



Dietary Behaviors Fact Sheet 2025

Issaquah School District, Grade 6

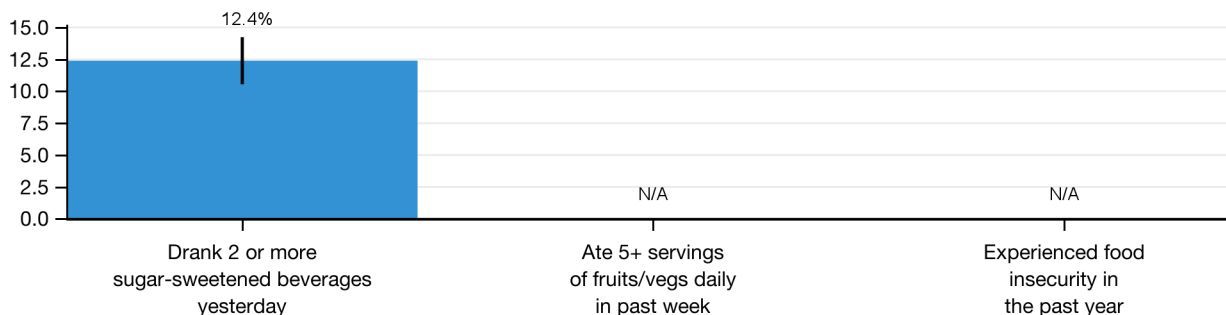
Students surveyed = 1,336

Introduction

- Developing healthy nutrition habits in adolescence provides a strong foundation for maintaining positive dietary behaviors and a nutrient-dense diet as adults.
- US dietary guidelines recommend children and adolescents consume about 3 servings of vegetables and 2 servings of fruit daily.¹
- Drinking sugar-sweetened beverages is a large contributor to sugar intake increases in adolescence.¹ These drinks have little nutritional value and efforts to reduce consumption in adolescents would have a positive dietary health impact.
- Individual food choices are influenced by family, culture, social, and environmental factors.
- Access and availability to an affordable supply of healthy foods is necessary to maintain a nutritious diet.

Dietary Behaviors - Grade 6, 2025

% of Students

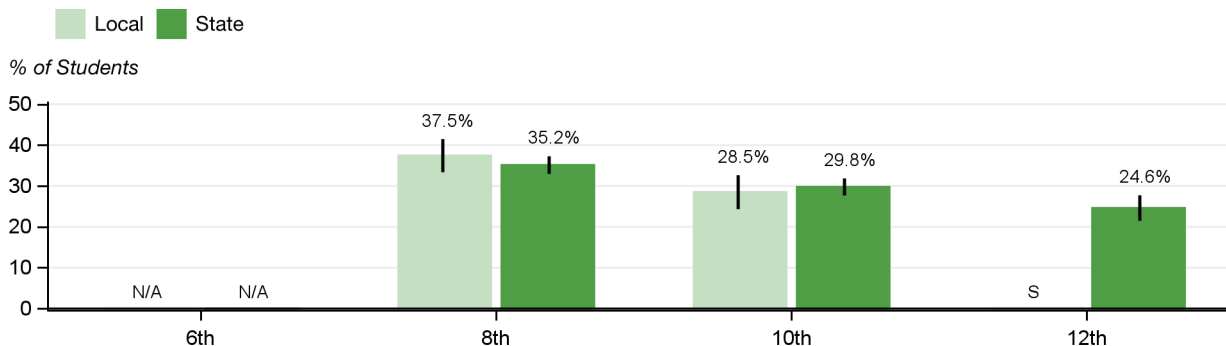


Highlight: In 2025, .% of 6th graders in our school district ate 5+ servings of fruits/vegs daily in past week

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

Measure	Value
Drank 2 or more sugar-sweetened beverages yesterday	12.4% $\pm$ 1.8%
Ate 5+ servings of fruits/vegs daily in past week	not asked of grade
Experienced food insecurity in the past year	not asked of grade

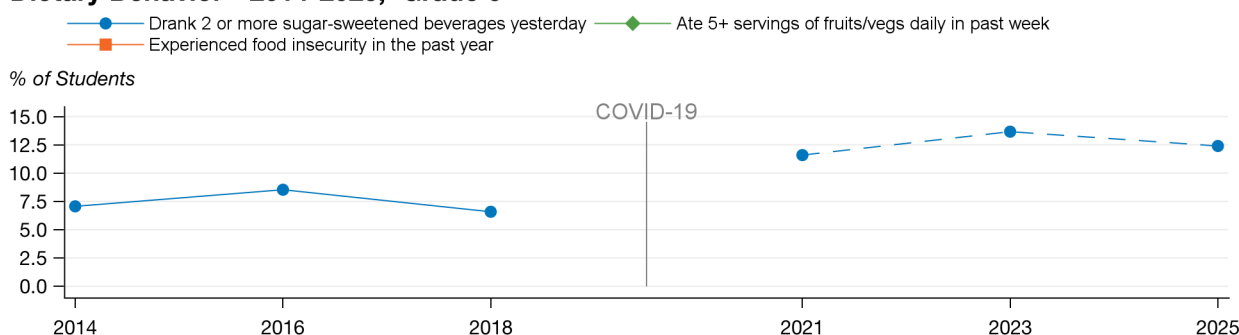
Ate 5+ Servings of Fruits/Vegetables Daily in the Past Week, All Grades, 2025



The bar chart above compares Issaquah School District (local results) to the state sample results for Ate 5+ Servings of Fruits/Vegetables Daily in the Past Week for All Grades, 2025. The values are:

Grade	Local Results	State Results
6th grade	not asked of grade	not asked of grade
8th grade	37.5% $\pm$ 4.1%	35.2% $\pm$ 2.1%
10th grade	28.5% $\pm$ 4.2%	29.8% $\pm$ 2.1%
12th grade	suppressed	24.6% $\pm$ 3.1%

Dietary Behavior - 2014-2025, Grade 6

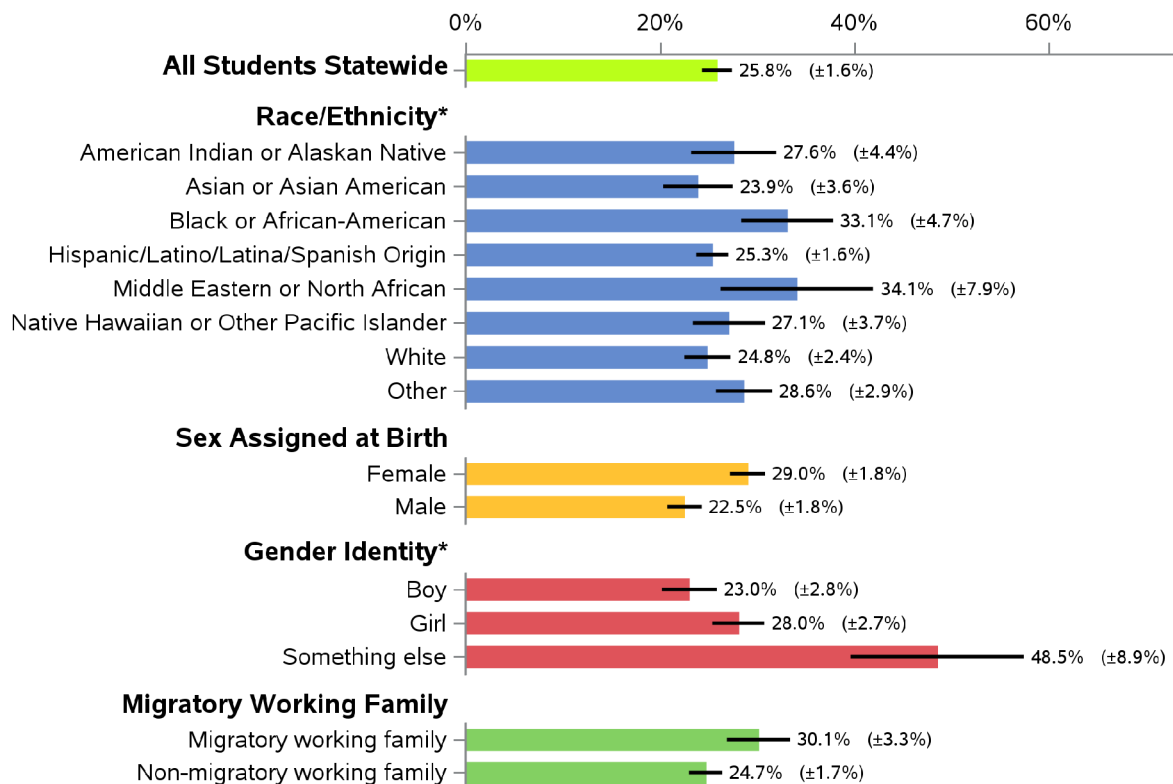


The trend plot above shows measures of Dietary Behavior between 2014 and 2025 for Grade 6. The measures and values are:

Measure	2014	2016	2018	2021	2023	2025
Drank 2 or more sugar-sweetened beverages yesterday	7.1% ±1.4%	8.5% ±1.5%	6.6% ±1.3%	11.6% ±1.8%	13.7% ±1.8%	12.4% ±1.8%
Ate 5+ servings of fruits/vegs daily in past week	<i>not asked of grade</i>	<i>not asked of grade</i>	<i>not asked of grade</i>	<i>not asked of grade</i>	<i>not asked of grade</i>	<i>not asked of grade</i>
Experienced food insecurity in the past year	<i>not asked of grade</i>	<i>not asked of grade</i>	<i>not asked of grade</i>	<i>not asked of grade</i>	<i>not asked of grade</i>	<i>not asked of grade</i>

Reports for other grades show a chart and table of the statewide relationship between lower grades and food insecurity - the results are not significant for grade 6

Statewide Relationship between Does Not Usually Eat Dinners with Family 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.

For More Information

- Visit the Washington State Healthy Eating Active Living Program website:
<https://doh.wa.gov/community-and-environment/healthy-eating-active-living>.

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 Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Accessed October 2025. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).



Dietary Behaviors Fact Sheet 2025

Issaquah School District, Grade 8

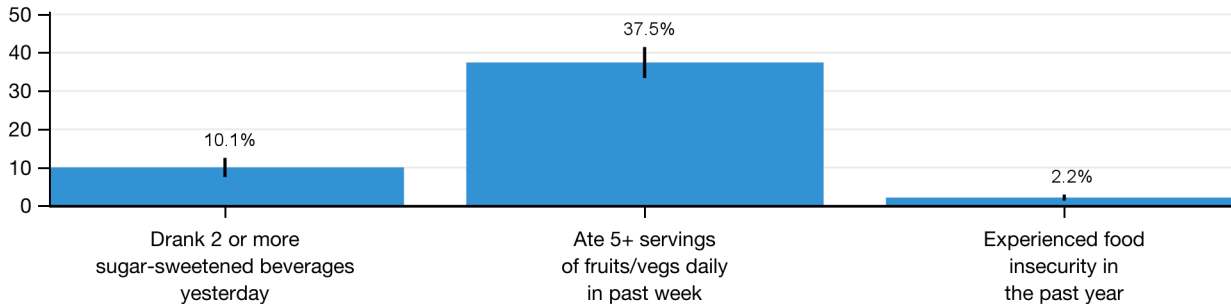
Students surveyed = 1,293

Introduction

- Developing healthy nutrition habits in adolescence provides a strong foundation for maintaining positive dietary behaviors and a nutrient-dense diet as adults.
- US dietary guidelines recommend children and adolescents consume about 3 servings of vegetables and 2 servings of fruit daily.¹
- Drinking sugar-sweetened beverages is a large contributor to sugar intake increases in adolescence.¹ These drinks have little nutritional value and efforts to reduce consumption in adolescents would have a positive dietary health impact.
- Individual food choices are influenced by family, culture, social, and environmental factors.
- Access and availability to an affordable supply of healthy foods is necessary to maintain a nutritious diet.

Dietary Behaviors - Grade 8, 2025

% of Students



Highlight: In 2025, 37% of 8th graders in our school district ate 5+ servings of fruits/vegs daily in past week

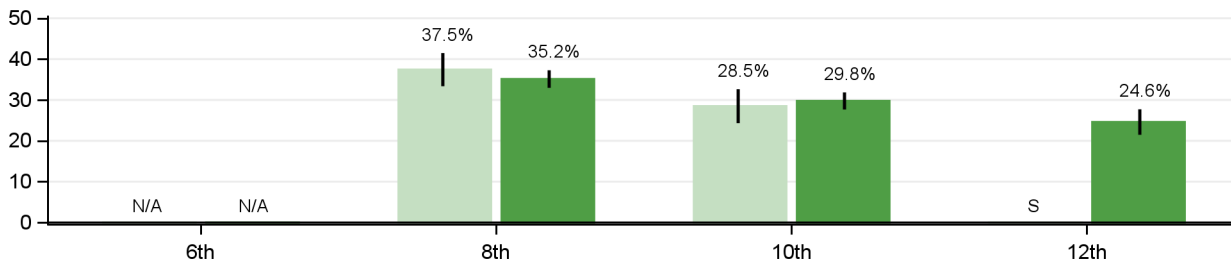
The bar chart above shows Dietary Behaviors for Grade 8, 2025. The measures and values are:

Measure	Value
Drank 2 or more sugar-sweetened beverages yesterday	10.1% $\pm$ 2.5%
Ate 5+ servings of fruits/vegs daily in past week	37.5% $\pm$ 4.1%
Experienced food insecurity in the past year	2.2% $\pm$ 0.8%

Ate 5+ Servings of Fruits/Vegetables Daily in the Past Week, All Grades, 2025

Local State

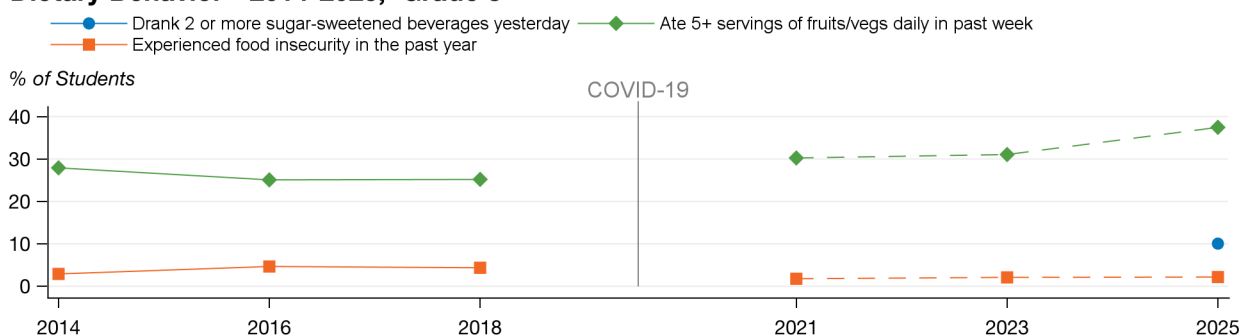
% of Students



The bar chart above compares Issaquah School District (local results) to the state sample results for Ate 5+ Servings of Fruits/Vegetables Daily in the Past Week for All Grades, 2025. The values are:

Grade	Local Results	State Results
6th grade	not asked of grade	not asked of grade
8th grade	37.5% $\pm$ 4.1%	35.2% $\pm$ 2.1%
10th grade	28.5% $\pm$ 4.2%	29.8% $\pm$ 2.1%
12th grade	suppressed	24.6% $\pm$ 3.1%

Dietary Behavior - 2014-2025, Grade 8

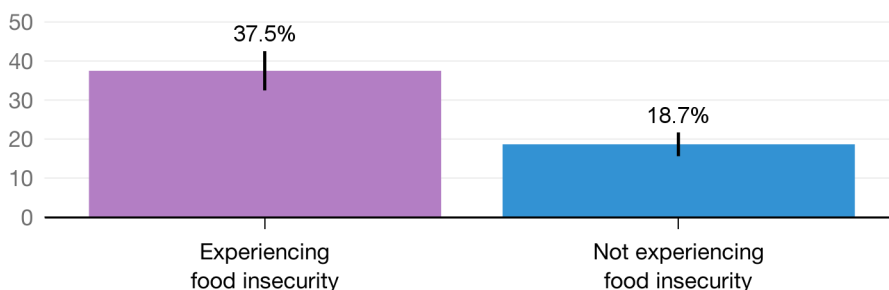


The trend plot above shows measures of Dietary Behavior between 2014 and 2025 for Grade 8. The measures and values are:

Measure	2014	2016	2018	2021	2023	2025
Drank 2 or more sugar-sweetened beverages yesterday	<i>not asked of grade</i>	<i>not asked of grade</i>	<i>not asked of grade</i>	<i>not asked of grade</i>	<i>not asked of grade</i>	10.1% ±2.5%
Ate 5+ servings of fruits/vegs daily in past week	27.9% ±3.6%	25.1% ±3.3%	25.2% ±3.3%	30.2% ±3.9%	31% ±3.9%	37.5% ±4.1% 
Experienced food insecurity in the past year	2.9% ±1%	4.7% ±1.1%	4.4% ±1.1%	1.8% ±0.8%	2.1% ±0.8%	2.2% ±0.8%

Statewide Relationship Between Lower Grades and Food Insecurity, Grade 8

% of students who had lower grades

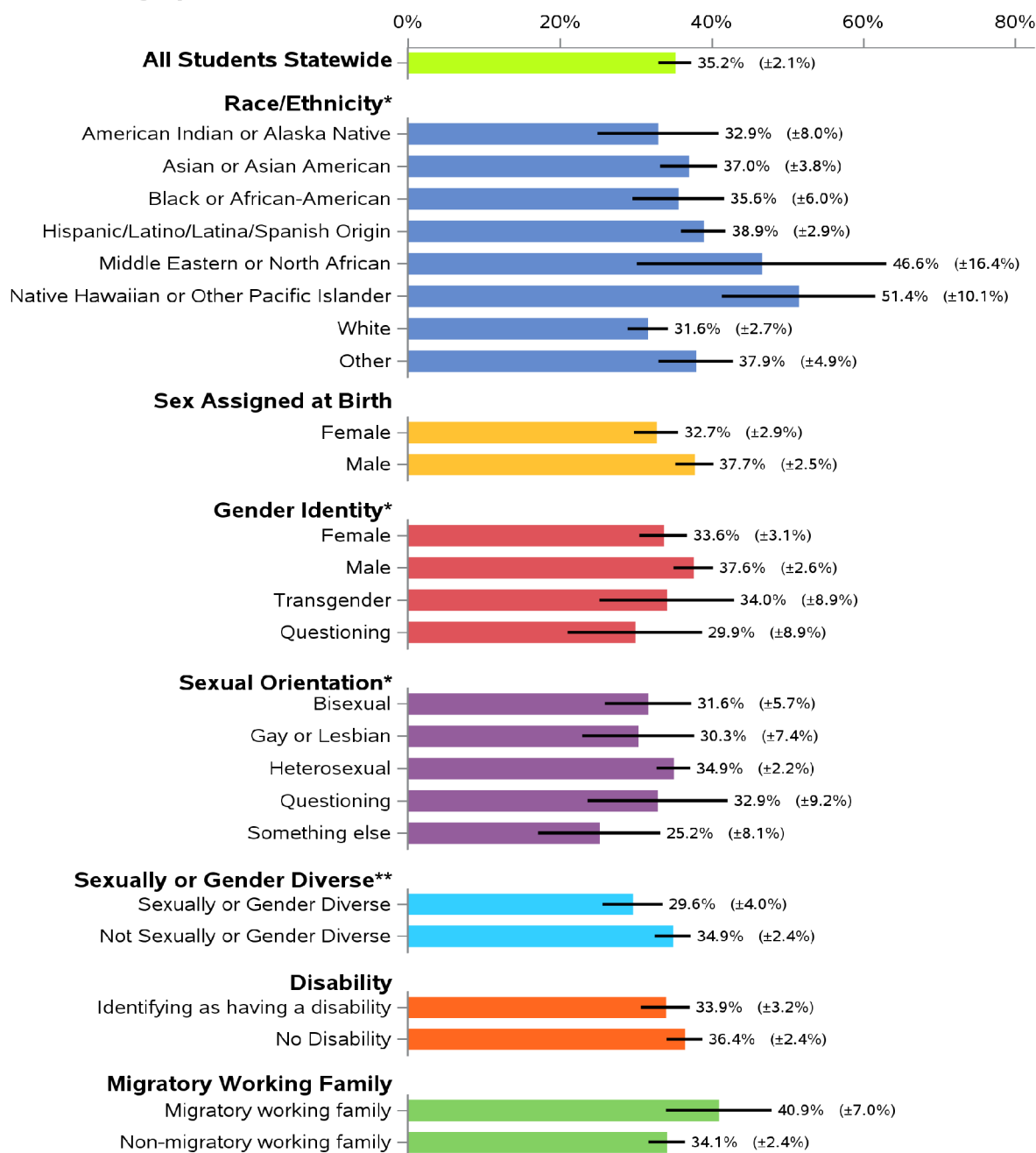


The bar chart above shows the statewide relationship between lower grades and food insecurity for Grade 8 in 2025

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.

Student group	Results
for those experiencing food insecurity	37.5% had lower grades (±5.0%)
for those not experiencing food insecurity	18.7% had lower grades (±3.0%)

Statewide Relationship between Ate 5+ Servings of Fruits/Vegs Daily 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 Ate 5+ Servings of Fruits/Vegetables Daily 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:

All Students Statewide 35.2% $\pm$ 2.1%

By Race/Ethnicity

American Indian or Alaska Native	32.9% $\pm$ 8.0%
Asian or Asian American	37.0% $\pm$ 3.8%
Black or African-American	35.6% $\pm$ 6.0%
Hispanic/Latino/Latina/Spanish Origin	38.9% $\pm$ 2.9%
Middle Eastern or North African	46.6% $\pm$ 16.4%
Native Hawaiian or Other Pacific Islander	51.4% $\pm$ 10.1%
White	31.6% $\pm$ 2.7%
Other	37.9% $\pm$ 4.9%

By Sex Assigned at Birth

Female	32.7% $\pm$ 2.9%
Male	37.7% $\pm$ 2.5%

By Gender Identity

Female	33.6% $\pm$ 3.1%
Male	37.6% $\pm$ 2.6%
Transgender	34.0% $\pm$ 8.9%
Questioning	29.9% $\pm$ 8.9%

By Sexual Orientation

Bisexual	31.6% $\pm$ 5.7%
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By Sexual Orientation

Gay or Lesbian	30.3% $\pm$ 7.4%
Heterosexual	34.9% $\pm$ 2.2%
Questioning	32.9% $\pm$ 9.2%
Something else	25.2% $\pm$ 8.1%

By Sexually or Gender Diverse

Sexually or Gender Diverse	29.6% $\pm$ 4.0%
Not Sexually or Gender Diverse	34.9% $\pm$ 2.4%

By Disability

Identifying as having a disability	33.9% $\pm$ 3.2%
No Disability	36.4% $\pm$ 2.4%

By Migratory Working Family

Migratory working family	40.9% $\pm$ 7.0%
Non-migratory working family	34.8% $\pm$ 2.1%
Non-migratory working family	34.8% $\pm$ 2.1%

For More Information

- Visit the Washington State Healthy Eating Active Living Program website:
<https://doh.wa.gov/community-and-environment/healthy-eating-active-living>.

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 Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Accessed October 2025. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).



Dietary Behaviors Fact Sheet 2025

Issaquah School District, Grade 10

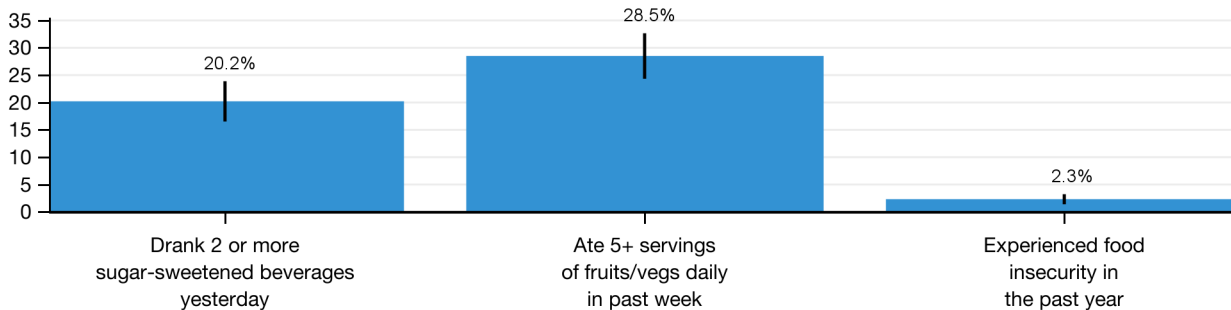
Students surveyed = 1,042

Introduction

- Developing healthy nutrition habits in adolescence provides a strong foundation for maintaining positive dietary behaviors and a nutrient-dense diet as adults.
- US dietary guidelines recommend children and adolescents consume about 3 servings of vegetables and 2 servings of fruit daily.¹
- Drinking sugar-sweetened beverages is a large contributor to sugar intake increases in adolescence.¹ These drinks have little nutritional value and efforts to reduce consumption in adolescents would have a positive dietary health impact.
- Individual food choices are influenced by family, culture, social, and environmental factors.
- Access and availability to an affordable supply of healthy foods is necessary to maintain a nutritious diet.

Dietary Behaviors - Grade 10, 2025

% of Students



Highlight: In 2025, 29% of 10th graders in our school district ate 5+ servings of fruits/vegs daily in past week

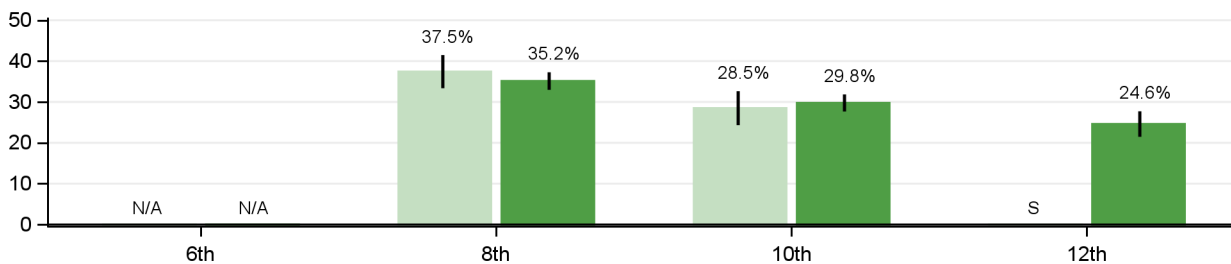
The bar chart above shows Dietary Behaviors for Grade 10, 2025. The measures and values are:

Measure	Value
Drank 2 or more sugar-sweetened beverages yesterday	20.2% $\pm$ 3.7%
Ate 5+ servings of fruits/vegs daily in past week	28.5% $\pm$ 4.2%
Experienced food insecurity in the past year	2.3% $\pm$ 0.9%

Ate 5+ Servings of Fruits/Vegetables Daily in the Past Week, All Grades, 2025

Local State

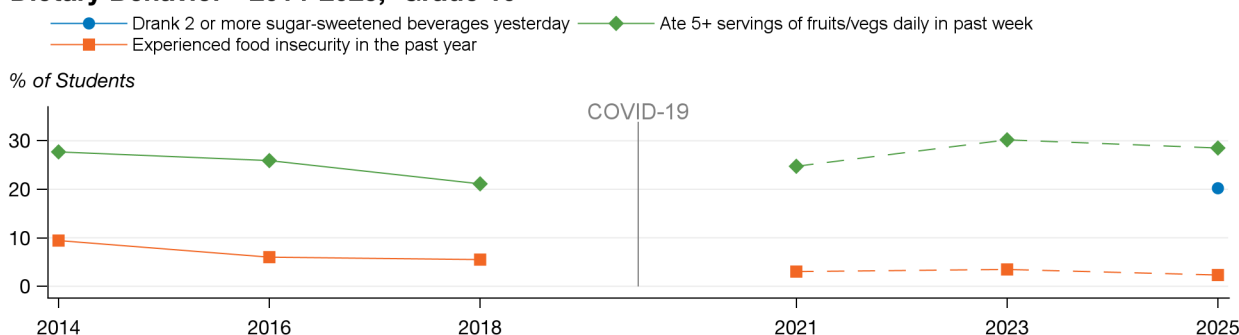
% of Students



The bar chart above compares Issaquah School District (local results) to the state sample results for Ate 5+ Servings of Fruits/Vegetables Daily in the Past Week for All Grades, 2025. The values are:

Grade	Local Results	State Results
6th grade	not asked of grade	not asked of grade
8th grade	37.5% $\pm$ 4.1%	35.2% $\pm$ 2.1%
10th grade	28.5% $\pm$ 4.2%	29.8% $\pm$ 2.1%
12th grade	suppressed	24.6% $\pm$ 3.1%

Dietary Behavior - 2014-2025, Grade 10

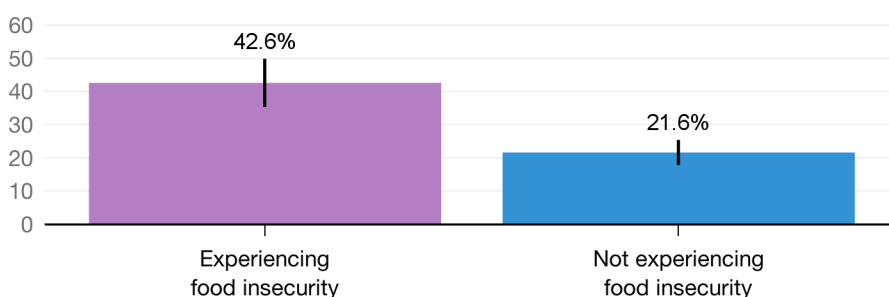


The trend plot above shows measures of Dietary Behavior between 2014 and 2025 for Grade 10. The measures and values are:

Measure	2014	2016	2018	2021	2023	2025
Drank 2 or more sugar-sweetened beverages yesterday	<i>not asked of grade</i>	<i>not asked of grade</i>	<i>not asked of grade</i>	<i>not asked of grade</i>	<i>not asked of grade</i>	20.2% ±3.7%
Ate 5+ servings of fruits/vegs daily in past week	27.7% ±3.9%	25.9% ±3.9%	21.1% ±3.2%	24.7% ±3.5%	30.2% ±4.5%	28.5% ±4.2%
Experienced food insecurity in the past year	9.4% ±1.8%	6% ±1.5%	5.5% ±1.3%	3% ±1%	3.5% ±1.1%	2.3% ±0.9%

Statewide Relationship Between Lower Grades and Food Insecurity, Grade 10

% of students who had lower grades

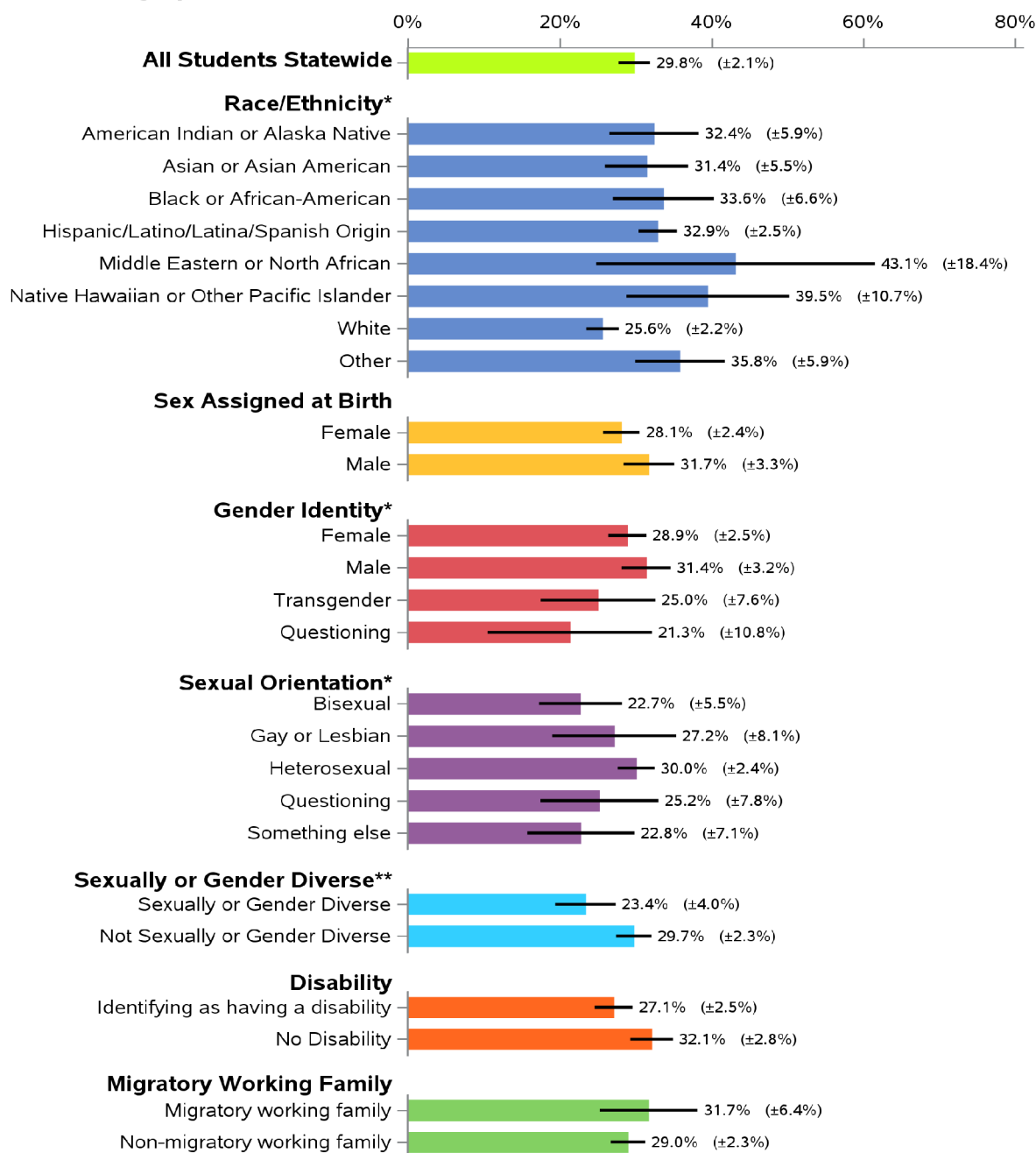


The bar chart above shows the statewide relationship between lower grades and food insecurity for Grade 10 in 2025

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.

Student group	Results
for those experiencing food insecurity	42.6% had lower grades (±7.3%)
for those not experiencing food insecurity	21.6% had lower grades (±3.8%)

Statewide Relationship between Ate 5+ Servings of Fruits/Vegs Daily 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 Ate 5+ Servings of Fruits/Vegetables Daily 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.
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- Suppressed is displayed for results that are suppressed because less than 5 students answered this way.

The demographic categories and values are:

All Students Statewide 29.8% $\pm$ 2.1%

By Race/Ethnicity

American Indian or Alaska Native	32.4% $\pm$ 5.9%
Asian or Asian American	31.4% $\pm$ 5.5%
Black or African-American	33.6% $\pm$ 6.6%
Hispanic/Latino/Latina/Spanish Origin	32.9% $\pm$ 2.5%
Middle Eastern or North African	43.1% $\pm$ 18.4%
Native Hawaiian or Other Pacific Islander	39.5% $\pm$ 10.7%
White	25.6% $\pm$ 2.2%
Other	35.8% $\pm$ 5.9%

By Sex Assigned at Birth

Female	28.1% $\pm$ 2.4%
Male	31.7% $\pm$ 3.3%

By Gender Identity

Female	28.9% $\pm$ 2.5%
Male	31.4% $\pm$ 3.2%
Transgender	25.0% $\pm$ 7.6%
Questioning	21.3% $\pm$ 10.8%

By Sexual Orientation

Bisexual	22.7% $\pm$ 5.5%
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By Sexual Orientation

Gay or Lesbian	27.2% $\pm$ 8.1%
Heterosexual	30.0% $\pm$ 2.4%
Questioning	25.2% $\pm$ 7.8%
Something else	22.8% $\pm$ 7.1%

By Sexually or Gender Diverse

Sexually or Gender Diverse	23.4% $\pm$ 4.0%
Not Sexually or Gender Diverse	29.7% $\pm$ 2.3%

By Disability

Identifying as having a disability	27.1% $\pm$ 2.5%
No Disability	32.1% $\pm$ 2.8%

By Migratory Working Family

Migratory working family	31.7% $\pm$ 6.4%
Non-migratory working family	29.6% $\pm$ 2.2%
Non-migratory working family	29.6% $\pm$ 2.2%

For More Information

- Visit the Washington State Healthy Eating Active Living Program website:
<https://doh.wa.gov/community-and-environment/healthy-eating-active-living>.

Data Notes

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