

# Southern Colorado Tribal Area

## AMERICAN INDIAN HIGH 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.

**199**  
participants from  
Southwest Colorado  
(Region 9)

### BY GENDER

Male: **111**

Female: **84**

### BY GRADE

Gender not reported: **4**

9th: **64**

10th: **50**

11th: **43**

12th: **38**

Other: **4**

### STRENGTHS

**77%**

did NOT use alcohol  
in the past 30 days

**93%**

were NOT  
cyber-bullied in the  
past 12 months

**84%**

did NOT smoke  
cigarettes in the past  
30 days

### AREAS OF CONCERN

**40%**

were overweight or  
obese

**37%**

used marijuana in  
the past 30 days

**37%**

skipped school in the  
past 4 weeks



# HIGH SCHOOL HEALTHY KIDS COLORADO SURVEY 2017

## PERSONAL SAFETY

	AI/AN	NON-AI/AN
Threatened or injured with weapon on school property***	8.6%	11.1%
Been in a physical fight***	26.3%	23.4%
Bullied on school property***	12.7%	23.0%
Electronically bullied***	7.5%	17.8%
Missed school due to safety issues**	6.9%	8.1%
Experienced dating violence***	12.2%	10.5%
Feel safe at school	82.4%	86.1%
Always wear seat belt	51.0%	46.9%
Texted or e-mailed while driving a vehicle**	25.3%	37.2%

## WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

	AI/AN	NON-AI/AN
Overweight or obese	40.4%	24.1%
Met recommended physical activity guidelines	49.6%	68.2%
Watched TV for 2 hours or more on school days	50.6%	35.2%
Non-school computer use for 2 hours or more on school days	51.5%	40.4%
Played on a sports team***	49.1%	70.0%
Average hours of sleep on school night	7	7

## SEXUAL BEHAVIOR

	AI/AN	NON-AI/AN
Have <u>not</u> had sexual intercourse	63.8%	59.4%
Used condom last time had sex	45.4%	56.4%
Used alcohol or drugs last time had sex	30.9%	30.1%

## ALCOHOL USE

	AI/AN	NON-AI/AN
Alcohol use**	23.1%	40.4%
Binge drinking**	10.8%	29.2%
Rode in car driven by someone who had been drinking alcohol**	20.5%	18.7%
Drove a vehicle after drinking alcohol**	7.8%	8.5%

## HOME & SCHOOL ENVIRONMENT & EXPERIENCES

	AI/AN	NON-AI/AN
Very important to finish high school	96.0%	96.9%
Very important to attend college	80.7%	81.1%
Involved in extracurricular activities at school	53.5%	69.4%
Skipped or "cut" school in past 4 weeks	36.9%	22.1%
Can ask parent/guardian for help with a personal problem	72.6%	83.4%

\*Ever \*\*Past 30 days \*\*\*Past 12 months



# HIGH SCHOOL HEALTHY KIDS COLORADO SURVEY 2017

## MENTAL HEALTH CONCERNS

AI/AN

NON-AI/AN

### Persistent sadness and hopelessness for at least 2 weeks\*\*\*

Overall	36.1%	30.5%
Boys only	26.9%	22.3%
Girls only	47.9%	38.7%

### Seriously considered suicide\*\*\*

Overall	21.9%	17.5%
Boys only	13.1%	15.3%
Girls only	32.8%	18.8%

### Made a suicide plan\*\*\*

Overall	14.8%	14.4%
Boys only	9.7%	13.8%
Girls only	20.4%	14.2%

### Attempted suicide\*\*\*

Overall	12.4%	8.9%
Boys only	10.0%	9.8%
Girls only	14.3%	7.2%

### Purposefully hurt self without suicide intent\*\*\*

Overall	19.8%	18.1%
Boys only	12.7%	14.4%
Girls only	27.4%	21.5%

## TOBACCO USE

AI/AN

NON-AI/AN

Cigarette Use**	16.4%	13.5%
Used chewing tobacco, snuff or dip**	7.1%	9.5%
Smoked cigars or cigarillos**	12.5%	8.5%
Smoked tobacco in a hookah**	5.0%	3.9%
Used any tobacco product**	18.8%	18.4%
Used 2 or more tobacco products**	12.2%	10.5%
Electronic vapor product use**	26.9%	39.7%
Exposed to second-hand smoke past week	17.1%	31.1%

### AMONG STUDENTS THAT SMOKED CIGARETTES PAST 30 DAYS

Average age when smoked first cigarette	12	12
Smoked cigarettes every day	6.3%	17.6%
Very easy to get cigarettes	85.2%	98.1%
Tried to quit smoking	81.1%	43.2%

\*Ever \*\*Past 30 days \*\*\*Past 12 months



# HIGH SCHOOL HEALTHY KIDS COLORADO SURVEY 2017

## MARIJUANA USE

	AI/AN	NON-AI/AN
Marijuana use**	37.0%	26.5%
Used marijuana on school property**	7.5%	4.2%
Rode in car with someone who had used marijuana**	25.4%	23.9%
Drove car when using marijuana**	15.2%	15.3%
Believe it is very easy to get marijuana	67.1%	55.9%
Believe it is very wrong for students to use marijuana	38.9%	50.7%

### AMONG STUDENTS THAT USED MARIJUANA PAST 30 DAYS

Smoked marijuana	91.1%	89.4%
Ate marijuana (e.g. edibles)	43.8%	36.1%
Vaped it	22.7%	19.8%
Dabbed it	58.8%	32.5%
Used it in some other way	18.7%	8.9%
Drove a car when using marijuana**	49.4%	50.7%

## OTHER DRUG USE

	AI/AN	NON-AI/AN
Cocaine use*	5.1%	9.5%
Inhalant use*	5.8%	8.0%
Prescription drug use without a doctor's prescription*	8.5%	12.8%
Heroin use*	1.7%	3.6%
Methamphetamine use*	3.3%	5.5%
Ecstasy use*	11.5%	7.0%
Offered an illegal drug on school property***	13.3%	10.4%
Used 2 or more illegal drugs*	15.9%	16.3%

\*Ever \*\*Past 30 days \*\*\*Past 12 months

### KEY FINDINGS

1 in 3

girls seriously considered suicide in the past 12 months

67%

believe it is very easy to get marijuana

1 in 4

students rode in a car driven by someone under the influence of marijuana



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](http://www.healthykidscolo.org) or [www.aastec.net](http://www.aastec.net)