



# Bernalillo County

New Mexico Youth Risk and Resiliency Survey  
(YRRS)  
Middle School  
Grades 6-8, 2011

New Mexico Department of Health  
New Mexico Public Education Department  
UNM Prevention Research Center  
Albuquerque Area Southwest Tribal Epidemiology Center



For information about administration and methods used in implementation of the New Mexico Youth Risk and Resiliency Survey (NM YRRS), see the volume of statewide results, New Mexico Youth Risk & Resiliency Survey: Middle School Survey Results 2011, available at [www.youthrisk.org](http://www.youthrisk.org).

## ACKNOWLEDGEMENTS

This report is a product of the NM Youth Risk and Resiliency Survey (YRRS), a survey that characterizes the 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), 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 2011 Steering Committee are identified by an asterisk (\*).)

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Gratitude is expressed to the excellent survey management and administration teams of the Navajo Nation Department of Health and the Bureau of Indian Education for their expertise in coordinating the administration of multiple surveys at once.



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**New Mexico Youth Risk and Resiliency Survey**  
**Risk Behaviors at a Glance**  
**Bernalillo County**  
**Grades 6-8**

<u>Indicator</u>	<u>Bernalillo County</u>		<u>New Mexico</u>	
	%	(95% CI)	%	(95% CI)
<b>Unintentional Injury</b>				
Rarely or never wore a bicycle helmet (of those who rode a bicycle)	66.5	(58.5-73.7)	75.9	(69.6-81.2)
Rarely or never wore a seatbelt	5.8	(3.9-8.6)	7.5	(6.4-8.7)
<b>Violence</b>				
Ever been in a physical fight	44.6	(39.1-50.1)	48.5	(45.4-51.6)
Ever bullied on school property	46.2	(40.7-51.8)	43.7	(41.3-46.2)
Ever bullied electronically	18.4	(15.3-21.9)	17.2	(15.5-19.1)
<b>Mental Health</b>				
Ever seriously thought about killing self	18.9	(16.1-22.1)	19.8	(17.9-21.8)
Ever planned to kill self	12.8	(9.5-17.0)	11.3	(9.8-13.0)
Ever tried to kill self	6.7	(4.8-9.3)	7.0	(5.6-8.6)
<b>Tobacco Use</b>				
Ever smoked cigarettes	19.4	(15.9-23.4)	23.1	(20.7-25.8)
Current cigarette smoking	6.2	(4.4-8.6)	6.8	(5.6-8.3)
Current cigar smoking	5.6	(3.9-8.0)	5.8	(4.5-7.5)
Current spit tobacco use (chew, dip, or snuff)	2.8	(1.4-5.6)	3.7	(2.7-5.1)
<b>Alcohol Use</b>				
Ever drank alcohol	24.4	(19.3-30.4)	29.5	(27.3-31.7)
Current drinking	10.7	(8.2-13.8)	12.9	(11.6-14.3)
Binge drinking	4.2	(2.6-6.8)	6.3	(5.4-7.5)
Drank alcohol before age 11	12.1	(8.8-16.5)	14.5	(13.0-16.2)

**New Mexico Youth Risk and Resiliency Survey**

**Risk Behaviors at a Glance**

**Bernalillo County**

**Grades 6-8**

<u>Indicator</u>	<u>Bernalillo County</u>		<u>New Mexico</u>	
	%	(95% CI)	%	(95% CI)
<b>Drug Use</b>				
Ever used marijuana	14.2	(10.4-19.2)	15.9	(13.3-18.9)
Current marijuana use	8.7	(6.0-12.5)	10.1	(8.2-12.4)
Ever used prescription drug without a doctor's prescription	7.2	(4.6-10.9)	8.0	(7.4-8.7)
Ever used a painkiller to get high	4.4	(2.9-6.8)	4.9	(4.0-5.8)
Ever used cocaine	2.5	(1.3-4.9)	3.6	(2.8-4.6)
Ever used inhalants	12.0	(9.2-15.5)	11.8	(10.3-13.4)
Ever used illegal injection drugs	1.2	(0.4-3.9)	1.2	(0.9-1.7)
<b>Sexual Behaviors</b>				
Ever had sexual intercourse	11.0	(8.1-14.9)	10.5	(9.2-11.9)
Had sexual intercourse before age 11	2.9	(1.7-4.9)	2.9	(2.3-3.7)
Had sexual intercourse with three or more people in lifetime	3.9	(2.3-6.5)	3.1	(2.6-3.8)
Used a condom at last sexual intercourse (among those who ever had sexual intercourse)	55.0	(39.5-69.5)	69.1	(62.2-75.2)
<b>Body Weight</b>				
Ever fasted to lose weight	17.1	(14.4-20.3)	20.3	(19.2-21.5)
Ever vomited or used laxatives to lose weight	3.6	(2.3-5.6)	4.9	(4.1-5.8)
<b>Physical Activity</b>				
Three or more hours of TV viewing daily	31.2	(26.0-36.9)	31.7	(29.5-34.1)
Three or more hours of computer time daily (not for school work)	27.3	(21.9-33.4)	26.0	(23.7-28.6)
Physically active for at least 60 minutes per day every day	31.1	(27.3-35.2)	31.7	(28.9-34.6)
No days with at least 60 minutes of physical activity in the past seven days	10.9	(8.1-14.6)	17.4	(14.1-21.3)
Daily physical education at school	25.5	(18.0-34.7)	30.4	(22.7-39.4)



Participation in Bernalillo County

The response rate for Bernalillo County was 50%.

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. Because a high response rate means that more students have been surveyed, a high response rate will also be reflected in the error bars (i.e., with a higher response rate and more students included in the survey, error bars will be smaller and confidence intervals will be narrower). 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</u>	<u>Percent (%)</u>
<u>Total</u>	881	(100%)
<u>Gender</u>		
Girls	471	(53.7%)
Boys	406	(46.3%)
<u>Race/Ethnicity</u>		
American Indian or Alaska Native	269	(31.9%)
Asian or Pacific Islander	81	(6.5%)
Black or African-American	74	(8.8%)
Hispanic	396	(46.4%)
White	418	(49.5%)
<u>Grade Level</u>		
6th	354	(40.5%)
7th	245	(28.0%)
8th	273	(31.2%)
Other	2	(0.2%)

Totals may add up to more or less than 100%, because

1. For race/ethnicity, respondents were allowed to choose multiple responses.
2. Data may be missing for some demographic measures if respondents chose not to answer certain questions.



New Mexico Youth Risk and Resiliency Survey (YRRS)  
Highlights  
Bernalillo County  
Grades 6-8, 2011



Highlights from the New Mexico Youth Risk and Resiliency Survey (YRRS)  
Grades 6-8, 2011  
Bernalillo County

Results from the 2011 NM Youth Risk and Resiliency Survey mark the second survey year of high quality middle school YRRS data at the state level. This report examines 2011 YRRS results for Bernalillo County, and compares them to 2009 results and to state level 2011 results. Please use these results to help make New Mexico and your own community a safer and healthier place for all of our young people. For comprehensive YRRS results, see this website:

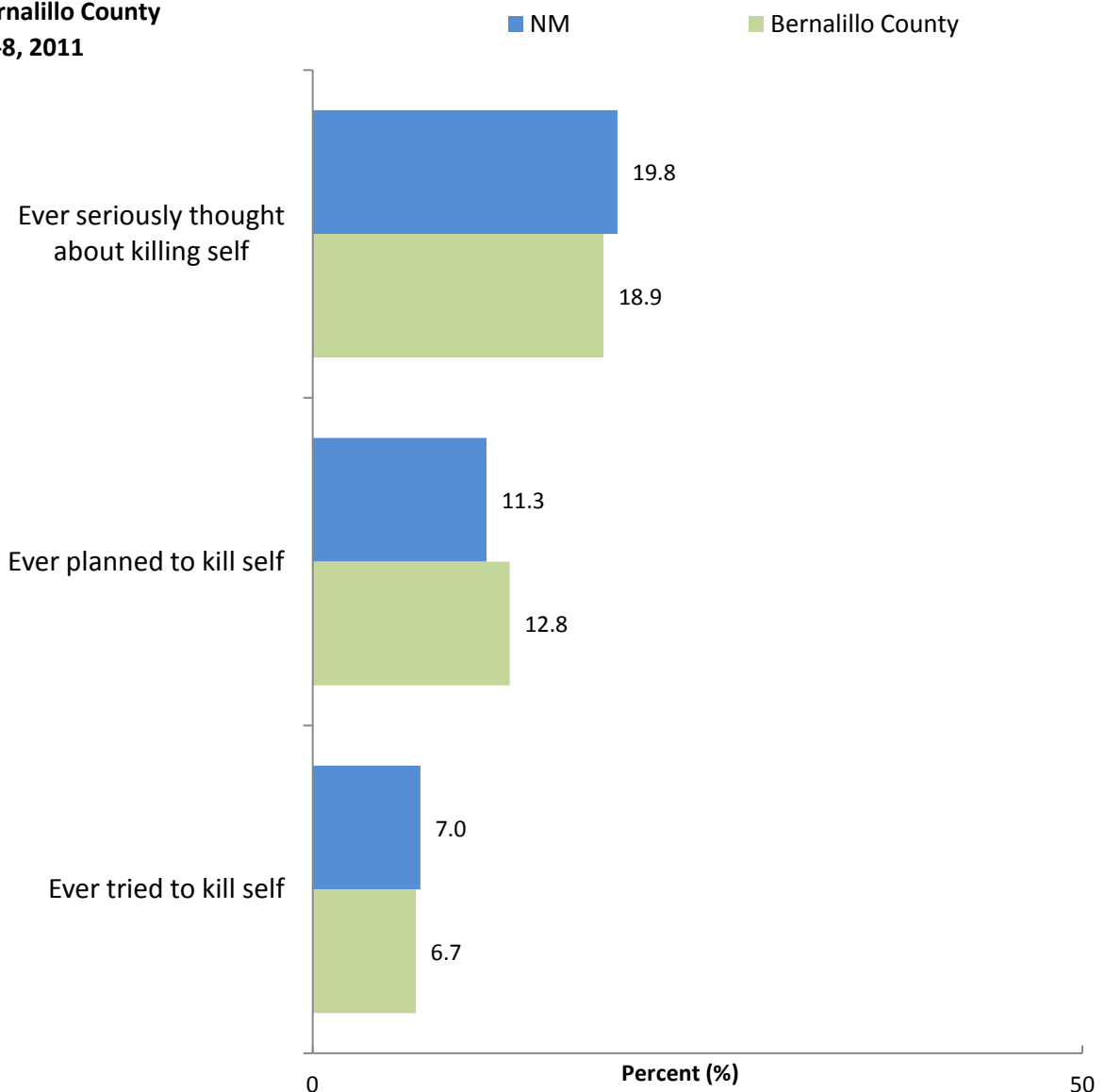
[www.youthrisk.org](http://www.youthrisk.org)

**Mental Health**

Suicide is the second leading cause of death among adolescents in New Mexico. Past suicide attempts are highly associated with completed suicides.

**Mental Health Indicators**

**NM & Bernalillo County  
Grades 6-8, 2011**

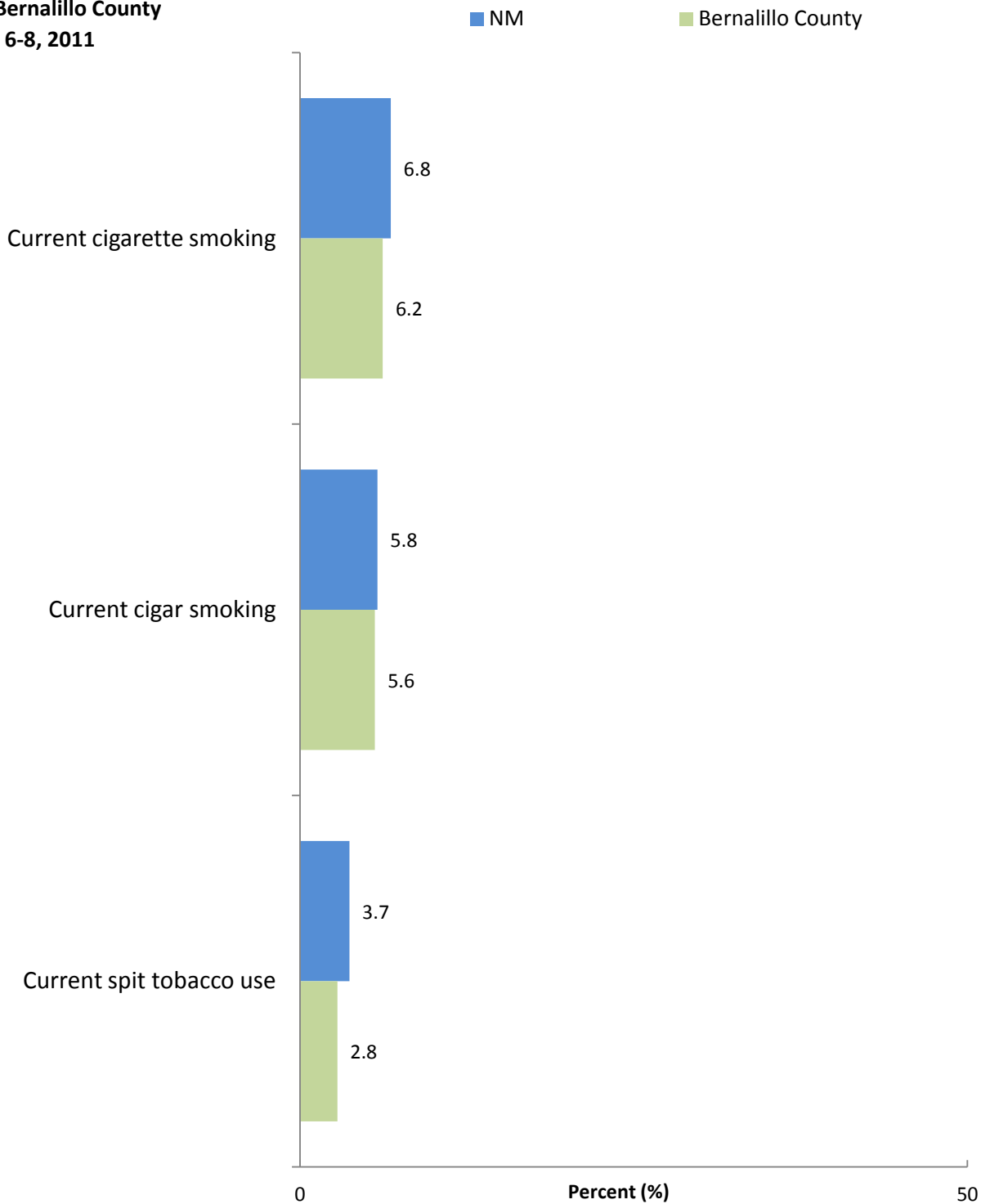


\* Statistically significant difference

**Tobacco Use**

Cigarette smoking and other tobacco use can cause cancer, respiratory illnesses, and other conditions related to the leading causes of death for New Mexicans of all ages. The YRRS does not differentiate between ceremonial and non-ceremonial tobacco use.

**Tobacco Use  
 NM & Bernalillo County  
 Grades 6-8, 2011**

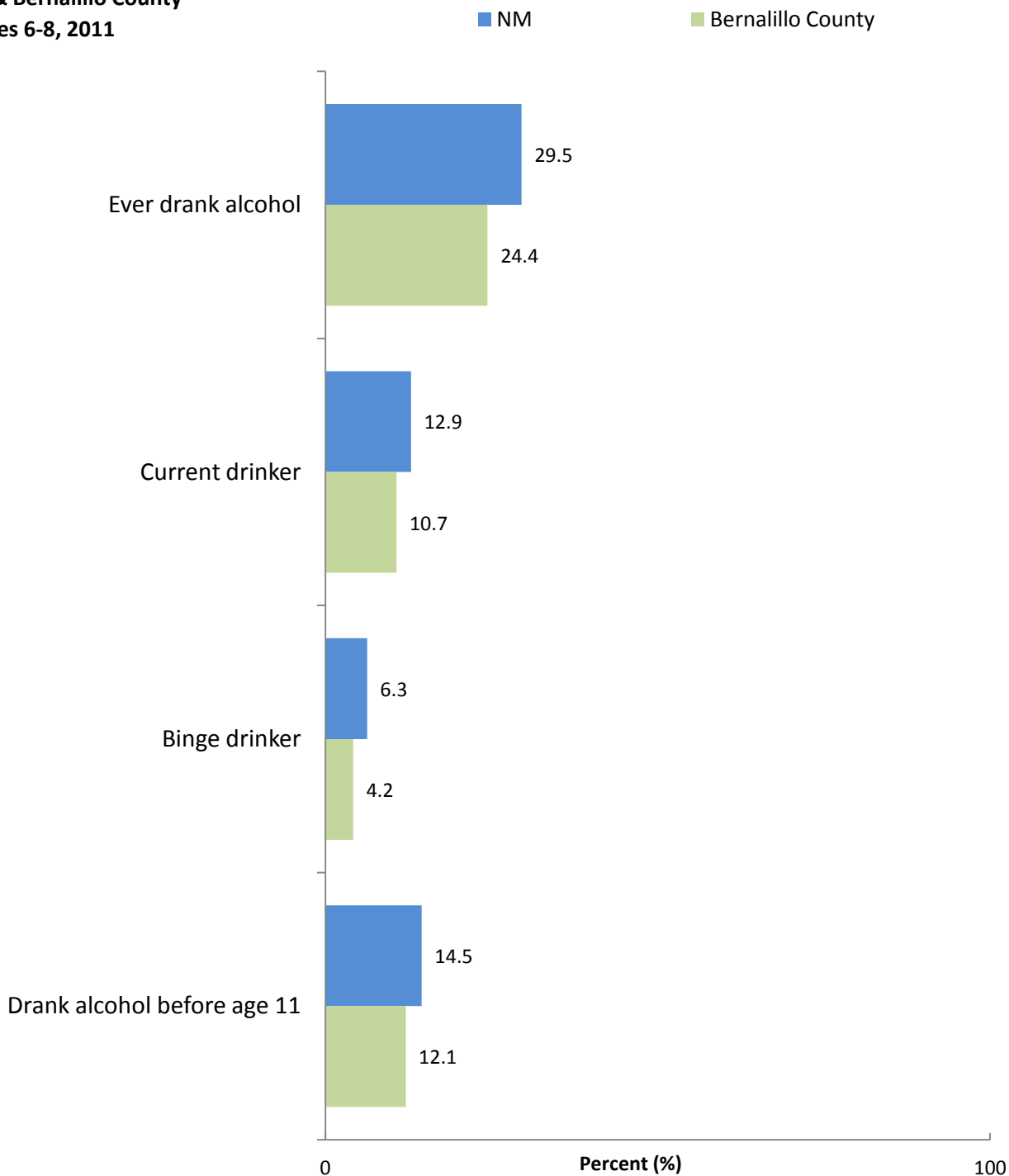


\* Statistically significant difference

**Alcohol Use**

Alcohol use by young people is associated with injuries such as motor vehicle crashes, the leading cause of death among adolescents. Alcohol use at an early age is also associated with an increased risk of chronic liver disease and alcohol dependence later in life.

**Alcohol Use in the Past 30 Days  
 NM & Bernalillo County  
 Grades 6-8, 2011**



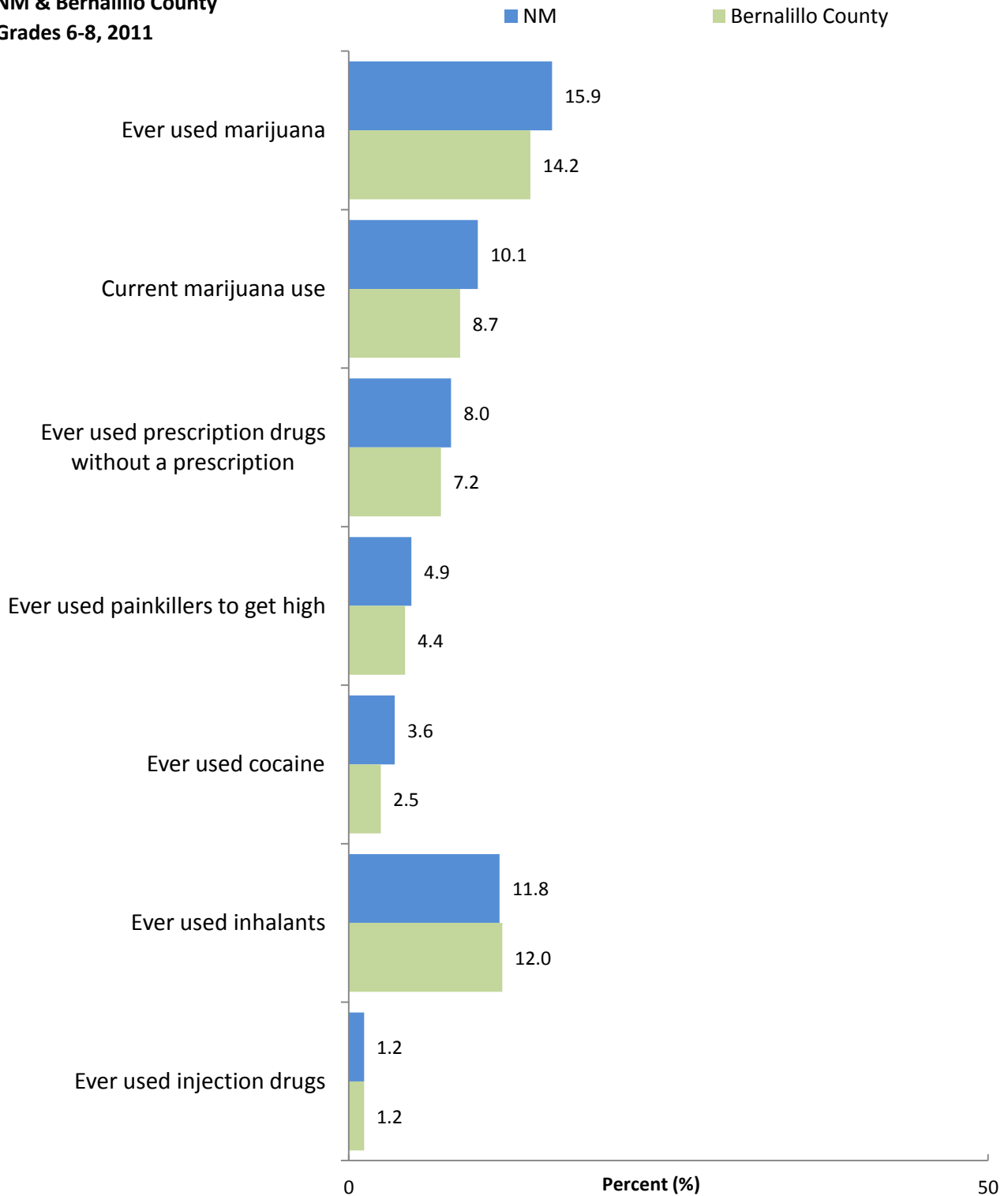
\* Statistically significant difference

**Drug Use**

Drug use by adolescents is associated with accidental injury and death. Injection drug use is associated with infectious diseases such as HIV and Hepatitis B and C.

**Drug Use**

**NM & Bernalillo County  
 Grades 6-8, 2011**



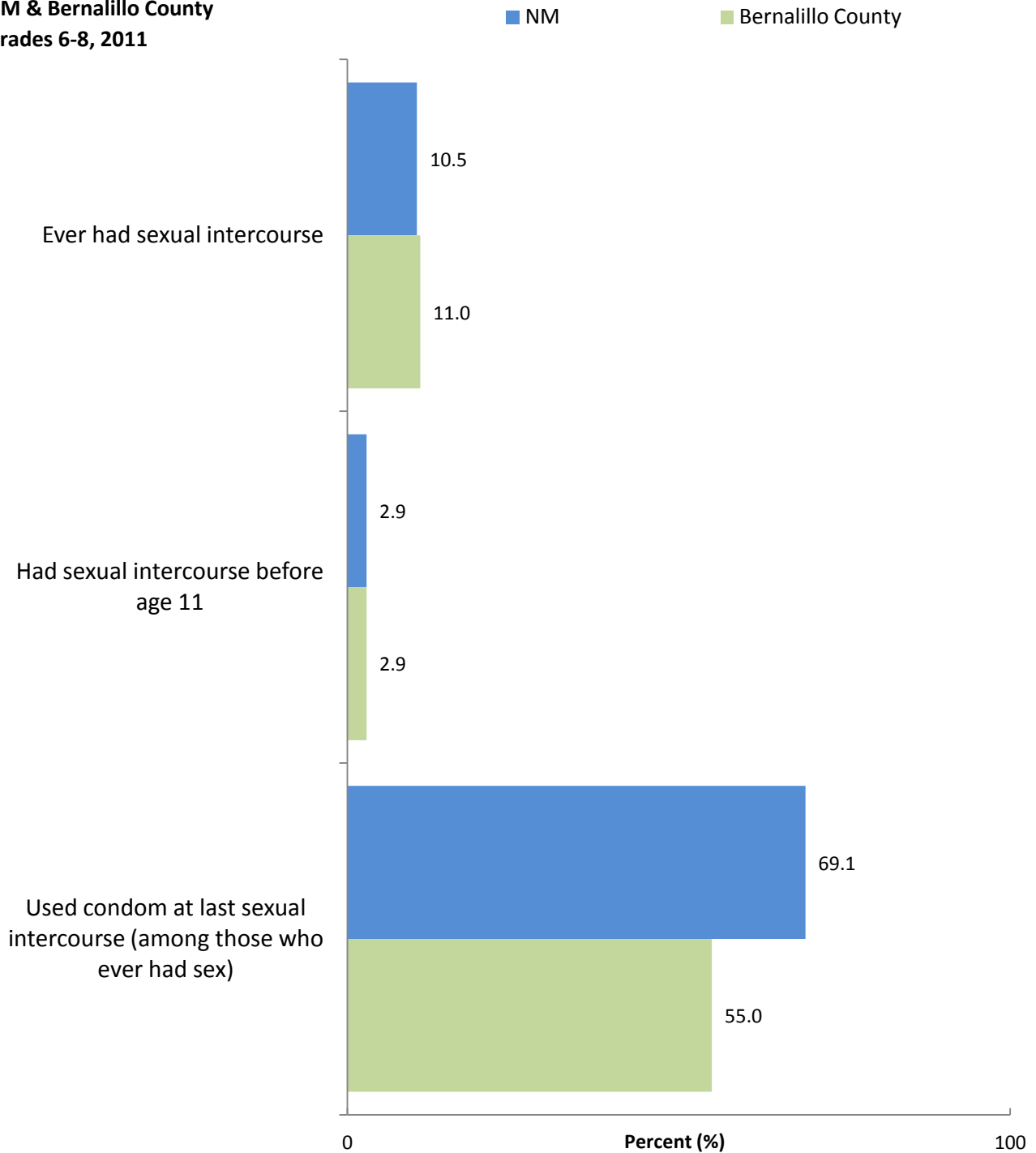
\* Statistically significant difference



**Sexual Activity**

Early and unsafe sexual activity puts teens at risk of unplanned pregnancy and sexually transmitted infections.

**Sexual Activity  
 NM & Bernalillo County  
 Grades 6-8, 2011**

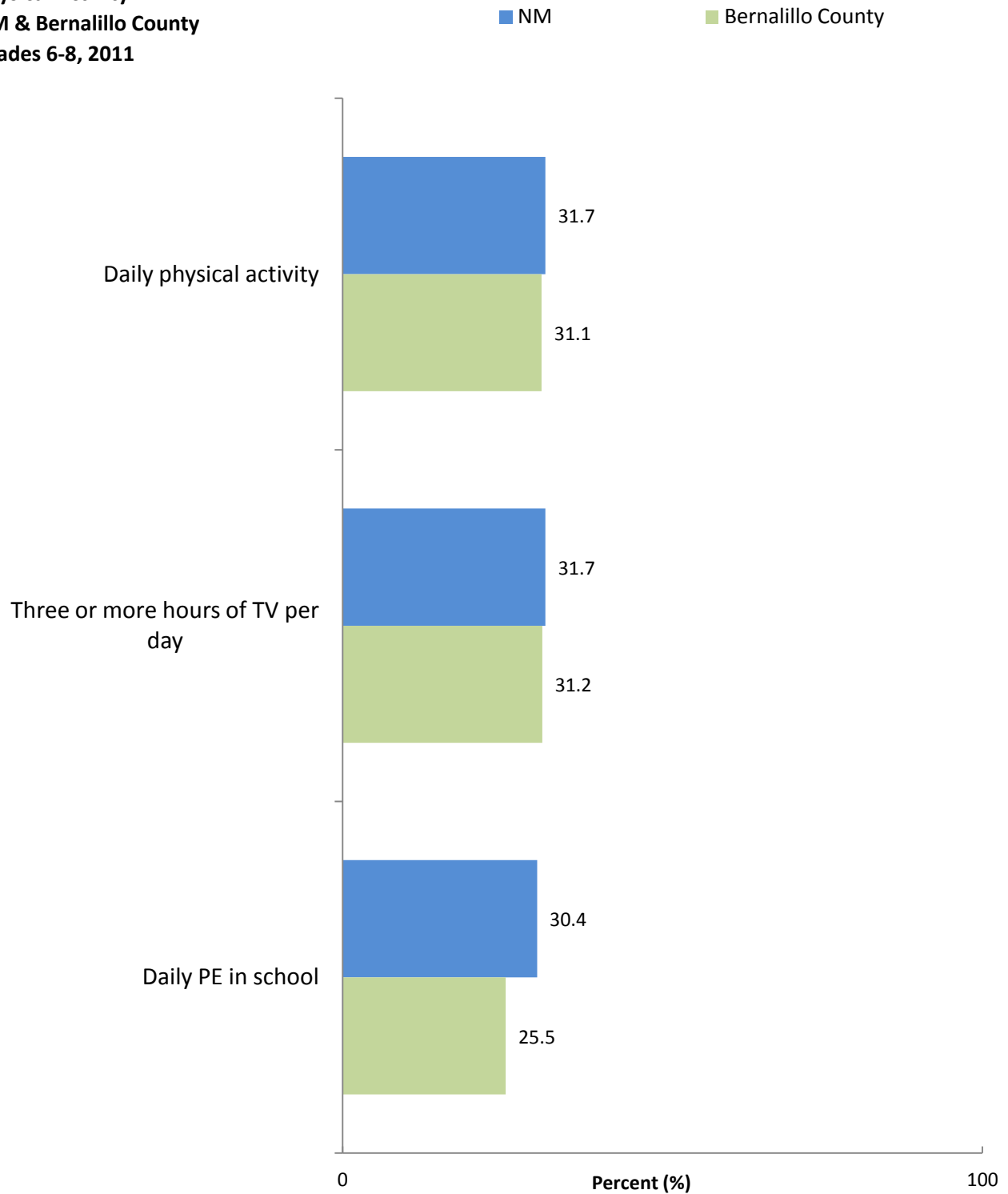


\* Statistically significant difference

**Physical Activity**

Lack of physical activity puts young people at risk of becoming overweight or obese. Obesity and overweight place teens at risk of many chronic diseases that can cause death or disability.

**Physical Activity  
 NM & Bernalillo County  
 Grades 6-8, 2011**

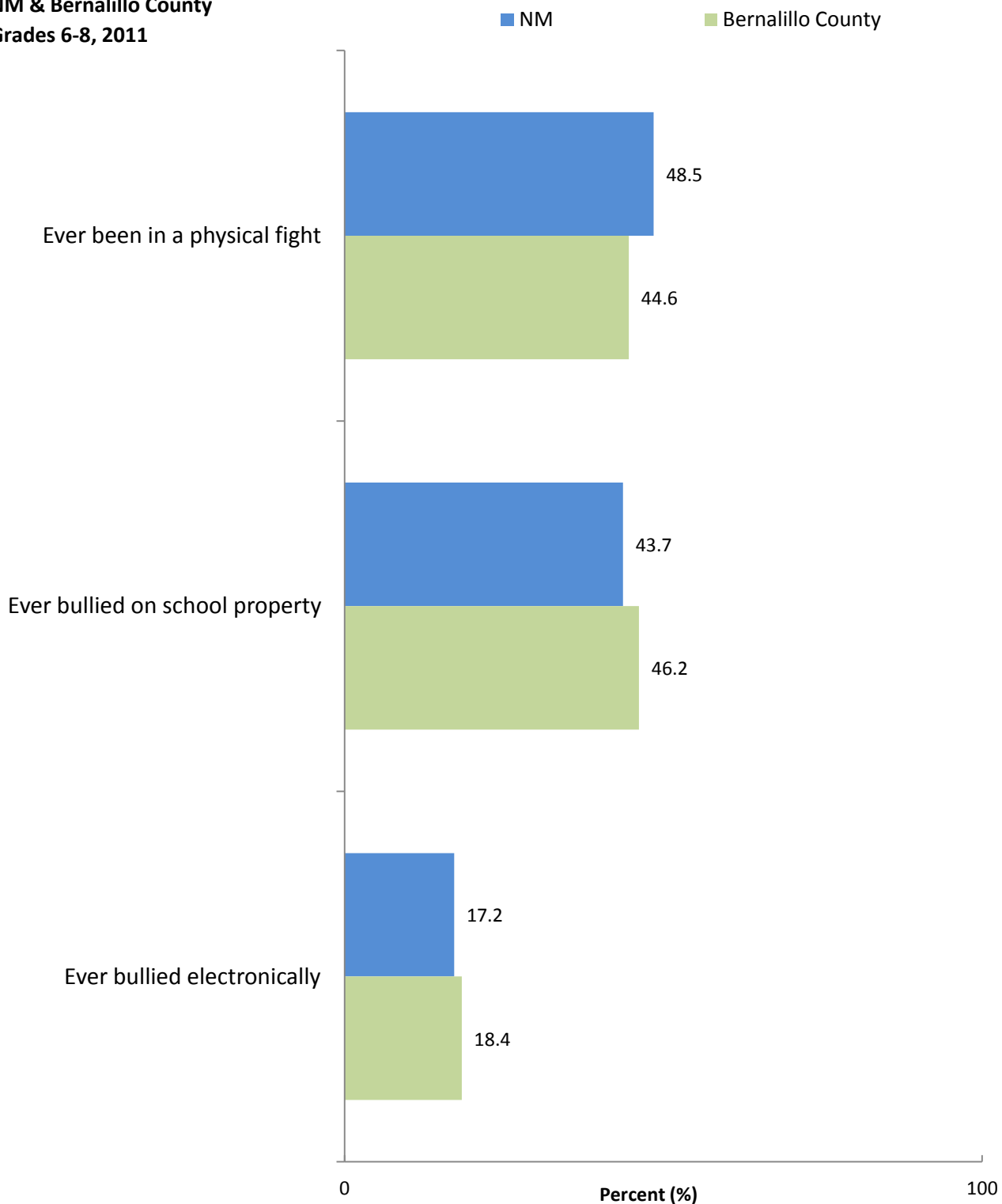


\* Statistically significant difference

**Behaviors Associated with Violence**

A new question about cyber-bullying (electronic bullying) was added to the YRRS in 2011.

**Behaviors Associated with Violence  
NM & Bernalillo County  
Grades 6-8, 2011**



\* Statistically significant difference

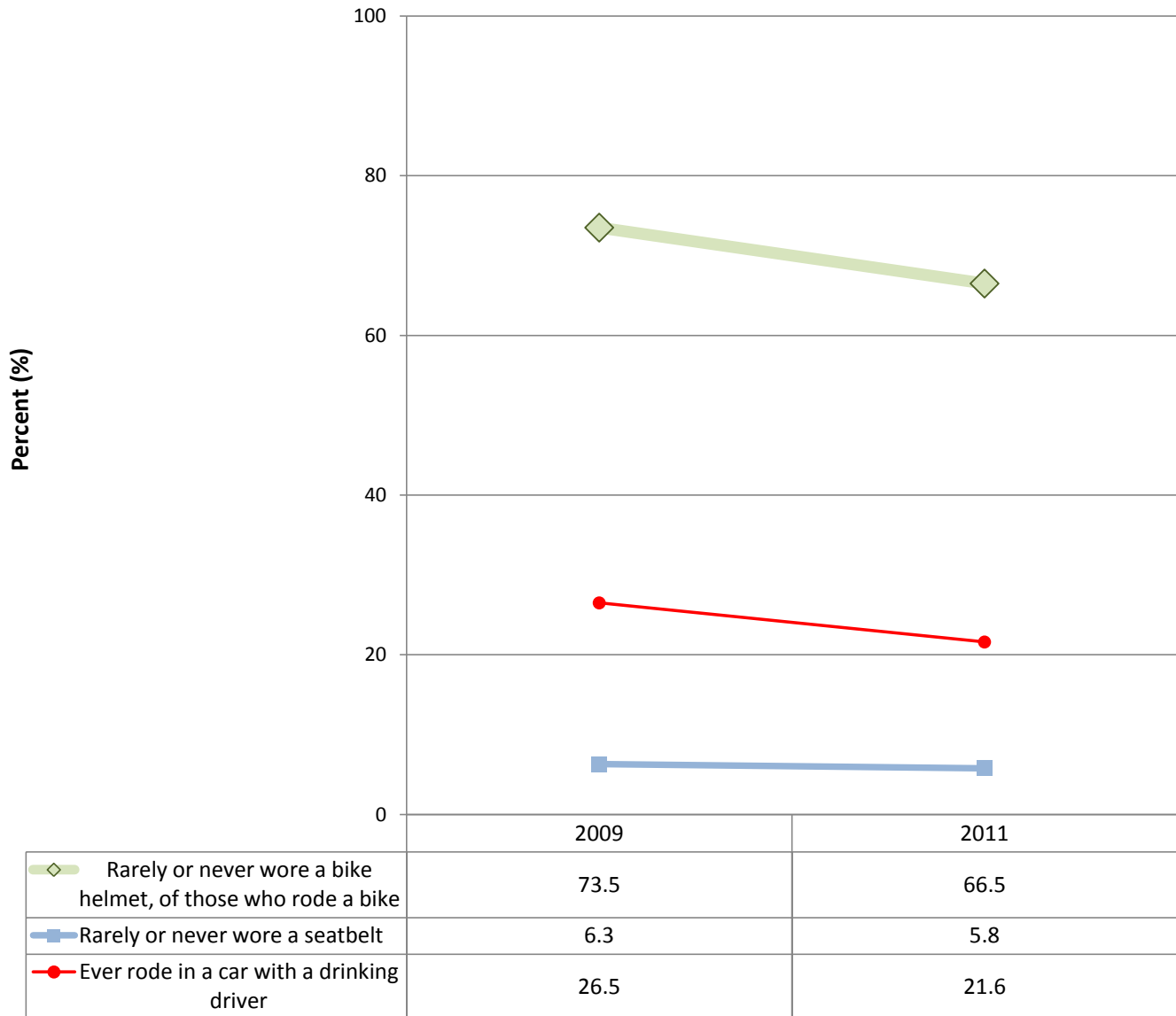


## Bernalillo County Charts

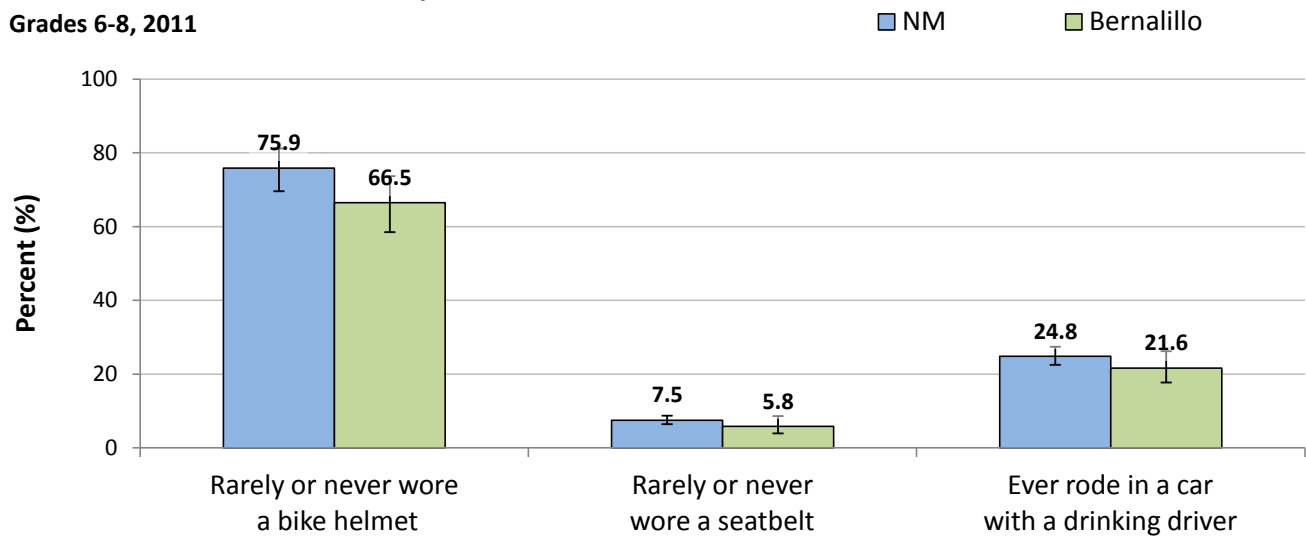


## Unintentional Injury

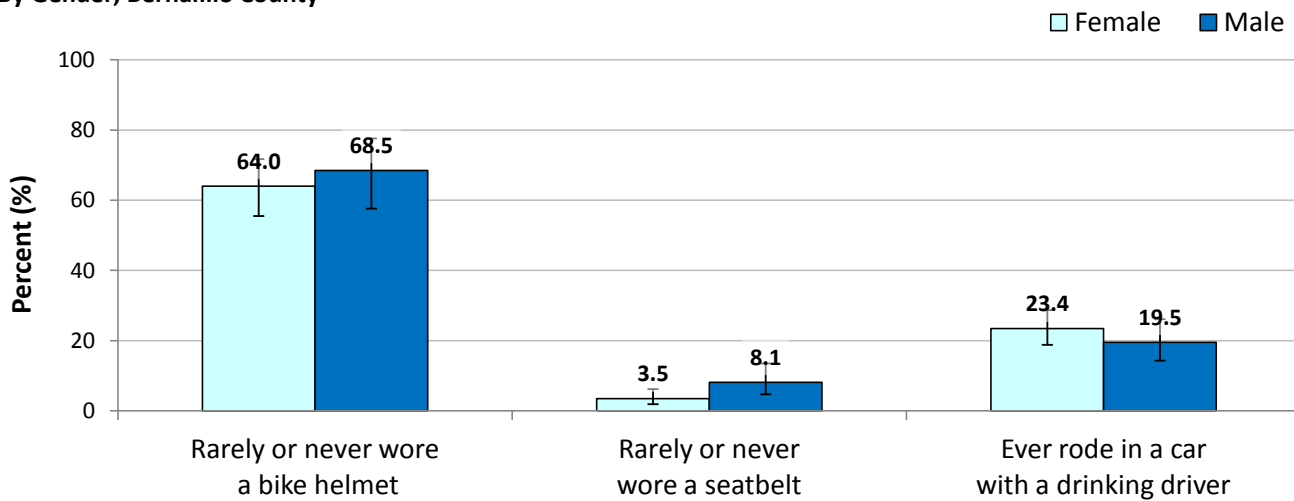
Behaviors Associated with Unintentional Injury  
 by Year, Bernalillo County  
 Grades 6-8, 2011



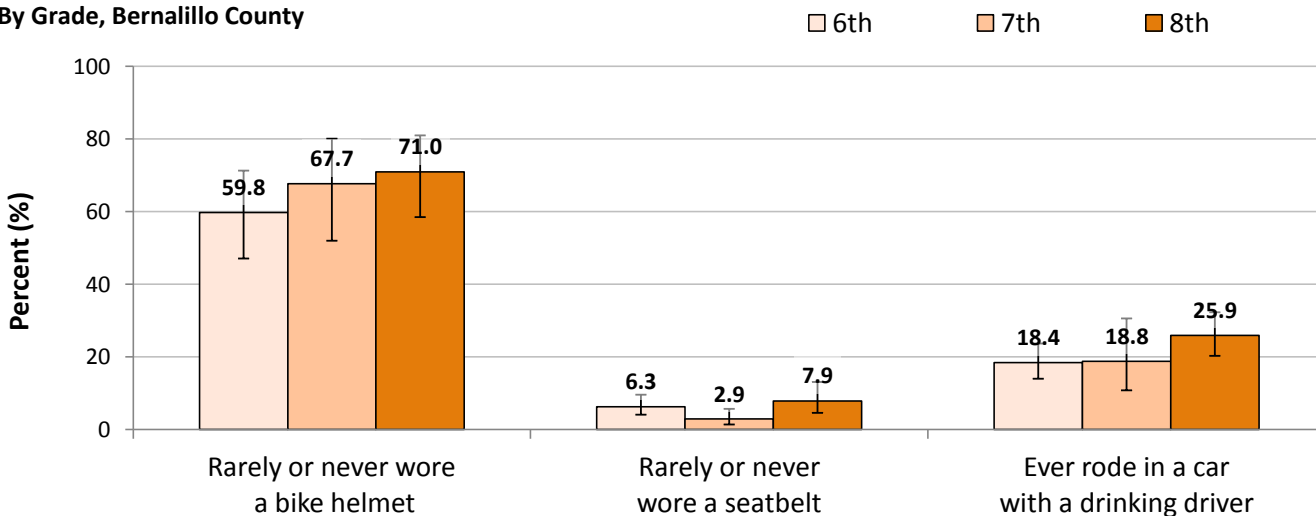
**Unintentional Injury**  
**New Mexico and Bernalillo County**  
 Grades 6-8, 2011



**By Gender, Bernalillo County**



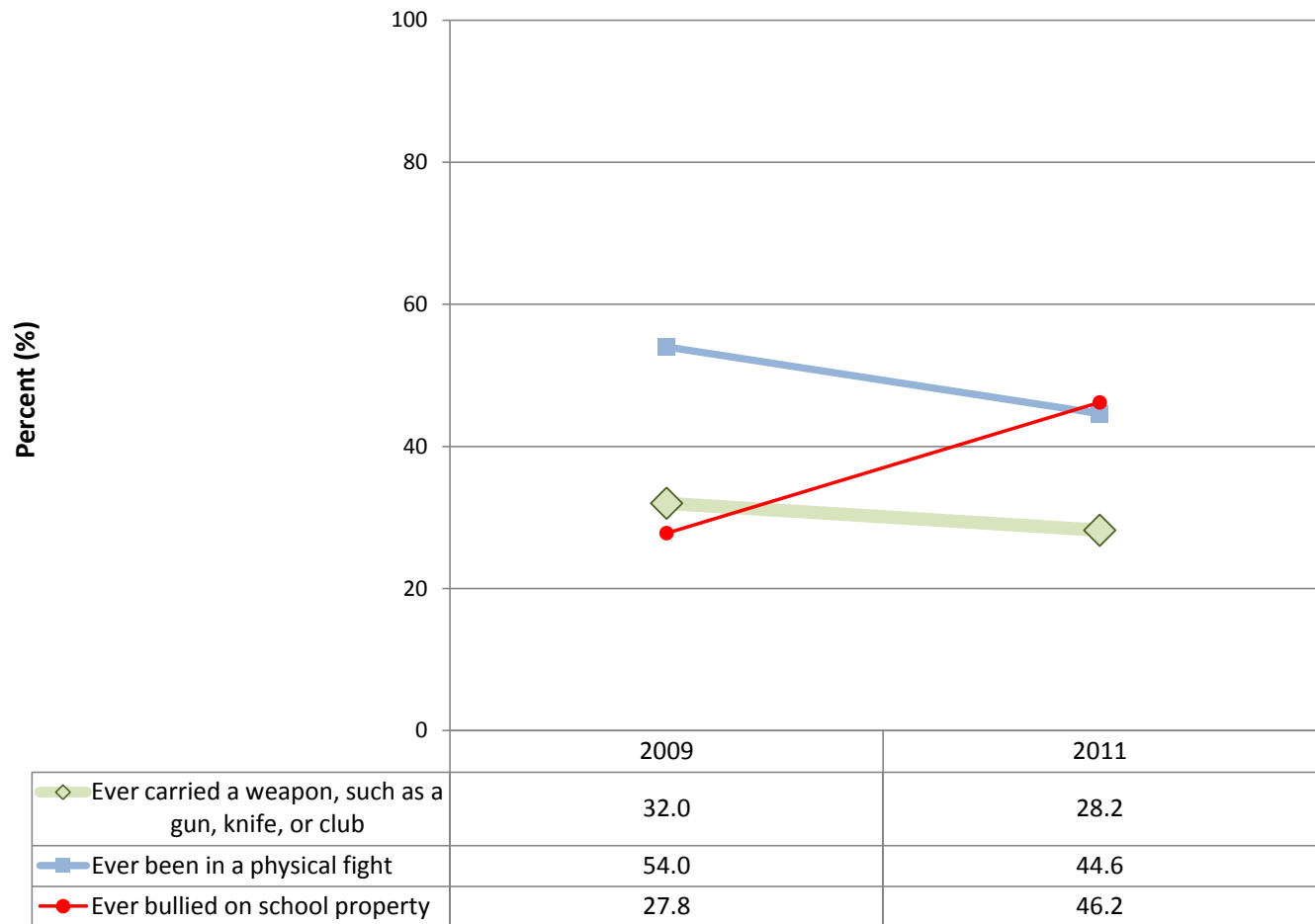
**By Grade, Bernalillo County**



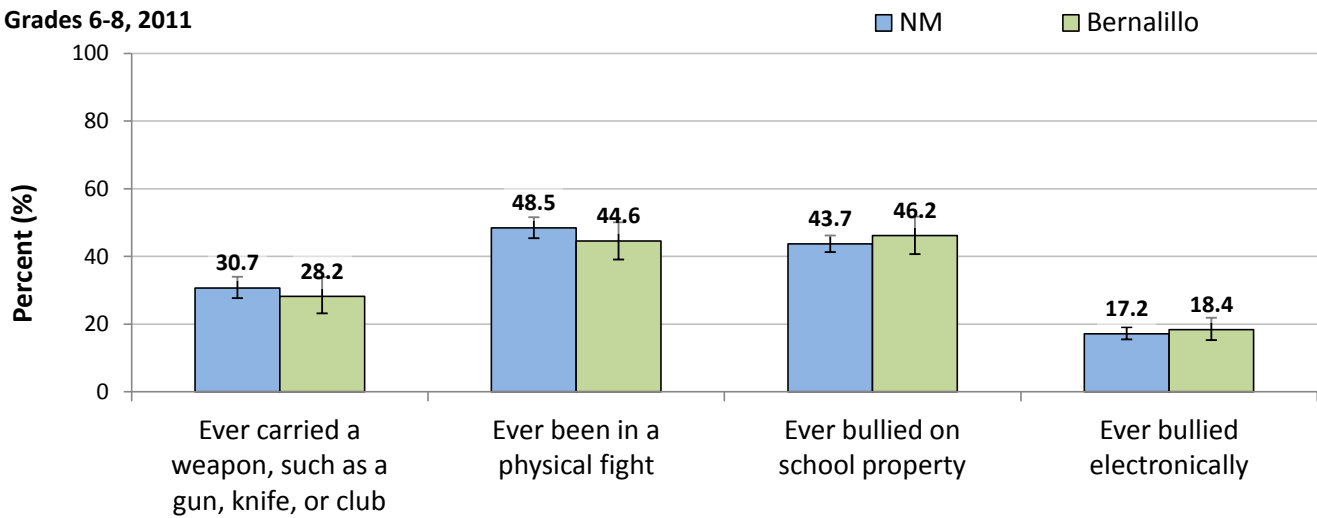


**Injury: Behaviors Associated with Violence**

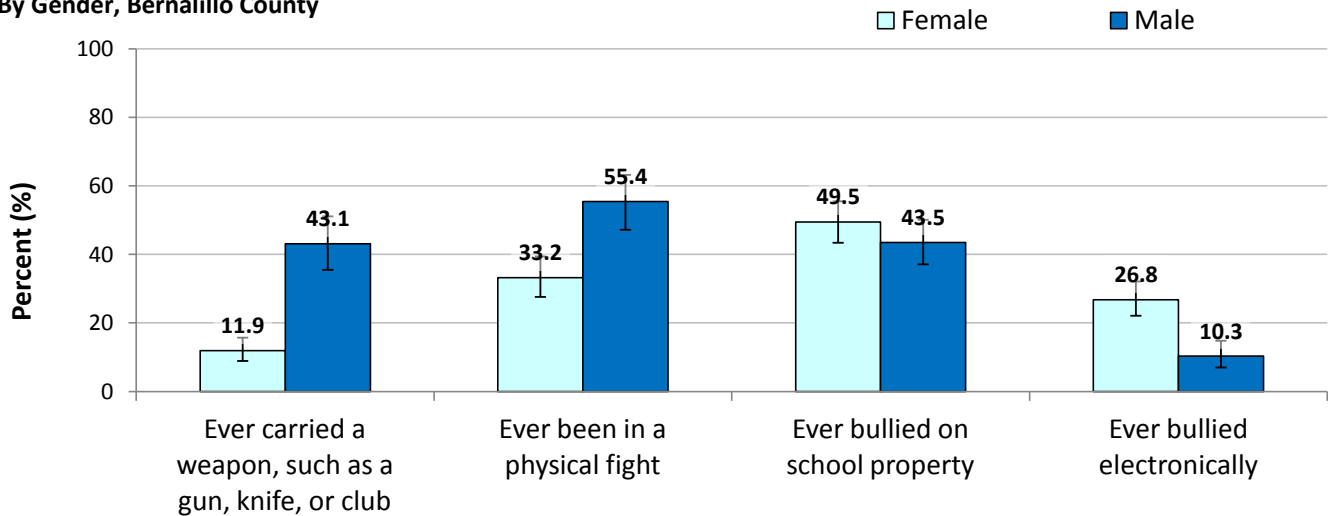
**Behaviors Associated with Injury: Behaviors Associated with Violence  
 by Year, Bernalillo County  
 Grades 6-8**



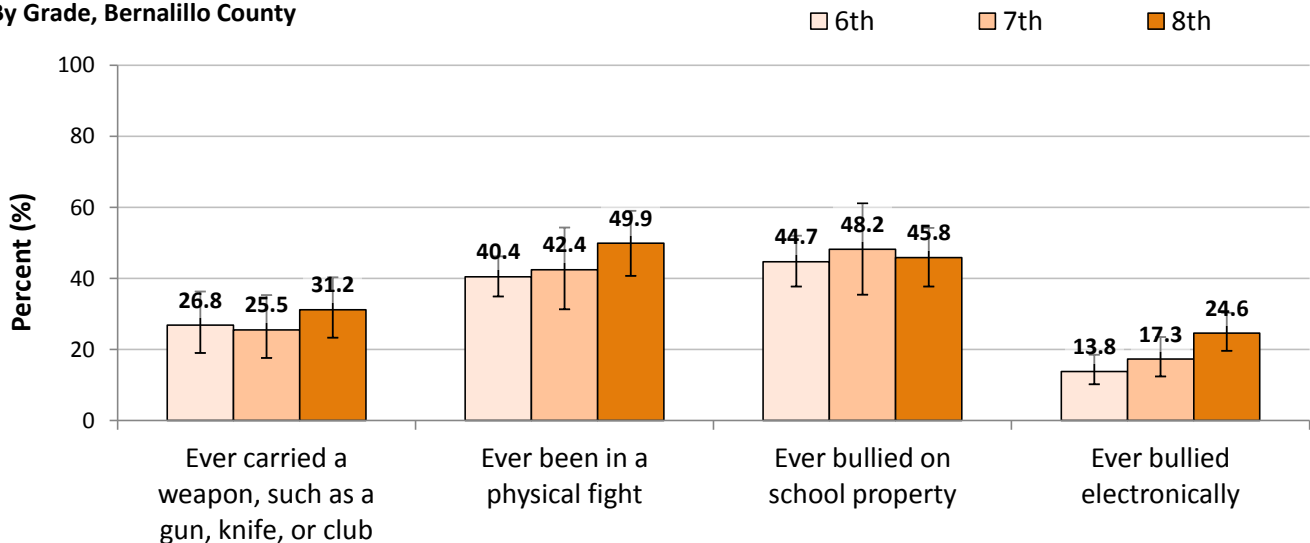
**Injury: Behaviors Associated with Violence**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



**By Gender, Bernalillo County**

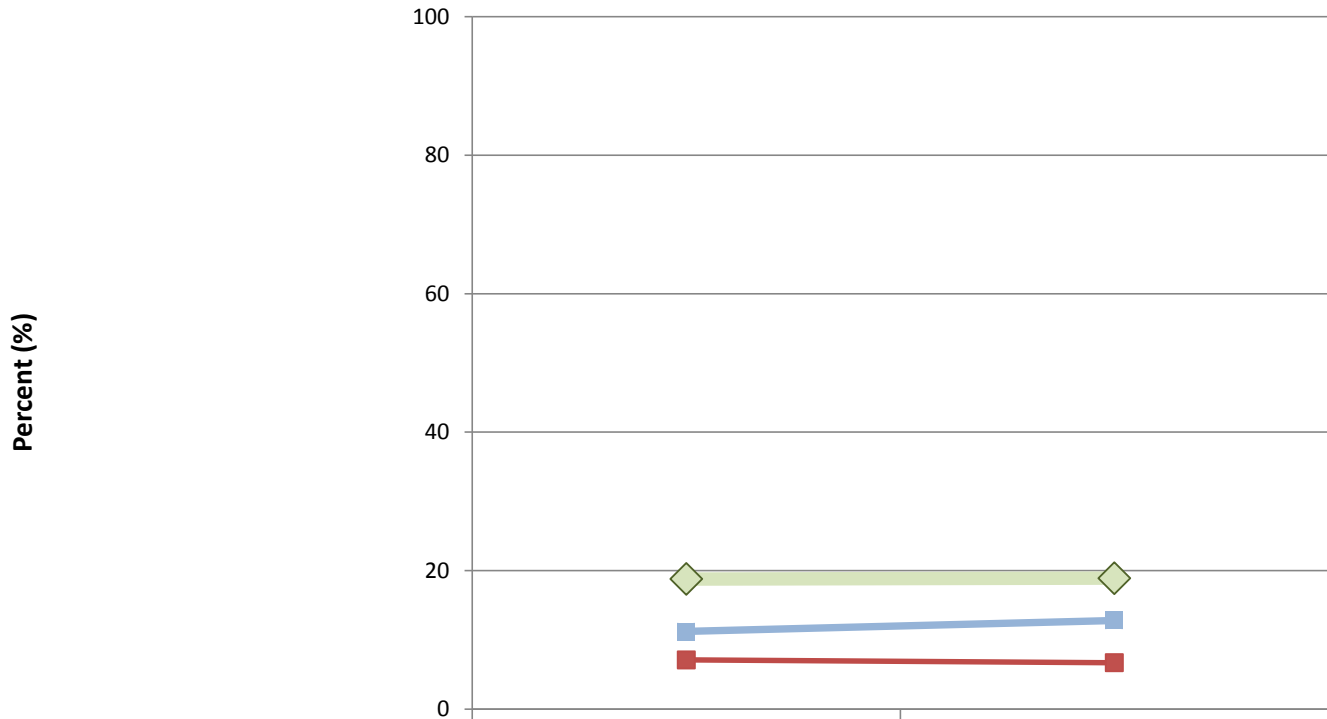


**By Grade, Bernalillo County**



**Mental Health**

**Behaviors Associated with Mental Health  
 by Year, Bernalillo County  
 Grades 6-8, 2011**

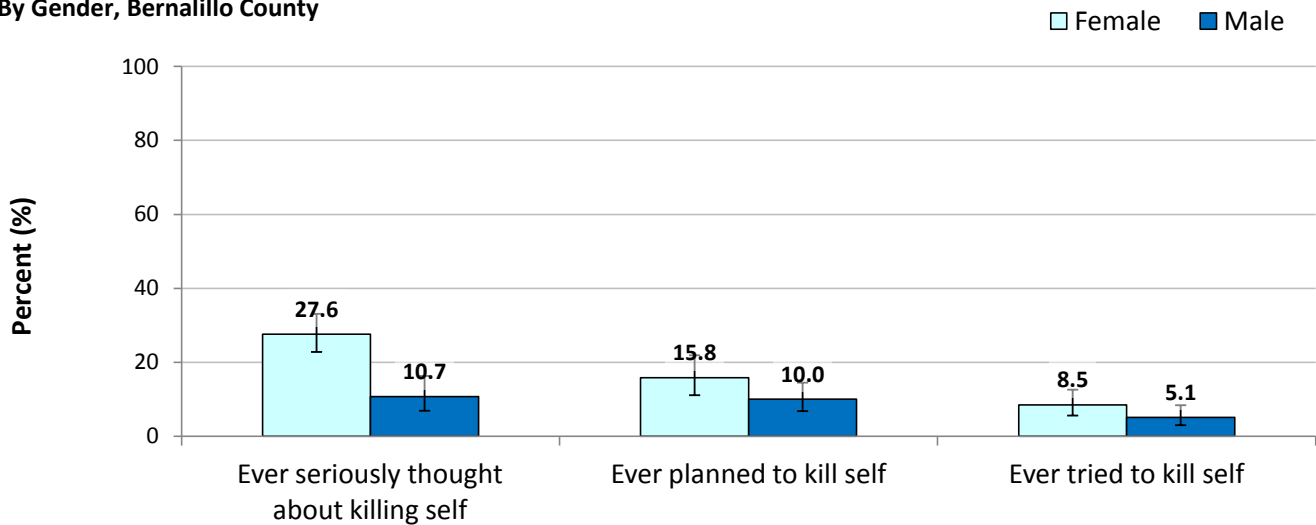


	2009	2011
◇ Seriously thought about killing self in the past 12 months	18.8	18.9
■ Ever planned to kill self	11.2	12.8
■ Ever tried to kill self	7.1	6.7

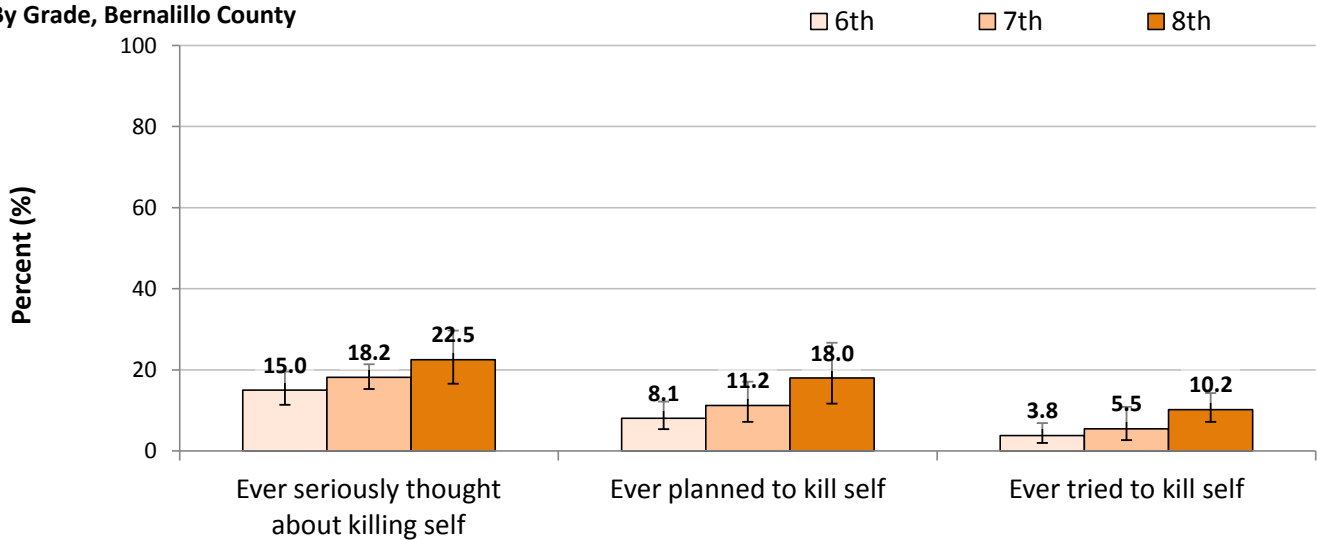
**Mental Health**  
**New Mexico and Bernalillo County**  
Grades 6-8, 2011



**By Gender, Bernalillo County**

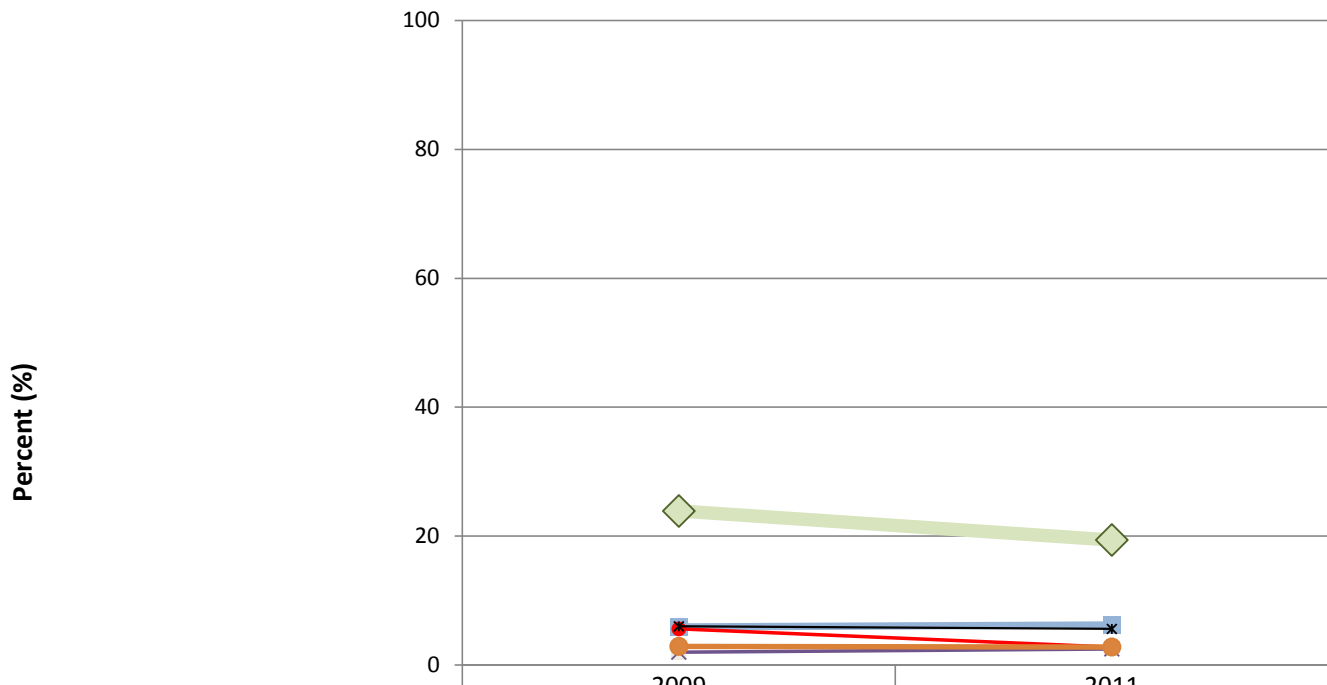


**By Grade, Bernalillo County**



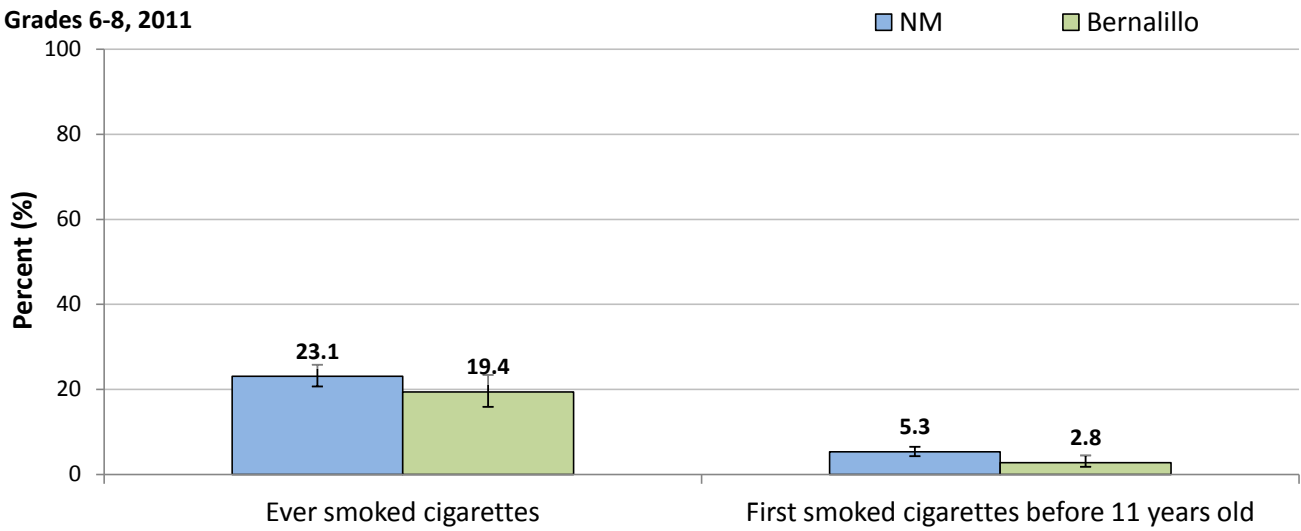
**Tobacco Use**

**Tobacco Use Indicators  
 by Year, Bernalillo County  
 Grades 6-8, 2011**

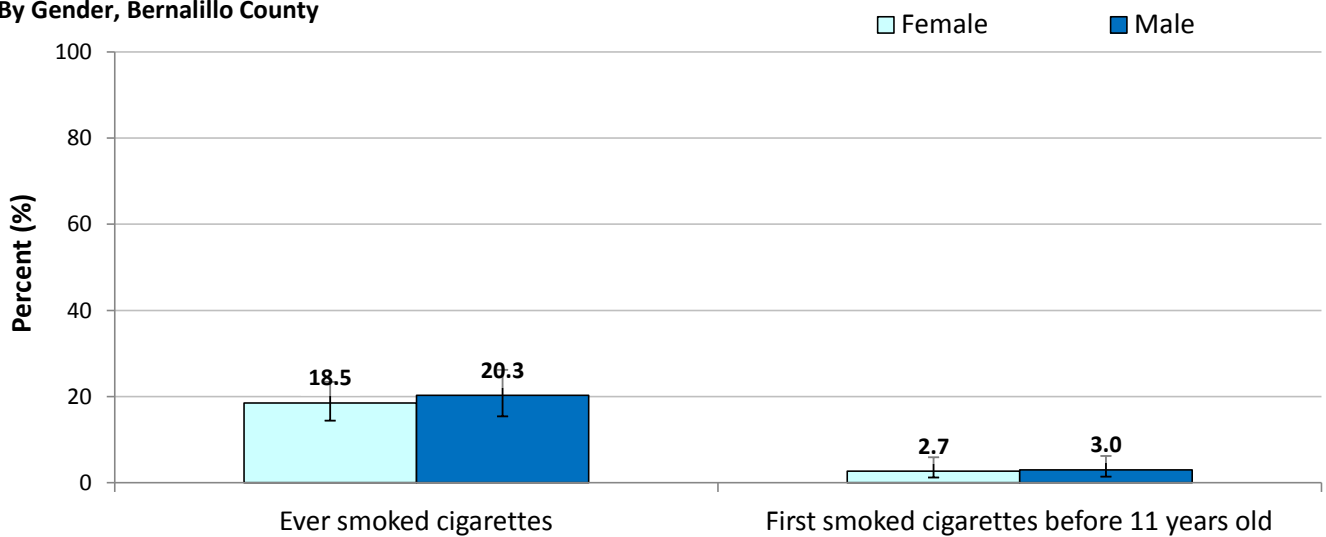


	2009	2011
◇ Ever smoked cigarettes	23.9	19.4
■ Current cigarette smoker	5.9	6.2
● First smoked cigarettes before 11 years old	5.6	2.8
× Smoked cigarettes on school property in the past 30 days	2.0	2.5
* Current cigar use	6.0	5.6
● Current spit tobacco use (chew, snuff, or dip)	2.9	2.8

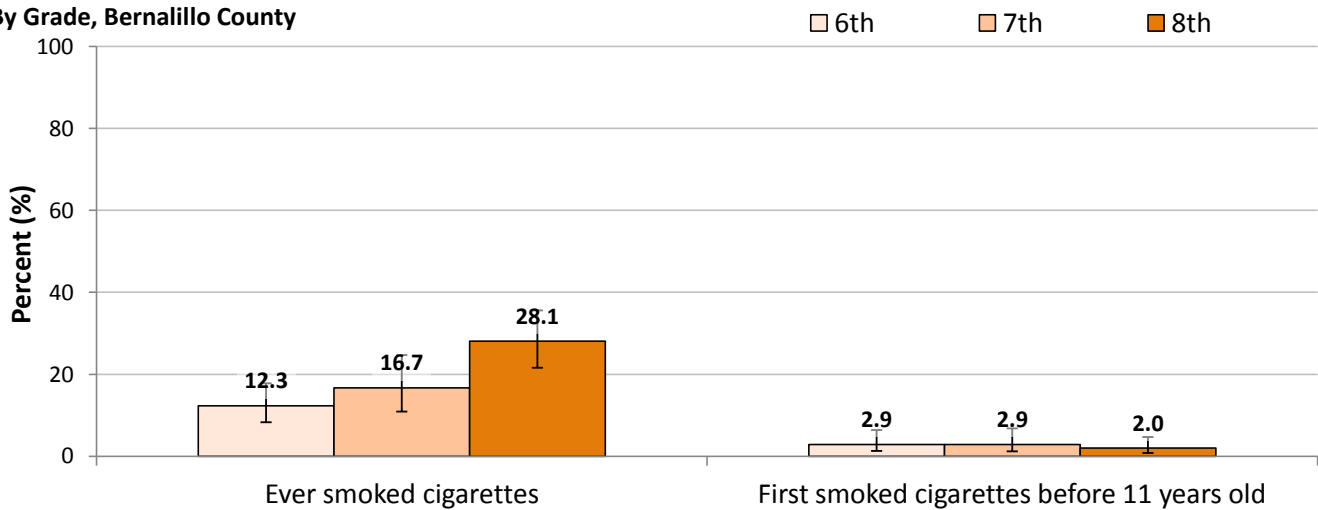
**Tobacco Use: Cigarettes**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



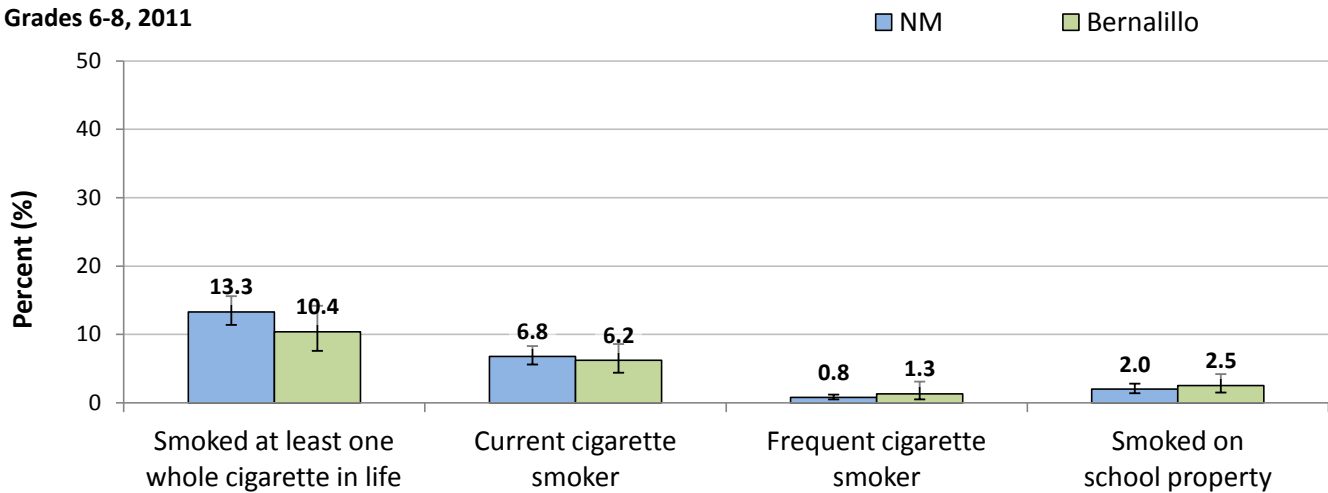
**By Gender, Bernalillo County**



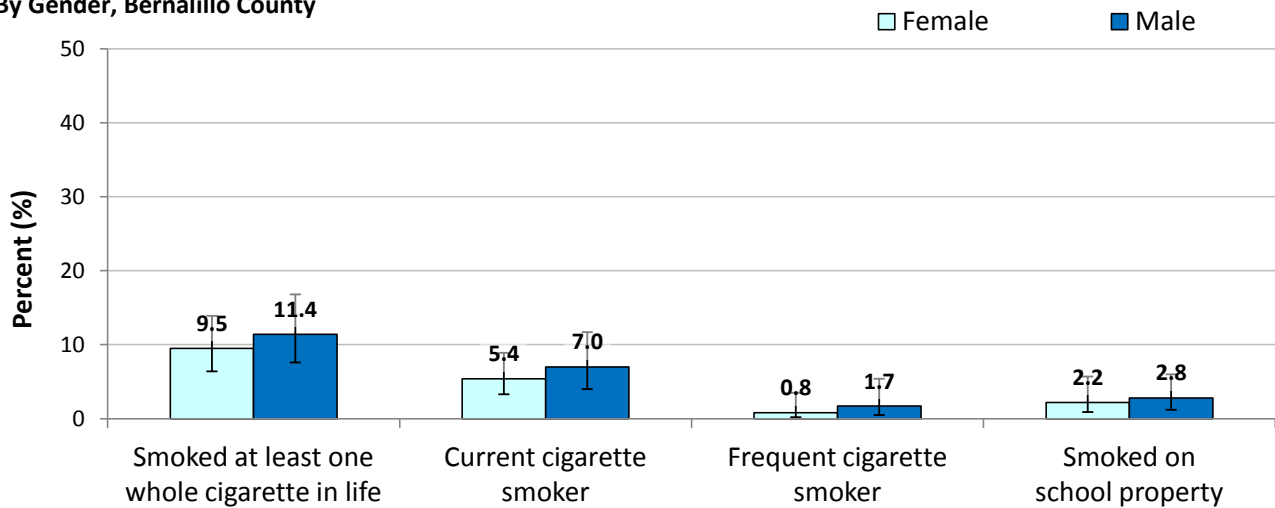
**By Grade, Bernalillo County**



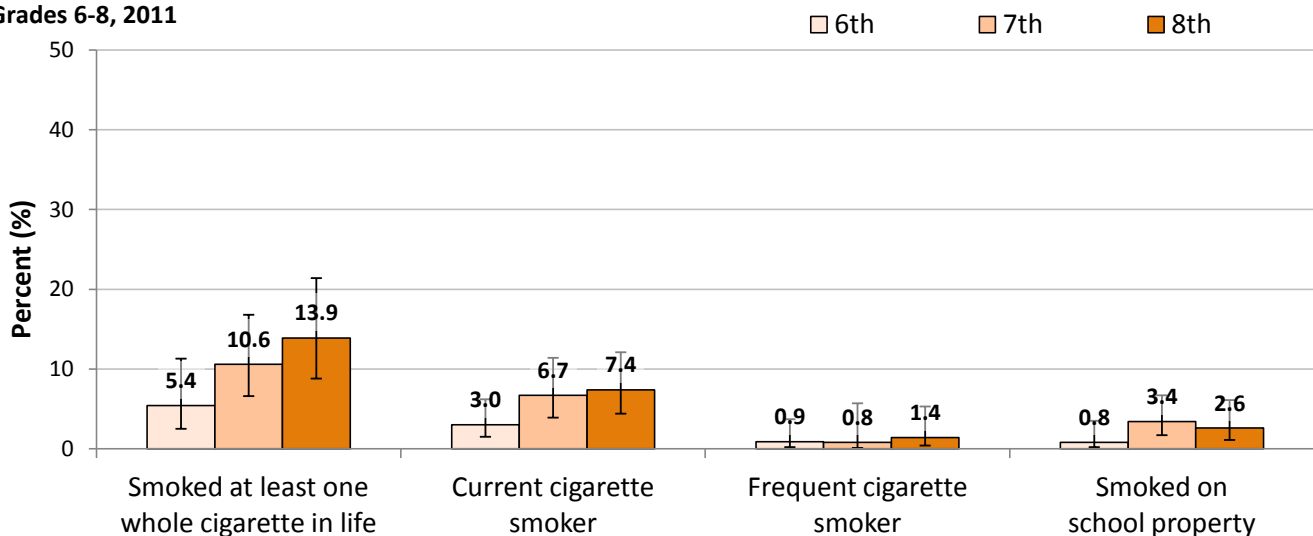
**Tobacco Use: Cigarettes**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



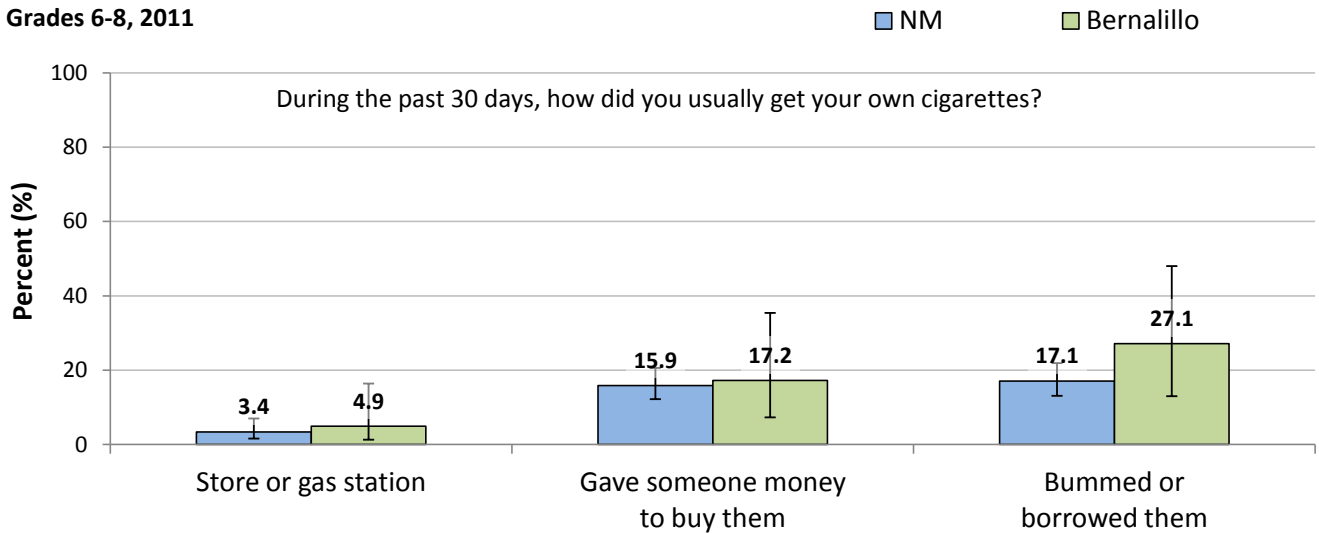
**By Gender, Bernalillo County**



**Grades 6-8, 2011**



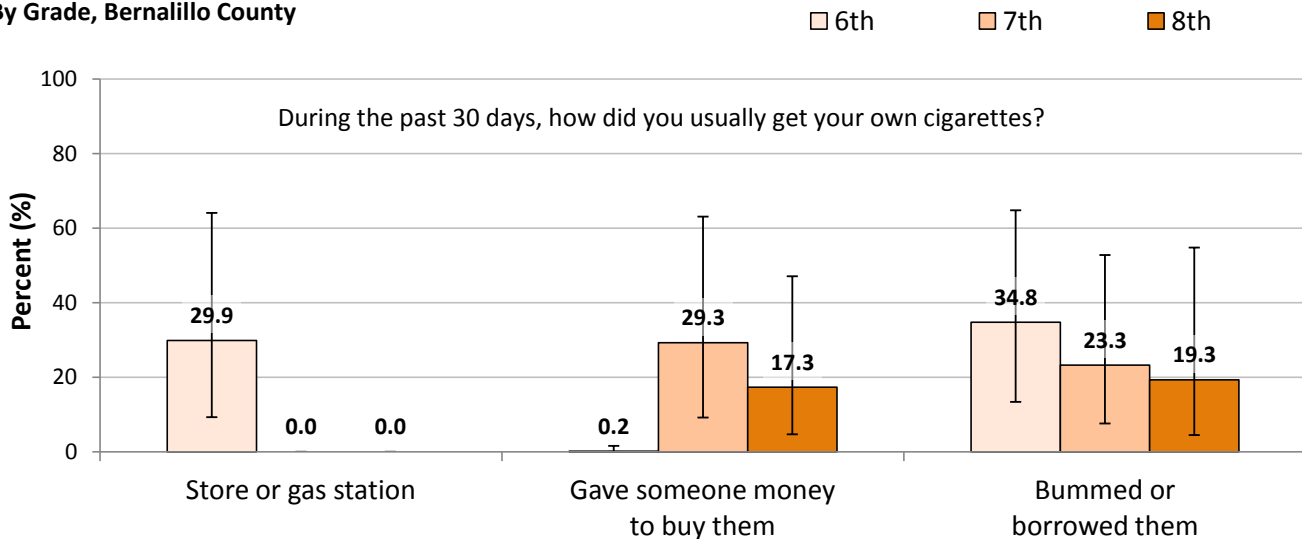
**Tobacco Use: Behaviors of Current Cigarette Smokers**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



**By Gender, Bernalillo County**

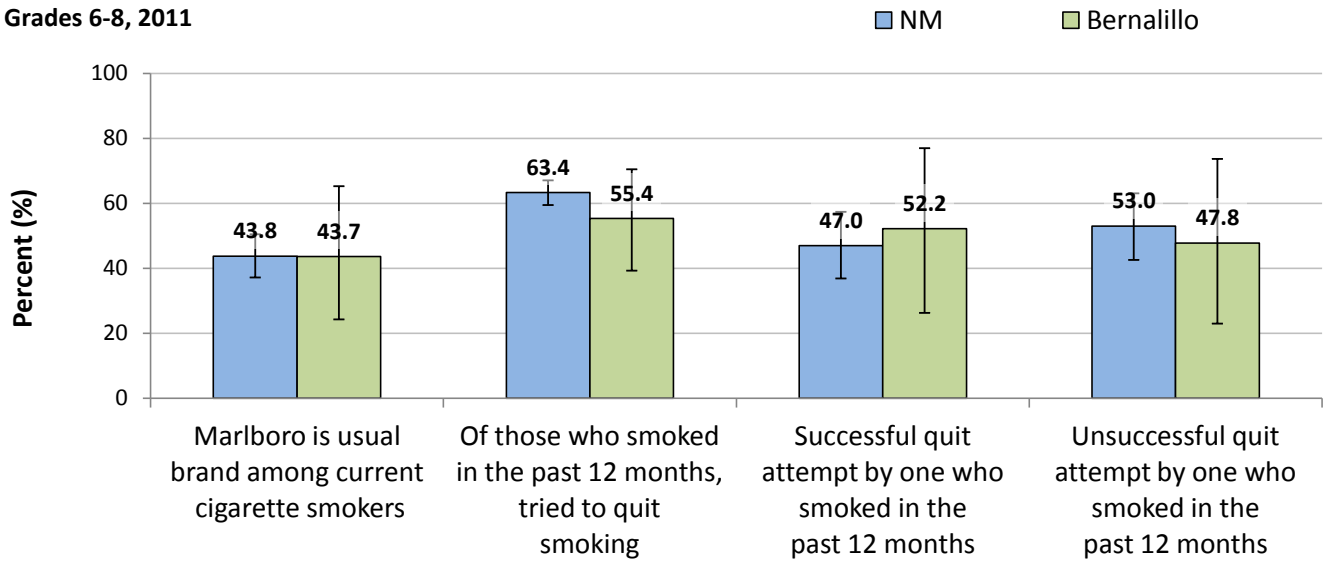


**By Grade, Bernalillo County**

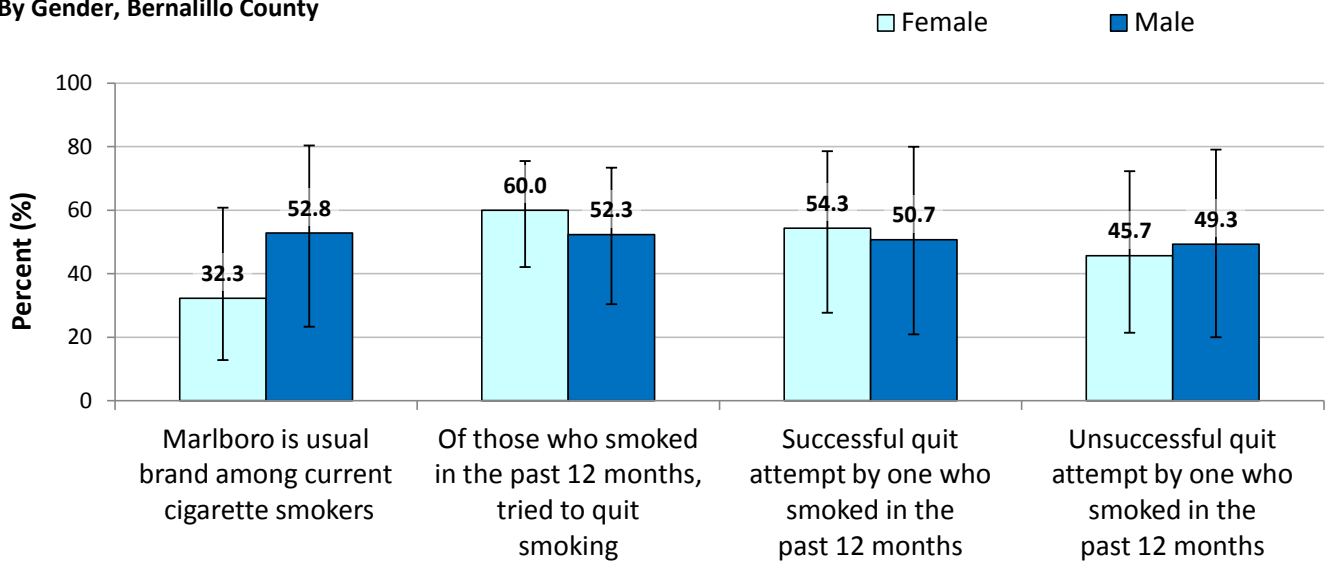




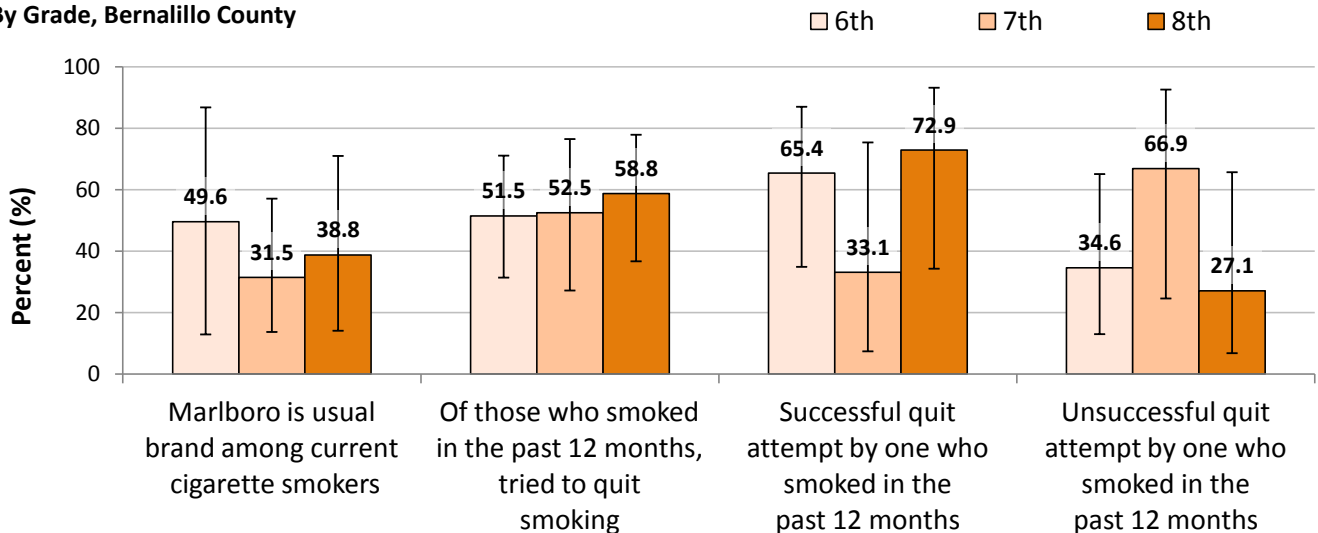
**Tobacco Use: Behaviors of Current Cigarette Smokers**  
**New Mexico and Bernalillo County**  
Grades 6-8, 2011



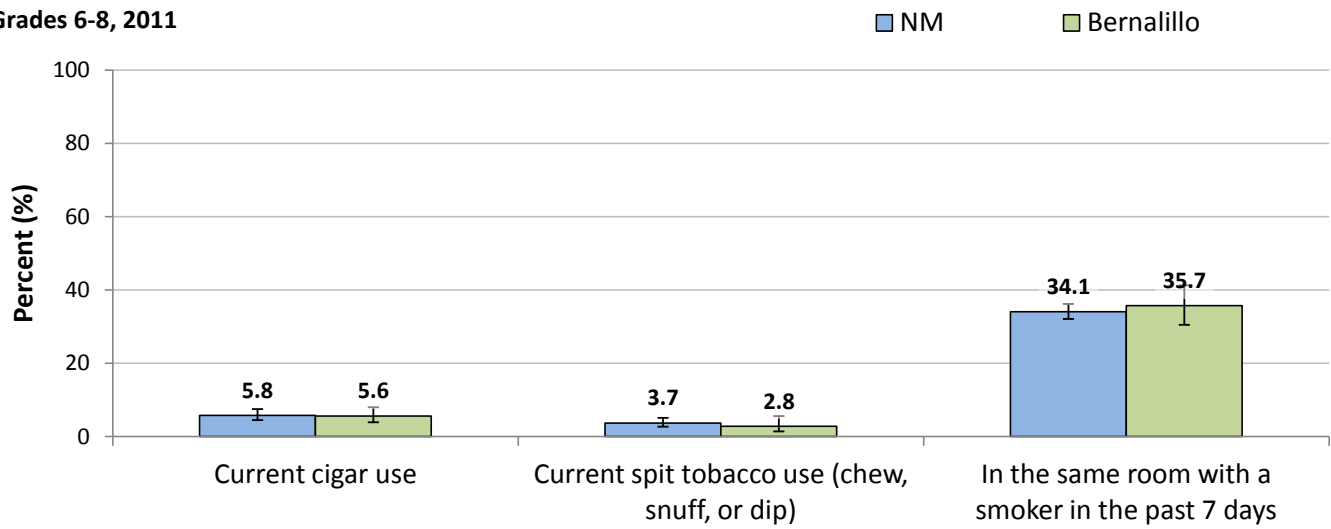
**By Gender, Bernalillo County**



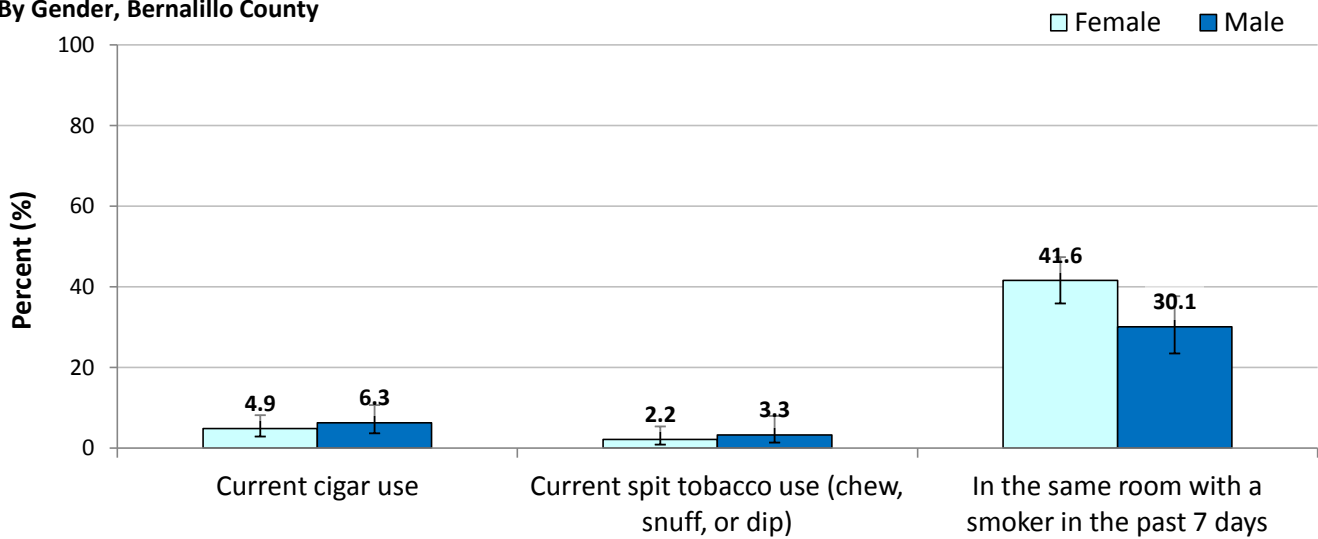
**By Grade, Bernalillo County**



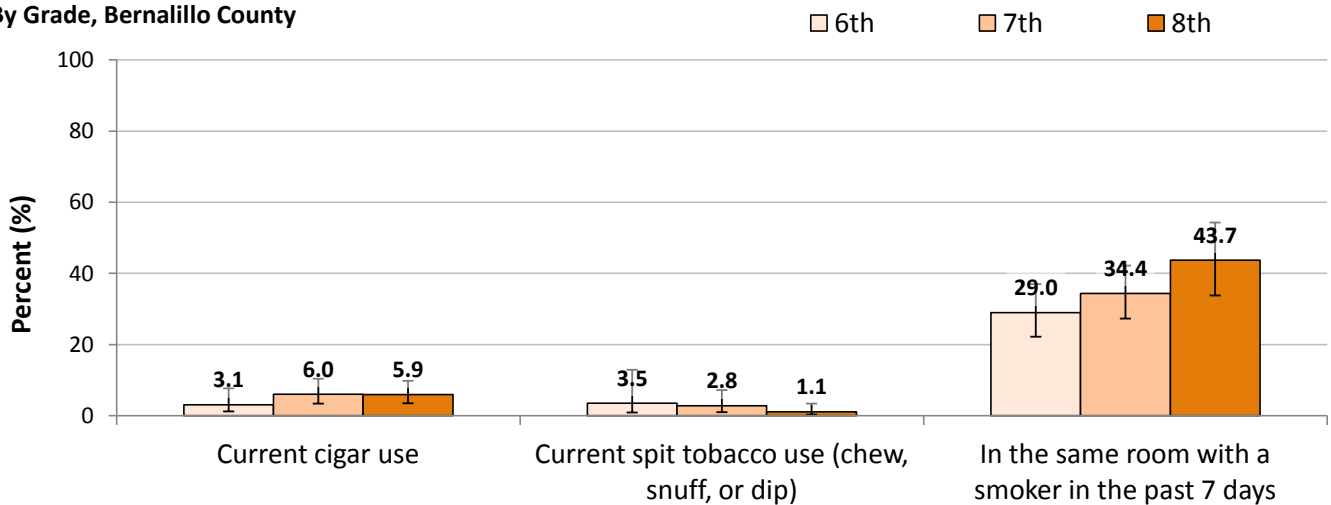
**Tobacco: Other Use and Exposure**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



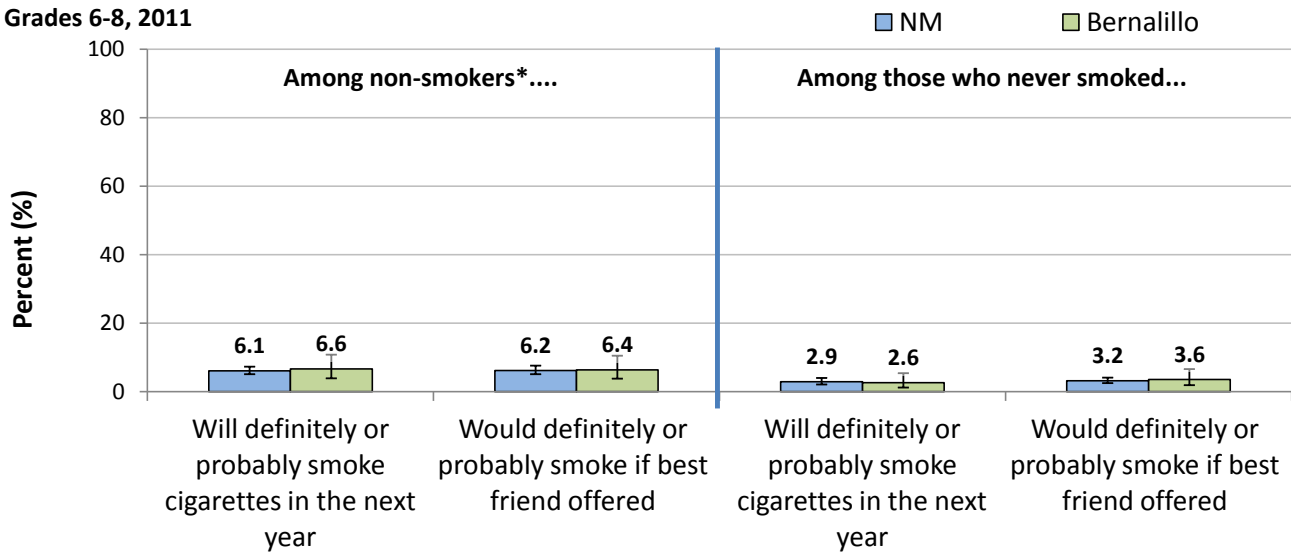
**By Gender, Bernalillo County**



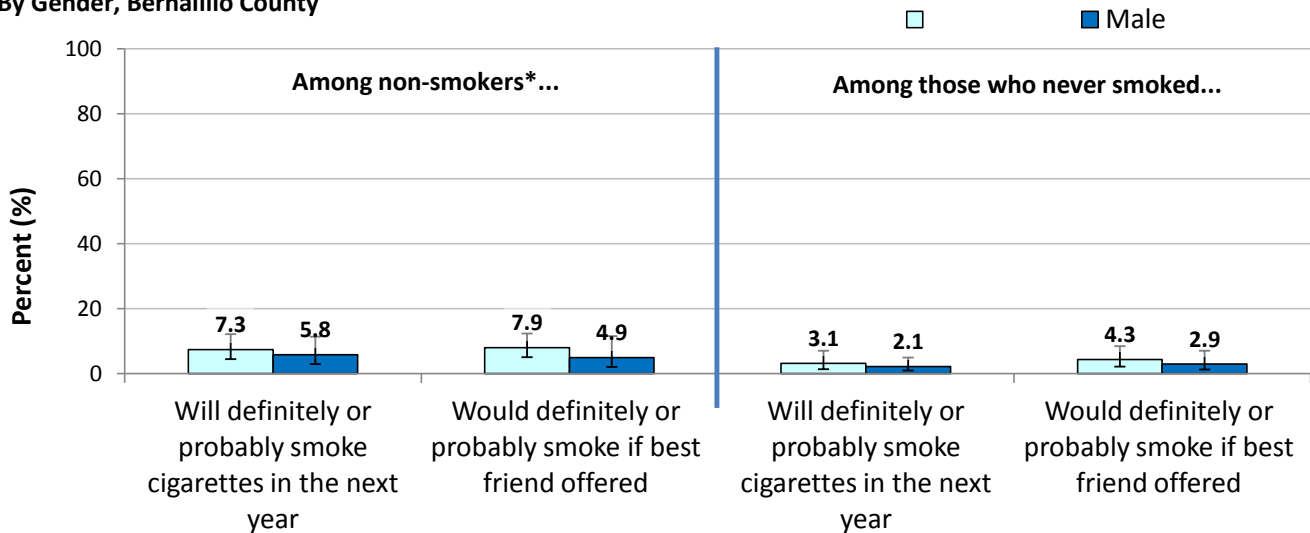
**By Grade, Bernalillo County**



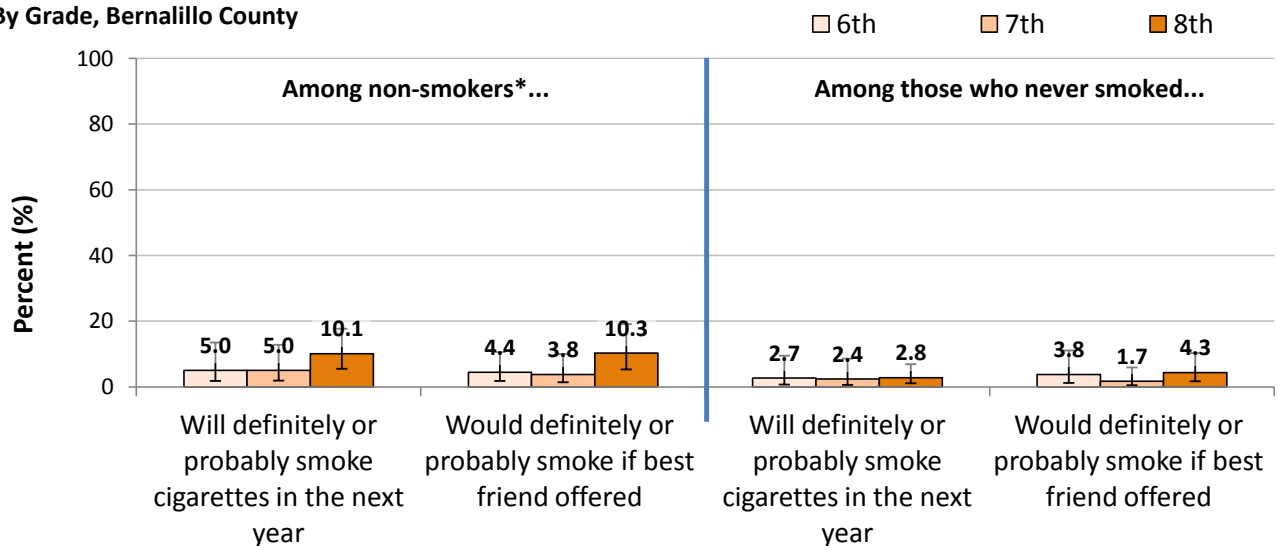
**Tobacco Use: Plans to Smoke**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



**By Gender, Bernalillo County**

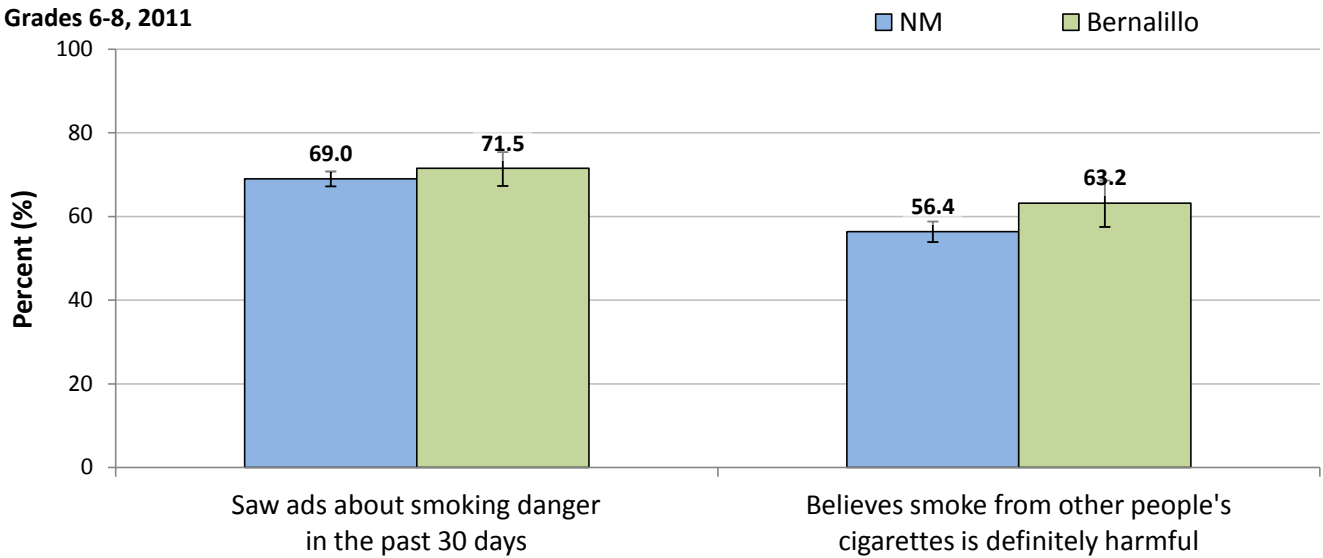


**By Grade, Bernalillo County**

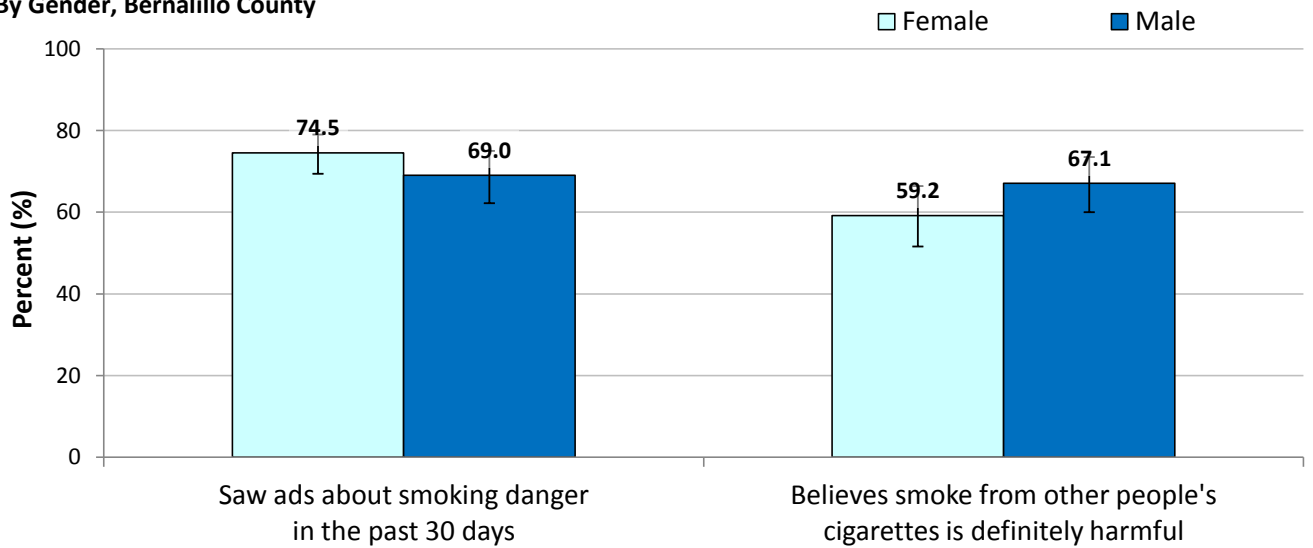


\* **Non-smoker:** did not smoke cigarettes within the past 30 days

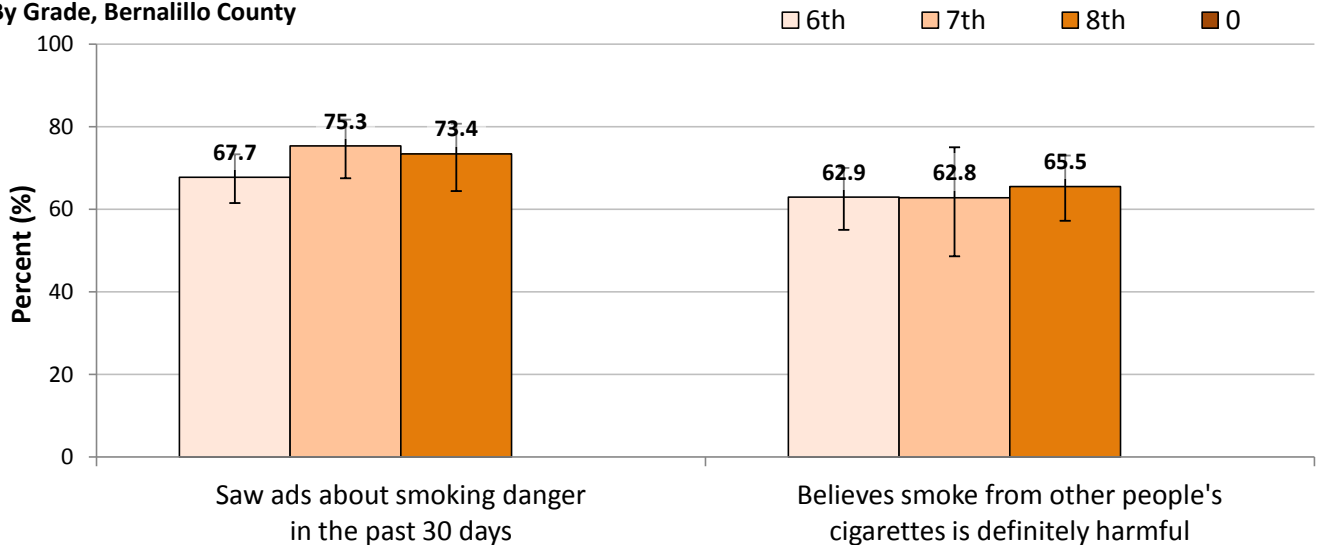
**Tobacco Use: Beliefs and Attitudes**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



**By Gender, Bernalillo County**

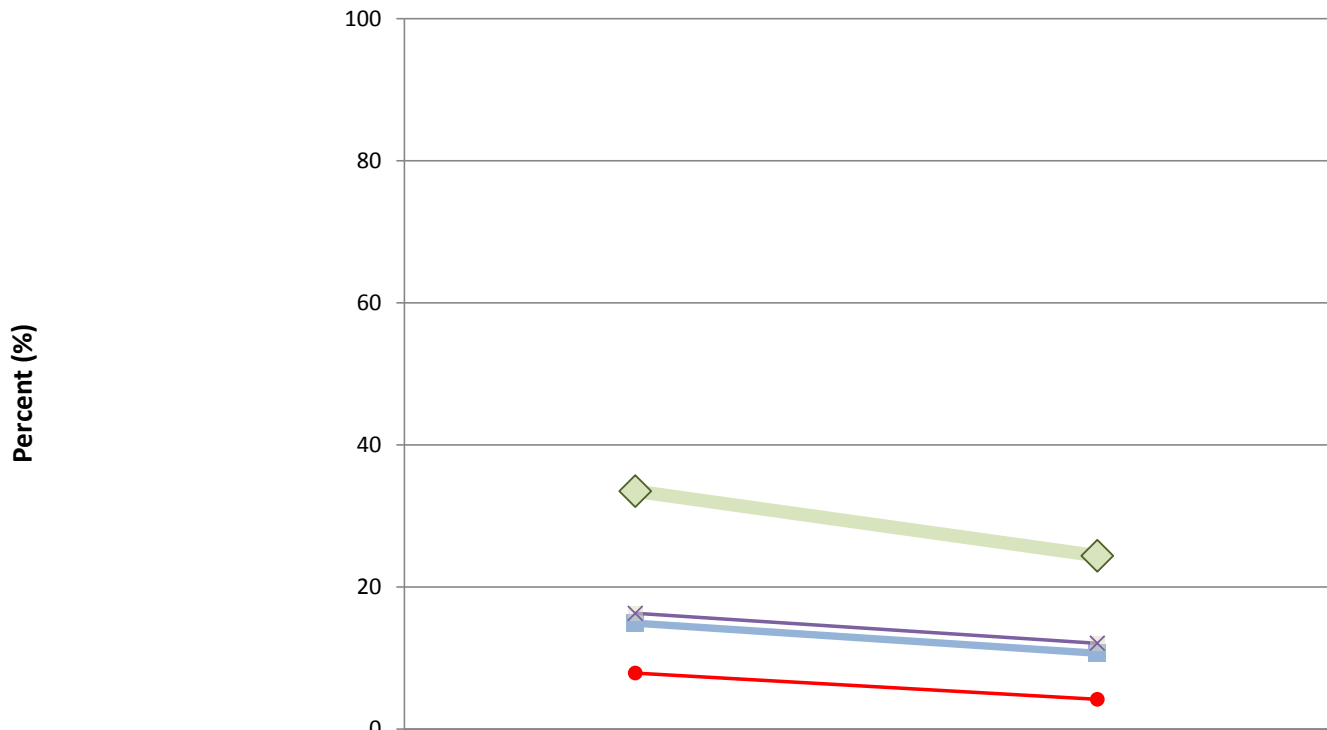


**By Grade, Bernalillo County**



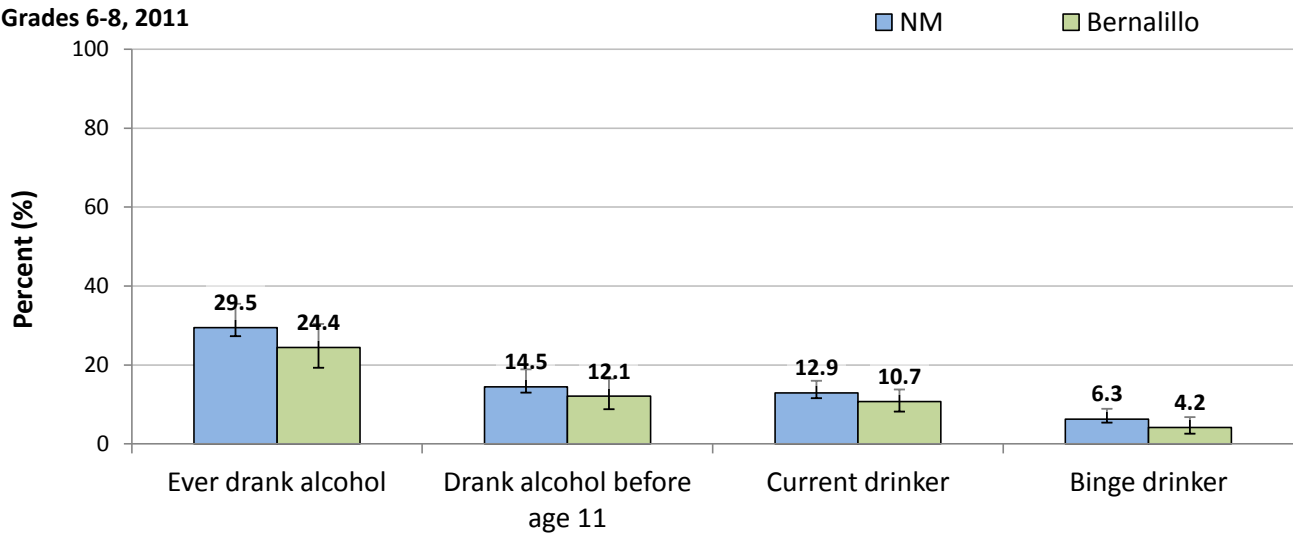
### Alcohol Use

**Alcohol Use Indicators  
 by Year, Bernalillo County  
 Grades 6-8, 2011**

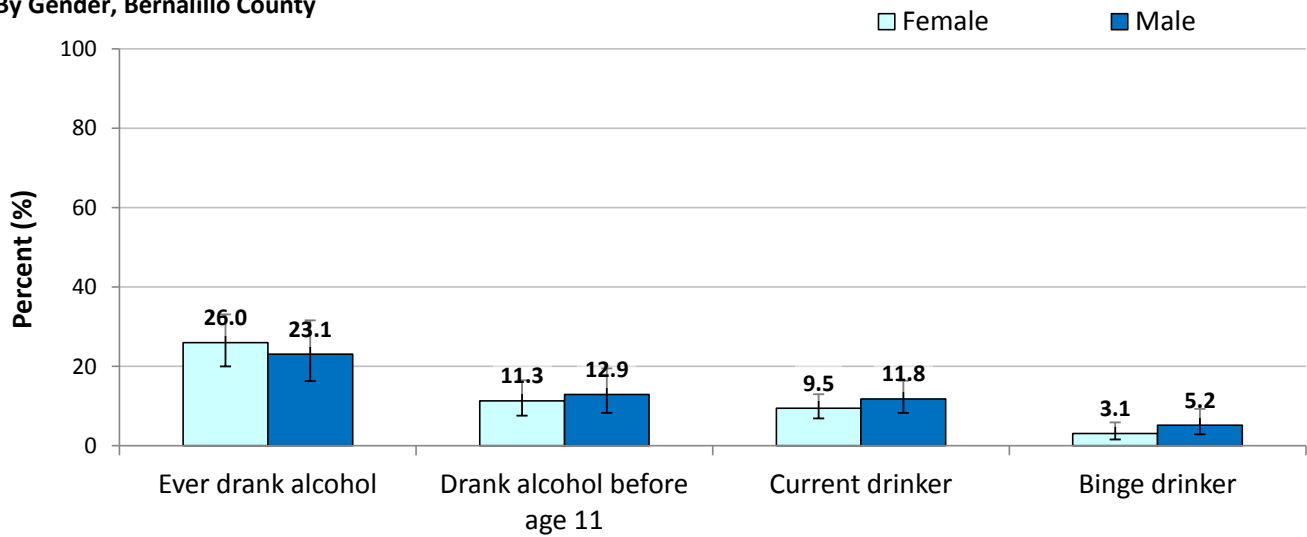


	2009	2011
◇ Ever drank alcohol	33.5	24.4
■ Current drinker	14.9	10.7
● Binge drinker	7.9	4.2
× Drank alcohol before age 11	16.3	12.1

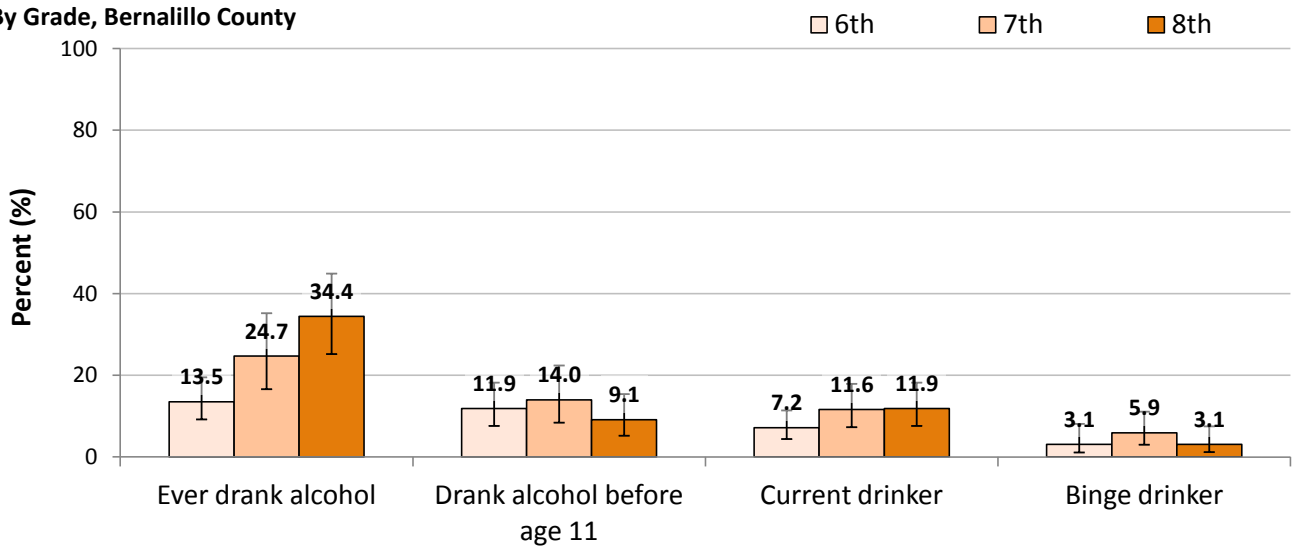
**Alcohol Use**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



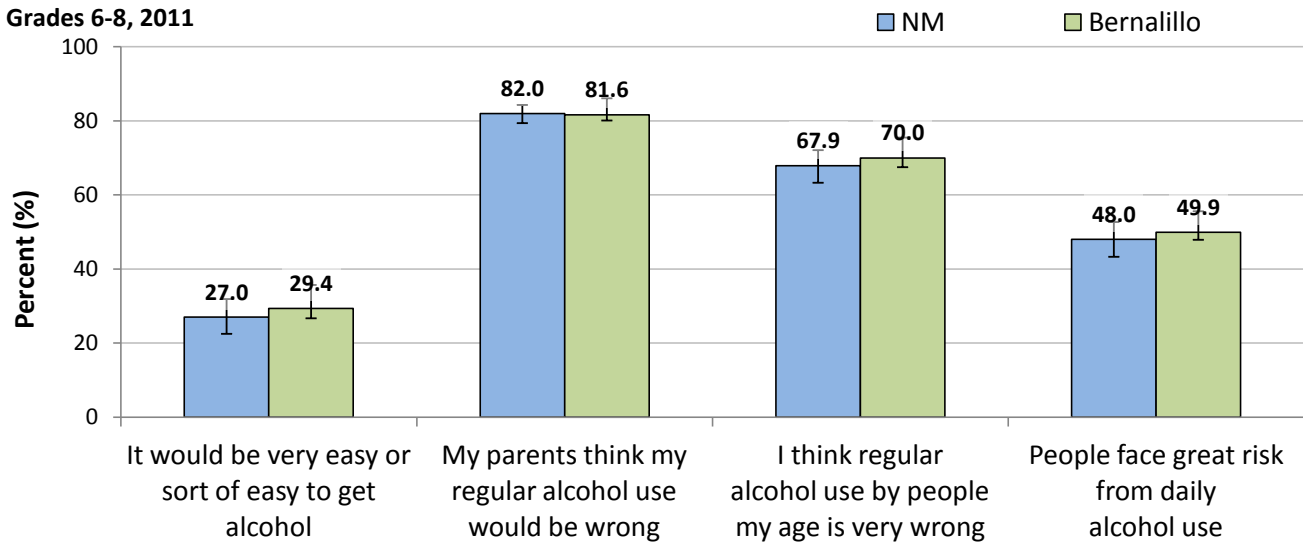
**By Gender, Bernalillo County**



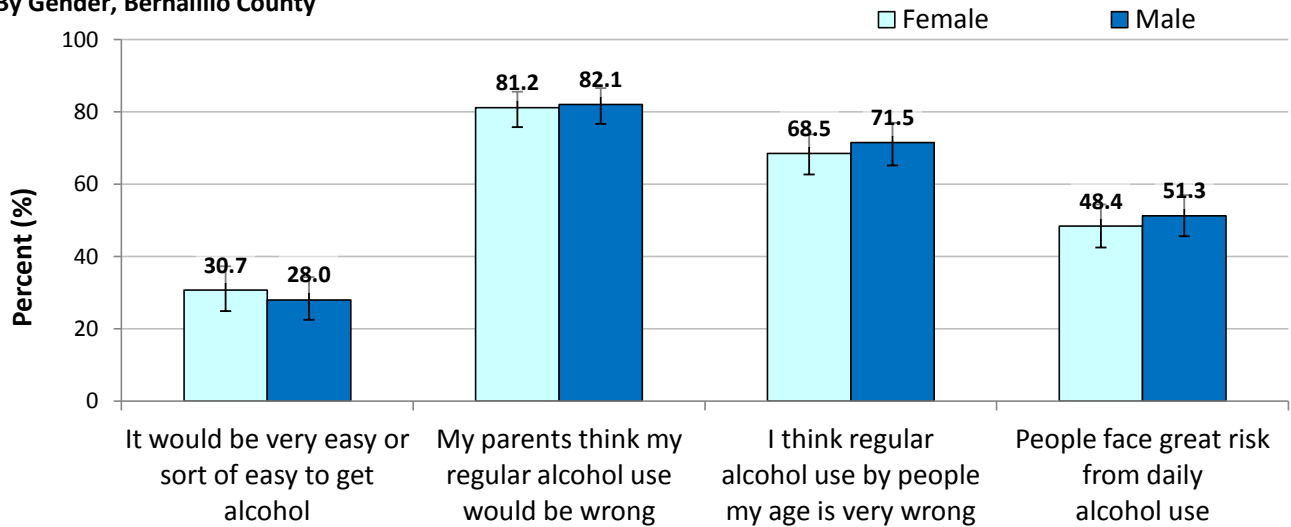
**By Grade, Bernalillo County**



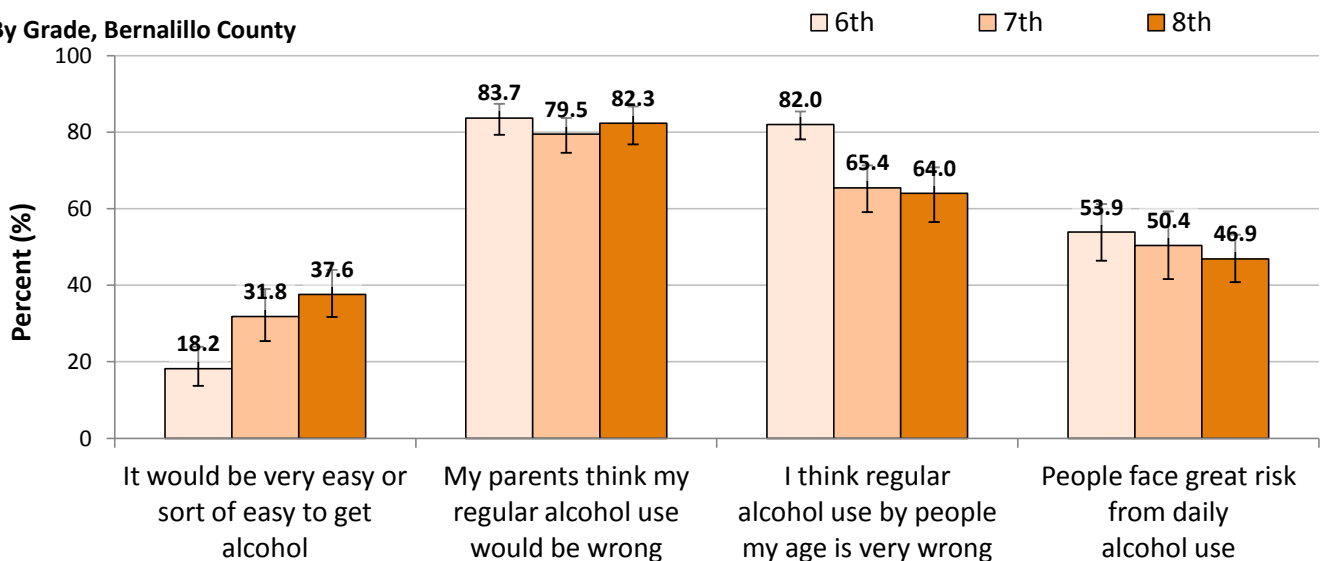
**Alcohol Use: Access, Beliefs, and Attitudes**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



**By Gender, Bernalillo County**



**By Grade, Bernalillo County**

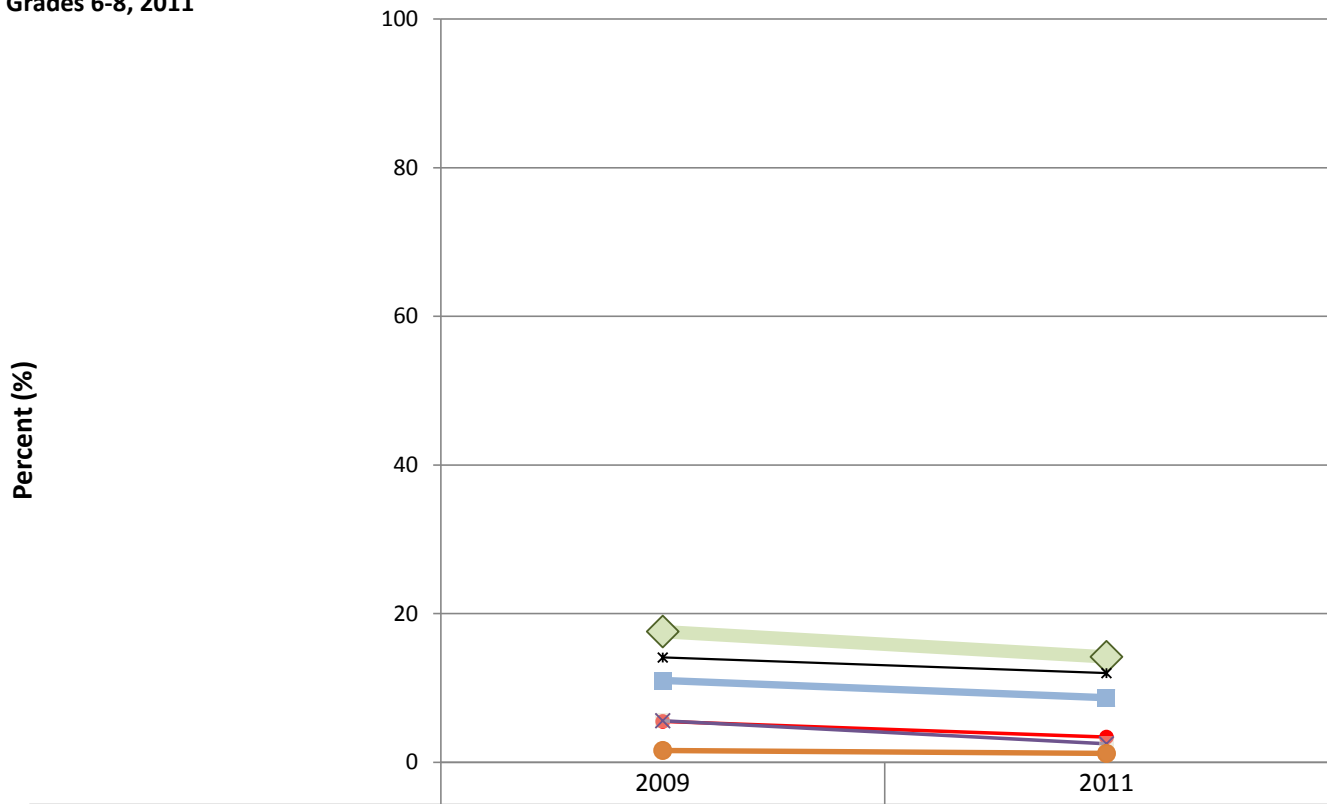






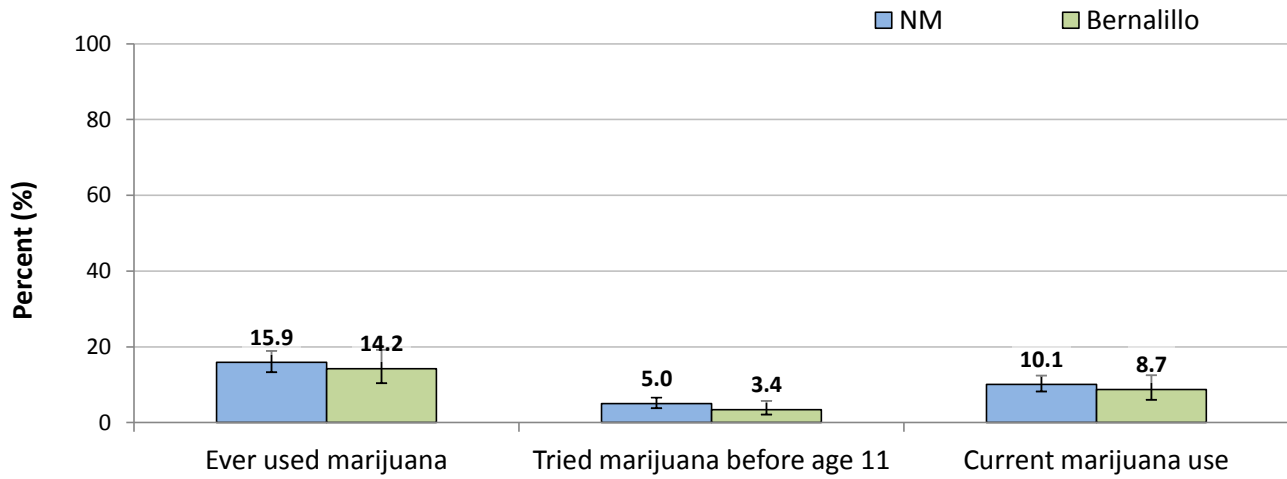
## Drug Use

### Drug Use Indicators by Year, Bernalillo County Grades 6-8, 2011

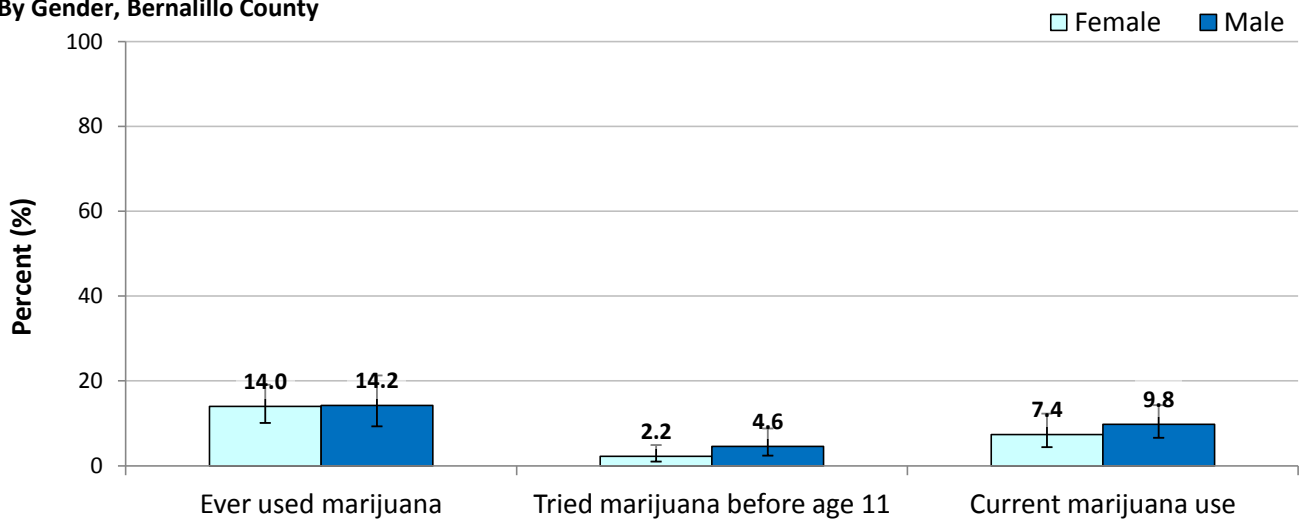


	2009	2011
◇ Ever used marijuana	17.6	14.2
■ Current marijuana use	11.0	8.7
● Tried marijuana before age 11	5.5	3.4
× Lifetime cocaine use	5.6	2.5
* Lifetime inhalant use	14.1	12.0
● Ever used illegal injection drugs	1.6	1.2

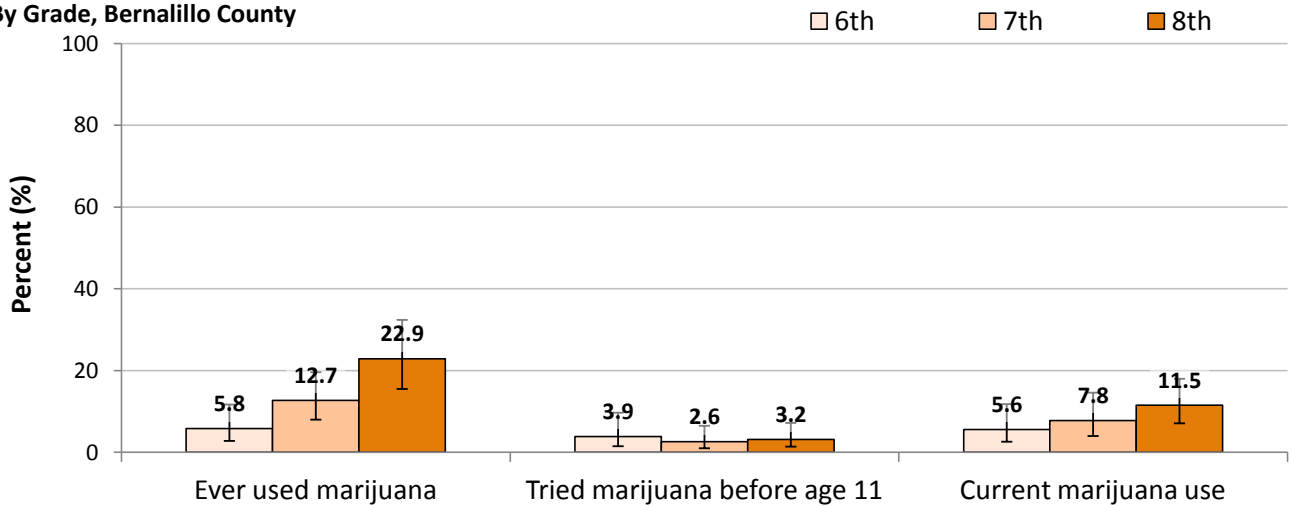
**Drug Use: Marijuana**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



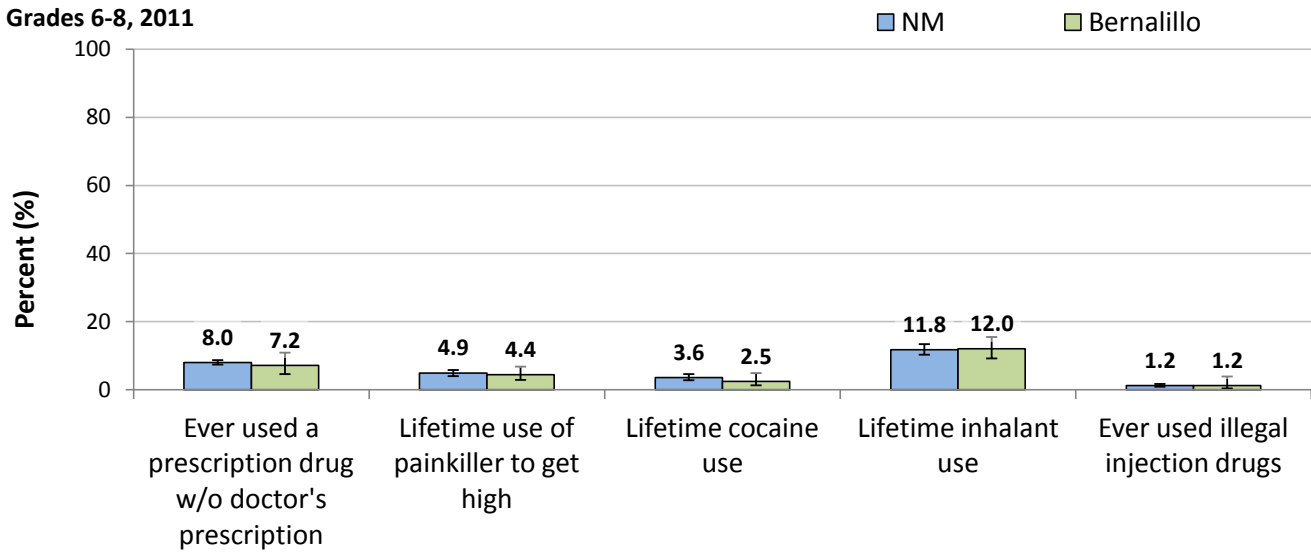
**By Gender, Bernalillo County**



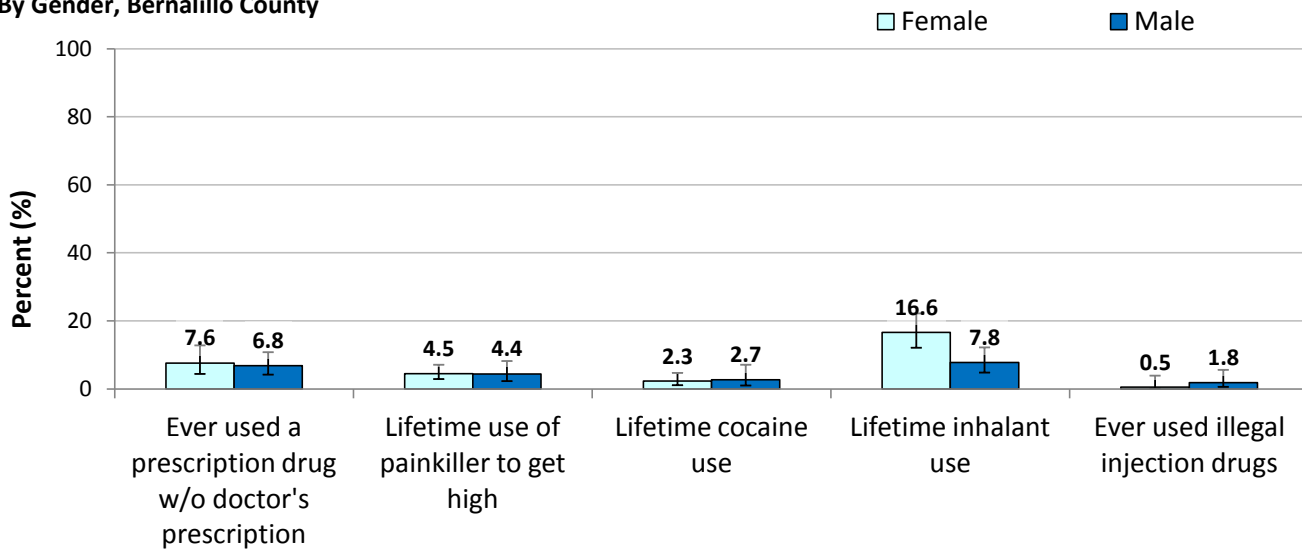
**By Grade, Bernalillo County**



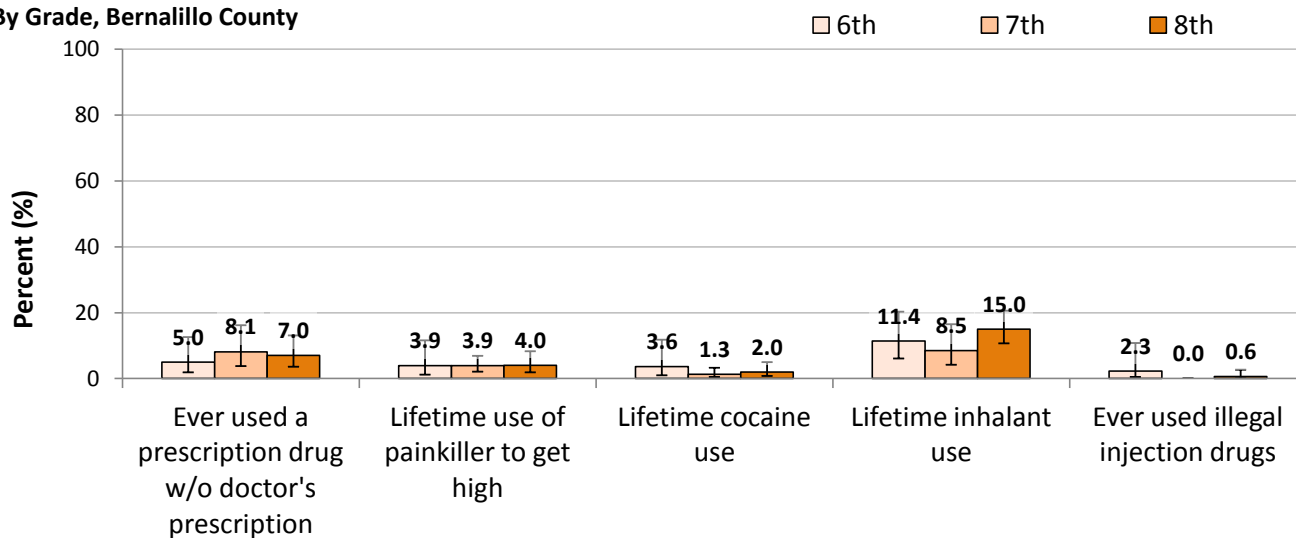
**Other drug use**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



**By Gender, Bernalillo County**



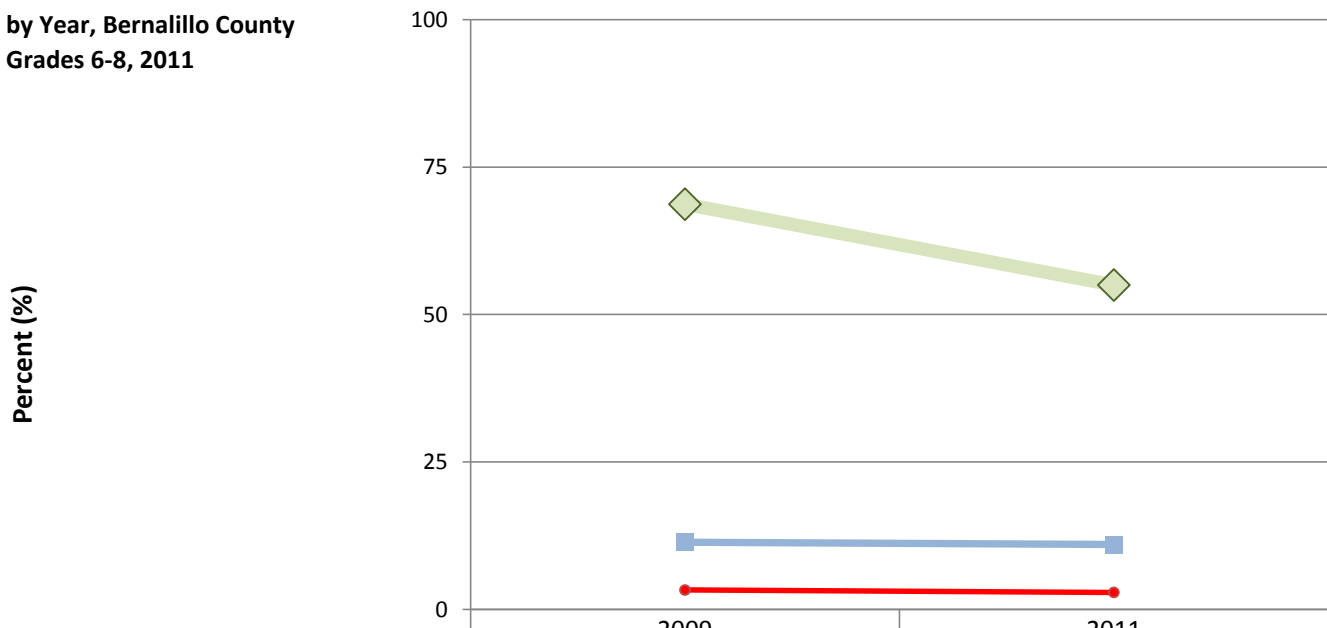
**By Grade, Bernalillo County**





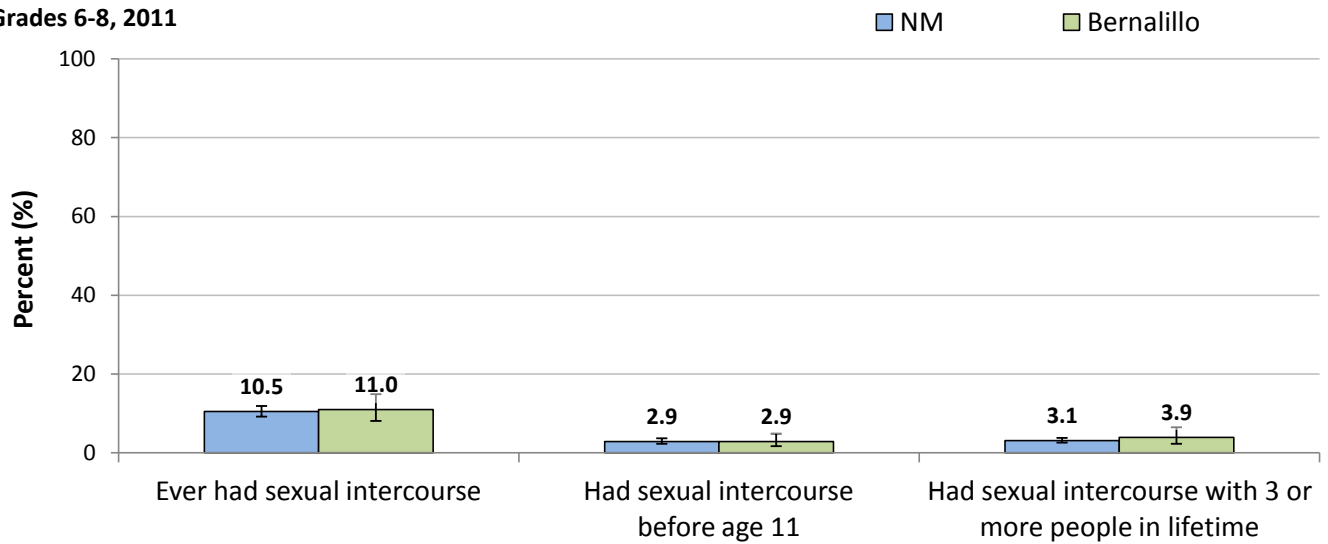
**Sexual Behaviors**

**Sexual Behaviors Indicators  
 by Year, Bernalillo County  
 Grades 6-8, 2011**

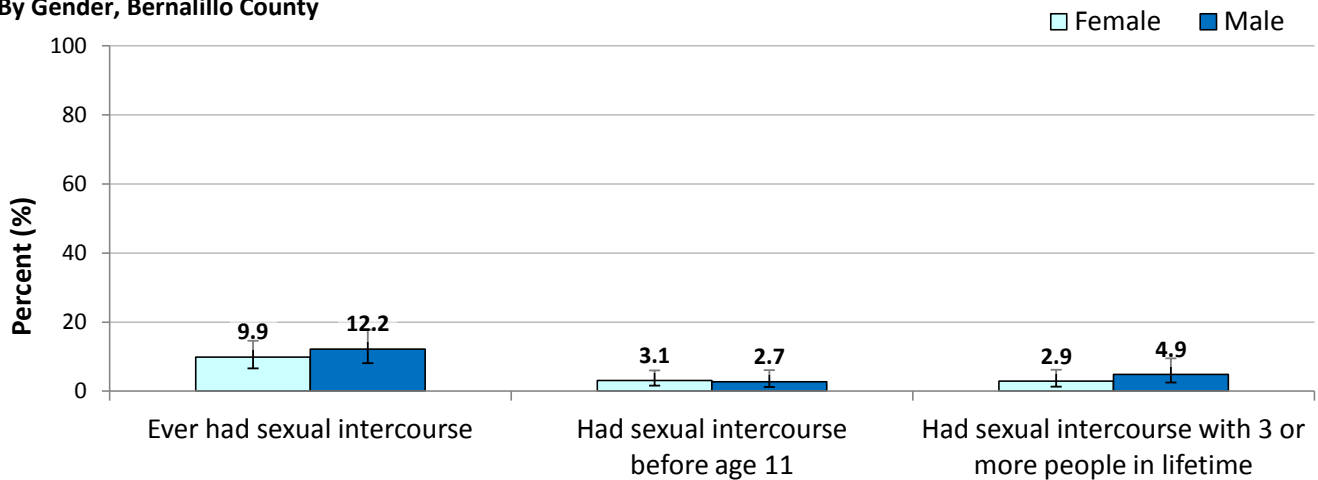


	2009	2011
◆ Used condom at last sex, of those who ever had sex	68.7	55.0
■ Ever had sexual intercourse	11.4	11.0
● Had sexual intercourse before age 11	3.3	2.9

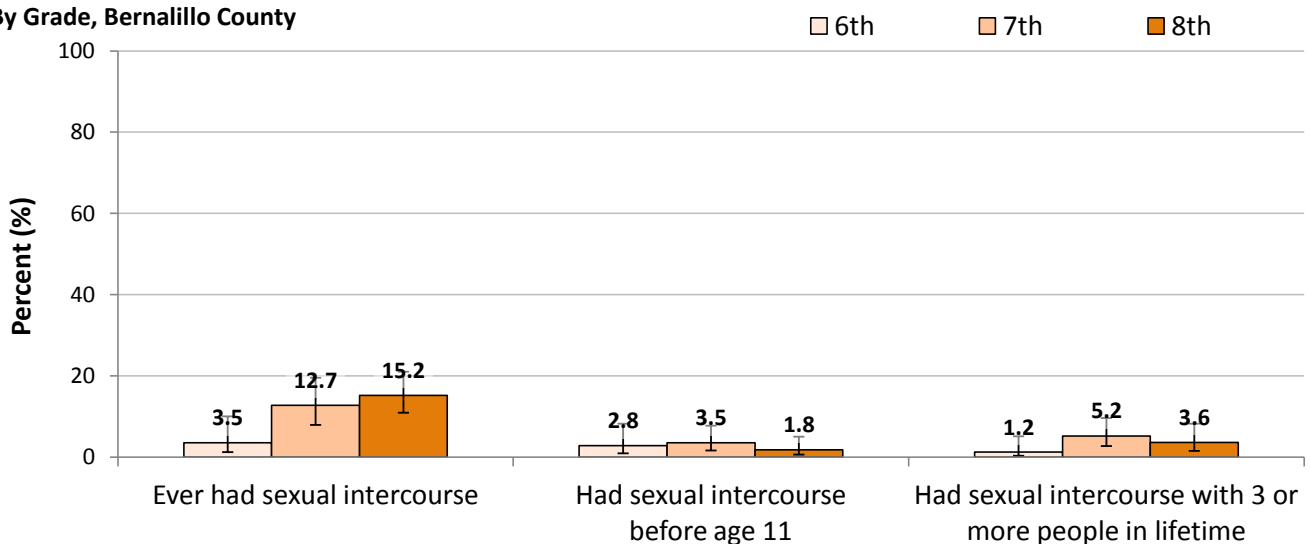
**Sexual behaviors**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



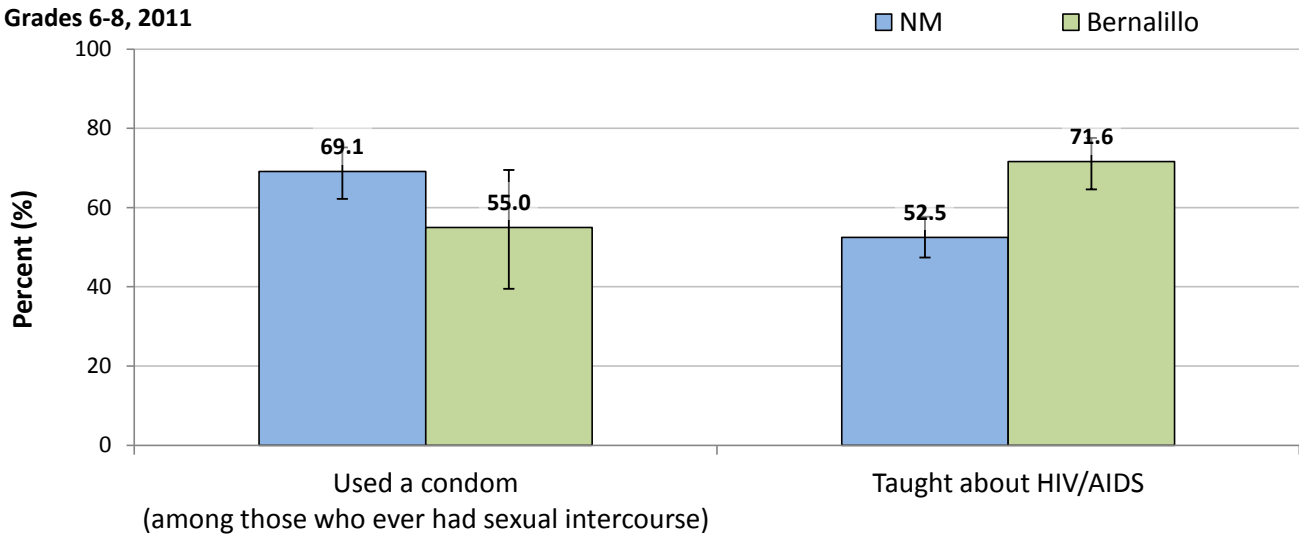
**By Gender, Bernalillo County**



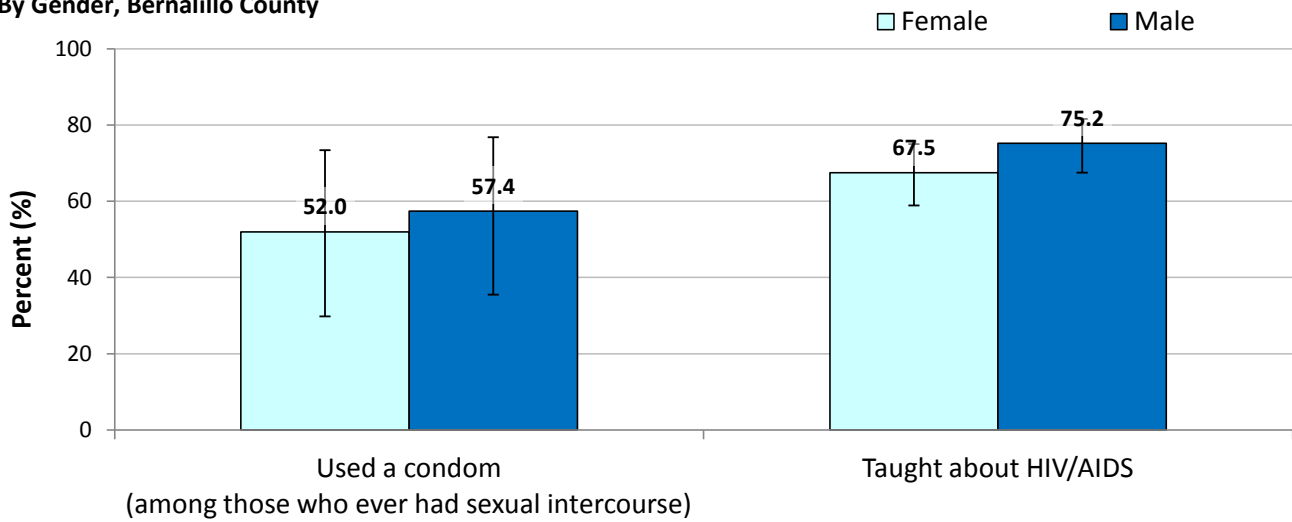
**By Grade, Bernalillo County**



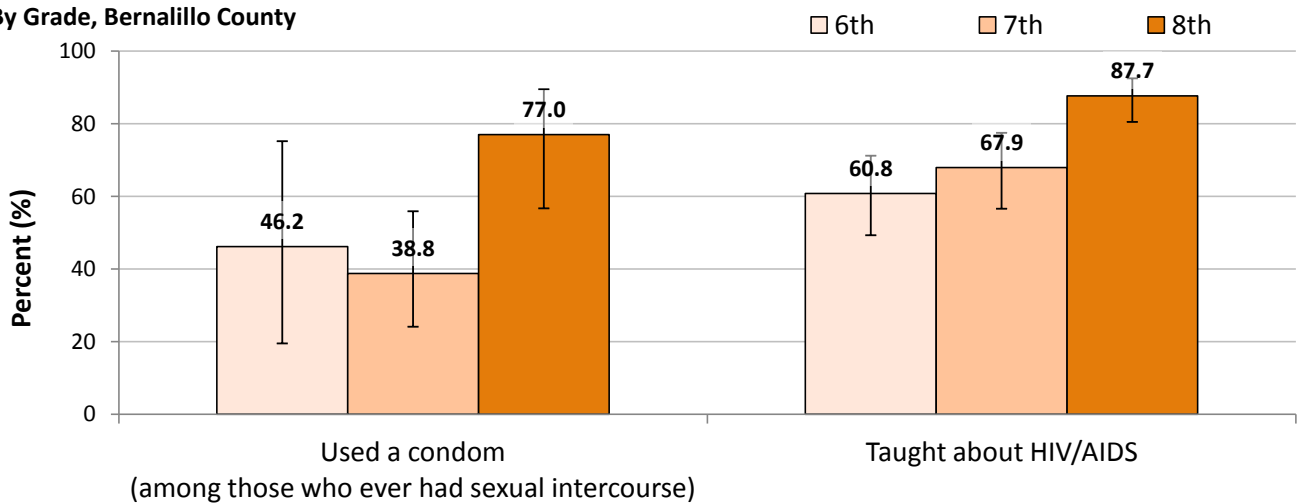
**Sexual behaviors**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



**By Gender, Bernalillo County**



**By Grade, Bernalillo County**

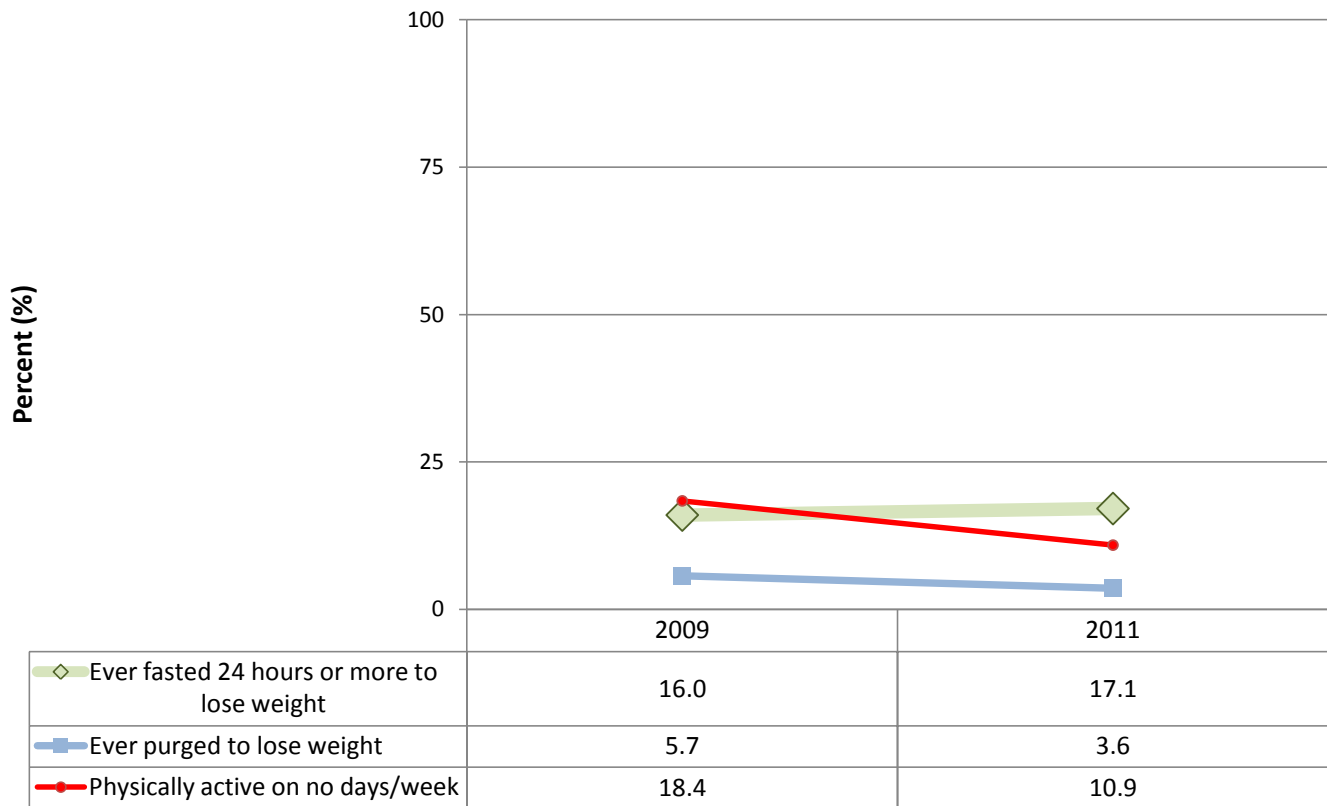




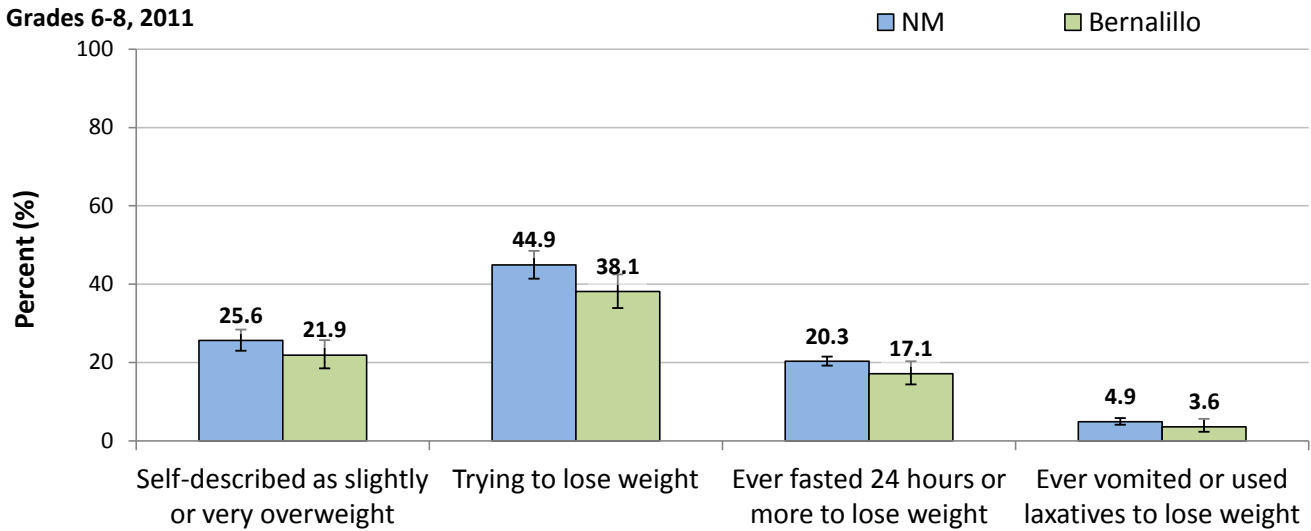


## Body Weight

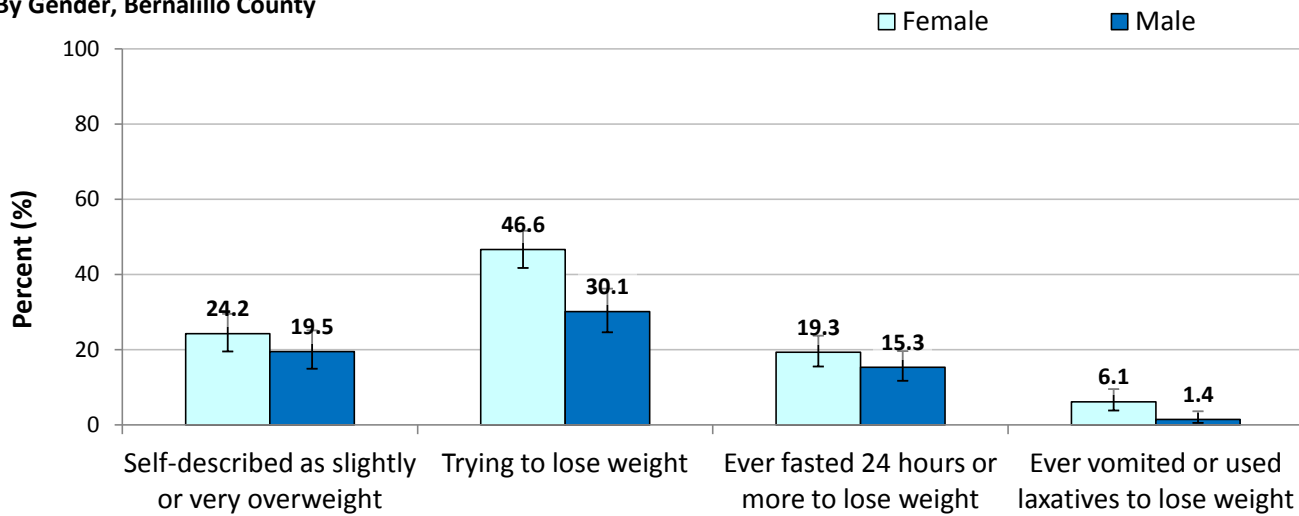
### Body Weight Indicators by Year, Bernalillo County Grades 6-8, 2011



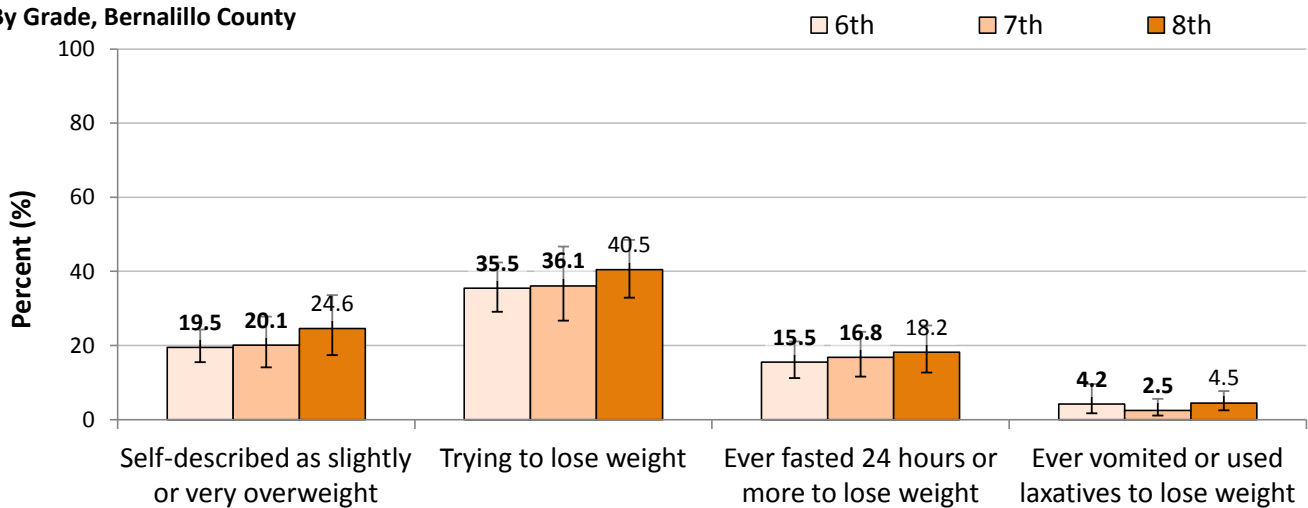
**Body weight**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



**By Gender, Bernalillo County**

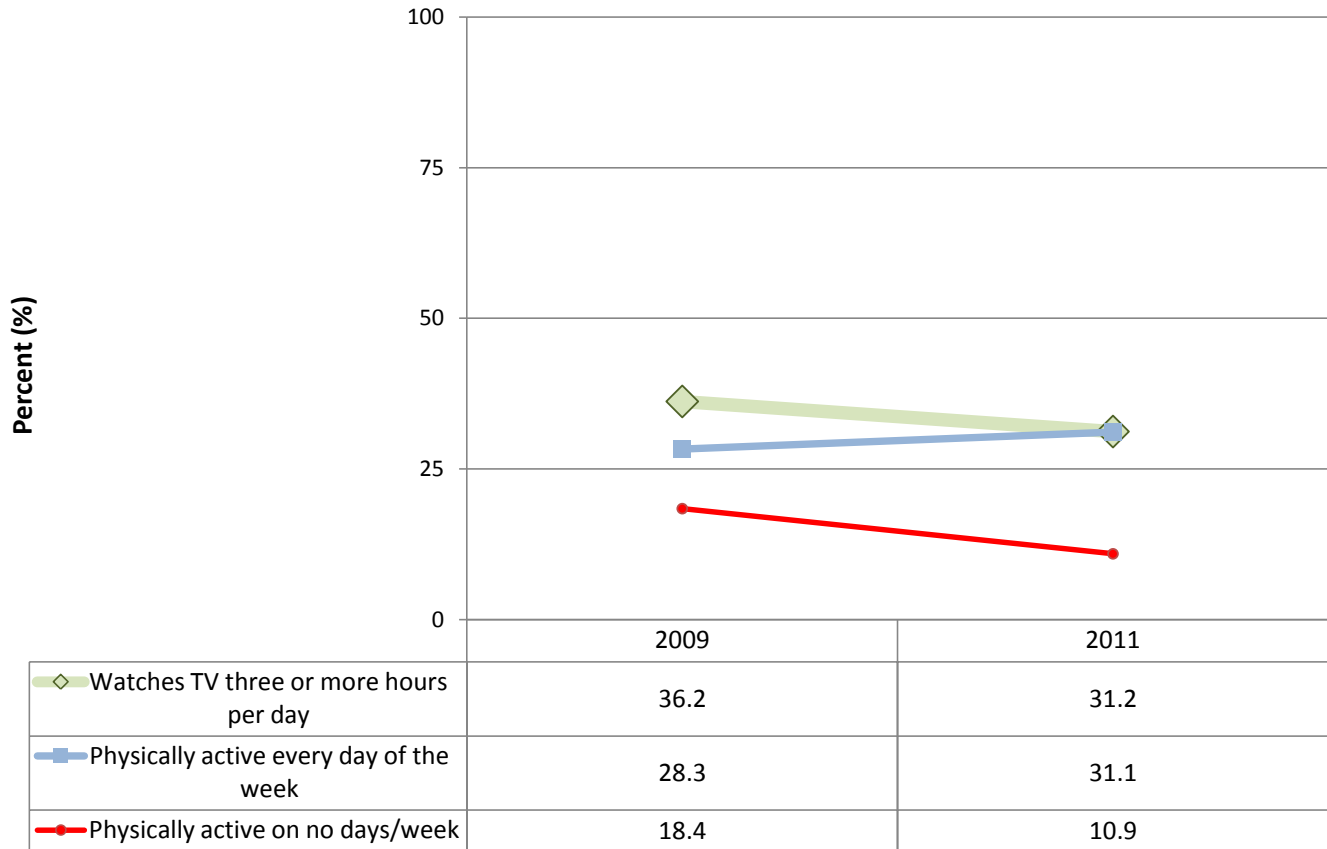


**By Grade, Bernalillo County**

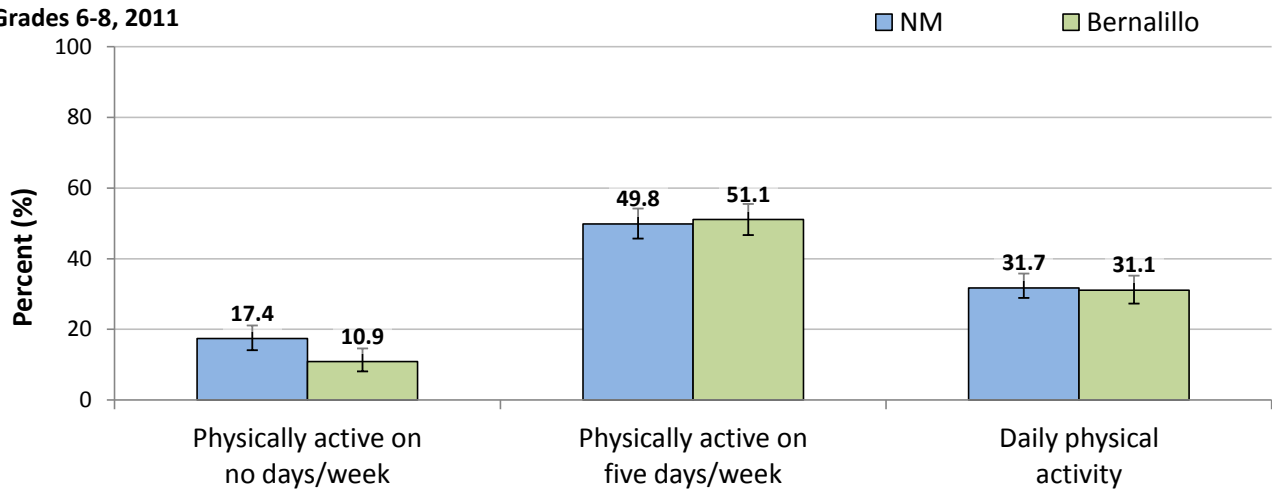


**Physical Activity**

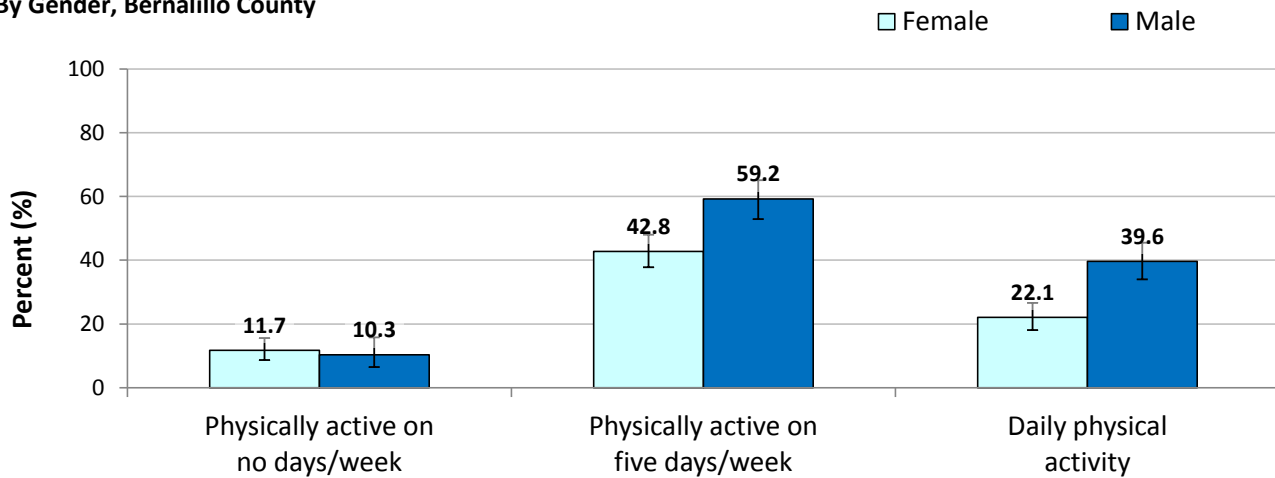
**Physical Activity Indicators  
 by Year, Bernalillo County  
 Grades 6-8, 2011**



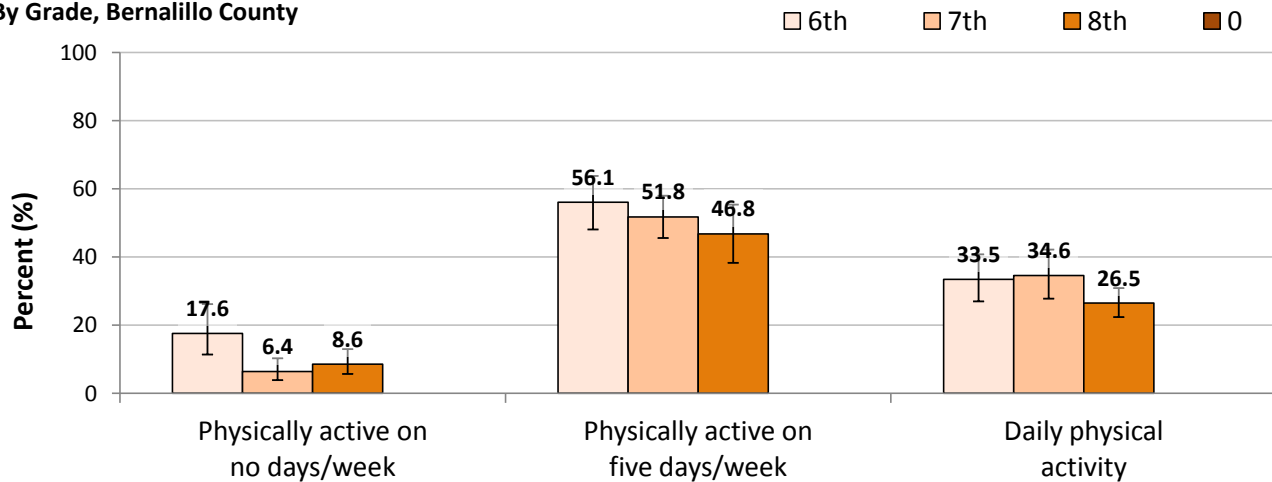
**Physical activity**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



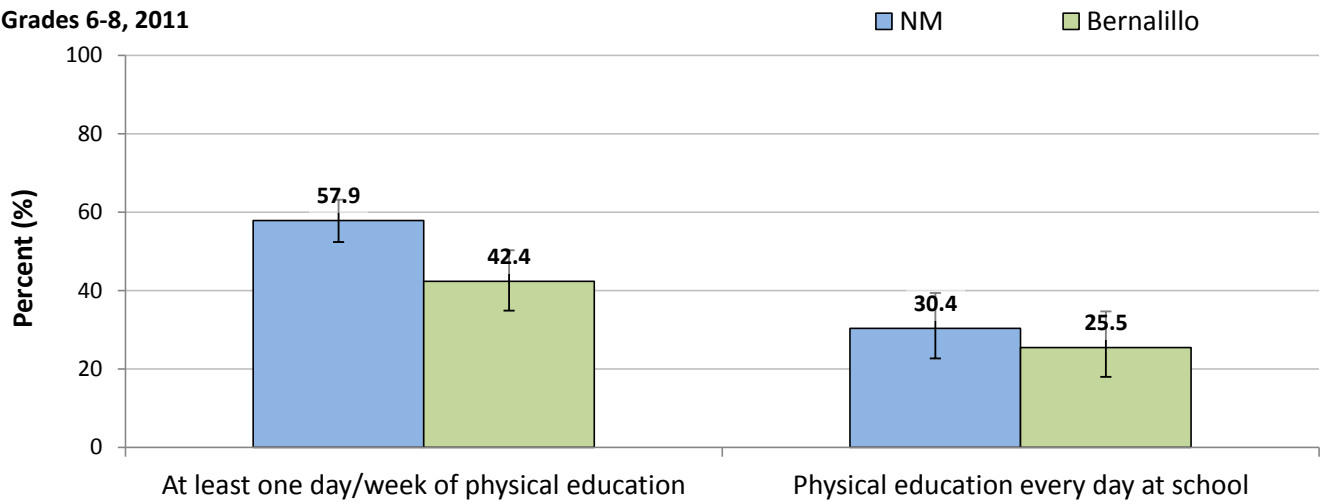
**By Gender, Bernalillo County**



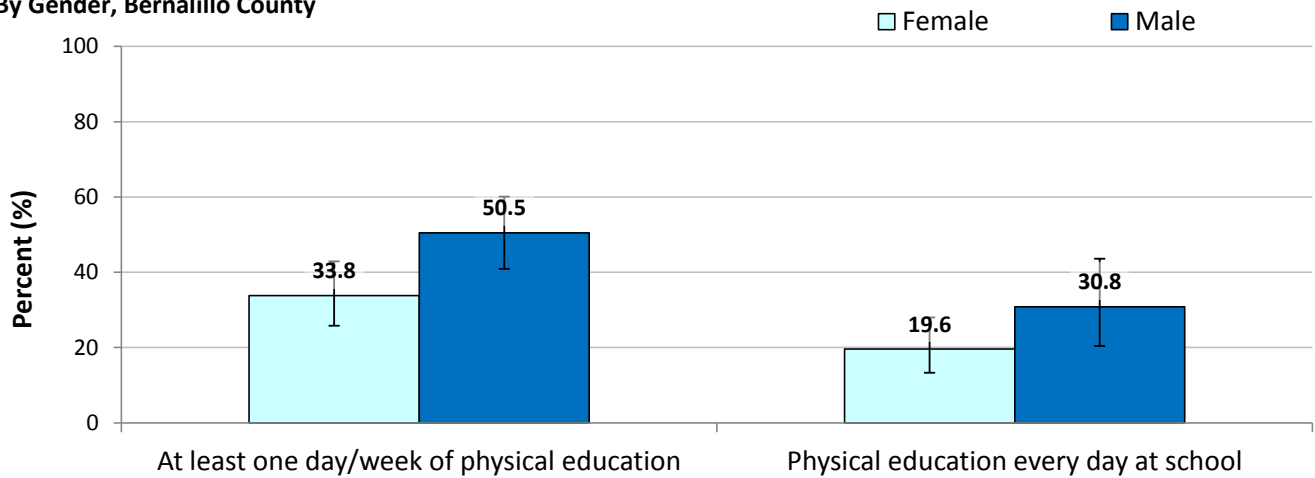
**By Grade, Bernalillo County**



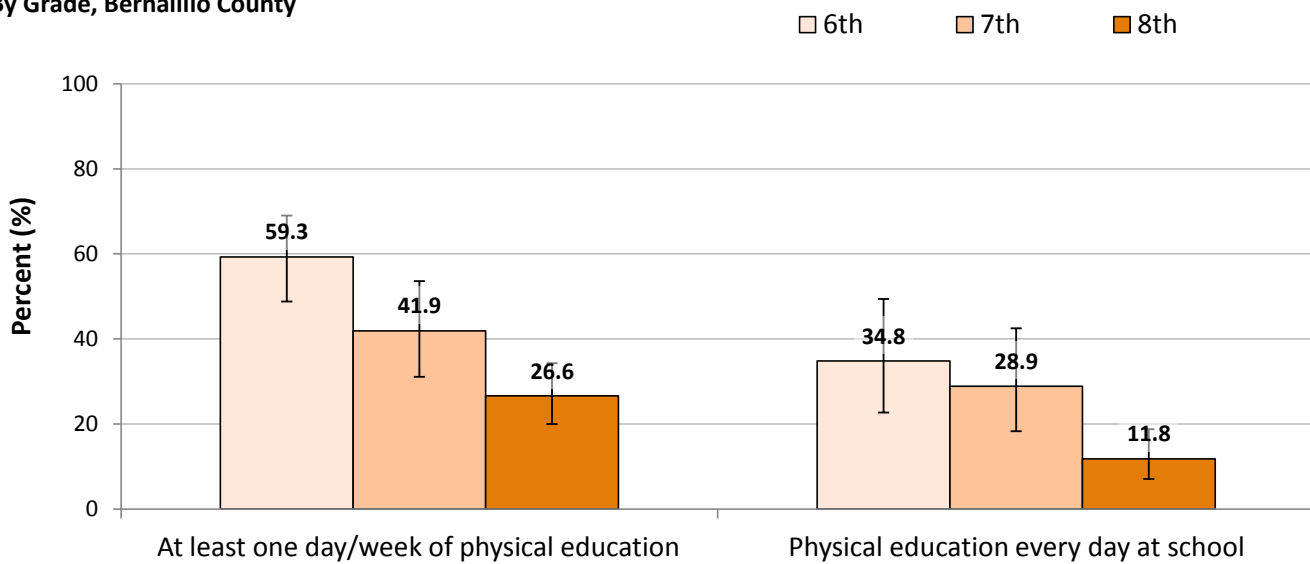
**Physical activity**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



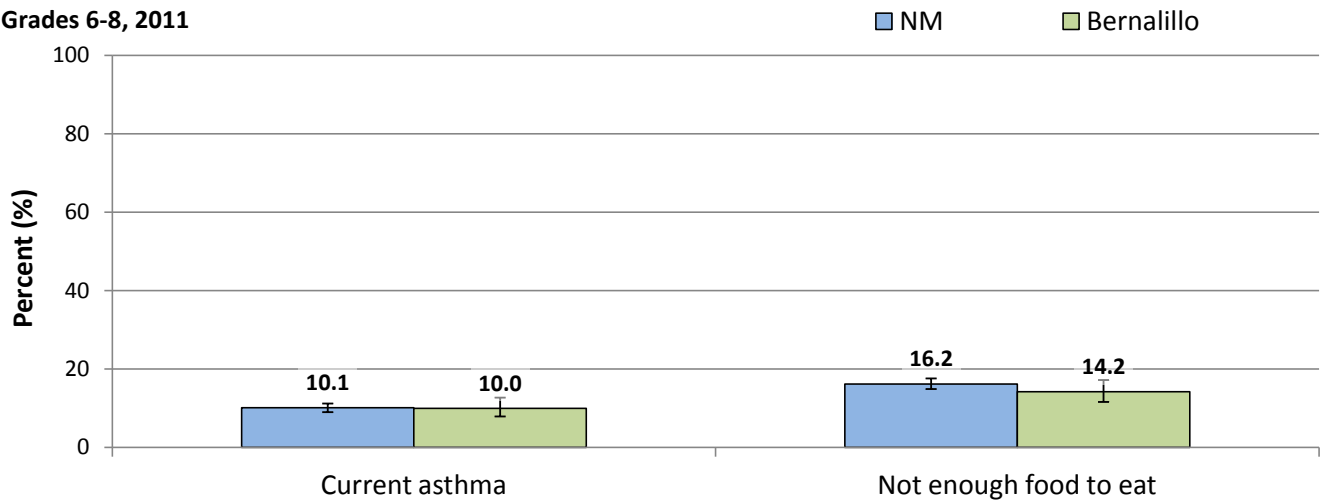
**By Gender, Bernalillo County**



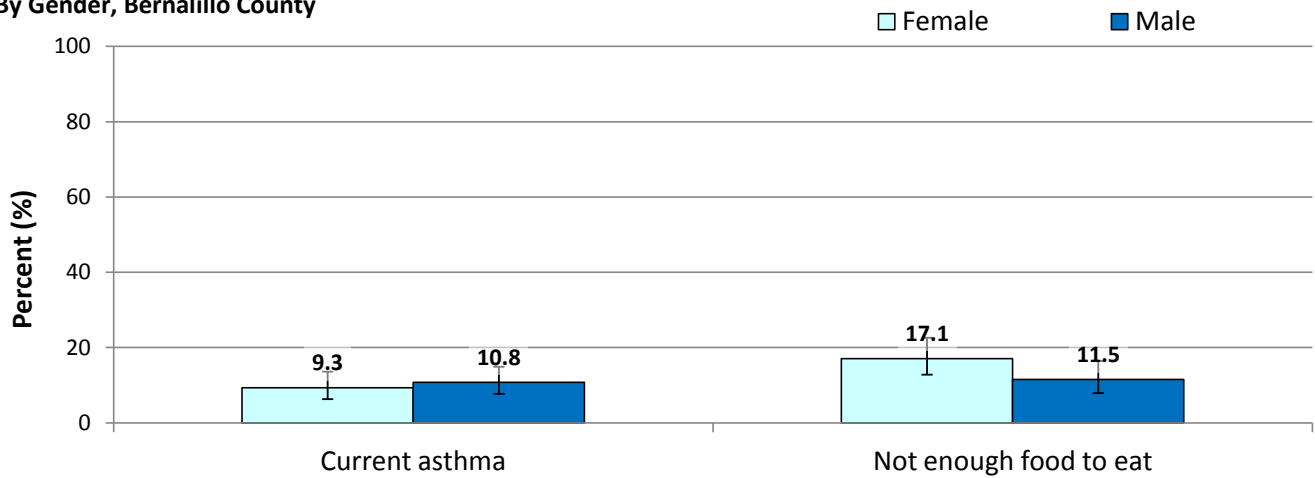
**By Grade, Bernalillo County**



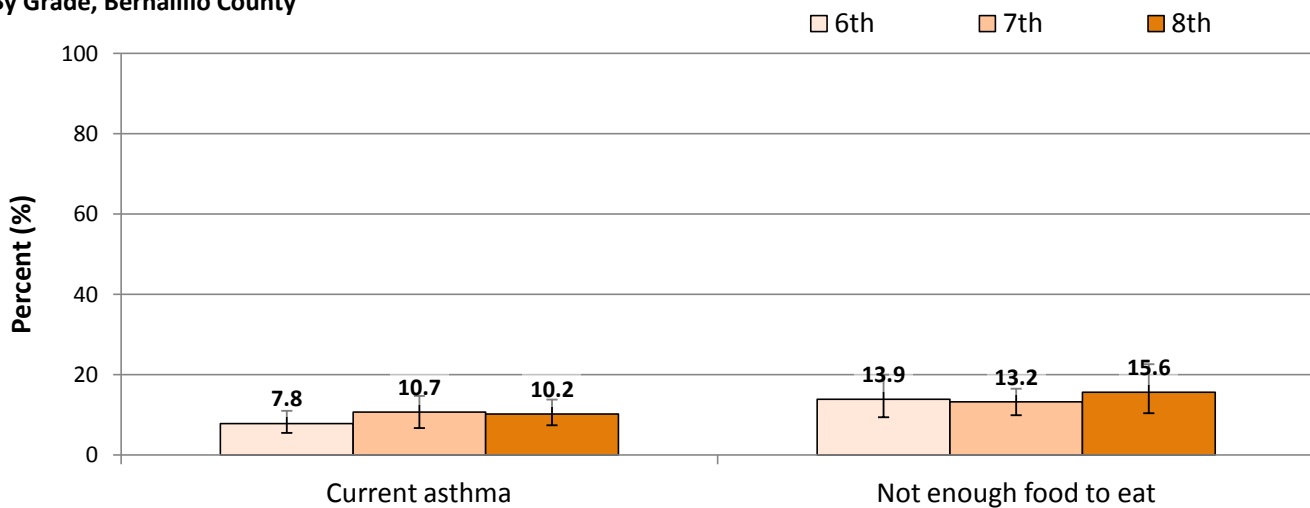
**Other characteristics**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



**By Gender, Bernalillo County**



**By Grade, Bernalillo County**

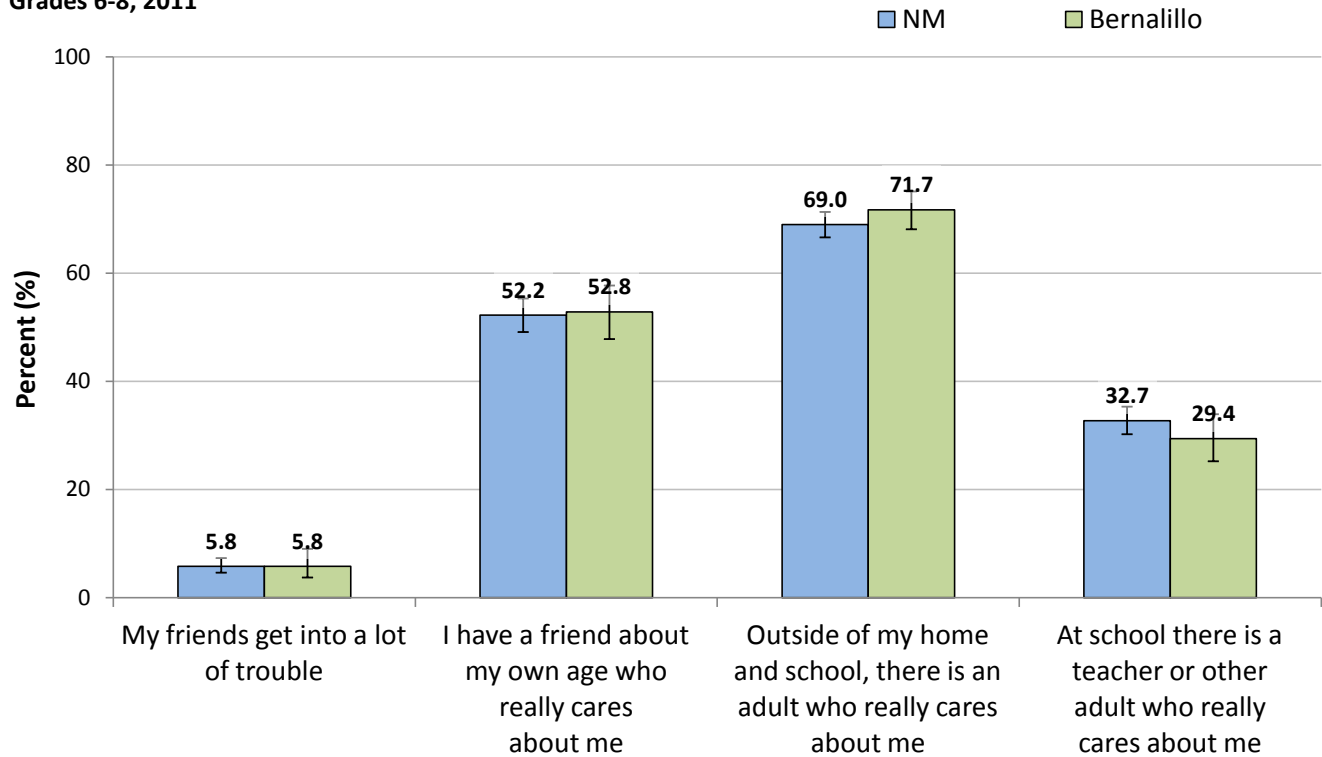


## Resiliency/Protective Factors and Academic Measures

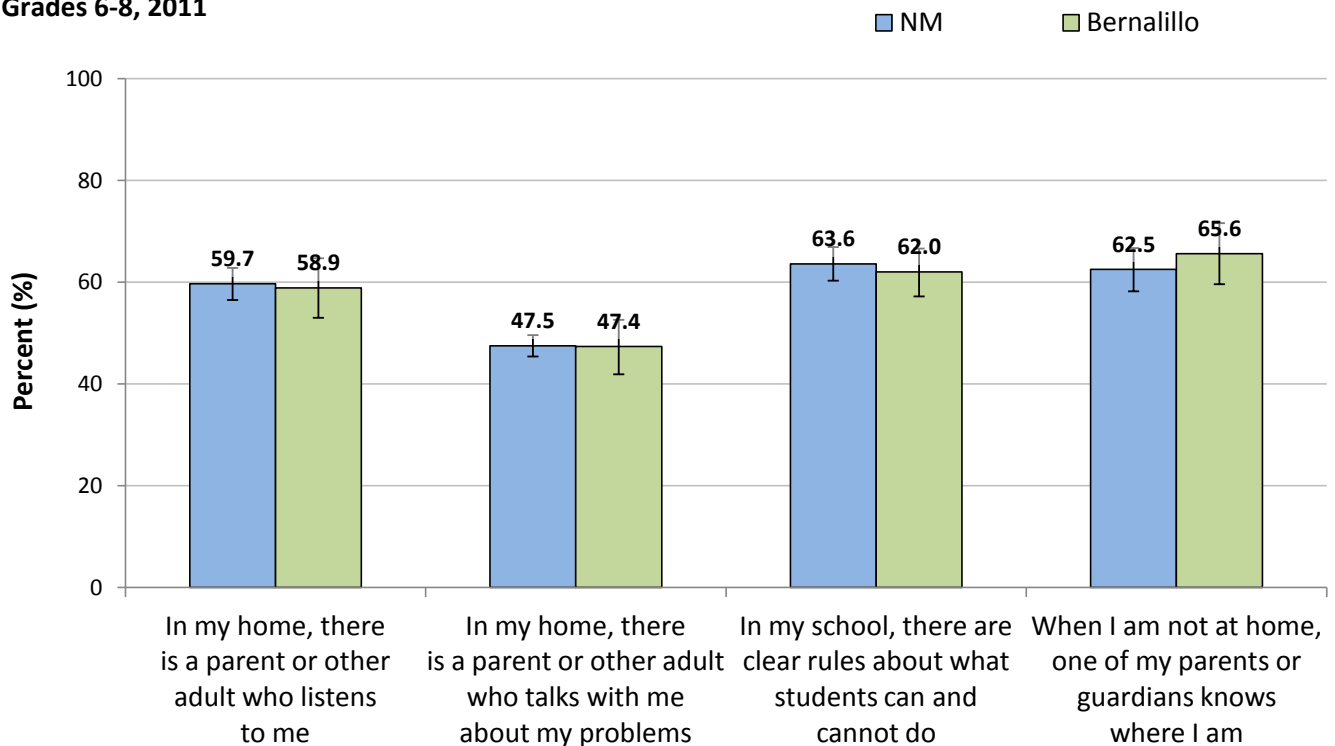




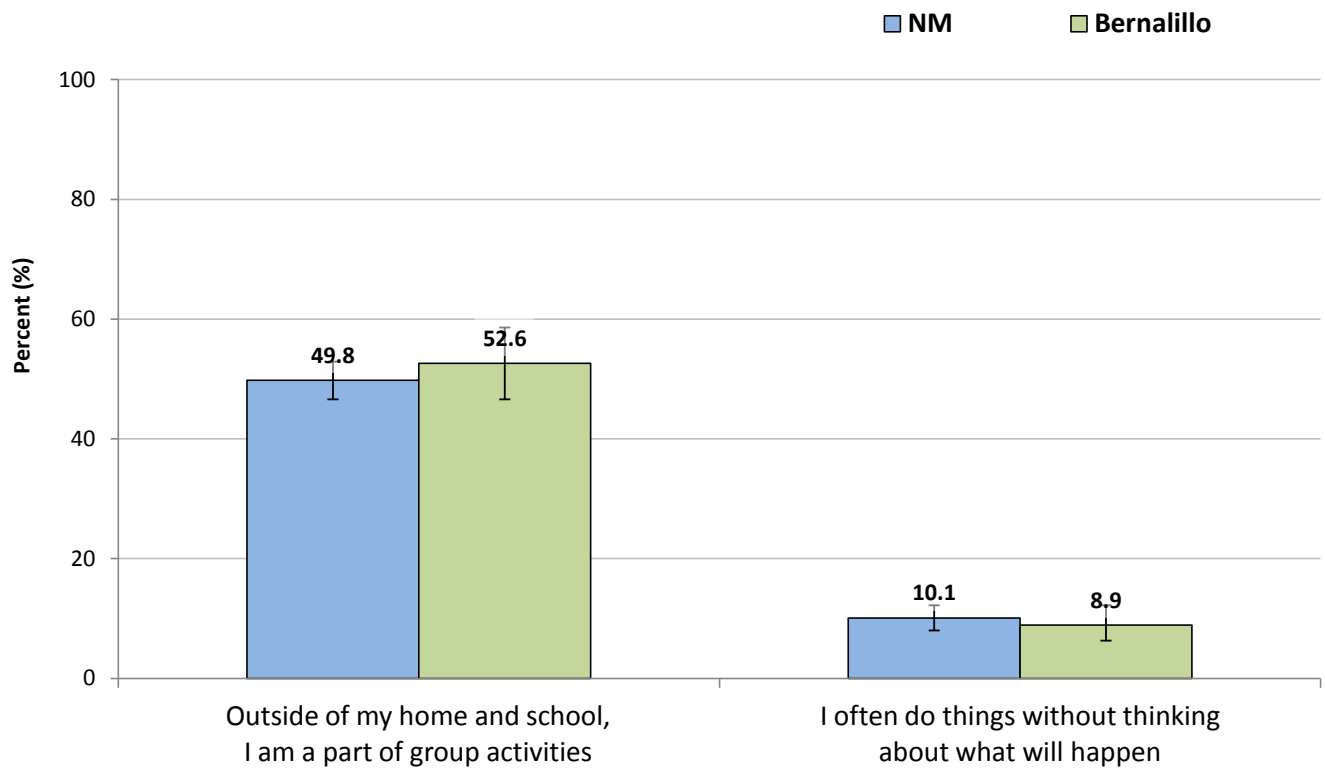
**Resiliency/Protective Factors**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



**Resiliency/Protective Factors**  
**Grades 6-8, 2011**

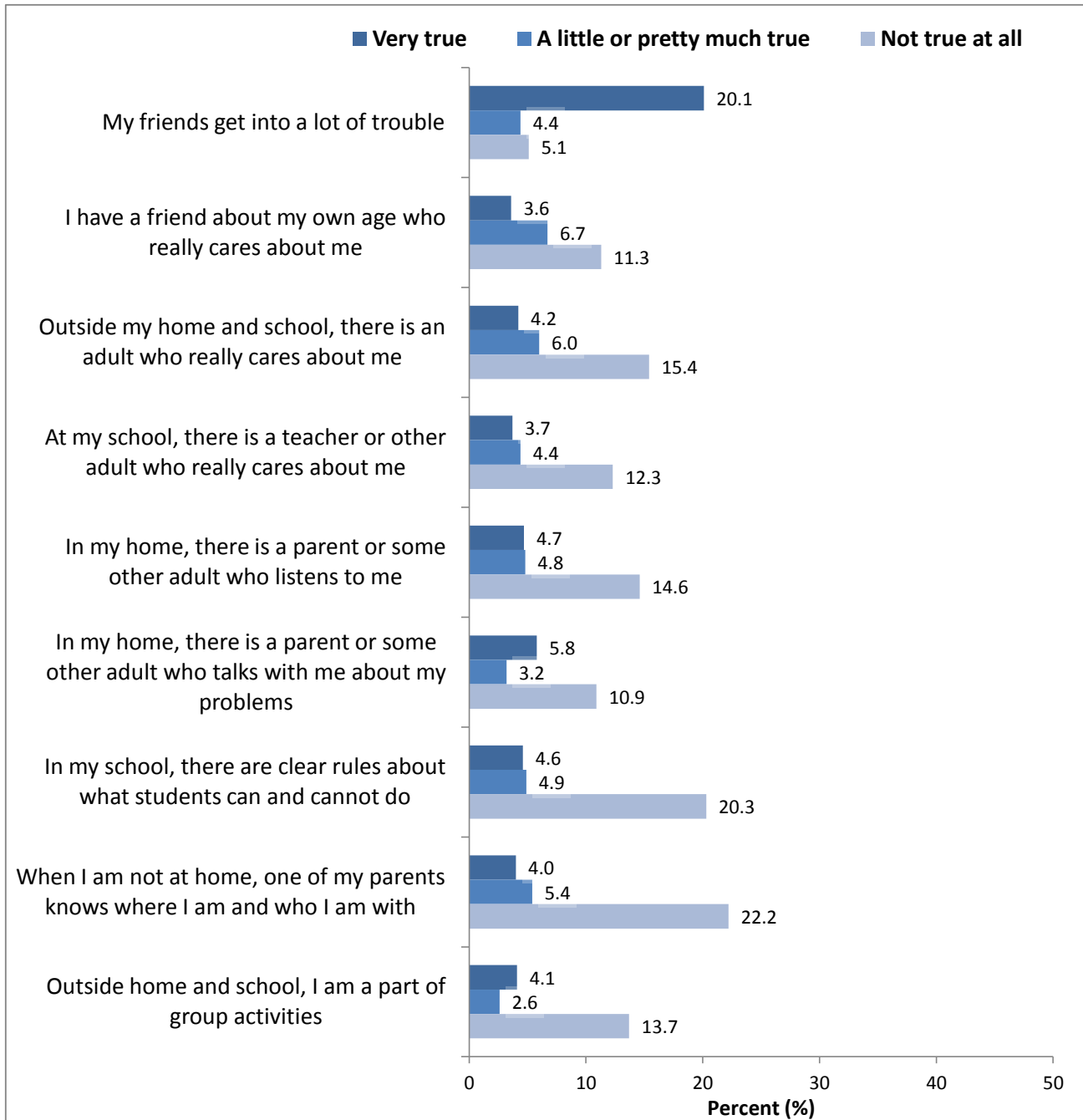


**Resiliency/Protective Factors**  
**New Mexico and Bernalillo County**  
**Grades 6-8, 2011**



## Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors

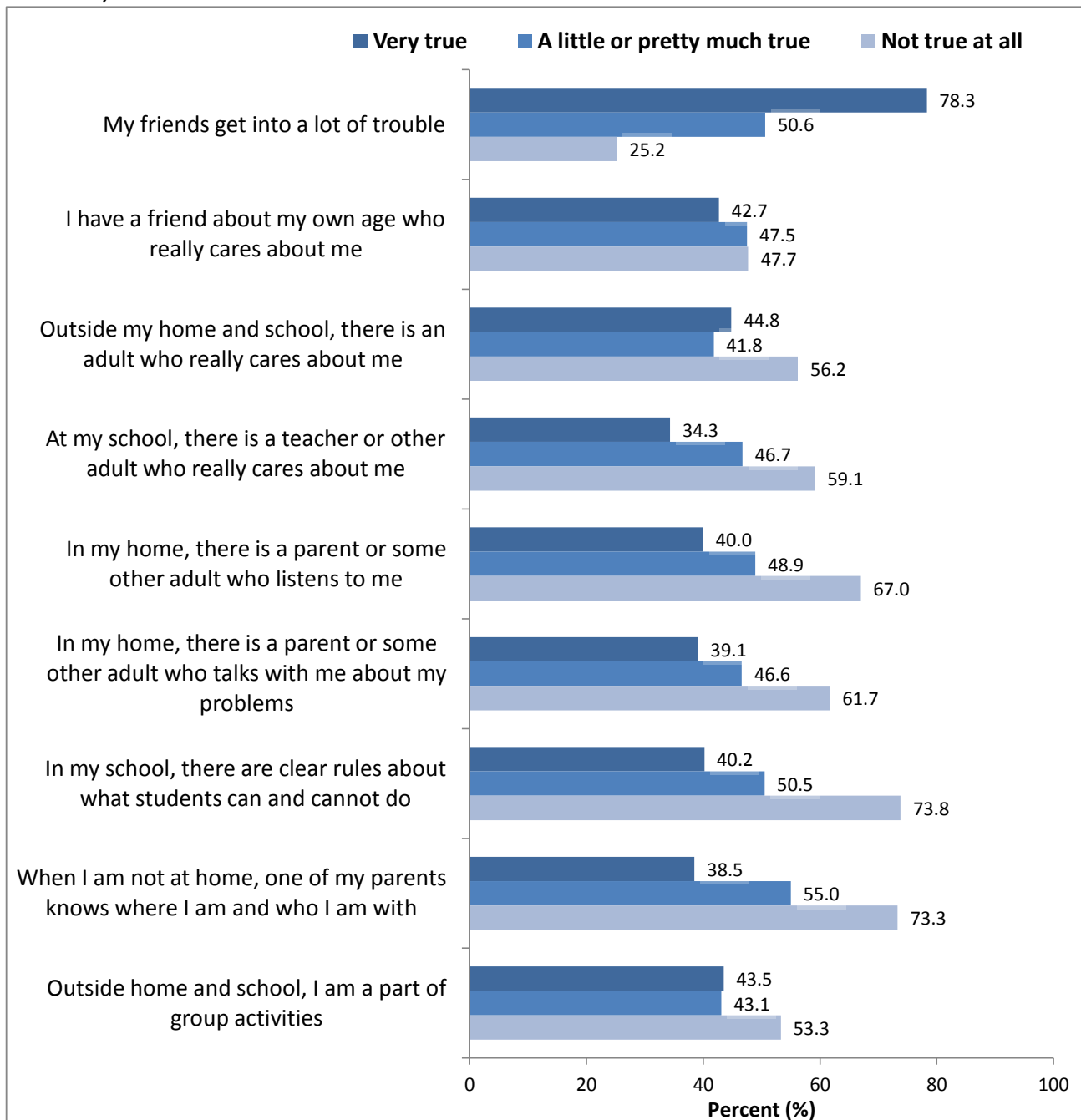
**Rarely or never wore a seatbelt  
by Selected Resiliency Factors  
Bernalillo County  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 20.1% rarely or never wore a seatbelt.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 4.4% rarely or never wore a seatbelt.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 5.1% rarely or never wore a seatbelt.

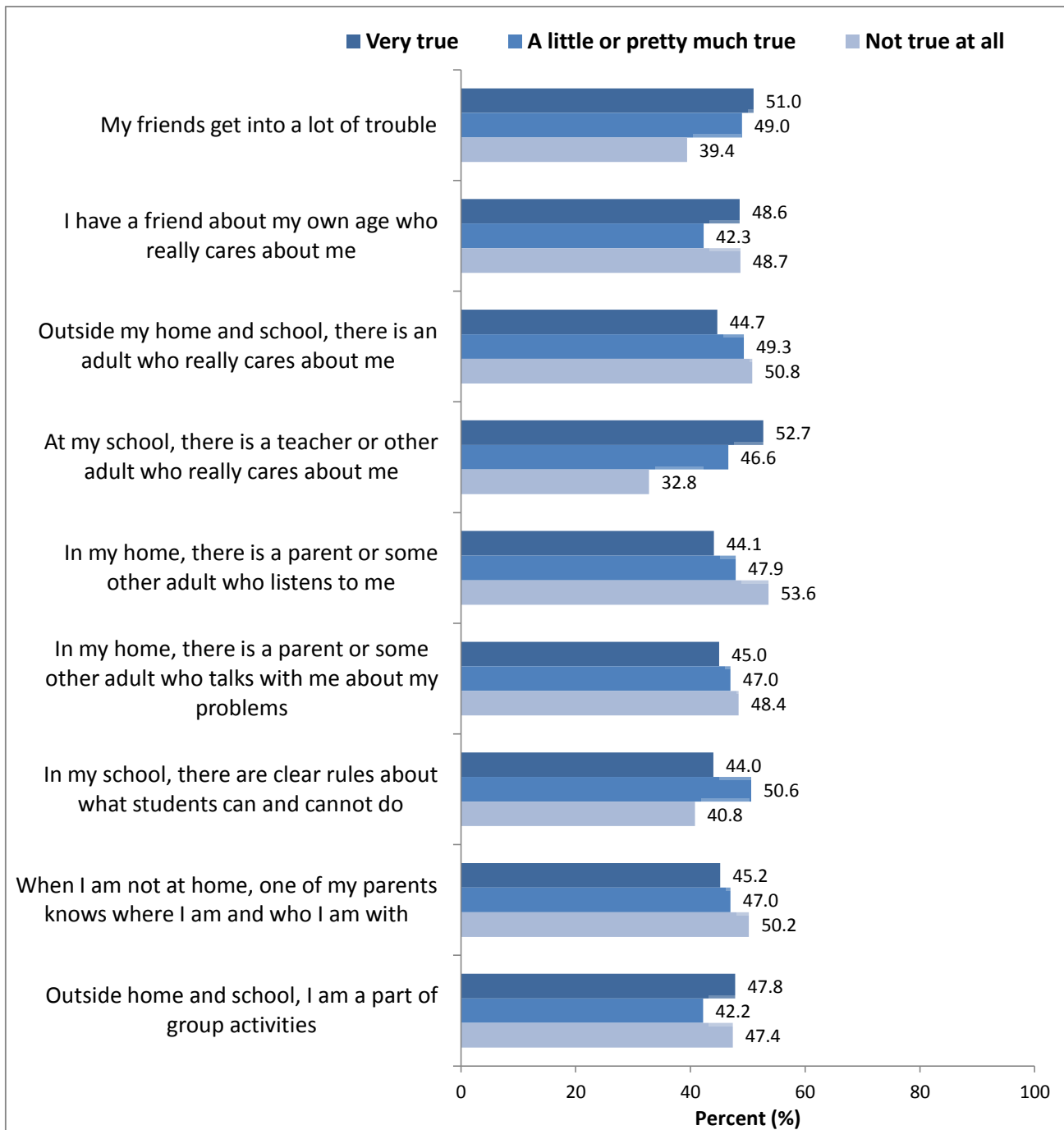
**Ever been in a physical fight  
 by Selected Resiliency Factors  
 Bernalillo County  
 Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 78.3% were ever in a physical fight.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 50.6% were ever in a physical fight.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 25.2% were ever in a physical fight.

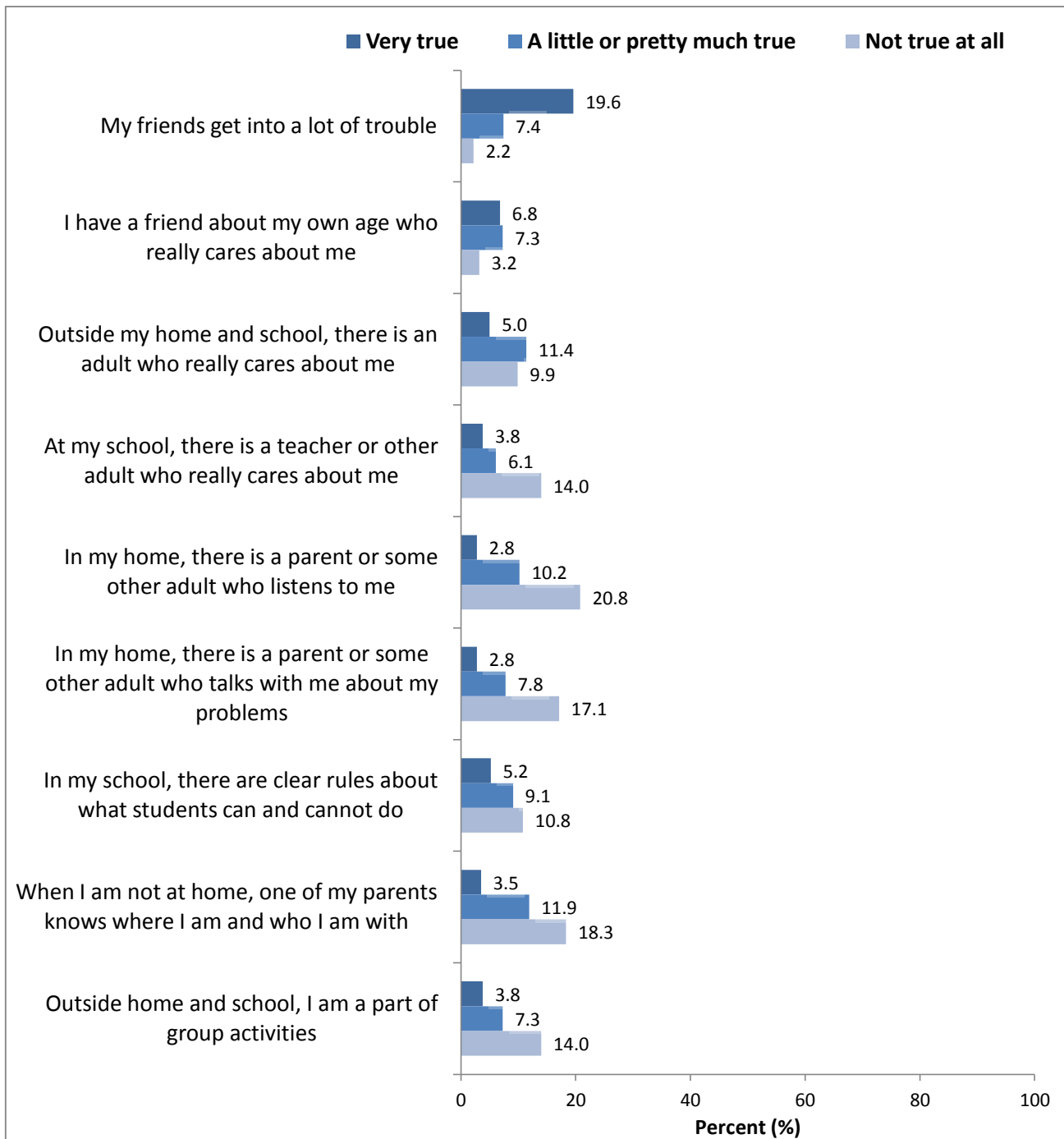
**Ever bullied on school property  
 by Selected Resiliency Factors  
 Bernalillo County  
 Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 51% were bullied on school property.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 49% were bullied on school property.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 39.4% were bullied on school property.

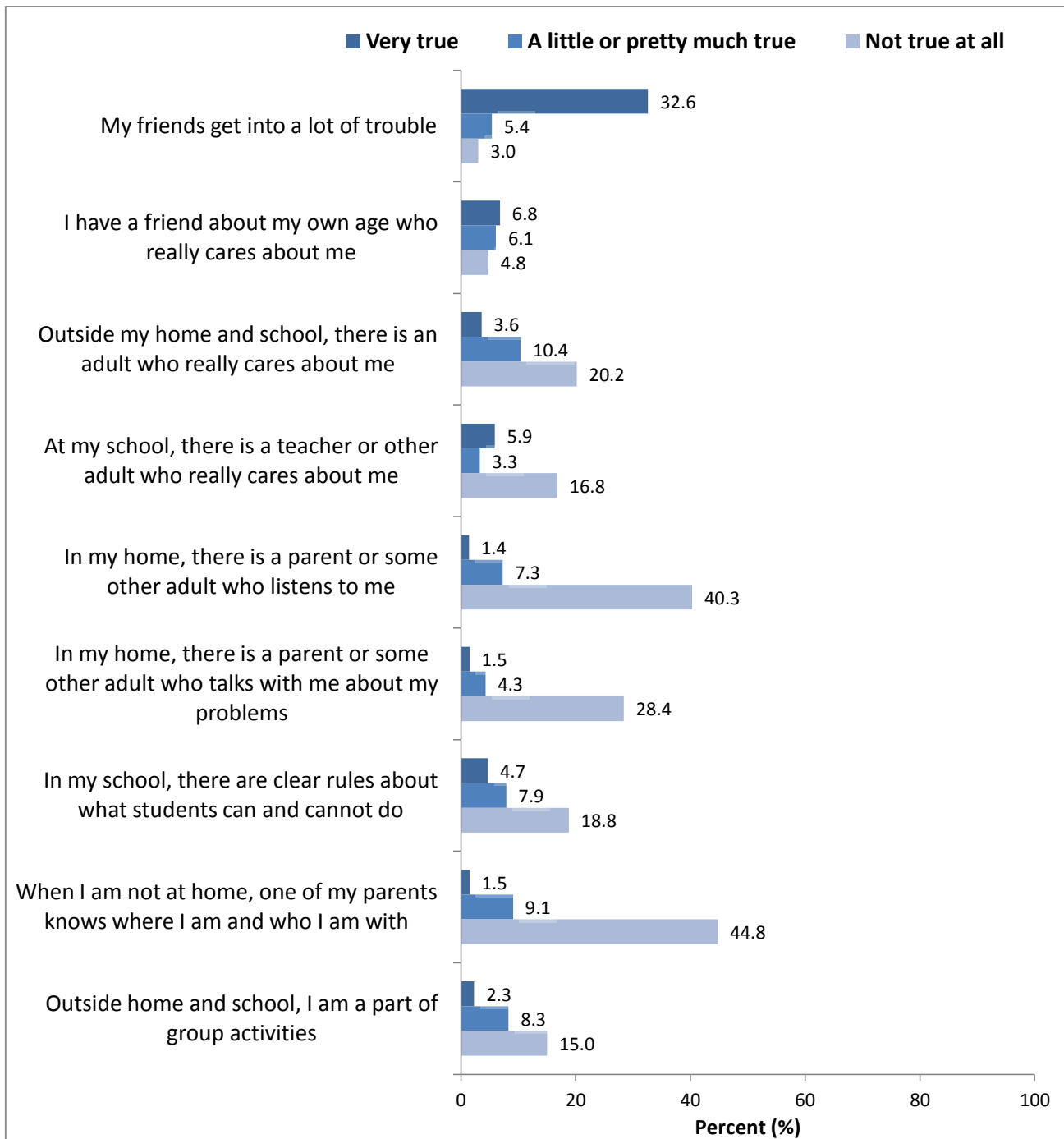
**Ever tried to kill self  
by Selected Resiliency Factors  
Bernalillo County  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 19.6% ever tried to kill themselves.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 7.4% ever tried to kill themselves.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 2.2% ever tried to kill themselves.

**Current cigarette smoker  
by Selected Resiliency Factors  
Bernalillo County  
Grades 6-8, 2011**

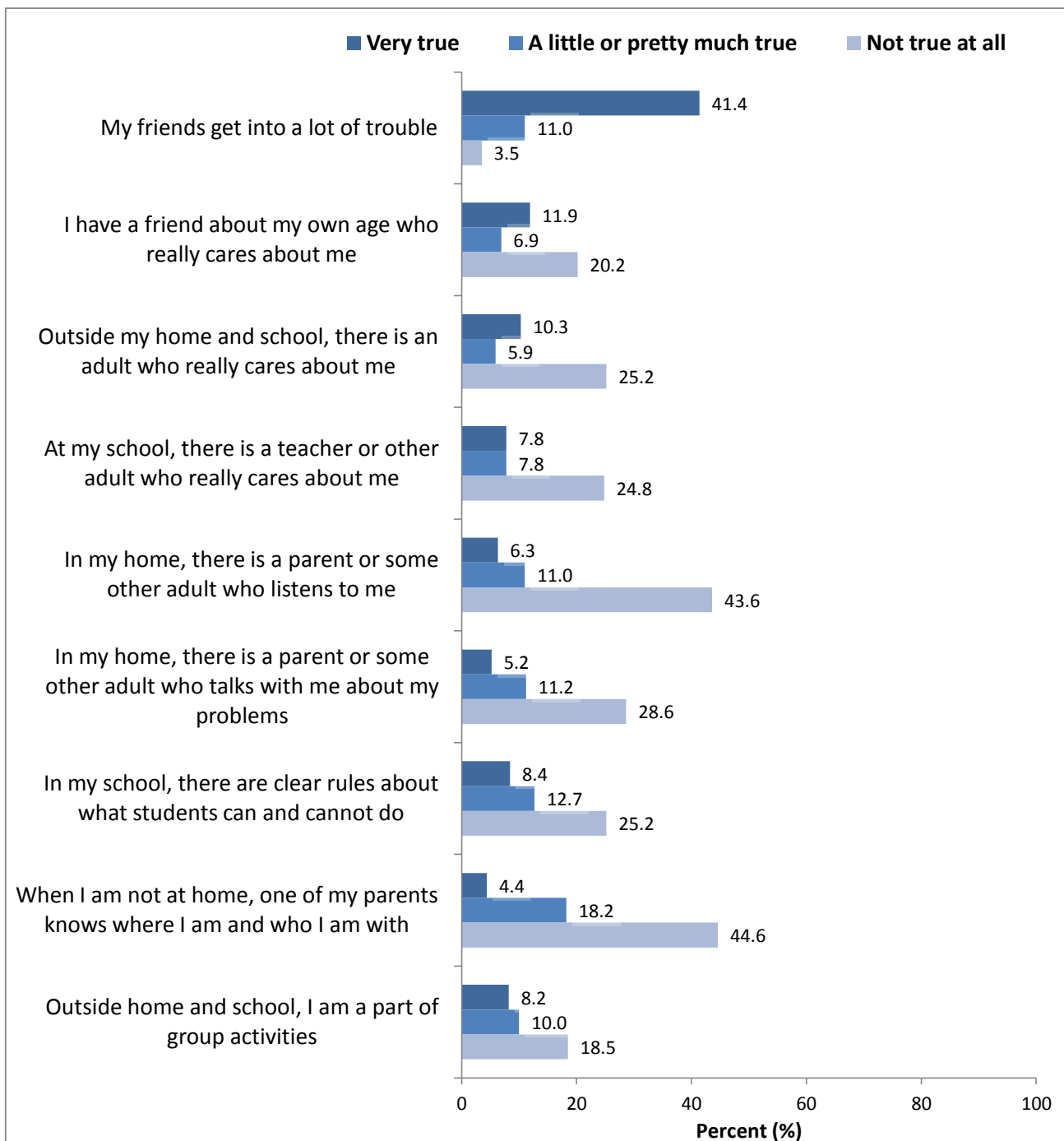


**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 32.6% were current smokers.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 5.4% were current smokers.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 3% were current smokers.



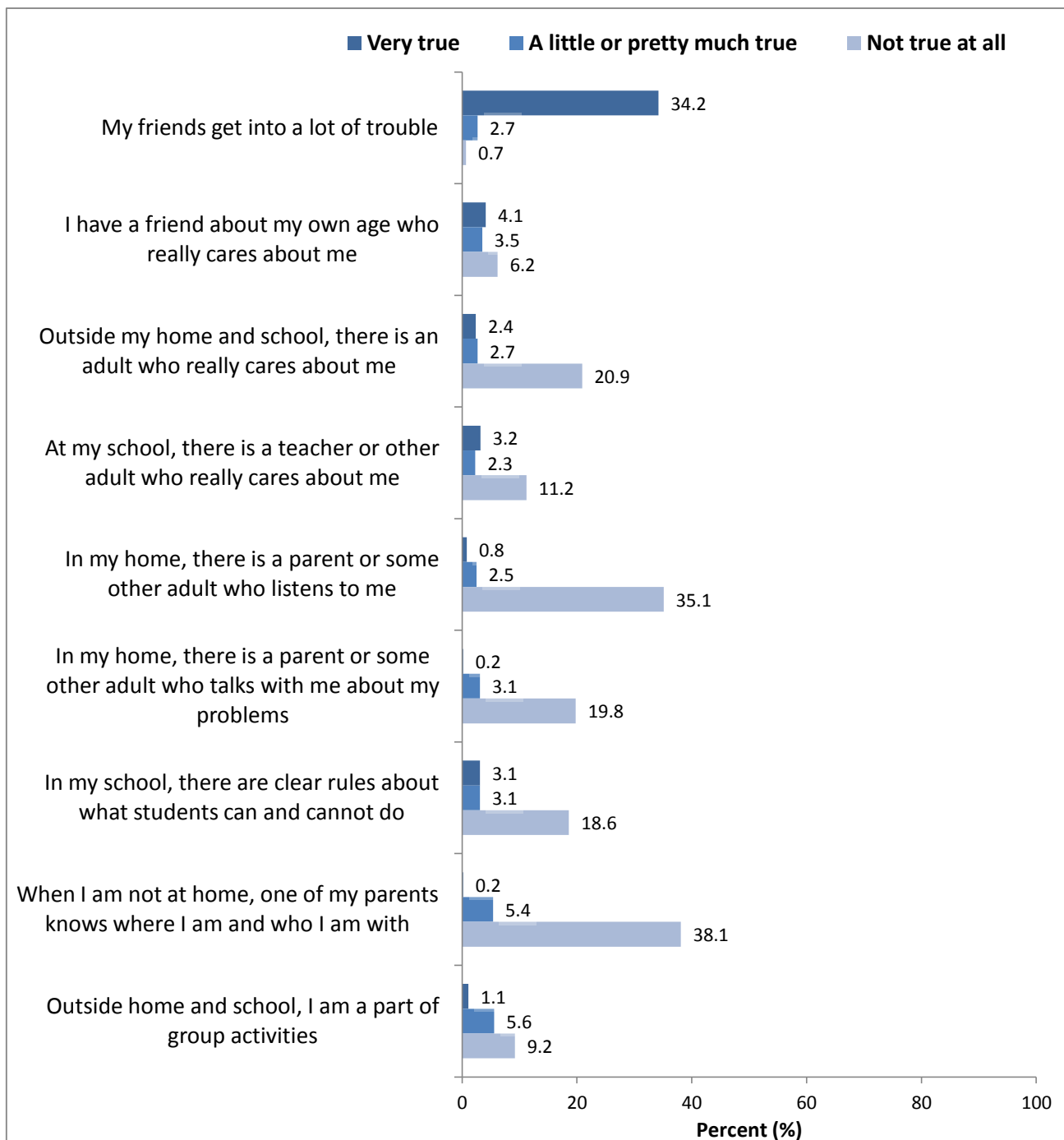
**Current drinking  
 by Selected Resiliency Factors  
 Bernalillo County  
 Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 41.4% were current drinkers.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 11% were current drinkers.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 3.5% were current drinkers.

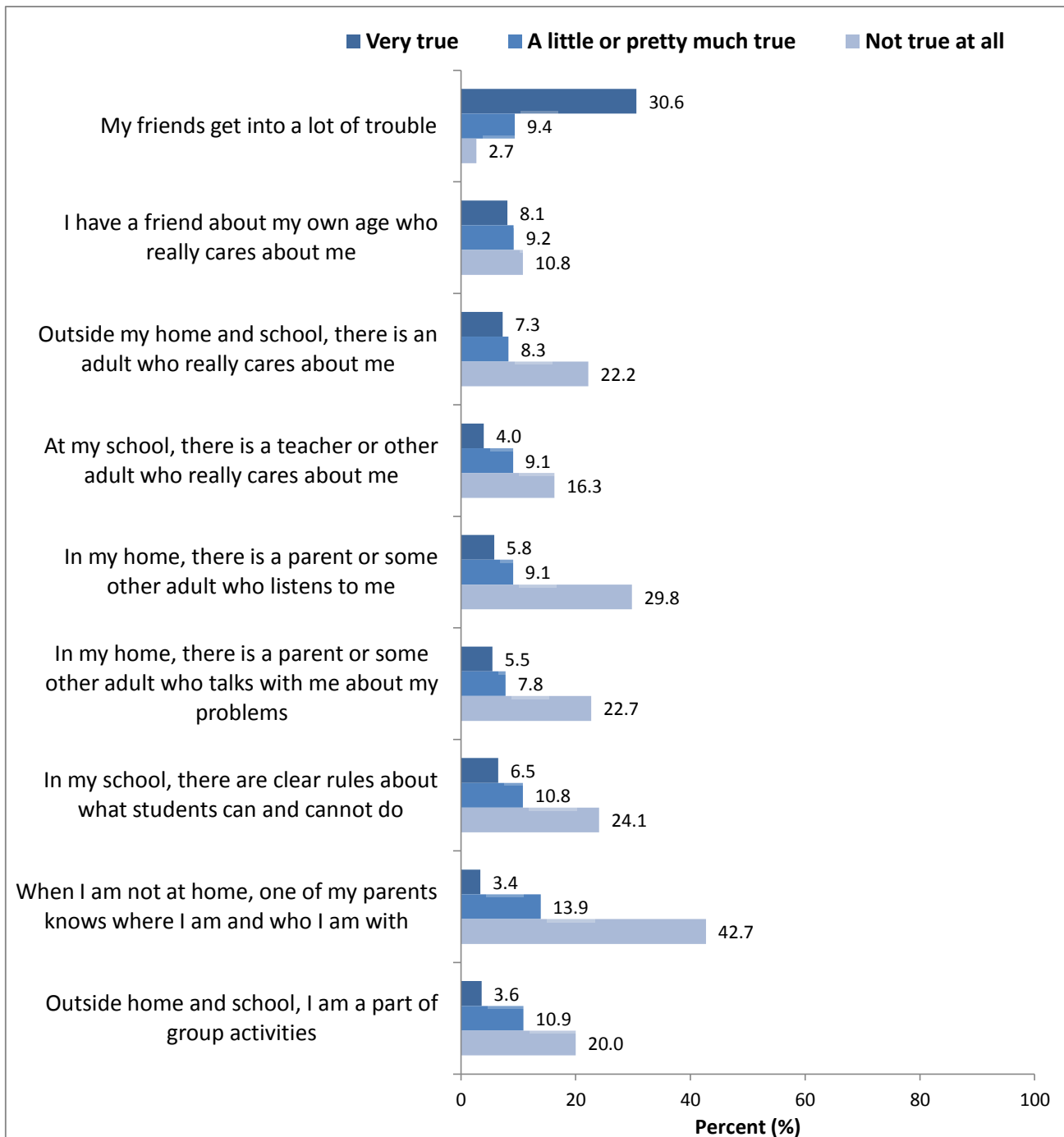
**Binge drinking  
 by Selected Resiliency Factors  
 Bernalillo County  
 Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 34.2% were binge drinkers.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 2.7% were binge drinkers.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 0.7% were binge drinkers.

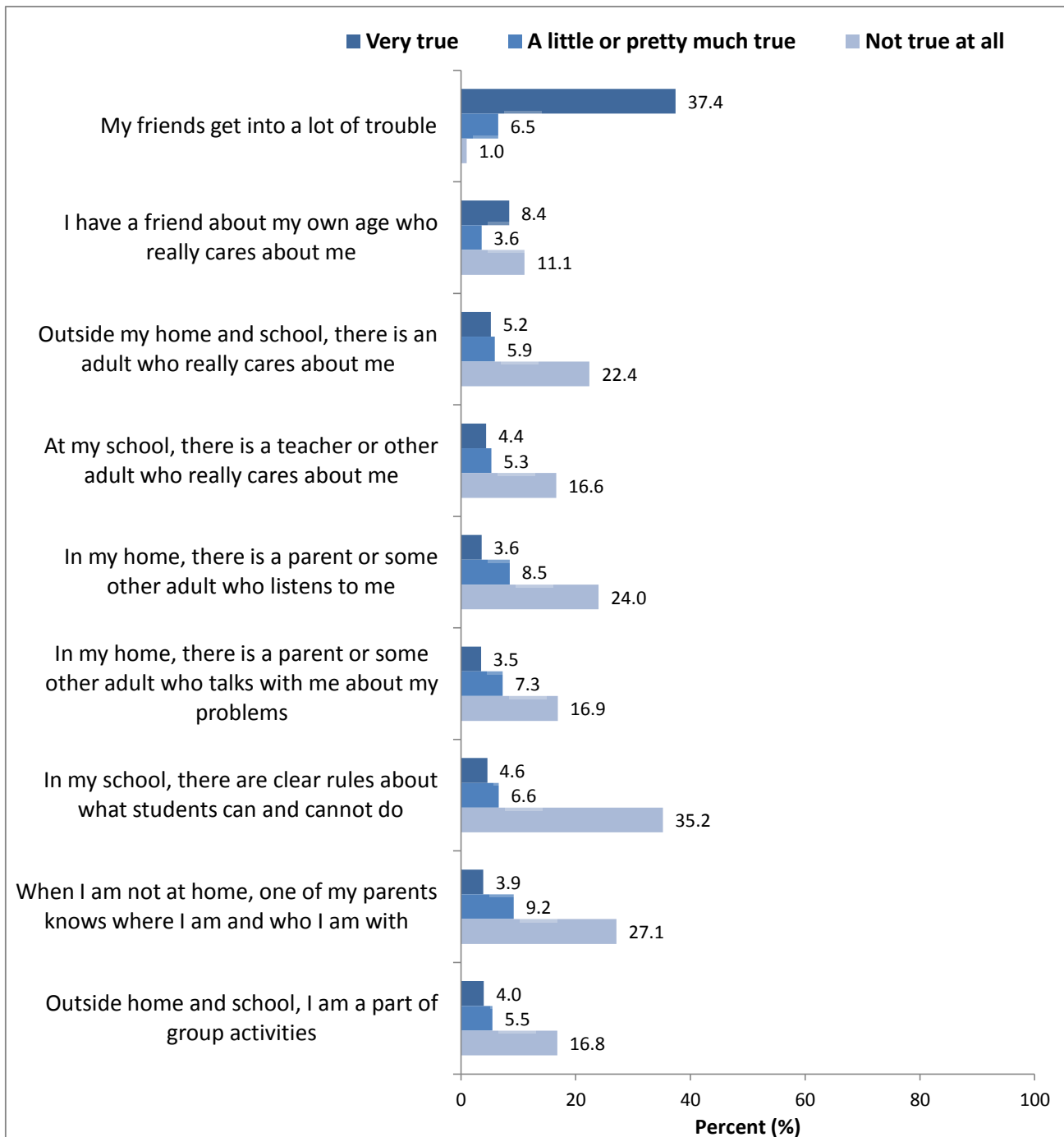
**Current marijuana use  
 by Selected Resiliency Factors  
 Bernalillo County  
 Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 30.6% were current marijuana users.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 9.4% were current marijuana users.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 2.7% were current marijuana users.

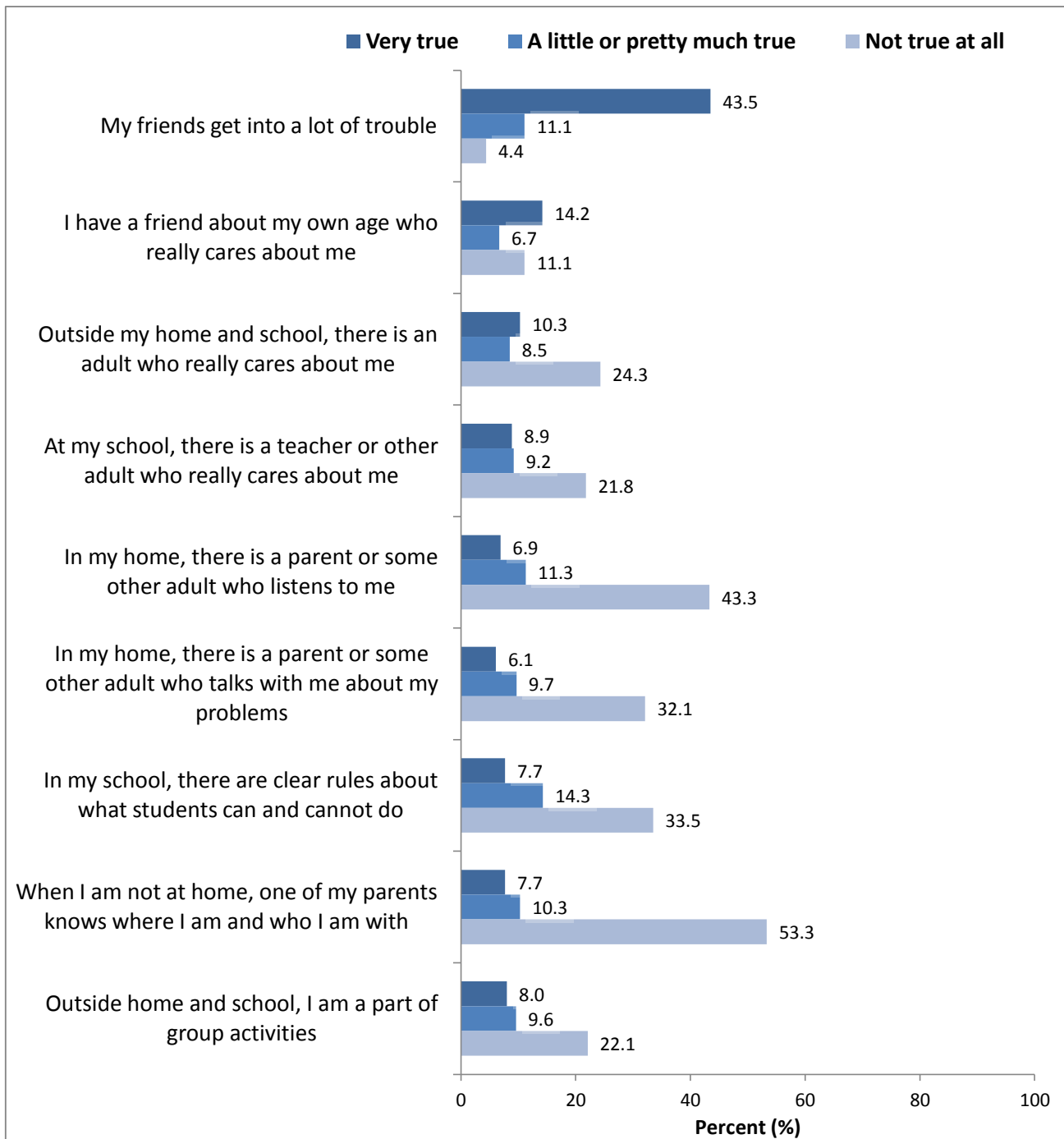
**Ever used a prescription drug without a doctor's prescription  
by Selected Resiliency Factors  
Bernalillo County  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 37.4% used prescription drugs without a doctor's prescription.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 6.5% used prescription drugs without a doctor's prescription.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 1% used prescription drugs without a doctor's prescription.

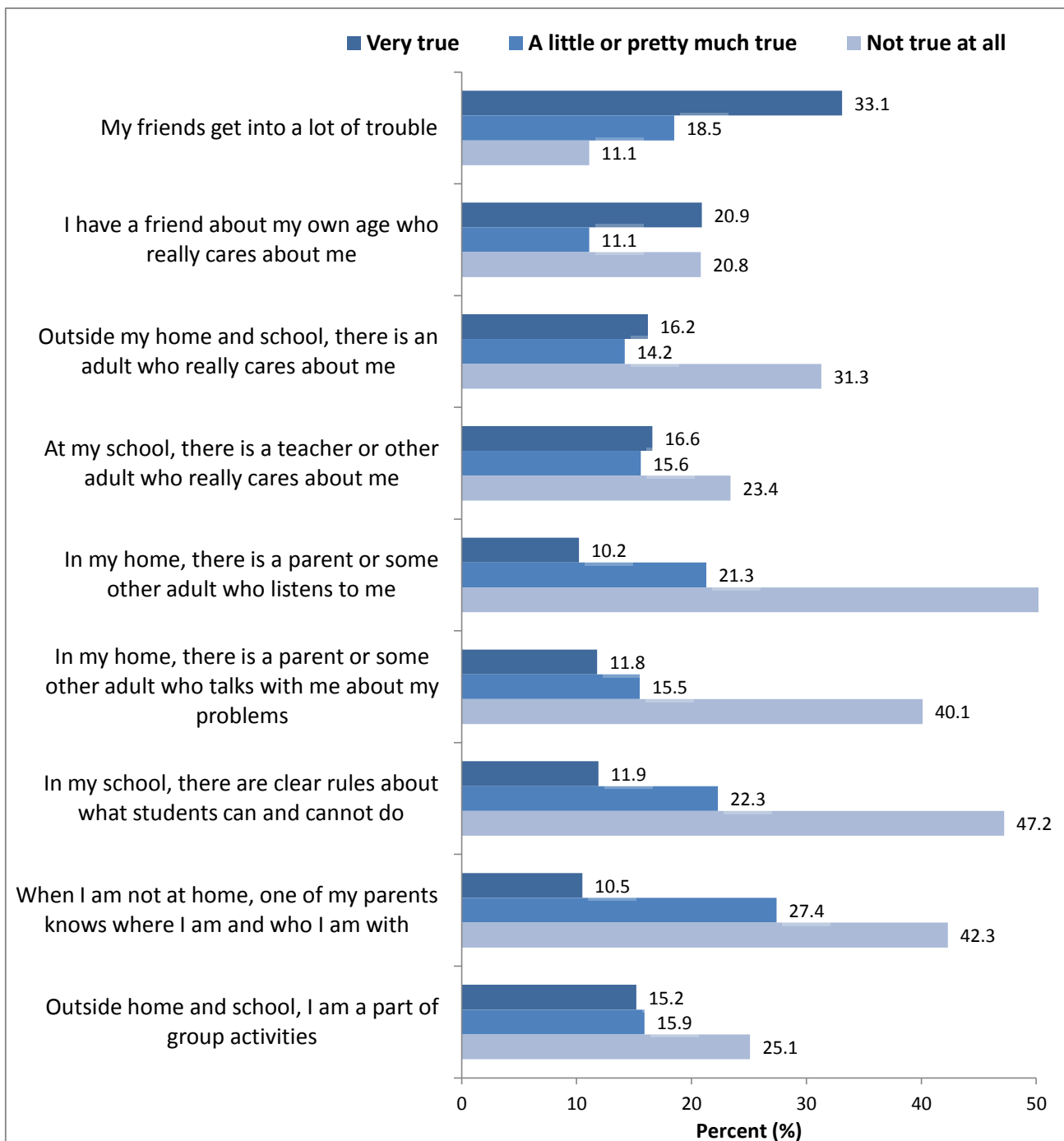
**Ever had sexual intercourse  
by Selected Resiliency Factors  
Bernalillo County  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 43.5% ever had sexual intercourse.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 11.1% ever had sexual intercourse.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 4.4% ever had sexual intercourse.

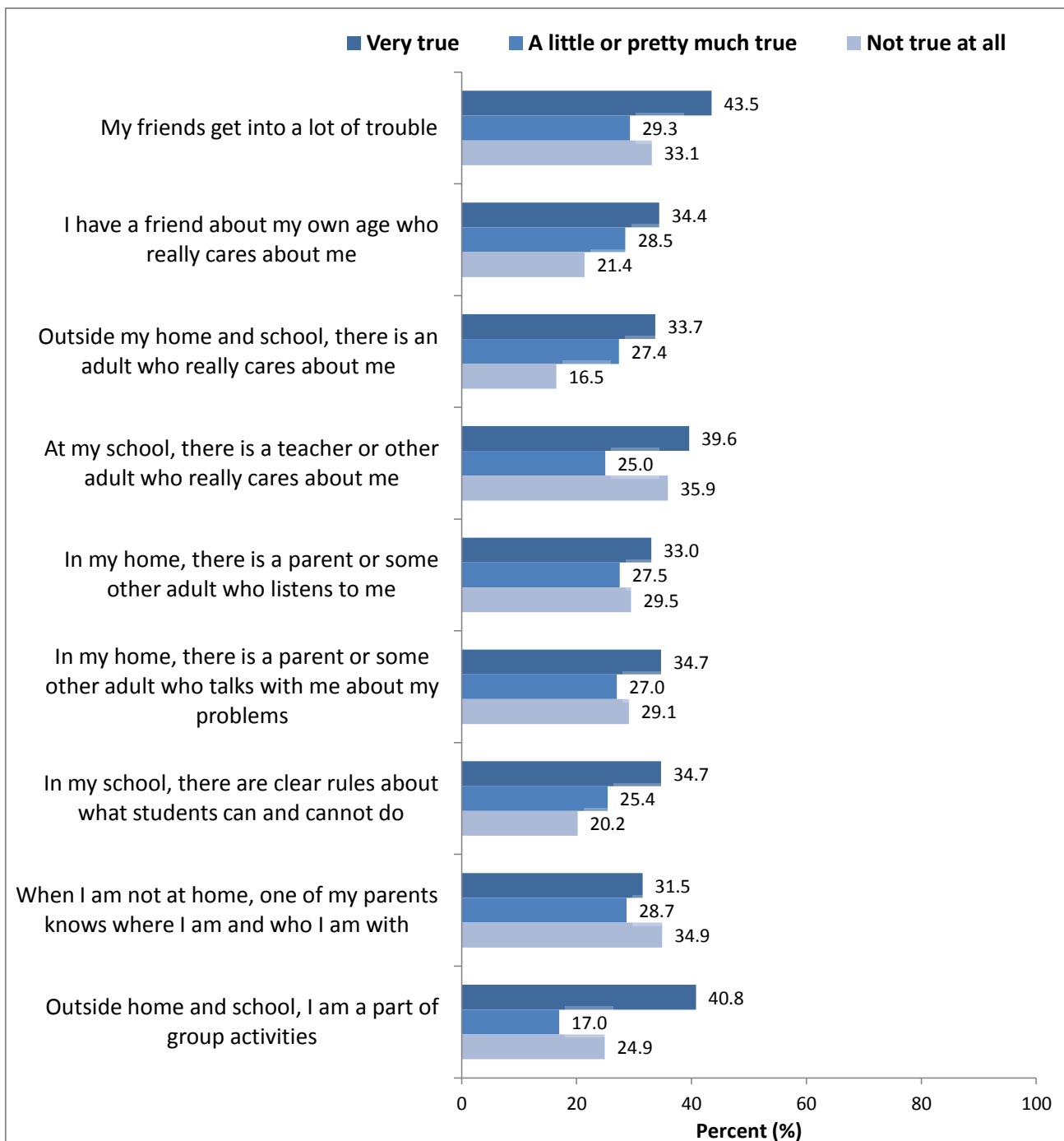
**Ever fasted 24 hours or more to lose weight  
by Selected Resiliency Factors  
Bernalillo County  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 33.1% ever fasted to lose weight.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 18.5% ever fasted to lose weight.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 11.1% ever fasted to lose weight.

**Daily physical activity  
by Selected Resiliency Factors  
Bernalillo County  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 43.5% engaged in daily physical activity.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 29.3% engaged in daily physical activity.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 33.1% engaged in daily physical activity.





## Appendix A

### Questionnaire with Results



**2011 Middle School Questionnaire**

**NM YRRS**

**Bernalillo County**

(881 respondents; Response rate = 50%)

<u>Personal Information</u>	<u>Number of responses</u>	<u>%</u>
1. How old are you?		
A. 10 years old or younger	4	0.5%
B. 11 years old	232	26.5%
C. 12 years old	276	31.5%
D. 13 years old	272	31.1%
E. 14 years old	85	9.7%
F. 15 years old	2	0.2%
G. 16 years old or older	4	0.5%
2. What is your sex?		
A. Female	471	53.7%
B. Male	406	46.3%
3. In what grade are you?		
A. 6th grade	354	40.5%
B. 7th grade	245	28.0%
C. 8th grade	273	31.2%
D. Ungraded or other grade	2	0.2%
4. Are you Hispanic or Latino?		
A. Yes	396	46.4%
B. No	458	53.6%
5. What is your race? (Select one or more responses.)		
A. American Indian or Alaska Native	269	31.9%
B. Asian	46	5.5%
C. Black or African American	74	8.8%
D. Native Hawaiian or Other Pacific Islander	37	4.4%
E. White	418	49.5%

**95%**

	<b><u>Weighted</u></b>	<b><u>Confidence</u></b>
	<b><u>%</u></b>	<b><u>Interval</u></b>
6. During the past 12 months, how would you describe your grades in school?		
A. Mostly A's	48.0	(40.0-56.0)
B. Mostly B's	26.0	(22.2-30.3)
C. Mostly C's	13.5	(9.8-18.2)
D. Mostly D's	3.0	(1.9-4.8)
E. Mostly F's	1.3	(0.6-2.9)
F. None of these grades	0.2	(0.1-0.9)
G. Not sure	8.0	(5.6-11.3)

**Personal Safety**

The next 3 questions ask about personal safety.

7. When you ride a bicycle, how often do you wear a helmet?		
A. I do not ride a bicycle	15.5	(12.4-19.3)
B. Never wear a helmet	42.0	(35.8-48.5)
C. Rarely wear a helmet	14.2	(10.9-18.3)
D. Sometimes wear a helmet	7.1	(5.5-9.2)
E. Most of the time wear a helmet	10.4	(7.1-14.8)
F. Always wear a helmet	10.8	(7.6-15.2)
8. How often do you wear a seat belt when riding in a car?		
A. Never	1.5	(0.7-3.2)
B. Rarely	4.4	(2.9-6.5)
C. Sometimes	6.8	(4.9-9.4)
D. Most of the time	22.4	(19.4-25.7)
E. Always	65.0	(60.6-69.2)
9. Have you ever ridden in a car driven by someone who had been drinking alcohol?		
A. Yes	21.6	(17.7-26.2)
B. No	59.8	(55.5-64.0)
C. Not sure	18.6	(15.7-21.8)

95%

Weighted    Confidence  
%            Interval

**Violence-Related Behaviors**

The next 2 questions ask about violence-related behaviors.

10. Have you ever carried a weapon, such as a gun, knife, or club?

A. Yes	28.2	(23.2-33.9)
B. No	71.8	(66.1-76.8)

11. Have you ever been in a physical fight?

A. Yes	44.6	(39.1-50.1)
B. No	55.4	(49.9-60.9)

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.

12. Have you ever been bullied on school property?

A. Yes	46.2	(40.7-51.8)
B. No	53.8	(48.2-59.3)

13. Have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)

A. Yes	18.4	(15.3-21.9)
B. No	81.6	(78.1-84.7)

**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.

14 Have you ever seriously thought about killing yourself?

A. Yes	18.9	(16.1-22.1)
B. No	81.1	(77.9-83.9)

15 Have you ever made a plan about how you would kill yourself?

A. Yes	12.8	(9.5-17.0)
B. No	87.2	(83.0-90.5)

16. Have you ever tried to kill yourself?

A. Yes	6.7	(4.8-9.3)
B. No	93.3	(90.7-95.2)

<u>Tobacco Use</u>	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
The next 16 questions ask about tobacco use.		
17. Have you ever tried cigarette smoking, even one or two puffs?		
A. Yes	19.4	(15.9-23.4)
B. No	80.6	(76.6-84.1)
18. How old were you when you smoked a whole cigarette for the first time?		
A. I have never smoked a whole cigarette	88.8	(84.7-92.0)
B. 8 years old or younger	1.2	(0.5-2.7)
C. 9 years old	0.1	(0.0-0.6)
D. 10 years old	1.5	(0.8-2.9)
E. 11 years old	3.5	(2.3-5.4)
F. 12 years old	2.0	(1.0-3.8)
G. 13 years old or older	2.8	(1.5-5.2)
19. About how many cigarettes have you smoked in your entire life?		
A. 0 cigarettes	81.0	(76.8-84.5)
B. 1 or more puffs but never a whole cigarette	8.6	(6.3-11.6)
C. 1 cigarette	1.9	(1.0-3.9)
D. 2 to 5 cigarettes	3.6	(2.2-5.6)
E. 6 to 15 cigarettes (about ½ a pack total)	1.7	(0.8-3.6)
F. 16 to 25 cigarettes (about 1 pack total)	0.3	(0.1-1.1)
G. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)	0.6	(0.2-1.6)
H. 100 or more cigarettes (5 or more packs)	2.3	(1.3-4.1)
20. During the past 30 days, on how many days did you smoke cigarettes?		
A. 0 days	93.8	(91.4-95.6)
B. 1 or 2 days	3.3	(2.2-5.0)
C. 3 to 5 days	0.7	(0.2-2.1)
D. 6 to 9 days	0.7	(0.2-2.3)
E. 10 to 19 days	0.2	(0.0-1.5)
F. 20 to 29 days	0.0	(-.-)
G. All 30 days	1.3	(0.5-3.1)

**95%**

	<b><u>Weighted</u></b>	<b><u>Confidence</u></b>
	<b><u>%</u></b>	<b><u>Interval</u></b>
21. During the past 30 days, on how many days did you smoke cigarettes on school property?		
A. 0 days	97.5	(95.8-98.5)
B. 1 or 2 days	1.4	(0.6-3.3)
C. 3 to 5 days	0.4	(0.1-1.4)
D. 6 to 9 days	0.0	(.-.)
E. 10 to 19 days	0.1	(0.0-0.8)
F. 20 to 29 days	0.2	(0.0-1.2)
G. All 30 days	0.4	(0.1-1.6)
22. 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	93.7	(91.2-95.5)
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	0.3	(0.1-1.2)
C. I bought them from a vending machine	0.6	(0.2-2.6)
D. I gave someone else money to buy them for me	1.1	(0.4-2.7)
E. I borrowed (or bummed) them from someone else	1.7	(0.9-3.4)
F. A person 18 years old or older gave them to me	0.2	(0.0-1.5)
G. I took them from a store or family member	1.0	(0.5-2.2)
H. I got them some other way	1.3	(0.6-2.9)
23. 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	92.1	(89.5-94.1)
B. I do not have a usual brand	1.3	(0.6-2.8)
C. Camel	1.2	(0.5-3.0)
D. Marlboro	3.6	(2.1-6.0)
E. Newport	0.3	(0.0-1.9)
F. Virginia Slims	0.0	(.-.)
G. GPS, Basic, or Doral	0.0	(.-.)
H. Some other brand	1.5	(0.7-3.1)
24. 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	28.5	(24.6-32.7)
B. 1 to 3 times during the past 30 days	27.7	(25.0-30.6)
C. 1 to 3 times during the past week	13.8	(10.9-17.3)
D. Daily or almost daily	18.0	(14.5-22.0)
E. More than once a day	12.1	(9.0-16.0)

95%Weighted    Confidence  
%            Interval

25. During the past 12 months, did you ever try to quit smoking cigarettes?		
A. I did not smoke during the past 12 months	90.3	(87.0-92.8)
B. Yes	5.4	(3.5-8.1)
C. No	4.3	(2.7-6.9)
26. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?		
A. 0 days	94.4	(92.0-96.1)
B. 1 or 2 days	2.7	(1.5-4.7)
C. 3 to 5 days	0.8	(0.3-2.1)
D. 6 to 9 days	0.9	(0.3-2.5)
E. 10 to 19 days	0.1	(0.0-0.7)
F. 20 to 29 days	0.4	(0.1-1.8)
G. All 30 days	0.7	(0.2-2.6)
27. 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	97.2	(94.4-98.6)
B. 1 or 2 days	1.4	(0.6-3.3)
C. 3 to 5 days	0.6	(0.1-2.2)
D. 6 to 9 days	0.0	(.-.)
E. 10 to 19 days	0.0	(0.0-0.0)
F. 20 to 29 days	0.2	(0.0-1.1)
G. All 30 days	0.6	(0.2-1.9)
28. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?		
A. 0 days	64.3	(58.7-69.5)
B. 1 or 2 days	16.9	(14.0-20.3)
C. 3 or 4 days	6.1	(4.4-8.3)
D. 5 or 6 days	2.3	(1.4-3.7)
E. 7 days	10.4	(7.8-13.9)
29. Do you think smoke from other people's cigarettes is harmful to you?		
A. Definitely yes	63.2	(57.5-68.6)
B. Probably yes	25.3	(20.4-31.0)
C. Probably not	6.4	(4.2-9.4)
D. Definitely not	5.1	(3.4-7.5)



**95%****Weighted**   **Confidence**  
**%**   **Interval**

30. Do you think that you will try smoking a cigarette soon?

A. I have already tried smoking cigarettes

11.5 (8.6-15.1)

B. Yes

3.7 (2.3-6.0)

C. No

84.8 (80.3-88.4)

31. Do you think you will smoke a cigarette at anytime during the next year?

A. Definitely yes

4.2 (2.5-7.0)

B. Probably yes

8.1 (5.6-11.5)

C. Probably not

14.1 (11.5-17.2)

D. Definitely not

73.7 (68.0-78.6)

32. If one of your best friends offered you a cigarette, would you smoke it?

A. Definitely yes

4.5 (2.9-7.0)

B. Probably yes

6.9 (5.1-9.2)

C. Probably not

14.6 (11.9-17.8)

D. Definitely not

74.0 (68.3-79.1)

**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.

33. Have you ever had a drink of alcohol, other than a few sips?

A. Yes

24.4 (19.3-30.4)

B. No

75.6 (69.6-80.7)

34. 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

75.3 (69.3-80.4)

B. 8 years old or younger

5.7 (3.8-8.6)

C. 9 years old

2.0 (1.1-3.8)

D. 10 years old

4.4 (2.6-7.3)

E. 11 years old

3.3 (1.9-5.9)

F. 12 years old

4.8 (3.0-7.7)

G. 13 years old or older

4.5 (2.8-7.2)

**95%**

	<b><u>Weighted</u></b> <b><u>%</u></b>	<b><u>Confidence</u></b> <b><u>Interval</u></b>
35. During the past 30 days, on how many days did you have at least one drink of alcohol?		
A. 0 days	89.3	(86.2-91.8)
B. 1 or 2 days	6.0	(4.3-8.3)
C. 3 to 5 days	2.5	(1.2-5.2)
D. 6 to 9 days	0.7	(0.2-2.0)
E. 10 to 19 days	0.5	(0.2-1.6)
F. 20 to 29 days	0.2	(0.0-1.2)
G. All 30 days	0.7	(0.2-2.2)
36. 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	95.8	(93.2-97.4)
B. 1 day	1.9	(0.9-3.9)
C. 2 days	0.7	(0.2-2.2)
D. 3 to 5 days	0.9	(0.3-2.3)
E. 6 to 9 days	0.1	(0.0-0.8)
F. 10 to 19 days	0.2	(0.0-1.2)
G. 20 or more days	0.5	(0.1-1.9)
37. 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	54.0	(48.3-59.6)
B. Sort of hard	16.6	(13.7-19.9)
C. Sort of easy	16.4	(13.0-20.5)
D. Very easy	13.0	(10.0-16.8)
38. How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	81.6	(79.0-83.9)
B. Wrong	12.2	(10.2-14.5)
C. A little bit wrong	4.5	(3.1-6.7)
D. Not wrong at all	1.7	(0.9-3.3)
39. How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	70.0	(65.4-74.2)
B. Wrong	19.5	(16.1-23.5)
C. A little bit wrong	7.0	(5.0-9.7)
D. Not wrong at all	3.5	(2.2-5.5)

	<b><u>Weighted</u></b>	<b><u>95%</u></b>
	<b><u>%</u></b>	<b><u>Confidence</u></b>
		<b><u>Interval</u></b>
40. 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	6.2	(3.9-9.5)
B. Slight risk	13.7	(10.8-17.2)
C. Moderate risk	30.3	(25.8-35.2)
D. Great risk	49.9	(45.2-54.6)

### **Marijuana and other Drug Use**

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

41. Have you ever used marijuana?		
A. Yes	14.2	(10.4-19.2)
B. No	85.8	(80.8-89.6)
42. How old were you when you tried marijuana for the first time?		
A. I have never tried marijuana	86.2	(81.6-89.7)
B. 8 years old or younger	1.3	(0.6-3.0)
C. 9 years old	1.2	(0.5-2.9)
D. 10 years old	0.9	(0.4-2.3)
E. 11 years old	3.7	(2.3-6.0)
F. 12 years old	3.6	(2.1-6.2)
G. 13 years old or older	3.0	(1.6-5.7)
43. During the past 30 days, how many times did you use marijuana?		
A. 0 times	91.3	(87.5-94.0)
B. 1 or 2 times	3.7	(2.1-6.4)
C. 3 to 9 times	1.8	(1.0-3.4)
D. 10 to 19 times	0.9	(0.3-2.6)
E. 20 to 39 times	0.8	(0.3-2.1)
F. 40 or more times	1.6	(0.7-3.4)
44. Have you ever taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?		
A. Yes	7.2	(4.6-10.9)
B. No	92.8	(89.1-95.4)
45. 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	4.4	(2.9-6.8)
B. No	95.6	(93.2-97.1)

**95%****Weighted**   **Confidence**  
**%**   **Interval**

46. Have you ever used any form of cocaine, including powder, crack, or freebase?

A. Yes

2.5

(1.3-4.9)

B. No

97.5

(95.1-98.7)

47. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?

A. Yes

12.0

(9.2-15.5)

B. No

88.0

(84.5-90.8)

48. Have you ever used a needle to inject any illegal drug into your body?

A. Yes

1.2

(0.4-3.9)

B. No

98.8

(96.1-99.6)

**Sexual Behavior**

The next 4 questions ask about sexual intercourse.

49. Have you ever had sexual intercourse?

A. Yes

11.0

(8.1-14.9)

B. No

89.0

(85.1-91.9)

50. How old were you when you had sexual intercourse for the first time?

A. I have never had sexual intercourse

89.1

(85.3-92.0)

B. 8 years old or younger

2.0

(1.0-3.9)

C. 9 years old

0.4

(0.1-1.5)

D. 10 years old

0.6

(0.2-1.8)

E. 11 years old

1.0

(0.3-3.0)

F. 12 years old

3.6

(2.1-6.0)

G. 13 years old or older

3.4

(2.3-5.0)

51. With how many people have you ever had sexual intercourse?

A. I have never had sexual intercourse

89.0

(85.1-91.9)

B. 1 person

5.7

(3.6-8.9)

C. 2 people

1.4

(0.7-2.8)

D. 3 people

0.6

(0.2-2.1)

E. 4 people

0.9

(0.4-2.4)

F. 5 people

0.7

(0.2-2.1)

G. 6 or more people

1.7

(0.8-3.7)

**95%****Weighted**    **Confidence**  
**%**            **Interval**

52. The last time you had sexual intercourse, did you or your partner use a condom?

A. I have never had sexual intercourse

89.1            (85.2-92.1)

B. Yes

6.0             (3.9-9.1)

C. No

4.9             (3.1-7.6)

**Body Weight**

The next 4 questions ask about body weight.

53. How do you describe your weight?

A. Very underweight

4.3             (2.9-6.2)

B. Slightly underweight

17.1            (14.0-20.7)

C. About the right weight

56.8            (53.2-60.2)

D. Slightly overweight

19.6            (16.6-23.1)

E. Very overweight

2.2             (1.3-4.0)

54. Which of the following are you trying to do about your weight?

A. Lose weight

38.1            (33.9-42.5)

B. Gain weight

12.6            (9.7-16.2)

C. Stay the same weight

27.4            (24.0-31.1)

D. I am not trying to do anything about my weight

21.9            (18.6-25.6)

55. 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

17.1            (14.4-20.3)

B. No

82.9            (79.7-85.6)

56. Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?

A. Yes

3.6             (2.3-5.6)

B. No

96.4            (94.4-97.7)

**Physical Activity**

The next 4 questions ask about physical activity.

57. 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.)

A. 0 days	10.9	(8.1-14.6)
B. 1 day	5.5	(4.3-7.0)
C. 2 days	9.2	(6.8-12.2)
D. 3 days	10.9	(8.7-13.5)
E. 4 days	12.4	(9.6-15.8)
F. 5 days	14.3	(11.7-17.4)
G. 6 days	5.7	(3.8-8.4)
H. 7 days	31.1	(27.3-35.2)

58. On an average school day, how many hours do you watch TV?

A. I do not watch TV on an average school day	9.4	(7.0-12.5)
B. Less than 1 hour per day	17.7	(14.0-22.1)
C. 1 hour per day	18.9	(15.4-23.1)
D. 2 hours per day	22.8	(19.5-26.6)
E. 3 hours per day	15.7	(12.6-19.4)
F. 4 hours per day	6.8	(4.9-9.4)
G. 5 or more hours per day	8.7	(6.5-11.5)

59. 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? (Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet.)

A. I do not play video or computer games or use a computer for something that is not school work	13.0	(10.3-16.2)
B. Less than 1 hour per day	24.6	(20.1-29.8)
C. 1 hour per day	18.2	(14.8-22.1)
D. 2 hours per day	16.9	(14.3-20.0)
E. 3 hours per day	12.4	(9.3-16.3)
F. 4 hours per day	5.0	(3.6-6.9)
G. 5 or more hours per day	9.9	(7.3-13.3)

**95%**

	<b><u>Weighted</u></b>	<b><u>Confidence</u></b>
	<b><u>%</u></b>	<b><u>Interval</u></b>
60. In an average week when you are in school, on how many days do you go to physical education (PE) classes?		
A. 0 days	57.6	(49.7-65.1)
B. 1 day	2.7	(1.6-4.5)
C. 2 days	4.7	(3.0-7.4)
D. 3 days	8.3	(4.7-14.4)
E. 4 days	1.2	(0.5-2.8)
F. 5 days	25.5	(18.0-34.7)

**Health-Related Topics**

The next 4 questions ask about other health-related topics.

61. Have you ever been taught about AIDS or HIV infection in school?		
A. Yes	71.6	(64.6-77.6)
B. No	14.5	(11.2-18.5)
C. Not sure	14.0	(10.4-18.4)
62. Has a doctor or nurse ever told you that you have asthma?		
A. Yes	18.6	(15.4-22.2)
B. No	74.4	(70.3-78.1)
C. Not sure	7.0	(5.0-9.7)
63. Do you still have asthma?		
A. I have never had asthma	70.0	(66.2-73.5)
B. Yes	11.8	(9.5-14.5)
C. No	8.0	(5.9-10.7)
D. Not sure	10.2	(7.3-14.1)
64. Do you have enough food to eat, sometimes not enough to eat, or often not enough to eat?		
A. Enough food to eat	85.8	(82.8-88.4)
B. Sometimes not enough to eat	11.2	(9.1-13.8)
C. Often not enough to eat	3.0	(1.8-4.9)

**Resiliency Factors**

How true do you feel the following 10 statements are for you?

65. My friends get into a lot of trouble.		
A. Not true at all	28.1	(23.3-33.5)
B. A little true	53.6	(48.9-58.3)
C. Pretty much true	12.4	(9.8-15.6)
D. Very much true	5.8	(3.7-9.0)

**95%****Weighted**    **Confidence**  
**%**            **Interval**

66. I often do things without thinking about what will happen.

A. Not true at all	28.5	(24.4-32.9)
B. A little true	46.0	(41.8-50.2)
C. Pretty much true	16.7	(14.5-19.2)
D. Very much true	8.9	(6.3-12.2)

67. I have a friend about my own age who really cares about me.

A. Not true at all	9.0	(6.7-12.0)
B. A little true	14.7	(11.8-18.1)
C. Pretty much true	23.6	(20.0-27.5)
D. Very much true	52.8	(47.8-57.7)

68. Outside of my home and school, there is an adult who really cares about me.

A. Not true at all	8.5	(6.0-11.8)
B. A little true	7.9	(6.1-10.2)
C. Pretty much true	11.8	(9.9-14.1)
D. Very much true	71.7	(68.1-75.1)

69. At my school there is a teacher or some other adult who really cares about me.

A. Not true at all	16.6	(13.5-20.3)
B. A little true	25.4	(21.9-29.3)
C. Pretty much true	28.6	(23.7-34.1)
D. Very much true	29.4	(25.2-33.9)

70. In my home, there is a parent or some other adult who listens to me when I have something to say.

A. Not true at all	7.9	(5.9-10.5)
B. A little true	12.1	(8.9-16.2)
C. Pretty much true	21.1	(17.0-25.9)
D. Very much true	58.9	(52.6-64.8)

71. In my home, there is a parent or some other adult who talks with me about my problems.

A. Not true at all	14.3	(11.4-17.9)
B. A little true	18.8	(14.2-24.4)
C. Pretty much true	19.5	(16.0-23.5)
D. Very much true	47.4	(41.5-53.2)



**95%**

**Weighted**    **Confidence**  
**%**            **Interval**

72. In my school, there are clear rules about what students can and cannot do.

A. Not true at all	5.3	(3.7-7.5)
B. A little true	7.0	(4.5-10.7)
C. Pretty much true	25.7	(22.2-29.7)
D. Very much true	62.0	(56.5-67.2)

73. 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	6.2	(4.0-9.5)
B. A little true	10.0	(7.4-13.4)
C. Pretty much true	18.1	(14.6-22.4)
D. Very much true	65.6	(60.8-70.2)

74. 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	19.3	(15.1-24.5)
B. A little true	13.3	(10.6-16.5)
C. Pretty much true	14.7	(12.3-17.6)
D. Very much true	52.6	(46.6-58.6)



## Appendix B About this Report



## Appendix B: About this Report

This report contains county level results from the 2011 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](http://www.YouthRisk.org), and

[www.health.state.nm.us/ERD/HealthData/yrrs.shtml](http://www.health.state.nm.us/ERD/HealthData/yrrs.shtml).

Together, these documents comprise a useful tool for those working on youth-related issues at the state and local level.

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.

## Using the Report

The main section of this report consists of a module of results for each main topic area of the YRRS. The risk behavior modules each start with a set of line charts illustrating change in behavior over the years of the survey (for counties that only have one recent year of data, the line charts are omitted). The line charts are followed by one or more set 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 25 respondents per grade level or gender, grade level or gender charts have been omitted.

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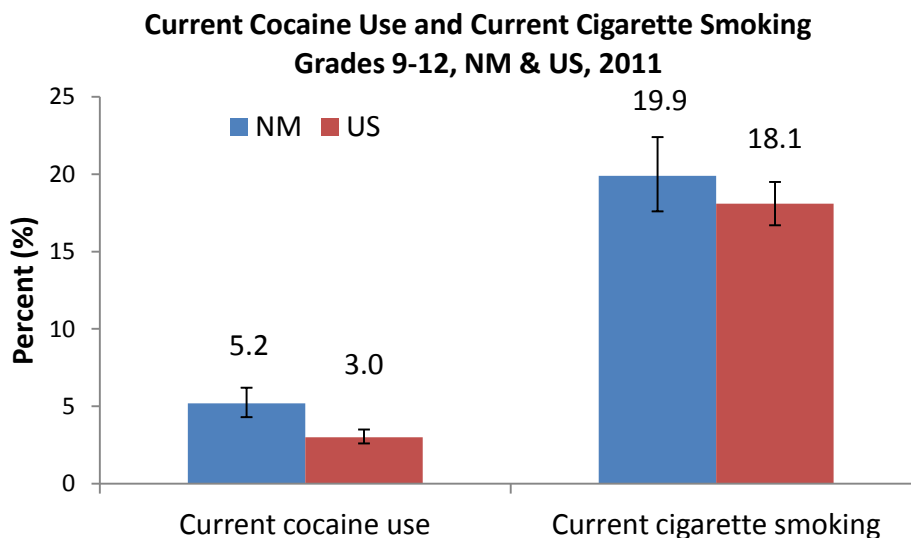
NOTE: County level YRRS reports are freely available. School district reports have been distributed to school district offices. School districts are encouraged to reproduce and share these reports with community groups concerned with prevention and health promotion. However, school district level results will not be released without express permission of the school district superintendent. Forms for requesting school district data are available at [www.YouthRisk.org](http://www.YouthRisk.org).

## 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 24, Unintentional Injury, shows that 7.5% of students in New Mexico rarely or never wore seatbelts, while 5.8% of students in Bernalillo County rarely or never wore seatbelts.

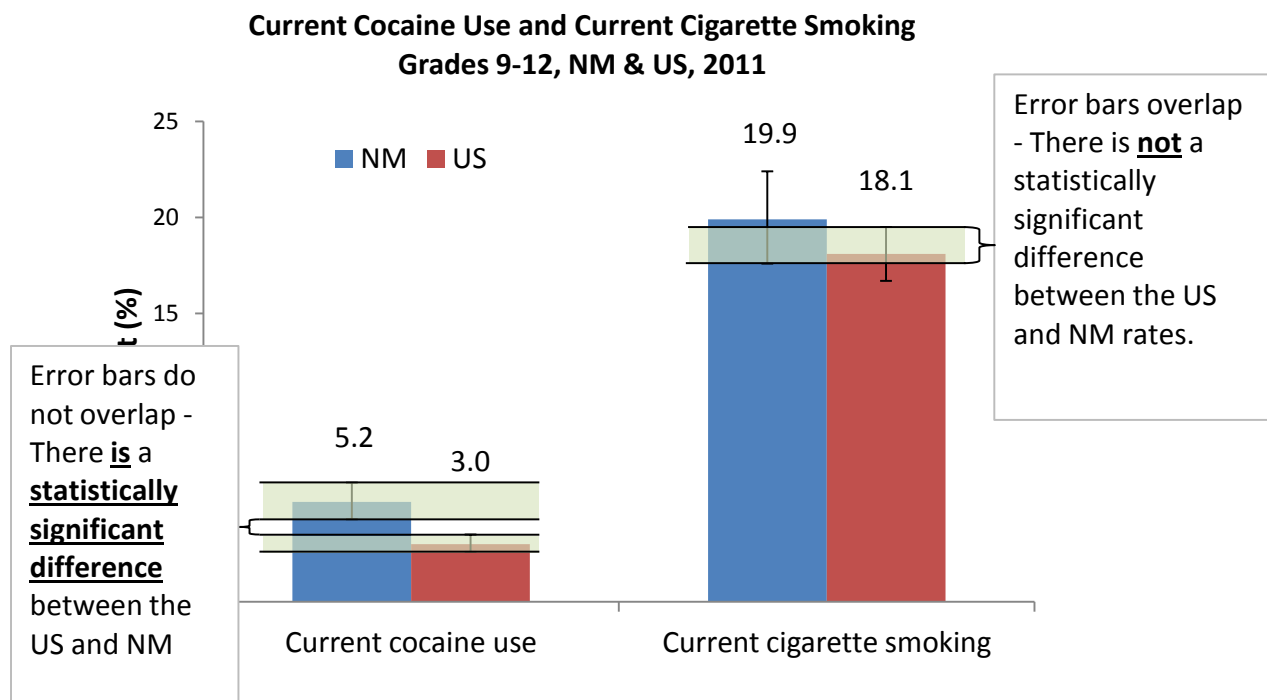
Because of the high cost and logistical complications involved in conducting a statewide survey, the YRRS was administered to a sample of students, rather than to every single student in each school district. Because YRRS data are from a **sample** of students, and not the entire student body, the results 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 high school prevalence of smoking and cocaine use for New Mexico to the United States prevalence for 2011. The chart shows that the prevalence of current smoking was 19.9% in New Mexico and 18.1% in the United States. The error bar for the estimate of current smoking among New Mexico students extends approximately 2 percentage points in either direction, from 17.6% to 22.4%. This means that we are confident that the actual percentage of smokers in this group of students was between 17.6% and 22.4%. The error bar for the estimate of current smoking in the US extends approximately 1.5 percentage points in either direction, from 16.7% to 19.5%. We are confident that the actual percentage of smokers among this group was between 16.7% and 19.5%.



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 higher prevalence of smoking than the United States (19.9% vs. 18.1%), a closer look at the error bars shows a more complicated picture. The error bars for the New Mexico estimate (17.6%–22.4%) and the US estimate (16.7%–19.5%) overlap. Because of this overlap, we do not have a high degree of confidence that the prevalence of smoking in New Mexico is 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 is not statistically significant.

For cocaine use it also appears that New Mexico had a higher prevalence than the United States (5.2% vs. 3.0%). The error bar for New Mexico extends from 4.3% to 6.2%, and the error bar for the United States extends from 2.6% to 3.5%. Because the higher bound of the US error bar (3.5%) is lower than the lower bound of the NM error bar (4.3%), 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.



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 Definitions**Unintentional Injury

Rarely or never wore a bike helmet

Of those who rode a bicycle, answered 'Never' or 'Rarely' to the question, *When you ride*

Rarely or never wore a seatbelt

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

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*

Violence-Related Behaviors

Ever carried a weapon, such as a gun, knife, or club

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

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*

Mental Health

Ever seriously thought about killing self

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

Ever planned to kill self

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

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*

First smoked a cigarette before age 11

Answered '10 years old' or younger to the question, *How old were you when*

Smoked at least one whole cigarette in life

Answered '1 cigarette' or more to the question, *About how many cigarettes*

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,*

Non-smoker

Answered '0 days' to the question, *During the past 30 days, on how many*

Frequent cigarette smoking

Answered '20 to 29 days' or more to the question, *During the past 30 days,*

Smoked on school property

Answered '1 or 2 days' or more to the question, *During the past 30 days,*

Marlboro is usual brand among current cigarette smokers

Of current cigarette smokers, answered 'Marlboro' to the question, *During the past 30*

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*

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*

- and -

Answered '0 days' to the question, *During the past 30 days, on how many days*



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*  
- and -

Answered '1 or 2 days' or more to the question, *During the past 30 days,*

Current cigar smoking

Answered '1 or 2 days' or more to the question, *During the past 30 days,*

Current spit tobacco use

Answered '1 or 2 days' or more to the question, *During the past 30 days,*

In the same room with a smoker in the past 7 days

Answered '1 or 2 days' or more to the question, *During the past 7 days, on how*

Will definitely or probably smoke cigarettes in the next year

Answered 'Probably yes' or 'Definitely yes' to the question, *Do you think you will*

Would definitely or probably smoke if best friend offered

Answered 'Probably yes' or 'Definitely yes' to the question, *If one of your best*

Saw ads about smoking danger in the past 30 days

Answered '1 to 3 times during the past 30 days' or more to the question,

Believes smoke from other people's cigarettes is definitely harmful

Answered 'Definitely yes' to the question, *Do you think smoke from other people's*

#### Alcohol Use

Ever drank alcohol

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

Drank alcohol before age 11

Answered '10 years old' or younger to the question, *How old were you when*

Current drinking

Answered '1 or 2 days' or more to the question, *During the past 30 days,*

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*

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*

My parents think my regular alcohol use would be wrong

Answered 'Very wrong' or 'Wrong' to the question, *How wrong do your parents*

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*

People face great risk from daily alcohol use

Answered *great risk* to the question, *How much do you think people risk*

#### 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*

Current marijuana use

Answered '1 or 2 times' or more to the question, *During the past 30 days,*

Ever used a prescription drug without a doctor's prescription

Answered 'Yes' to the question, *Have you ever taken a prescription drug*

Ever used a painkiller to get high

Answered 'Yes' to the question, *Have you ever used a pain killer to get high, like*

Ever used cocaine

Answered 'Yes' to the question, *Have you ever used any form of cocaine,*

Ever used inhalants

Answered 'Yes' to the question, *Have you ever sniffed glue, or breathed the*

Ever used illegal injection drugs

Answered 'Yes' to the question, *Have you ever used a needle to inject any*

### 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*

Had sexual intercourse with three or more people in lifetime

Answered '3 people' or more to the question, *With how many people have*

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

Answered 'Yes' to the question, *The last time you had sexual intercourse,*

- 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*

### Body Weight and Weight Control

Self-described as slightly or very overweight

Answered 'Very overweight' or 'Slightly overweight' to the question, *How do*

Trying to lose weight

Answered 'Lose weight' to the question, *Which of the following are you trying*

Ever fasted to lose weight

Answered 'Yes' to the question, *Have you ever gone without eating for 24 hours*

Ever vomited or used laxatives to lose weight

Answered 'Yes' to the question, *Have you ever vomited or taken laxatives to*

### Physical Activity

No days of physical activity per week

Answered '0 days' to the question, *During the past 7 days, on how many days*

Five days of physical activity per week

Answered '5 days' or more to the question, *During the past 7 days, on how many*

Daily physical activity

Answered '7 days' to the question, *During the past 7 days, on how many*

At least one day/week of physical education

Answered '1 day' or more to the question, *In an average week when you are*

Daily physical education at school

Answered '5 days' to the question, *In an average week when you are in school,*

### Resiliency/Protective Factors

Unless otherwise noted, responses in the resiliency/protective factor sections of this report refer to





## Bernalillo County

2011 New Mexico Youth Risk and Resiliency Survey  
Middle School

