

Healthy Kids Colorado Survey

Epidemiology & Data Science
March 7, 2023



ADAMS COUNTY
HEALTH DEPARTMENT

Your Health. Our Mission.

Healthy Kids Colorado Survey (HKCS) Overview

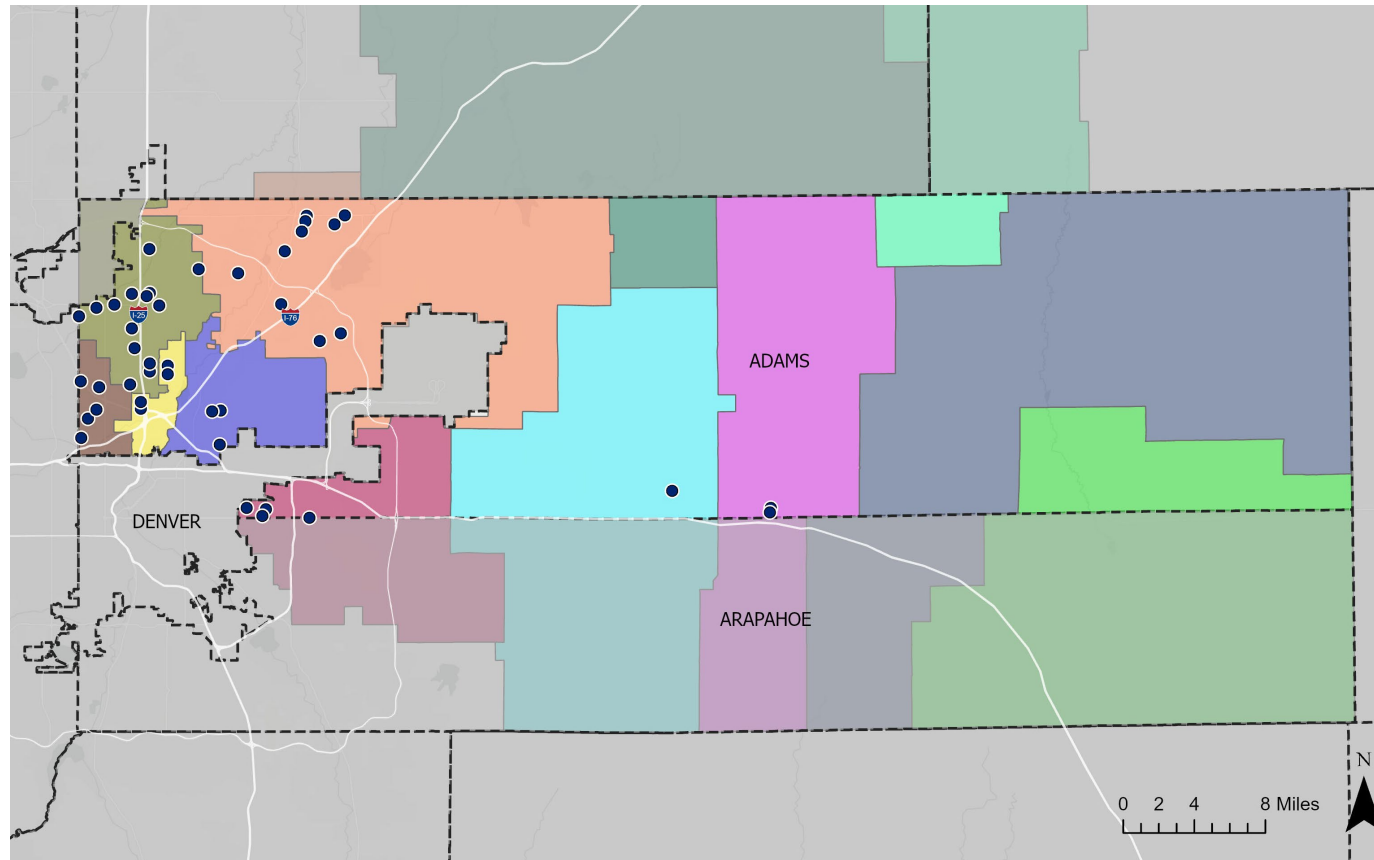
- Survey is administered in the fall of every odd year
- Data are available by the summer of the next even year
- Schools are sampled by the contractor and rural areas are oversampled
- Some schools require active parental consent and any student is able to opt out of the survey
- Any school can choose to participate, even if not selected in the sample, and schools/districts can add up to 15 community specific questions if they desire
- The surveys are supported by the Colorado Department of Public Health and Environment (CDPHE), the Colorado Department of Human Services (CDHS), the Colorado Department of Public Safety (CDPS), the Colorado Department of Education (CDE), and an advisory group of state and local partners. The surveys are administered by a team of researchers at the Colorado School of Public Health (CSPH) at the University of Colorado Anschutz Medical Campus. CDPHE analyzes aggregated statewide and regional survey results, while the CSPH Survey Team aids schools and districts with accessing and interpreting their local results.



Adams County School District Participation

*Total of 12 school districts in Adams County

HKCS Survey Year	Participating Districts
2013	5
2015	2
2017	6
2019	3
2021	1



School Districts

- Adams 12 Five Star Schools
- Westminster Public
- Mapleton
- Adams County 14
- Brighton 27J
- Adams-Arapahoe 28J
- Weld RE-3J
- Bennett 29J
- Strasburg 31J
- Wiggins RE-50J
- Byers 32J
- Deer Trail 26J
- High Schools

*7 of the 12 school districts extend outside of Adams County



The 2021 Healthy Kids Colorado Survey asked questions on 19 health topics, with each topic having a range of 3-56 health measure questions asked.

Health Topic (measures)

- Alcohol (10)
- Bullying (23)
- Consent (7)
- COVID-19 (19)
- Home Life (13)
- Marijuana (18)
- Mental Health (9)
- Nutrition (13)
- Other Demographics (3)
- Other Drugs (18)
- Other Health Topics (12)
- Physical Activity (7)
- Prescription Pain Medicine (4)
- Racism (4)
- Safety (6)
- School (13)
- Sexual Behavior (6)
- Tobacco (56)
- Violence (4)



Each health measure question is stratified by demographics.

Demographics

Age

- 15 years or younger
- 16 years old
- 17 years old
- 18 years or older

Gender

- Female
- Genderqueer/Nonbinary
- Male
- Not Sure
- Other

Gender Identity

- Cisgender
- Not Sure
- Transgender

Grade

- 9th Grade
- 10th Grade
- 11th Grade
- 12th Grade

Race/Ethnicity

- American Indian/ Alaska Native
- Black/ African-American
- East/Southeast Asian
- Hispanic/Latinx
- Middle Eastern/ North African
- Multi-Racial
- Native-Hawaiian/ Other Pacific Islander
- Other
- South Asian
- White

Sexual Orientation

- Asexual
- Bisexual
- Gay/ Lesbian
- Not Sure
- Other
- Straight



Mental Health



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Mental Health Measures

Support

- Percentage of students who have an adult to go to for help with a serious problem
- Percentage of students who most of the time or always could talk to a friend about feelings during their life

Stress

- Percentage of students who agree or strongly agree their stress level is manageable most days
- Percentage of students who take two or fewer days to feel fully recovered after a stressful situation

Suicide

- Percentage of students who seriously considered attempting suicide during the past 12 months*
- Percentage of students who made a plan about how they would attempt suicide during the past 12 months*
- Percentage of students who attempted suicide one or more times during the past 12 months*

Other

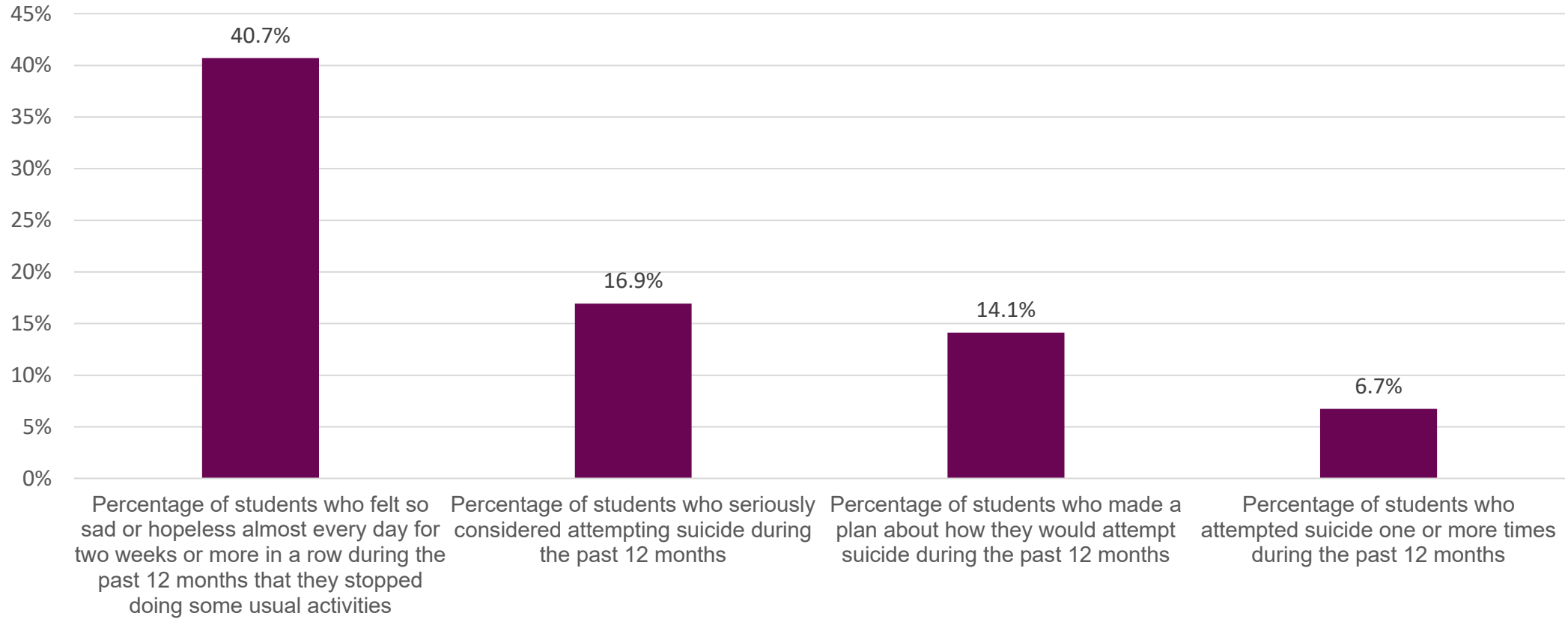
- Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing some usual activities*
- Percentage of students who purposefully hurt themselves without wanting to die in the past 12 months

**Mental Health measures looked at over time at Adams County Health Department*



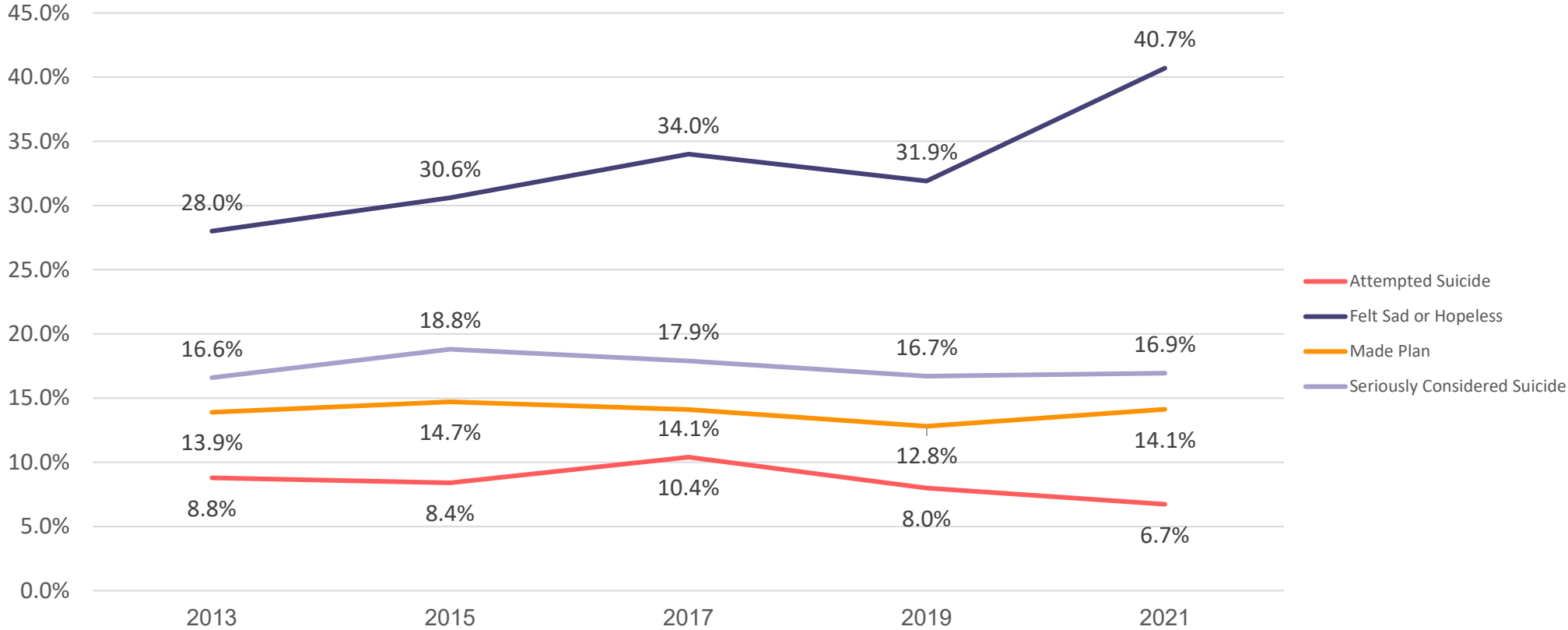
Adams County Youth Mental Health Indicators

Healthy Kids Colorado Survey 2021



Adams County Youth Mental Health Indicators

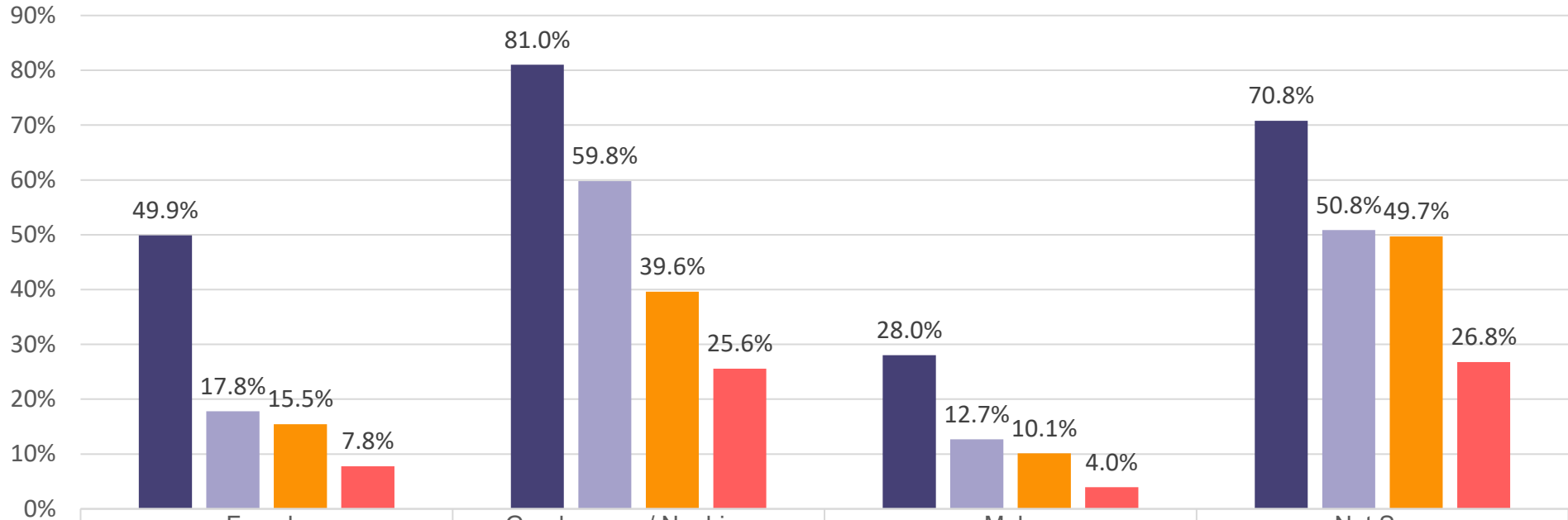
Healthy Kids Colorado Survey 2013-2021*



*Adams County 2017 data are from the Healthy Kids Colorado Survey questions asked as a part of the Adams County Youth Survey

Adams County Youth Mental Health Indicators by Gender

Healthy Kids Colorado Survey 2021



■ Felt Sad or Hopeless	49.9%
■ Seriously Considered Suicide	17.8%
■ Made Plan	15.5%
■ Attempted Suicide	7.8%

Female	Genderqueer/ Nonbinary	Male	Not Sure
49.9%	81.0%	28.0%	70.8%
17.8%	59.8%	12.7%	50.8%
15.5%	39.6%	10.1%	49.7%
7.8%	25.6%	4.0%	26.8%



Tobacco



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Tobacco Measures

Vaping

- Percentage of students who used an electronic vapor product in the past 30 days*
- Among students who have used vapor products, the percentage who tried it for the first time before age 13
- Among students who have used vapor products, the percentage who used them because friend(s) or family used them
- Among students who have used vapor products, the percentage who used them because it is easier to get them than other tobacco products
- 6 more vaping questions

Tobacco Use

- Percentage of students who smoked cigarettes on one or more of the past 30 days*
- Percentage of students who smoked a cigarette, even one or two puffs, for the first time before age 13
- Percentage of students who have used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzly, Skoal, or Camel Snus in the past 30 days
- 9 more tobacco use questions

Purchasing

- Among those underage students who tried to buy tobacco or vaping products in a store, the percent who were not refused because of age
- Among underage students who used electronic vapor products in the past 30 days, the percentage who bought them from a gas station, convenience store, grocery store, or drug store.
- Among underage students who used electronic vapor products in the past 30 days, the percentage who bought them over the internet
- 17 more tobacco purchasing questions

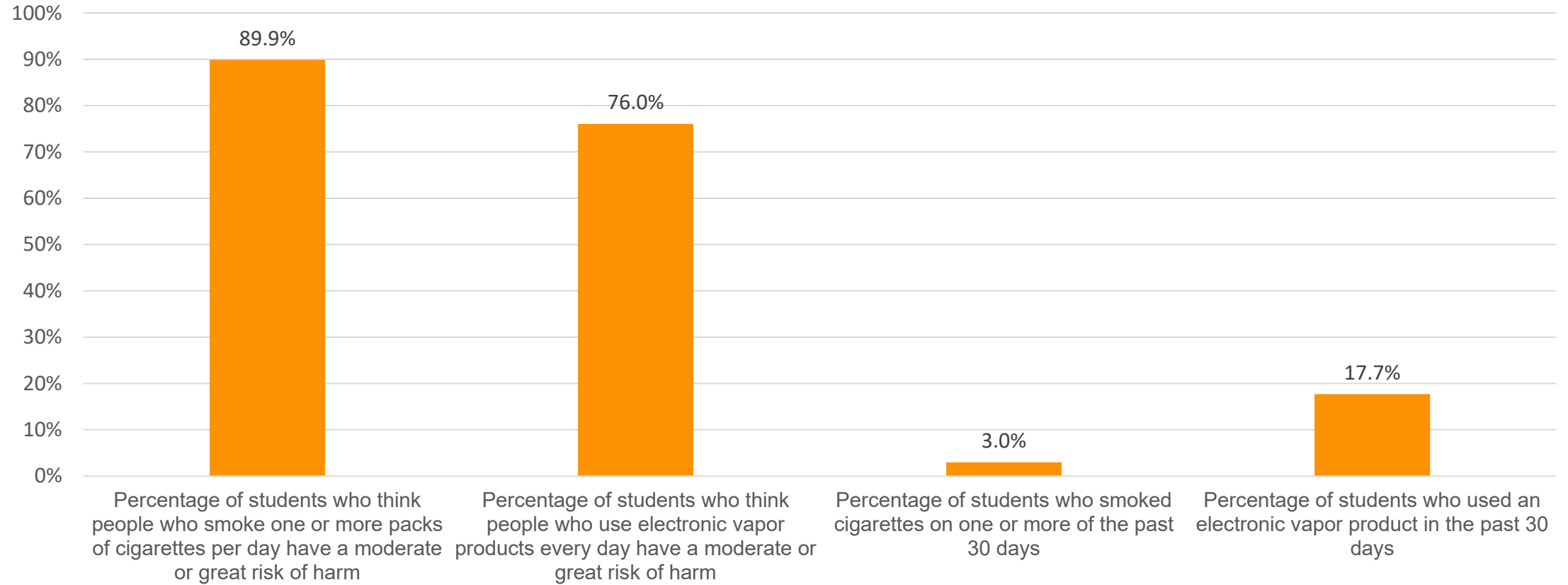
Other Risks/Perceptions/Parents

- Percentage of students who think 5 or more out of every 10 students at school use electronic vapor products
- Percentage of students who think adults in their neighborhood think it is wrong or very wrong for kids to smoke cigarettes
- Percentage of students who think people who use electronic vapor products every day have a moderate or great risk of harm
- 11 more questions on other tobacco measures

**Tobacco measures looked at over time at Adams County Health Department*

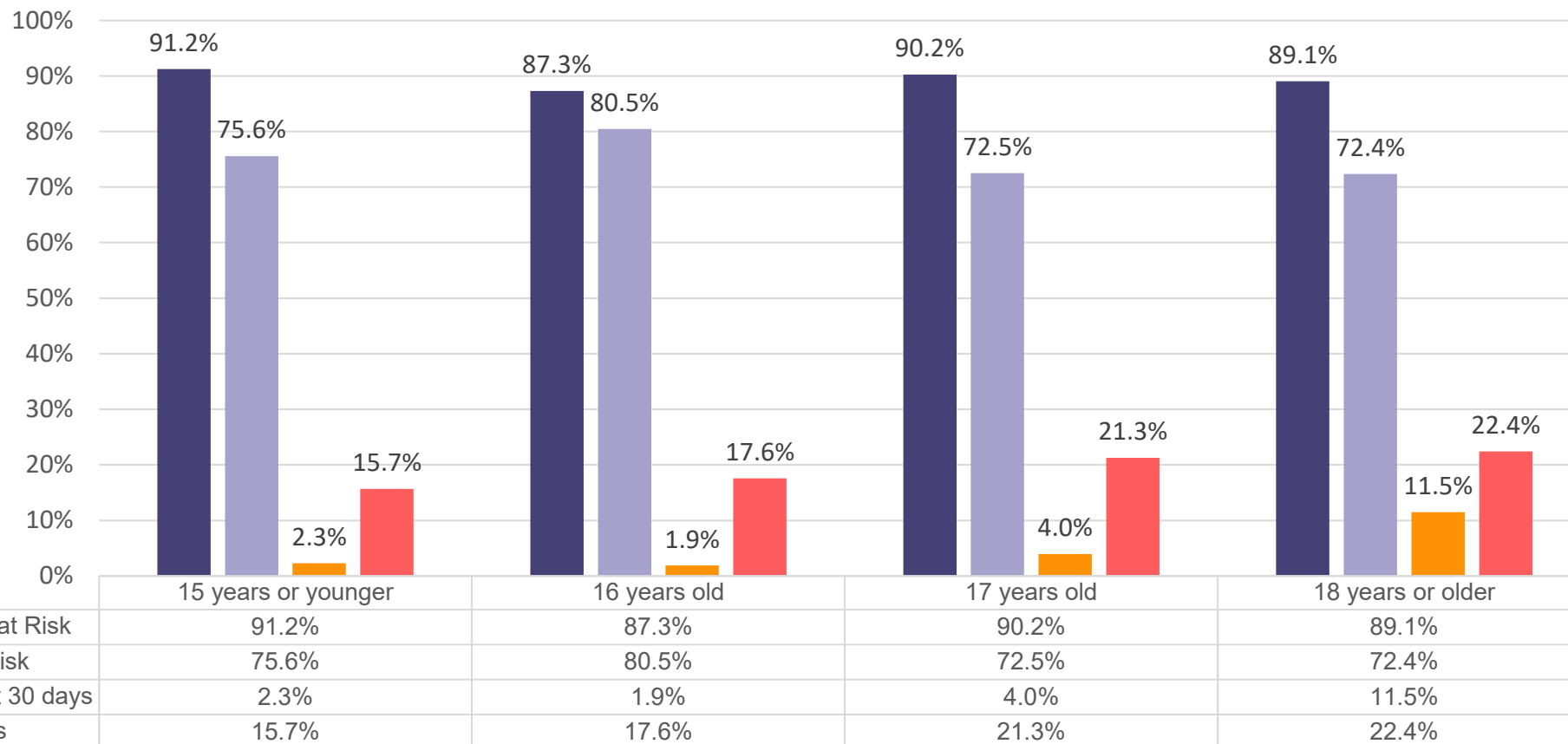
Adams County Youth Tobacco Indicators

Healthy Kids Colorado Survey 2021



Adams County Youth Tobacco Indicators by Age

Healthy Kids Colorado Survey 2021



Bullying & Violence



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Bullying & Violence Measures

Bullying/Teasing

- Percentage of students who had ever been electronically bullied during the past 12 months*
- Percentage of students who have ever been bullied on school property during the past 12 months*
- Percentage of students who reported not having been bullied on school property
- Percentage of students who reported not having been teased in the past 12 months
- Among students who were teased in the past 12 months, the percentage who were teased because of disability
- Among students who were teased in the past 12 months, the percentage who were teased because of ethnic background
- Among students who were teased in the past 12 months, the percentage who were teased because of gender identity
- Among students who were teased in the past 12 months, the percentage who were teased because of physical appearance
- Among students who were teased in the past 12 months, the percentage who were teased because of race or ethnicity

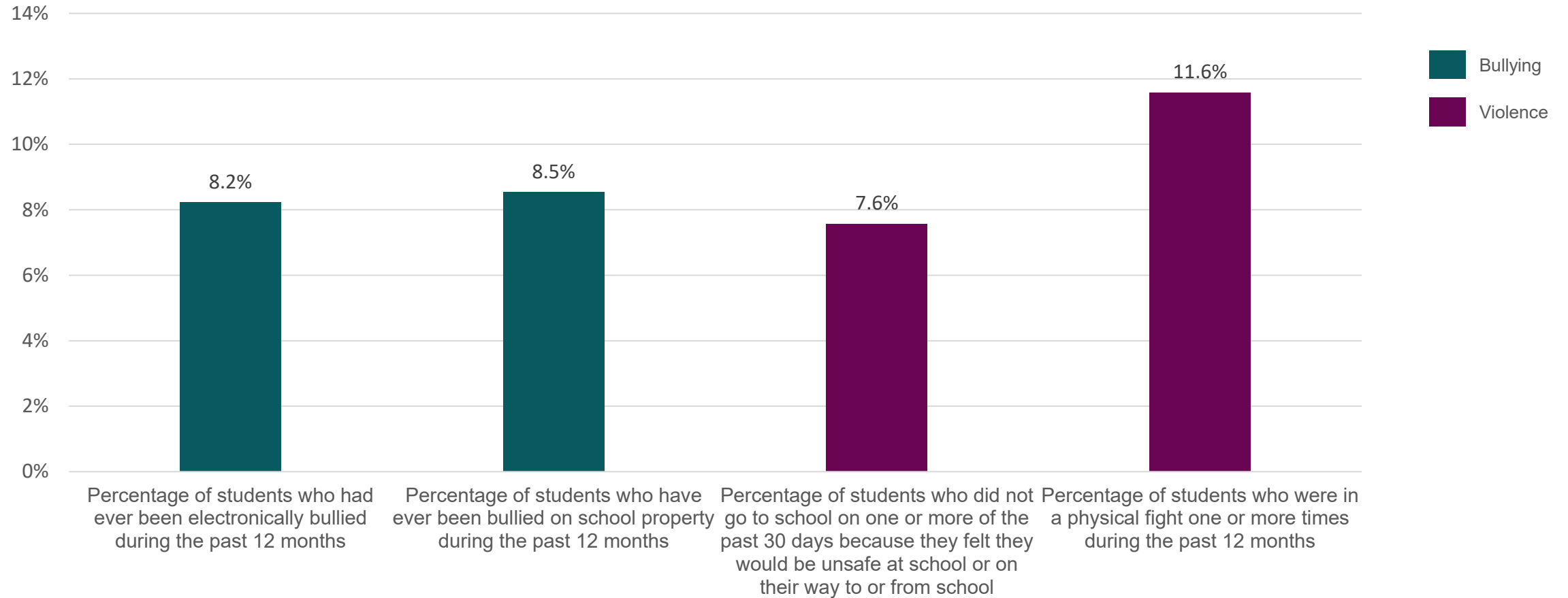
Violence

- Among students who were teased in the past 12 months, the percentage who were teased because of religion
- Among students who were teased in the past 12 months, the percentage who were teased because of sexual orientation
- Among students who were teased in the past 12 months, the percentage who were teased because of race
- Among students bullied on school property, the percentage who were bullied in a classroom
- 10 more questions on bullying location
- Among students who dated or went out with someone during the past 12 months, the percentage who had been controlled or emotionally hurt by someone they were dating or going out with
- Among students who dated or went out with someone during the past 12 months, the percentage who had been physically hurt on purpose by someone they were dating or going out with one or more times
- Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school*
- Percentage of students who were in a physical fight one or more times during the past 12 months*



Adams County Youth Bullying & Violence Indicators

Healthy Kids Colorado Survey 2021



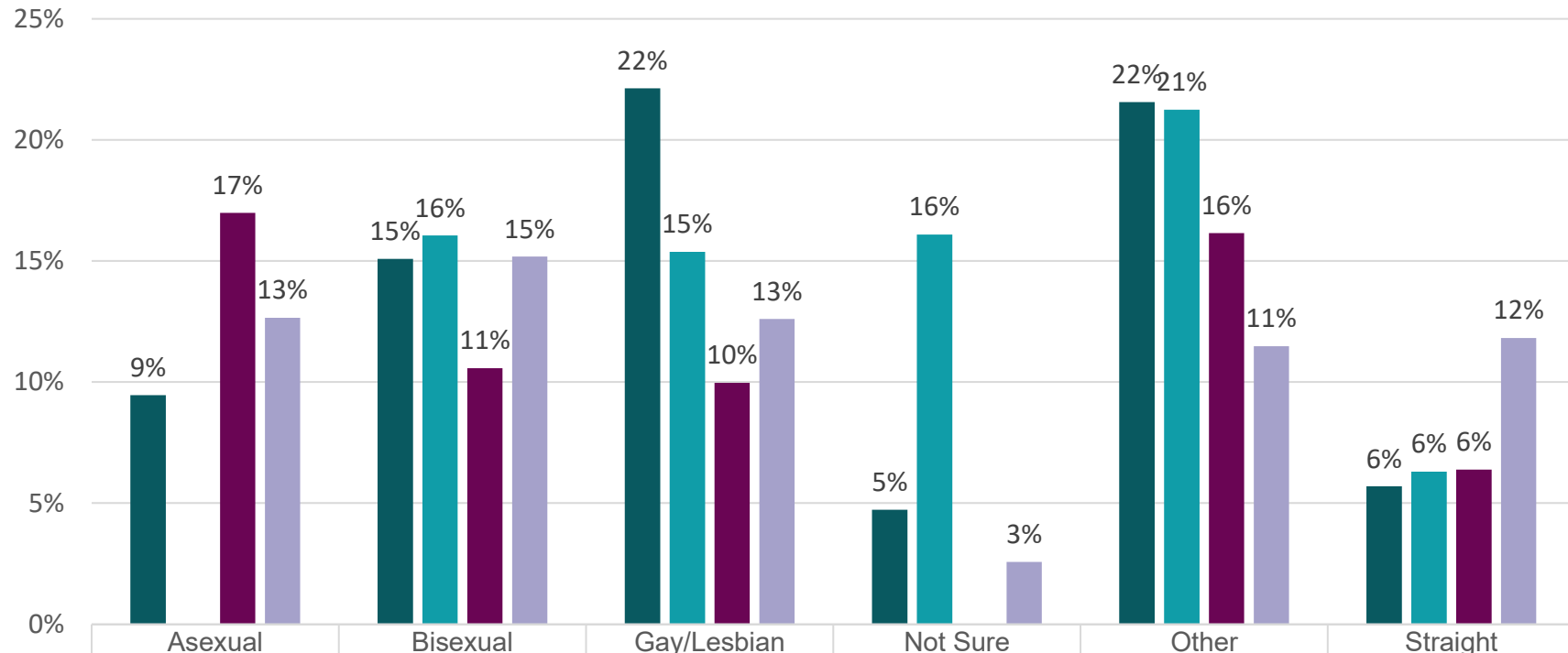
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HKCS 2021 Bullying & Violence

Adams County Youth Bullying/Violence by Sexual Orientation

Healthy Kids Colorado Survey 2021



	Asexual	Bisexual	Gay/Lesbian	Not Sure	Other	Straight
Electronically Bullied last 12 mo	9.5%	15.1%	22.1%	4.7%	21.6%	5.7%
Bullied on School Property last 12 mo	17.0%	16.1%	15.4%	16.1%	21.2%	6.3%
Felt Unsafe at School last 1 mo	13%	11%	10%	3%	16.2%	6.4%
In Physical Fight last 12 mo	12.7%	15.2%	12.6%	2.6%	11.5%	11.8%



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HKCS 2021 Bullying & Violence

Public Health Use of HKCS



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In order to communicate a complete picture of a health issue in a community, Healthy Kids Colorado Survey is used with other public health datasets to understand a health problem and highlight the youth experience.

We communicate with a variety of audiences who draw attention to issues.

- Elected officials
- Internal health department staff
- Board of health
- Grants
- External partners
- Community based organizations
- Municipalities



In order to communicate a complete picture of a health issue in a community, Adams County Health Department will look at a variety of datasets. The example below is substance use and mental health:

Colorado Behavioral Risk Factor Surveillance System	Vital Records (Birth and Death Certificates)	Health Kids Colorado Survey	Colorado Health Access Survey	Colorado Hospital Association
<ul style="list-style-type: none"> No. poor mental health days Overall mental health Alcohol & Marijuana Use Demographics of respondent 	<ul style="list-style-type: none"> Cause of death – <i>overdose, type of substance, suicide</i> National Violent Death Reporting System Demographics of respondent 	<ul style="list-style-type: none"> Mental health indicators Alcohol & Marijuana Use Perceptions of harm Demographics of respondent 	<ul style="list-style-type: none"> Access to care issues Reasons for not seeking care 	<ul style="list-style-type: none"> Emergency, hospitalization, ambulatory care based on ICD10
County and census tract level	Address level	County level	County level	County and census tract level
Colorado Department of Public Health and Environment	Colorado Department of Public Health and Environment	Colorado Department of Public Health and Environment	Colorado Health Institute	Colorado Hospital Association

Notes: Collected on an annual or semi-annual basis; Indicators can be trended overtime; Clean and reliable data

Adams County Health Department will assess each dataset and analyze it in a way that takes into account how mental health and substance use is impacting the community. In the example below, Healthy Kids Colorado is a critical part of piecing together that understanding.

