

Academic Achievement and Health

Do Healthy Kids Really Learn Better?

Jodi Lietz
May 10, 2010





Who Am I and What do I do?

- Jodi Lietz , Prevention/Intervention Specialist
- Prevention Education Series to Freshman
- Run Groups
 - Tobacco
 - Substance Abusers (ATOD, Intervention, & Recovery)
 - Affected Others
 - Prevention Club
- Presentations to Teachers

“Unlucky 13”

Common 10th grade health risks

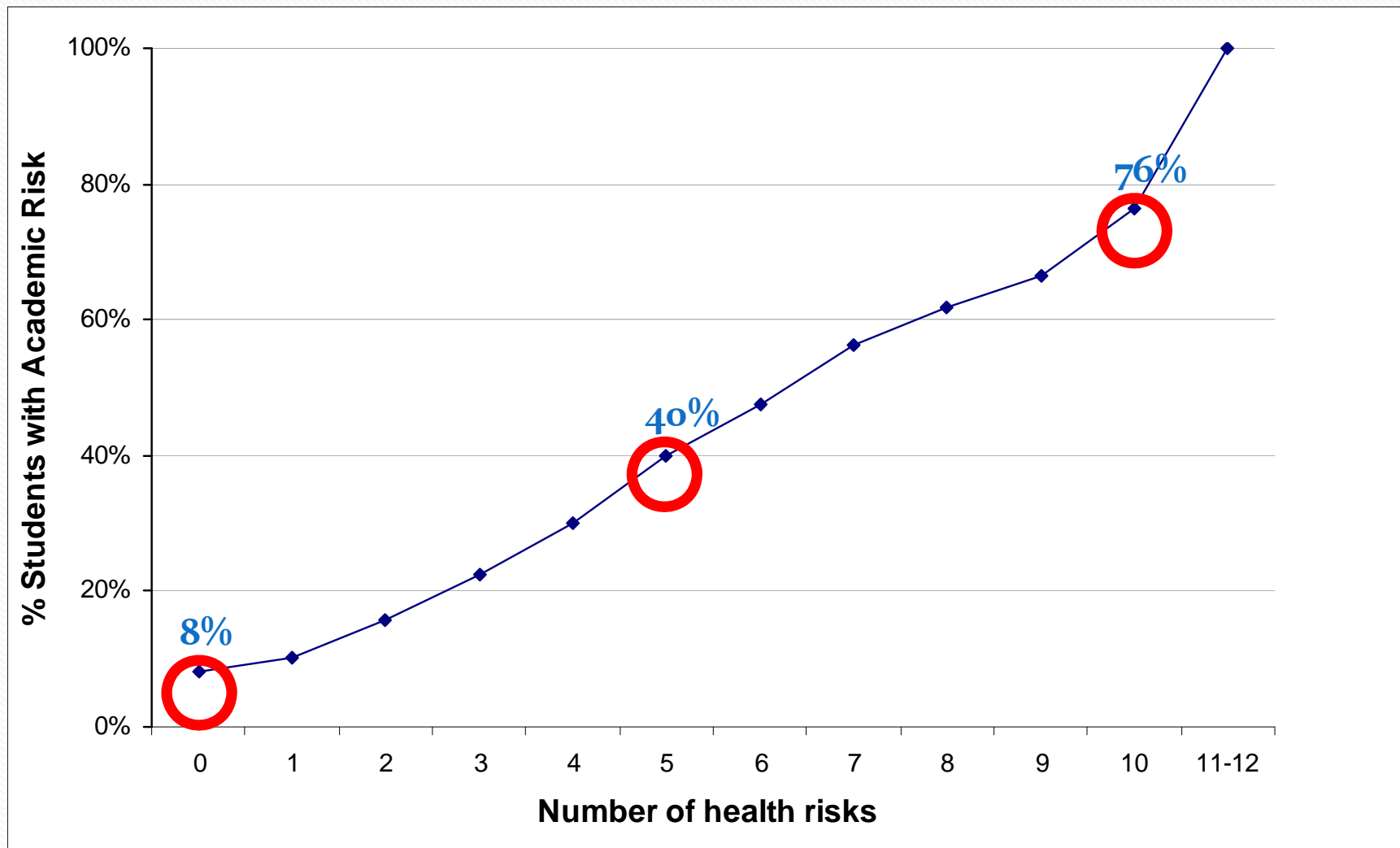
Severe asthma	0.4
Obesity	10.4
Cigarette smoking	13.8
Feeling unsafe at school	16.8
Drinking soda pop	16.9
Marijuana use	17.1
Insufficient exercise	25.1
Feeling depressed	27.6
Excess TV watching	27.8
Alcohol use	32.7
No breakfast	38.8
Insufficient sleep	64.8
Insufficient fruit/vegetables	74.7

Source: 2006 Healthy Youth Survey



Every health risk makes
a difference.

Each Additional Health Risk Makes a Difference

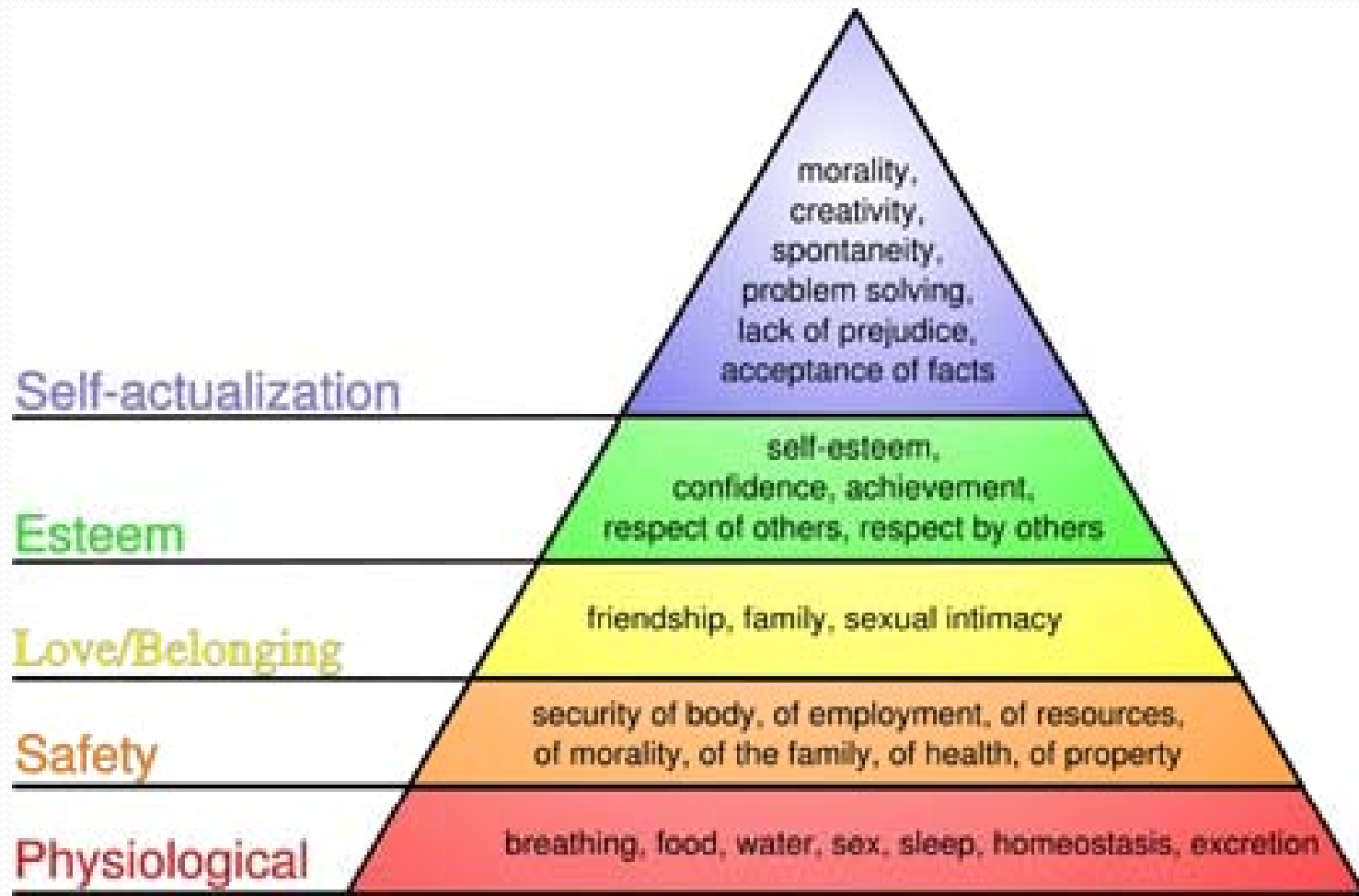


Data source: 2006 Washington State Healthy Youth Survey, 8th-10th grade combined

Which are *most important* health risks?

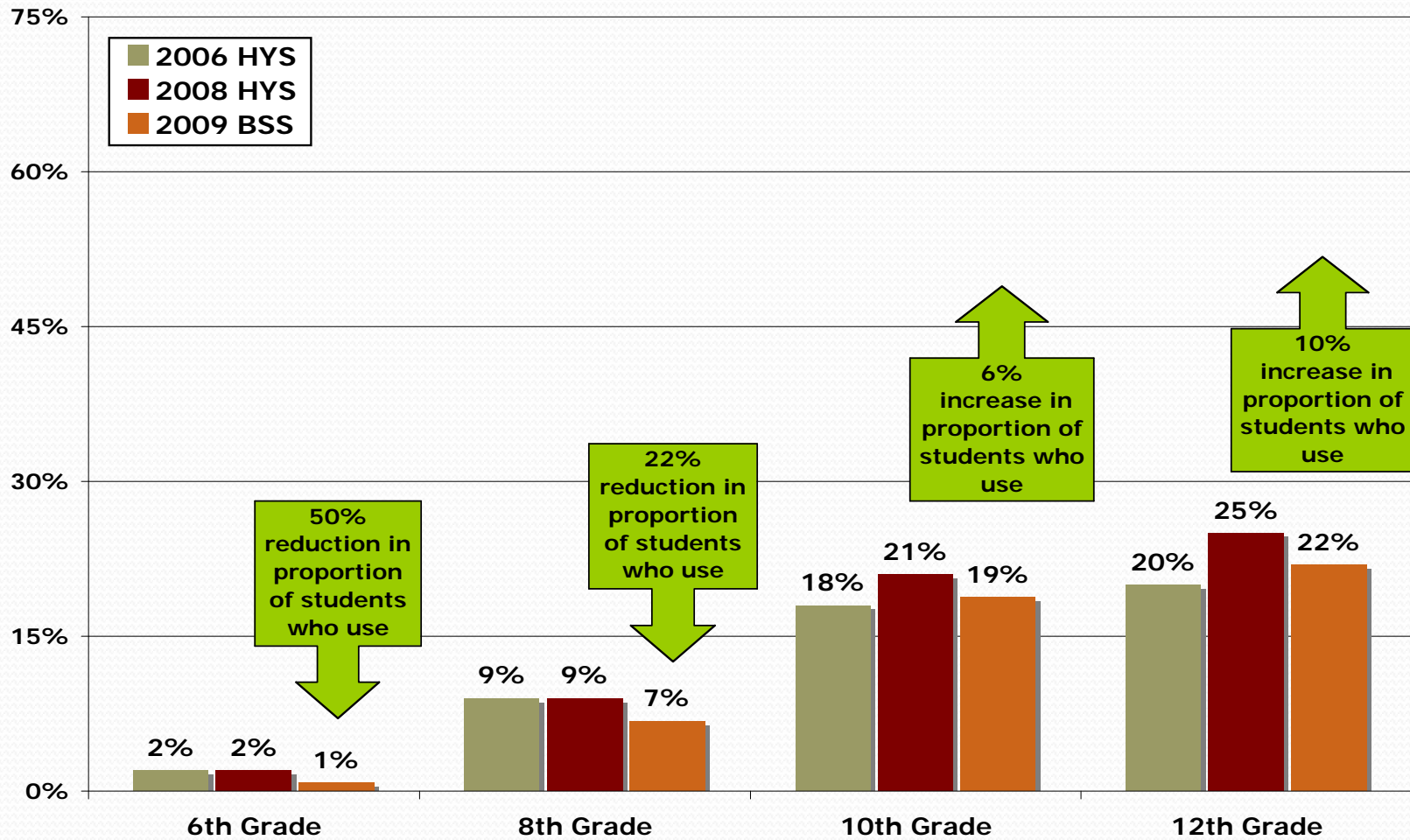
- Strongest associations (approaching double risk)
 - **Smoking**, severe asthma, **marijuana**, no breakfast, depression
- Moderate associations (about 50% greater risk)
 - Obesity, soda pop, insufficient exercise, TV, **alcohol**, feeling unsafe at school
- Weakest associations (10-20% risk increase)
 - Insufficient fruit & vegetables, not enough sleep

Maslow's Hierarchy of Needs



MARIJUANA USE: Decrease by 5% the percentage of students who report past 30-day use (GPRA)

Past 30-Day Marijuana Use (GPRA 3)



ALCOHOL USE: Decrease by 5% the percentage of students who report past 30-day use (GPRA)

Past 30 Day Alcohol Use (GRPA
4)

