



The Healthy Kids Colorado Survey (HKCS) collects anonymous, self-reported, health information from Colorado middle and high school students. In 2013, for the first time, a consolidated version of the survey was launched to address the needs of several organizations that access youth health data to inform programs at both state and regional levels. The new and streamlined HKCS was administered in the Fall 2013 to approximately **40,000 randomly-selected students from over 220 middle and high schools**. Because the survey is administered to students in odd-numbered years, the next administration will happen in Fall 2015. HKCS is supported by Colorado Department of Public Health and Environment (CDPHE), the Colorado Department of Education (CDE), and the Colorado Department of Human Services (CDHS). The University of Colorado Denver is the state contractor for HKCS.

Participating Schools and Districts

For previous HKCS, districts and schools were selected to participate via a random sample. The plan is to continue to draw a random sample to obtain state and regional-level data. An additional goal is to extend opportunities to any middle or high school to participate in the survey at no-cost. This new opportunity will allow schools and districts to have access to their data and use it to address health issues impacting student learning. Any participating school will have access to its data and a school-level report with comparisons to state data. School data is provided only to the school and is not publicly released. State and regional-level data are available to the public.

Survey Schedule

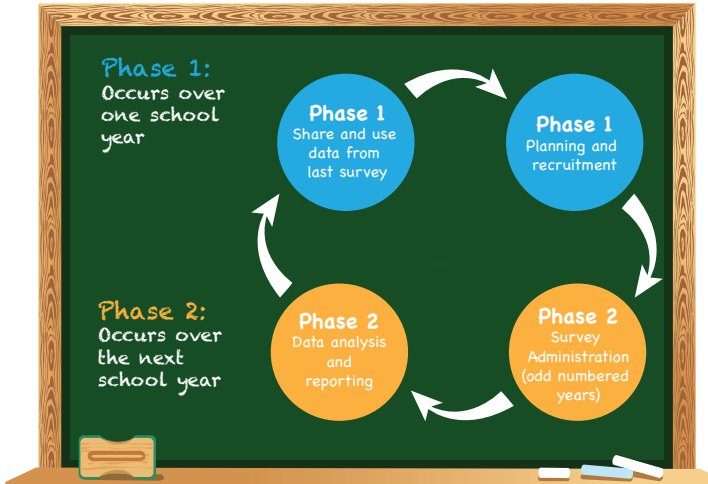
The Healthy Kids Colorado Survey is aligned with the Centers for Disease Control and Prevention’s (CDC’s) Youth Risk Behavior Survey (YRBS) and is conducted on a two-year cycle in two main phases. Phase 1 involves sharing the data, as well as planning and recruitment for the upcoming administration. Phase 2 includes survey administration and data analysis.

Information Collected

The unified HKCS collects anonymous, self-reported, student information on various health topics, as well as student attitudes and perceptions that address outcomes and risk behaviors. Topics measured on the survey include physical activity, nutrition, health care, suicide, bullying, mental health, tobacco, alcohol, marijuana, drugs, sexual health (high school only) and other school engagement and community factors.

Using the Data

Schools, local public health agencies, community partners, researchers, state agencies, foundations, students, etc., use HKCS data to measure the status of youth health. The primary use of the data is to identify health priorities in order to better implement school- and community-based strategies to improve and maintain the health of youth.



Examples of HKCS Survey Use

- **Local Public Health Agencies and School Districts**—use the data to identify youth health needs and gaps and to implement evidence-based programs to address those needs. In a large metro county of Colorado, a district and local public health agency partnered to collect data from all middle and high school students and then developed a comprehensive, county report on youth health. The report is referenced to develop local health improvement plans and measurement for the district’s health agenda.
- **Researchers**—use the data to secure funding and build partnerships for community-based projects. A research project was developed to monitor youth behavioral risk factors related to educational performance in a rural region of the state. Based on the survey findings, a local mental health service provider offered counseling support to most of the school districts in the region at a significantly reduced fee.
- **State Agencies**—use the data to address significant health needs and gaps, allocate resources, implement programs and conduct evaluations. CDPHE uses the results to report on state indicators, demonstrate needs, support grant applications and identify target populations.





- **Collaborative Partnerships**—use the data to measure the impact of new systems to improve youth health. Colorado 9to25 is an action-oriented group of Colorado youth and adults working in partnership to align efforts and achieve positive outcomes for all youth in that age range so they can reach their full potential. HKCS is the instrument used to measure progress on indicators of success, such as school connectedness and community involvement.
- **Non-profit and Youth-serving Organizations**—use the data to identify needs and gaps. The HKCS provides valuable information on associations between multiple student risk behaviors—for example, student achievement or physical activity levels with marijuana use. The Colorado Education Initiative (CEI) shares the data in trainings and presentations to show the importance of health behaviors on student learning.
- **Schools**—use the data to identify trends and changes in youth health and behaviors. A small, rural district, with a majority of students receiving Free and Reduced Lunch has collected HKCS data for almost a decade. The district updated its bullying prevention policy and teachers and staff received on-the-spot intervention. District leaders attended a bullying prevention institute and over 130 parents attended a bullying prevention seminar hosted by the school district and students engaged in a social norming campaign.

- **Students**—use the data to serve as leaders for effective programs and initiatives in their schools. One high school had its students analyze the HKCS data and they found that students perceived low parental engagement and support. The students then took on a leadership role and developed strategies for parent engagement programs and initiatives using best practices and interventions.

Access the Data

- To learn more about the survey effort and view the surveys, visit: www.hkcs2013.org
- To access the state and regional-level public use data, data tables, topic-specific reports and information on survey methodology: <http://www.chd.dphe.state.co.us/>
- Additional data from the Child Health Survey (a parent survey regarding children ages 2-14) is also available at: <http://www.chd.dphe.state.co.us/>

Note: School and district level data is only provided to the school or district and is not available for public release without permission.

For More Information

Dr. Ashley Brooks-Russell, PhD, MPH

University of Colorado Denver
Healthy Kids Colorado Survey
Project Director
ashley.brooks-russell@ucdenver.edu
303-724-8437

Sarah Nickels, PhD, MSW

Colorado Dept. of Public Health and Environment
Healthy Kids Colorado Survey
Project Lead
sarah.nickels@state.co.us
303-691-4043

