



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

September 2014

Dear Teachers & Staff,

Every school year, since 2007, The Kittitas County Public Health Department (KCPHD) has distributed “In Your Classroom” fact sheets. The fact sheets provide a quick reference about what your students are reporting from the Healthy Youth Survey. The fact sheets are from the most recent Healthy Youth Survey, conducted in October 2012\*.

The categories selected for the fact sheets are areas that can put students at academic risk. Research 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. \*\*

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

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

\* 6th and 8th grade data is from 2010.

\*\*“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		
<b>Bullied</b> last 30 days	7.2	
<b>Skipped school</b> last four weeks	3.3	
<b>Doesn't feel safe at school</b>	3.2	
<b>Suicide</b> seriously considered	1.8	
<b>Carries a weapon at school</b> last 30 days	0.7	
<b>Drinks alcohol</b> last 30 days	0.6	
<b>Smokes cigarettes</b> last 30 days	0.3	
<b>Smokes marijuana</b> last 30 days	0.2	
<b>Chews tobacco</b> last 30 days	0.2	
<b>Trying to lose weight</b>	n/a	
<b>Depressed</b> last 12 months	n/a	
<b>Overweight</b>	n/a	
<b>In a fight at school</b> last 12 months	n/a	
<b>Has had sexual intercourse</b> at any time	n/a	
<b>Works &gt;10 hours per week</b>	n/a	
<b>No after-school activities</b>	n/a	
<b>Has low quality of life</b> based on several questions	n/a	

n/a = data not available

**Published by:**  
Kittitas County Public Health Department  
507 N Nanum Street, Suite 102  
Ellensburg, WA 98926



\* Data set from 2010 HYS

**Questions?**  
(509) 962-7515  
healthpromotion@co.kittitas.wa.us  
www.co.kittitas.wa.us/health

Three in ten (28.8%) 6th graders report being bullied in the past month, and 12.9% don't feel safe at school.

# Kittitas County 8th Graders In Your Classroom\*

In a class of 25		
Has low quality of life based on several questions	10.0	
Trying to lose weight	9.7	
Bullied	7.7	
Overweight	6.9	
Depressed last 12 months	6.6	
No after-school activities	5.7	
Suicide seriously considered	3.7	
Doesn't feel safe at school	3.3	
In a fight at school last 12 months	2.8	
Drinks alcohol last 30 days	2.6	
Skipped school last four weeks	2.6	
Smokes marijuana last 30 days	2.0	
Carried a weapon at school last 30 days	1.6	
Works >10 hours per week	1.2	
Smokes cigarettes last 30 days	1.0	
Chews tobacco last 30 days	0.7	
Has had sexual intercourse at any time	n/a	

n/a = data not available

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Two in five (38.7%) 8th graders are trying to lose weight, although only one in four (27.6%) is actually overweight.

# Kittitas County 10th Graders In Your Classroom

<b>In a class of 25</b>		
Trying to lose weight	10.5	
No after-school activities	7.8	
Drinks alcohol last 30 days	6.8	
Depressed last 12 months	6.5	
Bullied last 30 days	6.5	
Has had sexual intercourse at any time	6.0	
Overweight	5.5	
Smokes marijuana last 30 days	4.3	
Suicide seriously considered	3.8	
Has low quality of life based on several questions	3.3	
Engaged in binge drinking In the past 2 weeks	3.0	
Skipped school last four weeks	3.0	
Doesn't feel safe at school	3.0	
Smokes cigarettes last 30 days	1.9	
Chews tobacco last 30 days	1.8	
In a fight at school last 12 months	1.5	
Carries a weapon at school last 30 days	1.5	


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In the last month, almost three in ten (26%) high school sophomores drank alcohol and one in five (17%) smoked marijuana.

# Kittitas County 12th Graders In Your Classroom

<b>In a class of 25</b>		
<b>Has had sexual intercourse</b> at any time	16.5	
<b>Drinks alcohol</b> last 30 days	10.8	
<b>Trying to lose weight</b>	9.0	
<b>No after-school activities</b>	8.0	
<b>Skipped school</b> last four weeks	8.0	
<b>Depressed</b> last 12 months	7.3	
<b>Smokes marijuana</b> last 30 days	6.9	
<b>Has low quality of life</b> based on several questions	5.9	
<b>Engaged in binge drinking</b> In the past 2 weeks	5.5	
<b>Overweight</b>	5.3	
<b>Suicide</b> seriously considered	4.9	
<b>Bullied</b> last 30 days	4.5	
<b>Smokes cigarettes</b> last 30 days	3.5	
<b>Doesn't feel safe at school</b>	3.4	
<b>Chews tobacco</b> last 30 days	3.1	
<b>Carries a weapon at school</b> last 30 days	2.3	
<b>In a fight at school</b> last 12 months	1.1	

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In the last month, four in ten (43%) high school seniors drank alcohol and one in four (28%) smoked marijuana.