

Dietary Behaviors for Issaquah School District

Year: 2023

Grade: 6

Sex: All

Number of Students Surveyed: 1,394

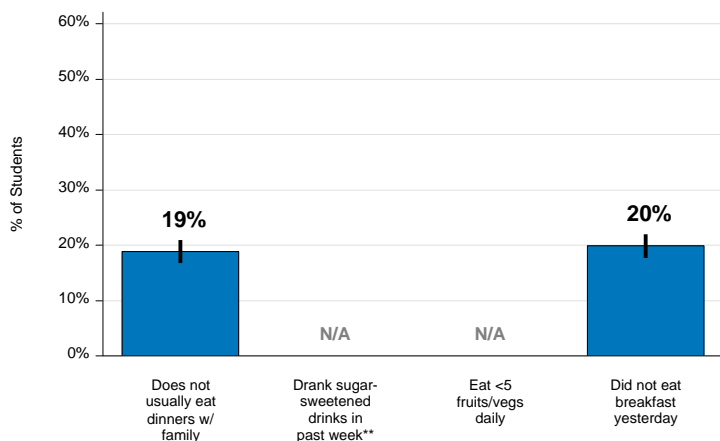
Background:

- Nutritious foods play an important role in supporting healthy blood pressure, cholesterol, and blood sugar levels.
- Nourishing foods provide the nutrients and calories children and adolescents need for growth, development, wellbeing, and academic achievement.
- Individual food choices are influenced by family, culture, social, and environmental factors.
- In order to be able to choose nutritious foods, an affordable and accessible supply of healthy foods must be available in all communities.

For More Information:

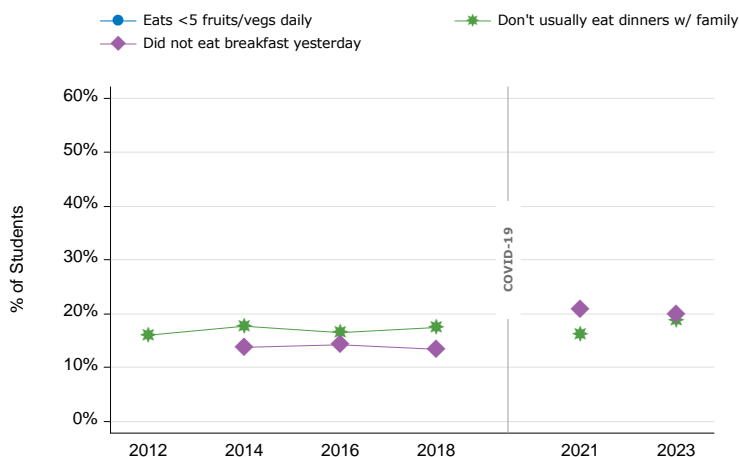
- Visit the Washington State Healthy Eating Active Living Program website: www.doh.wa.gov.

**Dietary Behaviors
Grade 6, 2023**



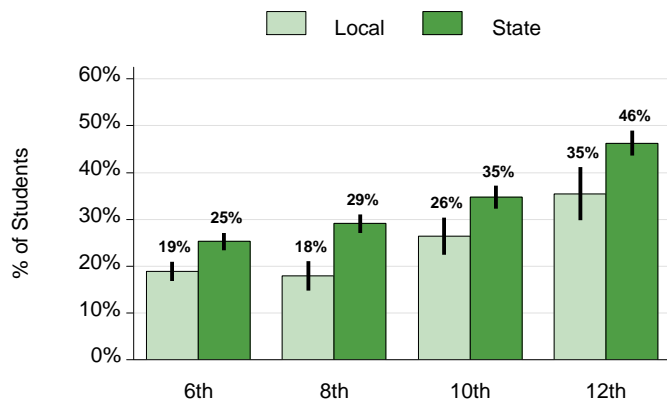
In 2023, 19% of 6th graders in our school district don't usually eat dinner with their family.

Dietary Behavior 2012-2023, Grade 6



Prevalence	2012	2014	2016	2018	2021	2023
Eats <5 fruits/vegs daily	N/A	N/A	N/A	N/A	N/A	N/A
Does not usually eat dinners w/ family	16% ±2	18% ±2	17% ±2	17% ±2	16% ±2	19% ±2
Did not eat breakfast yesterday	N/S	14% ±2	14% ±2	13% ±2	21% ±2▲	20% ±2

**Does Not Usually Eat Dinners with Family
Compared to the State, All Grades, 2023**



Prevalence	6th	8th	10th	12th
Local	19% ±2▲	18% ±3▲	26% ±4▲	35% ±6▲
State	25% ±2	29% ±2	35% ±2	46% ±3

** In 2021, the definition of sugar-sweetened and sugar-free drinks expanded to include additional examples compared to those provided in previous surveys.

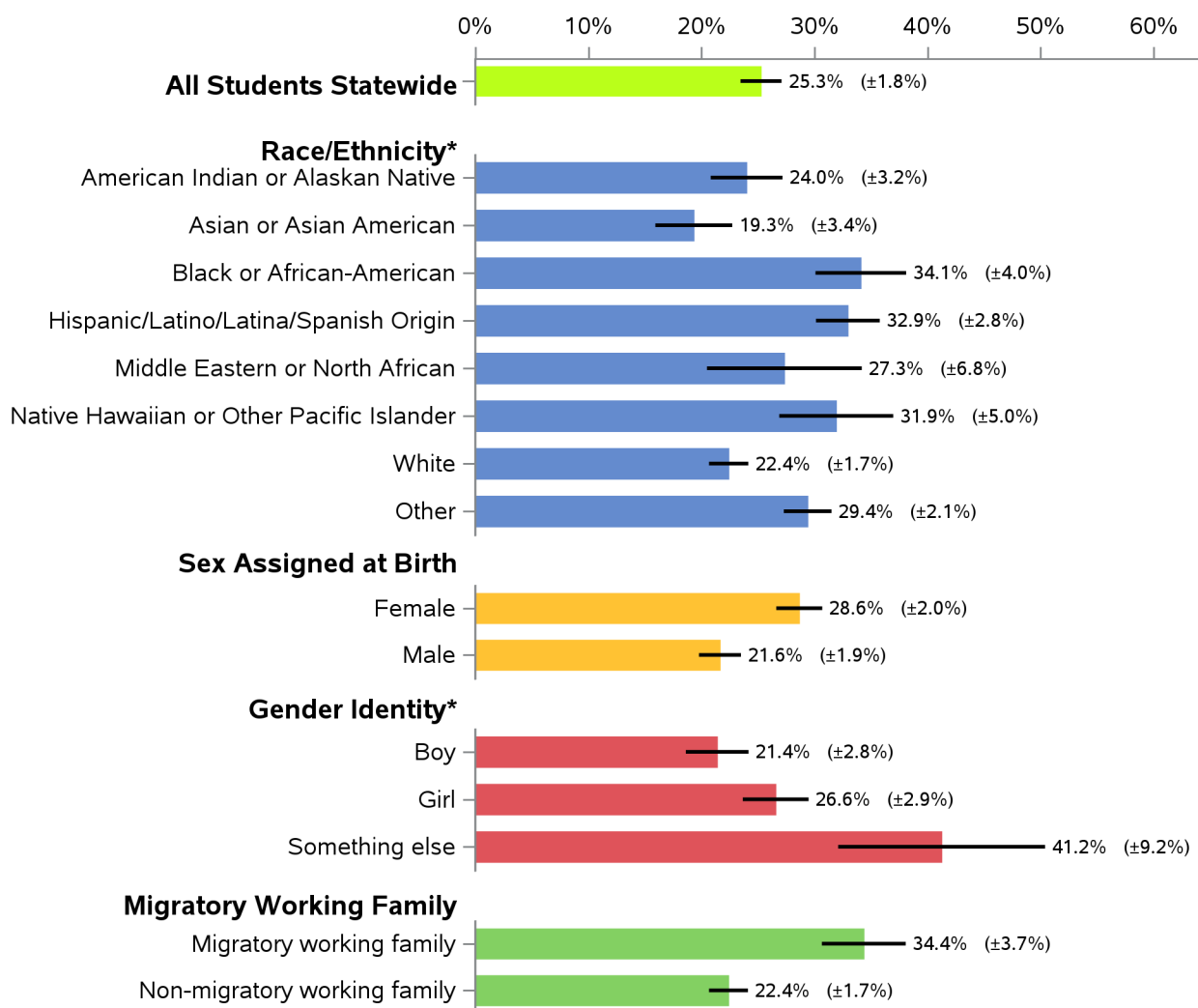
Prevalence is displayed with 95% confidence intervals (as ± or black bar |)

Washington HYS results generated at www.AskHYS.net on 02-25-2024

▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

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.

Statewide Relationship between Does Not Usually Eat Dinners with Family 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.

Dietary Behaviors for Issaquah School District

Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 1,348

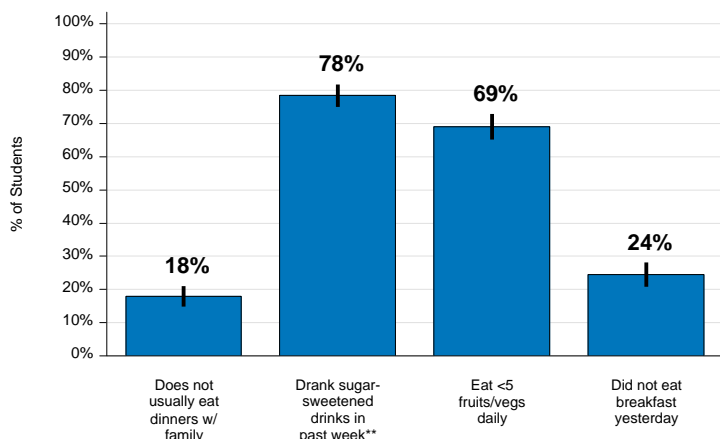
Background:

- Nutritious foods play an important role in supporting healthy blood pressure, cholesterol, and blood sugar levels.
- Nourishing foods provide the nutrients and calories children and adolescents need for growth, development, wellbeing, and academic achievement.
- Individual food choices are influenced by family, culture, social, and environmental factors.
- In order to be able to choose nutritious foods, an affordable and accessible supply of healthy foods must be available in all communities.

For More Information:

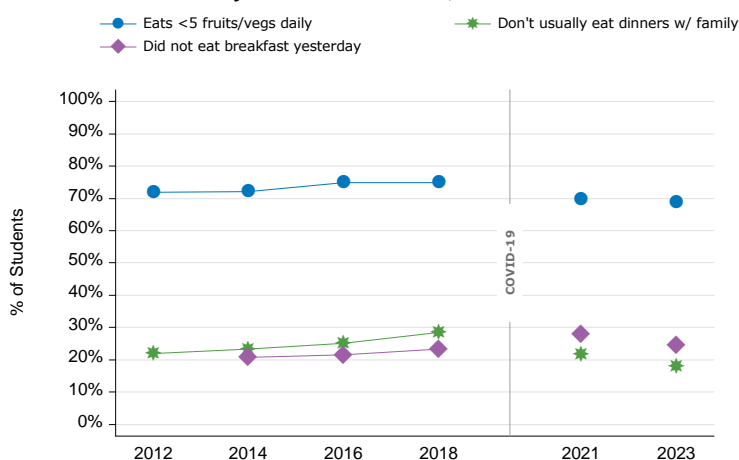
- Visit the Washington State Healthy Eating Active Living Program website: www.doh.wa.gov.

**Dietary Behaviors
Grade 8, 2023**



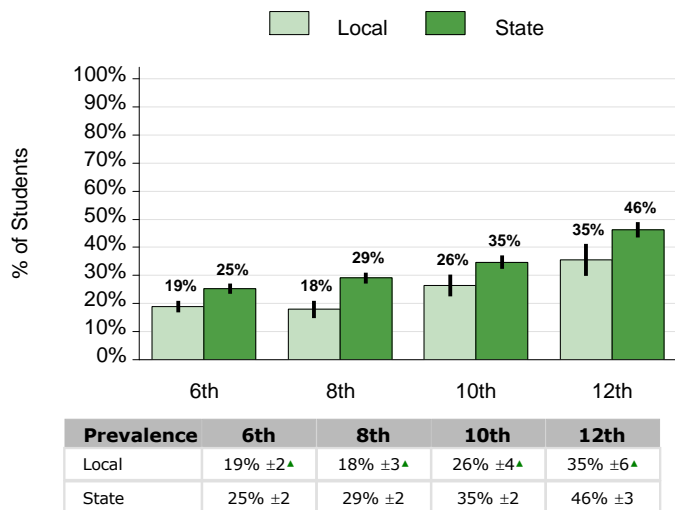
In 2023, 18% of 8th graders in our school district don't usually eat dinner with their family.

Dietary Behavior 2012-2023, Grade 8

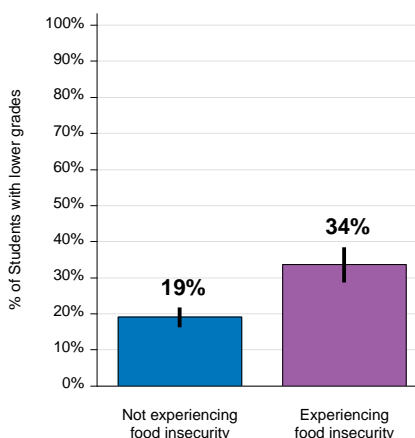


Prevalence	2012	2014	2016	2018	2021	2023
Eats <5 fruits/vegs daily	72% ±4	72% ±4	75% ±3	75% ±3	70% ±4	69% ±4
Does not usually eat dinners w/ family	22% ±3	23% ±3	25% ±3	28% ±3	22% ±3	18% ±3
Did not eat breakfast yesterday	N/S	21% ±3	22% ±3	23% ±3	28% ±4	24% ±4

**Does Not Usually Eat Dinners with Family
Compared to the State, All Grades, 2023**



**Statewide Relationship between
Lower Grades and Food Insecurity
Grade 8, 2023**



Statewide, more 8th graders who report experiencing food insecurity also report lower grades in school (C's, D's or F's) compared to other youth.

** In 2021, the definition of sugar-sweetened and sugar-free drinks expanded to include additional examples compared to those provided in previous surveys.

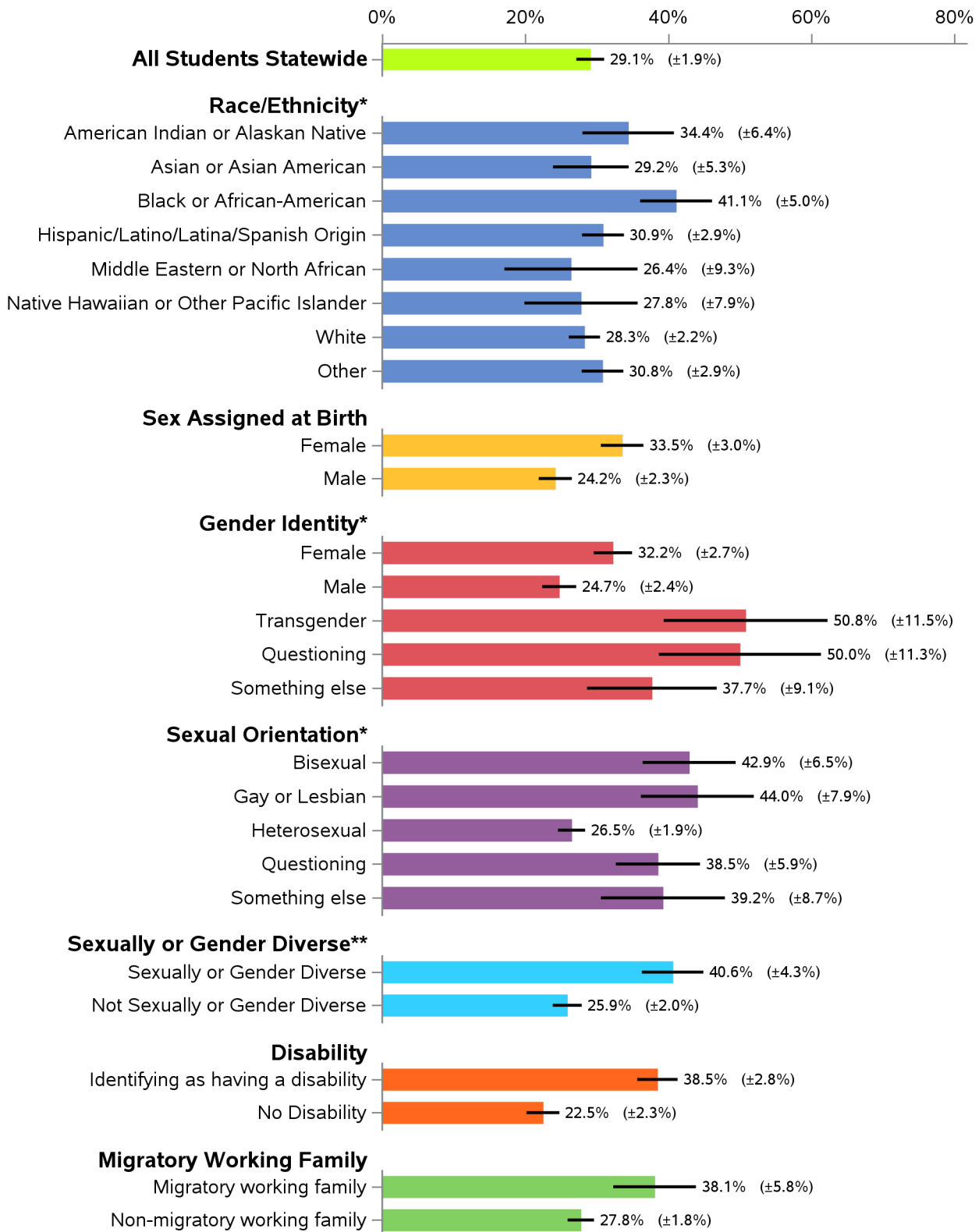
Prevalence is displayed with 95% confidence intervals (as ± or black bar |)

Washington HYS results generated at www.AskHYS.net on 02-25-2024

▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

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.

Statewide Relationship between Does Not Usually Eat Dinners with Family 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.

Dietary Behaviors for Issaquah School District

Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 1,175

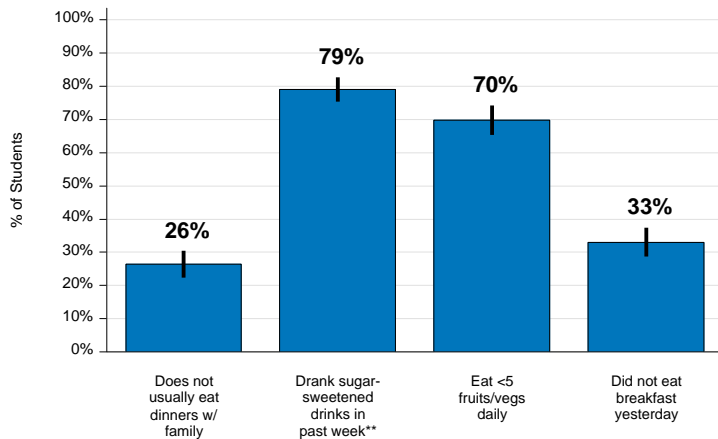
Background:

- Nutritious foods play an important role in supporting healthy blood pressure, cholesterol, and blood sugar levels.
- Nourishing foods provide the nutrients and calories children and adolescents need for growth, development, wellbeing, and academic achievement.
- Individual food choices are influenced by family, culture, social, and environmental factors.
- In order to be able to choose nutritious foods, an affordable and accessible supply of healthy foods must be available in all communities.

For More Information:

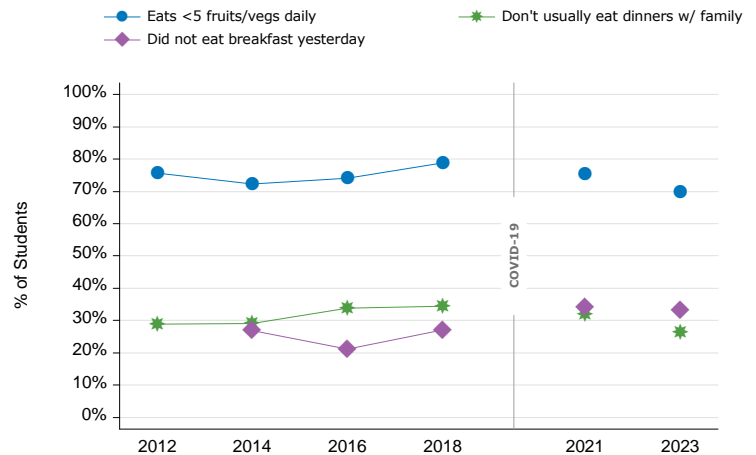
- Visit the Washington State Healthy Eating Active Living Program website: www.doh.wa.gov.

**Dietary Behaviors
Grade 10, 2023**



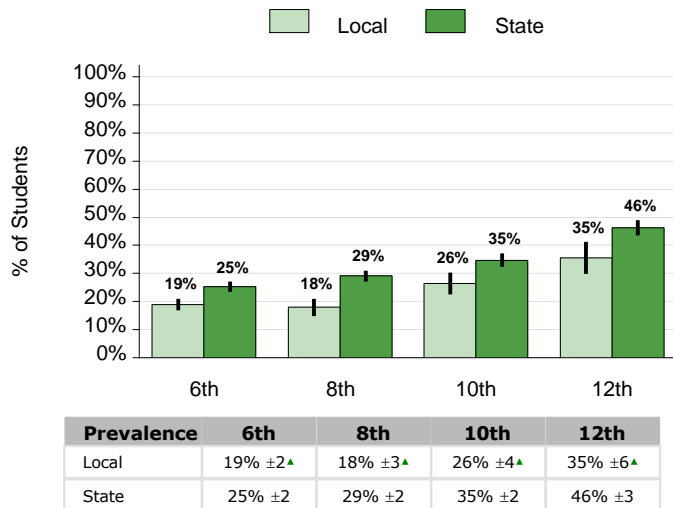
In 2023, 26% of 10th graders in our school district don't usually eat dinner with their family.

Dietary Behavior 2012-2023, Grade 10

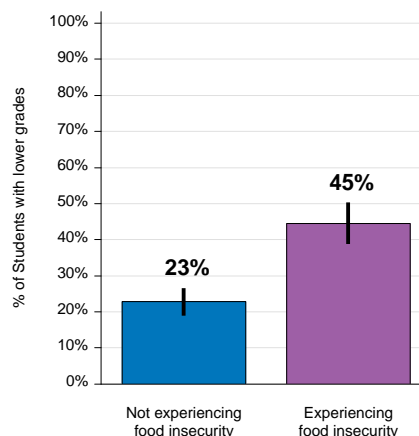


Prevalence	2012	2014	2016	2018	2021	2023
Eats <5 fruits/vegs daily	76% ±4	72% ±4	74% ±4	79% ±3	75% ±4	70% ±4
Does not usually eat dinners w/ family	29% ±4	29% ±4	34% ±4	34% ±4	32% ±4	26% ±4
Did not eat breakfast yesterday	N/S	27% ±4	21% ±4	27% ±3	34% ±4	33% ±4

**Does Not Usually Eat Dinners with Family
Compared to the State, All Grades, 2023**



**Statewide Relationship between
Lower Grades and Food Insecurity
Grade 10, 2023**



Statewide, more 10th graders who report experiencing food insecurity also report lower grades in school (C's, D's or F's) compared to other youth.

** In 2021, the definition of sugar-sweetened and sugar-free drinks expanded to include additional examples compared to those provided in previous surveys.

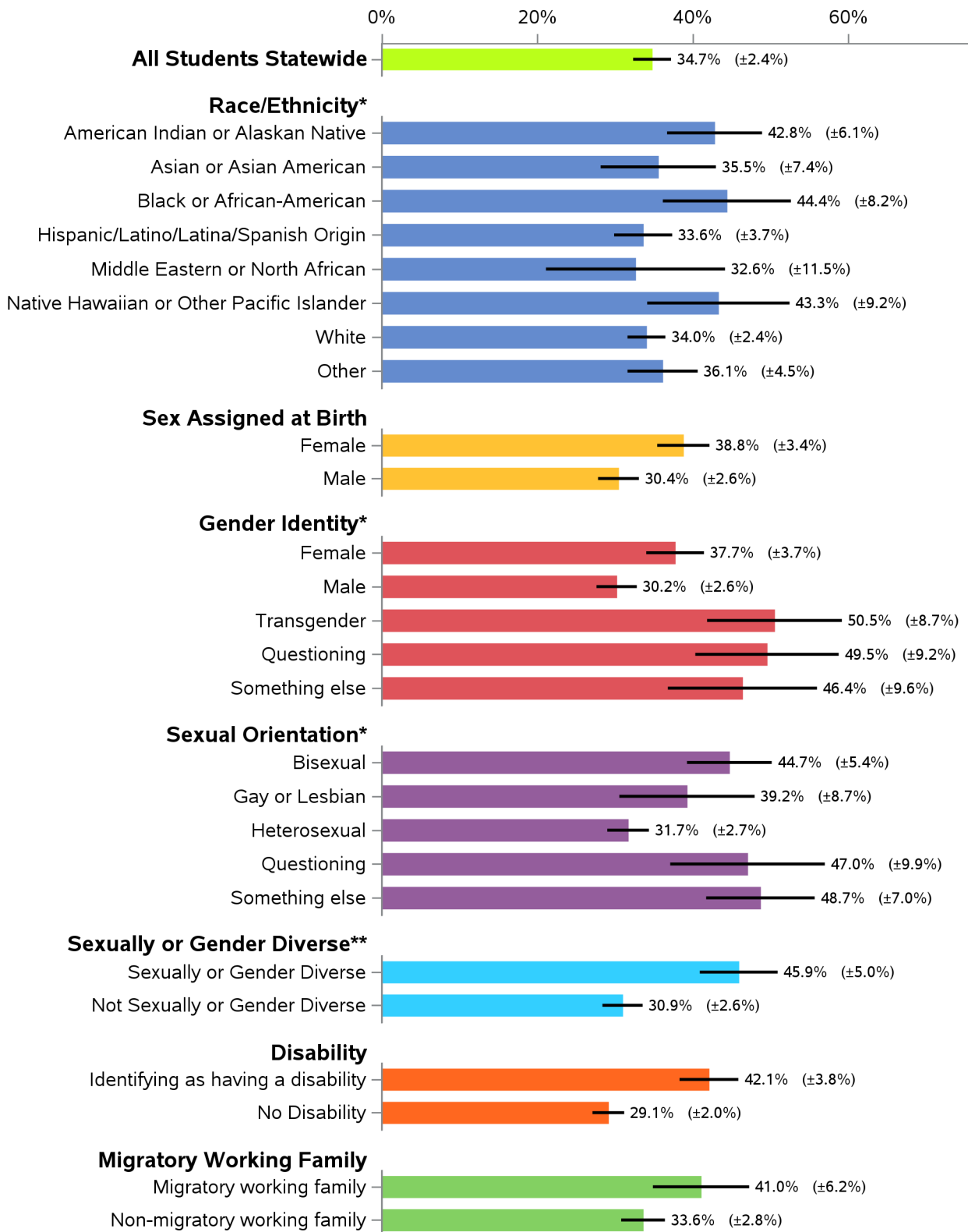
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Statewide Relationship between Does Not Usually Eat Dinners with Family and Demographics, Grade 10, 2023



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Dietary Behaviors for Issaquah School District

Year: 2023

Grade: 12

Sex: All

Number of Students Surveyed: 683

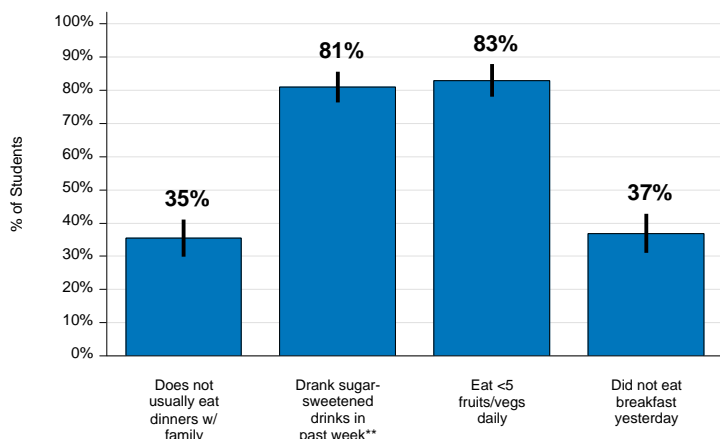
Background:

- Nutritious foods play an important role in supporting healthy blood pressure, cholesterol, and blood sugar levels.
- Nourishing foods provide the nutrients and calories children and adolescents need for growth, development, wellbeing, and academic achievement.
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For More Information:

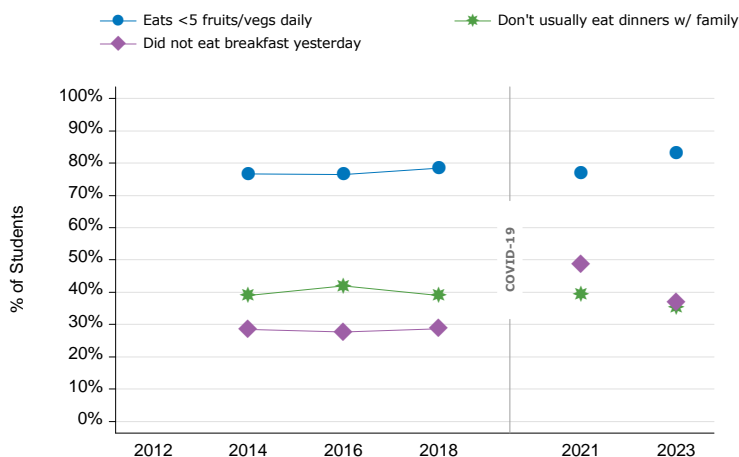
- Visit the Washington State Healthy Eating Active Living Program website: www.doh.wa.gov.

**Dietary Behaviors
Grade 12, 2023**



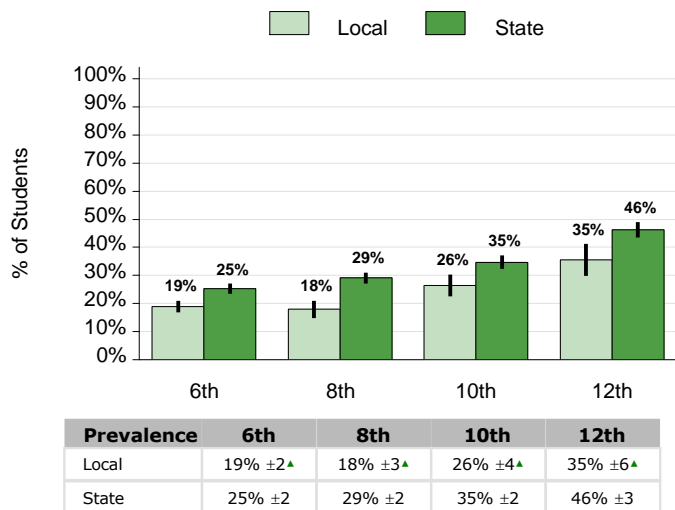
In 2023, 35% of 12th graders in our school district don't usually eat dinner with their family.

Dietary Behavior 2012-2023, Grade 12

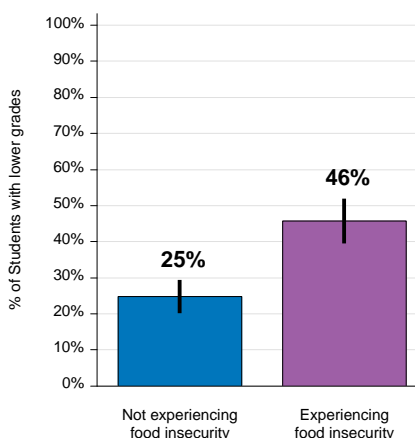


Prevalence	2012	2014	2016	2018	2021	2023
Eats <5 fruits/vegs daily	S	77% ±4	76% ±5	79% ±5	77% ±5	83% ±5
Does not usually eat dinners w/ family	S	39% ±5▲	42% ±6	39% ±6	39% ±5	35% ±6
Did not eat breakfast yesterday	S	28% ±4	28% ±5	29% ±5	49% ±5▲	37% ±6▼

**Does Not Usually Eat Dinners with Family
Compared to the State, All Grades, 2023**



**Statewide Relationship between
Lower Grades and Food Insecurity
Grade 12, 2023**



Statewide, more 12th graders who report experiencing food insecurity also report lower grades in school (C's, D's or F's) compared to other youth.

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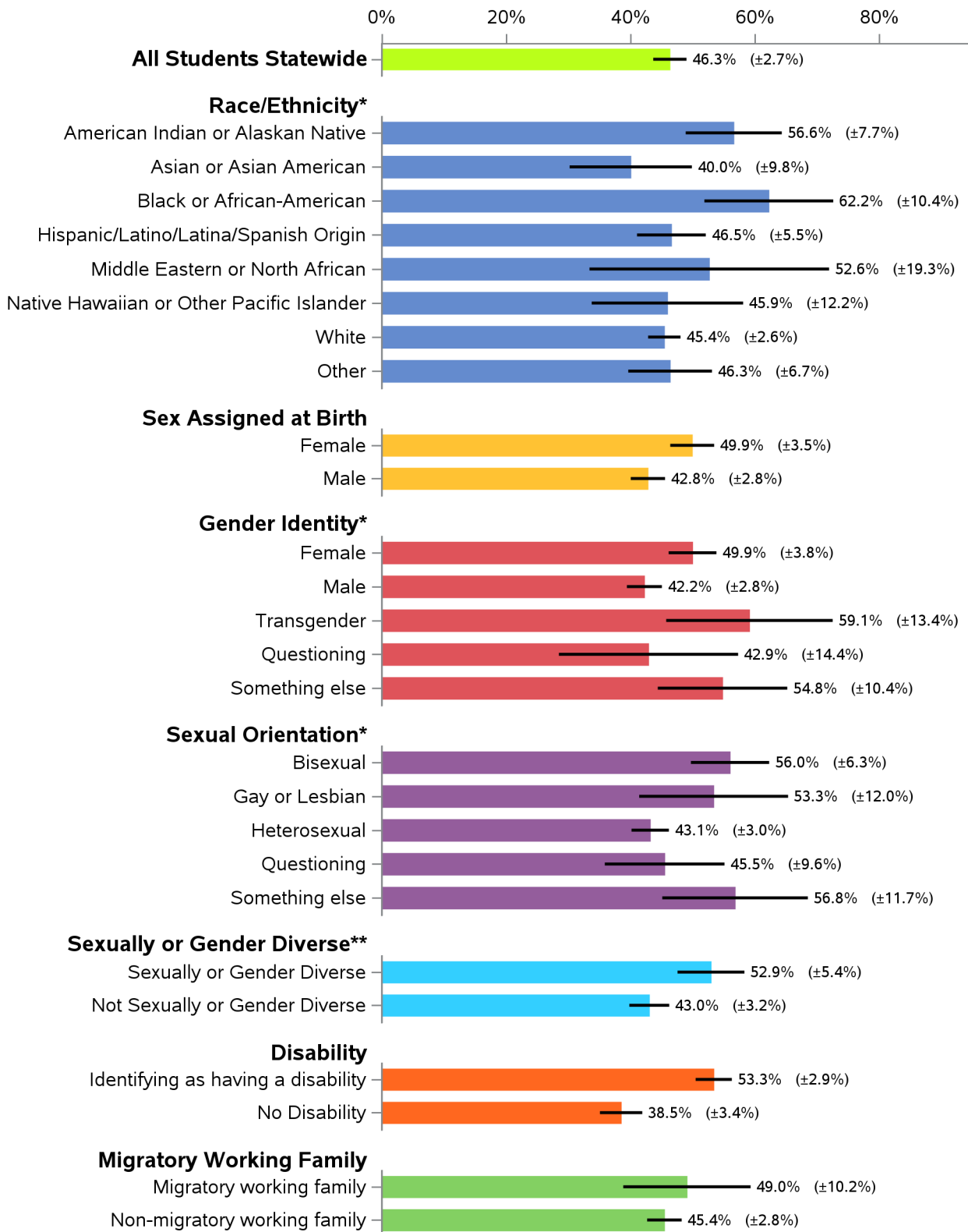
Prevalence is displayed with 95% confidence intervals (as ± or black bar |)

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Statewide Relationship between Does Not Usually Eat Dinners with Family and Demographics, Grade 12, 2023



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