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# Injury and Violence

## Among Colorado's Youth

### The Issue

In the United States, 71% of all deaths among persons aged 10–24 years result from four causes: motor-vehicle crashes, other unintentional injuries, homicide, and suicide. Unfortunately, these are also the leading causes of death among Coloradans in the same age group. The good news, however, is that the vast majority of injuries are entirely preventable.

### Facts about Youth Injury and Violence in Colorado

Source: 2005 Youth Risk Behavior Survey (YRBS)

- **71%** of Colorado's high school students who rode a bicycle during the past 12 months, never or rarely wore a helmet.
- **8%** never or rarely wore a seat belt when riding in a car driven by someone else.
- **27%** rode in a vehicle driven by someone who had been drinking alcohol at least once in the past month, while **11%** drove a vehicle after drinking alcohol.
- **6%** have been hit, slapped or physically hurt on purpose by a boy or girlfriend in the last year.
- **32%** were in a physical fight one or more times during the past 12 months.
- **17%** carried a weapon such as a gun, knife or club on one or more of the past 30 days.
- **8%** had been threatened or injured with a weapon such as a gun, knife or club on school property one or more times during the past year.
- **4%** did not go to school because they felt unsafe at school or on their way to or from school on one or more of the past 30 days.
- **31%** had property, such as their car, clothing or books stolen or deliberately damaged on school property one or more times during the past year.

### Injury and Violence and Coordinated School Health

Comprehensive health education, school-based health services, counseling and mental health services, healthy school environment, and parental and community involvement all work together to address injury and violence prevention and improve educational outcomes. Such programs have been proven to improve test performance, attendance and school connectedness.

Schools offering these services report:

- Increased school attendance
- Decreased drop-outs and suspensions
- Higher graduation rates

For more information on the link between health and learning, see the Summary of Selected Evidence-Based Research from "Healthy Kids Learn Better" and "Making the Connection: Health and Student Achievement" at [www.cde.state.co.us/cdeprevention/results.htm](http://www.cde.state.co.us/cdeprevention/results.htm).

### What You Can Do

Use state, local and national youth risk behavior data to make a case for:

- creating a school health team in every school building
- coordinating messages, activities, programs and funding for healthy students and safe schools.
- enforcing tobacco-free and drug-free school policies

### Resources

For complete Colorado YRBS data, visit [www.cde.state.co.us/cdeprevention/index.htm](http://www.cde.state.co.us/cdeprevention/index.htm). For national YRBS data, visit [www.cdc.gov/mmwr/PDF/SS/SS5505.pdf](http://www.cdc.gov/mmwr/PDF/SS/SS5505.pdf).