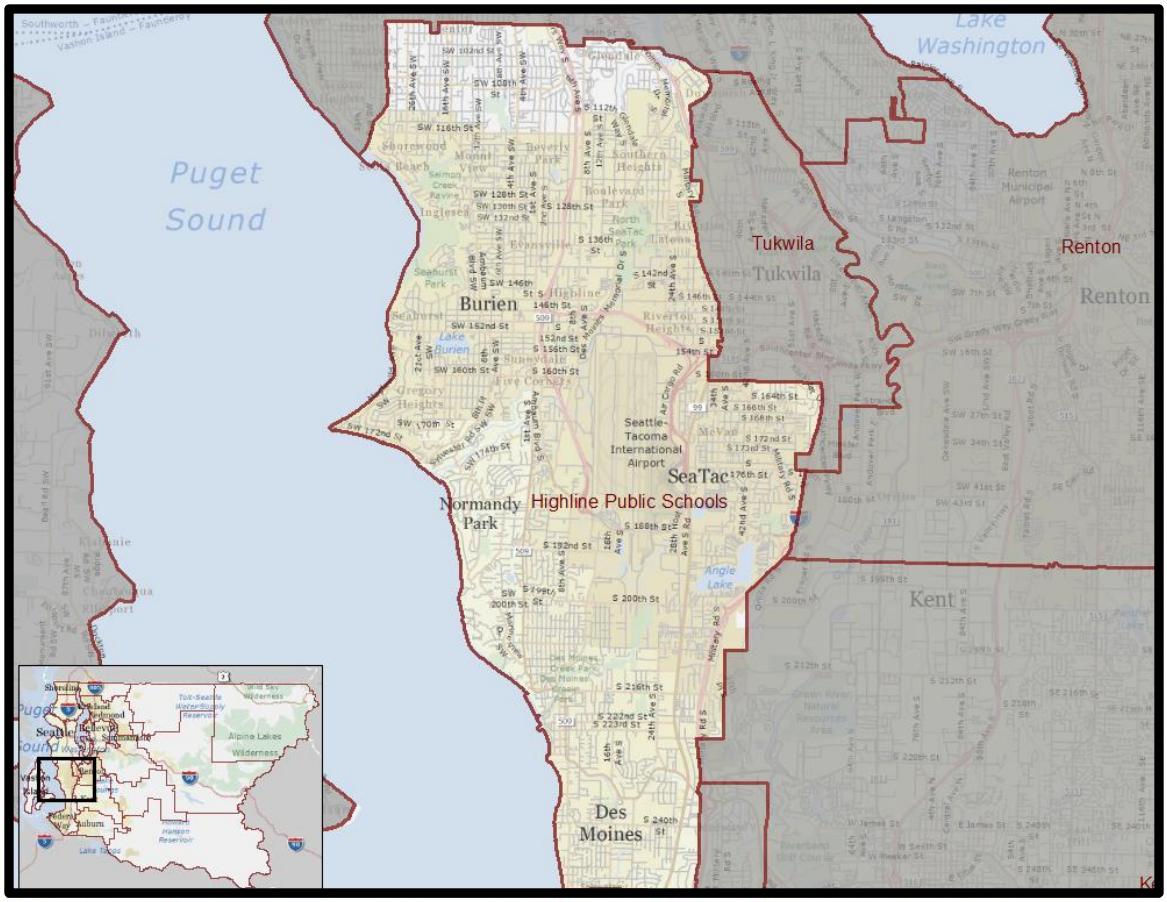
Public Health
Seattle & King County

Highline Public Schools Health Profile
King County, Washington
(HYS 2012)



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Introduction

The Healthy Youth Survey (HYS) is a collaborative effort of the Office of the Superintendent of Public Instruction, the Department of Health, the Department of Social and Health Service's Division of Behavioral Health and Recovery, the Department of Commerce, and the Liquor Control Board.

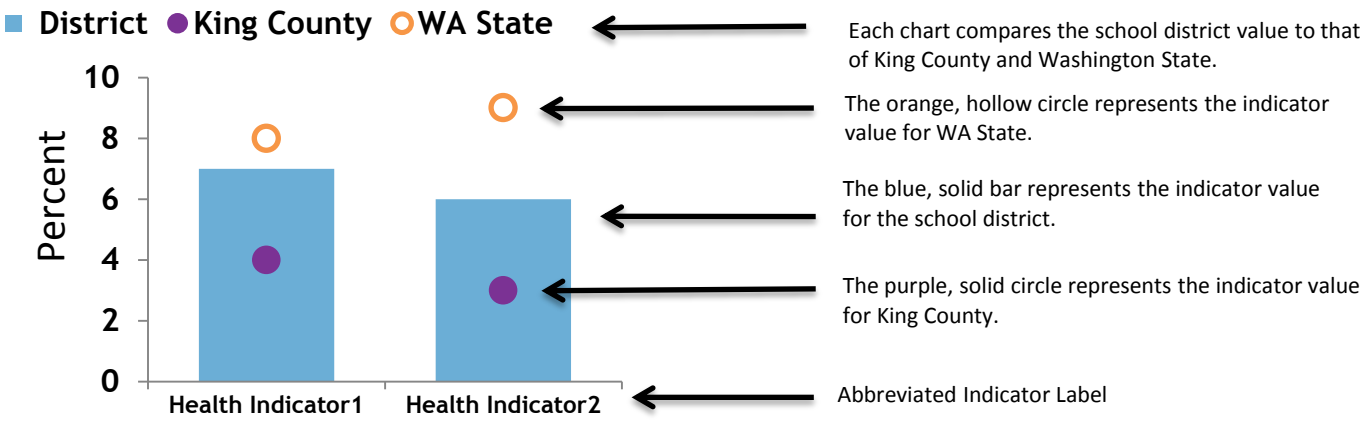
The survey provides important information about youth in Washington State. The Information from HYS is used to guide policy and programs that serve youth and to identify trends in the patterns of behavior over time. In October of even-numbered years, since 2002, students in grades 6, 8, 10, and 12 answered questions about safety and violence, physical activity and diet, alcohol, tobacco and other drug use, and related risk and protective factors.

This School District Health Profile, developed by Public Health in collaboration with school districts, summarizes HYS data to provide information on key health indicators and their determinants. It combines all grades for which the question is asked for 2012 point estimates (see pages 3-9) and stratifies by 8th graders and 10th and 12 graders combined for point estimates from 2004-2012 (see page 10). Comparisons for statistically significant differences between 2010 and 2012 estimates are also included (see page 11). Responses are weighted to district level enrollment by gender and grade level to ensure data were representative of all students in the district within the sampled grades.

The purpose of the report is to inform school policy-makers, health and wellness planners, and the public about student health at the district level. In this series of school district health profiles, King County is divided into 19 school districts. For each of the 19 school districts, the report includes five sections:

- Demographics of survey respondents
- Obesity, physical activity and dietary behavior
- Mental health, personal safety and violence
- Alcohol, tobacco and other drug use and secondhand smoke exposure
- District specific indicators of special interest

For each section, data are presented in a chart and a table. Below is a description on how to read the chart.



The table under each chart has more complete labels for the indicators in the chart. It also contains the actual indicator value for the school district. The table specifies whether or not the health indicator rate for the school district is significantly higher (↑), significantly lower (↓), or not different (-) from the King County point estimates based on overlapping confidence intervals. Additional tables provide within district comparisons by socio-economic status and race/ethnicity.

This report is produced by the Assessment, Policy Development & Evaluation Unit at Public Health – Seattle & King County. For more information and update alerts, please visit http://www.kingcounty.gov/healthservices/health/data.aspx *or contact* data.request@kingcounty.gov

Demographics of HYS (2012) Respondents

	Highline		King County[1]	WA State[1]
Total 2012 Respondents	**n=3,315**		**n=51,943**	**n=33,270**
Demographic	Total	%[1]	%	%
Age (years)				
<=12	17	0.6	0.6	0.6
13-14	926	32.3	32.4	40.4
15-16	811	33.9	33.1	33.3
17-18	588	31.6	33	25.3
19+	32	1.7	0.8	0.5
Race/ethnicity				
White, NH[2]	786	24.4	45.6	52.6
Black, NH	309	9.5	7.4	4.0
Hispanic/Hispanic	869	26.3	10.5	15.0
American Indian/Alaska Native (AIAN), NH	61	1.8	1.7	3.5
Asian, NH	537	16.5	17.1	7.7
Native Hawaiian/Pacific Islander (NHPI), NH	165	4.9	2.3	1.6
Other (Includes multiracial)	557	16.5	15.4	15.7
Grade				
6	940	25.0	24.6	24.7
8	932	24.3	24.5	30.7
10	833	26.0	25.2	25.2
12	610	24.7	25.7	19.4
Gender				
Male	1,689	52.3	51.7	49.3
Female	1,626	47.7	48.3	50.7
Language				
Non-English speaking at home[3]	903	41.2	25.1	19.3
Socio-economic status (SES)[4]				
Lower SES	882	54.3	29.3	36.5
Moderate-higher SES	752	45.7	70.7	63.5

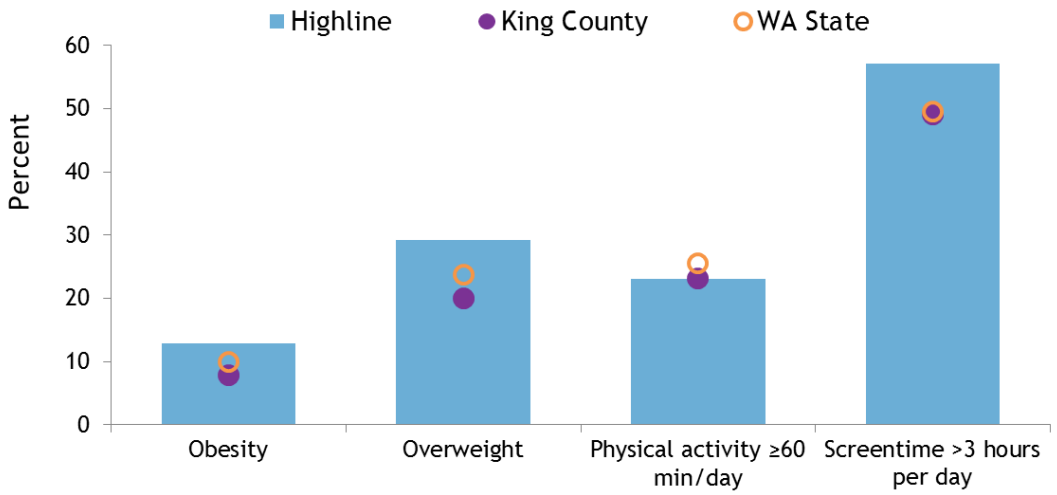
[1]King County respondents include all HYS 2012 voluntary and required participants; WA State respondents include only required HYS participants. All percentages for district, King County and WA presented are those with which survey weights have been applied.
[2]NH=non-Hispanic.
[3]Speaking a language other than English at home.
[4]Level of completed education by the student's mother is a proxy measure for SES. "Lower SES" corresponds to no post-high school maternal education and "moderate - higher SES" if maternal education includes any post-high school education.

Non-English languages spoken at home reported by Highline HYS (2012) respondents grades 8, 10 & 12

Language	N	% [1]
Spanish	481	21.6
Chinese	16	0.8
Vietnamese	120	5.6
Russian	21	1.0
Korean	4	0.2
Japanese	2	0.1
Ukrainian	10	0.5
Other (not specified)	249	11.5

Obesity and Physical Activity

Obesity prevention and reduction remain a key focus area of school health and wellness programming. Children and adolescents who are obese are likely to be obese as adults and are therefore more at risk for adult health problems. Self-reported height and weight of students in grade 8, 10 and 12 are used to calculate body mass index (BMI). Obesity is defined as a BMI-for-age-and-gender ≥ 95th percentile. To promote health and prevent obesity, national guidelines recommend that youth engage in 60+ minutes of physical activity on most days of the week.



By school district, King County (KC) and state (WA)	Highline (HYS 2012)		KC	WA
Indicator	%	Highline vs. KC	%	%
Obesity (top 5% BMI for age/gender)	13	↑	8	10
Overweight or obese (top 15% BMI for age/gender)	29	↑	20	24
Physical activity ≥60 min/day[1]	23	-	23	26
Screen time >3 hours per day	57	↑	49	50

↓Significantly lower than King County
- No difference
↑Significantly higher than King County

By socio-economic status (SES)	Highline (HYS 2012)		
Indicator	Low SES %	Low vs. Mod/High	Moderate/High SE %
Obesity (top 5% BMI for age/gender)	15	-	12
Overweight or obese (top 15% BMI for age/gender)	31	-	29
Physical activity ≥60 min/day[1]	17	↓	20
Screen time >3 hours per day	57	-	53

↓Significantly lower than Mod/High SES
- No difference
↑Significantly higher than Mod/High SES

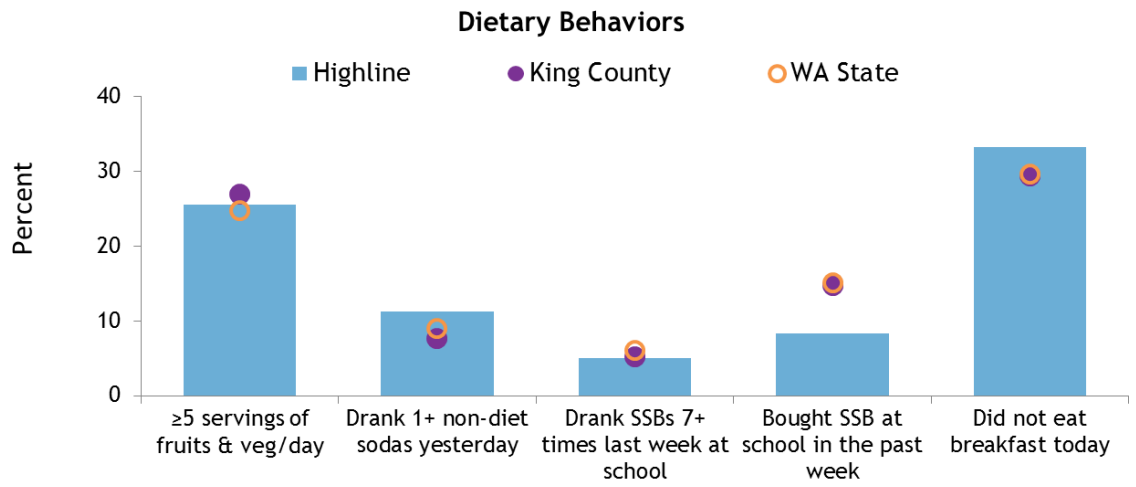
By race[2]	Highline (HYS 2012)						
Indicator	Asian %	AIAN %	Black %	Hispanic %	NHPI %	White %	Other %
Obesity (top 5% BMI for age/gender)	10	5	13	13	43	12	12
Overweight or obese (top 15% BM for age/gender)	22	16	30	32	64	28	28
Physical activity ≥60 min/day[1]	16	26	3	20	29	25	24
Screen time >3 hours per day	63	52	51	62	55	51	59

[1]Indicator includes 6th grade respondents. Not all questionnaire items were included in the 6th grade version

[2]AIAN=American Indian/Alaska Native; NHPI=Native Hawaiian/Pacific Islander; Hispanic considered as a separate group and not included in any other group. Race/ethnicity categories may have a small number of respondents (see Demographic Table on page 3); estimates should be interpreted with caution.

Dietary Behaviors

Healthy lifestyle habits, including healthy eating, can lower the risk of becoming obese and developing related diseases. Schools play a particularly critical role by establishing a safe and supportive environment with policies and practices that support healthy behaviors, including reducing consumption of sugary sweetened beverages (SSBs). Schools also provide opportunities for students to learn about and practice healthy eating and physical activity behaviors.



By school district, King County (KC) and state (WA)	Highline (HYS 2012)		KC	WA
Indicator	%	Highline vs. KC	%	%
≥5 servings of fruits & veg/day	26	-	27	25
Drank 1+ non-diet sodas yesterday[1]	11	↑	8	9
Drank SSBs 7+ times last week at school	5	-	5	6
Bought SSB at school in the past week	8	↓	15	15
Did not eat breakfast today[1]	26	-	27	25

↓Significantly lower than King County
- No difference
↑Significantly higher than King County

By socio-economic status (SES)	Highline (HYS 2012)		
Indicator	Low SES %	Low vs. Mod/High	Moderate/High SES %
≥5 servings of fruits & veg/day	23	↓	35
Drank 1+ non-diet sodas yesterday[1]	17	-	13
Drank SSBs 7+ times last week at school	10	-	6
Bought SSB at school in the past week	13	-	12
Did not eat breakfast today[1]	52	↑	37

↓Significantly lower than Mod/High SES
- No difference
↑Significantly higher than Mod/High SES

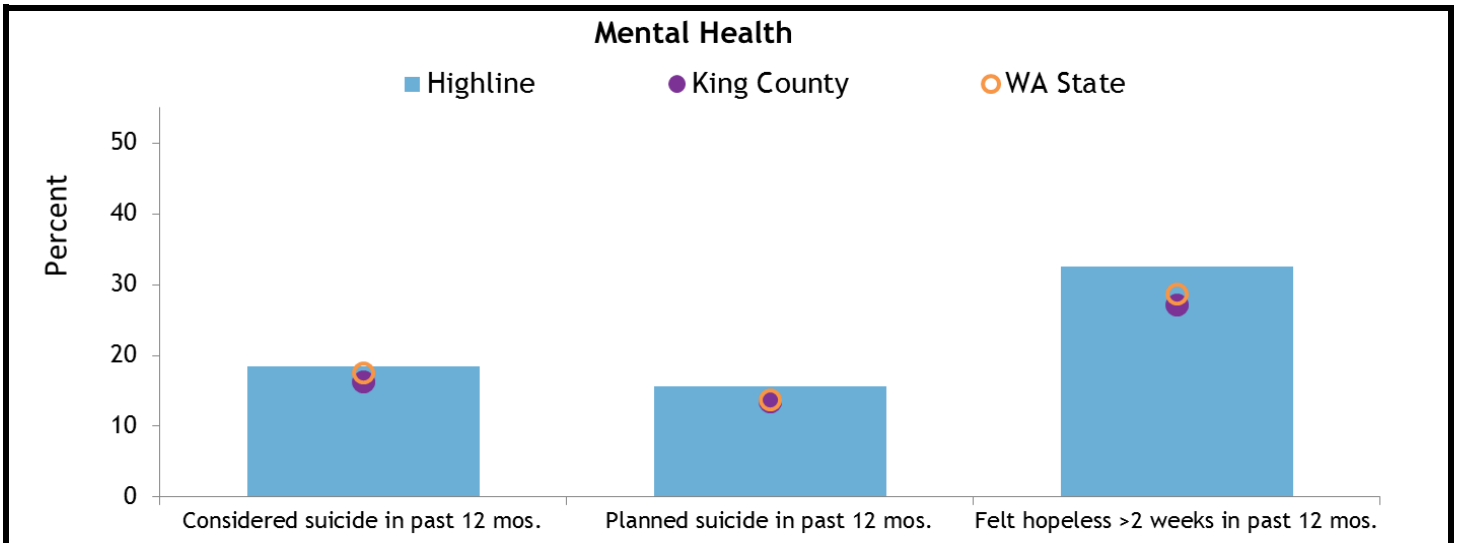
By race[2]	Highline (HYS 2012)						
Indicator	Asian %	AIAN %	Black %	Hispanic %	NHPI %	White %	Other %
≥5 servings of fruits & veg/day	23	20	29	29	29	24	23
Drank 1+ non-diet sodas yesterday[1]		22	13	12	13	12	11
Drank SSBs 7+ times last week at school	4	5	4	6	17	3	6
Bought SSB at school in the past week	9	4	10	9	11	7	8
Did not eat breakfast today[1]	34	41	35	37	37	30	30

[1]Indicator includes 6th grade respondents. Not all questionnaire items were included in the 6th grade version

[2]AIAN=American Indian/Alaska Native; NHPI=Native Hawaiian/Pacific Islander; Hispanic considered as a separate group and not included in any other group. Race/ethnicity categories may have a small number of respondents (see Demographic Table on page 3); estimates should be interpreted with caution.

Mental Health

Mental health is important to overall health. Mental disorders are chronic health conditions that can continue throughout the lifespan. Without early diagnosis and treatment, youth with mental disorders can have problems at home, in school, and in forming friendships. This can also interfere with their healthy development, and these problems can continue into adulthood. Suicide (i.e., taking one's own life) is a serious public health problem that affects even young people. For youth between the ages of 10 and 24, suicide is the third leading cause of death. Suicide affects all youth, but some groups are at higher risk than others.



By school district, King County (KC) and state (WA)	Highline (HYS 2012)		KC	WA
Indicator	%	Highline vs. KC	%	%
Considered suicide in past 12 mos.	19	-	16	18
Planned suicide in past 12 mos.	16	-	14	14
Felt hopeless >2 weeks in past 12 mos.	33	↑	27	29

↓Significantly lower than King County
- No difference
↑Significantly higher than King County

By socio-economic status (SES)	Highline (HYS 2012)		
Indicator	Low SES %	Low vs. Mod/High	Moderate/High SES %
Considered suicide in past 12 mos.	18	↑	14
Planned suicide in past 12 mos.	14	-	11
Felt hopeless >2 weeks in past 12 mos.	35	↑	27

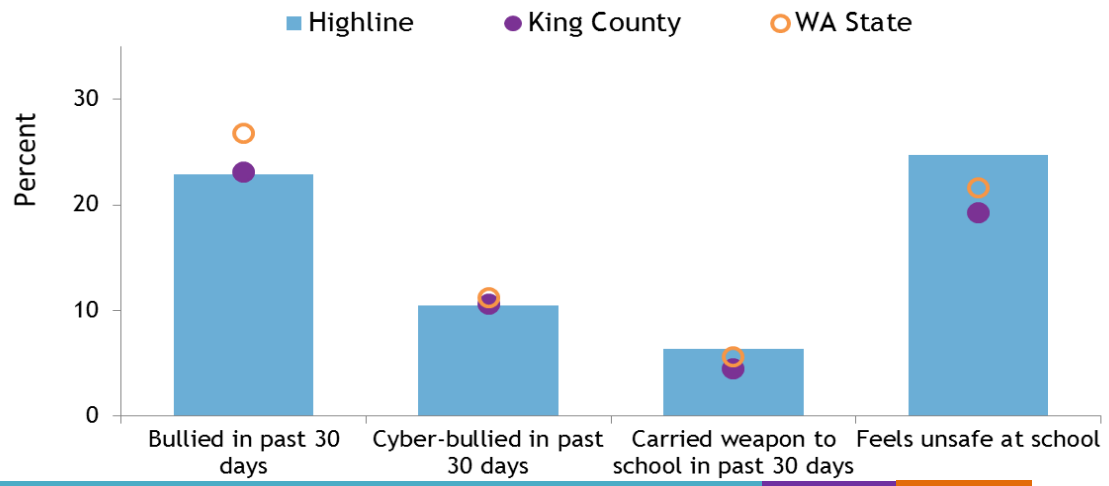
↓Significantly lower than Mod/High SES
- No difference
↑Significantly higher than Mod/High SES

By race[1]	Highline (HYS 2012)						
Indicator	Asian %	AIAN %	Black %	Hispanic %	NHPI %	White %	Other %
Considered suicide in past 12 mos.	22	26	14	16	14	18	24
Planned suicide in past 12 mos.	16	24	16	16	19	12	18
Felt hopeless >2 weeks in past 12 mos.	36	30	31	37	34	27	33

[1]AIAN=American Indian/Alaska Native; NHPI=Native Hawaiian/Pacific Islander; Hispanic considered as a separate group and not included in any other group. Race/ethnicity categories may have a small number of respondents (see Demographic Table on page 3); estimates should be interpreted with caution.

Violence & Personal Safety

Youth violence includes various behaviors. Some violent acts—such as bullying, slapping, or hitting—can cause more emotional harm than physical harm. Bullying is a form of youth violence and is widespread in the United States. Bullying can also occur through technology and is called electronic aggression or cyber-bullying. Cyber-bullying is bullying that occurs through e-mail, a chat room, instant messaging, a website, text messaging, or videos or pictures posted on websites or sent through cell phones.



By school district, King County (KC) and state (WA) Indicator	Highline (HYS 2012) %	Highline vs. KC	KC %	WA %
Bullied in past 30 days[1]	23	-	23	27
Cyber-bullied in past 30 days	11	-	11	11
Carried weapon to school in past 30 days	6	↑	5	6
Feels unsafe at school[1]	25	↑	19	22

↓Significantly lower than King County
- No difference
↑Significantly higher than King County

By socio-economic status (SES) Indicator	Highline (HYS 2012) Low SES %	Low vs. Mod/High	Moderate/High SES %
Bullied in past 30 days[1]	23	-	22
Cyber-bullied in past 30 days	12	-	11
Carried weapon to school in past 30 days	9	-	8
Feels unsafe at school[1]	32	↑	26

↓Significantly lower than Mod/High SES
- No difference
↑Significantly higher than Mod/High SES

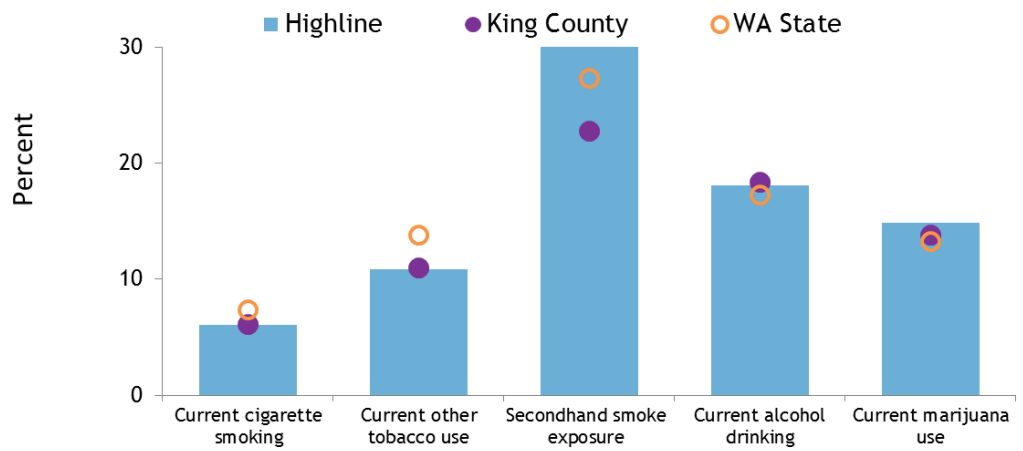
By race[2] Indicator	Highline (HYS 2012) Asian %	AIAN %	Black %	Hispanic %	NHPI %	White %	Other %
Bullied in past 30 days[1]	21	34	20	21	16	26	28
Cyber-bullied in past 30 days	10	13	10	10	5	10	14
Carried weapon to school in past 30 days	5	13	6	6	5	6	9
Feels unsafe at school[1]	24	40	28	25	22	23	25

[1]Indicator includes 6th grade respondents. Not all questionnaire items were included in the 6th grade version

[2]AIAN=American Indian/Alaska Native; NHPI=Native Hawaiian/Pacific Islander; Hispanic considered as a separate group and not included in any other group. Race/ethnicity categories may have a small number of respondents (see Demographic Table on page 3); estimates should be interpreted with caution.

Alcohol, Tobacco and Other Drug Use

Alcohol and other drug use among our nation's youth remains a major public health problem. Substance use and abuse can increase the risk for injuries, violence, HIV infection, and other diseases. Smoking and other tobacco use are initiated and established primarily during adolescence. Tobacco use in adolescence is associated with use of alcohol, use of marijuana and other drugs, and high-risk sexual behavior. Schools play a critical role is promoting health and helping youth establish lifelong healthy behaviors.



By school district, King County (KC) and state (WA)	Highline (HYS 2012)		KC	WA
Indicator	%	Highline vs. KC	%	%
Current cigarette smoking[1]	6	-	6	7
Current other tobacco use	11	-	11	14
Secondhand smoke exposure	31	↑	23	27
Current alcohol drinking[1]	18	-	18	17
Current marijuana use[1]	15	-	14	13

↓Significantly lower than King County
- No difference
↑Significantly higher than King County

By socio-economic status (SES)	Highline (HYS 2012)		
Indicator	Low SES %	Low vs. Mod/High	Moderate/High SES %
Current cigarette smoking[1]	12	-	11
Current other tobacco use	17	-	20
Secondhand smoke exposure	40	↑	29
Current alcohol drinking[1]	30	-	26
Current marijuana use[1]	21	-	17

↓Significantly lower than Mod/High SES
- No difference
↑Significantly higher than Mod/High SES

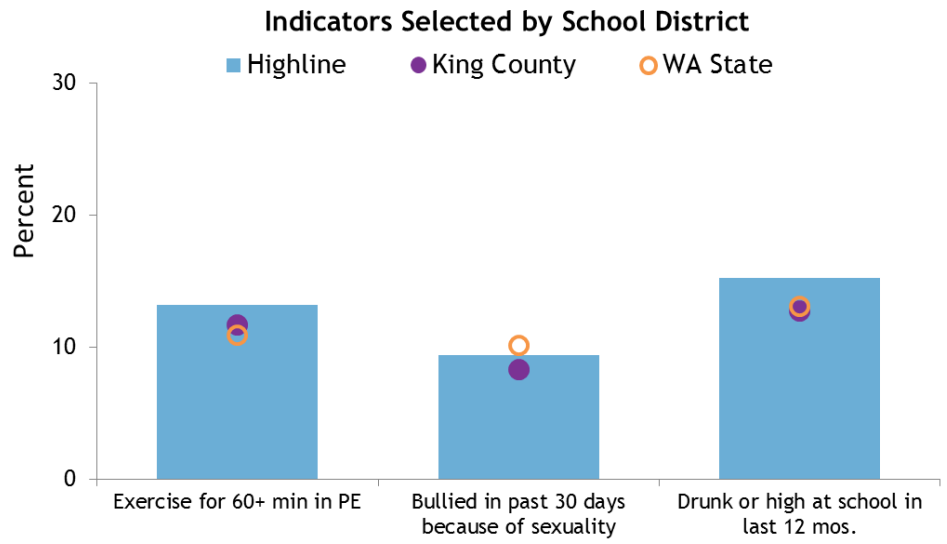
By race[2]	Highline (HYS 2012)						
Indicator	Asian %	AIAN %	Black %	Hispanic %	NHPI %	White %	Other %
Current cigarette smoking[1]	4	19	4	7	6	8	5
Current other tobacco use	7	31	8	9	19	14	11
Secondhand smoke exposure	38	36	28	23	46	31	34
Current alcohol drinking[1]	13	25	14	23	15	20	17
Current marijuana use[1]	10	24	17	14	17	17	17

[1]Indicator includes 6th grade respondents. Not all questionnaire items were included in the 6th grade version

[2]AIAN=American Indian/Alaska Native; NHPI=Native Hawaiian/Pacific Islander; Hispanic considered as a separate group and not included in any other group. Race/ethnicity categories may have a small number of respondents (see Demographic Table on page 3); estimates should be interpreted with caution.

Indicators Selected by Highline Public Schools

Indicators of special interest were selected from questionnaire items on the 2012 HYS questionnaire by key health and wellness personnel of individual school districts. Special interest indicators included sexual health, however low response rates for sexual health questionnaire items resulted in imprecise estimates and were therefore not included in this report. Selected indicators reflect issues identified as priorities by health and wellness leadership of each school district. This set of indicators is unique to each school district.



By school district, King County (KC) and state (WA)	Highline (HYS 2012)		KC	WA
Indicator	%	Highline vs. KC	%	%
Exercise for 60+ min in PE	13	-	12	11
Bullied in past 30 days because of sexuality	9	-	8	10
Drunk or high at school in past 12 mos.	15	-	13	13

↓Significantly lower than King County
- No difference
↑Significantly higher than King County

By socio-economic status (SES)	Highline (HYS 2012)		
Indicator	Low SES %	Low vs. Mod/High	Moderate/High SES %
Exercise for 60+ min in PE	12	-	12
Bullied in past 30 days because of sexuality	11	-	13
Drunk or high at school in past 12 mos.	19	↑	14

↓Significantly lower than Mod/High SES
- No difference
↑Significantly higher than Mod/High SES

By race[1]	Highline (HYS 2012)						
Indicator	Asian %	AIAN %	Black %	Hispanic %	NHPI %	White %	Other %
Exercise for 60+ min in PE	16	-	16	13	24	5	20
Bullied in past 30 days because of sexuality	7	11	12	9	6	10	13
Drunk or high at school in past 12 mos.	9	25	16	18	26	13	18

[2] AIAN=American Indian/Alaska Native; NHPI=Native Hawaiian/Pacific Islander; Hispanic considered as a separate group and not included in any other group. Race/ethnicity categories may have a small number of respondents (see Demographic Table on page 3); estimates should be interpreted with caution.

Key findings in HYS data from 2004-2012

HEALTHY YOUTH SURVEY	8th Grade[1]					10th & 12th Grade[1]				
SURVEY YEAR (# OF PARTICIPATING STUDENT RESPONDENTS)[2]	2004 (875)	2006 (664)	2008 (599)	2010 (583)	2012 (932)	2004 (1094)	2006 (1308)	2008 (1013)	2010 (1373)	2012 (1443)
Obesity	%					%				
Obesity[2]	14	16	16	13	14	14	14	15	14	12
Overweight or obese[2]	30	34	33	30	29	28	30	32	31	29
Physical Activity	%					%				
Physical activity ≥60 min/day	-	15	12	27	23	-	15	12	21	17
Screen time >3 hours per day	61	58	57	55	60	51	59	59	51	56
Dietary Behavior	%					%				
≥5 servings of fruits & veg/day	30	37	30	-	29	25	33	25	-	24
Drank 1+ non-diet sodas yesterday	26	21	16	19	13	28	18	16	12	13
Drank SSBs 7+ times last week at school[3]	-	14	4	3	3	-	16	10	7	6
Bought SSB at school in the past week[3]	-	31	11	7	4	-	18	12	7	10
Did not eat breakfast today	-	50	46	44	38	-	48	50	45	46
Mental Health	%					%				
Considered suicide in past 12 mos.	18	16	15	18	19	16	15	15	15	18
Planned suicide in past 12 mos.	16	12	11	12	17	14	11	11	10	15
Felt hopeless >2 weeks in past 12 mos.	37	30	24	29	31	35	33	31	30	33
Personal Safety and Violence	%					%				
Bullied in past 30 days	30	28	31	27	29	19	20	21	19	18
Cyber-bullied in past 30 days	-	9	6	8	11	-	10	13	13	11
Carried weapon to school in past 30 days	-	9	8	6	7	-	13	9	7	6
Feels unsafe at school	33	34	30	32	31	35	38	30	25	25
Tobacco Use and Exposure	%					%				
Current cigarette smoking	12	9	6	6	5	16	17	16	12	9
Current other tobacco use[4]	18	-	-	9	8	20	-	-	15	12
Secondhand smoke exposure[5]	36	39	44	31	32	41	37	38	33	30
Alcohol & Other Drug Use	%					%				
Current Alcohol Drinking	20	17	18	16	15	37	36	30	28	27
Current Marijuana Use	11	10	9	11	13	20	20	20	22	22
Indicators Selected by School District	%					%				
Exercise daily >60 min in phys. ed.[1]	-	3	9	6	8	-	16	15	26	18
Bullied because of sexuality in last 30 days	-	17	18	10	12	-	13	11	13	9
Drunk or high at school in last 12 mos.	12	8	7	12	12	20	21	19	18	17

[1]Data not available denoted by (-).
[2]Obesity (top 5%) and overweight or obese (top 15%) of BMI distribution for age/gender were calculated from self-reported height and weight.
[3]Includes non-diet soda and other sugary sweetened beverages such as Snapple, Gatorade, and Sobe.
[4]Results should be interpreted with caution, 30% or more of respondents did not answer the question.
[5]The question *"Do you live with someone who smokes now?"* used as a proxy for secondhand smoke exposure.

Produced by the Assessment, Policy Development & Evaluation Unit of Public Health -- Seattle & King County

Public Health
Seattle & King County

Highline Public Schools HYS Comparison from 2010-2012

HEALTHY YOUTH SURVEY (HYS)	8th Grade[1]	10th & 12th Grade[1]
Comparison Years	2012 vs 2010	2012 vs 2010
Obesity		
Obesity[2]	-	-
Overweight or obese[2]	-	-
Physical Activity		
Physical activity ≥60 min/day	-	-
Screen time >3 hours per day	-	-
Dietary Behavior		
≥5 servings of fruits & veg/day (2010 data not available)	N/A	N/A
Drank 1+ non-diet sodas yesterday	-	-
Drank SSBs 7+ times last week at school[3]	-	-
Bought SSB at school in the past week[3]	-	-
Ate breakfast today	-	-
Mental Health		
Considered suicide in past 12 mos.	-	-
Planned suicide in past 12 mos.	-	-
Felt hopeless >2 weeks in past 12 mos.	-	-
Personal Safety and Violence		
Bullied in past 30 days	-	-
Cyber-bullied in past 30 days	-	-
Carried weapon to school in past 30 days	-	-
Feels unsafe at school	-	-
Tobacco Use and Exposure		
Current cigarette smoking	-	-
Current other tobacco use[4]	-	-
Secondhand smoke exposure[5]	-	-
Alcohol & Other Drug Use		
Current Alcohol Drinking	-	-
Current Marijuana Use	-	-
Indicators Selected by School District		
Exercise daily >60 min in phys. ed.[1]	-	-
Bullied because of sexuality in last 30 days	-	-
Drunk or high at school in last 12 mos.	-	-

Trend Symbols
Getting Better
No Change
Getting Worse
↑Higher in 2012 than 2010
--Flat, No Change
↓Lower in 2012 than 2010
N/A: Non-applicable

[1]Not all questionnaire items are included every year. HYS survey conducted during even-numbered years, Years when data are not available for specific indicators are noted beside indicators in table and excluded from the comparison.

[2]Obesity (top 5%) and overweight or obese (top 15%) of BMI distribution for age/gender were calculated from self-reported height and weight.
[3]Includes non-diet soda and other sugary sweetened beverages such as Snapple, Gatorade, and Sobe.
[4] Results should be interpreted with caution, 30% or more of respondents did not answer the question.
[5]The question *"Do you live with someone who smokes now?"* used as a proxy for secondhand smoke exposure.