

Obesity (Adults)

Obesity (Adults)

- Most recent data (2013): 22% or about 335,700 King County adults age 18+.
- Trend over time: 2000-08: rising; 2008-13: flat
- Description: Body Mass Index greater than or equal to 30

Obesity (adults), King County, 2009-2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	22	21	23
AGE			
18-24	10	7	12
25-44	21	19	23
45-64	27	25	29
65+	22	20	24
GENDER			
Male	23	22	25
Female	21	19	22
RACE/ETHNICITY			
AIAN	44	32	57
Asian	8	6	10
Black	37	32	44
Hispanic	25	21	30
Multiple	23	17	31
NHPI	30	19	44
White	22	21	24
HOUSEHOLD INCOME			
<\$15,000	27	23	32
\$15,000 to \$24,999	23	20	27
\$25,000 to \$34,999	22	19	26
\$35,000 to \$49,999	28	24	32
\$50,000 to \$74,999	24	21	27
\$75,000+	19	17	20
REGION			
East	18	16	20
North	21	17	25
Seattle	17	15	18
South	30	28	32

Comparisons:

Higher than King County rate (yellow)

Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

CI is 95% Confidence Interval.

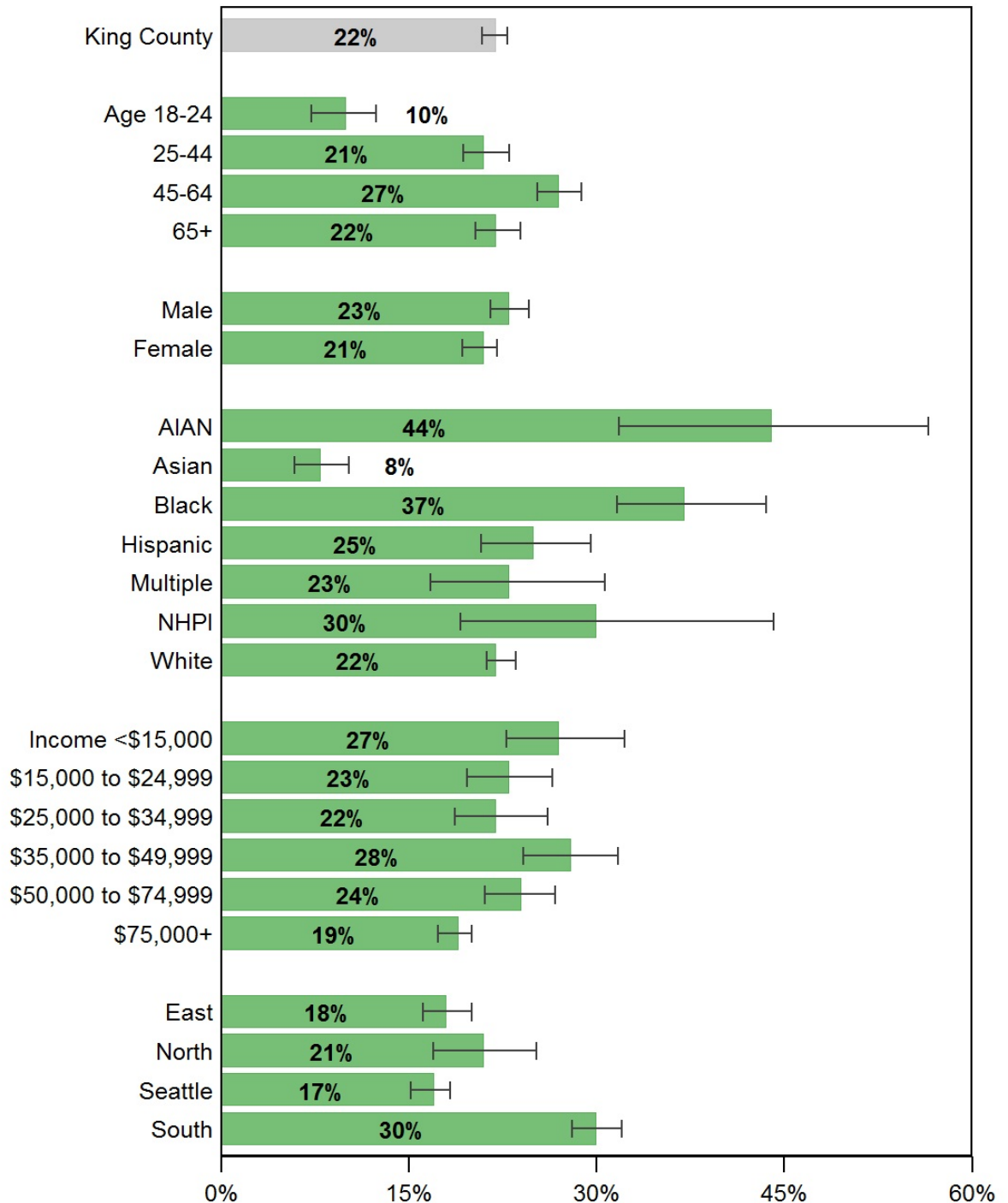
* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Obesity (adults)

King County, 2009-2013 average



Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

|-----| Confidence interval shows range that includes true value 95% of the time.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Obesity (adults) by comparison areas

The Healthy People 2020 Objective for obesity (adults) is 31%.

	Latest Available Year	Percent	Lower CI	Upper CI
United States	2012	28	N/A	N/A
WA State	2012	28	27	29
King County	2013	22	20	24

Notes:

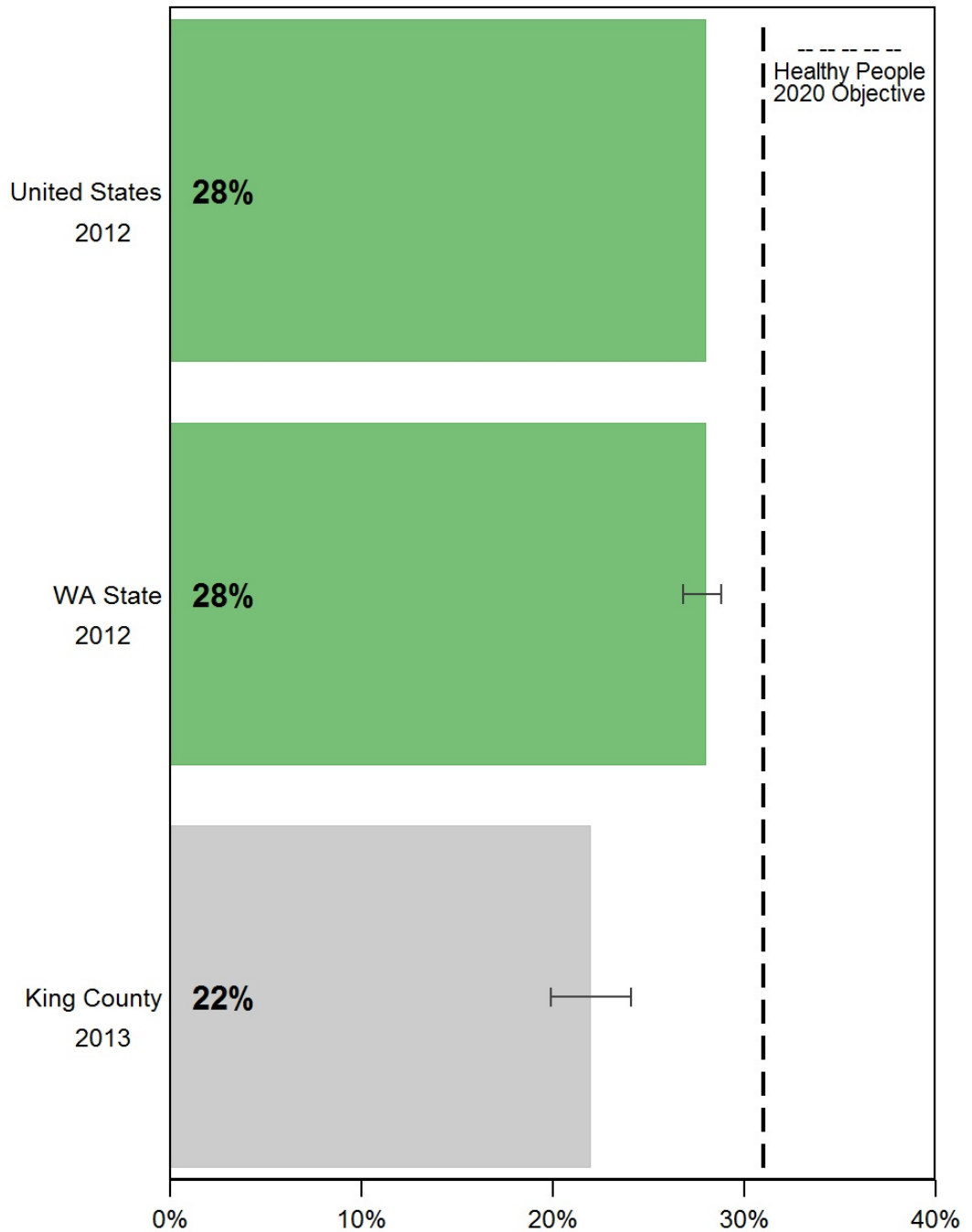
Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

N/A: Not available.

CI is 95% Confidence Interval.

Obesity (adults) by comparison areas



Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
|-----| Confidence interval shows range that includes true value 95% of the time.

Obesity (adults) by health reporting areas, King County, 2009-2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	22	21	23
Auburn	34	28	41
..Auburn-North	29	22	37
..Auburn-South	41	30	53
Bear Creek/Carnation/Duvall	23	18	30
Bellevue	14	11	17
..Bellevue-Central	18	10	28
..Bellevue-NE	14	10	21
..Bellevue-South	14	10	19
..Bellevue-West	9	5	14
Black Diamond/Enumclaw/SE County	30	24	37
Bothell/Woodinville	23	16	32
Burien	34	27	42
Covington/Maple Valley	32	25	40
Des Moines/Normandy Park	23	16	30
East Federal Way	43	32	54
Fairwood	20	13	30
Federal Way	30	24	36
..Fed Way-Central/Military Rd	31	23	39
..Fed Way-Dash Point/Woodmont	29	21	39
Issaquah	24	14	37
Kenmore/LFP	22	14	31
Kent	34	29	40
..Kent-East	42	31	53
..Kent-SE	30	24	38
..Kent-West	38	27	50
Kirkland	20	16	25
..Kirkland	20	15	27
..Kirkland North	21	15	28
Mercer Isle/Pt Cities	12	8	19
Newcastle/Four Creeks	22	15	30
North Highline	22	13	35
Redmond	16	11	22
Renton	28	23	33
..Renton-East	18	13	25
..Renton-North	33	22	45
..Renton-South	30	23	39
Sammamish	15	11	20
SeaTac/Tukwila	29	21	37
Seattle	17	15	18
..Ballard	14	10	19
..Beacon/Gtown/S.Park	16	10	24
..Capitol Hill/E.lake	10	7	15
..Central Seattle	17	11	25
..Delridge	28	21	37
..Downtown	15	10	21
..Fremont/Greenlake	9	7	13
..NE Seattle	10	7	13
..North Seattle	22	17	28
..NW Seattle	25	18	33
..QA/Magnolia	18	12	26
..SE Seattle	18	12	26
..West Seattle	21	16	26
Shoreline	17	13	22
Snoqualmie/North Bend/Skykomish	26	19	34
Vashon Island	18	12	27

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

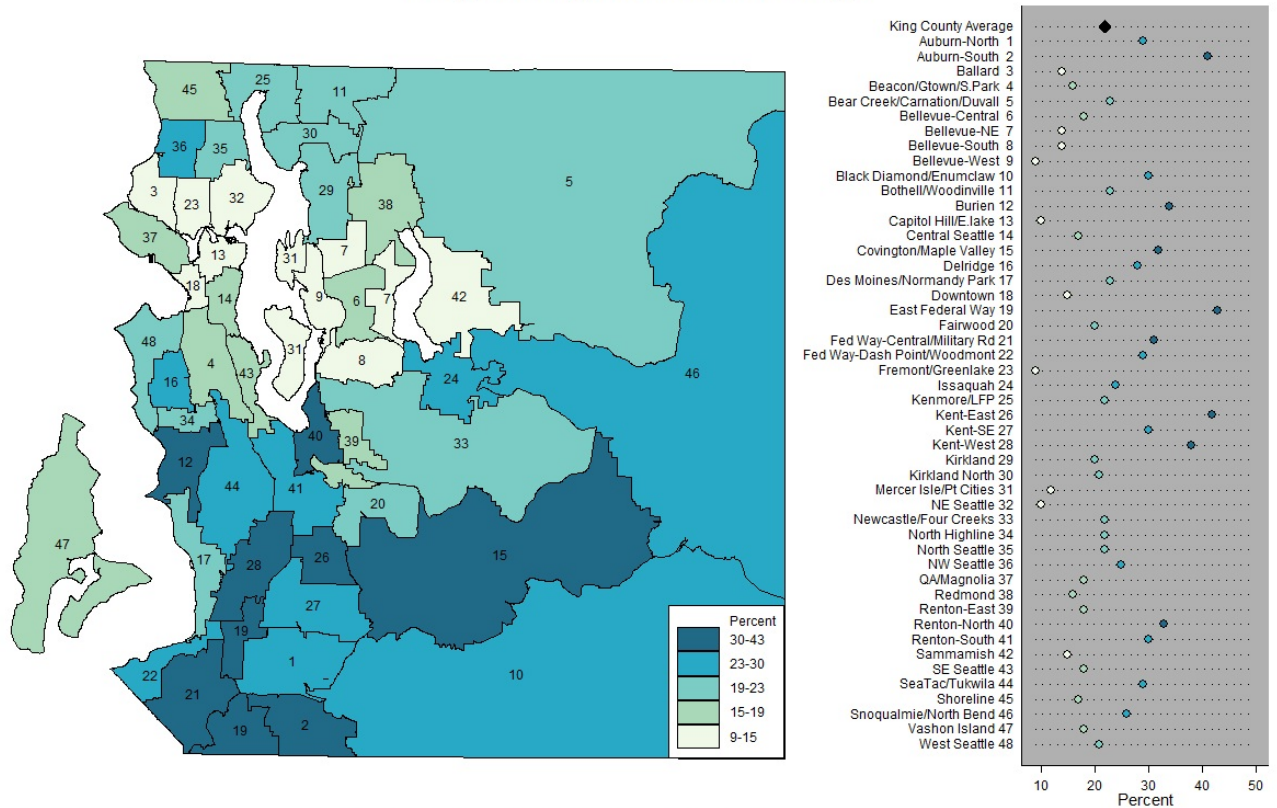
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

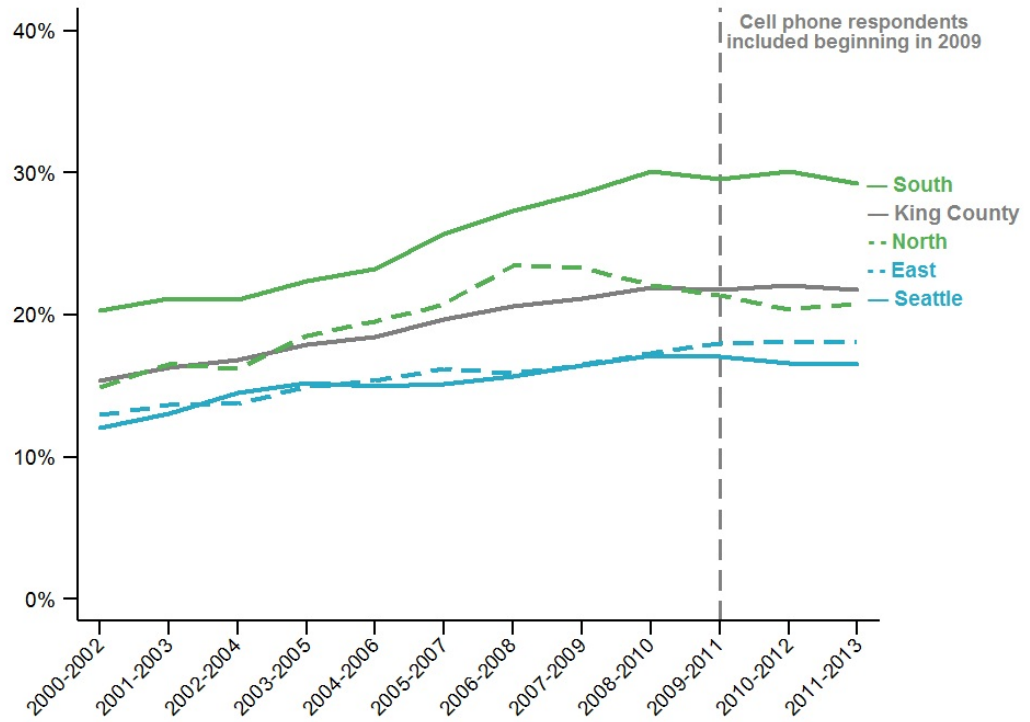
Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Obesity (adults) by health reporting areas King County, 2009-2013 average



Note: HRA labels on the map match the chart on the right, listed in alphabetical order
Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Obesity (adults) King County, 2000-2013, three-year rolling averages



Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Overweight But Not Obese (Adults)

Overweight But Not Obese (Adults)

- Most recent data (2013): 33% or about 506,400 King County adults age 18+.
- Trend over time: 2000-13: falling
- Description: Body Mass Index greater than or equal to 25 and less than 30

Overweight but not obese (adults), King County, 2009-2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	33	32	34
AGE			
18-24	20	17	24
25-44	32	30	34
45-64	36	34	37
65+	37	35	39
GENDER			
Male	40	38	42
Female	25	24	27
RACE/ETHNICITY			
AIAN	33	22	45
Asian	26	22	30
Black	32	27	38
Hispanic	40	35	45
Multiple	28	22	36
NHPI	30	18	46
White	34	33	35
HOUSEHOLD INCOME			
<\$15,000	29	24	34
\$15,000 to \$24,999	32	28	36
\$25,000 to \$34,999	33	28	37
\$35,000 to \$49,999	31	28	35
\$50,000 to \$74,999	35	32	38
\$75,000+	34	33	36
REGION			
East	32	30	34
North	32	28	37
Seattle	31	29	33
South	35	33	37

Comparisons:

Higher than King County rate (yellow)

Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

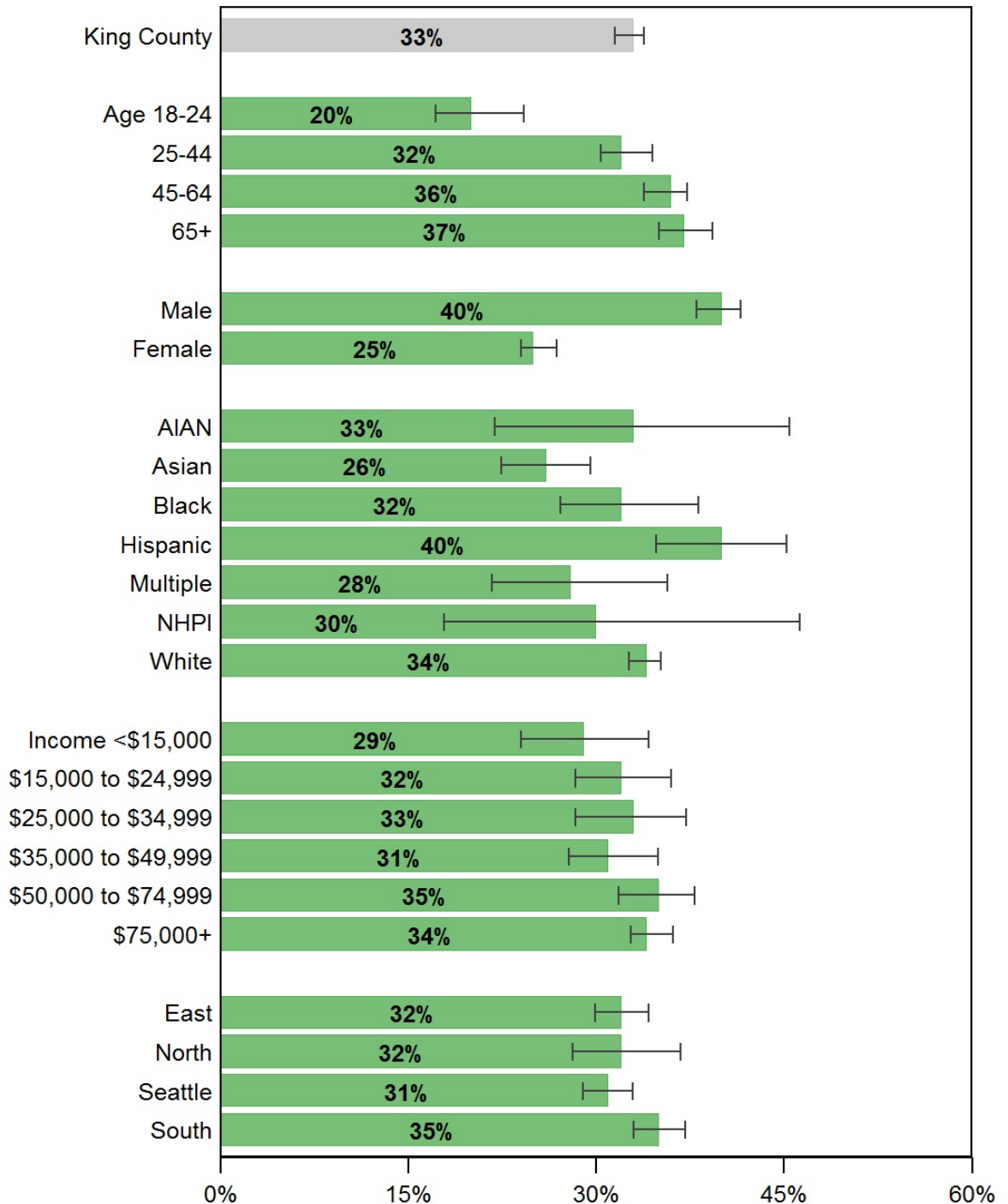
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Overweight but not obese (adults) King County, 2009-2013 average



Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

|-----| Confidence interval shows range that includes true value 95% of the time.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Overweight but not obese (adults) by comparison areas

There is no Healthy People 2020 Objective for overweight but not obese (adults).

	Latest Available Year	Percent	Lower CI	Upper CI
United States	2012	36	N/A	N/A
WA State	2012	35	34	37
King County	2013	33	31	35

Notes:

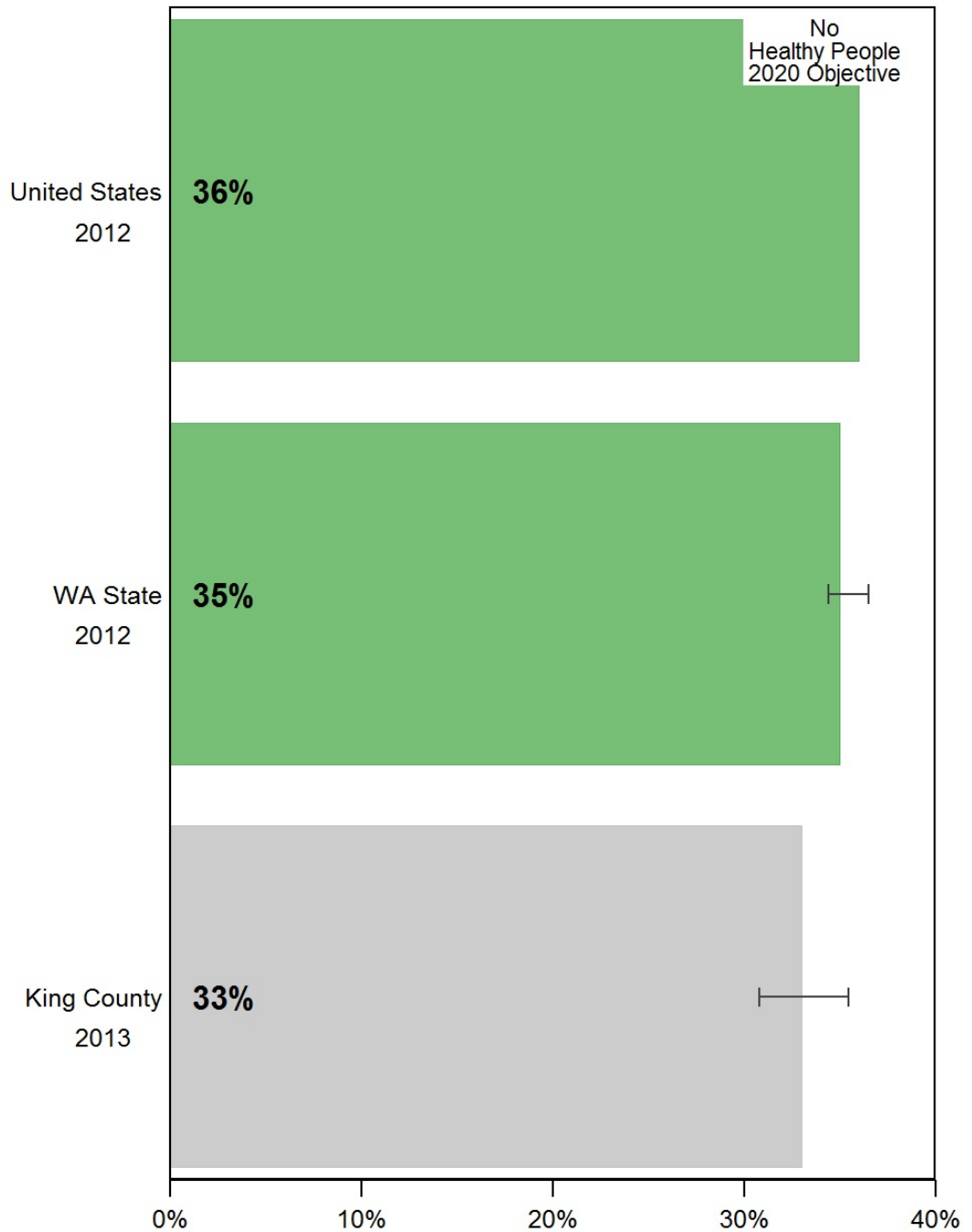
Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

N/A: Not available.

CI is 95% Confidence Interval.

Overweight but not obese (adults) by comparison areas



Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
|-----| Confidence interval shows range that includes true value 95% of the time.

Overweight but not obese (adults) by health reporting areas, King County, 2009-2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	33	32	34
Auburn	33	27	40
..Auburn-North	38	29	47
..Auburn-South	27	19	38
Bear Creek/Carnation/Duvall	35	29	41
Bellevue	31	27	35
..Bellevue-Central	34	26	43
..Bellevue-NE	32	26	40
..Bellevue-South	32	24	42
..Bellevue-West	25	18	33
Black Diamond/Enumclaw/SE County	40	32	48
Bothell/Woodinville	28	21	36
Burien	36	28	43
Covington/Maple Valley	37	30	45
Des Moines/Normandy Park	41	32	49
East Federal Way	30	21	41
Fairwood	41	29	53
Federal Way	37	31	43
..Fed Way-Central/Military Rd	35	27	43
..Fed Way-Dash Point/Woodmont	41	31	51
Issaquah	33	24	43
Kenmore/LFP	30	23	39
Kent	30	25	35
..Kent-East	33	24	44
..Kent-SE	30	24	37
..Kent-West	26	17	38
Kirkland	35	30	41
..Kirkland	36	29	43
..Kirkland North	35	28	43
Mercer Isle/Pt Cities	30	24	37
Newcastle/Four Creeks	37	29	47
North Highline	33	18	51
Redmond	30	23	37
Renton	31	26	36
..Renton-East	35	27	44
..Renton-North	23	15	33
..Renton-South	33	27	41
Sammamish	35	29	42
SeaTac/Tukwila	39	30	48
Seattle	31	29	33
..Ballard	28	23	34
..Beacon/Gtown/S.Park	32	23	42
..Capitol Hill/E.lake	36	28	44
..Central Seattle	27	20	35
..Delridge	26	19	35
..Downtown	29	21	38
..Fremont/Greenlake	27	21	33
..NE Seattle	30	25	36
..North Seattle	35	28	42
..NW Seattle	33	26	40
..QA/Magnolia	29	23	35
..SE Seattle	42	33	51
..West Seattle	31	26	37
Shoreline	34	28	41
Snoqualmie/North Bend/Skykomish	25	19	31
Vashon Island	40	30	51

Comparisons:

Higher than King County rate (yellow)

Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

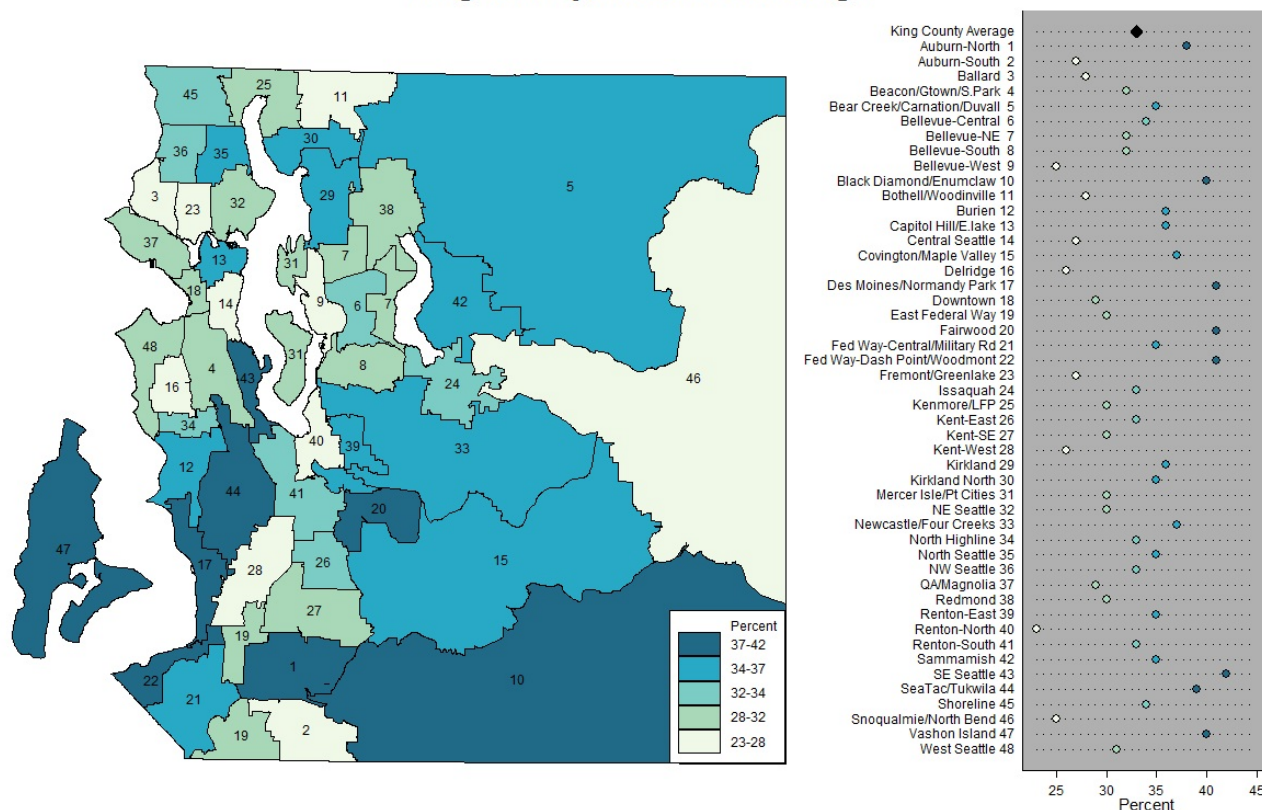
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Overweight but not obese (adults) by health reporting areas King County, 2009-2013 average

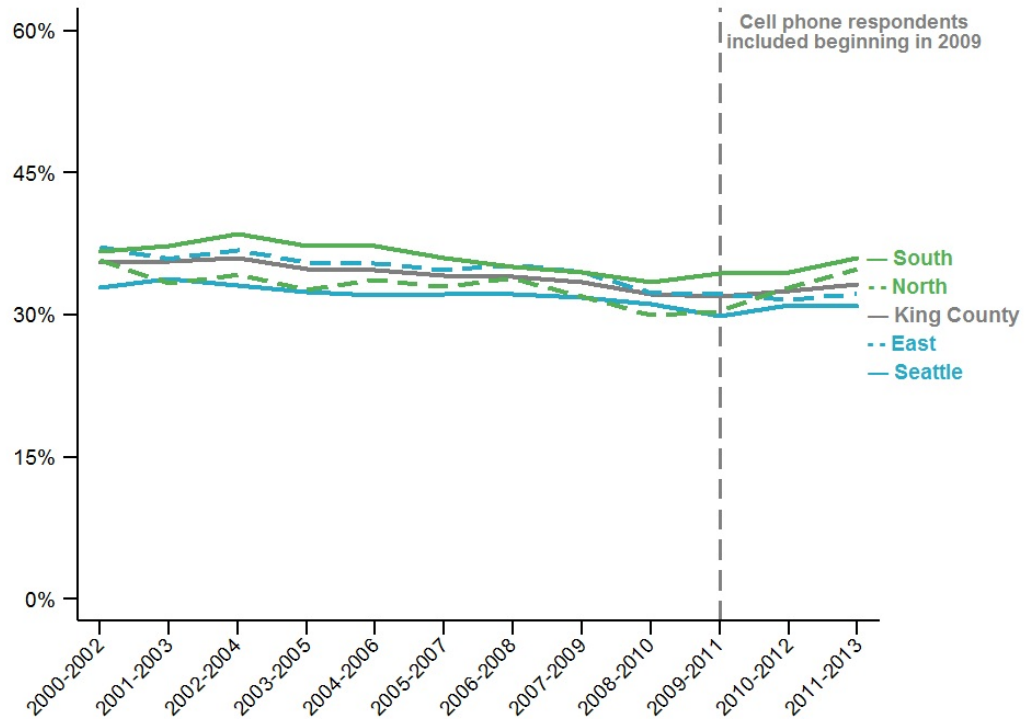


Note: HRA labels on the map match the chart on the right, listed in alphabetical order

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Overweight but not obese (adults) **King County, 2000-2013, three-year rolling averages**



Source: Behavioral Risk Factor Surveillance System.
 Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Obesity (School-Age)

Obesity (School-Age)

- Most recent data (2012): 8% of King County youth attending public schools in the 8th, 10th and 12th grades.
- Trend over time: 2004-12: falling
- Description: Weight is obese: top 5% for BMI by age/gender

Obesity (school-age), King County, 2010 and 2012

	Percent	Lower CI	Upper CI
King County (school-age youth in 8th, 10th and 12th grades)	8	8	9
GRADE			
Grade 8	8	7	9
Grade 10	9	8	10
Grade 12	8	8	9
GENDER			
Male	11	10	12
Female	6	5	6
RACE/ETHNICITY			
AIAN	12	9	16
Asian	6	6	7
Black	12	11	14
Hispanic	14	13	16
Multiple	10	9	12
NHPI	23	20	27
White	6	6	7
Other	9	7	10
REGION			
East	6	5	6
North	6	5	7
Seattle	8	7	9
South	11	10	12

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

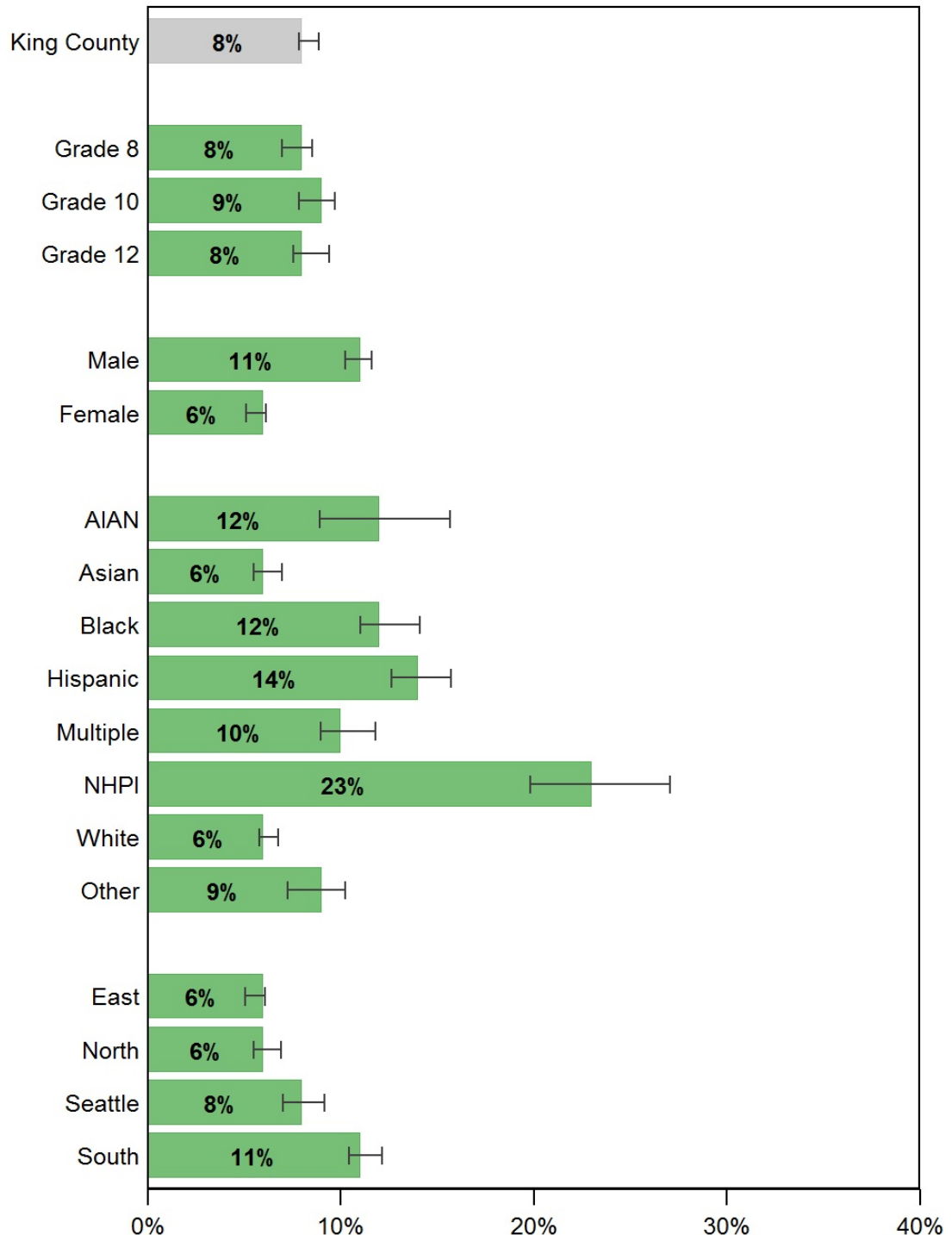
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Data by income or poverty level not available.

Obesity (school-age) King County, 2010 and 2012



Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

|-----| Confidence interval shows range that includes true value 95% of the time.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Data by income or poverty level not available.

Obesity (school-age) by comparison areas

The Healthy People 2020 Objective for obesity (school-age) is 16%.

	Latest Available Year	Percent	Lower CI	Upper CI
United States	2011	13	12	14
WA State	2012	10	9	11
King County	2012	8	7	9

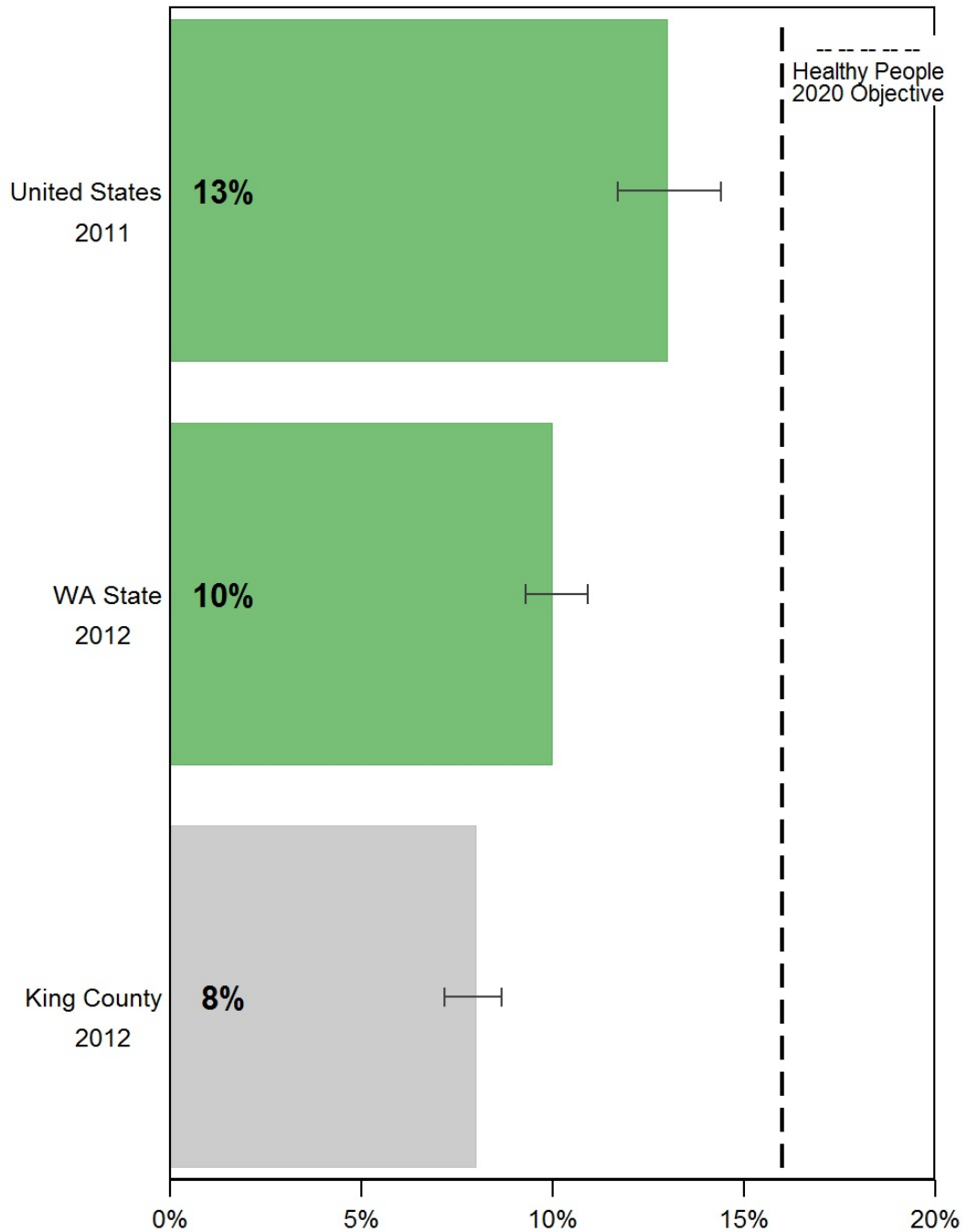
Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

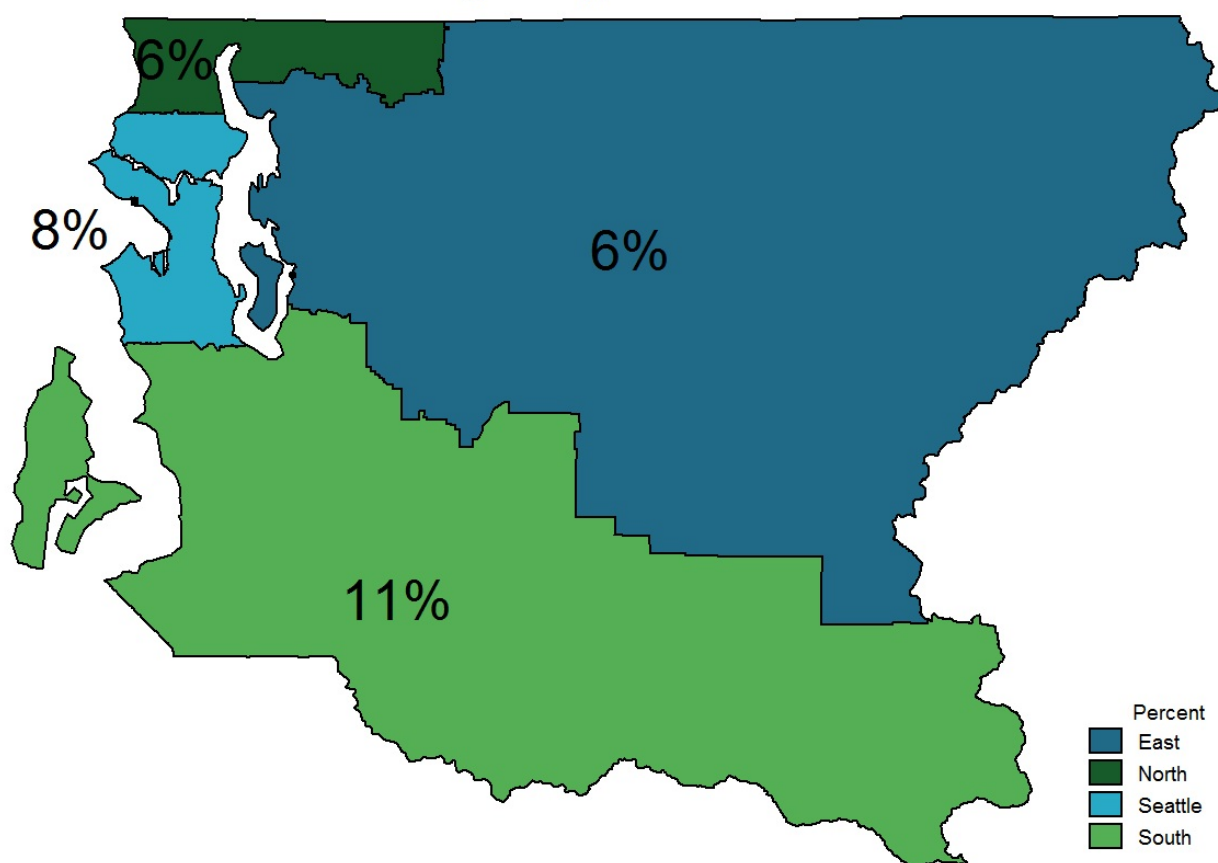
CI is 95% Confidence Interval.

Obesity (school-age) by comparison areas



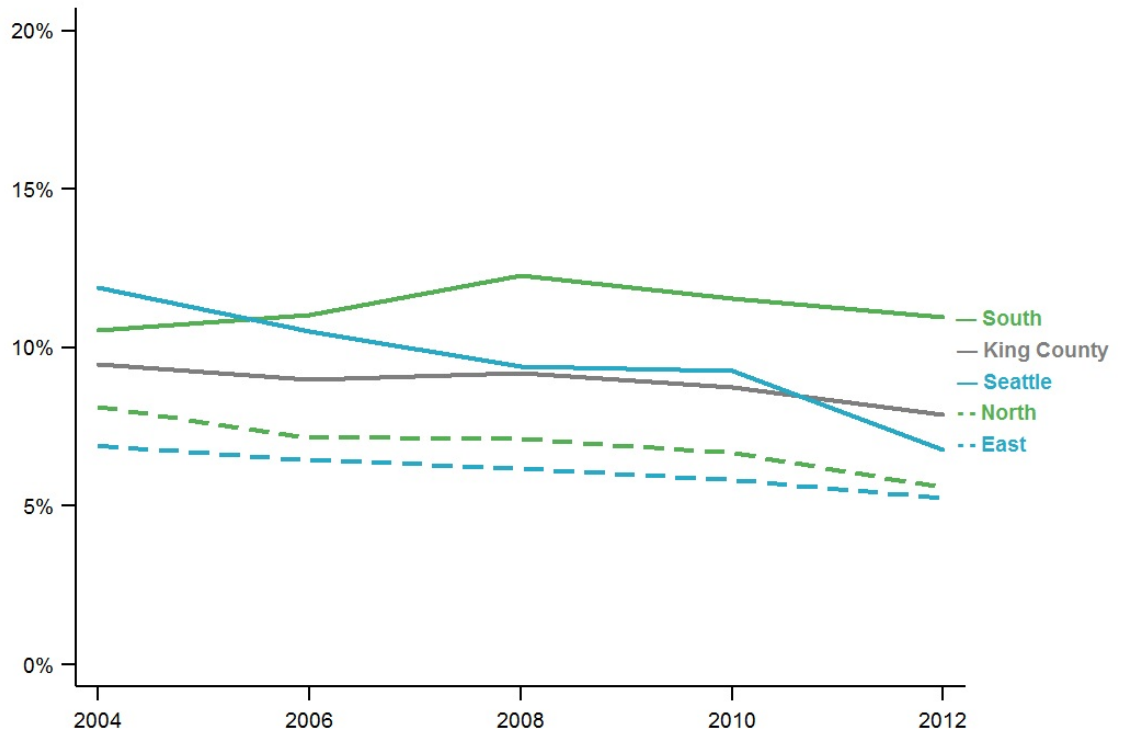
Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
|-----| Confidence interval shows range that includes true value 95% of the time.

**Obesity (school-age) by regions
King County, 2010 and 2012**



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
N/A: Not available.

Obesity (school-age) King County, 2004-2012



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Produced by the
[Assessment, Policy Development & Evaluation Unit](#)
[Public Health - Seattle & King County](#)
12/14

King County
Hospitals
for a **Healthier**
Community

Overweight But Not Obese (School-Age)

Overweight But Not Obese (School-Age)

- Most recent data (2012): 12% of King County youth attending public schools in the 8th, 10th and 12th grades.
- Trend over time: 2004-12: flat
- Description: Weight is overweight but not obese: top 15% but less than top 5% for BMI by age/gender

Overweight but not obese (school-age), King County, 2010 and 2012

	Percent	Lower CI	Upper CI
King County (school-age youth in 8th, 10th and 12th grades)	12	12	13
GRADE			
Grade 8	13	12	14
Grade 10	13	12	14
Grade 12	11	10	12
GENDER			
Male	13	13	14
Female	11	11	12
RACE/ETHNICITY			
AIAN	17	13	21
Asian	10	9	11
Black	16	15	18
Hispanic	19	17	20
Multiple	14	13	15
NHPI	15	12	19
White	11	10	12
Other	13	11	15
REGION			
East	10	10	11
North	11	10	13
Seattle	12	11	13
South	14	13	15

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

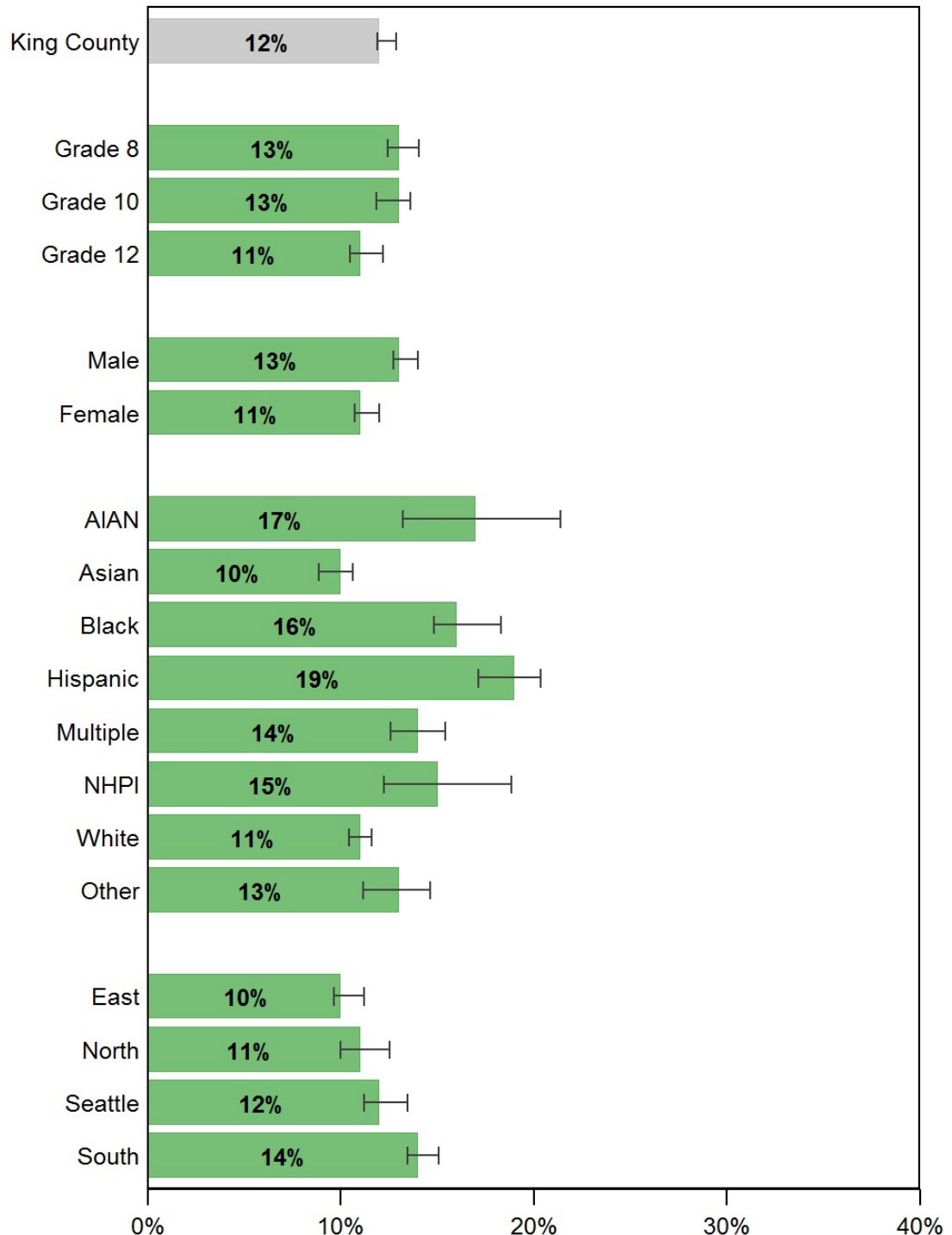
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Data by income or poverty level not available.

Overweight but not obese (school-age) King County, 2010 and 2012



Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

|-----| Confidence interval shows range that includes true value 95% of the time.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Data by income or poverty level not available.

Overweight but not obese (school-age) by comparison areas

There is no Healthy People 2020 Objective for overweight but not obese (school-age).

	Latest Available Year	Percent	Lower CI	Upper CI
United States	2011	15	14	16
WA State	2012	14	14	15
King County	2012	12	11	13

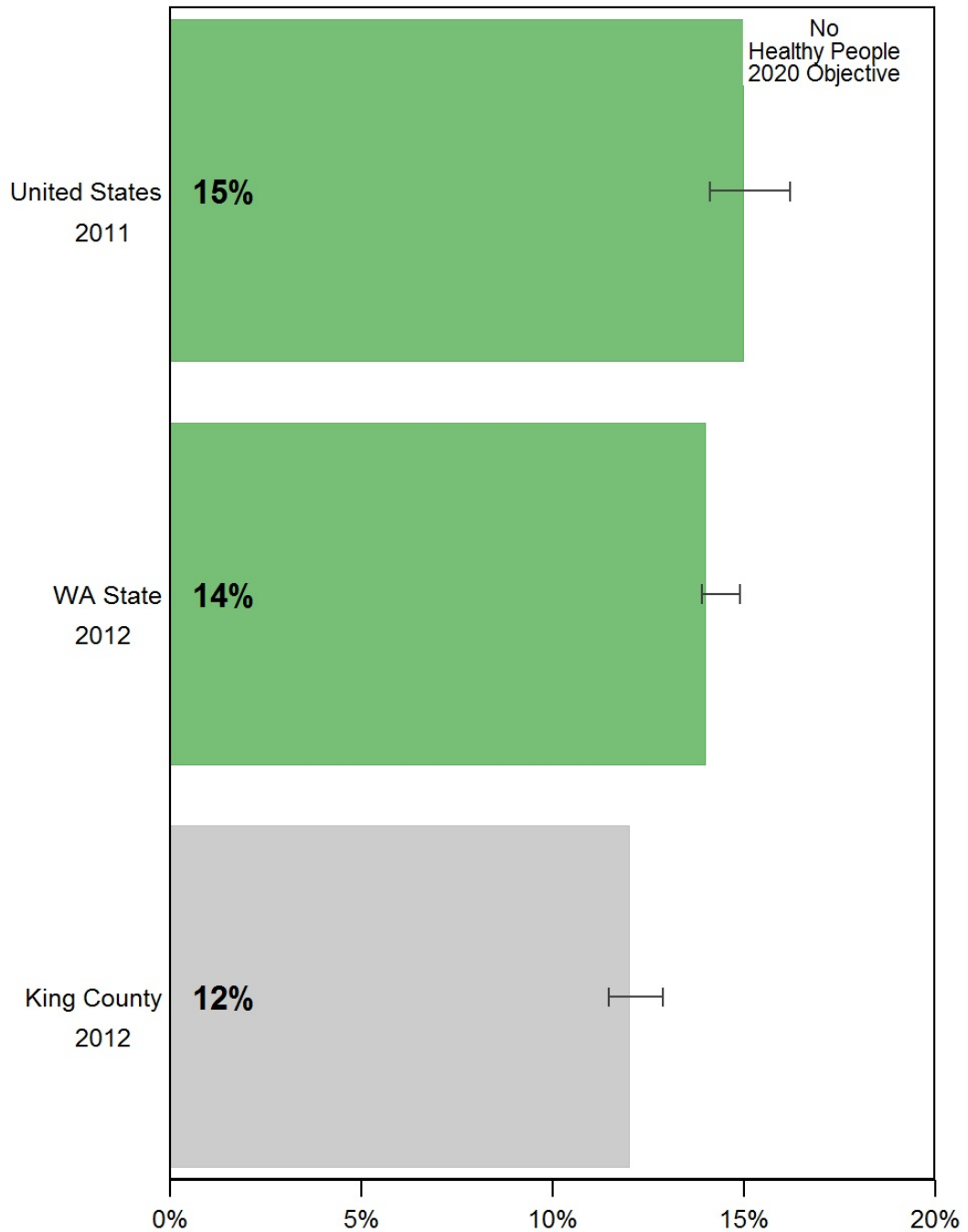
Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

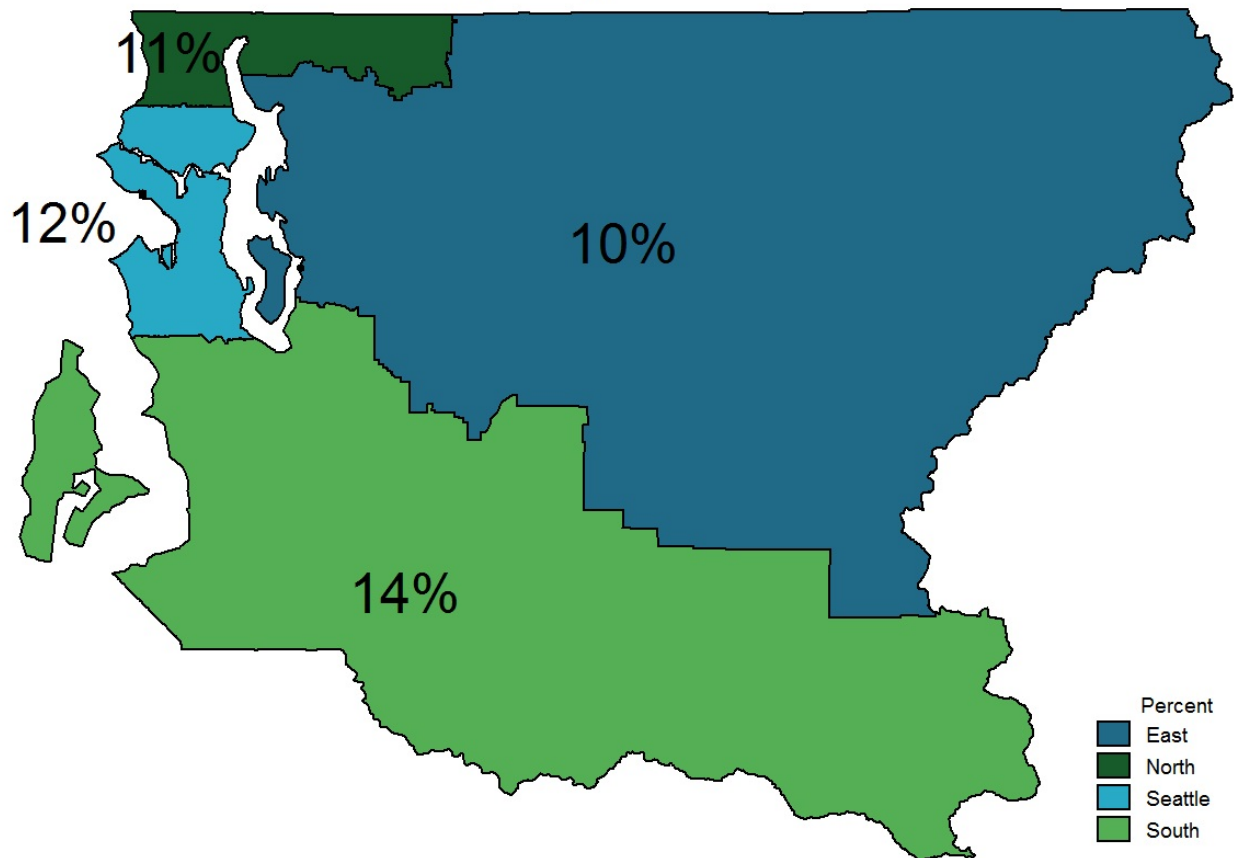
CI is 95% Confidence Interval.

Overweight but not obese (school-age) by comparison areas



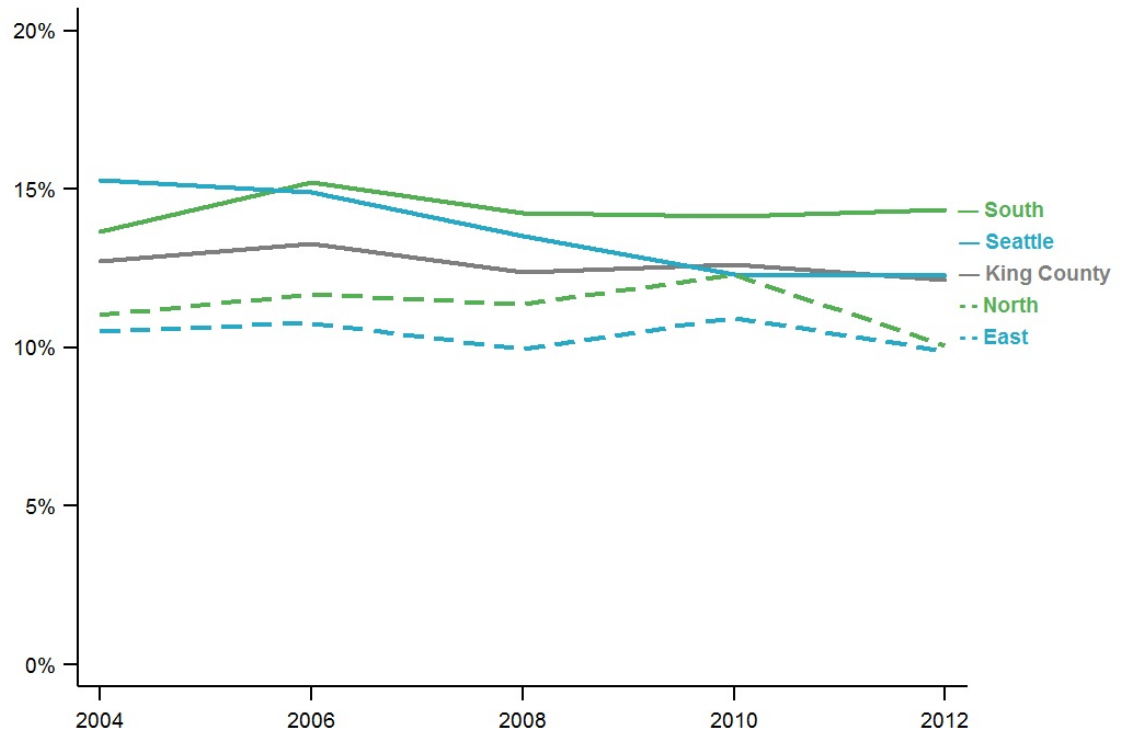
Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
|-----| Confidence interval shows range that includes true value 95% of the time.

Overweight but not obese (school-age) by regions
King County, 2010 and 2012



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
N/A: Not available.

Overweight but not obese (school-age) King County, 2004-2012



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Produced by the
Assessment, Policy Development & Evaluation Unit
Public Health - Seattle & King County
12/14

King County
Hospitals
for a Healthier
Community

Physical Activity Recommendation Not Met (Adults)

Physical Activity Recommendation Not Met (Adults)

- Most recent data (2013): 78% or about 1,194,000 King County adults age 18+.
- Trend over time: Insufficient data to determine trend.
- Description: Did not meet CDC recommendations for aerobic and strengthening exercise [2-Level]

Physical activity recommendation not met (adults), King County, 2011 and 2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	78	76	80
AGE			
18-24	72	65	78
25-44	82	79	85
45-64	76	74	78
65+	77	74	79
GENDER			
Male	77	75	79
Female	79	77	81
RACE/ETHNICITY			
AIAN	96 §	86 §	99 §
Asian	79	72	84
Black	83	75	88
Hispanic	81	74	86
Multiple	77	67	85
NHPI	*	*	*
White	77	75	79
HOUSEHOLD INCOME			
<\$15,000	84	76	90
\$15,000 to \$24,999	83	77	87
\$25,000 to \$34,999	82	76	86
\$35,000 to \$49,999	77	71	82
\$50,000 to \$74,999	77	72	81
\$75,000+	76	73	78
REGION			
East	75	72	78
North	78	72	83
Seattle	76	73	79
South	82	80	85

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

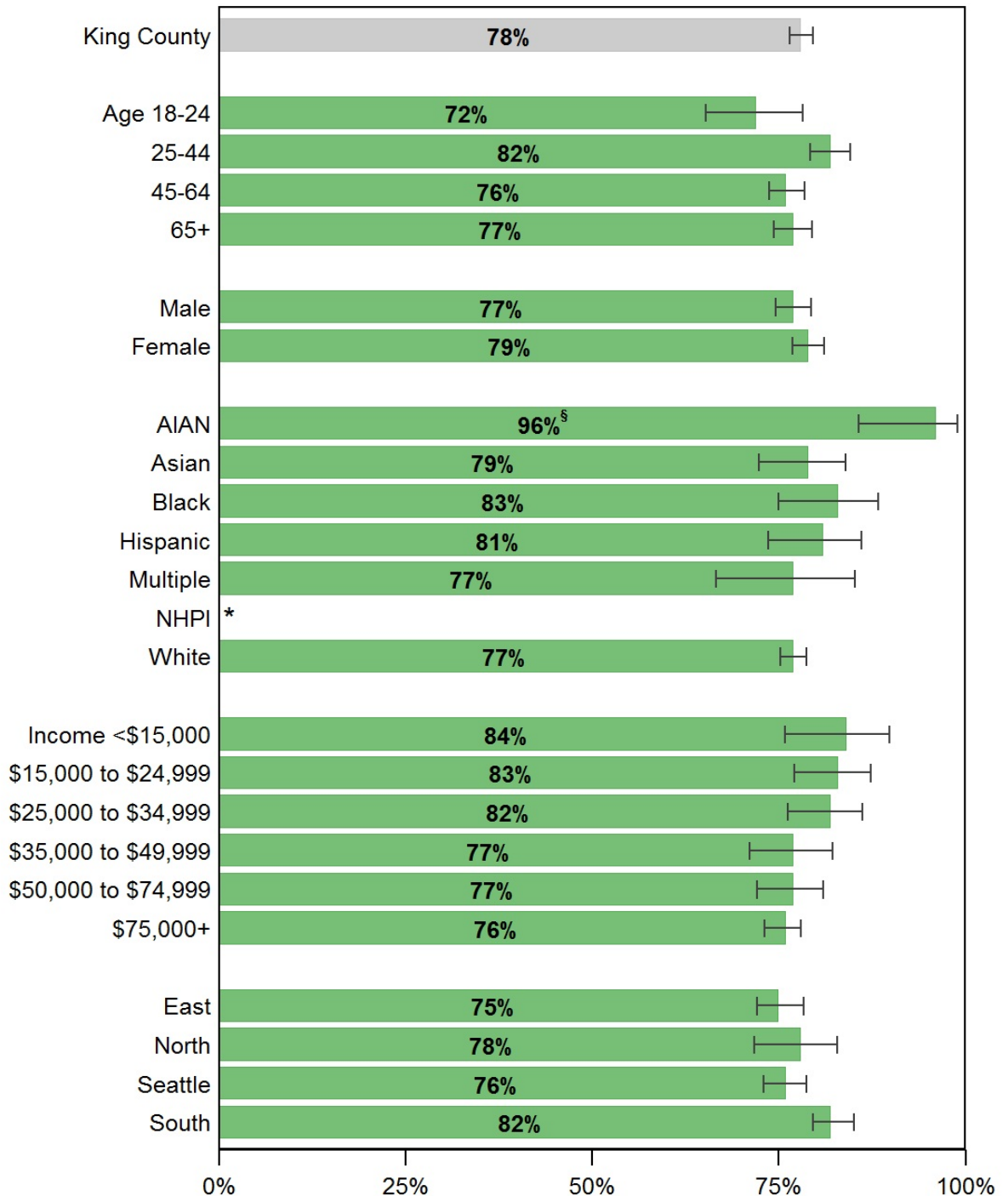
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Physical activity recommendation not met (adults) King County, 2011 and 2013 average



Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

[-----] Confidence interval shows range that includes true value 95% of the time.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Physical activity recommendation not met (adults) by comparison areas

The Healthy People 2020 Objective for physical activity recommendation not met (adults) is 80%.

	Latest Available Year	Percent	Lower CI	Upper CI
United States	2011	79	N/A	N/A
WA State	2011	79	78	80
King County	2013	78	76	80

Notes:

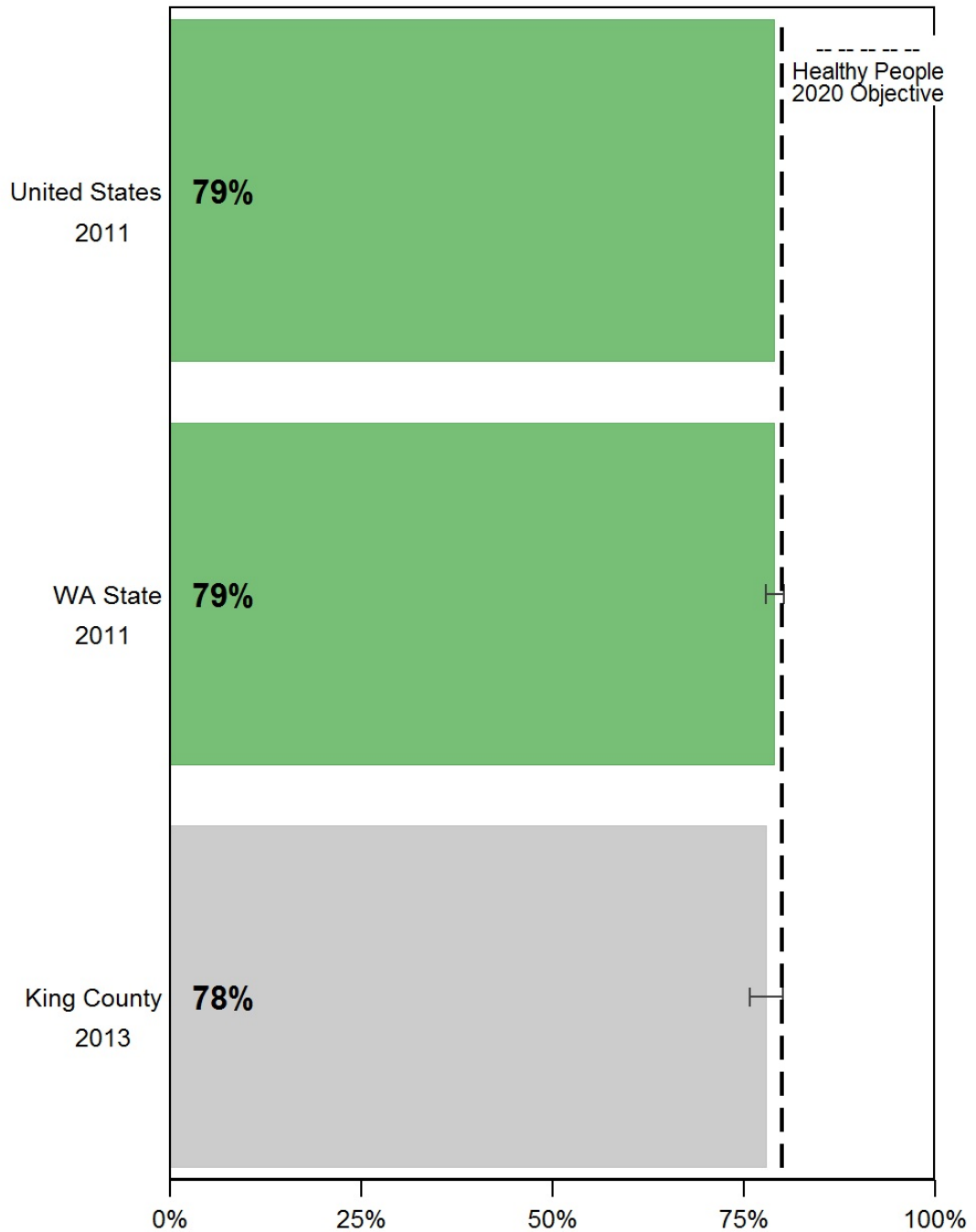
Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

N/A: Not available.

CI is 95% Confidence Interval.

Physical activity recommendation not met (adults) by comparison areas



Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
|-----| Confidence interval shows range that includes true value 95% of the time.

Physical activity recommendation not met (adults) by health reporting areas, King County, 2011 and 2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	78	76	80
Auburn	86	78	92
..Auburn-North	90 §	81 §	95 §
..Auburn-South	81 §	65 §	91 §
Bear Creek/Carnation/Duvall	78	69	84
Bellevue	78	71	83
..Bellevue-Central	82	69	90
..Bellevue-NE	82 §	69 §	90 §
..Bellevue-South	77	65	86
..Bellevue-West	69	51	84
Black Diamond/Enumclaw/SE County	81	70	89
Bothell/Woodinville	78	65	87
Burien	87	79	92
Covington/Maple Valley	82	73	89
Des Moines/Normandy Park	70	54	83
East Federal Way	93 §	83 §	97 §
Fairwood	88 §	78 §	94 §
Federal Way	68	54	79
..Fed Way-Central/Military Rd	66	47	81
..Fed Way-Dash Point/Woodmont	71	54	84
Issaquah	78	64	87
Kenmore/LFP	72	61	81
Kent	82	73	88
..Kent-East	77 §	58 §	90 §
..Kent-SE	79	66	88
..Kent-West	92 §	81 §	97 §
Kirkland	76	68	83
..Kirkland	74	64	82
..Kirkland North	80 §	64 §	90 §
Mercer Isle/Pt Cities	71	59	80
Newcastle/Four Creeks	91 §	84 §	95 §
North Highline	*	*	*
Redmond	73	61	82
Renton	85	79	90
..Renton-East	85 §	74 §	92 §
..Renton-North	88 §	74 §	94 §
..Renton-South	84	74	91
Sammamish	69	59	78
SeaTac/Tukwila	79 §	63 §	89 §
Seattle	75	72	78
..Ballard	71	61	79
..Beacon/Gtown/S.Park	84 §	71 §	92 §
..Capitol Hill/E.lake	77	67	84
..Central Seattle	84	74	91
..Delridge	78 §	62 §	88 §
..Downtown	71	57	82
..Fremont/Greenlake	84	75	90
..NE Seattle	70	60	79
..North Seattle	78	68	86
..NW Seattle	71	58	82
..QA/Magnolia	65	54	75
..SE Seattle	87 §	75 §	93 §
..West Seattle	71	59	80
Shoreline	78	68	85
Snoqualmie/North Bend/Skykomish	72	60	81
Vashon Island	60	44	74

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

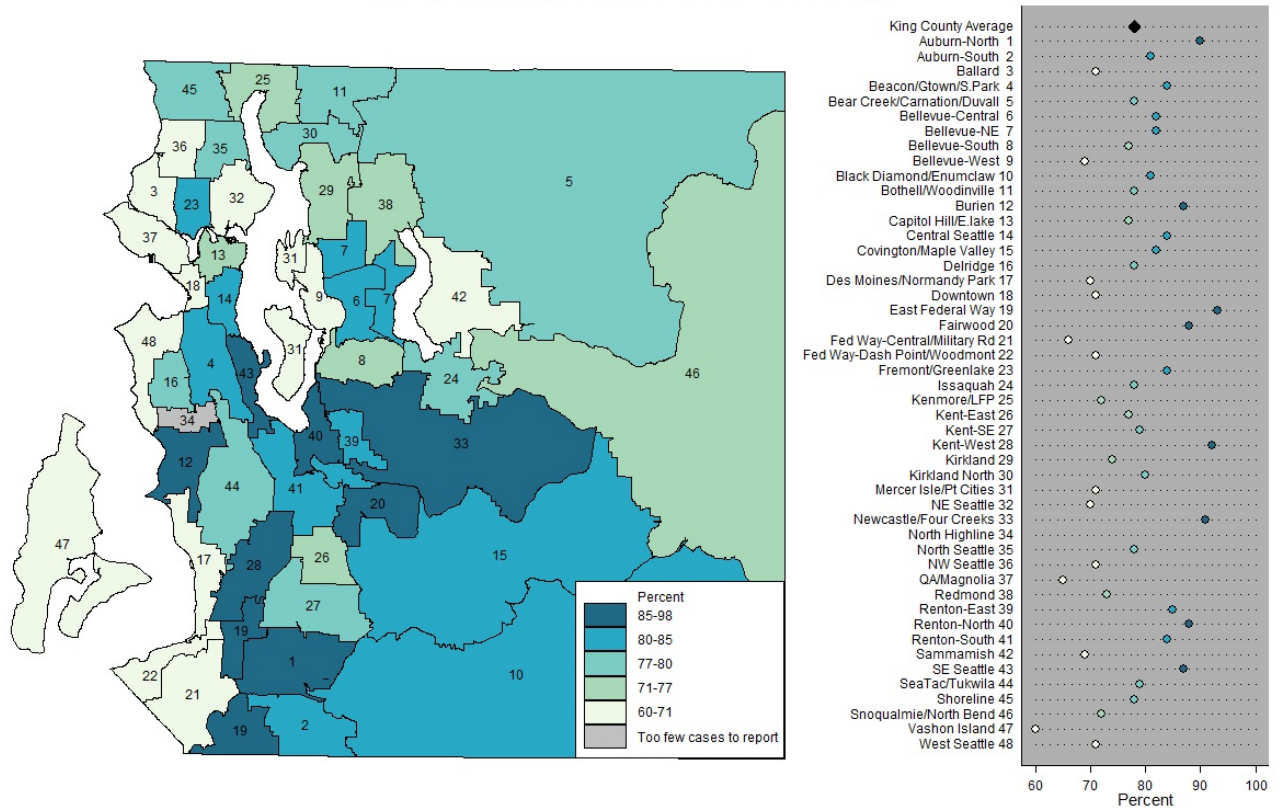
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Physical activity recommendation not met (adults) by health reporting areas King County, 2011 and 2013 average



Note: HRA labels on the map match the chart on the right, listed in alphabetical order
Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Physical Activity Recommendation Not Met (School-Age)

Physical Activity Recommendation Not Met (School-Age)

- Most recent data (2012): 76% of King County youth attending public schools in the 6th, 8th, 10th and 12th grades.
- Trend over time: 2006-12: falling
- Description: Did not participate in physical activity for 60+ minutes on 7 of the past 7 days

Physical activity recommendation not met (school-age), King County, 2010 and 2012

	Percent	Lower CI	Upper CI
King County (school-age youth in 6th, 8th, 10th and 12th grades)	76	76	77
GRADE			
Grade 6	72	71	72
Grade 8	74	73	75
Grade 10	81	80	82
Grade 12	83	82	84
GENDER			
Male	71	70	71
Female	82	82	83
RACE/ETHNICITY			
AIAN	69	66	72
Asian	82	81	83
Black	73	71	74
Hispanic	79	78	80
Multiple	74	73	76
NHPI	75	72	77
White	76	75	76
Other	73	72	74
REGION			
East	75	74	76
North	78	75	79
Seattle	78	76	79
South	76	75	77

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

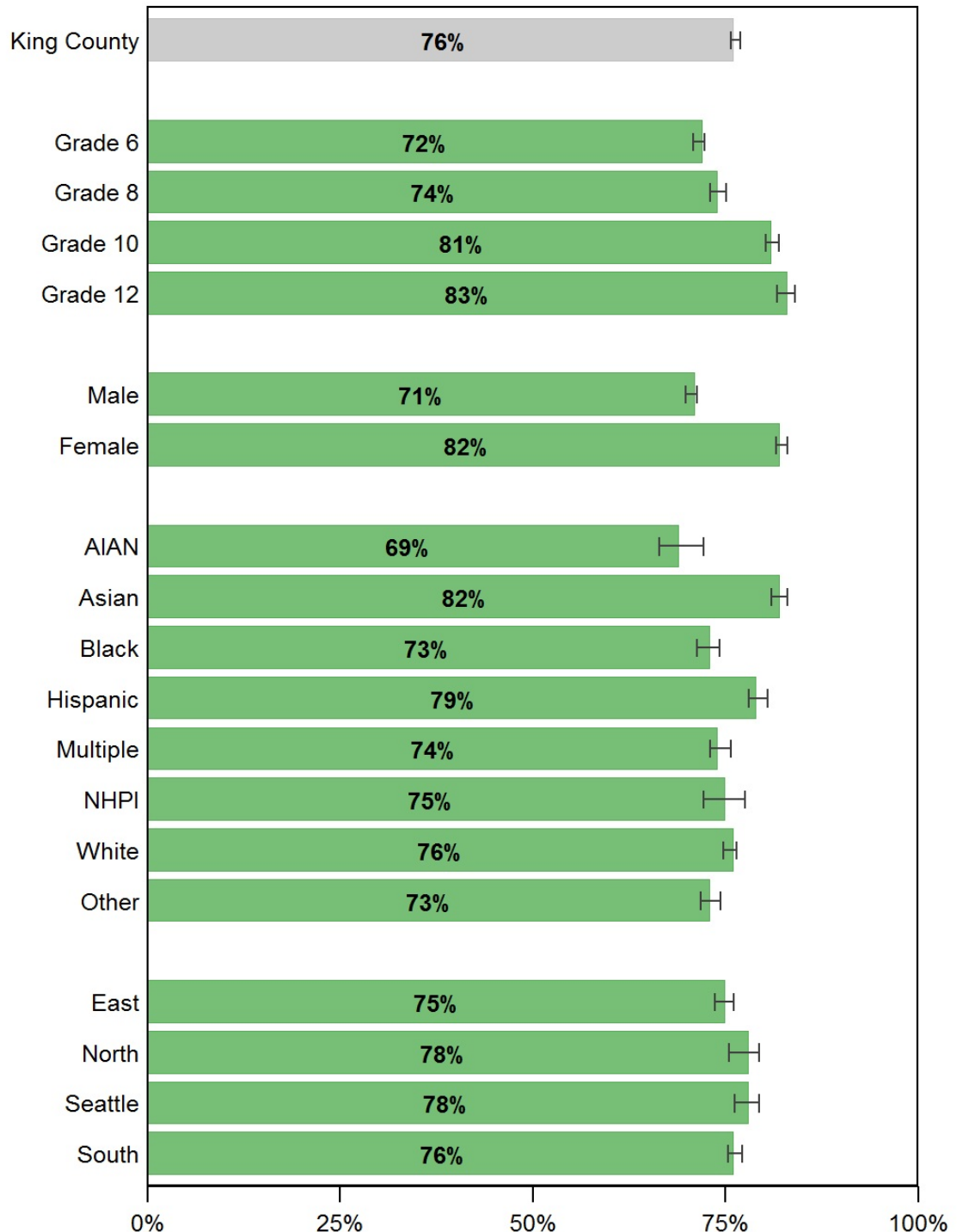
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Data by income or poverty level not available.

Physical activity recommendation not met (school-age) King County, 2010 and 2012



Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

[-----] Confidence interval shows range that includes true value 95% of the time.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Data by income or poverty level not available.

Physical activity recommendation not met (school-age) by comparison areas

The Healthy People 2020 Objective for physical activity recommendation not met (school-age) is 80%.

	Latest Available Year	Percent	Lower CI	Upper CI
United States	2011	71	70	73
WA State	2012	75	74	76
King County	2012	76	75	77

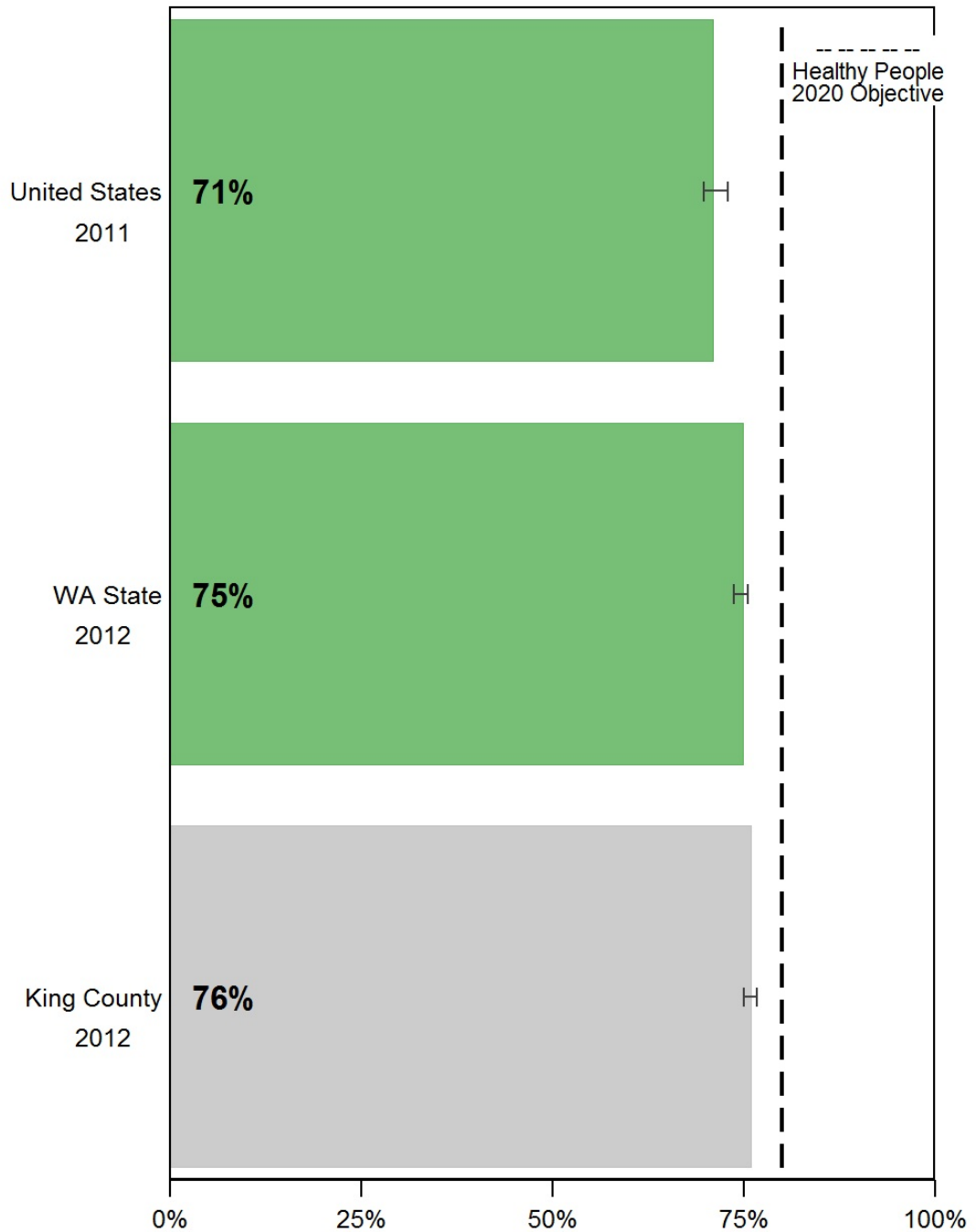
Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

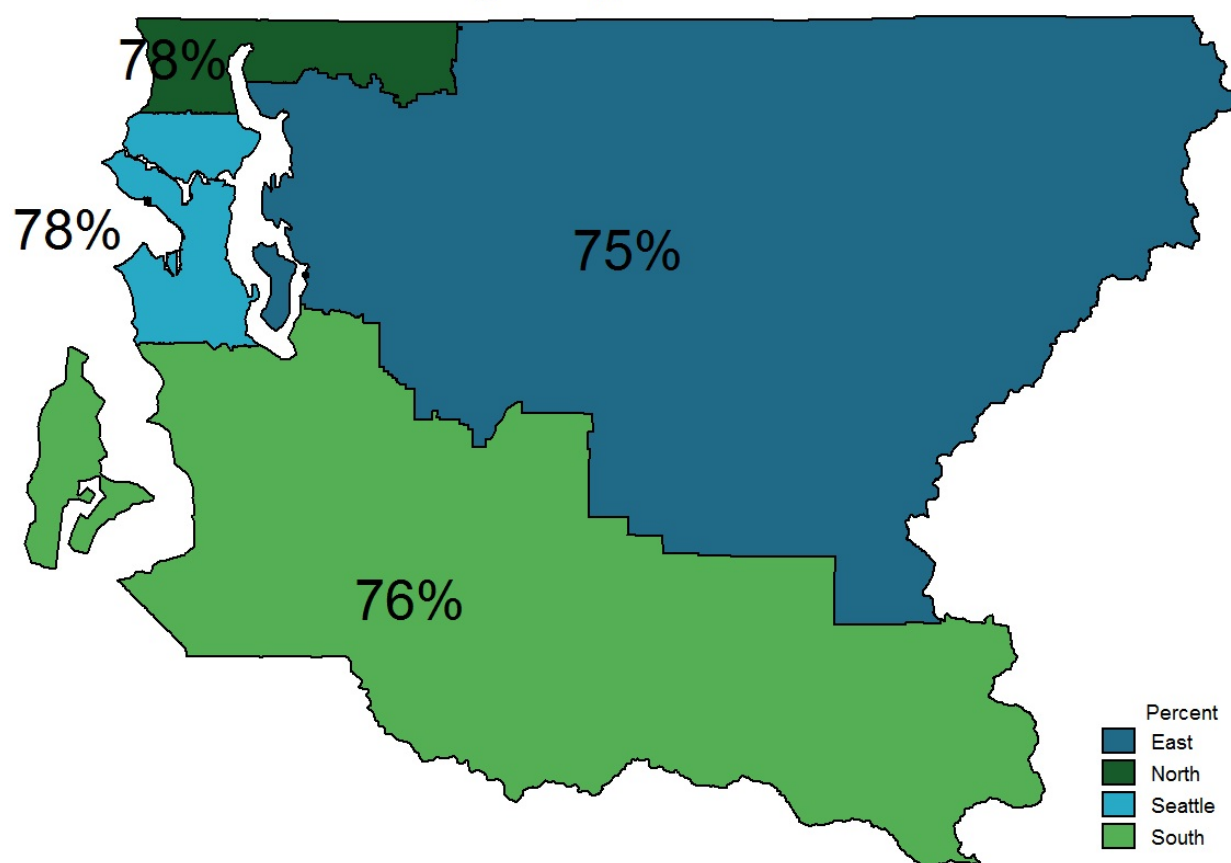
CI is 95% Confidence Interval.

Physical activity recommendation not met (school-age) by comparison areas



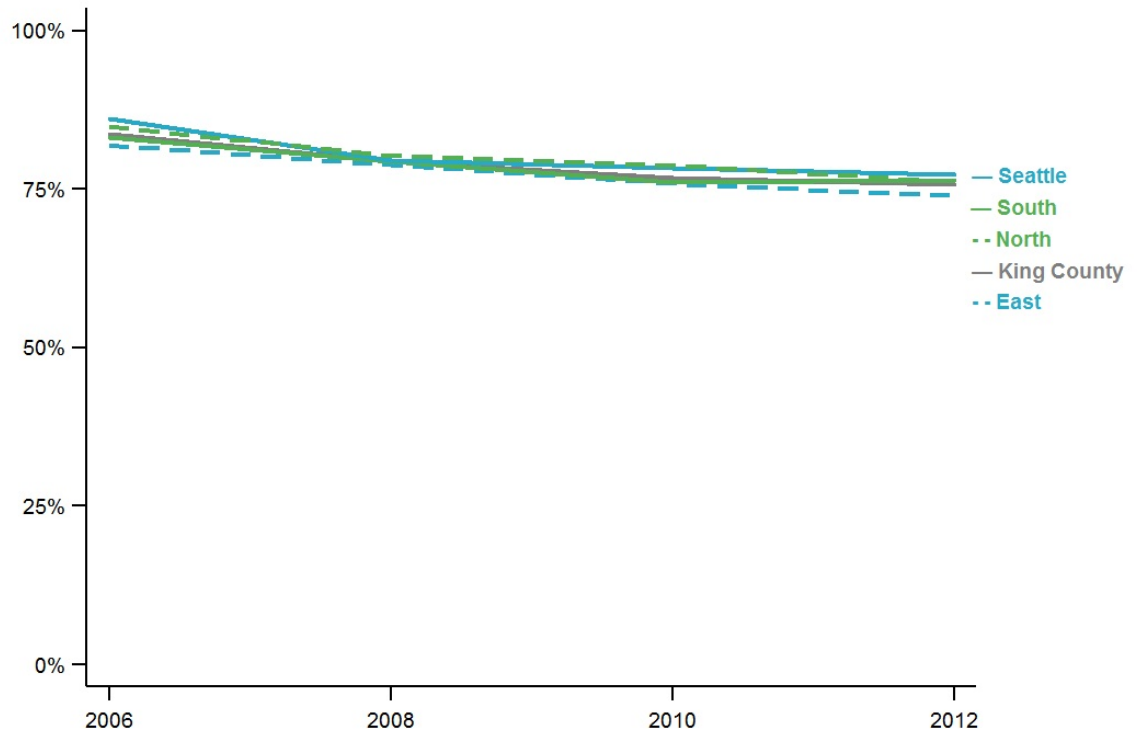
Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
|-----| Confidence interval shows range that includes true value 95% of the time.

Physical activity recommendation not met (school-age) by regions
King County, 2010 and 2012



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
N/A: Not available.

Physical activity recommendation not met (school-age) King County, 2004-2012



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Produced by the
Assessment, Policy Development & Evaluation Unit
Public Health - Seattle & King County
12/14

King County
Hospitals
for a Healthier
Community

Sugar sweetened beverage consumption

King County, 2010 & 2012 average

Description: Adults (age 18+) who consumed any sugar sweetened beverages in the past month

Source: National Communities Putting Prevention to Work, Behavioral Risk Factor Surveillance System

	Percent	Lower CI	Upper CI
King County (adults aged 18+)	63	61	66
Age			
18-34	84	77	88
35-44	65	59	70
45-64	55	52	59
65+	35	32	40
Gender			
Female	56	52	60
Male	71	67	75
Race/Ethnicity			
AIAN**	72	57	83
Asian	56	45	66
Black	84	76	89
Hispanic	78	67	86
Multiple	70 [§]	50	85
NHPI**	*	*	*
White	62	59	65
Household Income			
<\$25,000	71	64	76
\$25,000 - \$34,999	64	54	73
\$35,000 - \$49,999	54	46	62
\$50,000 - \$74,999	66	58	73
\$75,000+	61	57	65
Region			
East	64	58	71
North	67	57	76
Seattle	57	52	62
South	67	63	70

Notes:

N/A: Not available

* Too few cases to protect confidentiality and/or report reliable rates

§ Too few cases to meet precision standard, interpret with caution

** Alone or in combination with other races

CI is 95% Confidence Interval

Persons of Hispanic ethnicity can be of any race and are included in the racial categories

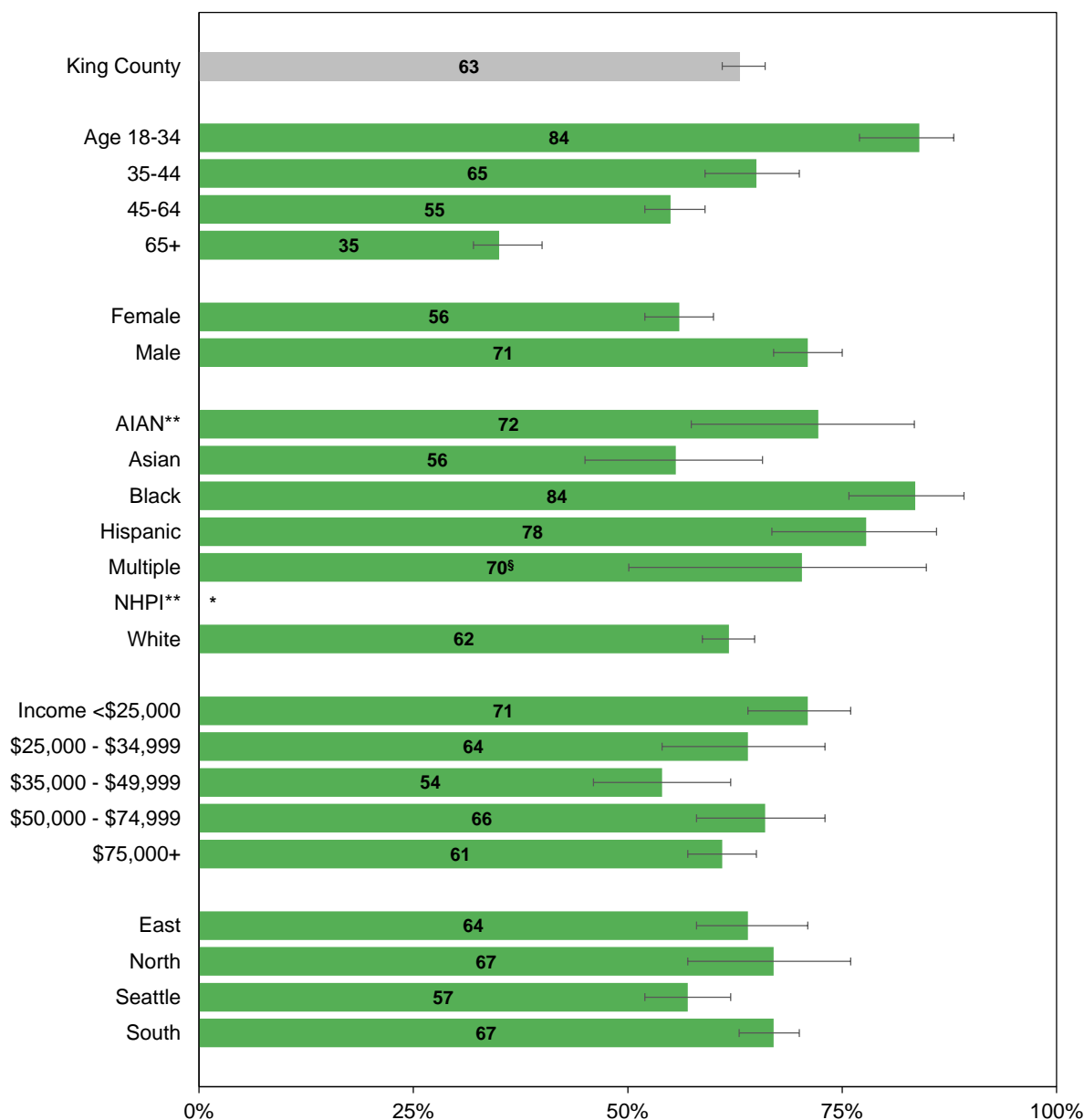
Percent = Percent of adults age 18+ who had either a non-diet Soda or other Sugary Drink 1+ time in the past month

Other sugary drinks include: fruit drinks (such as Kool-aid and lemonade), sweet tea, sports or energy drinks (such as Red Bull and Gatorade); excludes 100% fruit juice, diet drinks, or artificially sweetened drinks

Prepared By: Public Health - Seattle & King County;

Assessment, Policy Development, & Evaluation, 5/2014

Sugar sweetened beverage consumption, King County, 2010 & 2012 average



Source: National Communities Putting Prevention to Work, Behavioral Risk Factor Surveillance System

Prepared by: Public Health Seattle & King County, Assessment, Policy Development, & Evaluation, 1/2015

|-----|: Confidence interval shows range that includes true value 95% of the time

* Too few cases to protect confidentiality and/or report reliable rates

§ Too few cases to meet precision standard, interpret with caution

** Alone or in combination with other races

Daily Soda Consumption (School-Age)

Daily Soda Consumption (School-Age)

- Most recent data (2012): 27% of King County youth attending public schools in the 6th, 8th, 10th and 12th grades.
- Trend over time: 2004-12: falling
- Description: Drank one or more non-diet sodas yesterday

Daily soda consumption (school-age), King County, 2010 and 2012

	Percent	Lower CI	Upper CI
King County (school-age youth in 6th, 8th, 10th and 12th grades)	29	28	30
GRADE			
Grade 6	27	26	28
Grade 8	32	31	34
Grade 10	30	28	31
Grade 12	30	29	31
GENDER			
Male	34	33	35
Female	25	24	25
RACE/ETHNICITY			
AIAN	36	33	40
Asian	25	24	27
Black	34	33	36
Hispanic	39	37	40
Multiple	31	29	32
NHPI	36	33	39
White	27	26	28
Other	30	28	31
REGION			
East	25	24	26
North	26	24	27
Seattle	29	27	31
South	34	33	35

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

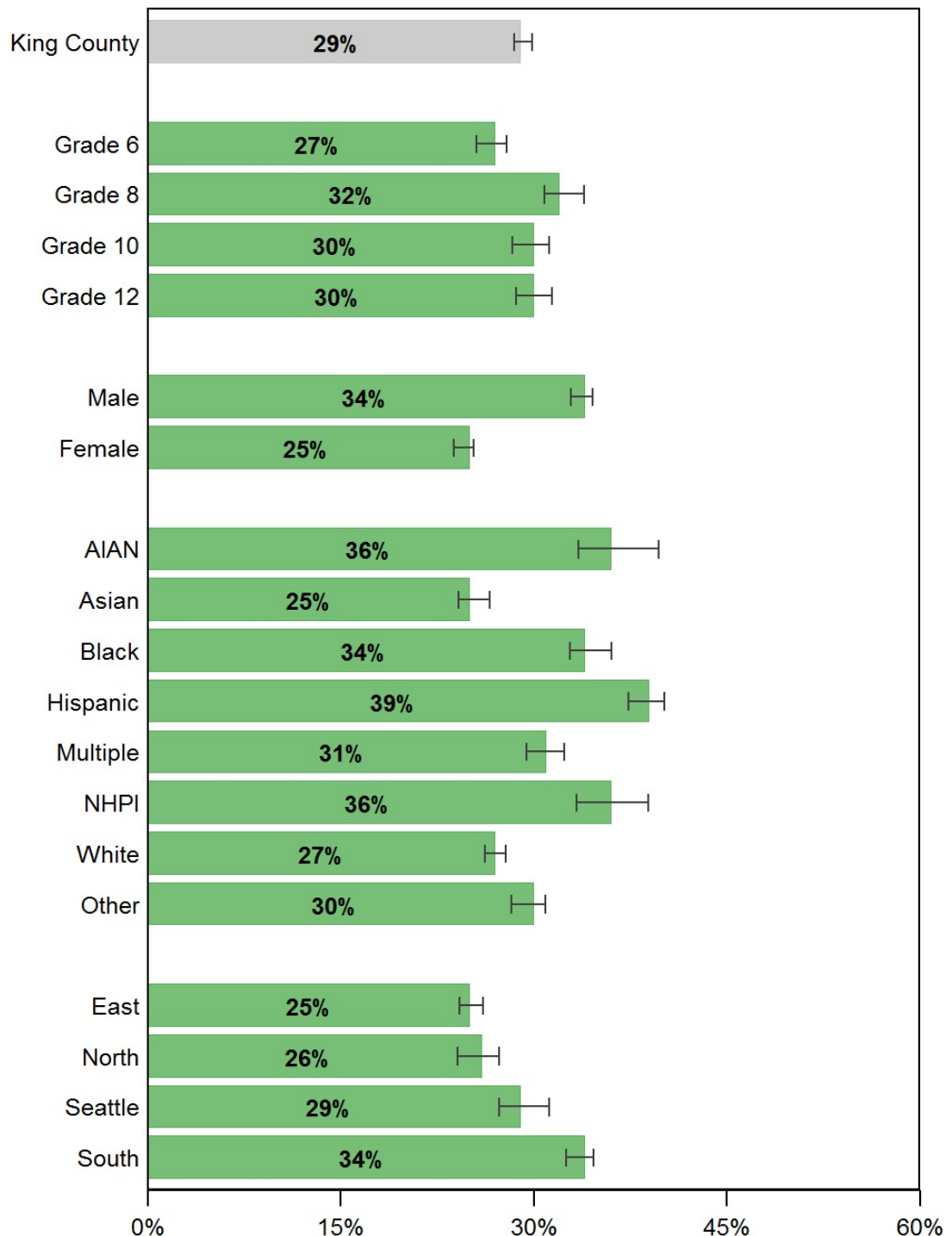
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Data by income or poverty level not available.

Daily soda consumption (school-age) King County, 2010 and 2012



Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

[-----] Confidence interval shows range that includes true value 95% of the time.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Data by income or poverty level not available.

Daily soda consumption (school-age) by comparison areas

There is no Healthy People 2020 Objective for daily soda consumption (school-age).

	Latest Available Year	Percent	Lower CI	Upper CI
United States	2011	28	26	30
WA State	2012	31	29	32
King County	2012	27	26	28

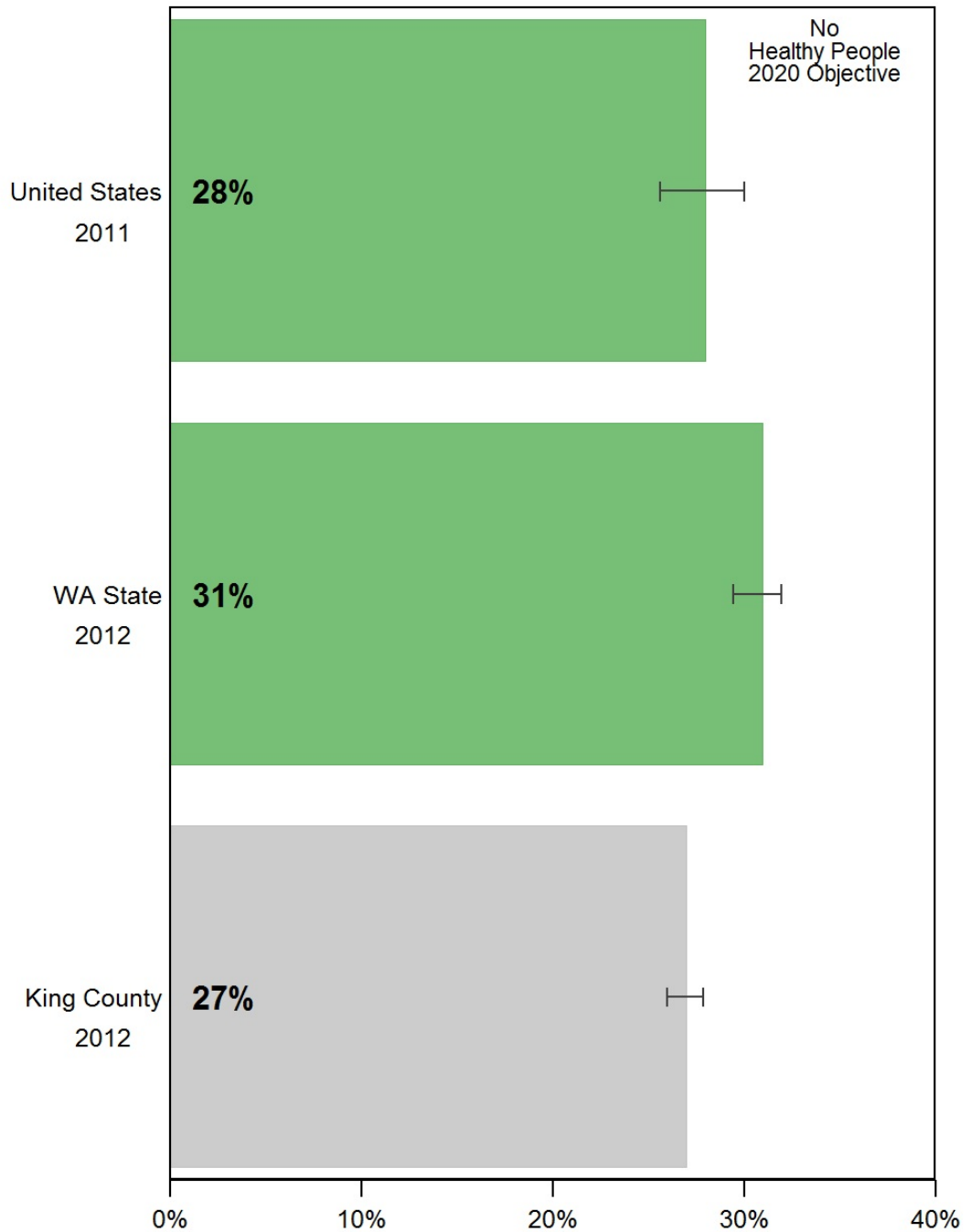
Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

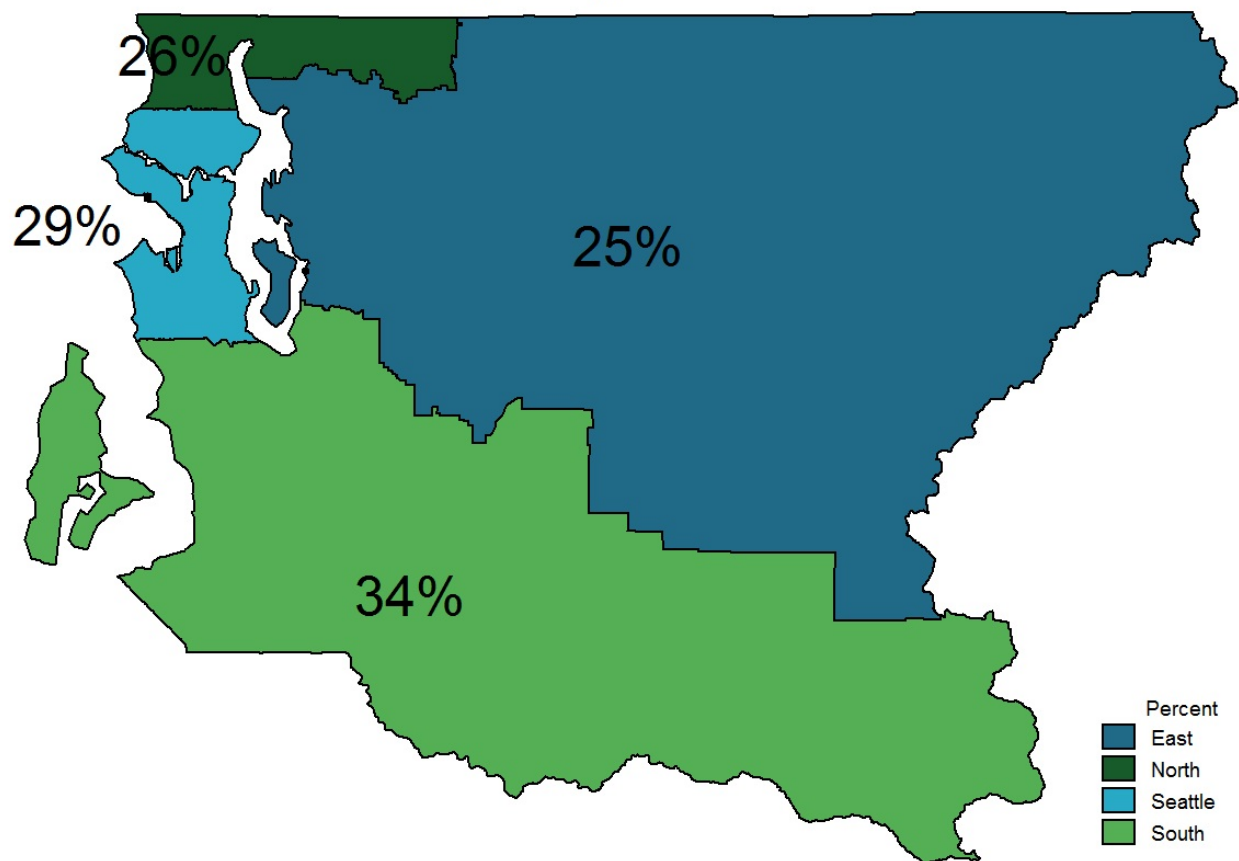
CI is 95% Confidence Interval.

Daily soda consumption (school-age) by comparison areas



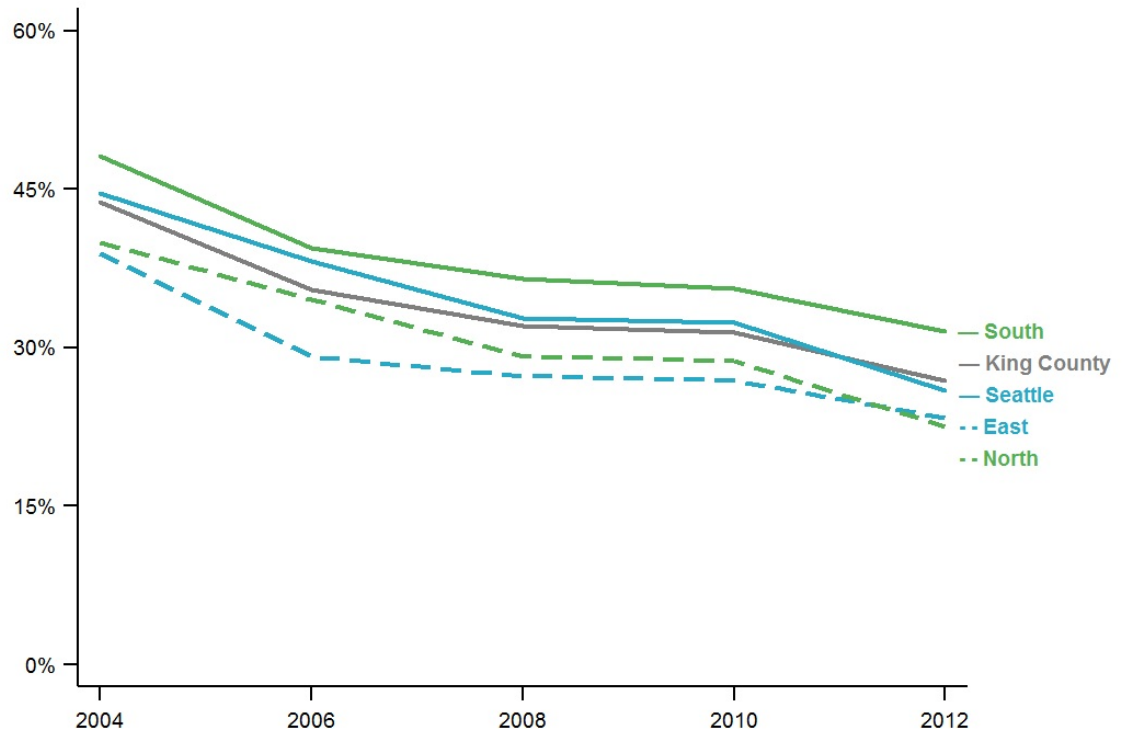
Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
|-----| Confidence interval shows range that includes true value 95% of the time.

Daily soda consumption (school-age) by regions
King County, 2010 and 2012



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
N/A: Not available.

Daily soda consumption (school-age) King County, 2004-2012



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Produced by the
[Assessment, Policy Development & Evaluation Unit](#)
[Public Health - Seattle & King County](#)
12/14

King County
Hospitals
for a Healthier
Community

Fruit consumption (adults)

King County, 2011 & 2013 average

Description: Median intake of fruits (number of times per day) among adults age 18+

Source: Behavioral Risk Factor Surveillance System

Most recent data (2013): Adults eat fruit a median of 1.1 times per day in King County.

	Median	Lower CI	Upper CI
King County (adults aged 18+)	1.1	1.1	1.1
Age			
18-24	1.0	1.0	1.1
25-44	1.1	1.0	1.1
45-64	1.1	1.1	1.1
65+	1.3	1.2	1.4
Gender			
Female	1.3	1.1	1.3
Male	1.0	1.0	1.0
Race/Ethnicity			
AIAN	0.9	0.6	1.7
Asian	1.0	1.0	1.1
Black	1.0	0.7	1.1
Hispanic	1.1	1.0	1.3
Multiple	1.1	1.0	1.2
NHPI	1.0	0.7	1.4
White	1.1	1.1	1.2
Household Income			
<\$15,000	1.1	1.0	1.3
\$15,000 - \$24,999	1.0	1.0	1.1
\$25,000 - \$34,999	1.0	1.0	1.1
\$35,000 - \$49,999	1.1	1.0	1.3
\$50,000 - \$74,999	1.1	1.0	1.3
\$75,000+	1.1	1.1	1.2
Region			
East	1.2	1.1	1.3
North	1.2	1.1	1.6
Seattle	1.1	1.0	1.1
South	1.1	1.0	1.1

Notes:

N/A: Not available

* Too few cases to protect confidentiality and/or report reliable rates

§ Too few cases to meet precision standard, interpret with caution

CI is 95% Confidence Interval

Persons of Hispanic ethnicity can be of any race and are included in the racial categories

Prepared By: Public Health - Seattle & King County;
Assessment, Policy Development, & Evaluation, 5/2014

Fruit consumption (adults) by comparison areas

Source: Behavioral Risk Factor Surveillance System

There is no Healthy People 2020 Objective for median intake of fruit.

	Latest Available Year	Median	Lower CI	Upper CI
United States	2011	1.1	N/A	N/A
Washington State	2011	1.1	N/A	N/A
King County	2013	1.1	1.0	1.1

Notes:

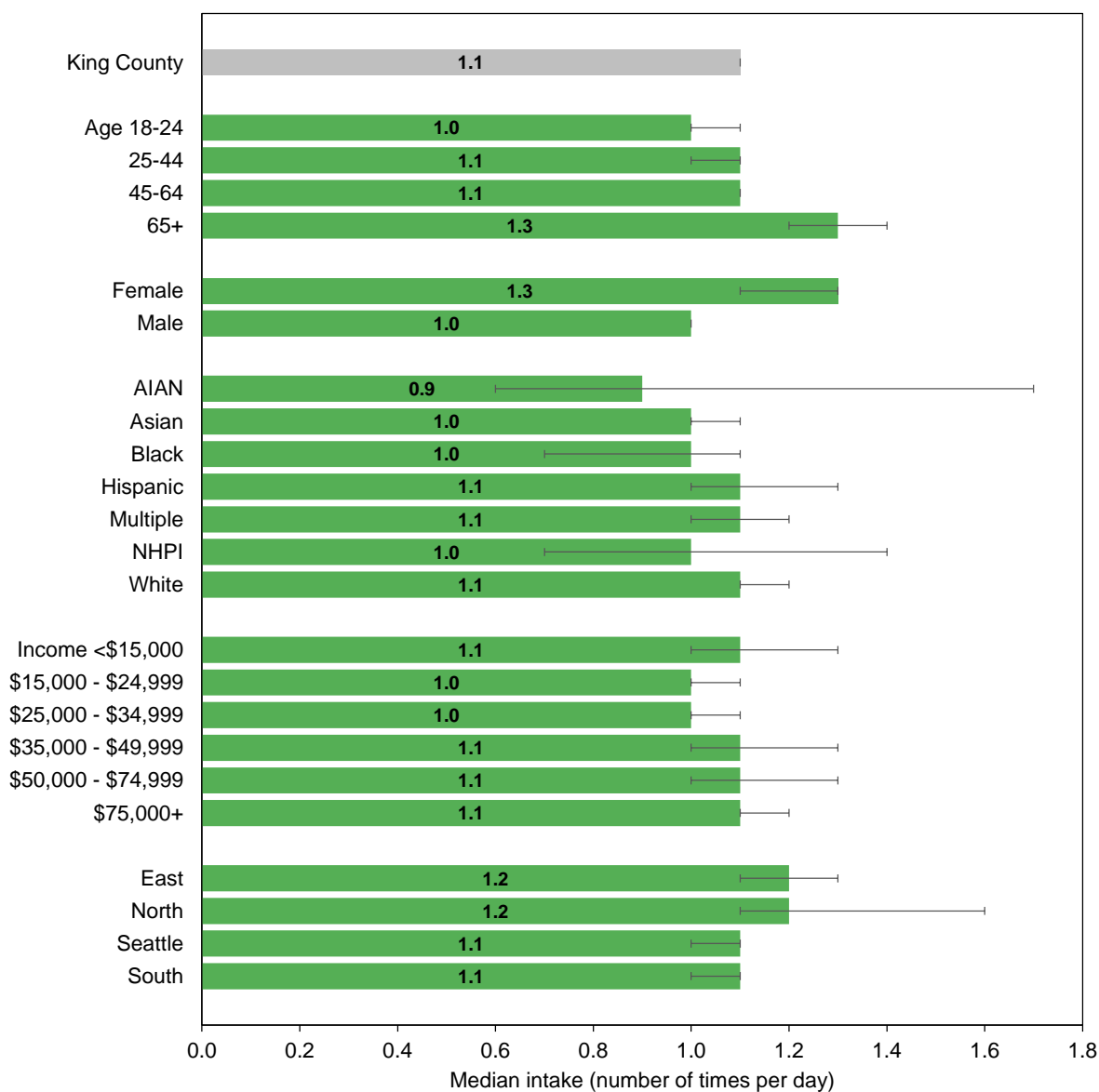
N/A: Not available

CI is 95% Confidence Interval

Median = median intake of fruits (number of times per day) among adults age 18+

Prepared By: Public Health - Seattle & King County;
Assessment, Policy Development, & Evaluation, 1/2015

Fruit consumption (adults), King County, 2011 & 2013 Average



Source: Behavioral Risk Factor Surveillance System

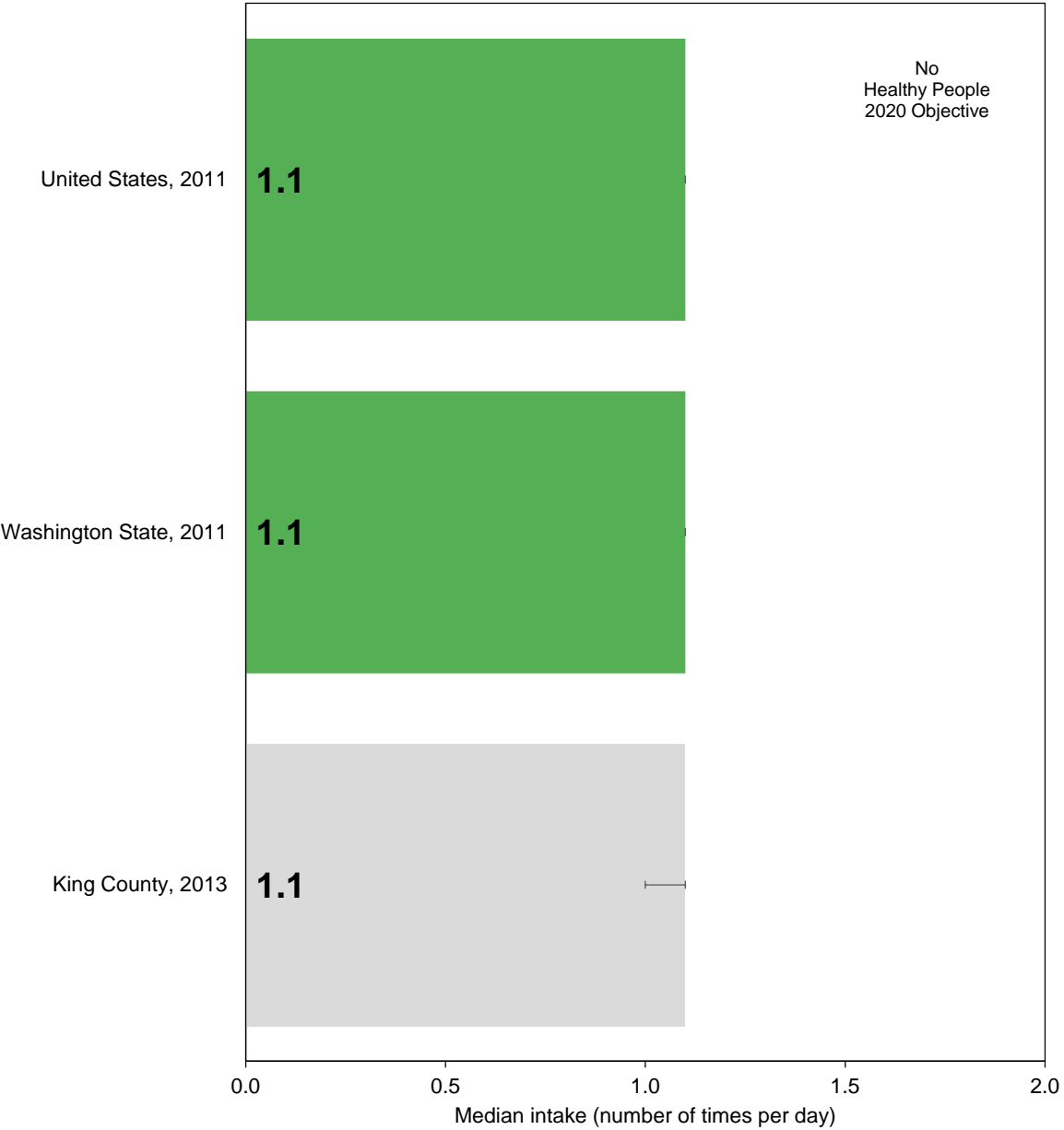
Prepared by: Public Health Seattle & King County, Assessment, Policy Development, & Evaluation, 1/2015

[-----]: Confidence interval shows range that includes true value 95% of the time

* Too few cases to protect confidentiality and/or report reliable rates

§ Too few cases to meet precision standard, interpret with caution

Fruit consumption (adults) by comparison Areas



Source: Behavioral Risk Factor Surveillance System

Prepared by: Public Health Seattle & King County, Assessment, Policy Development, & Evaluation, 1/2015

[- - - - -]: Confidence interval shows range that includes true value 95% of the time

Vegetable Consumption (adults)

King County, 2011 & 2013 average

Description: Median intake of vegetables (number of times per day) among adults age 18+

Source: Behavioral Risk Factor Surveillance System

Most recent data (2013): Adults eat vegetables a median of 1.8 times per day in King County.

	Median	Lower CI	Upper CI
King County (adults aged 18+)	1.8	1.8	1.9
Age			
18-24	1.5	1.4	1.7
25-44	1.9	1.7	1.9
45-64	1.9	1.8	1.9
65+	2.0	1.9	2.0
Gender			
Female	2.0	2.0	2.1
Male	1.7	1.6	1.7
Race/Ethnicity			
AIAN	1.6	1.3	2.0
Asian	1.9	1.7	2.0
Black	1.2	1.0	1.5
Hispanic	1.9	1.7	2.1
Multiple	1.6	1.3	1.7
NHPI	1.2	0.9	2.7
White	1.9	1.9	2.0
Household Income			
<\$15,000	1.7	1.4	1.8
\$15,000 - \$24,999	1.7	1.5	1.9
\$25,000 - \$34,999	1.9	1.7	2.0
\$35,000 - \$49,999	1.9	1.7	2.0
\$50,000 - \$74,999	1.7	1.6	1.8
\$75,000+	2.0	1.9	2.0
Region			
East	1.9	1.8	2.0
North	1.7	1.6	1.9
Seattle	2.0	1.9	2.0
South	1.7	1.6	1.8

Notes:

N/A: Not available

* Too few cases to protect confidentiality and/or report reliable rates

§ Too few cases to meet precision standard, interpret with caution

CI is 95% Confidence Interval

Persons of Hispanic ethnicity can be of any race and are included in the racial categories

Prepared By: Public Health - Seattle & King County;
Assessment, Policy Development, & Evaluation, 5/2014

Vegetable consumption (adults) by comparison areas

Source: Behavioral Risk Factor Surveillance System

There is no Healthy People 2020 Objective for median intake of vegetables.

	Latest Available Year	Median	Lower CI	Upper CI
United States	2011	1.6	N/A	N/A
Washington State	2011	1.7	N/A	N/A
King County	2013	1.8	1.7	1.9

Notes:

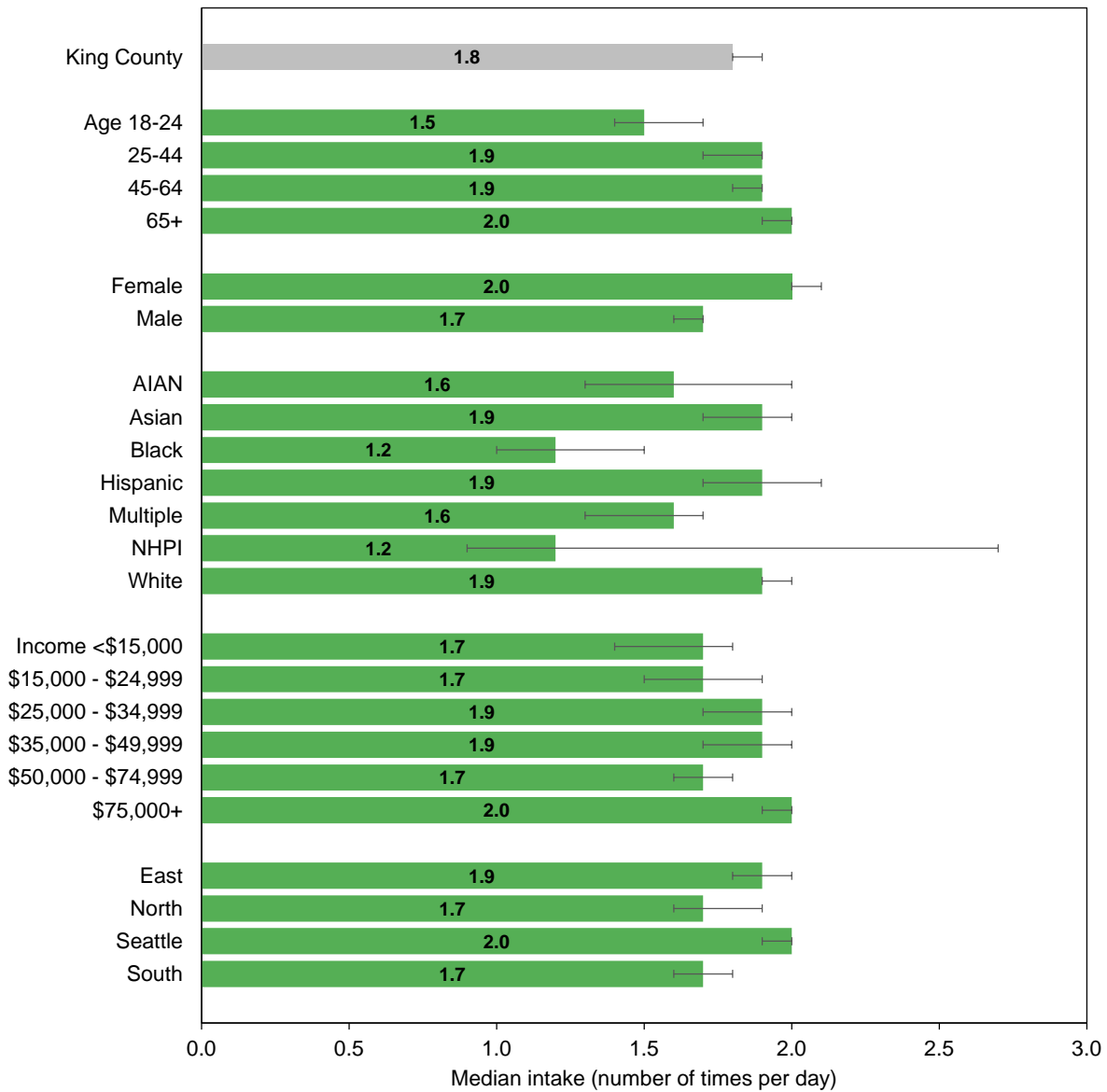
N/A: Not available

CI is 95% Confidence Interval

Median = median intake of vegetables (number of times per day) among adults age 18+

Prepared By: Public Health - Seattle & King County;
Assessment, Policy Development, & Evaluation, 1/2015

Vegetable consumption (adults), King County, 2011 & 2013 average



Source: Behavioral Risk Factor Surveillance System

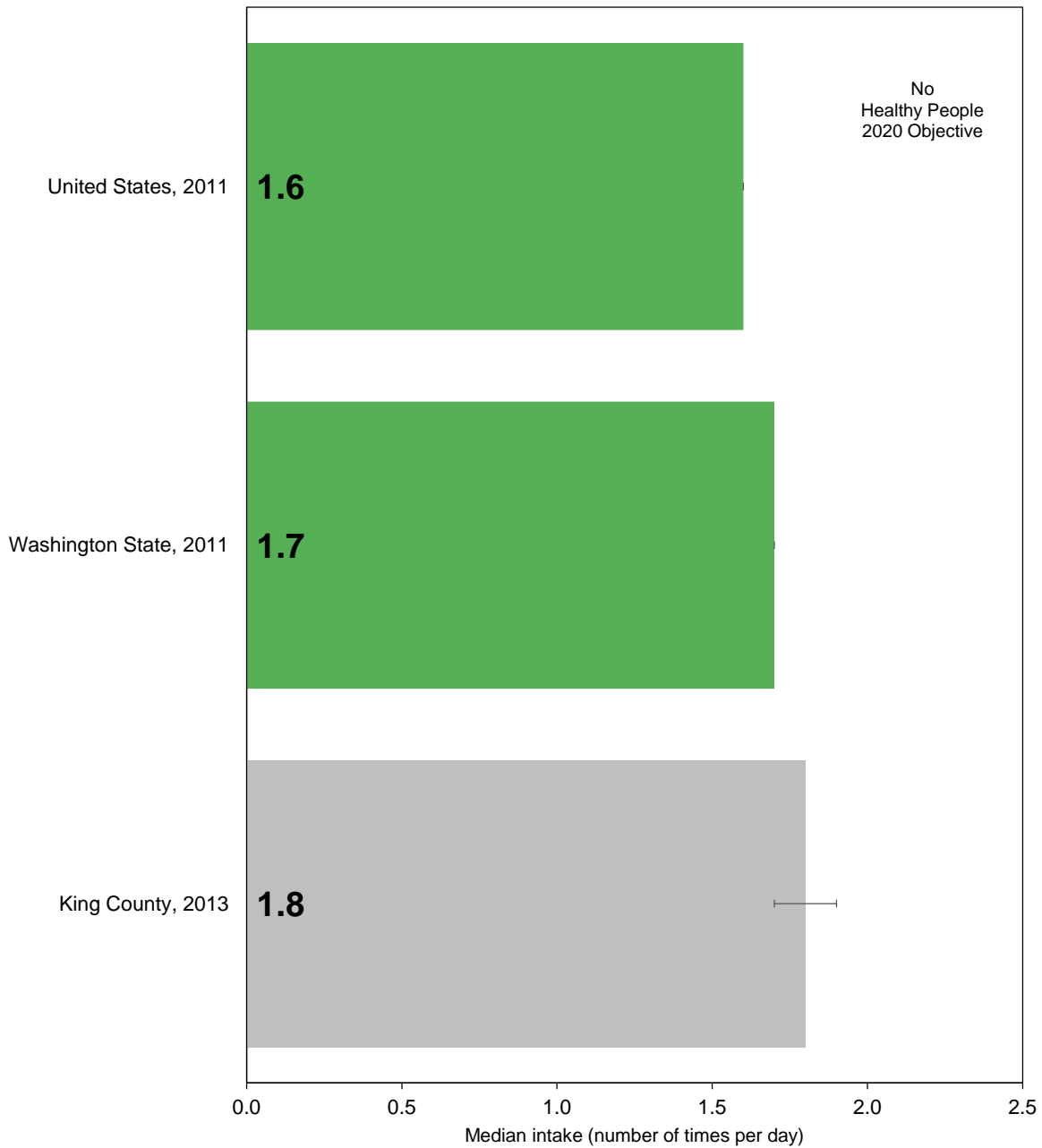
Prepared by: Public Health Seattle & King County, Assessment, Policy Development, & Evaluation, 1/2015

-----: Confidence interval shows range that includes true value 95% of the time

* Too few cases to protect confidentiality and/or report reliable rates

§ Too few cases to meet precision standard, interpret with caution

Vegetable consumption (adults) by comparison areas



Source: Behavioral Risk Factor Surveillance System

Prepared by: Public Health Seattle & King County, Assessment, Policy Development, & Evaluation, 1/2015

|-----|: Confidence interval shows range that includes true value 95% of the time

* Too few cases to protect confidentiality and/or report reliable rates

§ Too few cases to meet precision standard, interpret with caution

Cigarette Smoking (Adults)

Cigarette Smoking (Adults)

- Most recent data (2013): 12% or about 182,500 King County adults age 18+.
- Trend over time: 2000-13: falling
- Description: Now smoke cigarettes every day or some days

Cigarette smoking (adults), King County, 2009-2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	14	13	14
AGE			
18-24	14	11	17
25-44	16	14	18
45-64	14	13	15
65+	6	5	8
GENDER			
Male	16	14	17
Female	11	10	13
RACE/ETHNICITY			
AIAN	24	15	38
Asian	8	6	11
Black	23	18	28
Hispanic	16	12	20
Multiple	16	12	21
NHPI	17 §	9 §	31 §
White	13	12	14
HOUSEHOLD INCOME			
<\$15,000	31	26	36
\$15,000 to \$24,999	23	20	27
\$25,000 to \$34,999	20	16	24
\$35,000 to \$49,999	15	12	19
\$50,000 to \$74,999	12	10	14
\$75,000+	7	6	8
REGION			
East	9	8	11
North	13	10	17
Seattle	13	12	15
South	17	16	19

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

CI is 95% Confidence Interval.

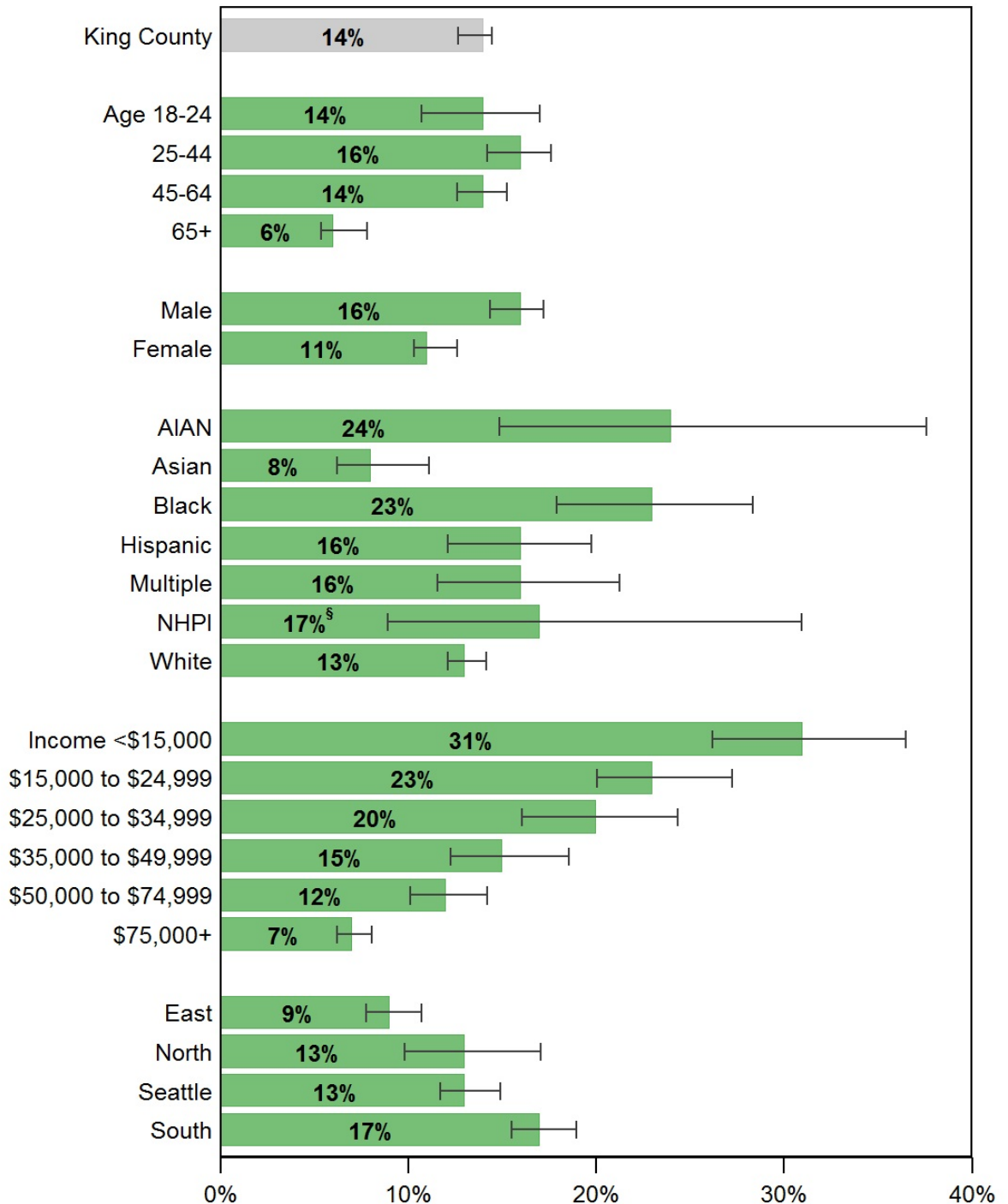
* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Cigarette smoking (adults)

King County, 2009-2013 average



Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

|-----| Confidence interval shows range that includes true value 95% of the time.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Cigarette smoking (adults) by comparison areas

The Healthy People 2020 Objective for cigarette smoking (adults) is 12%.

	Latest Available Year	Percent	Lower CI	Upper CI
United States	2012	20	N/A	N/A
WA State	2012	17	16	18
King County	2013	12	10	14

Notes:

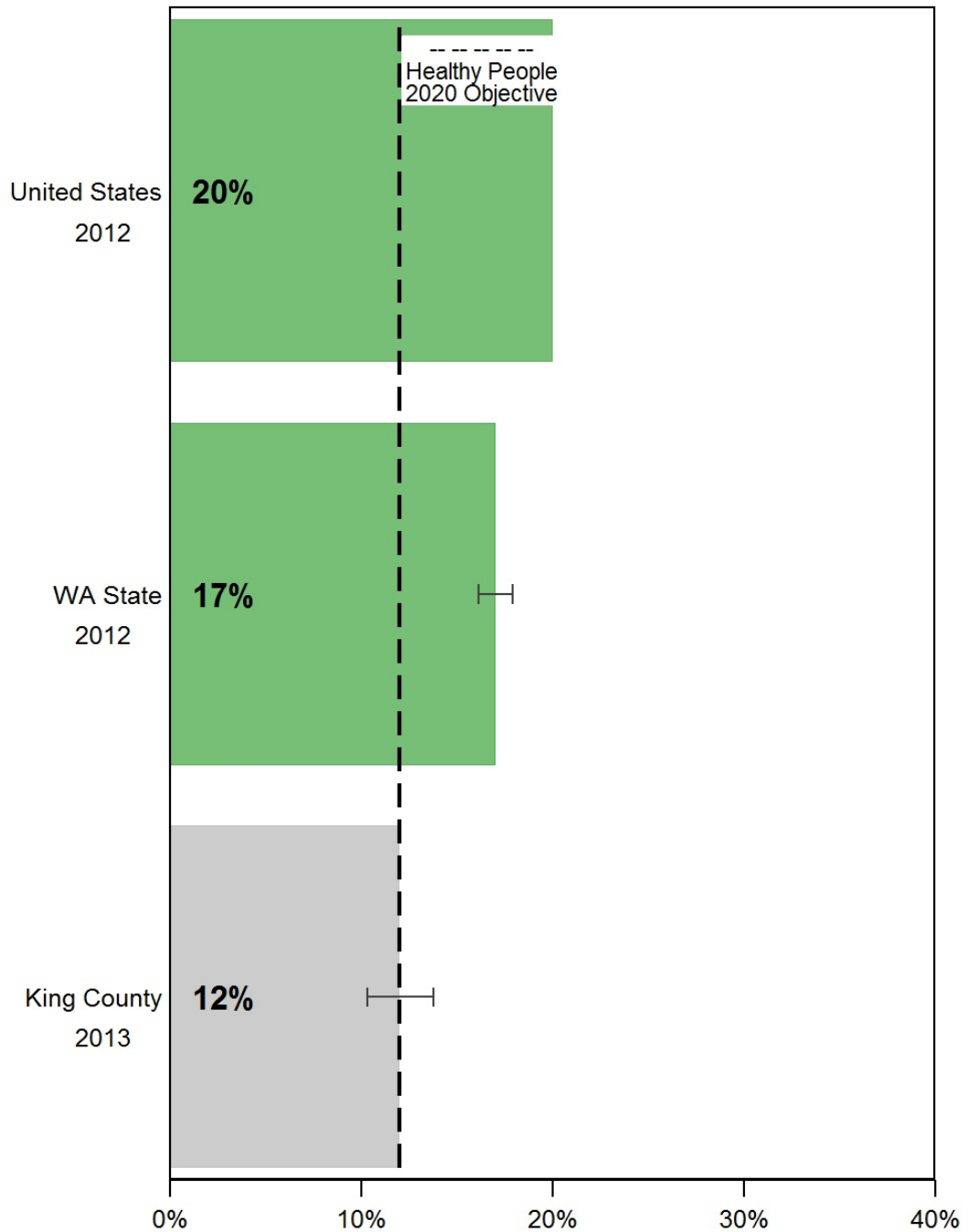
Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

N/A: Not available.

CI is 95% Confidence Interval.

Cigarette smoking (adults) by comparison areas



Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
|-----| Confidence interval shows range that includes true value 95% of the time.

Cigarette smoking (adults) by health reporting areas, King County, 2009-2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	14	13	14
Auburn	22	16	29
..Auburn-North	22	14	34
..Auburn-South	21	13	31
Bear Creek/Carnation/Duvall	14	9	21
Bellevue	9	7	12
..Bellevue-Central	12	7	19
..Bellevue-NE	12	7	19
..Bellevue-South	7	4	12
..Bellevue-West	7 §	3 §	13 §
Black Diamond/Enumclaw/SE County	15	10	21
Bothell/Woodinville	13	7	22
Burien	18	13	25
Covington/Maple Valley	14	10	21
Des Moines/Normandy Park	15	10	24
East Federal Way	17	11	25
Fairwood	9 §	5 §	17 §
Federal Way	16	12	21
..Fed Way-Central/Military Rd	17	12	23
..Fed Way-Dash Point/Woodmont	14	9	23
Issaquah	7 §	4 §	13 §
Kenmore/LFP	10	6	17
Kent	17	13	22
..Kent-East	17	10	26
..Kent-SE	14	10	21
..Kent-West	23	14	36
Kirkland	10	7	15
..Kirkland	10	6	17
..Kirkland North	10	6	16
Mercer Isle/Pt Cities	5 §	3 §	10 §
Newcastle/Four Creeks	8	5	13
North Highline	30	16	47
Redmond	5	3	9
Renton	18	13	23
..Renton-East	6 §	3 §	13 §
..Renton-North	25	15	39
..Renton-South	19	13	27
Sammamish	7	5	11
SeaTac/Tukwila	26	18	35
Seattle	13	12	15
..Ballard	9	5	15
..Beacon/Gtown/S.Park	15	9	24
..Capitol Hill/E.lake	13	8	20
..Central Seattle	14	9	21
..Delridge	23	15	34
..Downtown	21	14	29
..Fremont/Greenlake	13	8	21
..NE Seattle	8	5	13
..North Seattle	13	9	19
..NW Seattle	10	6	14
..QA/Magnolia	12	8	18
..SE Seattle	21	14	30
..West Seattle	11	7	16
Shoreline	13	9	18
Snoqualmie/North Bend/Skykomish	10	6	16
Vashon Island	12 §	6 §	23 §

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

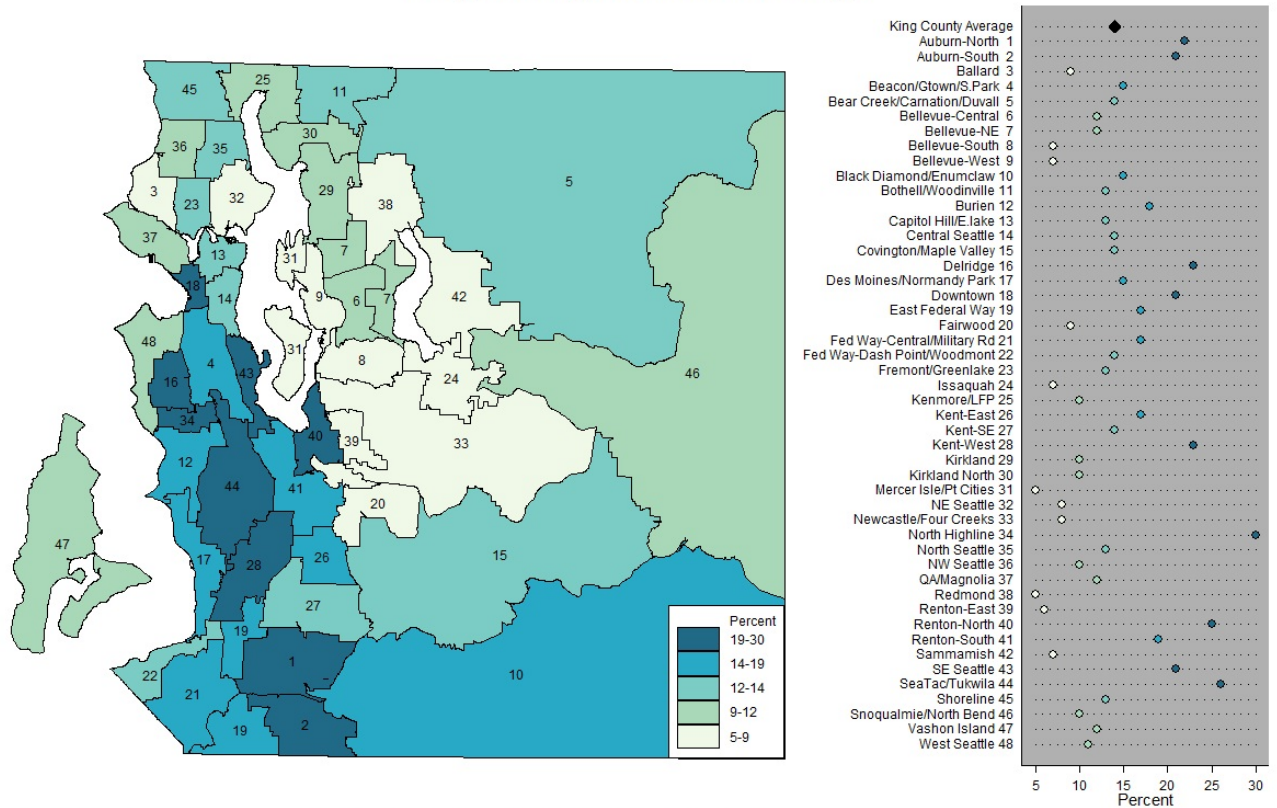
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

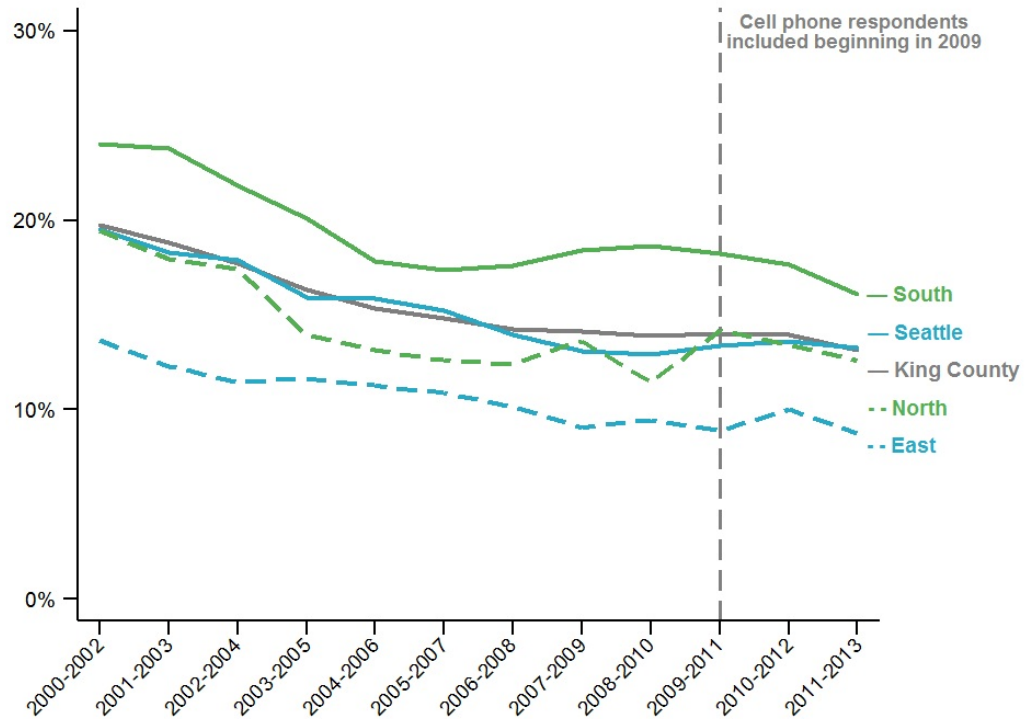
Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Cigarette smoking (adults) by health reporting areas King County, 2009-2013 average



Note: HRA labels on the map match the chart on the right, listed in alphabetical order
Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Cigarette smoking (adults) King County, 2000-2013, three-year rolling averages



Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Cigarette Smoking (School-Age)

Cigarette Smoking (School-Age)

- Most recent data (2012): 8% of King County youth attending public schools in the 8th, 10th and 12th grades.
- Trend over time: 2004-12: falling
- Description: Smoked cigarettes on one or more of the past 30 days

Cigarette smoking (school-age), King County, 2010 and 2012

	Percent	Lower CI	Upper CI
King County (school-age youth in 8th, 10th and 12th grades)	9	8	9
GRADE			
Grade 8	4	4	4
Grade 10	8	8	9
Grade 12	14	13	15
GENDER			
Male	10	9	11
Female	7	7	8
RACE/ETHNICITY			
AIAN	17	15	20
Asian	5	4	5
Black	10	8	11
Hispanic	10	9	11
Multiple	9	9	10
NHPI	14	12	16
White	9	8	10
Other	8	7	9
REGION			
East	8	7	9
North	9	7	11
Seattle	10	8	11
South	9	8	10

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

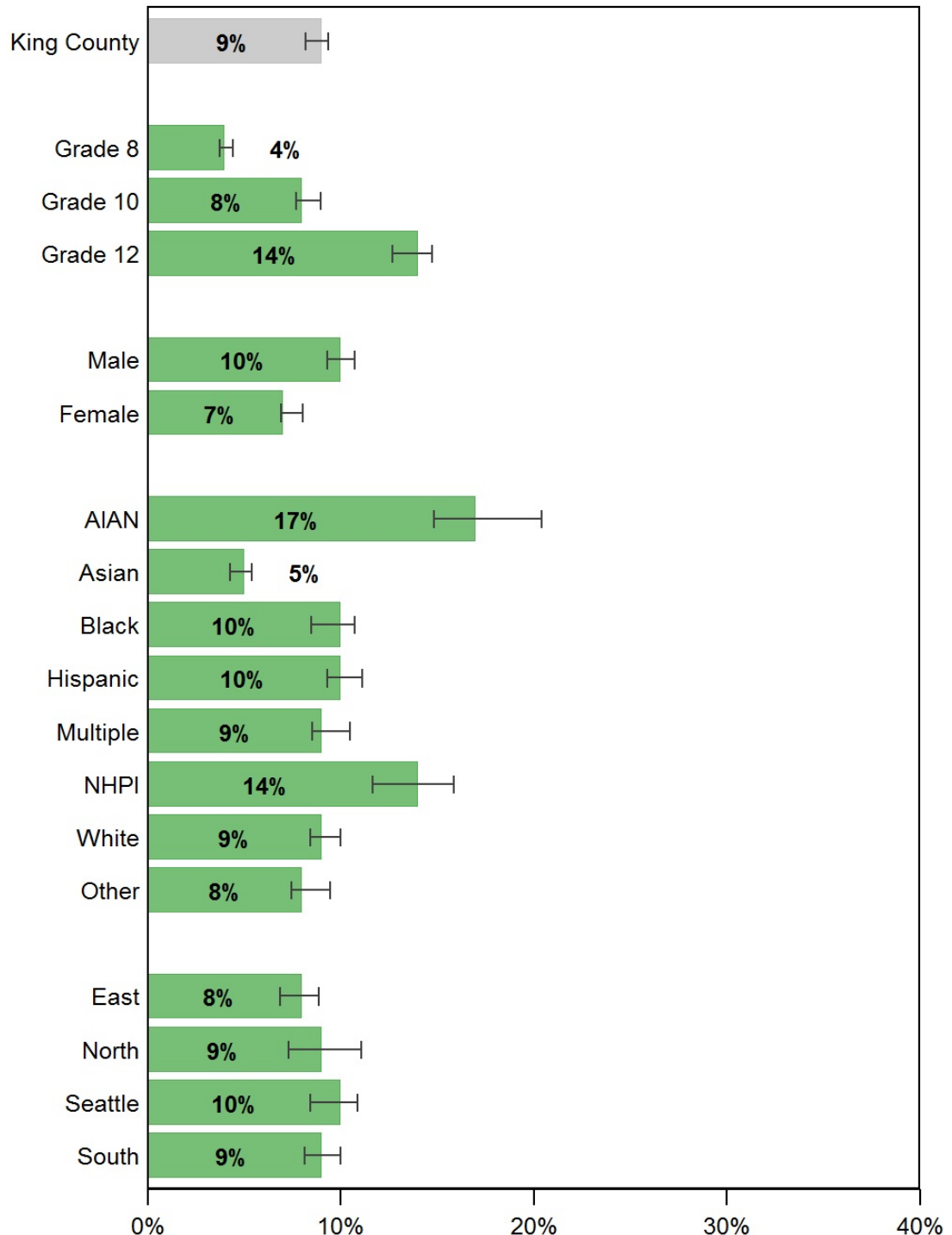
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Data by income or poverty level not available.

Cigarette smoking (school-age) King County, 2010 and 2012



Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

|-----| Confidence interval shows range that includes true value 95% of the time.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Data by income or poverty level not available.

Cigarette smoking (school-age) by comparison areas

The Healthy People 2020 Objective for cigarette smoking (school-age) is 16%.

	Latest Available Year	Percent	Lower CI	Upper CI
United States	2011	18	17	20
WA State	2012	7	7	8
King County	2012	8	7	9

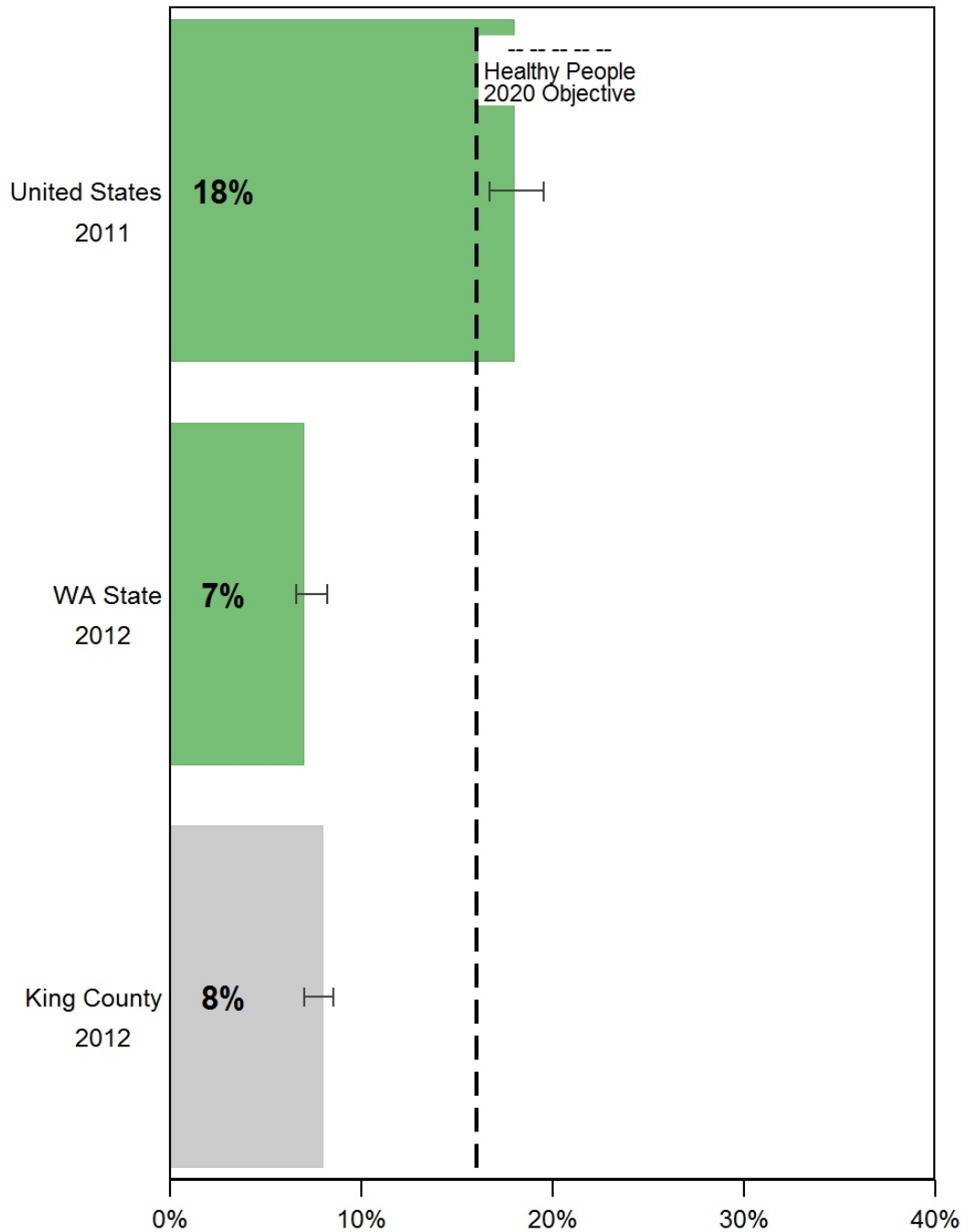
Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

CI is 95% Confidence Interval.

Cigarette smoking (school-age) by comparison areas

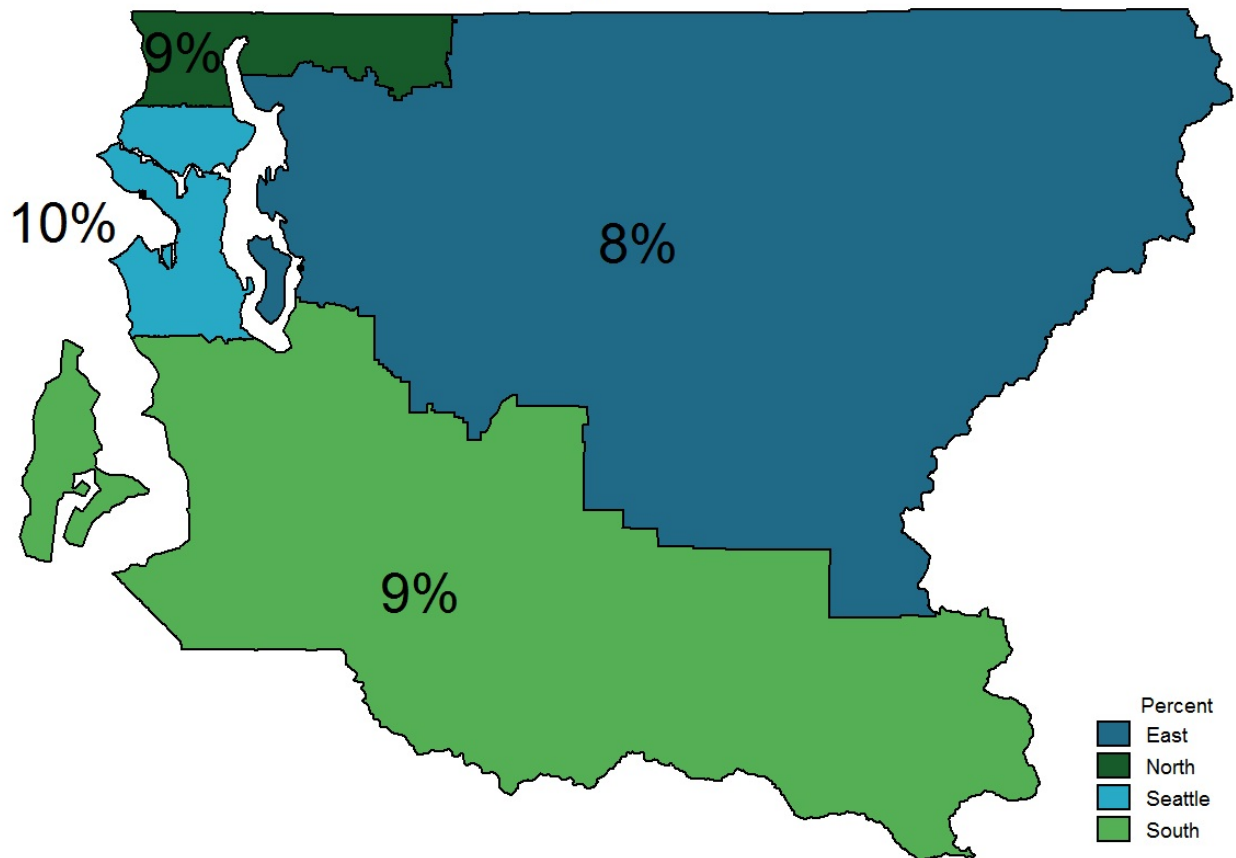


Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

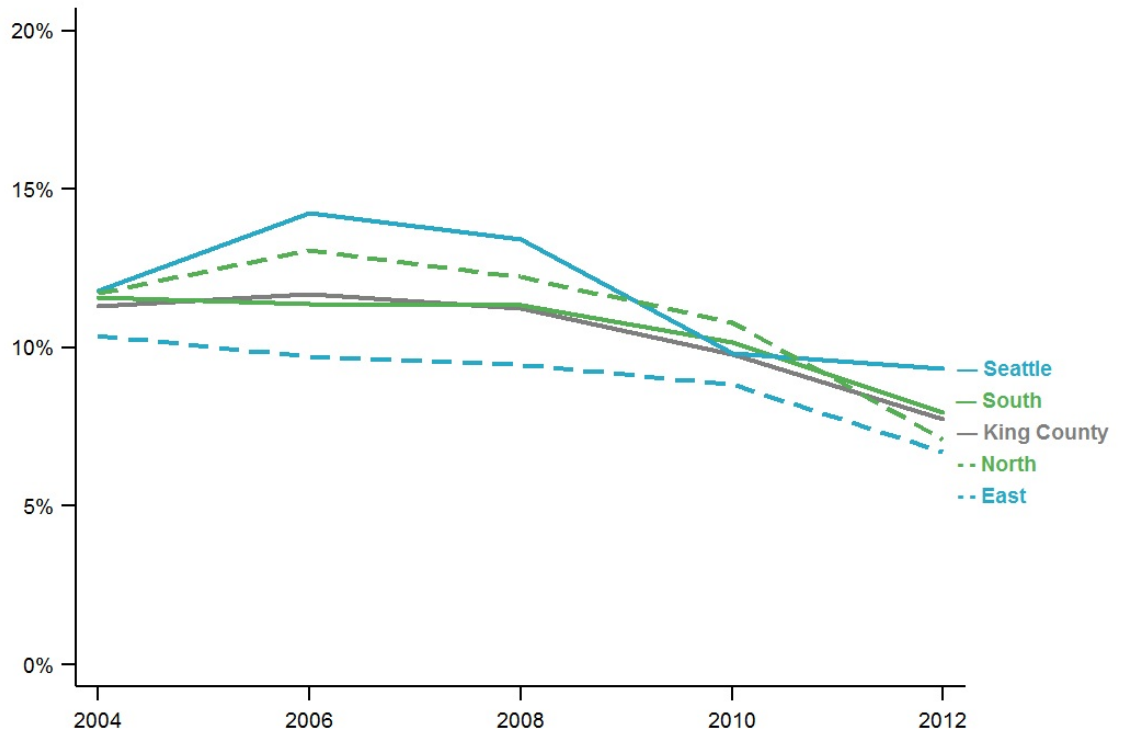
|-----| Confidence interval shows range that includes true value 95% of the time.

**Cigarette smoking (school-age) by regions
King County, 2010 and 2012**



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
N/A: Not available.

Cigarette smoking (school-age) King County, 2004-2012



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Produced by the
[Assessment, Policy Development & Evaluation Unit](#)
[Public Health - Seattle & King County](#)
12/14

King County
Hospitals
for a Healthier
Community