New Mexico Youth Risk and Resiliency Survey (YRRS)
Middle School Survey Results
Sandoval County
Grades 6-8
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*
New Mexico Youth Risk and Resiliency Survey
Participation in Sandoval County
Middle School (Grades 6-8)

The response rate for Sandoval County was 77%.
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>
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</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td>1585</td>
<td>(100%)</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
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<tr>
<td>Girls</td>
<td>809</td>
<td>(51.2%)</td>
</tr>
<tr>
<td>Boys</td>
<td>772</td>
<td>(48.8%)</td>
</tr>
<tr>
<td><strong>Race/Ethnicity</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Totals may be more than 100% because respondents were allowed to choose multiple race/ethnicities)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Indian or Alaska Native</td>
<td>446</td>
<td>(28.1)</td>
</tr>
<tr>
<td>Asian</td>
<td>45</td>
<td>(2.8)</td>
</tr>
<tr>
<td>Black or African-American</td>
<td>88</td>
<td>(5.6)</td>
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<tr>
<td>Hispanic</td>
<td>756</td>
<td>(47.7)</td>
</tr>
<tr>
<td>Native Hawaiian or Pacific Islander</td>
<td>38</td>
<td>(2.4)</td>
</tr>
<tr>
<td>White</td>
<td>670</td>
<td>(42.3)</td>
</tr>
<tr>
<td><strong>Grade Level</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6th</td>
<td>543</td>
<td>(35.7%)</td>
</tr>
<tr>
<td>7th</td>
<td>540</td>
<td>(35.5%)</td>
</tr>
<tr>
<td>8th</td>
<td>496</td>
<td>(41.2%)</td>
</tr>
<tr>
<td>Ungraded or other</td>
<td>4</td>
<td>(0.3%)</td>
</tr>
<tr>
<td>Indicator</td>
<td>Sandoval County</td>
<td>New Mexico</td>
</tr>
<tr>
<td>--------------------------------------------------------------------------</td>
<td>----------------</td>
<td>------------</td>
</tr>
<tr>
<td><strong>Personal Safety</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or never wore a bicycle helmet (of those who rode a bicycle)</td>
<td>70.5 (66.6-74.2)</td>
<td>74.0 (68.8-78.6)</td>
</tr>
<tr>
<td>Rarely or never wore a seatbelt</td>
<td>3.8 (2.4-6.1)</td>
<td>5.7 (4.5-7.2)</td>
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<td>Ever carried a weapon</td>
<td>28.7 (25.6-31.9)</td>
<td>32.0 (29.4-34.6)</td>
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<tr>
<td>Ever in a physical fight</td>
<td>42.1 (36.2-48.2)</td>
<td>45.8 (42.7-49.0)</td>
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<td>Ever bullied on school property</td>
<td>44.3 (39.8-48.8)</td>
<td>46.0 (43.8-48.3)</td>
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<tr>
<td>Ever electronically bullied</td>
<td>15.4 (12.4-19.0)</td>
<td>18.6 (16.8-20.5)</td>
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<tr>
<td><strong>Mental Health</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever thought about killing self</td>
<td>18.4 (14.5-23.2)</td>
<td>20.9 (19.0-23.0)</td>
</tr>
<tr>
<td>Ever planned to kill self</td>
<td>11.8 (10.0-13.8)</td>
<td>13.6 (11.9-15.6)</td>
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<tr>
<td>Ever tried to kill self</td>
<td>6.6 (4.7-9.2)</td>
<td>7.8 (6.8-8.9)</td>
</tr>
<tr>
<td><strong>Tobacco Use</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current cigarette smoking</td>
<td>3.5 (2.2-5.6)</td>
<td>4.6 (3.8-5.7)</td>
</tr>
<tr>
<td>Current cigar use</td>
<td>2.5 (1.5-4.1)</td>
<td>4.5 (3.5-5.9)</td>
</tr>
<tr>
<td>Current spit tobacco use</td>
<td>2.0 (1.0-4.1)</td>
<td>3.0 (2.4-3.8)</td>
</tr>
<tr>
<td>Exposed to second hand cigarette smoke</td>
<td>26.4 (22.7-30.4)</td>
<td>30.7 (27.5-34.1)</td>
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<tr>
<td><strong>Alcohol Use</strong></td>
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<td></td>
</tr>
<tr>
<td>Ever had a drink of alcohol</td>
<td>19.4 (15.6-23.9)</td>
<td>25.7 (22.4-29.2)</td>
</tr>
<tr>
<td>Current drinker</td>
<td>6.8 (4.5-10.2)</td>
<td>9.2 (7.8-11.0)</td>
</tr>
<tr>
<td>Binge drinker</td>
<td>2.6 (1.7-4.1)</td>
<td>3.9 (3.0-5.0)</td>
</tr>
<tr>
<td>First drink before age 11</td>
<td>8.2 (6.1-11.0)</td>
<td>11.9 (10.1-14.1)</td>
</tr>
<tr>
<td><strong>Drug Use</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever used marijuana</td>
<td>12.6 (8.2-18.7)</td>
<td>15.7 (13.4-18.4)</td>
</tr>
<tr>
<td>Used marijuana before age 11</td>
<td>2.7 (1.6-4.4)</td>
<td>5.0 (3.9-6.5)</td>
</tr>
<tr>
<td>Current marijuana use</td>
<td>7.3 (4.8-10.9)</td>
<td>10.2 (8.6-12.2)</td>
</tr>
<tr>
<td>Ever used synthetic marijuana</td>
<td>5.9 (3.6-9.4)</td>
<td>7.3 (6.1-8.7)</td>
</tr>
<tr>
<td>Ever used cocaine</td>
<td>1.3 (0.9-2.1)</td>
<td>3.3 (2.7-4.1)</td>
</tr>
<tr>
<td>Ever used inhalants</td>
<td>9.6 (7.4-12.4)</td>
<td>9.3 (8.4-10.3)</td>
</tr>
<tr>
<td>Ever used prescription drugs without prescription</td>
<td>3.4 (2.2-5.1)</td>
<td>5.5 (4.8-6.2)</td>
</tr>
<tr>
<td>Ever used painkillers to get high</td>
<td>2.3 (1.5-3.5)</td>
<td>3.1 (2.6-3.6)</td>
</tr>
<tr>
<td>Indicator</td>
<td>Sandoval 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>5.4 (3.2-8.7)</td>
<td>8.3 (6.8-10.0)</td>
</tr>
<tr>
<td>Had sexual intercourse with 3 or more people *</td>
<td>1.2 (1.7-4.1)</td>
<td>3.0 (3.0-5.0)</td>
</tr>
<tr>
<td>Used a condom *</td>
<td>59.7 (6.1-11.0)</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>26.6 (16.9-21.8)</td>
<td>25.3 (19.2-22.7)</td>
</tr>
<tr>
<td>Trying to lose weight</td>
<td>46.0 (20.0-27.4)</td>
<td>46.4 (21.8-26.4)</td>
</tr>
<tr>
<td>Ever fasted to lose weight</td>
<td>20.9 (79.9-87.4)</td>
<td>20.0 (78.2-80.9)</td>
</tr>
<tr>
<td>Ever vomited or used laxatives to lose weight</td>
<td>4.9 (70.0-81.1)</td>
<td>6.3 (66.7-72.4)</td>
</tr>
<tr>
<td><strong>Physical Activity and Nutrition</strong></td>
<td></td>
<td></td>
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<tr>
<td>No physical activity in the past week</td>
<td>9.4 (77.4-84.7)</td>
<td>13.3 (71.9-78.3)</td>
</tr>
<tr>
<td>Physically active five days per week</td>
<td>58.7 (8.2-18.7)</td>
<td>57.1 (13.4-18.4)</td>
</tr>
<tr>
<td>Daily physical activity</td>
<td>34.3 (1.6-4.4)</td>
<td>35.0 (3.9-6.5)</td>
</tr>
<tr>
<td>Three hours of TV per day</td>
<td>29.8 (4.8-10.9)</td>
<td>30.7 (8.6-12.2)</td>
</tr>
<tr>
<td>Three hours of video or computer use per day</td>
<td>30.9 (3.6-9.4)</td>
<td>33.0 (6.1-8.7)</td>
</tr>
<tr>
<td>Daily PE at school</td>
<td>46.0 (0.9-2.1)</td>
<td>35.4 (2.7-4.1)</td>
</tr>
<tr>
<td>Participates in team sports</td>
<td>66.5 (7.4-12.4)</td>
<td>63.6 (8.4-10.3)</td>
</tr>
<tr>
<td>Daily breakfast</td>
<td>43.5 (2.2-5.1)</td>
<td>43.5 (4.8-6.2)</td>
</tr>
</tbody>
</table>

* Among students who ever had sexual intercourse
No statistically significant differences.
New Mexico Youth Risk and Resilience Survey
Middle School (Grades 6-8)

Alcohol Use

- **Ever had a drink of alcohol**
  - NM: 25.7%
  - Sandoval County: 19.4%

- **Current drinker**
  - NM: 9.2%
  - Sandoval County: 6.8%

- **Binge drinker**
  - NM: 3.9%
  - Sandoval County: 2.6%

- **First drink before age 11**
  - NM: 11.9%
  - Sandoval County: 8.2%

Drug Use

- **Ever used marijuana**
  - NM: 15.7%
  - Sandoval County: 12.6%

- **Used marijuana before age 11**
  - NM: 5.0%
  - Sandoval County: 2.7%

- **Current marijuana use**
  - NM: 10.2%
  - Sandoval County: 7.3%

- **Ever used synthetic marijuana**
  - NM: 7.3%
  - Sandoval County: 5.9%

- **Ever used cocaine***
  - NM: 3.3%
  - Sandoval County: 1.3%

- **Ever used inhalants**
  - NM: 9.3%
  - Sandoval County: 9.6%

- **Ever used prescription drugs without prescription**
  - NM: 5.5%
  - Sandoval County: 3.4%

- **Ever used painkillers to get high**
  - NM: 3.1%
  - Sandoval County: 2.3%

Sexual Behavior

- **Ever had sexual intercourse**
  - NM: 8.3%
  - Sandoval County: 5.4%

- **Had sexual intercourse with 3 or more people***
  - NM: 3.0%
  - Sandoval County: 1.2%

- **Used a condom**
  - NM: 58.8%
  - Sandoval County: 59.7%

*Statistically significant difference.*
### Body Weight

- **Described self as overweight**
  - NM: 25.3%
  - Sandoval County: 26.6%

- **Trying to lose weight**
  - NM: 46.4%
  - Sandoval County: 46.0%

- **Ever fasted to lose weight**
  - NM: 20.0%
  - Sandoval County: 20.9%

- **Ever vomited or used laxatives to lose weight**
  - NM: 6.3%
  - Sandoval County: 4.9%

### Physical Activity and Nutrition

- **No physical activity in the past week**
  - NM: 13.3%
  - Sandoval County: 9.4%

- **Physically active five days per week**
  - NM: 57.1%
  - Sandoval County: 58.7%

- **Daily physical activity**
  - NM: 35.0%
  - Sandoval County: 34.3%

- **Three hours of TV per day**
  - NM: 30.7%
  - Sandoval County: 29.8%

- **Three hours of video or computer use per day**
  - NM: 33.0%
  - Sandoval County: 30.9%

- **Daily PE at school**
  - NM: 35.4%
  - Sandoval County: 46.0%

- **Participates in team sports**
  - NM: 63.6%
  - Sandoval County: 66.5%

- **Daily breakfast**
  - NM: 43.5%
  - Sandoval County: 43.5%

---

No statistically significant differences.
Sandoval County
Charts

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

Behaviors Associated with Personal Safety
by Year, Sandoval County
Grades 6-8, 2009-2013

<table>
<thead>
<tr>
<th>Year</th>
<th>Never or rarely wore bicycle helmet</th>
<th>Never or rarely wore a seat belt</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>83.9</td>
<td>4.9</td>
</tr>
<tr>
<td>2011</td>
<td>68.7</td>
<td>2.2</td>
</tr>
<tr>
<td>2013</td>
<td>70.5</td>
<td>3.8</td>
</tr>
</tbody>
</table>
Personal Safety  
New Mexico and Sandoval County  
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County
Personal Safety

Behaviors Associated with Personal Safety
by Year, Sandoval County
Grades 6-8, 2009-2013

<table>
<thead>
<tr>
<th>Behavior</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever in a physical fight</td>
<td>44.0</td>
<td>43.9</td>
<td>42.1</td>
</tr>
<tr>
<td>Ever carried a weapon</td>
<td>38.0</td>
<td>31.5</td>
<td>28.7</td>
</tr>
<tr>
<td>Ever bullied on school property</td>
<td>43.4</td>
<td>44.3</td>
<td></td>
</tr>
<tr>
<td>Ever electronically bullied</td>
<td>18.3</td>
<td>15.4</td>
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</tr>
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</table>
Personal Safety: Bullying
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County
Mental Health

Behaviors Associated with Mental Health
by Year, Sandoval County
Grades 6-8, 2009-2013

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever thought about suicide</td>
<td>17.8</td>
<td>21.6</td>
<td>18.4</td>
</tr>
<tr>
<td>Ever planned to kill self</td>
<td>9.4</td>
<td>10.4</td>
<td>11.8</td>
</tr>
<tr>
<td>Ever attempted suicide</td>
<td>8.3</td>
<td>6.9</td>
<td>6.6</td>
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</table>
Mental Health
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County
Tobacco Use and Exposure
by Year, Sandoval County
Grades 6-8, 2009-2013

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever tried cigarettes</td>
<td>35.6</td>
<td>21.0</td>
<td>17.0</td>
</tr>
<tr>
<td>Current cigarette smoker</td>
<td>9.6</td>
<td>3.2</td>
<td>3.5</td>
</tr>
<tr>
<td>Current cigar use</td>
<td>5.5</td>
<td>3.3</td>
<td>2.5</td>
</tr>
<tr>
<td>Current spit tobacco use</td>
<td>5.5</td>
<td>1.7</td>
<td>2.0</td>
</tr>
</tbody>
</table>
New Mexico 2013 YRRS
Middle School

Tobacco Use and Exposure
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County
New Mexico 2013 YRRS
Middle School

Tobacco Use: Cigarettes
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County
# Behaviors of Current Cigarette Smokers
## New Mexico and Sandoval County
### Grades 6-8, 2013

<table>
<thead>
<tr>
<th>Behavior</th>
<th>NM</th>
<th>Sandoval</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequent cigarette smoking</td>
<td>13.3%</td>
<td>12.6%</td>
</tr>
<tr>
<td>Bought cigarettes in a store</td>
<td>6.8%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Tried to quit smoking *</td>
<td>58.9%</td>
<td>58.7%</td>
</tr>
<tr>
<td>Successful quit attempt **</td>
<td>47.9%</td>
<td>65.5%</td>
</tr>
<tr>
<td>Unsuccessful quit attempt **</td>
<td>52.1%</td>
<td>34.5%</td>
</tr>
</tbody>
</table>

### By Gender, Sandoval County

<table>
<thead>
<tr>
<th>Gender</th>
<th>NM</th>
<th>Sandoval</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>9.8%</td>
<td>16.5%</td>
</tr>
<tr>
<td>Male</td>
<td>16.5%</td>
<td>9.8%</td>
</tr>
</tbody>
</table>

### By Grade, Sandoval County

<table>
<thead>
<tr>
<th>Grade</th>
<th>NM</th>
<th>Sandoval</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th</td>
<td>64.9%</td>
<td>82.7%</td>
</tr>
<tr>
<td>7th</td>
<td>48.6%</td>
<td>64.6%</td>
</tr>
<tr>
<td>8th</td>
<td>35.4%</td>
<td>17.3%</td>
</tr>
</tbody>
</table>

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

Alcohol Use by Year, Sandoval County Grades 6-8, 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 of alcohol</td>
<td>33.9</td>
<td>26.5</td>
<td>19.4</td>
</tr>
<tr>
<td>Current drinker</td>
<td>15.3</td>
<td>14.2</td>
<td>6.8</td>
</tr>
<tr>
<td>Binge drinker</td>
<td>7.8</td>
<td>5.7</td>
<td>2.6</td>
</tr>
<tr>
<td>First drink before age 11</td>
<td>14.4</td>
<td>10.6</td>
<td>8.2</td>
</tr>
<tr>
<td>Ever rode in a car with drinking driver</td>
<td>31.1</td>
<td>22.4</td>
<td>19.2</td>
</tr>
</tbody>
</table>
Alcohol Use
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County
Alcohol Use
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County
Alcohol Use: Access and Attitudes  
New Mexico and Sandoval County  
Grades 6-8, 2013  

By Gender, Sandoval County

<table>
<thead>
<tr>
<th>Easy to get alcohol</th>
<th>My parents feel it would be &quot;Very wrong&quot; for me to drink alcohol</th>
<th>I think it would be &quot;Very wrong&quot; for someone my age to drink alcohol</th>
<th>There is a moderate or great risk of harm from regular alcohol use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>Male</td>
<td>Male</td>
<td>Male</td>
</tr>
<tr>
<td>24.9</td>
<td>22.1</td>
<td>83.3</td>
<td>84.7</td>
</tr>
<tr>
<td>83.3</td>
<td>84.7</td>
<td>75.5</td>
<td>76.4</td>
</tr>
<tr>
<td>82.8</td>
<td>79.8</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

By Grade, Sandoval County

<table>
<thead>
<tr>
<th>Easy to get alcohol</th>
<th>My parents feel it would be &quot;Very wrong&quot; for me to drink alcohol</th>
<th>I think it would be &quot;Very wrong&quot; for someone my age to drink alcohol</th>
<th>There is a moderate or great risk of harm from regular alcohol use</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th</td>
<td>7th</td>
<td>8th</td>
<td></td>
</tr>
<tr>
<td>12.3</td>
<td>22.0</td>
<td>35.3</td>
<td></td>
</tr>
<tr>
<td>27.9</td>
<td>28.5</td>
<td>25.9</td>
<td></td>
</tr>
<tr>
<td>28.6</td>
<td>28.5</td>
<td>31.6</td>
<td></td>
</tr>
<tr>
<td>83.5</td>
<td>83.5</td>
<td>81.5</td>
<td></td>
</tr>
</tbody>
</table>
Drug Use: Marijuana

Drug Use: Marijuana Indicators
by Year, Sandoval County
Grades 6-8, 2009-2013

<table>
<thead>
<tr>
<th>Year</th>
<th>Ever used marijuana</th>
<th>Tried marijuana before age 11</th>
<th>Current marijuana use</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>20.8</td>
<td>6.2</td>
<td>12.9</td>
</tr>
<tr>
<td>2011</td>
<td>15.0</td>
<td>4.4</td>
<td>9.6</td>
</tr>
<tr>
<td>2013</td>
<td>12.6</td>
<td>2.7</td>
<td>7.3</td>
</tr>
</tbody>
</table>
Drug Use: Marijuana
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County
## Drug Use

### Drug Use Indicators
by Year, Sandoval County
Grades 6-8, 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>5.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever used cocaine</td>
<td>3.8</td>
<td>1.8</td>
<td>1.3</td>
</tr>
<tr>
<td>Ever used inhalants</td>
<td>9.8</td>
<td>12.6</td>
<td>9.6</td>
</tr>
<tr>
<td>Ever used prescription drug</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>improperly</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever used painkiller to get high</td>
<td>2.9</td>
<td>2.3</td>
<td></td>
</tr>
</tbody>
</table>
Drug Use: Other drugs
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County
Sexual Behavior

Sexual Behavior Indicators by Year, Sandoval County Grades 6-8, 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>7.9</td>
<td>8.7</td>
<td>5.4</td>
</tr>
<tr>
<td>Had sexual intercourse with 3 or more people</td>
<td>1.2</td>
<td>1.2</td>
<td></td>
</tr>
<tr>
<td>Used a condom *</td>
<td>81.1</td>
<td>54.0</td>
<td>59.7</td>
</tr>
</tbody>
</table>

* Of those who ever had sexual intercourse, the last time they had sexual intercourse.
Sexual Behavior
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County

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

**Weight Control Indicators by Year, Sandoval County Grades 6-8, 2009-2013**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trying to lose weight</td>
<td>52.5</td>
<td>49.0</td>
<td>46.0</td>
</tr>
<tr>
<td>Described self as overweight</td>
<td>31.6</td>
<td>28.9</td>
<td>26.6</td>
</tr>
<tr>
<td>Fasted to lose weight</td>
<td>16.5</td>
<td>22.1</td>
<td>20.9</td>
</tr>
<tr>
<td>Vomited or used laxatives to lose weight</td>
<td>5.6</td>
<td>4.4</td>
<td>4.9</td>
</tr>
</tbody>
</table>

*Of those who ever had sexual intercourse, the last time they had sexual intercourse.*
Weight Control
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County
Physical Activity

Physical Activity Indicators by Year, Sandoval County Grades 6-8, 2009-2013

- Physically active five days per week:
  - 2009: 50.7%
  - 2011: 49.9%
  - 2013: 58.7%

- Daily physical activity:
  - 2009: 27.0%
  - 2011: 34.3%

- No physical activity in the past week:
  - 2009: 19.3%
  - 2011: 14.7%
  - 2013: 9.4%
Physical Activity
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County

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

Physical Activity Indicators by Year, Sandoval County Grades 6-8, 2009-2013

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Three hours of TV per day</td>
<td>28.1</td>
<td>31.1</td>
<td>29.8</td>
</tr>
<tr>
<td>Three hours of video or computer use per day</td>
<td>15.4</td>
<td>27.8</td>
<td>30.9</td>
</tr>
<tr>
<td>Daily PE at school</td>
<td>39.8</td>
<td>47.4</td>
<td>46.0</td>
</tr>
</tbody>
</table>
Other Health-Related Topics
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County
Resiliency/Protective Factors
Resiliency/Protective Factors: In the home
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval 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 (%)
Resiliency/Protective Factors: In the school
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County
Resiliency/Protective Factors: In the community and with peers
New Mexico and Sandoval County
Grades 6-8, 2013

By Gender, Sandoval County

By Grade, Sandoval County
Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors
Got mostly A's in school
by Selected Resiliency Factors
Sandoval County
Grades 6-8, 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, 50.1% 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, 39.7% 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, 21.1% got mostly A's in school
### Ever thought about killing self

by Selected Resiliency Factors
Sandoval County
Grades 6-8, 2013

<table>
<thead>
<tr>
<th><strong>How to read this chart:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 14.4% ever seriously thought about killing themselves.</td>
</tr>
<tr>
<td>- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 23.5% ever seriously thought about killing themselves.</td>
</tr>
<tr>
<td>- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 23.8% ever seriously thought about killing themselves.</td>
</tr>
</tbody>
</table>

<p>| <strong>In my home, there is a parent or some other adult who is interested in my school work</strong> |</p>
<table>
<thead>
<tr>
<th><strong>Very much true</strong></th>
<th><strong>A little or pretty much true</strong></th>
<th><strong>Not true at all</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>14.4</td>
<td>23.5</td>
<td>23.8</td>
</tr>
</tbody>
</table>

<p>| <strong>When I am not at home, one of my parents or guardians knows where I am and who I am with</strong> |</p>
<table>
<thead>
<tr>
<th><strong>Very much true</strong></th>
<th><strong>A little or pretty much true</strong></th>
<th><strong>Not true at all</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>12.3</td>
<td>28.3</td>
<td>30.6</td>
</tr>
</tbody>
</table>

<p>| <strong>In my school, there are clear rules about what students can and cannot do</strong> |</p>
<table>
<thead>
<tr>
<th><strong>Very much true</strong></th>
<th><strong>A little or pretty much true</strong></th>
<th><strong>Not true at all</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>14.9</td>
<td>22.3</td>
<td>28.6</td>
</tr>
</tbody>
</table>

<p>| <strong>Outside of my home and school, there is an adult who really cares about me</strong> |</p>
<table>
<thead>
<tr>
<th><strong>Very much true</strong></th>
<th><strong>A little or pretty much true</strong></th>
<th><strong>Not true at all</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>14.6</td>
<td>29.6</td>
<td>22.4</td>
</tr>
</tbody>
</table>

<p>| <strong>I have a friend about my own age who really cares about me</strong> |</p>
<table>
<thead>
<tr>
<th><strong>Very much true</strong></th>
<th><strong>A little or pretty much true</strong></th>
<th><strong>Not true at all</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>18.4</td>
<td>41.1</td>
<td>13.8</td>
</tr>
</tbody>
</table>

<p>| <strong>Outside of my home and school, I am a part of clubs, sports teams, church, temple, or other group</strong> |</p>
<table>
<thead>
<tr>
<th><strong>Very much true</strong></th>
<th><strong>A little or pretty much true</strong></th>
<th><strong>Not true at all</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>13.8</td>
<td>26.6</td>
<td>19.0</td>
</tr>
</tbody>
</table>
Ever attempted to kill self
by Selected Resiliency Factors
Sandoval County
Grades 6-8 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, 3.7% 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, 10.2% 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, 16.5% ever attempted to kill themselves.
**Ever tried cigarettes**

by Selected Resiliency Factors

Sandoval County

Grades 6-8, 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, 14.0% 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, 23.4% 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, 24.4% ever tried smoking a cigarette.
Ever had a drink of alcohol
by Selected Resiliency Factors
Sandoval County
Grades 6-8, 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, 16.5% 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, 25.6% 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, 29.9% ever had a drink of alcohol.
Current drinking
by Selected Resiliency Factors
Sandoval County
Grades 6-8, 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, 5.2% 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, 10.1% 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, 12.7% engaged in current drinking.
Ever used marijuana
by Selected Resiliency Factors
Sandoval County
Grades 6-8, 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, 11.1% 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, 16.0% 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, 19.2% ever used marijuana.
Ever used synthetic marijuana
by Selected Resiliency Factors
Sandoval County
Grades 6-8, 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, 4.9% 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, 6.7% 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, 9.5% ever used synthetic marijuana.
New Mexico 2013 YRRS
Middle School

Ever had sexual intercourse
by Selected Resiliency Factors
Sandoval County
Grades 6-8, 2013

<table>
<thead>
<tr>
<th>Chart Description</th>
<th>Percent (%)</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>4.9, 6.3, 11.1</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>3.2, 9.9, 19.3</td>
</tr>
<tr>
<td>In my school, there are clear rules about what students can and cannot do</td>
<td>4.6, 5.9, 16.2</td>
</tr>
<tr>
<td>Outside of my home and school, there is an adult who really cares about me</td>
<td>5.4, 6.7, 6.0</td>
</tr>
<tr>
<td>I have a friend about my own age who really cares about me</td>
<td>4.0, 7.9, 6.0</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>7.1, 5.1, 3.2</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, 4.9% 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, 6.3% 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, 11.1% ever had sexual intercourse.
Physically active five days per week
by Selected Resiliency Factors
Sandoval County
Grades 6-8, 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, 64.1% 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, 51.5% 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, 51.7% were physically active on at least five days per week.
Appendix A
Questionnaire with Results
2013 Middle School Questionnaire
NM YRRS
Sandoval County

<table>
<thead>
<tr>
<th>Number of responses</th>
<th>%</th>
</tr>
</thead>
</table>

1. How old are you?
   A. 10 years old or younger 4 0.3%
   B. 11 years old 417 26.4%
   C. 12 years old 500 31.6%
   D. 13 years old 510 32.3%
   E. 14 years old 143 9.0%
   F. 15 years old 4 0.3%
   G. 16 years old or older 3 0.2%

2. What is your sex?
   A. Female 809 51.2%
   B. Male 772 48.8%

3. In what grade are you?
   A. 6th grade 543 35.7%
   B. 7th grade 540 35.5%
   C. 8th grade 496 41.2%
   D. Ungraded or other grade 4 0.3%

4. Are you Hispanic or Latino?
   A. Yes 756 49.7%
   B. No 765 50.3%

5. What is your race? (Select one or more responses.)
   A. American Indian or Alaska Native 446 37.0%
   B. Asian 45 3.7%
   C. Black or African American 88 7.3%
   D. Native Hawaiian or Other Pacific Islander 38 3.2%
   E. White 670 55.6%
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>A. Mostly A’s</td>
<td>38.0</td>
<td>(29.2-47.7)</td>
</tr>
<tr>
<td>B. Mostly B’s</td>
<td>29.2</td>
<td>(24.4-34.6)</td>
</tr>
<tr>
<td>C. Mostly C’s</td>
<td>14.2</td>
<td>(11.7-17.1)</td>
</tr>
<tr>
<td>D. Mostly D’s</td>
<td>3.5</td>
<td>(2.1-5.6)</td>
</tr>
<tr>
<td>E. Mostly F’s</td>
<td>1.1</td>
<td>(0.5-2.2)</td>
</tr>
<tr>
<td>F. None of these grades</td>
<td>0.2</td>
<td>(0.1-0.6)</td>
</tr>
<tr>
<td>G. Not sure</td>
<td>13.8</td>
<td>(9.7-19.2)</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>A. American Indian or Alaska Native</td>
<td>13.7</td>
<td>(9.1-20.1)</td>
</tr>
<tr>
<td>B. Asian</td>
<td>1.2</td>
<td>(0.7-2.2)</td>
</tr>
<tr>
<td>C. Black or African American</td>
<td>5.5</td>
<td>(3.4-8.7)</td>
</tr>
<tr>
<td>D. Hispanic or Latino</td>
<td>43.7</td>
<td>(39.1-48.3)</td>
</tr>
<tr>
<td>E. Native Hawaiian or Other Pacific Islander</td>
<td>0.7</td>
<td>(0.3-1.7)</td>
</tr>
<tr>
<td>F. White</td>
<td>35.3</td>
<td>(32.1-38.6)</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>Wear a Helmet Description</th>
<th>Weighted Percent (%)</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. I do not ride a bicycle</td>
<td>20.9</td>
<td>(15.6-27.3)</td>
</tr>
<tr>
<td>B. Never wear a helmet</td>
<td>41.5</td>
<td>(37.6-45.5)</td>
</tr>
<tr>
<td>C. Rarely wear a helmet</td>
<td>14.3</td>
<td>(11.9-17.1)</td>
</tr>
<tr>
<td>D. Sometimes wear a helmet</td>
<td>9.1</td>
<td>(7.2-11.3)</td>
</tr>
<tr>
<td>E. Most of the time wear a helmet</td>
<td>7.0</td>
<td>(5.2-9.4)</td>
</tr>
<tr>
<td>F. Always wear a helmet</td>
<td>7.2</td>
<td>(5.8-9.0)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Wear a Seat Belt Description</th>
<th>Weighted Percent (%)</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Never</td>
<td>1.5</td>
<td>(0.6-3.8)</td>
</tr>
<tr>
<td>B. Rarely</td>
<td>2.3</td>
<td>(1.5-3.5)</td>
</tr>
<tr>
<td>C. Sometimes</td>
<td>5.6</td>
<td>(4.3-7.2)</td>
</tr>
<tr>
<td>D. Most of the time</td>
<td>17.9</td>
<td>(15.8-20.1)</td>
</tr>
<tr>
<td>E. Always</td>
<td>72.8</td>
<td>(68.5-76.7)</td>
</tr>
</tbody>
</table>
10. Have you ever ridden in a car driven by someone who had been drinking alcohol?
   A. Yes  19.2  (16.9-21.8)
   B. No  67.4  (64.1-70.6)
   C. Not sure  13.3  (11.3-15.7)

**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  28.7  (25.6-31.9)
   B. No  71.3  (68.1-74.4)

12. Have you ever been in a physical fight?
   A. Yes  42.1  (36.2-48.2)
   B. No  57.9  (51.8-63.8)

**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  44.3  (39.8-48.8)
   B. No  55.7  (51.2-60.2)

14. Have you ever been electronically bullied? (Count being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)
   A. Yes  15.4  (12.4-19.0)
   B. No  84.6  (81.0-87.6)

**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  18.4  (14.5-23.2)
   B. No  81.6  (76.8-85.5)
16 Have you ever made a plan about how you would kill yourself?
   A. Yes                11.8 (10.0-13.8)
   B. No                88.2 (86.2-90.0)

17. Have you ever tried to kill yourself?
   A. Yes                6.6 (4.7-9.2)
   B. No                93.4 (90.8-95.3)

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

18. Have you ever tried cigarette smoking, even one or two puffs?
   A. Yes                17.0 (12.0-23.5)
   B. No                83.0 (76.5-88.0)

19. How old were you when you smoked a whole cigarette for the first time?
   A. I have never smoked a whole cigarette 90.0 (84.8-93.5)
   B. 8 years old or younger 0.8 (0.4-1.3)
   C. 9 years old 0.5 (0.2-1.0)
   D. 10 years old 1.2 (0.6-2.3)
   E. 11 years old 2.2 (1.1-4.3)
   F. 12 years old 2.6 (1.3-5.1)
   G. 13 years old or older 2.8 (1.6-4.9)

20. About how many cigarettes have you smoked in your entire life?
   B. 1 or more puffs but never a whole cigarette 84.7 (78.4-89.4)
   C. 1 cigarette 6.5 (4.6-9.2)
   D. 2 to 5 cigarettes 1.9 (1.3-3.0)
   E. 6 to 15 cigarettes (about ½ a pack total) 3.2 (2.0-5.1)
   F. 16 to 25 cigarettes (about 1 pack total) 1.1 (0.5-2.4)
   G. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs) 1.2 (0.6-2.3)
   H. 100 or more cigarettes (5 or more packs) 0.8 (0.3-2.6)
   A. 0 cigarettes 0.5 (0.2-1.1)

21. During the past 30 days, on how many days did you smoke cigarettes?
   A. 0 days 96.5 (94.4-97.8)
   B. 1 or 2 days 1.5 (0.8-2.8)
   C. 3 to 5 days 1.0 (0.5-2.0)
   D. 6 to 9 days 0.4 (0.2-0.7)
   E. 10 to 19 days 0.2 (0.1-0.8)
   F. 20 to 29 days 0.3 (0.1-0.7)
   G. All 30 days 0.2 (0.1-0.4)
22. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
   A. Yes  1.4 (0.8-2.5)
   B. No  98.6 (97.5-99.2)

23. During the past 30 days, on how many days did you smoke cigarettes on school property?
   A. 0 days  98.6 (97.7-99.2)
   B. 1 or 2 days  0.9 (0.5-1.7)
   C. 3 to 5 days  0.2 (0.1-0.5)
   D. 6 to 9 days  0.1 (0.0-0.2)
   E. 10 to 19 days  0.0 (0.0-0.2)
   F. 20 to 29 days  0.0 (0.0-0.2)
   G. All 30 days  0.1 (0.0-0.2)

24. During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)
   A. I did not smoke cigarettes during the past 30 days  96.4 (94.3-97.8)
   B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station  0.1 (0.0-0.3)
   C. I bought them from a vending machine  0.0 (.-.)
   D. I gave someone else money to buy them for me  0.7 (0.4-1.3)
   E. I borrowed (or bummed) them from someone else  0.9 (0.4-1.7)
   F. A person 18 years old or older gave them to me  0.4 (0.1-1.0)
   G. I took them from a store or family member  0.7 (0.3-1.7)
   H. I got them some other way  0.9 (0.5-1.7)

25. During the past 30 days, what brand of cigarettes did you usually smoke? (Select only one response.)
   A. I did not smoke cigarettes during the past 30 days  93.2 (89.2-95.7)
   B. I do not have a usual brand  1.5 (0.8-2.8)
   C. Camel  1.0 (0.5-1.9)
   D. Marlboro  2.8 (1.7-4.6)
   E. Newport  0.3 (0.0-1.7)
   F. Virginia Slims  0.0 (.-.)
   G. GPS, Basic, or Doral  0.0 (0.0-0.1)
   H. Some other brand  1.2 (0.6-2.4)
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  35.7 (31.0-40.6)
   B. 1 to 3 times during the past 30 days  27.6 (24.4-31.0)
   C. 1 to 3 times during the past week  12.0 (9.6-14.9)
   D. Daily or almost daily  14.7 (12.2-17.6)
   E. More than once a day  10.1 (7.3-13.7)

27. During the past 12 months, did you ever try to quit smoking cigarettes?
   A. I did not smoke during the past 12 months  91.2 (87.2-94.0)
   B. Yes  6.1 (4.1-8.8)
   C. No  2.8 (1.8-4.3)

28. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?
   A. 0 days  97.5 (95.9-98.5)
   B. 1 or 2 days  1.2 (0.6-2.3)
   C. 3 to 5 days  0.7 (0.3-1.5)
   D. 6 to 9 days  0.1 (0.0-0.3)
   E. 10 to 19 days  0.3 (0.1-0.8)
   F. 20 to 29 days  0.1 (0.0-0.2)
   G. All 30 days  0.2 (0.1-0.5)

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  98.0 (95.9-99.0)
   B. 1 or 2 days  1.5 (0.6-3.6)
   C. 3 to 5 days  0.3 (0.1-0.8)
   D. 6 to 9 days  0.1 (0.0-0.3)
   E. 10 to 19 days  0.1 (0.0-0.2)
   F. 20 to 29 days  0.0 (.-.)
   G. All 30 days  0.0 (0.0-0.2)

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  73.6 (69.6-77.3)
   B. 1 or 2 days  15.9 (14.0-18.0)
   C. 3 or 4 days  3.3 (2.4-4.7)
   D. 5 or 6 days  1.7 (1.0-2.6)
   E. 7 days  5.5 (3.9-7.8)
31. Do you think smoke from other people’s cigarettes is harmful to you?
   A. Definitely yes 53.9 (50.0-57.8)
   B. Probably yes 33.3 (29.8-37.0)
   C. Probably not 9.2 (6.8-12.3)
   D. Definitely not 3.6 (2.1-6.0)

32. Do you think that you will try smoking a cigarette soon?
   A. I have already tried smoking cigarettes 10.5 (8.2-13.5)
   B. Yes 4.2 (3.3-5.3)
   C. No 85.3 (81.8-88.2)

33. Do you think you will smoke a cigarette at anytime during the next year?
   A. Definitely yes 2.0 (1.1-3.7)
   B. Probably yes 4.9 (3.7-6.5)
   C. Probably not 13.7 (11.3-16.6)
   D. Definitely not 79.4 (75.1-83.1)

34. If one of your best friends offered you a cigarette, would you smoke it?
   A. Definitely yes 3.0 (1.8-5.0)
   B. Probably yes 5.5 (4.4-6.9)
   C. Probably not 16.4 (12.4-21.3)
   D. Definitely not 75.1 (69.4-80.0)

**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 19.4 (15.6-23.9)
   B. No 80.6 (76.1-84.4)

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 79.8 (75.0-83.9)
   B. 8 years old or younger 3.3 (2.0-5.4)
   C. 9 years old 1.6 (0.8-3.2)
   D. 10 years old 3.2 (1.8-5.9)
   E. 11 years old 2.9 (1.8-4.6)
   F. 12 years old 6.0 (4.1-8.8)
   G. 13 years old or older 3.1 (1.8-5.3)
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>93.2%</td>
<td>(89.8-95.5)</td>
</tr>
<tr>
<td>B. 1 or 2 days</td>
<td>4.9%</td>
<td>(3.0-7.7)</td>
</tr>
<tr>
<td>C. 3 to 5 days</td>
<td>1.0%</td>
<td>(0.6-1.6)</td>
</tr>
<tr>
<td>D. 6 to 9 days</td>
<td>0.6%</td>
<td>(0.2-1.5)</td>
</tr>
<tr>
<td>E. 10 to 19 days</td>
<td>0.2%</td>
<td>(0.1-0.6)</td>
</tr>
<tr>
<td>F. 20 to 29 days</td>
<td>0.1%</td>
<td>(0.1-0.4)</td>
</tr>
<tr>
<td>G. All 30 days</td>
<td>0.1%</td>
<td>(0.0-0.4)</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>97.4%</td>
<td>(95.9-98.3)</td>
</tr>
<tr>
<td>B. 1 day</td>
<td>1.1%</td>
<td>(0.6-2.2)</td>
</tr>
<tr>
<td>C. 2 days</td>
<td>0.7%</td>
<td>(0.4-1.2)</td>
</tr>
<tr>
<td>D. 3 to 5 days</td>
<td>0.5%</td>
<td>(0.2-1.2)</td>
</tr>
<tr>
<td>E. 6 to 9 days</td>
<td>0.1%</td>
<td>(0.0-0.6)</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>0.1%</td>
<td>(0.0-0.4)</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>61.2%</td>
<td>(55.4-66.6)</td>
</tr>
<tr>
<td>B. Sort of hard</td>
<td>15.4%</td>
<td>(12.7-18.5)</td>
</tr>
<tr>
<td>C. Sort of easy</td>
<td>12.8%</td>
<td>(9.6-17.0)</td>
</tr>
<tr>
<td>D. Very easy</td>
<td>10.7%</td>
<td>(8.1-13.9)</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>84.0%</td>
<td>(79.9-87.4)</td>
</tr>
<tr>
<td>B. Wrong</td>
<td>11.9%</td>
<td>(9.0-15.6)</td>
</tr>
<tr>
<td>C. A little bit wrong</td>
<td>3.6%</td>
<td>(2.6-4.8)</td>
</tr>
<tr>
<td>D. Not wrong at all</td>
<td>0.5%</td>
<td>(0.2-1.1)</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>76.0%</td>
<td>(70.0-81.1)</td>
</tr>
<tr>
<td>B. Wrong</td>
<td>16.6%</td>
<td>(13.6-20.1)</td>
</tr>
<tr>
<td>C. A little bit wrong</td>
<td>5.6%</td>
<td>(3.6-8.7)</td>
</tr>
<tr>
<td>D. Not wrong at all</td>
<td>1.8%</td>
<td>(1.1-3.1)</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  
   B. Slight risk  
   C. Moderate risk  
   D. Great risk

<table>
<thead>
<tr>
<th>Option</th>
<th>Mean (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. No risk</td>
<td>5.8 (4.0-8.4)</td>
</tr>
<tr>
<td>B. Slight risk</td>
<td>12.9 (10.8-15.2)</td>
</tr>
<tr>
<td>C. Moderate risk</td>
<td>32.0 (28.6-35.5)</td>
</tr>
<tr>
<td>D. Great risk</td>
<td>49.4 (46.5-52.2)</td>
</tr>
</tbody>
</table>

**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  
   B. No

<table>
<thead>
<tr>
<th>Option</th>
<th>Mean (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Yes</td>
<td>12.6 (8.2-18.7)</td>
</tr>
<tr>
<td>B. No</td>
<td>87.4 (81.3-91.8)</td>
</tr>
</tbody>
</table>

44. How old were you when you tried marijuana for the first time?
   A. I have never tried marijuana  
   B. 8 years old or younger  
   C. 9 years old  
   D. 10 years old  
   E. 11 years old  
   F. 12 years old  
   G. 13 years old or older

<table>
<thead>
<tr>
<th>Option</th>
<th>Mean (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. I have never tried</td>
<td>87.7 (81.9-91.9)</td>
</tr>
<tr>
<td>B. 8 years old or younger</td>
<td>0.7 (0.4-1.2)</td>
</tr>
<tr>
<td>C. 9 years old</td>
<td>0.4 (0.2-0.8)</td>
</tr>
<tr>
<td>D. 10 years old</td>
<td>1.6 (0.8-3.1)</td>
</tr>
<tr>
<td>E. 11 years old</td>
<td>3.2 (2.1-5.0)</td>
</tr>
<tr>
<td>F. 12 years old</td>
<td>4.0 (2.3-6.7)</td>
</tr>
<tr>
<td>G. 13 years old or older</td>
<td>2.4 (1.3-4.4)</td>
</tr>
</tbody>
</table>

45. During the past 30 days, how many times did you use marijuana?
   A. 0 times  
   B. 1 or 2 times  
   C. 3 to 9 times  
   D. 10 to 19 times  
   E. 20 to 39 times  
   F. 40 or more times

<table>
<thead>
<tr>
<th>Option</th>
<th>Mean (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0 times</td>
<td>92.7 (89.1-95.2)</td>
</tr>
<tr>
<td>B. 1 or 2 times</td>
<td>3.3 (2.0-5.3)</td>
</tr>
<tr>
<td>C. 3 to 9 times</td>
<td>2.5 (1.5-4.0)</td>
</tr>
<tr>
<td>D. 10 to 19 times</td>
<td>0.6 (0.3-1.1)</td>
</tr>
<tr>
<td>E. 20 to 39 times</td>
<td>0.4 (0.2-1.1)</td>
</tr>
<tr>
<td>F. 40 or more times</td>
<td>0.5 (0.3-1.0)</td>
</tr>
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</table>

46. Have you ever used “synthetic marijuana” (also called “K2” or “Spice”)?
   A. Yes  
   B. No

<table>
<thead>
<tr>
<th>Option</th>
<th>Mean (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Yes</td>
<td>5.9 (3.6-9.4)</td>
</tr>
<tr>
<td>B. No</td>
<td>94.1 (90.6-96.4)</td>
</tr>
</tbody>
</table>

47. Have you ever used any form of cocaine, including powder, crack, or freebase?
   A. Yes  
   B. No

<table>
<thead>
<tr>
<th>Option</th>
<th>Mean (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Yes</td>
<td>1.3 (0.9-2.1)</td>
</tr>
<tr>
<td>B. No</td>
<td>98.7 (97.9-99.1)</td>
</tr>
</tbody>
</table>
48. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?
   A. Yes 9.6  (7.4-12.4)
   B. No 90.4  (87.6-92.6)

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 3.4  (2.2-5.1)
   B. No 96.6  (94.9-97.8)

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 2.3  (1.5-3.5)
   B. No 97.7  (96.5-98.5)

51. Have you ever used a needle to inject any illegal drug into your body?
   A. Yes 1.4  (0.5-3.7)
   B. No 98.6  (96.3-99.5)

**Sexual Behavior**

The next 4 questions ask about sexual intercourse.

52. Have you ever had sexual intercourse?
   A. Yes 5.4  (3.2-8.7)
   B. No 94.6  (91.3-96.8)

53. How old were you when you had sexual intercourse for the first time?
   A. I have never had sexual intercourse 94.8  (91.4-96.9)
   B. 8 years old or younger 0.5  (0.2-1.1)
   C. 9 years old 0.3  (0.1-1.0)
   D. 10 years old 0.2  (0.0-0.7)
   E. 11 years old 0.4  (0.2-0.8)
   F. 12 years old 1.6  (0.7-3.6)
   G. 13 years old or older 2.2  (1.1-4.3)

54. With how many people have you ever had sexual intercourse?
   A. I have never had sexual intercourse 94.8  (91.3-96.9)
   B. 1 person 2.3  (1.3-4.1)
   C. 2 people 1.8  (0.8-4.1)
   D. 3 people 0.4  (0.2-0.9)
   E. 4 people 0.2  (0.0-0.6)
   F. 5 people 0.1  (0.0-0.3)
   G. 6 or more people 0.5  (0.2-1.1)
55. The last time you had sexual intercourse, did you or your partner use a condom?
   A. I have never had sexual intercourse 94.7 (91.3-96.8)
   B. Yes 3.2 (1.9-5.3)
   C. No 2.1 (1.2-3.9)

**Body Weight**
The next 4 questions ask about body weight.

56. How do you describe your weight?
   A. Very underweight 4.1 (2.9-5.8)
   B. Slightly underweight 14.4 (11.9-17.2)
   C. About the right weight 54.9 (52.3-57.5)
   D. Slightly overweight 24.0 (21.2-26.9)
   E. Very overweight 2.7 (1.9-3.8)

57. Which of the following are you trying to do about your weight?
   A. Lose weight 46.0 (42.8-49.2)
   B. Gain weight 9.0 (6.9-11.6)
   C. Stay the same weight 21.5 (18.4-25.0)
   D. I am not trying to do anything about my weight 23.5 (18.2-29.6)

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 20.9 (17.0-25.5)
   B. No 79.1 (74.5-83.0)

59. Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?
   A. Yes 4.9 (3.1-7.4)
   B. No 95.1 (92.6-96.9)
**Breakfast**

The next question asks about eating breakfast.

60. During the past 7 days, on how many days did you eat breakfast?

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<tr>
<td>A. 0 days</td>
<td>10.2</td>
<td>(7.4-13.9)</td>
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<tr>
<td>B. 1 day</td>
<td>5.2</td>
<td>(3.9-6.9)</td>
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<td>C. 2 days</td>
<td>9.2</td>
<td>(6.5-12.9)</td>
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<td>D. 3 days</td>
<td>6.8</td>
<td>(5.0-9.1)</td>
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<td>E. 4 days</td>
<td>8.7</td>
<td>(6.2-12.1)</td>
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<td>F. 5 days</td>
<td>9.2</td>
<td>(7.5-11.2)</td>
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<td>G. 6 days</td>
<td>7.3</td>
<td>(5.7-9.2)</td>
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<tr>
<td>H. 7 days</td>
<td>43.5</td>
<td>(38.3-48.7)</td>
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**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.)

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<tr>
<td>A. 0 days</td>
<td>9.4</td>
<td>(7.1-12.4)</td>
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<td>B. 1 day</td>
<td>5.3</td>
<td>(4.0-7.0)</td>
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<td>C. 2 days</td>
<td>5.6</td>
<td>(4.2-7.3)</td>
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<td>D. 3 days</td>
<td>8.7</td>
<td>(7.4-10.2)</td>
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<td>E. 4 days</td>
<td>12.3</td>
<td>(9.4-15.9)</td>
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<td>F. 5 days</td>
<td>14.6</td>
<td>(12.3-17.2)</td>
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<td>G. 6 days</td>
<td>9.8</td>
<td>(7.7-12.4)</td>
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<td>H. 7 days</td>
<td>34.3</td>
<td>(31.8-36.8)</td>
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62. On an average school day, how many hours do you watch TV?

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<tr>
<td>A. I do not watch TV on an average school day</td>
<td>10.3</td>
<td>(8.2-12.7)</td>
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<td>B. Less than 1 hour per day</td>
<td>20.0</td>
<td>(17.2-23.1)</td>
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<td>C. 1 hour per day</td>
<td>17.5</td>
<td>(15.7-19.4)</td>
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<tr>
<td>D. 2 hours per day</td>
<td>22.5</td>
<td>(19.9-25.3)</td>
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<tr>
<td>E. 3 hours per day</td>
<td>16.5</td>
<td>(13.8-19.7)</td>
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<tr>
<td>F. 4 hours per day</td>
<td>5.1</td>
<td>(4.0-6.5)</td>
<td></td>
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<tr>
<td>G. 5 or more hours per day</td>
<td>8.2</td>
<td>(6.7-9.9)</td>
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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.)

   A. I do not play video or computer games or use a computer for something that is not school work  15.5  (13.3-18.1)
   B. Less than 1 hour per day  17.7  (15.6-20.0)
   C. 1 hour per day  20.0  (17.4-23.0)
   D. 2 hours per day  15.9  (13.6-18.5)
   E. 3 hours per day  11.2  (9.0-13.8)
   F. 4 hours per day  6.2  (4.6-8.4)
   G. 5 or more hours per day  13.4  (10.9-16.4)

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

   A. 0 days  46.9  (37.5-56.6)
   B. 1 day  2.9  (0.7-10.5)
   C. 2 days  1.4  (0.7-2.7)
   D. 3 days  1.2  (0.6-2.4)
   E. 4 days  1.6  (0.5-4.8)
   F. 5 days  46.0  (37.2-55.0)

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

   A. 0 teams  33.5  (29.4-37.9)
   B. 1 team  28.8  (24.3-33.8)
   C. 2 teams  19.8  (17.0-22.8)
   D. 3 or more teams  18.0  (15.2-21.1)
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 29.5 (24.5-35.1)
   B. No 42.4 (37.2-47.8)
   C. Not sure 28.1 (22.7-34.2)

67. Has a doctor or nurse ever told you that you have asthma?
   A. Yes 19.4 (16.0-23.3)
   B. No 72.3 (69.2-75.1)
   C. Not sure 8.4 (6.7-10.5)

68. Do you have enough food to eat, sometimes not enough to eat, or often not enough to eat?
   A. Enough food to eat 84.8 (82.1-87.3)
   B. Sometimes not enough to eat 12.6 (10.6-15.0)
   C. Often not enough to eat 2.5 (1.7-3.6)

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 37.5 (32.5-42.8)
   B. A little true 48.1 (43.7-52.6)
   C. Pretty much true 10.2 (8.1-12.8)
   D. Very much true 4.2 (2.8-6.3)

70. I have a friend about my own age who really cares about me.
   A. Not true at all 6.3 (4.9-8.2)
   B. A little true 16.3 (12.4-21.1)
   C. Pretty much true 23.3 (20.1-27.0)
   D. Very much true 54.0 (49.4-58.5)

71. Outside of my home and school, there is an adult who really cares about me.
   A. Not true at all 7.7 (6.2-9.5)
   B. A little true 7.2 (5.6-9.2)
   C. Pretty much true 11.8 (9.5-14.6)
   D. Very much true 73.2 (69.7-76.5)
72. In my home, there is a parent or some other adult who is interested in my school work.
   A. Not true at all 4.9 (3.5-6.7)
   B. A little true 12.8 (11.1-14.8)
   C. Pretty much true 21.7 (19.0-24.6)
   D. Very much true 60.6 (57.0-64.1)

73. In my school, there are clear rules about what students can and cannot do.
   A. Not true at all 3.3 (1.8-6.0)
   B. A little true 7.4 (5.8-9.4)
   C. Pretty much true 30.1 (26.5-34.1)
   D. Very much true 59.2 (54.5-63.7)

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 2.5 (1.6-4.1)
   B. A little true 8.8 (6.6-11.8)
   C. Pretty much true 22.6 (19.5-26.1)
   D. Very much true 66.0 (61.1-70.5)

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 21.7 (18.0-25.9)
   B. A little true 13.2 (10.3-16.6)
   C. Pretty much true 17.4 (14.8-20.3)
   D. Very much true 47.8 (43.1-52.4)
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 3.8% of students in Sandoval 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,

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.