

2015 HEALTHY KIDS COLORADO SURVEY RESULTS

High School Summary Tables – Table of Contents

Body Weight

Table 1.	Percentage of obese students (at or above 95th percentile).....	1
Table 2.	Percentage of overweight students (between 85th – 95th percentile).....	2
Table 3.	Percentage of overweight or obese students (at or above 85 th percentile).....	3
Table 4.	Percentage of underweight students (below 5 th percentile).....	4
Table 5.	Percentage of students who self-described themselves as slightly/very overweight	5
Table 6.	Percentage of students trying to lose weight	6

Physical Activity

Table 7.	Students active 60 minutes on 5+ days past 7 days	7
Table 8.	Students active 60 minutes on none of past 7 days.....	8
Table 9.	Students active 60 minutes on all of past 7 days.....	9
Table 10.	Watched TV 3+ hours/average school day.....	10
Table 11.	Reported 3+ hours computer screen time on average school day	11
Table 12.	Reported 3+ hours/day of total screen time on average school day	12
Table 13.	Played on 1+ sports team past 12 months	13
Table 14.	Could walk or ride bike/skateboard to school if wanted	14
Table 15.	Walk/ride bike to school 1+ days in average week	15
Table 16.	Attended PE class 1+ days/average week	16

Nutrition

Table 17.	Ate fruit 1+ times/day past 7 days	17
Table 18.	Ate fruit 2+ times/day past 7 days	18
Table 19.	Ate vegetables 1+ times/day past 7 days	19
Table 20.	Ate vegetables 2+ times/day past 7 days	20
Table 21.	Ate breakfast on all of the past 7 days	21
Table 22.	Usually got breakfast at school	22
Table 23.	Ate lunch on all of the past 7 days.....	23
Table 24.	Usually got lunch at school	24
Table 25.	Went hungry from lack of food past 30 days.....	25
Table 26.	Drank soda 1+ times/day past 7 days	26
Table 27.	Drank diet soda 1+ times/day past 7 days.....	27
Table 28.	Drank sports drink 1+ times/day past 7 days.....	28
Table 29.	Drank energy drink 1+ times/day past 7 days.....	29
Table 30.	Drank sugar/sweetened drink 1+ times/day past 7 days.....	30
Table 31.	Drank water 1+ times/day past 7 days	31

Bullying

Table 32.	Been bullied at school during past 12 months	32
Table 33.	Been electronically bullied during past 12 months.....	33
Table 34.	Been teased or name called because of race/ethnicity during past 12 months	34
Table 35.	Been teased/name called because of perceived sexual orientation during past 12 months	35

Violence

Table 36.	Purposefully hurt self without wanting to die 1+ times in past 12 months.....	36
Table 37.	Carried a weapon 1+ days in past 30 days.....	37
Table 38.	Carried a weapon at school 1+ days in past 30 days.....	38
Table 39.	Missed school 1+ days because felt unsafe at school or on way to school in past 30 days	39
Table 40.	Been threatened/injured with weapon at school 1+ times during past 12 months	40
Table 41.	Been in a physical fight 1+ times during past 12 months	41
Table 42.	Been physically hurt by dating partner 1+ times during past 12 months	42
Table 43.	Been physically forced to have sex	43
Table 44.	Been threatened or injured by gang activity 1+ times during past 12 months	44

Mental Health

Table 45.	Reported mental health as not good 1+ days in past 30 days	45
Table 46.	Felt sad or hopeless almost every day for 2 weeks in past 12 months.....	46
Table 47.	Seriously considered suicide in past 12 months	47
Table 48.	Made a suicide plan in past 12 months	48
Table 49.	Attempted suicide 1+ times in past 12 months	49
Table 50.	Made a suicide attempt that resulted in injury in past 12 months	50
Table 51.	Have an adult to go to for help with a serious problem	51
Table 52.	Most likely to talk to parent, teacher, or other adult when feeling sad	52

Safety

Table 53.	Among those who rode a bicycle in past 12 months, never/rarely wore bicycle helmet.....	53
Table 54.	Never/rarely wore a seat belt when riding in car driven by someone else	54
Table 55.	Rode 1+ times in car driven by someone drinking alcohol in past 30 days	55
Table 56.	Among drivers, drove a car 1+ times when had been drinking in past 30 days	56
Table 57.	Among drivers, have texted or e-mailed while driving in past 30 days	57
Table 58.	Rode 1+ times in car in past 30 days driven by someone who had been using marijuana	58

2015 HEALTHY KIDS COLORADO SURVEY RESULTS

High School Summary Tables – Table of Contents

Table 59.	Among drivers, drove a car 1+ times in past 30 days when had been using marijuana	59
Tobacco		
Table 60.	Ever smoked a whole cigarette	60
Table 61.	Smoked a whole cigarette before age 13	61
Table 62.	Smoked cigarettes on 1+ days in past 30 days	62
Table 63.	Smoked 20+ cigarettes in past 30 days.....	63
Table 64.	Think access to cigarettes is easy or very easy.....	64
Table 65.	Underage current smokers who got cigarettes in store in past 30 days	65
Table 66.	Underage current smokers who attempted to buy cigarettes but were refused	66
Table 67.	Among current smokers, tried to quit smoking in past 12 months.....	67
Table 68.	Among current smokers, want to quit soon or eventually.....	68
Table 69.	Would smoke a cigarette if offered from a friend	69
Table 70.	Think will smoke a cigarette in next year	70
Table 71.	Smoked a cigar, cigarillo, or little cigar in past 30 days.....	71
Table 72.	Used chewing tobacco, snuff or dip in past 30 days.....	72
Table 73.	Ever used an electronic vapor product	73
Table 74.	Used an electronic vapor product in past 30 days	74
Table 75.	Ever smoked a hookah or sheesha	75
Table 76.	Ever tried snus or spitless tobacco.....	76
Table 77.	Smoked or used cigarettes, cigars, chewing tobacco, snuff, dip or e-vapor products in past 30 days.....	77
Table 78.	Think people risk harming themselves by smoking 1+ packs/day	78
Table 79.	Think parents feel it is wrong/very wrong if the student smoked cigarettes.....	79
Table 80.	Been at home while someone smoked tobacco in past 7 days.....	80
Table 81.	Been in car while parent smoked tobacco in past 7 days	81
Table 82.	Think breathing second hand smoke has a moderate or great risk.....	82
Alcohol		
Table 83.	Had 1 drink of alcohol on 1+ days in life.....	83
Table 84.	Had first drink of alcohol other than a few sips before age 13.....	84
Table 85.	Had 1+ drinks during past 30 days.....	85
Table 86.	Had 5+ drinks in a row on 1+ days during past 30 days	86
Table 87.	Drank on school property during past 30 days	87
Table 88.	Think a typical student drank alcohol 1+ days in past 30 days.....	88
Table 89.	Think typical student binge drank alcohol 1+ days in past 30 days	89
Table 90.	Think it would be sort of/very easy to get alcohol	90
Table 91.	Among current drinkers, usually got alcohol from someone who gave it to them in past 30 days.....	91
Table 92.	Among drinkers in past 12 months, usually drank in public setting, on school property, or riding in car	92
Table 93.	Think people have moderate/great risk of harming selves if have one or two drinks daily.....	93
Table 94.	Think it is wrong/very wrong for someone the student's age to drink alcohol regularly (once or twice per month)	94
Table 95.	Think parents feel it is wrong/very wrong for the student to drink alcohol regularly (once or twice per month)	95
Table 96.	Think police would catch kids who drank alcohol in student's neighborhood	96
Marijuana		
Table 97.	Used marijuana 1+ times in life	97
Table 98.	Tried marijuana for the first time before age 13	98
Table 99.	Used marijuana 1+ times in past 30 days.....	99
Table 100.	Among current marijuana users, smoked marijuana in past 30 days	100
Table 101.	Among current marijuana users, ate marijuana in past 30 days	101
Table 102.	Among current marijuana users, vaporized marijuana in past 30 days	102
Table 103.	Among current marijuana users, dabbed marijuana in past 30 days.....	103
Table 104.	Among current marijuana users, used marijuana in other way in past 30 days.....	104
Table 105.	Among current marijuana users, those that usually smoked it	105
Table 106.	Feel it would be sort of easy/very easy to get marijuana	106
Table 107.	Among current marijuana users, usually got marijuana at school	107
Table 108.	Used marijuana 1+ times on school property in past 30 days	108
Table 109.	Think people who use marijuana regularly have moderate/great risk of harming themselves	109
Table 110.	Think it is wrong/very wrong for someone student's age to use marijuana	110
Table 111.	Think their parents feel it is wrong/very wrong for the student to use marijuana	111
Table 112.	Think police would catch kids using marijuana in student's neighborhood	112
Other Drugs		
Table 113.	Used cocaine 1+ times in life	113
Table 114.	Sniffed glue, breathed aerosol spray cans, or inhaled paint to get high 1+ times in life.....	114
Table 115.	Used heroin 1+ times in life.....	115
Table 116.	Used methamphetamines 1+ times in life.....	116

2015 HEALTHY KIDS COLORADO SURVEY RESULTS

High School Summary Tables – Table of Contents

Table 117.	Used ecstasy 1+ times in life.....	117
Table 118.	Used prescription drugs without a doctor's prescription during life.....	118
Table 119.	Used prescription drugs without a doctor's prescription in past 30 days	119
Table 120.	Thinks access to prescription drugs without a prescription is easy/sort of easy	120
Table 121.	Thinks using prescription drugs without a prescription is wrong/very wrong	121
Table 122.	Used steroids without a prescription 1+ times in life	122
Table 123.	Feel it would be easy/sort of easy to get drugs like cocaine, LSD, amphetamines.....	123
Table 124.	Offered, sold, or given drugs at school in past 12 months	124

Substance Use Prevention

Table 125.	Talked with parent about substance dangers in past 12 months	125
Table 126.	Heard, read, or watched advertisements about preventing tobacco, alcohol, or other drug use sometimes or a lot in past 12 months	126

Sexual Health

Table 127.	Ever had sexual intercourse	127
Table 128.	Had sexual intercourse before age 13.....	128
Table 129.	Had sexual intercourse with 4+ people in life	129
Table 130.	Had sexual intercourse with 1+ people in past 3 months	130
Table 131.	Sexually active in past 3 months and used alcohol/drugs last sexual intercourse	131
Table 132.	Sexually active in past 3 months and used a condom last sexual intercourse	132
Table 133.	Sexually active in past 3 months and used birth control pills last sexual intercourse	133
Table 134.	Sexually active in past 3 months and no method of birth control last sexual intercourse.....	134

Healthcare

Table 135.	Had dental exam within past 24 months	135
Table 136.	Had dental exam within past 12 months.....	136
Table 137.	Had physical exam/check-up within last 24 months.....	137
Table 138.	Had physical exam/check-up within last 12 months.....	138
Table 139.	Doctor/nurse discussed how to maintain a healthy weight during last check-up	139
Table 140.	Doctor/nurse discussed dealing with sad/hopeless feelings during last check-up	140
Table 141.	Ever been told by doctor/nurse that they had asthma.....	141

School

Table 142.	Described grades as mostly A's and B's over the past 12 months.....	142
Table 143.	Participate in extracurricular activities at school	143
Table 144.	Skipped 1+ whole days of school during last 4 weeks	144
Table 145.	Feel school work/assignments are often/almost always important and meaningful.....	145
Table 146.	Feel safe at school.....	146
Table 147.	Think it is important to finish high school	147
Table 148.	Think it is important to go to college.....	148
Table 149.	Think it is important to be successful in a job or career	149
Table 150.	Strongly agree/agree that teachers care about them and provide encouragement	150
Table 151.	Ever been taught about AIDS/HIV at school.....	151

Other demographics and questions

Table 152.	Report sexual orientation to be heterosexual (straight).....	152
Table 153.	Report sexual orientation to be gay, lesbian, or bisexual	153
Table 154.	Not sure of sexual orientation.....	154
Table 155.	Most often speak a language other than English at home	155
Table 156.	Sleep 8+ hours on average school night	156
Table 157.	Feel the rules in their family are clear.....	157
Table 158.	Could ask parent/guardians for help with a personal problem	158
Table 159.	Used indoor tanning device in past 12 months.....	159
Table 160.	Participated on organized community services as a non-paid volunteer 1+ times during past 30 days	160