

Physical Activity Fact Sheet 2025

Issaquah School District, Grade 6

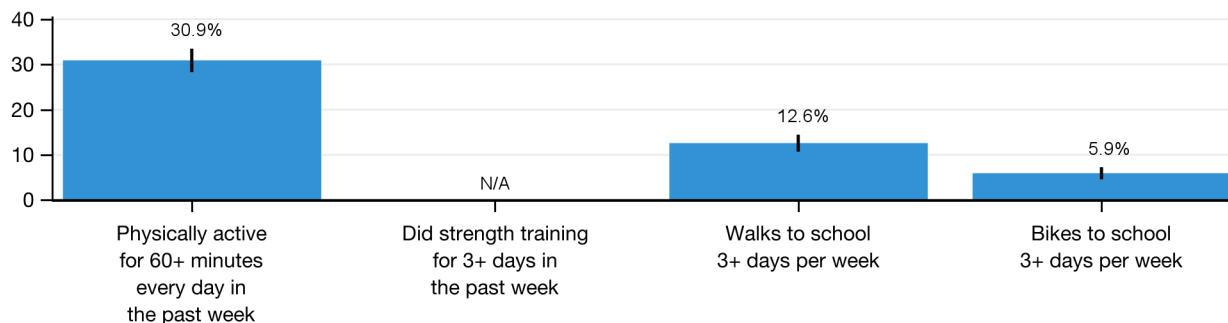
Students surveyed = 1,336

Introduction

- Physical activity has numerous health benefits for adolescents, such as stronger bones and muscles, improved cognitive functioning, and lower risk of depression.¹
- US national guidelines recommend children and adolescents aged 6 to 17 years spend at least 60 minutes every day being physically active.¹
- Adolescents are encouraged to do a variety of moderate and vigorous intensity activities that include both aerobic fitness (e.g., playing sports, running, biking, dancing) and muscle-strengthening (e.g., lifting weights, climbing, yoga).
- Balancing recreational screen time, such as watching TV, playing video games, and cell phone usage with physical activity time for students is important.
- Social and environmental factors influence the decision and ability to be active.
- Successful strategies to promote physical activity involve implementing policies in schools and communities to create environments that enable youth to be physically active.

Physical Activity - Grade 6, 2025

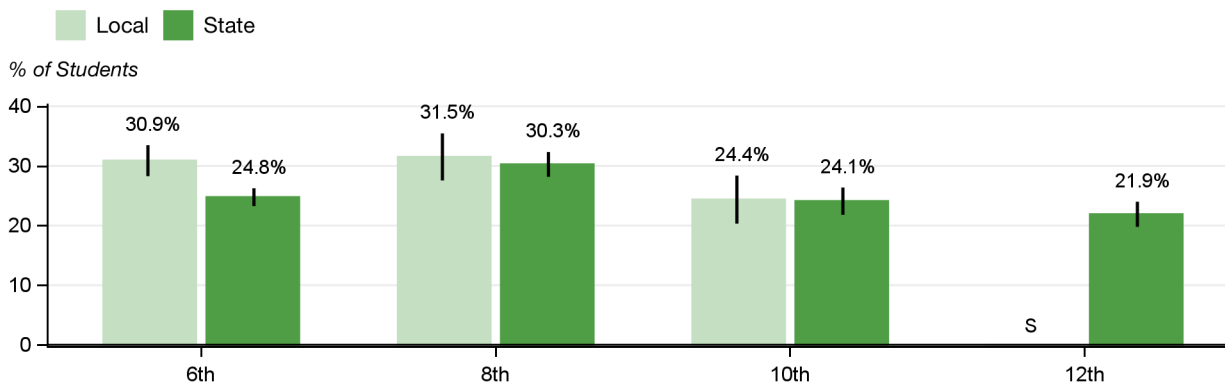
% of Students



The bar chart above shows Physical Activity for Grade 6, 2025. The measures and values are:

Measure	Value
Physically active for 60+ minutes every day in the past week	30.9% $\pm$ 2.6%
Did strength training for 3+ days in the past week	not asked of grade
Walks to school 3+ days per week	12.6% $\pm$ 1.9%
Bikes to school 3+ days per week	5.9% $\pm$ 1.3%

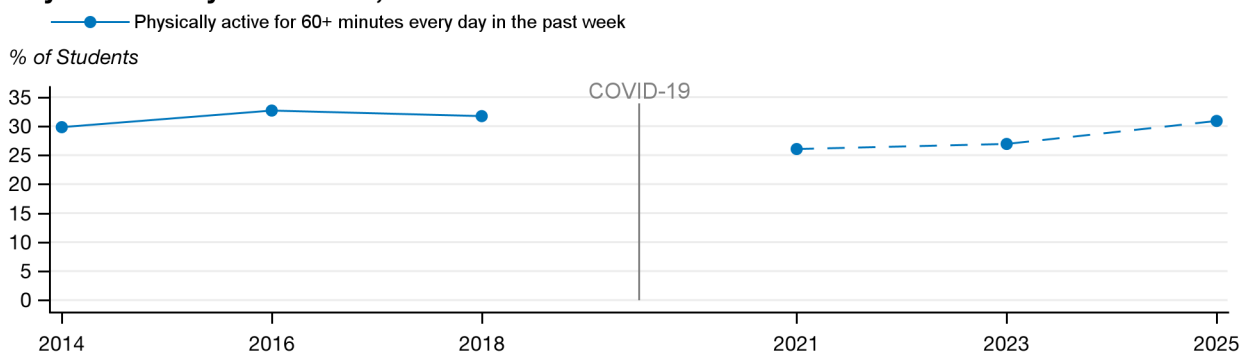
Physically active for 60 or more minutes every day in the past week, All Grades, 2025



The bar chart above compares Issaquah School District (local results) to the state sample results for Physically active for 60 or more minutes every day in the past week for All Grades, 2025. The values are:

Grade	Local Results	State Results
6th grade	30.9% $\pm$ 2.6%	24.8% $\pm$ 1.5%
8th grade	31.5% $\pm$ 3.9%	30.3% $\pm$ 2.1%
10th grade	24.4% $\pm$ 4.0%	24.1% $\pm$ 2.3%
12th grade	suppressed	21.9% $\pm$ 2.1%

Physical Activity - 2014-2025, Grade 6

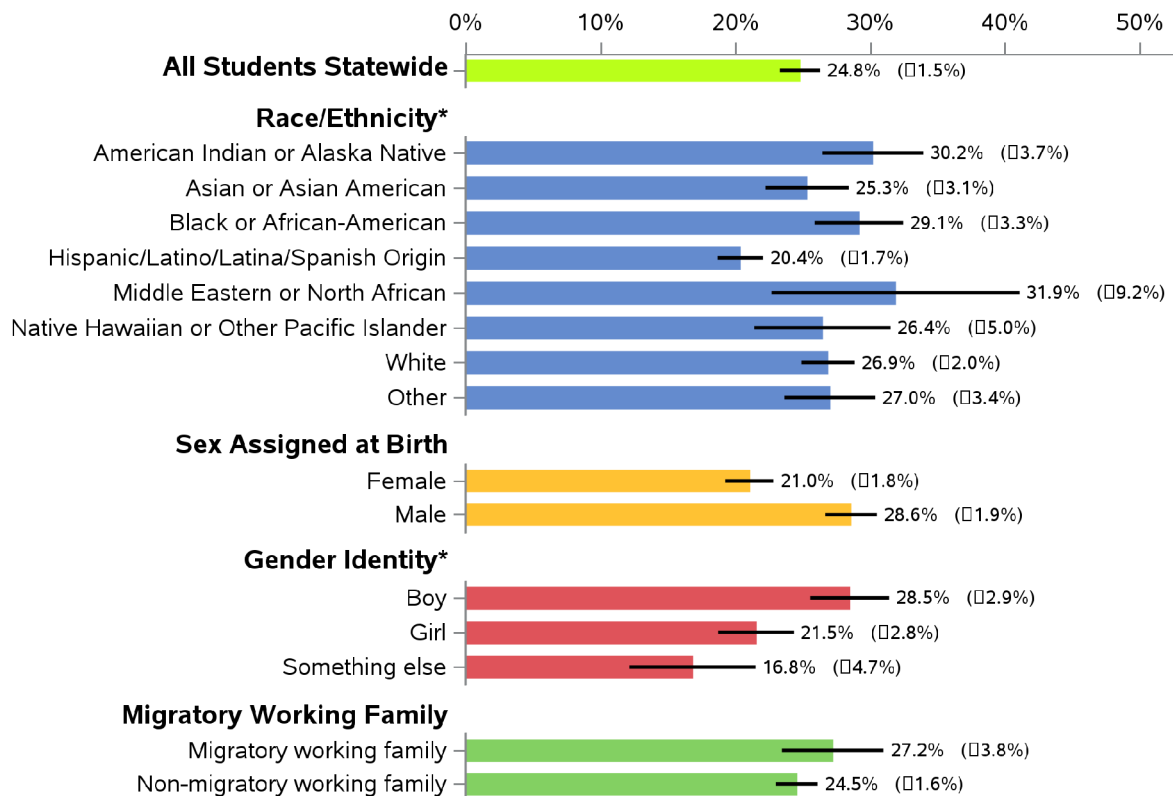


The trend plot above shows measure of Physical Activity between 2014 and 2025 for Grade 6. The measure and values are:

Measure	2014	2016	2018	2021	2023	2025
Physically active for 60+ minutes every day in the past week	29.8% ±2.5%	32.7% ±2.4%	31.7% ±2.4%	26.1% ±2.4%	26.9% ±2.4%	30.9% ±2.6% ▲

Reports for other grades show a chart and table of the statewide relationship between physically active for 60+ minutes every day in the past week and depressive feelings - the results are not significant for grade 6

Statewide Relationship between Physically Active for 60+ Minutes Every Day in the Past Week and Demographics, Grade 6, 2025



*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.

The bar chart above shows the statewide relationship between Physically Active for 60+ Minutes Every Day in the Past Week and Demographics for Grade 6, 2025

- Results for race/ethnicity, gender identity, and sexual orientation 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.
- Suppressed is displayed for results that are suppressed because less than 5 students answered this way.

The demographic categories and values are:

By By All Students Statewide	75.2% $\pm$ 1.5%
By By All Students Statewide	
American Indian or Alaska Native	69.8% $\pm$ 3.7%
Asian or Asian American	74.7% $\pm$ 3.1%
Black or African-American	70.9% $\pm$ 3.3%
Hispanic/Latino/Latina/Spanish Origin	79.6% $\pm$ 1.7%
Middle Eastern or North African	68.1% $\pm$ 9.2%
Native Hawaiian or Other Pacific Islander	73.6% $\pm$ 5.0%
White	73.1% $\pm$ 2.0%
Other	73.0% $\pm$ 3.4%
By By By All Students Statewide	
Female	79.0% $\pm$ 1.8%
Male	71.4% $\pm$ 1.9%
By By All Students Statewide	
Boy	71.5% $\pm$ 2.9%
Girl	78.5% $\pm$ 2.8%
Something else	83.2% $\pm$ 4.7%
By By By All Students Statewide	
Migratory working family	72.8% $\pm$ 3.8%
Non-migratory working family	74.1% $\pm$ 1.7%

For More Information

- Visit the Washington State Healthy Eating Active Living Program website: [Healthy Eating Active Living \(HEAL\) Program | Washington State Department of Health](#) .
- Visit the US Department of Health and Human Services physical activity guidelines: [Physical Activity Guidelines for Americans | odphp.health.gov](#)
- Note: WA DOH advocates using the US nationally recommended guidelines for adolescents of at least 60 minutes of physical activity daily.¹

Data Notes

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

▲ ▼ indicates a significant change from the previous year, $p < 0.05$. Color indicates a **positive** or **negative** difference

Missing Codes:

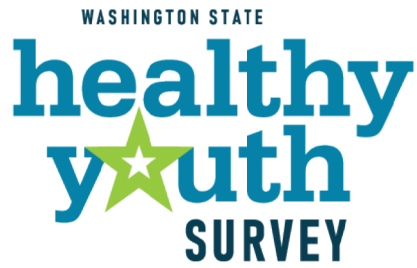
- S = results suppressed due to insufficient reporting from students of school
- N/G = grade not available
- N/S = question was not surveyed this year
- N/A = question was not asked of this grade
- ns = no significant difference between groups in the Statewide relationship charts

Acknowledgements

The Healthy Youth Survey (HYS) is a collaborative effort of the Office of the Superintendent of Public Instruction, the Department of Health, the Health Care Authority - Division of Behavioral Health and Recovery, and the Liquor and Cannabis Board.

References

1. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.



Physical Activity Fact Sheet 2025

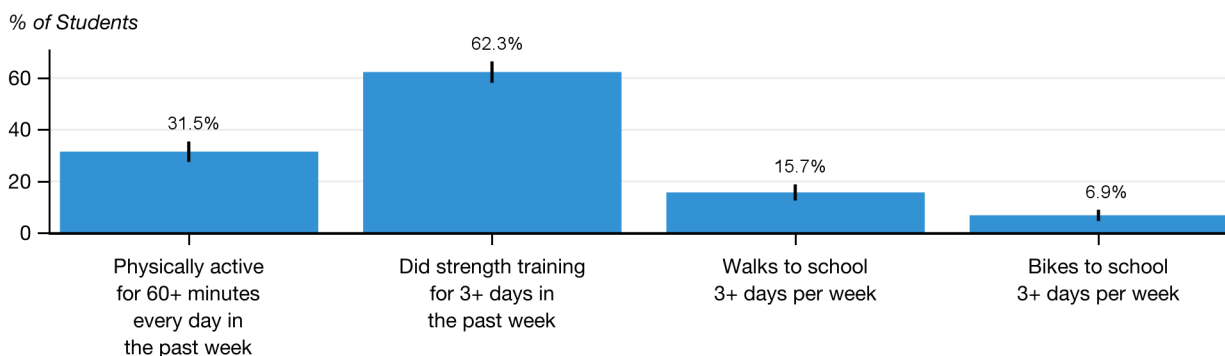
Issaquah School District, Grade 8

Students surveyed = 1,293

Introduction

- Physical activity has numerous health benefits for adolescents, such as stronger bones and muscles, improved cognitive functioning, and lower risk of depression.¹
- US national guidelines recommend children and adolescents aged 6 to 17 years spend at least 60 minutes every day being physically active.¹
- Adolescents are encouraged to do a variety of moderate and vigorous intensity activities that include both aerobic fitness (e.g., playing sports, running, biking, dancing) and muscle-strengthening (e.g., lifting weights, climbing, yoga).
- Balancing recreational screen time, such as watching TV, playing video games, and cell phone usage with physical activity time for students is important.
- Social and environmental factors influence the decision and ability to be active.
- Successful strategies to promote physical activity involve implementing policies in schools and communities to create environments that enable youth to be physically active.

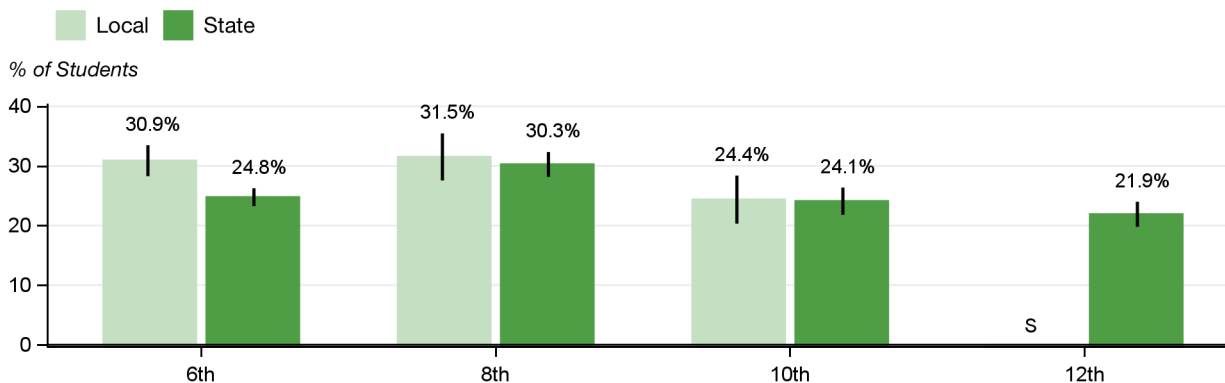
Physical Activity - Grade 8, 2025



The bar chart above shows Physical Activity for Grade 8, 2025. The measures and values are:

Measure	Value
Physically active for 60+ minutes every day in the past week	31.5% $\pm$ 3.9%
Did strength training for 3+ days in the past week	62.3% $\pm$ 4.1%
Walks to school 3+ days per week	15.7% $\pm$ 3.1%
Bikes to school 3+ days per week	6.9% $\pm$ 2.2%

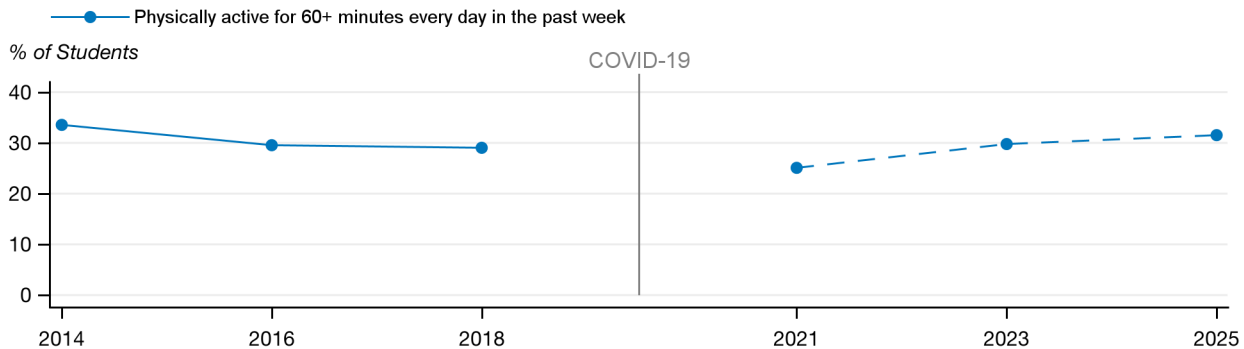
Physically active for 60 or more minutes every day in the past week, All Grades, 2025



The bar chart above compares Issaquah School District (local results) to the state sample results for Physically active for 60 or more minutes every day in the past week for All Grades, 2025. The values are:

Grade	Local Results	State Results
6th grade	30.9% $\pm$ 2.6%	24.8% $\pm$ 1.5%
8th grade	31.5% $\pm$ 3.9%	30.3% $\pm$ 2.1%
10th grade	24.4% $\pm$ 4.0%	24.1% $\pm$ 2.3%
12th grade	suppressed	21.9% $\pm$ 2.1%

Physical Activity - 2014-2025, Grade 8

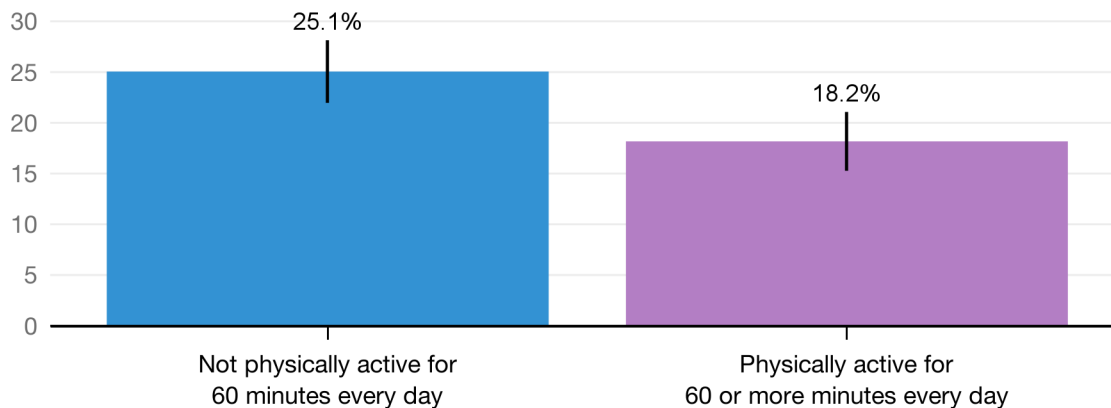


The trend plot above shows measure of Physical Activity between 2014 and 2025 for Grade 8. The measure and values are:

Measure	2014	2016	2018	2021	2023	2025
Physically active for 60+ minutes every day in the past week	33.6% ±3.8%	29.6% ±3.5%	29% ±3.5%	25.1% ±3.5%	29.8% ±3.6%	31.5% ±3.9%

Statewide Relationship between Physically Active for 60+ Minutes Every Day in the Past Week and Depressive Feelings, Grade 8

% of students with depressive feelings (past 2 weeks)

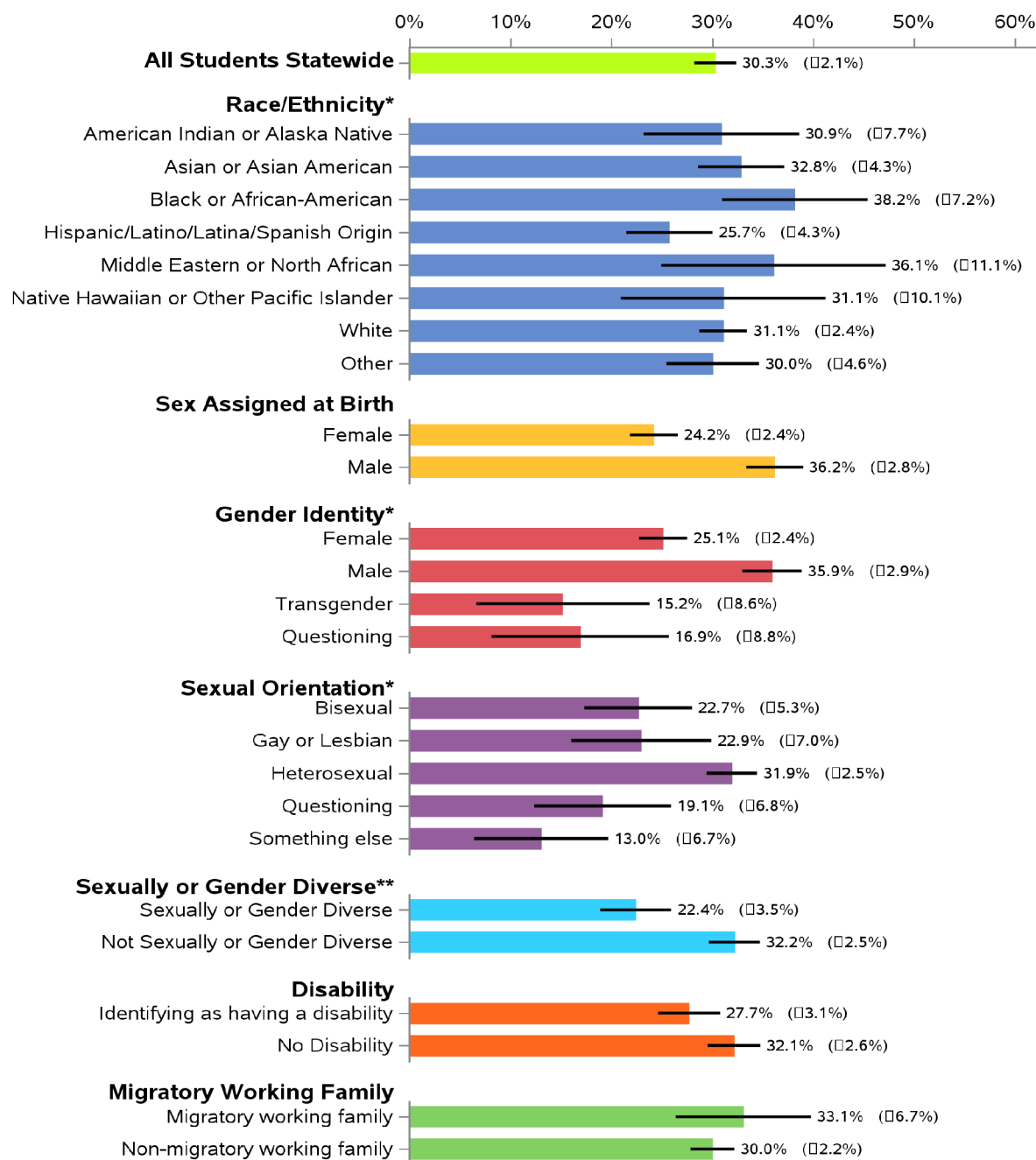


The bar chart above shows the statewide relationship between physically active for 60+ minutes every day in the past week and depressive feelings for Grade 8 in 2025

Statewide, more 8th graders who were physically active were less likely to report depressive feelings than those who did not.

Student group	Results
for those not physically active for 60 minutes every day	25.1% with depressive feelings (past 2 weeks) (±3.1%)
for those physically active for 60 or more minutes every day	18.2% with depressive feelings (past 2 weeks) (±2.9%)

Statewide Relationship between Physically Active for 60+ Minutes Every Day in the Past Week and Demographics, Grade 8, 2025



*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.

The bar chart above shows the statewide relationship between Physically Active for 60+ Minutes Every Day in the Past Week and Demographics for Grade 8, 2025

- Results for race/ethnicity, gender identity, and sexual orientation 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.
- Suppressed is displayed for results that are suppressed because less than 5 students answered this way.

The demographic categories and values are:

By By All Students Statewide 69.7% $\pm$ 2.1%

By By All Students Statewide	
American Indian or Alaska Native	69.1% $\pm$ 7.7%
Asian or Asian American	67.2% $\pm$ 4.3%
Black or African-American	61.8% $\pm$ 7.2%
Hispanic/Latino/Latina/Spanish Origin	74.3% $\pm$ 4.3%
Middle Eastern or North African	63.9% $\pm$ 11.1%
Native Hawaiian or Other Pacific Islander	68.9% $\pm$ 10.1%
White	68.9% $\pm$ 2.4%
Other	70.0% $\pm$ 4.6%
By By By All Students Statewide	
Female	75.8% $\pm$ 2.4%
Male	63.8% $\pm$ 2.8%
By By All Students Statewide	
Female	74.9% $\pm$ 2.4%
Male	64.1% $\pm$ 2.9%
Transgender	84.8% $\pm$ 8.6%
Questioning	83.1% $\pm$ 8.8%
By By By All Students Statewide	
Bisexual	77.3% $\pm$ 5.3%

By By By All Students Statewide	
Gay or Lesbian	77.1% $\pm$ 7.0%
Heterosexual	68.1% $\pm$ 2.5%
Questioning	80.9% $\pm$ 6.8%
Something else	87.0% $\pm$ 6.7%
By By By All Students Statewide	
Sexually or Gender Diverse	77.6% $\pm$ 3.5%
Not Sexually or Gender Diverse	67.8% $\pm$ 2.5%
By By All Students Statewide	
Identifying as having a disability	72.3% $\pm$ 3.1%
No Disability	67.9% $\pm$ 2.6%
By By By All Students Statewide	
Migratory working family	66.9% $\pm$ 6.7%
Non-migratory working family	69.4% $\pm$ 2.2%
Non-migratory working family	69.4% $\pm$ 2.2%

For More Information

- Visit the Washington State Healthy Eating Active Living Program website: [Healthy Eating Active Living \(HEAL\) Program | Washington State Department of Health](#) .
- Visit the US Department of Health and Human Services physical activity guidelines: [Physical Activity Guidelines for Americans | odphp.health.gov](#)
- Note: WA DOH advocates using the US nationally recommended guidelines for adolescents of at least 60 minutes of physical activity daily.¹

Data Notes

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

▲ ▼ indicates a significant change from the previous year, $p < 0.05$. Color indicates a **positive** or **negative** difference

Missing Codes:

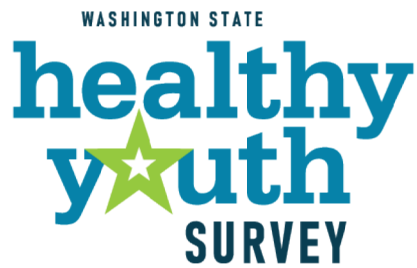
- S = results suppressed due to insufficient reporting from students of school
- N/G = grade not available
- N/S = question was not surveyed this year
- N/A = question was not asked of this grade
- ns = no significant difference between groups in the Statewide relationship charts

Acknowledgements

The Healthy Youth Survey (HYS) is a collaborative effort of the Office of the Superintendent of Public Instruction, the Department of Health, the Health Care Authority - Division of Behavioral Health and Recovery, and the Liquor and Cannabis Board.

References

1. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.



Physical Activity Fact Sheet 2025

Issaquah School District, Grade 10

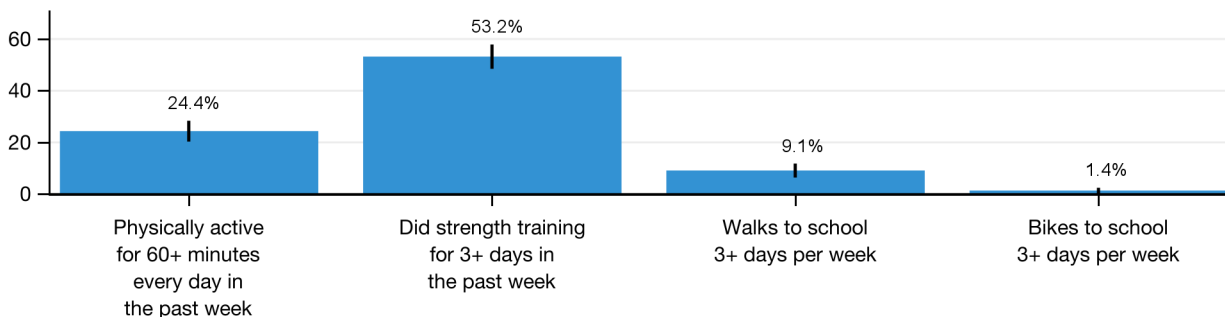
Students surveyed = 1,042

Introduction

- Physical activity has numerous health benefits for adolescents, such as stronger bones and muscles, improved cognitive functioning, and lower risk of depression.¹
- US national guidelines recommend children and adolescents aged 6 to 17 years spend at least 60 minutes every day being physically active.¹
- Adolescents are encouraged to do a variety of moderate and vigorous intensity activities that include both aerobic fitness (e.g., playing sports, running, biking, dancing) and muscle-strengthening (e.g., lifting weights, climbing, yoga).
- Balancing recreational screen time, such as watching TV, playing video games, and cell phone usage with physical activity time for students is important.
- Social and environmental factors influence the decision and ability to be active.
- Successful strategies to promote physical activity involve implementing policies in schools and communities to create environments that enable youth to be physically active.

Physical Activity - Grade 10, 2025

% of Students



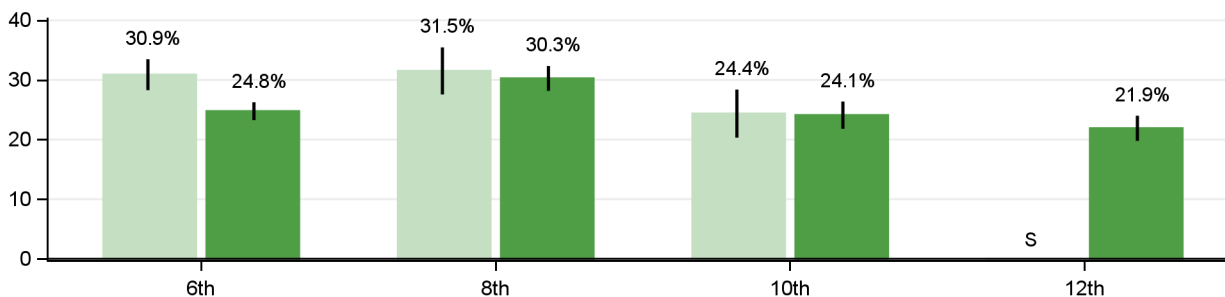
The bar chart above shows Physical Activity for Grade 10, 2025. The measures and values are:

Measure	Value
Physically active for 60+ minutes every day in the past week	24.4% $\pm$ 4.0%
Did strength training for 3+ days in the past week	53.2% $\pm$ 4.7%
Walks to school 3+ days per week	9.1% $\pm$ 2.7%
Bikes to school 3+ days per week	1.4% $\pm$ 1.1%

Physically active for 60 or more minutes every day in the past week, All Grades, 2025

Local State

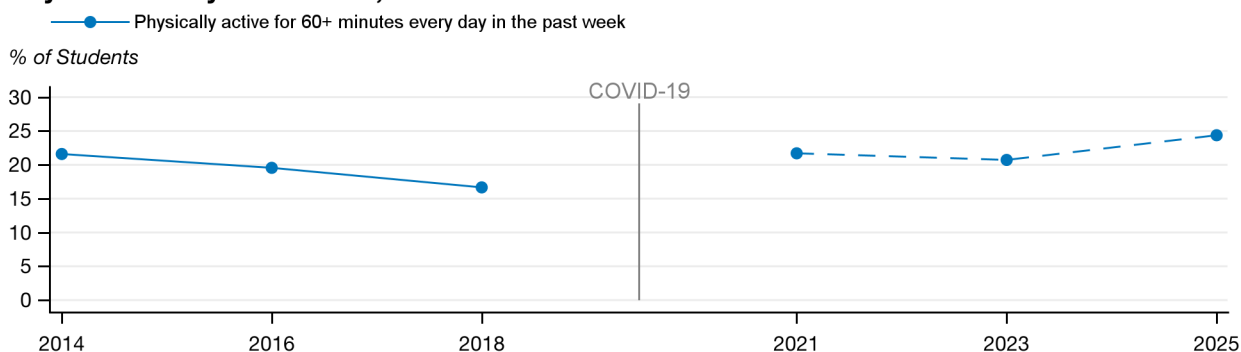
% of Students



The bar chart above compares Issaquah School District (local results) to the state sample results for Physically active for 60 or more minutes every day in the past week for All Grades, 2025. The values are:

Grade	Local Results	State Results
6th grade	30.9% $\pm$ 2.6%	24.8% $\pm$ 1.5%
8th grade	31.5% $\pm$ 3.9%	30.3% $\pm$ 2.1%
10th grade	24.4% $\pm$ 4.0%	24.1% $\pm$ 2.3%
12th grade	suppressed	21.9% $\pm$ 2.1%

Physical Activity - 2014-2025, Grade 10



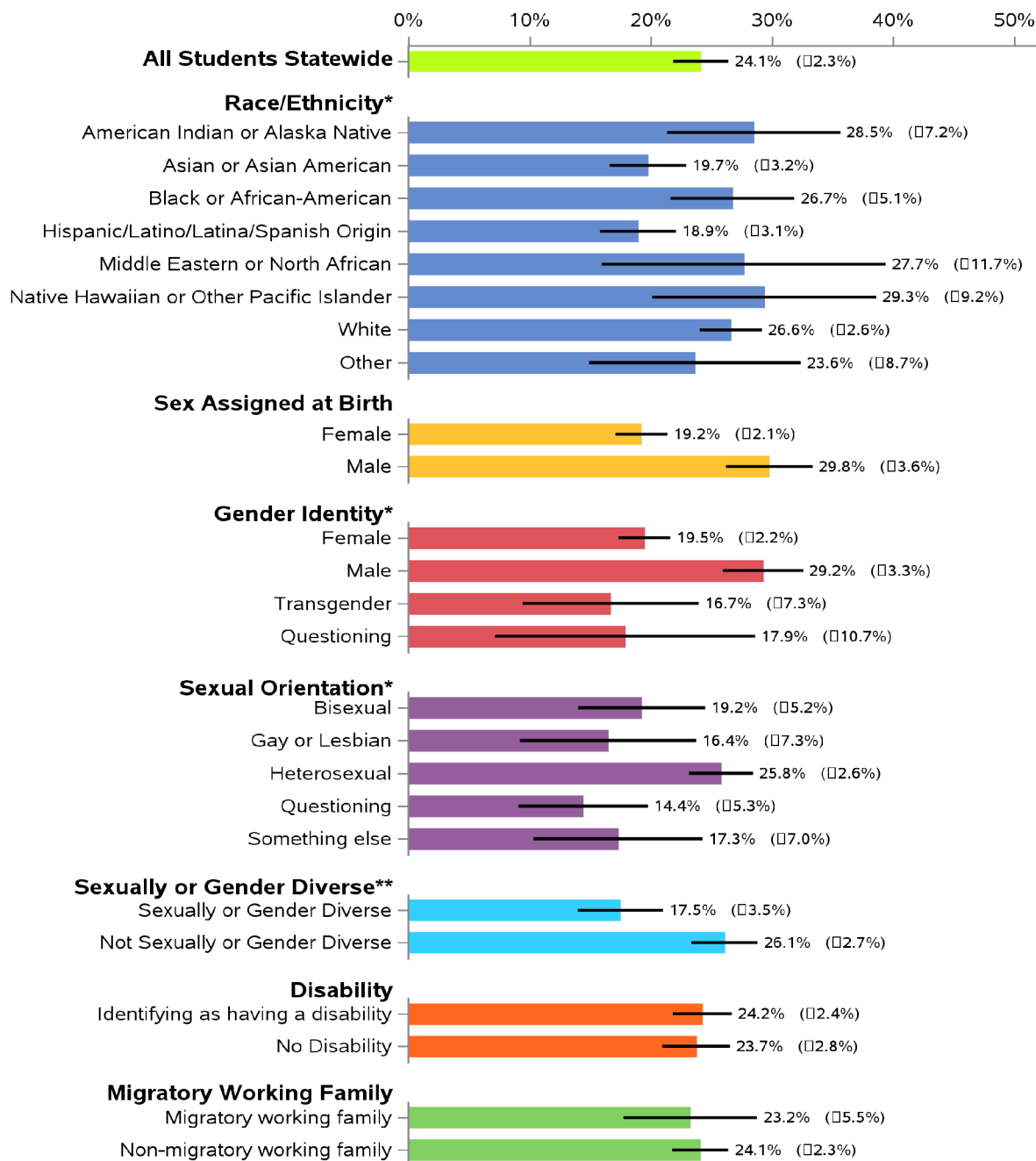
The trend plot above shows measure of Physical Activity between 2014 and 2025 for Grade 10. The measure and values are:

Measure	2014	2016	2018	2021	2023	2025
Physically active for 60+ minutes every day in the past week	21.6% ±3.6%	19.6% ±3.5%	16.7% ±2.9%	21.7% ±3.3%	20.7% ±3.6%	24.4% ±4%

Statewide Relationship between Physically Active for 60+ Minutes Every Day in the Past Week and Depressive Feelings, Grade 10

a chart and table showing the above relationship are not displayed as the results are not significant for this grade

Statewide Relationship between Physically Active for 60+ Minutes Every Day in the Past Week and Demographics, Grade 10, 2025



*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.

The bar chart above shows the statewide relationship between Physically Active for 60+ Minutes Every Day in the Past Week and Demographics for Grade 10, 2025

- Results for race/ethnicity, gender identity, and sexual orientation 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.
- Suppressed is displayed for results that are suppressed because less than 5 students answered this way.

The demographic categories and values are:

By By All Students Statewide 75.9% $\pm$ 2.3%

By By All Students Statewide	
American Indian or Alaska Native	71.5% $\pm$ 7.2%
Asian or Asian American	80.3% $\pm$ 3.2%
Black or African-American	73.3% $\pm$ 5.1%
Hispanic/Latino/Latina/Spanish Origin	81.1% $\pm$ 3.1%
Middle Eastern or North African	72.3% $\pm$ 11.7%
Native Hawaiian or Other Pacific Islander	70.7% $\pm$ 9.2%
White	73.4% $\pm$ 2.6%
Other	76.4% $\pm$ 8.7%
By By By All Students Statewide	
Female	80.8% $\pm$ 2.1%
Male	70.2% $\pm$ 3.6%
By By All Students Statewide	
Female	80.5% $\pm$ 2.2%
Male	70.8% $\pm$ 3.3%
Transgender	83.3% $\pm$ 7.3%
Questioning	82.1% $\pm$ 10.7%
By By By All Students Statewide	
Bisexual	80.8% $\pm$ 5.2%

By By By All Students Statewide	
Gay or Lesbian	83.6% $\pm$ 7.3%
Heterosexual	74.2% $\pm$ 2.6%
Questioning	85.6% $\pm$ 5.3%
Something else	82.7% $\pm$ 7.0%
By By By All Students Statewide	
Sexually or Gender Diverse	82.5% $\pm$ 3.5%
Not Sexually or Gender Diverse	73.9% $\pm$ 2.7%
By By All Students Statewide	
Identifying as having a disability	75.8% $\pm$ 2.4%
No Disability	76.3% $\pm$ 2.8%
By By By All Students Statewide	
Migratory working family	76.8% $\pm$ 5.5%
Non-migratory working family	75.8% $\pm$ 2.3%
Non-migratory working family	75.8% $\pm$ 2.3%

For More Information

- Visit the Washington State Healthy Eating Active Living Program website: [Healthy Eating Active Living \(HEAL\) Program | Washington State Department of Health](#) .
- Visit the US Department of Health and Human Services physical activity guidelines: [Physical Activity Guidelines for Americans | odphp.health.gov](#)
- Note: WA DOH advocates using the US nationally recommended guidelines for adolescents of at least 60 minutes of physical activity daily.¹

Data Notes

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

▲ ▼ indicates a significant change from the previous year, $p < 0.05$. Color indicates a **positive** or **negative** difference

Missing Codes:

- S = results suppressed due to insufficient reporting from students of school
- N/G = grade not available
- N/S = question was not surveyed this year
- N/A = question was not asked of this grade
- ns = no significant difference between groups in the Statewide relationship charts

Acknowledgements

The Healthy Youth Survey (HYS) is a collaborative effort of the Office of the Superintendent of Public Instruction, the Department of Health, the Health Care Authority - Division of Behavioral Health and Recovery, and the Liquor and Cannabis Board.

References

1. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.