

Southern Colorado Tribal Area

AMERICAN INDIAN/ALASKA NATIVE (AI/AN) HIGH SCHOOL STUDENTS HEALTHY KIDS COLORADO SURVEY 2023

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 only.

119 AI/AN participants
from Southwest Colorado

BY GENDER IDENTITY

Male 61 Female 40 Gender not reported <5
Nonbinary, other, or questioning 16

BY GRADE

9th 37 10th 35 11th 22
12th 25 Ungraded, other grade, or missing: 0

STRENGTHS

73% AI/AN students

have talked with an adult at school about future plans after high school.

81% of AI/AN students

did NOT drink alcohol in the past 30 days.

2 in 3 AI/AN students

did NOT skip or "cut" school in the past 4 weeks.

AREAS OF CONCERN

28% of AI/AN students

have been in a physical fight in the past 12 months.

43% of AI/AN girls

seriously considered suicide in the past 12 months.

22% of AI/AN students

used an electronic vapor product in the past 30 days.



HIGH SCHOOL HEALTHY KIDS COLORADO SURVEY 2023

PERSONAL SAFETY	AI/AN	NON-AI/AN
Been in a physical fight***	28.1%	15.1%
Bullied on school property***	16.8%	18.2%
Electronically bullied***	21.0%	11.0%
Missed school due to safety issues**	7.7%	10.5%
Experienced dating violence, among students who dated***	9.6%	9.9%
Feel safe at school	86.6%	89.3%
Always wears seat belt	46.1%	53.9%
Texted or e-mailed while driving a vehicle**	30.5%	37.4%
WEIGHT, NUTRITION, AND PHYSICAL ACTIVITY	AI/AN	NON-AI/AN
Met recommended physical activity guidelines	38.5%	51.3%
Felt confident with body image**	36.1%	44.3%
Non-school 'screen time' (TV, computer, phone, tablet, etc.) for 3 hours or more on school days	74.7%	64.2%
Played sports (team or individual)***	24.6%	53.0%
Gets an average of 8+ hours of sleep on school nights	23.2%	34.8%
SEXUAL BEHAVIOR	AI/AN	NON-AI/AN
Have <u>not</u> had sexual intercourse*	60.4%	66.2%
Used condom last time had sex, among those who had sex in past 3 months	44.4%	55.4%
Has had sex while under the influence of alcohol or drugs*	9.3%	11.9%
Has had a sexual photo or video of themselves shared without permission***	12.9%	7.1%
HOME, SCHOOL ENVIRONMENT, AND EXPERIENCES	AI/AN	NON-AI/AN
Student feels they 'belong' at school	55.3%	60.8%
Has talked with a teacher, counselor, or some other adult at school about future plans after high school***	72.5%	76.7%
Participated in organized activities (sports, clubs, paid employment, etc.) through school or community***	52.5%	78.8%
Skipped or "cut" school in past 4 weeks	32.6%	36.2%
Has experienced the death of a family member or close friend	88.9%	78.5%
Can ask parent/guardian for help with a personal problem	79.1%	80.8%
Went outside to spend time in nature weekly***	14.4%	6.5%
Would tell a parent, guardian, or trusted adult if concerned about their own or someone else's well-being or mental health	67.9%	67.7%

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



HIGH SCHOOL HEALTHY KIDS COLORADO SURVEY 2023

MENTAL HEALTH AI/AN NON-AI/AN

NOTE: proportions not reported for students who identify as nonbinary, other, or questioning due to small numbers.

PERSISTENT SADNESS AND HOPELESSNESS FOR AT LEAST 2 WEEKS***

Overall	37.0%	31.1%
Boys only	13.4%	22.7%
Girls only	50.3%	36.7%

SERIOUSLY CONSIDERED SUICIDE***

Overall	26.7%	15.3%
Boys only	10.9%	12.2%
Girls only	42.6%	15.5%

MADE A SUICIDE PLAN***

Overall	20.8%	13.1%
Boys only	8.7%	10.7%
Girls only	28.4%	12.6%

ATTEMPTED SUICIDE***

Overall	18.8%	7.8%
Boys only	8.5%	5.6%
Girls only	27.5%	9.0%

PURPOSEFULLY HURT SELF WITHOUT SUICIDE INTENT***

Overall	23.3%	17.4%
Boys only	6.8%	13.0%
Girls only	32.6%	17.8%

FREQUENT MENTAL HEALTH DISTRESS (INCLUDES STRESS, ANXIETY, AND DEPRESSION)**

Overall	33.4%	31.9%
Boys only	25.9%	24.0%
Girls only	41.6%	36.2%

ALCOHOL USE AI/AN NON-AI/AN

Alcohol Use**

Overall	19.2%	21.9%
Boys only	12.5%	21.8%
Girls only	23.5%	21.6%

Binge drinking**

11.7%	14.8%
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Drove a vehicle after drinking alcohol, among those who drive**

10.9%	9.1%
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*Ever **Past 30 days ***Past 12 months



HIGH SCHOOL HEALTHY KIDS COLORADO SURVEY 2023

MARIJUANA USE	AI/AN	NON-AI/AN
Marijuana use**	27.3%	14.7%
Drove car when using marijuana, among those who drive**	8.4%	6.4%
Feel it would be very easy to get marijuana	47.4%	42.5%
Among students that used marijuana in the past 30 days		
Usually smoked it	45.2%	56.9%
Usually ate it (in an edible, candy, tincture, or other food)	3.9%	6.4%
Usually used in a vaporizer	25.8%	20.0%
Usually dabbed it	25.1%	14.7%
TOBACCO AND ELECTRONIC VAPOR PRODUCT USE	AI/AN	NON-AI/AN
Cigarette Use**	13.1%	4.2%
Used any tobacco product (excluding electronic vapor products)**	14.8%	5.1%
Used 2 or more tobacco products (excluding electronic vapor products)**	8.8%	3.0%
Electronic vapor product use (excluding marijuana)**	21.5%	15.0%
Tried to quit using all tobacco products***	24.9%	12.5%
OTHER SUBSTANCE USE	AI/AN	NON-AI/AN
Cocaine use*	2.9%	2.6%
Inhalant use*	3.4%	2.3%
Prescription drug use without a doctor's prescription*	16.7%	8.4%
Heroin use*	2.4%	1.1%
Methamphetamine use*	3.4%	1.3%
Ecstasy use*	2.5%	2.1%
Used 2 or more illegal drugs*	12.0%	6.4%

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

KEY FINDINGS

27% of AI/AN students used marijuana in the past 30 days.

1 in 4 AI/AN students tried to quit using tobacco products in the past 12 months.

83% of AI/AN students have NEVER used a prescription drug without a doctor's prescription.

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

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).

