In the fall 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 HKCS consists of questions related to health and risk behaviors in the following domains: physical activity and nutrition; unintentional injuries 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 from 2009 and 2005. This document provides an overview of the prevalence and trends related to each behavior domain.

Physical Activity
- Just over half (53%) of Colorado high school 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 (45%) 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%).
- 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
- Based on self-report height and weight, 11% of Colorado high school students are overweight; this has not changed significantly over time. Overweight differed between non-Hispanic White students (8%) and Hispanic/Latino students (17%).
- Based on self-report height and weight, 7% of Colorado high school students are obese; 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%).
- 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
- A total of 64% of students reported eating fruit four or more times during the past week, and 65% reported eating vegetables four or more times during 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%).

Unintentional Injury & Violence
- One-quarter (25%) of students reported being in a physical fight in the past 12 months; this differed between males (30%) and females (18%), as well as between Hispanic/Latino students (33%) and non-Hispanic White students (19%). Physical fighting decreased from 2005 and 2009 (both 32%).
- One-fifth (19%) of students reported that they had been bullied on school property in the past 12 months. The prevalence of bullying has not changed significantly compared to 2009.
- In the 30 days prior to the survey, 22% of students reported riding in a car with someone who had been drinking. This differed between Hispanic/Latino students (27%) and non-Hispanic White students (20%). Riding with a drinking driver has decreased since 2005 (27%).

1Prevalence data refers to the proportion of students who endorsed a given behavior in the 2011 HKCS administration. Statistically significant differences between genders (male/female) as well as between race/ethnicity (non-Hispanic White and Hispanic/Latino) are also provided. Data from other racial/ethnic groups is not available due to small sample sizes. Trend data compares the 2011 results to prior weighted results from 2009 and 2005. Statistically significant differences are noted in this document. Lack of notation about differences does not imply that differences do not exist.

2Overweight refers to individuals between the 85th to 94th percentile for body mass index, by age and sex. Obese refers to individuals at or above the 95th percentile. Body mass index is calculated based on self-report height and weight.
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