



COLORADO COALITION FOR HEALTHY SCHOOLS MEETING

Smart Source & HKCS Updates

October 14, 2016





HEALTHY KIDS COLORADO SURVEY

- Survey on the health, well-being and resiliency of young people.
- Administered every odd year to randomly selected schools.
- Paper/pencil survey is voluntary and anonymous.
- Parent permission is required.



COLORADO
Department of Public
Health & Environment



HEALTHY KIDS COLORADO SURVEY

Survey Topic Areas

Protective Factors

- Trusted Adults
- School/Community Involvement
- Access to health care

Risk Behaviors

- Alcohol, marijuana, tobacco, substance abuse
- Driving while texting/under the influence

Mental Health

- Depression
- Suicide
- Bullying

Health Behaviors

- Nutrition and Physical Activity
- Sexual Health (High School Only)





HEALTHY KIDS COLORADO SURVEY

HKCS 2015 Results released Summer 2016

- In 2015, our sample was approximately 17,000 students in 157 middle and high schools.
 - Including opt-ins: 256 schools and 40,000+ students participated overall.
- UCD HKCS team available to support schools and community partners in utilizing the 2015 results



HEALTHY KIDS COLORADO SURVEY

YOUTH MARIJUANA USE



Supportive Teachers:
Youth who agree that teachers care and encourage them are 1.7x LESS likely to use.

YOUTH ALCOHOL USE



Trusted Adults:
Youth who can ask a parent, guardian, or other adult for help are 1.5x LESS likely to binge drink.

YOUTH TOBACCO USE



School safety:
Youth who feel safe at school are 3x LESS likely to smoke cigarettes.



Extracurricular activities:
Youth who participate are 2.4x LESS likely to smoke cigarettes.



HEALTHY KIDS COLORADO SURVEY

2016:
Share HKCS
2015 results

Spring 2017:
HKCS
Recruitment

Fall 2017:
HKCS
Administration

Spring 2018:
Data Analysis
and Results
shared

✓ SMART SOURCE OVERVIEW

• Inventory of School Health Policies and Practices

Comprehensive
of all school
health
components

Streamlines how
data are collected
and reported

Developed and
informed by
multiple
stakeholders

Administered
statewide to all
school-levels

Used to inform
improvements to
school health
efforts



CONTENT AREAS

**General Health
Policies & Practices**

Nutrition

**Physical Education
& Physical Activity**

Health Education

Health Services

**Counseling,
Psychological,
and Social Services**

**Healthy and Safe
School
Environment**

**Family, Community,
and Student
Involvement**

**Staff Health
Promotion**

✓ RESULTS

•General Health

Over 73% of participating schools have wellness teams that guide improvements in school health and wellness.

Student Involvement

1 in 7 participating secondary schools give students a seat at the table when building positive school culture.

Physical Activity/Physical Education

96% of participating elementary schools incorporate physical activity breaks in the classroom, but only 61% of secondary schools do.

Nutrition

More than 77% of participating schools do not allow students to purchase soft drinks at school; 64 % prohibit soft drink advertisements in their buildings.

✓ SMART SOURCE UPDATES

•Data Available

- 2015-16 Administration
- Aggregate Data (State, Region, District Size)
- Executive Summary in November 2016

2016-17 Administration

- Open this year for schools
- Next big administration in 2017-18

Healthy School Champions

- Application open in November 2016
- Same application process
- Can use previous year's Smart Source Data
- Recognition Event



COORDINATION IN 2017-18

- Both HKCS and Smart Source Administered Fall 2017-18
 - Benefits to Shared Timeframe
 - Minimize Confusion
 - School-level effort
 - Student-level effort
 - Data collected during same snapshot in time
 - “Off-year” can be a planning and implementation year



HEALTHY AND SAFE SCHOOL ENVIRONMENT DATA

Figure 6.1: Policies/practices to promote positive school climate

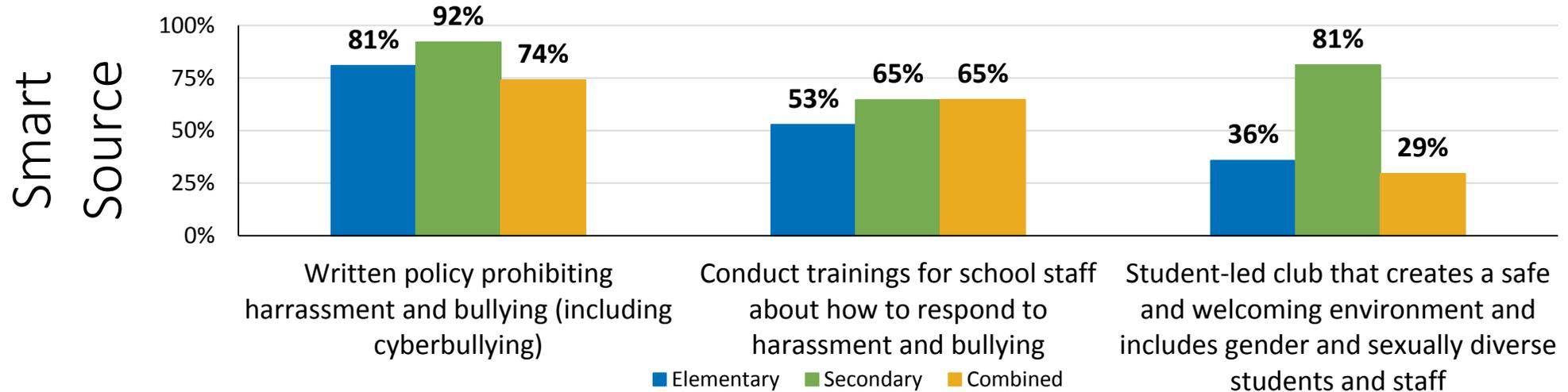
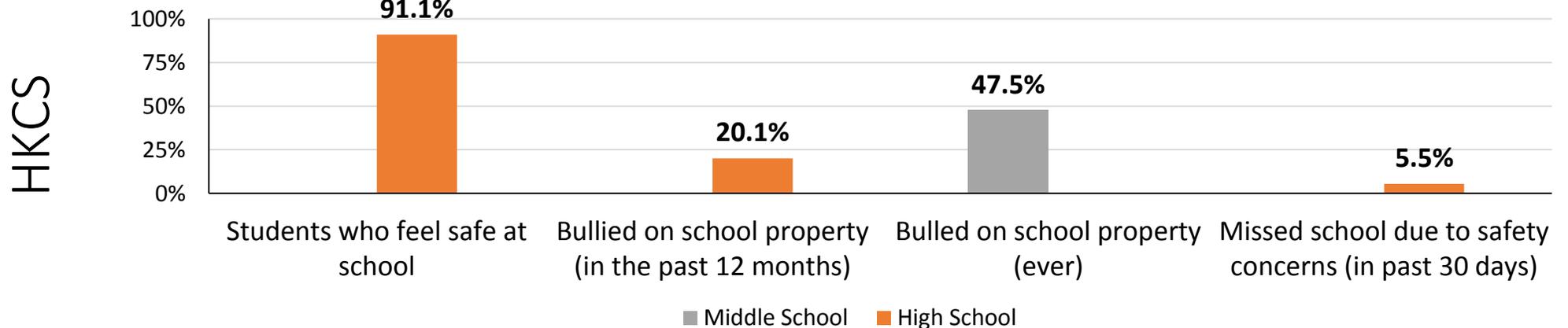


Figure 5.2: Safety and bullying among secondary students





NUTRITION DATA

Smart Source

Figure 4.1 Practices to encourage fruit and vegetable consumption

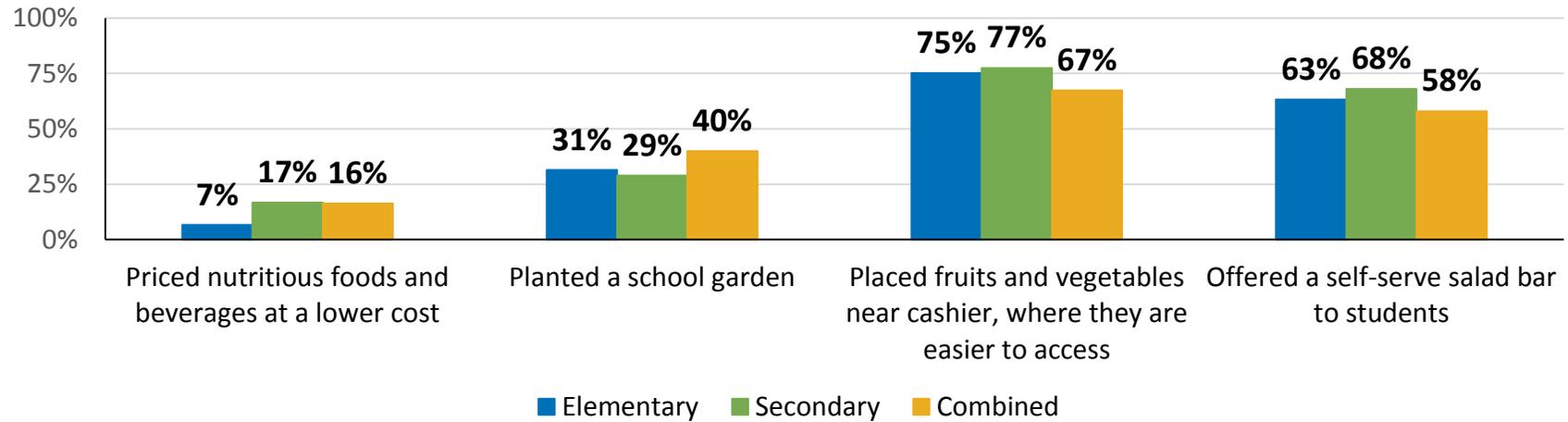
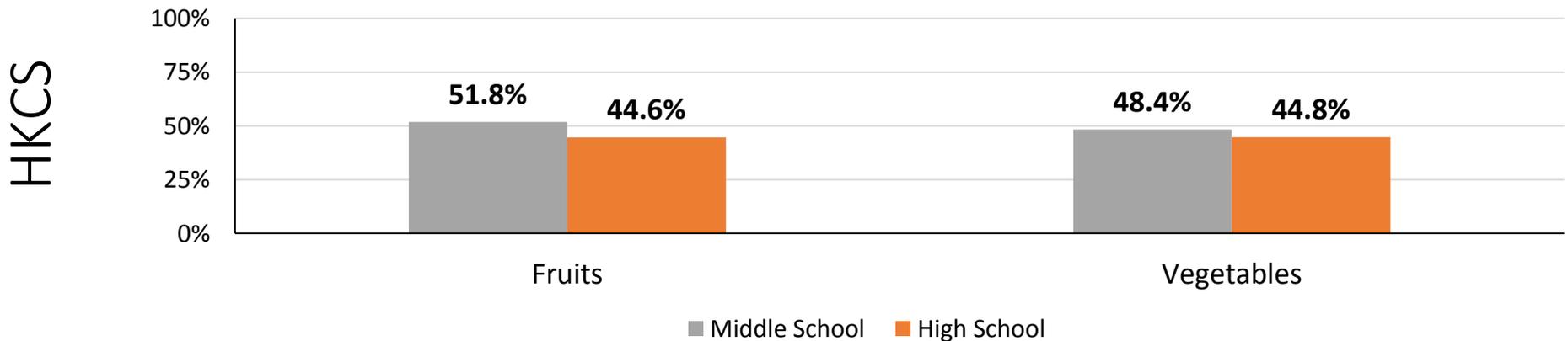


Figure 4.2: Secondary students consuming fruits and vegetables one or more times per day in the past seven days



Thank You!

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