

Second Decade Project: Complete Table

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Key Adolescent Health Factors

	Washington (2008)*	British Columbia (2008)**
Cigarette Smoking	<p>15% of high school students smoked during past 30 days</p> <p>4% ever smoked a whole cigarette (1% in past 30 days) (6th grade)</p> <p>13% ever smoked a whole cigarette (7% in past 30 days) (8th grade)</p> <p>25% ever smoked a whole cigarette (14% in past 30 days) (10th grade)</p> <p>34% ever smoked a whole cigarette (20% in past 30 days) (12th grade)</p>	<p>26% ever smoked</p> <p>22% smoked a whole cigarette</p> <p>No breakdown by grade level.</p>
Obesity Overweight BMI for age ≥85th percentile Obese BMI for age ≥95th percentile	<p>11% obese (8th, 10th, 12th grade)</p> <p>16% overweight (8th grade)</p> <p>14% overweight (10th, 12th grade)</p>	<p>4% obese</p> <p>13% overweight</p>
Diet and Nutrition	<p>28% ate 5+ fruits/vegetables per day (8th grade)</p> <p>25% ate 5+ fruits/vegetables per day (10th grade)</p> <p>22% ate 5+ fruits/vegetables per day (12th grade)</p>	<p>41% ate 2+ fruits previous day</p> <p>32% ate 2+ green salad/vegetables</p>
Physical Activity US recommends 60+ minutes/day Canada recommends 90+ minutes/day	<p>43% of HS students met physical activity guidelines</p> <p>49% of males met guidelines (10th grade)</p> <p>38% of females met guidelines (10th grade)</p>	<p>25% males exercised daily in past week</p> <p>11% females exercised daily in past week</p>
Motor Vehicle Deaths	<p>From WISQARS database For US from 2000 – 2004: 27.01 deaths per 100,000 (15-24 year olds) 54,932 deaths among 15-24 year olds (24.6% of total fatalities)</p> <p>For Washington State 2000 – 2004: 22.41 deaths per 100,000 (15-24 year olds) 961 deaths among 15-24 year olds (26.4% of total fatalities)</p>	<p>From Statistics Canada For Canada (not specifically BC) from 2000 – 2004: 16.0 deaths per 100,000 (15-24 year olds) 1,499 deaths to 15-24 year olds (28% of total fatalities)</p> <p>From Canadian Motor Vehicle Traffic Collision Statistics BC Casualty Rate (2003) 10.6 per 100,000 (Not specifically for adolescents) 327 fatalities (15-19 year olds) but not specifically BC</p>

Other Drugs	<p>Ever use (Other drugs not including alcohol, tobacco, marijuana): 4% (6th grade)</p> <p>In past 30 days: 3% (8th grade) 7% (10th grade) 8% (12th grade)</p> <p>Ever use: Methamphetamines 3% (8th grade) 5% (10th grade) 6% (12th grade)</p> <p>Inhalants 6% (8th grade) 9% (10th grade) 10% (12th grade)</p> <p>Cocaine 3% (8th grade) 7% (10th grade) 11% (12th grade)</p>	<p>Ever use: Rx drugs 15% Hallucinogens 9% Mushrooms 8% Ecstasy 7% Cocaine 4% Inhalants 4% Methamphetamines 2% Amphetamines 2% Steroids 2% Heroin 1% Injected illegal drug 1%</p>
Injury Prevention	<p>Wear seatbelt most of the time or always: 96% (6th grade) 92% (8th grade) 92% (10th grade) 93% (12th grade)</p> <p>When biked in past year, wore bike helmet most of the time or always: 31% (8th grade) 19% (10th grade) 20% (12th grade)</p>	<p>66% always wear seat belt in the car</p> <p>24% of those who biked in past year always wore a helmet</p>

* Washington State Healthy Youth Survey (school-based, surveys grades 6, 8, 10, 12)

** Adolescent Health Survey (school-based, surveys grades 7-12)