

NUTRITION AND PHYSICAL ACTIVITY

Among American Indian Youth in New Mexico

2019 New Mexico Youth Risk and Resiliency Survey



This fact sheet presents data from the 2019 New Mexico Youth Risk and Resiliency Survey (NM YRRS) on nutrition and physical activity behaviors among American Indian/Alaska Native (AI/AN) 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.

Children and adolescents ages 6 -17 years should do 60 minutes (1 hour) or more of moderate to vigorous physical activity daily¹



Daily recommended minimum fruit and vegetable intake, by age²:

Females (9-13)
1.5 cups of fruit and 1.5 cups of vegetables
• Example: 1 large banana and 4 large strawberries = 1.5 cups of fruit

Males (9-13)
1.5 cups of fruit and 2 cups of vegetables
• Example: 24 baby carrots = 2 cups of vegetables

Females (14-18)
1.5 cups of fruit and 2.5 cups of vegetables
• Example: 1 large ear of corn and 5 broccoli florets = 2.5 cups of vegetables

Males (14-18)
2 cups of fruit and 3 cups of vegetables
• Example: 1 medium grapefruit and 32 red seedless grapes = 2 cups of fruit



Examples of moderate to vigorous physical activity include:

- Running
- Swimming
- Bicycle riding
- Jumping rope
- Basketball
- Baseball or softball
- Yoga

Adolescents who are overweight or obese are at increased risk of developing diabetes and heart disease; they are also likely to remain overweight or obese into adulthood, increasing their risk of chronic diseases³

2019
43% of AI/AN high school students were overweight or obese*

2013
38% of AI/AN high school students were overweight or obese*



2019
32% of AI/AN middle school students described themselves as overweight

2013
30% of AI/AN middle school students described themselves as overweight



*based on body mass index (BMI), which was calculated based on the student's self-reported weight and height

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HIGH SCHOOL

Physical Activity and Screen Time among AI/AN High School Students, by Sex, 2019

Physical Activity



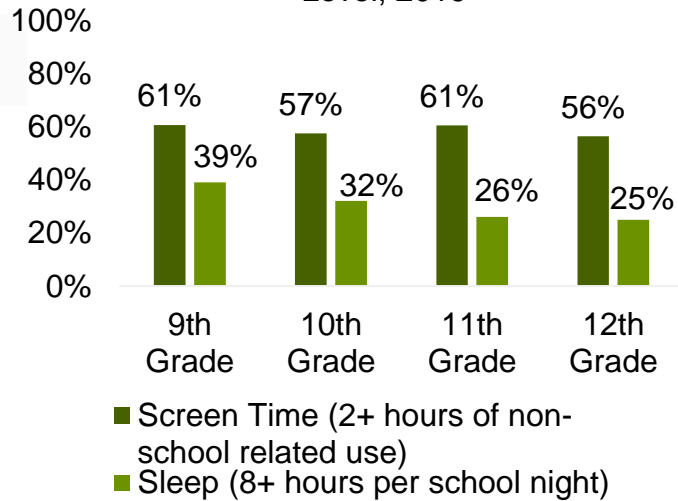
32% of AI/AN high school males engaged in at least 60 minutes of physical activity per day, in the last 7 days, compared to **23%** of females

Screen Time



62% of AI/AN high school males reported 2 or more hours of non-school related screen time use on school days, compared to **56%** of females

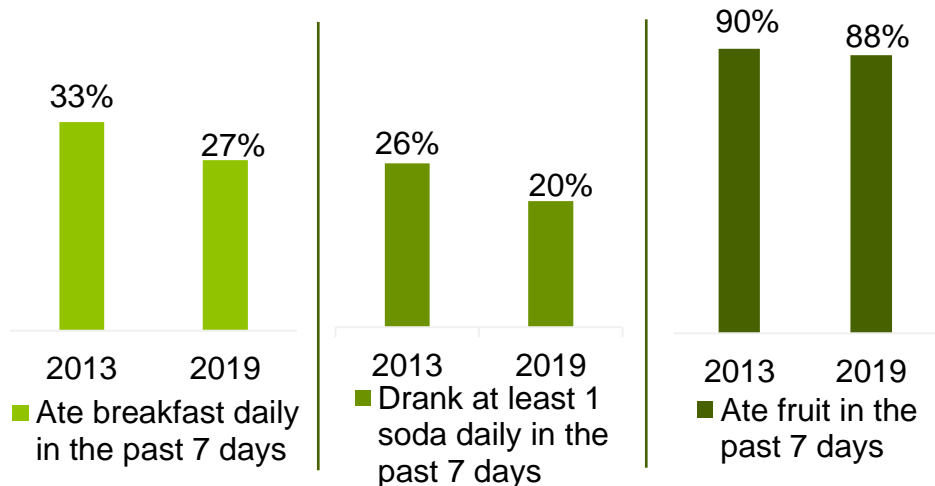
Screen Time and Sleep, by Grade Level, 2019



The American Academy of Sleep Medicine recommends adolescents getting 8-10 hours of sleep per day⁴

Only 1 in 4 AI/AN 12th graders reported getting 8 or more hours of sleep per night. Non-school related screen-time of 2 or more hours per day remained fairly constant across grade levels in 2019.

Nutrition among AI/AN High School Students, 2013 & 2019



AI/AN high school students who were overweight or obese and engaged in at least 60 minutes of physical activity per day, on 5 or more days per week, were **less likely to feel sad or hopeless in the past 12 months**, in comparison to overweight or obese students who did not engage in physical activity at all



From 2013 to 2019, the proportion of AI/AN high school students who ate breakfast everyday dropped from a third to about a quarter. Daily soda consumption also decreased between 2013 and 2019, while fruit intake stayed about the same.

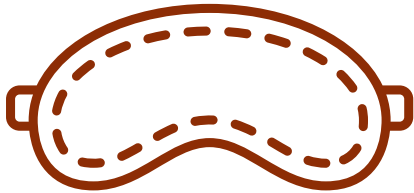
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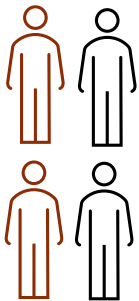
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MIDDLE SCHOOL

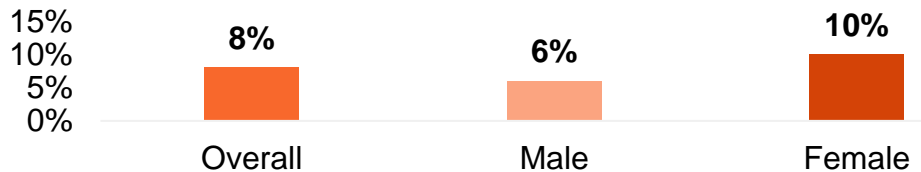


Almost **6 out of 10 AI/AN middle school students** reported sleeping 8 or more hours per school night



About half of all AI/AN male middle school students reported playing on at least one sports team in the past 12 months

Ever Vomited or Taken Laxatives to Lose or Keep from Gaining Weight, AI/AN Middle School Students, 2019



In 2019, **10% of AI/AN middle school females** reported ever having vomited or taken laxatives to lose or keep from gaining weight. This may be associated with a range of negative health outcomes, such as esophagitis, gastric rupture, and impairment of digestive functioning⁵

About **4 in 10 AI/AN middle school males** reported eating breakfast everyday, compared to about **3 out of 10 AI/AN middle school females**



Resources for Youth

- **Running Medicine** – New Mexico based running/walking program with various locations across the state open to all fitness/ability levels and aims to create a culture of wellness through a supportive and loving community. <https://runningmedicine.org/>
- **Indian Health Service Physical Activity Kit** - based on best and promising practices to increase physical activity. This toolkit can be used in schools, communities, or youth programs. <https://www.ihs.gov/hpd/pak/>
- **First Nations Cooking Recipes** - Offers various recipes from Native American tribes and organizations, some of which use traditional Native ingredients or processes. <https://www.firstnations.org/knowledge-center/recipes/>
- **MoGro** - nonprofit mobile grocery project committed to providing healthy food. They offer bags of fresh, mostly local, fruits, veggies and grocery items each week that are available for pickup at various locations in New Mexico. <https://www.mogro.net/>

References:

1. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.
2. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov/).
3. Nutrition, Physical Activity, and Obesity Across the Life Stages – Children, Healthy People 2020, <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Nutrition-Physical-Activity-and-Obesity/determinants>
4. Sleep in Middle and High School Students, CDC, <https://www.cdc.gov/healthyschools/features/students-sleep.htm#:~:text=The%20American%20Academy%20of%20Sleep,10%20hours%20per%20day%20hours>.
5. Austin SB, Ziyadeh NJ, Forman S, Prokop LA, Keliher A, Jacobs D. Screening high school students for eating disorders: results of a national initiative. Prev Chronic Dis 2008;5(4). http://www.cdc.gov/pcd/issues/2008/oct/07_0164.htm. Accessed 06/14/2022.