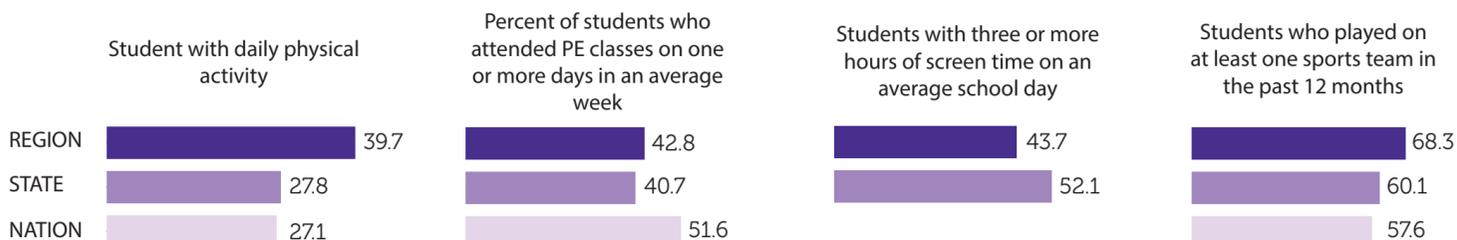


# Regional Snapshot - Region 11: Jackson, Moffat, Rio Blanco and Routt Counties

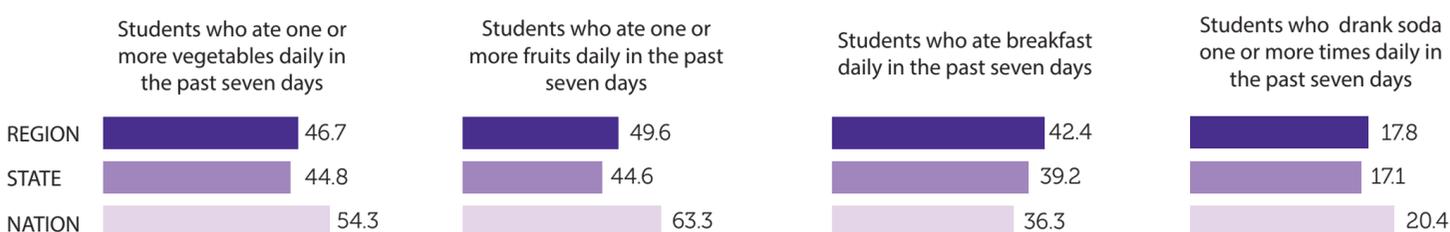


The Healthy Kids Colorado Survey (HKCS) is a tool we use to better understand the health of Colorado's middle and high school students so we can support them in making healthy choices. The following images represent Colorado high school student data from 2015. For more information and complete survey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

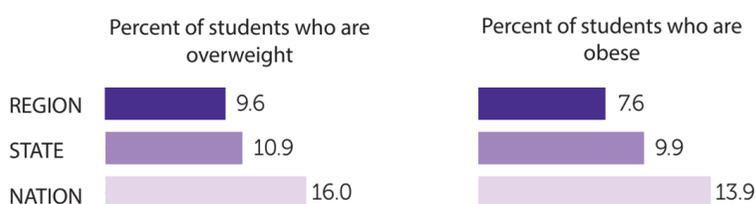
## PHYSICAL ACTIVITY



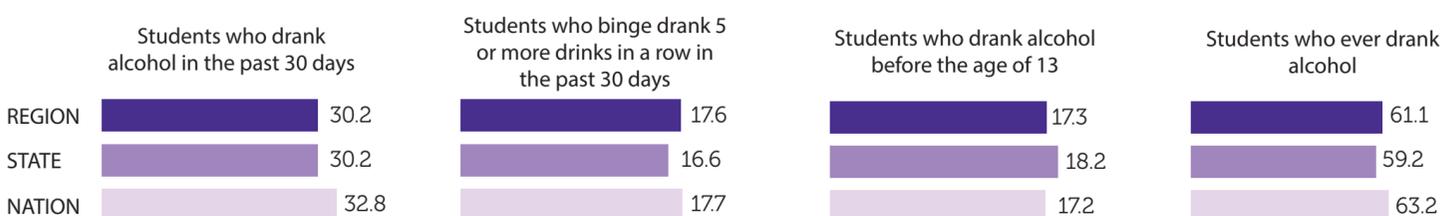
## NUTRITION



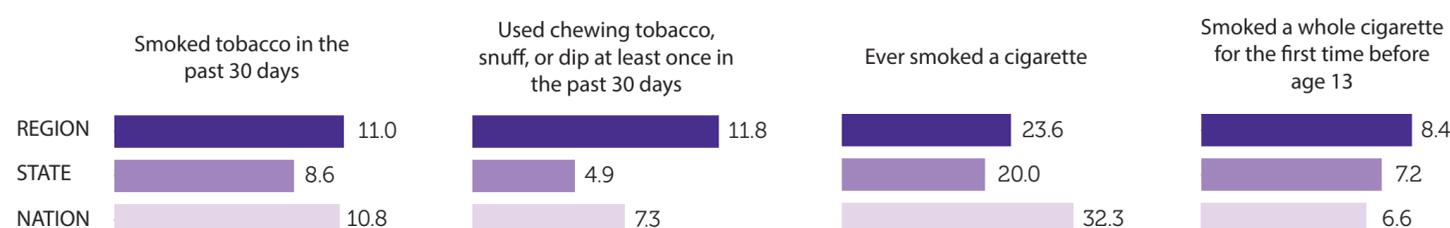
## WEIGHT



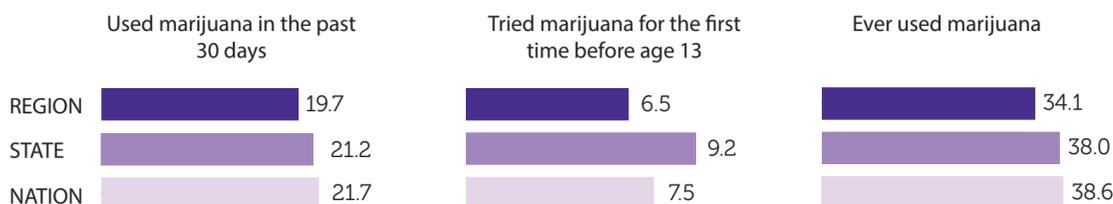
## ALCOHOL



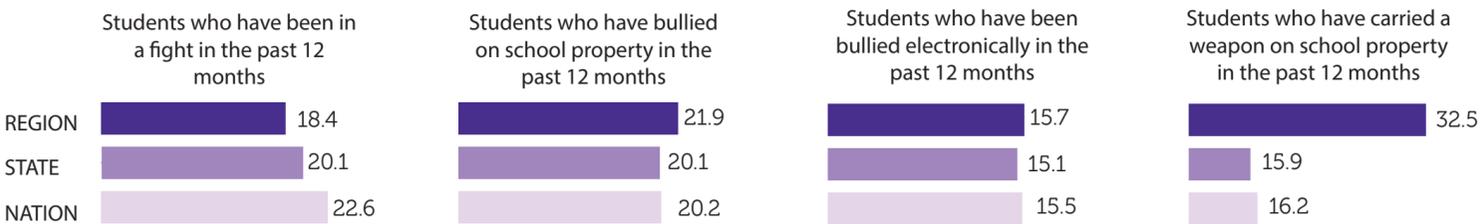
## YOUTH TOBACCO USE



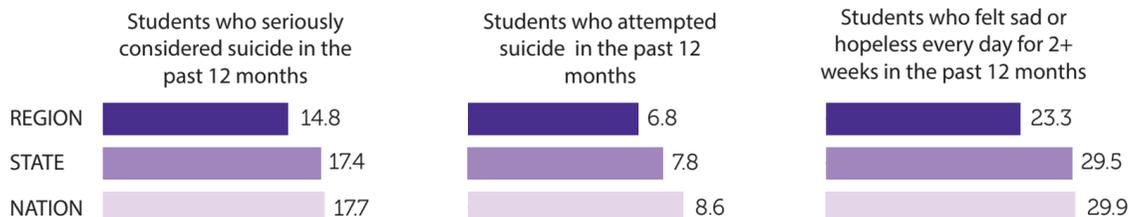
## YOUTH MARIJUANA USE



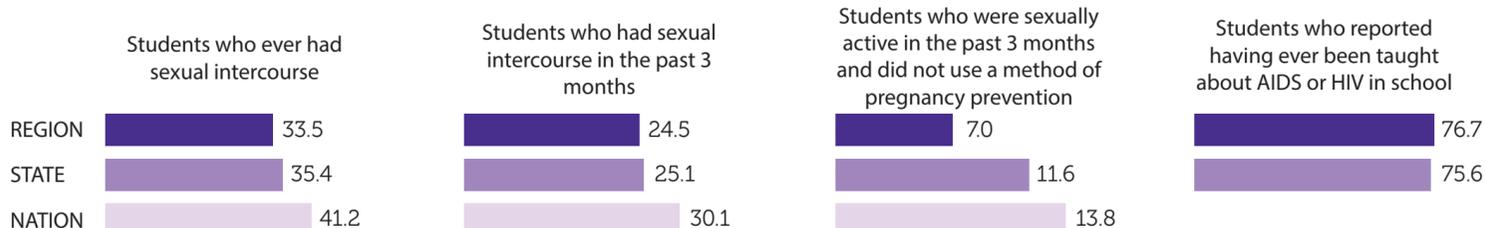
## SAFETY & VIOLENCE



## MENTAL HEALTH



## SEXUAL HEALTH



## PROTECTIVE FACTORS



**Percent of students who have an adult to go to for help with a serious problem**

Region: 70.0%  
State: 71.3%



**Percentage of students who think it is important to go to college**

Region: 88.1%  
State: 89.6%



**Percentage of students who participate in extracurricular activities at school**

Region: 74.0%  
State: 69.3%



**Percentage of students who feel the rules in their family are clear**

Region: 93.5%  
State: 90.6%



**COLORADO**  
Department of Public Health & Environment