



## **Report on Local Statistics and Comparative Analysis of Healthy Kids Colorado Survey 2006-2009**

GCSAPP has worked with Gunnison Watershed School District RE-1J for the last 4 years to coordinate the Healthy Kids Colorado Survey in the schools for all 6-12 graders. This report includes analysis of the substance abuse sections of those surveys and longitudinal data comparisons for Gunnison County from 2006-2009.

***\*All numbers represented are percentages and represent reported use by students.***

The Report also includes analysis of GCSAPP sponsored Parent and Community Surveys as well as the CORE Survey administered to Western State College students in 2010.

Also included in the Report are process outcomes for GCSAPP's prevention work in 2009 including the number of adults reached through a social marketing campaign, the number of college students reached through the Prevention Education Coordinator at WSC and the number of students reached through Prevention Education in the RE-1J schools.

The table below shows *percentage* data for Gunnison County 6-12 graders from 2004 (Colorado Integrated Youth Survey CIYS), 2006-2009 (Healthy Kids Colorado Survey HKCS). **Gunnison County 2009 figures are bolded.** It also shows state Youth Risk Behavior Survey (YRBS) from 2009 and national comparison data from the national Monitoring the Future (MTF) survey in 2009. **Gunnison County compared to national data is in RED. Gunnison County compared to state data is in BLUE.**

Factor Description		6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
<b>30-day use:</b>	CIYS '04	19	24	20	36	41	48	60
	HKCS '06	4	29	28	27	43	54	60
	HKCS '07	5	16	28	33	37	43	64
	HKCS '08	3	11	23	47	45	49	58
	<b>HKCS '09</b>	<b>7</b>	<b>N/A</b>	<b>18</b>	<b>34</b>	<b>39</b>	<b>41</b>	<b>62</b>
	State YRBS '09	N/A	N/A	N/A	28.2	41.2	45.7	51.0
	Nat. MTF '09	4.6	7.5	13.4	22.2	28	33	40.3
<b>Lifetime use:</b>	CIYS '04	25	39	40	68	78	81	80
	HKCS '06	18	41	42	54	68	82	90
	HKCS '07	14	27	39	55	65	72	87
	HKCS '08	13	16	38	61	68	81	79
	<b>HKCS '09</b>	<b>15</b>	<b>18</b>	<b>30</b>	<b>55</b>	<b>66</b>	<b>75</b>	<b>90</b>
	State YRBS '09	N/A	N/A	N/A	61.9	72.4	76.7	81.0
	Nat. YRBS '05	N/A	N/A	N/A	66.5	74.4	76.3	81.7
<b>Binge Drinking:</b>	CIYS '04	4	10	16	36	37	46	66
	HKCS '06	0	18	11	18	36	44	45
	HKCS '07	2	9	13	16	18	33	40
	HKCS '08	2	3	12	32	36	29	42
	<b>HKCS '09</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>9</b>	<b>21</b>	<b>20</b>	<b>30</b>
	State YRBS '09	N/A	N/A	N/A	14.7	23.9	30.4	34.0
	Nat. YRBS '05	N/A	N/A	N/A	19.0	N/A	27.6	32.8
<b>Ridden in vehicle in past 30 days driven by someone who had been drinking:</b>	CIYS '04	27	22	25	17	17	31	29
	HKCS '06	9	18	15	17	18	30	22
	HKCS '07	13	11	28	18	14	15	23
	HKCS '08	13	18	20	29	25	23	24
	<b>HKCS '09</b>	<b>14</b>	<b>11</b>	<b>26</b>	<b>13</b>	<b>27</b>	<b>17</b>	<b>32</b>
	State YRBS '09	N/A	N/A	N/A	23.5	21.4	25.5	28.2
	Nat. MTF '09	16.8	18.4	21.6	23.3	22.6	21.5	22.8
<b>Driven a vehicle in past 30 days after drinking:</b>	CIYS '04	N/A	N/A	N/A	5	12	20	24
	HKCS '06	N/A	N/A	N/A	1	7	20	16
	HKCS '07	N/A	N/A	N/A	5	0	8	15
	HKCS '08	N/A	N/A	N/A	10	7	10	22
	<b>HKCS '09</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>4</b>	<b>9</b>	<b>8</b>	<b>24</b>
	State YRBS '09	N/A	N/A	N/A	4.1	6.0	9.1	11.2
	Nat. MTF '09	2.4	3.1	4.4	6.8	7.9	10.8	14.9

## Prevention Education in the RE-1J Schools 2009-2010

### Prevention Education at RE-1J School District

- 113 6<sup>th</sup> graders in Gunnison received Positive Action curriculum
- 27 7<sup>th</sup> graders in Crested Butte received Project Alert curriculum
- 40 students in Crested Butte active with Youth Council
- 5 students in Gunnison active with Youth Council
- All Gunnison Valley School students received prevention education- 19 students.
- Partners Summer Camp reached 60 youth in Summer 2009
- 7 Prevention Education Health Classes, Food Forums and Presentations done at middle and high schools in 2009-
  - 136 students served by the 7 sessions of prevention education

### ❖ **Approximately 400 RE-1J Students Reached in 2009**

### Access to Alcohol by Gunnison County Youth

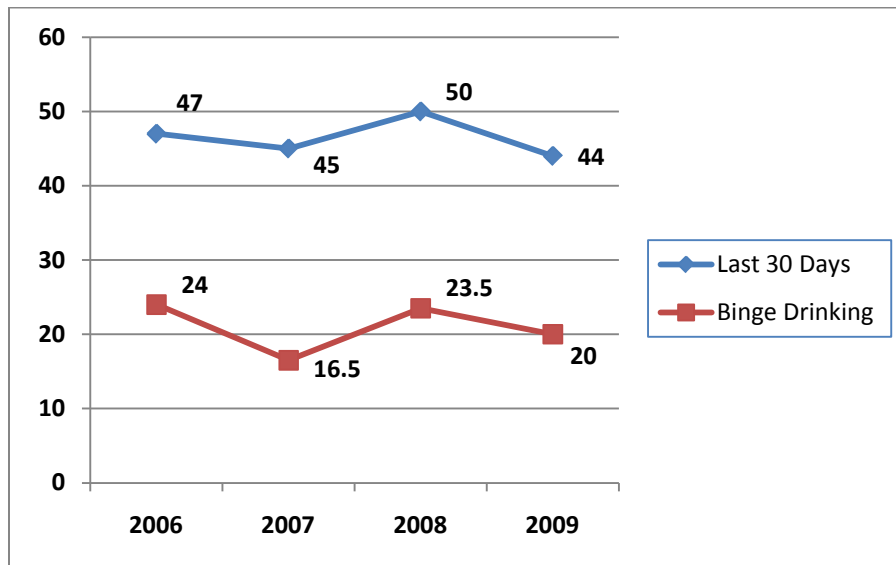
Gunnison County has one of the highest proportions of liquor licenses to population in the state. Only Ouray, Mineral and San Juan Counties have higher liquor store density than Gunnison. Additionally, in focus groups with high school students, GCSAPP has found that most youth think getting liquor, marijuana or cocaine would be very easy and the students reported that they knew exactly who to go to buy them.

The **2009 Healthy Kids Colorado Survey** asks students if they think it would be “very easy” or “sort of easy” to get alcohol. Below are the answers of 6-12 graders if it would be “very easy” or “sort of easy” for them to get beer, wine or liquor.

	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
<b>Very Easy</b>	8%	15%	23%	35%	48%	40%	53%
<b>Sort of Easy</b>	6%	11%	18%	33%	31%	28%	33%
<b>Total</b>	<b>14%</b>	<b>26%</b>	<b>41%</b>	<b>68%</b>	<b>79%</b>	<b>68%</b>	<b>86%</b>

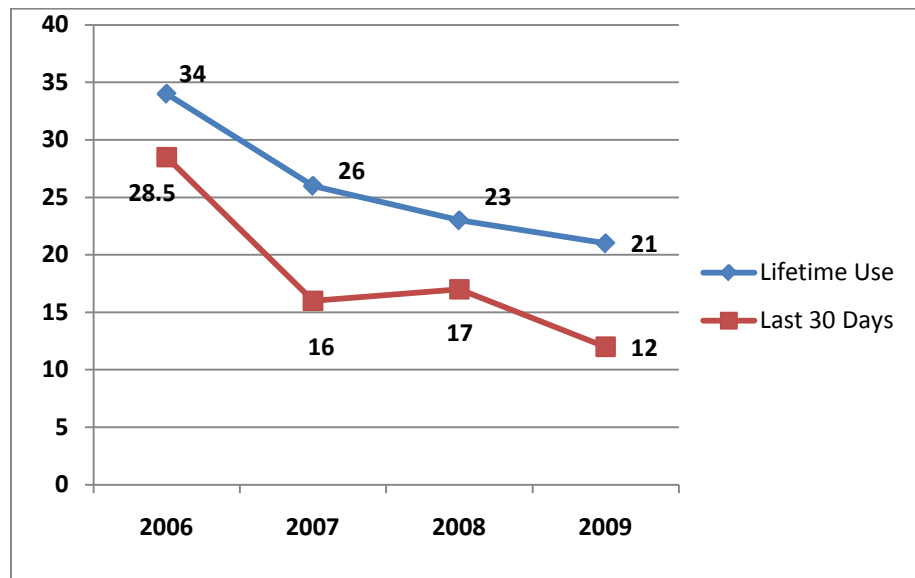
Nationally, 8.6% of youth reported they purchased their own alcohol. GCSAPP has found this to be the case when talking to youth in the county as well. What this means is that youth are getting alcohol from other places. We encourage parents to know their liability and to not serve underage youth or host parties. (*National Survey on Drug Use and Health, SAMHSA, April 1, 2010.*)

## Alcohol Use Reported by Gunnison County 6-12 Graders 2006-2009- Gunnison County High School (grades 9-12) data for reported alcohol use



- Reported drinking in the last 30 days decreased 3% over 4 years among high school youth in grades 9-12.
- Binge drinking (as defined as 5 or more drinks in one sitting 2 or more times a month) decreased 4% over 4 years among high school youth in grades 9-12.

## Gunnison County Middle School (grades 6-12) data for reported alcohol use



- Middle school youth who reported ever having alcohol in their life decreased 13% over 4 years.
- Middle school youth reporting drinking in the last 30 days decreased by 16.5%.

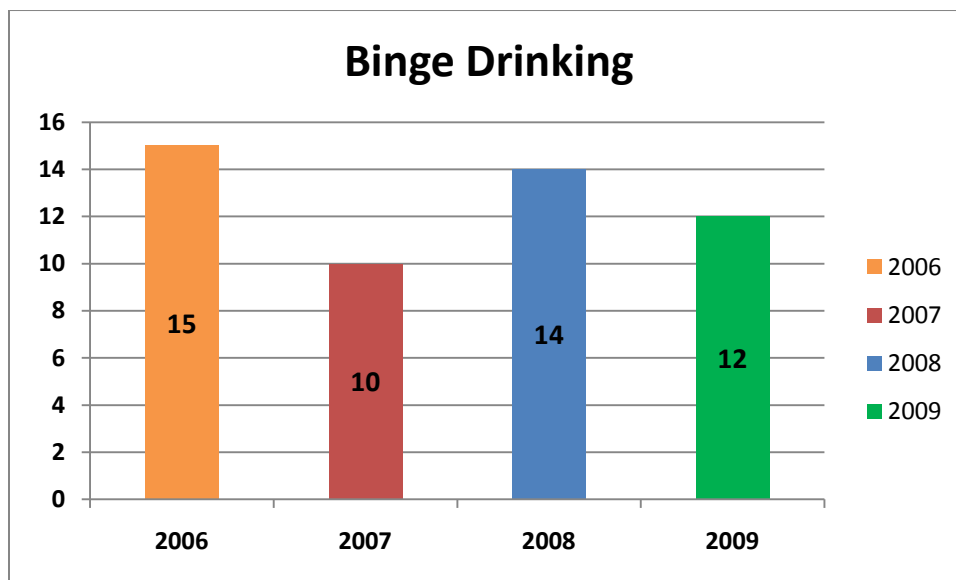
**Gunnison County 6-12 graders reported alcohol use in the last 30 days compared to the State of Colorado.**



This is a data comparison using 2009 data from the Healthy Kids Colorado Survey for Gunnison County and 2004 data from National Survey on Drug Use and Health for Colorado.

- National data shows that 27.6% of youth reported drinking in the last 30 days- Gunnison County has the same reported rate as the national rate. *National Survey on Drug Use and Health, SAMHSA, April 1, 2010.*

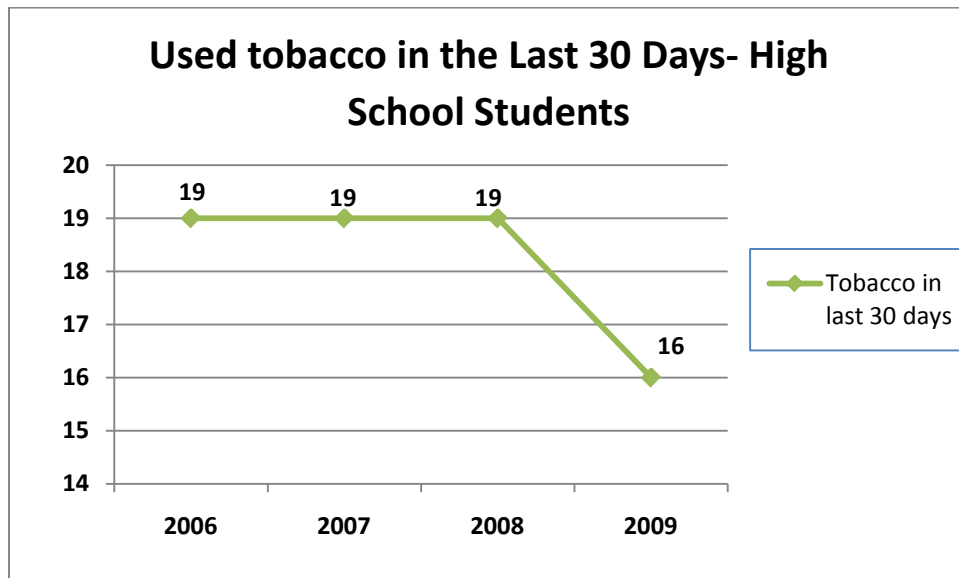
**Binge drinking for grades 6-12 combined in Gunnison County**



\* Heavy use is defined as having 5 or more alcoholic drinks in a row on one occasion 2 or more times in a month.

The Colorado statewide figure from the 2005 YRBS survey for binge drinking among 6-12 graders was 17%. **In 2009 Gunnison County was 5% lower than the statewide rate.**

## Gunnison County Tobacco Use- High School Students

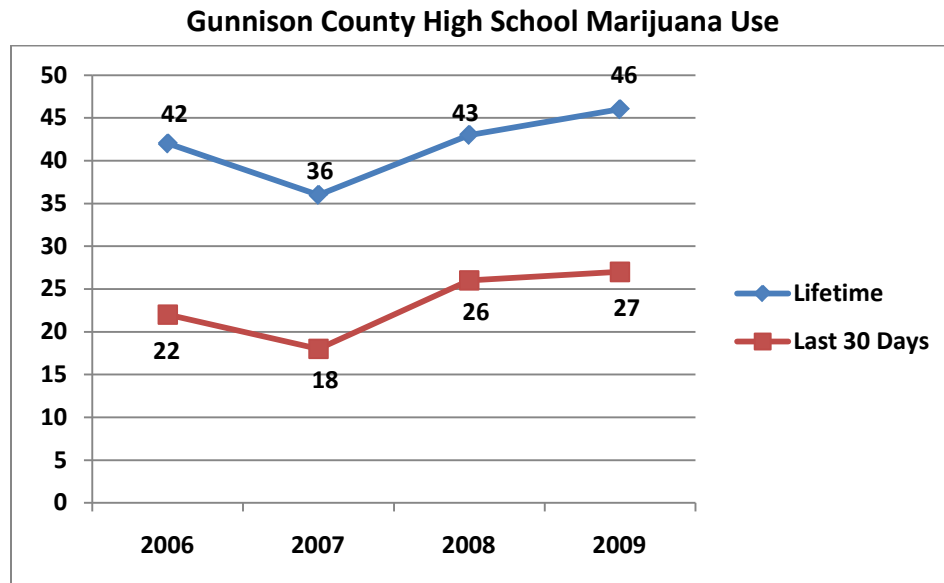


- Gunnison County's tobacco rate for high school students fell 3% between 2008 and 2009. But, compared to the state average of 12% Gunnison County is 4% higher than the rest of the state. State-wide data from the 2008 Colorado Healthy Kids Survey on Tobacco.

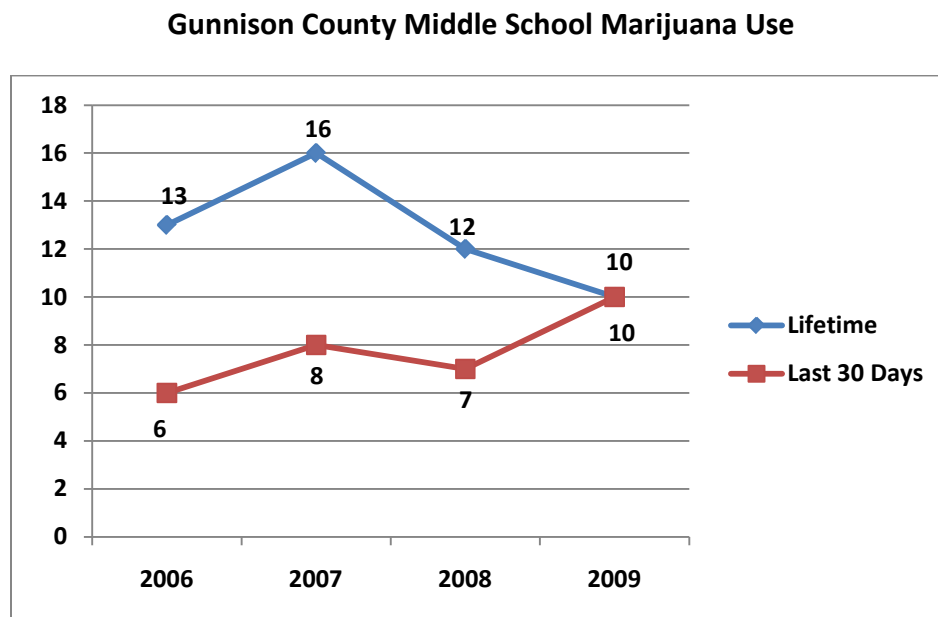
GCSAPP works closely with the Gunnison County Tobacco Education Prevention Program (GCTEPP). The Gunnison County Tobacco Education and Prevention Coalition envisions a Gunnison County unaffected by the negative health effects of tobacco, where use of tobacco is not considered socially desirable by any group, where use of tobacco in public is not common in general and specifically not outside of schools, where a policy restricting youth access and possession of tobacco has been enacted and tobacco free campuses at our hospital and college serve as positive examples of health-promoting policy.

GCSAPP and GCTEPP are currently working together on supporting a Youth Council based at Gunnison Middle School, but open to all Gunnison students. The group's focus is to empower young people to say no to tobacco, alcohol and drugs and to provide leadership and advocacy training for the youth.

## Reported Marijuana Use by Gunnison County 6-12 graders 2006-2009



- The percentage of Gunnison County high school students who have tried marijuana went up 4% in the last 4 years and was 46% in 2009.
- The percentage of Gunnison County high school students who said they smoked marijuana in the last 30 days also went up by 5% in the last 4 years at 27%.

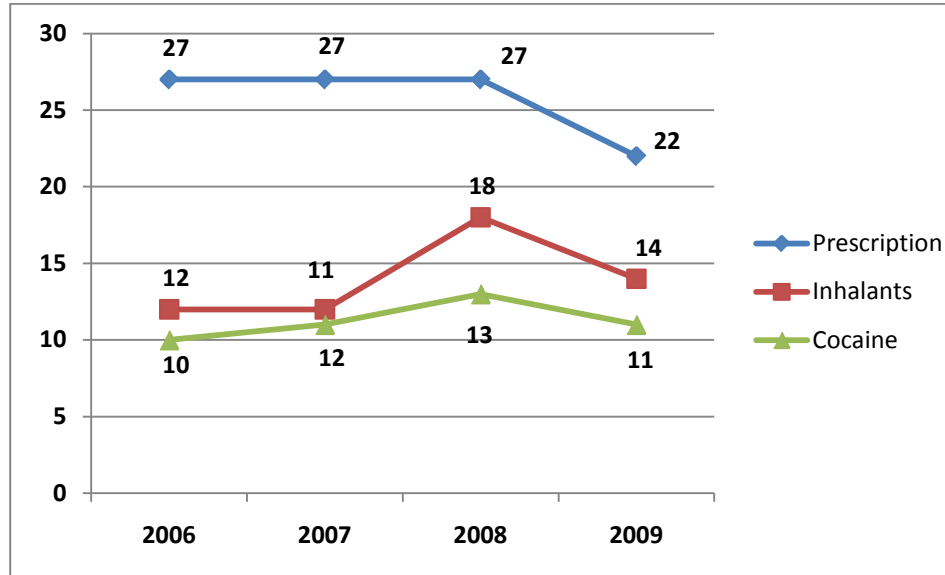


- The percentage of middle school students who reported ever using marijuana dropped 3% in 4 years to 10%.
- The percentage of middle school students who reported smoking marijuana in the last 30 days went up 4% to 10% in 2009.

- **Gunnison County High School Reported Use of Illegal Drugs (other than Marijuana)- ever used in lifetime.**

**Misuse of Prescription Drugs**

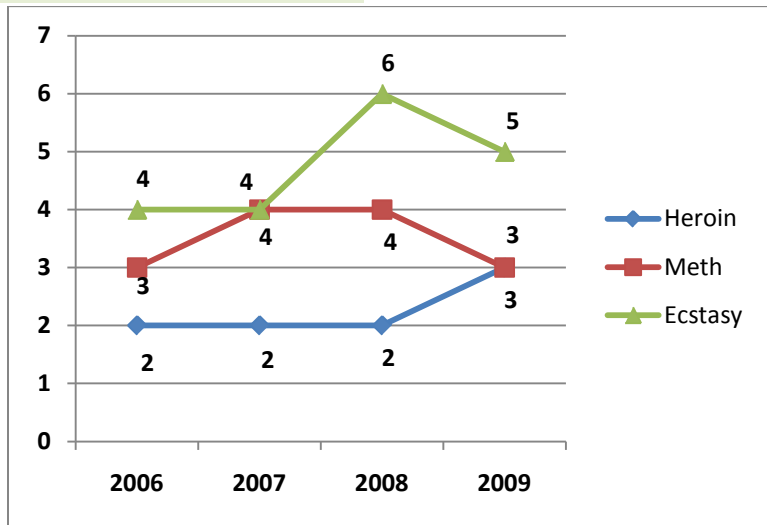
- Teens are turning away from street drugs and using prescription drugs to get high.
- Pain relievers such as OxyContin and Vicodin are the most commonly abused prescription drugs by teens.
- 47% of teens reported getting prescription drugs from friends for free while another 10% took them from family members.
- Teens are abusing prescription drugs because they believe the myth that these drugs provide a medically safe high.



- Reported abuse of prescription drugs by Gunnison County high school students decreased by 5% over 4 years, but remains at 22%.

**National comparisons are about 12%.<sup>1</sup>**

- Use of inhalants spiked to 18% in 2008 and went back down to 14% in 2009. Cocaine use has stayed within 10-13% over 4 years.



While low, there is some percentage of Gunnison County high school students reporting ever used heroin, meth and ecstasy.

<sup>1</sup> *Teens and Prescription Drugs: An Analysis of Recent Trends on the Emerging Drug Threat.* Office of National Drug Control Policy, Executive Office of the President. Report published in 2007, data from 2005.

[http://www.theantidrug.com/pdfs/TEENS\\_AND\\_PRESCRIPTION\\_DRUGS.pdf](http://www.theantidrug.com/pdfs/TEENS_AND_PRESCRIPTION_DRUGS.pdf)

# Key Findings from Parent Survey

Parents of Gunnison County students were surveyed in 2008 about substance use. There was a 40% return rate of the surveys. Here are some key findings:

- 67% thought that the community had high or moderate level of acceptance for alcohol use.
- 54% either agreed that alcohol use by 9-12 graders is a big problem in the community.
- 53% either agreed or strongly agreed that it's easy for teenagers to get alcohol.

Real vs. perceived ideas about alcohol and marijuana use.

- Only 5% of parents of children grades 6-12 believed their children used alcohol. In actuality 28% of all students reported having used alcohol in the last 30 days (2009 HKCS).
- Only 3% of parents of children grades 6-12 believed their children used marijuana. In actuality 17% of students reported having used marijuana in the last 30 days (2009 HKCS).

# Creating Awareness and Encouraging Conversations

GCSAPP's mission is to create awareness in the community about substance abuse among youth and to encourage parents to start having conversations early and often with their kids.

- 61% of parents report having talked to their 6-12 grader about drugs and alcohol.
- 75% agree or strongly agree that our community needs to be more aware and involved in addressing the issues of alcohol and drug abuse.
- 57% of parents reported knowing about the GCSAPP before filling out the survey.

GCSAPP works to raise awareness about substance abuse in the community, specifically aimed at parents. We plan dinners and events for parents, use local newspapers for coverage and advertising, print the Prevention Times newsletter, and generally try to maintain a consistent message for adults in the community about the issues. Below is information about our work in 2009.

- 1. Information Dissemination-** Includes postcards, posters, articles in papers, prevention newsletters, pamphlets on college campus, and community presentations.
  - Approximately 20,553 individuals reached in 2009- based on newspaper circulation and number of people at our events.
  - Parent dinners and events- 360 parents reached through this strategy in 2009.
- 2. Social Marketing-** campaign aimed at parents on middle and high school students- encouraging them to talk to their kids and to know their liability.
  - 9 radio ads aired in 2009
  - 19 newspaper ads run in 2009
  - 16 special events hosted in 2009
  - 350 promotional items distributed in 2009
  - 1398 website hits in 2009

# Community Survey- Adult Substance Use in Gunnison County

Adults surveyed reported on their own use.

Additionally, data from the Screening, Brief Intervention and Referral (SBIRT) program at Gunnison Valley Hospital is included here.

- 31% of adults surveyed said they drank 5 or more drinks in one setting at least once in the last 30 days.
- 71% of adults surveyed have smoked marijuana in their life and 31% said they smoked in the last 30 days.
- 43% of adults surveyed said they have used cocaine in their life.
- From June-December 2009 through the SBIRT program at GVH, 68 adults scored at moderate risk and 24 adults scored at high risk out of 495 screens or 19%- statewide average is 16%.

*The screening tool defines patients as “at-risk” if their pattern of substance use indicates hazardous or harmful use that puts them at risk for health and other problems. These are adults who were admitted to GVH for any reason and interviewed about their substance use by a Health Educator as a standard of care for all GVH patients.*

## Community Survey- Perceptions

In the fall of 2008 Community Members were surveyed about their perceptions of substance use and about their own substance use.

- 84% of those surveyed thought the community overall has a high acceptance of alcohol use.
- 77% felt the community has a high acceptance of marijuana use.
- 42% of adults thought it was easy for youth to get alcohol.
- 56% of adults thought it was easy for youth to get marijuana.

# Western State College CORE Survey Results from 2010

WSC students took the CORE Alcohol and Drug Survey in 2010

Here are some key findings:

- 93% of the students consumed alcohol in the past year.
- 86% of the students consumed alcohol in the past 30 days.
- 68% of students reported binge drinking in the last 2 weeks (5 or more drinks in one sitting)
- 63% of the students have used marijuana in the past year.
- 45% of the students are current marijuana users.
- 34% have driven a car while under the influence.
- 54% reported some form of public misconduct as a result of drinking or drug use.

## WSC students vs. Reference Group

The reference group that WSC was compared to was 58,392 college students across the nation.

- In the last 30 days 86% of WSC students reported using alcohol vs. 68% nationally.
- 41% of WSC students reported drinking 3 times a week or more compared to 24% nationally.
- In the last 30 days 46% of WSC students reported using marijuana vs. 18% nationally.
- In the last 30 days 10% of WSC students reported using hallucinogens vs. 1% nationally. 37% of WSC students say they have used hallucinogens in their life vs. 10% nationally.

Western State College is dedicated to addressing these issues. Through a partnership with GCSAPP they supported a half time Prevention Education Coordinator (PEC) in the 2008-2009 and 2009-2010 academic years. That position led to increased awareness on campus about prevention of substance

abuse, alternative activities for students, trainings for all athletes and students living on campus and coordination with all student life offices on campus. The CHOICES program was developed by the PEC and is attended by all students who receive Judicial Sanctions for substance use on campus. Additionally, all students who receive Judicals are required to take the E-Chug assessment which provides information about a person's drinking habits compared to students their own age and acts as a prevention and educational tool for college students.

In 2009 WSC received a two year Department of Education Alcohol Grant and opened the WRAP office on campus. WRAP is Western's Responsible Alcohol Partnership. WRAP will take over where GCSAPP started in terms of prevention programming and personnel for WSC. They have been funded to provide prevention programming and coordination across campus, support for the Judicial process through Residence Life, and they will plan at least one alcohol free event on campus every week. The office has one full-time Coordinator, a half-time Judicial Manager and 2 faculty members who serve as the Project Director and Project Evaluator. GCSAPP will continue to provide minimal funding for WRAP to continue drug prevention awareness since the new grant only allows for alcohol prevention. Since often times drugs and alcohol are used together, GCSAPP will continue to support drug prevention programs to address drug abuse by students.

#### **Prevention Programming at Western State College- 2009-2010 Academic Year**

- **CHOICES Classes at WSC for Students Involved with Judicial Hearings**
  - 64 students reached
  - 92% of students did not reoffend in 2009
  
- **E-chug at WSC**
  - 198 WSC students took e-chug online assessment
  
- **Prevention Programs for all students**
  - 1,250 students reached through on-campus events
  - 30 alternative activities, seminars and events held for students on prevention related topics.