

SNAPSHOT REPORT

Lake County High School

2025

Thank you for completing the Healthy Kids Colorado Survey (HKCS). This Snapshot Report presents your school's results compared to regional and state results for students in grades 9 to 12. The HKCS collects self-reported health information from Colorado public school students every other year. The HKCS is administered by the Colorado School of Public Health (CSPH) with support from the Colorado Departments of Public Health & Environment, Education, Public Safety, the Behavioral Health Administration, and the Attorney General's Office.

The HKCS was administered in the fall of 2025 to 134,431 students from 362 middle and high schools across Colorado. In most schools, all students were invited to participate. Some schools chose to randomly sample certain classrooms. The response rate listed below is the total number of participating students divided by the number of eligible students. The higher the response rate, the more confidence that the results represent your student population. For response rates less than 60%, results should be interpreted with caution as they are likely less representative.

The response rate for your school was **79.4%** with **189** out of **238** eligible students participating in the survey.

LEGEND



SCHOOL PERCENTAGE



HEALTH STATISTICS REGION (HSR) PERCENTAGE
Your HSR is Region 13



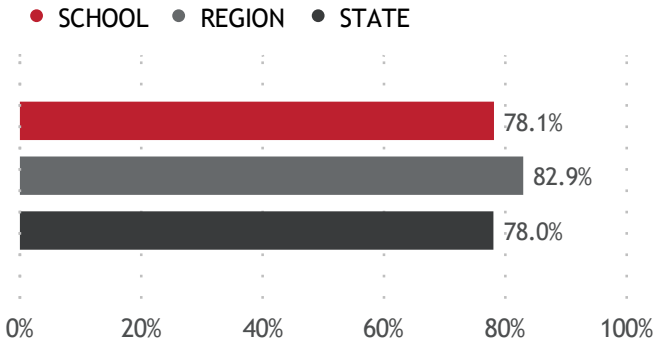
COLORADO STATE PERCENTAGE

An asterisk appears when a result is not available, either because the question was not included in the local version of the survey OR because the result was suppressed as the number of responses was fewer than 3, or represented 0% or 100% of students. In schools with enrollment over 35, results are suppressed if fewer than 30 students responded.

SCHOOL CONNECTEDNESS

When students feel connected and experience a sense of belonging in their school community, they are more engaged in learning, have better mental health, improved academic outcomes, and are less likely to engage in high-risk behaviors.

% OF STUDENTS WHO PARTICIPATE IN EXTRACURRICULAR ACTIVITIES¹



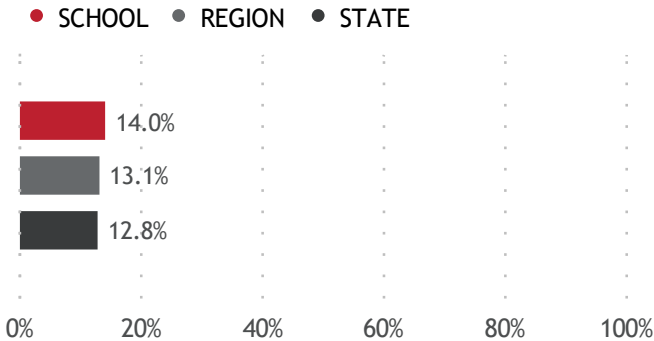
¹The way this question was asked on the survey changed in 2025; please note when comparing to results from previous years.

% OF STUDENTS WHO...	SCHOOL	REGION	STATE
AGREE OR STRONGLY AGREE THAT THEY BELONG AT SCHOOL	62.3%	68.8%	72.1%
MOST OF THE TIME OR ALWAYS ENJOYED BEING AT SCHOOL IN THE LAST YEAR	40.1%	42.9%	45.3%
SKIPPED SCHOOL 1+ DAYS IN THE LAST MONTH	37.1%	30.0%	32.1%

SAFETY & VIOLENCE

Students who perceive their school as physically and emotionally safe are more likely to attend, remain engaged, and achieve academic success. School climate and staff effectiveness are important in shaping students' well-being and ability to learn.

% OF STUDENTS WHO WERE BULLIED ON SCHOOL PROPERTY IN THE PAST 12 MONTHS



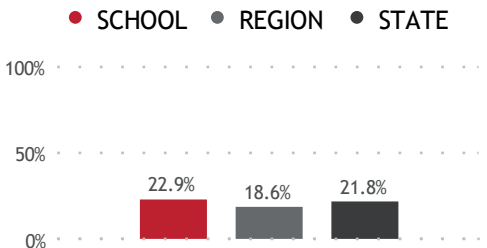
% OF STUDENTS WHO...	SCHOOL	REGION	STATE
WERE BULLIED ELECTRONICALLY IN THE PAST 12 MONTHS	7.2%	9.2%	8.8%
WERE IN A PHYSICAL FIGHT IN THE PAST 12 MONTHS	14.6%	10.4%	10.6%
REPORTED FEELING SAFE AT SCHOOL	88.4%	93.3%	92.6%

MENTAL HEALTH & SUPPORTIVE RELATIONSHIPS

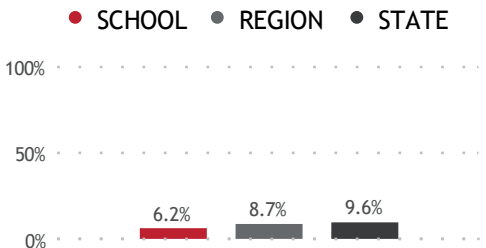
Good mental health is essential for students' success in school and in life. Having an adult to go to with a problem can help youth feel connected, supported, and better able to handle stress and challenges.

% OF STUDENTS WHO...	SCHOOL	REGION	STATE
HAVE AN ADULT TO GO TO FOR HELP WITH A SERIOUS PROBLEM	70.0%	77.9%	77.7%
COULD ASK A PARENT/GUARDIAN FOR HELP IF THEY HAD A PERSONAL PROBLEM	83.9%	85.8%	86.3%

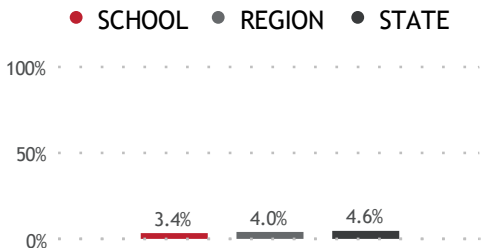
% OF STUDENTS WHO FELT SAD OR HOPELESS FOR 2+ WEEKS IN THE PAST 12 MONTHS



% OF STUDENTS WHO CONSIDERED SUICIDE IN THE PAST 12 MONTHS



% OF STUDENTS WHO ATTEMPTED SUICIDE 1+ TIMES IN THE PAST 12 MONTHS



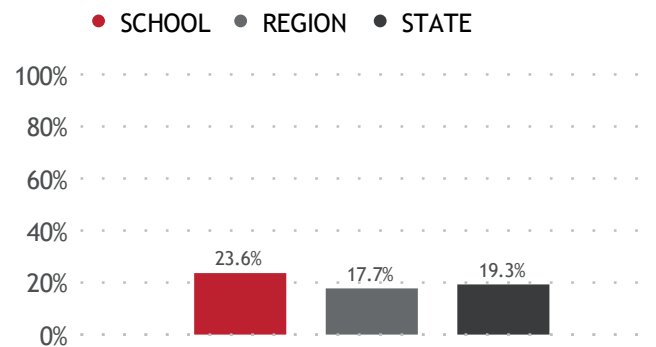
SUBSTANCE USE

Choosing not to use alcohol or drugs is associated with doing better in school, staying safer, and feeling better mentally. Comprehensive health education gives students the knowledge and skills to make healthy decisions and build resilience.

ALCOHOL

% OF STUDENTS WHO...	SCHOOL	REGION	STATE
THINK IT WOULD BE SORT OF OR VERY EASY TO GET ALCOHOL	51.2%	47.6%	48.0%
THINK IT IS WRONG OR VERY WRONG FOR SOMEONE THEIR AGE TO DRINK ALCOHOL REGULARLY (1-2x PER MONTH)	71.3%	73.6%	73.4%
THINK THEIR PARENTS/GUARDIANS FEEL IT IS WRONG OR VERY WRONG IF THEY DRINK ALCOHOL REGULARLY (1-2x PER MONTH)	86.0%	87.2%	85.5%

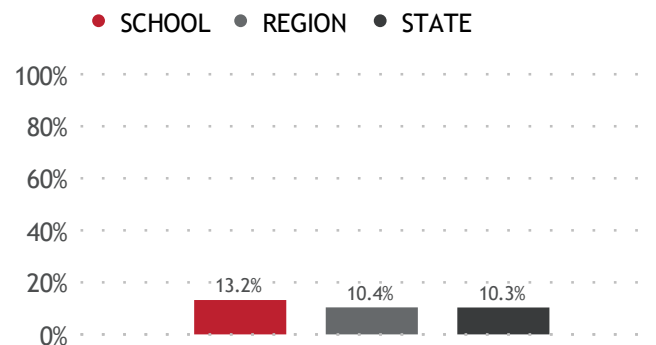
% OF STUDENTS WHO DRANK ALCOHOL IN THE PAST 30 DAYS



E-CIGARETTES/TOBACCO

% OF STUDENTS WHO...	SCHOOL	REGION	STATE
THINK IT WOULD BE SORT OF OR VERY EASY TO GET E-CIGARETTES	46.8%	43.2%	44.8%
THINK IT IS WRONG OR VERY WRONG FOR SOMEONE THEIR AGE TO USE E-CIGARETTES	81.9%	82.7%	82.3%

% OF STUDENTS WHO USED AN E-CIGARETTE IN THE PAST 30 DAYS

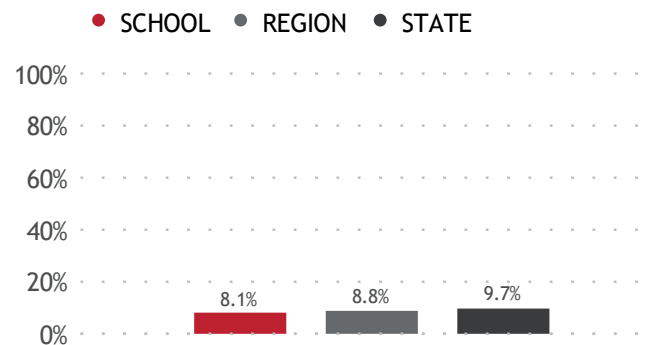


% OF STUDENTS WHO...	SCHOOL	REGION	STATE
THINK IT WOULD BE SORT OF OR VERY EASY TO GET ORAL NICOTINE POUCHES	26.5%	31.5%	32.3%
USED ORAL NICOTINE POUCHES IN THE PAST 30 DAYS	2.4%	3.9%	3.4%

MARIJUANA

% OF STUDENTS WHO...	SCHOOL	REGION	STATE
THINK IT WOULD BE SORT OF OR VERY EASY TO GET MARIJUANA	36.5%	32.4%	33.5%
THINK IT IS WRONG OR VERY WRONG FOR SOMEONE THEIR AGE TO USE MARIJUANA	83.6%	79.7%	78.0%
THINK THEIR PARENTS/GUARDIANS FEEL IT IS WRONG OR VERY WRONG IF THEY USE MARIJUANA	92.4%	91.8%	91.8%

% OF STUDENTS WHO USED MARIJUANA IN THE PAST 30 DAYS

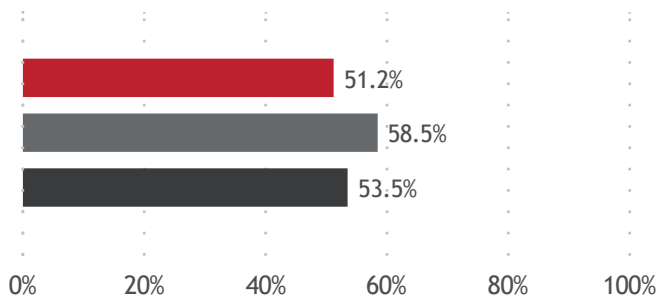


PHYSICAL ACTIVITY & NUTRITION

Physical activity and good nutrition are essential for students' learning, mental health, and overall well-being. Exercise and adequate nourishment support concentration, memory, stress management, and positive classroom behavior.

% OF STUDENTS WHO WERE ACTIVE FOR 60+ MIN/DAY ON 5+ DAYS IN THE PAST 7 DAYS

● SCHOOL ● REGION ● STATE



% OF STUDENTS WHO...

SCHOOL

REGION

STATE

PLAYED SPORTS IN THE PAST 12 MONTHS¹

65.0%

62.8%

59.5%

SLEEP 8+ HOURS PER AVG. SCHOOL NIGHT

45.1%

40.2%

36.4%

SPEND 3+ HOURS ON NON-SCHOOL SCREEN TIME PER AVG. SCHOOL DAY

67.1%

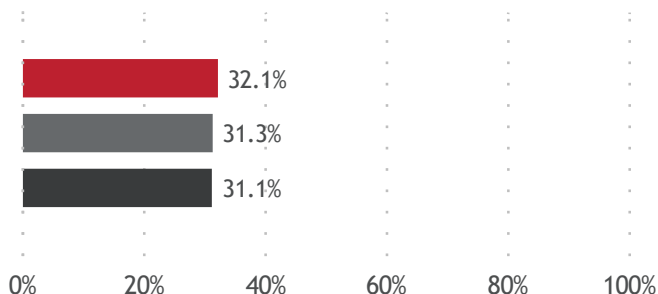
64.5%

66.8%

¹The way this question was asked on the survey changed in 2025; please note when comparing to results from previous years.

% OF STUDENTS WHO ATE BREAKFAST EVERY DAY IN THE PAST 7 DAYS

● SCHOOL ● REGION ● STATE



% OF STUDENTS WHO...

SCHOOL

REGION

STATE

ATE VEGETABLES 1+ TIMES/DAY IN THE PAST 7 DAYS

45.5%

53.9%

51.8%

ATE FRUIT 1+ TIMES/DAY IN THE PAST 7 DAYS

44.6%

47.6%

49.5%

DRANK SODA 1+ TIMES/DAY IN THE PAST 7 DAYS (DOES NOT INCLUDE DIET SODA)

30.4%

24.5%

22.3%

REPORTED GOING HUNGRY FROM LACK OF FOOD IN THE PAST 30 DAYS

10.2%

8.6%

9.2%

SEXUAL HEALTH

Comprehensive sexual health education helps students make informed choices, build healthy relationships, and protect their health and well-being.

% OF STUDENTS WHO...

SCHOOL

REGION

STATE

EVER HAD CONSENSUAL SEX

18.6%

21.3%

22.6%

HAD CONSENSUAL SEX IN THE LAST 3 MONTHS

9.5%

13.4%

14.4%

USED CONTRACEPTION THE LAST TIME THEY HAD CONSENSUAL SEX IN THE PAST 3 MONTHS

*

87.8%

84.6%

CONTACT US

For more information on how to use HKCS data and other technical assistance, please email CSPHSurveyTeam@CUAnschutz.edu.

RESOURCES

STATE & NATIONAL AGENCIES

Colorado Department of Public Health & Environment (CDPHE), Healthy Kids Colorado Survey & Smart Source
www.healthykidscolo.org

Colorado Department of Education (CDE)
<https://ed.cde.state.co.us/>

Colorado Department of Public Safety (CDPS), Office of School Safety (OSS)
<https://oss.colorado.gov/>

Colorado Behavioral Health Administration (BHA)
<https://bha.colorado.gov/>

Colorado Attorney General's Office, Division of Community Engagement
<https://coag.gov/office-sections/division-community-engagement/>

Centers for Disease Control (CDC), Division of Adolescent and School Health
www.cdc.gov/healthyyouth/index.htm

HEALTH TOPICS

School Safety

CDE School Safety and Crisis Resources: <https://ed.cde.state.co.us/safeschools>

CDE Bullying Prevention and Education: <https://ed.cde.state.co.us/mtss/bullying>

CDE Media Literacy Resource Bank: <https://www.cde.state.co.us/medialiteracy/media-literacy-resource-bank>

CDPS OSS School Safety Resource Center: <https://oss.colorado.gov/school-safety-resource-center>

CDPS OSS Educator Safety Task Force Roadmap: <https://oss.colorado.gov/educator-safety-task-force-roadmap-for-action>

SchoolSafety.Gov: <https://www.schoolsafety.gov/>

Mental Health

BHA School Programs: <https://bha.colorado.gov/about/programs-we-fund/schools>

CDE Project Aware Resource Collection: <https://ed.cde.state.co.us/healthandwellness/projectaware>

CDE Mental Health Education Literacy Resource Bank: <https://ed.cde.state.co.us/healthandwellness/mhrb-about>

CDPHE Youth Suicide Prevention:

<https://cdphe.colorado.gov/prevention-and-wellness/youth-and-young-adult-suicide-prevention>

CDPS OSS Trainings on Youth Mental Health: <https://oss.colorado.gov/trainings-on-youth-mental-health>

CDPS OSS Mental & Behavioral Health: <https://oss.colorado.gov/mental-behavioral-health>

CDPS OSS Mental Health & Trauma: <https://oss.colorado.gov/resource-center/resource-library/mental-health-and-trauma>

RESOURCES

HEALTH TOPICS (CONTINUED)

Nutrition

CDE Whole School, Whole Child, Whole Community (WSCC), Nutrition Environment and Services:
<https://ed.cde.state.co.us/shs/wscocomponentresources#NutritionEnvironmentandServices>

Physical Activity

CDE WSCC, Physical Education & Physical Activity:
<https://ed.cde.state.co.us/shs/wscocomponentresources#PhysicalEducationandPhysicalActivity>
CDE School Concussion Support & Resource Guide: <https://ed.cde.state.co.us/shs/braininjury>
CDC Physical Education and Physical Activity: <https://www.cdc.gov/physical-activity-education/guidelines/>

Alcohol & Other Drugs

CDE Marijuana Use Prevention Resource Bank:
<https://www.cde.state.co.us/healthandwellness/marijuanausepreventionresourcebank>
CDPS OSS Opioid and Fentanyl School Resource Kit:
<https://oss.colorado.gov/resource-center/resource-library/opioid-and-fentanyl-school-resource-kit>
CDPHE Excessive Alcohol Use Prevention and Data: <https://cdphe.colorado.gov/alcohol>
CDPHE Overdose Prevention: <https://cdphe.colorado.gov/overdose-prevention>

E-Cigarettes/Tobacco

CDE Vaping Prevention & Education: <https://ed.cde.state.co.us/healthandwellness/vpeg>
CDPHE Youth Tobacco Prevention: <https://cdphe.colorado.gov/health/prevention-and-wellness/smoking-and-tobacco>
CDPS OSS Tobacco Prevention Resources: <https://oss.colorado.gov/tobacco-prevention-resources>

Sexual Health

CDPHE Comprehensive Human Sexuality Education: <https://cdphe.colorado.gov/CHSE>
CDPS OSS Sexually Inappropriate Behaviors: <https://oss.colorado.gov/sexually-inappropriate-behaviors>

School Connectedness

CDE Landscape of Wellbeing and Belonging: <https://ed.cde.state.co.us/thelandscape>
CDE Dropout Prevention and Student Re-Engagement: <https://ed.cde.state.co.us/dropoutprevention>
CDE Postsecondary and Workforce Readiness: <https://ed.cde.state.co.us/postsecondary>
CDHS Positive Youth Development: <https://cdhs.colorado.gov/positive-youth-development>