

Physical Health Questions on the 2023 Healthy Youth Survey

Number of question as listed in the “Frequency Reports” for the 2023 HYS results:

<https://www.askhys.net/Reports>

- “Secondary” means that those questions were only asked on the Secondary Survey (students in grades 8-12).
- “Elementary” means that those questions were only asked on the Elementary Survey (students in grades 6)
- If no grade is indicated, that means that the questions were asked to all students who took the survey.

Demographics:

- #14 Are you limited in any activities because of a disability or long-term health problem including physical health, emotional, or learning problems expected to last 6 months or more? (Secondary)
- #15 Do you have any of these conditions? Check all that you have. (Secondary)
- #16 At school, do you have an Individualized Education Plan (IEP) or 504 accommodation to help you learn? (Secondary)
- #20 Are your current living arrangements the result of losing your home because your family cannot afford housing? (Secondary)
- #21 Do you receive free or reduced price lunches at school? (Secondary)

Nutrition:

- #83 BMI status. (Computed from numeric responses to "How tall are you without your shoes on?" and "How much do you weigh without your shoes on?" (Secondary)
- #84 How often do you eat dinner with your family?
- #85 How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food? (Secondary)
- #86 Did you eat breakfast today?
- #87 Number of servings of fruits and vegetables eaten per day (Computed from FV1-FV6) (Secondary)
- #88 During the past 7 days, how many times did you drink sugar-sweetened drinks, like soda, sports drinks, energy drinks, coffee drinks, tea drinks, or other flavored sugar-sweetened drinks? Do not include diet, sugar-free or drinks with artificial sweetener. (Secondary)
- #89 How many sugar-sweetened drinks (such as sodas, sports drinks, energy drinks, coffee drinks, or tea drinks) did you drink yesterday? (Elementary)

Physical Activity:



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- #90 In the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increases your heart rate or makes you breathe hard some of the time.)
- #91 On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting? (Secondary)
- #92 On average, how many days a week do you walk to or from school?
- #93 On average, how many days a week do you ride a bicycle to or from school?
- #96 During the average week, on how many days do you participate in supervised after-school activities either at school or away from school? Include activities such as sports, art, music, dance, drama, or community service, religious, cultural, or club activities.

Sedentary Behavior:

- #94 On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called "screen time")? (Do not count time spent doing schoolwork.)

Health Care and Asthma:

- #97 When was the last time you saw a doctor or health care provider for a check-up or physical exam when you were not sick or injured? (Secondary)
- #98 Has a doctor or nurse ever told you that you have asthma? (Secondary)
- #99 Do you still have asthma? (Secondary)

Oral Health:

- #100 When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work? (Secondary)
- #101 During the past 12 months, how many days did you miss some school because of toothache? (Do not include toothache due to braces or injury.) (Secondary)
- #102 During the past year, did you miss any time from school because of toothache? (Do not include toothache due to braces or an injury.) (Elementary)

Sleep:

- #103 On an average school night how many hours do you sleep? (Secondary)

Disordered Eating and Weight Stigma

- #104 During the past year, did you: (Choose all that apply) (Secondary)
- #105 How often do family, friends, peers or others do or say things about your body or the food you eat that make you feel bad? (Secondary)

Sexual Behavior (optional questions, not administered to all students):

- #106 Have you ever had sex? (Secondary)
- #107 How old were you when you had sex for the first time? (Secondary)
- #108 With how many people have you ever had sex? (Secondary)

#109 During your life, with whom have you had sexual contact? Choose all that apply (Secondary)

#110 The last time you had sex, what method(s) did you or your partner use to prevent pregnancy and/or sexually transmitted infections? Choose all that you used. (Secondary)

Unintentional Injury:

#111 When you ride a bicycle, how often do you wear a helmet? (Elementary)

#112 How often do you wear a helmet when skating, skateboarding or riding a scooter? (Elementary)

#113 Have you ever had a bump, hit, or jolt to the head that made it difficult to study or complete school work? (Secondary)

#114 How good a swimmer do you think you are?

#115 Have you ever taken formal swimming lessons?

#116 During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol? (Secondary)

#117 Who was driving? (Secondary)

#118 In the last 30 days, have you ridden in a car driven by someone who had been drinking alcohol? (Elementary)

#119 During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol? (Secondary)

#120 During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana? (Secondary)

#121 Who was driving? (Secondary)

#122 During the past 30 days, how many times did you drive a car or other vehicle within three hours after using marijuana? (Secondary)

#123 During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol and using marijuana at the same time? (Secondary)

#124 During the past 30 days, did you ride in a car or other vehicle driven by someone who was texting or emailing? (Elementary)

#125 During the past 30 days, how many times did you text or email while driving a car or other vehicle? (Secondary)

#127 During the past 12 months, how many times were you in a physical fight? (Secondary)

Extracurricular Activities:

Which of the following activities for people your age are available in your community?

#200 Sports teams and recreation (Secondary)

#201 Scouts, Camp Fire, 4-H Clubs, or other service clubs (Secondary)

#202 Boys and Girls Club, YMCA, or other activity clubs (Secondary)

Facts Sheets found here; <https://www.askhys.net/FactSheets>

**** Fact Sheets are not created for all topic areas*

BMI

- Weight and health

Dietary Behaviors:

- Eating dinner as a family
- Sugary drink consumption
- Fruit and vegetable intake
- Eating breakfast

Oral Health:

- Dental visits
- Missed school due to toothache

Physical Activity:

- Physical activity
- Screen time

Sexual Behavior, Orientation, and Identity:

- Sexual Behavior
- STD and Pregnancy Prevention