The Healthy Kids Colorado Survey is the state’s only comprehensive survey on the health and well-being of young people. In 2019, the survey sampled approximately 53,500 youth from 195 randomly selected middle and high schools statewide. The voluntary, biennial survey collects a wide range of health and behavioral information that helps public, private, and community organizations better understand the youth they serve and support them in making healthy choices. The data included are from a sample of approximately 2,200 local high school youth in Boulder County.

**ALCOHOL USE AMONG LOCAL YOUTH HAS REMAINED STEADY**

<table>
<thead>
<tr>
<th>Year</th>
<th>Drinking (past month)</th>
<th>Binge Drinking (past month)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>40%</td>
<td>10%</td>
</tr>
<tr>
<td>2015</td>
<td>40%</td>
<td>10%</td>
</tr>
<tr>
<td>2017</td>
<td>40%</td>
<td>10%</td>
</tr>
<tr>
<td>2019</td>
<td>40%</td>
<td>10%</td>
</tr>
</tbody>
</table>

**LOCAL YOUTH COMPARED TO COLORADO**

- Drank in the past month:
  - Local Youth: 19%
  - Colorado: 30%
- Binge drank* in the past month:
  - Local Youth: 22%
  - Colorado: 14%

*Females, 4+ drinks; males, 5+ drinks within a couple hours

**FEMALE AND MALE PATTERNS**

More female respondents than male drank alcohol in the past month.

**Drinking (past month)**
- Female: 41%
- Male: 37%

**YOUTH PERCEPTIONS**

- More than 2 in 3 youth think alcohol is easy to get.
- Around 3 in 4 youth think people who drink almost every day risk harming themselves.

**YOUTH NEED ACCURATE INFORMATION ON PEER ALCOHOL USE**

Youth who think it would be difficult to get alcohol are 27% LESS LIKELY to drink.

Youth who think it is risky to use alcohol are 9% LESS LIKELY to drink.

**PROTECTIVE FACTORS**

All data on behaviors or health outcomes should be considered alongside the upstream factors that influence them, such as feeling safe at school. Social, economic and environmental inequities result in adverse health outcomes and have a greater impact than individual choices. Reducing health disparities through systems change can help improve opportunities for all Coloradans.

**% OF STUDENTS WHO FEEL SAFE AT SCHOOL BY RACE & ETHNICITY**

- Hispanic: 81%
- Other race, non-Hispanic: 91%
- White, non-Hispanic: 92%

**% OF STUDENTS BY SEXUALITY WHO THINK A TEACHER NOTICES WHEN THEY ARE DOING A GOOD JOB AND LETS THEM KNOW**

- Heterosexual: 52%
- Gay, Lesbian, Bisexual: 40%
- Questioning: 53%

*Sexuality categories as they appear on HKCS

**PARENTS CAN HELP PREVENT YOUTH ALCOHOL USE**

Youth who report their parents think it’s wrong for them to drink alcohol are 39% LESS LIKELY to drink.

**% OF STUDENTS WHO HAVE TRIED THE SUBSTANCE**

- Tobacco: 44%
- E-Cigarettes: 21%
- Marijuana: 36%
- Cigarettes: 28%
- Rx Pain Meds: 14%
- Inhalants: 16%
- Cocaine: 11%
- Ecstasy: 5%
- Meth: 2%
- Heroin: 0%

**YOU ARE TRYING ALCOHOL MOST OFTEN**

Around 1 in 5 local youth rode in a vehicle driven by someone who had been drinking.

**YOUTH ARE TRYING ALCOHOL MOST OFTEN**

- Alcohol
- E-Cigarettes
- Marijuana
- Cigarettes
- Rx Pain Meds
- Inhalants
- Cocaine
- Ecstasy
- Meth
- Heroin