

# **Nutrition and Physical Activity**

# Nutrition

## Demographics:

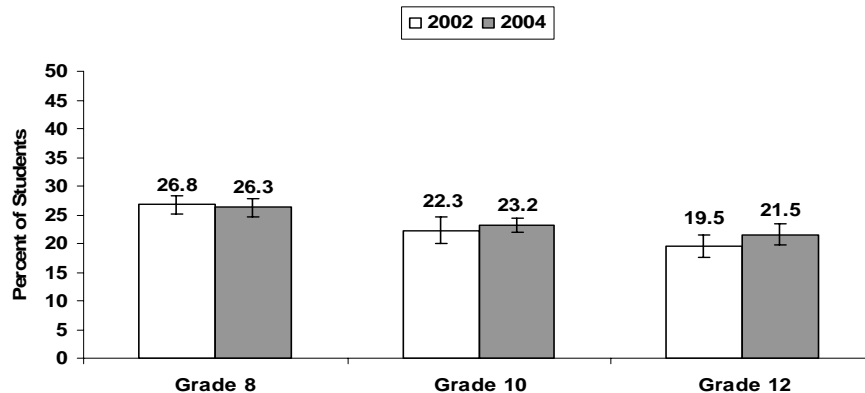
<b>Table 14. Five or more servings of fruits or vegetables per day</b>	
	<b>WA % (95% CI)</b>
<b>Grade (p = 0.001)</b>	
Grade 6	*
Grade 8	<b>26.3</b> (24.8, 28.0)
Grade 10	<b>23.2</b> (22.0, 24.5)
Grade 12	<b>21.5</b> (19.8, 23.2)
<b>Gender - 10<sup>th</sup> grade (p = 0.02)</b>	
Male	<b>25.1</b> (22.8, 27.6)
Female	<b>21.5</b> (19.9, 23.2)
<b>Race/ Ethnicity - 10<sup>th</sup> grade (p = 0.02)</b>	
White	<b>21.6</b> (20.2, 23.1)
Black	<b>30.6</b> (23.3, 39.1)
American Indian /Alaska Native	<b>29.0</b> (20.6, 39.1)
Asian	<b>26.0</b> (20.9, 32.0)
Hispanic	<b>22.7</b> (18.8, 27.2)
Hawaiian/ Pacific Islander	<b>33.3</b> (21.6, 47.6)
Other	<b>23.6</b> (17.3, 31.3)
More than One Race	<b>29.7</b> (22.9, 37.4)
<b>Disability – 10<sup>th</sup> grade (p = 0.3)</b>	
Disability	<b>26.0</b> (23.2, 28.9)
No disability	<b>22.2</b> (20.6,23.8)
<b>Rural- Urban Residence - 10<sup>th</sup> grade (p = 0.2)</b>	
Urban Core	<b>22.8</b> (21.2, 24.4)
Urban Rural Fringe	<b>25.9</b> (24.2, 27.6)
Large Town	<b>22.7</b> (19.6, 26.2)
Small Town / Isolated Rural	<b>23.2</b> (19.0, 29.7)

\*Data not available

Source: WA Healthy Youth Survey 2004.

### Trend Data:

**Figure 14. Five or More Servings of Fruits and Vegetables per Day by Grade and Year, WA 2002 - 2004<sup>1</sup>**

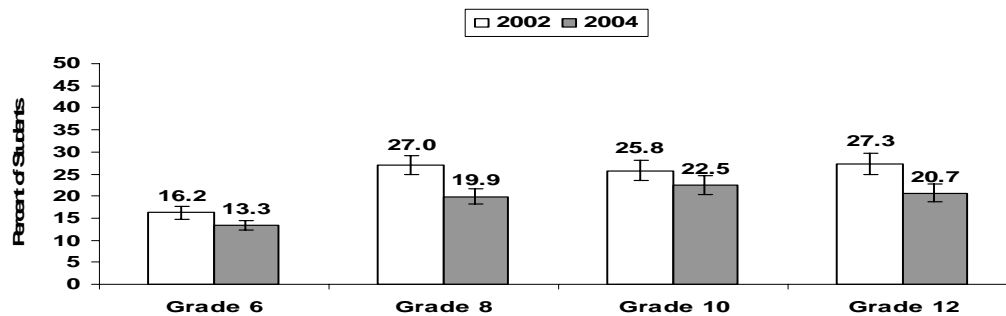


<sup>1</sup> Washington State Office of Superintendent of Public Instruction, Department of Health, Department of Social and Health Services, and Department of Community, Trade, and Economic Development and RMC Research Corporation. Washington State Healthy Youth Survey 2004: Analytic Report.

**Background:**

- Fruit and vegetable consumption data was computed from questions asked about the number and types of fruits and vegetables eaten over the past 7 days. Quantity of soda consumption was based on the number of sodas students report consuming the previous day.
- Related national **Healthy People 2010 goals** are to increase the proportion of persons aged 2 years and older who consume at least two daily servings of fruit to 75% and increase the proportion who consume at least three daily servings of vegetables to 50%.
- **Soda consumption:** About one in four 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders reported consuming two or more non-diet sodas per day. Soda consumption decreased between 2002 and 2004 for each grade (Figure 15).<sup>1</sup>
- According to the 2004 School Health Education Profile (SHEP) survey of schools with grades 6-12, about 91% of the schools surveyed report that students can purchase snack foods or beverages from vending machines or at school stores.<sup>2</sup>

**Figure 15: Consumption of Two or More Non-diet Sodas per Day by Grade and Year, WA 2002 – 2004<sup>1</sup>**



**WA Prevalence:** In 2004 an estimated 23.2% of 10<sup>th</sup> graders reported eating five or more servings of fruits and vegetables per day (Table 14). An estimated 22.5% of 10<sup>th</sup> graders reported drinking 2 or more sodas per day (Figure 15).

**U.S. Prevalence:** Nationally in 2003, an estimated 23.0% of 10<sup>th</sup> graders reported eating five or more fruits and vegetables per day.<sup>3</sup>

**Trends:** There were no changes in rates of fruit and vegetable consumption between 2002 and 2004<sup>1</sup> (Figure 14).

**Disparities:** (Table 14)

- **Grade:** Older youth were less likely to have consumed five or more servings of fruits and vegetables per day ( $p = 0.001$ ).
- **Gender:** Tenth grade males were more likely to consume five or more servings of fruits and vegetables per day compared to females ( $p = 0.02$ ).

<sup>2</sup> Source: 2004 Washington State School Health Education Profile (SHEP). [Survey of school principals administered by the Centers for Disease Control and Prevention. [Note: Percentages are of schools, not students.]

<sup>3</sup> Centers for Disease Control and Prevention. *Surveillance Summaries*, May 21, 2004. MMWR 2004:53(No. SS-2).

- **Race/ Ethnicity:** There were significant differences in rates of eating five or more servings of fruit and vegetable consumption per day by race/ethnicity in tenth graders ( $p = 0.02$ ). See technical notes on  $p$  values and confidence intervals for further use of the data in Table 14.

**Overweight** \*Critical Health Objective\*

**Demographics:**

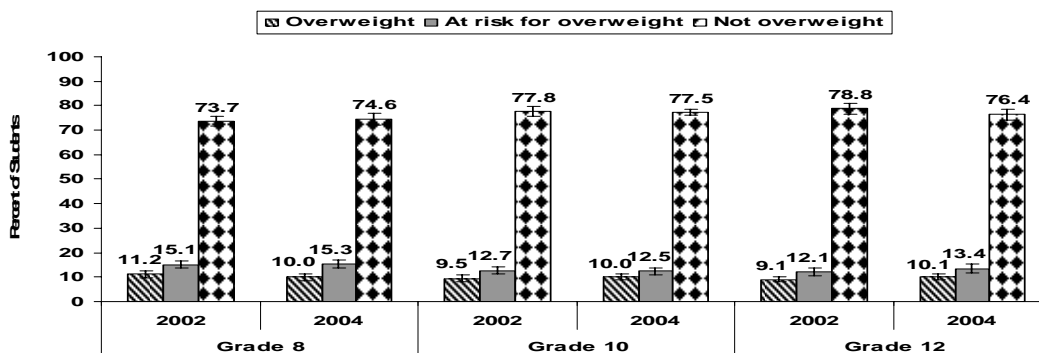
Table 15. Overweight	
	WA % (95% CI)
<b>Grade (p = 0.98)</b>	
Grade 6	*
Grade 8	10.1 (8.7, 11.6)
Grade 10	10.0 (8.9, 11.2)
Grade 12	10.1 (9.0, 11.4)
<b>Gender - 10<sup>th</sup> grade (p &lt; 0.001)</b>	
Male	14.3 (12.6,16.2)
Female	6.1 (5.0, 7.5)
<b>Race/ Ethnicity - 10<sup>th</sup> grade (p &lt; 0.01)</b>	
White	9.0 (8.0, 10.3)
Black	14.6 (11.0,19.1)
American Indian /Alaska Native	**
Asian	8.8 (4.9, 15.4)
Hispanic	12.0 (9.3,15.4)
Hawaiian/ Pacific Islander	**
Other	**
More than One Race	13.5 (8.1,21.7)
<b>Disability – 10<sup>th</sup> grade (p =0.02)</b>	
Disability	12.3 (10.0,14.9)
No disability	9.4 (8.1,10.7)
<b>Rural- Urban Residence - 10<sup>th</sup> grade (p = 0.47)</b>	
Urban Core	9.9 (8.6, 11.4)
Urban Rural Fringe	8.6 (6.4, 11.4)
Large Town	11.8 (8.0, 17.1)
Small Town / Isolated Rural	11.2 (8.2, 14.9)

\*Data not available \*\* Rate suppressed due to small numbers

Source: WA Healthy Youth Survey 2004.

**Trend Data:**

**Figure 16: Overweight or at Risk for Overweight by Grade and Year, WA 2002 - 2004<sup>4</sup>**



<sup>4</sup> Washington State Office of Superintendent of Public Instruction, Department of Health, Department of Social and Health Services, and Department of Community, Trade, and Economic Development and RMC Research Corporation. Washington State Healthy Youth Survey 2004: Analytic Report

**Background:**

- Overweight was defined as a Body Mass Index (BMI) greater than the 95th percentile for age and gender in 2004. At risk for overweight was defined as a BMI greater than the 85th percentile and less than the 95<sup>th</sup> percentile for age and gender in 2004.
- Overweight status is one of the **21 Critical Health Objectives** for Adolescents and Young Adults. The national Healthy People 2010 goal is to reduce the proportion of 12-19 year olds who are overweight or obese to no more than 5%.
- According to the 2004 School Health Education Profile (SHEP) survey of schools with grades 6-12, about 64% of Washington schools offer opportunities to participate in before- or after school intramural or physical activity clubs and 44% offer transportation home for students who participate.<sup>5</sup>
- Overweight youth were significantly more likely to watch 2 or more hours of television per day ( $p < 0.001$ ) and to have less than 20 minutes of vigorous exercise 3 times a week ( $p < 0.01$ ) compared with their non-overweight peers (Table 16).

	Not Overweight % (95% CI)	Overweight % (95% CI)	All % (95% CI)	<i>p</i> value
2+ non-diet sodas per day	21.9 (19.8, 24.2)	26.0 (21.4, 31.2)	22.3 (20.2, 24.6)	<b>p = 0.08</b>
<5 fruits and vegetables per day	77.1 (75.6, 78.4)	76.7 (72.6, 80.3)	77.0 (75.7, 78.3)	<b>p = 0.84</b>
2+ hrs TV on school day	50.2 (47.4, 53.1)	66.3 (61.3, 71.0)	51.8 (49.1, 54.5)	<b>p &lt; 0.001</b>
Low physical activity <sup>a</sup>	29.0 (26.5, 31.7)	36.0 (31.0, 41.3)	29.7 (27.3, 32.3)	<b>p &lt; 0.01</b>

<sup>a</sup> Less than 20 minutes of vigorous exercise 3 times per week

Source: WA Healthy Youth Survey 2004

**WA Prevalence:** In 2004 an estimated 10.0% of 10<sup>th</sup> graders were overweight (Table 15) and an estimated 12.5% of 10<sup>th</sup> graders were at risk for being overweight (Figure 16).

**U.S. Prevalence:** The percentage of 10<sup>th</sup> graders that were overweight in the U.S. in 2003 was 13.7%.<sup>6</sup> The percentage of 10<sup>th</sup> graders that were at risk for being overweight in the U.S. in 2003 was 15.0%.<sup>6</sup>

**Trends:** There were no statistically significant changes between 2002 and 2004 in the percent of 10<sup>th</sup> and 12<sup>th</sup> grade students that were overweight or at risk of becoming overweight<sup>7</sup> (Figure 16).

**Disparities:** (Table 15)

- Gender:** Tenth grade males were more likely than 10<sup>th</sup> grade females to be overweight ( $p < 0.001$ )

<sup>5</sup> Source: 2004 Washington State School Health Education Profile (SHEP). [Survey of school principals administered by the Centers for Disease Control and Prevention. [Note: Percentages are of schools, not students.]

<sup>6</sup> Centers for Disease Control and Prevention. *Surveillance Summaries*, May 21, 2004. MMWR 2004;53(No. SS-2).

<sup>7</sup> Washington State Office of Superintendent of Public Instruction, Department of Health, Department of Social and Health Services, and Department of Community, Trade, and Economic Development and RMC Research Corporation. Washington State Healthy Youth Survey 2004: Analytic Report

- **Race/ Ethnicity:** There were significant differences in overweight status by race/ethnicity in tenth graders ( $p < 0.01$ ). See technical notes on  $p$  values and confidence intervals for further use of the data in Table 15.
- **Disability:** 10<sup>th</sup> graders with a disability were more likely to be overweight compared with those without a disability ( $p = 0.02$ ).

**Physical Activity** \*Critical Health Objective\*

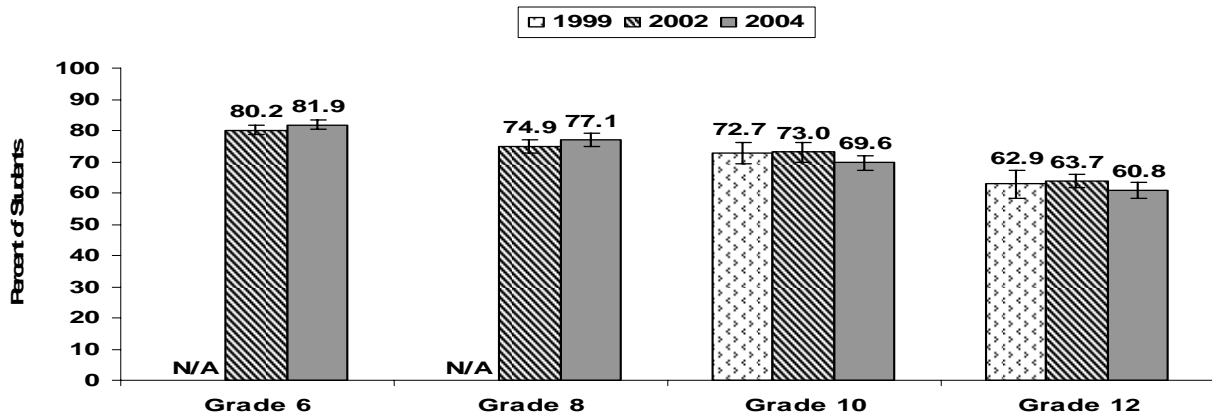
**Demographics:**

Table 17. Vigorous Physical Activity (3+ days per week of vigorous exercise for 20 minutes)	
	WA % (95% CI)
<b>Grade (p &lt; 0.001)</b>	
Grade 6	81.9 (80.6, 83.2)
Grade 8	77.1 (75.1, 79.1)
Grade 10	69.6 (67.0, 72.0)
Grade 12	60.8 (58.3, 63.3)
<b>Gender - 10<sup>th</sup> grade (p &lt; 0.001)</b>	
Male	74.1 (71.5, 76.6)
Female	65.8 (62.3, 69.2)
<b>Race/ Ethnicity - 10<sup>th</sup> grade (p = 0.06)</b>	
White	70.9 (68.2, 73.5)
Black	70.4 (60.3, 78.8)
American Indian /Alaska Native	70.0 (59.6, 78.7)
Asian	67.4 (61.1, 73.0)
Hispanic	61.9 (56.1, 67.3)
Hawaiian/ Pacific Islander	68.9 (62.3, 74.7)
Other	68.9 (61.3, 75.5)
More than One Race	67.2 (59.2, 74.3)
<b>Disability – 10<sup>th</sup> grade (p &lt; 0.001)</b>	
Disability	59.6 (55.3, 63.7)
No disability	72.7 (70.4,74.9))
<b>Rural- Urban Residence - 10<sup>th</sup> grade) (p = 0.96)</b>	
Urban Core	69.5 (65.9, 72.9)
Urban Rural Fringe	70.6 (66.4, 74.5)
Large Town	68.6 (62.2, 74.4)
Small Town / Isolated Rural	69.2 (61.6, 75.8)

Source: WA Healthy Youth Survey 2004

**Trend Data:**

**Figure 17. Vigorous Physical Activity by Grade and Year, WA 1999 - 2004<sup>8</sup>**

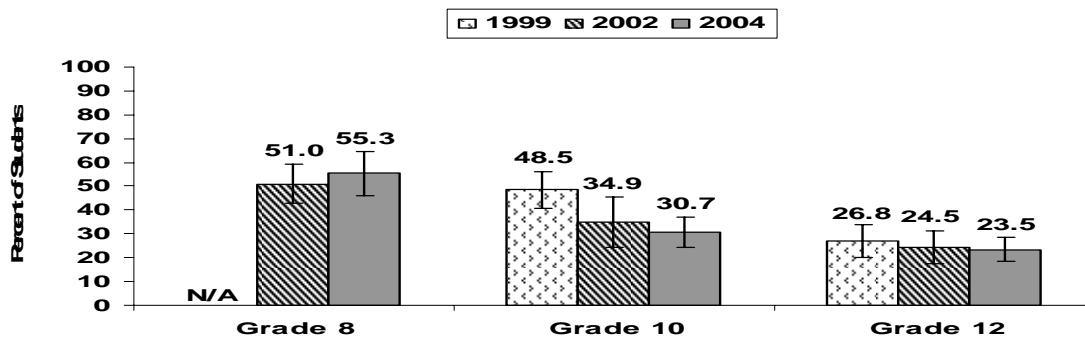


<sup>8</sup> Washington State Office of Superintendent of Public Instruction, Department of Health, Department of Social and Health Services, and Department of Community, Trade, and Economic Development and RMC Research Corporation. Washington State Healthy Youth Survey 2004: Analytic Report

**Background:**

- **Vigorous physical activity** was defined as having 20 minutes or more three or more days per week of vigorous exercise such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities. **Moderate physical activity** is defined as 30 minutes of moderate exercise (which includes activities like fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors) five or more times a week.
- Vigorous physical activity is one of the **21 Critical Health Objectives** for Adolescents and Young Adults. The national Healthy People 2010 Objective is that 85% of high school students will participate in vigorous physical activity.
- **Moderate physical activity:** In 2004, about one third of 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders participated in 30 minutes of moderate physical activity 5 or more times a week.
- **Daily physical education (PE) class/instruction:** In 2004, about 55% of 8<sup>th</sup> graders, 31% of 10<sup>th</sup> graders, and 24% of 12<sup>th</sup> graders had a daily PE class. Between 1999 and 2004, there was a significant decrease in daily PE class participation among 10<sup>th</sup> graders (Figure 18).
- **One or more physical education classes per week:** In 2004, about 70% of 8<sup>th</sup> graders, 52% of 10<sup>th</sup> graders, and 38% of 12<sup>th</sup> graders had one or more physical education classes per week.
- According to the 2004 School Health Education Profile (SHEP) survey of schools with grades 6-12, about 52% of schools with 11<sup>th</sup> and 12<sup>th</sup> graders, 83% with 10<sup>th</sup> graders, 92% with 9<sup>th</sup> graders, and about 96% with 8<sup>th</sup>, 7<sup>th</sup> and 6<sup>th</sup> graders have a requirement that a physical education course be taught.<sup>9</sup>

**Figure 18. Daily Physical Education Class by Grade and Year, WA 1999 – 2004<sup>8</sup>**



**WA Prevalence:** In 2004 an estimated 69.6% of 10<sup>th</sup> graders reported at least 20 minutes of vigorous physical activity 3 or more days per week (Table 17). An estimated 30.7% of 10<sup>th</sup> graders reported daily physical education classes (Figure 18).

**U.S. Prevalence:** Nationally in 2003, an estimated 64.9% of 10<sup>th</sup> graders engaged in vigorous physical activity. About 31.3% of 10<sup>th</sup> graders attended a physical education class daily.<sup>10</sup>

<sup>9</sup> Source: 2004 Washington State School Health Education Profile (SHEP). [Survey of school principals administered by the Centers for Disease Control and Prevention. [Note: Percentages are of schools, not students.]

<sup>10</sup> Centers for Disease Control and Prevention. *Surveillance Summaries*, May 21, 2004. MMWR 2004;53(No. SS-2).

**Trends:** Between 1999 and 2004 there were no significant changes in the percentage of students with 20 minutes of vigorous physical activity 3 or more days per week<sup>11</sup> (Figure 17).

**Disparities:**

- **Grade:** Older youth were less likely to have had 20 minutes of vigorous physical activity 3 or more days per week ( $p < 0.001$ ) (Table 17).
- **Gender:** 10<sup>th</sup> grade females were less likely to have 20 minutes of vigorous physical activity 3 or more days per week, compared to males ( $p < 0.001$ ) (Table 17).
- **Disability:** 10<sup>th</sup> graders with a disability were less likely to have had 20 minutes of vigorous physical activity 3 or more days per week compared with those without a disability ( $p < 0.001$ ) (Table 17).

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<sup>11</sup> Washington State Office of Superintendent of Public Instruction, Department of Health, Department of Social and Health Services, and Department of Community, Trade, and Economic Development and RMC Research Corporation. Washington State Healthy Youth Survey 2004: Analytic Report

## Weight Loss

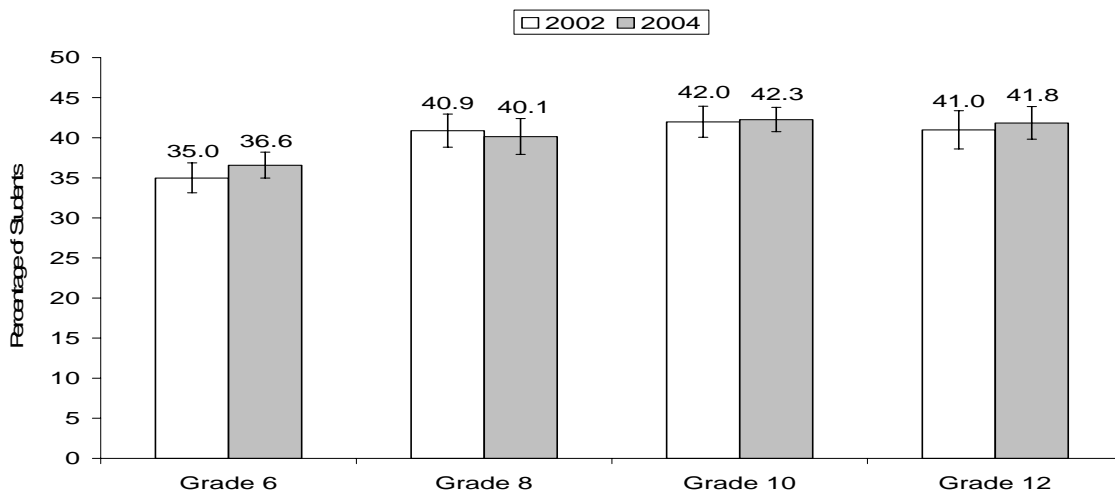
### Demographics:

Table 18. Percent of Students Reporting That They Were Trying to Lose Weight	
	WA % (95% CI)
<b>Grade (p &lt; 0.001 )</b>	
Grade 6	36.6 (35.0, 38.2)
Grade 8	40.1 (37.9, 42.4)
Grade 10	42.3 (40.8, 43.8)
Grade 12	41.8 (39.8, 43.9)
<b>Gender - 10<sup>th</sup> grade (p &lt; 0.001 )</b>	
Male	28.3 (26.2, 30.5)
Female	54.3 (51.9, 56.6)
<b>Race/ Ethnicity - 10<sup>th</sup> grade (p = 0.04)</b>	
White	42.9 (41.2, 44.6)
Black	31.1 (22.6, 41.2)
American Indian /AN	42.5 (30.6, 55.3)
Asian	41.1 (34.1, 48.6)
Hispanic	43.0 (37.9, 48.3)
Hawaiian/ Pacific Islander	45.9 (33.5, 58.9)
Other	32.8 (25.9, 40.5)
More than One Race	47.5 (42.0, 53.2)
<b>Disability – 10<sup>th</sup> grade (p &lt; 0.001)</b>	
Disability	50.7 (47.3, 54.1)
No disability	40.0 (38.2,41.7)
<b>Rural- Urban Residence - 10<sup>th</sup> grade (p = 0.73)</b>	
Urban Core	41.9 (40.1, 43.7)
Urban Rural Fringe	41.8 (38.7, 45.0)
Large Town	44.6 (38.8, 50.5)
Small Town / Isolated Rural	44.0 (36.8, 51.6)

Source: WA Healthy Youth Survey 2004.

### Trend Data:

Figure 19. Trying to Lose Weight by Grade and Year, WA 2002-2004



**Background:**

- **Weight loss by overweight status:** The percentage of students trying to lose weight increased with each successive weight risk category, from 35.2% of 10<sup>th</sup> grade students who were in the “not overweight” category to 71.0% of students in the “overweight” category (Table 19).

Table 19. HYS Question "Which of the following are you trying to do about your weight?" by Overweight Status, 10th Grade, WA 2004				
	Nothing	Lose	Gain	Maintain
Not Overweight	31.7 (30.1, 33.3)	35.2 (33.6, 36.8)	14.4 (13.3, 15.6)	18.7 (17.0, 20.5)
At Risk	19.7 (16.4, 23.4)	61.6 (57.0, 66.0)	7.3 (5.1, 10.4)	11.5 (9.2, 14.2)
Overweight	17.0 (13.4, 21.4)	71.0 (65.6, 75.8)	3.1 (1.6, 5.7)	8.9 (6.0, 13.1)
All	28.7 (27.4, 30.1)	42.1 (40.6, 43.5)	12.4 (11.4, 13.5)	16.8 (15.5, 18.2)

Source: WA Healthy Youth Survey 2004

- **Methods of weight loss/maintenance by overweight status:** The majority of students who were overweight or at risk of overweight used healthy methods such as diet or exercise to control weight. Besides the use of diet pills, powders, or liquids, there were no significant differences between weight status and unhealthy behaviors such as fasting for 24 hours or vomiting or using laxatives to maintain or lose weight (Table 20).

Table 20. Methods of Weight Loss or Weight Maintenance by Overweight Status 10th Grade, WA 2004					
	Not Overweight % (95% CI)	At Risk % (95% CI)	Overweight % (95% CI)	All % (95% CI)	p value
Exercise	55.7 (53.8, 57.5)	73.6 (68.9, 77.9)	73.1 (68.1, 77.6)	59.6 (57.9, 61.3)	p < 0.001
Eat less food, fewer calories, or foods low in fat	37.6 (35.6, 39.8)	52.6 (47.8, 57.3)	53.5 (47.0, 60.0)	41.1 (39.3, 42.9)	p < 0.001
Go without eating for 24 hours or more	11.5 (9.9, 13.3)	13.7 (10.6, 17.5)	15.7 (11.6, 20.8)	12.2 (10.8, 13.7)	p = 0.11
Take any diet pills, powders, or liquids	5.6 (4.7, 6.6)	8.6 (6.4, 11.5)	9.2 (7.0, 12.2)	5.6 (4.7, 6.6)	p < 0.01
Vomit or take laxatives	5.5 (4.8, 6.3)	6.2 (4.1, 9.2)	3.9 (2.1, 7.3)	5.5 (4.8, 6.2)	p = 0.44

Source: WA Healthy Youth Survey 2004

**WA Prevalence:** In 2004 an estimated 42.3% of 10<sup>th</sup> graders were trying to lose weight (Table 18).

**U.S. Prevalence** Nationally in 2003, an estimated 45.1% of 10<sup>th</sup> graders were trying to lose weight.<sup>12</sup>

**Trends:** There were no significant changes in the percentage of students that were trying to lose weight between 2002 and 2004 (Figure 19).

<sup>12</sup> Centers for Disease Control and Prevention. *Surveillance Summaries*, May 21, 2004. MMWR 2004;53(No. SS-2).

### Disparities:

- **Grade:** There were significant differences by grade in the percentage of students trying to lose weight ( $p < 0.001$ ) (Table 18).
- **Gender:** Tenth grade females were significantly more likely to report that they were trying to lose weight compared with males ( $p < 0.001$ ) (Table 18).
- **Race/ Ethnicity:** There were significant differences in the percentage of 10<sup>th</sup> grade students trying to lose weight by race/ethnicity ( $p = 0.04$ ) (Table 18). See technical notes on  $p$  values and confidence intervals for further use of the data in Table 18.
- **Disability:** Tenth graders with a disability were significantly more likely to report that they were trying to lose weight, compared with those without a disability ( $p < 0.001$ ) (Table 18).

## Food Insecurity

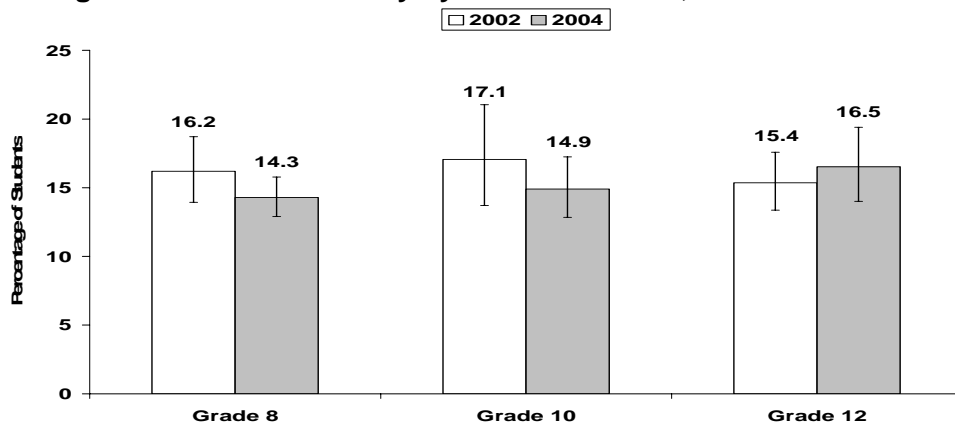
### Demographics:

Table 21. Family cut meal size or skipped meals within the past year	
	WA % (95% CI)
<b>Grade</b> (p = 0.34)	
Grade 6	*
Grade 8	14.3 (12.9, 15.8)
Grade 10	14.9 (12.9, 17.2)
Grade 12	16.5 (14.0, 19.4)
<b>Gender - 10<sup>th</sup> grade</b> (p = 0.81)	
Male	15.0 (12.7, 17.7)
Female	14.7 (12.1, 17.7)
<b>Race/ Ethnicity - 10<sup>th</sup> grade</b> (p < 0.001)	
White	13.3 (11.3, 15.7)
Black	29.0 (20.8, 38.9)
American Indian /AN	**
Asian	12.0 (6.2, 21.9)
Hispanic	18.7 (14.4, 23.8)
Hawaiian/ Pacific Islander	**
Other	15.7 (10.1, 23.4)
More than One Race	14.6 (9.7, 21.4)
<b>Disability – 10<sup>th</sup> grade</b> (p < 0.001)	
Disability	24.8 (21.4, 28.7)
No disability	11.9 (9.8,14.2)
<b>Rural- Urban Residence - 10<sup>th</sup> grade</b> (p = 0.61)	
Urban Core	14.3 (11.5, 17.6)
Urban Rural Fringe	15.4 (10.4, 22.3)
Large Town	15.3 (11.9, 19.3)
Small Town / Isolated Rural	17.5 (15.0, 20.4)

\*Data not available      \*\* Rate suppressed due to small numbers      Source: WA Healthy Youth Survey 2004.

### Trend Data:

Figure 20. Food Insecurity by Grade and Year, WA 2002 – 2004



Source: Healthy Youth Survey

**Background:**

- Food insecurity in this report was defined as having to cut meal size or skip meals because there was not enough money for food within the past year.
- The related **National Healthy People 2010 goal** is to increase food security among U.S. households and in so doing reduce hunger to 94%.
- Tenth grade youth who were food insecure were more likely to be overweight ( $p = 0.03$ ), drink two or more sodas a day ( $p < 0.001$ ), and were less likely to eat dinner with their families ( $p < 0.001$ ) compared with their food secure peers (Table 22).

<b>Table 22. Food Insecurity by Other Characteristics, 10th Grade, WA 2004</b>				
	<b>No Food Insecurity % (95% CI)</b>	<b>Food Insecurity % (95% CI)</b>	<b>All % (95% CI)</b>	<b>p value</b>
<b>Overweight</b>	<b>9.4</b> (8.0, 11.1)	<b>13.9</b> (10.4, 18.4)	<b>10.0</b> (8.7, 11.6)	$p = 0.03$
<b>2+ sodas per day</b>	<b>20.5</b> (17.9, 23.5)	<b>32.3</b> (28.0, 37.0)	<b>22.3</b> (19.6, 25.2)	$p < 0.001$
<b>&lt;5 fruits and vegetables per day</b>	<b>76.6</b> (74.9, 78.3)	<b>74.7</b> (69.9, 78.9)	<b>76.3</b> (74.7, 77.9)	$p = 0.43$
<b>Eat dinner with family sometimes, rarely or never</b>	<b>36.3</b> (33.2, 39.4)	<b>57.1</b> (51.4, 62.7)	<b>39.4</b> (36.0, 41.8)	$p < 0.001$

*Source: WA Healthy Youth Survey 2004*

**WA Prevalence:** In 2004 an estimated 14.9% of 10<sup>th</sup> graders reported that they had to cut meal size or skip meals because there was not enough money for food within the last year (Table 21).

**U.S. Prevalence:** Data not available.

**Trends:** There were no changes in the rate of food insecurity between 2002 and 2004 (Figure 20).

**Disparities:**

- **Race/ Ethnicity:** There were significant differences in food insecurity by race/ethnicity ( $p < 0.001$ ) (Table 21). See technical notes on  $p$  values and confidence intervals for further use of the data in Table 21.
- **Disability:** 10<sup>th</sup> graders with a disability were more likely to have food insecurity compared with those without a disability ( $p < 0.001$ ) (Table 21).

**See Services Chapters on Nutrition Services and Financial Assistance for Needy Families**