

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

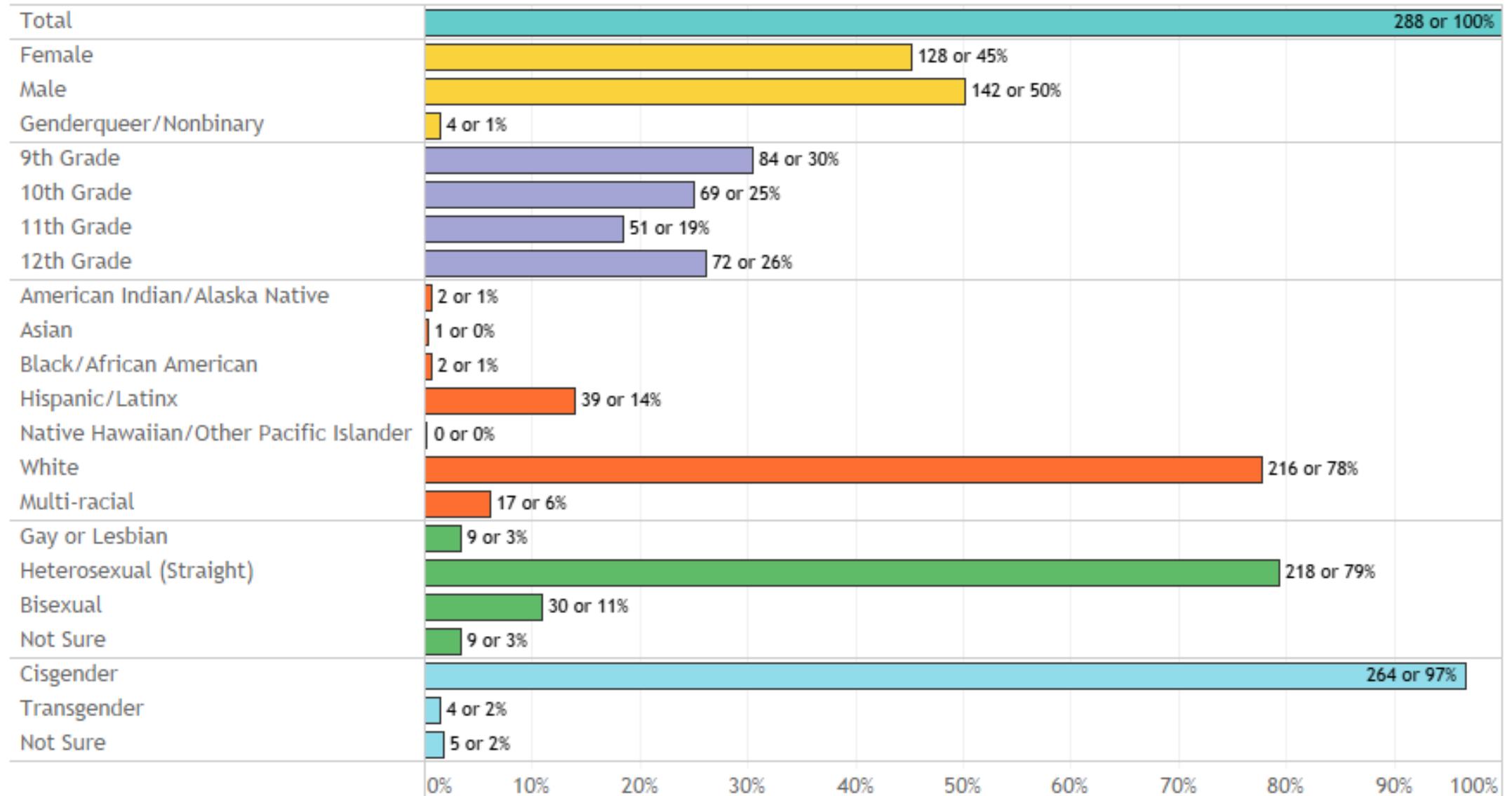


Key Definitions and Considerations

- 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")

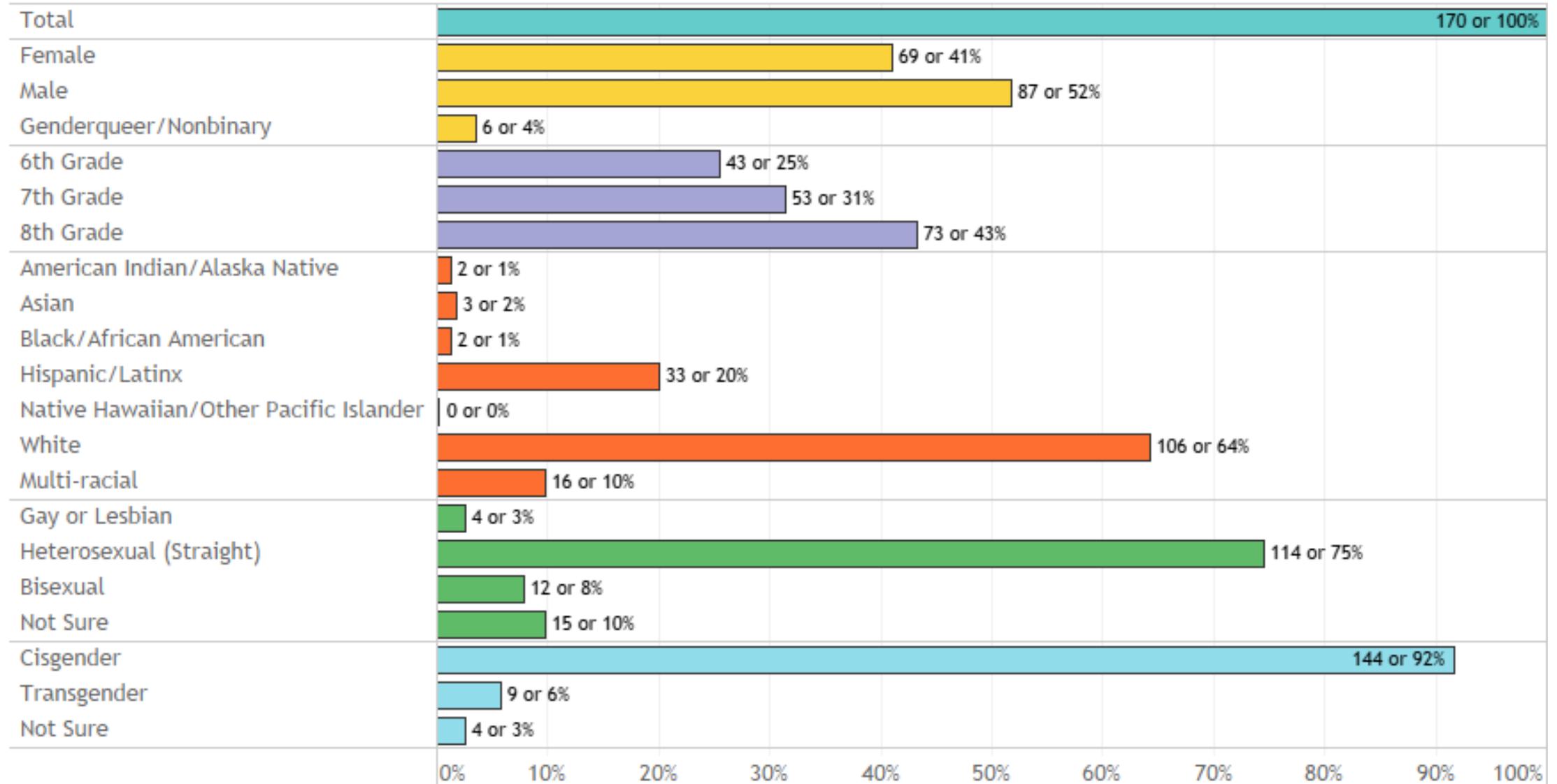
High School Demographic Totals

2021 High School Demographic Totals



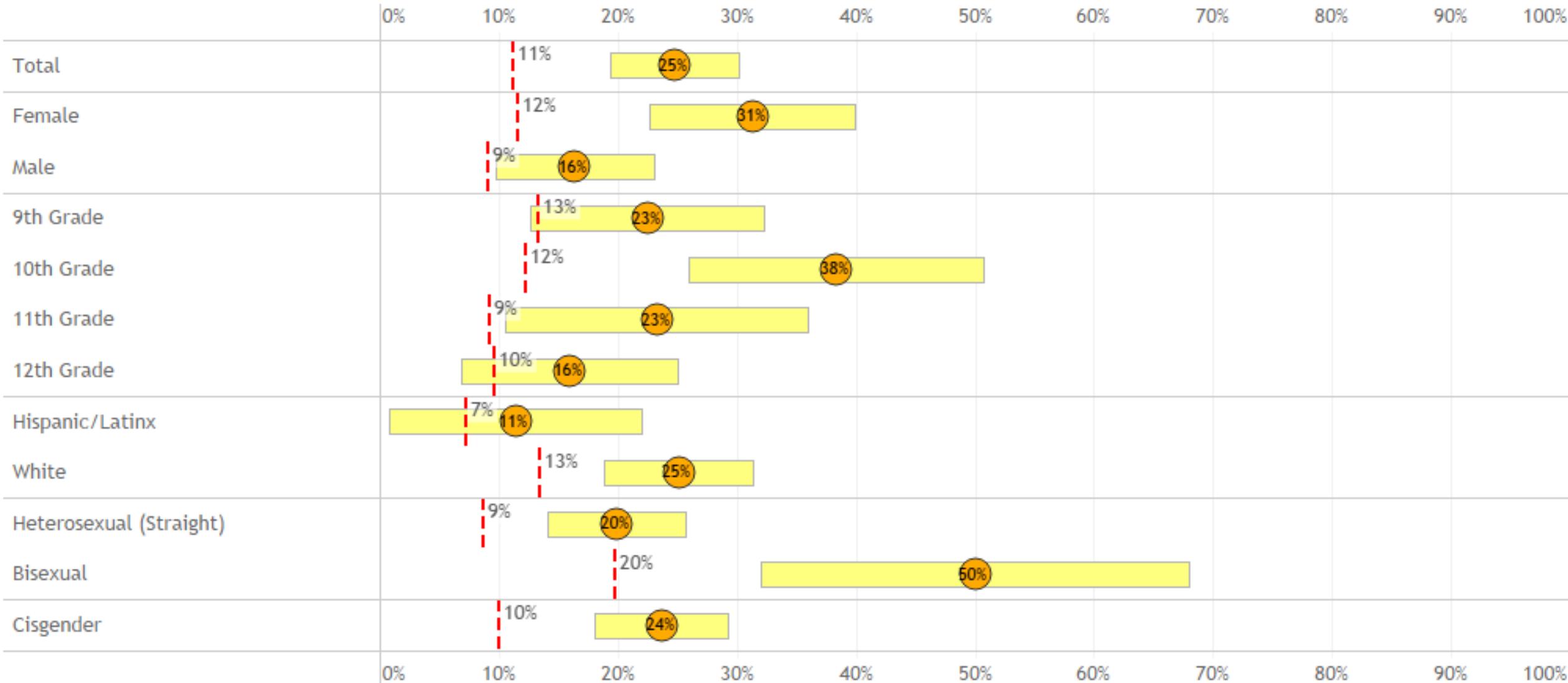
Middle School Demographic Totals

2021 Middle School Demographic Totals



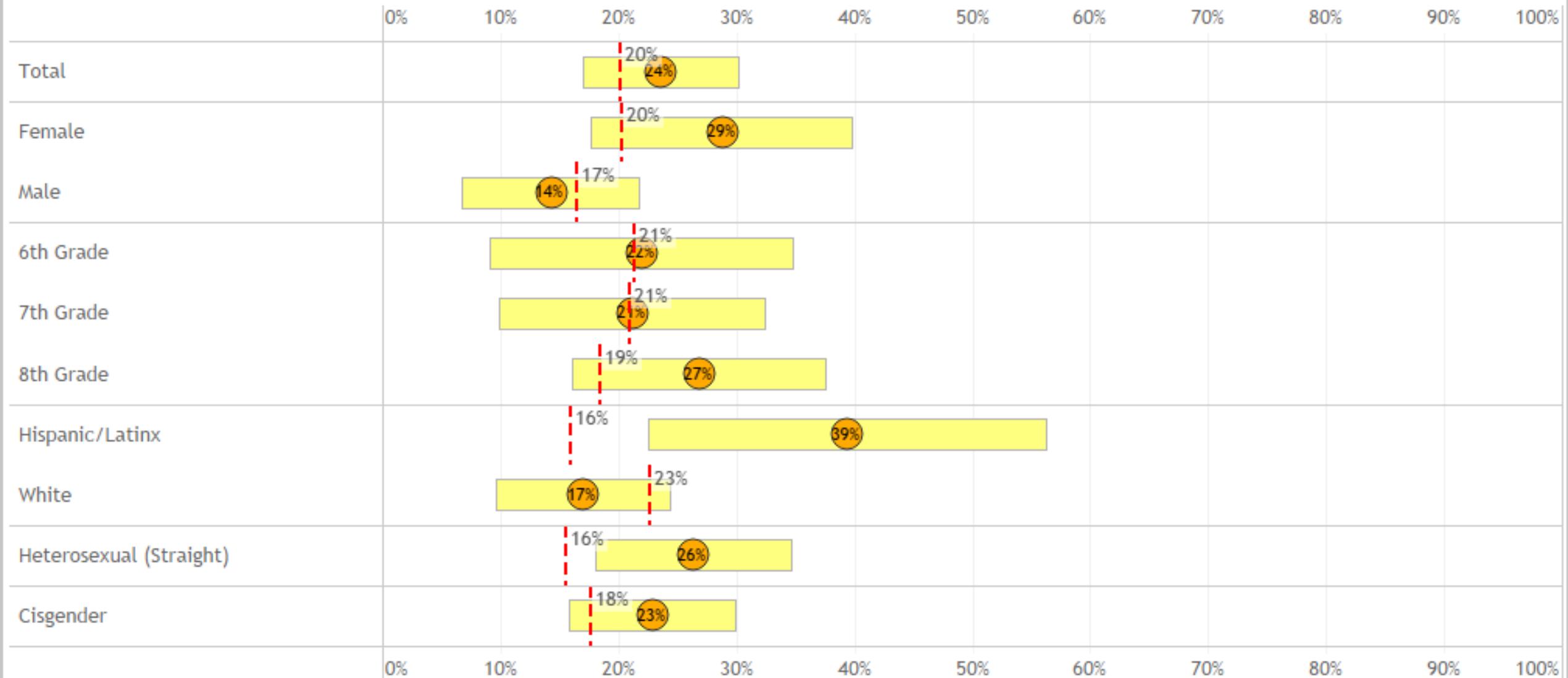
High School Bullying

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



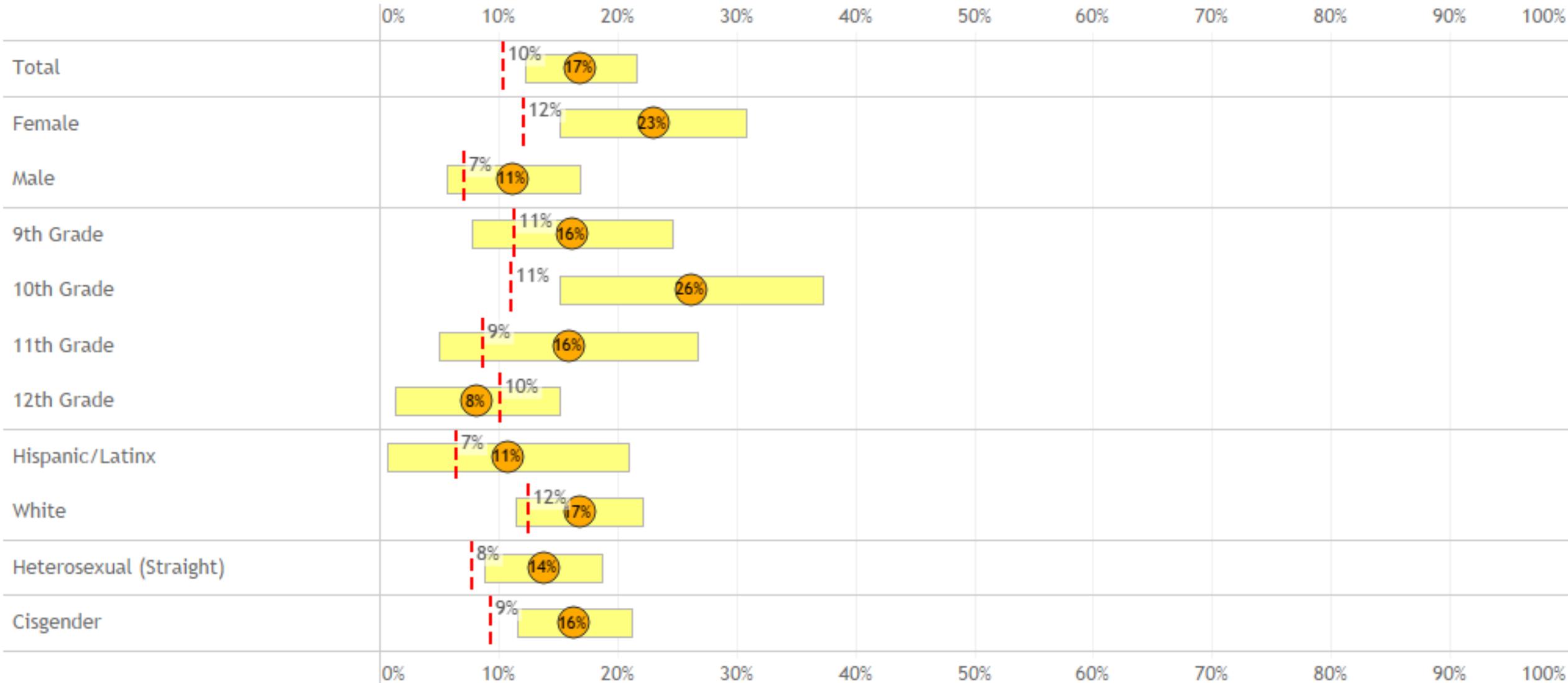
Middle School Bullying

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



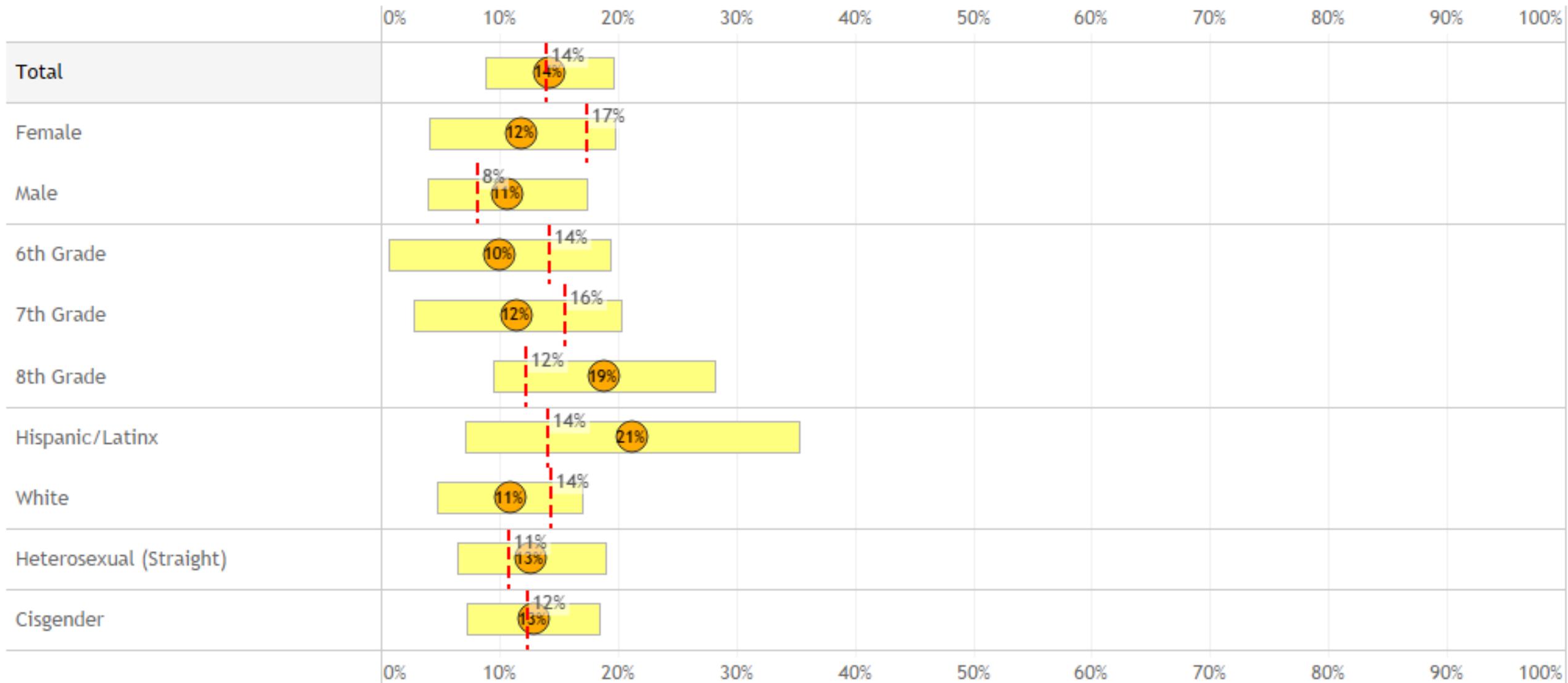
High School Bullying

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



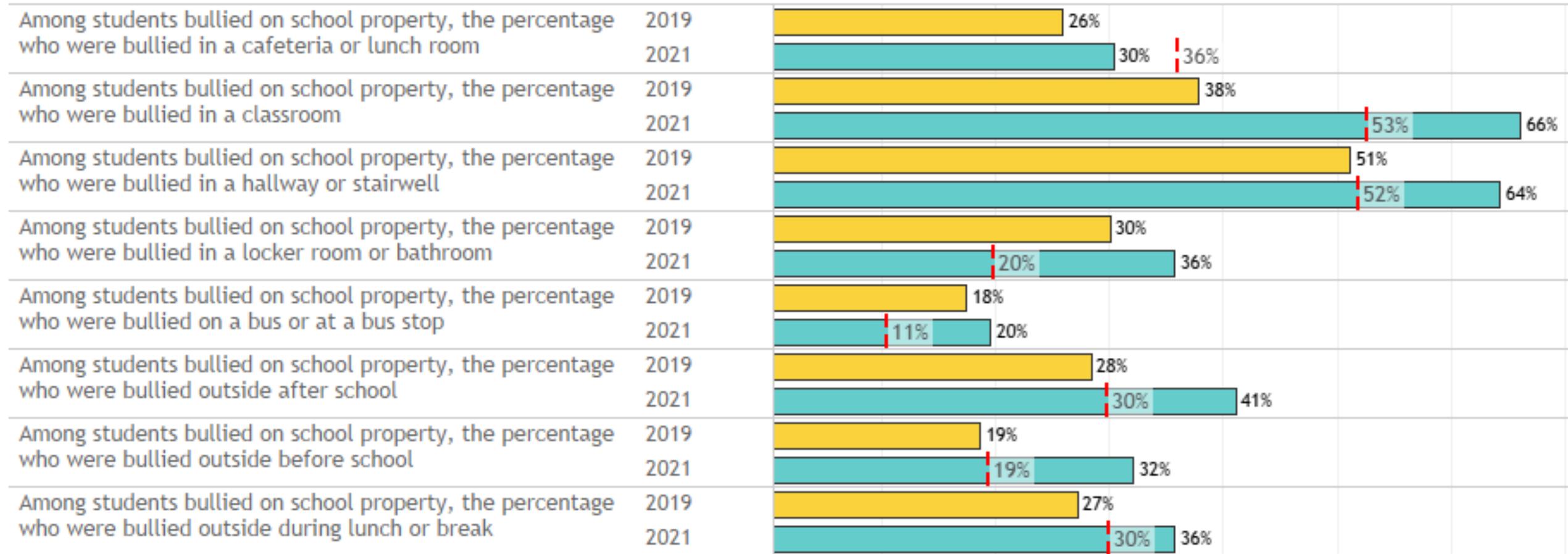
Middle School Bullying

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



High School Bullying

High School Bullying

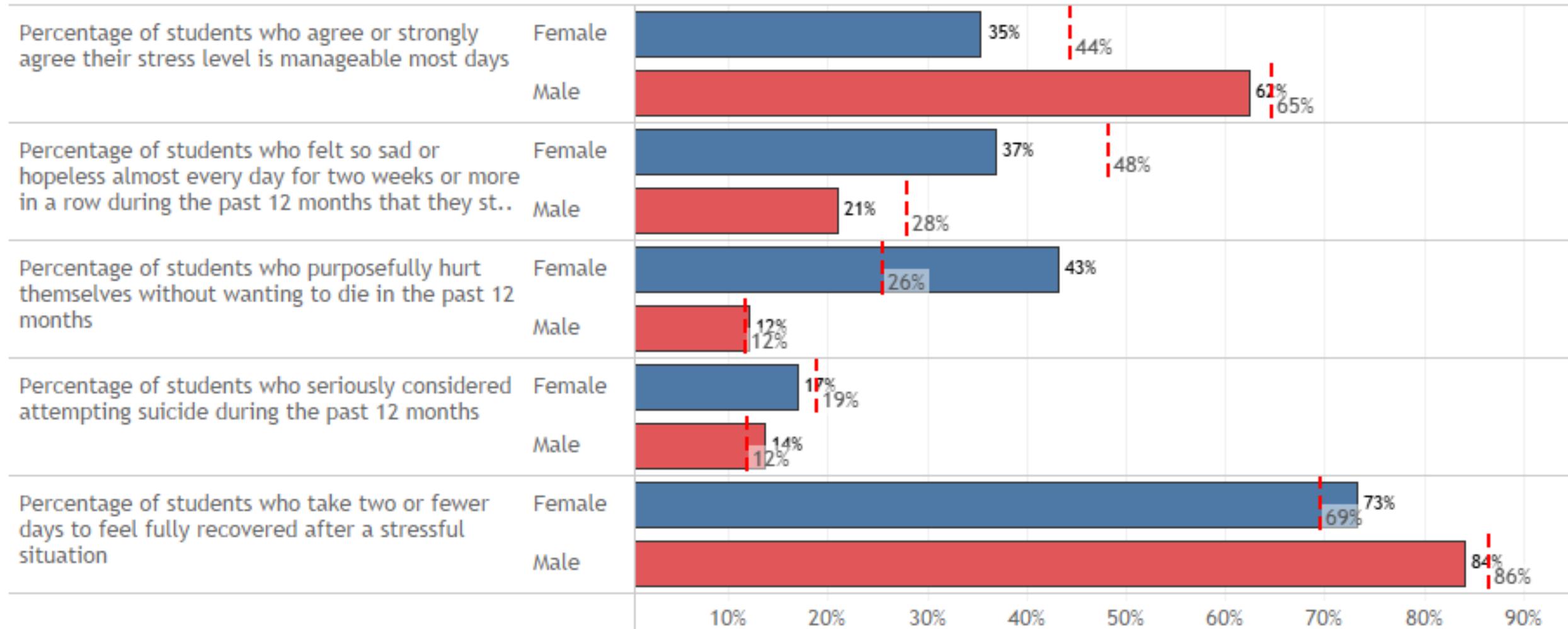


Bullying – Key Takeaways

- 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

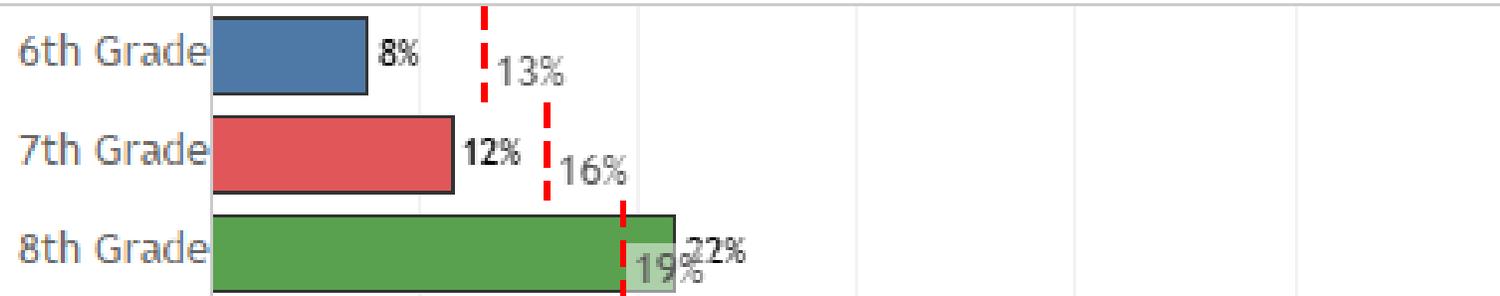
2021 High School Mental Health



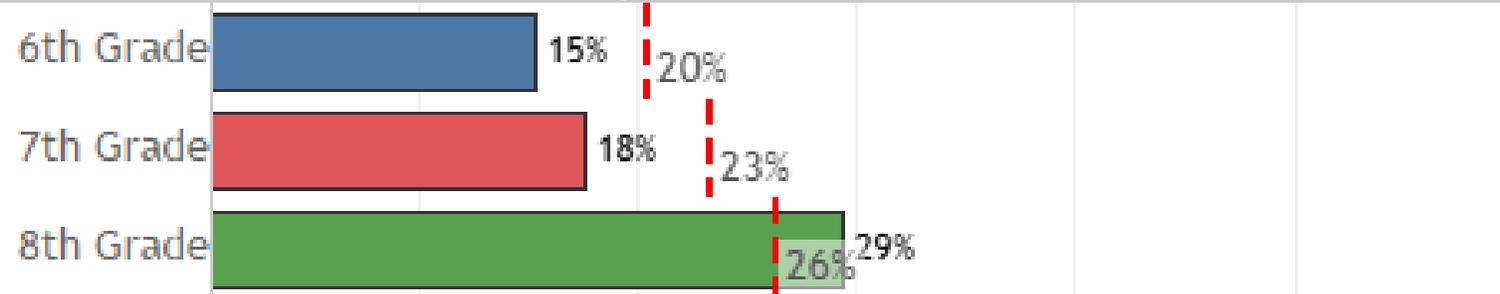
Middle School Mental Health

2021 Middle School Mental Health

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



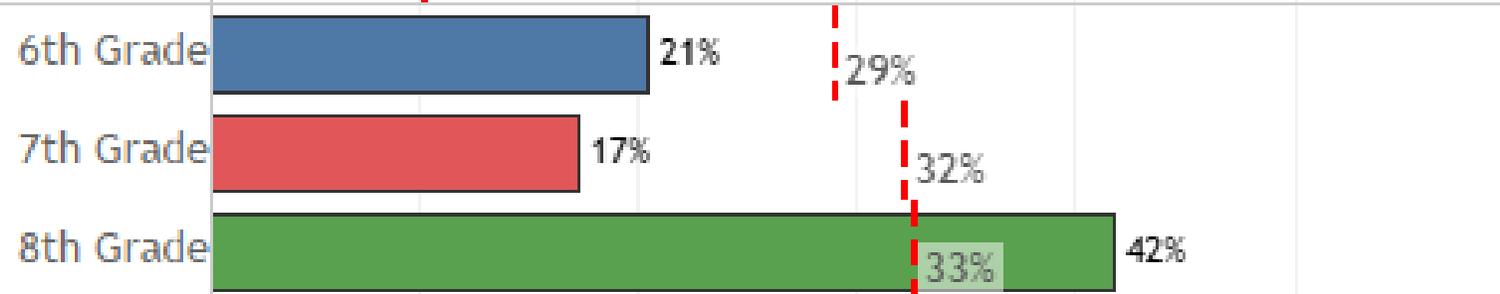
Percentage of students who ever seriously thought about killing themselves



Percentage of students who ever tried to kill th..

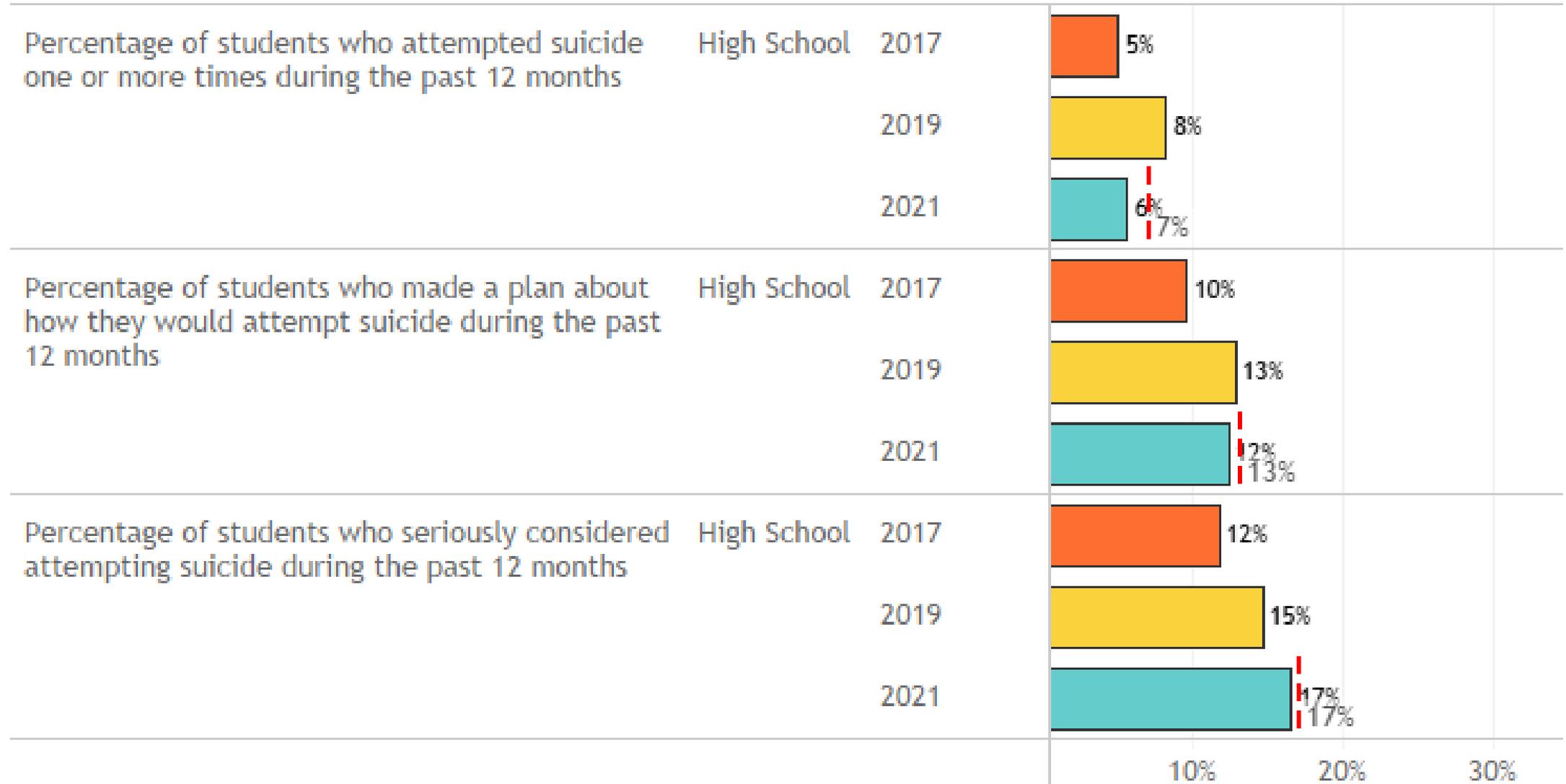


Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing some usual activities



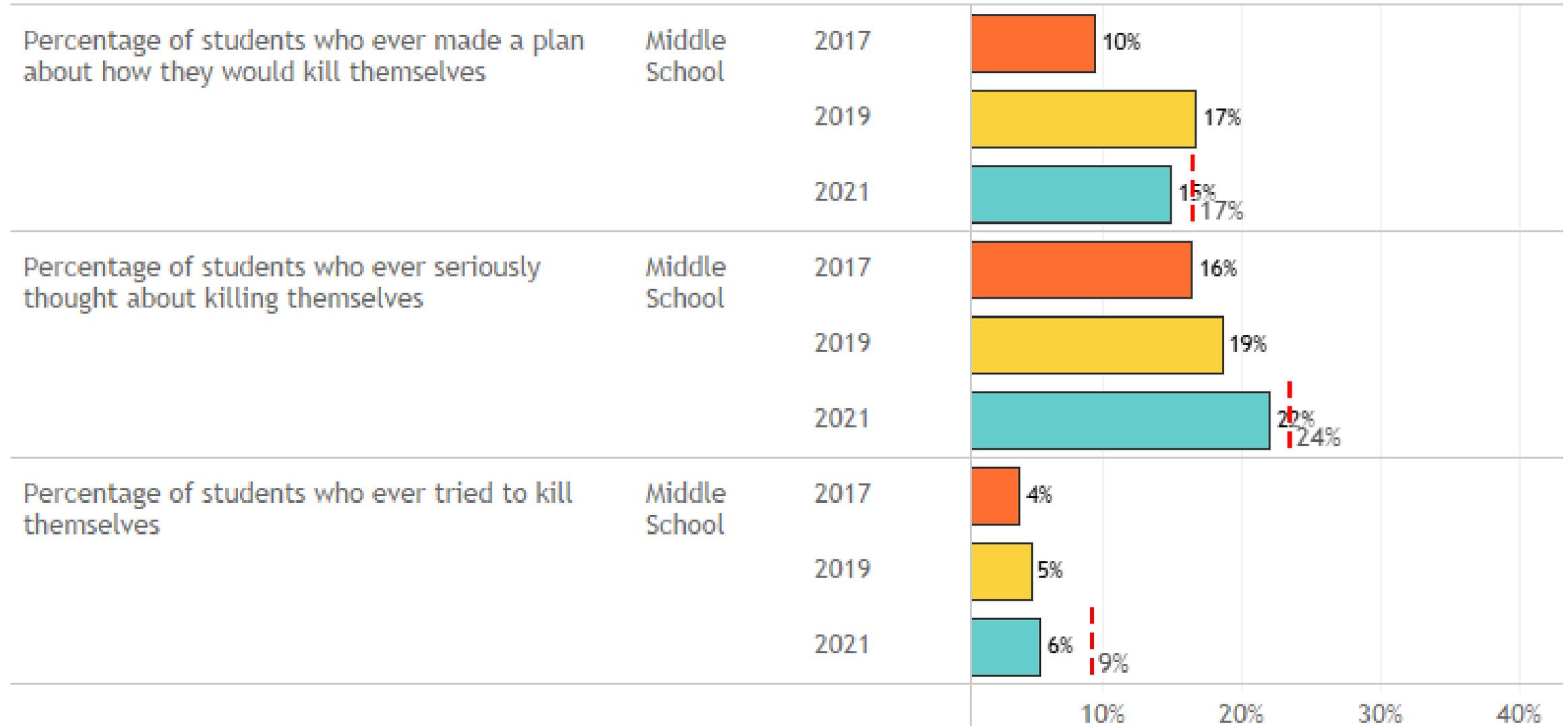
High School Mental Health

High School Mental Health



Middle School Mental Health

Middle School Mental Health

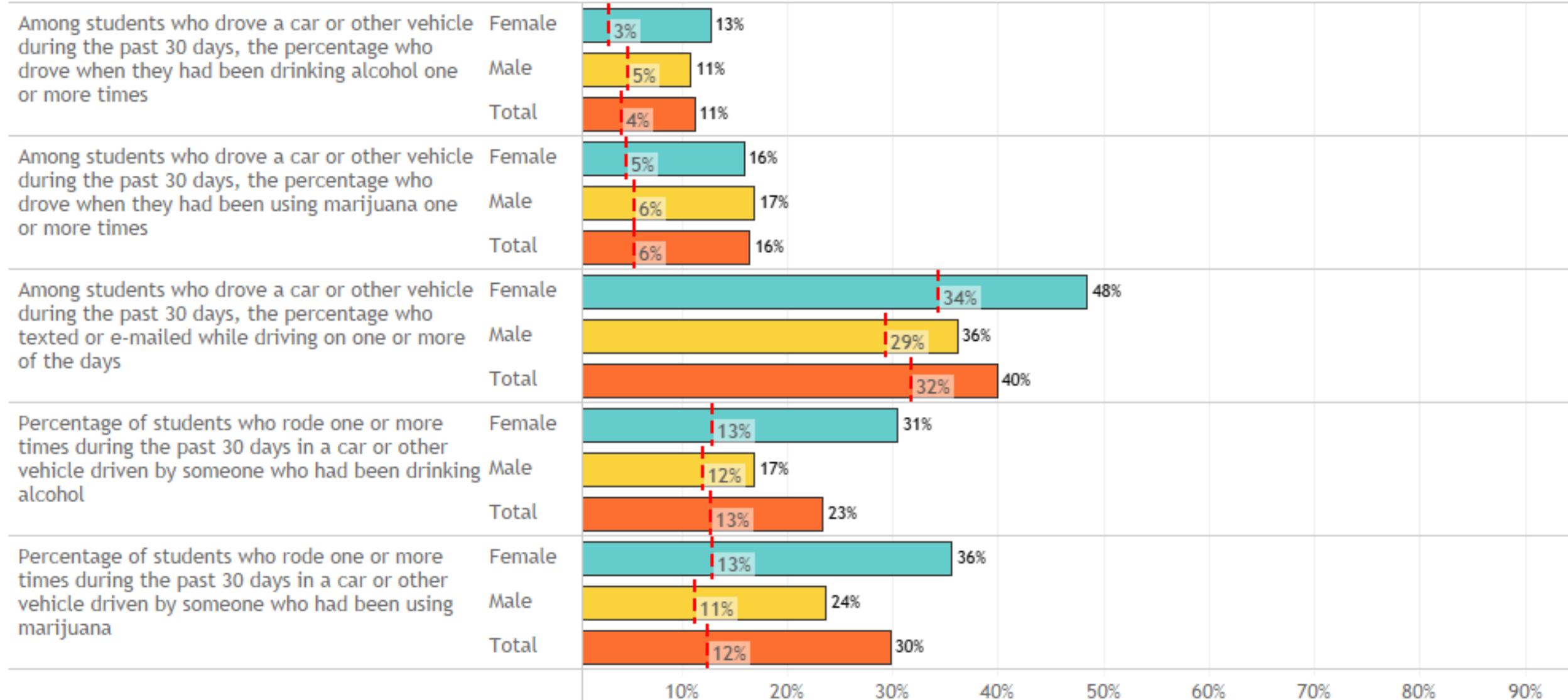


Mental Health – Key Takeaways

- 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 8th graders
- Hispanic/Latinx Middle School students had significantly more sadness/hopelessness than white students (44% vs 21%)

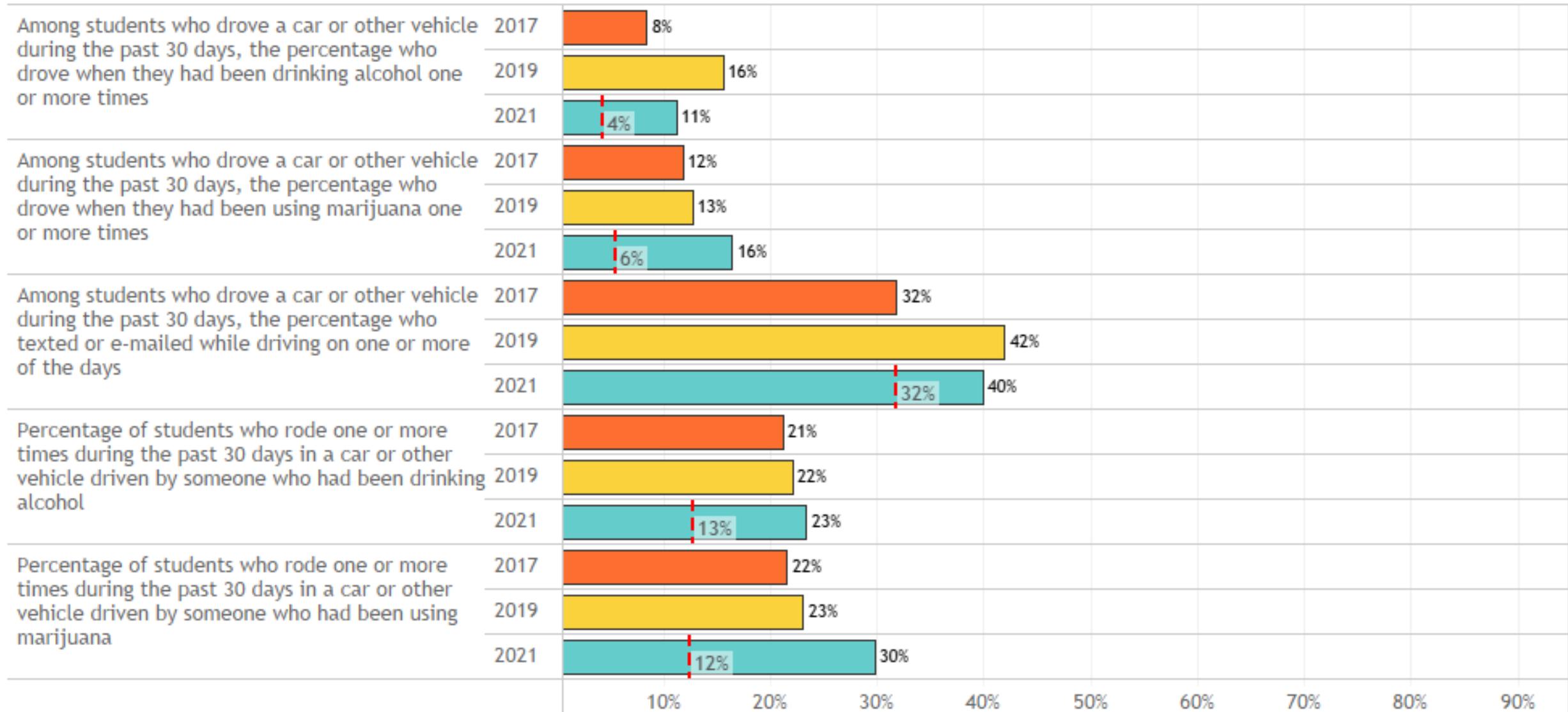
High School Safety

2021 High School

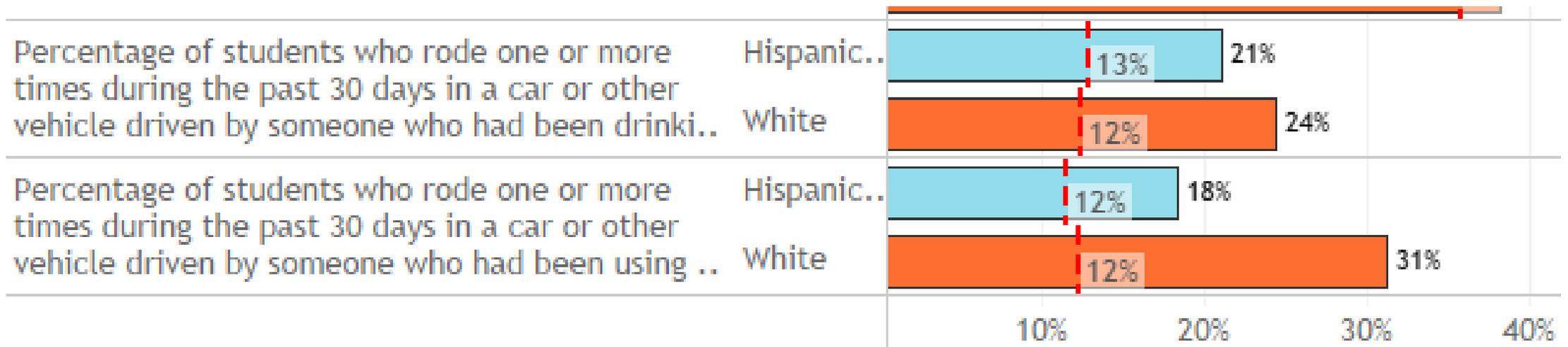


High School Safety

All High School



High School Safety

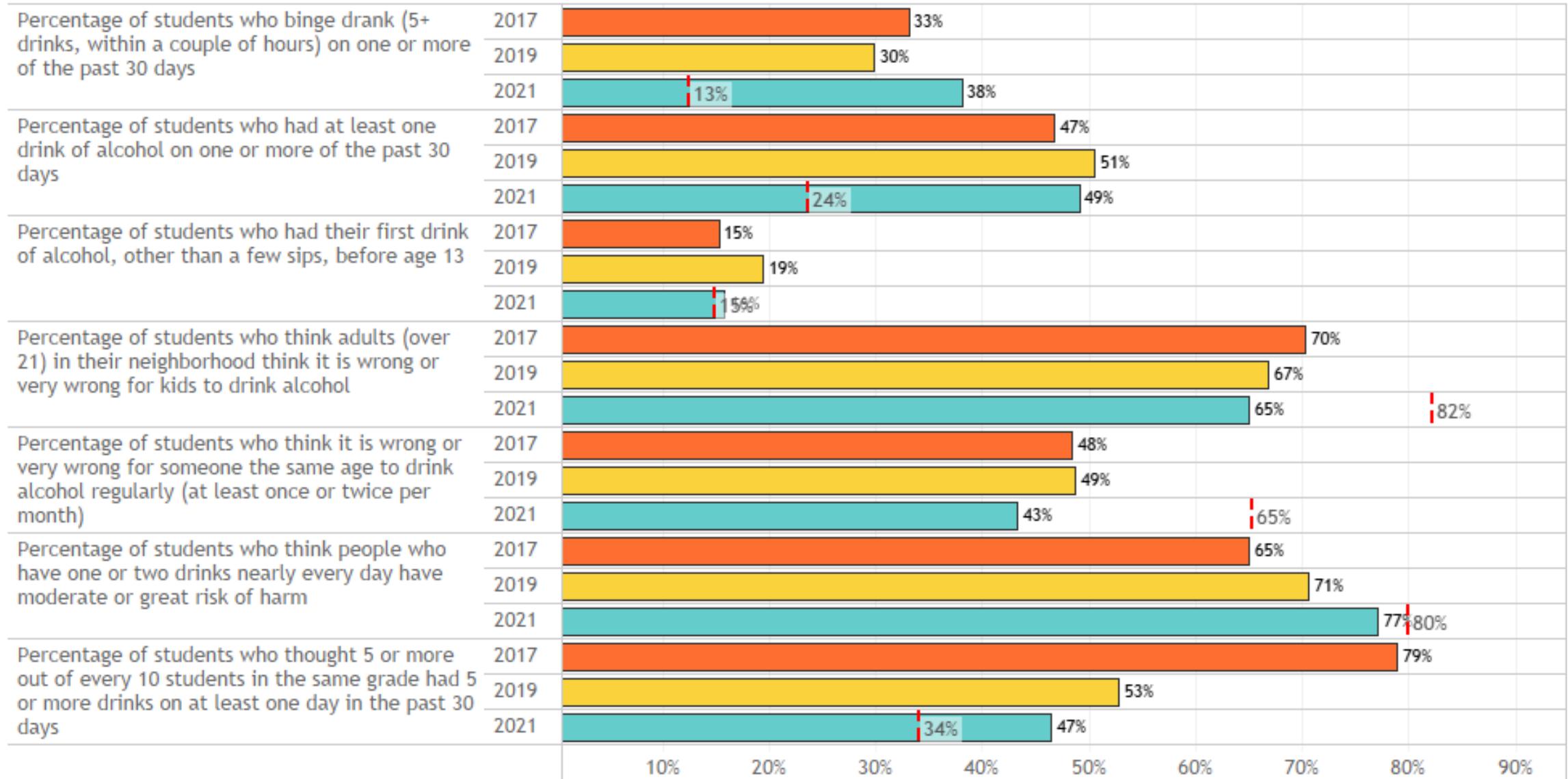


Safety – Key Takeaways

- 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

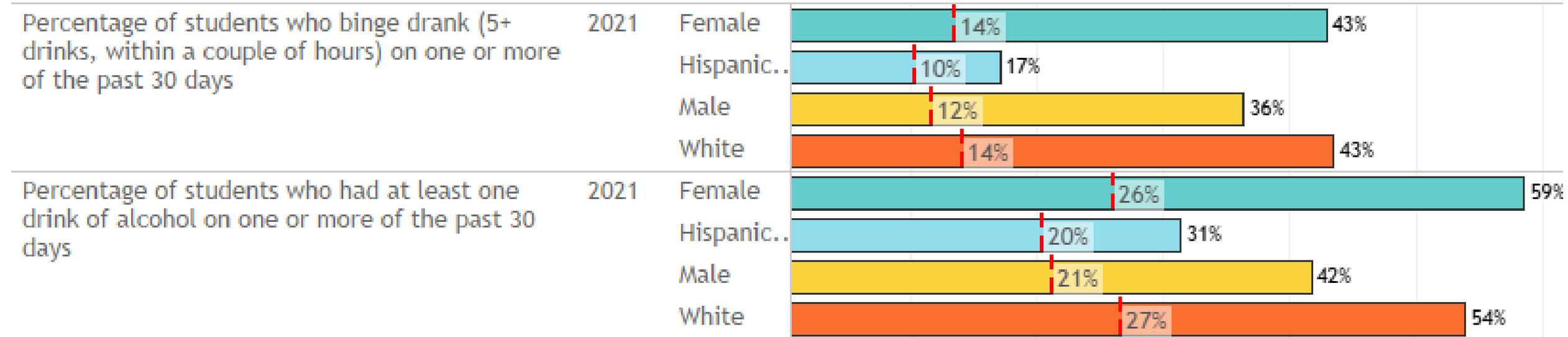
High School Substance Use: Alcohol

All High School



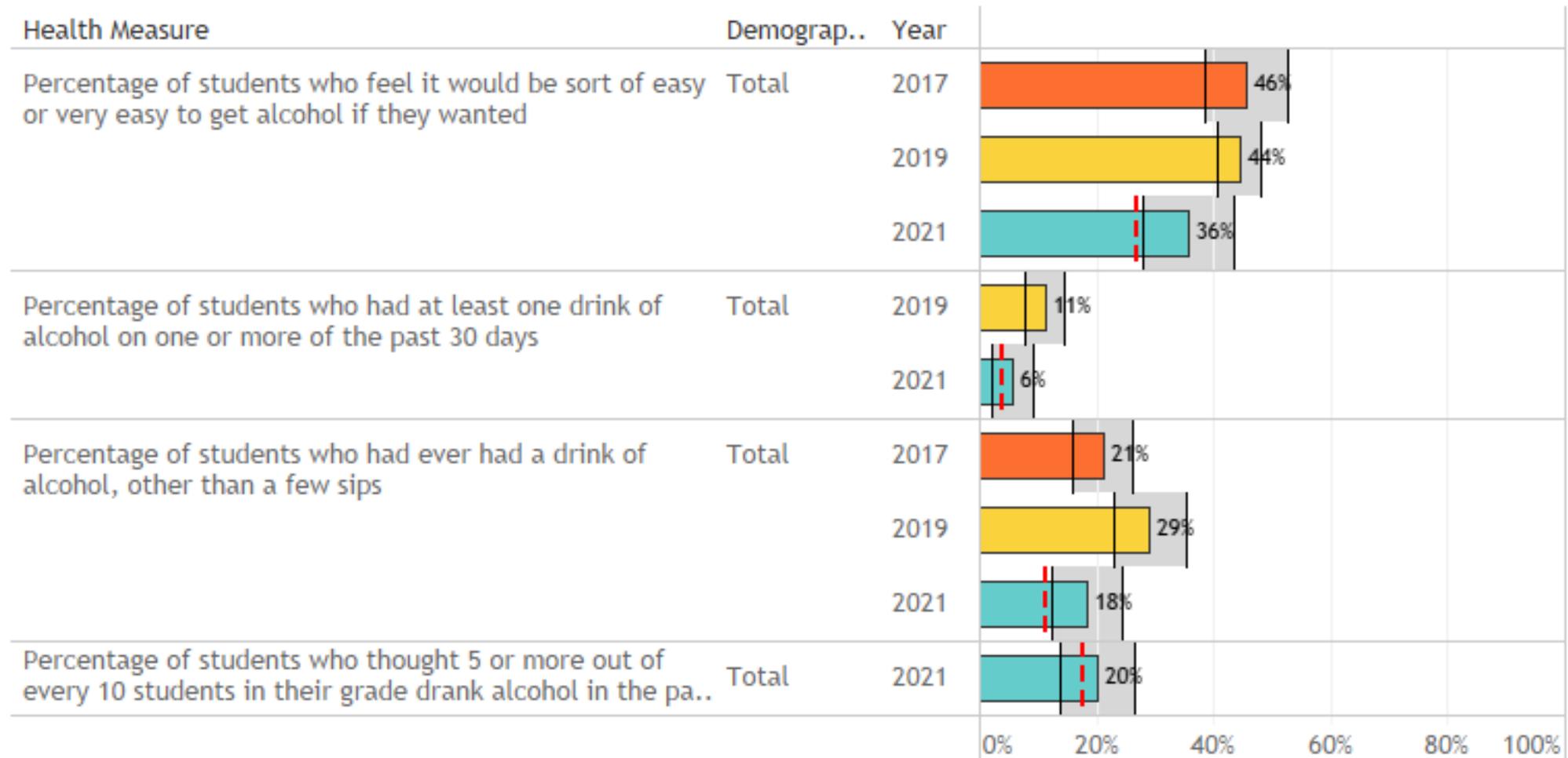
High School Substance Use: Alcohol

2021 High School



Middle School Substance Use: Alcohol

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

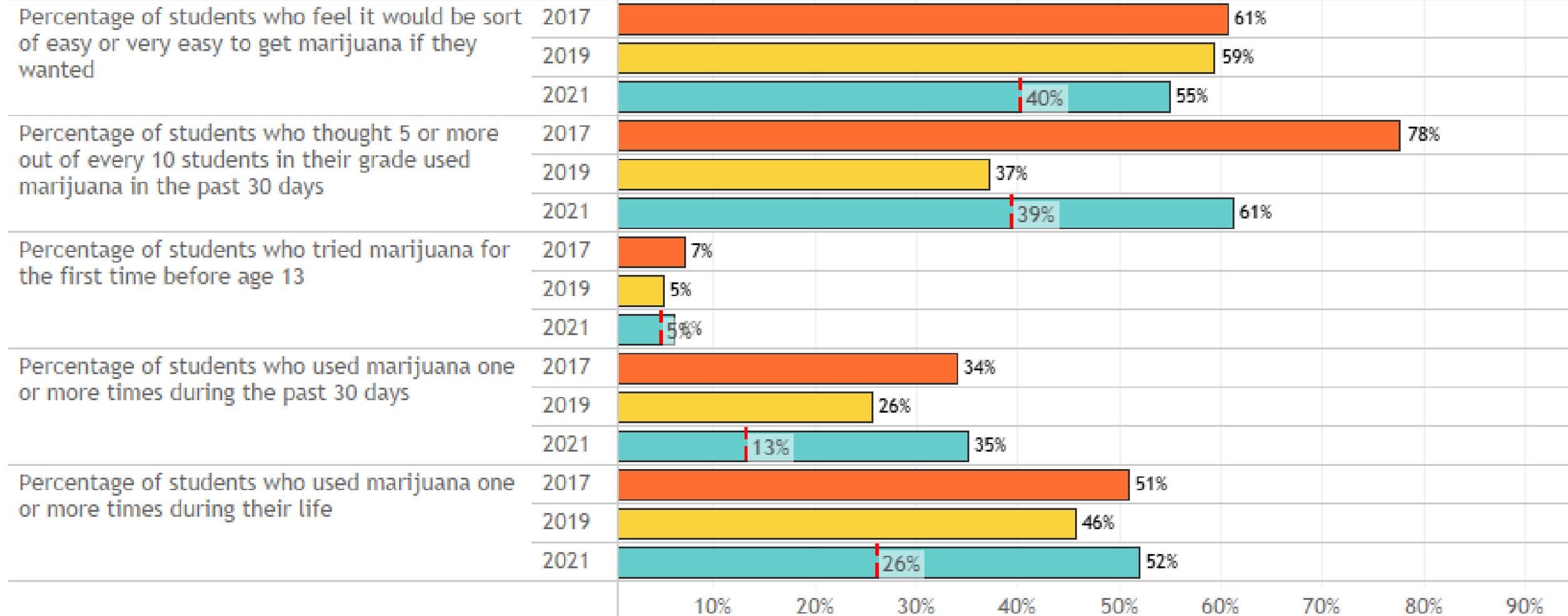


Substance Use: Alcohol – Key Takeaways

- 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.

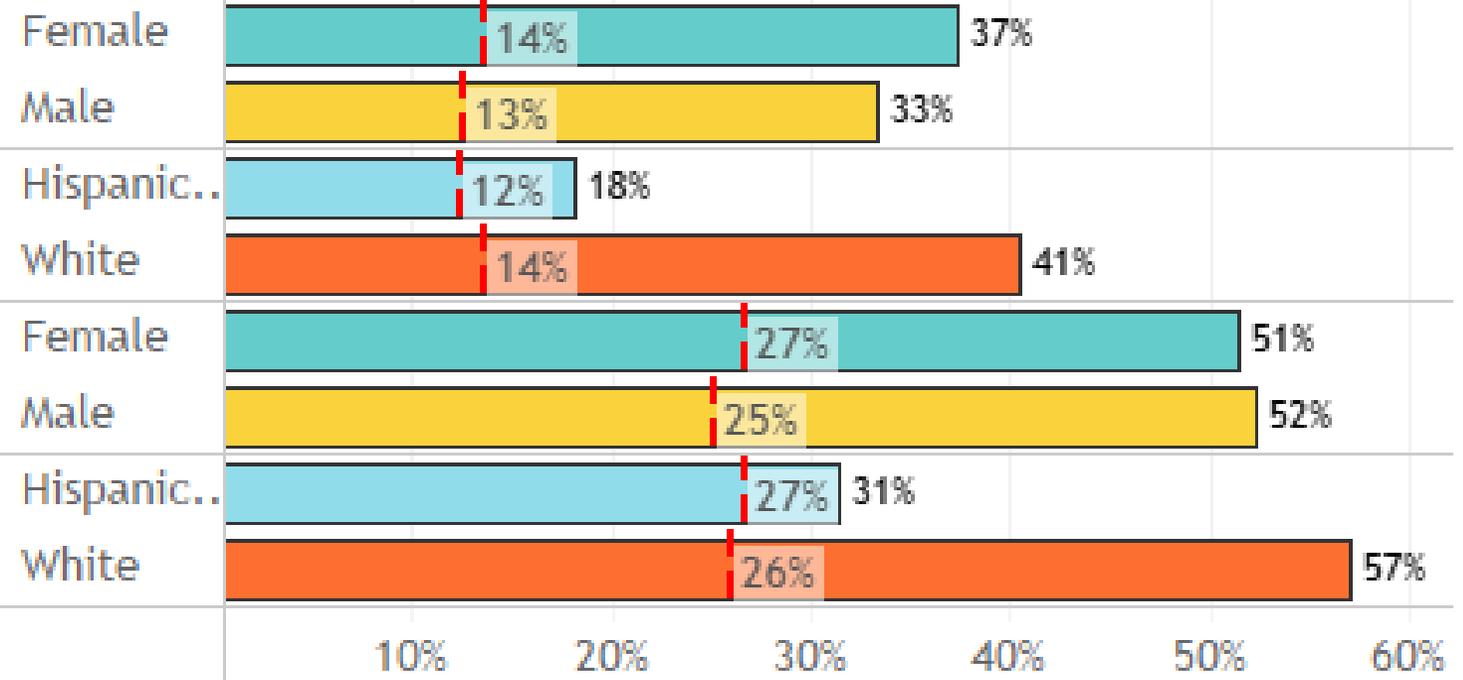
High School Substance Use: Marijuana

All High School

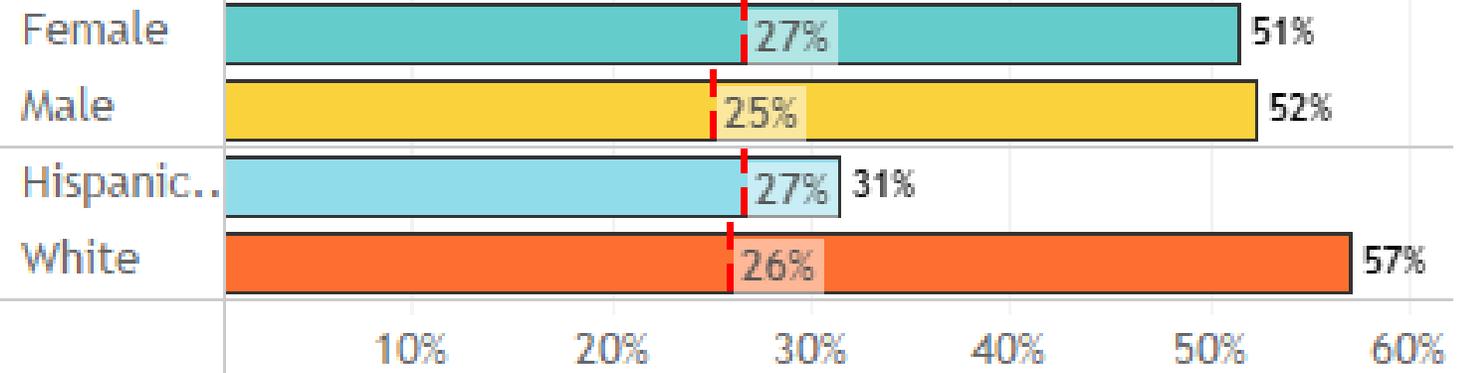


High School Substance Use: Marijuana

Percentage of students who used marijuana one or more times during the past 30 days

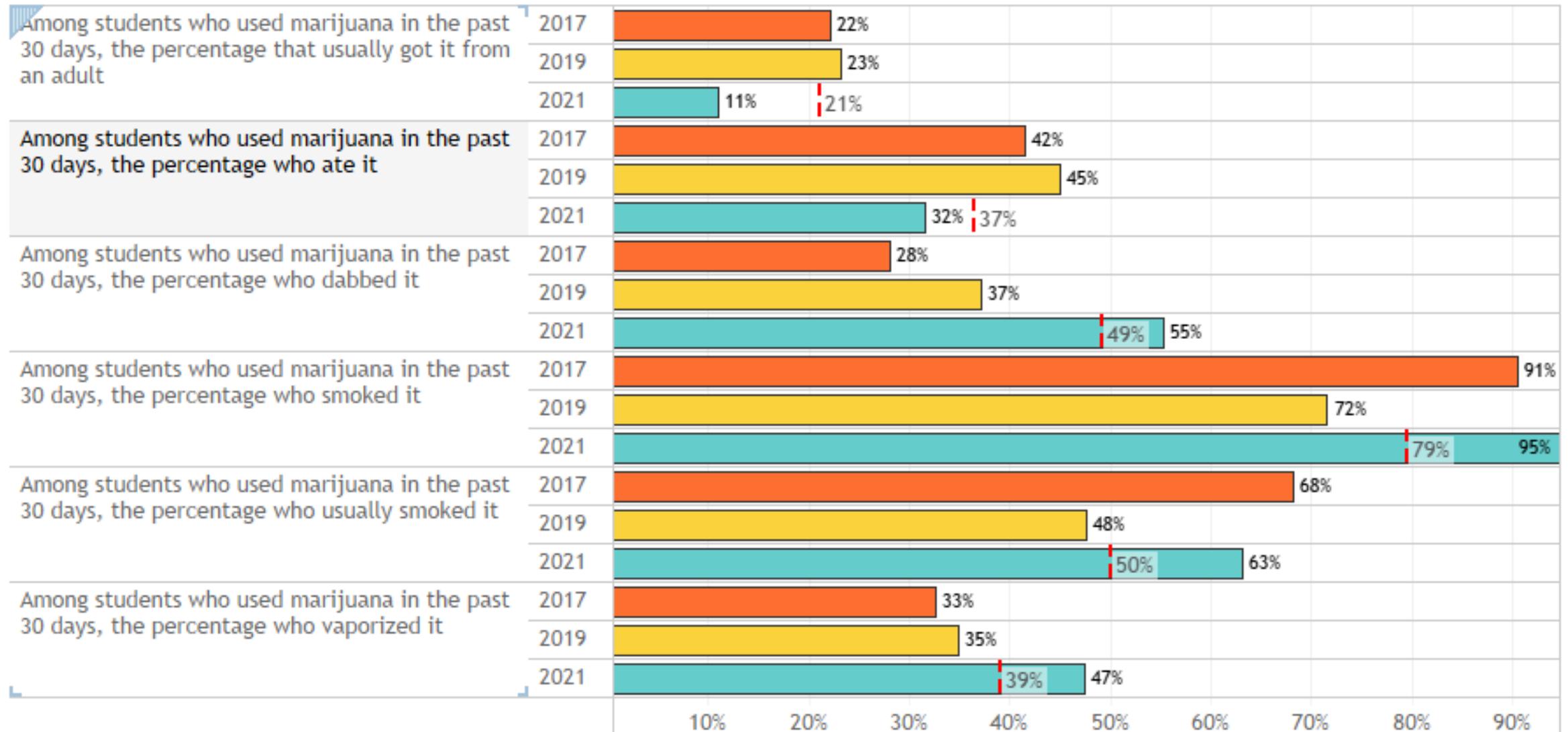


Percentage of students who used marijuana one or more times during their life



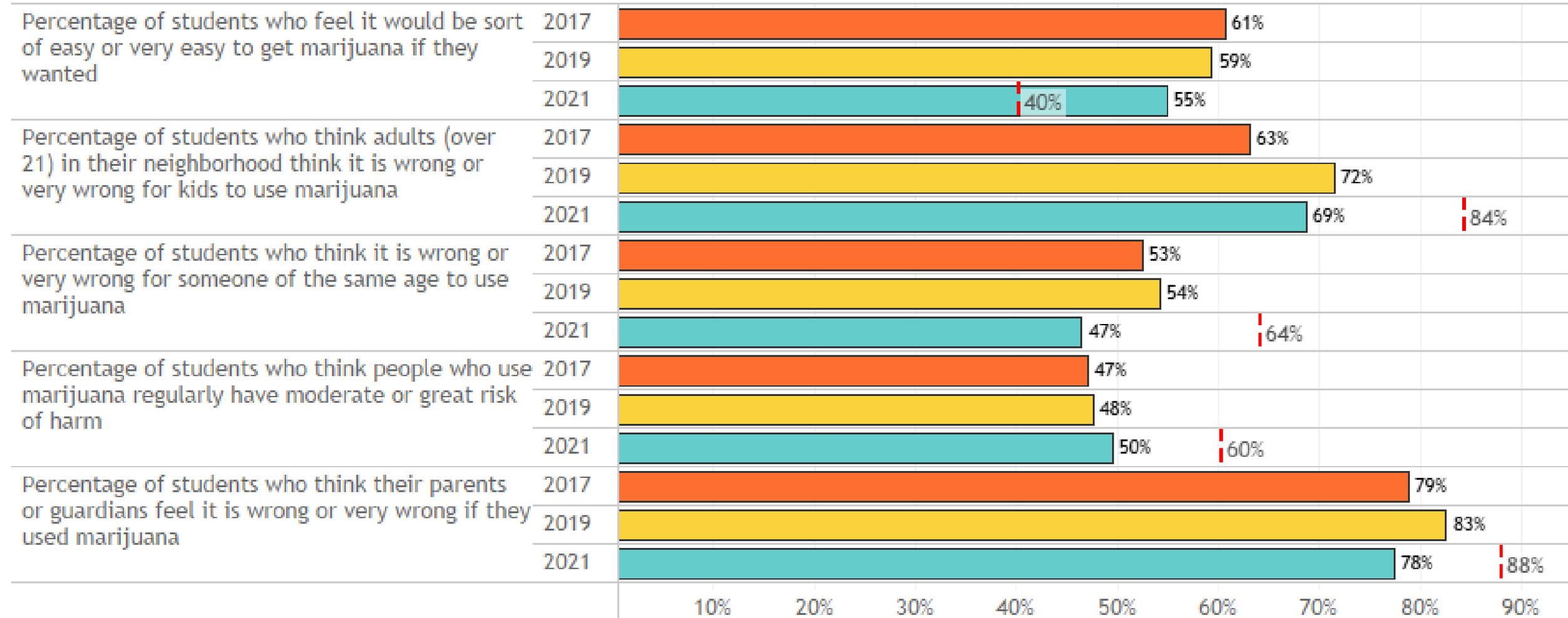
High School Substance Use: Marijuana

All High School

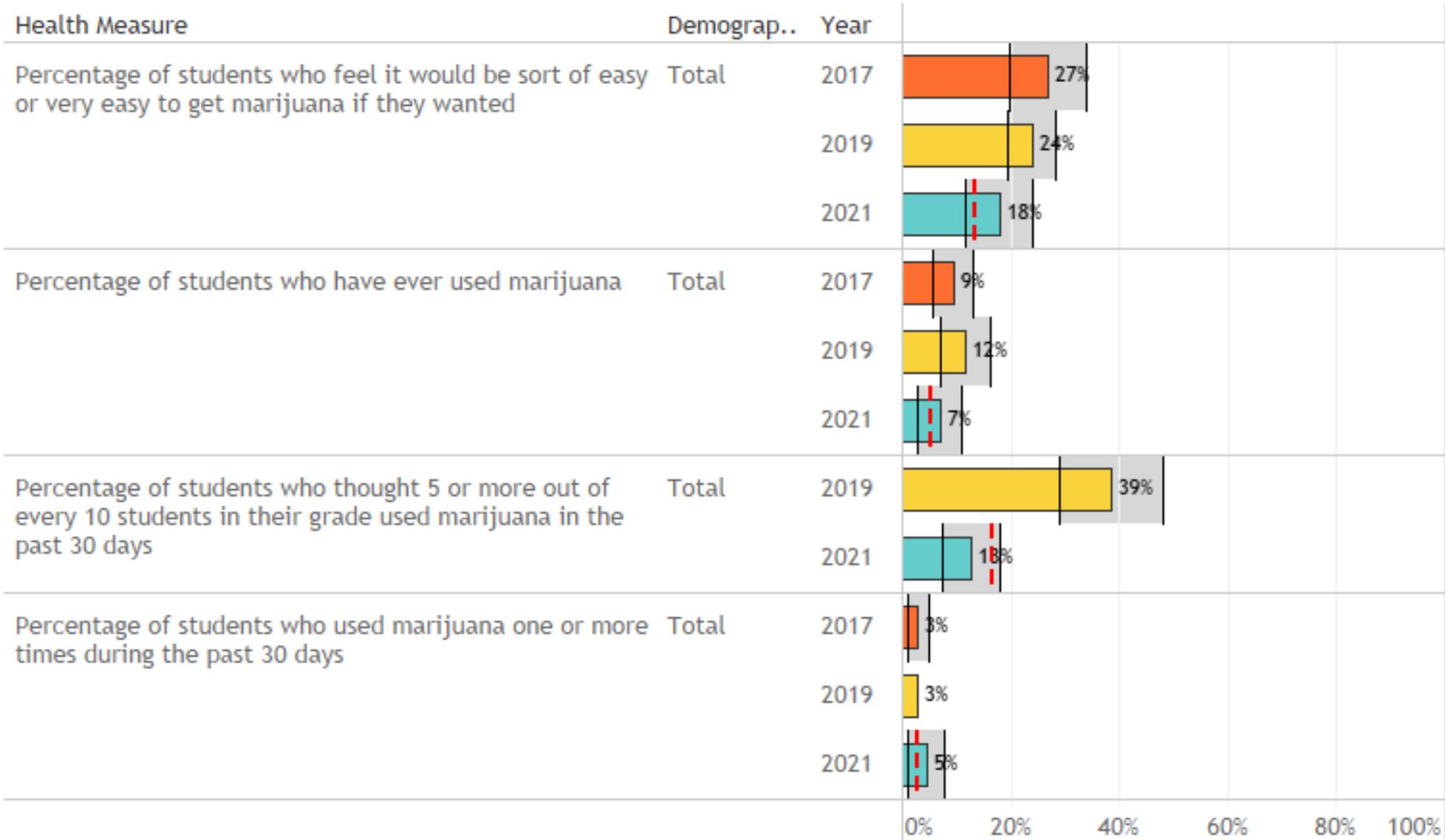


High School Substance Use: Marijuana

All High School



Middle School Substance Use: Marijuana

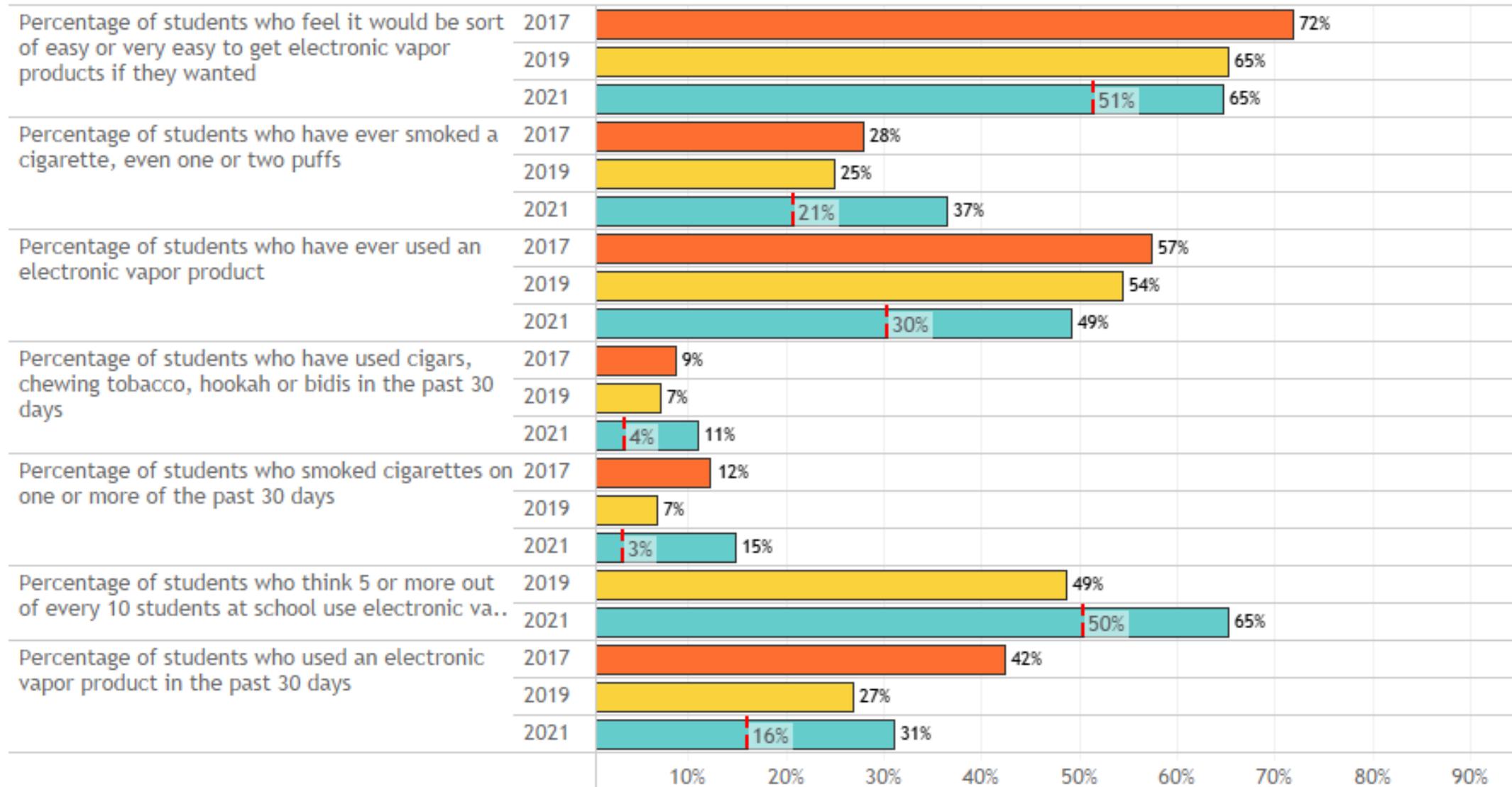


Substance Use: Marijuana – Key Takeaways

- 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.

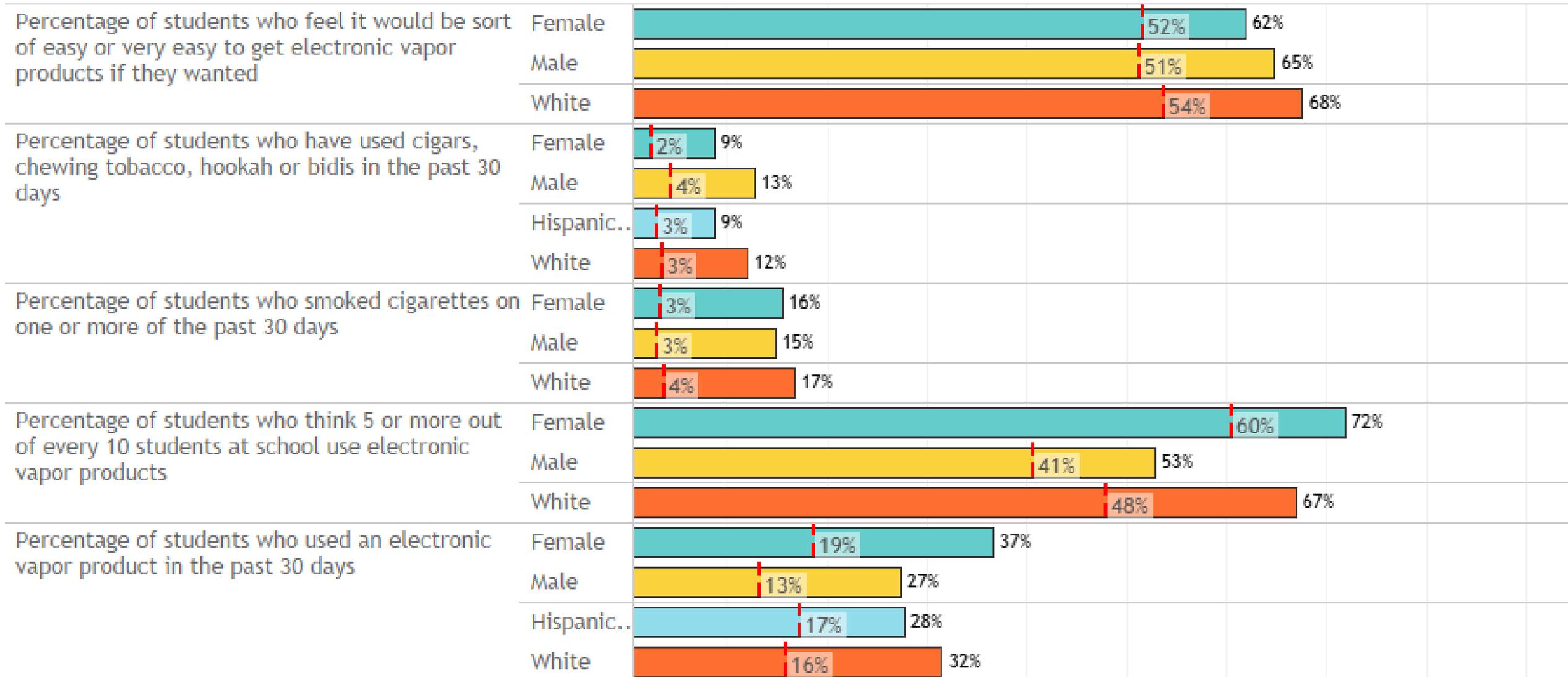
High School Substance Use: Tobacco

All High School

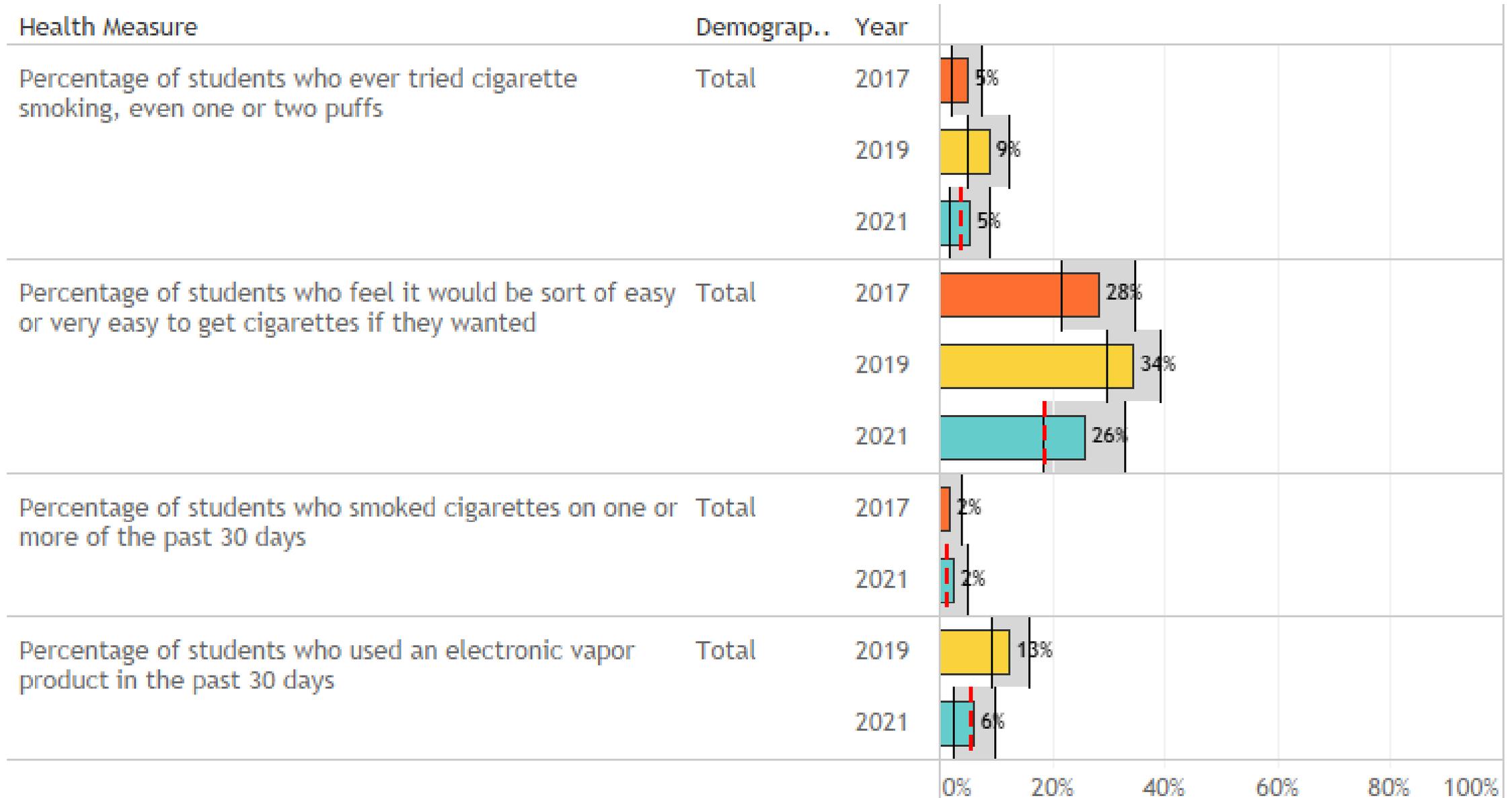


High School Substance Use: Tobacco

2021 High School



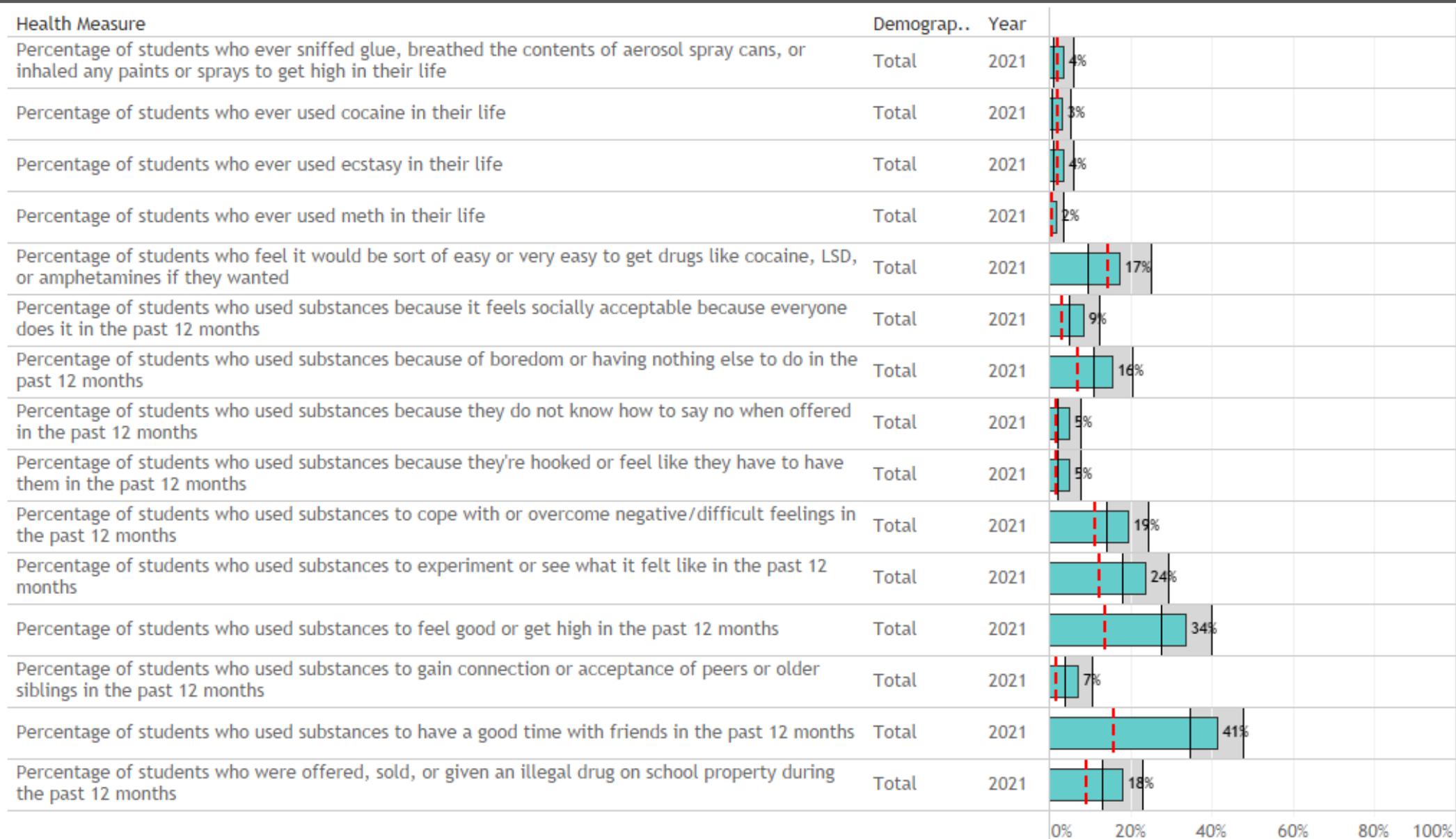
Middle School Substance Use: Tobacco



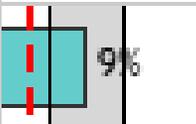
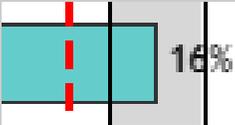
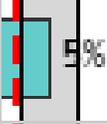
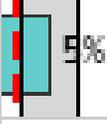
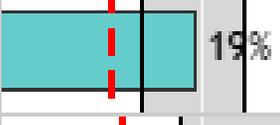
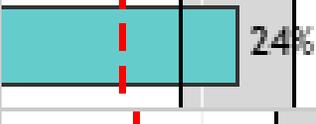
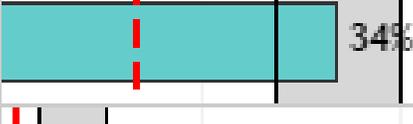
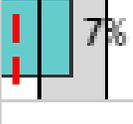
Substance Use: Tobacco – Key Takeaways

- 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)

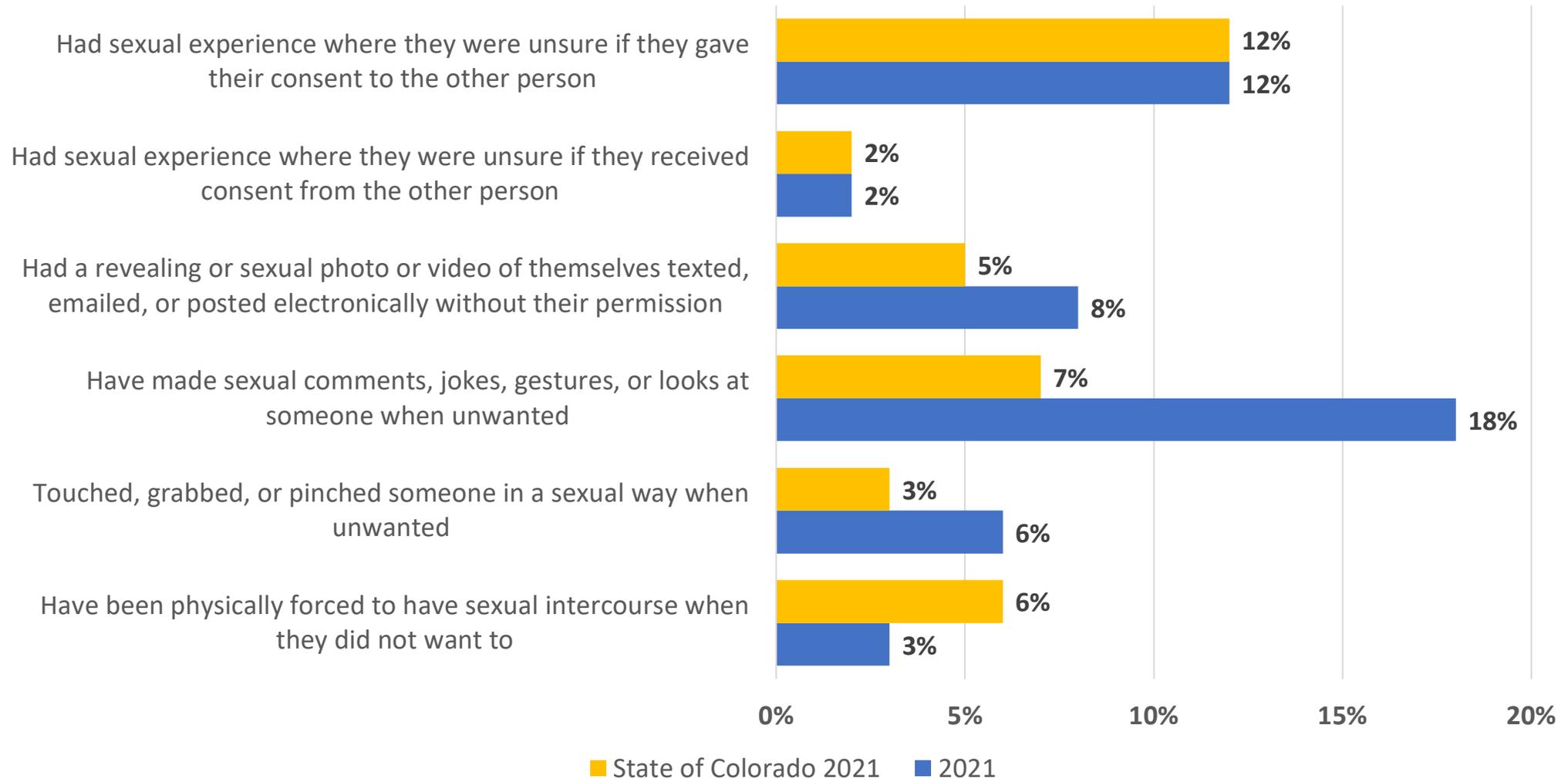
Middle School Substance Use: Other Drugs

- 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

Consent

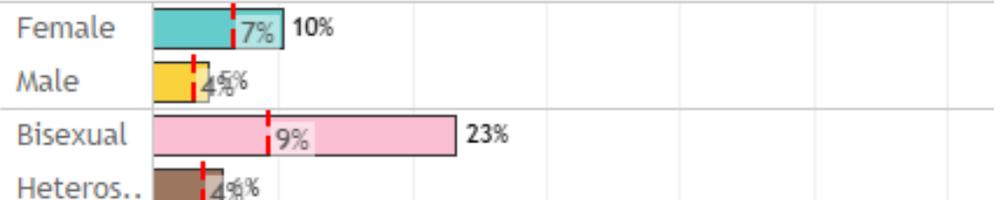
Percentage of students who in the past 12 months:



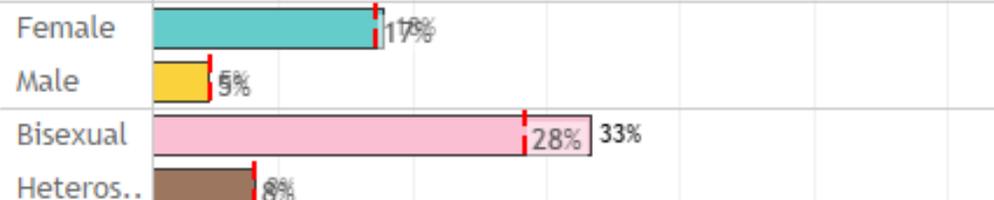
High School Consent

2021 High School

Percentage of students who had a revealing or sexual photo or video of themselves texted, e-mailed, or posted electronically without their permission in the past 12 months



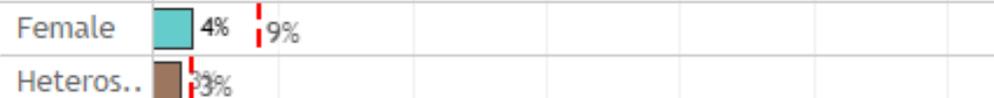
Percentage of students who had a sexual experience where they were unsure if they gave their fully-granted consent to the other person



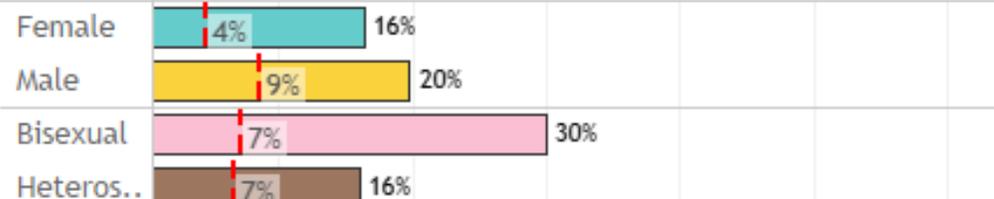
Percentage of students who had a sexual experience where they were unsure if they received fully-granted consent from the other person



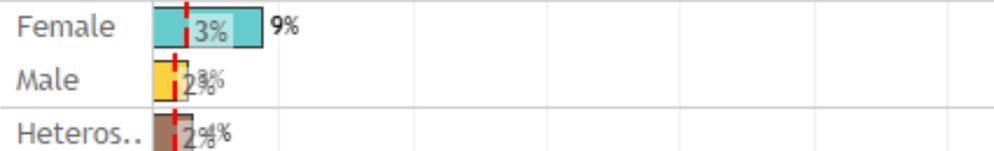
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to



Percentage of students who have made sexual comments, jokes, gestures or looks at someone when unwanted



Percentage of students who touched, grabbed, or pinched someone in a sexual way when unwanted



10% 20% 30% 40% 50% 60%

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.

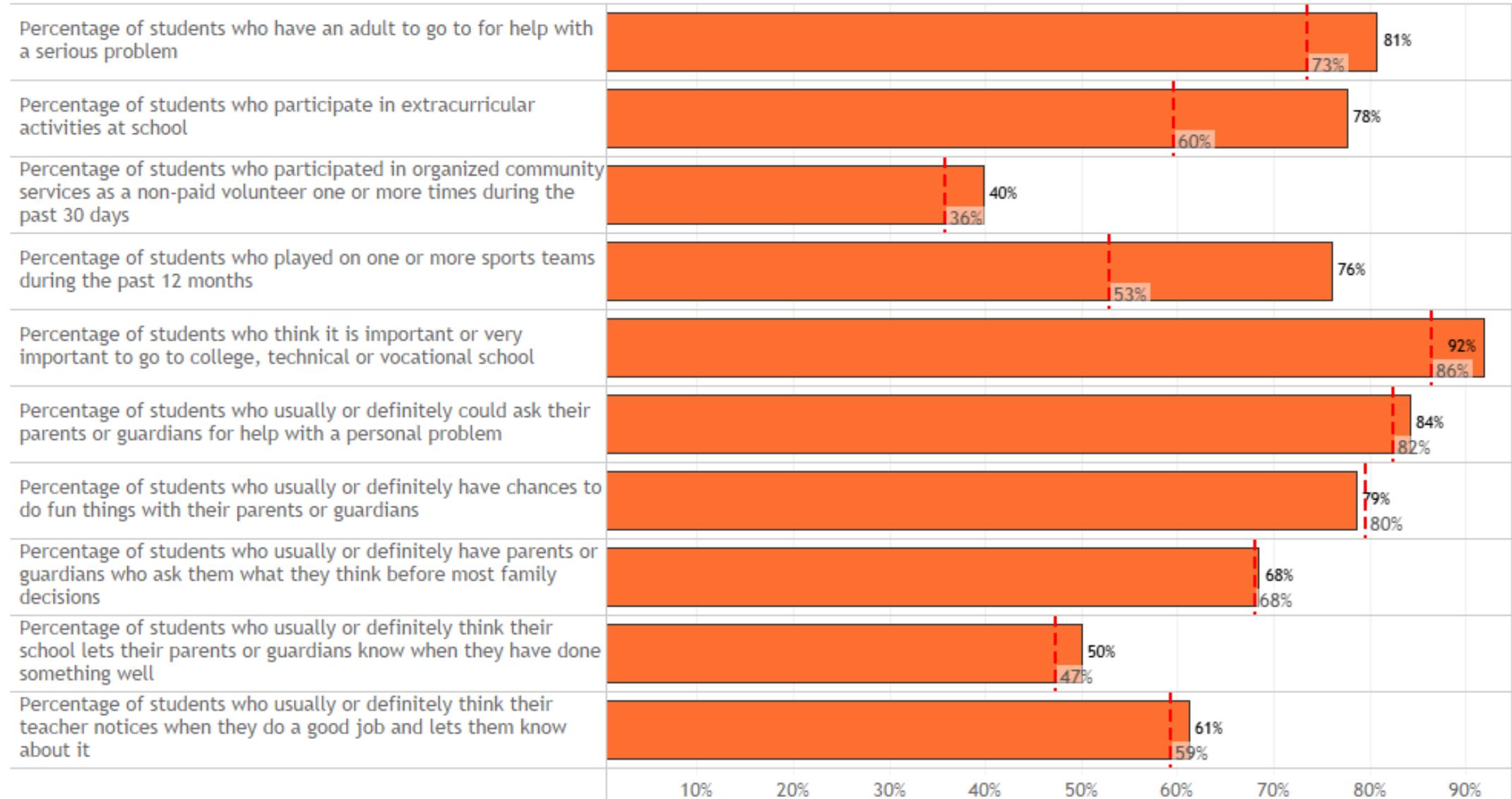
Risk and Protective Factors

- 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

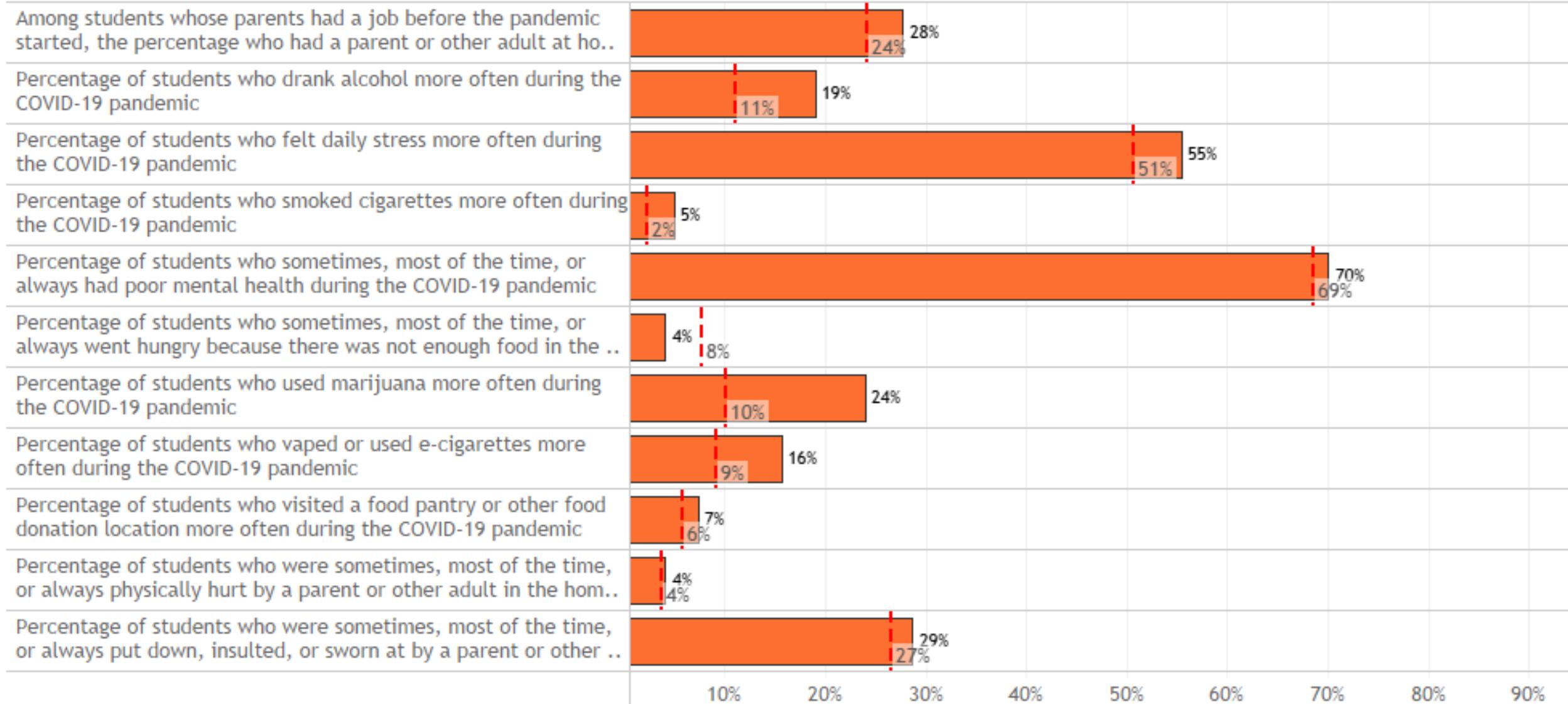


Protective Factors

- 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 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/>

