

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

September 2014

Dear Teachers & Staff,

Every school year, since 2007, The Kittitas County Public Health Department (KCPHD) has distributed "In Your Classroom" fact sheets. The fact sheets provide a quick reference about what your students are reporting from the Healthy Youth Survey. The fact sheets are from the most recent Healthy Youth Survey, conducted in October 2012*.

The categories selected for the fact sheets are areas that can put students at academic risk. Research found that "the more health risks students had, the more likely it was that they were also at academic risk." The research also found that for every health risk addressed, students' academic success increased **

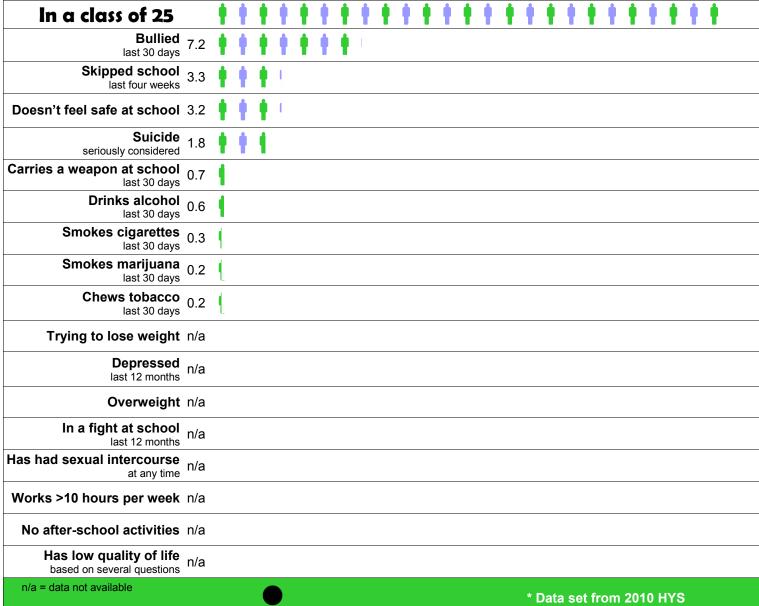
Please review the attached "In Your Classroom" fact sheets; addressing even one risk factor in a student will increase the student's ability to learn.

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

^{* 6}th and 8th grade data is from 2010.

^{**&}quot;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*



Published by:

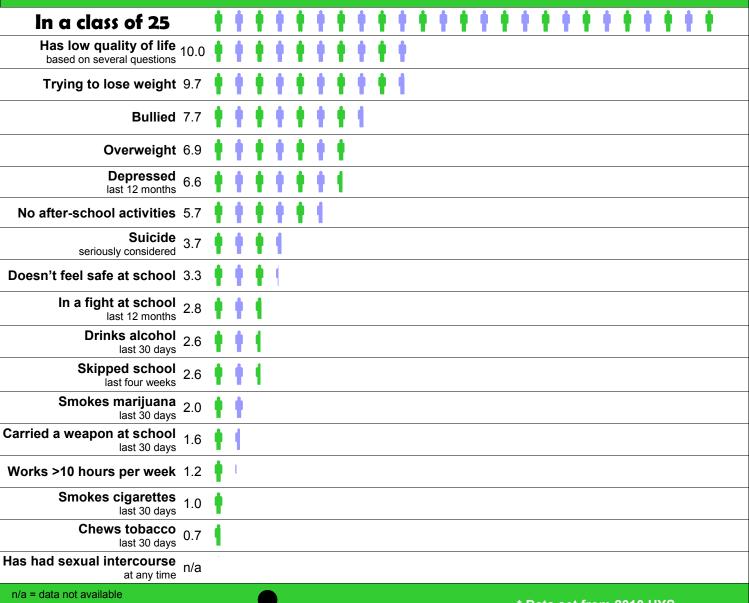
Kittitas County Public Health Department 507 N Nanum Street, Suite 102 Ellensburg, WA 98926



Questions?

(509) 962-7515 healthpromotion@co.kittitas.wa.us www.co.kittitas.wa.us/health





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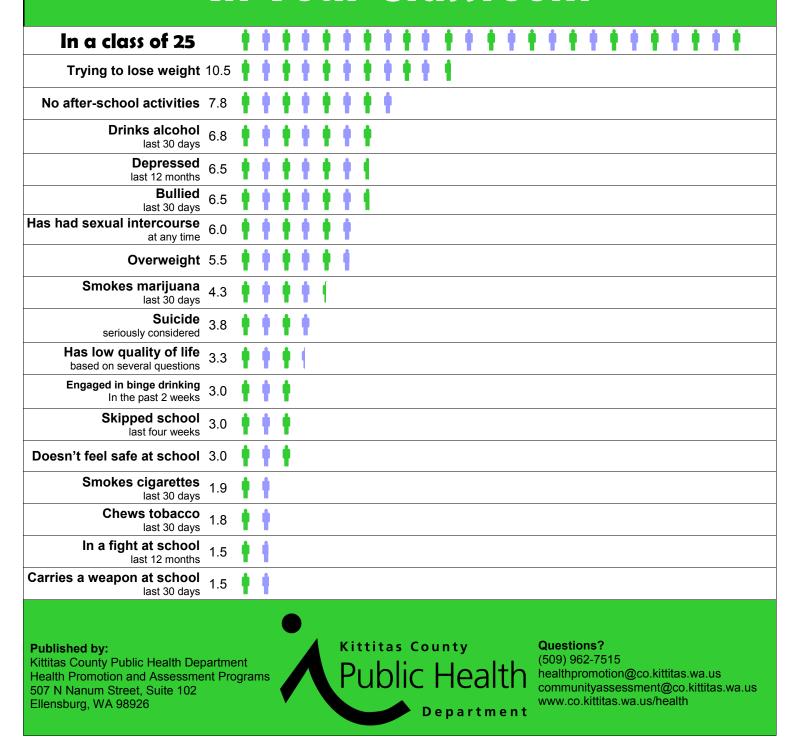
* Data set from 2010 HYS

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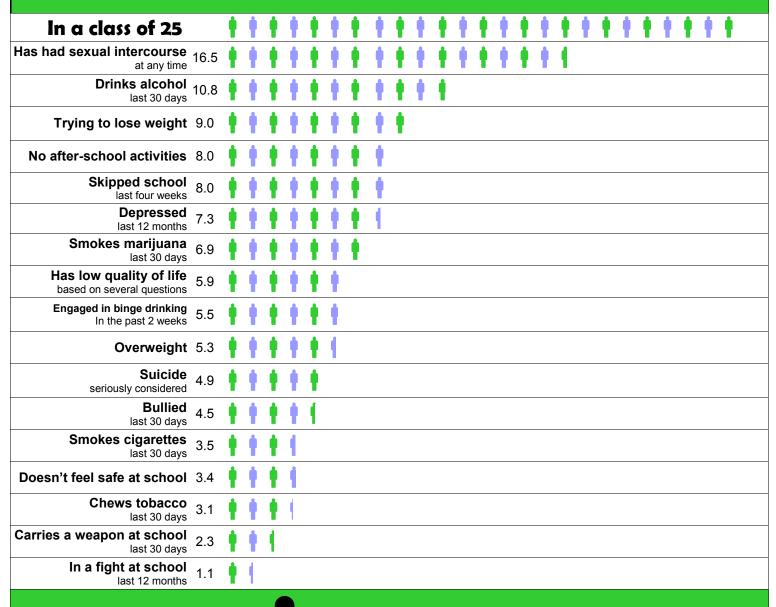
Two in five (38.7%) 8th graders are trying to lose weight, although only one in four (27.6%) is actually overweight.

Kittitas County 10th Graders In Your Classroom



In the last month, almost three in ten (26%) high school sophomores drank alcohol and one in five (17%) smoked marijuana.





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In the last month, four in ten (43%) high school seniors drank alcohol and one in four (28%) smoked marijuana.