



HEALTHY WEIGHT, HEALTHY EATING AND PHYSICAL ACTIVITY AMONG YOUTH IN 2008

THURSTON COUNTY AND WASHINGTON STATE

Findings from the Washington State Healthy Youth Survey

WEIGHT	THURSTON COUNTY 2008			WASHINGTON STATE 2008		
	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Overweight or Obese (<i>based on BMI</i>)	26%	24%	24%	26%	25%	25%
Not overweight, but trying to lose weight	28%	33%	33%	29%	33%	35%

MEALS	THURSTON COUNTY 2008			WASHINGTON STATE 2008		
	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Not regularly eating dinner with family	32%	41%	52%	33%	44%	52%
Not eating breakfast	32%	39%	40%	34%	41%	43%
Skipping meals due to lack of money	17%	20%	18%	16%	21%	20%

FOOD CHOICES	THURSTON COUNTY 2008			WASHINGTON STATE 2008		
	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Not eating enough fruit or vegetables each day	68%	74%	76%	72%	75%	78%
Drinking sweetened beverages at school	64%	71%	68%	68%	75%	69%

PHYSICAL ACTIVITY	THURSTON COUNTY 2008			WASHINGTON STATE 2008		
	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Not getting enough physical activity	48%	54%	55%	54%	57%	60%
Not participating in PE class at school	31%	59%	61%	32%	55%	60%
Not being physically active at all	13%	20%	26%	15%	20%	24%

SCREEN TIME	THURSTON COUNTY 2008			WASHINGTON STATE 2008		
	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Spending 3 or more hours on school days watching TV/videos/DVD's, playing video games or using the computer for fun	55%	52%	51%	51%	53%	48%

Enough fruit/vegetables = Having fruit or vegetables at least 5 times each day.

Sweetened beverages = Regular soda/pop and other sweetened beverages (e.g. Snapple, Gatorade, SoBe).

Enough physical activity = 60 minutes of activity per day, on 5 or more days of the week.

Not participating in PE = Spending no days in Physical Education (PE) class during an average school week.

Students in 8th grade are usually age 13-14, in 10th grade age 15-16 and 12th grade age 17-18.

For more information about this data sheet contact, Mary Ann O'Garro at 360-867-2525 or ogarro@co.thurston.wa.us

