St. Vrain Valley School District - High School

2013 Healthy Kids Colorado Survey

Partners

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2013 Boulder County Survey Process and Results Report

The Healthy Kids Colorado Survey grew out of the Youth Risk Behavior Survey (YRBS), which was developed by the Centers for Disease Control and Prevention (CDC) to monitor health-risk behaviors among youth. Since 1991, state and local health departments and education agencies have used the YRBS to support the shared goal of healthy, educated youth who become healthy, successful adults. Boulder County Public Health (BCPH), Boulder County Healthy Youth Alliance (HYA), Boulder Valley School District (BVSD), and St. Vrain Valley School District (SVVSD) have collaborated to implement the YRBS biennially since 2001. Boulder County YRBS procedures based on CDC protocol yield local rates of health-risk and health-promoting behaviors, as well as trends over time. Survey results inform the development of effective school and community programs to reduce youth risk behaviors and encourage health, safety, and academic achievement.

Changes to the 2013 Process

In 2013, to strengthen the YRBS in Colorado, the Colorado Departments of Education, Public Health and Environment, and Health and Human Services undertook and funded a statewide, unified survey initiative – the Healthy Kids Colorado Survey (HKCS). Boulder County partnered with this state coalition in its inaugural HKCS administration, which entailed modifying the Boulder County YRBS process. Previously, Boulder County staff implemented the YRBS in-house. In 2013, the state and its contractors conducted the highly technical analytic and statistical work. Beyond institutional role shifts, complexity of the Boulder County process increased, as sampling, instruments, proctoring, analysis, and reporting were adjusted to coincide with the state process.

Sample Selection

State sampling methods called for fewer Boulder County schools to participate in 2013 than in the past with local methods. In SVVSD, rather than surveying 9 high schools as in the past, 4 high schools were surveyed in 2013. Consistent with previous participation, SVVSD excluded middle schools. In BVSD, the 2013 state sample included 4 high schools and 3 middle schools; however, by district request, all 9 high schools and all 15 middle schools in BVSD were surveyed in 2013. All surveyed schools chose a day and class period in October or November 2013 for administration. At each school, classrooms were randomly selected to be surveyed. This yielded 62 SVVSD grade 9-12 classrooms, 79 BVSD grade 9-12 classrooms, and 38 BVSD grade 7-8 classrooms. Letters were mailed to the parents of each student in the selected classrooms to inform them of the survey; student selection; and how to opt out of the survey via phone, mail, or online. In all, 2,992 high school and 902 middle school surveys were completed, yielding excellent response rates of 81.6% in SVVSD high schools, 85.5% in BVSD high schools, and 91.6% in BVSD middle schools. Thus, in Boulder County, fewer schools were sampled, different sampling frames were used, and more students completed surveys than previously. The 2013 results are still representative at the district and county levels, and the smaller state BVSD sample was compared to the full BVSD sample to guide future sampling.

Survey Instruments

The 2013 HKCS survey booklet integrated questions and response options, a change from the previous survey with a separate response sheet. As in the past, 2013 instruments were designed to be completed within a standard 45-minute class period and were available in English and Spanish. The Boulder County YRBS historically consisted of one high school instrument and one middle school instrument. The 2013 unified state process used 2 different instruments to collect high school data; within each high school classroom, students randomly received 1 or the other. The rationale for using two instruments was to collect responses on more questions without increasing the number of students taking the survey or the number of questions included on each survey. Boulder County high school Instrument A had 121 questions; Instrument B had 117 questions, including longstanding local questions not included on state instruments. The 2013 middle school survey was expanded to include all questions previously asked in Boulder County, as well as new statewide questions - 71 questions in all. Consequently, the full 2013 results include 97 new high school data tables and 41 new middle school data tables.

In-classroom Survey Administration

Students were surveyed during regular class time. Survey procedures were designed to protect student privacy by enabling anonymous and voluntary participation. In the past, volunteers proctored the Boulder County YRBS, with teachers asked only to address disruptions and to verify that opted-out students did not take the survey. In contrast, 2013 state protocol called for teachers to proctor the survey, eliminating the need to recruit, train, and coordinate volunteers. Volunteer proctors had received in-person training and written instructions; in 2013, teachers received printed instructions. Boulder County students were surveyed 6 to 8 weeks after the disastrous September 2013 floods. Many survey questions probe behavior in the previous 30 days, in which many youth were adjusting to a new reality.

Data Analysis

Using statistical software, the state calculated prevalence estimates and 95% confidence intervals for each behavior. High response rates enabled the data to be weighted by grade, gender, and race/ethnicity so that results were representative of the entire population from which the sample was selected, not just surveyed students. While 2013 analysis mirrored CDC and previous local analysis to the greatest extent possible, analysis was slightly modified, especially when historic methods would have excluded excessive numbers of surveys or responses. For instance, unlike in past years, in 2013, missing necessary variables (i.e. grade, gender, race/ethnicity) were replaced with substituted values. Additionally, scannable answer sheets with graphics or patterns were previously excluded, a step eliminated by the state's 2013 integrated question-and-answer booklets.

2013 Survey Results Comparability

The comparison to results within the same administration year, to previous years, and to other geographies, are intended to be general observations only. Due to differences in survey methodology, statistically significant differences cannot be inferred. Middle school and high school results are not comparable because question scope, wording, and response options vary. Boulder County middle school results include grades 7 and 8 only, so they are not comparable to Colorado or national middle school results, which include grades 6, 7, and 8. While effort was made to align with CDC protocol and past Boulder County processes, the shifts in roles, methodology, and environment may have impacted 2013 results, which differ from previous results in 3 ways:

1) There were some large and unexpected changes in prevalence rates. In general, risk behavior prevalence tended to be lower than in the past, yet preventive behavior prevalence tended to be higher than in the past.
2) Compared to previous years, 2013 confidence intervals were broader in high school results and narrower in middle school results.
3) Using confidence intervals to identify statistically significant differences by subpopulation and over time, in 2013, there were fewer differences between subpopulations and from one year to the next in high school and more in middle school.

In sum, 2013 data may not be directly comparable to earlier data, may present anomalies, and may offer new baselines. That said, the unified survey increases consistency and comparability of our local results with those across Colorado and the United States. (See Healthy Kids Colorado for Colorado results and methods and CDC Adolescent and School Health Youth Risk Behavior Surveillance System [YRBSS]) for national results and methods.) The new unified system provides more precise information by including roughly 300 schools and 40,000 students in the statewide sample. This quantity of data yields results that can represent Colorado, its health statistics regions, individual counties, and school districts. Because methods are consistent and data are collected statewide, we can better compare our district and county high school students to their regional and statewide peers within any one administration year to see whether Boulder County's situation improved, worsened, or remained the same relative to other places. Further, state capacity to analyze, interpret, and share these results is greater than local capacity. The state partnership is a means to more sophisticated systems for accessing and disseminating results, which increases the likelihood of positive impact on youth. In 2013, as always, the goal was integrity and innovation in the process and the product at the local and state levels. The results, snapshot estimates of population-level behavior, can be used to make general observations and as soft guidance, supplemented with other sources of information and expertise.

2013 Boulder County Results

Results from the 2013 Boulder County survey for each school district, as well as results in a combined Boulder County format for high schools, are posted at www.BoulderCountyHKCS.org. Results are presented by grade, gender, and race/ethnicity (i.e. Hispanic, white non-Hispanic, or other non-Hispanic). Results by sexual orientation (i.e., heterosexual or lesbian, gay, bisexual, or questioning) are reported at the high school level. The results are generalizable to the entire population (either school district or county) from which each sample was selected.

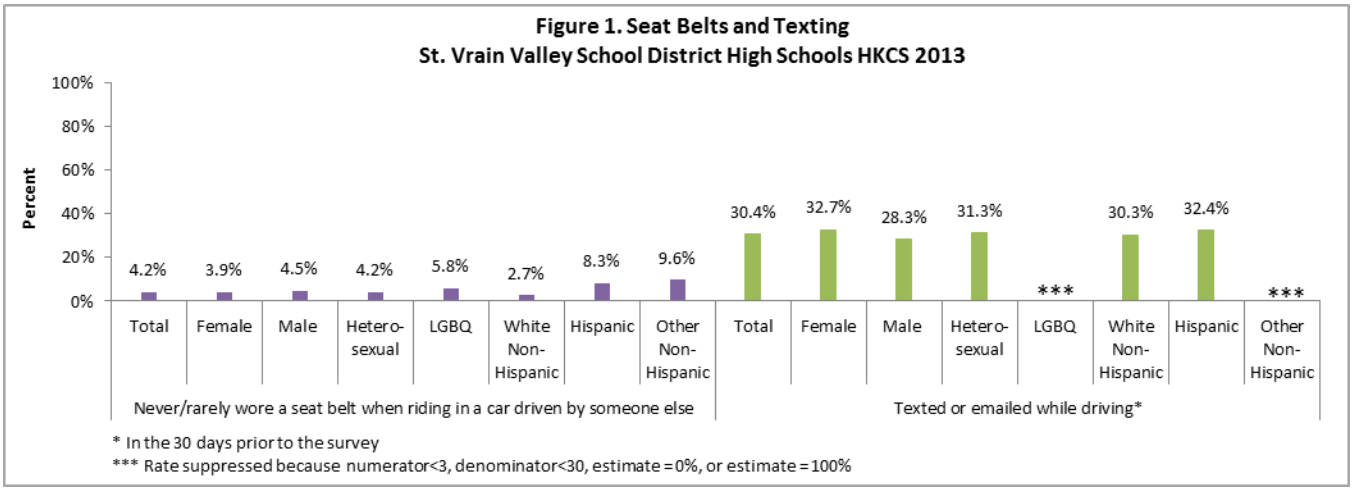
St. Vrain Valley High Schools Demographics	
	%
Gender	
Female	51.4
Male	48.6
Grade	
9th	25.5
10th	27.6
11th	27.0
12th	19.9
Race/Ethnicity	
White non-Hispanic	70.8
Hispanic	21.7
Other non-Hispanic	7.5
Sexual Orientation	
Heterosexual	90.8
LGB or Questioning§	9.2

§ Since 2003, the Boulder County YRBS has asked Boulder Valley School District and St. Vrain Valley School District high school students about sexual orientation. High school results are stratified by heterosexual or lesbian, gay, bisexual, questioning (LGBQ); students responding "not sure" to this question are included in the LGBQ category. Starting in 2013, to clarify that the "Q" in "LGBQ" stands for "questioning," the LGBQ label now reads "LGB or Questioning." Boulder County 2013 sexual orientation results are comparable to previous Boulder County sexual orientation results. In contrast, state, health statistics region, and other sub-state level 2013 Healthy Kids Colorado Survey (HKCS) results are grouped as heterosexual or lesbian, gay, bisexual; students responding "not sure" to this question are not included in either results category. As a result, Boulder County sexual orientation results are not comparable to state, health statistics region, and other sub-state level 2013 HKCS results.

This report features overall totals, and the narrative highlights some statistically significant differences by sub-category. Statistically significant differences are prevalence rates with non-overlapping confidence intervals within a sub-category, (i.e., gender, race/ethnicity, and sexual orientation). The term "higher" refers to these statistically significant differences. The behaviors presented in this report do not include all statistically significant differences or all of the survey results. What looks like a difference on a graph may not be statistically significant, so please refer to the complete set of tables at www.BoulderCountyHKCS.org to identify and confirm truly significant differences.

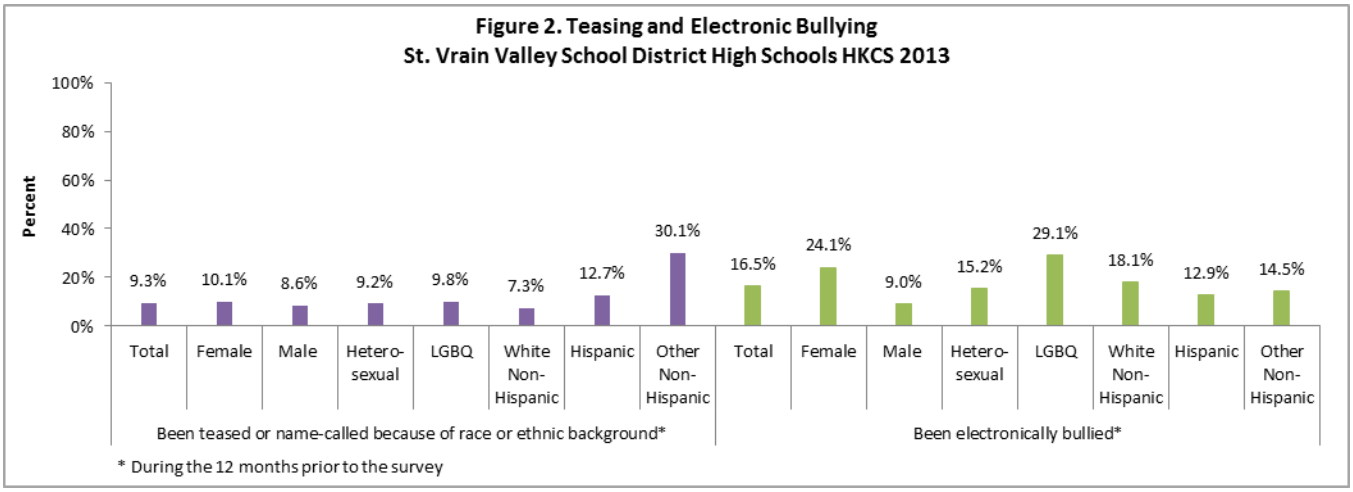
Safety

Overall, 4.2% of students surveyed never or rarely wore a seat belt when riding in a car driven by someone. The prevalence rate was higher for Hispanic students (8.3%) than for white non-Hispanic students (2.7%). Among students who drove a car or other vehicle during the 30 days prior to the survey, nearly one-third (30.4%) texted or emailed while driving.



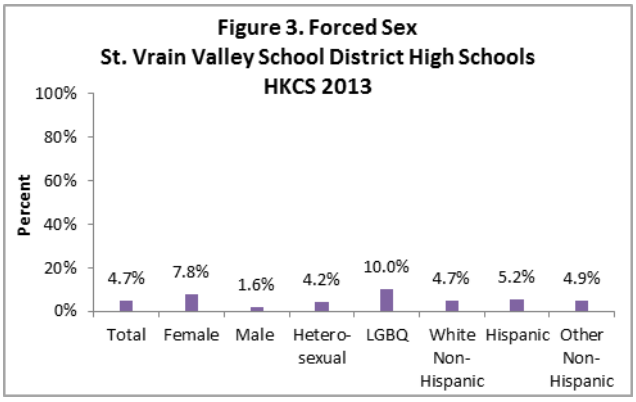
Bullying and Violence

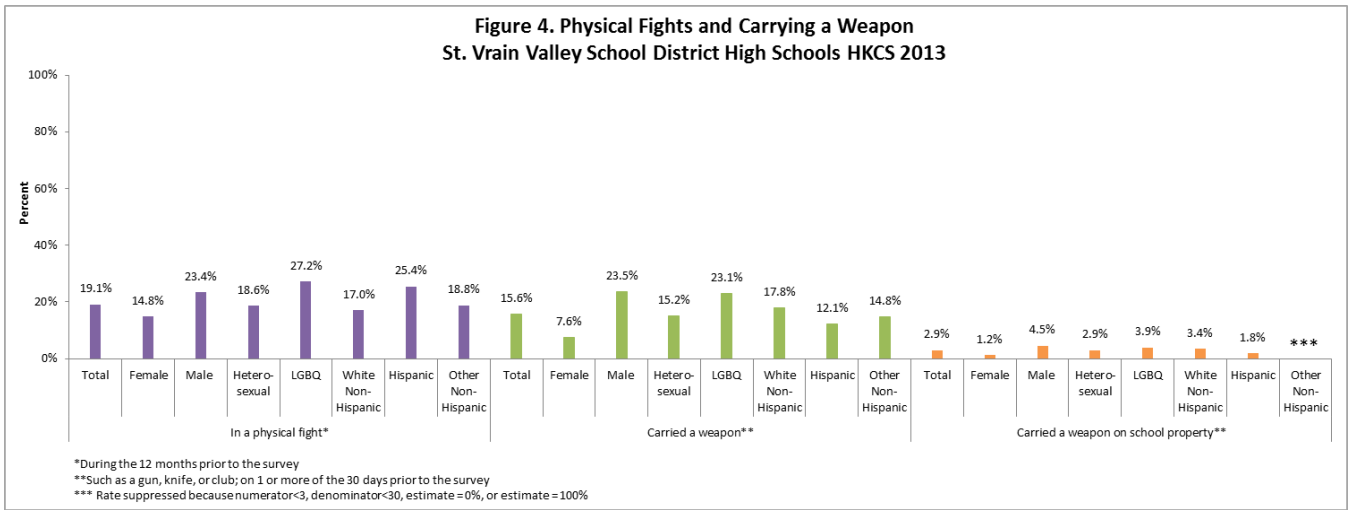
Overall, 9.3% of students reported being bullied due to race or ethnic background during the 12 months prior to the survey. Other non-Hispanics students had a higher prevalence rate than white non-Hispanic students (30.1% and 7.3%, respectively). The prevalence of electronic bullying in the 12 months prior to the survey among students was 16.5%. Female students had a higher prevalence than male students (24.1% and 9.0%, respectively). LGBQ students had a higher prevalence rate than heterosexual students (29.1% and 15.2%, respectively).



Overall, 4.7% of students reported having been forced to have sexual intercourse when they did not want to. Female students had a higher prevalence than male students (7.8% and 1.6%, respectively).

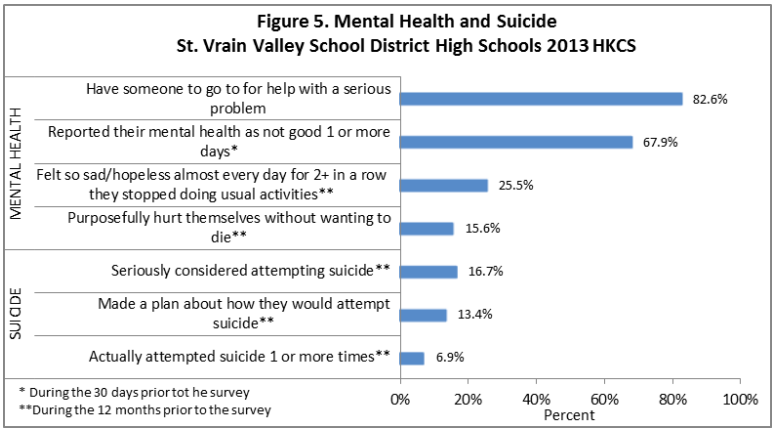
The prevalence rate for students being in a physical fight in the 12 months prior to the survey was 19.1%. Male students had a higher prevalence of being in a physical fight than female students (23.4% and 14.8%, respectively). The prevalence rate for carrying a weapon in the 30 days prior to the survey was 15.6%. Male students had a higher rate than female students (23.5% and 7.6%, respectively). Overall, 2.9% of students carried a weapon on school property.





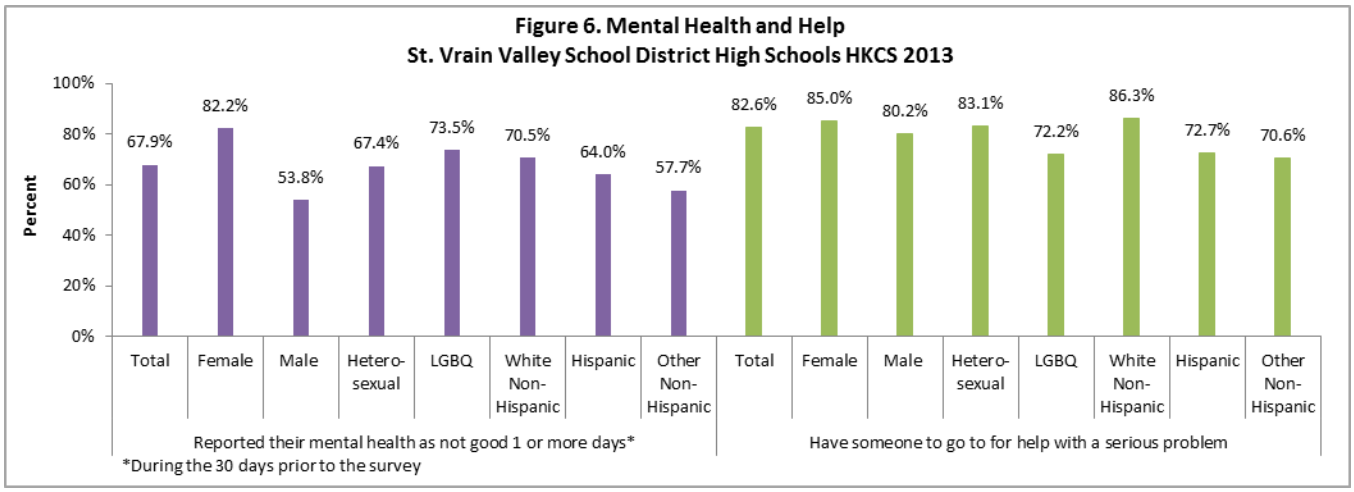
Mental Health and Suicide

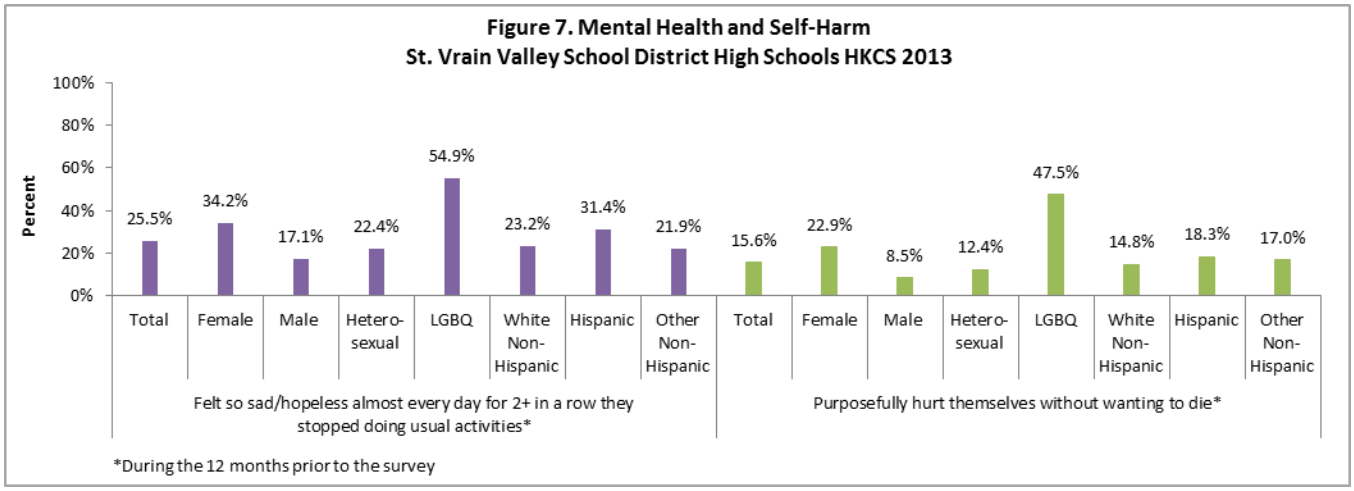
Nearly five in six students (82.6%) reported they had someone to go to for help with a serious problem. White non-Hispanic students had a higher rate than Hispanic students (86.3% and 72.7%, respectively). The prevalence rate for students who reported their mental health as not being good 1 or more days during the 30 days prior to the survey was 67.9%. The rate was higher for females (82.2%) than for males (53.8%). The prevalence rate for students who felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities during the 12 months prior to the survey was 25.5%. The rate was higher for female students (34.2%) than for male students (17.1%) and higher for LGBQ students (54.9%) than for heterosexual students (22.4%). The prevalence rate for students who purposefully hurt themselves without wanting to die was 15.6%. The rate was higher for female students (22.9%) than for male students (8.5%). LGBQ students (47.5%) had a higher rate than heterosexual students (12.4%).

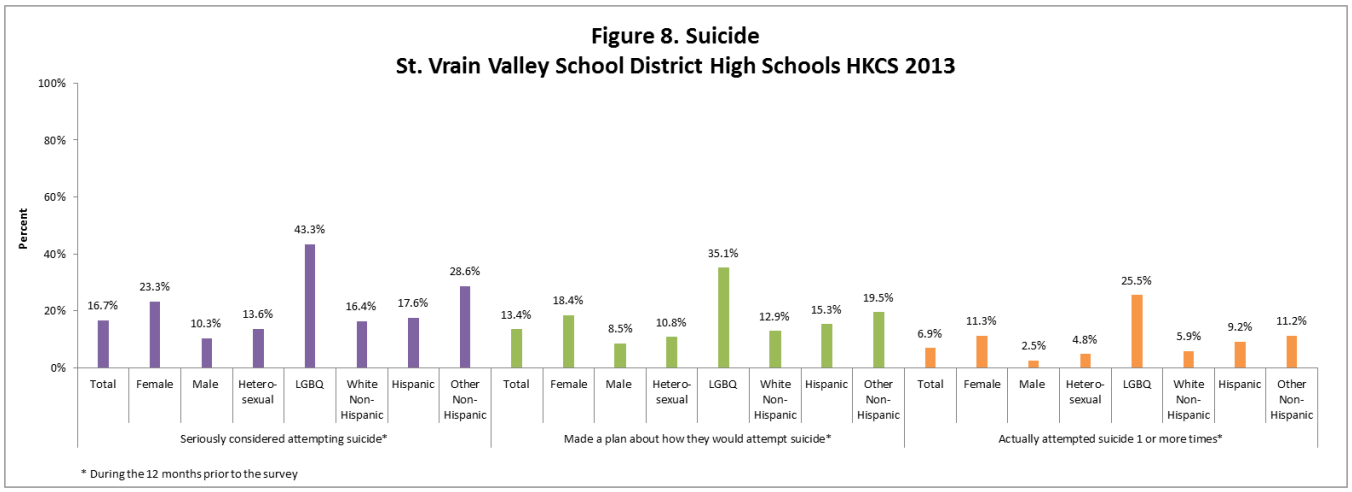


Overall, the percentage of students who seriously considered attempting suicide during the past 12 months was 16.7%. The rate was higher for female students (23.3%) than for male students (10.3%). Other non-Hispanic students

had a higher rate (28.6%) than both Hispanic students (17.6%) and white non-Hispanic students (16.4%). The prevalence rate for students who made a plan during the 12 months prior to the survey about how they would attempt suicide was 13.4%. The rate was higher for female students (18.4%) than for male students (8.5%). LGBQ students had a higher rate than heterosexual students (35.1% and 10.8%, respectively). The prevalence rate for students who attempted suicide during the 12 months prior to the survey was 6.9%. The rate was higher for female students (11.3%) than for male students (2.5%). LGBQ students had a higher rate than heterosexual students (25.5% and 4.8%, respectively).



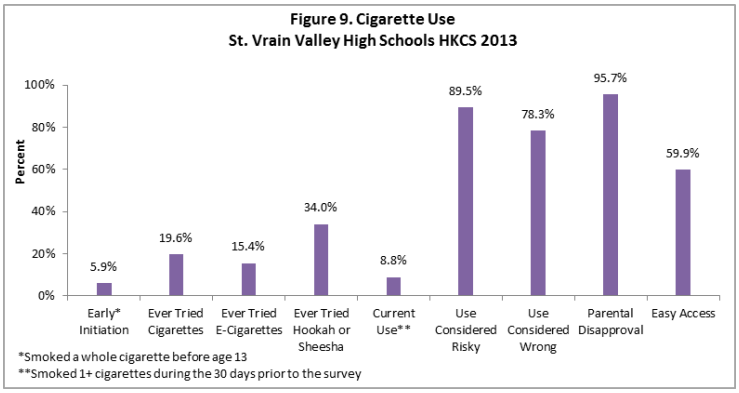




Substance Use

Cigarette Use

Overall, 5.9% of students had smoked a cigarette for the first time before age 13. Nearly one in five students (19.6%) had ever smoked a whole cigarette. Students reported that, in the 30 days prior to the survey (current use), 8.8% had smoked cigarettes. Current use for cigarettes was higher for LGBQ students (21.4%) than for heterosexual students (7.7%). The prevalence rate for having ever tried e-cigarettes was 15.4%.

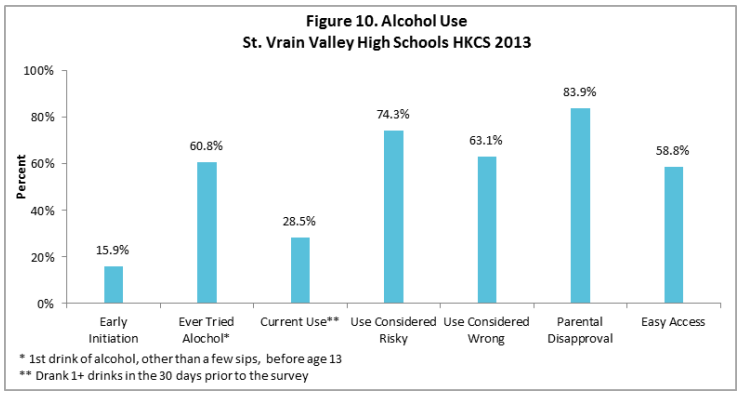


Eight out of ten students (89.5%) thought it was a moderate/great risk to smoke one or more packs of cigarettes a day. Nearly four out of five students (78.3%) thought it was wrong/very wrong for someone their age to smoke cigarettes. Overall, 95.7% of students thought their parents felt it was wrong/very wrong if they smoked cigarettes.

Nearly two-thirds (59.9%) of students felt it would be easy or very easy to get cigarettes if they wanted.

Alcohol Use

Overall, 15.9% of students had their first drink of alcohol before age 13. Nearly two-thirds of students (60.8%) had a least one drink of alcohol on one or more days during their lives. Students reported that, in the 30 days prior to the survey (current use), 28.5% had at least 1 drink of alcohol.

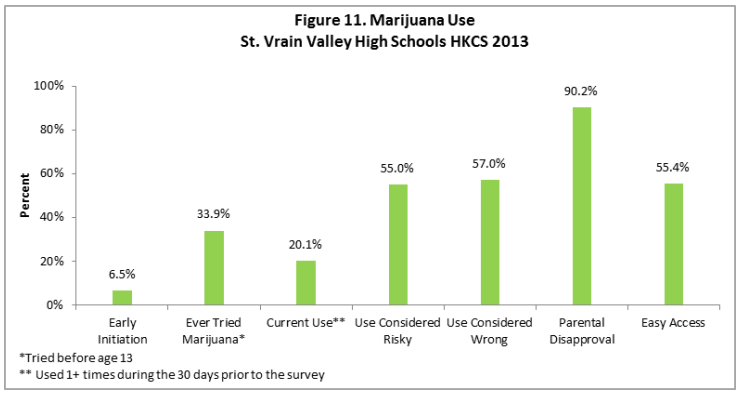


Over seven out of ten students (74.3%) thought it was a moderate/great risk to have one or two drinks nearly every day. The prevalence rate was higher for female students (81.0%) than for male students (67.7%). Overall, 63.1% of students thought it was wrong or very wrong for someone their age to drink alcohol regularly (once or twice per month). Eight out of ten students (83.9%) thought their parents felt it was wrong/very wrong if they drank alcohol once or twice a month.

Overall, 58.8% of student surveyed felt it would be sort of easy or very easy to get alcohol if they wanted.

Marijuana Use

Overall, 6.5% of students had tried marijuana for the first time before age 13. The prevalence rate for having tried marijuana before age 13 was higher for male students (8.7%) than for female students (4.2%), and higher for LGBQ students (14.7%) than for heterosexual students (5.5%). One-third of students (33.9%) had tried marijuana one or more times during their lives. One in 5 students (20.1%) reported they had used marijuana in the 30 days prior to the survey (current use).

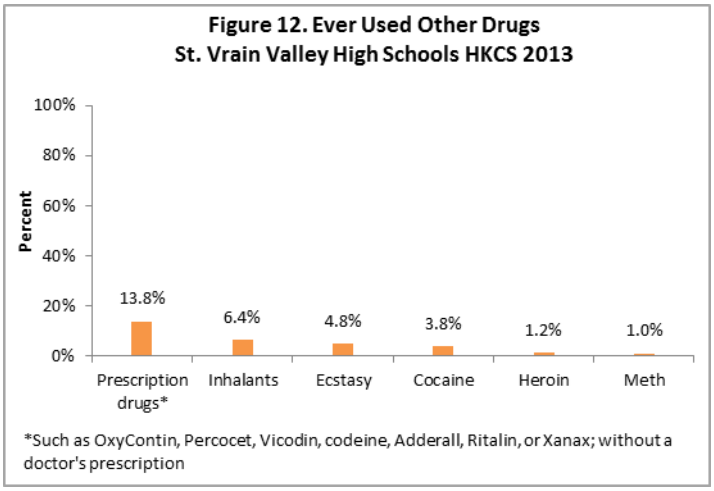


Overall, 55.0% of students thought that people who used marijuana regularly had a moderate/great risk of harming themselves. Over half of students surveyed (57.0%) thought it was wrong or very wrong for someone their age to use marijuana. Nine out of ten students (90.2%) thought their parents felt it was wrong/very wrong if they used marijuana. The rate was higher for Hispanic students (94.2%) than for white non-Hispanic students (88.5%).

Over half of students (55.4%) felt it would be sort of easy or easy to get marijuana if they wanted.

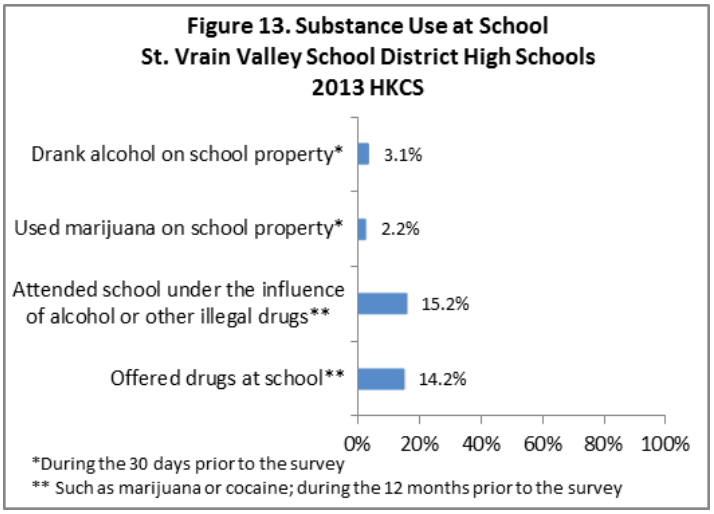
Other Drugs

One in seven students surveyed (13.8%) had taken a prescription drug without a doctor's prescription one or more times during their lives. White non-Hispanic students had a higher rate than other non-Hispanic students (15.1% and 5.7%, respectively). Overall, 4.8% of students had used ecstasy, 3.8% had used cocaine, 1.2% had used heroin, and 1.0% had used methamphetamines. The overall prevalence rate for students who had ever used inhalants was 6.4%. Inhalants include sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high. The prevalence rate was higher for female students (8.8%) than for male students (4.0%). LGBQ students had a higher rate than heterosexual students for having ever used cocaine (9.9% and 3.2%, respectively) and inhalants (15.7% and 5.5%, respectively).



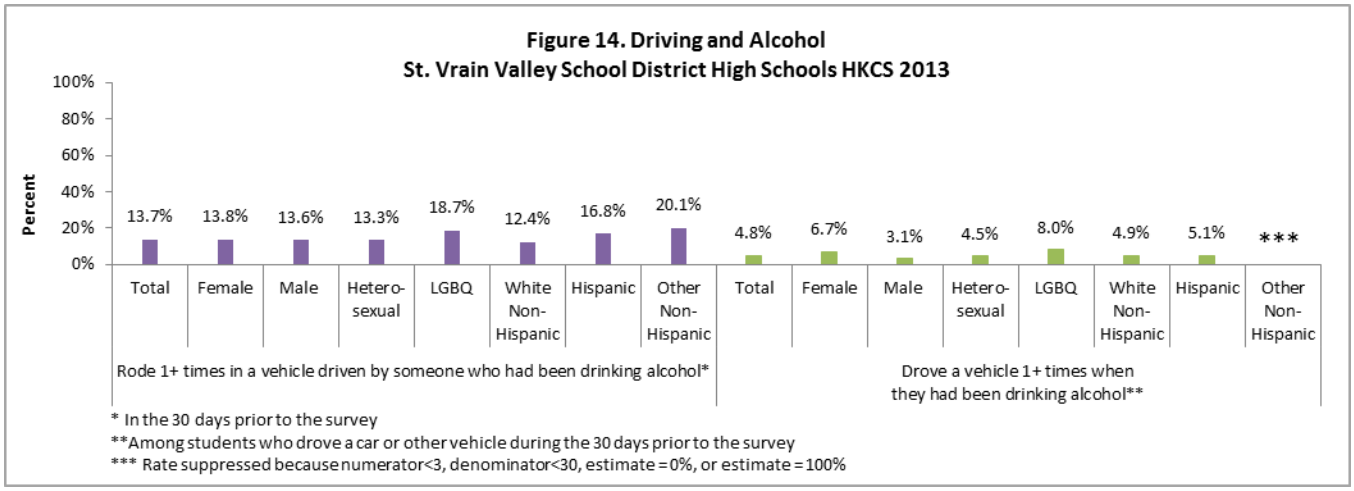
Substance Use at School

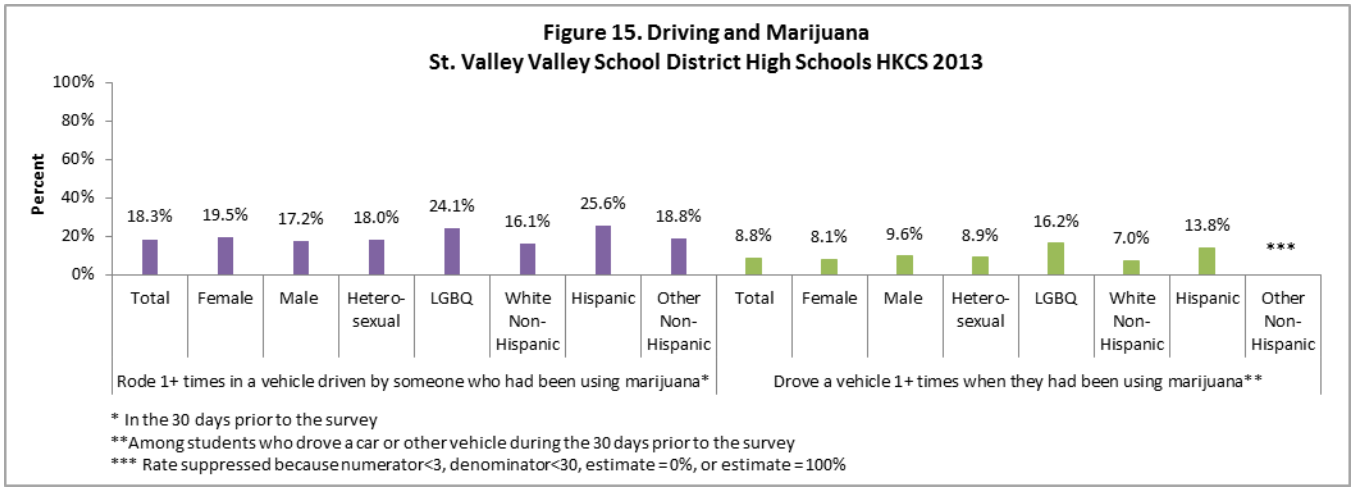
During the 30 days prior to the survey, 3.1% of students surveyed had drank alcohol on school property, and 2.2% of students surveyed had used marijuana on school property. The prevalence rate was 15.2% for students who had attended school under the influence of alcohol or other illegal drugs during the 12 months prior to the survey. One in 7 students surveyed (14.2%) was offered drugs at school during the 12 months prior to the survey.



Substance Use While Driving

During the 30 days prior to the survey, over 1 in 7 students (13.7%) surveyed rode 1 or more times in a vehicle driven by someone who had been drinking alcohol. Among the surveyed students who drove during the 30 days prior to the survey, 1 in 20 students (4.8%) drove 1 or more times when they had been drinking alcohol. Overall, during the 30 days prior to the survey, 18.3% of students rode 1 or more times in a vehicle with someone who had been using marijuana. Among surveyed students who drove a vehicle during the 30 days prior to the survey, 1 in 11 students (8.8%) drove a vehicle 1 or more times when they had been using marijuana.

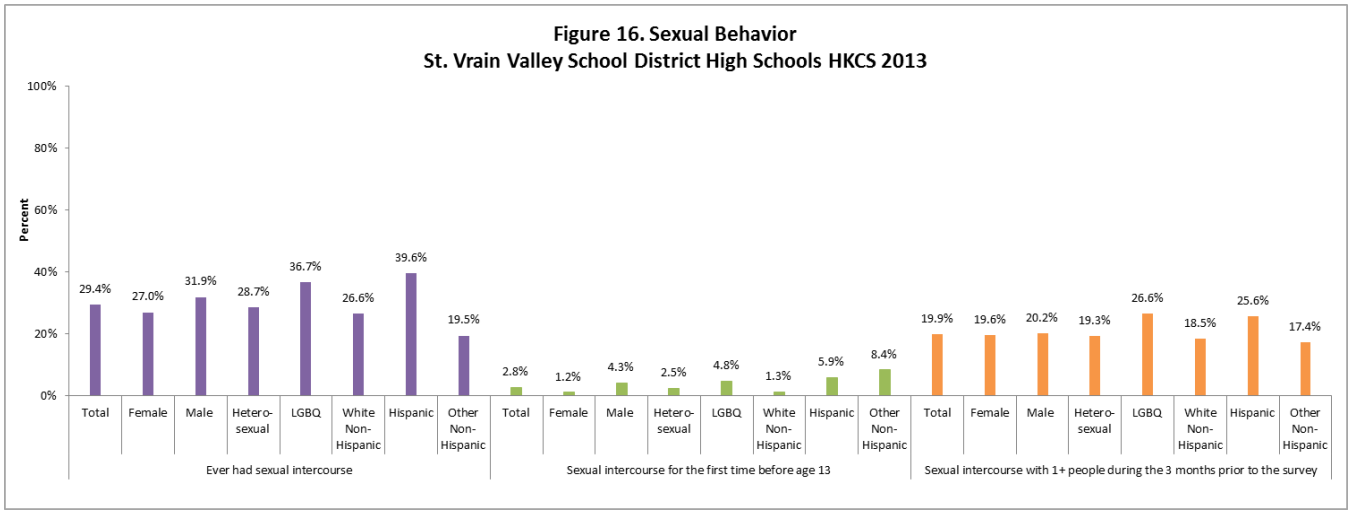


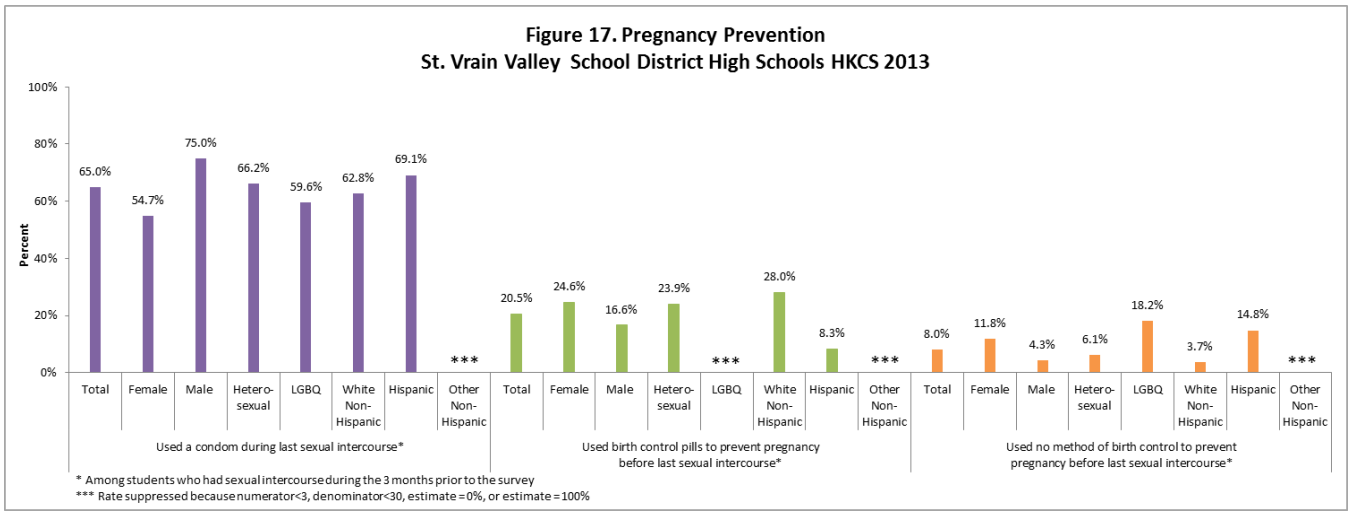


Sexual Behavior

Over 1 in 4 students (29.4%) had ever had sexual intercourse; for 2.8% of students, this occurred before age 13. Hispanic students (39.6%) had a higher prevalence for ever having sex than other non-Hispanic students (19.5%). Male students had a higher rate than female students for having had sexual intercourse before age 13 (4.3% and 1.2%, respectively). Other non-Hispanic students (8.4%) and Hispanic students (5.9%) both had a higher rate than white non-Hispanic students (1.3%) for having had sexual intercourse before age 13. Nearly one in five students (19.9%) had sexual intercourse with one or more people during the three months prior to the survey.

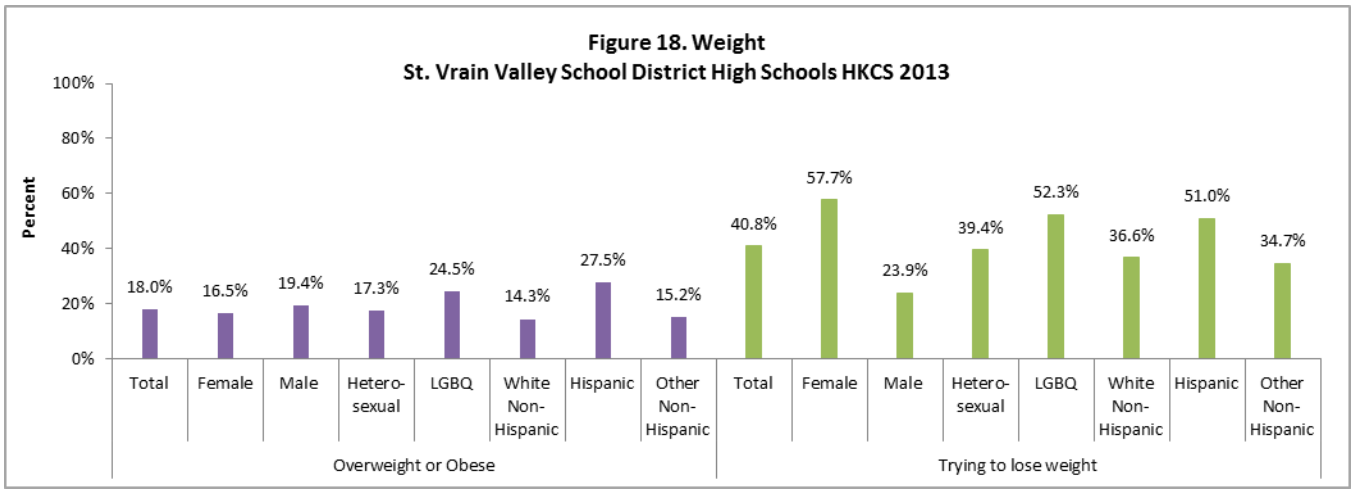
Two-thirds of students surveyed (65.0%) used a condom during their last sexual intercourse in the three months prior to the survey. Male students had a higher rate than female students (75.0% and 54.7%, respectively). Overall, the prevalence rate for students who used birth control pills to prevent pregnancy before their last sexual intercourse during the 3 months prior to the survey was 20.5%. White non-Hispanic students had a higher rate than Hispanic students (28.0% and 8.3%, respectively). The prevalence rate for students who used no method of birth control to prevent pregnancy before their last sexual intercourse was 8.0%. Hispanic students had a higher rate than white non-Hispanic students (14.8% and 3.7%, respectively).





Weight

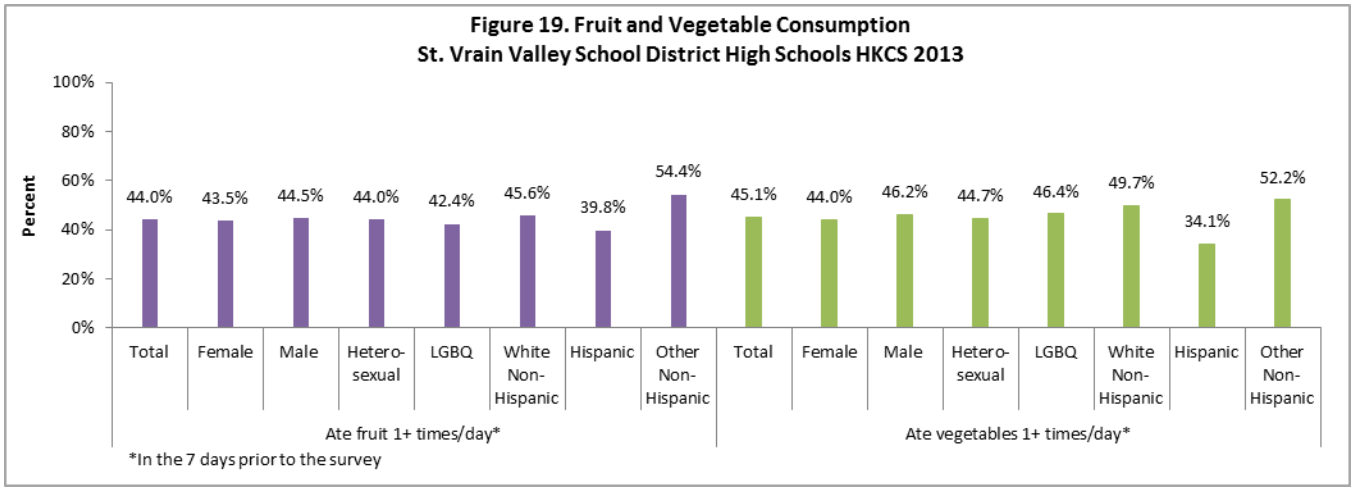
Based on self-reported height and weight measurements, 18.0% of the students were categorized as being overweight or obese (i.e. at or above the 85th percentile for body mass, by age and gender). Overweight/obesity was higher for Hispanic students (27.5%) than white non-Hispanic students (14.3%). Four in ten students (40.8%) were trying to lose weight. The prevalence rate for trying to lose weight was higher for females (57.7%) than for males (23.9%) and higher for Hispanic students (51.0%) than for both white non-Hispanic students (36.6%) and other non-white students (34.7%).



Nutrition

Overall, 44.0% of students surveyed ate fruit 1 or more times per day in the 7 days prior to the survey. Nearly half of students surveyed (45.1%) ate vegetables one or more times per day in the seven days prior to the survey. Three-fourths of the students (75.3%) surveyed drank plain water one or more times per day during the seven days prior to the survey. One in six students (16.0%) drank a can, bottle, or glass of soda pop one or more times per day during the seven days prior to the survey.

Over two in five students (41.2%) ate breakfast on all of the seven days prior to the survey. The prevalence rate was higher for white students (45.7%) than Hispanic students (29.4%). Over half of students (54.2%) ate lunch on all of the seven days prior to the survey.



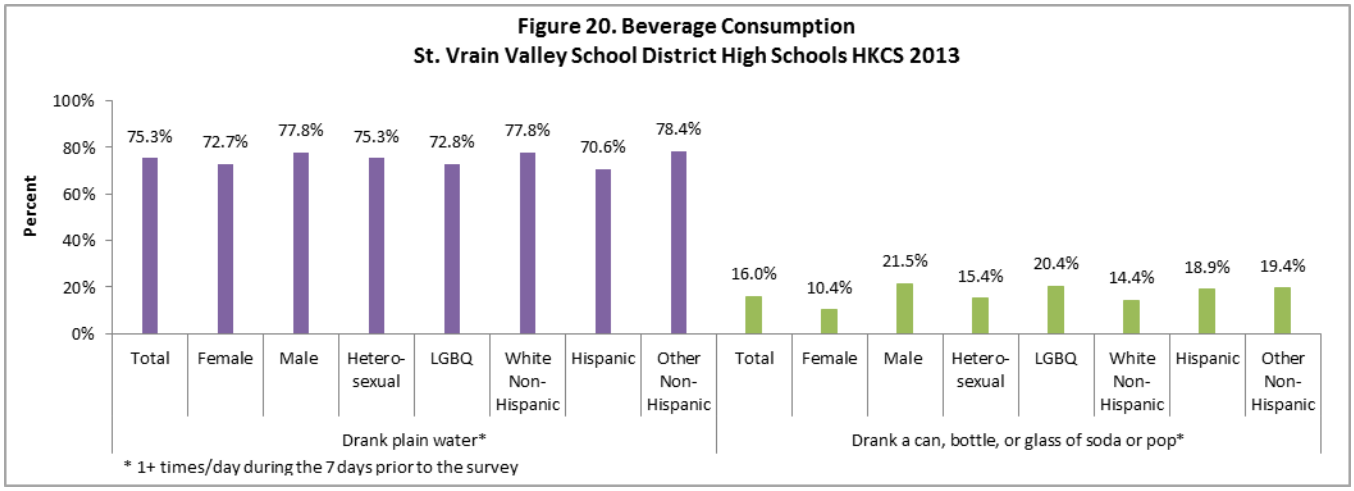


Figure 20. Beverage Consumption
St. Vrain Valley School District High Schools HKCS 2013
Percent
100%
80%
60%
40%
20%
0%
75.3%
72.7%
77.8%
75.3%
72.8%
77.8%
70.6%
78.4%
16.0%
10.4%
21.5%
15.4%
20.4%
14.4%
18.9%
19.4%
Total
Female
Male
Hetero-sexual
LGBQ
White Non-Hispanic
Hispanic
Other Non-Hispanic
Drank plain water*
Drank a can, bottle, or glass of soda or pop*
* 1+ times/day during the 7 days prior to the survey

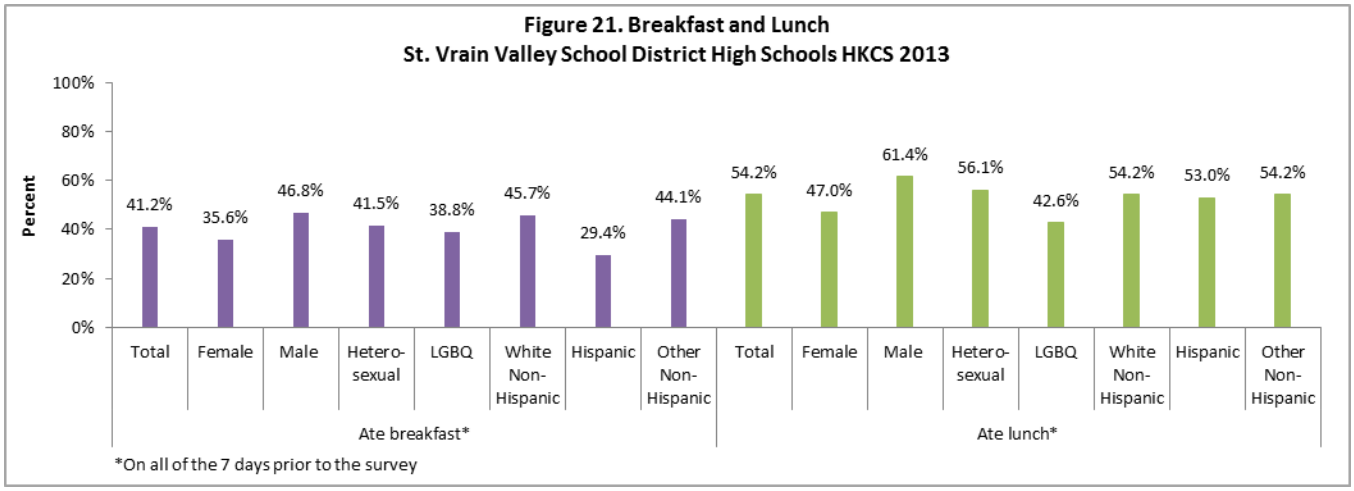
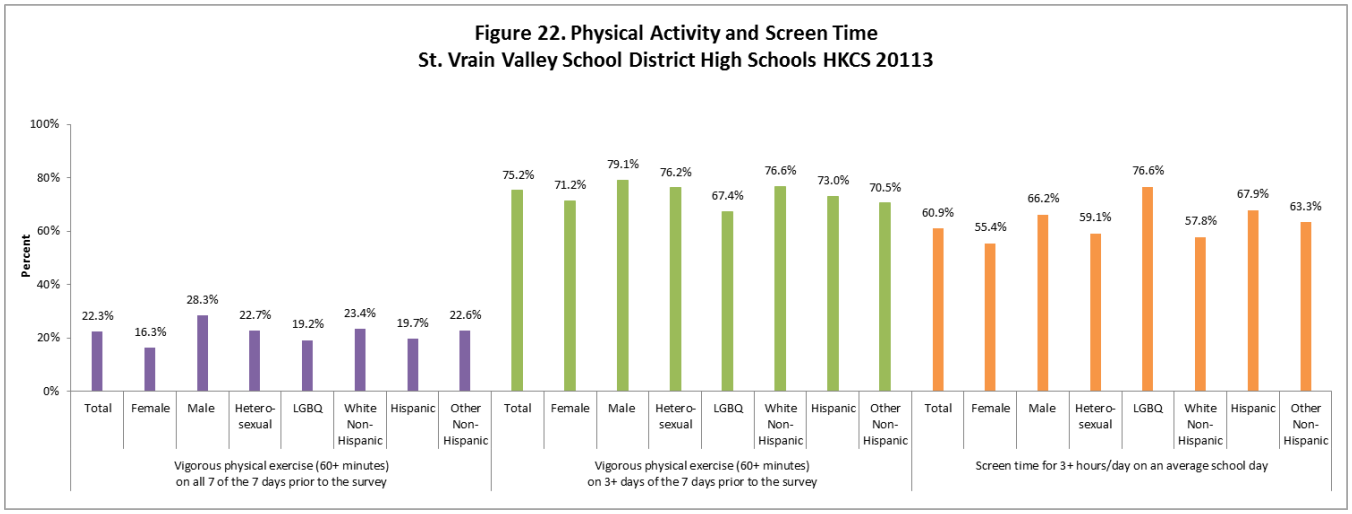


Figure 21. Breakfast and Lunch
St. Vrain Valley School District High Schools HKCS 2013
Percent
100%
80%
60%
40%
20%
0%
41.2%
35.6%
46.8%
41.5%
38.8%
45.7%
29.4%
44.1%
54.2%
47.0%
61.4%
56.1%
42.6%
54.2%
53.0%
54.2%
Total
Female
Male
Hetero-sexual
LGBQ
White Non-Hispanic
Hispanic
Other Non-Hispanic
Ate breakfast*
Ate lunch*
*On all of the 7 days prior to the survey

Physical Activity and Screen Time

Overall, 22.3% of students surveyed participated in vigorous physical exercise 60 minutes or more on all 7 of the 7 days prior to the survey. Male students had a higher rate than female students (28.3% and 16.3%, respectively). Three in 4 students (75.2%) had participated in vigorous physical activity for at least 60 minutes on 3 or more of the 7 days prior to the survey.

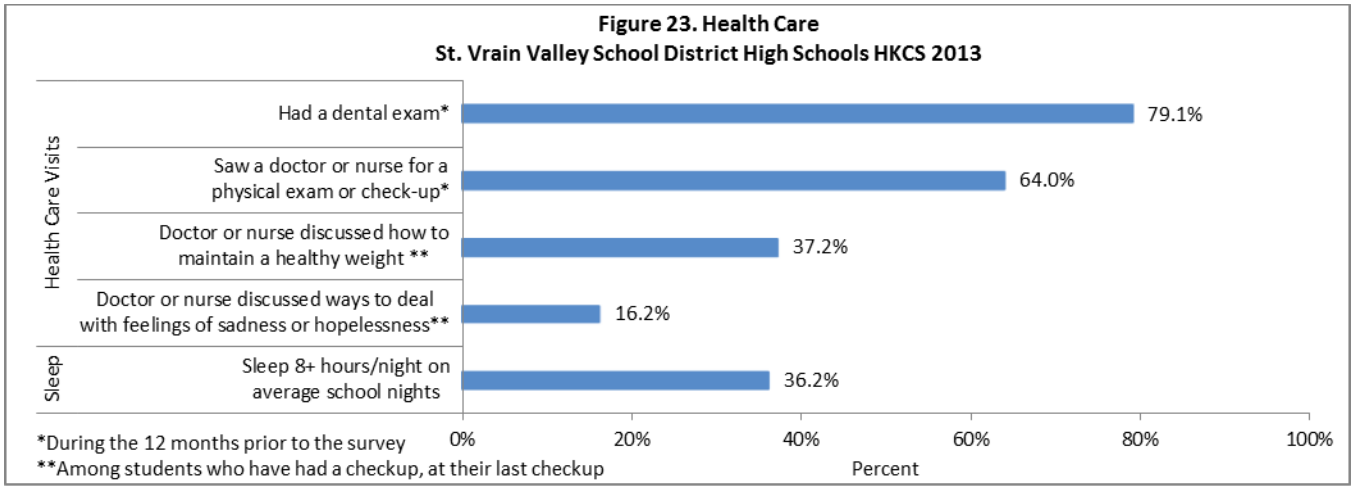
On an average school day, 60.9% of students had 3 or more hours per day of screen time (i.e., watched TV and/or played video or computer games or used a computer for something that was not school work). The prevalence rate was higher for LGBQ (76.6%) than for heterosexual students (59.1%).



Health Care

Overall, 79.1% of students surveyed had a dental exam in the 12 months prior to the survey, while 64.0% of students had a physical exam within the 12 months prior to the survey. Among the students who had a physical exam, 37.2% had a doctor or nurse discuss how to maintain a healthy weight, and 16.2% discussed ways to deal with sadness or hopelessness.

Nearly 2 in 5 students (36.2%) slept 8 or more hours per night on an average school night.



School Life

Two-thirds of students (66.0%) participated in extracurricular activities. Overall, 98.3% of students thought it was important to finish high school. Nearly as many students, 93.9%, thought it was important to go to college.