

AMERICAN INDIAN MIDDLE SCHOOL STUDENTS HEALTHY KIDS COLORADO SURVEY 2019

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.

participants from
Southwest Colorado
(Region 9)

BY GENDER

Male:

Female:

BY GRADE

Gender not reported:

6th:

7th:

8th:

Other:

STRENGTHS

AREAS OF
CONCERN



MIDDLE SCHOOL HEALTHY KIDS COLORADO SURVEY 2019

TOBACCO USE

AI/AN

NON-AI/AN

Cigarette use**

Overall

Boys only

Girls only

Would be very easy to get cigarettes

Parents feel it is very wrong for student to smoke cigarettes

Electronic vapor product use*

AMONG STUDENTS THAT SMOKED CIGARETTES PAST 30 DAYS

Smoked first cigarette before age 11

Smoked cigarettes every day**

Believes there is great risk of harm if smokes a pack or more per day

Also used an electronic vapor product**

Alcohol use**

WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

AI/AN

NON-AI/AN

Met recommended physical activity guidelines

Non-school computer use for 2 hours or more on school days

Average number of days with physical education per week

Drinks non-diet soda daily

Ate breakfast every day past week

Played on at least one sports team in school/community***

ALCOHOL USE

AI/AN

NON-AI/AN

Alcohol use**

Overall

Boys only

Girls only

Among those who have drank, had first drink before age 11

Think youth drinking is very wrong

Rode in car driven by someone who had been drinking alcohol*

Would be very easy to get alcohol

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



MIDDLE SCHOOL HEALTHY KIDS COLORADO SURVEY 2019

HOME & SCHOOL EXPERIENCES

AI/AN

NON-AI/AN

Participates in extracurricular activities at school
 Thinks it is very important to finish high school
 Obtains mostly A's and B's
 Know an adult to talk or go to for help if having a serious problem

MENTAL HEALTH CONCERNS

AI/AN

NON-AI/AN

Seriously considered suicide*

Overall
 Boys only
 Girls only

Made a suicide plan*

Overall
 Boys only
 Girls only

Attempted suicide*

Overall
 Boys only
 Girls only

Persistent sadness and hopelessness for at least 2 weeks***

Overall
 Boys only
 Girls only

Feels worse after using social media, among those who use social media

Overall
 Boys only
 Girls only

DRUG USE

AI/AN

NON-AI/AN

Marijuana use**

Overall
 Boys only
 Girls only

Very easy to get marijuana
 Very wrong for students to use marijuana

Inhalant use*

Prescription drug use without a doctor's prescription*

Average age when first used marijuana

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

MIDDLE SCHOOL HEALTHY KIDS COLORADO SURVEY 2019

PERSONAL SAFETY AND SCHOOL ENVIRONMENT

AI/AN

NON-AI/AN

- Carried a weapon (gun, knife, club)*
- Been in a physical fight*
- Bullied on school property***
- Electronically bullied*
- Always wears seatbelt
- Missed school due to safety issues**

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

KEY FINDINGS

AI/AN students first use marijuana around 10 years of age

91% of AI/AN students do NOT currently drink alcohol

About half of all AI/AN girls felt sad or hopeless for 2 or more weeks during the past year



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 2019.

For more information on the HKCS and to access other HKCS reports and fact sheets visit www.healthykidscolo.org or www.aastec.net