

Community Protective Factors for Brier Terrace Middle School (Edmonds SD)

Year: 2014

Grade: 8

Gender: Both

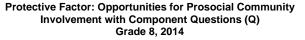
Number of Students Surveyed: 170

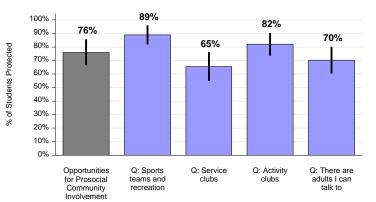
#### Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance abuse. They identified risk factors that predict youth substance use, and protective factors that can protect youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection.
- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students protected," which is defined as the percent of students whose scores were above a protection cutpoint determined by UW researchers. We also report some of the individual questions.
- Protective factors in the **community environment** are those that offer the youth opportunities and rewards for participating in positive and healthy activities.

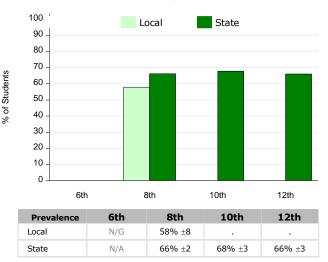
#### For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. To learn more about prevention coalitions in your area and how to get involved, go to the Start Talking Now website: www.StartTalkingNow.org
- For free guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse www.ADAIClearingHouse.org or call (206) 221-8325.
- For prevention tips and other online resources visit www.StartTalkingNow.org and www.DrugFree.org.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.

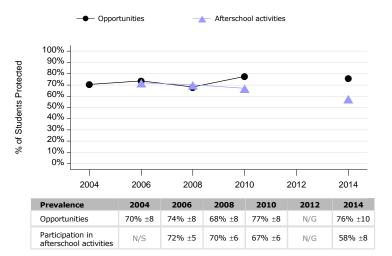


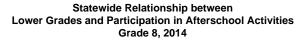


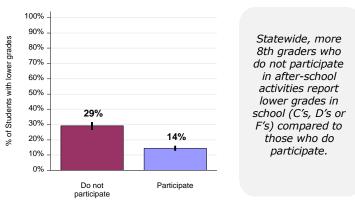
#### Participate in Afterschool Activities All Grades, 2014



Community Protective Factor and Afterschool Activity Trends Grade 8, 2014







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

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Washington HYS results generated at AskHYS.net on 04-27-2017



Community Risk Factors for Brier Terrace Middle School (Edmonds SD)

Year: 2014

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Number of Students Surveyed:
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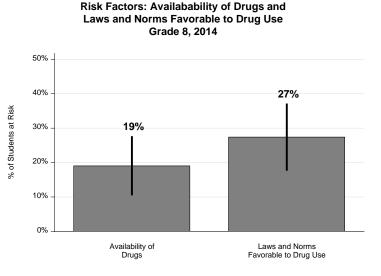
170

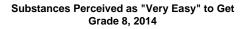
Background:

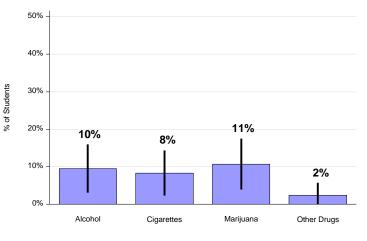
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- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students at risk," which is defined as the percent of students whose scores were above a risk cutpoint determined by UW researchers. We also report some of the individual questions.
- Risk factors in the **community environment** point to youth perceptions of local attitudes, beliefs, and standards: if youth <u>perceive</u> people in the community look the other way when kids are using substances, the youth have a higher likelihood of being substance users that is, they are "at risk."

#### For More Information:

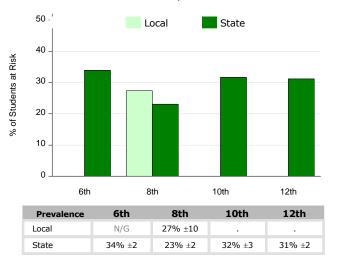
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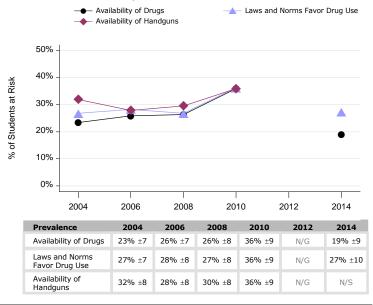




Risk Factor: Laws and Norms Favorable to Drug Use All Grades, 2014



Community Risk Factor Trends, Grade 8



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Washington HYS results generated at AskHYS.net on 04-27-2017



**Bullying and Harassment for Brier Terrace Middle School** (Edmonds SD)

school

Year: 2014

Grade: 8

Gender: Both

Number of Students Surveyed: 170

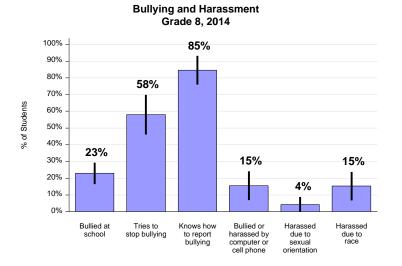
#### Background:

- All Washington schools are required, at a minimum, to implement state model policy and procedures which prohibit harassment, intimidation and bullying.
- Bullying is intentional, repeated, negative behavior on the part of an aggressor or aggressors toward a target or targets. It also involves a perceived power imbalance of some kind.
- Students who report being bullied or harassed also report getting lower grades in school.
- Researchers have identified evidence-based programs which reduce bullying and harassment and help build positive school climates.

#### For More Information:

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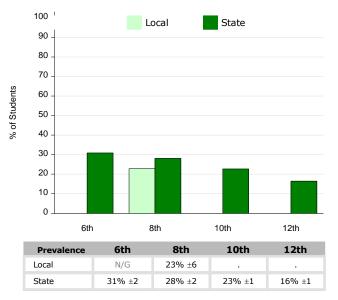
School Safety Center, sponsored by the Office of Superintendent of Public Instruction at: www.k12.wa.us/safetycenter.



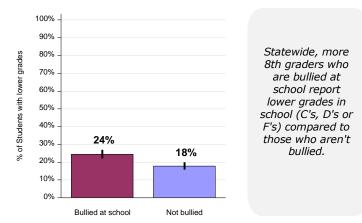
#### - Bullied in the past month Don't feel safe at school 100% 90% 80% 70% % of Students 60% 50% 40% 30% 20% • 10% 0% 2004 2006 2008 2010 2012 2014 2004 2008 2010 2012 2014 Prevalence 2006 Bullied at school 27% ±5 23% ±5 29% ±6 33% ±6 23% ±6 N/G Don't feel safe at 19% +5 15% + 417% ±5 19% ±5 N/G 20% ±6

Bullying and Harassment Trends, Grade 8

	Bull	ied in Pa	st Mon	th	
Com	pared to	the State	e/All Gr	ades,	2014



#### Statewide Relationship between Lower Grades and Bullying Grade 8, 2014



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Washington HYS results generated at AskHYS.net on 04-27-2017



School Risk Factors for Brier Terrace Middle School (Edmonds SD)

Year: 2014

Gender: Both

Number of Students Surveyed:

170

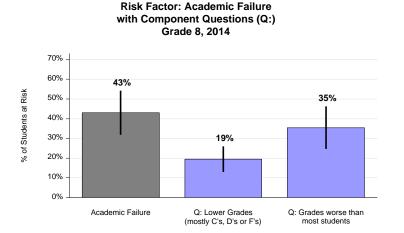
#### Background:

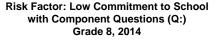
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- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students at risk," which is defined as the percent of students whose scores were above a risk cutpoint determined by UW researchers. We also report some of the individual questions.
- Risk factors in the school environment are those perceptions related to connection and commitment to school. Kids who are not doing well
  academically, or who don't believe that school is important, are likely to feel less connected and less committed to school and likely to be those same
  kids who are experimenting with drugs, or having trouble with depression.
- Researchers have identified best practice programs that can decrease risk factors and build supportive school culture.

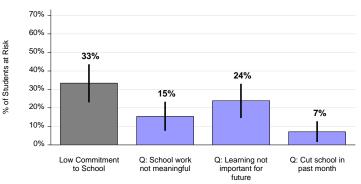
#### For More Information:

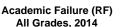
- Information about supportive learning environments, sponsored by the Office of Superintendent of Public Instruction visit www.k12.wa.us/LearningTeachingSupport.
- For information about the associations between Risk and Protective Factors and problem behaviors visit www.oasas.ny.gov/prevention/documents/RiskProtFactors2011.pdf.
- Parents can find definitions for Risk and Protective Factors at www.oasas.ny.gov/prevention/documents/RPFactorDictionary07.pdf.
- For local Risk Factor profiles go to www.dshs.wa.gov/rda/research/Risk.shtm.

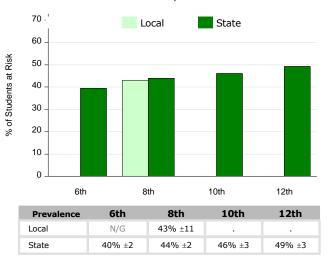
Grade: 8



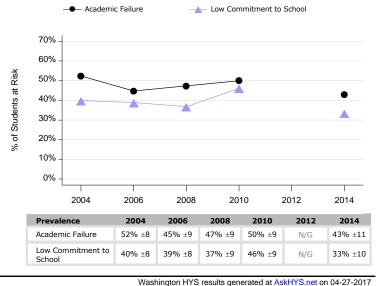








School Risk Factor Trends, Grade 8



Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar |)

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Unintentional Injury for Brier Terrace Middle School (Edmonds SD)

Year: 2014

Grade: 8

Gender: Both

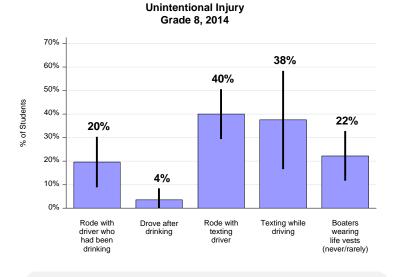
Number of Students Surveyed: 170

#### Background:

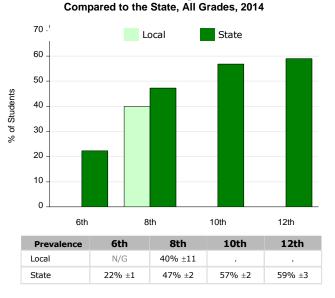
- Unintentional injury is the leading cause of death among youth. Motor vehicle crashes are the most common cause.
- Unintentional injuries are caused by behaviors such as drinking and driving, riding with a drinking driver, riding a bike or motorcycle without a helmet, or not wearing a life jacket.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

#### For More Information:

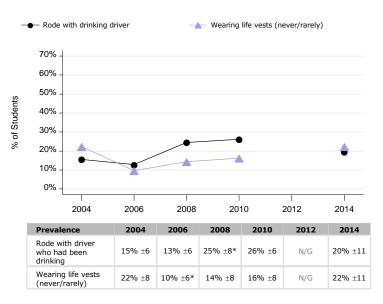
• Visit the Washington State Injury and Violence Prevention Website at: www.doh.wa.gov/DataandStatisticalReports/InjuryViolenceandPoisoning.



In 2014, 40% of 8th graders in our school rode with a driver who was either texting or emailing while driving.

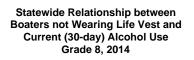


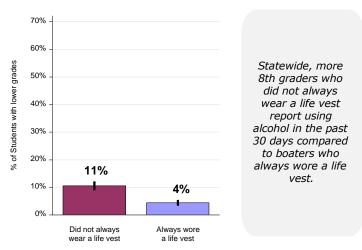
### Rode with Texting Driver



**Unintentional Injury Trends** 

Grade 8





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

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Washington HYS results generated at AskHYS.net on 04-27-2017



Violent Behaviors and School Safety for Brier Terrace Middle School (Edmonds SD)

### Year: 2014

Grade: 8

### Gender: Both

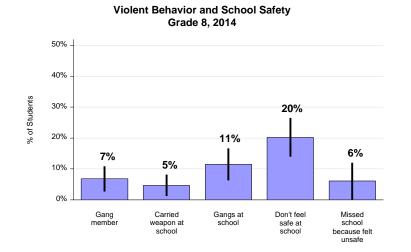
Number of Students Surveyed: 170

#### Background:

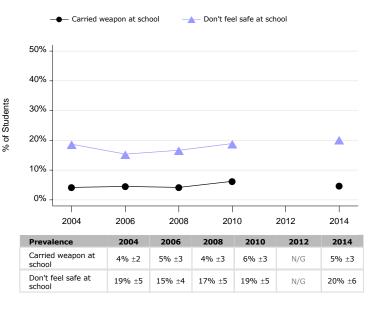
- Creating a supportive learning environment is critical for student academic achievement.
- Researchers have identified best practice programs that can address negative student behaviors and build positive school culture.
- School safety requires the commitment of staff, students, parents and the community. 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.

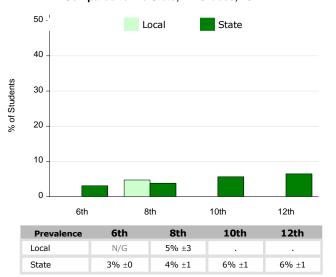
#### For More Information:

- School Safety Center, 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.



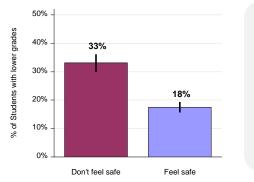
#### Violent Behavior and School Safety Trends, Grade 8





#### Carried a Weapon at School Compared to the State, All Grades, 2014

#### Statewide Relationship between Lower Grades and Not Feeling Safe at School Grade 8, 2014



Statewide, more 8th graders who don't feel safe at school report lower grades in school (C's, D's or F's) compared to those who feel safe.

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Washington HYS results generated at AskHYS.net on 04-27-2017



### Dietary Behaviors for Brier Terrace Middle School (Edmonds SD)

Year: 2014

Grade: 8 Gender: Both

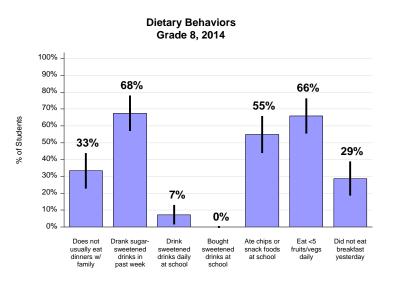
Number of Students Surveyed: 170

#### Background:

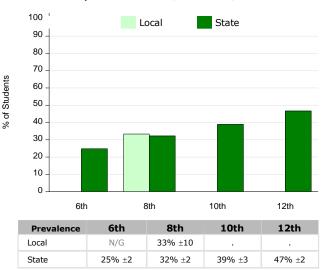
- A nutritious diet can reduce major risk factors for chronic disease such as obesity, high blood pressure, diabetes, and high blood cholesterol.
- · Poor nutrition has the potential to affect the growth, development, health status and academic achievement of children and adolescents.
- Individual food 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:

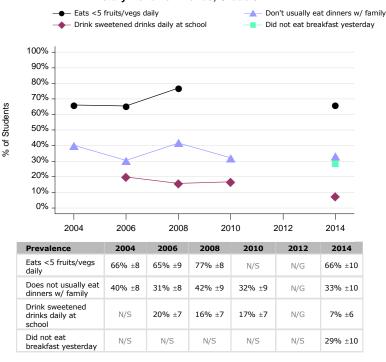
Visit the Washington State Healthy Eating Active Living Program website: www.doh.wa.gov.

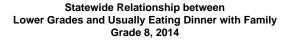


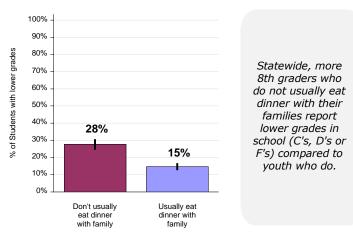
In 2014, 33% of 8th graders in our school don't usually eat dinner with their family.



#### **Does Not Usually Eat Dinners with Family** Compared to the State, All Grades, 2014







Washington HYS results generated at AskHYS.net on 04-27-2017

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Missing codes: S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade

Dietary Behavior Trends, Grade 8



Family Protective Influences for Brier Terrace Middle School (Edmonds SD)

Year: 2014

Gender: Both

Both Num

% of Students Protected

Number of Students Surveyed: 170

#### Background:

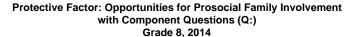
- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance abuse. They identified risk factors that predict youth substance use, and protective factors that can protect youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection.
- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students protected," which is defined as the percent of students whose scores were above a protection cutpoint determined by UW researchers. We also report some of the individual questions.
- Protective factors in the family environment are those that encourage positive participation in the family setting, and reward youth for that involvement.

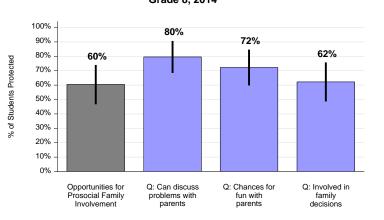
#### For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. To learn more about prevention coalitions in your area and how to get involved, go to the Start Talking Now website: www.StartTalkingNow.org.
- For free guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse at www.adaiclearinghouse.org or call (206) 221-8325.
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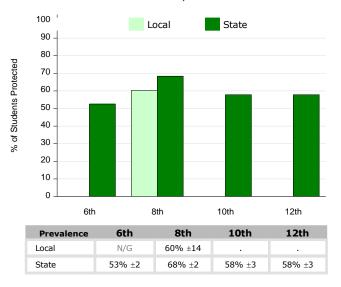
Grade: 8

• For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.





#### Protective Factor: Opportunities for Prosocial Family Involvement All Grades, 2014



#### Parental Protective Influences, Grade 8, 2014 96% 99% 99% 92% 100% 90% 74% 80% 64% 70% 60% 50% 40% 30% 20% 10% 0% Parents Parents Parents feel Parents fee Parents feel Parents fee talk about talk abou daily youth youth cigarette youth marijuana youth prescription not drinking not using marijuana drinking is wrong smoking is wrong use is wrong drug use is wrong alcohol

Washington HYS results generated at AskHYS.net on 04-27-2017

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

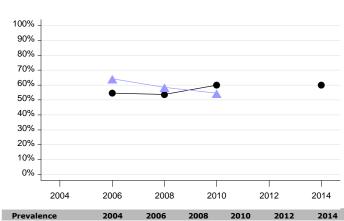
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Opportunities

Family Protective Factor Trends, Grade 8

----- Rewards



Prevalence	2004	2006	2008	2010	2012	2014
Opportunities	N/A	55% ±9	$54\%\ \pm 10$	$60\% \ \pm 11$	N/G	$60\% \ \pm 14$
Rewards	N/A	64% ±9	58% ±10	55% ±11	N/G	N/A

Missing codes: S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade.

% of Students

Nashi	ngton Star
Healthy	Youth Survey

### Peer-Individual Risk Factors

Year: 2014

Grade: 8

Gender: Both

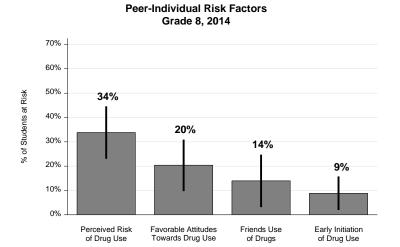
Number of Students Surveyed: 170

#### Background:

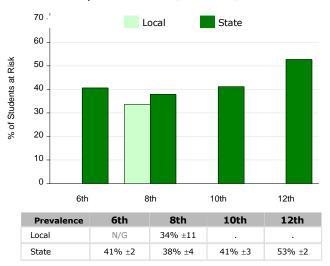
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- Risk factors in the peer and individual domain include attitudes youth have about substance use as well as the behaviors of their friends. For More Information:
- · Parents, schools, and communities can work together to keep youth healthy and safe. To learn more about prevention coalitions in your area and how to get involved, go to the Start Talking Now website: www.StartTalkingNow.org.

% of Students at Risk

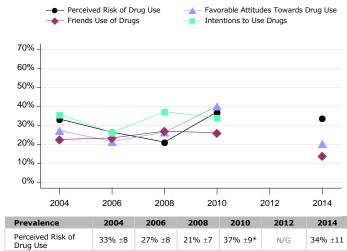
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#### **Risk Factor: Perceived Risk of Drug Use** Compared to the State, All Grades, 2014



#### Peer-Individual Risk Factor Trends Grade 8



Drug Use	33% ±8	27% ±8	21% ±/	37% ±9*	N/G	34% ±11	
Favorable Attitudes Towards Drug Use	27% ±8	22% ±7	27% ±8	40% ±10*	N/G	20% ±11	
Friends Use of Drugs	23% ±8	24% ±8	27% ±8	26% ±9	N/G	14% ±11	
Intentions to Use Drugs	36% ±9	26% ±8	37% ±9	34% ±10	N/G	N/S	

#### In 2014, 20% of 8th graders in our school were at risk for favorable attitudes towards drugs.

From 2012 to 2014, there has been no change in the perceived risk of drug use among 8th graders in our school.

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Washington HYS results generated at AskHYS.net on 04-27-2017



Peer-Individual Protective Factors for Brier Terrace Middle School (Edmonds SD)

Year: 2014

Grade: 8

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Gender: Both
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Number of Students Surveyed:

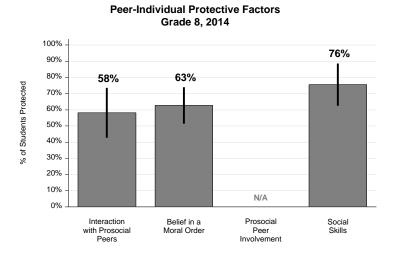
170

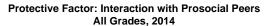
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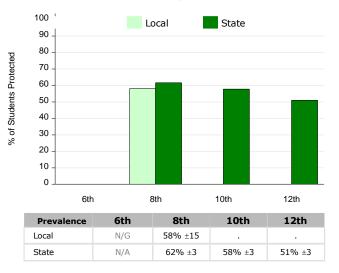
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- Protective factors in the peer and individual domain point to the choices youth make about their friends and the skills they have at getting along in a positive social world.

#### For More Information:

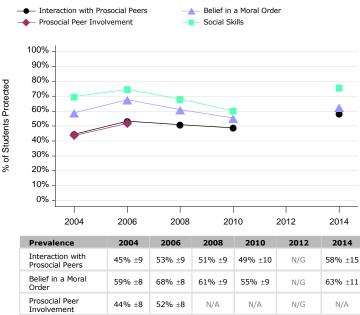
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#### Peer-Individual Protective Factor Trends, Grade 8



## In 2014, 58% of 8th graders in our school were protected by interactions with prosocial peers.

75% +8

70% +8

68% +8

60% +10

N/G

76% ±13

Social Skills

From 2012 to 2014, there has been no change in protection by interactions with prosocial peers among 8th graders in our school.

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

Washington HYS results generated at AskHYS.net on 04-27-2017



School Protective Factors for Brier Terrace Middle School (Edmonds SD)

Year: 2014

Grade: 8 Ge

Gender: Both Number of

Number of Students Surveyed: 170

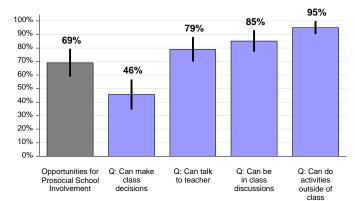
#### Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance abuse. They identified risk factors that predict youth substance use, and protective factors that can protect youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection.
- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students protected," which is defined as the percent of students whose scores were above a protection cutpoint determined by UW researchers. We also report some of the individual questions.
- Protective factors in the school environment are those that provide youth the opportunities to participate in meaningful ways, and to experience the rewards of doing so.

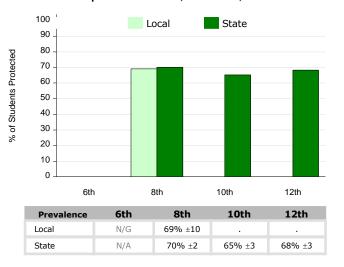
#### For More Information:

- Information about supportive learning environments, sponsored by the Office of Superintendent of Public Instruction visit www.k12.wa.us/LearningTeachingSupport.
- For information about the associations between Risk and Protective Factors and problem behaviors visit www.oasas.ny.gov/prevention/documents/RiskProtFactors2011.pdf.
- Parents can find definitions for Risk and Protective Factors at www.oasas.ny.gov/prevention/documents/RPFactorDictionary07.pdf.
- For local Risk Factor profiles go to www.dshs.wa.gov/rda/research/Risk.shtm.

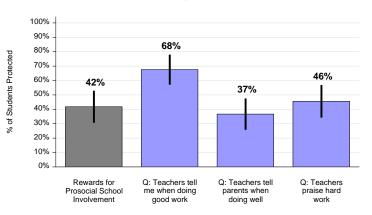
#### Protective Factor: Opportunities for Prosocial School Involvement with Component Questions (Q:) Grade 8, 2014



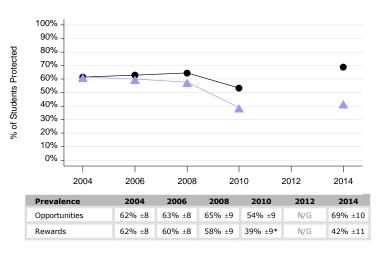
Protective Factor: Opportunities for Proscial Involvement Compared to the State, All Grades, 2014



Protective Factor: Rewards for Prosocial School Involvement with Component Questions (Q:) Grade 8, 2014



#### **School Protective Factor Trends, Grade 8**



Washington HYS results generated at AskHYS.net on 04-27-2017

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

% of Students Protected



### Weight and Obesity for Brier Terrace Middle School (Edmonds SD)

Year: 2014

Grade: 8

Gender: Both

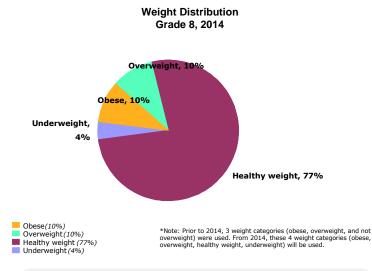
Number of Students Surveyed: 170

#### Background:

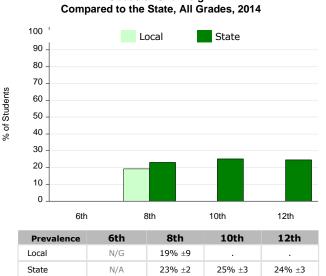
- · Poor diet and physical inactivity are risk factors for obesity and overweight among youth.
- · Youth who have fewer opportunities for physical activity and increased time spent in sedentary activities such as watching television and using computers are more likely to be overweight.
- Factors that contribute to poor diet among youth include eating fewer meals at home, increased availability and affordability of unhealthy food, and increased food portion sizes.
- To be successful in increasing healthy weight 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 Healthy Eating Active Living Program website: www.doh.wa.gov.

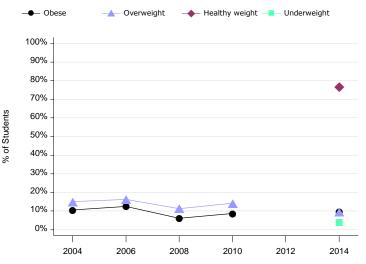


In 2014, 10% of 8th graders in our school were obese.

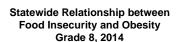


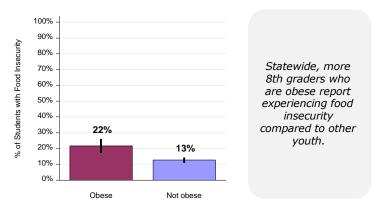
**Obese or Overweight** 

#### Weight Distribution Trends, Grade 8



Prevalence	2004	2006	2008	2010	2012	2014
Obese	11% ±6	13% ±6	6% ±5	9% ±6	N/G	10% ±7
Overweight	15% ±7	16% ±7	11% ±6	14% ±7	N/G	10% ±7
Healthy weight	N/S	N/S	N/S	N/S	N/S	77% ±10
Underweight	N/S	N/S	N/S	N/S	N/S	4% ±5





Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar )

\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at AskHYS.net on 04-27-2017



### Asthma for Brier Terrace Middle School (Edmonds SD)

Year: 2014

Gender: Both

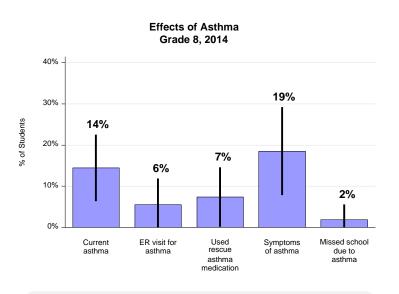
Number of Students Surveyed:

170

Background:

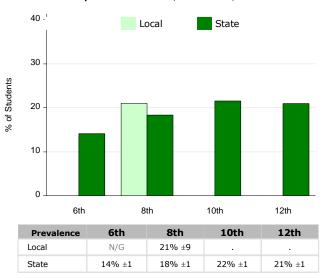
· Youth who smoke are more likely to have asthma.

• 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.

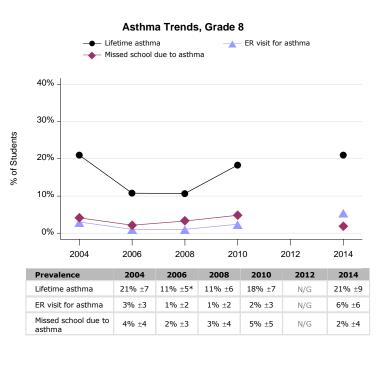


Grade: 8

In 2014, 2% of 8th graders in our school missed school due to asthma in the past year.



Lifetime Asthma Compared to the State, All Grades, 2014



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
- Washington Asthma Initiative's Facebook page at: www.facebook.com/pages/
- Washington-Asthma-Initiative/575654545783852

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar )

\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at AskHYS.net on 04-27-2017



### Substance Use for Brier Terrace Middle School (Edmonds SD)

Year: 2014

Grade: 8

Gender: Both

Number of Students Surveyed:

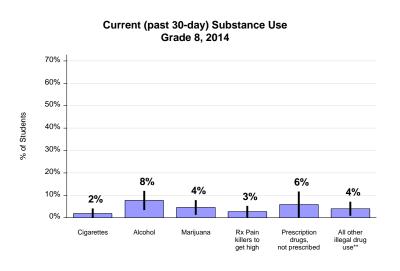
170

#### Background:

- Parents are the primary influence on their children's decision to use alcohol, tobacco, and other drugs.
- The developing brain is more vulnerable to the effects of alcohol and other drugs. Brain development continues into the mid-20s.

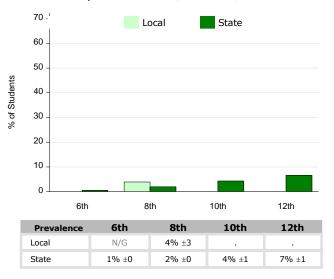
#### For More Information:

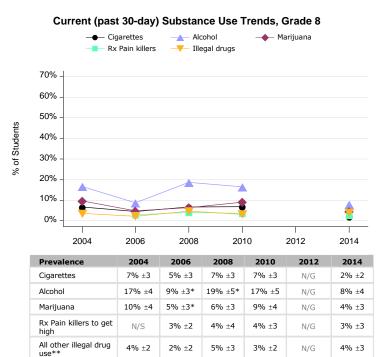
- · Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit www.StartTalkingNow.org.
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse www.adaiclearinghouse.org or call (206) 221-8325.
- For 24 hour help for mental health, substance use and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.



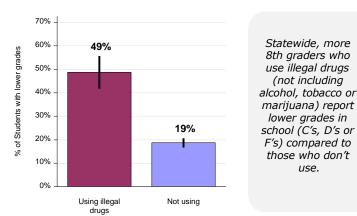
Most youth don't use alcohol or other substances.

#### Current (past 30-day) All Other Illegal Drug Use\*\* Compared to the State, All Grades, 2014





#### Statewide Relationship between Lower Grades and Current (past 30-day) All Other Illegal Drug Use\*\* Grade 8, 2014



\*\*All other illegal drug use includes prescription drugs not prescribed, Rx pain killers to get high, and all other illegal drugs; but does not include alcohol, tobacco or marijuana.

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar )

\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at AskHYS.net on 04-27-2017



Depressive Feelings, Anxiety and Suicide for Brier Terrace Middle School (Edmonds SD)

Not likely to seek

help if depressed

### Year: 2014

Gender: Both

Number of Students Surveyed:

170

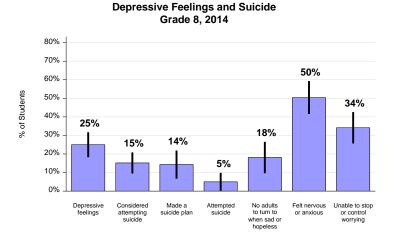
- Background:
- Suicide is the second leading cause of death for Washington teens 15-19 years old.

Grade: 8

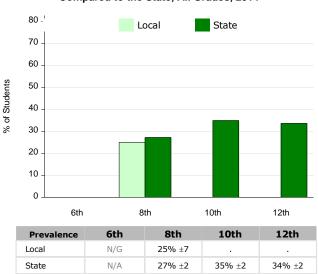
- · Most youth suicides occur at home.
- Depression is a feeling of sadness, helplessness and hopelessness that lingers over time. Untreated it can lead to alcohol abuse and even suicide.
- · Depression and anxiety are treatable mental health conditions. Professional care can help a vast majority of people.

#### For More Information:

- Visit the Washington State Youth Suicide Prevention Program Website: www.doh.wa.gov/You and YourFamily/Injury and Violence Prevention/Suicide Prevention/Youth Suicide. Note that the second state of the second stat
- The OSPI suicide prevention page: www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx.
- National Suicide Prevention Hotline 1-800-273-TALK(8255) or www.suicidepreventionlifeline.org. • Care Crisis Response Services: 800-584-3578 (tele-interpreter available).

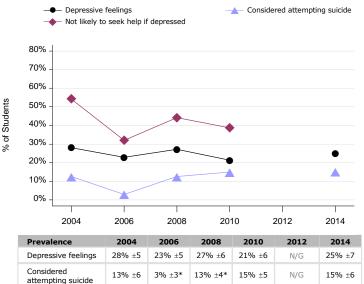


In 2014, 25% of 8th graders in our school felt so sad or hopeless for 2 weeks or more that they stopped doing their usual activities.



Depressive Feelings Compared to the State, All Grades, 2014

#### **Depressive Feelings and Suicide Trends, Grade 8**



#### Statewide Relationship between Lower Grades and Depressive Feelings Grade 8, 2014

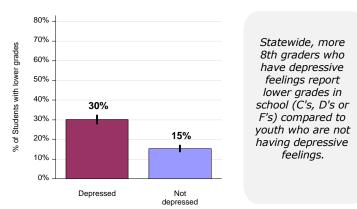
44% ±14

39% ±14

N/G

54% ±13 32% ±13\*

N/S



Note: for 2014, youth who report they have adults to turn to when sad or hopeless now include those who said they are never sad or hopeless.

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar )

\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at AskHYS.net on 04-27-2017



### Oral Health for Brier Terrace Middle School (Edmonds SD)

Year: 2014

Grade: 8

Gender: Both

Number of Students Surveyed:

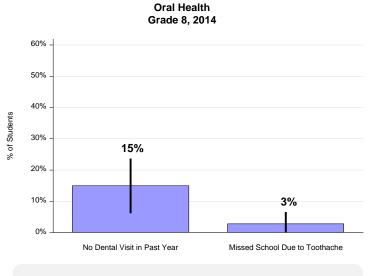
170

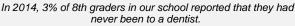
#### Background:

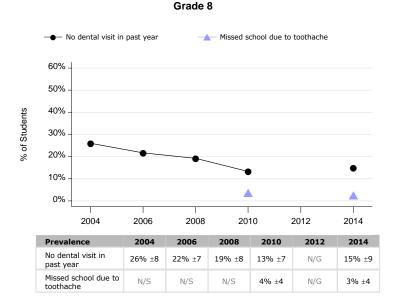
- Dental decay affects 53% of Third Graders in Washington.
- The bacteria that causes tooth decay is a chronic condition that typically lasts into adulthood with greater costs and consequences for health and well-being.
- Dental disease is linked to broader health problems, including cardiovascular disease, stroke and diabetes mellitus.
- In the U.S., over 51 million school hours are missed each year by children due to dental related illness.

#### For More Information:

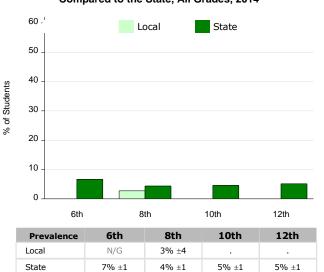
• Visit the Washington State Oral Health Program Website at: www.doh.wa.gov.





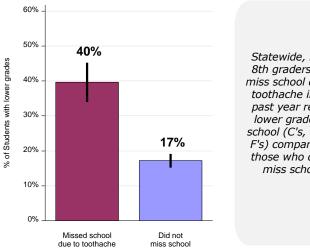


**Oral Health Trends** 



#### **Missed School due to Toothache** Compared to the State, All Grades, 2014

#### Statewide Relationship between Lower Grades and Missed School due to Toothache Grade 8, 2014



#### Statewide, more 8th graders who miss school due to toothache in the past year report lower grades in school (C's, D's or F's) compared to those who didn't miss school.

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar )

Washington HYS results generated at AskHYS.net on 04-27-2017



### Physical Activity for Brier Terrace Middle School (Edmonds SD)

Year: 2014

Gender: Both

er: Both N

Number of Students Surveyed: 170

#### Background:

- Regular physical activity reduces rates of obesity and serious diseases, helps people maintain a healthy body weight and improves quality of life.
- The Centers for Disease Control and Prevention recommends that children and adolescents participate in at least 60 minutes of physical activity daily, and muscle strengthening 3 days a week.
- 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, using a computer for fun, or cell phone usage.
- Many social and environmental factors influence the decision to be active. Successful strategies to promote physical activity include educating individuals and developing policies in schools and communities to create environments that support being physically active.

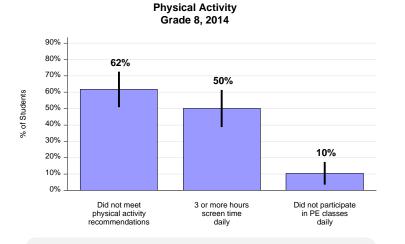
% of Students

#### For More Information:

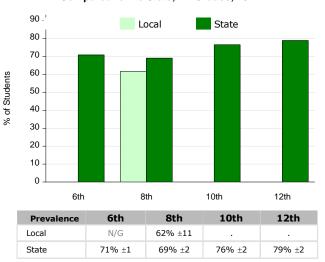
• Visit the Washington State Healthy Eating Active Living Program website: www.doh.wa.gov.

Grade: 8

- Visit the National Physical Activity Plan: www.physicalactivityplan.org.
- Visit CDC Physical activity guidelines: www.cdc.gov/physicalactivity/everyone/guidelines/children.html.
- Note: DOH advocates using the CDC recommendations of 'at least 60 minutes of physical activity daily.'

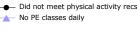


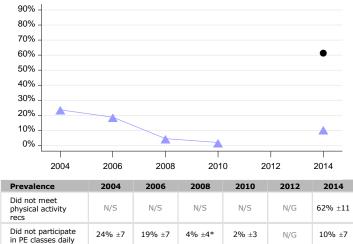
In 2014, 62% of 8th graders in our school did not meet the recommendations for 60 minutes of physical activity 7 days a week.

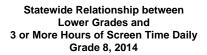


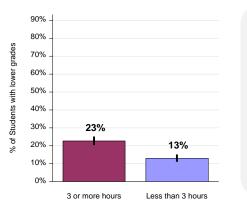
#### Did Not Meet Recommendations for Physical Activity Compared to the State, All Grades, 2014

#### Physical Activity Trends, Grade 8









Statewide, more 8th graders who spend 3 or more hours of screen time daily report lower grades in school (C's, D's or F's) compared to youth who spend less than 3 hours.

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

Washington HYS results generated at AskHYS.net on 04-27-2017



Sexual Behavior and Orientation for Brier Terrace Middle School (Edmonds SD)

Year: 2014

Grade: 8

Gender: Both

Both Numb

Number of Students Surveyed: 170

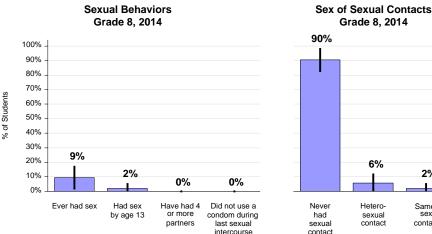
#### Background:

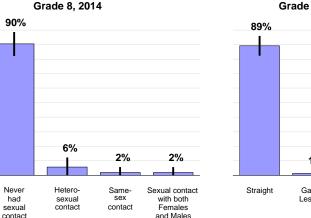
- All Washington schools must offer HIV/AIDS prevention education each year starting no later than the 5th grade. (RCW 28A.230.070)
- The Healthy Youth Act provides a framework for those districts that choose to provide sexual health education. (RCW 28A.300.475)
- DOH and OSPI jointly developed Guidelines for Sexual Health Information and Disease Prevention at: www.k12.wa.us/HIVSexualhealth/pubdocs/SexEdGuidelines011005.pdf
- Research-based and evidence-based programs can significantly delay first intercourse, decrease sexual risk taking, and increase condom and contraceptive use. http://recapp.etr.org/recapp/documents/programs/SexHIVedProgs.pdf
- Common school curriculum legislation requires teachers to stress the importance of good health including prevention of sexually transmitted diseases. (apps.leg.wa.gov/rcw/default.aspx?cite=28A.230.020)
- Sexual health education is optional. Districts that choose to offer sexual health education must ensure it follows the Healthy Youth Act. Washington State Health Education K-12 Learning Standards allows for districts, schools and teachers to choose grade-level outcomes related to sexual health education. www.k12.wa.us/HIVSexualhealth/pubdocs/TalkingPoints-HPEStandards.pdf.

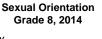
#### For More Information:

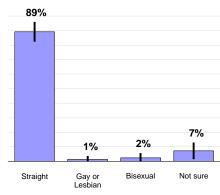
• HIV and Sexual Health Education, sponsored by the Office of Superintendent of Public Instruction at: www.k12.wa.us/HIVSexualhealth.

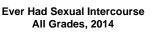
Questions about sexual behavior and teaching STD and pregnancy prevention were included at the discretion of each school district. Therefore, local results may be missing or may not reflect a representative sample of all students in the community. In order to improve the quality and usefulness of data, it is recommended that all schools include these questions when administering the Healthy Youth Survey.

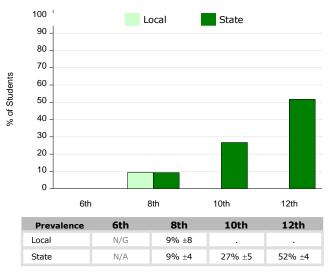




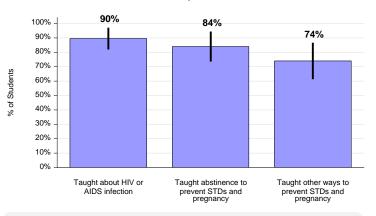








#### HIV/AIDS, STDs and Pregnancy Prevention Taught in School Grade 8, 2014



In 2014, students who report ever having had sexual intercourse also report higher rates of being depressed and higher rates of alcohol use.

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar |) \*indicates a significant difference between state and local results, p<0.05

Washington HYS results generated at AskHYS.net on 04-27-2017



Alcohol Use for Brier Terrace Middle School (Edmonds SD), page 1 of 2

Year: 2014

Gender: Both

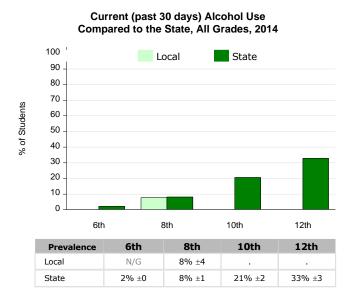
Number of Students Surveyed: 170

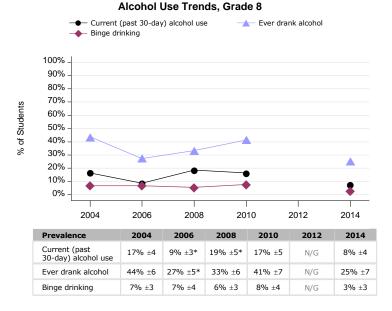
#### Background:

- 5,000 people under the age of 21 die each year from alcohol-related car crashes, homicides, suicides, poisoning, falls, drownings and other injuries.
- Youth alcohol use is associated with violence, school failure, and sexual activity.

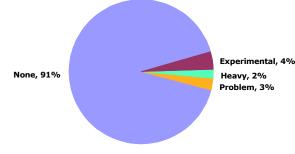
Grade: 8

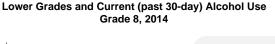
• Research shows that heavy alcohol use during teen years can permanently damage the still-developing brain.



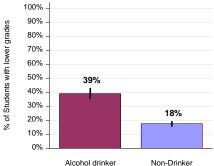


#### Level of Alcohol Use Grade 8, 2014



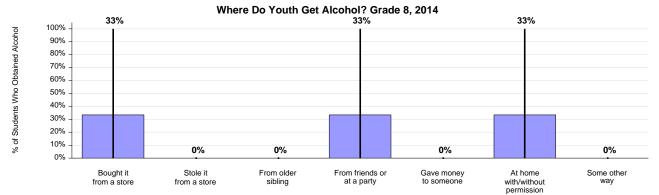


Statewide Relationship between



Statewide, more 8th graders who drink alcohol report lower grades in school (C's, D's or F's) compared to those who don't drink.

None: no drinking in the past 30 days (91%)
 Experimental: 1-2 days drinking, and no binge drinking (4%)
 Heavy: 3-5 days drinking, and/or one binge (2%)
 Problem: 6+ days drinking, and/or 2+ binges (3%)

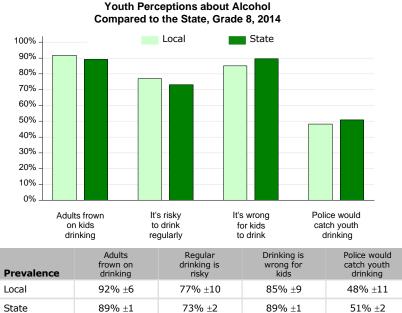


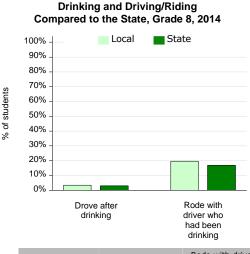
The percentages in this chart are based on all students who reported getting alcohol in the past 30 days, regardless whether they reported drinking in the past 30 days. Students could select multiple sources.



### Alcohol Use for Brier Terrace Middle School (Edmonds SD), page 2 of 2

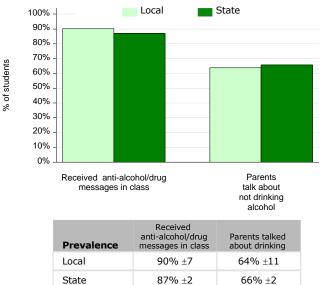
% of students



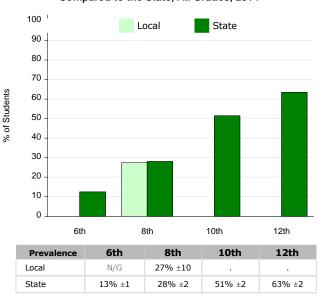


Prevalence	Drove after drinking	Rode with driver who had been drinking
Local	4% ±5	20% ±11
State	3% ±1	17% ±2

Received Anti-Alcohol Messages Compared to the State, Grade 8, 2014



Youth Perception that Alcohol is Easy to Get Compared to the State, All Grades, 2014



#### For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit www.StartTalkingNow.org.
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse adaiclearinghouse.org or call (206) 221-8325.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar )

# Brier Terrace Middle School Healthy Youth Survey Fact Sheet

## **Electronic Cigarette & Vapor Product Use**

### Year: 2014

Grade: 8

Gender: Both

### Number of Students Surveyed: 170

(Edmonds SD

BACKGROUND

- The emergence of electronic cigarette and vapor products has raised serious concern. Nicotine use at a young age may cause lasting harm to brain development, promote addiction, and lead to sustained tobacco use []
- Electronic cigarette and vapor product use is on the rise among youth, nationally
- About half of middle school and high school students in the U.S. who used tobacco products in 2015 were current users of two or more types of tobacco products, including e-cigarettes and vapor products<sup>[II]</sup>
- Preventing youth initiation of tobacco use is a key strategy for stemming the tide of tobacco-related mortality, morbidity and economic costs
- In 2016, Washington State recently passed a Vapor Products bill establishing important youth protections to reduce illegal youth access to vapor products. This law applies to any vapor product whether or not it contains nicotine <sup>[iii]</sup>
- The Food and Drug Administration (FDA) recently extended its authority to cover e-cigarettes, dissolvables, pipe tobacco, hookah tobacco, and cigars as tobacco products. This rule applies to products that contain nicotine [<sup>[V]</sup>]
  - Centers for Disease Control and Prevention. (2016, June). Vital Signs. Retrieved from Smoking & Tobacco Use: http://www.cdc.gov/tobacco/data\_statistics/vital\_signs/index.htm Washington State Department of Health. (2015). Tobacco Facts
  - ii. Washington State 2015 Update. Tumwater: Washington State Department of Health
  - iii. An act relating to youth vapor product substance use prevention, and vapor product regulation, without permitting a tax on the sale or production of vapor products. ESSB 6328. (2016) Retrieved from http://apps.leg.wa.gov/billinfo/summary.aspx?bill=6328
  - iv. Food and Drug Administration. (2016, May 16). Tobacco Products. Retrieved from FDA: http://www.fda.gov/TobaccoProducts/Labeling/ucm388395.htm

### MORE INFORMATION...

- Through key partnerships, the Tobacco Prevention and Control Program addresses youth access to tobacco and the growth in the use of electronic cigarettes and vapor products in Washington State. Find out more, here: www.doh.wa.gov/YouandYourFamily/Tobacco
- For 24-hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit <u>www.warecoveryhelpline.org</u>
- For resources to quit tobacco, go to www.doh.wa.gov/YouandYourFamily/Tobacco/HowtoQuit

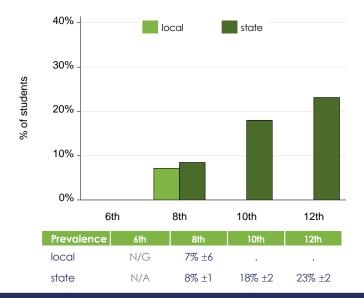
#### missing codes

 $\begin{array}{l} \textbf{S} = \mbox{result suppressed due to insufficient reporting from students of schools;} \\ \textbf{N/G} = \mbox{grade not available;} \quad \textbf{N/S} = \mbox{question was not surveyed this year;} \\ \textbf{N/A} = \mbox{question was not asked of this grade;} \end{array}$ 

Substance used\* in electronic cigarettes among current (30-day) electronic cigarette users, Grade 8, 2014

\*Students can select more than one type of substance

## Current (past 30-day) electronic cigarette use compared to the state, all grades



prevalence is displayed with 95% confidence intervals (as± or black bar |) \*indicates a significant change from the previous year, <0.05

results generated at askhys.net on 04/27/2017



Marijuana Use for Brier Terrace Middle School (Edmonds SD), page 1 of 2

#### Year: 2014

Gender: Both

Number of Students Surveyed: 170

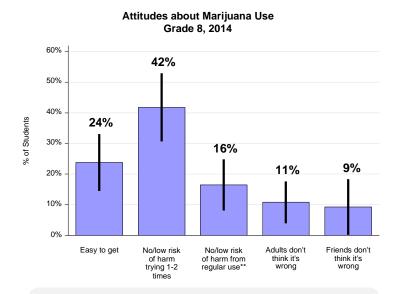
#### Background:

- Marijuana is addictive. Most teens who enter drug treatment programs report marijuana is the primary drug they use.
- If teens use marijuana, anxiety and depression can get worse. Marijuana use is associated with risk of anxiety and depression.
- Teens who use marijuana can have problems with learning and memory and are more likely to fail in school.

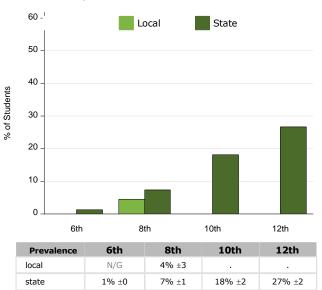
Grade: 8

#### For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit www.StartTalkingNow.org.
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse adaiclearinghouse.org or call (206) 221-8325.
- For 24 hour help for mental health, substance use and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.

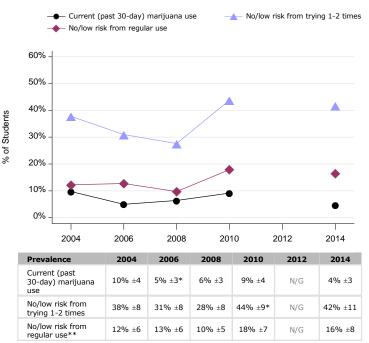


In 2014, 16% of 8th graders in our school thought there was little or no risk of using marijuana regularly.



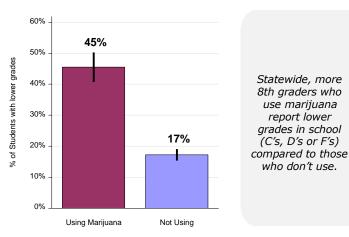
#### Current (past 30-day) Marijuana Use Compared to the State, All Grades, 2014

#### Marijuana Use and Perception of Harm Trends Grade 8



\*\*"Smoke" marijuana regularly was changed to "Use" regularly in 2014. This may mark a break in the trend.

#### Statewide Relationship between Lower Grades and Current (past 30-day) Marijuana Use Grade 8, 2014

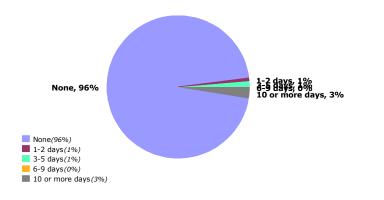


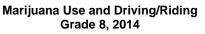


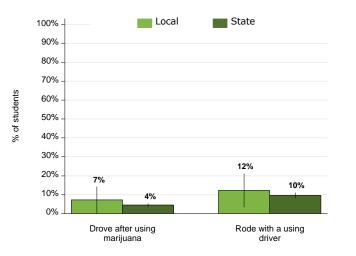
Marijuana Use for Brier Terrace Middle School (Edmonds SD), page 2 of 2

% of students

Level of Current (past 30-day) Marijuana Use Grade 8, 2014







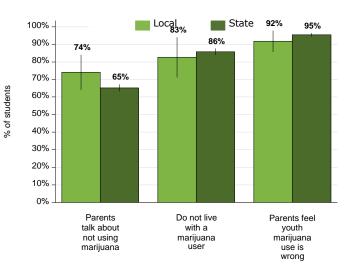
#### Where Do Youth Get Marijuana? Grade 8, 2014

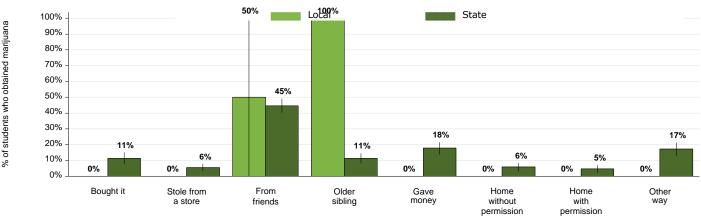
50% **St**ate Local 100% 90% 80% 65% 70% 60% 50% 40% 30% 15% 20% 7% 7% 10% 6% 0% 0% 0% Smoked it Ate it Drank it Vaporized it Other way

Type of Marijuana Used among Those Who Used It

Grade 8, 2014

Family Environment, Grade 8, 2014





The percentages in this chart are based on all students who reported getting marijuana in the past 30 days, regardless whether they reported using in the past 30 days. Students could select multiple sources.

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

Washington HYS results generated at AskHYS.net on 04-27-2017



### Tobacco Use for Brier Terrace Middle School (Edmonds SD)

Year: 2014

Gender: Both

Number of Students Surveyed: 170

#### Background:

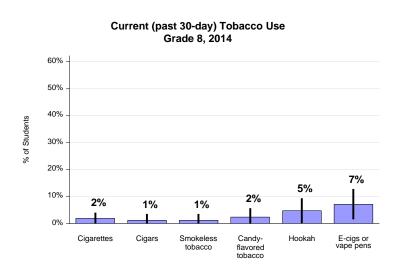
- In Washington State, about 40 youth start smoking cigarettes each day.
- About 104,000 youth alive in Washington now will ultimately die prematurely from smoking.

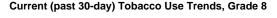
Grade: 8

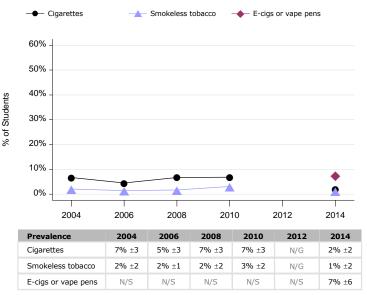
· Smoking is associated with drug use and low academic performance.

#### For More Information:

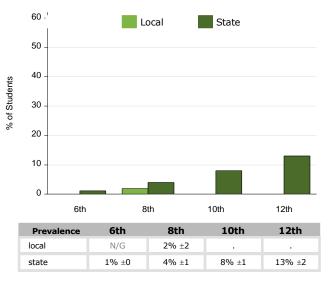
- The Washington State Department of Health funds a tobacco prevention and control program to keep youth from beginning to use tobacco, to help people quit using tobacco, and to reduce exposure to secondhand smoke. Visit www.doh.wa.gov/YouandYourFamily/Tobacco.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.



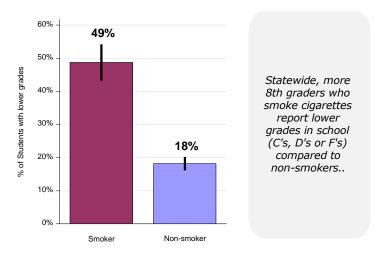




#### Current (past 30-day) Cigarette Smoking Compared to the State, All Grades, 2014



Statewide Relationship between Lower Grades and Current (past 30-day) Cigarette Smoking Grade 8, 2014



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

Washington HYS results generated at AskHYS.net on 04-27-2017

# **Brier Terrace Middle School Healthy Youth Survey Fact Sheet**

## **Tobacco & Vapor Product Use**

### Year: 2014

Grade: 8

Gender: Both

### BACKGROUND

- Tobacco use remains the leading cause of preventable death in Washington
- Youth and young adults under age 18 are far more likely to start tobacco use than adults: 4 out of 5 smokers started during adolescence
- 104,000 Washington youth alive today will ultimately die prematurely from smoking
- Electronic cigarettes and vapor products use is on the rise among youth and recent studies have indicated that youth who use electronic cigarettes/vapor products are at increased risk of cigarette smoking
- Preventing youth from starting initiation of tobacco use is the most effective way to stem the tide of population-wide tobacco addiction and population-level tobacco-related mortality, morbidity and economic costs

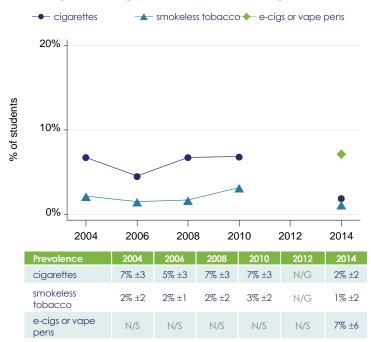
### **MORE INFORMATION...**

- Through key parnerships, the Tobacco Prevention and Control Program addresses youth access to tobacco and the arowth in the use of electronic cigarettes and vapor products in Washington State. Find out more, here: www.doh.wa.gov/YouandYourFamily/ Tobacco
- For 24-hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.warecoveryhelpline.org
- For resources to quit tobacco, go to www.doh.wa.gov/YouandYourFamily/Tobacco/ **HowtoQuit**

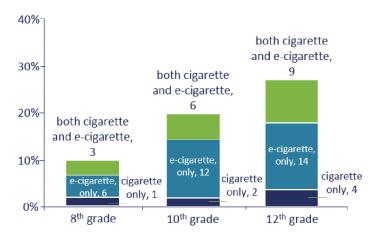
## Number of Students Surveyed: 170

#### Current (past 30-day) tobacco use trends, grade 8

(Edmonds SD



### Statewide prevalence of past 30 day e-cigarette, cigarette and use of both among youth by grade



prevalence is displayed with 95% confidence intervals (ast or black bar 1) \*indicates a significant change from the previous year, <0.05

#### missing codes

**S** = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade;

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