



New Mexico Youth Risk and Resiliency Survey (YRRS)
Middle School Survey Results
Sierra County
Grades 6-8
2013

New Mexico Department of Health
New Mexico Public Education Department
UNM Prevention Research Center



Suggested citation:

Green D, Peñaloza L, and FitzGerald C. 2014. *New Mexico Youth Risk and Resiliency Survey: Middle School Survey Results 2013, Sierra County*. Epidemiology and Response Division, New Mexico Department of Health; School and Family Support Bureau, New Mexico Public Education Department; and University of New Mexico Prevention Research Center.

ACKNOWLEDGEMENTS

This report is a product of the NM Youth Risk and Resiliency Survey (YRRS), a project that characterizes risk behaviors and resiliency/protective factors among New Mexico youth. The YRRS is a joint project of the New Mexico Department of Health (NMDOH) and the New Mexico Public Education Department (PED), with support and technical assistance from the University of New Mexico Prevention Research Center (UNM PRC); the Office of Substance Abuse Prevention, Behavioral Health Services Division (OSAP-BHSD); the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC); and the Division of Adolescent and School Health, Centers for Disease Control and Prevention (CDC-DASH). Gratitude is extended to the individuals listed below for their contribution toward developing and producing this report. (Individuals who served on the NM-YRRS 2013 Steering Committee are identified by an asterisk (*).)

NEW MEXICO DEPARTMENT OF HEALTH

Retta Ward, MPH, Cabinet Secretary, New Mexico Department of Health
Michael Landen, MD, MPH, State Epidemiologist and Director, Epidemiology and Response Division*
Toby Rosenblatt, Bureau Chief, Injury and Behavioral Epidemiology Bureau
Lori Zigich, MPH, Survey Section Manager, Injury and Behavioral Epidemiology Bureau*
Dan Green, MPH, Survey Epidemiologist, Injury and Behavioral Epidemiology Bureau*
James Padilla, MS, Tobacco Epidemiologist, Tobacco Use Prevention and Control Program*
James Farmer, MPH, Health Services Manager, Office of School and Adolescent Health*

NEW MEXICO PUBLIC EDUCATION DEPARTMENT

Hanna Skandera, Secretary of Education
Paul Aguilar, Deputy Secretary, Finance and Operations
Denise Koscielniak, Director, Federal Programs
Dean Hopper, Director, Coordinated School Health & Wellness Bureau
Cris Kimbrough, Deputy Director, Coordinated School Health & Wellness Bureau*
Gabrielle Abousleman, HIV/STI Prevention Education Coordinator, Coordinated School Health & Wellness Bureau

UNIVERSITY OF NEW MEXICO DIVISION FOR PREVENTION AND POPULATION SCIENCES, HEALTH EVALUATION AND RESEARCH TEAM

Linda J. Peñaloza, PhD, Associate Research Professor*
Laura Gutman, PhD, Multi-Media Development Specialist
Courtney FitzGerald, MSSW, LMSW, Associate Scientist II
Leona Woelk, MA, Associate Scientist II
José Canaca, MD, Associate Scientist I
Eric Chrisp, MS, Associate Scientist II

ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER

Kevin English, RPh, MPH, Director
Judith Espinoza, MPH, Epidemiologist*
Ophelia Spencer, Tribal Survey Coordinator

NEW MEXICO HUMAN SERVICES DEPARTMENT, BEHAVIORAL HEALTH SERVICES DIVISION

Karen Cheman, MPH, Prevention Staff Manager, Office of Substance Abuse Prevention *

Table of Contents

<u>Topic</u>	<u>Page</u>
Participation in Sierra County	7
Risk Behaviors at a Glance	9
Charts	15
Personal Safety (Injury, Violence, and Bullying)	16
Mental Health	21
Tobacco Use and Exposure	23
Alcohol Use	27
Drug Use	31
Sexual Behavior	35
Weight Control	37
Physical Activity	39
Other Health Related Topics	43
Resiliency/Protective Factors	45
Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors	49
Appendix A: Questionnaire with Results	61
Appendix B: About this Report	77
Risk Behavior and Resiliency/Protective Factor Definitions	81

For a discussion of statistical significance, see Appendix B: About this Report

New Mexico Youth Risk and Resiliency Survey
Participation in Sierra County
Middle School (Grades 6-8)

The response rate for Sierra County was 86%.

A high response rate produces survey results that are more representative of the student population. A response rate of at least 60% allows generalization of results to the entire student body. A response rate of 70% is excellent and allows a high degree of confidence in results. Response rates below 60% are considered low, and caution should be exercised in interpreting results. Low response rates indicate that the data may represent only students who participated in the survey and not necessarily the entire student body.

Profile of students surveyed

	<u>Number of students who responded</u>	<u>Percent (%)</u>
<u>Total</u>	233	(100%)
<u>Gender</u>		
Girls	113	(49.1%)
Boys	117	(50.9%)
<u>Race/Ethnicity</u>		
<i>(Totals may be more than 100% because respondents were allowed to choose multiple race/ethnicities)</i>		
American Indian or Alaska Native	36	(15.5)
Asian	5	(2.1)
Black or African-American	14	(6.0)
Hispanic	109	(46.8)
Native Hawaiian or Pacific Islander	11	(4.7)
White	150	(64.4)
<u>Grade Level</u>		
6th	61	(27.6%)
7th	93	(42.1%)
8th	75	(38.3%)
Ungraded or other	2	(1.0%)

New Mexico Youth Risk and Resiliency Survey

Risk Behaviors at a Glance

Sierra County and New Mexico

Middle School (Grades 6-8)

<u>Indicator</u>	<u>Sierra County</u>		<u>New Mexico</u>	
	%	(95% CI)	%	(95% CI)
Personal Safety				
Rarely or never wore a bicycle helmet (of those who rode a bicycle)	81.5	(81.5-81.5)	74.0	(68.8-78.6)
Rarely or never wore a seatbelt	5.0	(5.0-5.0)	5.7	(4.5-7.2)
Ever carried a weapon	35.6	(35.6-35.6)	32.0	(29.4-34.6)
Ever in a physical fight	49.4	(49.4-49.4)	45.8	(42.7-49.0)
Ever bullied on school property	53.2	(53.2-53.2)	46.0	(43.8-48.3)
Ever electronically bullied	21.3	(21.3-21.3)	18.6	(16.8-20.5)
Mental Health				
Ever thought about killing self	25.9	(25.9-25.9)	20.9	(19.0-23.0)
Ever planned to kill self	15.7	(15.7-15.7)	13.6	(11.9-15.6)
Ever tried to kill self	12.4	(12.4-12.4)	7.8	(6.8-8.9)
Tobacco Use				
Current cigarette smoking	5.8	(5.8-5.8)	4.6	(3.8-5.7)
Current cigar use	3.8	(3.8-3.8)	4.5	(3.5-5.9)
Current spit tobacco use	5.0	(5.0-5.0)	3.0	(2.4-3.8)
Exposed to second hand cigarette smoke	42.4	(42.4-42.4)	30.7	(27.5-34.1)
Alcohol Use				
Ever had a drink of alcohol	34.0	(34.0-34.0)	25.7	(22.4-29.2)
Current drinker	16.8	(16.8-16.8)	9.2	(7.8-11.0)
Binge drinker	9.1	(9.1-9.1)	3.9	(3.0-5.0)
First drink before age 11	16.8	(16.8-16.8)	11.9	(10.1-14.1)
Drug Use				
Ever used marijuana	20.7	(20.7-20.7)	15.7	(13.4-18.4)
Used marijuana before age 11	5.4	(5.4-5.4)	5.0	(3.9-6.5)
Current marijuana use	10.9	(10.9-10.9)	10.2	(8.6-12.2)
Ever used synthetic marijuana	9.2	(9.2-9.2)	7.3	(6.1-8.7)
Ever used cocaine	4.4	(4.4-4.4)	3.3	(2.7-4.1)
Ever used inhalants	10.6	(10.6-10.6)	9.3	(8.4-10.3)
Ever used prescription drugs without prescription	7.6	(7.6-7.6)	5.5	(4.8-6.2)
Ever used painkillers to get high	5.2	(5.2-5.2)	3.1	(2.6-3.6)

New Mexico Youth Risk and Resiliency Survey

Risk Behaviors at a Glance

Sierra County and New Mexico

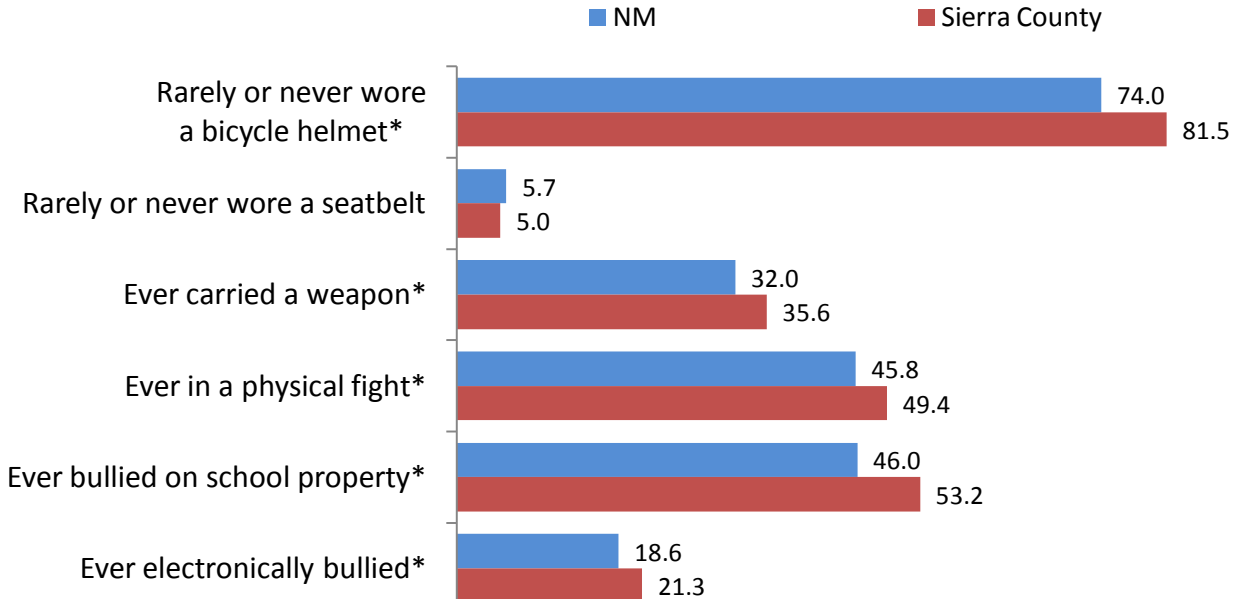
Middle School (Grades 6-8)

<u>Indicator</u>	<u>Sierra County</u>		<u>New Mexico</u>	
	%	(95% CI)	%	(95% CI)
Sexual Behavior				
Ever had sexual intercourse	15.3	(15.3-15.3)	8.3	(6.8-10.0)
Had sexual intercourse with 3 or more people *	4.5	(9.1-9.1)	3.0	(3.0-5.0)
Used a condom *	71.3	(16.8-16.8)	58.8	(10.1-14.1)
Body Weight				
Described self as overweight	26.0	(25.3-25.3)	25.3	(19.2-22.7)
Trying to lose weight	43.5	(27.5-27.5)	46.4	(21.8-26.4)
Ever fasted to lose weight	21.6	(73.7-73.7)	20.0	(78.2-80.9)
Ever vomited or used laxatives to lose weight	8.0	(62.2-62.2)	6.3	(66.7-72.4)
Physical Activity and Nutrition				
No physical activity in the past week	13.1	(74.0-74.0)	13.3	(71.9-78.3)
Physically active five days per week	60.0	(20.7-20.7)	57.1	(13.4-18.4)
Daily physical activity	39.9	(5.4-5.4)	35.0	(3.9-6.5)
Three hours of TV per day	33.5	(10.9-10.9)	30.7	(8.6-12.2)
Three hours of video or computer use per day	35.9	(9.2-9.2)	33.0	(6.1-8.7)
Daily PE at school	48.8	(4.4-4.4)	35.4	(2.7-4.1)
Participates in team sports	59.7	(10.6-10.6)	63.6	(8.4-10.3)
Daily breakfast	49.4	(7.6-7.6)	43.5	(4.8-6.2)

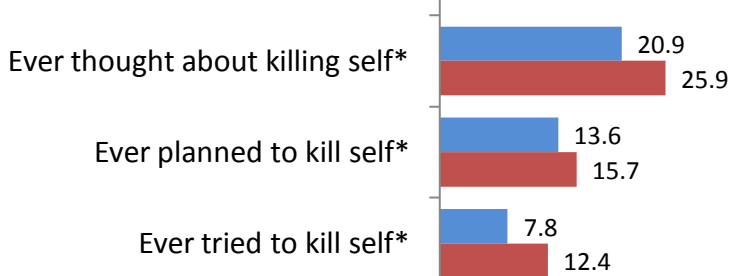
* Among students who ever had sexual intercourse

New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Sierra County and New Mexico
Middle School (Grades 6-8)

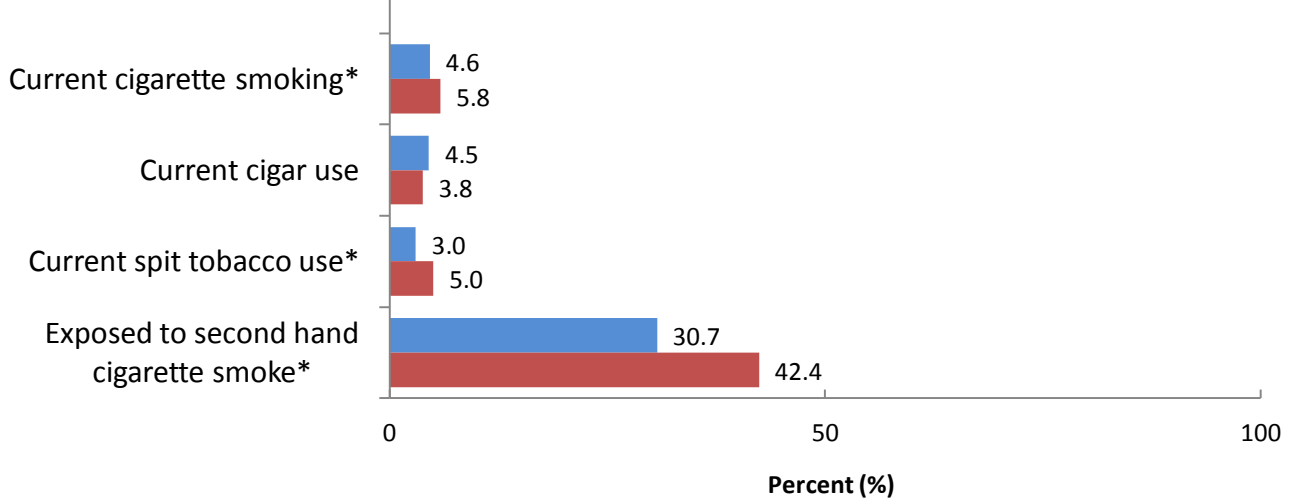
Personal Safety



Mental Health



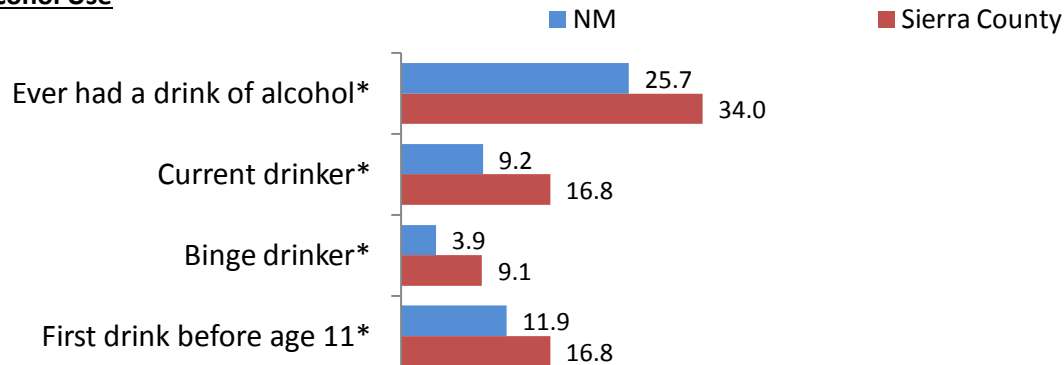
Tobacco Use



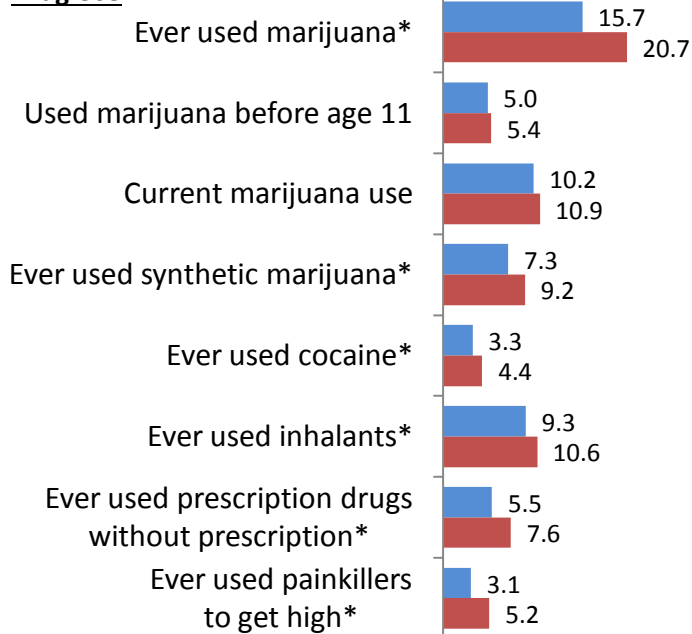
* Statistically significant difference.

New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Sierra County and New Mexico
Middle School (Grades 6-8)

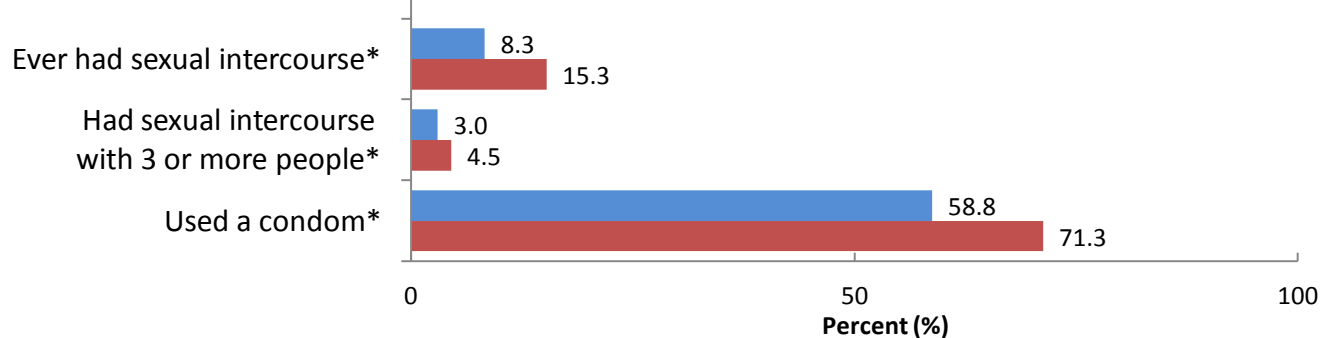
Alcohol Use



Drug Use



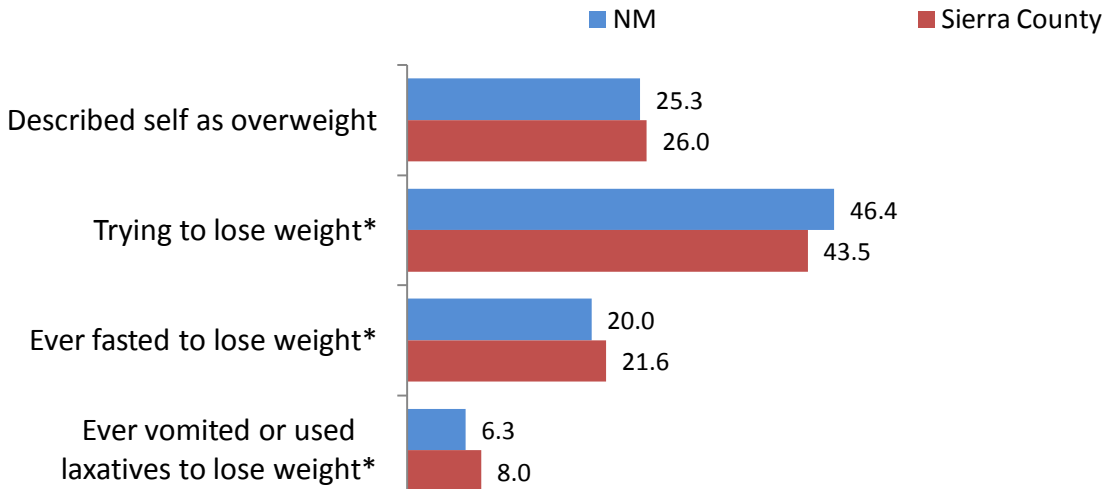
Sexual Behavior



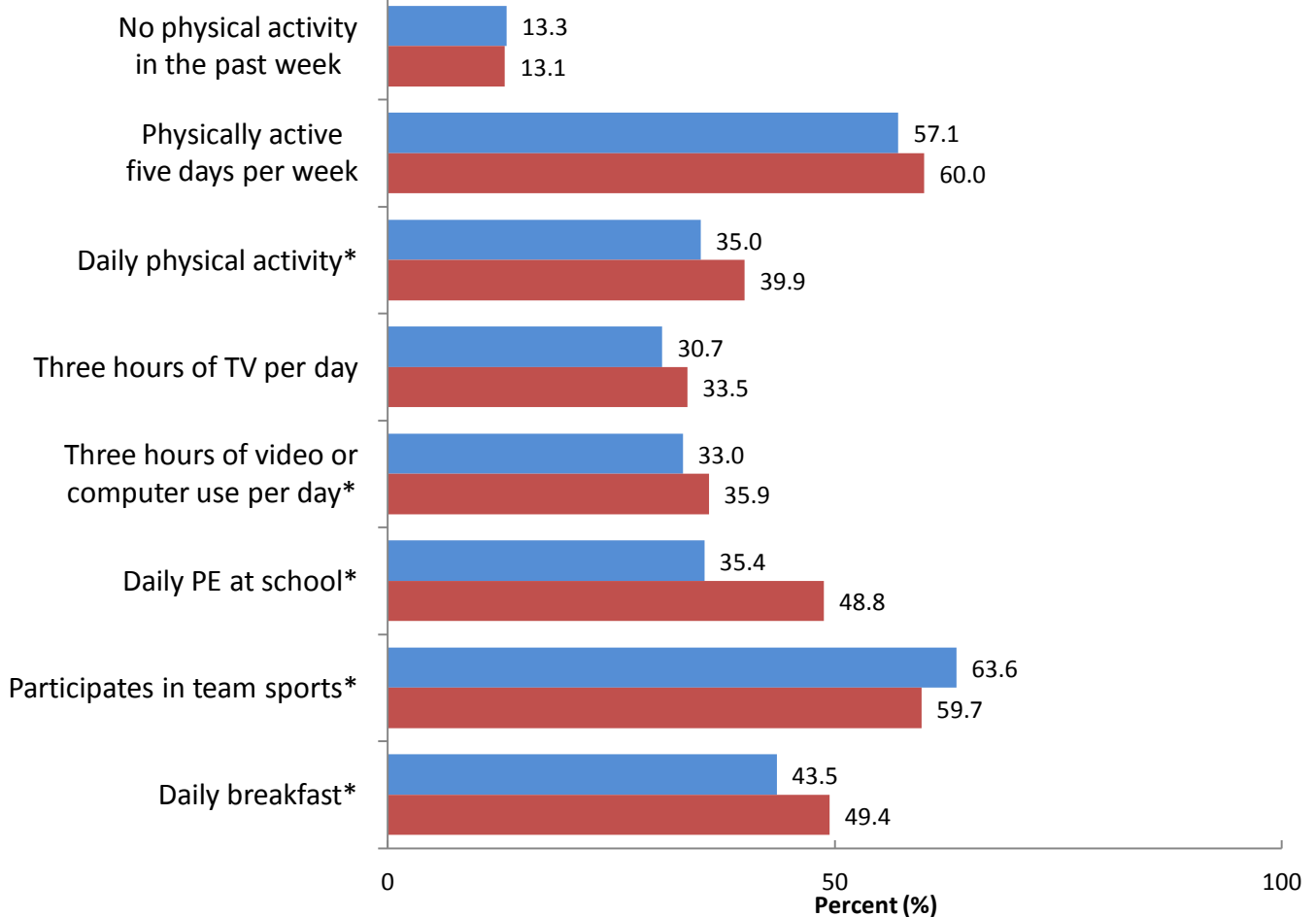
* Statistically significant difference.

New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Sierra County and New Mexico
Middle School (Grades 6-8)

Body Weight



Physical Activity and Nutrition



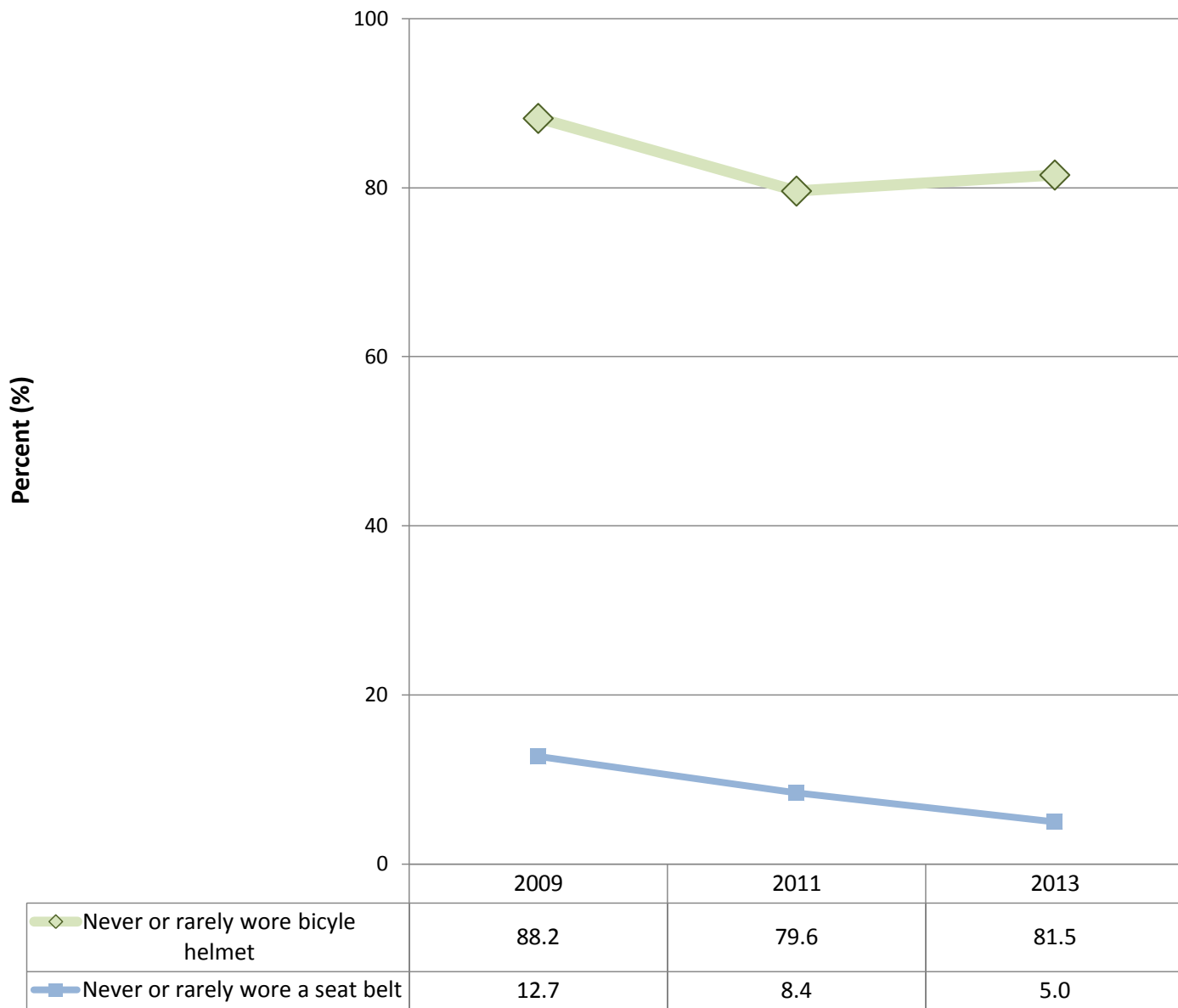
* Statistically significant difference.

Sierra County Charts

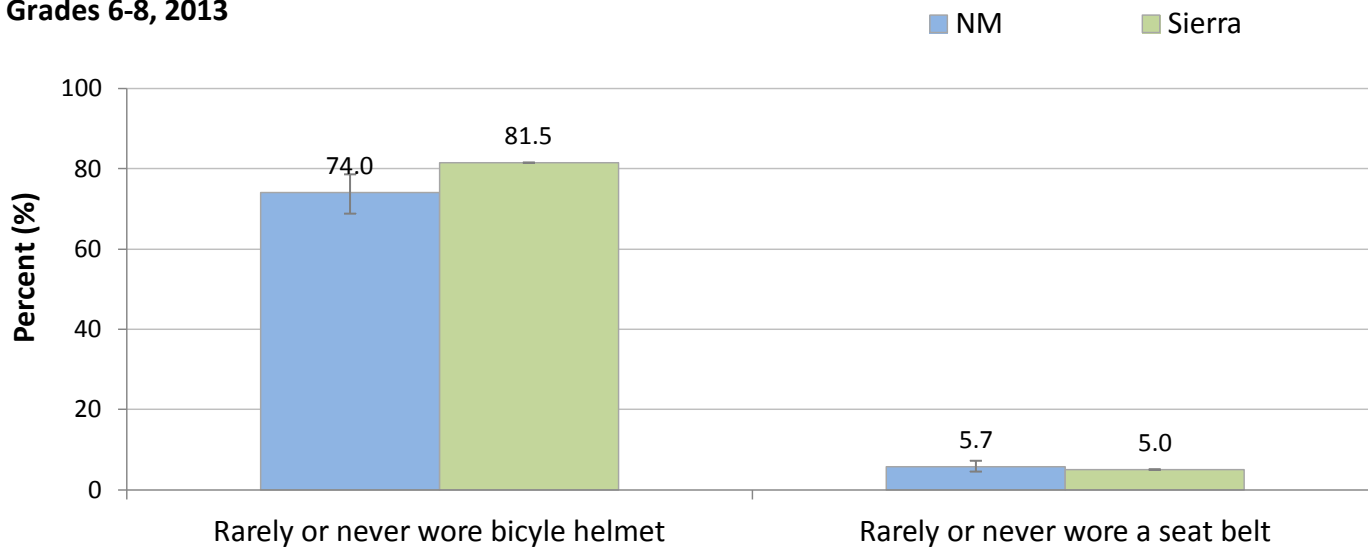
For definitions of risk behaviors, see Appendix C.

Personal Safety

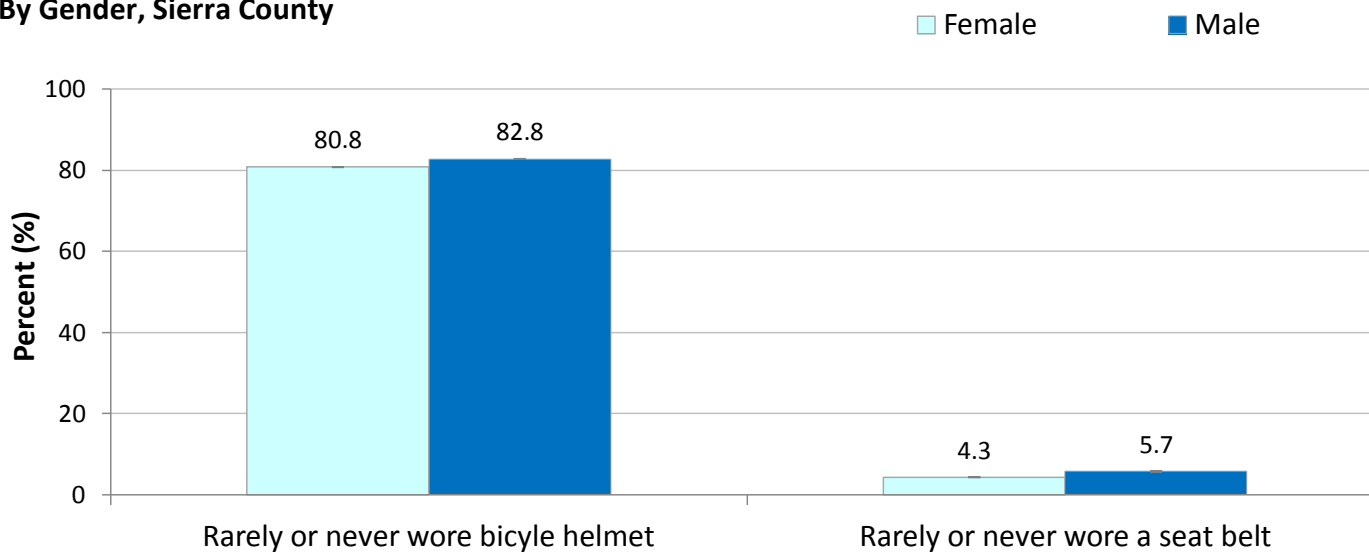
**Behaviors Associated with Personal Safety
by Year, Sierra County
Grades 6-8, 2009-2013**



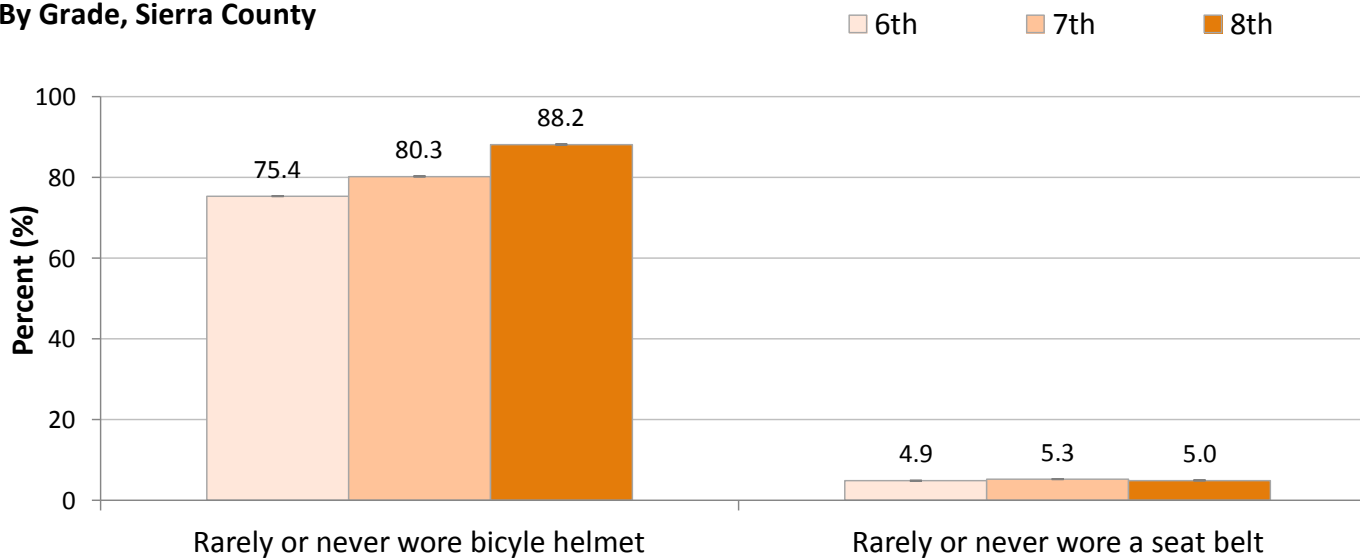
**Personal Safety
New Mexico and Sierra County
Grades 6-8, 2013**



By Gender, Sierra County

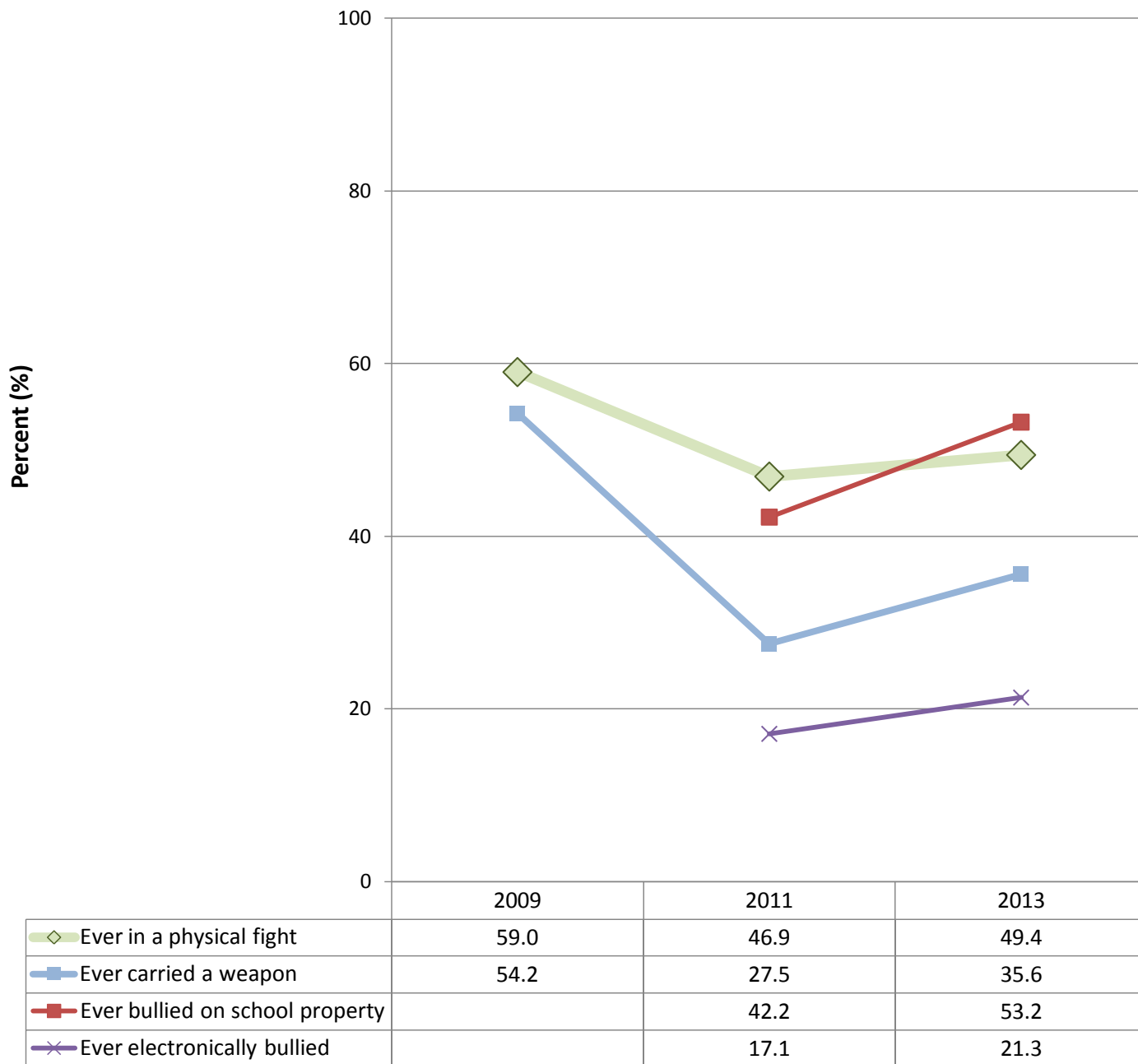


By Grade, Sierra County

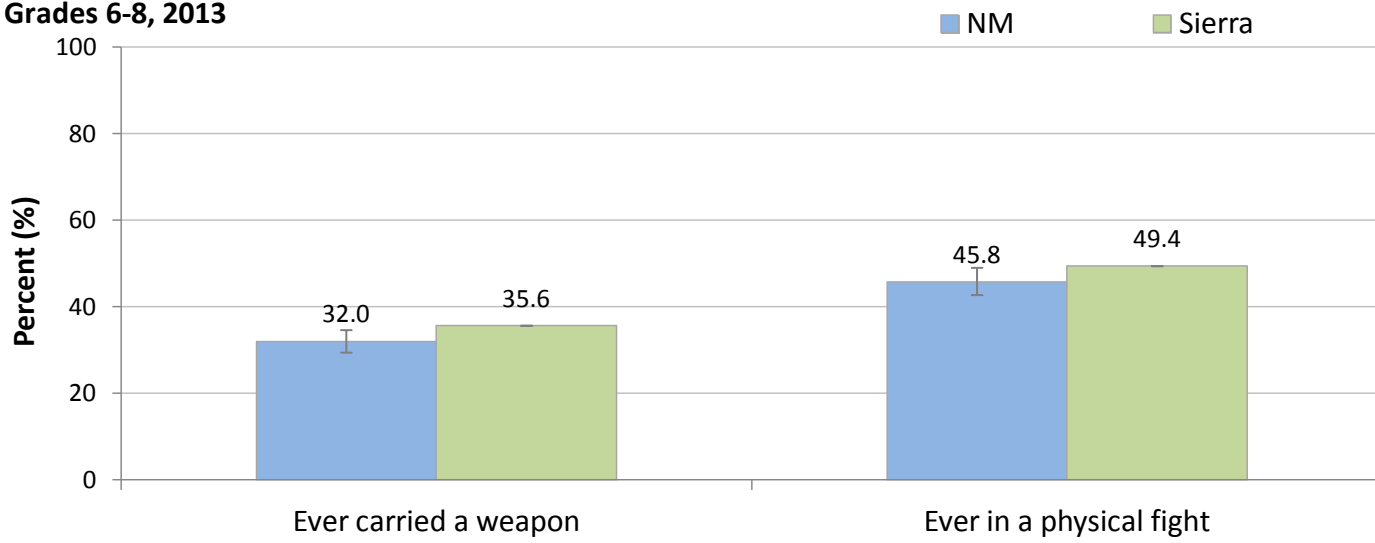


Personal Safety

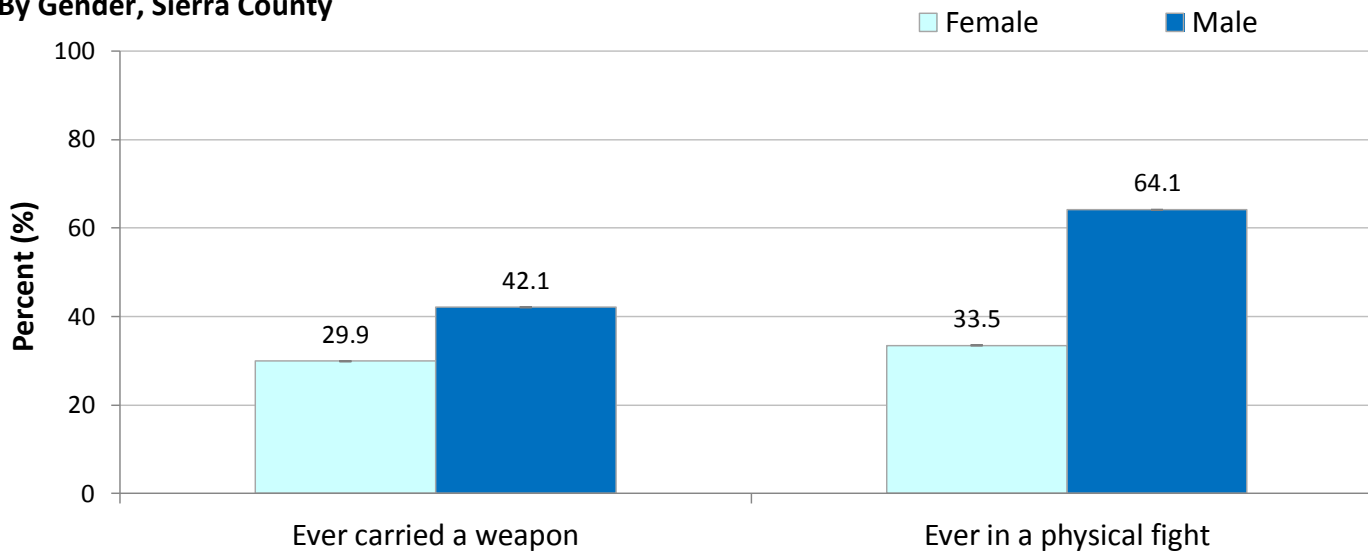
**Behaviors Associated with Personal Safety
by Year, Sierra County
Grades 6-8, 2009-2013**



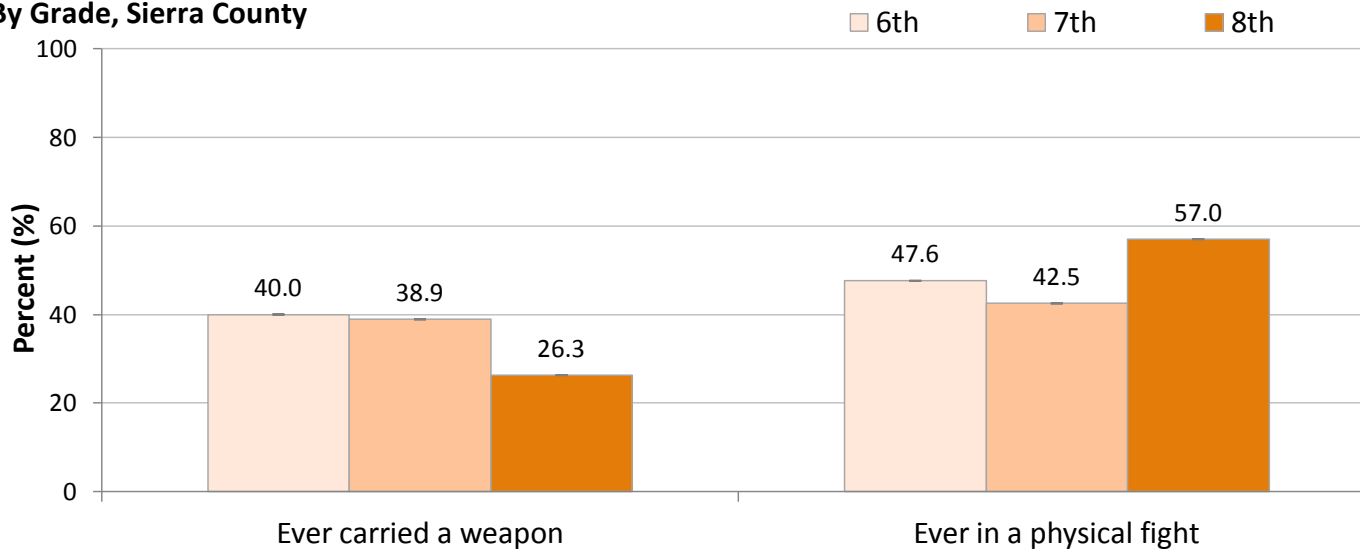
**Personal Safety
New Mexico and Sierra County
Grades 6-8, 2013**



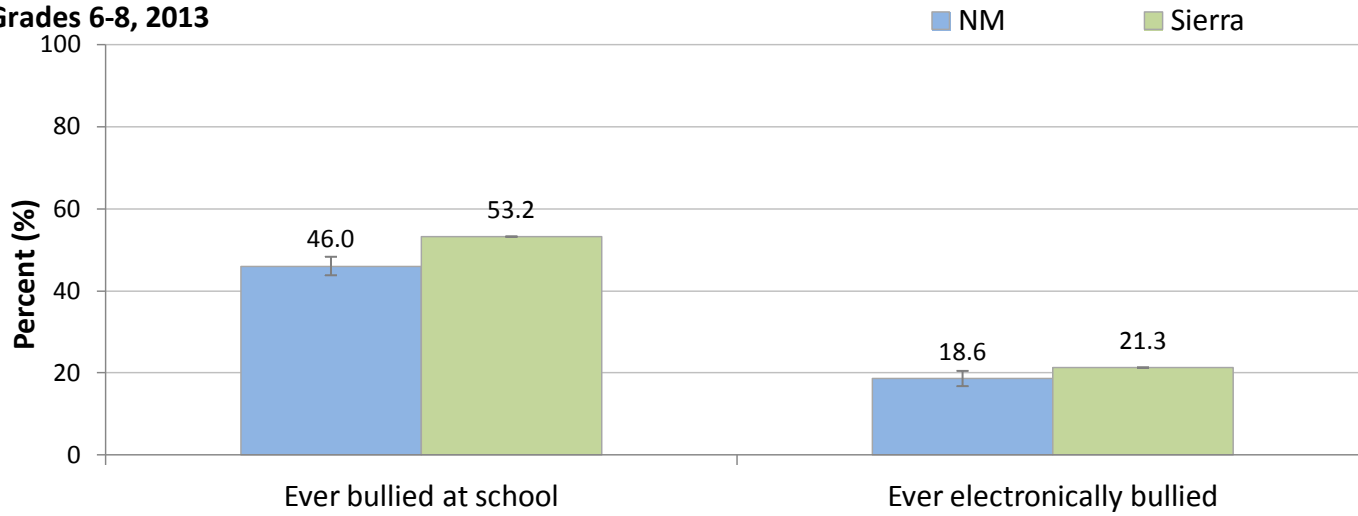
By Gender, Sierra County



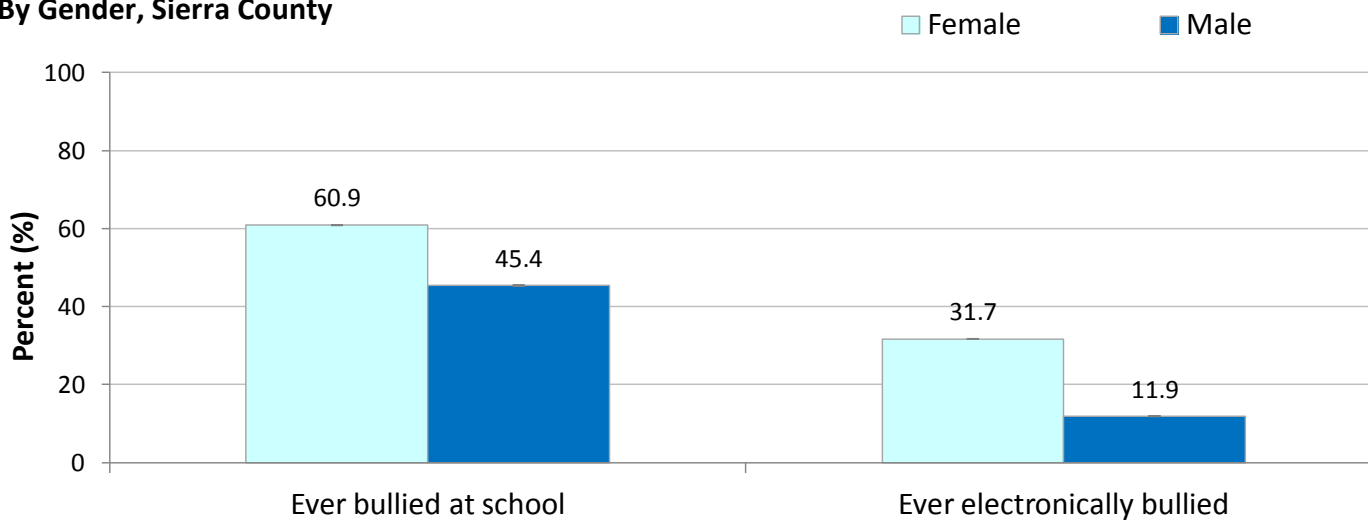
By Grade, Sierra County



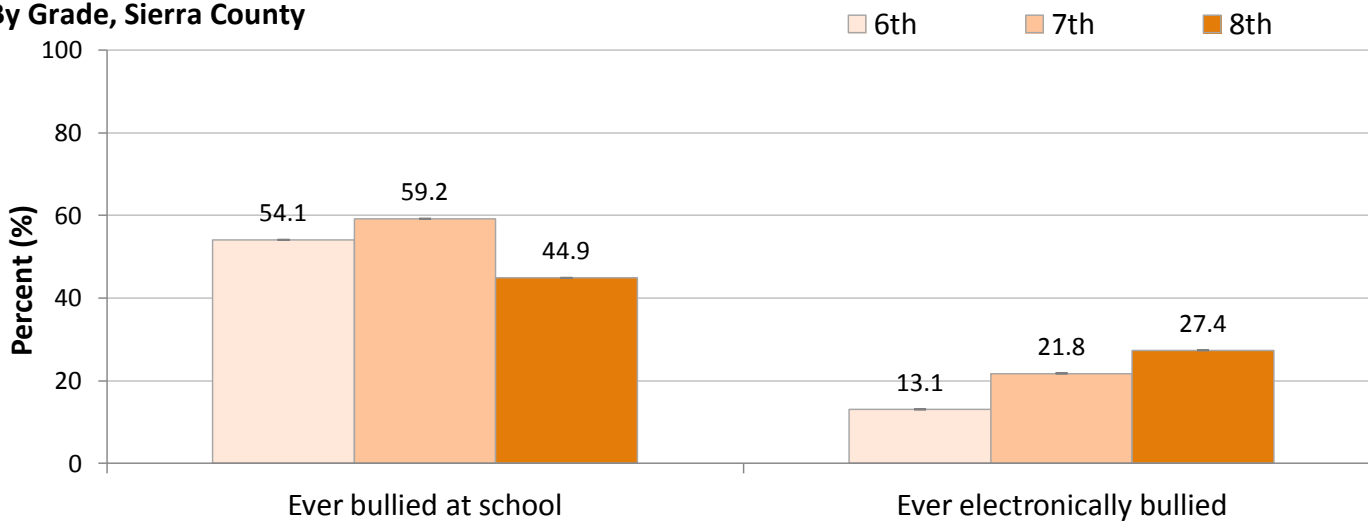
Personal Safety: Bullying
New Mexico and Sierra County
Grades 6-8, 2013



By Gender, Sierra County

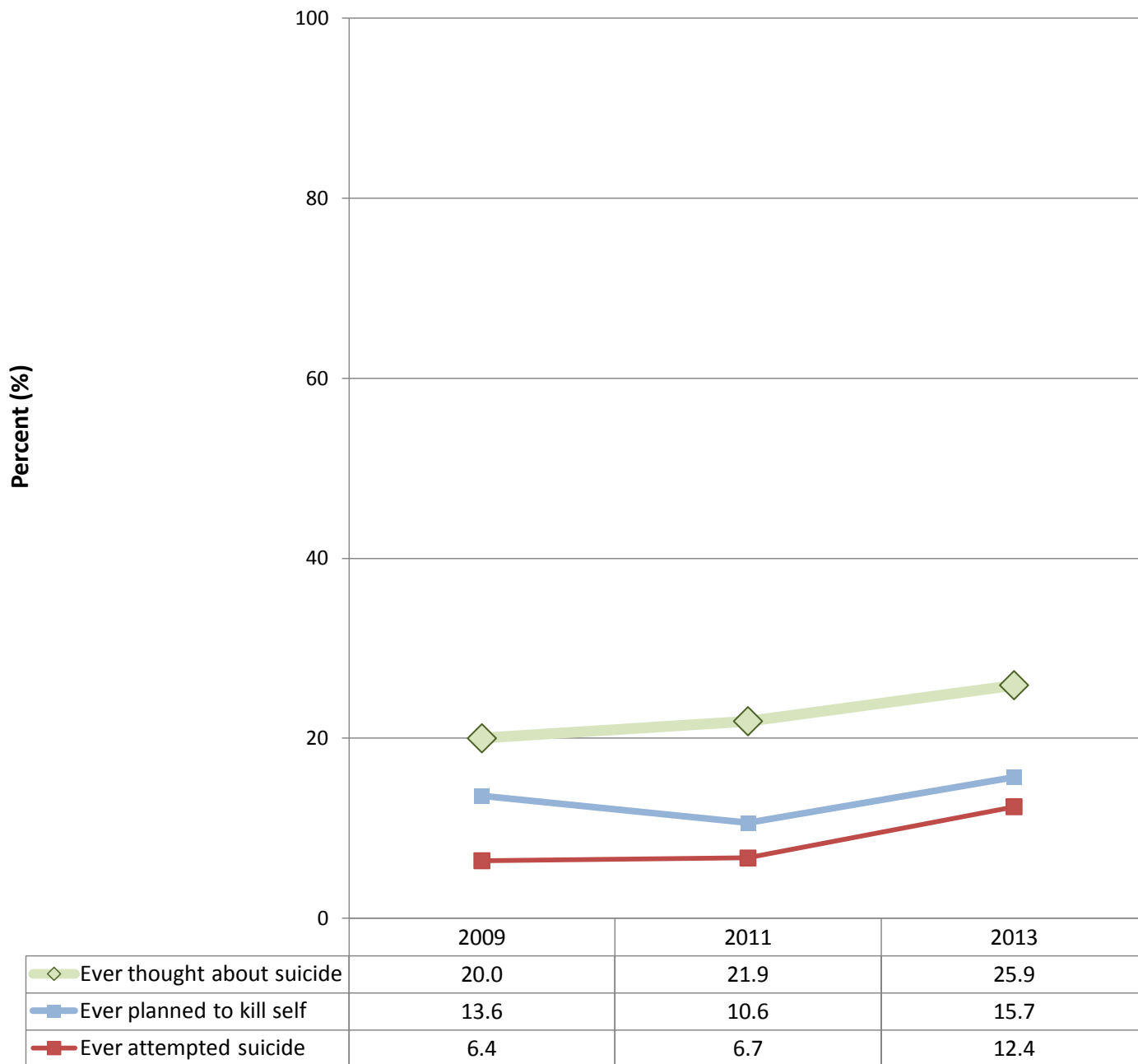


By Grade, Sierra County

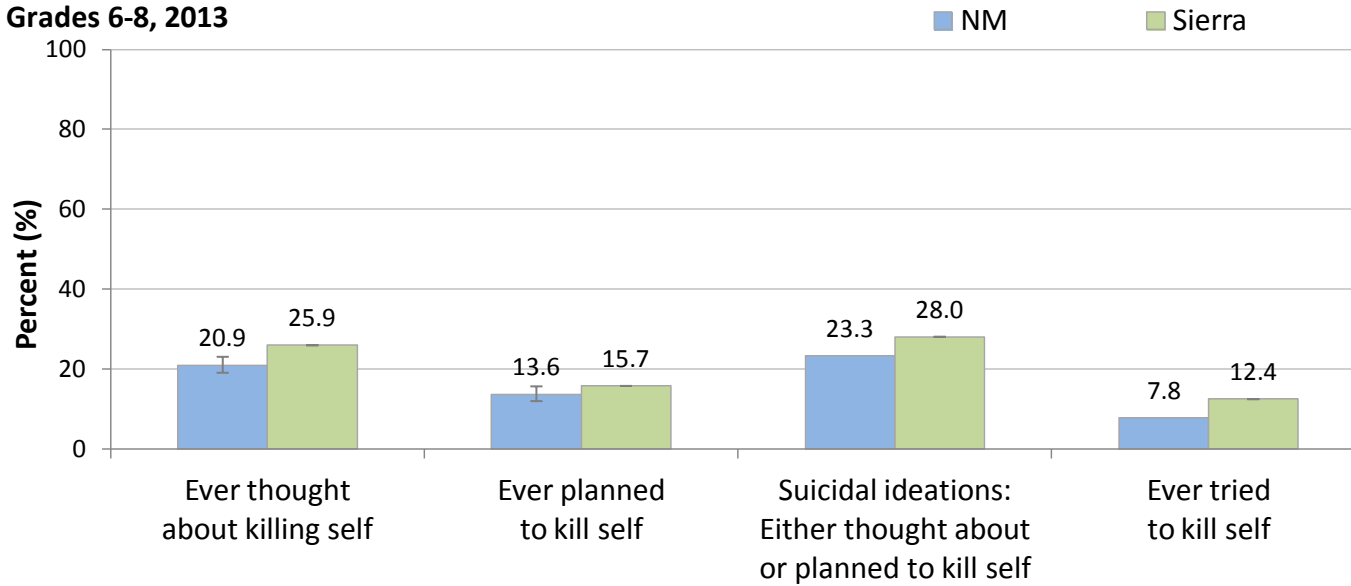


Mental Health

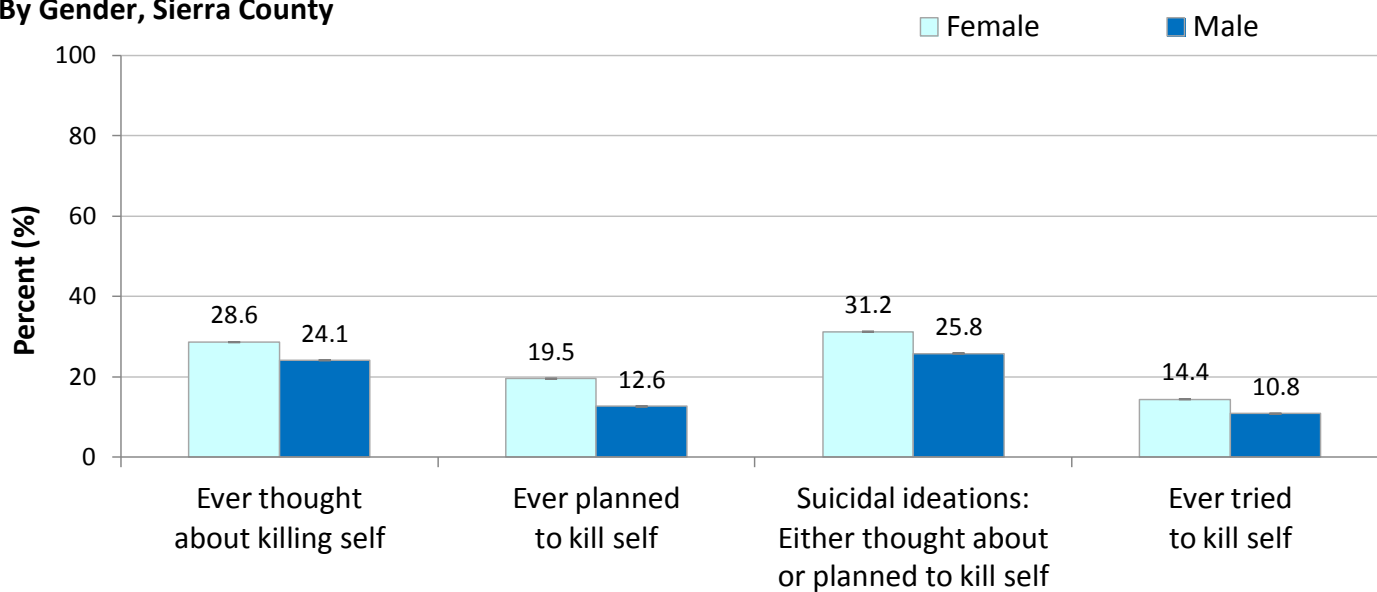
**Behaviors Associated with Mental Health
by Year, Sierra County
Grades 6-8, 2009-2013**



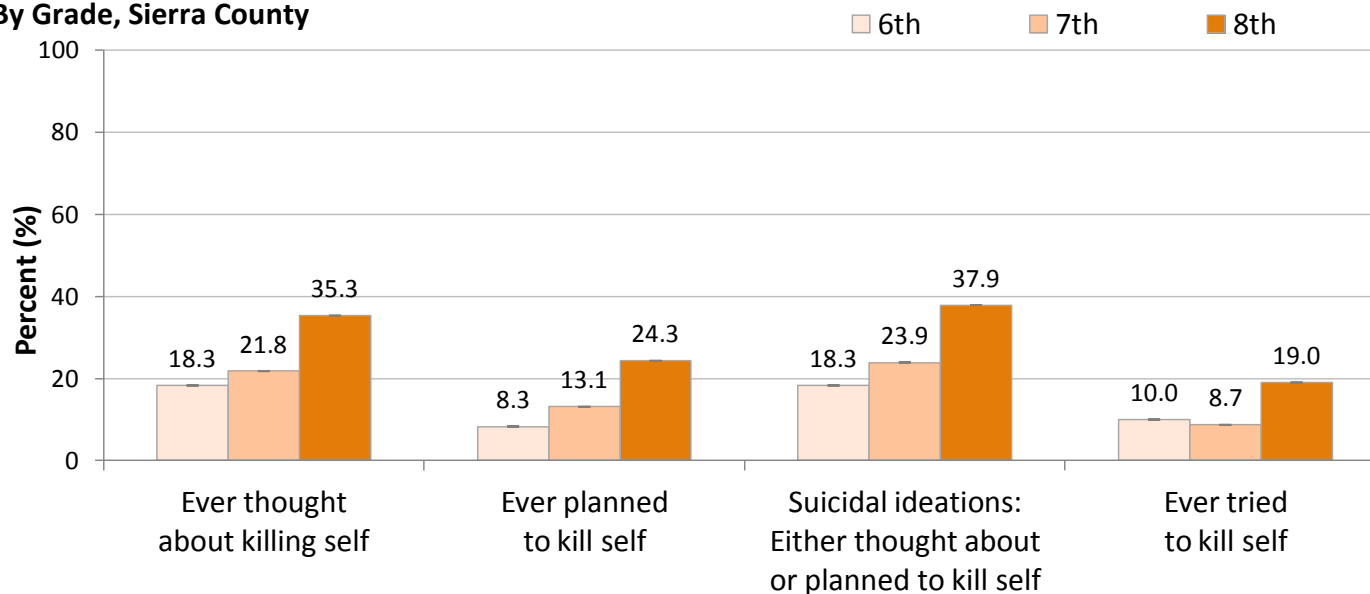
**Mental Health
New Mexico and Sierra County
Grades 6-8, 2013**



By Gender, Sierra County

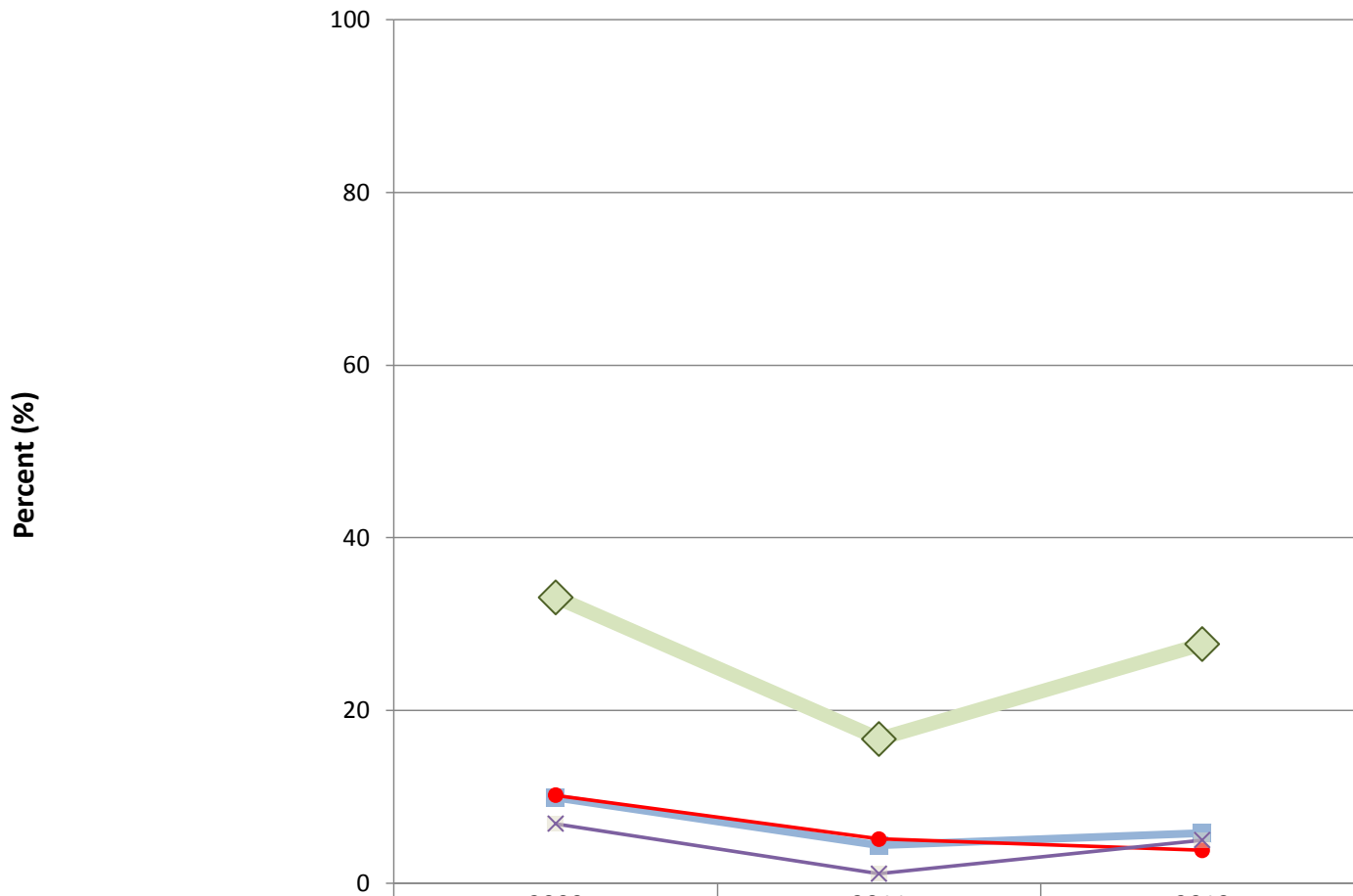


By Grade, Sierra County



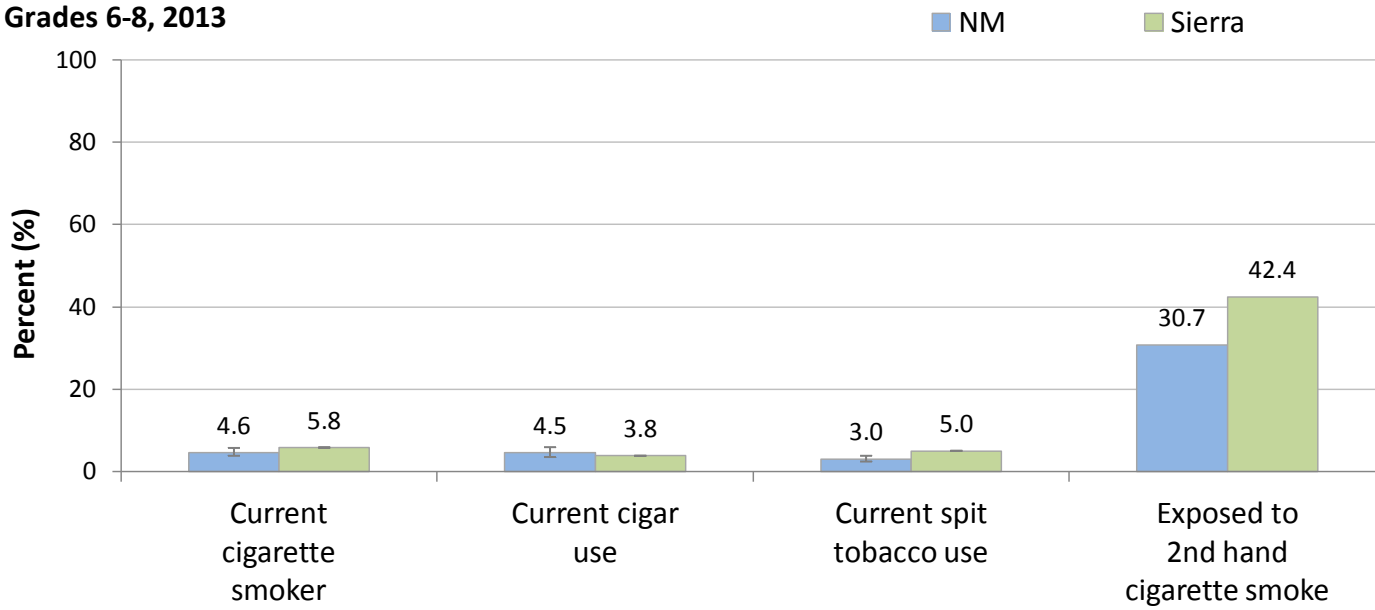
Tobacco Use and Exposure

**Tobacco Use and Exposure
by Year, Sierra County
Grades 6-8, 2009-2013**

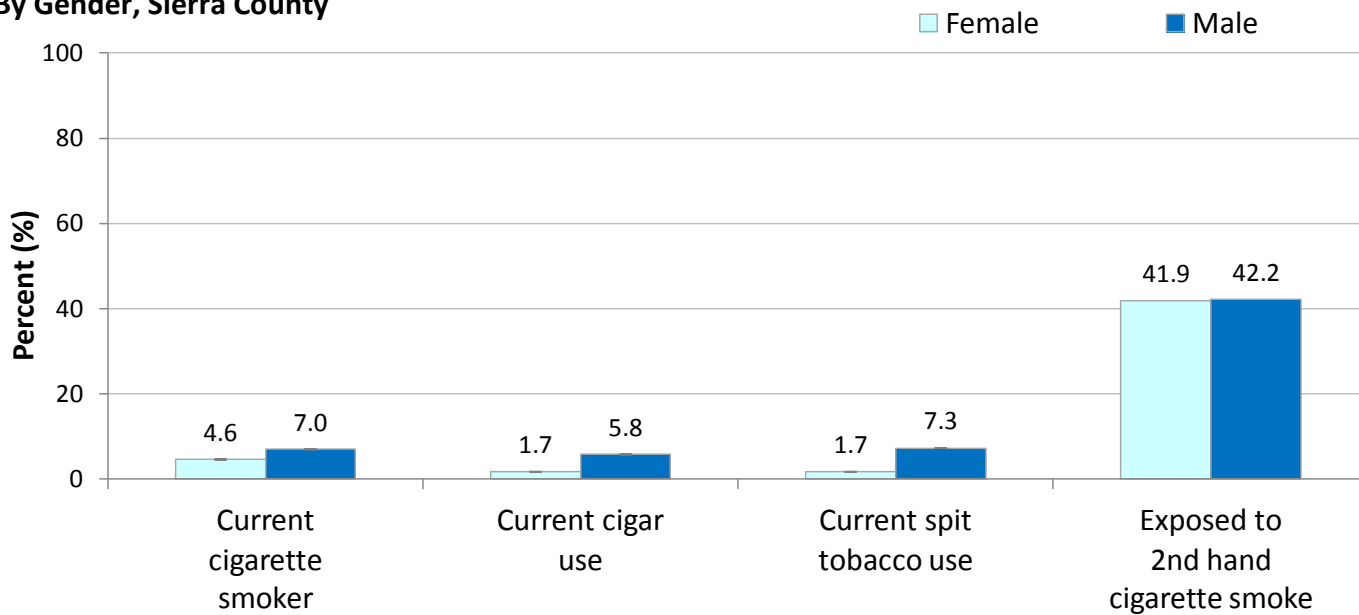


	2009	2011	2013
Ever tried cigarettes	33.1	16.7	27.7
Current cigarette smoker	9.9	4.4	5.8
Current cigar use	10.2	5.1	3.8
Current spit tobacco use	6.9	1.1	5.0

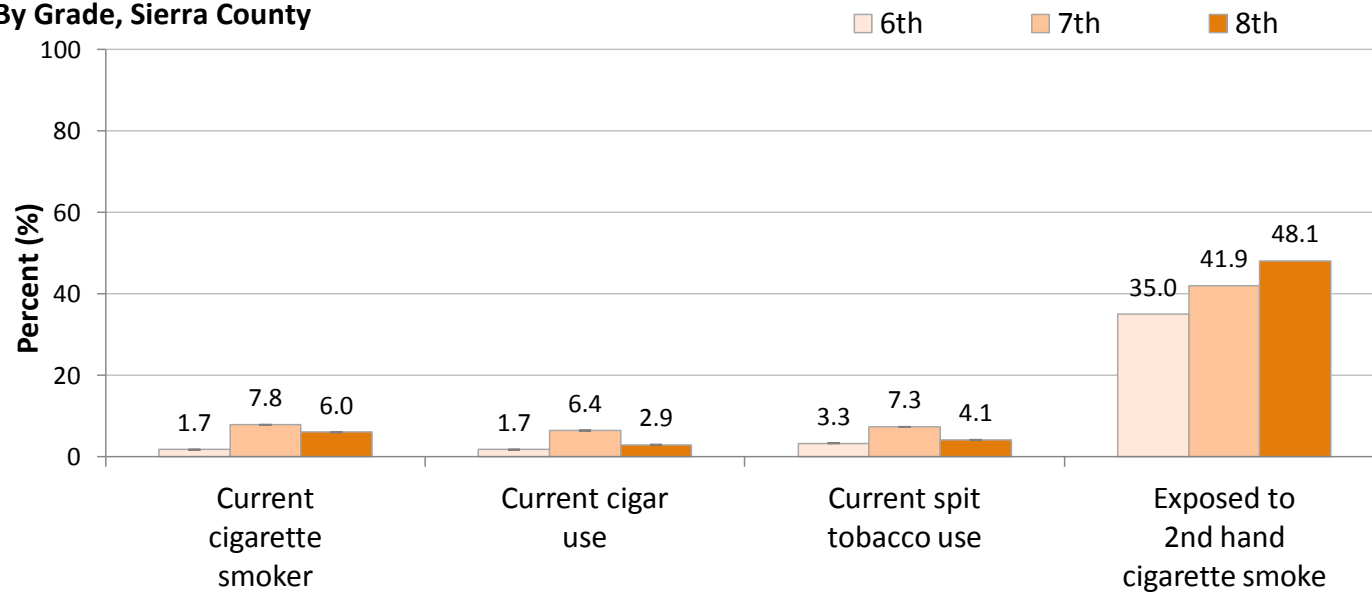
Tobacco Use and Exposure
New Mexico and Sierra County
Grades 6-8, 2013



By Gender, Sierra County

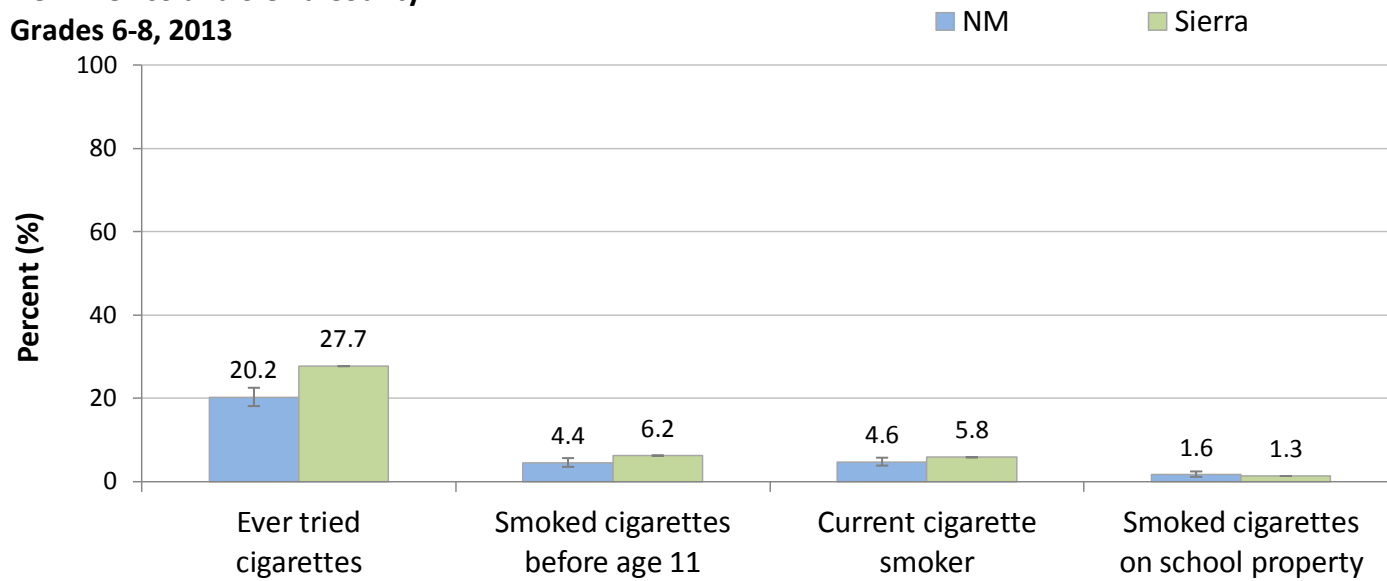


By Grade, Sierra County

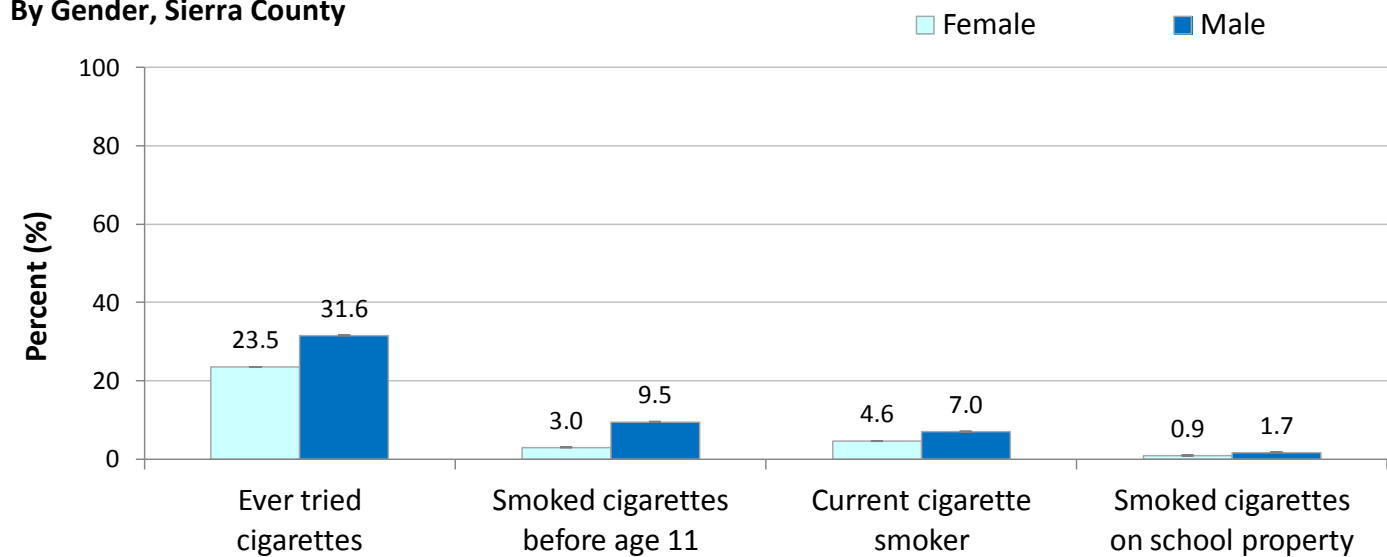


Tobacco Use: Cigarettes

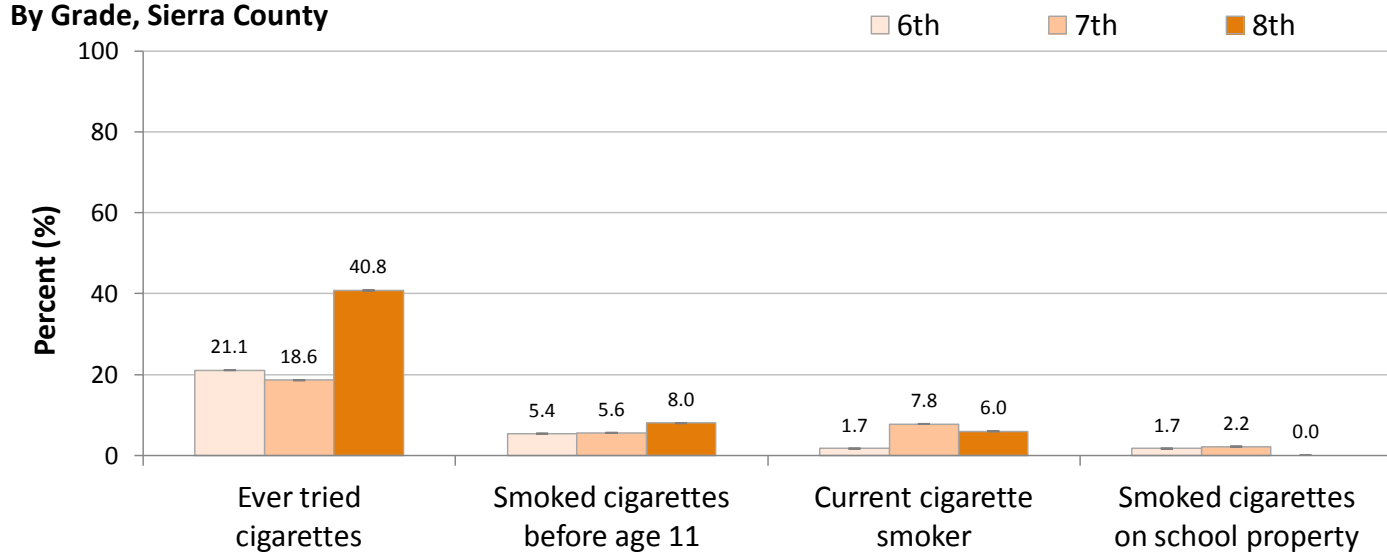
**New Mexico and Sierra County
Grades 6-8, 2013**



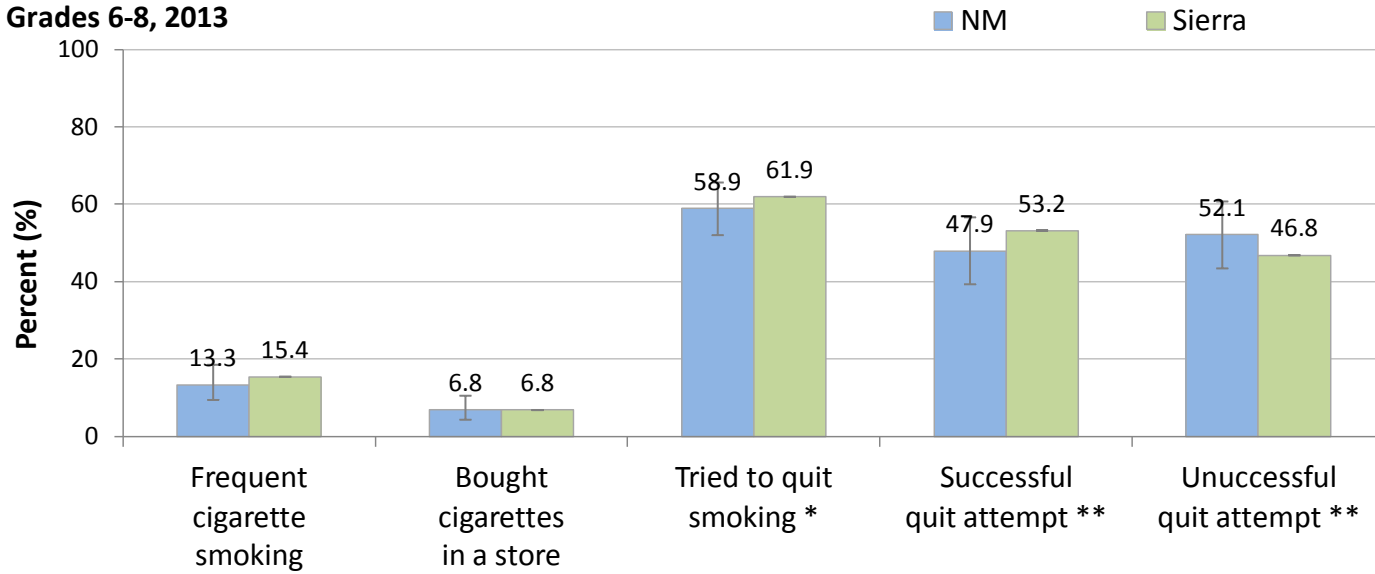
By Gender, Sierra County



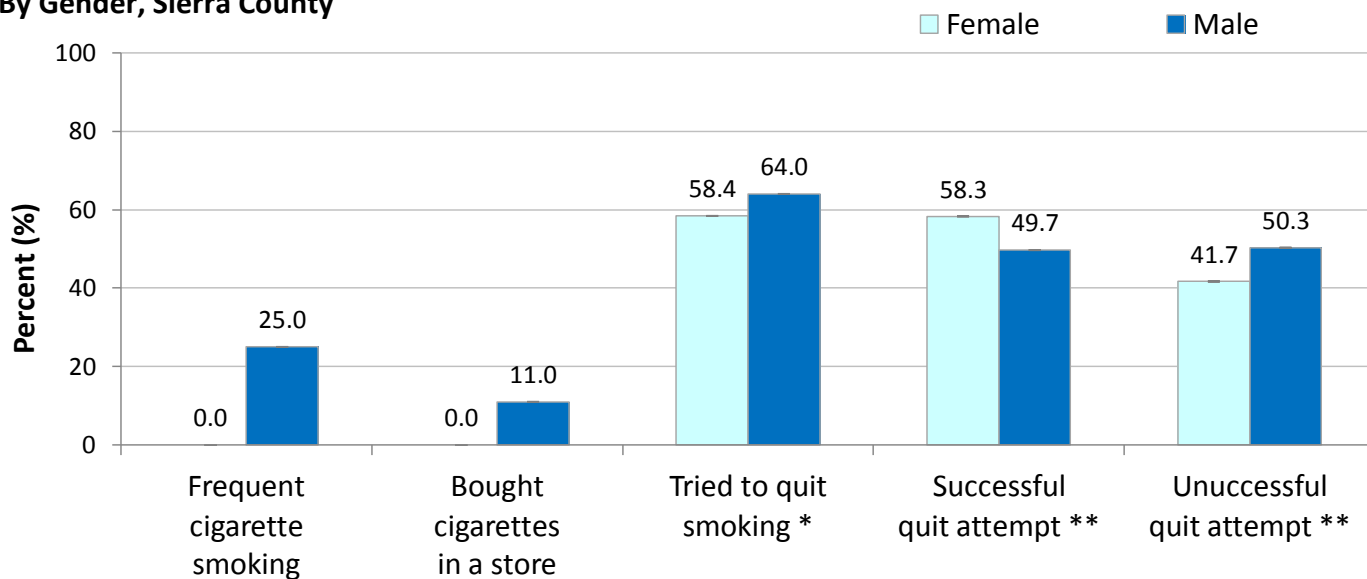
By Grade, Sierra County



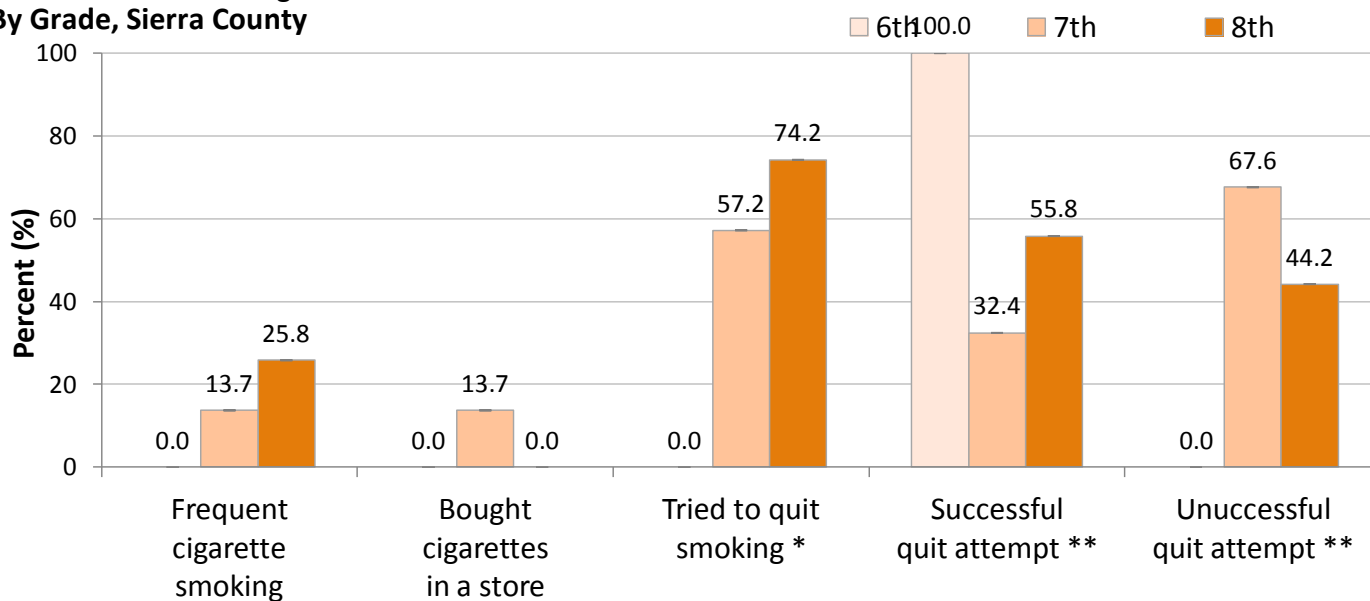
**Behaviors of Current Cigarette Smokers
New Mexico and Sierra County
Grades 6-8, 2013**



By Gender, Sierra County



By Grade, Sierra County

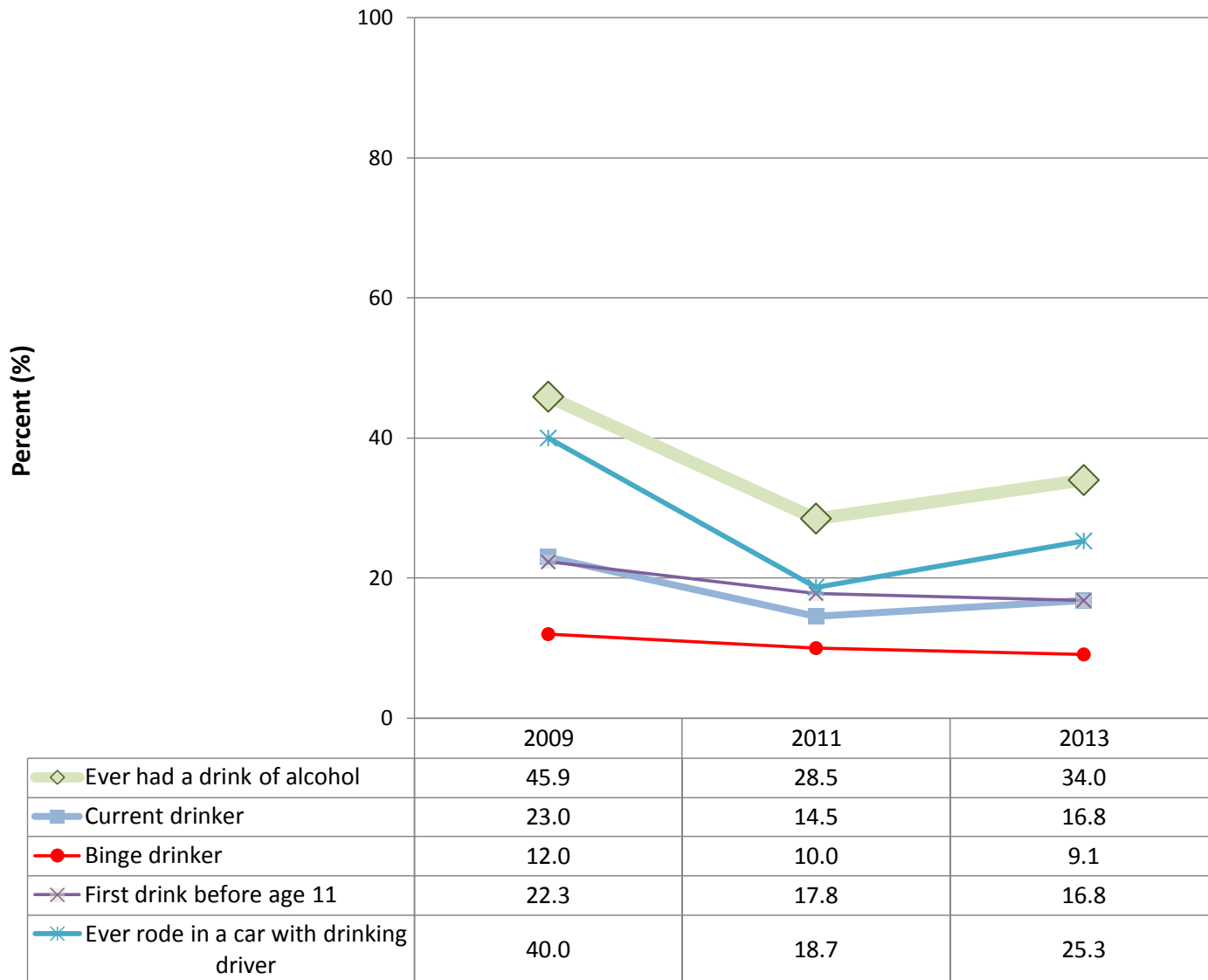


* Among current cigarette smokers.

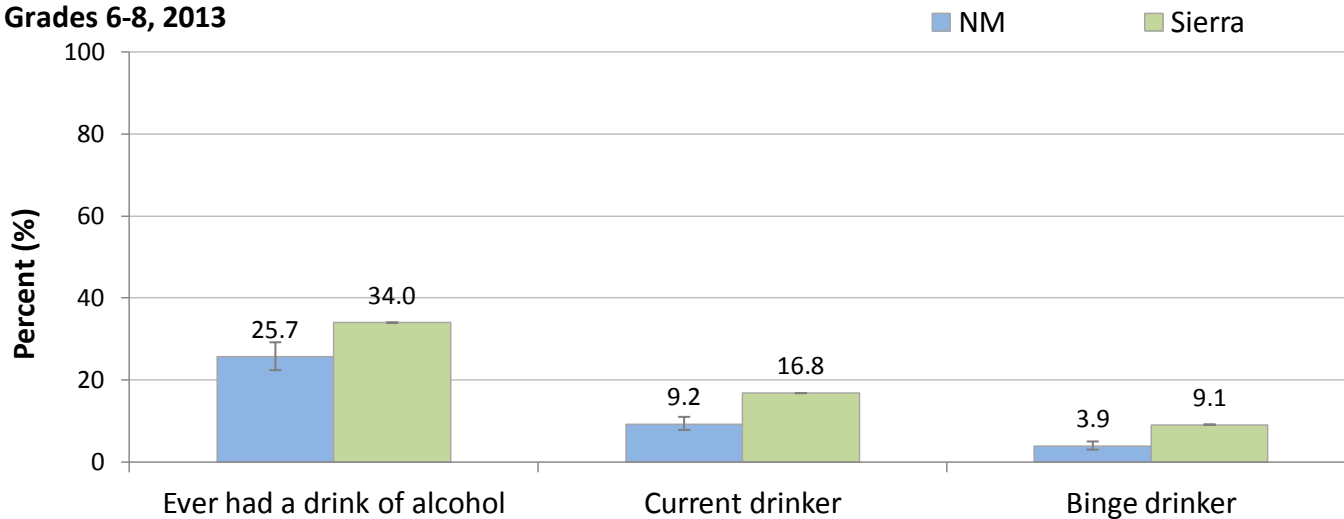
** Among current cigarette smokers who tried to quit in the past 12 months.

Alcohol Use

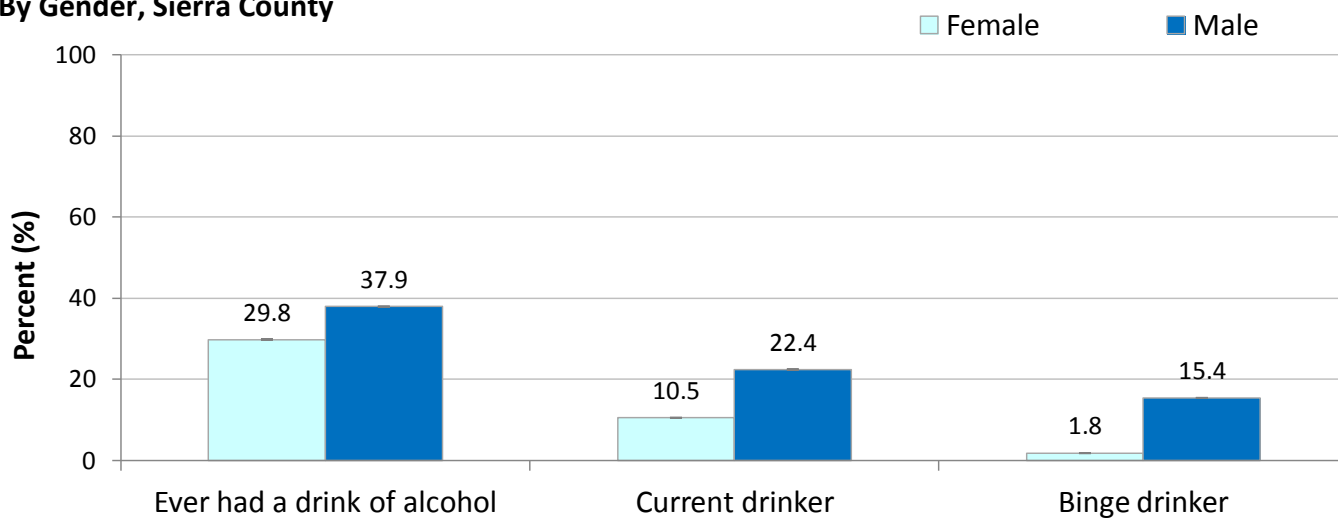
**Alcohol Use
by Year, Sierra County
Grades 6-8, 2009-2013**



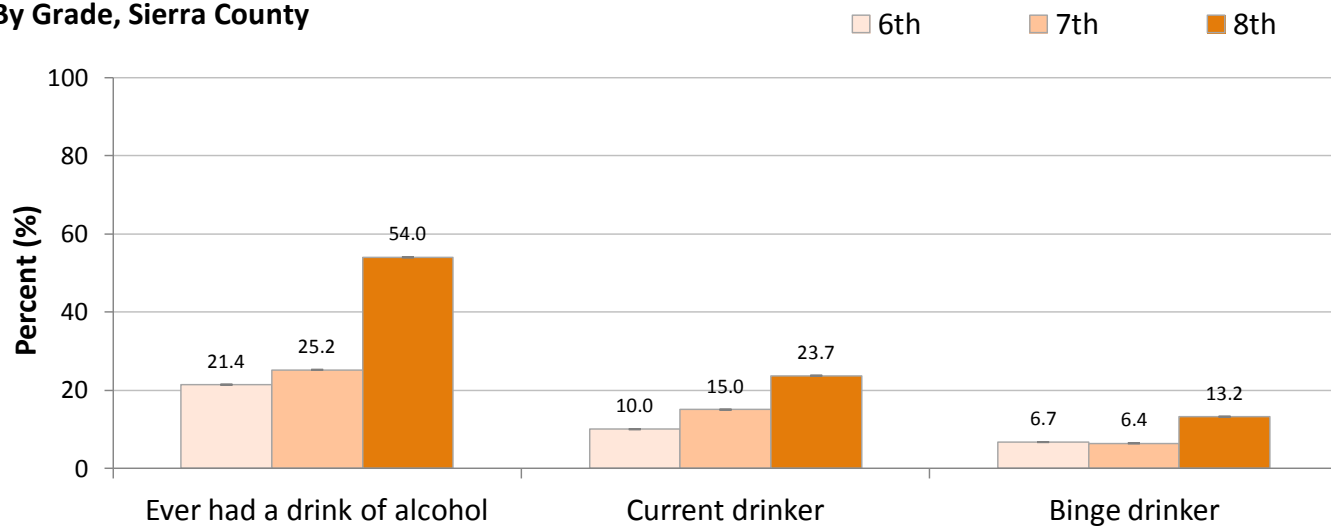
**Alcohol Use
New Mexico and Sierra County
Grades 6-8, 2013**



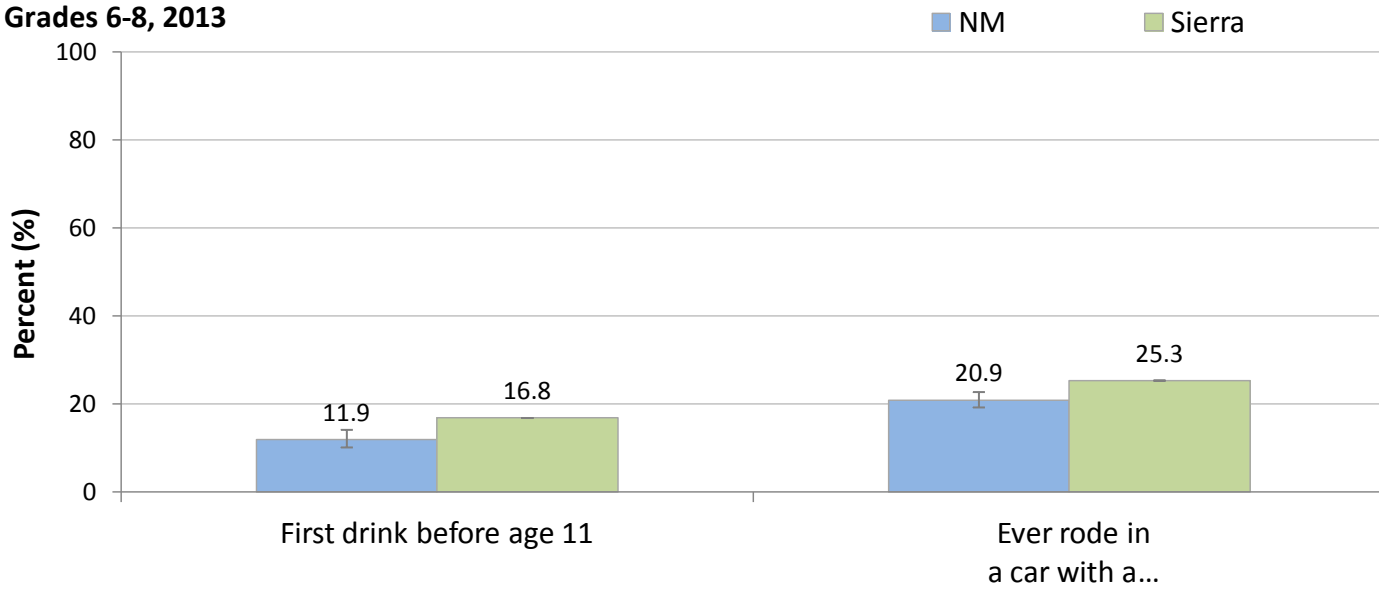
By Gender, Sierra County



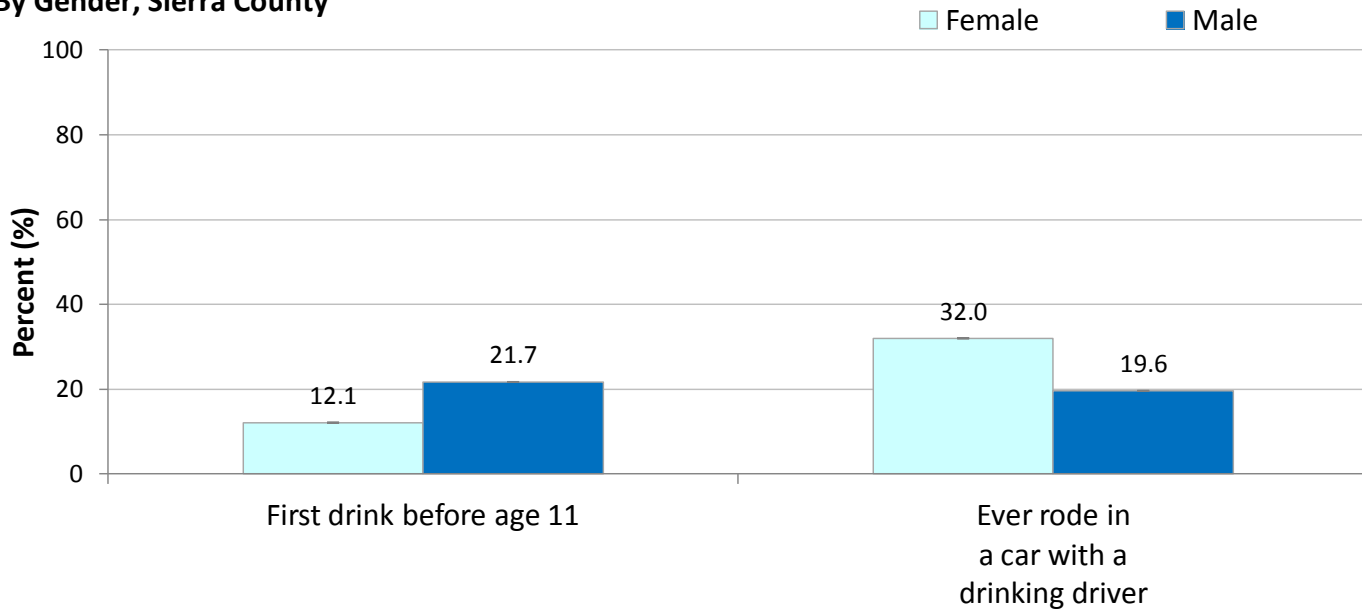
By Grade, Sierra County



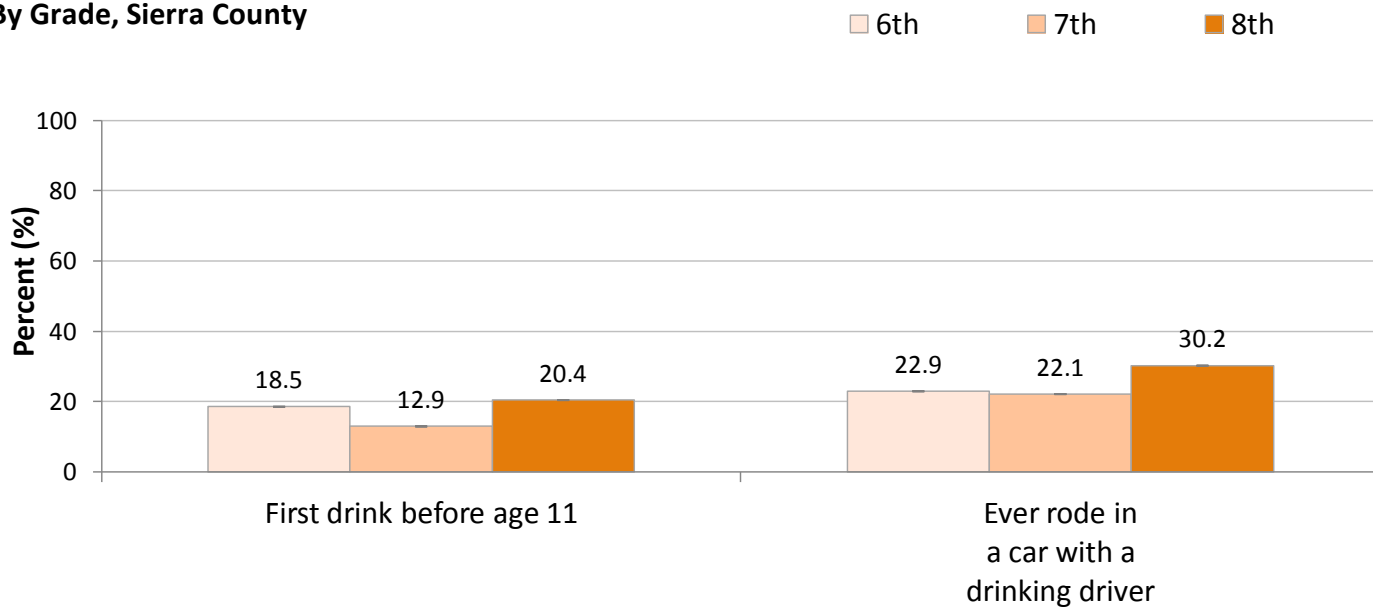
**Alcohol Use
New Mexico and Sierra County
Grades 6-8, 2013**



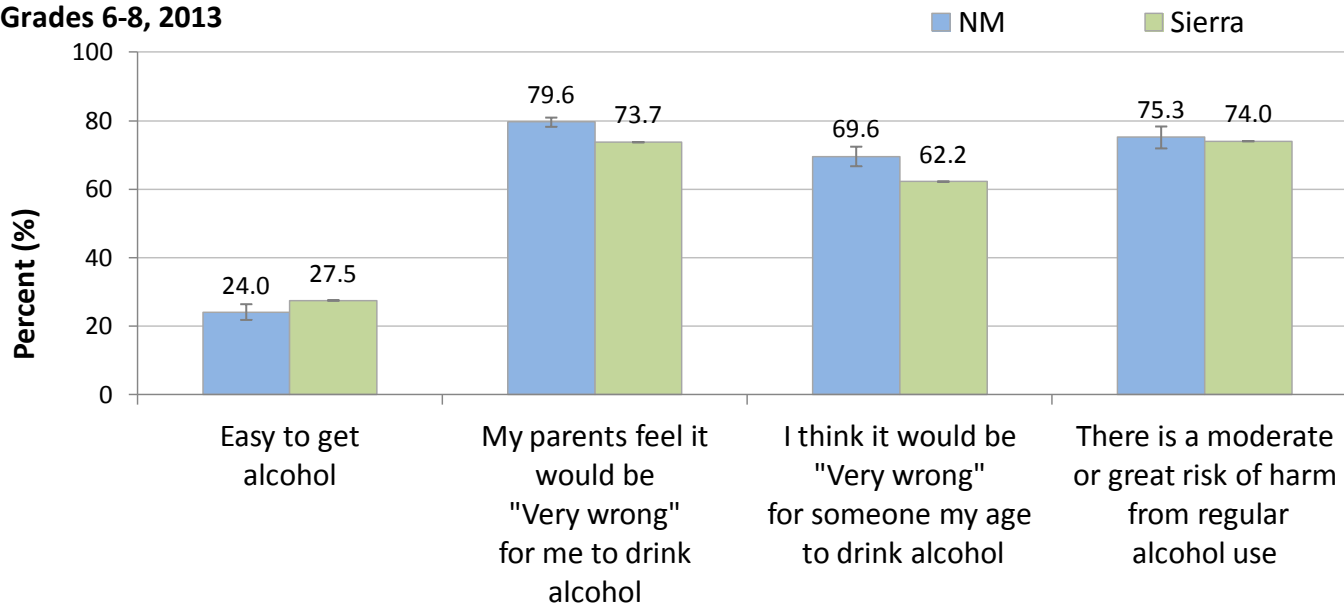
By Gender, Sierra County



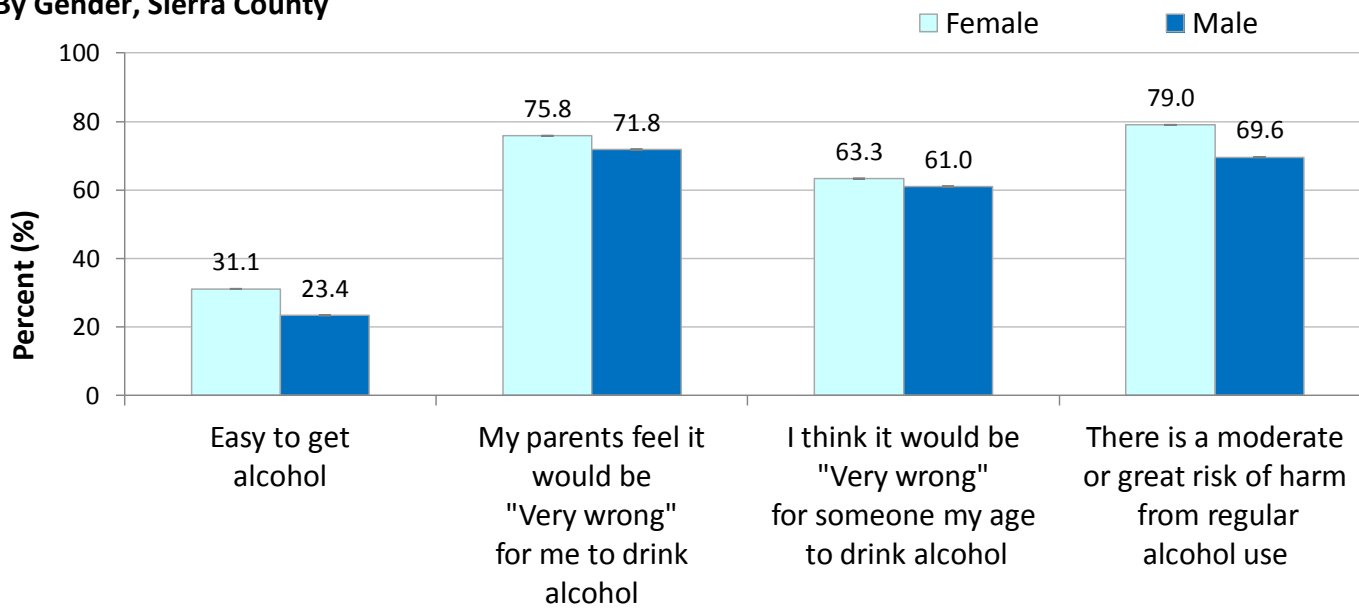
By Grade, Sierra County



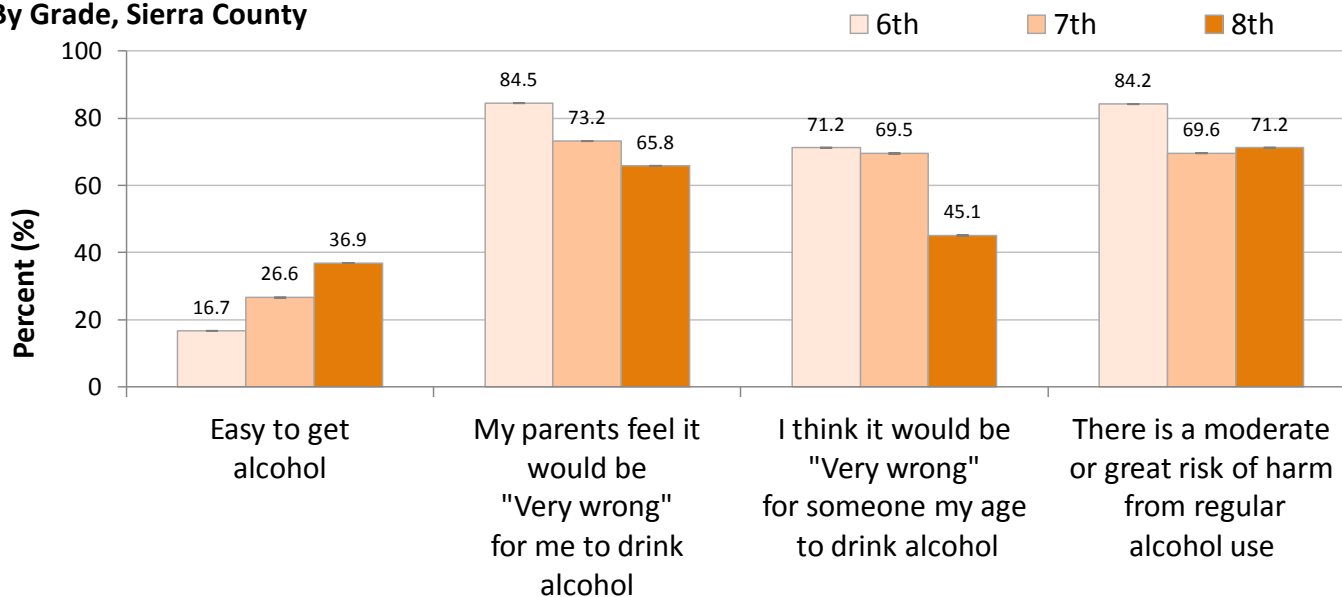
**Alcohol Use: Access and Attitudes
New Mexico and Sierra County
Grades 6-8, 2013**



By Gender, Sierra County

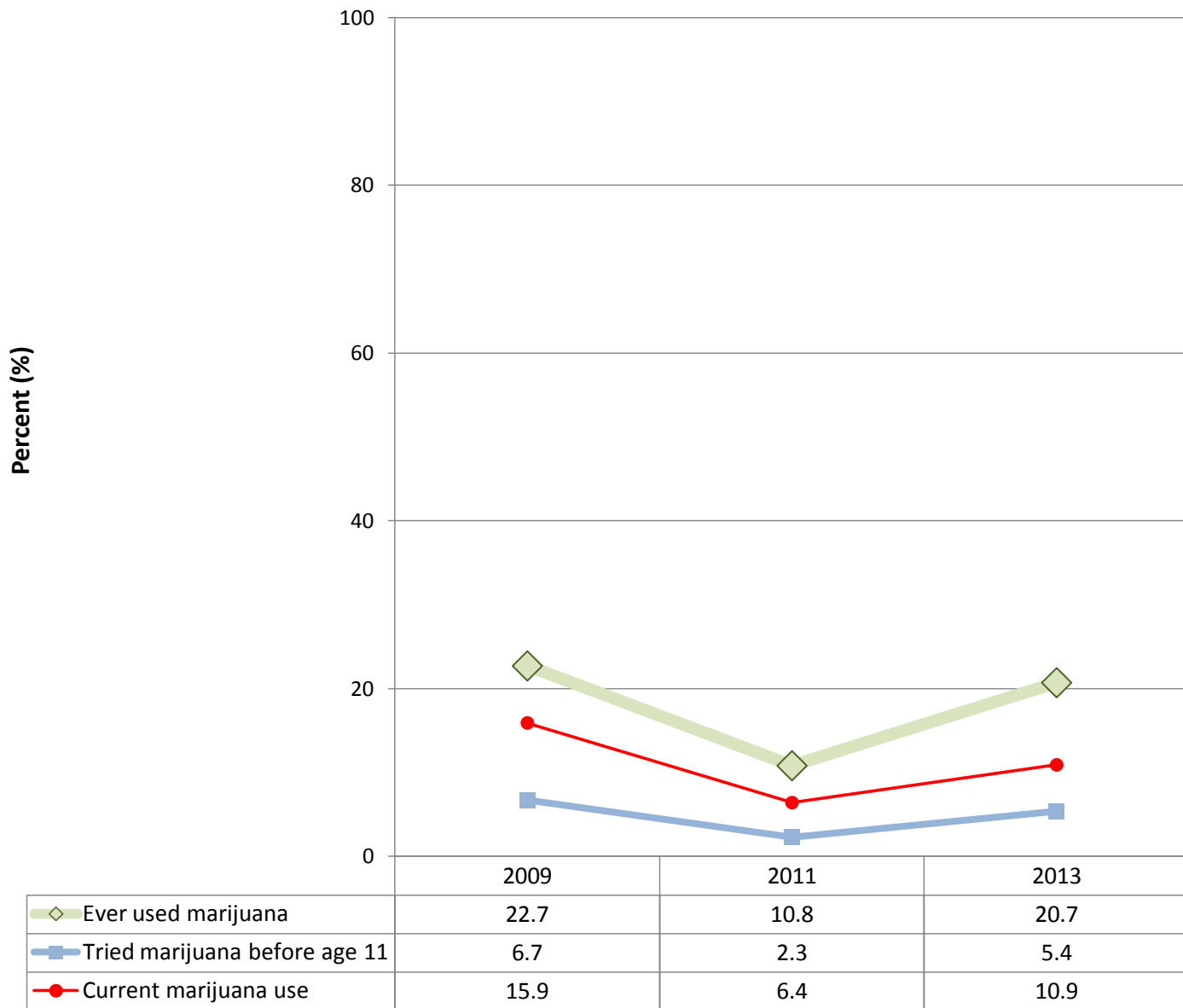


By Grade, Sierra County

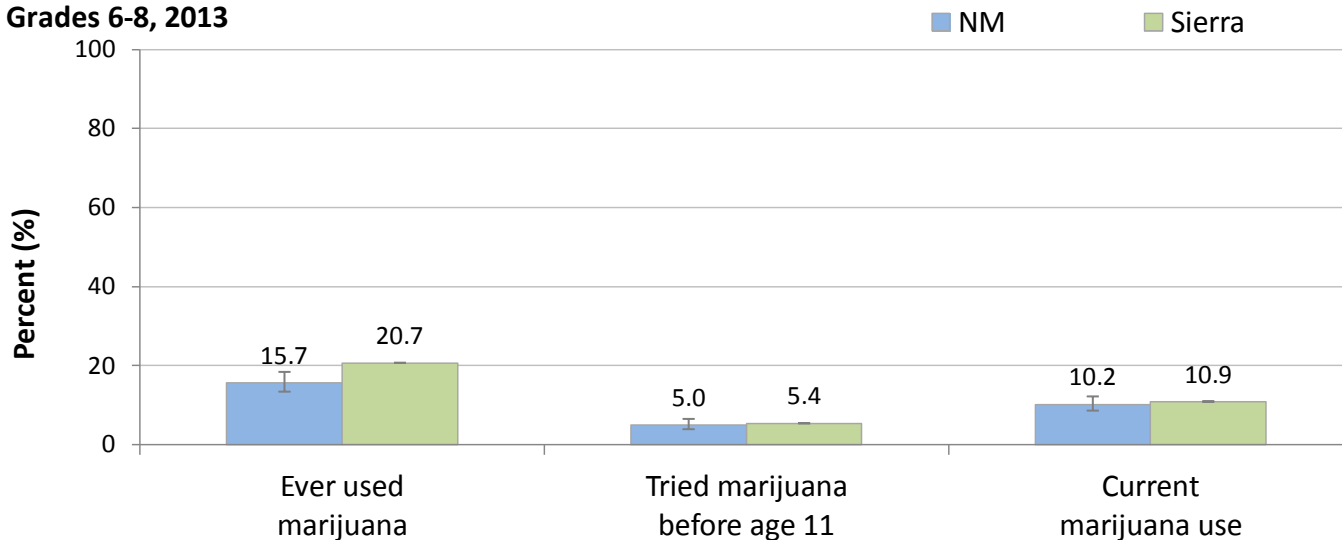


Drug Use: Marijuana

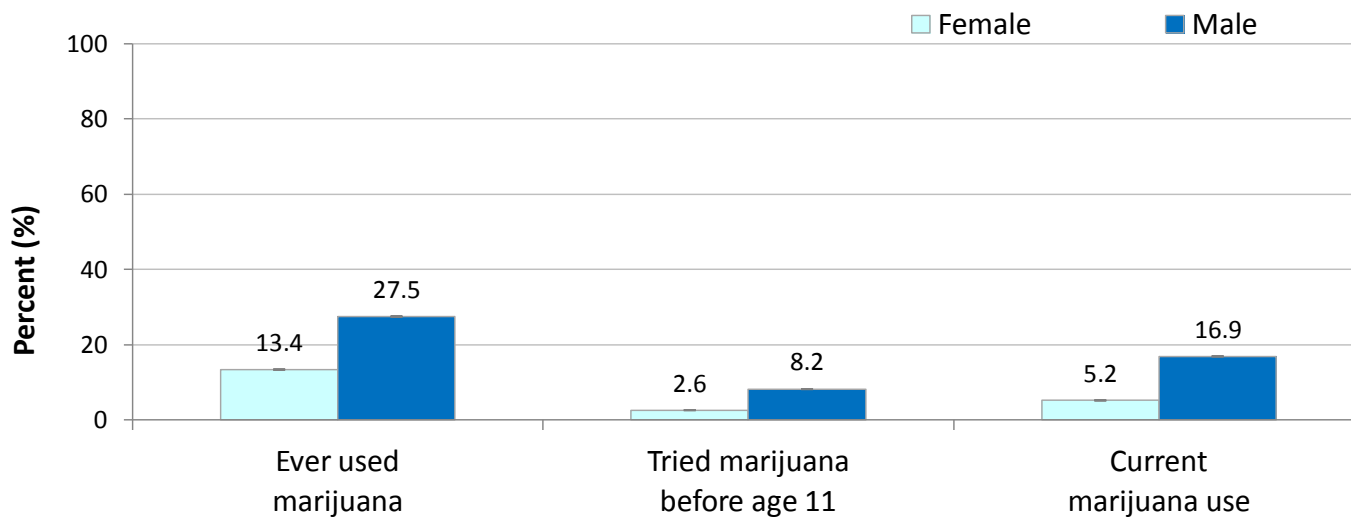
**Drug Use: Marijuana Indicators
by Year, Sierra County
Grades 6-8, 2009-2013**



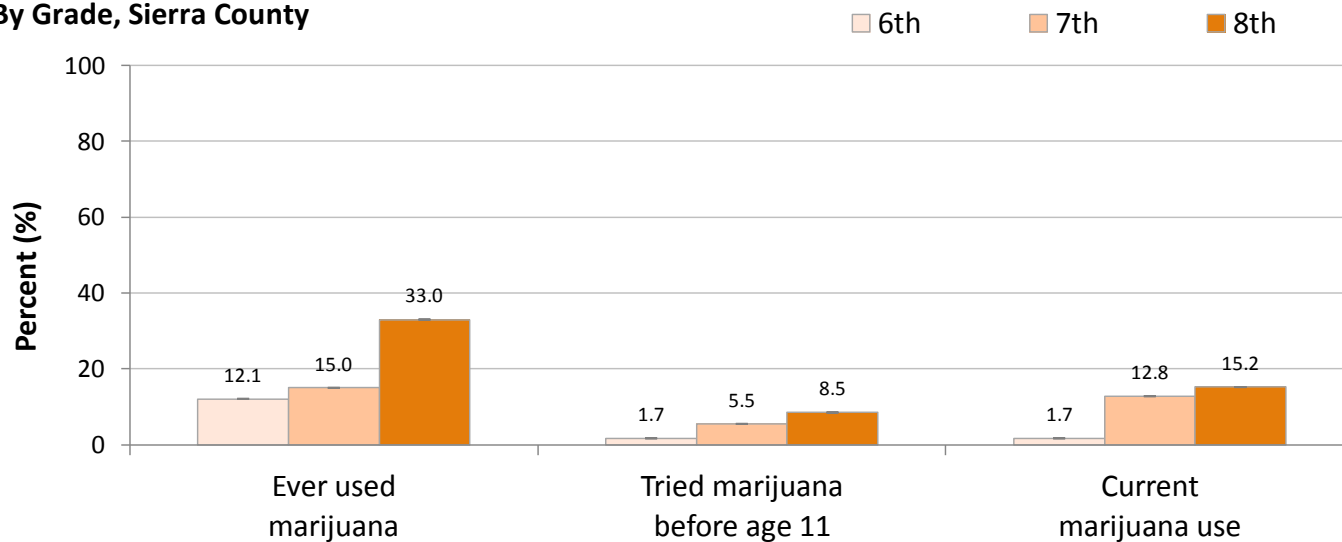
Drug Use: Marijuana
New Mexico and Sierra County
Grades 6-8, 2013



By Gender, Sierra County

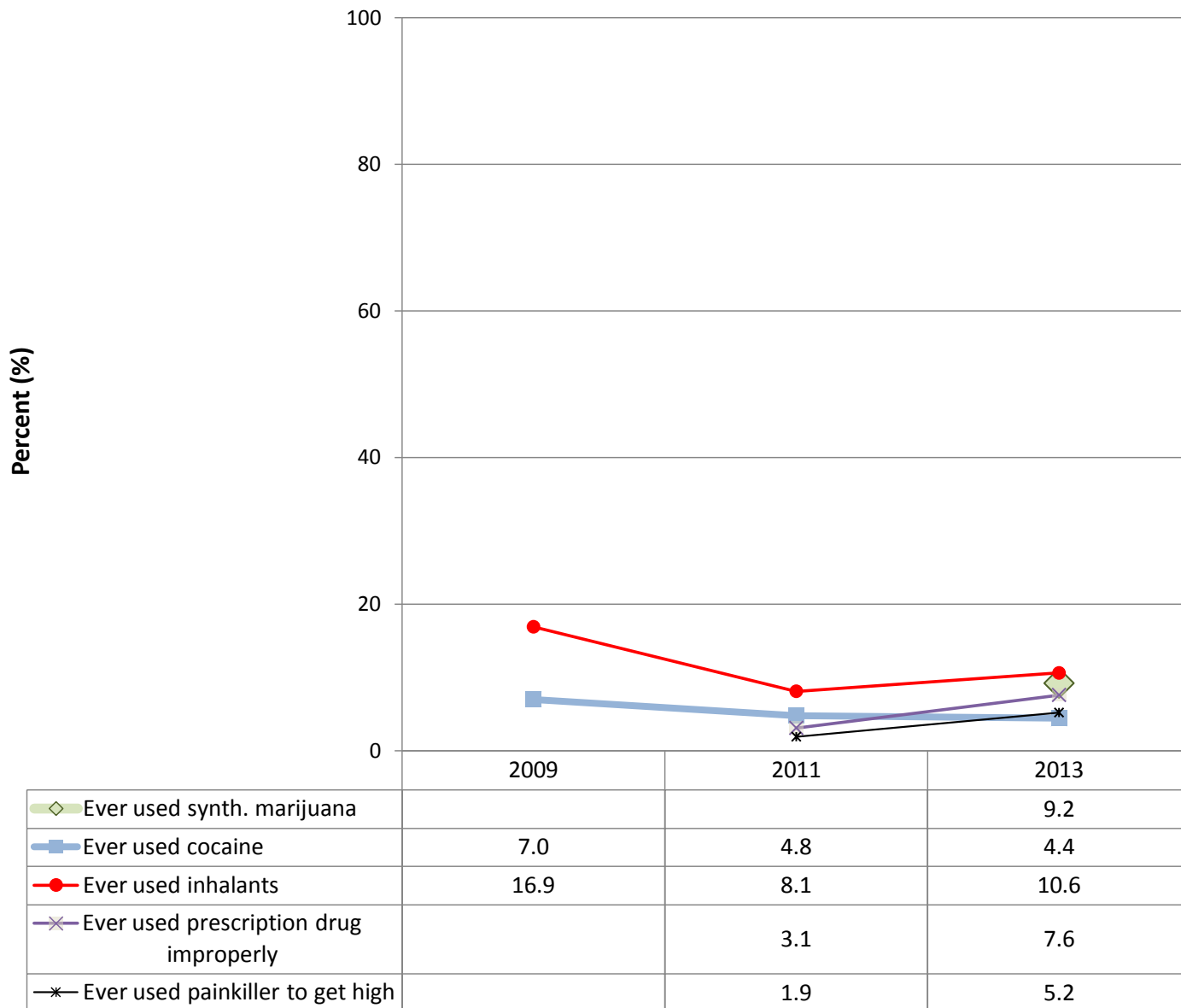


By Grade, Sierra County

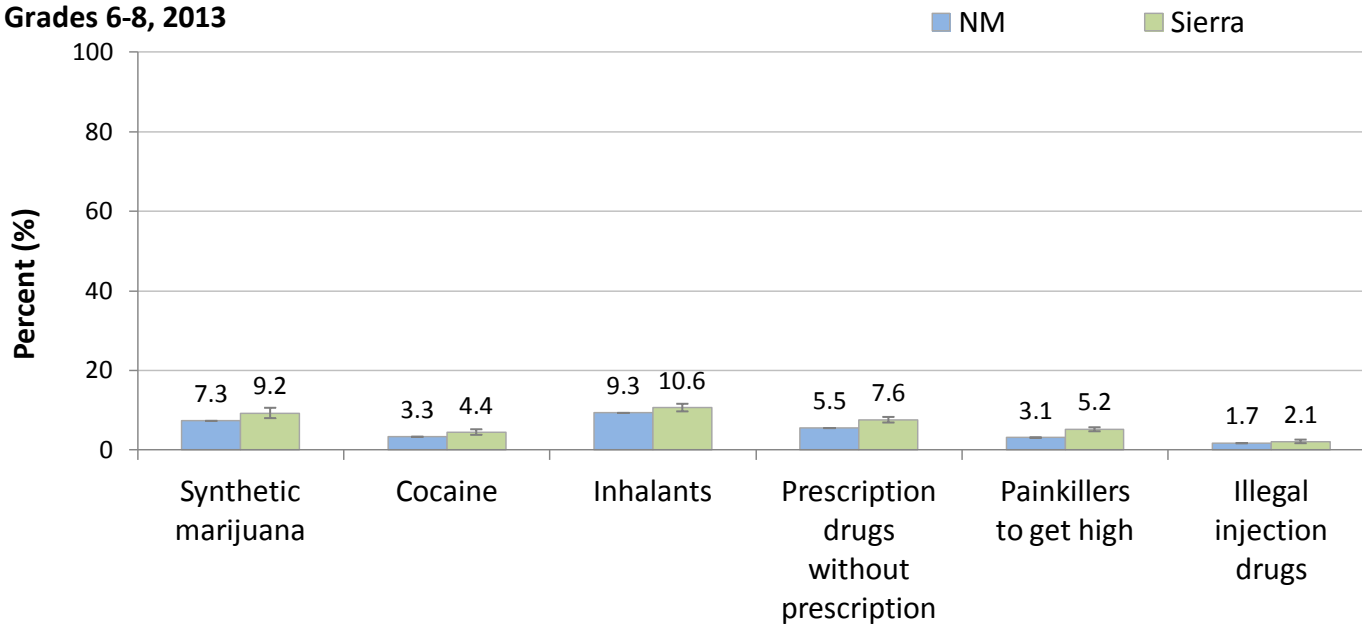


Drug Use

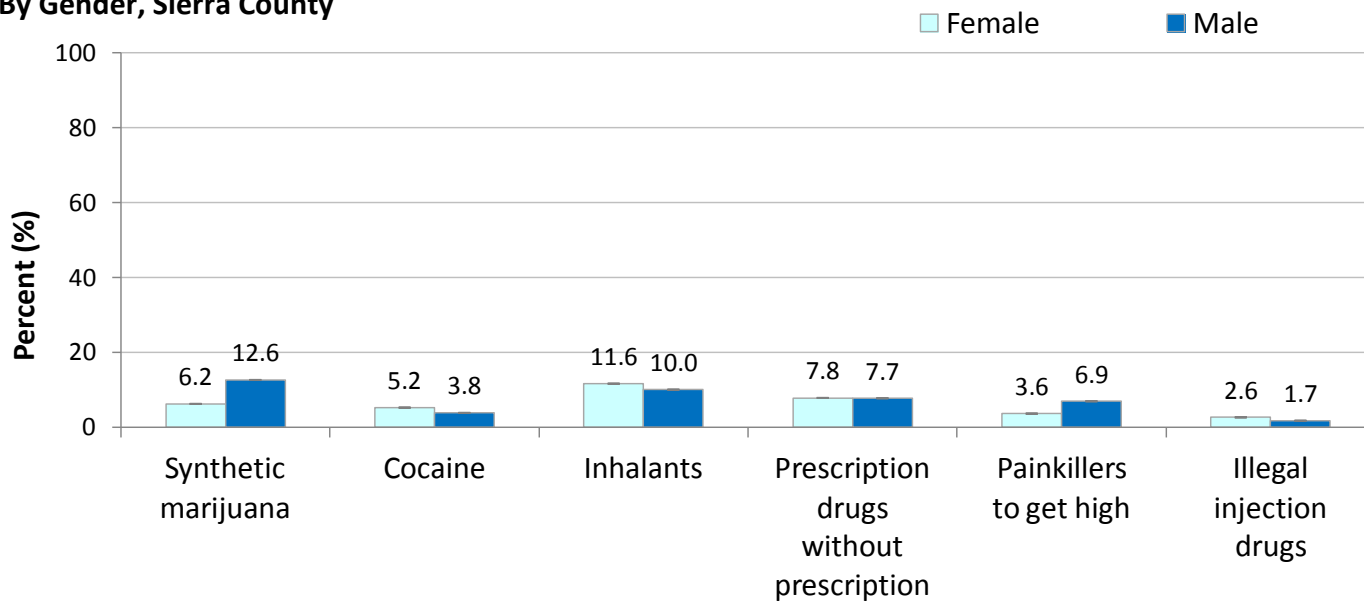
Drug Use Indicators
by Year, Sierra County
Grades 6-8, 2009-2013



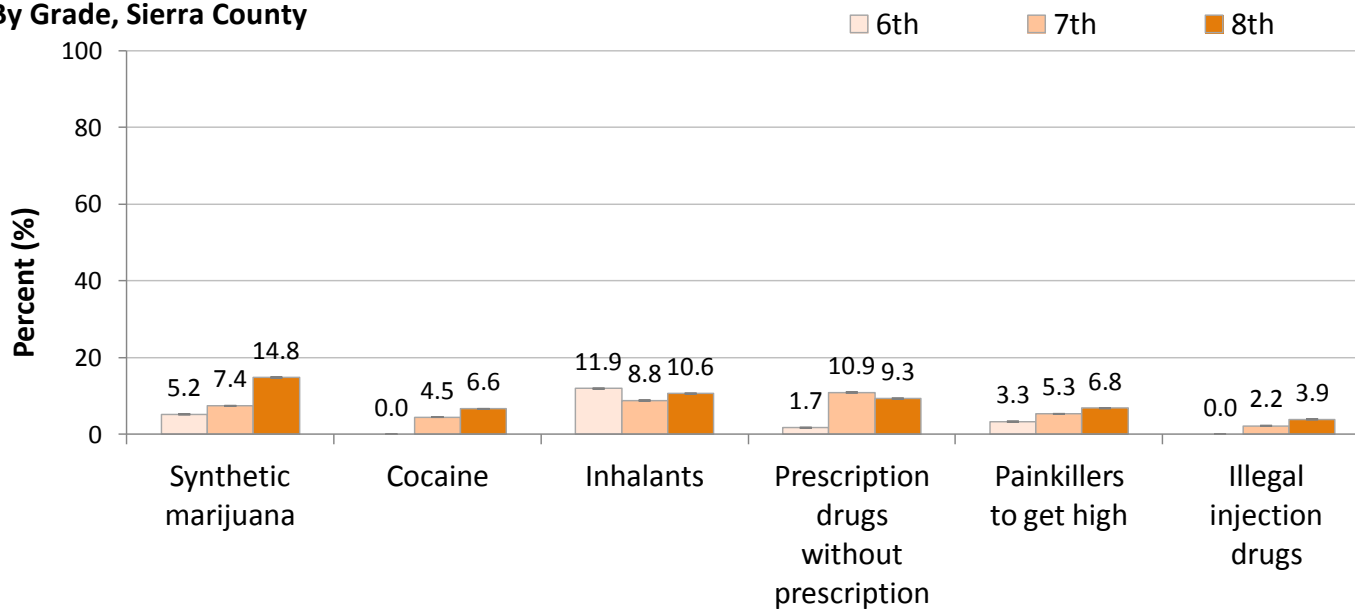
Drug Use: Other drugs
New Mexico and Sierra County
Grades 6-8, 2013



By Gender, Sierra County

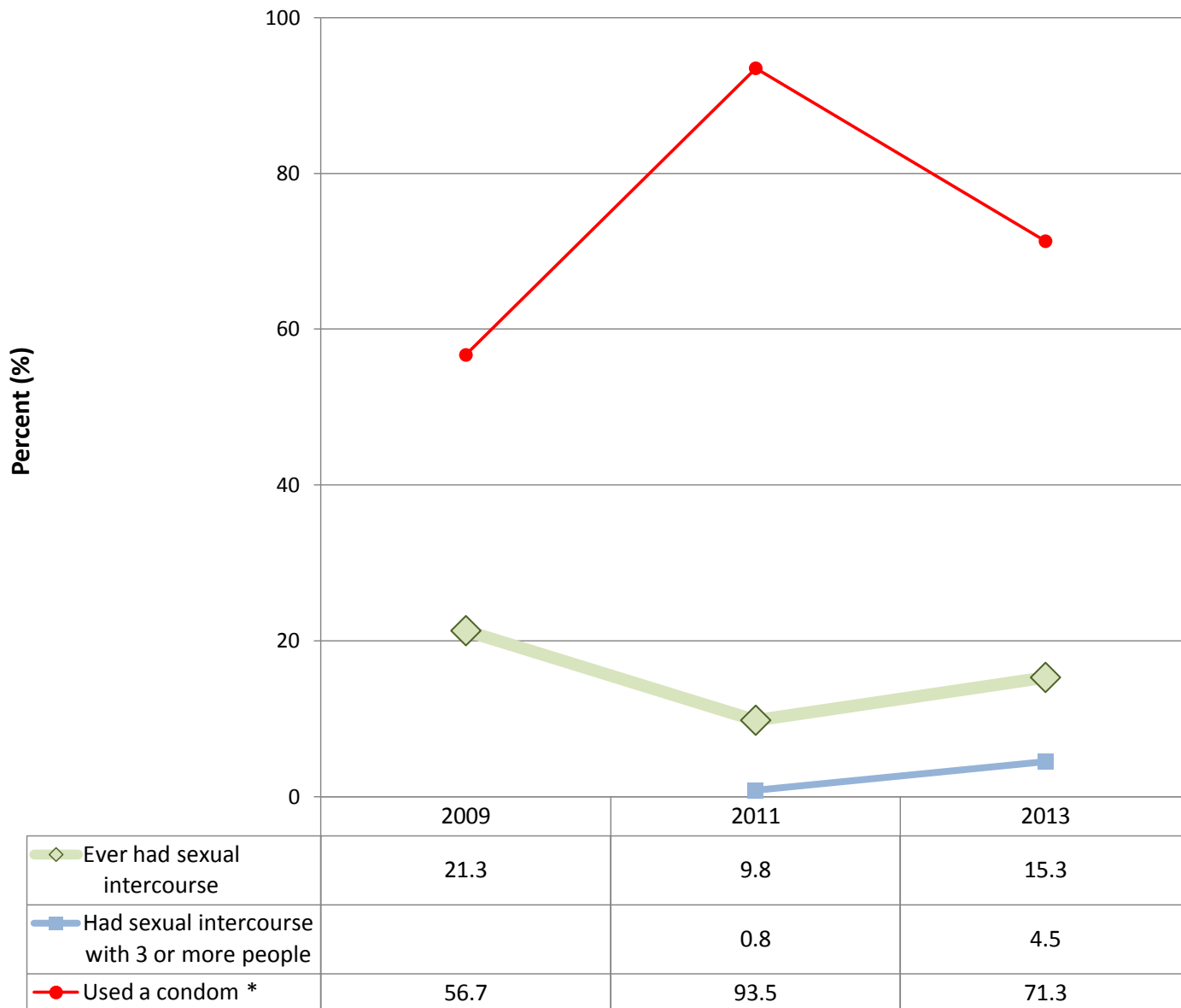


By Grade, Sierra County



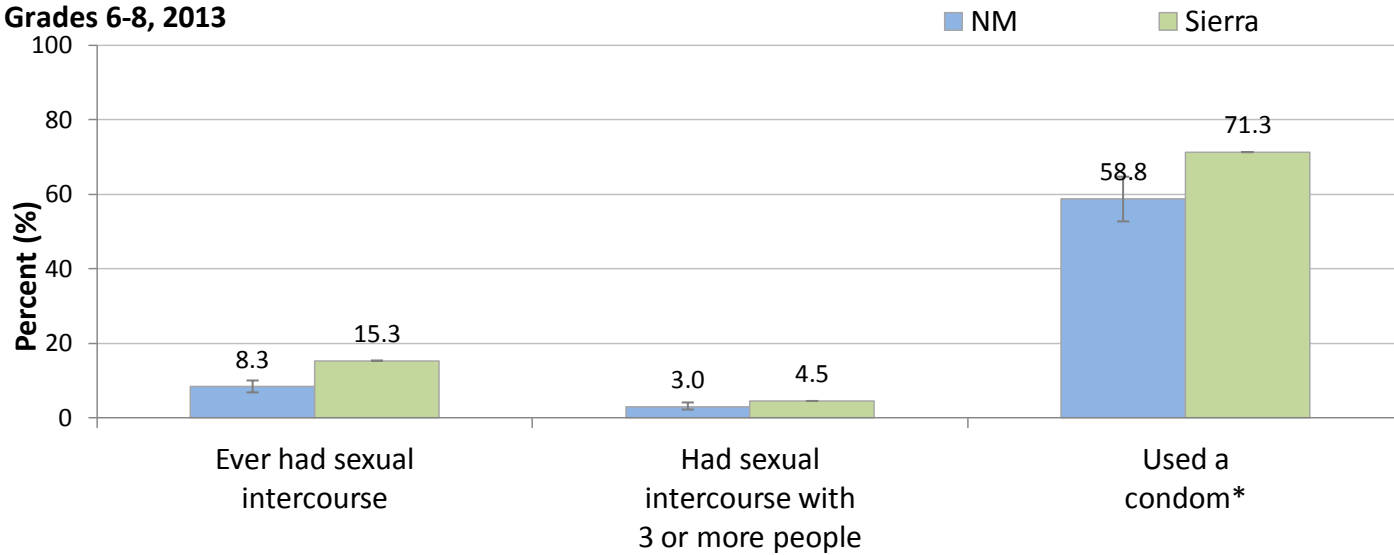
Sexual Behavior

**Sexual Behavior Indicators
by Year, Sierra County
Grades 6-8, 2009-2013**

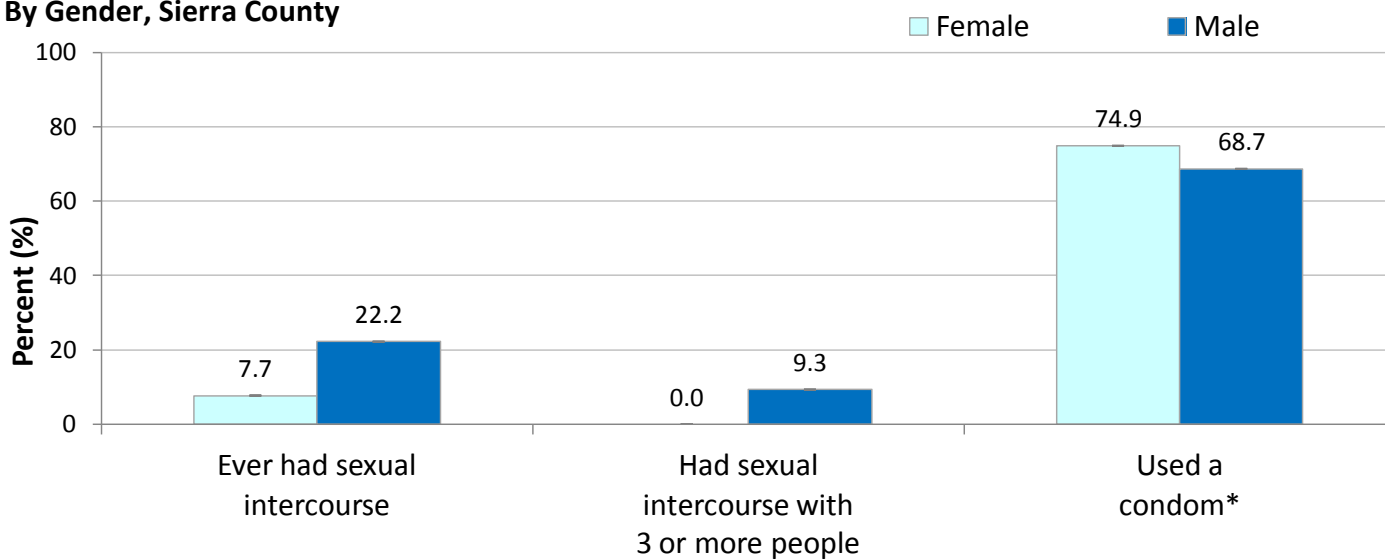


* Of those who ever had sexual intercourse, the last time they had sexual intercourse.

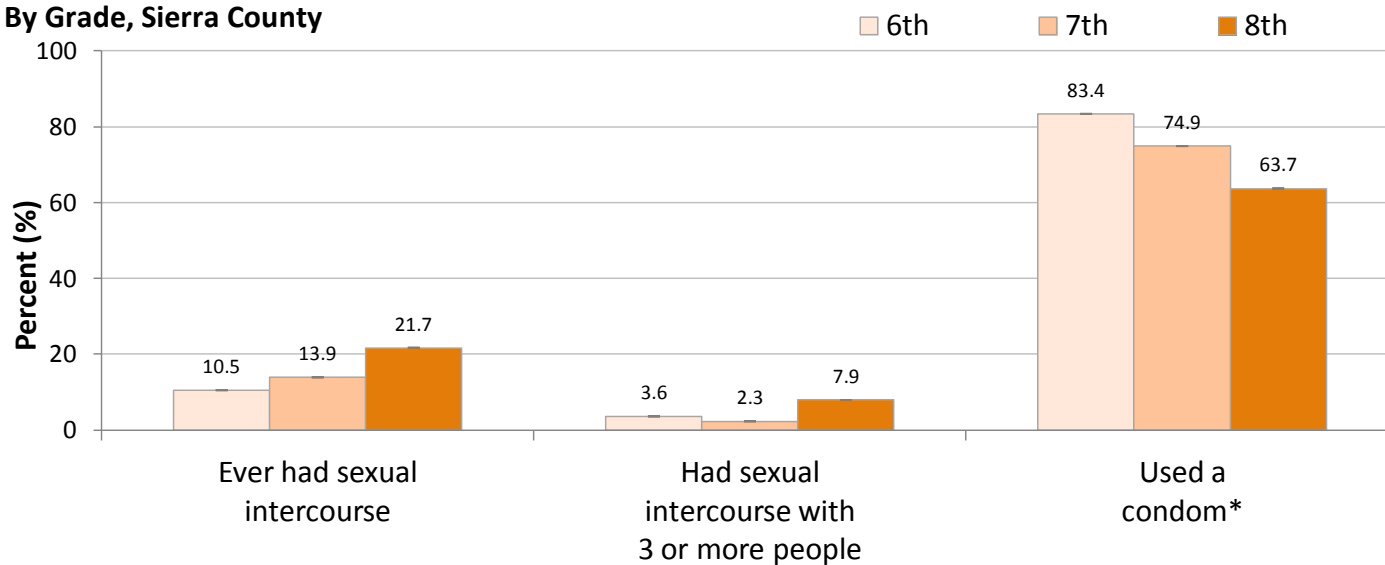
**Sexual Behavior
New Mexico and Sierra County
Grades 6-8, 2013**



By Gender, Sierra County



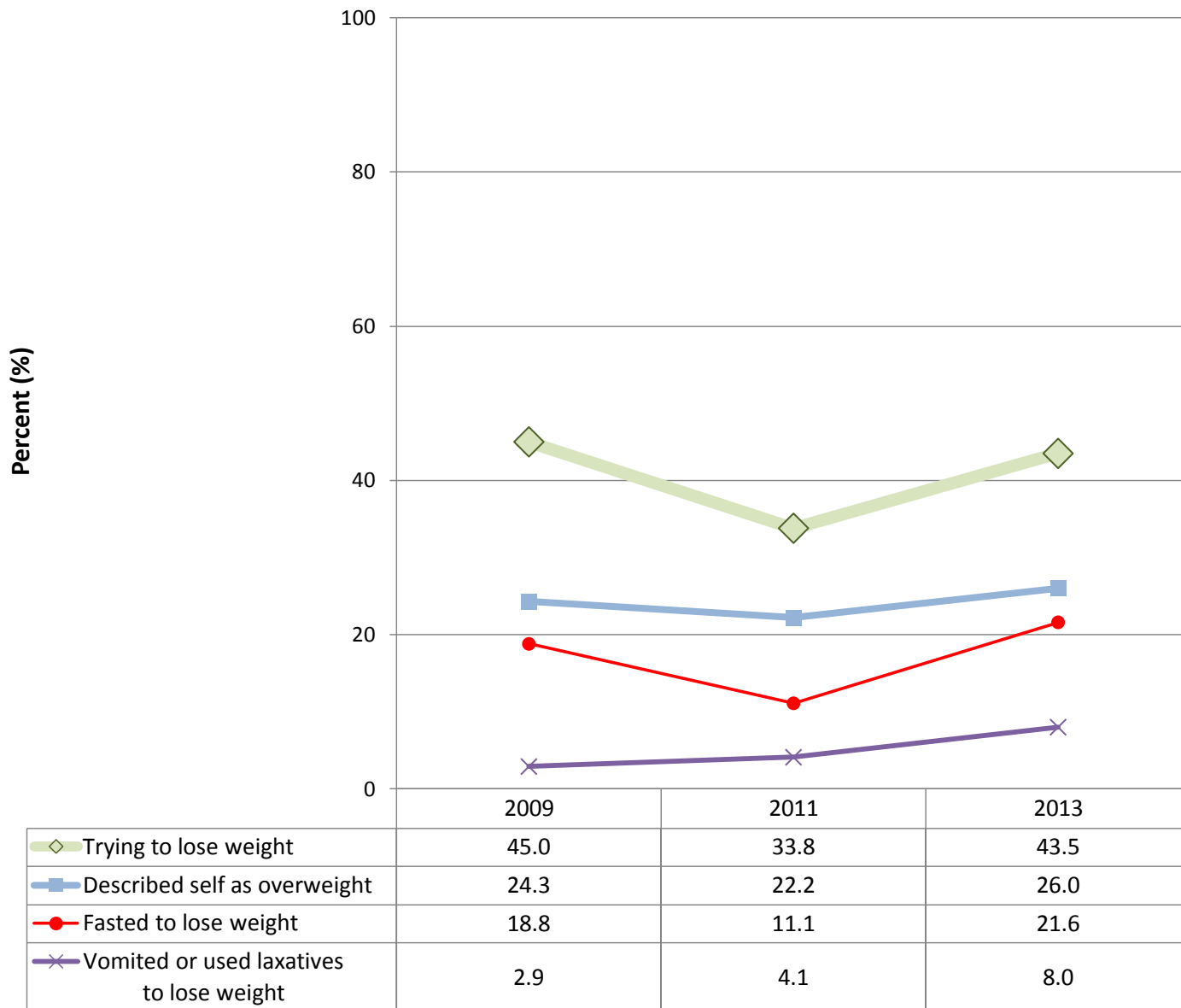
By Grade, Sierra County



* Of those who ever had sexual intercourse, the last time they had sexual intercourse.

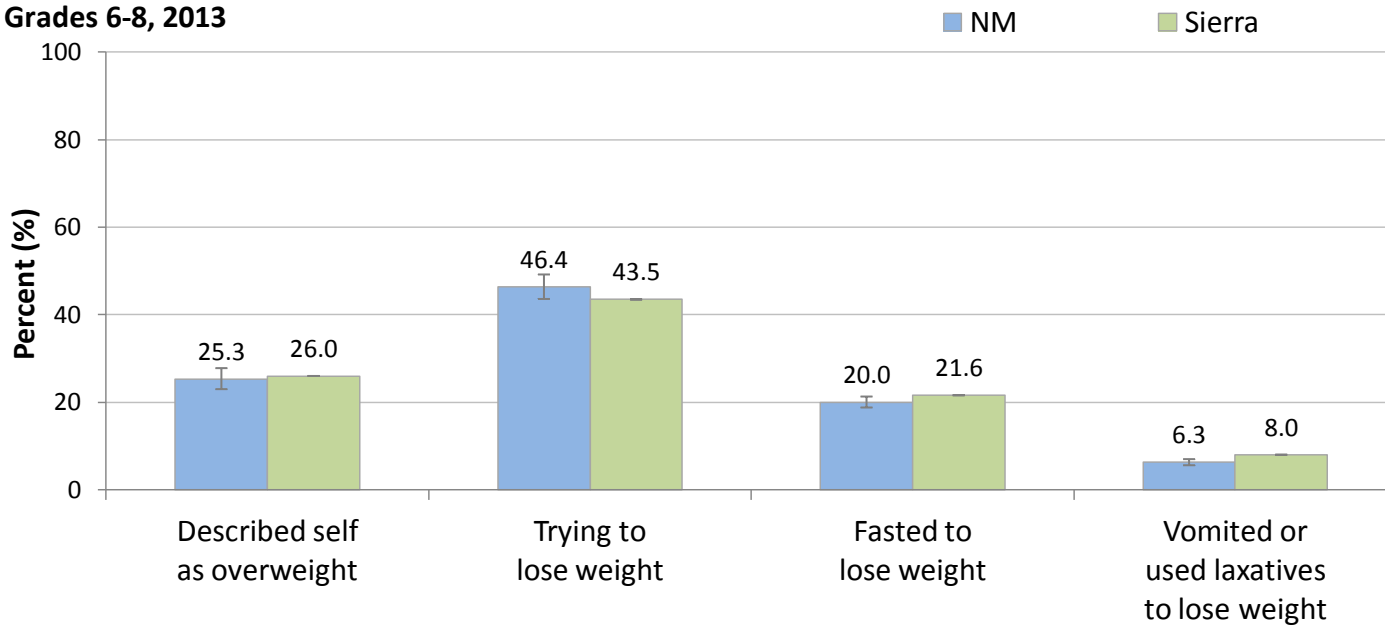
Weight Control

**Weight Control Indicators
by Year, Sierra County
Grades 6-8, 2009-2013**

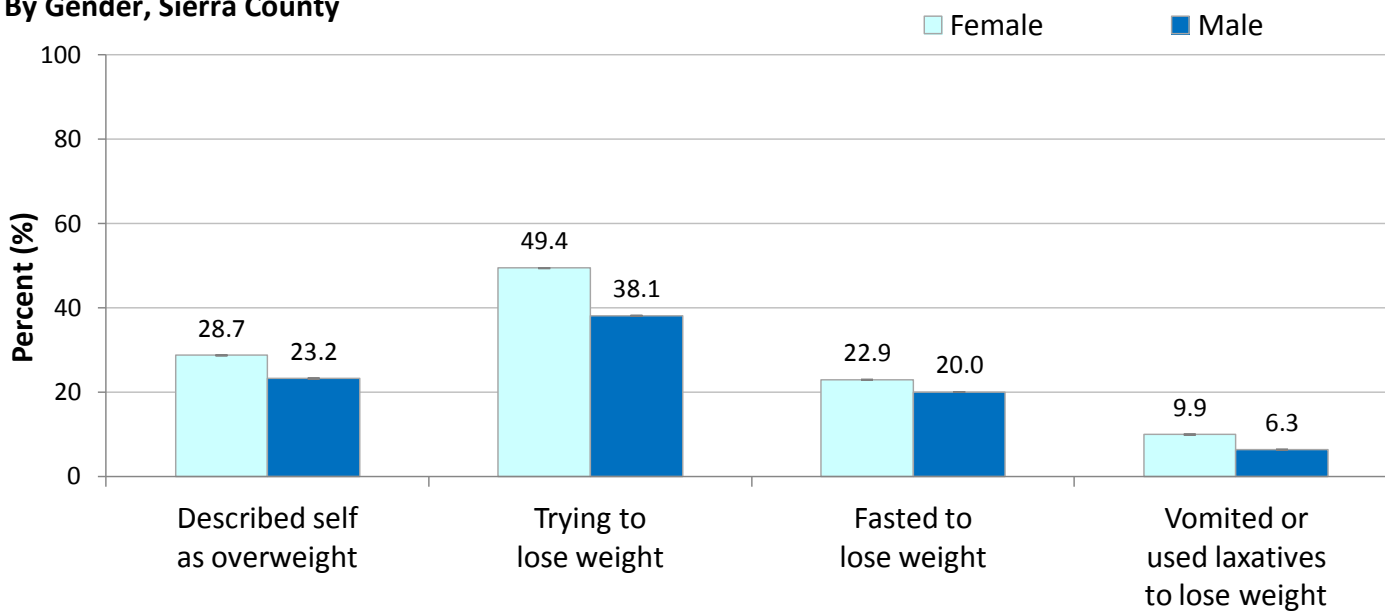


* Of those who ever had sexual intercourse, the last time they had sexual intercourse.

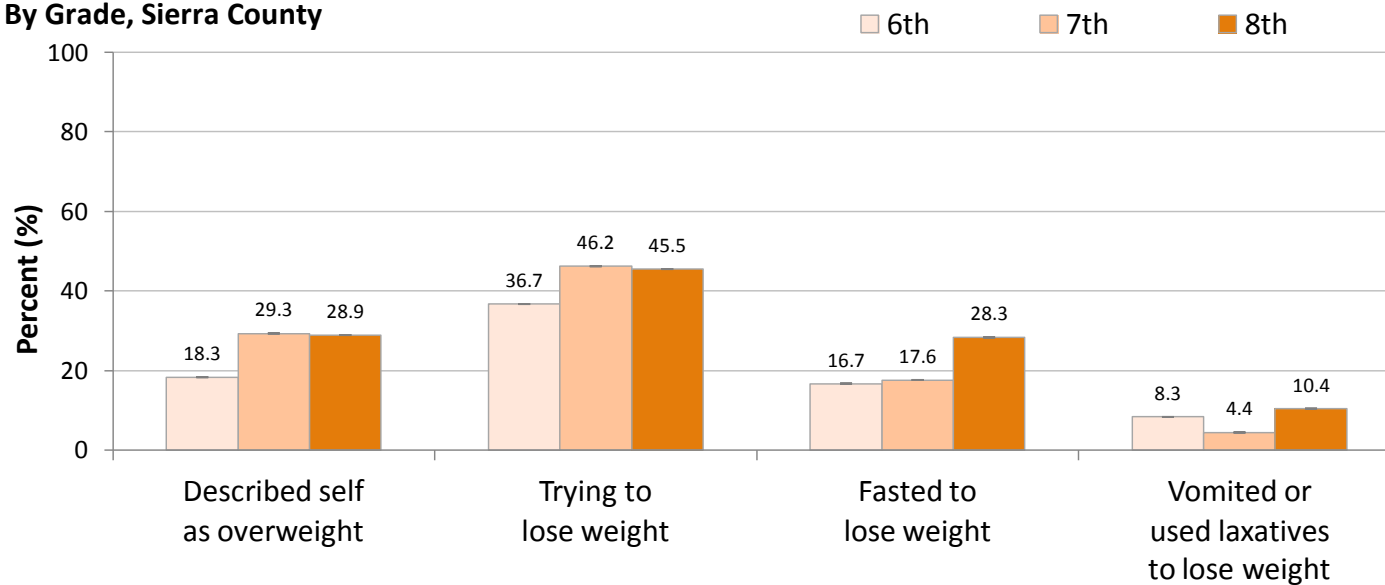
**Weight Control
New Mexico and Sierra County
Grades 6-8, 2013**



By Gender, Sierra County

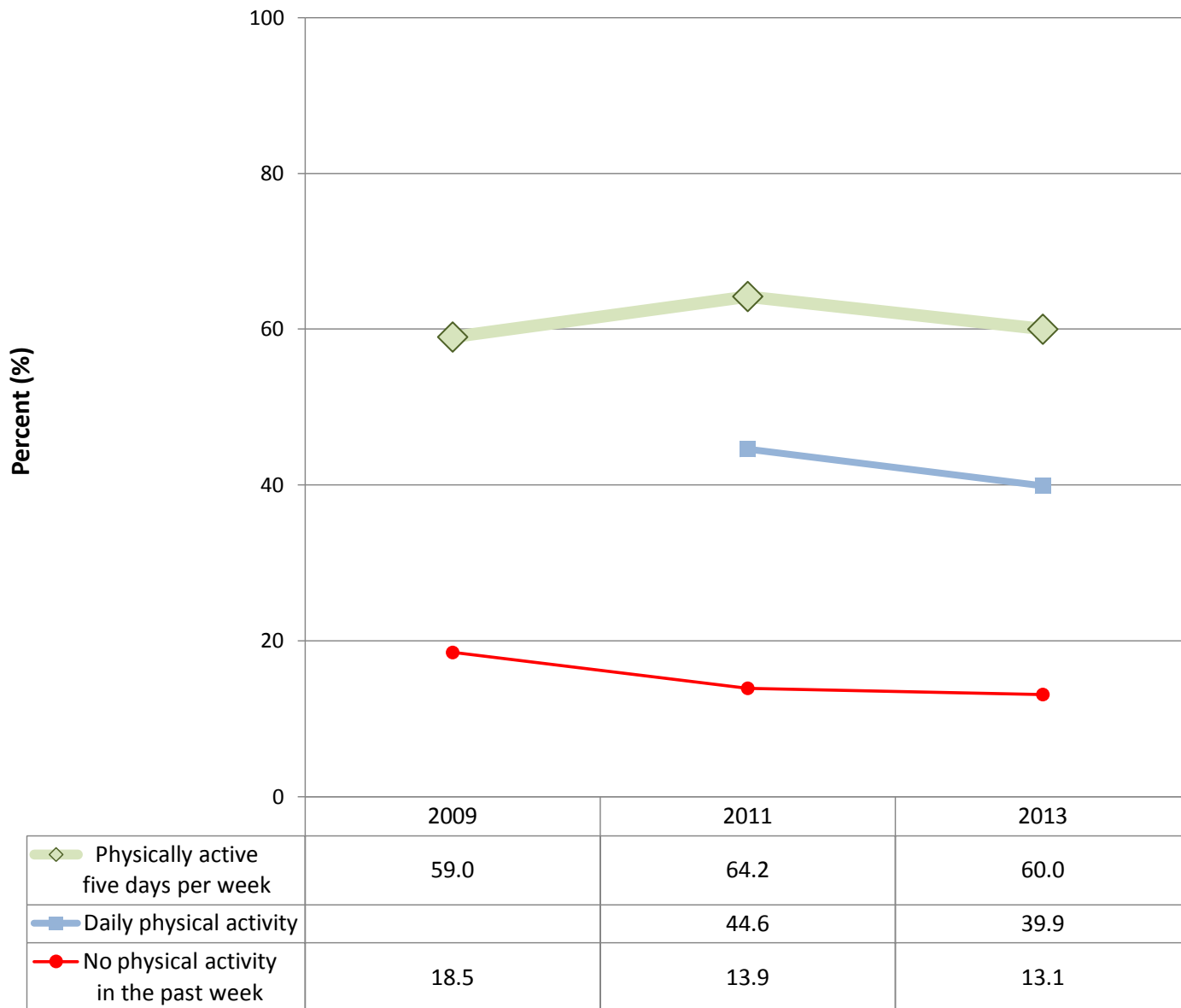


By Grade, Sierra County

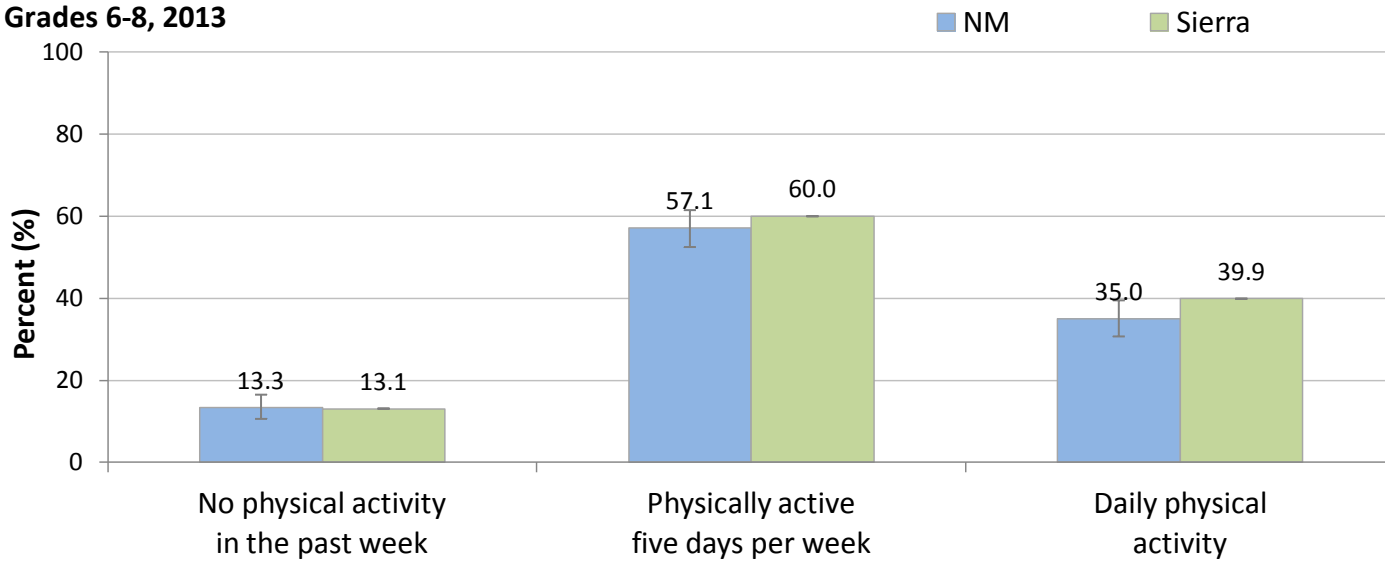


Physical Activity

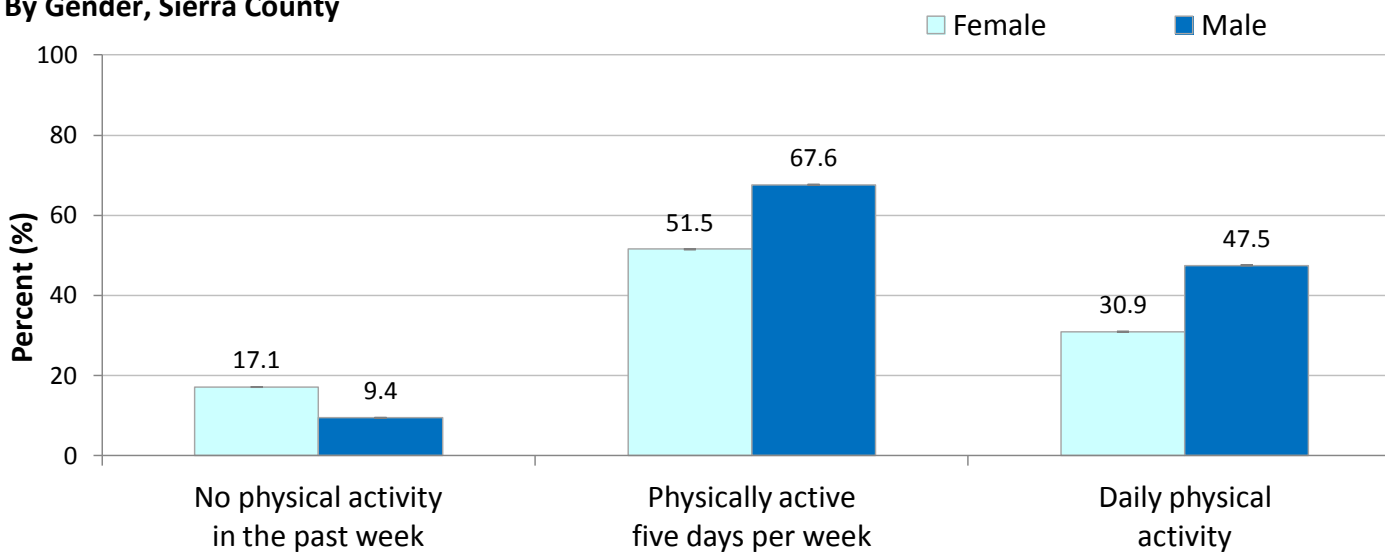
**Physical Activity Indicators
by Year, Sierra County
Grades 6-8, 2009-2013**



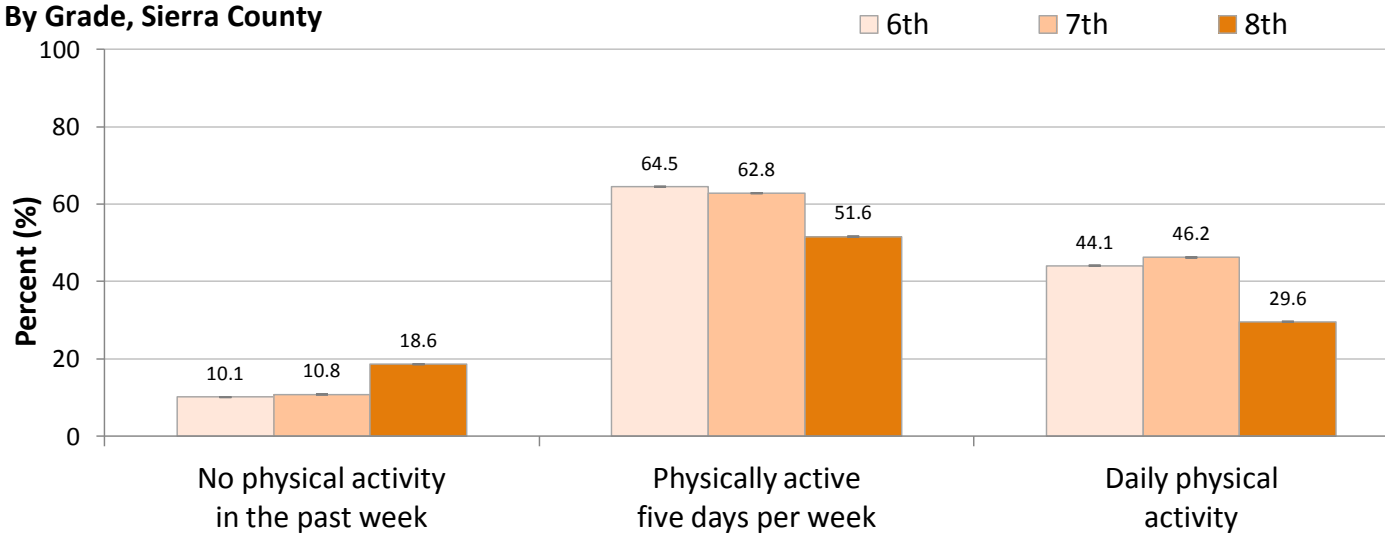
**Physical Activity
New Mexico and Sierra County
Grades 6-8, 2013**



By Gender, Sierra County



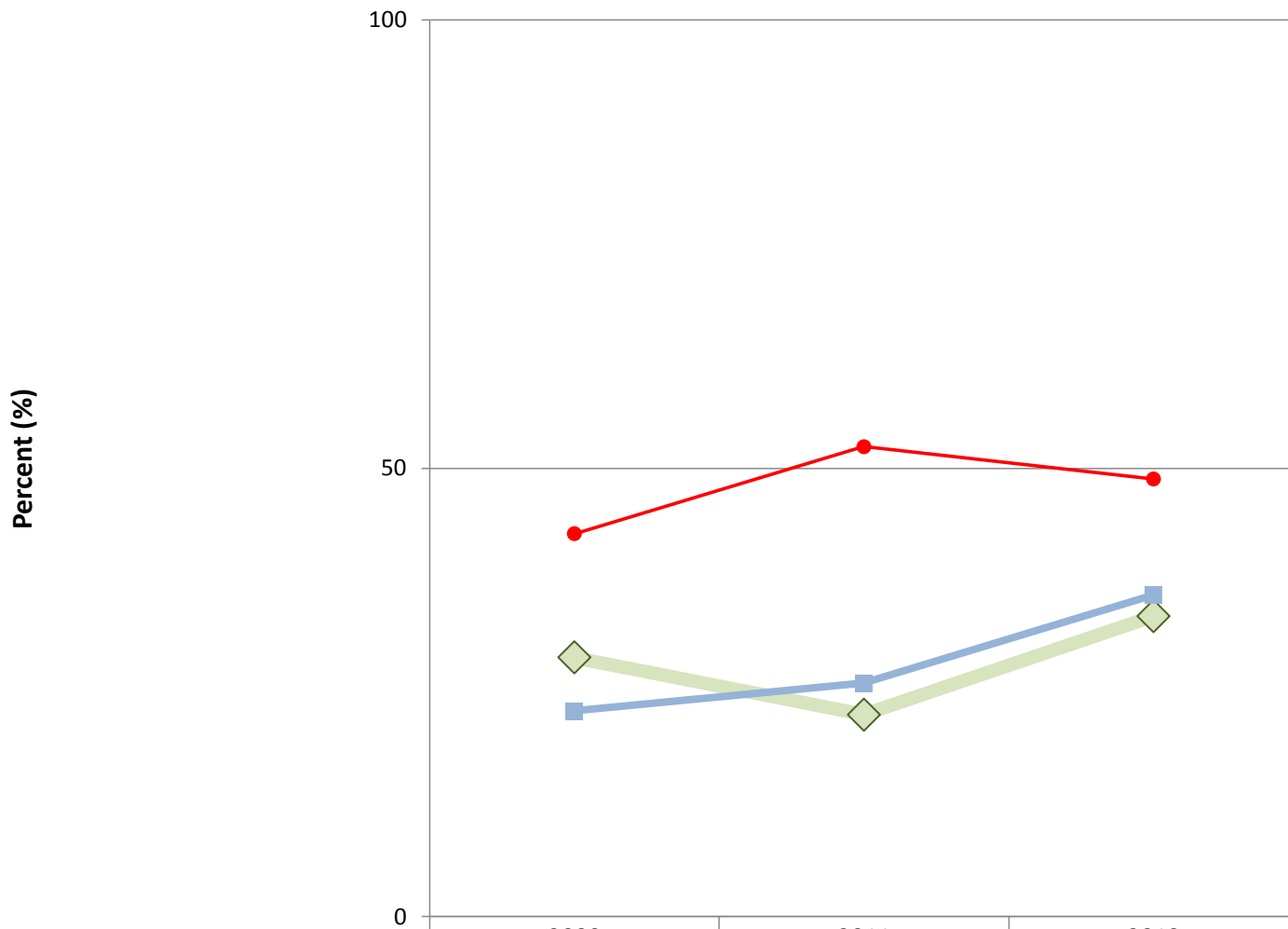
By Grade, Sierra County



Physically active: A total of 60 minutes per day of physical activity.

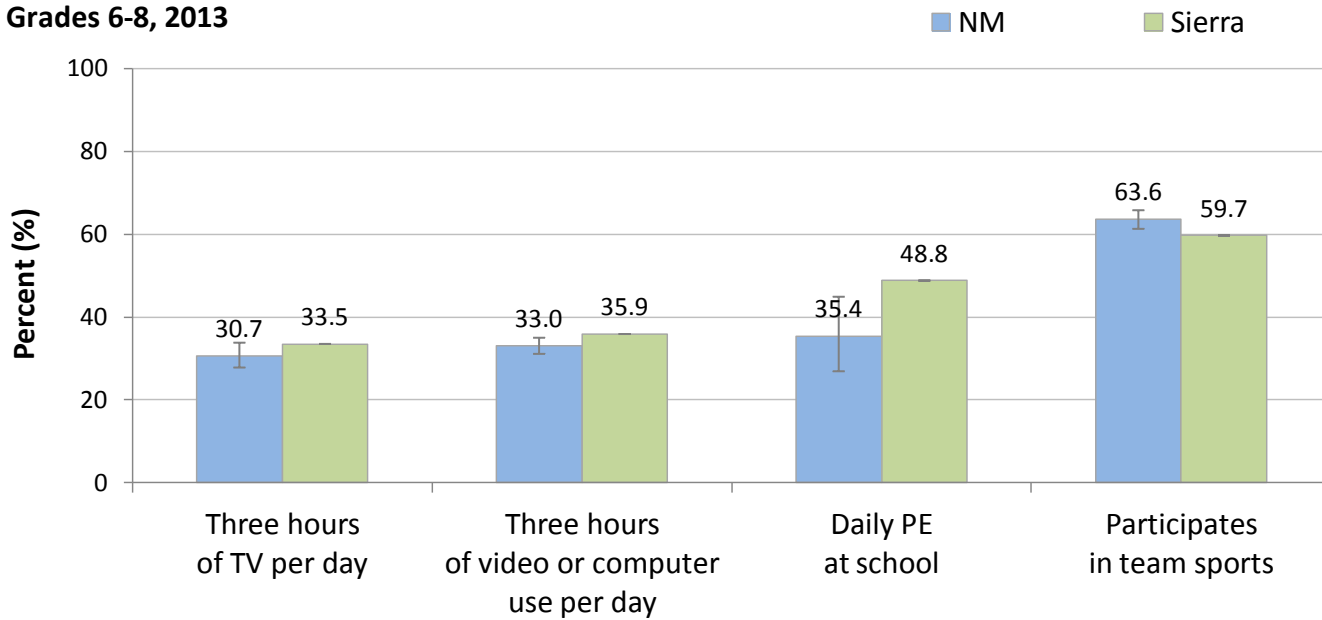
Physical Activity

**Physical Activity Indicators
by Year, Sierra County
Grades 6-8, 2009-2013**

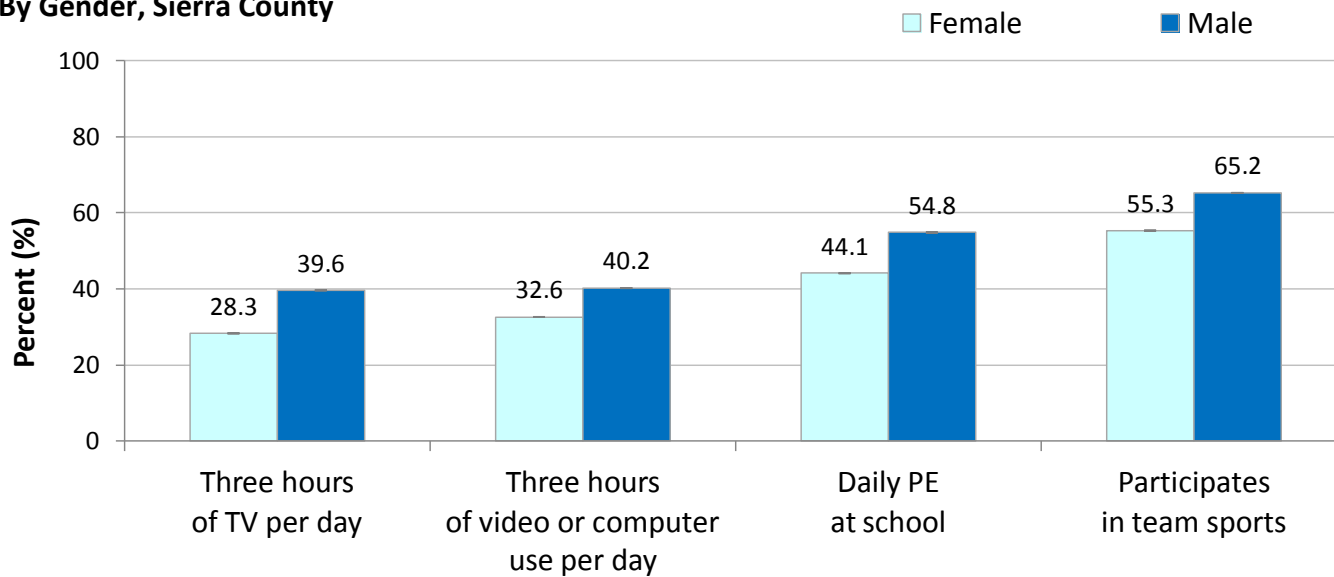


	2009	2011	2013
◆ Three hours of TV per day	28.9	22.5	33.5
■ Three hours of video or computer use per day	22.9	26.0	35.9
● Daily PE at school	42.7	52.4	48.8

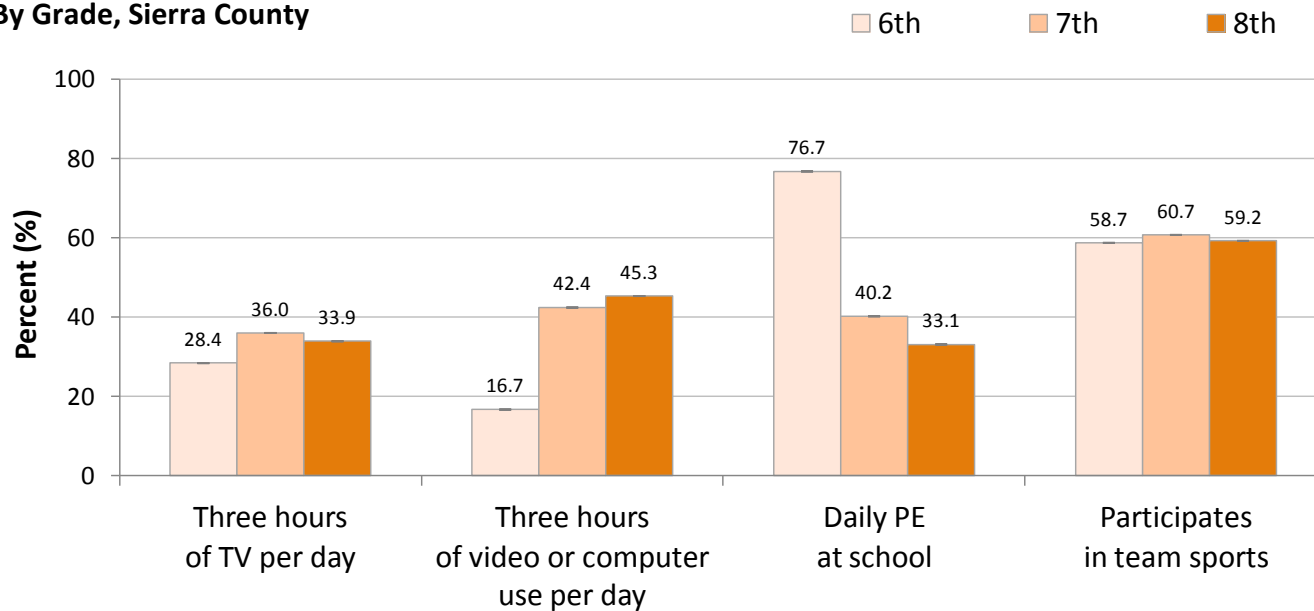
**Physical Activity
New Mexico and Sierra County
Grades 6-8, 2013**



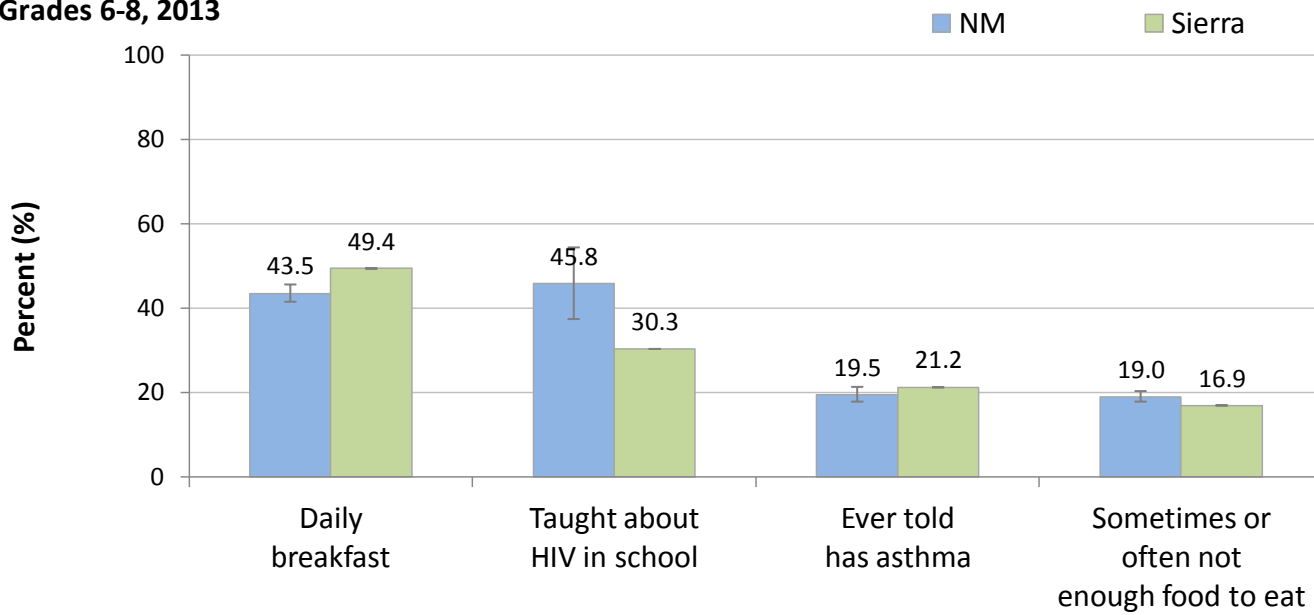
By Gender, Sierra County



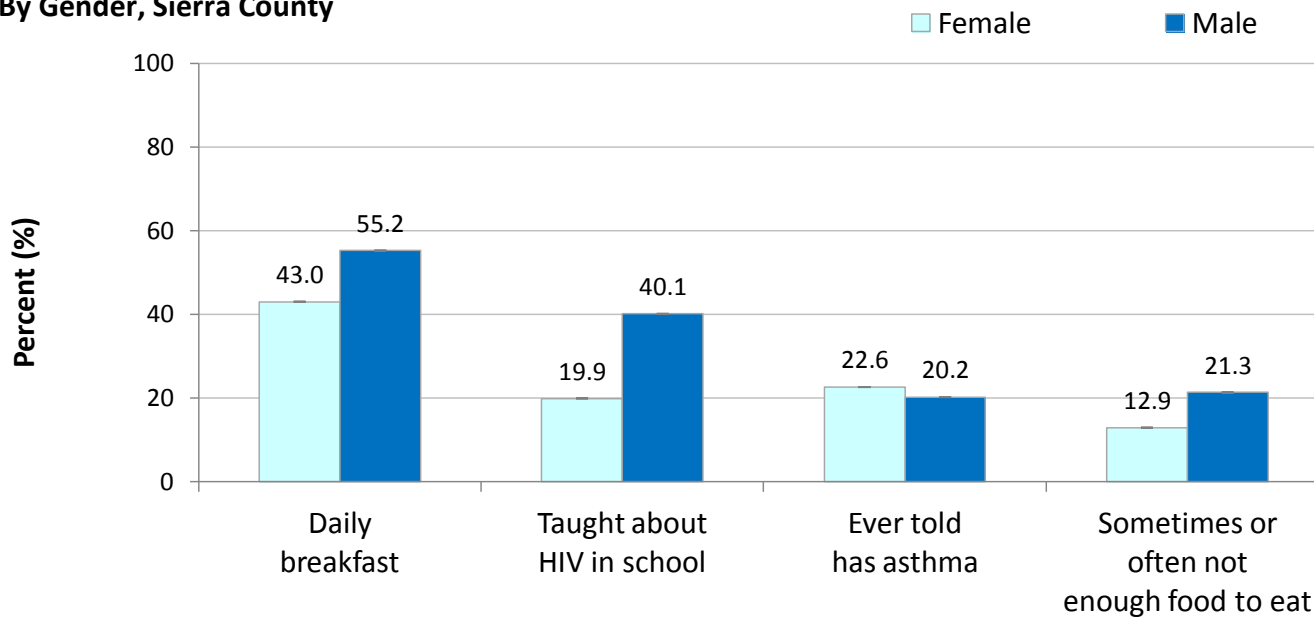
By Grade, Sierra County



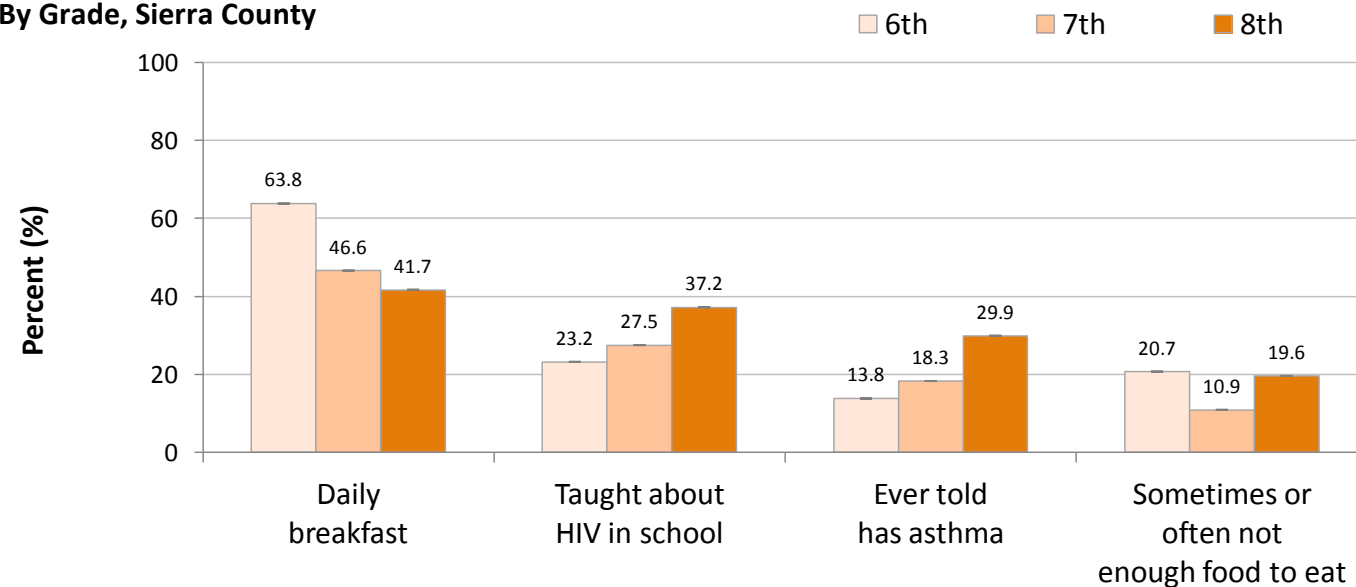
Other Health-Related Topics
New Mexico and Sierra County
Grades 6-8, 2013



By Gender, Sierra County

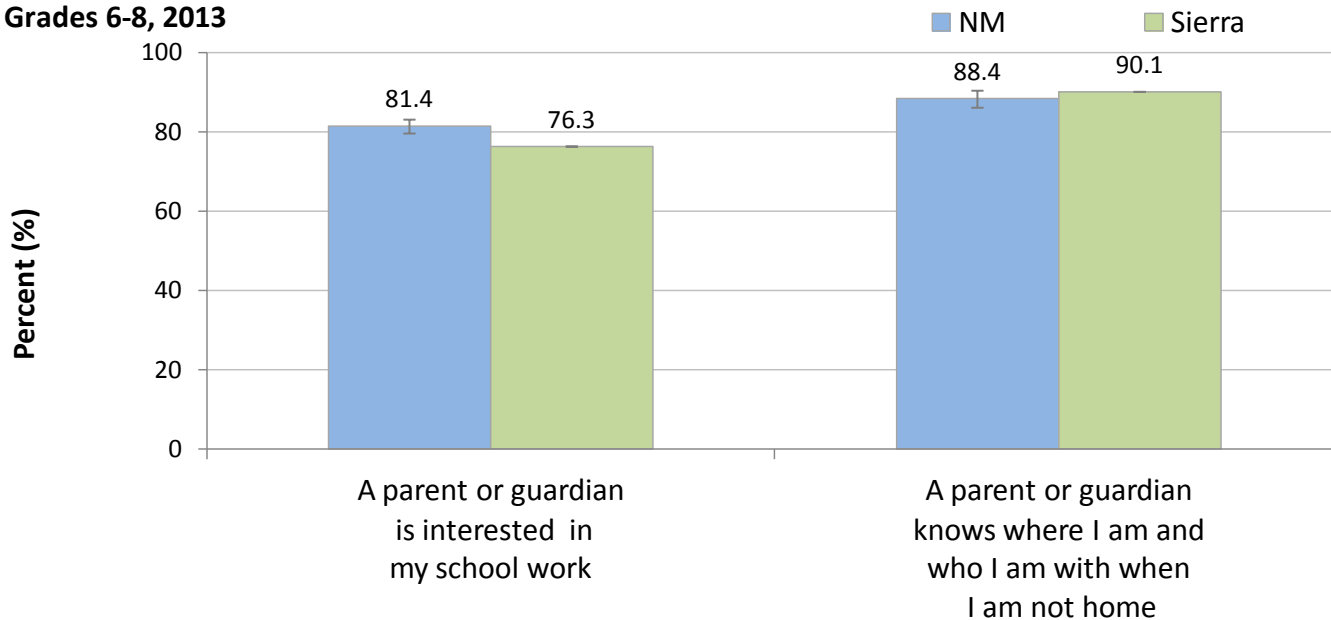


By Grade, Sierra County

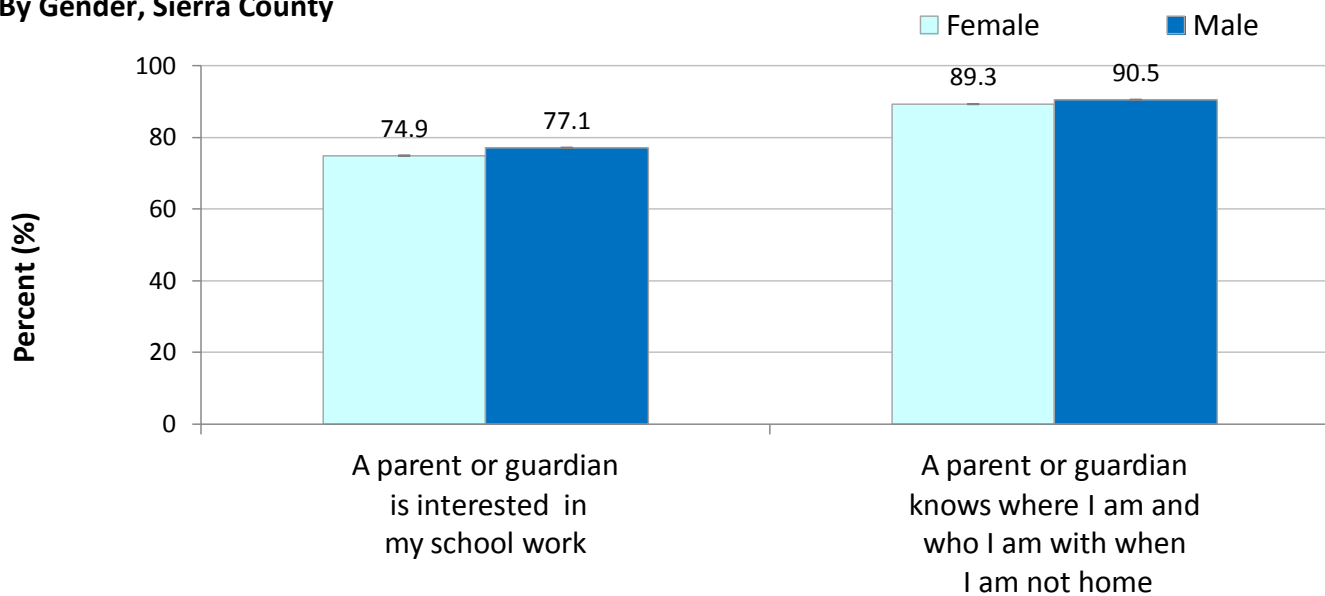


Resiliency/Protective Factors

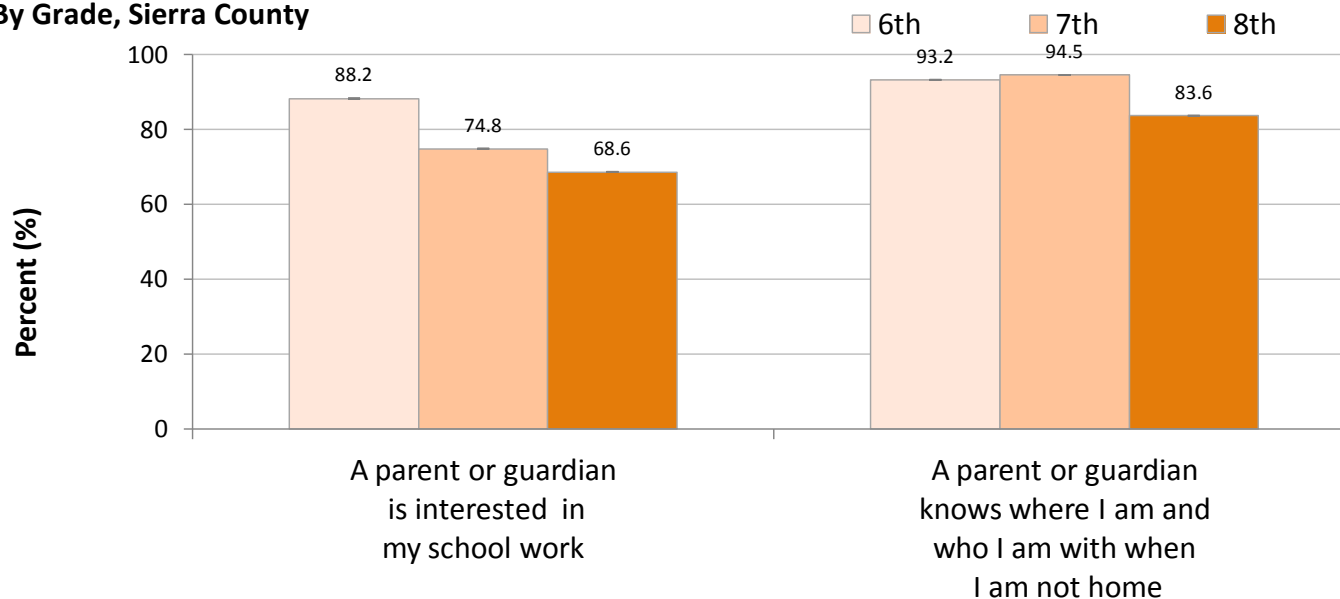
Resiliency/Protective Factors: In the home
New Mexico and Sierra County
Grades 6-8, 2013



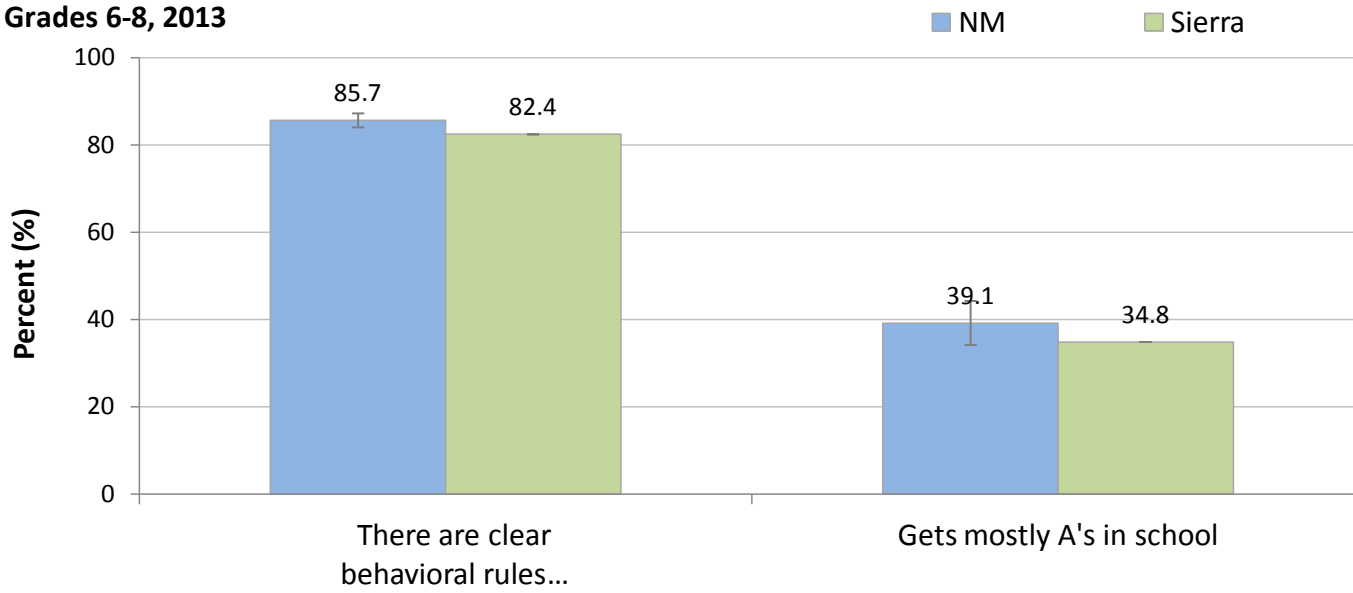
By Gender, Sierra County



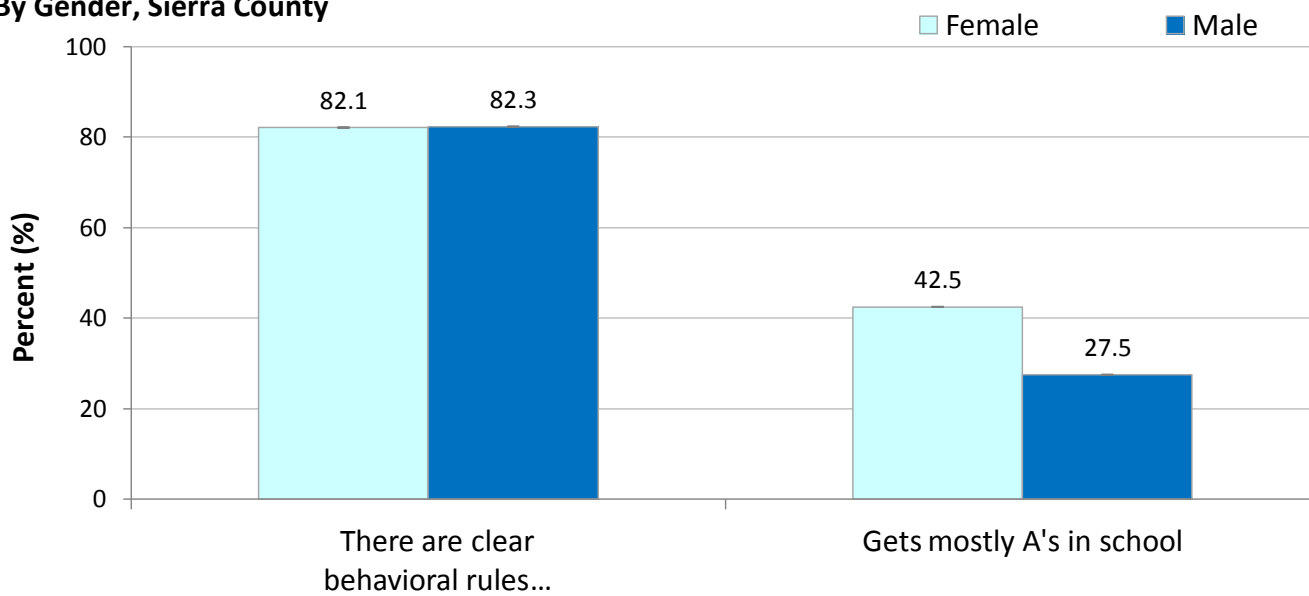
By Grade, Sierra County



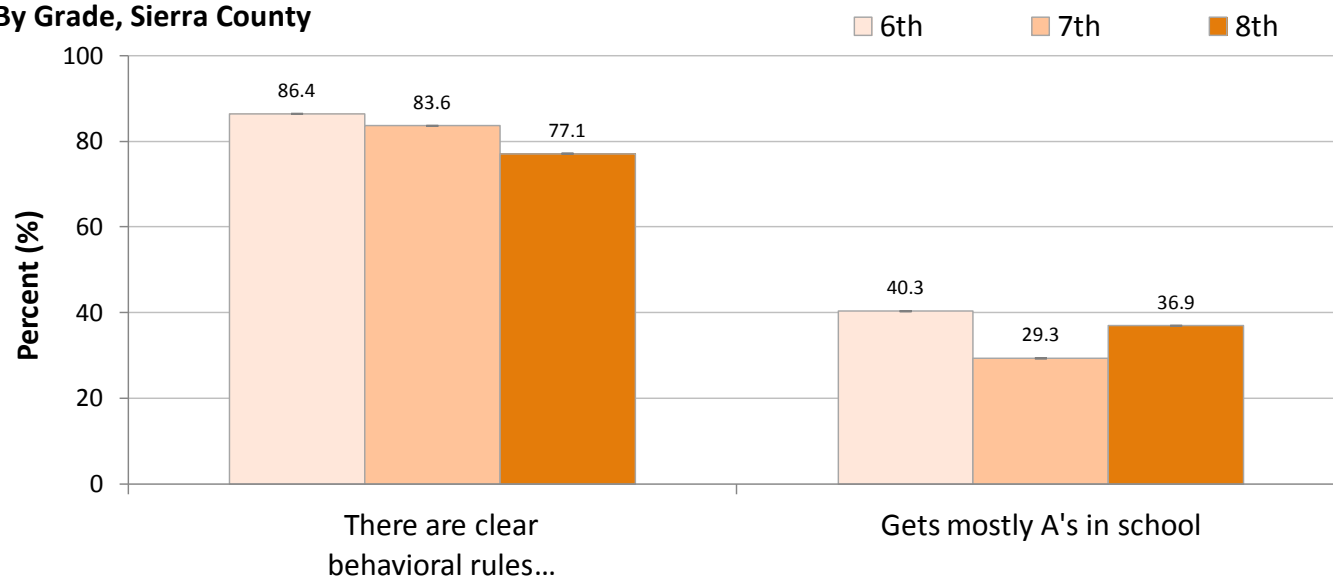
Resiliency/Protective Factors: In the school
New Mexico and Sierra County
Grades 6-8, 2013



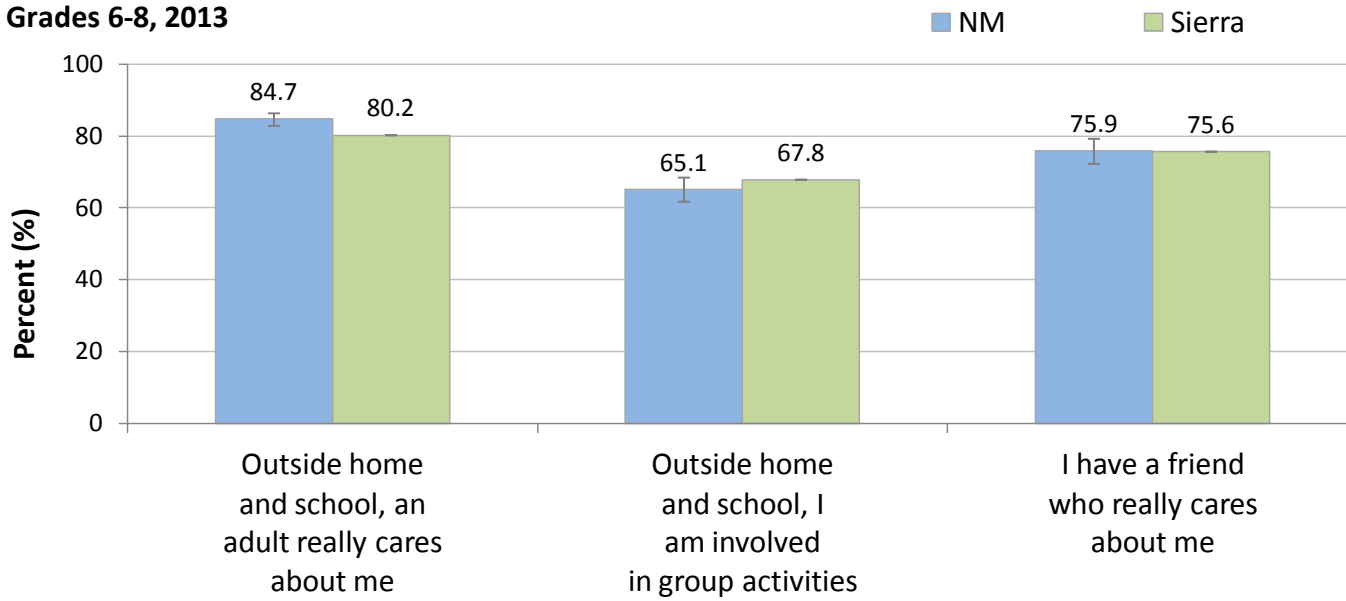
By Gender, Sierra County



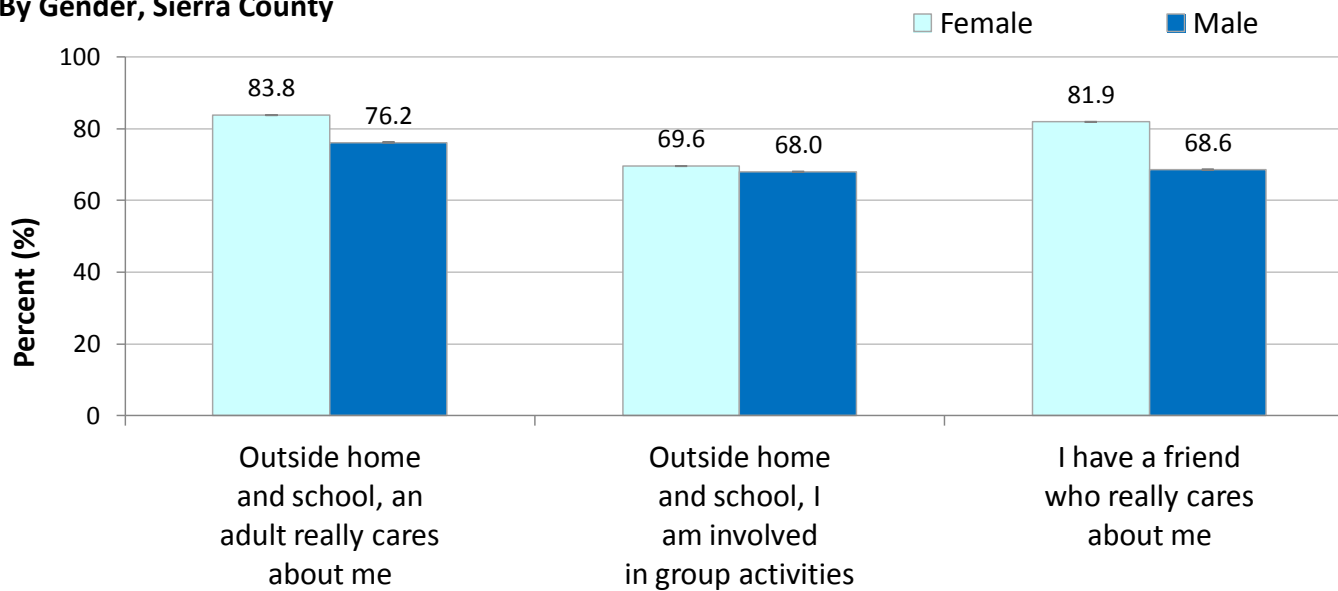
By Grade, Sierra County



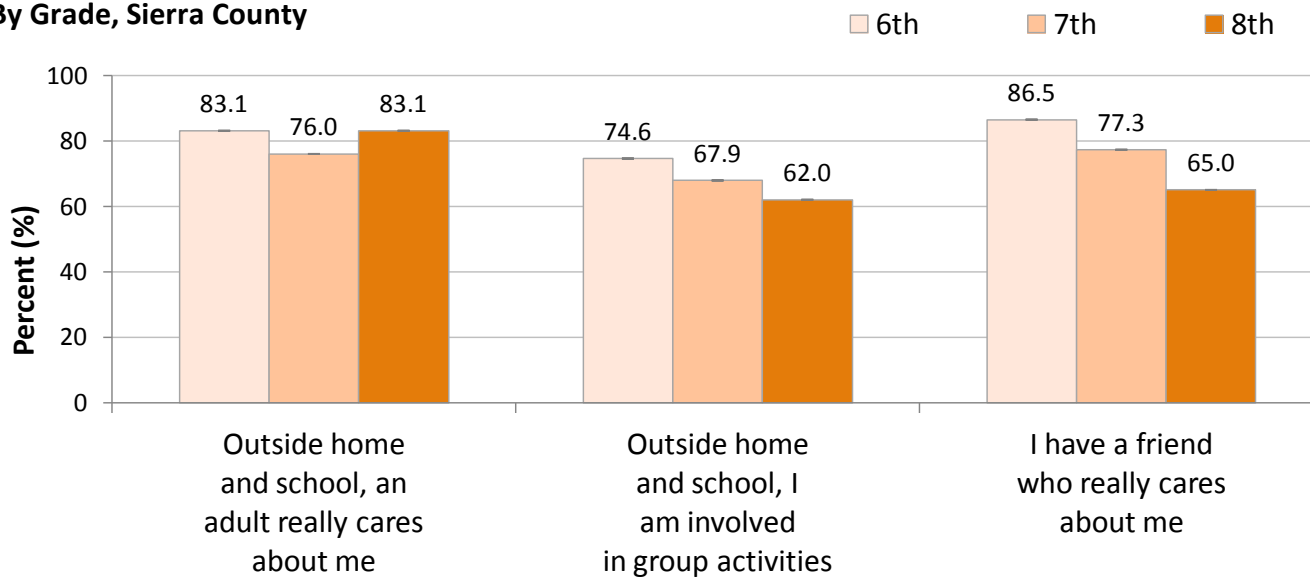
**Resiliency/Protective Factors: In the community and with peers
New Mexico and Sierra County
Grades 6-8, 2013**



By Gender, Sierra County



By Grade, Sierra County



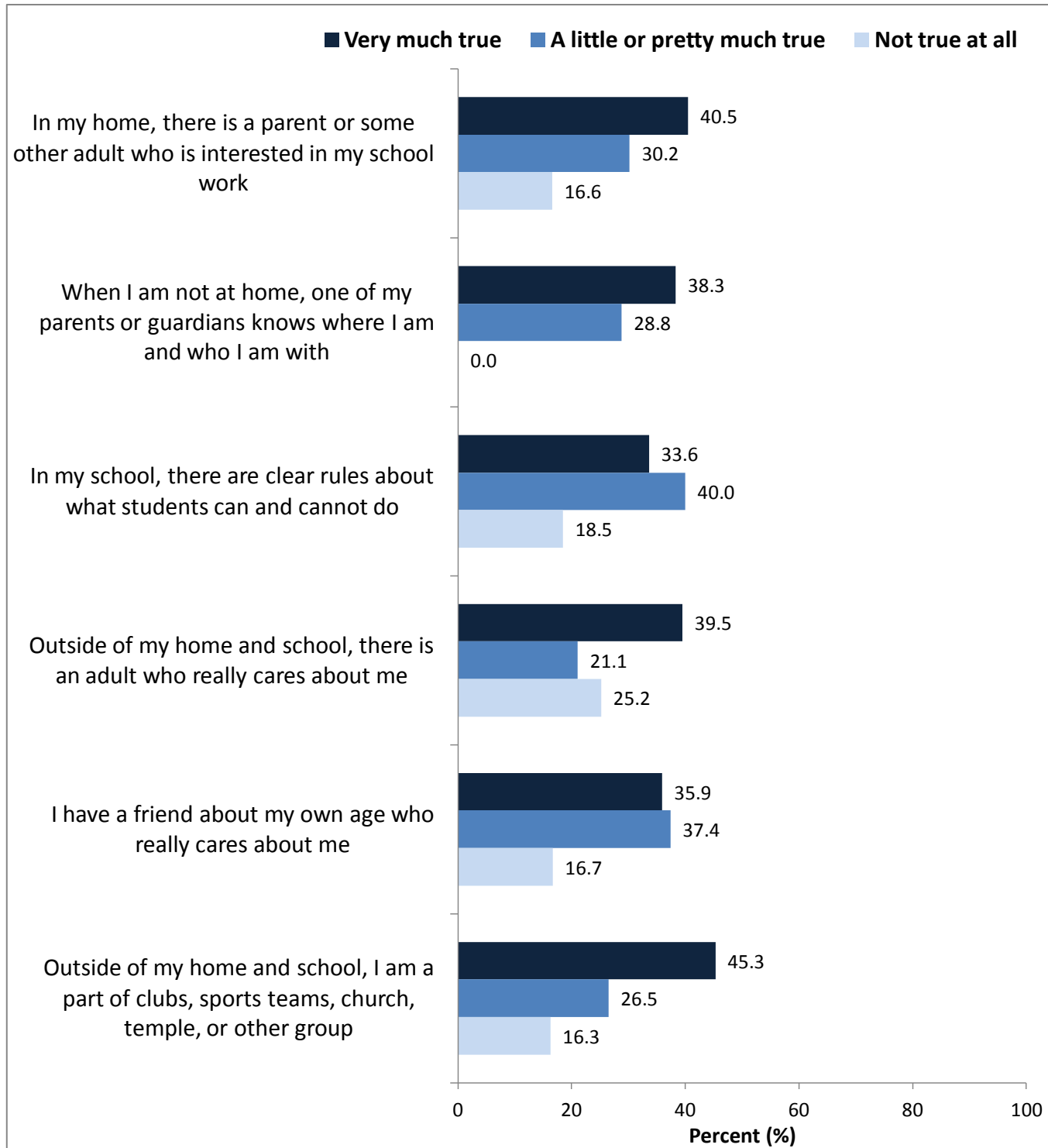
Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors

Got mostly A's in school

by Selected Resiliency Factors

Sierra County

Grades 6-8, 2013



How to read this chart:

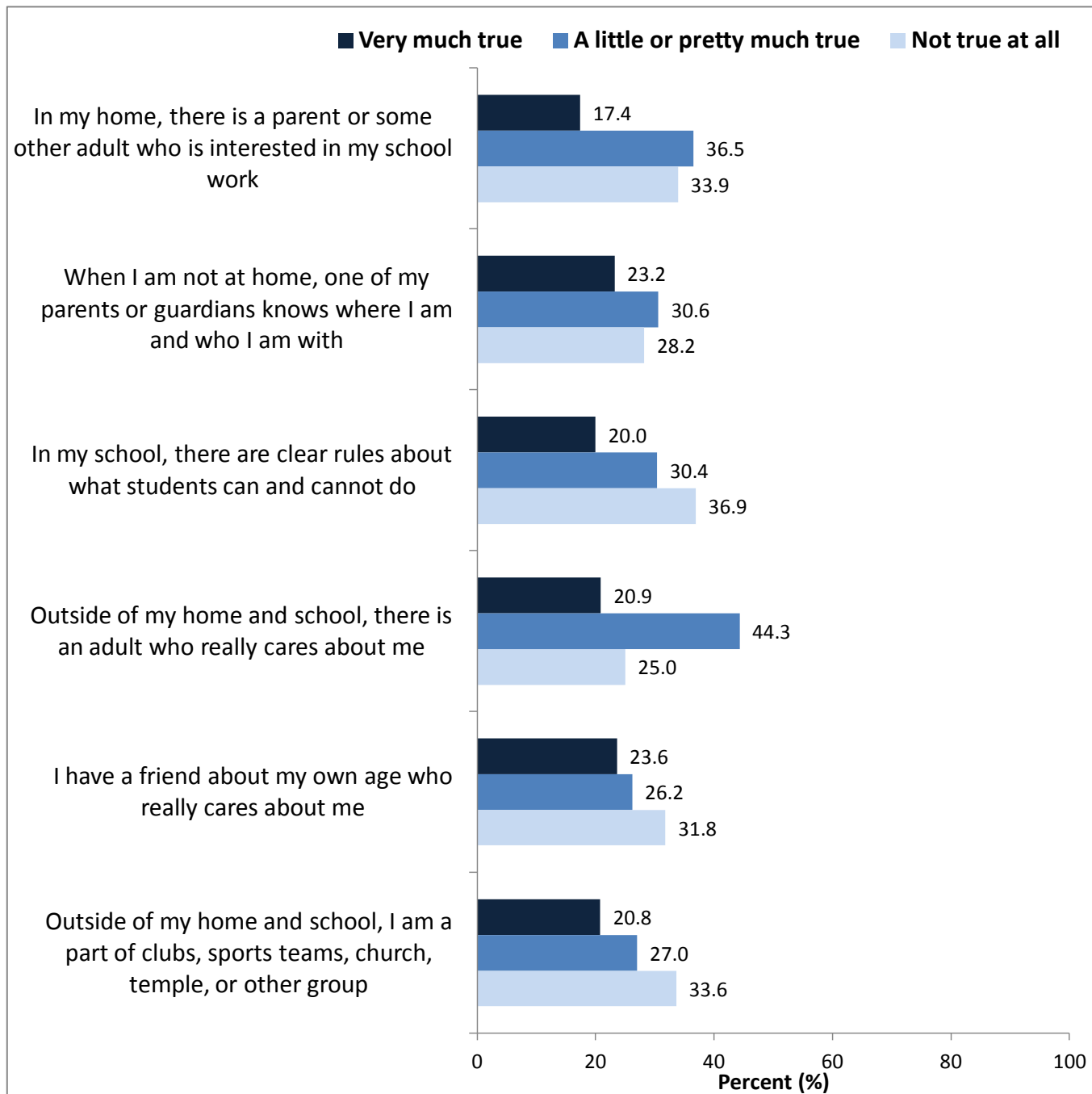
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 40.5% got mostly A's in school
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 30.2% got mostly A's in school
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 16.6% got mostly A's in school

Ever thought about killing self

by Selected Resiliency Factors

Sierra County

Grades 6-8, 2013



How to read this chart:

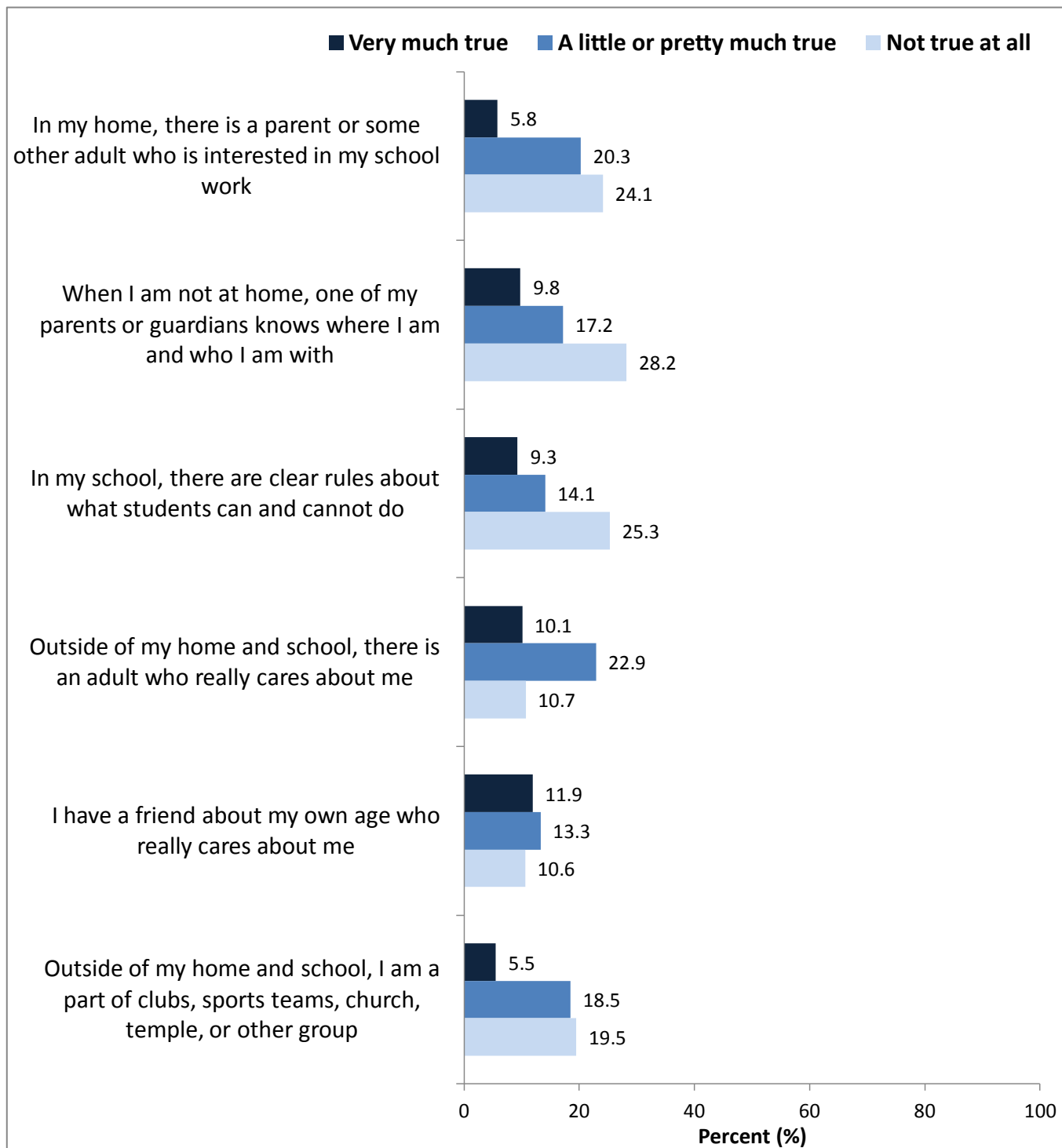
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 17.4% ever seriously thought about killing themselves.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 36.5% ever seriously thought about killing themselves.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 33.9% ever seriously thought about killing themselves.

Ever attempted to kill self

by Selected Resiliency Factors

Sierra County

Grades 6-8 2013



How to read this chart:

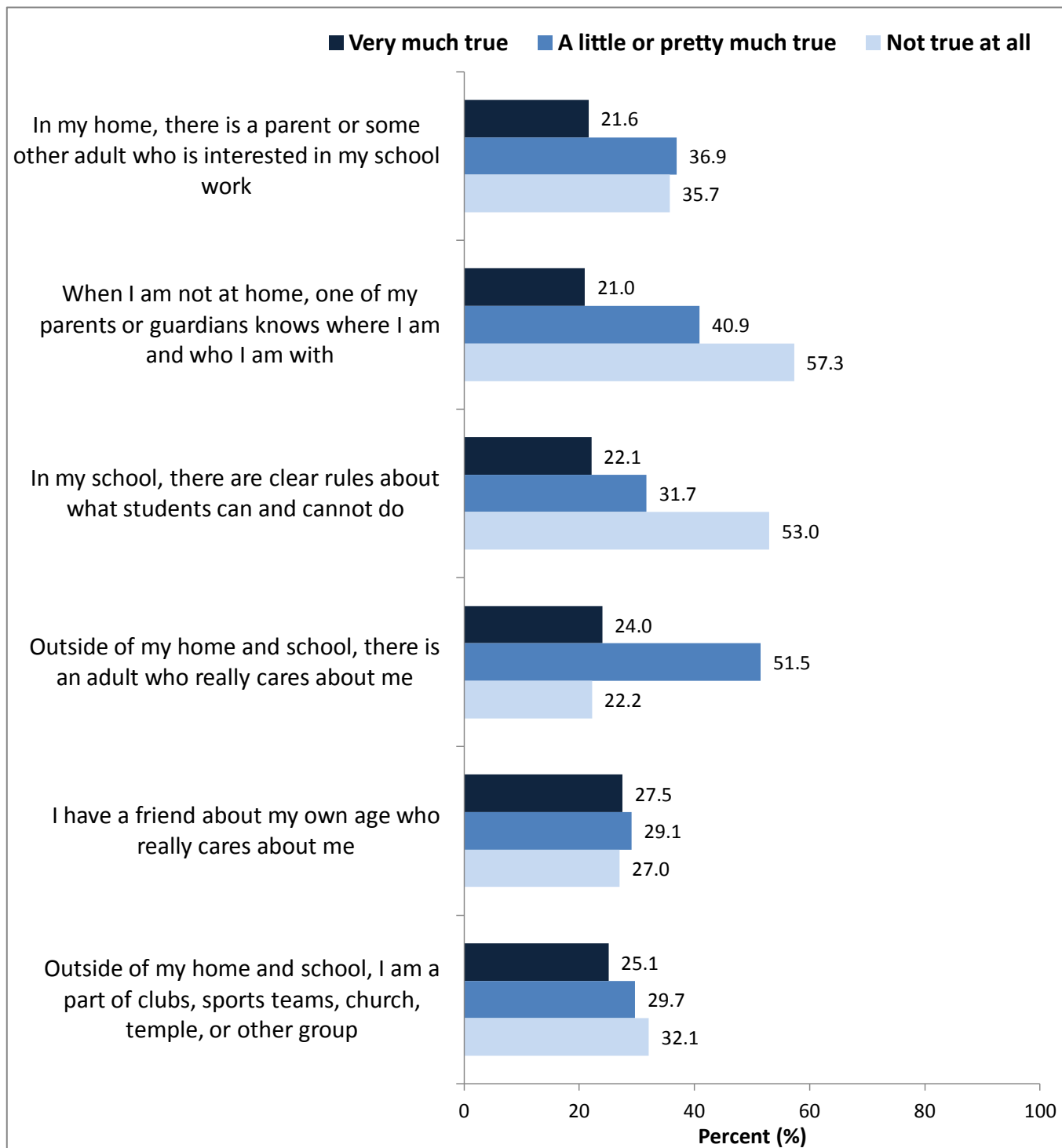
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 5.8% ever attempted to kill themselves.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 20.3% ever attempted to kill themselves.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 24.1% ever attempted to kill themselves.

Ever tried cigarettes

by Selected Resiliency Factors

Sierra County

Grades 6-8, 2013



How to read this chart:

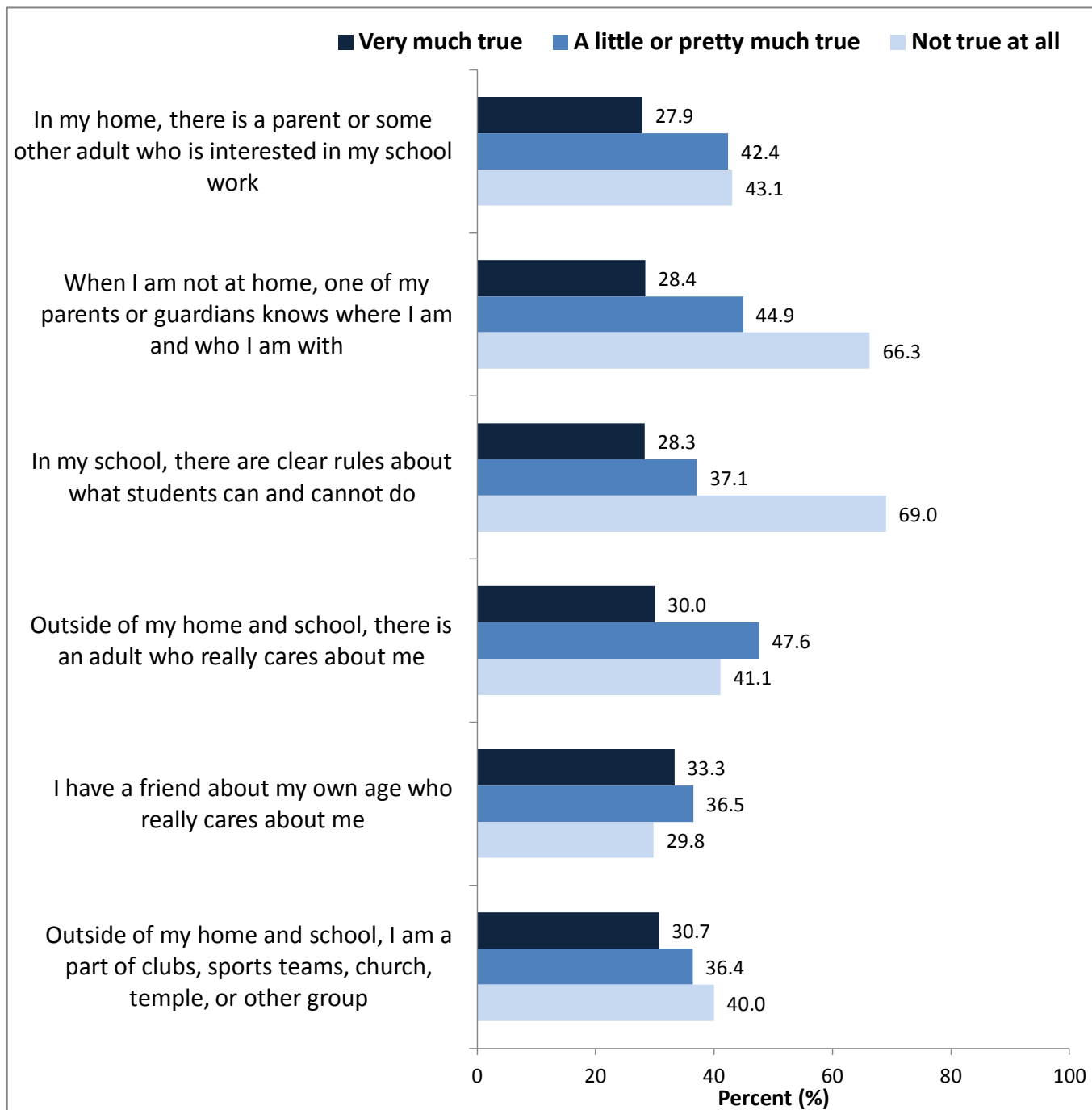
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 21.6% ever tried smoking a cigarette.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 36.9% ever tried smoking a cigarette.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 35.7% ever tried smoking a cigarette.

Ever had a drink of alcohol

by Selected Resiliency Factors

Sierra County

Grades 6-8, 2013



How to read this chart:

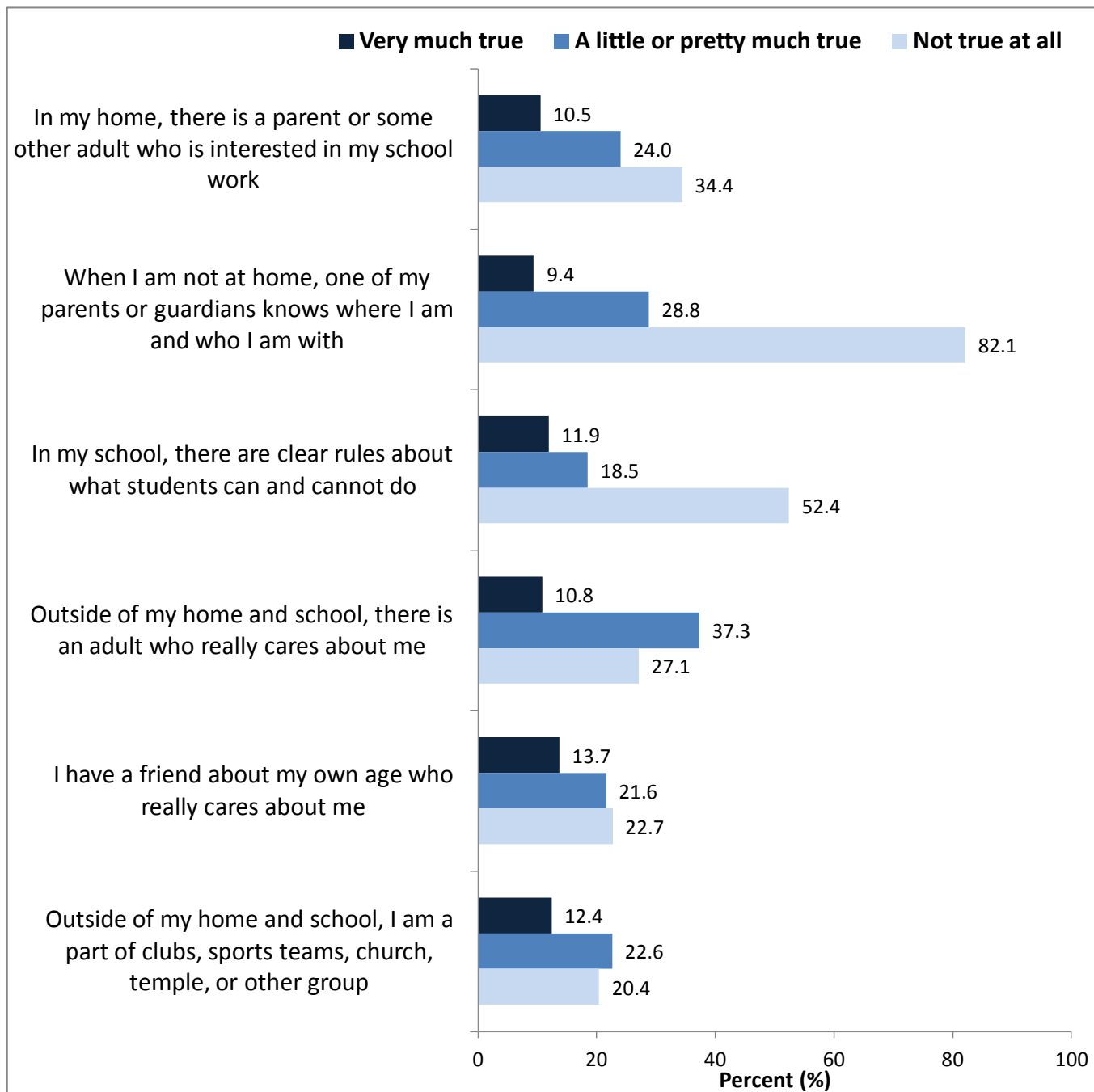
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 27.9% ever had a drink of alcohol.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 42.4% ever had a drink of alcohol.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 43.1% ever had a drink of alcohol.

Current drinking

by Selected Resiliency Factors

Sierra County

Grades 6-8, 2013



How to read this chart:

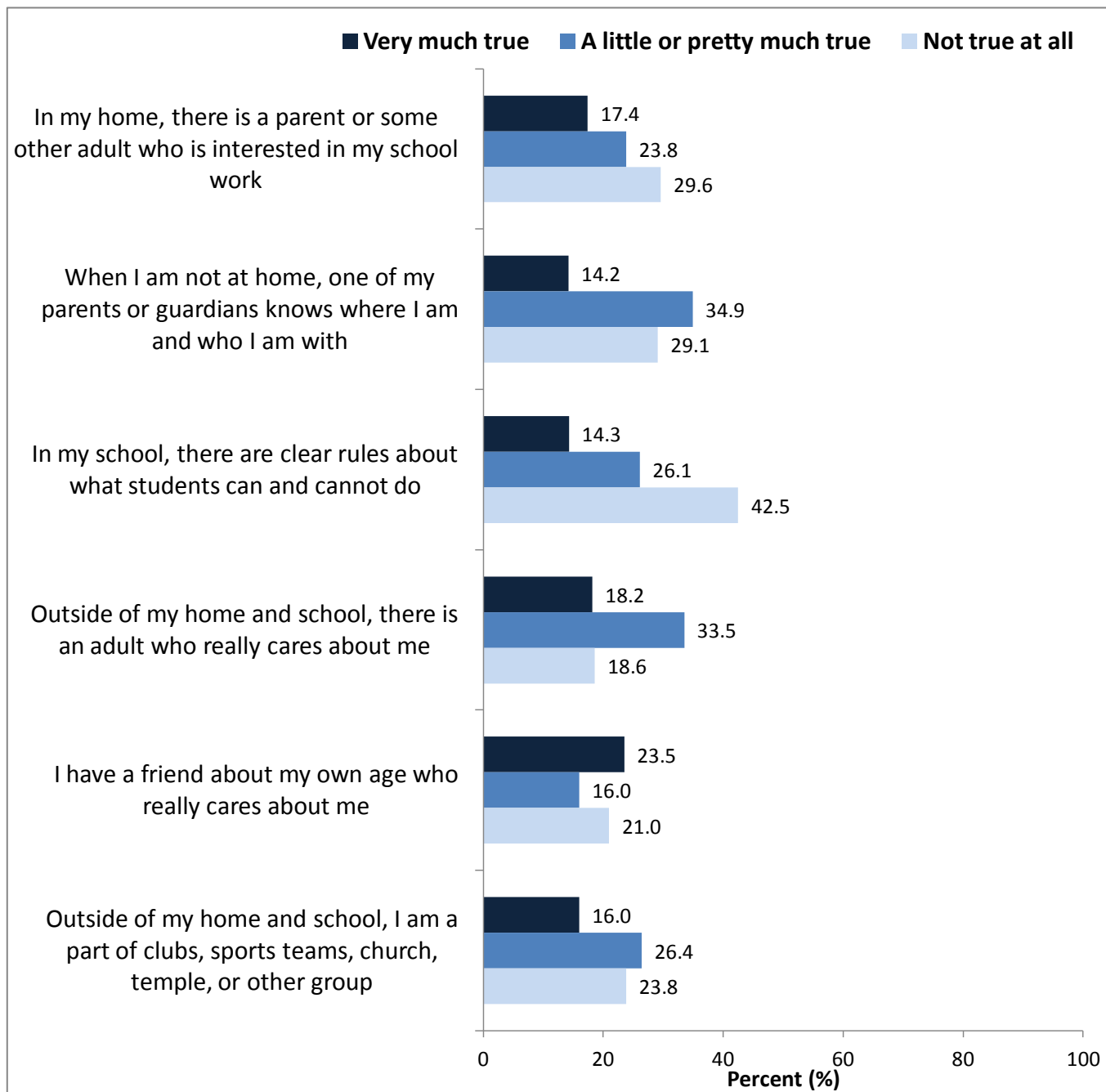
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 10.5% engaged in current drinking.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 24.0% engaged in current drinking.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 34.4% engaged in current drinking.

Ever used marijuana

by Selected Resiliency Factors

Sierra County

Grades 6-8, 2013



How to read this chart:

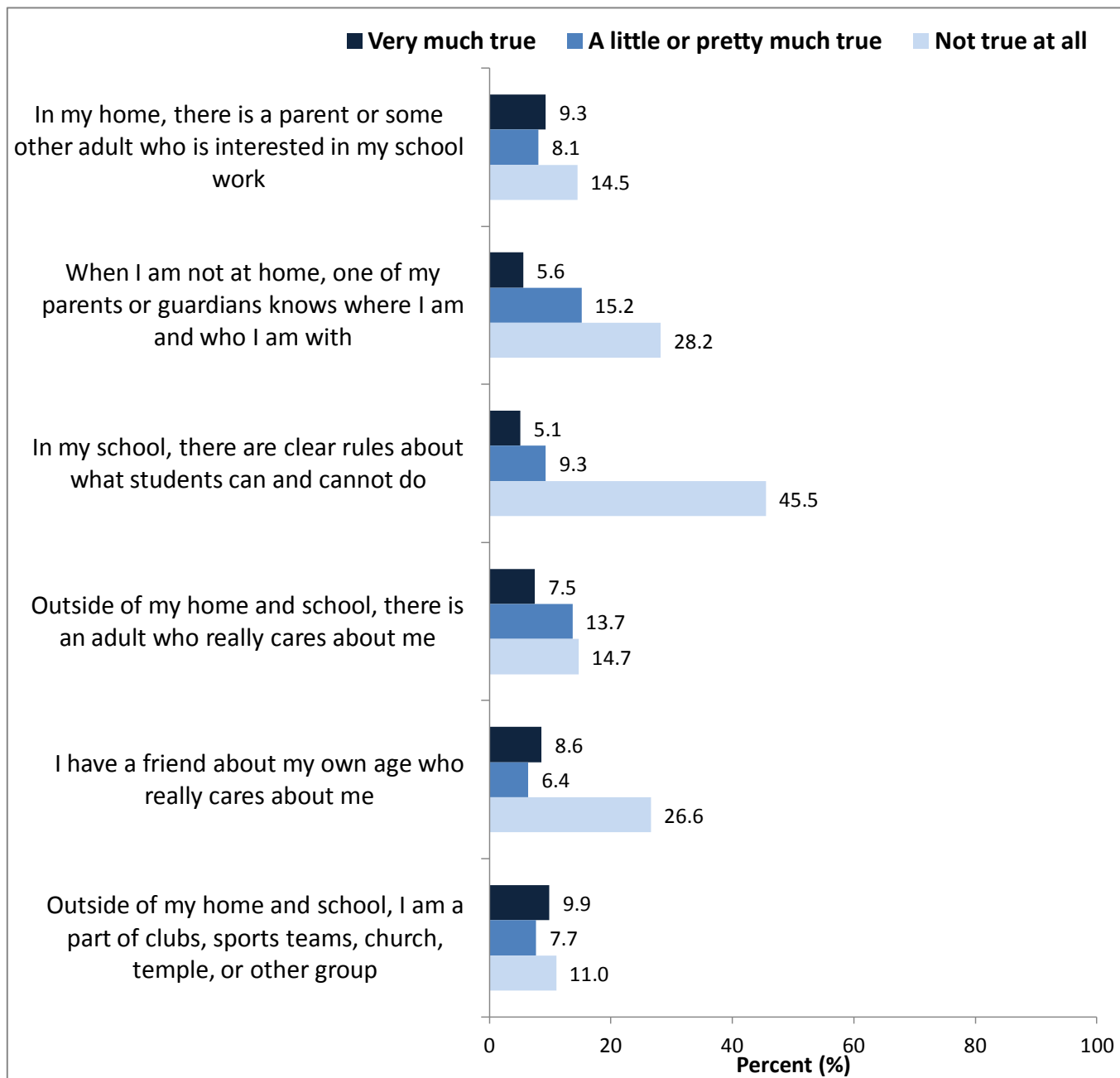
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 17.4% ever used marijuana.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 23.8% ever used marijuana.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 29.6% ever used marijuana.

Ever used synthetic marijuana

by Selected Resiliency Factors

Sierra County

Grades 6-8, 2013



How to read this chart:

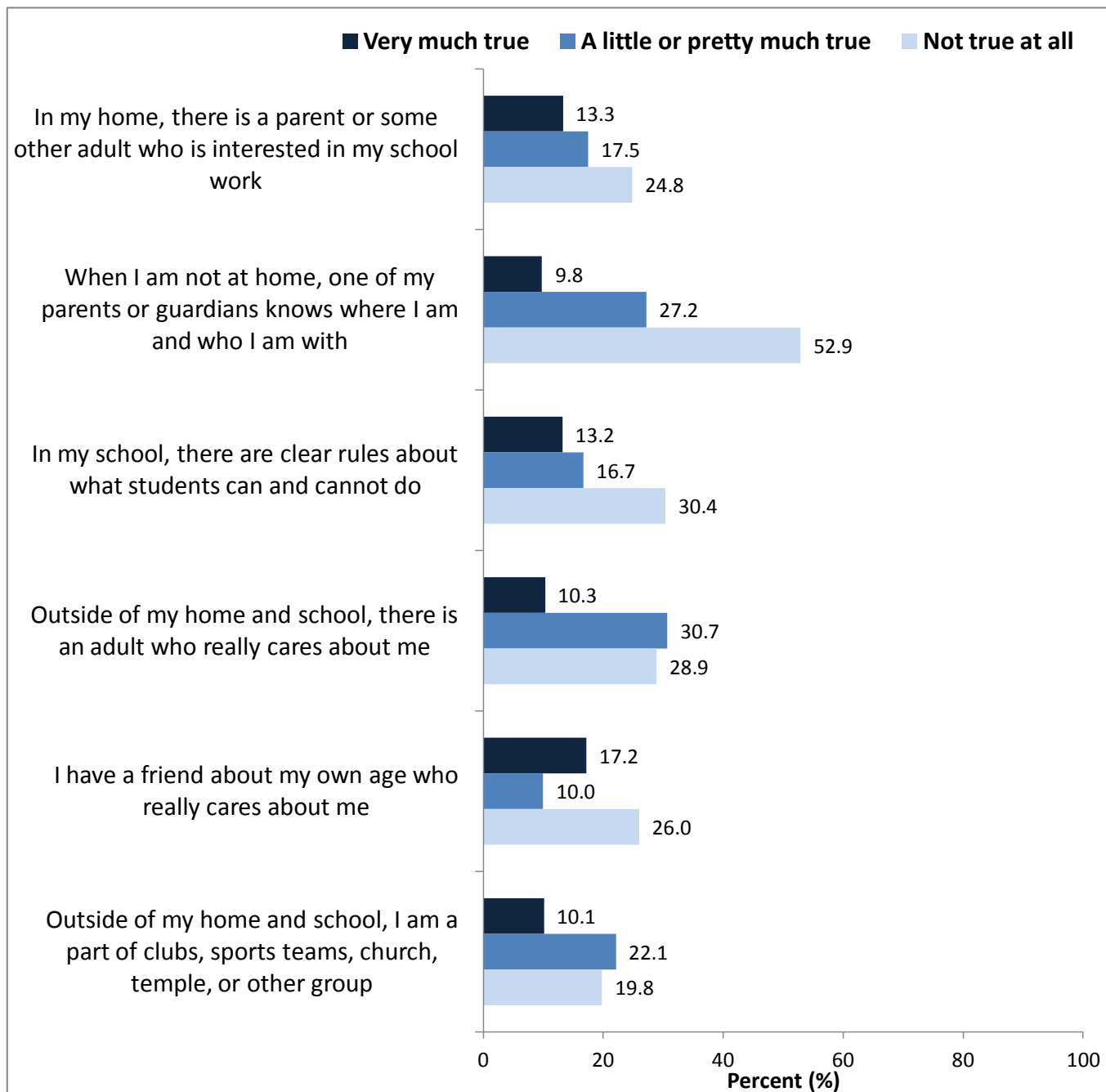
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 9.3% ever used synthetic marijuana.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 8.1% ever used synthetic marijuana.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 14.5% ever used synthetic marijuana.

Ever had sexual intercourse

by Selected Resiliency Factors

Sierra County

Grades 6-8, 2013

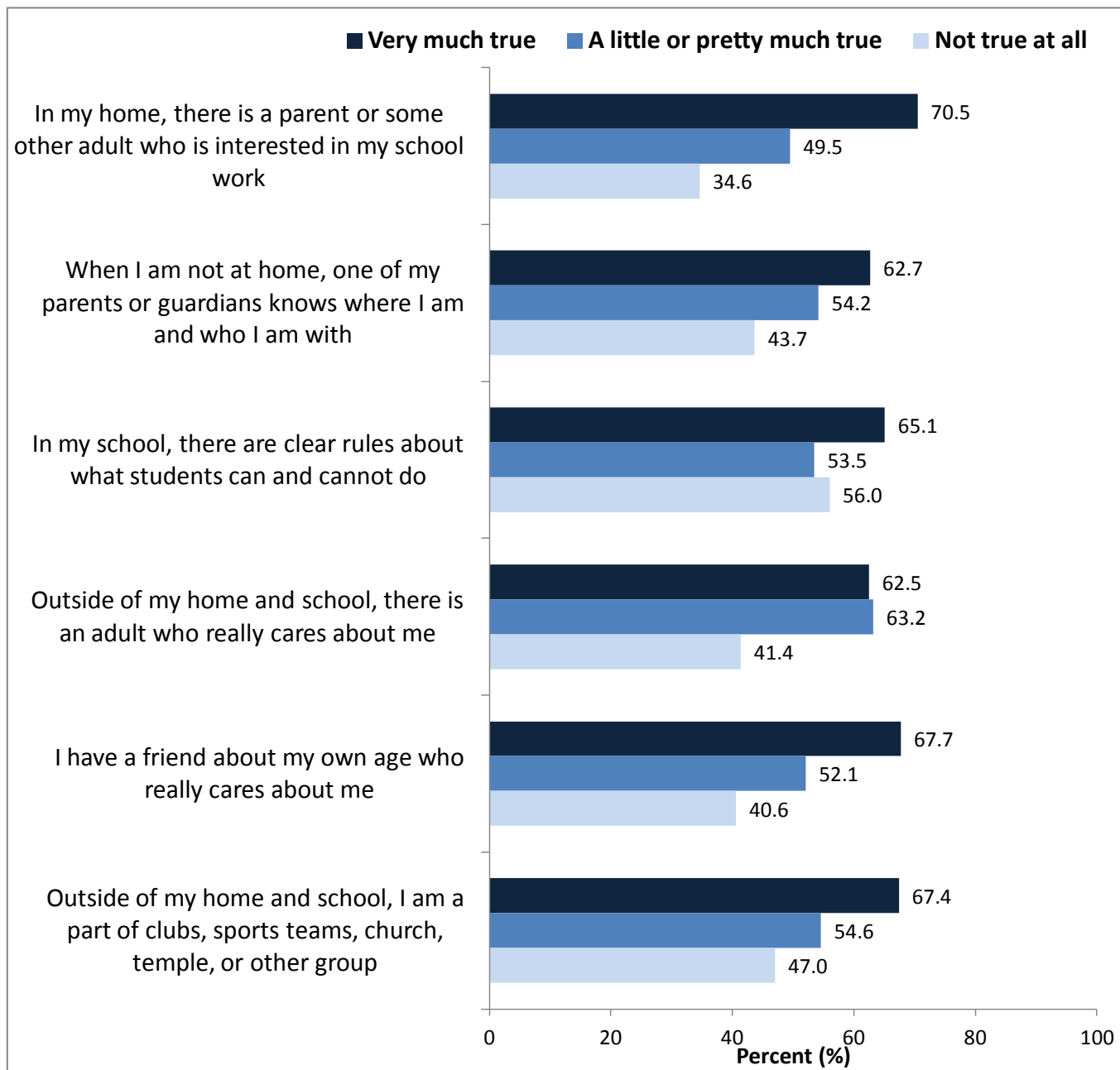


How to read this chart:

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 13.3% ever had sexual intercourse.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 17.5% ever had sexual intercourse.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 24.8% ever had sexual intercourse.

Physically active five days per week

by Selected Resiliency Factors
Sierra County
Grades 6-8, 2013



How to read this chart:

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 70.5% were physically active on at least five days per week.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 49.5% were physically active on at least five days per week.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 34.6% were physically active on at least five days per week.

Appendix A

Questionnaire with Results

2013 Middle School Questionnaire
NM YRRS
Sierra County

	<u>Number of responses</u>	<u>%</u>
1. How old are you?		
A. 10 years old or younger	0	0.0%
B. 11 years old	41	17.7%
C. 12 years old	72	31.2%
D. 13 years old	80	34.6%
E. 14 years old	33	14.3%
F. 15 years old	4	1.7%
G. 16 years old or older	1	0.4%
2. What is your sex?		
A. Female	113	49.1%
B. Male	117	50.9%
3. In what grade are you?		
A. 6th grade	61	27.6%
B. 7th grade	93	42.1%
C. 8th grade	75	38.3%
D. Ungraded or other grade	2	1.0%
4. Are you Hispanic or Latino?		
A. Yes	109	49.3%
B. No	112	50.7%
5. What is your race? (Select one or more responses.)		
A. American Indian or Alaska Native	36	18.4%
B. Asian	5	2.6%
C. Black or African American	14	7.1%
D. Native Hawaiian or Other Pacific Islander	11	5.6%
E. White	150	76.5%

	<u>Weighted</u>	
	<u>Percent</u>	
	<u>(%)</u>	<u>(95% CI)</u>
6. During the past 12 months, how would you describe your grades in school?		
A. Mostly A's	31.1	(31.1-31.1)
B. Mostly B's	37.7	(37.7-37.7)
C. Mostly C's	14.8	(14.8-14.8)
D. Mostly D's	3.0	(3.0-3.0)
E. Mostly F's	2.9	(2.9-2.9)
F. None of these grades	0.5	(0.5-0.5)
G. Not sure	10.0	(10.0-10.0)
7. Which one of these groups best describes you?		
A. American Indian or Alaska Native	4.4	(4.4-4.4)
B. Asian	0.4	(0.4-0.4)
C. Black or African American	2.9	(2.9-2.9)
D. Hispanic or Latino	37.0	(37.0-37.0)
E. Native Hawaiian or Other Pacific Islander	1.1	(1.1-1.1)
F. White	54.1	(54.1-54.1)

Personal Safety

The next 3 questions ask about personal safety.

8. When you ride a bicycle, how often do you wear a helmet?		
A. I do not ride a bicycle	21.7	(21.7-21.7)
B. Never wear a helmet	53.8	(53.8-53.8)
C. Rarely wear a helmet	10.0	(10.0-10.0)
D. Sometimes wear a helmet	4.5	(4.5-4.5)
E. Most of the time wear a helmet	3.8	(3.8-3.8)
F. Always wear a helmet	6.2	(6.2-6.2)
9. How often do you wear a seat belt when riding in a car?		
A. Never	1.8	(1.8-1.8)
B. Rarely	3.2	(3.2-3.2)
C. Sometimes	13.1	(13.1-13.1)
D. Most of the time	26.7	(26.7-26.7)
E. Always	55.3	(55.3-55.3)

10. Have you ever ridden in a car driven by someone who had been drinking alcohol?		
A. Yes	25.3	(25.3-25.3)
B. No	58.7	(58.7-58.7)
C. Not sure	16.0	(16.0-16.0)

Violence-Related Behaviors

The next 2 questions ask about violence-related behaviors.

11. Have you ever carried a weapon, such as a gun, knife, or club?		
A. Yes	35.6	(35.6-35.6)
B. No	64.4	(64.4-64.4)

12. Have you ever been in a physical fight?		
A. Yes	49.4	(49.4-49.4)
B. No	50.6	(50.6-50.6)

Bullying

The next 2 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

13. Have you ever been bullied on school property?		
A. Yes	53.2	(53.2-53.2)
B. No	46.8	(46.8-46.8)

14. Have you ever been electronically bullied? (Count being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)		
A. Yes	21.3	(21.3-21.3)
B. No	78.7	(78.7-78.7)

Sadness and Attempted Suicide

The next 3 questions ask about attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

15 Have you ever seriously thought about killing yourself?		
A. Yes	25.9	(25.9-25.9)
B. No	74.1	(74.1-74.1)

16 Have you ever made a plan about how you would kill yourself?		
A. Yes	15.7	(15.7-15.7)
B. No	84.3	(84.3-84.3)

17. Have you ever tried to kill yourself?		
A. Yes	12.4	(12.4-12.4)
B. No	87.6	(87.6-87.6)

Tobacco Use

The next 17 questions ask about tobacco use.

18. Have you ever tried cigarette smoking, even one or two puffs?		
A. Yes	27.7	(27.7-27.7)
B. No	72.3	(72.3-72.3)

19. How old were you when you smoked a whole cigarette for the first time?		
A. I have never smoked a whole cigarette	82.6	(82.6-82.6)
B. 8 years old or younger	4.0	(4.0-4.0)
C. 9 years old	1.4	(1.4-1.4)
D. 10 years old	0.8	(0.8-0.8)
E. 11 years old	2.9	(2.9-2.9)
F. 12 years old	2.2	(2.2-2.2)
G. 13 years old or older	6.1	(6.1-6.1)

20. About how many cigarettes have you smoked in your entire life?		
B. 1 or more puffs but never a whole cigarette	78.3	(78.3-78.3)
C. 1 cigarette	7.8	(7.8-7.8)
D. 2 to 5 cigarettes	4.2	(4.2-4.2)
E. 6 to 15 cigarettes (about ½ a pack total)	5.6	(5.6-5.6)
F. 16 to 25 cigarettes (about 1 pack total)	1.4	(1.4-1.4)
G. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)	0.9	(0.9-0.9)
H. 100 or more cigarettes (5 or more packs)	0.0	(.-)
A. 0 cigarettes	1.7	(1.7-1.7)

21. During the past 30 days, on how many days did you smoke cigarettes?		
A. 0 days	94.2	(94.2-94.2)
B. 1 or 2 days	3.1	(3.1-3.1)
C. 3 to 5 days	0.4	(0.4-0.4)
D. 6 to 9 days	1.4	(1.4-1.4)
E. 10 to 19 days	0.0	(.-)
F. 20 to 29 days	0.5	(0.5-0.5)
G. All 30 days	0.4	(0.4-0.4)

22. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?		
A. Yes	2.3	(2.3-2.3)
B. No	97.7	(97.7-97.7)
23. During the past 30 days, on how many days did you smoke cigarettes on school property?		
A. 0 days	98.7	(98.7-98.7)
B. 1 or 2 days	0.8	(0.8-0.8)
C. 3 to 5 days	0.4	(0.4-0.4)
D. 6 to 9 days	0.0	(.-)
E. 10 to 19 days	0.0	(.-)
F. 20 to 29 days	0.0	(.-)
G. All 30 days	0.0	(.-)
24. During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)		
A. I did not smoke cigarettes during the past 30 days	94.2	(94.2-94.2)
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	0.4	(0.4-0.4)
C. I bought them from a vending machine	0.0	(.-)
D. I gave someone else money to buy them for me	0.9	(0.9-0.9)
E. I borrowed (or bummed) them from someone else	1.4	(1.4-1.4)
F. A person 18 years old or older gave them to me	0.5	(0.5-0.5)
G. I took them from a store or family member	1.3	(1.3-1.3)
H. I got them some other way	1.3	(1.3-1.3)
25. During the past 30 days, what brand of cigarettes did you usually smoke? (Select only one response.)		
A. I did not smoke cigarettes during the past 30 days	89.1	(89.1-89.1)
B. I do not have a usual brand	1.4	(1.4-1.4)
C. Camel	1.2	(1.2-1.2)
D. Marlboro	4.7	(4.7-4.7)
E. Newport	0.9	(0.9-0.9)
F. Virginia Slims	0.0	(.-)
G. GPS, Basic, or Doral	0.0	(.-)
H. Some other brand	2.7	(2.7-2.7)

26. During the past 30 days, how many times have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?		
A. 0 times	35.5	(35.5-35.5)
B. 1 to 3 times during the past 30 days	24.4	(24.4-24.4)
C. 1 to 3 times during the past week	11.2	(11.2-11.2)
D. Daily or almost daily	14.5	(14.5-14.5)
E. More than once a day	14.4	(14.4-14.4)
27. During the past 12 months, did you ever try to quit smoking cigarettes?		
A. I did not smoke during the past 12 months	85.5	(85.5-85.5)
B. Yes	9.1	(9.1-9.1)
C. No	5.4	(5.4-5.4)
28. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?		
A. 0 days	96.2	(96.2-96.2)
B. 1 or 2 days	1.2	(1.2-1.2)
C. 3 to 5 days	0.5	(0.5-0.5)
D. 6 to 9 days	1.3	(1.3-1.3)
E. 10 to 19 days	0.0	(.-)
F. 20 to 29 days	0.5	(0.5-0.5)
G. All 30 days	0.4	(0.4-0.4)
29. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?		
A. 0 days	95.0	(95.0-95.0)
B. 1 or 2 days	1.7	(1.7-1.7)
C. 3 to 5 days	0.9	(0.9-0.9)
D. 6 to 9 days	0.4	(0.4-0.4)
E. 10 to 19 days	0.8	(0.8-0.8)
F. 20 to 29 days	0.0	(.-)
G. All 30 days	1.2	(1.2-1.2)
30. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?		
A. 0 days	57.6	(57.6-57.6)
B. 1 or 2 days	17.0	(17.0-17.0)
C. 3 or 4 days	5.9	(5.9-5.9)
D. 5 or 6 days	7.0	(7.0-7.0)
E. 7 days	12.6	(12.6-12.6)

31. Do you think smoke from other people's cigarettes is harmful to you?		
A. Definitely yes	52.7	(52.7-52.7)
B. Probably yes	34.6	(34.6-34.6)
C. Probably not	8.3	(8.3-8.3)
D. Definitely not	4.3	(4.3-4.3)
32. Do you think that you will try smoking a cigarette soon?		
A. I have already tried smoking cigarettes	16.2	(16.2-16.2)
B. Yes	4.7	(4.7-4.7)
C. No	79.1	(79.1-79.1)
33. Do you think you will smoke a cigarette at anytime during the next year?		
A. Definitely yes	3.9	(3.9-3.9)
B. Probably yes	5.8	(5.8-5.8)
C. Probably not	9.8	(9.8-9.8)
D. Definitely not	80.6	(80.6-80.6)
34. If one of your best friends offered you a cigarette, would you smoke it?		
A. Definitely yes	2.6	(2.6-2.6)
B. Probably yes	6.7	(6.7-6.7)
C. Probably not	14.1	(14.1-14.1)
D. Definitely not	76.7	(76.7-76.7)

Alcohol

The next 8 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

35. Have you ever had a drink of alcohol, other than a few sips?		
A. Yes	34.0	(34.0-34.0)
B. No	66.0	(66.0-66.0)
36. How old were you when you had your first drink of alcohol other than a few sips?		
A. I have never had a drink of alcohol other than a few sips	65.4	(65.4-65.4)
B. 8 years old or younger	11.0	(11.0-11.0)
C. 9 years old	2.8	(2.8-2.8)
D. 10 years old	3.0	(3.0-3.0)
E. 11 years old	5.8	(5.8-5.8)
F. 12 years old	6.2	(6.2-6.2)
G. 13 years old or older	5.9	(5.9-5.9)

37. During the past 30 days, on how many days did you have at least one drink of alcohol?		
A. 0 days	83.2	(83.2-83.2)
B. 1 or 2 days	10.6	(10.6-10.6)
C. 3 to 5 days	2.3	(2.3-2.3)
D. 6 to 9 days	1.0	(1.0-1.0)
E. 10 to 19 days	0.8	(0.8-0.8)
F. 20 to 29 days	0.9	(0.9-0.9)
G. All 30 days	1.3	(1.3-1.3)
38. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?		
A. 0 days	90.9	(90.9-90.9)
B. 1 day	3.7	(3.7-3.7)
C. 2 days	3.2	(3.2-3.2)
D. 3 to 5 days	0.4	(0.4-0.4)
E. 6 to 9 days	0.5	(0.5-0.5)
F. 10 to 19 days	0.5	(0.5-0.5)
G. 20 or more days	0.9	(0.9-0.9)
39. If you wanted to get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get?		
A. Very hard	56.1	(56.1-56.1)
B. Sort of hard	16.4	(16.4-16.4)
C. Sort of easy	13.7	(13.7-13.7)
D. Very easy	13.8	(13.8-13.8)
40. How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	73.7	(73.7-73.7)
B. Wrong	18.1	(18.1-18.1)
C. A little bit wrong	6.4	(6.4-6.4)
D. Not wrong at all	1.8	(1.8-1.8)
41. How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	62.2	(62.2-62.2)
B. Wrong	23.5	(23.5-23.5)
C. A little bit wrong	12.1	(12.1-12.1)
D. Not wrong at all	2.2	(2.2-2.2)

42. How much do you think people risk harming themselves (physically or in other ways) if they have one or two drinks of beer, wine, or hard liquor nearly every day?		
A. No risk	8.4	(8.4-8.4)
B. Slight risk	17.6	(17.6-17.6)
C. Moderate risk	28.2	(28.2-28.2)
D. Great risk	45.8	(45.8-45.8)

Marijuana and other Drug Use

The next 8 questions ask about marijuana use and other drug use. Marijuana also is called grass or pot.

43. Have you ever used marijuana?		
A. Yes	20.7	(20.7-20.7)
B. No	79.3	(79.3-79.3)
44. How old were you when you tried marijuana for the first time?		
A. I have never tried marijuana	79.3	(79.3-79.3)
B. 8 years old or younger	1.3	(1.3-1.3)
C. 9 years old	1.3	(1.3-1.3)
D. 10 years old	2.8	(2.8-2.8)
E. 11 years old	5.0	(5.0-5.0)
F. 12 years old	3.8	(3.8-3.8)
G. 13 years old or older	6.5	(6.5-6.5)
45. During the past 30 days, how many times did you use marijuana?		
A. 0 times	89.1	(89.1-89.1)
B. 1 or 2 times	2.7	(2.7-2.7)
C. 3 to 9 times	4.0	(4.0-4.0)
D. 10 to 19 times	1.8	(1.8-1.8)
E. 20 to 39 times	1.6	(1.6-1.6)
F. 40 or more times	0.8	(0.8-0.8)
46. Have you ever used “synthetic marijuana” (also called “K2” or “Spice”)?		
A. Yes	9.2	(9.2-9.2)
B. No	90.8	(90.8-90.8)
47. Have you ever used any form of cocaine, including powder, crack, or freebase?		
A. Yes	4.4	(4.4-4.4)
B. No	95.6	(95.6-95.6)

48. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?		
A. Yes	10.6	(10.6-10.6)
B. No	89.4	(89.4-89.4)
49. Have you ever taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?		
A. Yes	7.6	(7.6-7.6)
B. No	92.4	(92.4-92.4)
50. Have you ever used a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?		
A. Yes	5.2	(5.2-5.2)
B. No	94.8	(94.8-94.8)
51. Have you ever used a needle to inject any illegal drug into your body?		
A. Yes	2.1	(2.1-2.1)
B. No	97.9	(97.9-97.9)

Sexual Behavior

The next 4 questions ask about sexual intercourse.

52. Have you ever had sexual intercourse?		
A. Yes	15.3	(15.3-15.3)
B. No	84.7	(84.7-84.7)
53. How old were you when you had sexual intercourse for the first time?		
A. I have never had sexual intercourse	84.1	(84.1-84.1)
B. 8 years old or younger	3.9	(3.9-3.9)
C. 9 years old	0.0	(.-)
D. 10 years old	0.5	(0.5-0.5)
E. 11 years old	2.4	(2.4-2.4)
F. 12 years old	4.0	(4.0-4.0)
G. 13 years old or older	5.0	(5.0-5.0)
54. With how many people have you ever had sexual intercourse?		
A. I have never had sexual intercourse	84.1	(84.1-84.1)
B. 1 person	8.5	(8.5-8.5)
C. 2 people	2.9	(2.9-2.9)
D. 3 people	1.1	(1.1-1.1)
E. 4 people	0.0	(.-)
F. 5 people	0.0	(.-)
G. 6 or more people	3.4	(3.4-3.4)

55. The last time you had sexual intercourse, did you or your partner use a condom?		
A. I have never had sexual intercourse	84.1	(84.1-84.1)
B. Yes	11.0	(11.0-11.0)
C. No	4.9	(4.9-4.9)

Body Weight

The next 4 questions ask about body weight.

56. How do you describe your weight?		
A. Very underweight	6.6	(6.6-6.6)
B. Slightly underweight	10.1	(10.1-10.1)
C. About the right weight	57.3	(57.3-57.3)
D. Slightly overweight	21.5	(21.5-21.5)
E. Very overweight	4.5	(4.5-4.5)

57. Which of the following are you trying to do about your weight?		
A. Lose weight	43.5	(43.5-43.5)
B. Gain weight	11.2	(11.2-11.2)
C. Stay the same weight	25.0	(25.0-25.0)
D. I am not trying to do anything about my weight	20.3	(20.3-20.3)

58. Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?		
A. Yes	21.6	(21.6-21.6)
B. No	78.4	(78.4-78.4)

59. Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?		
A. Yes	8.0	(8.0-8.0)
B. No	92.0	(92.0-92.0)

Breakfast

The next question asks about eating breakfast.

60. During the past 7 days, on how many days did you eat breakfast?		
A. 0 days	8.7	(8.7-8.7)
B. 1 day	5.2	(5.2-5.2)
C. 2 days	6.5	(6.5-6.5)
D. 3 days	6.0	(6.0-6.0)
E. 4 days	6.2	(6.2-6.2)
F. 5 days	11.5	(11.5-11.5)
G. 6 days	6.5	(6.5-6.5)
H. 7 days	49.4	(49.4-49.4)

Physical Activity

The next 5 questions ask about physical activity.

61. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)		
A. 0 days	13.1	(13.1-13.1)
B. 1 day	4.3	(4.3-4.3)
C. 2 days	7.9	(7.9-7.9)
D. 3 days	7.6	(7.6-7.6)
E. 4 days	7.1	(7.1-7.1)
F. 5 days	13.9	(13.9-13.9)
G. 6 days	6.3	(6.3-6.3)
H. 7 days	39.9	(39.9-39.9)
62. On an average school day, how many hours do you watch TV?		
A. I do not watch TV on an average school day	16.1	(16.1-16.1)
B. Less than 1 hour per day	15.0	(15.0-15.0)
C. 1 hour per day	15.2	(15.2-15.2)
D. 2 hours per day	20.3	(20.3-20.3)
E. 3 hours per day	15.3	(15.3-15.3)
F. 4 hours per day	4.8	(4.8-4.8)
G. 5 or more hours per day	13.4	(13.4-13.4)

63. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)

A. I do not play video or computer games or use a computer for something that is not school work	14.7	(14.7-14.7)
B. Less than 1 hour per day	17.5	(17.5-17.5)
C. 1 hour per day	14.6	(14.6-14.6)
D. 2 hours per day	17.2	(17.2-17.2)
E. 3 hours per day	10.1	(10.1-10.1)
F. 4 hours per day	4.8	(4.8-4.8)
G. 5 or more hours per day	21.1	(21.1-21.1)

64. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

A. 0 days	42.2	(42.2-42.2)
B. 1 day	1.7	(1.7-1.7)
C. 2 days	6.0	(6.0-6.0)
D. 3 days	0.9	(0.9-0.9)
E. 4 days	0.4	(0.4-0.4)
F. 5 days	48.8	(48.8-48.8)

65. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)

A. 0 teams	40.3	(40.3-40.3)
B. 1 team	22.0	(22.0-22.0)
C. 2 teams	20.8	(20.8-20.8)
D. 3 or more teams	16.9	(16.9-16.9)

Health-Related Topics

The next 3 questions ask about other health-related topics.

66. Have you ever been taught about AIDS or HIV infection in school?		
A. Yes	30.3	(30.3-30.3)
B. No	39.8	(39.8-39.8)
C. Not sure	29.9	(29.9-29.9)
67. Has a doctor or nurse ever told you that you have asthma?		
A. Yes	21.2	(21.2-21.2)
B. No	70.0	(70.0-70.0)
C. Not sure	8.8	(8.8-8.8)
68. Do you have enough food to eat, sometimes not enough to eat, or often not enough to eat?		
A. Enough food to eat	83.1	(83.1-83.1)
B. Sometimes not enough to eat	12.3	(12.3-12.3)
C. Often not enough to eat	4.6	(4.6-4.6)

Resiliency Factors

How true do you feel the following 7 statements are for you?

69. My friends get into a lot of trouble.		
A. Not true at all	29.3	(29.3-29.3)
B. A little true	47.2	(47.2-47.2)
C. Pretty much true	13.4	(13.4-13.4)
D. Very much true	10.2	(10.2-10.2)
70. I have a friend about my own age who really cares about me.		
A. Not true at all	8.6	(8.6-8.6)
B. A little true	15.8	(15.8-15.8)
C. Pretty much true	18.9	(18.9-18.9)
D. Very much true	56.7	(56.7-56.7)
71. Outside of my home and school, there is an adult who really cares about me.		
A. Not true at all	12.8	(12.8-12.8)
B. A little true	7.0	(7.0-7.0)
C. Pretty much true	9.4	(9.4-9.4)
D. Very much true	70.8	(70.8-70.8)

72. In my home, there is a parent or some other adult who is interested in my school work.		
A. Not true at all	9.5	(9.5-9.5)
B. A little true	14.2	(14.2-14.2)
C. Pretty much true	19.2	(19.2-19.2)
D. Very much true	57.2	(57.2-57.2)
73. In my school, there are clear rules about what students can and cannot do.		
A. Not true at all	7.0	(7.0-7.0)
B. A little true	10.5	(10.5-10.5)
C. Pretty much true	28.2	(28.2-28.2)
D. Very much true	54.3	(54.3-54.3)
74. When I am not at home, one of my parents/guardians knows where I am and who I am with.		
A. Not true at all	3.2	(3.2-3.2)
B. A little true	6.7	(6.7-6.7)
C. Pretty much true	20.5	(20.5-20.5)
D. Very much true	69.6	(69.6-69.6)
75. Outside of my home and school, I am a part of clubs, sports teams, church/temple, or other group activities.		
A. Not true at all	19.9	(19.9-19.9)
B. A little true	12.3	(12.3-12.3)
C. Pretty much true	19.0	(19.0-19.0)
D. Very much true	48.8	(48.8-48.8)

Appendix B About this Report

Appendix B: About this Report

This report contains county level results from the 2013 New Mexico Middle School Youth Risk and Resiliency Survey (YRRS). The YRRS is a statewide survey of public school students in middle schools and high schools throughout New Mexico. Statewide and county level results are available at

www.YouthRisk.org, and

nmhealth.org/go/youth.

School district reports are available only with permission from the appropriate school district superintendent. Forms for this permission are available under the "Requesting Data" link on the youthrisk.org site. Together, these documents comprise a useful tool for those working on youth-related issues at the state and local level.

Using the Report

The YRRS is organized into two major content areas: risk behaviors and protective (resiliency) factors. Risk behaviors include behaviors associated with unintentional injury, violence, mental health, tobacco use, alcohol use, drug use, sexual activity, physical activity, and nutrition. Protective or resiliency factors are measures of the positive and supportive relationships, experiences, activities, resources and values that encourage healthy youth development. Resiliency factors and related traits include caring and supportive relationships in the family, school, community and with peers; boundaries set by the family and school; positive peer support; meaningful participation and constructive use of time in school and outside of school.

The main section of this report consists of a module of results for each main topic area of the YRRS. Each module starts with a set of line charts illustrating change in behavior over the years of the survey (for counties or school districts that only have one recent year of data, the line charts are omitted). The line charts are followed by one or more sets of three bar charts. The first bar chart in each set compares the county prevalence of a group of behaviors to the NM prevalence for the same behaviors; the second compares the county prevalence for girls to that of boys for the same behaviors, and the third compares the county prevalence for each grade level.

Following the section on distinct risk and resiliency factors is a section that illustrates the relationship between risk behaviors and protective factors. This section consists of a set of bar charts, each showing the prevalence of a particular risk behavior for students with varying levels of selected protective factors.

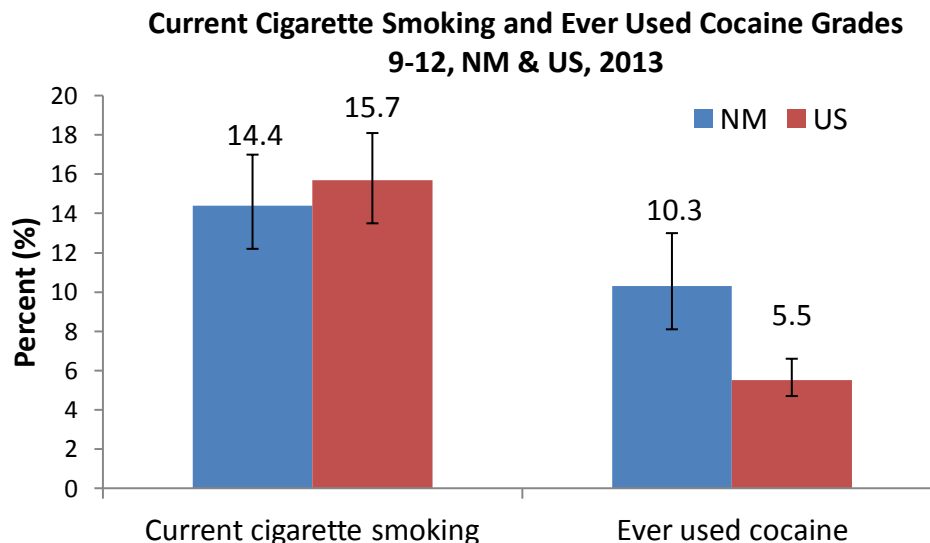
In some cases with very few students in a particular age or gender group, data have been suppressed to protect the anonymity of the individual respondents. Suppressed data are marked with "--". In cases where there are fewer than 50 respondents per grade level or gender, grade level or gender charts have been omitted.

Understanding the Charts - and A Word about Error Bars

The bar charts in this report present the percentage of students who reported engaging in any given risk behavior or who reported having any given protective factor. The height of the bars conveys the percentage of students reporting each trait, and provides a quick visual comparison between different groups of students reporting that trait. A label for each bar presents the actual percentage of students who reported each trait. For instance, the chart on page 17, Unintentional Injury, shows that 5.7% of students in New Mexico rarely or never wore seatbelts, while 5.0% of students in Sierra County rarely or never wore seatbelts.

Because of the high cost and logistical complications involved in conducting a statewide survey, the YRRS was administered to a sample of students, rather than to every single student in each school district. Because YRRS data are from a **sample** of students, and not the entire student body, the results in this report are **estimates**. As with all estimates, there is some uncertainty associated with each of these results. On the charts in this report, this degree of uncertainty is represented by an error bar (or confidence interval). The error bar is the thin 'I' shaped line that extends above and below the end of each bar in a chart. One of the major influences on the size of the confidence interval or error bar is the number of participants in the survey. In general, this means that with more students participating in the survey, there will be a higher degree of confidence in the results (i.e., error bars will be smaller).

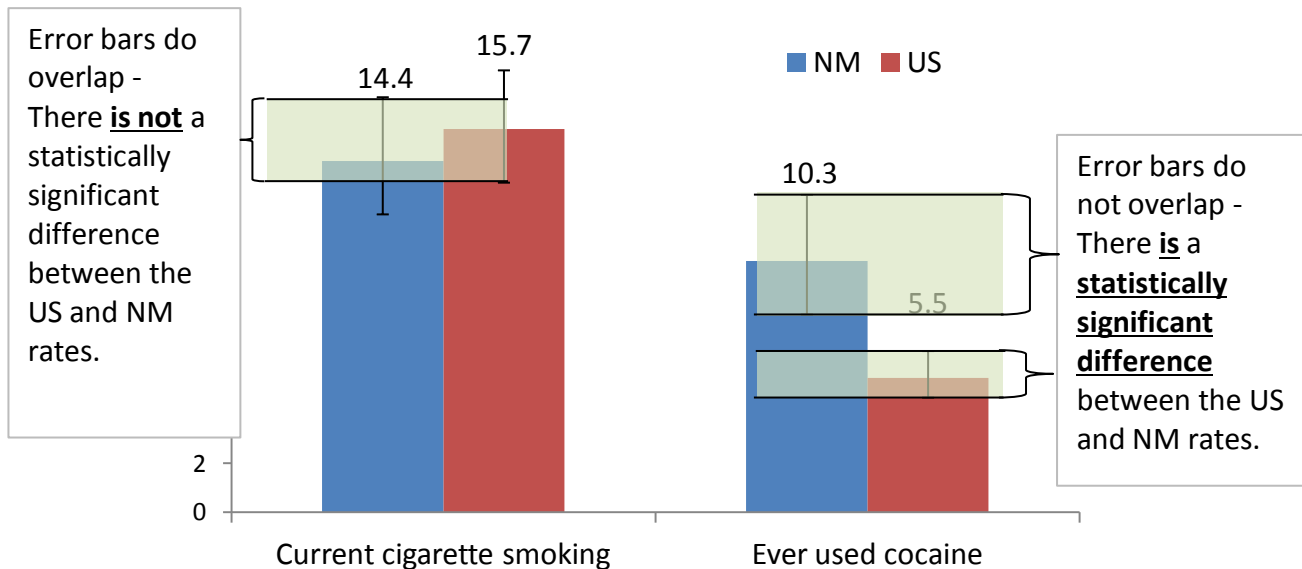
The proper interpretation of an error bar can be illustrated by looking at the chart below. This chart compares the New Mexico high school prevalence of cigarette smoking and cocaine use to the United States prevalence for 2013. The chart shows that the prevalence of current cigarette smoking was 14.4% for New Mexico and 15.7% for the United States. The error bar for the estimate of current smoking among New Mexico students extends a little more than 2 percentage points in either direction, from 12.2% to 16.8%. This means that we are confident that the actual percentage of smokers in this group of students was between 12.2% and 16.8%. The error bar for the estimate of current smoking in the US also extends more than 2 percentage points in either direction, so we are confident that the actual percentage of smokers among this group was between 13.5% and 18.1%.



How does knowing the upper and lower limits of our error bars help us? While it appears at first glance that New Mexico has a lower prevalence of smoking than the United States (14.4% vs. 15.7%), a closer look at the error bars shows a more complicated picture. The error bars for the New Mexico estimate (12.2%–16.8%) and the US estimate (13.5%-18.1%) overlap. Because of this overlap, we do not have a high degree of confidence that the prevalence of smoking in New Mexico was actually different from the prevalence in the United States. In other words, the difference between the prevalence of smoking in New Mexico and the United States was not statistically significant.

For cocaine use it appears that New Mexico had a higher prevalence than the United States (10.3% vs. 5.5%). The error bar for New Mexico extends from 8.1% to 13.0%, and the error bar for the United States extends from 4.7% to 6.6%. Because the higher bound of the US error bar (6.6%) is lower than the lower bound of the NM error bar (8.1%), these error bars do not overlap. For cocaine use, we are confident in saying that the New Mexico prevalence was higher than the US prevalence. In other words, the difference between the prevalence of cocaine use in New Mexico and the United States was a statistically significant difference.

Current Cigarette Smoking and Ever Used Cocaine Grades 9-12, NM & US, 2013



For some small school districts, error bars have been removed from this report. With small populations, the number of students sampled can approach the total student population. In these cases, error bars would have limited meaning because with a high percentage of students surveyed, there is less uncertainty around the estimates than error bars suggest.

Risk Behavior and Resiliency/Protective Factor DefinitionsPersonal Safety (Injury, Violence, and Bullying)

Rarely or never wore a bike helmet

Of those who rode a bicycle, answered 'Never' or 'Rarely' to the question, *When you ride a bicycle, how often do you wear a helmet?*

Rarely or never wore a seatbelt

Answered 'Never' or 'Rarely' to the question, *How often do you wear a seat belt when riding in a car?*

Ever carried a weapon

Answered 'Yes' to the question, *Have you ever carried a weapon, such as a gun, knife, or club?*

Ever been in a physical fight

Answered 'Yes' to the question, *Have you ever been in a physical fight?*

Ever bullied on school property

Answered 'Yes' to the question, *Have you ever been bullied on school property?*

Ever bullied electronically

Answered 'Yes' to the question, *Have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)*

Mental Health

Ever seriously thought about killing self

Answered 'Yes' to the question, *Have you ever seriously thought about killing yourself?*

Ever planned to kill self

Answered 'Yes' to the question, *Have you ever made a plan about how you would kill yourself?*

Ever tried to kill self

Answered 'Yes' to the question, *Have you ever tried to kill yourself?*

Tobacco Use

Ever smoked cigarettes

Answered 'Yes' to the question, *Have you ever tried cigarette smoking, even one or two puffs?*

First smoked a cigarette before age 11

Answered '10 years old' or younger to the question, *How old were you when you smoked a whole cigarette for the first time?*

Smoked at least one whole cigarette in life

Answered '1 cigarette' or more to the question, *About how many cigarettes have you smoked in your entire life?*

Current cigarette smoking (Smoked cigarettes at least once in the past 30 days)

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you smoke cigarettes?*

Non-smoker

Answered '0 days' to the question, *During the past 30 days, on how many days did you smoke cigarettes?*

Frequent cigarette smoking

Answered '20 to 29 days' or more to the question, *During the past 30 days, on how many days did you smoke cigarettes?*

Smoked on school property

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you smoke cigarettes on school property?*

Of those who smoked in the past 12 months, tried to quit smoking

Answered 'Yes' to the question, *During the past 12 months, did you ever try to quit smoking cigarettes?*, among those who answered 'Yes' or 'No' to the

Successful quit attempt by one who smoked in the past 12 months

Answered 'Yes' to the question, *During the past 12 months, did you ever try to quit smoking cigarettes?*

- and -

Answered '0 days' to the question, *During the past 30 days, on how many days did you smoke cigarettes?* (i.e., were currently non-smokers.)

Unsuccessful quit attempt by one who smoked in the past 12 months

Answered 'Yes' to the question, *During the past 12 months, did you ever try to quit smoking cigarettes?*

- and -

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you smoke cigarettes?* (i.e., were current smokers.)

Current cigar smoking

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?*

Current spit tobacco use

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman,*

Exposed to second hand cigarette smoke

Answered '1 or 2 days' or more to the question, *During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?*

Alcohol Use

Ever drank alcohol

Answered 'Yes' to the question, *Have you ever had a drink of alcohol, other than a few sips?*

Drank alcohol before age 11

Answered '10 years old' or younger to the question, *How old were you when you had your first drink of alcohol other than a few sips?*

Current drinking

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you have at least one drink of alcohol?*

Binge drinking (Had 5 or more drinks on a single occasion at least once in the past 30 days)

Answered '1 day' or more to the question, *During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within*

It would be very easy or sort of easy to get alcohol

Answered 'Very easy' or 'Sort of easy' to the question, *If you wanted to get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin),*

My parents think my regular alcohol use would be wrong

Answered 'Very wrong' or 'Wrong' to the question, *How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?*

I think regular alcohol use by people my age is very wrong

Answered 'Very wrong' or 'Wrong' to the question, *How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?*

People face great risk from daily alcohol use

Answered *great risk* to the question, *How much do you think people risk harming themselves (physically or in other ways) if they have one or two*

Ever rode in a car with a drinking driver

Answered 'Yes' to the question, *Have you ever ridden in a car driven by someone who had been drinking alcohol?*

Drug use

Ever used marijuana

Answered 'Yes' to the question, *Have you ever used marijuana?*

First used marijuana before age 11

Answered '10 years old' or younger to the question, *How old were you when you tried marijuana for the first time?*

Current marijuana use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you use marijuana?*

Ever used a prescription drug without a doctor's prescription

Answered 'Yes' to the question, *Have you ever taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?*

Ever used a painkiller to get high

Answered 'Yes' to the question, *Have you ever used a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?*

Ever used cocaine

Answered 'Yes' to the question, *Have you ever used any form of cocaine, including powder, crack, or freebase?*

Ever used inhalants

Answered 'Yes' to the question, *Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?*

Ever used illegal injection drugs

Answered 'Yes' to the question, *Have you ever used a needle to inject any illegal drug into your body?*

Sexual Activity

Ever had sexual intercourse

Answered 'Yes' to the question, *Have you ever had sexual intercourse?*

Had sexual intercourse before age 11

Answered '10 years old' or younger to the question, *How old were you when you had sexual intercourse for the first time?*

Had sexual intercourse with three or more people in lifetime

Answered '3 people' or more to the question, *With how many people have you ever had sexual intercourse?*

Used a condom (among those who ever had sexual intercourse)

Answered 'Yes' to the question, *The last time you had sexual intercourse, did you or your partner use a condom?*

- among those who -

Answered 'Yes' to the question, *Have you ever had sexual intercourse?*

Taught about HIV/AIDS

Answered 'Yes' to the question, *Have you ever been taught about AIDS or HIV infection in school?*

Body Weight and Weight Control

Self-described as slightly or very overweight

Answered 'Very overweight' or 'Slightly overweight' to the question, *How do you describe your weight?*

Trying to lose weight

Answered 'Lose weight' to the question, *Which of the following are you trying to do about your weight?*

Ever fasted to lose weight

Answered 'Yes' to the question, *Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?*

Ever vomited or used laxatives to lose weight

Answered 'Yes' to the question, *Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?*

Physical Activity

No physical activity in the past week

Answered '0 days' to the question, *During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)*

Physically active five days per week

Answered '5 days' or more to the question, *During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)*

Daily physical activity

Answered '7 days' to the question, *During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)*

At least one day/week of physical education

Answered '1 day' or more to the question, *In an average week when you are in school, on how many days do you go to physical education (PE) classes?*

Daily physical education at school

Answered '5 days' to the question, *In an average week when you are in school, on how many days do you go to physical education (PE) classes?*

Resiliency/Protective Factors

Gets mostly A's in school

Answered 'Mostly A's' to the question, *During the past 12 months, how would you describe your grades in school?*

Unless otherwise noted, responses to other resiliency/protective factor questions refer to respondents who answered "Pretty much true" or "Very much true" to the questionnaire item indicated.

