



2021 HIGH SCHOOL NEW MEXICO (NM) YOUTH RISK & RESILIENCY

American Indian/Alaskan Native (AI/AN) Students

SUBSTANCE USE, PAST 30 DAYS:

	Cigarettes	Electronic Vapor Products	Alcohol	Marijuana
NM	4%	25%	19%	20%
AI/AN	5%	23%	10%	25%

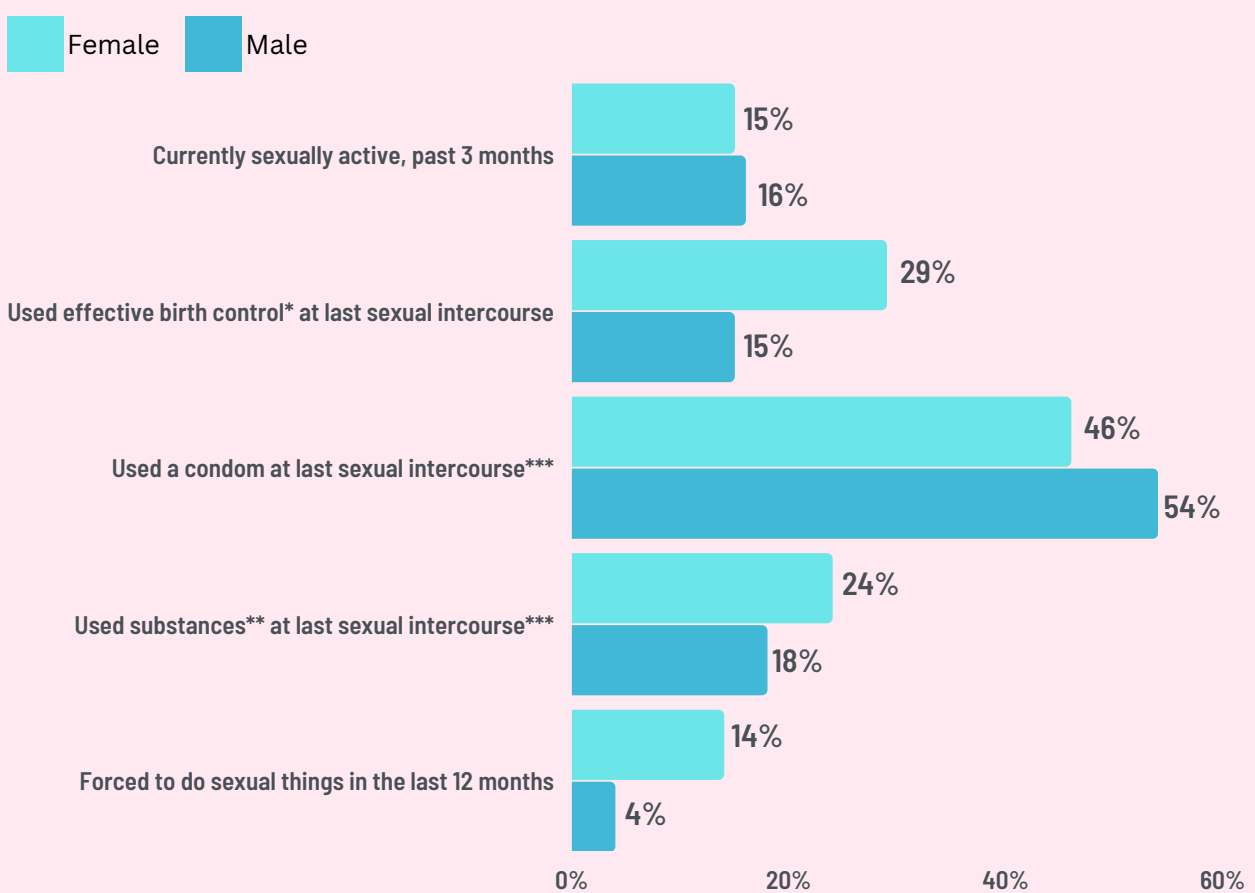


8 IN 10

AI/AN STUDENTS HAVE A PARENT OR OTHER ADULT AT HOME WHO KNOWS WHERE THEY ARE AND WHO THEY ARE WITH. THIS PROTECTIVE FACTOR IS ASSOCIATED WITH LOWER RATES OF SUBSTANCE USE AMONG AI/AN STUDENTS.

"Adolescents who engage in sexual risk behaviors have a greater likelihood of contracting HIV or STDs and of becoming pregnant."

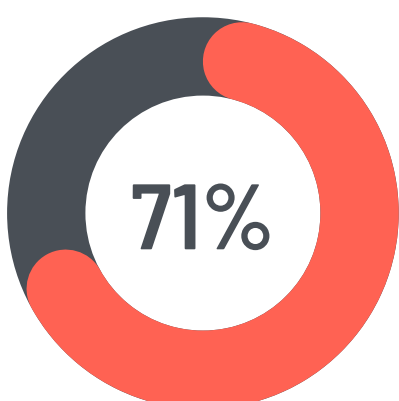
Youth Risk Behavior Survey, Data Summary & Trends Report, 2011-2021, CDC



*Effective birth control includes birth control pills, intrauterine devices (IUD), or shot (patch or ring)

**Substances include alcohol or drugs

***Among sexually active students



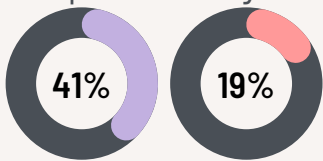
71% of AI/AN students have a friend about their age who helps them when having a hard time. According to the CDC, feeling connected to adults and peers at school reduces the likelihood of engaging in substance abuse, risky sexual health behaviors, violence, and experiencing poor mental health.



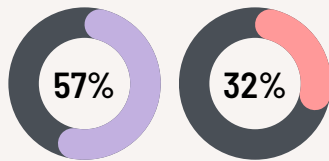
MENTAL HEALTH

FEMALE MALE

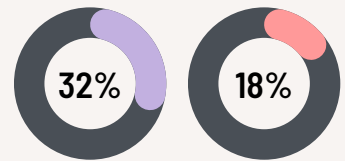
Experienced frequent mental health distress during the past 30 days



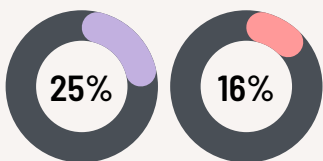
Felt sad or hopeless for 2 weeks or more in the past 12 months



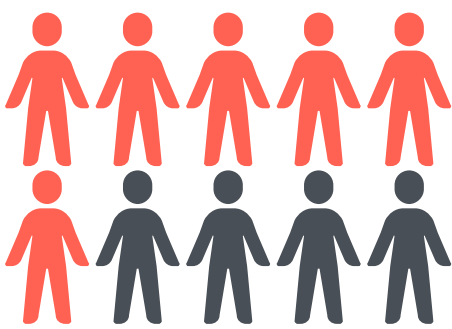
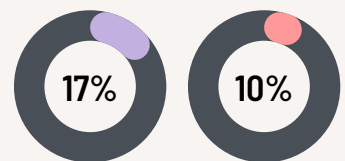
Purposefully hurt self without wanting to die in the past 12 months



Seriously considered attempting suicide in the past 12 months



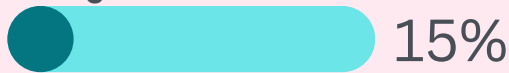
Attempted suicide in the past 12 months



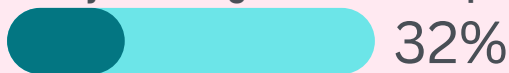
6 in 10 AI/AN students have a teacher or other adult at school who listens to them, which reduces the overall likelihood of experiencing adverse mental health issues, including stress, anxiety, depression, persistent sadness/hopelessness, non-suicidal self-injury, suicidal ideation, and suicide attempt.

COVID-19 Impact on Youth

Went hungry during the COVID-19 pandemic because there was not enough food at home.



A parent or other adult at home lost their job during the COVID-19 pandemic



During the COVID-19 pandemic, experienced poor mental health "most of the time" or "always". Poor mental health includes stress, anxiety, and depression.



"Strongly agree" or "agree" that school work was more difficult during the COVID-19 pandemic.

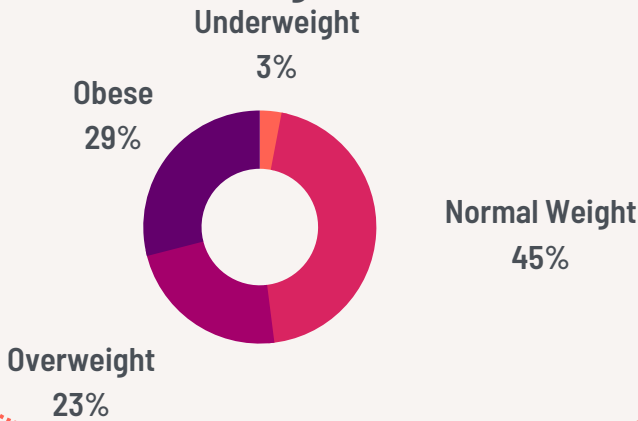


"During the pandemic, children, adolescents, and young adults have faced unprecedented challenges... They and their families may have lost access to mental health care, social services, income, food, or housing."

Vivek Murthy, M.D., M.B.A
U.S. Surgeon General

PHYSICAL HEALTH

52% of AI/AN students are considered overweight or obese.



44%

of AI/AN students were physically active for at least 60 minutes on five of the past seven days.



of AI/AN students had a concussion from playing sports or being physically active in the last 12 months.



of AI/AN students are involved in clubs, sports teams, church or temple, or other group activities outside of home and school. Being involved in community activities increases daily physical activity.

Works Cited:

- "School Connectedness Helps Students Thrive." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 28 Sept. 2022, https://www.cdc.gov/healthyyouth/protective/school_connectedness.htm.
- 2021 High School New Mexico Youth Risk and Resiliency Survey
- Fast Facts: Preventing Adverse Childhood Experiences | Violence Prevention | Injury Center | CDC." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 6 Apr. 2022, <https://www.cdc.gov/violenceprevention/aces/fastfact.html>.
- United States, Congress, Office of the Surgeon General. Protecting Youth Mental Health: The U.S. Surgeon General's Advisory.
- United States, Congress, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. Youth Risk Behavior Survey: Data Summary and Trends Report, 2011-2021, Centers for Disease Control and Prevention, 2023, pp. 1-9.