



## 2015 Boulder Valley School District Middle School Results

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# Understanding Healthy Kids Colorado Survey Boulder Valley School District (BVSD) Middle School Results

## Background

The [Healthy Kids Colorado Survey](#) (HKCS) collects anonymous health information from middle and high school students throughout the state. HKCS is conducted during odd-numbered years, most recently in the fall of 2015. More than 40,000 students in 252 middle and high schools participated in the fall 2015 survey. The questionnaire measures a wide range of health behaviors that affect a student's health, including physical activity, nutrition, health care, bullying, mental health, tobacco and substance use, sexual health (high school only), and family and school protective factors. HKCS is supported by the Colorado Department of Public Health and Environment (CDPHE), Colorado Department of Education (CDE), and Colorado Department of Human Services (CDHS). The survey is administered by the University of Colorado Anschutz Medical Campus by the Community, Epidemiology & Program Evaluation Group (CEPEG). In 2015, Boulder County Public Health participated on the HKCS Advisory Board and served as a liaison between the state HKCS survey administrators and local partners, primarily Boulder Valley School District (BVSD). In 2015, the high school sampling methodology differed from the middle school sampling methodology, so this introduction focuses on the middle school results that follow. See the “2015 BVSD High School Results Tables” at [BoulderCountyHKCS.org](#) for the high school methodology and results.

## Questionnaire, Parental Consent, and Survey Administration

The majority of HKCS questions are drawn from the Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Surveillance System, the nation's largest adolescent health survey, which has been ongoing for more than 20 years. Other questions included in the HKCS have been added with community input to meet additional data needs in Colorado.

The questionnaire is available in English and Spanish and takes about 45 minutes, or one class period, to complete by paper and pencil. Teachers are given a script to read to students that emphasizes the anonymous and voluntary nature of the survey. Parental consent procedures are followed according to each district's guidelines, with a minimum of two weeks notification in advance of the administration date. Parents of BVSD students can opt-out their student by completing a paper form and returning it electronically, in a postage-paid envelope, or verbally by phone.

Students are ineligible to participate if they are unable to complete the survey in English or Spanish or because of disabilities. If a parent chooses not to allow their child to participate, or if the student declines to participate, they are asked to sit quietly at their desk and work on other school work.

In BVSD, the survey was administered to middle school students in grades 7 and 8 only. BVSD middle school results, then, are not comparable to Colorado or national middle school results, which include grades 6, 7, and 8. The middle school questionnaire contains 68 questions that are age-appropriate for younger adolescents, and the shorter length allows students more time to answer each question.

For the middle school survey, the state HKCS team selected a sample of schools to represent the state of Colorado. Within selected schools, a sample of classrooms was selected to participate in order to minimize the time commitment from schools. The results from the state sample were weighted to BVSD demographics (i.e., grade, sex, and race/ethnicity) in order to be representative of the BVSD student population. While previous HKCS middle school results included subgroups differentiated by grade, gender, and race/ethnicity, given the smaller state-level sample in 2015, the stability of the percentages is lost when looking at subgroup behaviors; therefore middle school subgroup results are not presented.

# How to Read the Results Table

		B. Percentage	C. Confidence Interval
		Percentage (%)	95% Confidence Interval
<b>Health</b>			
68.	Percentage of students who had ever been taught in school about AIDS or HIV infection	63.8	( 59.3 - 68.2 )
69.	Percentage of students who had ever been told by a doctor or nurse that they had asthma	18.4	( 11.1 - 25.7 )

- A. **Health behavior** includes a description of the behavior being reported.
- B. **Percentage:** Estimated percentage of students who reported a given behavior or answer. A period (.) appears whenever results meet the suppression criteria and are not shown to protect student confidentiality. See Key Definitions below.
- C. **95% confidence interval (CI):** These numbers define the range that most likely contains the true percentage for your district. These intervals are also called “margins of error” and indicate the precision of the estimate – a larger range indicates less precision, a smaller range indicates more precision.

## Key Definitions

**Weighting:** The results in the current report are adjusted (“weighted”) so that the answers can represent all students in the district. The process of weighting takes into account each participating student’s probability of selection and matches the participant group to the total enrollment by grade, gender, and race/ethnicity.

**Response Rates:** District response rate is the total number of students who participated in the survey divided by the number of students within BVSD randomly chosen to take the survey. Generally, the higher the response rate, the more confidence that the survey results reflect the student population. Student response rates of 80% or higher are very desirable and increase confidence that the results are representative of the entire student population.

**Confidentiality:** In order to protect confidentiality, student responses are not released if they might allow someone to identify individual students. A period (.) appears whenever results meet certain “suppression” criteria used to maintain confidentiality. Our suppression criteria include results of 0% or 100%; results where the numerator has 3 or fewer students (i.e., the number of students who reported a given behavior or answer), or the number in the denominator is 30 or fewer (i.e., the number of students who answered the question).

## Considerations When Interpreting Results

The results presented here are snapshot estimates of population-level behavior. They can be used to make general observations and as soft guidance, supplemented with other sources of information and expertise.

**Generalizability:** The results can be considered generalizable to the entire district population from which the sample was selected and weighted.

**Comparability:** The comparison to results within the same administration year, to previous years, and to other geographies are intended to be general observations only; due to differences in survey methodology, statistically significant differences cannot be inferred. Specifically, middle school and high school results are not comparable because question scope, wording, and response options vary. It is not possible to identify time trends, as a trend

requires three distinct data points. While effort was made to align with CDC protocol and past local processes, the shifts in roles, methodology, and environment make pre-2013 results not comparable to results from 2013 and beyond. Results of the 2017, 2015, and 2013 HKCS may be used to identify trends.

**Confidence:** While in the past, statistically significant differences were identified solely based on non-overlapping confidence intervals, the move in 2015 to a state middle school sampling frame resulted in some very wide confidence intervals for BVSD middle school results. The percentages are still an accurate representation of BVSD middle schools, but they are not precise. As an alternative to using confidence intervals, there are statistical analyses to identify high-risk groups or track progress, but these are very complex. An alternative approach would be to consolidate behavior (i.e., multiple questions about the same health behavior) into domains (e.g., smoking cigarettes, physical activity, mental health) to aggregate areas of risk and need. Appropriate uses of the 2015 BVSD middle school results include identifying high-risk or emerging behaviors that would benefit from early intervention, as well as supporting long-term planning and funding applications. The 2015 BVSD middle school results are not recommended for use in detailed evaluation of programs or initiatives.

## For More Information

For information about local survey modules, methods, results, and technical assistance, visit [BoulderCountyHKCS.org](http://BoulderCountyHKCS.org). For Colorado-level information, visit [Healthy Kids Colorado](http://HealthyKidsColorado) (<http://www.ucdenver.edu/academics/colleges/PublicHealth/community/CEPEG/UnifYouth/Pages/HealthyKidsSurvey.aspx>) and for national information, visit [CDC Adolescent and School Health Youth Risk Behavior Surveillance System \[YRBSS\]](http://CDCAdolescentandSchoolHealthYouthRiskBehaviorSurveillanceSystem[YRBSS]) (<http://www.cdc.gov/healthyyouth/data/yrbs/index.htm>).

**Table 1. Sample Demographics and Response Rate**      **2015 Response Rate = 81.1%**

Demographic	Number	Number/Total Sample
<b>Total</b>	<b>198</b>	<b>100%</b>
Female	87	44.2%
Male	110	55.8%
7th Grade	78	39.4%
8th Grade	120	60.6%
American Indian/Alaskan Native	0	0%
Asian	11	5.6%
Black/African American	2	1%
Native Hawaiian/Other Pacific Islander	0	0%
White	104	53.3%
Hispanic	48	24.6%
Other*	30	15.4%

\* Other category includes students who identify as multiple races or who identify as Hispanic but non-white (Hispanic other race).

**Table 2. Health Behavior Results**

	Percentage (%)	95% Confidence Interval
<b>Demographics</b>		
1. Refer to Table 1 in the Introduction above		
<b>Body Weight</b>		
2. Percentage of students who described themselves as slightly or very overweight (at or above the 95th percentile for body mass index, by age and gender)	25.9	( 0.0 - 100.0 )
3. Percentage of students who were trying to lose weight	35.6	( 10.6 - 60.7 )
<b>Physical Activity</b>		
4. Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days	67.4	( 0.0 - 100.0 )
5. Percentage of students who were physically active for a total of at least 60 minutes per day on none of the past seven days	5.4	( 0.0 - 18.4 )
6. Percentage of students who were physically active for a total of at least 60 minutes per day on all seven of the past seven days	38.7	( 0.0 - 100.0 )
7. Percentage of students who watched three or more hours of TV per day on an average school day	16.1	( 15.8 - 16.3 )
8. Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day	30.4	( 5.5 - 55.3 )
9. Percentage of students who have 3+ hours total screen time/average school day	49.4	( 22.5 - 76.4 )
10. Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school	68.0	( 0.0 - 100.0 )
11. Percentage of students who played on one or more sports teams during the past 12 months	74.5	( 40.9 - 100.0 )
<b>Nutrition</b>		
12. Percentage of students who ate fruit 1+ times per day in the past seven days	64.6	( 48.2 - 81.0 )
13. Percentage of students who ate fruit 2+ times per day in the past seven days	50.1	( 31.7 - 68.5 )
14. Percentage of students who ate vegetables 1+ times per day in the past seven days	61.8	( 0.0 - 100.0 )
15. Percentage of students who ate vegetables 2+ times per day in the past seven days	41.2	( 12.8 - 69.6 )
16. Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days	10.2	( 0.0 - 39.0 )
17. Percentage of students who ate breakfast on all of the past seven days	57.6	( 44.7 - 70.4 )
<b>Bullying</b>		
18. Percentage of students who have ever been bullied on school property	42.4	( 0.0 - 100.0 )
19. Percentage of students who had ever been electronically bullied	27.6	( 22.5 - 32.8 )
20. Percentage of students who had been teased or name called because of perceived sexual orientation during the past 12 months <sup>§</sup>	15.7	( 0.0 - 100.0 )
<b>Safety/Violence</b>		
21. Among students who ride a bicycle, the percentage who never or rarely wear a bicycle helmet	34.5	( 0.0 - 100.0 )
22. Percentage of students who never/rarely wear a seat belt while riding in a car	3.7	( 0.0 - 15.4 )

<sup>§</sup> New question

\* All estimates are weighted to reflect the student enrollment for the district. For more information about weighting, refer to the introduction to this report.

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	Percentage (%)	95% Confidence Interval
23. Percentage of students who ever rode in a car driven by someone who had been drinking alcohol	24.2	( 2.5 - 45.9 )
24. Percentage of students who ever carried a weapon such as a gun, knife, or club	33.6	( 0.0 - 70.0 )
25. Percentage of students who have ever been in a physical fight	34.4	( 0.0 - 100.0 )
<b>Mental Health</b>		
26. Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	23.7	( 0.0 - 48.4 )
27. Percentage of students who ever seriously thought about killing themselves	15.7	( 0.0 - 74.5 )
28. Percentage of students who ever made a plan about how they would kill themselves	13.9	( 0.0 - 31.5 )
29. Percentage of students who ever tried to kill themselves	4.0	( 2.8 - 5.2 )
30. Percentage of students who would most likely talk to a parent, teacher, or other adult when feeling sad, empty, hopeless, angry, or anxious <sup>§</sup>	43.2	( 5.9 - 80.4 )
31. Percentage of students who have an adult to go to for help with a serious problem <sup>§</sup>	80.8	( 53.1 - 100.0 )
<b>Tobacco</b>		
32. Percentage of students who ever tried cigarette smoking, even one or two puffs	8.8	( 0.0 - 40.5 )
33. Percentage of students who ever smoked a whole cigarette before the age of 11	.	( . - . )
34. Percentage of students who smoked cigarettes on one or more of the past 30 days	2.6	( 0.0 - 32.2 )
35. Percentage of students who smoked cigarettes on 20 or more of the past 30 days	.	( . - . )
36. Among students who were 16 years old or younger and who reported current cigarette use, the percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days	.	( . - . )
37. Percentage of students who feel it would be sort of easy or very easy to get cigarettes if they wanted	27.7	( 0.0 - 73.5 )
38. Percentage of students who think people who smoke one or more packs of cigarettes per day have a moderate/great risk of harming themselves	93.7	( 64.4 - 100.0 )
39. Percentage of students who think their parents or guardians would feel it is wrong/very wrong if they smoked cigarettes	98.5	( 97.4 - 99.7 )
40. Percentage of students who have ever used an electronic vapor product <sup>§</sup>	17.8	( 13.0 - 22.7 )
41. Percentage of students who ever smoked cigarettes or used an electronic vapor product <sup>§</sup>	19.7	( 18.0 - 21.3 )
<b>Alcohol</b>		
42. Percentage of students who had ever had a drink of alcohol, other than a few sips	20.1	( 0.0 - 60.7 )
43. Percentage of students who had their first drink of alcohol other than a few sips before the age of 11	4.7	( 0.0 - 45.7 )
44. Percentage of students who had at least one drink of alcohol on one or more of the past 30 days	7.8	( 0.0 - 30.2 )
45. Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days	1.4	( 1.2 - 1.6 )
46. Percentage of students who think a typical student drank alcohol 1+ days during the past 30 days	43.5	( 0.0 - 100.0 )

<sup>§</sup> New question

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	Percentage (%)	95% Confidence Interval
47. Percentage of students who think a typical student binge drank (5 or more drinks of alcohol in a row within a couple of hours) 1+ days during the past 30 days <sup>5</sup>	22.7	( 0.0 - 100.0 )
48. Percent of students who feel it would be sort of easy or very easy to get alcohol if they wanted	41.7	( 0.0 - 100.0 )
49. Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days	.	( . - . )
50. Percentage of students who usually drank in a public setting, on school property, or riding in a car, of all students who drank in past 12 months	12.1	( 0.0 - 29.5 )
51. Percentage of students who think people who drink one or two drinks nearly every day have moderate/great risk of harming themselves	79.3	( 37.1 - 100.0 )
52. Percentage of students who think it is wrong/very wrong for someone the same age to drink alcohol regularly (at least once or twice per month)	91.6	( 36.5 - 100.0 )
53. Percentage of students who think their parents or guardians would feel it is wrong/very wrong if they drank alcohol regularly (once or twice per month)	95.3	( 69.9 - 100.0 )
<b>Marijuana</b>		
54. Percentage of students who have ever used marijuana	8.5	( 2.0 - 15.0 )
55. Percentage of students who tried marijuana for the first time before the age of 11	1.4	( 0.0 - 17.9 )
56. Percentage of students who used marijuana one or more times during the past 30 days	3.6	( 0.0 - 11.9 )
57. Percentage of students who feel it would be sort of easy or very easy to get marijuana if they wanted	26.0	( 25.2 - 26.7 )
58. Percentage of students who think people who use marijuana regularly have moderate/great risk of harming themselves	76.1	( 12.8 - 100.0 )
59. Percentage of students who think it is wrong/very wrong for someone same age to use marijuana	88.4	( 76.9 - 99.9 )
60. Percentage of students who think their parents would feel it is wrong/very wrong if they used marijuana	95.9	( 77.6 - 100.0 )
<b>Other Drugs</b>		
61. Percentage of students who ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high	6.4	( 4.6 - 8.1 )
62. Percentage of students who ever took a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription	6.9	( 4.4 - 9.3 )
<b>Substance Use Prevention</b>		
63. Percentage of students who talked with at least one parent about the dangers of tobacco, alcohol, or drug use during the past 12 months	65.7	( 15.8 - 100.0 )
64. Percentage of students who heard, read, or watched an advertisement about preventing tobacco, alcohol, or other drug use sometimes or a lot in past 12 months	76.1	( 65.2 - 87.0 )
<b>School</b>		
65. Percentage of students who described their grades as mostly A's or B's over the past 12 months	86.2	( 50.7 - 100.0 )
66. Percentage of students who participate in extracurricular activities at school	73.6	( 4.6 - 100.0 )
67. Percentage of students who think it is important or very important to go to college	95.6	( 84.9 - 100.0 )

<sup>5</sup> New question

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