



The Health and Well-Being of Lesbian, Gay, and Bisexual Youth in New Mexico

Data from the 2015 New Mexico Youth Risk & Resiliency Survey

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The Health and Well-Being of Lesbian, Gay, and Bisexual Youth in New Mexico: Data from the 2015 New Mexico Youth Risk & Resiliency Survey

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Cover image is used with permission from the Gilbert Centre, Ontario, Canada. The Gilbert Centre provides social and support services to empower, promote health, and celebrate the lives of people living with and affected by HIV and other sexually transmitted infections (STI) and the individuals and families from the lesbian, gay, bisexual, transgender, queer (LGBTQ) communities of Simcoe Muskoka. More information about the Gilbert Centre can be found at www.gilbertcentre.ca.

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Executive Summary and Recommendations

Ensuring a safe and healthy environment for youth is critical for them to thrive, both academically and physically. However, a safe and healthy environment is not always available to many lesbian, gay, bisexual, transgender, and questioning (LGBTQ) students. In order to better understand and address the health inequities that LGBTQ students face, this report describes health status data from the New Mexico Youth Risk and Resiliency Survey (NM-YRRS) by sexual orientation.

Report Summary

- A total of 15.1% of high school students identified as lesbian, gay, bisexual, or not sure of their sexual orientation. Approximately one in seven students identified as lesbian, gay, bisexual, or not sure.
- Lesbian, gay, bisexual, and not sure youth (13.7%) were more likely to live in unstable housing than straight youth (4.6%).
- Lesbian, gay, bisexual, and unsure youth (37.1%) were 50% more likely to binge drink than straight students (23.3%).
- More than half (53.6%) of bisexual youth had engaged in non-suicidal self-injury (cutting or burning).
- More than one in four (26.1%) lesbian, gay, bisexual and not sure youth had attempted suicide in the past year.
- Lesbian, gay, bisexual and not sure youth were nine times more likely to have used heroin (11.0%) and nearly four times more likely to have used pain killers (e.g., oxycodone) to get high (20.9%) than straight students (1.2% and 5.3%, respectively).
- Nearly half (45.3%) of lesbian, gay, bisexual, and not sure youth were current users of any tobacco product, compared to less than a third (29.7%) of straight students.
- Lesbian, gay, bisexual, and not sure youth were more than twice as likely to be current cigarette smokers (20.5%) as straight youth (9.3%).
- One in three (30.8%) lesbian, gay, bisexual, and not sure youth used e-cigarettes, compared to one in five straight youth (21.8%).
- Lesbian, gay, bisexual and not sure youth were three times more likely to have been forced to have sex (18.3%) or experienced physical dating violence (21.3%), and twice as likely to be bullied at school (31.0%), than straight youth (5.6%, 6.6%, and 15.7%, respectively).

Recommendations for improving public health

- Include LGBTQ as a priority population in health disparity and health equity discussions and reports (along with racial/ethnic minorities, people in poverty, etc.).
- Expand the discussion of LGBTQ health beyond sexual behavior, as there are significant disparities in behavioral health and substance use factors.



Executive Summary and Recommendations *(cont.)*

- Continue to pursue efforts to accurately collect and monitor health status information among LGBTQ New Mexicans.
- Encourage the creation, implementation and evaluation of evidence-based interventions to reduce health inequities among LGBTQ youth.
- Seek or allocate funding that includes outreach and educational interventions for LGBTQ communities.
- Participate in and offer trainings on LGBTQ health issues to increase cultural competency among health providers and community health partners.
- Include sexual and gender identity demographic questions on forms, surveys, and registries; use inclusive language (e.g., partner, spouse) in communications and health forms.
- Encourage adoption of the above practices by other federal, state, local, and tribal public health agencies.

Recommendations for educational settings

- Acknowledge that LGBTQ youth are at disproportionate risk for negative outcomes that may affect their current and lifelong health/behavioral health.
- Establish and enforce anti-harassment and anti-bullying policies that include and address sexual and gender identity.
- Provide training to school staff and students on how to intervene to prevent bullying and harassment of students based on sexual identity and how to respond when they hear derogatory language based on the sexual or gender identity, or perceived identity, of students.
- Train teachers and staff on LGBTQ cultural competency and how to create an inclusive, safe and supportive classroom and school.
- Provide sexual and gender identity education, resources, and support to students, including any population-specific and affirmative youth development, health promotion and wellness activities that lead to positive youth outcomes.
- Provide evidence-based, comprehensive health and sexual health education to include up-to-date information on sexual and gender identity as well as inclusive healthy relationship skills development.
- Support establishment of Gay-Straight Alliances (GSAs) in middle and high schools, in order to create safe and supportive environments for sexual minority students and their straight allies.
- Engage members of the LGBTQ-supportive community or community-based organizations in supporting, providing and participating in training, policy, and technical assistance efforts for school staff, students and families.

A horizontal banner at the top of the page features a colorful, stylized illustration of a diverse group of young people. The individuals are shown from the chest up, wearing various styles of clothing and headwear, including a red headscarf and a blue headscarf. The background behind them is a soft, abstract pattern of colors. Below the illustration is a dark red horizontal bar containing the word "Foreword" in white, bold, sans-serif font.

Foreword

Ensuring a safe and healthy environment for youth is critical, allowing them to thrive, both academically and physically. For many lesbian, gay, bisexual, transgender, and questioning (LGBTQ) students, a safe and healthy environment is not available. LGBTQ students are more likely to be homeless, sexually assaulted, rejected by their parents or peers, or discriminated against in school and health settings than straight students. These experiences can result in higher rates of smoking, alcohol use, substance use, poor mental health and vulnerability to experience sexual and other violence. Understanding these disparities can inform and motivate effective interventions to encourage safe, healthy schools and communities so all students, including LGBTQ students, have the opportunity to flourish.

This is the second report describing the health and well-being of lesbian, gay, and bisexual students in New Mexico (including students who are not sure of their sexual orientation). The first report of 2013 data can be found at www.youthrisk.org/pdf/Health-of-LGB-Youth-in-NM-2016.pdf. Data for both reports came from the New Mexico Youth Risk and Resiliency Survey (NM-YRRS). The NM-YRRS is administered in odd years and is a part of the Youth Risk Behavior Surveillance System (www.cdc.gov/healthyyouth/data/yrbs), a national survey on the health of youth. More information on the NM-YRRS, its methodology, and exact wording of the questions can be found at www.youthrisk.org. Information on gender identity is not currently collected in the NM-YRRS and is therefore not included in either report.

Using This Report

This report describes the health and well-being of youth by sexual orientation using a large New Mexico-generated sample of public high school students (grades 9–12). In 2015, 15,930 high school students responded. A smaller sample is provided to the Youth Risk Behavior Surveillance System for national reporting. Therefore, estimates in this report may differ slightly from New Mexico estimates generated by the Centers for Disease Control and Prevention.

This report begins by describing the characteristics of lesbian, gay, bisexual, and not sure students in 2015. Students who identified that they were not sure of their sexual orientation experience similar inequities as students who identify as lesbian, gay, or bisexual. Therefore, in this report, the four groups are included together in aggregated measures. Selected health inequities by sexual orientation are then highlighted and compared to 2013 data. At the end of this report are data tables with a larger selection of health indicators.

To submit a data request for NM-YRRS data or to request electronic versions of any of the charts in this report, please visit www.youthrisk.org.

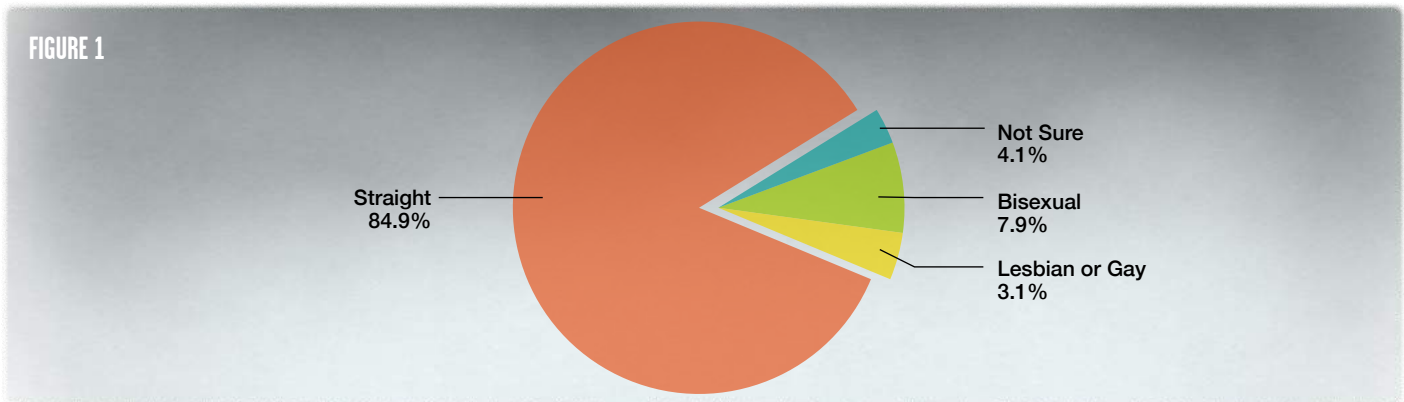


Introduction

In the 2015 NM-YRRS, students were asked “Which of the following best describes you?” with the following response options: heterosexual (straight), gay or lesbian, bisexual, not sure of their sexual orientation. In 2015, 15.1% (95% CI: 13.9, 16.4) of high school students identified as lesbian, gay, bisexual, or not sure of their sexual orientation. This means that approximately one in seven students identified as lesbian, gay, bisexual, or not sure.

Figure 1

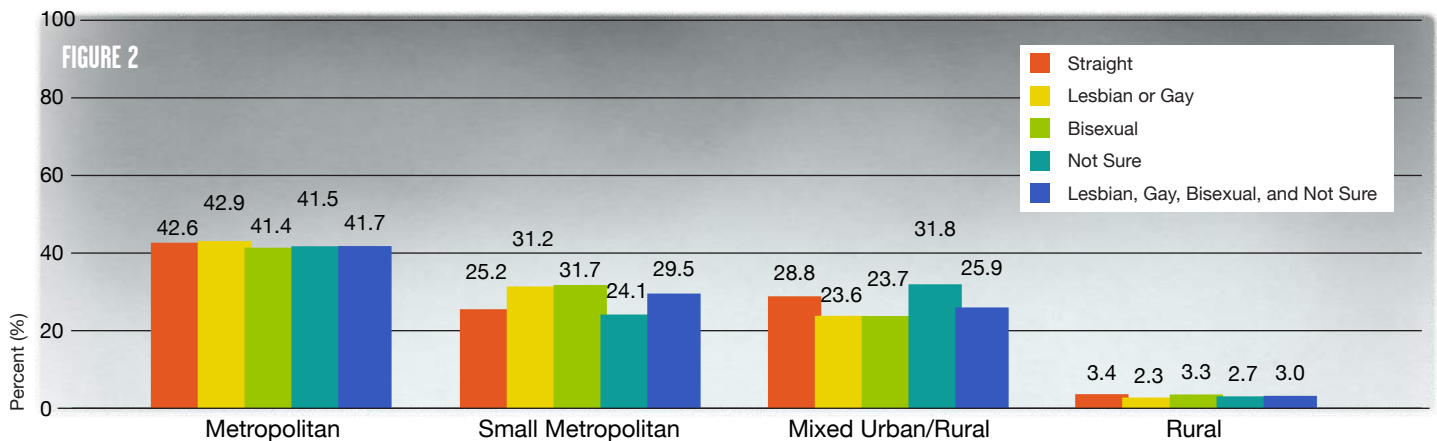
Sexual orientation among NM students, grades 9–12, 2015



Lesbian, gay, bisexual, and not sure students are just as likely to live in metropolitan counties, small metropolitan counties, mixed urban/rural, or rural counties as straight students. For the New Mexico Department of Health definitions of metropolitan counties, small metropolitan counties, mixed urban/rural, and rural counties and list of counties, visit: New Mexico Maps at ibis.health.state.nm.us/resource/CHA_Resources.html.

Figure 2

Sexual orientation by county type among NM students, grades 9–12, 2015

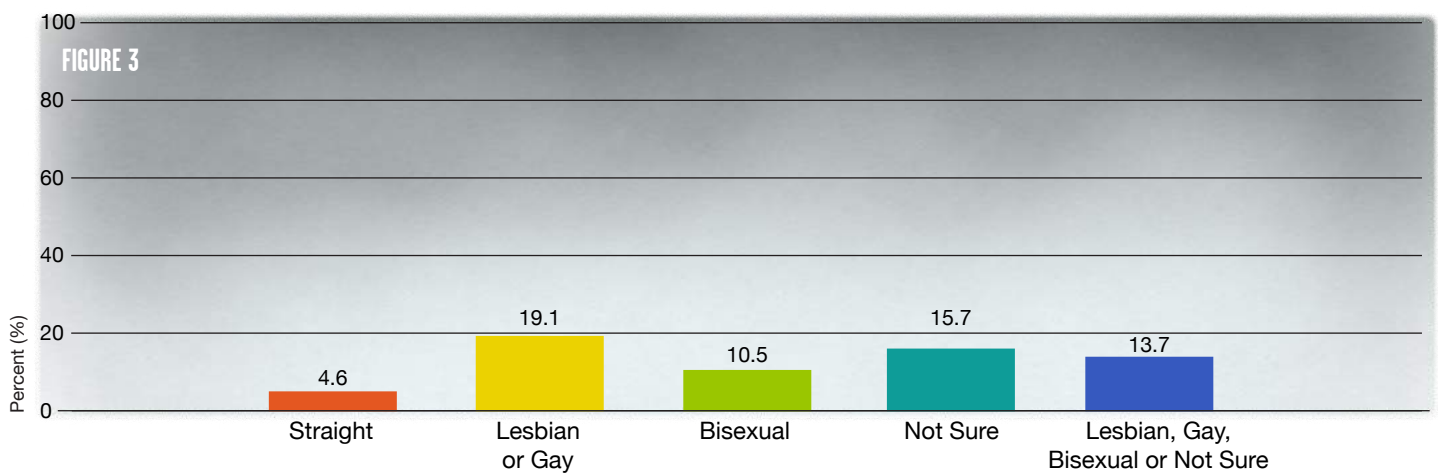


Introduction (cont.)

Lesbian, gay, bisexual, and not sure students are significantly more likely to be living in unstable housing. Unstable housing is defined as a student living in any living situation that is not at the home of their parent or guardian. For example, living on the street, in a shelter, another person's home, or in a vehicle. In 2015, lesbian and gay youth were more than four times as likely to be living in unstable housing than straight students, bisexual youth were more than twice as likely, and youth who are not sure about their sexual orientation are more than three times as likely. Unstable housing can put youth at risk for a variety of adverse conditions ranging from poor nutrition and sleep deprivation to substance use and assault (www.cdc.gov/features/homelessness).

Figure 3

Sexual orientation by unstable housing among NM students, grades 9–12, 2015

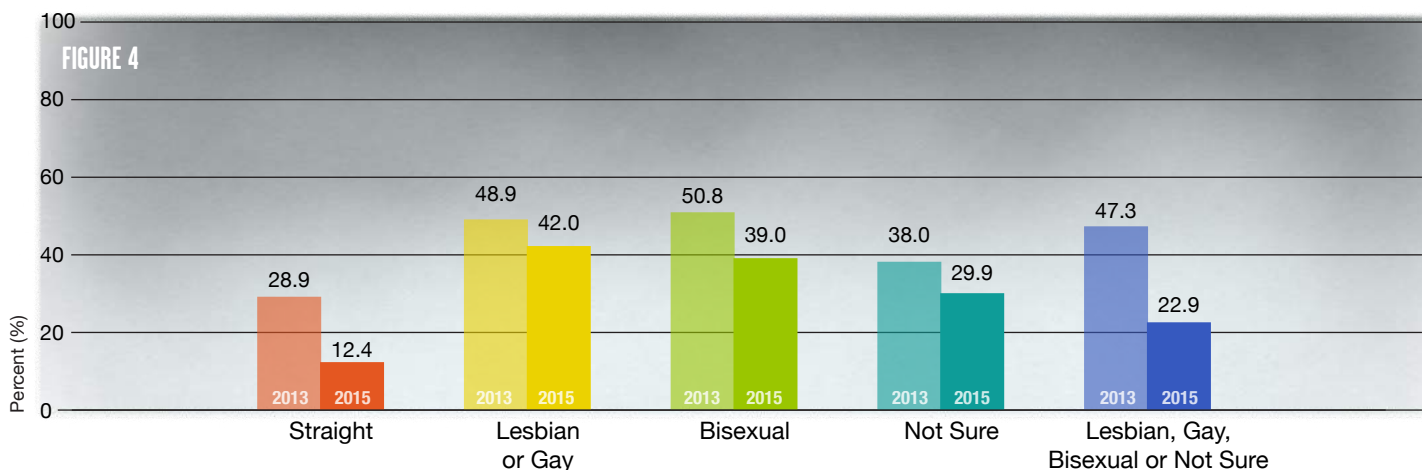


Excessive Alcohol Use

New Mexico has the highest alcohol-related death rate in the nation.¹ Nationally, youth aged 12–20 years drink 11% of all alcohol consumed, and more than 90% of this alcohol is consumed in the form of binge drinks (5+ drinks on an occasion).² Binge drinking is strongly associated with the three leading causes of death among youth aged 15–19 years: unintentional injury, suicide, and homicide.³

Figure 4

Prevalence of current drinking by sexual orientation among NM students, grades 9–12, 2015



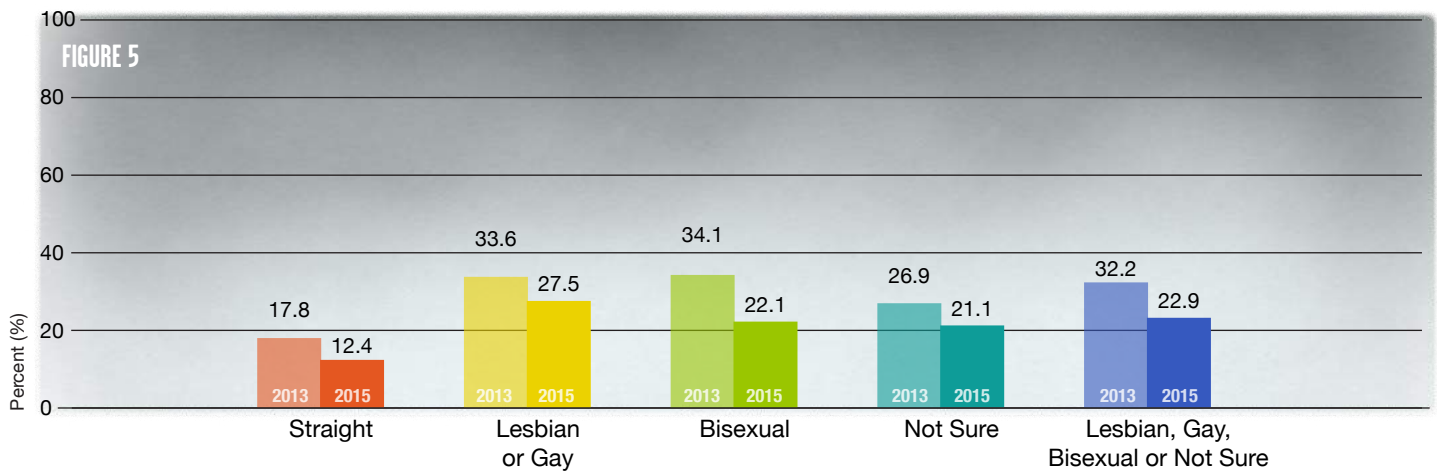
Any alcohol consumption among youth is associated with an increased risk of alcohol-related harm (www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm). Nationally, lesbian, gay, and bisexual people consistently have higher rates of drinking and excessive drinking.⁴ In New Mexico, lesbian, gay, bisexual, and not sure youth were more likely to drink alcohol than straight youth in both 2013 and 2015. Lesbian and gay students had the highest rates of current drinking. For example, in 2015, lesbian and gay youth were more than three times as likely to drink as straight youth.

Similarly, lesbian, gay, bisexual, and not sure youth were 50% more likely to binge drink than straight students. Lesbian and gay students had the highest rates, followed by bisexual students, and then not sure students. This means that lesbian, gay, bisexual, and not sure youth in New Mexico are likely at higher risk for many of the health outcomes associated with risky drinking, including changes in brain development and disruption of normal growth.³

Alcohol use and binge drinking rates were slightly lower in 2015 compared to 2013. Alcohol use among youth in New Mexico has declined in general.⁵ Although alcohol consumption and binge drinking are high among lesbian, gay, bisexual, and not sure youth in New Mexico, it is promising that these indicators decreased between 2013 and 2015.

Figure 5

Prevalence of binge drinking by sexual orientation among NM students, grades 9–12, 2015



There are many different pathways that may lead to excessive drinking among lesbian, gay, bisexual, and not sure youth. Homophobic victimization (e.g. name-calling) and unsafe school climates increase negative health outcomes, and parental support plays an important role in decreasing negative health outcomes among lesbian, gay, bisexual, and not sure youth.^{6,7} For example, a national study of YRBS data found that youth who lived in jurisdictions with more affirmative LGBTQ school climates had fewer binge drinking days, and this held true not only for lesbian/gay students, but also for straight students.⁸

Mental Health

The Global Burden of Disease Study shows that mental health disorders make up the highest burden of disease in the US.⁹ Most people who feel hopeless have depression, and untreated depression is a primary cause for suicide (www.suicide.org). In New Mexico, suicide was the second leading cause of death for youth aged 15–24 years in 2015.¹⁰

Figure 6

Feelings of sadness or hopelessness by sexual orientation among NM students, grades 9–12, 2015

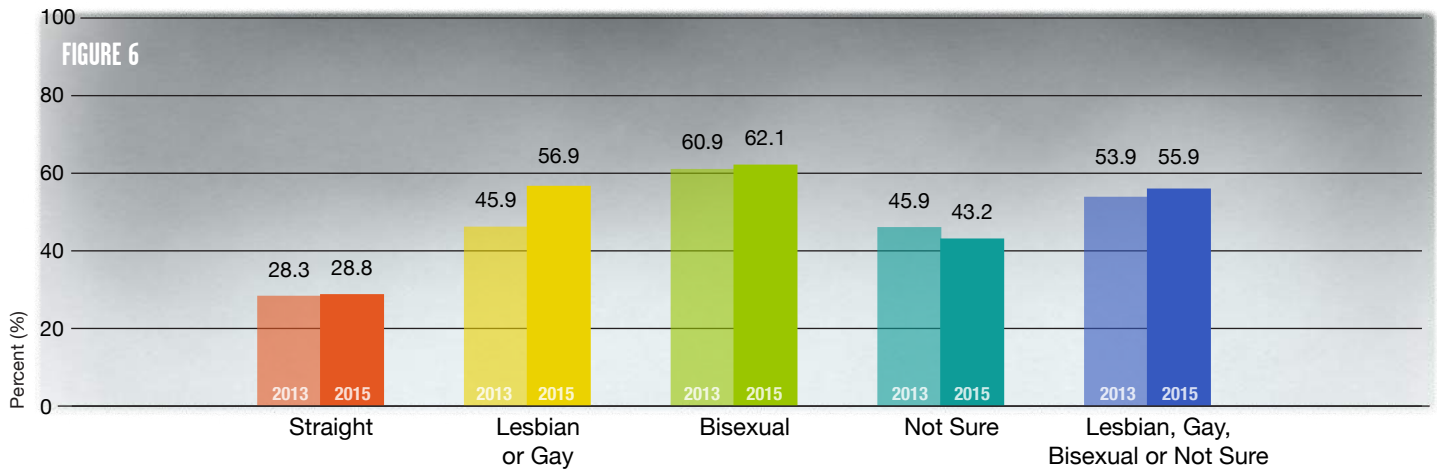
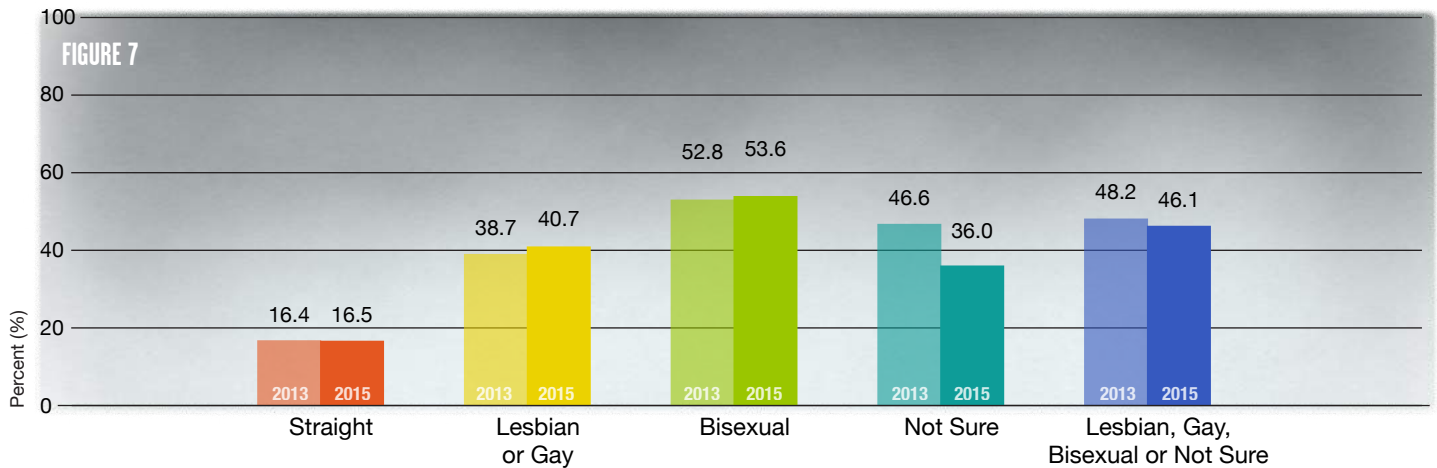


Figure 7

Prevalence of non-suicidal self injury by sexual orientation among NM students, grades 9–12, 2015



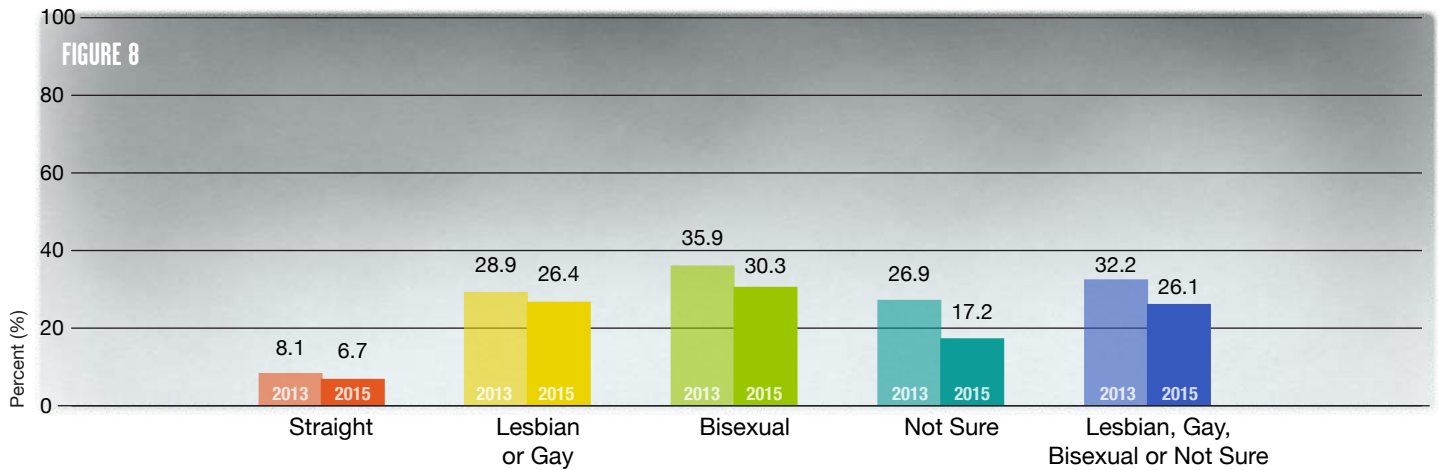
More than half of lesbian, gay, bisexual, and not sure youth reported feeling sad or hopeless every day for at least two weeks in the past year, compared to less than a third of straight youth.

Mental Health *(cont.)*

Non-suicidal self-injury, which includes cutting or burning, is typically used to cope with anger, depression, and mixed emotional states. Although distinct from suicidal behavior, non-suicidal self-injury frequently occurs in adolescents who, at other times, have contemplated or attempted suicide. As a result, there is a significant risk of suicide and suicide attempts among teens that engage in non-suicidal self-injury. Bisexual youth had the highest rate of non-suicidal self-injury in both 2013 and 2015.

Figure 8

Suicide Attempts by sexual orientation among NM students, grades 9–12, 2015



Bisexual youth were also most likely to have attempted suicide in the past year. In 2015, bisexual youth were four times more likely to have attempted suicide than straight students. More than one in four lesbian or gay youth have attempted suicide, and more than one in six not sure students have attempted suicide in the past year.

Substance Use

Substance use is an important public health concern in New Mexico. New Mexico had the second highest overdose death rate in 2014 and the eighth highest drug overdose death rate in the nation in 2015.¹¹ Although youth had much lower rates of drug overdose death than adults in New Mexico,¹² youth in New Mexico have generally had much higher rates of substance use than youth nationally.¹³

Figure 9

Prevalence of heroin use by sexual orientation among NM students, grades 9–12, 2015

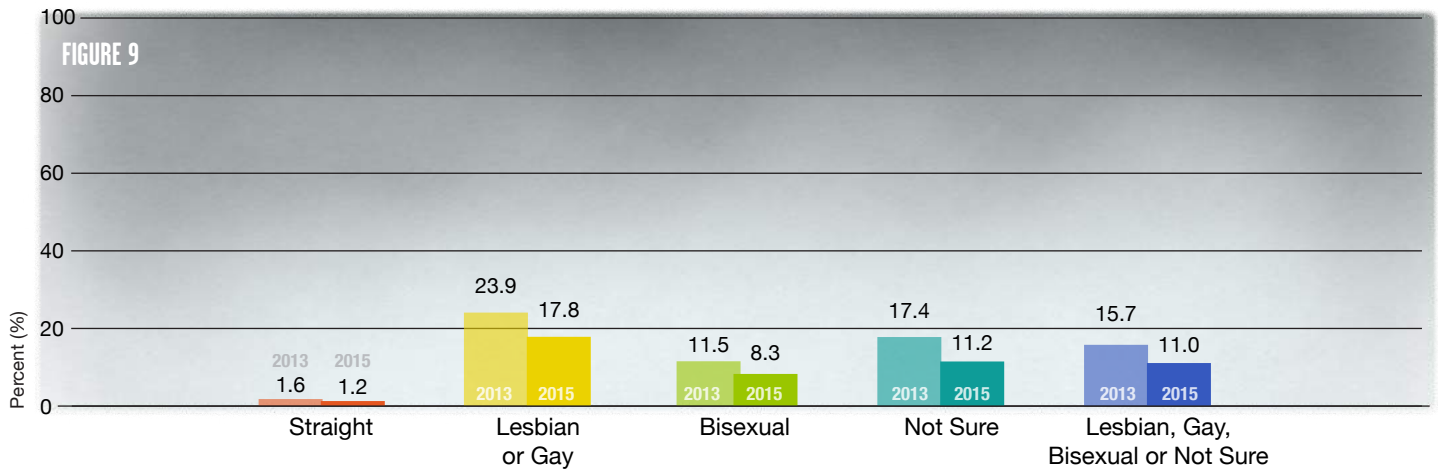
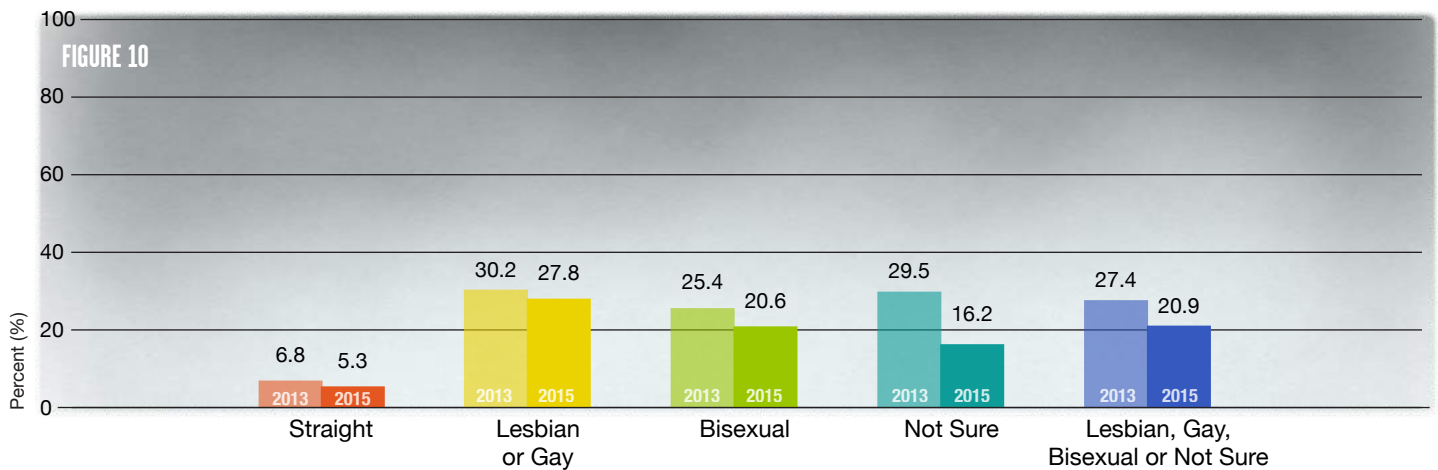


Figure 10

Using pain killers to get high by sexual orientation among NM students, grades 9–12, 2015

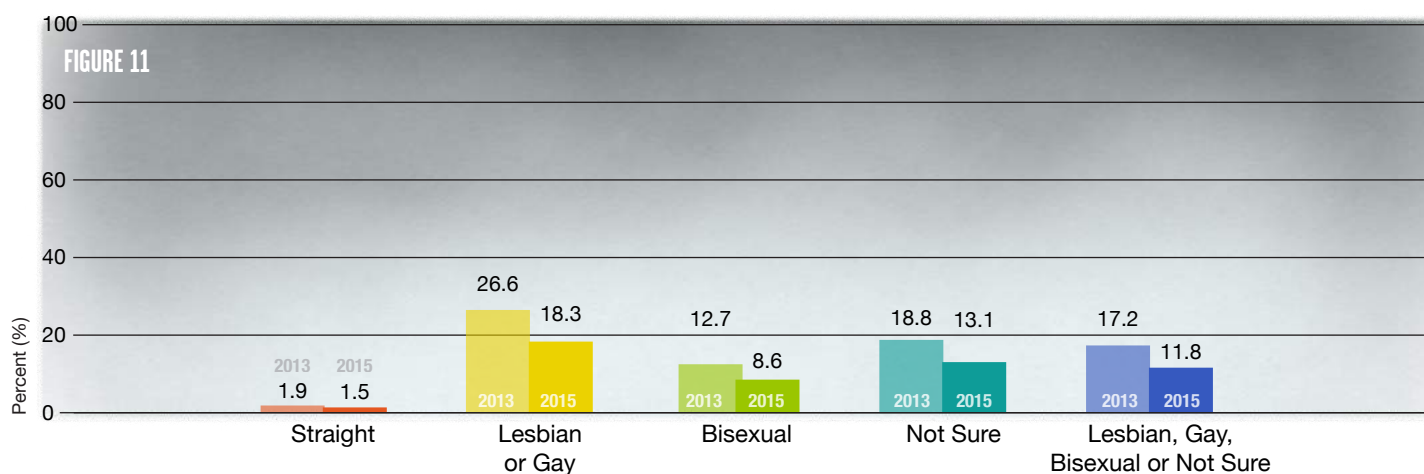


Substance Use *(cont.)*

Lesbian, gay, bisexual and not sure youth were nine times more likely to use heroin and nearly four times more likely to use pain killers (e.g., oxycodone) to get high than straight students. To put this in a different light: In 2015, 62.3% of current heroin users identified as lesbian, gay, bisexual, or not sure. Lesbian, gay, bisexual and not sure youth who have ever been forced to have intercourse were more likely to use heroin (17.7%) compared to lesbian, gay, bisexual, and not sure youth who had not been forced to have intercourse (9.4%). Similarly, lesbian, gay, bisexual, and not sure youth who lived in unstable housing were more likely to use heroin (53.2%) compared to lesbian, gay, bisexual, and not sure youth who lived in stable housing (4.5%).

Figure 11

Methamphetamine use by sexual orientation among NM students, grades 9–12, 2015



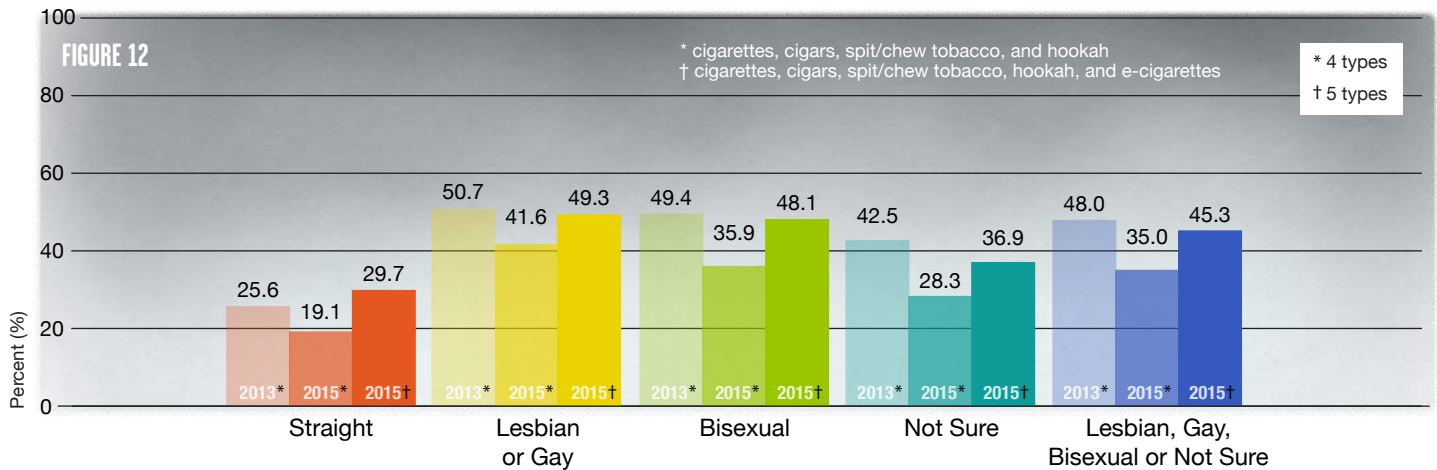
Emergency department visits for amphetamines (including methamphetamines) in New Mexico nearly tripled from 19.1 visits per 100,000 population in 2010 to 56.1 visits per 100,000 population in 2014.¹⁴ Lesbian and gay youth were the most likely to report current methamphetamine use and were 12 times more likely to use methamphetamine than straight youth.

Tobacco Use

Tobacco use is the leading cause of preventable death in the United States¹ and is primarily started and established during adolescence.^{16,17} Nationally, nearly 9 out of 10 cigarette smokers first tried smoking by age 18.^{15,17} Each day in the United States, an average of more than 3,200 youth aged 18 years or younger smoke their first cigarette.¹⁷

Figure 12

Prevalence of any tobacco use by sexual orientation among NM students, grades 9–12, 2015



Cigarette smoking has declined among youth in the United States in recent years, but other tobacco product use has increased.¹⁸ In 2013, the NM-YRRS measured four types of tobacco use among youth: cigarettes, cigars, spit/chew tobacco, and hookah. Use of any of these four tobacco products decreased between 2013 and 2015. However, in 2015, the NM-YRRS began measuring e-cigarette use. Of the tobacco products measured, e-cigarettes were the most commonly used, and this addition had a profound impact on the measurement of any tobacco use.

In 2015, nearly half (45.3%) of lesbian, gay, bisexual and not sure youth used at least one of the five tobacco products measured, compared to less than a third (29.7%) of straight students. Lesbian, gay, bisexual, and not sure youth were more than twice as likely to be current cigarette smokers as straight youth. One in three lesbian, gay, bisexual, and not sure youth used electronic cigarettes, compared to one in five straight youth.

Figure 13

Current cigarette smoking by sexual orientation among NM students, grades 9–12, 2015

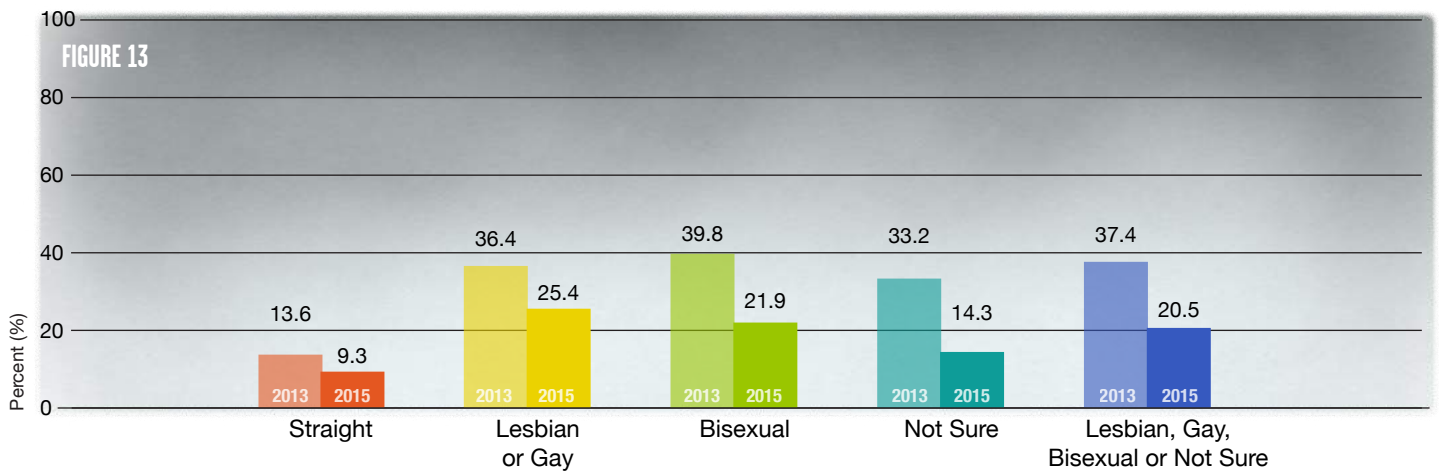
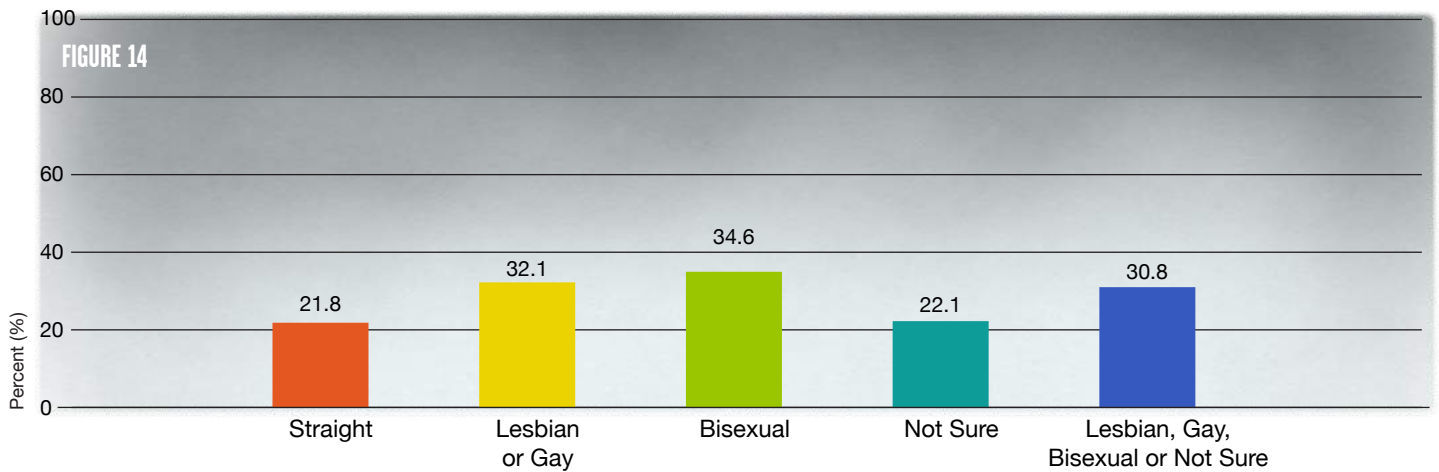


Figure 14

Current electronic cigarette use by sexual orientation among NM students, grades 9–12, 2015

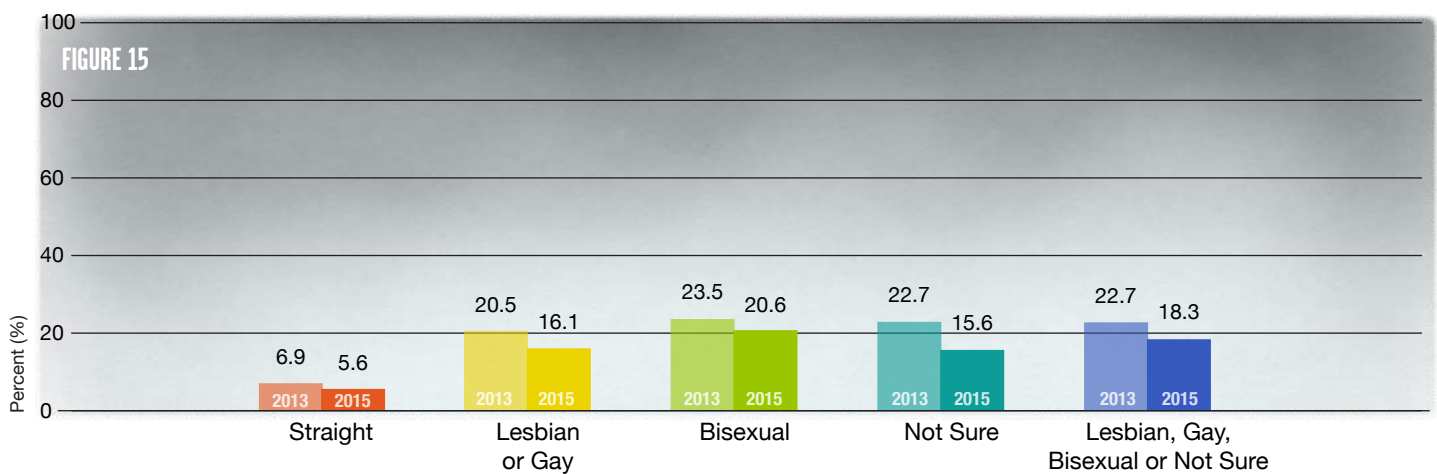


Violence

LGBTQ students face higher rates of violence in and out of school than their straight counterparts. Data from a 2015 national school climate survey indicate that 59.6% of LGBTQ students were sexually harassed at school in the past year, 57.6% felt unsafe, 85.2% were verbally harassed, and 13% were physically assaulted because of their sexual orientation at school. A total of 31.8% of LGBTQ students missed at least one day of school in the past month, over a third avoided gender-segregated spaces, and most reported avoiding school functions and extracurricular activities because they felt unsafe or uncomfortable. A total of 66.2% of LGBTQ students reported personally experiencing LGBT-related discriminatory policies or practices at school.¹⁹

Figure 15

Forced to have sex by sexual orientation among NM students, grades 9–12, 2015



In 2015, lesbian, gay, bisexual and not sure youth in New Mexico were three times more likely to have been forced to have sex or experienced physical dating violence and twice as likely to be bullied at school than straight youth. Research has consistently demonstrated links between experiencing violence as a child and suicide risk, mental health, and substance abuse. For example, sexual assault has been found to be associated with suicide ideation and attempts, and with stress, depression, post-traumatic stress disorder, anxiety disorders, and chronic major depression.²⁰ Youth with a history of forced sex report lower emotional well-being and self-esteem and feelings of sadness or hopelessness, and higher rates of alcohol abuse, cigarette use, and drug abuse.²¹ It has been theorized that the stress, anxiety, and depression associated with sexual assault increase the likelihood of substance abuse.²² School-based supports, including the presence of supportive educators, anti-LGBT harassment policies, and the presence of a curriculum that includes positive representations of LGBT people, have shown promise to reduce violence and improve outcomes for LGBT youth.²³

Figure 16

Physical dating violence by sexual orientation among NM students, grades 9–12, 2015

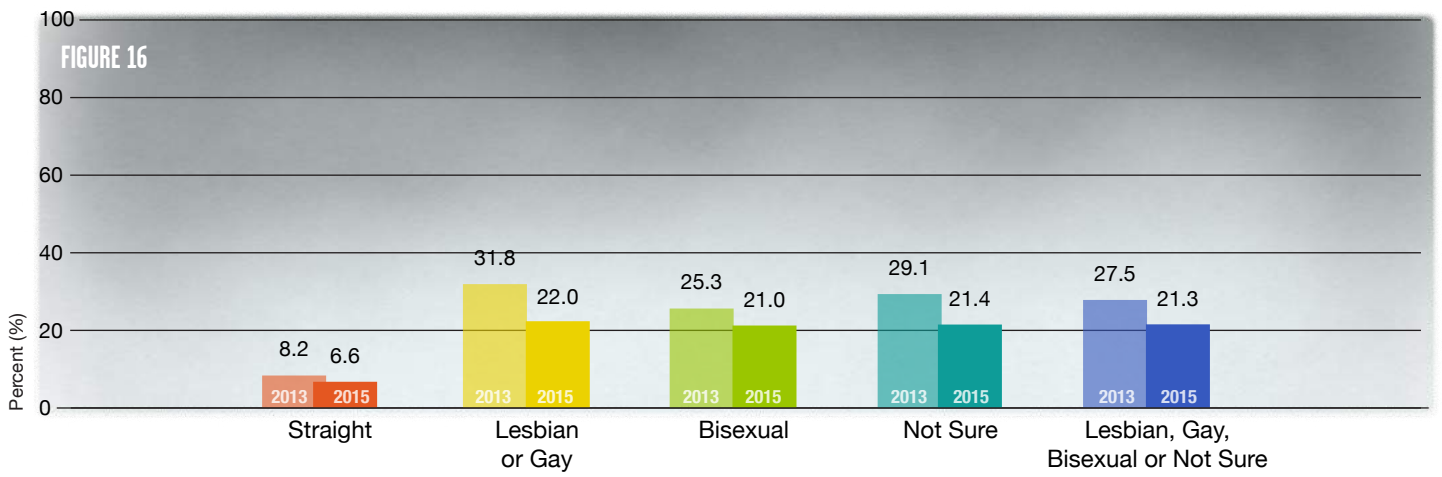
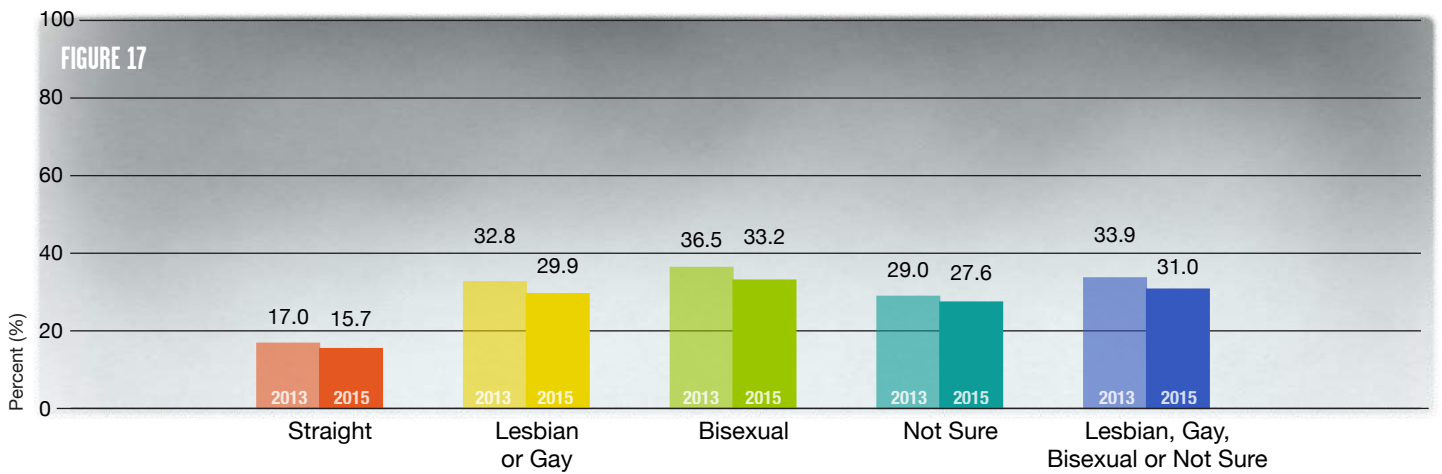


Figure 17

Bullied on school property by sexual orientation among NM students, grades 9–12, 2015





Notes

Alcohol Use

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Data Tables

Table 1
Characteristics by sexual orientation

	Straight	Lesbian or Gay	Bisexual	Not Sure	LGBQ
Gender					
Female	46.8 [45.1, 48.6]	43.1 [37.0, 49.5]	74.8 [71.1, 78.1]	58.0 [52.2, 63.6]	63.8 [60.5, 66.9]
Male	53.2 [51.4, 54.9]	56.9 [50.6, 63.0]	25.2 [21.9, 28.9]	42.0 [36.4, 47.8]	36.2 [33.1, 39.6]
Grade					
9th	29.5 [25.6, 33.8]	22.9 [17.4, 29.5]	29.8 [24.8, 35.3]	30.4 [24.5, 37.1]	28.6 [24.3, 33.2]
10th	27.1 [23.7, 30.7]	29.2 [23.1, 36.0]	28.8 [24.3, 33.9]	24.2 [19.8, 29.2]	27.6 [23.7, 32.0]
11th	22.8 [19.8, 26.1]	26.1 [20.6, 32.5]	22.5 [18.3, 27.3]	27.0 [21.3, 33.6]	24.4 [20.7, 28.6]
12th	20.7 [17.6, 24.1]	21.9 [16.6, 28.3]	18.9 [15.6, 22.8]	18.4 [13.8, 24.1]	19.4 [16.2, 23.1]
Race/Ethnicity					
American Indian/Alaska Native	11.9 [9.6, 14.7]	11.0 [7.7, 15.7]	17.1 [13.6, 21.4]	15.7 [11.4, 21.4]	15.5 [12.7, 18.8]
Asian/Pacific Islander	2.2 [1.8, 2.8]	4.5 [2.3, 8.5]	1.2 [0.6, 2.2]	4.9 [3.0, 7.7]	2.9 [2.0, 4.1]
Black/African American	2.6 [2.2, 3.1]	3.5 [1.6, 7.5]	2.8 [1.7, 4.5]	3.3 [1.7, 6.1]	3.1 [2.2, 4.3]
Hispanic	59.8 [57.3, 62.4]	65.5 [59.0, 71.4]	57.1 [52.5, 61.6]	52.1 [46.0, 58.2]	57.5 [53.5, 61.3]
White	23.4 [21.3, 25.7]	15.5 [11.4, 20.6]	21.8 [18.1, 26.0]	24.0 [19.3, 29.4]	21.1 [18.0, 24.5]
Parents' Education					
Did not graduate high school	21.4 [19.4, 23.5]	23.6 [18.4, 29.9]	22.7 [19.3, 26.5]	18.1 [14.0, 23.0]	21.7 [18.9, 24.8]
High school/ged graduate	51.9 [50.3, 53.6]	53.2 [46.8, 59.5]	54.3 [50.4, 58.2]	48.5 [42.7, 54.4]	52.6 [49.6, 55.6]
Post-secondary	26.7 [24.0, 29.7]	23.2 [18.1, 29.2]	23.0 [19.2, 27.3]	33.4 [27.3, 40.2]	25.7 [22.5, 29.2]
Other Demographics					
Unstable housing	4.6 [4.0, 5.3]	19.1 [14.4, 24.8]	10.5 [8.3, 13.1]	15.7 [12.1, 20.1]	13.7 [11.6, 16.0]
Physical disability or long-term health problem	10.1 [9.3, 10.9]	20.2 [15.8, 25.4]	17.6 [14.6, 21.0]	14.6 [11.2, 18.7]	17.3 [15.2, 19.6]

Table 2
County of residence by sexual orientation

	Straight	Lesbian or Gay	Bisexual	Not Sure	LGBQ
Metropolitan county	42.6 [38.1, 47.1]	42.9 [35.1, 51.1]	41.4 [34.2, 48.9]	41.5 [33.6, 49.7]	41.7 [35.3, 48.4]
Small metropolitan county	25.2 [22.3, 28.4]	31.2 [24.1, 39.3]	31.7 [24.2, 40.2]	24.1 [18.1, 31.2]	29.5 [23.2, 36.7]
Mixed urban/rural county	28.8 [26.3, 31.5]	23.6 [18.3, 29.7]	23.7 [19.9, 27.9]	31.8 [25.9, 38.3]	25.9 [22.2, 29.9]
Rural county	3.4 [2.9, 4.0]	2.3 [1.5, 3.5]	3.3 [2.4, 4.6]	2.7 [1.9, 4.0]	3.0 [2.2, 4.0]

Table 3
Academics by sexual orientation

	Straight	Lesbian or Gay	Bisexual	Not Sure	LGBQ
Grades are mostly A's or B's	72.6 [70.5, 74.5]	64.7 [58.3, 70.6]	62.6 [58.2, 66.7]	60.1 [53.9, 66.0]	62.3 [58.8, 65.7]
Grades are mostly D's or F's	5.9 [5.2, 6.6]	14.2 [9.8, 20.0]	10.5 [8.2, 13.3]	10.7 [7.8, 14.5]	11.3 [9.3, 13.6]
Skipped school once a week or more in the last 30 days	13.3 [12.1, 14.6]	24.8 [19.5, 31.0]	20.6 [17.4, 24.2]	18.4 [14.5, 23.1]	20.9 [18.3, 23.7]

Table 4
Alcohol use by sexual orientation

	Straight	Lesbian or Gay	Bisexual	Not Sure	LGBQ
Current drinking	23.3 [21.9, 24.8]	42.0 [35.0, 49.3]	39.0 [34.9, 43.3]	29.9 [25.1, 35.2]	37.1 [34.0, 40.3]
Binge drinking	12.4 [11.3, 13.5]	27.5 [21.8, 34.0]	22.1 [19.0, 25.6]	21.1 [16.8, 26.2]	22.9 [20.4, 25.6]
First drink before age 13	17.7 [16.8, 18.8]	31.3 [25.9, 37.2]	30.0 [26.7, 33.5]	24.4 [20.4, 28.8]	28.7 [26.5, 31.1]
Rode with a drinking driver	18.0 [17.0, 19.0]	31.5 [26.0, 37.6]	26.0 [22.9, 29.4]	29.2 [24.4, 34.5]	28.0 [25.5, 30.6]
Drinking and driving	6.2 [5.4, 7.1]	14.9 [9.7, 22.0]	12.5 [9.5, 16.3]	19.8 [14.3, 26.8]	14.9 [12.5, 17.7]

Data Tables (cont.)

Table 5
Substance use by sexual orientation

	Straight	Lesbian or Gay	Bisexual	Not Sure	LGBQ
Current (past 30 days) marijuana use	22.3 [20.9, 23.9]	35.1 [29.4, 41.1]	41.2 [37.1, 45.4]	31.5 [26.5, 37.0]	37.3 [34.1, 40.6]
Current (past 30 days) cocaine use	3.0 [2.6, 3.6]	19.4 [14.4, 25.7]	10.1 [7.8, 13.0]	13.9 [10.3, 18.5]	13.0 [10.8, 15.6]
Current (past 30 days) heroin use	1.2 [0.9, 1.5]	17.8 [13.3, 23.4]	8.3 [6.2, 11.0]	11.2 [8.1, 15.4]	11.0 [9.0, 13.4]
Current (past 30 days) methamphetamine use	1.5 [1.2, 2.0]	18.3 [13.8, 23.9]	8.6 [6.5, 11.2]	13.1 [9.5, 17.8]	11.8 [9.7, 14.3]
Pain killer use to get high (past 30 days)	5.3 [4.6, 6.0]	27.8 [22.5, 33.9]	20.6 [17.5, 24.2]	16.2 [12.2, 21.2]	20.9 [18.3, 23.8]
Ever injected drugs	1.5 [1.2, 1.9]	17.5 [13.1, 23.0]	9.1 [7.1, 11.7]	12.5 [9.2, 16.8]	11.8 [9.9, 14.0]

Table 6
Violence by sexual orientation

	Straight	Lesbian or Gay	Bisexual	Not Sure	LGBQ
Ever forced to have sexual intercourse	5.6 [5.0, 6.2]	16.1 [12.1, 21.0]	20.6 [17.2, 24.5]	15.6 [11.5, 20.8]	18.3 [15.9, 20.9]
Physical dating violence, among youth who dated (past 12 months)	6.6 [5.9, 7.4]	22.0 [15.9, 29.7]	21.0 [17.4, 25.0]	21.4 [16.1, 28.0]	21.3 [18.3, 24.6]
Sexual dating violence, among youth who dated (past 12 months)	7.8 [7.0, 8.7]	19.5 [13.8, 26.7]	22.0 [18.6, 25.9]	25.3 [18.7, 33.3]	22.3 [19.5, 25.4]
Bullied on school property (past 12 months)	15.7 [14.8, 16.7]	29.9 [24.1, 36.4]	33.2 [30.1, 36.6]	27.6 [23.2, 32.6]	31 [28.4, 33.7]
Electronically bullied (past 12 months)	11.2 [10.4, 12.1]	24.5 [19.5, 30.3]	29.0 [25.9, 32.3]	23.5 [19.6, 27.8]	26.6 [24.3, 29.0]

Table 7
Mental health by sexual orientation

	Straight	Lesbian or Gay	Bisexual	Not Sure	LGBQ
Non-suicidal self injury (past 12 months)	16.5 [15.6, 17.6]	40.7 [35.0, 46.7]	53.6 [49.9, 57.2]	36.0 [31.1, 41.3]	46.1 [43.5, 48.9]
Feelings of sadness or hopelessness (past 12 months)	28.8 [27.6, 30.0]	56.9 [51.6, 62.1]	62.1 [58.1, 66.1]	43.2 [37.7, 48.8]	55.9 [52.7, 59.0]
Seriously considered suicide (past 12 months)	12.4 [11.6, 13.3]	40.1 [34.6, 45.8]	43.4 [39.3, 47.6]	27.1 [22.4, 32.3]	38.3 [35.4, 41.2]
Suicide plan (past 12 months)	11.2 [10.4, 12.0]	32.8 [27.4, 38.7]	38.9 [34.6, 43.4]	22.3 [18.3, 26.9]	33.1 [30.2, 36.2]
Suicide attempt (past 12 months)	6.7 [6.0, 7.4]	26.4 [21.2, 32.3]	30.3 [26.5, 34.3]	17.2 [13.5, 21.7]	26.1 [23.6, 28.7]
Injured in a suicide attempt (past 12 months)	2.0 [1.6, 2.4]	12.8 [9.1, 17.5]	11.3 [9.1, 13.9]	6.8 [4.4, 10.4]	10.4 [8.9, 12.2]

Table 8
Sexual health by sexual orientation

	Straight	Lesbian or Gay	Bisexual	Not Sure	LGBQ
Never had sexual contact	53.1 [51.1, 55.1]	27.7 [21.3, 35.2]	33.8 [29.5, 38.4]	50.4 [44.0, 56.8]	37.0 [33.7, 40.4]
Opposite sex only sexual contact	45.0 [43.0, 47.0]	9.4 [6.2, 14.1]	23.7 [20.5, 27.1]	23.9 [18.6, 30.1]	20.9 [18.4, 23.6]
Same sex only sexual contact	0.8 [0.6, 1.0]	49.7 [42.6, 56.7]	6.8 [5.1, 8.9]	6.8 [4.3, 10.5]	15.3 [13.2, 17.6]
Sexual contact with both sexes	1.2 [0.9, 1.5]	13.2 [9.7, 17.8]	35.8 [31.9, 39.8]	19.0 [14.9, 23.8]	26.9 [24.0, 30.0]
Used alcohol or drugs during sex, among sexually active students	18.4 [16.3, 20.8]	17.2 [9.6, 28.9]	22.6 [16.9, 29.4]	35.0 [23.6, 48.3]	23.9 [19.4, 29.2]
Used a condom at last sexual intercourse, among sexually active students (boys with any contact, girls with any opposite sex contact)	54.9 [52.2, 57.7]	34.7 [21.4, 50.9]	40.9 [33.3, 49.0]	45.4 [32.9, 58.5]	41.0 [35.2, 47.2]
Used highly effective birth control at last sexual encounter, among sexually active students with any opposite sex contact	27.8 [25.4, 30.3]	*	32.8 [25.8, 40.7]	26.3 [16.5, 39.2]	29.9 [24.0, 36.5]
Ever tested for HIV, among sexually active students	17.1 [15.3, 19.0]	22.8 [15.2, 32.8]	23.8 [19.1, 29.3]	19.2 [11.7, 29.9]	22.8 [18.9, 27.2]

* Estimate suppressed due to small sample size

Table 9
Physical activity and nutrition by sexual orientation

	Straight	Lesbian or Gay	Bisexual	Not Sure	LGBQ
Obese (≥ 85th percentile)	14.7 [13.7, 15.8]	22.0 [17.1, 27.8]	20.6 [17.2, 24.3]	20.4 [16.4, 25.1]	20.8 [18.4, 23.4]
Five or more servings of fruits or vegetables per day (past 7 days)	20.0 [19.0, 21.0]	27.6 [22.4, 33.4]	22.9 [20.0, 26.2]	27.4 [22.7, 32.5]	25.1 [22.7, 27.6]
Did not eat breakfast (past 7 days)	14.4 [13.5, 15.4]	21.9 [17.2, 27.4]	19.2 [16.3, 22.4]	16.9 [13.6, 20.8]	19.1 [17.0, 21.4]
Physically active 0 of past 7 days	13.9 [13.0, 14.9]	23.7 [18.4, 29.9]	18.1 [15.1, 21.6]	23.4 [18.9, 28.7]	20.7 [18.2, 23.5]
Three or more hours of screen time per day (on average school day)	56.7 [55.3, 58.0]	61.9 [55.9, 67.5]	64.3 [60.4, 67.9]	65.8 [60.4, 70.9]	64.2 [61.5, 66.8]

Data Tables (cont.)

Table 10
Safety by sexual orientation

	Straight	Lesbian or Gay	Bisexual	Not Sure	LGBQ
Never or rarely wore a bicycle helmet	83.4 [80.9, 85.6]	75.9 [68.5, 82.0]	82.3 [76.6, 86.9]	76.5 [69.8, 82.1]	79.5 [75.0, 83.3]
Never or rarely wore a seat belt	11.4 [10.4, 12.3]	13.5 [9.7, 18.5]	13.2 [11.1, 15.7]	13.0 [9.6, 17.4]	13.2 [11.5, 15.2]
Texted while driving (past 30 days)	38.1 [35.9, 40.3]	41.9 [34.3, 49.9]	34.8 [29.3, 40.6]	40.6 [33.5, 48.3]	37.9 [33.9, 42.1]
Physical fight on school property (past 12 months)	6.9 [6.2, 7.6]	10.4 [7.2, 14.9]	13.0 [10.7, 15.6]	14.3 [10.2, 19.8]	12.8 [11.0, 14.9]
Carried a gun (past 30 days)	7.3 [6.5, 8.2]	11.6 [8.3, 16.0]	7.6 [5.9, 9.7]	11.8 [8.4, 16.3]	9.5 [7.9, 11.4]
Weapon on school property (past 30 days)	4.1 [3.6, 4.7]	10.7 [6.8, 16.4]	8.8 [7.0, 11.1]	9.0 [6.2, 12.8]	9.2 [7.6, 11.2]
Skipped school because of safety concerns (past 30 days)	5.6 [4.9, 6.3]	20.2 [15.9, 25.3]	13.3 [11.1, 15.9]	17.4 [13.6, 22.0]	15.8 [13.9, 18.0]

Table 11
Other health factors by sexual orientation

	Straight	Lesbian or Gay	Bisexual	Not Sure	LGBQ
Saw a dentist (past 12 months)	75.5 [73.9, 77.0]	61.5 [54.9, 67.7]	68.7 [64.7, 72.5]	57.7 [52.6, 62.7]	64.3 [61.4, 67.1]
Current asthma	11.3 [10.6, 12.0]	17.4 [13.0, 23.0]	18.0 [15.2, 21.2]	15.6 [11.9, 20.2]	17.2 [15.3, 19.4]
Less than eight hours of sleep per night (on average)	67.5 [66.1, 68.8]	73.8 [67.9, 78.9]	76.7 [73.3, 79.8]	75.1 [70.5, 79.3]	75.7 [73.1, 78.1]

Table 12

Resiliency factors (percent reporting that the factor is “pretty much true” or “very much true”) by sexual orientation

	Straight	Lesbian or Gay	Bisexual	Not Sure	LGBQ
A parent is interested in my school work	76.2 [74.9, 77.4]	67.4 [60.9, 73.4]	63.6 [59.4, 67.6]	68.2 [62.9, 73.1]	65.6 [62.6, 68.6]
A parent believes i will be a success	87.6 [86.6, 88.5]	71.9 [65.4, 77.6]	77.1 [73.4, 80.4]	76.7 [71.8, 80.9]	75.9 [73.2, 78.4]
A teacher listens to me	71.1 [69.6, 72.5]	68.5 [62.6, 73.9]	62.6 [58.6, 66.5]	62.3 [56.3, 68.0]	63.8 [60.5, 66.9]
A teacher believes i will be a success	77.5 [76.1, 78.9]	68.1 [61.5, 74.1]	68.4 [64.6, 71.9]	67.2 [61.9, 72.0]	68.0 [64.9, 71.0]
An adult in the community cares about me	83.5 [82.5, 84.5]	74.0 [67.6, 79.6]	74.3 [70.9, 77.3]	71.3 [66.1, 75.9]	73.4 [70.8, 75.9]
An adult in the community tells me when i do a good job	76.0 [74.6, 77.3]	62.5 [56.4, 68.3]	65.4 [61.5, 69.2]	62.0 [56.7, 67.0]	63.9 [61.1, 66.7]
A friend cares about me	83.1 [81.9, 84.3]	73.0 [66.7, 78.5]	80.5 [77.2, 83.5]	69.5 [63.4, 75.0]	76.0 [73.3, 78.5]
A friend helps me when i’m having a hard time	79.3 [78.0, 80.4]	71.4 [64.8, 77.1]	75.7 [72.1, 79.0]	70.6 [65.1, 75.5]	73.4 [70.7, 76.1]
Parent/guardian knows where i am	85.8 [84.8, 86.8]	73.4 [66.2, 79.5]	78.7 [75.6, 81.5]	79.1 [74.1, 83.4]	77.7 [74.7, 80.4]
There are clear rules at school	85.0 [84.0, 86.1]	76.6 [69.9, 82.2]	79.6 [76.4, 82.4]	69.6 [64.0, 74.8]	76.3 [73.6, 78.8]
I plan for more school after high school	87.3 [86.1, 88.4]	79.0 [73.0, 84.0]	81.7 [78.5, 84.6]	78.8 [74.5, 82.6]	80.4 [77.9, 82.6]
Involved in sports, clubs, or other extra-curricular activities at school	60.7 [58.6, 62.7]	48.5 [42.0, 55.0]	49.8 [45.7, 54.0]	50.9 [44.6, 57.2]	49.8 [46.2, 53.5]
Part of group activities in the community	53.6 [51.8, 55.4]	37.1 [31.1, 43.5]	38.1 [34.1, 42.3]	41.1 [35.6, 46.8]	38.7 [35.4, 42.2]
Involved in music, art, literature, sports, hobby activities in the community	64.0 [62.2, 65.7]	59.7 [52.9, 66.1]	58.9 [55.0, 62.6]	59.1 [53.3, 64.5]	59.1 [55.6, 62.4]



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