

DATA IN ACTION

The purpose of the Healthy Kids Colorado Survey is to better understand youth health and what factors support youth to make healthy choices.

The primary use of Healthy Kids Colorado Survey data is to identify trends and enhance school-, community- and state -based programs that improve the health and well-being of young people. The Healthy Kids Colorado Survey data is used in many ways such as:



EXAMPLES

Students – use the data to promote effective programs and initiatives in their schools.



One high school had students analyze the Healthy Kids Colorado Survey data and they found that students felt like there was not enough parental engagement and support in their school. The students then took on a leadership role in developing strategies for parent engagement programs and initiatives using best practices and interventions.

Schools – use the data to identify trends and changes in youth health and behaviors.



A small, rural district, with a majority of students receiving Free and Reduced Lunch, has tracked Healthy Kids Colorado Survey data for almost a decade. As a result of local Healthy Kids Colorado Survey trends, the district updated its bullying prevention policy and teachers and staff received on-the-spot intervention. District leaders attended a bullying prevention institute and more than 130 parents attended a bullying prevention seminar hosted by the school district. Students also participated in a campaign that empowered each other to take a stand against bullying, choosing to “Be a buddy, not a bully.”

School Districts and Local Public Health Agencies – use the data to identify youth health needs and gaps and to implement proven programs to address those needs.



In a large metro county of Colorado, a district and local public health agency partnered to collect data from all middle and high school students and then developed a comprehensive, county report on youth health. The school district references the report to develop local health improvement plans and measurement for the district’s health agenda.

EXAMPLES

Non-profit and Youth-serving Organizations – use the data to identify needs and gaps.



The survey provides valuable information on associations between multiple student risk behaviors—for example, students who do better in school or are more active are less likely to use marijuana. The Colorado Education Initiative (CEI) shares the data in trainings and presentations to show how academic success supports lifelong healthy choices.

Collaborative Partnerships – use the data to measure the impact of new systems to improve youth health.



Colorado 9to25 is a diverse group of Colorado youth and adults that work in partnership to align efforts and achieve positive outcomes for all youth in that age range so they can reach their full potential. Healthy Kids Colorado Survey is the instrument used to measure progress on indicators of success, such as school connectedness and community involvement.

Researchers – use the data to secure funding and build partnerships for community-based projects.



A local university developed a research project using Healthy Kids Colorado Survey data to identify a rural area where young people disproportionately experiences obesity. The university partnered with local schools to encourage healthy eating and physical activity among students.

Health Care Systems – use the data to better meet the needs of their patients.



Based on the survey findings, a local mental health service provider offered counseling support to most of the school districts in the region at a significantly reduced fee in order to improve the health of youth in that area.

State Agencies – use the data to address significant health needs and gaps, allocate resources, implement programs and conduct evaluations.



CDPHE uses the results to report on state youth health indicators, demonstrate what is needed to improve young people's health, support grant applications and identify priority youth populations in most need of resources to improve their health.



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