

New Mexico Youth Risk and Resiliency Survey (YRRS) High School Survey Results Los Alamos County Grades 9-12, 2015

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







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The NM YRRS receives suport from the Centers for Disease Control and Prevention in cooperation with the NM PED through Grant number 1U87PS004195-01.

New Mexico 2015 YRRS Grades 9 - 12

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

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New Mexico Youth Risk and Resiliency Survey Participation in Los Alamos County High School (Grades 9-12)

The response rate for Los Alamos County was 81%.

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

Profile of students surveyed

<u> </u>	Number of students	Percent (%)
	who responded	
Total	890	(100%)
<u>Gender</u>		
Girls	445	(50.0%)
Boys	445	(50.0%)
Race/Ethnicity		
(Totals may be more than 100% because resp	ondents	
were allowed to choose multiple race/ethnicitie		
American Indian or Alaska Native	58	(6.5)
Asian	73	(8.2)
Black or African-American	31	(3.5)
Hispanic	296	(33.3)
Native Hawaiian or Pacific Islander	17	(1.9)
White	709	(79.7)
Grade Level		
9th	258	(29.1%)
10th	230	(26.0%)
11th	215	(24.3%)
12th	183	(20.7%)
Other:	4	(0.5%)

New Mexico Youth Risk and Resiliency Survey

Risk Behaviors at a Glance Los Alamos County Grades 9-12

Indicator	Los Alan	nos County	Nev	<u>w Mexico</u>
Unintentional Injury	%	(95% CI)	%	(95% CI)
Texted or emailed while driving	36.6	(31.9-41.5)	37.9	(35.2-40.6)
Rarely or never wore a bicycle helmet (of those who				
rode a bicycle)	48.0	(44.1-51.9)	84.4	(82.3-86.3)
Rarely or never wore a seatbelt	7.0	(5.3-9.2)	6.0	(5.4-6.6)
Violence				
In a physical fight	21.0	(18.9-23.4)	25.9	(24.2-27.6)
In a physical fight on school property	7.6	(5.9-9.7)	8.5	(7.5-9.5)
Carried a weapon on school property	4.3	(3.3-5.8)	4.6	(4.0-5.3)
Skipped school because of safety concerns	6.0	(4.5-7.9)	7.8	(5.9-10.2)
Bullied on school property	26.6	(22.3-31.3)	18.4	(17.2-19.7)
Electronically bullied	16.7	(13.8-20.0)	13.7	(12.6-14.8)
Physical dating violence	10.7	(9.1-12.6)	8.6	(7.7-9.6)
Sexual dating violence	16.3	(13.4-19.7)	9.2	(8.2-10.3)
Mental Health				
Non-suicidal self-injury	25.3	(22.9-27.8)	20.5	(18.9-22.2)
Felt sadness or hopelessness	33.7	(30.1-37.4)	32.5	(30.8-34.3)
Seriously considered suicide	21.5	(18.8-24.4)	16.5	(15.1-17.9)
Planned suicide	17.7	(15.0-20.7)	14.6	(13.6-15.7)
Attempted suicide	9.1	(7.2-11.6)	9.4	(8.6-10.4)
Injured in a suicide attempt	2.8	(2.1-3.7)	3.2	(2.7-3.8)
Tobacco Use				
Current cigarette smoking	8.8	(7.5-10.2)	11.4	(10.3-12.5)
Current hookah use	9.4	(7.6-11.6)	11.9	(10.9-12.9)
Current spit tobacco use	6.4	(4.4-9.2)	8.7	(7.4-10.1)
Current cigar use	7.0	(4.8-10.2)	10.5	(9.5-11.5)
Current e-cig use	26.0	(21.2-31.4)	24.0	(22.5-25.6)
Current use of any tobacco product	28.9	(23.2-35.3)	33.4	(31.6-35.1)
Alcohol Use				
Current drinking	26.0	(22.0-30.4)	26.1	(24.4-27.9)
Binge drinking	15.3	(12.3-18.8)	14.6	(13.3-15.9)
At least 10 drinks on a single occasion	3.7	(2.4-5.7)	3.6	(3.1-4.2)
First drink before age 13	13.7	(11.8-16.0)	20.1	(18.8-21.6)
Drinking and driving	7.2	(4.9-10.5)	7.4	(6.5-8.4)

New Mexico Youth Risk and Resiliency Survey

Risk Behaviors at a Glance Los Alamos County Grades 9-12

Indicator	Los Alan	nos County	Nev	<u>w Mexico</u>
Current Drug Use	%	(95% CI)	%	(95% CI)
Marijuana	21.9	(17.9-26.6)	25.3	(23.6-27.1)
Painkillers to get high	8.1	(5.7-11.4)	7.9	(7.2-8.6)
Synthetic marijuana	4.3	(3.0-6.2)	6.3	(5.5-7.1)
Inhalants	3.2	(2.2-4.6)	4.2	(3.7-4.8)
Cocaine	2.3	(1.5-3.5)	4.5	(4.0-5.1)
Ecstasy	2.9	(1.7-5.1)	4.6	(4.0-5.2)
Methamphetamine	1.4	(0.9-2.0)	3.2	(2.7-3.8)
Heroin	0.9	(0.5-1.7)	2.8	(2.3-3.4)
Physical Activity, Body Weight, and Nutrition				0.9
Overweight	10.1	(8.3-12.3)	16.2	(15.2-17.3)
Obese	6.4	(4.8-8.5)	15.6	(14.8-16.5)
Overweight or obese	16.5	(14.6-18.7)	31.8	(30.5-33.2)
Daily physical activity	25.0	(22.3-27.8)	30.9	(29.1-32.7)
Daily PE in school	4.4	(3.4-5.7)	27.1	(23.6-30.9)
TV viewing three or more hours daily	16.8	(14.4-19.5)	24.7	(23.4-26.1)
Computer/video use three or more hours daily	33.3	(29.8-37.0)	38.9	(37.0-40.8)
Ate breakfast daily	44.3	(41.7-46.9)	33.9	(31.8-36.1)
Five servings of fruit or vegetables daily	22.8	(20.2-25.6)	20.9	(19.3-22.5)
Daily soda consumption	14.8	(13.3-16.4)	21.0	(19.9-22.1)
Sexual Behavior				
Sexually Active	21.9	(17.5-26.9)	25.1	(23.4-26.9)
Had sexual intercourse with four or more people	7.3	(4.7-11.2)	8.7	(7.9-9.6)
Had sexual intercourse before age 13	2.4	(1.7-3.4)	4.3	(3.8-5.0)
Used a condom*	61.5	(51.5-70.7)	52.1	(49.0-55.2)
Used reliable birth control method*	41.3	(34.2-48.8)	28.4	(25.8-31.2)
Used both a condom and reliable birth control*	15.6	(10.0-23.4)	9.0	(7.5-10.8)

* Among sexually active students (those who had sexual intercourse within the past three months)

New Mexico 2015 YRRS Grades 9 - 12

New Mexico 2015 YRRS Grades 9 - 12

New Mexico Youth Risk and Resiliency Survey (YRRS) Highlights Los Alamos County Grades 9-12, 2015

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Highlights from the New Mexico Youth Risk and Resiliency Survey (YRRS) Los Alamos County High School (Grades-9-12), 2015

Results from the 2015 High School NM YRRS revealed several encouraging trends in New Mexico. These include declining rates of:

- Alcohol use
- Use of tobacco products such as cigarettes, cigars, and hookahs
- Behaviors associated with violence
- Drug use

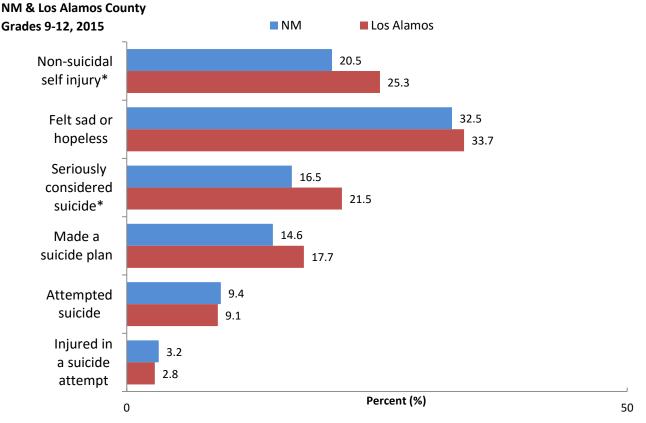
At the same time, the prevalence of being overweight or obese has been increasing, and the relatively new phenomenon of using e-cigarettes threatens the overall trend of declining tobacco use among youth.

This report puts the findings for New Mexico alongside YRRS results for Los Alamos County.

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 more YRRS results, see <u>www.youthrisk.org</u>.

Mental Health

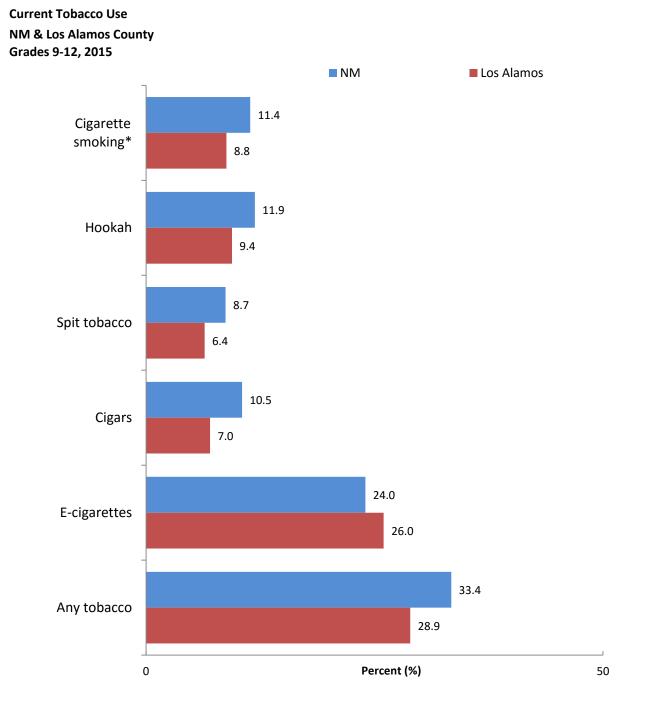
Suicide is the second leading cause of death among adolescents in New Mexico. After sharp decreases in past-year suicide attempts, the rate has not changed substantially since 2009 (2009 = 9.7%; 2015 = 9.4%). The rate for suicided attempts resulting in injury has also been stable since 2009 (2009 = 3.2%; 2015 = 3.2%), after several years of decreasing rates.



Past Year Mental Health Indicators

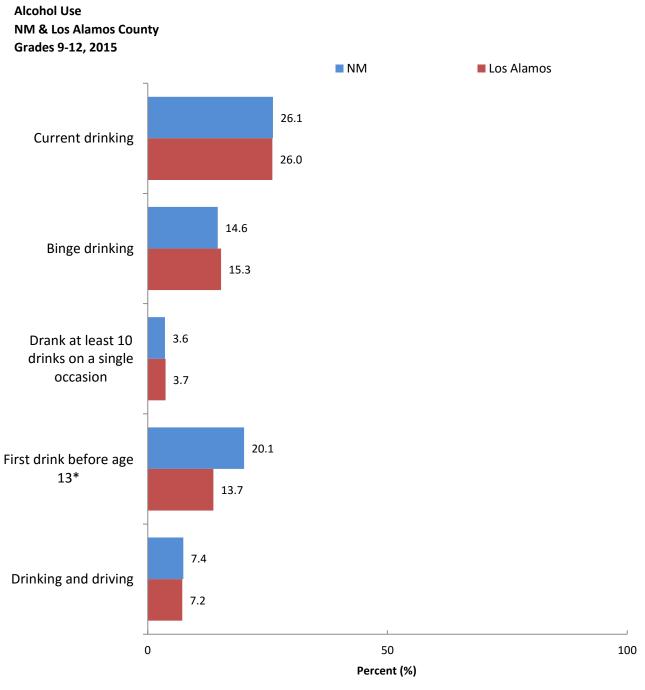
Tobacco Use

Cigarette smoking among NM high school students has been on the decline since 2003. In 2011, a new question was added to the YRRS about using a hookah, or large water pipe, to smoke tobacco. In 2015, two new questions were added about electronic vapor products (e-cigarettes). In 2015, 24.0% of high school students used e-cigarettes within the last 30 days, more than the percentage who used at least one of any of the other tobacco products.



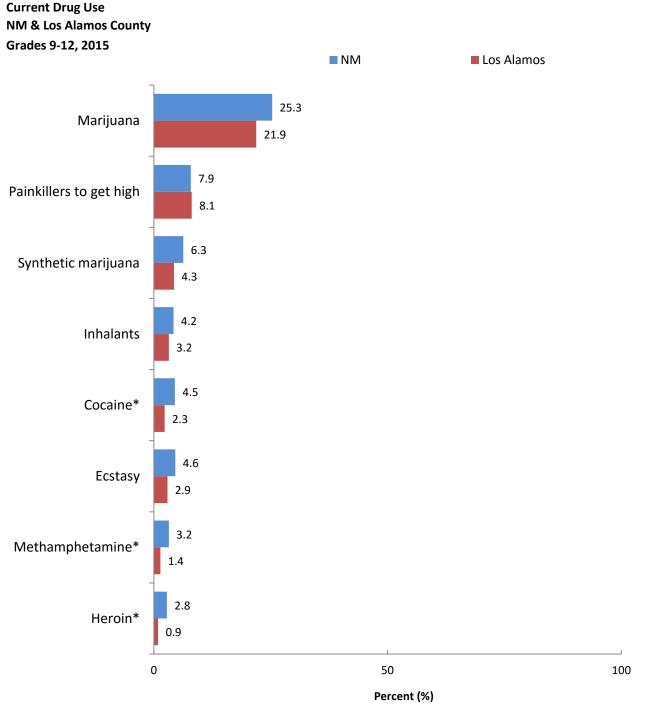
Alcohol Use

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. In recent years, rates of current drinking, binge drinking, and drinking and driving have been decreasing among young people nationally and in New Mexico. While this is a hopeful sign for the future of New Mexico youth, in 2015 New Mexico high school students had the fourth highest rate of any state participating in the CDC's Youth Risk Behavior Survey (YRBS) for drinking alcohol before the age of 13.



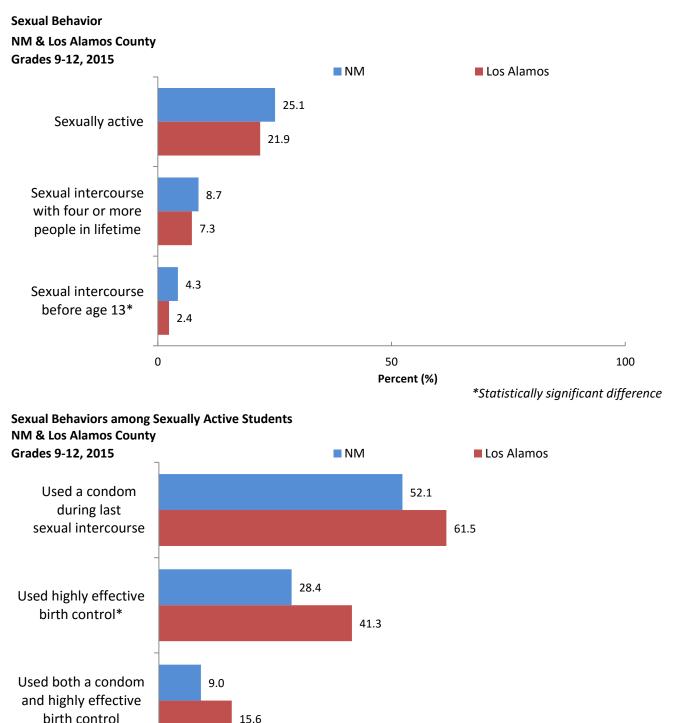
Drug Use

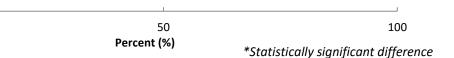
Current use of cocaine, methamphetamines, and pain killers to get high have decreased in recent years. Current marijuana use has been stable since 2005. Current heroin use has been between 2.9% and 3.9% over the past decade, showing little change. New Mexico drug use rates are consistently higher than U.S. rates, except for lifetime use of prescription drugs without a doctor's prescription.



Sexual Behavior

Early and unsafe sexual activity puts teens at risk of unplanned pregnancy and sexually transmitted infections. Measures of sexual activity among NM high school students are similar to those of other states that participated in the YRBS. Very few sexually active teens used both condoms and reliable birth control.

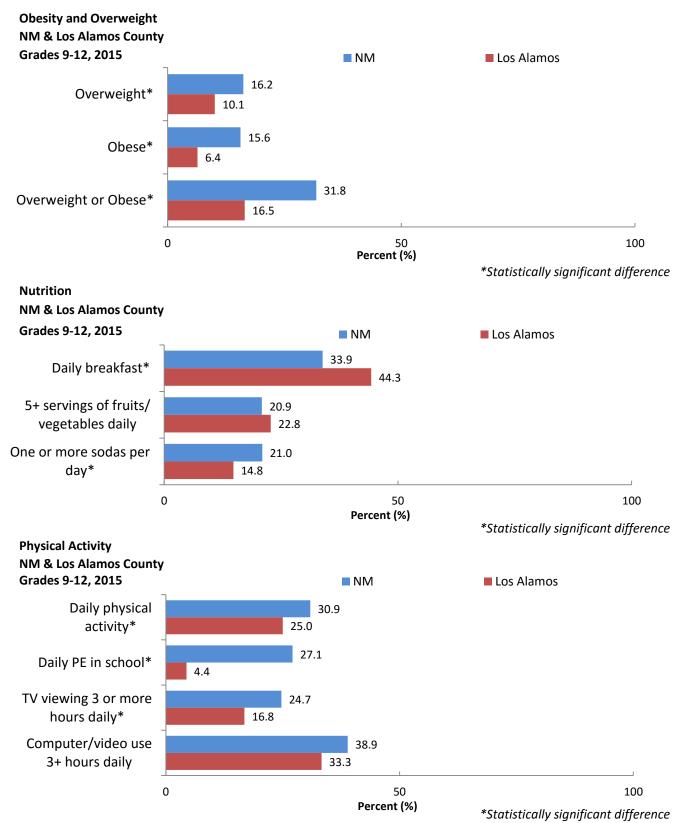




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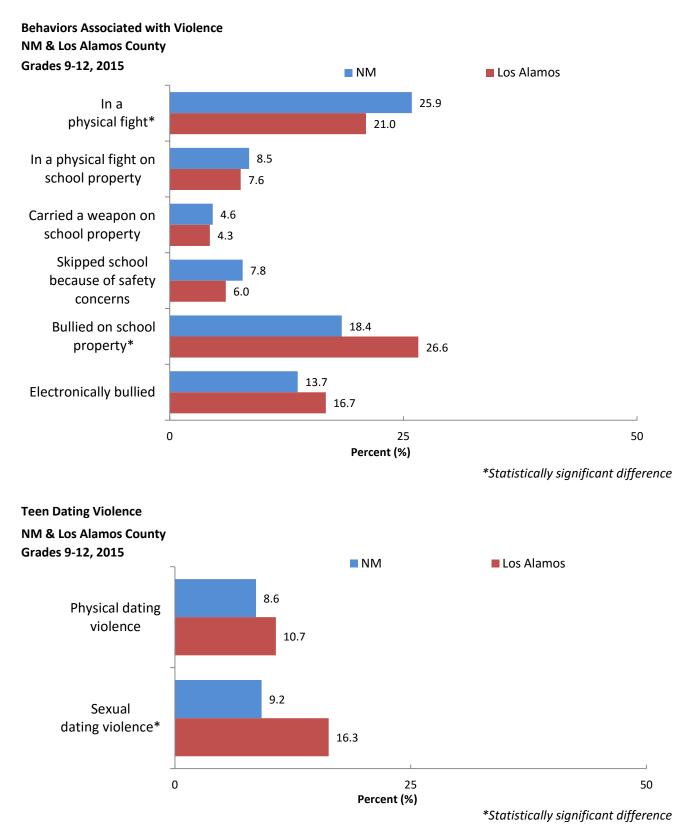
Body Weight, Nutrition, and Physical Activity

Poor nutritional behaviors and a lack of physical activity put young people at risk of becoming overweight or obese. Obese and overweight teens are at risk for many chronic diseases that can cause death or disability. The rate of being obese or overweight has been increasing over the past decade.



Injury: Behaviors Associated with Violence

The rates for fighting, fighting on school property, and teen dating violence have declined since 2003. In 2013, a new question was added to the YRRS that broadens the characterization of teen dating violence from any kind of physical violence to include any coercion of a sexual nature (i.e., kissing, touching, or being physically forced to have sexual intercourse).



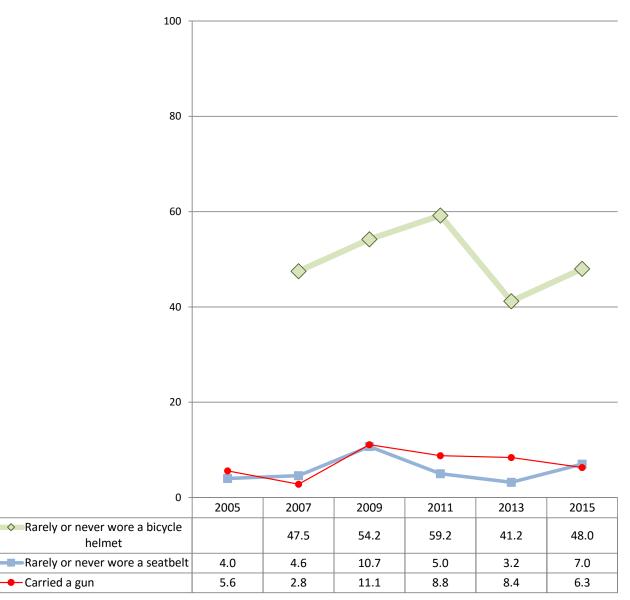
New Mexico 2015 YRRS Grades 9 - 12

Los Alamos County Charts

For definitions of risk behaviors, see Appendix C.

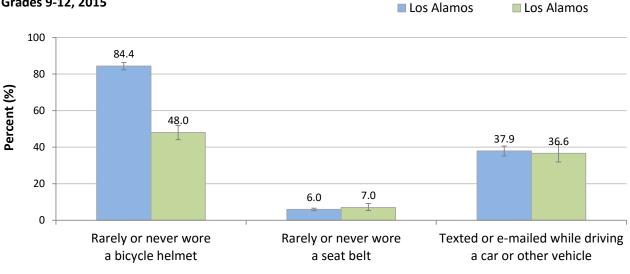
Unintentional Injury

Behaviors Associated with Unintentional Injury by Year, Los Alamos County Grades 9-12, 2005-2015

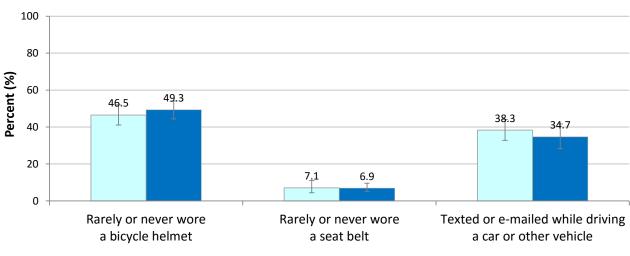


Percent (%)

Unintentional Injury New Mexico and Los Alamos County Grades 9-12, 2015





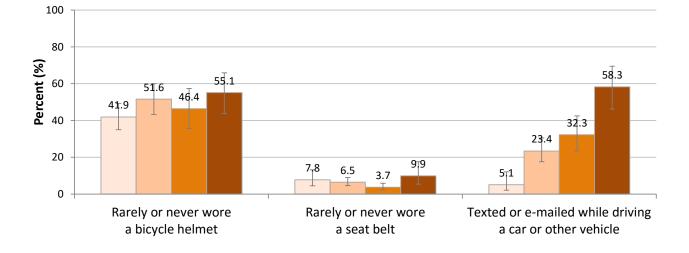


By Grade, Los Alamos County

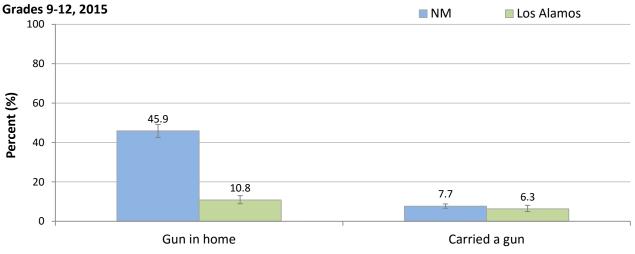


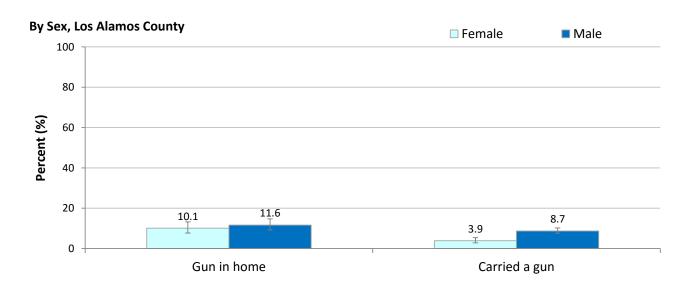
Female

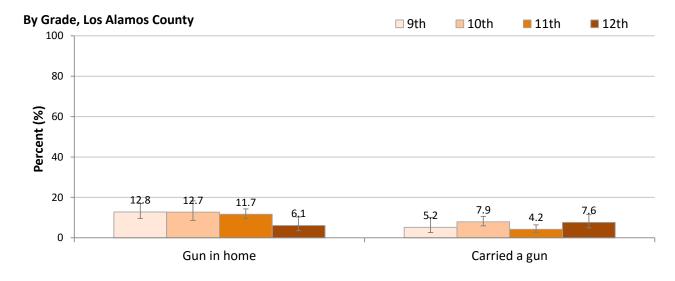
Male



Unintentional Injury New Mexico and Los Alamos County

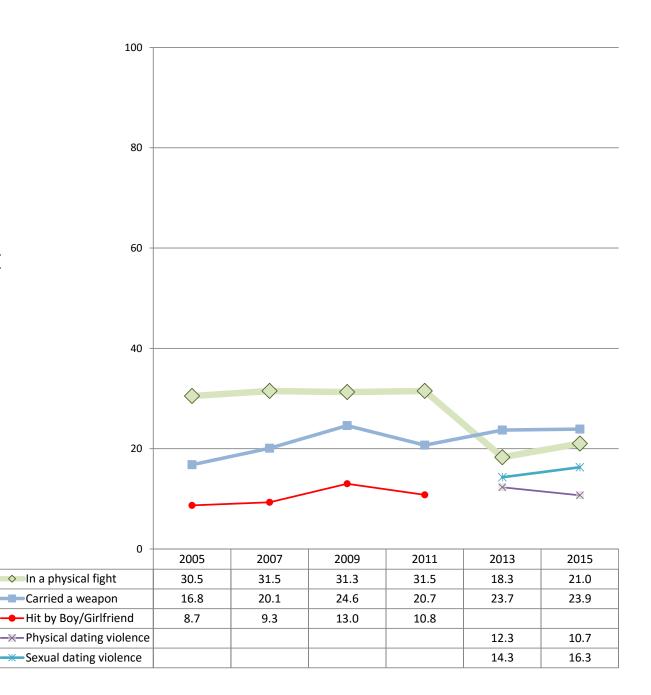






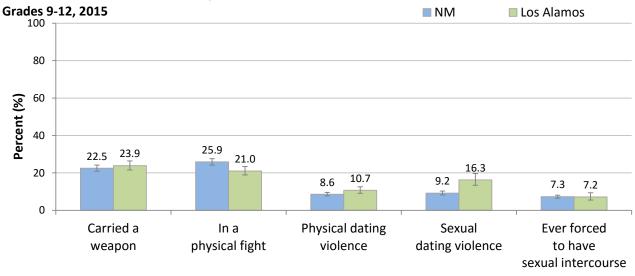
Injury: Behaviors Associated with Violence

Behaviors Associated with Violence by Year, Los Alamos County Grades 9-12, 2003-2015

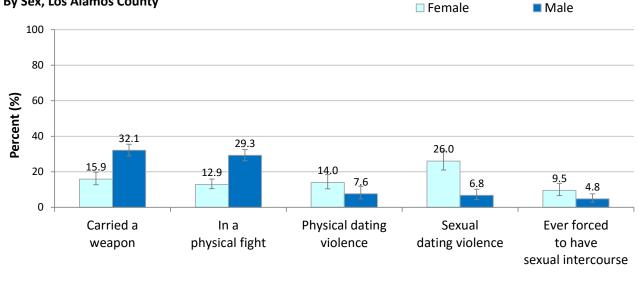


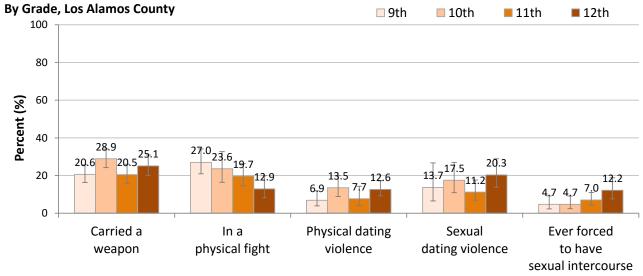
Percent (%)

Injury: Behaviors Associated with Violence New Mexico and Los Alamos County



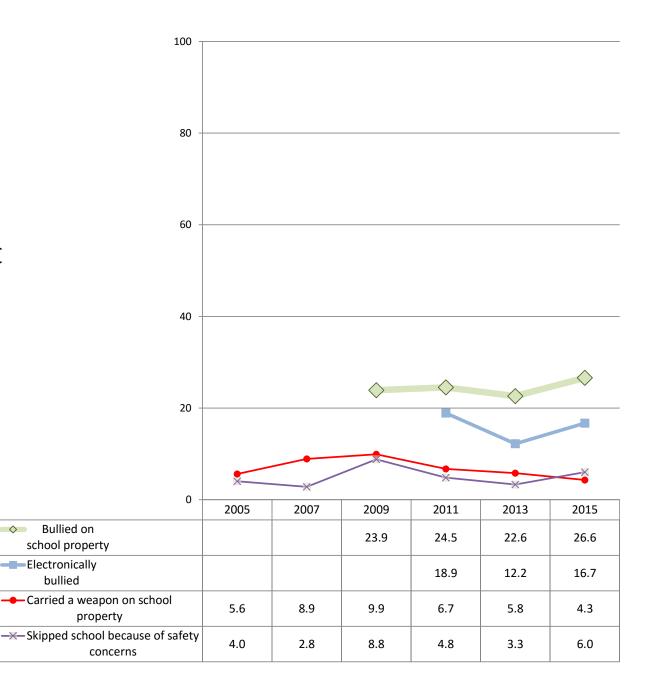






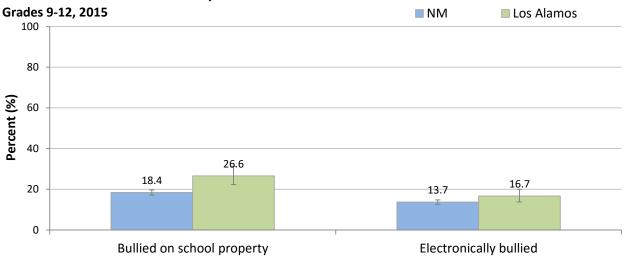
Injury: Bullying and School Violence

Bullying and School Violence by Year, Los Alamos County Grades 9-12, 2003-2015

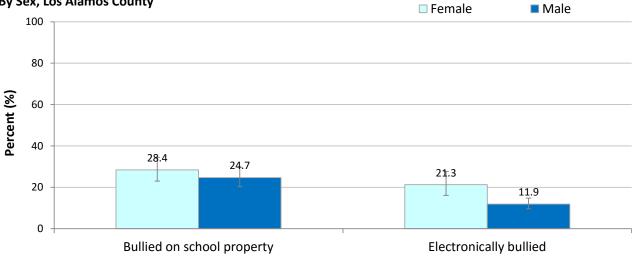


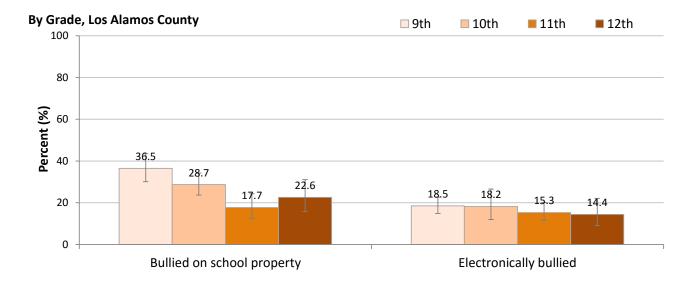
Percent (%)

Injury: Behaviors Associated with Violence New Mexico and Los Alamos County

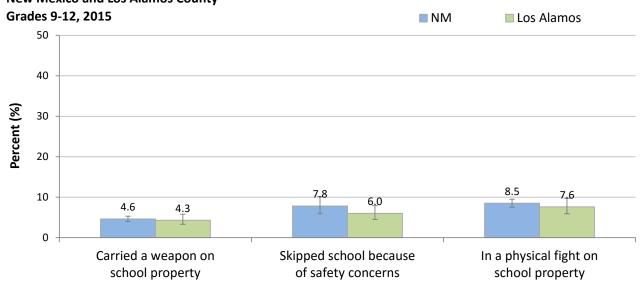


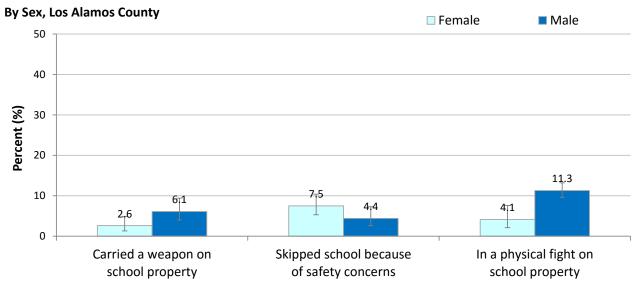


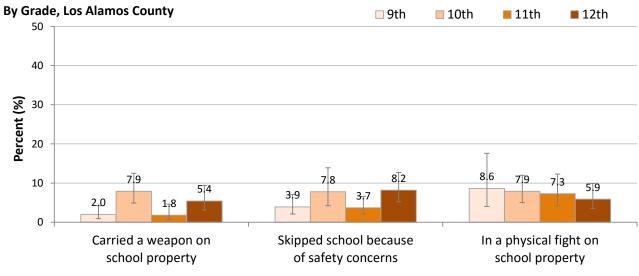




Injury: Behaviors Associated with Violence and School Safety New Mexico and Los Alamos County

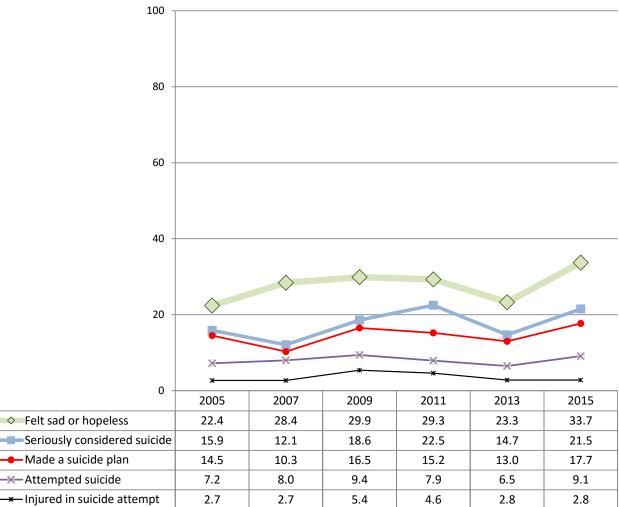






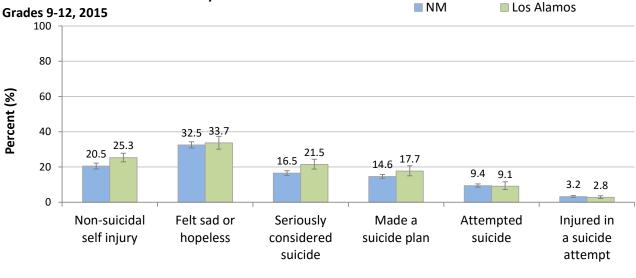
Mental Health

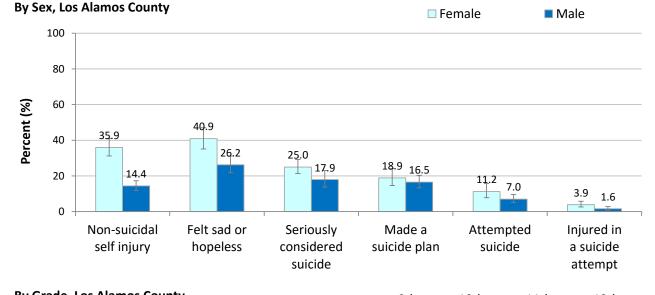
Mental Health Indicators (past 12 months) by Year, Los Alamos County Grades 9-12, 2003-2015

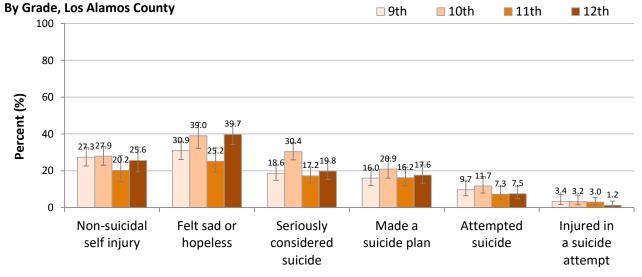


Mental Health

Mental Health Indicators (past 12 months) New Mexico and Los Alamos County Grades 9-12, 2015

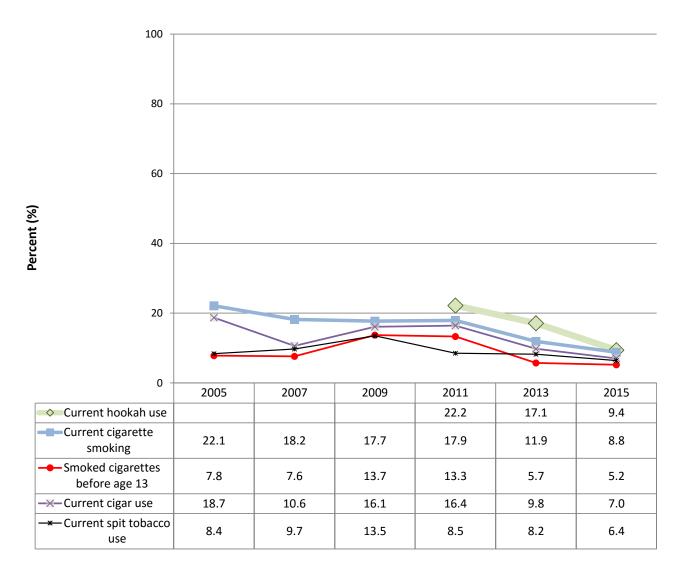




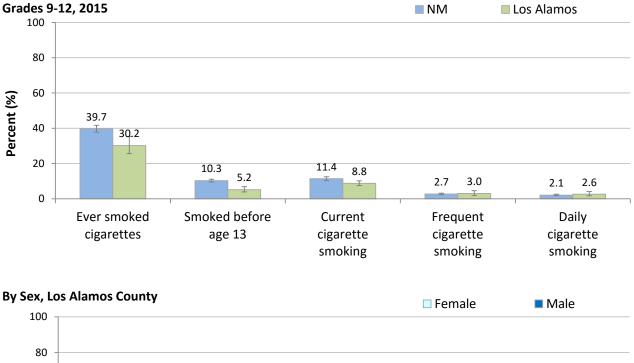


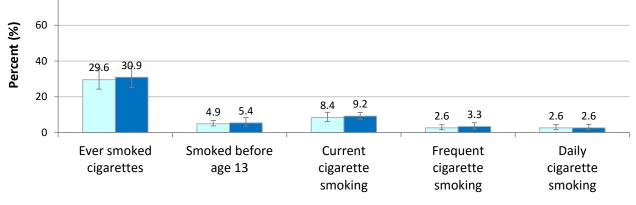
Tobacco Use

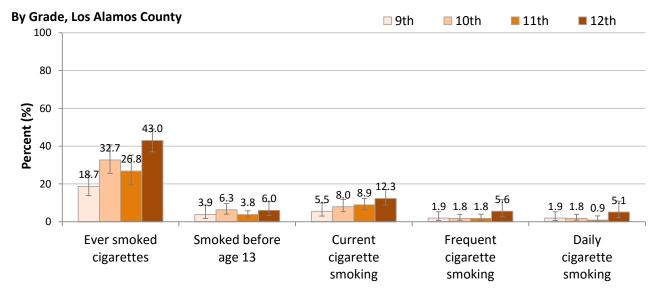
Tobacco Use Indicators by Year, Los Alamos County Grades 9-12, 2005-2015



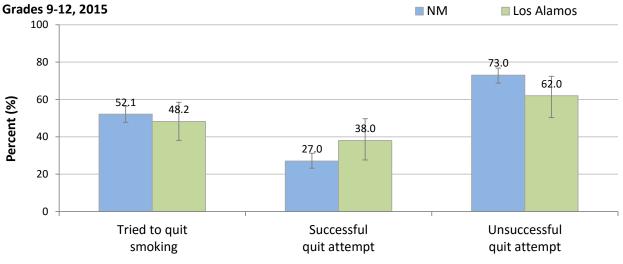
Tobacco: Cigarette Use New Mexico and Los Alamos County

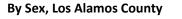


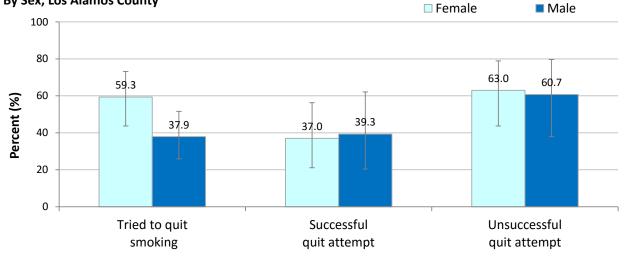


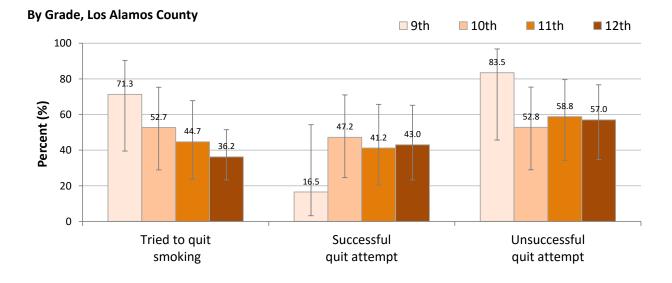


Tobacco: Cigarette Quitting Behavior New Mexico and Los Alamos County

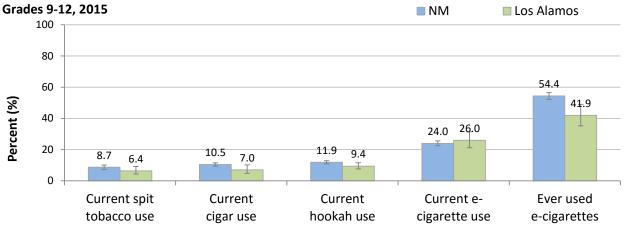


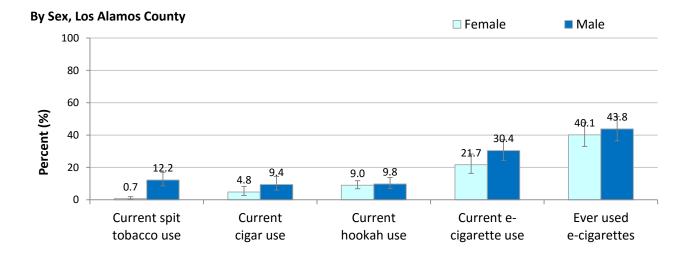


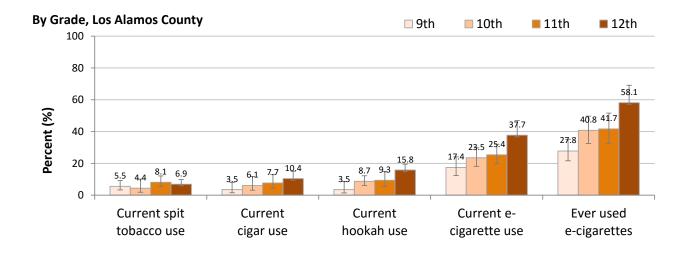




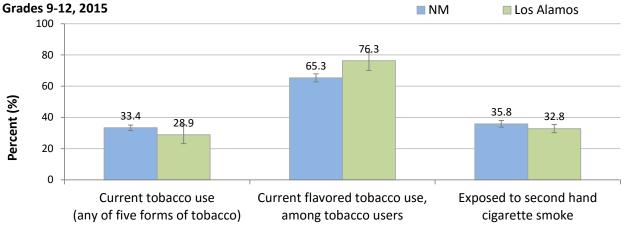
Tobacco: Other Use and Exposure New Mexico and Los Alamos County



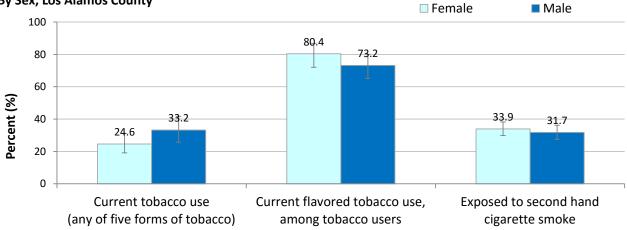


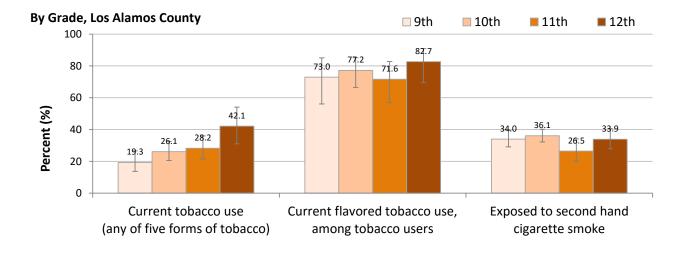


Tobacco: Other Use and Exposure New Mexico and Los Alamos County



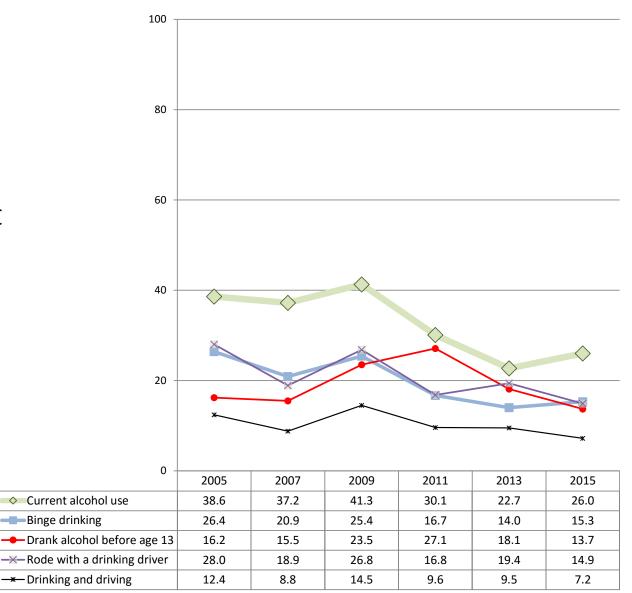
By Sex, Los Alamos County





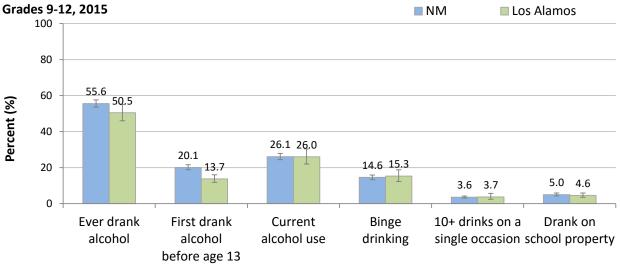
Alcohol Use

Alcohol Use Indicators by Year, Los Alamos County Grades 9-12, 2005-2015

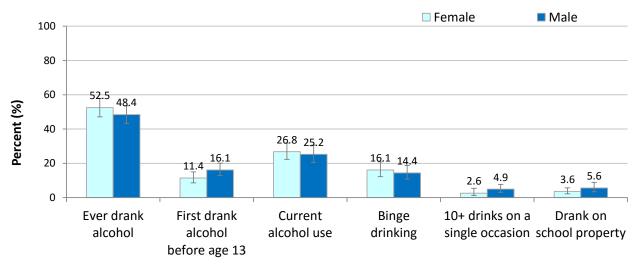


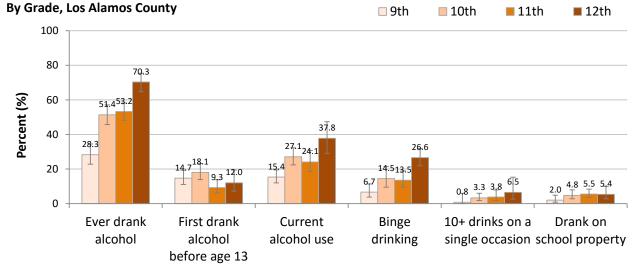
Percent (%)

Alcohol Use New Mexico and Los Alamos County

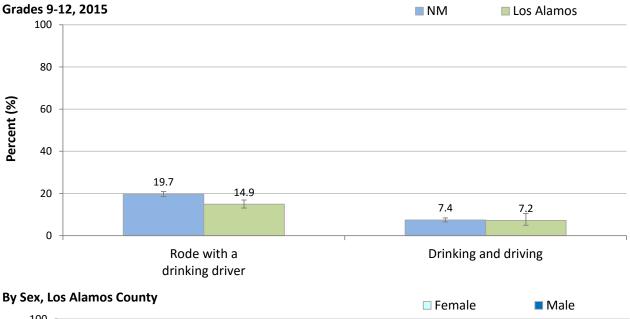


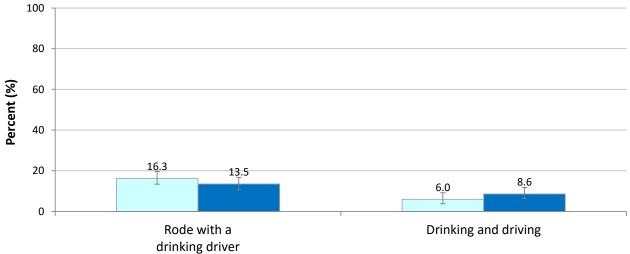
By Sex, Los Alamos County

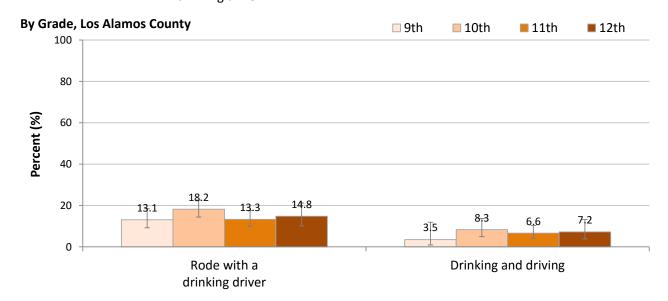




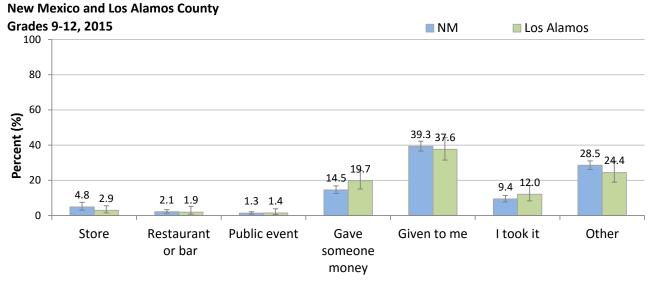
Alcohol Use and Injury New Mexico and Los Alamos County

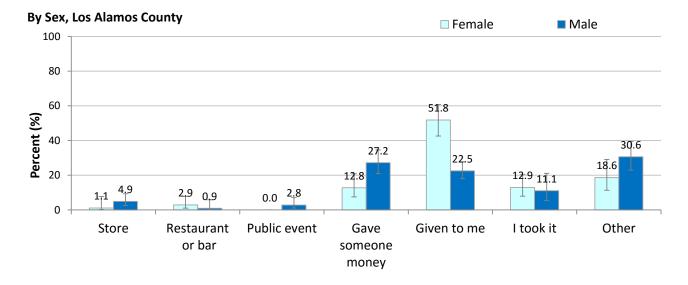


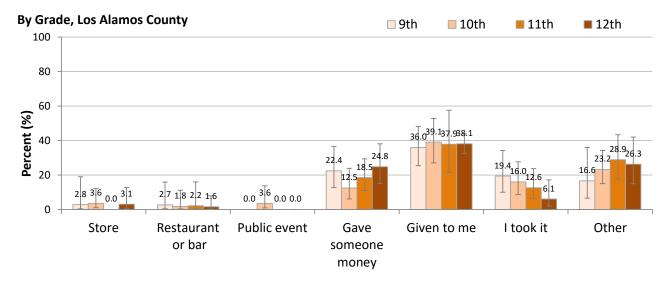




Behaviors of Current Drinkers: How usually obtained alcohol

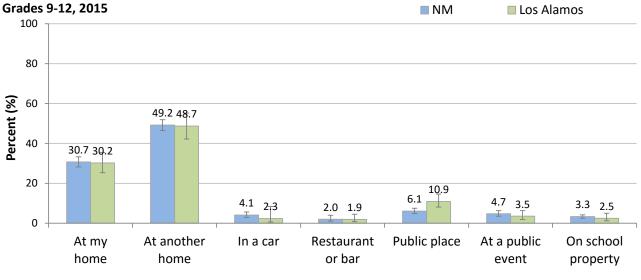


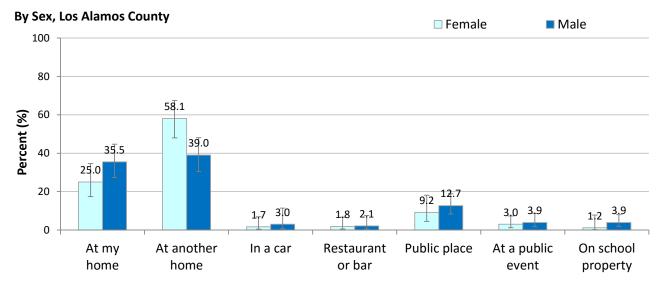


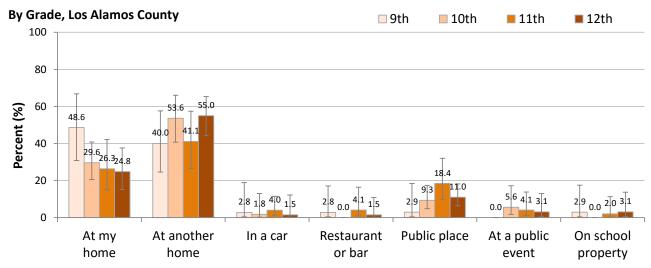


Behaviors of Current Drinkers: Where usually drank alcohol

New Mexico and Los Alamos County



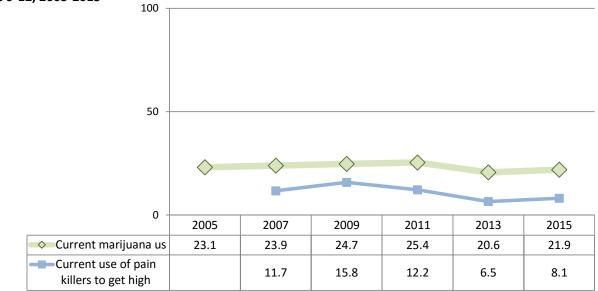


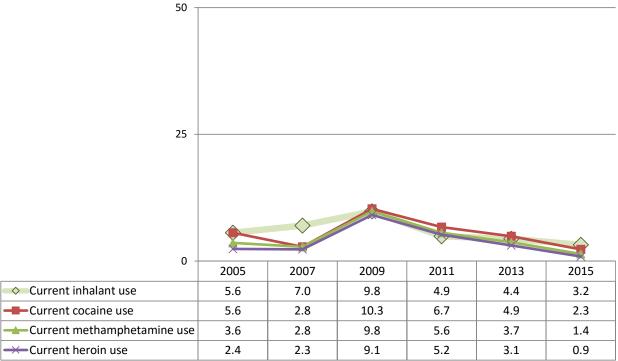


Drug Use

Percent (%)

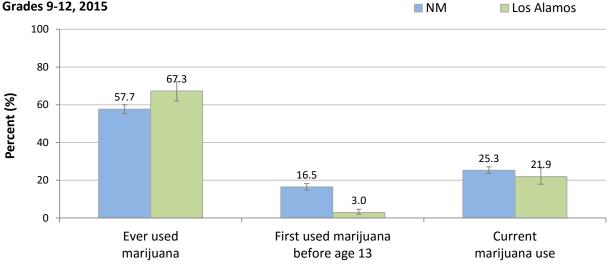
Drug Use Indicators by Year, Los Alamos County Grades 9-12, 2005-2015

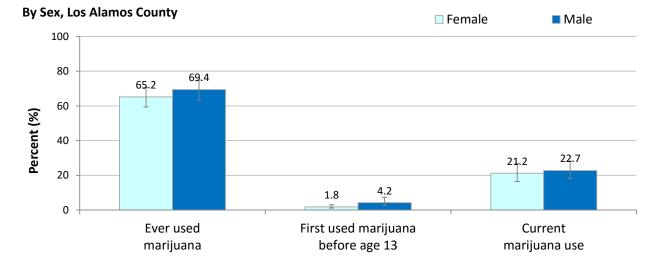


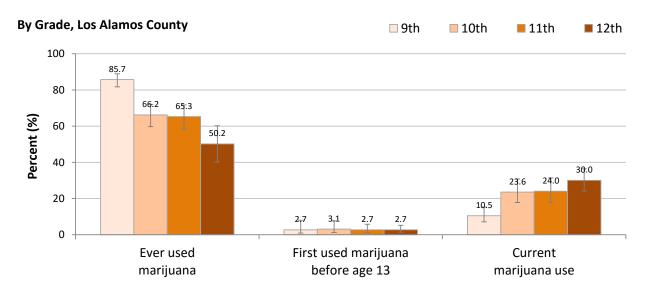


Percent (%)

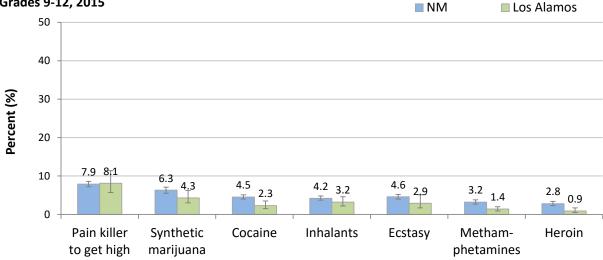
Drug Use: Marijuana New Mexico and Los Alamos County Grades 9-12, 2015



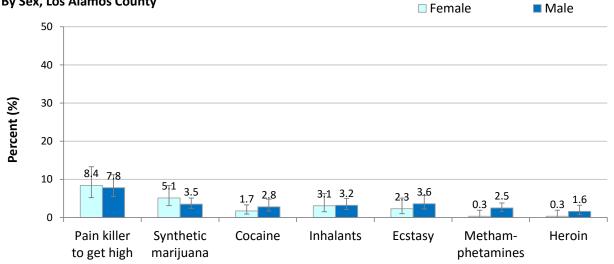


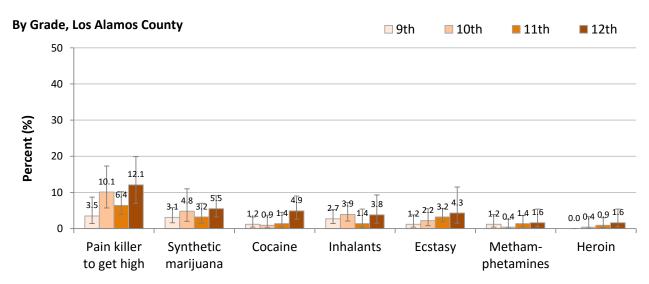


Current (Past 30 day) Drug Use New Mexico and Los Alamos County Grades 9-12, 2015

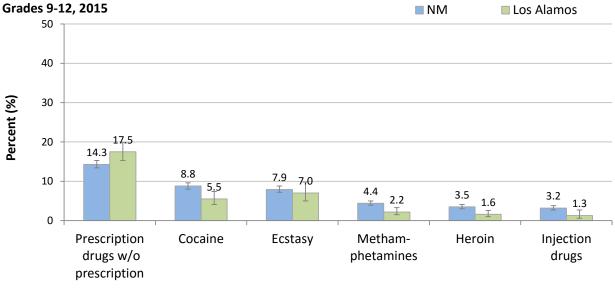


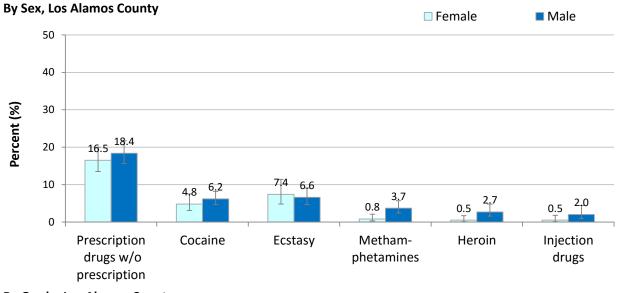
By Sex, Los Alamos County

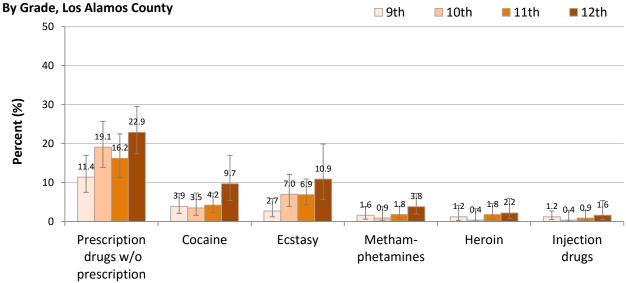




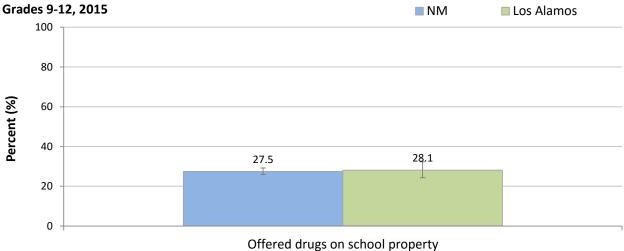
Lifetime Drug Use (Ever used in lifetime) New Mexico and Los Alamos County

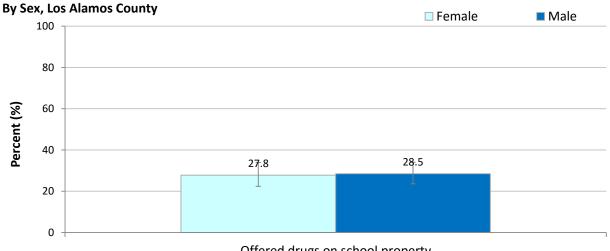


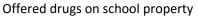


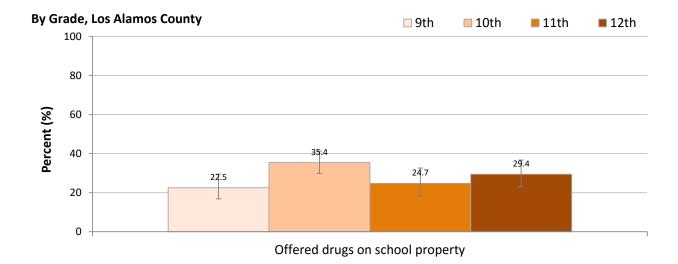


Access to Drugs New Mexico and Los Alamos County



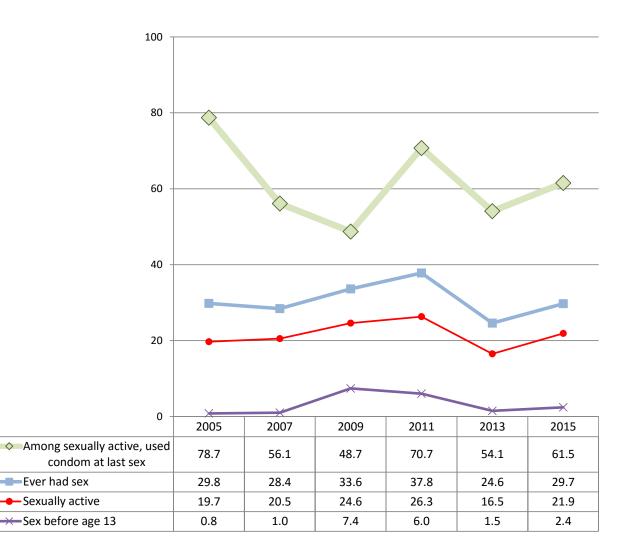




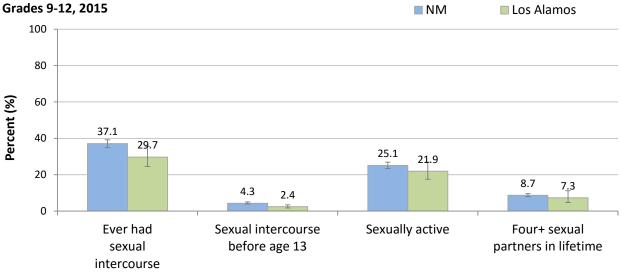


Sexual Behavior

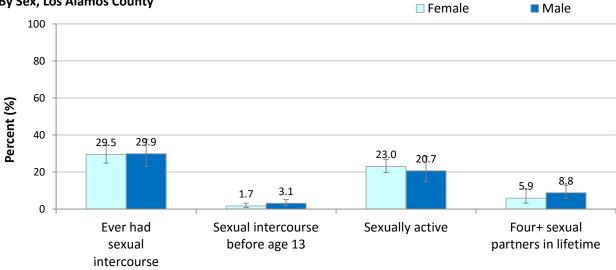
Sexual Behavior by Year, Los Alamos County Grades 9-12, 2005-2015

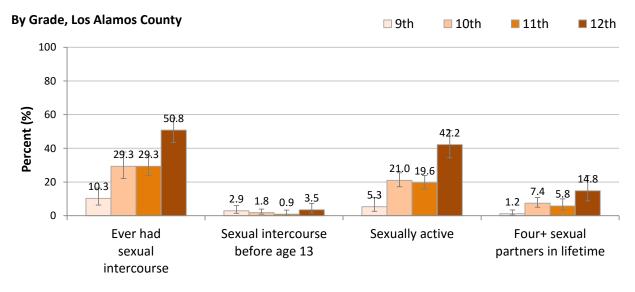


Sexual Behavior New Mexico and Los Alamos County

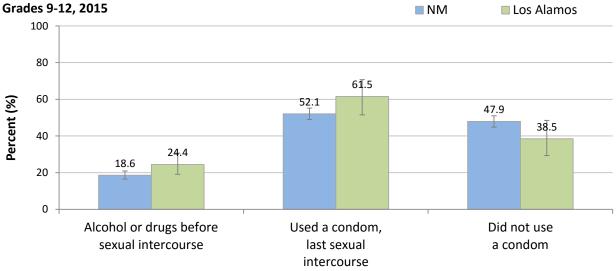




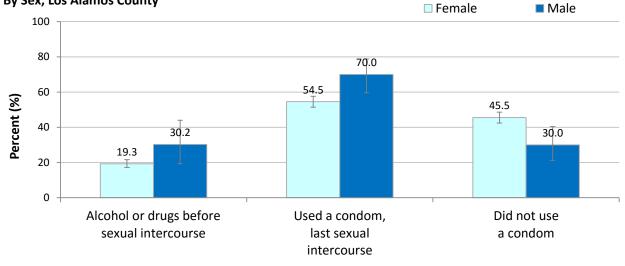


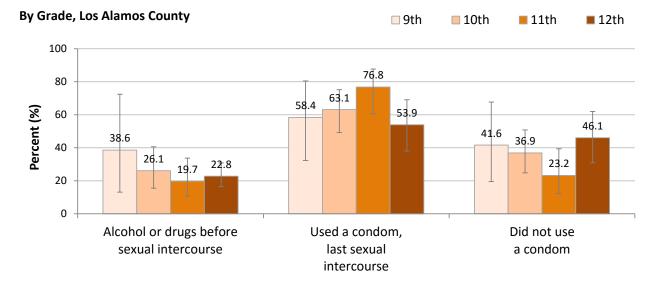


Sexual Behaviors of Sexually Active Students New Mexico and Los Alamos County



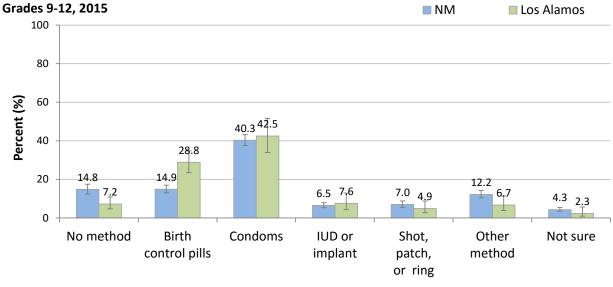


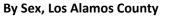


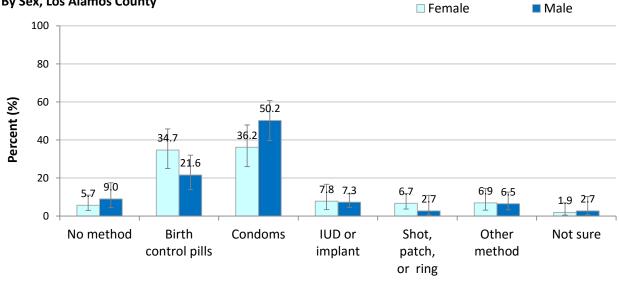


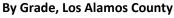
Birth Control Methods Used among of Sexually Active Students

New Mexico and Los Alamos County

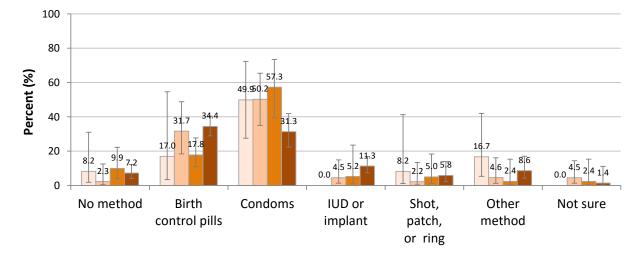




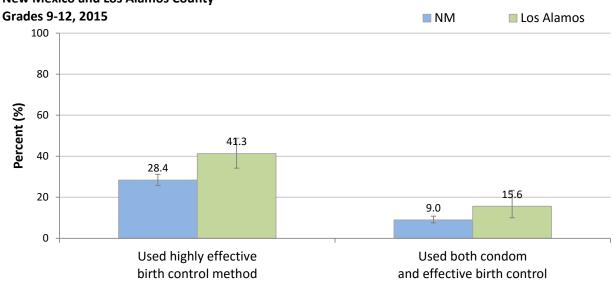






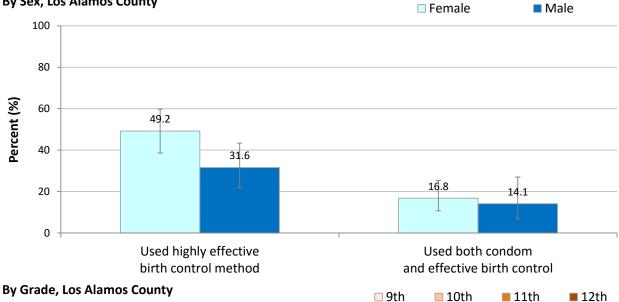


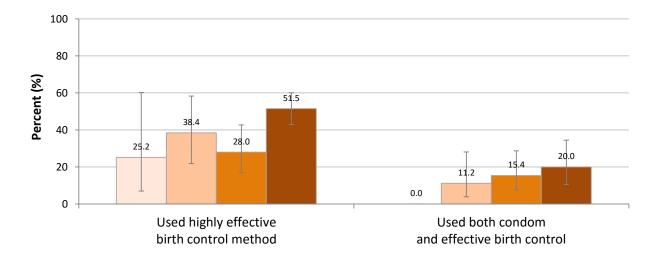
Birth Control Methods Used among of Sexually Active Students



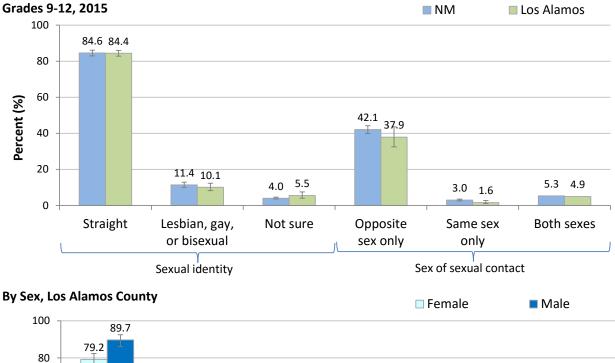
New Mexico and Los Alamos County

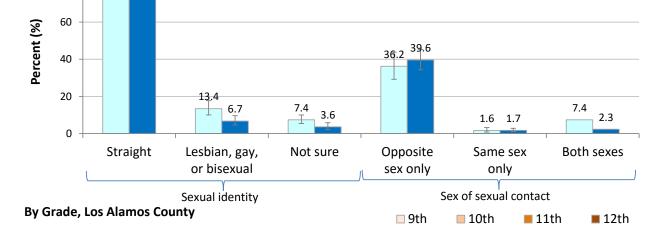


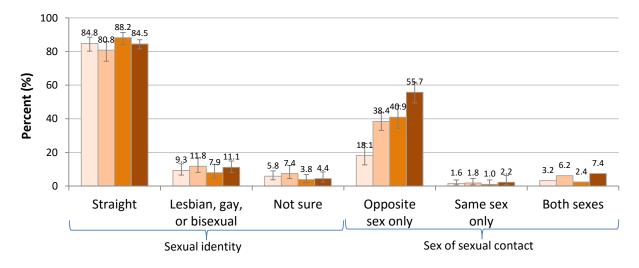




Sex of Sexual Contact and Sexual Identity New Mexico and Los Alamos County

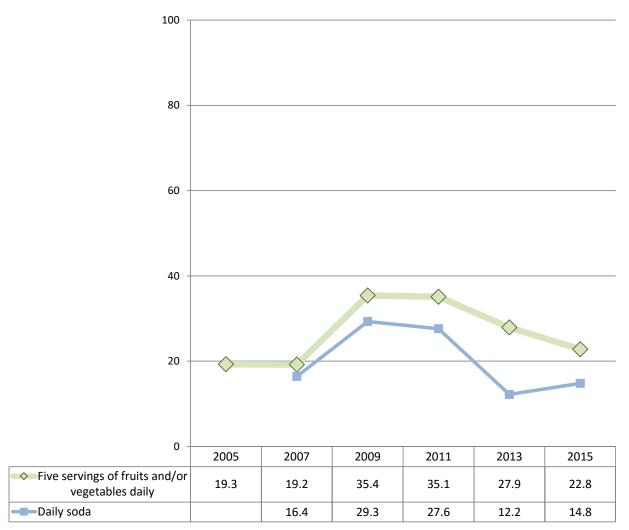




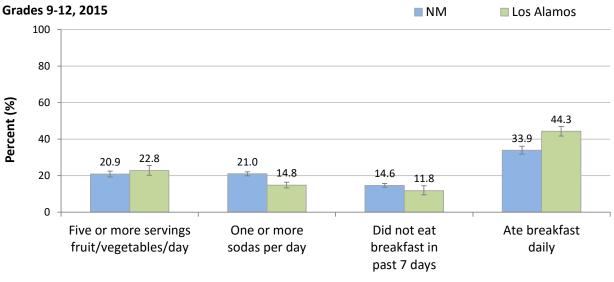


Nutrition

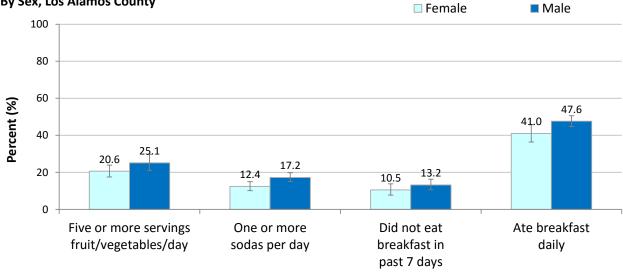
Nutrition Indicators by Year, Los Alamos County Grades 9-12, 2005-2015

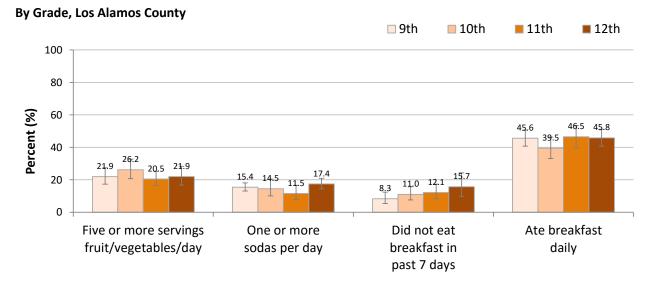


Nutrition New Mexico and Los Alamos County



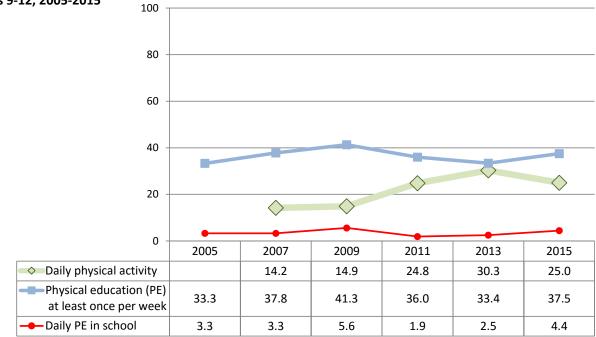


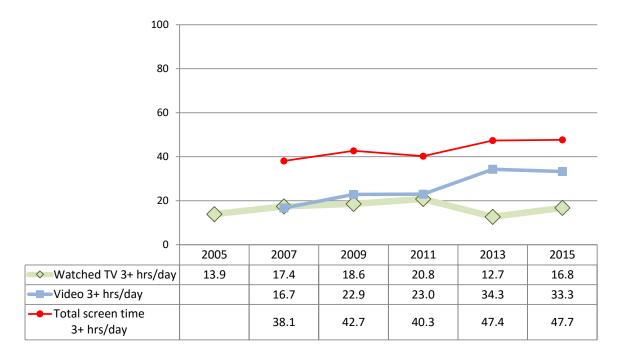




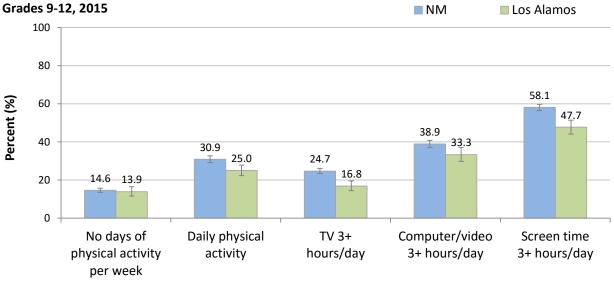
Physical Activity

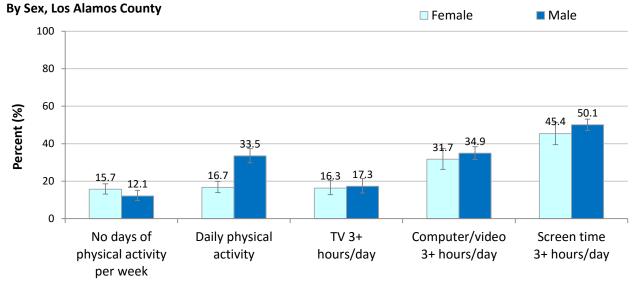
Physical Activity Indicators by Year, Los Alamos County Grades 9-12, 2005-2015





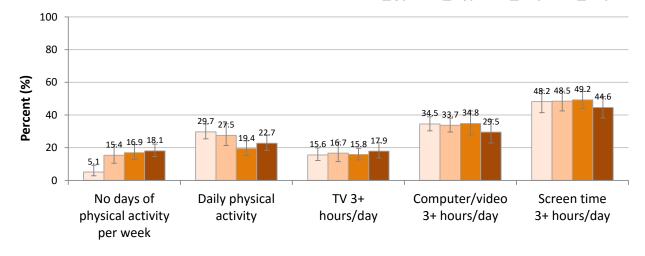
Physical Activity New Mexico and Los Alamos County Grados 9, 12, 2015







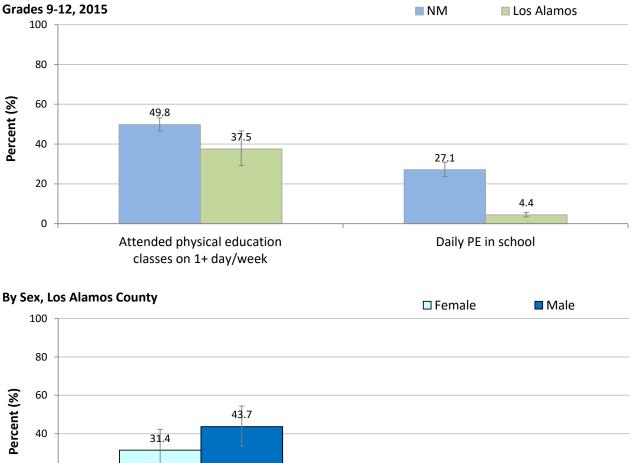


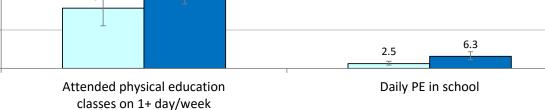


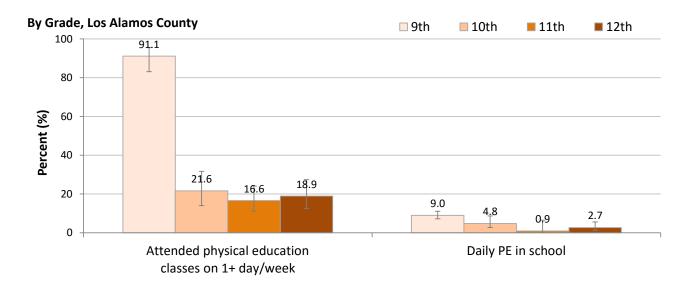
Physical Activity New Mexico and Los Alamos County

20

0

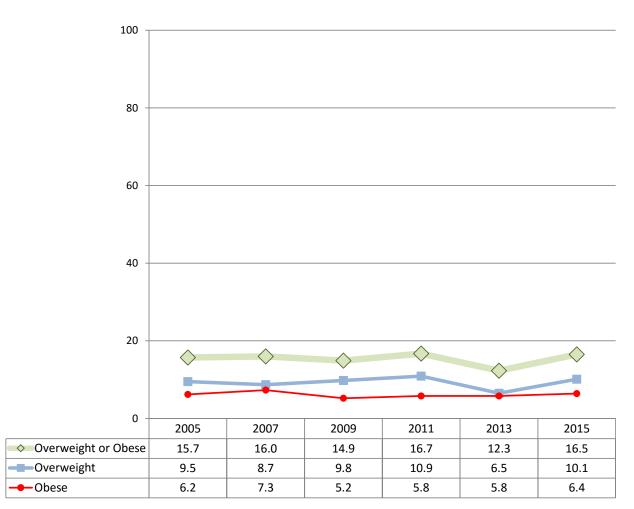






Body Weight

Body Weight by Year, Los Alamos County Grades 9-12, 2005-2015



17.6

15.5

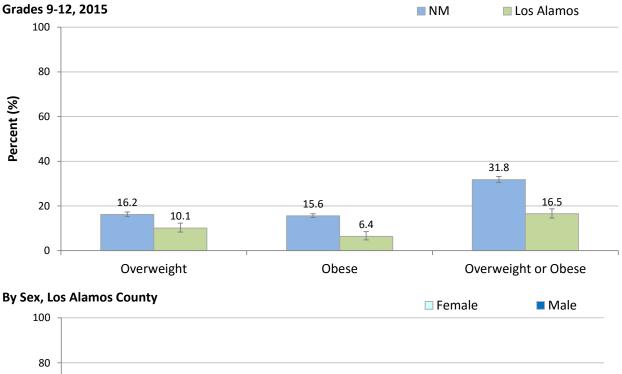
Body Weight New Mexico and Los Alamos County

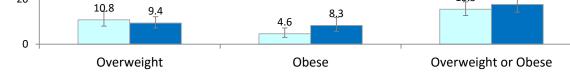
Percent (%)

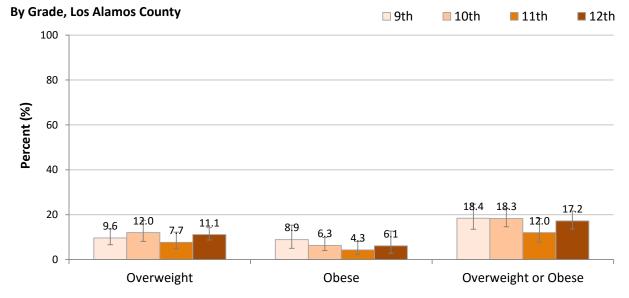
60

40

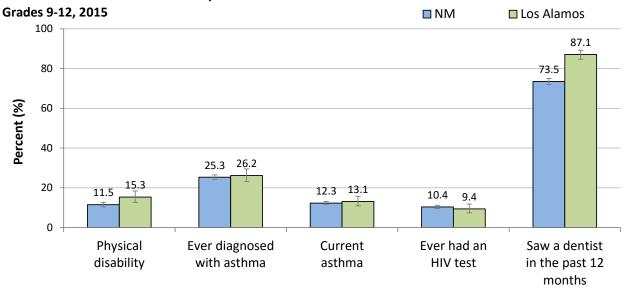
20



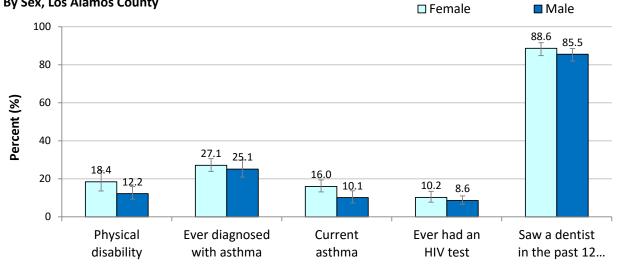


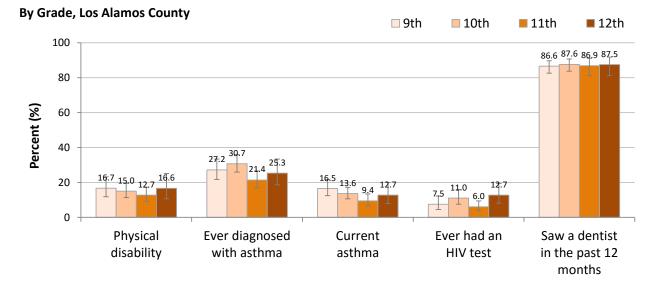


Other Behaviors and Characteristics New Mexico and Los Alamos County



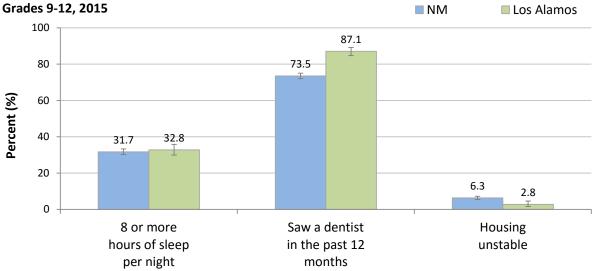




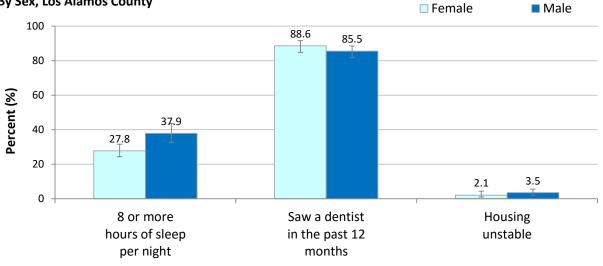


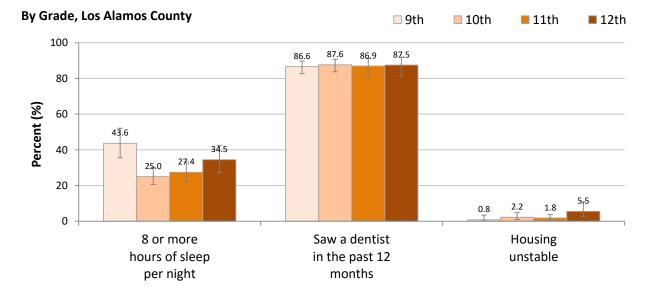
58

Other Behaviors and Characteristics New Mexico and Los Alamos County

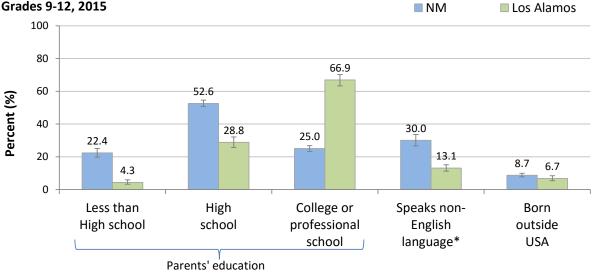




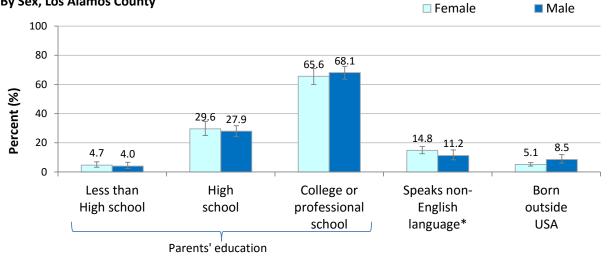


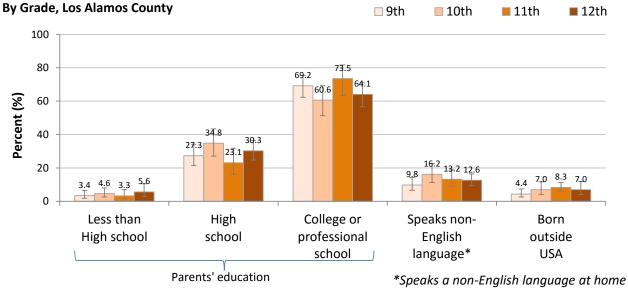


Other Behaviors and Characteristics New Mexico and Los Alamos County Grades 9-12, 2015









at least half the time.

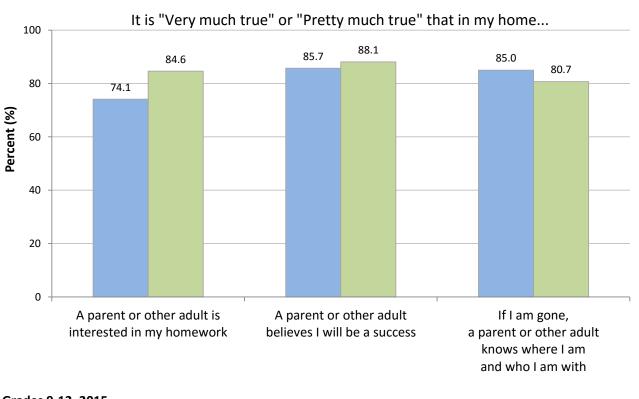
New Mexico 2015 YRRS Grades 9 - 12

Resiliency/Protective Factors

Los Alamos

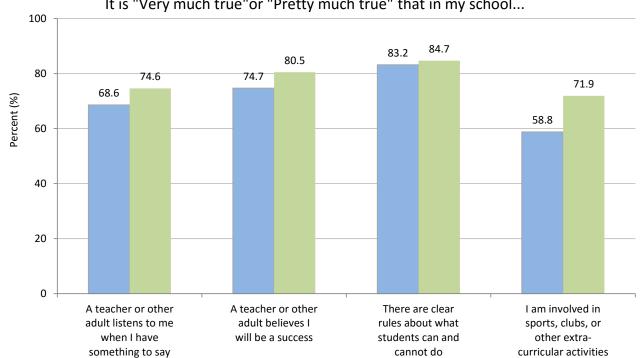
NM

New Mexico and Los Alamos County Grades 9-12, 2015



Grades 9-12, 2015

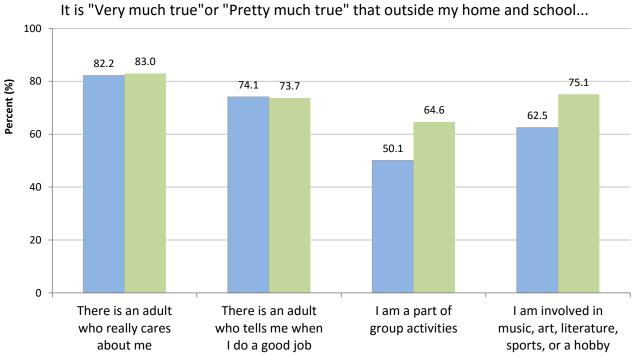
NM Los Alamos



It is "Very much true" or "Pretty much true" that in my school...

Los Alamos

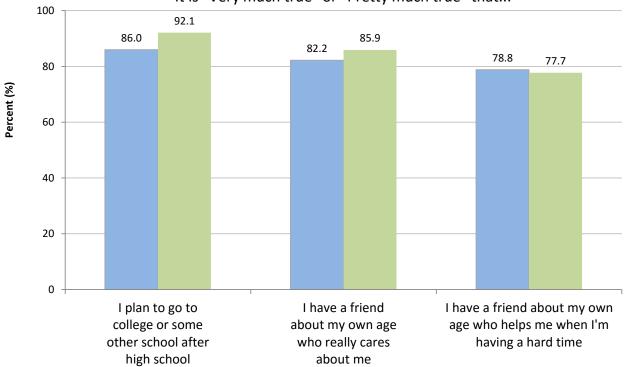
New Mexico and Los Alamos County Grades 9-12, 2015



Grades 9-12, 2015



NM 🛛



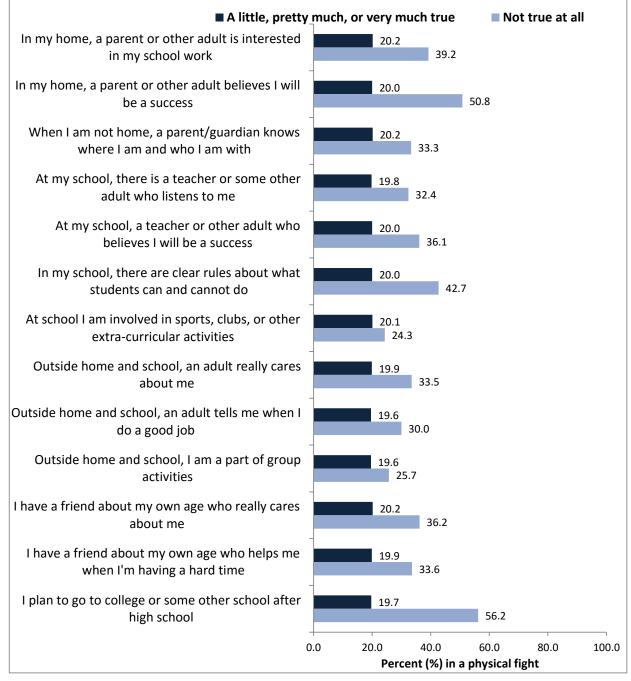
New Mexico 2015 YRRS Grades 9 - 12

New Mexico 2015 YRRS Grades 9 - 12

Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors

Physical fighting

by Selected Resiliency Factors Los Alamos County Grades 9-12, 2015



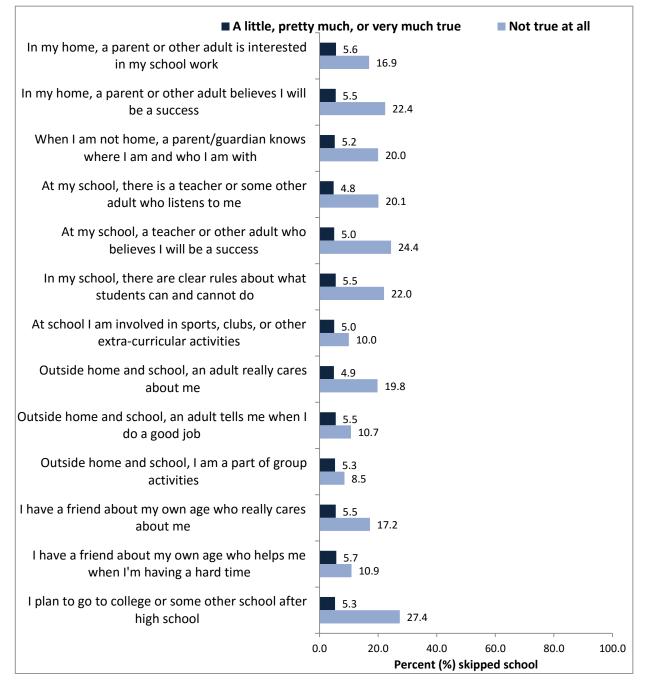
How to read this chart:

- Of those who said it was 'A little, pretty much, or very much true' that a parent or other adult was interested in their school work, 20.2% were in a physical fight.

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 39.2% were in a physical fight.

Skipped school because of safety concerns

by Selected Resiliency Factors Los Alamos County Grades 9-12, 2015



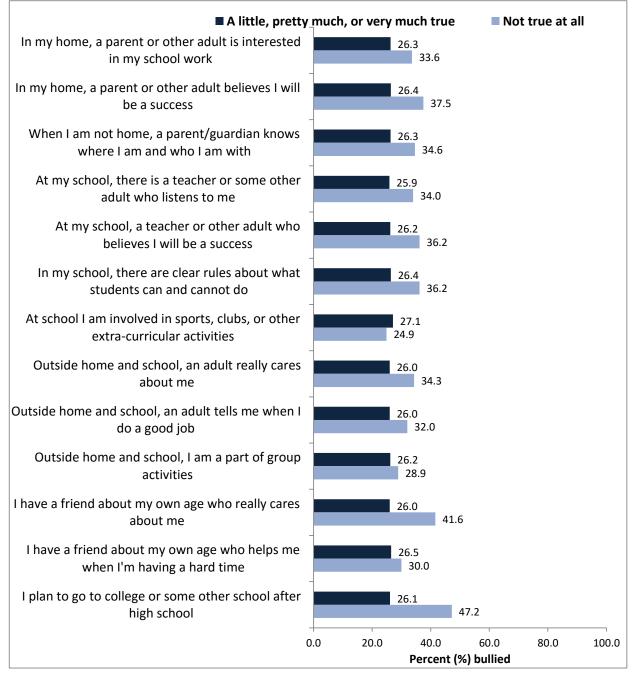
How to read this chart:

- Of those who said it was 'A little, pretty much, or very much true' that a parent or other adult was interested in their school work, 5.6% skipped school because of safety concerns.

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 16.9% skipped school because of safety concerns.

Bullied at school

by Selected Resiliency Factors Los Alamos County Grades 9-12 2015



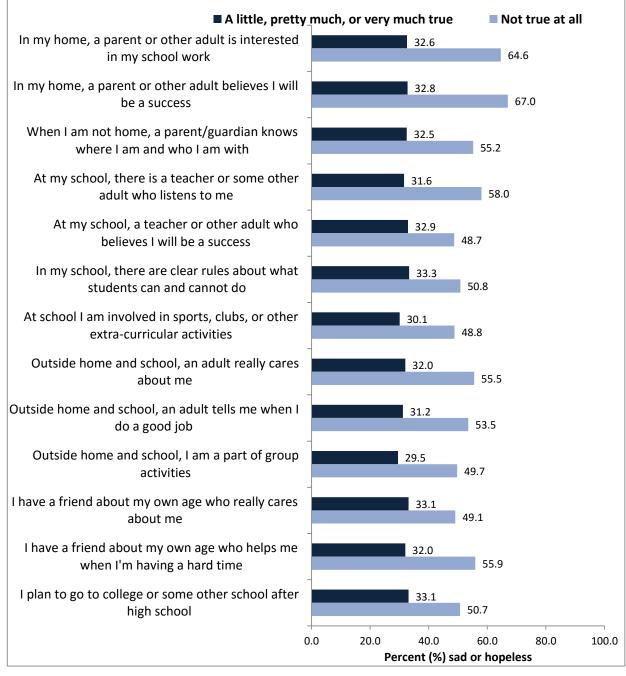
How to read this chart:

- Of those who said it was 'A little, pretty much, or very much true' that a parent or other adult was interested in their school work, 26.3% were bullied at school.

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 33.6% were bullied at school.

Feelings of sadness or hopelessness

by Selected Resiliency Factors Los Alamos County Grades 9-12, 2015



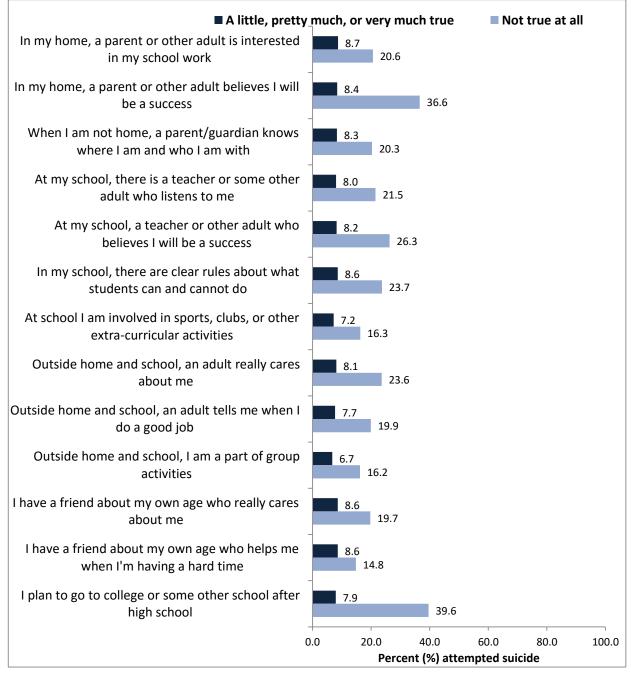
How to read this chart:

- Of those who said it was 'A little, pretty much, or very much true' that a parent or other adult was interested in their school work, 32.6% felt sadness or hopelessness.

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 64.6% felt sadness or hopelessness.

Suicide attempts

by Selected Resiliency Factors Los Alamos County Grades 9-12, 2015



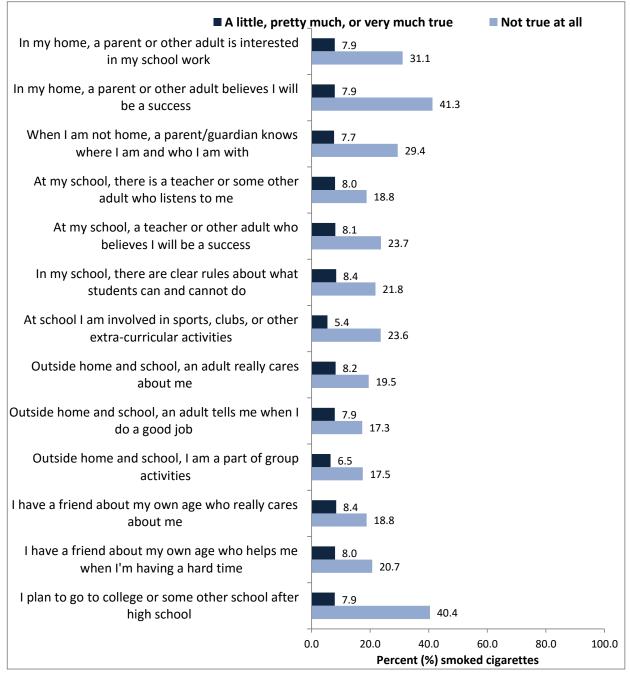
How to read this chart:

- Of those who said it was 'A little, pretty much, or very much true' that a parent or other adult was interested in their school work, 8.7% attempted suicide.

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 20.6% attempted suicide.

Current cigarette smoking

by Selected Resiliency Factors Los Alamos County Grades 9-12, 2015

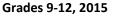


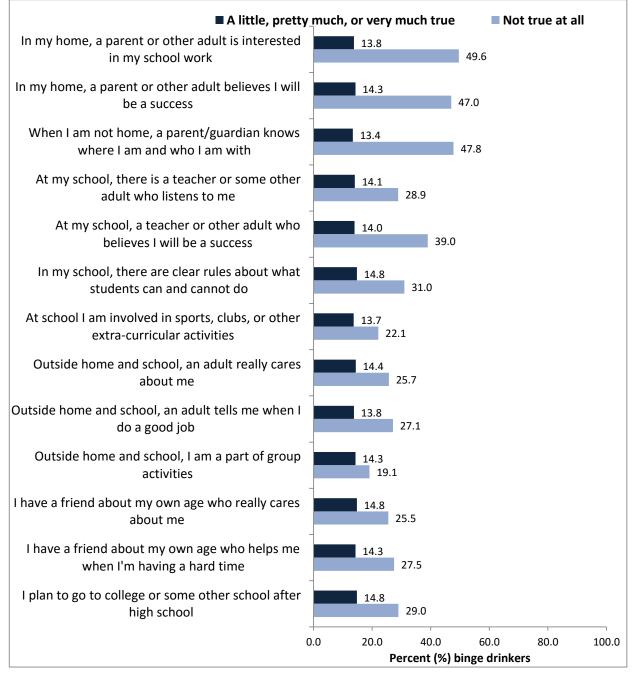
How to read this chart:

- Of those who said it was 'A little, pretty much, or very much true' that a parent or other adult was interested in their school work, 7.9% were current cigarette smokers.

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 31.1% were current cigarette smokers.

Binge drinking by Selected Resiliency Factors Los Alamos County





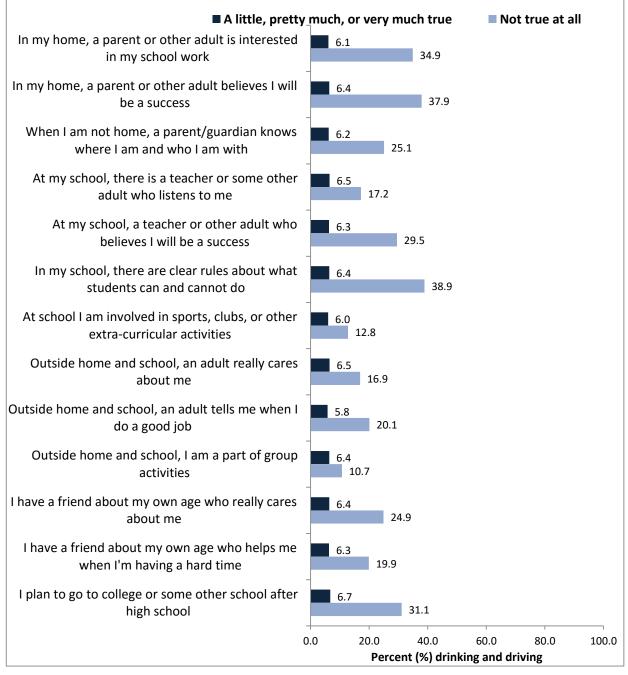
How to read this chart:

- Of those who said it was 'A little, pretty much, or very much true' that a parent or other adult was interested in their school work, 13.8% were binge drinkers.

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 49.6% were binge drinkers.

Drinking and driving

by Selected Resiliency Factors Los Alamos County Grades 9-12, 2015



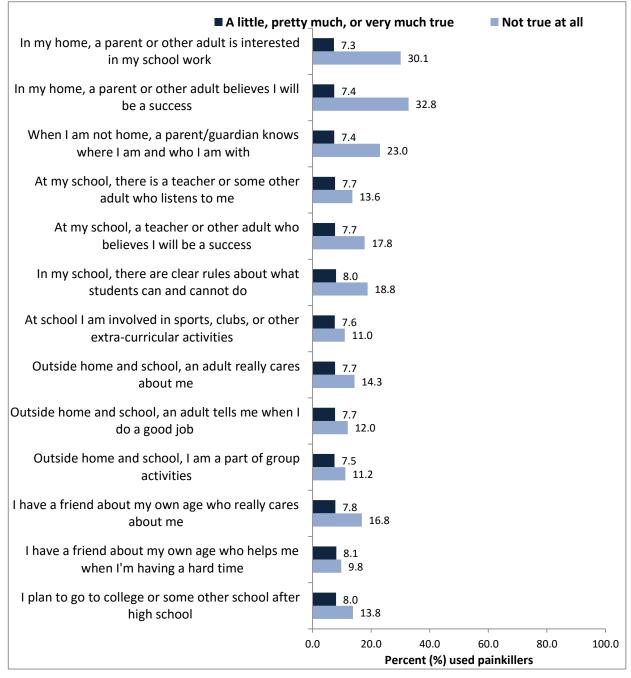
How to read this chart:

- Of those who said it was 'A little, pretty much, or very much true' that a parent or other adult was interested in their school work, 6.1% drove when they had been drinking.

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 34.9% drove when they had been drinking.

Current painkiller use to get high

by Selected Resiliency Factors Los Alamos County Grades 9-12, 2015



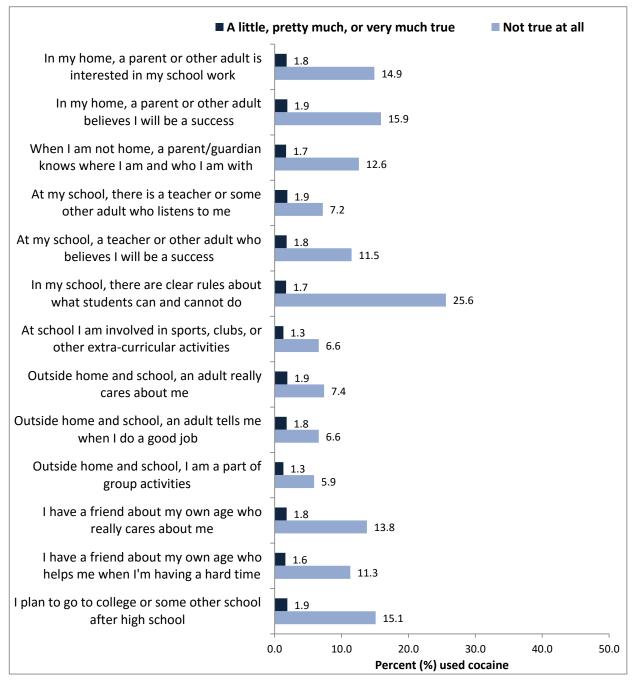
How to read this chart:

- Of those who said it was 'A little, pretty much, or very much true' that a parent or other adult was interested in their school work, 7.3% used painkillers to get high.

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 30.1% used painkillers to get high.

Current cocaine use

by Selected Resiliency Factors Los Alamos County Grades 9-12, 2015



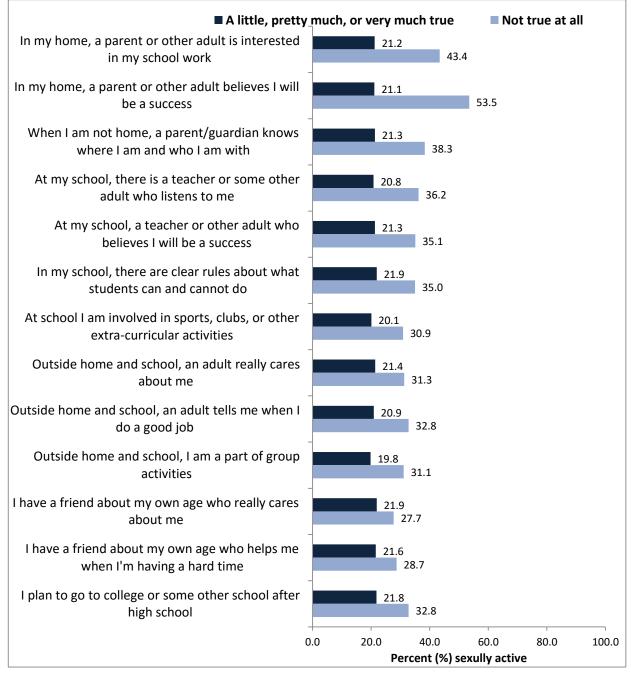
How to read this chart:

- Of those who said it was 'A little, pretty much, or very much true' that a parent or other adult was interested in their school work, 1.8% used cocaine.

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 14.9% used cocaine.

Currently sexually active

by Selected Resiliency Factors Los Alamos County Grades 9-12, 2015



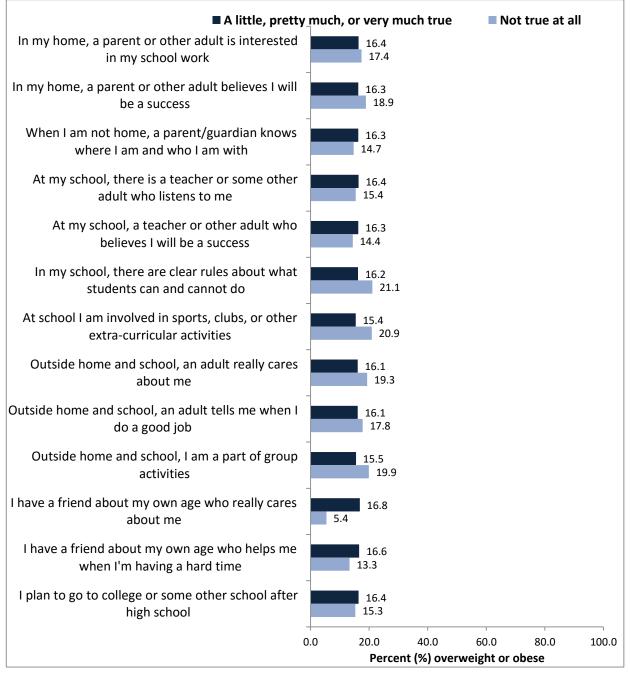
How to read this chart:

- Of those who said it was 'A little, pretty much, or very much true' that a parent or other adult was interested in their school work, 21.2% were sexually active.

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 43.4% were sexually active.

Overweight or obese

by Selected Resiliency Factors Los Alamos County Grades 9-12, 2015



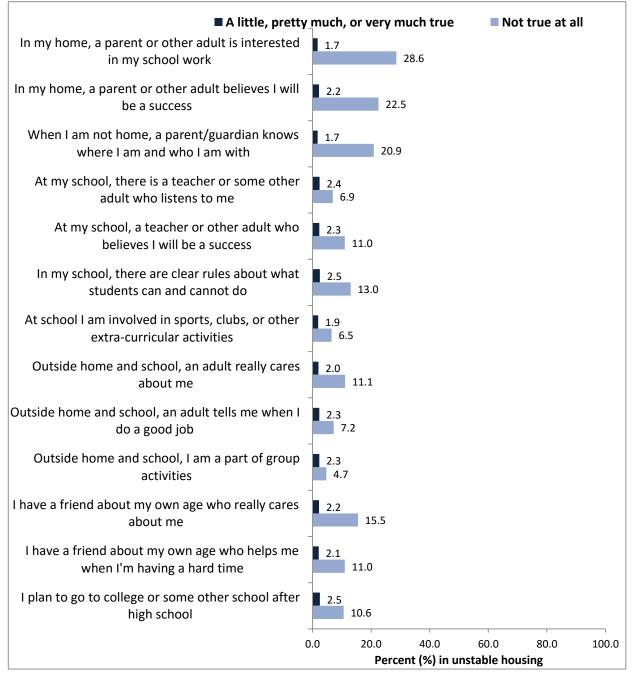
How to read this chart:

- Of those who said it was 'A little, pretty much, or very much true' that a parent or other adult was interested in their school work, 16.4% were overweight or obese.

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 17.4% were overweight or obese.

Unstable housing

by Selected Resiliency Factors Los Alamos County Grades 9-12, 2015



How to read this chart:

- Of those who said it was 'A little, pretty much, or very much true' that a parent or other adult was interested in their school work, 1.7% were in unstable housing

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 28.6% were in unstable housing

New Mexico 2015 YRRS Grades 9 - 12

New Mexico 2015 YRRS Grades 9 - 12

New Mexico 2015 YRRS Grades 9 - 12

Appendix A Questionnaire with Results

2015 High School Questionnaire NM YRRS Los Alamos County

Personal Information	<u>Number of</u> <u>responses</u>	<u>%</u>
1. How old are you?		
A. 12 years old or younger	6	0.7%
B. 13 years old	5	0.6%
C. 14 years old	177	19.9%
D. 15 years old	244	27.4%
E. 16 years old	219	24.6%
F. 17 years old	186	20.9%
G. 18 years old or older	53	6.0%
2. What is your sex?		
A. Female	445	50.0%
B. Male	445	50.0%
3. In what grade are you?		
A. 9th grade	258	29.1%
B. 10th grade	230	26.0%
C. 11th grade	215	24.3%
D. 12th grade	183	20.7%
E. Ungraded or other grade	4	0.5%
4. Are you Hispanic or Latino?		
A. Yes	296	33.4%
B. No	590	66.6%
5. What is your race?(Select one or more responses.)NOTE - Because students were allowed to select multiple responses, responses may not total to 100%)		
A. American Indian or Alaska Native	58	7.1%
B. Asian	73	9.0%
C. Black or African American	31	3.8%
D. Native Hawaiian or Other Pacific Islander	17	2.1%
E. White	709	87.1%

	<u>Weighted</u> <u>Mean</u>	
6. How tall are you without your shoes on?		
Mean height in meters -	1.69	
Mean height in feet and inches -	5'7"	
7. How much do you weigh without your shoes on?		
Mean weight in kilograms -	62	
Mean weight in pounds -	136	
		<u>95%</u>
	<u>Weighted</u>	Confidence
	<u>%</u>	<u>Interval</u>
8. Which one of these groups best describes you?		
(Select only one response.)	1.6	
A. American Indian or Alaska Native	1.6	(1.1-2.3)
B. Asian	6.5	(4.8-8.8)
C. Black or African American	1.4	(0.8-2.4)
D. Hispanic or Latino	26.4	(23.2-30.0)
E. Native Hawaiian or Other Pacific Islander	1.0	(0.6-1.9)
F. White	63.1	(59.5-66.5)
9. What is the highest level of schooling your mother completed?		
A. Completed grade school or less	1.5	(1.0-2.3)
B. Some high school	3.0	(2.2-4.2)
C. Completed high school	7.8	(6.4-9.6)
D. Some college	13.8	(11.0-17.1)
E. Completed college	39.0	(35.6-42.5)
F. Graduate or professional school	27.7	(25.0-30.7)
G. Not sure	7.1	(5.7-8.8)
10. What is the highest level of schooling your father completed?		
A. Completed grade school or less	1.1	(0.6-2.1)
B. Some high school	2.8	(2.1-3.8)
C. Completed high school	11.1	(9.0-13.7)
D. Some college	8.2	(7.3-9.2)
E. Completed college	22.9	(20.4-25.5)
F. Graduate or professional school	43.2	(39.0-47.4)
G. Not sure	10.6	(8.3-13.5)

Personal Safety The next 6 questions ask about safety.	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
11. When you rode a bicycle during the past 12 months, how often did you wear a helmet?		
A. I did not ride a bicycle during the past 12 months	34.1	(29.4-39.1)
B. Never wore a helmet	24.4	(21.4-27.7)
C. Rarely wore a helmet	7.3	(5.7-9.3)
D. Sometimes wore a helmet	5.6	(4.3-7.2)
E. Most of the time wore a helmet	10.7	(8.8-13.0)
F. Always wore a helmet	18.0	(15.4-20.9)
12. How often do you wear a seat belt when riding in a car driven by someone else?		
A. Never	1.6	(1.0-2.4)
B. Rarely	2.7	(1.6-4.5)
C. Sometimes	4.3	(3.0-6.0)
D. Most of the time	20.8	(18.9-23.0)
E. Always	70.6	(67.3-73.7)
13. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?		
A. 0 times	85.1	(83.1-86.9)
B. 1 time	7.4	(6.1-9.0)
C. 2 or 3 times	4.6	(3.4-6.4)
D. 4 or 5 times	0.9	(0.5-1.7)
E. 6 or more times	2.0	(1.3-2.9)
14. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?		
A. I did not drive a car or other vehicle during the past 30 days	34.6	(27.6-42.3)
B. 0 times	60.7	(53.5-67.4)
C. 1 time	2.0	(1.1-3.7)
D. 2 or 3 times	1.1	(0.6-2.0)
E. 4 or 5 times	0.3	(0.1-1.5)
F. 6 or more times 15. During the past 30 days, on how many days did you text or e-mail while driving a car or	1.3	(0.8-1.9)
other vehicle?		
A. I did not drive a car or other vehicle during the past 30 days	34.5	(27.5-42.3)
B. 0 days	41.5	(35.8-47.5)
C. 1 or 2 days	8.7	(7.2-10.3)
D. 3 to 5 days	3.9	(2.8-5.5)
E. 6 to 9 days	2.5	(1.4-4.4)
F. 10 to 19 days	3.0	(1.9-4.6)
G. 20 to 29 days	2.5	(1.6-4.1)
H. All 30 days	3.3	(2.1-5.3)

	<u>Weighted</u>	<u>95%</u> Confidence
16. Is there a gun in your home?	%	Interval
A. Yes	49.6	(46.2-52.9)
B. No	39.6	(36.7-42.7)
C. Not sure	10.8	(8.9-13.0)
Violence-Related Behaviors		
The next 9 questions ask about violence-related behaviors.		
17. During the past 30 days, on how many days did you carry a weapon such as a gun, knife,		
or club?		
A. 0 days	3.0	(1.9-4.6)
B. 1 day	2.5	(1.6-4.1)
C. 2 or 3 days	3.3	(2.1-5.3)
D. 4 or 5 days	49.6	(46.2-52.9)
E. 6 or more days	39.6	(36.7-42.7)
18. During the past 30 days, on how many days did you carry a gun?		
A. 0 days	93.7	(91.9-95.1)
B. 1 day	1.9	(1.2-2.8)
C. 2 or 3 days	2.2	(1.4-3.4)
D. 4 or 5 days	0.9	(0.5-1.7)
E. 6 or more days	1.3	(0.8-2.1)
19. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?		
A. 0 days	95.7	(94.2-96.7)
B. 1 day	0.6	(0.3-1.2)
C. 2 or 3 days	0.9	(0.4-2.1)
D. 4 or 5 days	0.6	(0.2-1.4)
E. 6 or more days	2.2	(1.7-2.9)
20. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?		
A. 0 days	94.0	(92.1-95.5)
B. 1 day	2.9	(1.8-4.6)
C. 2 or 3 days	1.7	(1.0-2.9)
D. 4 or 5 days	0.3	(0.1-1.4)
E. 6 or more days	1.0	(0.6-1.7)
21. During the past 12 months, how many times were you in a physical fight?		
A. 0 times	79.0	(76.6-81.1)
B. 1 time	10.4	(8.0-13.5)
C. 2 or 3 times	6.4	(5.1-7.8)
D. 4 or 5 times	2.0	(1.2-3.3)
E. 6 or 7 times	0.8	(0.4-1.5)
F. 8 or 9 times	0.2	(0.1-0.8)
G. 10 or 11 times	0.1	(0.0-0.8)
H. 12 or more times	1.1	(0.6-2.0)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> Interval
22. During the past 12 months, how many times were you in a physical fight on school property?	—	
A. 0 times	92.4	(90.3-94.1)
B. 1 time	5.0	(3.7-6.8)
C. 2 or 3 times	1.6	(0.9-2.8)
D. 4 or 5 times	0.2	(0.1-0.8)
E. 6 or 7 times	0.2	(0.1-0.8)
F. 8 or 9 times	0.0	()
G. 10 or 11 times	0.0	()
H. 12 or more times	0.6	(0.2-1.5)
23. Have you ever been physically forced to have sexual intercourse when you did not want		
to?	7.2	(5.5-9.4)
A. Yes	92.8	(90.6-94.5)
B. No		
24. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)		
A. I did not date or go out with anyone during the past 12 months	46.3	(40.3-52.4)
B. 0 times	47.9	(42.7-53.2)
C. 1 time	2.4	(1.6-3.4)
D. 2 or 3 times	1.4	(0.8-2.4)
E. 4 or 5 times	0.3	(0.1-1.0)
F. 6 or more times	1.7	(1.0-2.9)
25. During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)		
A. I did not date or go out with anyone during the past 12 months	46.3	(40.4-52.4)
B. 0 times	44.9	(40.0-50.0)
C. 1 time	3.7	(2.7-5.2)
D. 2 or 3 times	2.3	(1.4-3.9)
E. 4 or 5 times	1.0	(0.4-2.2)
F. 6 or more times	1.7	(0.9-3.2)
Bullying The next 2 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.		
26. During the past 12 months, have you ever been bullied on school property?		
A. Yes	26.6	(22.3-31.3)
B. No	73.4	(68.7-77.7)
27. During the past 12 months, have you ever been electronically bullied? (Count being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)		. ,
A. Yes	16.7	(13.8-20.0)
B. No	83.3	(80.0-86.2)

Self-Injury	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
The next question asks about hurting yourself on purpose.		
28. During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?		
A. 0 times	74.7	(72.2-77.1)
B. 1 time	4.6	(3.2-6.5)
C. 2 or 3 times	8.0	(6.5-9.9)
D. 4 or 5 times	3.4	(2.4-4.9)
E. 6 or more times	9.2	(7.1-11.9)
Sadness and Attempted Suicide		
The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own lives. 29. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?		
A. Yes	33.7	(30.1-37.4)
B. No	66.3	(62.6-69.9)
30. During the past 12 months, did you ever seriously consider attempting suicide?		
A. Yes	21.5	(18.8-24.4)
B. No	78.5	(75.6-81.2)
31. During the past 12 months, did you make a plan about how you would attempt suicide?		
A. Yes	17.7	(15.0-20.7)
B. No	82.3	(79.3-85.0)
32. During the past 12 months, how many times did you actually attempt suicide?		
A. 0 times	90.9	(88.4-92.8)
B. 1 time	5.0	(3.7-6.8)
C. 2 or 3 times	2.8	(2.0-3.9)
D. 4 or 5 times	0.7	(0.3-1.7)
E. 6 or more times	0.6	(0.3-1.2)
33. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?		
A. I did not attempt suicide during the past 12 months	90.9	(88.4-92.8)
B. Yes	2.8	(2.1-3.7)
C. No	6.3	(4.7-8.5)

Tobacco Use The next 11 questions ask about tobacco use.	<u>Weighted</u> <u>%</u>	<u>95%</u> Confidence Interval
34. Have you ever tried cigarette smoking, even one or two puffs?		
A. Yes	30.2	(25.6-35.3)
B. No	50.2 69.8	(23.0-33.3) (64.7-74.4)
35. How old were you when you smoked a whole cigarette for the first time?	09.8	(04.7-74.4)
A. I have never smoked a whole cigarette	79.3	(74.0-83.8)
B. 8 years old or younger	1.3	(0.7-2.5)
C. 9 or 10 years old	0.9	(0.7-2.3) (0.4-2.0)
D. 11 or 12 years old	3.0	(0.4-2.0) (2.0-4.5)
E. 13 or 14 years old	6.8	(5.3-8.7)
F. 15 or 16 years old	6.9	(4.4-10.4)
G. 17 years old or older	1.8	(0.9-3.3)
36. During the past 30 days, on how many days did you smoke cigarettes?	1.0	(0.9 5.5)
A. 0 days	91.2	(89.8-92.5)
B. 1 or 2 days	3.0	(2.3-4.0)
C. 3 to 5 days	0.8	(0.4-1.5)
D. 6 to 9 days	0.9	(0.5-1.5)
E. 10 to 19 days	1.1	(0.5-2.4)
F. 20 to 29 days	0.4	(0.1-1.0)
G. All 30 days	2.6	(1.7-4.1)
37. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?		
A. I did not smoke cigarettes during the past 30 days	91.3	(89.9-92.6)
B. Less than 1 cigarette per day	2.4	(1.8-3.3)
C. 1 cigarette per day	2.3	(1.5-3.5)
D. 2 to 5 cigarettes per day	2.5	(1.5-4.0)
E. 6 to 10 cigarettes per day	0.6	(0.3-1.6)
F. 11 to 20 cigarettes per day	0.2	(0.1-0.8)
G. More than 20 cigarettes per day	0.6	(0.2-1.5)
38. During the past 12 months, did you ever try to quit smoking cigarettes?		
A. I did not smoke during the past 12 months	87.8	(85.5-89.8)
B. Yes	6.9	(5.5-8.6)
C. No	5.3	(4.1-6.7)
39. 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	93.6	(90.8-95.6)
B. 1 or 2 days	2.6	(1.5-4.4)
C. 3 to 5 days	0.7	(0.4-1.6)
D. 6 to 9 days	0.5	(0.2-1.1)
E. 10 to 19 days	0.8	(0.3-1.8)
F. 20 to 29 days	0.4	(0.1-1.1)
G. All 30 days	1.4	(0.9-2.2)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
40. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?		
A. 0 days	93.0	(89.8-95.2)
B. 1 or 2 days	3.2	(2.1-4.9)
C. 3 to 5 days	1.4	(0.8-2.4)
D. 6 to 9 days	1.0	(0.5-2.2)
E. 10 to 19 days	0.2	(0.1-0.9)
F. 20 to 29 days	0.1	(0.0-0.8)
G. All 30 days	1.1	(0.6-1.9)
41. During the past 30 days, on how many days did you smoke tobacco or flavored tobacco in a hookah, even just a puff?		
A. 0 days	90.6	(88.4-92.4)
B. 1 or 2 days	4.3	(3.2-5.8)
C. 3 to 5 days	1.6	(1.1-2.3)
D. 6 to 9 days	1.8	(1.3-2.6)
E. 10 to 19 days	0.4	(0.2-1.1)
F. 20 to 29 days	0.3	(0.1-0.9)
G. All 30 days	0.8	(0.4-1.9)
42. Were any of the tobacco products you used in the past 30 days flavored to taste like menthol (mint), clove, spice, alcohol (wine, cognac), candy, fruit, chocolate, or other sweets?		
A. I did not use any flavored tobacco products in the past 30 days	83.3	(80.3-86.0)
B. Yes	12.7	(10.3-15.5)
C. No	4.0	(3.1-5.1)
43. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?		
A. 0 days	67.2	(64.5-69.8)
B. 1 day	13.5	(12.5-14.6)
C. 2 days	5.3	(4.0-7.0)
D. 3 days	3.2	(2.3-4.4)
E. 4 days	2.0	(1.3-3.1)
F. 5 days	1.5	(1.0-2.4)
G. 6 days	0.5	(0.2-1.2)
H. 7 days 44. During the past 7 days, on how many days did someone smoke tobacco products in your home while you were there?	6.7	(5.3-8.4)
A.0 days	89.0	(86.5-91.1)
B. 1 day	2.3	(1.5-3.6)
C. 2 days	1.0	(0.5-2.0)
D. 3 days	0.7	(0.3-1.6)
E. 4 days	0.4	(0.1-0.9)
F. 5 days	0.4	$(0.1 \ 0.5)$ $(0.3 \ -1.7)$
G. 6 days	0.0	(0.3-1.7)
H. 7 days	6.0	(4.7-7.6)
11. 7 duys	0.0	(+./-/.0)

		<u>95%</u>
	Weighted	Confidence
Electronic Vapor Products	<u>%</u>	<u>Interval</u>
The next 2 questions ask about electronic vapor products, such as blu, NJOY, or		
Starbuzz. Electronic vapor products include e-cigarettes, e-cigars, e-pipes, vape pipes,		
vaping pens, e-hookahs, and hookah pens.		
45. Have you ever used an electronic vapor product?		
A. Yes	41.9	(35.2-49.0)
B. No	58.1	(51.0-64.8)
46. During the past 30 days, on how many days did you use an electronic vapor product?		
A. 0 days	74.0	(68.6-78.8)
B. 1 or 2 days	7.9	(5.8-10.6)
C. 3 to 5 days	5.8	(4.6-7.2)
D. 6 to 9 days	3.1	(1.8-5.4)
E. 10 to 19 days	4.0	(2.7-5.8)
F. 20 to 29 days	1.3	(0.8-2.1)
G. All 30 days	3.9	(2.7-5.5)

Alcohol

The next 7 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.

47. 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	49.5	(45.0-54.0)
B. 8 years old or younger	4.7	(3.7-6.0)
C. 9 or 10 years old	3.4	(2.5-4.8)
D. 11 or 12 years old	5.6	(4.2-7.4)
E. 13 or 14 years old	16.5	(14.6-18.7)
F. 15 or 16 years old	17.6	(14.4-21.4)
G. 17 years old or older	2.5	(1.7-3.8)
48. During the past 30 days, on how many days did you have at least one drink of alcohol?		

A. 0 days	74.0	(69.6-78.0)
B. 1 or 2 days	13.4	(11.1-16.1)
C. 3 to 5 days	6.4	(4.4-9.1)
D. 6 to 9 days	3.1	(2.1-4.4)
E. 10 to 19 days	2.2	(1.3-3.6)
F. 20 to 29 days	0.1	(0.0-0.8)
G. All 30 days	0.9	(0.4-2.0)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> Interval
49. 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?	<u>,,,</u>	
A. 0 days	84.7	(81.2-87.7)
B. 1 day	7.1	(5.5-9.3)
C. 2 days	2.8	(1.8-4.4)
D. 3 to 5 days	3.1	(2.2-4.5)
E. 6 to 9 days	1.1	(0.4-2.7)
F. 10 to 19 days	0.2	(0.1-0.9)
G. 20 or more days	0.8	(0.4-1.9)
50. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?		
A. I did not drink alcohol during the past 30 days	74.2	(69.8-78.1)
B. 1 or 2 drinks	10.3	(8.1-13.0)
C. 3 drinks	2.1	(1.1-3.9)
D. 4 drinks	1.4	(0.5-4.0)
E. 5 drinks	2.8	(1.9-4.1)
F. 6 or 7 drinks	3.7	(2.4-5.7)
G. 8 or 9 drinks	1.8	(1.0-3.4)
H. 10 or more drinks	3.7	(2.4-5.7)
51. During the past 30 days, how did you usually get the alcohol you drank?		
A. I did not drink alcohol during the past 30 days	74.4	(70.1-78.2)
B. I bought it in a store such as a liquor store, convenience store, supermarket, discount		
store, or gas station	0.7	(0.4-1.4)
C. I bought it at a restaurant, bar, or club	0.5	(0.2-1.4)
D. I bought it at a public event such as a concert or sporting event	0.3	(0.1-1.0)
E. I gave someone else money to buy it for me	5.1	(3.9-6.7)
F. Someone gave it to me	9.6	(7.6-12.1)
G. I took it from a store or family member	3.2	(2.3-4.3)
H. I got it some other way	6.2	(4.4-8.6)
52. During the past 30 days, where did you usually drink alcohol? (Select only one response.)		
A. I did not drink alcohol during the past 30 days	72.9	(68.4-76.9)
B. At my home	8.5	(6.7-10.6)
C. At another person's home	12.9	(10.5-15.9)
D. While riding in or driving a car or other vehicle	0.6	(0.2-2.0)
E. At a restaurant, bar, or club	0.6	(0.2-1.4)
F. At a public place such as a park, beach, or parking lot	2.7	(1.8-4.1)
G. At a public event such as a concert or sporting event	1.2	(0.7-2.3)
H. On school property	0.6	(0.3-1.2)

53. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
A. 0 days	95.4	(94.1-96.5)
B. 1 or 2 days	2.7	(2.0-3.7)
C. 3 to 5 days	0.4	(0.1-1.2)
D. 6 to 9 days	0.1	(0.0-0.8)
E. 10 to 19 days	0.1	(0.0-0.8)
F. 20 to 29 days	0.5	(0.2-1.1)
G. All 30 days	0.7	(0.3-1.6)

Marijuana Use

The next 2 questions ask about marijuana use. Marijuana also is called grass or pot.

54. How old were you when you tried marijuana for the first time?

A. I have never tried marijuana	65.5	(59.9-70.6)
B. 8 years old or younger	1.8	(1.0-3.2)
C. 9 or 10 years old	1.2	(0.6-2.3)
D. 11 or 12 years old	4.7	(3.2-6.7)
E. 13 or 14 years old	13.0	(11.2-15.1)
F. 15 or 16 years old	12.6	(10.2-15.6)
G. 17 years old or older	1.2	(0.6-2.7)
55. During the past 30 days, how many times did you use marijuana?		
A. 0 times	78.1	(73.4-82.1)
B. 1 or 2 times	7.2	(5.6-9.3)
C. 3 to 9 times	5.3	(3.8-7.4)
D. 10 to 19 times	2.3	(1.4-3.8)
E. 20 to 39 times	2.6	(1.8-3.7)
F. 40 or more times	4.5	(3.2-6.3)

Other Drugs

The next 14 questions ask about other drugs.

56. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

A. 0 times	94.5	(92.6-95.9)
B. 1 or 2 times	2.8	(1.9-4.0)
C. 3 to 9 times	0.6	(0.3-1.2)
D. 10 to 19 times	0.6	(0.3-1.1)
E. 20 to 39 times	0.5	(0.2-1.4)
F. 40 or more times	1.1	(0.5-2.3)
57. During the past 30 days, how many times did you use any form of cocaine, including		
powder, crack, or freebase?		
A. 0 times	97.7	(96.5-98.5)
B. 1 or 2 times	0.5	(0.2-1.1)
C. 3 to 9 times	0.4	(0.1-1.4)
D. 10 to 19 times	0.3	(0.1-0.9)
E. 20 to 39 times	0.0	()
F. 40 or more times	1.1	(0.5-2.4)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> Interval
58. During the past 30 days, how many times did you sniff glue, breathe the contents of	_	
aerosol spray cans, or inhale any paints or sprays to get high?		
A. 0 times	96.8	(95.4-97.8)
B. 1 or 2 times	1.8	(1.2-2.6)
C. 3 to 9 times	0.3	(0.1-1.3)
D. 10 to 19 times	0.2	(0.1-0.8)
E. 20 to 39 times	0.1	(0.0-0.8)
F. 40 or more times 59. During your life, how many times have you used heroin (also called smack, junk, or China White)?	0.7	(0.3-1.6)
A. 0 times	98.4	(97.4-99.0)
B. 1 or 2 times	0.3	(0.1-0.9)
C. 3 to 9 times	0.2	(0.1-0.9)
D. 10 to 19 times	0.0	()
E. 20 to 39 times	0.2	(0.1-0.8)
F. 40 or more times	0.8	(0.3-2.0)
60. During the past 30 days, how many times did you use heroin (also called smack, junk, or China White)?		
A. 0 times	99.1	(98.3-99.5)
B. 1 or 2 times	0.1	(0.0-0.8)
C. 3 to 9 times	0.0	()
D. 10 to 19 times	0.0	()
E. 20 to 39 times	0.0	()
F. 40 or more times	0.8	(0.4-1.6)
61. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?		
A. 0 times	97.8	(96.7-98.5)
B. 1 or 2 times	0.9	(0.5-1.6)
C. 3 to 9 times	0.4	(0.1-1.4)
D. 10 to 19 times	0.2	(0.1-0.7)
E. 20 to 39 times	0.0	()
F. 40 or more times	0.7	(0.3-1.6)
62. During the past 30 days, how many times did you use methamphetamines (also called		
speed, crystal, crank, or ice)?		
A. 0 times	98.6	(98.0-99.1)
B. 1 or 2 times	0.3	(0.1-1.0)
C. 3 to 9 times	0.1	(0.0-0.7)
D. 10 to 19 times	0.2	(0.1-0.7)
E. 20 to 39 times	0.0	()
F. 40 or more times	0.7	(0.3-1.6)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> Interval
63. During your life, how many times have you used ecstasy (also called MDMA)?	<u>,,,</u>	
A. 0 times	93.0	(90.2-95.0)
B. 1 or 2 times	4.2	(2.9-6.0)
C. 3 to 9 times	1.5	(0.8-2.6)
D. 10 to 19 times	0.4	(0.1-1.3)
E. 20 to 39 times	0.1	(0.0-0.8)
F. 40 or more times	0.8	(0.4-1.7)
64. During the past 30 days, how many times did you use ecstasy (also called MDMA)?		
A. 0 times	97.1	(94.9-98.3)
B. 1 or 2 times	2.0	(1.1-3.5)
C. 3 to 9 times	0.1	(0.0-0.8)
D. 10 to 19 times	0.1	(0.0-0.8)
E. 20 to 39 times	0.0	()
F. 40 or more times	0.7	(0.3-1.6)
65. During the past 30 days, how many times did you use synthetic marijuana (also called K2 or Spice)?		
A. 0 times	95.7	(93.8-97.0)
B. 1 or 2 times	1.8	(1.2-2.8)
C. 3 to 9 times	0.6	(0.2-1.3)
D. 10 to 19 times	0.8	(0.3-1.9)
E. 20 to 39 times	0.1	(0.0-0.7)
F. 40 or more times	1.1	(0.6-1.9)
66. During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?		
A. 0 times	82.5	(80.2-84.7)
B. 1 or 2 times	7.6	(6.0-9.6)
C. 3 to 9 times	3.5	(2.6-4.9)
D. 10 to 19 times	2.0	(1.3-2.9)
E. 20 to 39 times	1.4	(0.8-2.3)
F. 40 or more times	3.0	(1.9-4.6)
67. During the past 30 days, how many times did you use a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?		
A. 0 times	91.9	(88.6-94.3)
B. 1 or 2 times	4.7	(3.3-6.6)
C. 3 to 9 times	1.7	(0.9-3.2)
D. 10 to 19 times	0.6	(0.2-1.3)
E. 20 to 39 times	0.1	(0.0-0.7)
F. 40 or more times	1.1	(0.5-2.1)
68. During your life, how many times have you used a needle to inject any illegal drug into your body?		
A. 0 times	98.7	(97.3-99.4)
B. 1 time	0.2	(0.1-0.8)
C. 2 or more times	1.0	(0.5-2.2)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> Interval
69. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?	<u>,,,</u>	
A. Yes	28.1	(24.3-32.3)
B. No	71.9	(67.7-75.7)
Sexual Behavior		
The next 8 questions ask about sexual behavior.		
70. Have you ever had sexual intercourse?		
A. Yes	29.7	(24.5-35.5)
B. No	70.3	(64.5-75.5)
71. How old were you when you had sexual intercourse for the first time?		
A. I have never had sexual intercourse	70.4	(64.6-75.6)
B. 11 years old or younger	1.5	(1.0-2.4)
C. 12 years old	0.9	(0.5-1.6)
D. 13 years old	2.4	(1.5-3.7)
E. 14 years old	4.9	(3.6-6.7)
F. 15 years old	9.8	(7.7-12.4)
G. 16 years old	6.8	(4.5-10.2)
H. 17 years old or older	3.3	(2.1-5.4)
72. During your life, with how many people have you had sexual intercourse?		
A. I have never had sexual intercourse	70.3	(64.5-75.5)
B. 1 person	12.2	(10.2-14.5)
C. 2 people	5.2	(3.5-7.8)
D. 3 people	4.9	(3.4-7.0)
E. 4 people	1.5	(0.8-2.7)
F. 5 people	1.6	(0.9-3.0)
G. 6 or more people	4.2	(2.8-6.4)
73. During the past 3 months, with how many people did you have sexual intercourse?		
A. I have never had sexual intercourse	70.3	(64.5-75.5)
B. I have had sexual intercourse, but not during the past 3 months	7.8	(6.4-9.5)
C. 1 person	16.9	(13.0-21.7)
D. 2 people	2.2	(1.2-4.2)
E. 3 people	1.0	(0.5-2.3)
F. 4 people	0.6	(0.2-1.4)
G. 5 people	0.4	(0.1-1.1)
H. 6 or more people	0.8	(0.4-1.4)
74. Did you drink alcohol or use drugs before you had sexual intercourse the last time?		
A. I have never had sexual intercourse	70.3	(64.5-75.5)
B. Yes	6.6	(4.9-8.9)
C. No	23.0	(19.1-27.5)
75. The last time you had sexual intercourse, did you or your partner use a condom?		
A. I have never had sexual intercourse	70.7	(64.9-75.8)
B. Yes	18.7	(14.7-23.3)
C. No	10.7	(7.8-14.5)

76. The last time you had sexual intercourse, what one method did you or your partner use to	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
prevent pregnancy? (Select only one response.)		
A. I have never had sexual intercourse	70.9	(65.3-76.0)
B. No method was used to prevent pregnancy	3.0	(2.0-4.3)
C. Birth control pills	7.2	(4.9-10.5)
D. Condoms	13.4	(10.6-16.7)
E. An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)	1.7	(0.9-3.4)
F. A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)	1.2	(0.7-1.8)
G. Withdrawal or some other method	2.1	(1.4-3.3)
H. Not sure	0.5	(0.2-1.2)
77. During your life, with whom have you had sexual contact?		
A. I have never had sexual contact	55.6	(49.6-61.4)
B. Females	20.3	(16.8-24.3)
C. Males	19.2	(15.4-23.7)
D. Females and males	4.9	(3.7-6.4)
78. Which of the following best describes you?		
A. Heterosexual (straight)	84.4	(82.8-86.0)
B. Gay or lesbian	2.4	(1.6-3.7)
C. Bisexual	7.7	(6.3-9.4)
D. Not sure	5.5	(4.0-7.5)

Food

The next 8 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

79. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

	A. I did not drink 100% fruit juice during the past 7 days	31.7	(28.6-35.0)
	B. 1 to 3 times during the past 7 days	39.7	(36.0-43.6)
	C. 4 to 6 times during the past 7 days	12.0	(10.1-14.3)
	D. 1 time per day	6.0	(4.6-7.9)
	E. 2 times per day	5.5	(4.4-6.8)
	F. 3 times per day	2.0	(1.4-2.9)
	G. 4 or more times per day	3.1	(2.2-4.3)
8	0. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)		
	A. I did not eat fruit during the past 7 days	9.5	(7.8-11.5)
	B. 1 to 3 times during the past 7 days	29.5	(28.1-30.9)
	C. 4 to 6 times during the past 7 days	24.0	(21.8-26.4)
	D. 1 time per day	11.7	(9.7-14.0)
	E. 2 times per day	15.2	(12.4-18.5)
	F. 3 times per day	4.7	(3.8-5.9)
	G. 4 or more times per day	5.5	(4.1-7.2)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
81. During the past 7 days, how many times did you eat green salad?	<u>, , , , , , , , , , , , , , , , , , , </u>	
A. I did not eat green salad during the past 7 days	29.6	(26.8-32.6)
B. 1 to 3 times during the past 7 days	44.3	(41.9-46.6)
C. 4 to 6 times during the past 7 days	13.6	(11.7-15.7)
D. 1 time per day	8.4	(7.0-10.0)
E. 2 times per day	2.4	(1.4-4.1)
F. 3 times per day	0.7	(0.3-1.5)
G. 4 or more times per day	1.0	(0.5-2.1)
82. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)		
A. I did not eat potatoes during the past 7 days	27.1	(24.1-30.4)
B. 1 to 3 times during the past 7 days	52.8	(49.7-55.8)
C. 4 to 6 times during the past 7 days	11.6	(9.3-14.3)
D. 1 time per day	4.5	(3.7-5.5)
E. 2 times per day	1.9	(1.0-3.4)
F. 3 times per day	0.8	(0.5-1.3)
G. 4 or more times per day	1.3	(0.7-2.4)
83. During the past 7 days, how many times did you eat carrots?		
A. I did not eat carrots during the past 7 days	39.5	(37.1-41.9)
B. 1 to 3 times during the past 7 days	42.2	(39.6-44.9)
C. 4 to 6 times during the past 7 days	9.6	(8.0-11.5)
D. 1 time per day	5.1	(3.6-7.0)
E. 2 times per day	1.7	(1.0-2.8)
F. 3 times per day	0.6	(0.2-1.5)
G. 4 or more times per day	1.4	(0.9-2.4)
84. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)		
A. I did not eat other vegetables during the past 7 days	12.8	(10.4-15.7)
B. 1 to 3 times during the past 7 days	35.1	(32.3-38.1)
C. 4 to 6 times during the past 7 days	23.7	(21.6-25.9)
D. 1 time per day	12.1	(10.2-14.2)
E. 2 times per day	9.9	(7.6-12.7)
F. 3 times per day	3.8	(3.0-4.7)
G. 4 or more times per day	2.6	(1.4-4.8)
85. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)		
A. I did not drink soda or pop during the past 7 days	33.6	(29.9-37.5)
B. 1 to 3 times during the past 7 days	35.6	(33.3-38.0)
C. 4 to 6 times during the past 7 days	16.0	(13.6-18.8)
D. 1 time per day	7.4	(6.2-8.8)
E. 2 times per day	3.6	(3.0-4.4)
F. 3 times per day	1.6	(1.1-2.4)
G. 4 or more times per day	2.1	(1.5-2.9)

	<u>Weighted</u>	<u>95%</u> <u>Confidence</u> Interval	
86. During the past 7 days, on how many days did you eat breakfast?	<u>~~</u>		
A. 0 days	11.8	(9.5-14.5)	
B. 1 day	6.7	(5.7-7.9)	
C. 2 days	8.3	(6.8-10.1)	
D. 3 days	6.2	(5.1-7.6)	
E. 4 days	6.4	(5.0-8.2)	
F. 5 days	8.0	(6.3-10.2)	
G. 6 days	8.2	(6.7-10.0)	
H. 7 days	44.3	(41.7-46.9)	

Physical Activity

The next 4 questions ask about physical activity.

87. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

A. 0 days	13.9	(11.6-16.5)
B. 1 day	6.5	(4.8-8.6)
C. 2 days	8.5	(6.9-10.4)
D. 3 days	11.9	(10.6-13.4)
E. 4 days	10.0	(8.2-12.2)
F. 5 days	15.2	(12.6-18.1)
G. 6 days	9.1	(7.0-11.6)
H. 7 days	25.0	(22.3-27.8)
88. On an average school day, how many hours do you watch TV?		
A. I do not watch TV on an average school day	25.2	(21.1-29.7)
B. Less than 1 hour per day	27.4	(24.6-30.4)
C. 1 hour per day	15.9	(12.6-19.8)
D. 2 hours per day	14.8	(12.8-17.0)
E. 3 hours per day	8.4	(6.9-10.1)
F. 4 hours per day	4.4	(3.5-5.6)
G. 5 or more hours per day	4.0	(2.8-5.7)
89. On an average school day, how many hours do you play video or computer games or use a		
computer for something that is not school work? (Count time spent on things such as Xbox,		
PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)		
A. I do not play video or computer games or use a computer for something that is not		
school work	18.1	(15.4-21.2)
B. Less than 1 hour per day	16.7	(14.9-18.6)
C. 1 hour per day	15.6	(13.6-17.8)
D. 2 hours per day	16.4	(14.7-18.3)
E. 3 hours per day	13.2	(11.0-15.8)
F. 4 hours per day	6.9	(5.2-9.1)
G. 5 or more hours per day	13.2	(11.3-15.3)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> Interval
90. In an average week when you are in school, on how many days do you go to physical education (PE) classes?	<u></u>	
A. 0 days	62.5	(53.4-70.8)
B. 1 day	1.7	(1.1-2.9)
C. 2 days	4.3	(3.2-5.7)
D. 3 days	26.5	(19.6-34.8)
E. 4 days	0.5	(0.2-1.3)
F. 5 days	4.4	(3.4-5.7)
Health-Related Topics		
The next 8 questions ask about other health-related topics. 91. Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if		
you donated blood.)	9.4	(7.4-11.8)
A. Yes	72.9	(70.4-75.2)
B. No	17.7	(15.6-20.1)
C. Not sure 92. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?		
A. During the past 12 months	87.1	(84.7-89.2)
B. Between 12 and 24 months ago	5.7	(4.4-7.4)
C. More than 24 months ago	2.9	(2.0-4.1)
D. Never	1.0	(0.6-1.7)
E. Not sure	3.2	(2.3-4.6)
93. Has a doctor or nurse ever told you that you have asthma?		
A. Yes	26.2	(23.1-29.5)
B. No	69.8	(66.6-72.7)
C. Not sure	4.1	(3.1-5.4)
94. Do you still have asthma?		
A. I never had asthma	59.3	(56.0-62.6)
B. Yes	16.0	(13.7-18.6)
C. No	15.8	(13.4-18.4)
D. Not sure	8.9	(7.6-10.5)
95. On an average school night, how many hours of sleep do you get?		
A. 4 or less hours	7.0	(5.5-8.8)
B. 5 hours	8.5	(6.7-10.9)
C. 6 hours	21.2	(18.4-24.3)
D. 7 hours	30.5	(27.3-33.9)
E. 8 hours	24.8	(22.1-27.7)
F. 9 hours	6.2	(4.9-7.9)
G. 10 or more hours	1.8	(1.1-2.7)

	<u>Weighted</u>	<u>95%</u> <u>Confidence</u> Interval
96. During the past 12 months, how would you describe your grades in school?	<u></u>	<u>Inter vur</u>
A. Mostly A's	49.2	(44.5-54.0)
B. Mostly B's	31.0	(27.4-34.8)
C. Mostly C's	12.1	(10.0-14.6)
D. Mostly D's	3.9	(3.2-4.7)
E. Mostly F's	1.0	(0.6-1.6)
F. None of these grades	0.9	(0.5-1.6)
G. Not sure 97. Do you have any physical disabilities or long-term health problems? (Long-term means 6- months or more)	1.9	(1.5-2.6)
A. Yes	15.3	(12.7-18.4)
B. No	75.1	(71.6-78.3)
C. Not sure	9.5	(7.5-12.0)
98. Where do you typically sleep at night?		
A. At home with my parents or guardians	97.2	(95.4-98.4)
B. At a friend's or relative's home with my parents or guardians	0.9	(0.4-2.1)
C. At a friend's or relative's home without my parents or guardians	0.2	(0.1-0.8)
D. In a supervised shelter with my parents or guardians	0.2	(0.0-1.4)
E. In a supervised shelter without my parents or guardians	0.1	(0.0-1.0)
F. In a hotel or motel, car, park, campground, or other public place with my parents or guardians	0.5	(0.2-1.1)
G. In a hotel or motel, car, park, campground, or other public place without my parents or guardians	0.2	(0.1-0.8)
H. Somewhere else	0.6	(0.3-1.3)
You and Your Family		
The next 2 questions ask for some information about you and your family.		
99. How often do you speak a language other than English at home?		
A. Never	65.2	(60.6-69.6)
B. Less than half the time	21.7	(18.0-25.9)
C. About half the time	4.3	(3.1-5.7)
D. More than half the time but not all of the time	3.1	(2.1-4.7)
E. All of the time	5.7	(4.4-7.3)
100. Were you born in the USA?		~ /
A. Yes	93.3	(91.6-94.6)
B. No	6.7	(5.4-8.4)
Resiliency Factors		
The next questions ask about your family, your school, other adults, your friends, and yourself. How true do you feel the following statements are for you?		
101. In my home, there is a parent or some other adult who is interested in my school work.		

A. Not true at all	4.2	(2.9-5.9)
B. A little true	11.3	(9.2-13.8)
C. Pretty much true	23.1	(21.0-25.3)
D. Very much true	61.4	(58.1-64.7)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
102. In my home, there is a parent or some other adult who believes that I will be a success.		
A. Not true at all	3.0	(2.0-4.5)
B. A little true	8.9	(7.5-10.5)
C. Pretty much true	18.8	(15.2-23.0)
D. Very much true	69.3	(65.1-73.2)
103. At my school, there is a teacher or some other adult who listens to me when I have		
something to say.		
A. Not true at all	8.3	(7.1-9.6)
B. A little true	17.1	(13.9-20.9)
C. Pretty much true	35.5	(33.7-37.3)
D. Very much true	39.2	(35.2-43.3)
104. At my school, there is a teacher or some other adult who believes that I will be a success.		
A. Not true at all	5.2	(4.2-6.5)
B. A little true	14.3	(12.0-17.0)
C. Pretty much true	33.6	(30.4-37.0)
D. Very much true	46.9	(43.6-50.2)
105. Outside of my home and school, there is an adult who really cares about me.		
A. Not true at all	6.4	(5.4-7.7)
B. A little true	10.6	(8.7-12.8)
C. Pretty much true	19.7	(16.7-23.0)
D. Very much true	63.3	(58.6-67.7)
106. Outside of my home and school, there is an adult who tells me when I do a good job.		
A. Not true at all	10.9	(8.9-13.3)
B. A little true	15.4	(13.2-17.9)
C. Pretty much true	24.3	(21.3-27.5)
D. Very much true	49.4	(44.7-54.2)
107. I have a friend about my own age who really cares about me.		
A. Not true at all	4.5	(3.4-6.0)
B. A little true	9.6	(7.8-11.6)
C. Pretty much true	21.6	(18.3-25.4)
D. Very much true	64.3	(59.0-69.2)
108. I have a friend about my own age who helps me when I'm having a hard time.		
A. Not true at all	7.4	(6.3-8.8)
B. A little true	14.9	(12.1-18.1)
C. Pretty much true	22.8	(19.9-26.0)
D. Very much true	54.9	(49.5-60.1)
109. 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	5.6	(4.1-7.6)
B. A little true	13.7	(11.8-15.9)
C. Pretty much true	37.8	(34.1-41.7)
D. Very much true	42.9	(38.6-47.3)

	<u>Weighted</u>	<u>95%</u> Confidence
	<u>%</u>	<u>Interval</u>
110. In my school, there are clear rules about what students can and cannot do.		
A. Not true at all	2.8	(1.7-4.6)
B. A little true	12.5	(10.3-15.1)
C. Pretty much true	39.5	(36.7-42.4)
D. Very much true	45.2	(42.4-48.0)
111. I plan to go to college or some other school after high school.		
A. Not true at all	3.4	(2.4-4.8)
B. A little true	4.5	(3.3-6.0)
C. Pretty much true	14.9	(12.6-17.6)
D. Very much true	77.2	(73.7-80.4)
112. At school I am involved in sports, clubs, or other extra-curricular activities (such as band, cheerleading, or student council).		
A. Not true at all	19.6	(16.3-23.4)
B. A little true	8.5	(6.9-10.4)
C. Pretty much true	12.8	(10.6-15.3)
D. Very much true	59.2	(55.6-62.6)
113. 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	21.9	(18.7-25.4)
B. A little true	13.6	(11.2-16.3)
C. Pretty much true	15.3	(13.2-17.7)
D. Very much true	49.3	(45.4-53.1)
114. Outside of my home and school, I am involved in music, art, literature, sports, or a hobby.		
A. Not true at all	13.1	(10.9-15.7)
B. A little true	11.8	(10.0-13.9)
C. Pretty much true	19.7	(17.2-22.6)
D. Very much true	55.3	(51.4-59.2)
115. During the past 30 days, how many days of school did you miss classes or school without permission?		
A. 0 days	76.8	(74.0-79.3)
B. 1 or 2 days	13.7	(11.5-16.4)
C. 3 to 5 days	5.5	(4.2-7.2)
D. 6 to 9 days	1.5	(0.9-2.6)
E. 10 or more days	2.5	(1.8-3.4)

Appendix B: About this Report

This report contains results from the 2015 New Mexico High School Youth Risk and Resiliency Survey (YRRS). The YRRS is a statewide survey of public school students in middle schools and high schools throughout New Mexico. Statewide and county level results are available at www.YouthRisk.org and nmhealth.org/go/youth. In addition, school district reports have been prepared for each participating school district and 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. 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. 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 series of charts illustrating results from the 2015 YRRS. Risk behaviors are organized into modules by topic area, with each module starting with one or more line charts demonstrating change in behaviors over the years of the survey. The line charts are followed by a set of bar charts showing a comparison of risk behaviors between the state and the county or school district, a comparison between boys and girls within the county or school district, and a comparison by grade level within the county or school district. For counties or school districts with very few numbers or that haven't participated consistently in the YRRS, some of these charts may be omitted.

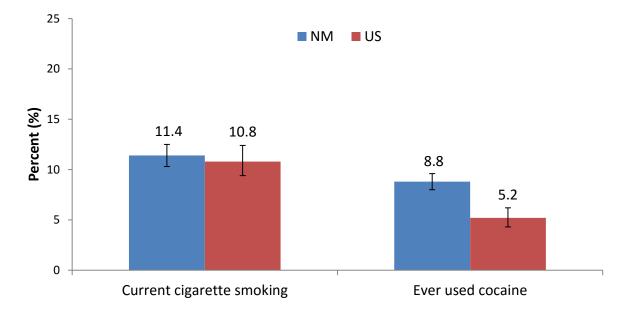
The charts about risk behaviors are followed by two sets of charts about resiliency/protective factors. The first of these two sections compares the state rate for each resiliency factor to the county or school district rate. The second section illustrates the relationship between risk behaviors and 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.

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 21, Unintentional Injury, shows that 6.0% of students in New Mexico rarely or never wore seatbelts, while 7.0% of students in Los Alamos 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 (confidence interval). The error bar is the thin '_I' shaped line that extends above and below the end of each bar in a chart. One of the major influences on the size of the confidence interval or error bar is the number of participants in the survey. In general, this means that with more students participating in the survey, there will be a higher degree of confidence in the results (i.e., error bars will be smaller).

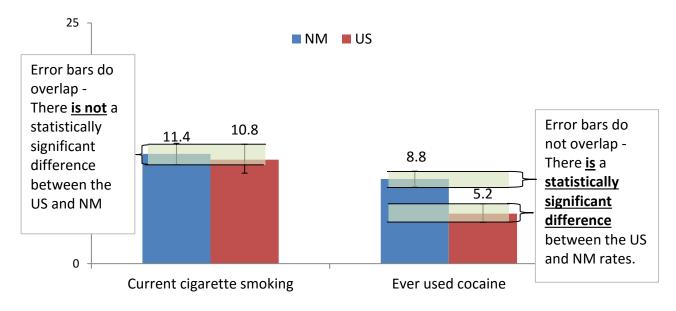
The proper interpretation of an error bar can be illustrated by looking at the chart below. This chart compares the New Mexico prevalence of cigarette smoking and cocaine use to the United States prevalence for 2015. The chart shows that the prevalence of current cigarette smoking was 11.4% in New Mexico and 10.8% in the United States. The error bar for the estimate of current smoking among New Mexico students extends a little more than 1 percentage point in either direction, from 10.3% to 12.5%. This means that we are confident that the actual percentage of smokers in this group of students was between 10.3% to 12.5%. The error bar for the estimate of current smoking in the US also extends more than 1 percentage points in either direction, so we are confident that the actual percentage of smokers among this group was between 9.4% and 12.4%.



Current Cocaine Use and Current Cigarette Smoking Grades 9-12, NM & US, 2015

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 (11.4% vs. 10.8%), a closer look at the error bars shows a more complicated picture. The error bars for the New Mexico estimate (10.3%–12.5%) and the US estimate (9.4%-12.4%) overlap. Because of this overlap, we do not have a high degree of confidence that the prevalence of smoking in New Mexico was actually different from the prevalence in the United States. In other words, the difference between the prevalence of smoking in New Mexico and the United States was not statistically significant.

For cocaine use it appears that New Mexico had a higher prevalence than the United States (8.8% vs. 5.2%). The error bar for New Mexico extends from 8.0% to 9.6%, and the error bar for the United States extends from 4.3% to 6.2%. Because the higher bound of the US error bar (6.2%) is lower than the lower bound of the NM error bar (8.0%), these error bars do not overlap. For cocaine use, we are confident in saying that the New Mexico prevalence was higher than the US prevalence. In other words, the difference between the prevalence of cocaine use in New Mexico and the United States was a statistically significant difference.



Current Cocaine Use and Current Cigarette Smoking Grades 9-12, NM & US, 2015

For some small areas, 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.

Appendix C: Risk Behavior and Resiliency/Protective Factor Definitions

Injury

Rarely or never wore a bicycle helmet

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

AMONG those who

reported riding a bicycle

Never or Rarely Wore a Seatbelt

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

Texted or e-mailed while driving

Answered '1 time' or more to the question, *During the past 30 days, how many times did you text or e-mail while driving a car or other vehicle?*

AMONG those who

drove a car or other vehicle

Has a gun in the home

Answered 'Yes' or more to the question, Is there a gun in your home?

Carried a gun

Answered '1day' or more to the question, *During the past 30 days, on how many days did you carry a gun?*

Violence-Related Behaviors

Carried a weapon

Answered '1day' or more to the question, *During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?*

In a physical fight

Answered '1 time' or more to the question, *During the past 12 months, how many times were you in a physical fight?*

Hit by Boy/Girlfriend

Answered '1 time' or more to the question, *During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?*

(This question was discontinued in 2011, when it was replaced by the questions for physical dating violence and sexual dating violence. It is present in this report only for reporting trends, and for comparison to the dating violence questions.)

Physical dating violence

Answered '1 time' or more to the question, *During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)*

Sexual dating violence

Answered'1 time' or more to the question, *During the past 12 months, how many times did* someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)

Ever forced to have sexual intercourse

Answered 'Yes' to the question, *Have you ever been physically forced to have sexual intercourse when you did not want to?*

Electronically bullied

Answered 'Yes' to the question, *During the past 12 months, have you ever been bullied on school property?*

Bullied on school property

Answered 'Yes' to the question, *During the past 12 months, have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)*

Carried a weapon on school property

Answered '1day' or more to the question, *During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?*

Skipped school due to safety concerns

Answered '1day' or more to the question, *During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?*

In a physical fight on school property

Answered '1 time' or more to the question, *During the past 12 months, how many times were you in a physical fight on school property?*

Mental Health

Non-suicidal self harm

Answered '1 time' or more to the question, *During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?*

Felt sadness or hopelessness

Answered 'Yes' to the question, *During the past 12 months, did you ever feel* so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

Seriously considered suicide

Answered 'Yes' to the question, *During the past 12 months, did you ever seriously consider attempting suicide?*

Made a suicide plan

Answered 'Yes' to the question, *During the past 12 months, did you make a plan about how you would attempt suicide?*

Attempted suicide

Answered '1 time' or more to the question, *During the past 12 months, how many times did you actually attempt suicide?*

Suicide attempt with injury

Answered 'Yes' to the question, *If you attempted suicide during the past* 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

Tobacco Use: Cigarettes

Ever smoked cigarettes

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

Smoked cigarettes before age 13

Answered '11 or 12 years old' or younger to the question, *How old were* you when you smoked a whole cigarette for the first time?

Current cigarette smoking (Smoked at least one cigarette in past 30 days)

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

Frequent cigarette smoking (Smoked at least 11 cigarettes per day)

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

Daily cigarette smoking

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

Tried to quit smoking cigarettes

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

AMONG

current cigarette smokers

Successful quit attempt

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

AND

were not current cigarette smokers

Unsuccessful quit attempt

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

AND

were current smokers

Tobacco: Other Use and Exposure

Current cigar use

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

Current spit tobacco use

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

Current e-cigarette use

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you use an electronic vapor product?*

Ever used e-cigarettes

Answered '1 or 2 days' or more to the question, *Have you ever used an electronic vapor product?*

Current tobacco use (any of five forms of tobacco)

Any form of tobacco use in the past 30 days (smoked cigarettes or cigars, smoked tobacco with a hookah, used electronic vapor products, or used spit tobacco).

Current flavored tobacco use

Answered 'Yes' or more to the question, *Were any of the tobacco products you used in the past 30 days flavored to taste like menthol (mint), clove, spice, alcohol (wine, cognac), candy, fruit, chocolate, or other sweets?*

Exposed to second hand cigarette smoke

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

<u>Alcohol</u>

Ever drank alcohol

Gave any response other than 'I have never had a drink of alcohol other than a few sips' to the question, How old were you when you had your first drink of alcohol other than a few sips?

Current drinking

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

Binge drinking

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

10+ drinks on a single occasion

Answered '10 or more drinks' or more to the question, *During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?*

First drink before age 13

Answered '11 or 12 years old or younger' to the question, *How old were you when you had your first drink of alcohol other than a few sips?*

Drank alcohol on school property

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

Rode with drinking driver

Answered '1 time' or more to the question, *During the past 30 days,* how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

Drinking and driving

Among those who drove a car, answered '1 day' or more to the question, *During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?*

Marijuana Use

Ever used marijuana

Gave any response other than 'I have never tried marijuana' to the question, How old were you when you tried marijuana for the first time?

Current marijuana use

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

Tried marijuana before age 13

Answered '11 or 12 years old' or younger to the question, *How old were you when you tried marijuana for the first time?*

Other Drug Use

Current painkiller use to get high

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you use a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?*

Current inhalant use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?*

Current cocaine use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how* many times did you use any form of cocaine, including powder, crack, or freebase?

Current ecstasy use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used ecstasy?*

Current methamphetamine use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how* many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

Current heroin use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used heroin (also called smack, junk, or China White)?*

Prescription drugs without prescription

Answered '1 or 2 times' or more to the question, *During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?*

Lifetime cocaine use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how* many times did you use any form of cocaine, including powder, crack, or freebase?

Lifetime ecstasy use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used ecstasy?*

Lifetime methamphetamine use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how* many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

Lifetime heroin use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used heroin (also called smack, junk, or China White)?*

Injection drug use

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used a needle to inject any illegal drug into your body?*

Offered of sold drugs on school property

Answered 'Yes' to the question, *During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?*

Sexual Activity

Ever had sexual intercourse

Gave any response other than 'I have never had sexual intercourse' to the question, *How old were you when you had sexual intercourse for the first time?*

Sexually active

Respondent reported having sexual intercourse within the previous 3 months. Answered '1 person' or more to the question, *During the past 3 months, with how many people did you have sexual intercourse?*

Sexual intercourse before age 13

Answered '11 or 12 years old' or younger to the question, *How old were you when you had sexual intercourse for the first time?*

Four+ sexual partners in lifetime

Answered '4 people' or more to the question, *During your life, with how many people have you had sexual intercourse?*

(among all students or among sexually active students, as noted)

Alcohol or drugs before sexual intercourse

Answered 'Yes' to the question, *Did you drink alcohol or use drugs before you had sexual intercourse the last time?*

Used condom

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

AMONG those who

reported being "Sexually active" (see above)

Did not use condom

Answered 'No' to the question, *The last time you had sexual intercourse, did you or your partner use a condom?*

AMONG those who

reported being "Sexually active" (see above)

Used reliable birth control method

Answered 'Birth control pills' or 'Depo-Provera (or any injectable birth control), Nuva Ring (or any birth control ring), Implanon (or any implant), or any IUD' to the question, *The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?*

AMONG those who

reported being "Sexually active" (see above)

Used both a condom and reliable birth control

Reported using reliable birth control (see above)

AND

used a condom at last sex (see above)

AMONG those who

reported being "Sexually active" (see above)

Sex of sexual contact

Response to the question, *During your life, with whom have you had sexual contact?* Lesbian, gay, or bisexual

Answered 'Gay or lesbian' or 'Bisexual' to the question, *Which of the following best describes you?*

Nutrition

Five servings of fruits and/or vegetables daily

Reported consuming five or more daily servings of fruit juice, fruit, green salad, potatoes, carrots, or other vegetables over the past 7 days.

Ate three or more vegetables per day

Reported consuming 3 or more daily servings of green salad, potatoes, carrots, or other vegetables.

Daily soda

Answered '1 time per day' or more to the question, *During the past 7 days,* how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)

Three or more sodas daily

Answered '3 times per day' or more to the question, *During the past 7 days,* how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)

Ate breakfast daily

Answered '7 days' to the question, *During the past 7 days, on how many days did you eat breakfast?*

Never ate breakfast

Answered '0 days' to the question, *During the past 7 days, on how many days did you eat breakfast?*

Physical Activity

No days of physical activity per week

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

Five days of physical activity per week

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

Daily physical activity

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

Watched TV three or more hours per day

Answered '3 hours per day' or more to the question, *On an average school day, how many hours do you watch TV?*

Computer use or video gaming three or more hours per day

Answered '3 hours per day' or more to the question, 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.)?

Screen time three or more hours per day

Answered a combined total of '3 hours per day' or more to the two questions above (i.e., TV viewing and or computer/video usage).

No PE in school

Answered '0 days' or more to the question, *In an average week when you are in school,* on how many days do you go to physical education (*PE*) classes?

Daily PE in school

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

Body Weight

Note: Body Mass Index (BMI) was calculated from self reported height and weight.

Overweight

Greater than or equal to the 85th national BMI percentile for age and sex, and less than the 95th national BMI for age and sex, based on historical data.

Obese

Greater than or equal to the 95th national BMI percentile for age and sex, based on historical data.

Overweight or obese

Greater than or equal to the 85th national BMI percentile for age and sex, based on historical data.

Other Behaviors and Characteristics

Physical disability

Answered 'Yes' the question, *Do you have any physical disabilities or long-term health problems? (Long-term means 6-months or more)*

Ever diagnosed with asthma

Answered 'Yes' the question, *Has a doctor or nurse ever told you that you have asthma?*

Current asthma

Answered 'Yes' the question, *Has a doctor or nurse ever told you that you have asthma?*

AND

Answered 'Yes' the question, Do you still have asthma?

Ever had an HIV test

Answered 'Yes' to the question, *Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)*

Saw a dentist in the last 12 months

Answered 'During the past 12 months' to the question, *When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?*

Housing unstable

Gave any response other than 'At home with my parents or guardians' to the question, *Where do you typically sleep at night?*

Speaks a non-English language

Answered 'More than half the time but not all of the time' OR 'All of the time' to the question, *How often do you speak a language other than English at home?*

Born outside the USA

Answered 'No' to the question, Were you born in the USA?

Resiliency/Protective Factors

These questions are explained in context throughout the report.

New Mexico 2015 YRRS High School

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