HEALTHY KIDS COLORADO SURVEY

School Snapshot

TELLURIDE MIDDLE SCHOOL

This School Snapshot presents your school's results from the 2017 Healthy Kids Colorado Survey (HKCS) compared to state results. The HKCS collects self-reported health information from Colorado public school students every other year. 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 | Email: hkcs@ucdenver.edu

The HKCS was administered in the fall of 2017 to more than 80,000 students from more than 410 middle and high schools, including opt-in schools. Classrooms were randomly sampled and students in those classes were asked to complete the survey. In some schools all students were invited to participate. If the school response rate was 30% or higher data were weighted to represent all students in the grades surveyed. If the response rate was lower than 30% the data only represents the participating students. Under- or over- representation of some demographic groups may affect interpretation of results. School results are compared to the statewide results for students in grades 6 to 8.

The response rate for your school was 91% and 223 students participated in the survey.

Legend:

- School Percentage
- Colorado Percentage

* An asterisk indicates a statistically significant difference between the school and state percentages.
** A graph or table is blank if data are not reported. Data are not reported if the number of students responding yes is fewer than 3, 0, 100%. For schools with enrollment over 30, data are not reported if fewer then 30 students responded.

School Connectedness

Students who feel connected to their school are more likely to have better academic achievement, such as higher grades and test scores, better school attendance, and less likely to drop out. Students who feel connected are also less likely to engage in risky behaviors.

Students who...	School	State
Described their grades as mostly A's and B's	84.4%	77.0%
Think it's important to go to college	93.0%	95.0%

**Students who participate in extracurricular activities at school**
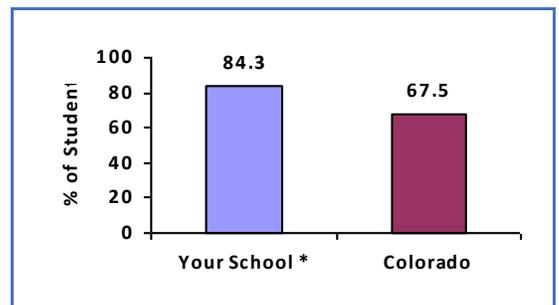
Mental Health / Supportive Relationships

Suicide is a leading cause of death among adolescents in the U.S. as well as in Colorado. Feeling sad or hopeless for an extended period of time is used as an indicator for depression and depression can increase the risk for suicide. Having a relationship with a trusted adult, such as a parent/guardian or a teacher, to go to with a problem can be a protective factor against suicide risk.

| Students who...	School	State
Have someone to talk to when feeling sad, empty, hopeless, angry, or anxious	86.6%	83.0%
Have an adult to go to for help with a serious problem	73.8%	73.4%

Mental Health Indicators

Felt sad or helpless two weeks in a row or more

Your School	Colorado
18.7	24.4
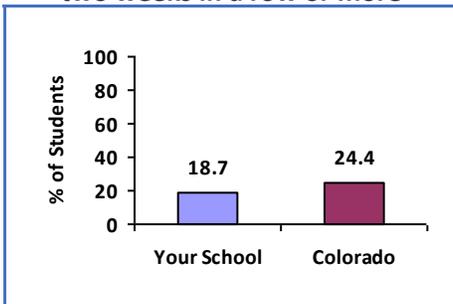
Have ever considered suicide

Your School	Colorado
16.4	18.8
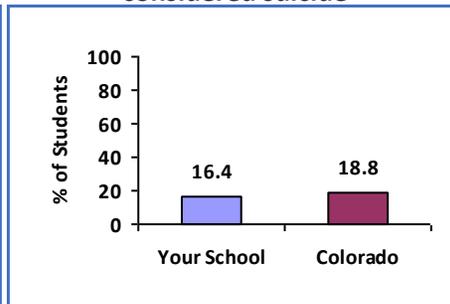
Have ever attempted suicide

Your School	Colorado
4	7.7
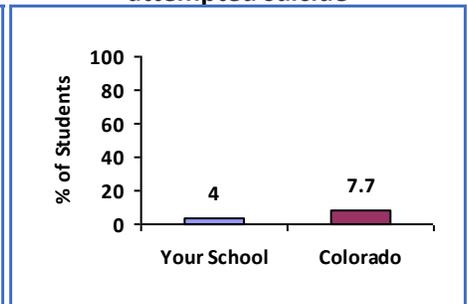
Safety and Violence

Bullying is repeated and unwanted or aggressive behavior between students who have a real or perceived power imbalance. It may be physical, verbal, or electronic. Research shows that students who perceive school to be physically or emotionally unsafe are more likely to miss school. School districts can work to reduce bullying by having an anti-bullying policy and creating opportunities for bully prevention teacher, student trainings, and programs.

Students who have...	School	State
Ever been bullied electronically	21.2%	20.0%
Ever been in a physical fight	36.8%	35.9%
Ever carried a weapon on school property	5.8%	5.0%

Ever been bullied on school property

Your School	Colorado
36.7	44.1
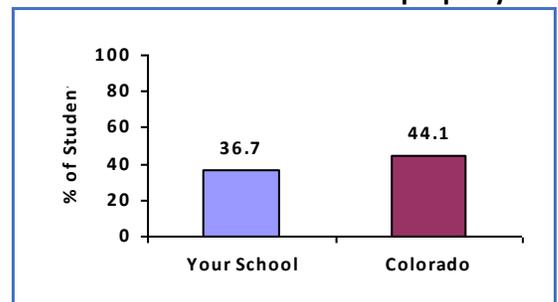
Substance Use

Youth substance use is associated with lower academic achievement. In addition to the impact on academic success, using drugs and alcohol is associated with increased risk of injuries and worse mental health outcomes.

Colorado youth are more likely to drink alcohol compared to the other substances. Cigarette use is decreasing while the use of electronic vapor products has been on the rise. Marijuana use is relatively stable. Among other illicit drugs, Colorado students are most likely to use prescription drugs without a doctor's prescription. Alcohol and other substance use is in Colorado is consistent with national averages. Early intervention to reduce drug and alcohol use can prevent poor health outcomes and improve the overall success of young people.

Marijuana

Students who...	School	State
Used marijuana in the last 30 days	2.9%	5.2%
Think it would be sort of or very easy to get marijuana	26.9%	18.3%
Think people who use marijuana regularly have moderate or great risk of harm	75.7%	71.2%
Think it is wrong or very wrong for someone the same age to use marijuana	92.0%	88.3%

Alcohol

Students who...	School	State
Drank alcohol in the last 30 days	10.5%	6.4%
Have ever rode in a car driven by someone who had been drinking alcohol	23.5% *	15.1%
Think it would be sort of or very easy to get alcohol	45.6% *	31.2%
Think people who drink regularly have moderate or great risk of harm	74.4%	73.4%

Tobacco

Students who...	School	State
Have ever tried cigarettes, even one or two puffs	4.8%	8.4%
Think it would be sort of or very easy to get cigarettes	28.2%	24.0%
Think people who smoke one or more packs of cigarettes a day have moderate or great risk of harm	91.1%	86.8%

Other Drugs

Students who...	School	State
Think it would be sort of or very easy to get cocaine, LSD, amphetamines or other illegal drugs	3.3%	5.5%
Think it is wrong or very wrong for someone the same age to use cocaine, LSD, amphetaines or other illegal drugs	98.2%	97.9%

Substance Abuse

Ever used marijuana

% of Students

Your School 9.4
Colorado 8.6

Ever used e-cigarette

% of Students

Your School 18.8
Colorado 14.6

Ever drank alcohol

% of Students

Your School 21.2
Colorado 18.2
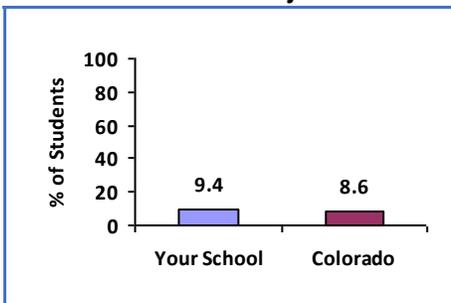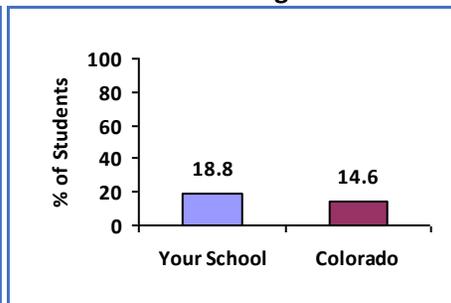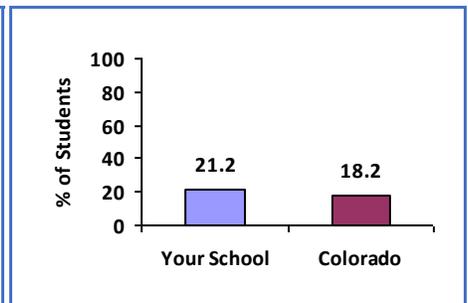
Physical Activity and Nutrition

Obesity is a contributor to leading causes of death and chronic disease such as heart disease, cancer, and diabetes. Colorado has one of the lowest obesity rates in the nation, but the rate of obesity and related health outcomes are increasing.

Access to and consumption of healthy foods is important for students' academic success. Students with low nutrient intake are more likely to be absent, experience behavioral issues, and receive lower grades. There are many benefits students gain from healthy eating and physical activity. Studies have shown that physical activity can help youth improve their concentration, memory, and classroom behaviors.

Physical Activity

Students who...	School	State
Have PE class at least 1 day per week on average	67.8%	65.5%
Have 3 or more hours of non-school screen time on an average school day	39.2%	51.4%
Played on at least one sports team in the past 12 months	81.2% *	64.7%

Nutrition

| Students who...	School	State
Ate a vegatable 1 or more times a day in the past 7 days	55.6%	44.6%
Ate fruit 1 or more times a day in the past 7 days	48.7%	48.2%
Drank soda 1 or more times a day in the past 7 days (does not include diet soda)	5.6% *	15.1%

Physically Active Students

Students who were physically active for a total of at least 60 minutes per day on five or more of the past 7 days

Your School: 78.2
Colorado: 62.6
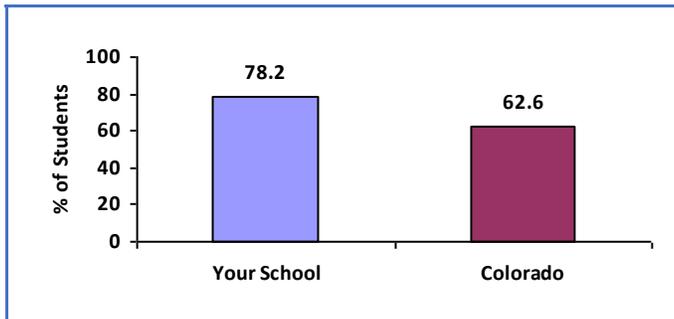
Ate Breakfast Every Day for the Past 7 Days

Students who ate breakfast every day of the past 7 days

Your School *: 70.4
Colorado: 53.7
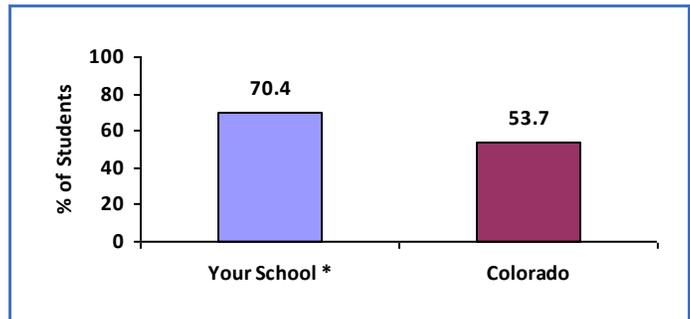
Contact Us

For more information about how to use your data, resources available, and other data or technical assistance requests, please email Project Director, Ashley Brooks-Russell at ashley.brooks-russell@ucdenver.edu or HKCS@ucdenver.edu

Website: www.healthykidscolo.org

Thank you!

Resources

Colorado Department of Public Health and Environment (CDPHE), Healthy Kids Colorado Survey:
www.healthykidscolo.org

Colorado Department of Education, Health and Wellness Office
http://www.cde.state.co.us/offices/healthwellnessoffice

Colorado Department of Public Safety, School Safety Resource Center
https://www.colorado.gov/cssrc

Colorado Department of Human Services
https://www.speaknowcolorado.org/

Centers for Disease Control, Division of Adolescent and School Health
https://www.cdc.gov/healthyyouth/index.htm

Physical Activity:
http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/factsheet_pa_guidelines_schools.pdf

School Connectedness:
http://www.cdc.gov/healthyyouth/protective/pdf/connectedness.pdf

Alcohol Other Drugs:
http://www.cdc.gov/healthyyouth/alcoholdrug/

Tobacco:
http://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm#reducing

Safety/Violence:
http://www.cdc.gov/violenceprevention/youthviolence/index.html

Mental Health/Suicide Prevention:
http://store.samhsa.gov/shin/content//SMA12-4669/SMA12-4669.pdf