

This infographic is part of a series that explores health from the perspectives of different populations. Developed using health survey data, they collectively demonstrate Coloradans' varying experiences of health and health care.

Colorado has about
675,000 adolescents


2 in 15 Coloradans
is an adolescent*

*Different data sources use different age ranges for adolescents.
For population, the Census range of ages 10-19 years was used, but other age ranges are noted throughout the infographic as appropriate.

In general, Colorado's adolescents **have healthier lifestyles** than those in other states

Colorado **outperforms nearly all other states** on many healthy behavior indicators for high school students:



Colorado has improved on **Substance Abuse**

Compared to all US high school students, Colorado ranks:

 **Binge Drinking**

30th in 2012

17th in 2016

 **Smoking**

20th in 2012

10th in 2016

However, **mental health issues are common** in Colorado's adolescents

Of Colorado's High School students:



24% Felt sad or hopeless for two weeks straight in the past year

7% Attempted suicide one more times in the past year

have had one or more days of **poor mental health** in the last month



And, Colorado adolescents are **more likely to be uninsured** than younger children



2014 UNINSURED RATE


5.6%
ALL KIDS


8.5%
13-17 YR OLDS

Colorado ranks **40th**

among US states for 12-17 year olds with consistent health insurance coverage

While Colorado's adolescents are generally in good physical health, we must work to protect their future by addressing their mental health needs as well as get them enrolled in coverage—much of which is already available.

Sources:

American Community Survey (2014): <http://factfinder2.census.gov>

Colorado Health Report Card (2015 & 2016): <http://www.coloradohealthreportcard.org>

Healthy Kids Colorado Survey (2013): <http://www.chd.dph.state.co.us>

National Survey of Children's Health (2012): <http://childhealthdata.org/learn/NSCH>