



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

October 2015

Dear Teachers & Staff,

The Kittitas County Public Health Department (KCPHD) has been distributing the attached “In Your Classroom” fact sheets for nearly a decade. We understand that our school districts care about student wellbeing and work hard to help students succeed. The attached fact sheets contain data from the most recent Healthy Youth Survey (HYS) conducted in 2014 and provide teachers and staff with a quick visual reference of what students are reporting in the HYS.

Please review the attached informational sheets. The categories selected for the fact sheets are areas that can put students at academic risk. Research has found that “the more health risks students had, the more likely it was that they were also at academic risk.” The research also found that for every health risk addressed, students’ academic success increased. \*\*

KCPHD is happy to provide additional copies of the datasheets as well as provide datasheets from previous years, which are available on our website at <http://www.co.kittitas.wa.us/health/default.aspx> . If you have questions, would like more information, or if you have feedback please contact the Kittitas County Public Health Department at 509-962-7515.

Sincerely,

A handwritten signature in black ink that reads 'Robin Read'.

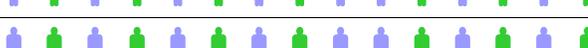
Robin Read, Administrator

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



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# Kittitas County 6th Graders In Your Classroom

<b>In a class of 25</b>		
Participates in after-school activities	18	
Physically Active 60+ Min 5 days a week	18	
Teachers tell them they are doing a good job	17	
Has a safe adult they can talk to if they are in trouble	16	
Enjoyed being at school	15	
Was a victim of bullying	9	
Was in a physical fight In the past 12 mos.	6	
Skipped school	5	
Did not eat breakfast	4	
Thought about suicide	3	
Doesn't feel safe at school	2	
Carries a weapon at school last 30 days	1	
Drinks alcohol last 30 days	1	
Smokes cigarettes last 30 days	0	
Smokes marijuana last 30 days	0	
Chews tobacco last 30 days	0	
Smokes E-cigs or Vapes	0	

n/a = data not available

**Published by:**  
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Roughly three in ten (35%) of all Kittitas County 6th graders report being bullied in the past month.

# Kittitas County 8th Graders In Your Classroom

<b>In a class of 25</b>		
<b>Sleeps less than 8 hours a night</b>	9	
<b>Have been bullied</b>	8	
<b>No after-school activities</b>	8	
<b>Depressed</b> last 12 months	7	
<b>Overweight or obese</b>	5	
<b>Skipped school</b> last four weeks	5	
<b>In a physical fight</b> Last 12 mos.	5	
<b>Doesn't feel safe at school</b>	4	
<b>Has a low quality of life</b> based on several questions	4	
<b>Suicide</b> seriously considered	3	
<b>Drinks alcohol</b> last 30 days	2	
<b>Smokes marijuana</b> last 30 days	2	
<b>Smokes E-Cigs or Vapes</b>	2	
<b>Carried a weapon at school</b> last 30 days	1	
<b>Smokes cigarettes</b> last 30 days	1	
<b>Chews Tobacco</b>	0	
<b>Has had sexual intercourse</b>	0	

n/a = data not available

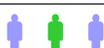
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Statewide, 8th graders who don't feel safe at school are more likely to report lower grades in school (C's, D's or F's) compared to those who feel safe.

# Kittitas County 10th Graders In Your Classroom

<b>In a class of 25</b>		
<b>Depressed</b> last 12 months	9	
<b>No after-school activities</b>	8	
<b>Has had sexual intercourse</b> at any time	8	
<b>Has low quality of life</b> based on several questions	8	
<b>Bullied</b> last 30 days	7	
<b>Suicide</b> seriously considered	6	
<b>In a fight at school</b> last 12 months	6	
<b>Overweight or obese</b>	5	
<b>Smokes marijuana</b> last 30 days	5	
<b>Skipped school</b> last four weeks	5	
<b>Drinks alcohol</b> last 30 days	5	
<b>Engaged in binge drinking</b> In the past 2 weeks	4	
<b>Doesn't feel safe at school</b>	4	
<b>Smokes E-cigs or vapes</b>	4	
<b>Carried a weapon at school</b>	3	
<b>Smokes cigarettes</b> last 30 days	2	
<b>Chews tobacco</b> last 30 days	2	

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In the last month, one in five (19%) high school sophomores drank alcohol and one in five (20%) smoked marijuana.

# Kittitas County 12th Graders In Your Classroom

<b>In a class of 25</b>		
<b>Has had sexual intercourse</b>	12	
<b>Smokes E-cigs or Vapes</b>	8	
<b>Drinks alcohol</b> last 30 days	8	
<b>Depressed</b> last 12 months	7	
<b>Skipped school</b> last four weeks	7	
<b>Smokes marijuana</b> last 30 days	7	
<b>Overweight or Obese</b>	6	
<b>Engaged in binge drinking</b> In the past 2 weeks	6	
<b>In a fight at school</b> last 12 months	5	
<b>Has low quality of life</b> based on several questions	5	
<b>In a fight at school</b> last 12 months	5	
<b>Bullied</b> last 30 days	5	
<b>Identifies as Bisexual, Gay or Lesbian</b>	4	
<b>Chews tobacco</b> last 30 days	4	
<b>Suicide</b> seriously considered	3	
<b>Carried a weapon at school</b> last 30 days	3	
<b>Smokes cigarettes</b> last 30 days	3	

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Almost half of Kittitas County Seniors (46%) report that they have had sexual intercourse at some point in their life.