



To Protect and Promote the Health and the Environment of the People of Kittitas County

September 2010

Dear Teachers & Staff,

Last school year, you received “In Your Classroom” fact sheets highlighting information from the most recent Healthy Youth Survey (HYS 2008). The categories selected for the fact sheets are areas that can put students at academic risk.

You already know that children who are not healthy do not learn to their fullest potential. But now there is evidence that shows the direct link between health risks and academic performance.* The research found that “the more health risks students had, the more likely it was that they also were at academic risk.” The research also found that for every health risk addressed, students’ academic success increased.

Please review the attached “In Your Classroom” fact sheet; addressing even one risk factor in a student will increase the student’s ability to learn.

The Kittitas County Public Health Department has programs that can assist you in your schools.

- Teens Against Tobacco Use (TATU) - addresses substance abuse, specifically tobacco, by providing free trainings for teenagers to become peer educators within their school district. http://www.alaw.org/tobacco_control/youth_prevention
- Shape Up Kittitas County - addresses chronic health conditions and nutrition by assisting school administration and staff with addressing wellness policies and safe route to school issues. <http://www.co.kittitas.wa.us/health/shapeup/>

If you have questions or would like more information, please contact the Kittitas County Public Health Department at 509-962-7515.

Best wishes for a healthy and productive school year!

Health Promotions Team

*“Research Review: School-based Health Interventions and Academic Achievement”
<http://www.k12.wa.us/Communications/PressReleases2009/HealthRisktoGrades.aspx>

Kittitas County 6th Graders In Your Classroom

In a class of 25		
Trying to lose weight	8.8	
Bullied last 30 days	7.8	
Suicide seriously considered	3.2	
Doesn't feel safe at school	2.7	
Drinks alcohol last 30 days	0.5	
Carries a weapon at school last 30 days	0.5	
Smokes marijuana last 30 days	0.4	
Smokes cigarettes last 30 days	0.3	
Chews tobacco last 30 days	0.3	
Works >10 hours per week	n/a	
Depressed last 12 months	n/a	
Overweight	n/a	
Domestic violence injured by partner in past year	n/a	
In a fight at school last 12 months	n/a	
Gang member last 12 months	n/a	
No after-school activities	n/a	
Has low quality of life	n/a	

n/a = data not available

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Three in ten (31.2%) 6th graders report being bullied in the past month, while 10.8% don't feel safe at school.

Kittitas County 8th Graders In Your Classroom

In a class of 25		
Has low quality of life	11.0	
Trying to lose weight	9.8	
Bullied	7.3	
Overweight	5.8	
No after-school activities	5.4	
In a fight at school last 12 months	5.3	
Depressed last 12 months	5.2	
Doesn't feel safe at school	4.5	
Drinks alcohol last 30 days	4.1	
Suicide seriously considered	2.9	
Smokes marijuana (last 30 days)	2.3	
Domestic violence injured by partner in past year	1.9	
Gang member last 12 months	1.6	
Carried a weapon at school last 30 days	1.5	
Works >10 hours per week	1.3	
Smokes cigarettes last 30 days	1.0	
Chews tobacco last 30 days	0.4	

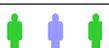
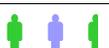
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Two in five (39.2%) 8th graders are trying to lose weight, although only one in five (23.2%) is actually overweight.

Kittitas County 10th Graders In Your Classroom

In a class of 25		
Has low quality of life	13.8	
Trying to lose weight	9.4	
Drinks alcohol last 30 days	8.0	
No after-school activities	6.8	
Depressed last 12 months	6.4	
Overweight	5.2	
Bullied last 30 days	4.7	
Smokes marijuana last 30 days	4.2	
Smokes cigarettes last 30 days	4.0	
Suicide seriously considered	3.6	
Carries a weapon at school last 30 days	3.2	
Works >10 hours per week	2.9	
In a fight at school last 12 months	2.5	
Doesn't feel safe at school	2.4	
Domestic Violence injured by partner in past year	2.0	
Chews tobacco last 30 days	1.9	
Gang member last 12 months	1.2	

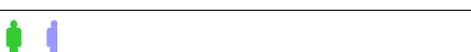
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In the last month, three in ten (32.0%) high school sophomores drank alcohol and nearly one in five (16.8%) smoked marijuana.

Kittitas County 12th Graders In Your Classroom

In a class of 25	
Drinks alcohol last 30 days 12.0	
Has low quality of life 11.6	
Trying to lose weight 10.3	
No after-school activities 10.3	
Works >10 hours per week 8.3	
Smokes marijuana last 30 days 7.7	
Depressed last 12 months 6.8	
Smokes cigarettes last 30 days 6.8	
Overweight 5.0	
Bullied last 30 days 4.1	
Carries a weapon at school last 30 days 3.9	
Chews tobacco last 30 days 3.6	
Suicide seriously considered 3.2	
Doesn't feel safe at school 2.6	
In a fight at school last 12 months 2.5	
Domestic Violence injured by partner in past year 2.3	
Gang member last 12 months 1.6	

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In the last month, nearly one of two (48.0%) high school seniors drank alcohol and three in ten (30.8%) smoked marijuana.