

**SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 1: SUBSTANCE USE**

G.1.1. ADULT CURRENT SMOKERS

Adults who ever smoked 100 cigarettes and smoke everyday or some days in past month.

Source: Behavioral Risk Factor Surveillance System. Trend years: 1998, 2003-2009.

	1998	2009	TREND
WA STATE	21.2%	14.8%	
KITSAP COUNTY	23.7%	16.2%	
KITSAP COMPARED TO WA	--	--	

KITSAP ADULTS BY SUBGROUP: 2009

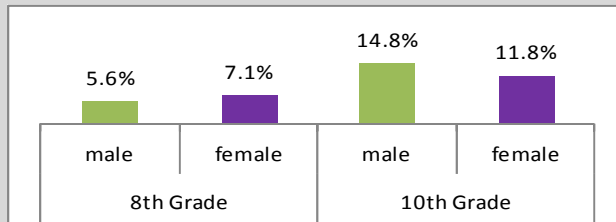
- 18.0% of females
- 14.5% of males
- 19.4% Bremerton
- 17.7% Port Orchard
- n<30 Bainbridge, Central Kitsap, North Kitsap
- 25.3% age 18 to 34
- 14.6% age 35 to 64
- n<30 age 65+
- 35.3% with income <\$25,000
- n<30 with income \$25-50,000
- 14.6% with income >\$50,000

G.1.2. YOUTH SMOKED CIGARETTES IN THE PAST MONTH

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
8th Grade			
WA STATE	6.5%	6.4%	--
KITSAP COUNTY	6.9%	6.5%	--
KITSAP COMPARED TO WA	--	--	
10th Grade			
WA STATE	15.0%	12.8%	--
KITSAP COUNTY	15.1%	13.3%	--
KITSAP COMPARED TO WA	--	--	

KITSAP BY GENDER: 2010



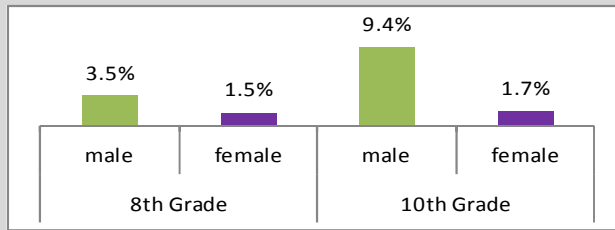
**SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 1: SUBSTANCE USE**

G.1.3. YOUTH USED CHEWING TOBACCO IN THE PAST MONTH

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
8th Grade			
WA STATE	2.8%	2.9%	--
KITSAP COUNTY	2.3%	2.6%	--
KITSAP COMPARED TO WA	--	--	
10th Grade			
WA STATE	6.2%	6.0%	--
KITSAP COUNTY	5.4%	5.4%	--
KITSAP COMPARED TO WA	--	--	

KITSAP BY GENDER: 2010



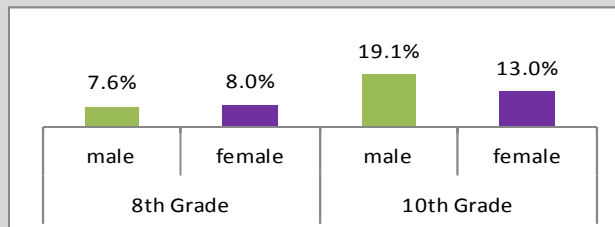
G.1.4. YOUTH USED ANY TOBACCO IN THE PAST MONTH

Youth who have smoked cigarettes, used chewing tobacco, flavored tobacco or cigars at least one day in the past month.

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
8th Grade			
WA STATE	8.6%	8.2%	--
KITSAP COUNTY	8.2%	7.9%	--
KITSAP COMPARED TO WA	--	--	
10th Grade			
WA STATE	18.9%	16.2%	--
KITSAP COUNTY	17.6%	16.0%	--
KITSAP COMPARED TO WA	--	--	

KITSAP BY GENDER: 2010



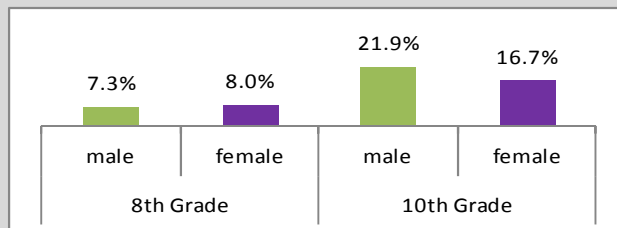
**SECTION G: UNHEALTHY BEHAVIORS
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G.1.5. YOUTH USED MARIJUANA IN THE PAST MONTH

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
8th Grade			
WA STATE	7.1%	9.0%	--
KITSAP COUNTY	7.3%	7.7%	--
KITSAP COMPARED TO WA	--	better	
10th Grade			
WA STATE	18.1%	20.0%	
KITSAP COUNTY	17.3%	19.2%	--
KITSAP COMPARED TO WA	--	--	

KITSAP BY GENDER: 2010

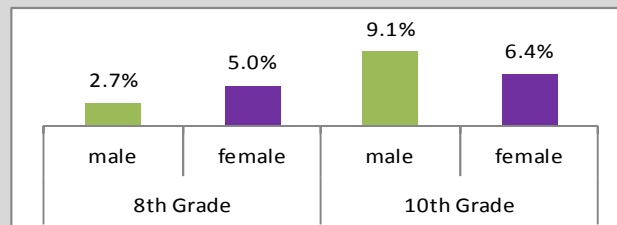


G.1.6. YOUTH USED PAIN KILLERS TO GET HIGH IN THE PAST MONTH

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
8th Grade			
WA STATE	3.7%	4.1%	--
KITSAP COUNTY	4.0%	4.0%	--
KITSAP COMPARED TO WA	--	--	
10th Grade			
WA STATE	10.1%	8.2%	--
KITSAP COUNTY	10.7%	7.7%	
KITSAP COMPARED TO WA	--	--	

KITSAP BY GENDER: 2010



**SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 1: SUBSTANCE USE**

G.1.7. ADULT BINGE DRINKING IN THE PAST MONTH (5+ DRINKS ON AN OCCASION)

Source: Behavioral Risk Factor Surveillance System. Trend years: 2003 - 2009.

	2003	2009	TREND
WA STATE	15.2%	15.1%	--
KITSAP COUNTY	12.8%	17.3%	
KITSAP COMPARED TO WA	--	--	

KITSAP ADULTS BY SUBGROUP: 2009

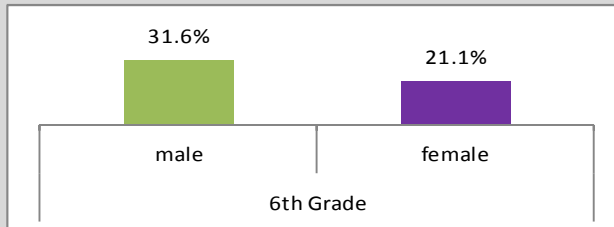
- 12.6% of females
- 21.8% of males
- n<30 with education less than high school
- 17.2% with some post high school education
- 17.6% with 4+ years of college
- n<30 age 18 to 34
- 14.6% age 35 to 64
- n<30 age 65+
- n<30 with income <\$25,000
- n<30 with income \$25-50,000
- 19.3% with income >\$50,000

G.1.8. SIXTH GRADERS EVER USED ALCOHOL

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
6th Grade			
WA STATE	31.6%	26.3%	--
KITSAP COUNTY	33.8%	26.4%	--
KITSAP COMPARED TO WA	--	--	


KITSAP BY GENDER: 2010



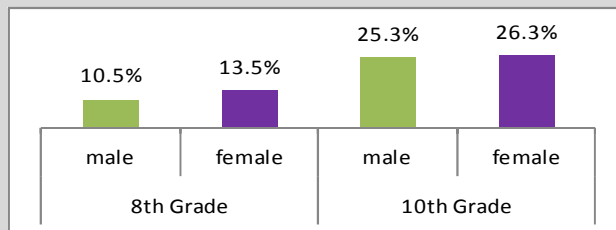
**SECTION G: UNHEALTHY BEHAVIORS
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G.1.9. YOUTH USED ALCOHOL AT LEAST ONE DAY IN THE PAST MONTH

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.


	2006	2010	TREND
8th Grade			
WA STATE	15.5%	13.9%	--
KITSAP COUNTY	16.4%	12.1%	
KITSAP COMPARED TO WA	--	better	
10th Grade			
WA STATE	32.4%	27.3%	--
KITSAP COUNTY	30.4%	25.7%	--
KITSAP COMPARED TO WA	better	--	

KITSAP BY GENDER: 2010

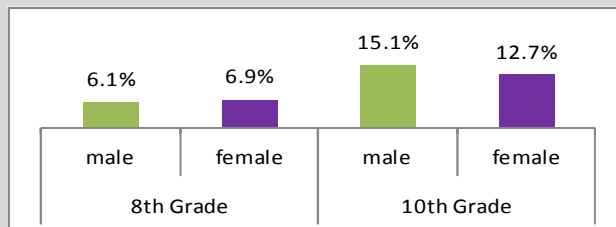


G.1.10. YOUTH BINGE DRINKING IN PAST 2 WEEKS (5+ DRINKS ON AN OCCASION)

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
8th Grade			
WA STATE	8.5%	7.8%	--
KITSAP COUNTY	7.8%	6.6%	--
KITSAP COMPARED TO WA	--	better	
10th Grade			
WA STATE	19.5%	15.7%	--
KITSAP COUNTY	18.5%	13.8%	
KITSAP COMPARED TO WA	--	better	

KITSAP BY GENDER: 2010



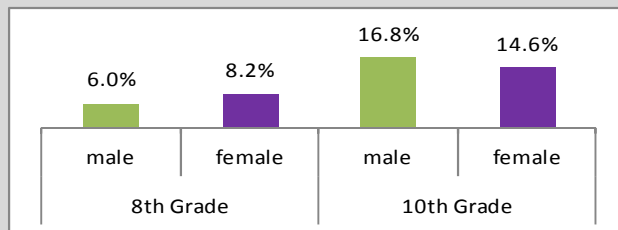
**SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 1: SUBSTANCE USE**

G.1.11. YOUTH DRUNK AT SCHOOL IN PAST YEAR

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
8th Grade			
WA STATE	6.7%	7.5%	--
KITSAP COUNTY	7.5%	7.1%	--
KITSAP COMPARED TO WA	--	--	
10th Grade			
WA STATE	17.8%	16.5%	--
KITSAP COUNTY	16.5%	15.7%	--
KITSAP COMPARED TO WA	--	--	

KITSAP BY GENDER: 2010

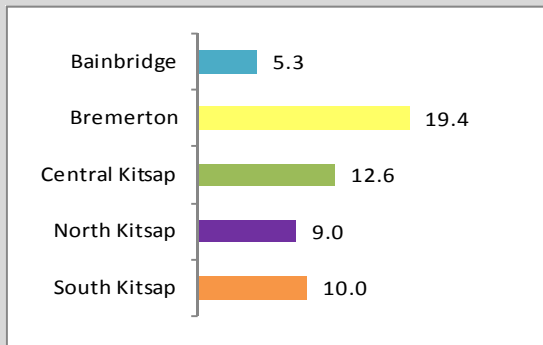


G.1.12. ALCOHOL RELATED DEATH RATE PER 100,000 (AGE ADJUSTED)

Source: Death Certificate Database, WA State Department of Health. Trend years: 1992-94 to 2007-09.

	1992-94	2007-09	TREND
WA STATE	9.7 per 100,000	10.7 per 100,000	--
KITSAP COUNTY	11.2 per 100,000	12.9 per 100,000	--
KITSAP COMPARED TO WA	--	--	

KITSAP AGE ADJUSTED DEATH RATE BY SUBGROUP: 2007-09



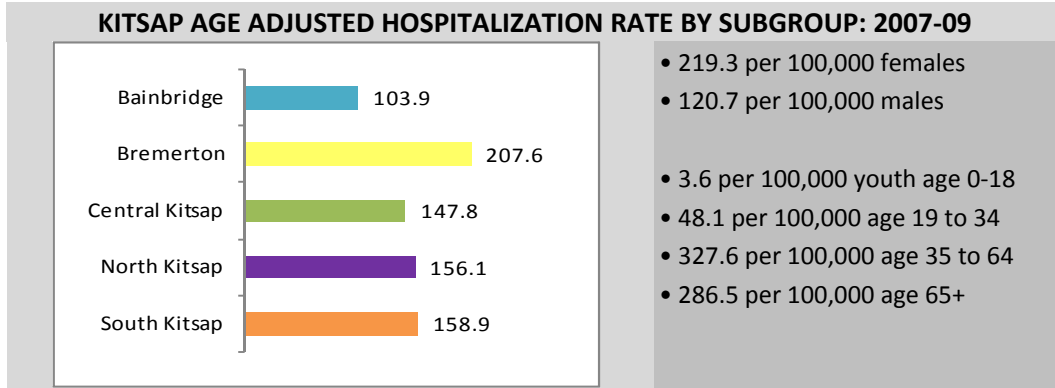
- 6.7 per 100,000 females
- 19.7 per 100,000 males
- n<5 age 0 to 18
- n<5 age 19 to 34
- 23.1 per 100,000 age 35 to 64
- 30.5 per 100,000 age 65+

**SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 1: SUBSTANCE USE**

G.1.13. ALCOHOL RELATED HOSPITALIZATION RATE PER 100,000 (AGE ADJUSTED)

Source: Comprehensive Hospital Abstract Reporting System, WA State Department of Health. Trend years: 1992-94 to 2007-09.

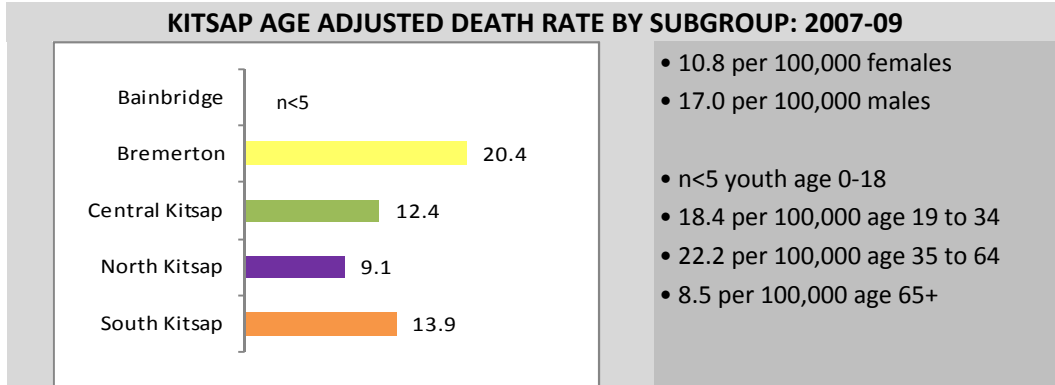
	1992-94	2007-09	TREND
WA STATE	127.9 per 100,000	173.9 per 100,000	
KITSAP COUNTY	115.3 per 100,000	168.3 per 100,000	
KITSAP COMPARED TO WA	better	--	



G.1.14. DRUG RELATED DEATH RATE PER 100,000 (AGE ADJUSTED)

Source: Death Certificate Database, WA State Department of Health. Trend years: 1992-94 to 2007-09.

	1992-94	2007-09	TREND
WA STATE	0.3 per 100,000	15.0 per 100,000	--
KITSAP COUNTY	n<5	14.0 per 100,000	--
KITSAP COMPARED TO WA	n/a	--	

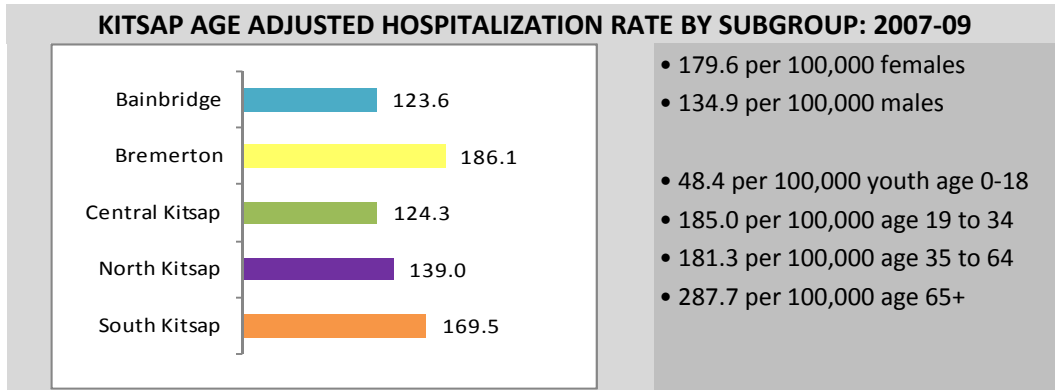


**SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 1: SUBSTANCE USE**

G.1.15. DRUG RELATED HOSPITALIZATION RATE PER 100,000 (AGE ADJUSTED)

Source: Comprehensive Hospital Abstract Reporting System, WA State Department of Health. Trend years: 1992-94 to 2007-09.

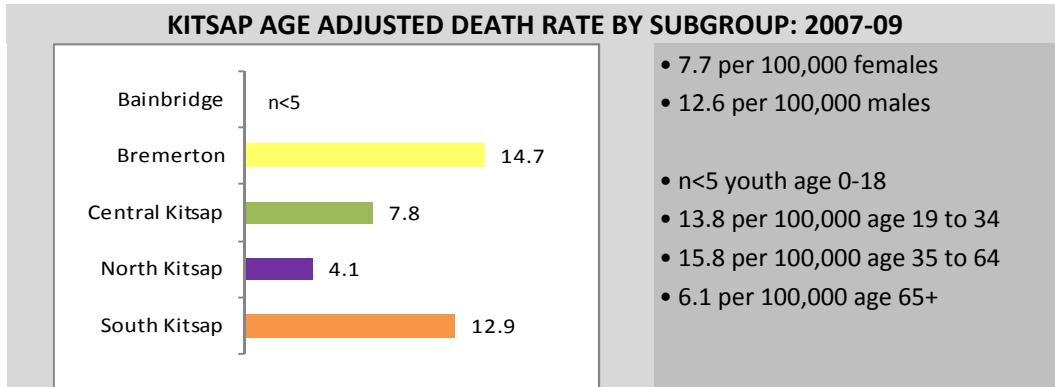
	1992-94	2007-09	TREND
WA STATE	99.1 per 100,000	171.7 per 100,000	
KITSAP COUNTY	114.3 per 100,000	157.2 per 100,000	
KITSAP COMPARED TO WA	worse	better	



G.1.16. OPIATE RELATED DEATH RATE PER 100,000 (AGE ADJUSTED)

Source: Death Certificate Database, WA State Department of Health. Trend years: 1992-94 to 2007-09.

	1992-94	2007-09	TREND
WA STATE	3.4 per 100,000	11.3 per 100,000	
KITSAP COUNTY	1.3 per 100,000	10.2 per 100,000	
KITSAP COMPARED TO WA	better	--	

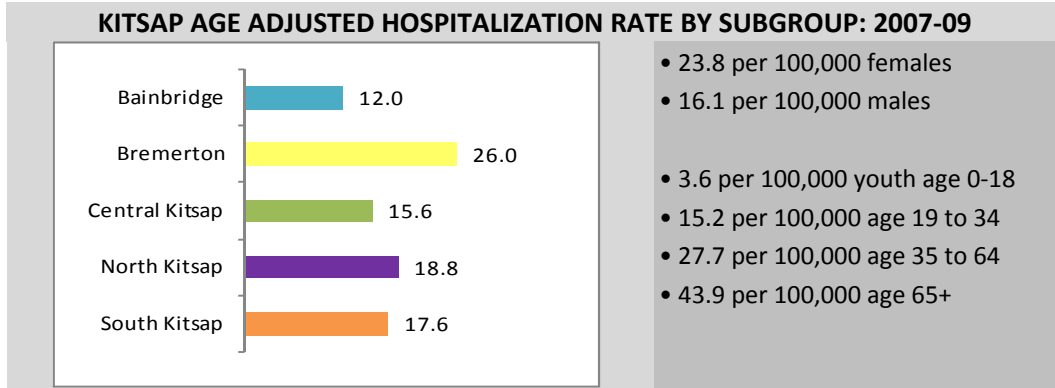


**SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 1: SUBSTANCE USE**

G.1.17. OPIATE RELATED HOSPITALIZATION RATE PER 100,000 (AGE ADJUSTED)

Source: Comprehensive Hospital Abstract Reporting System, WA State Department of Health. Trend years: 1992-94 to 2007-09.

	1992-94	2007-09	TREND
WA STATE	5.7 per 100,000	20.9 per 100,000	
KITSAP COUNTY	8.4 per 100,000	19.9 per 100,000	
KITSAP COMPARED TO WA	worse	--	



G.1.18. HEALTH DISTRICT SYRINGE EXCHANGE PROGRAM

Source: Kitsap County Health District. Trend years:

	2008	2010	TREND
# SYRINGES EXCHANGED	282,039	682,462	INCREASED
# PARTICIPANTS (duplicated)	4,546	9,975	INCREASED

SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 2: WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

G.2.1. ADULTS BY BODY MASS INDEX

Body mass index (BMI) estimates body fat based on self-reported height and weight.

Source: Behavioral Risk Factor Surveillance System. Trend years: 1998, 2003-2009.

	2003	2009	TREND
WA STATE			
UNDERWEIGHT (BMI <18.5)	2.1%	2.1%	--
HEALTHY WT (BMI 18.5-24.9)	44.4%	40.6%	
OVERWEIGHT (BMI 25-29.9)	34.1%	33.2%	--
OBESE (BMI 30-39.9)	17.0%	21.0%	
MORBID OBESE (BMI 40+)	2.4%	3.1%	
KITSAP COUNTY			
UNDERWEIGHT (BMI <18.5)	n<30	n<30	
HEALTHY WT (BMI 18.5-24.9)	42.2%	39.2%	--
OVERWEIGHT (BMI 25-29.9)	34.4%	35.0%	--
OBESE (BMI 30-39.9)	18.0%	20.7%	--
MORBID OBESE (BMI 40+)	2.7%	3.0%	--
KITSAP COMPARED TO WA	<i>same for all categories for both years</i>		

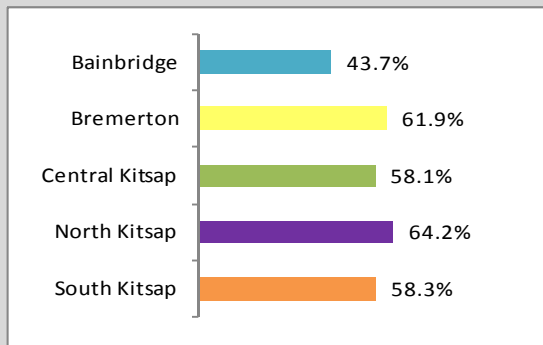
G.2.2. ADULTS OVERWEIGHT OR OBESE (BMI 25+)

Body mass index (BMI) estimates body fat based on self-reported height and weight.

Source: Behavioral Risk Factor Surveillance System. Trend years: 1998, 2003-2009.

	1998	2009	TREND
WA STATE	49.4%	57.3%	
KITSAP COUNTY	50.7%	58.7%	
KITSAP COMPARED TO WA	--	--	

KITSAP ADULTS BY SUBGROUP: 2009



- 53.7% of females
- 63.4% of males
- 50.7% age 18 to 34
- 63.6% age 35 to 64
- 56.2% age 65+
- 62.3% with income <\$25,000
- 58.2% with income \$25-50,000
- 59.8% with income >\$50,000

SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 2: WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

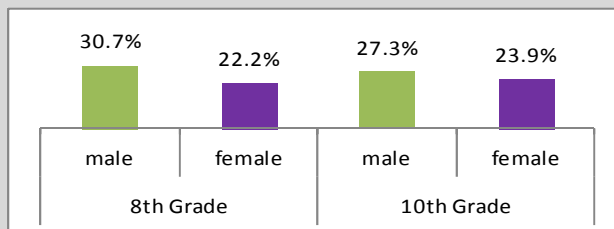
G.2.3. YOUTH OVERWEIGHT OR OBESE

Includes students above the 85th percentile for body mass index (BMI) by age and gender based on growth charts developed by the Centers for Disease Control. BMI is calculated using self-reported height and weight.

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
8th Grade			
WA STATE	25.2%	26.6%	--
KITSAP COUNTY	26.5%	26.4%	--
KITSAP COMPARED TO WA	--	--	
10th Grade			
WA STATE	24.4%	24.5%	--
KITSAP COUNTY	23.1%	25.5%	--
KITSAP COMPARED TO WA	--	--	

KITSAP BY GENDER: 2008

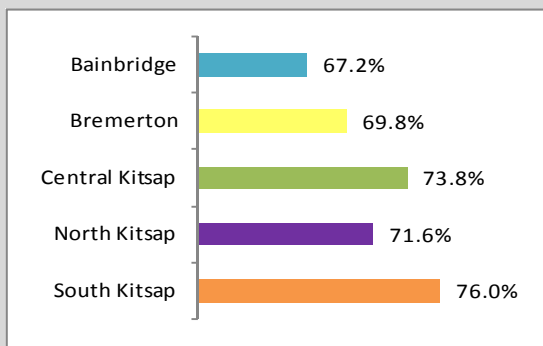


G.2.4. ADULTS EATING FEWER THAN 5 FRUITS AND VEGETABLES A DAY

Source: Behavioral Risk Factor Surveillance System. Trend years: 2003, 2005, 2007, 2009.

	2003	2009	TREND
WA STATE	76.1%	74.7%	--
KITSAP COUNTY	75.6%	71.6%	
KITSAP COMPARED TO WA	--	--	

KITSAP ADULTS BY SUBGROUP: 2009



- 68.1% of females
- 75.0% of males
- 75.2% age 18 to 34
- 71.4% age 35 to 64
- 65.0% age 65+
- 67.1% with income <\$25,000
- 77.3% with income \$25-50,000
- 68.8% with income >\$50,000

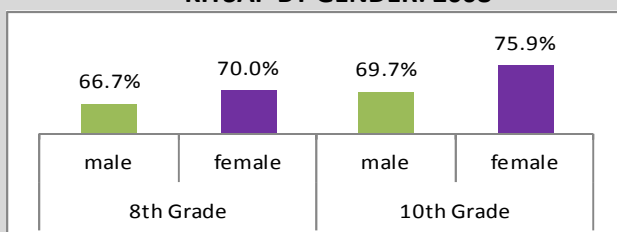
SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 2: WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

G.2.5. YOUTH EATING FEWER THAN 5 FRUITS AND VEGETABLES A DAY

Source: Healthy Youth Survey. Trend years: 2006, 2008.

	2006	2008	TREND
8th Grade			
WA STATE	70.3%	67.9%	
KITSAP COUNTY	73.3%	68.5%	
KITSAP COMPARED TO WA	worse	--	
10th Grade			
WA STATE	74.2%	70.9%	
KITSAP COUNTY	73.2%	72.8%	--
KITSAP COMPARED TO WA	--	--	

KITSAP BY GENDER: 2008

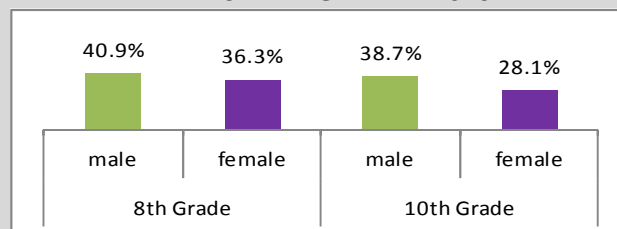


G.2.6. YOUTH DRINKING 1+ SODAS OR POPS YESTERDAY (EXCLUDING DIET)

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
8th Grade			
WA STATE	41.0%	39.2%	--
KITSAP COUNTY	43.1%	38.6%	--
KITSAP COMPARED TO WA	--	--	
10th Grade			
WA STATE	44.4%	34.9%	--
KITSAP COUNTY	40.4%	33.0%	--
KITSAP COMPARED TO WA	lower	--	

KITSAP BY GENDER: 2010



SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 2: WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

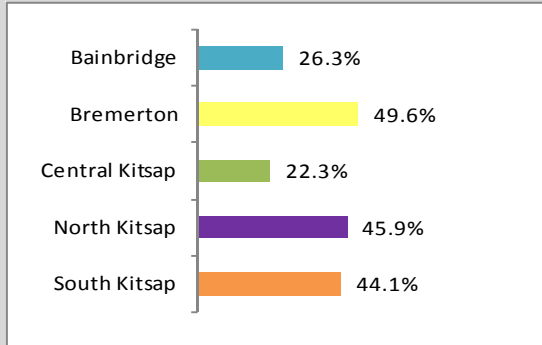
G.2.7. ADULTS NOT MEETING RECOMMENDATIONS FOR PHYSICAL ACTIVITY

Recommendation is 30 minutes of moderate activity 5 days per week or 20 minutes of vigorous activity 3 days per week.

Source: Behavioral Risk Factor Surveillance System. Trend years: 2003, 2005, 2007, 2009.

	2003	2009	TREND
WA STATE	45.6%	46.6%	--
KITSAP COUNTY	43.8%	41.4%	--
KITSAP COMPARED TO WA	--	--	

KITSAP ADULTS BY SUBGROUP: 2009



- 46.0% of females
- 36.9% of males
- 32.1% age 18 to 34
- 44.2% age 35 to 64
- 49.2% age 65+
- 59.6% with income <\$25,000
- 43.0% with income \$25-50,000
- 36.3% with income >\$50,000

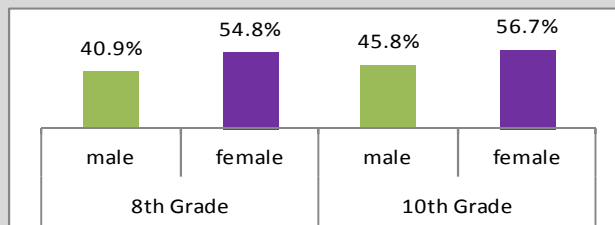
G.2.8. YOUTH NOT MEETING RECOMMENDATIONS FOR PHYSICAL ACTIVITY

Recommendation is at least 60 minutes of physical activity 5 days or more per week.

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
8th Grade			
WA STATE	53.9%	42.8%	--
KITSAP COUNTY	57.8%	48.1%	--
KITSAP COMPARED TO WA	worse	worse	
10th Grade			
WA STATE	58.9%	49.7%	--
KITSAP COUNTY	61.7%	51.7%	--
KITSAP COMPARED TO WA	--	--	

KITSAP BY GENDER: 2010



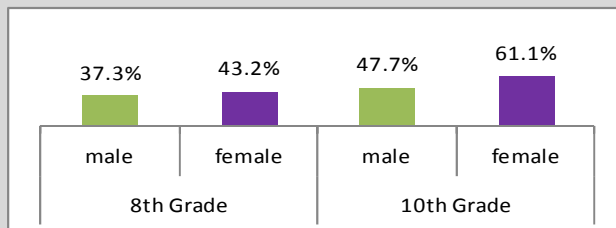
SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 2: WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

G.2.9. YOUTH WITH NO PHYSICAL EDUCATION CLASS AT SCHOOL

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
8th Grade			
WA STATE	28.0%	28.2%	--
KITSAP COUNTY	36.3%	40.4%	--
KITSAP COMPARED TO WA	worse	worse	
10th Grade			
WA STATE	51.7%	57.8%	--
KITSAP COUNTY	49.5%	54.9%	--
KITSAP COMPARED TO WA	--	--	

KITSAP BY GENDER: 2010



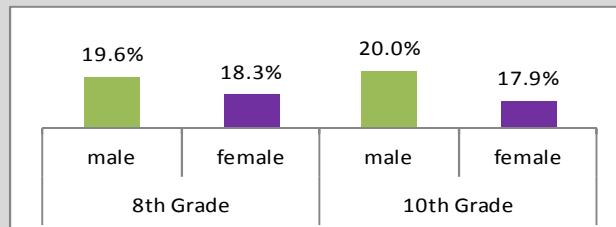
G.2.10. YOUTH WITH 3+ HOURS OF SCREEN TIME ON SCHOOL DAYS

Screen time can be TV, videos, DVDs, video games, or computer for fun.

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
8th Grade			
WA STATE	19.8%	18.8%	--
KITSAP COUNTY	20.6%	20.4%	--
KITSAP COMPARED TO WA	--	worse	
10th Grade			
WA STATE	20.5%	18.8%	
KITSAP COUNTY	19.3%	18.5%	--
KITSAP COMPARED TO WA	--	--	

KITSAP BY GENDER: 2010



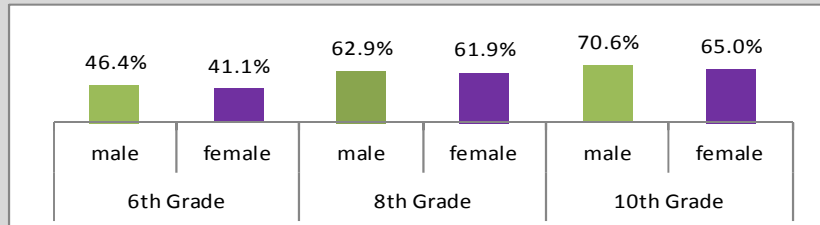
**SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 3: SAFETY**

G.3.1. YOUTH NEVER, RARELY, ONLY SOMETIMES USING A HELMET

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
6th Grade			
WA STATE	48.4%	54.1%	
KITSAP COUNTY	40.6%	43.8%	--
KITSAP COMPARED TO WA	better	better	
8th Grade			
WA STATE	64.4%	69.9%	--
KITSAP COUNTY	60.2%	62.4%	--
KITSAP COMPARED TO WA	better	better	
10th Grade			
WA STATE	77.7%	73.8%	--
KITSAP COUNTY	71.7%	67.9%	
KITSAP COMPARED TO WA	better	better	

KITSAP BY GENDER: 2010



G.3.2. ADULTS NOT USING A SEATBELT WHEN DRIVE OR RIDE IN CAR

Source: Behavioral Risk Factor Surveillance System. Trend years: 2006 and 2008.

	2006	2008	TREND
WA STATE	8.5%	9.3%	--
KITSAP COUNTY	7.3%	9.0%	--
KITSAP COMPARED TO WA	--	--	

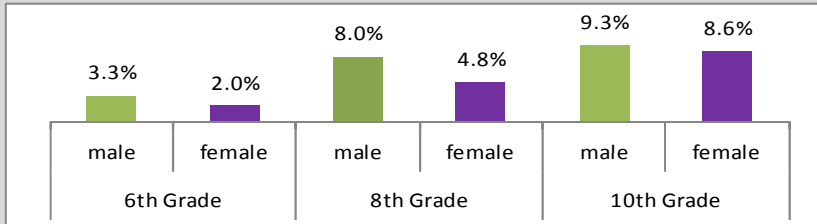
**SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 3: SAFETY**

G.3.3. YOUTH NEVER, RARELY, ONLY SOMETIMES USING A SEATBELT IN CAR DRIVEN BY SOMEONE ELSE

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
6th Grade			
WA STATE	4.5%	4.9%	--
KITSAP COUNTY	3.4%	2.7%	--
KITSAP COMPARED TO WA	better	better	
8th Grade			
WA STATE	8.1%	9.1%	--
KITSAP COUNTY	7.1%	6.4%	
KITSAP COMPARED TO WA	--	better	
10th Grade			
WA STATE	8.9%	8.7%	--
KITSAP COUNTY	7.5%	9.0%	--
KITSAP COMPARED TO WA	--	--	

KITSAP BY GENDER: 2010

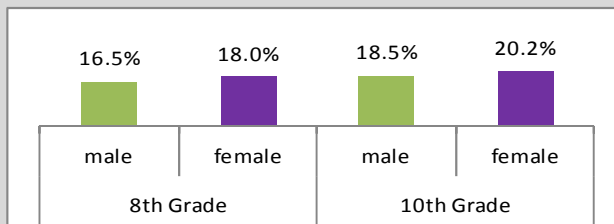


G.3.4. YOUTH IN CAR DRIVEN BY SOMEONE WHO'D BEEN DRINKING IN PAST MONTH

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
8th Grade			
WA STATE	18.6%	18.2%	--
KITSAP COUNTY	17.3%	17.3%	--
KITSAP COMPARED TO WA	--	--	
10th Grade			
WA STATE	23.3%	21.3%	--
KITSAP COUNTY	21.6%	19.4%	--
KITSAP COMPARED TO WA	--	better	

KITSAP BY GENDER: 2010



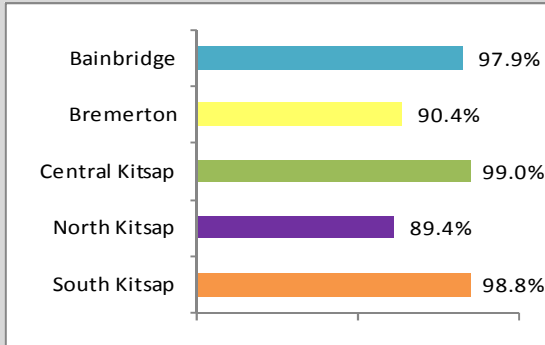
**SECTION G: UNHEALTHY BEHAVIORS
SUBSECTION 3: SAFETY**

G.3.5. ADULTS NOT DRIVING AFTER DRINKING IN PAST MONTH

Source: Behavioral Risk Factor Surveillance System. Trend years: 2006 and 2008.

	2006	2008	TREND
WA STATE	96.4%	95.8%	--
KITSAP COUNTY	97.8%	94.5%	--
KITSAP COMPARED TO WA	--	--	

KITSAP ADULTS BY SUBGROUP: 2008



- 98.8% of females
- 90.9% of males
- 88.4% age 18 to 34
- 96.3% age 35 to 64
- 100% age 65+
- 92.7% with income <\$25,000
- 90.7% with income \$25-50,000
- 96.1% with income >\$50,000