



To Protect and Promote the Health and the Environment of the People of Kittitas County

November 2011

Dear Teachers & Staff,

The “In Your Classroom” fact sheets have been updated to include information from the most recent Healthy Youth Survey, conducted in October 2010. The categories selected for the fact sheets are areas that can put students at academic risk.

You already know that children who are not healthy do not learn at their full potential. Now there is evidence that shows the direct link between health risks and academic performance.* The research found that “the more health risks students had, the more likely it was that they also were at academic risk.” The research also found that for every health risk addressed, students’ academic success increased.

Please review the attached “In Your Classroom” fact sheet; **addressing even one risk factor in a student will increase the student’s ability to learn.**

The Kittitas County Public Health Department has a variety of programs that address children's’ health:

- Teens Against Tobacco Use (TATU)
- Tobacco retailer education
- Child care nurse consulting
- Hand washing education
- Food handlers class
- Safe routes to school
- Farm to school
- Children’s Immunizations
- Access to Baby and Child Dentistry

If you have questions or would like more information, please contact the Kittitas County Public Health Department at 509-962-7515.

Best wishes for a healthy and productive school year!

*“Research Review: School-based Health Interventions and Academic Achievement”
<http://www.k12.wa.us/Communications/PressReleases2009/HealthRisktoGrades.aspx>

Kittitas County 6th Graders In Your Classroom

In a class of 25	
Bullied last 30 days	7.2
Skipped school last four weeks	3.3
Doesn't feel safe at school	3.2
Suicide seriously considered	1.8
Carries a weapon at school last 30 days	0.7
Drinks alcohol last 30 days	0.6
Smokes cigarettes last 30 days	0.3
Smokes marijuana last 30 days	0.2
Chews tobacco last 30 days	0.2
Trying to lose weight	n/a
Depressed last 12 months	n/a
Overweight	n/a
In a fight at school last 12 months	n/a
Has had sexual intercourse at any time	n/a
Works >10 hours per week	n/a
No after-school activities	n/a
Has low quality of life based on several questions	n/a

n/a = data not available









Published by:
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Three in ten (28.8%) 6th graders report being bullied in the past month, and 12.9% don't feel safe at school.

Kittitas County 8th Graders In Your Classroom

In a class of 25	
Has low quality of life based on several questions 10.0	
Trying to lose weight 9.7	
Bullied 7.7	
Overweight 6.9	
Depressed last 12 months 6.6	
No after-school activities 5.7	
Suicide seriously considered 3.7	
Doesn't feel safe at school 3.3	
In a fight at school last 12 months 2.8	
Drinks alcohol last 30 days 2.6	
Skipped school last four weeks 2.6	
Smokes marijuana last 30 days 2.0	
Carried a weapon at school last 30 days 1.6	
Works >10 hours per week 1.2	
Smokes cigarettes last 30 days 1.0	
Chews tobacco last 30 days 0.7	
Has had sexual intercourse at any time n/a	

n/a = data not available

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Two in five (38.7%) 8th graders are trying to lose weight, although only one in four (27.6%) is actually overweight.

Kittitas County 10th Graders In Your Classroom

In a class of 25		
Has low quality of life based on several questions	11.0	
Trying to lose weight	11.0	
Has had sexual intercourse at any time	8.0	
Depressed last 12 months	7.9	
No after-school activities	7.2	
Drinks alcohol last 30 days	6.9	
Bullied last 30 days	6.8	
Overweight	6.5	
Skipped school last four weeks	6.0	
Smokes marijuana last 30 days	4.9	
Suicide seriously considered	4.6	
In a fight at school last 12 months	3.7	
Doesn't feel safe at school	3.0	
Smokes cigarettes last 30 days	2.9	
Carries a weapon at school last 30 days	2.4	
Chews tobacco last 30 days	1.7	
Works >10 hours per week	1.4	






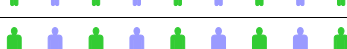
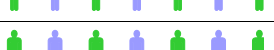











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In the last month, almost three in ten (27.7%) high school sophomores drank alcohol and one in five (19.5%) smoked marijuana.

Kittitas County 12th Graders In Your Classroom

In a class of 25	
Has had sexual intercourse at any time 12.2	
Has low quality of life based on several questions 12.2	
Drinks alcohol last 30 days 10.1	
Trying to lose weight 9.5	
No after-school activities 8.0	
Depressed last 12 months 6.8	
Smokes marijuana last 30 days 6.4	
Skipped school last four weeks 5.9	
Works >10 hours per week 5.5	
Smokes cigarettes last 30 days 5.1	
Overweight 4.3	
Chews tobacco last 30 days 3.2	
Carries a weapon at school last 30 days 3.2	
Bullied last 30 days 3.0	
Suicide seriously considered 3.0	
In a fight at school last 12 months 2.1	
Doesn't feel safe at school 1.1	

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In the last month, four in ten (40.5%) high school seniors drank alcohol and one in four (25.4%) smoked marijuana.