

HEALTHY KIDS COLORADO MIDDLE 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	997
2017	6704
2019	6983
2021	7436
2023	10089

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 wear a seat belt while riding in a car

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	4.4	1.9	6.8
2017	4.2	2.4	6.0
2019	4.3	2.8	5.8
2021	3.3	2.4	4.3
2023	5.5	3.9	7.0

Table 2. 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	27.2	23.0	31.4
2017	24.4	21.3	27.5
2019	28.8	25.9	31.7
2021	31.7	28.7	34.6
2023	23.6	21.1	26.2

Table 3. Percentage of students who ever seriously thought about killing themselves

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	17.3	13.3	21.3
2017	18.8	15.6	22.0
2019	20.4	18.3	22.5
2021	23.5	21.4	25.5
2023	17.4	15.5	19.4

Table 4. Percentage of students who ever made a plan about how they would kill themselves

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	12.3	9.3	15.3
2017	12.6	10.6	14.5
2019	14.5	12.7	16.2
2021	16.5	14.6	18.3
2023	12.4	10.7	14.1

Table 5. Percentage of students who ever tried to kill themselves

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	6.4	4.2	8.6
2017	7.7	5.9	9.4
2019	8.9	7.4	10.4
2021	9.3	7.8	10.9
2023	6.8	5.8	7.9

Table 6. 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	78.0	74.7	81.3
2017	73.4	70.7	76.1
2019	71.9	69.4	74.3
2021	74.9	71.4	78.5
2023	73.2	69.6	76.8

Table 7. Percentage of students who have ever had a drink of alcohol other than a few sips

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	17.1	12.2	22.0
2017	18.2	15.6	20.8
2019	16.9	14.0	19.8
2021	11.2	9.2	13.2
2023	24.2	22.3	26.2

Table 8. Percentage of students who had their first drink of alcohol, other than a few sips, before the age of 11

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	7.0	4.7	9.2
2017	8.5	6.8	10.2
2019	7.4	5.9	8.8
2021	4.9	3.8	6.0
2023	13.8	12.7	14.9

Table 9. 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	5.9	3.4	8.4
2017	6.4	5.0	7.8
2019	6.6	5.0	8.1
2021	3.9	2.8	5.1
2023	6.6	5.6	7.6

Table 10. 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	29.5	25.4	33.5
2017	31.2	27.4	34.9
2019	33.1	30.9	35.2
2021	27.0	24.3	29.8
2023	28.7	26.9	30.5

Table 11. 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	92.0	89.4	94.6
2017	89.3	88.0	90.6
2019	89.1	87.3	90.8
2021	90.5	88.6	92.3
2023	90.7	89.4	92.0

Table 12. 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	93.2	91.3	95.0
2017	93.9	93.1	94.8
2019	92.7	91.6	93.7
2021	94.0	92.9	95.1
2023	92.3	91.3	93.4

Table 13. Percentage of students who have ever smoked a cigarette, even one or two puffs

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	8.6	4.7	12.4
2017	8.4	6.3	10.5
2019	7.9	6.0	9.8
2021	3.9	3.0	4.8
2023	6.6	4.9	8.2

Table 14. 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	1.9	0.7	3.1
2017	2.4	1.7	3.2
2019	1.4	1.0	1.9
2021	1.3	0.9	1.7
2023	1.5	1.1	1.8

Table 15. 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	22.2	16.7	27.8
2017	24.0	21.1	26.8
2019	25.7	24.0	27.3
2021	18.7	16.6	20.7
2023	14.6	13.6	15.6

Table 16. Percentage of students who think their parents or guardians would feel it is wrong or very wrong if they smoked cigarettes

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	97.8	96.6	98.9
2017	97.6	96.9	98.4
2019	97.7	97.0	98.4
2021	97.3	96.7	97.9
2023	97.5	97.0	97.9

Table 17. Percentage of students who have ever used an electronic vapor product

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	15.2	10.4	20.0
2017	14.6	11.5	17.8
2019	17.7	14.3	21.2
2021	11.3	8.5	14.1
2023	14.0	10.9	17.1

Table 18. Percentage of students who have ever tried marijuana

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	7.6	4.0	11.2
2017	8.6	5.6	11.5
2019	9.9	7.0	12.9
2021	5.2	3.3	7.2
2023	6.5	4.9	8.2

Table 19. Percentage of students who tried marijuana for the first time before the age of 11

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	2.6	0.8	4.4
2017	2.2	1.2	3.3
2019	2.5	1.3	3.6
2021	1.5	0.8	2.1
2023	2.0	1.3	2.7

Table 20. 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	4.4	1.9	7.0
2017	5.2	3.3	7.1
2019	5.2	3.3	7.2
2021	3.0	1.7	4.3
2023	3.0	2.2	3.9

Table 21. 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	15.5	10.7	20.3
2017	18.3	14.6	22.1
2019	18.7	15.8	21.6
2021	13.4	11.1	15.8
2023	13.2	11.3	15.1

Table 22. 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	91.6	87.9	95.3
2017	88.3	85.4	91.2
2019	87.9	85.3	90.5
2021	91.2	88.6	93.7
2023	92.8	91.1	94.4

Table 23. 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	97.5	96.3	98.7
2017	96.0	94.4	97.5
2019	95.2	93.8	96.6
2021	96.3	95.2	97.4
2023	96.0	95.1	97.0

Table 24. Percentage of students who have ever used prescription pain medicine not prescribed to them or differently than how a doctor told them to use it

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	3.8	2.0	5.6
2017	4.1	3.4	4.9
2019	5.5	4.4	6.7
2021	7.9	6.6	9.1
2023	7.7	6.8	8.7

Table 25. 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	51.8	46.3	57.3
2017	48.2	43.5	52.9
2019	51.1	47.9	54.4
2021	46.2	41.0	51.3
2023	49.3	45.4	53.3

Table 26. Percentage of students who ate vegetables such as green salad, potatoes, carrots, or other vegetables one or more times per day in the past 7 days

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	48.4	42.6	54.1
2017	44.6	39.5	49.7
2019	47.6	44.2	51.1
2021	44.9	40.1	49.7
2023	49.4	44.9	53.8

Trend: Increase

Table 27. 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	16.1	13.5	18.7
2017	15.1	11.7	18.4
2019	19.1	16.2	21.9
2021	18.7	15.0	22.4
2023	22.9	20.4	25.4

Table 28. Percentage of students who ate breakfast on all of the past 7 days

Year	Percentage	95% Lower Confidence Limit	95% Upper Confidence Limit
2015	54.3	50.1	58.5
2017	53.7	50.5	57.0
2019	47.8	44.5	51.0
2021	37.5	34.0	41.0
2023	39.8	36.1	43.5

Table 29. 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	63.2	58.1	68.2
2017	62.6	58.5	66.7
2019	55.1	50.3	59.9
2021	51.3	45.7	56.8
2023	50.6	45.5	55.6

Table 30. 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	68.2	63.2	73.3
2017	64.7	58.4	70.9
2019	64.2	60.0	68.5
2021	56.8	51.1	62.5
2023	51.3	47.8	54.8

Trend: -

Table 31. 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	70.3	64.5	76.2
2017	67.5	63.5	71.6
2019	63.7	59.6	67.9
2021	63.7	59.2	68.1
2023	72.3	68.4	76.3

Table 32. 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	17.6	14.2	20.9
2017	16.0	14.1	17.9
2019	16.7	15.3	18.2
2021	14.1	12.7	15.6
2023	14.2	13.0	15.4