



The Healthy Kids Colorado Survey is the state's only comprehensive survey on the health and well-being of young people. In 2017, the survey sampled approximately 56,000 youth from 190 randomly selected middle and high schools statewide. The voluntary, biennial survey

collects a wide range of health and behavioral information that helps public, private and community organizations better understand the youth they serve and support them in making healthy choices. The data below represents high school youth.

TOBACCO USE

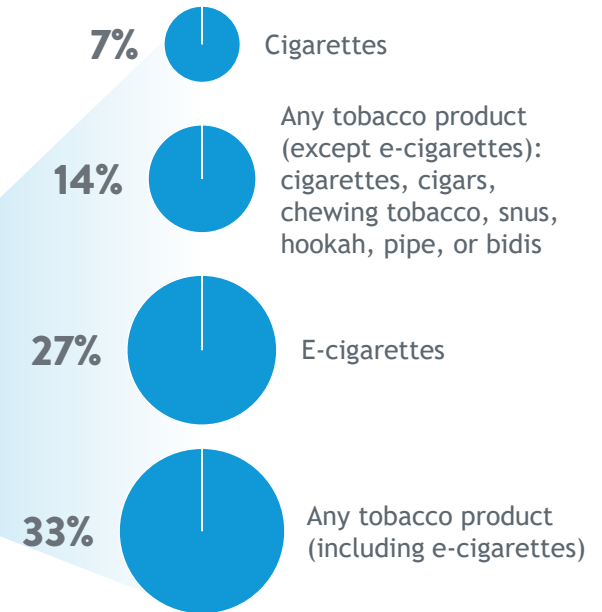
33%

of Colorado youth are using nicotine.*

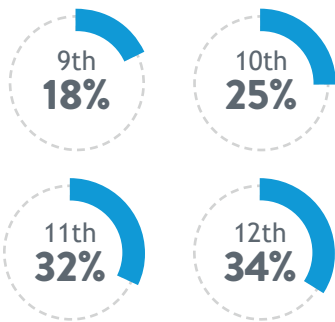


*All tobacco products including cigarettes, chew, e-cigarettes, hookah, cigars and others

CURRENT USE OF TOBACCO PRODUCTS

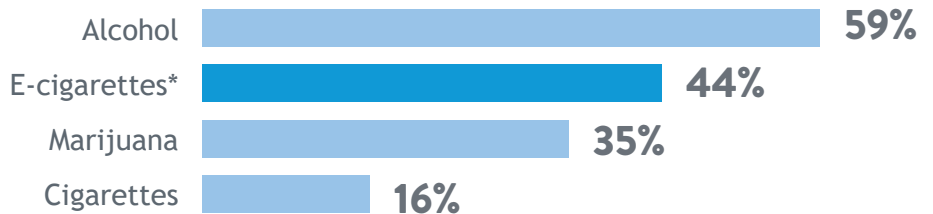


CURRENT USE OF E-CIGARETTES BY GRADE



E-CIGARETTES ARE THE SECOND MOST TRIED SUBSTANCE AMONG COLORADO YOUTH

Have used substances at least once in their life.



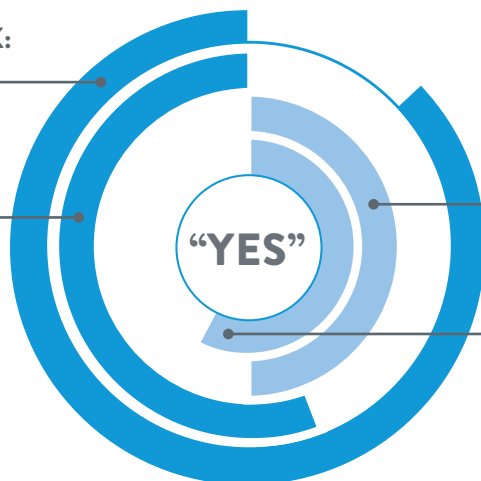
*Does not include marijuana

RISK PERCEPTION AND ACCESS Among all Colorado youth

DO YOUTH THINK:

Smoking is risky? **87%**

It's easy to get cigarettes? **56%**



Vaping is risky? **50%**

It's easy to get e-cigarettes? **58%**

Are cigarette smokers trying to quit?



Are youth exposed to secondhand smoke or vapor at home?



HEALTH DISPARITIES

Demographic breakdown of tobacco users.

CURRENT USE BY RACE / ETHNICITY

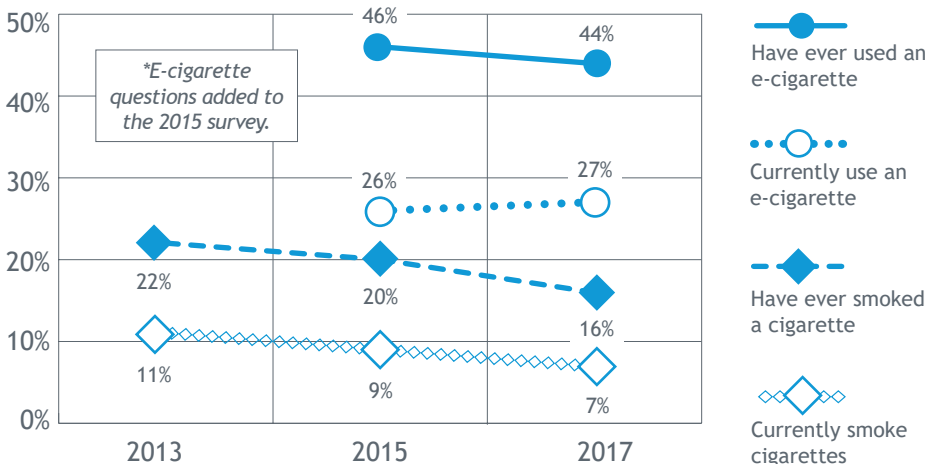
CIGARETTE		E-CIGARETTE	
5%	Black	17%	
3%	Asian	17%	
7%	Hispanic	25%	
7%	White	29%	
19%	Pacific Islander	33%	
10%	American Indian	31%	
11%	Multiracial	30%	

CURRENT USE BY SEXUAL ORIENTATION AND GENDER IDENTITY

CIGARETTE		E-CIGARETTE	
6%	Heterosexual	27%	
17%	Gay or Lesbian	31%	
15%	Bisexual	32%	
33%	Transgender	44%	

CDPHE acknowledges that social, economic and environmental inequities result in adverse health outcomes and have a greater impact than individual choices. Reducing health disparities through systems change can help improve opportunities for all Coloradans.

CIGARETTE SMOKING AND VAPING TRENDS



ADULTS CAN HELP PREVENT YOUTH E-CIGARETTE USE



FAMILY RULES

Youth who have clear family rules are 39% LESS likely to vape.



TALKING WITH PARENTS

Youth who can ask a parent for help are 31% LESS likely to vape.



SCHOOL SAFETY

Youth who feel safe at school are 28% LESS likely to vape.



EXTRACURRICULAR ACTIVITIES

Youth who participate are 12% LESS likely to vape.



PARENTAL INVOLVEMENT

Youth whose parents know where they are and who they are with are 49% LESS likely to vape.



CURFEW

Youth whose parents know if they don't come home on time are 38% LESS likely to vape.



SKIPPING SCHOOL

Youth who did not skip school in the past month are 52% LESS likely to vape.

