



Key findings from the 2014 Healthy Youth Survey

In October of every even-numbered year, Seattle Public Schools administers the Washington State funded Healthy Youth Survey to our secondary students. This anonymous survey is used to identify and monitor factors that affect the health and safety of our students. The survey focuses on the major risk behaviors related to the leading causes of mortality and morbidity among both youth and adults including personal safety and violence, mental health, tobacco use, alcohol and other drug use, sexual behavior, and physical activity and nutrition. There is mounting evidence supporting the concept that reducing students' health-risk behaviors can have a positive impact on their academic performance. Seattle Public Schools uses this data to develop, assess, and improve programs that advance the health of our students.

This fact sheet includes key findings from the survey, and comments on the data and changes in risk behaviors from 2010 to 2014. This sheet does not represent all data and full reports can be found at www.seattleschools.org

DRUG USE

Key Findings: Alcohol and other drug use among adolescents has been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior. The use of e-cigarettes/vaporizers has at least tripled for each grade level since 2012. Current alcohol use among 12th graders has dropped from 40% to 35%, while current marijuana use at that grade level is higher than the state average. The most common way that all surveyed grades use marijuana is by smoking it, however eating it is second common among 8th/10th graders and vaporizing it is second common among 12th graders.

Action: SPS addresses student substance use through a strong policy and procedures intended to help students access treatment services, elementary and secondary classroom education, evidence based prevention and intervention programs, drug/alcohol specialists in several schools, and community coalitions aimed at creating systems and environment change.

SEXUAL BEHAVIOR

Key Findings: Early sexual activity is linked to a wide variety of negative life outcomes including unwanted pregnancy, increased rate of sexually transmitted diseases and HIV infections, increased single parenthood, and increased maternal/child poverty. The rates of ever having sexual intercourse have steadily dropped across all grade levels since 2010, with a 50% reduction in 8th grade rates.

Action: SPS is addressing student sexuality by teaching comprehensive sexuality education to students starting in 5th grade and providing district wide professional development to staff. Data is used to identify health disparities and create targeted interventions. SPS coordinates with community agencies to provide guest speakers and special programs, and School Based Health Centers provide reproductive information and health care at our 12 high schools and several alternative and middle schools.

PERSONAL SAFETY AND VIOLENCE

Key Findings: Bullying and harassment create unwelcoming and unsafe schools that produce barriers to student success. Bullying rates have remained steady among high school students since 2010, and 8th grade rates have dropped from 27% in 2012 to 22% in 2014. Overall, SPS bullying rates are lower than state averages. Additionally, in the first year of collecting this data, 26% of 12th graders report recently riding with a driver who had been using marijuana.

Action: SPS is addressing youth safety through classroom education, professional development for teachers and staff, and coordinating with community agencies to provide prevention education, counseling and support to students and families. We have also implemented programs including Second Step and Steps to Respect, Olweus Bullying Prevention program, and student prevention groups.

MENTAL HEALTH

Key Findings: Mental health affects almost every decision an adolescent makes about behavior and is a basic element in the life of every successful teen. Since 2006, there has not been a significant change in the rates of depression among students, but there is a slight upward trend among high school students. According to 2014 data, 8% of 8th grade students attempted suicide in the past year.

Action: SPS addresses the mental health of our students by incorporating lessons on stress management, mental health, and suicide into our Health Education curriculum. School Based Health Centers and community agencies provide mental health services to our students.

PHYSICAL HEALTH

Key Findings: National guidelines recommend that youth engage 60+ minutes of physical activity on most days of the week. 2014 HYS data shows that rates of students getting 60+ minutes of physical activity 5+ days per week decreases as they get older. The American Academy of Pediatrics recommends that children watch no more than 2 hours of TV per day. Rates of watching 3+ hours of TV on an average school day decreased across all grade levels from 2012 to 2014 (no data for 6th grade in 2012).

Action: SPS is addressing the physical health of our students by implementing "Five for Life", a physical education program in all K-12 schools. Nutrition Services highlights Washington-grown foods in our meals, and follows the Institute of Medicine's nutrition standards for school meals through recipe modification with student participation.

Key Findings in SPS Healthy Youth Survey data from 2010 to 2014

| Healthy Youth Survey | SIXTH GRADE | | | EIGHTH GRADE | | | TENTH GRADE | | | TWELFTH GRADE | | |
|--|-------------|------|------|--------------|------|------|-------------|------|------|---------------|------|------|
| | SURVEY YEAR | 2010 | 2012 | 2014 | 2010 | 2012 | 2014 | 2010 | 2012 | 2014 | 2010 | 2012 |
| Personal Safety and Violence | | | | | | | | | | | | |
| Bullied in past month | 26% | 22% | 23% | 26% | 27% | 22% | 18% | 17% | 17% | 13% | 13% | 12% |
| Carried weapon on school property in past month | 3% | 3% | 3% | 6% | 6% | 4% | 6% | 6% | 5% | 7% | 6% | 7% |
| Rode with driver in past month who had been drinking alcohol | -- | -- | 5% | 17% | 15% | 15% | 18% | 18% | 18% | 25% | 20% | 20% |
| Rode with a driver in past month who had been using marijuana | -- | -- | -- | -- | -- | 9% | -- | -- | 18% | -- | -- | 26% |
| Rode with a driver in past month who was texting/emailing | -- | -- | -- | -- | -- | 41% | -- | -- | 48% | -- | -- | 51% |
| Mental Health | | | | | | | | | | | | |
| Were depressed for 2+ weeks in past year | -- | -- | -- | 24% | 23% | 24% | 24% | 26% | 29% | 25% | 26% | 29% |
| Attempted suicide in past year (6th grade lifetime) | 5% | 4% | 4% | 7% | 7% | 8% | 6% | 9% | 9% | 6% | 5% | 7% |
| Drug Use | | | | | | | | | | | | |
| Smoked cigarettes in past month | 1% | 1% | 1% | 5% | 5% | 4% | 10% | 10% | 8% | 15% | 13% | 13% |
| Used electronic cigarette or vape pen in past month | -- | -- | -- | -- | 1% | 7% | -- | 4% | 15% | -- | 5% | 16% |
| Drank alcohol in past month | 4% | 2% | 2% | 13% | 12% | 8% | 26% | 25% | 25% | 40% | 40% | 35% |
| Used marijuana in past month | 2% | 1% | 1% | 10% | 10% | 7% | 22% | 23% | 23% | 30% | 32% | 30% |
| Sexual Behavior | | | | | | | | | | | | |
| Have had sexual intercourse during their lifetime | -- | -- | -- | 16% | 12% | 6% | 29% | 25% | 23% | 51% | 46% | 44% |
| Of those that have had sexual intercourse, used a condom at last intercourse | -- | -- | -- | 60% | 58% | 57% | 61% | 63% | 66% | 54% | 57% | 50% |
| Physical Health | | | | | | | | | | | | |
| Ate fruits and vegetables five or more times per day during past 7 days | -- | -- | -- | -- | 32% | 26% | -- | 29% | 22% | -- | 30% | 24% |
| Engaged in 60+ minutes of physical activity on five or more days per week | -- | -- | 61% | 47% | 49% | 50% | 40% | 43% | 47% | 41% | 40% | 41% |
| Watched 3+ hours of TV per day on an average school day | -- | -- | 13% | 30% | 25% | 20% | 22% | 23% | 19% | 23% | 24% | 18% |

-- Question was not asked