

# *Colorado Public Health Webinar Series*

*December 2016*



# Get Connected!

[www.coloradopublichealth.org](http://www.coloradopublichealth.org)

[www.cosophe.org](http://www.cosophe.org)

[www.cehawe.com](http://www.cehawe.com)

[www.phnac.org](http://www.phnac.org)



# Get Involved!

National Public Health Week - **April 3-9, 2017**

Culture of Data Conference - **May 2017**

Details coming soon!

Public Health in the Rockies - **September 2017**

[www.publichealthintherockies.org](http://www.publichealthintherockies.org).

Colorado Public Health Webinar Series - **1<sup>st</sup> Tuesday every month**

<http://coloradopublichealth.org/education-committee/public-health-webinar-series/>





# HEALTHY KIDS COLORADO SURVEY

## Health Outcomes for Transgender Youth in Colorado

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**COLORADO**  
Department of Public  
Health & Environment

# *What is the Healthy Kids Colorado Survey (HKCS)?*

- CO's only comprehensive survey on the health and well-being of young people in Colorado.
- The purpose of the HKCS is to better understand youth health and what factors support youth to make healthy choices.
- HKCS is aligned with the Centers for Disease Control and Prevention's (CDC's) Youth Risk Behavior Survey (YRBS) and has been conducted on a two-year cycle in CO since 1991.

# *The survey covers...*

## Protective Factors

- Trusted Adults
- School Climate
- Community Involvement

## Health Behaviors

- Alcohol, tobacco, and substance use
- Safety and violence
- Nutrition and physical activity
- Sexual health (high school only)

## Social-Emotional Indicators

- Depression
- Suicide
- Bullying

# HKCS Partners



**COLORADO**  
Department of Education



**COLORADO**  
Department of Human Services



**COLORADO**  
Department of Public  
Health & Environment

**Advisory Committee:** multi-disciplinary group that includes 40+ school/district staff, local public health, and community partners.

# Administration

- Administered to randomly selected schools every odd year in grades 6-12.
  - *Schools can opt-in at no cost!*
- Paper/pencil survey is **voluntary** and **anonymous**.
- Parent permission is required. Consent is in accordance to individual district guidelines.
- In 2015, our sample was approximately 17,000 students in 157 middle and high schools.
  - Including opt-ins: 250+ schools and 40,000+ students participated overall.



# *HKCS 2015 added a gender identity question!*

Some people describe themselves as transgender when they experience a different gender identity from their sex at birth. For example, a person born into a male body but who feels female or lives as a woman. Do you consider yourself to be transgender?

- A. No, I am not transgender
- B. Yes, I am transgender and I think of myself as a really a boy or man
- C. Yes, I am transgender and I think of myself as really a girl or a woman
- D. Yes, I am transgender and I think of myself in some other way
- E. I am questioning if I am transgender
- F. I do not know what this question is asking

# Common Language

**Transgender** refers to a person whose sex assigned at birth is different than **the gender they know themselves to be on the inside.**

Many transgender people are prescribed hormones by their doctors to change their body. Some undergo surgery as well.

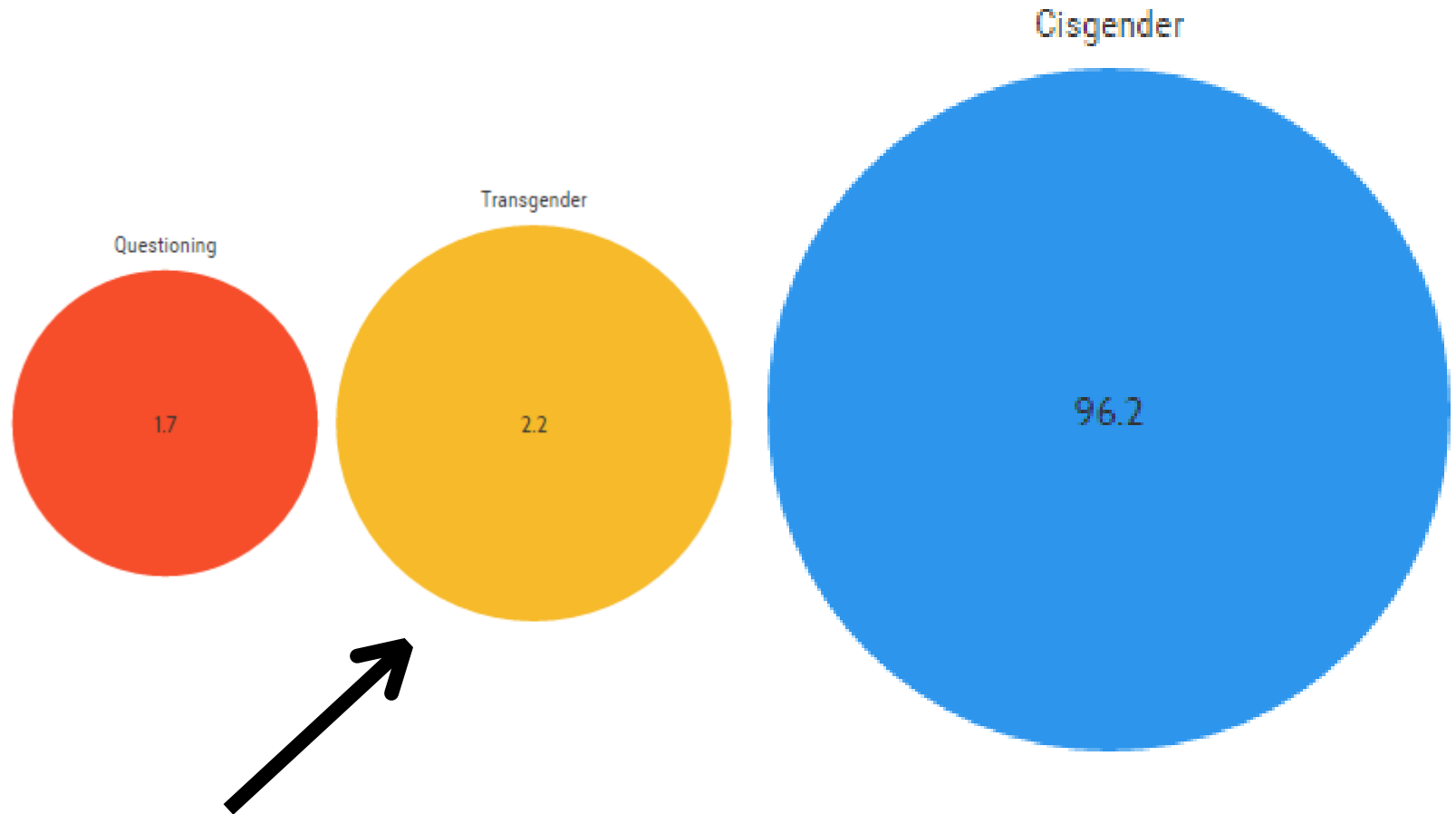
Some transgender people choose not to or can not seek out medical treatment.

**There is no right or wrong way to be transgender.**



**Cisgender:** a person who sex assigned at birth is the same as the gender they know themselves to be on the inside.

# Self-Reported Gender Identity Among Colorado Students



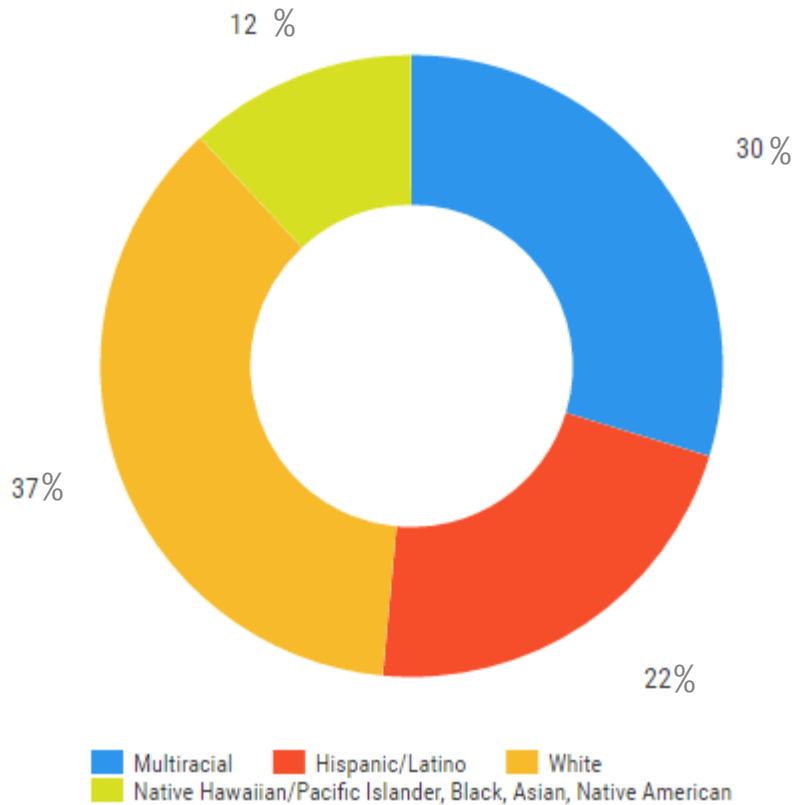
# *Please note:*

- Health disparities experienced by transgender youth are not because of their gender identity.
- Health disparities are impacted by the ongoing experience of bias, stigma, and discrimination that transgender youth experience every day.

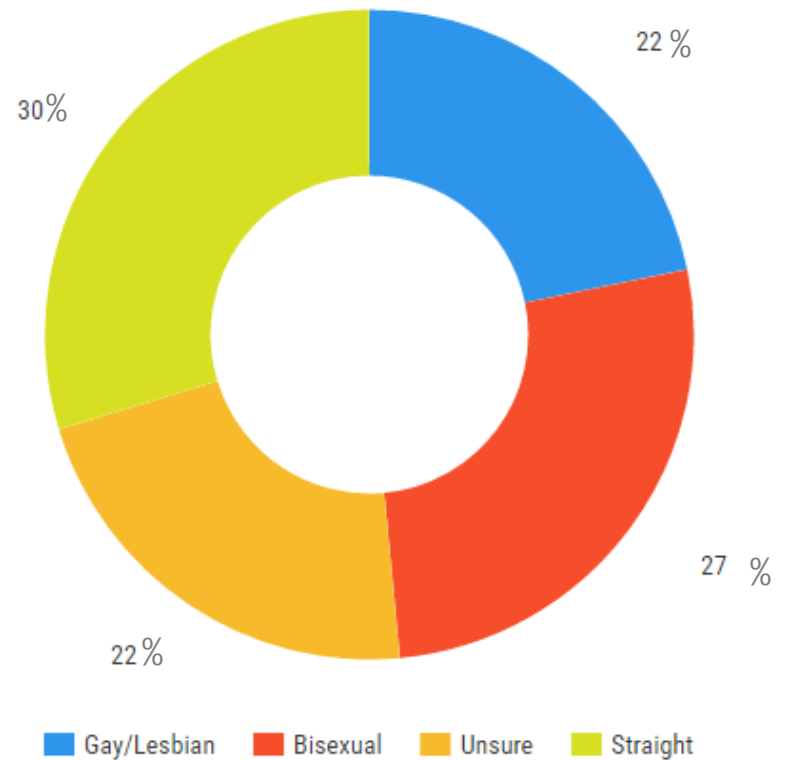


# Demographics

## Race/Ethnicity of Transgender Students

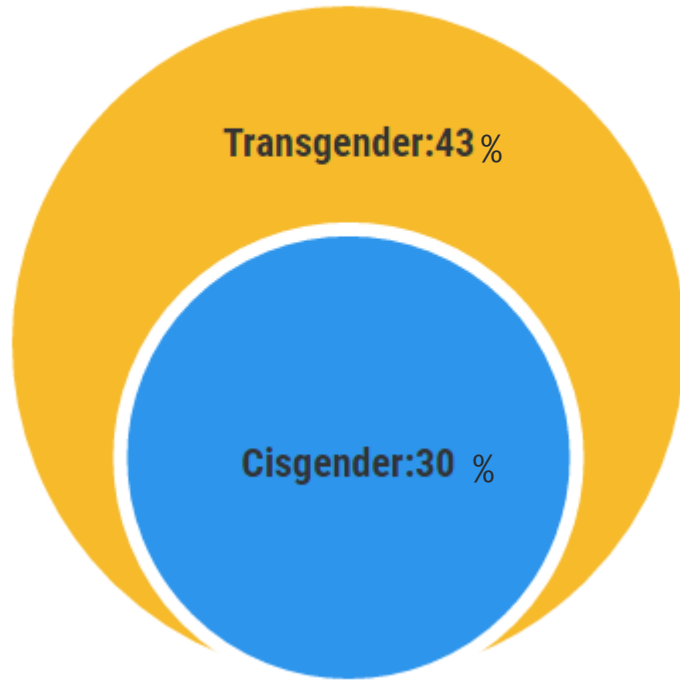


## Sexual Orientation of Transgender Students

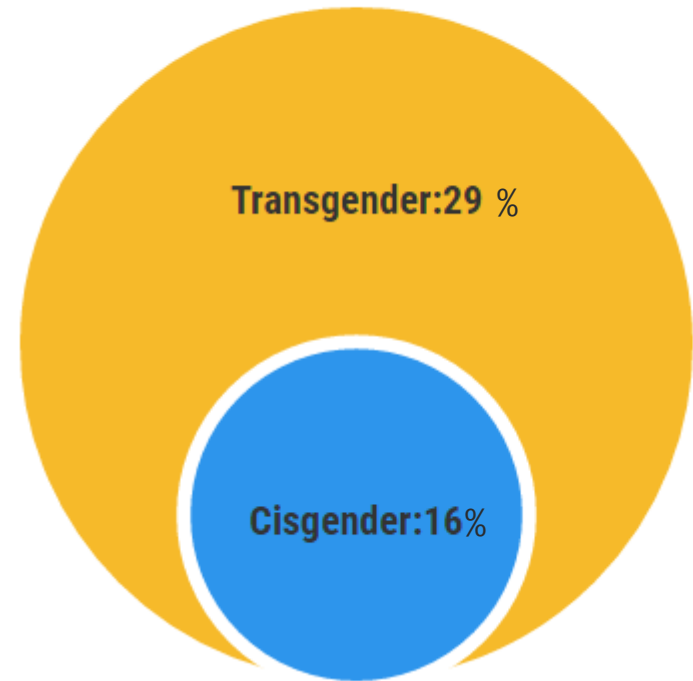


# Alcohol Use

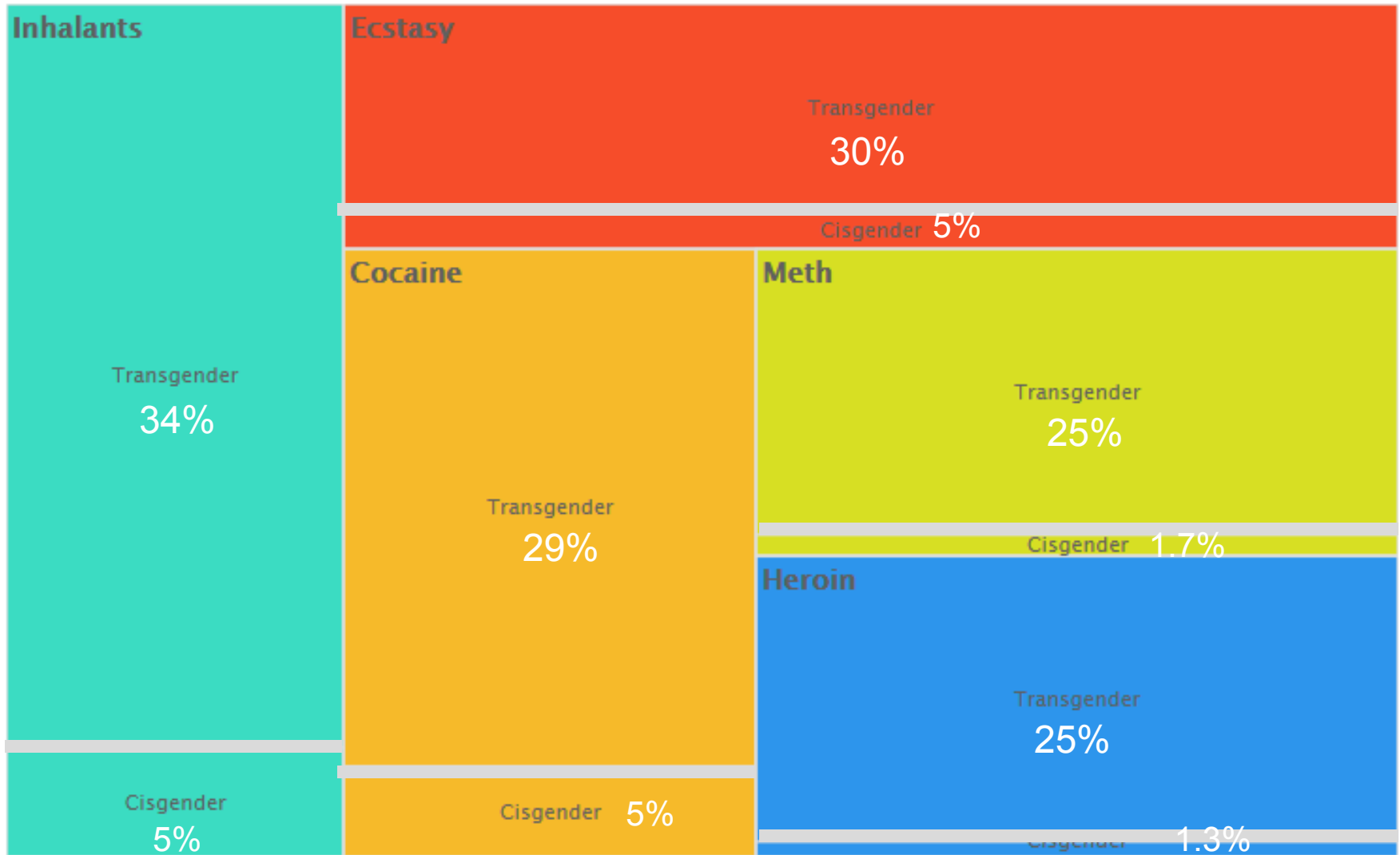
Percent that drank alcohol in the last 30 days



Percent that binge drank in the last 30 days



# Lifetime Substance Use



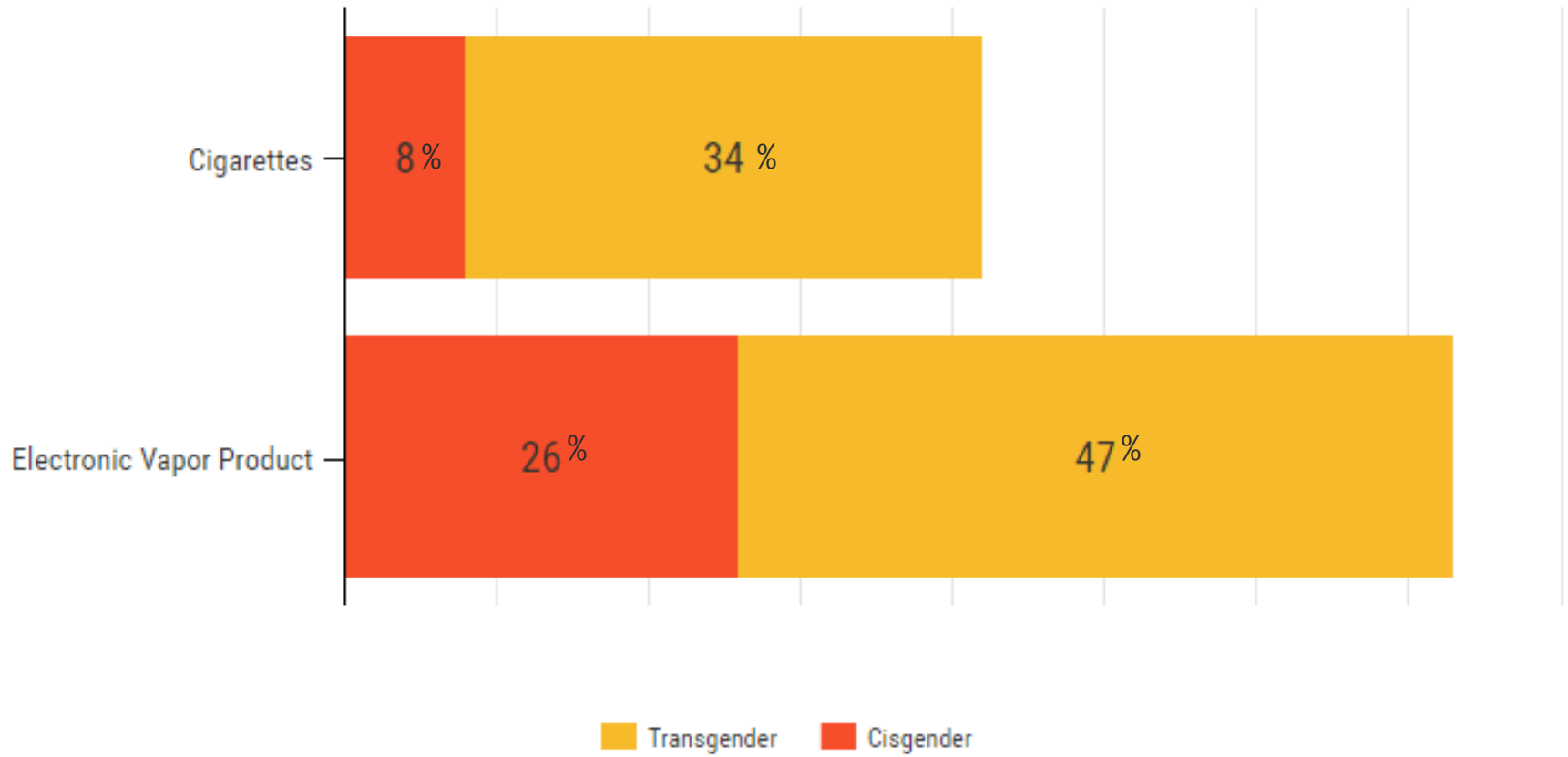
## 30-Day Marijuana Use

Transgender  
36%

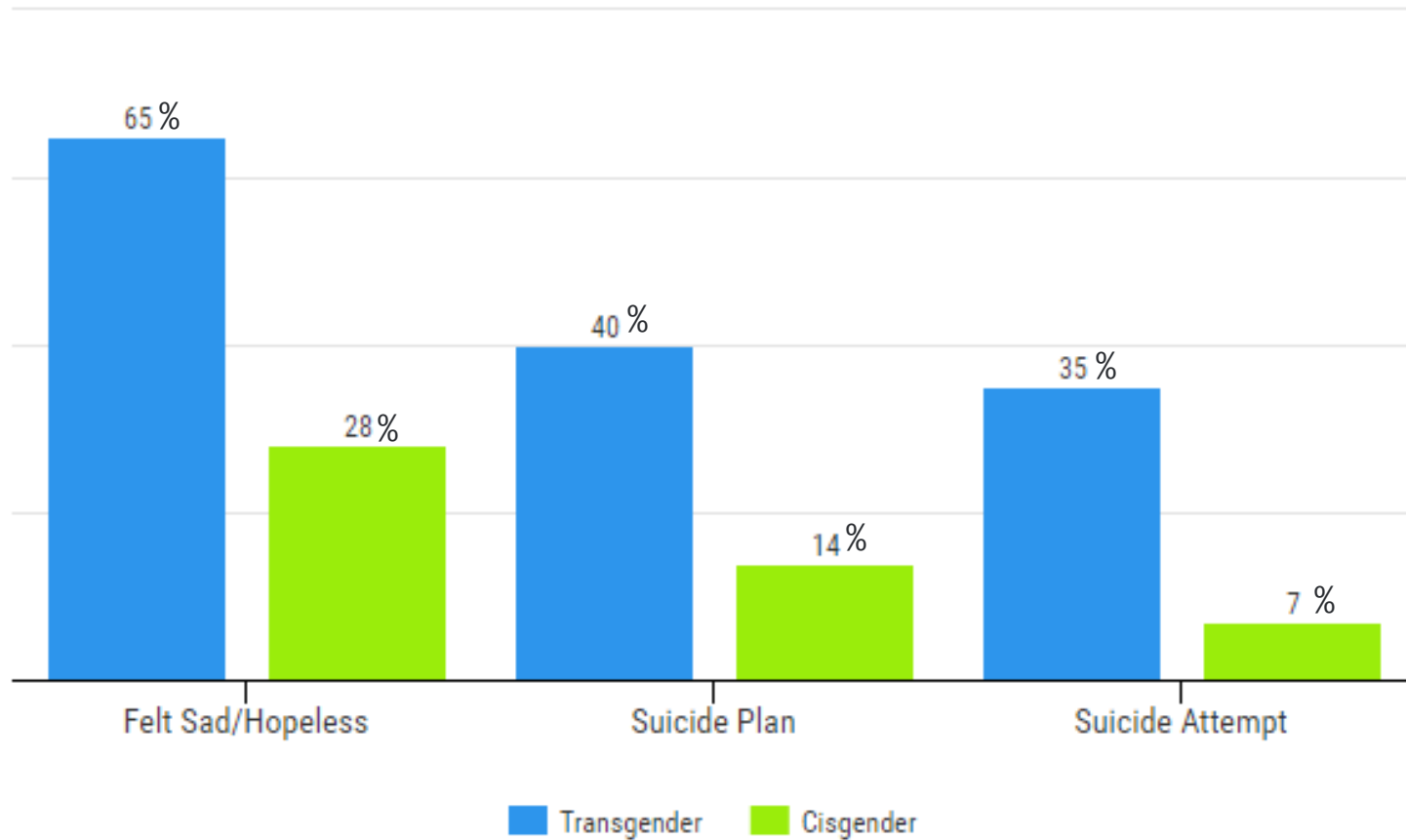
Cisgender  
21%



### 30 Day Tobacco Use



## Mental Health





Compared to cisgender students,  
transgender and questioning students are...

## Mental Health



**2x more likely to feel sad or hopeless**

**2.6x more likely to consider suicide**

**4x more likely to attempt suicide**



Compared to cisgender students,  
transgender and questioning students are...

## School



**2x more likely to be bullied**

**4x less likely to feel safe**

**5x more likely to miss school because they felt unsafe**



Compared to cisgender students,  
transgender and questioning students are...

## Trusted Adults



1.5x less likely to have an adult to go to for help with a serious  
problem

1.2x less likely to have a parent/guardian for help if had personal  
problem



# Among transgender and questioning students

Protective Factors



## Feel safe at school

2.3x less likely to attempt suicide

2x less likely to smoke cigarettes

2.4x less likely to use marijuana regularly

## Have an adult to go to

2.3x less likely to attempt suicide

1.4x less likely to be bullied at school

2.3x less likely to be electronically bullied





## Participate in extracurricular activities

- 1.6x less likely to attempt suicide
- 4x less likely to use marijuana regularly
- 1.7x less likely to use illicit drugs





## 5 steps you can take NOW

Avoid Assumptions.

Watch for microaggressions.

Speak up.

Continue to learn.

Acknowledge your cisgender privilege

# Questions?



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# Shameless Plug!



[www.coloradogives.org](http://www.coloradogives.org)

