

New Mexico

AMERICAN INDIAN / ALASKA NATIVE (AI/AN) HIGH SCHOOL STUDENTS NM YRRS 2023 SUMMARY

The New Mexico Youth Risk and Resiliency Survey (NM YRRS) is used to assess health risks and protective factors among New Mexico high school and middle school students.

4,097 AI/AN students participated in the 2021 NM YRRS

BY SEX

Male **2,074** Female **2,008** Sex not reported **15**

BY GRADE

9th **1,137** 10th **1,054** 11th **995**
12th **895** Ungraded or other grade: **16**

STRENGTHS

89% of AI/AN students

did NOT experience electronic bullying in the past 12 months

90% of AI/AN students

did not drink alcohol in the past 30 days

79% of AI/AN students

have satisfying and supportive relationships with friends their own age

AREAS OF CONCERN

16% of AI/AN students

drove after using marijuana in the past 30 days

47% of AI/AN students

are overweight or obese

32% of AI/AN students

use social media several times per hour



NM YRRS 2023 SUMMARY

PERSONAL SAFETY	AI/AN	NM STATEWIDE
Always wears a seatbelt	58.5%	60.0%
Bullied on school property*	14.1%	16.7%
Electronically bullied*	11.3%	12.4%
Has been treated badly or unfairly in school because of race or ethnicity***	35.0%	38.7%
Missed school due to safety issues**	15.1%	15.0%
Experienced dating violence*	9.5%	9.0%
Texted or e-mailed while driving a car**	30.5%	35.1%
Rode in a car driven by someone who had been drinking alcohol**	14.6%	16.0%
Drove a car after drinking alcohol**	2.5%	4.2%
Drove a car after using marijuana**	15.8%	10.7%
OTHER HEALTH-RELATED BEHAVIORS	AI/AN	NM STATEWIDE
Overweight or obese	46.6%	34.4%
Met recommended physical activity guidelines, past week	27.0%	27.6%
Uses social media several times per hour	31.5%	34.4%
Average number of school days with physical education per week	2	2
Average hours of sleep on a school night	7	7
Seen a dentist in the past 12 months	74.1%	73.8%
Gambled in past 12 months	15.8%	19.4%
Have <u>not</u> had sexual intercourse***	73.8%	69.7%
Used a condom last time they had sex, among those who had sex in past 3 months	55.6%	53.0%
Used alcohol or drugs last time they had sex, among those who had sex in past 3 month	20.5%	18.9%
Eats breakfast daily, past week	21.4%	24.3%
Had 1 or more concussions from playing sports or being physically active*	17.3%	17.2%
Has asthma	11.7%	10.3%
ALCOHOL USE	AI/AN	NM STATEWIDE
Alcohol use**	9.6%	16.4%
Binge drinking (5 or more drinks for boys)**	3.5%	5.6%
Binge drinking (4 or more drinks for girls)**	5.1%	8.4%

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

NM YRRS 2023 SUMMARY

RESILIENCY	AI/AN	NM STATEWIDE
Has satisfying and supportive relationships with parents and other adults at home	74.9%	74.8%
Has satisfying and supportive relationships with adults at school	55.9%	58.1%
Has satisfying and supportive relationships with adults outside of home and school	61.4%	64.2%
Has satisfying and supportive relationships with friends their own age	78.8%	80.4%
There are clear rules at school about what a student can and cannot do	70.7%	70.3%
Has a sense of direction and purpose in life	61.6%	64.3%
Feels interested and engaged in daily activities	58.3%	58.7%
Is good at coping with stress	45.8%	44.6%
Has confidence in achieving goals	65.5%	65.7%
Student feels good about who they are as a person	61.0%	59.2%

MENTAL HEALTH	AI/AN	NM STATEWIDE
PERSISTENT SADNESS AND HOPELESSNESS FOR AT LEAST 2 WEEKS*		
Overall	35.3%	36.7%
Boys only	25.6%	25.8%
Girls only	44.7%	47.1%
SERIOUSLY CONSIDERED SUICIDE*		
Overall	16.5%	14.8%
Boys only	11.6%	10.7%
Girls only	21.2%	18.8%
ATTEMPTED SUICIDE*		
Overall	11.5%	8.4%
Boys only	8.2%	5.5%
Girls only	14.6%	11.0%
PURPOSEFULLY CUT OR BURNED SELF WITHOUT SUICIDE INTENT*		
Overall	19.1%	19.1%
Boys only	12.3%	11.7%
Girls only	25.8%	26.4%
FREQUENT MENTAL HEALTH DISTRESS (INCLUDES STRESS, ANXIETY, AND DEPRESSION)**		
Overall	23.2%	24.4%
Boys only	16.4%	16.7%
Girls only	29.6%	31.8%

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

NM YRRS 2023 SUMMARY

OTHER SUBSTANCE USE	AI/AN	NM STATEWIDE
Marijuana use**	19.9%	17.9%
Usually uses marijuana in an electronic vapor product such as a vape pen, among those who use marijuana**	34.3%	37.0%
Cocaine use**	1.3%	1.6%
Inhalant use**	2.7%	2.7%
Used prescription pain medication improperly**	6.2%	6.0%
Heroin use**	0.5%	1.0%
Methamphetamine use**	1.0%	1.2%
Ecstasy use***	2.9%	2.9%
Injected an illegal drug***	1.1%	1.3%
Used 2 or more illegal substances†**	5.4%	6.4%

TOBACCO AND ELECTRONIC VAPOR PRODUCT USE	AI/AN	NM STATEWIDE
Cigarette use**	4.0%	3.3%
Used chewing tobacco, snuff, or dip**	2.2%	2.7%
Smoked cigars, cigarillos, or little cigars**	3.4%	3.5%
Used any tobacco product (including electronic vapor products)**	29.3%	22.2%
Used 2 or more tobacco products (including electronic vapor products)**	5.0%	5.4%
Electronic vapor product use**	18.9%	18.8%
First used an electronic vapor product before age 13, among those who use an electronic vapor product**	29.5%	33.4%
Used an electronic vapor product that was flavored, among those who use an electronic vapor product**	78.5%	82.2%
Think that smoking 1+ packs of cigarettes per day is harmful	66.4%	62.2%

AMONG STUDENTS THAT SMOKED CIGARETTES IN THE PAST 30 DAYS

Smoked first cigarette before age 13	46.2%	48.6%
Smoked cigarettes every day	6.8%	22.3%
Electronic vapor product use**	78.0%	86.1%
Alcohol use**	51.1%	73.1%
Marijuana use**	77.1%	75.1%

†Includes marijuana, synthetic marijuana, prescription pain medicine misuse, cocaine, heroin, methamphetamine, and inhalant use

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

FOR MORE INFORMATION ON THE NM YRRS AND TO ACCESS OTHER NM YRRS REPORTS AND FACT SHEETS VISIT WWW.YOUTHRISK.ORG OR WWW.AASTEC.NET

The New Mexico Youth Risk and Resiliency Survey (NM YRRS) is a collaborative project of the New Mexico Department of Health (NMDOH) and the New Mexico Public Education Department (PED) with support and technical assistance from the University of New Mexico Prevention Research Center (UNM PRC), the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC), and the Division of Adolescent and School Health at the Centers for Disease Control and Prevention (CDC-DASH).



ALBUQUERQUE AREA SOUTHWEST
TRIBAL EPIDEMIOLOGY CENTER

NMYRRS
YOUTH RISK & RESILIENCY SURVEY