New Mexico Youth Risk and Resiliency Survey (YRRS)  
Middle School Survey Results  
Los Alamos County  
Grades 7-8  
2013  

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

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For a discussion of statistical significance, see Appendix B: About this Report
The response rate for Los Alamos County was 60%.
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.

<table>
<thead>
<tr>
<th>Profile of students surveyed</th>
<th>Number of students who responded</th>
<th>Percent (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>138</td>
<td>(100%)</td>
</tr>
<tr>
<td>Gender</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Girls</td>
<td>75</td>
<td>(54.3%)</td>
</tr>
<tr>
<td>Boys</td>
<td>63</td>
<td>(45.7%)</td>
</tr>
<tr>
<td>Race/Ethnicity</td>
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<td></td>
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<tr>
<td>American Indian or Alaska Native</td>
<td>12</td>
<td>(8.7)</td>
</tr>
<tr>
<td>Asian</td>
<td>10</td>
<td>(7.2)</td>
</tr>
<tr>
<td>Black or African-American</td>
<td>3</td>
<td>(2.2)</td>
</tr>
<tr>
<td>Hispanic</td>
<td>40</td>
<td>(29.0)</td>
</tr>
<tr>
<td>Native Hawaiian or Pacific Islander</td>
<td>3</td>
<td>(2.2)</td>
</tr>
<tr>
<td>White</td>
<td>99</td>
<td>(71.7)</td>
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Grade Level

<table>
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<tr>
<th>Grade Level</th>
<th>Number of students who responded</th>
<th>Percent (%)</th>
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</thead>
<tbody>
<tr>
<td>6th</td>
<td>0</td>
<td>(0.0%)</td>
</tr>
<tr>
<td>7th</td>
<td>76</td>
<td>(57.6%)</td>
</tr>
<tr>
<td>8th</td>
<td>61</td>
<td>(52.6%)</td>
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<tr>
<td>Ungraded or other</td>
<td>1</td>
<td>(0.9%)</td>
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</table>
## New Mexico Youth Risk and Resiliency Survey

### Risk Behaviors at a Glance

Los Alamos County and New Mexico

Middle School (Grades 7-8)

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<th>Indicator</th>
<th>Los Alamos County</th>
<th>New Mexico</th>
</tr>
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<tbody>
<tr>
<td><strong>Personal Safety</strong></td>
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<tr>
<td>Rarely or never wore a bicycle helmet (of those who rode a bicycle)</td>
<td>38.1 (26.5-51.2)</td>
<td>74.0 (68.8-78.6)</td>
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<tr>
<td>Rarely or never wore a seatbelt</td>
<td>4.0 (1.4-10.5)</td>
<td>5.7 (4.5-7.2)</td>
</tr>
<tr>
<td>Ever carried a weapon</td>
<td>45.0 (34.0-56.5)</td>
<td>32.0 (29.4-34.6)</td>
</tr>
<tr>
<td>Ever in a physical fight</td>
<td>40.4 (28.8-53.1)</td>
<td>45.8 (42.7-49.0)</td>
</tr>
<tr>
<td>Ever bullied on school property</td>
<td>45.2 (34.3-56.5)</td>
<td>46.0 (43.8-48.3)</td>
</tr>
<tr>
<td>Ever electronically bullied</td>
<td>26.4 (18.4-36.2)</td>
<td>18.6 (16.8-20.5)</td>
</tr>
<tr>
<td><strong>Mental Health</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever thought about killing self</td>
<td>23.4 (15.0-34.6)</td>
<td>20.9 (19.0-23.0)</td>
</tr>
<tr>
<td>Ever planned to kill self</td>
<td>18.1 (13.3-24.3)</td>
<td>13.6 (11.9-15.6)</td>
</tr>
<tr>
<td>Ever tried to kill self</td>
<td>9.3 (4.2-19.4)</td>
<td>7.8 (6.8-9.8)</td>
</tr>
<tr>
<td><strong>Tobacco Use</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current cigarette smoking</td>
<td>8.2 (3.9-16.2)</td>
<td>4.6 (3.8-5.7)</td>
</tr>
<tr>
<td>Current cigar use</td>
<td>3.6 (1.3-9.7)</td>
<td>4.5 (3.5-5.9)</td>
</tr>
<tr>
<td>Current spit tobacco use</td>
<td>3.0 (0.8-10.4)</td>
<td>3.0 (2.4-3.8)</td>
</tr>
<tr>
<td>Exposed to second hand cigarette smoke</td>
<td>35.3 (25.8-46.1)</td>
<td>30.7 (27.5-34.1)</td>
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<tr>
<td><strong>Alcohol Use</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever had a drink of alcohol</td>
<td>18.9 (12.4-27.6)</td>
<td>25.7 (22.4-29.2)</td>
</tr>
<tr>
<td>Current drinker</td>
<td>11.5 (6.4-19.8)</td>
<td>9.2 (7.8-11.0)</td>
</tr>
<tr>
<td>Binge drinker</td>
<td>5.7 (3.0-10.5)</td>
<td>3.9 (3.0-5.0)</td>
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<tr>
<td>First drink before age 11</td>
<td>9.0 (4.9-16.0)</td>
<td>11.9 (10.1-14.1)</td>
</tr>
<tr>
<td><strong>Drug Use</strong></td>
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<td></td>
</tr>
<tr>
<td>Ever used marijuana</td>
<td>15.4 (10.8-21.4)</td>
<td>15.7 (13.4-18.4)</td>
</tr>
<tr>
<td>Used marijuana before age 11</td>
<td>5.2 (2.1-12.3)</td>
<td>5.0 (3.9-6.5)</td>
</tr>
<tr>
<td>Current marijuana use</td>
<td>8.3 (5.5-12.2)</td>
<td>10.2 (8.6-12.2)</td>
</tr>
<tr>
<td>Ever used synthetic marijuana</td>
<td>7.5 (4.6-11.9)</td>
<td>7.3 (6.1-8.7)</td>
</tr>
<tr>
<td>Ever used cocaine</td>
<td>5.6 (3.1-9.9)</td>
<td>3.3 (2.7-4.1)</td>
</tr>
<tr>
<td>Ever used inhalants</td>
<td>9.7 (6.2-14.9)</td>
<td>9.3 (8.4-10.3)</td>
</tr>
<tr>
<td>Ever used prescription drugs without prescription</td>
<td>8.2 (5.1-13.2)</td>
<td>5.5 (4.8-6.2)</td>
</tr>
<tr>
<td>Ever used painkillers to get high</td>
<td>3.7 (1.4-9.5)</td>
<td>3.1 (2.6-3.6)</td>
</tr>
<tr>
<td>Indicator</td>
<td>Los Alamos County</td>
<td>New Mexico</td>
</tr>
<tr>
<td>-----------------------------------------------</td>
<td>-------------------</td>
<td>------------</td>
</tr>
<tr>
<td><strong>Sexual Behavior</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever had sexual intercourse</td>
<td>6.3 (2.3-16.6)</td>
<td>8.3 (6.8-10.0)</td>
</tr>
<tr>
<td>Had sexual intercourse with 3 or more people *</td>
<td>3.4 (3.0-10.5)</td>
<td>3.0 (3.0-5.0)</td>
</tr>
<tr>
<td>Used a condom *</td>
<td>43.4 (4.9-16.0)</td>
<td>58.8 (10.1-14.1)</td>
</tr>
<tr>
<td><strong>Body Weight</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Described self as overweight</td>
<td>22.1 (13.0-25.5)</td>
<td>25.3 (19.2-22.7)</td>
</tr>
<tr>
<td>Trying to lose weight</td>
<td>32.3 (17.2-33.5)</td>
<td>46.4 (21.8-26.4)</td>
</tr>
<tr>
<td>Ever fasted to lose weight</td>
<td>20.0 (78.3-92.1)</td>
<td>20.0 (78.2-80.9)</td>
</tr>
<tr>
<td>Ever vomited or used laxatives to lose weight</td>
<td>8.1 (59.0-79.8)</td>
<td>6.3 (66.7-72.4)</td>
</tr>
<tr>
<td><strong>Physical Activity and Nutrition</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No physical activity in the past week</td>
<td>8.9 (83.9-92.3)</td>
<td>13.3 (71.9-78.3)</td>
</tr>
<tr>
<td>Physically active five days per week</td>
<td>69.4 (10.8-21.4)</td>
<td>57.1 (13.4-18.4)</td>
</tr>
<tr>
<td>Daily physical activity</td>
<td>41.1 (2.1-12.3)</td>
<td>35.0 (3.9-6.5)</td>
</tr>
<tr>
<td>Three hours of TV per day</td>
<td>10.7 (5.5-12.2)</td>
<td>30.7 (8.6-12.2)</td>
</tr>
<tr>
<td>Three hours of video or computer use per day</td>
<td>26.6 (4.6-11.9)</td>
<td>33.0 (6.1-8.7)</td>
</tr>
<tr>
<td>Daily PE at school</td>
<td>68.1 (3.1-9.9)</td>
<td>35.4 (2.7-4.1)</td>
</tr>
<tr>
<td>Participates in team sports</td>
<td>66.7 (6.2-14.9)</td>
<td>63.6 (8.4-10.3)</td>
</tr>
<tr>
<td>Daily breakfast</td>
<td>47.8 (5.1-13.2)</td>
<td>43.5 (4.8-6.2)</td>
</tr>
</tbody>
</table>

* Among students who ever had sexual intercourse
New Mexico Youth Risk and Resiliency Survey

Risk Behaviors at a Glance
Los Alamos County and New Mexico
Middle School (Grades 7-8)

**Personal Safety**

- Rarely or never wore a bicycle helmet*
  - NM: 74.0%
  - Los Alamos County: 38.1%
- Rarely or never wore a seatbelt
  - NM: 5.7%
  - Los Alamos County: 4.0%
- Ever carried a weapon
  - NM: 32.0%
  - Los Alamos County: 45.0%
- Ever in a physical fight
  - NM: 45.8%
  - Los Alamos County: 40.4%
- Ever bullied on school property
  - NM: 46.0%
  - Los Alamos County: 45.2%
- Ever electronically bullied
  - NM: 18.6%
  - Los Alamos County: 26.4%

**Mental Health**

- Ever thought about killing self
  - NM: 20.9%
  - Los Alamos County: 23.4%
- Ever planned to kill self
  - NM: 13.6%
  - Los Alamos County: 18.1%
- Ever tried to kill self
  - NM: 7.8%
  - Los Alamos County: 9.3%

**Tobacco Use**

- Current cigarette smoking
  - NM: 4.6%
  - Los Alamos County: 8.2%
- Current cigar use
  - NM: 4.5%
  - Los Alamos County: 3.6%
- Current spit tobacco use
  - NM: 3.0%
  - Los Alamos County: 3.0%
- Exposed to second hand cigarette smoke
  - NM: 30.7%
  - Los Alamos County: 35.3%

*Statistically significant difference.*
New Mexico 2013 YRRS
Middle School

Risk Behaviors at a Glance
Los Alamos County and New Mexico
Middle School (Grades 7-8)

Alcohol Use
- Ever had a drink of alcohol: 25.7% (NM), 18.9% (Los Alamos County)
- Current drinker: 9.2% (NM), 11.5% (Los Alamos County)
- Binge drinker: 3.9% (NM), 5.7% (Los Alamos County)
- First drink before age 11: 11.9% (NM), 9.0% (Los Alamos County)

Drug Use
- Ever used marijuana: 15.7% (NM), 15.4% (Los Alamos County)
- Used marijuana before age 11: 5.0% (NM), 5.2% (Los Alamos County)
- Current marijuana use: 10.2% (NM), 8.3% (Los Alamos County)
- Ever used synthetic marijuana: 7.3% (NM), 7.5% (Los Alamos County)
- Ever used cocaine: 3.3% (NM), 5.6% (Los Alamos County)
- Ever used inhalants: 9.3% (NM), 9.7% (Los Alamos County)
- Ever used prescription drugs without prescription: 5.5% (NM), 8.2% (Los Alamos County)
- Ever used painkillers to get high: 3.1% (NM), 3.7% (Los Alamos County)

Sexual Behavior
- Ever had sexual intercourse: 8.3% (NM), 6.3% (Los Alamos County)
- Had sexual intercourse with 3 or more people: 3.0% (NM), 3.4% (Los Alamos County)
- Used a condom: 43.4% (NM), 58.8% (Los Alamos County)

No statistically significant differences.
New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Los Alamos County and New Mexico
Middle School (Grades 7-8)

**Body Weight**

- **Described self as overweight**
  - NM: 25.3%
  - Los Alamos County: 22.1%

- **Trying to lose weight***
  - NM: 32.3%
  - Los Alamos County: 46.4%

- **Ever fasted to lose weight**
  - NM: 20.0%
  - Los Alamos County: 20.0%

- **Ever vomited or used laxatives to lose weight**
  - NM: 6.3%
  - Los Alamos County: 8.1%

**Physical Activity and Nutrition**

- **No physical activity in the past week**
  - NM: 13.3%
  - Los Alamos County: 8.9%

- **Physically active five days per week**
  - NM: 57.1%
  - Los Alamos County: 69.4%

- **Daily physical activity**
  - NM: 35.0%
  - Los Alamos County: 41.1%

- **Three hours of TV per day***
  - NM: 30.7%
  - Los Alamos County: 10.7%

- **Three hours of video or computer use per day**
  - NM: 33.0%
  - Los Alamos County: 26.6%

- **Daily PE at school***
  - NM: 35.4%
  - Los Alamos County: 68.1%

- **Participates in team sports**
  - NM: 63.6%
  - Los Alamos County: 66.7%

- **Daily breakfast**
  - NM: 43.5%
  - Los Alamos County: 47.8%

* Statistically significant difference.
Los Alamos County
Charts

For definitions of risk behaviors, see Appendix C.
Personal Safety

Behaviors Associated with Personal Safety by Year, Los Alamos County Grades 7-8, 2009-2013

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never or rarely wore bicycle helmet</td>
<td>12.9</td>
<td>33.2</td>
<td>38.1</td>
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<tr>
<td>Never or rarely wore a seat belt</td>
<td>2.0</td>
<td>2.8</td>
<td>4.0</td>
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</table>
Personal Safety
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County
Personal Safety

Behaviors Associated with Personal Safety
by Year, Los Alamos County
Grades 7-8, 2009-2013

<table>
<thead>
<tr>
<th>Behavior</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
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</thead>
<tbody>
<tr>
<td>Ever in a physical fight</td>
<td>51.2</td>
<td>36.8</td>
<td>40.4</td>
</tr>
<tr>
<td>Ever carried a weapon</td>
<td>46.0</td>
<td>35.6</td>
<td>45.0</td>
</tr>
<tr>
<td>Ever bullied on school property</td>
<td>46.4</td>
<td>45.2</td>
<td></td>
</tr>
<tr>
<td>Ever electronically bullied</td>
<td>18.0</td>
<td></td>
<td>26.4</td>
</tr>
</tbody>
</table>
Personal Safety: Bullying
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County
Mental Health

Behaviors Associated with Mental Health by Year, Los Alamos County Grades 7-8, 2009-2013

<table>
<thead>
<tr>
<th>Year</th>
<th>Ever thought about suicide</th>
<th>Ever planned to kill self</th>
<th>Ever attempted suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>13.7</td>
<td>6.3</td>
<td>1.9</td>
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<tr>
<td>2011</td>
<td>14.5</td>
<td>9.7</td>
<td>4.5</td>
</tr>
<tr>
<td>2013</td>
<td>23.4</td>
<td>18.1</td>
<td>9.3</td>
</tr>
</tbody>
</table>
Mental Health
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County
Tobacco Use and Exposure

Tobacco Use and Exposure by Year, Los Alamos County Grades 7-8, 2009-2013

<table>
<thead>
<tr>
<th>Year</th>
<th>Ever tried cigarettes (%)</th>
<th>Current cigarette smoker (%)</th>
<th>Current cigar use (%)</th>
<th>Current spit tobacco use (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>6.4</td>
<td>2.2</td>
<td>0.0</td>
<td>2.4</td>
</tr>
<tr>
<td>2011</td>
<td>9.2</td>
<td>1.5</td>
<td>1.9</td>
<td>1.5</td>
</tr>
<tr>
<td>2013</td>
<td>21.2</td>
<td>8.2</td>
<td>3.6</td>
<td>3.0</td>
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</table>
Tobacco Use: Cigarettes
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County
Behaviors of Current Cigarette Smokers
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County

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

Alcohol Use by Year, Los Alamos County
Grades 7-8, 2009-2013

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever had a drink</td>
<td>9.1</td>
<td>14.7</td>
<td>18.9</td>
</tr>
<tr>
<td>of alcohol</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current drinker</td>
<td>5.6</td>
<td>6.3</td>
<td>11.5</td>
</tr>
<tr>
<td>Binge drinker</td>
<td>1.2</td>
<td>1.0</td>
<td>5.7</td>
</tr>
<tr>
<td>First drink before</td>
<td>5.8</td>
<td>8.0</td>
<td>9.0</td>
</tr>
<tr>
<td>age 11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever rode in a car</td>
<td>15.8</td>
<td>16.2</td>
<td>18.4</td>
</tr>
<tr>
<td>with drinking driver</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Alcohol Use
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County
Alcohol Use
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County
New Mexico 2013 YRRS
Middle School

Alcohol Use: Access and Attitudes
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County
**Drug Use: Marijuana**

**Drug Use: Marijuana Indicators**
by Year, Los Alamos County
Grades 7-8, 2009-2013

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever used marijuana</td>
<td>1.2</td>
<td>3.8</td>
<td>15.4</td>
</tr>
<tr>
<td>Tried marijuana before age 11</td>
<td>1.2</td>
<td>0.3</td>
<td>5.2</td>
</tr>
<tr>
<td>Current marijuana use</td>
<td>0.0</td>
<td>3.1</td>
<td>8.3</td>
</tr>
</tbody>
</table>
Drug Use: Marijuana
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County
Drug Use

Drug Use Indicators
by Year, Los Alamos County
Grades 7-8, 2009-2013

<table>
<thead>
<tr>
<th>Drug Use</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever used synth. marijuana</td>
<td></td>
<td></td>
<td>7.5</td>
</tr>
<tr>
<td>Ever used cocaine</td>
<td>3.3</td>
<td>1.0</td>
<td>5.6</td>
</tr>
<tr>
<td>Ever used inhalants</td>
<td>13.1</td>
<td>7.6</td>
<td>9.7</td>
</tr>
<tr>
<td>Ever used prescription drug</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>improperly</td>
<td>4.3</td>
<td>8.2</td>
<td></td>
</tr>
<tr>
<td>Ever used painkiller to get high</td>
<td>1.0</td>
<td>3.7</td>
<td></td>
</tr>
</tbody>
</table>
Drug Use: Other drugs
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County
Sexual Behavior

Sexual Behavior Indicators
by Year, Los Alamos County
Grades 7-8, 2009-2013

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever had sexual intercourse</td>
<td>2.2</td>
<td>5.2</td>
<td>6.3</td>
</tr>
<tr>
<td>Had sexual intercourse with 3 or more people</td>
<td>1.8</td>
<td>3.4</td>
<td></td>
</tr>
<tr>
<td>Used a condom *</td>
<td>56.1</td>
<td>36.6</td>
<td>43.4</td>
</tr>
</tbody>
</table>

* Of those who ever had sexual intercourse, the last time they had sexual intercourse.
Sexual Behavior
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County

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

Weight Control Indicators
by Year, Los Alamos County
Grades 7-8, 2009-2013

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trying to lose weight</td>
<td>21.0</td>
<td>29.5</td>
<td>32.3</td>
</tr>
<tr>
<td>Described self as overweight</td>
<td>12.9</td>
<td>20.2</td>
<td>22.1</td>
</tr>
<tr>
<td>Fasted to lose weight</td>
<td>9.6</td>
<td>11.9</td>
<td>20.0</td>
</tr>
<tr>
<td>Vomited or used laxatives to lose weight</td>
<td>2.5</td>
<td>2.8</td>
<td>8.1</td>
</tr>
</tbody>
</table>

* Of those who ever had sexual intercourse, the last time they had sexual intercourse.
Weight Control
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County
Physical Activity

Physical Activity Indicators by Year, Los Alamos County Grades 7-8, 2009-2013

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physically active</td>
<td>67.7</td>
<td>72.7</td>
<td>69.4</td>
</tr>
<tr>
<td>five days per week</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daily physical activity</td>
<td>40.7</td>
<td>41.1</td>
<td></td>
</tr>
<tr>
<td>No physical activity in the past week</td>
<td>3.3</td>
<td>5.3</td>
<td>8.9</td>
</tr>
</tbody>
</table>
Physical Activity
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County

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

Physical Activity Indicators
by Year, Los Alamos County
Grades 7-8, 2009-2013

<table>
<thead>
<tr>
<th>Year</th>
<th>Three hours of TV per day (%)</th>
<th>Three hours of video or computer use per day (%)</th>
<th>Daily PE at school (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>10.7</td>
<td>8.9</td>
<td>0.0</td>
</tr>
<tr>
<td>2011</td>
<td>13.8</td>
<td>14.2</td>
<td>48.5</td>
</tr>
<tr>
<td>2013</td>
<td>10.7</td>
<td>26.6</td>
<td>68.1</td>
</tr>
</tbody>
</table>
Physical Activity
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County
Other Health-Related Topics
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County
Resiliency/Protective Factors
New Mexico 2013 YRRS
Middle School

Resiliency/Protective Factors: In the home
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County

A parent or guardian is interested in my school work
A parent or guardian knows where I am and who I am with when I am not home

Percent (%)

Female
Male
Resiliency/Protective Factors: In the school
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County
Resiliency/Protective Factors: In the community and with peers
New Mexico and Los Alamos County
Grades 7-8, 2013

By Gender, Los Alamos County

By Grade, Los Alamos County
Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors
Got mostly A's in school
by Selected Resiliency Factors
Los Alamos County
Grades 7-8, 2013

How to read this chart:
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 59.0% got mostly A's in school
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 44.6% got mostly A's in school
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 23.2% got mostly A's in school
Ever thought about killing self
by Selected Resiliency Factors
Los Alamos County
Grades 7-8, 2013

How to read this chart:
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 19.5% ever seriously thought about killing themselves.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 26.5% ever seriously thought about killing themselves.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 76.8% ever seriously thought about killing themselves.
Ever attempted to kill self
by Selected Resiliency Factors
Los Alamos County
Grades 7-8 2013

How to read this chart:
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 6.4% ever attempted to kill themselves.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 9.0% ever attempted to kill themselves.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 61.2% ever attempted to kill themselves.
**Ever tried cigarettes**
by Selected Resiliency Factors
Los Alamos County
Grades 7-8, 2013

**How to read this chart:**
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 14.5% ever tried smoking a cigarette.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 32.2% ever tried smoking a cigarette.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 63.8% ever tried smoking a cigarette.
Ever had a drink of alcohol
by Selected Resiliency Factors
Los Alamos County
Grades 7-8, 2013

How to read this chart:
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 8.8% ever had a drink of alcohol.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 36.1% ever had a drink of alcohol.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 76.8% ever had a drink of alcohol.
Current drinking
by Selected Resiliency Factors
Los Alamos County
Grades 7-8, 2013

How to read this chart:
- Of those who said it was ‘Very much true’ that a parent or other adult was interested in their school work, 7.6% engaged in current drinking.
- Of those who said it was ‘A little or pretty much true’ that a parent or other adult was interested in their school work, 16.2% engaged in current drinking.
- Of those who said it was ‘Not true at all’ that a parent or other adult was interested in their school work, 48.2% engaged in current drinking.
Ever used marijuana
by Selected Resiliency Factors
Los Alamos County
Grades 7-8, 2013

How to read this chart:
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 9.8% ever used marijuana.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 25.4% ever used marijuana.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 48.2% ever used marijuana.
### Ever used synthetic marijuana
by Selected Resiliency Factors
Los Alamos County
Grades 7-8, 2013

<table>
<thead>
<tr>
<th>Question</th>
<th>Very much true</th>
<th>A little or pretty much true</th>
<th>Not true at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>In my home, there is a parent or some other adult who is interested in my school work</td>
<td>3.4</td>
<td>9.4</td>
<td>63.8</td>
</tr>
<tr>
<td>When I am not at home, one of my parents or guardians knows where I am and who I am with</td>
<td>1.2</td>
<td>13.6</td>
<td>100.0</td>
</tr>
<tr>
<td>In my school, there are clear rules about what students can and cannot do</td>
<td>3.1</td>
<td>8.8</td>
<td>58.5</td>
</tr>
<tr>
<td>Outside of my home and school, there is an adult who really cares about me</td>
<td>5.8</td>
<td>3.6</td>
<td>35.1</td>
</tr>
<tr>
<td>I have a friend about my own age who really cares about me</td>
<td>9.0</td>
<td>4.6</td>
<td>12.3</td>
</tr>
<tr>
<td>Outside of my home and school, I am a part of clubs, sports teams, church, temple, or other group</td>
<td>3.4</td>
<td>6.1</td>
<td>24.8</td>
</tr>
</tbody>
</table>

**How to read this chart:**
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 3.4% ever used synthetic marijuana.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 9.4% ever used synthetic marijuana.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 63.8% ever used synthetic marijuana.
**Ever had sexual intercourse**
by Selected Resiliency Factors
Los Alamos County
Grades 7-8, 2013

**How to read this chart:**
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 4.1% ever had sexual intercourse.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 7.2% ever had sexual intercourse.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 39.5% ever had sexual intercourse.
Physically active five days per week
by Selected Resiliency Factors
Los Alamos County
Grades 7-8, 2013

How to read this chart:
- Of those who said it was ‘Very much true’ that a parent or other adult was interested in their school work, 73.6% were physically active on at least five days per week.
- Of those who said it was ‘A little or pretty much true’ that a parent or other adult was interested in their school work, 60.4% were physically active on at least five days per week.
- Of those who said it was ‘Not true at all’ that a parent or other adult was interested in their school work, 51.8% were physically active on at least five days per week.
Appendix A
Questionnaire with Results
2013 Middle School Questionnaire
NM YRRS
Los Alamos County

1. How old are you?
   A. 10 years old or younger  1  0.7%
   B. 11 years old           1  0.7%
   C. 12 years old           54 39.1%
   D. 13 years old           68 49.3%
   E. 14 years old           14 10.1%
   F. 15 years old           0  0.0%
   G. 16 years old or older  0  0.0%

2. What is your sex?
   A. Female               75 54.3%
   B. Male                 63 45.7%

3. In what grade are you?
   A. 6th grade             0  0.0%
   B. 7th grade             76 57.6%
   C. 8th grade             61 52.6%
   D. Ungraded or other grade 1  0.9%

4. Are you Hispanic or Latino?
   A. Yes              40 30.3%
   B. No               92 69.7%

5. What is your race? (Select one or more responses.)
   A. American Indian or Alaska Native  12 10.3%
   B. Asian                      10  8.6%
   C. Black or African American   3  2.6%
   D. Native Hawaiian or Other Pacific Islander 3  2.6%
   E. White                99 85.3%
6. During the past 12 months, how would you describe your grades in school?

<table>
<thead>
<tr>
<th>Grade Description</th>
<th>Weighted Percent (%)</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mostly A’s</td>
<td>51.9</td>
<td>(39.4-64.0)</td>
</tr>
<tr>
<td>Mostly B’s</td>
<td>29.2</td>
<td>(21.5-38.2)</td>
</tr>
<tr>
<td>Mostly C’s</td>
<td>8.6</td>
<td>(6.0-12.2)</td>
</tr>
<tr>
<td>Mostly D’s</td>
<td>3.5</td>
<td>(1.5-8.0)</td>
</tr>
<tr>
<td>Mostly F’s</td>
<td>2.8</td>
<td>(0.7-10.7)</td>
</tr>
<tr>
<td>None of these grades</td>
<td>0.0</td>
<td>(.-.)</td>
</tr>
<tr>
<td>Not sure</td>
<td>4.0</td>
<td>(2.5-6.5)</td>
</tr>
</tbody>
</table>

7. Which one of these groups best describes you?

<table>
<thead>
<tr>
<th>Group Description</th>
<th>Weighted Percent (%)</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Indian or Alaska Native</td>
<td>3.5</td>
<td>(1.8-6.8)</td>
</tr>
<tr>
<td>Asian</td>
<td>5.0</td>
<td>(2.6-9.5)</td>
</tr>
<tr>
<td>Black or African American</td>
<td>2.8</td>
<td>(0.7-10.6)</td>
</tr>
<tr>
<td>Hispanic or Latino</td>
<td>22.9</td>
<td>(15.6-32.3)</td>
</tr>
<tr>
<td>Native Hawaiian or Other Pacific Islander</td>
<td>0.7</td>
<td>(0.1-5.2)</td>
</tr>
<tr>
<td>White</td>
<td>65.0</td>
<td>(54.5-74.2)</td>
</tr>
</tbody>
</table>

**Personal Safety**

The next 3 questions ask about personal safety.

8. When you ride a bicycle, how often do you wear a helmet?

<table>
<thead>
<tr>
<th>Frequency Description</th>
<th>Weighted Percent (%)</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>I do not ride a bicycle</td>
<td>14.1</td>
<td>(8.3-23.0)</td>
</tr>
<tr>
<td>Never wear a helmet</td>
<td>20.4</td>
<td>(15.4-26.6)</td>
</tr>
<tr>
<td>Rarely wear a helmet</td>
<td>12.3</td>
<td>(7.1-20.6)</td>
</tr>
<tr>
<td>Sometimes wear a helmet</td>
<td>6.3</td>
<td>(3.6-10.7)</td>
</tr>
<tr>
<td>Most of the time wear a helmet</td>
<td>20.2</td>
<td>(16.3-24.9)</td>
</tr>
<tr>
<td>Always wear a helmet</td>
<td>26.7</td>
<td>(18.6-36.6)</td>
</tr>
</tbody>
</table>

9. How often do you wear a seat belt when riding in a car?

<table>
<thead>
<tr>
<th>Frequency Description</th>
<th>Weighted Percent (%)</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>1.0</td>
<td>(0.2-6.2)</td>
</tr>
<tr>
<td>Rarely</td>
<td>3.0</td>
<td>(1.1-7.6)</td>
</tr>
<tr>
<td>Sometimes</td>
<td>4.3</td>
<td>(1.3-12.9)</td>
</tr>
<tr>
<td>Most of the time</td>
<td>28.8</td>
<td>(19.8-39.7)</td>
</tr>
<tr>
<td>Always</td>
<td>63.0</td>
<td>(50.3-74.1)</td>
</tr>
</tbody>
</table>
10. Have you ever ridden in a car driven by someone who had been drinking alcohol?
   A. Yes 18.4 (13.0-25.5)
   B. No 65.2 (58.4-71.3)
   C. Not sure 16.4 (12.7-21.0)

**Violence-Related Behaviors**

The next 2 questions ask about violence-related behaviors.

11. Have you ever carried a weapon, such as a gun, knife, or club?
   A. Yes 45.0 (34.0-56.5)
   B. No 55.0 (43.5-66.0)

12. Have you ever been in a physical fight?
   A. Yes 40.4 (28.8-53.1)
   B. No 59.6 (46.9-71.2)

**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.

13. Have you ever been bullied on school property?
   A. Yes 45.2 (34.3-56.5)
   B. No 54.8 (43.5-65.7)

14. Have you ever been electronically bullied? (Count being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)
   A. Yes 26.4 (18.4-36.2)
   B. No 73.6 (63.8-81.6)

**Sadness and Attempted Suicide**

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

15 Have you ever seriously thought about killing yourself?
   A. Yes 23.4 (15.0-34.6)
   B. No 76.6 (65.4-85.0)
16. Have you ever made a plan about how you would kill yourself?
   A. Yes 18.1 (13.3-24.3)
   B. No 81.9 (75.7-86.7)

17. Have you ever tried to kill yourself?
   A. Yes 9.3 (4.2-19.4)
   B. No 90.7 (80.6-95.8)

**Tobacco Use**
The next 17 questions ask about tobacco use.

18. Have you ever tried cigarette smoking, even one or two puffs?
   A. Yes 21.2 (15.6-28.1)
   B. No 78.8 (71.9-84.4)

19. How old were you when you smoked a whole cigarette for the first time?
   A. I have never smoked a whole cigarette 82.3 (71.8-89.5)
   B. 8 years old or younger 2.8 (1.1-7.0)
   C. 9 years old 3.0 (0.6-14.1)
   D. 10 years old 1.7 (0.2-11.2)
   E. 11 years old 1.8 (0.5-5.6)
   F. 12 years old 2.1 (0.9-4.8)
   G. 13 years old or older 6.3 (2.4-15.6)

20. About how many cigarettes have you smoked in your entire life?
   B. 1 or more puffs but never a whole cigarette 79.7 (72.7-85.3)
   C. 1 cigarette 4.9 (2.5-9.2)
   D. 2 to 5 cigarettes 2.5 (0.6-9.9)
   E. 6 to 15 cigarettes (about ½ a pack total) 5.6 (2.5-12.3)
   F. 16 to 25 cigarettes (about 1 pack total) 2.0 (0.8-5.1)
   G. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs) 1.0 (0.1-6.4)
   H. 100 or more cigarettes (5 or more packs) 1.3 (0.2-8.5)
   A. 0 cigarettes 3.0 (0.8-11.0)

21. During the past 30 days, on how many days did you smoke cigarettes?
   A. 0 days 91.8 (83.8-96.1)
   B. 1 or 2 days 1.7 (0.3-10.3)
   C. 3 to 5 days 0.7 (0.1-5.1)
   D. 6 to 9 days 0.7 (0.1-4.0)
   E. 10 to 19 days 3.4 (1.3-8.7)
   F. 20 to 29 days 0.0 (.-.)
   G. All 30 days 1.7 (0.5-5.9)
22. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

<table>
<thead>
<tr>
<th>Response</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Yes</td>
<td>4.5</td>
<td>1.7-11.7</td>
</tr>
<tr>
<td>B. No</td>
<td>95.5</td>
<td>88.3-98.3</td>
</tr>
</tbody>
</table>

23. During the past 30 days, on how many days did you smoke cigarettes on school property?

<table>
<thead>
<tr>
<th>Response</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0 days</td>
<td>98.0</td>
<td>93.0-99.5</td>
</tr>
<tr>
<td>B. 1 or 2 days</td>
<td>0.7</td>
<td>0.1-4.2</td>
</tr>
<tr>
<td>C. 3 to 5 days</td>
<td>0.7</td>
<td>0.1-4.4</td>
</tr>
<tr>
<td>D. 6 to 9 days</td>
<td>0.7</td>
<td>0.1-4.4</td>
</tr>
<tr>
<td>E. 10 to 19 days</td>
<td>0.0</td>
<td>(-)</td>
</tr>
<tr>
<td>F. 20 to 29 days</td>
<td>0.0</td>
<td>(-)</td>
</tr>
<tr>
<td>G. All 30 days</td>
<td>0.0</td>
<td>(-)</td>
</tr>
</tbody>
</table>

24. During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)

<table>
<thead>
<tr>
<th>Response</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. I did not smoke cigarettes during the past 30 days</td>
<td>91.6</td>
<td>83.1-96.1</td>
</tr>
<tr>
<td>B. I bought them in a store such as a convenience store, supermarket,</td>
<td>0.0</td>
<td>(-)</td>
</tr>
<tr>
<td>discount store, or gas station</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C. I bought them from a vending machine</td>
<td>0.0</td>
<td>(-)</td>
</tr>
<tr>
<td>D. I gave someone else money to buy them for me</td>
<td>2.8</td>
<td>0.7-10.7</td>
</tr>
<tr>
<td>E. I borrowed (or bummed) them from someone else</td>
<td>1.8</td>
<td>0.4-7.3</td>
</tr>
<tr>
<td>F. A person 18 years old or older gave them to me</td>
<td>0.7</td>
<td>0.1-4.5</td>
</tr>
<tr>
<td>G. I took them from a store or family member</td>
<td>1.7</td>
<td>0.5-6.2</td>
</tr>
<tr>
<td>H. I got them some other way</td>
<td>1.4</td>
<td>0.4-4.2</td>
</tr>
</tbody>
</table>

25. During the past 30 days, what brand of cigarettes did you usually smoke? (Select only one response.)

<table>
<thead>
<tr>
<th>Response</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. I did not smoke cigarettes</td>
<td>88.1</td>
<td>81.8-92.5</td>
</tr>
<tr>
<td>during the past 30 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B. I do not have a usual</td>
<td>4.2</td>
<td>1.8-9.4</td>
</tr>
<tr>
<td>brand</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C. Camel</td>
<td>1.3</td>
<td>0.4-4.5</td>
</tr>
<tr>
<td>D. Marlboro</td>
<td>4.6</td>
<td>1.5-12.9</td>
</tr>
<tr>
<td>E. Newport</td>
<td>0.0</td>
<td>(-)</td>
</tr>
<tr>
<td>F. Virginia Slims</td>
<td>0.0</td>
<td>(-)</td>
</tr>
<tr>
<td>G. GPS, Basic, or Doral</td>
<td>0.0</td>
<td>(-)</td>
</tr>
<tr>
<td>H. Some other brand</td>
<td>1.7</td>
<td>0.4-7.2</td>
</tr>
</tbody>
</table>
26. During the past 30 days, how many times have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?
   - A. 0 times
     - B. 1 to 3 times during the past 30 days
     - C. 1 to 3 times during the past week
     - D. Daily or almost daily
     - E. More than once a day

   **Results:**
   - A: 36.9 (26.6-48.7)
   - B: 36.2 (24.6-49.6)
   - C: 17.1 (10.4-26.9)
   - D: 5.7 (2.0-15.1)
   - E: 4.0 (1.3-11.5)

27. During the past 12 months, did you ever try to quit smoking cigarettes?
   - A. I did not smoke during the past 12 months
   - B. Yes
   - C. No

   **Results:**
   - A: 85.7 (78.3-90.8)
   - B: 6.9 (2.4-18.1)
   - C: 7.4 (4.1-13.1)

28. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?
   - A. 0 days
   - B. 1 or 2 days
   - C. 3 to 5 days
   - D. 6 to 9 days
   - E. 10 to 19 days
   - F. 20 to 29 days
   - G. All 30 days

   **Results:**
   - A: 96.4 (90.3-98.7)
   - B: 0.6 (0.1-3.7)
   - C: 0.7 (0.1-4.4)
   - D: 0.0 (.-.)
   - E: 0.7 (0.1-4.4)
   - F: 0.7 (0.1-5.0)
   - G: 1.0 (0.2-6.5)

29. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
   - A. 0 days
   - B. 1 or 2 days
   - C. 3 to 5 days
   - D. 6 to 9 days
   - E. 10 to 19 days
   - F. 20 to 29 days
   - G. All 30 days

   **Results:**
   - A: 97.0 (89.6-99.2)
   - B: 0.0 (.-.)
   - C: 0.7 (0.1-4.4)
   - D: 0.7 (0.1-4.4)
   - E: 0.0 (.-.)
   - F: 0.7 (0.1-4.4)
   - G: 1.0 (0.2-6.4)

30. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?
   - A. 0 days
   - B. 1 or 2 days
   - C. 3 or 4 days
   - D. 5 or 6 days
   - E. 7 days

   **Results:**
   - A: 64.7 (53.9-74.2)
   - B: 20.0 (16.9-23.4)
   - C: 5.0 (1.8-13.2)
   - D: 2.8 (1.3-6.3)
   - E: 7.5 (3.7-14.6)
31. Do you think smoke from other people’s cigarettes is harmful to you?
   A. Definitely yes 54.6 (44.8-64.1)
   B. Probably yes 34.8 (27.6-42.8)
   C. Probably not 6.9 (3.5-13.0)
   D. Definitely not 3.7 (2.0-6.8)

32. Do you think that you will try smoking a cigarette soon?
   A. I have already tried smoking cigarettes 14.5 (9.5-21.3)
   B. Yes 4.2 (2.2-7.9)
   C. No 81.3 (75.2-86.2)

33. Do you think you will smoke a cigarette at anytime during the next year?
   A. Definitely yes 5.7 (2.6-12.0)
   B. Probably yes 4.4 (2.1-8.9)
   C. Probably not 11.3 (7.2-17.3)
   D. Definitely not 78.6 (70.5-85.0)

34. If one of your best friends offered you a cigarette, would you smoke it?
   A. Definitely yes 3.0 (1.1-7.6)
   B. Probably yes 6.1 (3.1-11.6)
   C. Probably not 14.3 (7.1-26.6)
   D. Definitely not 76.6 (63.4-86.1)

**Alcohol**

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

35. Have you ever had a drink of alcohol, other than a few sips?
   A. Yes 18.9 (12.4-27.6)
   B. No 81.1 (72.4-87.6)

36. How old were you when you had your first drink of alcohol other than a few sips?
   A. I have never had a drink of alcohol other than a few sips 80.4 (70.9-87.4)
   B. 8 years old or younger 5.8 (3.1-10.6)
   C. 9 years old 1.3 (0.2-8.3)
   D. 10 years old 1.9 (0.4-8.2)
   E. 11 years old 1.8 (0.4-7.3)
   F. 12 years old 3.6 (1.4-9.1)
   G. 13 years old or older 5.2 (2.4-10.8)
37. During the past 30 days, on how many days did you have at least one drink of alcohol?

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0 days</td>
<td>88.5</td>
<td>(80.2-93.6)</td>
</tr>
<tr>
<td>B. 1 or 2 days</td>
<td>6.4</td>
<td>(3.4-12.0)</td>
</tr>
<tr>
<td>C. 3 to 5 days</td>
<td>1.7</td>
<td>(0.4-7.0)</td>
</tr>
<tr>
<td>D. 6 to 9 days</td>
<td>0.7</td>
<td>(0.1-5.0)</td>
</tr>
<tr>
<td>E. 10 to 19 days</td>
<td>1.7</td>
<td>(0.5-5.6)</td>
</tr>
<tr>
<td>F. 20 to 29 days</td>
<td>0.0</td>
<td>(.-.)</td>
</tr>
<tr>
<td>G. All 30 days</td>
<td>1.0</td>
<td>(0.2-6.4)</td>
</tr>
</tbody>
</table>

38. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0 days</td>
<td>94.3</td>
<td>(89.5-97.0)</td>
</tr>
<tr>
<td>B. 1 day</td>
<td>2.4</td>
<td>(1.0-5.4)</td>
</tr>
<tr>
<td>C. 2 days</td>
<td>1.7</td>
<td>(0.4-6.7)</td>
</tr>
<tr>
<td>D. 3 to 5 days</td>
<td>0.0</td>
<td>(.-.)</td>
</tr>
<tr>
<td>E. 6 to 9 days</td>
<td>0.0</td>
<td>(.-.)</td>
</tr>
<tr>
<td>F. 10 to 19 days</td>
<td>0.0</td>
<td>(.-.)</td>
</tr>
<tr>
<td>G. 20 or more days</td>
<td>1.7</td>
<td>(0.5-5.5)</td>
</tr>
</tbody>
</table>

39. If you wanted to get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get?

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Very hard</td>
<td>48.6</td>
<td>(41.7-55.5)</td>
</tr>
<tr>
<td>B. Sort of hard</td>
<td>27.0</td>
<td>(20.1-35.2)</td>
</tr>
<tr>
<td>C. Sort of easy</td>
<td>14.8</td>
<td>(8.3-25.1)</td>
</tr>
<tr>
<td>D. Very easy</td>
<td>9.6</td>
<td>(6.1-14.8)</td>
</tr>
</tbody>
</table>

40. How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Very wrong</td>
<td>86.6</td>
<td>(78.3-92.1)</td>
</tr>
<tr>
<td>B. Wrong</td>
<td>9.6</td>
<td>(4.5-19.5)</td>
</tr>
<tr>
<td>C. A little bit wrong</td>
<td>2.1</td>
<td>(0.8-5.5)</td>
</tr>
<tr>
<td>D. Not wrong at all</td>
<td>1.7</td>
<td>(0.5-5.6)</td>
</tr>
</tbody>
</table>

41. How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Very wrong</td>
<td>70.4</td>
<td>(59.0-79.8)</td>
</tr>
<tr>
<td>B. Wrong</td>
<td>20.8</td>
<td>(13.5-30.7)</td>
</tr>
<tr>
<td>C. A little bit wrong</td>
<td>7.2</td>
<td>(3.8-13.3)</td>
</tr>
<tr>
<td>D. Not wrong at all</td>
<td>1.6</td>
<td>(0.5-5.0)</td>
</tr>
</tbody>
</table>
42. How much do you think people risk harming themselves (physically or in other ways) if they have one or two drinks of beer, wine, or hard liquor nearly every day?
   A. No risk 1.0 (0.2-6.2)
   B. Slight risk 10.2 (7.2-14.2)
   C. Moderate risk 33.8 (25.6-43.1)
   D. Great risk 55.0 (43.0-66.5)

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

43. Have you ever used marijuana?
   A. Yes 15.4 (10.8-21.4)
   B. No 84.6 (78.6-89.2)

44. How old were you when you tried marijuana for the first time?
   A. I have never tried marijuana 84.5 (78.3-89.2)
   B. 8 years old or younger 1.8 (0.5-6.1)
   C. 9 years old 2.8 (0.5-13.5)
   D. 10 years old 0.6 (0.1-4.3)
   E. 11 years old 1.3 (0.2-7.5)
   F. 12 years old 5.7 (2.9-10.8)
   G. 13 years old or older 3.3 (1.5-7.0)

45. During the past 30 days, how many times did you use marijuana?
   A. 0 times 91.7 (87.8-94.5)
   B. 1 or 2 times 2.4 (0.7-8.2)
   C. 3 to 9 times 1.5 (0.2-10.3)
   D. 10 to 19 times 3.3 (1.3-8.6)
   E. 20 to 39 times 0.0 (.-.)
   F. 40 or more times 1.0 (0.2-6.4)

46. Have you ever used “synthetic marijuana” (also called “K2” or “Spice")?
   A. Yes 7.5 (4.6-11.9)
   B. No 92.5 (88.1-95.4)

47. Have you ever used any form of cocaine, including powder, crack, or freebase?
   A. Yes 5.6 (3.1-9.9)
   B. No 94.4 (90.1-96.9)
48. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?
   A. Yes 9.7 (6.2-14.9)
   B. No 90.3 (85.1-93.8)

49. Have you ever taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor’s prescription?
   A. Yes 8.2 (5.1-13.2)
   B. No 91.8 (86.8-94.9)

50. Have you ever used a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?
   A. Yes 3.7 (1.4-9.5)
   B. No 96.3 (90.5-98.6)

51. Have you ever used a needle to inject any illegal drug into your body?
   A. Yes 1.0 (0.2-6.4)
   B. No 99.0 (93.6-99.8)

**Sexual Behavior**

The next 4 questions ask about sexual intercourse.

52. Have you ever had sexual intercourse?
   A. Yes 6.3 (2.3-16.6)
   B. No 93.7 (83.4-97.7)

53. How old were you when you had sexual intercourse for the first time?
   A. I have never had sexual intercourse 94.6 (86.2-98.0)
   B. 8 years old or younger 1.0 (0.2-6.7)
   C. 9 years old 1.2 (0.2-9.1)
   D. 10 years old 1.0 (0.2-6.7)
   E. 11 years old 0.0 (.--)
   F. 12 years old 0.0 (.--)
   G. 13 years old or older 2.0 (0.3-13.2)

54. With how many people have you ever had sexual intercourse?
   A. I have never had sexual intercourse 93.7 (83.4-97.7)
   B. 1 person 2.2 (0.6-8.2)
   C. 2 people 0.7 (0.1-4.6)
   D. 3 people 0.0 (.--)
   E. 4 people 1.4 (0.2-9.0)
   F. 5 people 1.0 (0.2-6.5)
   G. 6 or more people 1.0 (0.2-6.5)
55. The last time you had sexual intercourse, did you or your partner use a condom?
   A. I have never had sexual intercourse  
   B. Yes  
   C. No  

<table>
<thead>
<tr>
<th>Response</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. I have never had sexual</td>
<td>93.7%</td>
<td>83.4-97.7</td>
</tr>
<tr>
<td>intercourse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B. Yes</td>
<td>2.8%</td>
<td>0.7-10.6</td>
</tr>
<tr>
<td>C. No</td>
<td>3.6%</td>
<td>1.3-9.4</td>
</tr>
</tbody>
</table>

**Body Weight**

The next 4 questions ask about body weight.

56. How do you describe your weight?
   A. Very underweight  
   B. Slightly underweight  
   C. About the right weight  
   D. Slightly overweight  
   E. Very overweight  

<table>
<thead>
<tr>
<th>Description</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Very underweight</td>
<td>1.4%</td>
<td>0.4-4.5</td>
</tr>
<tr>
<td>B. Slightly underweight</td>
<td>26.8%</td>
<td>21.2-33.3</td>
</tr>
<tr>
<td>C. About the right weight</td>
<td>49.7%</td>
<td>40.7-58.7</td>
</tr>
<tr>
<td>D. Slightly overweight</td>
<td>20.9%</td>
<td>16.5-26.0</td>
</tr>
<tr>
<td>E. Very overweight</td>
<td>1.2%</td>
<td>0.3-4.3</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Description</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Lose weight</td>
<td>32.3%</td>
<td>26.8-38.4</td>
</tr>
<tr>
<td>B. Gain weight</td>
<td>10.9%</td>
<td>7.6-15.5</td>
</tr>
<tr>
<td>C. Stay the same weight</td>
<td>30.1%</td>
<td>24.5-36.3</td>
</tr>
<tr>
<td>D. I am not trying to do</td>
<td>26.7%</td>
<td>20.4-34.0</td>
</tr>
<tr>
<td>anything about my weight</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Response</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Yes</td>
<td>20.0%</td>
<td>11.7-32.1</td>
</tr>
<tr>
<td>B. No</td>
<td>80.0%</td>
<td>67.9-88.3</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Response</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Yes</td>
<td>8.1%</td>
<td>4.8-13.4</td>
</tr>
<tr>
<td>B. No</td>
<td>91.9%</td>
<td>86.6-95.2</td>
</tr>
</tbody>
</table>
Breakfast
The next question asks about eating breakfast.

60. During the past 7 days, on how many days did you eat breakfast?
   A. 0 days                          12.1  (8.7-16.5)
   B. 1 day                           4.6   (2.2-9.4)
   C. 2 days                          9.0   (4.6-17.0)
   D. 3 days                          5.3   (3.0-9.3)
   E. 4 days                          5.0   (2.9-8.5)
   F. 5 days                          8.4   (4.7-14.6)
   G. 6 days                          7.8   (4.4-13.5)
   H. 7 days                          47.8  (35.9-59.9)

Physical Activity
The next 5 questions ask about physical activity.

61. During the past 7 days, on how many days were you physically active for a total of
at least 60 minutes per day? (Add up all the time you spent in any kind of physical
activity that increased your heart rate and made you breathe hard some of the time.)
   A. 0 days                           8.9   (4.6-16.5)
   B. 1 day                            2.1   (0.5-7.9)
   C. 2 days                           4.6   (2.6-8.0)
   D. 3 days                           4.9   (2.3-10.3)
   E. 4 days                           10.1  (6.6-15.3)
   F. 5 days                           19.7  (13.9-27.0)
   G. 6 days                           8.7   (2.8-23.6)
   H. 7 days                           41.1  (31.8-51.0)

62. On an average school day, how many hours do you watch TV?
   A. I do not watch TV on an average school day 23.7  (16.9-32.3)
   B. Less than 1 hour per day             28.9  (20.4-39.1)
   C. 1 hour per day                      19.3  (14.0-25.9)
   D. 2 hours per day                     17.4  (9.8-29.0)
   E. 3 hours per day                     4.7   (1.3-15.4)
   F. 4 hours per day                     3.3   (1.6-6.9)
   G. 5 or more hours per day             2.7   (0.7-10.6)
63. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)

<table>
<thead>
<tr>
<th>Hours per Day</th>
<th>Percentage</th>
<th>Lower Limit</th>
<th>Upper Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. I do not play video or computer games or use a computer for something that is not school work</td>
<td>14.6</td>
<td>8.5-24.0</td>
<td></td>
</tr>
<tr>
<td>B. Less than 1 hour per day</td>
<td>29.0</td>
<td>18.0-43.2</td>
<td></td>
</tr>
<tr>
<td>C. 1 hour per day</td>
<td>11.3</td>
<td>8.1-15.5</td>
<td></td>
</tr>
<tr>
<td>D. 2 hours per day</td>
<td>18.5</td>
<td>12.8-26.0</td>
<td></td>
</tr>
<tr>
<td>E. 3 hours per day</td>
<td>11.3</td>
<td>7.5-16.5</td>
<td></td>
</tr>
<tr>
<td>F. 4 hours per day</td>
<td>8.0</td>
<td>3.7-16.6</td>
<td></td>
</tr>
<tr>
<td>G. 5 or more hours per day</td>
<td>7.3</td>
<td>3.3-15.5</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Days</th>
<th>Percentage</th>
<th>Lower Limit</th>
<th>Upper Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0 days</td>
<td>28.9</td>
<td>25.5-32.5</td>
<td></td>
</tr>
<tr>
<td>B. 1 day</td>
<td>0.0</td>
<td>.-</td>
<td>.-</td>
</tr>
<tr>
<td>C. 2 days</td>
<td>0.0</td>
<td>.-</td>
<td>.-</td>
</tr>
<tr>
<td>D. 3 days</td>
<td>0.0</td>
<td>.-</td>
<td>.-</td>
</tr>
<tr>
<td>E. 4 days</td>
<td>3.0</td>
<td>1.7-5.3</td>
<td></td>
</tr>
<tr>
<td>F. 5 days</td>
<td>68.1</td>
<td>64.4-71.6</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Teams</th>
<th>Percentage</th>
<th>Lower Limit</th>
<th>Upper Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0 teams</td>
<td>33.3</td>
<td>22.9-45.6</td>
<td></td>
</tr>
<tr>
<td>B. 1 team</td>
<td>25.2</td>
<td>17.7-34.5</td>
<td></td>
</tr>
<tr>
<td>C. 2 teams</td>
<td>23.4</td>
<td>17.2-30.9</td>
<td></td>
</tr>
<tr>
<td>D. 3 or more teams</td>
<td>18.1</td>
<td>11.4-27.6</td>
<td></td>
</tr>
</tbody>
</table>
Health-Related Topics
The next 3 questions ask about other health-related topics.

66. Have you ever been taught about AIDS or HIV infection in school?
   A. Yes 82.2 (80.6-83.7)
   B. No 12.3 (9.7-15.5)
   C. Not sure 5.5 (2.8-10.7)

67. Has a doctor or nurse ever told you that you have asthma?
   A. Yes 25.7 (19.6-33.0)
   B. No 67.8 (60.7-74.2)
   C. Not sure 6.4 (3.3-12.1)

68. Do you have enough food to eat, sometimes not enough to eat, or often not enough to eat?
   A. Enough food to eat 72.3 (65.0-78.6)
   B. Sometimes not enough to eat 25.5 (19.4-32.7)
   C. Often not enough to eat 2.2 (0.8-5.7)

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

69. My friends get into a lot of trouble.
   A. Not true at all 39.1 (31.6-47.2)
   B. A little true 48.9 (40.4-57.4)
   C. Pretty much true 7.9 (3.6-16.5)
   D. Very much true 4.1 (2.4-6.9)

70. I have a friend about my own age who really cares about me.
   A. Not true at all 8.4 (4.0-16.7)
   B. A little true 11.2 (6.1-19.4)
   C. Pretty much true 24.6 (15.1-37.4)
   D. Very much true 55.8 (45.5-65.7)

71. Outside of my home and school, there is an adult who really cares about me.
   A. Not true at all 7.6 (3.7-14.9)
   B. A little true 1.2 (0.1-9.0)
   C. Pretty much true 15.5 (10.2-22.8)
   D. Very much true 75.8 (64.7-84.2)
72. In my home, there is a parent or some other adult who is interested in my school work.
   A. Not true at all 4.3 (2.2-8.1)
   B. A little true 6.1 (3.8-9.5)
   C. Pretty much true 21.3 (15.3-28.7)
   D. Very much true 68.4 (61.1-74.8)

73. In my school, there are clear rules about what students can and cannot do.
   A. Not true at all 4.0 (1.6-10.0)
   B. A little true 9.5 (5.3-16.5)
   C. Pretty much true 31.5 (26.8-36.7)
   D. Very much true 54.9 (47.3-62.3)

74. When I am not at home, one of my parents/guardians knows where I am and who I am with.
   A. Not true at all 1.0 (0.2-6.7)
   B. A little true 9.4 (6.0-14.5)
   C. Pretty much true 35.2 (26.5-44.9)
   D. Very much true 54.4 (47.3-61.3)

75. Outside of my home and school, I am a part of clubs, sports teams, church/temple, or other group activities.
   A. Not true at all 16.6 (10.5-25.3)
   B. A little true 7.8 (5.1-11.8)
   C. Pretty much true 19.9 (14.0-27.6)
   D. Very much true 55.6 (42.3-68.1)
Appendix B
About this Report
Appendix B: About this Report

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

www.YouthRisk.org, and

nmhealth.org/go/youth.

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

Using the Report

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

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

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

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

The bar charts in this report present the percentage of students who reported engaging in any given risk behavior or who reported having any given protective factor. The height of the bars conveys the percentage of students reporting each trait, and provides a quick visual comparison between different groups of students reporting that trait. A label for each bar presents the actual percentage of students who reported each trait. For instance, the chart on page 17, Unintentional Injury, shows that 5.7% of students in New Mexico rarely or never wore seatbelts, while 4.0% 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 (or confidence interval). The error bar is the thin ‘I’ shaped line that extends above and below the end of each bar in a chart. One of the major influences on the size of the confidence interval or error bar is the number of participants in the survey. In general, this means that with more students participating in the survey, there will be a higher degree of confidence in the results (i.e., error bars will be smaller).

The proper interpretation of an error bar can be illustrated by looking at the chart below. This chart compares the New Mexico high school prevalence of cigarette smoking and cocaine use to the United States prevalence for 2013. The chart shows that the prevalence of current cigarette smoking was 14.4% for New Mexico and 15.7% for the United States. The error bar for the estimate of current smoking among New Mexico students extends a little more than 2 percentage points in either direction, from 12.2% to 16.8%. This means that we are confident that the actual percentage of smokers in this group of students was between 12.2% and 16.8%. The error bar for the estimate of current smoking in the US also extends more than 2 percentage points in either direction, so we are confident that the actual percentage of smokers among this group was between 13.5% and 18.1%.
How does knowing the upper and lower limits of our error bars help us? While it appears at first glance that New Mexico has a lower prevalence of smoking than the United States (14.4% vs. 15.7%), a closer look at the error bars shows a more complicated picture. The error bars for the New Mexico estimate (12.2%–16.8%) and the US estimate (13.5%-18.1%) overlap. Because of this overlap, we do not have a high degree of confidence that the prevalence of smoking in New Mexico was actually different from the prevalence in the United States. In other words, the difference between the prevalence of smoking in New Mexico and the United States was not statistically significant.

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

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

Personal Safety (Injury, Violence, and Bullying)

- Rarely or never wore a bike helmet
  Of those who rode a bicycle, answered ‘Never’ or ‘Rarely’ to the question, When you ride a bicycle, how often do you wear a helmet?

- Rarely or never wore a seatbelt
  Answered ‘Never’ or ‘Rarely’ to the question, How often do you wear a seat belt when riding in a car?

- Ever carried a weapon
  Answered ‘Yes’ to the question, Have you ever carried a weapon, such as a gun, knife, or club?

- Ever been in a physical fight
  Answered ‘Yes’ to the question, Have you ever been in a physical fight?

- Ever bullied on school property
  Answered ‘Yes’ to the question, Have you ever been bullied on school property?

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

Mental Health

- Ever seriously thought about killing self
  Answered ‘Yes’ to the question, Have you ever seriously thought about killing yourself?

- Ever planned to kill self
  Answered ‘Yes’ to the question, Have you ever made a plan about how you would kill yourself?

- Ever tried to kill self
  Answered ‘Yes’ to the question, Have you ever tried to kill yourself?

Tobacco Use

- Ever smoked cigarettes
  Answered ‘Yes’ to the question, Have you ever tried cigarette smoking, even one or two puffs?

- First smoked a cigarette before age 11
  Answered ‘10 years old’ or younger to the question, How old were you when you smoked a whole cigarette for the first time?

- Smoked at least one whole cigarette in life
  Answered ‘1 cigarette’ or more to the question, About how many cigarettes have you smoked in your entire life?

- Current cigarette smoking (Smoked cigarettes at least once in the past 30 days)
  Answered ‘1 or 2 days’ or more to the question, During the past 30 days, on how many days did you smoke cigarettes?

- Non-smoker
  Answered ‘0 days’ to the question, During the past 30 days, on how many days did you smoke cigarettes?

- Frequent cigarette smoking
  Answered ‘20 to 29 days’ or more to the question, During the past 30 days, on how many days did you smoke cigarettes?
Smoked on school property

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

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

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

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

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

- and -

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

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

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

- and -

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

Current cigar smoking

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

Current spit tobacco use

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

Exposed to second hand cigarette smoke

Answered '1 or 2 days' or more to the question, During the past 30 days, on how many days were you in the same room with someone who was smoking cigarettes?

Alcohol Use

Ever drank alcohol

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

Drank alcohol before age 11

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

Current drinking

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

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

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

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

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

My parents think my regular alcohol use would be wrong

Answered 'Very wrong' or 'Wrong' to the question, How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?
I think regular alcohol use by people my age is very wrong
Answered 'Very wrong' or 'Wrong' to the question, How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?

People face great risk from daily alcohol use
Answered great risk to the question, How much do you think people risk harming themselves (physically or in other ways) if they have one or two

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

Drug use
Ever used marijuana
Answered 'Yes' to the question, Have you ever used marijuana?

First used marijuana before age 11
Answered '10 years old' or younger to the question, How old were you when you tried marijuana for the first time?

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

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

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

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

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

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

Sexual Activity
Ever had sexual intercourse
Answered 'Yes' to the question, Have you ever had sexual intercourse?

Had sexual intercourse before age 11
Answered '10 years old' or younger to the question, How old were you when you had sexual intercourse for the first time?

Had sexual intercourse with three or more people in lifetime
Answered '3 people' or more to the question, With how many people have you ever had sexual intercourse?

Used a condom (among those who ever had sexual intercourse)
Answered 'Yes' to the question, The last time you had sexual intercourse, did you or your partner use a condom?
- among those who -
Answered 'Yes' to the question, Have you ever had sexual intercourse?
Taught about HIV/AIDS
   Answered ‘Yes' to the question, Have you ever been taught about AIDS or HIV infection in school?

Body Weight and Weight Control
Self-described as slightly or very overweight
   Answered ‘Very overweight' or 'Slightly overweight' to the question, How do you describe your weight?

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

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

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

Physical Activity
No physical activity in the past week
   Answered ‘0 days' to the question, During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

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

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

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

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

Resiliency/Protective Factors
Gets mostly A's in school
   Answered 'Mostly A's' to the question, During the past 12 months, how would you describe your grades in school?

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