

AMERICAN INDIAN HIGH SCHOOL STUDENTS

NM YRRS 2021 SUMMARY

The New Mexico Youth Risk and Resiliency Survey (NM YRRS) is used to assess health risks and protective factors among New Mexico high school and middle school students.

students
participated in the
2021 NM YRRS

Beginning in early 2020, the United States, along with the rest of the world, experienced the coronavirus disease (COVID-19) pandemic. As part of the response to this pandemic, schools and businesses were closed and people were required to stay at home. The COVID-19 pandemic has had a broad range of impacts on youth's daily lives which may be reflected throughout this report, not limited only to the data points that are specific to COVID-19.

BY SEX

Male _____ Female _____ Sex not reported _____

BY GRADE

9th _____ 10th _____ 11th _____

12th _____ Ungraded or other grade: _____

STRENGTHS

AREAS OF CONCERN



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PERSONAL SAFETY	AI/AN	NM STATEWIDE
Always wears a seatbelt		
Bullied on school property*		
Electronically bullied*		
Missed school due to safety issues**		
Experienced dating violence*		
Texted or e-mailed while driving a car**		
Rode in car driven by someone who had been drinking alcohol**		
Drove a car after drinking alcohol**		
Drove a car after using marijuana**		
OTHER HEALTH-RELATED BEHAVIORS	AI/AN	NM STATEWIDE
Overweight or obese		
Met recommended physical activity guidelines		
Three or more hours of non-school related screen time on school days		
Average number of school days with physical education per week		
Average hours of sleep on school night		
Seen a dentist in past 12 months		
Gambled in past 12 months		
Have <u>not</u> had sexual intercourse***		
Used condom last time had sex		
Used alcohol or drugs last time had sex		
ALCOHOL USE	AI/AN	NM STATEWIDE
Alcohol use**		
Binge drinking (5 or more drinks for boys)**		
Binge drinking (4 or more drinks for girls)**		
RESILIENCY	AI/AN	NM STATEWIDE
A teacher or adult at school listens to student		
A teacher or adult at school believes student will be a success		
A parent or other adult at home is interested in student's school work		
Student plans to go to college or some other school after high school		
Has a friend who really cares about student		
There are clear rules at school about what a student can and cannot do		
Involved in extracurricular activities outside of school		

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



NM YRRS 2021 SUMMARY

MENTAL HEALTH CONCERNS		AI/AN	NM STATEWIDE
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 CUT OR BURNED SELF WITHOUT SUICIDE INTENT*	Overall Boys only Girls only		
FREQUENT MENTAL HEALTH DISTRESS (INCLUDES STRESS, ANXIETY, AND DEPRESSION)**	Overall Boys only Girls only		
DRUG USE		AI/AN	NM STATEWIDE
Marijuana use**			
Synthetic marijuana use (e.g. Spice, K2)**			
Cocaine use**			
Inhalant use**			
Used prescription pain medication improperly**			
Heroin use**			
Methamphetamine use**			
Ecstasy use***			
Injected an illegal drug***			
Used 2 or more illegal drugs**			
* Past 12 months ** Past 30 days *** Ever			



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TOBACCO USE	AI/AN	NM STATEWIDE
Cigarette use**		
Used chewing tobacco, snuff, or dip**		
Smoked cigars, cigarillos, or little cigars**		
Smoked tobacco in a hookah**		
Used any tobacco product**		
Used 2 or more tobacco products**		
Electronic vapor product use**		
Exposed to second-hand smoke in the past week		
AMONG STUDENTS THAT SMOKED CIGARETTES PAST 30 DAYS		
Smoked first cigarette before age 13		
Smoked cigarettes every day		
Electronic vapor product use**		
Alcohol use**		
Marijuana use**		

DURING THE COVID-19 PANDEMIC...	AI/AN	NM STATEWIDE
Experienced frequent mental health distress (includes stress, anxiety, and depression)		
Went hungry because there was not enough food in home		
Parent or other adult in home lost their job		
Felt that schoolwork was more difficult		

KEY FINDINGS

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

**FOR MORE INFORMATION ON THE NM YRRS AND TO ACCESS OTHER NM YRRS REPORTS AND FACT SHEETS VISIT
WWW.YOUTHRISK.ORG OR WWW.AASTEC.NET**

The New Mexico Youth Risk and Resiliency Survey (NM YRRS) is a collaborative project of the New Mexico Department of Health (NMDOH) and the New Mexico Public Education Department (PED) with support and technical assistance from the University of New Mexico Prevention Research Center (UNM PRC), the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC), and the Division of Adolescent and School Health at the Centers for Disease Control and Prevention (CDC-DASH).



ALBUQUERQUE AREA SOUTHWEST
 TRIBAL EPIDEMIOLOGY CENTER

