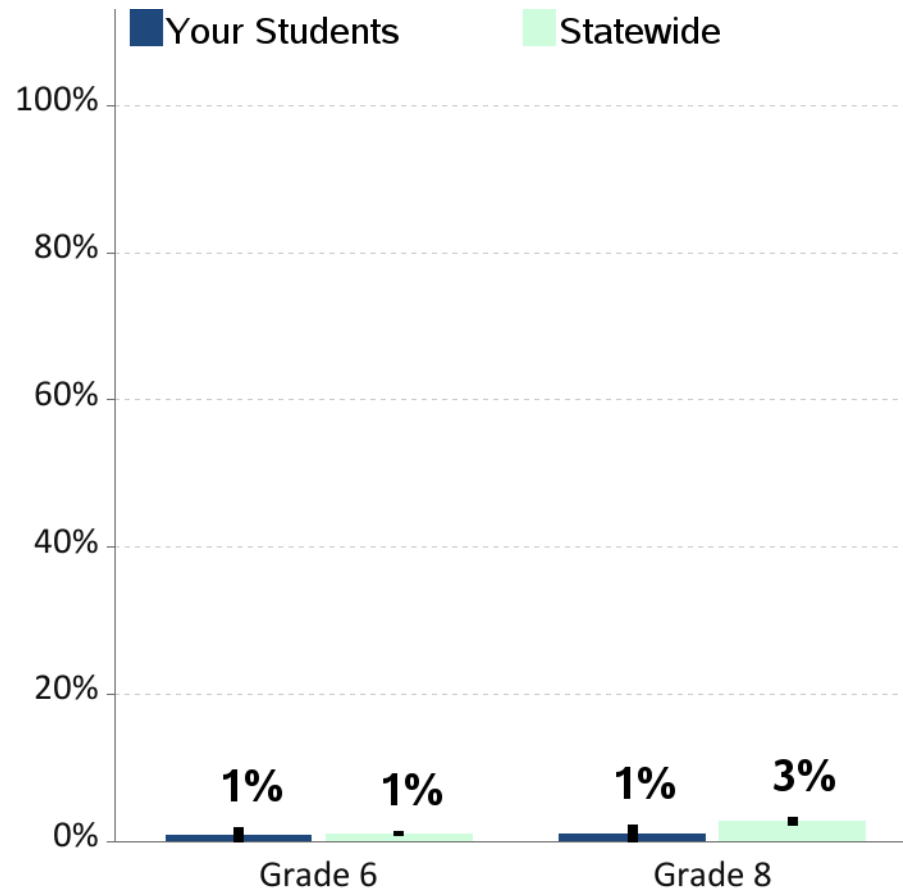
## **Pacific Cascade Middle School**

### **(Issaquah School District)**

- 337 (92%) of Grade 6 students
- 281 (85%) of Grade 8 students

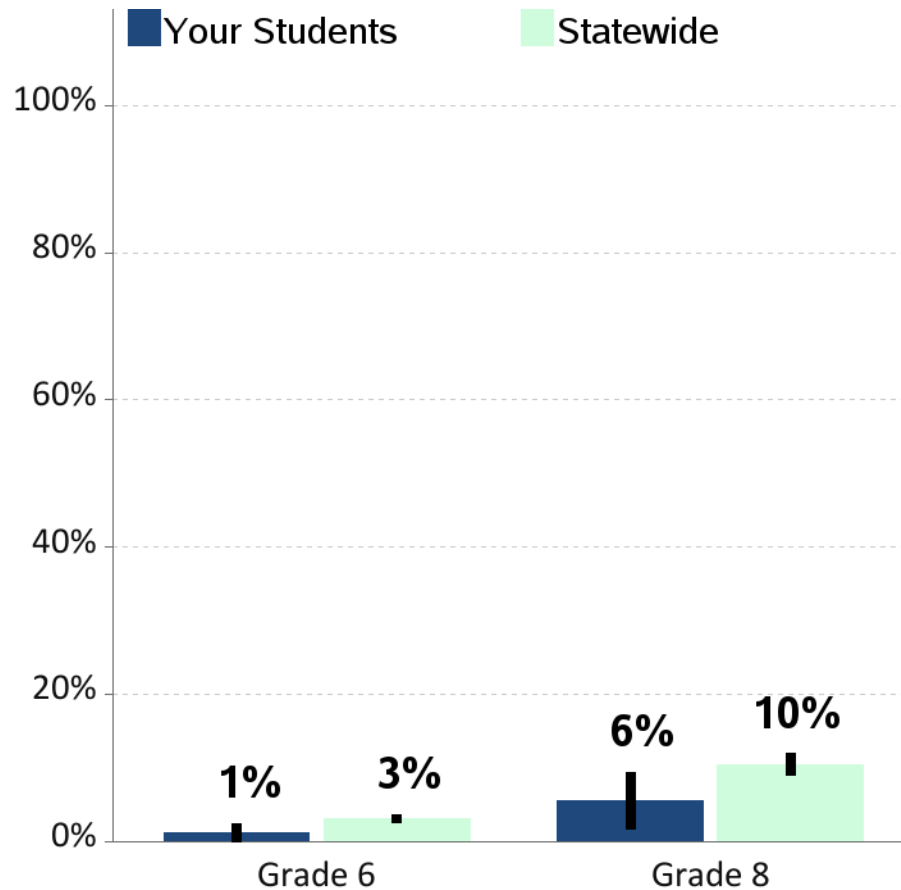
# Current Cigarette Smoking

Percent of students who report smoking cigarettes  
in the past 30 days



# Current E-Cigarette Smoking or Vaping

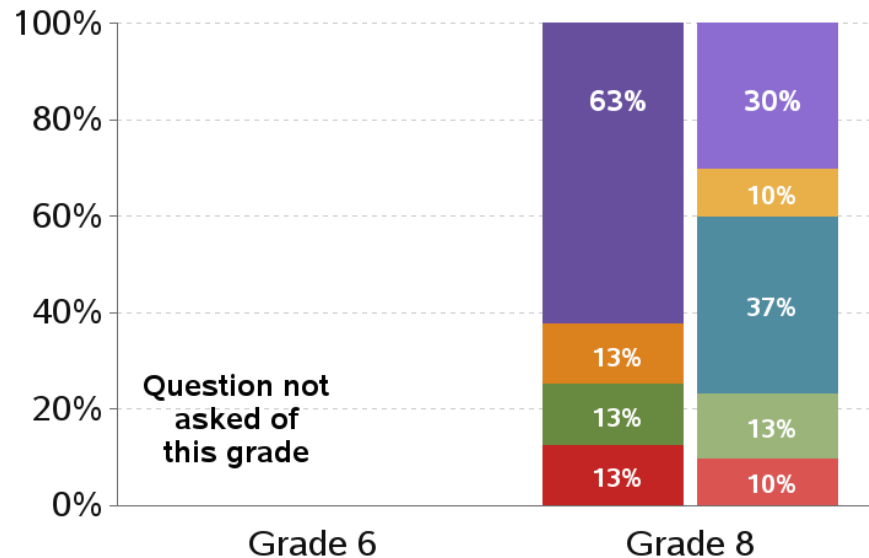
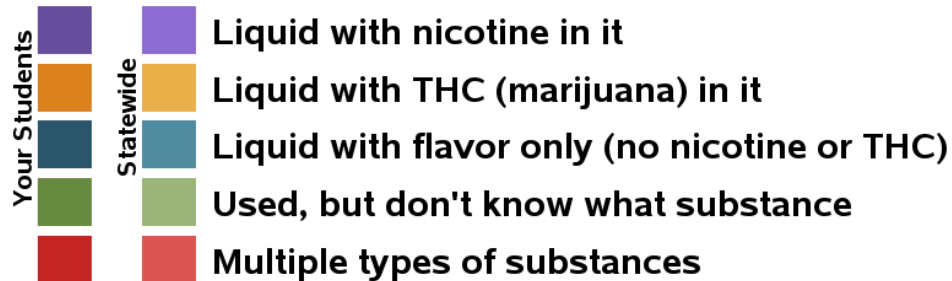
Percent of students who report using an electronic cigarette, e-cig or vape pen in the past 30 days



Pacific Cascade Middle School (Issaquah School District)  
- Source: 2018 Healthy Youth Survey

# Type of Substance Used in E-Cigarette or Vaped in Past 30 Days

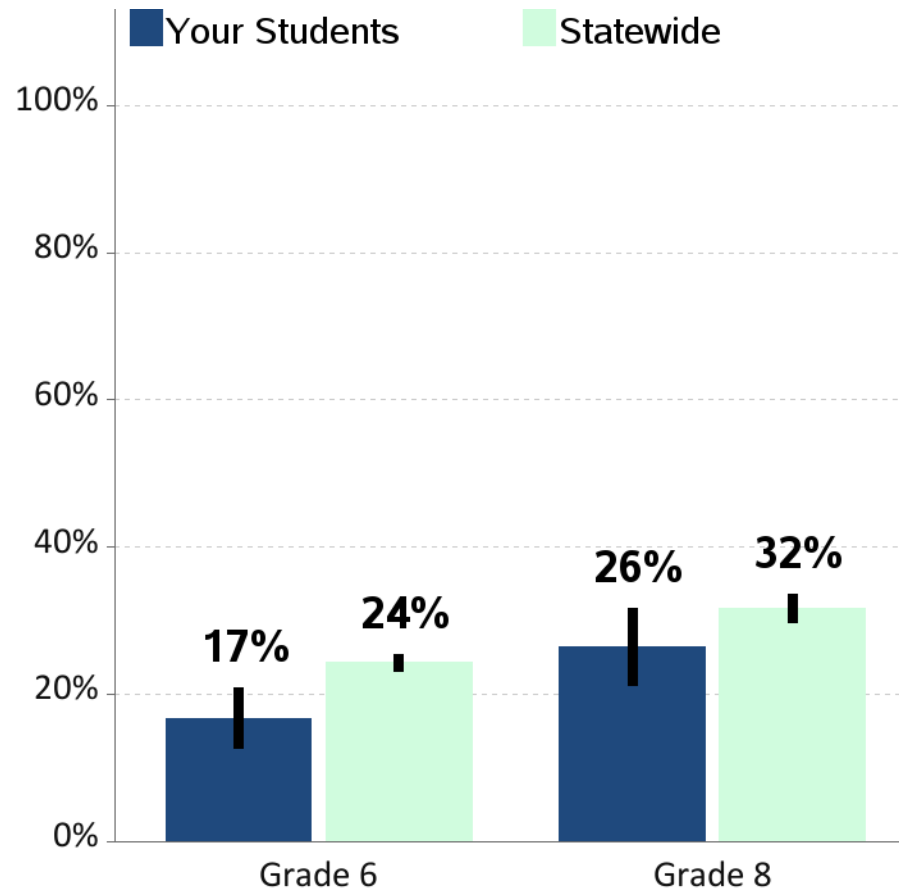
Percentages are of students who used e-cigarettes in the past 30 days



Pacific Cascade Middle School (Issaquah School District)  
- Source: 2018 Healthy Youth Survey

# Lifetime Alcohol Use

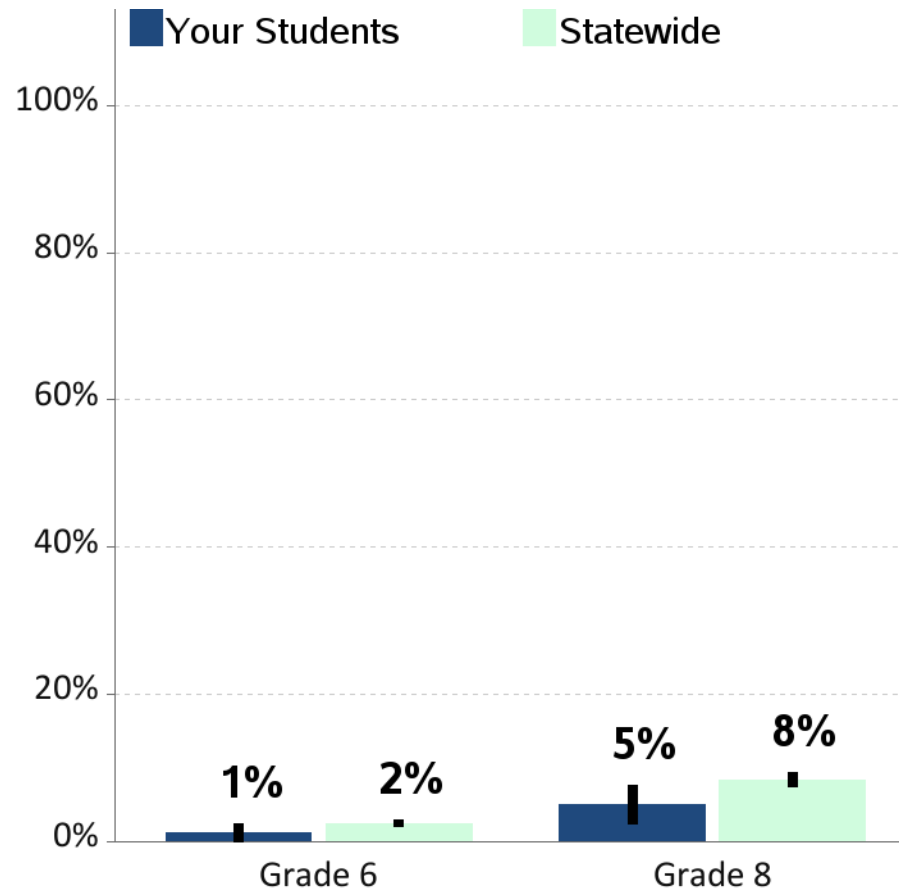
Percent of students who report having ever drunk more than a sip of alcohol



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# Current Alcohol Use

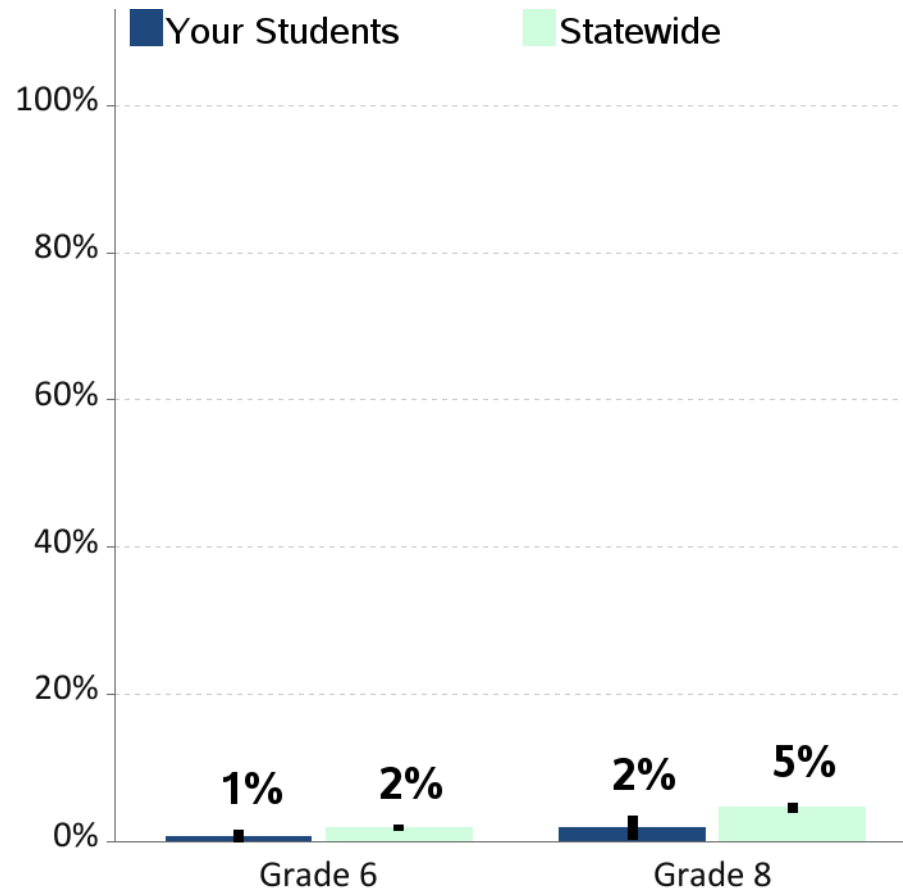
Percent of students who report having drunk a glass, can or bottle of alcohol (beer, wine, wine coolers, hard liquor) in the past 30 days



Pacific Cascade Middle School (Issaquah School District)  
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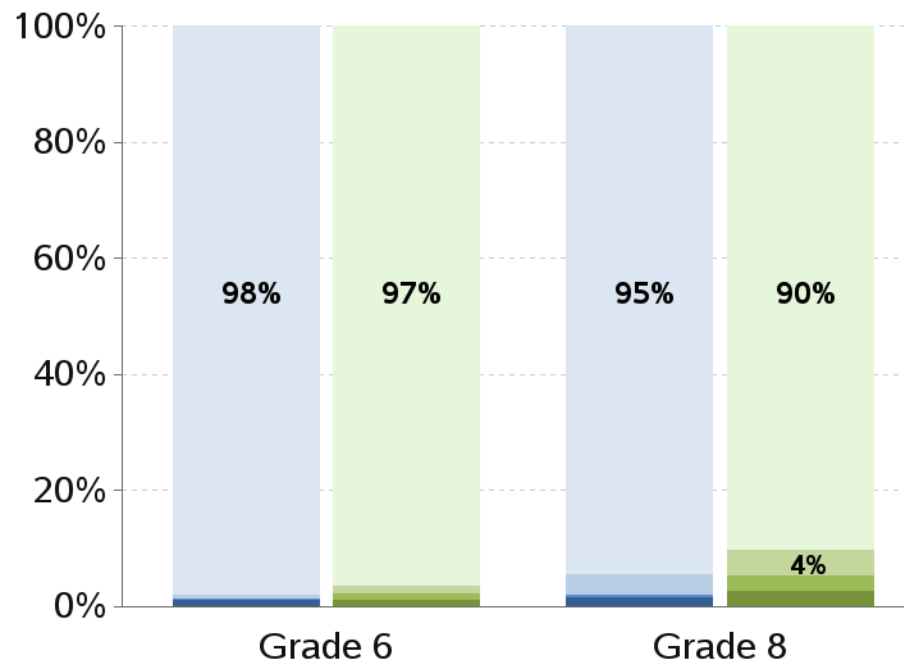
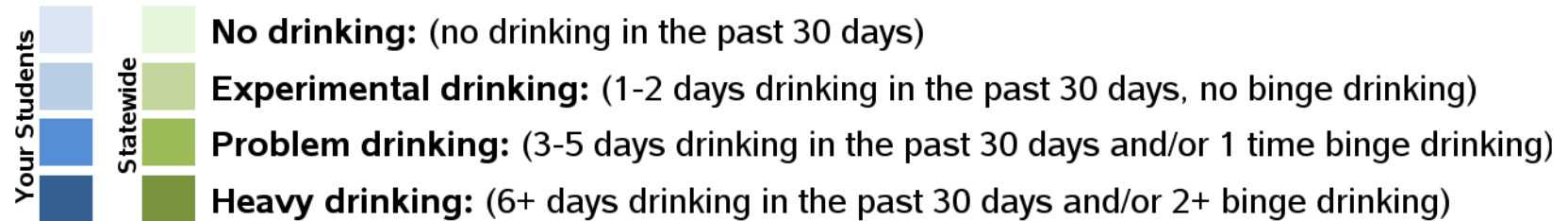
# Current Binge Drinking

Percent of students who report having drunk 5 or more drinks  
in a row in the past 2 weeks



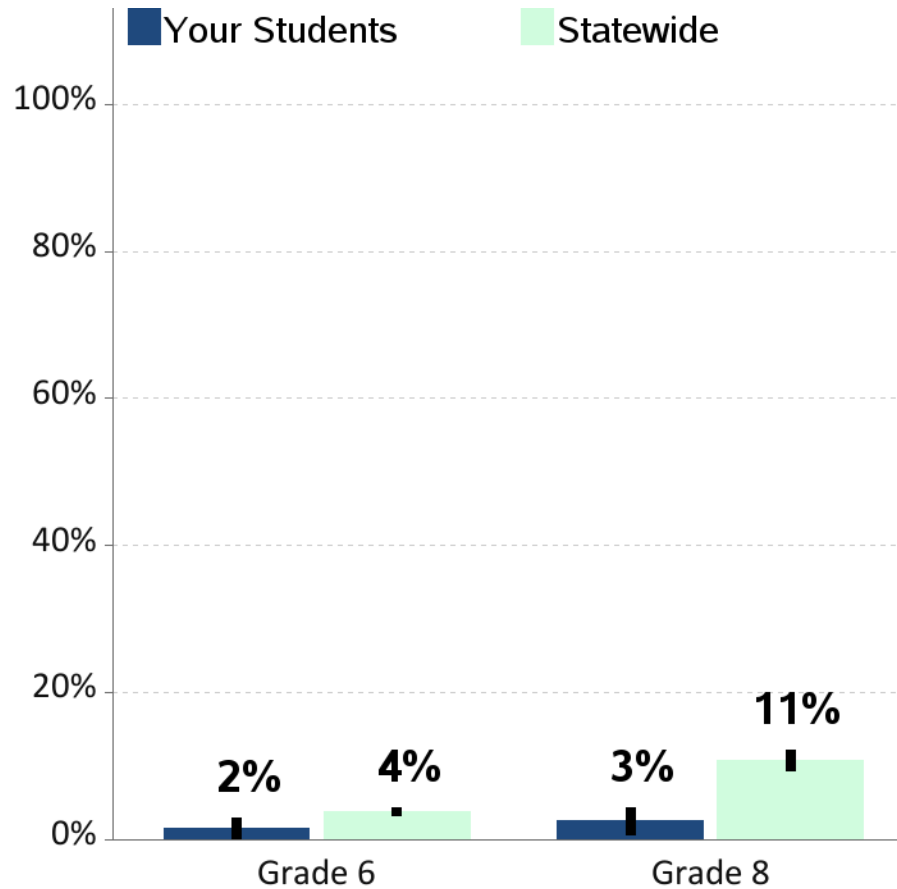


# Levels of Alcohol Use



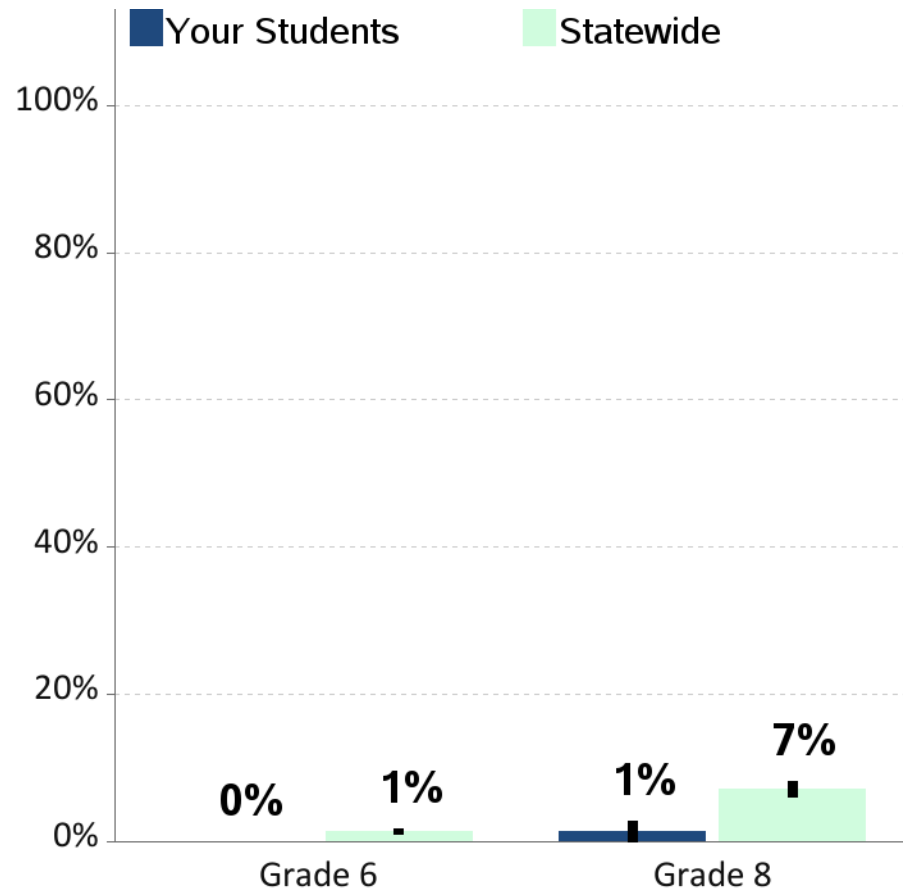
# Lifetime Marijuana Use

Percent of students who report having ever used marijuana



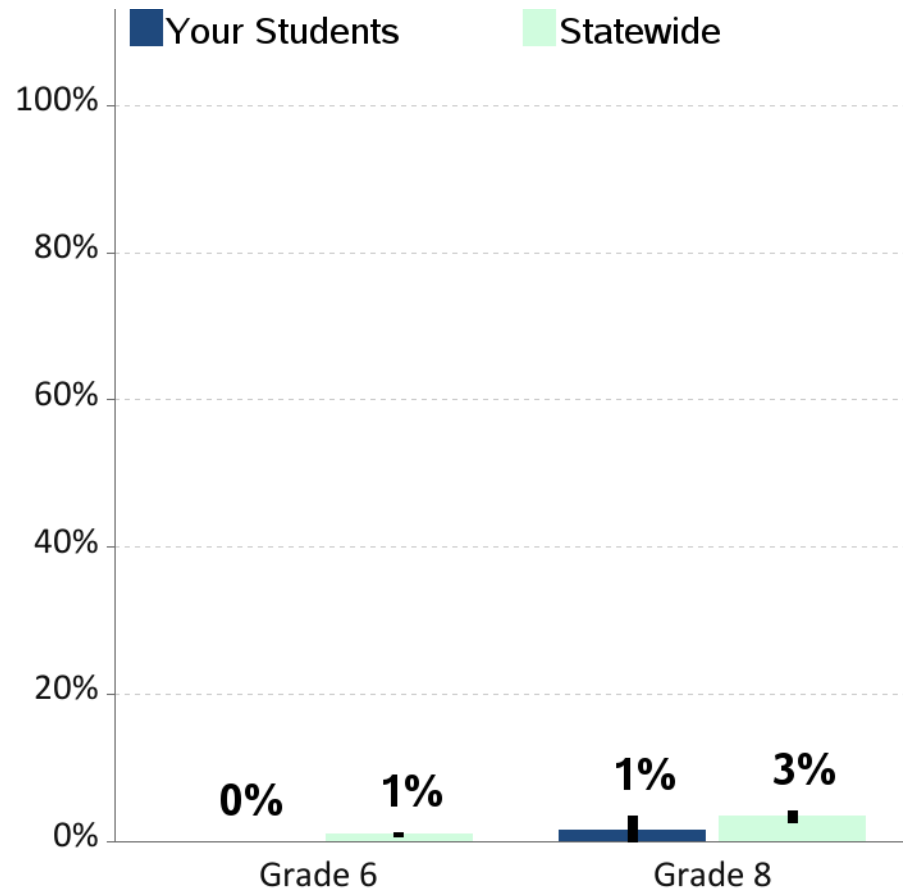
# Current Marijuana Use

Percent of students who report using marijuana  
in the past 30 days



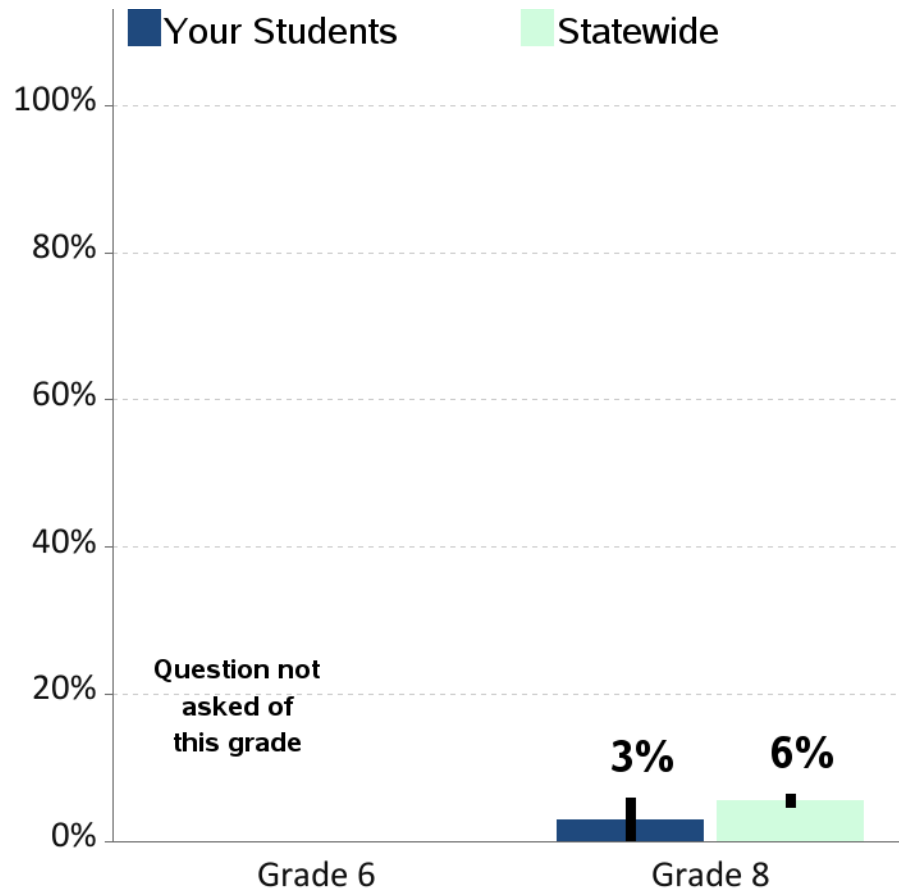
# Current Illegal Drug Use

Percent of students who report using illegal drugs  
in the past 30 days (not including alcohol, tobacco or marijuana)



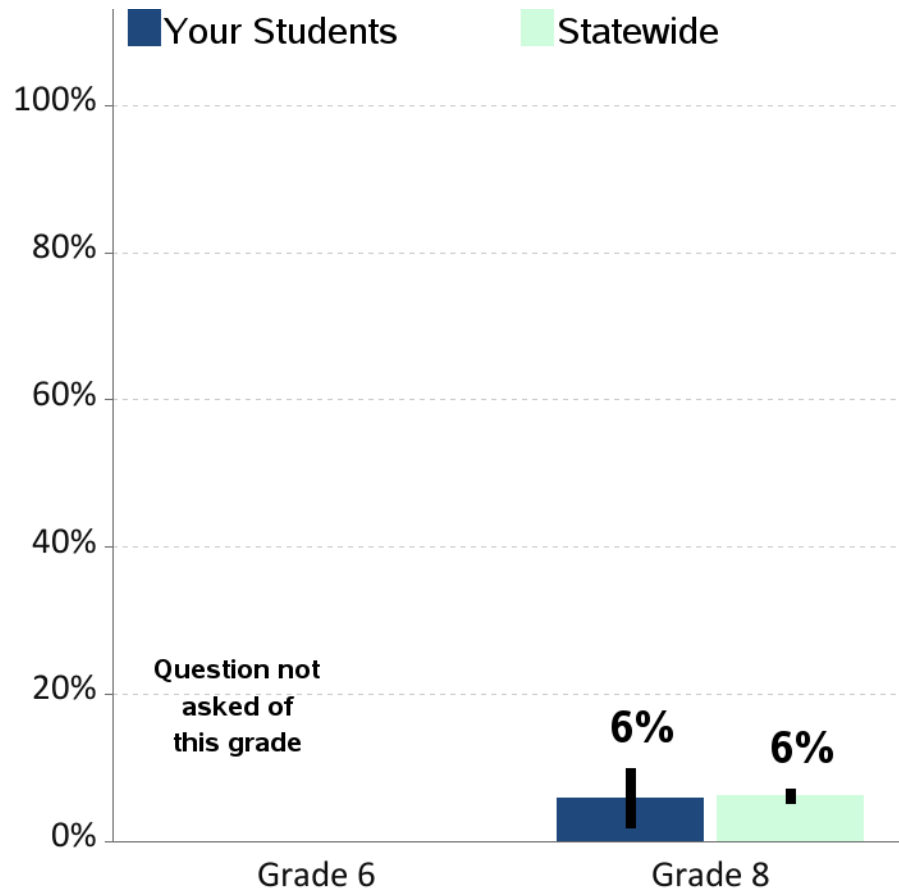
# Current Prescription Drug Use

Percent of students who report using prescription drugs not prescribed to them in the past 30 days



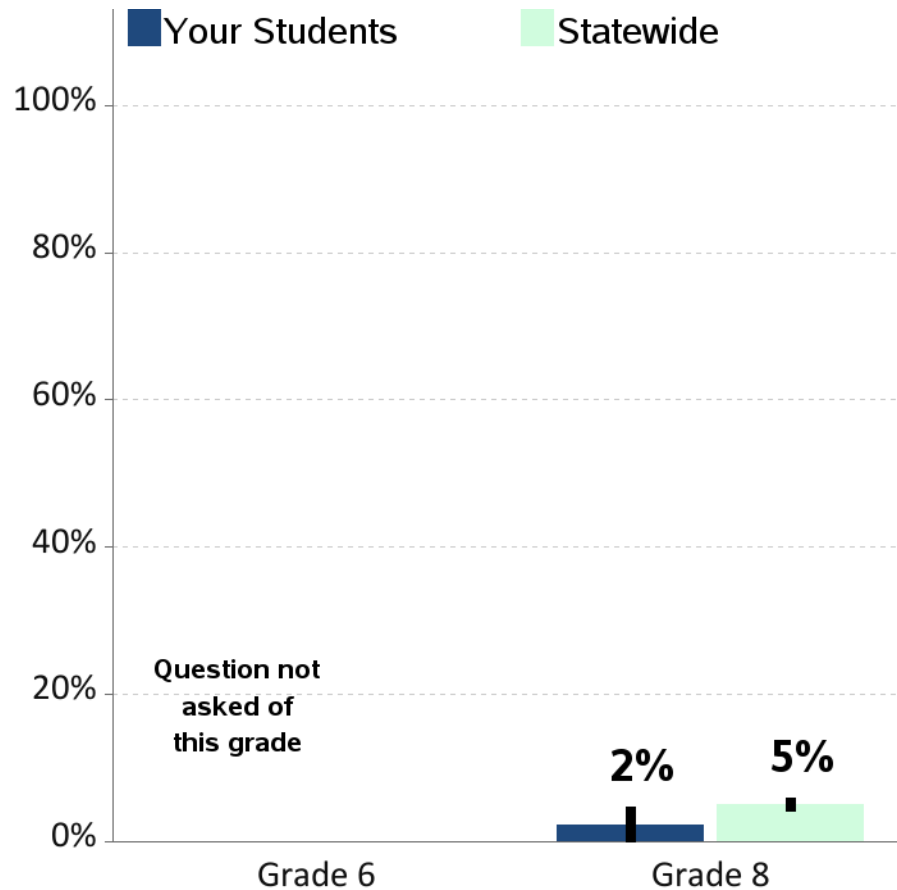
## Current Over-the-Counter Drug Use

Percent of students who report using over-the-counter drugs, like cough syrup or cold medicine for non-medical purposes in the past 30 days



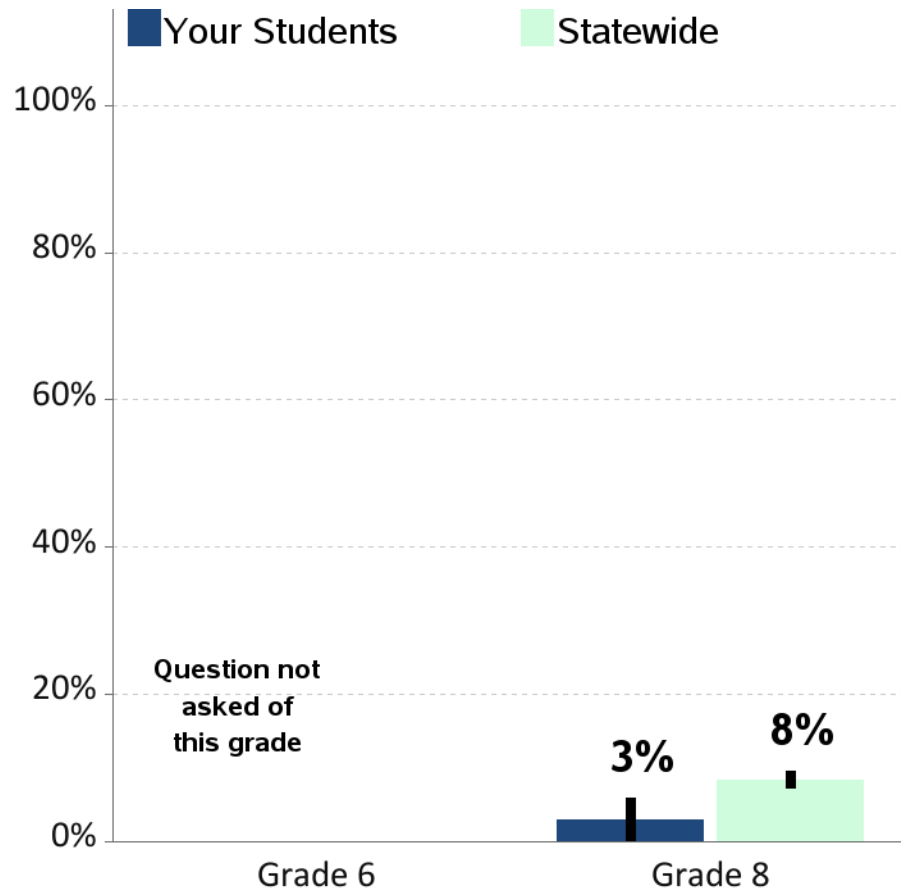
# Alcohol Drinking while Using Marijuana

Percent of students who report drinking alcohol at the same time they were using marijuana in the past 30 days



# Substance Use at School

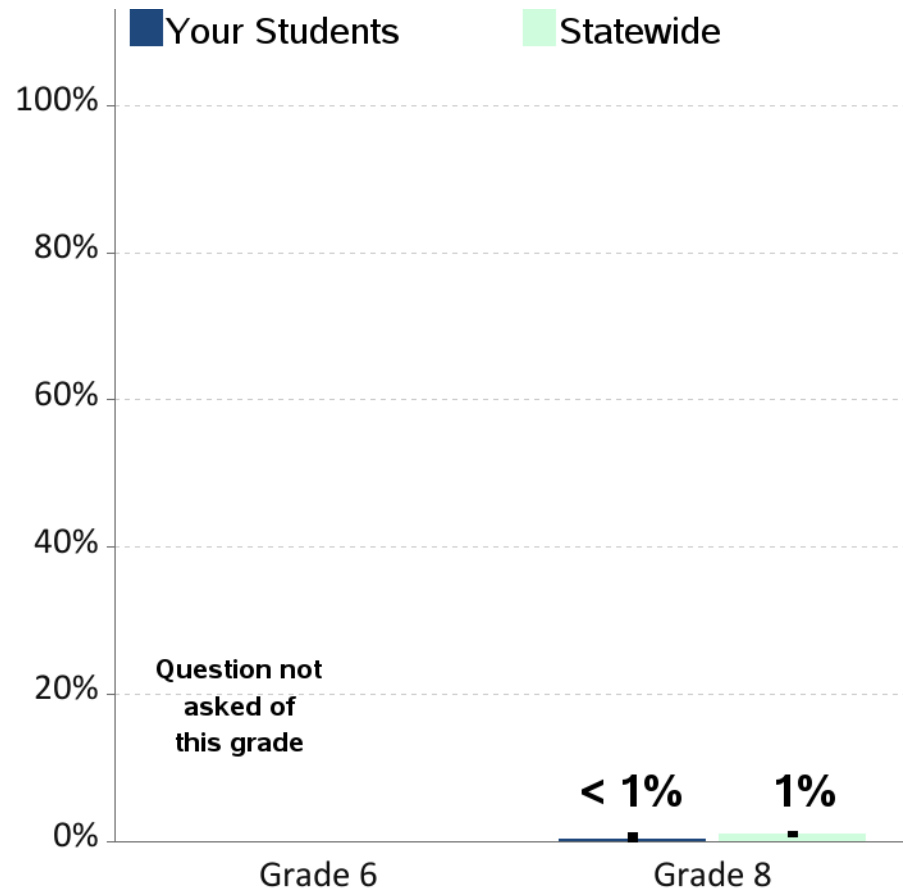
Percent of students who report being drunk or high at school  
in the past year





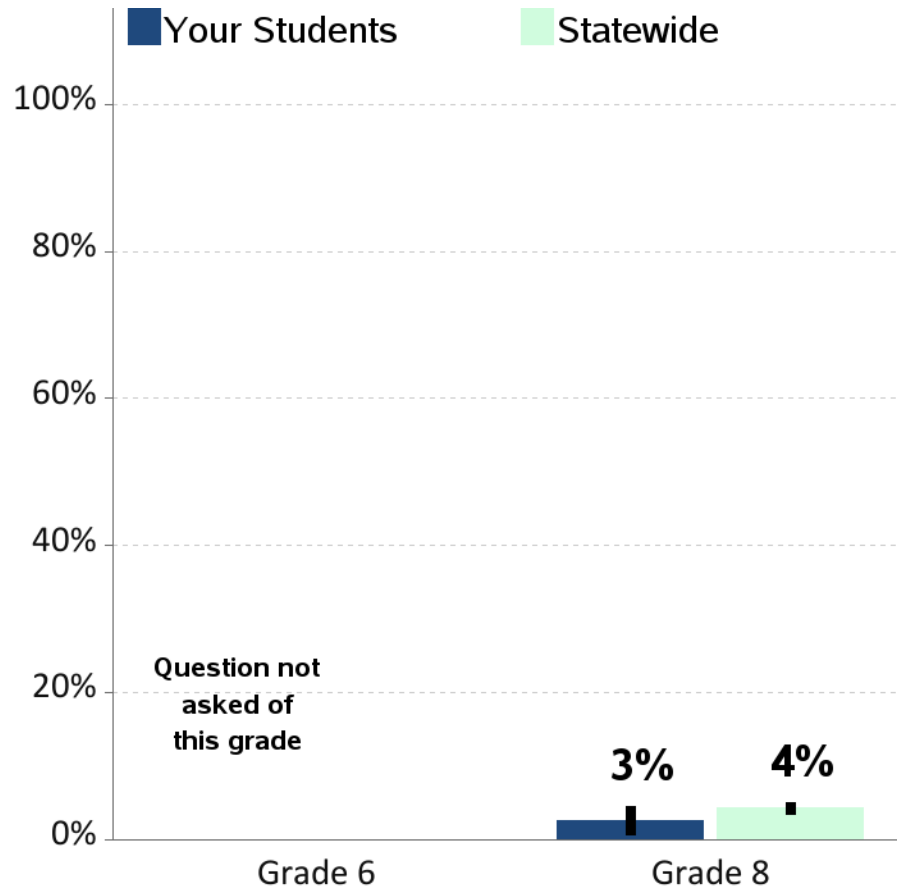
# Tobacco Use on School Property

Percent of students who report using cigarettes, cigars, or chew/dip on school property in the past 30 days



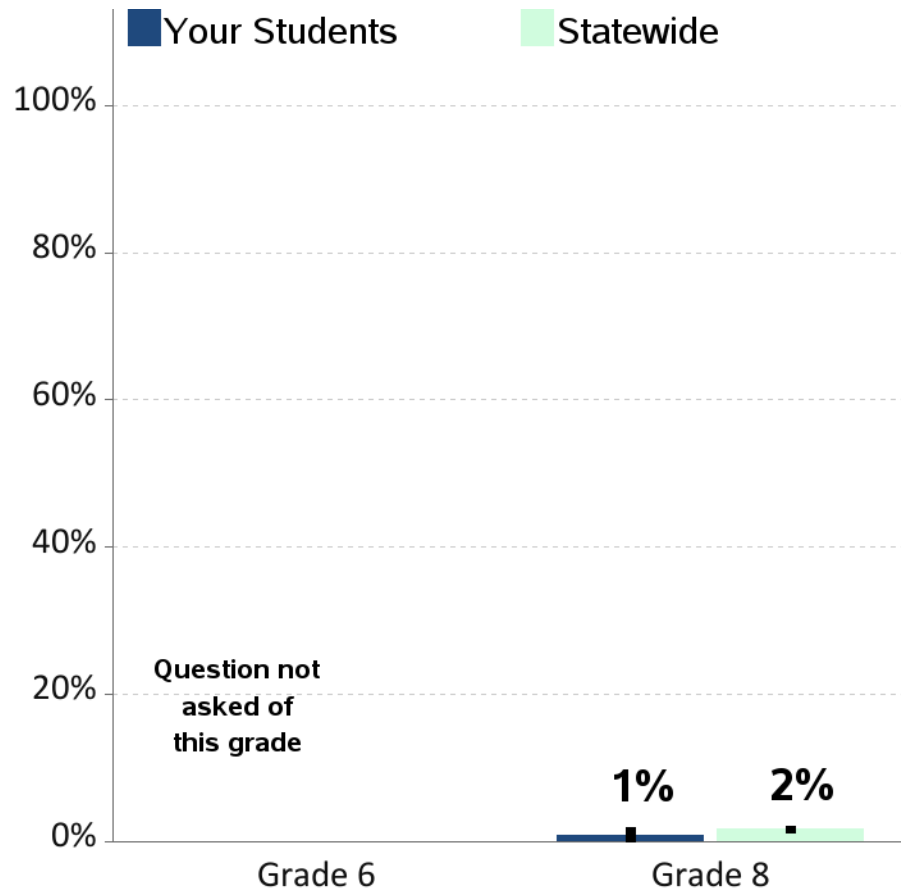
## E-Cigarette Use on School Property

Percent of students who report using electronic cigarettes on school property in the past 30 days



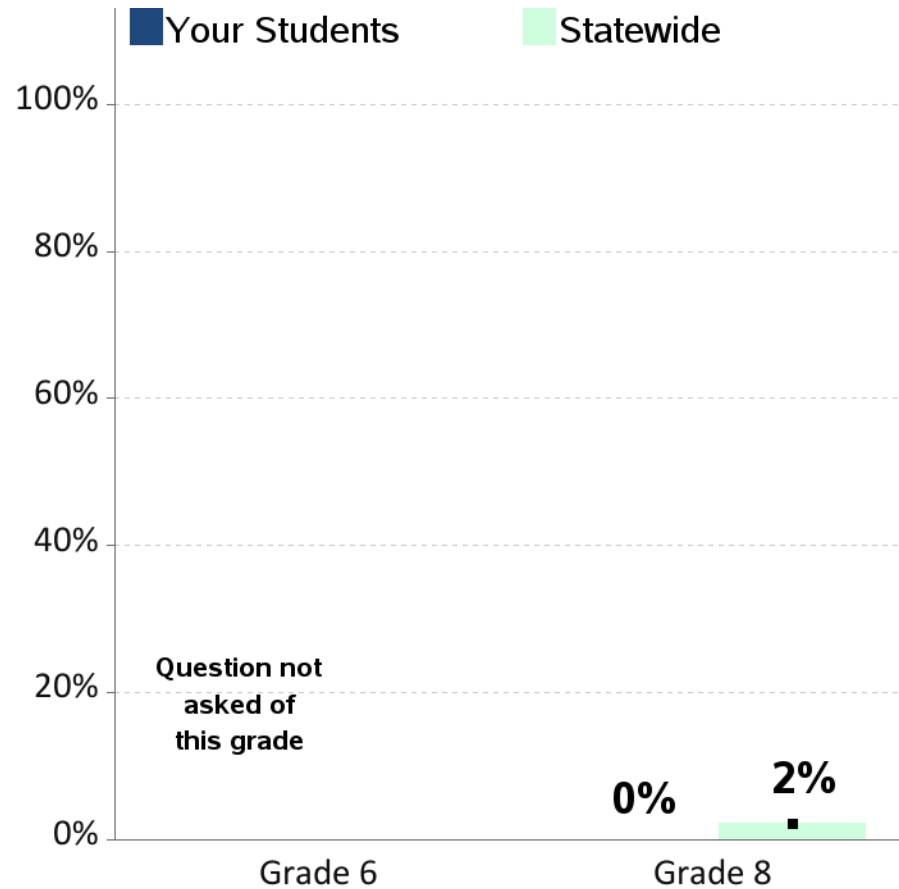
# Alcohol Use on School Property

Percent of students who report having at least one drink of alcohol on school property in the past 30 days



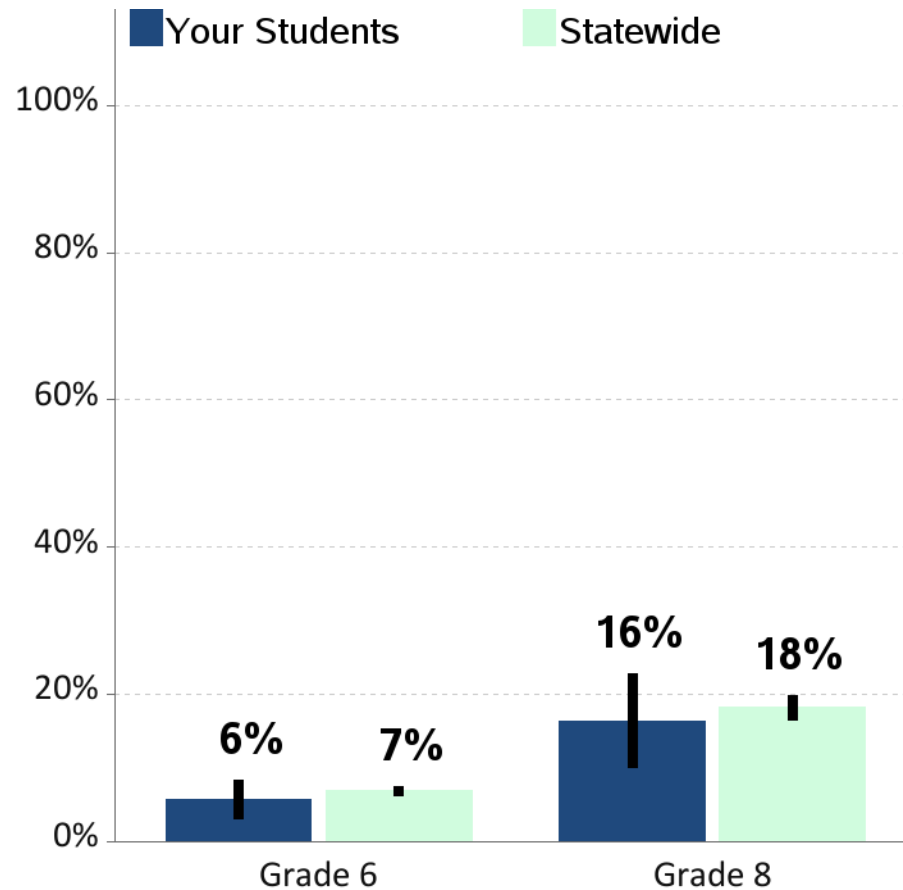
# Marijuana Use on School Property

Percent of students who report using marijuana on school property in the past 30 days



# Riding with a Drinking Driver

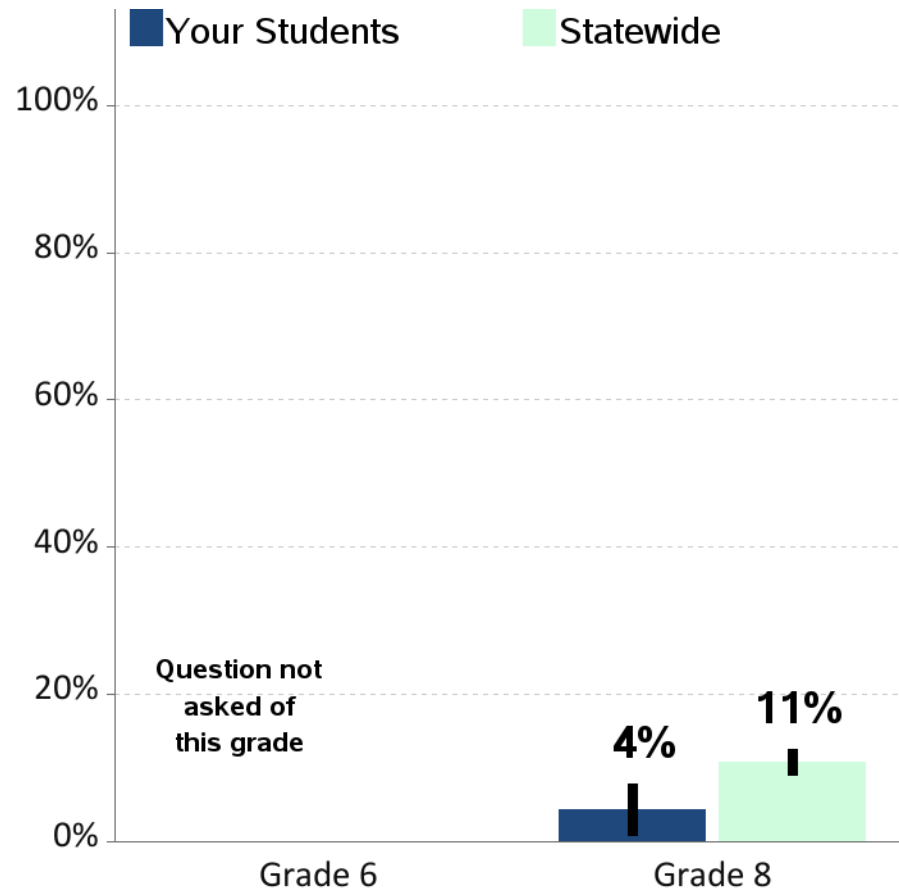
Percent of students who report having ridden in the past 30 days with a driver who had been drinking alcohol



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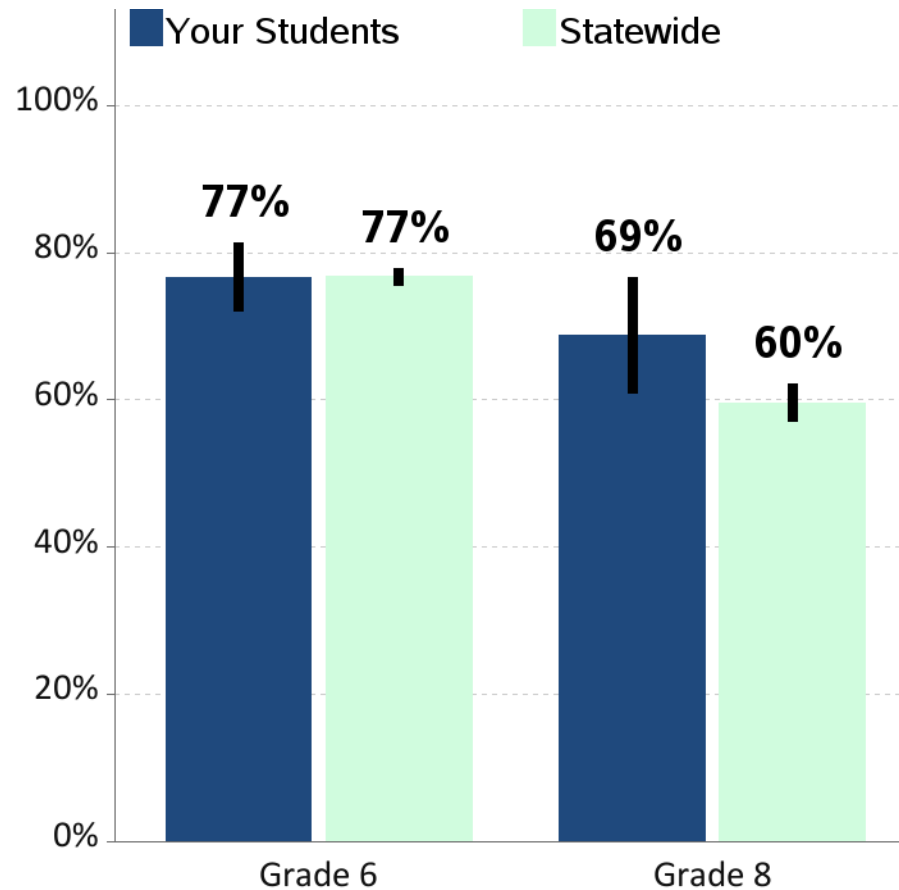
# Riding With a Recent Marijuana User

Percent of students who report having ridden in the past 30 days with a driver who had been using marijuana



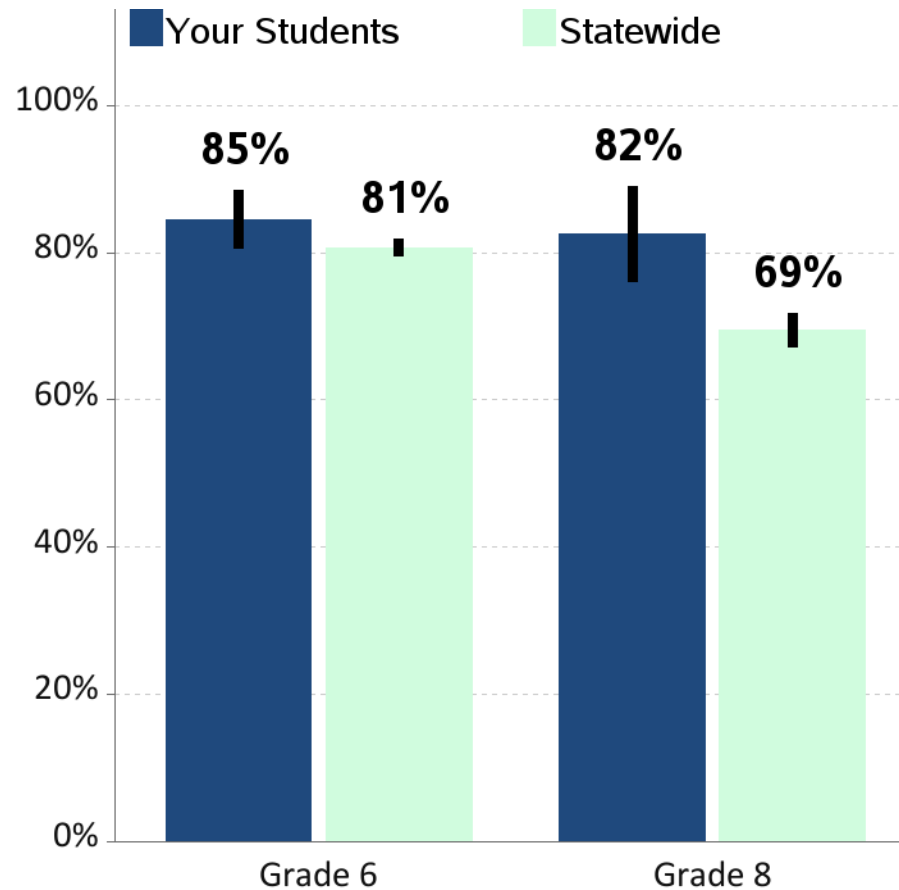
## Perception of Neighborhood Norms - Alcohol

Percent of students who report that adults in their neighborhood think youth drinking is "very wrong"



## Perception of Neighborhood Norms - Smoking

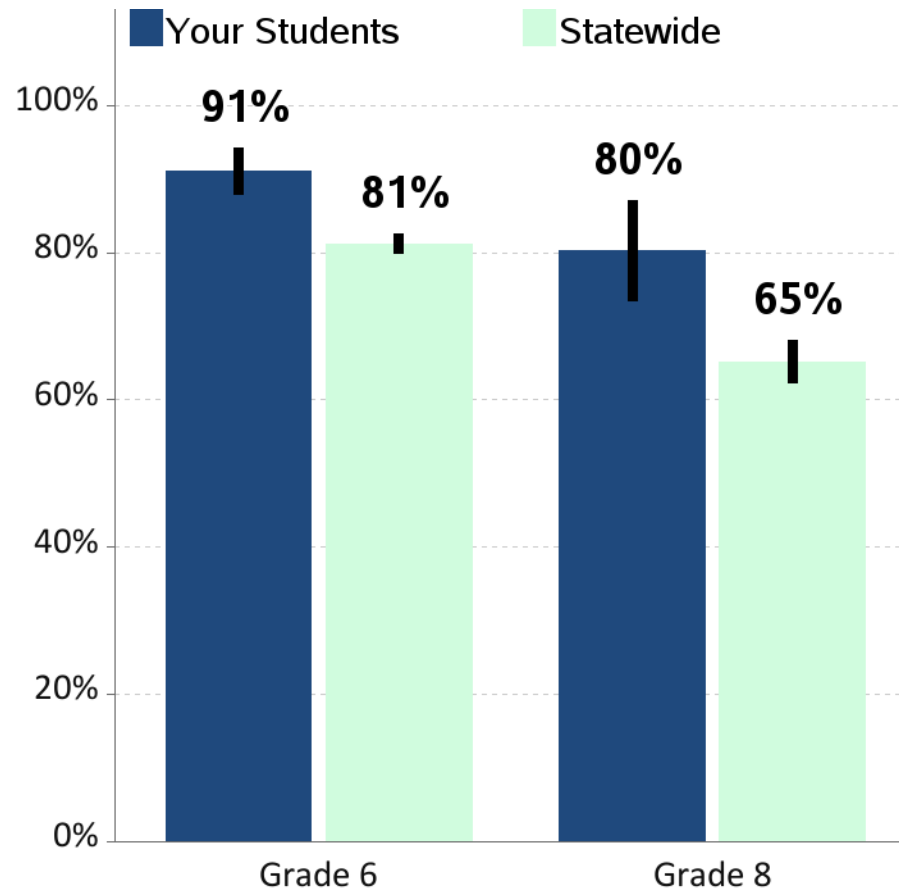
Percent of students who report that adults in their neighborhood think youth smoking is "very wrong"





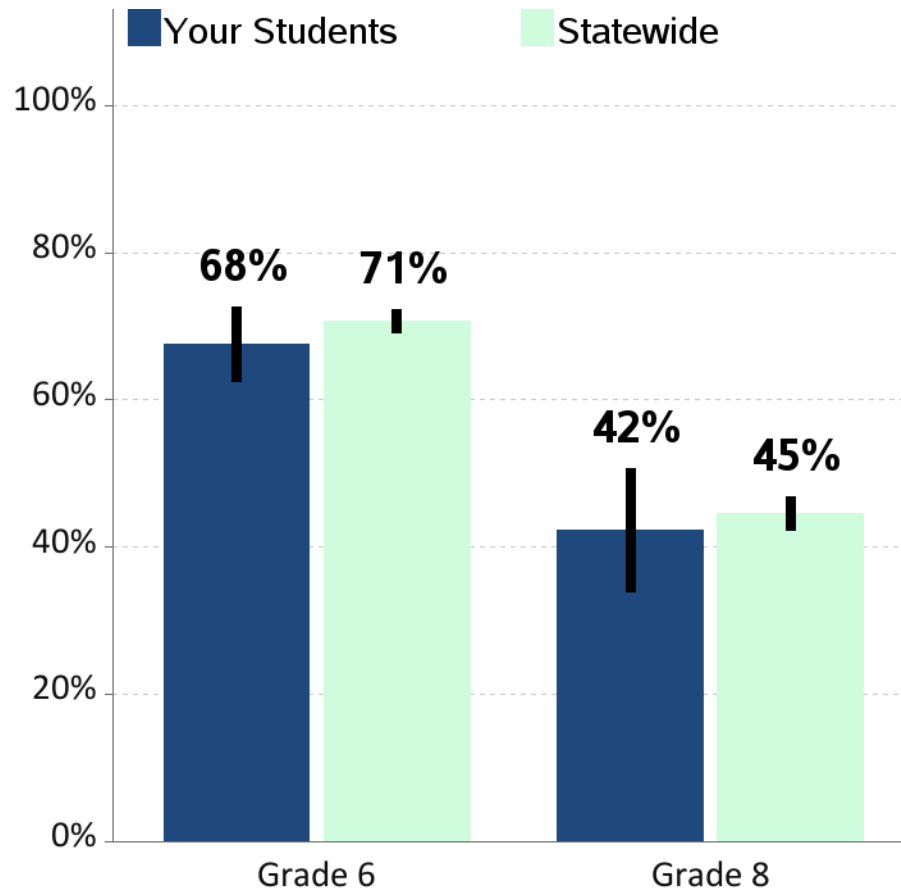
# Perception of Neighborhood Norms - Marijuana

Percent of students who report that adults in their neighborhood think youth marijuana use is "very wrong"



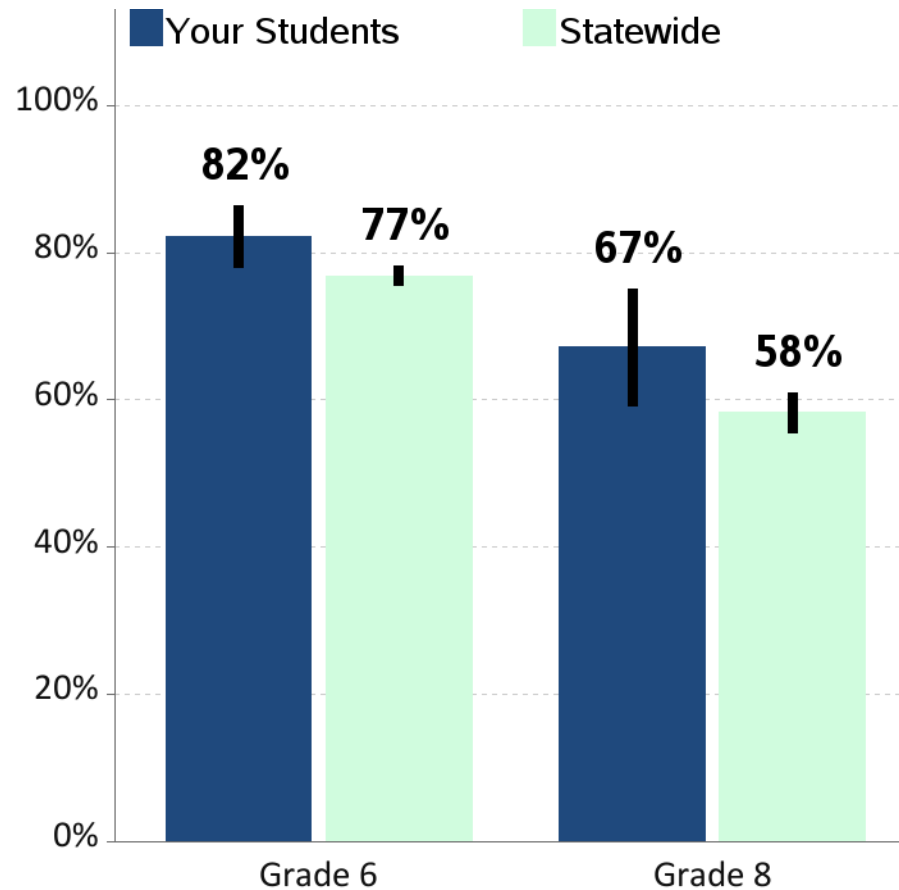
# Perceived Availability of Alcohol

Percent of students who report alcohol would be "very hard" to get



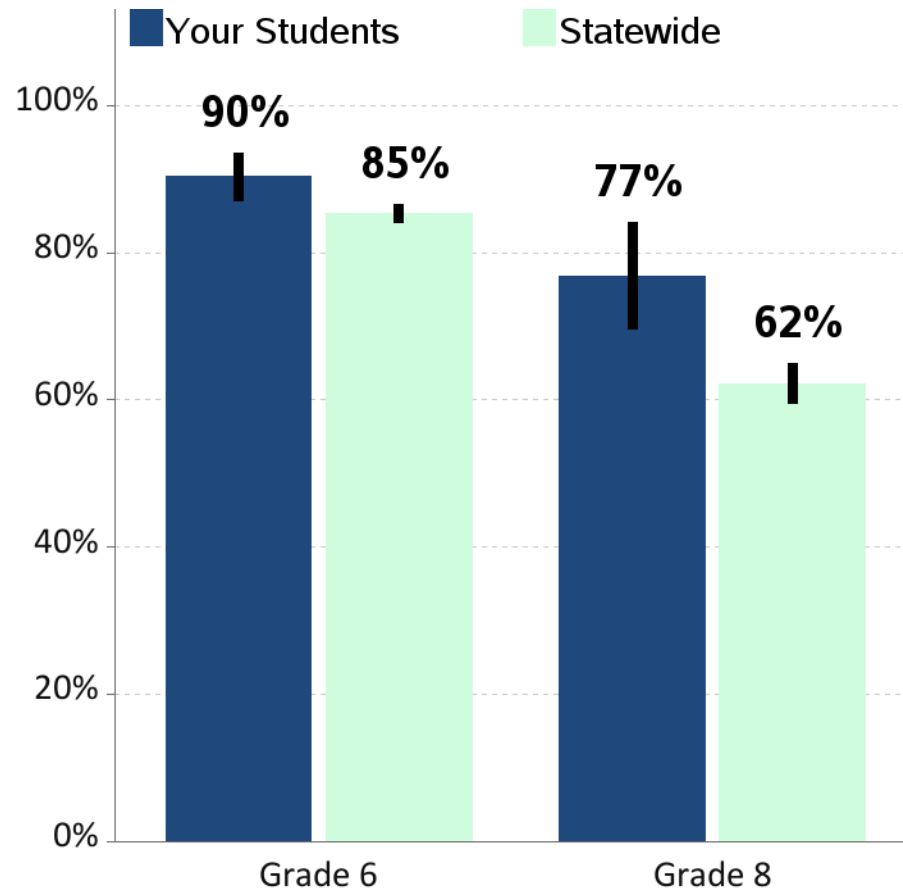
# Perceived Availability of Cigarettes

Percent of students who report cigarettes would be "very hard" to get



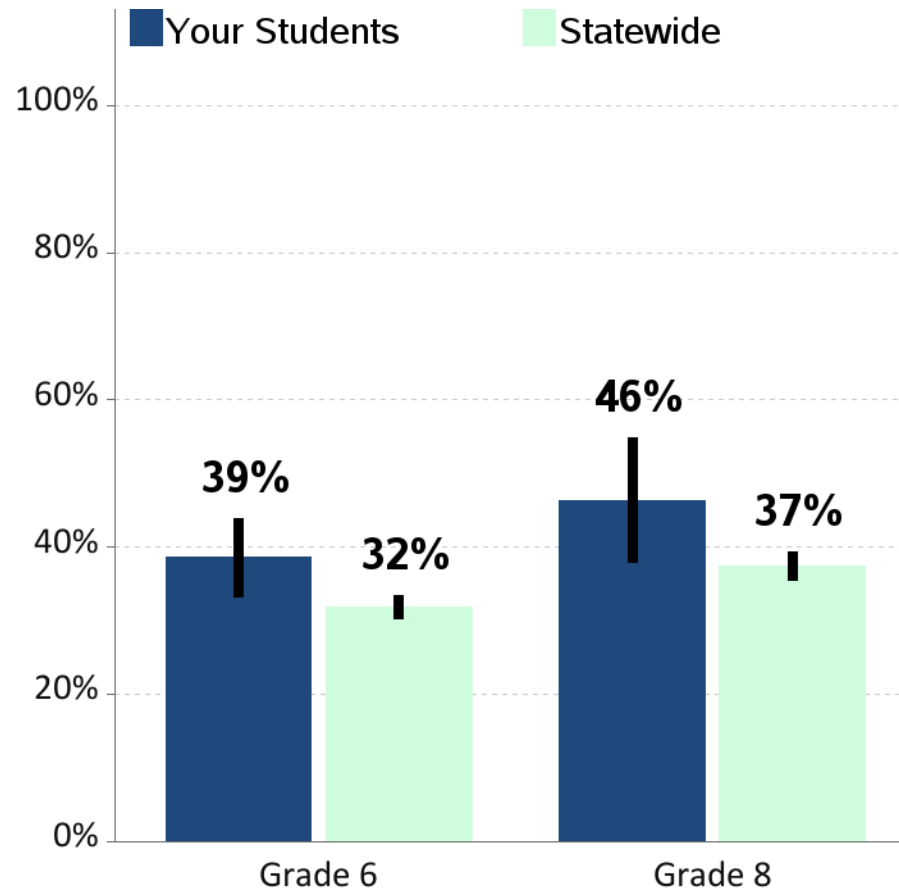
# Perceived Availability of Marijuana

Percent of students who report marijuana would be "very hard" to get



# Perceived Risk of Regular Alcohol Use

Percent of students who report "great risk" of harm from drinking alcohol daily

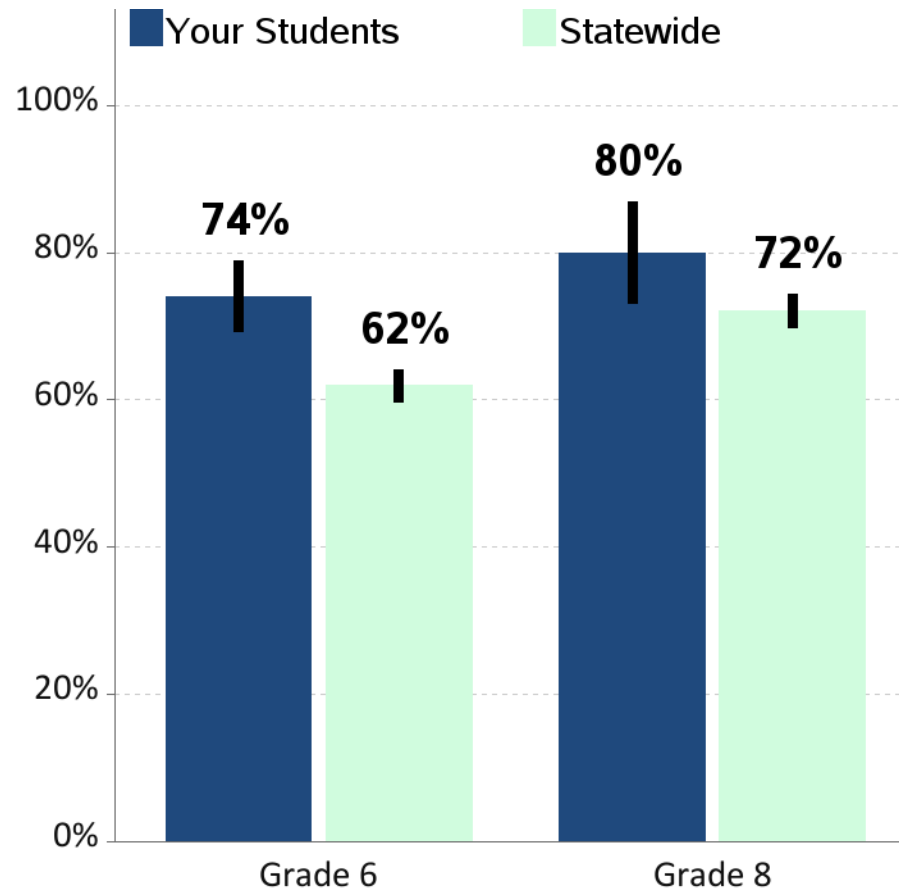


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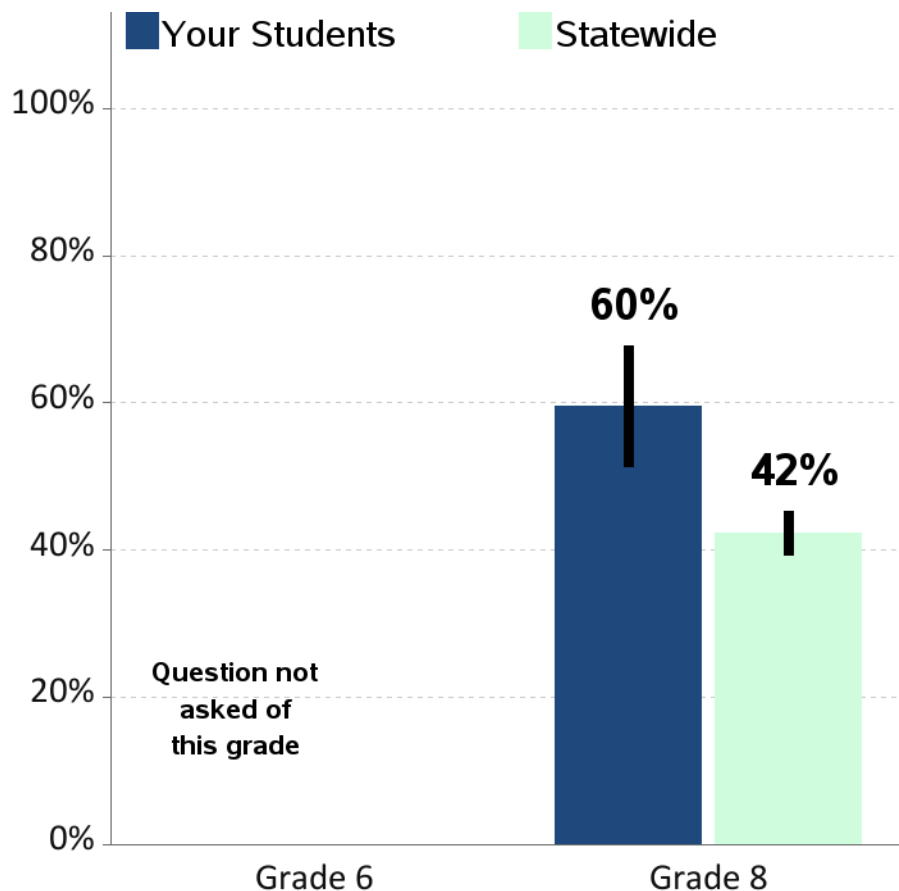
# Perceived Risk of Regular Cigarette Smoking

Percent of students who report "great risk" of harm from smoking a pack or more a day



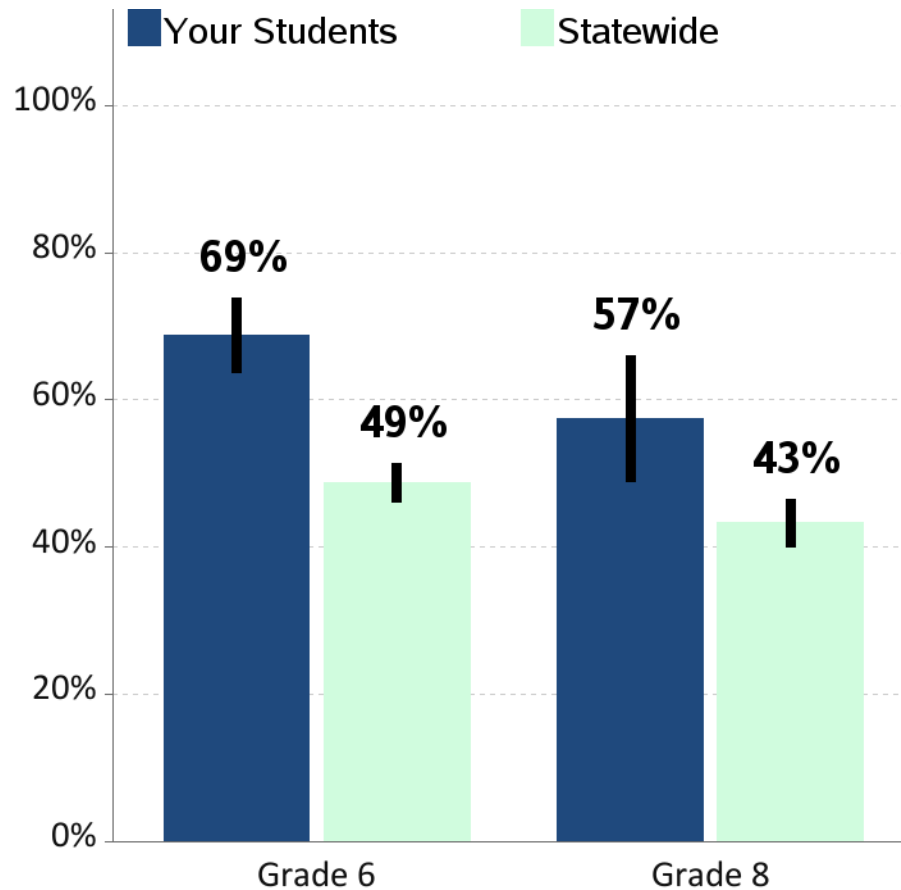
# Perceived Risk of E-Cigarette Smoking or Vaping

Percent of students who report "great risk" of harm from using e-cigarette or vape pen regularly (almost daily)



## Perceived Risk of Regular Marijuana Use

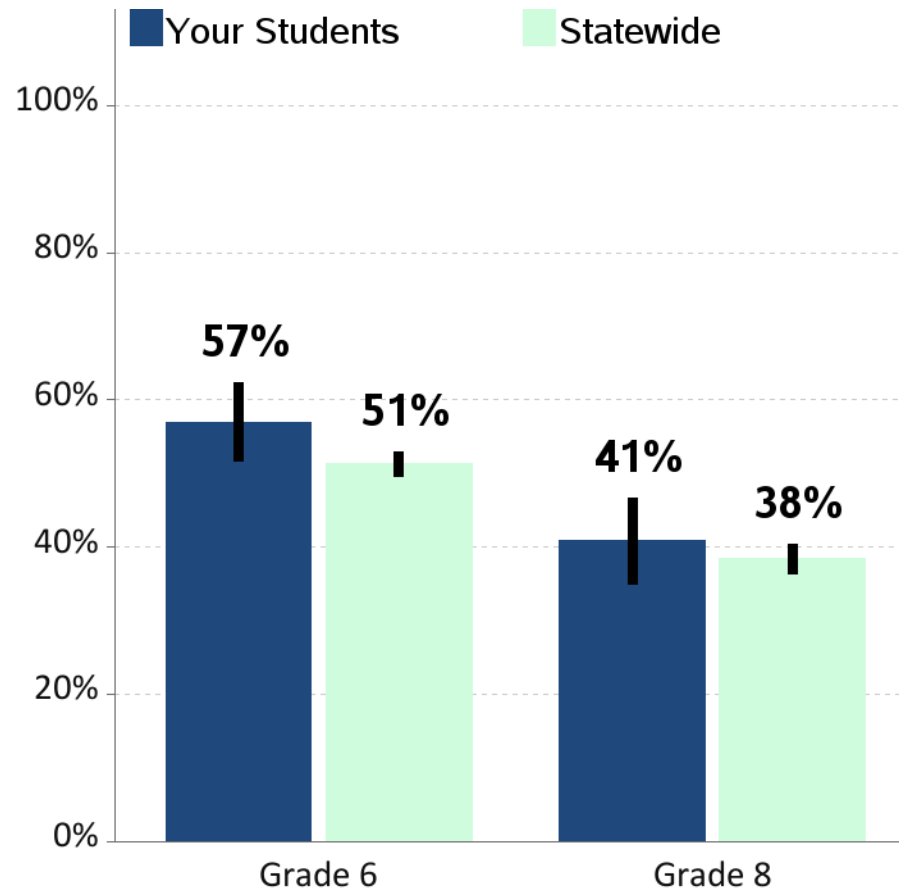
Percent of students who report "great risk" of harm from using marijuana at least once or twice a week





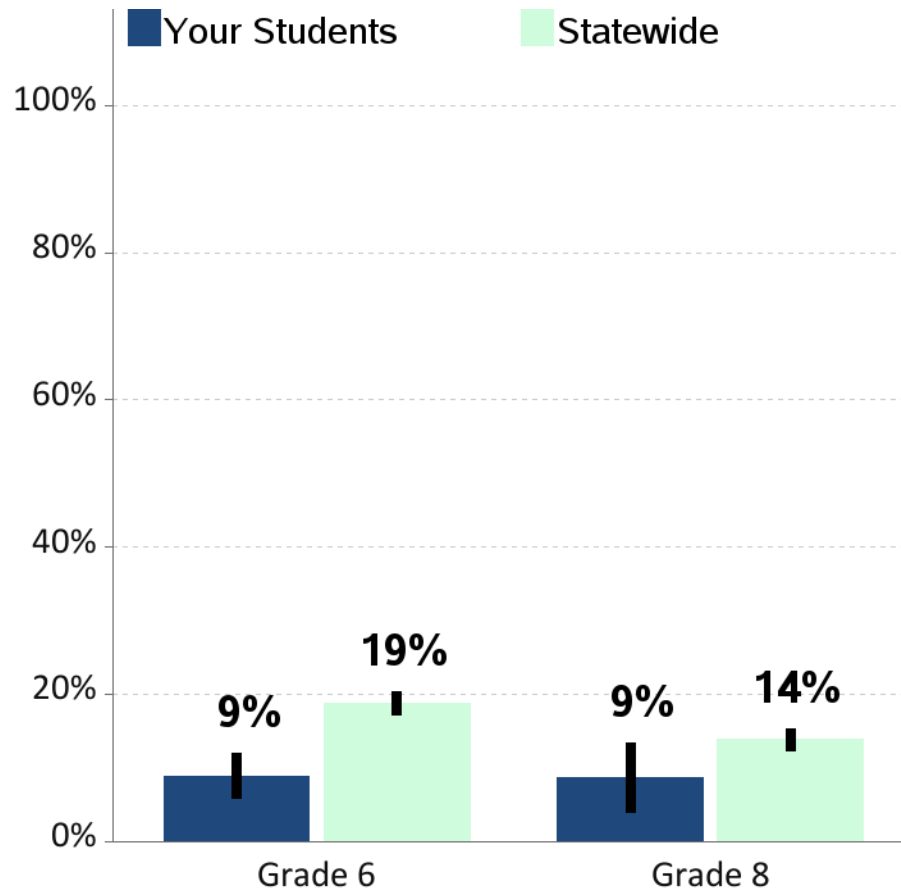
# Enjoyment of School

Percent of students who report "often" or "almost always" enjoying being at school in the past year



# Skiping School

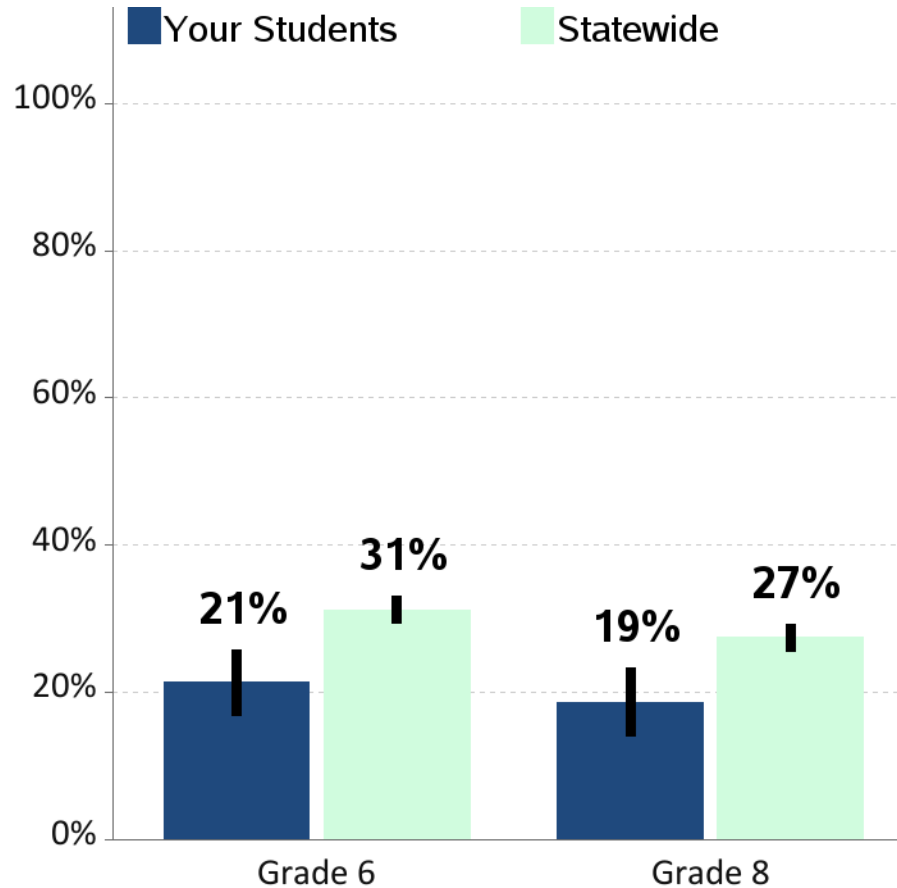
Percent of students who report skipping  
1 or more whole days of school in the past 4 weeks



# Bullying

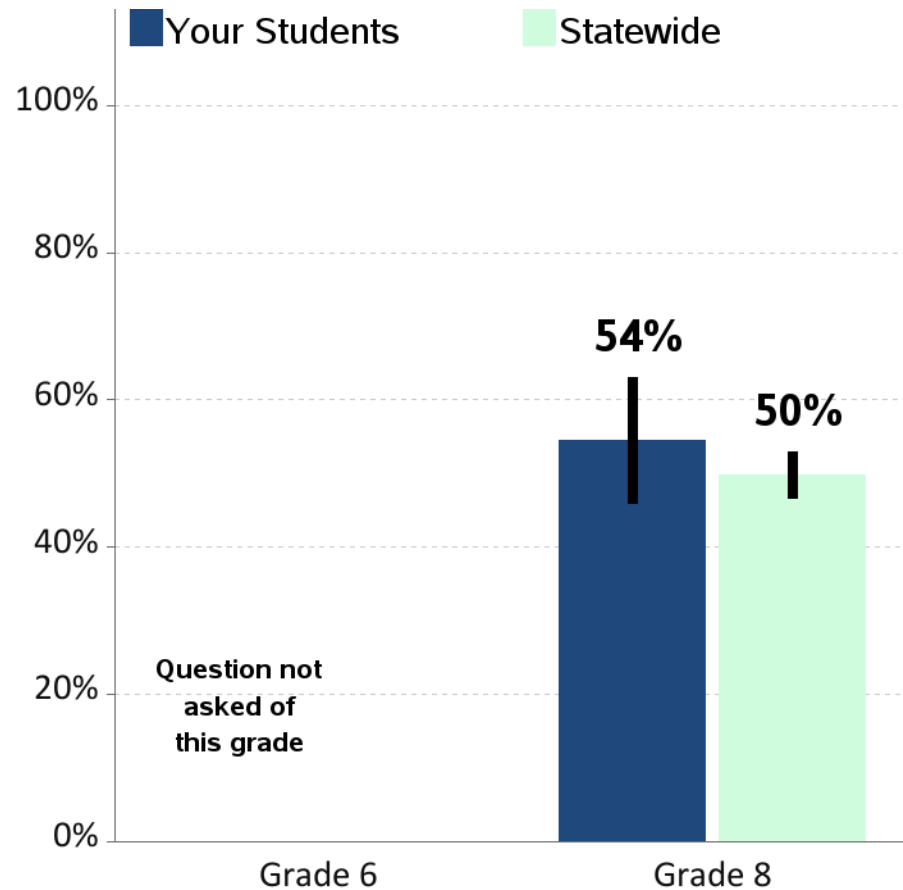
## Percent of students who report being bullied in the past 30 days

*Bullying is when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again.*



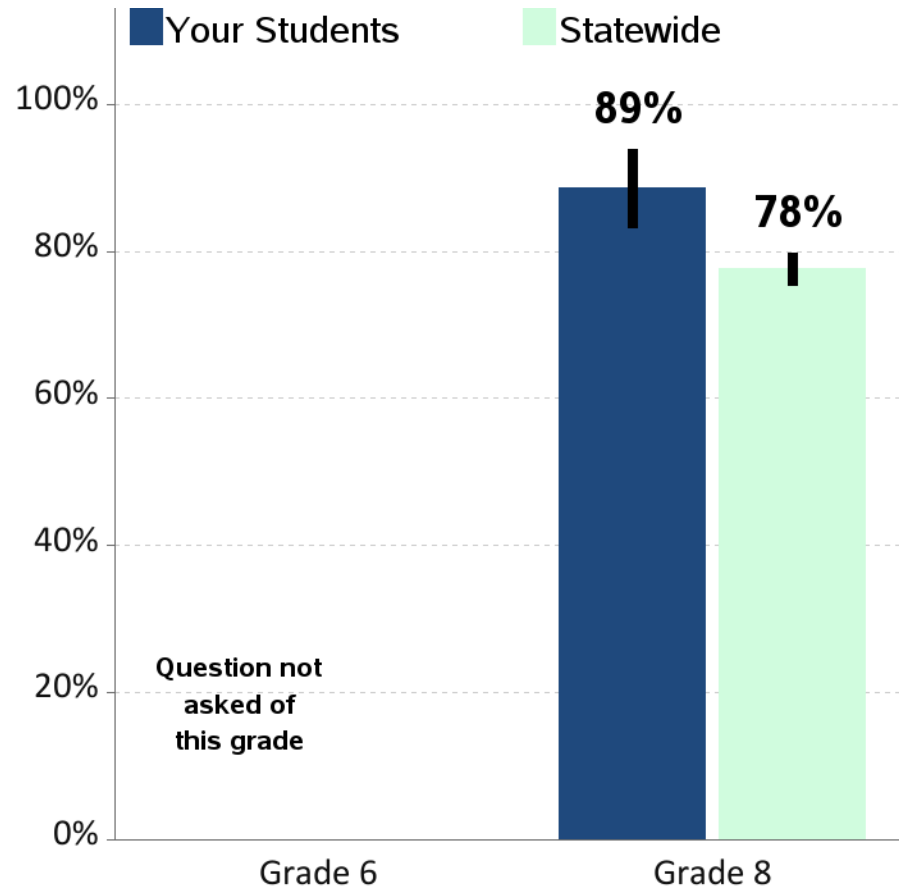
# School Tries to Stop Bullying

Percent of students who report teachers or other adults at school  
“almost always” or “often” try to stop bullying



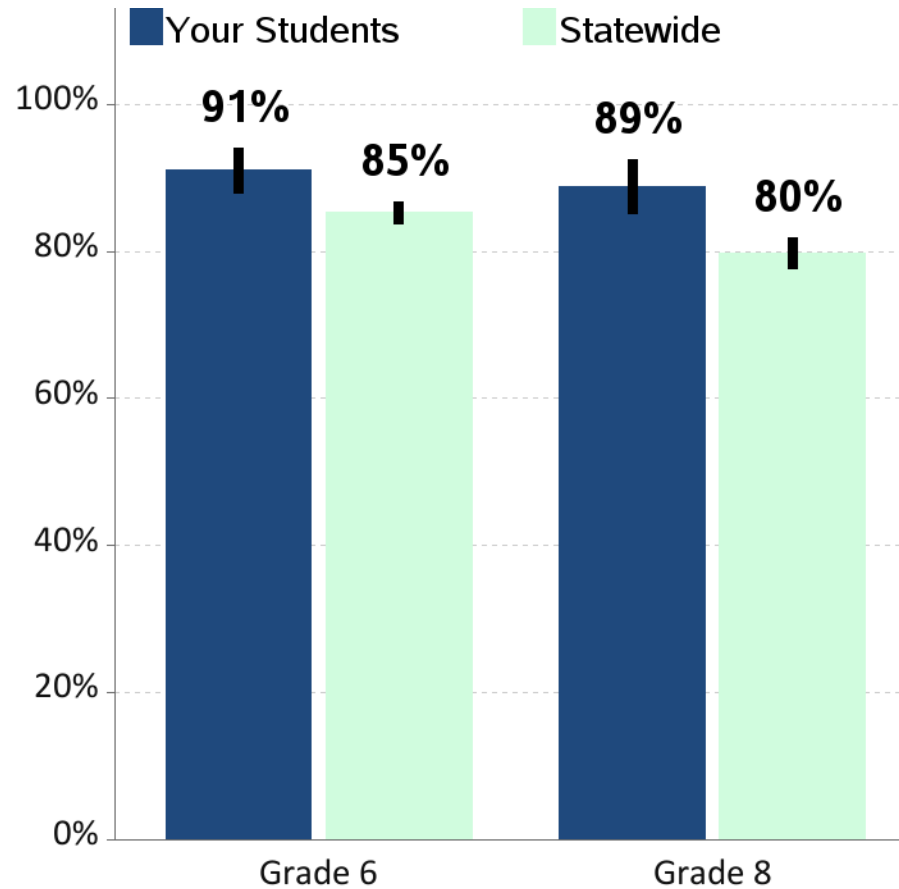
# Students Know How to Report Bullying

Percent of students who report they know how to report bullying at school



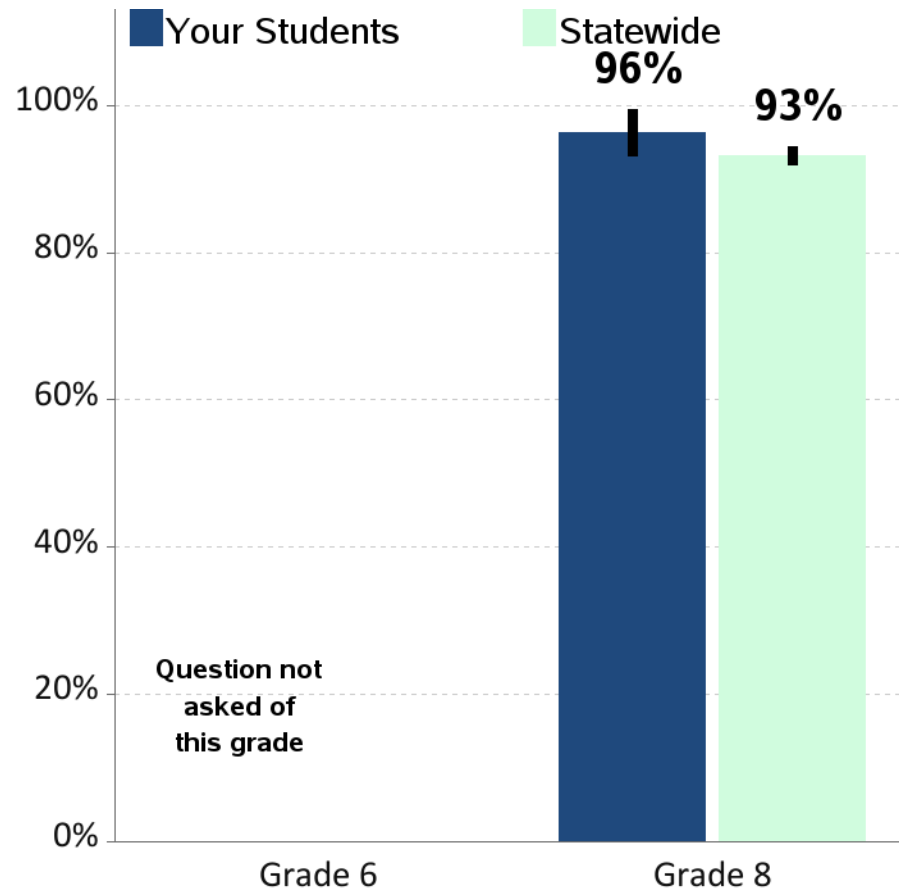
# Feeling Safe at School

Percent of students who report that they feel safe at school



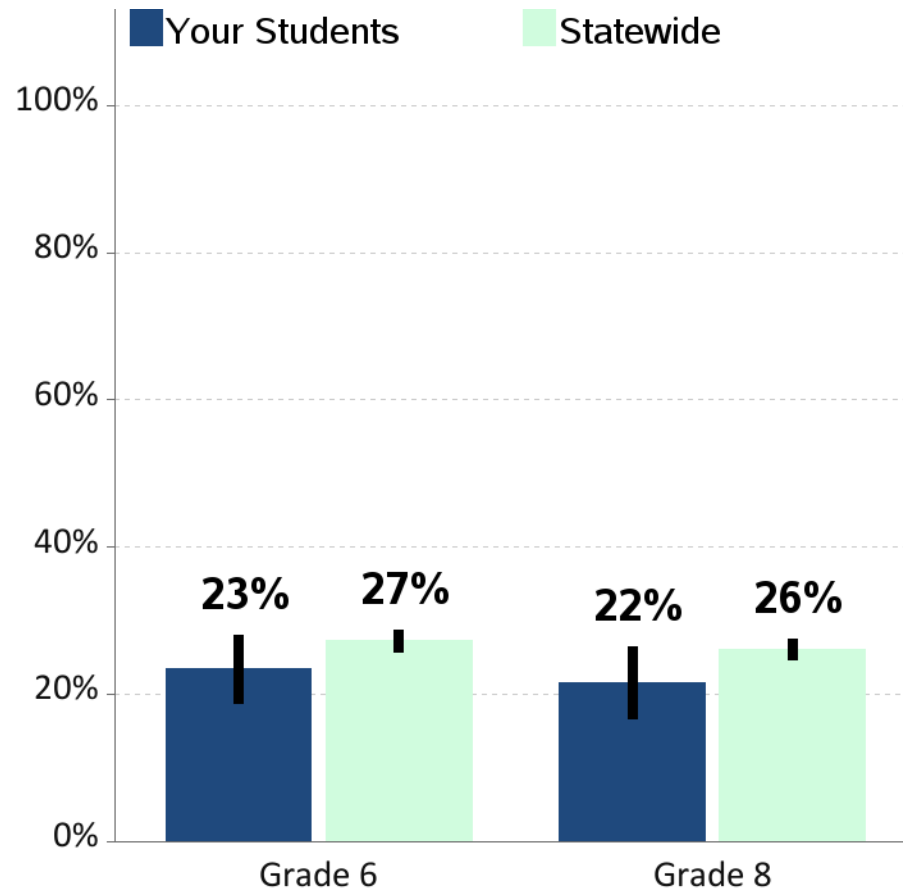
# Opportunities for School Involvement

Percent of students who report that they have lots of chances for involvement in school activities



# Physical Fighting

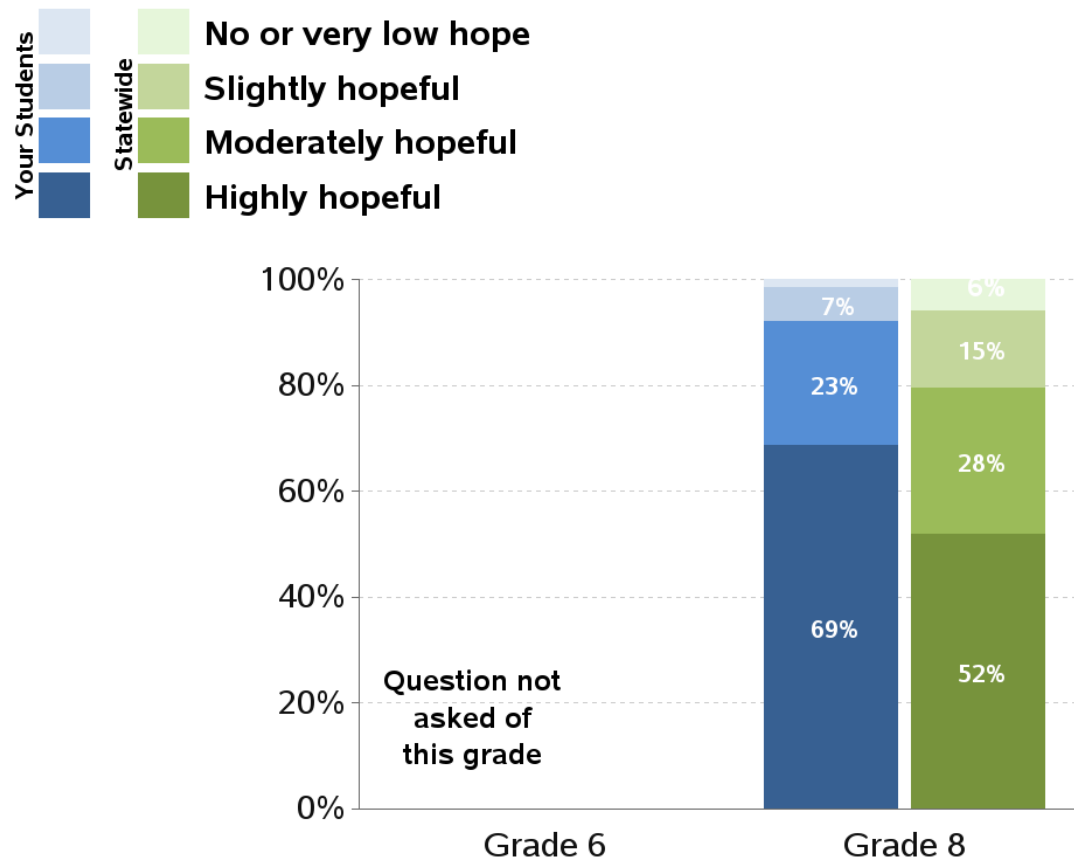
Percent of students who report being in a physical fight in the past year





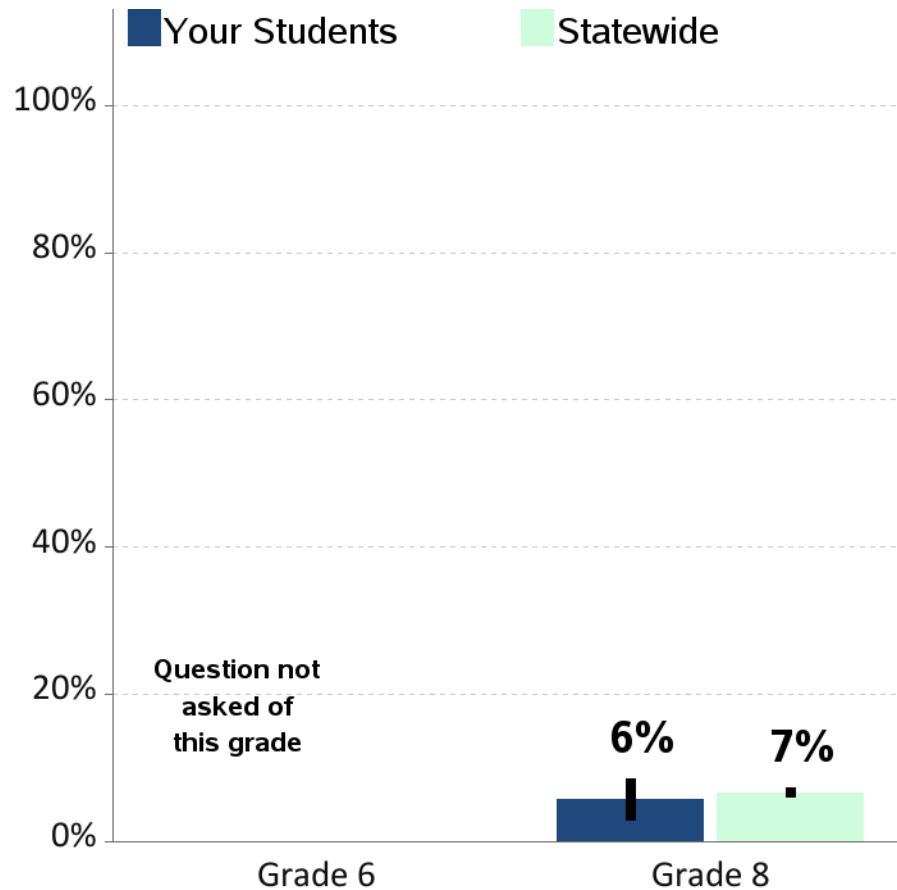
# Children's Hope Scale

Hope reflects a future orientated mindset and motivational process toward attaining a desirable goal. Research has linked hope with overall physical, psychological, and social well-being.



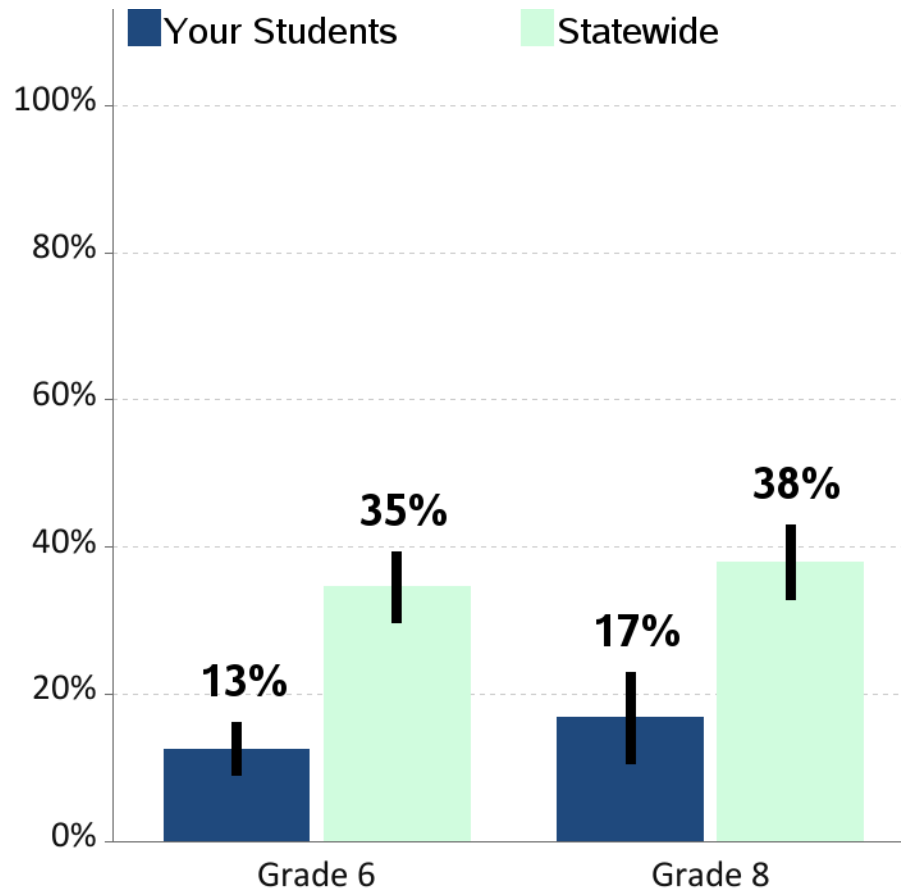
# Gang Membership

Percent of students who report being members of a gang  
in the past year



# Walking/Biking To or From School

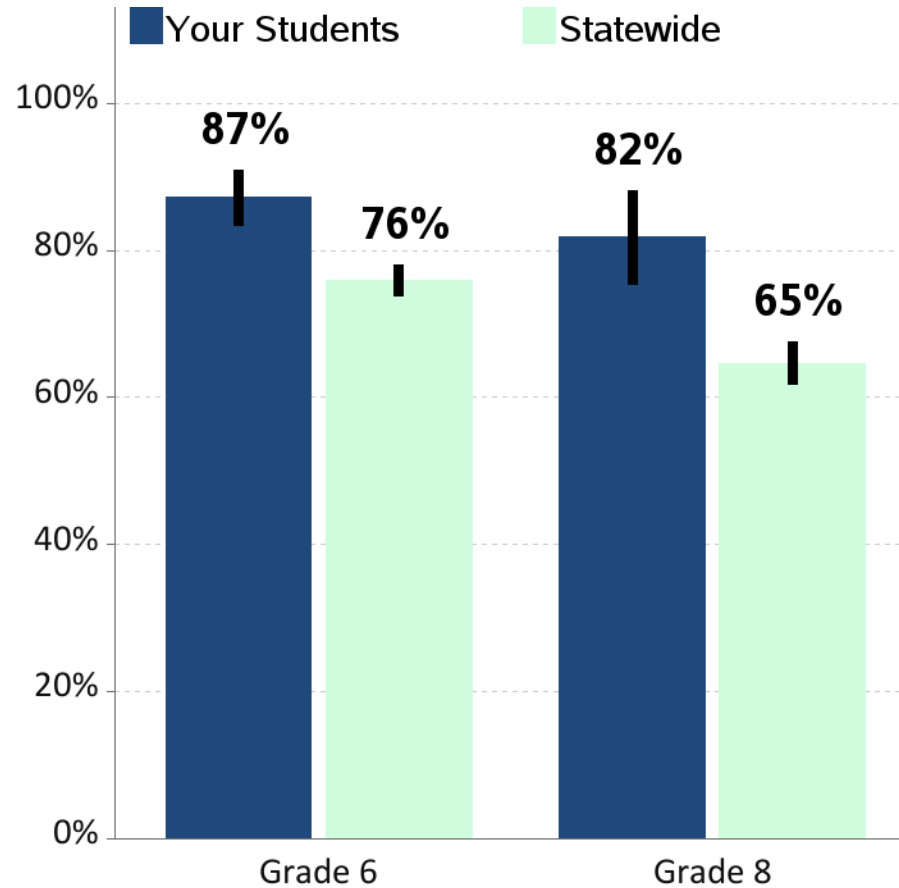
Percent of students who report walking or riding a bicycle to or from school during an average week



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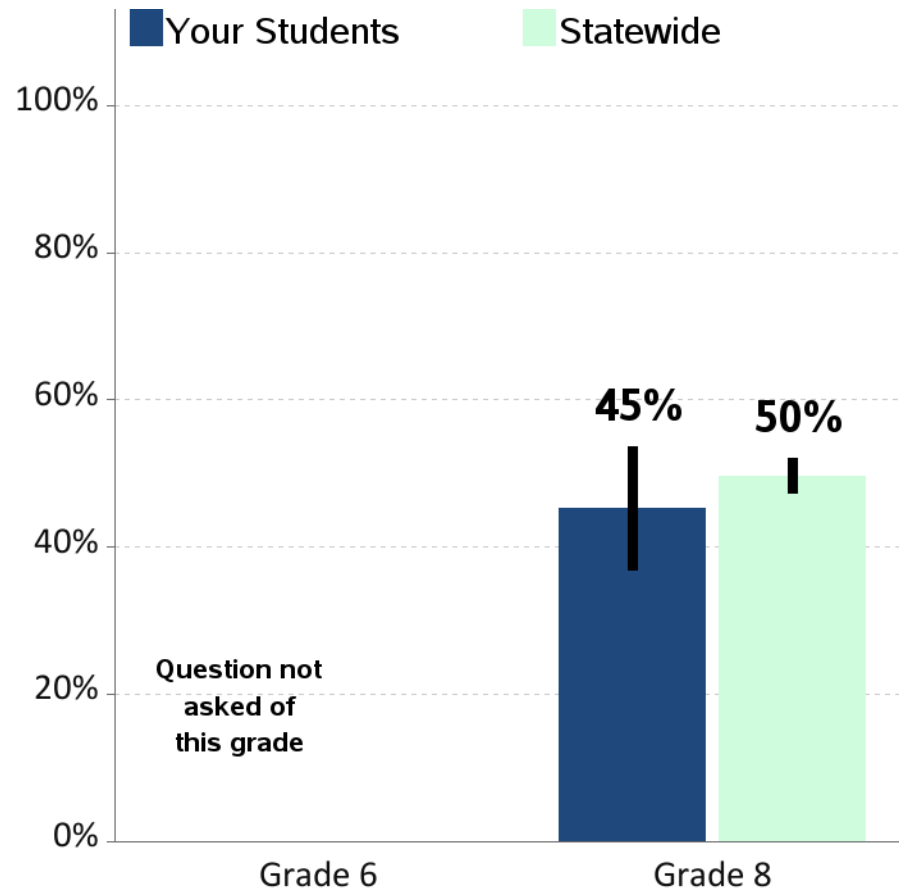
# Eating Breakfast

Percent of students who report eating breakfast



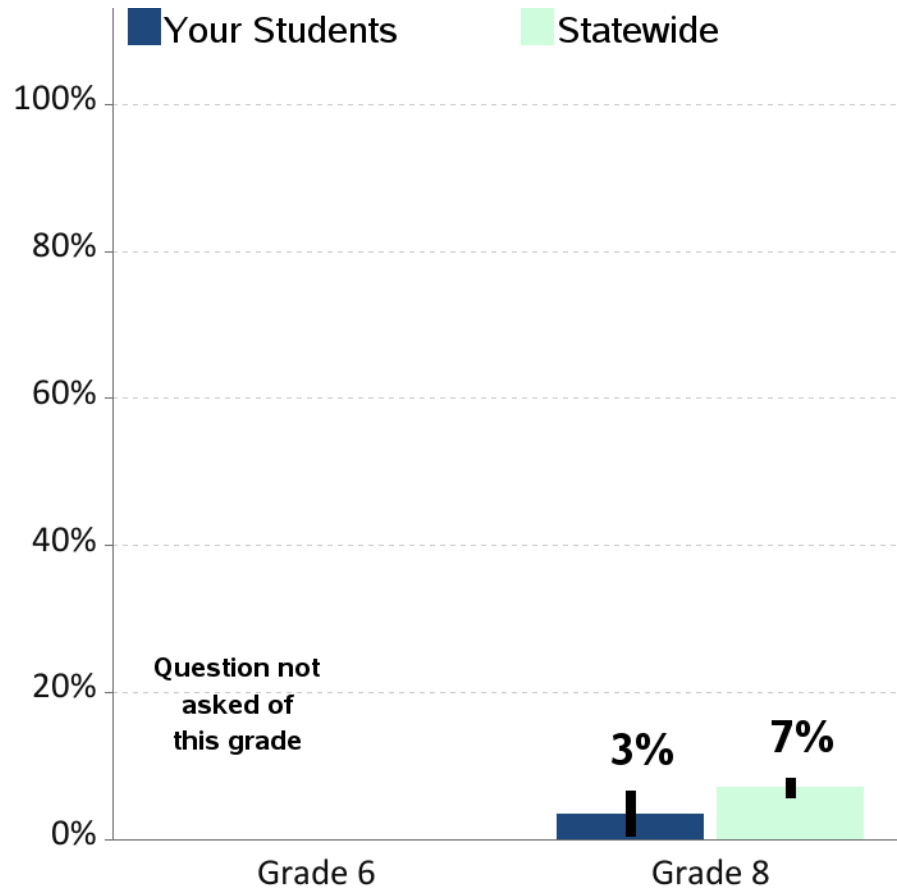
# Sleep on a School Night

Percent of students who report sleeping less than 8 hours on an average school night



# Excessive Sugar Sweetened Beverages Consumption

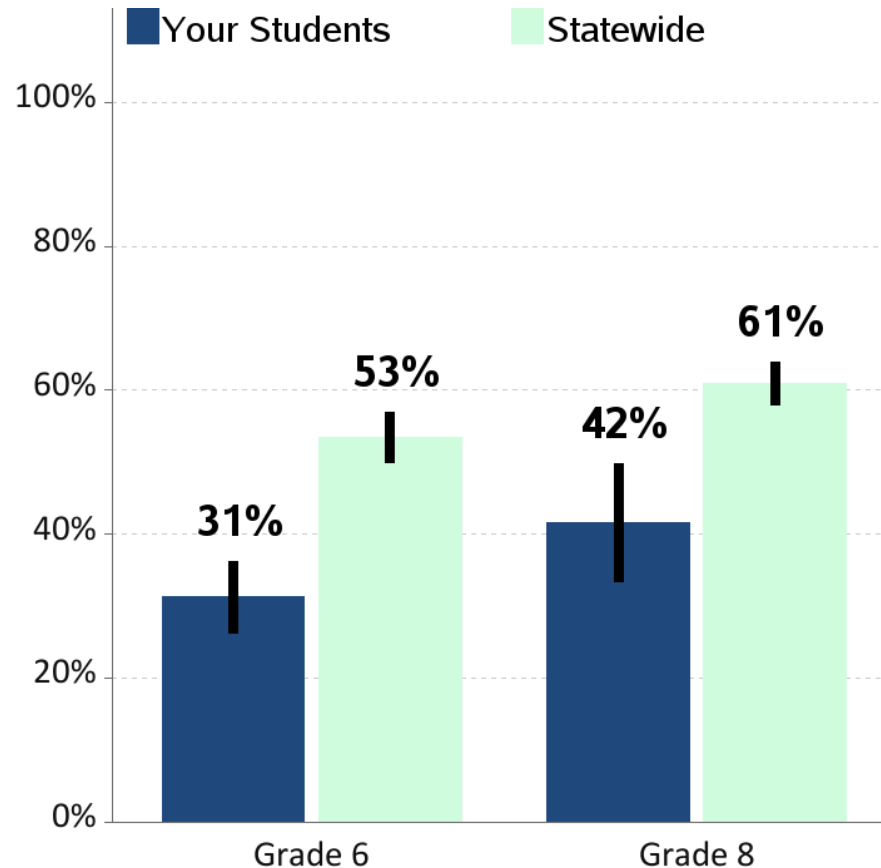
Percent of students who report drinking sugar sweetened beverages 2 or more times a day



## Excessive Television/Video Game Use

Percent of students who report 3 or more hours watching television, playing video games or using the computer for fun on an average school day

*(TV includes movies or stream videos on any electronic device. Video games includes tablets, smartphone, social media)*

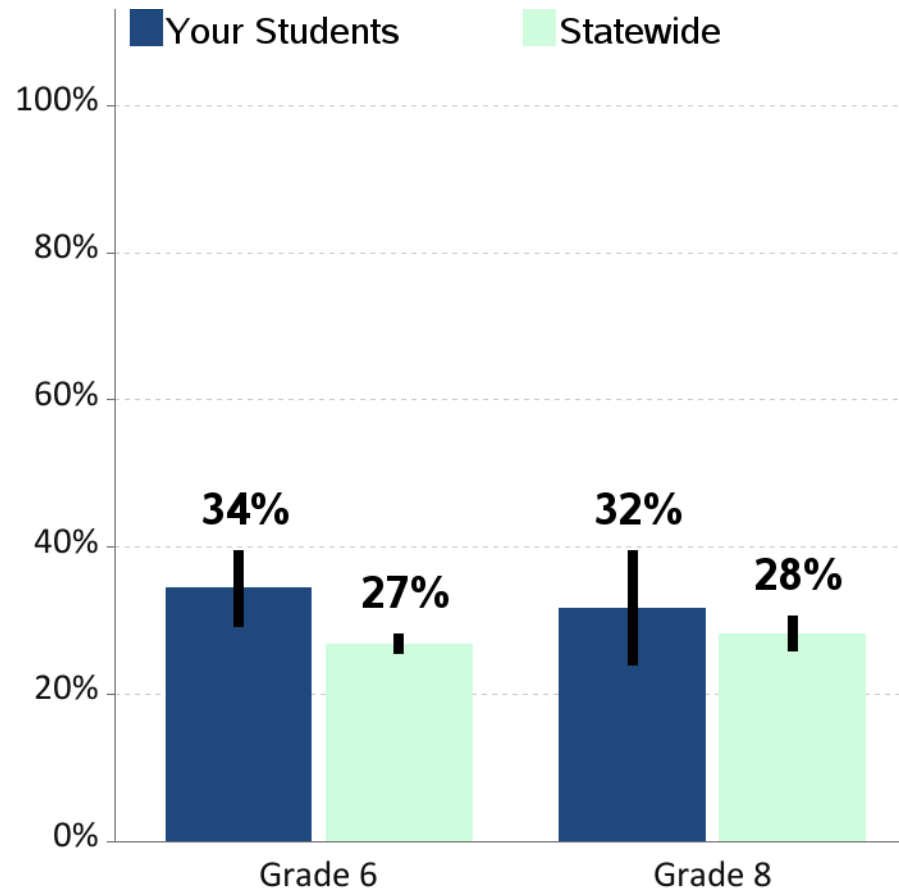


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## 60 Minutes of Physical Activity per Day

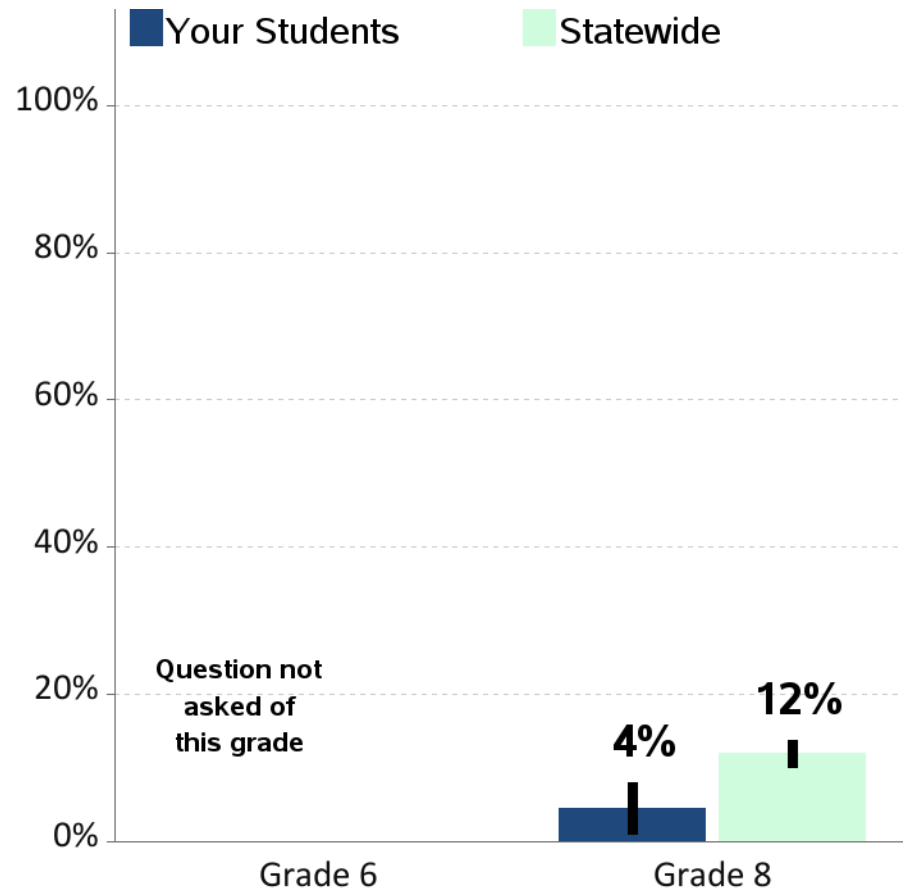
Percent of students who report being physically active  
60 minutes per day, 7 days a week





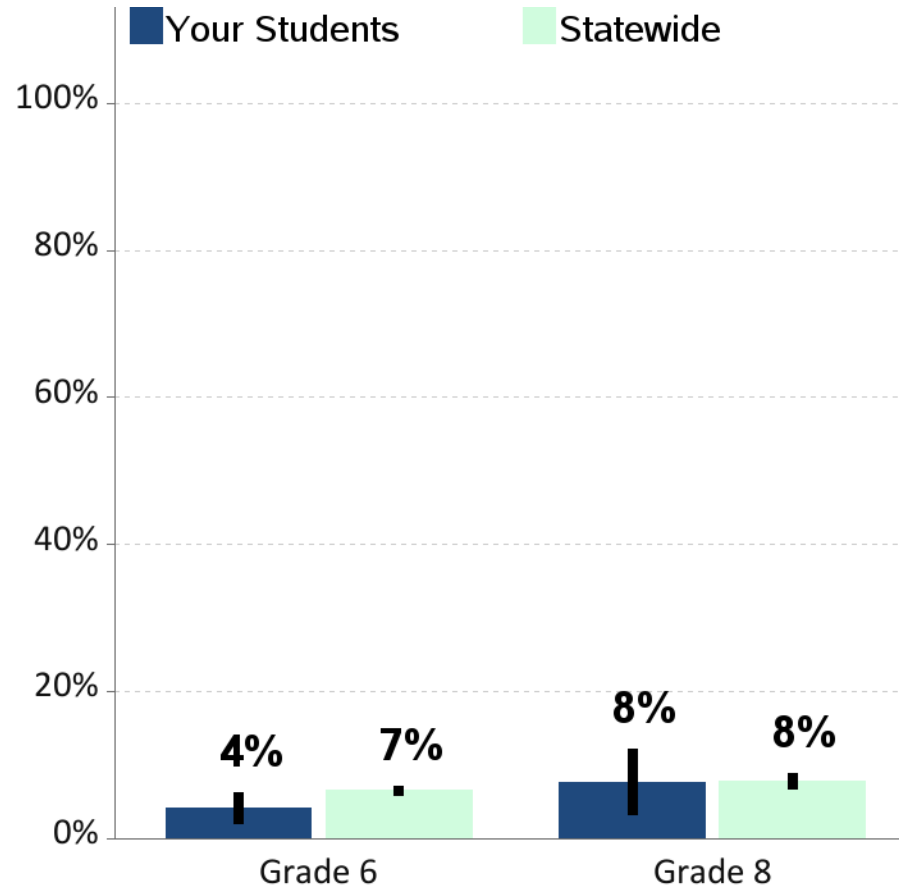
# Obesity

Percent of students who are obese  
(according to reported height and weight)



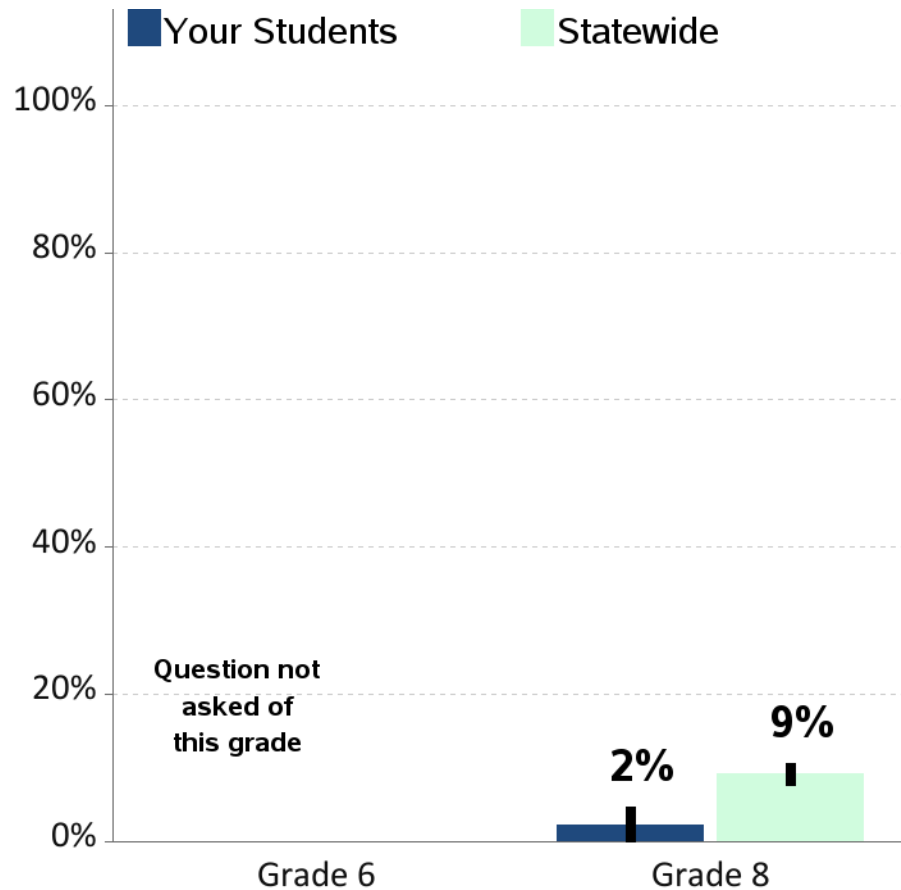
# Current Asthma

Percent of students who currently have asthma

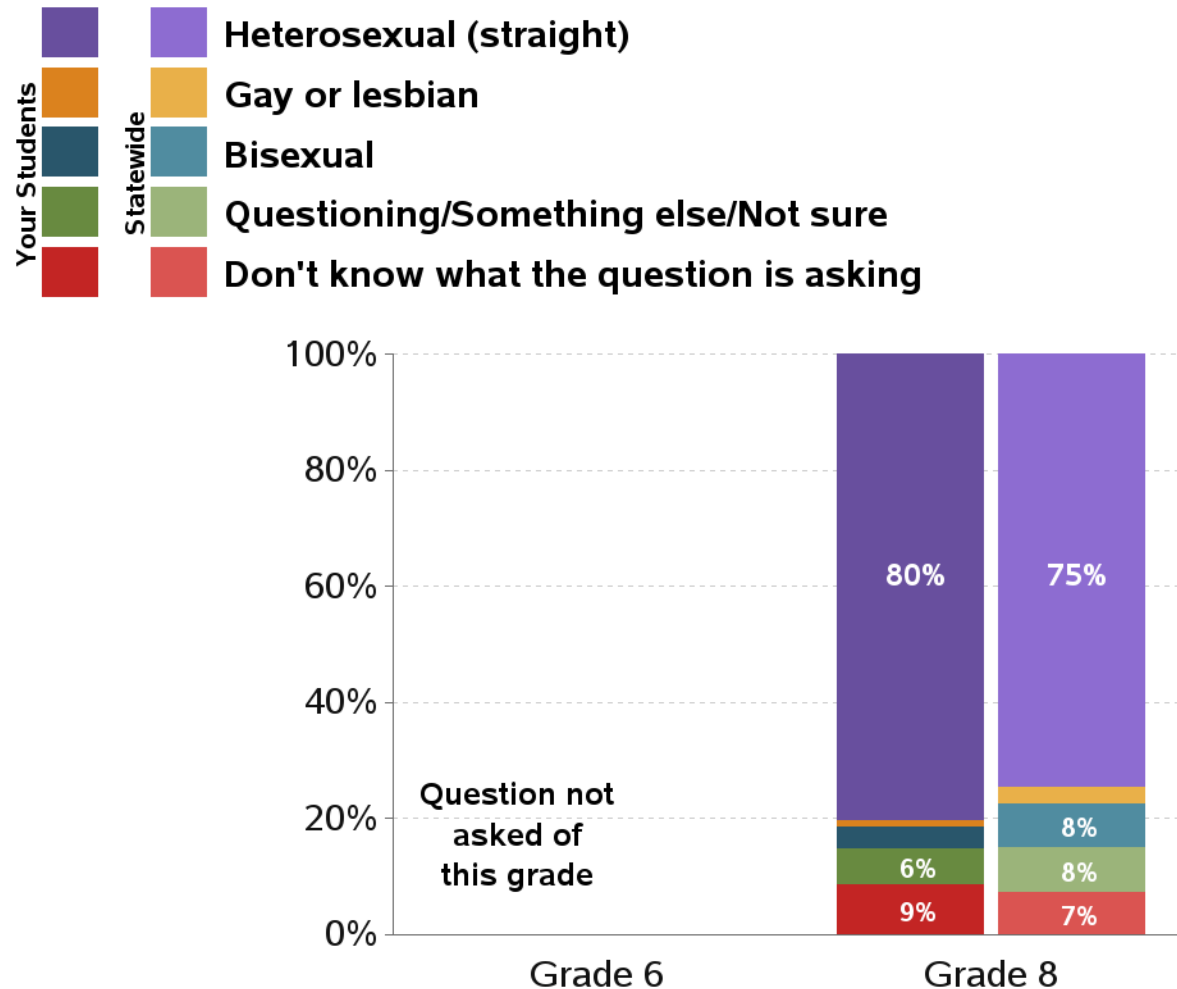


# Lifetime Sex

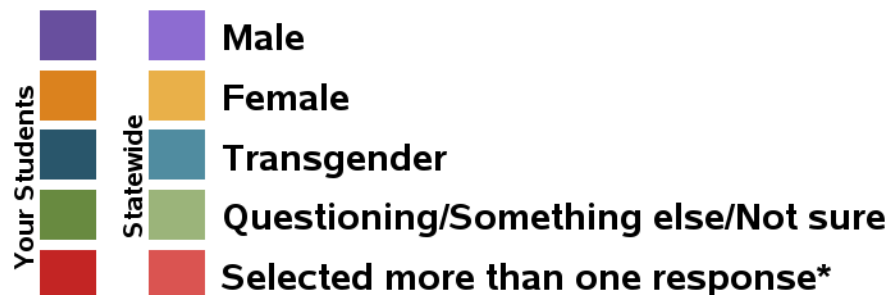
Percent of students who report ever having sex in their lifetime



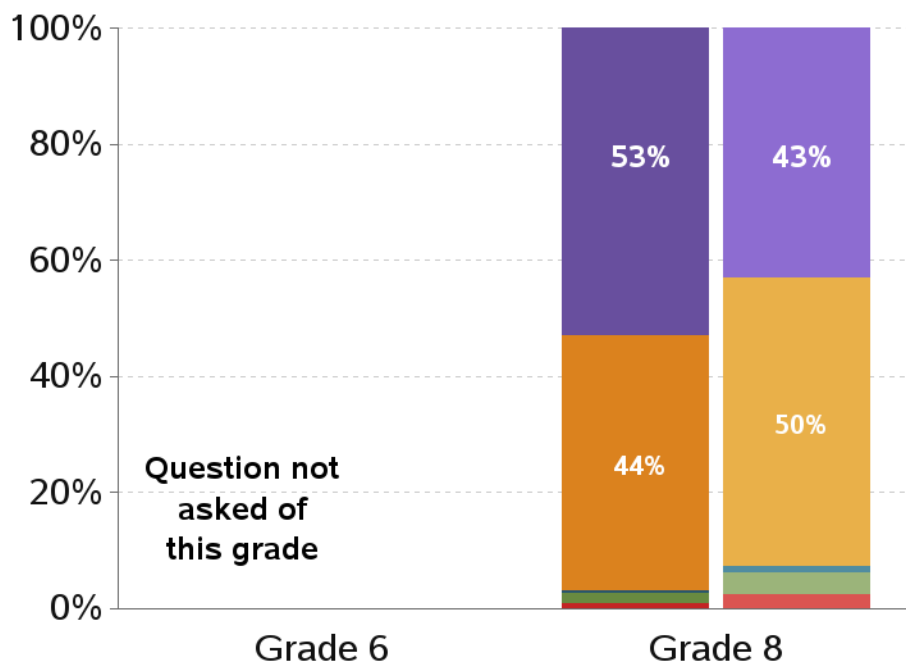
# Sexual Orientation



# Gender Identity

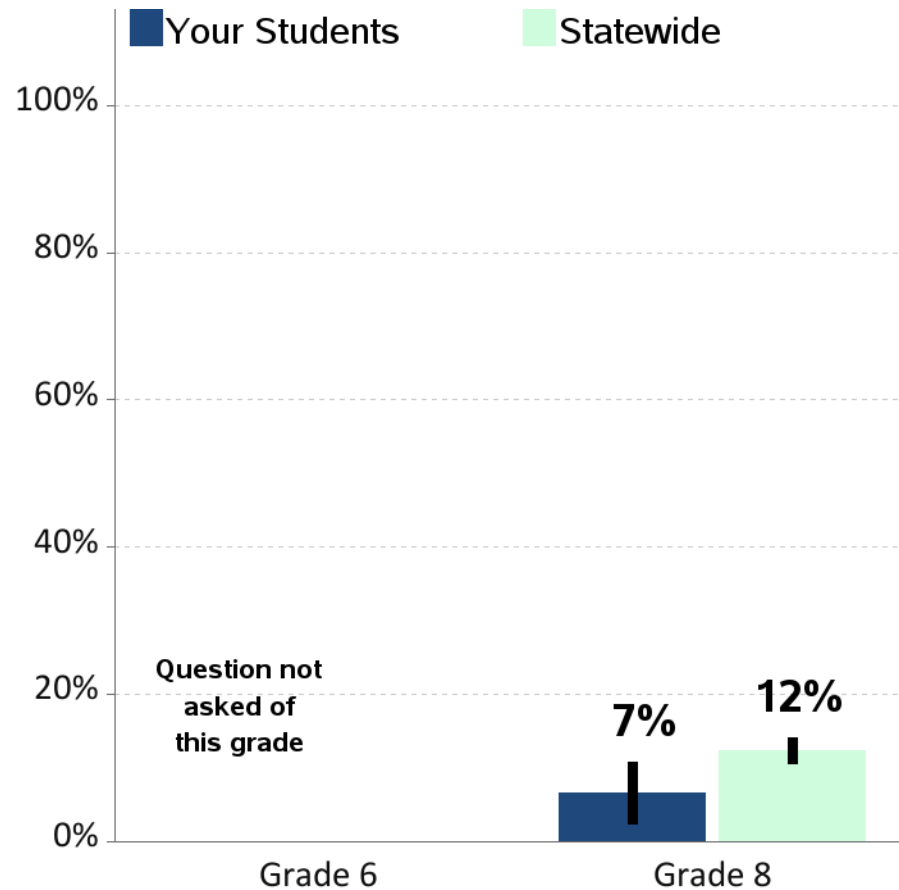


\*Some students may select multiple answers to this question so that their response is consistent with how they identify. For example, a student who identifies as a transgender woman may select both female and transgender. This type response is represented in the 'selected more than one response' category.



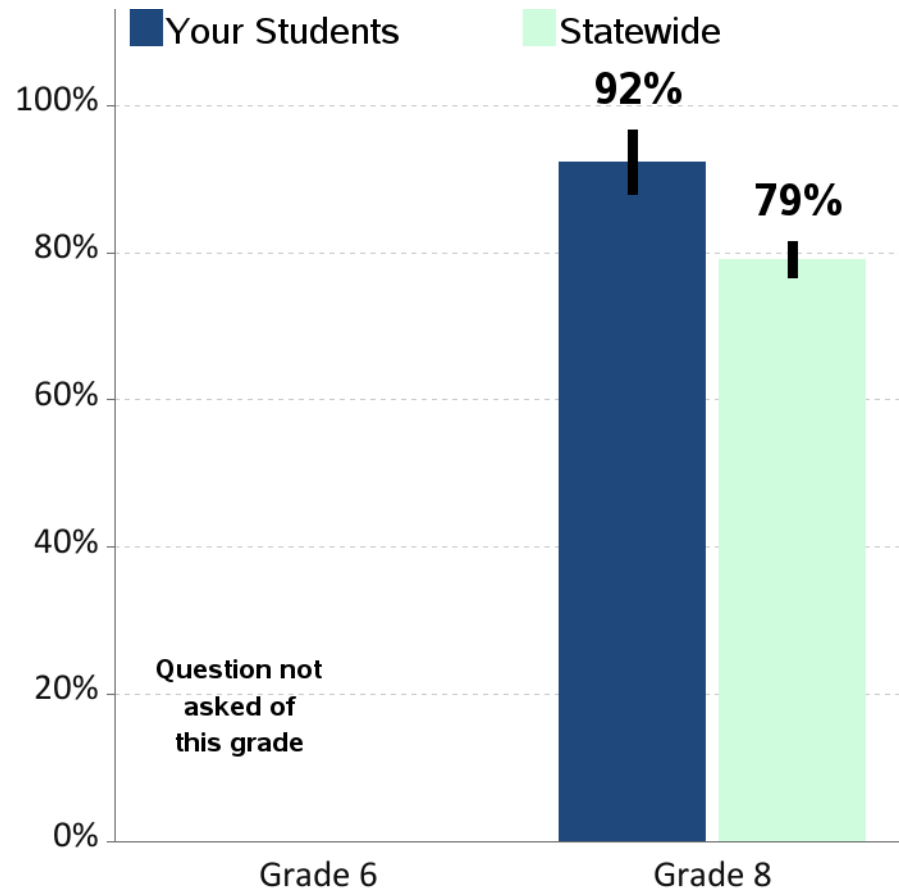
# Lifetime Sexual Abuse

Percent of students who report having ever been in a situation where someone made them engage in kissing, sexual touch or sexual intercourse when they did not want to



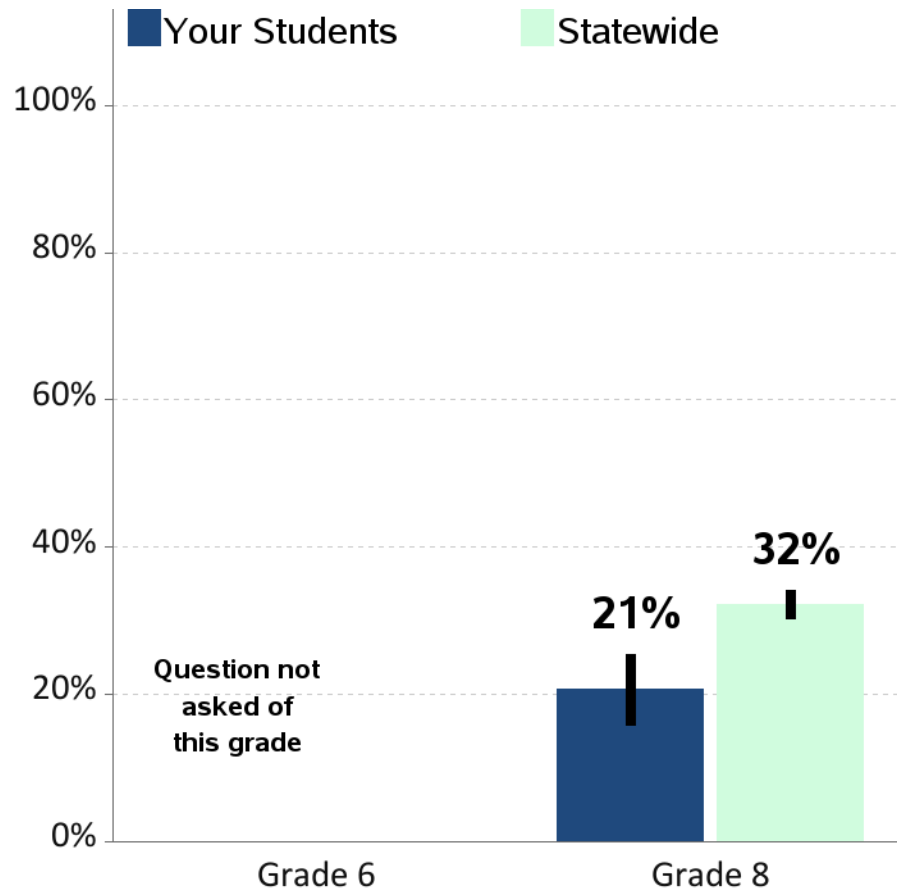
# Access to Dental Care

Percent of students who report visiting a dentist for a routine checkup in the past year



# Depression

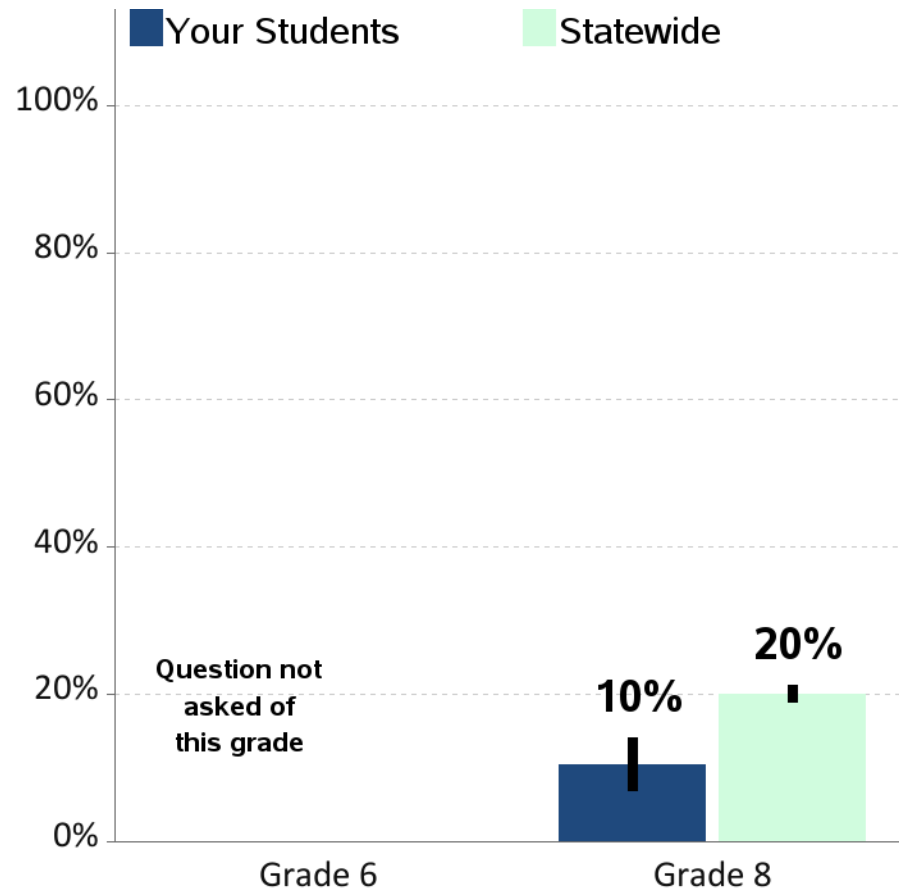
Percent of students who report feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities in the past year.





# Contemplation of Suicide

Percent of students who report having seriously considered suicide in the past year



## Someone in Community to Talk To

Percent of students who report having an adult in their neighborhood or community they can talk to about something important

