The Healthy Kids Colorado Survey is a tool we use to better understand the health of Colorado’s middle and high school students so we can support them in making healthy choices. The following images represent Colorado high school student data from 2015. For more information and complete survey data, visit healthykidscolo.org.

**Mental Health Among Youth in Colorado**

**HEALTH INEQUITIES**

Demographic breakdown of mental health trends among a specific identity

**Sextual Orientation**

- **Suicide Plan**
  - 11% of Heterosexual Youth
  - 22% of Youth who are not sure
  - 31% of Gay or Lesbian Youth
  - 41% of Bisexual Youth

- **Suicide Attempt**
  - 6%
  - 13%
  - 24%
  - 26%

**Gender Identity**

- **Suicide Plan**
  - 14% of Cisgender Youth
  - 23% of Questioning Youth
  - 40% of Transgender Youth

- **Suicide Attempt**
  - 7%
  - 14%
  - 35%

**Race/Ethnicity**

- **Suicide Plan**
  - 10% of Blacks
  - 12% of Hispanics
  - 12% of Pacific Islanders
  - 14% of Whites
  - 15% of Asians
  - 16% of American Indians
  - 18% of Multiracial Youth

- **Suicide Attempt**
  - 4% of Asians
  - 6% of Blacks
  - 6% of American Indians
  - 7% of Whites
  - 8% of Hispanics
  - 13% of Pacific Islanders
  - 15% of Multiracial Youth

**Gender**

- **Suicide Plan**
  - 10% of Males
  - 18% of Females

- **Suicide Attempt**
  - 4%
  - 11%

Health equity is when all people, regardless of who they are or what they believe, have the opportunity to attain their full health potential. Achieving health equity requires valuing all people equally with focused and ongoing efforts to address inequalities.

**FACTORS THAT CAN HELP REDUCE YOUTH SUICIDE ATTEMPTS**

- **Trusted Adults:** Youth who have an adult to go to for help are 3.5x LESS likely to attempt suicide.
- **School Safety:** Youth who feel safe at school are 3.2x LESS likely to attempt suicide.
- **Extracurricular Activities:** Youth who participate are 1.7x LESS likely to attempt suicide.