

# 2023

## MIDDLE SCHOOL SCHOOL-LEVEL REPORT SURVEY RESULTS



## HEALTHY KIDS COLORADO SURVEY

### Background

The Healthy Kids Colorado Survey (HKCS) collects anonymous health information from middle and high school students throughout the state and is used to better understand youth health and the factors that help young people make healthy choices. This report includes your school's unweighted results from the 2023 HKCS and represents students that participated in the survey in your school. The HKCS is supported by the Colorado Departments of Public Health & Environment, Education, Public Safety, and the Behavioral Health Administration, and is administered by the Colorado School of Public Health (CSPH).

### Questionnaire and Survey Administration

The HKCS measures comprehensive health topics for adolescents including unintentional injuries and violence; mental health; school safety; substance use; physical activity and nutrition; sexual behavior (optional); and risk and protective factors. Many questions are drawn from the Centers for Disease Control and Prevention Youth Risk Behavior Surveillance System. Other questions have been added with community input to meet additional data needs in Colorado. The standard version of the middle school survey has 82 questions.

The survey is administered online in English or Spanish and takes about 30 minutes to complete. Teachers provide instructions to students emphasizing the anonymous and voluntary nature of the survey. Parental consent procedures are followed according to each district's guidelines, with advance notification of the administration. Parents may choose not to allow their child to participate, and students may also decline participation. The HKCS selects a random sample of schools to represent Colorado and is also available to other schools at no cost. Within some schools, a sample of classrooms is selected to participate. In most schools, all students are surveyed.

### Key Definitions and Considerations

**Response rate:** Response rate, shown on the next tab, is the total number of students who participated in the survey divided by the number of students eligible to participate. The higher the response rate, the more confidence that the results represent your student population. **For response rates less than 60%, results should be interpreted with caution as they are likely less representative.**

**Confidentiality:** Responses are suppressed if they might allow students to be identified. A period (.) appears when results are suppressed, specifically if fewer than 3 students responded 'yes' to a question or if results represent 0% or 100% of students. In schools with enrollment over 35, results are suppressed if fewer than 30 students responded to a question.

**Significance:** When comparing results, for example between different demographic groups, examine the 95% confidence intervals. If the intervals overlap, there is no evidence to believe the compared results are different from each other. If they do not overlap, there is high confidence that the results are different (i.e., the difference is statistically significant). Judgement is needed to decide whether the size of the difference is meaningful and important.

**Risk and Protective Factors:** Certain results in this report are categorized as risk and protective factor items, which help us understand the upstream predictors of youth health outcomes. 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. Risk and protective factors are often shared across multiple outcomes, which means they can predict more than one youth health outcome. Reducing risk and increasing protective factors can result in healthier youth across a variety of shared outcomes.

## 2023 HKCS RESULTS: MIDDLE SCHOOL

### *Hemphill Middle School*

Expanded response options were included for certain demographic questions on the HKCS. In Table 1 below, results for all response options are shown. In Table 2 on the next tab, results for limited response options are shown that are used throughout the report.

Response Rate\*: 15.8%

**Table 1. Student demographics by all response options**

Demographic	Number	Number/Total Sample
<b>Participants</b>		
Total	40	100.0%
<b>Gender</b>		
Female	20	51.3%
Male	18	46.2%
Nonbinary	0	0.0%
Another identity	0	0.0%
Not Sure	1	2.6%
<b>Grade</b>		
6th Grade	16	40.0%
7th Grade	12	30.0%
8th Grade	12	30.0%
<b>Race/Ethnicity</b>		
White	24	61.5%
Hispanic/Latinx	3	7.7%
Black/African American	2	5.1%
East/Southeast Asian	0	0.0%
South Asian	0	0.0%
American Indian/Alaska Native	0	0.0%
Native Hawaiian/Other Pacific Islander	0	0.0%
Middle Eastern/North African/Arab	0	0.0%
Multiracial	9	23.1%
Another identity	1	2.6%
<b>Sexual Orientation</b>		
Straight	32	82.1%
Bisexual	4	10.3%
Gay/Lesbian	0	0.0%
Pansexual	1	2.6%
Asexual	0	0.0%
Another identity	0	0.0%
Not Sure	2	5.1%
<b>Gender Identity</b>		
Cisgender	38	97.4%
Transgender	0	0.0%
Not Sure	1	2.6%

Demographic	Number	Number/Total Sample
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\*The higher the response rate, the more confidence that the results represent your student population. For response rates less than 60%, results should be interpreted with caution.

\*\*Students included in "Another identity" selected this response on the survey and had the option to write in their answer.

\*\*\*Students included in "Multiracial" selected two or more racial and ethnic identities and represent numerous unique combinations.

## 2023 HKCS RESULTS: MIDDLE SCHOOL

### *Hemphill Middle School*

Expanded response options were included for certain demographic questions on the HKCS. In Table 1 on the previous tab, results for all response options are shown. In Table 2 below, results for limited response options are shown that are used throughout the report.

All response options are important, valued, and valid. To reduce the amount of data suppressed in the report, certain response options for demographics were either combined or not reported in Table 2 and in subsequent tabs throughout the report. Specifically:

Gender: "Not sure" and "Another identity" are not reported.

Race/Ethnicity: "East/Southeast Asian" and "South Asian" are combined into "Asian"; "Middle Eastern/North African/Arab" and "Another identity" are not reported.

Sexual Orientation: "Pansexual", "Asexual", and "Another identity" are not reported.

Response Rate\*: 15.8%

**Table 2. Student demographics by limited response options, as applicable**

Demographic	Number	Number/Total Sample
<b>Participants</b>		
Total	40	100.0%
<b>Gender</b>		
Female	20	51.3%
Male	18	46.2%
Nonbinary	0	0.0%
<b>Grade</b>		
6th Grade	16	40.0%
7th Grade	12	30.0%
8th Grade	12	30.0%
<b>Race/Ethnicity</b>		
White	24	61.5%
Hispanic/Latinx	3	7.7%
Black/African American	2	5.1%
Asian	0	0.0%
American Indian/Alaska Native	0	0.0%
Native Hawaiian/Other Pacific Islander	0	0.0%
Multiracial	9	23.1%
<b>Sexual Orientation</b>		
Straight	32	82.1%
Bisexual	4	10.3%
Gay/Lesbian	0	0.0%
Not Sure	2	5.1%
<b>Gender Identity</b>		
Cisgender	38	97.4%
Transgender	0	0.0%
Not Sure	1	2.6%

\*The higher the response rate, the more confidence that the results represent your student population. For response rates less than 60%, results should be interpreted with caution.

## 2023 HKCS RESULTS: MIDDLE SCHOOL

### *Hemphill Middle School*

Health Measures*	Risk or Protective Factor Items**	Number of Responses	Total % (95% CI)
<b>Bullying</b>			
Percentage of students who have ever been bullied on school property during the past 12 months		37	24.3 ( 9.8 - 38.8 )
Among students bullied on school property, the percentage who were bullied in a classroom in the past 12 months		9	. ( . - . )
Among students bullied on school property, the percentage who were bullied in a hallway or stairwell in the past 12 months		9	. ( . - . )
Among students bullied on school property, the percentage who were bullied in a locker room or bathroom in the past 12 months		9	. ( . - . )
Among students bullied on school property, the percentage who were bullied in a cafeteria or lunch room in the past 12 months		9	. ( . - . )
Among students bullied on school property, the percentage who were bullied on a bus or at a bus stop in the past 12 months		9	. ( . - . )
Among students bullied on school property, the percentage who were bullied outside before school in the past 12 months		9	. ( . - . )
Among students bullied on school property, the percentage who were bullied outside after school in the past 12 months		9	. ( . - . )
Among students bullied on school property, the percentage who were bullied outside during lunch or break in the past 12 months		9	. ( . - . )
Percentage of students who had ever been electronically bullied during the past 12 months		38	21.1 ( 7.5 - 34.6 )
Among students who were teased in the past 12 months, the percentage who were teased because of sexual orientation	Risk Factor: Recent Experiences with Oppression: Peer Bullying based on Intersectional Identities	13	. ( . - . )
Among students who were teased in the past 12 months, the percentage who were teased because of gender identity	Risk Factor: Recent Experiences with Oppression: Peer Bullying based on Intersectional Identities	13	. ( . - . )
Among students who were teased in the past 12 months, the percentage who were teased because of religion	Risk Factor: Recent Experiences with Oppression: Peer Bullying based on Intersectional Identities	13	. ( . - . )
Among students who were teased in the past 12 months, the percentage who were teased because of disability	Risk Factor: Recent Experiences with Oppression: Peer Bullying based on Intersectional Identities	13	. ( . - . )
Among students who were teased in the past 12 months, the percentage who were teased because of physical appearance	Risk Factor: Recent Experiences with Oppression: Peer Bullying based on Intersectional Identities	13	. ( . - . )
Among students who were teased in the past 12 months, the percentage who were teased because of race or ethnicity	Risk Factor: Recent Experiences with Oppression: Peer Bullying based on Intersectional Identities	13	. ( . - . )
Percentage of students who saw someone else being bullied on school property in the past 30 days		39	17.9 ( 5.3 - 30.6 )
<b>Violence</b>			
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		39	12.8 ( 1.8 - 23.8 )
Percentage of students who were in a physical fight one or more times during the past 12 months		39	15.4 ( 3.5 - 27.2 )
Among students who dated or went out with someone during the past 12 months, the percentage who had been physically hurt on purpose one or more times by someone they were dating or going out with		12	. ( . - . )
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		12	. ( . - . )
<b>Mental Health</b>			
Percentage of students who agree or strongly agree their stress level is manageable most days		39	66.7 ( 51.2 - 82.1 )
Percentage of students who most of the time or always had poor mental health during the past 30 days		38	26.3 ( 11.6 - 41.0 )
Percentage of students who purposefully hurt themselves without wanting to die in the past 12 months		39	10.3 ( 0.3 - 20.2 )
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		38	23.7 ( 9.5 - 37.8 )
Percentage of students who ever seriously thought about killing themselves		39	17.9 ( 5.3 - 30.6 )
Percentage of students who ever made a plan about how they would kill themselves		39	7.7 ( 0.0 - 16.4 )
Percentage of students who ever tried to kill themselves		39	. ( . - . )
Percentage of students who have an adult to go to for help with a serious problem	Protective Factor: Community Opportunities for Prosocial Involvement and Connection	39	84.6 ( 72.8 - 96.5 )
Percentage of students who most of the time or always could talk to a friend about feelings during their life	Protective Factor: Community Opportunities for Prosocial Involvement and Connection	39	61.5 ( 45.6 - 77.5 )
Percentage of students who had a friend tell them they had thoughts of suicide one or more times during the past 12 months		38	34.2 ( 18.4 - 50.0 )

Health Measures*	Risk or Protective Factor Items**	Number of Responses	Total % (95% CI)
Percentage of students who would tell their parents or guardians if they were concerned about their own or someone else's well-being or mental health		38	65.8 ( 50.0 - 81.6 )
Percentage of students who would tell another trusted adult (who is not their parents or guardians) if they were concerned about their own or someone else's well-being or mental health		38	57.9 ( 41.4 - 74.3 )
Percentage of students who would tell a friend if they were concerned about their own or someone else's well-being or mental health		38	28.9 ( 13.8 - 44.1 )
Percentage of students who would submit an anonymous report through their school's safety reporting system if they were concerned about their own or someone else's well-being or mental health		38	50.0 ( 33.3 - 66.7 )
Percentage of students who would contact a crisis line if they were concerned about their own or someone else's well-being or mental health		38	23.7 ( 9.5 - 37.8 )
Percentage of students who have ever experienced the death of a family member or close friend		39	76.9 ( 63.1 - 90.8 )
<b>Racism</b>			
Percentage who were treated badly or unfairly in school because of their race or ethnicity in the past 12 months	Risk Factor: Recent Experiences with Oppression: Racism	36	. ( . - . )
Percentage who were watched closely or followed by security guards or store clerks at a store or mall because of their race or ethnicity in the past 12 months	Risk Factor: Recent Experiences with Oppression: Racism	36	. ( . - . )
Percentage who were assumed less intelligent because of their race or ethnicity in the past 12 months	Risk Factor: Recent Experiences with Oppression: Racism	36	. ( . - . )
Percentage who saw family members treated unfairly because of their race or ethnicity in the past 12 months	Risk Factor: Recent Experiences with Oppression: Racism	36	. ( . - . )
<b>Alcohol</b>			
Percentage of students who have ever had a drink of alcohol other than a few sips		37	27.0 ( 12.0 - 42.0 )
Percentage of students who had their first drink of alcohol, other than a few sips, before the age of 11	Risk Factor: Early Initiation of Substance Use	37	13.5 ( 2.0 - 25.1 )
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days		39	. ( . - . )
Percentage of students who feel it would be sort of easy or very easy to get alcohol if they wanted	Risk Factor: Availability of Substances in Community	37	29.7 ( 14.3 - 45.2 )
Percentage of students who think it is wrong or very wrong for someone of the same age to drink alcohol regularly (at least once or twice per month)	Risk Factor: Youth Peer Attitudes Favorable Towards Substance Use	39	94.9 ( 87.6 - 100.0 )
Percentage of students who think their parents or guardians would feel it is wrong or very wrong if they drank alcohol regularly (at least once or twice per month)	Risk Factor: Parental Attitudes Favorable Toward Substance Use	38	. ( . - . )
Percentage of students who thought 5 or more out of every 10 students in their grade drank alcohol in the past 30 days		39	12.8 ( 1.8 - 23.8 )
<b>Tobacco</b>			
Percentage of students who have ever smoked a cigarette, even one or two puffs		39	. ( . - . )
Percentage of students who smoked a cigarette, even one or two puffs, for the first time before age 11	Risk Factor: Early Initiation of Substance Use	39	. ( . - . )
Percentage of students who smoked cigarettes on one or more of the past 30 days		39	. ( . - . )
Percentage of students who think it would be sort of easy or very easy to get cigarettes if they wanted	Risk Factor: Availability of Substances in Community	37	10.8 ( 0.3 - 21.3 )
Percentage of students who think their parents or guardians would feel it is wrong or very wrong if they smoked cigarettes	Risk Factor: Parental Attitudes Favorable Toward Substance Use	38	. ( . - . )
Percentage of students who have ever used an electronic vapor product		39	. ( . - . )
Percentage of students who used electronic vapor products for the first time before age 11	Risk Factor: Early Initiation of Substance Use	39	. ( . - . )
Percentage of students who used an electronic vapor product in the past 30 days		39	. ( . - . )
Percentage of students who feel it would be sort of easy or very easy to get electronic vapor products if they wanted	Risk Factor: Availability of Substances in Community	37	8.1 ( 0.0 - 17.3 )
Percentage of students who think it is wrong or very wrong for someone of the same age to use electronic vapor products	Risk Factor: Youth Peer Attitudes Favorable Towards Substance Use	39	97.4 ( 92.2 - 100.0 )
Percentage of students who think their parents or guardians would feel it is wrong or very wrong if they used electronic vapor products	Risk Factor: Parental Attitudes Favorable Toward Substance Use	38	. ( . - . )
Percentage of students who think people who use electronic vapor products every day have a moderate or great risk of harm		37	89.2 ( 78.7 - 99.7 )
<b>Marijuana</b>			
Percentage of students who have ever tried marijuana		39	. ( . - . )
Percentage of students who tried marijuana for the first time before the age of 11	Risk Factor: Early Initiation of Substance Use	39	. ( . - . )
Percentage of students who used marijuana one or more times during the past 30 days		39	. ( . - . )
Percentage of students who feel it would be sort of easy or very easy to get marijuana if they wanted	Risk Factor: Availability of Substances in Community	37	8.1 ( 0.0 - 17.3 )

Health Measures*	Risk or Protective Factor Items**	Number of Responses	Total % (95% CI)
Percentage of students who think it is wrong or very wrong for someone of the same age to use marijuana	Risk Factor: Youth Peer Attitudes Favorable Towards Substance Use	39	94.9 ( 87.6 - 100.0 )
Percentage of students who think their parents or guardians feel it is wrong or very wrong if they used marijuana	Risk Factor: Parental Attitudes Favorable Toward Substance Use	38	97.4 ( 92.0 - 100.0 )
Percentage of students who thought 5 or more out of every 10 students in their grade used marijuana in the past 30 days		39	10.3 ( 0.3 - 20.2 )
Among students who used marijuana in the past 30 days, the percentage who smoked it		0	. ( . - . )
Among students who used marijuana in the past 30 days, the percentage who ate it		0	. ( . - . )
Among students who used marijuana in the past 30 days, the percentage who vaporized it		0	. ( . - . )
Among students who used marijuana in the past 30 days, the percentage who dabbled it		0	. ( . - . )
<b>Prescription Pain Medication</b>			
Percentage of students who have ever used prescription pain medicine not prescribed to them or differently than how a doctor told them to use it		39	7.7 ( 0.0 - 16.4 )
Percentage of students who used prescription pain medicine not prescribed to them or differently than how a doctor told them to use it for the first time before age 11	Risk Factor: Early Initiation of Substance Use	39	7.7 ( 0.0 - 16.4 )
Percentage of students who feel it would be sort of easy or very easy to get prescription pain medicine not prescribed to them	Risk Factor: Availability of Substances in Community	37	16.2 ( 3.8 - 28.7 )
Percentage of students who think it is wrong or very wrong for someone of the same age to use prescription pain medicine without a doctor's prescription	Risk Factor: Youth Peer Attitudes Favorable Towards Substance Use	39	89.7 ( 79.8 - 99.7 )
<b>Nutrition</b>			
Percentage of students who ate fruit one or more times per day in the past 7 days		39	43.6 ( 27.3 - 59.9 )
Percentage of students who ate vegetables such as green salad, potatoes, carrots, or other vegetables one or more times per day in the past 7 days		39	46.2 ( 29.8 - 62.5 )
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day in the past 7 days		39	23.1 ( 9.2 - 36.9 )
Percentage of students who drank a sports drink, energy drink, or other sweetened beverage one or more times in the past 7 days		39	69.2 ( 54.1 - 84.4 )
Percentage of students who ate breakfast on all of the past 7 days		39	25.6 ( 11.3 - 40.0 )
Percentage of students who sometimes, most of the time, or always went hungry in the past 30 days because of a lack of food at home	Risk Factor: Economic Instability	39	15.4 ( 3.5 - 27.2 )
<b>Physical Activity</b>			
Percentage of students who were physically active for a total of at least 60 minutes per day on 5 or more of the past 7 days		39	69.2 ( 54.1 - 84.4 )
Percentage of students who spent 3+ hours in front of a TV, computer, smart phone, or other electronic device for something other than schoolwork		39	66.7 ( 51.2 - 82.1 )
<b>Body Image &amp; Eating Disorders</b>			
Percentage of students who most of the time or always felt confident with their body image during the past 30 days		39	48.7 ( 32.3 - 65.1 )
Percentage of students who most of the time or always worried about their physical appearance more than they wanted to during the past 30 days		39	15.4 ( 3.5 - 27.2 )
Percentage of students who tried to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; or skipping meals during the past 30 days		37	13.5 ( 2.0 - 25.1 )
<b>Home Life</b>			
Percentage of students who usually or definitely feel safe in their neighborhood	Protective Factor: Community Opportunities for Prosocial Involvement and Connection	39	94.9 ( 87.6 - 100.0 )
Percentage of students who provide care for someone in their family or household who is chronically ill, elderly, or disabled with activities they would have difficulty doing on their own one or more days per week		38	26.3 ( 11.6 - 41.0 )
<b>School &amp; Community</b>			
Percentage of students who agree or strongly agree that they belong at their school	Protective Factor: School Opportunities for Prosocial Involvement	39	69.2 ( 54.1 - 84.4 )
Percentage of students who usually or definitely feel safe at school	Protective Factor: School Opportunities for Prosocial Involvement	39	94.9 ( 87.6 - 100.0 )
Percentage of students who usually or definitely think their grades are better than most students in class	Risk Factor: Limited Academic Success	39	84.6 ( 72.8 - 96.5 )
Percentage of students who think it is important or very important to finish high school	Protective Factor: Future School Aspiration	39	94.9 ( 87.6 - 100.0 )
Percentage of students who talked to a school counselor about their future plans after high school in the past 12 months		38	13.2 ( 1.9 - 24.4 )
Percentage of students who talked to a teacher about their future plans after high school in the past 12 months		38	34.2 ( 18.4 - 50.0 )
Percentage of students who talked to an administrator about their future plans after high school in the past 12 months		38	. ( . - . )

Health Measures*	Risk or Protective Factor Items**	Number of Responses	Total % (95% CI)
Percentage of students who talked to a coach about their future plans after high school in the past 12 months		38	7.9 ( 0.0 - 16.9 )
Percentage of students who talked to another school staff member (who is not a school counselor, teacher, administrator, or coach) about their future plans after high school in the past 12 months		38	. ( . - . )
Percentage of students who participated in sports (team or individual) during the past 12 months	Protective Factor: Community Opportunities for Prosocial Involvement and Connection	39	59.0 ( 42.8 - 75.1 )
Percentage of students who participated in sports, band, drama, clubs, or student government at school during the past 12 months	Protective Factor: Community Opportunities for Prosocial Involvement and Connection	39	87.2 ( 76.2 - 98.2 )
Percentage of students who had paid employment during the past 12 months	Protective Factor: Community Opportunities for Prosocial Involvement and Connection	39	. ( . - . )
Percentage of students who participated in another activity besides sports, band, drama, clubs, student government, or paid employment during the past 12 months	Protective Factor: Community Opportunities for Prosocial Involvement and Connection	39	15.4 ( 3.5 - 27.2 )
<b>Other Health Topics</b>			
Percentage of students who usually slept somewhere other than their home during the past 30 days	Risk Factor: Economic Instability	39	7.7 ( 0.0 - 16.4 )
Percentage of students who sleep 8 or more hours per night on average school nights		39	51.3 ( 34.9 - 67.7 )
Percentage of students who never or rarely wear a seat belt while riding in a car		39	. ( . - . )
Percentage of students who could fire a loaded gun without adult permission in less than one hour	Risk Factor: Access to Firearms	38	21.1 ( 7.5 - 34.6 )
Percentage of students who would be able to get a loaded gun without adult permission in or around their home, from a friend or schoolmate, or from a family member		38	28.9 ( 13.8 - 44.1 )
Percentage of students who had ever been told by a doctor or nurse that they had asthma		38	10.5 ( 0.3 - 20.7 )
Percentage of students who went outdoors to spend time in nature at least once a week during the past 12 months		37	. ( . - . )

\*Data are suppressed, shown by a period (.), if fewer than 3 students responded "yes" to a question or if results represent 0% or 100% of students. In schools with enrollment over 35, results are suppressed if fewer than 30 students responded to a question. All percentages are rounded to the nearest tenth.

\*\*Items in this column are included in risk and protective factors known to influence multiple youth health outcomes.

\*\*\*Students included in "Another activity" selected this response on the survey and had the option to write in their answer.