

HEALTHY LIFESTYLES 101

INTERIM REPORT · FEBRUARY 2018

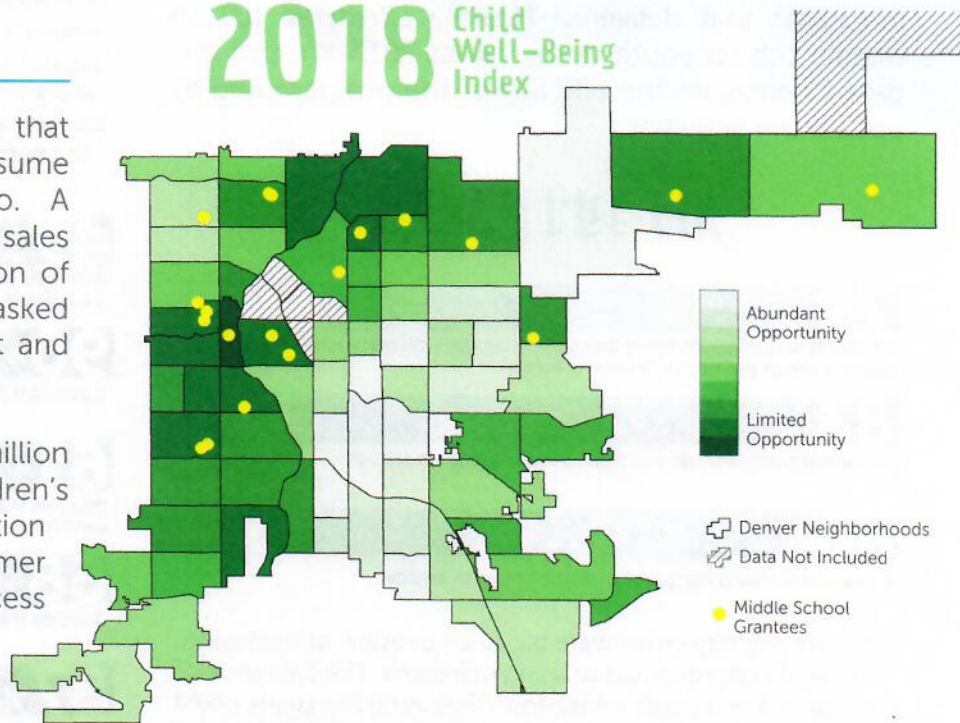


AT A GLANCE

Amendment 64 created a framework that allows adults aged 21 or older to consume marijuana recreationally in Colorado. A statewide tax, along with Denver's special sales tax of 3.5 percent, supports the mission of Denver's **Office of Marijuana Policy**—tasked with licensure, regulation, enforcement and support of public health programs.

In 2017, an allocation of \$1.5 million was granted to the Office of Children's Affairs to support early prevention efforts through afterschool and summer programs. A competitive grants process invests these funds in Denver's youth serving organizations, especially those who serve communities with limited opportunities. Grantees who serve middle school youth delivered a five-hour curriculum in the fall of 2017 called *Healthy Lifestyles 101*, where trusted adults help youth think about marijuana within positive youth development settings.

2018 Child Well-Being Index



This index is created by Denver's **Office of Children's Affairs** and includes 11 health, economic and education indicators.

101 CURRICULUM

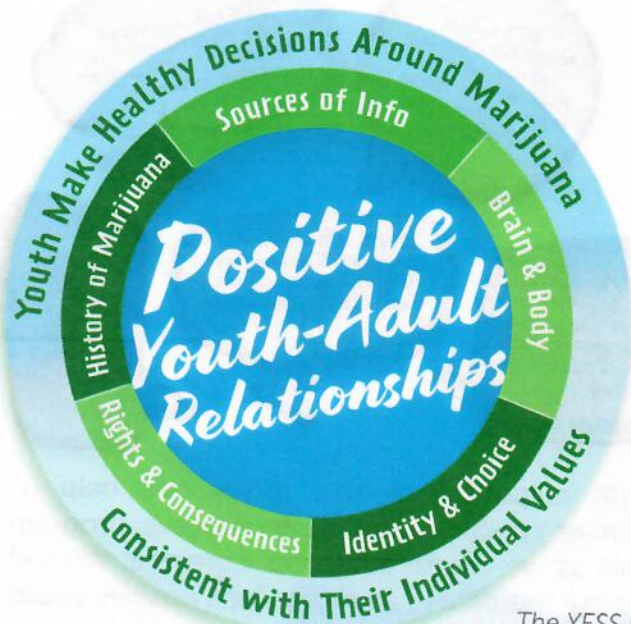
Over the summer of 2017, the Denver Afterschool Alliance and the **YESS Institute** engaged in a project to update the Healthy Lifestyles curriculum to better meet the community's needs. Using program data and feedback from providers, three important changes were made:

Program activities were created to be hands-on and put youth at the center of the decision-making process.

A catalog of trusted resources was created to aid providers.

Facilitators of the curriculum were trusted adults with existing relationships with youth.

These changes resulted in a five hour course with the goal of helping youth to make healthy decisions—consistent with their individual values—when faced with challenges related to marijuana use.



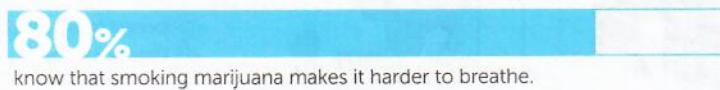
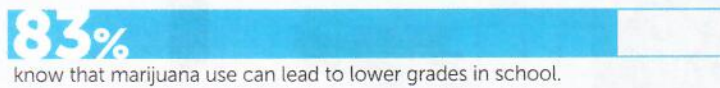
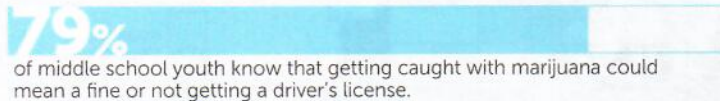
The YESS Institute youth development and education philosophy focuses on creating leadership from within. Programs have a strong focus on social emotional skills, post-secondary readiness and healthy choices.



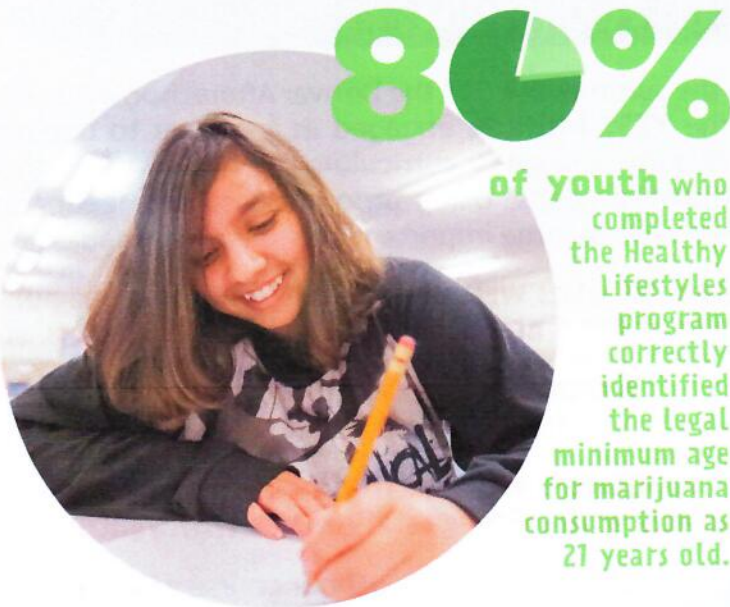
PROGRAM DATA

205 valid assessments were received across 19 programs that delivered *Healthy Lifestyles 101* to middle school youth in the fall of 2017. We use this data to measure the efficacy of the program and to update the activities.

MJ 101 FACTS



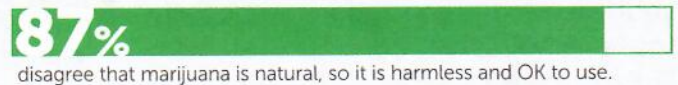
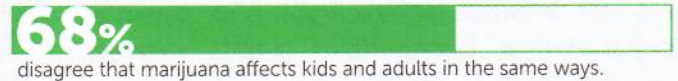
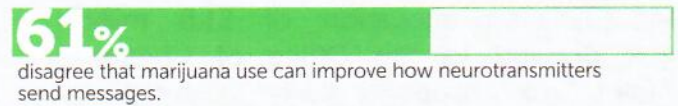
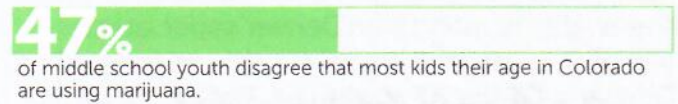
The learning objectives were based on a review of the health and legal consequences of using marijuana. The data shows that about 4 in 5 youth understood that using marijuana could get in the way of personal, academic or athletic goals.



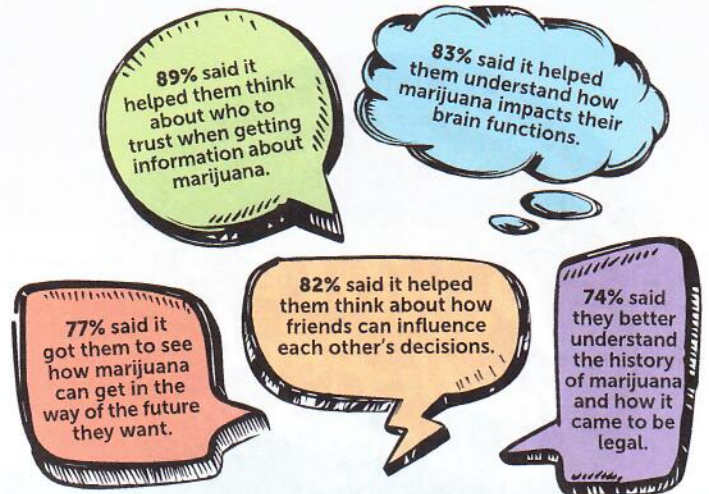
Knowing the minimum legal age for marijuana consumption was identified as a key fact that all Denver youth should know. However, because 20 percent did not finish the course with this knowledge, programs will continue to address this topic.

MJ 101 MYTHS

To build a "correct working knowledge" of marijuana, we needed to address the common myths youth have. Since legalization, various agencies have noted that both youth and adults operate with misinformation and may make decisions contrary to their values. The data below show the **percent disagreement** with the prompt provided.



OF YOUTH WHO ATTENDED HL 101...



Youth responses to this survey will help us improve specific activities to achieve program goals as we create additional curricula. We will also use this data to advocate for a positive youth development approach to marijuana prevention.