

Information on school age youth was collected in 2004 using the Healthy Youth Survey*. Youth in grades 6, 8, 10, and 12 in participating schools were eligible to complete the survey, but it was not mandatory for youth to participate. 11,325 students in Spokane County provided input. The response rates among 6th, 8th, and 10th graders were high enough that information for these grades is representative of Spokane County. Unfortunately, there was a low response rate for 12th graders. The data for grade 12 is representative of the students who took the survey, and may be representative for sections of Spokane County. Comparisons to 2002 were made where appropriate.

Substance Use

The proportion of students ever having used alcohol, cigarettes, or marijuana increased significantly with grade level.

Among 12th graders:

- 37% had ever smoked a whole cigarette;
- 73% had ever drunk more than a sip of alcohol; and
- 42% had ever smoked marijuana.

From 2002 to 2004:

- Cigarette use ever and alcohol use ever decreased significantly in grades 8, 10, and 12;
- Marijuana use ever significantly decreased in grades 8 and 12; and
- Other drug use increased significantly in 6th grade, but significantly decreased in each of the other grades.

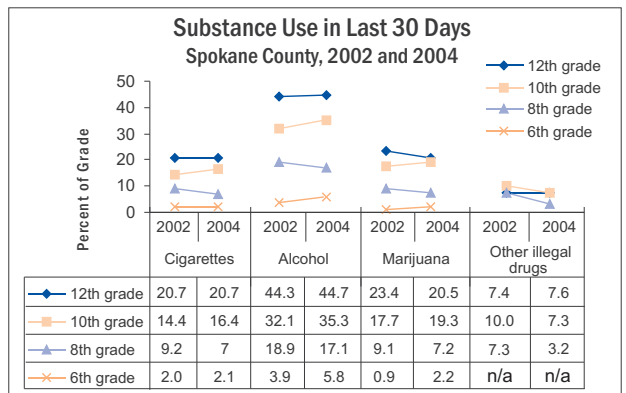
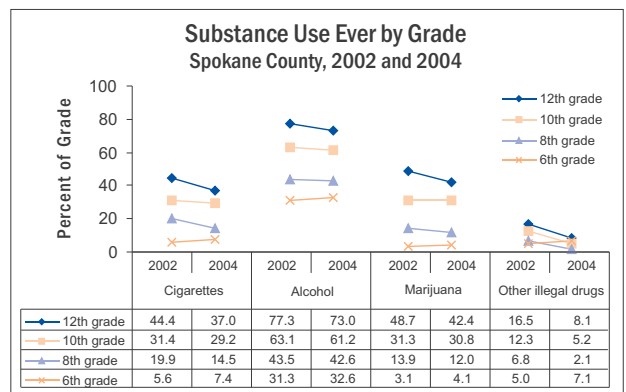
The proportion of students using alcohol, cigarettes, or marijuana in the last 30 days increased significantly by grade.

Among 12th graders:

- 21% smoked a cigarette in the last 30 days;
- 45% drank alcohol in the last 30 days; and
- 21% used marijuana in the last 30 days.

From 2002 to 2004:

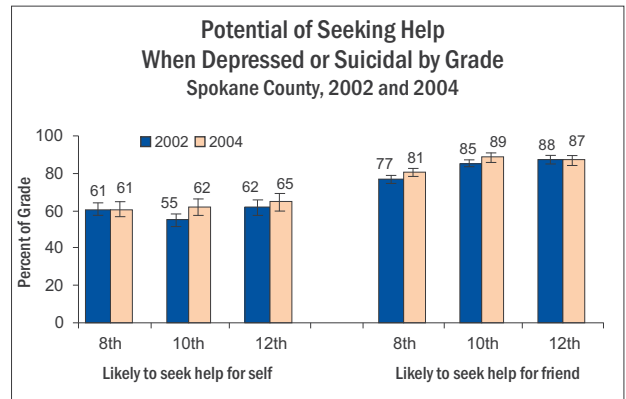
- Cigarette use in the last 30 days significantly decreased in 8th grade;
- Alcohol use in the last 30 days significantly increased in 6th grade;
- Marijuana use in the last 30 days significantly decreased in 8th grade, but increased in 6th grade; and
- Other drug use in the last 30 days significantly decreased in grades 8 and 10.



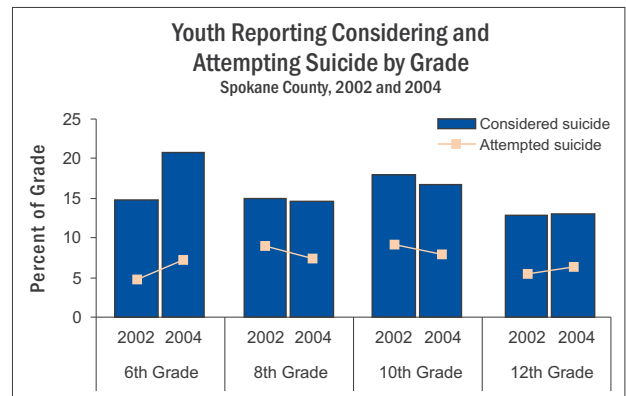
*The Healthy Youth Survey is a joint project between the Office of Superintendent of Public Instruction, the Washington State Department of Health, the Washington State Department of Social and Health Service's Division of Alcohol and Substance Abuse, and Department of Community, Trade, and Economic Development. The survey is administered every two years. Students answer questions about safety and violence, physical activity and diet, alcohol, tobacco and other drug use, and related risk and protective factors. The information can be used to identify trends in behavior over time. Community agencies and organizations can use the information to guide policy and programs that serve youth.

Depression and Conflict

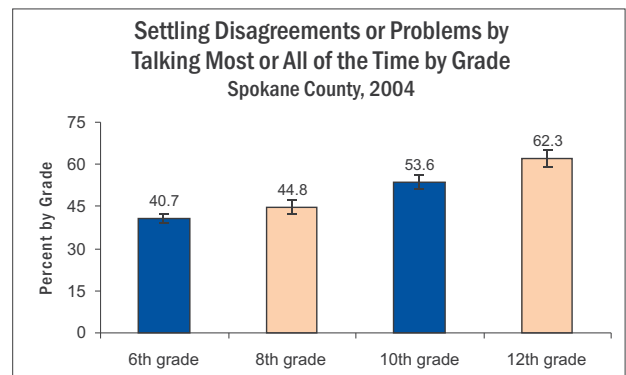
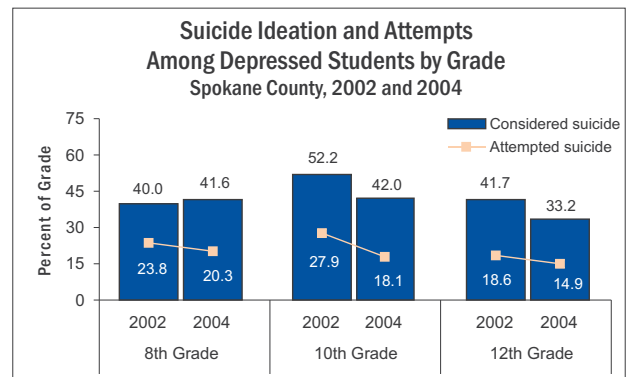
- Nearly a third (31%) of 10th and 12th grade students reported being depressed for two weeks or more.
 - Eighth grade students had a significantly lower proportion reporting depression than older grades (28%).
 - Twelfth graders had a higher proportion reporting depression in 2004 than 2002, other grades were similar.
- Nine out of ten students felt there were people they could turn to for help when feeling sad or hopeless.
- More than a third of students (38%) were somewhat or very unlikely to seek help when feeling depressed or suicidal.
 - Students were more likely to seek help for a friend.



- 13%-21% of students seriously considered attempting suicide with 6th grade having the highest proportion.
- There was no significant difference by grade for reporting having attempted suicide (6%-8%), a change from 2002 when 8th and 10th grade were more likely to report this.
- From 2002 to 2004, there was a significant increase in 6th grade for both considering and attempting suicide.
- Between 27%-35% of students in grades 8, 10, and 12 who attempted suicide needed medical treatment. There was no significant difference by grade or year.

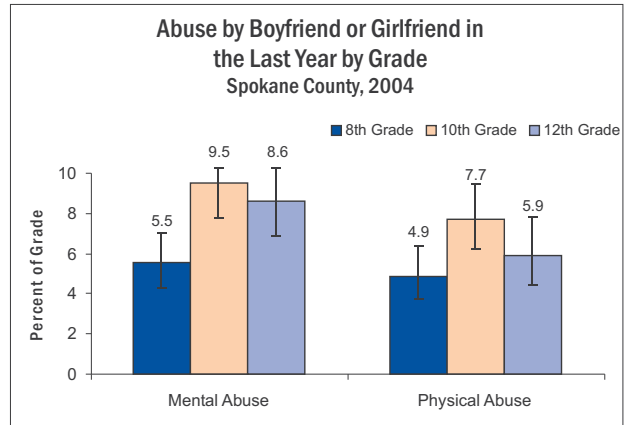


- Among students who reported being depressed for 2 weeks or more, approximately 40% had considered suicide.
 - Less than 20% had attempted suicide, a significant decrease from 2002.
- The proportion of students who work out disagreements or problems by talking about them most or all of the time increased with grade level. The proportion by grade were similar in 2002.



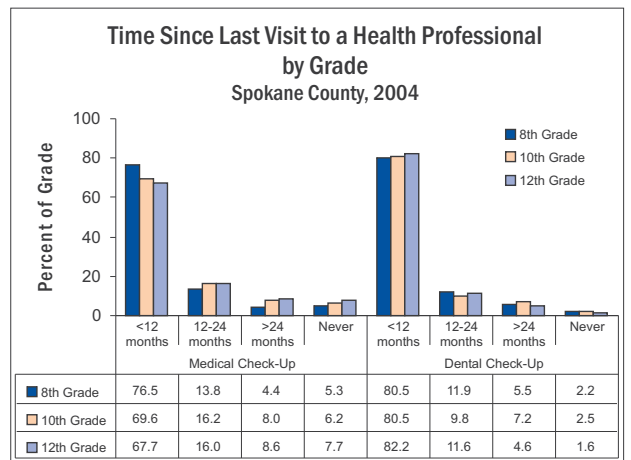
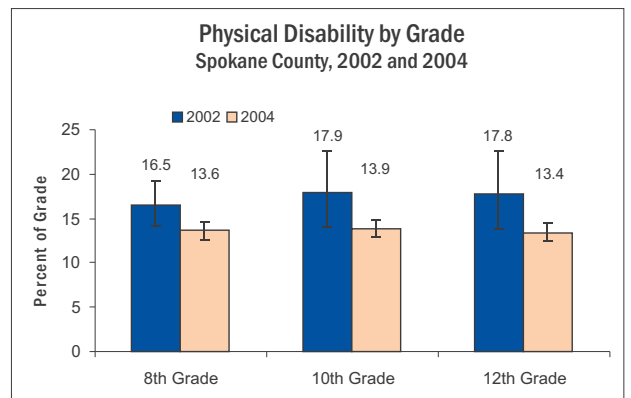
Abuse

- A significantly lower proportion of 8th graders compared to older grades reported having a boyfriend or girlfriend limit activities, threaten them, or make them feel unsafe in the previous 12 months (mental abuse).
- Less than one in ten youth reported purposeful physical abuse from a boyfriend or girlfriend in the last 12 months.
 - There was no significant difference by grade or year.



Health

- Overall, the percent of students reporting a physical disability decreased significantly from 2002 to 2004.
- Approximately 10% of students in each grade reported an emotional or learning disability.
- The majority of students saw a doctor and dentist in the last 12 months for a check-up.
 - Having a medical check-up in the last year decreased significantly with grade.
 - 10%-16% of students had a medical check-up more than two years ago or never.
- Twelve percent of students reported having an asthma attack in the last 12 months.
 - One in five who reported having an asthma attack visited an emergency department or urgent care center in the last year because of their asthma.



Weight, Physical Activity, and Nutrition

- Almost one in 10 students were overweight.
- More than a third of students reported trying to lose weight (37%-43%).
 - When using a weight control measure, the largest percentage of students chose a combination of restricting fat/calories and exercising.
 - Use of unhealthy weight control measures, such as fasting, vomiting, taking diet pills, or laxatives, increased with grade level.
 - Females were twice more likely to use unhealthy weight control measures than males.
- 44% of students spent one hour or less per day watching television, playing video games, or using the computer for fun in 2004, a significant increase from 2002.
- There was no significant change in either vigorous or moderate physical activity from 2002 to 2004.
 - The majority of students (76%) met the recommended level of vigorous physical exercise, 20 minutes three times a week, but the proportion decreased significantly with grade.
 - One third of students met the recommended level of moderate physical exercise, 30 minutes five times a week.
- Only one in five students ate the recommended five or more servings per day of fruits or vegetables. There was no change from 2002.
- The majority of students drank one or less non-diet soda per day. The proportion drinking one or less significantly increased from 2002 to 2004 among 8th, 10th, and 12th graders.

