

The Healthy Kids Colorado Survey (HKCS) is the state's largest health and wellness survey of middle and high school students



- Administered across Colorado by the Colorado School of Public Health and Environment
- Randomly selected schools and classrooms participate
- Anonymous and confidential
- Online during one class period



HEALTHY KIDS
COLORADO SURVEY



Survey Topics:

- Bullying/ School Safety
- Mental Health
- Physical Health (Sleep, Nutrition, Exercise)
- Substance Use
- Protective and Risk Factors
- Sexual Health/ Consent (High School only)

How Jeffco Uses This Data:

- 1 Track health trends
- 2 Create data driven health and wellness goals at the school and district level
- 3 Identify and prioritize health disparities
- 4 Give students a voice in school health

For Survey Questions, Videos, Data, FAQs: tinyurl.com/HKCSjeffco

JEFFCO STUDENT HEALTH DATA SNAPSHOT

School Safety and Bullying Prevention



80%

of middle school students **report not being bullied at school** in the last year

70%

Middle School

students who **report they feel they belong at school**

66%

High School

92%

of high school students **report feeling safe at school**

Supports for Jeffco Students & Families

- Professional school counselors support students, families and staff in creating safe and connected educational climates
- All K-12th grades have access to a Social Emotional Learning curriculum that is evidence-based in reducing bullying

JEFFCO STUDENT HEALTH DATA SNAPSHOT



Suicide Risk and Protective Factors

41%

of high school students **report signs of depression** during the last year

81%

Middle School

74%

High School

Students who **have an adult to go to for help** with a serious problem

60%

of middle school students report **manageable stress levels**

Supports for Jeffco Students & Families

- Over 10,000 Jeffco teachers and staff trained in QPR (Question, Persuade, Refer)
- Monthly QPR trainings for families and caregivers
- Sources of Strength program in 23 schools
- September Suicide Prevention Awareness Month programs
- Starting in 2023-24 School Year, all traditional K-12 schools will implement Signs of Suicide yearly

JEFFCO STUDENT HEALTH DATA SNAPSHOT

Substance Use Risk and Protective Factors



84%

of high school students **report it would NOT be easy to get prescription drugs without a prescription**

86%

Marijuana

78%

Alcohol

high school students who **report NOT using substances in the last month**

87%

of middle school students **report it would NOT be easy to obtain marijuana**

Supports for Jeffco Students & Families

- PREVENTION: Nurses teach nicotine and marijuana education classes
- INTERVENTION: Direct case management services by school nurses
- HARM REDUCTION: Narcan in all schools and district buildings
- FOR FAMILIES: [Twelve Talks to Have With Teens](#) & [Tackling Tough Topics With Teens](#)

JEFFCO STUDENT HEALTH DATA SNAPSHOT

Physical Health and Wellness



24%

of high school students report **sleeping for 8 hours most school nights**

55%

Middle School

51%

High School

students who **report getting an hour of exercise most days**

41%

of middle school students report **eating breakfast everyday**

Supports for Jeffco Students & Families

- Jeffco Public Schools will launch new equitable and healthy start times for the 2023-24 school year.
- Breakfast served at 34 Jeffco Middle and High Schools
- All district middle and high schools offer a PE Class
- Jeffco Healthy Schools [Healthy Habits for Families](#)