

AMERICAN INDIAN HIGH SCHOOL STUDENTS HEALTHY KIDS COLORADO SURVEY 2019

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.

participants from
Southwest Colorado
(Region 9)

BY GENDER

Male:

Female:

BY GRADE

Gender not reported:

9th:

10th:

11th:

12th:

Other:

STRENGTHS

AREAS OF
CONCERN



HIGH SCHOOL HEALTHY KIDS COLORADO SURVEY 2019

PERSONAL SAFETY

AI/AN

NON-AI/AN

- Been in a physical fight***
- Bullied on school property***
- Electronically bullied***
- Missed school due to safety issues**
- Experienced dating violence***
- Feel safe at school
- Always wear seat belt
- Texted or e-mailed while driving a vehicle**

WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

AI/AN

NON-AI/AN

- Overweight or obese
- Met recommended physical activity guidelines
- Checks social media at least once per hour
- Non-school computer use for 2 hours or more on school days
- Played on a sports team***
- Average hours of sleep on school night

SEXUAL BEHAVIOR

AI/AN

NON-AI/AN

- Have not had sexual intercourse*
- Used condom last time had sex
- Used alcohol or drugs last time had sex

ALCOHOL USE

AI/AN

NON-AI/AN

- Alcohol use**
- Binge drinking**
- Rode in car driven by someone who had been drinking alcohol**
- Drove a vehicle after drinking alcohol, among those who drive**

HOME & SCHOOL ENVIRONMENT & EXPERIENCES

AI/AN

NON-AI/AN

- Think material learned in school is going to be important later in life
- Very important to attend college
- Involved in extracurricular activities at school
- Skipped or "cut" school in past 4 weeks
- Can ask parent/guardian for help with a personal problem

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



HIGH SCHOOL HEALTHY KIDS COLORADO SURVEY 2019

MENTAL HEALTH CONCERNS

AI/AN

NON-AI/AN

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

Overall
Boys only
Girls only

Seriously considered suicide***

Overall
Boys only
Girls only

Made a suicide plan***

Overall
Boys only
Girls only

Attempted suicide***

Overall
Boys only
Girls only

Purposefully hurt self without suicide intent***

Overall
Boys only
Girls only

Feels worse after using social media, among those who use social media

Overall
Boys only
Girls only

TOBACCO USE

AI/AN

NON-AI/AN

Cigarette Use**

Used chewing tobacco, snuff, dip, or snus**

Smoked cigars or cigarillos**

Smoked tobacco in a hookah**

Used any tobacco product**

Used 2 or more tobacco products**

Electronic vapor product use**

Exposed to second-hand smoke over the past week

AMONG STUDENTS THAT SMOKED CIGARETTES PAST 30 DAYS

Smoked first cigarette before age 13

Smoked cigarettes every day

Very easy to get cigarettes

Tried to quit smoking***

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

HIGH SCHOOL HEALTHY KIDS COLORADO SURVEY 2019

MARIJUANA USE

AI/AN

NON-AI/AN

- Marijuana use**
- Rode in car with someone who had used marijuana**
- Drove car when using marijuana, among those who drive**
- Believe it is very easy to get marijuana
- Believe it is very wrong for students to use marijuana

AMONG STUDENTS THAT USED MARIJUANA PAST 30 DAYS

- Smoked marijuana
- Ate marijuana (e.g. edibles)
- Vaped it
- Dabbed it
- Used it in some other way
- Drove a car when using marijuana

OTHER DRUG USE

AI/AN

NON-AI/AN

- Cocaine use*
- Inhalant use*
- Prescription drug use without a doctor's prescription*
- Heroin use*
- Methamphetamine use*
- Ecstasy use*
- Offered an illegal drug on school property***
- Uses alcohol or drugs at school one or more times per week
- Used 2 or more illegal drugs*

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

KEY FINDINGS



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 2019.

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