The Results are In!

Results of the 2017 Healthy Kids Colorado Survey

Presented by
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Opportunity for a healthy life.
Survey is Anonymous and Voluntary

- BVSD middle and high schools
- Voluntary – can opt-out
- Anonymous – no student-level results
- Asks about own health behavior
- Measures various health issue areas
- Data is cross-sectional
Confidence intervals help identify "statistically significant differences"

* Group is significantly different from all other groups.
More focus on upstream risk and protective factors
Considering results using a health equity lens

- Race/ethnicity
  - Hispanic
  - Non-Hispanic, other
  - Non-Hispanic, white
- Sexual orientation/gender identity
  - Lesbian, gay, bisexual, transgender, questioning (LGBTQ)
  - Heterosexual, cisgender (HC)
- Gender
- Grade
Upstream Factors
Middle school students have high engagement and future orientation

School Engagement
BVSD Middle Schools
2017 HKCS

- Grades mostly A's and B's: 83%
- Participate in extracurricular activities at school: 70%
- Think it's important to go to college: 96%
Majority of students report having engaged parent/guardian

Parent/Guardian Relationship
BVSD High Schools
2017 HKCS

- Consulted before family decisions: 75%
- Parent/guardian asks if homework is done: 81%
- Parent/guardian knows where they are/who they are with when not home: 90%
- Caught if skipped school: 90%
- Fun things with parents/guardians: 83%
- Family rules are clear: 92%
LGBTQ students less likely to report having engaged parent/guardian

Parent/Guardian Relationship
BVSD High Schools
2017 HKCS

- Consulted before family decisions: LGBTQ 67%, HC 76%
- Asks if homework is done: LGBTQ 78%, HC 81%
- Knows where they are/who with when not home: LGBTQ 82%, HC 91%
- Caught if skipped school: LGBTQ 83%, HC 90%
- Fun things with parents/guardians: LGBTQ 75%, HC 85%
- Family rules are clear: LGBTQ 82%, HC 94%

* Group is significantly different from all other groups.
Most students have someone they can talk to about emotions or problems

**Trusted Person**
BVSD High Schools
2017 HKCS

- 88% Could ask parent/guardian for help with personal problem
- 74% Have adult to go to for help with a serious problem
- 87% Have someone to talk to when feeling sad, empty, hopeless, angry, or anxious
LGBTQ students less likely to report having an adult to talk to

<table>
<thead>
<tr>
<th>Scenario</th>
<th>LGBTQ</th>
<th>HC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Could ask parent/guardian for help with personal problem</td>
<td>75%</td>
<td></td>
</tr>
<tr>
<td>* Have adult to go to for help with a serious problem</td>
<td>63%</td>
<td>76%</td>
</tr>
<tr>
<td>Have someone to talk to when feeling sad, empty, hopeless, angry, or anxious</td>
<td>85%</td>
<td>87%</td>
</tr>
</tbody>
</table>

* Group is significantly different from all other groups.
LGBTQ students more likely to discuss emotional issues with friends

Discuss Emotions
BVSD High Schools
2017 HKCS

* Group is significantly different from all other groups.
High school students have moderate to high engagement

Extracurricular activities at school: 73%
Often try to do best work in school: 76%
Teacher notice if they are doing a good job: 64%
Teacher praise them for working hard in school: 52%

* Group is significantly different from all other groups.
Students find school interesting but not always meaningful

Class Engagement
BVSD High Schools
2017 HKCS

- Grades mostly A's and B's: 85%
- Skipped class during last month: 22%
- Courses are interesting and stimulating: 70%
- School work often/always important and meaningful: 34%
Most students feel graduating and going to college is important.

Future Orientation
BVSD High Schools
2017 HKCS

- Things learning in school are important for later: 60%
- Think it's important to finish high school: 98%
- Think it's important to go to college: 92%
Some differences between Hispanic and non-Hispanic students

### Extracurricular activities at school
- Hispanic: 58%
- Other, non Hispanic: 78%
- White, non-Hispanic: 77%

### Grades mostly A's and B's
- Hispanic: 66%
- Other, non Hispanic: 90%
- White, non-Hispanic: 90%

### Think it's important to finish high school
- Hispanic: 94%
- Other, non Hispanic: 99%
- White, non-Hispanic: 99%

### Think it's important to go to college
- Hispanic: 84%
- Other, non Hispanic: 95%
- White, non-Hispanic: 93%

* Group is significantly different from all other groups.
Bullying/Violence
Hispanic and LGBTQ students less likely to feel safe at school

Feel Safe at School
BVSD High Schools
2017 HKCS

* Group is significantly different from at least 1 other group.
1 in 5 have been bullied on school property in last year

**Bullying**
BVSD High Schools
2017 HKCS

- Bullied on school property: 19%
- Electronically bullied: 14%
- Teased or called names because of ethnic background: 7%
- Teased or called names because of sexual orientation: 4%
Female youth more likely to experience bullying

**Bullying**
BVSD High Schools
2017 HKCS

- Bullied on school property: Female 23%, Male 15%
- Electronically bullied: Female 19%, Male 9%
- Teased or called names because of ethnic background: Female 7%, Male 7%
- Teased or called names because of sexual orientation: Female 5%, Male 3%

* Group is significantly different from all other groups.
LGBTQ youth more likely to experience bullying

Bullying
BVSD High Schools
2017 HKCS

* Group is significantly different from all other groups.
Nearly half middle school students experience bullying on school property.

Bullying
BVSD Middle Schools
2017 HKCS

- 45% on school property
- 22% electronically
- 17% teased or name called because of perceived sexual orientation
Sexual Health

Opportunity for a healthy life.
Half of students in 12th grade have had sexual intercourse

Sexual Intercourse Ever
BVSD High Schools
2017 HKCS

* Group is significantly different from all other groups.
Condoms most often used for pregnancy prevention

Pregnancy Prevention
BVSD High Schools
2017 HKCS

No method used: 7%
Birth control pills: 23%
Condoms: 46%
IUD or implant: 10%
Withdrawal or other: 6%
Not sure: 5%
Shot, patch, or bc ring: 3%

* Group is significantly different from all other groups.
Differences in sexual activity in students who can talk to parent

- Ever had Sex:
  - Can talk to parent: 29%
  - Can't talk to parent: 49%

- Used Condom During Last Encounter**:
  - Can talk to parent: 64%
  - Can't talk to parent: 49%

* Group is significantly different from all other groups
**Among those who had sexual intercourse in last 3 months.
Larger increase in being forced to have sex reported by female students
LGBTQ students more likely to experience sexual and dating violence

Sexual/Dating Violence
BVSD High Schools
2017 HKCS

- Forced to have sex:
  - LGBTQ: 11%
  - HC: 5%
  - * Group is significantly different from all other groups.

- Physically Harmed by someone dating:
  - LGBTQ: 14%
  - HC: 5%
  - * Group is significantly different from all other groups.

Prepared by Boulder County Public Health
Mental Health

Opportunity for a healthy life.
More students reporting recently feeling sad or hopeless compared to 2013

§ Year is significantly different from all other years.
Depressive Symptoms more common among female and LBGTQ students

* Group is significantly different from all other groups.
LBGTQ students more likely to experience self-harm and suicidality

**Self-Harm and Suicidality (12 months)**
BVSD High Schools
2017 HKCS

<table>
<thead>
<tr>
<th>Category</th>
<th>LBGTQ</th>
<th>HC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-Harm</td>
<td>39%</td>
<td>12%</td>
</tr>
<tr>
<td>Considered Suicide</td>
<td>34%</td>
<td>12%</td>
</tr>
<tr>
<td>Created Suicide Plan</td>
<td>26%</td>
<td>9%</td>
</tr>
<tr>
<td>Attempted Suicide</td>
<td>14%</td>
<td>4%</td>
</tr>
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</table>

* Group is significantly different from all other groups.

Prepared by Boulder County Public Health
Student who can talk to parents less likely to experience suicidality

Depressive Symptoms and Suicidality
BVSD High Schools 2017 HKCS

- Depressive Symptoms: 23% Can talk to parent, 55% Can't talk to parent
- Considered Suicide: 11% Can talk to parent, 42% Can't talk to parent
- Created Suicide Plan: 9% Can talk to parent, 34% Can't talk to parent
- Attempted Suicide: 4% Can talk to parent, 22% Can't talk to parent

* Group is significantly different from all other groups.
Substance Use

Opportunity for a healthy life.
Students trying alcohol more than other substances

Ever Used
BVSD High Schools
2017 HKCS

* Group is significantly different from all other groups.
Middle school students trying alcohol more than other substances

Ever Used
BVSD Middle School
2017 HKCS

* Group is significantly different from all other groups.
Students who can talk to parent less likely to try substances

**Ever Use**
BVSD High Schools
2017 HKCS

<table>
<thead>
<tr>
<th>Substance</th>
<th>Can talk to parent (%)</th>
<th>Can't talk to parent (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>60%</td>
<td>77%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>34%</td>
<td>52%</td>
</tr>
<tr>
<td>Vapor Product</td>
<td>43%</td>
<td>66%</td>
</tr>
<tr>
<td>Rx Pain</td>
<td>12%</td>
<td>22%</td>
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* Group is significantly different from all other groups.
No change students trying marijuana reported since 2013

Marijuana Ever Use
BVSD High Schools
2013-2017 HKCS

- 2013: 35%
- 2015: 38%
- 2017: 36%
No change in ease of access reported since 2013

Ease of Access Marijuana
BVSD High Schools
2013-2017 HKCS
No change students trying marijuana reported since 2013

Ever Use Marijuana
BVSD Middle Schools
2013-2017 HKCS

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>2013</td>
<td>8%</td>
</tr>
<tr>
<td>2015</td>
<td>9%</td>
</tr>
<tr>
<td>2017</td>
<td>5%</td>
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Smoking is still most common mode of marijuana use

*Group is significantly different from all other groups

**Given current marijuana use (last 30 days)
Trends of consumption methods could be changing

Consumption Methods of Marijuana, Among Users**
BVSD High Schools
2017 HKCS

- **Smoked**: 88% (2015) vs 87% (2017)
- **Ate**: 29% (2015) vs 45% (2017)
- **Vaporized**: 39% (2015) vs 26% (2017)
- **Dabbed**: 31% (2015) vs 40% (2017)

**Given current marijuana use (last 30 days)**
1 in 3 students report current use of vapor products

Current Use (30 days)
BVSD High School
2017 HKCS

* Group is significantly different from all other groups.

- Cigarettes: 8%
- Heavy Use Cigarettes: 1.4%
- Other tobacco: 10%
- Electronic Vapor Product: 33%
Majority of students who ever used vaping products currently use

Vaping Products
BVSD High Schools
2017 HKCS

* Group is significantly different from all other groups.
Awareness and consideration of electronic vaping products is common

Electronic Vaping
BVSD High Schools
2017 HKCS

- 65% think it is easy to get
- 38% think they will use in next year
- 36% would use if best friend offered
Students perceive secondhand smoke is less risky compared to 2013.

Secondhand Smoke
BVSD High Schools
2013-2017 HKCS

§ Year is significantly different from all other years
Prescription pain medication most common other drug used

![Bar chart showing prescription pain medication as the most common other drug used, with percentages for other substances: Cocaine 6%, Inhalants 5%, Heroin 1%, Meth 2%, Ecstasy 5%, Rx Pain 13%.](chart.png)

* Group is significantly different from all other groups.
More students offered drugs at school compared to 2013

Drugs at School
BVSD High Schools
2013-2017 HKCS

§ One year is significantly different from another year.
Students who can talk to parent less likely to try substances

Ever Use
BVSD High Schools
2017 HKCS

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Keep an eye out for more results and content

• BoulderCountyHKCS.org
Statistics is not a spectator sport
Discussion Questions

• What stood out?
• What strengths did you find in the community?
• What concerns?
Amazing work is happening in the community

- Healthy Futures Coalition & Speak Now
- Communities that Care Lafayette
- Communities that Care Nederland
- Communities that Care Broomfield
- Coordinated Youth Systems Team
- BVSD Safe Schools Coalition
- HOPE Coalition
- Nature Kids Lafayette
- Opioid Advisory Group
- LARC Coalition
- Interfaith Network on Mental Illness
- Dream Big
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