

HEALTHY KIDS COLORADO HIGH SCHOOL STATE TREND REPORT

The Healthy Kids Colorado Survey (HKCS) collects anonymous health information from middle and high school students throughout the state and is used to better understand youth health and the factors that help young people make healthy choices. The HKCS is supported by the Colorado Departments of Public Health & Environment, Education, Public Safety, and the Behavioral Health Administration, and is administered by the Colorado School of Public Health (CSPH).

This Trend Report includes the State of Colorado weighted results from 2015, 2017, 2019, 2021, and 2023. This report includes indicators that were consistent across at least four survey cycles, which means not all indicators from every survey administration are included.

The number of students who completed the survey varied each year the survey was administered, as shown in the table below. As a result, the response rate varied each year as well. The response rate for each year can be found in the frequency reports specific to that year.

Survey Year	Number of Respondents
2015	15970
2017	47146
2019	46537
2021	45363
2023	49989

In the data tables throughout the report, the estimated percentage and 95% confidence interval are listed for each indicator in each year. Additionally, a trend analysis was conducted for each indicator from 2015 to 2023. If there is a statistically significant change, the word 'Increase' or 'Decrease' is shown. A dash is shown if there was not a statistically significant change. These results can be used to understand if there was a change in student health behaviors over time.

Table 1. Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	7.5	5.8	9.1
2017	5.2	4.8	5.6
2019	5.5	5.1	5.9
2021	3.9	3.0	4.7
2023	4.3	3.9	4.7

Table 2. Among students who drove a car or other vehicle during the past 30 days, the percentage who drove when they had been drinking alcohol one or more times

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	7.3	6.5	8.1
2017	5.6	5.2	6.0
2019	5.9	5.5	6.3
2021	4.3	3.9	4.6
2023	6.5	5.6	7.5

Table 3. Among students who drove a car or other vehicle during the past 30 days, the percentage who drove when they had been using marijuana one or more times

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	10.4	9.0	11.8
2017	9.0	8.2	9.7
2019	11.2	10.5	11.9
2021	5.5	5.0	6.0
2023	6.7	6.1	7.3

Trend: -

Table 4. Among students who drove a car or other vehicle during the past 30 days, the percentage who texted, posted, or used their phone in some other way while driving on one or more of the days

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	35.6	31.7	39.5
2017	35.9	34.6	37.3
2019	37.2	35.8	38.5
2021	31.8	29.3	34.3
2023	33.4	31.8	35.1

Table 5. Percentage of students who have ever been bullied on school property during the past 12 months

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	20.1	18.7	21.6
2017	18.6	17.8	19.5
2019	16.6	15.9	17.3
2021	11.1	10.5	11.7
2023	12.2	11.4	13.0

Table 6. Percentage of students who had ever been electronically bullied during the past 12 months

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	15.1	14.0	16.1
2017	14.9	14.3	15.5
2019	13.3	12.8	13.8
2021	10.3	9.7	11.0
2023	9.5	8.8	10.1

Table 7. Percentage of students who reported being bullied because of their sexual orientation

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	8.9	7.9	9.8
2017	4.9	4.2	5.5
2019	5.5	5.2	5.8
2021	7.2	6.8	7.7
2023	3.6	3.1	4.0

Table 8. Percentage of students who reported being bullied because of their race or ethnicity

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	14.4	12.4	16.3
2017	9.7	9.1	10.3
2019	8.2	7.7	8.7
2021	8.5	7.5	9.4
2023	4.3	3.9	4.8

Table 9. Percentage of students who reported being bullied because of their disability

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	.	.	.
2017	2.3	2.1	2.6
2019	3.4	3.1	3.6
2021	4.0	3.5	4.4
2023	2.3	2.0	2.6

Table 10. Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	5.5	5.0	6.1
2017	5.8	5.3	6.3
2019	10.1	8.8	11.5
2021	9.5	6.5	12.5
2023	10.0	8.8	11.2

Table 11. Percentage of students who were in a physical fight one or more times during the past 12 months

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	20.1	18.6	21.5
2017	18.0	17.2	18.8
2019	19.9	19.2	20.6
2021	13.3	12.7	13.9
2023	11.9	11.5	12.3

Trend: -

Table 12. Among students who dated or went out with someone during the past 12 months, the percentage who had been physically hurt on purpose one or more times by someone they were dating or going out with

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	9.4	8.6	10.3
2017	9.2	8.7	9.8
2019	9.5	9.0	9.9
2021	9.1	8.6	9.6
2023	9.6	9.0	10.2

Table 13. Percentage of students who have ever been physically forced to have sex when they did not want to

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	7.2	6.5	7.9
2017	6.3	6.0	6.7
2019	6.7	6.5	7.0
2021	5.7	5.4	6.0
2023	4.0	3.7	4.3

Table 14. Percentage of students who felt so 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

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	29.5	28.3	30.8
2017	31.4	30.3	32.6
2019	34.7	33.9	35.4
2021	39.6	37.6	41.7
2023	25.7	24.8	26.6

Table 15. Percentage of students who purposefully hurt themselves without wanting to die in the past 12 months

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	17.3	15.4	19.2
2017	17.8	17.0	18.7
2019	19.9	19.4	20.4
2021	20.3	19.2	21.4
2023	13.1	12.0	14.1

Table 16. Percentage of students who seriously considered attempting suicide during the past 12 months

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	17.4	16.2	18.6
2017	17.0	16.3	17.7
2019	17.5	17.0	17.9
2021	17.1	16.1	18.0
2023	11.1	10.2	12.1

Table 17. Percentage of students who made a plan about how they would attempt suicide during the past 12 months

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	14.1	12.9	15.4
2017	13.1	12.5	13.8
2019	13.4	12.9	13.9
2021	13.2	12.4	14.1
2023	9.3	8.6	9.9

Table 18. Percentage of students who attempted suicide one or more times during the past 12 months

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	7.8	7.0	8.6
2017	7.0	6.6	7.5
2019	7.6	7.2	8.0
2021	7.2	6.8	7.7
2023	5.5	4.9	6.0

Table 19. Percentage of students who have an adult to go to for help with a serious problem

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	71.3	69.6	73.1
2017	73.5	72.2	74.7
2019	72.7	71.9	73.5
2021	73.5	71.4	75.6
2023	75.4	74.2	76.6

Table 20. Percentage of students who had their first drink of alcohol, other than a few sips, before age 13

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	18.2	16.3	20.2
2017	15.0	14.3	15.7
2019	17.6	16.9	18.2
2021	15.0	13.7	16.3
2023	14.2	13.3	15.2

Table 21. Percentage of students who had at least one drink of alcohol on one or more of the past 30 days

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	30.2	28.3	32.2
2017	28.7	27.6	29.9
2019	29.6	28.3	30.8
2021	23.6	21.9	25.4
2023	20.5	19.1	21.9

Table 22. Percentage of students who feel it would be sort of easy or very easy to get alcohol if they wanted

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	57.2	54.5	59.8
2017	57.5	56.1	58.9
2019	59.0	57.7	60.3
2021	53.1	50.3	55.9
2023	50.6	48.7	52.5

Trend: Increase

Table 23. Percentage of students who think it is wrong or very wrong for someone of the same age to drink alcohol regularly (at least once or twice per month)

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	64.6	62.4	66.8
2017	62.3	61.2	63.5
2019	62.2	60.8	63.5
2021	65.3	63.6	67.1
2023	70.7	69.3	72.2

Trend: Increase

Table 24. Percentage of students who think their parents or guardians would feel it is wrong or very wrong if they drank alcohol regularly (at least once or twice per month)

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	82.0	80.8	83.3
2017	84.0	83.4	84.7
2019	82.1	81.2	83.0
2021	84.3	83.5	85.1
2023	85.1	84.2	86.1

Table 25. Percentage of students who smoked cigarettes on one or more of the past 30 days

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	8.6	7.7	9.5
2017	7.2	6.7	7.6
2019	5.7	5.3	6.2
2021	3.3	2.9	3.8
2023	3.1	2.7	3.4

Trend: Decrease

Table 26. Percentage of students who think it would be sort of easy or very easy to get cigarettes if they wanted

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	57.0	54.8	59.3
2017	55.5	54.5	56.6
2019	52.3	51.4	53.3
2021	41.7	40.7	42.6
2023	31.4	30.0	32.8

Trend: Decrease

Table 27. Percentage of students who were inside their home while someone was smoking a cigarette, cigar, pipe, or using an electronic vapor product for one or more days in the past 7 days

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	.	.	.
2017	20.3	19.3	21.4
2019	18.5	17.7	19.2
2021	15.8	14.2	17.4
2023	17.7	16.4	18.9

Table 28. Percentage of students who have ever used an electronic vapor product

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	46.2	43.6	48.8
2017	44.2	42.7	45.7
2019	45.9	44.7	47.1
2021	30.4	29.1	31.7
2023	30.0	28.6	31.4

Table 29. Percentage of students who used an electronic vapor product in the past 30 days

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	26.1	23.7	28.6
2017	27.0	25.7	28.3
2019	25.9	24.9	26.9
2021	16.1	15.5	16.7
2023	8.7	8.2	9.3

Trend: Decrease

Table 30. Percentage of students who feel it would be sort of easy or very easy to get electronic vapor products if they wanted

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	.	.	.
2017	58.4	56.6	60.1
2019	63.2	61.8	64.6
2021	51.4	50.0	52.8
2023	48.9	47.7	50.2

Trend: Increase

Table 31. Percentage of students who think people who use electronic vapor products every day have a moderate or great risk of harm

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	.	.	.
2017	49.8	48.1	51.5
2019	73.0	72.1	73.9
2021	79.6	78.5	80.6
2023	83.4	82.3	84.5

Trend: Increase

Table 32. Percentage of students who think breathing secondhand vapor has a moderate or great risk

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	.	.	.
2017	40.9	39.7	42.1
2019	55.1	54.1	56.0
2021	59.4	58.1	60.8
2023	68.0	66.9	69.0

Table 33. Percentage of students who have ever tried marijuana

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	38.0	35.9	40.0
2017	35.2	33.8	36.6
2019	35.8	34.1	37.6
2021	26.1	24.4	27.9
2023	26.3	25.2	27.5

Trend: Decrease

Table 34. Percentage of students who tried marijuana for the first time before age 13

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	9.2	7.7	10.6
2017	6.5	5.9	7.1
2019	6.7	6.0	7.3
2021	5.0	3.9	6.1
2023	5.5	4.9	6.1

Table 35. Percentage of students who used marijuana one or more times during the past 30 days

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	21.2	19.7	22.7
2017	19.4	18.4	20.4
2019	20.6	19.3	21.9
2021	13.3	12.5	14.1
2023	12.8	12.0	13.6

Trend: Decrease

Table 36. Among students who used marijuana in the past 30 days, the percentage who smoked it

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	91.6	90.2	93.0
2017	88.4	86.9	90.0
2019	77.9	76.2	79.6
2021	79.5	76.0	83.0
2023	76.0	74.4	77.7

Table 37. Among students who used marijuana in the past 30 days, the percentage who ate it

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	27.8	24.9	30.8
2017	35.6	32.7	38.5
2019	35.6	33.8	37.4
2021	36.6	34.1	39.0
2023	32.8	30.2	35.5

Table 38. Among students who used marijuana in the past 30 days, the percentage who vaporized it

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	21.8	18.4	25.2
2017	20.3	18.1	22.4
2019	34.3	32.0	36.7
2021	39.1	34.7	43.5
2023	46.0	44.2	47.7

Table 39. Among students who used marijuana in the past 30 days, the percentage who dabbled it

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	28.0	22.5	33.6
2017	34.4	32.0	36.8
2019	52.0	49.7	54.3
2021	49.2	43.1	55.3
2023	31.2	29.5	32.9

Table 40. Among students who used marijuana in the past 30 days, the percentage who used it some other way besides smoking, eating, vaporizing, or dabbing it

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	7.7	5.5	9.8
2017	7.3	6.2	8.4
2019	8.4	7.5	9.2
2021	10.3	8.0	12.7
2023	8.0	7.2	8.9

Table 41. Among students who used marijuana in the past 30 days, the percentage who usually smoked it

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	86.8	84.2	89.4
2017	77.8	75.2	80.4
2019	56.5	53.7	59.3
2021	50.0	44.6	55.5
2023	51.4	48.5	54.4

Table 42. Percentage of students who feel it would be sort of easy or very easy to get marijuana if they wanted

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	55.7	53.6	57.8
2017	53.5	51.8	55.2
2019	51.4	50.2	52.6
2021	40.3	38.5	42.2
2023	40.4	39.0	41.8

Trend: Increase

Table 43. Percentage of students who think it is wrong or very wrong for someone of the same age to use marijuana

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	60.6	58.5	62.8
2017	57.4	55.9	58.9
2019	58.9	57.4	60.3
2021	64.1	62.0	66.2
2023	71.2	69.7	72.7

Table 44. Percentage of students who think their parents or guardians feel it is wrong or very wrong if they used marijuana

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	85.4	83.9	86.8
2017	86.6	85.7	87.5
2019	85.5	84.6	86.5
2021	88.1	86.7	89.4
2023	89.8	88.8	90.8

Table 45. Percentage of students who feel it would be sort of easy or very easy to get prescription pain medicine not prescribed to them

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	25.0	22.6	27.5
2017	25.3	24.5	26.2
2019	25.1	24.5	25.7
2021	19.0	17.6	20.4
2023	23.4	22.6	24.3

Trend: -

Table 46. Percentage of students who think it is wrong or very wrong for someone of the same age to use prescription pain medicine without a doctor's prescription

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	89.8	89.0	90.6
2017	88.7	88.1	89.3
2019	88.9	88.4	89.4
2021	91.0	90.1	92.0
2023	89.6	89.1	90.0

Table 47. Percentage of students who have ever had consensual sex

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	35.4	33.3	37.4
2017	32.7	31.6	33.9
2019	34.6	33.4	35.8
2021	25.4	23.5	27.2
2023	26.5	25.3	27.6

Table 48. Percentage of students who had consensual sex in the last three months

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	25.1	23.5	26.6
2017	22.9	21.9	24.0
2019	24.6	23.7	25.5
2021	18.6	17.1	20.1
2023	17.7	16.7	18.8

Table 49. Among students who had consensual sex during the past three months, the percentage who used a condom or their partner used a condom the last time they had consensual sex

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	60.5	58.1	62.9
2017	58.9	57.4	60.4
2019	59.4	58.1	60.7
2021	58.6	56.6	60.6
2023	66.2	64.2	68.2

Table 50. Percentage of students who ate fruit one or more times per day in the past 7 days

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	44.6	42.1	47.1
2017	42.2	40.6	43.8
2019	33.6	32.5	34.6
2021	33.0	29.9	36.0
2023	44.5	43.5	45.5

Trend: -

Table 51. Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day in the past 7 days

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	17.1	15.0	19.1
2017	15.8	14.8	16.9
2019	14.4	13.7	15.1
2021	12.8	11.0	14.5
2023	21.4	19.8	22.9

Table 52. Percentage of students who ate breakfast on all of the past 7 days

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	39.2	37.1	41.2
2017	37.2	35.6	38.8
2019	32.5	31.4	33.6
2021	29.1	25.8	32.3
2023	29.0	27.6	30.4

Table 53. Percentage of students who sometimes, most of the time, or always went hungry in the past 30 days because of a lack of food at home

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	14.0	12.7	15.3
2017	14.1	13.1	15.0
2019	14.7	14.1	15.3
2021	12.4	10.9	13.9
2023	12.6	11.7	13.6

Trend: -

Table 54. Percentage of students who were physically active for a total of at least 60 minutes per day on 5 or more of the past 7 days

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	51.9	49.4	54.3
2017	51.6	50.0	53.2
2019	48.0	46.9	49.2
2021	49.0	45.0	53.0
2023	49.9	48.4	51.3

Table 55. Percentage of students who could walk or ride a bike, scooter, or skateboard to school if they wanted to

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	45.3	41.5	49.1
2017	46.9	44.1	49.6
2019	48.8	46.5	51.1
2021	53.8	52.0	55.6
2023	52.0	47.8	56.2

Trend: Decrease

Table 56. Percentage of students who participated in sports (team or individual) during the past 12 months

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	60.1	58.3	61.9
2017	60.6	59.0	62.1
2019	59.0	57.7	60.3
2021	52.9	48.8	57.0
2023	48.7	46.4	51.1

Table 57. Percentage of students who participated in organized community service as a non-paid volunteer during the past 30 days

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	42.7	39.6	45.7
2017	43.6	42.1	45.0
2019	44.8	43.5	46.2
2021	35.9	33.6	38.2
2023	28.2	26.0	30.5

Trend: Decrease

Table 58. Percentage of students who participated in sports, band, drama, clubs, or student government at school during the past 12 months

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	69.3	67.1	71.4
2017	68.2	66.7	69.6
2019	67.3	65.9	68.8
2021	59.6	55.8	63.4
2023	66.6	64.0	69.3

Table 59. Percentage of students who skipped one or more whole days of school during the past four weeks

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	22.9	20.0	25.7
2017	22.8	21.5	24.1
2019	25.9	24.5	27.3
2021	24.2	20.8	27.5
2023	30.8	28.0	33.5

Trend: -

Table 60. Percentage of students who think the things they are learning in school are going to be important or very important for later in life

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	.	.	.
2017	59.8	58.4	61.2
2019	53.2	52.1	54.3
2021	52.4	50.8	53.9
2023	59.1	58.0	60.3

Table 61. Percentage of students who sleep 8 or more hours per night on average school nights

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	31.5	29.5	33.5
2017	30.8	29.7	31.9
2019	26.0	25.2	26.8
2021	26.2	25.2	27.2
2023	30.6	29.2	31.9

Trend: Decrease

Table 62. Percentage of students who had ever been told by a doctor or nurse that they had asthma

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	23.0	21.4	24.6
2017	20.8	19.7	21.9
2019	20.2	19.7	20.7
2021	18.1	17.5	18.8
2023	17.5	16.7	18.3