

HEALTHY CHOICES HEALTHY STUDENTS



Suicide Issues Among NATIVE AMERICAN YOUTH IN NEW MEXICO 2009 Youth Risk & Resiliency Survey

Overview

Grades 6th -12th

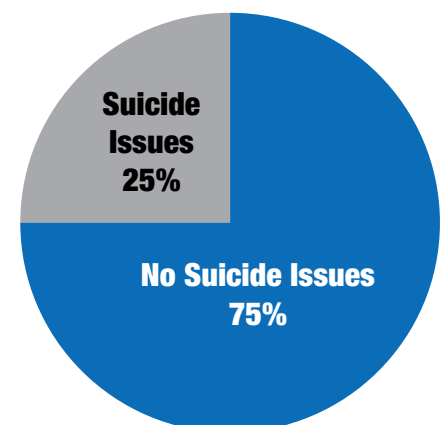
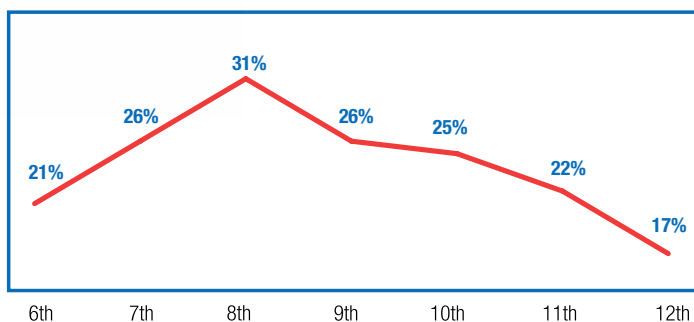
In the United States, suicide is a major issue among youth and Native American youth have the highest rate of suicide-related deaths. Results from the 2009 NM Youth Risk and Resiliency Survey (YRRS) indicate the following for Native Americans:

Students who have suicide issues were more likely to have been bullied at school, not have enough food to eat, use laxatives or vomit to lose weight, and have tried marijuana and/or inhalants.

Students who did NOT have suicide issues were more likely have a parent who listens, talks to their student about their problems, and know where they are and with whom.

Too many Native American youth have suicide issues, but there are protective factors that we should be aware of.

Percentage of Students Who Have Suicide Issues¹, by Grade



**1 out of 4 Students have
Suicide Issues¹**

HIGH SCHOOL

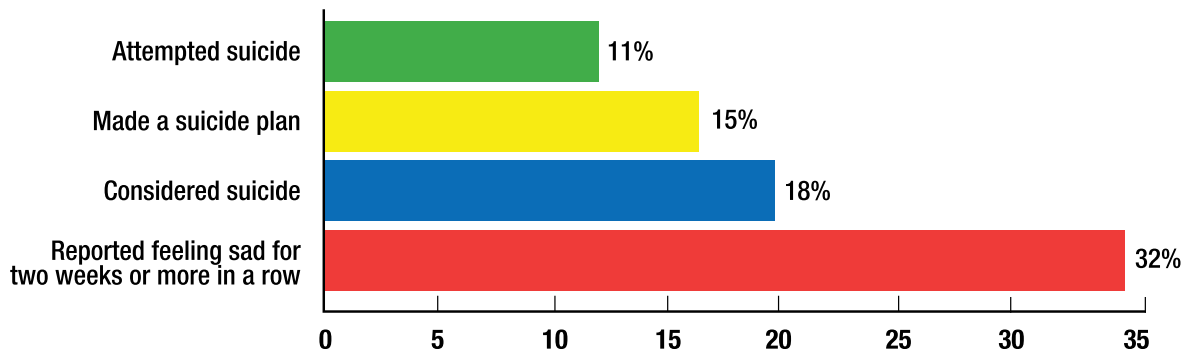
Warning Factors of Suicide Issues*

- Sad for two or more weeks in a row
- Currently uses inhalants
- Often there is not enough food for student's family to eat
- Bullied at school in the past year
- Was forced to have sex
- Uses laxatives or vomits to lose weight
- Tried marijuana before age 13
- Recently skipped or ditched school

Protective Factors of Suicide Issues*

- Parents talk to their student about student's problems
- Parents listen to their student
- Parents believe their student will be a success
- Parents know where their student is and with whom
- Student is active for at least 60 minutes on 5 or more days a week

Percentage of High School Students Who Had Suicide Issues In the Past Year

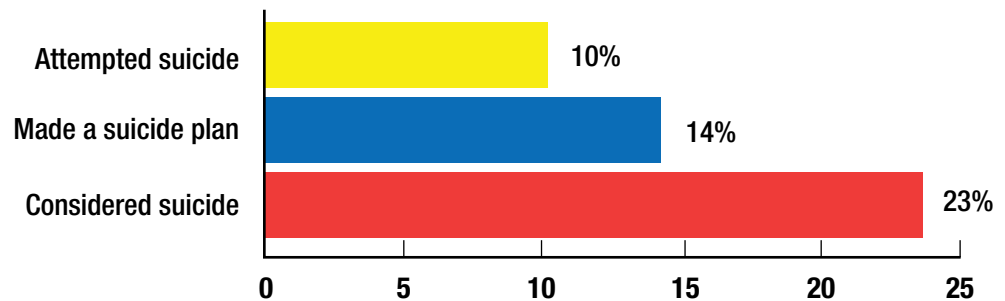


*All warning or protective factors were statistically significant and are listed in order from strongest to weakest influence for suicide issues.

MID SCHOOL



**Percentage of Middle School Students
Who Ever Had Suicide Issues**



Warning Factors of Suicide Issues*

- Has tried illegal injectable drugs
- Has tried inhalants
- Uses laxatives or vomits to lose weight
- Often there is not enough food for student's family to eat
- Bullied at school in the past year
- Has tried marijuana
- On school days has three or more hours of screen time (TV, computer, or video games) not related to school

Protective Factors of Suicide Issues*

- Parents listen to their student
- Parents know where their student is and with whom
- Receive mostly A's & B's
- Parents talk to their student about student's problems

DEMOGRAPHICS

In the New Mexico 2009 Youth Risk & Resiliency Survey, 8,236 Native American students in grades 6-12 answered the questions about suicide issues.

High School Students

Female = 1,936
Male = 2,010
Gender not reported = 14
Total 3,960

Middle School Students

Female = 2,095
Male = 2,171
Gender not reported = 10
Total 4,276

DEFINITION

¹Students with “suicide issues” are those who seriously considered suicide, created a suicide plan and/or attempted suicide. Grades 9-12 were asked about thinking, planning or attempting suicide in the past year and grades 6-8 were asked about ever thinking, planning or attempting suicide.



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