

EAGLE RIVER
YOUTH COALITION
MAKING **YOUTH** A **COMMUNITY** PRIORITY

EAGLE COUNTY'S
HEALTHY KIDS COLORADO SURVEY 2017-2018

HIGHLIGHTS OF LOCALLY RELEVANT RESULTS

A PROJECT OF THE EAGLE RIVER YOUTH COALITION

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EXECUTIVE SUMMARY

November of 2017 marked the fifth biennial Healthy Kids Colorado Survey local administration. In general, the 2017 results show mixed results regarding the health of youth in Eagle County. Where trend data are available, the following domains showed slight to moderate improvements from 2015 on many of the individual items, and/or favorable comparisons to state and national rates. These include:

- Eight-year trends for drinking alcohol,
- Perceived enforcement for using of marijuana and alcohol,
- Using illegal prescription drugs,
- Dating violence,
- Using seat belts and texting/emailing while driving,
- Driving while using marijuana, and
- Engaging in extracurricular activities and playing on sports teams.

Much of these outcomes and the long-term gains for alcohol and marijuana use can be attributed to the efforts of the Eagle River Youth Coalition and partners to expand public awareness and provide leadership on priority issues facing youth, increase prevention services for substance abuse, expand environmental prevention and intervention strategies, and promote best practices. Gains are also largely due to improved services and better coordination among youth serving organizations in Eagle County.

The 2017 results also point to a number of areas of concern for youth in the county. These include:

- Alcohol use since 2015 in high school, especially binge drinking,
- Use of both alcohol and marijuana,
- Frequency of marijuana use among those that used in the past 30 days,
- Bullying, and
- Depression and suicide.

Although alcohol showed a dramatic decrease between 2009 and 2013 and largely closed previously existing gaps with national rates (only available at the high school level), the gaps increased somewhat between 2013 and 2015 as national rates fell more than they did locally. The gaps for high school students increased substantially between 2015 and 2017 as national and state rates continued to decline, while local current rates increased. Currently, high school 30 days use of alcohol and binge drinking are well above national and state rates, although still considerably lower than what was seen in 2009 and 2011.

Bullying is another area of concern. While it is not surprising that middle school incidence of bullying is greater than in high school, local middle school rates continue to climb from 2011. Nearly half of all middle school students were bullied in the 12 months prior to survey administration and one out four were victims of electronic bullying.

Finally, and perhaps most importantly, the depression and suicide indicators have continued to move in a negative direction since 2011. The negative trends were especially strong among middle school students, who showed negative gains on all of the depression and suicide indicators and sharp increases from 2011 for feeling sad or hopeless, seriously considering suicide, and making a suicide plan. Considerable negative movement on all of the suicide and depression indicators was seen among students in grades 7 and 8 since the last administration of the survey. Additionally, high school users of alcohol as well as marijuana also reported higher levels of risk on all of the suicide and depression indicators.

Although there are a number of heightened areas of concern that the 2017 HKCS survey results point to, opportunities for prosocial involvement is relatively high in Eagle County. This type of protection can help offset some of the deleterious effects of the various risk-factors that are present in the county. While there was a slight decline in playing on sports teams, 3 out of 4 middle schoolers engage in this activity and 2 out of 3 high schoolers do so. Additionally, local participation on both sports teams and engaging in extracurricular activities are higher than the state and national rates (where available).

It is known that the recreational resort lifestyle in the Eagle River Valley promotes a relaxed attitude toward drinking and use of other drugs for adults as well as youth, but parent outreach and family education, such as the Eat Chat Parent series offered by ERYC, is one important mechanism for offsetting this risk factor. Another is providing ample opportunities for prosocial involvement in the community. Keeping youth engaged in extracurricular activities and affording regular interaction with prosocial peers, regardless of whether they are school-based or offered through the various local third party non-profits are other key protective factors. The in-school community is an important source of protective factors and yet the persistent achievement gap between English language learners and those who consider English their native language indicates that there are segments of the student population for whom these protections are not being realized. Leveraging the various strengths of all sectors in the local community is instrumental for enabling low-performing students to thrive both in and out of school.

I. INTRODUCTION

The Eagle River Youth Coalition has been surveying students on alcohol, tobacco and other drug (ATOD) use, engagement in other risky behaviors, and key risk and protective factors at the county's high schools every two years since the 2001-2002 school year. Middle school students began participating in the survey during the 2009-2010 survey administration. Starting with the 2007-2008 school year, Eagle County adopted the use of the Healthy Kids Colorado Survey (HKCS). HKCS was adopted locally to enable stronger comparisons of Eagle County results to statewide and national trends.

The HKCS was designed to be administered in grades 6-12 and includes the following domains:

- Physical activity and nutrition,
- Safety, bullying, and violence,
- Mental health,
- Alcohol, tobacco and other drug use,
- Healthcare
- School, and
- Sexual health (high school only).

The survey is also given every two years at the state level and the administration window is roughly concurrent with the local administration effort. During the 2013 and 2015 administrations, Colorado was unable to meet the minimum requirements to secure a representative sample to produce weighted results that enable comparisons to other states. However, local comparisons to statewide results and statewide comparisons to national findings are still valid.

There have been six administrations of the HKCS in Eagle County: 2007, 2009, 2011, 2013, 2015, and 2017. This report focuses on results, trends and comparisons to state and national results, as available, across the past five administrations of the survey (2009 through 2017). Because response rates in Eagle County are quite high (generally 80% to 90%), all local results presented in this report are based on an unweighted analysis and may not match reports for local reports produced by UC Denver, which used a weighted analysis. While Eagle County has been surveying high school (HS) students since 2001, in 2009 they moved to also include 7th and 8th grade middle school (MS) students. Survey size and response rates since 2007 are shown in Table 1.

In 2017 a total of 890 middle school students and 1,992 high school students participated in the survey. Response rate was 90% among students in grades 7 and 8 and 80% for students in grades 9-12. All middle and high schools in the Eagle County School District participated in the survey. Additionally, high school students from two private schools, Vail Christian High School and Vail Mountain School, also participated in the survey. It is important to note that while Eagle County includes the towns of El Jebel and Basalt, located in the extreme southwest part of the county, youth from these communities are served by Roaring Fork School District and are not included in the Eagle County survey sample.

Table 1. HKCS Response Rate by Grade and Year.

Year	Level	Grade	Total Students	Students Surveyed	Response Rate
2009	MS	7 th	402	307	76%
		8 th	447	352	79%
		Total	849	659	78%
	HS	9 th	447	346	77%
		10 th	404	315	78%
		11 th	401	274	68%
		12 th	445	262	59%
		Total	1,697	1,197	71%
2011	MS	7 th	443	389	88%
		8 th	449	376	84%
		Total	892	765	86%
	HS	9 th	445	374	84%
		10 th	435	365	84%
		11 th	394	302	77%
		12 th	423	275	65%
		Total	1,697	1,316	78%
2013	MS	7 th	517	455	88%
		8 th	515	468	91%
		Total	1,032	923	89%
	HS	9 th	484	433	89%
		10 th	464	396	85%
		11 th	448	372	83%
		12 th	501	375	75%
		Total	1,897	1,576	83%
2015	MS	7 th	533	482	90%
		8 th	531	465	87%
		Total	1,064	947	89%
	HS*	9 th	576	279	48%*
		10 th	616	278	45%*
		11 th	538	285	53%*
		12 th	558	253	45%*
		Total	2,288	1,095	48%*
2017	MS	7 th	459	420	92%
		8 th	530	470	89%
		Total	989	890	90%
	HS	9 th	626	551	88%
		10 th	615	513	83%
		11 th	582	482	83%
		12 th	674	446	66%
		Total	2,497	1,992	80%

* A sampling methodology was used at Eagle Valley, Battle Mountain, and Red Canyon high schools in 2015.

Results from this survey are used locally to:

- Inform planning efforts and needs assessments,
- Monitor how alcohol, marijuana, and other drug attitudes and use change over time,
- Monitor select mental health and safety risk indicators and how they change over time,
- Monitor a key locally identified protective factor, opportunities for prosocial involvement, and how it changes over time,
- Identify areas for additional prevention and intervention programming,
- Evaluate the impact of local prevention and intervention programs,
- Persuade additional resource investment in local programming.

The aim of this report is to provide a concise and locally relevant summary of the 2017 results for key sections of the survey. Longitudinal trends are examined and comparisons made to statewide and national results. Specific areas of focus for this report are on alcohol, marijuana and other drugs; bullying; suicide and depression; safe driving/impaired driving; and opportunities for prosocial involvement.

II. ALCOHOL, MARIJUANA and OTHER DRUGS

Alcohol

Figure 1 shows that the percent of high school students who had their first drink of alcohol before the age of 13 steadily decreased between 2009 and 2015, but has come back up a few percentage points in 2017. The positive change between 2011 and 2015 was a remarkable ten percent in Eagle County, but given the negative movement in the latest administration, Eagle County is now slightly above the state and about four percent above the national figure. Figure 2 shows the percentage of students that currently use alcohol has been steadily decreasing since 2009 locally, except the most recent administration showed a slight increase. State and national levels have shown a steady decline through 2017, resulting in a local figure that is significantly higher in the current year. Binge drinking (Figure 3) saw excellent improvements between 2009 and 2015, but came up over four percent between 2015 and 2017. In 2013, binge drinking among high schools students in Eagle County had closed the gap with the national rate, but is now almost 11% higher. Binge drinking locally is also about 10% higher than the state rate.

Figure 1. Age of First Use Before 13: Alcohol (Grades 9-12).

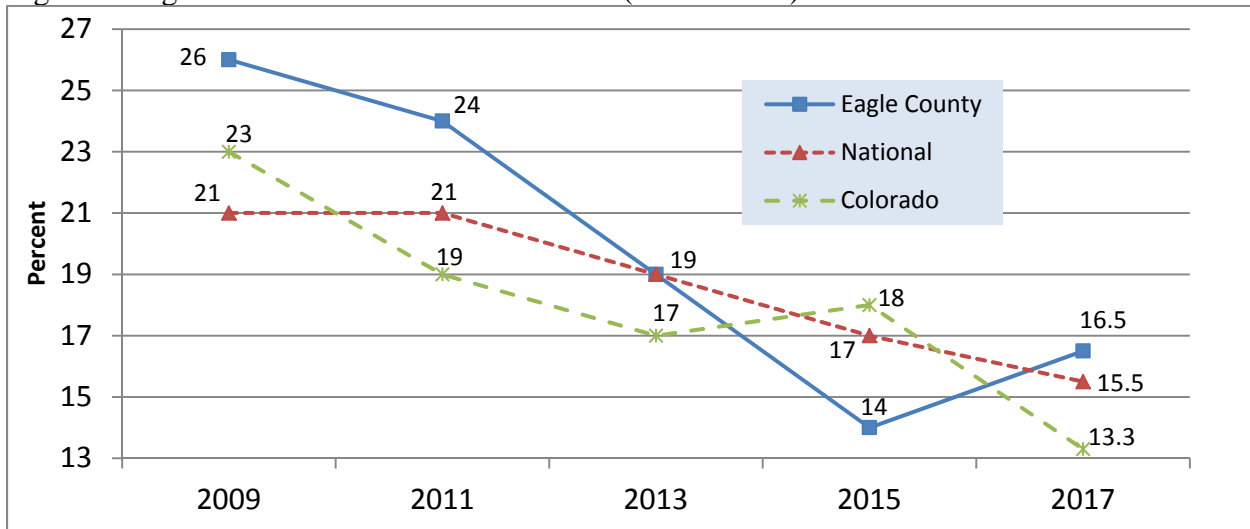


Figure 2. Past 30 Days Use: Alcohol (Grades 9-12).

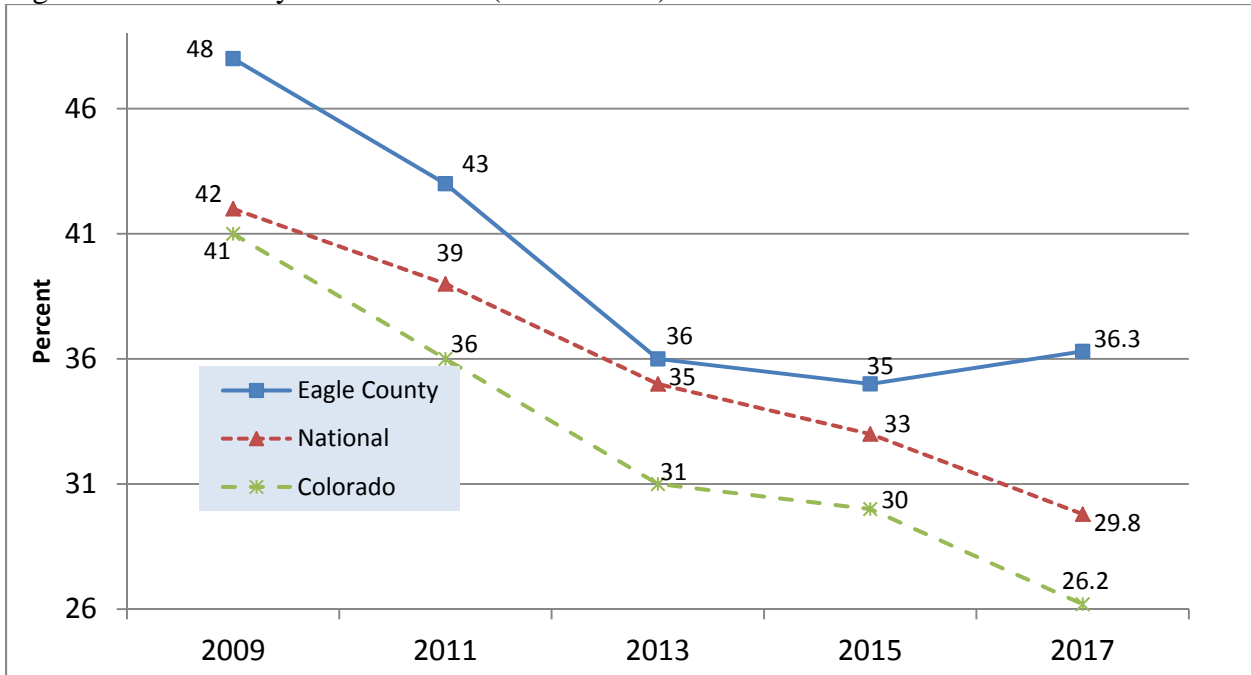


Figure 3. Past 30 Days Use: Binge Drinking (Grades 9-12).

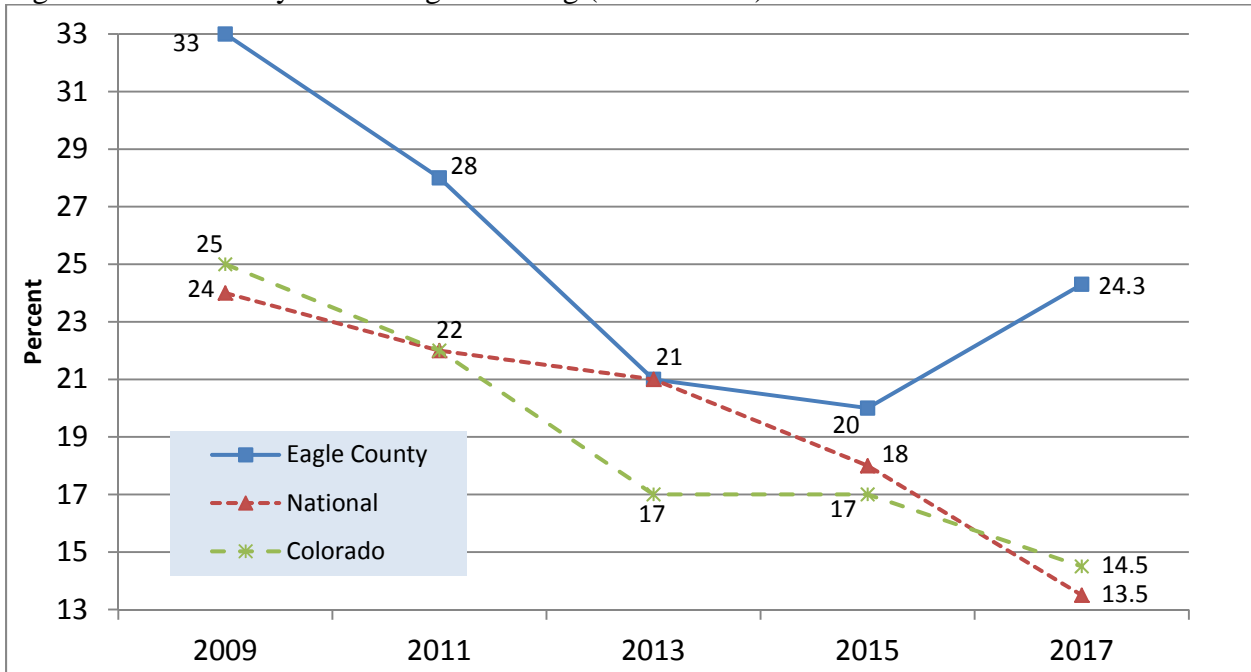
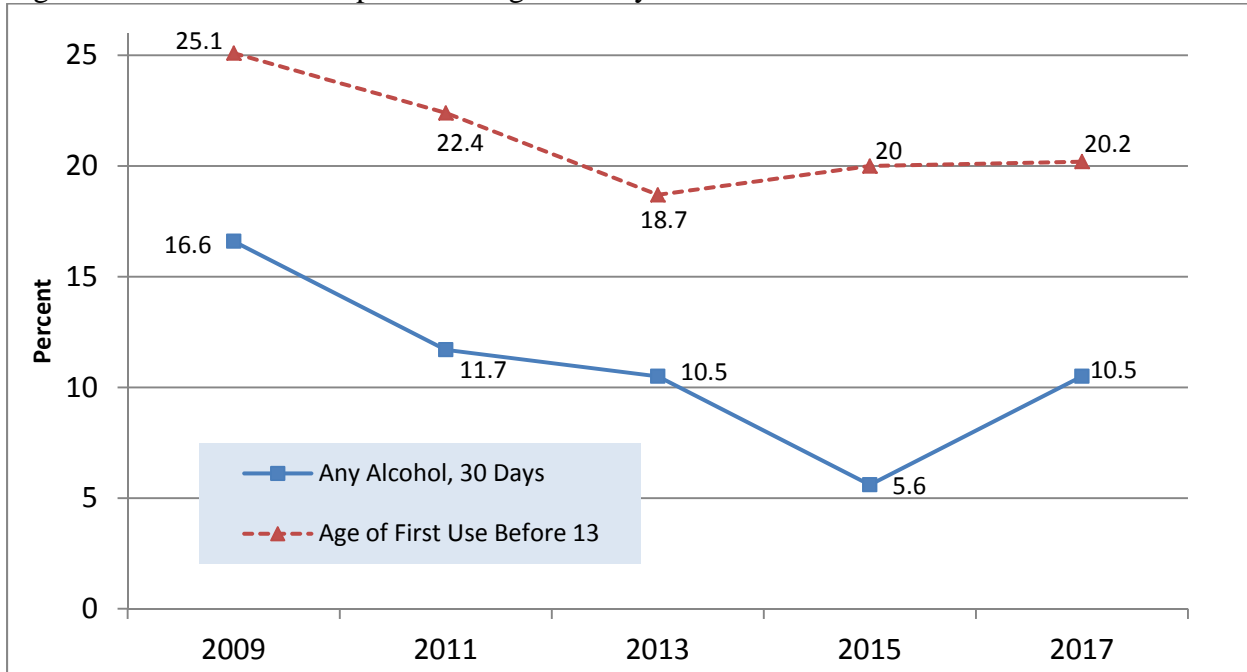


Figure 4 shows the results for two separate alcohol-related indicators: 1) the percent of local middle school students surveyed that had their first drink before the age of 13 and 2) the percent who currently use alcohol. Similar to the pattern for high school students, current alcohol use saw excellent improvements between 2009 and 2015, but 2017 showed a negative trend that brought the figure back to the level seen in 2013. Use of alcohol before age 13 improved between 2009 and 2013, moved in a negative direction in 2015 and then held steady into the current administration.

Figure 4. Alcohol Consumption for Eagle County Students in Grades 7 & 8.



Figures 5a and 5b show the frequency of using alcohol in the past 30 days among current alcohol drinkers in grades 7-12 in 2017 and 2015, respectively. Not surprisingly, these results show that frequency of alcohol consumption for those that drink goes up with grade level, with the most dramatic shift occurring between grades 8 and 9. In the 2017 administration, the largest shift was seen between grades 9 and 10, which indicates that 9th graders who are current drinkers, are drinking more frequently than they have in the past. By grade 11, over 29% of current drinkers consume alcohol on six or more days per month. This reflects 6% movement in a negative direction as compared to 2015 where 23% of the 11th graders that were current drinkers reported using alcohol on six or more days per month, but still below the 36% seen in 2011.

Additionally, binge drinking among current drinkers increases steadily with grade. The current results show that 59% of current drinkers in grade 9 binge drink. For current drinkers in grade 11, this rate increases to 68%, and then to 73% for current drinkers in grade 12. The question about binge drinking was dropped from the middle school version of the survey in 2017 and the wording for high school students was modified to define binge drinking as four or more drinks for females and five or more drinks for males. Previous versions used the definition of five or more drinks, regardless of gender.

Figure 5a. Number of Days Drank Alcohol among Current Drinkers by Grade (7-12) in 2017.

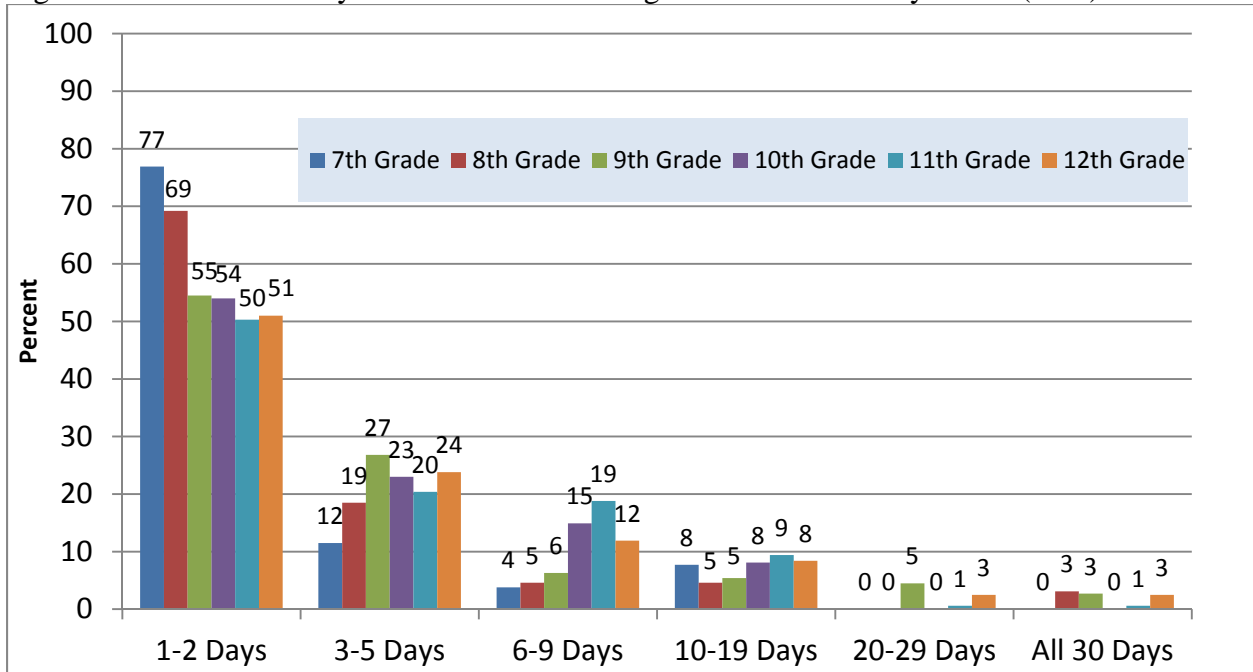
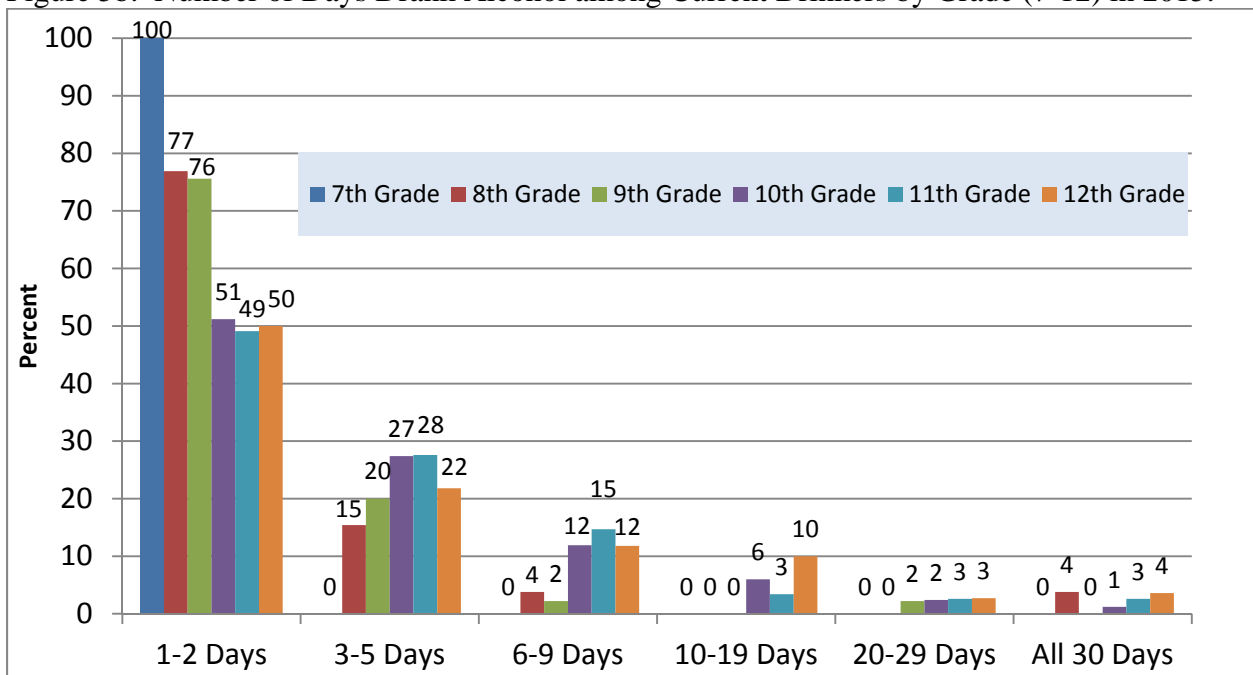


Figure 5b. Number of Days Drank Alcohol among Current Drinkers by Grade (7-12) in 2015.



Not surprising is the finding that there are dramatic differences between perceived use of alcohol among both middle and high school students in Eagle County and actual frequency of alcohol drinking. While 2017 results show that 36% of 9th – 12th graders indicate use of alcohol in the past 30 days, survey respondents believe that 86% of students in their school consume alcohol at

least once per month. The perception of alcohol use in high school increased 18% since the 2015 administration of the survey. Similarly, 24% of 9th – 12th graders acknowledge that they binge drink at least once per month, but survey respondents believe that 77% of students at their school do so, an 18% increase from 2015. In grades 7 and 8, 11% indicate use of alcohol in the past 30 days, but survey respondents believe that almost half of the students in their school do so.

In terms of obtaining alcohol, the 2017 results show that 30% of high school students feel that it is very easy to get and another 31% feel that it is “sort of easy.” In comparison to 2015, these results show a 5% increase for those that said “very easy” and a 3% decrease for those that said “sort of easy.” Middle school students, as a whole, feel that it is more difficult to obtain alcohol in comparison to high school students. About 23% of 7th and 8th graders report that it is very easy to obtain alcohol, and another 19% “sort of easy.” In comparison to 2015, the middle school results show a 6% increase for those that said “very easy” and a 2% decrease for those that said “sort of easy.” Overall, current results indicate that both middle and high school students believe it is easier to get alcohol than in 2015.

The 2017 survey results show that very few of the current high school alcohol drinkers typically buy their alcohol in a store (3%), restaurant/club (less than 1%), or at a public event (less than 1%). Rather, the majority (40%) indicate that someone gave alcohol to them. Some (17%) indicate that they give money to someone else to get it for them, 12% take alcohol from a store or family member and 28% say they usually get it “some other way.” This pattern of results is roughly comparable to the results from the 2015 administration of the survey.

With regard to where high school students consumed alcohol in the past 12 months, the majority of those that drank in the past 30 days indicate it was typically at someone else’s home (60%) followed by consuming it in their own home (28%). A few (5%) indicate at a public event; 2% at a public place; and 1% at a restaurant, bar, or club. Alcohol consumption on school property was 2% and while in a vehicle was 3%.

The questions about how alcohol was usually obtained and where drinking typically took place were removed from the middle school version of the survey in 2017.

Marijuana

Figure 6 shows that the percent of high school students that ever used marijuana in Eagle County has generally declined from 2009, but has held steady since the last administration of the survey. Lifetime use in 2017 was about 2% higher than the state and national figures. Figure 7 shows that local current use (past 30 days) of marijuana has declined somewhat between 2009 and 2013, held steady between 2013 and 2015, and has come back up slightly during the 2017 administration of the survey. Current use is about 1.5% more than the state and national figures. The current findings are the first time that local lifetime and current use of marijuana was greater than the state and national percentages since the national result became available in 2009.

Figure 6. Lifetime Use: Ever Used Marijuana (Grades 9-12).

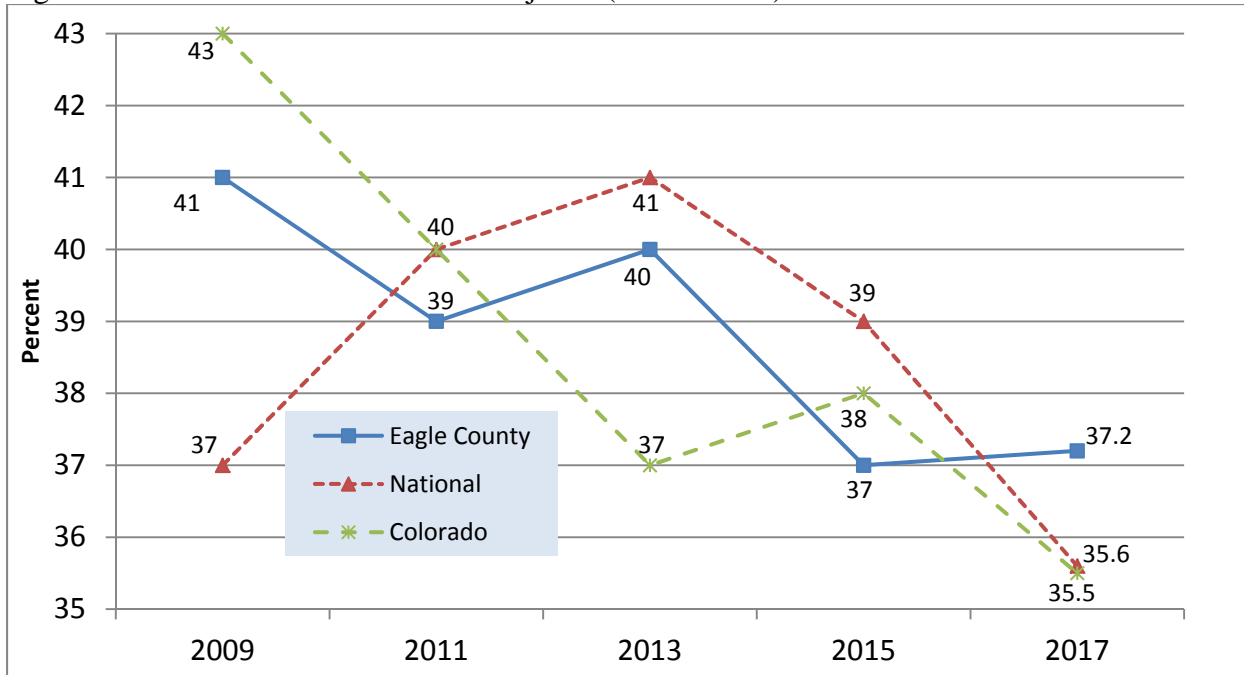


Figure 7. Past 30 Days Use: Marijuana (Grades 9-12).

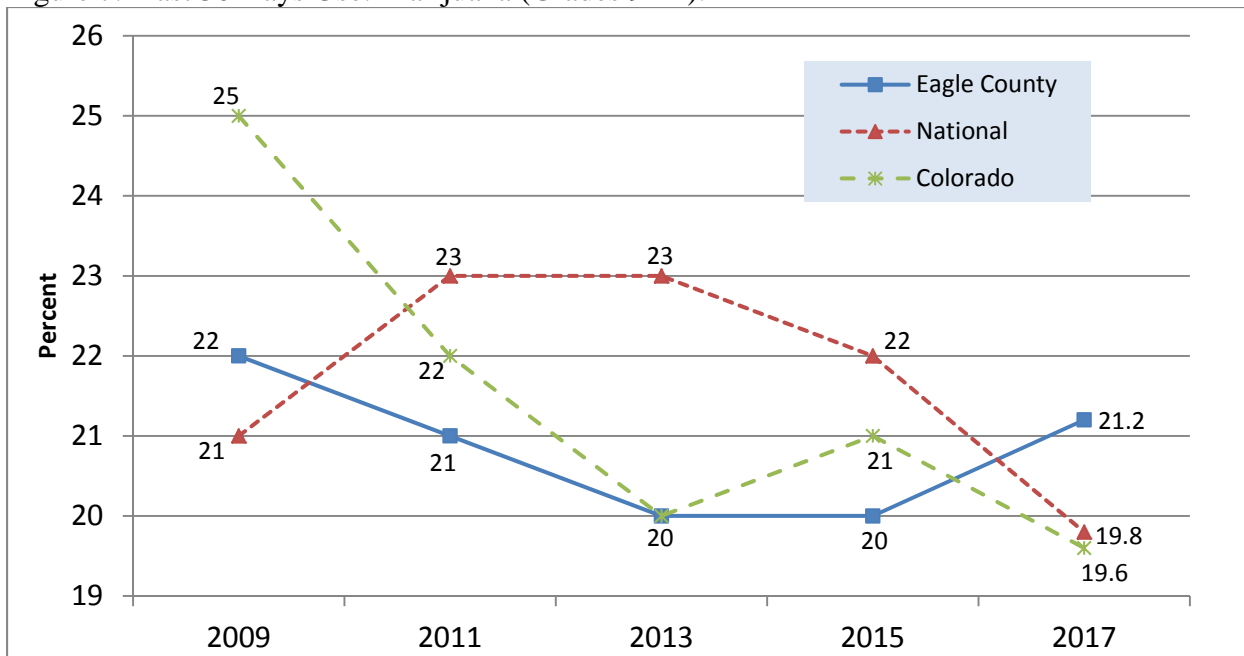
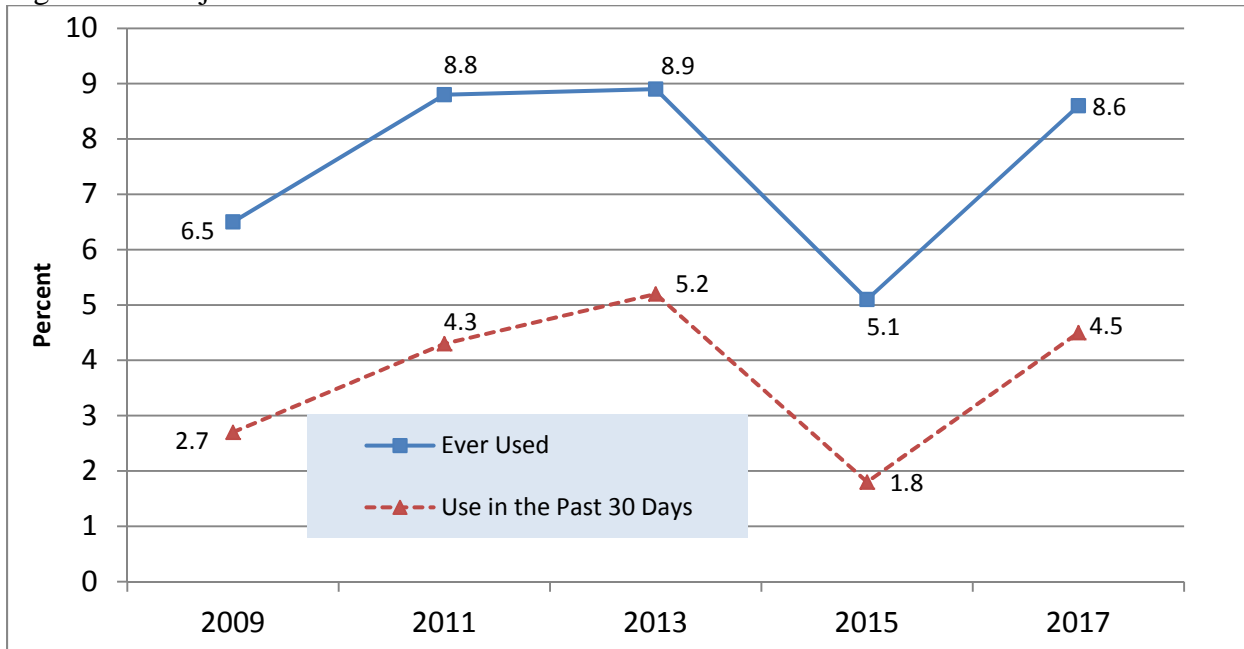


Figure 8 shows that marijuana use in grades 7 and 8 is relatively low, with less than 9% reporting lifetime use and less than 5% reporting 30 day use. While middle school use was lowest in 2015, it has come back up to the level seen in 2011 and represents fairly dramatic changes between 2013 and 2017.

Figure 8. Marijuana Use for Students in Grades 7 & 8.



Figures 9a and 9b show that the frequency of marijuana use among current users in 2017 and 2015 generally goes up as high school grade level increases. For current users in 9th grade, frequency of use has increased substantially. In 2015, 14% of current users of marijuana engaged in the activity more than 10 times a month compared to almost 30% in 2017. Current results indicate that frequency of use shows the biggest increase among users between 11th and 12th grade, with 31% of 11th grade users indicating use of 10 or more times per month. By 12th grade, 47% of the users of marijuana engage in the activity 10 or more times per month and almost 1 out of 4 engage in the activity more than 40 times a month. Middle school respondents were not included in this chart because only a very small number of 7th and 8th grade students report 30-day use of more than 1 or 2 days. The pattern overall for high school students in comparison to alcohol, shows that among users, there is a substantial proportion of students in grade levels 9-12 that use marijuana quite frequently.

Figure 9a. Number of Times Used Marijuana among Current Users by Grade (9-12) in 2017.

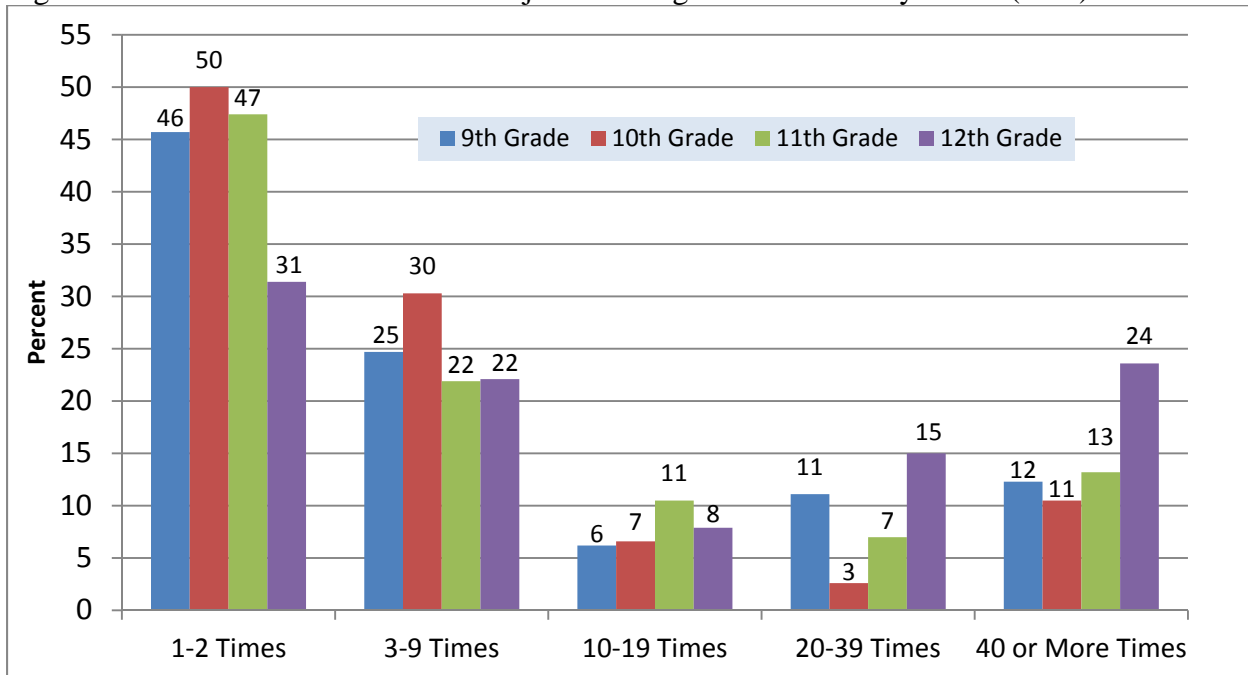
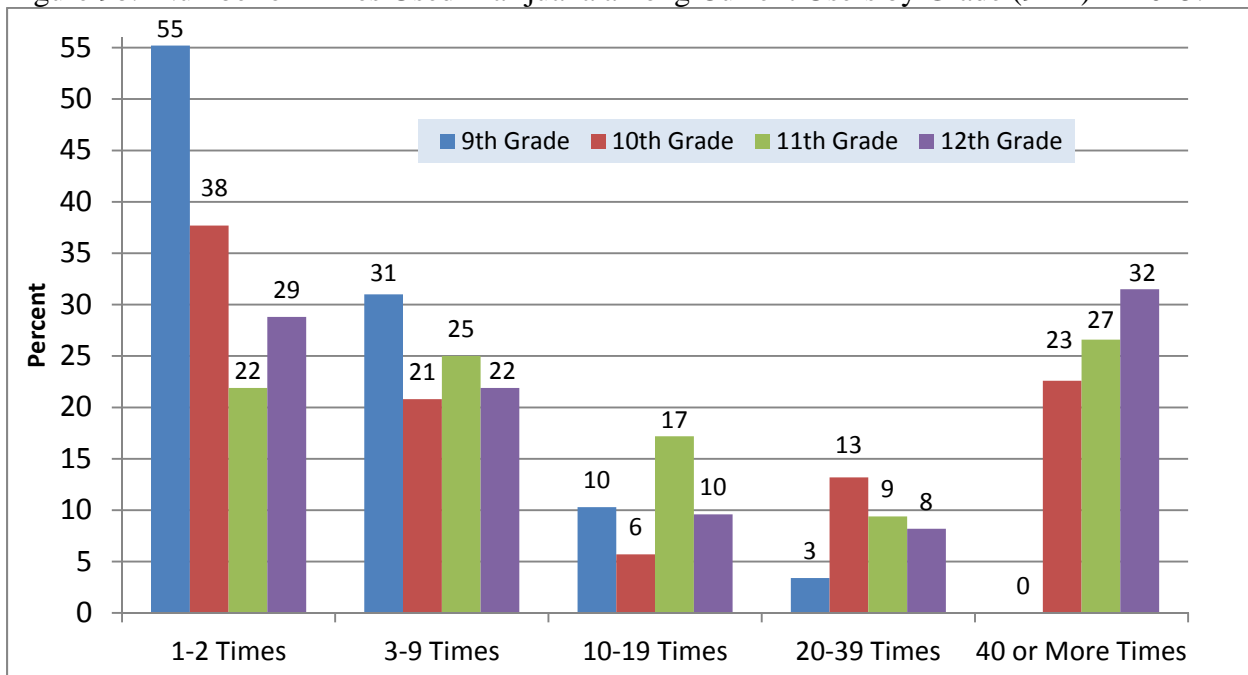


Figure 9b. Number of Times Used Marijuana among Current Users by Grade (9-12) in 2015.



The latest survey results show that just over half (54%) of high school students say it is “very easy” or “sort of easy” to get marijuana, with 28% saying “very easy” and 26% saying “sort of easy.” The percentage of students that say it is sort of or very easy has oscillated between 52% and 56% between 2011 and 2017.

Not surprisingly, high school students believe that marijuana is easier to get than students in grades 7 and 8. For students in the middle school grades, those that say it is “very easy” or “sort of easy” is currently at 23%, which represents an 8% increase from the previous administration of the survey.

The 2017 survey results show that among current marijuana users, 43% of high school students indicate they typically get marijuana by someone under the age of 21 giving it to them and another 12% saying a friend over the age of 21 giving it to them. Over one-quarter (28%) of high school users indicate they bought it from someone else, 7% bought it at a marijuana outlet, 5% indicate a parent or family member over the age of 21 gave it to them, and 5% took it without permission from the owner.

When high school marijuana users reported how they *usually* use marijuana, 77% smoke it, 11% eat it, 8% dab it, 2% use a vaporizer, and 2% use it some other way. When users were asked to “select all that apply” in the past 30 days, 91% of marijuana users say they smoked it at least once, 37% say they consumed at least one edible, 43% dabbled it at least once, and 22% used a vaporizer at least once.

Alcohol and Marijuana

Looking specifically at high school students who currently use alcohol, nearly half also report current use of marijuana at least once a month. This rate for marijuana use for those that drink alcohol is over double the rate that is reported for the general high school population. The rate was 43% in 2009, 45% in 2011, 42% in 2013, and 47% in both 2015 and 2017. Similarly, looking at those that report current marijuana use, 81% report also using alcohol, which represents a 6% increase from 2013, but a 3% decrease from 2015. These results underscore the fact that many students report using both marijuana and drinking alcohol in the past 30 days. Among the entire high school student population surveyed, 17% used both in 2017, which is up 1% from 2015 and up 15% from 2013.

Figure 10 shows that perceived risk of harm from marijuana and alcohol use among high school students started to differ substantially over the past five administrations of the survey. In 2009, perceived risk of using marijuana regularly was slightly lower than drinking 1-2 times nearly every day. After 2011, perceptions of harm from marijuana use declined while for alcohol use it stayed steady. Between 2011 and 2015, perceived harm from drinking alcohol remained steady at a relatively elevated level while it has been declining for use of marijuana. For the latest administration of the survey, the gap closed somewhat, with perceived risk of alcohol decreasing and perceived risk of marijuana increasing. In 2017, a total of 59% of high school students report at least a moderate risk of harm from regular marijuana use, which is a 4% increase over 2015.

Figure 10. Perceived Risk of Harm: Alcohol and Marijuana, 1=No Risk, 2=Slight Risk, 3=Moderate Risk and 4=Great Risk (Grades 9-12).

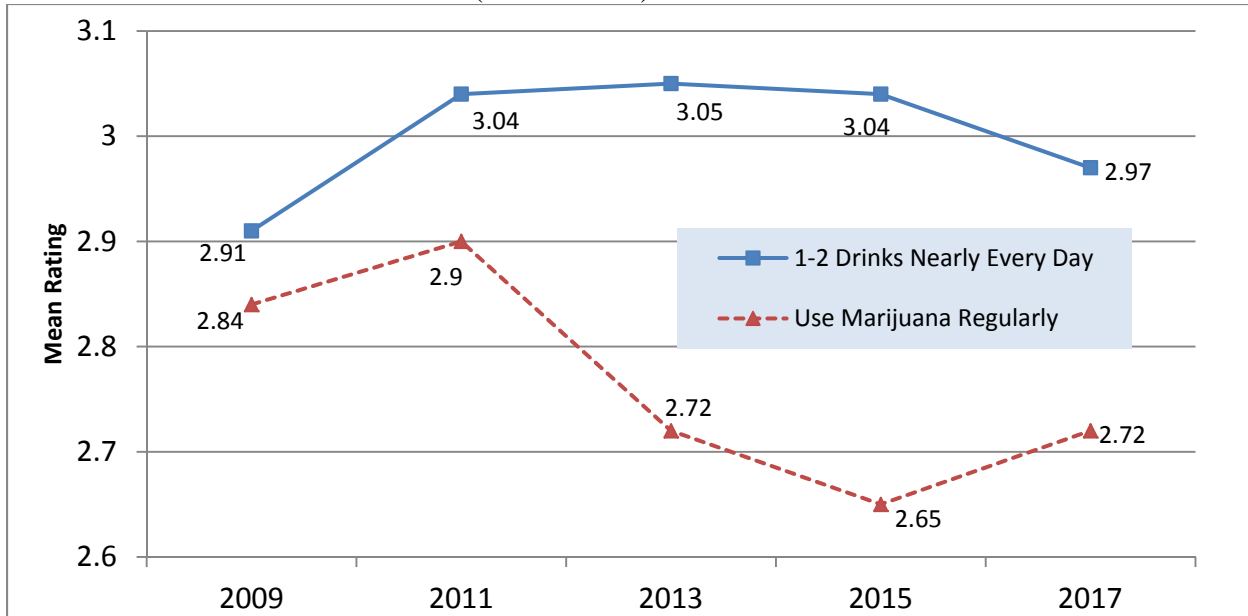


Figure 11 shows the perception of harm trends between 2009 and 2017 for the middle school students surveyed. Unlike high school student results, middle schools students perceive more risk from using marijuana than drinking alcohol. At the same time, perceived risk of harm for marijuana has been declining since 2011, while for alcohol it has remained steady since 2013. In 2017, a total of 77% of middle school students report at least a moderate risk of harm from regular marijuana use, which is a 1% decrease from 2015.

Figure 11. Risk of Harm: Alcohol and Marijuana, 1=No Risk, 2=Slight Risk, 3=Moderate Risk and 4=Great Risk (Grades 7 & 8).

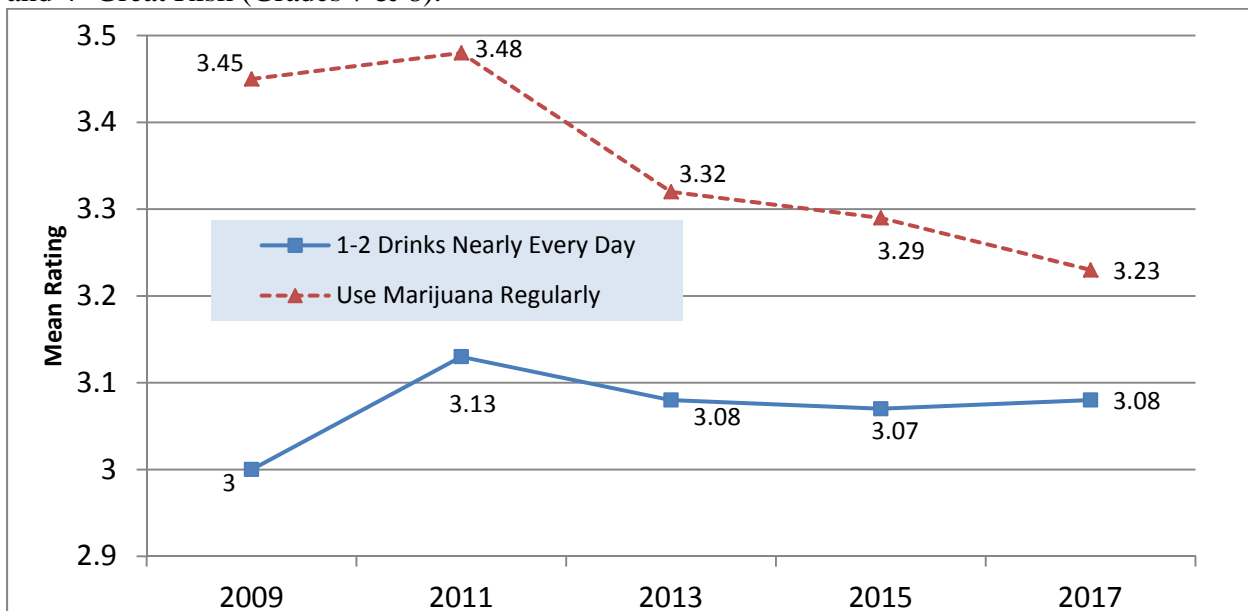
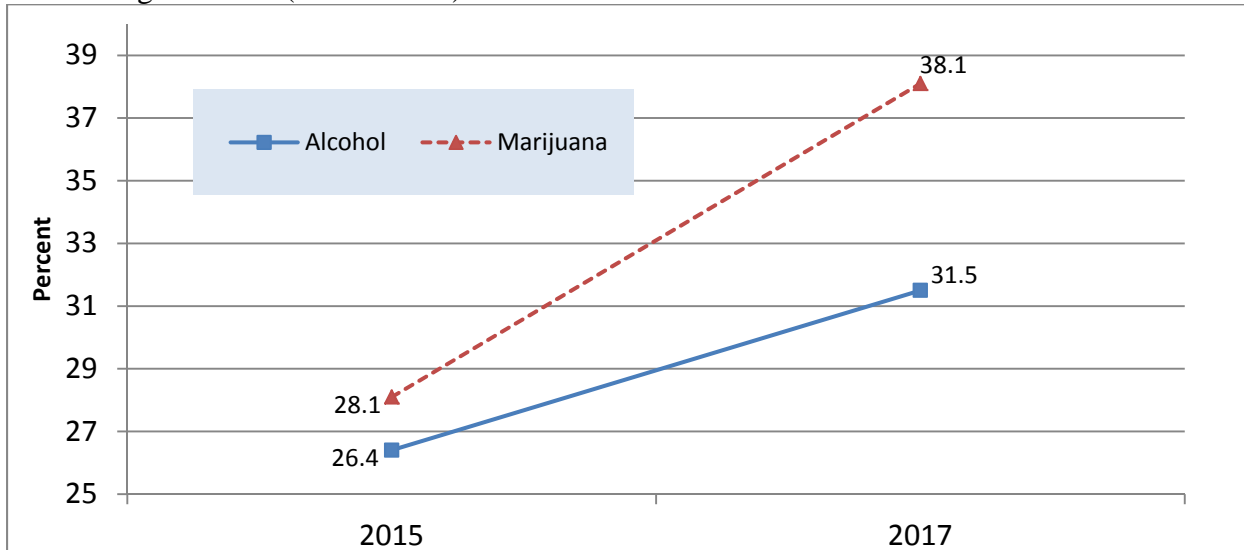


Figure 12 shows that in 2017, the belief that one would be caught by the police for using marijuana was 38% and for drinking alcohol is was 32%. These items were added to the high school version of survey in 2015. In 2015, the perception of getting caught was just under 2% higher for marijuana than for using alcohol. Perceived enforcement for use of both alcohol and marijuana rose significantly between 2015 and 2017, but the increase was greater for marijuana than for alcohol. In 2017, perception of being caught by police was 7% higher for marijuana than for alcohol

Figure 12. Belief that One Would be Caught by the Police for Using Alcohol or Marijuana in One’s Neighborhood (Grades 9-12).



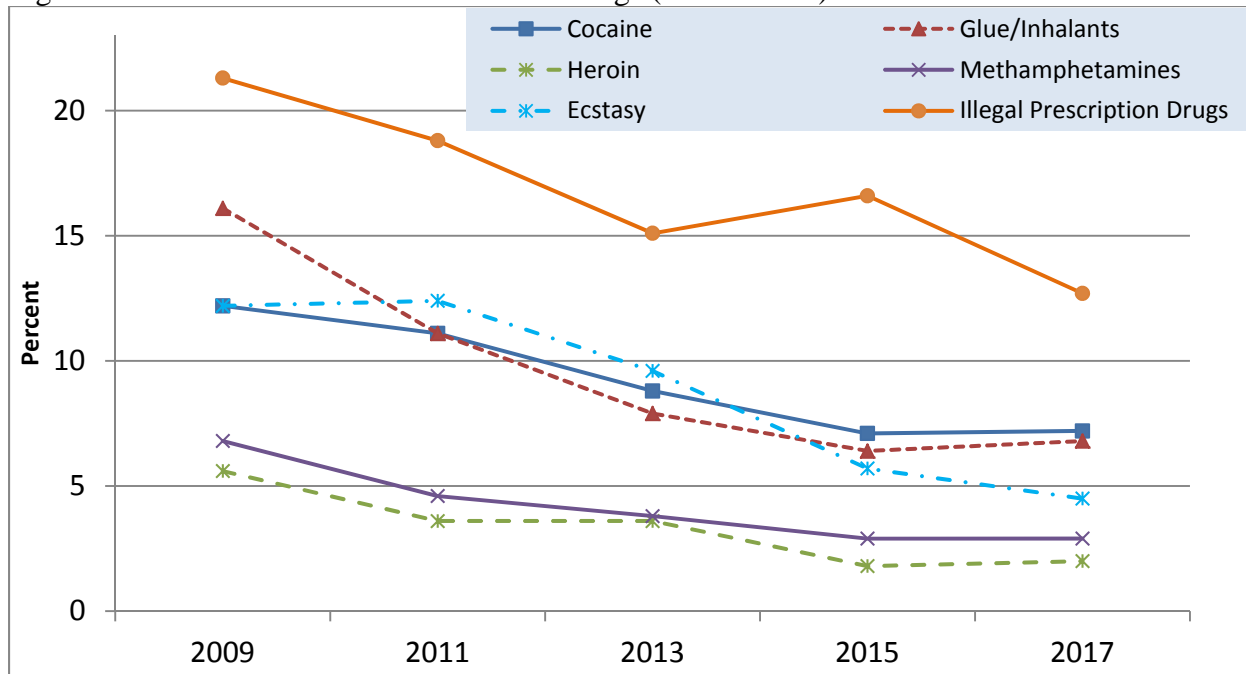
Other Illicit Drugs

Figure 13 shows the percent of high school students that ever used each of the other substances asked about in the survey by year. With the exception of illegal prescription drugs, all these substances saw a downward trend between 2013 and 2015. Between 2015 and 2017, use of most of these substances held relatively steady, except for use of illegal prescription drugs which saw a strong decline and use of ecstasy which decreased somewhat. Not shown in the chart is that about 6% of high school students indicate illegal use of prescription drugs in the past 30 days, which is down 2% from 2015 and 3% from 2013 (this was the only of these substances for which 30 day use was asked about).

In 2017, Eagle County lifetime use rates for these substances in comparison to the national averages are as follows:

- 2.4% over for cocaine,
- 0.6% over for inhalants
- 0.5% over for ecstasy,
- 0.4% over for methamphetamines,
- 0.3% over for heroine, and
- 1.3% under for illegal prescription drugs.

Figure 13. Lifetime Use: Ever Used Other Drugs (Grades 9-12).



Summary

Good progress was seen on most of these alcohol and marijuana indicators between 2009 and 2013. Between 2013 and 2015, gains continued to be made on reducing alcohol use and most of the other illicit drugs asked about on the survey, but the steep declines in alcohol use that had occurred among high school students in previous years tapered off. Furthermore, marijuana use among high school students remained steady between 2013 and 2015, although it dropped significantly for students in grades 7 and 8. Between 2015 and 2017, negative trends were seen on many of the alcohol and marijuana indicators at both the middle and high school grades and several held steady. The trends that held steady include age of first use before 13 for the middle school grades, lifetime use of marijuana at the high school grades, and risk of harm from alcohol use at the middle school grades, and use of most of the other illegal substances in high school. The only indicators that moved in a positive direction include perceived risk of harm of marijuana at the high school grades, use of prescription drugs, and use of ecstasy. Considering these results as a whole and given that both state and national statistics that are available moved in a positive direction between 2015 and 2017, the current findings are concerning. Current alcohol use and binge drinking among high school students in Eagle County remain markedly higher than both state and national rates. While current alcohol use saw a modest increase in high school, binge drinking increased substantially. Current alcohol use among middle school students also showed a sizeable increase over 2015. While perceived enforcement was new to the survey in 2015 and long term trends are not available, the negative shift on many of the alcohol indicators occurred between 2015 and 2017 despite the perception that enforcement had increased over the same time period.

Current marijuana use saw a modest increase at the high school level and those that indicate use over their lifetime held steady between 2015 and 2017. However, state and national figures for these indicators decreased over the same time period, which elevates the significance of the local results. Moreover, in the middle school grades, both lifetime use and current use increased significantly, nearly reaching the previous high point set in 2013. Middle school students also continued to show a decline in perceived risk of harm of marijuana use that started in 2013. Additionally, middle schoolers indicate that it is now easier to get marijuana than it was in 2015. Frequency of use of marijuana among current users in high school is high and has come up substantially for those in 9th grade over the previous administration of the survey.

In general, single year negative trends are not uncommon and the long-term trends over multiple administrations are typically the more important findings to focus on. Although the negative movement that was seen between 2015 and 2017 is not large in most cases, the sheer number of indicators that showed a negative trend coupled with the back drop of the state and national trends (where available) underscore that prevention and intervention programs for substance use continue to be critical for Eagle County youth.

III. VIOLENCE and BULLYING

Table 2 shows the high school results from the various items on the HKCS that are related to violence and bullying. Most Eagle County rates for these indicators are roughly comparable to the state or national rates. The exception is being threatened on school property which is somewhat higher locally as compared to the state and national figures, electronic bullying which is slightly lower than both, and dating violence which is lower than both. However, all these violence and bullying items increased between 2015 and 2017 locally. The largest increases were seen for carrying a weapon on school property (+2%), being threatened on school property (+4%), being in a physical fight (+2%), and not going to school because of safety concerns (+3%).

Table 2. 2017 High School Violence and Bullying Compared to State and National (Grades 9-12).

Item	Eagle County	Colorado	Nationwide
Carried a Weapon on School Property at Least Once During the Past 30 Days	5.2%	4.9%	3.8%
Threatened or Injured with a Weapon on School Property at Least Once During the Past 12 Months	7.8%	5.8%	6.0%
In a Physical Fight at Least Once in the Past 12 Months	20.7%	18.8%	23.6%
Bullied on School Property in the Past 12 Months	18.4%	18.0%	19.0%
Electronically Bullied During the Past 12 Months	13.6%	14.5%	14.9%
Did not Go to School Because of Safety Concerns at Least Once in the Past 30 Days	6.4%	5.2%	6.7%
Forced to Have Sex During the Past 12 Months	6.4%	6.9%	7.4%
Dating Violence During the Past 12 Months	5.3%	8.6%	8.0%

Figures 14 and 15 show that the rate of bullying in both middle and high school has increased since the previous administration. Additionally, bullying in grades 7 and 8 is significantly higher than in grades 9-12. While state and national comparisons do not exist for the middle school grades, the pattern of results for these younger students indicates the problem of bullying has been rising steadily since 2011. Middle school bullying has increased 14% and electronic bullying 9% since 2011. These rates over the same period show a mixed pattern of results for high school students.

Figure 14. Bullying Past 12 Months and Not Going to School Past 30 Days Because of Safety Concerns.

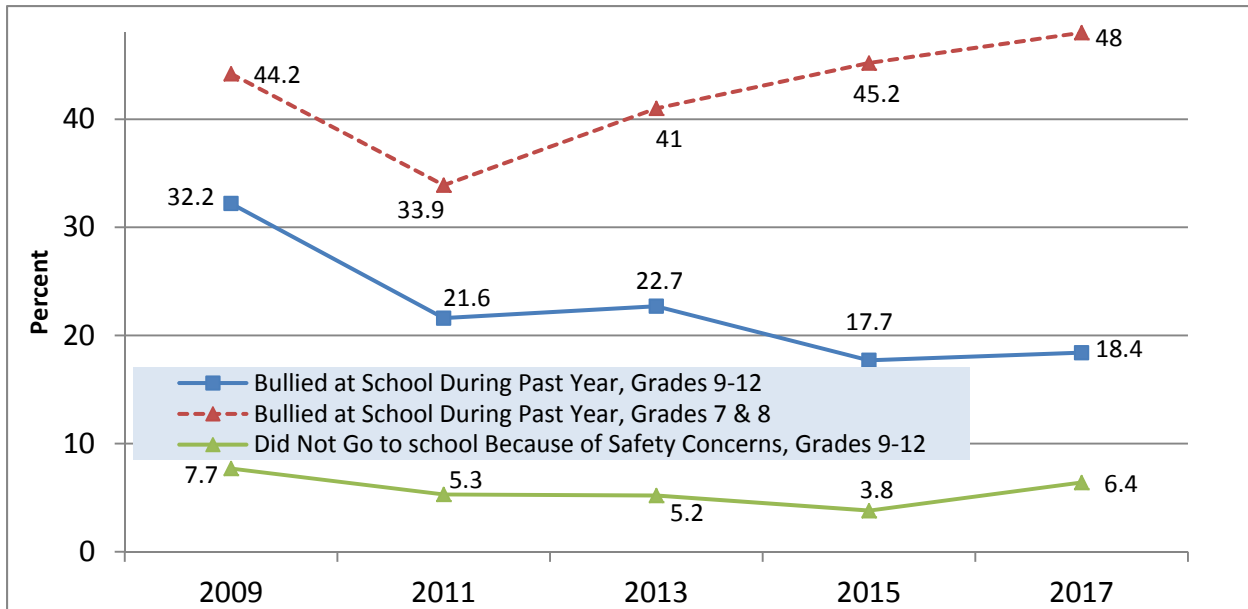
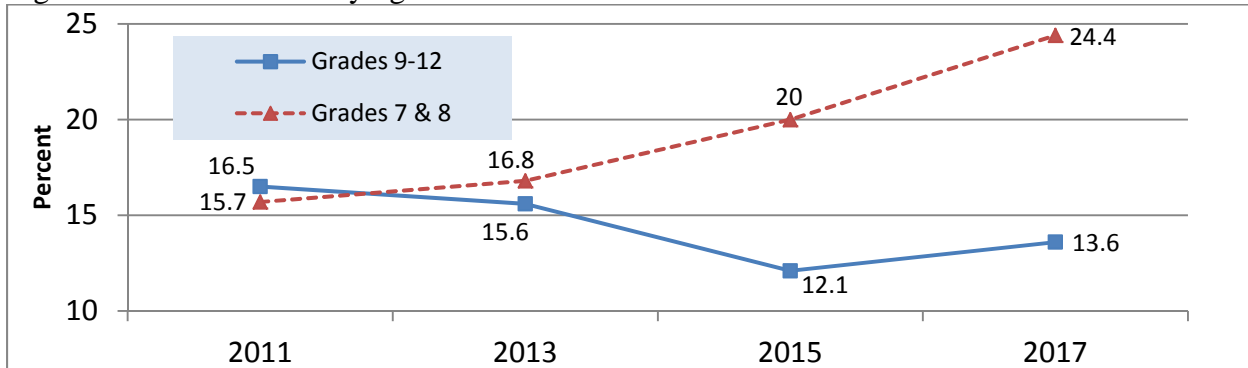


Figure 15. Electronic Bullying.



Summary

Although most of the bullying indicators measured by the survey are bracketed by the state and national figures, which indicates the local rates are not unreasonably high, these comparisons are only available for students in grades 9-12. Middle school bullying has gone up substantially since 2011 and underscores that this issue needs to continue to be addressed by the local community. Additionally, the findings that nearly half of all students in grades 7 and 8 have been bullied in the prior 12 months and one out of four has been electronically bullied is particularly troublesome and highlights that bullying prevention needs to start as early as possible and additional in-school interventions for these grades are warranted. At the high school level, while increases over the prior administration of the survey were seen on every single indicator measured, the magnitude of the change was relatively small.

IV. SUICIDE and DEPRESSION

Table 3 shows the 2017 high school results from the four items on the HKCS that are directly linked to suicide and depression and compares these to state and national results. While the current rates for Eagle County on feeling sad or hopeless and considering suicide are comparable to state and national rates, making a suicide plan and attempting suicide are slightly elevated. However, as discussed below, each of these indicators moved in a negative direction locally since the last administration of the survey. While feeling sad and hopeless also moved in a negative direction between 2015 and 2017 at the state and national levels, the other three indicators moved in a positive direction statewide and nationally.

Table 3. 2017 High School Suicide and Depression in the Past 12 Months Compared to State and National (Grades 9-12).

Item	Eagle County	Colorado	Nationwide
Felt Sad or Hopeless for 2 Weeks or More	31.7%	31.3%	31.5%
Seriously Considered Attempting Suicide	17.4%	17.0%	17.2%
Made a Suicide Plan	14.9%	13.3%	13.6%
Attempted Suicide	8.5%	7.7%	7.4%

Figures 16 and 17 show the trends on the suicide and depression indicators over the past four administrations of the survey by school level. The dashed lines in the charts represent the results from grades 7 and 8 combined and the solid lines for grades 9-12 combined. Between 2009 and 2013, the middle school and high school trends paralleled each other for feeling sad or hopeless and attempting suicide, with the high school grades running about 4% high than the middle school grades. In 2015, the pattern shifted and middle school students reported higher rates of feeling sad and hopeless and considering suicide than did high school students. For feeling sad or hopeless in 2015 and 2017, both middle and high school reported rates that were relatively similar, but they rose sharply at both school levels between 2015 and 2017. For seriously considering suicide, the middle school rate was about 2% more than the high school rate, but between 2015 and 2017, middle school saw a much bigger increase than high school. Making a suicide plan has been increasing steadily at the high school level since 2011 and even more sharply at the middle school level, with the middle school rate surpassing the high school rate for the first time in 2017. Attempted suicide has been historically higher at the high school grades that grades 7 and 8 and has been rising at both school levels since 2011. However, between 2015 and 2017, again the middle school grades rose more sharply than high school, resulting in a middle school attempted suicide rate that is nearly 1% higher than the high school rate.

The overall pattern of results is concerning and is especially troubling for students in grades 7 and 8 as the magnitude of the change for this group on every indicator between 2015 and 2017 is substantial. Statewide and national benchmarks for grades 7 and 8 are lacking, but the fact that the middle school results on all four indicators are more negative than the high school results for

the first time since 2009 and that the middle school results are at an all-time high across the history of the survey highlights an important area of need. The percent that seriously consider suicide in grades 7 and 8 has nearly tripled since 2011 and those that attempted suicide nearly doubled over the same time period.

Figure 16. Feeling Sad or Hopeless and Seriously Considering Suicide by School Level and Year.

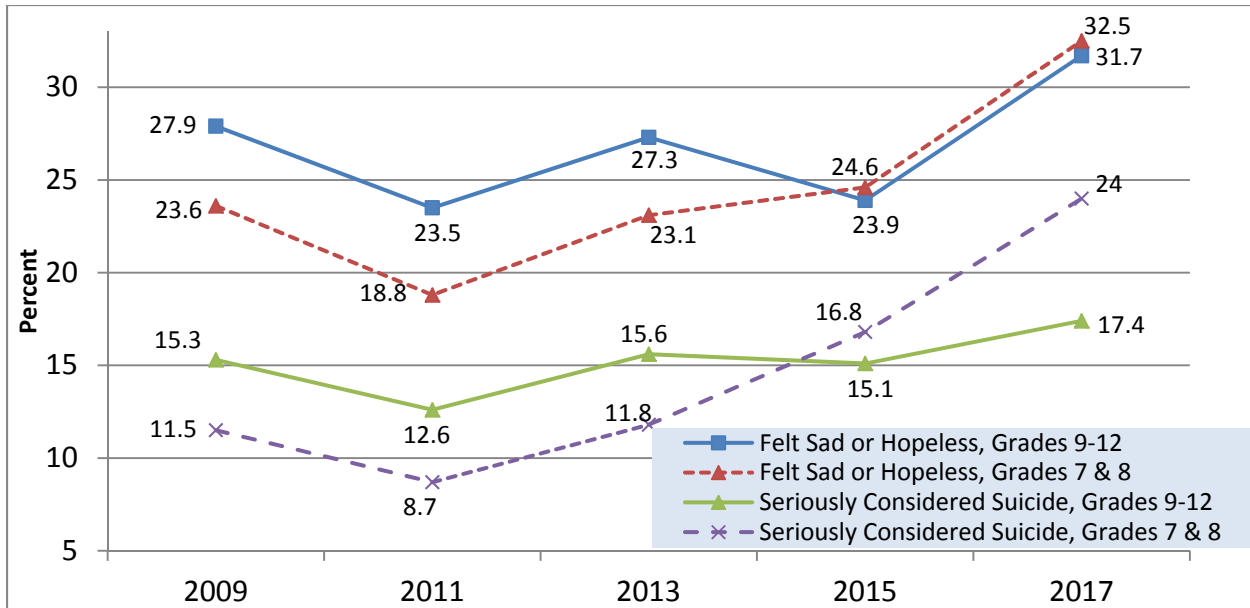
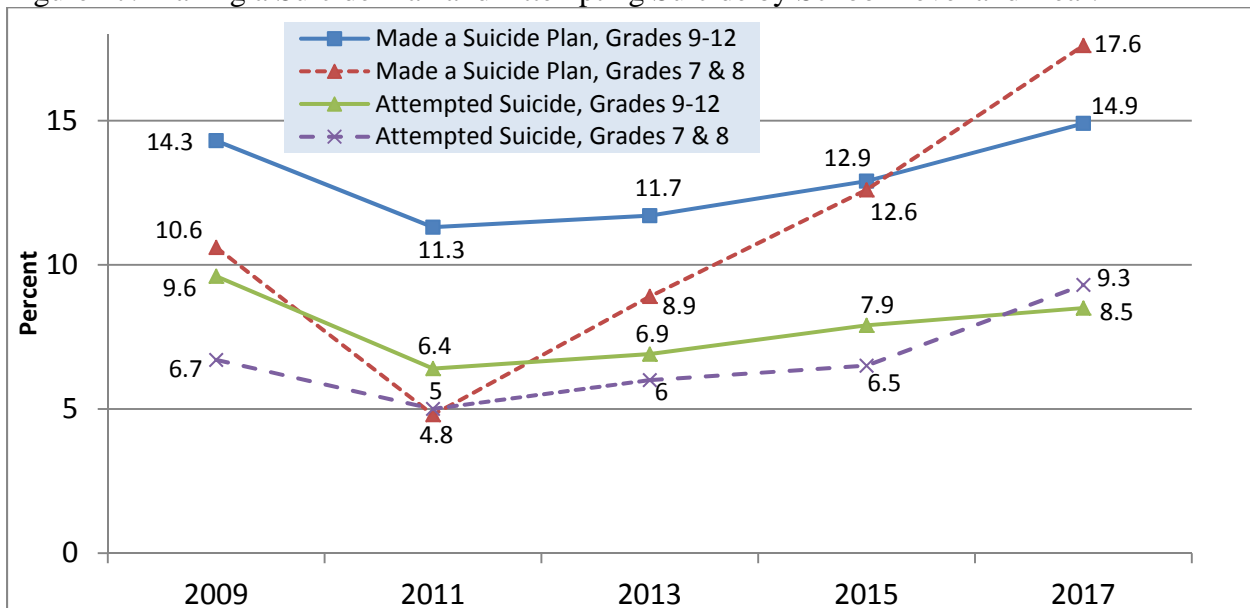


Figure 17. Making a Suicide Plan and Attempting Suicide by School Level and Year.



The figures below show that current users of alcohol and marijuana also report higher rates of feeling sad or hopeless, consider suicide, make a suicide plan, and attempt suicide. The gap between current users and non-users for feeling sad or hopeless is nearly 16% for alcohol and 17% for Marijuana. The attempted suicide rate is nearly double for users of either substance.

Figure 18. Suicide and Depression by Alcohol Use in the Past 30 Days (Grades 9-12)

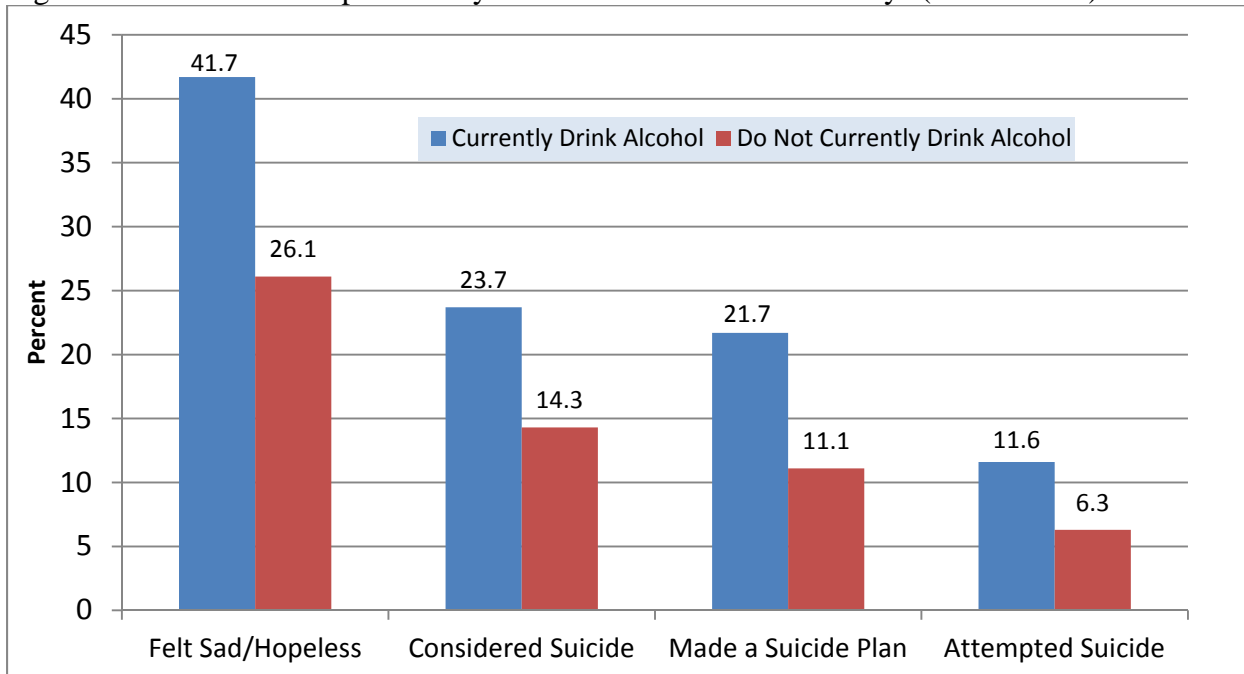
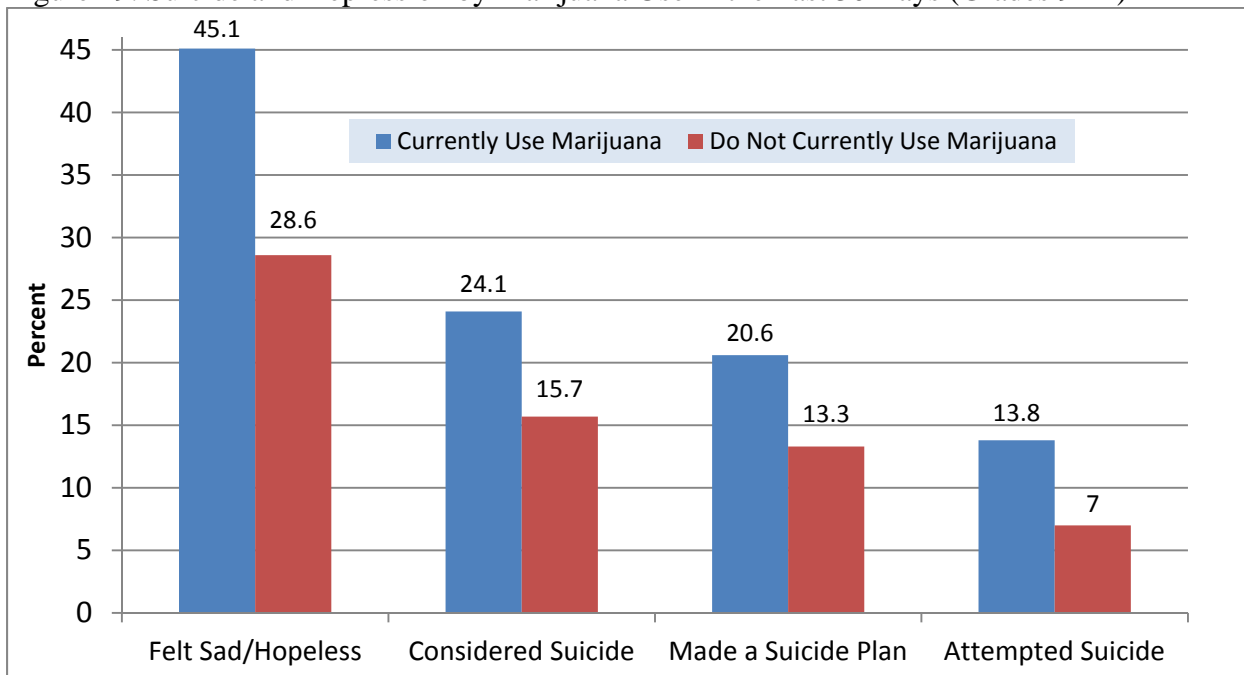


Figure 19. Suicide and Depression by Marijuana Use in the Past 30 Days (Grades 9-12)



Summary

Unfortunately, the progress made between 2009 and 2011 in the area of suicide and depression was largely lost between 2011 and 2015 and has gained momentum into 2017, especially among middle school students. All indicators have moved in a negative direction between 2015 and 2017 at both the middle and high school levels, with three indicators that have moved sharply in a negative direction among middle school students. At the same time, state and national figures only show that feeling sad or hopeless has moved in a negative direction, with the other indicators showing slight improvement. However, these comparisons are available for the high school grades only. Additionally, current users of either marijuana or alcohol are more likely to also report feeling sad or hopeless and have elevated rates on all four of the suicide indicators. These findings are consistent with research that shows substance use and abuse increases the probability of poor mental health.

Clearly, the severity of each completed suicide is such that even very small percentages underscore situations that need to be addressed by the larger community. The overall pattern of results for depression and suicide coupled with the results indicating that 80 middle school students and 167 high school students made at least one suicide attempt over a 12 month period indicates that Eagle County has many youth that are coming alarmingly close to completion, signifying that this continues to be an area of high need for the county.

V. SAFE and IMPAIRED DRIVING

Table 4 shows the 2017 results from the safe and impaired driving items that are on the HKCS and compares these to state and national results (where available). Current rates for Eagle County on seatbelt use compare favorably to state and national rates, especially for grades 7 and 8. Additionally, texting or emailing while driving is considerably lower than both state and national rates. However, riding in a vehicle with a driver that either had been drinking or using marijuana is higher than state or national rates. On the other hand, driving while using alcohol is comparable to state and national rates and driving while using marijuana is lower.

Table 4. 2017 Safe and Impaired Driving Results.

Item	Eagle County	Colorado	Nationwide
Never or rarely use seat belt (Grades 7&8)	1.7%	4.2%	*
Never or rarely use seat belt (Grades 9-12)	4.7%	5.9%	5.9%
Texted or emailed while driving during the past 30 days (Grades 9-12)	26.6%	35.2%	39.2%
Ever rode with driver who had been drinking days (Grades 7&8)	20.8%	15.1%	*
Rode with driver who had been drinking during the past 30 days (Grades 9-12)	20.4%	13.4%	16.5%
Drove while had been drinking alcohol during the past 30 days (Grades 9-12)	5.7%	5.3%	5.5%
Rode with driver who had been using marijuana during the past 30 days (Grades 9-12)	20.1%	18.6%	*
Drove while had been using marijuana during the past 30 days (Grades 9-12)	7.0%	9.0%	13.0%

*National results are not available.

Figure 20 shows that, among middle school students, seat belt use remained relatively steady since 2015 and that riding with someone who had been drinking decreased slightly over the same period. Seat belt use among high school students, as shown in Figure 21, moved slightly in a negative direction since 2015, but is better than the state or national rates. Texting or emailing while driving also moved in a negative direction since 2015 among Eagle County high school students, while state and national results saw slight declines (see Figure 22).

Figure 20. Seat Belt Use and Driving With Someone Who Had Been Drinking (Grades 8&9).

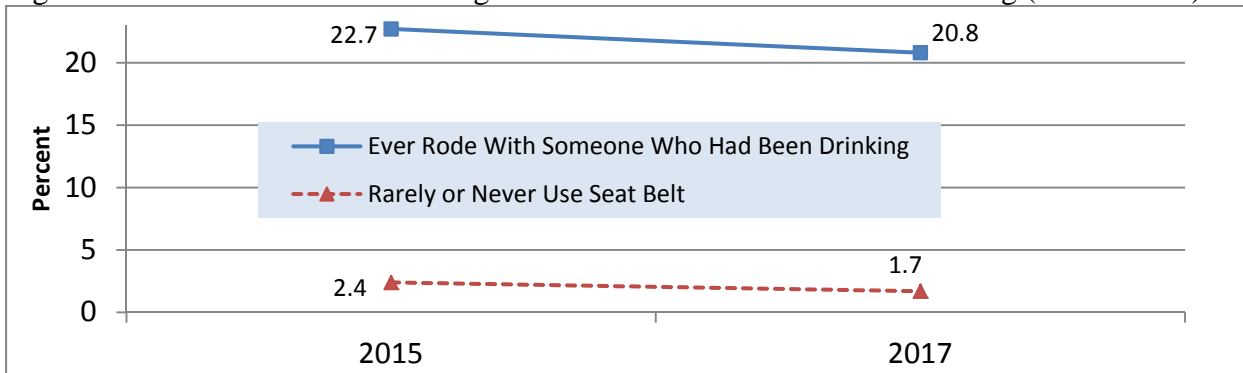
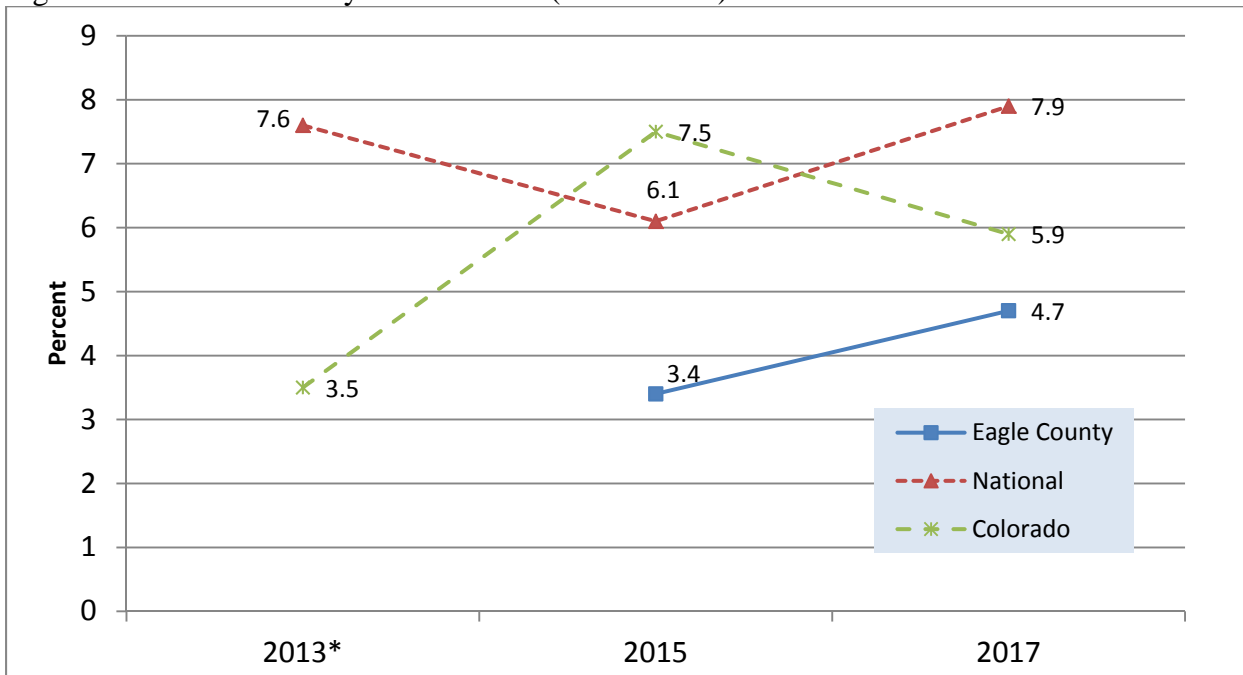
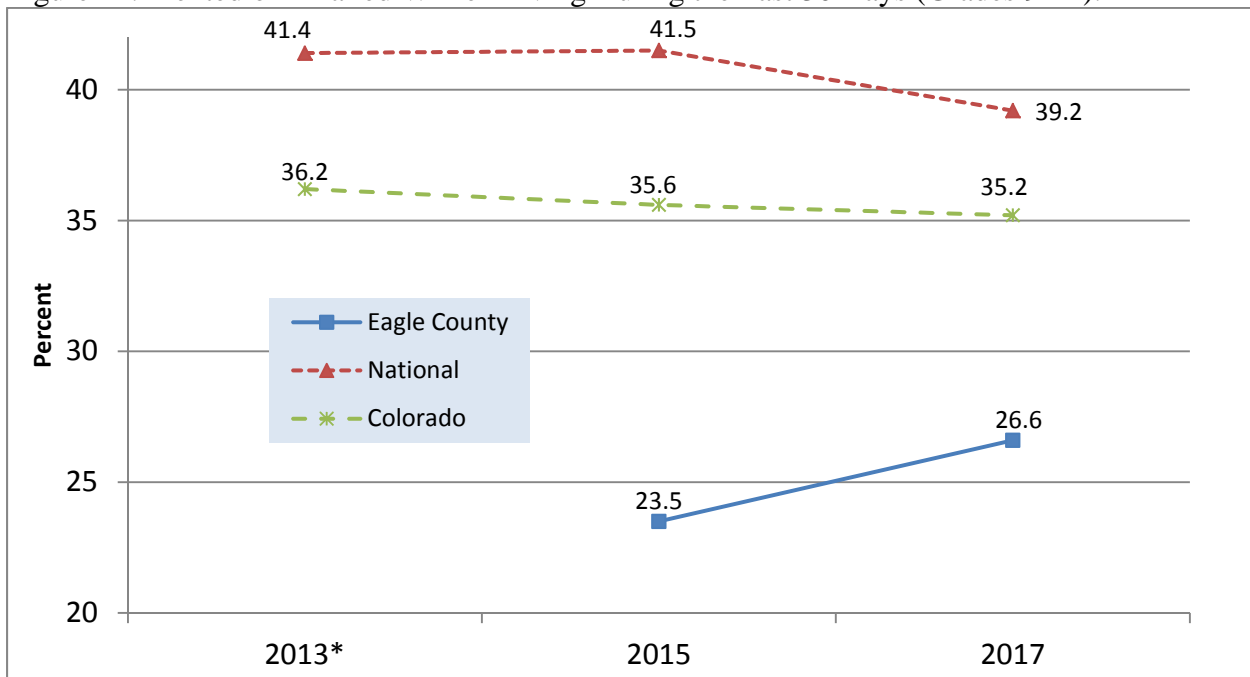


Figure 21. Never or Rarely Use Seat Belt (Grades 9-12).



* Item was not on the 2013 version of the Eagle County survey.

Figure 22. Texted or Emailed While Driving During the Past 30 Days (Grades 9-12).



* Item was not on the 2013 version of the Eagle County survey.

With regard to high school students riding with someone who had been drinking alcohol, this rate has been holding steady at about 20% over the last three survey administrations (see Figure 23). Of some concern, however, is that this rate has been dropping steadily at the national and state level since 2013 and yet locally it has seen little change. Currently, the local rate is 7% higher than the national rate and 4% higher than the state rate. For riding with someone who had been using marijuana (see Figure 24), the local trend has followed the state trend, with a spike in 2015, followed by a decline. The local rate has consistently remained about 2% higher than the state rate since 2013. Additionally, the rate for driving while using marijuana is slightly higher than the rate for driving while drinking alcohol in Eagle County.

Figure 23. Rode With Driver Who Had Been Drinking During the Past 30 Days (Grades 9-12).

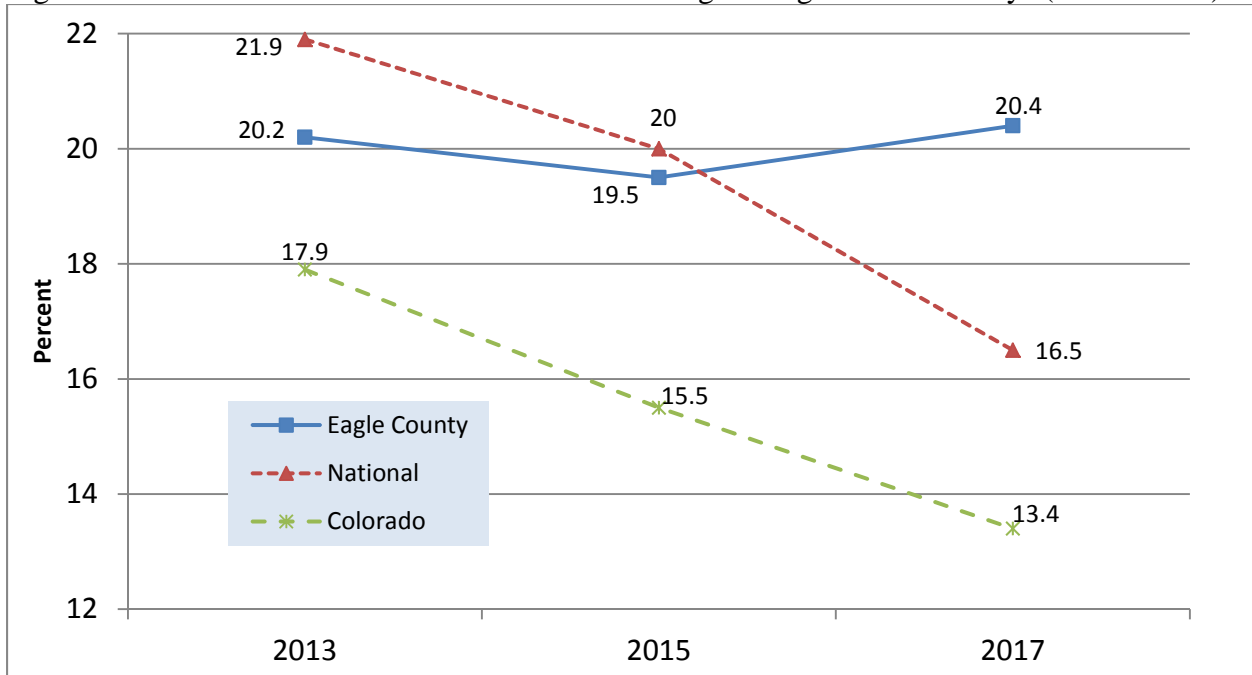
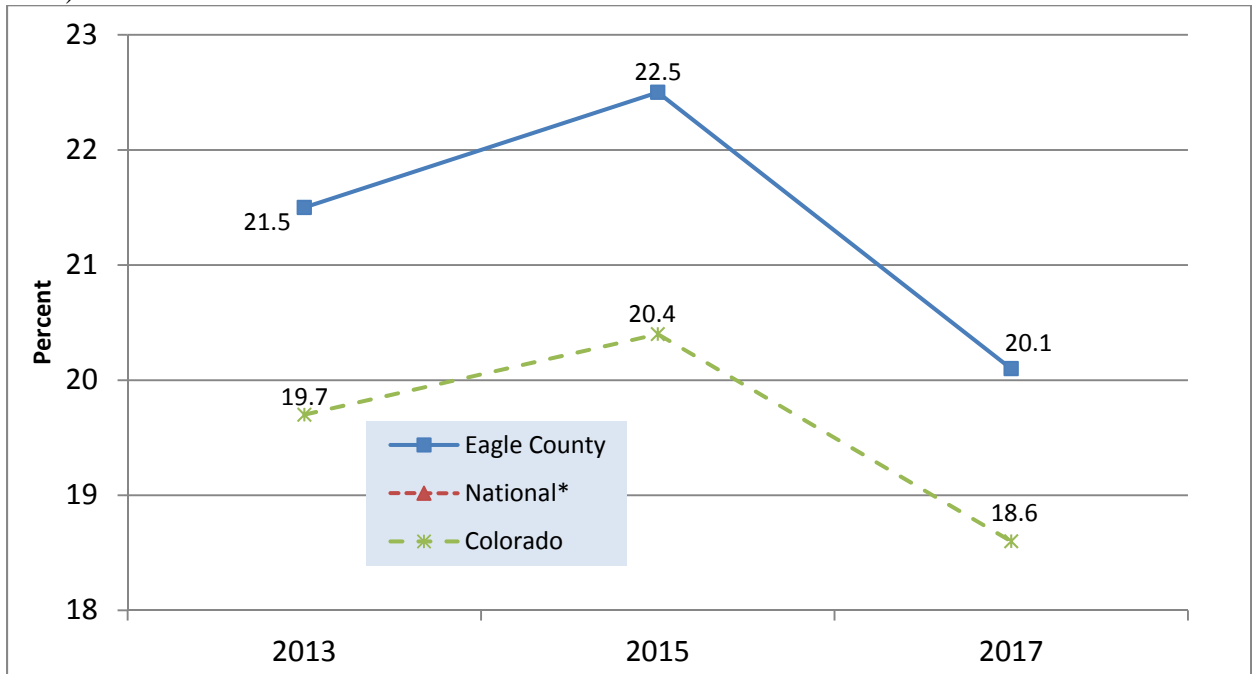


Figure 24. Rode With Driver Who Had Been Using Marijuana During the Past 30 Days (Grades 9-12).



* National Data Not Available.

Figure 25 and 26 show the trends since 2013 for driving while drinking alcohol and using marijuana, respectfully. For drinking and driving, the local rate has remained steady at just under 6% since 2013. In 2013, the local rate was lower than both the state and national rate, but state and national rates have declined steadily since then and currently the local rate is equivalent. Rates of driving while using marijuana have slightly decreased in both Eagle County as well as at the state level, but the local rate has been trending 2 to 3 percent lower over this time period.

Figure 25. Drove While Had Been Drinking Alcohol During the Past 30 Days (Grades 9-12).

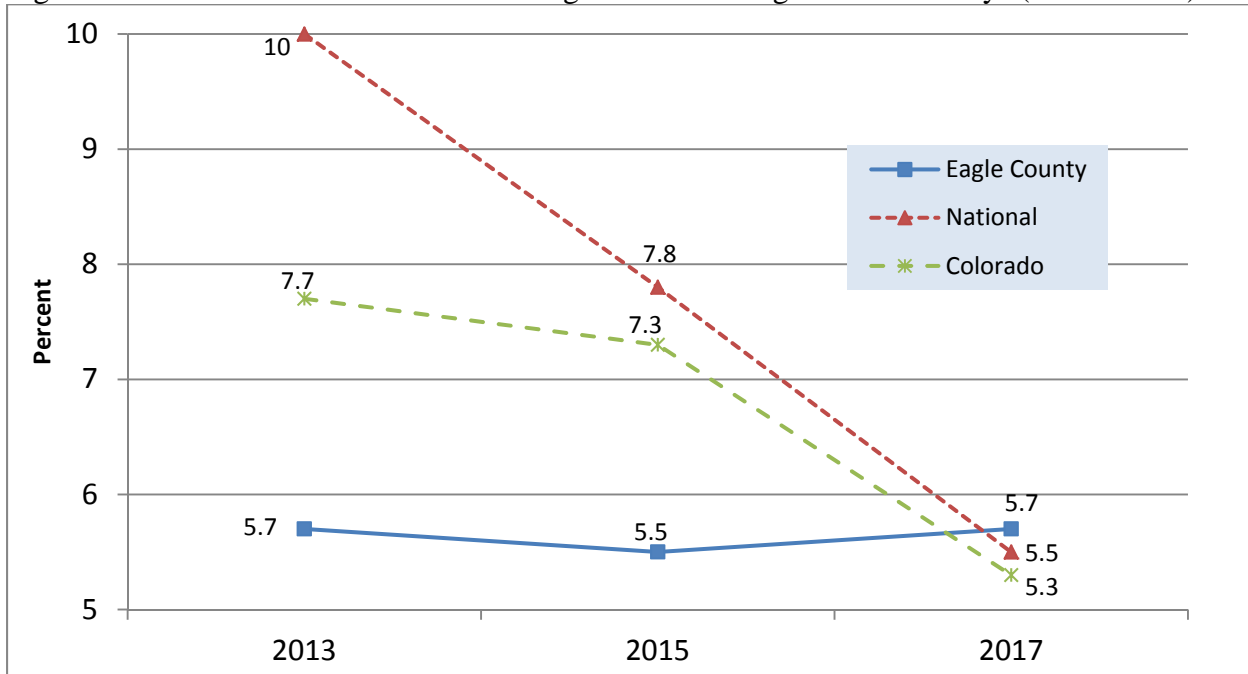
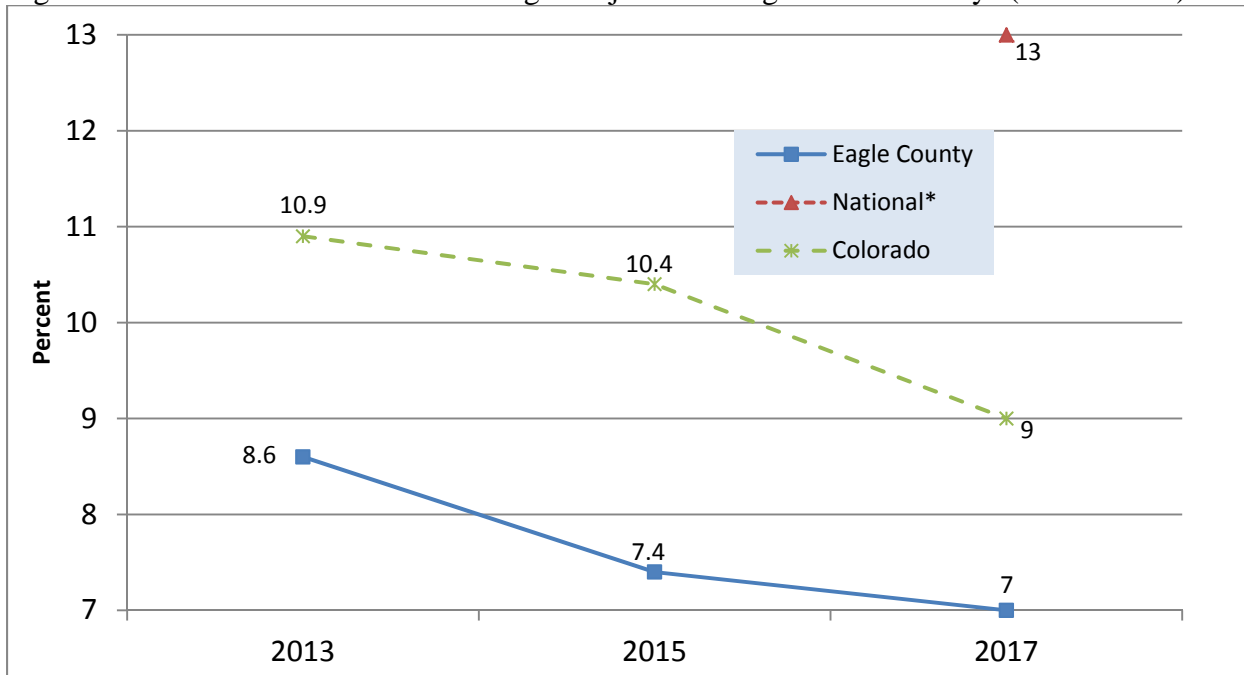


Figure 26. Drove While Had Been Using Marijuana During the Past 30 Days (Grades 9-12).



* National Data Not Available in 2013 and 2015.

Summary

Most of the safe and impaired driving indicators in Eagle County have historically been more positive than both the state and national rates. The one exception is riding with someone that had been using marijuana which is higher locally than at the state level.

Almost all students in grades 7 and 8 use a seatbelt and in the high school grades over 95% of students use seatbelts, representing strong positive results on these indicators. High school students texting or emailing while driving is considerably lower in Eagle County when compared to the state or national level, but has come up from 2015 and in 2017 about 1 out of 4 students locally engage in this unsafe driving behavior.

Among high school students, the riding/driving while using marijuana indicators have moved in a positive direction since 2013, while for alcohol these indicators have stayed steady. In 2017, riding with someone who had been drinking is markedly higher than what was seen at the state and national level and 1 of 5 students say that this has happened at least once in the past 30 days. Driving after having used alcohol remains relatively low at less than 6% and has seen little change since 2013.

VI. Opportunities for Prosocial Involvement

Table 5 shows that students in Eagle County are generally more engaged in prosocial activities than students statewide, with the exception of organized community service. Playing on at least 1 sports team is 10% higher locally than statewide for students in the middle school grades. In local high schools, this indicator is 7% higher than the state and 13% higher than the national rate. For participation in extracurricular activities, local middle school students are 9% above the state rate and high school students are 3% above the state rate.

Table 5. Opportunities for Prosocial Involvement

Item	Eagle County	Colorado	Nationwide
Played on at least one sports team past 12 months (Grades 7&8)	74.9%	64.7%	*
Played on at least one sports team past 12 months (Grades 9-12)	66.9%	59.5%	54.3%
Participated in extracurricular activities (Grades 7&8)	76.1%	67.5%	*
Participated in extracurricular activities (Grades 9-12)	71.2%	68.2	*
Participated in organized community service during the past 30 days (Grades 9-12)	43.9%	43.6%	*

*National results are not available.

Trends since 2013 show that students in grades 7 and 8 saw an 8% decline in playing on at least one sports team and 2% decline in participation in extracurricular activities (see Figure 27). Figure 28 shows the trends since 2013 for high school students playing on at least one sports team and compares that to state and national rates. Rates in Eagle County on this indicator have consistently been well above the state and national rate and saw a small spike in 2015, followed by a 3% decline. Participation in extracurricular activities locally has seen a small, but steady increase since 2013 against the backdrop of declining participation in extracurricular activities at the state level (see Figure 29).

Figure 27. Played on at Least One Sports Team and Extracurricular Activities (Grades 7&8).

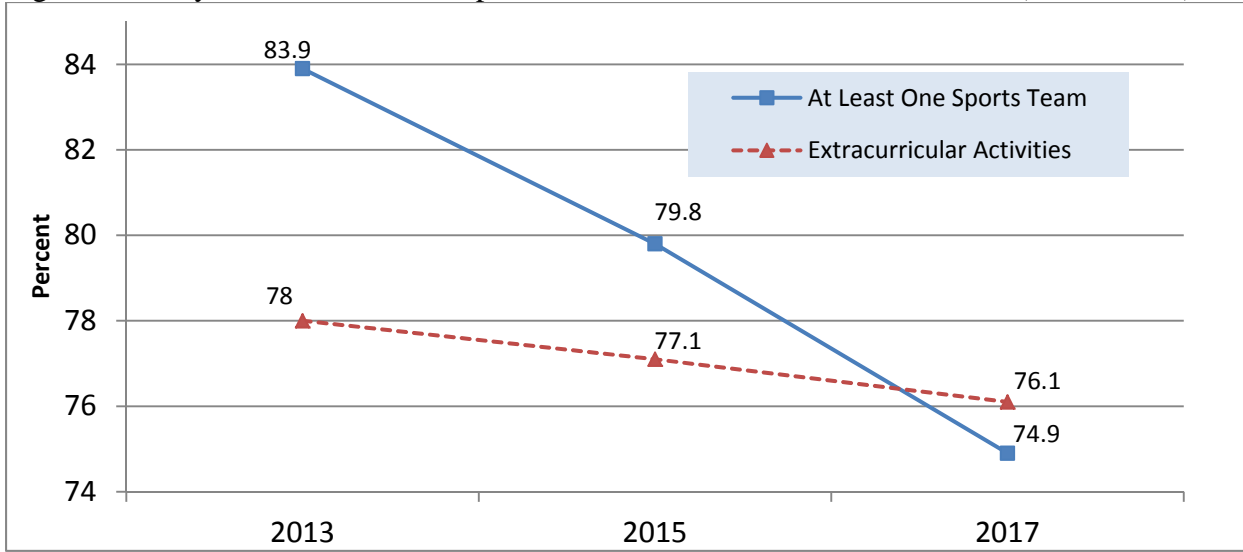


Figure 28. Played on at Least One Sports Team (Grades 9-12).

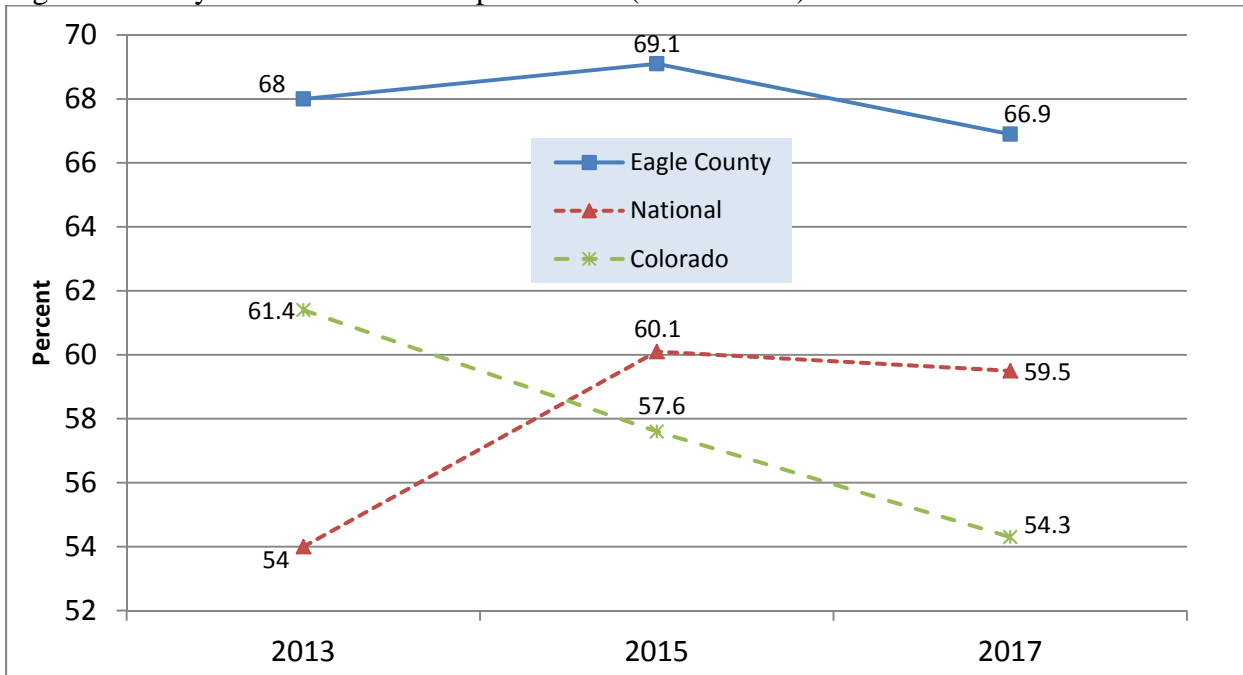
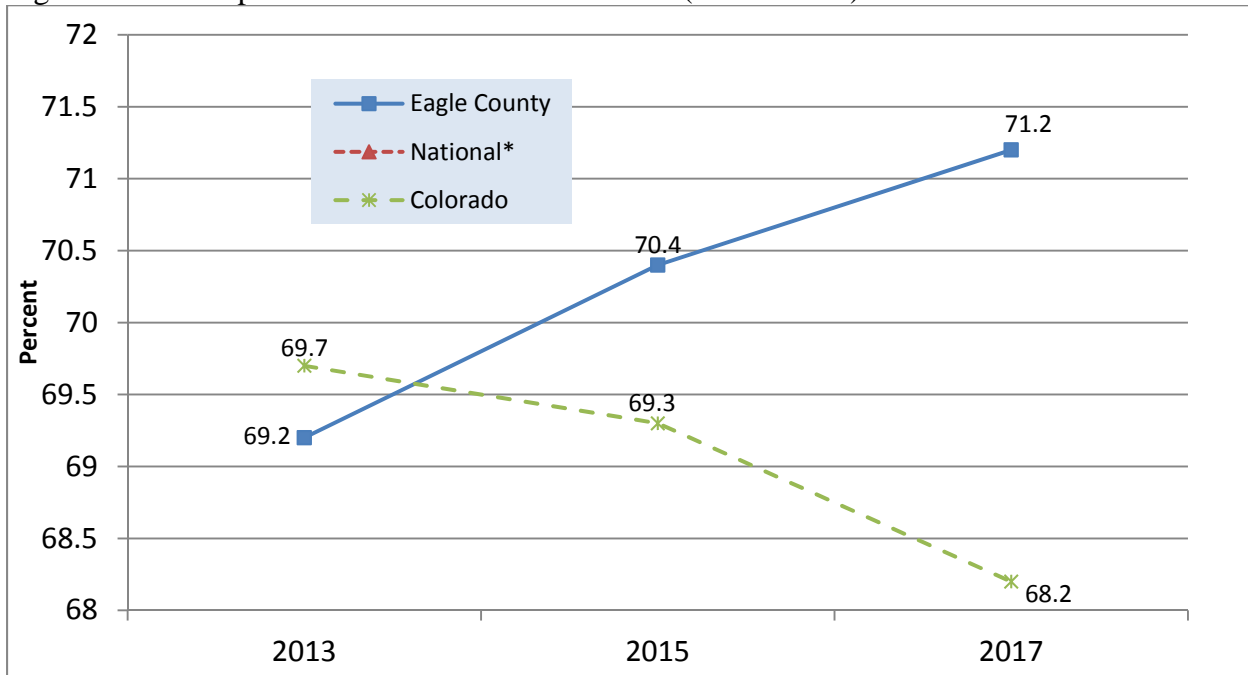


Figure 29. Participated in Extracurricular Activities (Grades 9-12).



* National Data Not Available.

Summary

Opportunities for prosocial involvement continues to be an area of strength in Eagle County and support the conclusion that this is an area that provides a level of protection for local youth, which may offset some of the negative impacts of existing risk factors, such as high alcohol use, depression, and suicide ideation. Local results are more positive than the state and national results (where they are available) and have generally stayed relatively steady or moved in a positive direction since 2013 for high school students.

An area of concern is the steady decline since 2013 among middle school students playing on at least one sports team. It is unclear whether this decline represents a situation where students are moving into Eagle County that are disinterested in playing on a sports team or if there are declining opportunities being offered at the local middle schools. While this indicator warrants attention to stabilize or reverse the historical trend, the finding that currently 3 out of 4 students in grades 7 and 8 play on at least one sports team is still quite positive and is significantly higher than what is seen at the high school level.

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- ❖ Stone Creek Charter School (www.stonecreekschool.org)
- ❖ United Way of Eagle River Valley (www.unitedwayeagle.org)
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