



Native Youth on the Move

School Districts



**Native Students
K-12
APS + BPS + RRPS
10,192**

Collective Impact

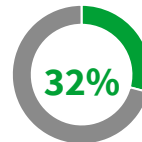


NM Students 6-12th Grade

The % of healthy weight American Indian students decreased with increasing grade level, from 74% in 6th grade to only 56% in 12th grade. At all grade levels, American Indian students were less likely to be at a healthy weight than NM students of all other racial/ethnic groups combined. (2015 Youth Risk & Resiliency Survey)

Native Youth in New Mexico At a Glance

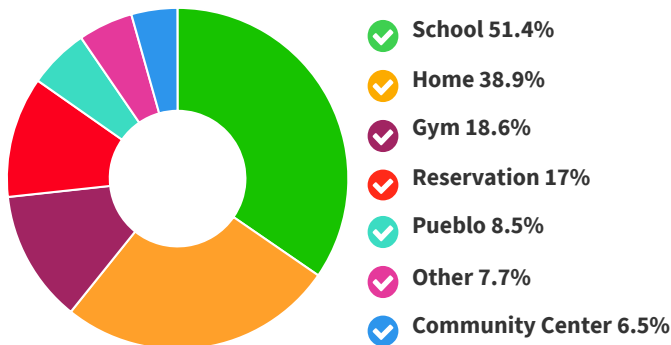
The prevalence of overweight/obesity was significantly higher among American Indian students compared to Hispanic and white students in both 3rd grade and kindergarten. (2015 New Mexico Department of Health Body Mass Index (BMI) surveillance system)



1 in 2 (50%) third grade American Indian students were overweight or obese

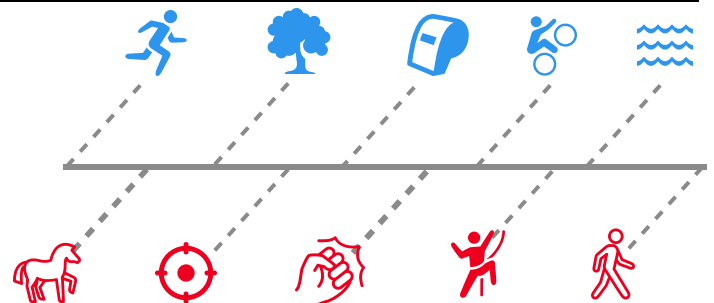
1 in 3 (32%) American Indian kindergarten students were overweight or obese.

Where are you most active?



Top 5 Challenges

What stops you from being more physically active?



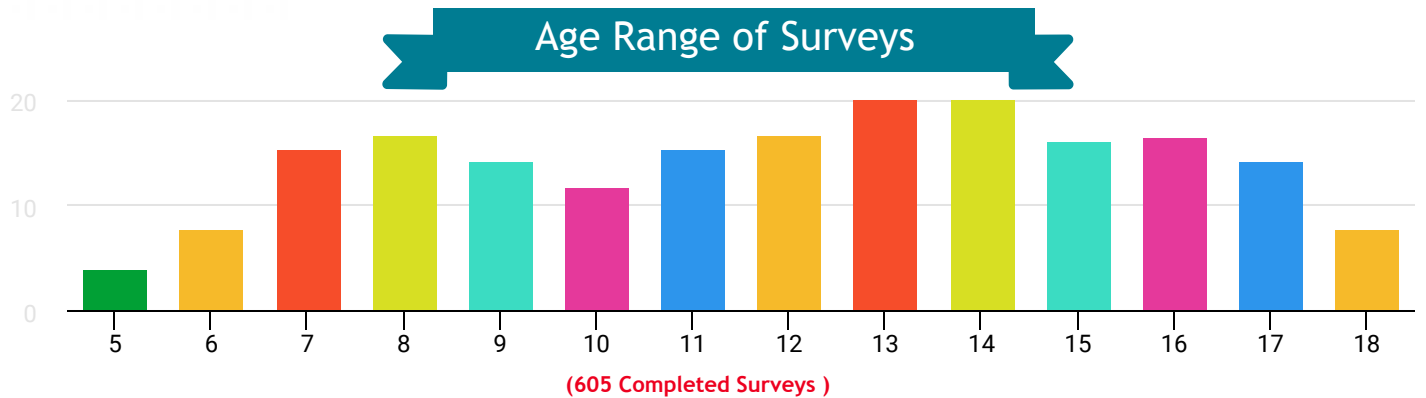
Top 5 Popular Physical Activities:
Running, Play at the Park, PE, Biking, Swimming

Top 5 Activities Native Youth want to do:
Horseback Riding, Archery, Martial Arts, Climbing, Hiking





Native Youth on the Move



Do you have any comments or ideas about physical activity? (Age: 12-18 Survey Responses)

"Activities should be provided on the weekends. Provide traditional dances as well as all activities"

"Be a workout freak like me"

"Horseback riding"

"Biking is exciting"

"Cheerleading"

"Archery and letting people try it"

"Nope, I'm lazy"

"I don't play any of the activities but I would like to join"

"It's fun"

"I wish we could do more activities rather than sit in a classroom"

"No everyone likes physical activity"

"I wish I had more time to be able to workout, but I'm a senior and my time is based on school work instead of my physical health"

"No, not really other than to promote healthy eating and drinking"

"This is cool"

"To be on a baseball team with anyone"

Physical activity is important for me to be healthy

Being physically active with my family is important

(Age: 7-11 Survey Responses)

