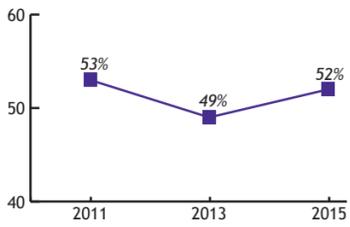


Healthy Eating & Active Living Among Youth in Colorado

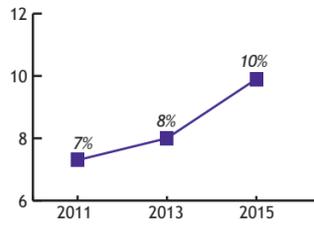


The Healthy Kids Colorado Survey (HKCS) is a tool we use to better understand the health of Colorado's middle and high school students so we can support them in making healthy choices. The following images represent Colorado high school student data from 2015. For more information and complete survey data, visit healthykidsco.org.

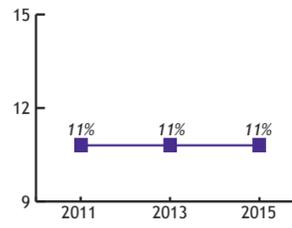
YOUTH WHO HAVE BEEN PHYSICALLY ACTIVE 60 MINUTES OR MORE ON 5+ DAYS IN THE PAST 7 DAYS



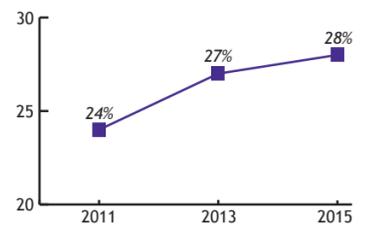
YOUTH WHO ARE OVERWEIGHT



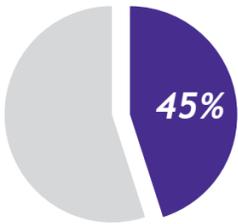
YOUTH WHO ARE OBESE



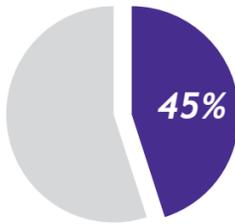
YOUTH WHO DESCRIBED THEMSELVES AS SLIGHTLY OR VERY OVERWEIGHT



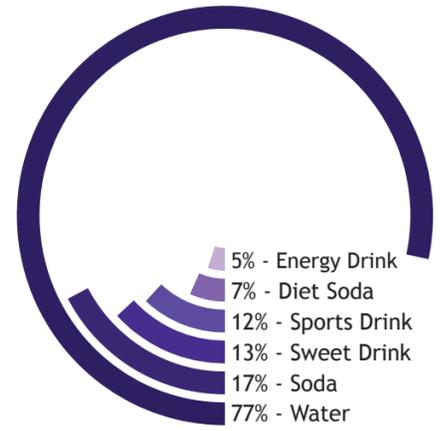
YOUTH WHO ATE FRUIT ONCE PER DAY IN THE LAST WEEK



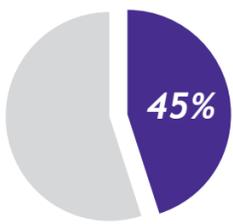
YOUTH WHO ATE VEGETABLES ONCE PER DAY IN THE LAST WEEK



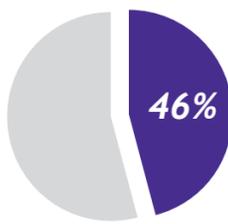
DAILY YOUTH CONSUMPTION OF SUGARY DRINKS



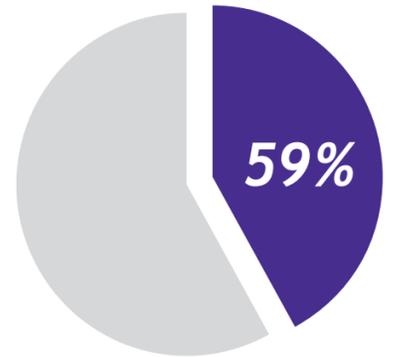
YOUTH WHO COULD WALK OR BIKE TO SCHOOL



YOUTH WHO CAN'T WALK OR BIKE TO SCHOOL BECAUSE IT IS TOO FAR



YOUTH WHO HAVE ZERO PHYSICAL EDUCATION IN AN AVERAGE WEEK



REGIONAL BREAKDOWN

Youth who have had 60 minutes of physical activity at least five days in the last week

