

PHYSICAL ACTIVITY

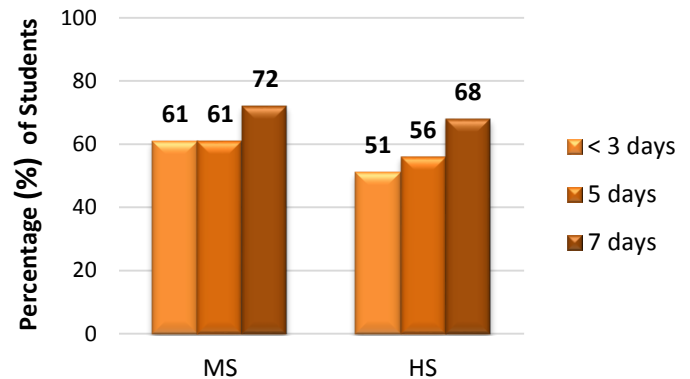
among American Indian Youth in NEW MEXICO 2013



This fact sheet presents physical activity data from the 2013 New Mexico Youth Risk and Resiliency Survey (YRRS). American Indian (AI) students were compared to all New Mexico (NM) students. Additionally, AI students attending schools on or adjacent (On/Adj) to tribal communities were compared to AI students attending schools off (Off) tribal land.

Percentage of Healthy Weight Middle and High School American Indian Students by Days of Physical Activity

AI students were more likely to be at a healthy weight if they exercised more often. The percentage of healthy weight AI students ranged from 51% for high school students who were active fewer than 3 days a week to 72% of middle school (MS) students that exercised on all 7 days per week.



On average, students are **1 ½ – 2 times more likely to be at a healthy weight** if they are active for **60 minutes every day** compared to students who are active less than 3 days a week.

Calories Burned in 60 Minutes of Exercise*

The Centers for Disease Control and Prevention (CDC) recommends that youth ages 6-17 exercise for **60 minutes per day, 7 days a week**. Active minutes do not have to be continuous for 1 hour, i.e., it is equally beneficial to exercise for 20 minutes in the morning and 40 minutes in the evening.

Basketball (non-game)	326	Jumping Rope (slow)	435	Stair Climbing	435
Cycling (5.5 mph)	217	Kickball	381	Swimming (casual)	381
Football (non-game)	435	Rock Climbing	435	Tennis	435
Golf (carry own clubs)	244	Running (5 mph)	435	Volleyball (casual)	163
Hiking	326	Soccer (non-game)	381	Weight Training	163

*Calories based on a 120 lb student

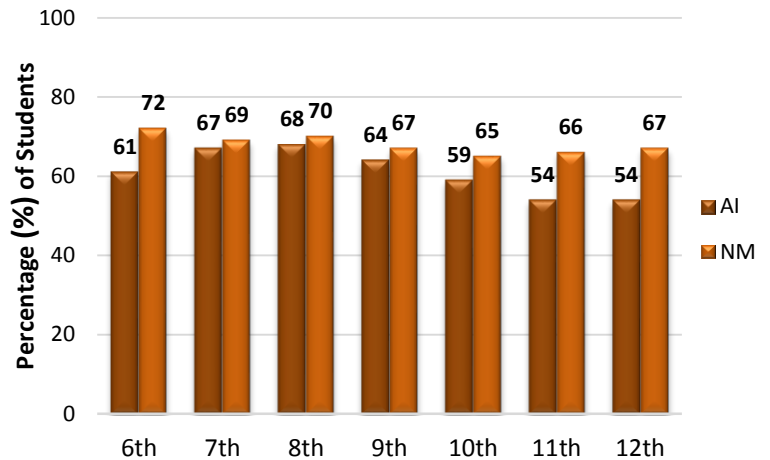
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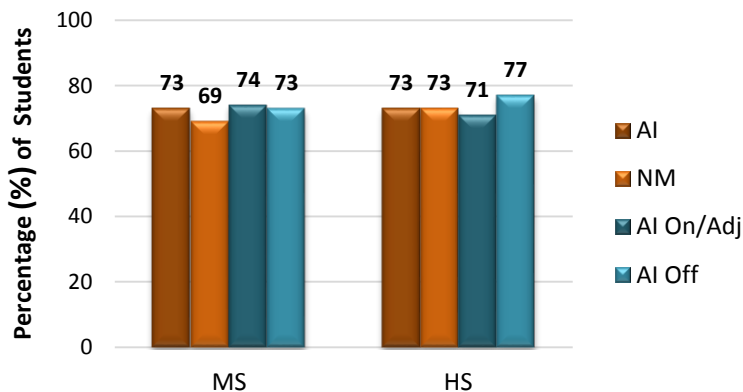


Percentage of Healthy Weight Middle and High School Students

The percentage of healthy weight AI students ranged from 61% in 6th grade to 54% in 12th grade. Overall, fewer AI students were at a healthy weight than all NM students and the percentage of AI students at a healthy weight decreased as grade level increased. To determine weight status, middle school students reported a self-described weight and a BMI was calculated for high school students based on self-reported height and weight.



Students that are **obese in high school** have a **95% likelihood of being overweight at age 35** and a **70% likelihood of being obese at age 35****



Middle and High School Students who Watched Less than 3 Hours of TV on School Days

Approximately 3/4 of AI students watched **less than 3 hours** of TV on school days. The Healthy People 2020 goal is 86.6% for all U.S. high school students. No significant differences in TV viewing were observed by race/ethnicity, or by place of residence, i.e., on or off tribal lands.

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

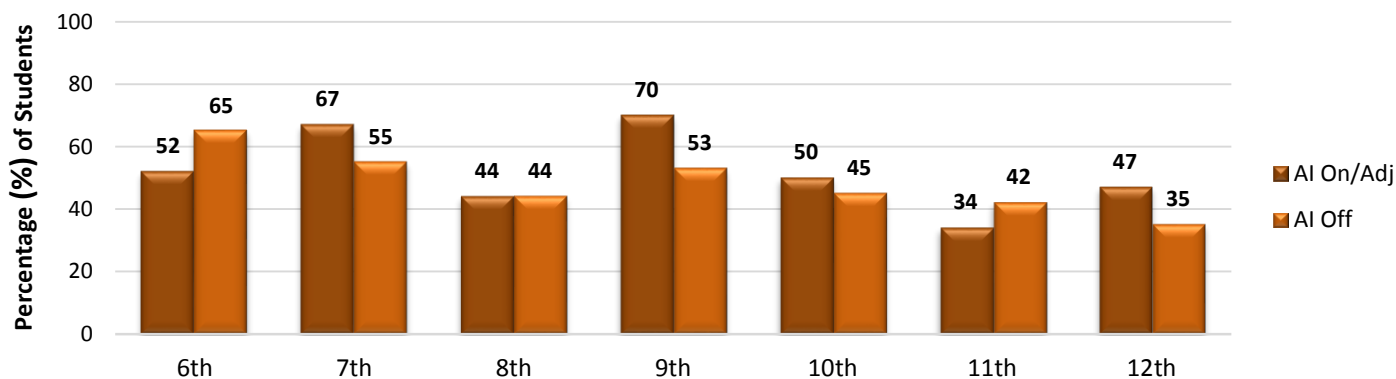
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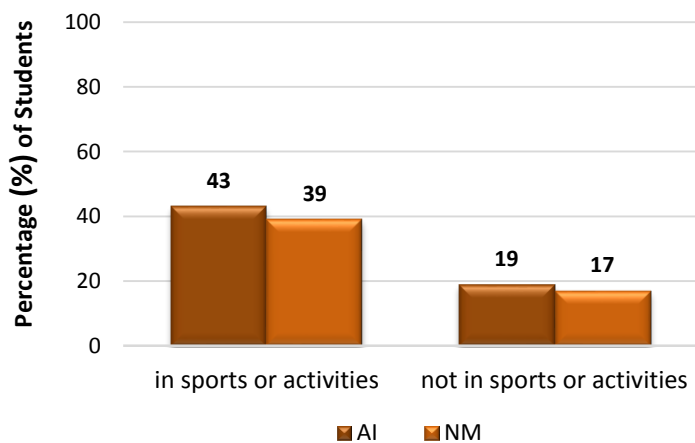


American Indian Students that had Some Physical Education (PE) in School

The percentage of AI students who received at least one day of PE in school fluctuated by grade and school location (on or off tribal lands). Less than half of the AI students in grades 8, 11, and 12 received *at least some* PE in school.



On average, American Indian students receive **only 2 days of physical education** per week



High School Students that had 7 Days of Physical Activity per Week by Sports Participation at School

Significantly more AI high school students were active 7 days a week (43%) if they participated in sports or activities at school compared to AI high school students who were not involved in sports or activities at school (19%).

American Indian high school students who **participated in sports** were **3 times more likely** to get **7 days of physical activity** compared to those students who do not participate .

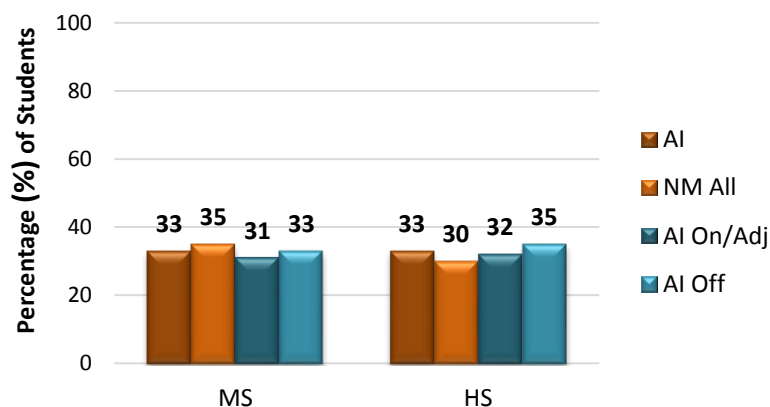
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Students who Participated in 60 Minutes of Physical Activity 7 Days a Week

Only **1 out of 3** AI middle school and high school students participated in 60 minutes of physical activity 7 days a week. No significant differences were observed by place of residence, i.e., on or off tribal lands, or by race/ethnicity.



Recommendations and Resources

- **ADVOCATE** for physical education in school for youth in all grade levels.
- **USE** the Physical Activity Kit (PAK) designed for American Indians of all ages www.ihs.gov/hpdp/
- **LEARN** about programs are available in your community:
 - **IHS Comprehensive School Health Education Program** – Incorporates school environment, education, worksite promotion, community partnerships, physical education, nutrition, mental health, and other health services. www.ihs.gov/healthed/schoolhealthed/
 - **Let's Move! In Indian Country** lmic.ihs.gov
 - **The Notah Begay III Foundation** 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

Sources:

The NM YRRS is a joint project of the New Mexico Department of Health (NMDOH), the University of New Mexico Prevention Research Center (UNM PRC), the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC), the Division of Adolescent and School Health, and Centers for Disease Control and Prevention (CDC-DASH). For more information on the NM YRRS visit www.Youthrisk.org.

*Guo SS, Wu W, Chumlea WC, Roche AF. Predicting overweight and obesity in adulthood from body mass index values in childhood and adolescence. *Am J Clin Nutr.* 2002; 76(3):653–8. PMID: 12198014.