

Year: 2021

Grade: 10

Sex: All

Number of Students Surveyed: 1,227

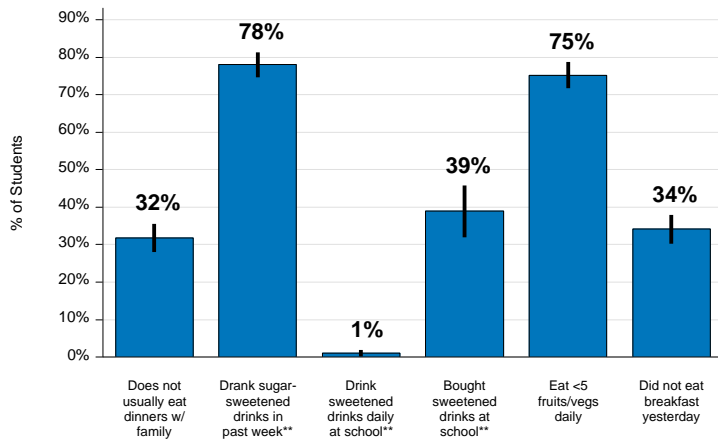
Background:

- A nutritious diet can reduce major risk factors for chronic disease such as obesity, high blood pressure, diabetes, and high blood cholesterol.
- Poor nutrition has the potential to affect the growth, development, health status and academic achievement of children and adolescents.
- Individual food choices are made within the context of the family and the community.
- In order to be able to choose a nutritious diet, an affordable supply of healthy foods must be available.

For More Information:

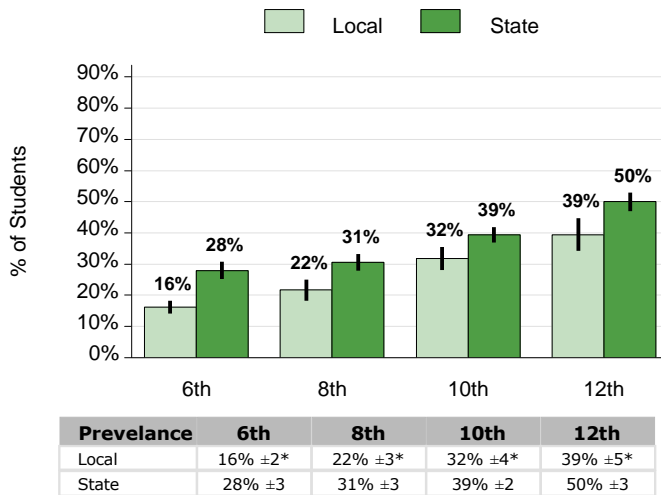
- Visit the Washington State Healthy Eating Active Living Program website: www.doh.wa.gov.

**Dietary Behaviors
Grade 10, 2021**

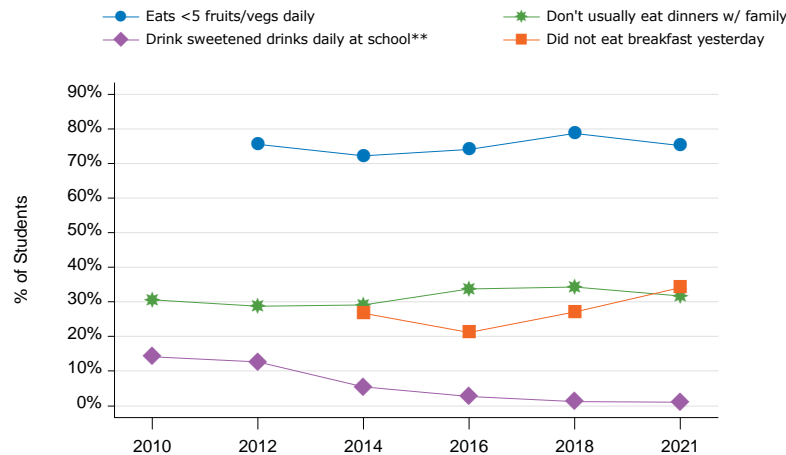


In 2021, 32% of 10th graders in our school district don't usually eat dinner with their family.

**Does Not Usually Eat Dinners with Family
Compared to the State, All Grades, 2021**

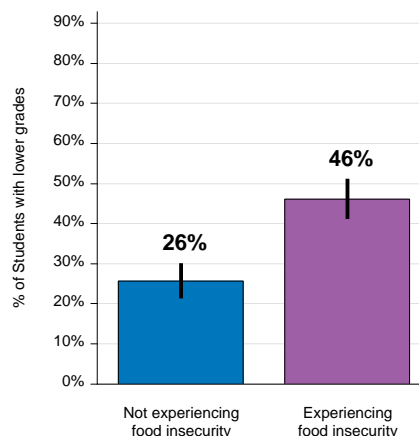


Dietary Behavior 2010-2021, Grade 10



Prevalence	2010	2012	2014	2016	2018	2021
Eats <5 fruits/vegs daily	N/S	76% ±4	72% ±4	74% ±4	79% ±3	75% ±4
Does not usually eat dinners w/ family	31% ±4	29% ±4	29% ±4	34% ±4	34% ±4	32% ±4
Drink sweetened drinks daily at school**	14% ±3	13% ±3	5% ±2*	3% ±1*	1% ±1	1% ±1
Did not eat breakfast yesterday	N/S	N/S	27% ±4	21% ±4*	27% ±3*	34% ±4*

**Statewide Relationship between
Lower Grades and Food Insecurity
Grade 10, 2021**



Statewide, more 10th graders who report experiencing food insecurity also report lower grades in school (C's, D's or F's) compared to other youth.

** In 2021, the definition of sugar-sweetened and sugar-free drinks expanded to include additional examples compared to those provided in previous surveys.

Prevalence is displayed with 95% confidence intervals (as ± or black bar)

*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at AskHYS.net on 03-15-2022

Missing codes: S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade.

Year: 2021

Grade: 12

Sex: All

Number of Students Surveyed: 752

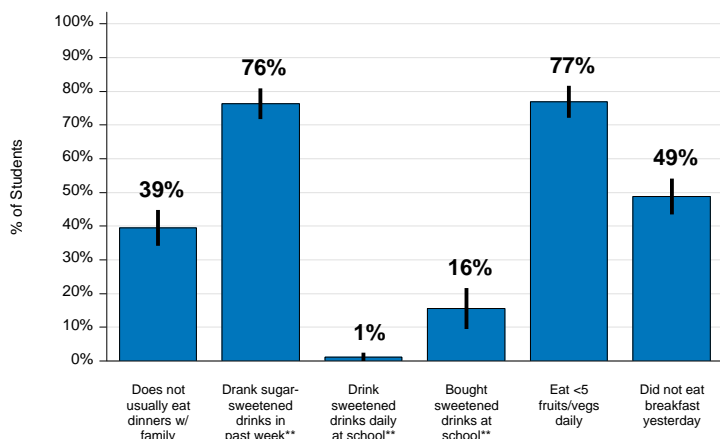
Background:

- A nutritious diet can reduce major risk factors for chronic disease such as obesity, high blood pressure, diabetes, and high blood cholesterol.
- Poor nutrition has the potential to affect the growth, development, health status and academic achievement of children and adolescents.
- Individual food choices are made within the context of the family and the community.
- In order to be able to choose a nutritious diet, an affordable supply of healthy foods must be available.

For More Information:

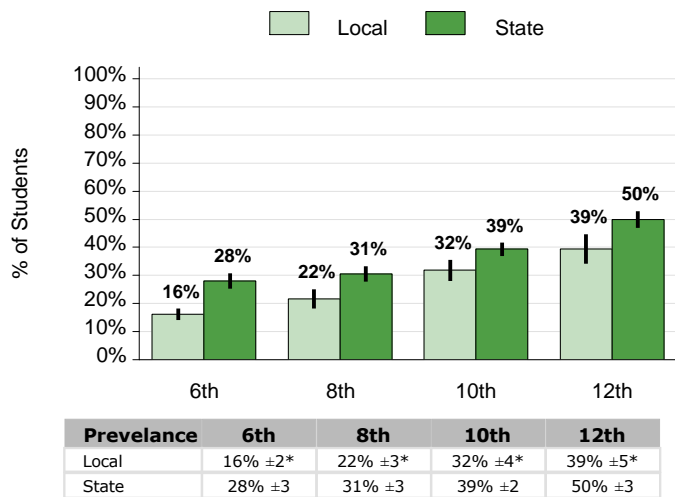
- Visit the Washington State Healthy Eating Active Living Program website: www.doh.wa.gov.

**Dietary Behaviors
Grade 12, 2021**

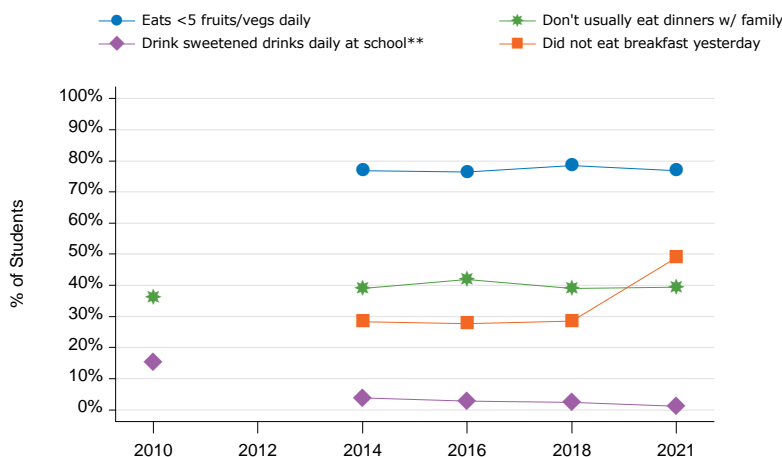


In 2021, 39% of 12th graders in our school district don't usually eat dinner with their family.

**Does Not Usually Eat Dinners with Family
Compared to the State, All Grades, 2021**

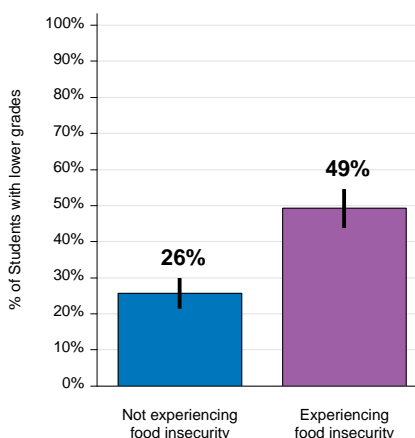


Dietary Behavior 2010-2021, Grade 12



Prevalence	2010	2012	2014	2016	2018	2021
Eats <5 fruits/vegs daily	N/S	S	77% ±4	76% ±5	79% ±5	77% ±5
Does not usually eat dinners w/ family	36% ±5*	S	39% ±5*	42% ±6	39% ±6	39% ±5
Drink sweetened drinks daily at school**	15% ±4	S	4% ±2*	3% ±2	2% ±2	1% ±1
Did not eat breakfast yesterday	N/S	S	28% ±4	28% ±5	29% ±5	49% ±5*

**Statewide Relationship between
Lower Grades and Food Insecurity
Grade 12, 2021**



Statewide, more 12th graders who report experiencing food insecurity also report lower grades in school (C's, D's or F's) compared to other youth.

** In 2021, the definition of sugar-sweetened and sugar-free drinks expanded to include additional examples compared to those provided in previous surveys.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)

*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

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Year: 2021

Grade: 6

Sex: All

Number of Students Surveyed: 1,346

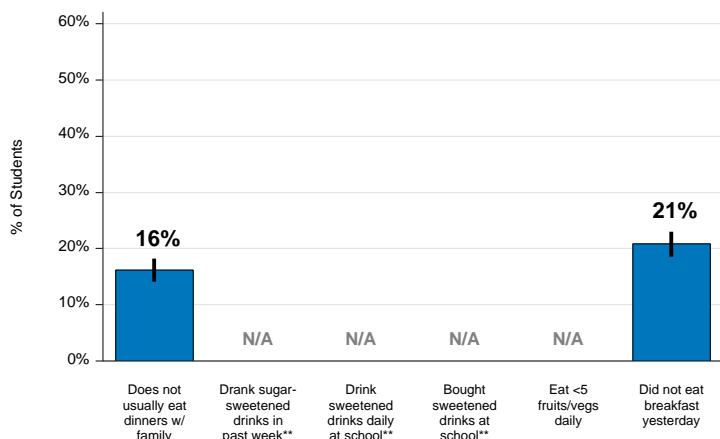
Background:

- A nutritious diet can reduce major risk factors for chronic disease such as obesity, high blood pressure, diabetes, and high blood cholesterol.
- Poor nutrition has the potential to affect the growth, development, health status and academic achievement of children and adolescents.
- Individual food choices are made within the context of the family and the community.
- In order to be able to choose a nutritious diet, an affordable supply of healthy foods must be available.

For More Information:

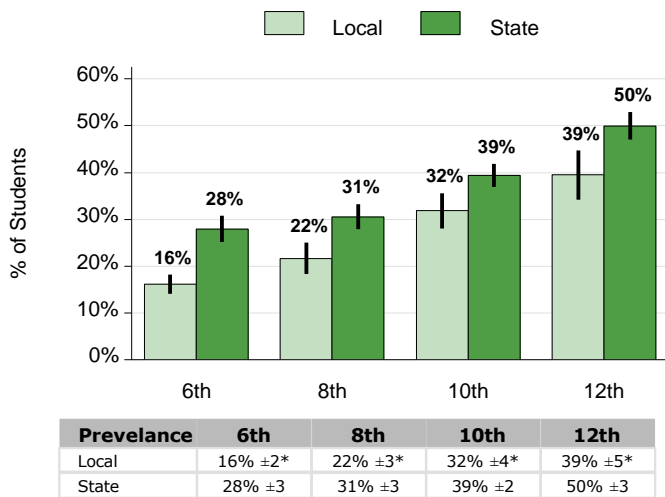
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**Dietary Behaviors
Grade 6, 2021**

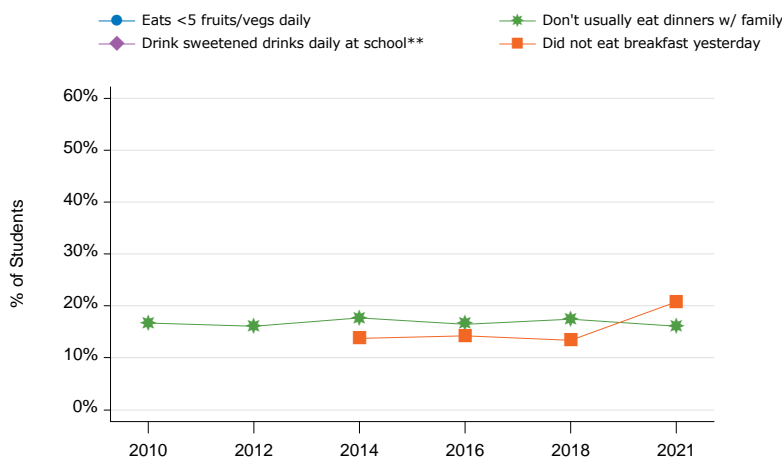


In 2021, 16% of 6th graders in our school district don't usually eat dinner with their family.

**Does Not Usually Eat Dinners with Family
Compared to the State, All Grades, 2021**

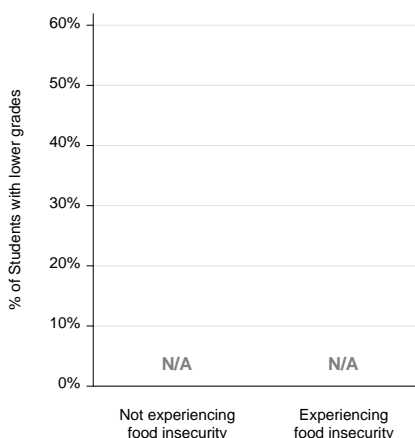


Dietary Behavior 2010-2021, Grade 6



Prevalence	2010	2012	2014	2016	2018	2021
Eats <5 fruits/vegs daily	N/S	N/A	N/A	N/A	N/A	N/A
Does not usually eat dinners w/ family	17% ±2	16% ±2	18% ±2	17% ±2	17% ±2	16% ±2
Drink sweetened drinks daily at school**	N/A	N/A	N/A	N/A	N/A	N/A
Did not eat breakfast yesterday	N/S	N/S	14% ±2	14% ±2	13% ±2	21% ±2*

**Statewide Relationship between
Lower Grades and Food Insecurity
Grade 6, 2021**



Statewide, more 6th graders who report experiencing food insecurity also report lower grades in school (C's, D's or F's) compared to other youth.

** In 2021, the definition of sugar-sweetened and sugar-free drinks expanded to include additional examples compared to those provided in previous surveys.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)

*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

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Year: 2021

Grade: 8

Sex: All

Number of Students Surveyed: 1,295

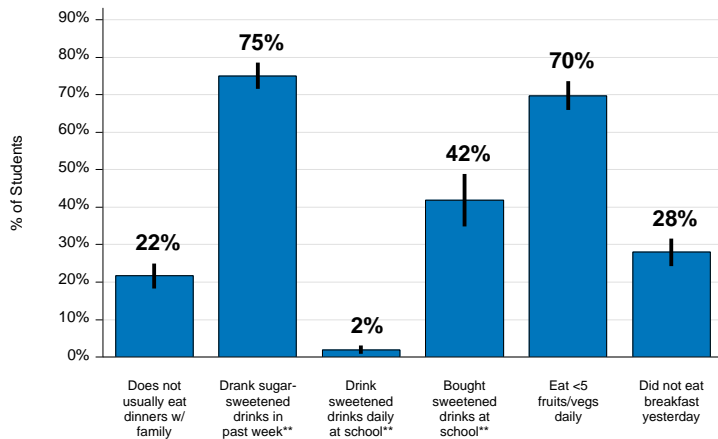
Background:

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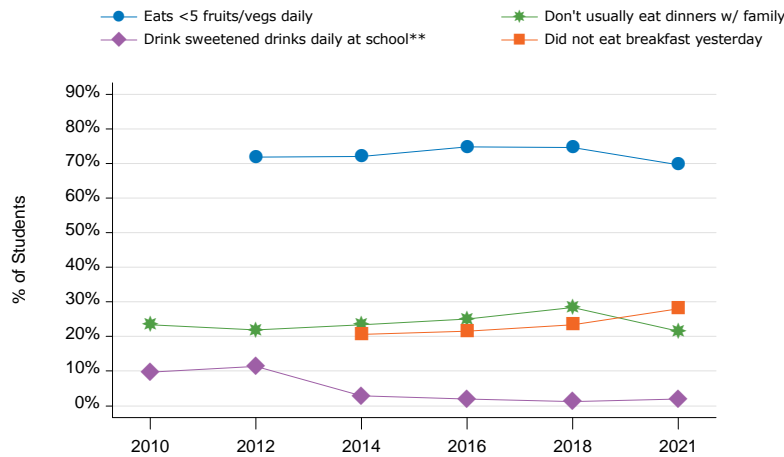
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**Dietary Behaviors
Grade 8, 2021**

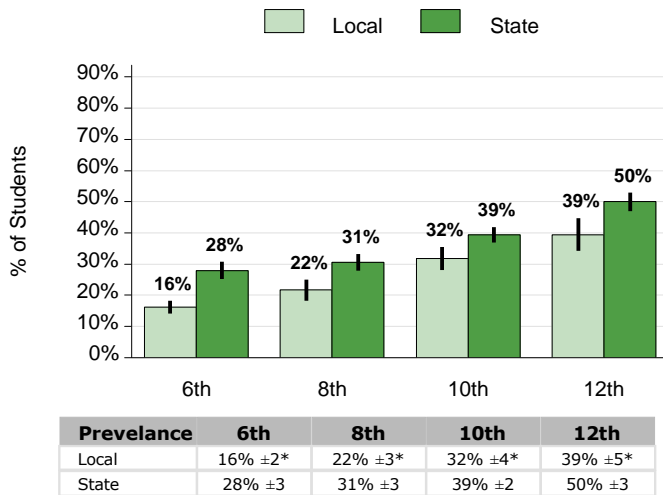


Dietary Behavior 2010-2021, Grade 8

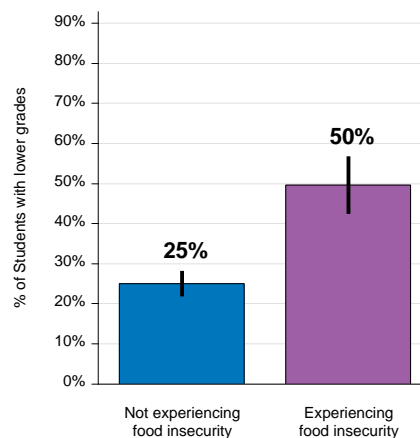


In 2021, 22% of 8th graders in our school district don't usually eat dinner with their family.

**Does Not Usually Eat Dinners with Family
Compared to the State, All Grades, 2021**



**Statewide Relationship between
Lower Grades and Food Insecurity
Grade 8, 2021**



Statewide, more 8th graders who report experiencing food insecurity also report lower grades in school (C's, D's or F's) compared to other youth.

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*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

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