

Physical Activity for Issaquah School District

Year: 2023

Grade: 6

Sex: All

Number of Students Surveyed: 1,394

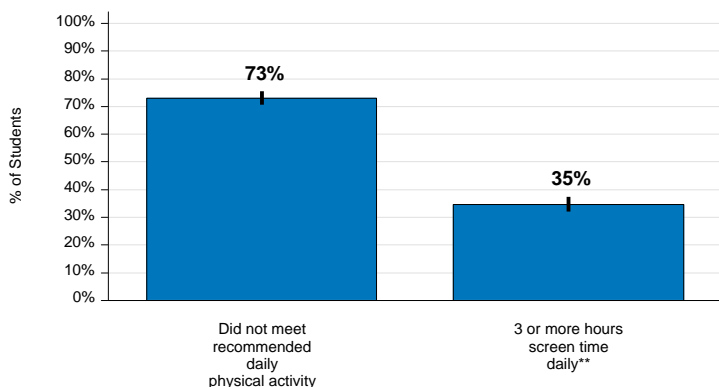
Background:

- Physical activity reduces rates of some health conditions 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.
- Time spent in recreational screen time, such as watching TV, playing video games, using a computer for fun, or cell phone usage, can be balanced with physical activity time for students.
- 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.

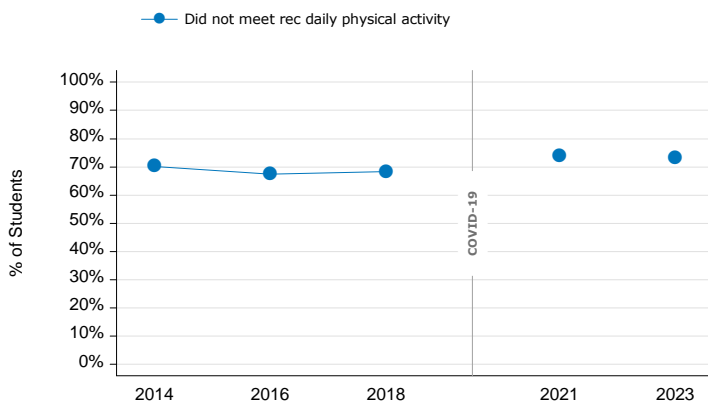
For More Information:

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

**Physical Activity
Grade 6, 2023**

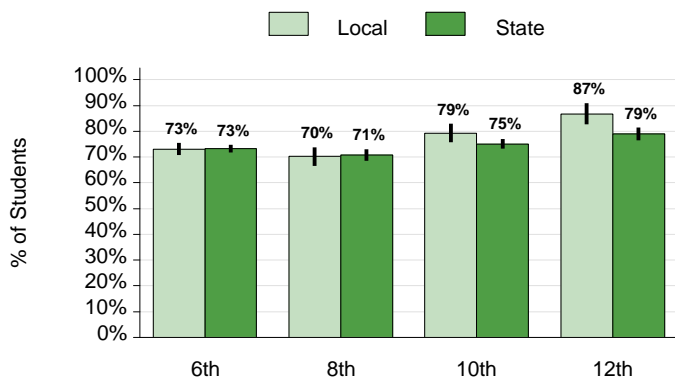


Physical Activity 2014-2023, Grade 6



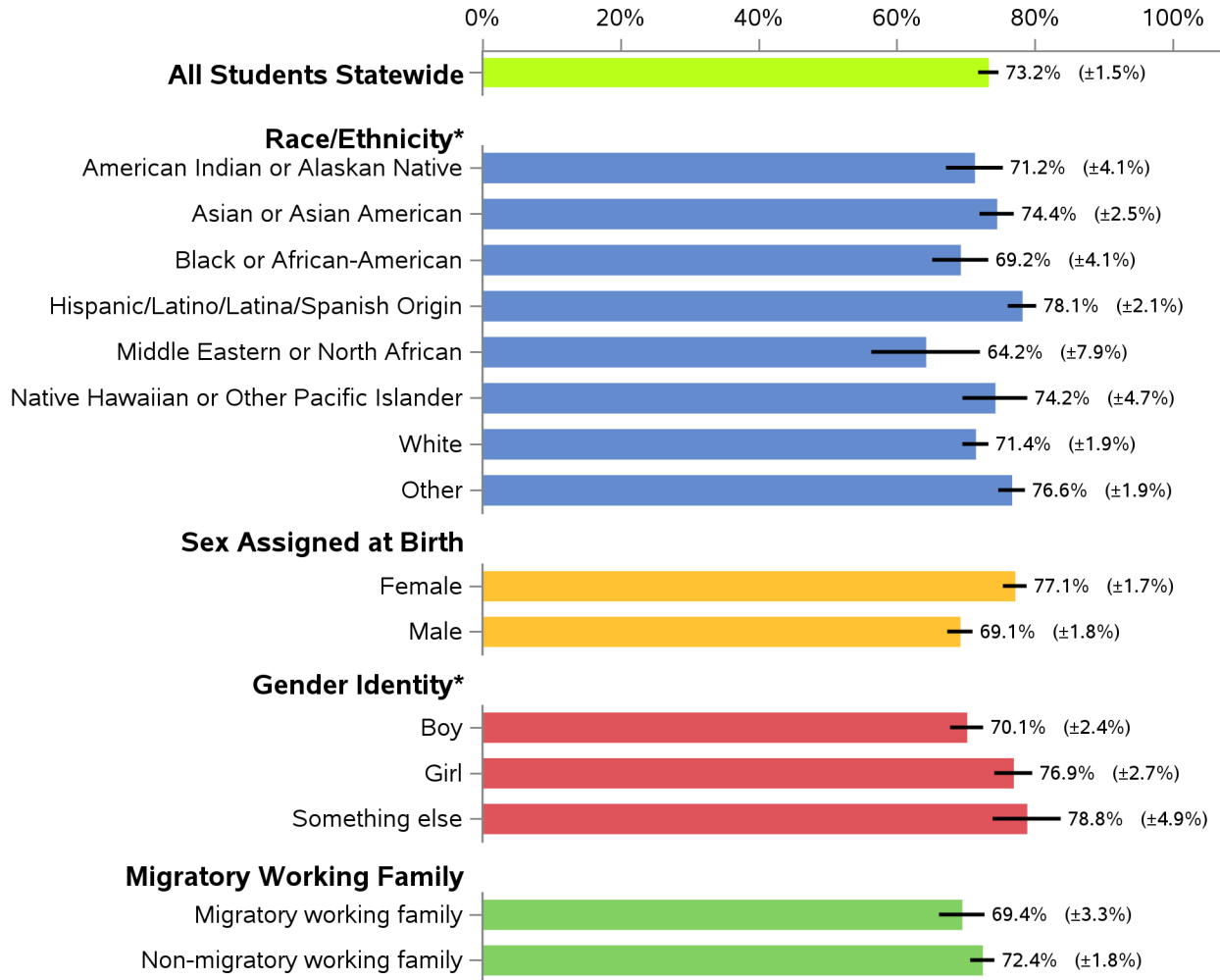
In 2023, 73% of 6th graders in our school district did not meet the recommendations for 60 minutes of physical activity 7 days a week.

**Did Not Meet Recommendations for Physical Activity
Compared to the State, All Grades, 2023**



Prevalence	6th	8th	10th	12th
Local	73% ±2	70% ±4	79% ±4	87% ±4
State	73% ±1	71% ±2	75% ±2	79% ±2

Statewide Relationship between Not Meeting Recommendations for Physical Activity and Demographics, Grade 6, 2023



*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 1,348

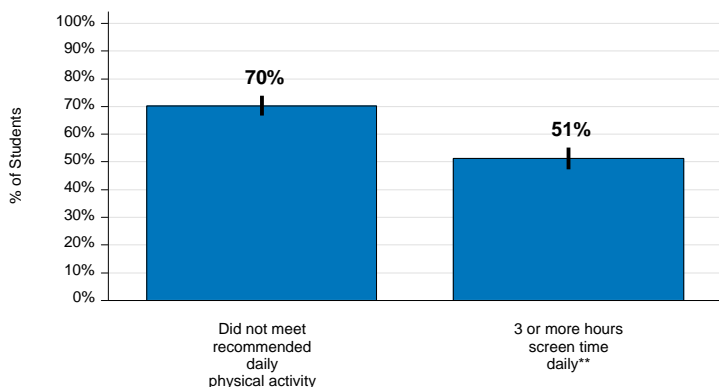
Background:

- Physical activity reduces rates of some health conditions 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.
- Time spent in recreational screen time, such as watching TV, playing video games, using a computer for fun, or cell phone usage, can be balanced with physical activity time for students.
- 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:

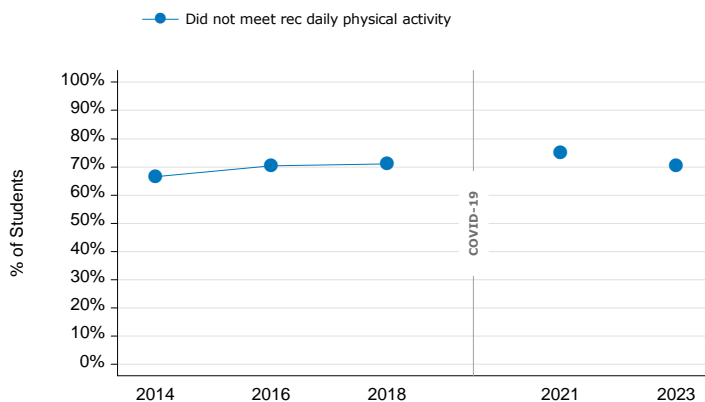
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**Physical Activity
Grade 8, 2023**



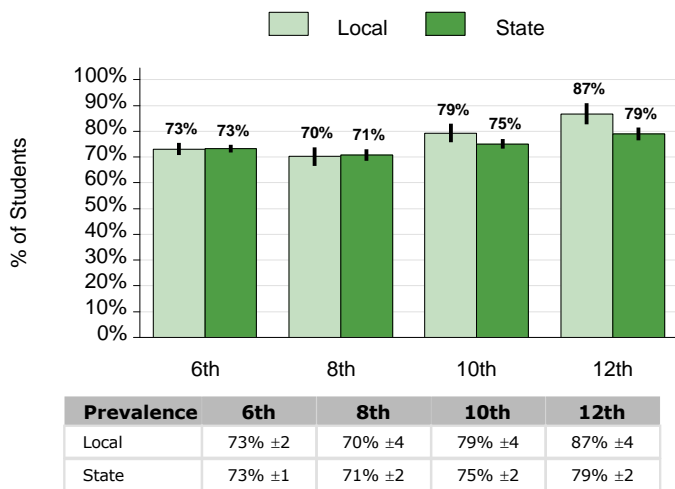
In 2023, 70% of 8th graders in our school district did not meet the recommendations for 60 minutes of physical activity 7 days a week.

Physical Activity 2014-2023, Grade 8

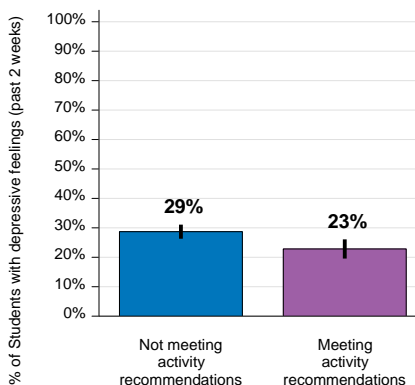


Prevalence	2014	2016	2018	2021	2023
Did not meet rec daily physical activity	66% ± 4	70% ± 3	71% ± 3	75% ± 4	70% ± 4

**Did Not Meet Recommendations for Physical Activity
Compared to the State, All Grades, 2023**

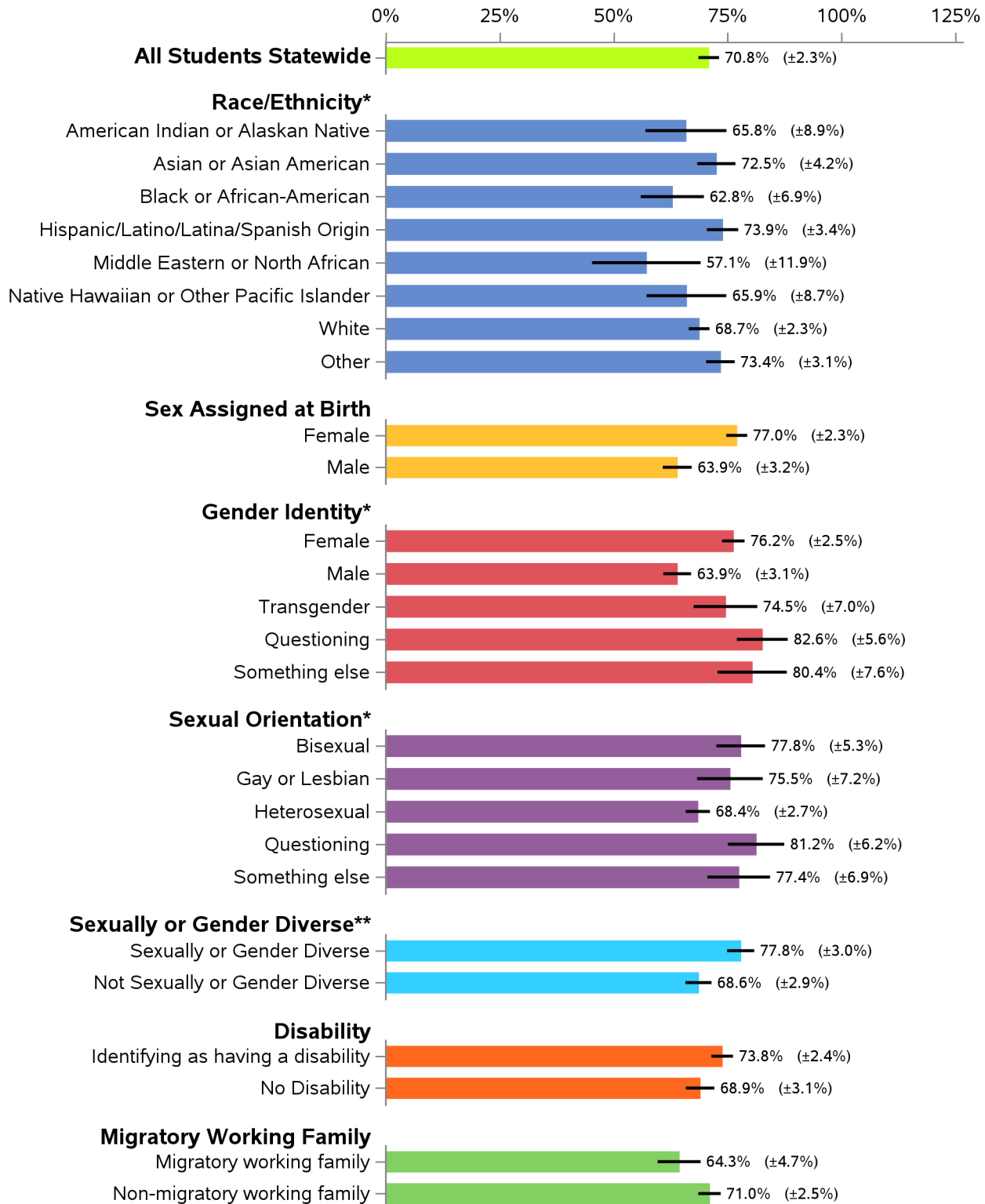


**Statewide Relationship between
Meeting Recommendations for Physical Activity
and Depressive Feelings
Grade 8, 2023**



Statewide, more 8th graders who reported meeting physical activity recommendations were less likely to report depressive feelings than those who did not.

Statewide Relationship between Not Meeting Recommendations for Physical Activity and Demographics, Grade 8, 2023



*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

**Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 1,175

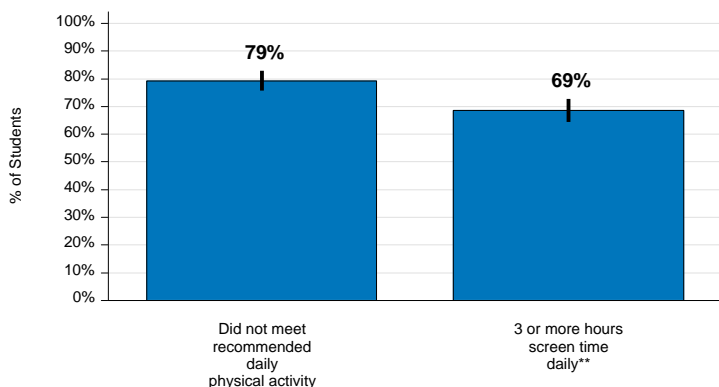
Background:

- Physical activity reduces rates of some health conditions 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.
- Time spent in recreational screen time, such as watching TV, playing video games, using a computer for fun, or cell phone usage, can be balanced with physical activity time for students.
- 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:

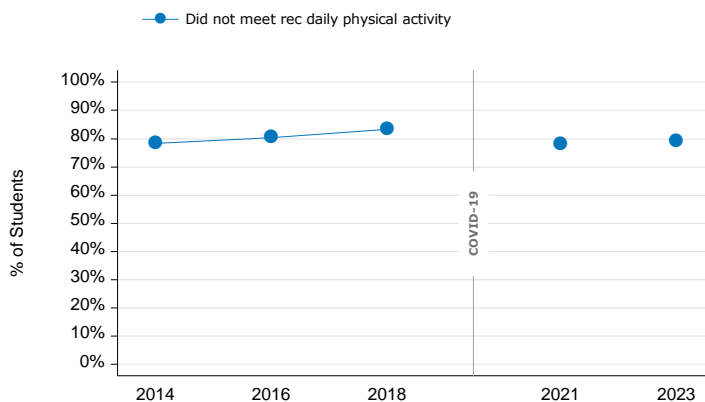
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**Physical Activity
Grade 10, 2023**



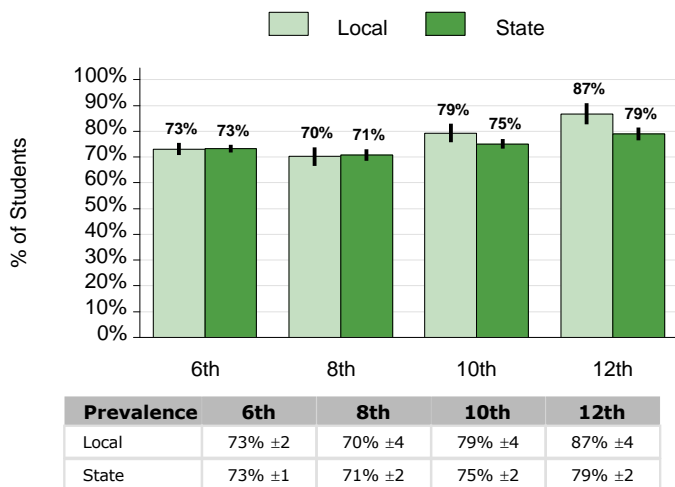
In 2023, 79% of 10th graders in our school district did not meet the recommendations for 60 minutes of physical activity 7 days a week.

Physical Activity 2014-2023, Grade 10

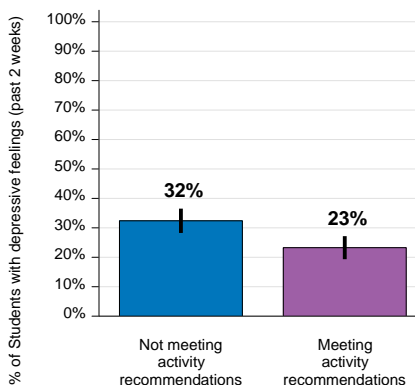


Prevalence	2014	2016	2018	2021	2023
Did not meet rec daily physical activity	78% ± 4	80% ± 4	83% ± 3	78% ± 3	79% ± 4

**Did Not Meet Recommendations for Physical Activity
Compared to the State, All Grades, 2023**

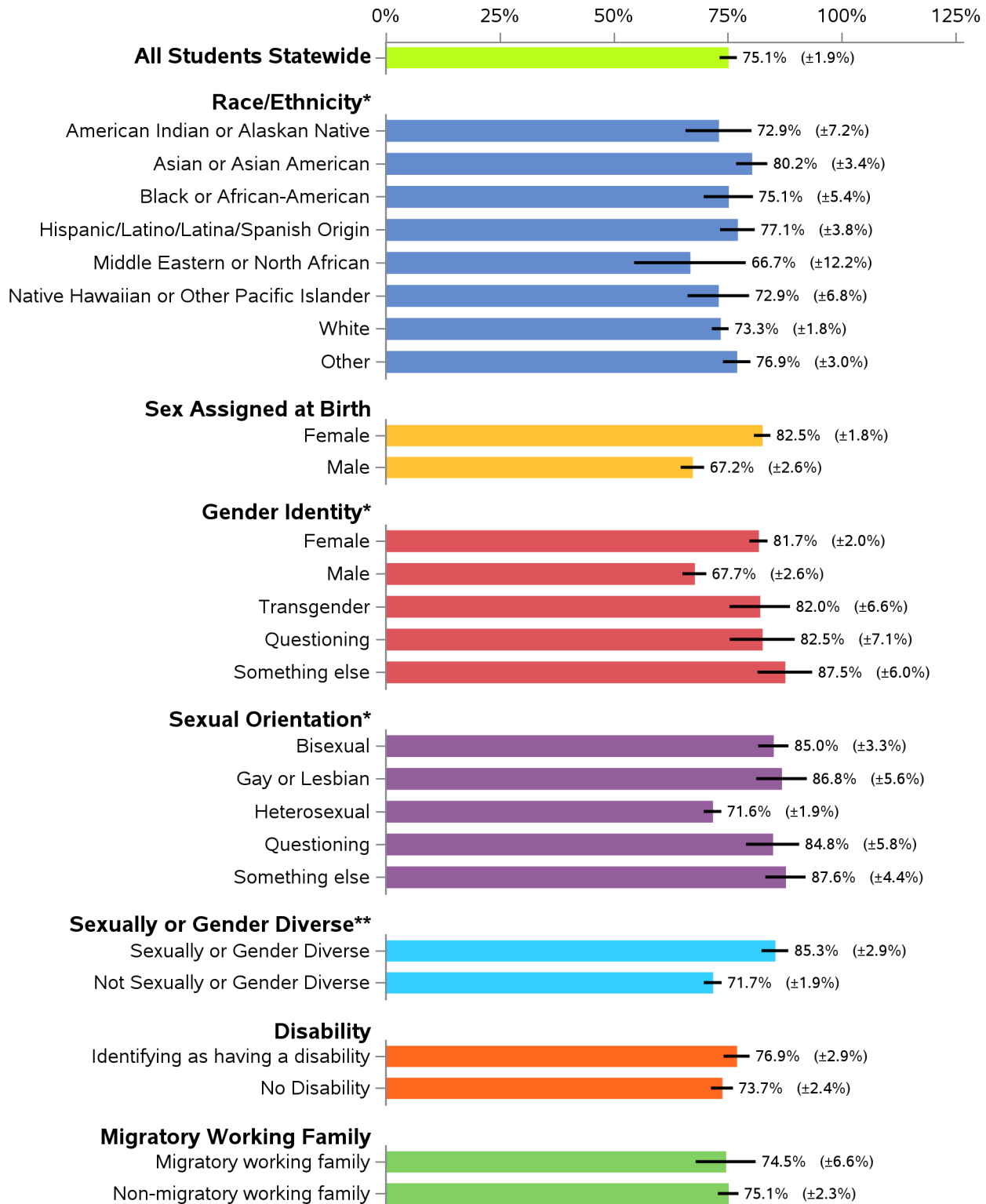


**Statewide Relationship between
Meeting Recommendations for Physical Activity
and Depressive Feelings
Grade 10, 2023**



Statewide, more 10th graders who reported meeting physical activity recommendations were less likely to report depressive feelings than those who did not.

Statewide Relationship between Not Meeting Recommendations for Physical Activity and Demographics, Grade 10, 2023



*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

**Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

Year: 2023

Grade: 12

Sex: All

Number of Students Surveyed: 683

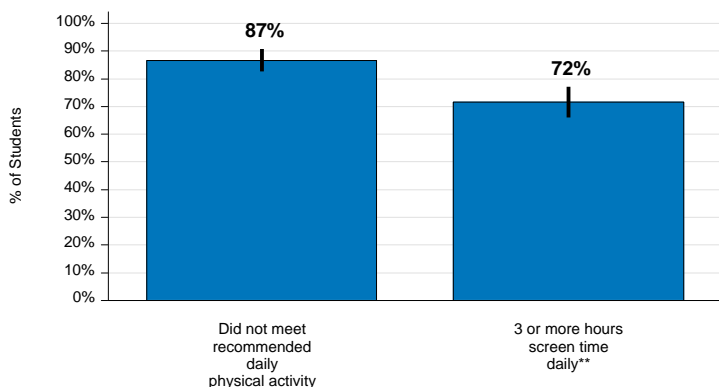
Background:

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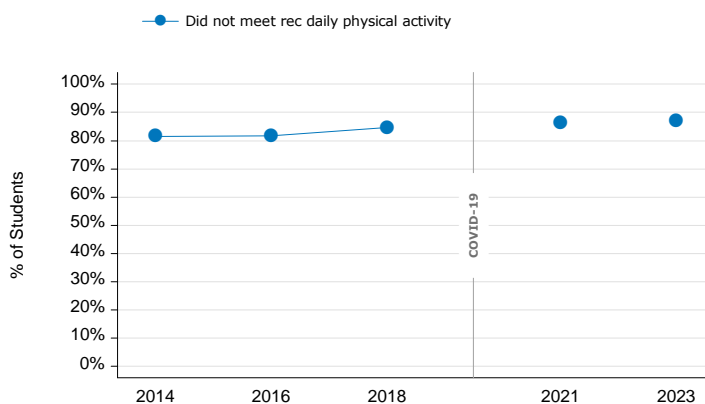
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**Physical Activity
Grade 12, 2023**



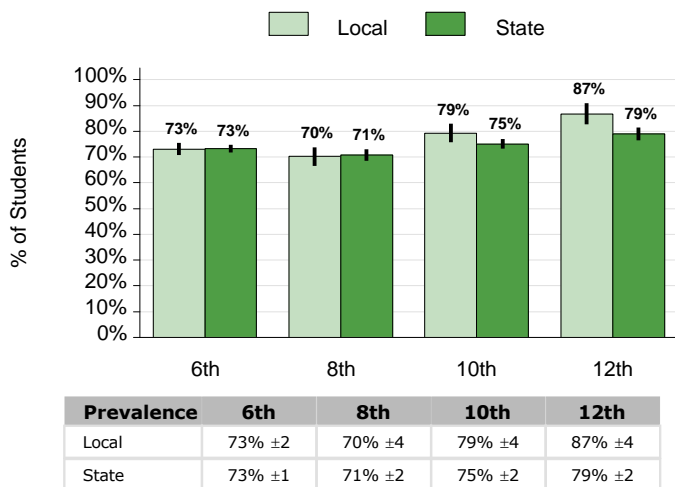
In 2023, 87% of 12th graders in our school district did not meet the recommendations for 60 minutes of physical activity 7 days a week.

Physical Activity 2014-2023, Grade 12

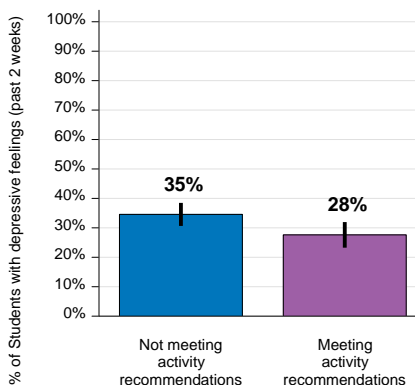


Prevalence	2014	2016	2018	2021	2023
Did not meet rec daily physical activity	82% ± 4	82% ± 4	85% ± 4	86% ± 4	87% ± 4

**Did Not Meet Recommendations for Physical Activity
Compared to the State, All Grades, 2023**

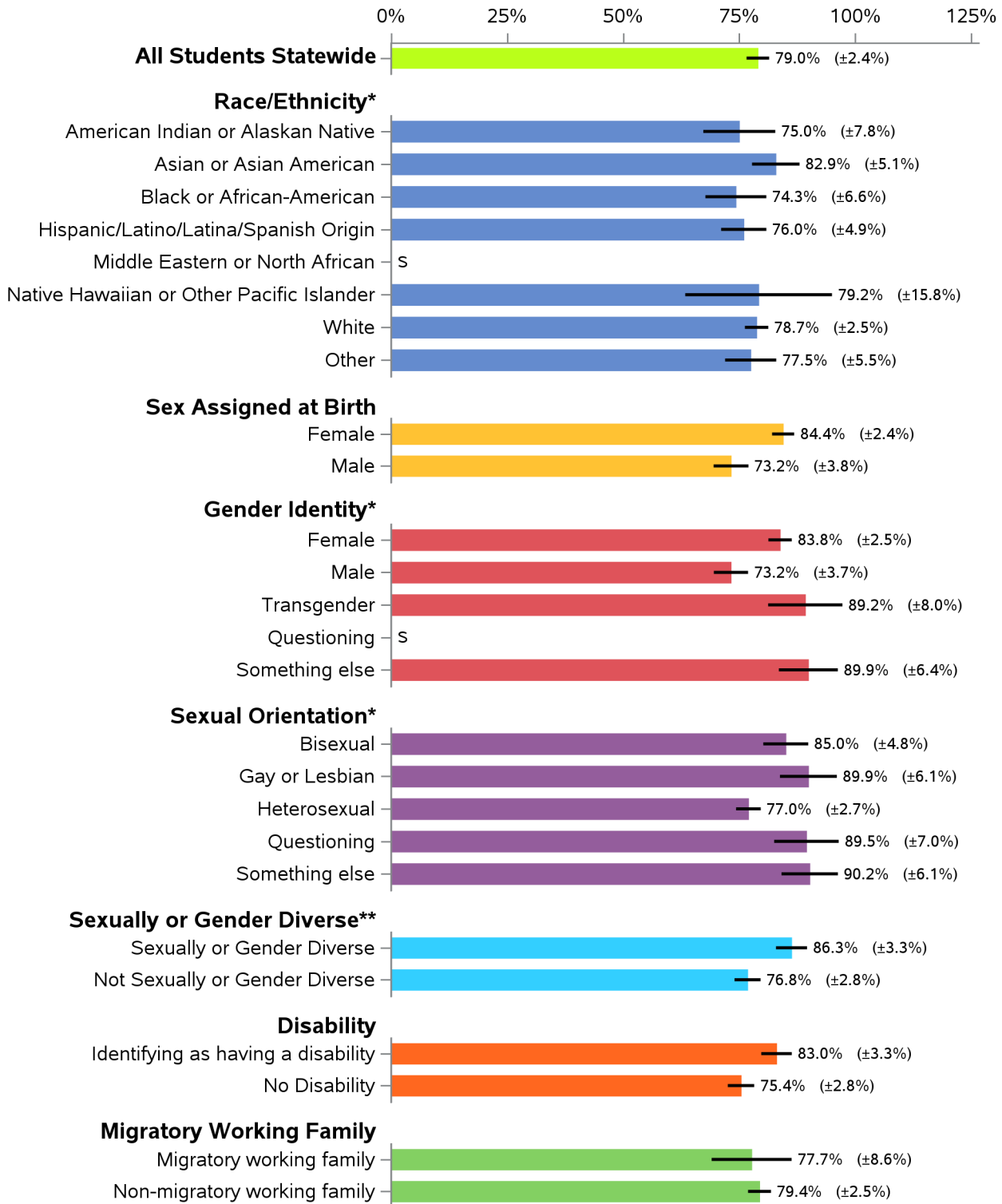


**Statewide Relationship between
Meeting Recommendations for Physical Activity
and Depressive Feelings
Grade 12, 2023**



Statewide, more 12th graders who reported meeting physical activity recommendations were less likely to report depressive feelings than those who did not.

Statewide Relationship between Not Meeting Recommendations for Physical Activity and Demographics, Grade 12, 2023



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S - results are suppressed because less than 5 students answered this way