

KITSAP COUNTY HEALTH STATUS ASSESSMENT, 2019

SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.1. SUBSTANCE USE

ADULT CURRENT SMOKING

Percentage

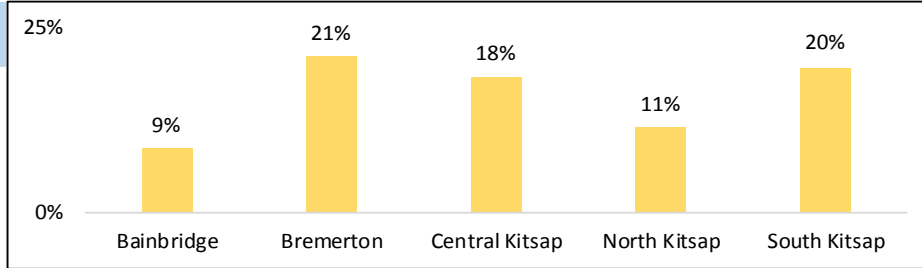
The percentage of adults who report smoking at least 100 cigarettes in their lifetime and smoke every day or some days in past month.

Source: Behavioral Risk Factor Surveillance System (BRFSS)

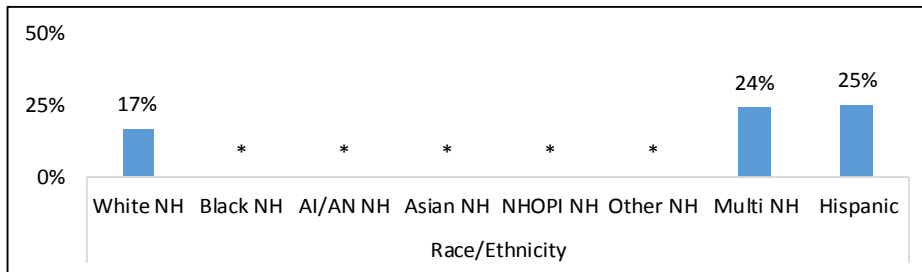
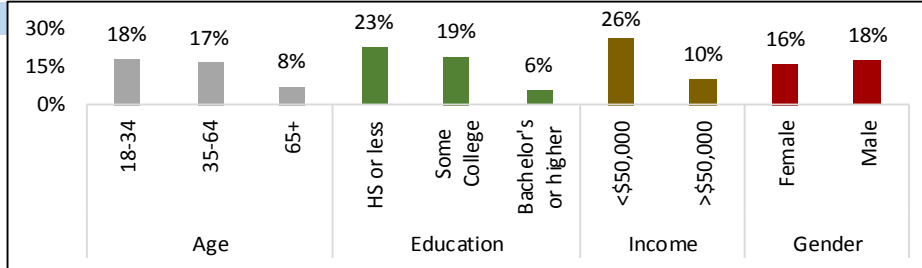
Summary: In 2017, 16% of adults in Kitsap County age 18 and older currently smoke. This rate is higher than the state's rate of 14 percent. In Kitsap County, individuals with a household income of under \$50,000 have a higher current smoking rate (26%), as well as those those with a high school education or less (23%).

Percentage	Early year 2011	2014	Recent year 2017	Statistical comparison of 2012-14 to 2015-17	
Kitsap County	19%	14%	16%		n/a
Washington State	18%	15%	14%		Annual change: -4%
Statistical comparison: Kitsap vs. Washington:					
Estimated number of Kitsap residents:			32,783		

Sub-county geography:
2011-17



Sub-Groups:
2011-17



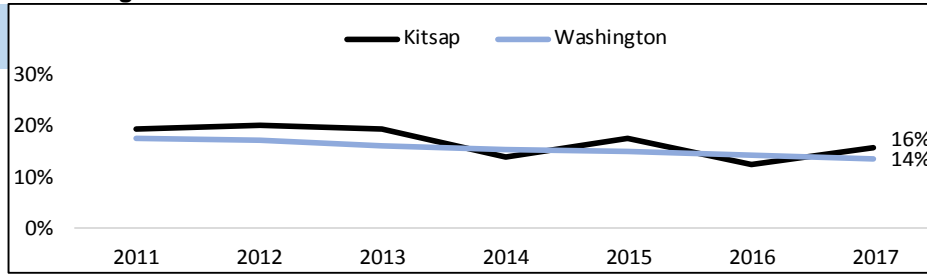
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SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.1. SUBSTANCE USE

Adults current smoking continued:

Trend over Time:



SALES OF TOBACCO TO MINORS - FAILED COMPLIANCE CHECKS Percentage

The percent of successful attempts by minors to purchase tobacco products from retailers as part of the WA State Synar sample and county oversample. Source: WA State Department of Health, Synar Compliance Check Database

Summary: From 2013 to 2017, there were 14 successful attempts by minors to purchase tobacco products from retailers as part of the Washington State Synar sample. This was 21% of all attempts, which is unchanged from 2007-11, but statistically significantly higher than the state's percentage of 13%.

Percentage	Early years 2007-11	Recent years 2013-17	Statistical comparison of 2007-11 and 2013-17	
Kitsap County	17%	21%		n/a
Washington State	11%	13%		n/a
Comparison: Kitsap vs. Washington:				
Estimated number of Kitsap County sales:		14		

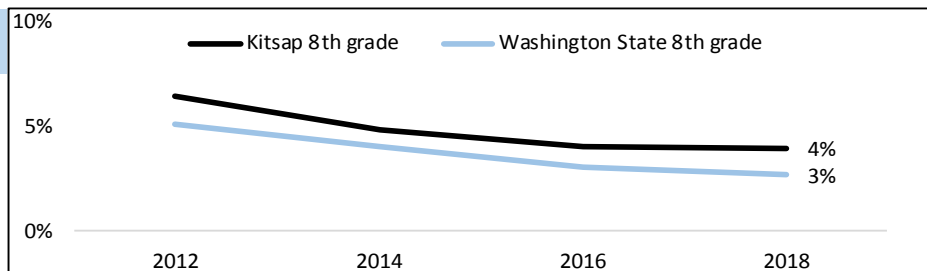
YOUTH CURRENT SMOKING Percentage

The percentage of students who report smoking cigarettes in the past month. Source: Healthy Youth Survey

Summary: In 2018, 4% of Kitsap County 8th graders and 7% of Kitsap 10th graders reported having smoked cigarettes in the past month. Both percentages were better than 2012, but worse than the state's percentages overall.

Percentage 8TH GRADE	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018	
Kitsap County	7%	4%		n/a
Washington State	5%	3%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		109		

Trend over Time:



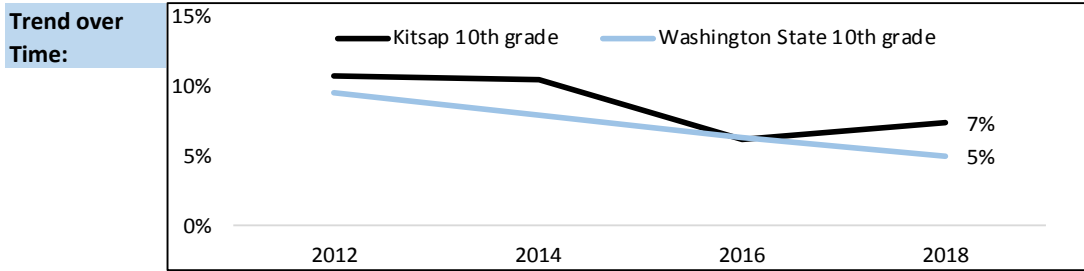
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SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.1. SUBSTANCE USE

Youth current smoking continued:

Percentage 10TH GRADE	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018	
Kitsap County	11%	7%		n/a
Washington State	10%	5%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		204		



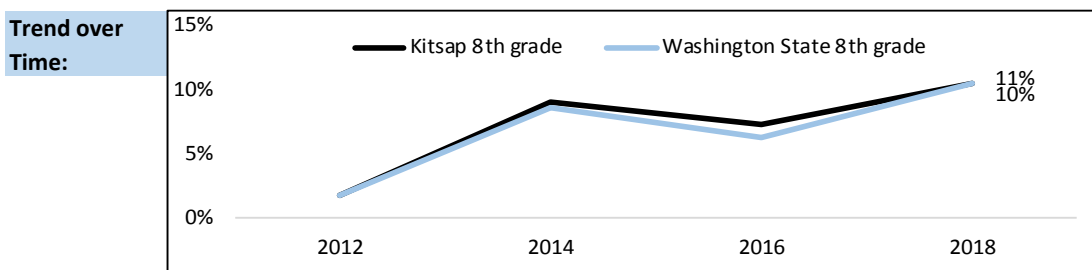
YOUTH CURRENT VAPING

Percentage

The percentage of students who report using electronic cigarettes, e-cigs or vape pens in the past month.
Source: Healthy Youth Survey

Summary: In 2018, 1 in 10 Kitsap 8th graders and almost 1 in 4 Kitsap 10th graders reported using electronic cigarettes or vapes in the past month. These percentages are both statistically significantly higher than 2012, but about the same as the state overall.

Percentage 8TH GRADE	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018	
Kitsap County	2%	10%		n/a
Washington State	2%	11%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		284		



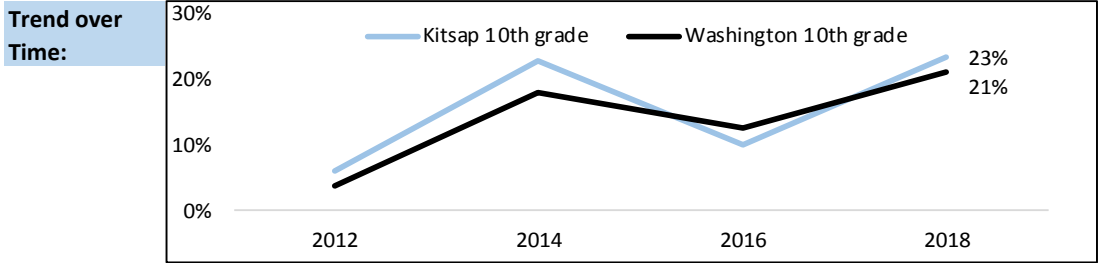
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SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.1. SUBSTANCE USE

Youth current vaping continued:

Percentage	Early year	Recent year	Statistical comparison	
10TH GRADE	2012	2018	of 2012 and 2018	
Kitsap County	6%	23%	<div style="width: 100%; height: 10px; background-color: red;"></div>	n/a
Washington State	4%	21%	<div style="width: 100%; height: 10px; background-color: red;"></div>	n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		652		



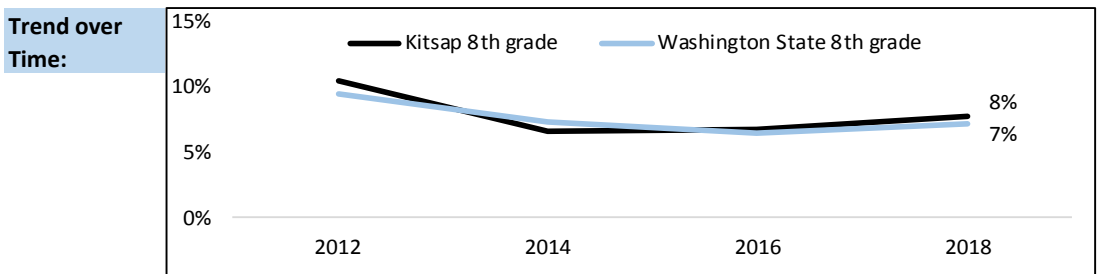
YOUTH CURRENT MARIJUANA USE

Percentage

The percentage of students who report marijuana use in the past month.
Source: Healthy Youth Survey

Summary: In 2018, approximately 8% of Kitsap 8th graders and 18% of Kitsap 10th graders reported having used marijuana in the past month. The percentage of 8th graders was decreased from 2012, but the percentage of 10th graders was statistically unchanged from 2012. Both percentages were about the same as the state.

Percentage	Early year	Recent year	Statistical comparison	
8TH GRADE	2012	2018	of 2012 and 2018	
Kitsap County	10%	8%	<div style="width: 100%; height: 10px; background-color: green;"></div>	n/a
Washington State	9%	7%	<div style="width: 100%; height: 10px; background-color: green;"></div>	n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		212		



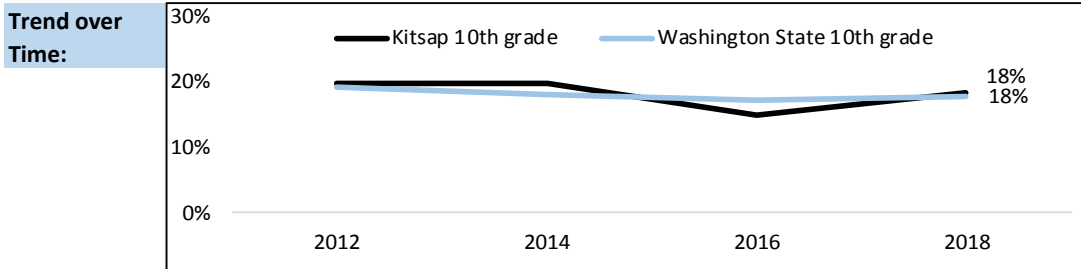
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SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.1. SUBSTANCE USE

Youth current marijuana use continued:

Percentage 10TH GRADE	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018	
Kitsap County	20%	18%		n/a
Washington State	19%	18%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		508		

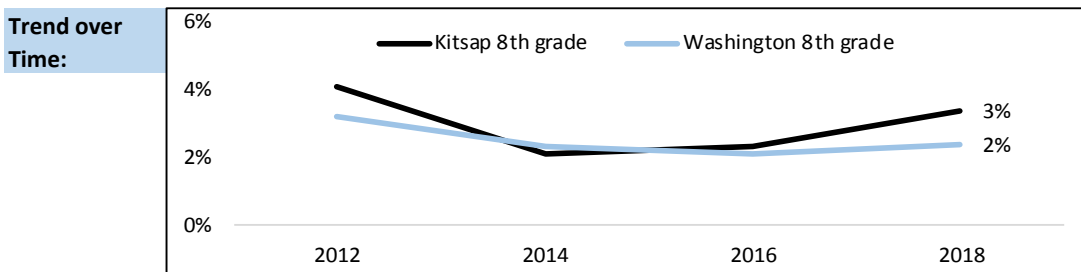


YOUTH CURRENT PRESCRIPTION DRUG (PAINKILLERS) USE TO GET HIGH Percentage

The percentage of students who reported using prescription drug painkillers to get high in the past 30 days.
Source: Healthy Youth Survey

Summary: In 2018, 3% of 8th and 10th graders in Kitsap reported using prescription drug painkillers to get high in the past month. The percentage of 8th graders was unchanged from 2012, but worse than the state's percentage. The percentage of 10th graders was decreased from 2012, but about the same as the state.

Percentage 8TH GRADE	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018	
Kitsap County	4%	3%		n/a
Washington State	3%	2%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		92		



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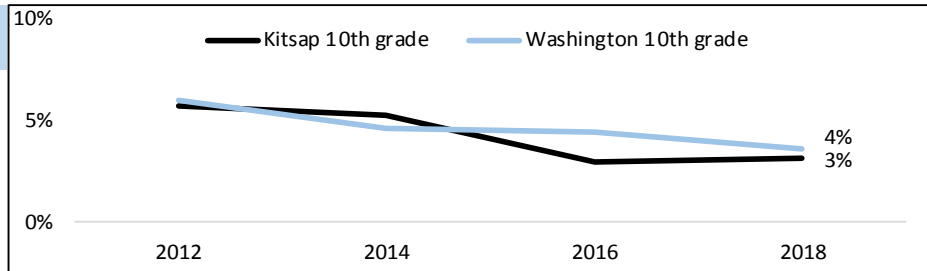
SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.1. SUBSTANCE USE

Youth current prescription drug (painkillers) use continued:

Percentage	Early year	Recent year	Statistical comparison	
10TH GRADE	2012	2018	of 2012 and 2018	
Kitsap County	6%	3%		n/a
Washington State	6%	4%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		86		

Trend over Time:



ADULT BINGE ALCOHOL DRINKERS (5+ DRINKS ON AN OCCASION)

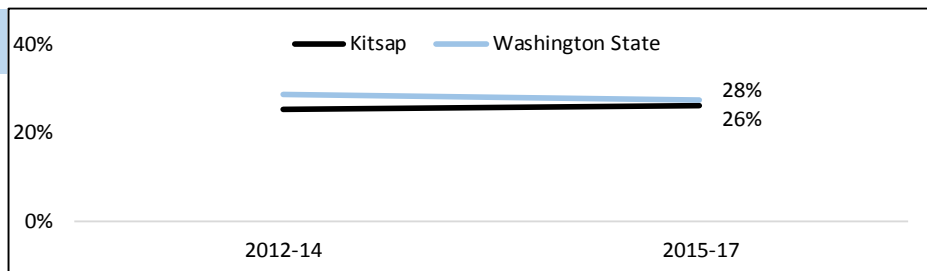
Percentage

The percentage of adults who report 5 or more alcoholic drinks on at least one occasion in the past month.
Source: Behavioral Risk Factor Surveillance System (BRFSS)

Summary: From 2015 to 2017, more than 1 in 4 adults (26%) reported having 5 or more alcoholic drinks on at least one occasion in the past month. This percentage is unchanged over time and no different from the state.

Percentage	Early years	Recent years	Statistical comparison	
	2012-14	2015-17	of 2012-14 to 2015-17	
Kitsap County	25%	26%		n/a
Washington State	29%	28%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap residents:		54,167		

Trend over Time:



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SECTION G. HEALTH-RELATED BEHAVIORS



SUBSECTION G.1. SUBSTANCE USE

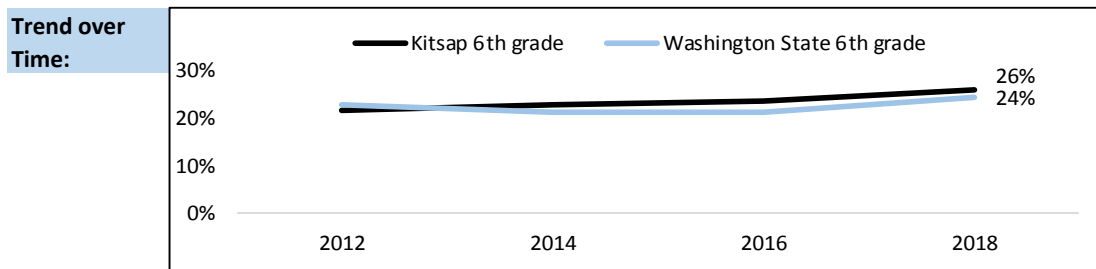
SIXTH GRADERS EVER USED ALCOHOL

Percentage

The percentage of students who report ever having more than a sip or two of beer, wine or hard liquor.
Source: Healthy Youth Survey

Summary: In 2018, more than 1 in 4 Kitsap 6th graders reported having ever had more than a sip or two of alcohol. This percentage has been increasing since 2012, but is about the same as the state.

Percentage 6TH GRADE	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018	
Kitsap County	22%	26%		n/a
Washington State	23%	24%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		703		


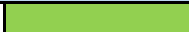


YOUTH CURRENT ALCOHOL USE

Percentage

The percentage of students who report drinking alcohol at least one day in the past 30 days.
Source: Healthy Youth Survey

Summary: In 2018, 9% of Kitsap 8th graders and 19% of Kitsap 10th graders reported drinking alcohol on at least one day in the past month. Both percentages are unchanged since 2012 and about the same as the state.

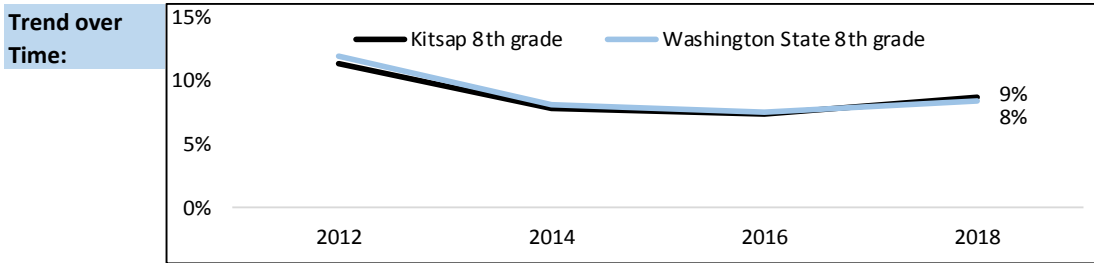
Percentage 8TH GRADE	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018	
Kitsap County	11%	9%		n/a
Washington State	12%	8%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		235		

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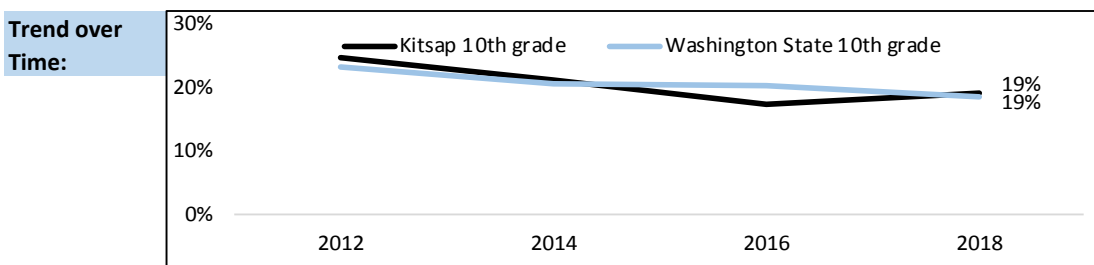
SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.1. SUBSTANCE USE

Youth current alcohol use continued:



Percentage 10TH GRADE	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018
Kitsap County	25%	19%	n/a
Washington State	23%	19%	n/a
Statistical comparison: Kitsap vs. Washington:			
Estimated number of Kitsap students:		531	



YOUTH BINGE ALCOHOL USE

Percentage

The percentage of students who report having 5 or more alcoholic drinks on at least one occasion in the past two weeks.
Source: Healthy Youth Survey

Summary: In 2018, 3% of Kitsap 8th graders and 8% of Kitsap 10th graders reported drinking 5 or more alcoholic drinks on at least one occasion in the past 2 weeks. Both percentages are decreasing since 2012 and about the same as the state.

Percentage 8TH GRADE	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018
Kitsap County	5%	3%	n/a
Washington State	6%	3%	n/a
Statistical comparison: Kitsap vs. Washington:			
Estimated number of Kitsap students:		83	

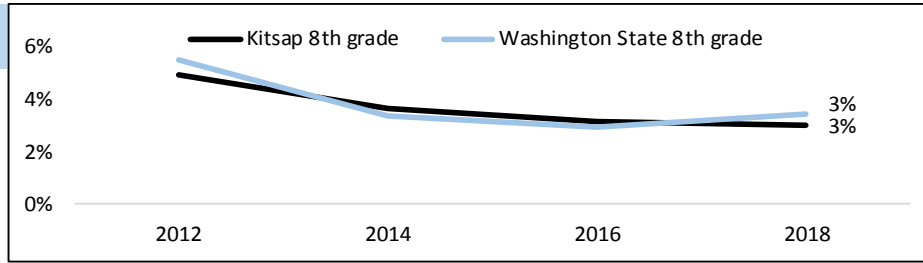
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SUBSECTION G.1. SUBSTANCE USE

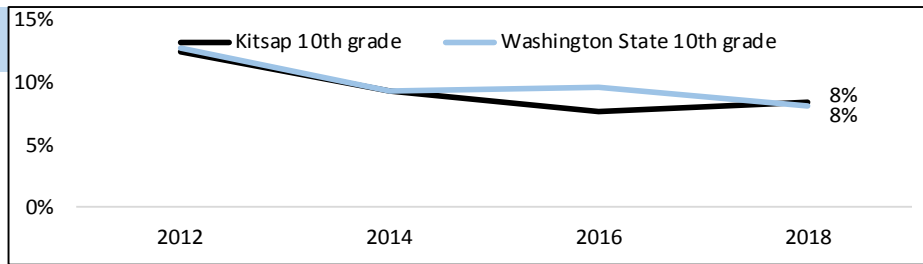
Youth binge alcohol use continued:

Trend over Time:



Percentage 10TH GRADE	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018
Kitsap County	13%	8%	n/a
Washington State	13%	8%	n/a
Statistical comparison: Kitsap vs. Washington:			
Estimated number of Kitsap students:		234	

Trend over Time:



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SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.1. SUBSTANCE USE

YOUTH DRUNK OR HIGH AT SCHOOL IN PAST YEAR

Percentage

The percentage of youth reporting being drunk or high at school at least once in the past year.

Source: Healthy Youth Survey

Summary: In 2018, 9% of Kitsap 8th graders and 15% of Kitsap 10th graders reported being drunk or high at school at least once in the past year. Both percentages are unchanged since 2012 and about the same as the state.

Percentage 8TH GRADE	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018	
Kitsap County	8%	9%		n/a
Washington State	7%	8%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		244		

Percentage 10TH GRADE	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018	
Kitsap County	16%	15%		n/a
Washington State	15%	16%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		417		

ALCOHOL RELATED DEATH RATE

Age-Adjusted Rate per 100,000

The age-adjusted death rate per 100,000 for alcohol related deaths.

Source: WA State, Community Health Assessment Tool (CHAT)

Summary: In 2018, the age-adjusted alcohol related death rate in Kitsap was 11 per 100,000. This rate is unchanged since 2000 and about the same as the state.

Age-Adjusted Rate per 100,000	Early year		Recent year	Statistical trend since 2000	
	2000	2010	2018		
Kitsap County	11	14	11		n/a
Washington State	9	11	13		Annual change: 2%
Statistical comparison: Kitsap vs. Washington:					
Estimated number of Kitsap County residents:			35		

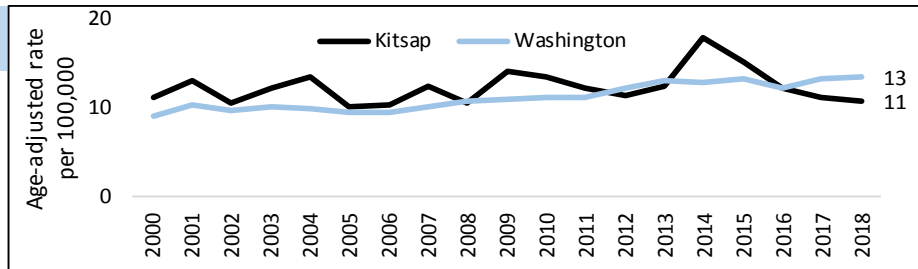
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SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.1. SUBSTANCE USE

Alcohol related death rate continued:

Trend over Time:



ALCOHOL RELATED HOSPITALIZATION RATE

Age-Adjusted Rate per 100,000

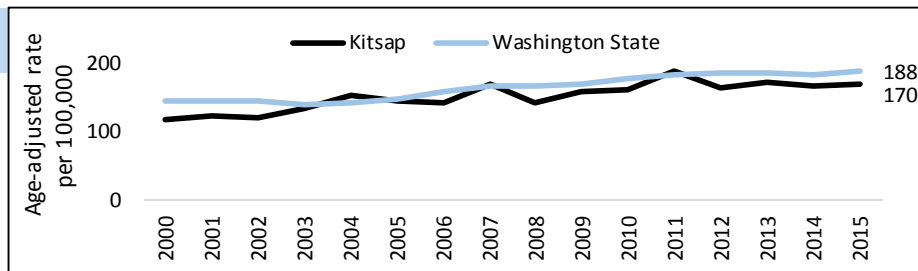
The age-adjusted hospitalization rate per 100,000 for alcohol related hospitalizations excluding fatal discharges.

Source: WA State, Community Health Assessment Tool (CHAT)

Summary: In 2015, the age-adjusted alcohol related hospitalization rate was 170 per 100,000 Kitsap residents. This rate had been increasing since 2000, but was better than the state overall. There is no 2016 or later data at this time.

Age-Adjusted Rate per 100,000	Early year		Recent year	Statistical trend since 2000	
	2000	2010	2015		
Kitsap County	117	161	170		Annual change: 2%
Washington State	145	177	188		Annual change: 2%
Statistical comparison: Kitsap vs. Washington:					
Estimated number of Kitsap County residents:			496		

Trend over Time:



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SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.1. SUBSTANCE USE

DRUG RELATED DEATH RATE

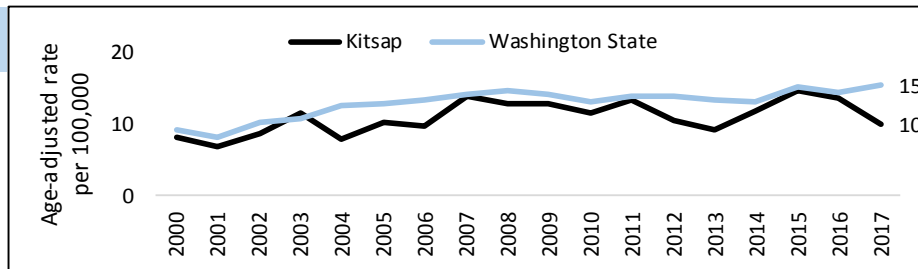
Age-Adjusted Rate per 100,000

The age-adjusted death rate per 100,000 for any drug related deaths.
Source: WA State, Community Health Assessment Tool (CHAT)

Summary: The age-adjusted drug related death rate in 2017 was 10 per 100,000 Kitsap residents. There has been a statistically significantly worsening trend in Kitsap and Washington State since 2000. Kitsap's rate is lower than Washington's, but not statistically significantly lower.

Age-Adjusted Rate per 100,000	Early year		Recent year	Statistical trend since 2000	
	2000	2010	2017		
Kitsap County	8	12	10		Annual change: 2%
Washington State	9	13	15		Annual change: 3%
Statistical comparison: Kitsap vs. Washington:					
Estimated number of Kitsap County residents:			32		

Trend over Time:



DRUG RELATED HOSPITALIZATION RATE

Age-Adjusted Rate per 100,000

The age-adjusted hospitalization rate per 100,000 for any drug related hospitalizations excluding fatal discharges.
Source: WA State, Community Health Assessment Tool (CHAT)

Summary: In 2017, Kitsap's age-adjusted rate of drug related hospitalizations was 64 per 100,000. Kitsap's rate is statistically significantly unchanged from 2000 to 2017, but has been slowly decreasing statistically significantly from 2006 to 2017. Kitsap's rate was lower than Washington's in 2017.

Age-Adjusted Rate per 100,000	Early year		Recent year	Statistical trend since 2000	
	2000	2010	2017		
Kitsap County	72	81	64		n/a
Washington State	62	93	77		Annual change: 2%
Statistical comparison: Kitsap vs. Washington:					
Estimated number of Kitsap County residents:			170		

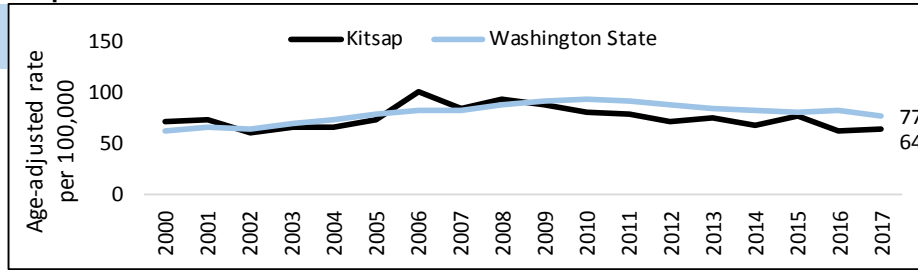
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SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.1. SUBSTANCE USE

Drug related hospitalization rate continued:

Trend over Time:



OPIOID RELATED DEATH RATE

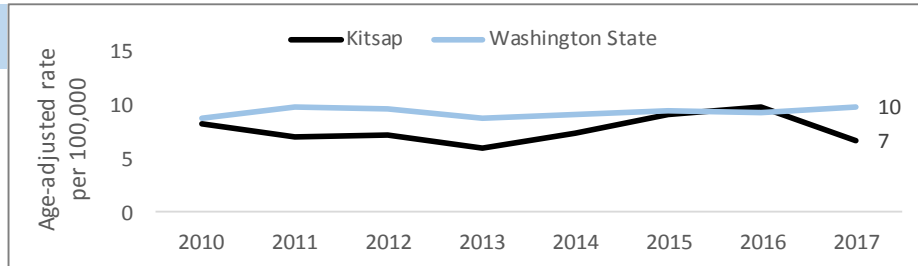
Age-Adjusted Rate per 100,000

The age-adjusted death rate per 100,000 for opioid related deaths.
Source: WA State, Community Health Assessment Tool (CHAT)

Summary: In 2017, the age-adjusted opioid related death rate in Kitsap was 7 per 100,000, unchanged from 2010 and the same as the state.

Age-Adjusted Rate per 100,000	Early year 2010	Recent year 2017	Statistical trend since 2000
Kitsap County	8	7	n/a
Washington State	9	10	n/a
Statistical comparison: Kitsap vs. Washington:			
Estimated number of Kitsap County residents:		22	

Trend over Time:



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SUBSECTION G.1. SUBSTANCE USE

OPIOID RELATED HOSPITALIZATION RATE

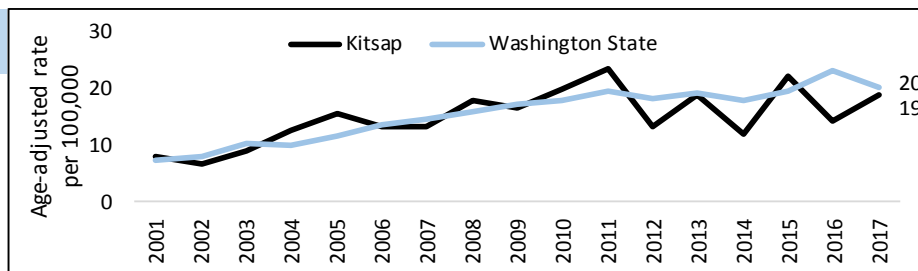
Age-Adjusted Rate per 100,000

The age-adjusted hospitalization rate per 100,000 for opioid related hospitalizations excluding fatal discharges.
Source: WA State, Community Health Assessment Tool (CHAT)

Summary: In 2017, the age-adjusted rate of opioid related hospitalizations was 19 per 100,000. This rate has been increasing statistically significantly from 2001 to 2017, but was the same as the state in 2017.

Age-Adjusted Rate per 100,000	Early year 2001	2010	Recent year 2017	Statistical trend since 2001
Kitsap County	8	20	19	Annual change: 5%
Washington State	7	18	20	Annual change: 7%
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap County residents:				
			54	

Trend over Time:



OPIOID PRESCRIPTION RATE

Sex and Age-adjusted Rate per 1,000

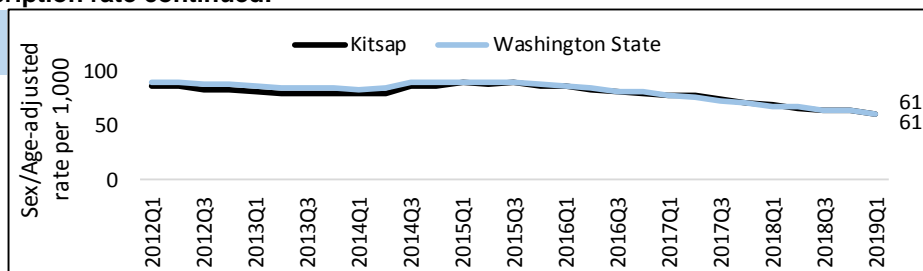
The prevalence of prescription opioid use in the population. The number of patients, per 1,000 population, with at least one opioid prescription.
Source: Washington State Department of Health, Opioid Prescription Dashboards

Summary: The sex- and age-adjusted rate of opioid prescriptions is 61 per 1,000 in Kitsap in the first quarter of 2019. This rate has been decreasing since the first quarter of 2012 and is about the same as the state.

Sex/Age-adjusted Rate per 1,000	Early year 2012 Q1	Recent year 2019 Q1	Statistical trend since 2012 Q1
Kitsap County	86	61	Quarterly change: -1%
Washington State	90	61	Quarterly change: -1%
Statistical comparison: Kitsap vs. Washington:			

Opioid prescription rate continued:

Trend over Time:



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SUBSECTION G.1. SUBSTANCE USE

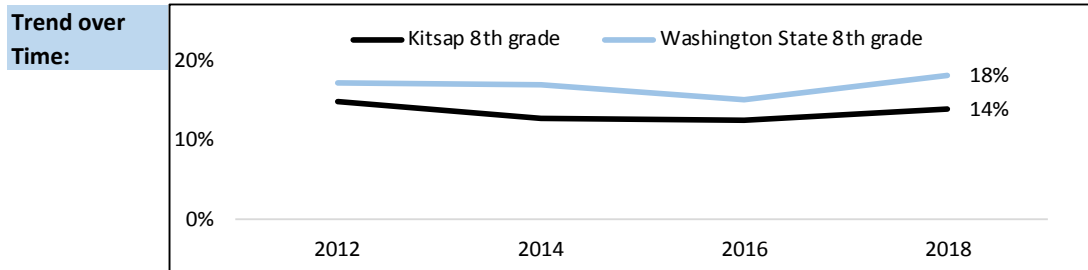
YOUTH RIDING WITH SOMEONE WHO HAD BEEN DRINKING IN PAST MONTH Percentage

The percentage of students who report riding in a car at least once with someone who was drinking alcohol in the past month.

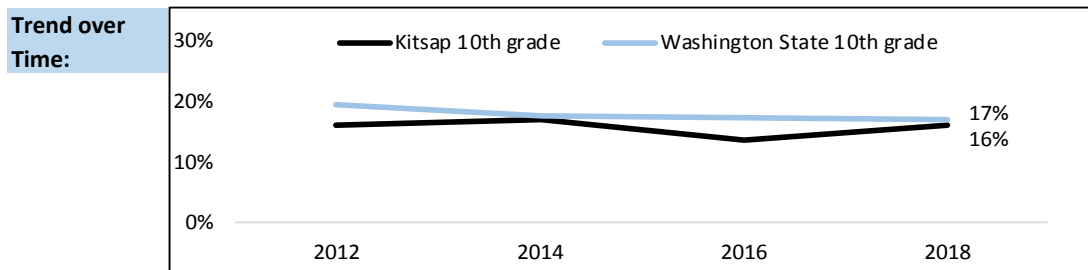
Source: Healthy Youth Survey

Summary: In 2018, approximately 14% of 8th graders and 16% of 10th graders in Kitsap reported riding in a car with someone who had been drinking alcohol at least once in the past month. Both percentages were unchanged since 2012. Kitsap's 8th grade percentage was better than the state, but the 10th grade percentage was about the same as the state.

Percentage 8TH GRADE	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018	
Kitsap County	15%	14%		n/a
Washington State	17%	18%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		379		



Percentage 10TH GRADE	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018	
Kitsap County	16%	16%		n/a
Washington State	19%	17%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		444		



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SUBSECTION G.1. SUBSTANCE USE

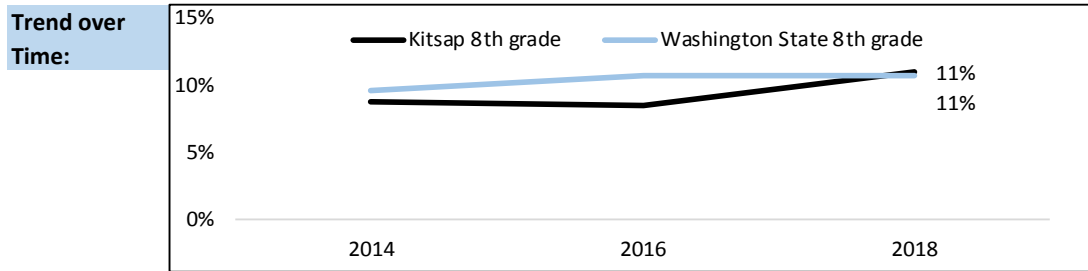
YOUTH REPORT RIDING IN A CAR WITH SOMEONE WHO WAS USING MARIJUANA Percentage

The percentage of students who report riding in a car at least once with someone who was using marijuana in the past month.

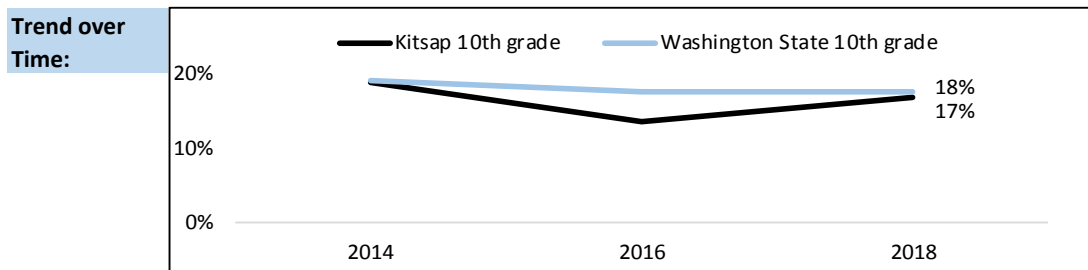
Source: Healthy Youth Survey

Summary: In 2018, 11% of Kitsap 8th graders and 17% of Kitsap 10th graders reported riding in a car with someone who was using marijuana at least once in the past month. The 8th grade percentage was statistically significantly higher than in 2014, but the 10th grade percentage was unchanged. Both percentages were about the same as the state's percentages.

Percentage 8TH GRADE	Early year 2014	Recent year 2018	Statistical comparison of 2014 and 2018	
Kitsap County	9%	11%		n/a
Washington State	10%	11%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		298		



Percentage 10TH GRADE	Early year 2014	Recent year 2018	Statistical comparison of 2014 and 2018	
Kitsap County	19%	17%		n/a
Washington State	19%	18%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		466		



KITSAP COUNTY HEALTH STATUS ASSESSMENT, 2019

SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.1. SUBSTANCE USE

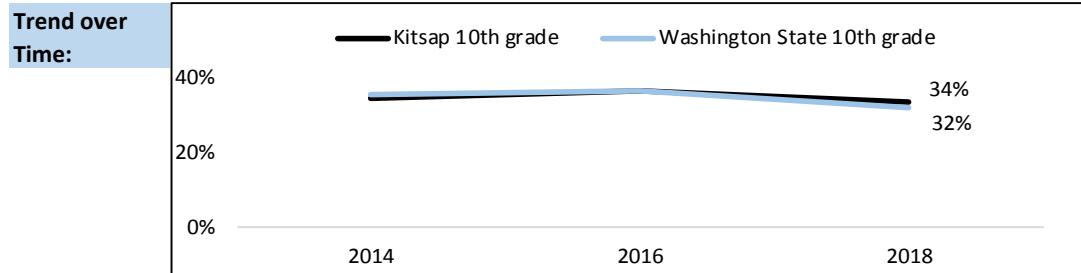
YOUTH REPORT DRIVING AFTER USING MARIJUANA IN PAST MONTH Percentage

The percentage of students who report using marijuana AND driving after using marijuana in the past month.

Source: Healthy Youth Survey

Summary: In 2018, more than a third of Kitsap 10th graders reported driving after using marijuana at least once in the past month. This percentage was unchanged since 2014 and about the same as the state's percentage.

Percentage 10TH GRADE	Early year 2014	Recent year 2018	Statistical comparison of 2014 and 2018	
Kitsap County	35%	34%		n/a
Washington State	35%	32%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		938		



KITSAP COUNTY HEALTH STATUS ASSESSMENT, 2019

SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.2. WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

ADULTS OVERWEIGHT OR OBESE

Percentage

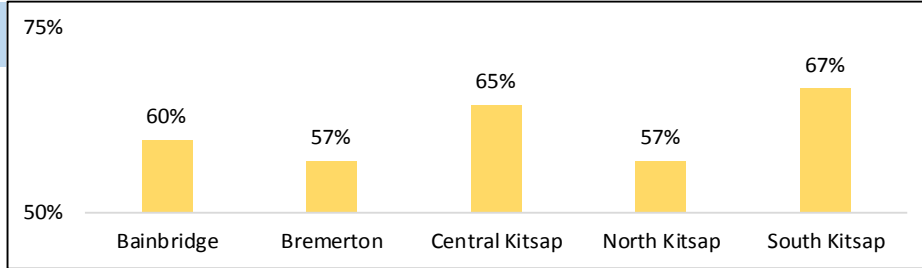
The percentage of adults age 18+ who report being obese or overweight.

Source: Behavioral Risk Factor Surveillance System (BRFSS)

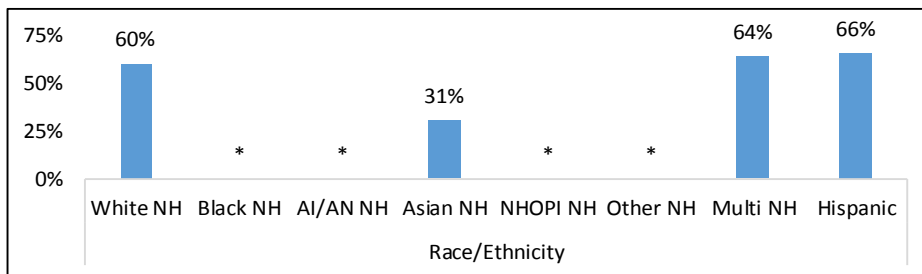
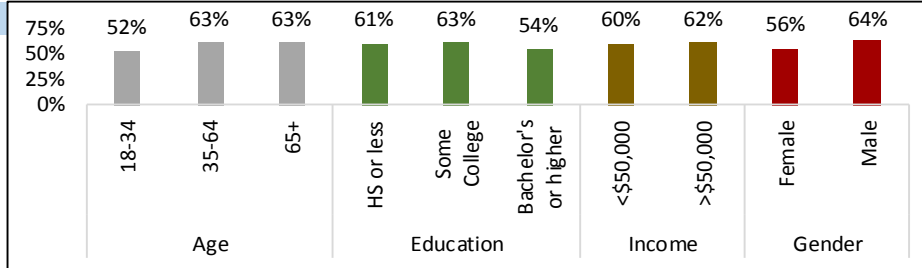
Summary: In 2017, 58% of adults in Kitsap County age 18 and older report being obese or overweight. This rate is slightly lower than the state's rate of 59%. There are not many variations among subgroups in Kitsap County, outside of a low percentage of Asian reporting as overweight or obese (31%). South Kitsap experiences the highest rate of overweight and obesity at 67%.

Percentage	Early year 2011	2014	Recent year 2017	Statistical trend since 2011
Kitsap County	60%	60%	58%	n/a
Washington State	58%	59%	59%	n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap residents:			120,482	

Sub-county geography:
2011-17



Sub-Groups:
2011-17

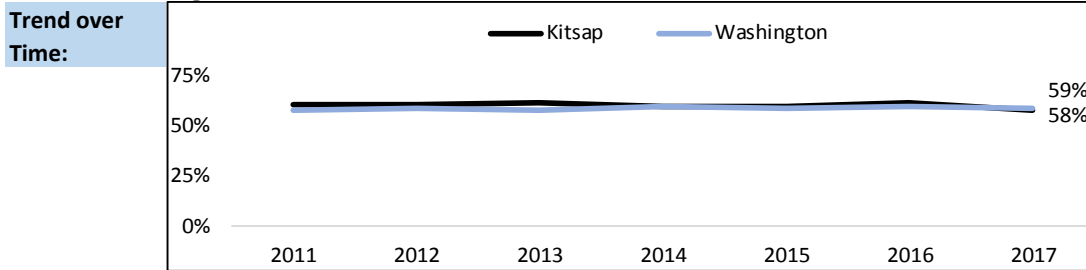


KITSAP COUNTY HEALTH STATUS ASSESSMENT, 2019

SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.2. WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

Adults overweight or obese continued:



YOUTH OVERWEIGHT OR OBESE

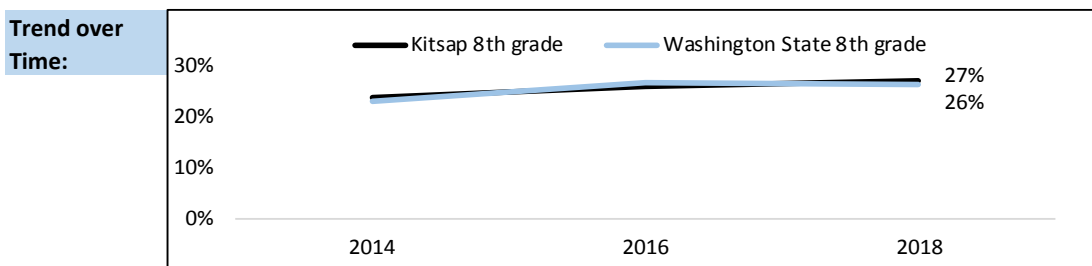
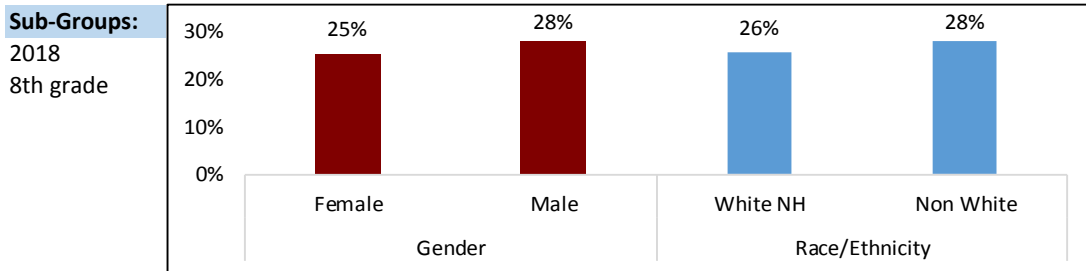
Percentage

The percentage of students who are overweight or obese based on self-reported weight and height. Overweight includes students who are in the top 15%, but not the top 5%, for body mass index by age and gender based on growth charts developed by the Centers for Disease Control and Prevention (2000).

Source: Healthy Youth Survey

Summary: In 2018, more than 1 in 4 Kitsap 8th and 10th graders were overweight or obese based on self-reported height and weight. Both percentages were about the same as the state, but Kitsap's 8th grade percentage has been increasing from 2014 to 2018. For both 8th and 10th graders, males had slightly higher percentages than females, and students identifying as a race or ethnicity other than non-Hispanic White had slightly higher percentages than those identifying as non-Hispanic White. Bremerton had the highest percentage of overweight and obese 10th graders of any sub-county geography in Kitsap with 34%, followed by South Kitsap with 31%.

Percentage 8TH GRADE	Early year 2014	Recent year 2018	Statistical comparison of 2014 and 2018
Kitsap County	24%	27%	n/a
Washington State	23%	26%	n/a
Statistical comparison: Kitsap vs. Washington:			
Estimated number of Kitsap students:		730	



KITSAP COUNTY HEALTH STATUS ASSESSMENT, 2019

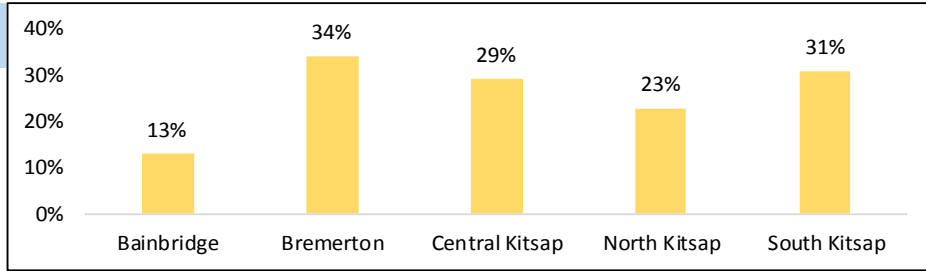
SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.2. WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

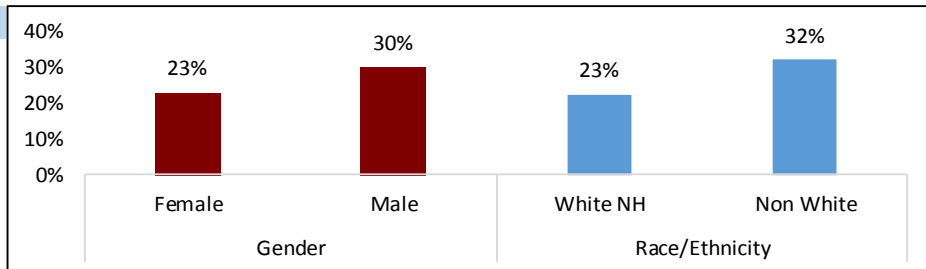
Youth overweight or obese continued:

Percentage 10TH GRADE	Early year 2014	Recent year 2018	Statistical comparison of 2014 and 2018	
Kitsap County	26%	26%		n/a
Washington State	24%	28%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		732		

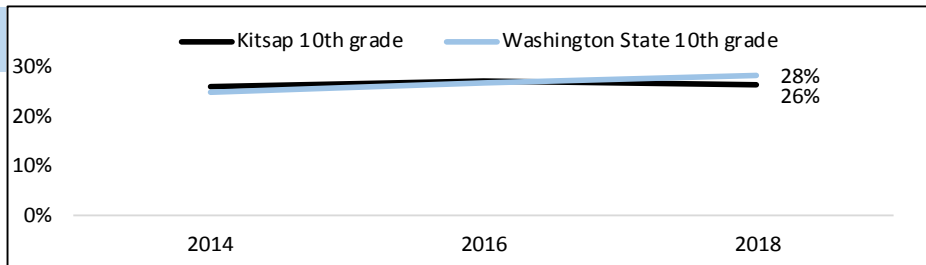
Sub-county geography:
2018
10th grade



Sub-Groups:
2018
10th grade



Trend over Time:



KITSAP COUNTY HEALTH STATUS ASSESSMENT, 2019

SECTION G. HEALTH-RELATED BEHAVIORS

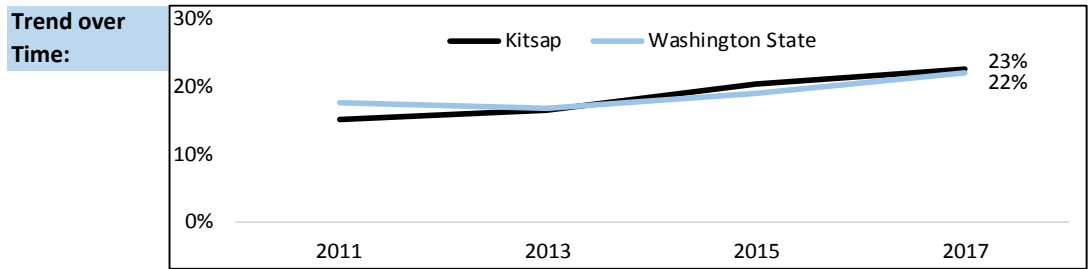
SUBSECTION G.2. WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

ADULT DAILY FRUIT AND VEGETABLE CONSUMPTION Percentage

The percentage of adults who report eating the recommended 5 fruit and vegetable servings per day.
 Source: Behavioral Risk Factor Surveillance System (BRFSS)

Summary: In 2017, about 23% of adults reported eating the recommended 5 fruit and vegetable servings per day or more. This percentage is unchanged over time since 2011 and about the same as the state's percentage.

Percentage	Early year 2011	Recent year 2017	Statistical comparison of 2011 and 2017	
Kitsap County	15%	23%		n/a
Washington State	18%	22%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap residents:				
		46,931		

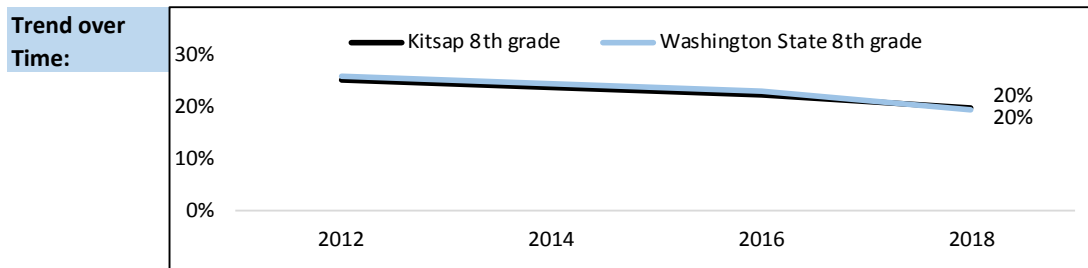


YOUTH DAILY FRUIT AND VEGETABLE CONSUMPTION Percentage

The percentage of students who report eating the recommended 5 or more servings of fruits and vegetables per day.
 Source: Healthy Youth Survey

Summary: In 2018, almost 1 in 5 Kitsap 8th and 10th graders reported eating the recommended 5 or more servings of fruits and vegetables per day. The percentages for 8th and 10th graders have been decreasing from 2012 to 2018, but are about the same as the state's percentages.

Percentage	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018	
8TH GRADE				
Kitsap County	25%	20%		n/a
Washington State	26%	20%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:				
		534		





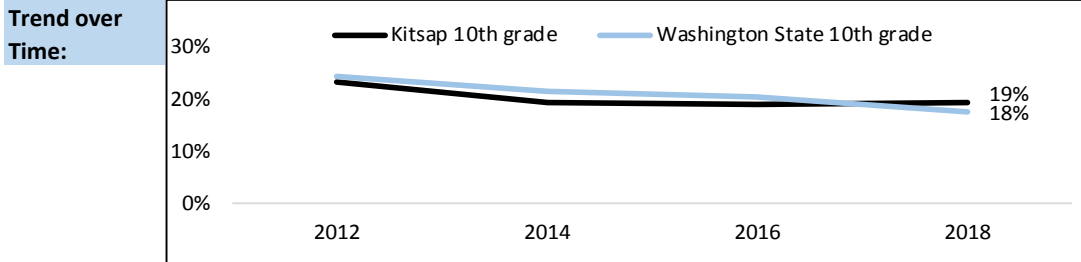
KITSAP COUNTY HEALTH STATUS ASSESSMENT, 2019

SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.2. WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

Youth daily fruit and vegetable consumption continued:

Percentage	Early year	Recent year	Statistical comparison	
10TH GRADE	2012	2018	of 2012 and 2018	
Kitsap County	23%	19%		n/a
Washington State	24%	18%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		532		



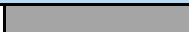

ADULTS NOT MEETING RECOMMENDATIONS FOR PHYSICAL ACTIVITY

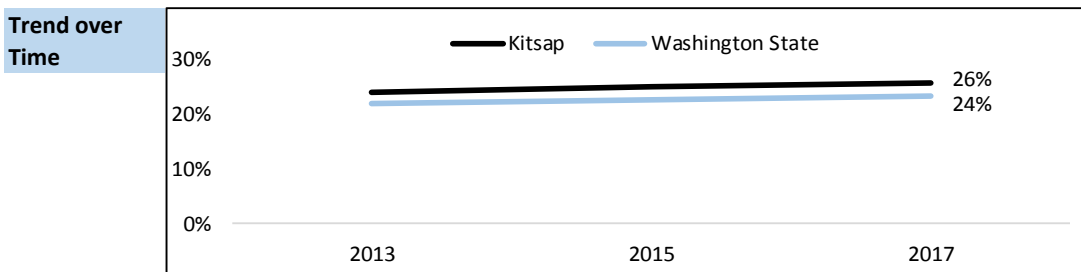
Percentage

The percentage of adults who report not meeting both the aerobic and muscle strengthening recommendations for physical activity each week.

Source: Behavioral Risk Factor Surveillance System (BRFSS)

Summary: In 2017, more than 1 in 4 Kitsap adults reported not meeting the recommendations for both aerobic and muscle strengthening physical activity each week. Kitsap's percentage is slightly, but not statistically significantly, higher than 2013 and slightly, but not statistically significantly, higher than the state.

Percentage	Early year	Recent year	Statistical comparison	
	2013	2017	of 2013 and 2017	
Kitsap County	24%	26%		n/a
Washington State	22%	24%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap residents:		53,664		



KITSAP COUNTY HEALTH STATUS ASSESSMENT, 2019

SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.2. WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

ADULTS NOT GETTING ANY PHYSICAL ACTIVITY IN PAST MONTH Percentage

The percentage of adults age 18+ who report not getting any physical activity in the last 30 days.

Source: Behavioral Risk Factor Surveillance System (BRFSS)

Summary: In 2017, the 24% of adults in Kitsap County age 18 and older reported not get any physical activity in the last 30 days. This rate is worse than the state's rate of 19%.

Percentage	Early year		Recent year	Statistical comparison	
	2011	2014		trend since 2011	2017
Kitsap County	20%	15%	24%		n/a
Washington State	22%	18%	19%		n/a
Statistical comparison: Kitsap vs. Washington:					
Estimated number of Kitsap residents:			50,114		

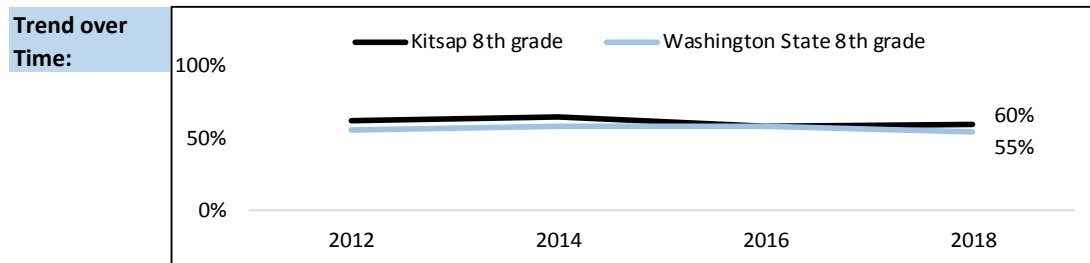
YOUTH PHYSICALLY ACTIVE AT RECOMMENDED LEVEL Percentage

The percentage of students who report getting at least 60 minutes of physical activity 5 days or more days per week.

Source: Healthy Youth Survey

Summary: In 2018, 60% of Kitsap 8th graders and 44% of Kitsap 12th graders reported getting at least 60 minutes of physical activity on 5 or more days per week. Kitsap's 8th grade percentage is statistically unchanged from 2012 to 2018 and higher than the state. Kitsap's 10th grade percentage is statistically significantly lower than it was in 2012 and lower than the state's percentage.

Percentage	Early year		Recent year	Statistical comparison	
	2012	2014		of 2012 and 2018	2018
8TH GRADE					
Kitsap County	62%		60%		n/a
Washington State	56%		55%		n/a
Statistical comparison: Kitsap vs. Washington:					
Estimated number of Kitsap students:			1,629		



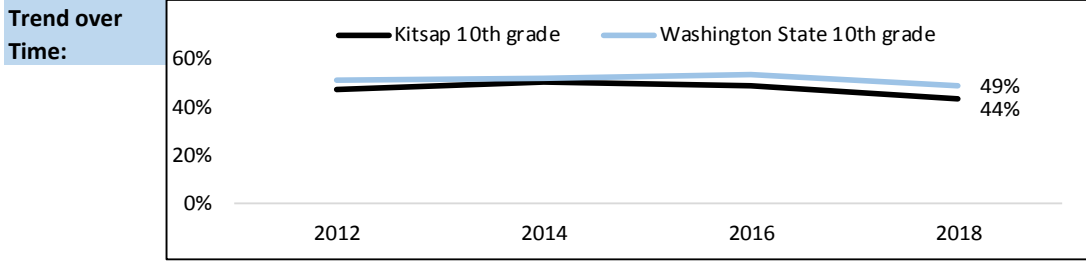
Percentage	Early year		Recent year	Statistical comparison	
	2012	2014		of 2012 and 2018	2018
10TH GRADE					
Kitsap County	48%		44%		n/a
Washington State	51%		49%		n/a
Statistical comparison: Kitsap vs. Washington:					
Estimated number of Kitsap students:			1,213		

KITSAP COUNTY HEALTH STATUS ASSESSMENT, 2019

SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.2. WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

Youth physically active at recommended level continued:

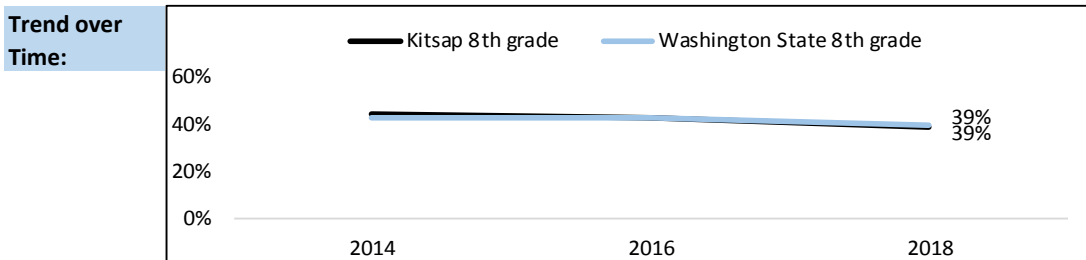


YOUTH HAVE 2 HOURS OR LESS OF DAILY SCREEN TIME Percentage

The percentage of students who report spending 2 hours or less each day watching or playing TV, videos, DVDs, video games and computer for fun.
Source: Healthy Youth Survey

Summary: In 2018, almost 4 in 10 Kitsap 8th and 10th graders reported spending 2 hours or less each day watching TV or videos and playing video games or on the computer for fun. Kitsap's percentages are about the same as the state, but Kitsap's 8th grade percentage increased from 2014 to 2018.

Percentage	Early year	Recent year	Statistical comparison	
8TH GRADE	2014	2018	of 2014 and 2018	
Kitsap County	44%	39%		n/a
Washington State	43%	39%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		1,053		



Percentage	Early year	Recent year	Statistical comparison	
10TH GRADE	2014	2018	of 2014 and 2018	
Kitsap County	37%	38%		n/a
Washington State	42%	39%		n/a
Statistical comparison: Kitsap vs. Washington:				
Estimated number of Kitsap students:		1,061		

KITSAP COUNTY HEALTH STATUS ASSESSMENT, 2019

SECTION G. HEALTH-RELATED BEHAVIORS

SUBSECTION G.2. WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

Youth have 2 hours or less of daily screen time continued:

**Trend over
Time:**

