

Lake Washington School District

2014 Healthy Youth Survey Highlights

Background

The Healthy Youth Survey is taken every two years by students in grades 6, 8, 10, and 12 in almost 1,000 public schools in Washington. More than 200,000 youth took part in the survey in October 2014 by answering a wide variety of questions about their health and health behaviors. All responses were voluntary and anonymous.

The Healthy Youth Survey results provide state and local health organizations with needed information to plan, implement, and evaluate publicly-funded programs. The survey is a collaborative effort of the Department of Health, Department of Social and Health Services, Office of Superintendent of Public Instruction, and the Liquor Control Board. Survey results are posted on the Healthy Youth Survey home page, www.AskHYS.net.

The following information represents some of the results for the Lake Washington School District (LWSD) from the 2014 survey. More information specific to students within LWSD can be found at: <http://www.lwsd.org/Parents/Student-Health/Pages/Healthy-Youth-Survey.aspx>.

Demographics and General Information

- 1742 (82%) of 6th grade students participated
- 1767 (86%) of 8th grade students participated
- 1178 (64%) of 10th grade students participated
- 893 (52%) of 12th grade students participated

Alcohol, Tobacco, and Other Drug Use

- Declines in current substance use for all substances in grades 6, 8, and 10
- Declines in current substance use for cigarettes and alcohol in grade 12, no change for marijuana in grade 12
- Lowest level of reported current substance use for grades 6 and 8 in the past decade
- Lowest level of reported current cigarette, alcohol and prescription drug use in grades 10 and 12 in the past decade
- All grades reporting fewer students using e-cigarette or vaporizer than state average; however, 22% of 12th graders report using within past 30 days
- All grades reporting fewer students using marijuana than state average

Other Health Concerns

- Fewer 10th and 12th grade students reported having sexual intercourse
- There was a slight increase in all grades in the number of students reporting at least sixty minutes of physical activity per day
- The percentage of students reporting at least sixty minutes of physical activity per day declines from 32% in grade 6 to 18% in grade 12
- The percentage of students reporting excessive television or video game use increased at all grade levels, peaking in grade 10 at 52%
- More than 73% of students in grade 10 and 80% of students in grade 12 report sleeping less than 8 hours on an average school night
- Approximately 30% of high school students surveyed reported experiencing depressive feelings in the past year
- 15-19% of students in grades 8 through 12 reported having seriously considered suicide in the past year

School Climate

- Lowest level of reported incidents of bullying for grades 8 and 10 in the past decade
- Increase in reported incidents of bullying in grade 6
- All grades reporting fewer incidents of bullying than state average
- Students in all grades report feeling safe at school at rates higher than the state average
- Students in all grades report lower rates of bringing weapons to school than state average
- More than 92% of students in grades 8 through 12 report they have lots of chances for involvement in school activities
- Fewer students in grades 8 through 12 reported having been in a physical fight in the past year than on the previous survey

Risk and Protective Factors

- All grades reported at rates higher than the state average that adults in their neighborhood think youth drinking, smoking, and marijuana use is “very wrong”
- All grades reported at rates higher than the state average the perception of great risk of harm from youth drinking, smoking, and marijuana use
- Perceptions on disapproval, difficulty in obtaining, and risk of harm of alcohol, tobacco, or marijuana drop considerably from 6th grade to 12th grade
- Trends for risk and protective factors improved for all grades from previous surveys for alcohol and tobacco
- Trends for the perception of norms and risk surround marijuana use declined from previous surveys in all grades from the previous survey