



# HEALTHY KIDS COLORADO SURVEY

## School Snapshot

### Telluride High School

This School Snapshot presents your school's results from the 2017 Healthy Kids Colorado Survey (HKCS) compared to state results. The HKCS collects self-reported health information from Colorado public school students every other year. The HKCS is supported by the Colorado Department of Public Health and Environment, Colorado Department of Education, Colorado Department of Safety, and Colorado Department of Human Services. A team at the Colorado School of Public Health administers the survey. Website: [www.healthykidscolo.org](http://www.healthykidscolo.org) | Email: [hkcs@ucdenver.edu](mailto:hkcs@ucdenver.edu)

The HKCS was administered in the fall of 2017 to more than 80,000 students from more than 410 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 the participating students. Under- or over- representation of some demographic groups may affect interpretation of results. School results are compared to the statewide results for students in grades 9 to 12.

**The response rate for your school was 45% and 225 students participated in the survey.**

#### Legend:

- School Percentage
- Colorado Percentage

\* An asterisk indicates a statistically significant difference between the school and state percentages.

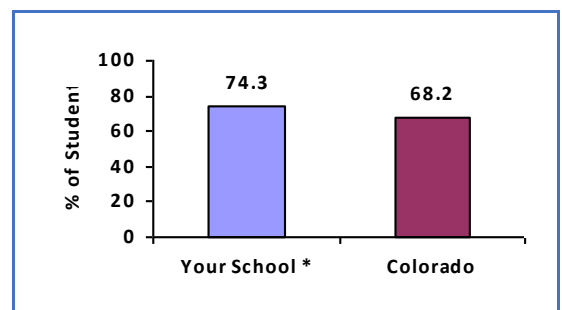
\*\* A graph or table is blank if data are not reported. Data are not reported if the number of the students responding yes is fewer than 3, 0, or 100%. For schools with enrollment over 30, data are not reported if fewer than 30 students responded.

### School Connectedness

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

Students who...	School	State
<i>Described their grades as mostly A's and B's</i>	89.8% *	77.5%
<i>Think it's important to go to college</i>	90.2%	89.3%
<i>Skipped school at least 1 day in last month</i>	18.5%	22.8%

### Students who participate in extracurricular activities at school



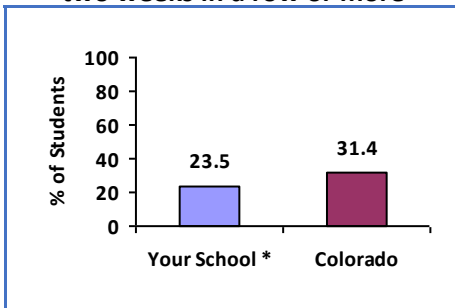
## Mental Health / Supportive Relationships

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 used as an indicator for depression and depression 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 can be a protective factor against suicide risk.

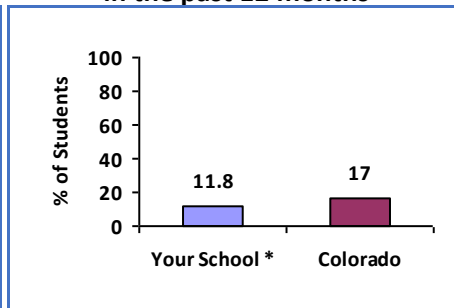
<i>Students who...</i>	School	State
<b><i>Have someone to talk to when feeling sad, empty, hopeless, angry, or anxious</i></b>	81.6%	83.4%
<b><i>Have an adult to go to for help with a serious problem</i></b>	63.4% *	73.5%
<b><i>Could ask a parent/guardian for help if had a personal problem</i></b>	82.9%	83.5%

### Mental Health Indicators

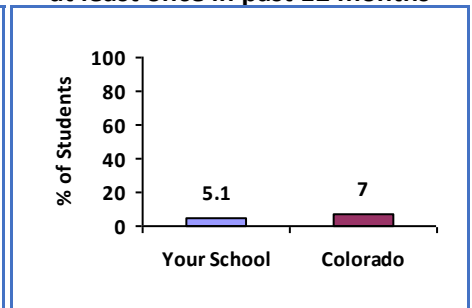
**Felt sad or helpless  
two weeks in a row or more**



**Considered suicide  
in the past 12 months**



**Attempted suicide  
at least once in past 12 months**

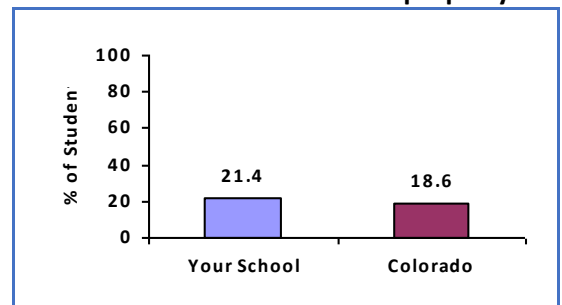


## Safety and Violence

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 threats to safety through school policies and evidence-based interventions.

<i>Students who have ever...</i>	School	State
<b><i>Been bullied electronically in past 12 months</i></b>	18.6%	14.9%
<b><i>Been in a physical fight in past 12 months</i></b>	22.7% *	18.0%
<b><i>Carried a weapon on school property in past 30 days</i></b>	5.2%	4.4%

**Ever been bullied on school property**



## 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.

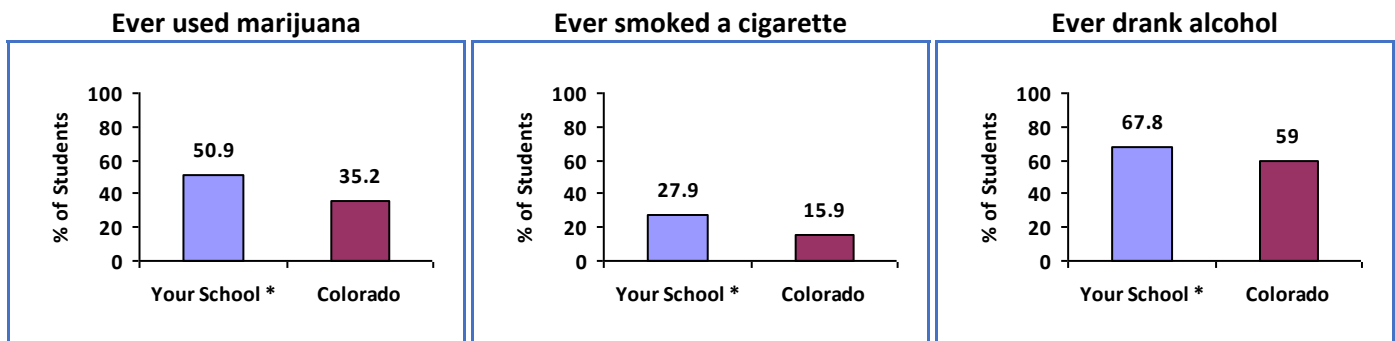
Colorado youth are more likely to drink alcohol compared to the other substances. Cigarette use is decreasing while the use of electronic vapor products has been on the rise. Marijuana use is relatively stable. Among other illicit drugs, Colorado students are most likely to use prescription drugs without a doctor's prescription. Alcohol and other substance use in Colorado is consistent with national averages. Early intervention to reduce drug and alcohol use can prevent poor health outcomes and improve the overall success of young people.

Marijuana			Alcohol		
Students who...	School	State	Students who...	School	State
<b>Used marijuana in the last 30 days</b>	34.0% *	19.4%	<b>Drank alcohol in the last 30 days</b>	46.8% *	28.7%
<b>Think it would be sort of or very easy to get marijuana</b>	60.7%	53.5%	<b>Rode in a car in the past 30 days driven by someone who had been drinking alcohol</b>	21.2% *	15.2%
<b>Think people who use marijuana regularly have moderate or great risk of harm</b>	47.1%	51.8%	<b>Think it would be sort of or very easy to get alcohol</b>	59.8%	57.5%
<b>Think it is wrong or very wrong for someone the same age to use marijuana</b>	52.5%	57.4%	<b>Think people who drink regularly have moderate or great risk of harm</b>	65.0%	72.2%

E-Cigarettes/Vaping			Other Drugs		
Students who...	School	State	Students who...	School	State
<b>Used an electronic vapor product 1+ days in the past 30 days</b>	42.4% *	27.0%	<b>Used prescription drugs (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax), without a doctor's prescription, in the last 30 days</b>	6.6%	5.1%
<b>Think it would be sort of or very easy to get electronic vapor products</b>	71.9% *	58.4%	<b>Think it is sort of or very easy to get prescription drugs without a prescription</b>	22.4%	25.3%
<b>Think people who use electronic vapor products every day have a moderate or great risk of harm</b>	55.2%	49.8%	<b>Think it is wrong or very wrong to use prescription drugs without a prescription</b>	93.0% *	88.7%

## Substance Abuse



## Sexual Health

Risky sexual behaviors can lead to negative health outcomes including risk of sexually transmitted diseases and unintended pregnancy. Parents, schools and communities can support youth in making healthy choices.

<i>Students who...</i>	School	State
<b><i>Ever had sexual intercourse</i></b>	38.0%	32.7%
<b><i>Had sexual intercourse in the past 3 months</i></b>	27.2%	22.9%
<b><i>Were sexually active in the past 3 months and did not use a method of pregnancy prevention last sexual intercourse</i></b>	14.9%	9.2%

## Physical Activity and Nutrition

Obesity is a contributor to leading causes of death and chronic disease such as heart disease, cancer, and diabetes. Colorado has one of the lowest obesity rates in the nation, but the rate of obesity and related health outcomes are increasing.

Access to and consumption of healthy foods is important for students' academic success. Students with low nutrient intake are more likely to be absent, experience behavioral issues, and receive lower grades. There are many benefits students gain from healthy eating and physical activity. Studies have shown that physical activity can help youth improve their concentration, memory, and classroom behaviors.

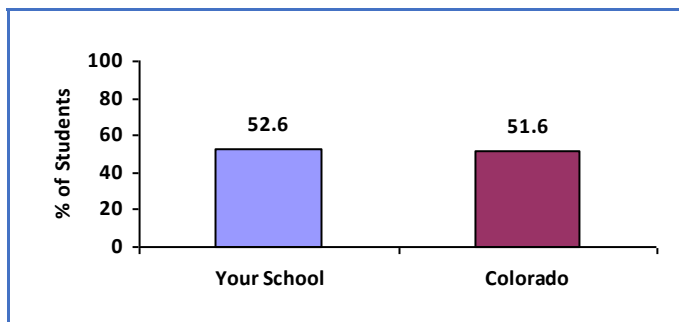
### Physical Activity

<i>Students who...</i>	School	State
<b><i>Have PE class at least 1 day per week, on average</i></b>	20.0% *	43.7%
<b><i>Have 3 or more hours of non-school screen time on an average school day</i></b>	45.8% *	52.2%
<b><i>Played on at least one sports team in the past 12 months</i></b>	72.3% *	60.6%

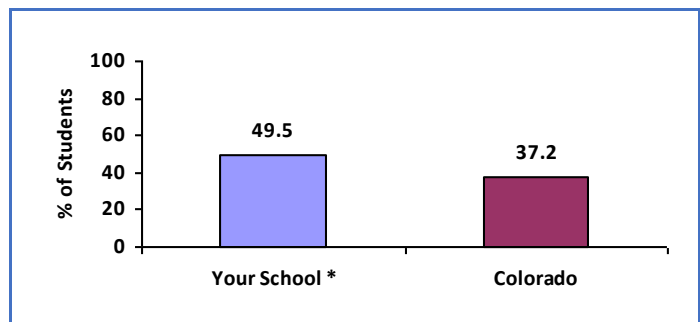
### Nutrition

<i>Students who...</i>	School	State
<b><i>Ate a vegetable 1 or more times a day in the past 7 days</i></b>	62.5% *	44.2%
<b><i>Ate fruit 1 or more times a day in the past 7 days</i></b>	56.2% *	42.2%
<b><i>Drank soda 1 or more times a day in the past 7 days (does not include diet soda)</i></b>	10.3% *	15.8%

Students who were physically active for a total of at least 60 minutes per day on five or more of the past 7 days



Students who ate breakfast every day of the past 7 days



## Contact Us

For more information about how to use your data, resources available, and other data or technical assistance requests, please email Project Director, Ashley Brooks-Russell at [ashley.brooks-russell@ucdenver.edu](mailto:ashley.brooks-russell@ucdenver.edu) or [HKCS@ucdenver.edu](mailto:HKCS@ucdenver.edu)

Website: [www.healthykidscolo.org](http://www.healthykidscolo.org)

## Thank you!

## Resources

Colorado Department of Public Health and Environment (CDPHE), Healthy Kids Colorado Survey:  
[www.healthykidscolo.org](http://www.healthykidscolo.org)

Colorado Department of Education, Health and Wellness Office  
<http://www.cde.state.co.us/offices/healthwellnessoffice>

Colorado Department of Public Safety, School Safety Resource Center  
<https://www.colorado.gov/cssrc>

Colorado Department of Human Services  
<https://www.speaknowcolorado.org/>

Centers for Disease Control, Division of Adolescent and School Health  
<https://www.cdc.gov/healthyyouth/index.htm>

Physical Activity:  
[http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/factsheet\\_pa\\_guidelines\\_schools.pdf](http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/factsheet_pa_guidelines_schools.pdf)

School Connectedness:  
<http://www.cdc.gov/healthyyouth/protective/pdf/connectedness.pdf>

Alcohol Other Drugs:  
<http://www.cdc.gov/healthyyouth/alcoholdrug/>

Tobacco:  
[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/youth\\_data/tobacco\\_use/index.htm#reducing](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm#reducing)

Safety/Violence:  
<http://www.cdc.gov/violenceprevention/youthviolence/index.html>

Sexual Education:  
[http://www.cdc.gov/healthyyouth/about/pdf/hivstd\\_preve](http://www.cdc.gov/healthyyouth/about/pdf/hivstd_preve)

Mental Health/Suicide Prevention:  
<http://store.samhsa.gov/shin/content//SMA12-4669/SMA12-4669.pdf>