

Southern Colorado Tribal Area

AMERICAN INDIAN/ALASKA NATIVE (AI/AN) MIDDLE SCHOOL STUDENTS HEALTHY KIDS COLORADO SURVEY 2023

The Healthy Kids Colorado Survey (HKCS) is a classroom-based survey used to assess health risk behaviors among Colorado youth. This report focuses on Southwest Colorado only.

77 AI/AN participants
from Southwest Colorado

BY GENDER IDENTITY

Male 50 Female 27 Gender not reported 0
Nonbinary, other, or questioning 0

BY GRADE

6th 21 7th 22 8th 33
Ungraded, other grade, or missing <5

STRENGTHS

46% of AI/AN students

have talked with an adult at school about future plans after high school.

96% of AI/AN students

did NOT drink alcohol in the past 30 days.

87% of AI/AN students

were NOT electronically bullied in the past 12 months.

AREAS OF CONCERN

1 in 3 AI/AN students

drink non-diet soda daily.

45% of AI/AN girls

experienced frequent mental health distress (includes stress, anxiety, and depression) in the past 30 days.

1 in 3 AI/AN students

have been in a physical fight in the past 12 months.



MIDDLE SCHOOL HEALTHY KIDS COLORADO SURVEY 2023

TOBACCO AND ELECTRONIC VAPOR PRODUCT USE	AI/AN	NON-AI/AN
Cigarette use**	1.5%	1.8%
Feel it would be very easy to get cigarettes	5.6%	7.1%
Parents feel it is very wrong for student to smoke cigarettes	89.9%	93.5%
Electronic vapor product use (excluding marijuana)**	9.9%	7.2%
First used an electronic vapor product before age 11, among those who used an electronic vapor product**	15.0%	35.5%
Feel it would be very easy to get electronic vapor products	25.6%	23.5%
Think people risk harming themselves (physically or otherwise) using electronic vapor products every day	81.4%	84.5%

WEIGHT, NUTRITION, AND PHYSICAL ACTIVITY	AI/AN	NON-AI/AN
Met recommended physical activity guidelines	30.4%	38.4%
Felt confident with body image**	45.0%	49.2%
Non-school 'screen time' (TV, computer, phone, tablet, etc.) for 3 hours or more on school days	55.6%	49.6%
Drinks non-diet soda daily	32.6%	22.8%
Eats breakfast daily	36.2%	37.9%
Went hungry because there was not enough food in the home**	20.8%	18.2%
Played sports (team or individual)***	56.4%	57.6%
Gets an average of 8+ hours of sleep on school nights	52.9%	50.0%

ALCOHOL USE	AI/AN	NON-AI/AN
Alcohol use**	4.1%	5.1%
Tried alcohol for the first time before age 11, among those who have ever drank alcohol	65.0%	55.8%
Feel it would be very easy to get alcohol	12.9%	16.1%

*Ever **Past 30 days ***Past 12 months



MIDDLE SCHOOL HEALTHY KIDS COLORADO SURVEY 2023

HOME, SCHOOL ENVIRONMENT, AND EXPERIENCES	AI/AN	NON-AI/AN
Participated in organized activities (sports, clubs, paid employment, etc.) through school or community***	78.1%	84.1%
Feels safe at school	82.7%	84.3%
Has talked with a teacher, counselor, or some other adult at school about future plans after high school***	45.8%	45.3%
Has experienced the death of a family member or close friend	77.2%	77.6%
Thinks it is very important to finish high school	71.7%	72.8%
Know an adult to talk or go to for help if having a serious problem	71.9%	74.6%
Went outside to spend time in nature weekly***	11.8%	5.5%
Would tell a parent, guardian, or trusted adult if concerned about their own or someone else's well-being or mental health	62.8%	68.9%

MENTAL HEALTH	AI/AN	NON-AI/AN
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Note: proportions not reported for students who identify as nonbinary, other, or questioning due to small numbers.

PERSISTENT SADNESS AND HOPELESSNESS FOR AT LEAST 2 WEEKS***

Overall	19.2%	24.7%
Boys only	10.3%	18.8%
Girls only	39.2%	25.8%

SERIOUSLY CONSIDERED SUICIDE*

Overall	22.1%	20.6%
Boys only	15.1%	15.1%
Girls only	37.8%	21.2%

MADE A SUICIDE PLAN*

Overall	19.7%	15.5%
Boys only	11.7%	9.1%
Girls only	37.8%	16.6%

ATTEMPTED SUICIDE*

Overall	8.3%	9.3%
Boys only	3.5%	4.1%
Girls only	19.3%	10.7%

FREQUENT MENTAL HEALTH DISTRESS (INCLUDES STRESS, ANXIETY, AND DEPRESSION)**

Overall	21.9%	23.5%
Boys only	11.8%	14.7%
Girls only	44.6%	28.9%

*Ever **Past 30 days ***Past 12 months



MIDDLE SCHOOL HEALTHY KIDS COLORADO SURVEY 2023

OTHER SUBSTANCE USE	AI/AN	NON-AI/AN
Marijuana use**	5.0%	4.6%
Feel it would be very easy to get marijuana	8.9%	10.4%
Prescription drug misuse, or use without a doctor's prescription*	8.4%	8.6%
Feel it would be easy to get prescription pain medicine without a prescription	17.9%	18.4%

PERSONAL SAFETY	AI/AN	NON-AI/AN
Been in a physical fight***	33.4%	19.6%
Bullied on school property***	27.0%	30.6%
Electronically bullied***	12.9%	16.2%
Always wears seat belt	46.1%	57.3%
Missed school due to safety issues**	11.3%	14.7%

*Ever **Past 30 days ***Past 12 months

KEY FINDINGS

72% of AI/AN students know an adult to talk or go to for help in having a serious problem.

83% of AI/AN students feel safe at school.

92% of AI/AN students have NEVER misused a prescription drug, or taken one without a doctor's prescription.

For more information on the HKCS and to access other HKCS reports and fact sheets visit www.healthykidscolo.org or www.aastec.net

The HKCS is supported by the Colorado Department of Public Health and Environment (CDPHE), Colorado Department of Education (CDE), and Colorado Department of Human Services (CDHS).