



**Population Health Trust August Newsletter**  
***Community Advisory Board to the Skagit County Board of Health***  
**August 2024**

---

Back to school time summons a range of emotions for both youth and their parents. No matter the feelings, as the flurry of summer activity comes to an end, planning for a new school year must begin.

School plays an important role in the health and wellbeing of our youth. In addition to academic learning, it is also where students may establish important social, life, and health behaviors. We know that upstream interventions are often the most effective way to contribute to positive health behaviors and outcomes, so knowing what is happening in the lives of students is important.

One way we can better understand youth is through the Healthy Youth Survey (HYS). The HYS is a biennial, cross-sectional survey of 6th–12th graders that measures adolescent health and wellbeing. It has been administered since 2002, so we can view changes over time.

The HYS assesses risk behaviors such as:

- Substance use
- Behaviors that result in intentional and unintentional injuries
- Behaviors related to food and physical activity
- Mental health
- School climate
- Risk and protective factors

Data from the HYS is one of the many tools that can help guide policy and programmatic decisions to better serve youth. Below are some visuals to tell the story of how 10th graders are doing in Skagit County in 2023 according to the HYS survey. Full results of the survey can be found on the [HYS website](#).



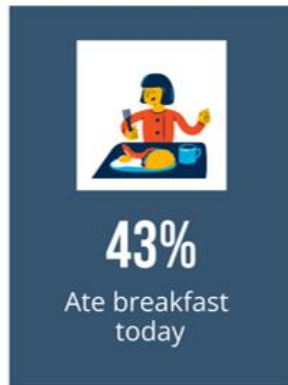
Saw a doctor in the last 2 years



Saw a dentist in the last 2 years



Sleep 8 hours or more on a school night



Ate breakfast today



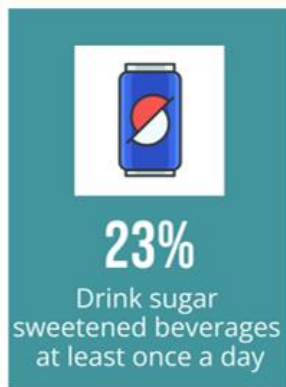
Eat dinner with family always or most of the time



Physically active for at least 60 minutes per day for 3+ days



Eat NO servings of fruit or vegetables each day



Drink sugar sweetened beverages at least once a day



Walk to school every day

Thank you for your partnership in keeping Skagit County healthy!



The Population Health Trust was founded in 2015 and is the Community Advisory Board to the Skagit County Board of Health. For more information, check out our [website](#).

**Population Health Trust**

Phone: (360) 416-1524