

# Sexual Health

Among American Indian Youth in New Mexico



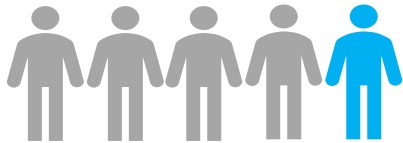
This fact sheet presents youth data from the 2017 New Mexico Youth Risk and Resiliency Survey (NM YRRS). This survey focuses on health risk behaviors among American Indian (AI) high school and middle school students in New Mexico. The overarching aim of the NM YRRS is to better characterize risk behaviors and resiliency, or protective, factors among youth in New Mexico.

What is

## Sexual Health?

The World Health Organization (WHO), defines sexual health as a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

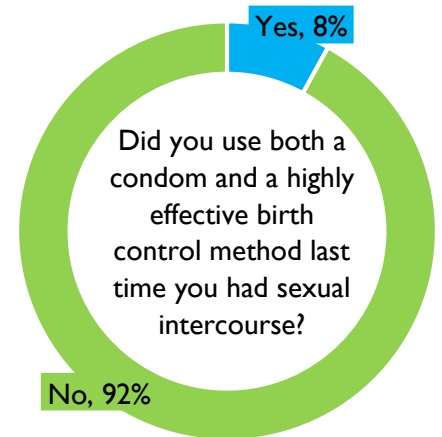
### Among High School Students...



1 in 5 sexually active youth **used alcohol or drugs** the last time they had sexual intercourse.

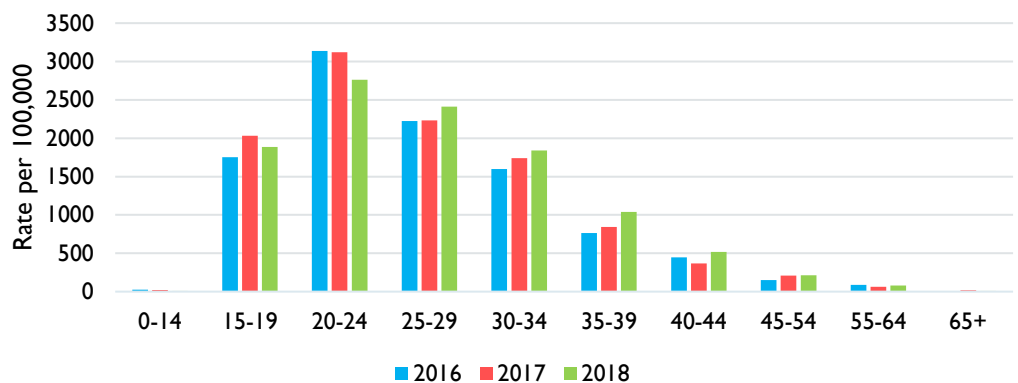


1 in 2 sexually active youth **did not use a condom** the last time they had sexual intercourse.



Chlamydia, as well as other Sexually Transmitted Infections (STIs), disproportionately affect adolescents and young adults. As seen in this graph, the rate of infection for chlamydia among American Indian and Alaska Native people is highest among individuals ages 20 – 24, closely followed by individuals 25 – 29 and 15 – 19.

Chlamydia Rates among NM AI/AN by Age Group, 2016-2018



Source: CDC NCHHSTP AtlasPlus



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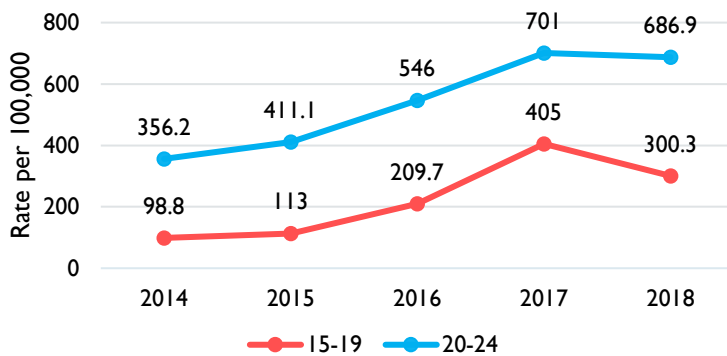


On the 2017 YRRS, **60% of sexually active middle school students reported using a condom** to prevent pregnancy and transmission of STIs the last time they engaged in sexual intercourse.



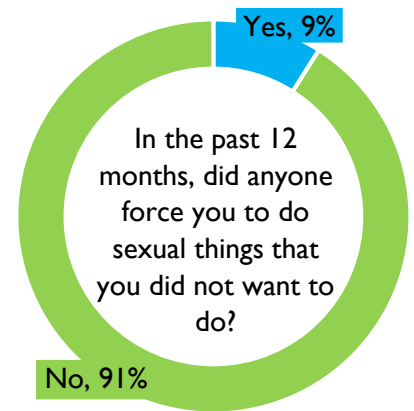
In 2017, only **10%** of AI/AN high school students reported **ever being tested for the Human Immunodeficiency Virus, or HIV**, in their lifetimes.

Rate of Gonorrhea among NM AI/AN, 2013-2017



Source: CDC NCHHSTP AtlasPlus

The rate of gonorrhea among AI/AN individuals in NM increased from 2014 to 2017 for both 15 – 19 and 20 – 24 year olds. However, the rate of gonorrhea among 20-24 year olds is significantly greater than the rate for 15 – 19 year old individuals likely due to an increase of STI risk behaviors.



## How to reduce your risk of contracting an STI



Get vaccinated against HPV and Hepatitis B.



Use condoms and other barriers when engaging in sexual activity.



Get tested regularly for HIV and other STIs.



Reduce number of sexual partners.



Talk to your partner about protection and STIs.

### References:

Centers for Disease Control and Prevention. NCHHSTP AtlasPlus. Updated 2019. <https://www.cdc.gov/nchhstp/atlas/index.htm>. Accessed on August 26, 2020.

World Health Organization. "Defining Sexual Health" Updated 2019.

[https://www.who.int/reproductivehealth/topics/sexual\\_health/sh\\_definitions/en/](https://www.who.int/reproductivehealth/topics/sexual_health/sh_definitions/en/). Accessed on March 1, 2020.