



The Healthy Kids Colorado Survey (HKCS) is the state's only comprehensive survey on the health and well-being of young people. HKCS results help public, private, and community organizations better understand the youth they serve and support youth in making healthy choices. In 2019, we surveyed 53,520 youth at 195 randomly selected middle and high schools included in the statewide sample. The data below represent youth who attend public high schools. Below are key takeaways from CDPHE's preliminary analysis of results. For access to the robust full dataset, please visit [this website](#).

CDPHE acknowledges that long-standing systemic racism, including economic and environmental injustice, has created negative health outcomes. These systems influence a person's health more than individual behaviors and affect marginalized communities, particularly people of color, more than other communities. To realize a future where all Coloradans have the opportunity to thrive, we must be leaders in undoing government policies and practices that have contributed to these inequities. For more information about interrupting bias when reviewing data, please visit CDPHE's Office of Health Equity [here](#).

### Protective Factors

HKCS measures many protective factors that are associated with preventing multiple outcomes -- from youth experiencing poor mental health to engaging in unhealthy sexual behaviors, substance use, and violence. Ensuring all youth have equitable access to protective factors can help them thrive.

- 72.7% of youth have an adult to go to for help with a serious problem
  - No statistically significant change from 2017
- 92.2% of youth have parents/guardians who know where they are and who they are with when not at home
  - No statistically significant change from 2017
- 87.4% of youth think their family has clear rules about alcohol and drug use
  - No statistically significant change from 2017
- 49.4% of youth think their teacher notices when they do a good job and lets them know about it
  - Statistically significant decrease from 62.0% in 2017
- 67.3% of youth participate in extracurricular activities at school
  - No statistically significant change from 2017
- 86.2% of youth report feeling safe at school
  - Statistically significant decrease from 90.0% in 2017
  - Equity Considerations:
    - 20.9% of youth who identify as gay, lesbian, or bisexual report feeling unsafe at school, compared to 12.0% of their heterosexual peers

- 38.4% of youth who identify as transgender report feeling unsafe at school, compared to 13.1% of their cisgender peers

## Mental Health

- 34.7% of youth reported feeling so sad or hopeless for 2 weeks or more in a row that they stopped doing normal activities in the past year
  - Statistically significant increase from 31.4% in 2017
- 17.5% of youth seriously considered suicide in the past year
  - No statistically significant change from 2017
- 7.6% of youth attempted suicide in the past year
  - No statistically significant change from 2017
  - Equity Considerations
    - 20.7% of youth who identify as gay, lesbian, or bisexual attempted suicide in the past year, compared to 5.4% of their heterosexual peers
    - 34.6% of youth who identify as transgender attempted suicide in the past year, compared to 6.7% of their cisgender peers

## Healthy Eating Active Living

- 14.4% of youth drank 1+ soda per day in the last week
  - No statistically significant change from 2017, decrease from 17.1% in 2015
- 21.6% of youth are considered obese or overweight
  - No statistically significant change from 2017
- 32.5% of youth ate breakfast every day in the past week
  - Statistically significant decrease from 37.2% in 2017
- 48.0% of youth were physically active for 60+ minutes per day on five+ days in the past week
  - Statistically significant decrease from 51.6% in 2017

## Sexual Health

- 24.6% of youth are sexually active
  - No statistically significant change from 2017
  - Of those youth, 59.4% used a condom and 79.2% used some form of birth control the last time they had sex
- 7.9% of youth made sexual comments, jokes, gestures or looks at someone without consent
  - New question in 2019
- 4.0% of youth touched, grabbed or pinched someone in a sexual way without consent
  - New question in 2019

## Alcohol Use

- 29.6% of youth used alcohol within the past month
  - No statistically significant change from 2017
- 14.2% of youth binge drank one or more times in the last month
  - No statistically significant change from 2017

## Marijuana Use

- 20.6% of youth used marijuana within the past month
  - No statistically significant change from 2017
- 11.2% of youth drove a vehicle after using marijuana in the past month
  - Statistically significant increase from 9.0% in 2017
- The way youth are usually using marijuana is significantly changing
  - Smoked: 56.5% in 2019; 77.8% in 2017; 86.6% in 2015
  - Ate: 9.9% in 2019; 9.8% in 2017; 2.1% in 2015
  - Dabbed: 20.4% in 2019; 7.6% in 2017; 4.3% in 2015
  - Vaped: 10.6% in 2019; 4.0% in 2017; 5.1% in 2015

## Tobacco Use and Vaping

- 5.7% of youth smoked cigarettes within the past month
  - Statistically significant decrease from 7.2% in 2017
- 25.9% of youth vaped within the past month
  - No statistically significant change from 2017
- 73.0% of youth think vaping is risky
  - Statistically significant increase from 49.8% in 2017

## Safety

- 37.2% of youth texted or emailed while driving in the past month
  - No statistically significant change from 2017
- 11.2% of youth drove a vehicle after using marijuana in the past month
  - Statistically significant increase from 9.0% in 2017
- 20.0% of youth think they could easily obtain a handgun if they wanted
  - New question in 2019