

Information on school age youth was collected in 2006 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. In Spokane County 13,255 students provided input. The response rates among all grades were high enough that information for these grades was considered representative of Spokane County. Comparisons to 2002 and 2004 were made where appropriate.

### SUBSTANCE USE

In 2006, the proportion of students ever having used alcohol, cigarettes, or marijuana increased significantly by grade level.

#### AMONG 12th GRADERS IN 2006

- 40% had ever smoked a whole cigarette.
- 74% had ever drunk more than a sip of alcohol.
- 47% had ever smoked marijuana.
- From 2002 to 2006, other illegal drug use (not including marijuana) decreased significantly.



In 2006, the proportion of students using alcohol, cigarettes, marijuana or other drugs in the last 30 days increased significantly by grade level.

- 24% smoked a cigarette in the last 30 days.
- 47% drank alcohol in the last 30 days.
- 26% used marijuana in the last 30 days.
- 26% used marijuana in the last 30 days.
- In 2006 cigarette, alcohol, and other drug use was similar to use in 2002 and 2004. Marijuana use in the last 30 days, however, significantly increased.

Figure 1

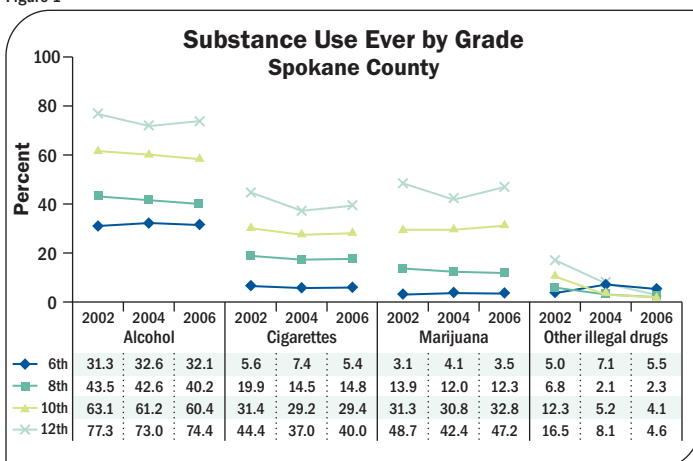
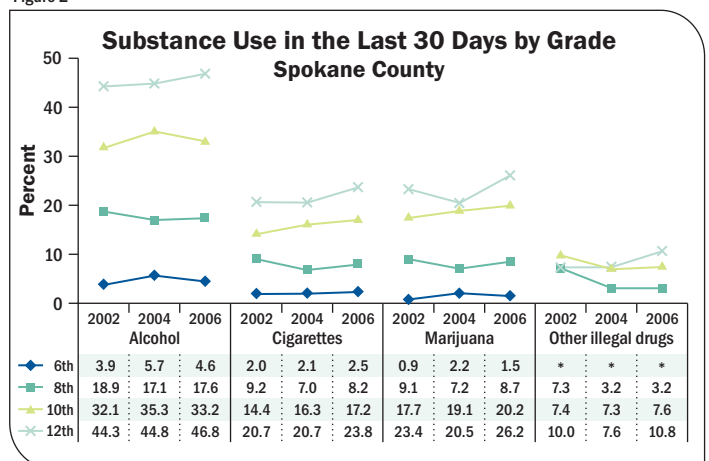


Figure 2



\*Other illegal drugs information is not collected from 6th graders.

## DEPRESSION AND CONFLICT

- In 2006, nearly a third (30%) of 10<sup>th</sup> and 12<sup>th</sup> grade students reported being depressed for two weeks or more in the last year.
  - Eighth grade students had a significantly lower proportion than older grades (25%).
- Nine out of ten 6<sup>th</sup> graders and eight out of ten older students (8<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>) felt there were people they could turn to for help when feeling sad or hopeless in 2006.
- In 2006, four out of ten students (42%) were somewhat or very unlikely to seek help when feeling depressed or suicidal.
  - Students were more likely to seek help for a friend.
- In 2006, 13% to 18% of students seriously considered attempting suicide in the last year with 10<sup>th</sup> grade having the highest proportion.
- There was no significant difference by grade level in 2006 for reporting having attempted suicide in the last year (3%-5%), a change from 2002 when 8<sup>th</sup> and 10<sup>th</sup> grade students were more likely to report this.
- From 2004 to 2006, there was a significant increase in all grades for having someone to turn to when they felt sad or hopeless.
- Between 27%-35% of students in grades 8, 10, and 12 who reported attempting suicide in 2002 or 2004 needed medical treatment. There was no significant difference by grade level or year. This information was not collected in 2006.



Figure 3

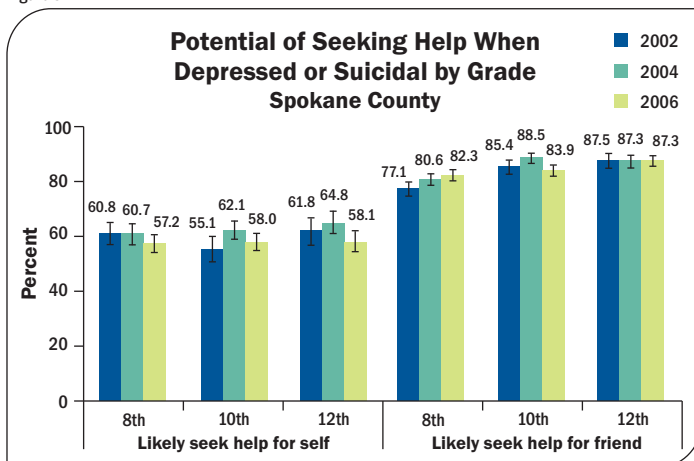
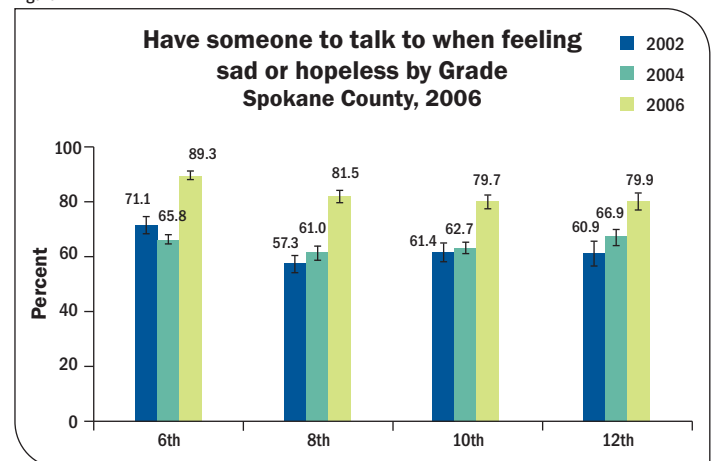


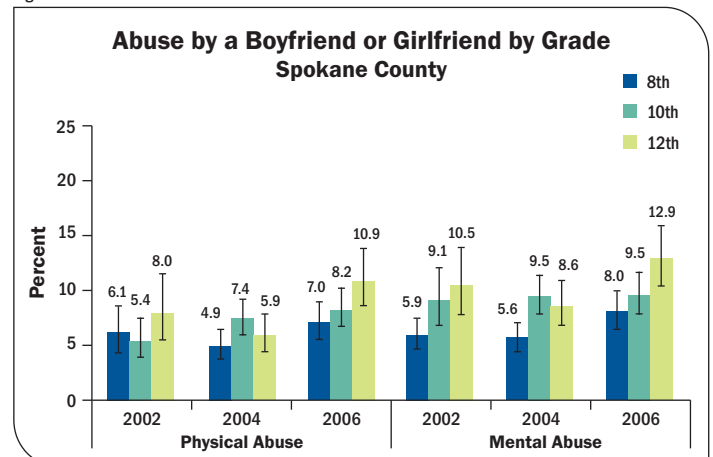
Figure 4



## ABUSE

- The percent of students having been mentally or physically abused by a significant other increased by grade level in 2006.
- In 2006, a significantly lower proportion of 8<sup>th</sup> graders compared to 12<sup>th</sup> graders reported having a boyfriend or girlfriend limit activities, threaten them, or make them feel unsafe in the previous 12 months (mental abuse).
- In 2006, 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 level or year.

Figure 5



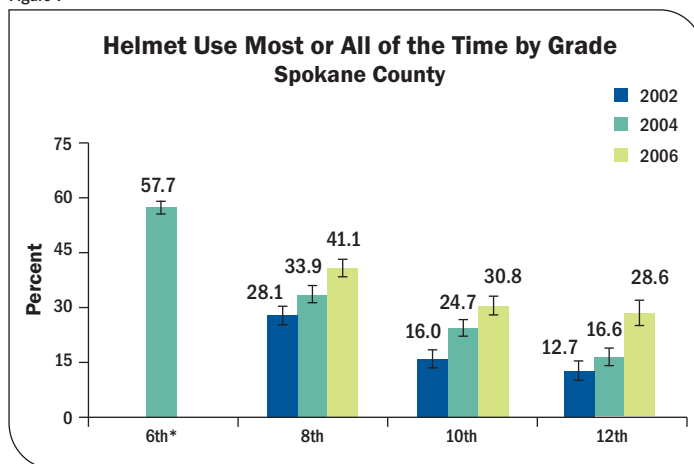
# HEALTH

- In 2002, 2004 and 2006, helmet use among students decreased significantly with increasing grade level.
- However, helmet use increased significantly from 2004 to 2006 in 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders. The sixth grade students were only surveyed in 2004.
- In 2006, the majority of students saw a doctor and dentist in the last 12 months for a check-up.
- There was a significant decrease in the percent of 8<sup>th</sup> and 12<sup>th</sup> graders who had seen a doctor in the last 12 months from 2004 to 2006.
- In 2006, significantly fewer 12<sup>th</sup> graders had been to the dentist in the last year compared to 2004.
- In 2006, 7%-11% of students had seen a dentist and 8-13% had a medical check-up more than two years ago or never.
- In 2006, approximately 15% of students had had an asthma attack in the last 12 months.
- Significantly fewer sixth grade students had an asthma attack than older students in 2006.
- Of those with asthma, approximately 20% went to the emergency room for asthma related complications in 2006.



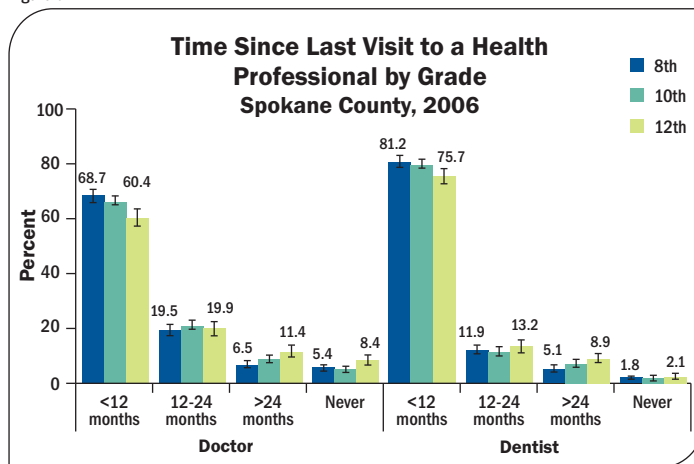
Helmet use among students decreased significantly with increasing age level.

Figure 7



\*Information not collected from 6th graders in 2002 and 2006.

Figure 6



# WEIGHT, PHYSICAL ACTIVITY, AND NUTRITION

- In 2006, almost one in 10 students was overweight.
- In 2006, more than a third of students reported trying to lose weight (36%-40%).
- Among all students, spending one hour or less per day watching television, playing video games, or using the computer for fun increased significantly with increasing grade level in 2006: 19% in 6<sup>th</sup> grade to 49% in 12<sup>th</sup> grade.
- Less than half of students (40-49%) met the recommended level of physical activity of 60 minutes of vigorous and/or moderate exercise per day, five times a week or more in 2006.
  - The proportion decreased with increasing grade level and 10<sup>th</sup> graders were significantly less likely than 8<sup>th</sup> graders to meet the physical activity recommendation.
  - The majority of students (58-82%) met the previously recommended level of vigorous physical exercise- 20 minutes three times a week- but the proportion decreased significantly with grade.
- In 2006, only one in five students ate the recommended five or more servings per day of fruits or vegetables.
  - There was no change from 2002 or 2004.
- In 2006, the majority of students drank one or less non-diet soda per day.
  - The proportion drinking more than one significantly increased from 2004 to 2006 among 8<sup>th</sup> and 10<sup>th</sup> graders reversing the significant decrease seen from 2002 to 2004.



Figure 7

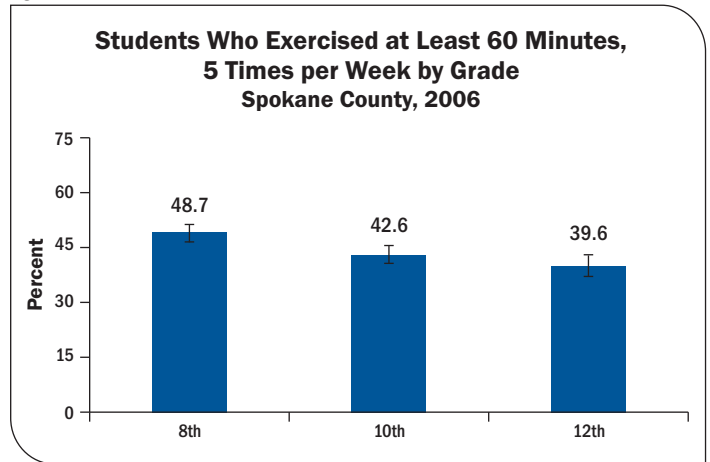


Figure 6

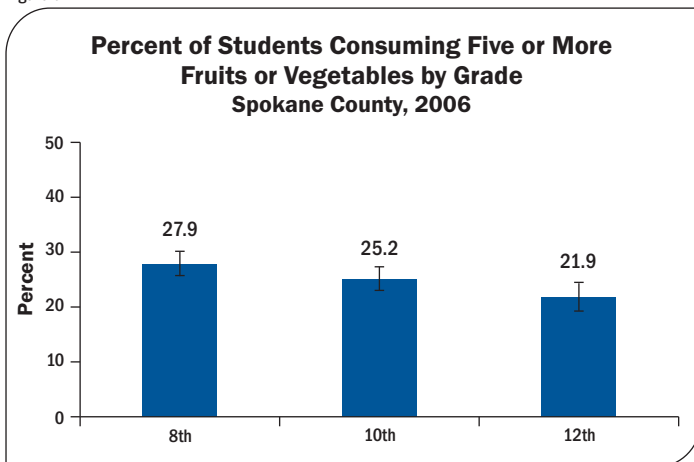
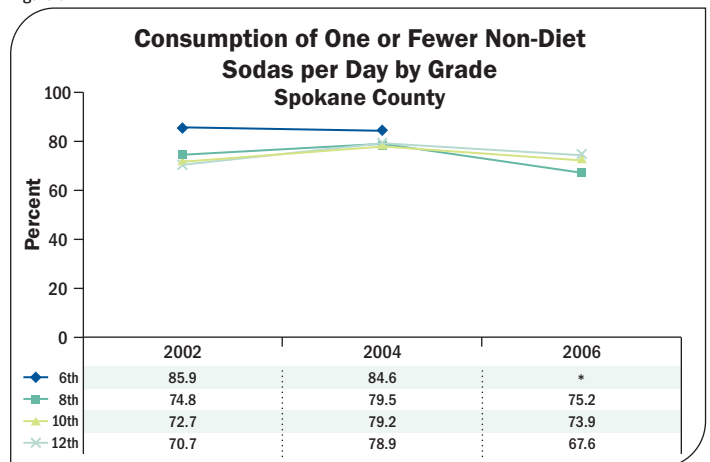


Figure 6



\*Information not collected from 6th graders in 2006.