

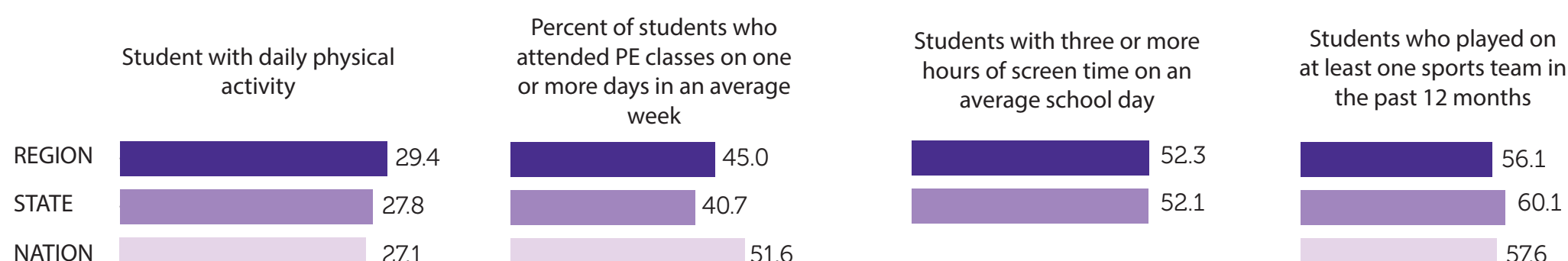
# Regional Snapshot - Region 19:

## Mesa County

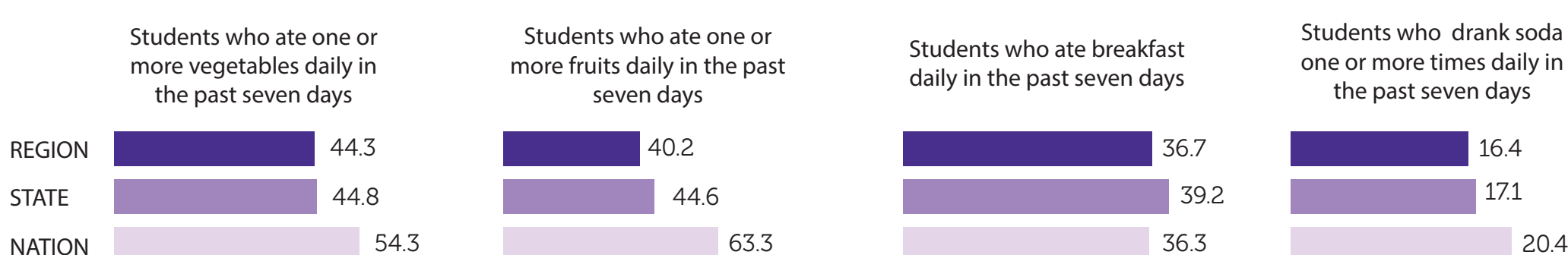
HEALTHY KIDS COLORADO SURVEY 2015

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 [healthykidscolo.org](http://healthykidscolo.org).

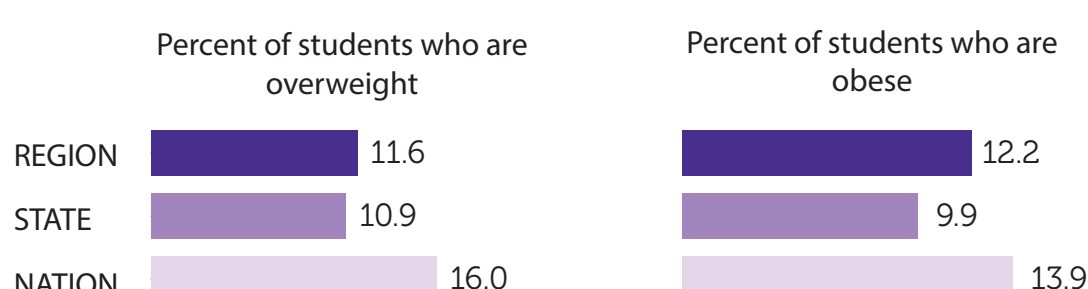
### PHYSICAL ACTIVITY



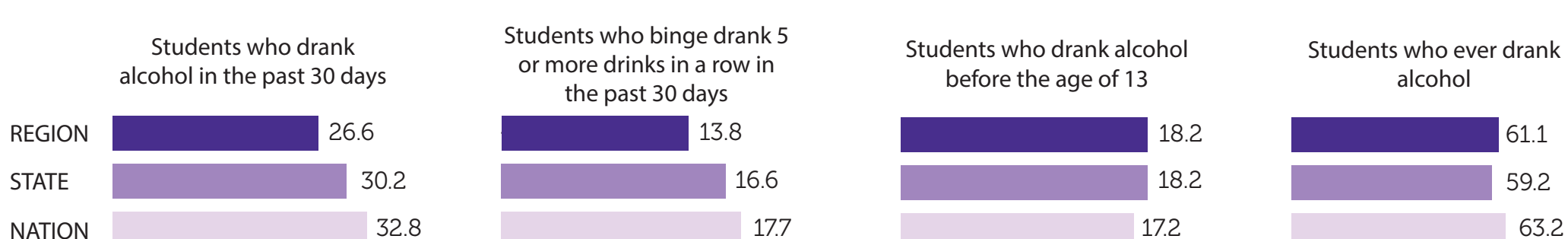
### NUTRITION



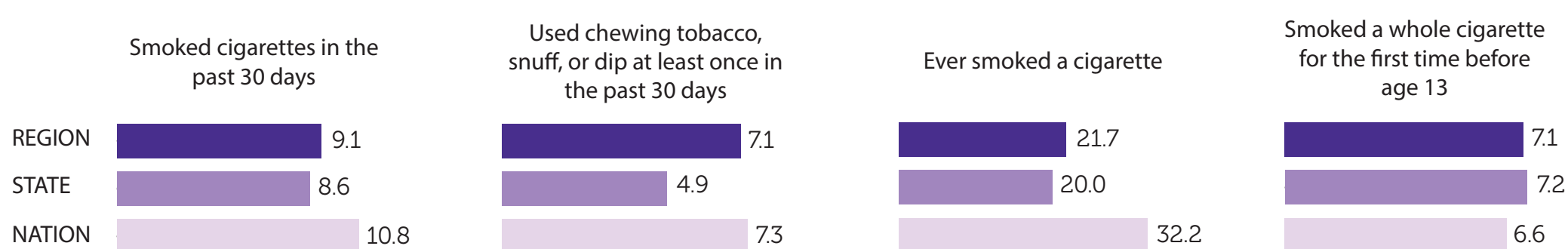
### WEIGHT



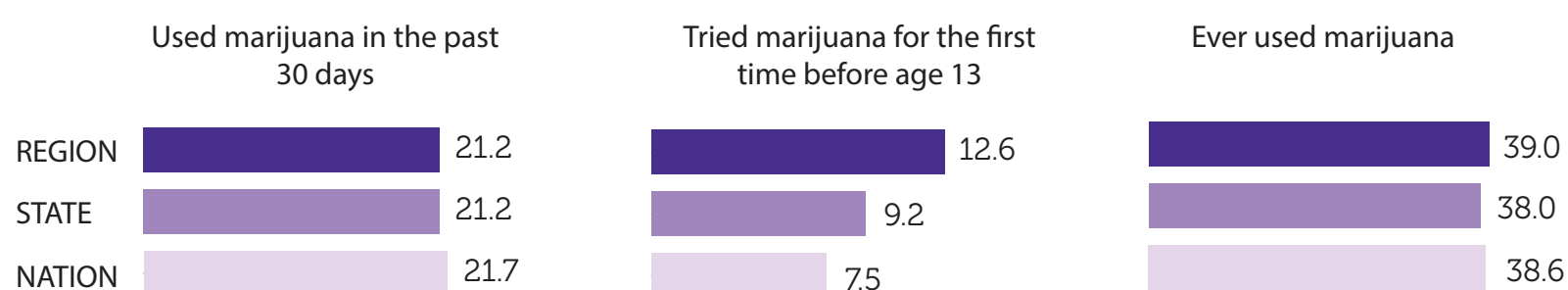
### ALCOHOL



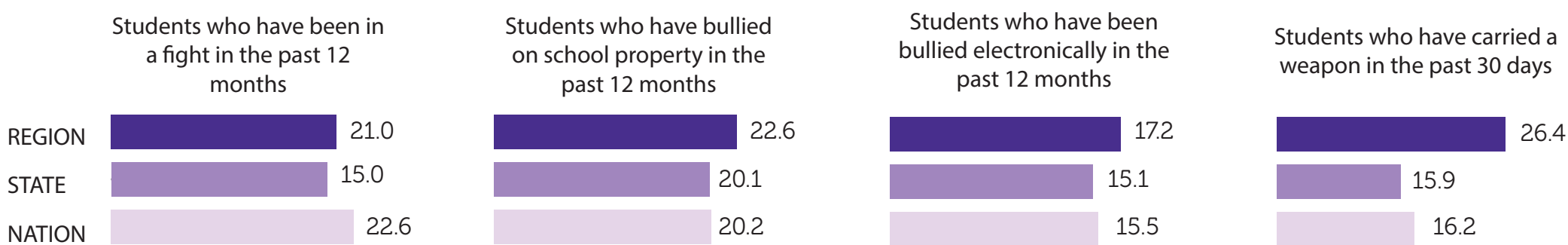
### YOUTH TOBACCO USE



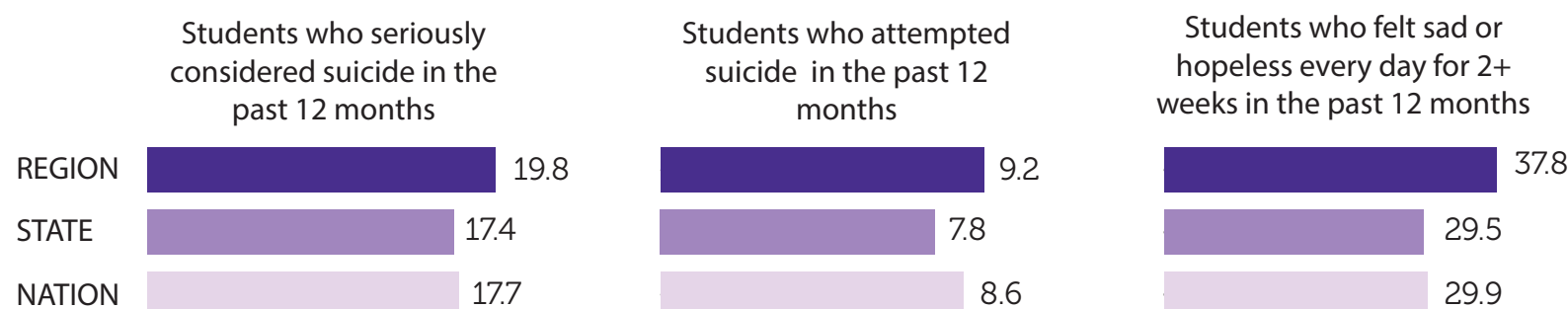
### YOUTH MARIJUANA USE



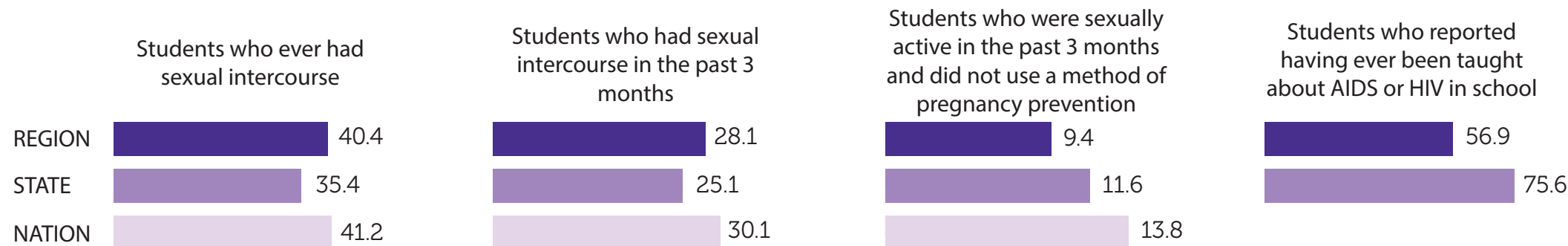
### SAFETY & VIOLENCE



### MENTAL HEALTH



### SEXUAL HEALTH



### PROTECTIVE FACTORS



Percent of students who have an adult to go to for help with a serious problem  
Region: 71.8%  
State: 71.3%



Percentage of students who think it is important to go to college  
Region: 84.1%  
State: 89.6%



Percentage of students who participate in extracurricular activities at school  
Region: 67.2%  
State: 69.3%



Percentage of students who feel the rules in their family are clear  
Region: 90.9%  
State: 90.6%