

Information on school age youth is collected every two years using the Healthy Youth Survey. Youth in grades 6, 8, 10, and 12 in participating schools are eligible to complete the survey, but it is not mandatory for youth to participate. In 2008 in Spokane County, 13,353 students provided input. The response rates among all grades were high enough that information for these grades is considered representative of Spokane County.

SUBSTANCE USE *Includes grades 6, 8, 10, 12*

In 2008, the proportion of youth ever having used alcohol, cigarettes, or marijuana increased significantly as grade level increased.

AMONG 10th GRADERS IN 2008:

- 30% had ever smoked a whole cigarette.
- 63% had ever drunk more than a sip of alcohol.
- 32% had ever smoked marijuana.
- From 2002 to 2008, teens who reported ever using marijuana decreased significantly.

Teen who reported ever using marijuana decreased



In 2008, the proportion of youth using alcohol, cigarettes, marijuana, or other illegal drugs in the last 30 days increased significantly as grade level increased.

AMONG 10th GRADERS IN 2008:

- 18% smoked a cigarette in the last 30 days.
- 33% drank alcohol in the last 30 days.
- 22% used marijuana in the last 30 days.
- 8% used other illegal drugs in the last 30 days.
- From 2002 to 2008, current substance use remained stable.

Figure 1

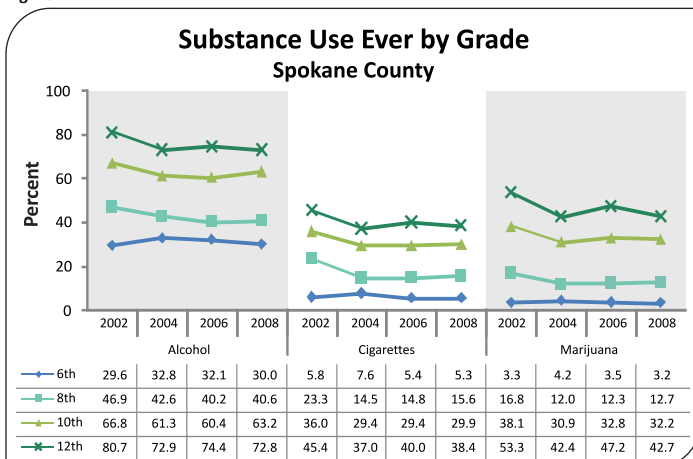
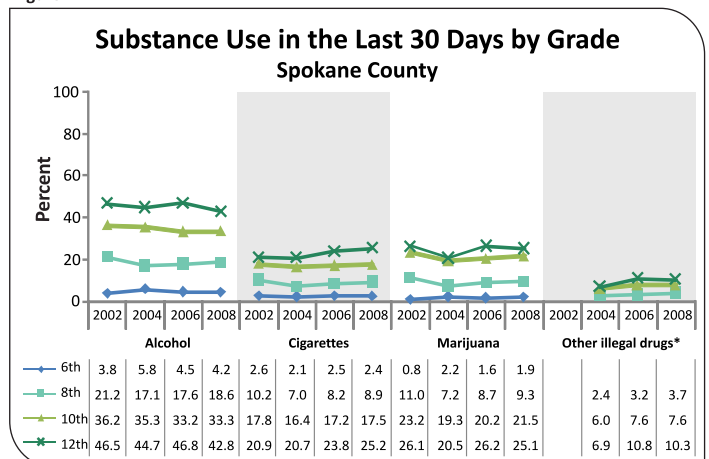


Figure 2



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

DEPRESSION *Includes grades 8, 10, 12*

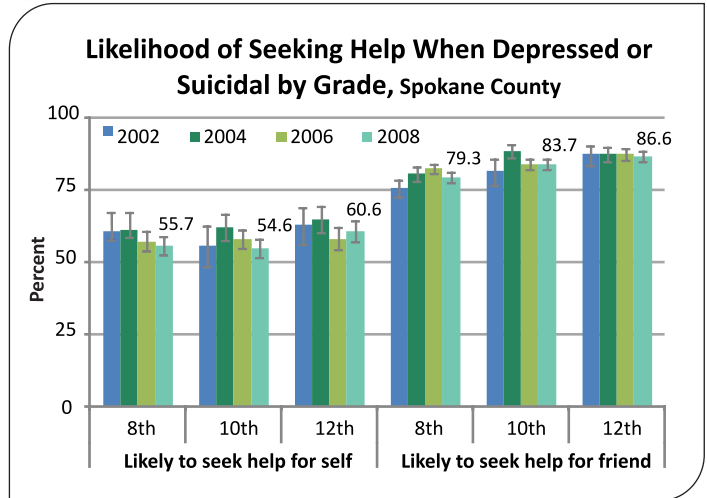
IN 2008:

- 1 in 4 youth reported being depressed for two weeks or more in the last year (26.8%).
- 7 in 10 youth reported that when they felt sad or hopeless there was an adult they could turn to for help. (14% reported there was no adult and 15% were unsure).
- 15% of youth seriously considered attempting suicide in the last year.
 - 10th graders had the highest proportion (18%).
- 7% of youth attempted suicide in the last year.
 - 10th graders had the highest proportion (9%).
- 57% of youth were likely to seek help for themselves if they were feeling depressed or suicidal.
- Youth were more likely to seek help for a friend who they thought might be depressed or suicidal (83%).
 - Seeking help for a friend increased as grade level increased.



A quarter of youth experience depression

Figure 3



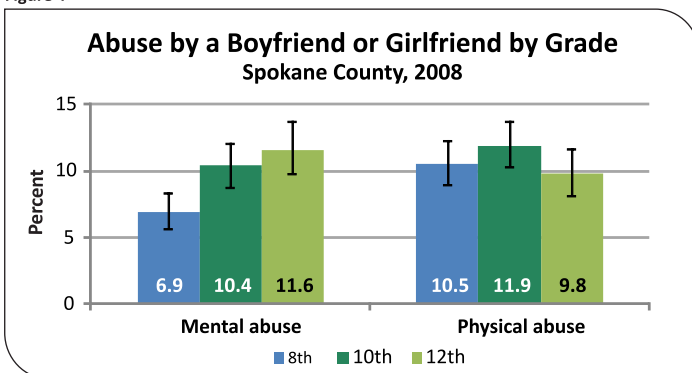
ABUSE *Includes grades 8, 10, 12*

IN 2008:

- 16% of youth reported being mentally or physically abused by a boyfriend or girlfriend in the previous 12 months.
 - Having a boyfriend or girlfriend limit activities, threaten them, or make them feel unsafe (mental abuse) increased as grade level increased.
 - 1 in 10 youth reported purposeful physical abuse from a boyfriend or girlfriend.



Figure 4



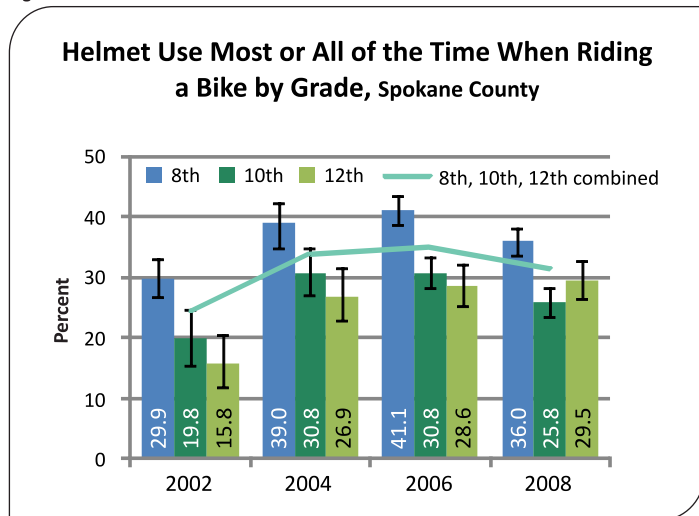
Mental abuse among couples increased as grade level increased

IN 2008:

- Helmet use among youth decreased significantly as grade level increased.
 - Overall, helmet use increased significantly from 2002 to 2008.
- 9% of youth had an asthma attack in the last 12 months.
 - Of those with asthma, approximately 18% went to the emergency room for asthma-related complications.
- 5% of youth have been told by a health professional that they have diabetes.
- The majority of youth saw a doctor and a dentist in the last 12 months for a check-up.
 - 15% of youth had not seen a doctor in more than 2 years.
 - 9% of youth had not seen a dentist in more than 2 years.
 - Seeing a doctor and dentist in the last year decreased significantly as grade level increased.
- More than 1 in 5 youth (22.3%) had either a physical or emotional disability lasting more than 6 months.
 - 14.5% had a physical disability.
 - 10.4% had an emotional disability.
 - 3.5% had both a physical and emotional disability.

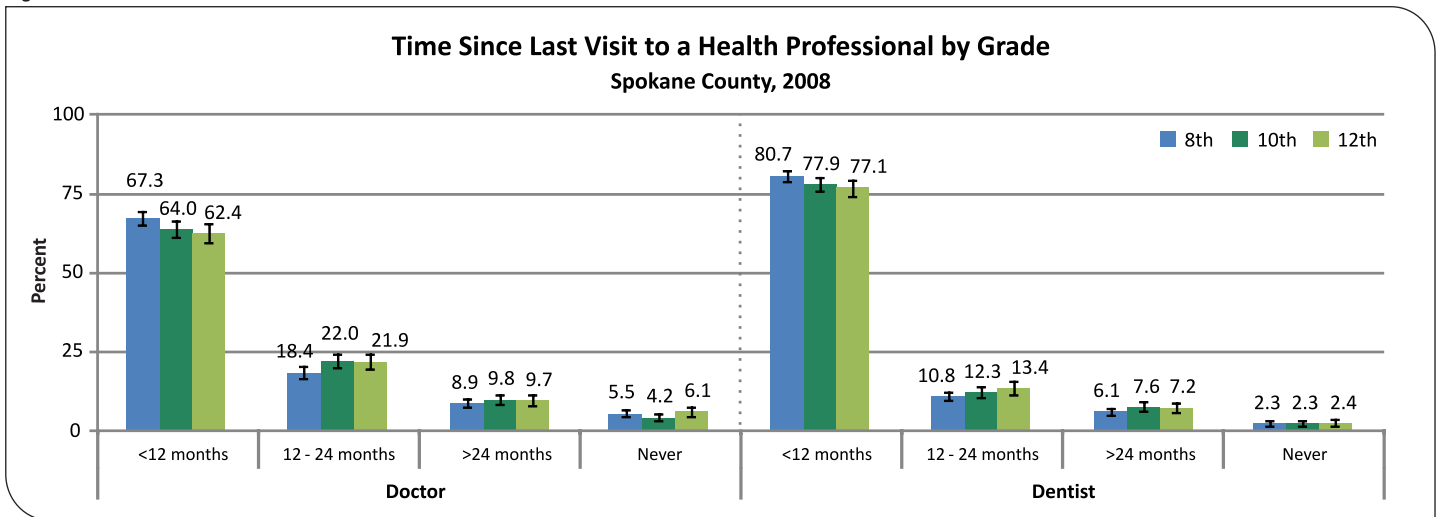


Figure 5



More than 1 in 5 youth have a disability

Figure 6



WEIGHT, PHYSICAL ACTIVITY, AND NUTRITION Includes grades 6, 8, 10, 12

IN 2008:

- 1 in 4 youth was either overweight or obese.
- More than a third of youth reported trying to lose weight (39%).
- 74.1% of 6th grade youth spent two hours or less per day watching television, playing video games, or using the computer.
- Half of 8th, 10th, and 12th grade youth spent two hours or less per day watching television, playing video games, or using the computer.
- Less than one-quarter of youth reported meeting the recommended level of 60 minutes of physical activity per day.
 - The proportion decreased significantly as grade level increased.
 - The proportion significantly increased from 19.9% in 2006.
- Only 24.3% of youth ate the recommended five or more servings per day of fruit and vegetables.
 - There was no difference between grades.
 - The proportion significantly increased from 22.5% in 2002.
- The majority of youth drank one or less non-diet soda per day.
- The proportion of youth drinking more than one non-diet soda per day:
 - increased as grade level increased.
 - significantly decreased since 2002.



Less than 1 in 4 youth get enough exercise

Figure 7

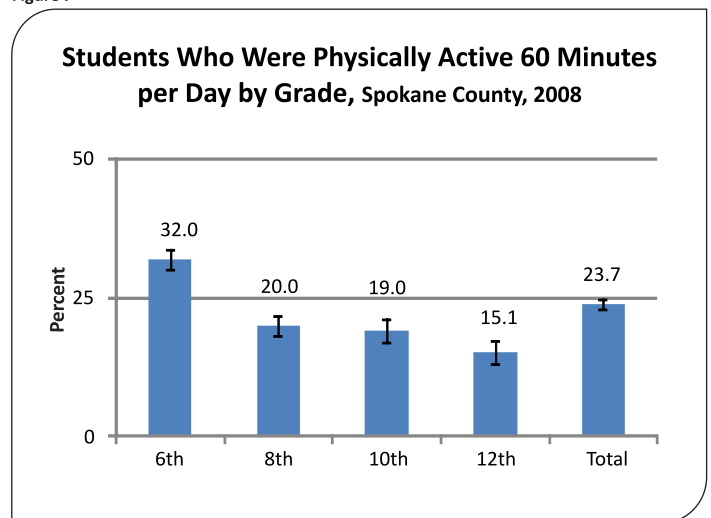


Figure 8

