

Year: 2021

Grade: 10

Sex: All

Number of Students Surveyed: 1,227

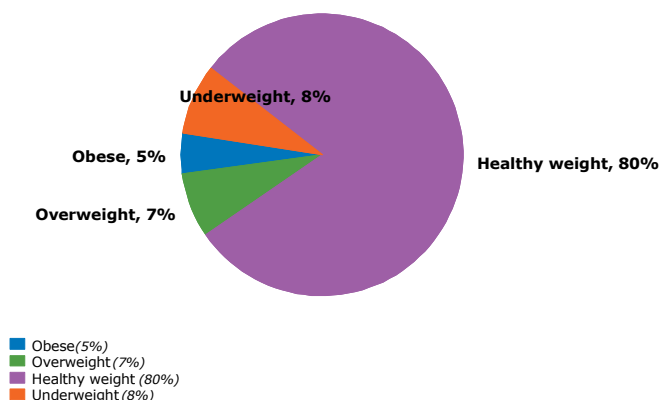
Background:

- Poor diet and physical inactivity are risk factors for obesity and overweight among youth.
- Youth who have fewer opportunities for physical activity and increased time spent in sedentary activities such as watching television and using computers are more likely to be overweight.
- Factors that contribute to poor diet among youth include eating fewer meals at home, increased availability and affordability of unhealthy food, and increased food portion sizes.
- To be successful in increasing healthy weight among youth; governments, communities and people need to work together to create environments that support healthy diets and opportunities for physical activity.

For More Information:

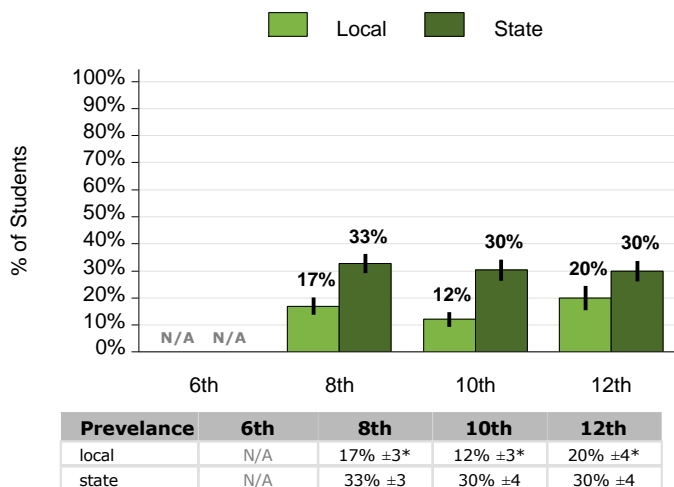
- Visit the Washington State Healthy Eating Active Living Program website: www.doh.wa.gov.

**Weight Distribution
Grade 10, 2021**

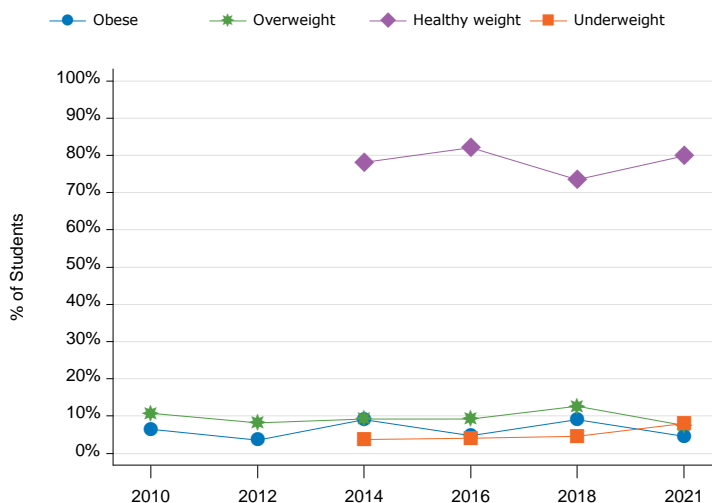


In 2021, 5% of 10th graders in our school district were obese.

**Obese or Overweight
Compared to the State, All Grades, 2021**

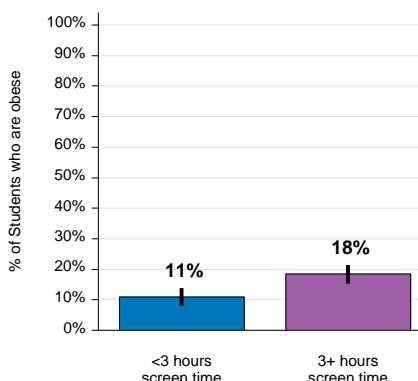


Weight Distribution 2010-2021, Grade 10



| Prevalence | 2010 | 2012 | 2014 | 2016 | 2018 | 2021 |
|----------------|--------|--------|--------|--------|---------|---------|
| Obese | 6% ±2 | 4% ±2* | 9% ±3* | 5% ±2* | 9% ±2* | 5% ±2* |
| Overweight | 11% ±3 | 8% ±2 | 9% ±3 | 9% ±3 | 13% ±3 | 7% ±2* |
| Healthy weight | N/S | N/S | 78% ±4 | 82% ±3 | 74% ±4* | 80% ±3* |
| Underweight | N/S | N/S | 4% ±2 | 4% ±2 | 5% ±2 | 8% ±2* |

**Statewide Relationship between
3 or More Hours Screen Time and Obesity
Grade 10, 2021**



Statewide, more 10th graders who report spending 3 or more hours screen time (TV, electronic devices, and video games) are obese compared to those who do not.

Year: 2021

Grade: 12

Sex: All

Number of Students Surveyed: 752

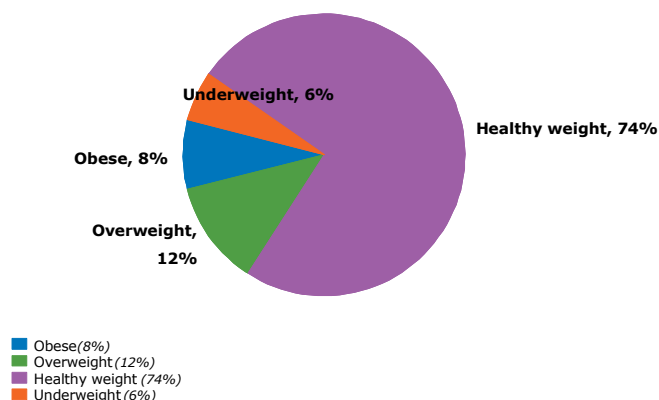
Background:

- Poor diet and physical inactivity are risk factors for obesity and overweight among youth.
- Youth who have fewer opportunities for physical activity and increased time spent in sedentary activities such as watching television and using computers are more likely to be overweight.
- Factors that contribute to poor diet among youth include eating fewer meals at home, increased availability and affordability of unhealthy food, and increased food portion sizes.
- To be successful in increasing healthy weight among youth; governments, communities and people need to work together to create environments that support healthy diets and opportunities for physical activity.

For More Information:

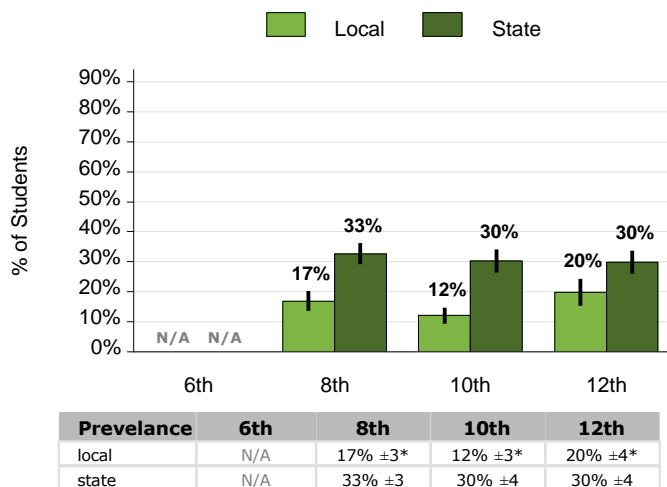
- Visit the Washington State Healthy Eating Active Living Program website: www.doh.wa.gov.

**Weight Distribution
Grade 12, 2021**

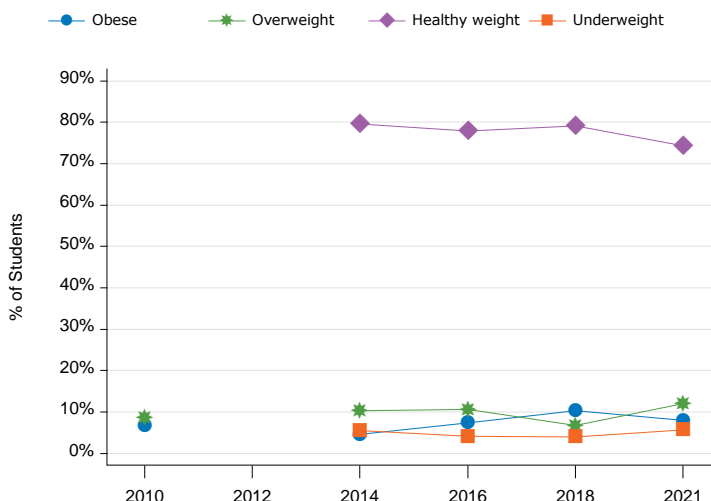


In 2021, 8% of 12th graders in our school district were obese.

**Obese or Overweight
Compared to the State, All Grades, 2021**

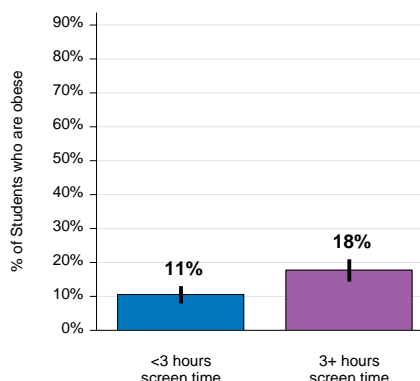


Weight Distribution 2010-2021, Grade 12



| Prevalence | 2010 | 2012 | 2014 | 2016 | 2018 | 2021 |
|----------------|-------|------|--------|--------|--------|---------|
| Obese | 7% ±3 | S | 5% ±2 | 7% ±3 | 10% ±4 | 8% ±3 |
| Overweight | 9% ±3 | S | 10% ±3 | 11% ±4 | 7% ±3 | 12% ±4* |
| Healthy weight | N/S | S | 80% ±4 | 78% ±5 | 79% ±5 | 74% ±5 |
| Underweight | N/S | S | 6% ±2 | 4% ±2 | 4% ±2 | 6% ±3 |

**Statewide Relationship between
3 or More Hours Screen Time and Obesity
Grade 12, 2021**



Statewide, more 12th graders who report spending 3 or more hours screen time (TV, electronic devices, and video games) are obese compared to those who do not.

Year: 2021

Grade: 8

Sex: All

Number of Students Surveyed: 1,295

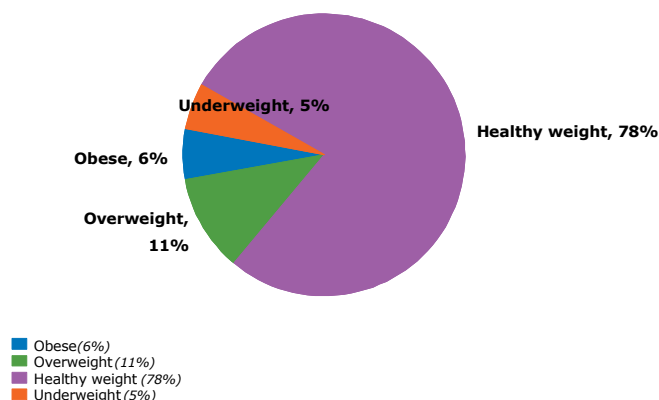
Background:

- Poor diet and physical inactivity are risk factors for obesity and overweight among youth.
- Youth who have fewer opportunities for physical activity and increased time spent in sedentary activities such as watching television and using computers are more likely to be overweight.
- Factors that contribute to poor diet among youth include eating fewer meals at home, increased availability and affordability of unhealthy food, and increased food portion sizes.
- To be successful in increasing healthy weight among youth; governments, communities and people need to work together to create environments that support healthy diets and opportunities for physical activity.

For More Information:

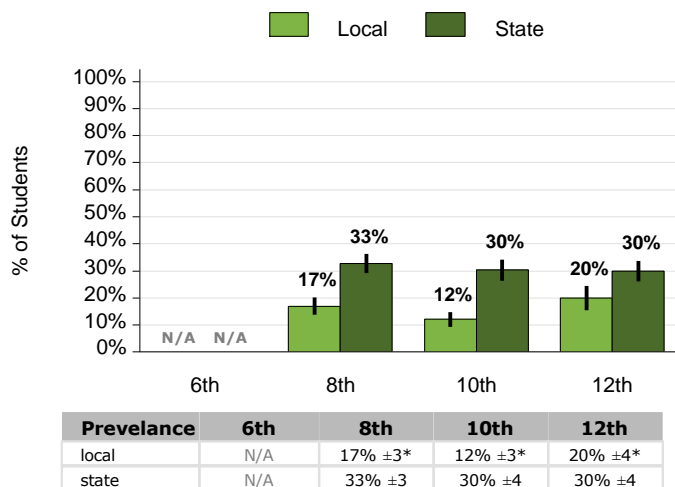
- Visit the Washington State Healthy Eating Active Living Program website: www.doh.wa.gov.

**Weight Distribution
Grade 8, 2021**

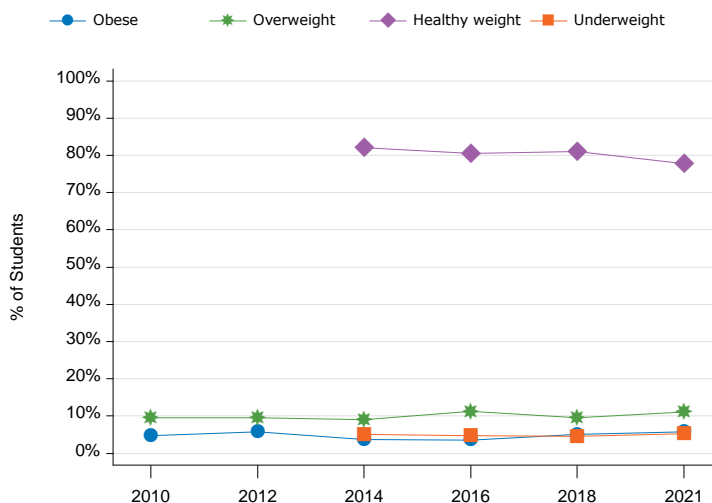


In 2021, 6% of 8th graders in our school district were obese.

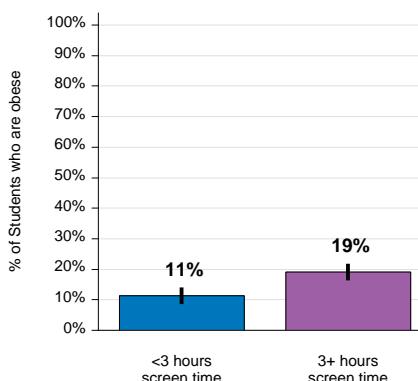
**Obese or Overweight
Compared to the State, All Grades, 2021**



Weight Distribution 2010-2021, Grade 8



**Statewide Relationship between
3 or More Hours Screen Time and Obesity
Grade 8, 2021**



Statewide, more 8th graders who report spending 3 or more hours screen time (TV, electronic devices, and video games) are obese compared to those who do not.