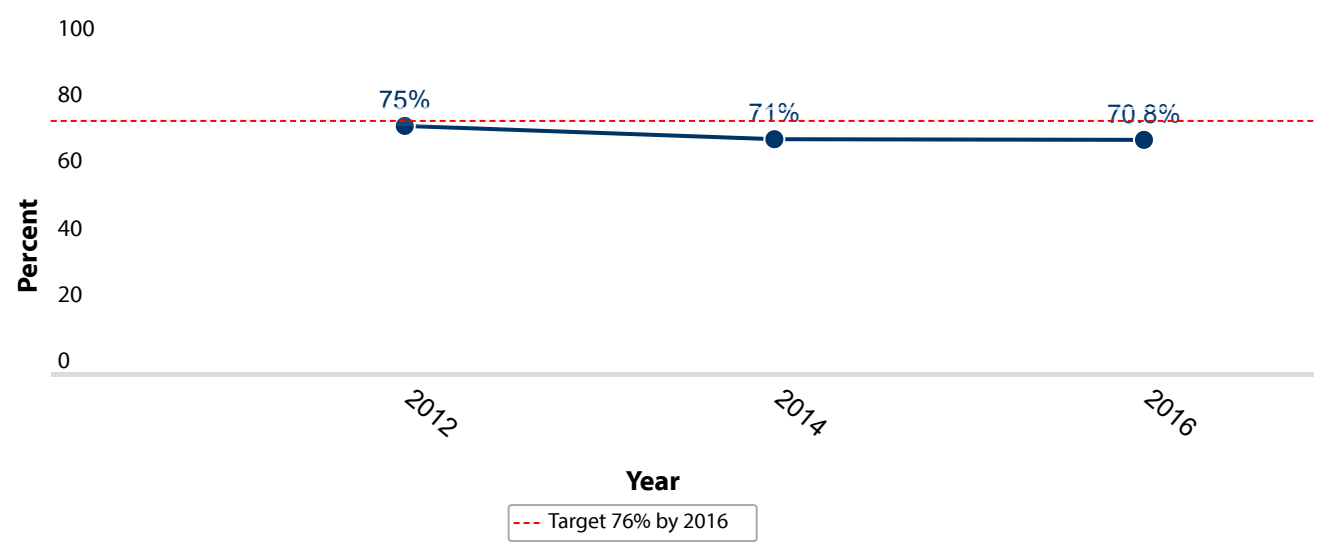




1.2.Y.b: Increase percentage of 10th graders with healthy weight from 75% to 76% (supplemental)

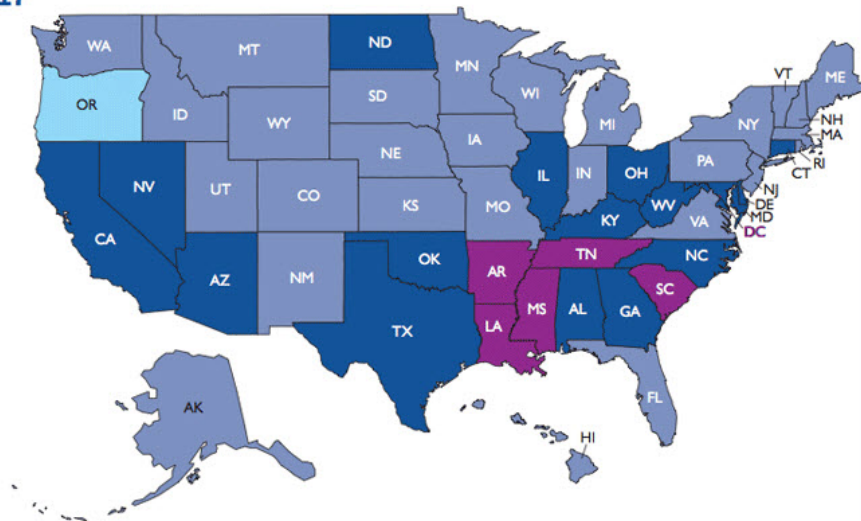


Data indicates a decrease in 2006 through 2010 with a slight increase in 2012.

Generational Context

	Silent	Boomers	X	Y	Z
Born	1925-1945	1946-1964	1965-1979	1980-1994	1995-2010
10 th grade years	1940-1960	1961-1979	1980-1994	1995-2009	2010-2025

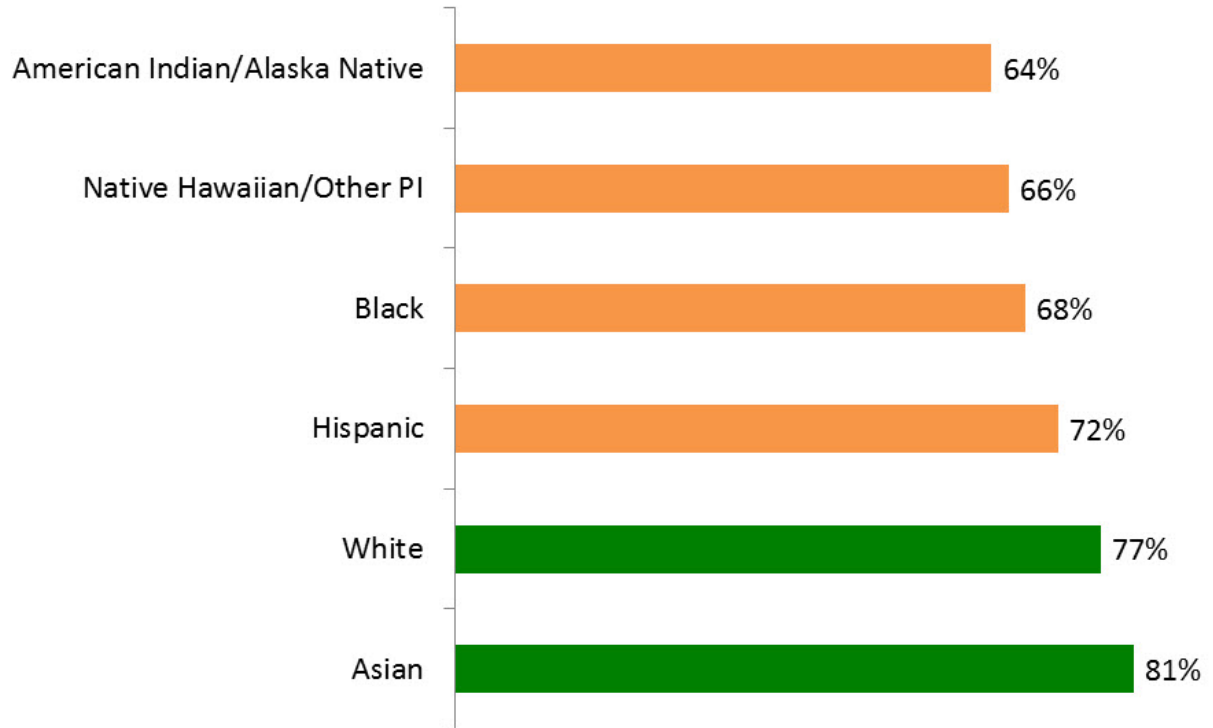
PROPORTION OF CHILDREN AGES 10 to 17 CLASSIFIED AS OBESE BY STATE
Obese 10- to 17-Year-Olds, 2011 NSCH



No Data
 <10%
 ≥10% & <15%
 ≥15% & <20%
 ≥20% <25%
 ≥25% <30%
 ≥30%

Source: National Survey on Children's Health, 2011.

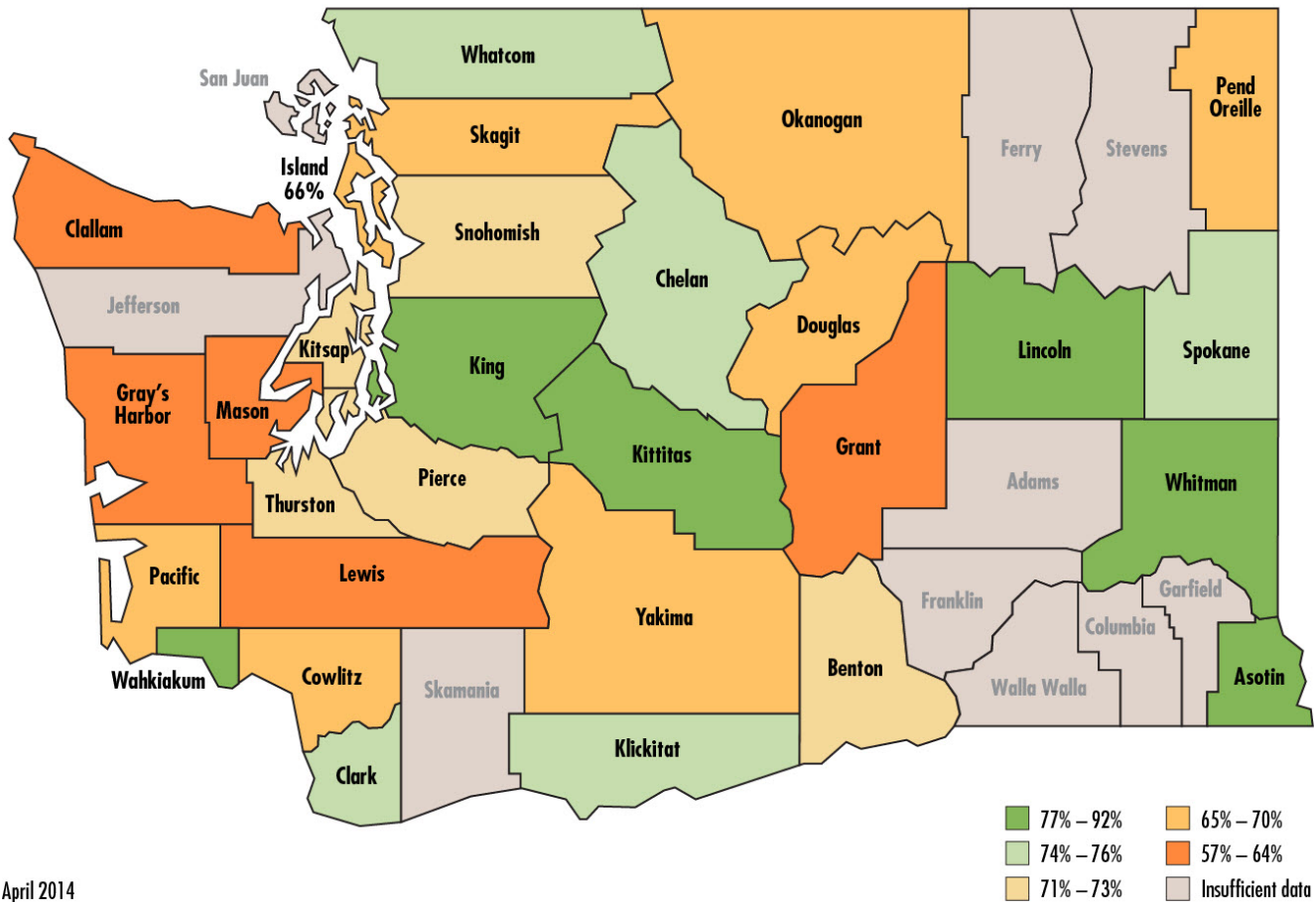
Healthy weight by race/ethnicity



Healthy Weight of 10th Graders in Washington State

Healthy Youth Survey 2012

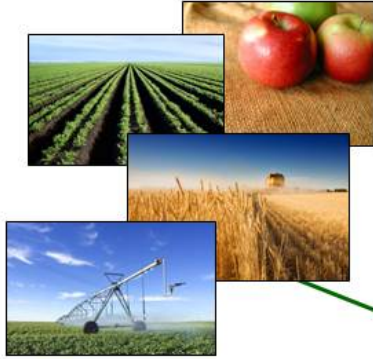
State Average: 75%



April 2014



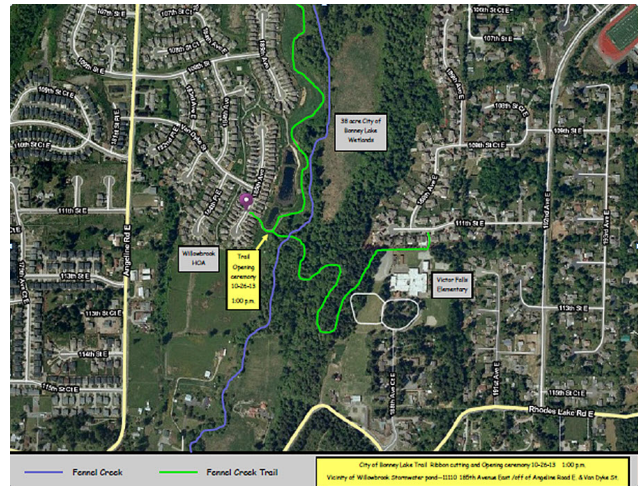
Farm to School Activities



- South King County Farm to School Collaborative
- Breakfast After the Bell Program
- Survey of 297 School Districts

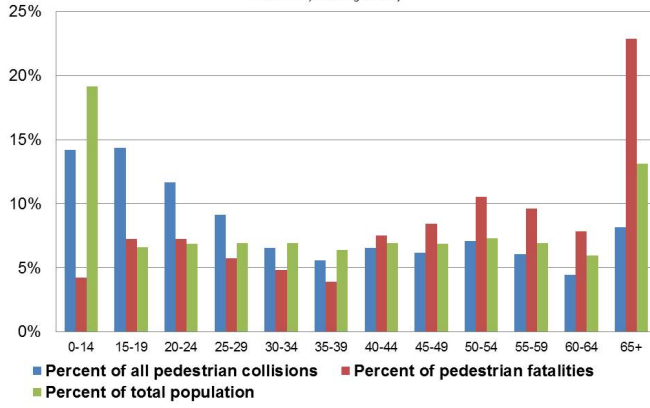


Bonney Lake's Fennel Creek Trail Connection - Cost just under \$1 million and reduced the need for an estimated 8-10 school bus routes by connecting a large family housing area with schools on the other side of a watershed.

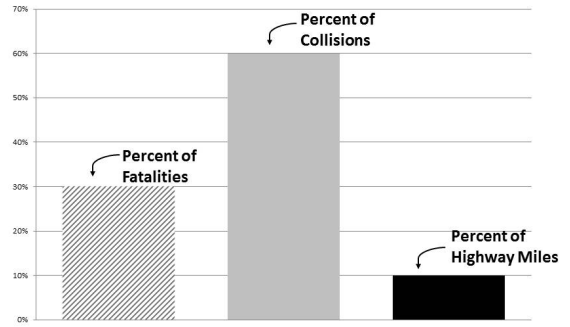


Number of pedestrian collisions and fatalities compared to population by age group

2008-2012, Washington only



Pedestrian and Bicyclist Collisions and Fatalities on Main Street Highways 2010 through 2012



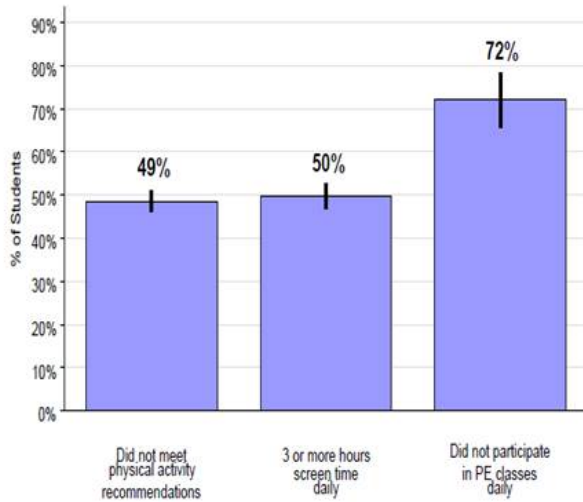
State Highways that also serve as City Streets in core commercial areas or "Main Street Highways" – serve as both thoroughfares and community access routes.



Healthy Youth Survey Fact Sheet

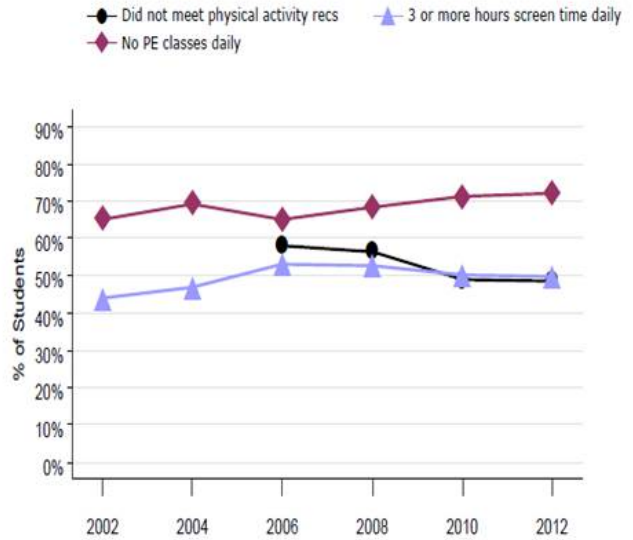
Physical Activity for Washington State

Physical Activity Grade 10, 2012



In 2012, 49% of 10th graders in our state did not meet the recommendations for 60 minutes of physical activity daily.

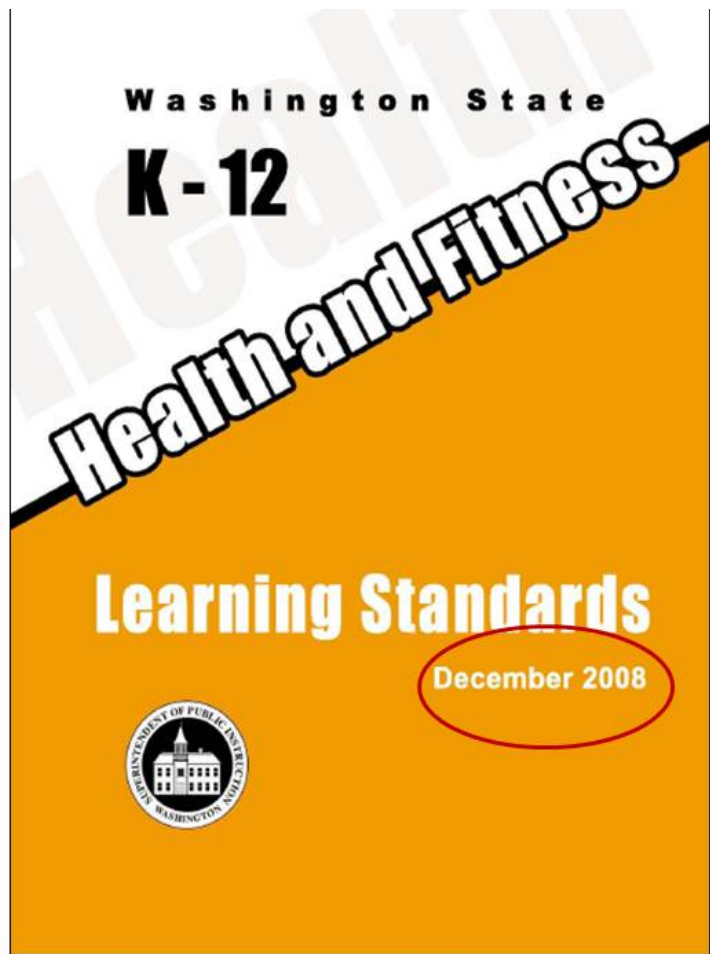
Physical Activity Trends, Grade 10



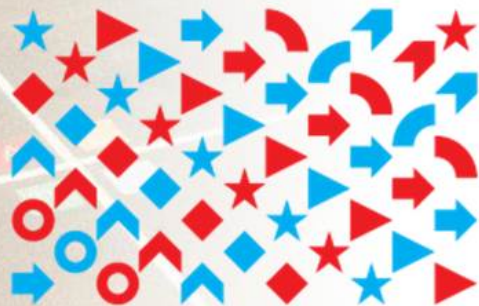
Prevalence	2002	2004	2006	2008	2010	2012
Did not meet physical activity recs	N/S	N/S	58% ±2	57% ±3	49% ±4*	49% ±3
3 or more hours screen time daily	44% ±3	47% ±2	53% ±3*	53% ±3	50% ±3	50% ±3
Did not participate in PE classes daily	65% ±11	69% ±7	65% ±7	68% ±7	71% ±6	72% ±6

Revision of the Washington State
Health and Fitness Learning
Standards Adopted 2008

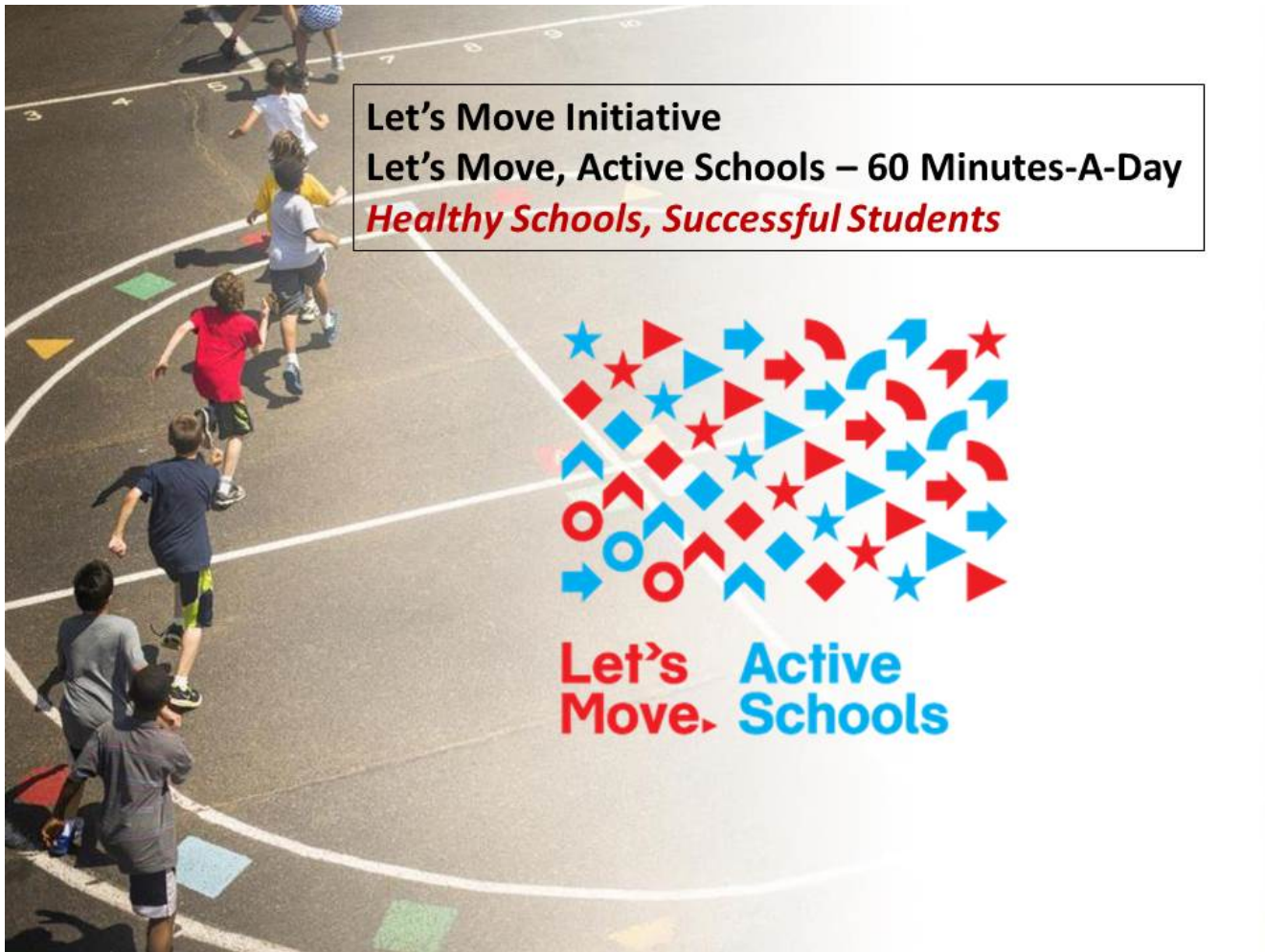
Completion of
Revised Standards
By July 1, 2015



Let's Move Initiative
Let's Move, Active Schools – 60 Minutes-A-Day
Healthy Schools, Successful Students



Let's Move **Active Schools**



Edmonds School District and Swedish Hospital Team Up

Swedish/Edmonds And Edmonds School District Team Up For

Healthier Choices

Free Family Event Featuring
Cooking Demos With Hospital Dietitian Megan Ellison And
A Special Video Appearance By Former Galloping Gourmet Graham Kerr

Thursday, February 23

6:30 to 7:30 p.m.

Meadowdale Elementary School
6505 168th Street SW, Lynnwood



Learn fun ways to involve children in meal preparation, hear some tips for making cooking faster and try some kid-friendly meal ideas.

Don't miss the recipes, prizes and free food samples!

Spanish translation will be provided. A video of the presentation will be posted on Swedish/Edmonds YouTube channel, [youtube.com/swedishedmonds](https://www.youtube.com/swedishedmonds), soon after the event.

Upcoming Healthier Choices Events:

Thursday, March 15, 6:30 to 7:30 p.m. at Mountlake Terrace Elementary
How does physical exercise change your nutrition needs? How does food affect behavior?

Saturday, April 28, 9 a.m. to noon at Meadowdale Middle School
What is this? Fun ways to try foods you have probably never tasted



21601 76th Ave W, Edmonds
(425) 640-8000 • www.swedish.org

Since 1964, Swedish/Edmonds, formerly Shewers Hospital, has been committed to improving the health and well-being of the



Healthier Choices

Jenni McCloughan
Jennifer Hershey
Health and Fitness Coordinator
Physical Education Maplewood K-8
Edmonds School District

Action Items:

Problem / Opportunity	Strategy	Task	Due Date
<p>Children eat up to half of their daily calories at school. Improving the quality of food and beverages offered at school can help children eat healthier.</p> <p>Partner Agency DOH, OSPI</p>	<p>Increase the number of schools matched with local farms, food processors, and distributors.</p> <p>Task Lead Kirk Robinson, AGR</p>	<p>Completing a new survey of all schools to assess whether they serve nutritious Washington grown food. This strategy relates to measure 1.2.Y.c: Increase the number of schools serving nutritious, Washington grown foods.</p>	<p>Status On Track</p>
<p>Children should get at least 60 minutes of physical activity per day. Half of children enrolled in the public school system live within one mile of school. Walking or biking to school can help children meet the recommended amount of physical activity.</p> <p>Partner Agency DOH, OSPI</p>	<p>Increase opportunities for students to walk and bike to schools through a Student Transportation Efficiency Pilot Project</p> <p>Task Lead Kathleen Davis, WSDOT</p>	<p>This strategy supports the Healthiest Next Generation initiative and helps to meet Goal 3, measure 1.1, reducing transportation-related greenhouse gas emissions, and Goal 2, measure 3.2.c, reducing the number of pedestrian and bicycle fatalities on public roadways.</p>	<p>Due Date December 2014</p> <p>Status On Track</p>
<p>Children should get at least 60 minutes of physical activity per day. Having access to physical activity and nutrition before, during, and after school will ensure that students have the opportunity to achieve 60 minutes a day. Revising the health and physical education standards for public schools can ensure that students have an opportunity to learn the essential academic learning requirements which describe what students should know and be able to do to lead safe and healthy lives.</p> <p>Partner Agency DOH, WSDOT, DEL, AGR</p>	<p>Increase access to physical fitness and health education in schools; and before, during, and after school activity.</p> <p>Task Lead Lisa Rakoz, OSPI</p>	<p>As part of Healthiest Next Generation initiative: revise the health and fitness standards for public schools, develop toolkits for school professionals with evidence-based practices to encourage physical activity in schools, and provide mentoring to school professionals about how to get children physically active in schools.</p>	<p>Due Date June 2015</p> <p>Status On Track</p>
<p>Many children do not eat breakfast before school and research shows that this has a negative impact on learning. Eating a healthy breakfast improves both health and academic achievement.</p> <p>Partner Agency DOH, OSPI</p>	<p>Increase the number of school children eating a healthy morning meal/snack at school.</p> <p>Task Lead Kirk Robinson, AGR</p>	<p>Breakfast After the Bell. This program, started in several school districts, provides a healthy nutritious snack to school children when they first enter the classroom.</p>	<p>Due Date September 2016</p> <p>Status On Track</p>
<p>Many children have access to food and beverages at school through vending machines, school stores, canteens, and snack bars. The USDA defines these as competitive foods. Having guidelines in schools about the types of competitive foods and beverages sold can improve access to healthy foods and beverages throughout the school day.</p> <p>Partner Agency OPSI</p>	<p>Increase the number of schools in urban and rural areas implementing strong competitive food guidelines from 0 to 1584. This strategy supports the Healthiest Next Generation initiative to make sure children in school are active every day, playing in safe places, eating nutritious meals, and drinking clean water.</p> <p>Task Lead Allene Mares, DOH; Lisa Rakoz, OSPI</p>	<p>Assess training needs around implementation of the USDA's Smart Snacks in School nutrition standards, develop training workshops, contract with Action for Healthy Kids to coordinate, train school communities and provide technical assistance.</p>	<p>Due Date September 2016</p> <p>Status On Track</p>

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