

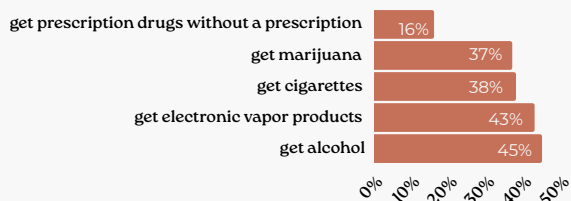
2021 Weld County Healthy Kids Colorado Survey Community Report: Substance Use, Nutrition, & Physical Health

Substance Use

Availability of Substances

More than 1 in 3 high school students feel that it would be easy or very easy for them to get marijuana, cigarettes and more than **1 in 4** feel it would be easy or very easy to get electronic vapor products or alcohol.

Percent of Students Who Felt it Would be Easy or Very Easy to...



Tobacco

19% of high school students have tried cigarettes, and **2%** currently smoke them.



16% of high school students were exposed to secondhand smoke or vapor in their homes in the past week.

1 in 4 high school students have ever tried vaping, and **14%** currently vape. Among those who vape, **25%** first tried vaping before they were 13 years old.

7 in 10 students think it is wrong or very wrong for someone their age to use electronic vapor products.

Having a friend or family member who vaped was the leading reason students gave for why they themselves vaped.

Alcohol

14% of high school students had their first drink of alcohol (other than a few sips) before age 13.

16% were current alcohol drinkers, meaning they had had at least one drink in the past month.

6% reported binge-drinking (consuming 5 or more drinks in a couple of hours) in the past month.

Marijuana

Roughly 1 in 5 high school students had ever tried marijuana, and **9%** had used it in the past month.

6% first tried marijuana before age 13.

Fewer Hispanic/Latina/o students had used marijuana in the past month compared to multiracial and non-Hispanic/Latina/o White students.

Other Drugs

1 in 10 high school students had used prescription pain medicine without a prescription; **4%** had done so in the past month.



9% of high school students said they had used substances to cope with or overcome negative/difficult feelings in the past year. **More than 1 in 3** genderqueer or nonbinary students had used substances for this reason.

Physical Health

Screen Time

More than **3 in 4** high school students spend 3 or more hours a day in front of a TV, computer, smart phone, or other electronic device for something other than schoolwork.

Staying Active

37% of students got at least an hour of physical activity on 5 or more days in the past week. Fewer Hispanic/Latina/o students reported being physically active compared to non-Hispanic/Latina/o White and multiracial students.



Compared to female and genderqueer or nonbinary students, a higher percentage of male students participated in sports and were physically active at least 5 days a week.

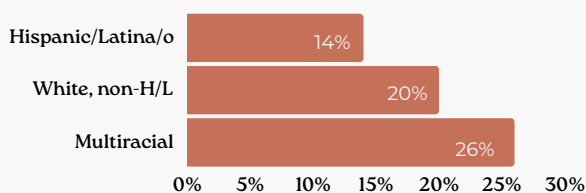
Roughly 1 in 7 male high school students had a concussion in the past year from playing sports or being active.

Asthma

16% of high school students had been told they had asthma by a doctor or nurse.

More than 1 in 4 multiracial students had a history of asthma.

Students with Asthma



Sleep

Roughly **1 in 4** students got at least 8 hours of sleep on an average school night.

Nutrition

Fruits & Vegetables

28% of high school students reported eating fruit at least once a day in the past week and **29%** ate vegetables (green salad, potatoes, carrots, or other vegetables).



Healthy Eating Habits

Roughly **1 in 5** high school students ate breakfast every day in the past week.

Only **16%** of multiracial students reported eating breakfast regularly.

Hunger

1 in 7 high school students said that at least some of the time during the past 30 days, they had gone hungry due to a lack of food at home.

About these data

Data are from a sample of about 2,500 middle and high school students enrolled in Weld County schools participating in the 2021 Healthy Kids Colorado Survey. However, not enough schools or districts participated, meaning these data are **not representative of all Weld County school-aged youth**.