



NATIVE YOUTH ON THE MOVE

2018 ENVIRONMENTAL SCAN EXECUTIVE SUMMARY
Physical Activity Among Albuquerque Urban Native Youth

NATIVE YOUTH ON THE MOVE



In fall 2017, the Notah Begay III (NB3) Foundation began a new partnership with the Nike N7 Fund on a unique initiative - *Native Youth on the Move* - designed to increase the number of Native youth (ages 7-18) participating in play, physical activity and sports in the greater Albuquerque area. This place-based initiative is a first for the NB3 Foundation and the N7 Fund. With a three-year grant from the Nike N7 Fund, the NB3 Foundation serves as the back-bone organization for this project, bringing together local Native and non-Native organizations, leaders and stakeholders to address barriers and lack of participation in sports and physical activity among Native youth.

Key deliverables of the Native Youth on the Move project are:

Conduct a baseline assessment of existing opportunities, gaps and barriers to Native youth engaged in physical activity and sports.

Develop and promote accessible physical activity opportunities for Native youth through a partnership network.

Organize and convene a network of partners to develop solutions and strategies that address key identified barriers.

Host physical activity summits in 2018 and 2019 to engage and inspire Native youth health champions and practitioners in the greater Albuquerque area and surrounding pueblos.

PHYSICAL ACTIVITY: A FOUNDATION TO LIFELONG HEALTH

Native Youth on the Move is a continuation of NB3 Foundation's commitment to ensuring Native youth are healthy, active and have opportunities to play sports. Physical activity is a core area of focus for NB3 Foundation. As stated by the Center for Disease Control and Prevention¹, "childhood and adolescence are critical periods for developing movement skills, learning healthy habits, and establishing a firm foundation for lifelong health and well-being. Regular physical activity in children and adolescents promotes health and fitness. Compared to those who are inactive, physically active youth have higher levels of cardio-respiratory fitness and stronger muscles. They also typically have lower body fat and stronger bones. Physical activity also has brain health benefits for school-aged children, including improved cognition and reduced symptoms of depression. Evidence indicates that both acute bouts and regular moderate-to-vigorous physical activity improve the cognitive functions of memory, executive function, processing speed, attention, and academic performance for these children."



PHYSICAL ACTIVITY DATA HARD TO FIND

One important goal of the project was to conduct a baseline assessment of existing opportunities, gaps, and barriers to Native youth involvement in sports and physical activity. Such data is difficult to find and often not collected, particularly for Native youth. Challenged by the lack of existing physical activity data on Native youth, a survey was developed and implemented by the NB3 Foundation in select schools. This environmental scan began January 2018. Data on physical activity for the target youth were collected, analyzed, and summarized through July 2018. This scan was the first time this type of information was collected about Native youth and is currently serving as a base-line resource for this project.

¹ Center for Disease Control and Prevention. Physical Activity Guidelines for Americans, 2nd Edition. <https://www.cdc.gov>

EXISTING NATIVE AMERICAN YOUTH DATA

The following data is comprised of independent surveys conducted by the NB3 Foundation and data from the Annie E. Casey Foundation and the New Mexico Department of Health.



New Mexico has 23 tribal nations. Native Americans make up 10.6% of the state population and 4.6% of the City of Albuquerque.



A total of 10,192 Native American K-12th grade students are registered in three main school districts in the Albuquerque metro area: Albuquerque Public Schools (5.1%), Bernalillo Public Schools (37.5%), and Rio Rancho Public Schools (5%).



Kids Count Data Center (2018) indicates that 34% of Native American children in New Mexico live in poverty. The number rises to 4 out of 10 Native children who live with parents that lack secure employment. Also in New Mexico, 1 of every 2 Native American children lives in a single parent family.



The New Mexico Department of Health - Healthy Kids, Healthy Communities Project (2017) found that the percentage of Native American students who were overweight or obese in grades K-3 was greater than any other ethnic/racial groups in the state. 42.7% of American Indian kindergarten students and 55.6% of American Indian third graders were over weight or obese.



The 2013 and 2015 Youth Risk and Resiliency Surveys (YRRS) collected information on the daily physical activity of 9-12th grade students in the state and Bernalillo County (Albuquerque metro region). In New Mexico and in Bernalillo County, physical activity declined from 34.7% (2013) to 30.3% (2015) for Native youth.

NEW NATIVE YOUTH DATA COLLECTED

Over three months, two surveys designed for Native youth ages 7-11 and 12-18 were conducted. There were 605 surveys completed by students at seven Albuquerque Public Schools and one public charter school (Native American Community Academy²). Given the timing and administrative challenges, Bernalillo Public Schools and Rio Rancho Schools did not participate.

KEY FINDINGS FOR NATIVE YOUTH AGES 7-11:

78%

of Native youth surveyed said that they are involved in running and Physical Education classes at school. (7-11 years old)

10%

of Native youth surveyed said their community was NOT a safe place to play, while 32% answered, not sure.

62%

of the majority of these youth, strongly agreed that physical activity is important for them to be healthy.

Older Native youth ages 12-18 answered more questions about physical activities they currently do and activities they would like to do. A total of 297 surveys (49% of total surveys) were completed at one public charter school; Native American Community Academy.

KEY FINDINGS FOR NATIVE YOUTH AGES 12-18:

Activities that youth participate in the most:



50.2%

Walking



38.1%

Running



40.5%

Playing Basketball



43.7%

Archery

² NACA is the first APS collaborative charter in the state of New Mexico. NACA's philosophy is grounded in both the traditions of Native American communities and a rigorous, modern approach to college preparatory education. www.nacaschool.org

NEW NATIVE YOUTH DATA COLLECTED *(continued)*

Top activities that youth would like to do but are not currently doing:



24.3%

Martial Arts



25.5%

Archery



23.9%

Horseback Riding



23.9%

Hunting

Top five barriers identified by youth to physical activity:



TIME



MOTIVATION



LOCATION



TRANSPORTATION



COST

Complementing the environmental scan, the project also initiated convenings with a network of partners and community champions to discuss opportunities to decrease barriers and develop solutions that promote physical activity among Native youth.

The environmental scan was shared at the first Native Youth on the Move Summit in June 2018. During the summit, participants identified potential partners to engage such as schools, tribal wellness programs, Indian Health Services diabetes programs, the City of Albuquerque's Parks and Recreation Department, schools, Native-led non-profit organizations, and others. The participating partners identified multiple barriers to engaging youth in physical activity, including:

- Lack of engaged community members and parents
- Lack of coordinated vision and systems
- Limited funding and resources

GRANTS

The Native Youth on the Move Project is an opportunity to bring key providers and stakeholders together across jurisdictions, between agencies, and organizations to collectively address barriers identified in the environmental scan. With funding from the Nike N7 Fund, the NB3 Foundation is supporting nine grantees (community partners). These nine Native-led organizations form the Community Team—a local network of Native youth-serving practitioners (see below). Through the Community Team, a vision and set of system-oriented strategies for improving and increasing physical activity opportunities for Native youth in the Albuquerque area will emerge. In the end, the grants are designed to help support organizations to think and act collectively, recognizing that sustainable and transformational change are beyond one organization's capability.

NEXT STEPS

The Community Team continues to meet regularly to discuss and develop solutions, organize collective-events, examine policies, and support multi-sector partnerships in the Albuquerque metro area. Throughout the grant period, the teams will carry out specific activities for Native youth and continue to explore systems and environmental changes needed to produce measurable results at scale.

The Native Youth on the Move Project is an emerging network creating new partnerships (local stakeholders, funders, community organizations, etc.), and strengthen existing partnerships. But more than that, it is a collection of committed youth-serving champions interested in developing a responsive system that helps sustain and increase the number of opportunities for Native youth to be physically active.

To find ways to get involved, visit our website and help us to ensure Native American youth have the opportunities to live healthy, happy and fulfilled lives.

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The *Native Youth on the Move* grant has made a positive impact in the Pueblo of Laguna. It has connected us to numerous resources and opportunities to build the capacity of our sports programming and revise curriculum for youth. We have leveraged grant funding to bring a non-traditional sport of Mixed Martial Arts. The community team gatherings, have allowed us to re-think youth engagement and to learn from other Native communities infusing traditional language & culture into sports, play, and being physically active.

~ **Shawna Douma**, Pueblo of Laguna - Sports & Wellness



JOIN OUR MOVEMENT TO MOVE!

The *Native Youth on the Move* project needs your support to sustain the momentum. Help us increase the number of opportunities for Native youth to be physically active by visiting our website to make a charitable donation that will ensure Native youth live healthy, happy and fulfilled lives.

NYM COMMUNITY TEAM

Coalition to Stop Violence Against Native Women
Cycles of Life (Karuna Colectiva)
Mountain Chief Institute (Spirit of Hoops)
National Indian Youth Council
Native American Community Academy
Native Health Initiative (Running Medicine)
Pueblo of Laguna (Sports & Wellness Department)
Pueblo of Santa Ana (Youth Programming Department)
Tribal Entities Connect



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