

Suicide

Among American Indian Youth in New Mexico 2019

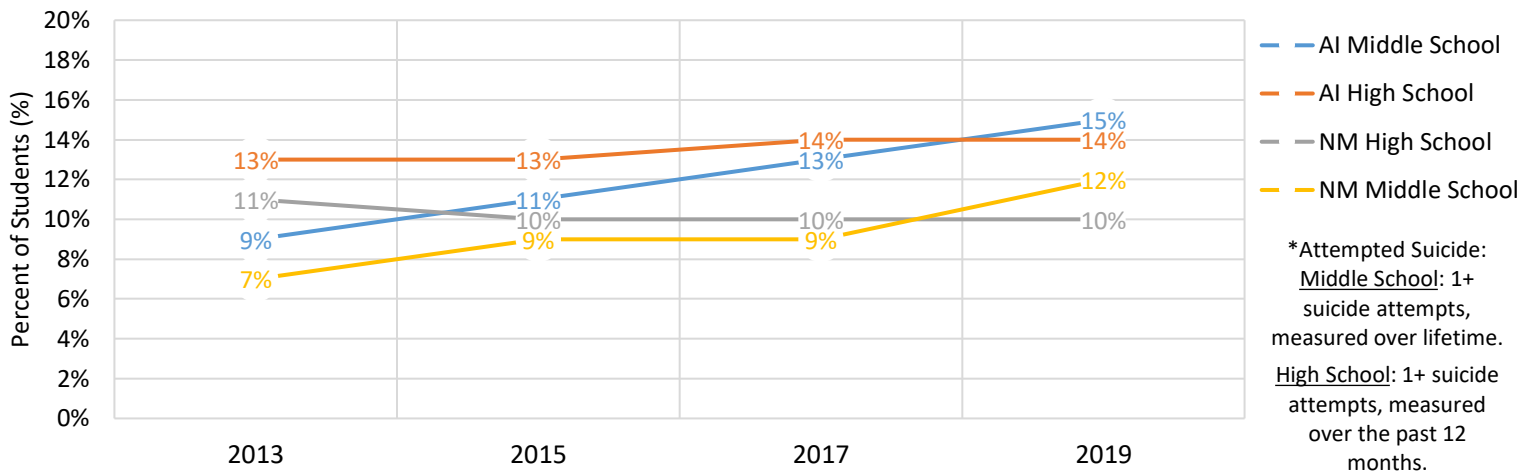
2019 Youth Risk and Resiliency Survey



This fact sheet presents data from the 2019 New Mexico Youth Risk and Resiliency Survey (NM YRRS) on suicide among American Indian (AI) students in grades 6 - 12. The overarching aim of the NM YRRS is to better characterize risk behaviors and resiliency, or protective factors among youth in New Mexico.

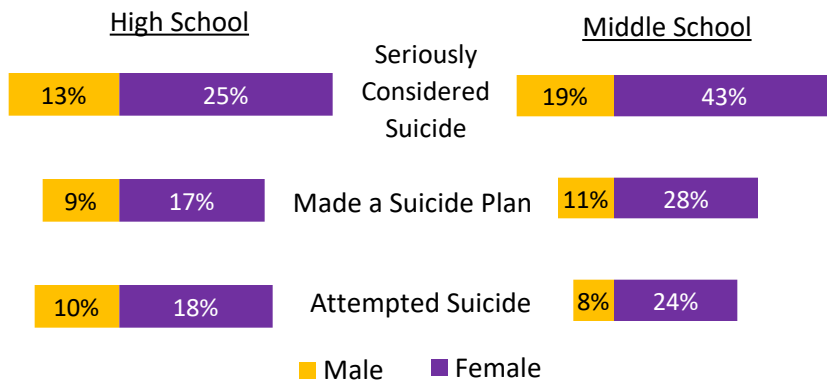
Among NM residents in 2018, suicide was the leading cause of death for youth 15-17, and the 2nd leading cause of death for youth 5-14.¹ In 2018, NM had the 2nd highest rate of suicide (including all race/ethnicities), and suicide was highest among AI/AN individuals in the U.S.¹ Addressing the increase in suicide rates, especially among young people, has been identified as a Healthy People 2030 objective.¹

Trends in Attempted Suicide* Among New Mexico Youth, Grades 6-12, 2013-2019



- Since 2015, attempted suicide has remained higher among AI students compared to NM students overall.
- Between 2013 and 2019, attempted suicide among AI middle school students increased from 9% to 15%.
- Between 2013 and 2019, attempted suicide among AI high school students remained relatively the same, with an increase of 13% to 14%.

Suicide-Related Behaviors** Among American Indian Students, By Sex, 2019



Overall, female students were more likely to report suicide-related behaviors.

Among high school students, females reported almost double the rate of having considered suicide compared to males.

Among middle school students, females reported attempted suicide at triple the rate of males.

**Suicide-Related Behaviors:
 Middle school: Measured over lifetime
 High school: Measured during the past 12 months

Hotline Resources for Suicide Prevention:

Stronghearts Native Helpline: 1-844-7NATIVE (762-8483), Website: <https://strongheartshelpline.org/>
 NM Crisis and Access Hotline: 1-855-NMCRISIS (662-7474), Website: <https://nmcrisisline.com/>

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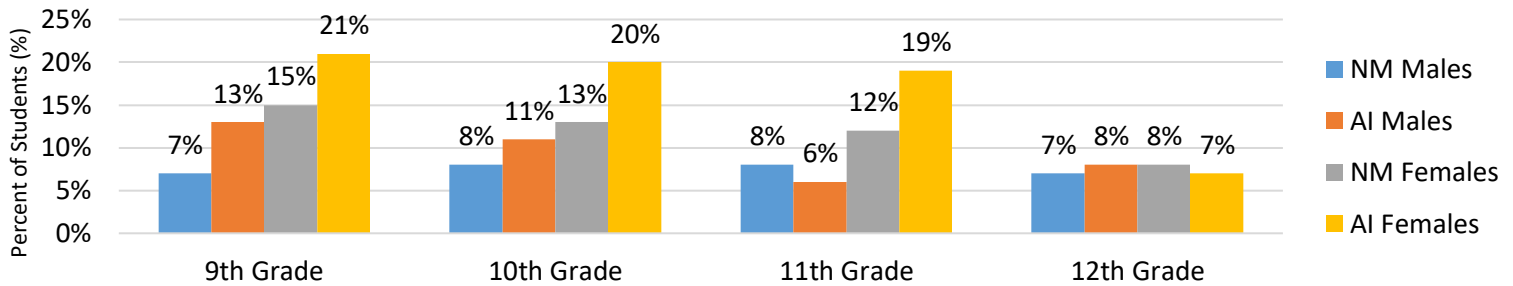


2019 Youth Risk and Resiliency Survey



HIGH SCHOOL

Attempted Suicide* Among High School Students, By Grade and Sex, 2019



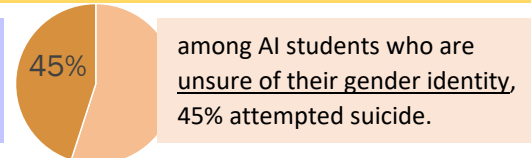
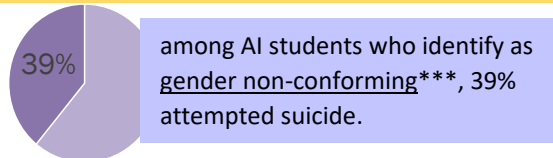
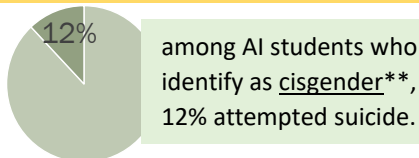
- Attempted suicide is reported at higher rates among AI students in 9th, 10th, and 11th grade compared to NM students overall.

- AI students are most likely to report a suicide attempt in 9th grade.

- AI female students in 9th, 10th, 11th, grade report attempted suicide at approximately 1.5 times the rate reported by NM female students.

Gender Identity and Attempted Suicide* Among American Indian High School Students, 2019

Due to the complexities of youth development, there can be stress and confusion involved in determining gender identity.² Individuals who are gender non-conforming or unsure of their gender identity may experience social rejection from their family, peers, community, which may increase the risk of suicide-related behaviors.²



General Resources for LGBTQ+ and Two-Spirit Youth:

Trevor Project for LGBTQ+ Hotline: 1-866-488-7386, Website: <https://www.thetrevorproject.org>
SAMHSA – Two Spirit Webinars: <https://www.samhsa.gov/tribal-ttac/webinars/two-spirit>

Factors Associated with Lower Odds of Attempted Suicide*

1. Stable housing (usually sleeps in the parent's or guardian's home).
2. Having a parent/guardian or some other adult who believes the student will be a success.
3. Having a parent/guardian or some other adult who is interested in the student's schoolwork.

Factors Associated with Higher Odds of Attempted Suicide*

1. Drug use in the past 30 days (marijuana, cocaine, inhalants, heroin, methamphetamine, or prescription pain medications).
2. Having experienced sexual violence**** during the past year.
3. Alcohol use in the past 30 days.

All factors are statistically significant and listed in order of strength of association with attempted suicide.

*High school 'attempted suicide': 1+ suicide attempts, measured during the past 12 months.

**Persons whose sex assigned at birth is the same as their gender identity or expression.

***Includes Transgender, Genderqueer, or Genderfluid. Persons who don't conform with the gender norms that are expected of them.

****Forced to do sexual things (kissing, touching, forced to have sexual intercourse) they did not want to do by anyone in the last 12 months.

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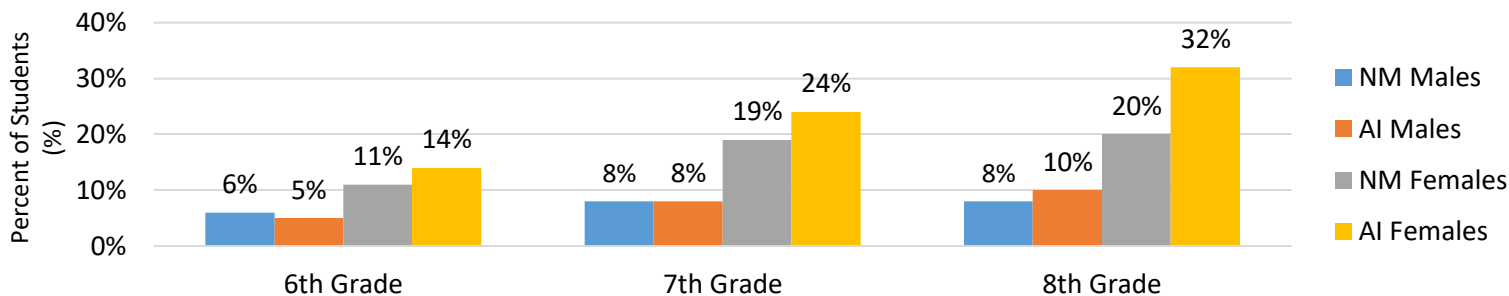
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MIDDLE SCHOOL

Attempted Suicide* Among Middle School Students, By Grade and Sex, 2019



Attempted suicide among AI female students increases 8-10% with each increase in grade level from 6th to 8th grade, with almost a third of AI 8th grade females having attempted suicide during their lifetime.

Substance Use and Attempted Suicide Among American Indian Middle School Students, 2019

Early initiation of substance use is one of the strongest predictors of developing a substance use disorder later in life.³ It's also associated with many negative health outcomes, such as physical and mental illness, risky sexual behavior, violence, and suicide.³

37%	of AI students who used marijuana in the past 30 days have attempted suicide*.
45%	of AI students who have used cocaine have attempted suicide*.
55%	of AI students who have used an injection drug have attempted suicide*.
60%	of AI students who binge drink** have attempted suicide*.
71%	of AI students who smoke cigarettes daily have attempted suicide*.

General Resources for Substance Use:

- SAMHSA's National Helpline, 1-800-662-HELP (4357) or TTY: 1-800-487-4889, Website: www.samhsa.gov
- NIDA for Teens, Website: <https://teens.drugabuse.gov/>
- First Nations Community HealthSource (ABQ-Based), (505) 262-2481, Website: www.fnch.org

Factors Associated with Lower Odds of Attempted Suicide*

1. Stable housing (usually sleeps in the parent's or guardian's home).
2. Having a parent/guardian who knows where the student is when not at home.
3. Having an adult in the community who really care about the student.

Factors Associated with Higher Odds of Attempted Suicide*

1. Having ever used a drug (marijuana, synthetic marijuana, prescription pain medications, cocaine, inhalants, or injection drugs).
2. Alcohol use in the past 30 days.
3. Having ever been in a physical fight.

All factors are statistically significant and listed in order of strength of association with attempted suicide.

*Middle school 'attempted suicide': 1+ suicide attempts, measured over lifetime.

**Middle school 'binge drink': 5 or more drinks in a row, during the past 30 days

¹NMDOH Health Fact Sheet: Suicide in New Mexico, <https://www.nmhealth.org/publication/view/general/6535/>

²Suicidal Ideation and Behaviors Among HS Students — Youth Risk Behavior Survey, U.S., 2019, <http://dx.doi.org/10.15585/mmwr.su6901a6>

³CDC, High-Risk Substance Use Among Youth: <https://www.cdc.gov/healthyyouth/substance-use/index.htm#2>