

# 2023 New Mexico Youth Risk and Resiliency Survey (NM-YRRS) Middle School Data Highlights American Indian/Alaska Native (AI/AN) Students



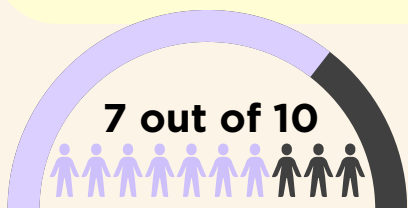
**The NM-YRRS** is a school-based survey conducted every two years to examine the health behaviors and experiences of middle and high school students (6-12<sup>th</sup> grade). The data below highlights the reported experiences of AI/AN middle school students across New Mexico.

## MENTAL HEALTH

**A RELATIONSHIP WITH PARENTS PLAYS A SIGNIFICANT ROLE IN THE MENTAL WELLBEING AND SELF-ESTEEM OF YOUNG PEOPLE.**

**79%**

students report a satisfying and supportive relationship with their parents or guardian.

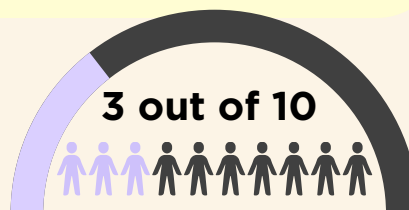


**7 out of 10**

felt good about who they were as a person and reported a supportive parent/guardian relationship



**VS**



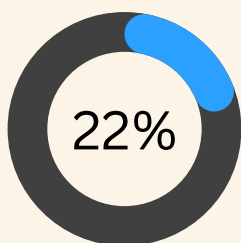
**3 out of 10**

felt good about who they were as a person and reported **no** supportive parent/guardian relationship

## MENTAL DISTRESS

Frequent stress, anxiety, and/or depression over the past 30 days.

**Overall Average**



of students report mental distress

## Overall Mental Distress Reported By Sex

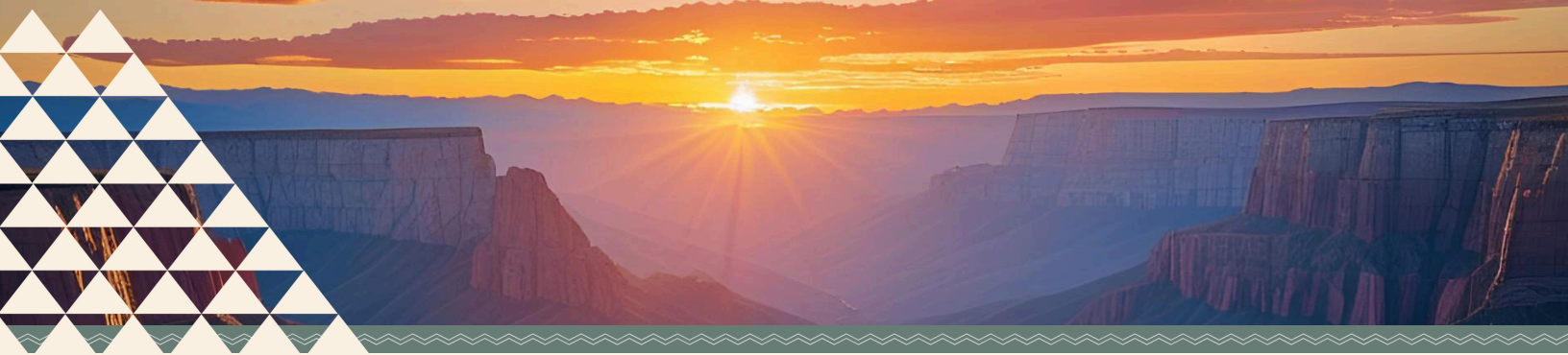
Females **30%**



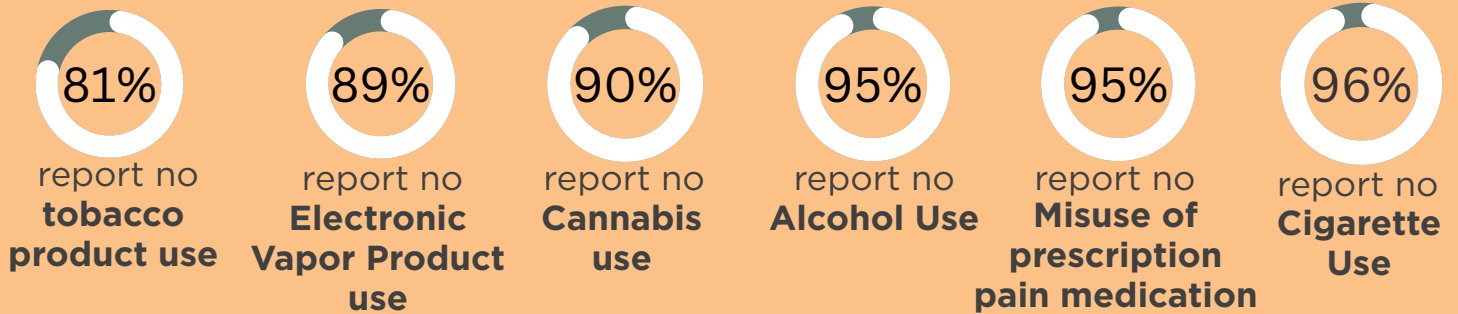
Males **13%**



**Mental distress** was reported at a **30% lower rate** when students **felt good about who they were as a person** compared to when they did not feel good about who they were as a person.



## PAST 30 DAY SUBSTANCE USE



## PROTECTIVE FACTORS

The proportion of students who drank alcohol in the last 30 days was...

**21%**

vs

**4%**

when they believe that their parents **do not** think alcohol use is wrong.

when they believe that their parents **do** think alcohol use is wrong.

Students with **direction and purpose** in life reported **cannabis use** in the past 30 days at a **6% lower rate** compared to students who reported having no direction and purpose in life (**8% vs 14%**).

### LIFESTYLE

Students who described themselves as "about the right weight."

Male

**46%**



Female

**51%**



**5 out of 10**

students are physically active 5 out of 7 days per week.



**4 out of 10**

students have daily physical education in school (5 days a week).



## PHYSICAL HEALTH



### PROTECTIVE FACTORS

When students ate a daily breakfast, **26%** (a) reported being overweight compared to **38%** (b) if they ate breakfast less than daily.



**30%**

eat breakfast daily (7 days a week).



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