



Healthy Youth Survey Fact Sheet

Current Alcohol Use Mountlake Terrace High School (Edmonds School District), page 1 of 2

Year: 2008

Grade: 10

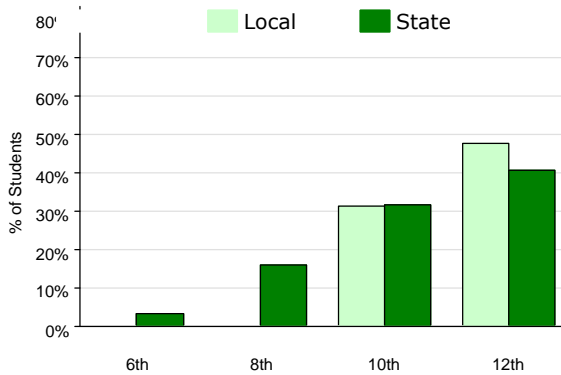
Gender: Both

Number of Students Surveyed: 293

Background:

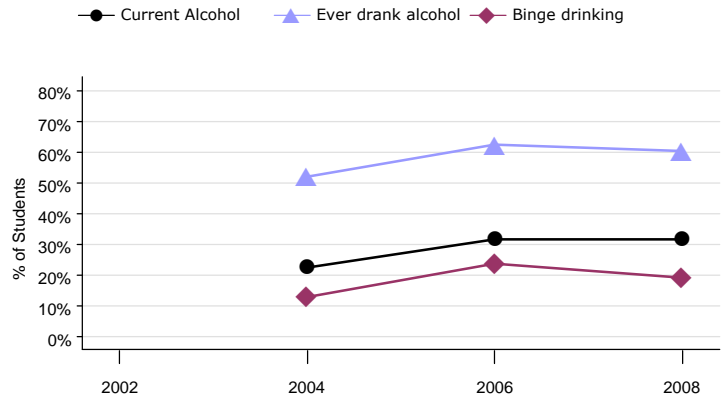
- Alcohol is implicated in nearly a third of youth traffic fatalities. It is also associated with violence, suicide, educational failure, and sexual activity.
- Contrary to earlier beliefs, recent research shows that alcohol can affect the developing adolescent brain.
- Most kids find it easy to get alcohol from friends, at parties, or from home.

Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2008



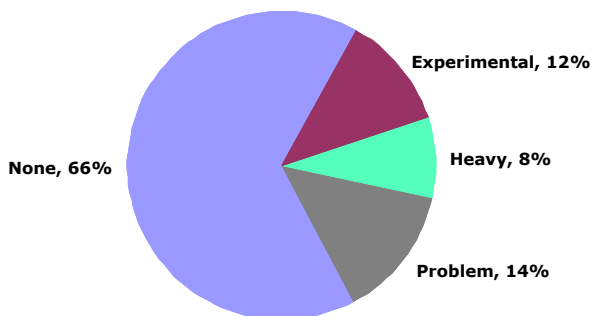
Prevalence	6th	8th	10th	12th
Local	N/G	N/G	32% ±5	48% ±7
State	4% ±1	16% ±2	32% ±2	41% ±3

Current Alcohol Use Trends, Grade 10



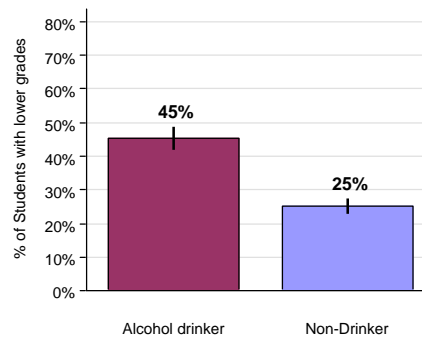
Prevalence	2004	2006	2008
Current Alcohol	22% ±5*	32% ±6*	32% ±5
Ever drank alcohol	52% ±6	62% ±6*	60% ±6
Binge drinking	13% ±4	24% ±8*	19% ±5

Level of Alcohol Use Grade 10, 2008



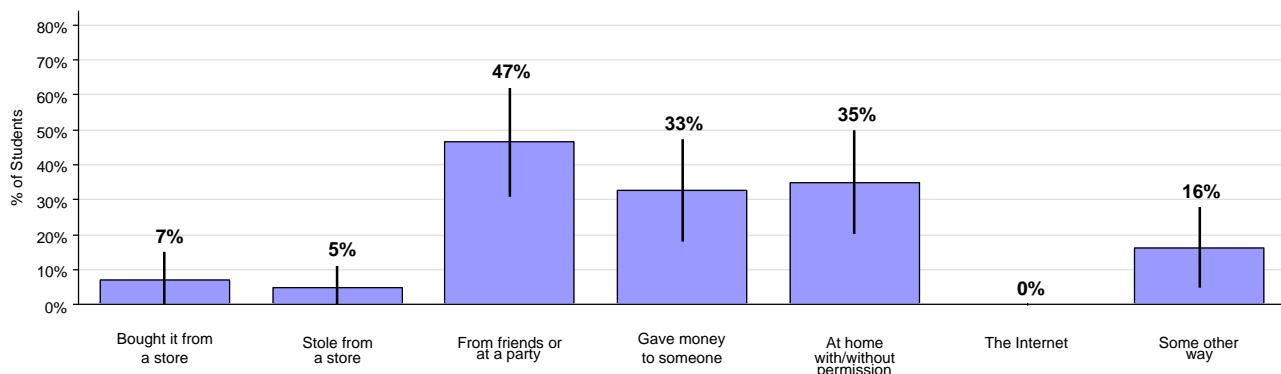
- None: no drinking in the past 30 days
- Experimental: 1-2 days drinking, and no binge drinking
- Heavy: 3-5 days drinking, and/or one binge
- Problem: 6+ days drinking, and/or 2+ binges

Statewide Relationship between Lower Grades and Alcohol Use Grade 10, 2008



Statewide, 10th graders who drink alcohol are more likely to get lower grades in school (C's, D's or F's) compared to those who don't drink.

Source for Those Who Got Alcohol, Grade 10, 2008

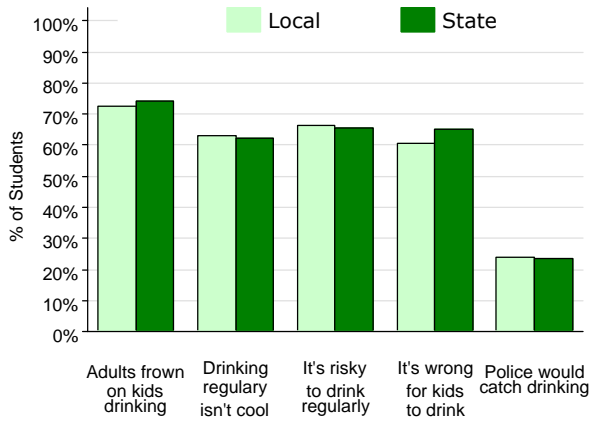




Healthy Youth Survey Fact Sheet

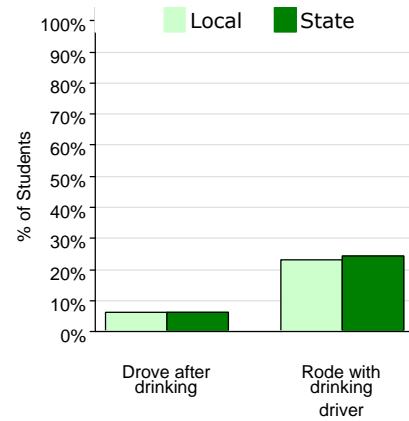
Current Alcohol Use Mountlake Terrace High School (Edmonds School District), page 2 of 2

Youth Perceptions about Alcohol Compared to the State, Grade 10, 2008



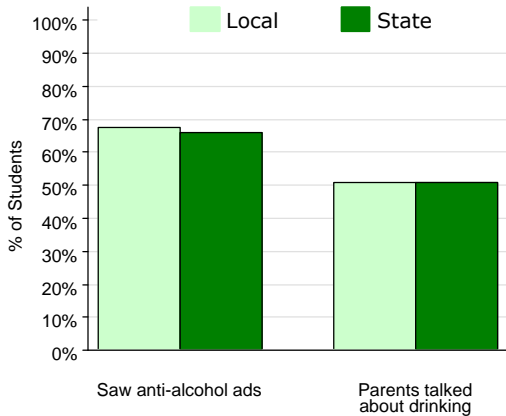
Prevalence	Adults frown on drinking	Regular drinking isn't cool	Regular drinking is risky	Drinking is wrong for kids	Police catch drinking
Local	72% ±7	63% ±8	66% ±8	61% ±8	24% ±7
State	74% ±2	62% ±3	66% ±2	65% ±2	24% ±2

Drinking and Driving/Riding Compared to the State, Grade 10, 2008



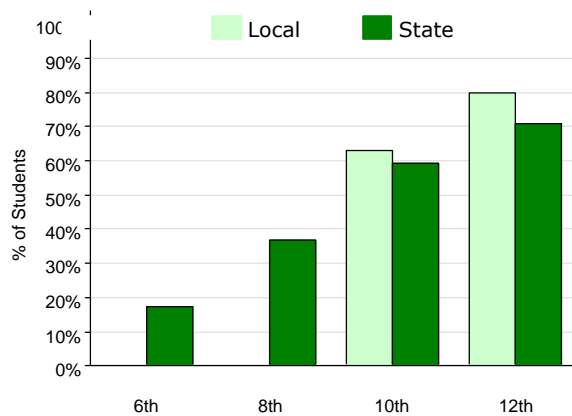
Prevalence	Drove after drinking	Rode with drinking driver
Local	6% ±4	23% ±7
State	6% ±1	24% ±2

Received Anti-Alcohol Messages Compared to the State, Grade 10, 2008



Prevalence	Saw anti-alcohol ads	Parents talked about drinking
Local	68% ±5	51% ±6
State	66% ±2	51% ±1

Youth Perception that Alcohol is Easy to Get Compared to the State, Grade 10, 2008



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	63% ±8	80% ±8*
State	17% ±1	37% ±2	59% ±3	71% ±3

For More Information:

- Parents, schools, kids, and communities can work together to keep youth safe. To see a list of prevention organizations in your county, go to the Start Talking Now website: www.starttalkingnow.org.
- For free guides on preventing alcohol and other drug use, call Washington State Alcohol/Drug Information Clearinghouse: 1-800-662-9111, or www.clearinghouse.adhl.org
- Parents can find prevention tips at the Start Talking Now website, and www.drugfree.org.
- Prevention professionals should see <http://captus.samhsa.gov/western>.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)

Missing codes: S = result suppressed due to insufficient reporting from students of schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



Healthy Youth Survey Fact Sheet

Asthma Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

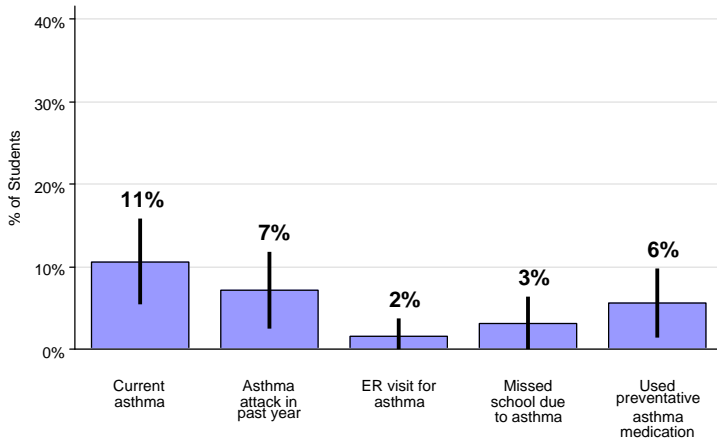
Gender: Both

Number of Students Surveyed: 293

Background:

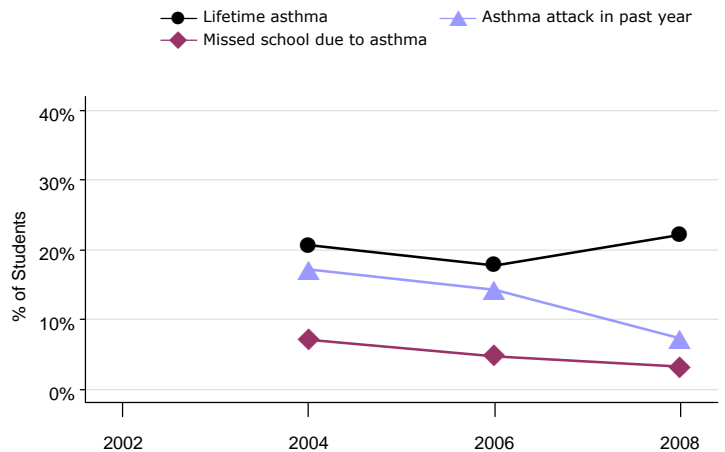
- In Washington State, about one in five youth have been diagnosed with asthma.
- Among youth with asthma, about one in five had at least one visit to an emergency department for asthma attack during 2008.
- Youth who smoke are more likely to have asthma.
- Asthma is a lung disease that causes trouble with breathing, usually in episodes called attacks. An attack can be triggered by exercise, exposure to smoke, mold, allergens like pet dander, and air pollution such as diesel exhaust.

**Effects of Asthma
Grade 10, 2008**



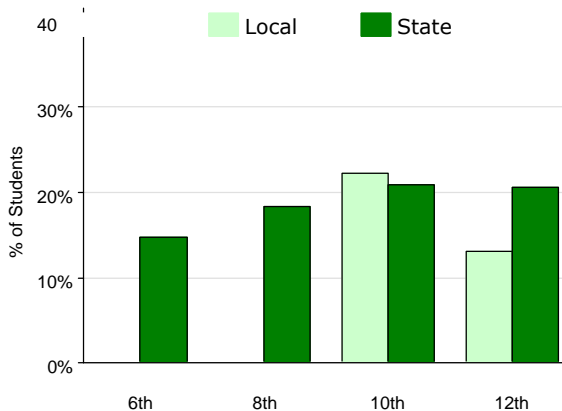
In 2008, 3% of 10th graders in our school missed school because of asthma.

Asthma Trends, Grade 10



Prevalence	2004	2006	2008
Lifetime asthma	21% ±7	18% ±7	22% ±7
Asthma attack in past year	17% ±8	14% ±7	7% ±5
Missed school due to asthma	7% ±6	5% ±4	3% ±3

**Lifetime Asthma
Compared to the State, All Grades, 2008**



All youth with asthma should have a written asthma action plan to follow in the event of an attack.

Asthma can be controlled by avoidance of asthma triggers, regular health care visits, compliance with medication schedules, and maintaining appropriate weight.

For More Information:

- Visit the Asthma Program's website at: www.doh.wa.gov/cfh/asthma
- Washington Asthma Initiative's website at: www.alaw.org/asthma/washington_asthma_initiative

Prevalence	6th	8th	10th	12th
Local	N/G	N/G	22% ±7	13% ±6*
State	15% ±1	18% ±1	21% ±2	21% ±2

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Community Protective Factors Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

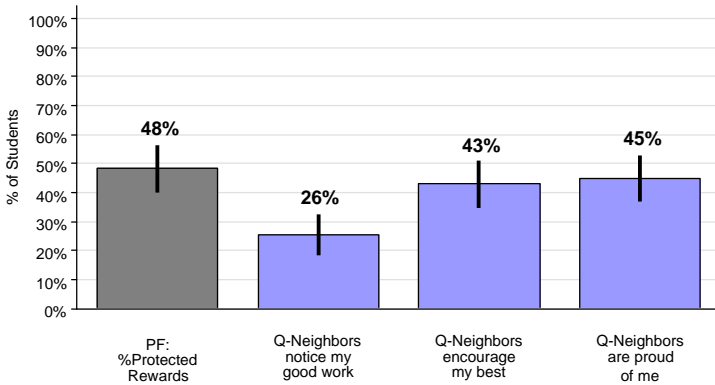
Background:

- Kids living in high-risk environments can be protected from problem behaviors by positive relationships with adults who care about their healthy development.
- Providing opportunities for involvement in positive and healthy activities helps communities promote youth development.

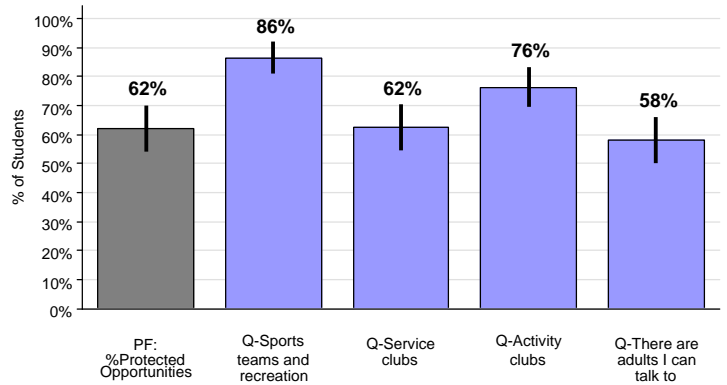
For More Information:

- Parents, schools, kids, and communities can work together to keep youth safe. To see a list of prevention organizations in your county, go to the Start Talking Now website: www.starttalkingnow.org.
- For free guides on preventing alcohol and other drug use, call Washington State Alcohol/Drug Information Clearinghouse: 1-800-662-9111, or www.clearinghouse.adhl.org.
- Parents can find prevention tips at the Start Talking Now website, and www.drugfree.org.
- Prevention professionals should see <http://captus.samhsa.gov/western>.

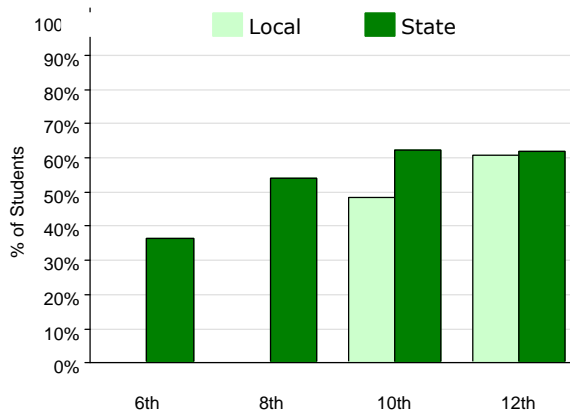
**Rewards for Community Involvement
Protective Factor (PF) and Selected Questions (Q)
Grade 10, 2008**



**Opportunities for Community Involvement
Protective Factor (PF) and Selected Questions (Q)
Grade 10, 2008**

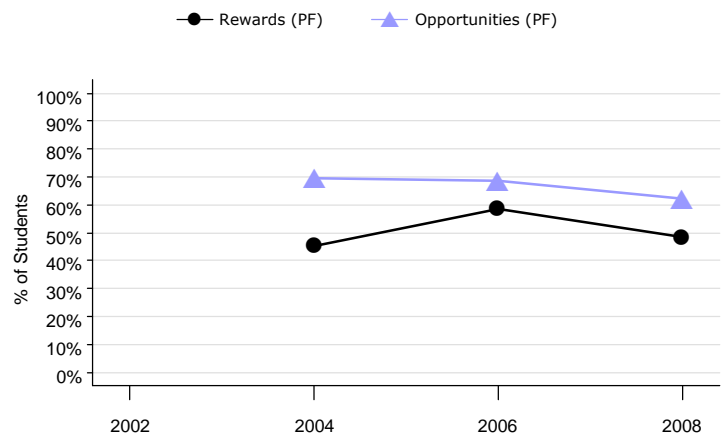


**Rewards for Community Involvement
Protective Factor (PF), All Grades, 2008**



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	48% ±8*	61% ±9
State	36% ±1	54% ±2	62% ±3	62% ±3

Community Protective Factor (PF) Trends



Prevalence	2004	2006	2008
Rewards (PF)	45% ±8	59% ±9*	48% ±8
Opportunities (PF)	70% ±8*	69% ±8	62% ±8

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)

Washington HYS results generated at AskHYS.net on 06-24-2013

Missing codes: S = result suppressed due to insufficient reporting from students of schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



Healthy Youth Survey Fact Sheet

Community Risk Factors Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

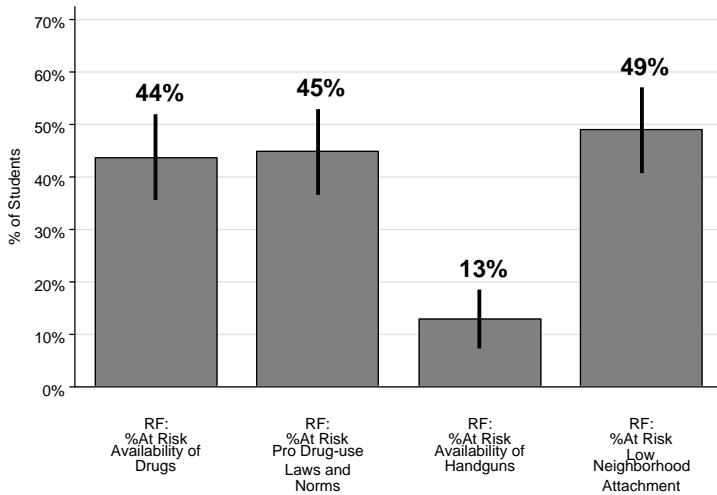
Background:

- Research shows that the risk factors measured by the Healthy Youth Survey are linked to adolescent substance use, delinquency, violence, school dropout, and other risky health behaviors.
- The more risk factors a youth is exposed to, the more likely it is that she or he will engage in problem behaviors.

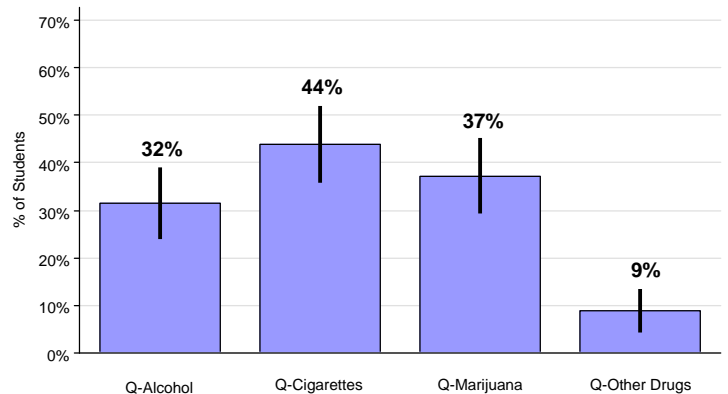
For More Information:

- Parents, schools, kids, and communities can work together to keep youth safe. To see a list of prevention organizations in your county, go to the Start Talking Now website: www.starttalkingnow.org.
- For free guides on preventing alcohol and other drug use, call Washington State Alcohol/Drug Information Clearinghouse: 1-800-662-9111, or www.clearinghouse.adhl.org.
- Parents can find prevention tips at the Start Talking Now website, and www.drugfree.org.
- Prevention professionals should see <http://captus.samhsa.gov/western>.

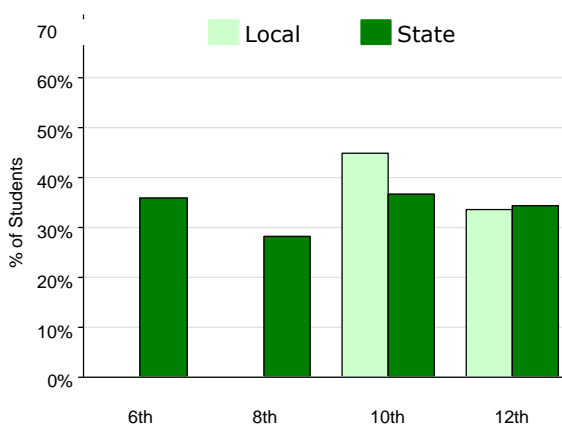
**Community Risk Factors
Grade 10, 2008**



**Availability of Drugs, Selected Questions (Q)
Percent reporting "very easy to get"
Grade 10, 2008**

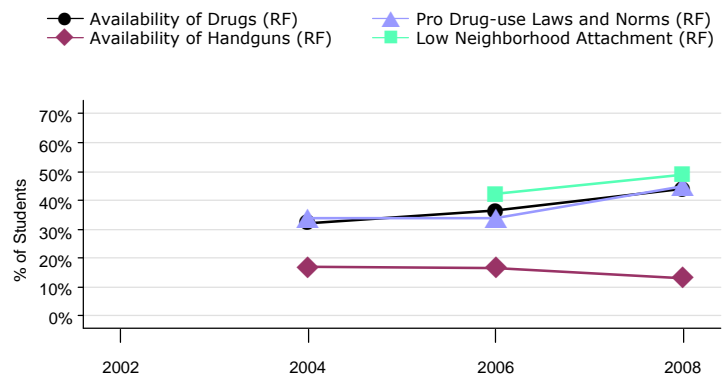


**Laws and Norms Favorable to Drug Use (RF)
All Grades, 2008**



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	45% ±8	34% ±9
State	36% ±2	28% ±3	37% ±3	34% ±3

Community Risk Factors Trends, Grade 10



Prevalence	2004	2006	2008
Availability of Drugs (RF)	32% ±8	36% ±9	44% ±8
Pro Drug-use Laws (RF)	34% ±8	34% ±9	45% ±8
Availability of Handguns (RF)	17% ±6	17% ±7	13% ±6
Low Neighborhood Attachment (RF)	N/S	42% ±9	49% ±8

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Current Substance Use Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

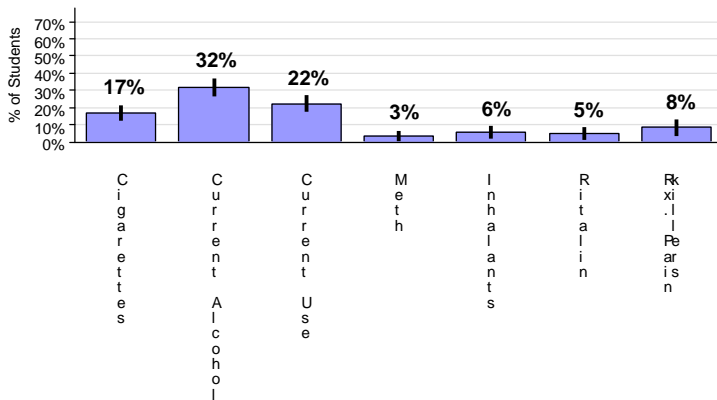
Background:

- Parents are the primary influence on their children's decision to use alcohol, tobacco, and other drugs.
- Brain development continues into the early twenties. The growing brain is more vulnerable to long-term impact from alcohol and other drugs.

For More Information:

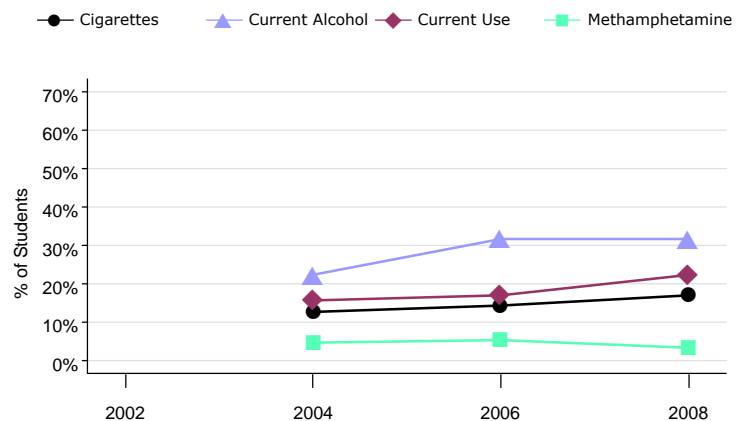
- Parents, schools, kids, and communities can work together to keep youth safe. To see a list of prevention organizations in your county, go to the Start Talking Now website: www.starttalkingnow.org.
- For free guides on preventing alcohol and other drug use, call Washington State Alcohol/Drug Information Clearinghouse: 1-800-662-9111, or www.clearinghouse.adhl.org.
- Parents can find preventative tips at the Start Talking Now website, and www.drugfree.org.
- Prevention professionals should see <http://captus.samhsa.gov/western>.

**Current (past 30-day) Substance Use
Grade 10, 2008**



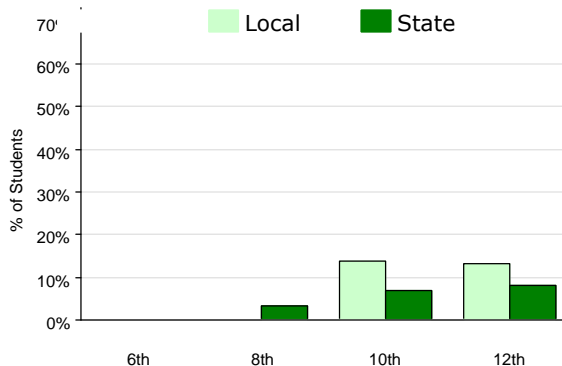
In 2008, 2% of 10th graders in our school took pain killers from home or someone else's home without permission.

Current Substance Use Trends, Grade 10



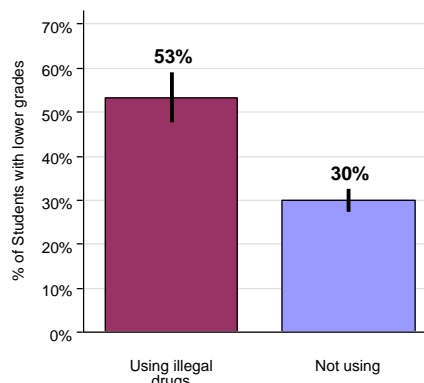
Prevalence	2004	2006	2008
Cigarettes	13% ±4	14% ±5	17% ±4
Current Alcohol	22% ±5*	32% ±6*	32% ±5
Current Use	16% ±4	17% ±5	22% ±5
Meth	5% ±3	6% ±3	3% ±3

**Current Drug Use
(*Drugs other than Alcohol, Tobacco or Marijuana)
Compared to the State, All Grades, 2008**



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	14% ±4*	13% ±5*
State	N/A	3% ±1	7% ±1	8% ±1

**Statewide
Relationship between Lower Grades and Drug Use*
(*Drugs other than Alcohol, Tobacco or Marijuana)
Grade 10, 2008**



Statewide, 10th graders who use illegal drugs (not including alcohol, tobacco or marijuana) are more likely to get lower grades in school (C's, D's or F's) compared to those who don't use.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Depression and Suicide Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

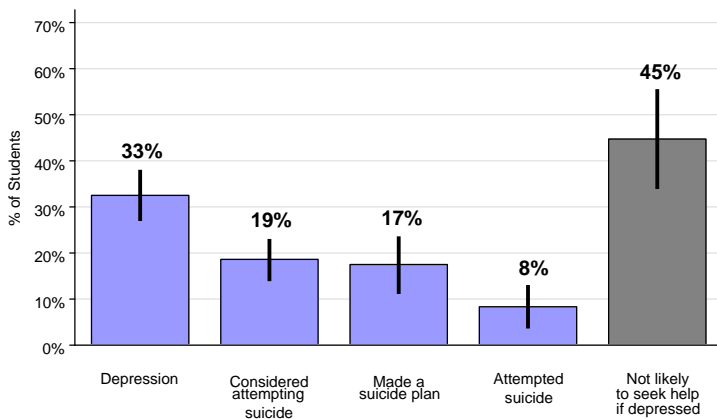
Background:

- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Most youth suicides occur at home.
- Depression is a feeling of sadness, helplessness and hopelessness that lingers over time. Untreated it can lead to alcohol abuse and even suicide.

For More Information:

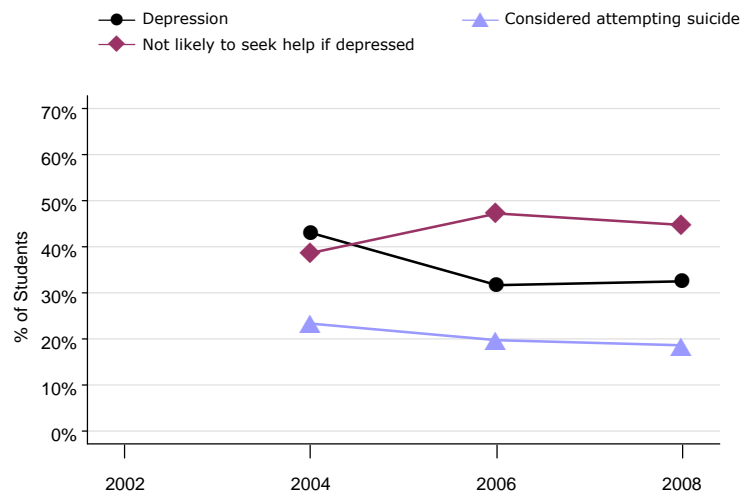
- Visit the Washington State Youth Suicide Prevention Program Website: www.yspp.org
- National Suicide Prevention Hotline 1-800-273-TALK(8255) or www.suicidepreventionlifeline.org

**Depression and Suicide
Grade 10, 2008**



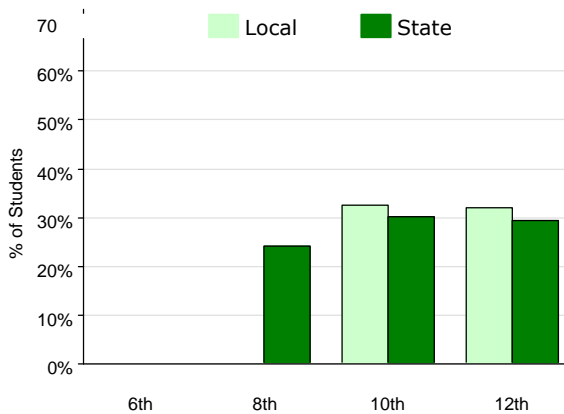
In 2008, 33% of 10th graders in our state felt so sad or hopeless for 2 weeks or more that they stopped doing their usual activities.

Depression and Suicide Trends, Grade 10



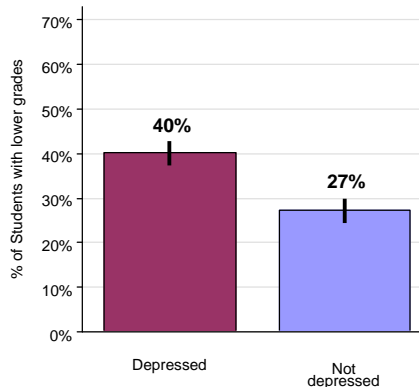
Prevalence	2004	2006	2008
Depression	43% ±6	32% ±6*	33% ±6
Considered attempting suicide	23% ±7	20% ±7	19% ±5
Not likely to seek help if depressed	39% ±11	47% ±12	45% ±11

**Depression
Compared to the State, All Grades, 2008**



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	33% ±6	32% ±6
State	N/A	24% ±2	30% ±2	29% ±2

**Statewide
Relationship between Lower Grades and Depression
Grade 10, 2008**



Statewide, 10th graders who are depressed are more likely to get lower grades in school (C's, D's or F's) compared to youth who are not depressed.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
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Healthy Youth Survey Fact Sheet

Dietary Behaviors Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

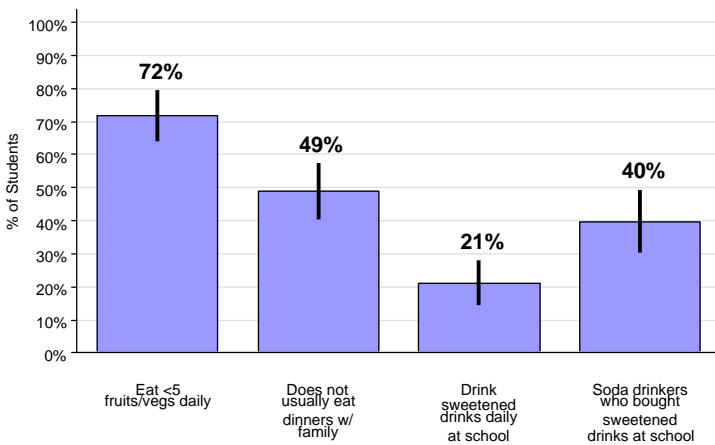
Background:

- A nutritious diet can reduce major risk factors for chronic disease such as obesity, high blood pressure, and high blood cholesterol.
- Poor nutrition has the potential to affect the growth, development and health status of children and adolescents.
- Individual food choices are made within the context of the family and the community.
- In order to be able to choose a nutritious diet, an affordable supply of health-promoting foods must be available.

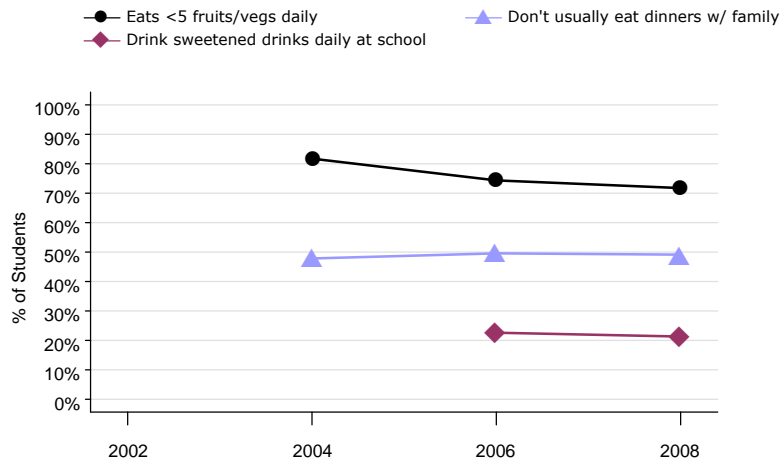
For More Information:

- Visit the Washington State Nutrition, Physical Activity and Obesity Prevention Program website: www.doh.wa.gov/cfh/nutritionpa

**Dietary Behaviors
Grade 10, 2008**



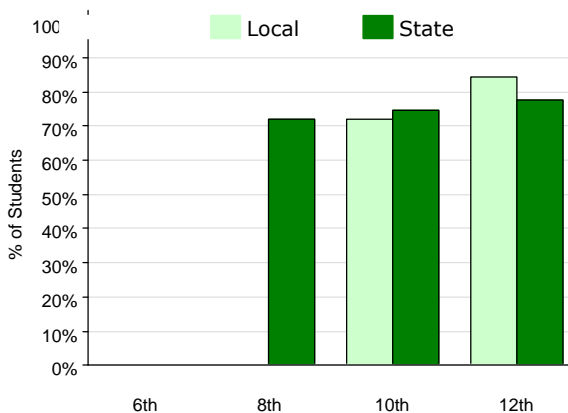
Dietary Behavior Trends, Grade 10



In 2008, 72% of 10th graders in our s fruits and vegetables less than 5 times a day.

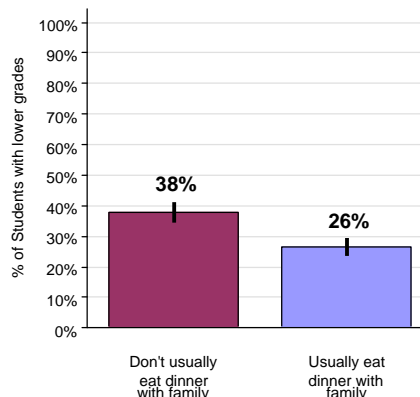
Prevalence	2004	2006	2008
Eats <5 fruits/vegs daily	82% ±7	74% ±8	72% ±8
Does not usually eat dinners w/ family	48% ±8	50% ±9	49% ±8
Drink sweetened drinks daily at school	N/S	23% ±8	21% ±7

**Eating Less than 5 Fruits/Vegetables Each Day
Compared to the State, All Grades, 2008**



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	72% ±8	84% ±7
State	N/A	72% ±2	75% ±2	78% ±2

**Statewide
Relationship between Lower Grades
and Usually Eating Dinner with Family
Grade 10, 2008**



Statewide, 10th graders who do not usually eat dinner with their families are more likely to get lower grades in school (C's, D's or F's) compared to youth who do.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Family Protective Factors Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

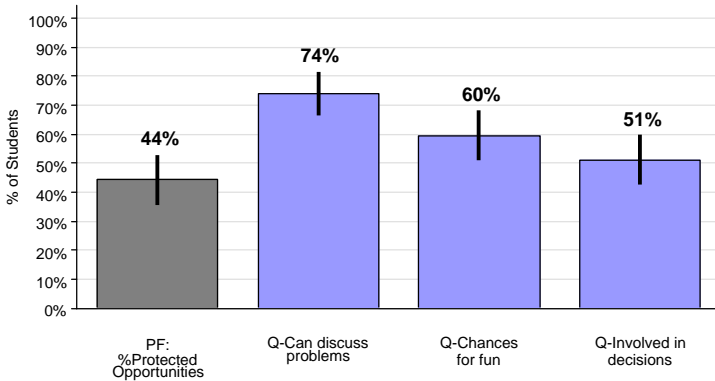
Background:

- Children who are attached to positive families are less likely to develop problems in adolescence.
- When parents set clear and healthy standards for children's behavior, when they are widely and consistently supported, and when the consequences for not following the standards are consistent, young people are more likely to make healthy choices.

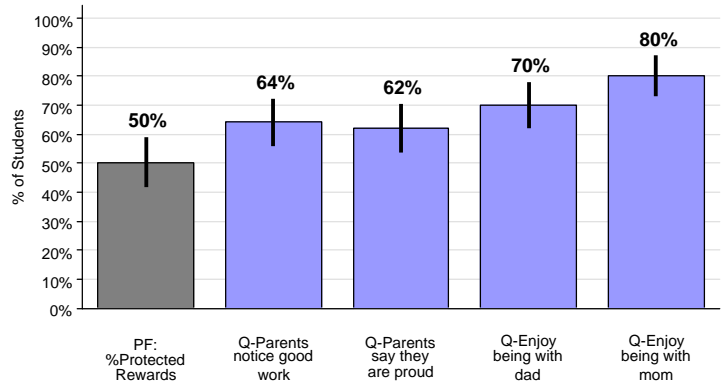
For More Information:

- Parents, schools, kids, and communities can work together to keep youth safe. To see how State and local partners are addressing these issues, see listings on the AskHYS homepage.
- For free guides on preventing alcohol and other drug use, call Washington State Alcohol/Drug Information Clearinghouse: 1-800-662-9111.
- For non-State resources, parents can go to www.drugfree.org.
- Prevention professionals should see <http://captus.samhsa.gov/western>.

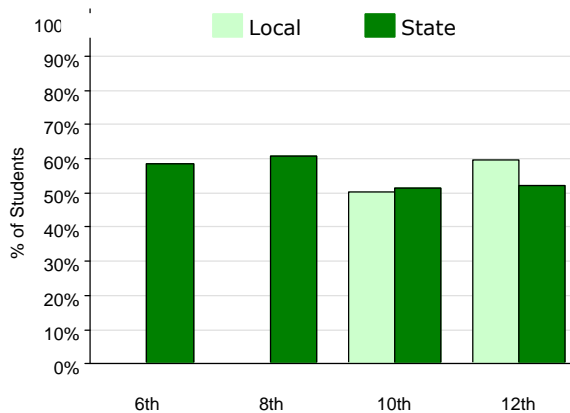
Opportunities for Family Involvement
Protective Factor (PF) and Selected Questions (Q)
Grade 10, 2008



Rewards for Family Involvement
Protective Factor (PF) and Selected Questions (Q)
Grade 10, 2008

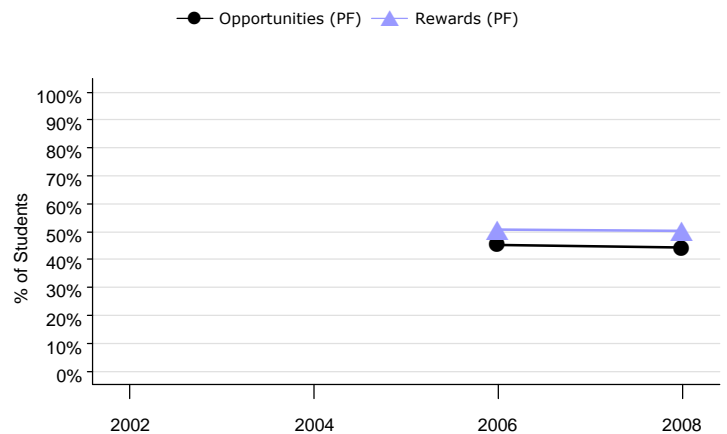


Rewards for Family Involvement
Protective Factor (PF), All Grades, 2008



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	50% ±9	60% ±10
State	59% ±2	61% ±3	51% ±3	52% ±3

Family Protective Factor Trends, Grade 10



Prevalence	2004	2006	2008
Opportunities (PF)	N/S	45% ±10	44% ±9
Rewards (PF)	N/S	51% ±10	50% ±9

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
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Missing codes: S = result suppressed due to insufficient reporting from students of schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



Healthy Youth Survey Fact Sheet

Bullying and Harassment Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

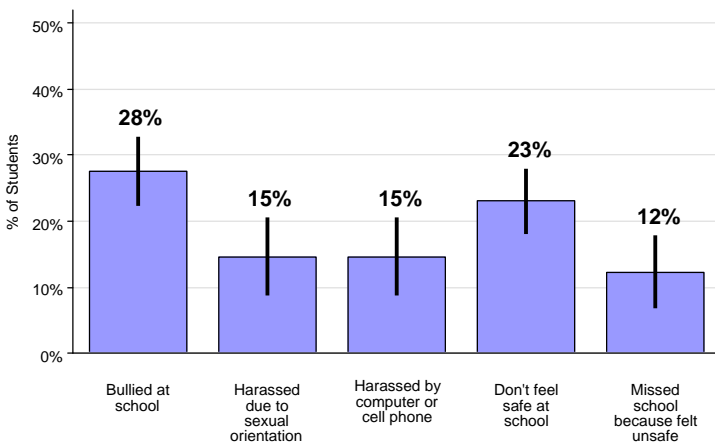
Background:

- Washington law requires schools to adopt a policy that prohibits harassment, intimidation and bullying (RCW 28A.300.285).
- Bullying is when a student, or group of students, say or do nasty or unpleasant things to him or her. It is also bullying when a student is teased repeatedly in a way he or she doesn't like.
- Creating a safe learning environment is critical for student academic achievement.
- Researchers have identified best practice support programs that address school harassment and bullying and build positive school culture.

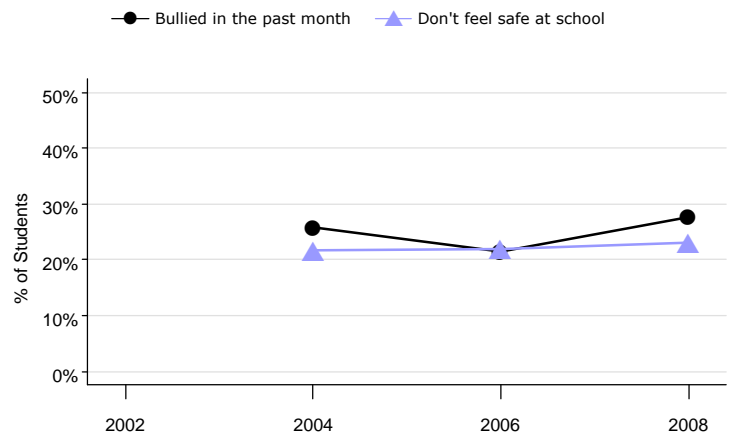
For More Information:

- School Safety Center, sponsored by the Office of Superintendent of Public Instruction at: www.k12.wa.us/safetycenter.

Bullying and Harassment Grade 10, 2008

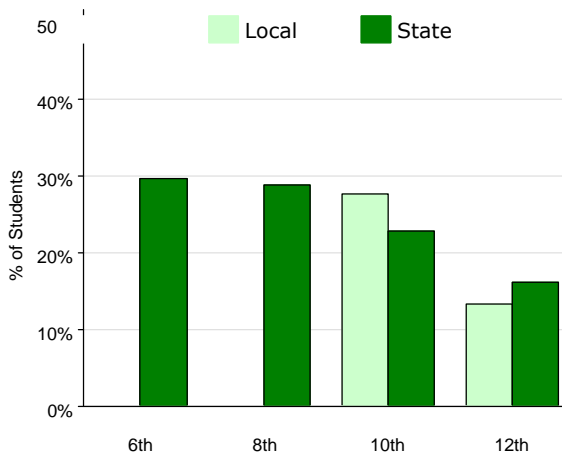


Bullying and Harassment Trends, Grade 10



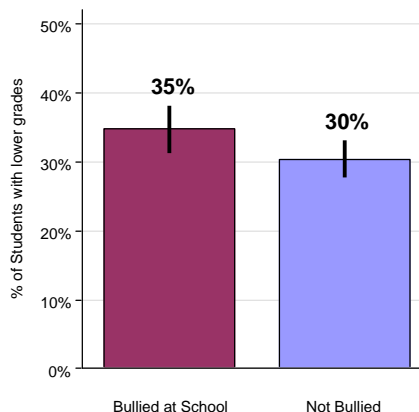
Prevalence	2004	2006	2008
Bullied at school	26% ±5	21% ±5	28% ±5
Don't feel safe at school	22% ±5*	22% ±5	23% ±5

Bullied in Past Month Compared to the State/All Grades, 2008



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	28% ±5	13% ±5
State	30% ±1	29% ±2	23% ±1	16% ±1

Statewide Relationship between Lower Grades and Bullying Grade 10, 2008



Statewide, 10th graders who are bullied at school are more likely to get lower grades in school (C's, D's or F's) compared to those who aren't bullied.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
 *Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Current Marijuana Use Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

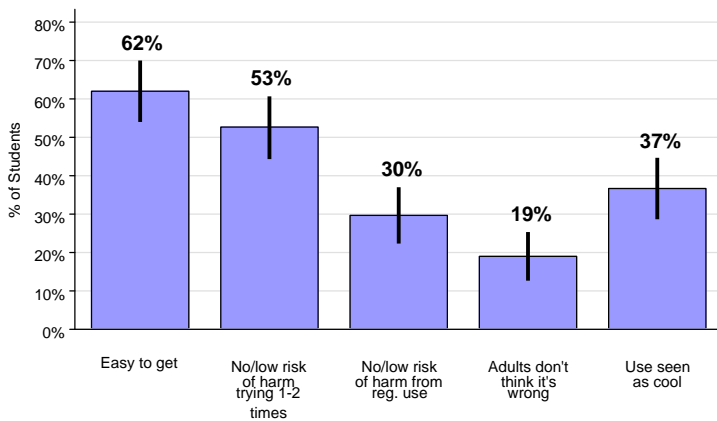
Background:

- Smoking marijuana affects neuropsychological functioning, such as hand-eye coordination, reaction time, and memory.
- Marijuana is far more potent and therefore far more toxic than marijuana grown in the 1970's.
- The earlier someone starts using marijuana, the greater their vulnerability to addiction and psychiatric disorders.

For More Information:

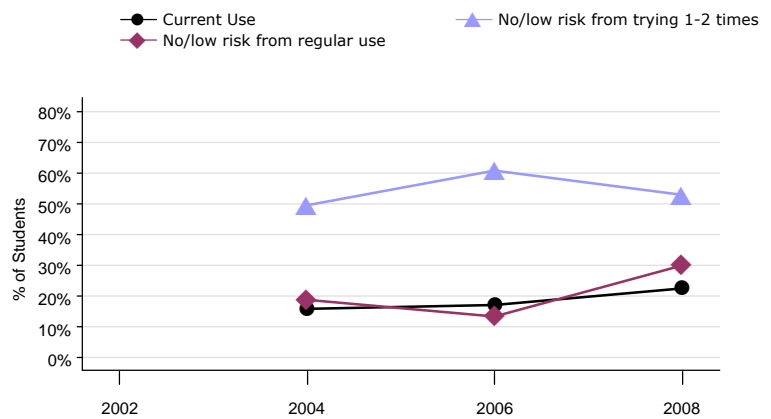
- Parents, schools, kids, and communities can work together to keep youth safe. To see a list of prevention organizations in your county, go to the Start Talking Now website: www.starttalkingnow.org.
- For free guides on preventing alcohol and other drug use, call Washington State Alcohol/Drug Information Clearinghouse: 1-800-662-9111, or www.clearinghouse.adhl.org
- Parents can find prevention tips at the Start Talking Now website, and www.drugfree.org
- Contact the Washington State Alcohol/Drug Helpline at: 1-800-562-1240, or online at: www.adhl.org

**Attitudes about Marijuana Use
Grade 10, 2008**



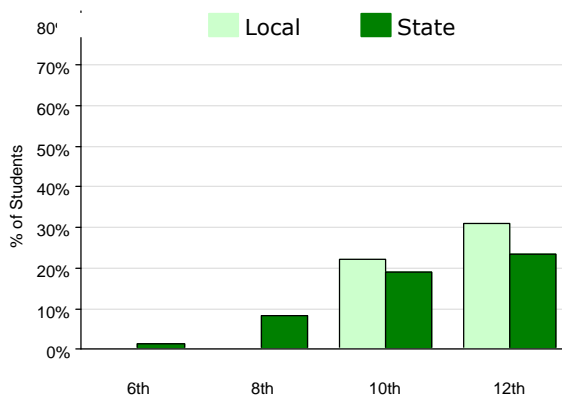
In 2008, 30% of 10th graders in our s thought there was little or no risk of using marijuana regularly.

**Current Marijuana Use and Perception of Harm Trends
Grade 10**



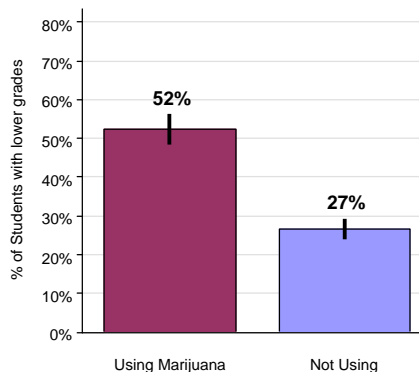
Prevalence	2004	2006	2008
Current Use	16% ±4	17% ±5	22% ±5
No/low risk from trying 1-2 times	49% ±9	61% ±9	53% ±8
No/low risk from regular use	19% ±7	13% ±6	30% ±7*

**Current Marijuana Use
Compared to the State, All Grades, 2008**



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	22% ±5	31% ±6*
State	1% ±0	8% ±1	19% ±1	23% ±2

**Statewide
Relationship between Lower Grades and Marijuana Use
Grade 10, 2008**



Statewide, 10th graders who use marijuana are more likely to get lower grades in school (C's, D's or F's) compared to those who don't use.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Peer-Individual Risk Factors Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

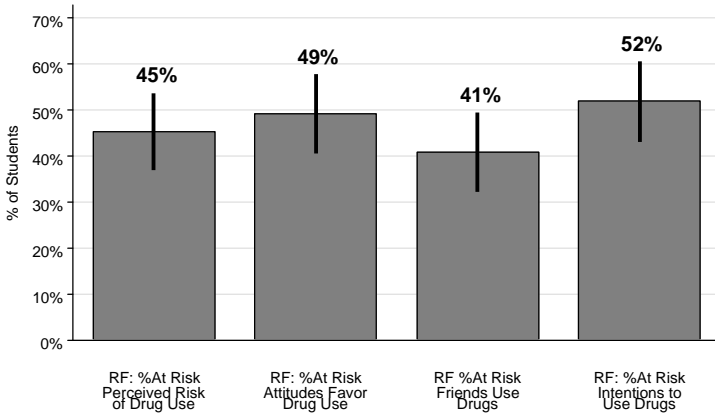
Gender: Both

Number of Students Surveyed: 293

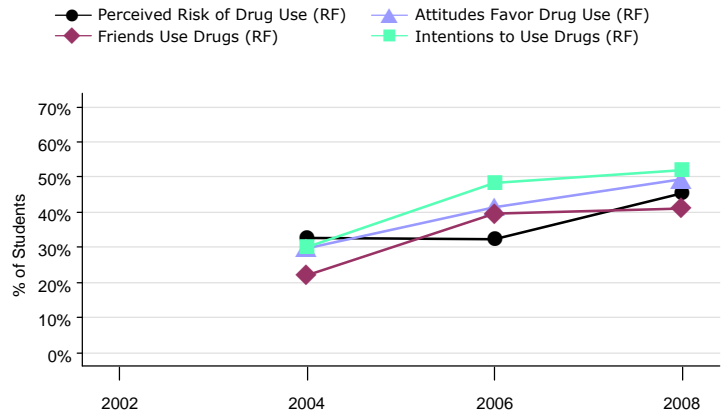
Background:

- Research shows that the risk factors measured by the Healthy Youth Survey are linked to adolescent substance use, delinquency, violence, school dropout, and other risky health behaviors.
- The attitudes kids have about drug use strongly influence the likelihood they will use drugs. Families and communities should model health attitudes and choices.

**Peer-Individual Risk Factors
Grade 10, 2008**



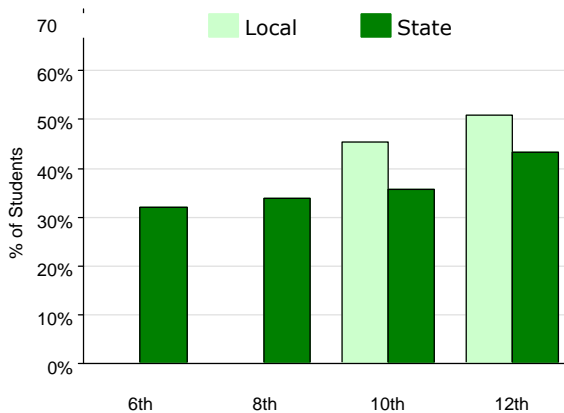
**Peer-Individual Risk Factor Trends
Grade 10**



In 2008, 49% of 10th graders in our schools were at risk for favorable attitudes towards drugs.

Prevalence	2004	2006	2008
Perceived Risk of Drug Use (RF)	33% ±8	32% ±9	45% ±8*
Attitudes Favor Drug Use (RF)	30% ±9	41% ±9	49% ±9
Friends Use Drugs (RF)	22% ±8*	39% ±9*	41% ±8
Intentions to Use Drugs (RF)	30% ±9	48% ±9*	52% ±9

**Perceived Risk of Drug Use (RF)
Compared to the State, All Grades, 2008**



From 2006 to 2008, there has been an increase in the perceived risk of drug use among 10th graders in our schools.

For More Information:

- Parents, schools, kids, and communities can work together to keep youth safe. To see how State and local partners are addressing these issues, see listings on the www.AskHYS.net homepage.
- For free guides on preventing alcohol and other drug use, call Washington State Alcohol/Drug Information Clearinghouse: 1-800-662-9111.
- For non-State resources, parents can go to www.drugfree.org.
- Prevention professionals should see <http://captus.samhsa.gov/western>.

Prevalence	6th	8th	10th	12th
Local	N/G	N/G	45% ±8*	51% ±10
State	32% ±2	34% ±3	36% ±2	43% ±3

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Peer-Individual Protective Factors Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

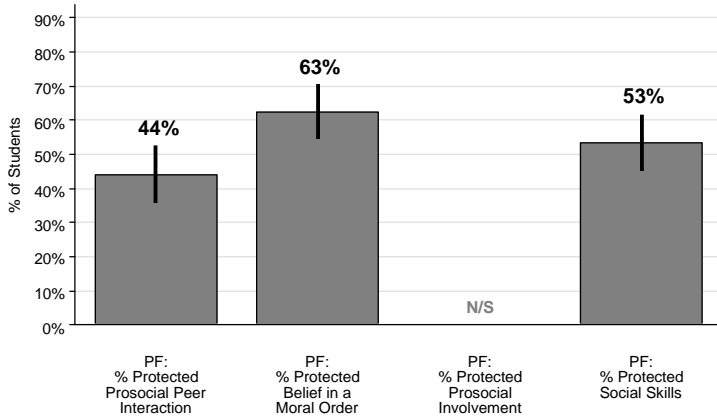
Gender: Both

Number of Students Surveyed: 293

Background:

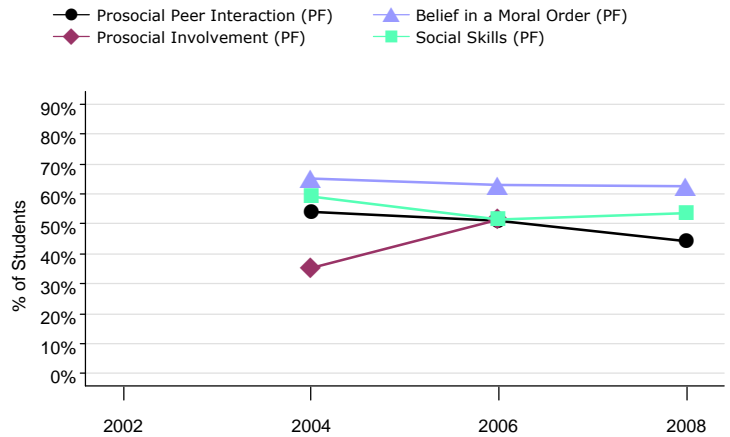
- Kids are strongly influenced by their peers. Parents need to know who their children's friends are, where they are and what they are doing.
- Kids who have skills and opportunities to be involved in prosocial activities are less likely to engage in risky behaviors.

Peer-Individual Protective Factors
Grade 10, 2008



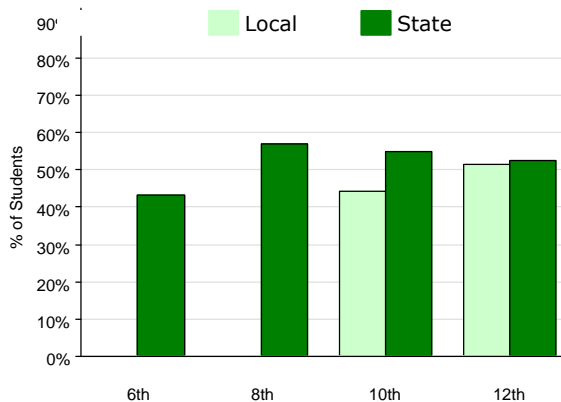
In 2008, 44% of 10th graders in our s were protected by interactions with prosocial peers.

Peer-Individual Protective Factor Trends, Grade 10



Prevalence	2004	2006	2008
Interaction with Prosocial Peers (PF)	54% ±10	51% ±9	44% ±8
Belief in a Moral Order (PF)	65% ±8	63% ±9	63% ±8
Prosocial Involvement (PF)	35% ±8	51% ±9*	N/S
Social Skills (PF)	59% ±9	51% ±9	53% ±8

Interaction with Prosocial Peers (PF)
All Grades, 2008



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	44% ±8*	51% ±10
State	43% ±2	57% ±3	55% ±3	53% ±3

From 2006 to 2008, there has been no change in protection by interactions with prosocial peers among 10th graders in our s.

For More Information:

- Parents, schools, kids, and communities can work together to keep youth safe. To see a list of prevention organizations in your county, go to the Start Talking Now website: www.starttalkingnow.org
- For free guides on preventing alcohol and other drug use, call Washington State Alcohol/Drug Information Clearinghouse: 1-800-662-9111, or www.clearinghouse.adhl.org.
- Parents can find prevention tips at the Start Talking Now website, and www.drugfree.org
- Prevention professionals should see <http://captus.samhsa.gov/western>.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Physical Activity Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

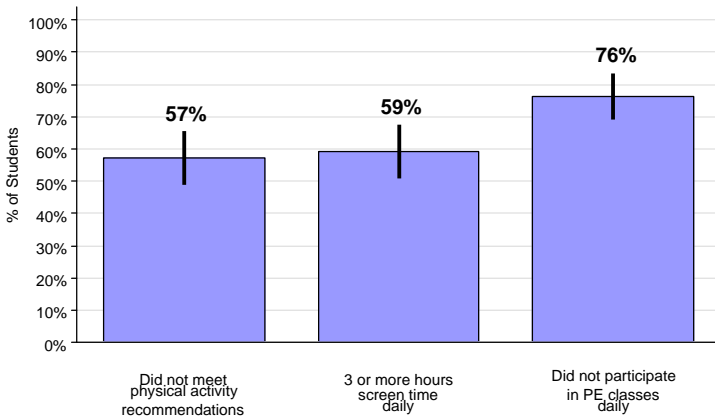
Background:

- Regular physical activity reduces rates of obesity and serious diseases, helps people maintain a healthy body weight and improves quality of life.
- The Dietary Guidelines for Americans and the National Association for Sport & Physical Education recommend that children and adolescents participate in at least 60 minutes of physical activity most days of the week, preferably daily.
- One challenge to being more physically active is the amount of recreational screen time spent on sedentary activities such as watching TV, playing video games or using a computer for fun.
- Many social and environmental factors influence the decision to be active. Successful strategies to promote physical activity include educating individuals and developing policies to create environments that support being physically active.

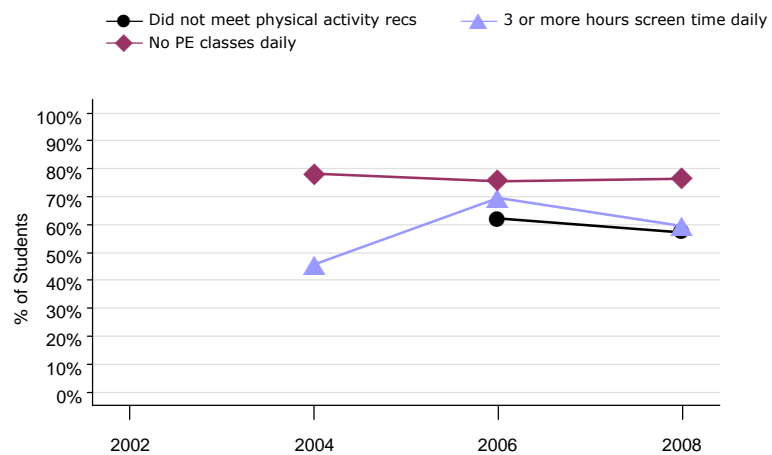
For More Information:

- Visit the Washington State Nutrition, Physical Activity and Obesity Prevention Program website: www.doh.wa.gov/cfh/nutritionpa

Physical Activity Grade 10, 2008

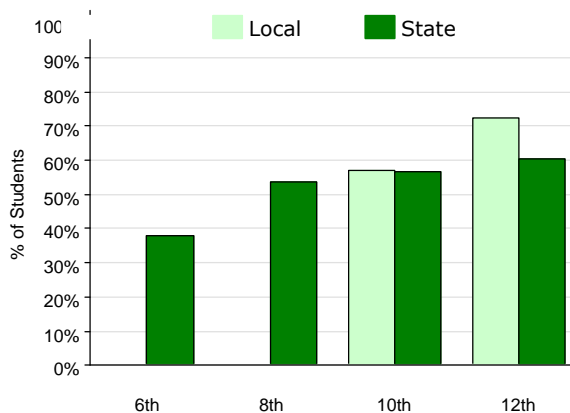


Physical Activity Trends, Grade 10



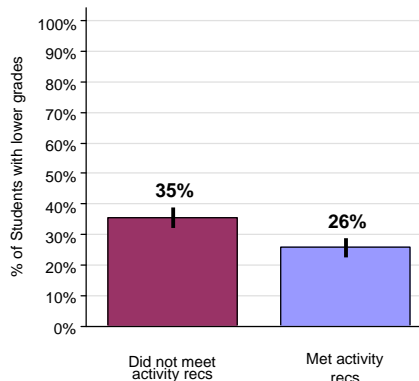
In 2008, 57% of 10th graders in our schools did not meet the recommendations for 60 minutes of physical activity daily.

Did Not Meet Recommendations for Physical Activity Compared to the State, All Grades, 2008



Prevalence	2004	2006	2008
Did not meet physical activity recs	N/S	62% ±9	57% ±8
3 or more hours screen time daily	46% ±8	70% ±8*	59% ±8
Did not participate in PE classes daily	78% ±7*	76% ±8	76% ±7

Statewide Relationship between Lower Grades and Physical Activity Grade 10, 2008



Statewide, 10th graders who did not meet the recommendation for 60 minutes of physical activity daily were more likely to get lower grades in school (C's, D's or F's) compared to youth who did meet

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
 *indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

School Protective Factors Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

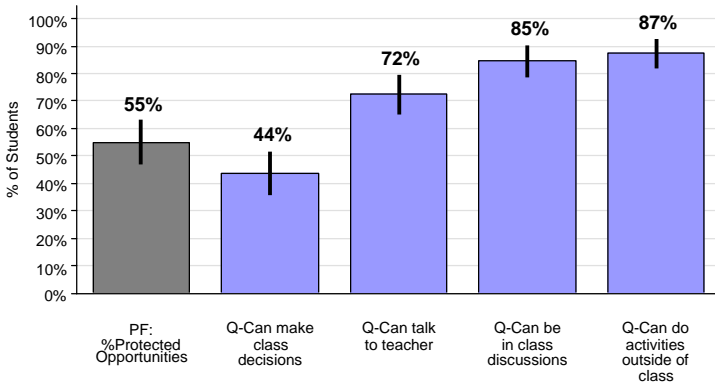
Background:

- Research has identified a unique set of factors that protect youth from substance use, delinquency, violence, pregnancy, and school dropout.
- Students that experience protective factors, such as opportunities and rewards for school involvement, are more protected from problems and more likely to be academically successful.
- Researchers have identified best practice programs that can increase protective factors and build supportive school cultures.

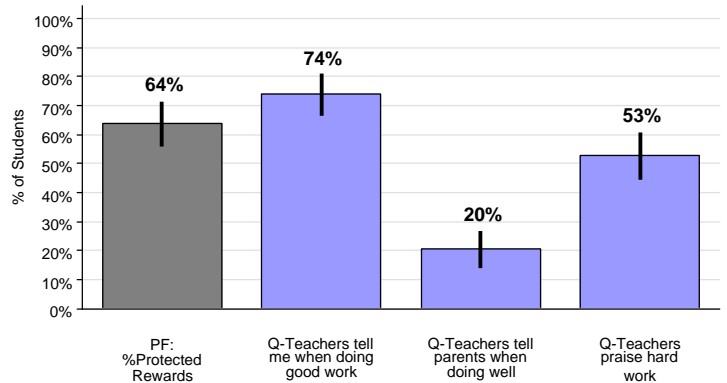
For More Information:

- Information about school risk factors at: captus.samhsa.gov/western.
- Information about supportive learning environments, sponsored by the Office of Superintendent of Public Instruction at: www.k12.wa.us/LearningTeachingSupport.

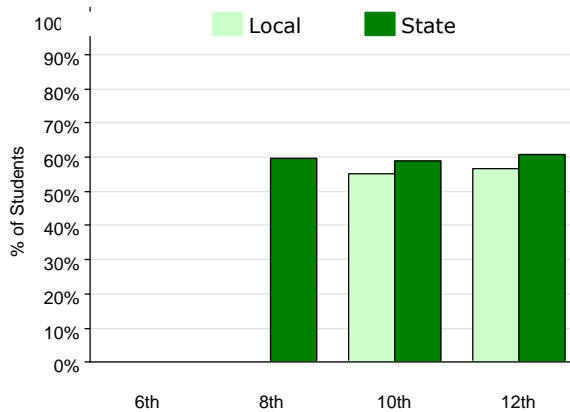
**Opportunities for School Involvement
Protective Factor (PF) and Selected Questions (Q)
Grade 10, Year**



**Rewards for School Involvement
Protective Factor (PF) and Selected Questions (Q)
Grade 10, 2008**

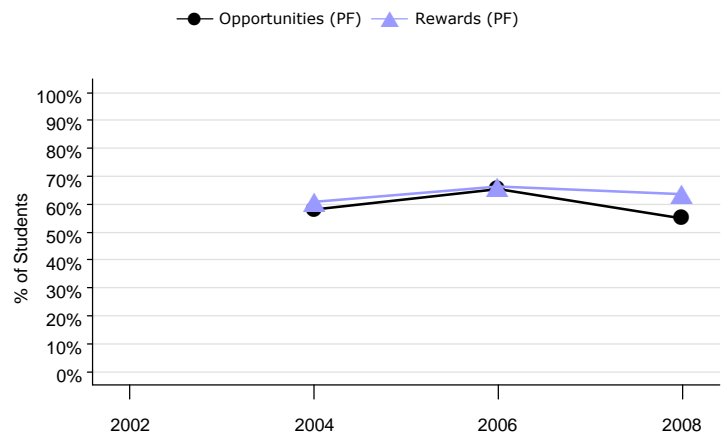


**Opportunities for School Involvement
Compared to the State, All Grades, 2008**



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	55% ± 8	57% ± 9
State	N/A	60% ± 2	59% ± 2	61% ± 3

School Protective Factor Trends, Grade 10



Prevalence	2004	2006	2008
Opportunities (PF)	58% ± 8	66% ± 9	55% ± 8
Rewards (PF)	61% ± 8	66% ± 9	64% ± 8

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Missing codes: S = result suppressed due to insufficient reporting from students of schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



Healthy Youth Survey Fact Sheet

School Risk Factors Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

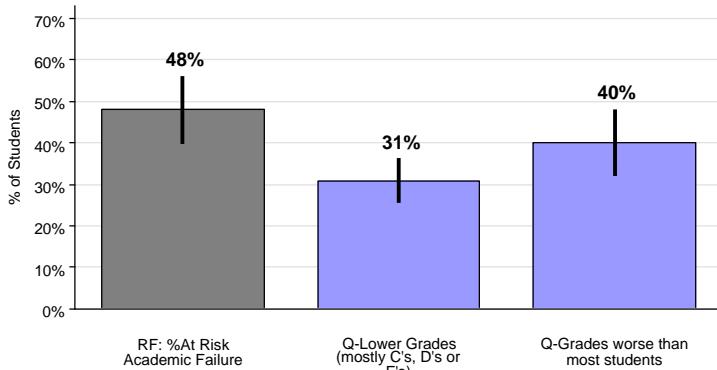
Background:

- Research has identified a unique set of factors that put youth at risk for substance use, delinquency, violence, pregnancy, and school dropout.
- Students that experience risk factors, such as academic failure and lack of commitment to school, are at greater risk of problems.
- Students in schools with high levels of risk and even moderate substance use are less likely to meet mathematics, reading and writing standards.
- Researchers have identified best practice programs that can decrease risk factors and build supportive school culture.

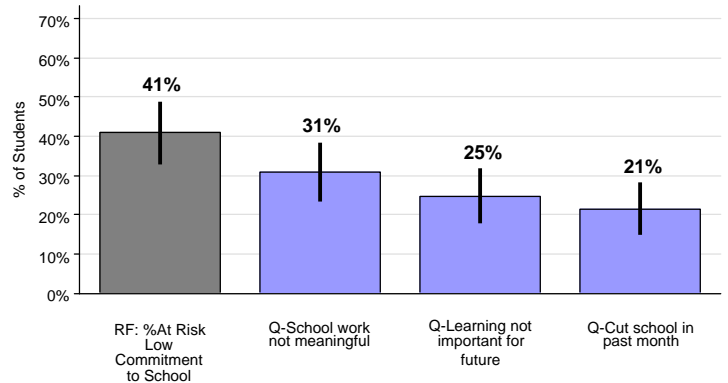
For More Information:

- Information about school risk factors at: captus.samhsa.gov/western.
- Information about supportive learning environments, sponsored by the Office of Superintendent of Public Instruction at: www.k12.wa.us/LearningTeachingSupport.

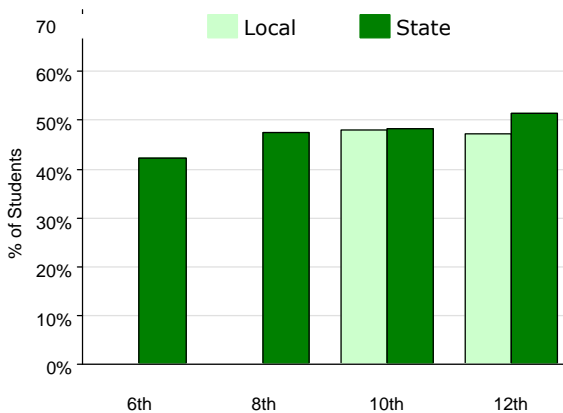
Academic Failure Risk Factor (RF) and Selected Questions (Q) Grade 10, 2008



Low Commitment to School Risk Factor (RF) and Selected Questions (Q) Grade 10, 2008

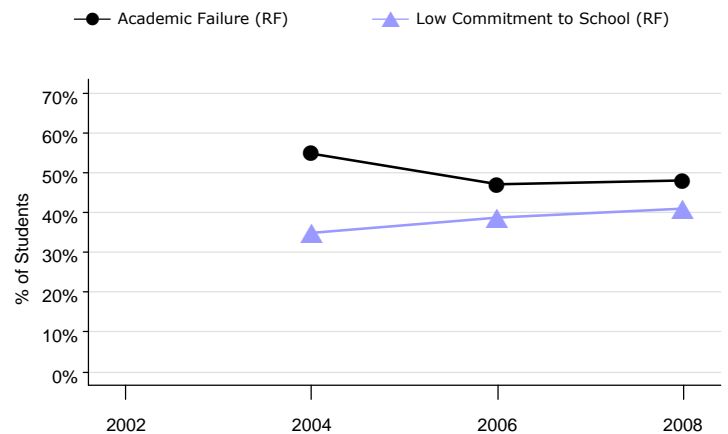


Academic Failure (RF) All Grades, 2008



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	48% ± 8	47% ± 9
State	42% ± 2	47% ± 2	48% ± 2	51% ± 2

School Risk Factor Trends, Grade 10



Prevalence	2004	2006	2008
Academic Failure (RF)	55% ± 9*	47% ± 9	48% ± 8
Low Commitment to School (RF)	35% ± 8	39% ± 9	41% ± 8

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
 *Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

School Risk Factors Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293



Healthy Youth Survey Fact Sheet

Tobacco Use Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

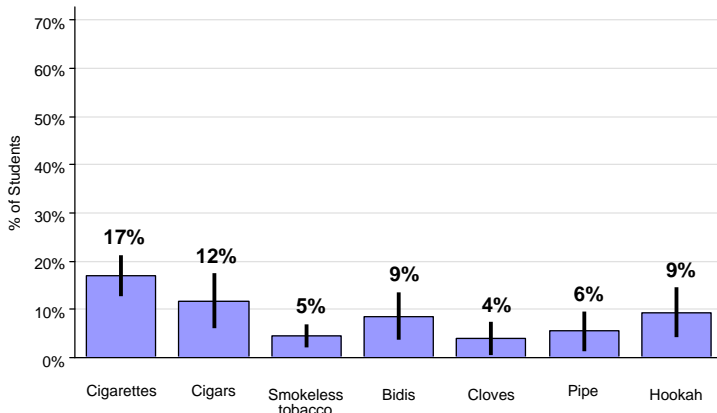
Background:

- In Washington State, 45 youth start smoking cigarettes each day.
- One in three of all youth smokers will die prematurely from a smoking-caused disease.
- Smoking is associated with the increased risk of drug use and low academic performance.

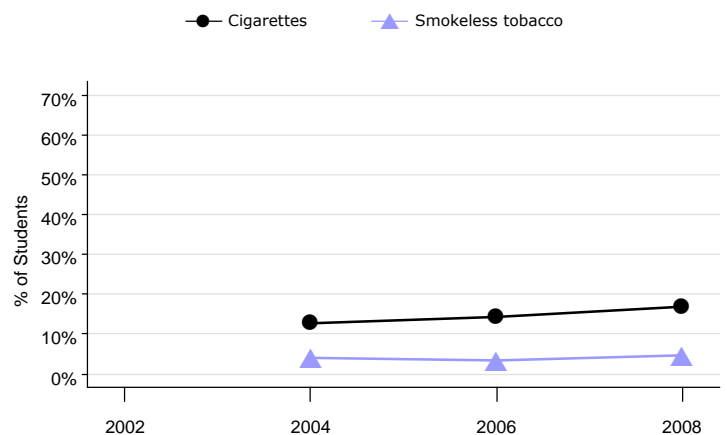
For More Information:

- The Washington State Department of Health Tobacco Prevention and Control Program funds a comprehensive statewide tobacco prevention program to reduce the initiation of youth smoking and help current smokers quit. Visit the Tobacco Program's website at: <http://www.doh.wa.gov/tobacco>

**Current (30-day) Tobacco Use
Grade 10, 2008**

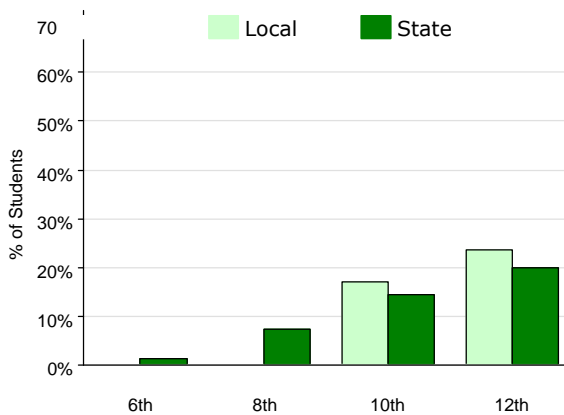


Tobacco Use Trends, Grade 10



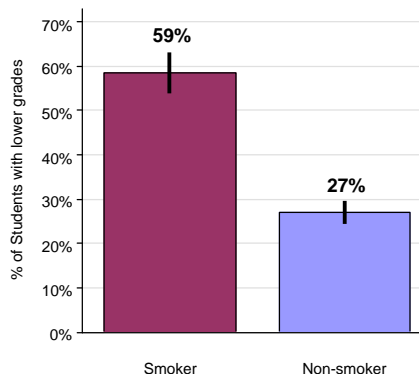
Prevalence	2004	2006	2008
Cigarettes	13% ±4	14% ±5	17% ±4
Smokeless tobacco	4% ±2	3% ±2	5% ±2

**Cigarette Use
Compared to the State, All Grades, 2008**



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	17% ±4	24% ±6
State	1% ±0	7% ±1	14% ±2	20% ±3

**Statewide
Relationship between Lower Grades and Cigarette Smoking
Grade 10, 2008**



Statewide, 10th graders who smoke cigarettes are more likely to get lower grades in school (C's, D's or F's) compared to non-smokers.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Missing codes: S = result suppressed due to insufficient reporting from students of schools; N/P = location did not participate in the survey this year; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade; NB/G = this gender was not at this location



Healthy Youth Survey Fact Sheet

Unintentional Injury Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

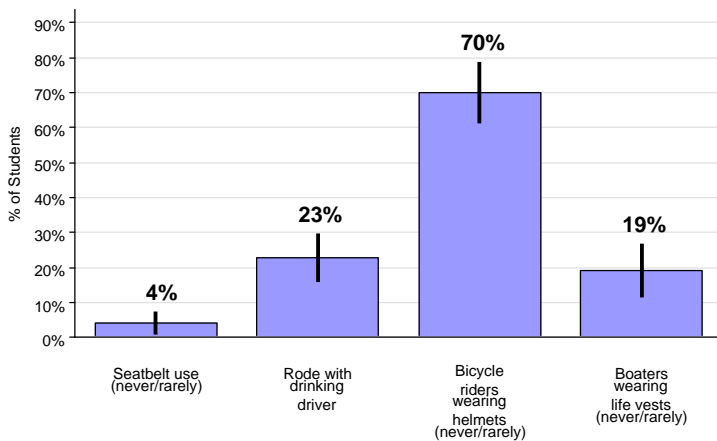
Background:

- Unintentional injury is the leading cause of death among youth. Motor vehicle crashes are the most common cause.
- Unintentional injuries are caused by behaviors such as not wearing a seatbelt, drinking and driving, riding with a drunk driver, riding a bike or motorcycle without a helmet, or not wearing a life jacket.
- Most unintentional injuries are not accidents because they can be prevented. Alcohol and other substances impair one's judgment and may contribute to injuries and even death.

For More Information:

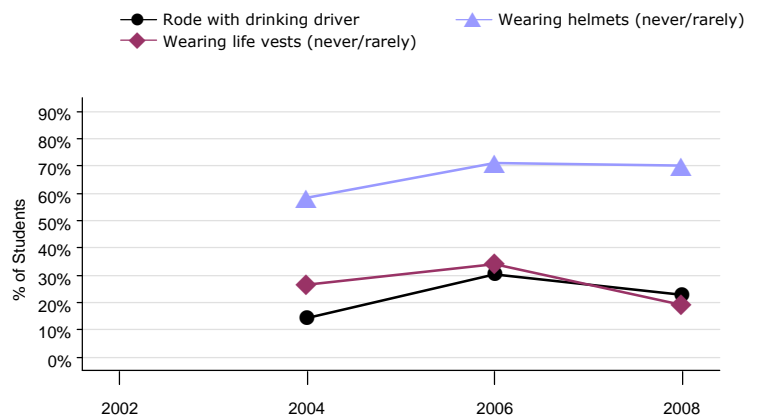
- Visit the Washington State Injury and Violence Prevention Website at: www.doh.wa.gov/hsqa/emstrauma/injury

**Unintentional Injury
Grade 10, 2008**



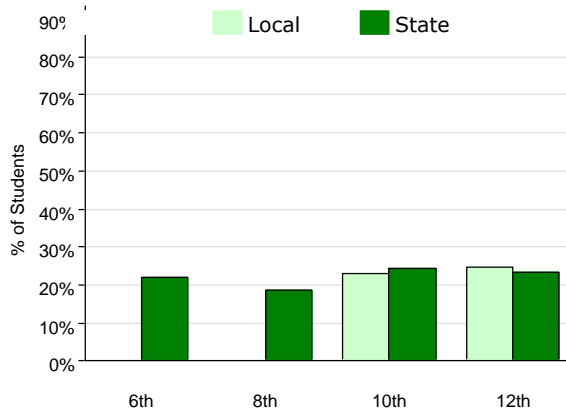
In 2008, 70% of 10th graders in our school who rode a bicycle in the past month rarely or never wore a helmet.

**Unintentional Injury Trends
Grade 10**



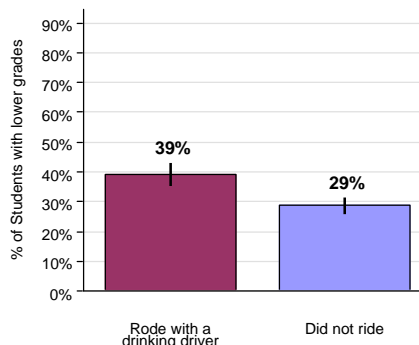
Prevalence	2004	2006	2008
Rode with drinking driver	14% ±6*	30% ±8*	23% ±7
Wearing helmets (never/rarely)	58% ±10	71% ±11	70% ±9
Wearing life vests (never/rarely)	27% ±8	34% ±10	19% ±8*

**Rode with Drinking Driver
Compared to the State, All Grades, 2008**



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	23% ±7	25% ±8
State	22% ±1	19% ±1	24% ±2	23% ±2

**Statewide
Relationship between Lower Grades
and Rode with Drinking Driver
Grade 10, 2008**



Statewide, 10th graders who rode with a drinking driver were more likely to get lower grades in school (C's, D's or F's) compared to those who did not.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Weight and Obesity Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

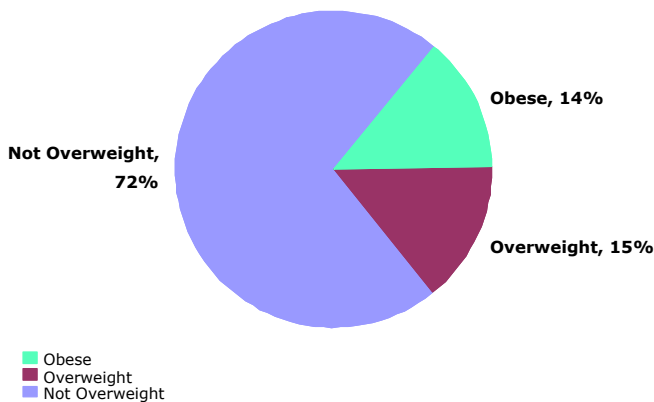
Background:

- Youth who have fewer opportunities for physical activity and increased time spent in sedentary activities such as watching television and using computers are more likely to be overweight.
- Factors that contribute to overweight among youth include eating fewer meals at home, viewing more food advertisements targeting youth, and increased food portion sizes.
- To be successful in reducing obesity among youth, governments, communities and people need to work together to create environments that support healthy diets and opportunities for physical activity.

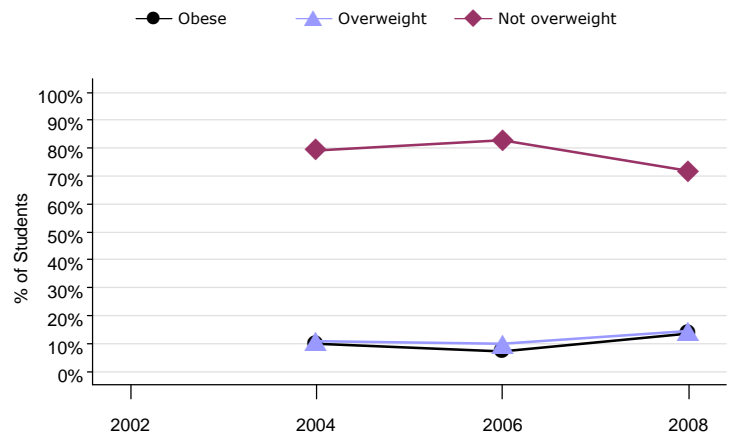
For More Information:

- Visit the Washington State Nutrition, Physical Activity and Obesity Prevention Program website: www.doh.wa.gov/cfh/nutritionpa

**Weight Distribution
Grade 10, 2008**



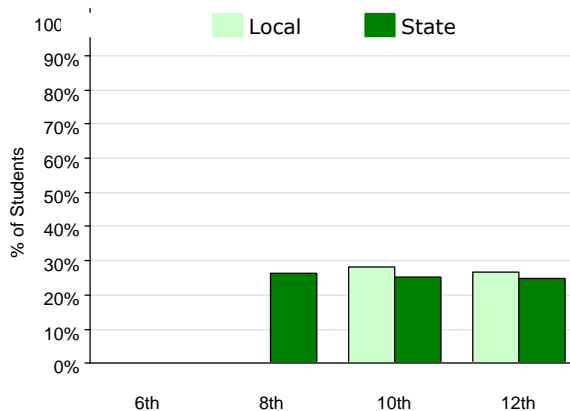
Weight Distribution Trends, Grade 10



Prevalence	2004	2006	2008
Obese	10% ±5	7% ±5	14% ±6
Overweight	11% ±5	10% ±6	15% ±6
Not overweight	79% ±7	83% ±7	72% ±8*

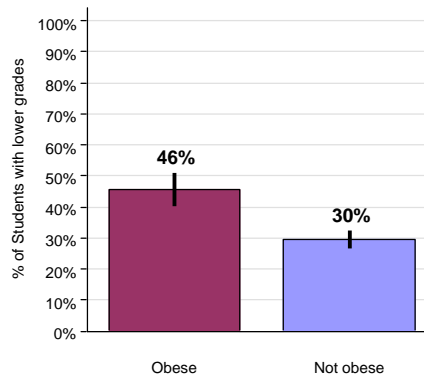
In 2008, 14% of 10th graders in our s were obese.

**Obese or Overweight
Compared to the State, All Grades, 2008**



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	28% ±8	27% ±9
State	N/A	26% ±2	25% ±2	25% ±2

**Statewide
Relationship between Lower Grades and Obesity
Grade 10, 2008**



Statewide, 10th graders who are obese are more likely to get lower grades in school (C's, D's or F's) compared to other youth.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Violent Behaviors and School Safety Mountlake Terrace High School (Edmonds School District)

Year: 2008

Grade: 10

Gender: Both

Number of Students Surveyed: 293

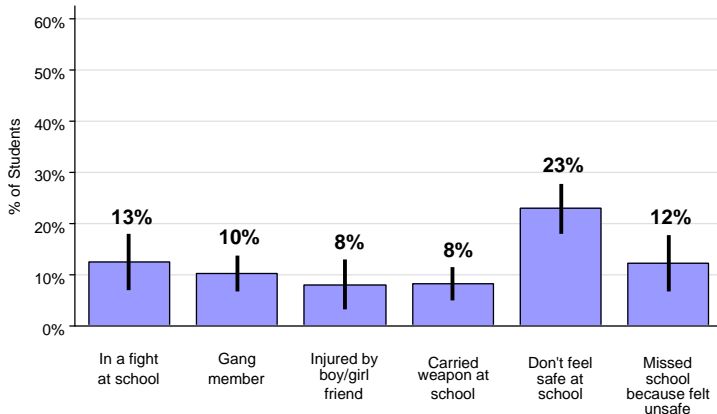
Background:

- Washington schools are required to have a comprehensive school safety plan that includes: prevention, intervention, all-hazards/crisis response, and post crisis recovery (RCW 28A.320.125).
- Schools referral systems that encourage students to report threats will help prevent violent incidents.
- Creating a supportive learning environment is critical for student academic achievement.
- School safety requires the commitment of staff, students, parents and the community. Researchers have identified best practice programs that can address negative student behaviors and build positive school culture.

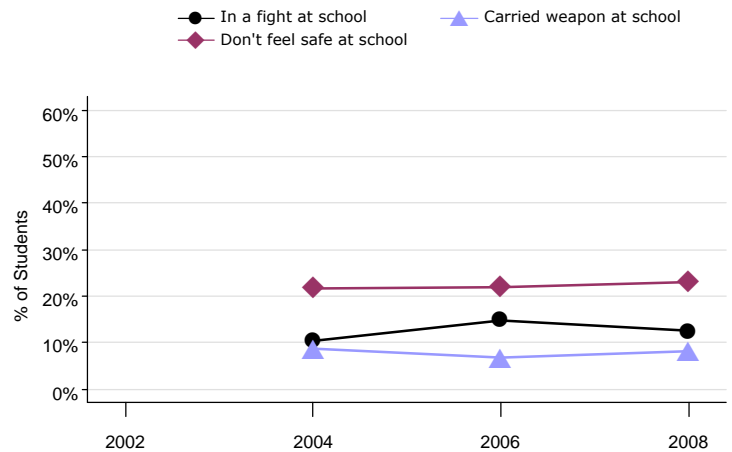
For More Information:

- School Safety Center, sponsored by the Office of Superintendent of Public Instruction: www.k12.wa.us/safetycenter
- Washington State Department of Health - Injury and Violence Prevention Program website: www.doh.wa.gov/hsqa/emstrauma/injury

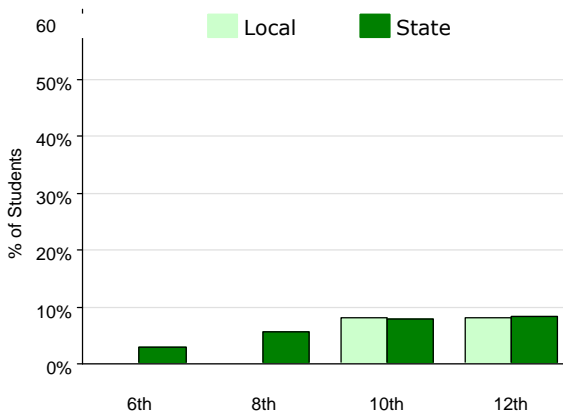
Violent Behavior and School Safety Grade 10, 2008



Violent Behavior and School Safety Trends, Grade 10



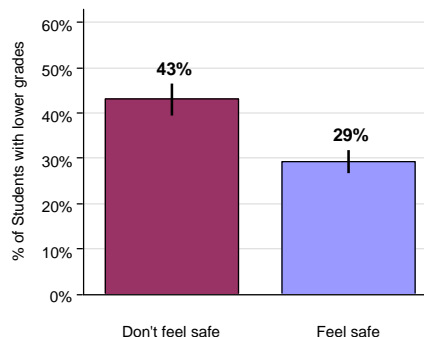
Carried a Weapon at School Compared to the State, All Grades, 2008



Prevalence	6th	8th	10th	12th
Local	N/G	N/G	8% ±3	8% ±4
State	3% ±0	6% ±1	8% ±1	8% ±1

Prevalence	2004	2006	2008
In a fight at school	10% ±5	15% ±6	13% ±5
Carried weapon at school	9% ±3	7% ±3	8% ±3
Don't feel safe at school	22% ±5*	22% ±5	23% ±5

Statewide Relationship between Lower Grades and Not Feeling Safe at School Grade 10, 2008



Statewide, 10th graders who don't feel safe at school are more likely to get lower grades in school (C's, D's or F's) compared to those who feel safe.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
*Indicates a significant change from the previous year or a significant difference between state and local results, p<0.05