

2001

# Crafting the Future of American Indian Health

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# 2000-2001 Middle School



# Youth risk

# Behavioral Summary

### **Acknowledgements**

This report would not have been possible without the assistance and support of many individuals, programs, parents, school boards, schools and others who had a vested interest in this project:

Navajo Institutional Review Board

Navajo Area Indian Health Services

Navajo Division of Health

Center for Disease Control and Prevention

School Boards

Participating Schools, Students, and Parents

With this project, we now have important information about our Navajo youth. This information can be used for discussion about youth issues, identifying program directions, focusing on previously unmet needs as perceived by the students, refocusing priorities for youth initiatives and soliciting for funds to address areas of concerns.

This report was prepared by the Navajo Area Indian Health Service Health Promotion Program.

For additional information or if you have any questions concerning this report, contact your local Navajo Area Indian Health Service Health Promotion Office or Navajo Health Education Office.

## INTRODUCTION

### **The Survey**

The Navajo Area Indian Health Service, Health Promotion Program, contracted Palm-Aitchison, Inc. (PAI) to administer the New Mexico 2000 Middle School Youth Risk Behavior Survey (2000 YRBS) in April of 2000. This version of the survey is modified from the original Centers for Disease Control and Prevention's (CDC) version. Almost all of the core CDC questions were retained and a few questions were added: 20 questions from the Communities That Care survey about students' perception of norms and 10 additional demographic questions for a total of 80 questions.

The last time middle schools were surveyed for Navajo was in 1997. This was a 55-item survey administered by CDC (1997 YRBS) within Shiprock Service Unit schools only.

The YRBS was developed by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention in collaboration with representatives from 71 state and local departments of education and 19 other federal agencies, to monitor priority health-risk behaviors that contribute to the leading causes of mortality, morbidity, and social problems, among youth and adults in the United States. These behaviors fall into six categories:

1. Behaviors that result in unintentional and intentional injuries
2. Tobacco use
3. Alcohol and other drug use
4. Sexual behaviors that result in HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancies
5. Dietary behaviors
6. Physical activity

The middle school version was introduced in 1995 using questions that have been modified from the high school version to be used with students in grades 6, 7, and 8.

The results of the 2000 YRBS will be compared with the results of the 1997 YRBS. All but a few questions were asked on both surveys.

### **Sampling Design**

The frame, or "pool" from which the samples were drawn, was all public schools that had at least 50% Navajo student enrollment in all eight Navajo Area Service Units. All students in grades 6, 7, or 8 were eligible to participate in the survey.

In schools that agreed to participate, second period classrooms were randomly selected from grades 6-8. All students in selected classroom were asked to participate.

Results were requested at both service unit and school level. Therefore, it was necessary to draw heavily from within the school to ensure a representative sample. In order to achieve this level of results, PAI consulted with Westat, the statistical branch of CDC. PAI used the same formula for drawing samples as Westat used for the BIA schools, which was administered the CDC Middle School YRBS at the same time. In many of the small schools, this requirement resulted in a census, that is, the school was too small for only a part to be drawn so the whole school received the survey.

### **Response Rate**

The 2000 survey was administered in all schools of all eight Navajo Area Service Units during the month of April. Two very large schools—Gallup Middle and Page Middle School—did not respond. Losing these 700 students made a big dent in the overall response rate. The school response rate was 89%, and the student response rate was 65%, for an overall response rate of 58%. This response rate is too low for weighting, and therefore these 2000 Navajo YRBS results cannot be considered representative of all middle school students in the Navajo Area service units. However, response rates from the separate service units are often high enough to be considered representative within that service unit. See Table 1 for 2000 response rates by school and service unit.

The 1997 survey was administered to 760 students in seven schools. Three schools were dropped for not having at least 50% Navajo student enrollment, which resulted in a final count of 491. The school response rate was 91%, and the student response rate was 66%, for an overall response rate of 60%. Therefore, the students who participated in the 1997 survey are representative of middle school students in the Shiprock Service Unit.

### Tips for Understanding YRBS results

**Sampling and response rates.** The purpose of drawing random samples is to be able to generalize from the sample to the population. That is, the sample surveyed should be representative of the population without having to survey the whole population. The formula for drawing the sample is self-weighting. That is, if the response rate is good (80% or higher), we can assume that the results can be generalized to the population. Once the overall response rate goes below a certain percentage (Westat's cutoff is 60%), we can no longer be sure that the sample that responded is the same as the sample that was drawn—there may be differences between the non-respondents and respondents that we don't know about. Therefore, that the responding sample is still representative of the population comes into question.

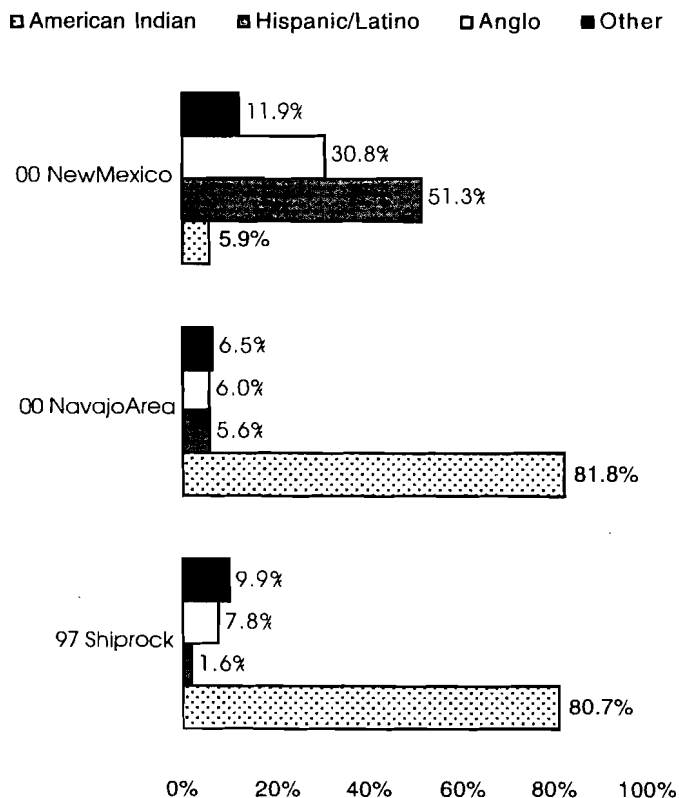
Service units with 80% or higher response rates can safely generalize to all public school 6<sup>th</sup> through 8<sup>th</sup> grade students *in their service unit*. Crownpoint and Winslow were the top responding Services Units with 81.4% and 85.3% respectively. These two service units can generalize their results to all of their students.

Service units with less than 80% but more than 60% response rate can generalize within their service units but with caution—below 80% we begin to wonder if the non-respondents were in some way materially different from the respondents. Chinle (74.6%), Ft. Defiance (70.3%) and Shiprock (69.2%) fall in this category.

Three other Service Units—Kayenta at 54%, Gallup at 51.2%, and Tuba City at 42.6%—should not generalize their results. However, they can still use their results as guides for directing future questions.

**Statistical significance.** In the charts and tables for service units and schools, percentages may look as if they are substantially different. For example, the percentage of females who sniff glue is higher than males in the bar chart or table. Remember, there is error associated with each percentage because not all students completed the survey or they may have selectively answered the questions. Therefore, two percentages may look different but not be significantly different. The percentages reported are estimates that depend on how many students answered that particular question.

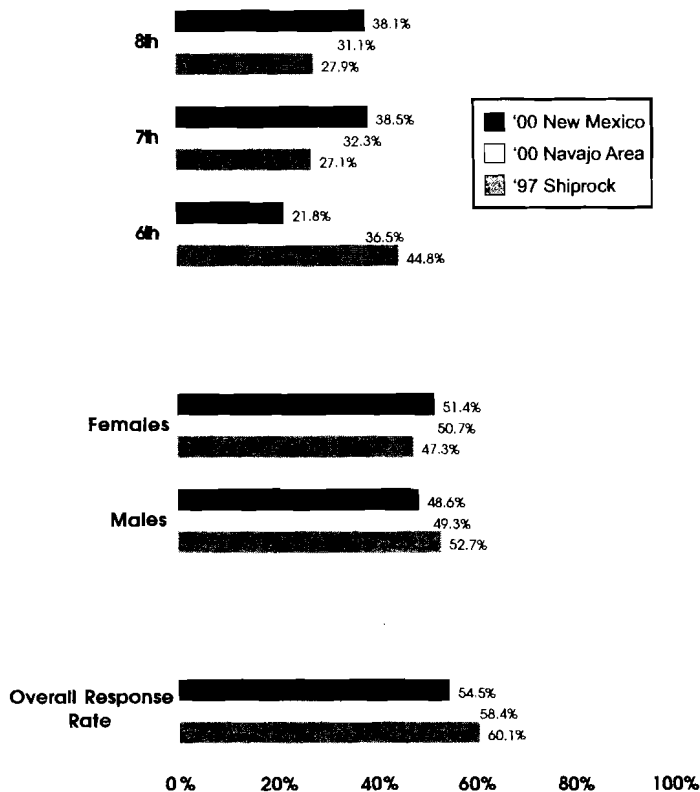
In the following graphs the results from the 1997 YRBS in Shiprock and the 2000 Navajo Area YRBS will be compared to the results of the New Mexico 2000 YRBS since there are no national middle school results available for comparison. New Mexico is a logical comparison since the population of the state of New Mexico is more similar to the population of the Navajo Nation, comprising all three states, than the general national population is.



### DISTRIBUTION OF ETHNICITY

For the school year 1999-2000, the statewide proportions of ethnic groups enrolled in public schools was American Indian (or Native American) 11%, Hispanic/Latino 49.3%, Anglo 35.7%, and all others 4% out of a total enrollment of 324,520.[1]

[1] New Mexico Department of Education Data Collection and Reporting Unit, NMSDE-DCRU-#15, 01/26/2000.



## DISTRIBUTION OF GENDER AND GRADE

The 2000 YRBS was given in select schools on and off the Navajo Nation. The 2000 "New Mexico" results are from schools in New Mexico.

When comparing the 1997 results to the 2000 results, note the small sample size. Remember that the 1997 YRBS was only administered in the Shiprock Service Unit. Because the sample is so small, it only takes a few responses to radically shift the percentage. In 2000, with those larger  $n$ 's, it takes a lot of response to change the percentages. So when comparing the 1997 to the 2000 YRBS, do so with caution.

It looks like the 6<sup>th</sup> grade was oversampled in 1997, and undersampled in 2000 in New Mexico. The 2000 Navajo Area Middle School YRBS looks evenly distributed.

For the school year 1999-2000, the statewide proportions of males and females enrolled in public schools was males 51.4% and females 48.6% respectively.[1]

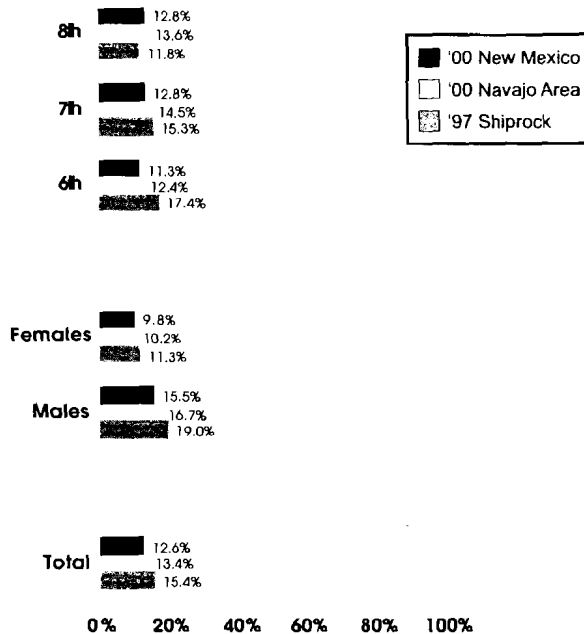
[1] New Mexico Department of Education Data Collection and Reporting Unit, NMSDE-DCRU-#15, 01/26/2000.

## INTENTIONAL AND UNINTENTIONAL INJURIES



**How often do you wear a seatbelt when riding in a car or other vehicle driven by someone else?**

**%age of students who wear their seatbelts never or rarely**



Only 10-15% of middle schools throughout the Navajo Area answered never or rarely to wearing their seatbelts. 85-90% report wearing seatbelts sometimes, most of the time, or always.

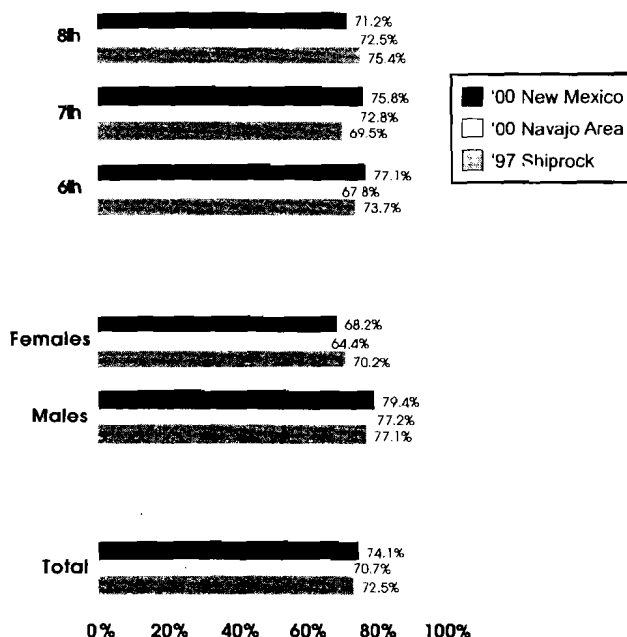
- Use of seat belts is estimated to reduce the risk of a fatal motor vehicle injury by 45% and moderate to critical injuries by 50%.
- Motor vehicle crash injuries are the leading cause of death among youth aged 15-24 in the United States.

From the National Highway Traffic Safety Administration, 1996 National Goals:

- Increase national seat belt use to 85% by 2000 and 90% by 2005 (from 68% in 1996)
- Reduce child occupant fatalities (0-4 years) by 15% in 2000 and by 25% in 2005 (from a total of 685 in 1995) <http://www.nhtsa.dot.gov/people/injury/airbags/presbelt/index.html>

**When you ride a bicycle, how often do you wear a helmet?**

**%age of students who wear helmets while riding a bicycle never or rarely**



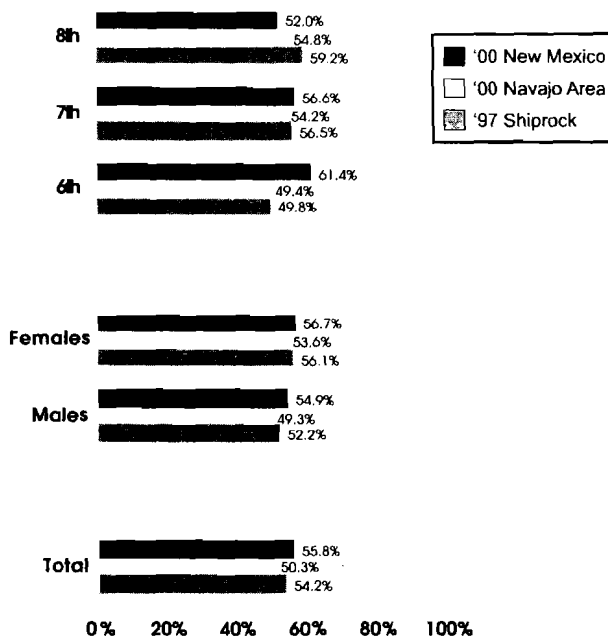
From the National Safe Kids Campaign fact sheet:

- Children ages 10 to 14, especially males, have the highest death rate from bicycle related head injury of all ages.
- Bicycle helmets have been shown to reduce the risk of head injury by as much as 85% and the risk of brain injury by as much as 88%.



## When you rollerblade or ride a skateboard, how often do you wear a helmet?

%age of students who wear helmets while rollerblading-skateboarding never or rarely



Comparing the two graphs, rollerbladers and skateboarders are wearing their helmets more than bicycle riders.

- Out of all respondents, approximately 17% don't ride a bicycle and 37% don't rollerblade or skateboard.

- Helmets decrease the risk of head injuries by 85%.
- Only about 18% of cyclists in the US use helmets all or most of the time.
- Universal helmet use could prevent an average of 500 bicycle-related deaths each year.

The following facts are based on analysis of data from the U.S. Department of Transportation's Fatality Analysis Reporting System:

- 746 bicyclists were killed in crashes with motor vehicles in 1999. This is 1 percent fewer than in 1998 and down 26 percent since 1975.
- Bicycle deaths are most likely to occur in summer. Deaths are most likely to occur on Fridays and Saturdays. The peak time is 3-9 pm.
- Ninety-eight percent of bicyclists killed in 1999 reportedly weren't wearing helmets.

### AGE AND GENDER

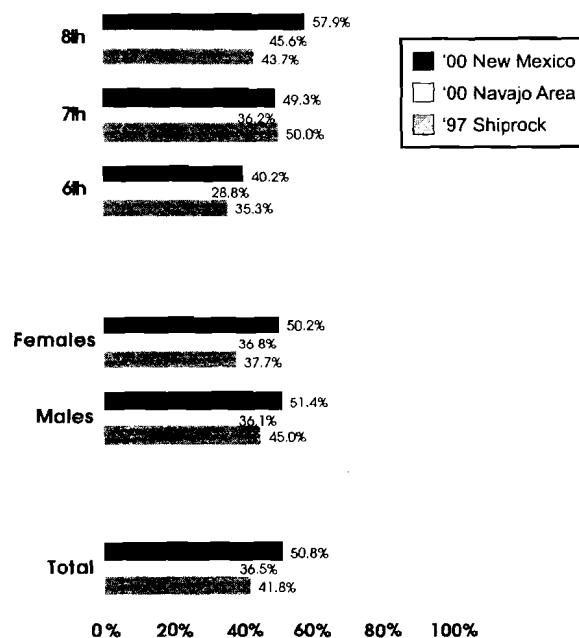
- Deaths of older bicyclists are an increasing problem. Seventy-one percent of 1999 bicycle deaths were riders 16 years and older. This compares with 32 percent of bicycle deaths in 1975.
- About 7 times as many bicycle deaths are males compared with females. At every age older than 4, more male than female bicyclists are killed. Deaths per million people are higher among males than females at all ages older than 4.
- Bicycle deaths per million people rise rapidly among males beginning at about 5 years old and are highest among 14 and 15 year-olds. Death rates also are high among 13- and 16-year-old males.





## Have you ever ridden in a car driven by someone who had been drinking alcohol?

%age of students who have ridden in a car driven  
by someone who had been drinking alcohol



This is a question that gets at decision-making about personal risk and safety. About 50% of respondents have ridden in a car with a driver under the influence. For this question, the rise in percentages with each grade may be related to the individual knowing more people who have cars as well as access to alcohol.

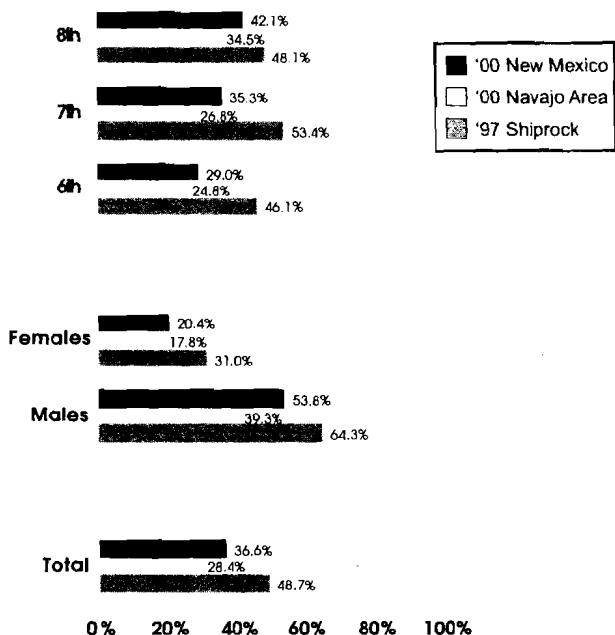
- In the 2000 survey, males and females are taking the risk in the same percentages. A total of 41,611 people lost their lives in motor vehicle crashes in 1999. Another 3.3 million people were injured. 1999 Motor Vehicle Crash Data from Fatality Analysis Reporting System
- The majority of persons killed or injured in traffic crashes were drivers (64 percent), followed by passengers (32 percent).
- Persons 16 to 20 years old had the highest fatality and injury rates per 100,000 population. Children under 5 years old had the lowest fatality and injury rates.
- For every age group, the fatality rate per 100,000 population was lower for females than for males.
- Thirty-eight percent of the persons who were killed in traffic crashes in 1999 died in alcohol-related crashes. Ten percent of the injured persons received their injuries in alcohol-related crashes.

<http://www.nhtsa.dot.gov/people/injury/alcohol/>



## Have you ever carried a weapon, such as a gun, knife, or club?

%age of students who have carried a weapon  
(including a gun in 2000, excluding a gun in 1997)



In 1997, there were two questions: one asked "Have you ever carried a gun?" and then a second question asked, "Have you ever carried any other type of weapon, such as a knife or club?"

There were fewer Navajo Area respondents who carried a weapon than New Mexico respondents.

The percentages increase with each grade level, the biggest change from 7th to 8th. Males responded that they had carried a weapon in much greater percentages than females.

### Key facts on youth, crime, and violence

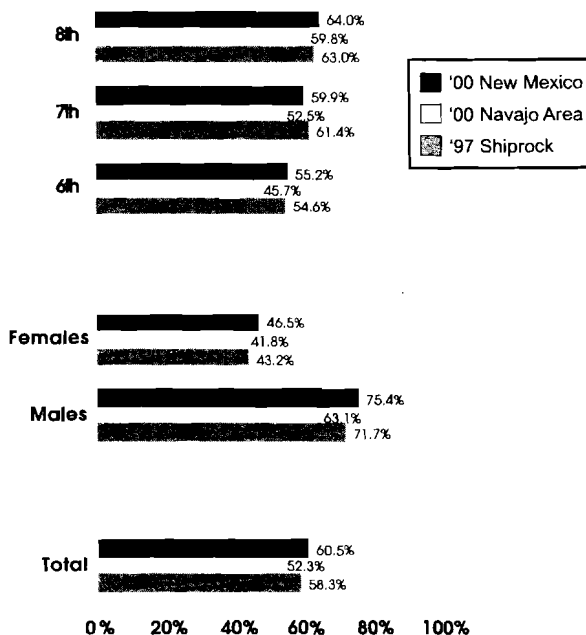
- Crime and violence by youth are declining. Violent juvenile crime arrest rates have fallen by 19 percent since 1994.
- Children and youth are at a much greater risk of being the victims than the perpetrators of a violent crime.
- Youths age 12-17 are twice as likely as adults to be victims of serious violent crime and three times as likely to be victims of simple assault. In one-third of all sexual assaults reported to law enforcement, the victim was younger than age 12.
- Between 1980 and 1997, three out of four murdered juveniles ages 12 or older were killed with a firearm.
- Despite recent incidents, schools are one of the safest places for children.
- While the total number of multiple victim homicide events in schools increased from the 1992-1993 school year to the 1997-1998 school year, the total number of school-associated violent death incidents decreased. The chance of a student suffering a school-associated violent death is less than one in a million.

[http://www.childrensdefense.org/youthviolence/keyfacts\\_youthcrime.htm](http://www.childrensdefense.org/youthviolence/keyfacts_youthcrime.htm)



## Have you ever been in a physical fight?

%age of student who have been in a physical fight



In the 2000 Navajo Middle School YRBS, although 60% had been in a fight, only 8.3% of all respondents said they had been in a fight where they'd been hurt badly enough they had to go to a doctor or nurse: 11.7% of the males, and 5.6% of the females.

Notice that the percentages get higher in each grade.

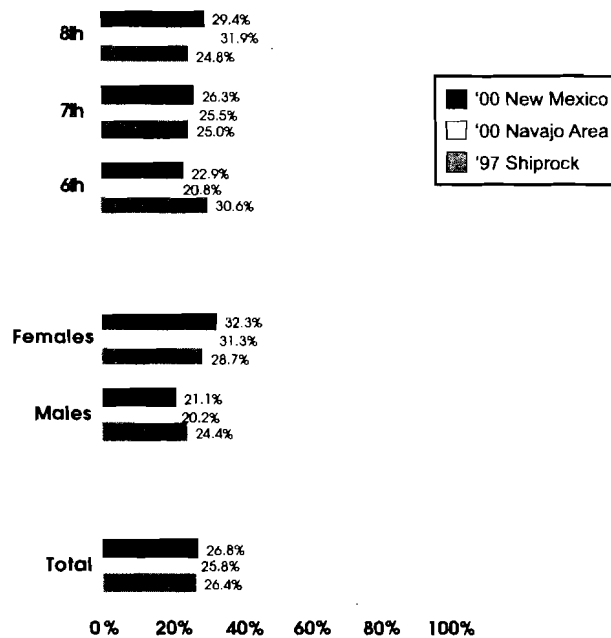
Even though lower than males, more than 40% of females answered 'yes' to this question.

- Physical fighting is a precursor to many fatal and nonfatal injuries.
- During 1996-97, nearly 200,000 fights or physical attacks occurred at schools. However, in general, from 1993-1997 the percentage of students reported to have been in a physical fight on school property decreased.



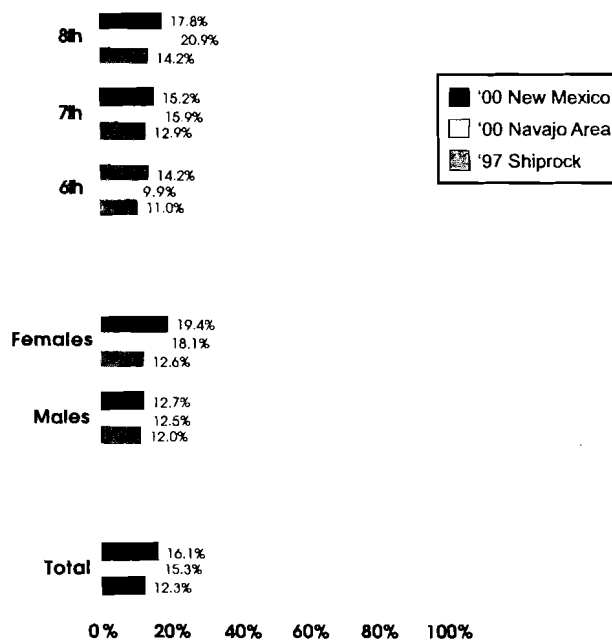
## Have you ever thought seriously about killing yourself?

%age of students who have thought seriously about killing themselves



## Have you ever made a plan to kill yourself?

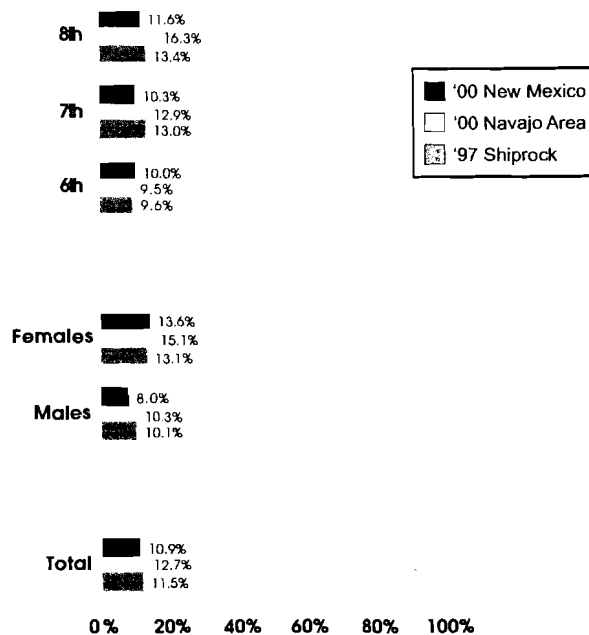
%age of students who have made plans to kill themselves





## Have you ever tried to kill yourself?

%age of students who have  
tried to kill themselves



Suicide ideation, planning, and attempts are higher among females than males. The percentage in the Navajo Area shows that attempt gets higher with each grade.

- In New Mexico, as of 1997, suicide is the 2<sup>nd</sup> leading cause of death for adolescents and young adults of all races ages 15-24. Nationwide, suicide is the 3<sup>rd</sup> leading cause of death in that age group.
- The suicide rate for 15-24 year olds has tripled since 1950.
- Suicide ideation is associated with alcohol and drug use, forced sex, lack of family support, among other risk factors.
- Suicide ideation and attempts are typically more common among females than males, about 4:1. Males are more likely to complete than females, at about 4:1.

### Suicide in the United States:

- Suicide took the lives of 30,535 Americans in 1997 (11.4 per 100,000 population).
- Overall, suicide is the eighth leading cause of death for all Americans, and is the third leading cause of death for young people aged 15-24.<sup>1</sup> More people die from suicide than from homicide. In 1997, there were 1.5 times as many suicides as homicides.
- Males are four times more likely to die from suicide than are females. However, females are more likely to attempt suicide than are males.
- 1997, white males accounted for 72% of all suicides. Together, white males and white females accounted for over 90% of all suicides.<sup>1</sup> However, during the period from 1979-1992, suicide rates for Native Americans (a category that includes American Indians and Alaska Natives) were about 1.5 times the national rates. There was a disproportionate number of suicides among young male Native Americans during this period, as males 15-24 accounted for 64% of all suicides by Native Americans.<sup>3</sup>
- Nearly 3 of every 5 suicides in 1997 (58%) were committed with a firearm.

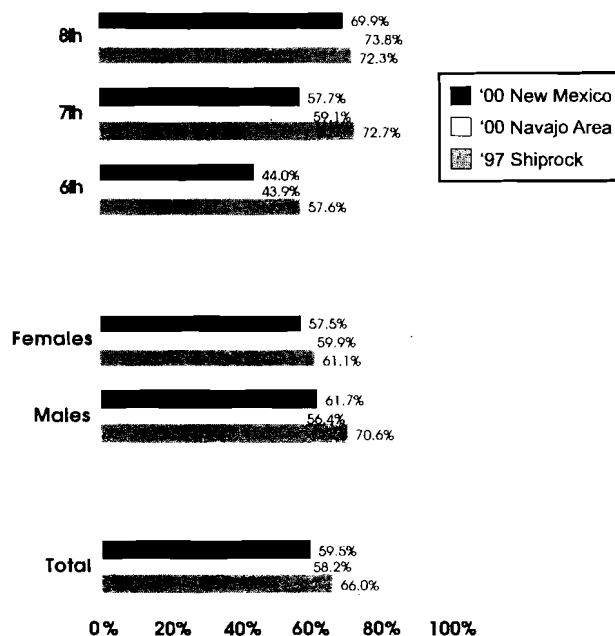
<http://www.cdc.gov/ncipc/factsheets/suifacts.htm>

## TOBACCO USE



### Have you ever tried cigarette smoking, even one or two puffs?

%age of students who have  
tried cigarette smoking



In these results, the percentage of females is about the same as males, and the percentages get significantly higher with each successive grade.

Over 40% have already tried smoking in the 6<sup>th</sup> grade.

- Tobacco use is considered the chief preventable cause of death in the United States, with *over 20% of all deaths* attributable to tobacco use.
- If current patterns of smoking behavior persist, an estimated 5 million U.S. persons who were 0-17 years old in 1995 (that is, born between 1978 and 1995) could die prematurely from smoking-related illnesses.

#### Cigarette Smoking Prevalence:

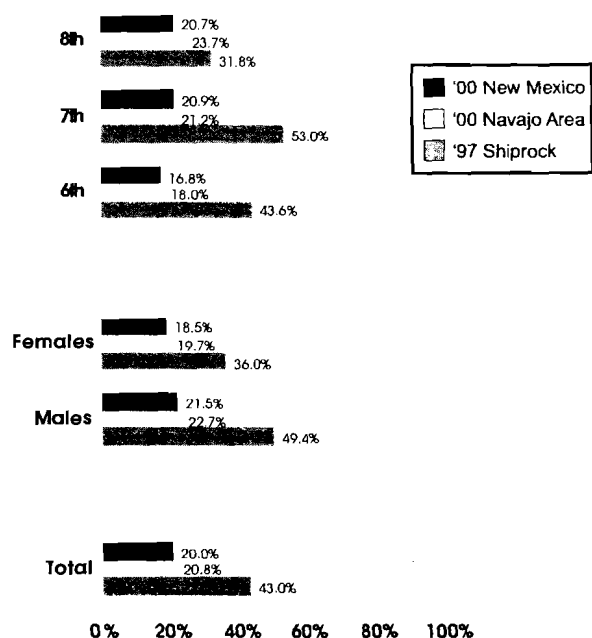
- Data from the 1997 National Health Interview Survey show that among the five major racial and ethnic populations adult smoking prevalence was highest among American Indians and Alaska Natives (34.1%) followed by African Americans (26.7%), whites (25.3%), Hispanics (20.4%), and Asian Americans and Pacific Islanders (16.9%).
- In 1997, 37.9% of American Indian and Alaska Native men smoked, compared with 27.4% of white men. The smoking rate among American Indian and Alaska Native women was 31.3% compared with 23.3% among white women.
- Smoking rates and consumption among American Indians and Alaska Natives vary by region and state. Smoking rates are highest in Alaska (45.1%) and the North Plains (44.2%) and lowest in the Southwest (17.0%). The prevalence of heavy smoking (25 or more cigarettes per day) is also highest in the North Plains (13.5%).

[http://www.cdc.gov/tobacco/sgr/sgr\\_1998/sgr-min-fs-nat.htm](http://www.cdc.gov/tobacco/sgr/sgr_1998/sgr-min-fs-nat.htm)



## How old were you when you smoked a whole cigarette for the first time?

%age of students who had their 1st whole cigarette at age 10 or younger

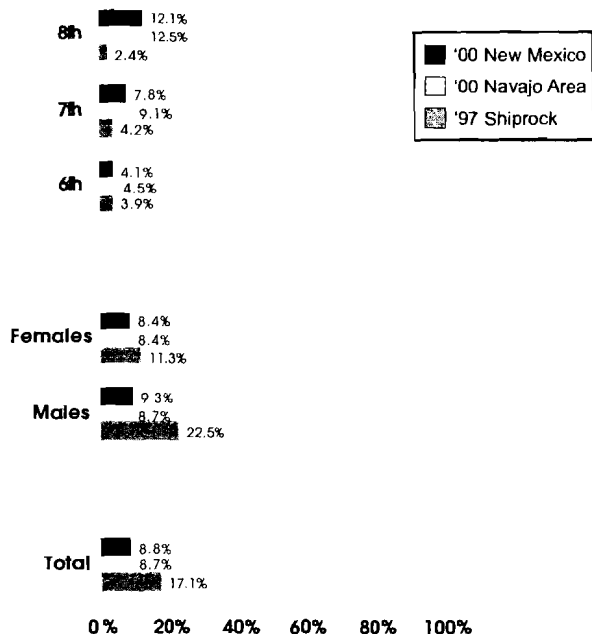


In 1997, the percentage answering '10 or earlier' was much larger than in the 2000 surveys. This could either be an effect of the small *n*. Those students would have been in high school for the 2000 survey. If a high school survey is done soon, if there was something different about those 6<sup>th</sup> and 7<sup>th</sup> graders, we should be able to notice a cohort effect.

- Having their first whole cigarette at 10 or younger means they're starting tobacco use *before* middle school.

## During the past 30 days, on the days that you smoked, how many cigarettes did you smoke per day?

%age of students who smoked 2 or more cigarettes on the days they smoked out of the past 30 days

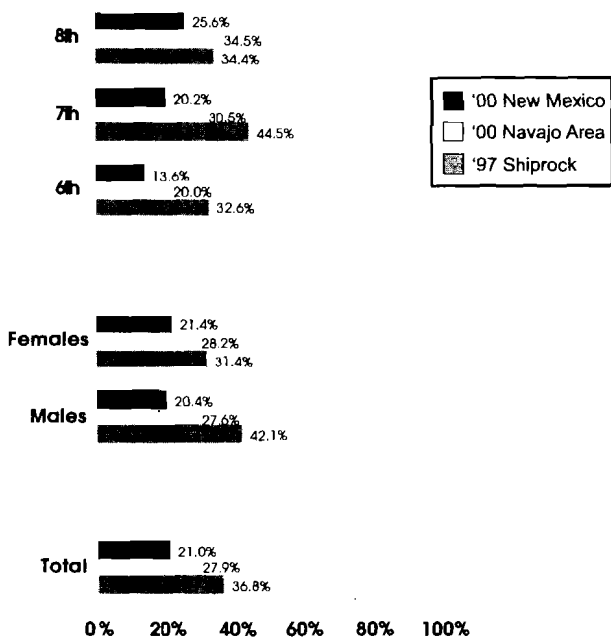


- Nationwide, the average age of first tobacco use is 12.2 years for the age group 12-17.

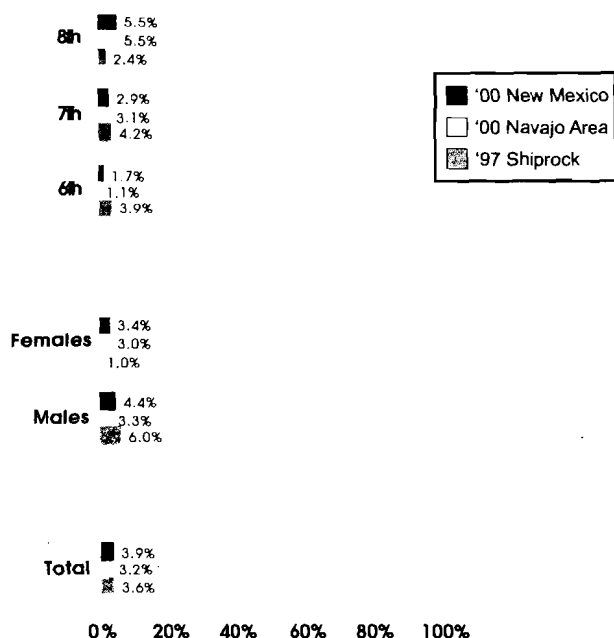


## During the past 30 days, on how many days did you smoke cigarettes?

%age of student who smoked cigarettes on one or more of past 30 days



%age of student who smoked cigarettes on 20 or more of past 30 days



In 1997, we see the same high use among 6<sup>th</sup> and 7<sup>th</sup> graders, lower among the 8<sup>th</sup> graders.

In 2000, we see a more common pattern: increased percentages in each succeeding grade.

A much lower percentage smoked 20 or more days out of the past 30, indicating that perhaps most of those who smoked at all are intermittent smokers.

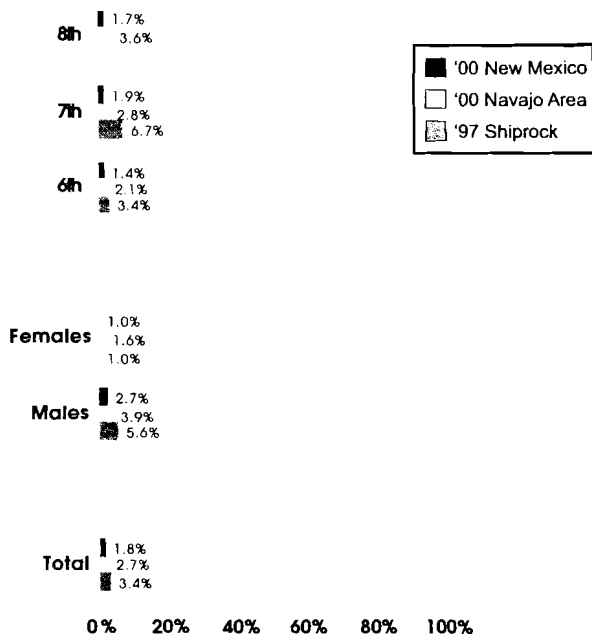
- There is evidence that cigarette smokers are more likely to drink alcohol and use marijuana and cocaine as compared to non-smokers.





## During the past 30 days, how did you usually get your own cigarettes?

%age of students who bought cigarettes from a store, gas station, or vending machine in past 30 days

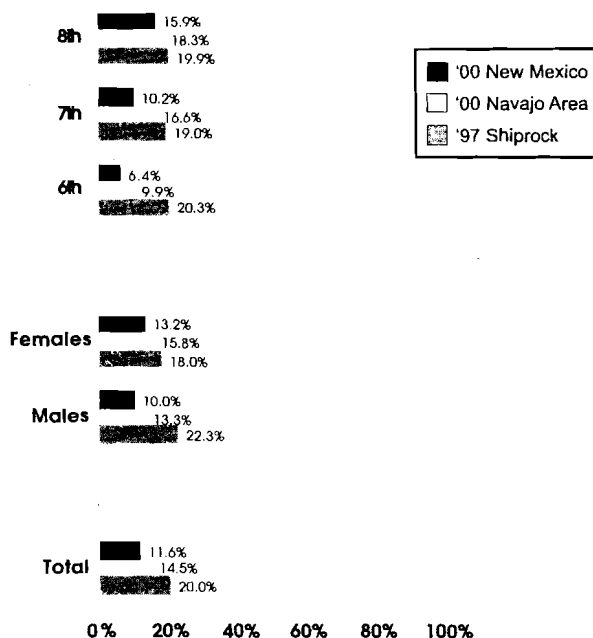


The percentages of students in this survey who bought cigarettes from a store, gas station, or vending machine is very small.

- Protective factor research has found that availability of substances in the community are a risk factor for future substance use.
- The Synar Amendment restricts the sale and distribution of cigarettes and smokeless tobacco to children and teenagers under 18.
- Over 80% of school districts nationwide prohibit tobacco use in the school building and on the grounds at all times.

## During the past 30 days, how did you usually get your own cigarettes?

%age of students who borrowed cigarettes from someone or gave someone else money to buy cigarettes for them in past 30 days



In 1997 and the 2000 surveys, approximately 70% of respondents said they didn't smoke in the last 30 days.

Among those who did smoke, however, many more of them got their cigarettes from someone else than from commercial sales points (see previous chart). This indicates that the tobacco use prevention and cessation programs now should shift their emphasis from banning sales to peer norms, perhaps something like the "Friends don't let friends drink and drive" campaign for alcohol.

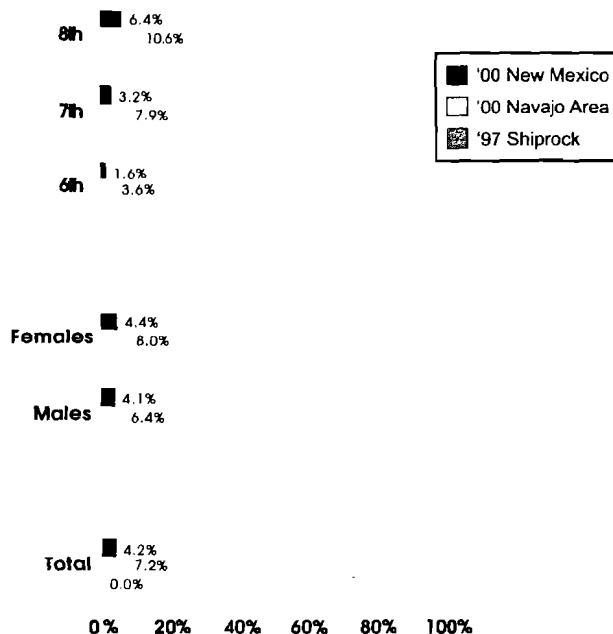
Here we see that more females than males get their cigarettes from others.

And again, the increasing percentage with subsequent grades.



## Have you ever smoked cigarettes regularly, at least 1 cigarette every day for 30 days?

%age of students who smoked regularly  
(1 cigarette per day) for past 30 days



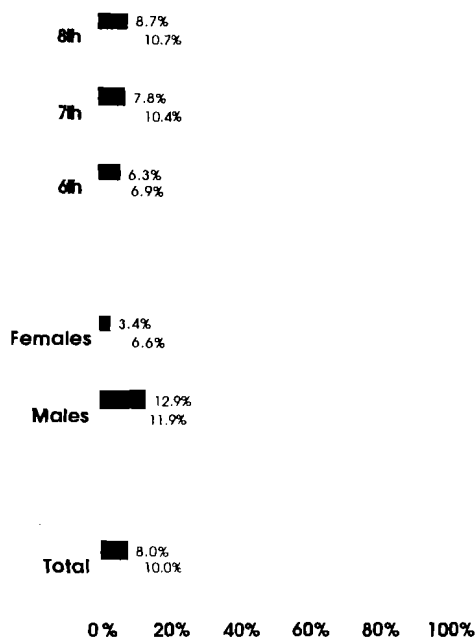
This question was not asked in 1997. The percentage who smoke regularly is very small but increases with grade.

### Cigarette Smoking Behavior

- Compared with whites, American Indians and Alaska Natives smoke fewer cigarettes each day. In 1994–1995, the percentage of American Indians and Alaska Natives who reported that they were light smokers (smoking fewer than 15 cigarettes per day) was 49.9%, compared with 35.3% for whites.
- American Indian and Alaska Native lands are sovereign nations and are not subject to state laws prohibiting the sale and promotion of tobacco products to minors. As a result, American Indian and Alaska Native young people have access to tobacco products at a very young age.

[http://www.cdc.gov/tobacco/sgr/sgr\\_1998/sgr-min-fs-nat.htm](http://www.cdc.gov/tobacco/sgr/sgr_1998/sgr-min-fs-nat.htm)

%age of students who have used  
chewing tobacco or snuff on  
one or more of the past 30 days



In 1997 the question was “Have you ever tried chewing tobacco?” In 2000, the question was “In the last 30 days, how many days have you used chewing tobacco?”

In 1997, 72% of the respondents had never tried chewing tobacco. In the 2000 survey, more than 90% had not used chew products at all in the last 30 days. Of the remainder, most of them answered somewhere between 1 and 5 days they had used. Chewing tobacco seems to be a lesser issue than cigarettes.

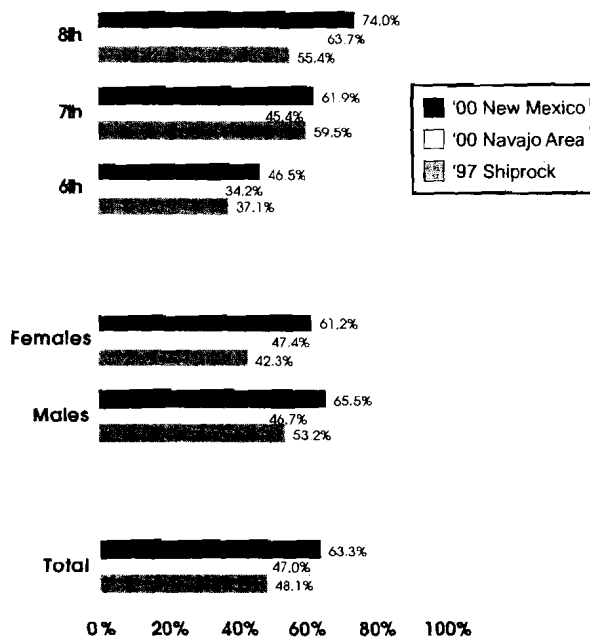
- Regarding chewing tobacco (not graphed), nationally in 1999 the prevalence of cigar use (past 30 days) among high school students was 25.4% among males and 9.9% among females.

## ALCOHOL AND OTHER DRUG USE



### Have you ever had a drink of alcohol, other than a few sips?

%age of students who have ever had a drink of alcohol (excluding for religious purposes)

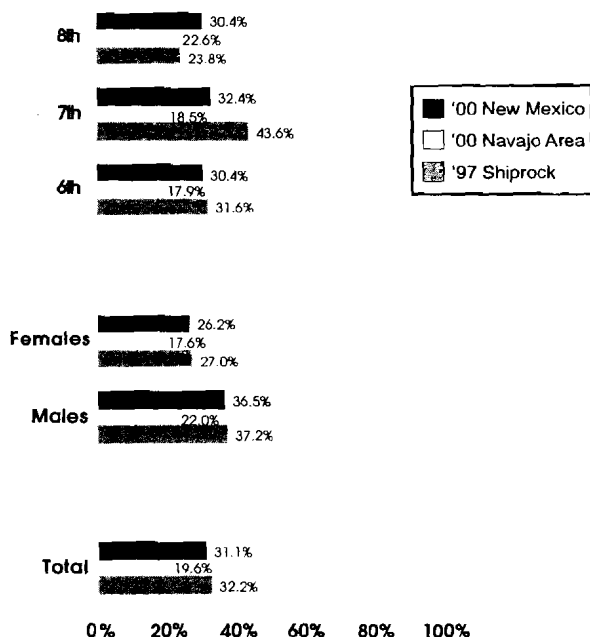


Compare this graph to the question about ever having tried cigarette smoking. In both the Navajo and New Mexico 2000 surveys, a smaller percentage of respondents have tried alcohol than have tried cigarettes. In both surveys, the percentage increases about 1/3 with each grade.

- Alcohol is a major contributing factor in approximately half of all homicides, suicides, and motor vehicles crashes, which are the leading causes of death and disability among young people.
- Alcohol contributes to 100,000 deaths annually, making it the third leading cause of preventable mortality in the US, after tobacco and diet/activity patterns
- Among 9,484 deaths attributed to non-medical use of other drugs in 1996, 37% also involved alcohol. <http://www.ncadd.org/facts/problems.html>

### How old were you when you had your first drink of alcohol?

%age of students who had their first drink of alcohol at age 10 or younger



A smaller percentage of Navajo Area respondents had had their first drink of alcohol at 10 or younger than New Mexico respondents.

The percentage of 8th graders from the Navajo Area that had their first drink at 10 or younger is not substantially larger than the percentages of 6th and 7th graders. This is notable from a cohort perspective, indicating that successive cohorts are not initiating alcohol use any earlier.

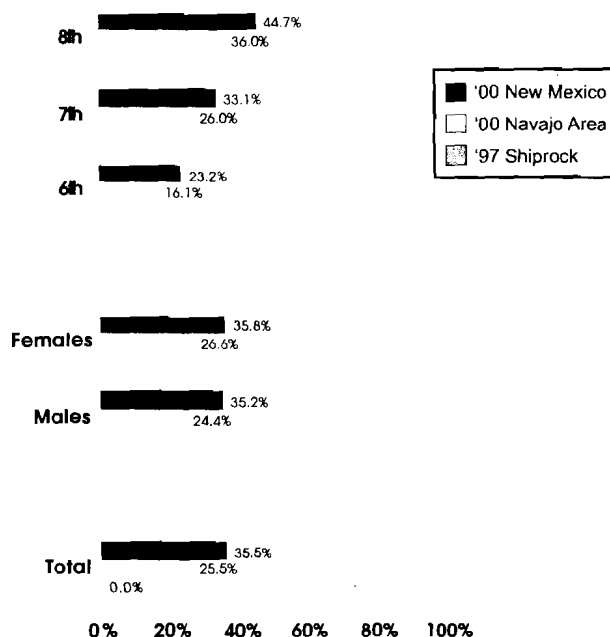
• In the 2000 surveys, both Navajo and New Mexico, the age of initiation for drinking as about the same across grades.

- People who begin drinking before age 15 are four times more likely to develop alcoholism than those who begin at age 21. <http://www.ncadd.org/facts/problems.html>



## During the past 30 days, on how many days did you have at least 1 drink of alcohol?

%age of students who had at least one drink on one or more days out of past 30



This question was not asked in 1997. Males and females respond about the same. In Navajo, the percentages are lower than in New Mexico. In both Navajo and New Mexico, the percentage increase with each grade is about 10%.

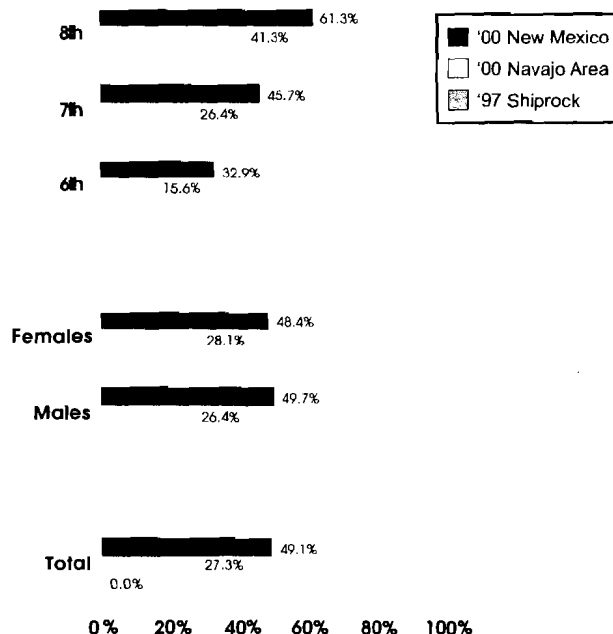
- 62% of high school seniors report that they have been drunk; 31% say that have had five or more drinks in a row [in the previous] two weeks

### National Trends in Substance Abuse

- About 77 percent of adolescents aged 12 to 17 years report being both alcohol free and drug free in the past month.
- Alcohol is the drug most frequently used by adolescents aged 12 to 17 years. In 1998, 19 percent of adolescents aged 12 to 17 years reported drinking alcohol in the past month. Alcohol use in the past month for this age group has remained at about 20 percent since 1992. Eight percent of this age group reported binge drinking, and 3 percent were heavy drinkers (five or more drinks on the same occasion on each of 5 or more days in the past 30 days).
- Data from 1998 show that 10 percent of adolescents aged 12 to 17 years reported using illicit drugs in the past 30 days. This rate remains well below the all-time high of 16 percent in 1979. <http://www.ncadd.org/facts/problems.html>

## If you wanted to get some alcohol (beer, wine, or hard liquor such as vodka, whiskey, or gin), how easy would it be for you to get some?

%age of students who think it would be easy to get beer, wine, or hard liquor



This question was not asked in 1997. Males and females respond about the same. The rates in NAHPP are much lower than in New Mexico but increases significantly with grade.

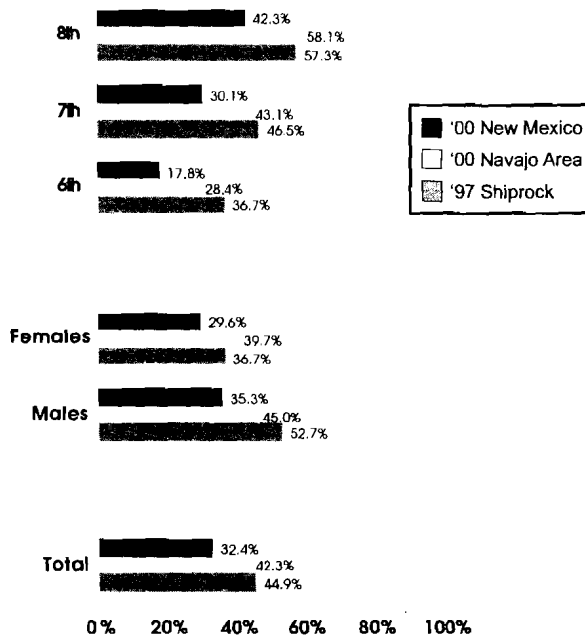
- In both Navajo and New Mexico, respondents perceive easier access to alcohol with each grade. Is it actually easier, or are they just more interested in getting access with each grade?

- Approximately 2/3 of teenagers who drink report that they can buy their own alcoholic beverages. <http://www.ncadd.org/facts/youthalc.html>



## Have you ever used marijuana?

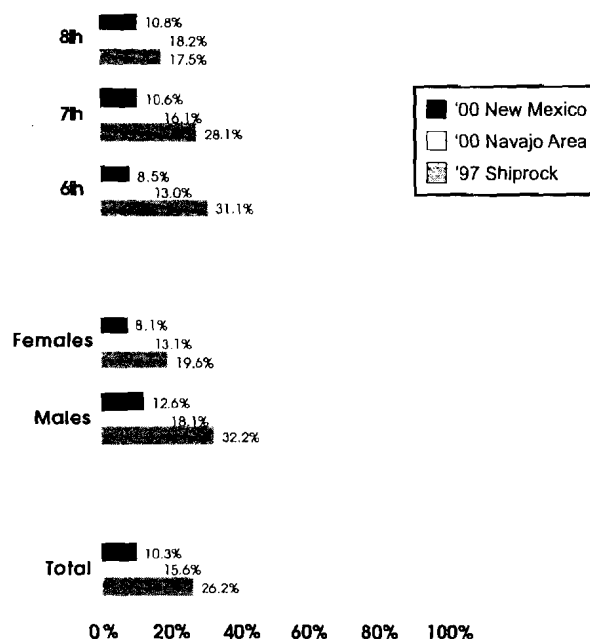
%age of students who have used marijuana



Comparing the three graphs for ever smoked cigarettes, ever had a drink of alcohol, and ever used marijuana—the percentage who have used marijuana is less than for the other two substances, and cigarette use is most prevalent.

## How old were you when you tried marijuana for the first time?

%age of students who tried marijuana for the first time at age 10 or younger

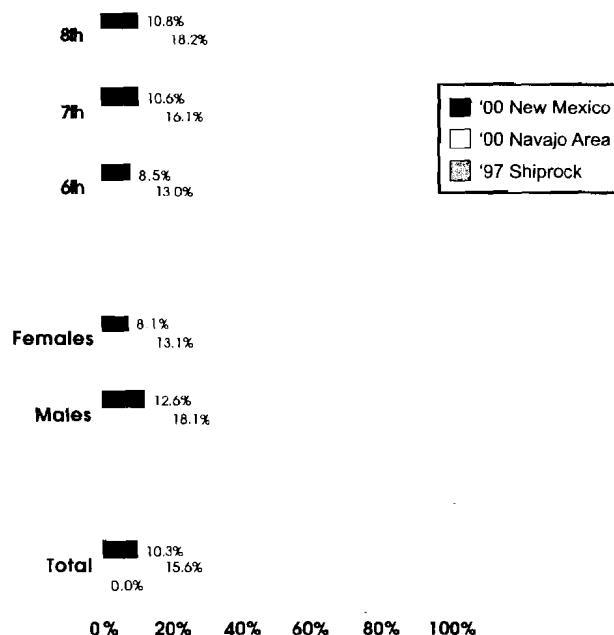


In 1997 the percentages were much higher, but remember we're dealing with the effect of a very small set of responses.



## During the past 30 days, how many times did you use marijuana?

%age of students who used marijuana on one or more days out of past 30

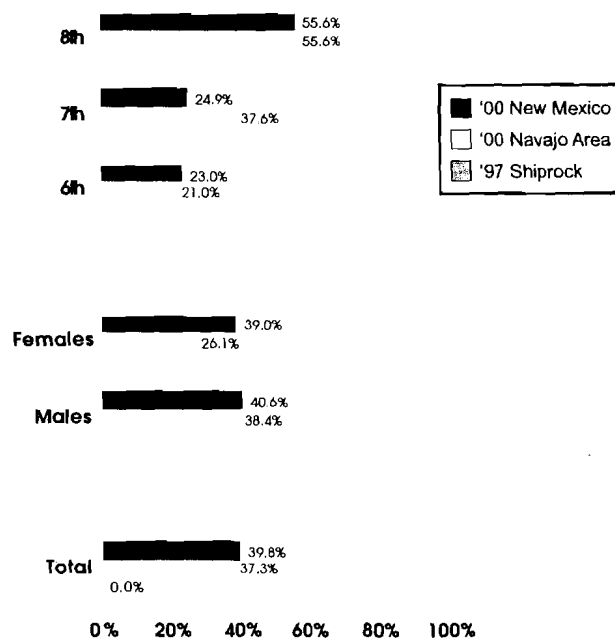


This question was not asked in 1997.

The percentages are higher from the 2000 Navajo than the corresponding respondents from the 2000 NM survey.

## If you wanted to get some marijuana, how easy would it be for you to get some?

%age of students who think it would be easy to get marijuana



This question was not asked in 1997.

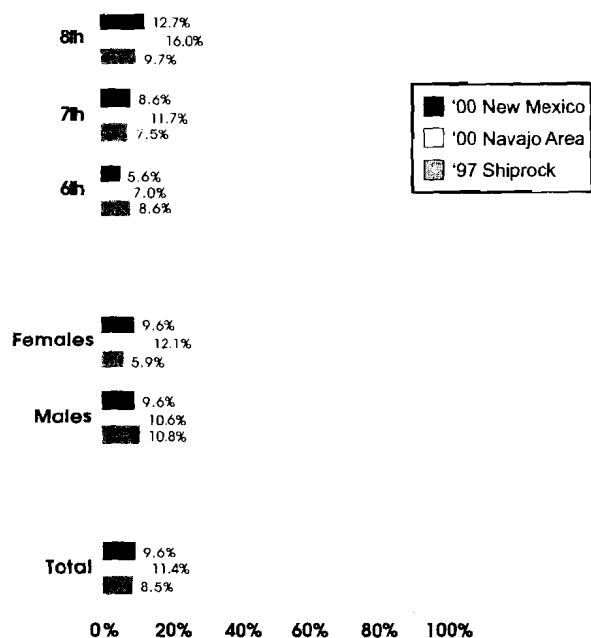
In the 2000 NM survey, males and females respond the same, but in the 2000 Navajo survey, fewer females think it would be easy to get marijuana.

By grade, the Navajo percentage increases more in 7<sup>th</sup> grade than the NM percentage does, but they are equal by 8<sup>th</sup> grade.



## Have you ever used any form of cocaine, including powder, crack, or freebase?

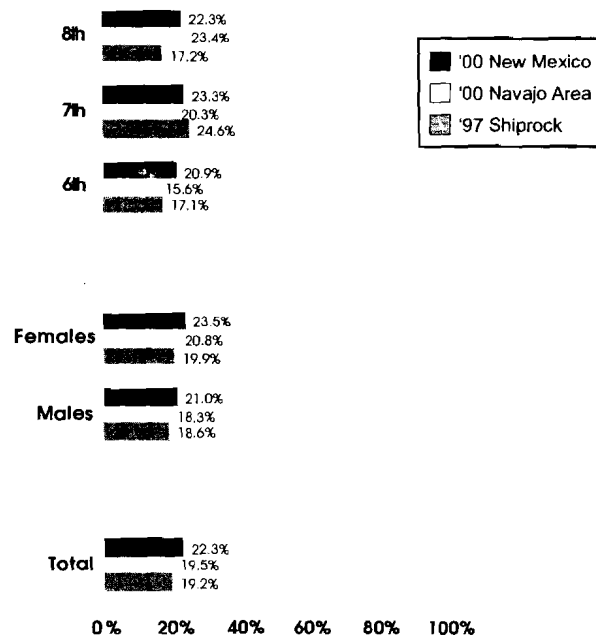
%age of students who have  
used any form of cocaine



Percentages are a little higher among Navajo than New Mexico respondents in 7<sup>th</sup> and 8<sup>th</sup> grades but at this small a percentage, the difference is not significant.

## Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays, to get high?

%age of students who have sniffed glue or  
breathed or inhaled paint to get high



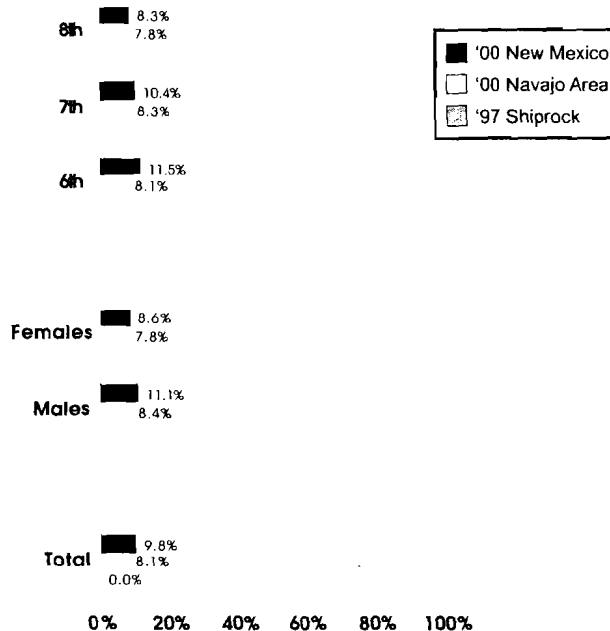
These percentages are higher than for cocaine, perhaps, because glue and paints are easier to procure.

Here the females respond just a little bit higher than the males, but for all practical purposes they're equal.



## How old were you when you sniffed glue, breathed spray cans, or inhaled paints to get high for the first time?

%age of students or snifed glue or breathed or inhaled paint for the first time at age 10 or younger



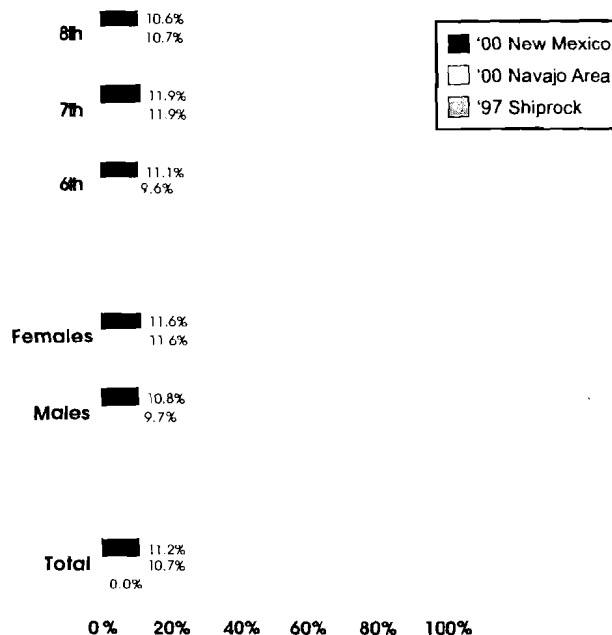
This question was not asked in 1997.  
All percentages here are small.

Inhalant abuse among the Nation's 8th, 10th and 12th graders declined in 1999, continuing an apparent gradual decline that began in 1996, according to the latest MTF data. For example:

- The percentage of high school seniors who abused any inhalants declined to 5.6% in 1999 from a peak of 8% in 1995. Abuse of nitrites, specifically, also declined to less than 1% (0.9) among seniors in 1999.
- Abuse of all inhalants by 10th graders declined to 7.2% in 1999, from 9.6% in 1995.
- Among 8th graders, abuse declined to 10.3% in 1999 from 12.8% in 1995.

## During the past 30 days, on how many days did you sniff glue, breathe the contents of spray cans, or inhale any paints or sprays at least once?

%age of students who sniffed glue or breathed or inhaled paint to get high at least one day out of the past 30



This question was not asked in 1997.

Percentages here are level both by gender and by grade and by region.

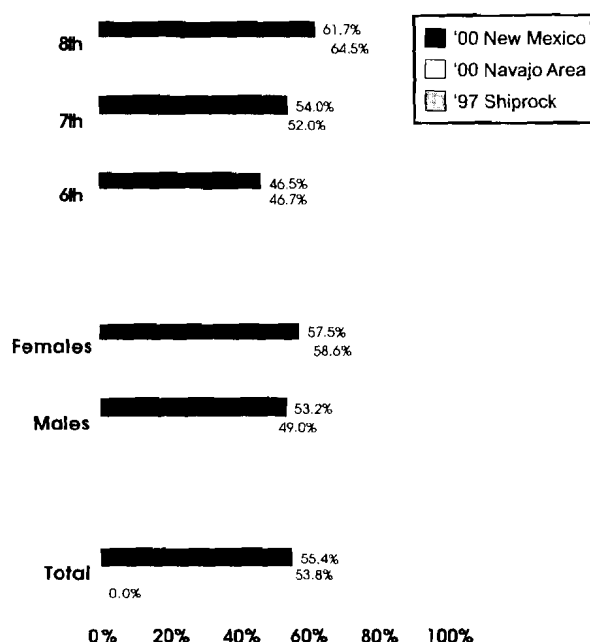
All percentages of users (past 30 day) are less than the percentages of those who have ever tried sniffing glue or paint. If you compare the 'ever tried' graphs for cigarettes, alcohol, marijuana and glue/paint, the percentage of respondents who have used in past 30 days is much lower than the percentage who have ever tried the substance. This looks like experimentation does not mean current use (at least in the 30 days prior to this survey).





## About how many adults have you known personally who, in the past year, have used marijuana or other drugs?

%age of students who have personally known adults in the past year that used marijuana or other drugs



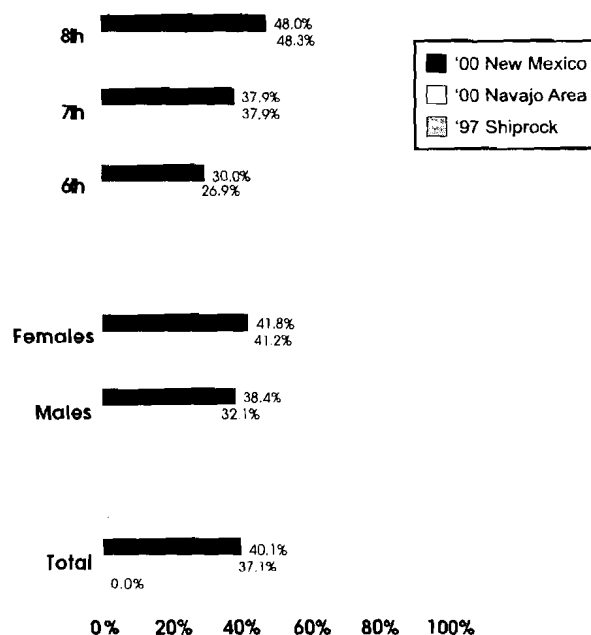
This question was not asked in 1997.

This is a question about respondent's perceptions of what behavior is being modeled for them by adults in their community. Social learning occurs best from observing what's modeled by people one perceives to be the same as him/herself. This vicarious modeling is even more effective for the transmission of norms than lectures (persuasion) or punishment.

Percentages among both 2000 responding groups is about the same and follows the same trend.

## About how many adults have you known personally who, in the past year, have sold or dealt drugs?

%age of students who have personally known adults in the past year that sold or dealt drugs



This question was not asked in 1997.

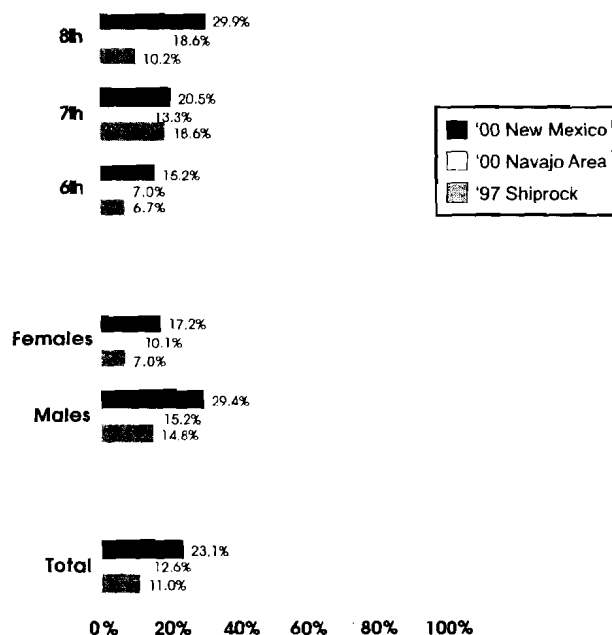
The respondents don't appear to know as many adults who sell drugs as use.

## SEXUAL BEHAVIORS



### Have you ever had sexual intercourse?

%age of students who have had sexual intercourse



Navajo respondents answered 'yes' to this question in lower percentages than in the corresponding New Mexico survey respondents.

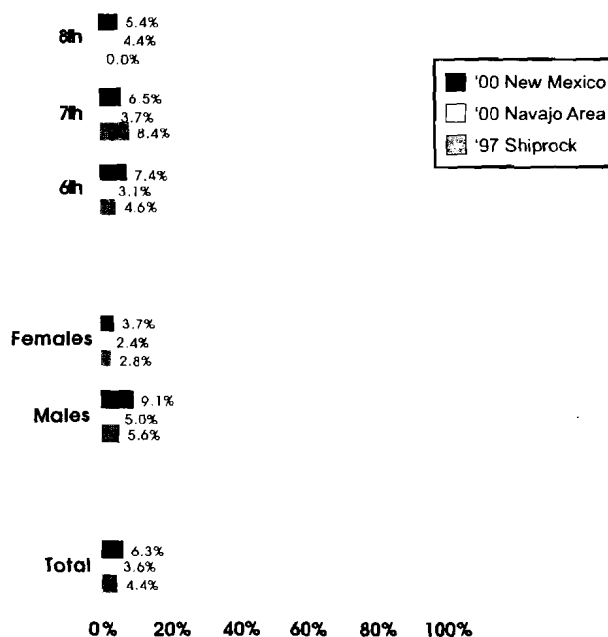
The percentages increase with grade but not as significantly as with substance use.

- Teen pregnancy and teen births have been steadily declining since the early 90s — led by less sex and more contraception. However, despite these declines, four out of ten girls still get pregnant at least once before age 20 in this country. In fact, the U.S. still has the highest rates of both teen pregnancy and birth — by far — of any industrialized country.
- Teens are having sex earlier. Two of the most reliable measures of teen sexual activity (the National Survey of Family Growth and the Youth Risk Behavior Survey) both indicate that teens are having sex earlier. In fact, sexual activity has declined among all teens except for those under the age of 15. And, according to 1999 YRBS data, 8.3 percent of students report having had sex before age 13 — a disturbing 15 percent increase since 1997.

<http://www.teenpregnancy.org/rectrend.htm>

### How old were you when you had sexual intercourse for the first time?

%age of students who first had sexual intercourse at age 10 or younger



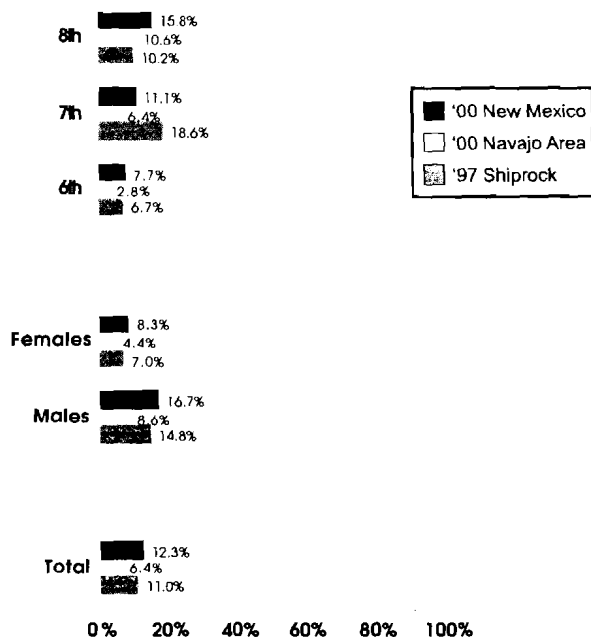
- The younger a teenaged girl is when she has sex for the first time, the more likely she is to have had unwanted or non-voluntary sex. Close to four in ten girls who had first intercourse at 13 or 14 report it was either non-voluntary or unwanted.

<http://www.teenpregnancy.org/genlfact.htm>



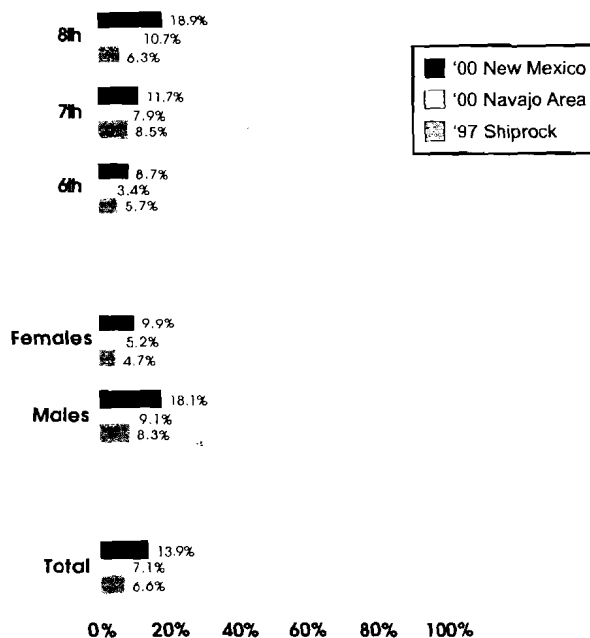
## With how many people have you ever had sexual intercourse?

%age of students who have had sexual intercourse with 2 or more people



## The last time you had sexual intercourse, did you or your partner use a condom?

%age of students who used a condom the last time they had sexual intercourse



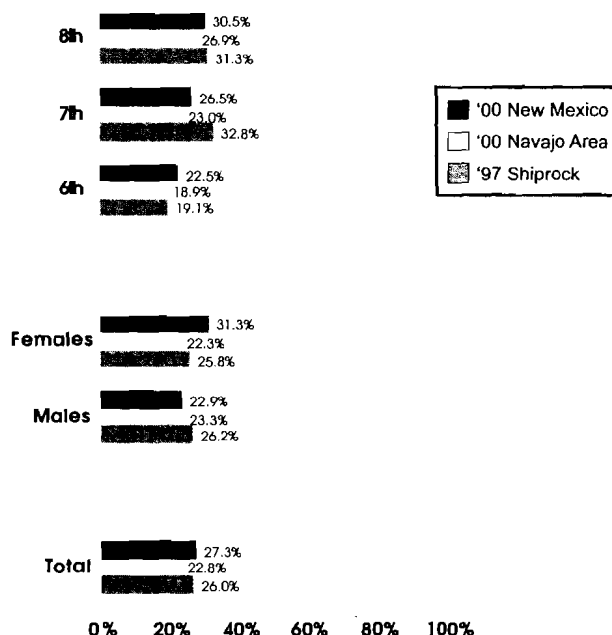
- Contraceptive use among sexually active teens has increased but remains inconsistent. Three-quarters of teens use some method of contraception (usually a condom) the first time they have sex. A sexually active teen who does not use contraception has a 90 percent chance of pregnancy within one year.  
<http://www.teenpregnancy.org/genlfact.htm>

## DIETARY HABITS



### How do you describe your weight?

%age of students who describe themselves as slightly or very overweight

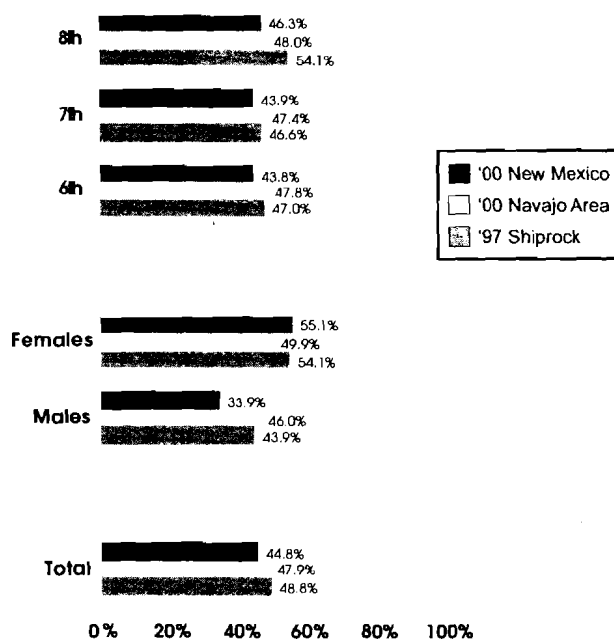


- A national survey of 11,631 high school students conducted by the national Centers for Disease Control and Prevention found that more than a third of the girls considered themselves overweight, compared with fewer than 15 percent of the boys. More than 43 percent of the girls reported that they were on a diet—and a quarter of these dieters didn't think they were overweight. The survey found that the most common dieting methods used were skipping meals, taking diet pills, and inducing vomiting after eating.

<http://www.fda.gov/opacom/7teens.html>

### Which of the following are you trying to do about your weight?

%age of students who are trying to lose weight



Even though less than 30% of the respondents perceive themselves as being overweight, the percentage that are trying to lose weight increases to (45-48%).

The percentage who perceive themselves as overweight increases by grade, but all grades show about the same percentages who want to lose weight.

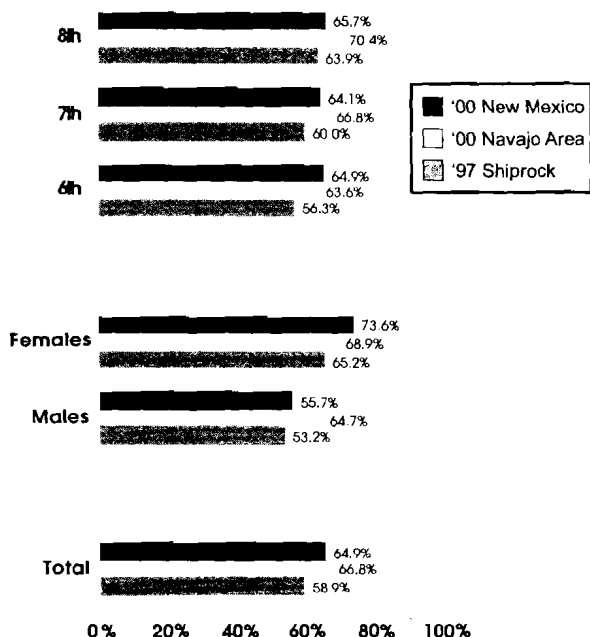
In the 6th grade, less than 20% describe themselves as overweight, but the percentage who are trying to lose weight more than doubles to 47%.

The percentage are very similar for both New Mexico and Navajo Area 2000 survey groups.



## Have you ever exercised to lose weight or to keep from gaining weight?

%age of students who have exercised  
to lose or keep from gaining weight

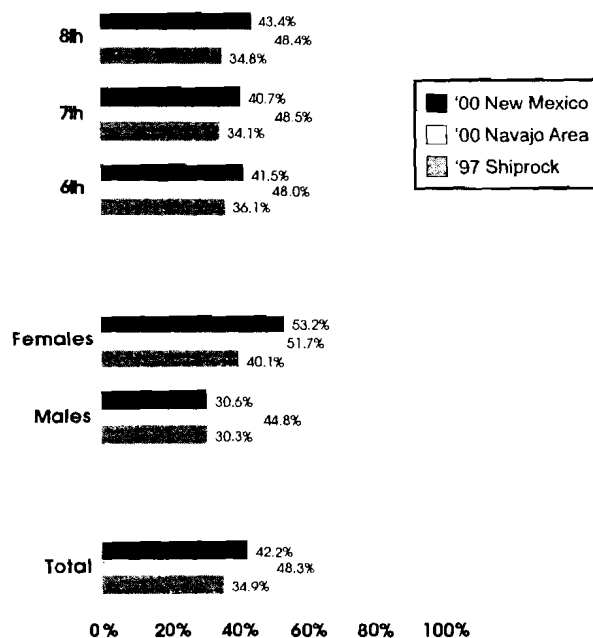


- An increasing number of teenagers are overweight, and if no intervention is made, 80% of them will stay overweight as adults. This can put them at risk for many medical problems, including diabetes, high blood pressure, high cholesterol, and sleep apnea. Obesity can also adversely affect their self esteem.

<http://www.keepkidshealthy.com>

## Have you ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

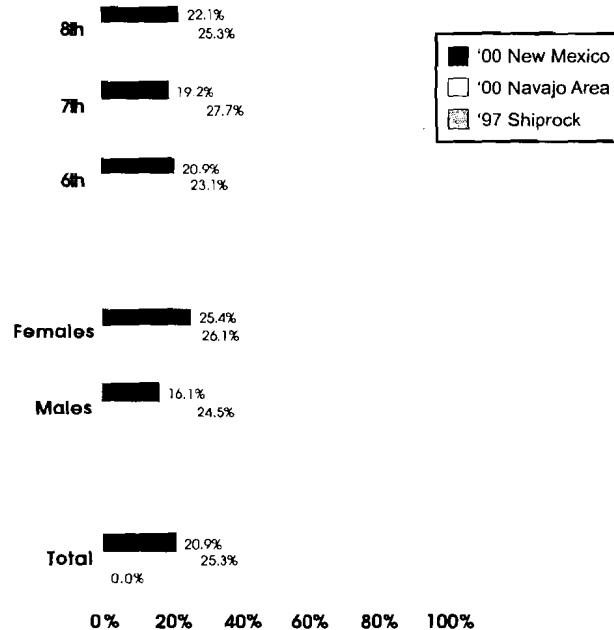
%age of students who have dieted  
to lose or keep from gaining weight





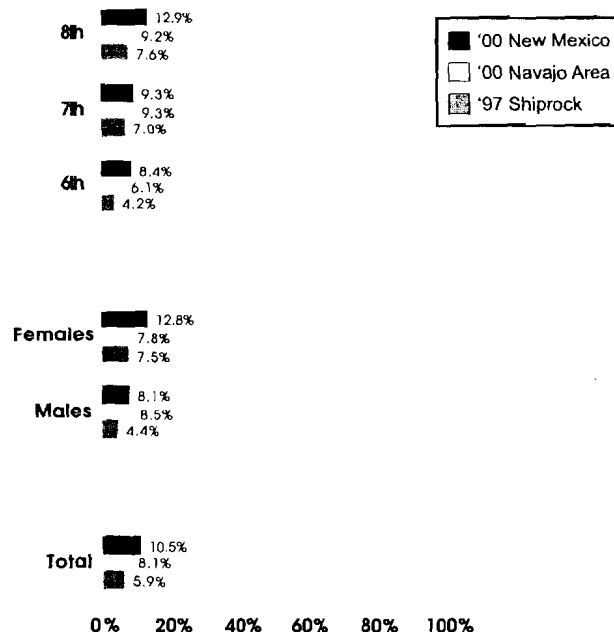
## Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

%age of students who have fasted to lose or keep from gaining weight



## Have you ever taken any diet pills, powders, or liquids without a doctor's advice, to lose weight or to keep from gaining weight?

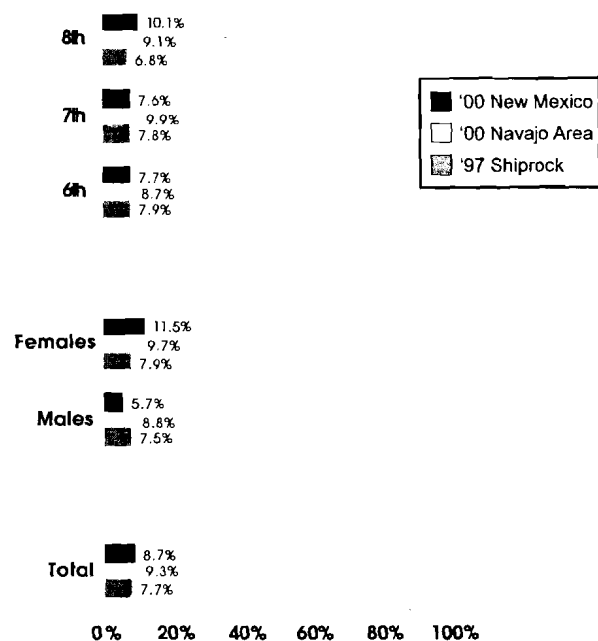
%age of students who have taken diet pills, powders, or liquids to lose or keep from gaining weight





## Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?

%age of students who have vomited or taken  
laxatives to lose or keep from gaining weight

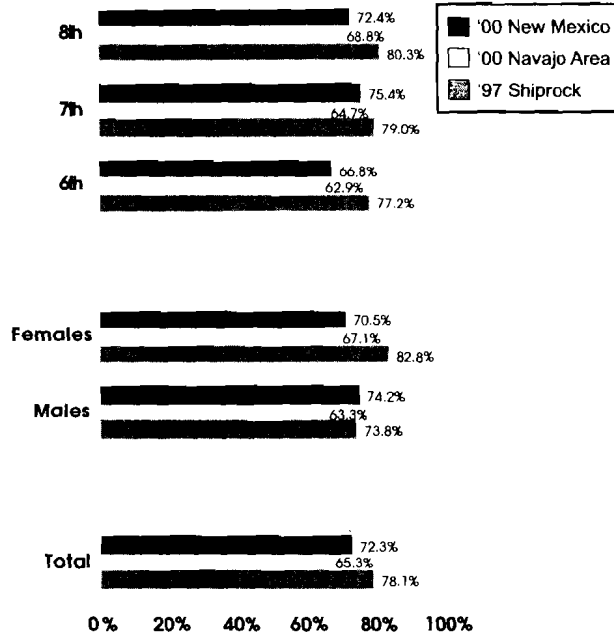


## PHYSICAL ACTIVITY



**On how many of the past 7 days did you exercise or play sports such as basketball, soccer, running, swimming laps, tennis, or fast cycling?**

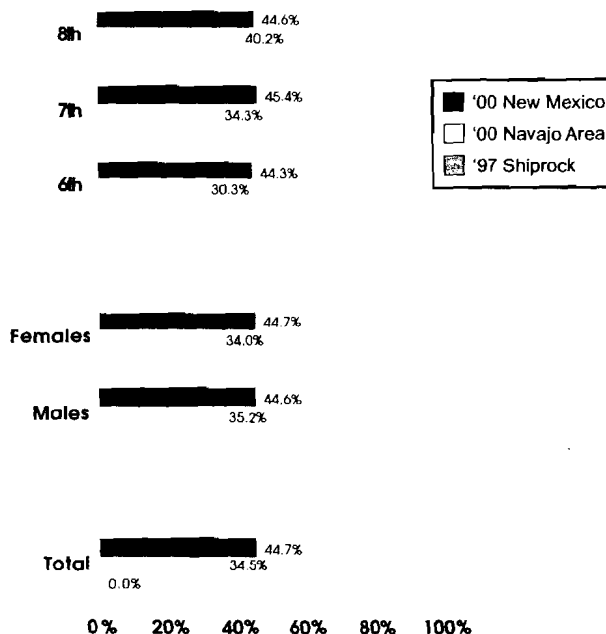
**%age of students who exercised to the point of sweating or breathing hard on 3 or more days in past week**



- Nearly half of American youths aged 12-21 years are not vigorously active on a regular basis. About 14 percent of young people report no recent physical activity. Inactivity is more common among females (14%) than males (7%) and among black females (21%) than white females (12%).

**On an average school day, how many hours of TV do you watch?**

**%age of students who watched TV for 3 or more hours per school day in past week**

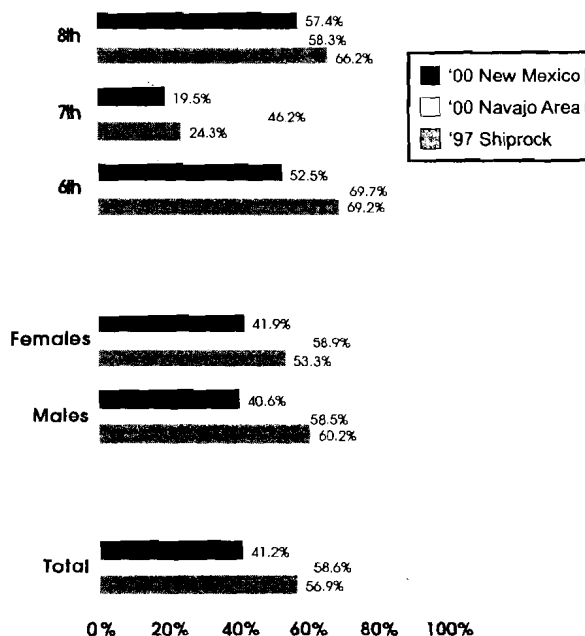






## In an average week when you are in school, on how many days do you go to PE classes?

%age of students who go to PE classes for 2 or less days in average school week

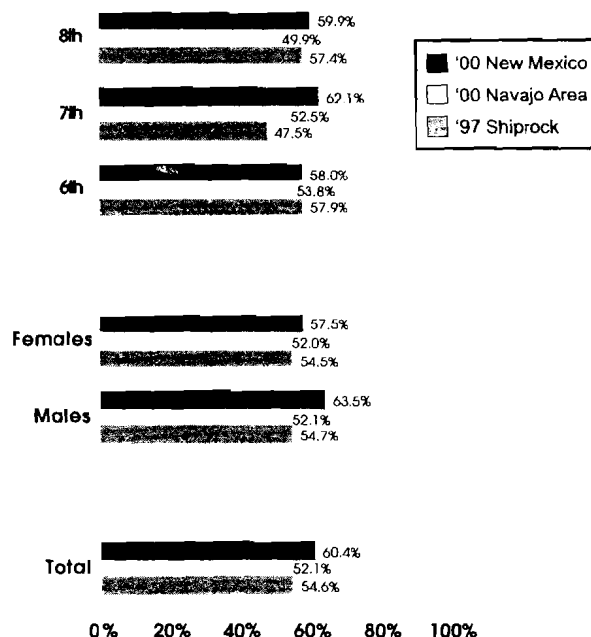


- Participation in all types of physical activity declines strikingly as age or grade in school increases
- Only 19 percent of all high school students are physically active for 20 minutes or more, five days a week, in physical education classes. Daily enrollment in physical education classes dropped from 42 percent to 25 percent among high school students between 1991 and 1995.

<http://www.cdc.gov/nccdphp/sgr/adoles.htm>

## Do you play on any sports teams run by your school or by other organizations outside your school?

%age of students who play on sports teams run by school or community



# **RESULTS FROM THE 2000 NAVAJO NATION MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY**

## **CHINLE SERVICE UNIT**

	<b>Chinle Service Unit* n=579</b>	<b>Navajo Nation n=4329</b>
<b><u>Unintentional Injury and Violence</u></b>		
Rarely or never wore seat belts <sup>1</sup>	15.2	13.4
Ever rode with a drinking driver	36.1	36.6
Ever carried a weapon (e.g., gun, knife or club)	26.2	28.5
Were in a physical fight during past year	51.0	52.3
Seriously considered suicide during past year	30.0	25.8
Attempted suicide during past year	13.8	12.8
<b><u>Tobacco Use</u></b>		
Ever tried cigarettes	59.9	58.2
Smoked cigarettes during past month	32.0	72.0
Smoked cigarettes on 20 or more days during past month	2.0	3.2
Used smokeless tobacco during past month	11.1	9.3
<b><u>Alcohol and Other Drug Use</u></b>		
Ever had alcohol	42.0	47.0
Drank alcohol during past month	33.1	25.5
Ever used marijuana	43.5	42.3
Ever used cocaine (including powder, crack, or freebase)	10.5	11.4
Ever sniffed or inhaled intoxicating substances	18.9	19.6
<b><u>Sexual Behaviors</u></b>		
Ever had sexual intercourse	8.7	12.6
Had 2-3 sex partners during lifetime	3.7	6.5
Used a condom during last sexual intercourse	4.9	7.1
<b><u>Dietary Behaviors</u></b>		
Though they were overweight	3.4	3.6
Were attempting weight loss	45.7	47.8
<b><u>Physical Activity</u></b>		
Went to PE class 3 or more days in average school week	30.8	41.5
Participated in vigorous physical activity 3 out of previous 7 days <sup>2</sup>	63.9	65.2
Played on a sports team	52.0	52.2
Watches TV 2 or more hours per day on school days	48.8	53.0

<sup>1</sup> When riding in a car driven by someone else.

<sup>2</sup> Activity that caused sweating and hard breathing for at least 20 minutes.

\* The following schools from Chinle Service Unit participated:

Chinle Junior High School	Round Rock
Pinon Middle School	Tsaile Elementary

# **RESULTS FROM THE 2000 NAVAJO NATION MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY**

## **CROWNPOINT SERVICE UNIT**

	<b>Crownpoint Service Unit* n=452</b>	<b>Navajo Nation n=4329</b>
<b><u>Unintentional Injury and Violence</u></b>		
Rarely or never wore seat belts <sup>1</sup>	10.5	13.4
Ever rode with a drinking driver	35.1	36.6
Ever carried a weapon (e.g., gun, knife or club)	27.1	28.5
Were in a physical fight during past year	54.1	52.3
Seriously considered suicide during past year	27.6	25.8
Attempted suicide during past year	11.2	12.8
<b><u>Tobacco Use</u></b>		
Ever tried cigarettes	58.6	58.2
Smoked cigarettes during past month	30.6	72.0
Smoked cigarettes on 20 or more days during past month	3.6	3.2
Used smokeless tobacco during past month	13.3	9.3
<b><u>Alcohol and Other Drug Use</u></b>		
Ever had alcohol	49.8	47.0
Drank alcohol during past month	29.1	25.5
Ever used marijuana	42.9	42.3
Ever used cocaine (including powder, crack, or freebase)	9.2	11.4
Ever sniffed or inhaled intoxicating substances	17.3	19.6
<b><u>Sexual Behaviors</u></b>		
Ever had sexual intercourse	15.5	12.6
Had 2-3 sex partners during lifetime	5.7	6.5
Used a condom during last sexual intercourse	10.1	7.1
<b><u>Dietary Behaviors</u></b>		
Though they were overweight	3.4	3.6
Were attempting weight loss	44.7	47.8
<b><u>Physical Activity</u></b>		
Went to PE class 3 or more days in average school week	61.6	41.5
Participated in vigorous physical activity 3 out of previous 7 days <sup>2</sup>	65.4	65.2
Play on a sports team	54.3	52.2
Watches TV 2 or more hours per day on school days	52.8	53.0

<sup>1</sup> When riding in a car driven by someone else.

<sup>2</sup> Activity that caused sweating and hard breathing for at least 20 minutes.

\* The following schools from Crownpoint Service Unit participated:

Crownpoint Elementary School

Cuba Middle School

Thoreau Junior High School

Crownpoint Junior High School

# **RESULTS FROM THE 2000 NAVAJO NATION MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY**

## **FT. DEFIANCE SERVICE UNIT**

	<b>Ft. Defiance Service Unit* n=528</b>	<b>Navajo Nation n=4329</b>
<b><u>Unintentional Injury and Violence</u></b>		
Rarely or never wore seat belts <sup>1</sup>	10.7	13.4
Ever rode with a drinking driver	38.2	36.6
Ever carried a weapon (e.g., gun, knife or club)	26.3	28.5
Were in a physical fight during past year	46.6	52.3
Seriously considered suicide during past year	24.9	25.8
Attempted suicide during past year	15.8	12.8
<b><u>Tobacco Use</u></b>		
Ever tried cigarettes	66.1	58.2
Smoked cigarettes during past month	32.7	72.0
Smoked cigarettes on 20 or more days during past month	3.4	3.2
Used smokeless tobacco during past month	11.1	9.3
<b><u>Alcohol and Other Drug Use</u></b>		
Ever had alcohol	48.1	47.0
Drank alcohol during past month	25.4	25.5
Ever used marijuana	49.0	42.3
Ever used cocaine (including powder, crack, or freebase)	11.1	11.4
Ever sniffed or inhaled intoxicating substances	21.6	19.6
<b><u>Sexual Behaviors</u></b>		
Ever had sexual intercourse	10.6	12.6
Had 2-3 sex partners during lifetime	5.6	6.5
Used a condom during last sexual intercourse	6.5	7.1
<b><u>Dietary Behaviors</u></b>		
Though they were over-weight	2.2	3.6
Were attempting weight loss	45.0	47.8
<b><u>Physical Activity</u></b>		
Went to PE class 3 or more days in average school week	42.9	41.5
Participated in vigorous physical activity 3 out of previous 7 days <sup>2</sup>	63.0	65.2
Play on a sports team	45.8	52.2
Watches TV 2 or more hours per day on school days	48.8	53.0

<sup>1</sup> When riding in a car driven by someone else.

<sup>2</sup> Activity that caused sweating and hard breathing for at least 20 minutes.

\* The following schools from Ft. Defiance Service Unit participated:

TseHo Tse Middle School

Navajo Pine High School

Ganado Middle School

# **RESULTS FROM THE 2000 NAVAJO NATION MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY**

## **GALLUP SERVICE UNIT**

	<b>Gallup Service Unit* n=699</b>	<b>Navajo Nation n=4329</b>
<b><u>Unintentional Injury and Violence</u></b>		
Rarely or never wore seat belts <sup>1</sup>	11.5	13.4
Ever rode with a drinking driver	34.4	36.6
Ever carried a weapon (e.g., gun, knife or club)	29.1	28.5
Were in a physical fight during past year	55.7	52.3
Seriously considered suicide during past year	24.1	25.8
Attempted suicide during past year	11.8	12.8
<b><u>Tobacco Use</u></b>		
Ever tried cigarettes	57.8	58.2
Smoked cigarettes during past month	25.7	72.0
Smoked cigarettes on 20 or more days during past month	3.7	3.2
Used smokeless tobacco during past month	9.6	9.3
<b><u>Alcohol and Other Drug Use</u></b>		
Ever had alcohol	48.5	47.0
Drank alcohol during past month	25.6	25.5
Ever used marijuana	42.4	42.3
Ever used cocaine (including powder, crack, or freebase)	11.9	11.4
Ever sniffed or inhaled intoxicating substances	20.5	19.6
<b><u>Sexual Behaviors</u></b>		
Ever had sexual intercourse	15.6	12.6
Had 2-3 sex partners during lifetime	9.7	6.5
Used a condom during last sexual intercourse	9.8	7.1
<b><u>Dietary Behaviors</u></b>		
Though they were overweight	4.0	3.6
Were attempting weight loss	48.6	47.8
<b><u>Physical Activity</u></b>		
Went to PE class 3 or more days in average school week	41.9	41.5
Participated in vigorous physical activity 3 out of previous 7 days <sup>2</sup>	66.6	65.2
Play on a sports team	47.1	52.2
Watches TV 2 or more hours per day on school days	57.5	53.0

<sup>1</sup> When riding in a car driven by someone else.

<sup>2</sup> Activity that caused sweating and hard breathing for at least 20 minutes.

\* The following schools from Gallup Service Unit participated:

Gallup Junior High School

Tohatchi Middle School

Sanders Middle School

Gallup Middle School

Kennedy Middle School

# **RESULTS FROM THE 2000 NAVAJO NATION MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY**

## **KAYENTA SERVICE UNIT**

	<b>Kayenta Service Unit* n=202</b>	<b>Navajo Nation n=4329</b>
<b><u>Unintentional Injury and Violence</u></b>		
Rarely or never wore seat belts <sup>1</sup>	14.4	13.4
Ever rode with a drinking driver	31.4	36.6
Ever carried a weapon (e.g., gun, knife or club)	22.7	28.5
Were in a physical fight during past year	42.6	52.3
Seriously considered suicide during past year	14.1	25.8
Attempted suicide during past year	6.7	12.8
<b><u>Tobacco Use</u></b>		
Ever tried cigarettes	49.0	58.2
Smoked cigarettes during past month	22.3	72.0
Smoked cigarettes on 20 or more days during past month	3.1	3.2
Used smokeless tobacco during past month	12.4	9.3
<b><u>Alcohol and Other Drug Use</u></b>		
Ever had alcohol	38.1	47.0
Drank alcohol during past month	18.6	25.5
Ever used marijuana	40.1	42.3
Ever used cocaine (including powder, crack, or freebase)	9.8	11.4
Ever sniffed or inhaled intoxicating substances	14.0	19.6
<b><u>Sexual Behaviors</u></b>		
Ever had sexual intercourse	10.4	12.6
Had 2-3 sex partners during lifetime	5.7	6.5
Used a condom during last sexual intercourse	1.6	7.1
<b><u>Dietary Behaviors</u></b>		
Though they were overweight	3.7	3.6
Were attempting weight loss	51.1	47.8
<b><u>Physical Activity</u></b>		
Went to PE class 3 or more days in average school week	58.2	41.5
Participated in vigorous physical activity 3 out of previous 7 days <sup>2</sup>	64.1	65.2
Play on a sports team	54.7	52.2
Watches TV 2 or more hours per day on school days	33.2	53.0

<sup>1</sup> When riding in a car driven by someone else.

<sup>2</sup> Activity that caused sweating and hard breathing for at least 20 minutes.

\* The following schools from Kayenta Service Unit participated:

Kayenta Middle School

Monument Valley II (Utah)

Mexican Hat Elementary School

# **RESULTS FROM THE 2000 NAVAJO NATION MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY**

## **SHIPROCK SERVICE UNIT**

	<b>Shiprock Service Unit* n=1047</b>	<b>Navajo Nation n=4329</b>
<b><u>Unintentional Injury and Violence</u></b>		
Rarely or never wore seat belts <sup>1</sup>	8.1	13.4
Ever rode with a drinking driver	37.1	36.6
Ever carried a weapon (e.g., gun, knife or club)	29.1	28.5
Were in a physical fight during past year	52.6	52.3
Seriously considered suicide during past year	25.9	25.8
Attempted suicide during past year	13.2	12.8
<b><u>Tobacco Use</u></b>		
Ever tried cigarettes	57.0	58.2
Smoked cigarettes during past month	27.0	72.0
Smoked cigarettes on 20 or more days during past month	2.8	3.2
Used smokeless tobacco during past month	7.0	9.3
<b><u>Alcohol and Other Drug Use</u></b>		
Ever had alcohol	45.8	47.0
Drank alcohol during past month	23.7	25.5
Ever used marijuana	40.1	42.3
Ever used cocaine (including powder, crack, or freebase)	11.4	11.4
Ever sniffed or inhaled intoxicating substances	16.7	19.6
<b><u>Sexual Behaviors</u></b>		
Ever had sexual intercourse	12.7	12.6
Had 2-3 sex partners during lifetime	5.6	6.5
Used a condom during last sexual intercourse	7.3	7.1
<b><u>Dietary Behaviors</u></b>		
Though they were overweight	3.7	3.6
Were attempting weight loss	51.4	47.8
<b><u>Physical Activity</u></b>		
Went to PE class 3 or more days in average school week	38.7	41.5
Participated in vigorous physical activity 3 out of previous 7 days <sup>2</sup>	67.8	65.2
Play on a sports team	55.9	52.2
Watches TV 2 or more hours per day on school days	53.8	53.0

<sup>1</sup> When riding in a car driven by someone else.

<sup>2</sup> Activity that caused sweating and hard breathing for at least 20 minutes.

\* The following schools from Shiprock Service Unit participated:

Eva B. Stokely	Mesa Elementary	Ojo Amarillo	Newcomb Middle School
Grace B. Wilson	Montezuma Creek	Red Mesa	TseBitAi Middle School
Kirtland Elementary	Naschitti	Kirtland Middle School	Whitehorse High School

# **RESULTS FROM THE 2000 NAVAJO NATION MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY**

## **TUBA CITY SERVICE UNIT**

	<b>Tuba City Service Unit* n=283</b>	<b>Navajo Nation n=4329</b>
<b><u>Unintentional Injury and Violence</u></b>		
Rarely or never wore seat belts <sup>1</sup>	24.5	13.4
Ever rode with a drinking driver	34.2	36.6
Ever carried a weapon (e.g., gun, knife or club)	30.9	28.5
Were in a physical fight during past year	52.6	52.3
Seriously considered suicide during past year	30.5	25.8
Attempted suicide during past year	13.4	12.8
<b><u>Tobacco Use</u></b>		
Ever tried cigarettes	56.6	58.2
Smoked cigarettes during past month	22.5	72.0
Smoked cigarettes on 20 or more days during past month	3.3	3.2
Used smokeless tobacco during past month	4.5	9.3
<b><u>Alcohol and Other Drug Use</u></b>		
Ever had alcohol	44.8	47.0
Drank alcohol during past month	21.8	25.5
Ever used marijuana	41.4	42.3
Ever used cocaine (including powder, crack, or freebase)	13.8	11.4
Ever sniffed or inhaled intoxicating substances	24.9	19.6
<b><u>Sexual Behaviors</u></b>		
Ever had sexual intercourse	10.9	12.6
Had 2-3 sex partners during lifetime	4.1	6.5
Used a condom during last sexual intercourse	4.5	7.1
<b><u>Dietary Behaviors</u></b>		
Though they were overweight	3.0	2.6
Were attempting weight loss	48.3	47.8
<b><u>Physical Activity</u></b>		
Went to PE class 3 or more days in average school week	25.8	41.5
Participated in vigorous physical activity 3 out of previous 7 days <sup>2</sup>	64.2	65.2
Play on a sports team	51.9	52.2
Watches TV 2 or more hours per day on school days	49.8	53.0

<sup>1</sup> When riding in a car driven by someone else.

<sup>2</sup> Activity that caused sweating and hard breathing for at least 20 minutes.

\* The following schools from Tuba City Service Unit participated:

Tuba City Junior High School    DziłLibei Elementary School  
Page Middle School



# **RESULTS FROM THE 2000 NAVAJO NATION MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY**

## **WINSLOW SERVICE UNIT**

	<b>Winslow Service Unit* n=539</b>	<b>Navajo Nation n=4329</b>
<b><u>Unintentional Injury and Violence</u></b>		
Rarely or never wore seat belts <sup>1</sup>	23.5	13.4
Ever rode with a drinking driver	41.5	36.6
Ever carried a weapon (e.g., gun, knife or club)	33.1	28.5
Were in a physical fight during past year	56.4	52.3
Seriously considered suicide during past year	24.6	25.8
Attempted suicide during past year	12.9	12.8
<b><u>Tobacco Use</u></b>		
Ever tried cigarettes	55.7	58.2
Smoked cigarettes during past month	26.7	72.0
Smoked cigarettes on 20 or more days during past month	3.4	3.2
Used smokeless tobacco during past month	7.5	9.3
<b><u>Alcohol and Other Drug Use</u></b>		
Ever had alcohol	53.3	47.0
Drank alcohol during past month	32.9	25.5
Ever used marijuana	42.7	42.3
Ever used cocaine (including powder, crack, or freebase)	13.0	11.4
Ever sniffed or inhaled intoxicating substances	24.3	19.6
<b><u>Sexual Behaviors</u></b>		
Ever had sexual intercourse	13.8	12.6
Had 2-3 sex partners during lifetime	9.8	6.5
Used a condom during last sexual intercourse	7.3	7.1
<b><u>Dietary Behaviors</u></b>		
Though they were overweight	4.9	3.6
Were attempting weight loss	45.6	47.8
<b><u>Physical Activity</u></b>		
Went to PE class 3 or more days in average school week	39.0	41.5
Participated in vigorous physical activity 3 out of previous 7 days <sup>2</sup>	62.1	65.2
Play on a sports team	54.6	52.2
Watches TV 2 or more hours per day on school days	57.9	53.0

<sup>1</sup> When riding in a car driven by someone else.

<sup>2</sup> Activity that caused sweating and hard breathing for at least 20 minutes.

\* The following schools from Winslow Service Unit participated:

Cedar Elementary School

Jefferson Elementary School

Leupp School

Holbrook Junior High School

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### Abstract

The Navajo Area Indian Health Service, Health Promotion Program administered a modified version of the New Mexico 2000 Middle School Youth Risk Behavior Survey in April, 2000. The survey was developed to monitor priority health-risk behaviors that contribute to the leading causes of mortality, morbidity, and social problems, among youth and adults in the United States. These behaviors fall into six categories: (1) behaviors that result in unintentional and intentional injuries, (2) tobacco use, (3) alcohol and other drug use, (4) sexual behaviors that result in HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancies, (5) dietary behaviors, and (6) physical activity. The results of the 2000 survey will be compared with the 1997 results.

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The Navajo Area Indian Health Service, Health Promotion Program administered a modified version of the New Mexico 2000 Middle School Youth Risk Behavior Survey in April, 2000. The survey was developed to monitor priority health-risk behaviors that contribute to the leading causes of mortality, morbidity, and social problems, among youth and adults in the United States. These behaviors fall into six categories: (1) behaviors that result in unintentional and intentional injuries, (2) tobacco use, (3) alcohol and other drug use, (4) sexual behaviors that result in HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancies, (5) dietary behaviors, and (6) physical activity. The results of the 2000 survey will be compared with the 1997 results.

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