



# HEALTHY KIDS COLORADO SURVEY

## Test School Snapshot

### Examining Indicator from 2013 to 2017

This report presents your district's results from 2013, 2015, and 2017 Healthy Kids Colorado Survey (HKCS). The HKCS is a voluntary survey that is used to better understand youth health and well-being in Colorado. The HKCS is supported by the Colorado Department of Public Health and Environment, Colorado Department of Education, Colorado Department of Safety, and Colorado Department of Human Services. A team at the Colorado School of Public Health administers the survey. Website: [www.healthykidscolo.org](http://www.healthykidscolo.org) | Email: [hkcs@ucdenver.edu](mailto:hkcs@ucdenver.edu)

The HKCS collects self-reported health information from Colorado public high and middle school students every other year. The survey is conducted by sampling schools and classrooms to participate. Any school can opt-in and in some schools all students are invited to participate. When the student response rate is greater than 30%, the responses are weighted to the school and/or district enrollment. The number of students who completed the survey varied each year the survey was administered. For this district, 465 students completed the survey in 2013, 479 students completed the survey in 2015, and 344 students completed the survey in 2017.

In the table below, each indicator is listed with the estimated percentage and 95% confidence interval of students answering yes in 2013, 2015, and 2017. Additionally, if requested, a trend analysis was conducted for each indicator from 2013 to 2017. If there is a statistically significant change the word "increase" or "decrease" is shown. A blank is shown if there was not a statistically significant change. These results can be used to inform if there is a change in student behaviors over time.

#### Percentage and 95 percent confidence interval of indicator in 2013, 2015, and 2017.

Indicator	2013	2015	2017	Trend
Rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol.	16.0 (11.9 - 21.0)	16.6 (11.7 - 22.9)	12.3 ( 8.8 - 17.0)	
Had at least one drink of alcohol.	71.8 (63.9 - 78.6)	71.3 (64.7 - 77.1)	68.9 (61.9 - 75.1)	
Had at least one drink of alcohol at least once in the past 30 days.	30.2 (24.1 - 37.2)	37.4 (31.2 - 44.0)	29.8 (22.6 - 38.2)	
Think it would be sory of easy or very easy to access alcohol if they wanted.	55.8*(48.3 - 63.1)	61.2*(53.9 - 68.0)	56.5*(48.5 - 64.1)	
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Percentage and 95 percent confidence interval of indicator in 2013, 2015, and 2017.

Indicator	2013	2015	2017	Trend
Think people who have one or two drinks nearly every day have moderate or great risk of harming themselves.	71.5*(65.1 - 77.2)	69.0*(59.9 - 76.8)	76.2*(68.9 - 82.3)	
Could ask parents or guardians for help with a personal problem.	76.5*(69.7 - 82.1)	77.6*(71.5 - 82.7)	86.1 (81.0 - 90.0)	Increase
Used marijuana at least once in their lifetime.	41.3 (34.4 - 48.5)	46.2 (38.9 - 53.7)	41.4 (33.1 - 50.2)	
Used marijuana at least once during the past 30 days.	20.1 (15.3 - 25.9)	22.6 (17.6 - 28.6)	21.4 (17.1 - 26.5)	
Felt it would be sort of easy or very easy to get marijuana if they wanted.	63.2*(54.8 - 70.8)	63.4*(54.6 - 71.4)	57.8*(45.4 - 69.4)	
Think people who use marijuana regularly have moderate or great risk of harming themselves.	49.1*(41.7 - 56.6)	51.5*(42.1 - 60.9)	55.0 (47.5 - 62.2)	
Think it is wrong or very wrong for someone their age to use marijuana.	59.3*(52.0 - 66.3)	57.6*(49.4 - 65.4)	58.4 (48.5 - 67.7)	
Felt sad or hopeless almost everyday for two weeks or more in a row during the past 12 months that they stopped doing some usual activities.	29.4 (24.7 - 34.6)	36.8 (31.3 - 42.7)	38.0 (32.8 - 43.6)	Increase
Seriously considered attempting suicide during the past 12 months.	18.7 (13.6 - 25.0)	23.6 (18.9 - 29.2)	21.7 (17.8 - 26.3)	
Attempted suicided at least once during the past 12 months.	8.4 ( 6.0 - 11.6)	12.4 ( 9.1 - 16.8)	7.4 ( 5.0 - 10.8)	
Ate at least one fruit in the past seven days.	42.1 (37.7 - 46.6)	41.3 (34.9 - 47.9)	41.6 (35.3 - 48.3)	
Ate at least one vegetable in the past seven days.	41.3 (37.0 - 45.8)	41.5 (35.6 - 47.6)	48.0*(37.7 - 58.4)	
Ate breakfast on all of the past seven days.	43.2 (38.9 - 47.6)	36.3 (28.6 - 44.8)	33.7 (28.0 - 39.9)	Decrease
Drank a can, bottle, or glass of soda at least once a day during the past seven days.	20.3 (16.1 - 25.3)	16.5 (12.6 - 21.3)	15.2*(10.0 - 22.5)	
Were physically active for 60 minutes a day for at least 5 days of the past 7 days.	50.9 (45.3 - 56.4)	54.1 (47.6 - 60.4)	65.0 (56.2 - 72.9)	Increase
Had 3 or more hours of total screen time during an average school day.	60.4 (53.9 - 66.6)	59.8 (54.5 - 64.9)	52.0 (45.4 - 58.4)	
On an average week, attended physical education classes at least once.	39.6*(32.5 - 47.1)	38.8*(28.8 - 49.9)	42.8 (33.1 - 53.1)	

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Percentage and 95 percent confidence interval of indicator in 2013, 2015, and 2017.

Indicator	2013	2015	2017	Trend
Were apart of at least one sports team in the last 12 months.	50.6 (45.8 - 55.5)	61.7 (54.0 - 68.9)	56.4 (47.5 - 64.9)	
Carried a weapon such as a gun, knife, or club on school property at least once in the past 30 days.	6.5 ( 4.1 - 10.2)	5.4 ( 3.0 - 9.6)	5.0 ( 3.0 - 8.2)	
Fought in at least one fight during the past 12 months.	24.7 (19.9 - 30.3)	26.3 (19.5 - 34.4)	21.1 (17.1 - 25.7)	
Been bullied on school property during the past 12 months.	23.3 (19.2 - 28.0)	28.3 (24.0 - 33.0)	22.9 (17.5 - 29.4)	
Been electronically bullied during the past 12 months.	21.2 (17.4 - 25.5)	24.3 (20.6 - 28.4)	17.2 (13.0 - 22.4)	
Described their grades as mostly A's or B's over the past 12 months.	70.6*(61.9 - 78.0)	74.0 (67.1 - 80.0)	80.7 (70.3 - 88.1)	
Participated in extra curricular activities at school.	63.7*(56.2 - 70.6)	76.2*(65.7 - 84.3)	66.6 (57.9 - 74.3)	
Skipped at least one whole day of school during the last four weeks.	22.9*(17.5 - 29.3)	21.8*(15.1 - 30.3)	23.6 (16.9 - 32.0)	
Thought it is important to go to college.	90.3*(85.6 - 93.5)	86.9*(80.6 - 91.4)	89.9*(83.7 - 93.9)	
Ever had sexual intercourse.	44.5 (35.0 - 54.5)	47.0 (37.3 - 57.0)	46.8 (36.8 - 57.1)	
Had sexual intercourse with at least one person during the past three months.	31.3 (22.7 - 41.3)	36.5 (28.4 - 45.6)	36.6 (27.6 - 46.7)	
Of those who had sexual intercourse during the past three months, used no method of birth control to prevent pregnancy before last sexual intercourse.	9.9 ( 4.0 - 22.4)	9.4 ( 3.1 - 25.2)	2.9 ( 1.0 - 7.6)	
Had ever smoked a whole cigarette.	34.9 (28.4 - 41.9)	34.4 (27.0 - 42.5)	26.6*(18.1 - 37.4)	

\*: The estimates are based on half the sample size because the question was either on module A or module B.

.(-.): Data are suppressed to ensure confidentiality when the number of students responding is fewer than 30 and/or the number of students responding Yes is fewer than 3, 0 or 100 percent, as indicated by all the periods. All percentages are rounded to the nearest tenth.

For more information about how to use your data, resources available, and other data or technical assistance requests, please email [HKCS@ucdenver.edu](mailto:HKCS@ucdenver.edu)  
 Website: [www.healthykidscolo.org](http://www.healthykidscolo.org)