Healthy Youth Survey

What is it?

The Healthy Youth Survey (HYS) is a statewide, collaborative effort of OSPI, the Department of Health, Health Care Authority, and the Liquor and Cannabis Board. It is administered every two years to Washington students in 6th, 8th,10th, and 12th grade. The survey is voluntary, anonymous, and free for schools to participate in.

Purpose

The HYS helps identify trends and patterns in adolescent health behaviors. It shows different behaviors over time, especially as reported by young people. The survey assists in identifying areas of need to inform policy and practice and part of that is evaluating the impact of school and community prevention efforts. It also helps to identify or notice if there is an emerging need and if we need to focus on those needs through funding and policies and programming.

What does it ask?

The survey asks students their thoughts, feelings, and behaviors pertaining to a variety of health and safety topics, including school climate and community safety, anxiety and depression, substance use and abuse, healthy eating habits, and physical activity.

Who Comes up with the Questions for the Survey?

Questions on the survey come from the Youth Risk Behavior Survey, which is conducted by the Centers for Disease Control and Prevention, as well as community members, partners who submit suggestions and revisions.

Quick Facts

- In 2025, over 213,000 students participated in the survey from 874 schools in all 39 counties.
- It is the only "student voice" survey administered throughout the state of Washington.
- Educational Service District (ESD), county, and state results are available to everyone at the HYS website.
- There are two surveys, one for elementary students and one for secondary students:
  - Elementary survey (grade 6, also grade 7 in small districts).
  - Secondary survey (grades 8, 10, 12, also for grades 9 and 11 in small districts).

Data Highlights from HYS 2025

- **50.6%** of 10th graders reported to being "highly hopeful," returning to and exceeding pre-pandemic levels.
- Depressive feelings and thoughts of suicide continue to decline, reaching lower than pre-pandemic levels.
- Over **61%** of 10th graders report to having an adult to turn to when feeling sad or hopeless.

Topics of Questions Asked

- Abuse
- Adverse Childhood Experiences Scale
- Attendance
- Activities and clubs
- Alcohol and drug use and abuse
- Asthma
- Bullying/Harassment
- Children's Hope Scale
- Community
- Demographics (age, gender, ethnicity)
- Disordered eating
- Gambling
- Gangs
- Honesty
- Mental health (depression, anxiety, suicide)
- Nutrition and Fitness
- Physical activity
- Safety-related behaviors/Violence
- Self-harm
- School climate
- School support
- Screen time (including video games)
- Sexual health
- Support from friends, family, and adults
- Texting and driving
- Vaping/Electronic Cigarettes

Resources

Please visit OSPI's Healthy Youth Survey webpage to learn more about:

- Alignment of the AWSP Leadership Framework and Healthy Youth Survey.
- What are Risk and Protective Factors.
- Healthy Youth Survey EDS access instructions.

Please visit the Healthy Youth Survey website to:

- Explore a survey topic with an interactive map, trends, and results by demographics for the state, counties, or Educational Service Districts (ESDs) on the Data Dashboard.
- Find the most recenty HYS frequency reports and fact sheets for a specific topic or location.
- Read the 2025 Interpretive Guide to get information on using the survey results to inform program planning.