

# NUTRITION

## among American Indian Youth in New Mexico 2015

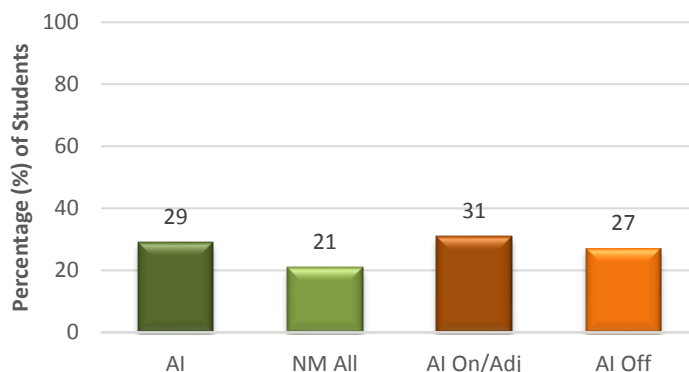


This fact sheet presents data on nutrition from the 2015 New Mexico Youth Risk and Resiliency Survey (YRRS) and the 2015 New Mexico Department of Health BMI surveillance system. American Indian (AI) students were compared to all New Mexico (NM) students. AI students attending schools on or adjacent (On/Adj) to tribal communities were also compared to AI students attending schools off (Off) tribal land.

## DAILY NUTRITION RECOMMENDATIONS

### American Indian High School Students that Ate the Daily Recommended Serving of Fruits and Vegetables

**Only 29%** of American Indian students met the daily recommendation of fruits and vegetables (five or more fruits and vegetables daily). This rate was higher than the statewide rate, however, all rates were low. No significant differences were detected between American Indian students attending schools on or off tribal lands.



Source: 2015 NM YRRS

### Daily Requirements\*

Grains	Fruits and Vegetables	Dairy	Protein
7 Ounces (eat 3-4 servings per day)	2 Cups Fruit/3 Cups Vegetable (eat 2 fruits and 3 vegetables)	3 Cups (eat 3 servings per day)	6 Ounces (eat 3 servings per day)
Serving Size	Serving Size	Serving Size	Serving Size
Pasta (fist sized)	1 Fruit (fist sized)	1 Cup of Milk (fist sized)	Meat (deck of cards sized)
Rice (fist sized)	100% Fruit Juice (1 cup)	1 Yogurt (fist sized)	1 egg
Cereal (fist sized)	Vegetables (fist sized)	Cubed Cheese (4 playing dice)	Beans (egg sized)
Sliced Bread (hand sized)	Green Salad (2 fists)	Cottage Cheese (fist sized)	Tofu (egg sized)

\*USDA recommended portions for youth 9-18 years old with 60 minutes of exercise and a 2200 calorie per day diet

\*The USDA recommends limiting **added sugars** to less than 7 teaspoons.

# NUTRITION

## among American Indian Youth in New Mexico 2015

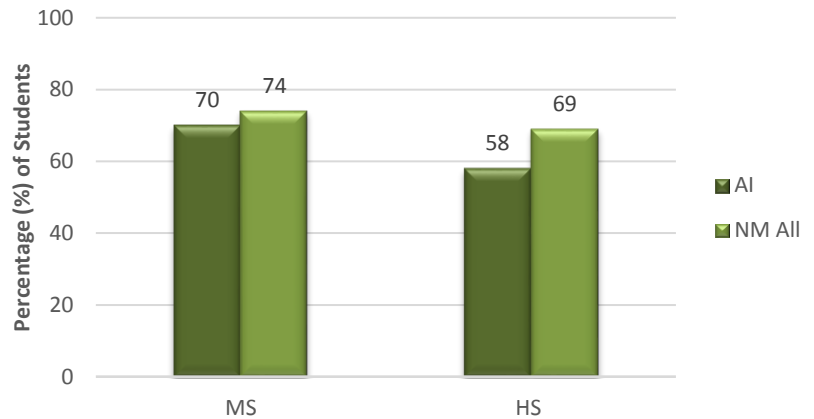


## Weight Status

### Percentage of Healthy Weight High & Middle School Students

The percentage of healthy weight American Indian students was 70% for MS students and 58% for HS students. Overall, significantly fewer AI high school students were at a healthy weight than all NM students.

Source: 2015 NM YRRS



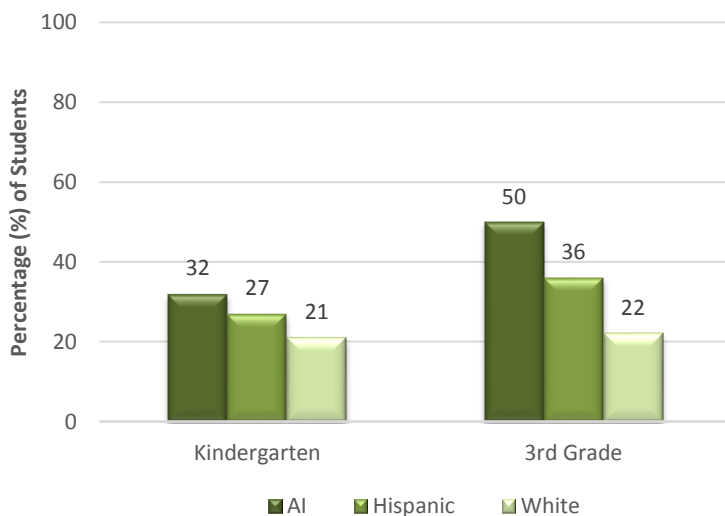
### DIABETES IS NOT A DESTINY:

According to the American Diabetes Association, being overweight or obese at younger ages increases a person's lifetime risk of diabetes, however, **physical activity and proper nutrition can lower that risk.**

### Overweight/Obese Prevalence among New Mexico Kindergarten and Third Grade Students

The prevalence of overweight/obesity was **significantly higher among American Indian students** compared to Hispanic and white students in both third grade and kindergarten. 1 in 2 (50%) third grade American Indian students were overweight or obese, and almost 1 in 3 (32%) American Indian kindergarten students were overweight or obese.

Source: 2015 New Mexico Department of Health Body Mass Index (BMI) surveillance system.



# NUTRITION

## among American Indian Youth in New Mexico 2015



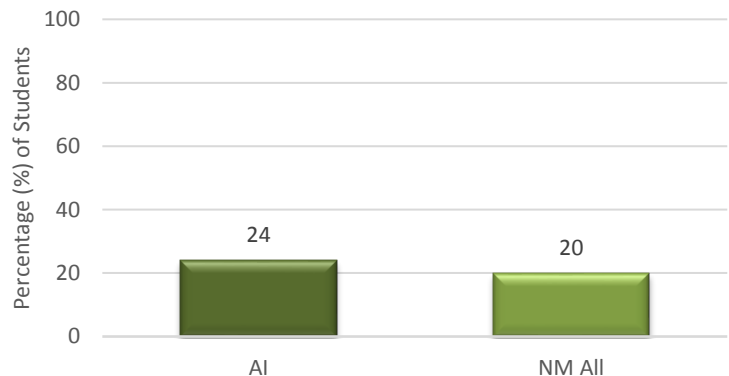
## SUGAR SWEETENED BEVERAGES

According to the CDC, drinking sugar sweetened drinks every day is associated with obesity, cardiovascular disease, and diabetes.

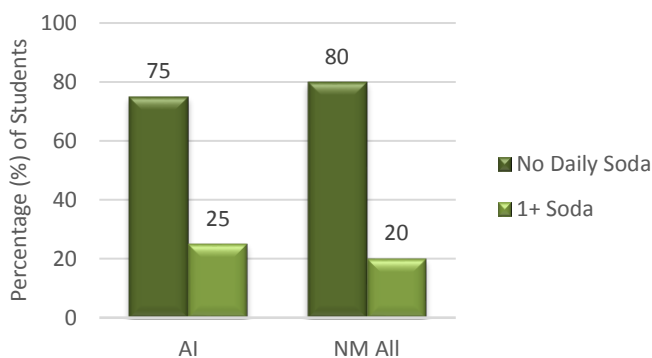
### Percentage of High School Students that Drink Soda Daily

Almost 1 in 4 American Indian high school students drank at least one soda per day (24%), which is slightly higher than the statewide rate.

Source: 2015 NM YRRS



One **12 oz** can of soda has more than the USDA total recommendation for daily added sugars.



### Percentage of Healthy Weight High School Students by Daily Soda Consumption

Overall, significantly more American Indian high school students were at a healthy weight if they did not consume soda daily (75%), compared to those who did drink one or more soda per day (25%). This association was observed among both American Indian students and all NM students.

Source: 2015 NM YRRS

According to the USDA, teens should consume **8 cups of water each day** from non-sugared drinks or foods.

Water needs increase with increased physical activity; **choose water over sports drinks** with added sugar.

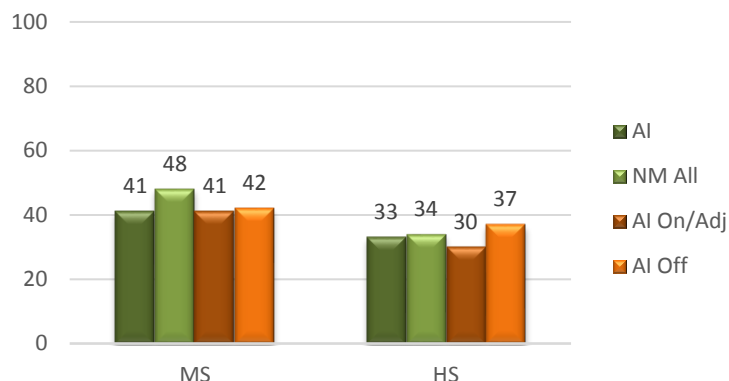
# NUTRITION

## among American Indian Youth in New Mexico 2015



### Middle and High School Students that Ate Breakfast Every Day

Overall, fewer than 50% of students ate breakfast daily in 2015. Only 1 in 3 American Indian high school students (33%) ate breakfast daily middle school (HS), which was lower than the rate among American Indian middle school students (41%). There was no significant difference in breakfast consumption among American Indian students living on or off tribal lands.



Source: 2015 NM YRRS

According to the CDC, youth who eat a **healthy breakfast** have improved cognitive function, less absenteeism, and improved mood. Eating breakfast is also a common trait among people who have had successful weight loss.

### Recommendations and Resources for Healthy Nutrition

- **Minimize added sugars** and sugar drinks in daily diet.
- Advocate for and provide **healthy food choices in schools**.
- Contact **tribal youth and wellness centers** to learn about available activities and nutritional education.
- Use **Choose My Plate** and **My Native Plate** to create well-balanced meals. (<http://www.choosemyplate.gov/>)
- Learn what programs are available in your area:
  - **MoGro** – Provides access to affordable healthy food in some tribal communities (<http://www.mogro.net/mogro-in-the-pueblos.html>)
  - **Special Diabetes Program for Indians (SDPI)** – provides diabetes prevention for high risk individuals (<https://www.ihs.gov/diabetes/>)
  - **Let's Move in Indian Country** – to improve the health of American Indian children that are affected by obesity (<http://www.nativefoodsyste.ms.org/consumers/families/movingmore/>)
  - **The Notah Begay III Foundation** – research and advocacy to reduce childhood obesity and diabetes (<http://www.nb3foundation.org/>)
  - For more fact sheets and aggregate reports containing American Indian specific data visit the **Albuquerque Area Southwest Tribal Epidemiology Center** website (<http://www.aastec.net/>).