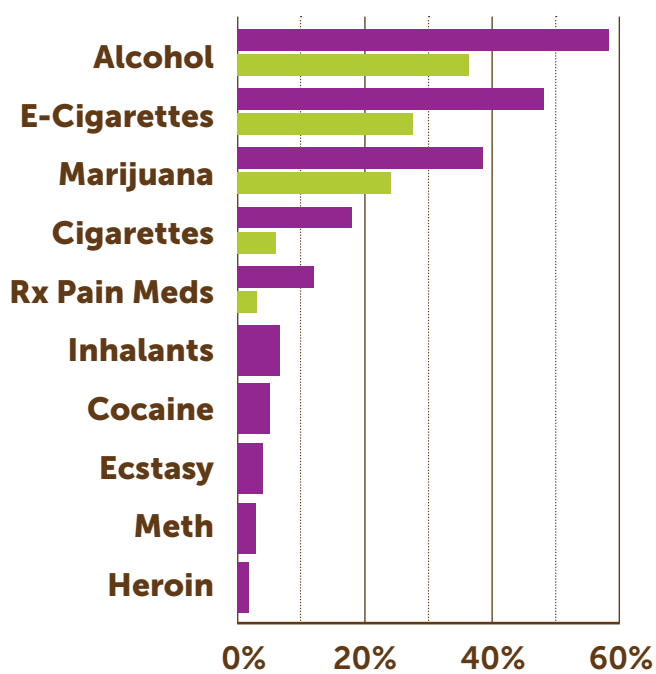




The Healthy Kids Colorado Survey is the state's only comprehensive survey on the health and well-being of young people. In 2019, the survey sampled approximately 53,500 youth from 195 randomly selected middle and high schools statewide. The voluntary, biennial survey collects a wide range of health and behavioral information that helps public, private and community organizations better understand the youth they serve and support them in making healthy choices. The data included are from a sample of approximately 2,200 local high school youth in Boulder County.

LIFETIME AND CURRENT SUBSTANCE USE

Percent of local youth who have ever tried the substance
Percent of local youth who have used the substance in the past 30 days



Alcohol, vapor products and marijuana are the **MOST TRIED AND USED SUBSTANCES** among youth in Boulder County.

YOUTH PERCEPTIONS VS. REALITY



2 OF 5 youth think a typical peer uses marijuana



1 OF 4 youth actually use marijuana



2 OF 5 youth think a typical peer binge drinks



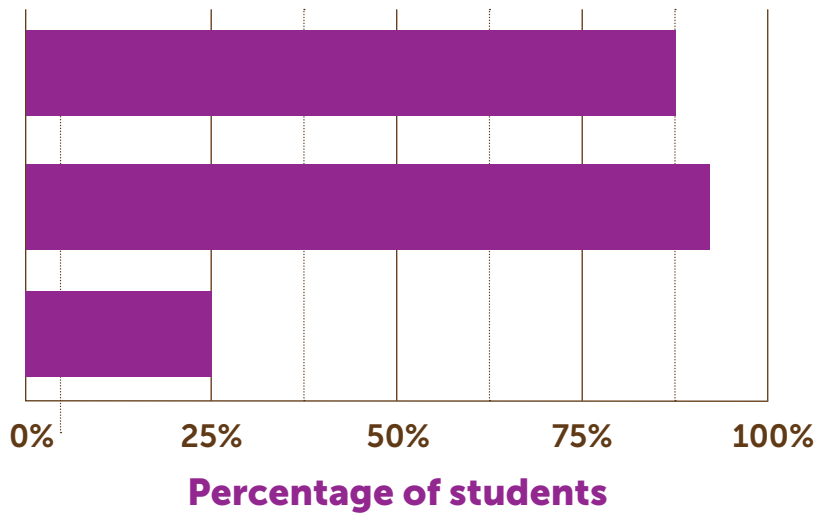
1 OF 5 local youth actually binge drink

MOST YOUTH HAVE NEVER USED PRESCRIPTION PAIN MEDICINE WITHOUT A PRESCRIPTION

Youth who have **NEVER USED** prescription pain medication without a prescription

Youth who think it is **WRONG TO USE** prescription drugs without a prescription

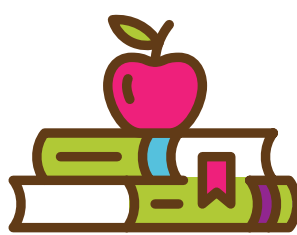
Youth who think it is **EASY TO GET** prescription drugs without a prescription



PROTECTIVE FACTORS

All data on behaviors or health outcomes should be considered alongside the upstream factors that influence them, such as feeling safe at school. Social, economic and environmental inequities result in adverse health outcomes and have a greater impact than individual choices. Reducing health disparities through systems change can help improve opportunities for all Coloradans.

SCHOOLS CAN HELP PREVENT YOUTH SUBSTANCE USE



Youth who feel safe at school are **LESS LIKELY** to vape, smoke cigarettes, use marijuana, drink alcohol and misuse prescription drugs.



Youth who think their teacher notices and lets them know when they are doing a good job are **LESS LIKELY** to vape, smoke cigarettes, use marijuana, drink alcohol and misuse prescription drugs.

PRO SOCIAL ACTIVITIES



Students who participate in extracurricular activities are **8% LESS LIKELY** to smoke cigarettes and **7% LESS LIKELY** to use marijuana.