

SNAPSHOT REPORT

TELLURIDE MIDDLE SCHOOL



2019

Thank you for completing the Healthy Kids Colorado Survey (HKCS). This Snapshot Report includes your school's results compared to state results for students in grades 6 to 8. The HKCS collects self-reported health information from Colorado public school students every other year. The HKCS is informed by the Colorado Department of Public Health and Environment, Education, Human Services, and Public Safety. The Colorado School of Public Health administers the survey.

The HKCS was administered in the fall of 2019 to over 100,000 students from more than 500 middle and high schools, including opt in schools. Classrooms were randomly sampled and students in those classes were asked to complete the survey. In some schools, all students were invited to participate. If the school response rate was 30% or higher, data were weighted to represent all students in the grades surveyed. If the response rate was lower than 30%, the data only represent participating students. Under- or over-representation of some demographic groups may affect interpretation of results.

The response rate for your school was **86.3%** with **145** students participating in the survey

LEGEND

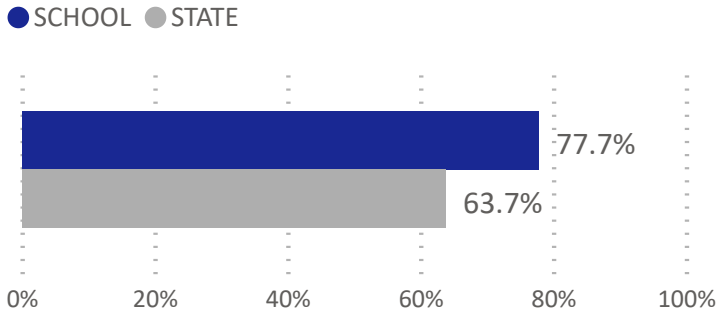
-  SCHOOL PERCENTAGE
-  COLORADO STATE PERCENTAGE

** A graph or table is blank if data are not reported. Data are not reported if the number of the students responding "yes" is fewer than 3, 0, or 100%. For schools with enrollment over 35, data are not reported if fewer than 30 students responded.*

SCHOOL CONNECTEDNESS

Students who feel connected to their school are more likely to have better academic achievement, such as higher grades, test scores, and better attendance. Overall, students who feel connected are also less likely to engage in risky behaviors.

% OF STUDENTS WHO PARTICIPATE IN EXTRACURRICULAR ACTIVITIES

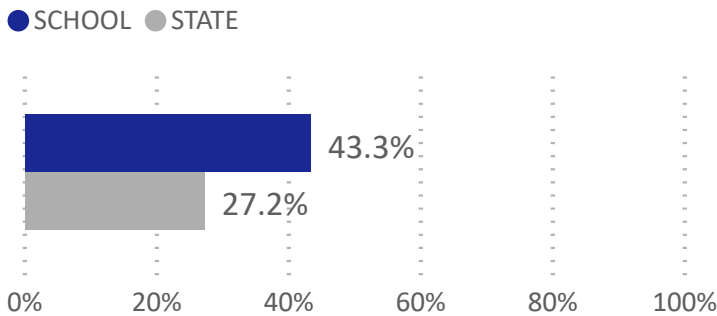


% STUDENTS WHO...	SCHOOL	STATE
DESCRIBE THEIR GRADES AS MOSTLY A'S AND B'S IN THE PAST 12 MONTHS	93.0%	73.3%
THINK IT IS IMPORTANT TO FINISH HIGH SCHOOL	96.8%	96.9%

SAFETY & VIOLENCE

Students who perceive school to be physically or emotionally unsafe, due to bullying or other threats, are more likely to skip school and less likely to perform well in school. Schools can work to reduce bullying and other safety threats through school policies and evidence-based interventions.

% OF STUDENTS WHO HAVE BEEN BULLIED ON SCHOOL PROPERTY IN THE PAST 12 MONTHS



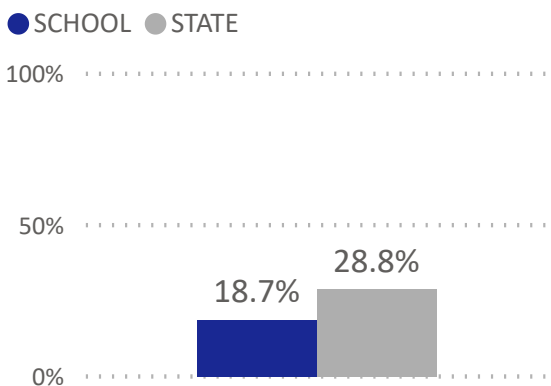
% STUDENTS WHO HAVE...	SCHOOL	STATE
EVER BEEN IN A PHYSICAL FIGHT	44.2%	39.8%
EVER BEEN ELECTRONICALLY BULLIED	32.0%	20.2%
EVER CARRIED A WEAPON SUCH AS A GUN, KNIFE, OR CLUB	38.5%	31.9%

MENTAL HEALTH & SUPPORTIVE RELATIONSHIPS

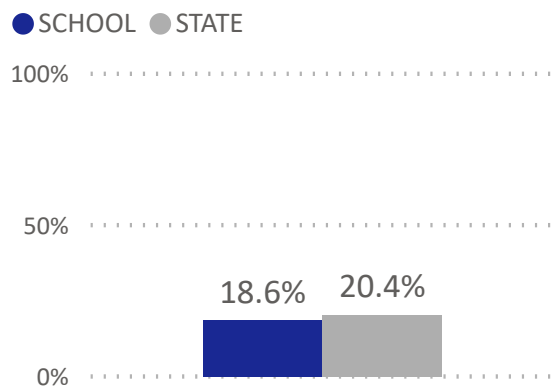
Suicide is a leading cause of death among adolescents in the U.S. as well as in Colorado. Feeling sad or hopeless for an extended period of time is an indicator for depression, which can increase the risk for suicide. Having a relationship with a trusted adult, such as a parent/guardian or a teacher, to go to with a problem is a protective factor against suicide risk.

% STUDENTS WHO...	SCHOOL	STATE
HAVE AN ADULT TO GO TO FOR HELP WITH A SERIOUS PROBLEM	75.0%	71.9%

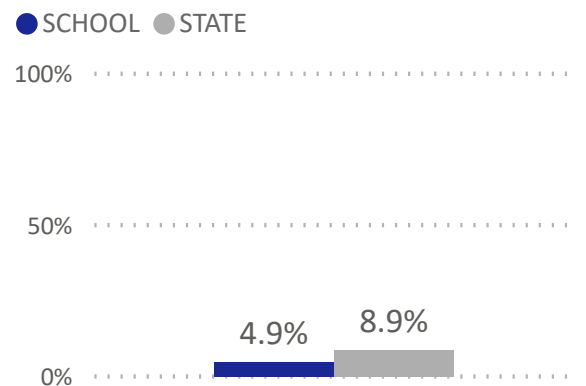
% OF STUDENTS WHO FELT SAD OR HOPELESS FOR 2+ WEEKS IN A ROW



% OF STUDENTS WHO HAVE EVER CONSIDERED SUICIDE



% OF STUDENTS WHO HAVE EVER ATTEMPTED SUICIDE



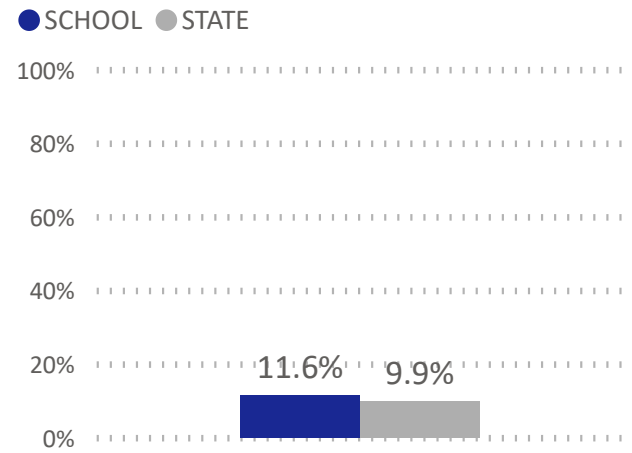
SUBSTANCE USE

Youth substance use is associated with lower academic achievement. In addition to the impact on academic success, using drugs and alcohol is associated with increased risk of injuries and worse mental health outcomes. Early intervention to reduce drug and alcohol use can prevent poor health outcomes and improve the overall success of young people.

MARIJUANA

% STUDENTS WHO...	SCHOOL	STATE
USED MARIJUANA IN THE PAST 30 DAYS	2.8%	5.2%
THINK IT WOULD BE SORT OF OR VERY EASY TO GET MARIJUANA	23.9%	18.7%
THINK PEOPLE WHO USE MARIJUANA REGULARLY HAVE MODERATE TO GREAT RISK OF HARM	69.6%	72.6%
THINK IT IS WRONG/VERY WRONG FOR SOMEONE THEIR AGE TO USE MARIJUANA	86.3%	87.9%

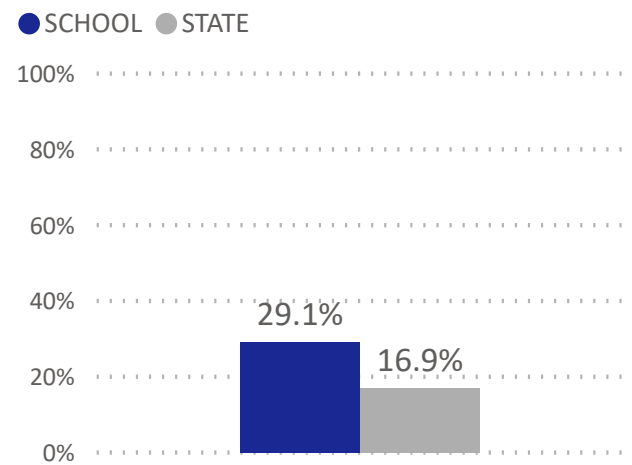
% OF STUDENTS WHO HAVE EVER USED MARIJUANA



ALCOHOL

% STUDENTS WHO...	SCHOOL	STATE
DRANK ALCOHOL IN THE PAST 30 DAYS	11.2%	6.6%
THINK IT WOULD BE SORT OF OR VERY EASY TO GET ALCOHOL	44.4%	33.1%
THINK PEOPLE WHO HAVE 1-2 DRINKS PER DAY HAVE MODERATE TO GREAT RISK OF HARM	74.1%	75.9%
HAVE EVER RODE IN A CAR DRIVEN BY SOMEONE WHO HAD BEEN DRINKING ALCOHOL	28.4%	19.0%

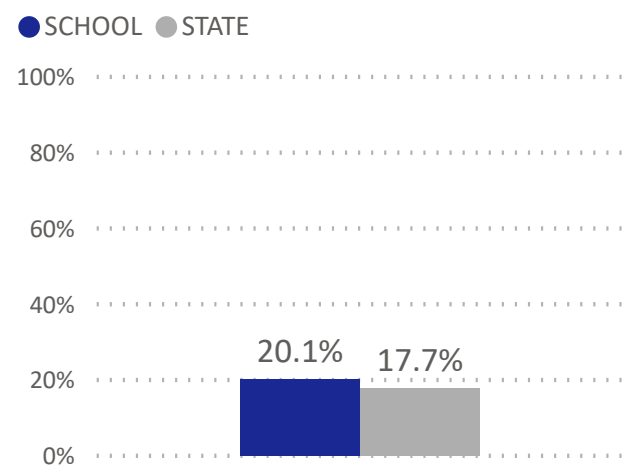
% OF STUDENTS WHO HAVE EVER DRANK ALCOHOL



E-CIGARETTES/TOBACCO

% STUDENTS WHO...	SCHOOL	STATE
USED E-CIGARETTES IN THE PAST 30 DAYS	12.5%	8.2%
THINK PEOPLE WHO USE E-CIGARETTES EVERYDAY HAVE MODERATE TO GREAT RISK OF HARM	84.6%	77.9%
THINK IT IS WRONG/VERY WRONG FOR SOMEONE THEIR AGE TO USE E-CIGARETTES	83.6%	87.3%

% OF STUDENTS WHO HAVE EVER USED AN E-CIGARETTE

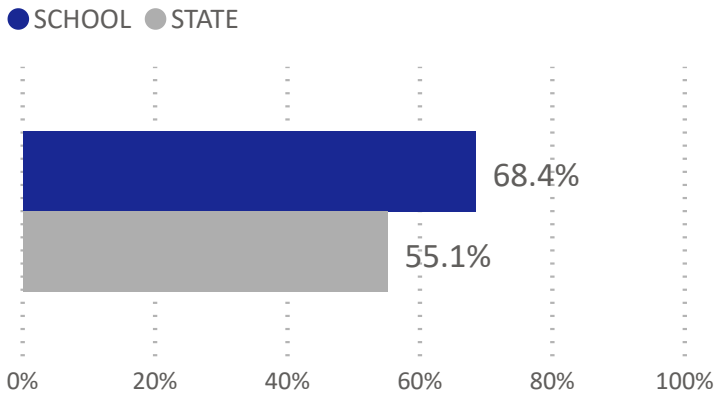


% STUDENTS WHO...	SCHOOL	STATE
THINK IT WOULD BE SORT OF OR VERY EASY TO GET CIGARETTES	34.4%	25.7%
THINK PEOPLE WHO SMOKE 1+ PACKS OF CIGARETTES A DAY HAVE MODERATE TO GREAT RISK OF HARM	90.0%	85.8%

PHYSICAL ACTIVITY & NUTRITION

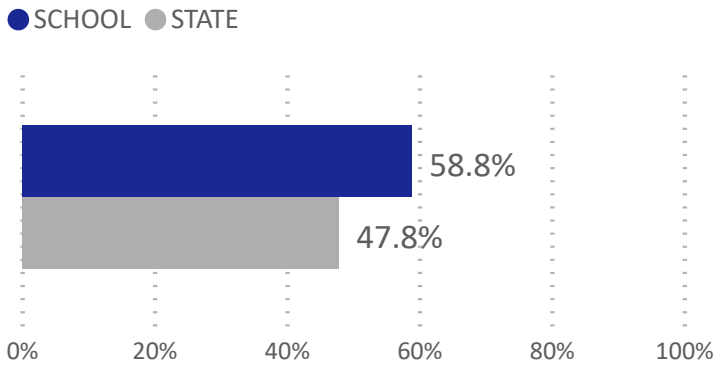
Obesity is a contributor to leading causes of death and chronic disease such as heart disease, cancer, and diabetes. Physical activity and healthy eating support student health and learning. Studies show that physical activity can help youth improve their concentration, memory, and classroom behaviors. Additionally, students with low nutrient intake are more likely to be absent, experience behavioral issues, and receive lower grades.

% OF STUDENTS WHO WERE PHYSICALLY ACTIVE FOR AT LEAST 60 MIN/DAY ON 5+ DAYS IN THE PAST 7 DAYS



% STUDENTS WHO...	SCHOOL	STATE
HAVE P.E. CLASS 1+ DAYS PER AVERAGE WEEK	37.0%	56.0%
SPEND 3+ HOURS OF NON-SCHOOL SCREEN TIME IN AN AVERAGE SCHOOL DAY	32.8%	38.9%
PLAYED ON 1+ SPORTS TEAMS IN THE PAST 12 MONTHS	77.7%	64.2%

% OF STUDENTS WHO ATE BREAKFAST EVERY DAY IN THE PAST 7 DAYS



% STUDENTS WHO...	SCHOOL	STATE
ATE VEGETABLES 1+ TIMES PER DAY IN THE PAST 7 DAYS	68.4%	47.6%
ATE FRUIT 1+ TIMES PER DAY IN THE PAST 7 DAYS	67.5%	51.1%
DRANK SODA 1+ TIMES PER DAY IN THE PAST 7 DAYS (DOES NOT INCLUDE DIET SODA)	7.9%	19.1%

CONTACT US

For more information on how to use your data, resources available, and other technical assistance requests, please email CSPHSurveyTeam@ucdenver.edu.

RESOURCES

STATE & NATIONAL AGENCIES

Colorado Department of Public Health and Environment (CDPHE), Healthy Kids Colorado Survey

www.healthykidscolo.org

Colorado Department of Public Safety, School Safety Resource Center

www.colorado.gov/cssrc

Colorado Department of Human Services

www.colorado.gov/cdhs

Centers for Disease Control (CDC), Division of Adolescent and School Health

www.cdc.gov/healthyyouth/index.htm

HEALTH TOPICS

School Connectedness

CDC School Connectedness: www.cdc.gov/healthyyouth/protective/school_connectedness.htm

CDPHE Positive Youth Development: www.colorado.gov/pacific/cdphe/positive-youth-development

Safety/Violence

CDC Youth Violence Prevention: www.cdc.gov/violenceprevention/youthviolence/index.html

CDPHE Injury Prevention: www.colorado.gov/cdphe/categories/services-and-information/health/prevention-and-wellness/injury-prevention

Mental Health/Suicide Prevention

CDC Mental Health: www.cdc.gov/mentalhealth/tools-resources/index.htm

CDPHE Youth Suicide Prevention: www.colorado.gov/pacific/cdphe/youth-suicide-prevention

Alcohol & Other Drugs

CDC Underage Drinking: www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm

CDPHE Youth and Marijuana: <https://responsibilitygrowshere.com/youth-and-marijuana>

E-Cigarettes/Tobacco

CDC Youth and Tobacco Use: www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm

CDPHE Youth Tobacco Prevention: www.colorado.gov/pacific/cdphe/youth-tobacco-prevention

Physical Activity

CDC Physical Education and Physical Activity: www.cdc.gov/healthyschools/physicalactivity/guidelines.htm

Nutrition

CDC School Nutrition: www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm