

Did you know? Health and wellness data about Colorado kids

Movement

- The benefits of play are well-documented. Research shows that physical activity in school improves students' thinking and reasoning skills, concentration and behavior.ⁱ
- Colorado's children rank 34 out of 50 states for vigorous physical activity. Although the percent of children engaging in vigorous physical activity rose from 57 percent to 64 percent between 2003 and 2007 in Colorado, many states have higher levels.ⁱⁱ

Physical and personal wellness

- For the first time in history, U.S. children may have a lower life expectancy than their parents due to increased obesity and related conditions such as diabetes, high blood pressure and heart disease.ⁱⁱⁱ
- Colorado ranks 23rd compared to other states in the proportion of children who are obese. Between 2003 and 2007, the number of children between the ages of 10–17 years who are obese rose from 48,000 to 72,000 in Colorado. Hispanic children were three times more likely to be obese than white children.^{iv}

Emotional and social wellness

- Students do better socially and academically when they learn how to understand their emotions, empathize with others and make good decisions.^v
- One-quarter of students felt depressed in both 2005 and 2009, and approximately 14 percent seriously considered suicide in both years.^{vi}

Prevention and risk management

- Schools with less bullying have higher scores on the Colorado Student Assessment Program in reading, writing and math.^{vii}
- Twenty-five percent of high school students binge drink (having five or more drinks of alcohol within a few hours at least once a month). On average, boys start drinking at age 11, girls at 13 and both are consuming regularly by age 16. Those who start drinking before age 15 are four times more likely to develop alcohol dependence.^{viii}

ⁱ *The Association between School-Based Physical Activity, Including Physical Education, and Academic Performance*; U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; July 2010

ⁱⁱ *Colorado Health Report Card*; Colorado Health Foundation; 2010

ⁱⁱⁱ *Colorado Health Report Card*; Colorado Health Foundation; 2010

^{iv} *Colorado Health Report Card*; Colorado Health Foundation; 2010

^v *The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions*; Child Development Special Issue: Raising Healthy Children; January 2011

^{vi} *Healthy Kids Colorado Survey*; Colorado Connections for Healthy Schools; December 2010

^{vii} *Build Trust, End Bullying, Improve Learning*; The Colorado Trust; 2008

^{viii} *Colorado Health Report Card*; Colorado Health Foundation; 2010

