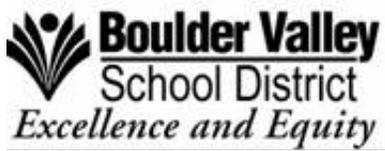




2015 Healthy Kids Colorado Survey (HKCS)
Boulder Valley School District - High School

Partners



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2015 Boulder County Survey Process and Results

Background

The Healthy Kids Colorado Survey (HKCS) collects anonymous health information from middle and high school students throughout the state. HKCS is conducted during odd-numbered years, most recently in the fall of 2015. More than 40,000 students in 252 middle and high schools participated in the fall 2015 survey. The questionnaire measures a wide range of health behaviors that affect a student's health, including physical activity, nutrition, health care, bullying, mental health, tobacco and substance use, sexual health (high school only), and family and school protective factors. HKCS is supported by the Colorado Department of Public Health and Environment (CDPHE), Colorado Department of Education (CDE), and Colorado Department of Human Services (CDHS). The survey is administered by the University of Colorado Anschutz Medical Campus by the Community, Epidemiology & Program Evaluation Group (CEPEG). In 2015, Boulder County Public Health participated on the HKCS Advisory Board and served as a liaison between the state HKCS survey administrators and local partners, primarily Boulder Valley School District (BVSD). In 2015, the high school sampling methodology differed from the middle school sampling methodology. See the “2015 BVSD Middle School Results Tables” at BoulderCountyHKCS.org for the middle school methodology and results.

Questionnaire, Parental Consent, and Survey Administration

The majority of HKCS questions are drawn from the Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Surveillance System, the nation's largest adolescent health survey, which has been ongoing for more than 20 years. Other questions included in the HKCS have been added with community input to meet additional data needs in Colorado.

The questionnaire is available in English and Spanish and takes about 45 minutes, or 1 class period, to complete by paper and pencil. Teachers are given a script to read to students that emphasizes the anonymous and voluntary nature of the survey. Parental consent procedures are followed according to each district's guidelines, with a minimum of two weeks notification in advance of the administration date. Parents of BVSD students can opt out their student by completing a paper form and returning it electronically, in a postage-paid envelope, or verbally by phone.

Students are ineligible to participate if they are unable to complete the survey in English or Spanish or because of disabilities. If a parent chooses not to allow their child to participate, or if the student declines to participate, they are asked to sit quietly at their desk and work on other school work.

There are two versions of the high school questionnaire, called “modules,” that have an identical core set of questions plus additional questions unique to each version. This approach allows more information to be collected while limiting the survey length. Modules A and B contain 107 and 108 questions, respectively. The modules are randomly distributed, so roughly half the students in each classroom complete Module A, and half complete Module B.

For the high school survey, the state HKCS team selected a sample of schools to represent the 21 Health Statistics Regions across Colorado. Within selected schools, a sample of classrooms was selected to participate in order to minimize the time commitment from schools. The results from the regional sample were weighted to BVSD demographics in order to be representative of the BVSD student population. The following table summarizes the demographics of the 2015 BVSD sample.

Table 1. BVSD Sample Demographics and Response Rate

2015 BVSD High School Response Rate = 82.8%

	Demographic	Number	Number/Total Sample
	Total	1556	100.0%
Gender	Female	821	53.4%
	Male	716	46.6%
Grade	9th Grade	478	31%
	10th Grade	396	25.7%
	11th Grade	374	24.3%
	12th Grade	294	19.1%
Race/Ethnicity	American Indian/Alaskan Native	10	0.6%
	Asian	91	5.9%
	Black/African American	20	1.3%
	Native Hawaiian/Other Pacific Islander	4	0.3%
	White	1122	72.9%
	Hispanic	142	9.2%
	Other*	150	9.7%
Sexual Orientation	Heterosexual (Straight)	1309	86.8%
	Gay/Lesbian/Bisexual	115	7.6%
	Not Sure	84	5.6%

* Other category includes students who identify as multiple races or who identify as Hispanic but non-white (Hispanic other race).

** "Not Sure" category includes students who question their sexual identity.

2015 Boulder Valley School District Results

Complete results from the 2015 BVSD survey are posted at www.BoulderCountyHKCS.org. Results are presented by grade, gender, race/ethnicity, and sexual orientation. The results are generalizable to the entire population (i.e. the school district) from which the sample was selected.

Key Definitions

Percentage: Estimated percentage of students who reported a given behavior or answer. A period (.) appears whenever results meet the suppression criteria and are not shown to protect student confidentiality.

Weighting: The results in the current report are adjusted ("weighted") so that the answers can represent all students in the district. The process of weighting takes into account each participating student's probability of selection and matches the participant group to the total enrollment by grade, gender, and race/ethnicity.

Response Rates: District response rate is the total number of students who participated in the survey divided by the number of students within BVSD randomly chosen to take the survey. Generally, the higher the response rate, the more confidence there is that the survey results reflect the student population. Student response rates of 80% or higher are very desirable and increase confidence that the results are representative of the entire student population.

Confidentiality: In order to protect confidentiality, student responses are not released if they might allow someone to identify individual students. A period (.) appears whenever results meet certain "suppression" criteria used to maintain confidentiality. Suppression criteria include results of 0% or 100%; results where the numerator has 3 or fewer students (i.e. the number of students who reported a given behavior or answer), or the number in the denominator is 30 or fewer (i.e. the number of students who answered the question).

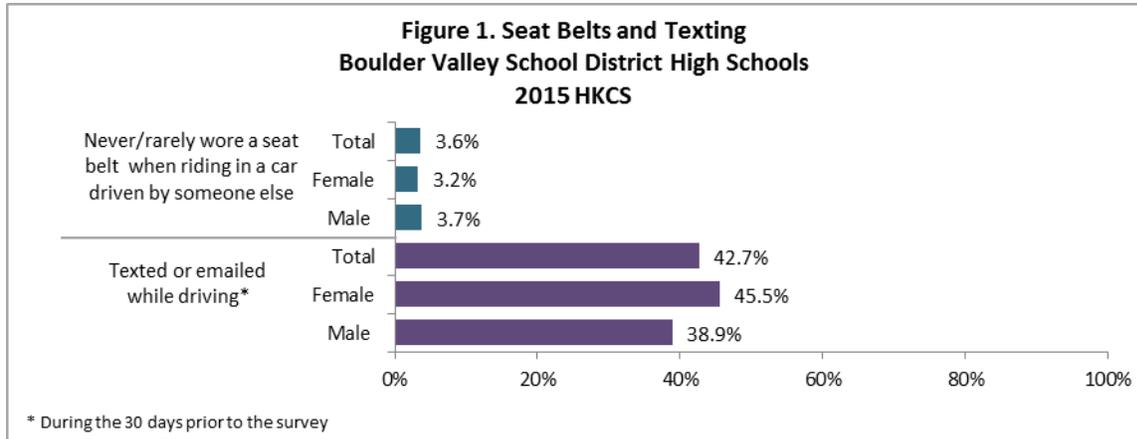
Considerations When Interpreting Results

The results presented in this report are snapshot estimates of population-level behavior. They can be used to make general observations and as general guidance, supplemented with other sources of information and expertise.



Safety

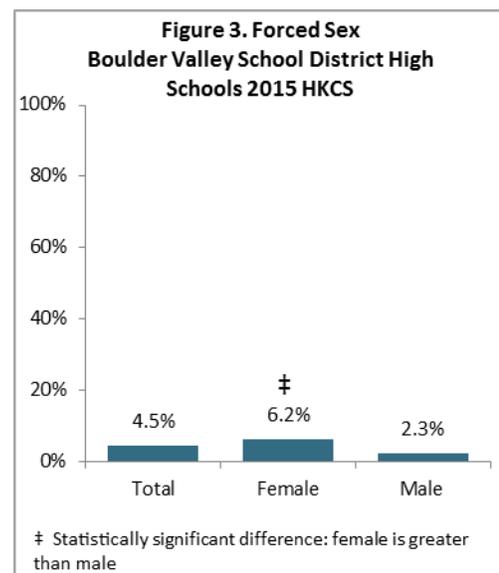
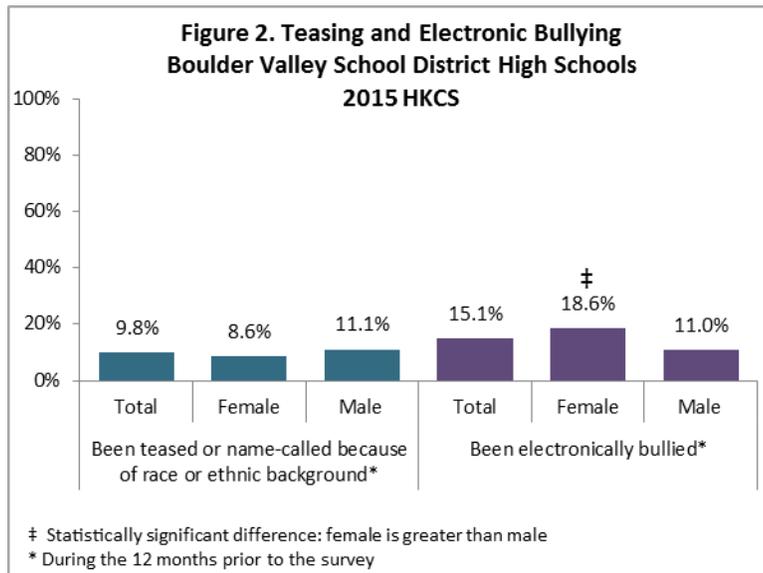
Overall, 3.6% of students surveyed never or rarely wore a seat belt when riding in a car driven by someone else in the 30 days prior to the survey. Among students who drove a car or other vehicle during the 30 days prior to the survey, more than 4 out of 10 students (42.7%) texted or emailed while driving.



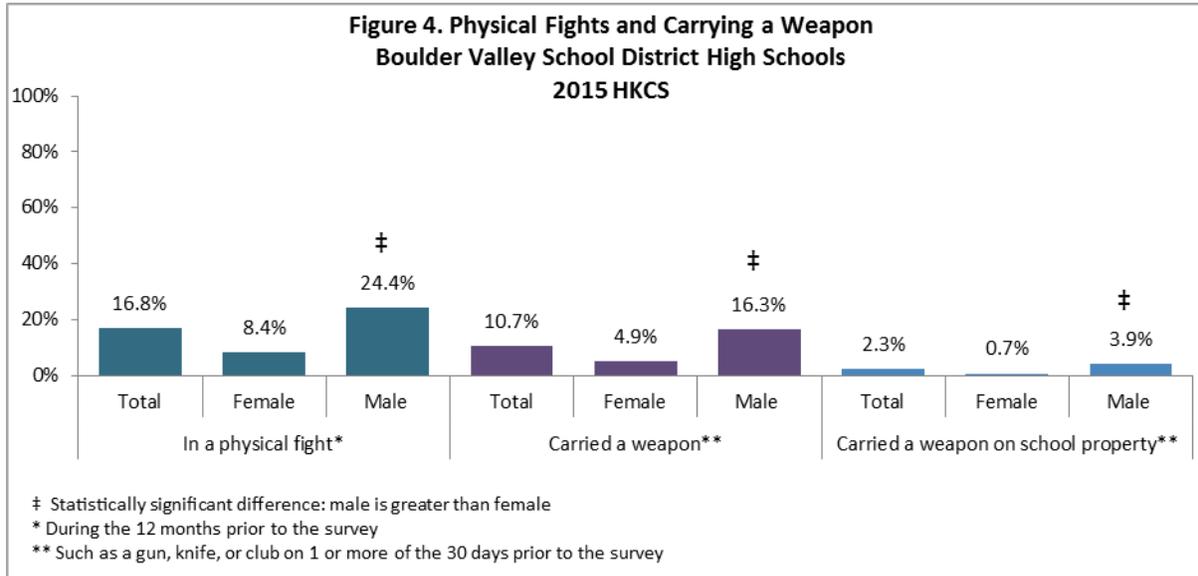
Bullying and Violence

Overall, 9.8% of students had been teased because of race or ethnic background in the 12 months prior to the survey. The prevalence rate among students for electronic bullying in the 12 months prior to the survey was 15.1%. Female students had a higher prevalence than male students (18.6% and 11.0%, respectively).

The prevalence rate for students who had ever been physically forced to have sexual intercourse when they did not want to was 4.5%. Female students had a higher prevalence than male students (6.2% and 2.3%, respectively).



Overall, the prevalence rate for students being in a physical fight in the 12 months prior to the survey was 16.8%. Male students had a higher prevalence than female students (24.4% and 8.4%, respectively). The prevalence rate for carrying a weapon in the 30 days prior to the survey was 10.7%. Male students (16.3%) had a higher prevalence of carrying a weapon than female students (4.9%). Overall, the prevalence rate for students carrying a weapon on school property on 1 or more of the 30 days prior to the survey was 2.3%. Male students had a higher prevalence than female students (3.9% and 0.7%, respectively).

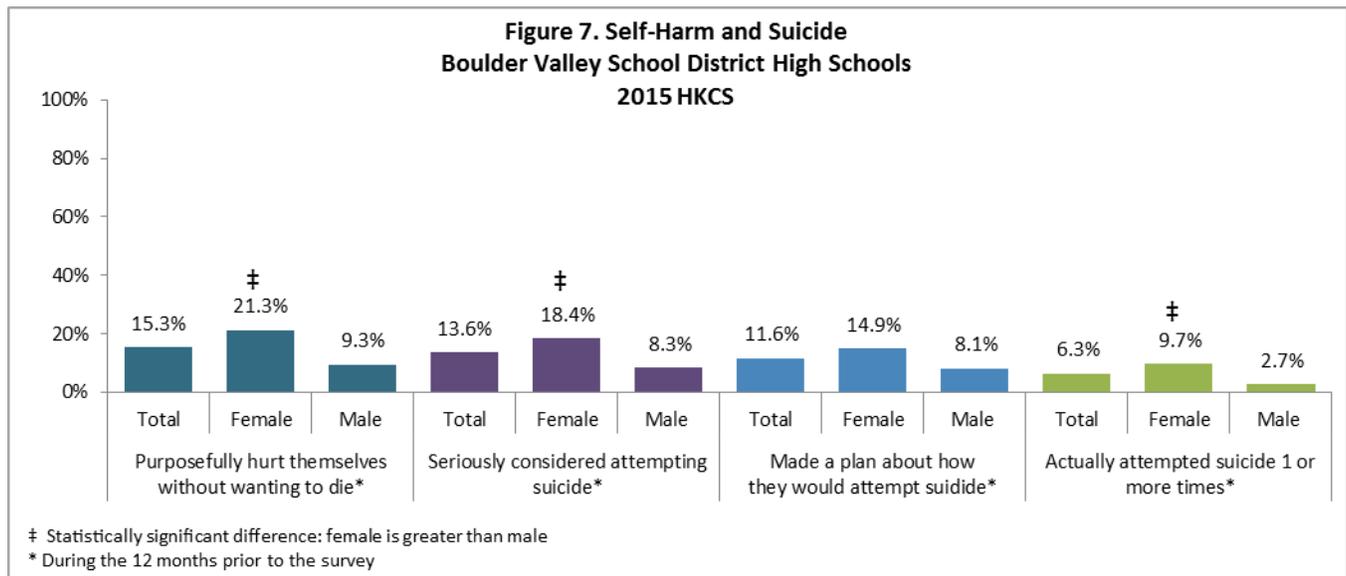
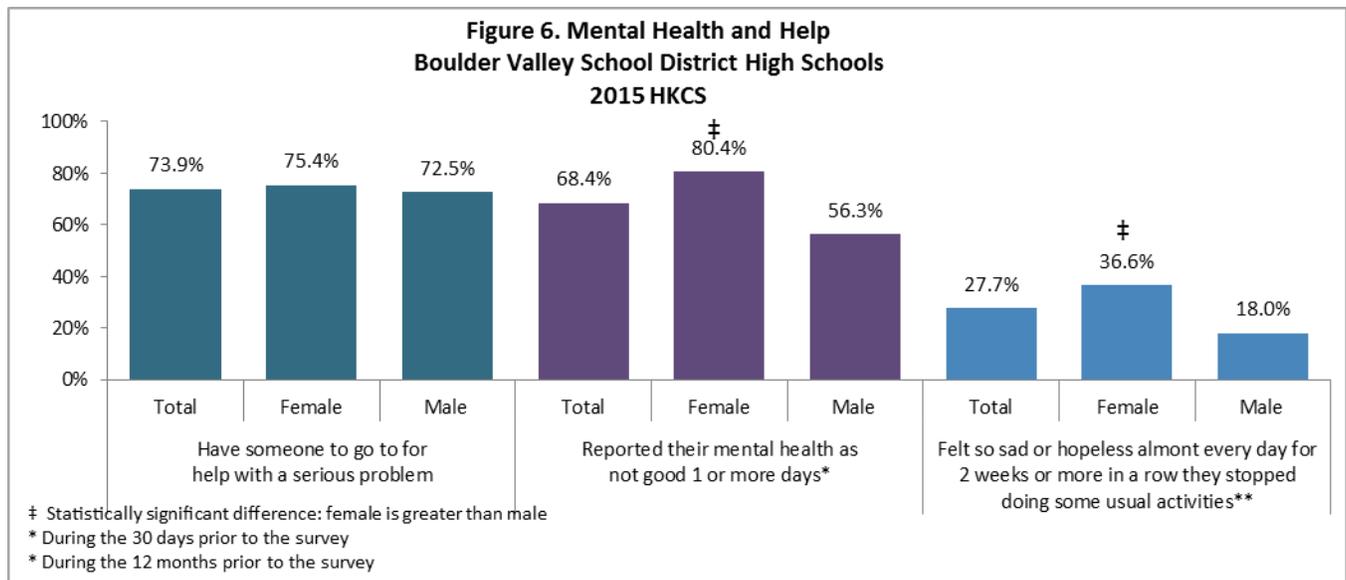
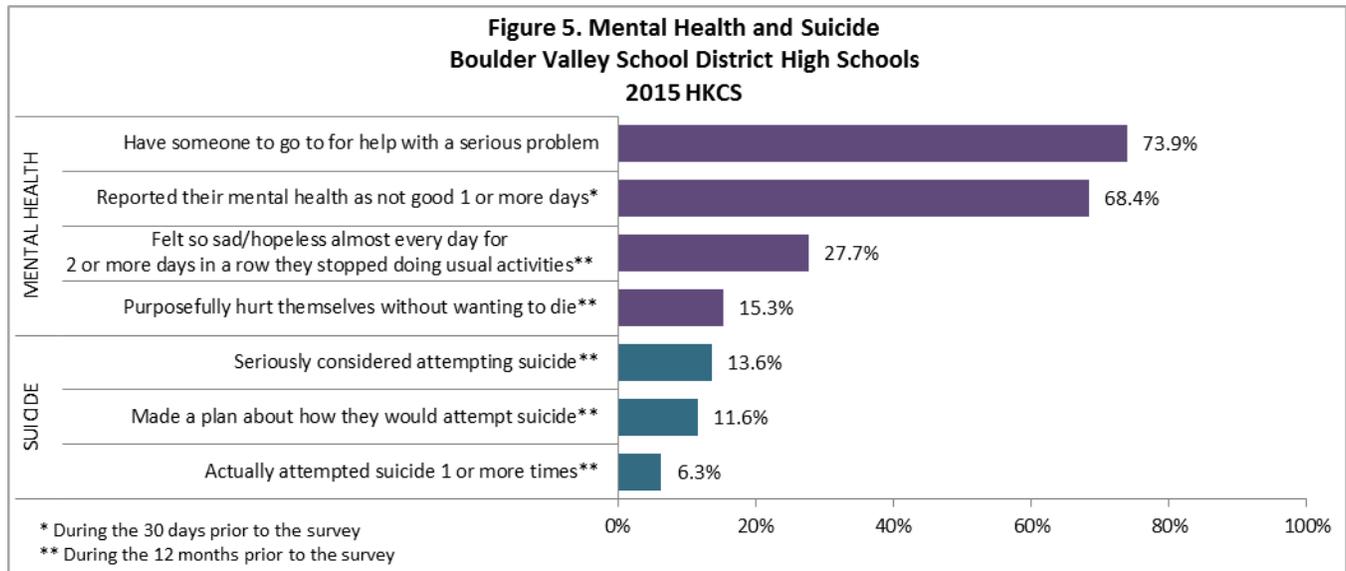


Mental Health and Suicide

More than seven in ten students (73.9%) reported they had someone to go to for help with a serious problem. For students who reported their mental health as not being good 1 or more days during the 30 days prior to the survey, the prevalence rate was 68.4%. The rate was higher for female students (80.4%) than for male students (56.3%). More than 1 in 4 students (27.7%) surveyed reported they felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some of their usual activities during the 12 months prior to the survey. Female students had a higher rate than male students (36.6% and 18.0%, respectively). More than 1 in 6 students surveyed (15.3%) reported they purposefully hurt themselves (such as cutting or burning) without wanting to die in the 12 months prior to the survey. The prevalence rate was higher for female students (21.3%) than for male students (9.3%).

Overall, 13.6% of students surveyed reported they had considered attempting suicide during the 12 months prior to the survey. The prevalence rate was higher in female students (18.4%) than male students (8.3%). More than 1 in 10 students (11.6%) reported they had made a plan about how they would attempt suicide during the 12 months prior to the survey. The prevalence rate for students who attempted suicide 1 or more times during the 12 months prior to the survey was 6.3%. The rate was higher for female students (9.7%) than for male students (2.7%).



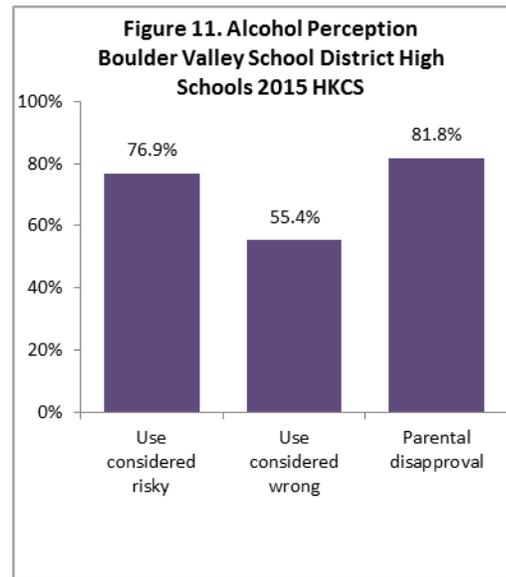
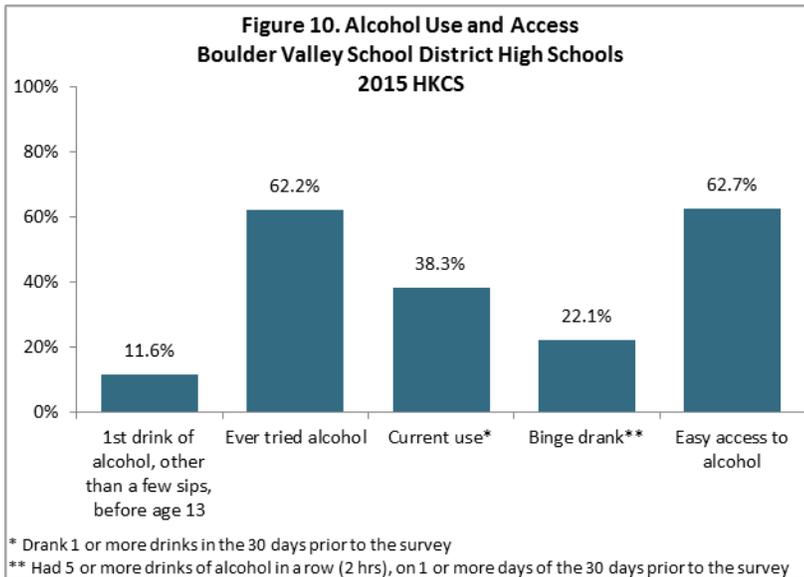


Alcohol Use

Overall, 11.6% of students had their first drink of alcohol (other than a few sips) before age 13. Three out of five students (62.2%) reported they had at 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), 38.3% had at least 1 drink of alcohol. Over 1 in 5 students (22.1%) reported they had binge drank in the 30 days prior to the survey.

Overall, 62.7% of students felt it would be sort of easy or very easy to get alcohol if they wanted.

Nearly three-quarters of students (76.9%) thought it was a moderate/great risk to have one or two drinks nearly every day. Overall, 55.4% of students thought it was wrong or very wrong for someone their age to drink alcohol regularly (once or twice a month). Eight out of ten students (81.8%) thought their parents felt it was wrong/very wrong if they drank alcohol once or twice a month.



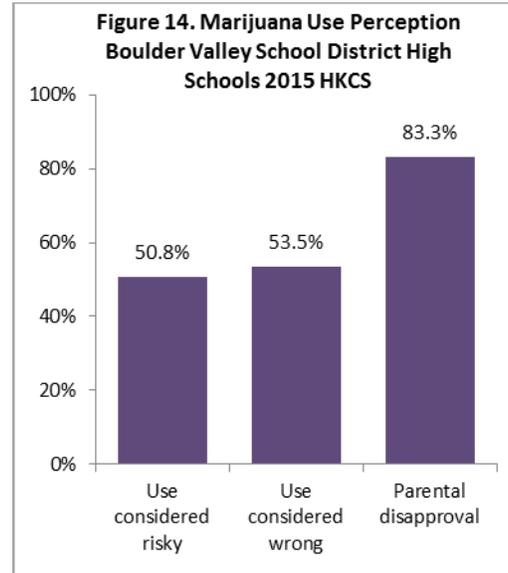
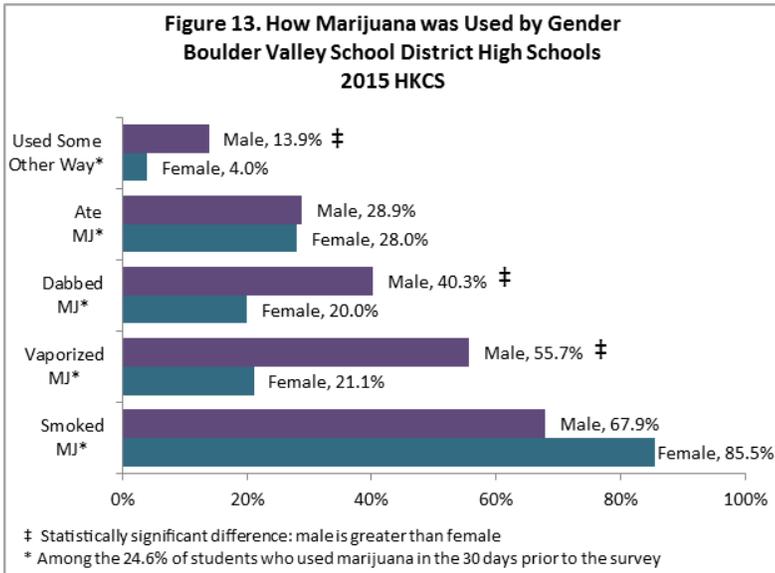
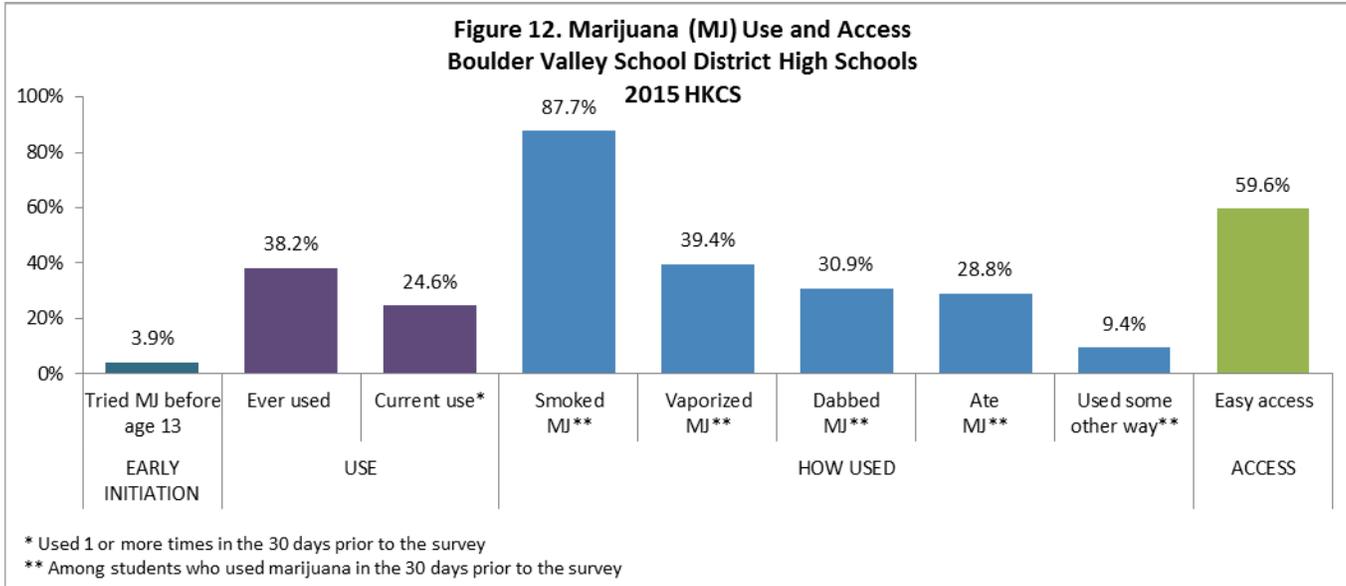
Marijuana Use

Overall, 3.9% of students had tried marijuana for the first time before age 13 (early initiation). The prevalence rate for having tried marijuana before age 13 was higher for male students (5.5%) than for female students (2.0%). Nearly four in ten students (38.2%) had used marijuana one or more times during their lives. Students reported that in the 30 days prior to the survey (current use), 24.6% had used marijuana.

Of the 24.6% of students that reported current use of marijuana, 87.7% smoked it, 39.4% vaporized it, 30.9% dabbed it, 28.8% ate it, and 9.4% used marijuana in some other way. Male students had a higher rate than female students for vaping marijuana (55.7% and 21.1%, respectively), dabbing marijuana (40.3% and 20.0%, respectively), and using marijuana in some other way (13.9% and 4.0%, respectively).

Nearly two-thirds of students (59.6%) felt it would be sort of easy or very easy to get marijuana if they wanted.

Half of students (50.8%) thought that people who used marijuana regularly had a moderate/great risk of harming themselves. More than half of students (53.5%) thought it was wrong or very wrong for someone their age to use marijuana. Over eight out of ten students (83.3%) thought their parents felt it was wrong/very wrong if they used marijuana.





Prescription Drugs

One in seven students (14.3%) had taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor’s prescription one or more times during their life. Overall, 7.8% of students had used prescription drugs in the past 30 days. Access to prescription drugs without a doctor’s prescription was reported as easy or very easy (24.1%). Nearly nine in ten students (89.4%) thought it was wrong or very wrong for someone their same age to use prescription drugs without a prescription.

Other Drugs

One in 20 students surveyed (5.2%) had used ecstasy 1 or more times during their life. The overall prevalence rate for students who had ever used inhalants was 4.6%. Inhalants include sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high. One in 23 students (4.3%) had ever used cocaine, 2.3% had use methamphetamines, 2.1% had used heroin, and 1.9% had used steroids. The rate was higher for male students than female students for having ever used heroin (3.1% and 1.0%, respectively) and for having ever used cocaine (5.6% and 2.6%, respectively).

Overall, 17.9% of students felt it would be sort of easy or very easy to get drugs like cocaine, LSD, amphetamines, or any other illegal drug.

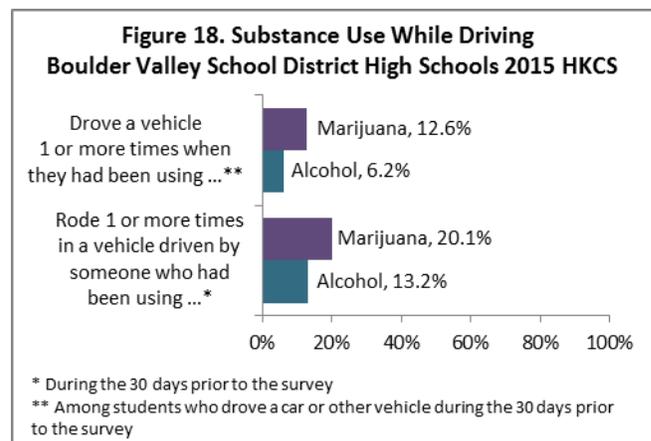
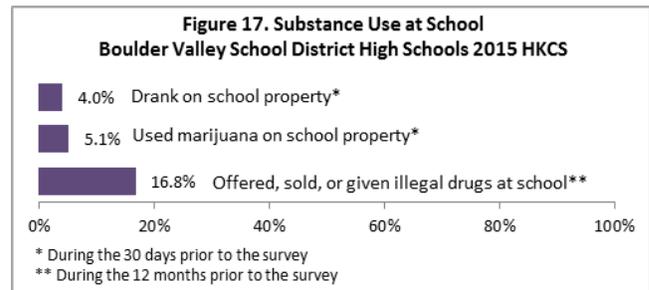
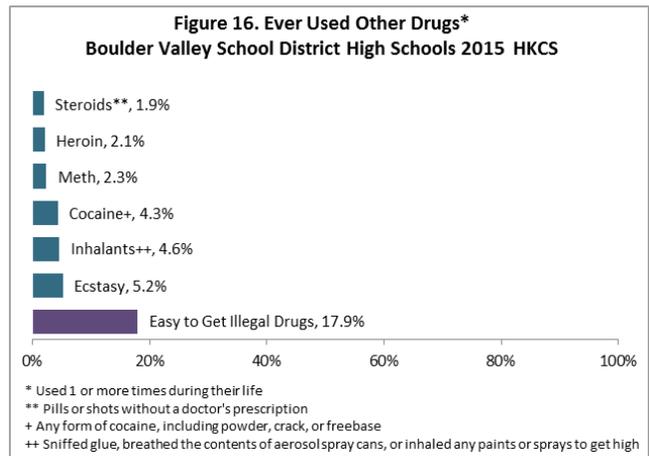
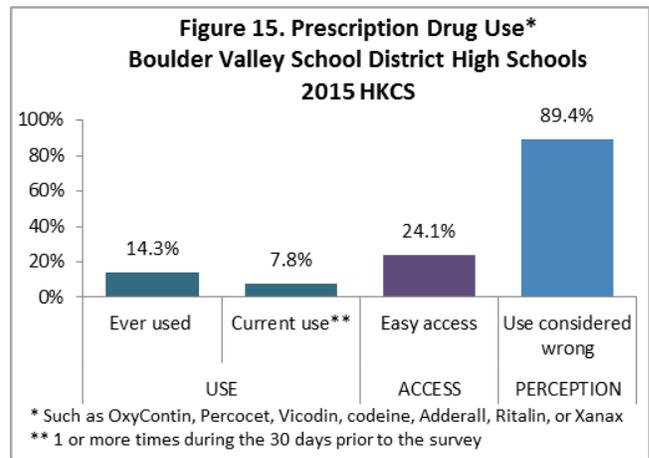
Substance Use at School

During the 30 days prior to the survey, 4.0% of students surveyed reported they drank alcohol on school property, and 5.1% of students surveyed had used marijuana on school property. One in 6 students surveyed (16.8%) 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 (13.2%) 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 16 students (6.2%) drove 1 or more times when they had been drinking alcohol.

One in 5 students (20.1%) rode 1 or more times in a vehicle with someone who had been using marijuana during the 30 days prior to the survey. Among surveyed students who drove a vehicle during the 30 days prior to the survey, more than 1 in 7 students (12.6%) drove a vehicle 1 or more times when they had been using marijuana.





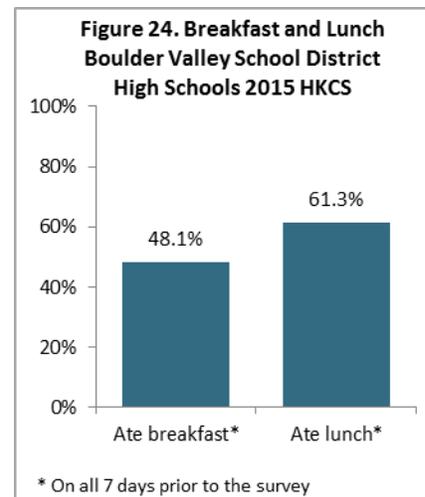
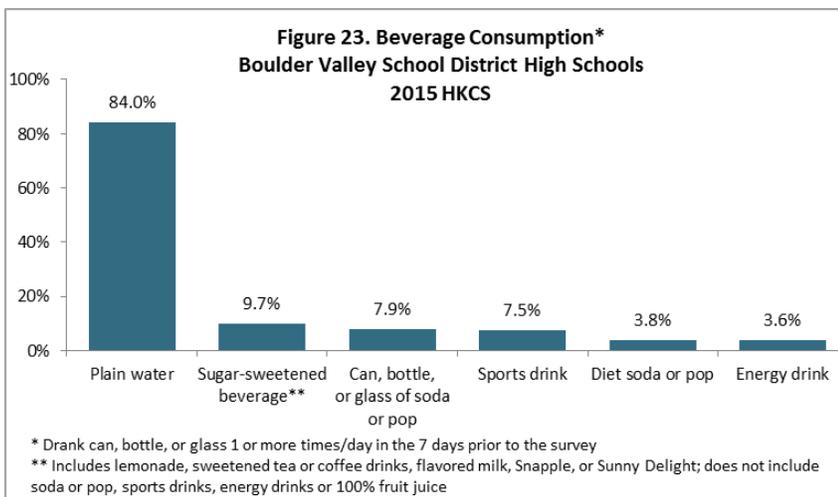
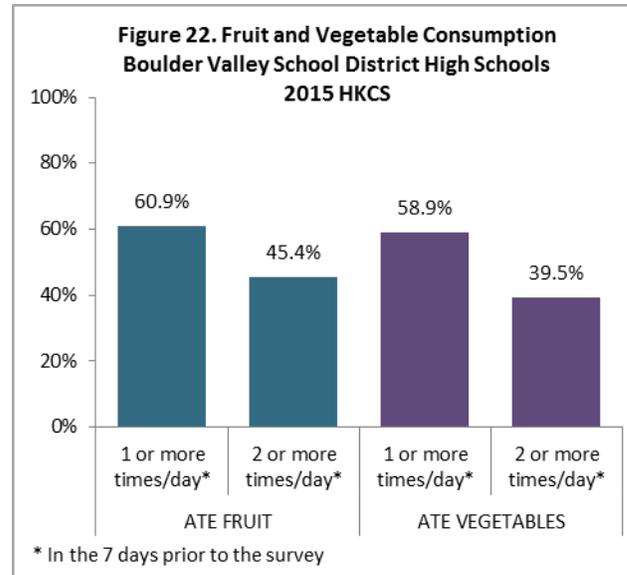
Nutrition

Overall, 60.9% of students surveyed ate fruit 1 or more times per day in the 7 days prior to the survey, and 45.4% ate fruit 2 or times per day in the 7 days prior to the survey. More than half of students (58.9%) reported eating vegetables 1 or more times in the 7 days prior to the survey, and 39.5% reported eating vegetables 2 or more times per day in the 7 days prior to the survey.

More than eight out of ten students (84.0%) reported drinking a bottle or glass of plain water one or more times per day during the seven days prior to the survey. Nearly one in ten students (9.7%) drank a can, bottle, or glass of a sugar-sweetened beverage (includes lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight; does not include soda or pop, sports drinks, energy drinks or 100% fruit juice). Overall, 7.9% of students drank a can, bottle, or glass of soda or pop (does not include diet soda or diet pop) one or more times in the seven days prior to the survey. In the seven days prior to the survey, 7.5% of students drank a can, bottle, or glass of sports drink (e.g., Gatorade or PowerAde; does not include low-calorie sports drinks, such as Propel or G2). The prevalence rate for students who reported drinking diet soda or diet pop was 3.8%, and energy drinks was 3.6%. Energy drinks include Red Bull or Jolt and do not include diet energy drinks or sport drinks.

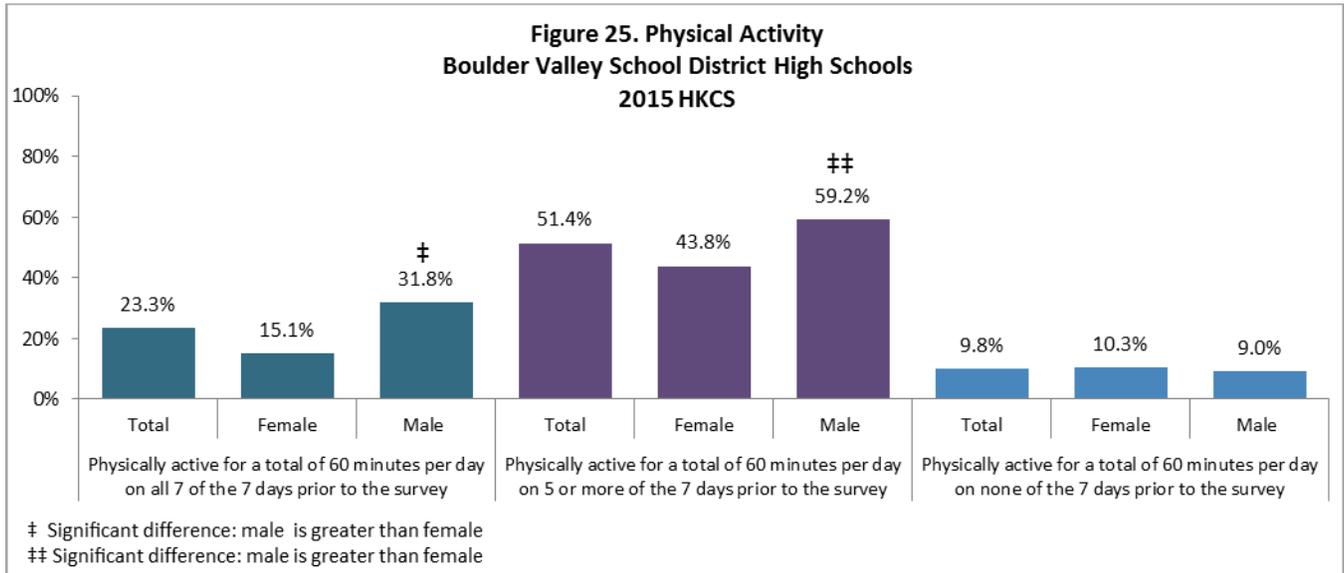
The prevalence rate was higher for male students than female students for drinking sports drinks 1 or more times per day during the 7 days prior to the survey (11.9% and 3.3%, respectively) and for drinking a sugar-sweetened beverage (12.1% and 7.5%, respectively).

On all of the seven days prior to the survey, nearly half of students (48.1%) ate breakfast, and six out of ten students (61.3%) ate lunch.

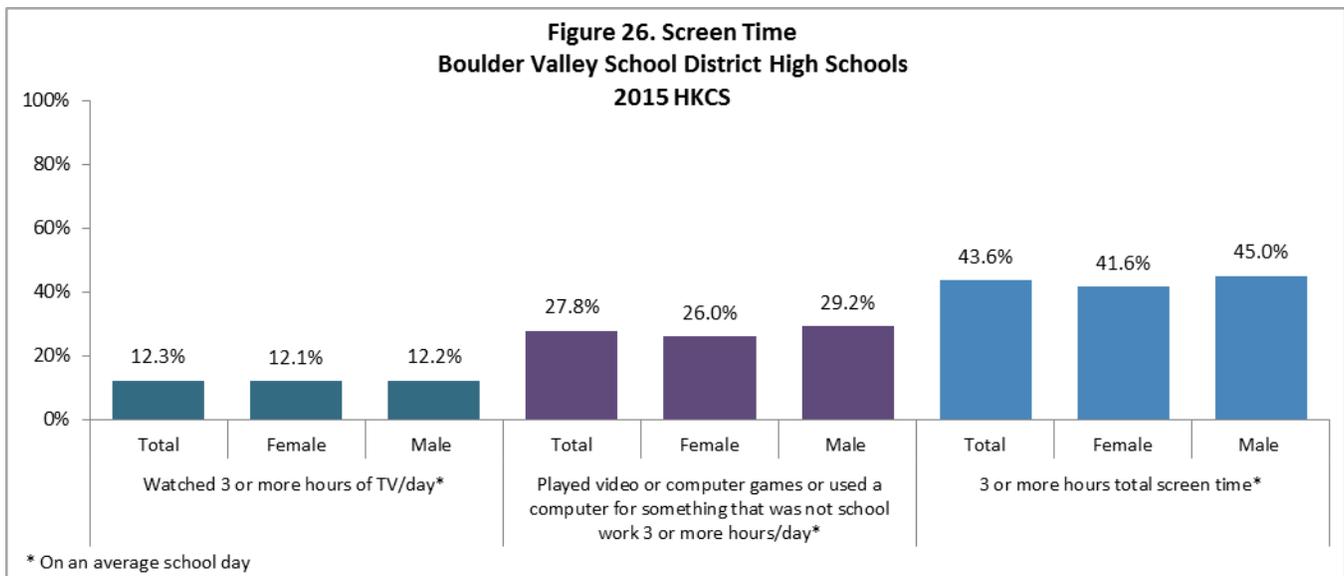


Physical Activity and Screen Time

Overall, 23.3% of students surveyed participated in vigorous physical exercise 60 minutes or more on all 7 of the 7 days prior to the survey. The prevalence rate was higher for male students (31.8%) than for female students (15.1%). Half of students (51.4%) were physically active for at least 60 minutes per day on 5 or more of the prior 7 days. Male students (59.2%) had a higher rate than female students (43.8%). Nearly 1 out of 10 students (9.8%) were physically active for a total of 60 minutes per day on none of the 7 days prior to the survey.



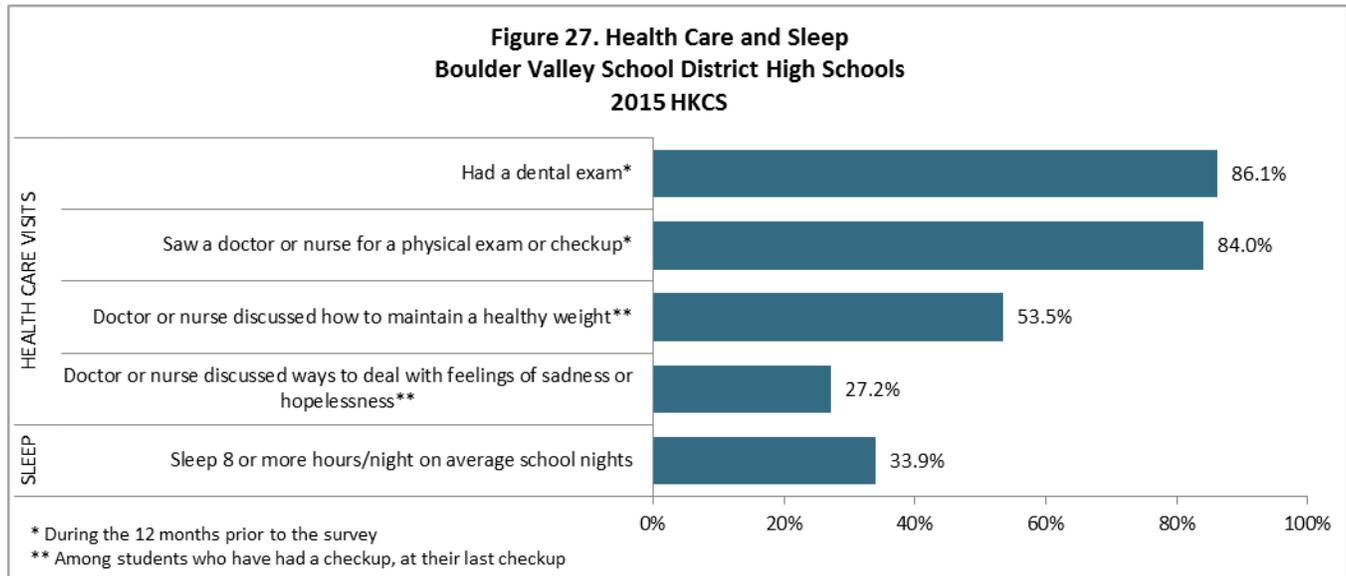
Overall, the prevalence rate for students who watched 3 or more hours of TV per day on an average school day was 12.3%. More than one in four students (27.8%) played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day. More than four in ten students (43.6%) reported having three or more hours total screen time on an average school day.



Health Care

Overall, 86.1% of students surveyed had a dental exam in the 12 months prior to the survey, and 84.0% of students had a physical exam within the 12 months prior to the survey. Among the students who had a physical exam, 53.5% had a doctor or nurse discuss how to maintain a healthy weight, and 27.2% discussed ways to deal with sadness or hopelessness.

More than one in three students (33.9%) slept eight or more hours per night on an average school night.



School Life

Nearly three-fourths of students (74.4%) participated in extracurricular activities. Almost half of students (47.2%) participated in organized community services as a non-paid volunteer.

Overall, the prevalence rate for students who thought it was important to finish high school was 98.9%. Nearly as many students, 96.4%, thought it was important to go to college.

