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.

**CURRENT USE**

More than 1 in 4 local youth use vapor products

Less than 1 in 10 local youth smoke cigarettes

**E-CIGARETTES ARE THE SECOND-MOST TRIED SUBSTANCE AMONG LOCAL YOUTH**

Percent of local youth who have tried the substance

- Alcohol: 60%
- E-Cigarettes: 40%
- Marijuana: 40%
- Cigarettes: 30%
- Rx Pain Meds: 20%
- Inhalants: 10%
- Cocaine: 10%
- Ecstasy: 5%
- Meth: 5%
- Heroin: 0%

**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.

- Youth whose families have clear rules about drug and alcohol use are 9% LESS LIKELY to vape.
- Youth who have an adult to go to with a serious problem are 9% LESS LIKELY to use vapor products than those who do not.

**PRO SOCIAL ACTIVITIES**

Students who participate in extracurricular activities are 8% LESS LIKELY to smoke cigarettes than those who do not.

**YOUTH PERCEPTIONS**

E-cigarettes are perceived as LESS RISKY AND EASIER TO GET than cigarettes

Percent of students who think...

- Smoking is risky: 91%
- Vaping is risky: 80%
- Cigarettes are easy to get: 56%
- Vape products are easy to get: 71%

**SOME YOUTH ARE TRYING TO QUIT**

1 of 3 youth who currently smoke cigarettes are trying to quit.

**SOME YOUTH ARE EXPOSED AT HOME**

12% of local youth are exposed to second-hand smoke at home.

**PARENTS CAN HELP PREVENT YOUTH TOBACCO USE**

- Youth whose families have clear rules about drug and alcohol use are 9% LESS LIKELY to smoke cigarettes.