

# NUTRITION & WEIGHT

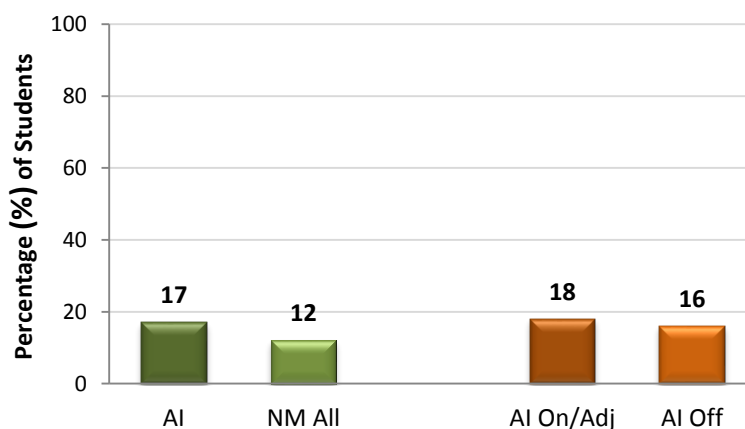
## among American Indian Youth in NEW MEXICO 2013



This fact sheet presents nutrition data from the 2013 New Mexico Youth Risk and Resiliency Survey (YRRS) and the 2014 New Mexico Department of Health Body Mass Index (BMI) surveillance system. American Indian (AI) students were compared to all New Mexico (NM) students. In addition, AI students attending schools on or adjacent (On/Adj) to tribal communities were compared to AI students attending schools off (Off) tribal land.

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

Significantly more AI high school students ate the daily recommendation of fruits and vegetables (2 cups of fruit and 3 cups of vegetables) than all NM students. However, **ONLY 17%** of AI students met the recommendation. No significant differences were detected between AI students attending schools on or off tribal lands.



Source: 2013 NM YRRS

### Daily Nutrition Recommendations\*

#### Grains

3-4 servings per day

#### Fruits and Vegetables

2 fruits & 3 vegetables per day

#### Dairy

3 servings per day

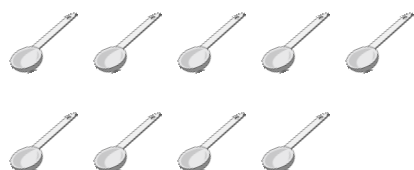
#### Protein

3 servings per day

#### APPROXIMATE SERVING SIZES

Pasta (fist sized)	1 Apple or Orange (fist sized)	1 Cup of Milk (fist sized)	Meat (deck of cards sized)
Rice (fist sized)	Berries (1 cup)	1 Yogurt (fist sized)	1 egg
Cereal (fist sized)	Vegetables (fist sized)	Cubed Cheese (4 playing dice)	Beans (egg sized)
Wheat Bread (1 slice)	Green Salad (2 fists)	Cottage Cheese (fist sized)	Tofu (egg sized)

\*USDA recommended portions for youth ages 9-18, with a 2200 calorie per day diet, and 60 minutes of physical activity each day.



The USDA also recommends **limiting added sugars** (sugars not naturally found in fruits & vegetables) to **less than 9 teaspoons** daily.

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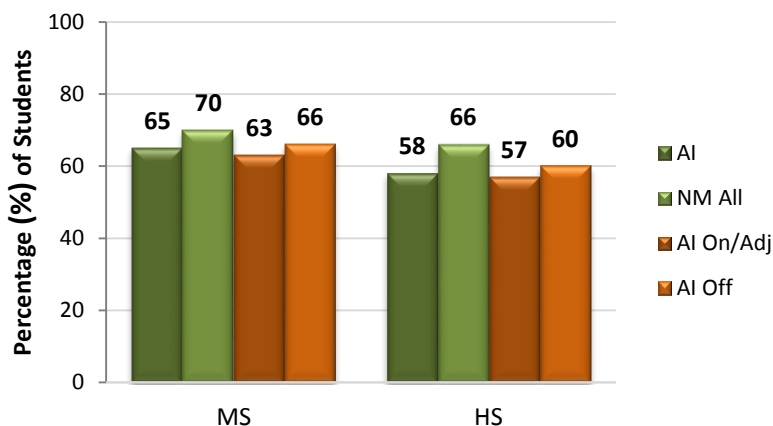
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### Percentage of Healthy Weight High School & Middle School Students

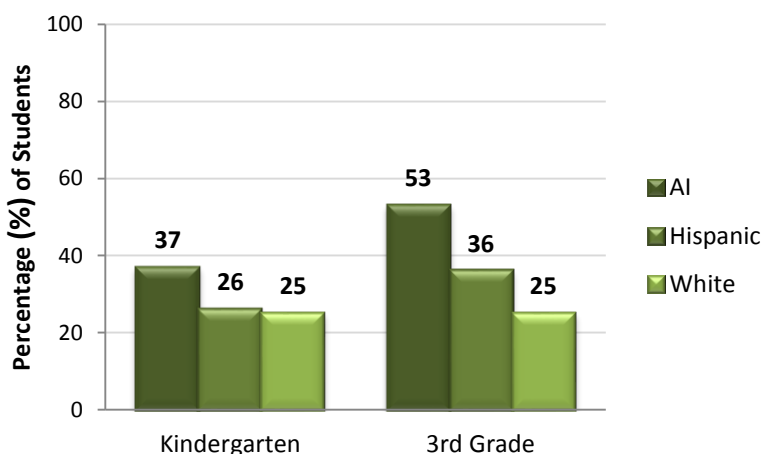
The percentage of healthy weight AI students was 65% for MS students and 58% for HS students and did not vary much by location of residence. Overall, significantly fewer AI students were at a healthy weight than all NM students.

Source: 2013 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 New Mexico Kindergarten and Third Grade Students

More than 1/2 of 3<sup>rd</sup> grade AI students were overweight or obese (53%), and more than 1/3 of AI kindergarten students were overweight or obese (37%). The overall prevalence of overweight/obesity in these age groups was significantly higher in AI students than other racial/ethnic groups.

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

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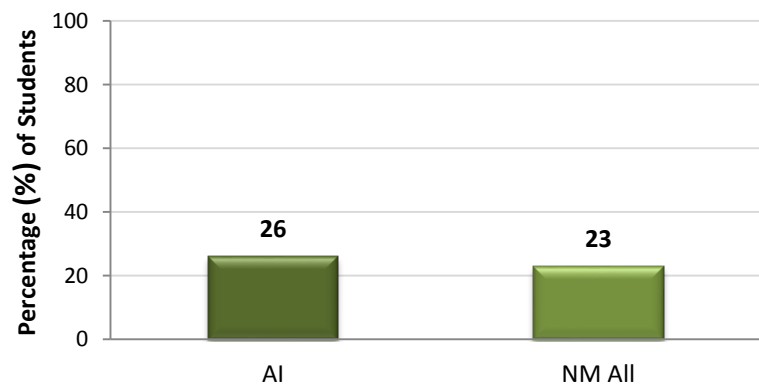
## SUGAR SWEETENED BEVERAGES

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

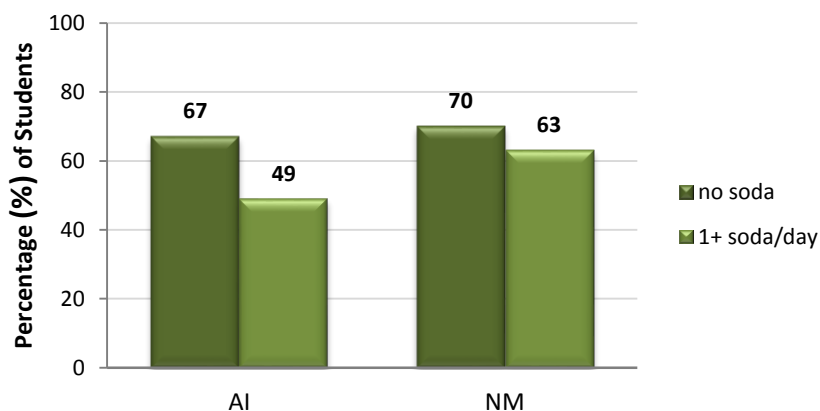
### Percentage of American Indian High School Students that Drink Soda Daily

Approximately **1 in 4** AI high school students drank at least one soda per day (26%). Slightly more AI students drank soda every day compared to all NM students in 2013.

Source: 2013 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 Soda Consumption

Significantly more AI students were at a healthy weight if they did not drink soda every day (67%) compared to those that did drink soda everyday (49%).

Source: 2013 NM YRRS

American Indian high school students were **1.6 times more likely to be overweight/obese** if they **drank soda every day** compared to students that did not drink soda every day.

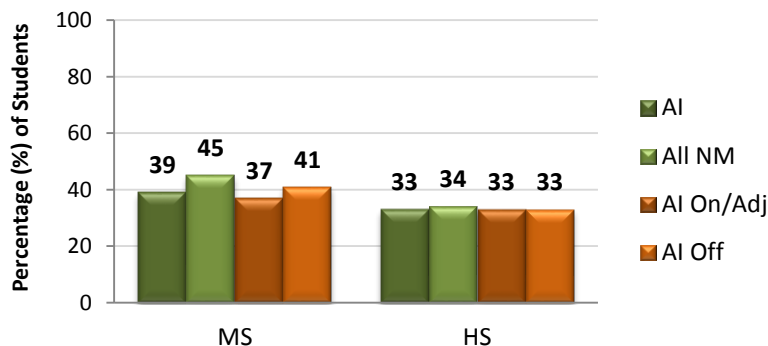
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## Middle and High School Students that Ate Breakfast Every Day

Overall, fewer than 40% of AI students ate breakfast every day. About **1 in 3** AI high school (HS) students and **2 in 5** AI middle school (MS) students ate breakfast every day. This did not vary significantly by place of residence.



Source: 2013 NM YRRS

According to the Centers for Disease Control and Prevention, youth who eat a healthy breakfast every day have **improved cognitive function, less absenteeism, and improved mood.**

## Recommendations & Resources for Healthy Nutrition

**ADVOCATE** for and provide **healthy and traditional food choices in schools.**

**MINIMIZE** added sugars and sugar drinks in daily diet.

**CHOOSE** water over sports drinks. Water needs increase with increased physical activity.

**USE Choose My Plate** to create well-balanced meals. [www.choosemyplate.gov](http://www.choosemyplate.gov)

**LEARN** about programs available in your area:

- **MoGro** – Provides access to affordable healthy food in some tribal communities [www.mogro.net](http://www.mogro.net)
- **Special Diabetes Program for Indians (SDPI)** – provides diabetes prevention for high risk individuals (<http://www.ihs.gov/MedicalPrograms/Diabetes/?module=programsSDPI>)
- **Let's Move! In Indian Country** [lmic.ihs.gov](http://lmic.ihs.gov)
- **The Notah Begay III Foundation** [www.nb3foundation.org](http://www.nb3foundation.org)
- **Albuquerque Area Southwest Tribal Epidemiology Center** for more American Indian youth data, fact sheets and reports, visit the AASTEC website at [www.aastec.net](http://www.aastec.net)