

## Physical Activity for Issaquah School District

Year: 2021

Grade: 10

Sex: All

Number of Students Surveyed: 1,227

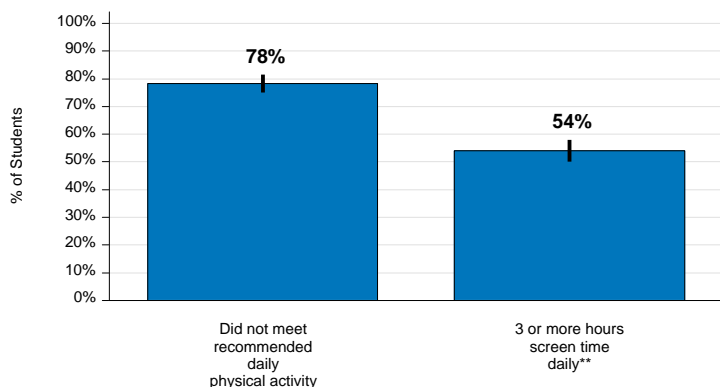
### Background:

- 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 exercises 3 days a week.
- Increased time spent in recreational screen time, such as watching TV, playing video games, using a computer for fun, or cell phone usage, means less time for students to be physically active.
- 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.

### For More Information:

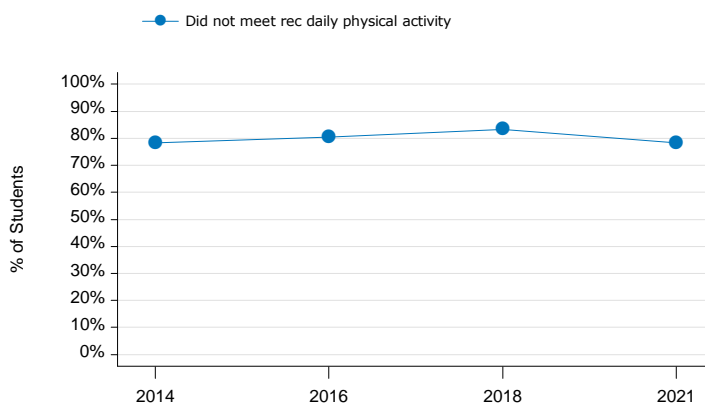
- Visit the Washington State Healthy Eating Active Living Program website: [www.doh.wa.gov](http://www.doh.wa.gov).
- Visit the National Physical Activity Plan: [www.physicalactivityplan.org](http://www.physicalactivityplan.org).
- Visit CDC Physical activity guidelines: [www.cdc.gov/physicalactivity/everyone/guidelines/children.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html).
- Note: DOH advocates using the CDC recommendations of 'at least 60 minutes of physical activity daily.'

**Physical Activity  
Grade 10, 2021**



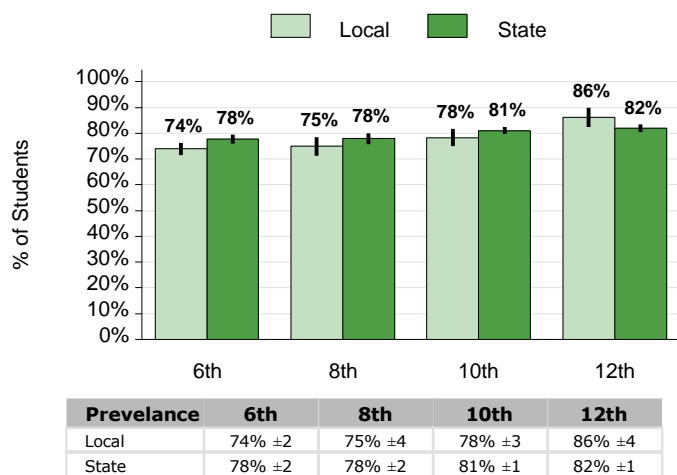
*In 2021, 78% of 10th graders in our school district did not meet the recommendations for 60 minutes of physical activity 7 days a week.*

**Physical Activity 2014-2021, Grade 10**

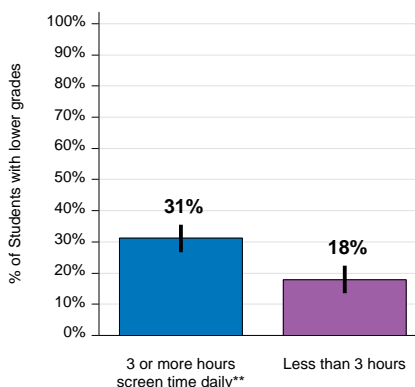


Prevalence	2014	2016	2018	2021
Did not meet rec daily physical activity	78% ±4	80% ±4	83% ±3	78% ±3*

**Did Not Meet Recommendations for Physical Activity  
Compared to the State, All Grades, 2021**



**Statewide Relationship between  
Lower Grades and  
3 or More Hours of Screen Time Daily\*\*  
Grade 10, 2021**



*Statewide, more 10th 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.*

\*\*In 2018, the definition of screen time was expanded to include more examples than in previous years. However, school work-related screen time is not included.

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](http://AskHYS.net) on 03-15-2022

**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.

## Physical Activity for Issaquah School District

Year: 2021

Grade: 12

Sex: All

Number of Students Surveyed: 752

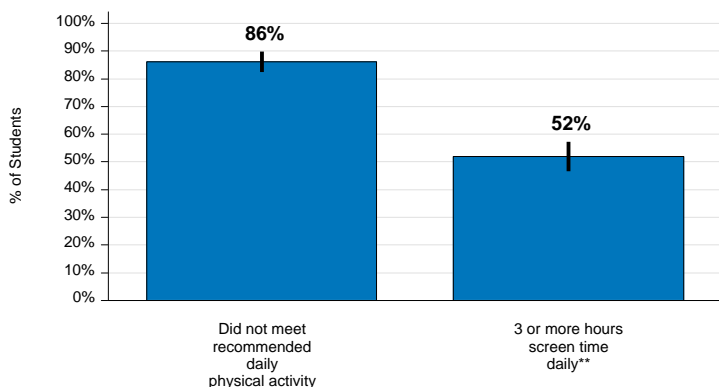
### Background:

- 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 exercises 3 days a week.
- Increased time spent in recreational screen time, such as watching TV, playing video games, using a computer for fun, or cell phone usage, means less time for students to be physically active.
- 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.

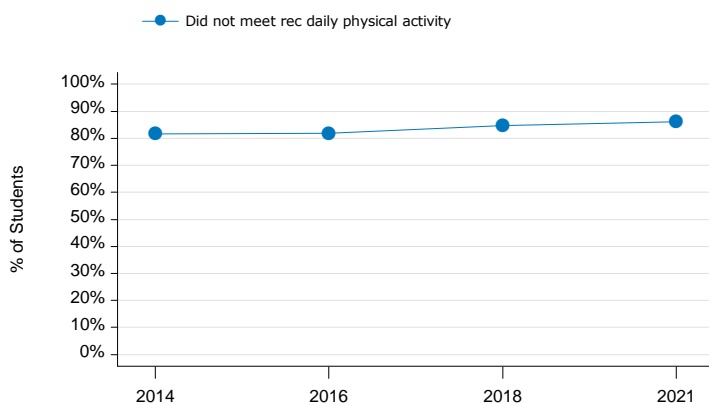
### For More Information:

- Visit the Washington State Healthy Eating Active Living Program website: [www.doh.wa.gov](http://www.doh.wa.gov).
- Visit the National Physical Activity Plan: [www.physicalactivityplan.org](http://www.physicalactivityplan.org).
- Visit CDC Physical activity guidelines: [www.cdc.gov/physicalactivity/everyone/guidelines/children.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html).
- Note: DOH advocates using the CDC recommendations of 'at least 60 minutes of physical activity daily.'

**Physical Activity  
Grade 12, 2021**

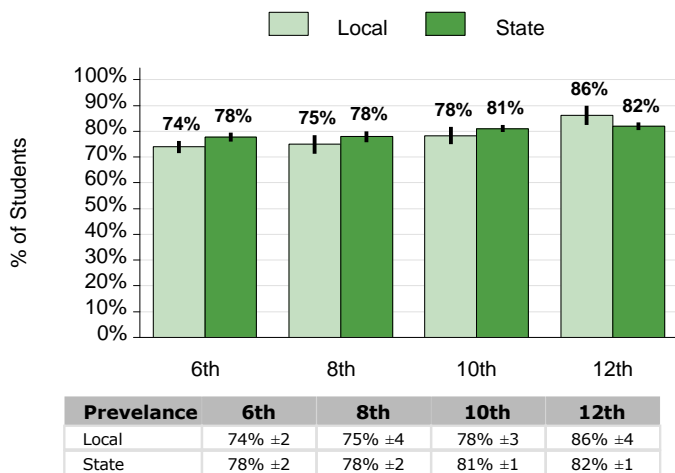


**Physical Activity 2014-2021, Grade 12**

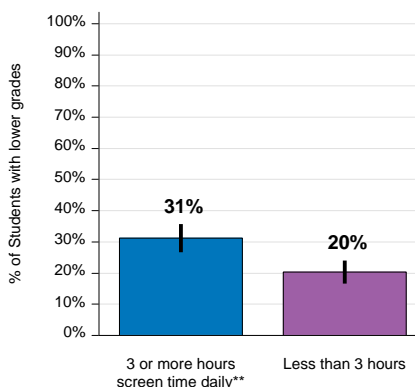


*In 2021, 86% of 12th graders in our school district did not meet the recommendations for 60 minutes of physical activity 7 days a week.*

**Did Not Meet Recommendations for Physical Activity  
Compared to the State, All Grades, 2021**



**Statewide Relationship between  
Lower Grades and  
3 or More Hours of Screen Time Daily\*\*  
Grade 12, 2021**



*Statewide, more 12th 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.*

\*\*In 2018, the definition of screen time was expanded to include more examples than in previous years. However, school work-related screen time is not included.

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](http://AskHYS.net) on 03-15-2022

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## Physical Activity for Issaquah School District

Year: 2021

Grade: 6

Sex: All

Number of Students Surveyed: 1,346

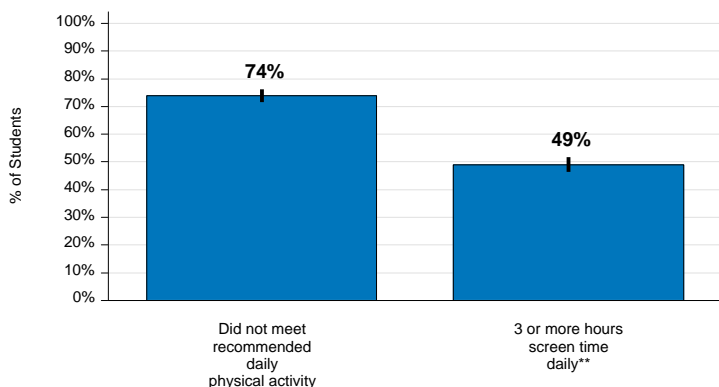
### Background:

- 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 exercises 3 days a week.
- Increased time spent in recreational screen time, such as watching TV, playing video games, using a computer for fun, or cell phone usage, means less time for students to be physically active.
- 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.

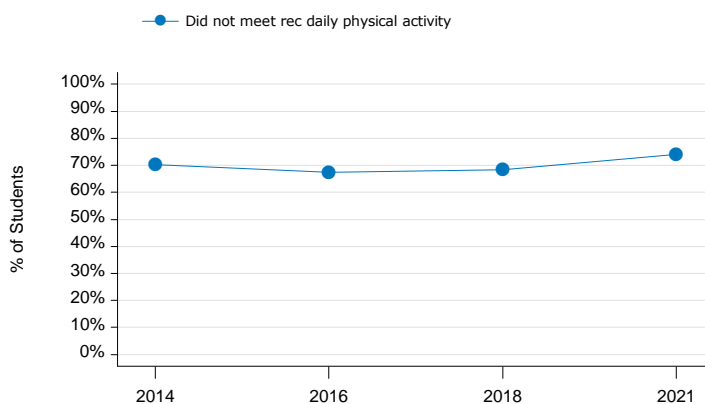
### For More Information:

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

**Physical Activity  
Grade 6, 2021**

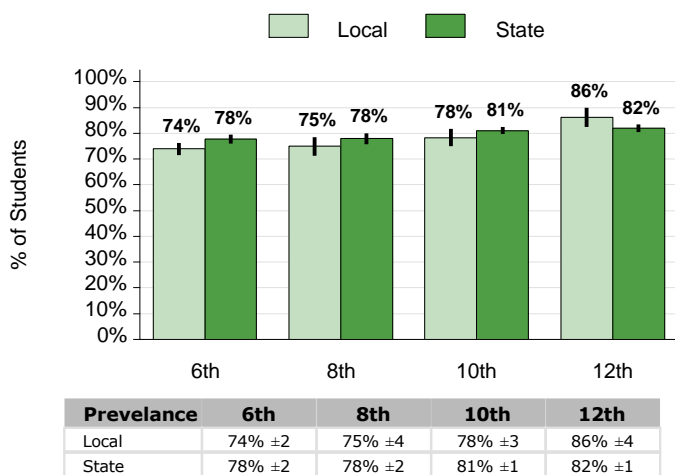


**Physical Activity 2014-2021, Grade 6**

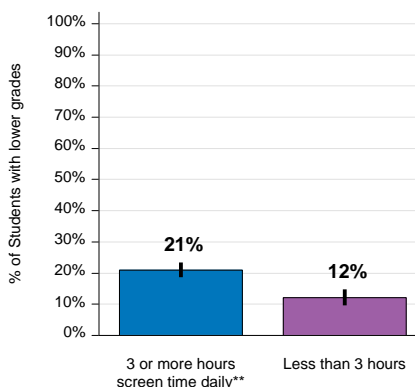


*In 2021, 74% of 6th graders in our school district did not meet the recommendations for 60 minutes of physical activity 7 days a week.*

**Did Not Meet Recommendations for Physical Activity  
Compared to the State, All Grades, 2021**



**Statewide Relationship between  
Lower Grades and  
3 or More Hours of Screen Time Daily\*\*  
Grade 6, 2021**



*Statewide, more 6th 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.*

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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

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## Physical Activity for Issaquah School District

Year: 2021

Grade: 8

Sex: All

Number of Students Surveyed: 1,295

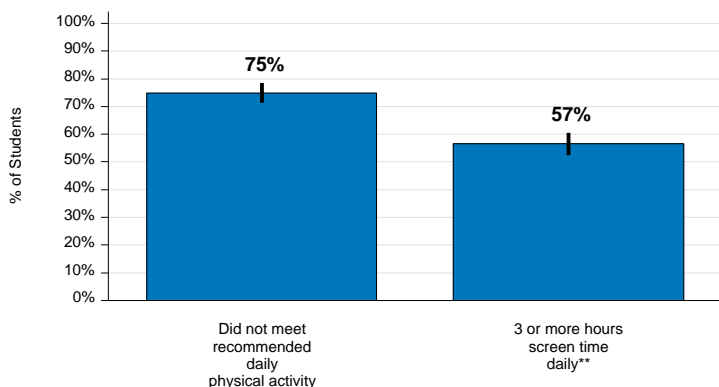
### Background:

- 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 exercises 3 days a week.
- Increased time spent in recreational screen time, such as watching TV, playing video games, using a computer for fun, or cell phone usage, means less time for students to be physically active.
- 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.

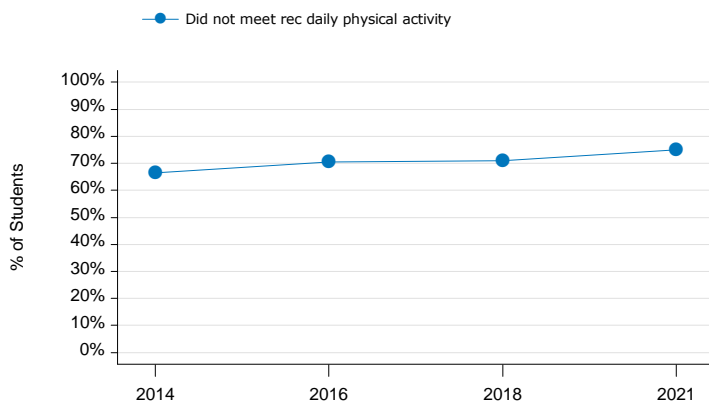
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- Visit CDC Physical activity guidelines: [www.cdc.gov/physicalactivity/everyone/guidelines/children.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html).
- Note: DOH advocates using the CDC recommendations of 'at least 60 minutes of physical activity daily.'

**Physical Activity  
Grade 8, 2021**

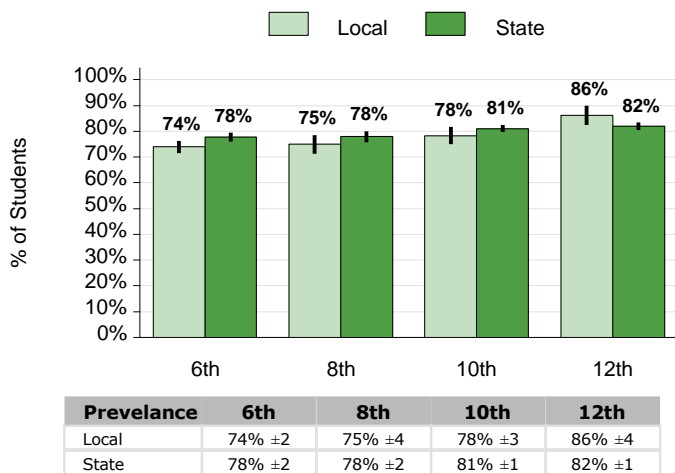


**Physical Activity 2014-2021, Grade 8**

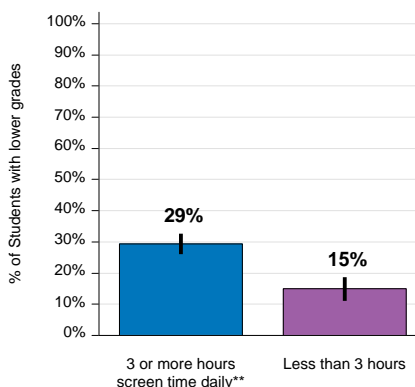


*In 2021, 75% of 8th graders in our school district did not meet the recommendations for 60 minutes of physical activity 7 days a week.*

**Did Not Meet Recommendations for Physical Activity  
Compared to the State, All Grades, 2021**



**Statewide Relationship between  
Lower Grades and  
3 or More Hours of Screen Time Daily\*\*  
Grade 8, 2021**



*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.*

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

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