



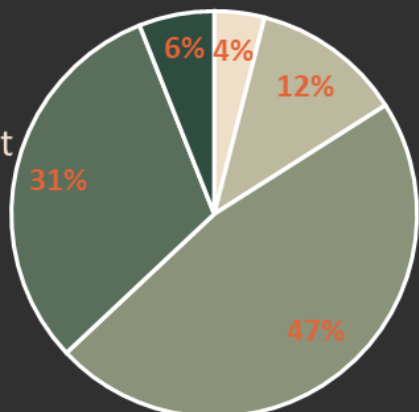
2021 MIDDLE SCHOOL NEW MEXICO (NM) YOUTH RISK & RESILIENCY

AMERICAN INDIAN/ALASKAN NATIVE (AI/AN) STUDENTS

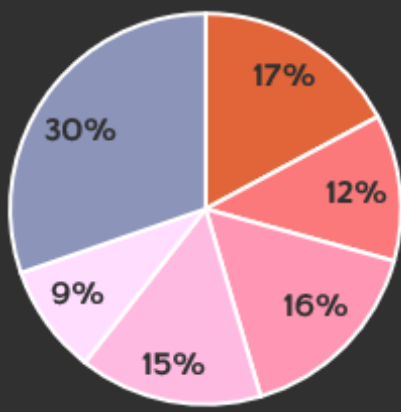
PHYSICAL HEALTH

Self Reported Body Weight

- Very underweight
- Slightly underweight
- About right weight
- Slightly overweight
- Very overweight



Hours Of Screen Time Per Day*



- <1hr
- 1hr
- 2hr
- 3hr
- 4hr
- 5+hr

*Excludes school-related screen time (i.e., not counting time spent doing school work)



WEIGHT CONTROL BEHAVIORS, BY SEX

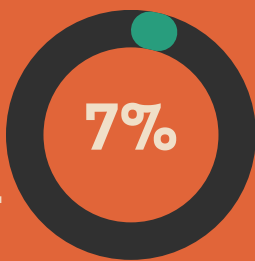


1 in 4 AI/AN males have fasted for weight control in their lifetime.

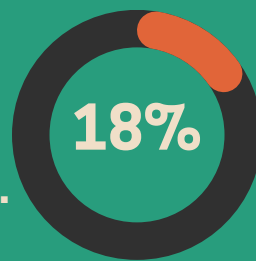


1 in 2 AI/AN females have fasted for weight control in their lifetime.

AI/AN males have vomited or taken laxatives in their lifetime.



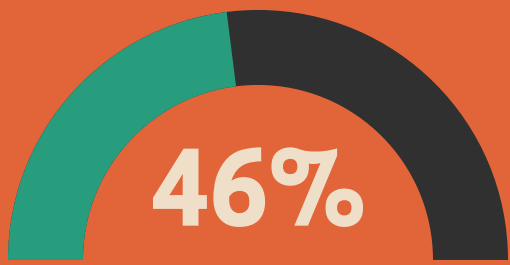
AI/AN females have vomited or taken laxatives in their lifetime.



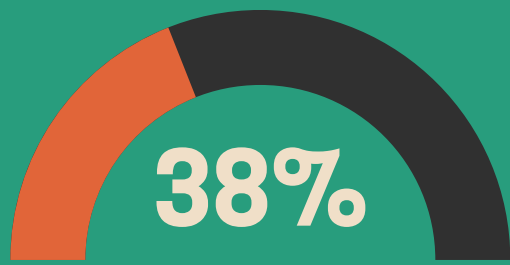
4% AI/AN males have taken diet pills, powders, or liquids without a doctor's advice for weight control in their lifetime.

9% AI/AN females have taken diet pills, powders, or liquids without a doctor's advice for weight control in their lifetime.

A higher proportion of AI/AN females engage in risky weight control behaviors.



AI/AN males were physically active for at least 60 minutes per day on 5 of the last 7 days.

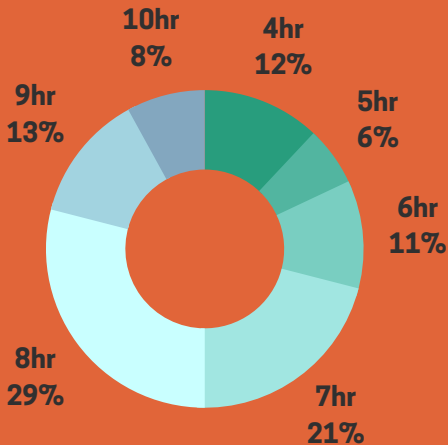


AI/AN females were physically active for at least 60 minutes per day on 5 of the last 7 days.

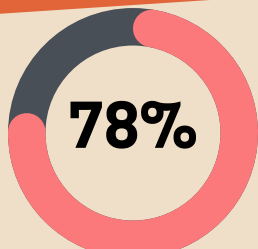
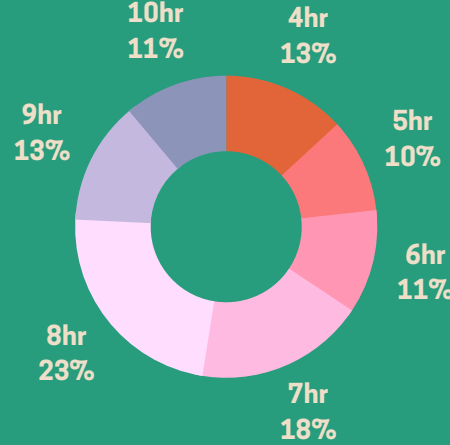
Average hours of sleep per night for AI/AN males

SLEEP, BY SEX

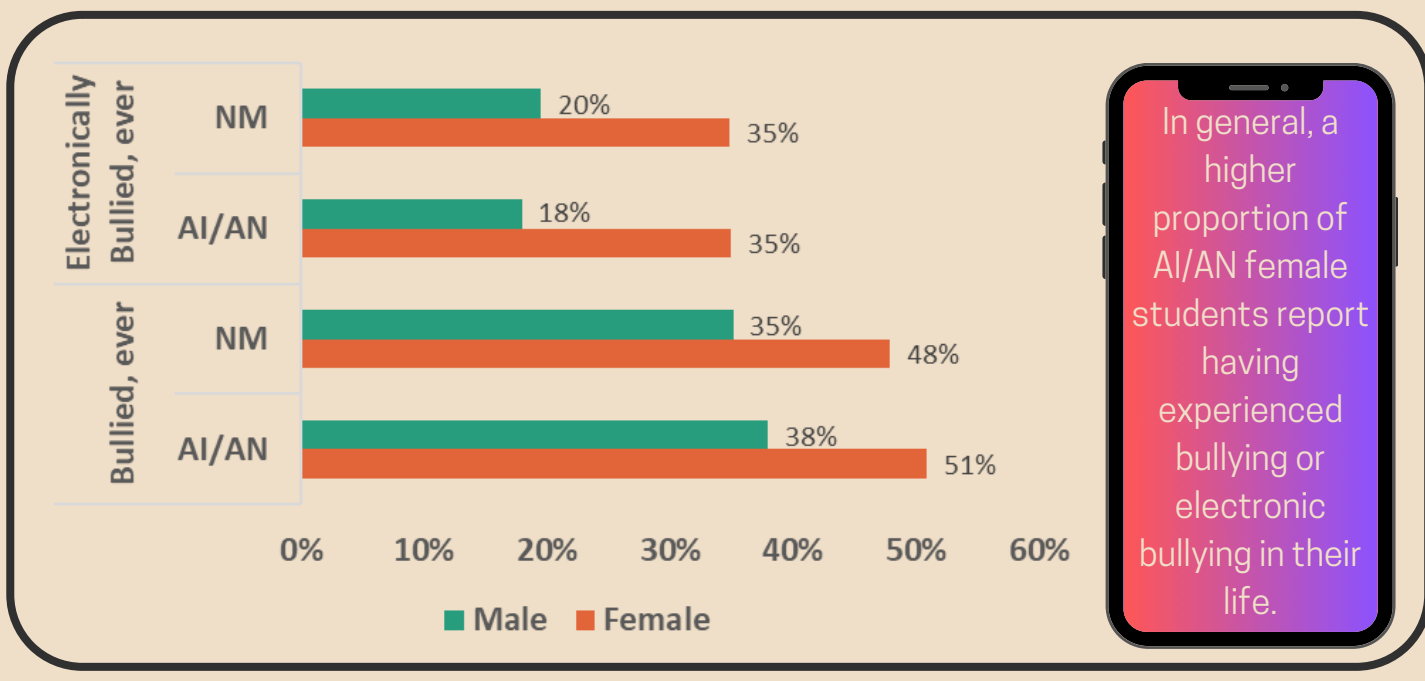
Average hours of sleep per night for AI/AN females



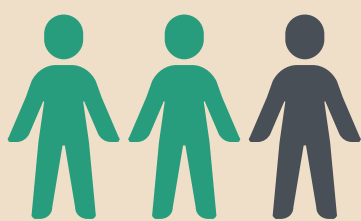
ON AVERAGE, AI/AN MIDDLE SCHOOL STUDENTS SLEEP **7 hours** PER NIGHT



78% of AI/AN students have an adult in their community who cares about them. Students with a caring community adult have lower odds of engaging in risky weight control behaviors, such as fasting, vomiting, or taking laxatives, diet pills, powders, or liquids.



In general, a higher proportion of AI/AN female students report having experienced bullying or electronic bullying in their life.



2 in 3 AI/AN students have a teacher or other adult at school who listens to them. Students with a supportive adult at school have **lower odds** of experiencing bullying on school property or electronically.

Mental Health

- 22%** of AI/AN students experienced poor mental health in the past 30 days. Poor mental health includes stress, anxiety, and depression.
- 30%** of AI/AN students have seriously considered attempting suicide in their lifetime.
- 20%** of AI/AN students have made a plan about how they would attempt suicide in their lifetime.
- 16%** of AI/AN students have attempted suicide in their lifetime.

Having a close friend **reduces the odds** of suicidal ideation and suicide attempt among AI/AN students.

SUBSTANCE USE

3% OF AI/AN STUDENTS HAVE SMOKED A CIGARETTE AT LEAST ONCE IN THE PAST 30 DAYS.

AMONG STUDENTS WHO CURRENTLY SMOKE CIGARETTES,
1 IN 2 FIRST TRIED SMOKING BEFORE AGE 11.



1 IN 8 AI/AN STUDENTS HAS USED AN ELECTRONIC VAPOR PRODUCT AT LEAST ONCE IN THE PAST 30 DAYS.

6% OF AI/AN STUDENTS HAVE CONSUMED ALCOHOL IN THE LAST 30 DAYS.

11% OF AI/AN STUDENTS HAVE USED MARIJUANA IN THE PAST 30 DAYS.

86% of AI/AN students have a parent or guardian who knows where they are and who they are with when not at home. These students have a **decreased odds** of current substance use.

"[Adolescence] is a unique stage in human development and an important time for laying the foundations of good health. Adolescents experience rapid physical, cognitive, and psychosocial growth. This may affect how they feel, think, make decisions, and interact with the world around them... **To grow and develop in good health, adolescents need information... and safe and supportive environments.**"
Adolescent Health, 2023, World Health Organization

References: "Adolescent Health." World Health Organization, World Health Organization, https://www.who.int/health-topics/adolescent-health#tab=tab_1.