

Healthy Choices, Healthy Students

2007 NEW MEXICO HIGH SCHOOL RESULTS

Highlights



The New Mexico High School Youth Risk and Resiliency Survey (YRRS) is a tool to assess the health risk behaviors and protective factors of New Mexico public high school students. The NM YRRS is a project of the New Mexico Department of Health (DOH) and Public Education Department (PED), with technical assistance from University of New Mexico Prevention Research Center and the Centers for Disease Control and Prevention, Division of Adolescent and School Health (CDC/DASH). The NM YRRS is a part of the Youth Risk Behavior Surveillance System (YRBS), coordinated by CDC/DASH. This report contains results from the 2007 NM High School YRRS.

KEY FINDINGS

Results from the 2007 NM High School YRRS demonstrate several positive trends in the risk behaviors of New Mexico youth. Risk behaviors that have decreased in prevalence since the 2003 and/or 2005 YRRS include:

- rarely or never wearing a seatbelt (11.9% in 2003; 8.9% in 2007)
- drinking and driving (19.1% in 2003; 12.5% in 2007)
- riding with a drinking driver (34.9% in 2003; 31.2% in 2007)
- attempting suicide with injury as a result (7.5% in 2003; 4.8% in 2007)
- ever smoking cigarettes (64.8% in 2003; 59.9% in 2007)
- smoking first cigarette before age 13 (24.7% in 2003; 18.0% in 2007)
- current* cigarette smoking (30.2% in 2003; 24.2% in 2007)
- cigarette smoking on school property (13.6% in 2003; 7.5% in 2007)
- current* use of any form of tobacco (34.0% in 2003; 30.2% in 2007)
- current* alcohol use (50.7% in 2003; 43.2% in 2007)
- binge drinking (35.4% in 2003; 27.4% in 2007)
- alcohol use before age 13 (35.8% in 2003; 30.7% in 2007)
- current* cocaine use (8.9% in 2003; 7.9% in 2005; 5.4% in 2007)
- current* methamphetamine use (7.3% in 2003; 4.4% in 2007)
- having been offered, sold or given drugs on school property (41.2% in 2003; 31.3% in 2007)
- television viewing 3 or more hours daily (34.2% in 2003; 27.9% in 2007)

*Throughout this report, the term "current use" refers to alcohol, tobacco, or other drug use within the 30 days immediately preceding survey administration.



KEY FINDINGS (cont.)

In addition, New Mexico high school students have higher rates of physical activity and lower rates of sedentary behaviors than the rest of the nation. In comparison to other US students (34.7%), a higher percentage of New Mexico high school students (43.6%) met the recommended levels of physical activity.

A smaller percentage of New Mexico high school students:

- had no days of at least 60 minutes of physical activity (NM 17.2%; US 24.9%).
- watched television for 3 or more hours daily (NM 27.9%; US 35.4%)
- spent 3 or more hours daily at a computer for non-school related activities (NM 18.7%; US 24.9%).

While the 2007 YRRS reveals positive trends in youth risk behavior, serious concerns persist. New Mexico high school students had among the highest rates in the nation for drug use, suicide ideation and attempts, and behaviors associated with violence. When compared to other states participating in the YRBS system, New Mexico had the highest rates of:

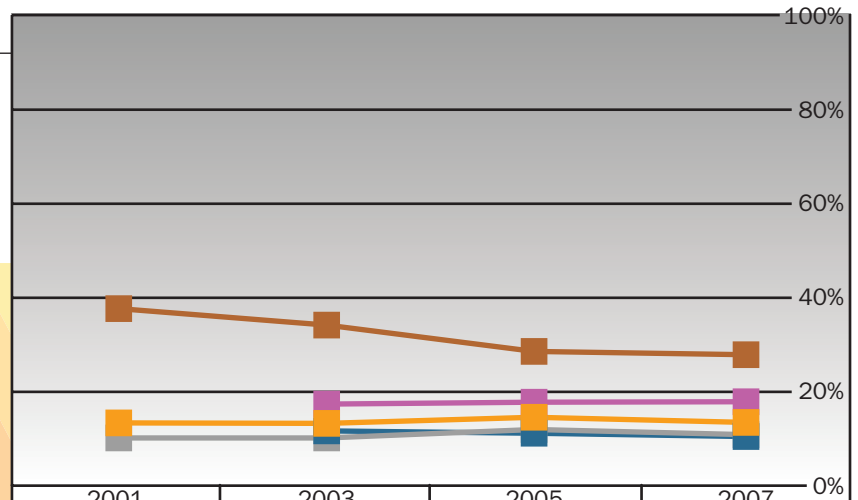
- using marijuana before age 13 (18.2%)
- carrying a weapon such as a gun, knife, or club within the past 30 days (27.5%)
- carrying a gun within the past 30 days (11.7%)
- physical fighting within the past 12 months (37.1%)
- skipping school because of safety concerns (9.0%)
- seriously considering suicide (19.3%)
- attempting suicide (14.3%)
- attempting suicide, resulting in an injury (4.8%)
- currently* using cigars, cigarillos, or little cigars (18.9%)
- using alcohol before age 13 (30.7%)

Of the 39 states participating in the YRBS system, New Mexico had among the five highest rates for current cocaine use, current marijuana use, lifetime heroin use, lifetime methamphetamine use, and lifetime injection drug use.

PHYSICAL ACTIVITY, NUTRITION, AND BODY WEIGHT

Figure 1

Trends in Physical Activity, Nutrition, Body Weight
Grades 9–12, 2001–2007



Body mass index (BMI) is calculated from self reported height and weight.

* Overweight: \geq 85th percentile and $<$ 95th percentile of BMI by age and sex, based on historical reference data.

† Obese: \geq 95th percentile of BMI by age and sex, based on historical reference data.

	2001	2003	2005	2007
Watched TV 3+ hours/day	37.7	34.2	28.6	27.9
5 servings of fruit or vegetable/day, past 7 days	17.4	17.8	17.9	17.9
Overweight*	13.4	13.3	14.6	13.5
Obese†	10.2	10.2	12.0	10.9
Sometimes/often not enough food to eat	11.7	11.2	11.2	10.5

See Table 1 (pp 8–9)
for more data

The percentage of New Mexico high school students watching television for 3 or more hours daily has decreased from 37.7% in 2001 to 28.6% in 2005 and 27.9% in 2007. There has been no other statistically significant change in measures of physical activity, nutrition, and body weight.

New Mexico high school students had higher rates of physical activity and lower rates of sedentary behavior than US students. More New Mexico high school students (43.6%) met recommended levels of physical activity than US students (34.7%). Boys (50.3%) were more likely to meet recommended levels of physical activity than girls (37.0%). There was no difference by race/ethnicity or grade level.

New Mexico high school students (17.2%) had a lower rate of sedentary behavior (no days with at least 1 hour of physical activity) than the rest of the nation (24.9%). Girls (20.4%) were more likely than boys (14.0%) to report sedentary behavior.

The prevalence of watching 3 or more hours of television daily was lower in New Mexico than in the rest of the US (27.9% vs. 35.4%), as it was for using a computer for 3 or more hours daily for non-school related purposes (18.7% vs. 24.9%). While there was no statistically significant

difference by gender for TV viewing, boys (23.3%) were more likely than girls (14.2%) to spend more than 3 hours daily at the computer. Hispanics (31.7%) were more likely than Whites* (20.7%) to watch 3 or more hours of TV every day.

While New Mexico appeared to have lower rates than the rest of the nation for obesity (10.9% vs. 13.0%) and overweight (13.5% vs. 15.8%), these differences were not statistically significant. Boys were more than 2.5 times more likely than girls to be obese (15.5% vs. 6.0%), while there was no detectable difference in overweight by gender. American Indians (15.2%) were more likely to be obese than Whites (7.3%).

Only 17.9% of New Mexico high school students consumed the recommended 5 or more daily servings of fruits and/or vegetables, and only 11.2% drank the recommended 3 glasses of milk daily. Boys (14.5%) were more likely than girls (7.7%) to drink at least 3 glasses of milk daily. 10.5% of students reported that their families sometimes or often did not have enough food to eat. This was more common among African American students (17.9%) than among Hispanics (9.0%) or Whites (8.1%), and was more common among American Indians (15.6%) than among Whites (8.1%).

*Throughout this report, the term “Whites” refers to Non-Hispanic Whites.

BEHAVIORS CONTRIBUTING TO UNINTENTIONAL INJURY

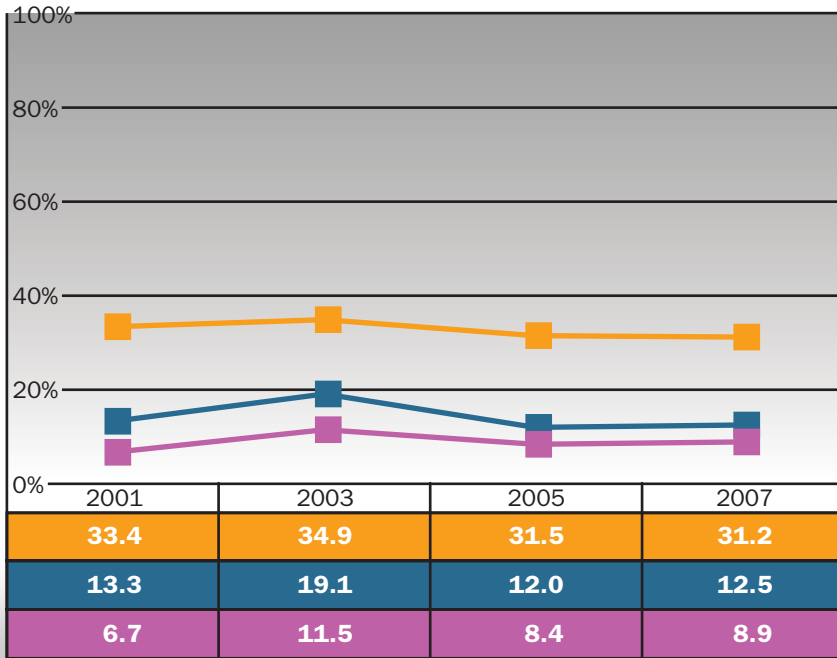


Figure 2

Trends in Behaviors Contributing to Unintentional Injury

Grades 9–12, 2001–2007

* Within the past 30 days

The percentage of youth reporting three important risk behaviors that contribute to unintentional injury has decreased since 2003: rarely or never wearing a seatbelt while riding in a car driven by someone else (11.5% in 2003 vs. 8.9% in 2007), riding with a drinking driver in the past 30 days (34.9% in 2003 vs. 31.2% in 2007), and drinking and driving in the past 30 days (19.1% in 2003 vs. 12.5% in 2007). For each of these measures, the decrease in the rate occurred largely between 2003 and 2005, while the 2007 rate remains similar to the 2005 rate.

Boys (11.3%) were more likely than girls (6.3%) to rarely or never wear a seatbelt. African Americans (19.4%) were more likely than either Hispanics (8.3%) or Whites (5.8%) to rarely or never wear a seatbelt, and American Indians (11.4%) were more likely than Whites (5.8%) to report the same.

12th graders (17.7%) had a higher prevalence of drinking and driving in the past 30 days than 9th graders (8.5%). A higher percentage of both African American (22.4%) and American Indian (16.4%) students reported drinking and driving than Hispanic (10.6%) or White (10.4%) students. There was no statistically significant difference in drinking and driving by gender.

There were no statistically significant differences by gender, grade level, or race/ethnicity for riding with a drinking driver within the past 30 days.

Of the 64.0% of students who had ridden a bicycle within the previous 12 months, 87.0% reported they rarely or never wore a helmet. Hispanics (93.5%) were more likely than Whites (78.8%) to rarely or never wear a bicycle helmet. There were no statistically significant differences by gender or grade level.

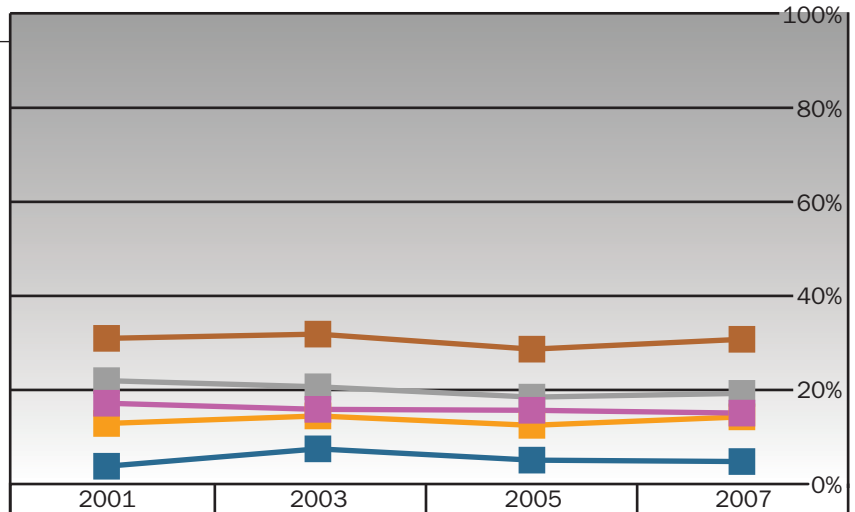
See Table 1 (pp 8–9) for more data

MENTAL HEALTH, SUICIDAL IDEATION, AND SUICIDE ATTEMPTS

Figure 3

Trends in Mental Health, Suicidal Ideation and Suicide Attempts

Grades 9–12, 2001–2007



* Within the past 12 months

† Felt so sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing some usual activities

	2001	2003	2005	2007
Persistent feelings of sadness or hopelessness * †	31.0	31.9	28.7	30.8
Seriously considered attempting suicide *	22.0	20.7	18.5	19.3
Made a suicide plan *	17.2	15.9	15.7	15.1
Attempted suicide *	12.9	14.5	12.5	14.3
Attempted suicide resulting in injury *	3.8	7.5	5.1	4.8

See Table 1 (pp 8–9) for more data

The prevalence of suicide attempts resulting in an injury that had to be treated by a doctor or a nurse decreased from 7.5% in 2003 to 5.1% in 2005 and to 4.8% in 2007. The decline in this measure from 2005 to 2007 was not statistically significant.

Among states participating in the YRBS, New Mexico had the highest rate of students seriously considering suicide in the past 12 months (19.3%), attempting suicide in the past 12 months (14.3%), and making a suicide attempt that resulted in an injury that had to be treated by a doctor or nurse in the past 12 months (4.8%).

Persistent feelings of sadness and hopelessness were reported by 30.8% of students. A higher percentage of girls (39.7%) than boys (21.8%) reported feelings of sadness and hopelessness. 19.3% of students reported seriously considering suicide within the past 12 months. Consider-

ing suicide was more common among girls (23.0%) than boys (15.4%). 15.1% of students made a suicide plan within the past 12 months. Girls (17.0%) were more likely than boys (13.%) to have made a suicide plan.

A suicide attempt within the past 12 months was reported by 14.3% of New Mexico high school students. American Indians (20.4%) were more likely than Whites (10.4%) to make a suicide attempt. 4.8% reported a suicide attempt resulting in an injury that had to be treated by a doctor or a nurse. There were no statistically significant differences by gender or race/ethnicity for suicide attempts resulting in injury.

BEHAVIORS ASSOCIATED WITH VIOLENCE

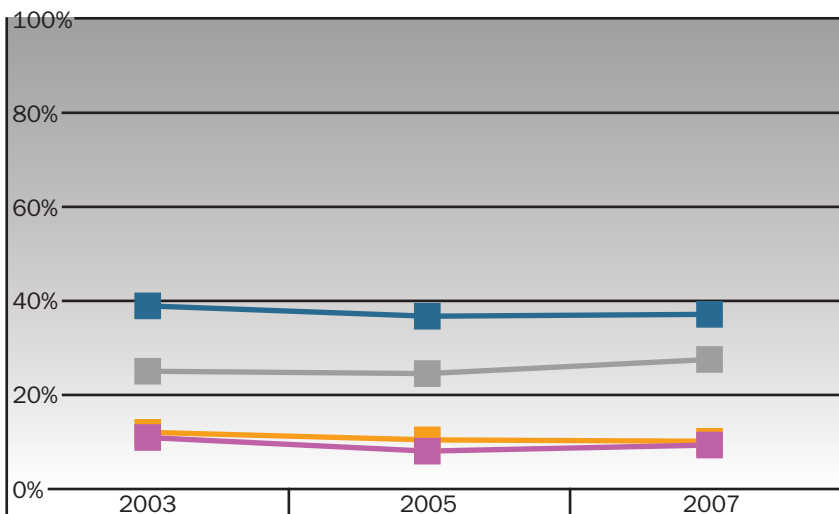


Figure 4

Trends in Behaviors Associated with Violence
Grades 9–12, 2003–2007

* Within the past 30 days

† Within the past 12 months

38.9	36.7	37.1	In a physical fight †
25.0	24.5	27.5	Carried a weapon (e.g., gun, knife, club) *
12.0	10.4	10.1	Threatened/injured with a weapon on school property †
10.9	8.0	9.3	Carried a weapon on school property *

There were no statistically significant changes in the prevalence of the major behaviors associated with violence over the years of the YRRS. 27.5% of New Mexico high school students reported carrying a weapon, such as a gun, knife, or club in the past 30 days; 11.7% carried a gun within the past 30 days; and 9.3% carried a weapon on school property within the past 30 days. Each of these behaviors was more common among boys than girls (carrying a weapon: 40.4% vs. 14.4%; carrying a gun: 17.9% vs. 5.3%; carrying a weapon on school property: 13.5% vs. 4.7%). African Americans (40.0%) were more likely to report carrying a weapon than any other race/ethnicity (American Indians: 27.7%; Whites: 28.0%; Hispanics: 24.2%). African Americans were more likely than Hispanics to carry a gun (21.0% vs. 9.4%) and to carry a weapon at school (14.3% vs. 7.2%).

Compared to other YRBS participating states, New Mexico had the highest rate of two measures addressing physical fights. 37.1% of students reported being in a physical fight in the past 12 months, and 16.9% reported being in a physical fight on school property in the past 12 months. Both of these behaviors were more common

among boys than girls (fight: 44.0% vs. 29.4%; fight on school property: 21.5% vs. 11.8%).

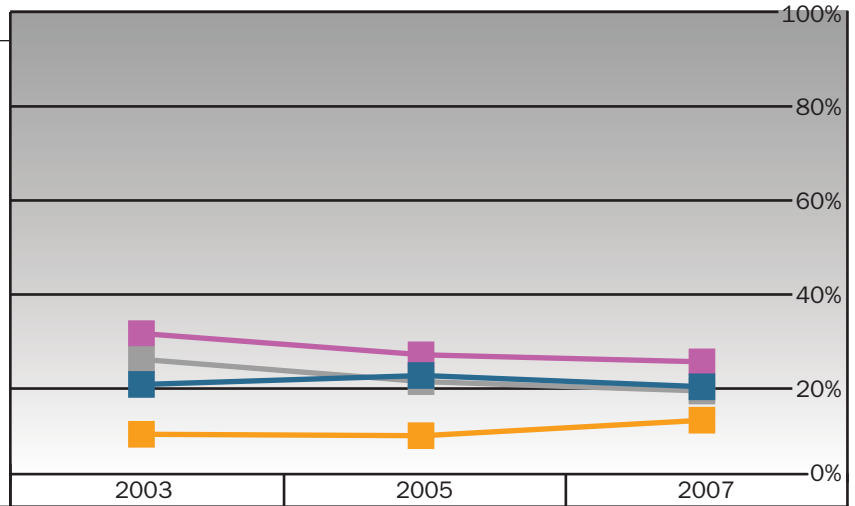
New Mexico (9.0%) had the highest rate among YRBS participating states of students skipping school at least once in the past 12 months because of feeling unsafe at school or on the way to or from school. Hispanics (10.1%), American Indians (9.5%), and African Americans (15.3%) were all more likely to skip school because of safety issues than Whites (4.8%). Having been threatened or injured with a weapon on school property in the past 12 months was reported by 10.1% of students. Boys (12.2%) were more likely than girls (7.3%) to be threatened or injured with a weapon on school property.

Teen dating violence (having been hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend) was reported by 12.6% of New Mexico high school students. 9.2% reported ever being physically forced to have sexual intercourse. Girls (11.6%) were more likely to have been forced to have sex than boys (6.9%). African Americans (15.9%) were more likely to report being forced to have sex than Hispanics (9.7%) or Whites (7.2%).

See Table 1 (pp 8–9)
for more data

TOBACCO USE

Figure 5
Trends in Tobacco Use
Grades 9–12, 2003–2007



* Within the past 30 days

	2003	2005	2007
Current cigarette smoker *	30.2	25.7	24.2
Currently smoking cigars, cigarillos, or little cigars *	19.4	21.3	18.9
Smoked a cigarette before age 13	24.7	20.0	18.0
Currently using chew, snuff, or dip tobacco *	8.8	8.5	11.8

See Table 1 (pp 8–9)
for more data

Current cigarette smoking among New Mexico high school students decreased significantly from 30.2% in 2003 to 24.2% in 2007. The prevalence of smoking before age 13 also decreased significantly during this time period, from 24.7% in 2003 to 18.0% in 2007. However, the percentage of youth using smokeless tobacco (chewing tobacco, snuff, or dip) has increased (8.8% in 2003; 8.5% in 2005; 11.8% in 2007).

Current smoking, or having smoked cigarettes within the previous 30 days, was reported by 24.2% of New Mexico high school students. American Indians (33.9%) were more likely than Hispanics (21.8%) or Whites (22.4%) to be current smokers. Of the 24.2% who were current smokers, 27.7% were frequent smokers (smoked on 20 of the past 30 days). Among current smokers, Whites (31.3%) were more likely to be frequent smokers than were American Indians (20.9%). Among current smokers under age 18, 11.2% usually bought their cigarettes in a store. This was more common among boys (16.4%) than girls (6.1%). Over half (51.6%) of current smokers tried to quit within the past 12 months.

18% of New Mexico high school students first smoked a whole cigarette before age 13. A higher percentage of American Indians (25.3%) and of African Americans (27.0%) first smoked before age 13 than Whites (12.0%).

Smoking cigarettes on school property was reported by 7.5% of students. This did not vary significantly by gender, grade level, or race/ethnicity.

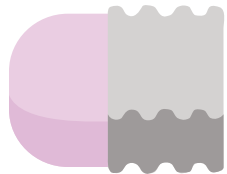
11.8% of students had used smokeless tobacco (chew, snuff or dip tobacco) within the past 30 days. Boys (17.4%) were three times more likely than girls (5.7%) to use smokeless tobacco.

Past 30-day use of cigars, cigarillos, or little cigars was reported by 18.9%, the highest rate among YRBS states. Boys (23.5%) were more likely to smoke cigars than girls (14.1%). 30.2% of students used any form of tobacco within the past 30 days.

HOW DOES NEW MEXICO COMPARE?

Table 1. New Mexico indicators compared to US and other state rates

Related behavior	NM	US	Compared to US, NM rate is... ¹	NM rank compared to other states ²
Physical Activity				
Met recommended levels of physical activity ⁵	43.6%	34.7%	Higher	20
Used computer 3+ hours daily (not for school work)	18.7%	24.9%	Lower	30
Watched TV 3+ hours daily	27.9%	35.4%	Lower	24
Nutrition				
5 servings of fruit/vegetables per day	17.9%	21.4%	- ns -	18
3 or more glasses of milk per day	11.2%	14.1%	- ns -	28
Body Weight				
Obese ⁶	10.9%	13.0%	- ns -	32
Overweight ⁶	13.5%	15.8%	- ns -	32
Injury				
Rarely or never wore a seatbelt	8.9%	11.1%	- ns -	28
Rode with a driver who had been drinking alcohol ³	31.2%	29.1%	- ns -	6
Drove when drinking alcohol ³	12.5%	10.5%	- ns -	12
Mental Health				
Persistent feelings of sadness or hopelessness ^{4,7}	30.8%	28.5%	- ns -	4
Seriously considered attempting suicide ⁴	19.3%	14.5%	Higher	1
Made a suicide plan ⁴	15.1%	11.3%	Higher	3
Attempted suicide ⁴	14.3%	6.9%	Higher	1
Attempted suicide resulting in injury treated by doctor or nurse ⁴	4.8%	2.0%	Higher	1
Violence				
Carried a weapon (such as a gun, knife, or club) ³	27.5%	18.0%	Higher	1
Carried a gun ³	11.7%	5.2%	Higher	1
In a physical fight ⁴	37.1%	35.5%	- ns -	1
Physically hurt by boyfriend or girlfriend (dating violence) ⁴	12.6%	9.9%	- ns -	12
Skipped school because felt unsafe at school or on the way to or from school ³	9.0%	5.5%	Higher	1



Related behavior	NM	US	Compared to US, NM rate is... ¹	NM rank compared to other states ²
Tobacco				
Current cigarette smoker ³	24.2%	20.0%	- ns -	5
Frequent smoker ¹⁰	6.7%	8.1%	- ns -	33
Bought cigarettes in a store or gas station ³	11.2%	16.0%	Lower	22
Current snuff, chew or dip tobacco use ³	11.8%	7.9%	Higher	7
Current cigar use ⁸	18.9%	13.6%	Higher	1
Smoked a cigarette before age 13	18.0%	14.2%	- ns -	5
Alcohol				
Current alcohol use ³	43.2%	44.7%	- ns -	17
Binge drinking ⁹	27.4%	26.0%	- ns -	17
First drank alcohol before age 13	30.7%	23.8%	Higher	1
Drug Use				
Current marijuana use ³	25.0%	19.7%	- ns -	2
Used marijuana before age 13	18.2%	8.3%	Higher	1
Current cocaine use ³	5.4%	3.3%	Higher	2
Lifetime heroin use	5.0%	2.3%	Higher	4
Lifetime methamphetamine use	7.7%	4.4%	Higher	3
Lifetime ecstasy use	8.4%	5.8%	Higher	4
Injected illegal drug in lifetime	3.6%	2.0%	Higher	3
Sexual behaviors				
Had sexual intercourse before age 13	7.7%	7.1%	- ns -	8
Had 4+ sex partners in lifetime	13.8%	14.9%	- ns -	18
Currently sexually active ¹¹	31.5%	35.0%	- ns -	29
Did not use condom ¹²	44.8%	38.5%	Higher	2

¹ Based on 95% confidence intervals (ns = No statistically significant difference)

² Of the 39 states that participated in the survey, 1 = Highest rate

³ Within the past 30 days

⁴ Within the past 12 months

⁵ 5 or more days per week of at least one hour of physical activity that "increases your heart rate and makes you breathe hard some of the time"

⁶ **Obese:** Students who were ≥95th percentile for body mass index, by age and sex, based on historical reference data.

Overweight: Students who were ≥85th percentile and <95th percental for body mass index, by age and sex, based on historical reference data. Body mass index is calculated from self reported height and weight.

⁷ Felt so sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing some usual activities

⁸ Smoked cigars, cigarillos, or little cigars in the past 30 days

⁹ 5 or more drinks in a row, or within a couple of hours, in the past 30 days

¹⁰ Smoked on 20 of the previous 30 days

¹¹ Had sexual intercourse within the past 3 months

¹² Among sexually active students, during last sexual intercourse

ALCOHOL USE

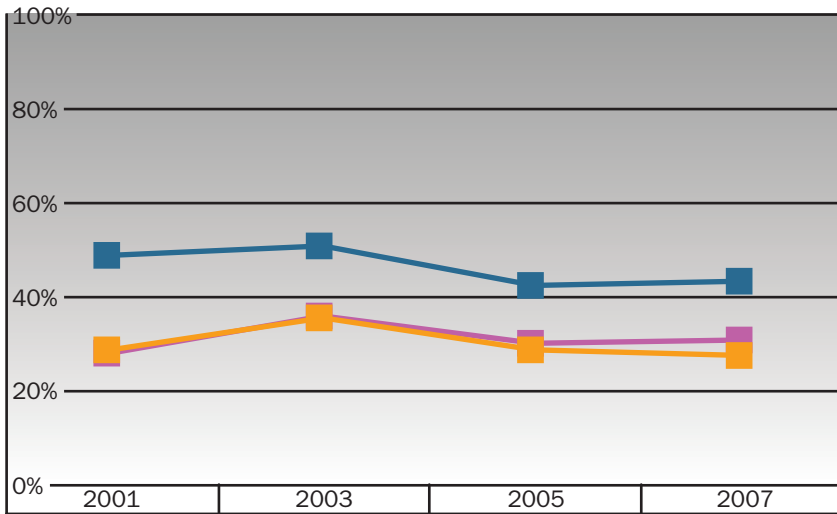


Figure 6

Trends in Alcohol Use

Grades 9–12, 2001–2007

* Within the past 30 days

† 5 or more drinks in a row, or within a couple of hours, in the past 30 days

2001	2003	2005	2007	Current alcohol use *
48.7	50.7	42.3	43.2	
27.9	35.8	30.0	30.7	First drink alcohol before age 13
28.6	35.4	28.6	27.4	Binge drinking †

The prevalence of several important drinking behaviors has decreased since 2003. Current drinking (alcohol use within the past 30 days) decreased from 50.7% in 2003 to 43.2% in 2007, binge drinking (5 or more drinks in a row or within a couple of hours within the past 30 days) dropped from 35.4% in 2003 to 27.4% in 2007, and first drink of alcohol before age 13 decreased from 35.8% in 2003 to 30.7% in 2007. For each of these measures, the significant decrease occurred between 2003 and 2005, while the 2007 rate remained similar to the 2005 rate.

Boys (44.2%) and girls (42.0%) had similar rates of current drinking. 12th graders (49.0%) were more likely to be current drinkers than 9th graders (38.4%).

New Mexico had a higher rate of drinking before age 13 than any other state participating in the YRBS (30.7%). The difference between girls (27.8%) and boys (33.2%) was not statistically significant.

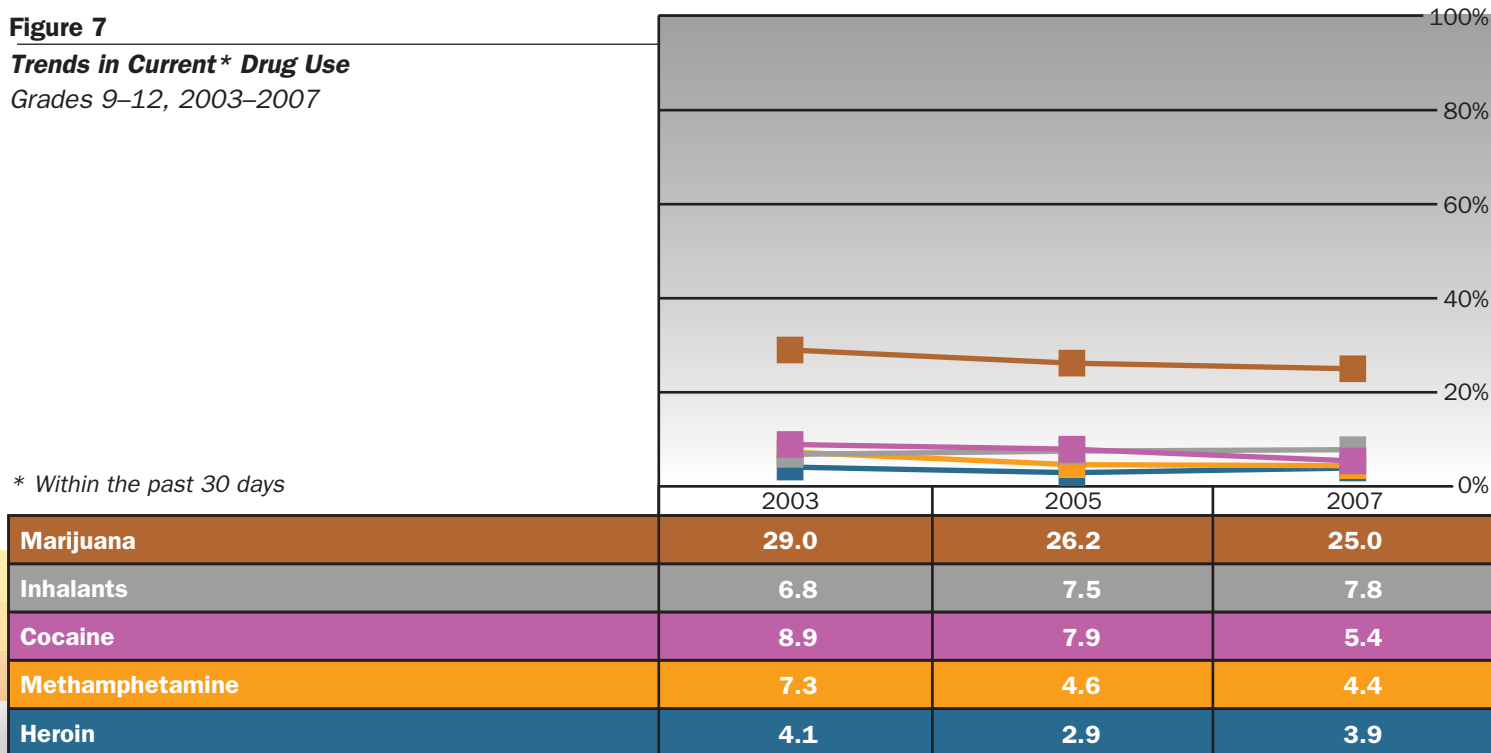
Binge drinking was reported by 27.4% of students. 9th graders (21.3%) were less likely to report binge drinking than 10th (27.7%), 11th (31.1%), and 12th (31.4%) graders. Binge drinking was common among current drinkers. Of the 43.2% of students who were current drinkers, 65.7% were binge drinkers, while only 34.3% did not binge drink.

Among current drinkers, 46.8% had their first drink of alcohol before age 13. The most commonly consumed type of alcohol among current drinkers was liquor (such as vodka, rum, scotch, bourbon, or whiskey) (38.9%), followed by beer (24.9%), malt beverages (such as Smirnoff Ice, Bacardi Silver, and Hard Lemonade) (14.5%) and “no usual type” (12.5%). Fewer than 4% of current drinkers reported that wine, wine coolers, or “other” were their usual drink. The most common usual drinking locations among current drinkers were another person’s home (54.2%) and “at my own home” (26.1%), followed by a public place such as a park, beach, or parking lot (8.3%), in a car (5.3%), on school property (4.0%), a public event (1.5%), and in a restaurant, bar or club (0.6%). 20.9% of current drinkers drank alcohol on school property at least once in the past 30 days. The most frequently reported method of obtaining alcohol by current drinkers was “Someone gave it to me” (38.4%). 21.2% reported “I gave someone else money to buy it,” 9.0% reported “I took it from a store or family member,” 3.9% said “I bought it in a store,” and 1.7% “bought it in a restaurant, bar or club.” Only 0.1% bought alcohol at a public event. Over one-quarter (25.6%) reported “Other” as their usual method of obtaining alcohol.

See Table 1 (pp 8–9)
for more data

DRUG USE

Figure 7
Trends in Current* Drug Use
Grades 9–12, 2003–2007



* Within the past 30 days

See Table 1 (pp 8–9)
for more data

Since 2003, New Mexico has seen a significant decrease in current use of cocaine (8.9% in 2003; 7.9% in 2005; 5.4% in 2007) and methamphetamine (7.3% in 2003; 4.6% in 2005; 4.4% in 2007). There has been no statistically significant change in current use of any other drug over these years.

Marijuana was the most commonly used illicit drug within the past 30 days. New Mexico had the second highest rate (25.0%) of current marijuana use among the YRBS states. The difference between boys (26.2%) and girls (23.8%) for current marijuana use was not statistically significant. 18.2% of New Mexico high school students reported marijuana use before age 13, the highest rate of all YRBS states and more than twice the national rate (8.3%). New Mexico high school students had the highest rate in the nation for current marijuana use on school property (7.9%).

11.7% of New Mexico high school students reported past 30-day use of narcotic pain killers such as Vicodin, OxyContin or Percocet to get high. Girls (10.8%) and boys (12.2%) had similar rates of this behavior.

7.8% of New Mexico high school students used inhalants (sniffing or inhaling glue, paint or the contents of aerosol spray cans) in the past 30 days. Current inhalant use was more common among 9th graders (12.0%) than among 11th graders (7.0%) or 12th graders (3.6%).

The percentage of students who had ever used cocaine was 11.6% (third highest among YRBS states); 5.4% (second

highest rate, shared with Texas) currently used cocaine. American Indian students (7.7%) had a higher prevalence of current cocaine use than White students (2.6%).

Lifetime methamphetamine use was reported by 7.7% of New Mexico high school students (third highest among YRBS states), and 4.4% were current methamphetamine users.

The prevalence of lifetime ecstasy use was 8.4% (fourth highest among YRBS states). 5.1% were current ecstasy users. Boys (7.1%) were more likely to be current ecstasy users than girls (2.9%).

Lifetime heroin use was reported by 5.0% of New Mexico high school students (fourth highest among YRBS states). Past 30-day heroin use was reported by 3.9%.

3.6% of New Mexico high school students had ever injected an illegal drug (third highest among YRBS states, shared with Wyoming and Kentucky). Lifetime injection drug use was more common among American Indian (6.4%) and African American students (8.9%) than among Hispanic (2.9%) and White students (1.8%).

Nearly one-third (31.3%) of students reported that they had been offered, sold, or given an illegal drug on school property within the past 12 months. This was a significant decrease since 2003, when 41.2% of students reported the same. Boys (35.2%) were more likely than girls (27.3%) to report being offered, sold, or given drugs on school property.

SEXUAL ACTIVITY

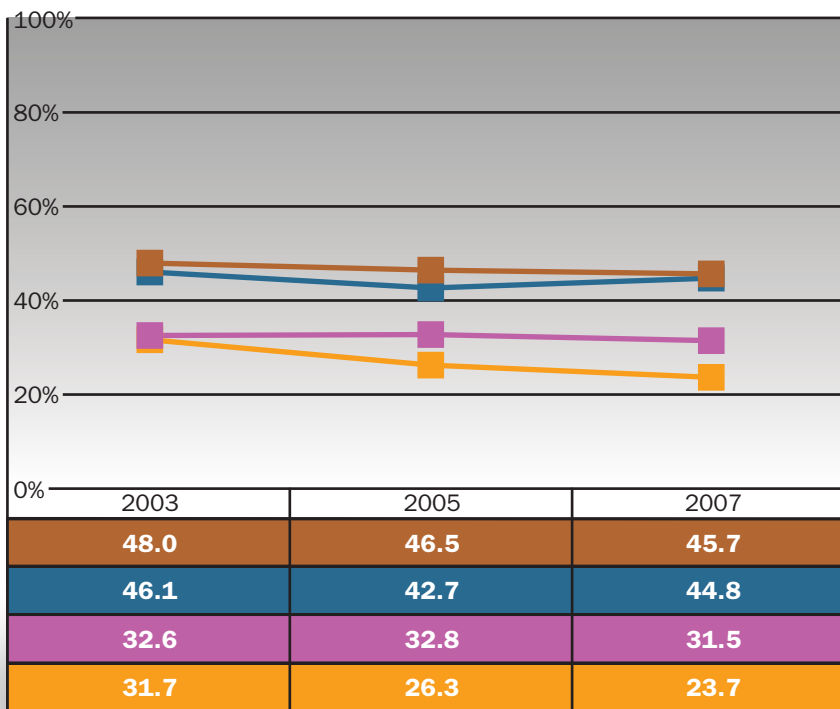


Figure 8

Trends in Sexual Activity
Grades 9–12, 2003–2007

* Had sexual intercourse within the past 3 months

† Among sexually active students (31.5% of all students)

For most indicators of sexual activity, there has been no significant change since 2003. This includes the percentage of students who ever had sexual intercourse, who were currently sexually active (had sexual intercourse in the past 3 months), and who, if sexually active, used condoms. However, since 2003, there has been a decrease in the use of alcohol or drugs before last sexual intercourse among currently sexually active students (31.7% in 2003; 26.3% in 2005; 23.7% in 2007).

45.7% of New Mexico high school students had sexual intercourse in their lifetimes. This increased with grade level, from 31.1% of 9th graders, to 44.1% of 10th graders, 54.7% of 11th graders, and 58.3% of 12th graders. Girls (43.5%) and boys (47.6%) had similar rates of ever having sexual intercourse. American Indian (53.2%) and African American students (58.3%) were more likely to have ever had sexual intercourse than White students (37.3%).

Sexual intercourse before age 13 was reported by 7.7% of New Mexico high school students. Boys (11.2%) were more likely than girls (4.2%) to have had sexual intercourse before age 13.

Almost one third (31.5%) of New Mexico high school students were currently sexually active (had sexual intercourse within the previous 3 months). Girls (32.9%) and boys (29.8%) had similar rates of being currently sexually active. The percentage of students who were currently sexually active increased with grade level (19.6% of 9th graders; 28.6% of 10th graders; 38.5% of 11th graders; 44.7% of

12th graders). There were no statistically significant differences by race/ethnicity.

13.8% of students reported having 4 or more lifetime partners for sexual intercourse. 12th graders (22.4%) were more likely than 9th (8.0%) or 10th graders (12.3%) to have had sexual intercourse with 4 or more people in their lifetimes.

Among the 31.5% of students who were currently sexually active, 44.8% did not use a condom when they last had sexual intercourse. This was the second highest rate among the participating YRBS states. Girls (51.4%) were more likely than boys (36.8%) to report not using a condom.

Condoms (43.9%) were the most commonly mentioned contraceptive method when students were asked the “one method” to prevent pregnancy at their last sexual intercourse. Condoms were followed by birth control pills (19.0%), no method (17.0%), withdrawal (9.9%), other (3.5%), and Depo-Provera (injectable birth control) (2.9%). 3.8% of students were not sure what birth control method was used. While boys (50.9%) were more likely than girls (38.3%) to report that condoms were the “one method” used, there were no other differences by gender in the other methods used.

Almost one quarter (23.7%) of students used alcohol or drugs before the last time they had sexual intercourse. There was no statistical difference between boys (28.7%) and girls (19.8%) in alcohol or drug use before sex.

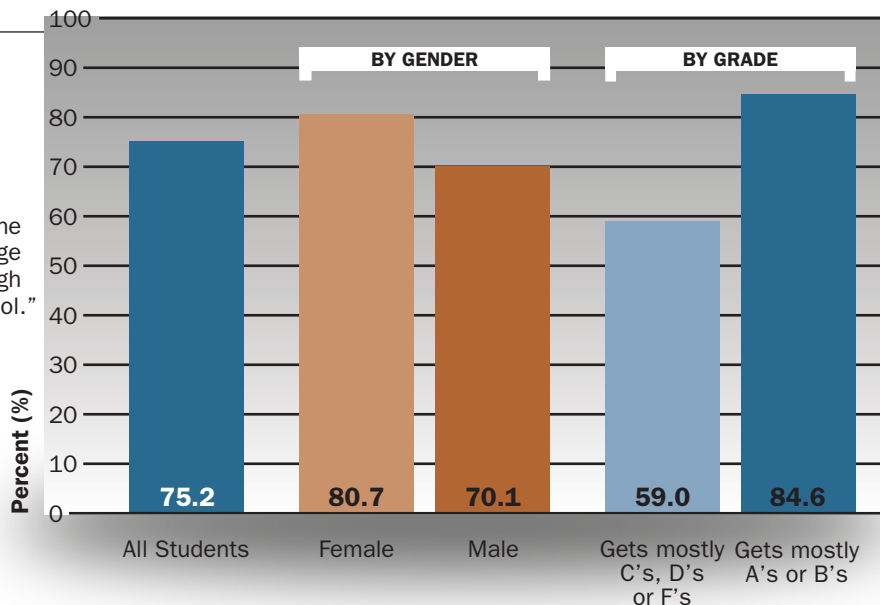
See Table 1 (pp 8–9)
for more data

Figure 9

Plans for Continuing Education

Grades 9–12, 2007

Responded “very much true” to the statement “I plan to go to college or some other school after high school.”



Of all New Mexico high school students, 68.1% reported getting good grades (mostly A's or B's). Girls (74.2%) were more likely than boys (62.5%) to get good grades. White students (77.4%) were more likely to report good grades than Hispanics (67.9%), American Indians (54.2%), or African Americans (59.0%).

Almost half of students (49.4%) said they tried to do their best work at school.* Students who got mostly A's and B's (56.6%) were more likely than other students (34.9%) to report doing their best work in school. There were no statistically significant differences by gender, grade level, or race/ethnicity.

Three quarters of New Mexico high school students (75.2%) said it was “Very much true” that they planned to go to college or some other school after high school. Girls (80.7%) were more likely than boys (70.1%) to have plans to continue their education after high school. White students (81.9%) were more likely to have plans to go to college or another school after high school than Hispanics (72.5%), American Indians (70.6%), or African Americans (71.4%). Students who got mostly A's and B's (84.6%) were more likely than other students (59.0%) to

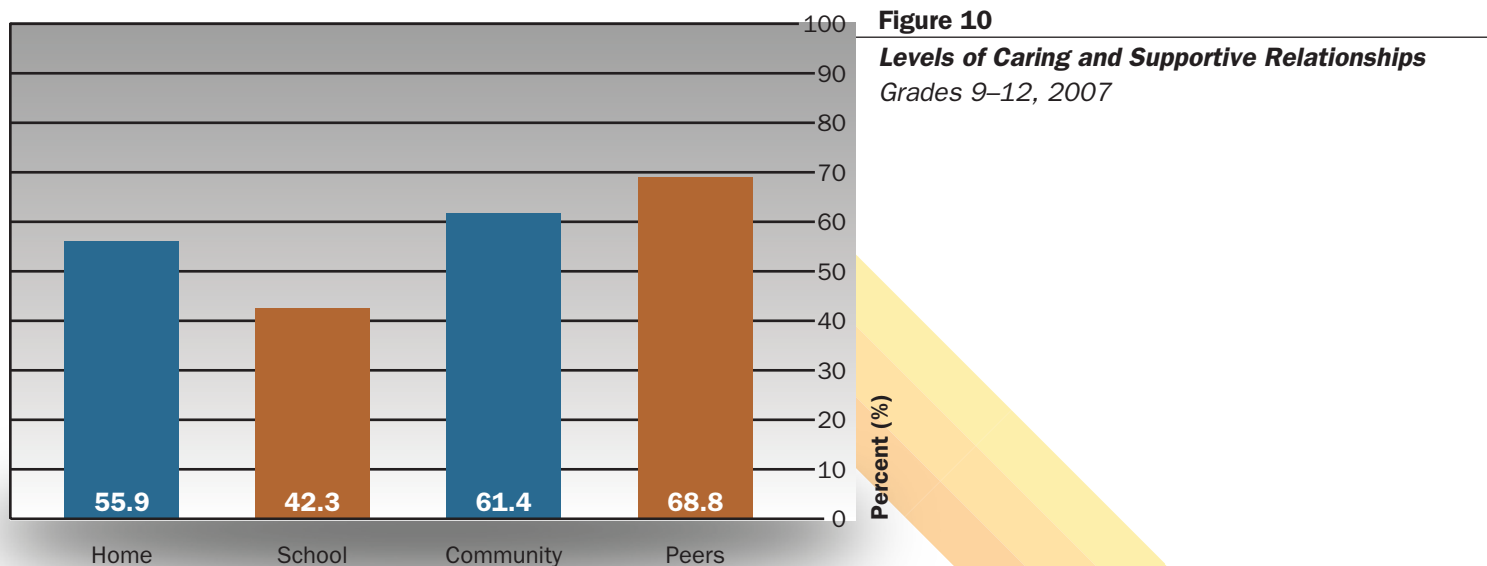
have plans to go to college or another school after high school.

Over one third (39.4%) of students “skipped or ditched” school at least once in the 4 weeks before the survey. Boys (39.0%) and girls (39.8%) had similar rates of skipping school. More 12th graders (48.2%) skipped school in the previous 4 weeks than 9th graders (34.8%) or 10th graders (35.5%). There were no statistically significant differences by race/ethnicity in skipping school.

56.4% of students reported they never came to classes without paper or something to write with. While more girls (61.7%) than boys (51.4%) said they never came to classes without paper or something to write with, this difference was not statistically significant. 12th graders (64.6%) were more likely to report never coming to class without paper or something to write with than 9th (52.0%) or 10th (51.5%) graders.

Just 20.9% of students said they never came to classes without their homework finished. There were no statistically significant differences by gender, grade level, or race/ethnicity.

* Answered “Very much true” when asked how true was the statement, “At school, I try hard to do my best work”



Protective factors in the home*

55.9% of students had a high level of the protective factor “Caring and Supportive Relationship with a Parent or Other Adult in the Home.” 34.8% had a moderate level, and 9.3% had a low level of this factor. There were no statistically significant differences in the level of this factor by gender, grade level, or ethnicity. Students who got mostly A’s and B’s (60.2%) were more likely than students who got mostly C’s, D’s, and F’s (48.9%) to report having this protective factor.

73.3% of the students had high levels of the factor “High expectations in the home.” Boys (71.7%) and girls (75.1%)

had similar prevalence of this factor. Students getting mostly A’s and B’s (79.8%) were more likely to report high levels of this factor than students getting lower grades (62.3%).

High levels of behavioral boundaries in the home were reported by 66.0% of students. There was no difference in this factor by gender. Students getting high grades (mostly A’s and B’s) were more likely than students getting lower grades to report this factor (70.7% vs. 57.7%).

Protective factors in the school*

42.3% of students reported a high level of the factor “Caring and Supportive Relationship in the School.” Students getting mostly A’s and B’s (46.5%) were more likely to report this factor than students getting lower grades (34.7%).

Nearly half (47.8%) of students reported high expectations in the school. 53.9% of students who got mostly A’s and B’s reported this factor, while only 36.8% of students getting lower grades reported the same.

Clear behavioral boundaries in the school were reported by 57.1% of students. There was no significant difference in this factor by grades earned in school.

Just over half (51.0%) of students were highly involved in school activities. Students getting high grades (mostly A’s and B’s) were more likely to be highly involved in school activities than students getting lower grades (59.6% vs. 37.7%).

* See back page for definitions of protective and resiliency factors.

Protective factors in the community*

61.4% of students reported high levels of the factor “Caring and Supportive Relationship with an Adult in the Community.” Girls (66.2%) were more likely to report this than boys (57.0%).

58.2% of students reported high expectations from an adult in the community. Girls (62.4%) were more likely to report this than boys (54.5%). Students getting mostly

A’s and B’s (62.9%) were more likely than students getting mostly C’s, D’s, and F’s (51.5%) to report this factor.

High levels of meaningful participation in the community were reported by 44.0% of students. About half (50.5%) of students getting mostly A’s and B’s reported meaningful participation in the community, while 34.8% of students getting lower grades reported this factor.

Protective factors with peers*

High levels of the factor “Caring and Supportive Relationship with Peer” were reported by 68.8% of students. Girls (80.3%) were more likely to report this than boys (57.8%). Students who got mostly A’s and B’s (85.2%) were more likely than students who got mostly C’s, D’s, or F’s (79.6%) to report a caring and supportive relationship with a peer.

34.1% of students reported high levels of positive peer influence. Girls (39.3%) were more likely to report this

than boys (29.1%). Students getting good grades (mostly A’s and B’s) were more likely than students getting lower grades to report positive peer influence (39.5% vs. 25.3%).

29.1% reported high levels of positive peer influence with respect to substance use. Students getting mostly A’s and B’s (31.1%) were more likely to report this protective factor than students getting mostly C’s, D’s, and F’s (24.4%).

Resiliency factors and related behaviors*

Approximately half of students (50.8%) reported high levels of empathetic feelings (“I try to understand what people feel and think”).

28.0% reported high levels of impulsive behavior (“I often do things without thinking about what will happen”). This was more prevalent among students getting lower grades (mostly C’s, D’s, and F’s) than among students getting higher grades (33.7% vs. 24.7%).

High levels of sensation seeking behaviors were reported by 15.1% of students. This was more common among

boys (20.8%) than among girls (9.4%). Sensation seeking behaviors were more prevalent among students getting lower grades (mostly C’s, D’s, and F’s) than among students getting higher grades (20.7% vs. 12.2%).

Approximately one third (32.8%) of students attended religious or spiritual services at least once a week. Students who got good grades (mostly A’s and B’s) were more likely than students getting lower grades (mostly C’s, D’s, and F’s) to attend religious or spiritual services at least once a week (37.1% vs. 25.2%).

* See back page for definitions of protective and resiliency factors.

DEFINITIONS OF PROTECTIVE AND RESILIENCY FACTORS

The protective and resiliency factors described below are constructed from responses to the survey questions listed.

CARING AND SUPPORTIVE RELATIONSHIPS refer to the interactions between youth and parents, peers, and adults in the school and community that convey love, acceptance, and affirmation.

Parent or other adult in the family: *How true do you feel these statements are for you? "In my home, there is a parent or some other adult who is interested in my school work; who talks with me about my problems; who listens to me when I have something to say."*

Teacher or other adult at school: *How true do you feel these statements are for you? "At my school, there is a teacher or some other adult who really cares about me; who notices when I'm not there; who listens to me when I have something to say."*

Adult in the Community: *How true do you feel these statements are for you? "Outside of my home and school, there is an adult who really cares about me; who notices when I am upset about something; whom I trust."*

Peers: *How true do you feel these statements are for you? "I have a friend about my own age who really cares about me; who talks with me about my problems; who helps me when I'm having a hard time."*

BOUNDARIES refer to interactions with parents, school, and the community that convey standards for acceptable and appropriate behavior.

Family: *How true do you feel these statements are for you? "When I am not at home, one of my parents/guardians knows where I am and who I am with." "My family has clear rules about drug and alcohol use." "My family has clear rules and standards for my behavior."*

School: *How true do you feel this statement is for you? "In my school, there are clear rules about what students can and cannot do."*

HIGH EXPECTATIONS refer to the presence of adults in students' lives who expect the best of them.

Home: *How true do you feel these statements are for you? "In my home, there is a parent or some other adult who expects me to follow the rules; who believes that I will be a success."*

School: *How true do you feel these statements are for you? "At my school, there is a teacher or some other adult who tells me when I do a good job; who believes that I will be a success."*

Adult in the community: *How true do you feel these statements are for you? "Outside of my home and school, there is an adult who tells me when I do a good job; who believes that I will be a success."*

OTHER FACTORS also influence student behavior.

Peer influence related to behavior: *How true do you feel these statements are for you? "My friends get into a lot of trouble." "My friends do well in school."*

Peer influence related to substance use: *Among the people you consider to be your closest friends, how many would you say "Drink alcohol once a week or more?" and "Have used drugs such as marijuana or cocaine?"*

Involvement in school activities: *How true do you feel this statement is for you? "At school, I am involved in sports, clubs, or other extra-curricular activities (such as band, cheerleading, or student council)."*

Empathy: *How true do you feel this statement is for you? "I try to understand what other people feel and think."*

Sensation Seeking: *How many times have you done something dangerous because someone dared you to do it? How many times have you done crazy exciting things even if they are a little dangerous?*

NM **YRRS** YOUTH RISK & RESILIENCY SURVEY

The 2007 High School Youth Risk and Resiliency Survey (YRRS) was a survey of 11,328 public school students in grades 9–12 from 105 New Mexico high schools. In addition to alcohol related behaviors, topic areas include risk behaviors related to injury, violence, suicidal ideation and attempts, tobacco use, sexual activity, physical activity, and nutrition; resiliency (protective) factors such as relationships in the family, school, community, and with peers; and health status issues such as body weight and asthma. All data are self-reported by students who voluntarily completed the survey.

This report gives results for a subset of 2,638 students selected to provide statewide estimates of behavior. Changes in prevalence over multiple years were analyzed using logistic regression controlling for sex, grade level, and race/ethnicity. The statistical significance of differences in prevalence for the single year 2007 was determined using 95% confidence intervals. Differences outlined in the text of this report are statistically significant unless otherwise noted.

This report and other YRRS reports can be found at:

<http://www.health.state.nm.us/epi/yrrs.html>

Data from the national and other state Youth Risk Behavior Surveys can be found at:

<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

