

# 2009 YOUTH RISK BEHAVIOR SURVEY COLORADO & U.S. COMPARISON



Colorado Connections  
for Healthy Schools is  
Colorado's Coordinated  
School Health initiative.

The Youth Risk Behavior Surveillance System (YRBSS) monitors priority health-risk behaviors and the prevalence of obesity and asthma among youth and young adults. The YRBSS includes a national school-based survey conducted by the Centers for Disease Control and Prevention (CDC) and state, territorial, tribal, and district surveys conducted by state, territorial, and local education and health agencies and tribal governments.

## UNINTENTIONAL INJURIES & VIOLENCE



### Where Colorado Teens are **HEALTHIER**

- Rarely or never wore a bicycle helmet.

Colorado	75.2%
US	84.7%
- Rode with a driver who had been drinking alcohol one or more times.

Colorado	24.6%
US	28.3%
- Drove when drinking alcohol one or more times.

Colorado	7.4%
US	9.7%



### Where Colorado Teens are **UNHEALTHIER**

- Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

Colorado	3.1%
US	1.9%

## TOBACCO USE



### Where Colorado Teens are **HEALTHIER**

NA



### Where Colorado Teens are **UNHEALTHIER**

- Smoked cigarettes on school property on at least one day (during the 30 days before the survey).

Colorado	8.3%
US	5.1%

## ALCOHOL & OTHER DRUGS



### Where Colorado Teens are **HEALTHIER**

NA



### Where Colorado Teens are **UNHEALTHIER**

- Ever used ecstasy one or more times.

Colorado	10.2%
US	6.7%

## SEXUAL BEHAVIORS



### Where Colorado Teens are **HEALTHIER**

- Had sexual intercourse with at least one person (during the three months before the survey).

Colorado	27.4%
US	34.2%



### Where Colorado Teens are **UNHEALTHIER**

- Were never taught in school about AIDS or HIV infection.

Colorado	18.1%
US	13.0%

Published data from the Centers for Disease Control and Prevention, Comparisons Between State or District and National Results [http://www.cdc.gov/healthyyouth/yrbs/state\\_district\\_comparisons.htm](http://www.cdc.gov/healthyyouth/yrbs/state_district_comparisons.htm)

Comparisons between the selected state or district and national data were based on t-test analyses. This information only shows those health related behaviors where differences between Colorado teens and those in other parts of the United States were statistically significant.

## DIETARY BEHAVIORS



### Where Colorado Teens are HEALTHIER

- Did not eat green salad (during the seven days before the survey).

Colorado	32.9%
US	36.6%
- Did not eat potatoes (excluding French fries, fried potatoes, or potato chips, during the seven days before the survey).

Colorado	26.7%
US	31.2%
- Did not eat carrots (during the seven days before the survey).

Colorado	45.6%
US	51.8%
- Ate vegetables less than three times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips] carrots, or other vegetables, during the seven days before the survey).

Colorado	83.8%
US	86.2%
- Obese (students who were  $\geq 95$ th percentile for body mass index, by age and sex, based on reference data).

Colorado	7.1%
US	12.0%
- Describe themselves as slightly or very overweight.

Colorado	21.9%
US	27.7%



### Where Colorado Teens are UNHEALTHIER

- Ate less food, fewer calories, or low-fat foods to lose weight or to keep from gaining weight (during the 30 days before the survey).

Colorado	32.4%
US	39.5%

## PHYSICAL ACTIVITY



### Where Colorado Teens are HEALTHIER

- Did not participate in at least 60 minutes of physical activity on any day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the seven days before the survey).

Colorado	11.3%
US	23.1%
- Physically active five of past seven days (doing any kind of moderate physical activity that increased their heart rate and made them breathe hard some of the time).

Colorado	47.0%
US	37.0%
- Physically active on seven of the last seven days (doing any kind of heavy physical activity that increased their heart rate and made them breathe hard some of the time).

Colorado	26.9%
US	18.4%
- Watched television three or more hours per day (on an average school day).

Colorado	25.1%
US	32.8%
- Used computers three or more hours per day (played video or computer games or used a computer for something that was not school work on an average school day).

Colorado	18.4%
US	24.9%



### Where Colorado Teens are UNHEALTHIER

- Did not attend physical education classes in an average week (when they were in school).

Colorado	55.0%
US	43.6%
- Did not attend physical education classes daily (when they were in school).

Colorado	79.3%
US	66.7%