

# 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%
<b>AMONG STUDENTS THAT SMOKED CIGARETTES PAST 30 DAYS</b>			
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%
Would be very easy to get alcohol		10.2%	14.3%

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



# 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 ENVIRONMENT

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