

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



NM YRRS 2021 SUMMARY

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 not 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

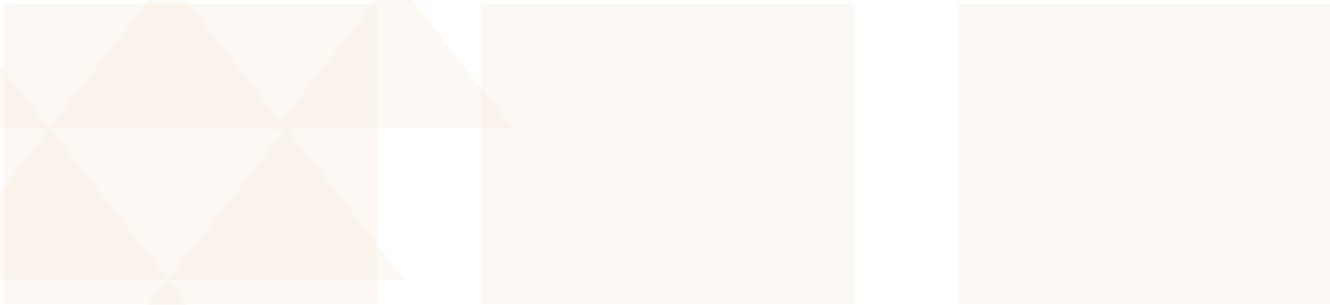


NM YRRS 2021 SUMMARY

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).