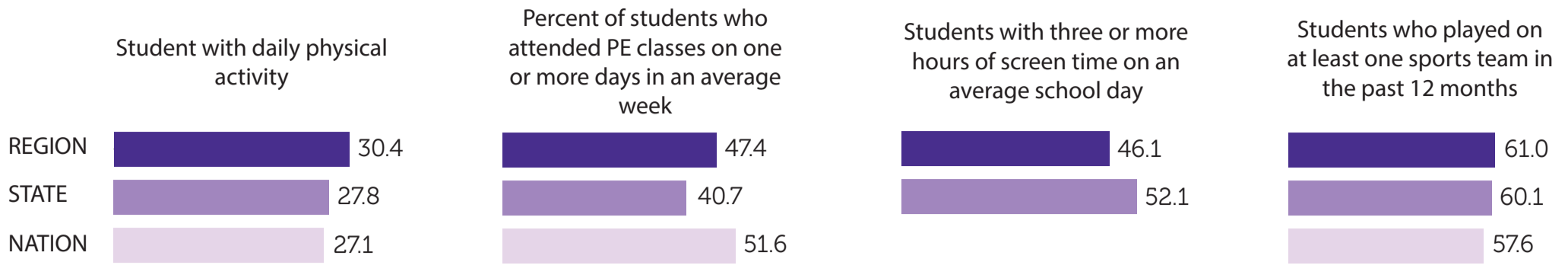


Regional Snapshot - Region 8: Alamosa, Conejos, Costilla, Mineral, Rio Grande and Saguache Counties

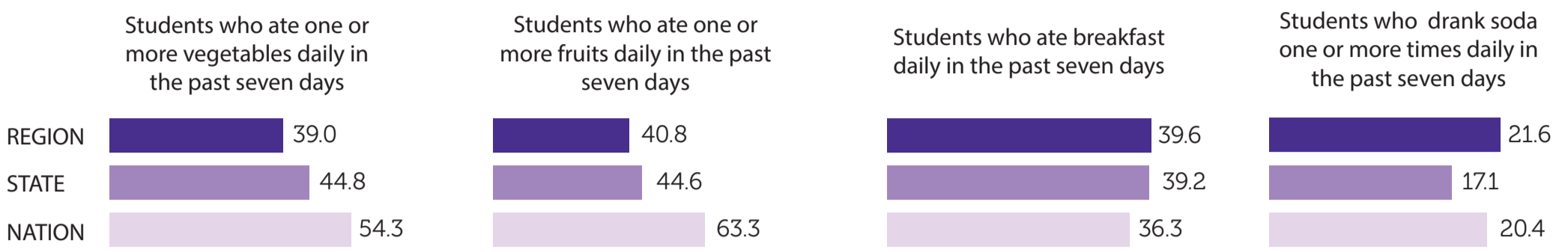


The Healthy Kids Colorado Survey (HKCS) is a tool we use to better understand the health of Colorado's middle and high school students so we can support them in making healthy choices. The following images represent Colorado high school student data from 2015. For more information and complete survey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

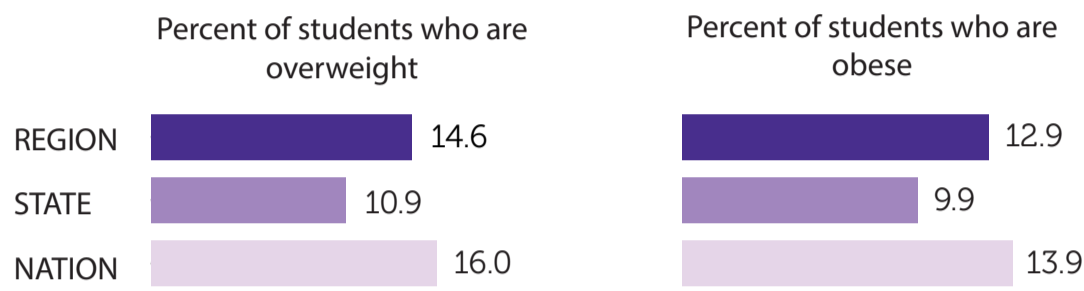
PHYSICAL ACTIVITY



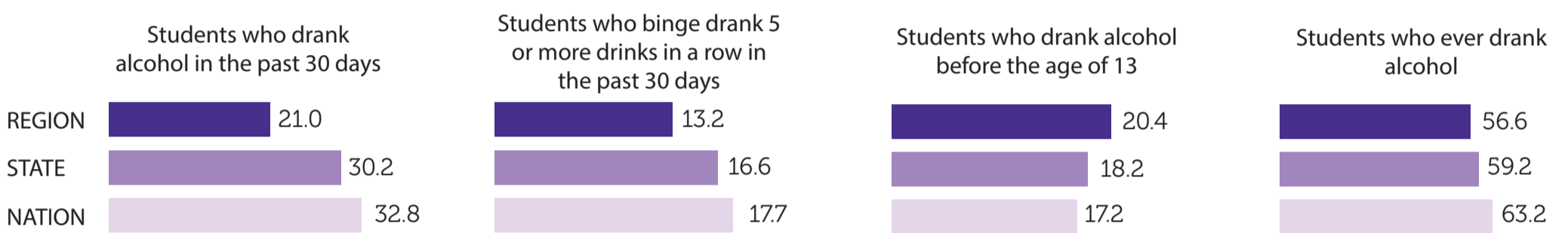
NUTRITION



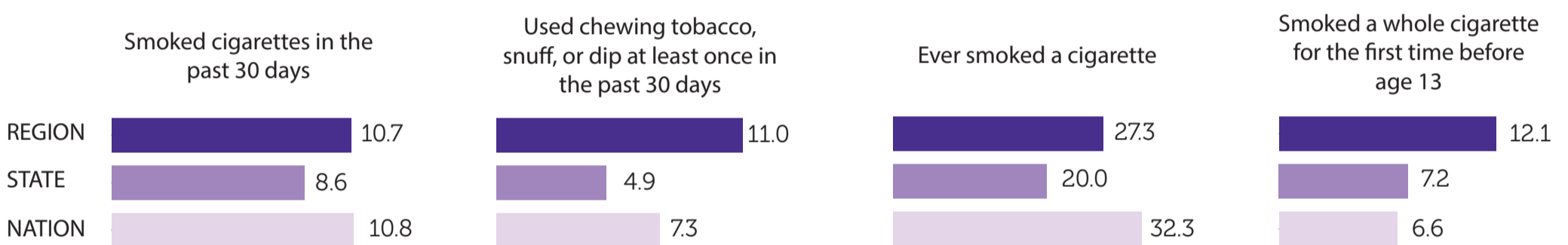
WEIGHT



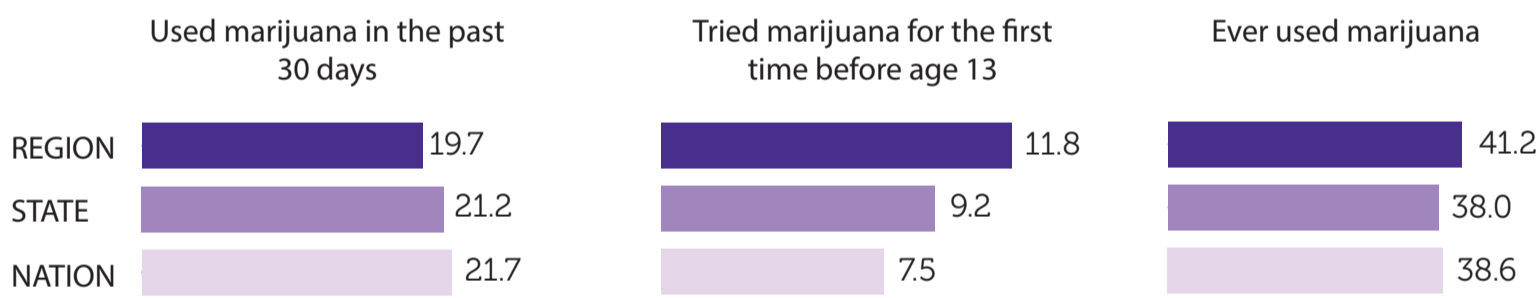
ALCOHOL



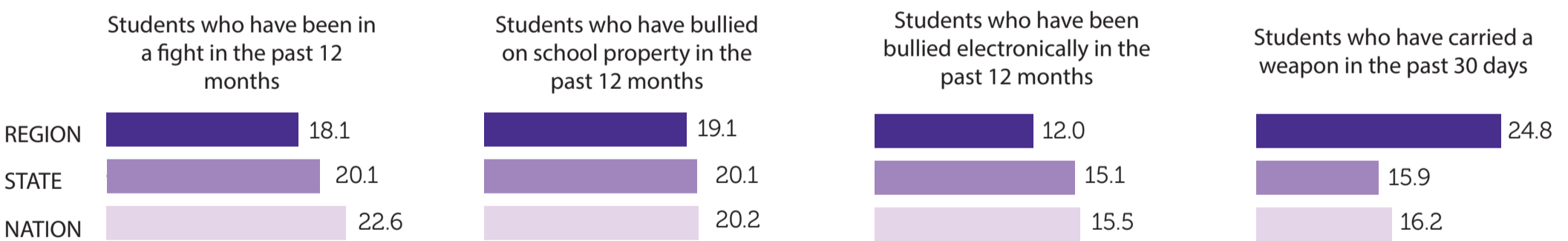
YOUTH TOBACCO USE



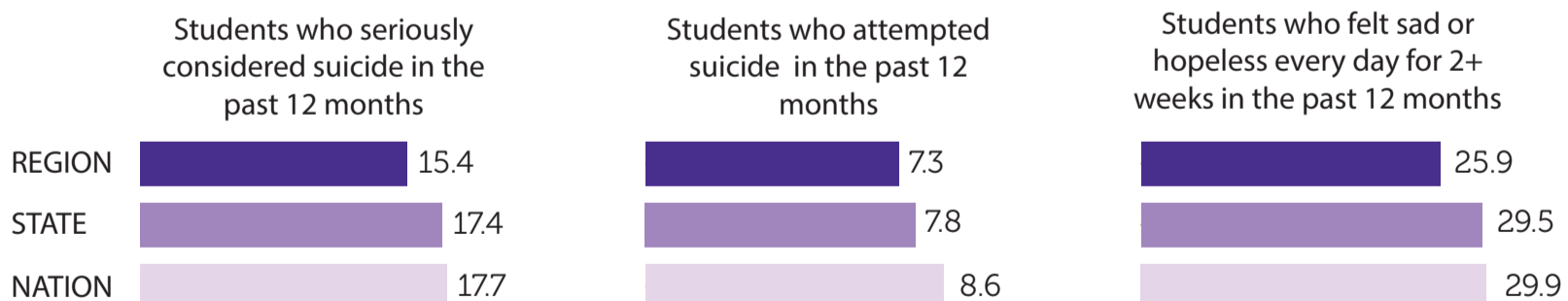
YOUTH MARIJUANA USE



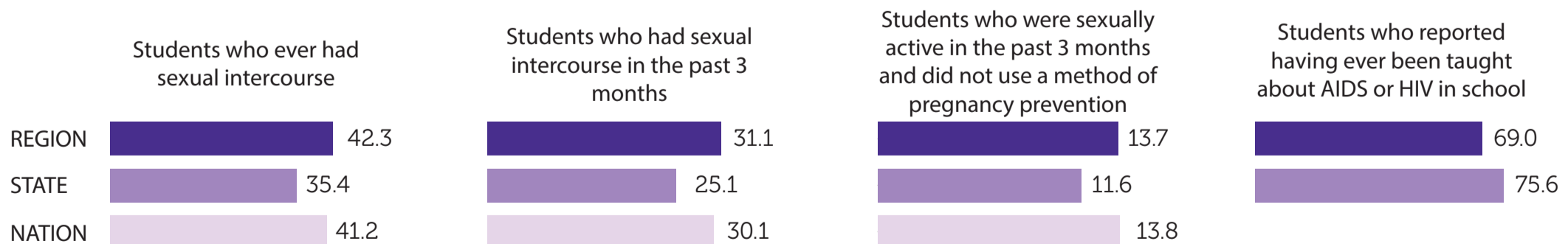
SAFETY & VIOLENCE



MENTAL HEALTH



SEXUAL HEALTH



PROTECTIVE FACTORS



Percent of students who have an adult to go to for help with a serious problem
Region: 70.7%
State: 71.3%



Percentage of students who think it is important to go to college
Region: 88.3%
State: 89.6%



Percentage of students who participate in extracurricular activities at school
Region: 74.4%
State: 69.3%



Percentage of students who feel the rules in their family are clear
Region: 89.7%
State: 90.6%