GCSAPP COMMUNITY PRESENTATION

2025 Healthy Kids Colorado Survey Data

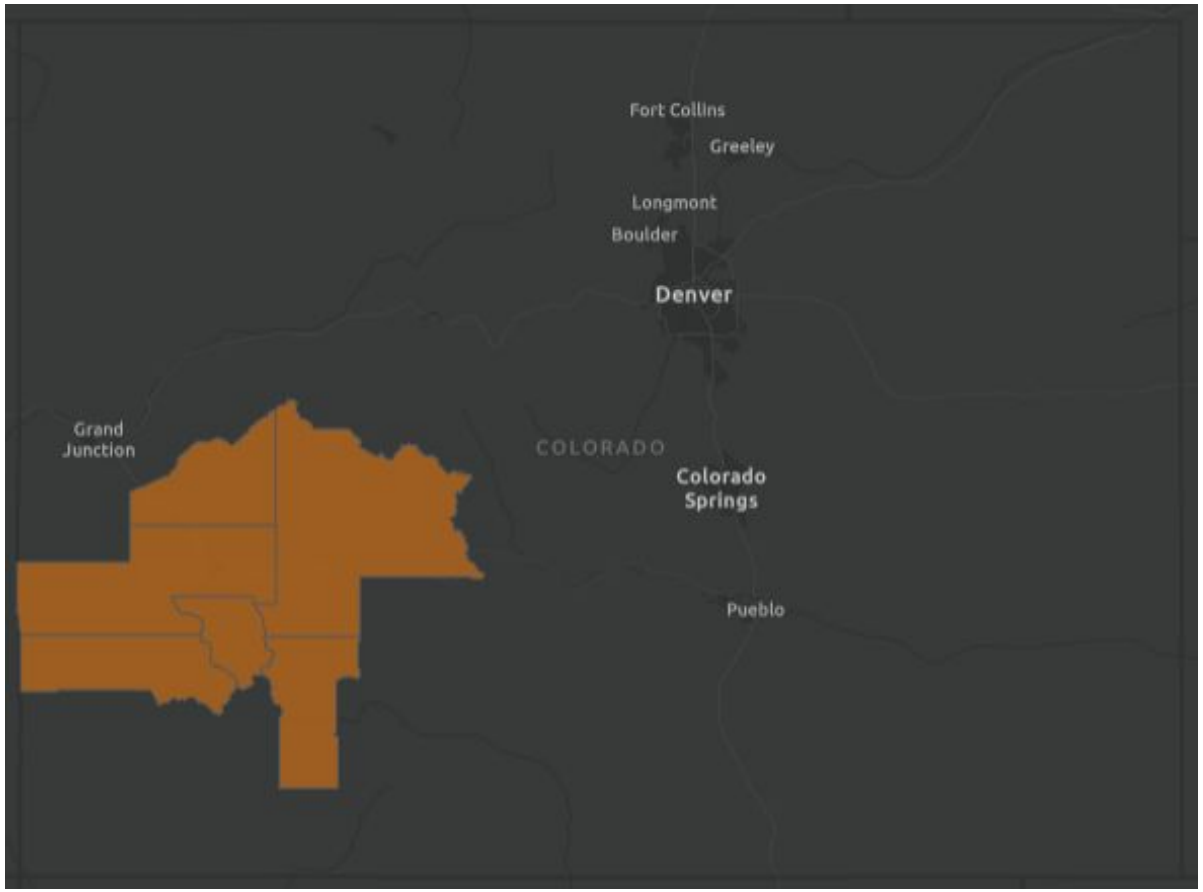
What are Risk and Protective Factors?

- **Risk factors** are conditions that increase the likelihood of a young person becoming involved in drug use, delinquency, school dropout and/or violence.
  - Community laws and norms favorable towards drugs, nicotine, alcohol, and firearms
  - Family Conflict
  - Early initiation of problem behavior

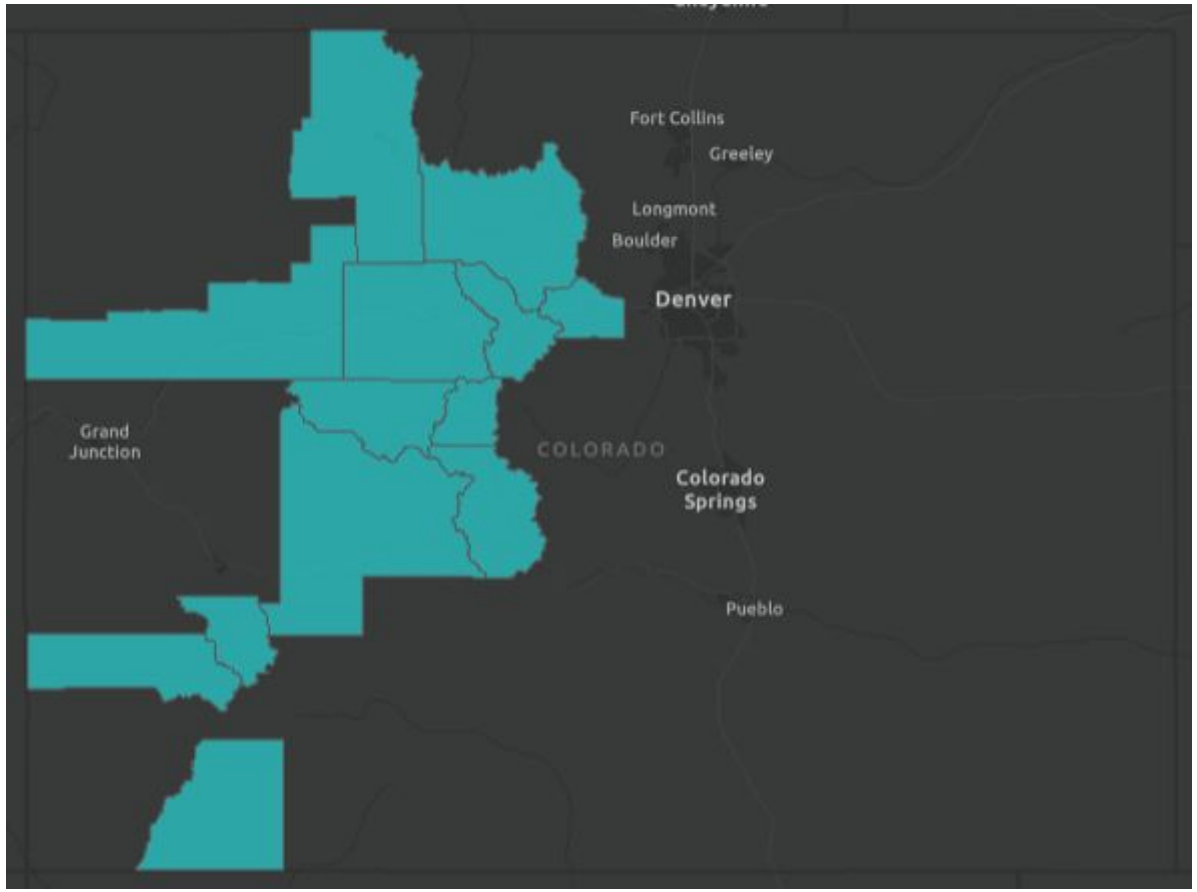
- **Protective factors -** also known as "assets," are conditions that buffer children and youth from exposure to risk by either reducing the impact of the risks or changing the way that young people respond to risks.
  - Community opportunities for prosocial involvement
  - Attachment to parents (or caregiver)
  - Social skills

Demographic	High School -72.2% response rate (n=450)	Middle School – 89.6% response rate (n=440)
Female Male	41.8 55.5	47.7 48.8
White Hispanic/Latino	67.2 16.2	64.5 18.2
Black/African American Multiracial	1.3 13.3	1.2 12.4
Straight Bisexual	90.2 3.0	84.4 4.0
Gay/Lesbian	1.6	3.4
Cisgender Transgender	97.5 1.1	94.7 1.2

Data Sources



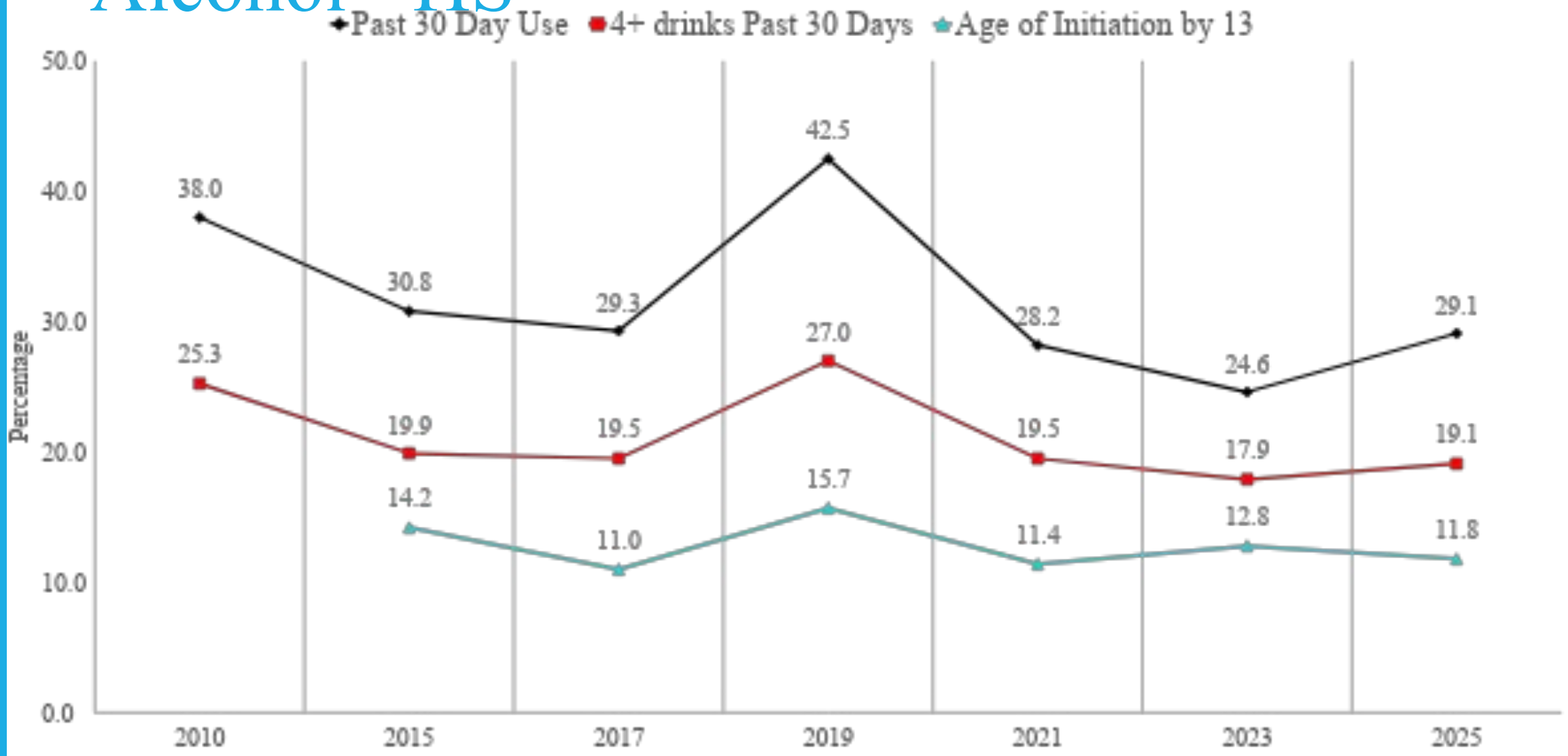
Health Statistics Region 10: Delta, Gunnison, Hinsdale, Montrose, Ouray, San Miguel counties

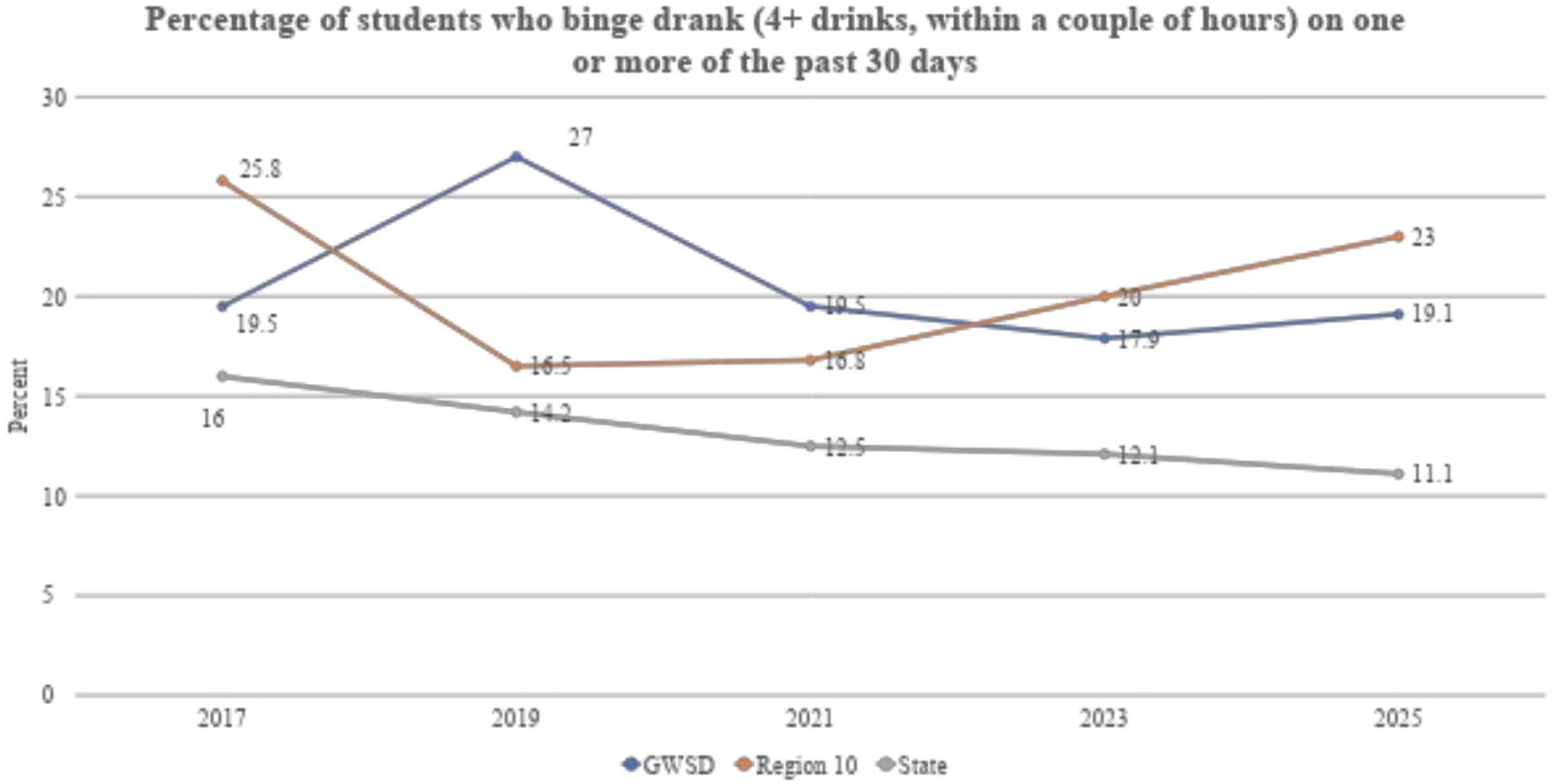


Participating counties for Rural Resort Data: Chaffee, Clear Creek, Eagle, Garfield, Grand, Gunnison, La Plata, Lake, Ouray, Pitkin, Routt, San Miguel, and Summit counties

GWSD High School Data

Alcohol - HS


Past 30 Day Use
4+ drinks Past 30 Days
Age of Initiation by 13
Percentage
50.0
40.0
30.0
20.0
10.0
0.0
38.0
30.8
29.3
42.5
28.2
24.6
29.1
25.3
19.9
19.5
27.0
19.5
17.9
19.1
14.2
11.0
15.7
11.4
12.8
11.8
2010
2015
2017
2019
2021
2023
2025



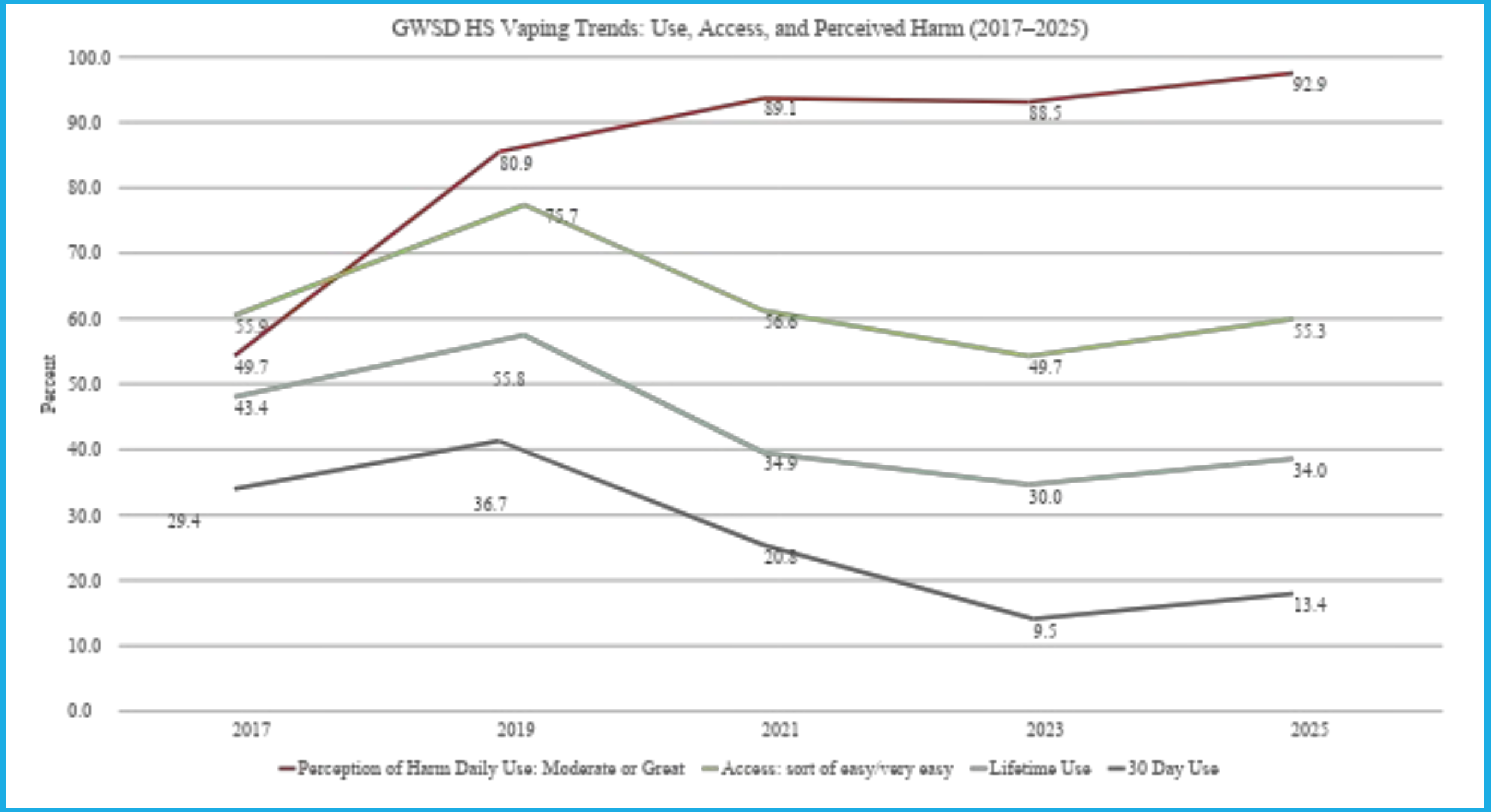
Rural Resort Communities: 16.7% for 2025; lower than GWSD and Region 10

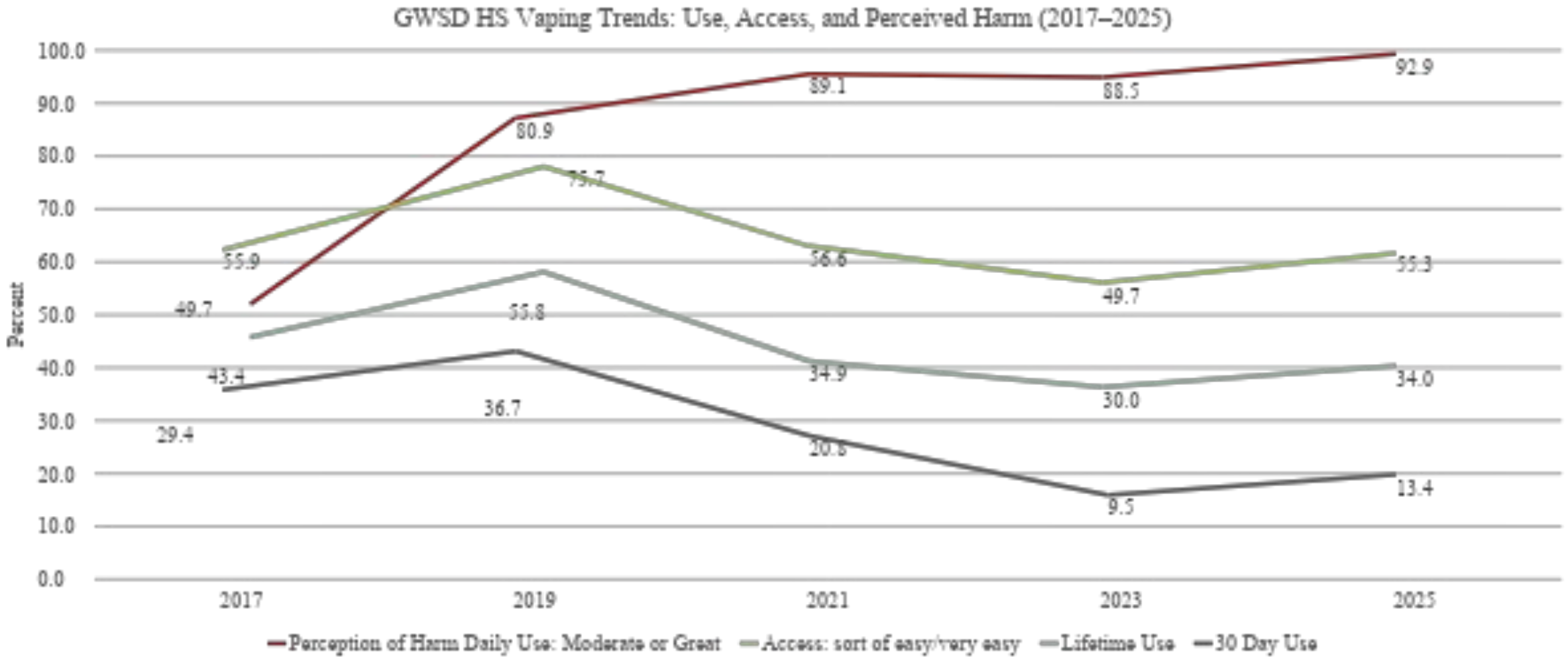
Alcohol Summary - HS

- Slight uptick in **binge drinking** and **past 30-day use** rates for GWSD students
- Region 10 binge-drinking rates are highest in the state (23%)
- State binge drinking continues trending down
- 27% of GWSD HS students report having lived with someone with an alcohol use problem
- White HS students report higher past 30-day alcohol use (33% vs. 14%) and binge drinking (23% vs. 6%) than Hispanic/Latino students

Tobacco/Nicotine Snapshot 2025

Indicator	Cigarettes	Vapes	Oral Nicotine Pouches
Past 30-day use	7.9% ↑	13.4% ↑	10.7%
Initiated Before Age 13	4.3% ↓	6.5% Remained the same	--ND
Ease of Access	42.8% ↑	55.3% ↑	52.3%
Perceived Moderate/Great Harm	--ND	92.9% ↑	79.4%


GWSD HS Vaping Trends: Use, Access, and Perceived Harm (2017–2025)
Percent
100.0
90.0
80.0
70.0
60.0
50.0
40.0
30.0
20.0
10.0
0.0
2017
2019
2021
2023
2025
49.7
80.9
89.1
88.5
92.9
55.9
76.7
56.6
49.7
55.3
43.4
55.8
34.9
30.0
34.0
29.4
36.7
20.8
9.5
13.4
Perception of Harm Daily Use: Moderate or Great
Access: sort of easy/very easy
Lifetime Use
30 Day Use

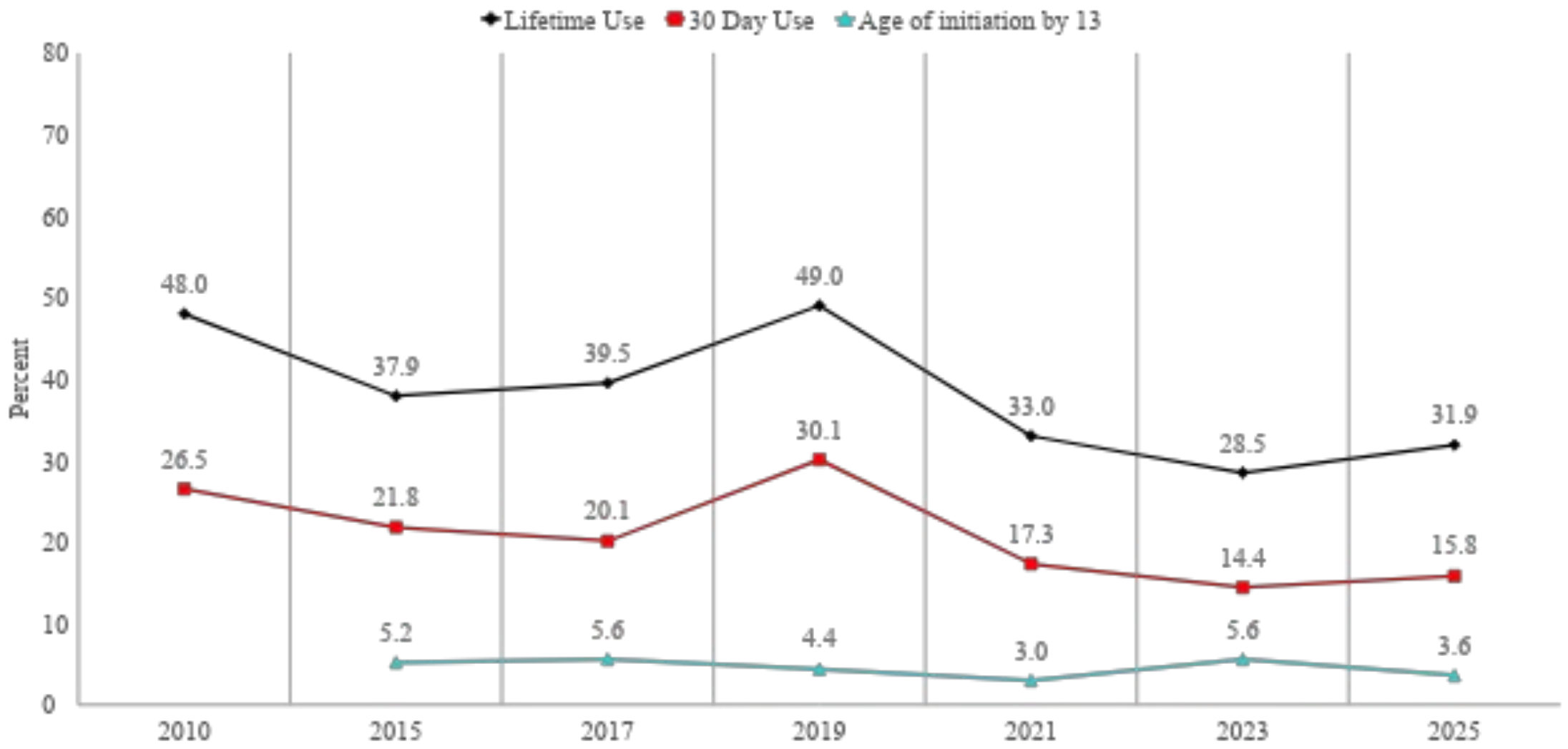


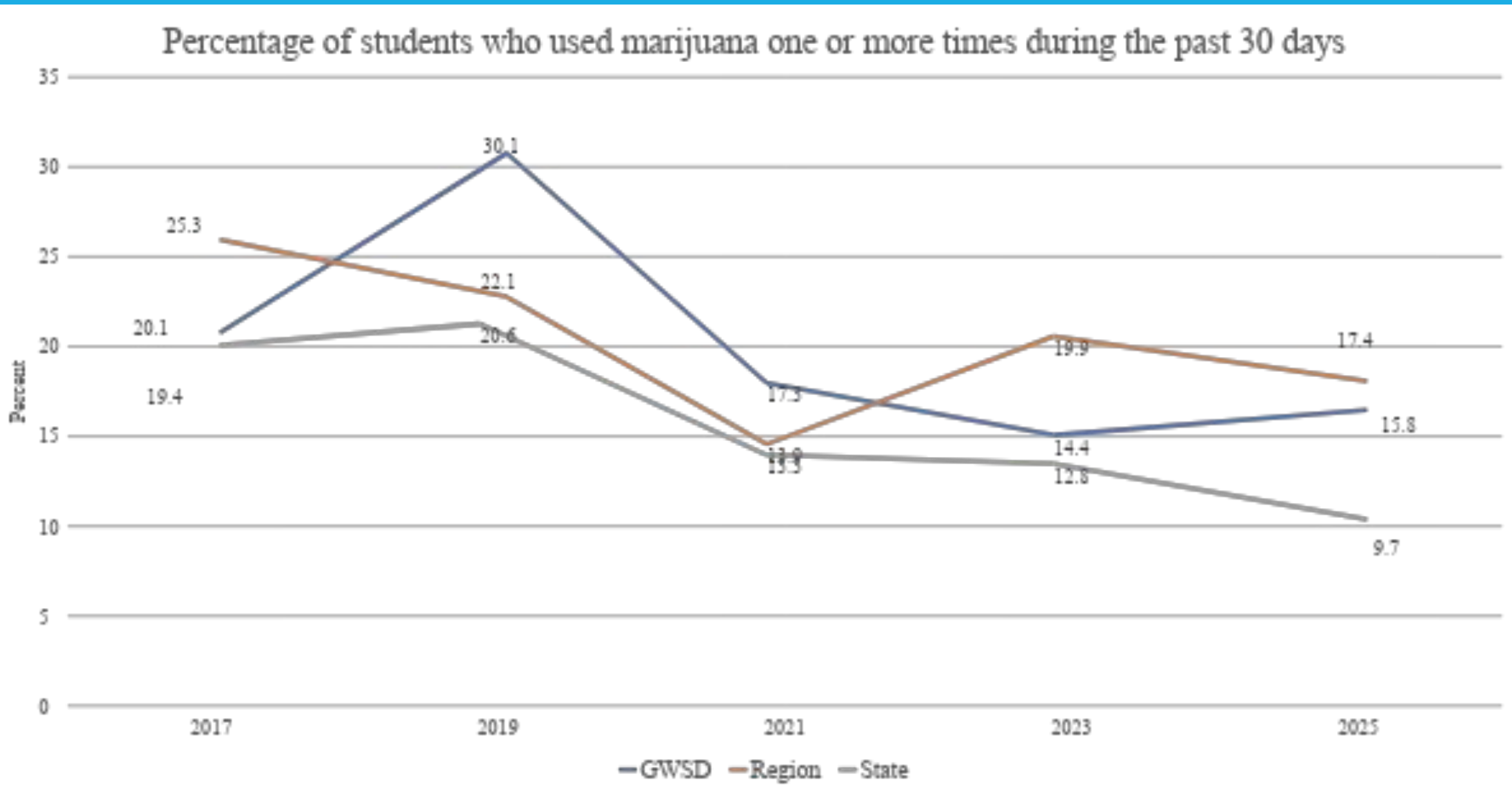
2025 Comparison	GWSD	RRC	Region 10	State
Perception of Harm Daily Use: Moderate or Great	**92.9**	89.7	63.9	69.5
Access: sort of easy/very easy	**55.3**	49.6	54.1	44.8
Lifetime Use	**34.0**	32.4	35.3	26.5
30 Day Use	**13.4**	14.1	14.7	10.3

Tobacco/Nicotine Summary - HS

- Perceived harm increased, but access remains high (55.3%).
- Vaping increased with grade level and was higher among LGBTQ+ students.
- Among those who vape, stress and family influence were common reasons for vaping.
- White students reported higher past 30-day vaping (15% vs. 8%), while early initiation was higher among Hispanic/Latino students (13% vs. 4%)

Marijuana - HS

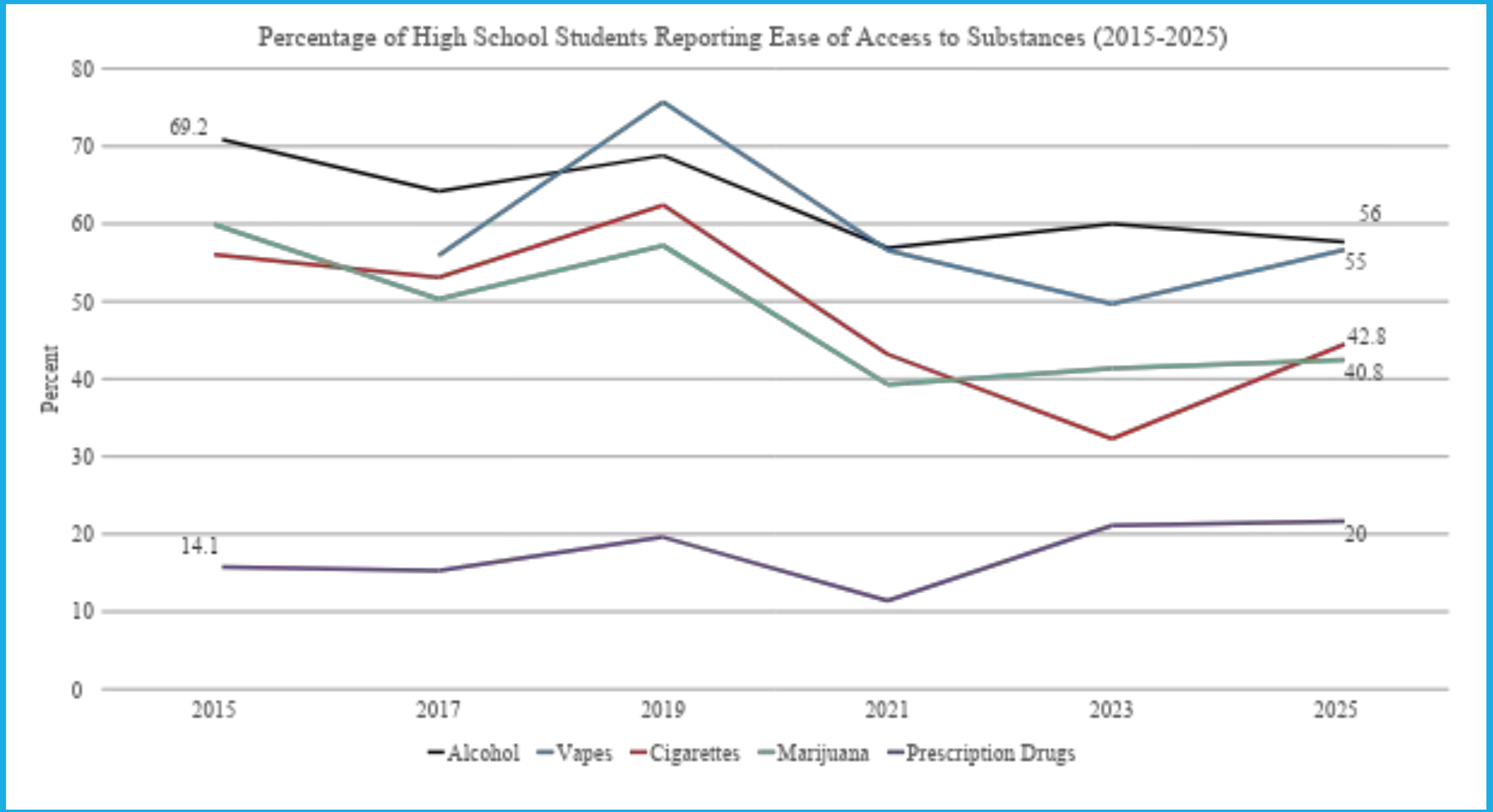


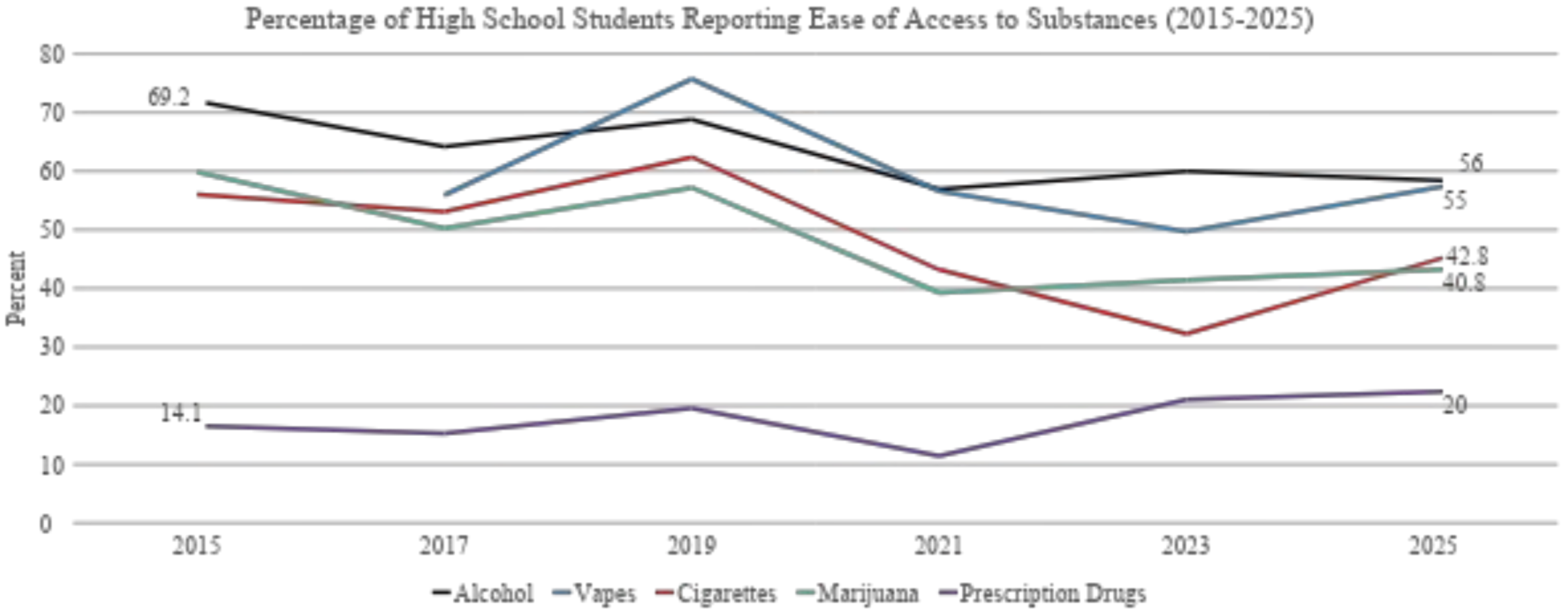


Rural Resort Communities: 14.1% for 2025; lower than GWSD and Region 10

Marijuana Summary - HS

- The majority of high school students did not use marijuana in the past 30 days (84.2%)
- Access and past 30-day use increase from 9th – 12th grade
  - Access: 9th (8.5%); 12th (20.5%)
  - Past 30-day use: 9th (35.8%); 12th (47.4%)
- Marijuana use and perceived access varied by ethnicity
  - White current use (19.0%) and access (44.9%)
  - Hispanic/Latino current use (5.0%) and access (27.1%)
- Current marijuana use was similar among LGBTQ+ (13.8%) and straight/cisgender students (15.8%), as was perceived access (41.8% vs. 41.1%)


Percentage of High School Students Reporting Ease of Access to Substances (2015-2025)
Percent
80
70
60
50
40
30
20
10
0
2015
2017
2019
2021
2023
2025
69.2
14.1
56
55
42.8
40.8
20
Alcohol
Vapes
Cigarettes
Marijuana
Prescription Drugs

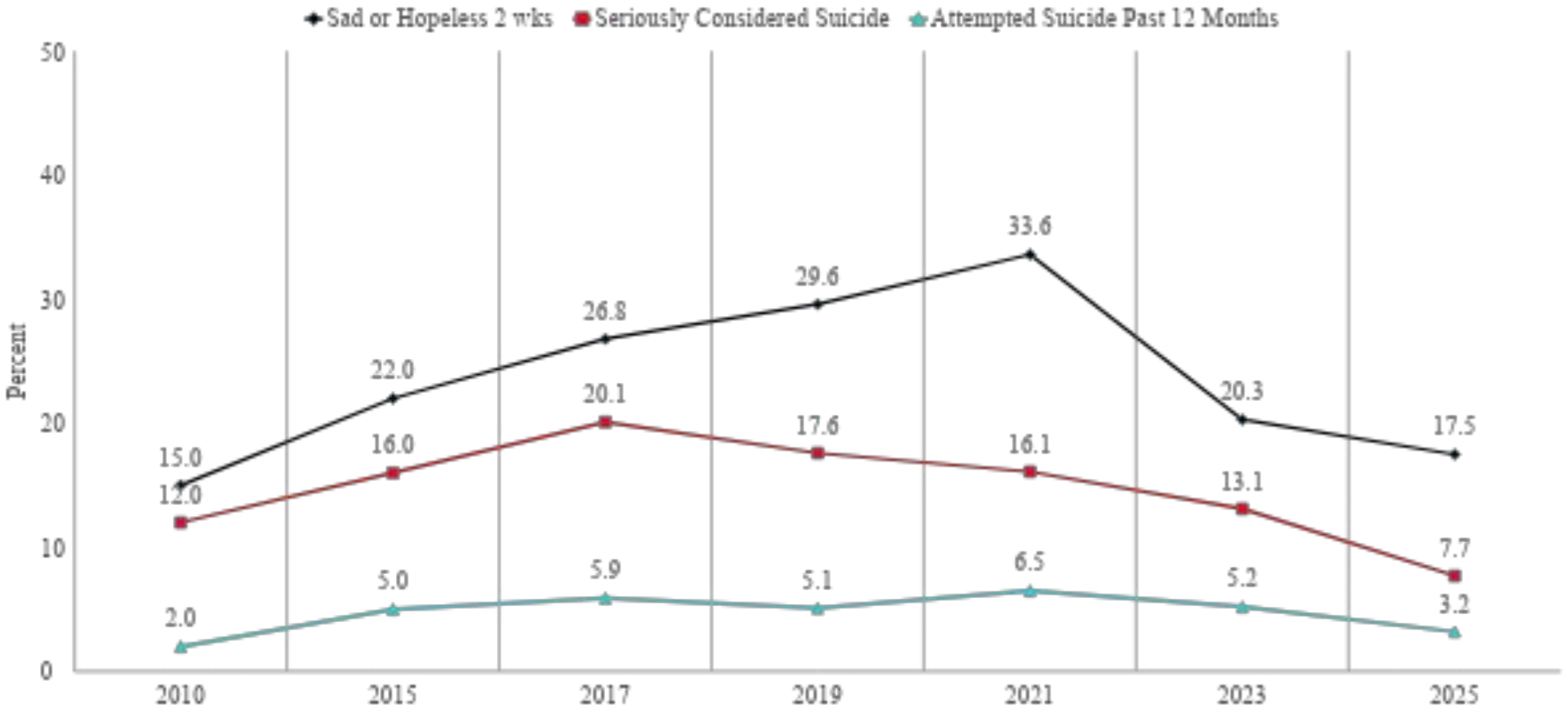


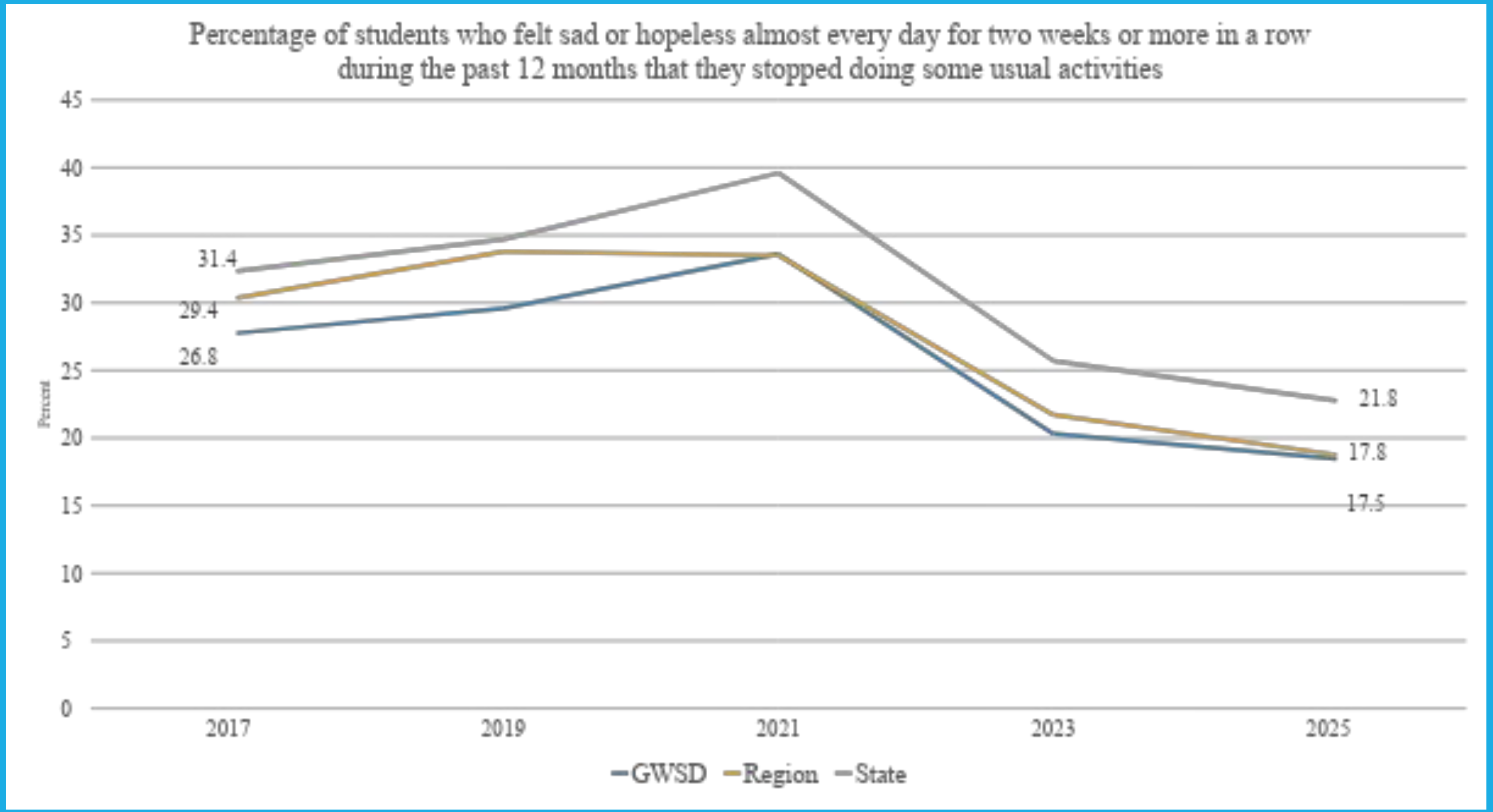
2025 Comparison	**GWSD**	Region 10	RRC	State
Alcohol	**56**	58.4	54.9	48
Vapes	**55**	54.1	49.6	44.8
Cigarettes	**42.8**	42.5	35.7	29.4
Marijuana	**40.8**	40.8	38.1	33.5
Rx Drugs	**20**	17.8	19.8	21.6

Where are they getting it from?

Substance	Source/Percent	Percent
Tobacco/Nicotine	Peer/Friend	39%
	Gas station, convenience store, etc.	6.2%
	Internet	4.8%
	Mail	1.3%
	Vending machine	1.1%
Marijuana	Adult older than 21+	9.4%

Mental Health - HS




Percentage of students who felt 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
45
40
35
30
25
20
15
10
5
0
Percent
31.4
29.4
26.8
21.8
17.8
17.5
2017
2019
2021
2023
2025
GWSD
Region
State

Protective Factors	Overall GWSD HS	Hispanic/Latino	LGBTQ+
Trusted Adult	86.2%	**71.6%**	**75.7%**
School belonging	75%	**57.9%**	**43.1%**
Manageable stress	66.7%	**55.2%**	**29.7%**

Risk Factors	Overall GWSD HS	Hispanic/Latino	LGBTQ+
Bullied at school (past 12 months)	11.9%	**11.6%**	**28.3%**
Feeling sad or hopeless	17.5%	**30.4%**	**49.6%**
Food Insecurity	6%	**10.4%**	**14.9%**

Key takeaway: Hispanic/Latino and LGBTQ+ students consistently reported lower protective factors and higher risk indicators than the overall student population. Mental health disparities were more pronounced than differences in substance use.

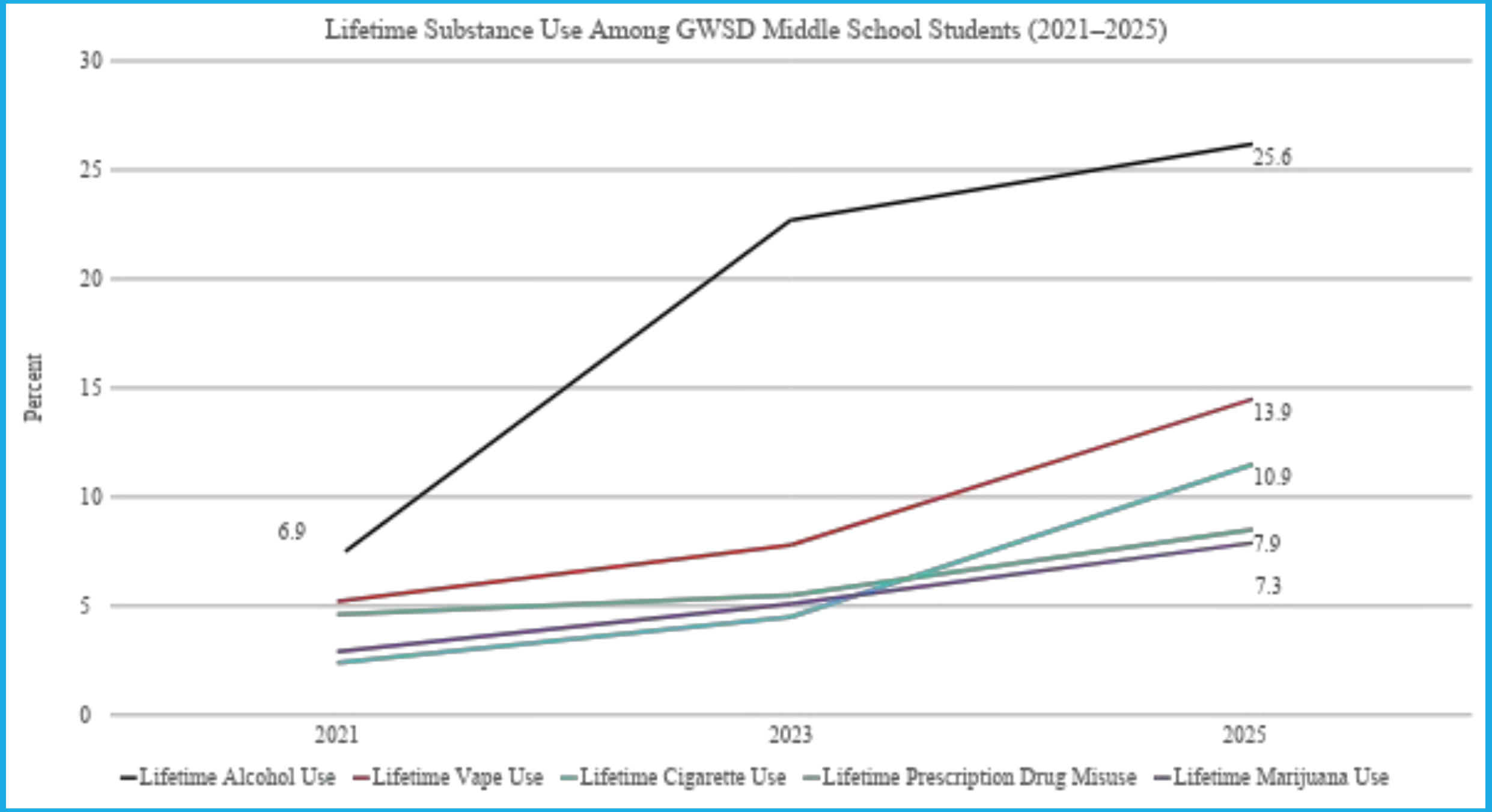
Protective Factors	Overall GWSD HS	Region 10	RRC	State
Trusted Adult	**86.2%**	83.4%	80.1%	77.7%
School belonging	**75%**	73.2%	73%	72.1%
Manageable stress	**66.7%**	64.3%	62.3%	61%

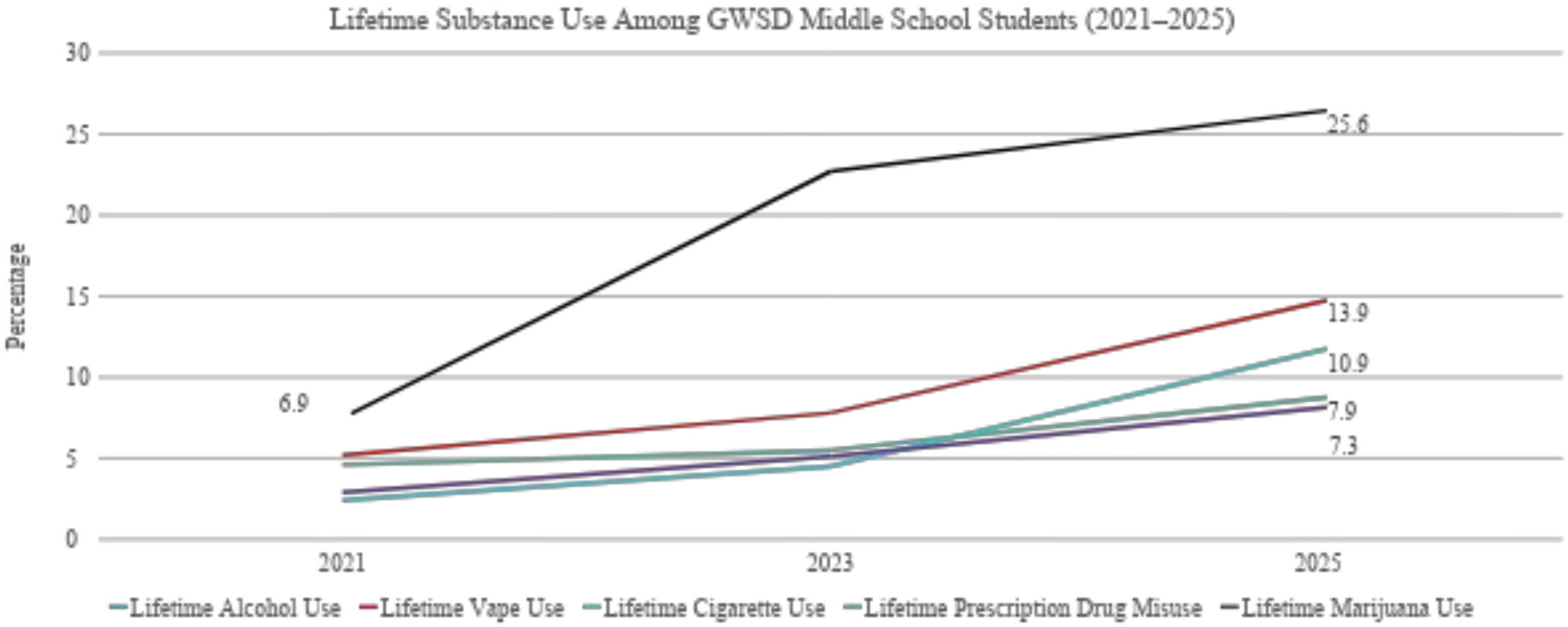
Risk Factors	Overall GWSD HS	Region 10	RRC	State
Bullied at school (past 12 months)	**11.9%**	12.7%	13%	12.8%
Feeling sad or hopeless	**17.5%**	17.8%	20.9%	21.8%
Food Insecurity	**6%**	7.1%	7.9%	9.2%

Key takeaway: GWSD students report stronger protective factors and lower levels of key risk factors than regional and state averages.

Key Findings – High School	Times Higher
Vaping among students who binge drink	14x
Marijuana use among students who binge drink	12x
Binge drinking among students who overestimated peer drinking	4.8x
Suicide consideration without school belonging	3x
Suicide consideration without a supportive adult	3x
Binge drinking among students allowed to drink at home	1.7x

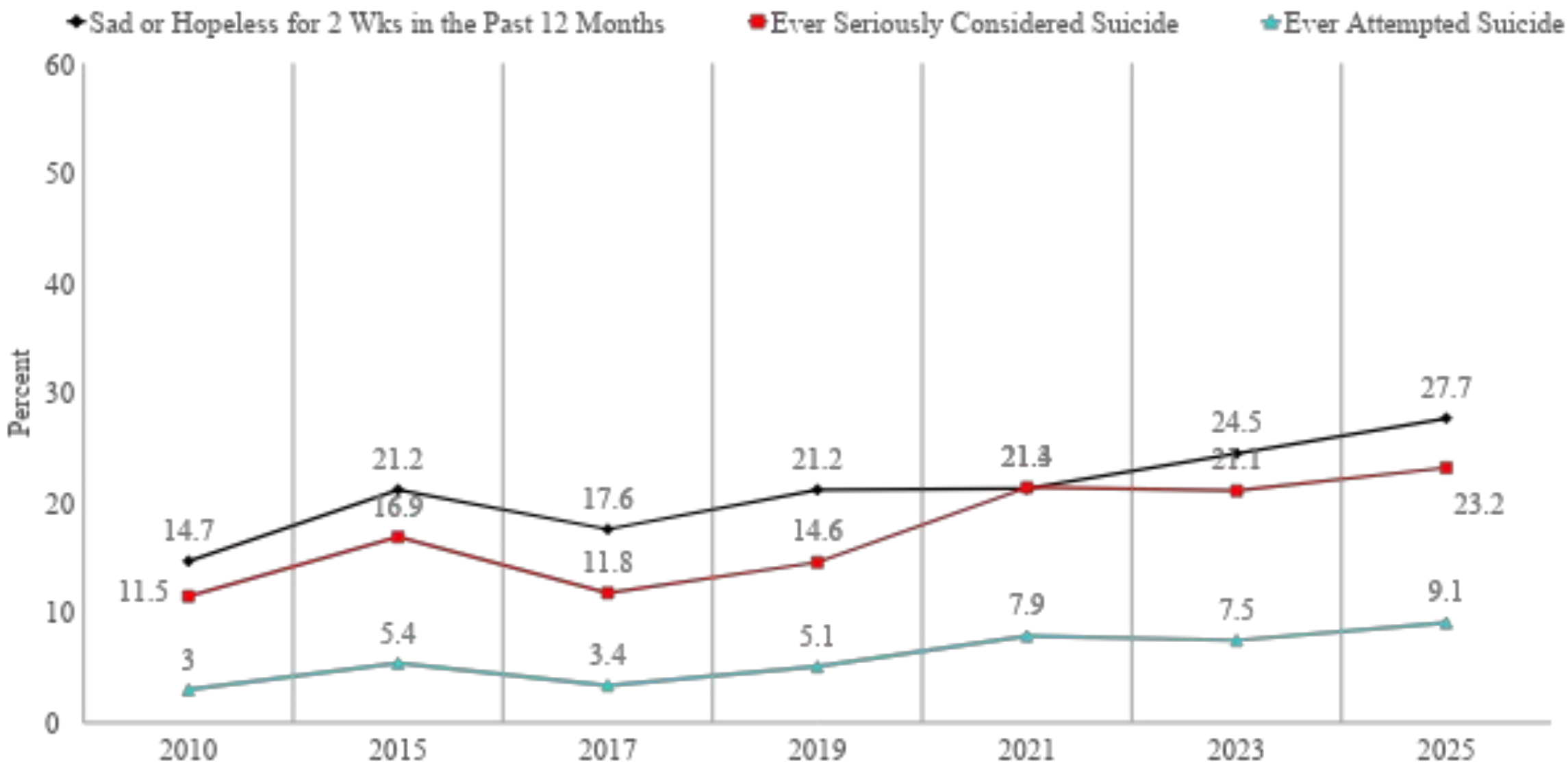
GWSD Middle School Data


Lifetime Substance Use Among GWSD Middle School Students (2021–2025)
Percent
30
25
20
15
10
5
0
2021
2023
2025
6.9
25.6
13.9
10.9
7.9
7.3
Lifetime Alcohol Use
Lifetime Vape Use
Lifetime Cigarette Use
Lifetime Prescription Drug Misuse
Lifetime Marijuana Use

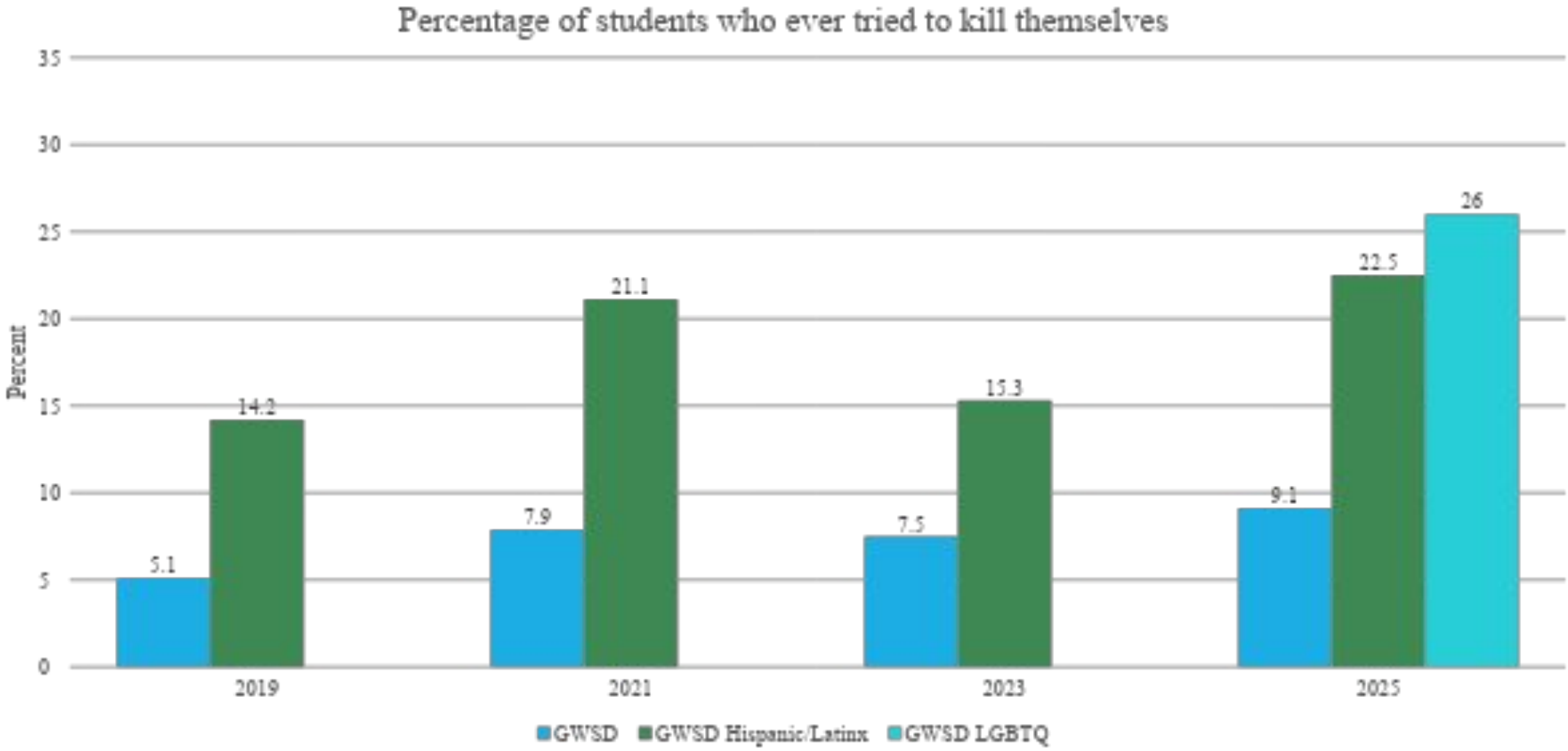


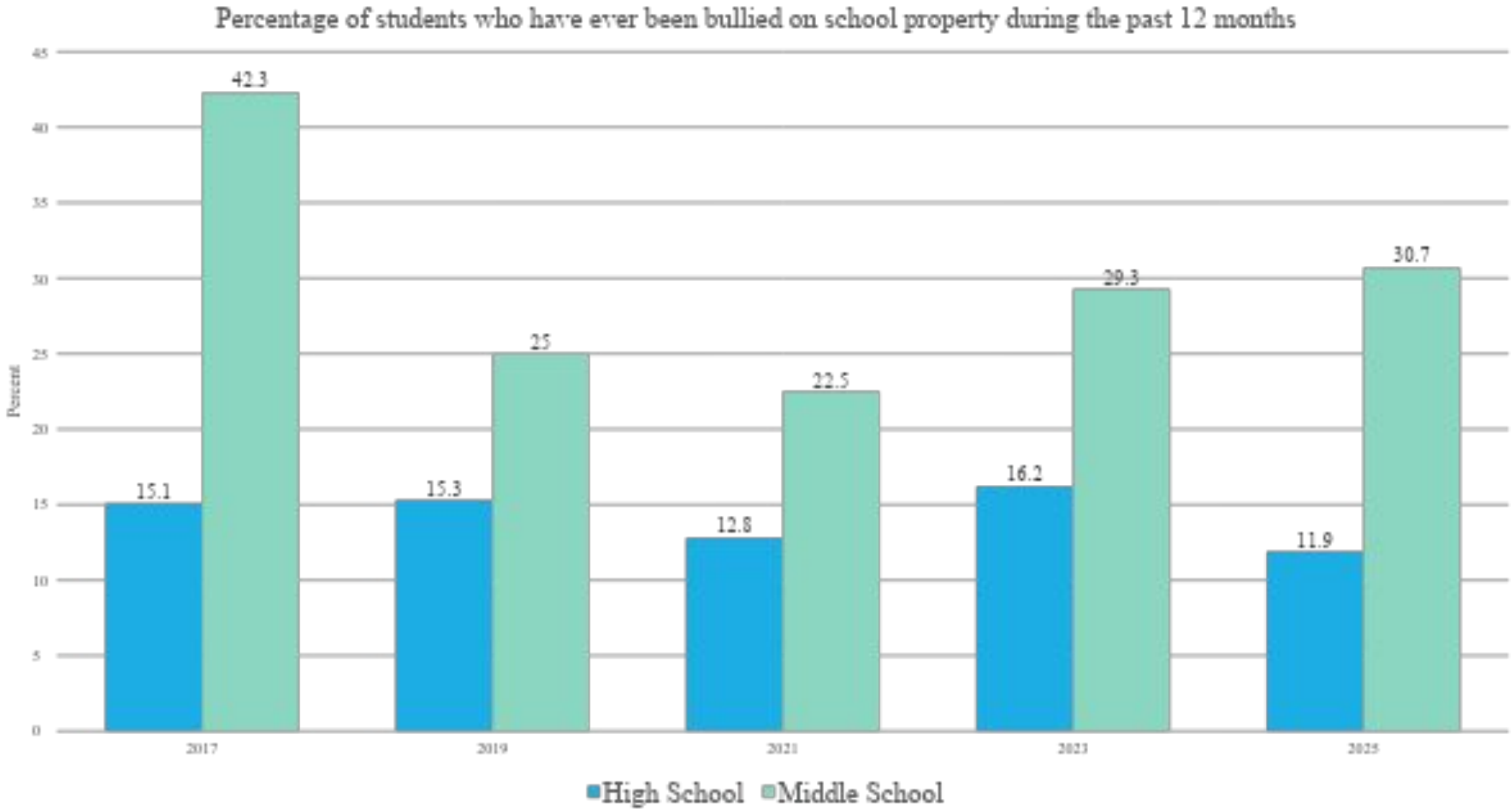
2025 Comparison	GWSD	RRC	State
Lifetime Alcohol Use	**25.6**	21.8	18.7
Lifetime Vape Use	**13.9**	11.1	11.4
Lifetime Cigarette Use	**10.9**	6.7	6
Lifetime Prescription Drug Misuse	**7.9**	7.2	7.1
Lifetime Marijuana Use	**7.3**	4.8	3.8

Mental Health - MS



Mental Health Comparison – MS




Percentage of students who have ever been bullied on school property during the past 12 months
Percent
45
40
35
30
25
20
15
10
5
0
42.3
15.1
25
15.3
22.5
12.8
29.3
16.2
30.7
11.9
2017
2019
2021
2023
2025
High School
Middle School

Protective Factors	Overall GWSD MS	Hispanic/Latino	LGBTQ+
Can ask parent/guardian for help	83%	**70.2%**	**68.8%**
Trusted Adult	76.9%	**65.2%**	**59%**
School belonging	68.8%	**60%**	**44.8%**
Manageable stress	56.2%	**42.7%**	**30.7%**

Risk Factors	Overall GWSD MS	Hispanic/Latino	LGBTQ+
Bullied at school (past 12 months)	30.7%	**31.4%**	**53.3%**
Feeling sad or hopeless	27.7%	**48.6%**	**50.7%**
Early initiation of alcohol (<11)	14.9%	**29.5%**	**26.7%**
Food Insecurity	9.9%	**16.1%**	**16.4%**
Rx pain-med misuse	7.9%	**13%**	**23.3%**

Are these trends unique to Gunnison County?

For Hispanic/Latino and LGBTQ+ Populations

Support and Belonging	Mental Health and Safety	Substance Use
Adult support ↓	**Sad/hopeless** ↑	**Early alcohol initiation (<11)** ↑
School belonging ↓	Bullying ↑	**Rx medication misuse** ↑
Manageable stress ↓		

Key takeaway: Compared with their demographic peers across Rural Resort Communities and Colorado, GWSD Hispanic/Latino and LGBTQ+ students report lower protective factors and higher risk on several key measures.

Middle School Risk and Protective Factors 2025

Protective Factors	GWSD MS	State
Perceived parent disapproval	>90% across all substances	Same trend seen at state level
Youth disapproval	Most students view substance use as wrong	Same trend seen at state level
Trusted adult	76.7%	75.9%
Clear family rules	93.6%	95.3%

Risk Factors	GWSD MS	State
Early initiation	Alcohol most initiated substance before age 11 (14.9%)	11.3% - Alcohol
Ease of access	36.9% - Alcohol 30.1% - Vapes	26.9% - Alcohol 19.7% - Vapes
Perceived Norms	36.5% overestimated peer alcohol use	28.2%

Key Findings – Middle School	Times Higher
Marijuana use among students who ever drank alcohol	24x
Alcohol use among students who overestimated peer alcohol use	6.4x
Alcohol use among students without school belonging	4.4x
Suicide consideration among students without school belonging	4.2x
Feeling sad or hopeless among students without a supportive adult	2.6x
Alcohol use among students who felt sad or hopeless	2.2x
Suicide consideration among students without a supportive adult	2.2x

If you remember nothing else…

- **Most youth are making healthy choices – but access to substances remains high**
- **Substance use clusters**
  - Youth who binge drink are much more likely to vape and use marijuana.
- **Middle school deserves our attention**
  - Substance experimentation and mental health concerns are increasing.
- **Connection matters**
  - Trusted adults and school belonging are powerful protective factors.
- **Overall averages can hide disparities**
  - Some groups of students experience substantially fewer protective factors and greater risk.