HEALTHY KIDS COLORADO SURVEY 2023

Jeffco Public Schools Data Snapshots

JEFFCO PUBLIC SCHOOLS

HEALTHY KIDS COLORADO SURVEY

The HKCS is an anonymous 6th-12th grade health survey conducted every other year across the state of Colorado. In 2023, over 20,000 Jeffco students participated.

Survey Topics

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

Jeffco Data is Used to:

- Track trends
- Create data driven health and wellness goals
- Identify and prioritize health disparities
- Give students a voice in student health

Learn more on the Jeffco Healthy Kids Colorado Survey webpage

JEFFCO STUDENT HEALTH DATA SNAPSHOT

School Safety and Bullying Prevention

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HEALTHY KIDS COLORADO SURVEY

74%

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

68%
Middle School

71%
High School

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

94%

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

Supports for Jeffco Students & Families

- Mental health professionals support students, families and staff in creating safe and connected educational climates.
- All K12 students have access to a Social Emotional Learning curriculum that is evidence-based in reducing bullying.

JEFFCO STUDENT HEALTH DATA SNAPSHOT

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HEALTHY KIDS COLORADO SURVEY

Suicide Risk and Protective Factors

26%

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

77%
Middle School

78%
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

- Youth Leadership & Wellness Programming for K12 Students with evidence-based Sources of Strength
- Suicide Prevention Education and Training for all 7th and 9th grade students with Signs of Suicide (SOS)
- Suicide Prevention Education for all Jeffco Employees with Special Intervention Training for all Student-facing staff with SOS
- Parent and caregiver education sessions based on community needs and trends

JEFFCO STUDENT HEALTH DATA SNAPSHOT

Substance Use Risk and Protective Factors

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HEALTHY KIDS COLORADO SURVEY

78%

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

- District nurses and District mental health staff, in collaboration with Administrators, provide students and families with harm-reducing substance prevention support.
- Services range from education, substance use screenings with case management and community resources.

JEFFCO STUDENT HEALTH DATA SNAPSHOT

Physical Health and Wellness

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HEALTHY KIDS COLORADO SURVEY

31%

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

58% Middle School

54% High School

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

58%

of middle school students report **spending 3+ hours on an electronic device each day**

Supports for Jeffco Students & Families

- Jeffco Public Schools launched new healthy start times during the 2023-24 school year.
- All district middle and high schools offer a PE Class
- Jeffco Healthy Schools provides resources for schools and families.
  - Healthy Habits for Families
  - Professional Learning to support movement at school and in the classroom