



Nutrition and Physical Activity

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Nutrition

| Eating Fruits or Vegetables Five or More Times a Day | |
|---|--|
| | WA % (\pm margin of error) |
| Grade | |
| Grade 8 | 28% (\pm 2) |
| Grade 10 | 25% (\pm 2) |
| Grade 12 | 22% (\pm 2) |
| Gender (10th grade)* | |
| Male | 30% (\pm 3) |
| Female | 22% (\pm 3) |
| Race/ Ethnicity (10th grade) | |
| White, Non-Hispanic | 23% (\pm 2) |
| Black, Non-Hispanic* * | 39% (\pm 8) |
| American Indian, Non-Hispanic | 28% (\pm 10) |
| Asian ,Non-Hispanic | 28% (\pm 8) |
| Pacific Islander, Non-Hispanic | 22% (\pm 12) |
| Hispanic | 27% (\pm 3) |
| Disability Status (10th grade)* | |
| Disability | 31% (\pm 3) |
| No disability | 24% (\pm 2) |
| Rural- Urban Residence (10th grade) | |
| Urban | 25% (\pm 2) |
| Rural | 26% (\pm 5) |
| Socioeconomic Status (10th grade) | |
| Higher | 26% (\pm 2) |
| Lower | 25% (\pm 2) |

* Significant difference based on chi-square at $p < 0.05$ Source: *Washington Healthy Youth Survey 2008*

**Significant difference compared to non-Hispanic Whites based on significance testing with $p < 0.05$

Disparities:

For 10th graders in Washington, five or more times daily fruit and vegetable consumption is **higher** among males and students with disabilities. It is **higher** among Non-Hispanic Black students compared to Non-Hispanic White students.

Additional Data:

- Fruit and vegetable consumption data were computed from questions asked about the number and types of fruits and vegetables eaten over the past 7 days.
- Related **Healthy People 2010 goals** are to increase the proportion of persons aged 2 years and older who consume at least two daily servings of fruit to 75 percent and increase the proportion who consume at least three daily servings of vegetables to 50 percent.

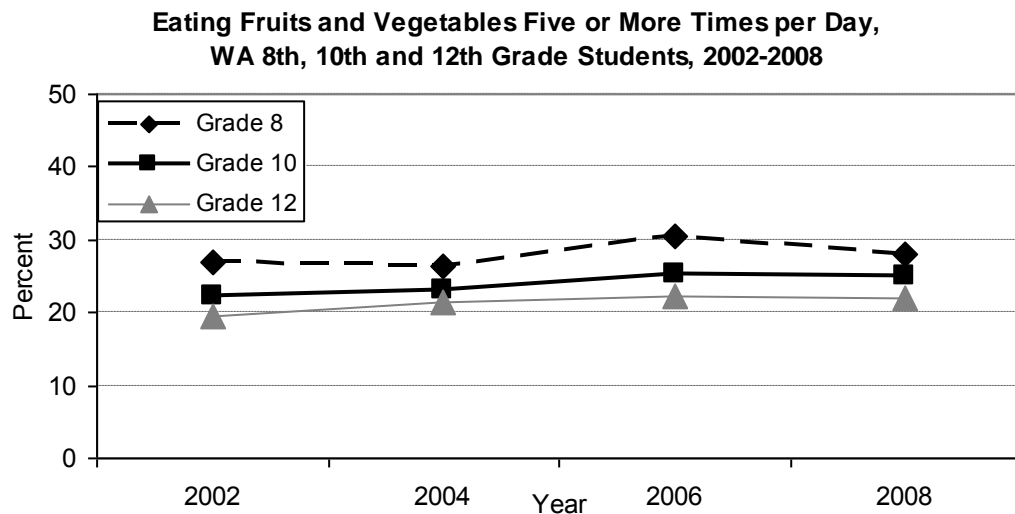
- Based on a 2008 survey of Washington state principals of middle and high schools, in about 31 percent of schools, students can purchase fruits or vegetables from vending machines or at a school store, snack bar or canteen.¹

Washington Prevalence: In 2008, 25 percent of Washington high school students reported eating fruits and vegetables five or more times per day.²

United States Prevalence: Nationally in 2007, 21 percent of high school students reported eating fruits and vegetables five or more times per day.³

Changes Between 2006 and 2008: The percent of Washington 8th, 10th and 12th graders who ate fruits and vegetables five or more times each day did not change significantly from 2006 to 2008.

Trend Data:



Source: Washington Healthy Youth Surveys

¹ 2008 Washington State School Health Profiles Survey of principals and lead health educators. Unpublished data [Note: Percentages are of schools, not students.]

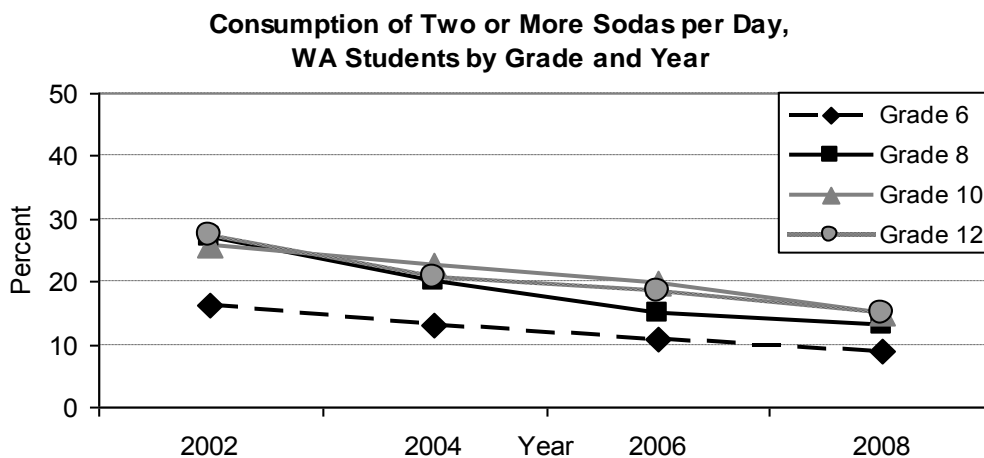
² Healthy Youth Survey 2008, Synthetic High School Estimate generated from grade 8,10,12

³ Youth Risk Behavior Surveillance—United States, 2007. MMWR 57(SS-4) June 6, 2008. Accessed July 2009 from: http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbss07_mmwr.pdf

Soda Consumption

- Soda consumption was based on the number of non-diet sodas students reported drinking during the previous day.
- In 2008, about 9 percent of 6th graders and about 13-15 percent of 8th, 10th and 12th graders reported drinking two or more non-diet sodas per day.⁴ An estimated 15 percent of WA high school students reported drinking 2 or more sodas per day.²
- Based on a 2008 survey of Washington state principals of middle and high schools, about 39 percent of the schools surveyed report that students can purchase soda pop or fruit drinks that are not 100 percent juice from vending machines or at school stores.⁵
- Academic Achievement: About 47 percent of 10th graders who reported drinking two or more sodas per day made mostly lower grades (Cs, Ds and Fs), compared to 28 percent of 10th graders who drank fewer than two sodas per day.³

Changes Between 2006 and 2008: There was a significant decrease in the percent of 10th and 12th grade students reporting they drank two or more sodas a day between 2006 and 2008.



Source: Washington Healthy Youth Surveys

Sweetened Beverage Consumption at School

- In 2008, about 68 percent of 8th graders, 75 percent of 10th graders, and 69 percent of 12th graders in Washington reported that they drank non-diet soda, sports drinks and other flavored sweetened drinks at school at least once in the past week.³
- About 15 -19 percent of 8th, 10th and 12th graders reported drinking sweetened beverages at school at least 7 times in the past week.
- Of those students who reported drinking sweetened beverages at school in the past week, 33 percent of 8th graders, 36 percent of 10th graders and 28 percent of 12th graders reported that they usually buy sweetened beverages at school.

⁴ Washington State Healthy Youth Survey 2008

⁵ 2008 Washington State School Health Profiles Survey of principals and lead health educators. Unpublished data [Note: Percentages are of schools, not students.]

Physical Activity ***Critical Health Objective***

| Met Physical Activity Recommendation (5 or more days per week of at least 60 minutes of exercise) | |
|--|---------------------------------|
| | WA % (± margin of error) |
| Grade | |
| Grade 6 | 62% (± 2) |
| Grade 8 | 46% (± 3) |
| Grade 10 | 44% (± 3) |
| Grade 12 | 40% (± 3) |
| Gender (10th grade) * | |
| Male | 49% (± 4) |
| Female | 38% (± 3) |
| Race/ Ethnicity (10th grade) | |
| White/ Non-Hispanic | 46% (± 3) |
| Black, Non-Hispanic | 41% (± 12) |
| American Indian , Non-Hispanic | 44% (± 11) |
| Asian, Non-Hispanic** | 31% (± 8) |
| Hawaiian/ Pacific Islander, Non-Hispanic | 39% (± 9) |
| Hispanic** | 39% (± 5) |
| Disability Status (10th grade) * | |
| Disability | 35% (± 4) |
| No disability | 46% (± 3) |
| Rural- Urban Residence (10th grade) * | |
| Urban | 42% (± 3) |
| Rural | 54% (± 4) |
| Socioeconomic Status (10th grade) * | |
| Lower | 41% (± 3) |
| Higher | 48% (± 3) |

* Significant difference based on chi-square at p<0 .05 *Source: WA Healthy Youth Survey 2008*

**Significant difference compared to non-Hispanic Whites based on significance testing at p< 0.05

Disparities:

Among 10th graders in Washington, females, students with a disability, students living in urban parts of Washington and students of lower socioeconomic status were **less** likely to meet physical activity guidelines. Non-Hispanic Asian and Hispanic students were **less** likely meet the physical activity guidelines compared to Non-Hispanic White students.

Additional Data:

- The 2008 Washington Physical Activity Guidelines state that adolescents should do 60 minutes or more of moderate physical activity daily. Students meet these recommendations if

they report exercising five or more days per week.⁶ It is recommended that this activity be mostly aerobic activity, but muscle-strengthening and bone-strengthening activity is also recommended at least 3 times per week.

- **Academic Achievement:** About 35 percent of students who did not meet physical activity guidelines made mostly lower grades (Cs, Ds and Fs), compared to 26 percent of students who met physical activity guidelines.

Changes Over Time: There was no significant change in the percent of 8th, 10th and 12th graders meeting physical activity guidelines from 2006-2008. Data on 6th graders was unavailable in 2006.

Washington Prevalence: In 2008, an estimated 43 percent of WA high school students reported meeting physical activity guidelines.⁷

United States Prevalence: Nationally in 2007, about 35 percent of high school students reported meeting physical activity guidelines of getting at least 60 minutes of physical activity per day for five or more days during the past week.⁸

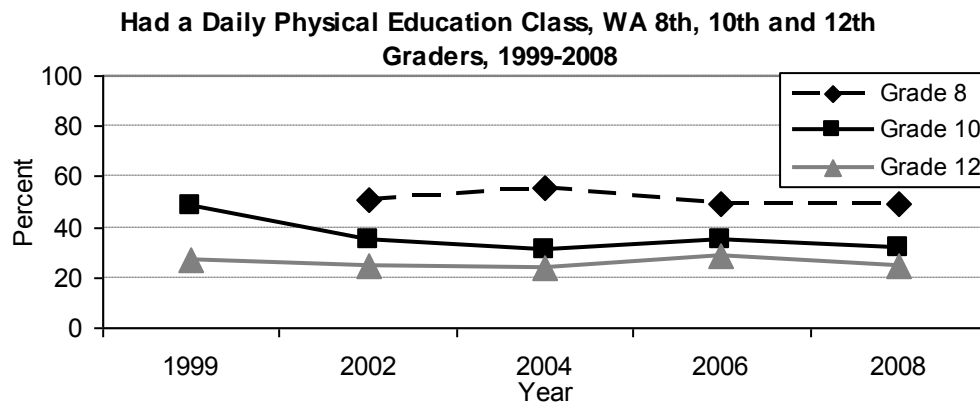
⁶ Centers for Disease Control and Prevention. How Much Physical Activity do Children need? Accessed September 2009 at: <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

⁷ Washington Healthy Youth Survey 2008

⁸ Youth Risk Behavior Surveillance—United States, 2007. MMWR 57(SS-4) June 6, 2008. Accessed July 17, 2009 from: http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmr.pdf

Physical Education Class

- Daily physical education class: In 2008, an estimated 32 percent of Washington high school students had daily physical education classes.⁹ About 49 percent of 8th graders, 32 percent of 10th graders, and 25 percent of 12th graders had a daily physical education class.¹³ Nationally, about 30 percent of high school students reported daily physical education classes.¹⁴
- Students taking a daily physical education class were almost twice as likely to meet the recommendation for physical activity as students not taking a daily physical education class.
- Based on a 2008 survey of Washington state principals of middle and high schools, 92 percent of middle schools taught a required physical education to those students. About 89 percent of high schools taught a required physical education class for 9th graders, 78 percent taught one for 10th graders, and about 54 percent taught one for 11th and 12th graders.¹⁰



Source: Washington Healthy Youth Surveys

Changes from 2006 to 2008: There were no significant changes in having a daily physical education class from 2006 to 2008.

Trend: From 1999- 2008, there was no significant change in having daily physical education classes.

⁹ Washington State Healthy Youth Survey 2008, Synthetic High School Estimate

¹⁰ Source: 2008 Washington State School Health Profiles. [Survey of school principals by Centers for Disease Control and Prevention

Obesity *Critical Health Objective*

| Obesity | |
|---|---------------------------------|
| | WA % (± margin of error) |
| Grade | |
| Grade 8 | 11% (± 1) |
| Grade 10 | 11% (± 2) |
| Grade 12 | 11% (± 1) |
| Gender (10th grade)* | |
| Male | 16% (± 2) |
| Female | 7% (± 2) |
| Race/ Ethnicity (10th grade) | |
| White, Non-Hispanic | 9% (± 2) |
| Black , Non-Hispanic** | 16% (± 7) |
| American Indian, Non-Hispanic | 13 % (± 7) |
| Asian, Non-Hispanic | 8% (± 4) |
| Pacific Islander, Non-Hispanic ** | 22% (± 12) |
| Hispanic/Latino** | 14% (± 3) |
| Disability Status (10th grade)* | |
| Disability | 15% (± 3) |
| No disability | 10% (± 2) |
| Rural- Urban Residence (10th -12th grade combined) | |
| Urban | 11% (± 2) |
| Rural | 8% (± 4) |
| Socioeconomic Status (10th grade)* | |
| Higher | 9% (± 2) |
| Lower | 13% (± 2) |

* Significant difference based on chi-square at $p < 0.05$ Source: WA Healthy Youth Survey 2008.

**Significant difference compared to Non-Hispanic Whites based on significance testing at $p < 0.05$

Disparities:

- Among 10th graders in Washington, rates of obesity were **higher** among males, students with disabilities and students with lower socioeconomic status. Rates were **higher** among Non-Hispanic Blacks and Pacific Islanders and Hispanic students compared to Non-Hispanic White students.

Additional Data:

- Obesity status is one of the **21 Critical Health Objectives** for Adolescents and Young Adults. The national Healthy People 2010 goal is to reduce the proportion of 12-19 year olds who are overweight or obese to no more than 5 percent. Obese was defined as a Body Mass Index (BMI) greater than the 95th percentile for age and gender in 2008. Overweight was defined as

a BMI greater than the 85th percentile and less than the 95th percentile for age and gender in 2008.¹¹

- In Washington in 2008, about 16 percent of 8th graders and 14 percent of 10th and 12th graders were overweight. Among 10th graders, about 13 percent of females and 15 percent of males were overweight.¹²
- Overweight adolescents have a 70 percent chance of becoming overweight or obese adults. This increases to 80 percent if a parent is overweight or obese.¹³ Overweight or obese adults are at increased risk for heart disease, type 2 diabetes, hypertension and some forms of cancer.¹³
- Based on a 2008 survey of Washington state principals of middle and high schools, 66 percent of Washington schools offer opportunities to participate in intramural or physical activity clubs.¹⁴
- Obese 10th graders were more likely to watch 3 or more hours of television per day and to have less than 60 minutes of exercise 5 times a week compared to their non-overweight peers.
- Academic Achievement: About 46 percent of obese 10th graders reported making mostly lower grades (Cs, Ds and Fs) compared to 29 percent of 10th graders who were not obese.

| Food Consumption and Physical Activity by Obesity Status, 10th Grade, Washington, 2008 | | | |
|---|--|---|--|
| | Obese % (± margin of error) | Overweight % (± margin of error) | Normal Weight % (± margin of error) |
| 2 or more non-diet sodas per day | 19% (± 4) | 13% (± 3) | 15% (± 2) |
| Fruits & vegetables <5 times a day | 73% (± 5) | 76% (± 5) | 75% (± 2) |
| 3+ hours TV on school day* | 42% (± 6) | 33% (± 4) | 28% (± 3) |
| Did not meet physical activity recommendation ^{15*} | 65% (± 5) | 59% (± 5) | 54% (± 3) |

*Significant difference based on chi-square at p<0.05

Source: Washington Healthy Youth Survey 2008

Washington Prevalence: In 2008, about 11 percent of high school students in Washington were obese and about 14 percent were overweight.¹⁶

United States Prevalence: Nationally in 2007, about 13 percent of high school students were obese and about 16 percent were overweight.¹⁷

Changes from 2006-2008: The percent Washington 8th, 10th or 12th grade students who were obese did not change significantly between 2006 and 2008.¹⁸

¹¹ Centers for Disease Control and Prevention, Defining Childhood Overweight and Obesity. Accessed August 2009 from: <http://www.cdc.gov/obesity/childhood/defining.html>

¹² Washington Healthy Youth Survey 2008

¹³ The Surgeon General's Call to Action to Prevent Overweight and Obesity: Overweight in Children and Adolescents Fact Sheet, 2006. Accessed August 2009 from: <http://www.surgeongeneral.gov/topics/obesity/calltoaction/factsheet06.pdf>

¹⁴ Source: 2008 Washington State School Health Education Profile (SHEP). [Survey of school principals administered by the Centers for Disease Control and Prevention. [Note: Percentages are of schools, not students.]

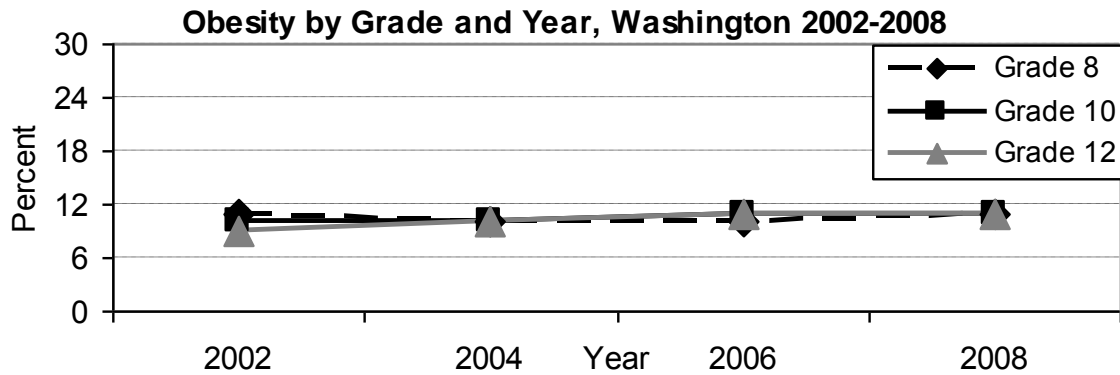
¹⁵ Defined as less than 60 minutes of physical activity five times per week

¹⁶ Washington Healthy Youth Survey 2008, Synthetic High School Estimate based on grades 8,10,12

¹⁷ Youth Risk Behavior Surveillance—United States, 2007. MMWR 57(SS-4) June 6, 2008. Accessed July 17, 2009 from:

http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf

¹⁸ Washington State Office of Superintendent of Public Instruction, Department of Health, Department of Social and Health Services, and Department of Community, Trade, and Economic Development and RMC Research Corporation. Washington State Healthy Youth Survey 2004: Analytic Report



Source: Washington Healthy Youth Surveys

Weight Loss

- In 2008, about 38 percent of Washington 6th and 8th graders and about 43 percent of 10th and 12th graders reported they were currently trying to lose weight.
- Tenth grade females (57 percent) were significantly **more** likely than males (28 percent) to be currently trying to lose weight.
- Weight loss by overweight status: Although 10th grade students who were obese were the most likely to report trying to lose weight, 33 percent of the non-overweight students also reported trying to lose weight. The percentage of students trying to lose weight increased with each successive weight risk category.
- Females were more likely to be currently trying to lose weight in every weight risk category. About 87 percent of obese females and 72 percent of obese males reported they were currently trying to lose weight, compared to about 49 percent of females who were not overweight and 14 percent of males who were not overweight.¹⁹

| HYS Question "Which of the following are you trying to do about your weight?" by Overweight Status, 10th Grade, Washington 2008 | | | | |
|--|------------------|------------------|------------------|------------------|
| | Nothing | Lose | Gain | Maintain |
| All | 29% (± 2) | 43% (± 2) | 12% (± 1) | 16% (± 2) |
| Obese | 12% (± 2) | 76% (± 2) | 4% (± 2) | 8% (± 2) |
| Overweight | 16% (± 3) | 67% (± 5) | 6% (± 2) | 11% (± 3) |
| Not Overweight | 35% (± 2) | 33% (± 2) | 14% (± 2) | 18% (± 3) |

Source: WA Healthy Youth Survey 2008

Methods of weight loss/maintenance by overweight status

- In 2004, the majority of Washington 10th graders who were obese or overweight used methods such as diet or exercise to control weight. Washington 10th graders who were obese were more likely than those who were not overweight to try to lose weight by taking diet pills, powders or liquids.²⁰
- About 12 percent of Washington 10th graders in 2004 reported they tried to lose weight by going without eating for 24 hours or more, a method which did not vary by obesity status.

¹⁹ Washington State Healthy Youth Survey 2008

²⁰ Washington Healthy Youth Survey 2004

About 6 percent of 10th graders in 2004 reported they tried to lose weight by vomiting or taking laxatives. This method did not vary by obesity status.¹⁵

Built Environment

- The built environment refers to parts of a person’s surroundings which are human-made or modified. This includes housing, urban development, land use, transportation, industry, and agriculture.²¹
- An objective of the 2008 Washington State Nutrition and Physical Activity Plan is to increase the number of active community environments in Washington by using urban planning approaches that promote physical activity, changing transportation policy and funding to promote walking and bicycling, and enhancing the safety of communities to improve walkability and bikeability. A related objective is to increase the number of people who have access to free or low cost recreational opportunities for physical activity.²²
- National research shows that neighborhood proximity to physical activity facilities and to sidewalks and parks is associated with lower rates of adolescent obesity.²³
- National research shows that living in neighborhoods perceived to be unsafe is associated with increased child and adolescent overweight and obesity.²⁴
- The 2007 National Survey of Children’s Health asked parents of Washington adolescents ages 12-17 about the presence of four separate amenities in their neighborhoods: parks, recreation centers, sidewalks and libraries. The survey also asked parents of Washington adolescents about three detracting elements in their neighborhoods: litter on the streets, poorly kept housing, and vandalism. Parents were also asked to rate how safe they believed their adolescent was in their neighborhood.²⁵

| 2007 National Survey of Children’s Health Neighborhood Safety and Support, , WA and United States Results, Ages 12 to 17 | | |
|---|----------------------------|---------------------------------------|
| | % of WA Adolescents | % of United States Adolescents |
| Live in neighborhoods with all four neighborhood amenities* | 47% (± 6) | 48% (± 1) |
| Live in neighborhoods without any of four neighborhood amenities | 2% (± 1) | 5% (± 0.5) |
| Live in neighborhoods with all three detracting elements** | 3% (± 2) | 4% (± 1) |
| Live in neighborhoods without any of three detracting elements | 67% (± 6) | 72% (± 1) |
| Parent believes they are usually or always safe in their neighborhood | 91% (± 4) | 87% (± 1) |

Source: 2007 National Survey of Children’s Health

*Four neighborhood amenities include: parks, recreation centers, sidewalks, and libraries

** Three neighborhood detracting elements include: litter on the streets, poorly kept or decayed housing, and vandalism such as graffiti or broken windows

²¹ Papas MA, Alberg AJ, Ewing R, Helzlsouer KJ, Gary TL, Klassen AC. The built environment and obesity. *Epidemiol Rev.* 2007;29:129-43

²² Washington State Department of Health, Washington State Nutrition & Physical Activity Plan, Policy & Environmental Approaches, July 2008. Accessed August 2009 from: <http://www.doh.wa.gov/cfh/NutritionPA/publications/08-plan.pdf>

²³ Gordon-Larsen P, Nelson MC, Page P, et al. Inequality in the built environment underlies key health disparities in physical activity and obesity. *Pediatrics* 2006; 117:417-24.

²⁴ Singh GK, Kogan MD, Van Dyck PC, Siahpush M. Racial/Ethnic, Socioeconomic, and Behavioral Determinants of Childhood and Adolescent Obesity in the United States: Analyzing Independent and Joint Associations. *Annals of Epidemiology* 2008; 18 (9):682-695.

²⁵ Child and Adolescent Health Measurement Initiative. National Survey of Children’s Health 2007. Data Resource Center on Child and Adolescent Health website. Retrieved August 2009 from <http://www.nschdata.org/DataQuery/SurveyTopics.aspx>

Family Meals

| Percent Who Eat Dinner With Their Family Most of the Time or Always, 2008 | |
|--|---------------------------------|
| | WA % (± margin of error) |
| Grade | |
| Grade 6 | 76% (± 2) |
| Grade 8 | 67% (± 3) |
| Grade 10 | 56% (± 2) |
| Grade 12 | 48% (± 2) |
| Gender (10th grade) * | |
| Male | 60% (± 3) |
| Female | 53% (± 3) |
| Race/ Ethnicity (10th grade) | |
| White, Non-Hispanic | 61% (± 2) |
| Black, Non-Hispanic* * | 43% (± 8) |
| American Indian /Alaska Native, Non-Hispanic | 58% (± 9) |
| Asian, Non-Hispanic | 53% (± 11) |
| Hawaiian/ Pacific Islander, Non-Hispanic | 51% (± 13) |
| Hispanic/Latino** | 51% (± 5) |
| Disability Status (10th grade) * | |
| Disability | 49% (± 3) |
| No disability | 59% (± 3) |
| Rural- Urban Residence (10th grade) * | |
| Urban | 56% (± 3) |
| Rural | 63% (± 6) |
| Socioeconomic Status(10th grade) * | |
| Lower | 50% (± 3) |
| Higher | 63% (± 3) |

* Significant difference based on chi-square at p<0 .05

Source: WA Healthy Youth Survey 2008

**Significant difference compared to non-Hispanic Whites based on significance testing at p< 0.05

Disparities:

Among Washington 10th graders, females, students with a disability, students in urban areas of the state and students of lower socioeconomic status were **less** likely to eat dinner with their family most of the time or always. Hispanic and Non-Hispanic Blacks students were **less** likely to eat dinner with their family most of the time or always compared to Non-Hispanic White students.

Background:

- Family meals during adolescence are associated with better diet quality and healthier eating behaviors in both adolescence and young adulthood. One study showed that youth who frequently ate meals with their families during adolescence were less likely to skip breakfast

and had higher intakes of fruit, vegetables, and important nutrients in young adulthood.²⁶ A separate study found that adolescents who frequently ate meals with their families had lower odds of smoking cigarettes, drinking alcohol, using marijuana, making lower grades in school, experiencing depressive symptoms and thinking about and attempting suicide, compared to adolescents who ate meals with their families infrequently or never.²⁷

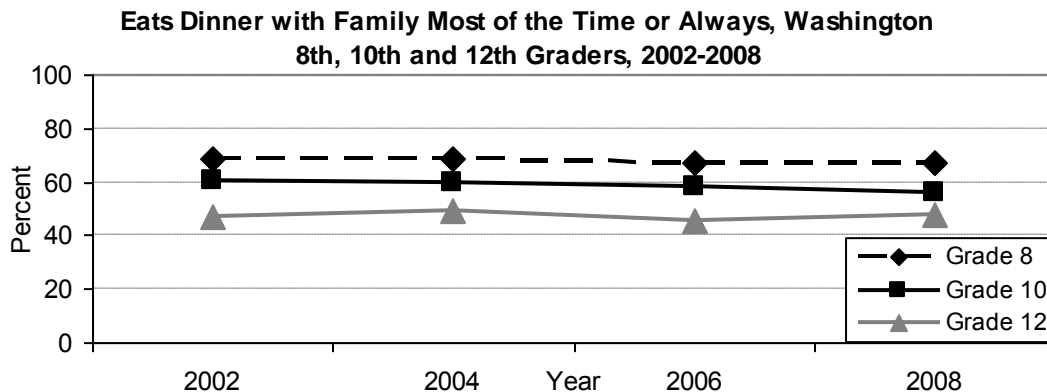
- In Washington in 2008, 10th graders who ate dinner with their family most of the time or always were less likely to drink 2 or more sodas daily, more likely to eat breakfast, more likely to make higher grades, less likely to be depressed, and less likely to engage in risk behaviors such as recent alcohol, cigarette or marijuana use.

| Dinner with Family and Health Behaviors, Washington 10 th graders, 2008 | | |
|--|---|---|
| | Most of the time or always eats dinner with family (± margin of error) | Sometimes, rarely or never eats dinner with family (± margin of error) |
| Fruits & vegetables <5 times a day* | 72% (± 3) | 78% (± 2) |
| 2 or more non-diet sodas per day* | 14% (± 2) | 17% (± 2) |
| Ate breakfast today* | 66% (± 3) | 51% (± 3) |
| Made mostly As and Bs in school* | 74% (± 3) | 62% (± 3) |
| Experienced depressive symptoms for 2 or more weeks in past year* | 21% (± 3) | 37% (± 2) |
| Smoked 1+ cigarettes in past 30 days* | 11% (± 2) | 20% (± 3) |
| Drank alcohol 1+ times in past 30 days* | 29% (± 2) | 39% (± 3) |
| Used marijuana 1+ times in past 30 days* | 15% (± 1) | 25% (± 2) |

*Significant difference based on chi-square at p<0 .05

Source: Washington Healthy Youth Survey 2008

Washington Prevalence: In 2008, about 55 percent of Washington high school students reported they eat dinner with their family most of the time or always.^{28,29}



Source: Washington Healthy Youth Surveys

Changes Between 2006 and 2008: Between 2006 and 2008, there was no significant change in the percent of students eating dinner with their family most of the time or always.

²⁶ Larson NI, Neumark-Sztainer D, Hannan PJ, Story M. Family meals during adolescence are associated with higher diet quality and healthful meal patterns during young adulthood. *J Am Diet Assoc.* 2007; 107:1502-1510.

²⁷ Eisenberg ME, Olson RE, Neumark-Sztainer D, Story M, Bearinger LH. Correlations between family meals and psychosocial well-being among adolescents. *Arch Pediatr Adolesc Med.* 2004; 158:792-796.

²⁸ Washington State Healthy Youth Survey 2008, Synthetic High School Estimate

²⁹ United States prevalence data not available for this question

Food Insecurity

| Family cut meal size or skipped meals within the past year due to lack of money | |
|---|-------------------------------|
| | WA % (\pm margin of error) |
| Grade | |
| Grade 8 | 16% (\pm 2) |
| Grade 10 | 21% (\pm 2) |
| Grade 12 | 20% (\pm 2) |
| Gender (10th grade) | |
| Male | 21% (\pm 3) |
| Female | 20% (\pm 3) |
| Race/ Ethnicity (10th grade) | |
| White, Non-Hispanic | 19% (\pm 3) |
| Black, Non-Hispanic | 26% (\pm 11) |
| American Indian /Alaska Native, Non-Hispanic** | 35% (\pm 13) |
| Asian/ Pacific Islander, Non-Hispanic | 14% (\pm 5) |
| Hispanic/Latino | 23% (\pm 4) |
| Disability Status (10th grade) | |
| Disability* | 35% (\pm 4) |
| No disability | 16% (\pm 2) |
| Rural- Urban Residence (10th grade) | |
| Urban | 21% (\pm 2) |
| Rural | 16% (\pm 4) |
| Socioeconomic Status (10th grade) | |
| Higher | 16% (\pm 3) |
| Lower* | 26% (\pm 3) |

*Significant at $p < 0.05$

Source: WA Healthy Youth Survey 2008

**Significant difference compared to non-Hispanic Whites based on significance testing at $p < 0.05$

Disparities:

Among 10th graders in Washington, food insecurity was **more** common among students with a disability, students of lower socioeconomic status. Non-Hispanic American Indian students had higher food insecurity compared to Non-Hispanic White students.

Background:

- Food insecurity in the Healthy Youth Survey was defined as having to cut meal size or skip meals because there was not enough money for food within the past year.
- The **Healthy People 2010 goal** is to increase food security among United States households and in so doing reduce hunger to 94 percent.
- An objective of the 2008 Washington State Nutrition and Physical Activity Plan is to reduce food insecurity in Washington State by strengthening food assistance programs and improving

economic security for low-income families and individuals, and by improving access to and awareness of food assistance programs.³⁰

- Academic Achievement: About 42 percent of food insecure 10th graders reported making mostly Cs, Ds and Fs, compared to 27 percent of 10th graders who were not food insecure.
- Tenth grade youth who were food insecure were more likely to be obese, drink two or more sodas a day, to eat less than 5 servings of fruits and vegetables per day, and were less likely to eat dinner with their families compared with their food secure peers.

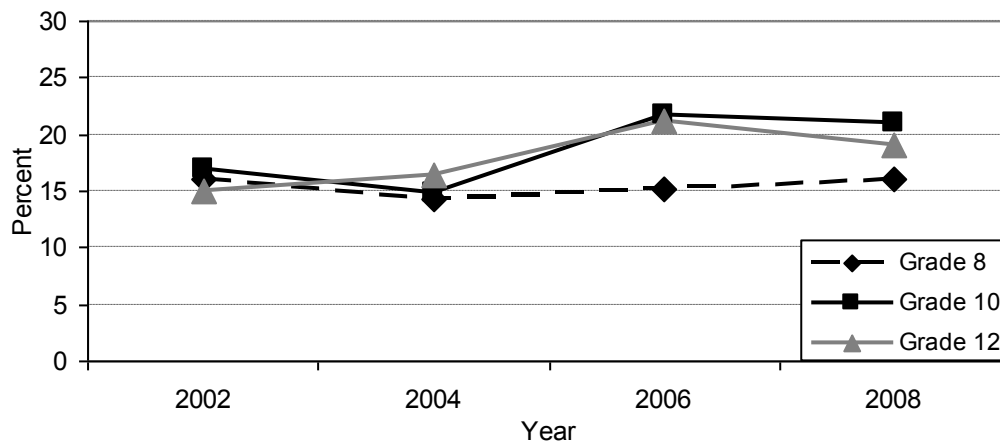
| Food Consumption and Physical Activity Outcomes by Food Security Status, Washington 10th graders, 2008 | | |
|--|--|---|
| | Food Insecure % (± margin of error) | Not Food Insecure % (± margin of error) |
| Obese or Overweight* | 33% (± 5) | 24% (± 2) |
| 2+ sodas per day* | 24% (± 4) | 13% (± 2) |
| Fruits and vegetables <5 times per day* | 71% (± 4) | 76% (± 2) |
| Eats dinner with family sometimes, rarely or never* | 58% (± 4) | 40% (± 3) |

* Significant difference between food insecure and not food insecure based on chi-square at p<0.05
 Source: WA Healthy Youth Survey 2008

Washington Prevalence: In 2008, an estimated 20 percent of 10th graders reported that they had to cut meal size or skip meals because there was not enough money for food within the last year.

United States Prevalence: Data not available.

Food Insecurity, WA 8th, 10th and 12th Graders, 2004-2008



Source: Washington Healthy Youth Surveys

Changes Between 2006 to 2008: There was no significant change in the percentage of students experiencing food insecurity between 2006 and 2008.

³⁰ Washington State Department of Health, Washington State Nutrition & Physical Activity Plan, Policy & Environmental Approaches, July 2008. Accessed August 2009 from: <http://www.doh.wa.gov/cfh/NutritionPA/publications/08-plan.pdf>