

## Colorado Youth and Young Adult Health Profile 2015 Narrative

### Purpose

The health and well-being of Colorado's youth and young adults has a major impact on the social and economic health of our state. After all, today's young people are tomorrow's workforce, parents and leaders. Their future will be shaped by the opportunities we offer them today. Therefore, we must all make the investments necessary to ensure good outcomes for youth as they transition to adulthood. Most young people successfully navigate this transition. However, several issues put youth and young adults at risk for death and disease, such as injury due to motor vehicle crashes and exposure to sexually transmitted diseases. Because these negative outcomes are largely preventable, it is important to understand and monitor both the risk and protective factors that young people experience.

A number of surveillance systems are available to monitor youth and young adult behaviors and outcomes including vital statistics and population-based surveys. The Youth Risk Behavior Survey (YRBS) is an example of a population-based survey where answers are self-reported by the survey respondent and is the data source for health data reported in profiles prior to 2013. In 2013, the Healthy Kids Colorado Survey (HKCS), which includes components of YRBS, was launched to measure youth health behaviors in Colorado and consolidate survey needs across three state agencies. A total of 25,197 high school students in Colorado completed the 2013 HKCS, and the results were weighted to represent all public school students in grades 9-12 in Colorado.

### Colorado Youth and Young Adult Health Profile

Every 10 years, the United States government sets priorities to challenge individuals, communities, and professionals to take specific steps to ensure good health. In 2010, *Healthy People 2020* was launched, allowing new comparisons of Colorado data to Healthy People 2020 targets when available. The Colorado Youth and Young Adult Health Profile 2015 includes indicators identified as the most critical to youth and young adults by the U.S. Department of Health and Human Services. In addition, specific indicators considered important to youth and young adult health in Colorado are included.

The Colorado Youth and Young Adult Health Profile 2015 consists of the following: youth and young adult health indicators and corresponding *Healthy People 2020* targets; one year of rates or prevalence estimates for the United States and three years of rates or prevalence estimates for Colorado; and an interpretation of the distance between the most recent Colorado rate or estimate and the 2020 target, when available. Health indicators and corresponding targets stem from *Healthy People 2020*; however, when youth and young adult targets are unavailable, Colorado 2020 targets are used and are indicated with a footnote. Of the 43 indicators in the profile, 9 do not have corresponding 2020 targets so an interpretation is not applicable. It is anticipated that 2020 targets will be set for the remaining indicators lacking targets as more data are collected.

### Interpretation

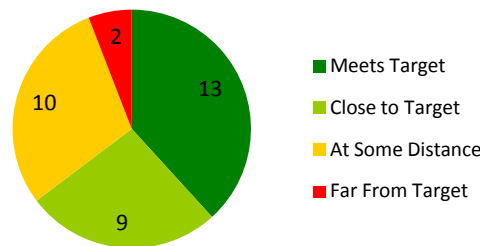
Two types of indicators are used in the Colorado Youth and Young Adult Health Profile – those in which the target is to reduce the rate or prevalence estimate and those in which the target is to increase the rate or prevalence estimate. Interpretations were calculated as described in the following table.

Interpretation	Estimates to Reduce Distance from 2020 Target (%)	Estimates to Increase Distance from 2020 Target (%)
Meets Target	Less than or equal to 100.0% of the Target	100.0% of the Target or higher
Close to Target	100.1 – 120.0% of the Target	Within 20.0% of the Target
At Some Distance	Between 120.1% and 199.9% of the Target	Between 20.1% and 49.9% of the Target
Far from Target	200.0% of the Target or higher	Less than or equal to 50.0% of the Target

### Current State of the Youth and Young Adult Health Indicators

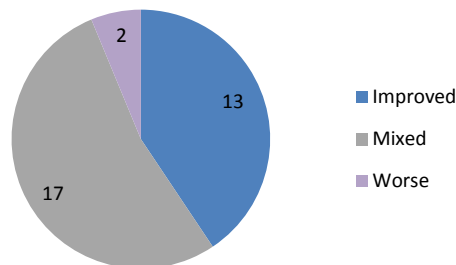
Many of the youth and young adult health indicators are meeting the 2020 targets or are showing progress toward the targets based on the most recent data. Thirty-four indicators have a 2020 target for which the most recent data point can be compared in order to assess how Colorado is doing. Of these indicators, thirteen are meeting the 2020 target, nine indicators are close to the target, ten are at some distance to the target, and two are far from the target.

**Current Indicators and Distance to 2020 Targets**



A total of 31 indicators have three years of data, the minimum needed to assess short term trends. Thirteen indicators are headed in the right direction (improved), seventeen indicators have varied directional movement (mixed), and two indicators are headed in the wrong direction (worse).

**Current Indicators and Short Term Trends**



Measureable improvement occurred among many of the health indicators over the time period, yet about sixty percent of the indicators with 2020 targets were not yet meeting the target. Progression toward and beyond the targets for all indicators should provide continued motivation for programs striving to improve youth and young adult health in Colorado.

## Data Sources

### ***National Data***

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Youth Risk Behavior Survey, Centers for Disease Control and Prevention

<http://nccd.cdc.gov/youthonline/App/Results.aspx?TT=A&OUT=0&SID=HS&QID=QQ&LID=XX&YID=2013&LID2=&YID2=&COL=S&ROW1=N&ROW2=N&HT=QQ&LCT=LL&FS=S1&FR=R1&FG=G1&FSL=S1&FRL=R1&FGL=G1&PV=&TST=False&C1=&C2=&QP=G&DP=1&VA=CI&CS=Y&SYID=&EYID=&SC=DEFAULT&SO=ASC>

### ***State Data***

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2013 Healthy Kids Colorado Survey (HKCS): Colorado Departments of Education, Human Services, Public Health and Environment and the University of Colorado Denver's Community Epidemiology and Program Evaluation Group,

[http://www.chd.dphe.state.co.us/topics.aspx?q=Adolescent\\_Health\\_Data](http://www.chd.dphe.state.co.us/topics.aspx?q=Adolescent_Health_Data)

### ***2020 Target***

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Healthy People 2020, U.S. Department of Health and Human Services,

<http://www.healthypeople.gov/2020/data-search/Search-the-Data>

### ***Birth and Death Rates***

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State:

Birth rates: [http://www.chd.dphe.state.co.us/topics.aspx?q=Mortality\\_Data](http://www.chd.dphe.state.co.us/topics.aspx?q=Mortality_Data)

Death rates: [http://www.chd.dphe.state.co.us/cohid/topics.aspx?q=Death\\_Data](http://www.chd.dphe.state.co.us/cohid/topics.aspx?q=Death_Data)

National:

Overall: CDC WONDER, Centers for Disease Control and Prevention, <http://wonder.cdc.gov/>

Detailed mortality: Injury Prevention and Control: Data and Statistics (WISQARS), Centers for Disease Control and Prevention, <http://www.cdc.gov/injury/wisqars/index.html>

### ***Education indicators***

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State: Colorado Department of Education, [http://www.cde.state.co.us/index\\_stats.htm](http://www.cde.state.co.us/index_stats.htm)

National: <http://nces.ed.gov/pubs2014/2014391.pdf>