



In the fall 2013, a total of 25,197 students in 106 public high schools throughout Colorado completed the Healthy Kids Colorado Survey (HKCS), which includes components of the Centers for Disease Control and Prevention's Youth Risk Behavior Survey (YRBS). The HKCS consists of questions related to health behaviors in the following domains: physical activity and nutrition; unintentional injuries and violence; mental health; alcohol, tobacco, marijuana and other drug use; school and family; and sexual health. Results from this survey provide a snapshot of these issues among Colorado's youth. Colorado achieved sufficient participation in 2013 from selected schools and students that data was able to be weighted and can be considered representative of students in Colorado in grades 9-12. Weighted data was also achieved in Colorado in 2011, 2009 and 2005. This document provides an overview of the prevalence related to each behavior domain as well as select statistically significant differences by sex and race/ethnicity.¹

Physical Activity

- Just under half (49.1%) of Colorado high school students were physically active for at least 60 minutes on five or more of the past seven days; this differed between males (57.7%) and females (40.3%).
- Additionally, White students (53.7%) were more likely than Asian (34.4%), Hispanic/Latino students (42.3%), Black/African American (43.8%) and Other race/ethnicity (49.4%) students to have been physically active for at least 60 minutes in five or more of the past seven days.
- Approximately one-fifth (21.0%) of students reported watching three or more hours of TV on an average school day.
- Almost one-third (32.6%) of students played video games or used the computer for non-school work activities for three or more hours on an average school day.



eaten vegetables two or more times per day during the past week, while Asian students (42.9%) were more likely than White students (30.4%) to have done so.

- Overall, 41.9% of students ate breakfast on all of the past seven days; this differed by males (46.0%) and females (37.8%).

Weight

- Based on self-reported height and weight, 11.3% of Colorado high school students are overweight and 8.0% are obese.²
- The prevalence of obesity differed between males (10.5%) and females (5.4%).
- Overweight differed between White students (9.1%) and Other race/ethnicity (14.3%), Black/African American (14.5%) and Hispanic/Latino (15.2%) students. Additionally, Other race/ethnicity (9.6%), Hispanic/Latino (11.8%), Black/African American (12.2%), and American Indian (12.6%) students were more likely than White students (5.9%) to be obese.

Nutrition

- A total of 33.1% of students reported eating fruit two or more times per day during the past week. This differed between males (34.5%) and females (31.6%).
- Overall, 29.2% of students reported eating vegetables two or more times per day during the past week.
- Hispanic/Latino (25.6%) and Black/African American (25.9%) students were less likely than White students (30.4%) to have

Unintentional Injury & Violence

- One-fifth (20.4%) of students reported being in a physical fight in the past 12 months; this differed between males (26.0%) and females (14.6%).
- Hispanic/Latino (21.8%), Black/African American (31.8%), American Indian/Alaska Native (33.1%), and Other race/ethnicity (34.9%) students were more likely than White students (17.8%) to have been in a physical fight in the past year. White students (17.8%) were more likely than Asian students (13.0%) to have been in a physical fight in the past year.
- One-fifth (20.0%) of students reported that they had been bullied on school property in the past 12 months; females (23.5%) were more likely than males (16.7%) to have experienced bullying.
- Other race/ethnicity students (26.6%) were more likely than White students (21.1%) to have been bullied on school property in the past 12 months while Asian (16.1%) and Hispanic/Latino (17.6%) students were less likely than White students (21.1%) to have been bullied on school property in the past 12 months.

¹Prevalence data refers to the proportion of students who endorsed a given behavior in the 2013 HKCS administration. Select statistically significant differences by sex (male/female) and race/ethnicity (White (non-Hispanic), Hispanic/Latino, Black/African American, American Indian/Alaska Native, Asian, Native Hawaiian/Other Pacific Islander, and Other race/ethnicity) are also provided. Statistically significant differences are noted in this document. Lack of notation about differences does not imply that differences do not exist.

²Body mass index is calculated from self-reported height and weight (kg/m²). BMI values are compared with sex- and age-specific reference data and obese is defined as a BMI ≥95th percentile and overweight is ≥85th and <95th percentile for age and sex.



APPLICATIONS OF HKCS DATA

These data are intended to create awareness about priority health behaviors of youth in Colorado, as well as to provide a tool to assess how behaviors change over time. Data can be used by key stakeholders, including legislators, educators, students, parents, community members and school staff to better understand behaviors, set program goals, develop programs, support health-related policies and seek funding.

In 2013, numerous schools and communities choose to participate in a local administration of the survey to be able to compare their results to state data and national data to better understand what priorities may exist in their community and to monitor health behavior trends. In 2013, over 200 schools participated in a state-administered HKCS, representing over 40,000 students.

An executive summary is available.

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Mental Health

- Nearly one-quarter (24.3%) of Colorado high school students reported that they felt sad or hopeless almost every day for at least two weeks within the past 12 months. This differed between females (32.3%) and males (16.6%).
- Other race/ethnicity (31.0%) students were more likely than White students (21.4%) to have reported that they felt sad or hopeless every day for at least two weeks within the past 12 months.
- A total of 6.6% of Colorado high school students reported attempting suicide in the past 12 months.
- Females (9.1%) were more likely than males (4.1%) to have attempted suicide in the past 12 months while Hispanic/Latino (7.8%), Black/African American (9.3%), Other race/ethnicity (12.9%), and American Indian/Alaska Native (14.5%) students were all more likely than White students (5.2%) to have attempted suicide.

Alcohol Use

- Overall, 31.0% of high school students reported having one or more drinks of alcohol in the past 30 days.
- As compared to White students (30.5%), Asian students (15.2%) were less likely and Hispanic/Latino (33.9%) and Other race/ethnicity (35.3%) students were more likely to have had one or more drinks of alcohol in the past 30 days.
- A total of 16.6% of students reported binge drinking in the past 30 days.
- White students (15.8%) were more likely than Asian students (5.8%) but less likely than Hispanic/Latino (19.4%) and Other race/ethnicity (21.6%) students to report binge drinking in the past 30 days.

Tobacco and Marijuana Use

- A total of 10.7% of high school students reported smoking one or more cigarettes in the past 30 days. More males (12.3%) than females (9.1%) smoked one or more cigarettes in the past 30 days.
- White students (10.1%) were more likely

than Asian students (6.9%) but less likely than Other race/ethnicity (17.9%) and American Indian/Alaska Native (22.8%) students to have smoked one or more cigarettes in the past 30 days.

- Overall, 19.7% of high school students reported marijuana use in the past 30 days.
- White students (17.0%) were more likely than Asian students (10.0%) to use marijuana in the past 30 days but were less likely than Hispanic/Latino (23.6%), Black/African American (25.9%), American Indian/Alaska Native (27.0%), and Other race/ethnicity (28.1%) students.

Sexual Health

- Overall, 33.1% of Colorado high school students reported that they have had sexual intercourse at least once in their lifetime, with males (35.6%) more likely than females (30.5%) to have done so.
- Asian students (13.4%) were less likely than White students (29.8%) to have ever engaged in sexual intercourse. Hispanic/Latino (39.5%), Black/African American (43.2%), American Indian/Alaska Native (44.0%), and Other race/ethnicity students (45.2%) were more likely than White students (29.8%) to have ever engaged in sexual intercourse.
- Students in higher grades were more likely to report sexual activity. A total of 52.8% of 12th graders reported ever having sex, while 14.9% of 9th graders reported ever having sex.

Youth Engagement

- A total of 74.9% of Colorado high school students described their grades as mostly A's or B's.
- Overall, 68.0% of Colorado students participated in extracurricular activities such as sports, band, drama, clubs, or student government.
- A total of 78.0% of high school students reported that they could talk with their parents or guardians for help if they had a personal problem.

