

2011-2012 HEALTHY KIDS COLORADO SURVEY RESULTS

PHYSICAL ACTIVITY & NUTRITION

High School Students

In the fall of 2011, a total of **1,523 students in 33 public high schools** throughout Colorado completed the Healthy Kids Colorado Survey (HKCS), which includes components of the Centers for Disease Control and Prevention's Youth Risk Behavior Survey (YRBS). The high school version of the HKCS consists of questions related to health and risk behaviors in the following domains: physical activity and nutrition; unintentional injury and violence; mental health; alcohol, tobacco and other drug use; school and family; and sexual health. Results from this survey provide a snapshot of these issues among Colorado's youth. **Colorado achieved sufficient participation in 2011 from selected schools and students that data was able to be weighted and can be considered representative of students in Colorado in grades 9-12.** Weighted data was also achieved in Colorado in 2009 and 2005. This document provides an overview of the prevalence and trends related to Physical Activity and Nutrition.



**COLORADO
COALITION**
*for
Healthy Schools*

Colorado's Coordinated
School Health initiative

Physical Activity

- Just over half (**53%**) of students were physically active for at least 60 minutes on five or more of the past seven days; this differed between males (**61%**) and females (**44.5%**) as well as between non-Hispanic White students (**56%**) and Hispanic/Latino students (**45%**). Physical activity (60 minutes on five or more of the past seven days) increased from 2005 (**37%**) and 2009 (**47%**).
- A total of **11%** of students reported that they were not physically active for a total of at least 60 minutes on any of the past seven days. The percentage of students who were not physically active in the last seven days decreased from 2005 (**19%**) to 2011, but not from 2009 (**11%**).
- Overall, **63%** of students reported that they played on one or more sports teams during the past 12 months. This has not changed since 2009 and 2005.



Screen Time

- One-fifth (**21%**) of students reported watching three or more hours of TV on an average school day. This decreased from 2005 (**27%**), and differed between Hispanic/Latino students (**28.5%**) and non-Hispanic White students (**17%**).
- Close to one-quarter (**24%**) of students played video games or used the computer for non-school work activities for three or more hours on an average school day. This increased from 2009 (18%), and differed between males (**29%**) and females (**18%**).

Weight & Weight Management

- Overall, **11%** of Colorado high school students are overweight;¹ this has not changed significantly over time. Overweight differed between non-Hispanic White students (**8%**) and Hispanic/Latino students (**17%**).

- Overall, **7%** of Colorado high school students are obese;² this decreased from 2005 (**10%**). The prevalence of obesity differed between non-Hispanic White students (**5%**) and Hispanic/Latino students (**15%**), as well as between males (**12%**) and females (**3%**).
- **24%** of students describe themselves as slightly or very overweight. This differed between females (**29%**) and males (**19%**). This did not differ compared to 2005 and 2009.
- Overall, **40%** of students reported trying to lose weight. This differed between females (**54%**) and males (**26%**), as well as between Hispanic/Latino students (**51%**) and non-Hispanic White students (**37%**).

Nutrition

- Close to two-thirds (**64%**) of students reported eating fruit four or more times during the past week, and 65% reported eating vegetables four or more times in the past week.
- A total of **16%** of students reported eating fruit three or more times per day during the past week, and **14%** reported eating vegetables three or more times per day.
- Overall, **39%** of students ate breakfast on all of the past seven days. This differed by non-Hispanic White students (**46%**) and Hispanic/Latino students (**27%**).
- **23%** of students reported drinking a can, bottle or glass of soda or pop one or more times per day during the past seven days. This differed between males (**27%**) and females (**18%**). This did not differ compared to

¹Overweight refers to individuals between the 85th to 94th percentile for body mass index, by age and sex. Body mass index is calculated based on self-report height and weight.

²Obese refers to individuals at or above the 95th percentile. Body mass index is calculated based on self-report height and weight.

APPLICATIONS OF HKCS DATA

A full report will be available in August 2012.

These data are intended to create awareness about priority health-risk behaviors of youth in Colorado, as well as to provide a tool to assess how risk behaviors change over time. Data can be used by key stakeholders including legislators, boards of education, school administrators, students, parents, community members and school staff to better understand risk behaviors, to set program goals, to develop programs and policies, to support health-related policies and to seek funding.

In 2011, numerous schools and communities choose to participate in a local administration of the survey, to be able to compare their results to state data as well as national data to better understand what priorities may exist in their community and to monitor health behavior trends. In 2011, over 220 schools chose to participate in local HKCS administration, representing close to 70,000 additional students.

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Middle School Students

In the fall of 2011, a total of **1,614 students in 33 public middle schools** throughout Colorado completed the Healthy Kids Colorado Survey (HKCS), which includes components of the Centers for Disease Control and Prevention's Youth Risk Behavior Survey (YRBS). The middle school HKCS consists of questions related to health and risk behaviors in the following domains: physical activity; unintentional injuries and violence; mental health; alcohol, tobacco and other drug use; as well as other health topics such as asthma and HIV education. Results from this survey provide a snapshot of these issues among Colorado's youth. Colorado achieved sufficient participation in 2011 from selected schools and students that data was able to be weighted and can be considered representative of students in Colorado in grades 6-8. **This is the first year for which weighted data on middle school students is available.** It is important to note that while many of the same questions were asked of high school and middle school students, middle school students were more often asked about lifetime behaviors as opposed to behaviors in the past 30 days or past year.

▶ Physical Activity

- Overall, **62%** of Colorado middle school students were physically active for at least 60 minutes on five or more of the past seven days.
- A total of **10%** of students were physically active for 60 minutes on none of the past seven days. This differed between Hispanic/Latino students (**16%**) and non-Hispanic White students (**6.5%**).
- **68%** of student reported attending PE Class one or more days per week.³
- Close to three-quarters of students (**73%**) reported having played on one or more sports teams in the past year.

▶ Screen Time

- Over one-quarter (**26%**) of students reported watching three or more hours of TV on an average school day. This differed between Hispanic/Latino students (**35%**) and non-Hispanic White students (**21%**).
- Over one-fifth (**21%**) of students played video games or used the computer for non-school work activities for three or more hours on an average school day. This differed between males (**26%**) and females (**16%**), as well as between Hispanic/Latino students (**27.5%**) and non-Hispanic White students (**17%**).



▶ Weight & Weight Management

- Overall, **21%** of Colorado middle school students describe themselves as slightly or very overweight. This differed between Hispanic/Latino students (**28%**) and non-Hispanic White students (**17%**).
- Overall, **38.5%** of students reported trying to lose weight. This differed between Hispanic/Latino students (**51%**) and non-Hispanic White students (**33%**).
- A total of **13%** reported that they had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight. This differed between Hispanic/Latino students (**17%**) and non-Hispanic White students (**10.5%**).

³ Attending P.E. class is self-reported and may not reflect participation over an entire school year."

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