

“Navigating the Healthy Kids Colorado Survey Reports” Webinar Transcript

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Introduction/Logistics/Agenda (0:00-1:21)

[Slide 1] Welcome to the Navigating the Healthy Kids Colorado Survey Reports webinar. My name is Lauren and I am with my colleague Alicia. We are from the Colorado School of Public Health and part of the Survey Team that administers both the Healthy Kids Colorado Survey and Smart Source. This is a recorded webinar so you will not be able to ask questions during the webinar. Instead, should you have any questions, our email address will be shared at the end so you can connect with us via email.

[Slide 2] During today’s webinar, we will review the Healthy Kids Colorado Survey background, the HKCS Frequency report and Snapshot report. And our new Paired Indicator Report for schools that participated in both the Healthy Kids Colorado survey and Smart Source. We will also share where you can find your reports, how to read your reports, and we will highlight upcoming workshop opportunities. We hope this will be helpful as you begin to navigate your planning for your school health and wellness efforts.

We have another recorded webinar about Smart Source, which is a school level survey evaluating a schools policies, programs, and practices around school health initiatives. So, we will not be covering those reports at this time. The link to that webinar will be posted at the end of this presentation.

[Slide 3] Let's start with an overview of the Healthy Kids Colorado Survey.

Healthy Kids Colorado Survey Overview/Background (1:22-2:38)

[Slide 4] The Healthy Kids Colorado Survey or HKCS or Healthy Kids for short, has been administered in Colorado since 2011. It is the states only comprehensive health and well-being survey for middle and high school students. It is anonymous, it is free to schools to participate. The HKCS is administered every other year during the fall of the odd years. It is informed by four state agencies, the Colorado Departments of Education, Public Health and Environment, Human Services, and Public Safety.

The purpose of the HKCS is to understand youth health and what factors support youth to make healthy choices. The HKCS aligns with the Center for Disease Control's Youth Risk Behavior Survey or better known as the YRBS, methodology and uses a core set of questions from the YRBS. Colorado has participated in the YRBS since the 1991.

[Slide 5] The topics covered in the HKCS are divided into three buckets: Protective Factors such as trusted adults, Health behaviors for example substance use, and Social-Emotional Indicators, bullying.

[Slide 6] We will now provide a quick overview of how the 2019 HKCS survey administration went.

[Slide 7] I am not going to get into too much of the technical information about our methodology today but some of key pieces of information are important to understand. Schools are randomly selected to be part of our state sample. Once a school is on board and depending on the size of the school, classrooms were sampled. We aimed to survey 100 students per grade in high schools and 50 students per grade in the middle schools. As mentioned earlier, the survey is anonymous, and data are aggregated to protect the anonymity of the student's responses. Data are also suppressed if 0% or 100% of the students responded the same way to a question. The results are weighted to represent the student enrollment and more about weighting will be explained a bit later.

2019 Statewide Participation (2:39-4:13)

[Slide 8] In 2019, 503 middle and high schools participated in the HKCS where over 100,000 students participated in the survey. This represents both schools and students who were part of our state sample and opt-in's. 2019 was also the first year schools had the option of taking the HKCS online. A majority of the schools elected to participate online. Over 300 schools participated in both HKCS and Smart Source so they will be receiving a Paired Indicator report.

Where to Find Your Reports (4:14-6:14)

[Slide 9] Let's move on to where you can find your reports. In an effort to not junk up in boxes and also protect school and district results against CORA requests, we created an online portal for all of our school and district reports. All school and district leads can get access to the portal. We have already shared portal access with superintendents, principals, 2019 survey coordinators, and district wellness folks. You will receive an email from the CSPH Survey Team each time a report has been added to your portal account. Please be sure to add the CSPH Survey Team email to your safe sender list so that you don't miss any updates from our team or your report upload notifications. You will be able to capture the full email at the end of this webinar.

[Slide 10] In the same email notifying you that a report is in your portal account, there will also be instructions to set up your account. Once you have set up your account and logged into your portal, this is what you will see. In the top left hand box where the A is, that is the Files and Reports section. All of your schools Healthy Kids and Smart Source reports will be listed in there by year in chronological order. Our team will be uploading all of your previous year's results later this summer. In section below is the Links & Resources section. Here you will find info about how to navigate your portal account, a summary of our team's technical assistance offerings, and we will post other documents here to support your schools in using your results. If you can't remember some of the info about the portal from this webinar, you will be able access a "Navigating your portal account" document for more help.

2019 Reports Overview (6:15-19:24)

2019 Reports Overview: HKCS Frequency Reports (6:15-13:24)

[Slide 11] We are now going to review the different types of reports. We will be highlighting the HKCS Frequency Report, HKCS Snapshot, and Paired Indicator Report. The Paired Indicator Report is new this year and available for schools that participated in both the HKCS and Smart Source.

[Slide 12] The frequency report is the main Healthy Kids report for each middle and high school that participates. The reports are a different color for high school and middle school reports. The red notes it is a high school report and the blue notes it is a middle school report. This is an easy way to tell the difference if you are receiving multiple reports for your district. It provides results for all questions on the instruments. We are now going to highlight some key information on the frequency reports for you. The first few pages of the report provides you with key information to help your read the report with definitions and an example of the results tables.

[Slide 13] The How to Read a Table section is your roadmap to reading your report.

A is the Health behavior: Each table is labeled numerically and also has a description of the question on the survey.

B is the Estimate or Percentage: All of the estimates are weighted to reflect student enrollment for the school. Weighting just means that the results are adjusted to represent all of the students in the school. We will go into depth on this in a little bit.

C is the Total number of student responses: It Represents the total number of students who responded to the question. There are times when the total number of student responses does not match the student response rate, or total number of students who participated in the survey. There are two contributing factors for this: #1 some students may elect to skip a question or #2 there are two versions or modules of the high school survey. Not every question is asked on both versions. There is a common core of 60 questions on each version and we spread other questions amongst the two versions as we have approximately 160 questions to ask of our high school students and we don't want the survey to be much longer than it is at 120 questions.

D is the Confidence Interval: An easy way to think about confidence intervals is by thinking of them as "margins of error". They indicate the precision of the estimate meaning a true percentage of your school.

The larger the range indicates less precision, the smaller the range indicates more precision.

We share this so schools can make comparisons between different student groups. If you are wanting to compare those groups, you should pay attention to this.

[Slide 14] So let's break this down a little more: when comparing male students compared to female students who have been physically active for 60 minutes or more per day over the past 7 days, you will see that the range of female students is between 40 – 51% and male students is 60 – 68%.

We know there is a significant difference between these two groups as there is no overlap between these two ranges.

[Slide 15] The Demographics page shows the total number of students in the school that participated in the survey. The Student Response Rate at the top right reflects that percentage of students who participated based on the enrollment of the school. A Student Response rate of 80% or higher is desirable and increases the confidence that the results represent the whole student body. There are Key demographics such as sex, grade, race/ethnicity, and sexual orientation for HS only on this page.

[Slide 16] Results are weighted to represent all of the students who participated in the HKCS.

In some of our larger schools, not every student is selected to take the survey as part of our classroom sample. We aim to survey approximately 100 students per grade in the high school buildings and 50 students per grade in the middle school buildings. In our smaller schools, all students are selected to participate. Weighting takes into account each participating student's probability of selection and matches the participant group to the total enrollment by grade, sex, and

race and ethnicity. In a nutshell, it is a fancy way of saying we are able to account for all students in your schools by using your enrollment to make these calculations.

[Slide 17] In order to protect the confidentiality of the students who participated in the HKCS, some responses are not released. A dash is shown when results are suppressed. Our suppression criteria include results of 0% or 100%; results where the numerator has fewer than 3 students (e.g., the number of students who answered 'yes'), or the number in the denominator is 30 or fewer (e.g., the number of students who answered the question). Suppression criteria is changed for smaller schools. In this example, we asked students if they had used marijuana in the past 30 days. Of those students who responded yes, we then asked how they used it and this is the question where was ask if a student has smoked marijuana in the past 30 days. You can see that the responses for 9th grade students are suppressed as well as Black, Asian, American Indian, Native Hawaiian, and Multi-racial students are also suppressed. For smaller schools some may think that their reports don't tell a story when results are suppressed but they do. For questions like this, the key thing to pay attention to is if students have used marijuana in the past 30 days. The how they used it, is something you can still figure out despite the suppression criteria. Our team can work with you to navigate this a bit more.

[Slide 18] For districts where there are more than one middle or high schools participating we produce a district middle school frequency report and high school frequency report. The District Frequency reports are have all of the same info as the school reports with a couple of additional call outs:

On the Demographics page there is are a few call outs at the bottom of the page: It lists the school response rate (of the sampled schools) which in this example is 5 out of 5. The total number of participating schools is also listed, this includes opt-in schools, so here it is 6. And finally it also lists the names of all the participating schools. The Student Response rate on the district frequency reports is the total number of participating students out of all sampled students in district, both sampled and opt-in.

We will now move onto the Healthy Kids Snapshot.

2019 Reports Overview: HKCS Snapshot Reports: (13:25-14:44)

[Slide 19] The Snapshot is an abbreviated HKCS report. Not all of the indicators are featured on the snapshot. This report represents your schools results compared to the state. On the high school snapshot, it also included the health statistic region. This is different to CDE regions. High school Snapshots are red and middle school are blue which lines up with the colors of the HKCS Frequency reports. The Snapshot includes your schools response rate with the total number of students participating on the first page. Suppression criteria is also included like the frequency report and is shown with an Asterix. There are graphs and boxes with results. Your school's results are highlighted in red for HS or blue for MS. The state and regional results are in greyscale. Most folks share this report with school board members, Advisory Committees, parent groups, etc. As it is a little easier to digest.

District Snapshots are compiled in the same way district frequency reports are where all participating schools are represented in the results. I am now going to hand it over to Alicia for the remainder of the presentation.

2019 Reports Overview: Paired Indicator Reports: (14:45- 19:24)

[Slide 20] Hi everyone. We are excited this year to launch the Paired Indicator Report which as Lauren mentioned contains both HKCS and Smart Source data. If your school or district did not participate in Smart Source we encourage you to continue listening to the webinar as we offer a state-level PIR that may be of interest to you as a resource.

[Slide 21] 2019 was the first survey cycle in which the Healthy Kids Colorado Survey was co-administered with the Smart Source. Results from both surveys are complementary such that schools can identify student health needs using Healthy Kids and then identify responsive best practices to implement using Smart Source. Paired Indicator Reports are provided to middle and high schools that completed both surveys as well as districts that had at least two middle schools or two high schools take HKCS and any district participation in Smart Source. There is also a state report available for those who would like to see state-level comparisons or for schools and districts that did not qualify for a report.

These reports are similar to the HKCS Snapshot in that they summarize select complimentary indicators across HKCS and Smart Source results. I do want to highlight that it is by no means exhaustive of all indicators on the surveys that can

be paired or used complementarily. However, it elevates indicators that arise as highly relevant for school health and wellness work as well as expand on what's provided in the other shortened reports (both HKCS and Smart Source) As this report is succinct and combines relevant results from both surveys it is a great resource to share with key stakeholders.

[Slide 22] Now let's jump into the report! Each reports contain the following 6 main sections highlighting areas where results from HKCS and Smart Source are aligned: Safety and violence, mental health, nutrition, physical activity, health education which includes substance use and sexual health education, and school connectedness.

[Slide 23] Looking first at the school-level reports, you will see that they are similar to the other HKCS reports, with HS and MS being color-coded red and blue respectively. For school-level reports HS and MS are broken out into two separate reports. Within each section, HKCS results are provided in figures with colored bars showing the percentage of students in the school reporting each health outcome. Call-out boxes also highlight select relevant HKCS results. Smart Source results are provided in tables with the school's response to items compared to best practice

If your school aligns with best practice, you will see a check mark

If your school does not align with best practice, you will see an '✗'

If there is no school response, or if 'N/A' is selected, you will see a dash.

It is important to note that data is suppressed or will not be displayed if less than 3 students responded to a question or if 0 or 100% of student responded for a particular outcome. We do this to protect student anonymity

[Slide 24] The district and state reports combine all levels of results into one report. So for HKCS each figure contains available HS and MS results, and for Smart Source each table contains results for elementary, secondary, and combined schools within the district or state. It is of note that the high school and middle school HKCS instruments are not exact parallels in all indicators and therefore you will see some bars within each figure that may only have a red (for HS) or a blue (for MS) bar. In addition, for some indicators, middle schoolers are asked if they have experienced an outcomes EVER vs. High schoolers are asked if they have experienced the same outcome in the past 30 days. When that is the case the time frame is indicated in corresponding red or blue below on the label as you see in the bullying figure displayed on the screen. For Smart Source, rather than indicating whether or not the district or state met best practice with the check, x or dash conventions, the district and state reports show the percentage of schools that met best practice for each Smart Source indicator.

Next Steps/Upcoming Trainings (16:25 – 20:45)

[Slide 25] We know we have shared a lot with you today but we hope that you feel a bit more equipped to read your Healthy Kids Colorado Survey reports and the Paired Indicator report. But what is next?

Our team is available to answer any specific questions you have about your school or district reports, so please let us know how we can assist you.

[Slide 26] This fall, our team will be hosting a number of workshops across Colorado to help school and district folks use their Healthy Kids Colorado Survey and Smart Source results. These workshops will be free and be hosted virtually. More information will be shared with school and district teams.

We will be partnering with other school health organizations to host these workshops and it is our hope they will help provide you with a roadmap to help you get the most out of your school health data.

[Slide 27] Thank you for participating in our webinar, Navigating your HKCS reports.

As we mentioned earlier, we hosted a webinar navigating your Smart Source results and the link to that can be found here. Feel free to share the link to this webinar and the Smart Source webinar with your school or district wellness teams. For more information, feel free to email us at CSPHSurveyTeam@ucdenver.edu. Thank you and have a great day.