

# AMERICAN INDIAN MIDDLE SCHOOL STUDENTS HEALTHY KIDS COLORADO SURVEY 2015

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 (Region 9) only.

participants from  
Southwest Colorado  
(Region 9)

BY GENDER

Male:

Female:

BY GRADE

Gender not reported:

6th:

7th:

8th:

Other:

STRENGTHS

AREAS OF  
CONCERN



# HEALTHY KIDS COLORADO SURVEY 2015

## TOBACCO USE

AI/AN

NON-AI/AN

Cigarette use\*\*

Overall  
Boys only  
Girls only

Electronic vapor product use\*

Would be very easy to get cigarettes

Parents feel it is very wrong for student to smoke cigarettes

Seen a lot of media about preventing tobacco, alcohol or other drug use

### AMONG STUDENTS THAT SMOKED CIGARETTES PAST 30 DAYS

Average age when smoked first cigarette

Smoked cigarettes every day\*\*

Believes there is great risk of harm if smoke a pack or more per day

## WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

AI/AN

NON-AI/AN

Overweight (self-report)

Met recommended physical activity guidelines

Watched TV for 2 hours or more on school days

Non-school computer use for 2 hours or more on school days

Average number of days with physical education per week

Drinks non-diet soda at least daily

Ate breakfast every day past week

Played on at least one sports team in school/community\*\*\*

## ALCOHOL USE

AI/AN

NON-AI/AN

Alcohol use\*\*

Overall  
Boys only  
Girls only

Binge drinking (5 or more drinks in a few hours)\*\*

Think youth drinking is very wrong

Rode in car driven by someone who had been drinking alcohol\*

Would be very easy to get alcohol

Average age when had first drink

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



# HKCS 2015 - MIDDLE SCHOOL

## SCHOOL EXPERIENCES

AI/AN

NON-AI/AN

- Taught about HIV/AIDS at school\*
- Participates in extracurricular activities at school
- Thinks it is very important to attend college
- Obtains mostly A's and B's

## MENTAL HEALTH CONCERNS

AI/AN

NON-AI/AN

Persistent sadness and hopelessness for at least 2 weeks\*\*\*

- Overall
- Boys only
- Girls only

Seriously considered suicide\*

- Overall
- Boys only
- Girls only

Made a suicide plan\*

- Overall
- Boys only
- Girls only

Attempted suicide\*

- Overall
- Boys only
- Girls only

## DRUG USE

AI/AN

NON-AI/AN

Marijuana use\*\*

- Overall
- Boys only
- Girls only

Very easy to get marijuana

Very wrong for students to use marijuana

Inhalant use\*

Prescription drug use without a doctor's prescription\*

Talked with parents about dangers of alcohol, tobacco and drug use

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



# HEALTHY KIDS COLORADO SURVEY 2015

## PERSONAL SAFETY AND SCHOOL ENVIRONMENT

AI/AN

NON-AI/AN

Carried a weapon (gun, knife, club)\*

Been in a physical fight\*

Bullied on school property\*

Electronically bullied\*

Always wear seatbelt

### KEY FINDINGS



## Albuquerque Area Southwest Tribal Epidemiology Center

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). The University of Colorado Denver - Anschutz Medical Campus implemented the survey in 2015.

For more information on the HKCS and to access other HKCS reports and fact sheets visit [www.healthykidscolo.org](http://www.healthykidscolo.org) or [www.aastec.net](http://www.aastec.net)