### **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. Note: survey methods changed in 2011 therefore not comparable to previous years. Trend years: 1998, 2003-2010.

	1998	2010	TREND
WA STATE	21%	16%	
KITSAP COUNTY	24%	18%	
KITSAP COMPARED TO WA	same	same	
		2012	TREND
WA STATE		<b>2012</b> 17%	<b>TREND</b> n/a
WA STATE KITSAP COUNTY			

#### KITSAP ADULTS BY SUBGROUP: 2012

• 20% of females

• 28% high school or less

• 20% of males

• 22% some post-high school

• n<30 at least 4 years of college

• 23% Bremerton

• n<30 Bainbridge, Central Kitsap,

• 32% with income <=\$50,000

North Kitsap, South Kitsap

• n<30 with income >\$50.000

#### G.1.2. TOBACCO COMPLIANCE CHECKS: PERCENT OF SALES TO MINORS

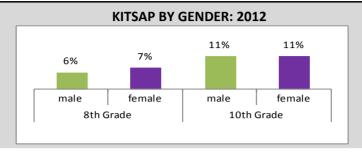
The percent of attempts by minors to purchase tobacco products from retailers as part of the WA State Synar sample and county oversample.

Source: WA State Dept of Health, Synar Compliance Check database. Trend years: 2003 to 2013.

	2003	2013	TREND
WA STATE	11%	15%	unknown
KITSAP COUNTY	18%	39%	
KITSAP COMPARED TO WA	same	higher	

#### G.1.3. YOUTH SMOKED CIGARETTES IN THE PAST MONTH Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010 and 2012. 2012 **TREND** 2006 6th Grade **WA STATE** 2% 1% KITSAP COUNTY 2% 1% KITSAP COMPARED TO WA same same 8th Grade **WA STATE** 6% 5% KITSAP COUNTY 7% 6% KITSAP COMPARED TO WA same worse

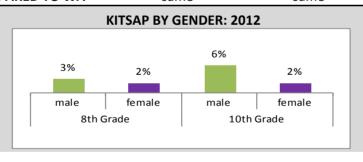
10th Grade			
WA STATE	15%	10%	
KITSAP COUNTY	15%	11%	
KITSAP COMPARED TO WA	same	same	



#### G.1.4. YOUTH USED CHEWING TOBACCO IN THE PAST MONTH

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010 and 2012.

	2006	2012	TREND
8th Grade			
WA STATE	3%	3%	
KITSAP COUNTY	2%	3%	
KITSAP COMPARED TO WA	same	same	
10th Grade			
WA STATE	6%	5%	
KITSAP COUNTY	5%	4%	
KITSAP COMPARED TO WA	same	same	



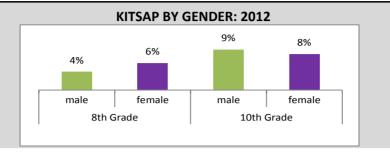
#### G.1.5. YOUTH USED ANY FLAVORED TOBACCO IN THE PAST MONTH

Youth who report having used tobacco that tastes like candy, fruit, or alcohol on at least one of the past 30 days. Tobacco includes little cigars, bidis, cloves, chew, spit, snus, hookah.

Source: Healthy Youth Survey. Trend years: 2010 and 2012. Question added in 2010.

	2010	2012	TREND
8th Grade			
WA STATE	5%	4%	
KITSAP COUNTY	4%	5%	
KITSAP COMPARED TO WA	better	same	

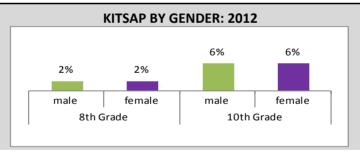
10th Grade			
WA STATE	11%	10%	
KITSAP COUNTY	10%	9%	
KITSAP COMPARED TO WA	same	same	



### G.1.6. YOUTH USED ELECTRONIC CIGARETTES (E-CIGS) IN PAST MONTH

Source: Healthy Youth Survey. Question added in 2012.

	2012
8th Grade	
WA STATE	2%
KITSAP COUNTY	2%
KITSAP COMPARED TO WA	same
10th Grade	
WA STATE	4%
KITSAP COUNTY	6%
KITSAP COMPARED TO WA	worse



### G.1.7. OF YOUTH WHO USED CIGARETTES, PERCENT ALSO USING E-CIGS IN PAST

Source: Healthy Youth Survey. E-cigarettes question added in 2012.

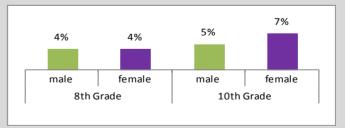
	2012
8th Grade	
WA STATE	26%
KITSAP COUNTY	24%
KITSAP COMPARED TO WA	same
10th Grade	
WA STATE	38%
KITSAP COUNTY	46%
KITSAP COMPARED TO WA	same

#### G.1.8. YOUTH USED MARIJUANA IN THE PAST MONTH Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010 and 2012. **TREND** 2006 2012 8th Grade **WA STATE** 7% 9% KITSAP COUNTY 7% 9% KITSAP COMPARED TO WA same same 10th Grade **WA STATE** 18% 19% KITSAP COUNTY 17% 20% KITSAP COMPARED TO WA same same **KITSAP BY GENDER: 2012** 20% 19% 11% 8% male male female female 8th Grade 10th Grade

#### G.1.9. YOUTH USED PAIN KILLERS TO GET HIGH IN THE PAST MONTH

Jource. Healthy Touth Jurvey. Hella ye	ars. 2000, 2000, 2010 arra	LUIL.	
	2006	2012	TREND
8th Grade			
WA STATE	4%	3%	
KITSAP COUNTY	4%	4%	
KITSAP COMPARED TO WA	same	worse	
10th Grade			
WA STATE	10%	6%	
KITSAP COUNTY	11%	6%	
KITSAP COMPARED TO WA	same	same	





KITSAP BY USUAL SOURCE: 2	2012	8th grade	10th Grade
own prescription		28%	26%
family member		14%	13%
took from home or some	one else	19%	14%
friend/acquaintance		19%	21%
drug dealer		12%	12%
other source		7%	13%

### G.1.10. ADULT BINGE DRINKING IN THE PAST MONTH (5+ DRINKS ON AN OCCASION)

Source: Behavioral Risk Factor Surveillance System. Note: survey methods changed in 2011 therefore not comparable to previous years. Trend years: 2003-2010.

	2003	2010	TREND
WA STATE	15%	16%	
KITSAP COUNTY	13%	16%	
KITSAP COMPARED TO WA	same	same	
		2012	TREND
WA STATE		<b>2012</b> 16%	<b>TREND</b> n/a
WA STATE KITSAP COUNTY			

#### **KITSAP ADULTS BY SUBGROUP: 2012**

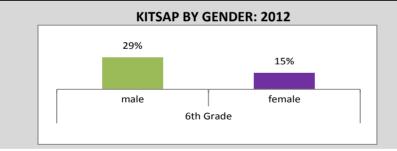
- 12% of females
- 15% with income <=\$50,000
- 17% of males
- 14% with income >\$50,000

#### G.1.11. SIXTH GRADERS EVER USED ALCOHOL

Question: Have you ever had more than a sip or two of beer, wine, or hard liquor (for example: vodka, whiskey, or gin)?

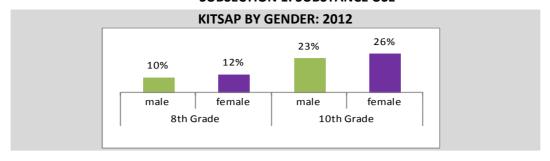
Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010 and 2012.

	2006	2012	TREND
6th Grade			
WA STATE	32%	23%	
KITSAP COUNTY	34%	22%	
KITSAP COMPARED TO WA	same	same	



### G.1.12. YOUTH USED ALCOHOL AT LEAST ONE DAY IN THE PAST MONTH

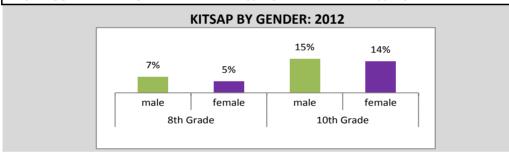
	2006	2012	TREND
8th Grade			
WA STATE	16%	12%	
KITSAP COUNTY	16%	11%	
KITSAP COMPARED TO WA	same	same	
10th Grade			
WA STATE	32%	23%	
KITSAP COUNTY	30%	25%	
KITSAP COMPARED TO WA	better	same	



### G.1.13. YOUTH BINGE DRINKING IN PAST 2 WEEKS (5+ DRINKS ON AN OCCASION)

	2006	2012	TREND
8th Grade			
WA STATE	8%	7%	
KITSAP COUNTY	8%	6%	
KITSAP COMPARED TO WA	same	same	
1011 0 1			

10th Grade			
WA STATE	20%	14%	
KITSAP COUNTY	18%	14%	
KITSAP COMPARED TO WA	same	same	



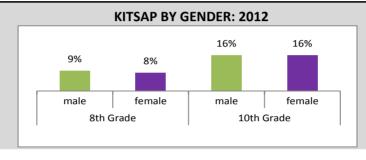
### **G.1.14. YOUTH DRUNK AT SCHOOL IN PAST YEAR**

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010 and 2012.

	2006	2012	TREND
8th Grade			
WA STATE	7%	7%	
KITSAP COUNTY	7%	8%	
KITSAP COMPARED TO WA	same	same	

10th Grade			
WA STATE	18%	15%	
KITSAP COUNTY	17%	16%	

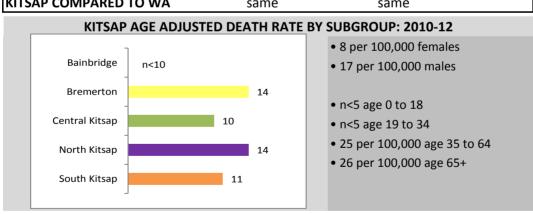
KITSAP COMPARED TO WA	same	same
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### G.1.15. ALCOHOL RELATED DEATH RATE PER 100,000 (AGE ADJUSTED)

Source: Death Certificate Database, WA State Department of Health. Trend years: 1992-94 to 2010-12.

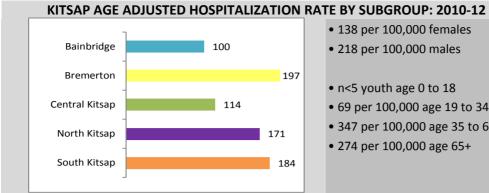
	1992-94	2010-12	TREND
WA STATE	10 per 100,000	12 per 100,000	
KITSAP COUNTY	11 per 100,000	12 per 100,000	
KITSAP COMPARED TO WA	same	same	



### G.1.16. 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 2010-12.

	1992-94	2010-12	TREND
WA STATE	131 per 100,000	189 per 100,000	
KITSAP COUNTY	116 per 100,000	177 per 100,000	
KITSAP COMPARED TO WA	better	better	



- 138 per 100,000 females
- 218 per 100,000 males
- n<5 youth age 0 to 18
- 69 per 100,000 age 19 to 34
- 347 per 100,000 age 35 to 64
- 274 per 100,000 age 65+

### G.1.17. DRUG RELATED DEATH RATE PER 100,000 (AGE ADJUSTED)

Source: Death Certificate database, WA State Department of Health. KPHD analysis. Trend years: 1999 to 2012.

	1999	2012	TREND
WA STATE	12 per 100,000	17 per 100,000	
KITSAP COUNTY	12 per 100,000	17 per 100,000	
KITSAP COMPARED TO WA	came	same	

KITSAP COMPARED TO WA	same	same		
KITSAP RATE BY SUBGROUP: 2012				
AGE ADJUSTED:		• n<5 age 0 to 14		
• 14 per 100,000 females		• 14 per 100,000 age 15 to 24		
• 20 per 100,000 males		• 22 per 100,000 age 25 to 34		
		• 20 per 100,000 age 35 to 44		
		• 46 per 100,000 age 45 to 54		
		• 22 per 100,000 age 55 to 64		
		• n<5 age 65+		

### G.1.18. DRUG RELATED HOSPITALIZATION RATE PER 100,000 (AGE ADJUSTED)

REMOVED DUE TO DATA SOURCE ISSUES AT WASHINGTON STATE DEPARTMENT OF HEALTH

### G.1.19. OPIATE RELATED DEATH RATE PER 100,000 (AGE ADJUSTED)

REMOVED DUE TO DATA SOURCE ISSUES AT WASHINGTON STATE DEPARTMENT OF HEALTH

### G.1.20. OPIATE RELATED HOSPITALIZATION RATE PER 100,000 (AGE ADJUSTED)

REMOVED DUE TO DATA SOURCE ISSUES AT WASHINGTON STATE DEPARTMENT OF HEALTH

### **G.1.21. HEALTH DISTRICT SYRINGE EXCHANGE PROGRAM**

Source: Kitsap Public Health District.

	2008	2013	% CHANGE
# SYRINGES EXCHANGED	282,039	990,218	251%
# PARTICIPANTS (duplicated)	4,546	3,599	-21%

### **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. Note: survey methods changed in 2011 therefore not comparable to previous years. Trend years: 1998, 2003-2010.

	2003	2010	TREND
WA STATE			
UNDERWEIGHT (BMI <18.5)	2%	2%	
HEALTHY WT (BMI 18.5-24.9)	44%	40%	
OVERWEIGHT (BMI 25-29.9)	34%	34%	
OBESE (BMI 30-39.9)	17%	21%	
MORBID OBESE (BMI 40+)	2%	3%	
KITSAP COUNTY			
UNDERWEIGHT (BMI <18.5)	n<30	n<30	
HEALTHY WT (BMI 18.5-24.9)	42%	37%	
OVERWEIGHT (BMI 25-29.9)	34%	35%	
OBESE (BMI 30-39.9)	18%	23%	
MORBID OBESE (BMI 40+)	3%	3%	
KITSAP COMPARED TO WA	same for all catego	ories for both years	

KITSAP COMPARED TO WA	same for all categories for both years

	2012	TREND
WA STATE		
UNDERWEIGHT (BMI <18.5)	2%	n/a
HEALTHY WT (BMI 18.5-24.9)	39%	n/a
OVERWEIGHT (BMI 25-29.9)	34%	n/a
OBESE (BMI 30-39.9)	21%	n/a
MORBID OBESE (BMI 40+)	4%	n/a
		•

KITSAP COUNTY		
UNDERWEIGHT (BMI <18.5)	n<30	n/a
HEALTHY WT (BMI 18.5-24.9)	36%	n/a
OVERWEIGHT (BMI 25-29.9)	31%	n/a
OBESE (BMI 30-39.9)	24%	n/a
MORBID OBESE (BMI 40+)	n<30	n/a

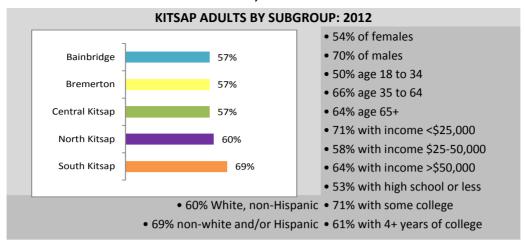
KITSAP COMPARED TO WA	same for all categories for both years

### 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. Note: survey methods changed in 2011 therefore not comparable to previous years. Trend years: 1998, 2003-2010.

	1998	2010	TREND
WA STATE	49%	59%	
KITSAP COUNTY	51%	59%	
KITSAP COMPARED TO WA	same	same	
		2012	TREND
WA STATE		<b>2012</b> 59%	<b>TREND</b> n/a
WA STATE KITSAP COUNTY			



### **G.2.3. YOUTH OVERWEIGHT OR OBESE**

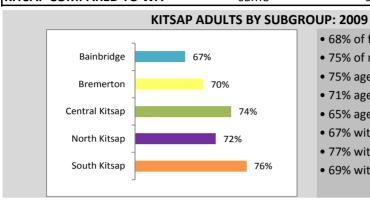
Includes students above the 85th percentile for body mass index (BMI) by age and gender based on growth charts developed by the Centers for Disease Control. BMI is calculated using selfreported height and weight.

			Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010 and 2012.				
	200	06	2012	TREND			
	25	%	25%				
	27	%	26%				
TO WA	san	ne	same				
	24	%	23%				
	23	%	24%				
TO WA	san	ne	same				
	KITSAP BY G	ENDER: 201	2	_			
28%	23%	26%	22%				
male 8th G	female Grade	male 10th	female Grade				
	TO WA	25° 27° TO WA san 24° 23° TO WA san KITSAP BY G	25%  27%  TO WA same  24%  23%  TO WA same  KITSAP BY GENDER: 201  28% 23% 26%  male female male	25% 25%  27% 26%  TO WA same same  24% 23%  23% 24%  TO WA same same  KITSAP BY GENDER: 2012  28% 23% 26% 22%  male female male female			

### G.2.4. ADULTS EATING FEWER THAN 5 FRUITS AND VEGETABLES A DAY -**NO UPDATE**

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

	2003	2009	TREND
WA STATE	76%	75%	
KITSAP COUNTY	76%	72%	
KITSAP COMPARED TO WA	same	same	



- 68% of females
- 75% of males
- 75% age 18 to 34
- 71% age 35 to 64
- 65% age 65+
- 67% with income <\$25,000
- 77% with income \$25-50,000
- 69% with income >\$50,000

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

	2006	2012	TREND
8th Grade			
WA STATE	70%	70%	
KITSAP COUNTY	73%	71%	
KITSAP COMPARED TO WA	worse	same	
10th Grade			
WA STATE	74%	71%	
KITSAP COUNTY	73%	72%	
KITSAP COMPARED TO WA	same	same	

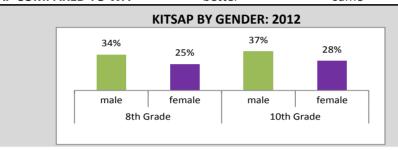
75% 75% 68% 69% male female 8th Grade 10th Grade	KITSAP BY GENDER: 2012				
male female male female	C00/	75%	69%	75%	
	68%		0370		
8th Grade 10th Grade	male	female	male	female	7
	8th G	rade	10th	Grade	

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

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010 and 2012.

	2006	2012	TREND
8th Grade			
WA STATE	41%	32%	
KITSAP COUNTY	43%	30%	
KITSAP COMPARED TO WA	same	same	

10th Grade			
WA STATE	44%	33%	
KITSAP COUNTY	40%	32%	
KITSAP COMPARED TO WA	better	same	

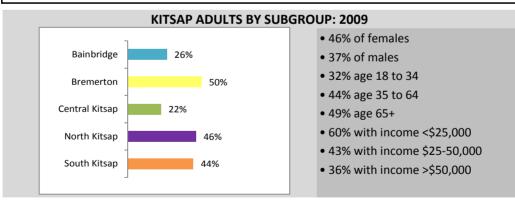


# G.2.7. ADULTS NOT MEETING RECOMMENDATIONS FOR PHYSICAL ACTIVITY - NO UPDATE/QUESTIONS CHANGED.

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	46%	47%	
KITSAP COUNTY	44%	41%	
KITSAP COMPARED TO WA	same	same	



### G.2.8. ADULTS NOT GETTING ANY PHYSICAL ACTIVITY IN PAST MONTH

Source: Behavioral Risk Factor Surveillance System.

	2012	TREND
WA STATE	19%	n/a
KITSAP COUNTY	19%	n/a
KITSAP COMPARED TO WA	same	

#### **KITSAP ADULTS BY SUBGROUP: 2012**

- 18% of females
- n<30 age 18 to 34
- 34% with income <\$25,000

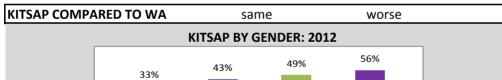
- 21% of males
- 19% age 35 to 64
- 22% with income \$25-50,000
- 30% age 65+
- 12% with income >\$50,000

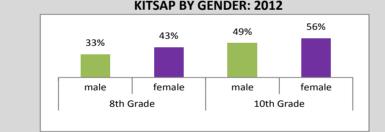
#### G.2.9. YOUTH NOT MEETING RECOMMENDATIONS FOR PHYSICAL ACTIVITY

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

	2006	2012	TREND
8th Grade			
WA STATE	54%	45%	
KITSAP COUNTY	58%	38%	
KITSAP COMPARED TO WA	worse	better	

10th Grade			
WA STATE	59%	49%	
KITSAP COUNTY	62%	52%	



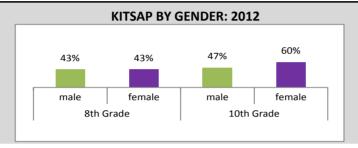


G.2.10. YOUTH WITH NO PHYSICAL EDUCATION C	LASS AT SCHOOL

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010 and 2012.

	2006	2012	TREND
8th Grade			
WA STATE	28%	29%	
KITSAP COUNTY	36%	43%	
KITSAP COMPARED TO WA	worse	worse	
10th Grade			

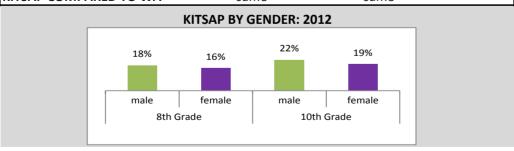
10th Grade			
WA STATE	52%	57%	
KITSAP COUNTY	49%	54%	
KITSAP COMPARED TO WA	same	better	



### G.2.11. YOUTH WITH 3+ HOURS OF SCREEN TIME ON SCHOOL DAYS

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

	2006	2012	TREND
8th Grade			
WA STATE	20%	19%	
KITSAP COUNTY	21%	17%	
KITSAP COMPARED TO WA	same	better	
10th Grade			
WA STATE	21%	19%	
KITSAP COUNTY	19%	21%	
KITSAP COMPARED TO WA	same	same	



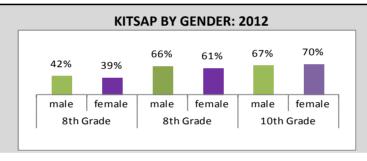
### SECTION G: HEALTH-RELATED BEHAVIORS

### **SUBSECTION 3: SAFETY**

### G.3.1. YOUTH NEVER, RARELY, ONLY SOMETIMES USING HELMET WHEN RIDING BIKE

Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010 and 2012.

	2006	2012	TREND
6th Grade			
WA STATE	48%	48%	
KITSAP COUNTY	41%	41%	
KITSAP COMPARED TO WA	better	better	
8th Grade			
WA STATE	64%	69%	
KITSAP COUNTY	60%	64%	
KITSAP COMPARED TO WA	better	better	
10th Grade			
WA STATE	78%	73%	
KITSAP COUNTY	72%	69%	
KITSAP COMPARED TO WA	better	better	



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

Source: Behavioral Risk Factor Surveillance System. Note: survey methods changed in 2011 therefore not comparable to previous years. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
WA STATE	9%	8%	
KITSAP COUNTY	7%	5%	
KITSAP COMPARED TO WA	same	better	
		2012	TREND
WA STATE		<b>2012</b> 9%	<b>TREND</b> n/a
WA STATE KITSAP COUNTY			, 1

## SECTION G: HEALTH-RELATED BEHAVIORS SUBSECTION 3: SAFETY

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

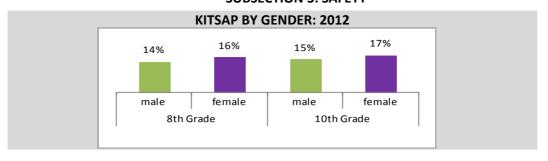
Source: Healthy Youth Survey. Trend years: 2006, 2008, 2010. Question not asked in 2012.

504.001.104	inity routing drivey. Thend y			
		2006	2010	TREND
6th Grade	e			
<b>WA STAT</b>	E	4%	5%	
KITSAP C	OUNTY	3%	3%	
KITSAP C	OMPARED TO WA	better	better	
8th Grade	е			
WA STAT	E	8%	9%	
KITSAP C	OUNTY	7%	6%	
KITSAP C	OMPARED TO WA	same	better	
10th Grad	de			
WA STAT	E	9%	9%	
KITSAP C	OUNTY	8%	9%	
KITSAP C	OMPARED TO WA	same	same	
_	ŀ	(ITSAP BY GENDER: 2	010	
		8%	9% 9%	
	3% 2%	5%		
	male female	male female	male female	
	6th Grade	8th Grade	10th Grade	

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

	2006	2012	TREND
8th Grade			
WA STATE	19%	17%	
KITSAP COUNTY	17%	15%	
KITSAP COMPARED TO WA	same	better	
10th Grade	_	_	_
WA STATE	23%	20%	
KITSAP COUNTY	22%	16%	
KITSAP COMPARED TO WA	same	better	

## SECTION G: HEALTH-RELATED BEHAVIORS SUBSECTION 3: SAFETY



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

Source: Behavioral Risk Factor Surveillance System. Note: survey methods changed in 2011 therefore not comparable to previous years. Trend years: 2006, 2008, 2010.

	2006	2010	TREND
WA STATE	96%	96%	
KITSAP COUNTY	98%	97%	
KITSAP COMPARED TO WA	same	same	

	2012	TREND
WA STATE	97%	n/a
KITSAP COUNTY	95%	n/a
KITSAP COMPARED TO WA	same	

