

DEMOGRAPHICS

In the New Mexico 2009 Youth Risk & Resiliency Survey, 8,236 Native American students in grades 6-12 ages answered the questions about alcohol use.

High School Students

Female = 1,936
Male = 2,010
Not identified = 14
Total 3,960

Middle School Students

Female = 2,095
Male = 2,171
Not identified = 10
Total 4,276

DEFINITIONS

"Suicide Issues" are students who either seriously considered suicide, created a suicide plan or attempted suicide.

For this report only variables that had a p value of $>.005$ were used.
If a variable was significant for only one sex then only the results for that sex was reported.



Albuquerque Area Southwest Tribal Epidemiology Center

This report presents Native American youth aggregate results from the 2009 New Mexico Youth Risk and Resiliency Survey (YRRS) for all Middle and High school that that participated YRRS including the Southwest Tribal Youth Project (SWTYP) schools. For more information about the SWTYP contact the Albuquerque Area Southwest Tribal Epidemiology Center at 962-2602 or go to www.aastec.net.

For more information the YRRS:

Dan Green, M.P.H.

Epidemiology and Response Division, NM DOH
Dan.Green@state.nm.us
(505)476-1779

William O. Blair, Ph.D.

School and Family Support
Bureau, NM PED
williamowen.blair@state.nm.us
(505) 827-1807

Linda J. Peñaloza, Ph.D.

University of New Mexico
Prevention Research Center
LPenalozas@salud.unm.edu
505-272-4462

www.YouthRisk.org

<http://nmhealth.org/ERD/HealthData/yrrs.shtml>



Healthy Choices, Healthy Students

Mental Health Among Native American Youth in New Mexico 2009

2009 Youth Risk & Resiliency Survey

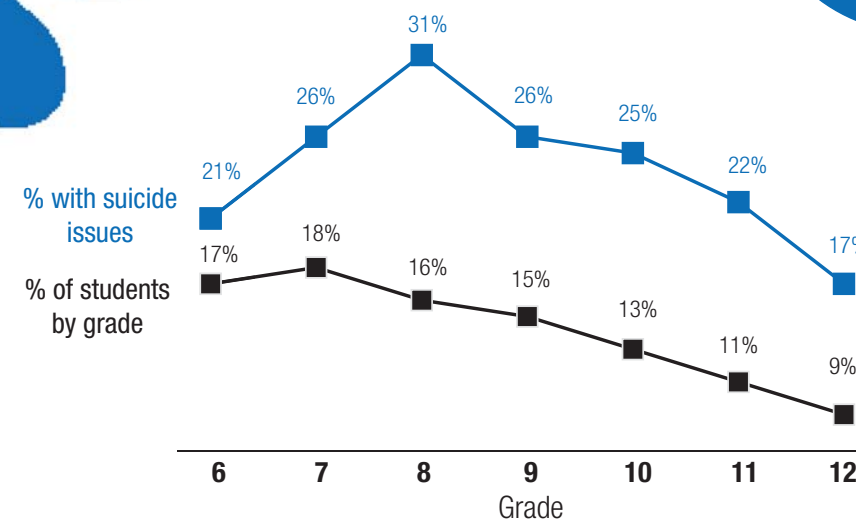
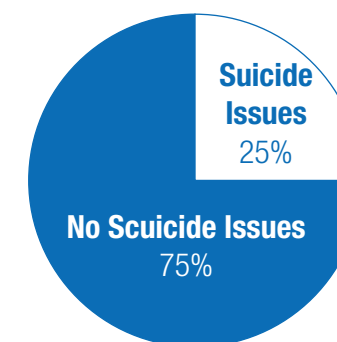
OVERVIEW

Students who considered suicide were more likely to drink, be in a fight, be bullied at school, play video games for 3 or more hours, vomit or take laxatives to lose weight, use marijuana and have had sex.

Student who did NOT consider suicide were more likely to get A's & B's, have parents they can talk about their problems with, who listen and know where they are, and are involved in extra-curricular activities.

1 out of 4 Students have Suicide Issues*

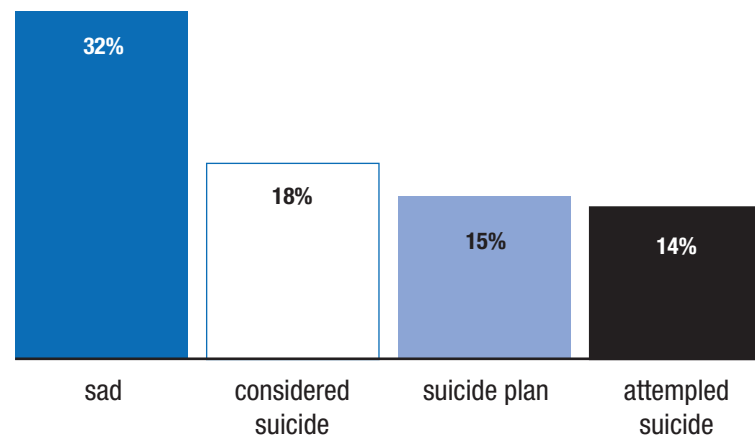
*as defined on the back



Too many Native American Youth have suicide issues, but there might be protective factors and warning signs to help keep them happy.

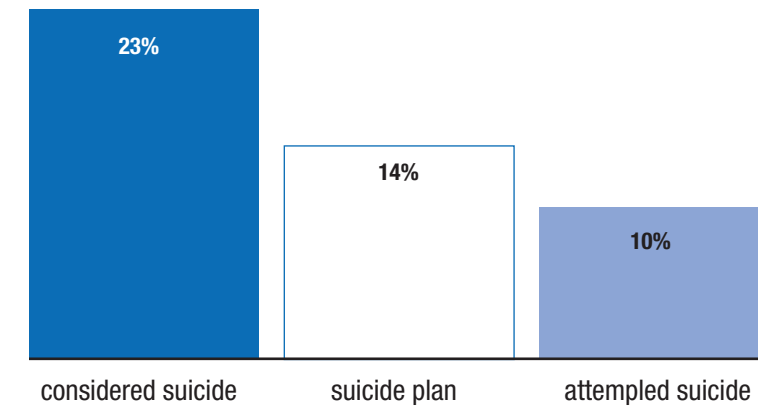
Native American High School Students in New Mexico

About 1 in 3 Girls & 1 in 6 Boys Report Suicide Issues



Native American Middle School Students in New Mexico

About 1 in 3 Girls & 1 in 6 Boys Report Suicide Issues



Protective Factors

- ▶ **75% Don't have Suicide Issues**
- ▶ 66% get A's & B's
- ▶ 84% Parents interest in school work
- ▶ 69% Parents listened to them
- ▶ 60% Parents talk with them about their problems
- ▶ 84% Parent expect them to follow the rules
- ▶ 85% Parent believe they will be successful
- ▶ 76% Have teacher who believe they will be successful
- ▶ 64% Have a teacher who listens
- ▶ 73% Have teachers who praise them
- ▶ 67% Have teachers who care
- ▶ 78% Have adult in community that care about them.
- ▶ 70% Have an adult in community that notices when they are upset
- ▶ 73% Have an adult community member they trust
- ▶ 81% Have clear family rules about their behavior
- ▶ 86% Plan to attend college
- ▶ 57% Involved in extra-curricular activities
- ▶ 77% Parents know where they are

Warning Factors

- ▶ **25% Have Suicide Issues**
- ▶ 27% Had 3 or more hours of videos play
- ▶ 18% get D's & F's
- ▶ 21% Drove after drinking alcohol
- ▶ 68% Sad for 2 weeks
 - 75% Girls
 - 56% Boys
- ▶ 18% Carried a weapon to school
- ▶ 16% Missed school – felt unsafe
- ▶ 57% have been in a physical fight
- ▶ 24% Fought at school
- ▶ 22% Hit by a boyfriend or girlfriend
- ▶ 19% Forced to have sex
- ▶ 32% Bullied at school
- ▶ 68% Sad for 2 weeks
 - 75% Girls
 - 56% Boys
- ▶ 35% Girls were injured do to suicide attempt
- ▶ 49% Use Tobacco
- ▶ 16% Smoked on School property
- ▶ 63% Drink Alcohol
- ▶ 19% Drank at school
- ▶ 51% Currently Use Marijuana
- ▶ 14% Currently Use Cocaine
- ▶ 23% Currently Use Inhalants
- ▶ 12% Have used Heroin
- ▶ 16% Have used Meth
- ▶ 24% Have used Ecstasy
- ▶ 29% Have used pain killers to get high
- ▶ 13% Injected drugs
- ▶ 64% Have had sex – 42% Sexually active
- ▶ 52% Skipped or ditched school
- ▶ 16% Have vomited or taken a laxative to lose weight

Protective Factors

- ▶ **74% Don't have Suicide Issues**
- ▶ 74% get A's & B's
- ▶ 80% Parents listened to them
- ▶ 66% Parents talk with them about their problems
- ▶ 85% Have clear school rules
- ▶ 83% Parents know where they are
- ▶ 60% Involved in community activities

Warning Factors

- ▶ 26% Have Suicide Issues
- ▶ 13% get D's & F's
- ▶ 68% have been in a physical fight
 - 62% Girls
 - 77% Boys
- ▶ 45% Were bullied at school
- ▶ 16% Smoke cigars
- ▶ 9% Use Smokeless tobacco
- ▶ 38% Drink Alcohol
- ▶ 21% Binge Drink
- ▶ 28% Use Marijuana
- ▶ 14% Used Cocaine
- ▶ 34% Used Inhalants
 - Girls 37%
 - Boys 28%
- ▶ 5% Injected Drugs
- ▶ 24% Have had sex
 - Girls 20%
 - Boys 31%
- ▶ 47% Currently sexually active
- ▶ 7% Had sex before age 11
 - Girls 4%
 - Boys 12%
- ▶ 12% Have had more than one sex partner
- ▶ 31% Girls describe themselves as overweight
- ▶ 33% Have Fasted to lose weight
- ▶ 15% Have vomited or taken a laxative to lose weight
- ▶ 29% Had 3 or more hours of videos play
- ▶ 58% Had 3 or more hours of screen time