

# Healthy Kids Colorado 2021

Telluride Schools  
Communities that Care



The state's only comprehensive survey on  
health and well-being of young people in  
Colorado

To understand  
youth health and  
what factors  
support youth to  
make healthy  
choices

Administered  
every two years.  
Telluride has  
results from 2017,  
2019, and 2021

What is the  
Healthy Kids  
Colorado  
Survey?



# Survey Details

- Anonymous
  - English or Spanish
  - Parent and Student Consent
  - 45 minutes
- 
- Bullying
  - Safety
  - Mental Health
  - Substance Use
  - Sexual Health
  - Violence
  - Nutrition and Physical Activity
  - Covid-19
  - Risk and Protective factors related to behaviors



Telluride High School  
Total Participants: 288  
Response rate: 89.2%

Telluride Middle School  
Total Participants: 170  
Response rate: 79.1%

## 2021 Response Rates

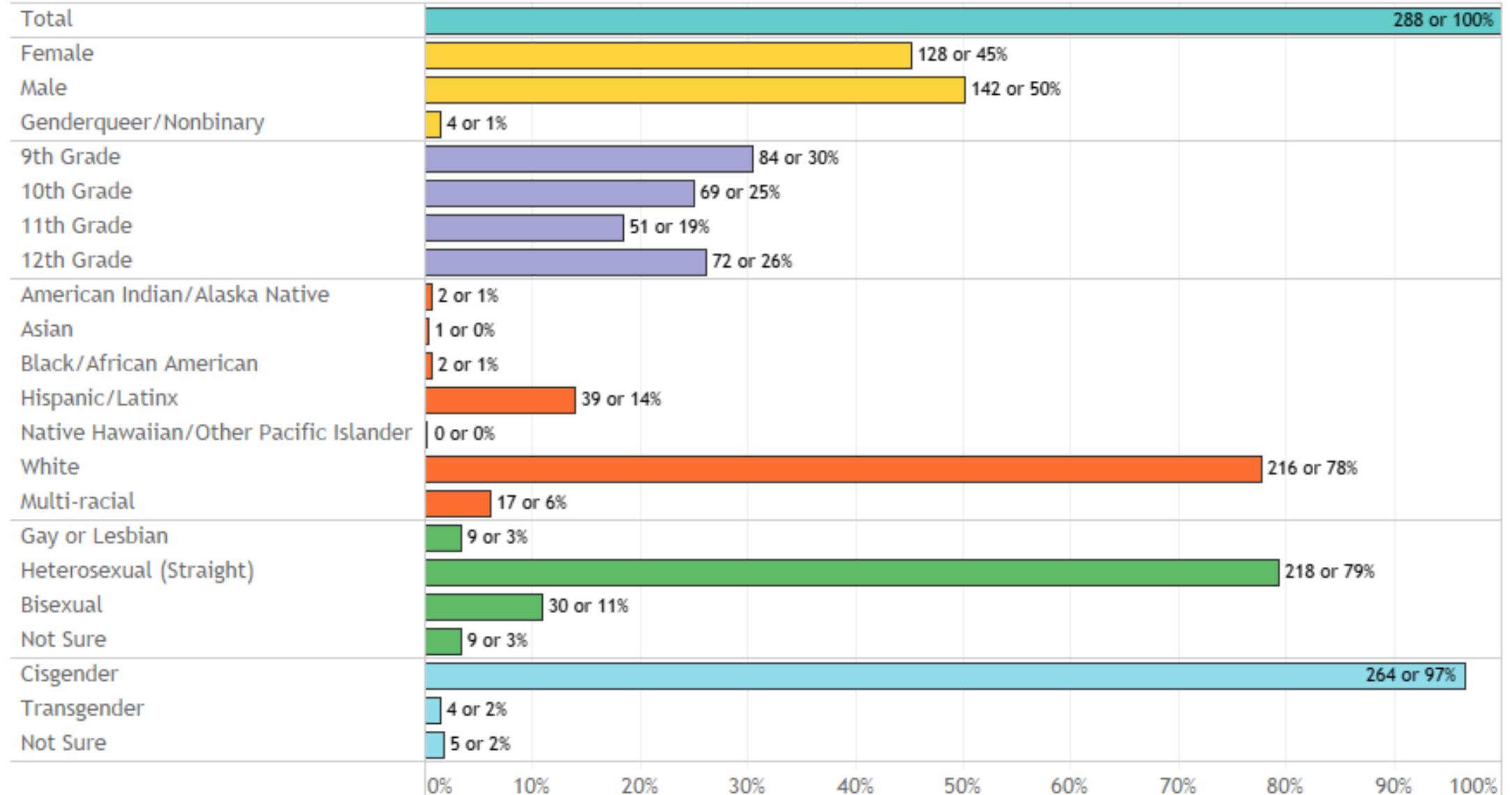


# Key Definitions and Considerations

- Confidentiality - To protect confidentiality, responses were suppressed when when the number of responses to a question was fewer than 3
- Statistical Significance – 95% confidence intervals are included in the estimates. If they overlap, there is no evidence to believe the estimates are different. If they do not overlap, there is high confidence that the estimates are different ("statistically significant")

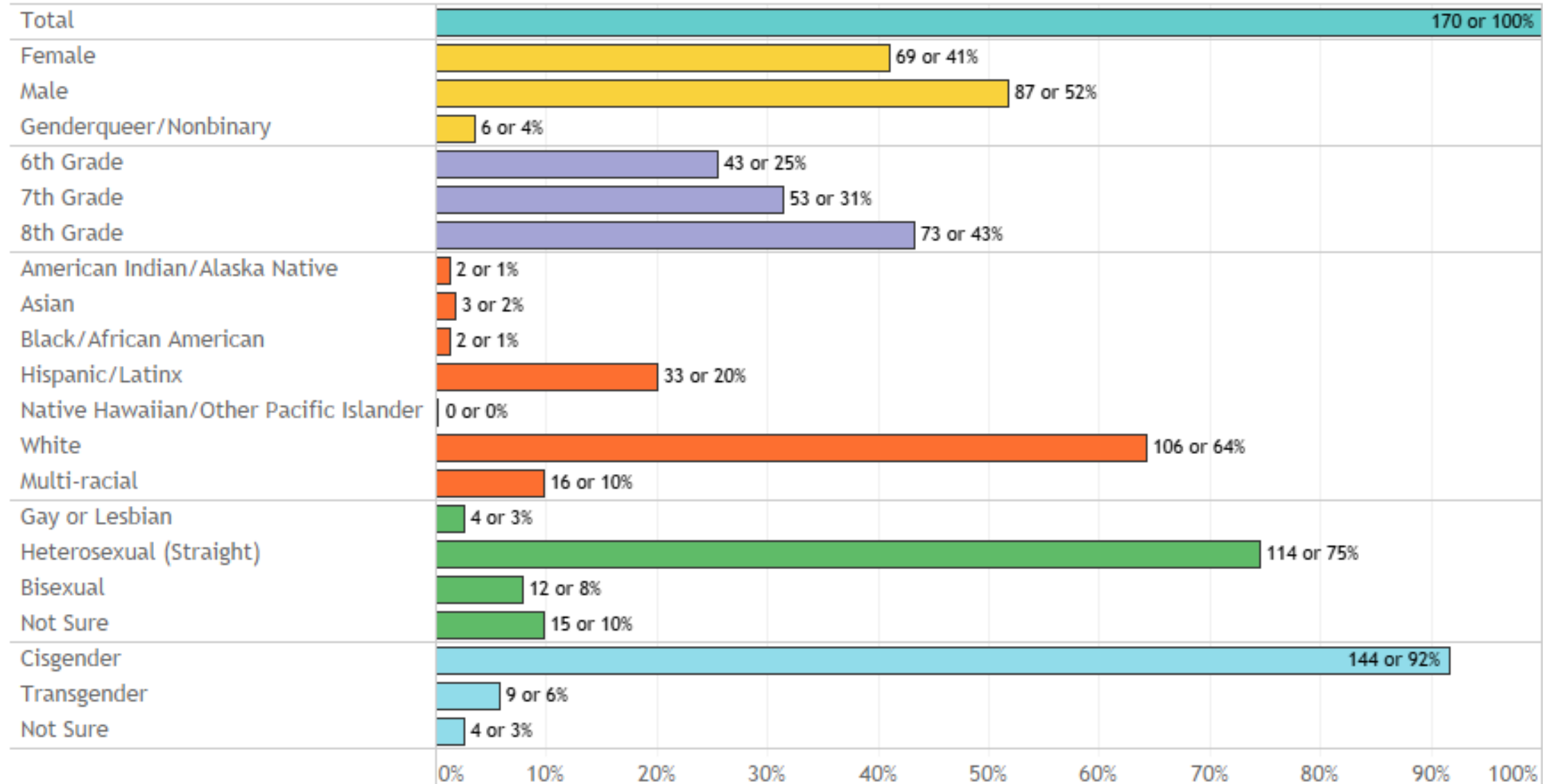
# High School Demographic Totals

## 2021 High School Demographic Totals



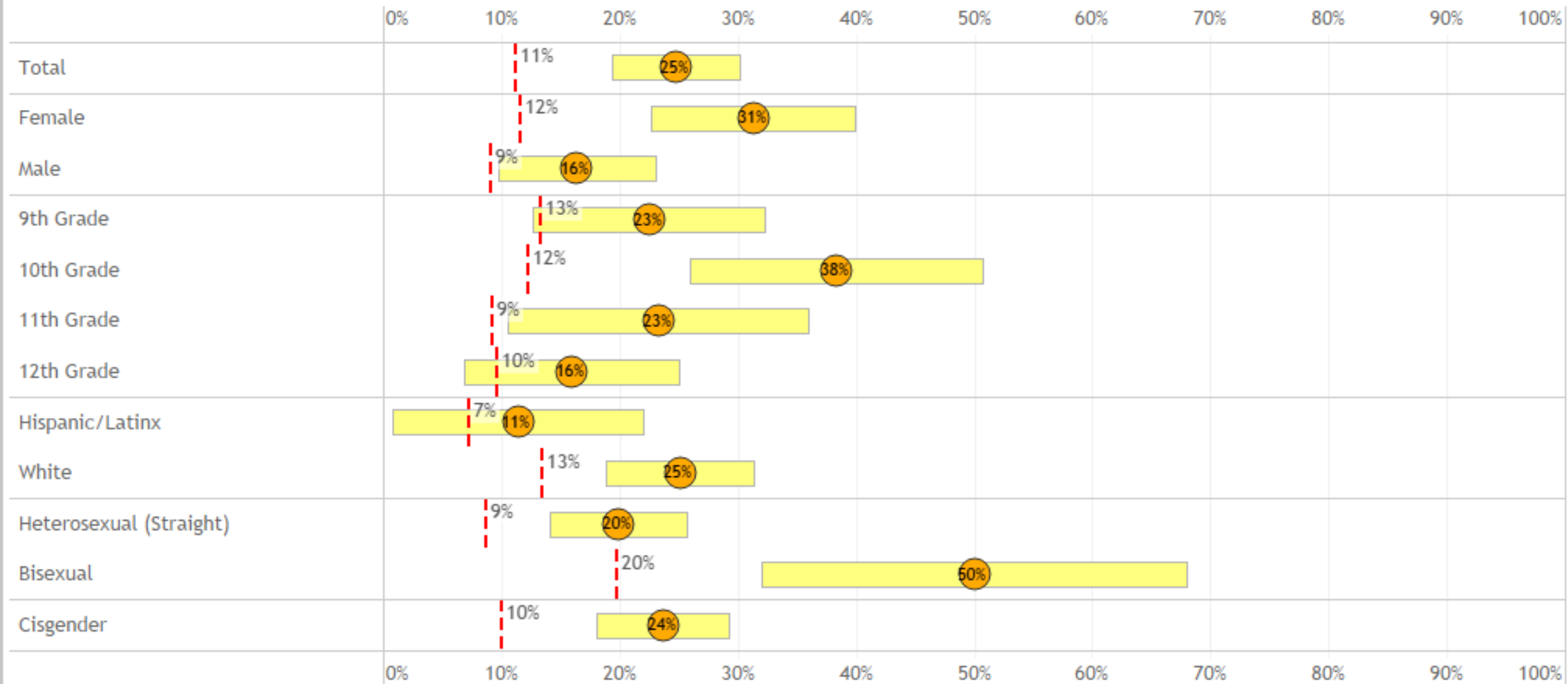
# Middle School Demographic Totals

## 2021 Middle School Demographic Totals



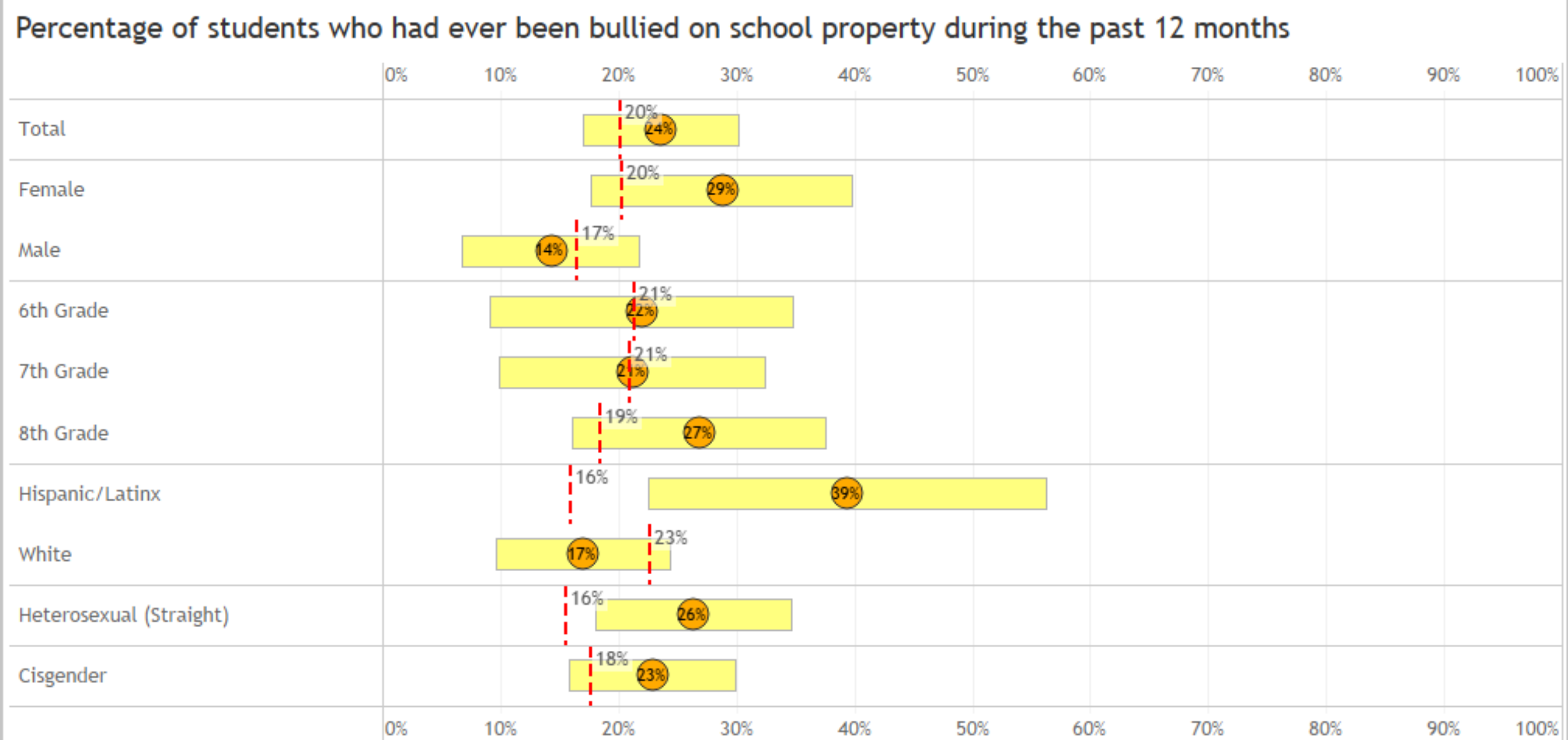
# High School Bullying

Percentage of students who have ever been bullied on school property during the past 12 months



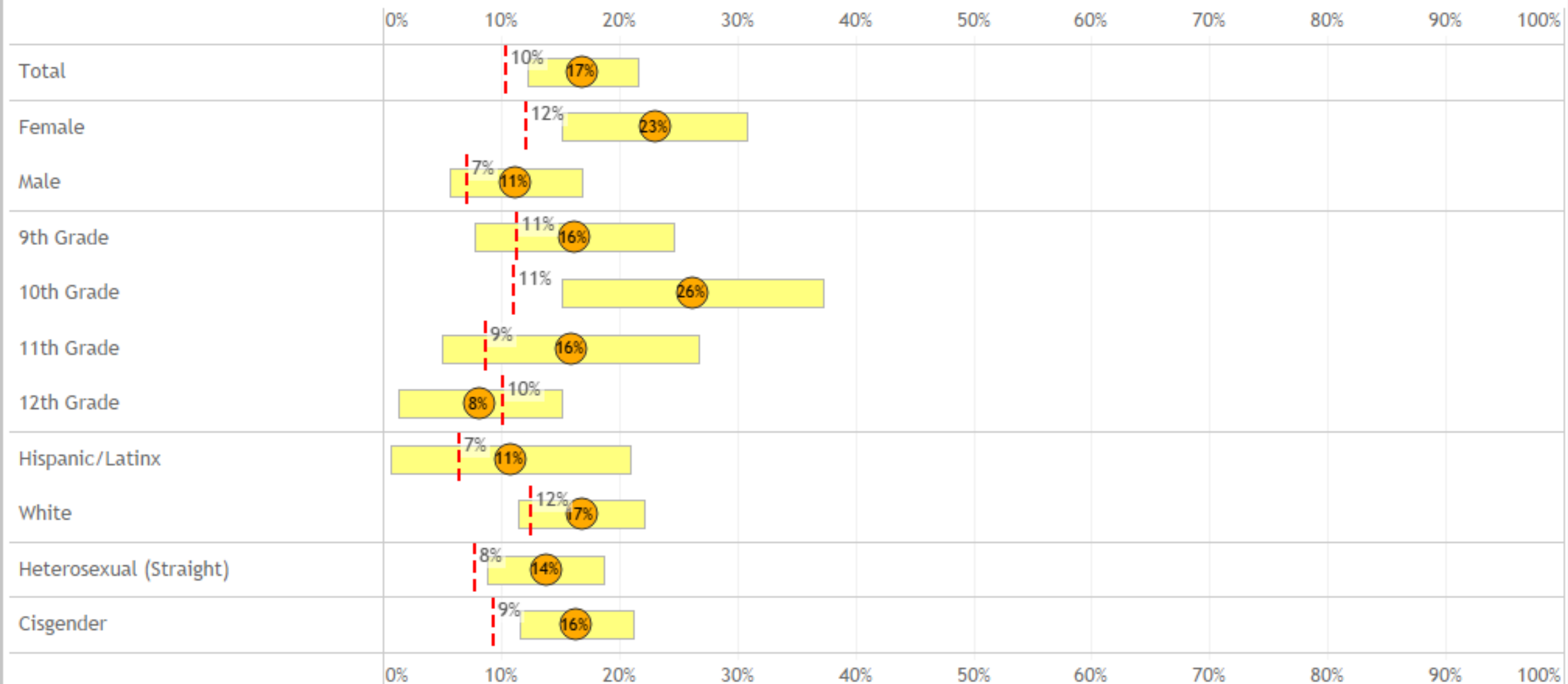


# Middle School Bullying



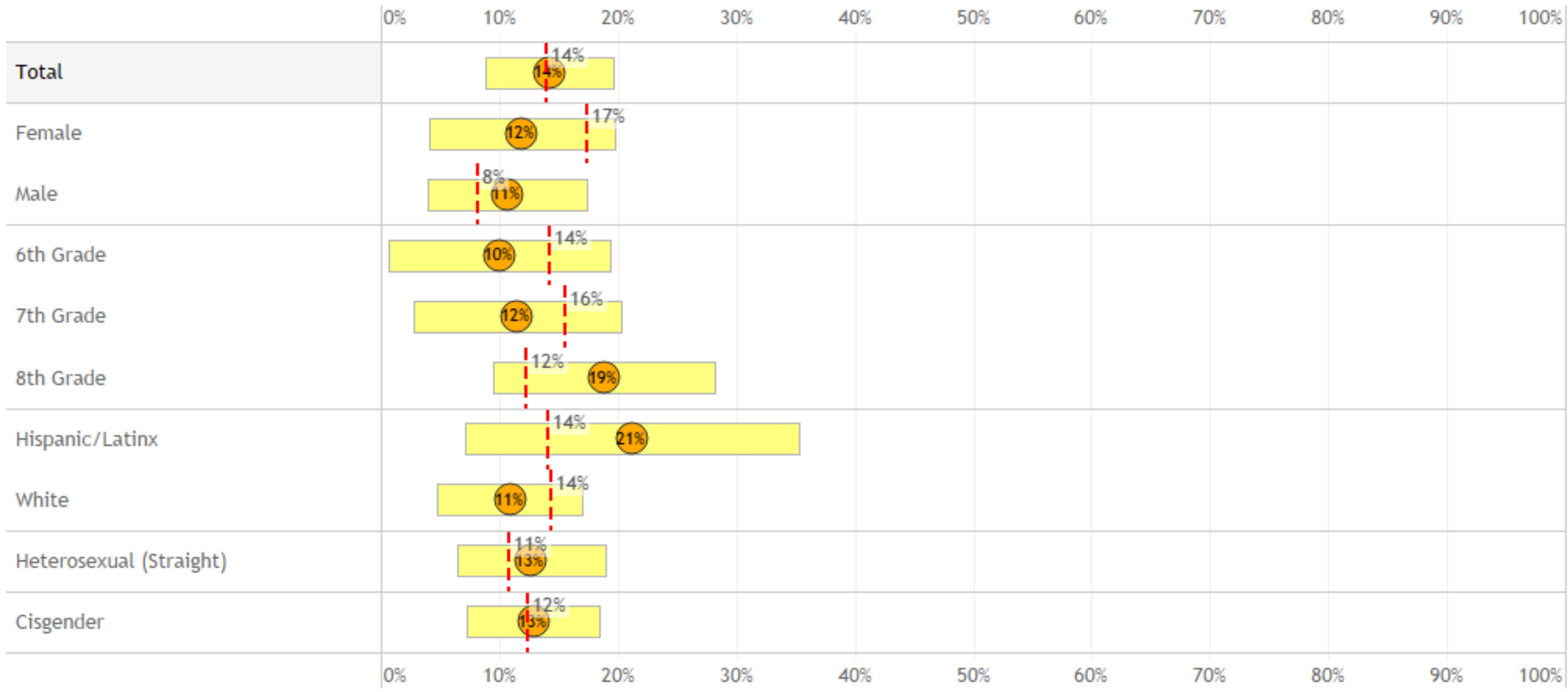
# High School Bullying

Percentage of students who had ever been electronically bullied during the past 12 months



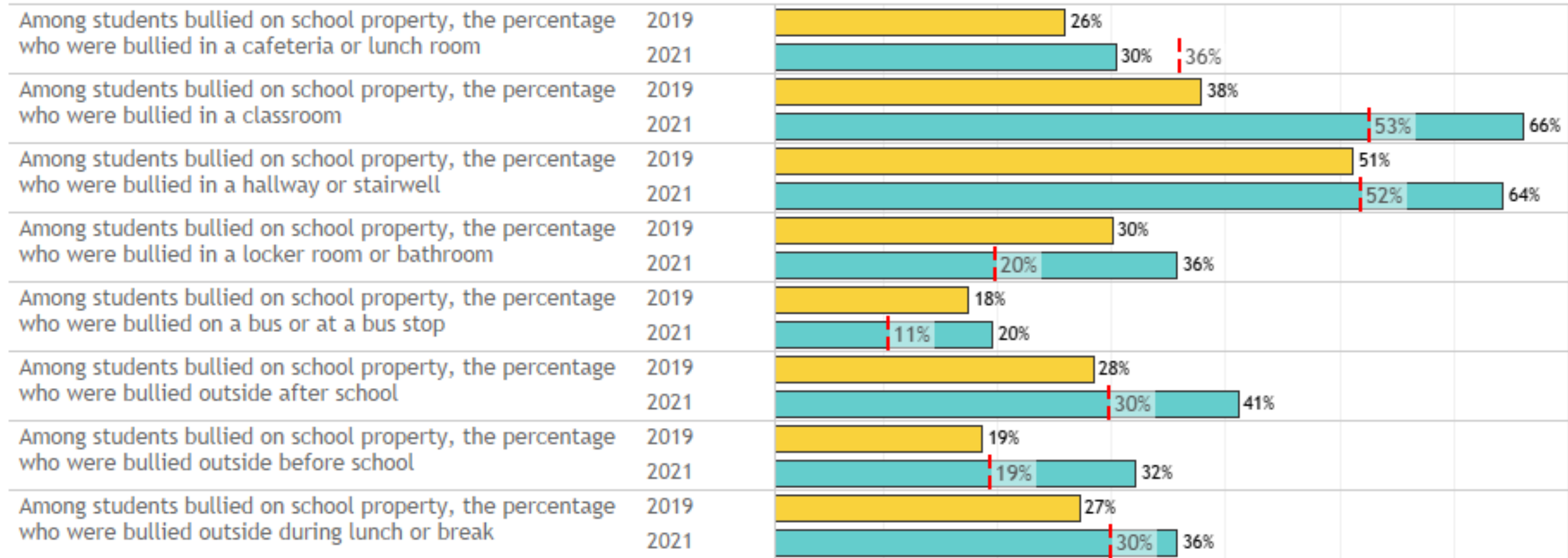
# Middle School Bullying

Percentage of students who had ever been electronically bullied during the past 12 months



# High School Bullying

## High School Bullying

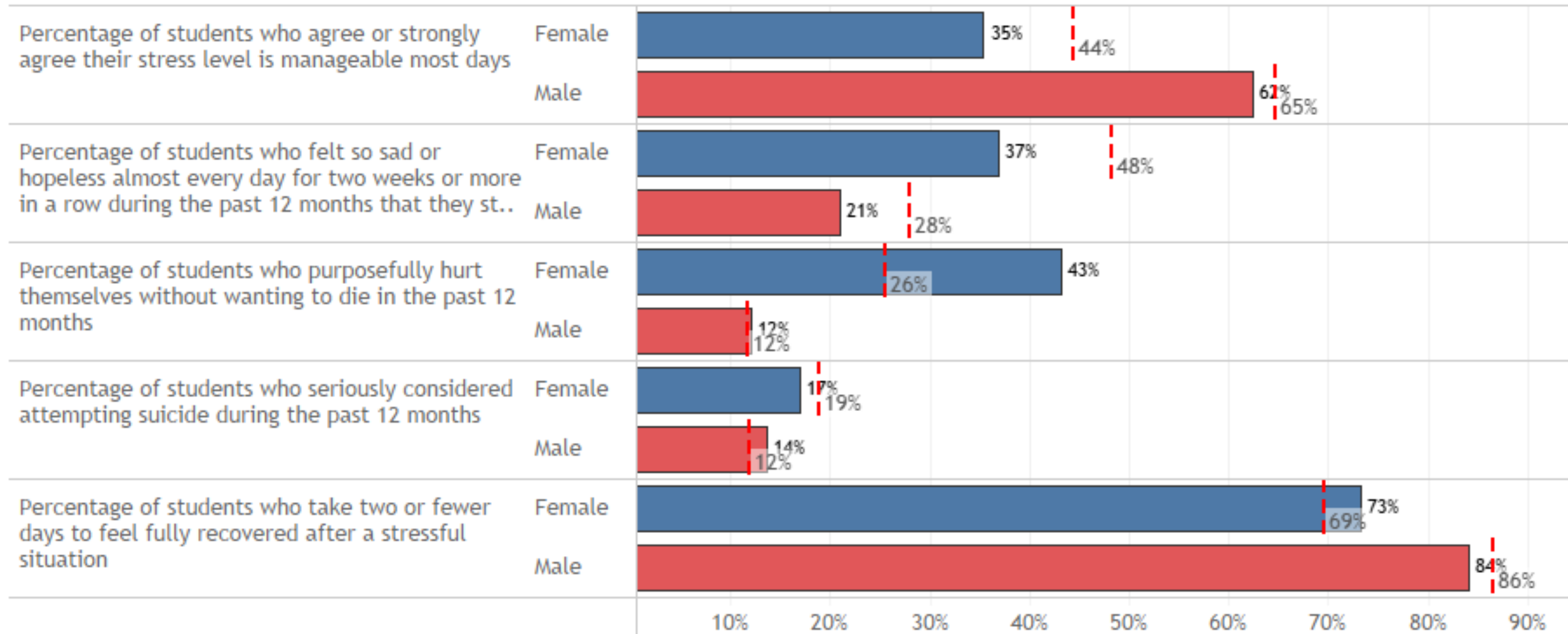


# Bullying – Key Takeaways

- Telluride's bullying rates are higher than the state average
- Bullying rates tend to be higher and further above the state average in the High School compared to the Middle School
- Females and LGBT students are much more likely to be bullied both at school and electronically
- In the Middle School, Hispanic/Latinx students are much more likely to be bullied than White students
- The overall rate of electronic bullying decreased from 2019 but it increased for certain groups – namely Female High School students (from 16% to 23%)
- Bullying happening in more places at school. Classrooms, hallways, stairwells, outside before school, and outside during lunch or break all increased from 2019

# High School Mental Health

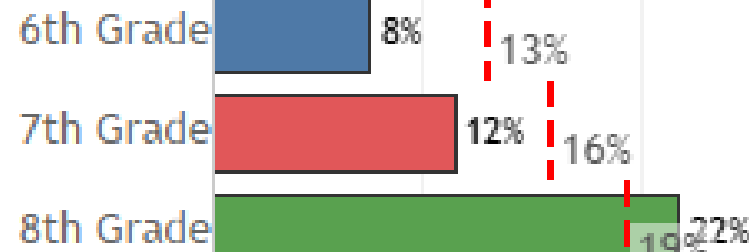
## 2021 High School Mental Health



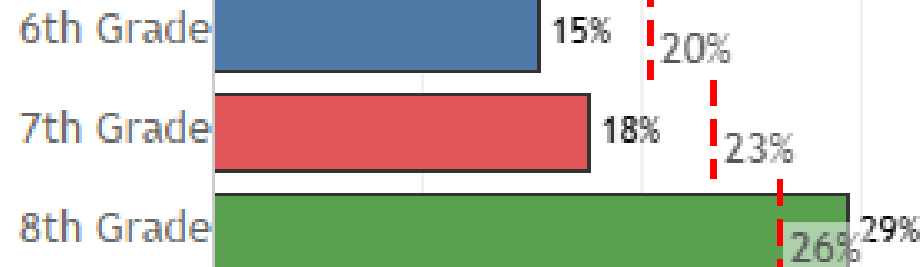
# Middle School Mental Health

## 2021 Middle School Mental Health

Percentage of students who ever made a plan about how they would kill themselves



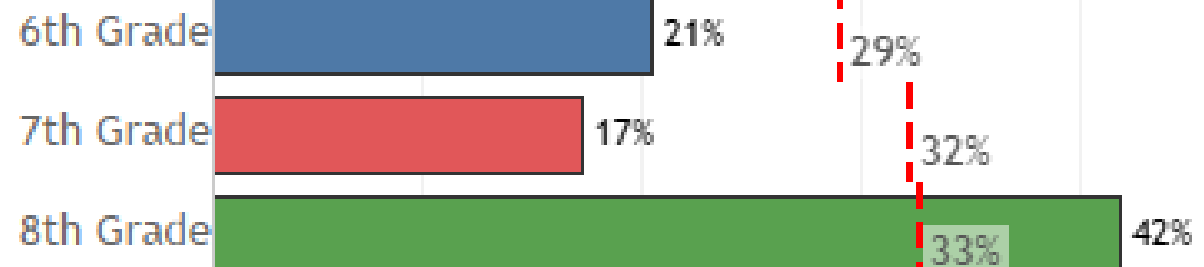
Percentage of students who ever seriously thought about killing themselves



Percentage of students who ever tried to kill themselves

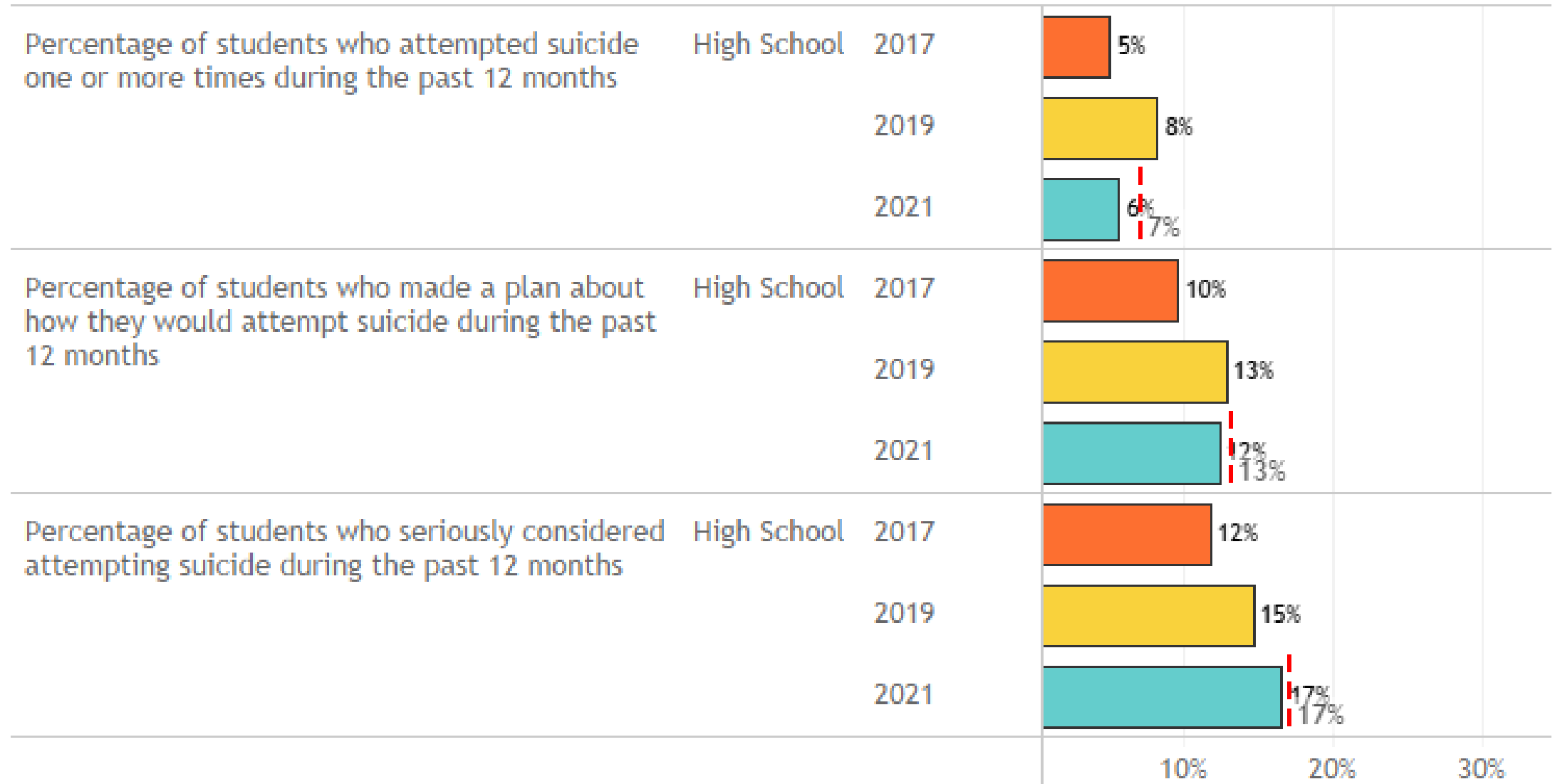


Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing some usual activities



# High School Mental Health

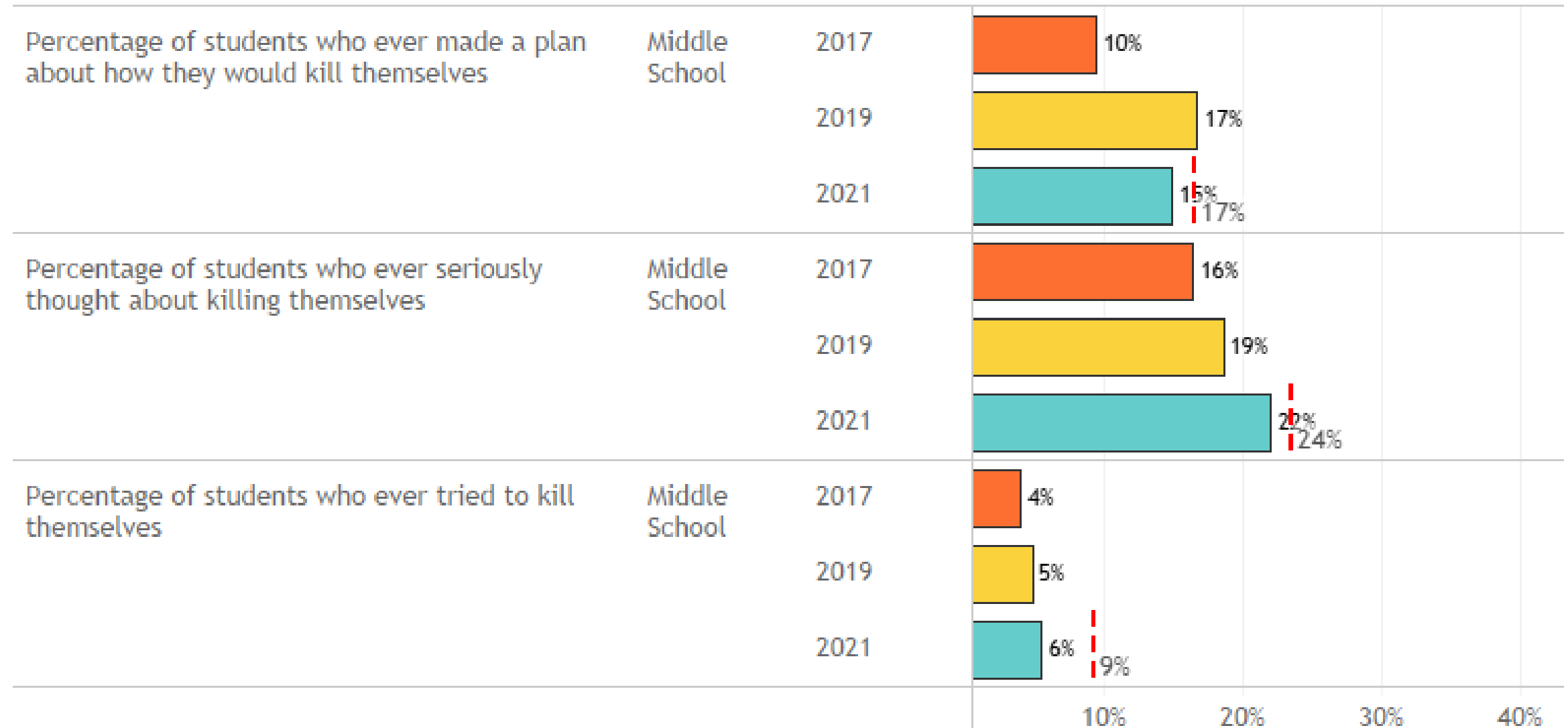
## High School Mental Health





# Middle School Mental Health

## Middle School Mental Health

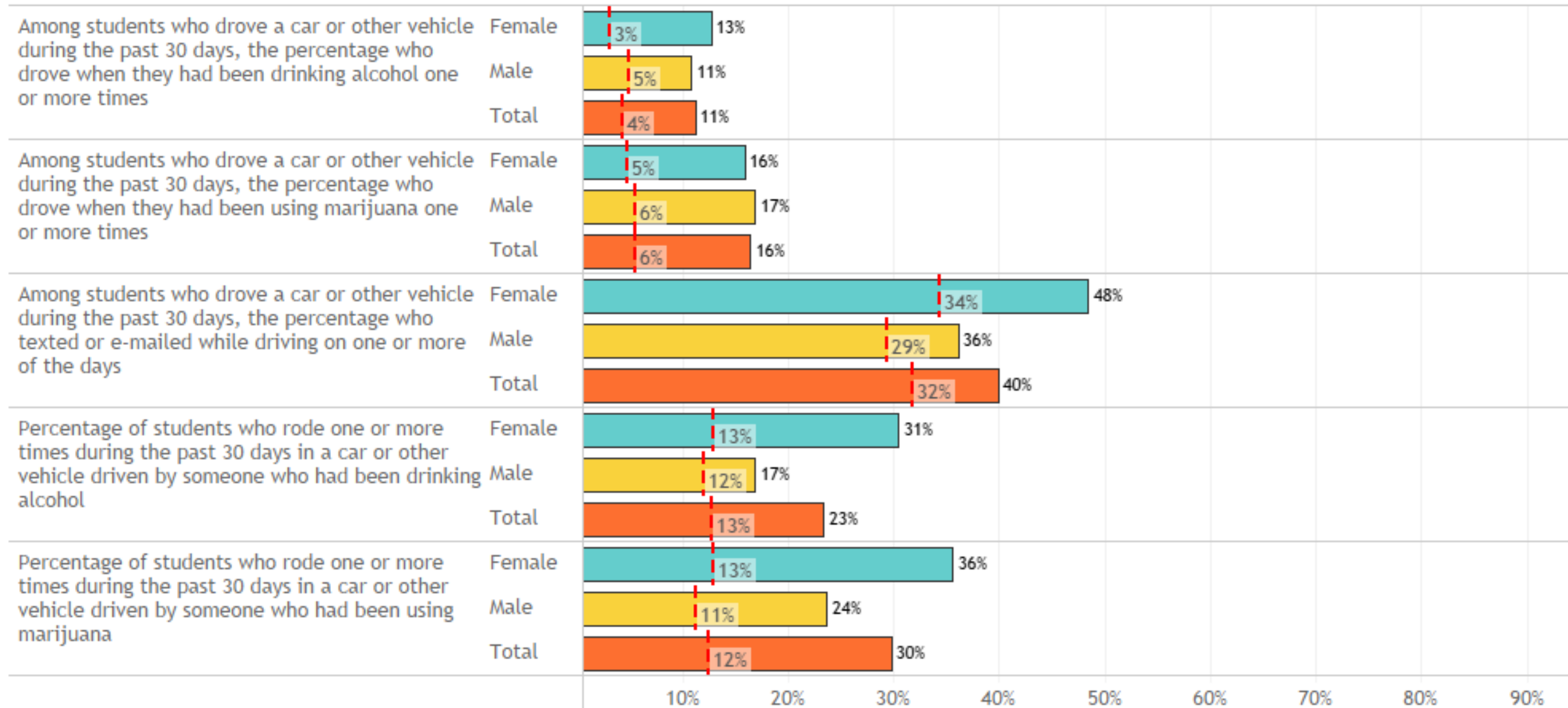


# Mental Health – Key Takeaways

- Many measures indicate that student Mental Health in Telluride is better than the state average, but it has gotten worse since 2017
- Suicidal ideation has increased among both Middle and High School students
- Female students generally had poorer mental health with more stress, hopelessness, self harm, and suicidal ideation than Males
- For Middle School students, there is a distinct increase in Mental Health risk factors among 8<sup>th</sup> graders
- Hispanic/Latinx Middle School students had significantly more sadness/hopelessness than white students (44% vs 21%)

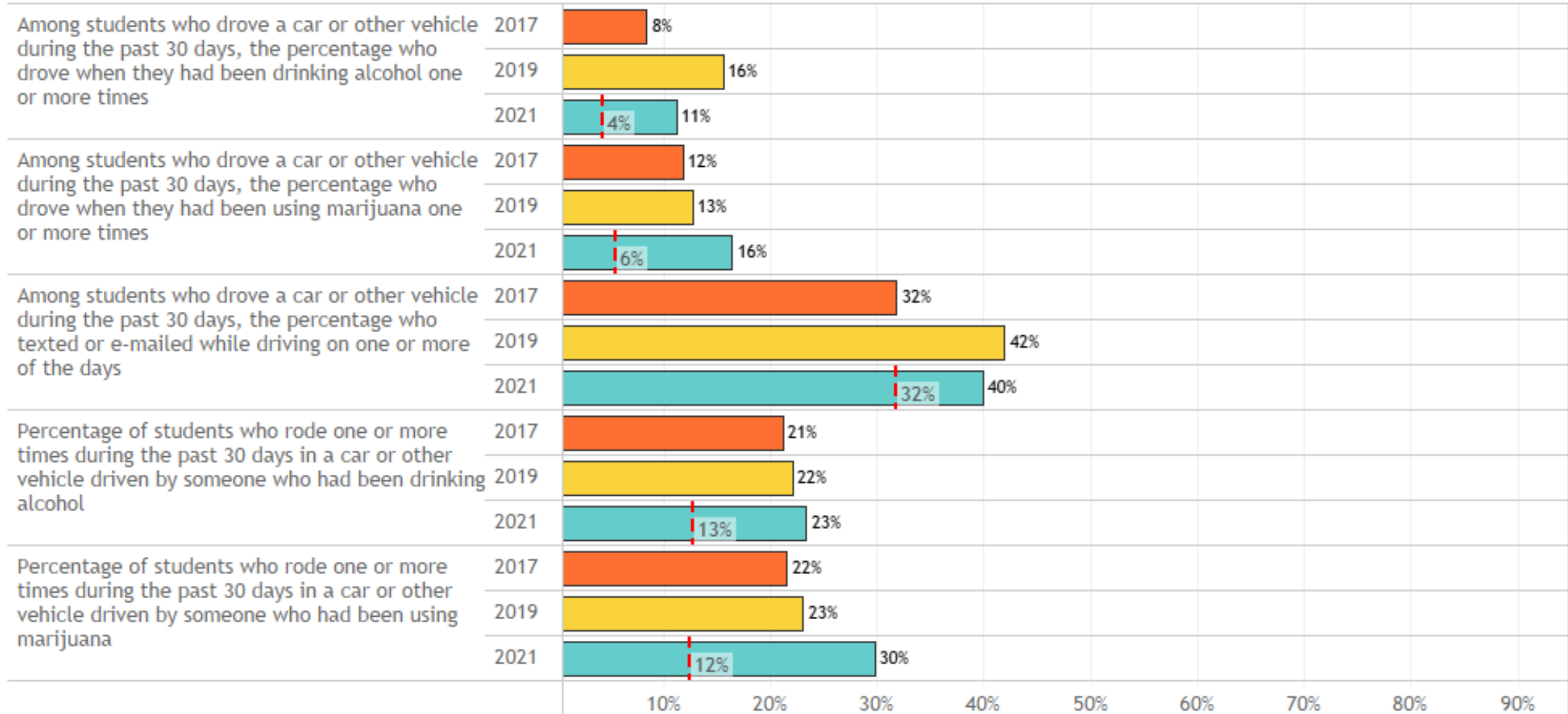
# High School Safety

## 2021 High School

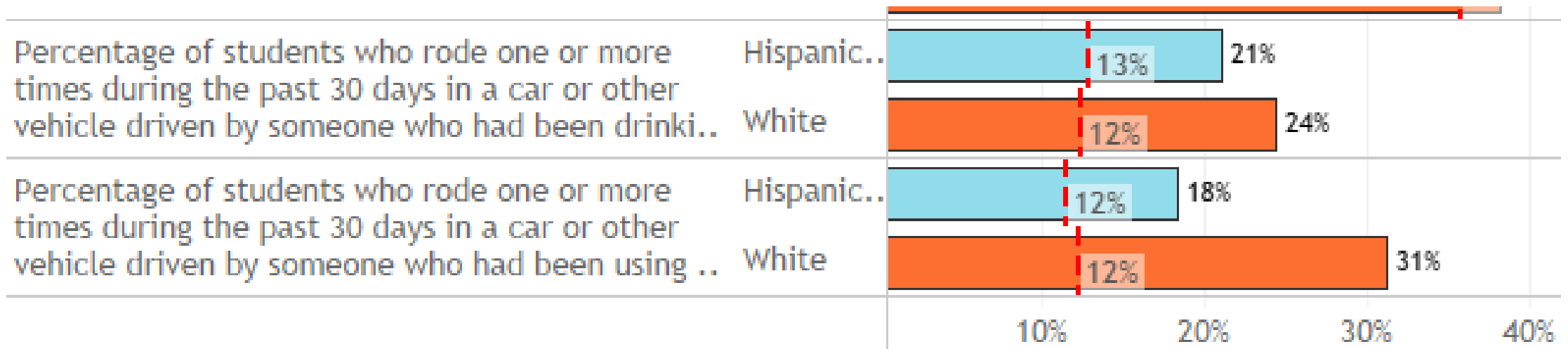


# High School Safety

## All High School



# High School Safety

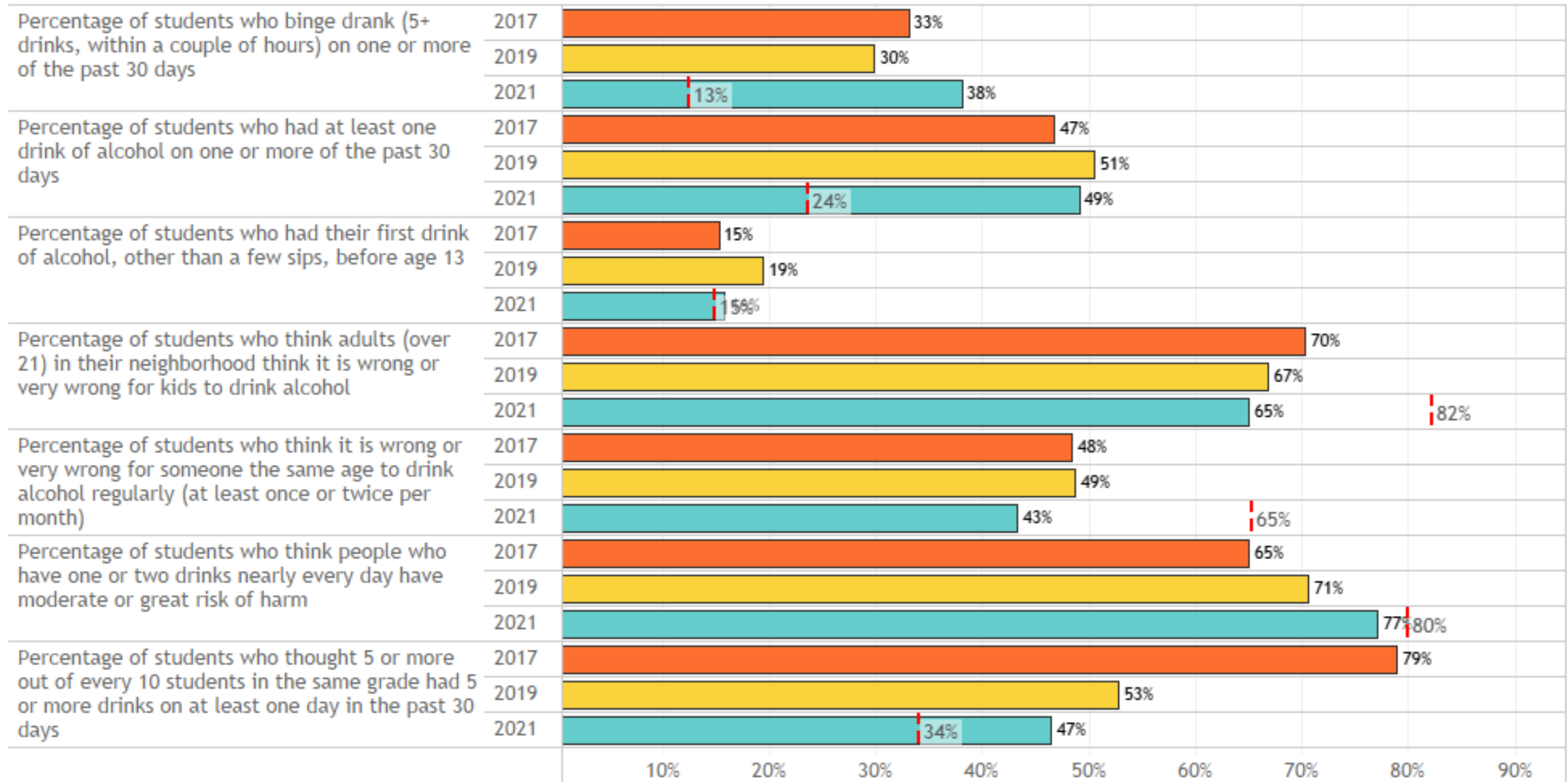


# Safety – Key Takeaways

- When compared with school districts across the state, more of our youth engaged in risky driving activities compared to their peers
- Both driving after using marijuana and riding with a driver who has used marijuana increased from 2017 to 2019, and again from 2019 to 2021
- Riding with someone who used marijuana is more common for females than males and white students compared with Latinx students
- Driving after drinking decreased from 2019 to 2021
- Texting or email while driving was more common among females than males

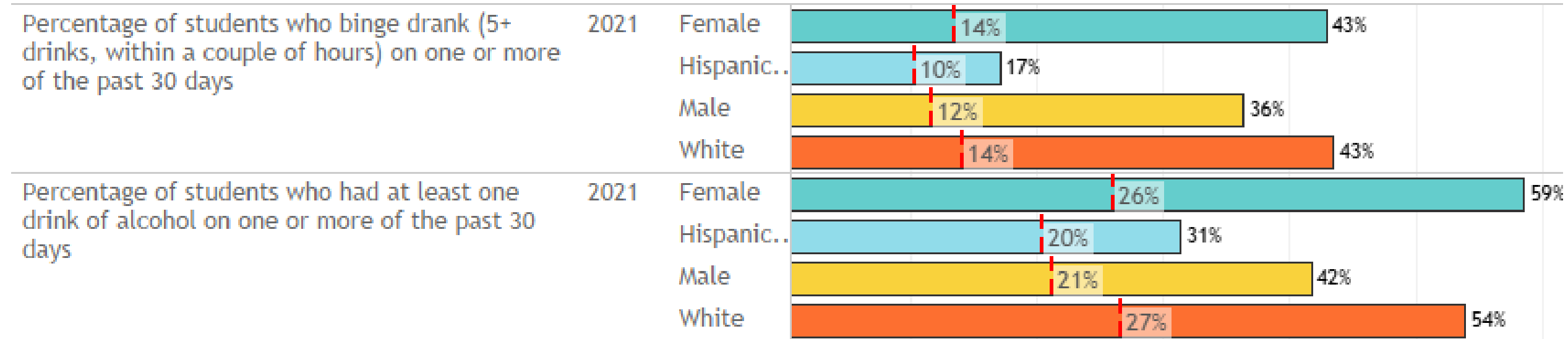
# High School Substance Use: Alcohol

## All High School



# High School Substance Use: Alcohol

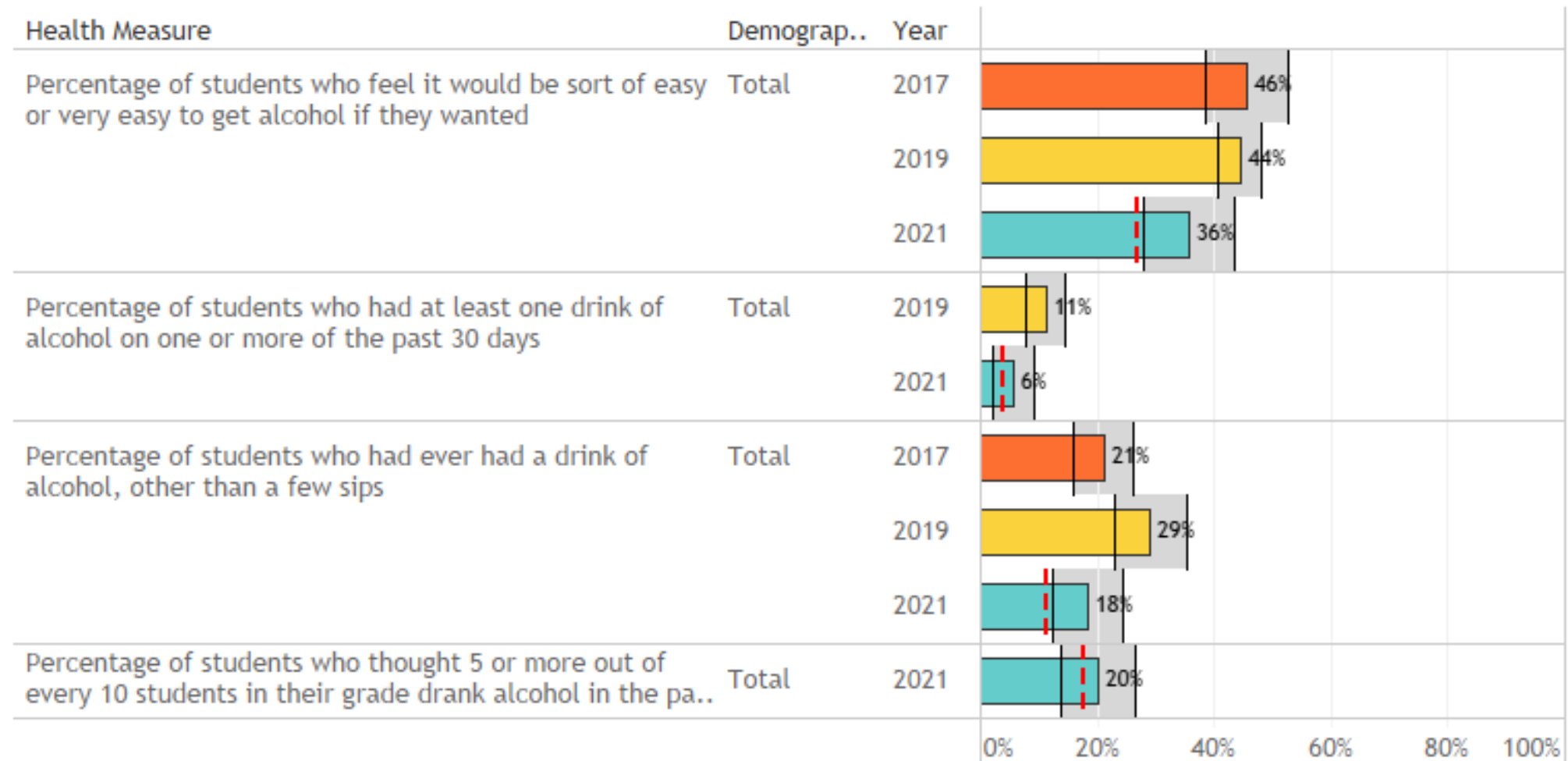
## 2021 High School





# Middle School Substance Use: Alcohol

School Level: Middle School  
Measure Category/s: Alcohol  
Year/s: All

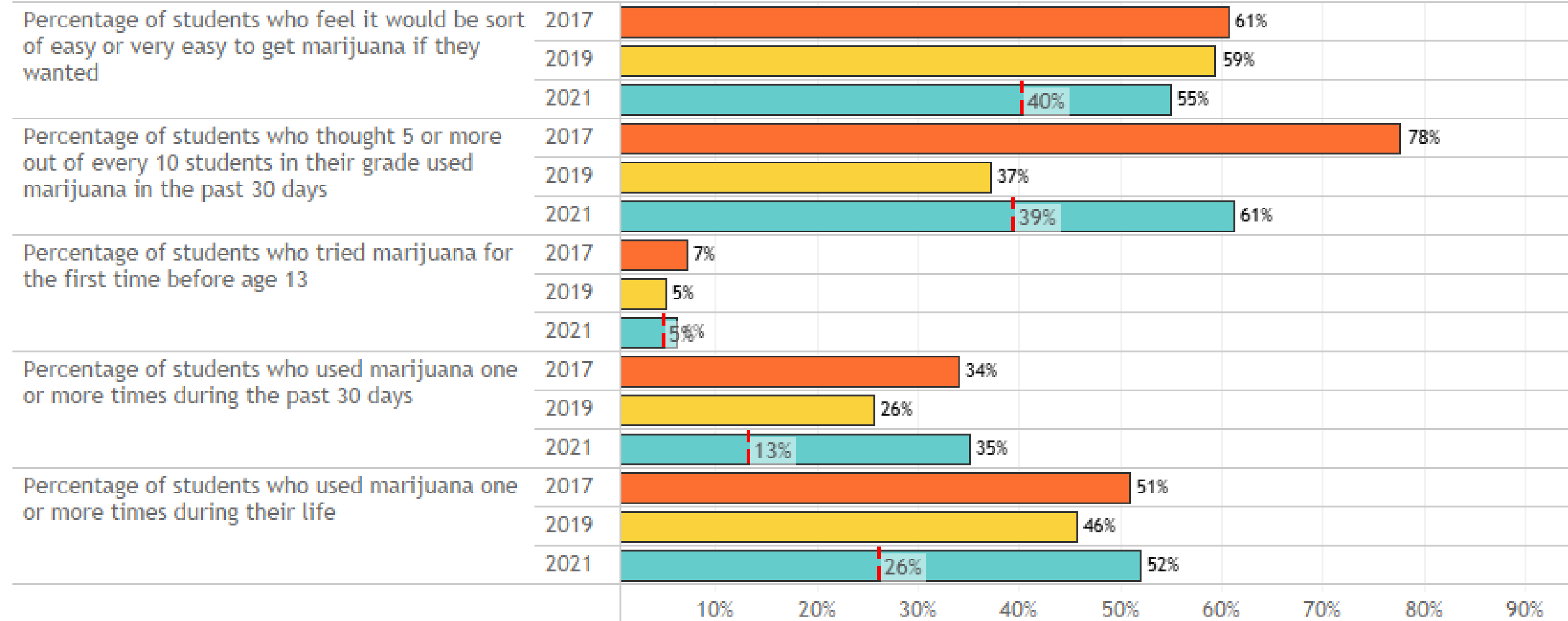


# Substance Use: Alcohol – Key Takeaways

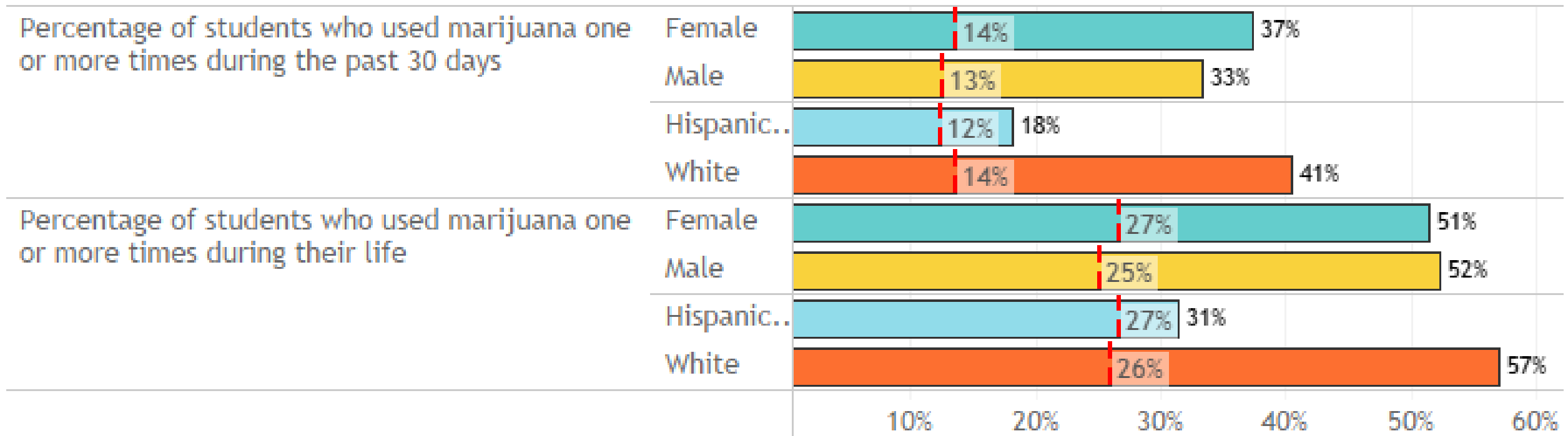
- Telluride High School students binge drink 3x more than the state average
- Despite that, the perception of how much their peers are drinking is still higher than reality
- Female students tend to drink more than Male students and White students tend to drink more than Hispanic/Latino student
- Protective factors relate to perceived right or wrong have been decreasing in recent years while protective factors related to perceived health effects have increased
- Alcohol use among MS students is low and fell from 2019 – very similar to the state avg.

# High School Substance Use: Marijuana

## All High School

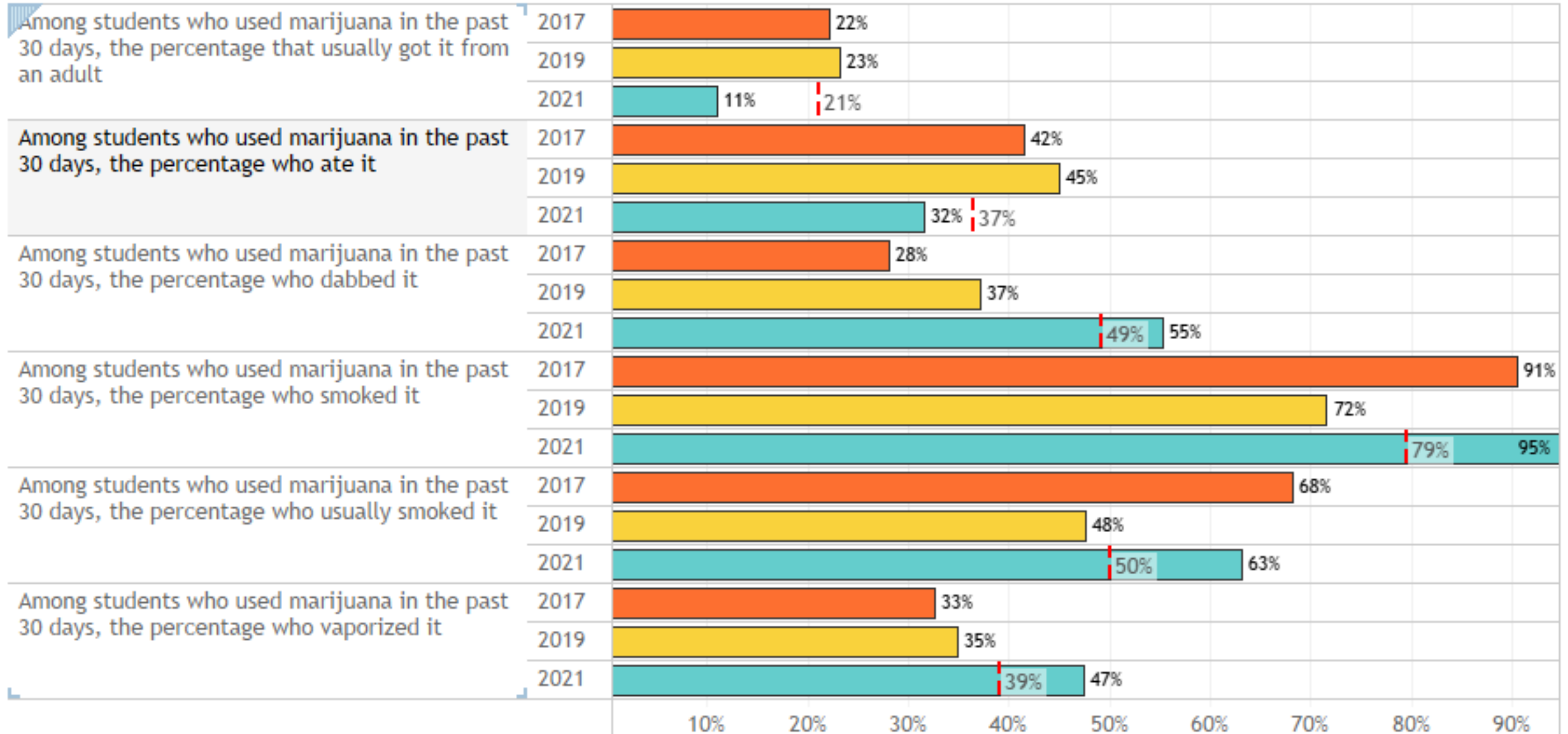


# High School Substance Use: Marijuana



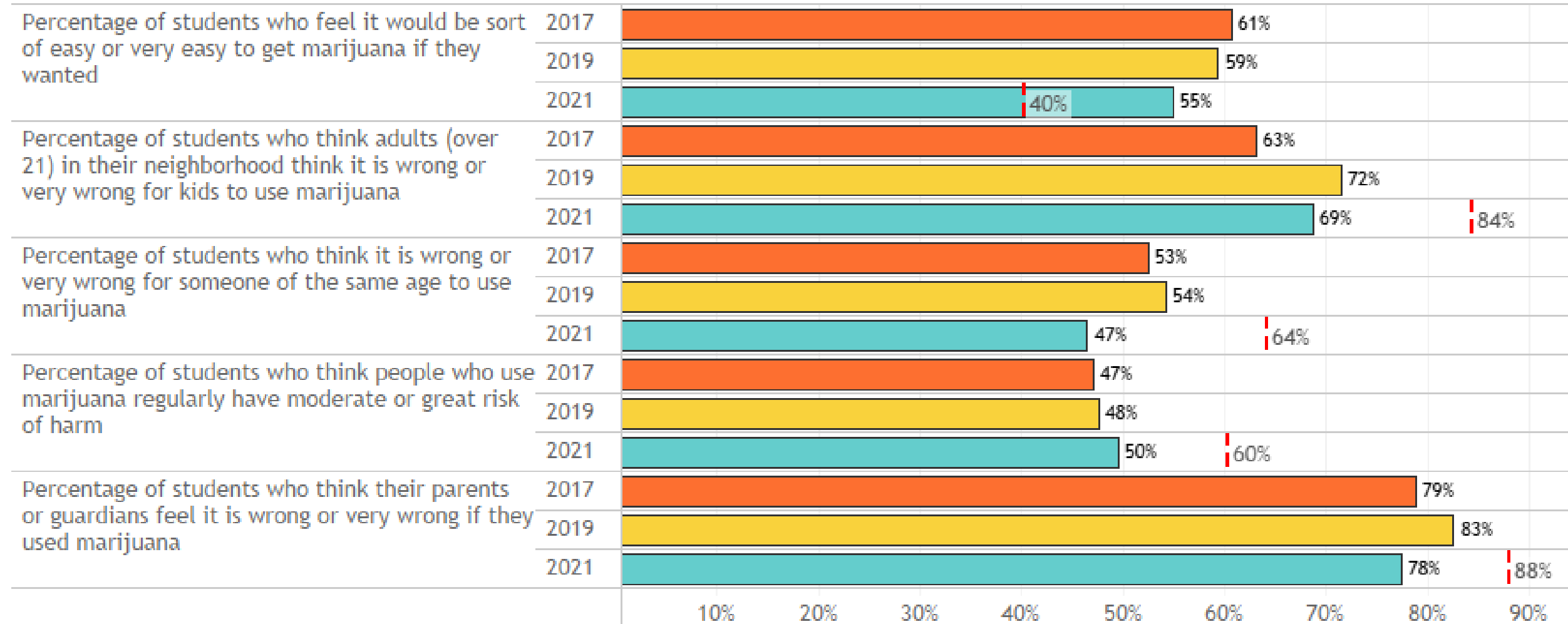
# High School Substance Use: Marijuana

## All High School

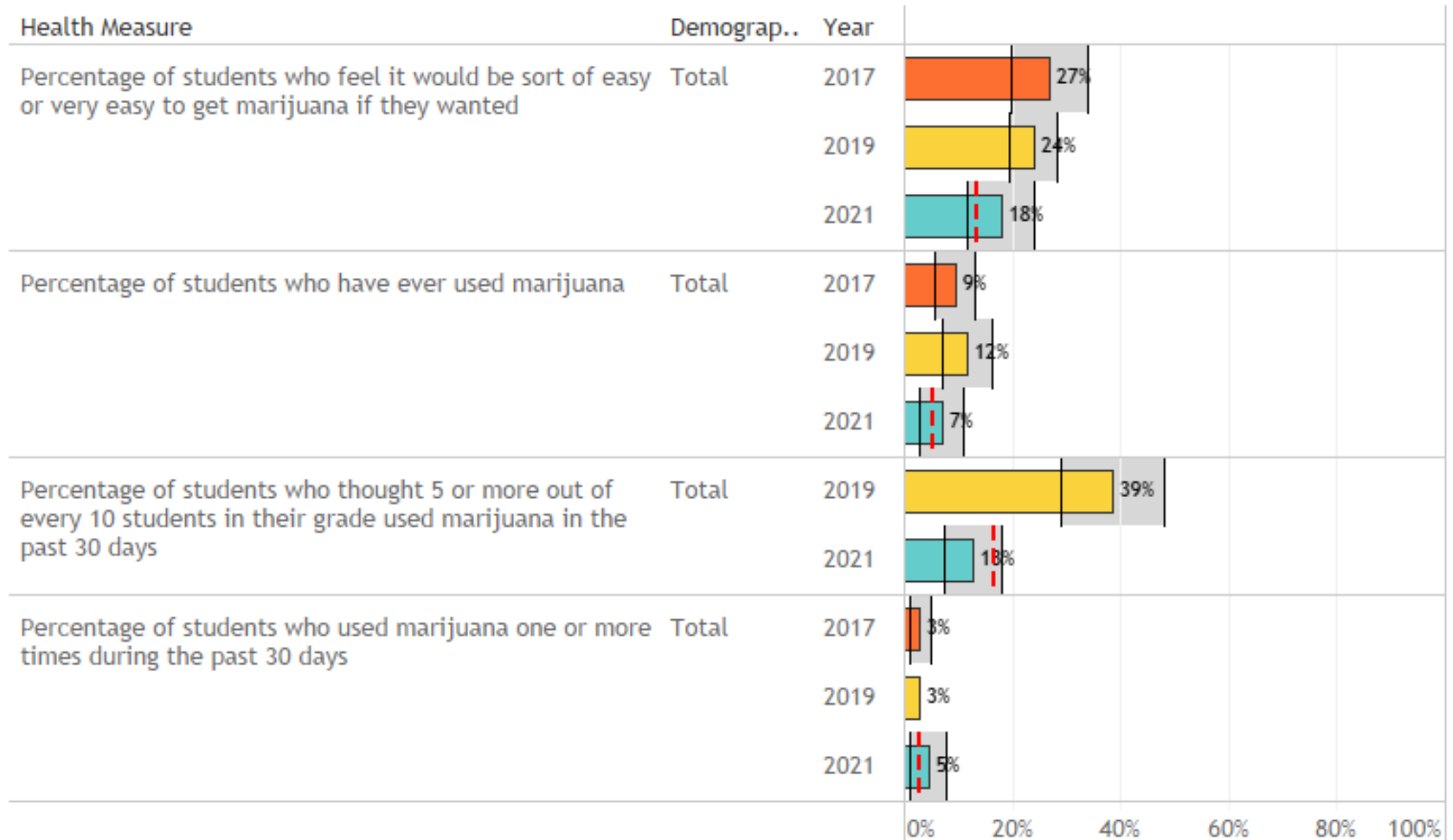


# High School Substance Use: Marijuana

## All High School



# Middle School Substance Use: Marijuana



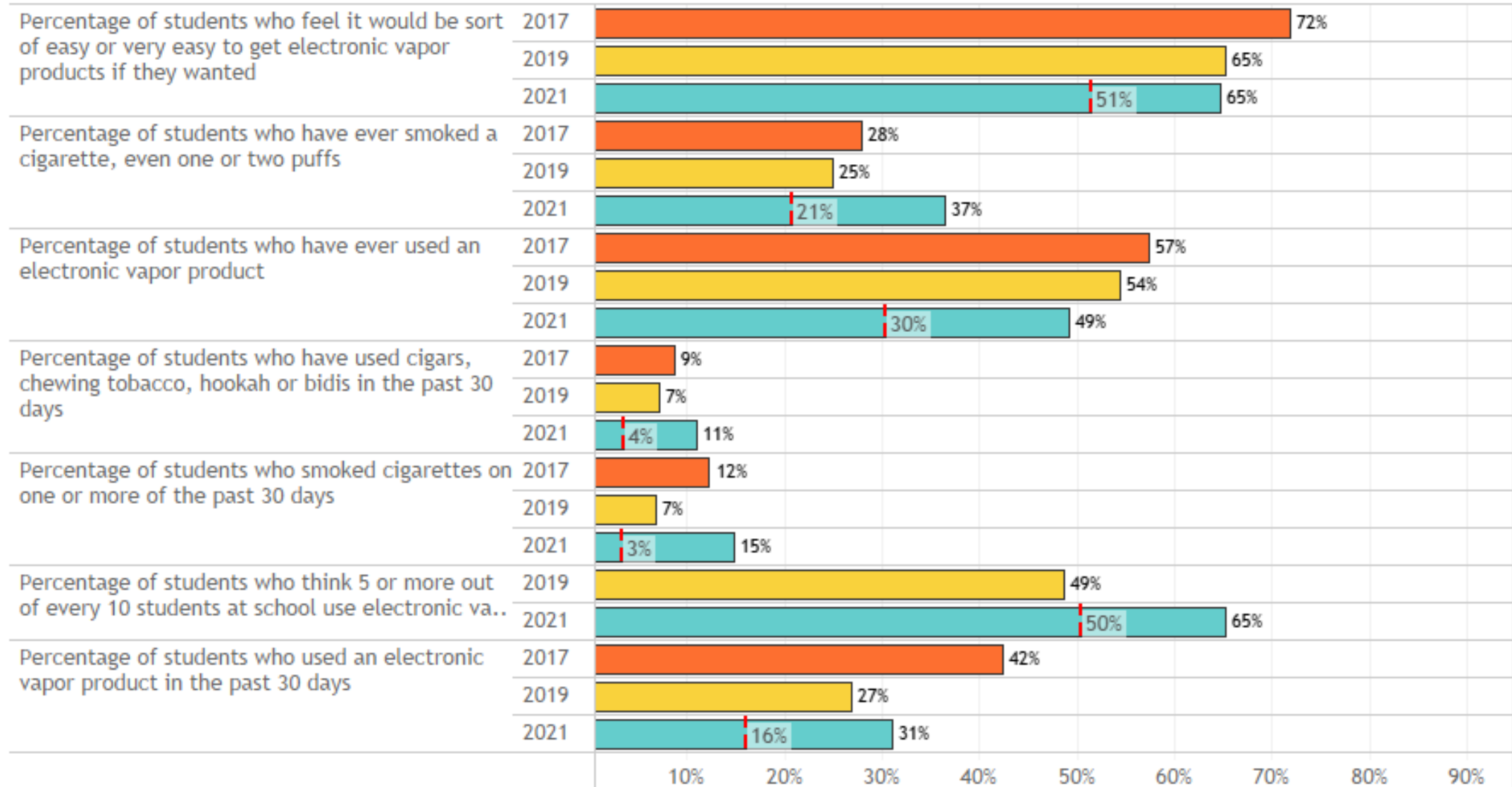
# Substance Use: Marijuana – Key Takeaways

- Almost 3x as many Telluride students are using marijuana than on average across the state of Colorado.
- Marijuana use fell from 2017 to 2019 but then increased from 2019 to 2021
- Marijuana use is much more common for White students than Hispanic/Latinx students and slightly more common for Females than Males
- Of those who used marijuana, the majority smoked it
- Smoking marijuana was more common in 2021 than in 2019. Dabbing also increased as did vaping
- Protective factors related to ease of access, perceived right or wrong, and health risks are significantly lower than the state average
- However, far fewer students reported getting their marijuana from an adult in 2021 than in 2019
- Marijuana use among MS students is low but jumped a bit in 2021.



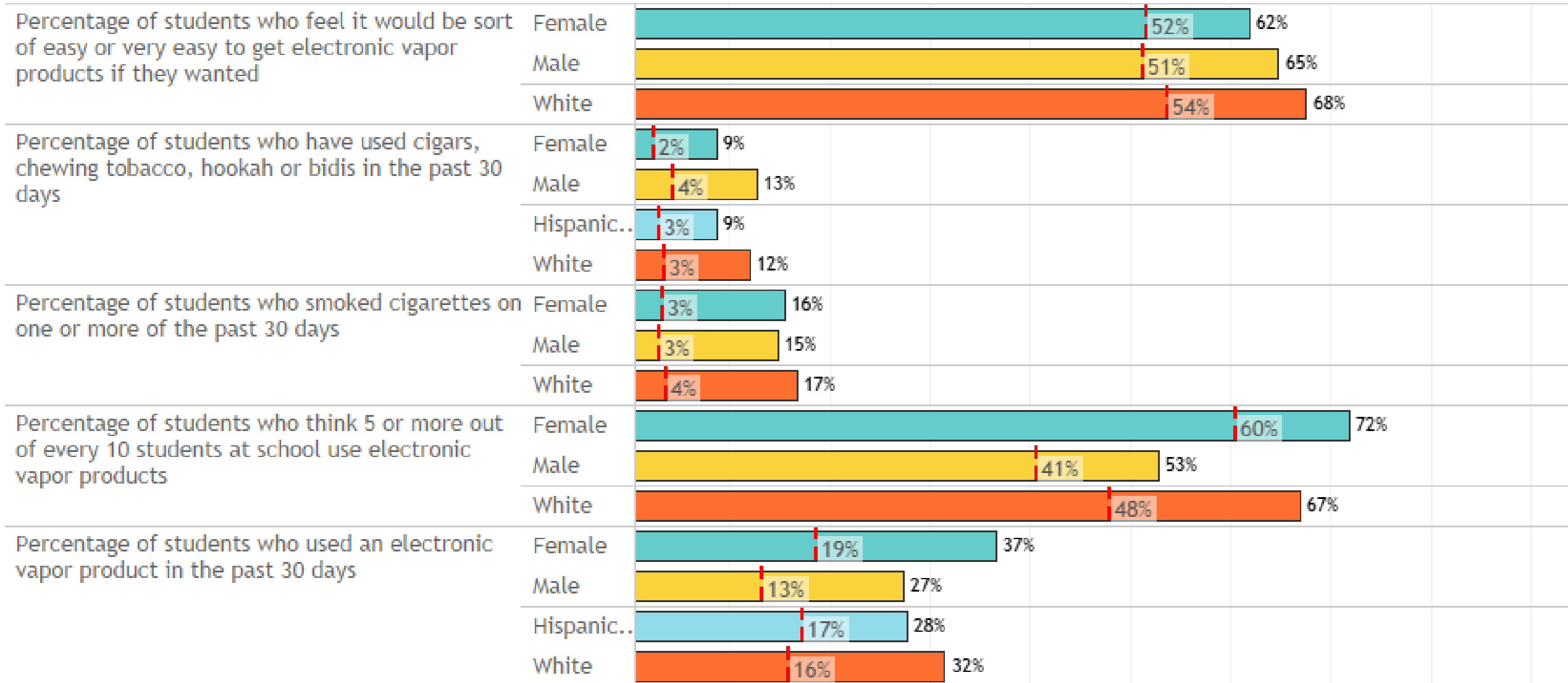
# High School Substance Use: Tobacco

## All High School

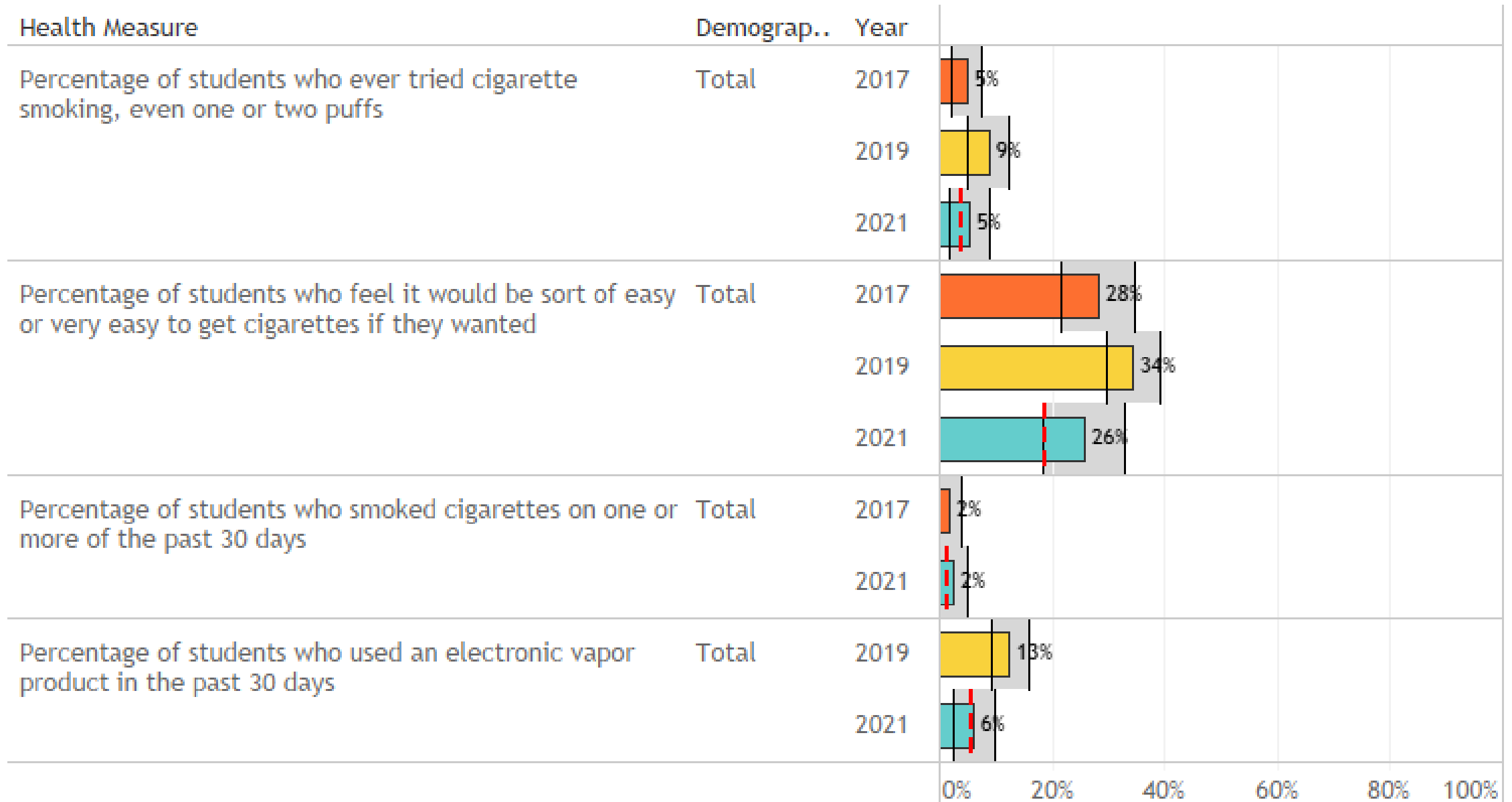


# High School Substance Use: Tobacco

## 2021 High School



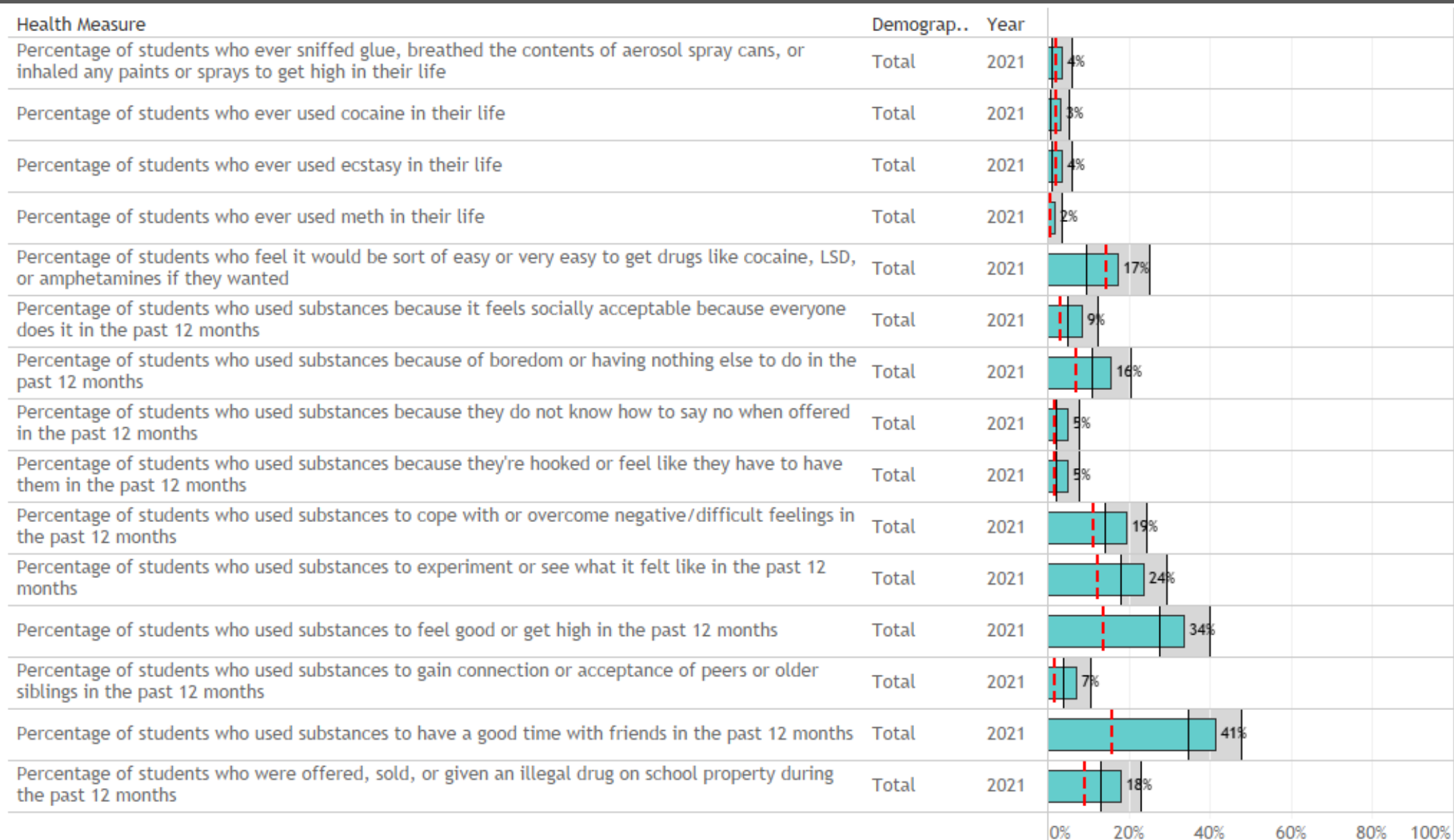
# Middle School Substance Use: Tobacco



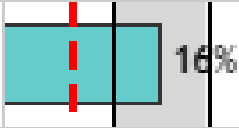
# Substance Use: Tobacco – Key Takeaways

- Telluride HS tobacco usage is above the state average for both smoking and vaping
- Students are using tobacco—both by smoking cigarettes and vaping—at higher rates in 2021 than in 2019
- Vaping was more common for females than males
- 35% of those who vaped in the past 30 days had tried to quit in the past year
- Tobacco use among Middle School students is relatively low and vaping fell by half in 2021 compared to 2019

# Middle School Substance Use: Other



# High School Substance Use

|  |       |      |   |  |
|--|-------|------|---|--|
| Percentage of students who used substances because it feels socially acceptable because everyone does it in the past 12 months | Total | 2021 |  9%    |  |
| Percentage of students who used substances because of boredom or having nothing else to do in the past 12 months               | Total | 2021 |  16%   |  |
| Percentage of students who used substances because they do not know how to say no when offered in the past 12 months           | Total | 2021 |  5%    |  |
| Percentage of students who used substances because they're hooked or feel like they have to have them in the past 12 months    | Total | 2021 |  5%    |  |
| Percentage of students who used substances to cope with or overcome negative/difficult feelings in the past 12 months          | Total | 2021 |  19%   |  |
| Percentage of students who used substances to experiment or see what it felt like in the past 12 months                        | Total | 2021 |  24%  |  |
| Percentage of students who used substances to feel good or get high in the past 12 months                                      | Total | 2021 |  34% |  |
| Percentage of students who used substances to gain connection or acceptance of peers or older siblings in the past 12 months   | Total | 2021 |  7%  |  |
| Percentage of students who used substances to have a good time with friends in the past 12 months                              | Total | 2021 |  41% |  |

# High School Substance Use: Other Drugs

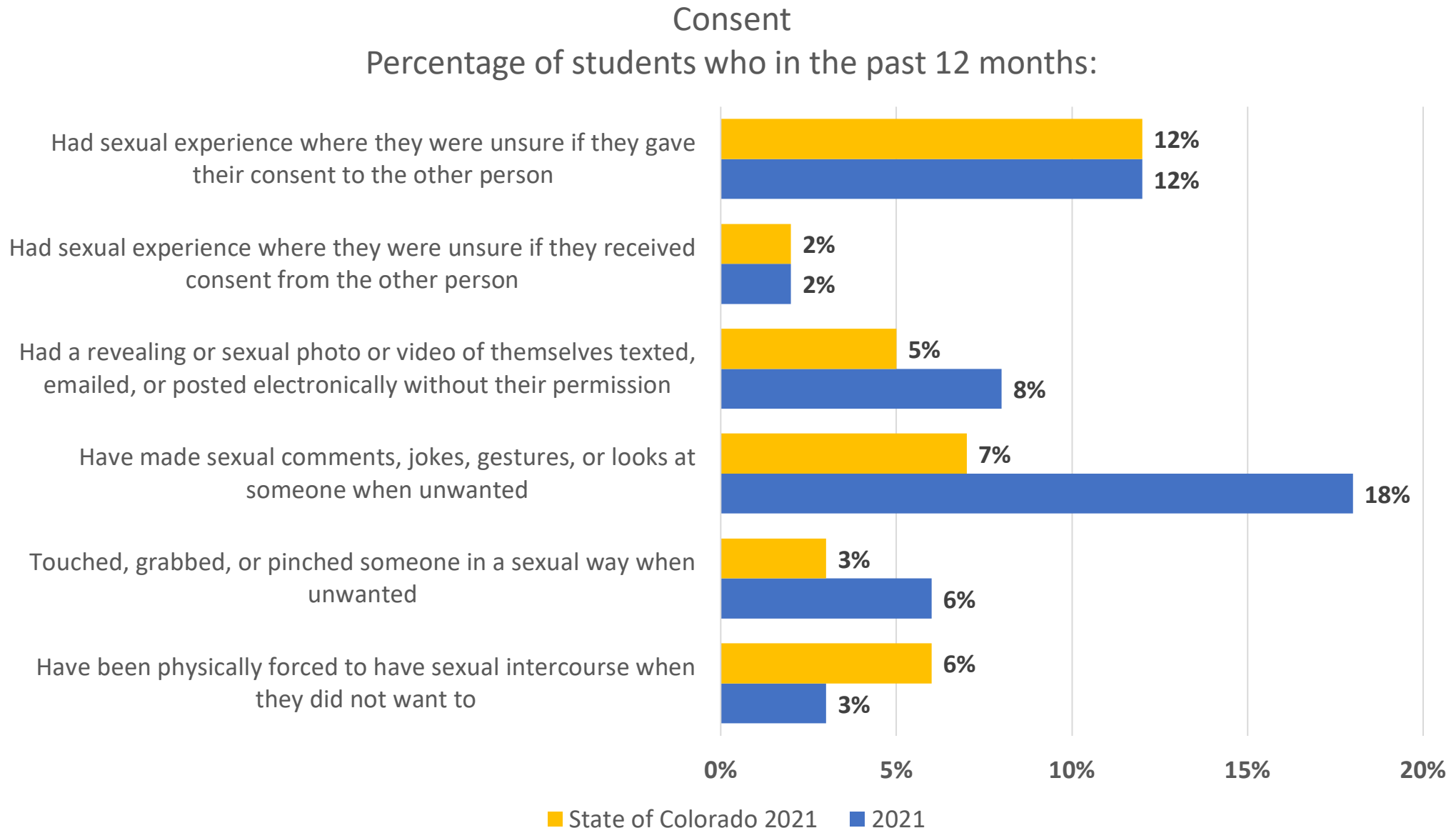
- Use of other types of drugs (cocaine, huffing, meth, and ecstasy) has decreased from 2019 to 2021 (8% to 3% for cocaine, 11% to 4% for huffing, 6% to 4% for ecstasy, 3% to 2% for meth)
- This is not due to a lack of access:
  - The percentage of students who think it would be easy to access these types of drugs remained consistent from 2019 to 2021
  - More students reported being offered drugs on school property in 2021 compared to 2019 (18% and 10%, respectively)

# Middle School Substance Use: Other Drugs

- Like the High School, usage decreased on average in 2021 despite perceived ease of access increasing
- Percentage of students who ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high decreased significantly in 2021 down to 4% from 15% in 2019.
- Percentage of students who have ever taken prescription pain medicine without a doctor's prescription also fell from 11% in 2019 to 5% in 2021
- Percentage of students who feel it would be sort of easy or very easy to get drugs like cocaine, LSD, amphetamines, or another illegal drug, if they wanted jumped to 7% in 2021, up from 4% in 2019.

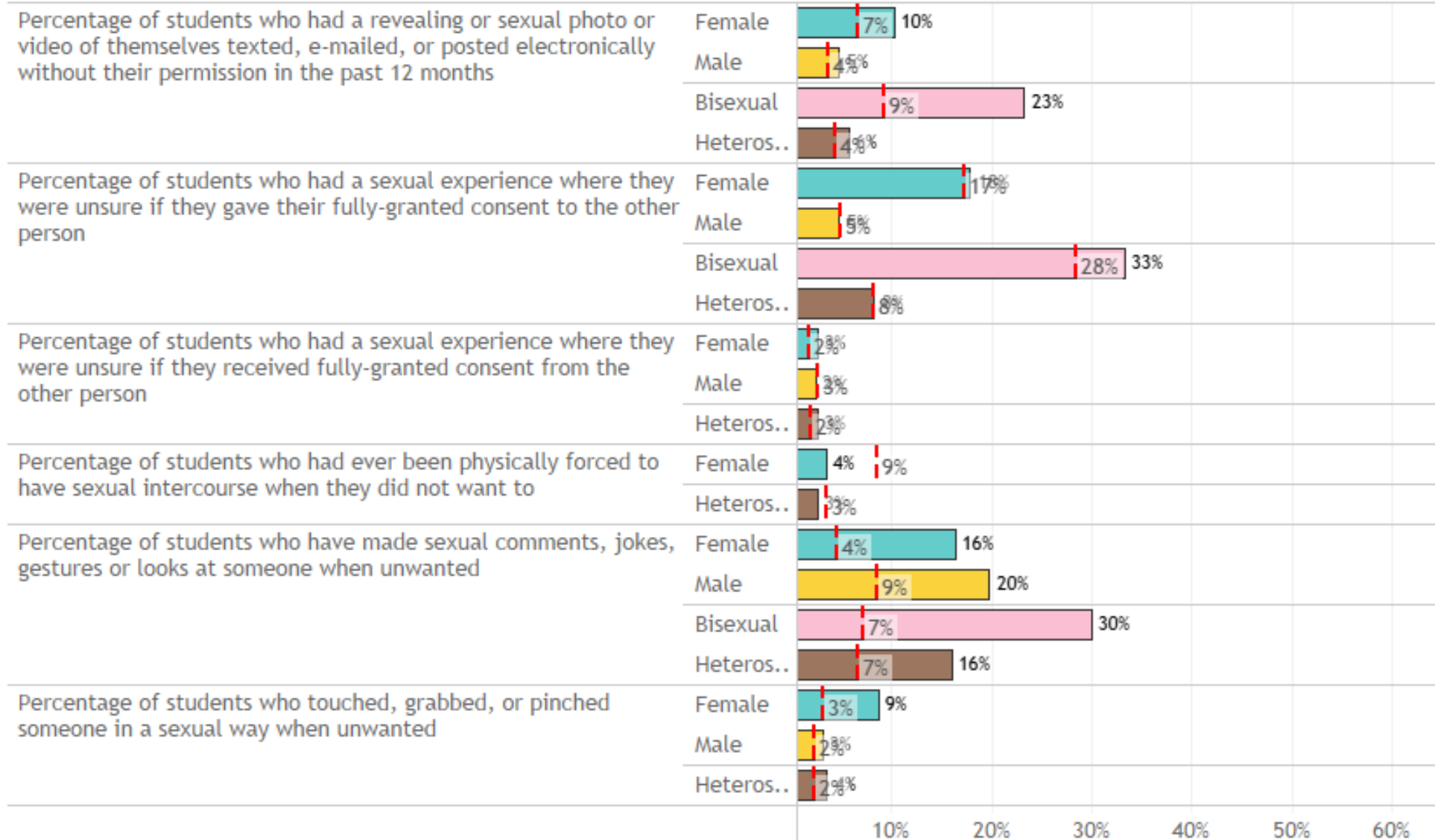


# High School Consent



# High School Consent

## 2021 High School



# Consent – Key Takeaways

- Unwanted sexual contact, comments, and sharing of photos or videos occurred at rates above the state averages in 2021
- Females were more likely to be unsure whether they gave their consent before a sexual experience as were those who were LGB compared to their heterosexual peers
- Females and those who were LGB were also more likely to have a sexual video or photo of themselves shared
- The percentage of students reporting being raped, or physically forced to have sexual intercourse when they did not want to fell significantly from 2019 to 2021 – especially among female students from 13% to 4%
- Most of the other consent questions were not asked in past years.

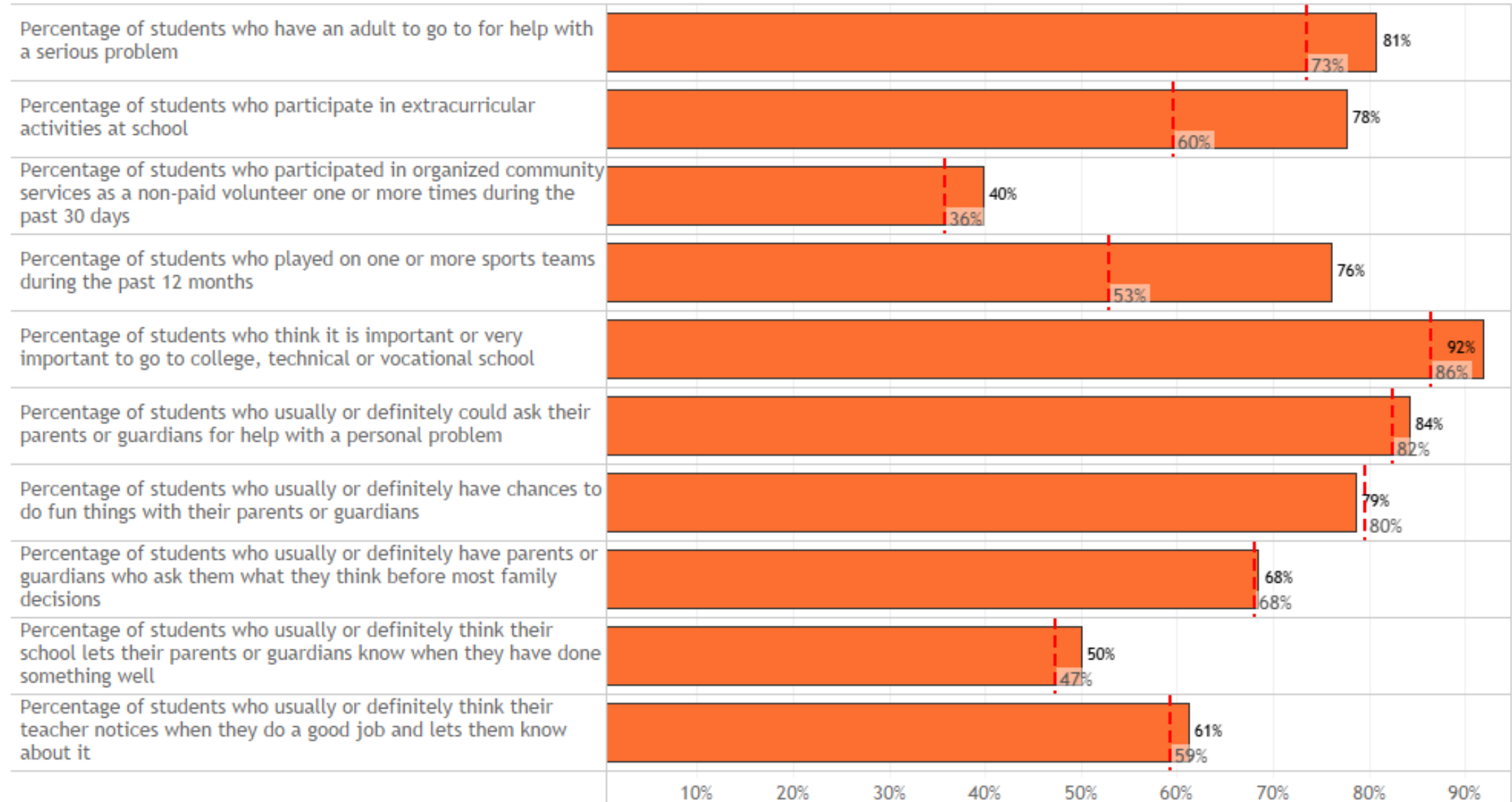
# Risk and Protective Factors

- Risk factors are characteristics of community, family, and school environments, and of students and their peer groups that predict increased likelihood of unwanted health outcomes.
- Protective factors are behavior patterns and social factors that appear to increase a young person's resistance to unwanted health outcomes.

Reducing risk and increasing protective factors can result in healthier youth across a variety of shared outcomes.

# Protective Factors

## 2021 High School

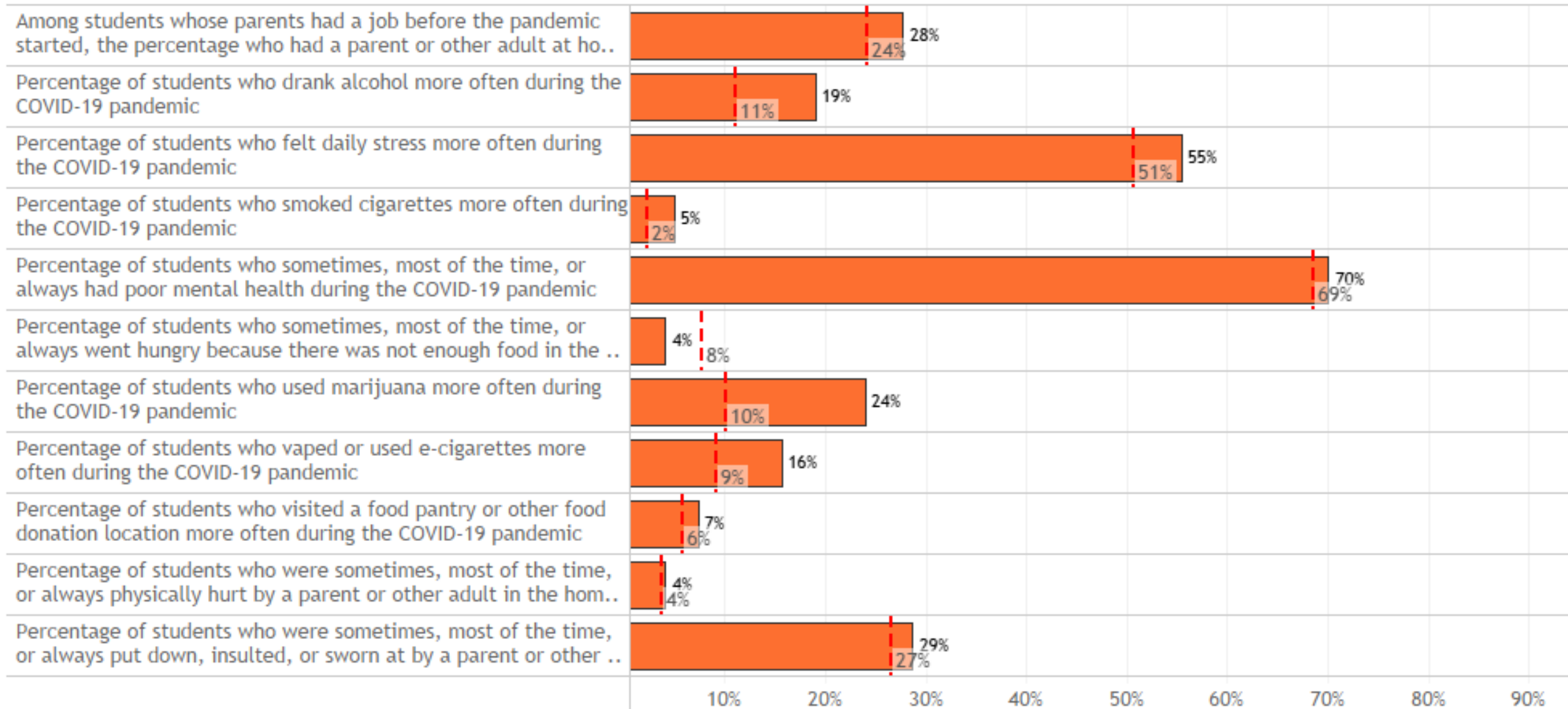


# Protective Factors

- Telluride students reported protective factors at or above the statewide averages
- 81% of High School students said they have an adult they can go to with a serious problem
- Protective factors related to sports and extra curricular activities were particularly strong

# COVID

## 2021 High School



# COVID

- COVID has certainly contributed to a decline in Mental Health for Telluride students
- Students reported increased substance use across all types of substances during the pandemic
- Students also reported various economic and physical hardships that likely contributed to 55% of students feeling more daily stress during COVID

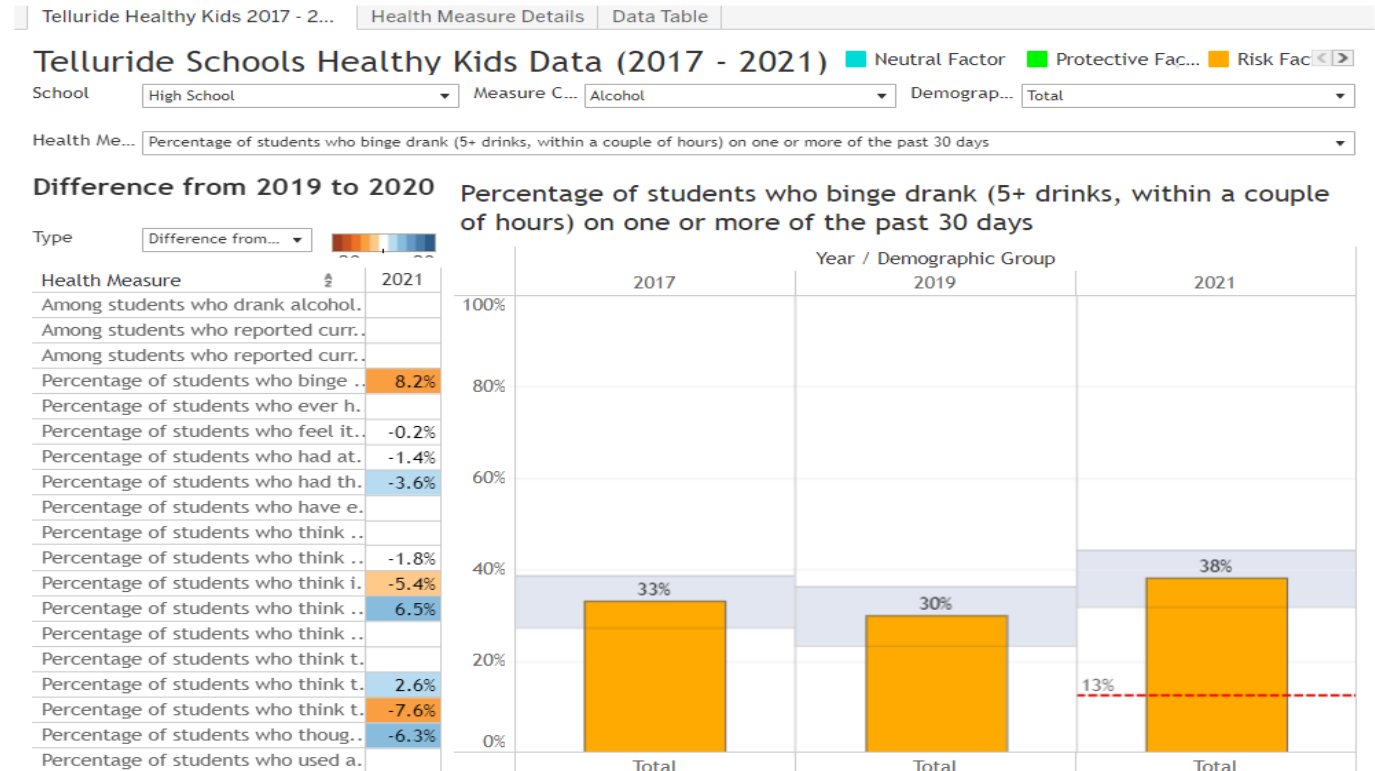


# Join CTC

- JOIN CTC: email [ctc-adm@tchnetwork.org](mailto:ctc-adm@tchnetwork.org) or call 970-708-7096

## Check Out the Data

- Launched interactive dashboard on our website using Tableau
- Allows for users to compare data over time, and with the state's rate and for comparison of indicators by demographic category
- <https://tchnetwork.org/telluride-hk-2021/>



TRI-COUNTY HEALTH NETWORK