



The Results...

2003 Youth Risk Behavior Survey

St. Vrain Valley School District



Public Health



Forward...

In late 2003, St. Vrain Valley School District (SVVSD) and Boulder County Public Health (BCPH) advanced our collaborative effort to learn more about how we can protect and enhance the well-being of our county's school-age youth. Together, we conducted the Youth Risk Behavior Survey (YRBS) with a representative sample of students in eight of the nine SVVSD high schools.

The data presented in this report provide us with significant challenges and opportunities. We have an opportunity to reassess current school- and community-based strategies, and to better target our efforts in response to these data. Implementing both school- and community-based strategies that strengthen the knowledge and skill base of our children, as well as that of our children's parents and other community members, can help us meet the challenge of significantly reducing the risk behaviors among our youth.

As we look at these data, four preliminary insights emerge. These insights can be useful as a guide to understanding and responding to these data:

- * There are many positive social norms we want to reinforce and promote (e.g. use of seatbelts).
- * There are many risk behaviors that, with effective interventions, can be prevented, reduced, or postponed (e.g. alcohol use, binge drinking, and driving or riding with a driver who has consumed alcohol).
- * There are some risk factors that call for immediate intervention and help (e.g. forced sexual intercourse, clinical depression, and suicide ideation).
- * There are significant health disparities based on ethnicity/race and sexual orientation that are untenable (e.g. harassment, safety at school, depression, and suicide ideation).

We now have the Youth Risk Behavior Survey completed for both St. Vrain Valley School District and Boulder Valley School District, providing reliable local data for the entire county. This provides the school district with an unprecedented opportunity to partner with the communities in which our youth reside. We can use these findings as a catalyst to improve the prospects for all of our youth as they move toward the future as healthy, educated, and productive adults.



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 - * Naropa University
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Executive Summary...

Our community has launched a significant collaboration to address the health risk behaviors of our youth. In order to strategically and effectively address these risky behaviors, we must collect reliable local data, commit to repeating data collection on a regular basis, and identify and implement best practices in response to these data. Boulder Valley School District (BVSD), St. Vrain Valley School District (SVVSD), and Boulder County Public Health (BCPH), along with a broad range of community partners, have embarked on this long-term path toward improving the health and well-being of our youth.

This report presents the results of the Youth Risk Behavior Survey (YRBS), conducted in late 2003, as an initial and crucial step in this collaborative process. Although this survey was conducted in both BVSD and SVVSD, only the SVVSD results are included in this report. These survey results provide data that can guide and inform our community planning and action. These data, along with the data from subsequent administrations of the YRBS, will provide evidence of trends over time and will be a valuable indicator of the long-term effectiveness of parent, community, and school district efforts to address youth risk behaviors.



It is important to look at both sides of the data – the good news as well as the challenges – in order to get an accurate and useful picture of how our youth are doing. The positive side of the data not only sheds light on the behaviors among our youth, it can also be a tool to promote positive decision making. As student perceptions of “everyone’s doing it” are challenged by data that clearly show “everyone’s NOT doing it,” decreases in risk behaviors can result. Research has demonstrated the effectiveness of this “social norms” approach to preventing risk behaviors. The positive side of the

data can be used to guide strategic decision making for prevention efforts, as it is important to look at what is working well along with determining areas for improvement. The challenging data can inform strategic planning for both prevention and intervention efforts.

Attention to both prevention and intervention are necessary to comprehensively address these risk behaviors in an effective and strategic manner. While SVVSD certainly has a crucial role in addressing these behaviors, the larger role of the community must be widely acknowledged and embraced. Most of these risky behaviors do not occur or originate at school – they occur in homes and out in the community.

The questions in the survey cover a range of behaviors that contribute to morbidity and mortality among youth and adults, including the following categories:

- Injury (unintentional and intentional)
- Tobacco use
- Alcohol and other drug use
- Sexual behaviors

- Nutrition and physical activity
- School climate and harassment

The Boulder County Youth Risk Behavior Survey (YRBS) was conducted during the week of November 17, 2003, as more than 90 trained volunteers administered the survey to 1,960 students (grades 9-12) in selected BVSD and SVVSD classrooms. Classes were randomly selected within each of 17 high schools, yielding a total of 109 classes selected for participation in the survey. This methodology assured a representative cross-section of the student population. The 72.5% overall response rate allowed for weighting of the data, providing prevalence estimates that can be generalized for the entire student population of the 17 participating high schools. In SVVSD, 910 students from 52 randomly selected classrooms in 8 high schools participated, yielding a response rate of 68%.

In addition to the general analysis of data, the data were also analyzed by race/ethnicity and by sexual orientation. These additional analyses provide evidence of the disparities in health risk behaviors among youth in Boulder County. These data reinforce the importance of assuring that community efforts address the needs of ALL of our youth. Strategic and targeted approaches can focus on eliminating such disparities, as well as creating a community that is safe and affirming for all of our youth.

The analysis by sexual orientation was conducted using countywide data. It is not available for each individual school district; however, a sample of the countywide survey results by sexual orientation is included in this report, and these data may provide insight into the needs of the gay, lesbian, bisexual, and questioning student population of SVVSD.



Summary of Results...

Unintentional Injuries...

Unintentional injuries are the leading cause of death among adolescents and youth in the United States. Most of these injuries are preventable.

- ✓ Only 6.1% of students rarely or never wore a seatbelt when riding in a car or truck driven by someone else.
- ✓ Over three-fourths of students (78.0%) who had ridden a bicycle in the past 12 months rarely or never wore a helmet.
- ✓ More than one out of four students (26.8%), and more than one out of three Hispanic/Latino students (36.9%), had ridden in a car driven by someone who had been drinking alcohol.
- ✓ Nearly one out of five 11th grade students (19.1%) had driven a car after drinking alcohol.



Intentional Injuries...

Suicide and homicide are the second and third leading causes of death for adolescents in Colorado.

- ✓ 26.6% of male students carried a weapon (such as a gun, knife, or club) during the past 30 days, and 11.5% of male students carried a weapon on school property.
- ✓ More than one out of three male students (38.4%) were involved in a physical fight during the past year; 20.2% of male students had been in a physical fight at school.
- ✓ 10.1% of female students had been forced to have sexual intercourse.
- ✓ More than one out of four students (28.6%) had felt sad or hopeless almost every day for two or more weeks during the past year.
- ✓ 18.3% of students attempted suicide during the past year; that rate was 29.4% among Hispanic/Latino students.

Tobacco Use...

Tobacco use is the leading preventable cause of death in the United States. Nearly all adults who smoke cigarettes began smoking before the age of 18.

- ✓ More than half of all students (51.0%) have ever tried smoking cigarettes.
- ✓ More than one out of four students (25.4%) currently smoke cigarettes.

- ✓ 14.7% of male students currently use smokeless tobacco.
- ✓ 32.5% of students currently use some form of tobacco.

Alcohol and Other Drug Use...

Alcohol and other drug use are associated with unintentional injury, violence, academic failure, and risky sexual behavior.

- ✓ Three out of four students (76.7%) had tried alcohol.
- ✓ Nearly half of all students (48.8%) currently drink alcohol.
- ✓ Three out of 10 students (32.4%) drank 5 or more drinks within a couple of hours at least once during the past 30 days.
- ✓ More than half of 12th grade students (55.3%) have tried marijuana.
- ✓ More than one out of five students (22.6%) currently use marijuana.
- ✓ 12.8% of students have used cocaine.
- ✓ 10.9% of students have used inhalants (such as glue, aerosol spray cans, or paint) to get high.
- ✓ 23.2% of students were offered, sold, or given illegal drugs on school property during the past year.



Sexual Behavior...

Risky sexual behaviors are related to unintended pregnancy, sexually transmitted infections, and negative social and psychological development.

- ✓ More than half of 12th grade students (57.8%) have had sexual intercourse, and more than four out of ten 12th grade students (45.6%) were currently sexually active.
- ✓ 21.0% of 12th graders have had four or more sexual partners.
- ✓ 59.3% of currently sexually active students used a condom the last time they had sexual intercourse.
- ✓ 24.4% of currently sexually active students used alcohol or other drugs the last time they had sexual intercourse.

Nutrition and Physical Activity...

Obesity is on the rise in the U.S., contributing to increased rates for numerous chronic illnesses. Good nutrition and physical activity can prevent many of these chronic illnesses.

- ✓ 10.6% of students were at risk for becoming overweight, 8.0% were overweight, and 28.4% thought they were overweight.
- ✓ Less than one out of five students (18.2%) ate five or more servings of fruits and vegetables per day during the week preceding the survey.
- ✓ 68.0% of students participated in vigorous physical activity and 60.0% of students participated in strengthening exercises.
- ✓ 27.8% of students watched more than 2 hours of TV during an average school day.

School Climate and Harassment...

Harassment can contribute to poor school performance as well as low self-esteem and depression.

- ✓ 64.2% of students reported they could talk to at least one teacher or other adult at school if they had a problem.
- ✓ 2.1% of students felt unsafe or afraid at school most or all of the time.
- ✓ 3.4% of students felt too unsafe to go to school 1 or more times during the past 30 days.
- ✓ 32.7% of students had been harassed at school, or on their way to or from school, during the past 12 months.
- ✓ 31.6% of female students had received unwanted sexual comments or attention.



Introduction...

The Youth Risk Behavior Surveillance System (YRBSS) was developed by the Centers for Disease Control and Prevention (CDC) in 1990 to monitor the behaviors among youth that contribute to the leading causes of morbidity and mortality among both youth and adults. Since 1991, the Youth Risk Behavior Survey (YRBS), a key component of the YRBSS, has been administered every odd-numbered year, both nationally and in many states and other locales throughout the country. This regular administration of the survey provides information on trends over time, and it also provides an assessment tool to measure progress on specific initiatives aimed at reducing risk behaviors among our youth.



Methodology...

Sample Selection Procedures

Eight out of nine St. Vrain Valley School District (SVVSD) high schools participated in the 2003 Youth Risk Behavior Survey. The only high school that was not included in the sample was a small charter school that accounts for less than 4% of all SVVSD students enrolled in grades 9-12.

Each participating school chose the day and class period during the week of November 17th, 2003, when the survey would be administered. For each school, classes were randomly selected from all of the classes in session during the chosen class period until the desired minimum of 20% of students was reached; this was based on enrollment lists for each of the selected classes. A total of 52 SVVSD classrooms were selected to participate, and every student enrolled in the selected classes was eligible for participation in the survey.

A packet of information was mailed to the parents of each student selected to participate in the survey. The packet informed them that their child had been selected, and it included information about the survey; it also offered them the opportunity to exclude their child from participating in the

survey. A website address was provided so parents could view the survey, obtain additional information, or exclude their child from participation via an online form. E-mail addresses and telephone numbers were given so parents could ask questions, share comments, or exclude their child from participation via telephone.

Survey Procedures

Trained volunteers administered the survey in selected classrooms during the week of November 17, 2003. Volunteers included staff from numerous county, municipal, and community agencies, as well as parents and community members. Participating students completed the 100-item survey during regular class time. Only those students who were selected for the sample, and had not opted out, were allowed to complete the survey. Participation of students selected for the sample was voluntary and anonymous; no individual identifying information was collected.

Response Rate

There were 1,334 SVVSD students selected for participation in the survey. Of these, 59 students (4.4%) were excluded from participation because their parents elected to exclude them, or because the information packet mailed to the parents was returned as undeliverable. An additional 365 students selected for the sample (27.4%) did not participate because they were absent, were no longer enrolled in the selected class, or chose not to participate. It is worth noting that the height of flu season in Boulder County coincided with administration of the survey, so that may have been a factor in the number of students participating. The resulting number of students that did participate in the survey was 910, yielding a response rate of 68%. This exceeds the 60% response rate required by the CDC in order to weight the data and provide prevalence estimates for the entire population of students.

Weighting

The response rate of 68% allowed for weighting the data to more closely match the population from which the sample was selected. The responses for each survey were multiplied by a “weighting factor” according to gender and grade level. This weighting of data allowed the survey results to be generalized to the entire population from which the sample was selected. Therefore, the percentages reported are actually estimates of the prevalence of the particular behavior for the *entire population* from which the sample was selected; they are not merely the percentage of students *in the sample* who engaged in the behavior.

Data Analysis

The data were cleaned and edited for inconsistencies in accordance with CDC procedures, thus assuring that inconsistent responses were not included in the analysis. Calculations for “*at risk for overweight*” and “*overweight*” were based on self-reported weight and height and body mass reference data from the National Center for Health Statistics. Prevalence estimates and confidence intervals were computed using SUDAAN, a statistical analysis program.

Data Presentation

The data presented in this report provide *prevalence estimates* for SVVSD high school students (grades 9-12) for each specific behavior and are presented in two sections: Section 1 provides detailed data for the youth enrolled in SVVSD, including analysis by gender and grade level, as well as by race/ethnicity, and Section 2 provides an analysis of the countywide data by sexual orientation.

Prevalence estimates were replaced by *** where the numbers were too small to report or data analysis was not completed for the specified category. The analysis by race/ethnicity did not include analysis by gender, so *** appears under “male” and “female” within that section of the data tables. Also included are *95% confidence intervals* (in parentheses below the estimates). These indicate the range in which the *actual prevalence* was likely to fall. In order to determine whether or not there was a *significant difference* between two estimates (such as comparing females to males for a specific behavior), the confidence intervals can be compared. If they do not overlap, that indicates that the estimates were significantly different.

U.S. and Colorado data for 2003 are included in this report as a reference, but it is important to view these strictly as reference data. Although similar procedures were followed for the different administrations of the YRBS, the data may not be directly comparable. The 2003 Colorado data were not weighted due to a low response rate, which means that the resulting data could not be generalized for the entire population of students from which the sample was taken; the data only represented the students that participated in the survey. These reference data are for totals and by gender only; they do not include U.S. and Colorado data by grade level, race/ethnicity, or sexual orientation. Additional U.S. and Colorado data may be obtained through the following CDC and Colorado Department of Public Health and Environment (CDPHE) websites:

<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>
<http://www.cdphe.state.co.us/hs/yrbs>

Reference data are not available for some of the behaviors because some of the questions on the 2003 Boulder County YRBS were not included in the U.S. and/or Colorado surveys or were worded differently.

Reading the data tables

Each data table contains *prevalence estimates* for two or three behaviors (such as “*Rarely or never wore seatbelts*”), as indicated in the top row of each table. Within the tables, each grouping (*grade* and *race/ethnicity*) presents a different view of the entire dataset. Due to the small numbers of students who identified as American Indian or Alaska Native, Asian, Black or African American, or Native Hawaiian or Other Pacific Islander, these were combined into the category of “Other” for data analysis. Therefore, the data do not provide meaningful information regarding the health risk behaviors of any other specific race/ethnicity besides “White” and “Hispanic/Latino.” The prevalence estimates in **BOLD** are the totals within each category (such as all 10th grade students, all Hispanic/Latino students, or all female students). The prevalence estimate for **ALL** SVVSD students can be found near the bottom of the table, just above the Colorado and U.S. estimates. Directly below each prevalence estimate is the *95% confidence interval*. The numbers in parentheses indicate the range within which the *actual prevalence* most likely falls. For example, if the prevalence estimate is 6.1% with a confidence interval of (5.2-7.0), the actual prevalence is most likely between 5.2% and 7.0%.

Sample Data Table

Confidence interval

Prevalence estimate for all 9th graders

	<i>Rarely or never wore seatbelts*</i>			<i>Rarely or never wore bicycle helmets†</i>		
<i>Grade</i>	<i>Total</i>	<i>Female</i>	<i>Male</i>	<i>Total</i>	<i>Female</i>	<i>Male</i>
9 th	7.3% (5.7-8.9)	4.6% (2.8-6.5)	10.0% (7.4-12.6)	77.0% (74.0-79.9)	75.6% (71.2-80.0)	78.1% (74.1-82.2)
10 th	6.2% (4.6-7.8)	5.1% (2.8-7.5)	7.2% (4.8-9.5)	76.8% (73.0-80.7)	84.9% (80.1-89.7)	71.7% (66.4-77.1)
11 th	4.9% (3.6-6.3)	***	7.8% (5.5-10.2)	82.8% (79.4-86.2)	83.5% (78.8-88.3)	82.4% (77.7-87.0)
12 th	5.8% (3.4-8.2)	4.7% (2.2-7.1)	6.9% (3.0-10.8)	76.4% (70.5-82.3)	75.8% (68.6-83.1)	76.9% (68.4-85.4)
Race/Ethnicity						
White	5.1% (4.1-6.1)	***	***	75.7% (73.4-78.1)	***	***
Hispanic/Latino	9.8% (7.6-12.0)	***	***	87.3% (83.8-90.7)	***	***
Other	5.2% (2.2-8.2)	***	***	71.5% (63.4-79.5)	***	***
Total						
Total	6.1% (5.2-7.0)	4.1% (3.1-5.1)	8.0% (6.6-9.4)	78.0% (76.0-79.9)	79.5% (76.8-82.1)	76.9% (74.2-79.7)
Colorado	9.2%	7.8%	10.2%	72.8%	66.1%	77.3%
U.S.	18.2%	14.6%	21.5%	85.9%	84.2%	87.2%

Prevalence estimate for all SVVSD students

Prevalence estimate for all female students

Prevalence estimate for all male students

SECTION 1...

Results for St. Vrain Valley School District

The following demographic information provides details on the 910 SVVSD high school students who participated in the 2003 Youth Risk Behavior Survey.

<i>Sample Size: 1,334</i>		<i>Response Rate: 68.2% (N = 910)</i>			
SEX		GRADE		RACE/ETHNICITY	
Female	50.6%	9th	31.4%	American Indian	1.4%
Male	49.4%	10th	24.8%	Asian	1.7%
		11th	27.5%	Black or African American	0.7%
		12th	16.1%	Hispanic or Latino	21.2%
				White	72.0%
				Multiple races	3.0%

The overall response rate of 68% allowed for weighting of the data to represent all students in grades 9-12 at the eight participating schools. In essence, this means that the prevalence rates presented in this report are estimates of the prevalence in this entire population of high school students – not merely the prevalence rates within the sample group of students. The data were weighted for gender and grade, but not for race/ethnicity. However, the distribution of race/ethnicity in the sample is similar to the distribution of race/ethnicity for students in grades 9-12 in St. Vrain Valley School District.

SVVSD RACE/ETHNICITY*	
American Indian	0.7%
Asian	2.6%
Black or African American	0.8%
Hispanic or Latino	19.6%
White	76.2%

*derived from enrollment numbers at the time the sample was selected

Unintentional Injuries – seatbelts & helmets

(See pages 12-13 for directions on reading the data table)

Grade	Rarely or never wore seatbelts*			Rarely or never wore bicycle helmets†		
	Total	Female	Male	Total	Female	Male
9 th	7.3% (5.7-8.9)	4.6% (2.8-6.5)	10.0% (7.4-12.6)	77.0% (74.0-79.9)	75.6% (71.2-80.0)	78.1% (74.1-82.2)
10 th	6.2% (4.6-7.8)	5.1% (2.8-7.5)	7.2% (4.8-9.5)	76.8% (73.0-80.7)	84.9% (80.1-89.7)	71.7% (66.4-77.1)
11 th	4.9% (3.6-6.3)	***	7.8% (5.5-10.2)	82.8% (79.4-86.2)	83.5% (78.8-88.3)	82.4% (77.7-87.0)
12 th	5.8% (3.4-8.2)	4.7% (2.2-7.1)	6.9% (3.0-10.8)	76.4% (70.5-82.3)	75.8% (68.6-83.1)	76.9% (68.4-85.4)
Race/Ethnicity						
White	5.1% (4.1-6.1)	***	***	75.7% (73.4-78.1)	***	***
Hispanic/Latino	9.8% (7.6-12.0)	***	***	87.3% (83.8-90.7)	***	***
Other	5.2% (2.2-8.2)	***	***	71.5% (63.4-79.5)	***	***
Total						
	6.1% (5.2-7.0)	4.1% (3.1-5.1)	8.0% (6.6-9.4)	78.0% (76.0-79.9)	79.5% (76.8-82.1)	76.9% (74.2-79.7)
Colorado						
	9.2%	7.8%	10.2%	72.8%	66.1%	77.3%
U.S.						
	18.2%	14.6%	21.5%	85.9%	84.2%	87.2%

* When riding in a car driven by someone else

† Among the 63.6% of students who rode a bicycle during the 12 months preceding the survey

Summary...



Unintentional injuries are the leading cause of death among adolescents, both nationally and in Colorado.^{1,2} Basic safety precautions, such as wearing seatbelts and bicycle helmets, can help prevent unintentional injuries. More than 93% of SVVSD high school students regularly wore seatbelts when riding in a motor vehicle, and only 6.1% rarely or never wore seatbelts. This compared very favorably to state and national data, which indicate that 9.2% and 18.2%, respectively, rarely or never wore seatbelts. The number of Hispanic/Latino students who rarely or never wore seatbelts (9.8%) was higher than it was for White students (5.1%).

Although more than 60% of students rode a bicycle in the past year, less than one-fourth of them regularly wore a helmet. White or other race/ethnicity students were also more likely than Hispanic/Latino students to wear a helmet.

Unintentional Injuries – drinking & driving

(See pages 12-13 for directions on reading the data table)

Grade	Rode with a driver who had been drinking alcohol*			Drove after drinking alcohol*		
	Total	Female	Male	Total	Female	Male
9 th	26.5% (23.7-29.4)	26.1% (22.1-30.1)	26.9% (22.9-31.0)	6.6% (5.1-8.0)	4.3% (2.7-5.9)	8.9% (6.5-11.4)
10 th	25.5% (22.3-28.6)	32.6% (27.8-37.4)	18.8% (14.7-22.9)	7.1% (5.3-8.9)	8.8% (5.9-11.7)	5.6% (3.5-7.6)
11 th	28.7% (25.9-31.5)	29.0% (25.1-32.9)	28.4% (24.3-32.4)	19.1% (16.8-21.4)	18.1% (15.0-21.2)	20.0% (16.6-23.5)
12 th	26.6% (22.5-30.6)	26.9% (21.6-32.1)	26.3% (20.1-32.4)	17.9% (14.5-21.4)	16.3% (12.0-20.6)	19.4% (14.1-24.8)
Race/Ethnicity						
White	24.6% (22.8-26.4)	***	***	11.1% (9.8-12.4)	***	***
Hispanic/Latino	36.9% (33.0-40.8)	***	***	15.9% (13.2-18.7)	***	***
Other	18.8% (13.5-24.1)	***	***	13.7% (8.8-18.6)	***	***
Total	26.8% (25.2-28.3)	28.6% (26.4-30.9)	25.0% (22.7-27.3)	12.3% (11.1-13.4)	11.4% (9.9-12.9)	13.1% (11.4-14.8)
Colorado	29.2%	29.6%	28.5%	12.7%	10.1%	14.6%
U.S.	30.2%	31.1%	29.2%	12.1%	8.9%	15.0%

* One or more times during the 30 days preceding the survey

Summary...

Over three-quarters of unintentional injury deaths for teens aged 15 to 19 years, both nationally and in Colorado, are motor vehicle-related.^{2,3} The combination of alcohol and driving can be deadly, especially for inexperienced drivers.

More than one-fourth of students (26.8%) had ridden with a driver who had been drinking alcohol, and overall, there was no significant difference between females (28.6%) and males (25.0%). Hispanic/Latino students (36.9%) were more likely than White (24.6%) or other race/ethnicity (18.8%) students to have ridden with a driver that had been drinking alcohol.

The prevalence rate for driving after drinking alcohol was 12.3%. This behavior was most common among 11th and 12th graders (19.1% and 17.9% respectively), and one out of five 11th grade males (20.0%) had driven after drinking alcohol. Hispanic/Latino students (15.9%) were more likely than White students (11.1%) to drive after drinking alcohol.

Tobacco Use – cigarettes

(See pages 12-13 for directions on reading the data table)

Grade	Ever smoked cigarettes*			Current cigarette use†			Current frequent cigarette use‡		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	46.7% (43.4-49.9)	42.2% (37.7-46.7)	51.4% (46.7-56.1)	23.6% (21.0-26.3)	25.6% (21.7-29.5)	21.6% (17.8-25.3)	6.5% (5.2-7.8)	6.4% (4.5-8.4)	6.6% (4.7-8.5)
10 th	44.7% (41.1-48.3)	46.5% (41.5-51.6)	43.1% (37.9-48.3)	16.3% (13.6-18.9)	20.9% (16.8-24.9)	12.0% (8.6-15.3)	7.2% (5.5-8.9)	9.7% (6.8-12.6)	4.9% (2.9-6.8)
11 th	57.2% (54.1-60.4)	58.7% (54.4-62.9)	55.9% (51.2-60.5)	26.4% (23.7-29.1)	27.0% (23.3-30.6)	25.9% (21.8-29.9)	13.8% (11.7-15.9)	14.7% (11.7-17.7)	12.9% (10.0-15.9)
12 th	57.0% (52.4-61.6)	58.3% (52.5-64.1)	55.8% (48.7-62.9)	37.0% (32.6-41.4)	34.5% (28.9-40.1)	39.4% (32.3-46.4)	17.4% (13.9-20.9)	14.7% (10.3-19.0)	20.0% (14.5-25.5)
Race/Ethnicity									
White	49.4% (47.3-51.5)	***	***	26.0% (24.1-27.9)	***	***	10.8% (9.5-12.2)	***	***
Hispanic/Latino	59.7% (55.7-63.7)	***	***	25.5% (22.2-28.8)	***	***	12.2% (9.9-14.5)	***	***
Other	40.7% (33.5-47.9)	***	***	18.1% (12.5-23.6)	***	***	7.1% (3.7-10.6)	***	***
Total									
Total	51.0% (49.2-52.8)	50.8% (48.3-53.2)	51.3% (48.5-54.0)	25.4% (23.8-26.9)	26.7% (24.5-28.8)	24.1% (21.7-26.5)	10.9% (9.8-12.0)	11.1% (9.5-12.6)	10.7% (9.1-12.3)
Colorado	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
U.S.	58.4%	58.1%	58.7%	21.9%	21.9%	21.8%	9.7%	9.7%	9.6%

* Even 1 or 2 puffs

† Smoked cigarettes on 1 or more of the 30 days preceding the survey

‡ Smoked cigarettes on 20 or more of the 30 days preceding the survey

Summary...

Tobacco use is the leading preventable cause of death in the United States, causing more than 440,000 deaths each year. Although the negative consequences of smoking often do not manifest until adulthood, most smokers begin this habit in adolescence.⁴

More than half of SVVSD students (51.0%) have smoked a cigarette, yet that rate is still lower than the U.S. rate of 58.4%. The number of students who had smoked cigarettes was higher in the upper grades – 57.2% and 57.0% for 11th and 12th grade students, and 46.7% and 44.7% for 9th and 10th grade students. Hispanic/Latino students (59.7%) were also more likely than White (49.4%) or other race/ethnicity (40.7%) students to have smoked cigarettes.

More than one-fourth of students (25.4%) smoked 1 or more cigarettes during the 30 days preceding the survey. Other race/ethnicity students (18.1%) were less likely than White students (26.0%) to be current smokers, and more than 1 in 10 students (10.9%) smoked cigarettes on 20 or more of the 30 days preceding the survey.



Tobacco Use – smokeless tobacco & cigars

(See pages 12-13 for directions on reading the data table)

Grade	Current smokeless tobacco use*			Current cigar use†			Current tobacco use ‡		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9th	5.4% (4.1-6.7)	2.3% (0.8-3.8)	8.6% (6.4-10.7)	10.4% (8.5-12.3)	6.3% (4.3-8.4)	14.6% (11.5-17.8)	26.4% (23.6-29.2)	26.4% (22.4-30.3)	26.5% (22.4-30.6)
10th	7.4% (5.5-9.4)	***	12.8% (9.4-16.2)	11.8% (9.4-14.2)	6.6% (4.2-9.1)	16.6% (12.6-20.5)	24.8% (21.7-27.8)	22.5% (18.3-26.6)	27.0% (22.3-31.6)
11th	12.3% (10.2-14.3)	5.4% (3.5-7.2)	18.8% (15.2-22.3)	21.2% (18.6-23.7)	10.5% (7.9-13.0)	31.3% (27.2-35.4)	36.9% (33.9-39.9)	28.9% (25.1-32.8)	44.4% (40.0-48.9)
12th	12.1% (8.7-15.5)	3.9% (0.8-7.0)	19.8% (14.0-25.6)	20.4% (16.5-24.3)	13.4% (9.5-17.3)	27.0% (20.5-33.5)	44.2% (39.4-48.9)	39.7% (33.7-45.6)	48.3% (41.0-55.7)
Race/Ethnicity									
White	9.4% (8.0-10.8)	***	***	16.1% (14.4-17.7)	***	***	33.9% (31.9-36.0)	***	***
Hispanic/Latino	8.2% (6.2-10.1)	***	***	15.4% (12.7-18.2)	***	***	29.6% (26.1-33.0)	***	***
Other	8.2% (4.1-12.2)	***	***	11.4% (7.2-15.5)	***	***	26.5% (20.2-32.7)	***	***
Total									
Total	9.1% (8.0-10.2)	3.2% (2.2-4.2)	14.7% (12.8-16.6)	15.6% (14.2-17.0)	9.0% (7.6-10.3)	22.0% (19.8-24.3)	32.5% (30.8-34.2)	28.9% (26.7-31.1)	36.0% (33.4-38.6)
Colorado	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
U.S.	6.7%	2.2%	11.0%	14.8%	9.4%	19.9%	27.5%	24.6%	30.3%

* Used chewing tobacco or snuff on 1 or more of the 30 days preceding the survey

† Smoked cigars on 1 or more of the 30 days preceding the survey

‡ Smoked cigarettes or cigars or used chewing tobacco or snuff on 1 or more of the 30 days preceding the survey

Summary...

Tobacco use in any form is addictive, and it contributes to increased risk of illness and death.⁵ Current use of smokeless tobacco was more prevalent among male students (14.7%) than it was among female students (3.2%), with an overall prevalence rate of 9.1%.

Cigar smoking was also more prevalent among males (22.0%) than it was for female students (9.0%), with an overall prevalence rate of 15.6%. Males in 11th and 12th grades (31.3% and 27.0%, respectively) had a significantly higher rate of cigar use than 9th and 10th grade males (14.6% and 16.6%, respectively).

Current tobacco use in any form was also more prevalent among males (36.0%) than it was among females (28.9%). Nearly one-third of all students currently use tobacco, at an overall prevalence rate of 32.5%.

Alcohol Use

(See pages 12-13 for directions on reading the data table)

Grade	Lifetime alcohol use*			Current alcohol use†			Binge drinking‡		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	70.0% (66.9-73.2)	76.4% (72.5-80.3)	63.4% (58.6-68.2)	43.9% (40.7-47.2)	49.6% (45.0-54.3)	38.0% (33.6-42.4)	23.4% (20.8-26.0)	23.6% (19.8-27.3)	23.2% (19.5-26.8)
10 th	71.4% (68.0-74.8)	74.9% (70.4-79.3)	68.1% (63.1-73.0)	39.9% (36.4-43.5)	45.1% (40.0-50.2)	35.2% (30.2-40.1)	25.9% (22.8-28.9)	27.0% (22.7-31.4)	24.8% (20.4-29.2)
11 th	81.8% (79.2-84.5)	81.0% (77.5-84.4)	82.7% (78.8-86.5)	56.6% (53.4-59.7)	52.7% (48.4-57.0)	60.2% (55.6-64.8)	44.3% (41.1-47.4)	43.1% (38.8-47.3)	45.4% (40.9-49.9)
12 th	85.3% (81.9-88.7)	93.6% (91.7-95.5)	77.7% (71.6-83.7)	56.9% (52.4-61.3)	57.5% (51.8-63.2)	56.2% (49.2-63.3)	38.6% (34.1-43.1)	39.5% (33.7-45.3)	37.7% (30.8-44.6)
Race/Ethnicity									
White	75.6% (73.7-77.5)	***	***	48.1% (45.9-50.2)	***	***	32.3% (30.4-34.3)	***	***
Hispanic/Latino	81.5% (78.4-84.6)	***	***	51.4% (47.4-55.3)	***	***	33.0% (29.3-36.6)	***	***
Other	73.7% (67.3-80.2)	***	***	48.9% (41.8-56.1)	***	***	32.0% (25.4-38.6)	***	***
Total	76.7% (75.2-78.3)	80.9% (79.0-82.8)	72.7% (70.2-75.2)	48.8% (47.0-50.6)	51.0% (48.5-53.4)	46.8% (44.1-49.4)	32.4% (30.8-34.1)	32.6% (30.3-34.9)	32.3% (29.8-34.7)
Colorado	80.1%	82.1%	77.9%	48.4%	50.0%	46.2%	29.1%	29.8%	27.6%
U.S.	74.9%	76.1%	73.7%	44.9%	45.8%	43.8%	28.3%	27.5%	29.0%

* More than a few sips

† Drank at least 1 drink of alcohol on 1 or more of the 30 days preceding the survey

‡ Drank 5 or more drinks of alcohol in a row (within a couple of hours) on 1 or more of the 30 days preceding the survey

Summary...

Alcohol is the most commonly used drug in adolescence, and it is a contributing factor to motor vehicle crashes, homicide, and suicide.^{6,7} More than three-fourths of students (76.7%) have tried alcohol, and the prevalence of lifetime alcohol use increased by grade level – 85.3% of 12th graders have consumed at least one drink of alcohol.

Current alcohol use and binge drinking were also more prevalent among the upper grades – 56.9% of 12th graders had used alcohol in the 30 days preceding the survey, and 44.3% of 11th graders had engaged in binge drinking. Overall prevalence rates for current alcohol use and binge drinking were 48.8% and 32.4%, respectively.



Marijuana Use

(See pages 12-13 for directions on reading the data table)

Grade	Lifetime marijuana use*			Current marijuana use†		
	Total	Female	Male	Total	Female	Male
9 th	33.6% (30.5-36.6)	31.0% (26.7-35.3)	36.2% (31.9-40.6)	18.7% (16.2-21.2)	17.9% (14.5-21.3)	19.6% (16.0-23.2)
10 th	30.1% (26.8-33.4)	31.1% (26.4-35.8)	29.2% (24.6-33.8)	17.3% (14.6-20.0)	20.4% (16.4-24.4)	14.4% (10.8-18.0)
11 th	50.9% (47.8-54.0)	47.8% (43.5-52.1)	53.9% (49.4-58.4)	28.7% (25.9-31.4)	28.4% (24.5-32.2)	29.0% (25.0-33.0)
12 th	55.3% (50.6-59.9)	56.4% (50.6-62.2)	54.2% (47.0-61.5)	27.0% (23.1-30.9)	22.7% (17.8-27.6)	31.1% (24.8-37.4)
Race/Ethnicity						
White	41.4% (39.3-43.5)	***	***	22.8% (21.0-24.6)	***	***
Hispanic/Latino	44.8% (40.8-48.7)	***	***	23.7% (20.6-26.8)	***	***
Other	35.3% (28.2-42.5)	***	***	17.3% (11.4-23.2)	***	***
Total	41.7% (39.9-43.5)	40.6% (38.2-43.1)	42.8% (40.1-45.4)	22.6% (21.1-24.1)	22.1% (20.1-24.1)	23.1% (20.9-25.3)
Colorado	48.0%	44.6%	51.6%	25.4%	25.1%	25.5%
U.S.	40.2%	37.6%	42.7%	22.4%	19.3%	25.1%

* Ever used marijuana

† Used marijuana 1 or more times during the 30 days preceding the survey

Summary...

Marijuana is the most widely used illegal drug among adolescents.⁶ In SVVSD, 41.7% of students have tried marijuana, and that rate increased by grade level, as more than half of all 12th grade students (55.3%) reported using marijuana.

The rate of current marijuana use was 22.6%, with more prevalent use among the upper grades. Among 12th grade male students, 31.1% currently use marijuana.

Early Initiation of Tobacco, Alcohol, & Marijuana Use

(See pages 12-13 for directions on reading the data table)

Grade	Smoked a whole cigarette before age 13 years			Drank alcohol before age 13 years*			Tried marijuana before age 13 years		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	21.0% (18.4-23.6)	17.9% (14.5-21.4)	24.2% (20.3-28.1)	39.8% (36.6-43.0)	39.0% (34.5-43.4)	40.6% (36.1-45.1)	14.3% (12.3-16.3)	10.2% (7.8-12.7)	18.6% (15.3-21.9)
10 th	12.7% (10.3-15.2)	13.5% (9.9-17.1)	11.9% (8.6-15.3)	23.1% (20.0-26.2)	23.1% (18.7-27.5)	23.1% (18.6-27.6)	8.2% (6.3-10.2)	8.2% (5.3-11.1)	8.3% (5.7-10.8)
11 th	14.7% (12.6-16.9)	11.7% (9.1-14.3)	17.7% (14.4-21.0)	25.2% (22.5-27.9)	26.6% (22.9-30.3)	23.9% (19.9-27.8)	10.1% (8.3-11.8)	8.4% (6.1-10.7)	11.7% (9.0-14.3)
12 th	21.1% (17.1-25.0)	16.5% (11.8-21.2)	25.4% (19.2-31.5)	23.4% (19.2-27.6)	22.0% (16.7-27.2)	24.7% (18.3-31.2)	9.0% (6.3-11.7)	8.6% (5.2-12.1)	9.4% (5.3-13.5)
Race/Ethnicity									
White	16.1% (14.6-17.7)	***	***	26.5% (24.6-28.4)	***	***	10.9% (9.6-12.2)	***	***
Hispanic/Latino	22.2% (18.9-25.6)	***	***	34.7% (31.0-38.5)	***	***	11.1% (9.0-13.3)	***	***
Other	15.1% (9.6-20.6)	***	***	26.0% (20.2-31.8)	***	***	4.9% (2.8-7.0)	***	***
Total									
Total	17.4% (16.0-18.8)	15.0% (13.2-16.8)	19.7% (17.6-21.8)	28.2% (26.6-29.8)	28.2% (26.0-30.4)	28.3% (25.8-30.7)	10.5% (9.5-11.6)	8.9% (7.5-10.3)	12.1% (10.5-13.7)
Colorado	18.8%	15.9%	22.1%	29.2%	27.1%	30.4%	14.7%	11.6%	17.4%
U.S.	18.3%	16.4%	20.0%	27.8%	23.3%	32.0%	9.9%	6.9%	12.6%

* More than a few sips

Summary...

Early initiation of tobacco, alcohol, and other drug use is associated with a greater likelihood of addiction. In addition, use of tobacco and alcohol at a young age increases the risk for other drug use.^{8,9,10} Delaying initial use of these substances can positively impact eventual addiction and use rates.

The rate for smoking a whole cigarette before the age of 13 was 17.4%, and more than 1 in 5 9th and 12th grade students (21.0% and 21.1%, respectively) reported smoking a cigarette before age 13. The rate for alcohol consumption before age 13 was 28.2%, and the highest rate was for 9th graders (39.8%). The rate for students trying marijuana before age 13 was 10.5%, and there was a significant difference between male (12.1%) and female (8.9%) students.

Hispanic/Latino students had significantly higher rates than White students for early initiation of two of these three behaviors: Hispanic/Latino student rates for early initiation of cigarette and alcohol use were 22.2% and 34.7%, respectively. Other race/ethnicity students (4.9%) had a lower rate for early initiation of marijuana use than White (10.9%) and Hispanic/Latino (11.1%) students.

Substance Use on School Property – cigarettes, alcohol, & marijuana

(See pages 12-13 for directions on reading the data table)

Grade	Smoked cigarettes on school property*			Drank alcohol on school property*			Used marijuana on school property*		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	7.4% (5.7-9.0)	8.6% (6.1-11.1)	6.1% (3.9-8.3)	4.2% (2.9-5.4)	4.8% (2.9-6.6)	3.5% (1.7-5.3)	5.0% (3.7-6.3)	2.6% (1.4-3.7)	7.6% (5.1-10.0)
10 th	10.1% (7.9-12.2)	14.1% (10.6-17.6)	6.4% (3.9-8.8)	2.9% (1.6-4.2)	4.1% (2.0-6.1)	***	6.1% (4.4-7.8)	8.1% (5.4-10.8)	4.3% (2.1-6.4)
11 th	11.8% (9.7-13.8)	11.1% (8.6-13.7)	12.4% (9.2-15.5)	6.1% (4.7-7.4)	3.9% (2.4-5.4)	8.1% (5.7-10.4)	5.9% (4.5-7.3)	4.3% (2.7-6.0)	7.3% (5.1-9.5)
12 th	19.5% (16.0-23.1)	18.0% (13.5-22.5)	21.0% (15.4-26.5)	2.7% (1.5-4.0)	***	4.1% (2.4-5.9)	7.2% (5.1-9.3)	6.8% (3.9-9.6)	7.7% (4.5-10.8)
Race/Ethnicity									
White	11.5% (10.1-12.9)	***	***	3.6% (2.9-4.4)	***	***	4.8% (3.9-5.7)	***	***
Hispanic/Latino	14.7% (12.0-17.5)	***	***	5.9% (4.3-7.5)	***	***	10.0% (8.0-12.1)	***	***
Other	7.0% (3.2-10.8)	***	***	***	***	***	5.9% (2.6-9.2)	***	***
Total	11.8% (10.7-13.0)	12.7% (11.1-14.3)	11.0% (9.3-12.8)	4.0% (3.3-4.6)	3.6% (2.7-4.5)	4.3% (3.4-5.3)	6.0% (5.2-6.8)	5.3% (4.3-6.4)	6.7% (5.4-7.9)
Colorado	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
U.S.	8.0%	7.6%	8.2%	5.2%	4.2%	6.0%	5.8%	3.7%	7.6%

* One or more times during the 30 days preceding the survey

Summary...

Students are more likely to use tobacco, alcohol, and other drugs if these substances are used and available at school.¹⁰ In SVVSD, the rate for smoking cigarettes on school property was 11.8%, with similar rates for males (11.0%) and females (12.7%). The rate increased by grade level – 7.4% for 9th graders, compared to 19.5% for 12th graders.

The highest rate for alcohol use on school property was among 11th grade males (8.1%), with an overall prevalence rate of 4.0% for all students. The rate for marijuana use on school property was 6.0%, and Hispanic/Latino students had a higher rate (10.0%) for using marijuana on school property than White students (4.8%).

Substance Use on School Property – tobacco & drugs

(See pages 12-13 for directions on reading the data table)

Grade	Used tobacco on school property*			Offered, sold, or given an illegal drug on school property†		
	Total	Female	Male	Total	Female	Male
9 th	9.1% (7.4-10.9)	8.9% (6.5-11.4)	9.3% (6.9-11.8)	21.3% (18.6-24.1)	23.8% (19.7-27.9)	18.8% (15.1-22.4)
10 th	14.2% (11.7-16.8)	14.1% (10.6-17.6)	14.3% (10.6-18.0)	24.2% (21.0-27.4)	24.2% (19.8-28.7)	24.2% (19.6-28.9)
11 th	14.2% (12.0-16.4)	12.4% (9.8-15.0)	15.9% (12.5-19.3)	27.0% (24.0-29.9)	19.6% (16.2-23.0)	34.0% (29.5-38.4)
12 th	20.9% (17.2-24.5)	18.0% (13.5-22.5)	23.6% (17.7-29.4)	20.3% (16.5-24.2)	13.9% (9.6-18.2)	26.5% (20.3-32.7)
Race/Ethnicity						
White	14.2% (12.7-15.7)	***	***	21.7% (19.8-23.5)	***	***
Hispanic/Latino	16.1% (13.3-18.9)	***	***	30.7% (27.1-34.4)	***	***
Other	9.7% (5.4-14.0)	***	***	16.3% (10.3-22.3)	***	***
Total	14.3% (13.0-15.6)	13.1% (11.5-14.7)	15.5% (13.5-17.4)	23.2% (21.6-24.8)	20.7% (18.7-22.8)	25.7% (23.3-28.0)
Colorado	N/A	N/A	N/A	N/A	N/A	N/A
U.S.	N/A	N/A	N/A	28.7%	25.0%	31.9%

* Cigarettes, cigars, chewing tobacco, or snuff on 1 or more of the 30 days preceding the survey

† During the 12 months preceding the survey

Summary...

The rate for tobacco use on school property, including cigarettes, cigars, and smokeless tobacco, was 14.3%. The rate increased by grade level, with 20.9% of 12th graders using tobacco on school property.

Male students (25.7%) were more likely than female students (20.7%), and Hispanic/Latino students (30.7%) were more likely than White (21.7%) or other race/ethnicity (16.3%) students to have been offered, sold, or given an illegal drug while on school property.

School Climate

(See pages 12-13 for directions on reading the data table)

	<i>Could talk to adult at school if having a problem*</i>			<i>Felt too unsafe to go to school†</i>			<i>Felt unsafe or afraid at school‡</i>		
<i>Grade</i>	Total	Female	Male	Total	Female	Male	Total	Female	Male
9th	60.1% (56.9-63.4)	63.4% (58.8-67.9)	56.8% (52.2-61.5)	3.9% (2.7-5.1)	3.0% (1.6-4.5)	4.9% (2.9-6.8)	1.2% (0.6-1.8)	***	1.9% (0.8-3.0)
10th	58.2% (54.6-61.8)	55.7% (50.5-60.8)	60.5% (55.5-65.6)	2.1% (1.1-3.0)	3.5% (1.7-5.2)	***	3.0% (1.8-4.3)	***	4.2% (1.9-6.4)
11th	65.5% (62.4-68.5)	68.3% (64.3-72.3)	62.7% (58.3-67.1)	2.1% (1.3-2.9)	3.5% (2.2-4.8)	***	1.1% (0.5-1.8)	***	***
12th	75.0% (70.9-79.0)	79.9% (75.4-84.3)	70.3% (63.7-77.0)	5.7% (3.7-7.7)	4.6% (1.7-7.6)	6.8% (4.0-9.5)	3.2% (1.5-4.9)	***	5.0% (2.1-7.8)
Race/Ethnicity									
White	65.7% (63.6-67.7)	***	***	2.7% (2.1-3.3)	***	***	1.8% (1.2-2.5)	***	***
Hispanic/Latino	59.4% (55.5-63.4)	***	***	5.9% (4.0-7.7)	***	***	2.2% (1.3-3.0)	***	***
Other	63.7% (56.4-71.0)	***	***	***	***	***	5.0% (1.3-8.7)	***	***
Total									
	64.2% (62.5-66.0)	66.2% (63.9-68.6)	62.3% (59.7-64.9)	3.4% (2.8-4.0)	3.6% (2.7-4.5)	3.2% (2.4-4.1)	2.1% (1.6-2.7)	1.3% (0.7-1.8)	2.9% (2.0-3.9)
Colorado	N/A	N/A	N/A	6.9%	7.5%	6.2%	N/A	N/A	N/A
U.S.	N/A	N/A	N/A	5.4%	5.3%	5.5%	N/A	N/A	N/A

* At least one teacher or other adult

† On 1 or more of the 30 days preceding the survey

‡ Most or all of the time

Summary...



A school climate in which students feel afraid or unsafe can interfere with learning and academic achievement. In SVVSD, nearly two out of three students (64.2%) reported they could talk to at least one teacher or other adult at school if they had a problem. White students (65.7%) were more likely than Hispanic/Latino students (59.4%) to feel they could talk to an adult at school.

Hispanic/Latino students (5.9%) were more likely than White students (2.7%) to feel it was too unsafe to go to school, with an overall rate of 3.4%. Only 2.1% of students felt unsafe or afraid at school most or all of the time, and that rate was higher for male students (2.9%) than it was for female students (1.3%).

Harassment – race/ethnicity & GLB (gay, lesbian, or bisexual)

(See pages 12-13 for directions on reading the data table)

Grade	Harassed*			Harassed because of race or ethnic origin*			Harassed because someone thought they were gay, lesbian or bisexual*		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	35.5% (32.3-38.6)	39.4% (34.8-43.9)	31.5% (27.2-35.8)	10.0% (7.9-12.1)	10.6% (7.7-13.6)	9.3% (6.3-12.2)	7.5% (5.5-9.4)	5.4% (3.2-7.7)	9.6% (6.4-12.7)
10 th	38.2% (34.6-41.7)	36.9% (32.1-41.7)	39.3% (34.3-44.4)	9.5% (7.2-11.7)	7.9% (4.9-10.9)	10.8% (7.6-14.1)	5.8% (3.8-7.7)	6.2% (3.5-9.0)	5.3% (2.7-8.0)
11 th	30.0% (27.1-32.8)	33.7% (29.6-37.7)	26.4% (22.4-30.4)	4.5% (3.2-5.7)	5.3% (3.5-7.2)	3.7% (2.1-5.3)	4.8% (3.4-6.2)	3.8% (2.1-5.6)	5.7% (3.7-7.8)
12 th	26.0% (21.9-30.2)	27.0% (21.9-32.0)	25.1% (18.6-31.6)	6.4% (4.0-8.9)	4.6% (1.5-7.6)	8.1% (4.4-11.9)	7.6% (5.1-10.2)	4.3% (1.4-7.1)	10.8% (6.6-14.9)
Race/Ethnicity									
White	33.1% (31.1-35.2)	***	***	5.4% (4.3-6.4)	***	***	5.9% (4.8-7.0)	***	***
Hispanic/Latino	28.8% (25.2-32.4)	***	***	15.1% (12.0-18.1)	***	***	5.1% (3.1-7.1)	***	***
Other	40.5% (33.4-47.6)	***	***	11.6% (6.6-16.6)	***	***	15.1% (9.5-20.6)	***	***
Total	32.7% (31.0-34.4)	34.6% (32.3-37.0)	30.9% (28.4-33.4)	7.7% (6.7-8.7)	7.3% (5.9-8.7)	8.0% (6.5-9.5)	6.4% (5.4-7.4)	5.0% (3.8-6.2)	7.8% (6.2-9.3)
Colorado	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
U.S.	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

*At school (or on the way to or from school) during the 12 months preceding the survey

Summary...

Harassment, as explained in the survey, can include threatening, bullying, name calling or obscenities, offensive notes or graffiti, exclusion from unwanted groups, unwanted attention or unwanted touching, and physical assault.

Nearly one-third of students (32.7%) were harassed during the 12 months preceding the survey, and other race/ethnicity students (40.5%) were more likely to be harassed than White (33.1%) or Hispanic/Latino (28.8%) students.

Harassment due to race or ethnic origin was more likely for other race/ethnicity (11.6%) and Hispanic/Latino (15.1%) students than it was for White students (5.4%). Other race/ethnicity students (15.1%) were harassed because someone thought they were gay, lesbian, or bisexual at significantly higher rates than White (5.9%) and Hispanic/Latino students (5.1%).

Harassment – religion, appearance, & unwanted sexual attention

(See pages 12-13 for directions on reading the data table)

Grade	Harassed because of religious beliefs*			Harassed because of weight, size, physical appearance*			Received unwanted sexual comments or attention*		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	5.5% (4.0-7.0)	5.3% (3.1-7.4)	5.7% (3.7-7.7)	19.9% (17.1-22.7)	22.4% (18.3-26.5)	17.3% (13.6-21.1)	23.0% (20.2-25.8)	33.5% (29.1-37.8)	12.0% (9.3-14.8)
10 th	9.8% (7.6-12.0)	12.2% (8.7-15.8)	7.7% (4.9-10.4)	16.2% (13.4-19.0)	18.9% (14.8-22.9)	13.8% (10.0-17.7)	19.5% (16.7-22.3)	30.0% (25.3-34.7)	9.7% (6.7-12.6)
11 th	6.7% (5.1-8.3)	4.7% (2.7-6.6)	8.6% (6.1-11.0)	14.1% (11.8-16.3)	16.8% (13.5-20.0)	11.5% (8.3-14.6)	22.2% (19.6-24.8)	33.6% (29.6-37.7)	11.4% (8.2-14.5)
12 th	4.5% (2.6-6.3)	***	7.3% (4.3-10.3)	11.4% (8.2-14.6)	9.5% (6.0-13.1)	13.1% (8.0-18.3)	17.3% (14.0-20.5)	28.6% (23.0-34.2)	6.8% (4.0-9.5)
Race/Ethnicity									
White	7.1% (6.0-8.2)	***	***	14.5% (12.9-16.1)	***	***	18.7% (17.0-20.3)	***	***
Hispanic/Latino	3.9% (2.4-5.4)	***	***	17.3% (14.1-20.6)	***	***	26.4% (22.9-29.8)	***	***
Other	9.9% (5.3-14.5)	***	***	22.3% (16.3-28.2)	***	***	23.7% (17.5-29.8)	***	***
Total	6.7% (5.8-7.6)	6.0% (4.7-7.3)	7.3% (6.0-8.6)	15.6% (14.2-17.0)	17.3% (15.4-19.2)	14.0% (12.0-16.0)	20.6% (19.2-22.1)	31.6% (29.2-33.9)	10.1% (8.6-11.5)
Colorado	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
U.S.	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

*At school (or on the way to or from school) during the 12 months preceding the survey

Summary...

Hispanic/Latino students (3.9%) were less likely than White students (7.1%) to be harassed due to religious beliefs, at an overall rate of 6.7%. Harassment because of weight, size, or physical appearance was reported by 15.6% of the students, with higher rates for other race/ethnicity students (22.3%) than for White students (14.5%).

More females (31.6%) than males (10.1%) received unwanted sexual comments or attention, with an overall prevalence rate of 20.6%. Hispanic/Latino students (26.4%) were more likely to receive unwanted sexual comments or attention than White students (18.7%).

Violence – weapons & physical fights

(See pages 12-13 for directions on reading the data table)

Grade	Carried a weapon*			Carried a gun*			In a physical fight†		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	16.2% (13.8-18.6)	6.9% (4.7-9.2)	26.1% (21.9-30.2)	3.9% (2.6-5.1)	***	6.7% (4.4-9.0)	36.2% (33.0-39.4)	25.7% (21.6-29.8)	47.4% (42.6-52.1)
10 th	17.9% (15.0-20.7)	6.1% (3.7-8.5)	28.8% (24.1-33.5)	3.9% (2.4-5.3)	***	7.5% (4.7-10.3)	30.8% (27.4-34.2)	22.1% (17.8-26.4)	39.1% (34.0-44.3)
11 th	17.3% (14.8-19.8)	3.8% (2.3-5.2)	30.6% (26.2-35.0)	5.1% (3.7-6.4)	***	8.2% (5.6-10.7)	26.5% (23.6-29.3)	16.3% (13.3-19.4)	36.1% (31.6-40.6)
12 th	12.8% (9.3-16.3)	4.6% (1.8-7.3)	20.4% (14.4-26.5)	5.1% (2.9-7.2)	***	8.5% (4.7-12.3)	21.2% (17.1-25.4)	12.2% (8.2-16.3)	29.7% (22.9-36.5)
Race/Ethnicity									
White	16.4% (14.7-18.1)	***	***	4.1% (3.1-5.0)	***	***	27.4% (25.4-29.3)	***	***
Hispanic/Latino	13.3% (10.6-15.9)	***	***	5.4% (3.7-7.1)	***	***	35.9% (32.1-39.6)	***	***
Other	22.4% (16.4-28.3)	***	***	5.2% (2.4-7.9)	***	***	26.5% (20.1-32.8)	***	***
Total									
Total	16.1% (14.7-17.6)	5.5% (4.3-6.6)	26.6% (24.2-29.0)	4.4% (3.6-5.2)	1.1% (0.6-1.6)	7.7% (6.2-9.1)	29.1% (27.4-30.8)	19.6% (17.6-21.6)	38.4% (35.8-41.1)
Colorado	17.1%	8.4%	25.2%	4.8%	1.6%	7.6%	32.6%	24.3%	40.9%
U.S.	17.1%	6.7%	26.9%	6.1%	1.6%	10.2%	33.0%	25.1%	40.5%

* On one or more of the 30 days preceding the survey

† One or more times during the 12 months preceding the survey

Summary...

Homicide is the second leading cause of death in adolescents in the U.S., and it is the third leading cause of adolescent deaths in Colorado.^{2,3} In 2001, firearms were used in more than three-fourths of adolescent homicides and in more than half of all youth suicides.^{1,3}

Male students (26.6%) were more than four times as likely as female students (5.5%) to carry a weapon, with an overall prevalence of 16.1% for this behavior. Similarly, male students (7.7%) were more likely than female students (1.1%) to carry a gun.

Males (38.4%) were also more likely than females (19.6%) to have been in a physical fight. The prevalence for this behavior decreased with grade level – from 36.2% for 9th graders to 21.2% for 12th graders.

Violence – weapons & physical fights on school property

(See pages 12-13 for directions on reading the data table)

Grade	<i>In a physical fight on school property*</i>			<i>Carried a weapon on school property†</i>			<i>Threatened or injured with a weapon on school property*</i>		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	19.1% (16.5-21.8)	11.8% (8.7-14.9)	26.9% (22.7-31.1)	7.6% (6.0-9.2)	2.5% (1.3-3.7)	13.0% (10.0-15.9)	7.1% (5.3-8.9)	6.0% (3.6-8.4)	8.3% (5.6-11.0)
10 th	16.9% (14.1-19.8)	7.8% (4.9-10.7)	25.6% (20.9-30.3)	6.1% (4.4-7.9)	3.4% (1.6-5.2)	8.7% (5.7-11.6)	7.1% (5.1-9.1)	5.7% (3.3-8.0)	8.5% (5.4-11.6)
11 th	10.6% (8.6-12.6)	5.0% (3.4-6.6)	16.0% (12.5-19.4)	7.8% (6.0-9.5)	2.9% (1.6-4.2)	12.4% (9.2-15.6)	7.3% (5.5-9.1)	2.7% (1.4-4.0)	11.6% (8.4-14.8)
12 th	7.8% (4.9-10.6)	4.5% (1.9-7.1)	10.8% (5.9-15.6)	7.7% (5.0-10.4)	3.2% (1.1-5.3)	11.9% (7.2-16.7)	4.4% (2.6-6.2)	***	7.3% (4.2-10.4)
Race/Ethnicity									
White	13.6% (12.1-15.2)	***	***	6.7% (5.6-7.8)	***	***	7.2% (6.1-8.3)	***	***
Hispanic/Latino	15.7% (13.0-18.5)	***	***	8.6% (6.5-10.7)	***	***	5.1% (3.5-6.7)	***	***
Other	11.9% (8.0-15.8)	***	***	9.3% (5.0-13.5)	***	***	4.3% (1.4-7.3)	***	***
Total									
	14.0% (12.6-15.3)	7.6% (6.2-8.9)	20.2% (18.0-22.4)	7.3% (6.3-8.3)	3.0% (2.2-3.8)	11.5% (9.7-13.2)	6.6% (5.6-7.5)	4.1% (3.0-5.2)	8.9% (7.5-10.4)
Colorado	N/A	N/A	N/A	6.3%	3.5%	8.7%	8.8%	4.6%	12.8%
U.S.	12.8%	8.0%	17.1%	6.1%	3.1%	8.9%	9.2%	6.5%	11.6%

* One or more times during the 12 months preceding the survey

† One or more times during the 30 days preceding the survey

Summary...

Physical fights on school property were more common among male students (20.2%) than female students (7.6%), and decreased with grade level – from 19.1% for 9th grade students to 7.8% for 12th grade students.

Male students also had higher prevalence rates than females for carrying a weapon on school property (11.5% and 3.0%, respectively) and for being threatened or injured with a weapon while on school property (8.9% and 4.1%, respectively).

Violence – sexual assault & dating violence

(See pages 12-13 for directions on reading the data table)

Grade	Ever forced to have sexual intercourse			Ever touched sexually when they did not want to be touched*			Hurt by boyfriend/girlfriend†		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9th	5.2% (3.8-6.7)	8.7% (6.0-11.4)	1.5% (0.7-2.3)	18.4% (15.8-21.0)	29.9% (25.5-34.2)	6.2% (4.1-8.3)	8.1% (6.2-9.9)	9.0% (6.2-11.8)	7.1% (4.7-9.5)
10th	9.5% (7.5-11.5)	14.3% (10.9-17.7)	5.0% (2.6-7.4)	18.9% (16.2-21.6)	32.6% (27.9-37.3)	6.0% (3.7-8.3)	5.3% (3.6-6.9)	8.0% (5.5-10.5)	2.7% (0.6-4.9)
11th	6.4% (4.8-8.1)	9.3% (6.5-12.1)	3.7% (2.0-5.3)	15.2% (12.8-17.5)	24.4% (20.5-28.3)	6.3% (4.0-8.7)	9.2% (7.3-11.1)	9.9% (7.4-12.5)	8.5% (5.9-11.2)
12th	7.2% (5.1-9.3)	7.6% (4.4-10.7)	6.9% (4.0-9.7)	18.7% (15.1-22.2)	27.3% (21.8-32.8)	10.6% (6.4-14.8)	10.2% (7.6-12.8)	6.5% (3.5-9.4)	13.7% (9.4-17.9)
Race/Ethnicity									
White	6.2% (5.2-7.2)	***	***	15.9% (14.4-17.5)	***	***	7.2% (6.1-8.2)	***	***
Hispanic/Latino	8.3% (6.2-10.3)	***	***	22.7% (19.3-26.1)	***	***	11.8% (9.2-14.3)	***	***
Other	12.7% (7.9-17.5)	***	***	22.3% (16.1-28.4)	***	***	6.6% (2.9-10.3)	***	***
Total	7.1% (6.2-8.0)	10.1% (8.5-11.6)	4.2% (3.2-5.2)	17.8% (16.4-19.2)	28.7% (26.4-31.0)	7.2% (5.8-8.6)	8.1% (7.1-9.1)	8.4% (7.1-9.8)	7.8% (6.3-9.2)
Colorado	N/A	N/A	N/A	N/A	N/A	N/A	10.1%	11.3%	8.7%
U.S.	N/A	N/A	N/A	N/A	N/A	N/A	8.9%	8.8%	8.9%

* Other than forced sexual intercourse

† Hit, slapped, or physically hurt on purpose during the 12 months preceding the survey

Summary...

Sexual violence can result in numerous health and behavioral consequences for adolescents, including poor academic performance, emotional disturbances, eating disorders, alcohol and drug use, and suicide attempts.¹¹

More females (10.1%) than males (4.2%), and more other race/ethnicity students (12.7%) than White students (6.2%), had been forced to have sexual intercourse.

More than one in six students (17.8%) had experienced other unwanted sexual contact, and that rate was more than three times higher among females (28.7%) than it was for males (7.2%). It was also higher for Hispanic/Latino students (22.7%) than it was for White students (15.9%).

The prevalence rate for being hurt by a girlfriend or boyfriend was 8.1%, with higher rates for Hispanic/Latino students (11.8%) than White students (7.2%).

Suicide

(See pages 12-13 for directions on reading the data table)

Grade	Felt sad or hopeless*			Seriously considered attempting suicide†			Attempted suicide†		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	29.1% (26.1-32.2)	39.3% (34.8-43.8)	18.4% (14.8-22.1)	20.5% (17.9-23.1)	27.7% (23.6-31.8)	12.9% (9.9-15.9)	21.7% (18.9-24.5)	24.8% (20.8-28.8)	18.4% (14.5-22.2)
10 th	24.9% (21.7-28.0)	36.2% (31.4-41.1)	14.4% (10.5-18.3)	18.2% (15.4-20.9)	24.6% (20.3-28.9)	12.2% (8.8-15.6)	19.2% (16.3-22.1)	24.5% (20.1-28.8)	14.3% (10.5-18.0)
11 th	30.2% (27.2-33.1)	39.7% (35.4-44.0)	21.1% (17.2-25.0)	21.7% (19.0-24.4)	29.2% (25.3-33.1)	14.6% (10.9-18.2)	15.0% (12.7-17.2)	19.0% (15.6-22.3)	11.2% (8.2-14.2)
12 th	30.6% (26.2-34.9)	31.6% (26.0-37.1)	29.6% (23.2-36.0)	23.0% (19.1-26.9)	14.9% (11.1-18.8)	30.5% (23.9-37.1)	16.9% (13.2-20.6)	9.9% (6.2-13.5)	23.5% (17.3-29.6)
Race/Ethnicity									
White	28.2% (26.3-30.2)	***	***	21.4% (19.6-23.2)	***	***	15.8% (14.2-17.4)	***	***
Hispanic/Latino	30.7% (27.0-34.5)	***	***	20.1% (16.9-23.2)	***	***	29.4% (25.8-33.1)	***	***
Other	25.9% (19.3-32.5)	***	***	16.4% (11.2-21.6)	***	***	10.6% (5.8-15.4)	***	***
Total	28.6% (26.9-30.3)	36.9% (34.5-39.3)	20.5% (18.3-22.8)	20.8% (19.2-22.3)	24.5% (22.5-26.5)	17.1% (14.9-19.3)	18.3% (16.9-19.8)	20.1% (18.1-22.0)	16.7% (14.6-18.8)
Colorado	30.8%	37.9%	24.1%	18.6%	24.2%	12.8%	13.2%	15.5%	10.1%
U.S.	28.6%	35.5%	21.9%	16.9%	21.3%	12.8%	8.5%	11.5%	5.4%

* Almost every day for 2 weeks or more during the 12 months preceding the survey

† One or more times during the 12 months preceding the survey

Summary...



Suicide is the third leading cause of death for adolescents aged 15-19 in the United States, and it's the second leading cause of death for this age group in Colorado.^{1,2} Feeling sad or hopeless almost every day for two or more weeks in a row is one of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) criteria for depression, a mental illness that is highly correlated with attempted suicide.¹²

More than one in four students (28.6%) felt sad or hopeless for two or more weeks in a row, with a higher rate among female students (36.9%) than male students (20.5%). There were no significant differences by grade level or race/ethnicity.

One in five students (20.8%) seriously considered attempting suicide, and that rate was significantly higher among females (24.5%) than it was for males (17.1%). The SVVSD (18.3%) and Colorado (13.2%) rates for attempted suicide were also higher than the U.S. rate of 8.5%. More females than males attempted suicide, yet national data indicate that male suicide attempts were successful more often.

Other Drug Use – cocaine, inhalant, & ecstasy use

(See pages 12-13 for directions on reading the data table)

Grade	Lifetime cocaine use*			Lifetime inhalant use†			Lifetime ecstasy use‡		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	9.5% (7.7-11.3)	8.2% (5.7-10.7)	10.8% (8.3-13.3)	16.8% (14.3-19.2)	18.1% (14.7-21.6)	15.4% (12.0-18.8)	6.5% (4.9-8.0)	5.1% (3.0-7.2)	7.9% (5.5-10.3)
10 th	13.0% (10.6-15.4)	15.0% (11.5-18.6)	11.1% (7.9-14.2)	9.7% (7.5-12.0)	10.6% (7.6-13.7)	8.9% (5.7-12.1)	7.1% (5.3-8.8)	10.0% (7.2-12.8)	4.3% (2.2-6.5)
11 th	11.5% (9.6-13.4)	12.9% (10.1-15.6)	10.3% (7.6-12.9)	7.9% (6.3-9.6)	7.5% (5.4-9.6)	8.3% (5.8-10.8)	8.5% (6.8-10.2)	9.8% (7.2-12.3)	7.3% (5.1-9.5)
12 th	17.9% (14.7-21.1)	18.5% (14.2-22.8)	17.3% (12.3-22.3)	8.0% (5.3-10.8)	5.5% (2.5-8.6)	10.5% (6.0-14.9)	9.7% (7.2-12.1)	9.0% (5.8-12.3)	10.2% (6.5-13.9)
Race/Ethnicity									
White	11.2% (9.9-12.5)	***	***	10.1% (8.7-11.4)	***	***	7.3% (6.2-8.3)	***	***
Hispanic/Latino	17.7% (14.8-20.5)	***	***	12.4% (10.0-14.8)	***	***	9.3% (7.2-11.3)	***	***
Other	13.9% (8.7-19.0)	***	***	14.1% (9.1-19.2)	***	***	9.3% (5.4-13.3)	***	***
Total									
Total	12.8% (11.6-13.9)	13.3% (11.7-15.0)	12.2% (10.5-13.8)	10.9% (9.7-12.0)	10.9% (9.4-12.4)	10.8% (9.1-12.5)	7.8% (6.9-8.7)	8.3% (7.0-9.7)	7.3% (6.0-8.6)
Colorado	13.1%	11.7%	14.2%	13.8%	16.2%	10.2%	9.5%	8.8%	9.4%
U.S.	8.7%	7.7%	9.5%	12.1%	11.4%	12.6%	11.1%	10.4%	11.6%

* Ever tried any form of cocaine (e.g., "powder," "crack," or "freebase")

† Ever sniffed glue or breathed the contents of aerosol spray cans or inhaled any paints or sprays in order to get high

‡ Ever used ecstasy

Summary...

Use of illegal drugs by adolescents, including cocaine, inhalants, heroin, methamphetamines, and illegal steroids, is associated with increased morbidity and mortality from all three of the leading causes of death (i.e. unintentional injury, suicide, and homicide). It is also associated with unintended pregnancy, school failure, and sexually transmitted infections.⁹

One out of eight students (12.8%) reported they have used cocaine, and there was no significant difference between males and females. The data suggested an increase by grade level, with a significant difference between 9th grade (9.5%) and 12th grade (17.9%). A higher rate of Hispanic/Latino students (17.7%) than White students (11.2%) have used cocaine.

The rate of lifetime inhalant use was 10.9%, with the highest rate being among 9th graders (16.8%); there was no significant difference by gender or race/ethnicity. The rate of lifetime ecstasy use was 7.8%, also with no significant differences by gender or race/ethnicity.

Other Drug Use – other drugs & current cocaine/inhalant use

(See pages 12-13 for directions on reading the data table)

Grade	Lifetime use of other illegal drugs*			Current cocaine use †			Current inhalant use ‡		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	9.7% (7.9-11.5)	8.8% (6.3-11.4)	10.5% (8.0-13.1)	5.5% (4.2-6.9)	3.8% (2.0-5.6)	7.3% (5.2-9.4)	5.4% (3.9-6.9)	4.4% (2.2-6.6)	6.4% (4.3-8.5)
10 th	10.6% (8.5-12.7)	12.5% (9.2-15.8)	8.8% (6.0-11.5)	3.6% (2.3-5.0)	4.1% (2.0-6.1)	3.2% (1.4-5.0)	1.0% (0.2-1.7)	2.0% (0.4-3.6)	***
11 th	16.0% (13.7-18.2)	15.0% (12.1-18.0)	16.9% (13.5-20.2)	5.2% (3.9-6.5)	6.1% (4.2-8.0)	4.4% (2.5-6.2)	2.7% (1.7-3.6)	3.8% (2.5-5.0)	1.6% (0.3-2.9)
12 th	12.5% (10.1-14.9)	13.3% (9.9-16.7)	11.8% (8.2-15.3)	5.9% (4.1-7.7)	5.4% (3.0-7.8)	6.4% (3.8-9.1)	4.1% (2.2-6.0)	3.1% (0.6-5.6)	5.1% (2.2-8.0)
Race/Ethnicity									
White	13.1% (11.8-14.4)	***	***	4.3% (3.4-5.1)	***	***	2.6% (1.9-3.4)	***	***
Hispanic/Latino	10.6% (8.4-12.8)	***	***	7.3% (5.5-9.0)	***	***	4.7% (3.2-6.2)	***	***
Other	5.9% (3.2-8.6)	***	***	6.5% (3.5-9.6)	***	***	5.5% (2.4-8.7)	***	***
Total									
Total	12.1% (11.0-13.1)	12.3% (10.7-13.8)	11.9% (10.4-13.4)	5.0% (4.3-5.8)	4.8% (3.8-5.8)	5.3% (4.3-6.3)	3.3% (2.6-3.9)	3.3% (2.4-4.3)	3.2% (2.3-4.2)
Colorado	N/A	N/A	N/A	7.4%	5.3%	8.7%	5.6%	5.3%	4.7%
U.S.	N/A	N/A	N/A	4.1%	3.5%	4.6%	3.9%	3.4%	4.3%

* Ever used any other type of illegal drugs, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB

† Used any form of cocaine (e.g., "powder," "crack," or "freebase") 1 or more times during the 30 days preceding the survey

‡ Sniffed glue, breathed contents of aerosol spray cans, or inhaled any paints or sprays to get high 1 or more times during the 30 days preceding the survey

Summary...

Nearly one in eight students (12.1%) has used other illegal drugs, such as LSD, PCP, mushrooms, Ketamine, Rohypnol, or GHB, and White students (13.1%) used them at a higher rate than other race/ethnicity students (5.9%).

One in 20 students (5.0%) currently uses cocaine, with no significant difference by grade level or gender. Hispanic/Latino students (7.3%) had a higher rate of current cocaine use than White students (4.3%), and current inhalant use was reported by 3.3% of students.

Other Drug Use - heroin, methamphetamine, & steroid use

(See pages 12-13 for directions on reading the data table)

Grade	Lifetime heroin use*			Lifetime methamphetamine use†			Lifetime illegal steroid use‡		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	3.9% (2.7-5.1)	2.6% (1.1-4.2)	5.2% (3.4-7.0)	7.0% (5.5-8.6)	6.3% (4.1-8.5)	7.8% (5.6-9.9)	5.1% (3.8-6.4)	3.8% (2.3-5.3)	6.4% (4.2-8.5)
10 th	1.5% (0.7-2.3)	2.2% (0.9-3.4)	***	7.1% (5.4-8.8)	10.2% (7.2-13.1)	4.2% (2.3-6.0)	2.1% (1.0-3.3)	***	2.5% (0.9-4.1)
11 th	3.7% (2.7-4.7)	3.1% (1.8-4.4)	4.3% (2.7-5.9)	6.8% (5.2-8.4)	6.6% (4.5-8.7)	7.0% (4.5-9.5)	4.9% (3.7-6.2)	5.2% (3.4-6.9)	4.7% (2.9-6.6)
12 th	2.5% (1.6-3.5)	***	4.2% (2.4-6.0)	10.8% (8.4-13.2)	12.7% (8.8-16.7)	8.9% (6.2-11.6)	6.7% (4.6-8.7)	7.4% (4.4-10.5)	5.9% (3.2-8.6)
Race/Ethnicity									
White	1.8% (1.3-2.3)	***	***	6.7% (5.8-7.7)	***	***	3.6% (2.9-4.3)	***	***
Hispanic/Latino	6.3% (4.7-7.9)	***	***	10.8% (8.6-13.0)	***	***	7.3% (5.4-9.2)	***	***
Other	4.1% (1.6-6.5)	***	***	10.0% (5.6-14.5)	***	***	6.8% (2.5-11.1)	***	***
Total									
Total	2.9% (2.4-3.4)	2.2% (1.6-2.8)	3.6% (2.8-4.4)	7.8% (6.9-8.7)	8.8% (7.4-10.2)	6.9% (5.7-8.0)	4.6% (3.9-5.3)	4.4% (3.4-5.4)	4.8% (3.8-5.9)
Colorado	N/A	N/A	N/A	11.9%	11.6%	11.4%	N/A	N/A	N/A
U.S.	3.3%	2.0%	4.3%	7.6%	6.8%	8.3%	6.1%	5.3%	6.8%

* Ever used heroin (also called smack, junk, or China White)

† Ever used methamphetamines (also called speed, crystal, crank, or ice)

‡ Ever taken steroid pills or shots without a doctor's prescription

Summary...

The number of students trying heroin was less than 1 in 30 (2.9%). The data suggested that males (3.6%) were more likely to have used heroin than females (2.2%), and that rate was more than three times higher for Hispanic/Latino students (6.3%) than it was for White students (1.8%).

The rate for lifetime methamphetamine use was higher for Hispanic/Latino students (10.8%) than it was for White students (6.7%), with an overall rate of 7.8%. Less than 1 in 20 students has tried illegal steroids (4.6%), and that rate was higher for Hispanic/Latino students (7.3%) than it was for White students (3.6%).

Sexual Behaviors – sexual intercourse & sexual activity

(See pages 12-13 for directions on reading the data table)

Grade	Ever had sexual intercourse			Currently sexually active*		
	Total	Female	Male	Total	Female	Male
9 th	26.0% (23.2-28.8)	21.6% (17.9-25.2)	30.5% (26.3-34.8)	16.6% (14.2-19.0)	15.4% (12.3-18.6)	17.8% (14.3-21.4)
10 th	29.4% (26.1-32.6)	33.1% (28.4-37.8)	25.9% (21.3-30.4)	20.8% (17.8-23.7)	23.1% (19.0-27.3)	18.6% (14.5-22.7)
11 th	47.7% (44.5-50.8)	47.2% (42.9-51.5)	48.1% (43.5-52.7)	36.9% (33.8-40.0)	37.6% (33.3-41.8)	36.3% (31.9-40.6)
12 th	57.8% (53.2-62.4)	44.8% (38.8-50.8)	70.4% (63.6-77.1)	45.6% (40.8-50.4)	39.8% (33.8-45.7)	51.3% (44.0-58.6)
Race/Ethnicity						
White	38.5% (36.4-40.5)	***	***	28.1% (26.1-30.0)	***	***
Hispanic/Latino	45.2% (41.3-49.1)	***	***	33.9% (30.1-37.6)	***	***
Other	27.6% (20.9-34.4)	***	***	24.9% (18.5-31.2)	***	***
Total	39.2% (37.4-40.9)	35.8% (33.5-38.1)	42.4% (39.8-45.0)	29.1% (27.4-30.8)	28.1% (25.9-30.3)	30.1% (27.6-32.6)
Colorado	39.1%	37.8%	39.8%	27.8%	29.2%	25.5%
U.S.	46.7%	45.3%	48.0%	34.3%	34.6%	33.8%

* Sexual intercourse during the 3 months preceding the survey

Summary...

Each year almost 900,000 teens become pregnant, and approximately 3,750,000 new cases of sexually transmitted infections occur among teens.¹³

Nearly four out of ten students have had sexual intercourse (39.2%), and that rate was higher for males (42.4%) than it was for females (35.8%). The rate increased by grade level – more than half of 12th grade students (57.8%) have had sexual intercourse. Hispanic/Latino students (45.2%) were also more likely than White (38.5%) or other race/ethnicity (27.6%) students to have had sexual intercourse.

Nearly three out of ten students were currently sexually active (29.1%), and that rate increased by grade level – 45.6% of 12th grade students were currently sexually active. Hispanic/Latino students (33.9%) were also more likely than White students (28.1%) to be currently sexually active.



Sexual Behaviors – 13 or younger & multiple sex partners

(See pages 12-13 for directions on reading the data table)

Grade	First sexual intercourse at age 13 or younger			Four or more sex partners during lifetime		
	Total	Female	Male	Total	Female	Male
9 th	15.7% (13.4-18.0)	12.5% (9.6-15.4)	19.0% (15.4-22.6)	4.6% (3.3-6.0)	4.1% (2.4-5.9)	5.2% (3.2-7.2)
10 th	6.0% (4.2-7.8)	3.7% (1.8-5.5)	8.2% (5.2-11.2)	4.7% (3.1-6.3)	1.9% (0.7-3.0)	7.3% (4.4-10.1)
11 th	6.1% (4.7-7.6)	5.8% (3.6-7.9)	6.5% (4.5-8.5)	9.3% (7.6-11.1)	8.3% (5.8-10.8)	10.3% (7.9-12.7)
12 th	7.4% (5.4-9.4)	4.9% (2.3-7.5)	9.9% (6.8-12.9)	21.0% (17.2-24.7)	18.6% (13.9-23.3)	23.2% (17.4-29.1)
Race/Ethnicity						
White	7.6% (6.6-8.7)	***	***	8.1% (6.9-9.4)	***	***
Hispanic/Latino	14.8% (12.1-17.4)	***	***	12.5% (9.9-15.0)	***	***
Other	6.1% (2.4-9.8)	***	***	13.7% (8.3-19.1)	***	***
Total						
	9.0% (8.1-10.0)	7.0% (5.7-8.2)	11.0% (9.5-12.5)	9.4% (8.3-10.5)	7.8% (6.4-9.1)	11.0% (9.3-12.8)
Colorado	N/A	N/A	N/A	12.2%	10.9%	12.8%
U.S.	N/A	N/A	N/A	14.4%	11.2%	17.5%

Summary...

One in 11 students (9.0%) had their first sexual intercourse at or before the age of 13, and the rate was higher for males (11.0%) than it was for females (7.0%). With regard to grade level, the highest rate was among 9th grade students (15.7%). The rate for first sexual intercourse at age 13 or younger was also higher for Hispanic/Latino students (14.8%) than it was for White (7.6%) or other race/ethnicity (6.1%) students.

The rate for having had four or more sex partners increased by grade level – the rate for 12th grade students (21.0%) was more than twice that for 11th grade students (9.3%). The overall rate was 9.4%, and was higher for male students (11.0%) than it was for female students (7.8%). Hispanic/Latino students (12.5%) also had a higher rate than White students (8.1%) for having had four or more sex partners.

Sexual Behaviors – condoms, alcohol/drugs, & pregnancy

(See pages 12-13 for directions on reading the data table)

Grade	Used condom during last sexual intercourse*			Used alcohol or drug use during last sexual intercourse*			Have been pregnant or gotten someone pregnant		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	68.7% (61.7-75.6)	***	***	26.3% (20.0-32.5)	***	***	2.0% (1.1-2.9)	***	2.8% (1.3-4.3)
10 th	72.6% (65.6-79.5)	***	***	24.4% (17.7-31.2)	***	***	3.1% (1.9-4.4)	***	4.6% (2.5-6.7)
11 th	56.5% (51.4-61.6)	***	***	30.5% (25.6-35.4)	***	***	2.8% (1.8-3.8)	3.2% (1.7-4.7)	2.5% (1.2-3.8)
12 th	50.5% (43.4-57.5)	***	***	18.2% (12.8-23.6)	***	***	4.9% (2.6-7.1)	5.2% (2.2-8.1)	4.6% (1.1-8.0)
Race/Ethnicity									
White	58.2% (54.1-62.3)	***	***	23.2% (19.7-26.6)	***	***	2.0% (1.3-2.7)	***	***
Hispanic/Latino	61.9% (55.2-68.7)	***	***	29.2% (23.0-35.4)	***	***	5.5% (3.7-7.3)	***	***
Other	***	***	***	***	***	***	7.4% (3.5-11.4)	***	***
Total									
Total	59.3% (55.9-62.7)	54.4% (49.8-59.0)	63.7% (58.7-68.6)	24.4% (21.5-27.3)	16.5% (13.0-19.9)	31.7% (27.1-36.3)	3.1% (2.4-3.8)	2.6% (1.8-3.5)	3.6% (2.5-4.7)
Colorado	63.4%	***	***	31.9%	***	***	4.9%	5.6%	3.5%
U.S.	63.0%	57.4%	68.8%	25.4%	21.0%	29.8%	4.2%	4.9%	3.5%

* Among currently sexually active students

Summary...

Six out of ten sexually active students (59.6%) used a condom during their last sexual intercourse preceding the survey. The rate was higher for lower grades – only half of sexually active 12th grade students (50.5%) used a condom, compared to 72.6% of sexually active 10th grade students.

Nearly one out of four students (24.4%) used alcohol or drugs during their last sexual intercourse, and the rate was higher for males (31.7%) than it was for females (16.5%). Hispanic/Latino (5.5%) and other race/ethnicity (7.4%) students were also more likely than White students (2.0%) to have been pregnant or gotten someone pregnant (the overall rate was 3.1%).

Body Weight - overweight

(See pages 12-13 for directions on reading the data table)

Grade	At risk for becoming overweight*			Overweight*			Thought they were overweight		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9th	10.9% (9.1-12.8)	7.0% (4.7-9.4)	15.0% (12.0-17.9)	5.8% (4.3-7.2)	2.9% (1.6-4.2)	8.7% (6.1-11.3)	25.1% (22.3-27.9)	29.8% (25.6-34.0)	20.2% (16.6-23.9)
10th	11.8% (9.3-14.3)	6.1% (3.6-8.6)	16.9% (12.9-21.0)	9.8% (7.6-12.0)	6.8% (4.1-9.5)	12.6% (9.2-15.9)	25.9% (22.7-29.0)	30.5% (25.7-35.2)	21.6% (17.4-25.8)
11th	12.7% (10.7-14.7)	7.5% (5.1-9.9)	17.6% (14.5-20.8)	9.8% (8.0-11.7)	8.2% (5.8-10.7)	11.3% (8.6-14.1)	29.4% (26.6-32.2)	35.7% (31.6-39.8)	23.4% (19.6-27.1)
12th	6.7% (4.4-8.9)	5.8% (3.1-8.5)	7.5% (3.8-11.1)	6.5% (4.0-9.0)	***	11.6% (6.9-16.2)	34.6% (30.2-38.9)	44.3% (38.3-50.2)	25.2% (19.2-31.1)
Race/Ethnicity									
White	9.3% (8.1-10.4)	***	***	6.8% (5.7-7.9)	***	***	26.4% (24.6-28.3)	***	***
Hispanic/Latino	13.5% (10.7-16.2)	***	***	12.9% (10.2-15.7)	***	***	35.2% (31.5-39.0)	***	***
Other	16.5% (11.1-21.8)	***	***	5.6% (2.7-8.4)	***	***	28.3% (21.9-34.7)	***	***
Total	10.6% (9.5-11.7)	6.7% (5.4-7.9)	14.5% (12.7-16.2)	8.0% (7.0-9.0)	4.8% (3.8-5.8)	11.0% (9.3-12.7)	28.4% (26.8-30.0)	34.6% (32.2-36.9)	22.5% (20.3-24.7)
Colorado	10.9%	10.4%	11.4%	9.5%	6.1%	12.7%	N/A	N/A	N/A
U.S.	15.4%	15.3%	15.5%	13.5%	9.4%	17.4%	29.6%	36.1%	23.5%

* Based on body mass index reference data from the National Center for Health Statistics

Summary...

Obesity is on the rise throughout the U.S., and it is increasing the risk for numerous chronic illnesses, such as diabetes and hypertension. Obesity is second only to tobacco as the leading preventable cause of death and illness.¹⁴

One in ten students (10.6%) was at risk for becoming overweight, and the rate was higher for males (14.5%) than it was for females (6.7%). One in 12 students (8.0%) was overweight, and that rate was also higher for males (11.0%) than it was for females (4.8%). However, these rates were below the U.S. rates for being overweight (13.5%) and at risk for being overweight (15.4%). Hispanic/Latino (13.5%) and other race/ethnicity (16.5%) students were also more likely than White students (9.3%) to be at risk for being overweight; they were also more likely than White and other race/ethnicity students to be overweight (12.9%, 6.8%, and 5.6%, respectively).

More than one third of female students (34.6%) thought they were overweight, at an overall rate of 28.4%, and Hispanic/Latino students (35.2%) were more likely than White students (26.4%) to think they were overweight.

Body Weight – weight loss

(See pages 12-13 for directions on reading the data table)

Grade	Attempting weight loss			Exercised to lose weight or avoid gaining weight*			Ate less food, fewer calories, or foods low in fat to lose weight or avoid gaining weight*		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	40.6% (37.3-43.9)	51.1% (46.5-55.7)	29.6% (25.2-34.0)	58.8% (55.5-62.1)	67.3% (62.9-71.6)	50.0% (45.2-54.7)	40.2% (36.9-43.4)	57.6% (52.9-62.2)	22.2% (18.3-26.1)
10 th	44.5% (40.9-48.1)	59.3% (54.3-64.3)	30.7% (25.8-35.5)	61.4% (58.0-64.8)	73.9% (69.4-78.4)	49.8% (44.7-54.9)	38.3% (34.8-41.8)	53.6% (48.5-58.6)	24.2% (19.6-28.7)
11 th	45.8% (42.7-48.9)	68.2% (64.2-72.2)	24.6% (20.7-28.5)	59.1% (56.0-62.2)	72.8% (68.9-76.7)	46.2% (41.6-50.8)	41.7% (38.7-44.8)	64.4% (60.3-68.6)	20.2% (16.8-23.7)
12 th	41.7% (37.1-46.3)	59.1% (53.1-65.1)	24.9% (18.7-31.2)	56.2% (51.4-60.9)	64.5% (58.7-70.4)	48.2% (41.1-55.4)	35.0% (30.6-39.4)	50.6% (44.5-56.7)	20.2% (14.3-26.1)
Race/Ethnicity									
White	40.8% (38.7-42.9)	***	***	58.6% (56.5-60.8)	***	***	39.1% (37.0-41.1)	***	***
Hispanic/Latino	52.5% (48.5-56.4)	***	***	59.8% (55.9-63.6)	***	***	40.8% (36.8-44.7)	***	***
Other	38.6% (31.4-45.7)	***	***	59.9% (52.7-67.1)	***	***	31.5% (24.8-38.3)	***	***
Total	43.1% (41.3-44.9)	59.1% (56.6-61.5)	27.6% (25.2-30.0)	59.0% (57.2-60.8)	69.7% (67.4-72.0)	48.6% (45.9-51.3)	38.9% (37.2-40.7)	56.7% (54.2-59.1)	21.8% (19.6-24.0)
Colorado	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
U.S.	43.8%	59.3%	29.1%	57.1%	65.7%	49.0%	42.2%	56.2%	28.9%

* During the 30 days preceding the survey

Summary...

Although the SVVSD rates for being overweight and for being at risk of being overweight were below the U.S. rates, the SVVSD rates for attempting weight loss (43.1%) and exercising to lose weight or avoid gaining weight (59.0%) were similar to the U.S. rates (43.8% and 57.1%, respectively). Differences between males and females were evident for both of these behaviors, with females attempting weight loss (59.1%) and exercising to lose weight or avoid gaining weight (69.7%) at higher rates than males (27.6% and 48.6%, respectively). Hispanic/Latino students were attempting to lose weight at a higher rate (52.5%) than White (40.8%) and other race/ethnicity (38.6%) students.

The rate for females who ate less food, fewer calories, or foods low in fat to avoid weight gain (56.7%) was more than twice that of males (21.8%). The overall rate for this behavior was 38.9%, with no significant differences by race/ethnicity or grade level.

Body Weight – unhealthy weight loss practices

(See pages 12-13 for directions on reading the data table)

Grade	Fasted 24 hours or more to lose weight or avoid gaining weight*			Took diet pills, powders, or liquids to lose weight or avoid gaining weight†			Vomited or took laxatives to lose weight or avoid gaining weight*		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	11.6% (9.5-13.7)	17.2% (13.7-20.6)	5.9% (3.6-8.1)	4.5% (3.2-5.9)	5.4% (3.3-7.6)	3.5% (1.9-5.2)	4.4% (3.0-5.7)	6.1% (3.8-8.4)	2.6% (1.1-4.0)
10 th	10.3% (8.3-12.4)	16.6% (12.9-20.2)	4.4% (2.4-6.5)	6.4% (4.7-8.2)	9.6% (6.6-12.7)	3.5% (1.7-5.3)	4.1% (2.6-5.5)	4.3% (2.4-6.2)	3.8% (1.7-6.0)
11 th	5.7% (4.2-7.2)	7.3% (5.0-9.5)	4.2% (2.2-6.2)	5.6% (4.2-6.9)	9.7% (7.1-12.2)	1.7% (0.7-2.6)	3.0% (1.9-4.0)	5.3% (3.3-7.2)	***
12 th	6.3% (4.0-8.6)	6.0% (3.1-8.8)	6.6% (3.0-10.2)	7.5% (5.2-9.9)	10.0% (6.5-13.5)	5.2% (2.0-8.4)	2.0% (0.8-3.2)	4.1% (1.7-6.5)	***
Race/Ethnicity									
White	8.9% (7.7-10.0)	***	***	6.3% (5.3-7.2)	***	***	3.0% (2.3-3.6)	***	***
Hispanic/Latino	6.9% (4.9-8.9)	***	***	4.9% (3.1-6.8)	***	***	4.3% (2.8-5.8)	***	***
Other	12.1% (7.1-17.1)	***	***	5.8% (2.4-9.3)	***	***	5.6% (1.8-9.4)	***	***
Total	8.7% (7.6-9.7)	12.2% (10.6-13.8)	5.2% (4.0-6.5)	5.9% (5.1-6.8)	8.5% (7.1-9.9)	3.4% (2.5-4.4)	3.4% (2.8-4.1)	5.0% (3.9-6.1)	1.9% (1.2-2.6)
Colorado	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
U.S.	13.3%	18.3%	8.5%	9.2%	11.3%	7.1%	6.0%	8.4%	3.7%

* During the 30 days preceding the survey

† During the 30 days preceding the survey (not including meal replacement products such as Slim Fast)

Summary...

Unhealthy weight control practices, such as fasting, vomiting, and taking diet pills or laxatives, can contribute to abnormal physical and psychological development.¹⁵ These three unhealthy weight control methods are more common among females than males, both nationally and in SVVSD. Locally, there were no significant differences by race/ethnicity for these behaviors.

One out of 12 students (8.7%) had fasted for 24 hours or more to lose weight or avoid gaining weight; 12.2% of females had done so, compared to 5.2% of males. Females (8.5%) were also significantly more likely than males (3.4%) to have used diet pills, powders, or liquids, with an overall rate of 5.9%. Females (5.0%) had a higher rate than males (1.9%) for using laxatives or vomiting to lose weight or avoid gaining weight, with an overall rate of 3.4%.

Nutrition

(See pages 12-13 for directions on reading the data table)

Grade	Ate 5+ servings of fruits and vegetables per day*			Drank 3+ glasses of milk per day*		
	Total	Female	Male	Total	Female	Male
9th	22.3% (19.5-25.1)	19.2% (15.5-22.9)	25.5% (21.2-29.7)	19.4% (16.7-22.1)	13.5% (10.2-16.8)	25.7% (21.5-30.0)
10th	17.1% (14.3-19.8)	15.4% (11.7-19.0)	18.7% (14.7-22.7)	20.6% (17.6-23.6)	12.1% (8.9-15.4)	28.6% (23.8-33.3)
11th	14.1% (11.9-16.3)	12.2% (9.3-15.0)	16.0% (12.6-19.3)	16.2% (13.9-18.6)	7.3% (4.8-9.9)	24.7% (20.9-28.4)
12th	18.9% (15.1-22.8)	17.5% (13.0-22.1)	20.3% (14.2-26.4)	11.3% (8.1-14.6)	4.0% (2.1-5.9)	18.3% (12.5-24.2)
Race/Ethnicity						
White	18.0% (16.3-19.7)	***	***	17.6% (15.9-19.3)	***	***
Hispanic/Latino	16.4% (13.4-19.3)	***	***	13.2% (10.6-15.9)	***	***
Other	26.1% (19.1-33.1)	***	***	24.7% (18.7-30.7)	***	***
Total	18.2% (16.7-19.7)	16.2% (14.3-18.0)	20.2% (17.9-22.4)	17.2% (15.7-18.6)	9.6% (8.1-11.0)	24.5% (22.2-26.9)
Colorado	19.1%	16.6%	21.4%	15.8%	10.8%	21.3%
U.S.	22.0%	20.3%	23.6%	17.1%	11.2%	22.7%

* During the 7 days preceding the survey

Summary...

A healthy, balanced diet contributes to the prevention of obesity, cancer, and numerous chronic illnesses. Less than one out of five students (18.2%) was eating five or more servings of fruits and vegetables per day. The data suggested that males (20.2%) were doing so at a higher rate than females (16.2%), and that other race/ethnicity students (26.1%) were doing so at a higher rate than Hispanic/Latino (16.4%) and White (18.0%) students.

Less than one out of five students (17.2%) was drinking three or more glasses of milk per day, with a higher rate among males (24.5%) than females (9.6%). Other race/ethnicity students (24.7%) drank three or more glasses of milk per day at a higher rate than Hispanic/Latino students (13.2%).



Physical Activity – vigorous physical activity, strengthening exercise, & PE classes

(See pages 12-13 for directions on reading the data table)

Grade	Participated in vigorous physical activity*			Participated in strengthening exercise†			Enrolled in physical education class		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	71.7% (68.7-74.6)	69.2% (65.0-73.3)	74.3% (70.3-78.3)	65.7% (62.7-68.8)	57.8% (53.2-62.3)	74.0% (70.1-78.0)	67.2% (64.5-70.0)	60.8% (56.6-65.0)	74.0% (70.3-77.7)
10 th	67.4% (64.1-70.8)	58.2% (53.2-63.2)	76.0% (71.7-80.4)	61.0% (57.5-64.5)	57.5% (52.5-62.5)	64.3% (59.3-69.2)	67.2% (63.9-70.5)	60.0% (54.9-65.1)	73.6% (69.3-78.0)
11 th	68.7% (65.9-71.5)	61.2% (57.0-65.4)	75.8% (72.1-79.6)	64.2% (61.3-67.2)	57.1% (52.9-61.3)	71.0% (66.9-75.1)	63.6% (60.7-66.5)	52.7% (48.5-57.0)	73.8% (69.9-77.6)
12 th	63.4% (59.0-67.8)	62.5% (56.9-68.1)	64.2% (57.4-71.1)	47.1% (42.4-51.8)	38.9% (33.1-44.7)	54.9% (47.7-62.1)	62.5% (58.3-66.6)	56.2% (50.8-61.6)	68.4% (62.1-74.7)
Race/Ethnicity									
White	71.3% (69.4-73.2)	***	***	60.6% (58.6-62.6)	***	***	64.2% (62.3-66.0)	***	***
Hispanic/Latino	57.9% (53.9-61.8)	***	***	58.2% (54.2-62.1)	***	***	69.0% (65.5-72.6)	***	***
Other	65.1% (57.9-72.3)	***	***	59.2% (51.9-66.4)	***	***	65.3% (58.6-72.1)	***	***
Total	68.0% (66.4-69.7)	63.0% (60.7-65.3)	72.9% (70.5-75.3)	60.0% (58.3-61.7)	53.4% (51.0-55.8)	66.4% (63.9-68.9)	65.3% (63.7-66.9)	57.6% (55.3-59.9)	72.6% (70.3-74.9)
Colorado	64.0%	59.8%	68.4%	N/A	N/A	N/A	46.1%	41.9%	50.6%
U.S.	62.6%	55.0%	70.0%	51.9%	43.4%	60.1%	55.7%	52.8%	58.5%

* For at least 20 minutes on 3 or more of the 7 days preceding the survey

† On 3 or more of the 7 days preceding the survey

Summary...

Exercise contributes to maintaining a healthy weight and preventing many chronic diseases. More than two out of three students (68.0%) were participating in vigorous physical activity, with a higher rate for males (72.9%) than females (63.0%). A higher rate of White students (71.3%) participated in vigorous physical activity than Hispanic/Latino students (57.9%).

Six out of ten students (60.0%) participated in strengthening exercise, with a higher rate for males (66.4%) than females (53.4%). Almost two out of three students (65.3%) were currently enrolled in physical education classes, and the rate was higher for males (72.6%) than females (57.6%).



Physical Activity – daily PE class, playing on sports teams, & watching TV

(See pages 12-13 for directions on reading the data table)

Grade	Attended physical education classes daily			Played on one or more sports teams*			Watched TV 2 or less hours/day†		
	Total	Female	Male	Total	Female	Male	Total	Female	Male
9 th	35.8% (32.9-38.7)	32.0% (27.7-36.2)	39.7% (35.4-44.0)	68.6% (65.6-71.6)	69.1% (64.9-73.3)	68.1% (63.8-72.3)	68.1% (65.2-71.0)	71.3% (67.3-75.3)	64.8% (60.4-69.1)
10 th	30.7% (27.5-34.0)	23.5% (19.2-27.8)	37.4% (32.5-42.3)	59.1% (55.6-62.6)	49.1% (43.9-54.3)	68.0% (63.2-72.7)	71.9% (68.7-75.2)	78.9% (74.7-83.1)	65.5% (60.7-70.4)
11 th	39.5% (36.5-42.5)	25.7% (21.8-29.7)	52.8% (48.3-57.3)	55.5% (52.4-58.6)	53.0% (48.7-57.3)	57.9% (53.4-62.4)	71.1% (68.3-73.9)	80.7% (77.3-84.1)	62.0% (57.5-66.4)
12 th	38.6% (34.0-43.2)	33.3% (27.9-38.8)	43.6% (36.3-50.9)	54.5% (49.8-59.1)	51.0% (45.1-56.9)	57.8% (50.6-65.0)	79.0% (74.9-83.0)	80.6% (75.7-85.5)	77.4% (71.1-83.7)
Race/Ethnicity									
White	32.7% (30.9-34.6)	***	***	63.2% (61.2-65.2)	***	***	75.3% (73.5-77.2)	***	***
Hispanic/Latino	46.1% (42.1-50.0)	***	***	48.7% (44.7-52.7)	***	***	64.9% (61.2-68.6)	***	***
Other	38.9% (31.7-46.1)	***	***	58.3% (51.1-65.4)	***	***	62.5% (55.5-69.6)	***	***
Total									
	36.0% (34.4-37.5)	28.6% (26.5-30.7)	43.1% (40.6-45.7)	59.8% (58.1-61.6)	56.2% (53.8-58.6)	63.3% (60.7-65.8)	72.2% (70.6-73.8)	77.5% (75.5-79.6)	67.1% (64.7-69.6)
Colorado	22.2%	21.4%	23.0%	N/A	N/A	N/A	67.3%	70.1%	64.8%
U.S.	28.4%	26.4%	30.5%	57.6%	51.0%	64.0%	61.8%	63.0%	60.7%

* During the 12 months preceding the survey, including those run by school or community groups

† During an average school day

Summary...

Physical inactivity contributes to the epidemic of obesity and the resulting chronic illnesses. Less than four out of ten students (36.0%) attended daily physical education classes. Males attended at a higher rate (43.1%) than females (28.6%), and Hispanic/Latino students (46.1%) attended at a higher rate than White students (32.7%).

Nearly six out of ten students (59.8%) played on one or more sports teams, with a higher rate for males (63.3%) than females (56.2%). White students (63.2%) were more likely than Hispanic/Latino students (48.7%) to play on a sports team.

More than seven out of ten students (72.2%) watched two hours or less of television during an average school day, and the rate was higher for females (77.5%) than it was for males (67.1%). White students (75.3%) were more likely than Hispanic/Latino (64.9%) and other race/ethnicity (62.5%) students to watch two hours or less of television per day.

SECTION 2...

Results by Sexual Orientation (countywide data)

The 2003 Boulder County Youth Risk Behavior Survey included a demographic question allowing students to identify their sexual orientation. National data show that students who identify themselves as being gay, lesbian, bisexual, or questioning (GLBQ) their sexual orientation were at risk for significant health disparities when compared to their heterosexual counterparts.¹⁶ Research shows that GLBQ youth often internalize negative societal messages regarding sexual orientation. This, in turn, may influence them to use negative coping mechanisms, such as substance abuse, in an attempt to manage stigma and shame, to deny same-sex sexual feelings, or as a defense against ridicule and violence.¹⁷

Gay male adolescents are two to three times more likely than their peers to attempt suicide. Evidence suggests lesbians have higher rates of smoking, obesity, alcohol abuse, and stress than heterosexual females.¹⁸ In one nationwide survey, over 83% of GLBQ students reported verbal harassment at school, and over 39% of all GLBQ youth reported being punched, kicked, or injured with a weapon at school because of their sexual orientation.¹⁹ Another study found that GLBQ students were significantly more likely to use crack cocaine, cocaine, anabolic steroids, and inhalants than their heterosexual peers.²⁰

The issues surrounding personal, family, and social acceptance of sexual orientation can place a significant burden on mental health and personal safety.¹⁸ We have known that these risk factors are present for GLBQ youth on a national level, yet we had no reliable local data to show us whether health disparities in this population occurred in Boulder County as well. This was the impetus for collecting information on sexual orientation.

Although this report primarily documents the risk behaviors of youth within the St. Vrain Valley School District, these countywide data by sexual orientation are important to include. The analysis by sexual orientation utilized countywide data in order to get the most accurate picture of GLBQ youth in Boulder County. These data, which reveal disturbing disparities in health risk behaviors, are relevant for both St. Vrain Valley and Boulder Valley School Districts.

The following tables provide a view of the countywide data according to sexual orientation. For this analysis, the data are categorized as “Heterosexual” or “Gay or Lesbian, Bisexual, & Not sure.” An additional response option to the question regarding sexual orientation, “None of the above,” was not included in this analysis. Those identifying as “Gay or Lesbian, Bisexual, & Not sure” comprise 5.6% of our sample population, with 92.5% identifying as “Heterosexual.” Based on enrollment figures for both SVVSD and BVSD high schools, the 5.6% of the sample population who identified as “Gay or Lesbian, Bisexual, & Not Sure” represents approximately 858 Boulder County high school students, or the equivalent of all of the 2003 graduating seniors at both Fairview and Skyline High Schools.

Unintentional Injury – seatbelts & drinking/driving

<i>Rarely or never wore seatbelts*</i>		<i>Rode with a driver who had been drinking alcohol†</i>		<i>Drove after drinking alcohol‡</i>	
Total	5.2% (4.6-5.7)	Total	24.4% (23.3-25.4)	Total	11.7% (10.9-12.4)
Heterosexual	4.6% (4.1-5.1)	Heterosexual	23.6% (22.5-24.7)	Heterosexual	10.8% (10.0-11.6)
Gay or Lesbian, Bisexual, and Not Sure	14.1% (10.0-18.1)	Gay or Lesbian, Bisexual, and Not Sure	37.0% (31.5-42.4)	Gay or Lesbian, Bisexual, and Not Sure	26.1% (21.3-31.0)

* When riding in a car driven by someone else

† One or more times during the 30 days preceding the survey

Tobacco Use – cigarettes

<i>Smoked a whole cigarette before age 13 years</i>		<i>Current cigarette use*</i>		<i>Current frequent cigarette use†</i>	
Total	14.0% (13.1-14.9)	Total	22.2% (21.1-23.2)	Total	8.9% (8.2-9.6)
Heterosexual	13.0% (12.1-13.8)	Heterosexual	20.6% (19.5-21.6)	Heterosexual	7.9% (7.2-8.6)
Gay or Lesbian, Bisexual, and Not Sure	32.0% (26.4-37.5)	Gay or Lesbian, Bisexual, and Not Sure	48.9% (43.2-54.6)	Gay or Lesbian, Bisexual, and Not Sure	26.1% (21.3-31.0)

* Smoked cigarettes on 1 or more of the 30 days preceding the survey

† Smoked cigarettes on 20 or more of the 30 days preceding the survey

Tobacco Use – smokeless tobacco & cigars

<i>Current smokeless tobacco use *</i>		<i>Current cigar use†</i>		<i>Current tobacco use ‡</i>	
Total	8.2% (7.6-8.9)	Total	15.3% (14.4-16.2)	Total	30.3% (29.1-31.4)
Heterosexual	7.8% (7.1-8.5)	Heterosexual	14.8% (13.9-15.7)	Heterosexual	28.8% (27.7-30.0)
Gay or Lesbian, Bisexual, and Not Sure	14.8% (11.2-18.4)	Gay or Lesbian, Bisexual, and Not Sure	23.9% (19.2-28.6)	Gay or Lesbian, Bisexual, and Not Sure	54.4% (48.8-60.1)

* Used chewing tobacco or snuff on 1 or more of the 30 days preceding the survey

† Smoked cigars on 1 or more of the 30 days preceding the survey

‡ Smoked cigarettes or cigars or used chewing tobacco on 1 or more of the 30 days preceding the survey

Alcohol Use

<i>Drank alcohol before age 13 years*</i>		<i>Current alcohol use†</i>		<i>Binge drinking‡</i>	
Total	25.6% (24.5-26.7)	Total	46.3% (45.1-47.6)	Total	31.0% (29.9-32.1)
Heterosexual	24.3% (23.2-25.5)	Heterosexual	45.3% (44.0-46.5)	Heterosexual	30.0% (28.9-31.2)
Gay or Lesbian, Bisexual, and Not Sure	46.1% (40.3-51.8)	Gay or Lesbian, Bisexual, and Not Sure	64.4% (58.8-70.0)	Gay or Lesbian, Bisexual, and Not Sure	46.6% (40.9-52.3)

* More than a few sips

† Drank at least 1 drink of alcohol on 1 or more of the 30 days preceding the survey

‡ Drank 5 or more drinks of alcohol in a row (within a couple of hours) on 1 or more of the 30 days preceding the survey

Marijuana Use

<i>Tried marijuana before age 13 years</i>		<i>Lifetime marijuana use*</i>		<i>Current marijuana use†</i>	
Total	9.4% (8.7-10.2)	Total	42.4% (41.2-43.7)	Total	23.9% (22.9-24.9)
Heterosexual	8.9% (8.2-9.7)	Heterosexual	41.2% (40.0-42.5)	Heterosexual	22.6% (21.6-23.6)
Gay or Lesbian, Bisexual, and Not Sure	18.0% (13.6-22.5)	Gay or Lesbian, Bisexual, and Not Sure	62.0% (56.5-67.5)	Gay or Lesbian, Bisexual, and Not Sure	45.3% (39.8-50.9)

* Ever used marijuana

† Used marijuana 1 or more times during the 30 days preceding the survey

Substance Use on School Property

<i>Smoked cigarettes on school property*</i>		<i>Drank alcohol on school property*</i>		<i>Used marijuana on school property*</i>	
Total	8.9% (8.2-9.6)	Total	5.9% (5.4-6.5)	Total	7.1% (6.5-7.7)
Heterosexual	7.7% (7.0-8.4)	Heterosexual	4.9% (4.4-5.4)	Heterosexual	6.3% (5.7-6.9)
Gay or Lesbian, Bisexual, and Not Sure	29.1% (24.2-34.1)	Gay or Lesbian, Bisexual, and Not Sure	22.9% (18.3-27.5)	Gay or Lesbian, Bisexual, and Not Sure	20.8% (16.5-25.1)

* One or more times during the 30 days preceding the survey

School Climate

<i>Can talk to adult at school if having a problem*</i>		<i>Felt too unsafe to go to school†</i>		<i>Feel unsafe or afraid at school‡</i>	
Total	66.3% (65.1-67.4)	Total	4.1% (3.6-4.6)	Total	1.8% (1.5-2.2)
Heterosexual	66.9% (65.7-68.1)	Heterosexual	3.0% (2.5-3.4)	Heterosexual	1.3% (1.0-1.7)
Gay or Lesbian, Bisexual, and Not Sure	55.6% (50.0-61.2)	Gay or Lesbian, Bisexual, and Not Sure	22.9% (18.0-27.8)	Gay or Lesbian, Bisexual, and Not Sure	10.1% (7.6-12.6)

* At least 1 teacher or other adult

† On 1 or more of the 30 days preceding the survey

‡ Most or all of the time

Harassment – race/ethnicity & GLB (gay, lesbian, or bisexual)

<i>Harassed*</i>		<i>Harassed because of race or ethnic origin*</i>		<i>Harassed because someone thought they were gay, lesbian, or bisexual*</i>	
Total	32.6% (31.4-33.7)	Total	7.1% (6.4-7.7)	Total	6.5% (5.9-7.2)
Heterosexual	30.9% (29.7-32.1)	Heterosexual	6.1% (5.5-6.8)	Heterosexual	4.9% (4.3-5.5)
Gay or Lesbian, Bisexual, and Not Sure	59.9% (54.3-65.6)	Gay or Lesbian, Bisexual, and Not Sure	22.4% (17.8-27.0)	Gay or Lesbian, Bisexual, and Not Sure	33.3% (27.8-38.7)

* At school (or on the way to or from school) during the 12 months preceding the survey

Harassment – religion, appearance, & unwanted sexual attention

<i>Harassed because of religious beliefs*</i>		<i>Harassed because of weight, size, or physical appearance*</i>		<i>Received unwanted sexual comments or attention*</i>	
Total	6.2% (5.6-6.8)	Total	15.4% (14.4-16.3)	Total	19.2% (18.3-20.2)
Heterosexual	5.5% (4.9-6.0)	Heterosexual	14.1% (13.1-15.1)	Heterosexual	17.8% (16.8-18.8)
Gay or Lesbian, Bisexual, and Not Sure	17.9% (14.1-21.7)	Gay or Lesbian, Bisexual, and Not Sure	36.6% (31.1-42.1)	Gay or Lesbian, Bisexual, and Not Sure	43.1% (37.6-48.6)

* At school (or on the way to or from school) during the 12 months preceding the survey

Violence – weapons & physical fights

<i>Carried a weapon*</i>		<i>Carried a gun*</i>		<i>In a physical fight†</i>	
Total	13.8% (12.9-14.7)	Total	3.5% (3.0-4.0)	Total	25.3% (24.2-26.4)
Heterosexual	12.8% (11.9-13.6)	Heterosexual	3.0% (2.6-3.5)	Heterosexual	24.2% (23.1-25.3)
Gay or Lesbian, Bisexual, and Not Sure	32.1% (26.7-37.4)	Gay or Lesbian, Bisexual, and Not Sure	11.6% (7.9-15.2)	Gay or Lesbian, Bisexual, and Not Sure	44.3% (38.7-49.8)

* On one or more of the 30 days preceding the survey

† One or more times during the 12 months preceding the survey

Violence – weapons & physical fights on school property

<i>In a physical fight on school property*</i>		<i>Carried a weapon on school property†</i>		<i>Threatened or injured with a weapon on school property*</i>	
Total	11.9% (11.1-12.8)	Total	5.9% (5.3-6.5)	Total	5.3% (4.7-5.8)
Heterosexual	11.3% (10.4-12.1)	Heterosexual	5.0% (4.4-5.5)	Heterosexual	4.6% (4.1-5.2)
Gay or Lesbian, Bisexual, and Not Sure	23.1% (18.0-28.3)	Gay or Lesbian, Bisexual, and Not Sure	22.3% (17.6-27.0)	Gay or Lesbian, Bisexual, and Not Sure	16.0% (11.9-20.1)

* One or more times during the 12 months preceding the survey

† On 1 or more of the 30 days preceding the survey

Violence – sexual assault & dating violence

<i>Ever forced to have sexual intercourse</i>		<i>Ever touched sexually when they did not want to be touched*</i>		<i>Hurt by boyfriend/girlfriend‡</i>	
Total	6.0% (5.4-6.6)	Total	18.7% (17.7-19.7)	Total	7.2% (6.6-7.9)
Heterosexual	4.2% (3.7-4.7)	Heterosexual	16.6% (15.7-17.6)	Heterosexual	6.4% (5.8-7.0)
Gay or Lesbian, Bisexual, and Not Sure	35.1% (29.7-40.5)	Gay or Lesbian, Bisexual, and Not Sure	53.4% (47.7-59.0)	Gay or Lesbian, Bisexual, and Not Sure	20.5% (16.1-24.9)

* Other than forced sexual intercourse

‡ Hit, slapped, or physically hurt on purpose during the 12 months preceding the survey

Suicide

<i>Felt sad or hopeless*</i>		<i>Seriously considered attempting suicide†</i>		<i>Attempted suicide‡</i>	
Total	25.5% (24.4-26.6)	Total	19.5% (18.5-20.5)	Total	15.2% (14.3-16.2)
Heterosexual	24.1% (23.0-25.2)	Heterosexual	16.8% (15.9-17.8)	Heterosexual	13.5% (12.6-14.4)
Gay or Lesbian, Bisexual, and Not Sure	49.5% (43.8-55.2)	Gay or Lesbian, Bisexual, and Not Sure	63.3% (57.9-68.7)	Gay or Lesbian, Bisexual, and Not Sure	44.0% (38.3-49.7)

* Almost every day for 2 weeks or more during the 12 months preceding the survey

† One or more times during the 12 months preceding the survey

Other Drug Use - lifetime cocaine, inhalant, & ecstasy use

<i>Lifetime cocaine use*</i>		<i>Lifetime inhalant use†</i>		<i>Lifetime ecstasy use‡</i>	
Total	10.1% (9.4-10.9)	Total	10.6% (9.8-11.3)	Total	6.5% (5.9-7.1)
Heterosexual	9.0% (8.3-9.7)	Heterosexual	9.1% (8.4-9.8)	Heterosexual	5.3% (4.8-5.8)
Gay or Lesbian, Bisexual, and Not Sure	28.9% (23.9-33.8)	Gay or Lesbian, Bisexual, and Not Sure	34.4% (28.8-40.0)	Gay or Lesbian, Bisexual, and Not Sure	27.3% (22.3-32.3)

* Ever tried any form of cocaine (e.g., "powder," "crack," or "freebase")

† Ever sniffed glue or breathed the contents of aerosol spray cans or inhaled any paints or sprays to get high

‡ Ever used ecstasy

Sexual Behaviors - sexual activity & multiple partners

<i>Ever had sexual intercourse*</i>		<i>Currently sexually active*</i>		<i>Four or more sex partners during lifetime</i>	
Total	34.3% (33.2-35.4)	Total	25.2% (24.1-26.2)	Total	8.7% (8.0-9.4)
Heterosexual	32.9% (31.7-34.0)	Heterosexual	24.1% (23.0-25.1)	Heterosexual	7.4% (6.7-8.0)
Gay or Lesbian, Bisexual, and Not Sure	57.7% (51.9-63.5)	Gay or Lesbian, Bisexual, and Not Sure	43.6% (37.9-49.2)	Gay or Lesbian, Bisexual, and Not Sure	32.0% (26.8-37.2)

* One or more times during the 30 days preceding the survey

Sexual Behaviors – pregnancy, 13 or younger, & alcohol/drugs

<i>Have been pregnant or gotten someone pregnant</i>		<i>First sexual intercourse at 13 years of age or younger</i>		<i>Alcohol or drugs at last intercourse*</i>	
Total	2.4% (2.0-2.8)	Total	7.9% (7.2-8.5)	Total	23.2% (21.1-25.3)
Heterosexual	1.9% (1.6-2.3)	Heterosexual	6.7% (6.0-7.3)	Heterosexual	20.6% (18.5-22.7)
Gay or Lesbian, Bisexual, and Not Sure	11.2% (7.6-14.7)	Gay or Lesbian, Bisexual, and Not Sure	28.5% (23.5-33.5)	Gay or Lesbian, Bisexual, and Not Sure	48.2% (40.4-55.9)

* Among currently sexually active students

Body Weight

<i>At risk for becoming overweight*</i>		<i>Overweight*</i>		<i>Thought they were overweight</i>	
Total	9.5% (8.8-10.2)	Total	6.6% (5.9-7.2)	Total	25.6% (24.5-26.7)
Heterosexual	9.2% (8.5-9.9)	Heterosexual	6.3% (5.6-6.9)	Heterosexual	23.9% (22.8-25.0)
Gay or Lesbian, Bisexual, and Not Sure	14.5% (10.7-18.4)	Gay or Lesbian, Bisexual, and Not Sure	11.8% (8.1-15.4)	Gay or Lesbian, Bisexual, and Not Sure	53.0% (47.4-58.5)

* Based on body mass index reference data from the National Center for Health Statistics

Nutrition and Physical Activity

<i>Ate 5+ servings of fruits and vegetables per day*</i>		<i>Played on one or more sports teams †</i>		<i>Watched TV 2 or less hours/day ‡</i>	
Total	21.2% (20.2-22.3)	Total	62.4% (61.2-63.5)	Total	72.9% (71.9-74.0)
Heterosexual	20.9% (19.8-22.0)	Heterosexual	63.5% (62.3-64.7)	Heterosexual	73.2% (72.1-74.3)
Gay or Lesbian, Bisexual, and Not Sure	26.5% (21.6-31.5)	Gay or Lesbian, Bisexual, and Not Sure	43.9% (38.5-49.4)	Gay or Lesbian, Bisexual, and Not Sure	68.4% (63.2-73.6)

* During the 7 days preceding the survey

† During the 12 months preceding the survey, including those run by school or community groups

‡ During an average school day

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