Southern Colorado Tribal Area

AMERICAN INDIAN MIDDLE SCHOOL STUDENTS
HEALTHY KIDS COLORADO SURVEY 2017

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.

219

participants from Southwest Colorado (Region 9)

BY GENDER

Male: **116**

Female: **100**

BY GRADE

Gender not reported: 3

6th: **73**

7th: **71**

8th: **73**

Other: 2

STRENGTHS

90%

think it is very important to attend college

75%

know an adult to go to for help when having problems 96%

do NOT currently smoke cigarettes

AREAS OF CONCERN

48%

ever bullied on school property

40%

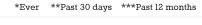
of girls ever seriously considered suicide 53%

ever been in a physical fight



HEALTHY KIDS COLORADO SURVEY 2017

| TOBACCO USE | AI/AN | NON-AI/AN |
|---|-------|-----------|
| Cigarette use** | | |
| Overall | 4.4% | 2.3% |
| Boys only | 3.9% | 2.8% |
| Girls only | 5.0% | 1.8% |
| Would be very easy to get cigarettes | 13.7% | 10.0% |
| Parents feel it is very wrong for student to smoke cigarettes | 93.3% | 98.1% |
| Electronic vapor product use* | 27.1% | 16.5% |
| AMONG STUDENTS THAT SMOKED CIGARETTES PAST 30 DAYS | | |
| Average age when smoked first cigarette | 13 | 13 |
| Smoked cigarettes every day** | 0.0% | 0.0% |
| Believes there is great risk of harm if smokes a pack or more per day | 68.5% | 63.7% |
| Also used an electronic vapor product** | 94.4% | 89.6% |
| Alcohol use** | 65.0% | 82.0% |
| WEIGHT, NUTRITION AND PHYSICAL ACTIVITY | AI/AN | NON-AI/AN |
| Overweight (self-report) | 31.6% | 20.7% |
| Met recommended physical activity guidelines | 33.2% | 47.8% |
| Watched TV for 2 hours or more on school days | 38.0% | 30.7% |
| Non-school computer use for 2 hours or more on school days | 39.4% | 31.1% |
| Average number of days with physical education per week | <1 | <1 |
| Drinks non-diet soda at least daily | 26.4% | 15.6% |
| Ate breakfast every day past week | 34.3% | 46.3% |
| Played on at least one sports team in school/community*** | 56.8% | 65.2% |
| ALCOHOL USE | AI/AN | NON-AI/AN |
| Alcohol use** | | |
| Overall | 8.2% | 8.0% |
| Boys only | 5.7% | 7.3% |
| Girls only | 11.6% | 8.9% |
| Average age when had first drink | 13 | 13 |
| Think youth drinking is very wrong | 59.1% | 64.7% |
| Rode in car driven by someone who had been drinking alcohol* | 21.1% | 17.6% |
| Rode in car driven by someone who had been drinking alcohol- | | |





HKCS 2017 - MIDDLE SCHOOL

| HOME & SCHOOL EXPERIENCES | AI/AN | NON-AI/AN |
|---|-------|-----------|
| Participates in extracurricular activities at school | 55.6% | 70.0% |
| Thinks it is very important to attend college | 90.3% | 93.7% |
| Obtains mostly A's and B's | 58.7% | 79.2% |
| Know an adult to talk or go to for help if having a serious problem | 75.0% | 81.3% |
| MENTAL HEALTH CONCERNS | AI/AN | NON-AI/AN |
| Seriously considered suicide* | | |
| Overall | 26.7% | 21.6% |
| Boys only | 15.3% | 15.3% |
| Girls only | 40.0% | 28.2% |
| Made a suicide plan* | | |
| Overall | 20.0% | 13.5% |
| Boys only | 12.3% | 6.3% |
| Girls only | 28.5% | 21.2% |
| Attempted suicide* | | |
| Overall | 16.4% | 7.1% |
| Boys only | 8.5% | 4.9% |
| Girls only | 25.5% | 9.6% |
| Persistent sadness and hopelessness for at least 2 weeks*** | | |
| Overall | 34.5% | 25.8% |
| Boys only | 27.1% | 18.0% |
| Girls only | 42.8% | 33.8% |
| | | |
| DRUG USE | AI/AN | NON-AI/AN |
| Marijuana use** | | |
| Overall | 19.8% | 6.5% |
| Boys only | 16.6% | 5.8% |
| Girls only | 23.2% | 7.3% |
| Very easy to get marijuana | 18.1% | 9.6% |
| Very wrong for students to use marijuana | 50.6% | 69.3% |
| Inhalant use* | 4.5% | 4.2% |
| Prescription drug use without a doctor's prescription* | 6.3% | 3.1% |
| Average age when first used marijuana | 11 | 12 |



HEALTHY KIDS COLORADO SURVEY 2017

| PERSONAL SAFETY AND SCHOOL ENVRIONMENT | AI/AN | NON-AI/AN |
|--|-------|-----------|
| Carried a weapon (gun, knife, club)* | 5.8% | 6.2% |
| Been in a physical fight* | 52.9% | 40.9% |
| Bullied on school property* | 47.8% | 53.0% |
| Electronically bullied* | 23.8% | 24.0% |
| Always wears seatbelt | 47.2% | 67.3% |

KEY FINDINGS

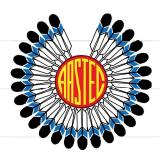
27%

use electronic vapor products

35%

Felt persistent feelings of sadness or hopelessness for 2 or more weeks 1 in 3

Met recommended physical activity guidelines



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 2017.

For more information on the HKCS and to access other HKCS reports and fact sheets visit www.healthykidscolo.org or www.aastec.net