

**2013 Healthy Kids Colorado Survey
Boulder County High School Results**

**Shared Measurement for Collective
Impact on Youth Health**

June 19, 2015

We Best Impact Health Collectively



Individual Impact

Collective Impact

Common agenda

Shared measurement

Reinforcing activities

Continuous communication

Backbone support

Recent research shows that instead of isolated intervention on behalf of individual organizations, broad cross-sector coordination is more effective at producing large-scale social change. This presentation touches on each of the 5 conditions of collective impact, and especially shared measurement, as they relate to our work to ensure the health of youth in our community.

Source: *Stanford Social Innovation Review*, Winter 2011.

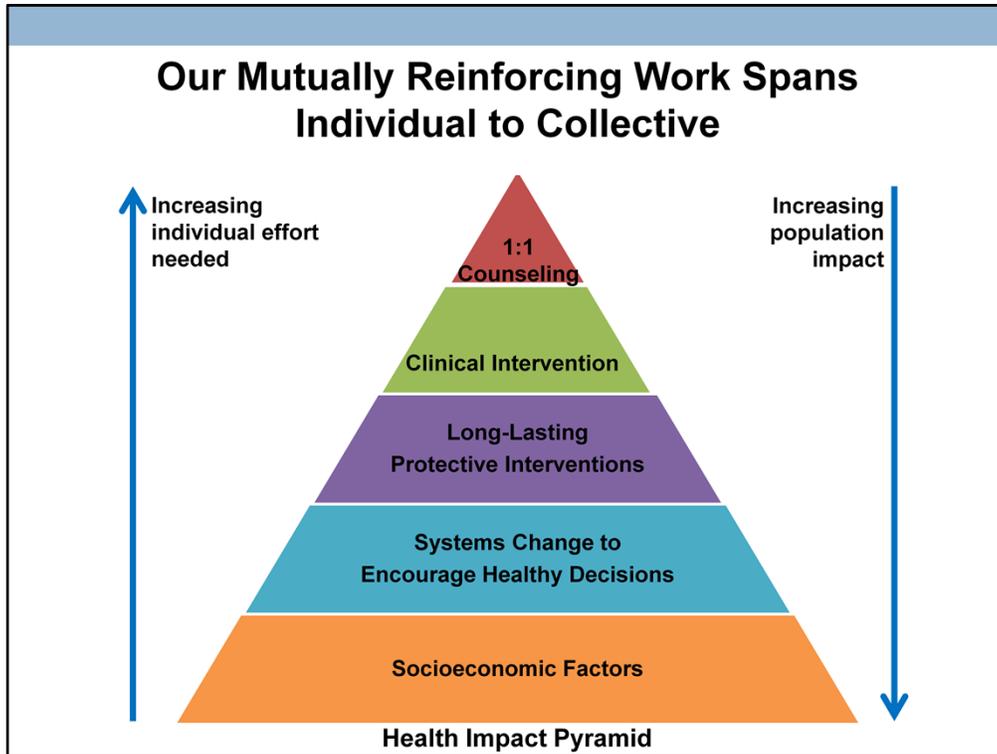
We Have a Common Agenda

A health system that helps keep people healthy, gets them good care when they are sick, and will be here for generations to come.



We have a common agenda. All of us work toward a health care system that keeps people healthy, gets them good care when they are sick, and will be here for generations to come. Colorado's health policy leaders, providers, patients, purchasers, and payers have generally coalesced around achieving the "Triple Aim": better health for communities, better care for individuals, and cost control. We all play a crucial role in achieving this Triple Aim.

Source: Institute for Healthcare Improvement (IHI) 2008: "Triple Aim for improving U.S. healthcare"



When we think about our daily work in terms of individual and population impact, our health care providers, for instance, are dedicated to the top of the pyramid, while public health ensures that the bottom portion is addressed.

One key area of overlap is our shared focus on prevention. This presentation is structured to look at the problem or issue area first, followed by the intervention, prevention, and systems-level factors that help us measure and address the problem. For instance, we'll look at sex and pregnancy and also condom use, obesity along with diet and physical activity, substance use and drug availability at school, and so on.

So, how do we measure these behaviors and track our progress on improving youth health? One major tool is the HKCS-YRBS.

Healthy Kids Colorado Survey (HKCS) Provides Shared Measurement



Individual participation:

- ✓ Voluntary – can opt-out
- ✓ Anonymous – no student-level results



Collective results:

- ✓ St. Vrain and Boulder Valley high schools
- ✓ Boulder Valley middle schools

The Centers for Disease Control and Prevention (CDC) developed the Youth Risk Behavior Surveillance (YRBS) System to monitor risk behaviors among youth. Since 2001, Boulder County YRBS survey results have measured how many youth engage in health risk behaviors and how many practice health-promoting behaviors. 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 and our two school districts partnered with this state coalition in its inaugural HKCS administration.

Surveys were administered in fall 2013 (within two months of the flood). The survey was administered to a random sample of 7th - 12th grade classrooms in Boulder Valley School District and 9th - 12th grade classrooms in St. Vrain Valley School District. The survey is voluntary and anonymous. No student-level results are reported; rather, it yields population-level district-, county-, region-, and state-level results. While all results, including district-specific high school and BVSD middle school results, are available online at www.BoulderCountyYRBS.org, this presentation includes BVSD and SVVSD *combined high school* results only.

HKCS Offers a New Statewide Baseline, Not Comparable with Previous Local YRBS

Do not compare:

- ⊗ 2013 Boulder County HKCS results to earlier Boulder County YRBS results
- ⊗ BVSD middle school results to Colorado middle school results
- ⊗ Boulder County high school sexual orientation results to Colorado high school sexual orientation results

Do compare:

- ✓ 2013 Boulder County HKCS high school results to 2013 Colorado HKCS high school results
- ✓ 2013 Boulder County HKCS results by grade, race/ethnicity, gender, and sexual orientation

Because local sampling, instruments, proctoring, analysis, and reporting were adjusted to coincide with the state process, we cannot compare these 2013 HKCS results to previous YRBS results. So, do not use this 2013 data to measure or display trends over time. Do not compare BVSD middle school results to Colorado middle school results, as 6th graders are surveyed statewide, but not in BVSD. Do not compare local high school sexual orientation data to Colorado high school sexual orientation data, as our local categorization includes unsure/questioning youth while the state does not.

That said, the 2013 HKCS results establish a valuable new baseline to monitor behavior and inform school and community programs dedicated to reducing youth risk behaviors, and to encouraging health, safety, and academic achievement.

Please do compare 2013 Boulder County HKCS high school results to 2013 Colorado HKCS high school results.

Please do compare within the 2013 Boulder County results, for instance to look for patterns and trends within and between sub-populations based on grade, race/ethnicity, and gender within each middle and high school indicator as well as sexual orientation within each high school indicator.

HKCS Tracks Youth Risk and Protective Behavior

- Sex, prevention, pregnancy
- Mental health, suicide
- Substance use
- Body weight, diet, exercise
- Sleep
- Health care visits
- And more!

The survey measures youth risk and protective behaviors across a spectrum of health issue areas.

This presentation covers a small portion of results in just a handful of the areas probed by the survey: sex, mental health, substance use, body weight, sleep, and health care visits.

View HKCS/YRBS Instruments and Results at BoulderCountyYRBS.org

View results by:

- Grade
- Race/ethnicity
- Gender
- Sexual orientation

Caveats

- Not all that looks different is statistically different
- Small percentages can represent many students

Youth Risk Behavior Survey Results (YRBS)

Local Risk Behavior Data
The Youth Risk Behavior Survey (YRBS), developed by the Centers for Disease Control and Prevention (CDC), provides reliable local data on risk behaviors among our county's high school students and Boulder Valley School District (BVSD) middle school students.

Data and reports from each of the two school districts, BVSD and St. Vrain Valley School District (SVVSD), as well as aggregate data for the county, can be found in the following documents. The narrative reports include survey background, methodology, results, tables, graphs, and observations.

2013 Survey Results
Results for the U.S. high school and middle school 2013 YRBS surveys are located on the [CDC YRBS Survey Results](#) web page. Colorado survey results are located on the Colorado Department of Health and Education [2013 Healthy Kids Colorado Survey Results](#) web page.

2013 2011 2009 2007 2005 2003 2001

Data Tables

- [2013 Boulder County Combined High Schools](#) (8 MB)
- [2013 BVSD High School](#) (8 MB)
- [2013 BVSD Middle School](#) (3 MB)
- [2013 SVVSD High School](#) (8 MB)

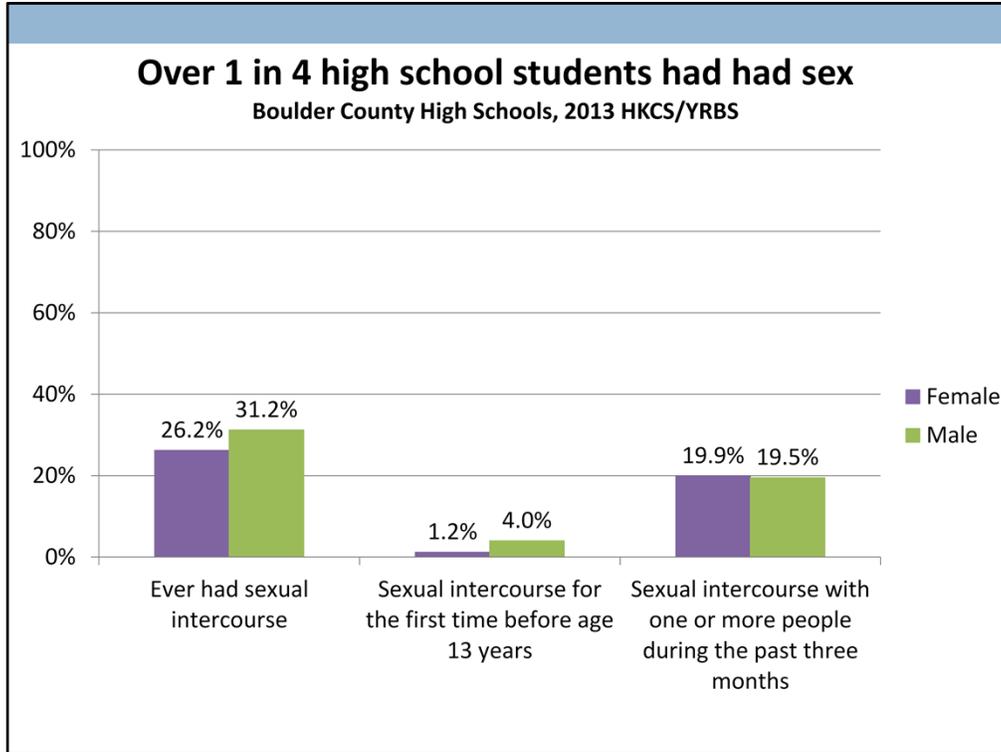
Related Links

- Participation
- Questionnaires
- Results
- YRBS Overview

This presentation covers Boulder County high school student results only. Online at BoulderCountyYRBS.org, you can see all school survey results. You can view high school results by grade, race/ethnicity, gender, and sexual orientation; this presentation shows results by gender.

Keep in mind that what looks different on a graph may not be statistically-significant, so please ask if you have any questions about what is or is not a truly significant difference in rate.

Also, while percentages may not look like much on a graph, that percent represents a lot of students. For example, if the student population of Boulder County high schools surveyed is about 18,000, 10% is 1,800 kids, or 72 classrooms of youth experiencing these challenging issues across the county.

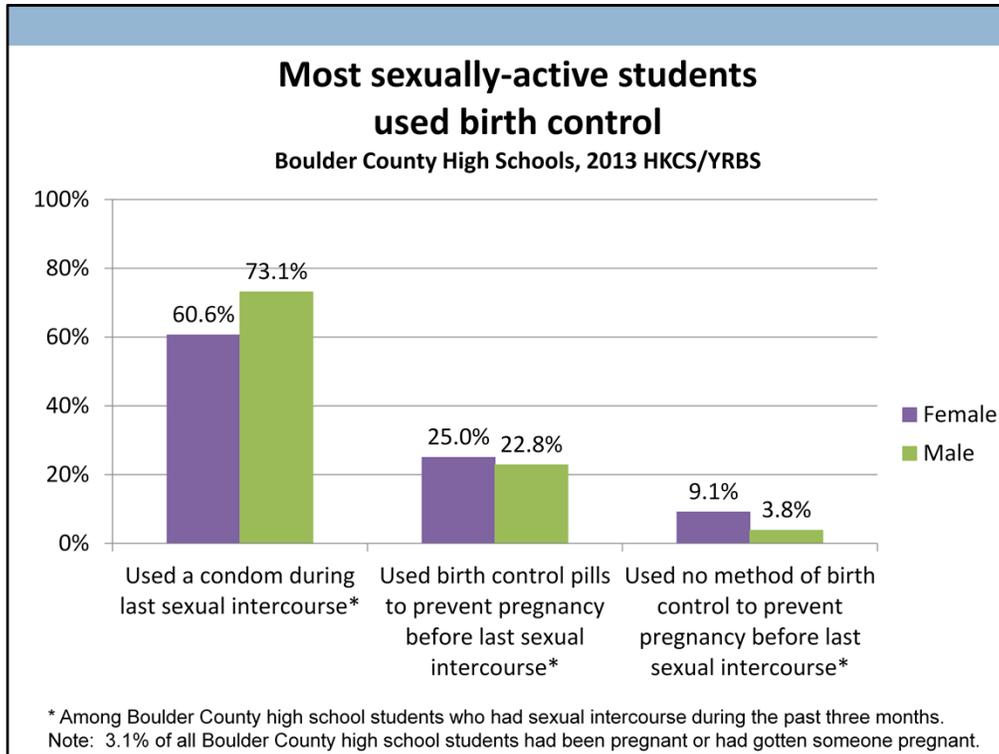


The survey sheds light on sexual behavior.

Over 1 in 4 - in fact nearly 1 in 3 (28.7%) - Boulder County high school students ever had sexual intercourse.

Very few (2.6%) had sexual intercourse for the first time before age 13.

About 1 in 5 (19.7%) students had sex during the past three months.

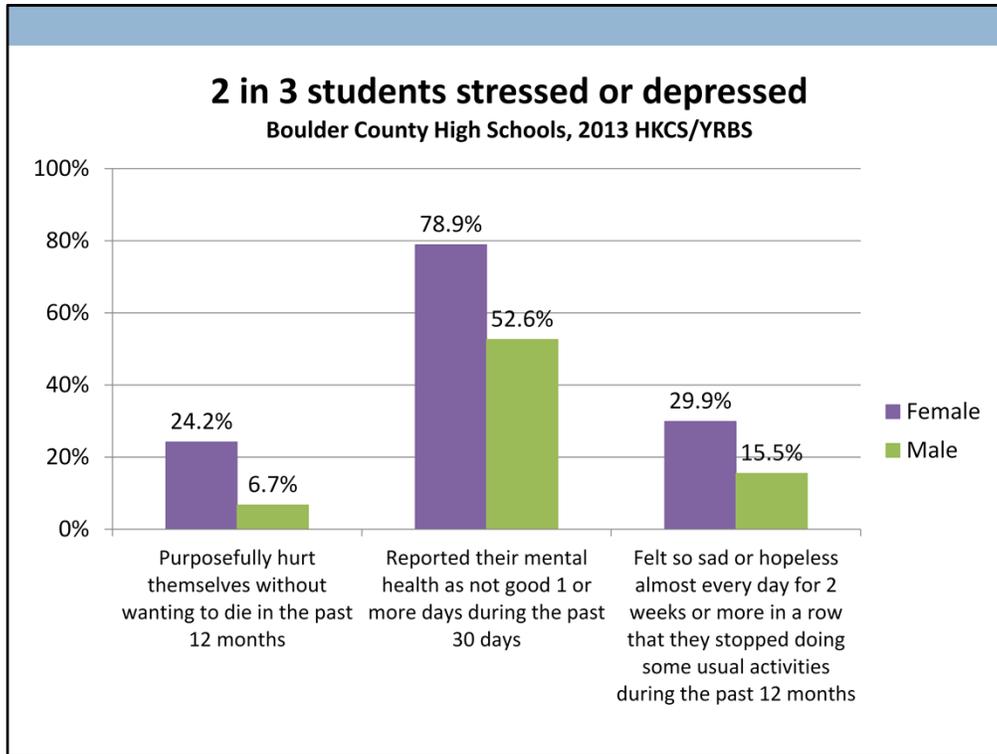


3.1% of all students had been pregnant or had gotten someone pregnant.

Going upstream to prevention, among Boulder County high school students who had sexual intercourse during the past three months:

- 2 out of 3 (66.7%) used a condom during last sexual intercourse.
- About a quarter (23.9%) used birth control pills to prevent pregnancy before last sexual intercourse.
- A fraction (6.5%) used no method of birth control to prevent pregnancy before last sexual intercourse.

Recent local efforts in this area have supported the use of long-acting reversible contraceptives (LARCs), the value of which has been repeatedly underscored in healthy and intended pregnancy work.

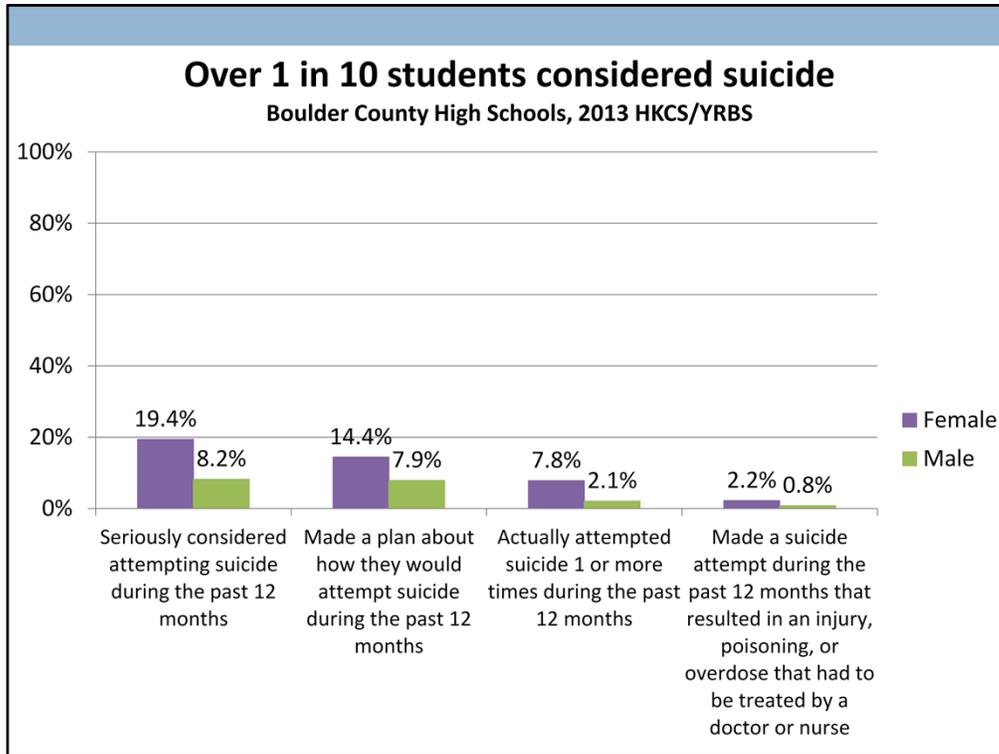


Moving on to mental health...

Nearly 1 in 7 (15.4%) Boulder County high school students purposefully hurt themselves (such as cutting or burning) without wanting to die in the past 12 months.

About 2 out of 3 (65.7%) students reported their mental health as not good (includes anxiety, stress, depression, and problems with emotions) 1 or more days during the past 30 days.

Nearly 1 in 4 (22.7%) students 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 past 12 months.



Without help, such depression does escalate to suicide attempts.

13.7% of Boulder County high school students seriously considered attempting suicide during the past 12 months.

11.1% of students made a plan about how they would attempt suicide during the past 12 months.

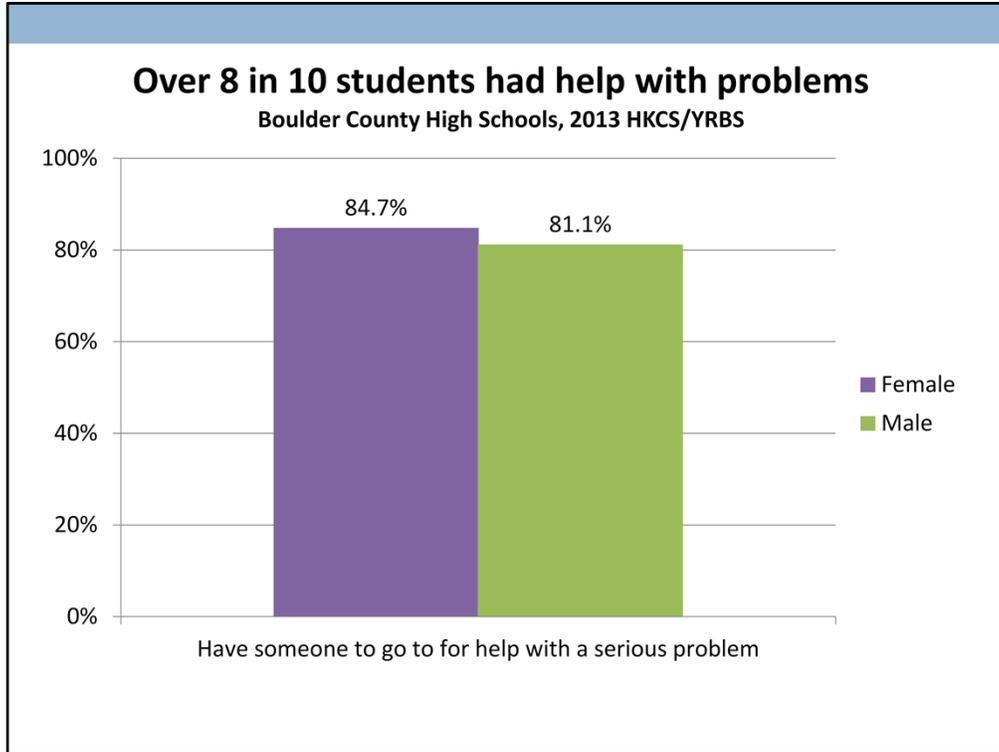
4.9% of students actually attempted suicide 1 or more times during the past 12 months.

1.5% of students made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

As mentioned, you can go online and view these results by grade, gender, race/ethnicity, and sexual orientation.

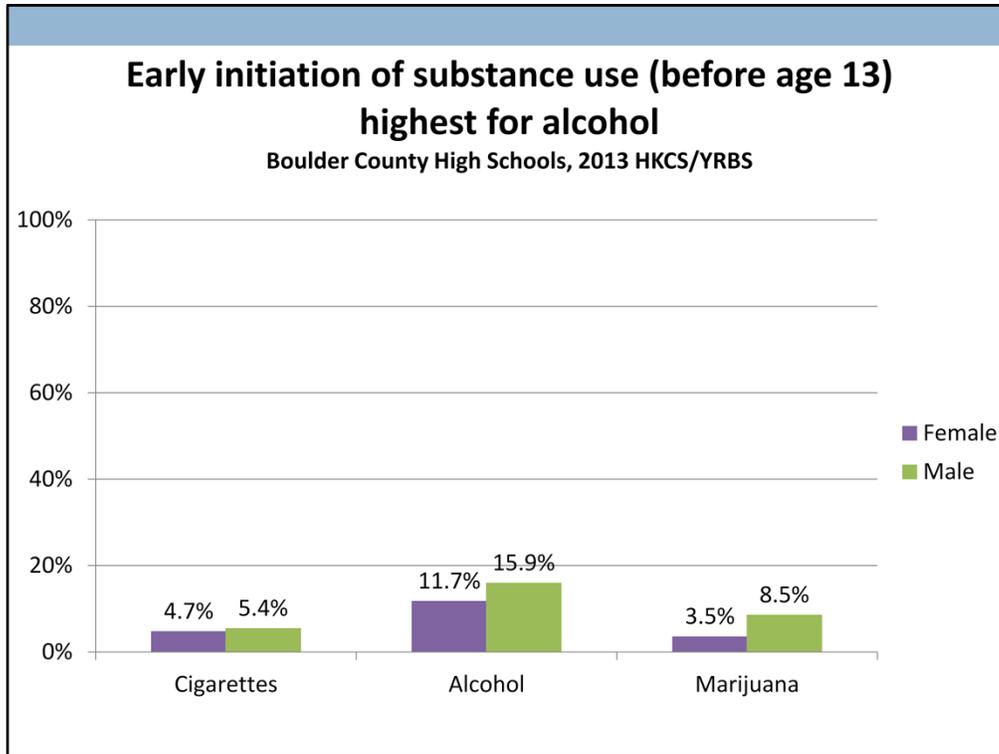
This is one area in which rates are significantly higher in female than male students.

Additionally, rates among lesbian, gay, bisexual, and questioning students are significantly higher than among heterosexual students.



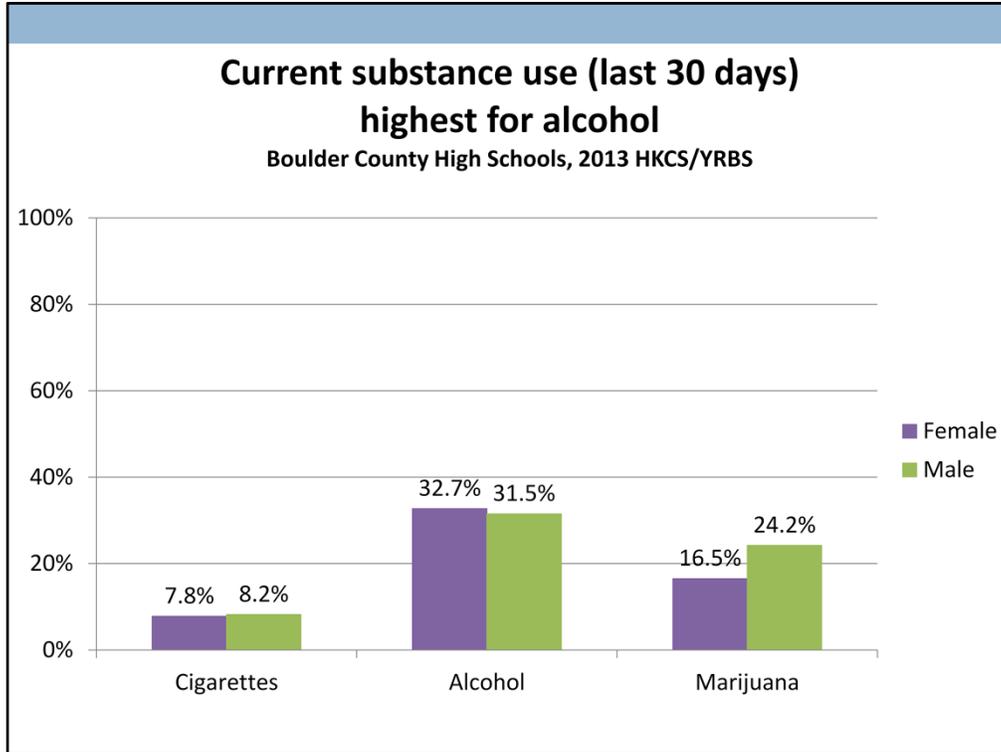
Again looking upstream to prevention, 82.9% of students have someone to go to for help with a serious problem.

The Prevention and Intervention Program has historically helped a lot with the top and bottom of the pyramid here, providing 1-on-1 counseling as well as changing norms across school culture. Inspire Youth Connections, the nascent Boulder County Public Health effort in youth wellbeing, will surely continue to work on this front.

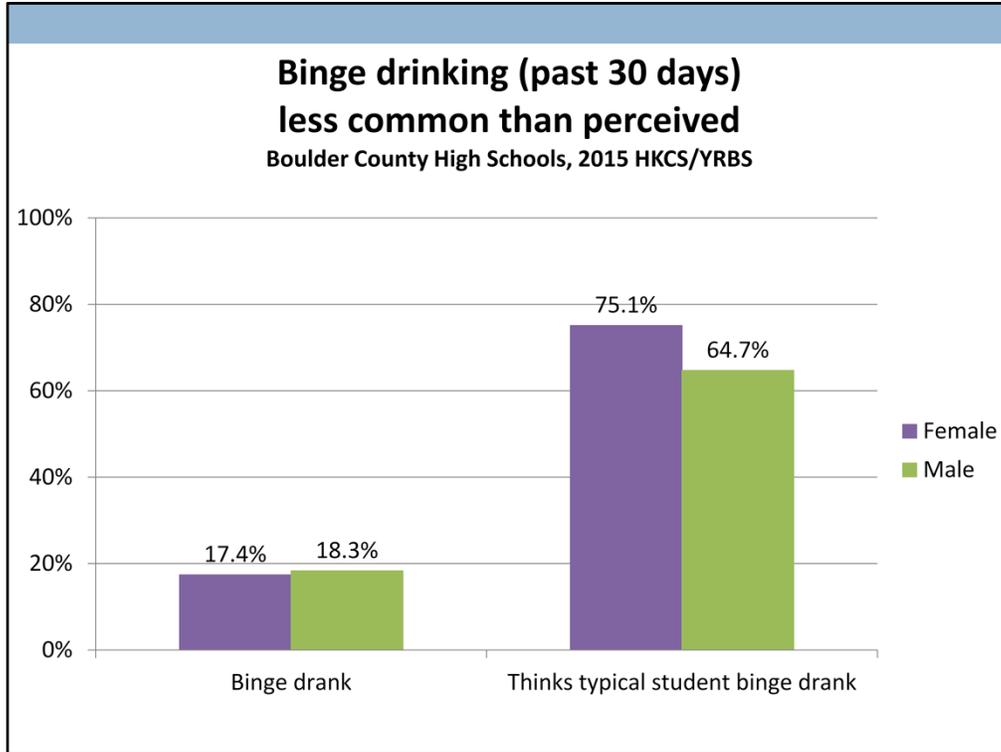


This next section of slides provides an overview of substance use. The focus is on cigarettes, alcohol, and marijuana, as these are the most explored substances in the HKCS.

- 5.0% of students smoked a whole cigarette for the first time before age 13 years.
- 13.8% had their first drink of alcohol other than a few sips before age 13 years.
- 6.0% tried marijuana for the first time before age 13 years.



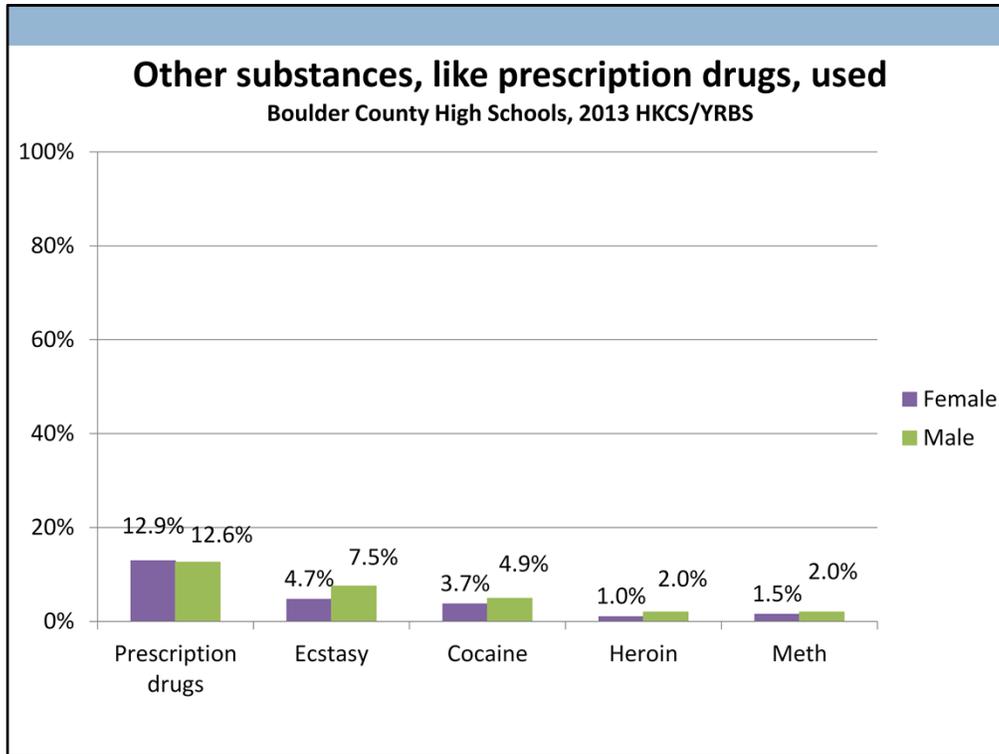
In terms of current use, i.e. use on 1 or more of the past 30 days:
 8.0% of Boulder County high school students smoked cigarettes.
 32.1% had at least one drink of alcohol.
 20.4% used marijuana.



Boulder County high school students think that their peers drink more than they do.

69.9% think a typical student binge drank 1+ days in the past 30 days.

17.9% of students had 5 or more drinks of alcohol in a row - that is, within a couple of hours - on 1 or more of the past 30 days.



The survey explores a few other drugs. Here we see the percentage of students who have ever used any of these drugs.

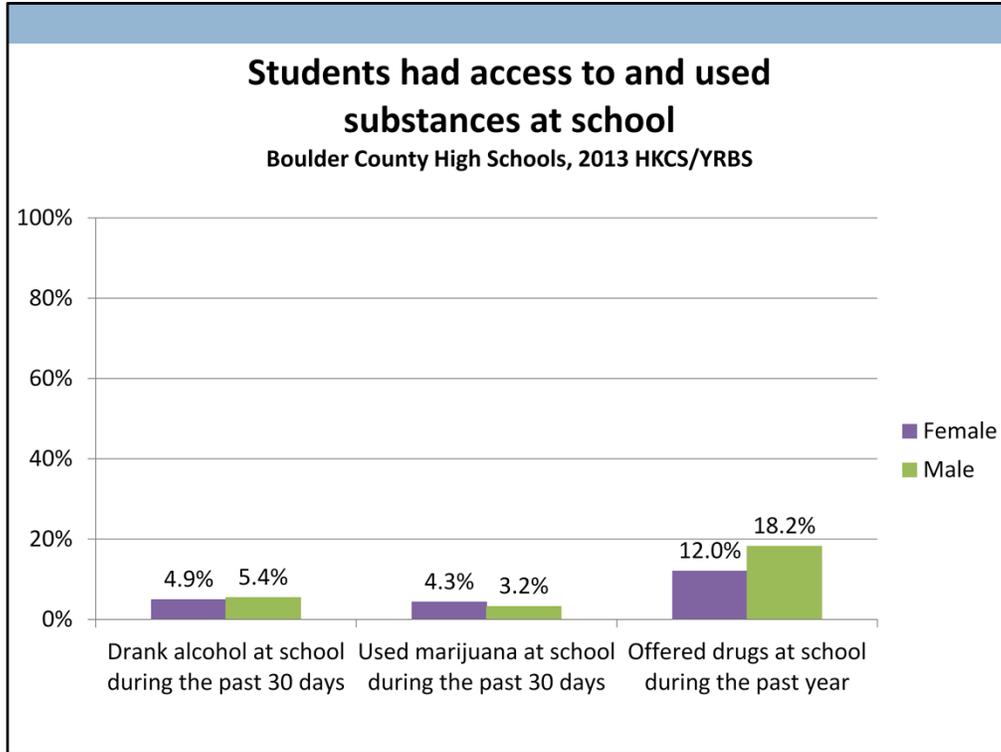
12.7% of students have taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription.

6.1% used ecstasy.

4.3% used any form of cocaine.

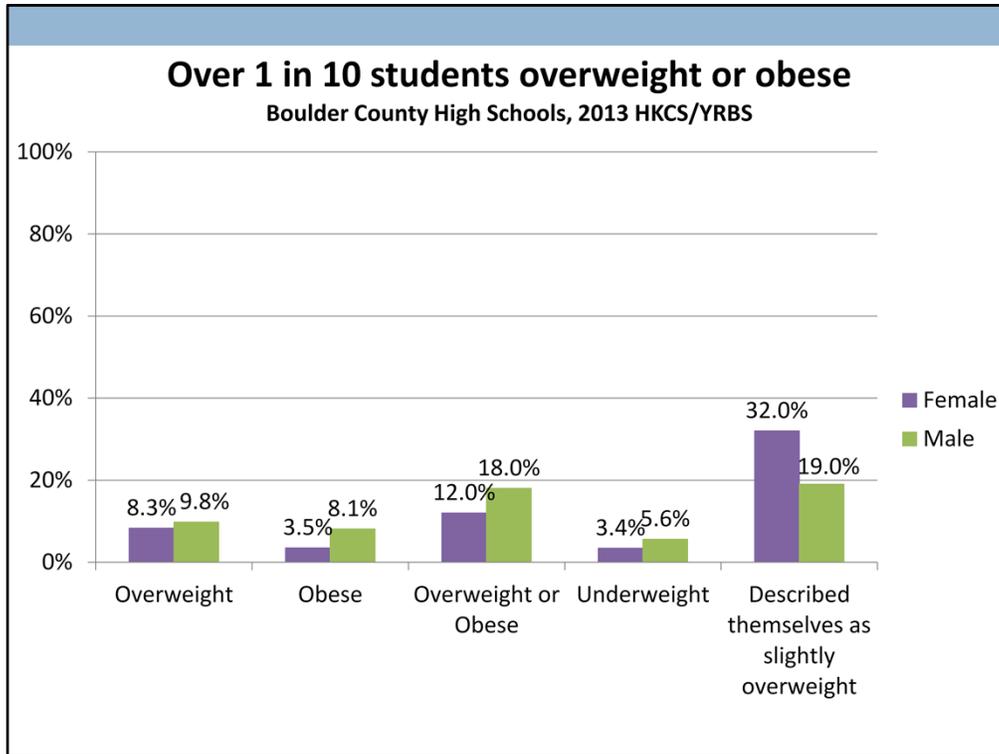
1.% used heroin.

1.7% used methamphetamines.



Again, moving toward prevention and changing the environment, Boulder County high school students have access to and use substances at school.

- 5.1% of students drank on school property during the past 30 days.
- 3.7% used marijuana on school property during the past 30 days.
- 15.1% were offered drugs at school during the past 12 months.



Moving into the area of body weight...

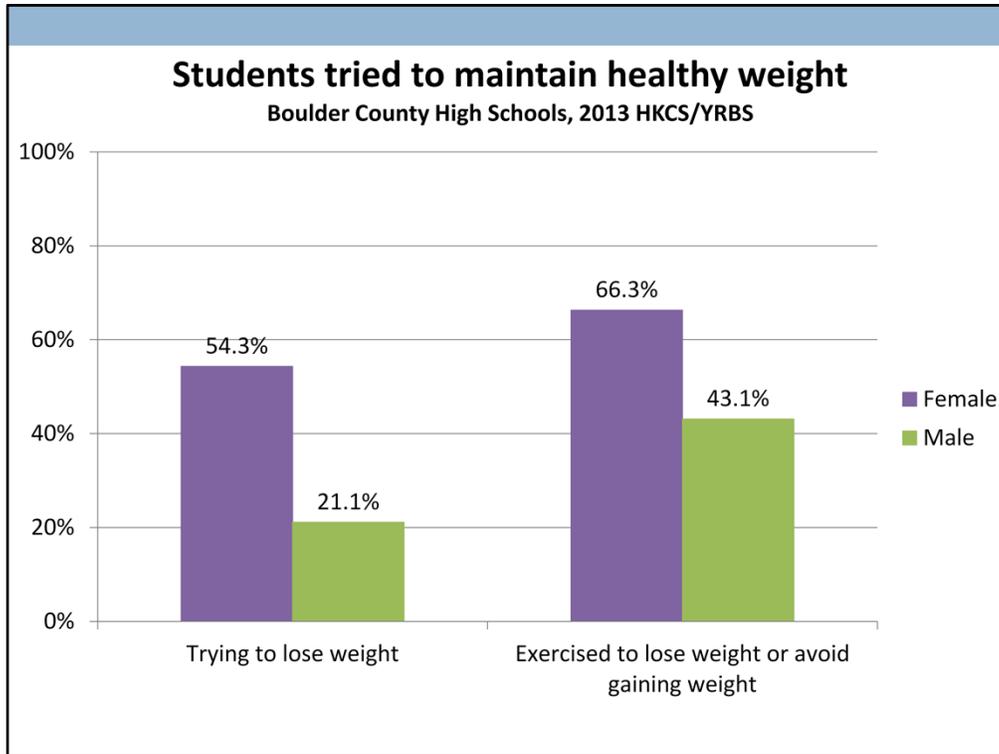
9.0% of students were overweight (i.e. at or above the 85th percentile and below the 95th percentile for body mass, by age and gender) (Overweight and obese are mutually exclusive.)

5.8% of students were obese (i.e. at or above the 95th percentile for body mass, by age and gender). (Overweight and obese are mutually exclusive.)

15.0% of students were overweight or obese (i.e. at or above the 85th percentile for body mass, by age and gender).

4.5% of students were underweight (i.e. below the 5th percentile for body mass index, by age and gender).

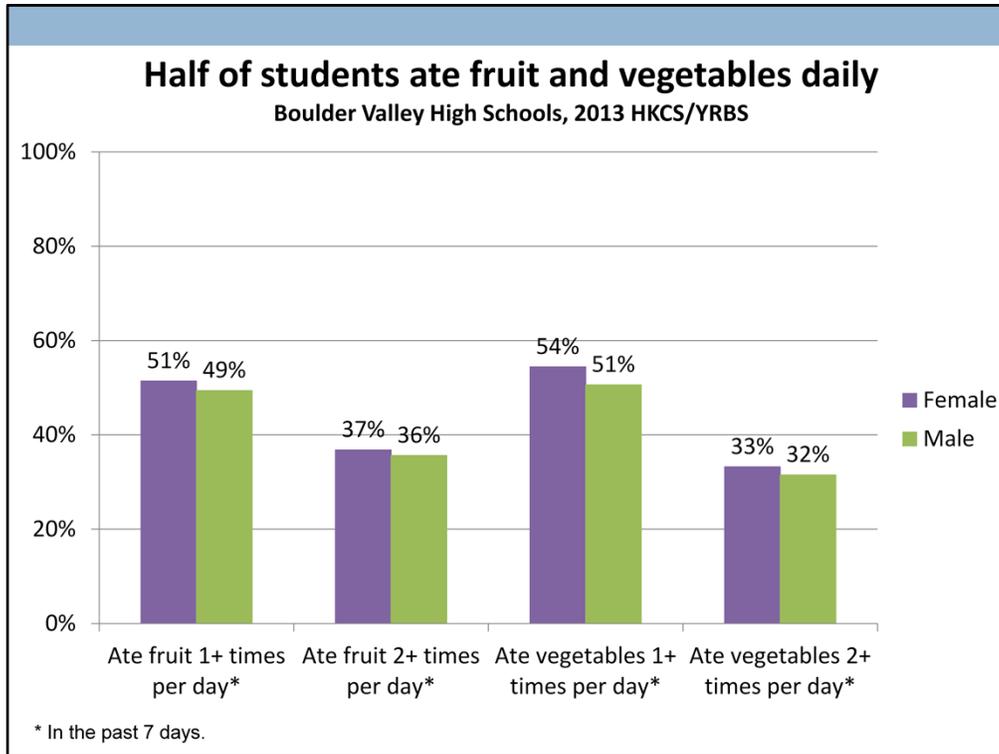
25.0% of students described themselves as slightly or very overweight.



Many factors contribute to a healthy body weight. The survey looks at attempts to control weight, diet, physical activity, and sleep.

38.0% of students were trying to lose weight.

55.0% of students exercised to lose weight or avoid gaining weight in the past 30 days.



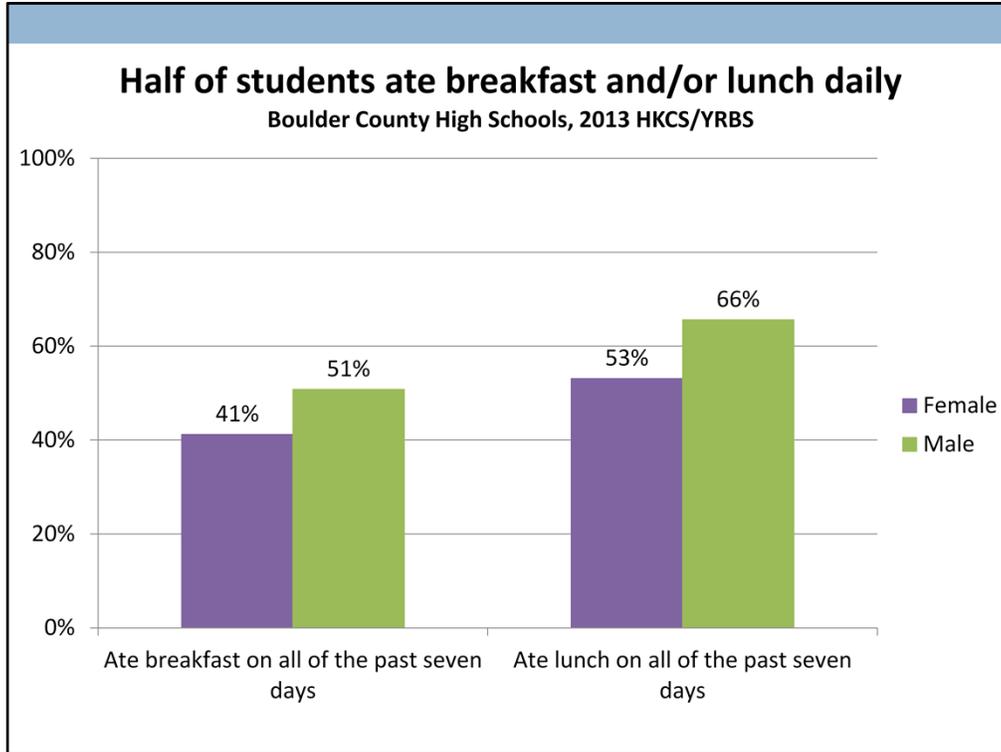
About half of all Boulder County high school students ate fruit and vegetables 1+ times per day in the past seven days, but only about a third did so 2 or more times.

Half (50%) of all students ate fruit 1+ times per day in the past seven days.

About a third (36%) ate fruit 2+ times per day in the past seven days.

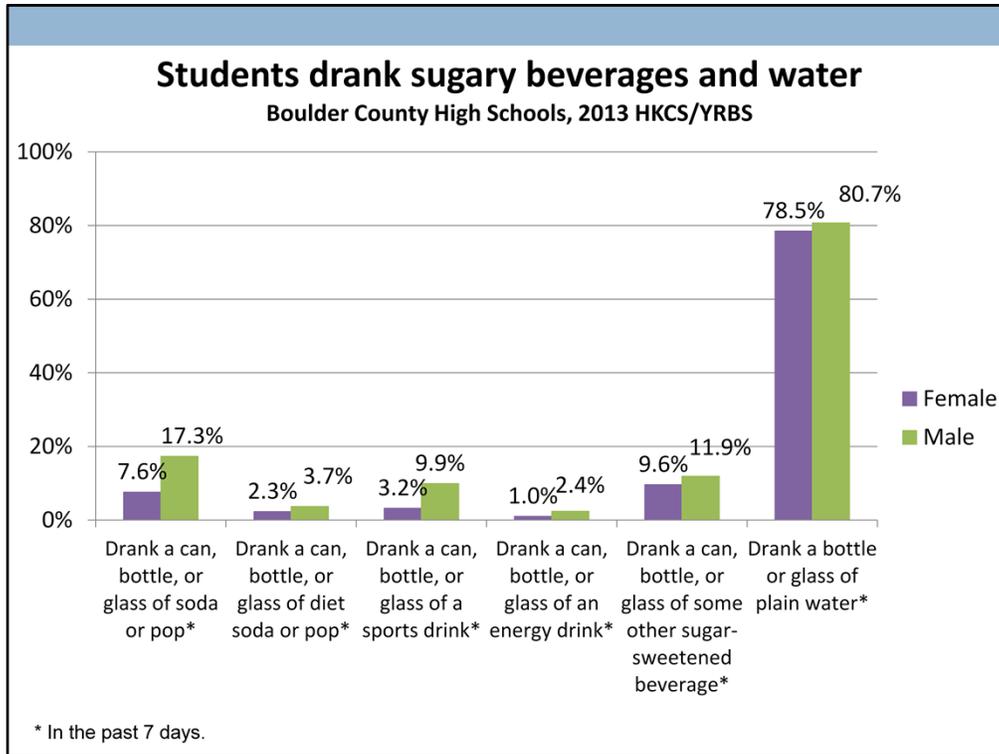
Half (53%) ate vegetables 1+ times per day in the past seven days.

About a third (32%) ate vegetables 2+ times per day in the past seven days.



Nearly half (46%) of Boulder County high school students ate breakfast on all of the past seven days.

Nearly two thirds (59%) ate lunch on all of the past seven days.



A large coalition of local partners is working hard to reduce sugary drink consumption, be it via 1-in-1 work with nutritionists to policy making the right choice of beverage the easy choice.

12.4% of Boulder County high school students drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days.

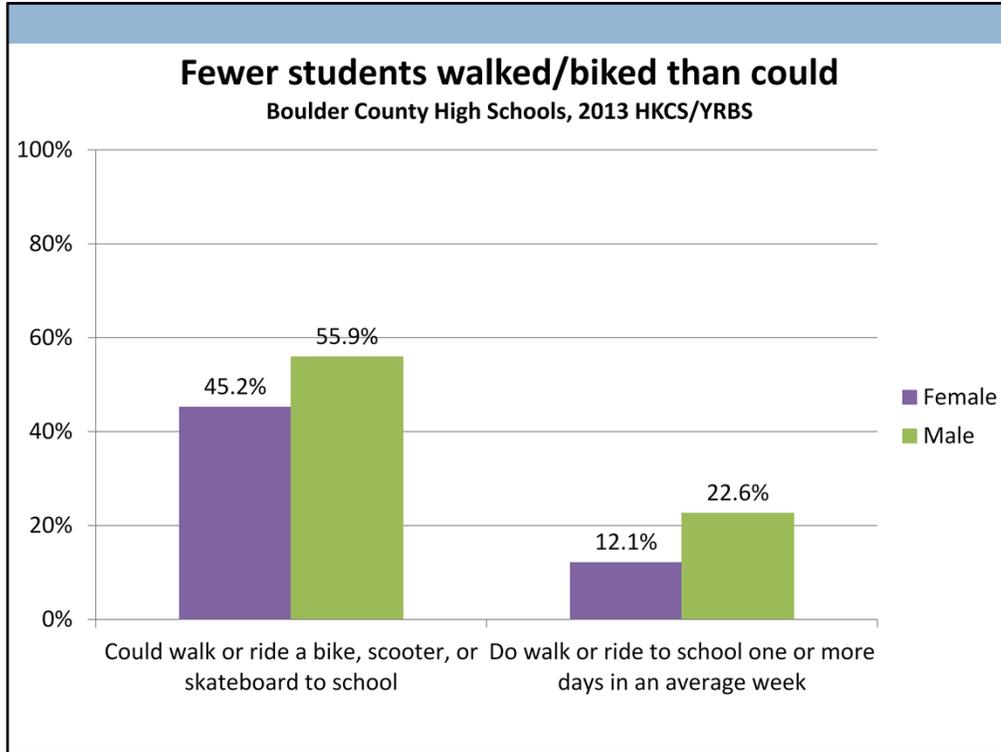
3.0% drank a can, bottle, or glass of diet soda or pop one or more times per day during the past seven days.

6.5% drank a can, bottle, or glass of a sports drink one or more times per day during the past seven days.

1.7% drank a can, bottle, or glass of an energy drink one or more times per day during the past seven days.

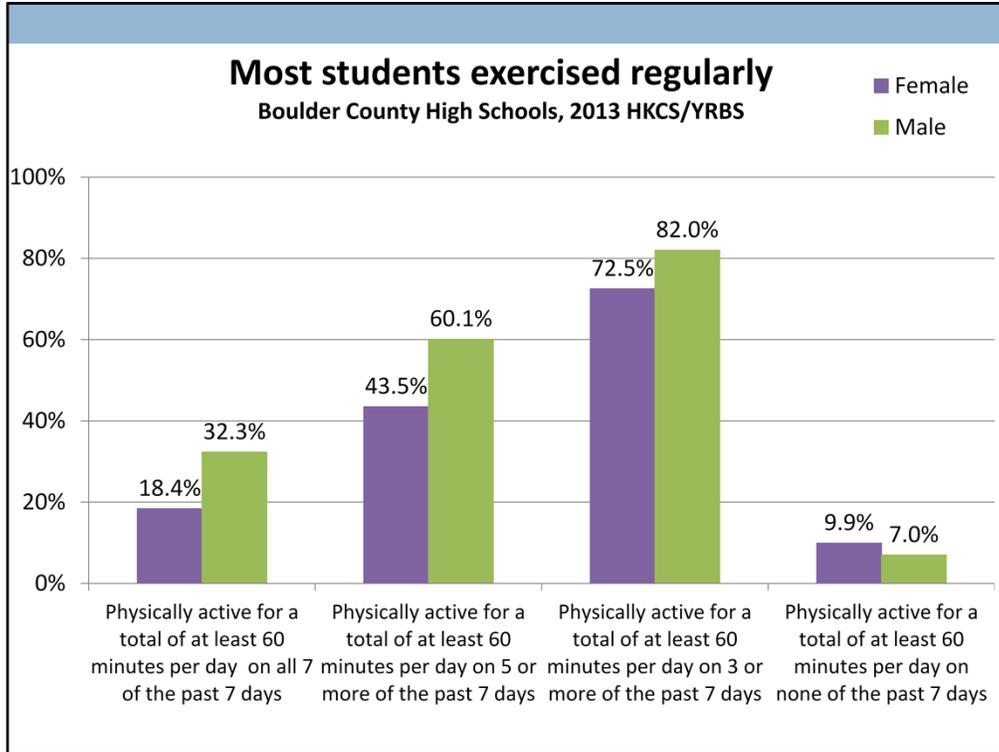
10.8% drank a can, bottle, or glass of some other sugar-sweetened beverage one or more times per day during the past seven days.

79.6% drank a bottle or glass of plain water one or more times per day during the past seven days.



Physical activity is another piece of the prevention puzzle.

While half (50.5%) of Boulder County high school students could walk or ride a bike, scooter, or skateboard to school, less than a quarter (17.3%) actually did walk or ride to school one or more days in an average week.

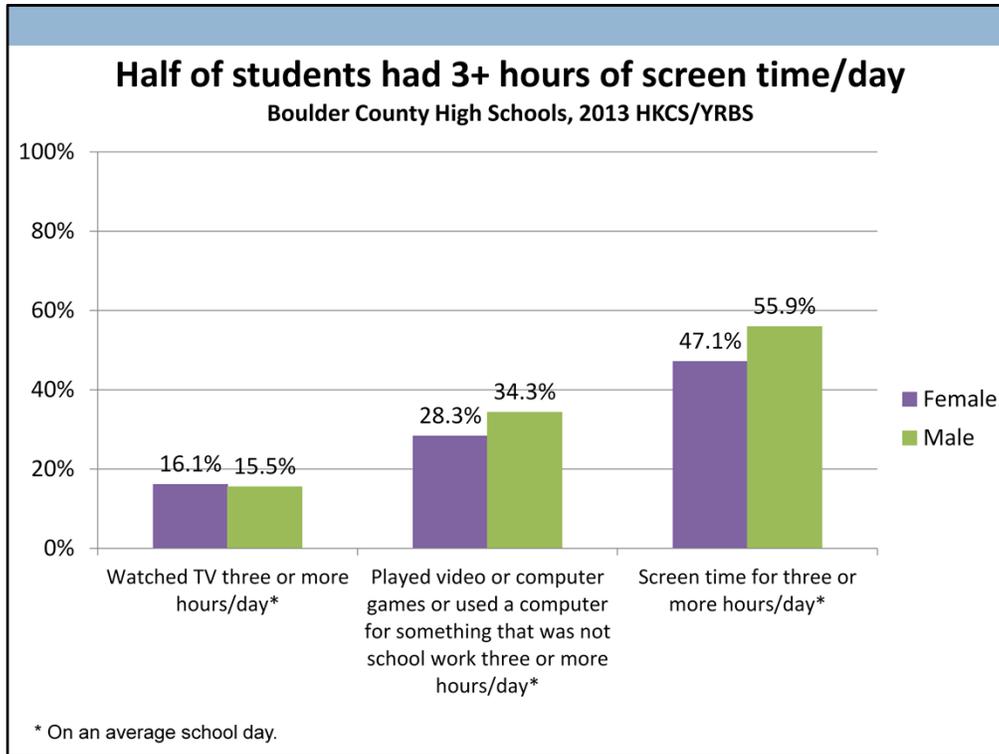


A quarter (25.3%) of Boulder County high school students were physically active for a total of at least 60 minutes per day on all 7 of the past 7 days.

About half (51.7%) were physically active for a total of at least 60 minutes per day on 5 or more of the past 7 days.

Three quarters (77.2%) were physically active for a total of at least 60 minutes per day on 3 or more of the past 7 days.

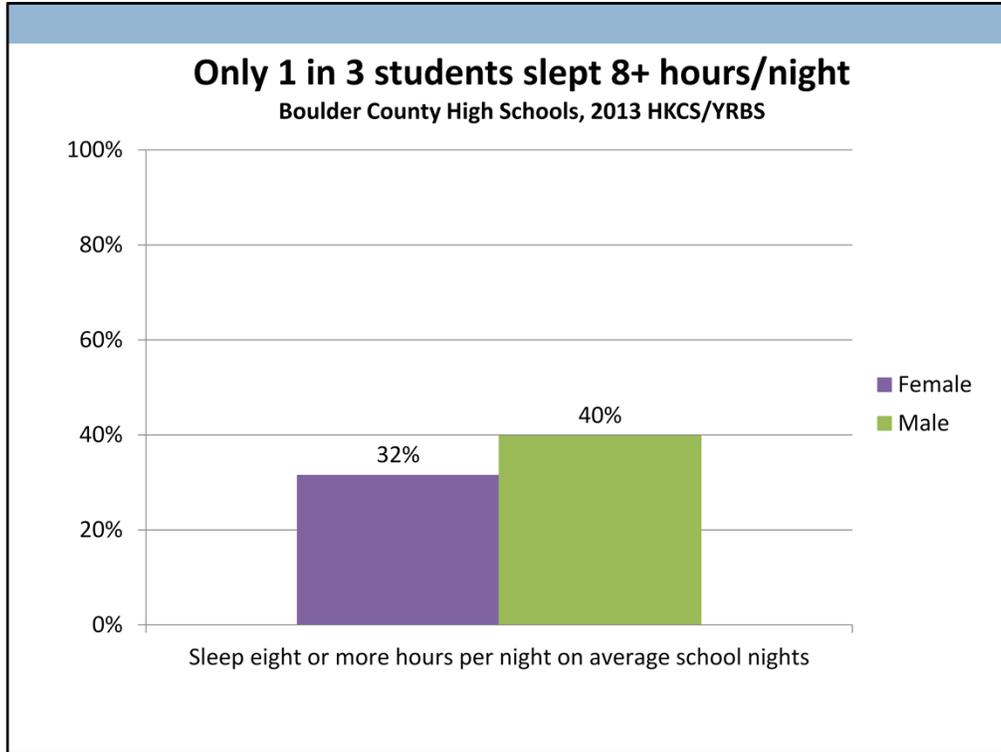
8.5% were physically active for a total of at least 60 minutes per day on none of the past 7 days.



15.8% of Boulder County high school students watched TV three or more hours per day on an average school day.

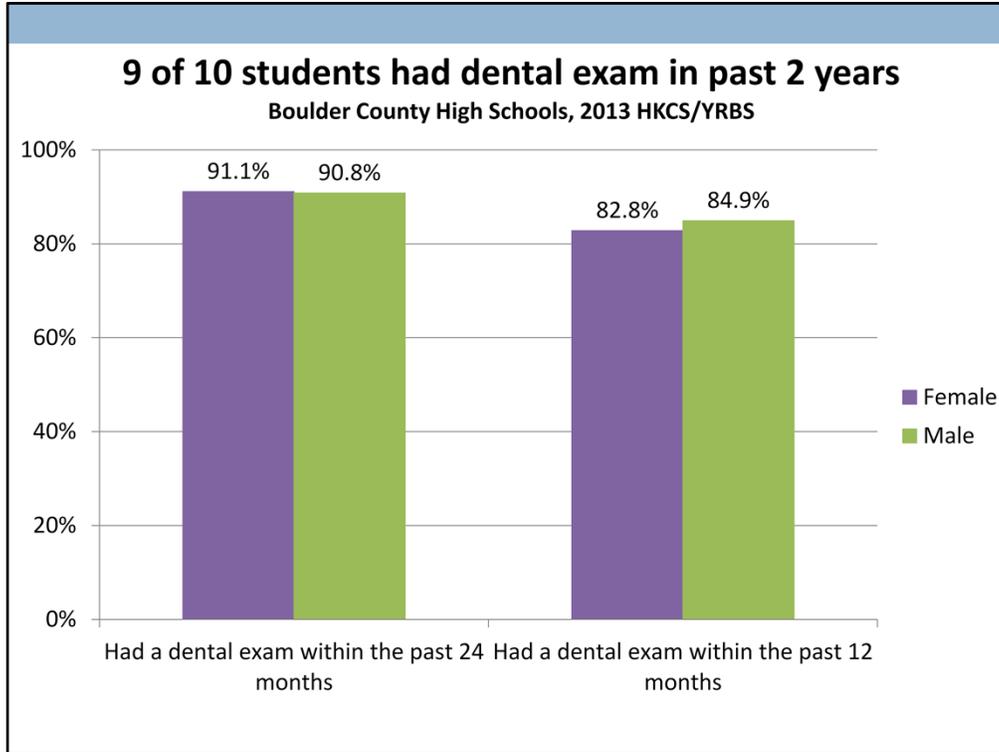
About a third (31.3%) played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day.

About half (51.5%) had screen time for three or more hours per day on an average school day.



Only about a third (36%) of Boulder County high school students sleep eight or more hours per night on average school nights.

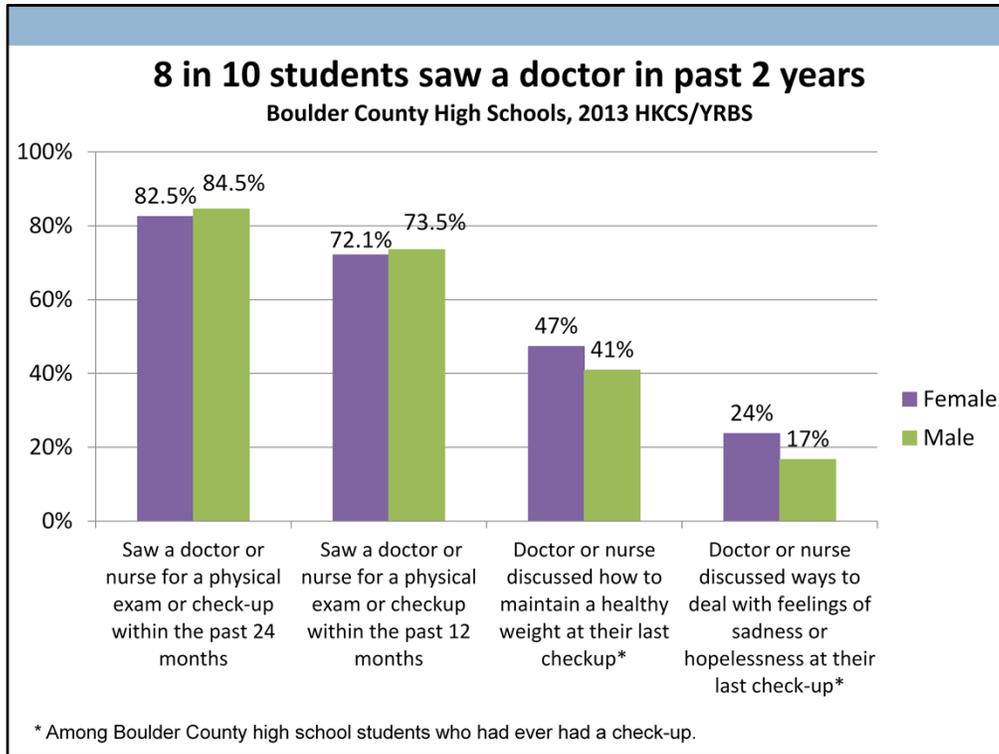
We appreciate district work to study youth sleep and ways to encourage more of it.



This final section covers dental and medical visits, on which the survey provides limited information.

About 9 out of 10 (90.9%) Boulder County high school students had a dental exam within the 2 years prior to the survey.

About 8 out of 10 (83.9%) had a dental exam within the year prior to the survey.



83.3% of Boulder County high school students saw a doctor or nurse for a physical exam or check-up within the past 24 months.

72.8% saw a doctor or nurse for a physical exam or checkup within the past 12 months.

Among students who have had ever had a checkup, 44% said the doctor or nurse discussed how to maintain a healthy weight at their last checkup.

Among students who have had ever had a checkup, 20% said the doctor or nurse discussed ways to deal with feelings of sadness or hopelessness at their last check-up.

Communicate about and Support Healthy Youth Efforts

Ask questions, request data, share ideas, support the survey:
Namino Glantz, 303-441-1167, nglantz@bouldercounty.org

Learn about the survey, view questions, explore results:
www.BoulderCountyYRBS.org
www.HealthyKidsColo.org

In addition to a common vision, shared measurement, and mutually-reinforcing activities, we also need your continuous communication and support to make a collective impact.