

# OVERVIEW OF THE 2011 HEALTHY KIDS COLORADO SURVEY: HIGH SCHOOL



Colorado's Coordinated School Health initiative

In the fall 2011, a total of 1,523 students in 33 public high schools throughout Colorado completed the Healthy Kids Colorado Survey (HKCS), which includes components of the Centers for Disease Control and Prevention's Youth Risk Behavior Survey (YRBS). The HKCS consists of questions related to health and risk behaviors in the following domains: physical activity and nutrition; unintentional injuries and violence; mental health; alcohol, tobacco and other drug use; school and family; and sexual health. Results from this survey provide a snapshot of these issues among Colorado's youth. **Colorado achieved sufficient participation in 2011 from selected schools and students that data was able to be weighted and can be considered representative of students in Colorado in grades 9-12. Weighted data was also achieved in Colorado in 2009 and 2005.** This document provides an overview of the prevalence and trends related to each behavior domain<sup>1</sup>.

## Physical Activity

- Just over half (53%) of Colorado high school students were physically active for at least 60 minutes on five or more of the past seven days; this differed between males (61%) and females (45%) as well as between non-Hispanic White students (56%) and Hispanic/Latino students (45%). Physical activity (60 minutes on five or more of the past seven days) increased from 2005 (37%) and 2009 (47%).
- One-fifth (21%) of students reported watching three or more hours of TV on an average school day. This decreased from 2005 (27%), and differed between Hispanic/Latino students (28.5%) and non-Hispanic White students (17%).
- Close to one-quarter (24%) of students played video games or used the computer for non-school work activities for three or more hours on an average school day. This increased from 2009 (18%), and differed between males (29%) and females (18%).

## Weight

- Based on self-report height and weight, 11% of Colorado high school students are overweight<sup>2</sup>; this has not changed significantly over time. Overweight differed between non-Hispanic White students (8%) and Hispanic/Latino students (17%).
- Based on self-report height and weight, 7% of Colorado high school students are obese<sup>2</sup>; this decreased from 2005 (10%). The prevalence of obesity differed between non-Hispanic White students (5%) and Hispanic/Latino students (15%), as well as between males (12%) and females (3%).
- Overall, 40% of students reported trying to lose weight. This differed between females (54%) and males (26%), as well as between Hispanic/Latino students (51%) and non-Hispanic White students (37%).



## Nutrition

- A total of 64% of students reported eating fruit four or more times during the past week, and 65% reported eating vegetables four or more times during the past week.
- A total of 16% of students reported eating fruit three or more times per day during the past week, and 14% reported eating vegetables three or more times per day.
- Overall, 39% of students ate breakfast on all of the past seven days. This differed by non-Hispanic White students (46%) and Hispanic/Latino students (27%).

## Unintentional Injury & Violence

- One-quarter (25%) of students reported being in a physical fight in the past 12 months; this differed between males (30%) and females (18%), as well as between Hispanic/Latino students (33%) and non-Hispanic White students (19%). Physical fighting decreased from 2005 and 2009 (both 32%).
- One-fifth (19%) of students reported that they had been bullied on school property in the past 12 months. The prevalence of bullying has not changed significantly compared to 2009.
- In the 30 days prior to the survey, 22% of students reported riding in a car with someone who had been drinking. This differed between Hispanic/Latino students (27%) and non-Hispanic White students (20%). Riding with a drinking driver has decreased since 2005 (27%).

<sup>1</sup>Prevalence data refers to the proportion of students who endorsed a given behavior in the 2011 HKCS administration. Statistically significant differences between genders (male/female) as well as between race/ethnicity (non-Hispanic White and Hispanic/Latino) are also provided. Data from other racial/ethnic groups is not available due to small sample sizes. Trend data compares the 2011 results to prior weighted results from 2009 and 2005. Statistically significant differences are noted in this document. Lack of notation about differences does not imply that differences do not exist.

<sup>2</sup>Overweight refers to individuals between the 85th to 94th percentile for body mass index, by age and sex. Obese refers to individuals at or above the 95th percentile. Body mass index is calculated based on self-report height and weight.

## APPLICATIONS OF HKCS DATA

A full report will be available in August 2012.

These data are intended to create awareness about priority health-risk behaviors of youth in Colorado, as well as to provide a tool to assess how risk behaviors change over time. Data can be used by key stakeholders including legislators, boards of education, school administrators, students, parents, community members and school staff to better understand risk behaviors, to set program goals, to develop programs and policies, to support health-related policies and to seek funding.

In 2011, numerous schools and communities choose to participate in a local administration of the survey, to be able compare their results to state data as well as national data to better understand what priorities may exist in their community and to monitor health behavior trends. In 2011, over 220 schools chose to participate in local HKCS administration, representing close to 70,000 additional students.

## CONTACT



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### Mental Health

- Over one-fifth (**22%**) of Colorado high school students reported that they felt sad or hopeless every day for at least two weeks within the past 12 months. This differed between females (**27%**) and males (**17%**).
- A total of **6%** of Colorado students reported attempting suicide in the past 12 months.

### Alcohol Use

- A total of **65.5%** of Colorado high school students reported having at least one drink of alcohol in their lifetime. This decreased from 2005 (**76%**) and 2009 (**72%**).
- Over one-third (**36%**) of students reported having one or more drinks of alcohol in the past 30 days. This has decreased since 2005 (**47%**).
- A total of **22%** of students reported binge drinking in the past 30 days. Binge drinking among Colorado high school youth has also decreased from 2005 (**31%**).

### Tobacco Use

- A total of **16%** of high school students reported smoking one or more cigarettes in the past 30 days. There was no difference in the prevalence of cigarette use from 2005 or 2009, or between gender and race/ethnicity.
- A total of **7%** of students report use of chewing tobacco, snuff or dip in the past 30 days. This differed between males (**11%**) and females (**2%**), and has decreased from 2009 (**11%**).

### Illicit Drug Use

- **39.5%** of students reported marijuana use (ever trying), and **22%** of students reported marijuana use in the past 30 days. The prevalence of marijuana use has not changed compared to 2005 or 2009.
- **20%** of students reported that they had taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription in their lifetime.

- **12%** of students reported using ecstasy one or more times in their life; this has increased from 2005 (**7%**).

### Sexual Health

- Overall, **41%** of Colorado high school students report that they have had sexual intercourse at least once in their lifetime, and **32%** report having had sexual intercourse within the past three months.
- Students in higher grades were more likely to report sexual activity. A total of **61%** of 12th graders reported ever having sex, while **23%** of 9th graders reported ever having sex. This difference was also found for past three month sexual activity (12th graders **50%**, 9th graders **17%**).
- **71%** of students who were sexually active in the three months prior to the survey reported using a condom during their most recent sexual encounter. This increased for males from 2009 (**67%**) to 2011 (**75%**).
- **80%** of students report having had HIV/AIDS education at school. This has not changed compared to prior years.

### School and Family

- A total of **76%** of Colorado high school students describe their grades as mostly A's or B's. This differed between non-Hispanic White students (**83%**) and Hispanic/Latino students (**61%**).
- A total of **70.5%** of students report trying to do their best work in school either "often" or "almost always".
- **70%** of Colorado students participate in extracurricular activities such as sports, band, drama, clubs, or student government. This differed between non-Hispanic White students (**75%**) and Hispanic/Latino students (**58%**).
- **87%** of Colorado students felt that the rules in their family are clear, and **79%** reported that they could talk with their parents or guardians for help if they had a personal problem.