

New Mexico

AMERICAN INDIAN / ALASKA NATIVE (AI/AN) MIDDLE SCHOOL STUDENTS NM YRRS 2023 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.

3,208 AI/AN students participated in the 2021 NM YRRS

BY SEX

Male **1,662** Female **1,517** Sex not reported **29**

BY GRADE

6th **915** 7th **1,102** 8th **1,182**
Ungraded or other grade: **9**

STRENGTHS

79% of AI/AN students

have satisfying and supportive relationships with parents and other adults at home

95% of AI/AN students

did NOT drink alcohol in the past 30 days

3 in 5 AI/AN students

have a sense of direction and purpose in life

AREAS OF CONCERN

19% of AI/AN students

used a tobacco product in the past 30 days (including electronic vapor products)

47% of AI/AN students

have been treated badly or unfairly in school because of race or ethnicity

37% of AI/AN students

who used marijuana in the past 30 days first tried it before they were 11 years old



NM YRRS 2023 SUMMARY

PERSONAL SAFETY	AI/AN	NM STATEWIDE
Carried a weapon (gun, knife, club)*	35.5%	35.3%
Been in a physical fight*	35.4%	41.4%
Bullied on school property*	42.4%	45.0%
Electronically bullied*	24.6%	27.0%
Has been treated badly or unfairly in school because of race or ethnicity*	46.7%	52.0%
Always wears a seatbelt	54.9%	59.0%
Rode in a car driven by someone who had been drinking alcohol*	22.6%	20.3%

OTHER HEALTH-RELATED BEHAVIORS	AI/AN	NM STATEWIDE
Overweight (self-report)	34.1%	30.8%
Met recommended physical activity guidelines, this past week	27.0%	32.1%
Uses social media several times per hour	35.1%	35.0%
Eats breakfast daily, past week	29.9%	34.1%
Average hours of sleep on school night	7	7
Seen a dentist in past 12 months	58.9%	65.4%
Gambled in past 12 months	31.4%	29.5%
Have <u>not</u> had sexual intercourse*	95.5%	94.6%
Used a condom the last time they had sex, among those who have ever had sex	55.9%	55.8%
During the past 12 months, had 1 or more concussions from playing a sport or being physically active	25.9%	24.5%

ALCOHOL USE	AI/AN	NM STATEWIDE
Alcohol use**	5.1%	7.4%
Binge drinking (5 or more drinks in a few hours) **	2.9%	3.6%
Believe that drinking multiple drinks almost every day could be harmful	70.1%	73.0%
Feel it would be very easy to get alcohol	6.1%	8.2%

* Ever ** Past 30 Days

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MENTAL HEALTH		AI/AN	NM STATEWIDE
SERIOUSLY CONSIDERED SUICIDE*			
	Overall	25.5%	25.1%
	Boys only	17.1%	15.6%
	Girls only	35.0%	34.3%
MADE A SUICIDE PLAN*			
	Overall	19.5%	17.6%
	Boys only	12.8%	11.4%
	Girls only	26.9%	23.6%
ATTEMPTED SUICIDE*			
	Overall	12.9%	11.0%
	Boys only	8.6%	6.4%
	Girls only	17.7%	15.5%
EXPERIENCED FREQUENT MENTAL HEALTH DISTRESS (INCLUDES STRESS, ANXIETY, AND DEPRESSION)**			
	Overall	21.7%	22.8%
	Boys only	13.4%	13.4%
	Girls only	30.5%	31.8%
OTHER SUBSTANCE USE		AI/AN	NM STATEWIDE
Marijuana use**		10.4%	7.1%
Used marijuana for the first time before the age 11, among those who use marijuana**		37.4%	28.5%
Usually uses marijuana in an electronic vapor product such as a vape pen, among those who use marijuana**		33.1%	42.4%
Cocaine use*		2.0%	1.8%
Inhalant use*		5.9%	6.9%
Used prescription pain medication improperly, ever*		11.0%	12.8%
Used prescription pain medication improperly, past 30 days**		4.7%	4.7%
Used 2 or more illegal substances†*		7.0%	7.6%

†Includes marijuana, synthetic marijuana, prescription pain medicine misuse, cocaine, and inhalant use

* Ever ** Past 30 Days



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RESILIENCY	AI/AN	NM STATEWIDE
Has satisfying and supportive relationships with parents and other adults at home	79.1%	78.4%
Has satisfying and supportive relationships with adults at school	53.3%	56.7%
Has satisfying and supportive relationships with adults outside of home and school	48.4%	58.2%
Has satisfying and supportive relationships with friends their own age	75.6%	81.7%
There are clear rules at school about what a student can and cannot do	73.6%	74.4%
Has a sense of direction and purpose in life	60.4%	63.9%
Feels interested and engaged in daily activities	59.2%	61.8%
Is good at coping with stress	43.8%	42.5%
Has confidence in achieving goals	64.6%	66.4%
Student feels good about who they are as a person	62.5%	61.8%

TOBACCO AND ELECTRONIC VAPOR PRODUCT USE	AI/AN	NM STATEWIDE
Cigarette use**	3.6%	2.4%
Used chewing tobacco, snuff or dip**	2.5%	2.1%
Smoked cigars or cigarillos**	2.7%	2.2%
Used any tobacco product (including electronic vapor products)**	18.8%	12.8%
Feel they would smoke a cigarette if offered by a friend	6.2%	5.6%
Electronic vapor product use**	11.5%	10.4%
First used an electronic vapor product before age 11, among those who use an electronic vapor product**	28.5%	31.7%
Used an electronic vapor product that was flavored, among those who use an electronic vapor product**	70.3%	71.8%
Exposed to second-hand smoke, past week	22.9%	25.3%
Used 2 or more tobacco products (including electronic vapor products)**	4.7%	3.5%
AMONG STUDENTS THAT SMOKED CIGARETTES IN THE PAST 30 DAYS		
Smoked first cigarette before age 11	56.3%	47.2%
Smoked cigarettes every day	7.0%	13.2%
Electronic vapor product use**	75.0%	82.5%
Alcohol use**	37.4%	60.9%
Marijuana use**	37.0%	55.9%

* Ever ** Past 30 Days

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
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NMYRRS
YOUTH RISK & RESILIENCY SURVEY