New Mexico Youth Risk and Resiliency Survey (YRRS)
Middle School Survey Results
San Juan County
Grades 6-8
2013

New Mexico Department of Health
New Mexico Public Education Department
UNM Prevention Research Center
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ACKNOWLEDGEMENTS
This report is a product of the NM Youth Risk and Resiliency Survey (YRRS), a project that characterizes risk behaviors and resiliency/protective factors among New Mexico youth. The YRRS is a joint project of the New Mexico Department of Health (NMDOH) and the New Mexico Public Education Department (PED), with support and technical assistance from the University of New Mexico Prevention Research Center (UNM PRC); the Office of Substance Abuse Prevention, Behavioral Health Services Division (OSAP-BHSD); the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC); and the Division of Adolescent and School Health, Centers for Disease Control and Prevention (CDC-DASH). Gratitude is extended to the individuals listed below for their contribution toward developing and producing this report. (Individuals who served on the NM-YRRS 2013 Steering Committee are identified by an asterisk (*).)

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Table of Contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation in San Juan County</td>
<td>7</td>
</tr>
<tr>
<td>Risk Behaviors at a Glance</td>
<td>9</td>
</tr>
<tr>
<td>Charts</td>
<td>15</td>
</tr>
<tr>
<td>Personal Safety (Injury, Violence, and Bullying)</td>
<td>16</td>
</tr>
<tr>
<td>Mental Health</td>
<td>21</td>
</tr>
<tr>
<td>Tobacco Use and Exposure</td>
<td>23</td>
</tr>
<tr>
<td>Alcohol Use</td>
<td>27</td>
</tr>
<tr>
<td>Drug Use</td>
<td>31</td>
</tr>
<tr>
<td>Sexual Behavior</td>
<td>35</td>
</tr>
<tr>
<td>Weight Control</td>
<td>37</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>39</td>
</tr>
<tr>
<td>Other Health Related Topics</td>
<td>43</td>
</tr>
<tr>
<td>Resiliency/Protective Factors</td>
<td>45</td>
</tr>
<tr>
<td>Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors</td>
<td>49</td>
</tr>
<tr>
<td>Appendix A: Questionnaire with Results</td>
<td>61</td>
</tr>
<tr>
<td>Appendix B: About this Report</td>
<td>77</td>
</tr>
<tr>
<td>Risk Behavior and Resiliency/Protective Factor Definitions</td>
<td>81</td>
</tr>
</tbody>
</table>

For a discussion of statistical significance, see Appendix B: About this Report
The response rate for San Juan County was 84%.

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

### Profile of students surveyed

<table>
<thead>
<tr>
<th></th>
<th>Number of students who responded</th>
<th>Percent (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td>911</td>
<td>(100%)</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Girls</td>
<td>464</td>
<td>(51.2%)</td>
</tr>
<tr>
<td>Boys</td>
<td>442</td>
<td>(48.8%)</td>
</tr>
<tr>
<td><strong>Race/Ethnicity</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Indian or Alaska Native</td>
<td>373</td>
<td>(40.9)</td>
</tr>
<tr>
<td>Asian</td>
<td>13</td>
<td>(1.4)</td>
</tr>
<tr>
<td>Black or African-American</td>
<td>37</td>
<td>(4.1)</td>
</tr>
<tr>
<td>Hispanic</td>
<td>271</td>
<td>(29.7)</td>
</tr>
<tr>
<td>Native Hawaiian or Pacific Islander</td>
<td>31</td>
<td>(3.4)</td>
</tr>
<tr>
<td>White</td>
<td>392</td>
<td>(43.0)</td>
</tr>
<tr>
<td><strong>Grade Level</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6th</td>
<td>276</td>
<td>(31.2%)</td>
</tr>
<tr>
<td>7th</td>
<td>272</td>
<td>(30.7%)</td>
</tr>
<tr>
<td>8th</td>
<td>357</td>
<td>(45.4%)</td>
</tr>
<tr>
<td>Ungraded or other</td>
<td>2</td>
<td>(0.3%)</td>
</tr>
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</table>
## Risk Behaviors at a Glance

### San Juan County and New Mexico

#### Middle School (Grades 6-8)

<table>
<thead>
<tr>
<th>Indicator</th>
<th>San Juan County</th>
<th>New Mexico</th>
</tr>
</thead>
<tbody>
<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>74.2 (69.7-78.2)</td>
<td>74.0 (68.8-78.6)</td>
</tr>
<tr>
<td>Rarely or never wore a seatbelt</td>
<td>5.4 (3.7-7.7)</td>
<td>5.7 (4.5-7.2)</td>
</tr>
<tr>
<td>Ever carried a weapon</td>
<td>34.3 (28.7-40.3)</td>
<td>32.0 (29.4-34.6)</td>
</tr>
<tr>
<td>Ever in a physical fight</td>
<td>41.6 (36.6-46.8)</td>
<td>45.8 (42.7-49.0)</td>
</tr>
<tr>
<td>Ever bullied on school property</td>
<td>46.0 (42.3-49.8)</td>
<td>46.0 (43.8-48.3)</td>
</tr>
<tr>
<td>Ever electronically bullied</td>
<td>18.1 (15.5-21.1)</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>21.2 (18.6-24.1)</td>
<td>20.9 (19.0-23.0)</td>
</tr>
<tr>
<td>Ever planned to kill self</td>
<td>12.6 (10.3-15.2)</td>
<td>13.6 (11.9-15.6)</td>
</tr>
<tr>
<td>Ever tried to kill self</td>
<td>8.2 (6.5-10.4)</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>5.3 (3.4-8.0)</td>
<td>4.6 (3.8-5.7)</td>
</tr>
<tr>
<td>Current cigar use</td>
<td>5.3 (3.8-7.5)</td>
<td>4.5 (3.5-5.9)</td>
</tr>
<tr>
<td>Current spit tobacco use</td>
<td>3.7 (2.4-5.6)</td>
<td>3.0 (2.4-3.8)</td>
</tr>
<tr>
<td>Exposed to second hand cigarette smoke</td>
<td>24.9 (19.6-31.1)</td>
<td>30.7 (27.5-34.1)</td>
</tr>
<tr>
<td><strong>Alcohol Use</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever had a drink of alcohol</td>
<td>20.6 (15.8-26.2)</td>
<td>25.7 (22.4-29.2)</td>
</tr>
<tr>
<td>Current drinker</td>
<td>7.8 (5.5-11.0)</td>
<td>9.2 (7.8-11.0)</td>
</tr>
<tr>
<td>Binge drinker</td>
<td>3.8 (2.2-6.3)</td>
<td>3.9 (3.0-5.0)</td>
</tr>
<tr>
<td>First drink before age 11</td>
<td>8.0 (5.5-11.5)</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>15.7 (12.3-19.9)</td>
<td>15.7 (13.4-18.4)</td>
</tr>
<tr>
<td>Used marijuana before age 11</td>
<td>5.8 (4.1-8.2)</td>
<td>5.0 (3.9-6.5)</td>
</tr>
<tr>
<td>Current marijuana use</td>
<td>8.7 (5.9-12.7)</td>
<td>10.2 (8.6-12.2)</td>
</tr>
<tr>
<td>Ever used synthetic marijuana</td>
<td>7.9 (5.8-10.5)</td>
<td>7.3 (6.1-8.7)</td>
</tr>
<tr>
<td>Ever used cocaine</td>
<td>2.7 (1.4-5.0)</td>
<td>3.3 (2.7-4.1)</td>
</tr>
<tr>
<td>Ever used inhalants</td>
<td>7.3 (5.5-9.5)</td>
<td>9.3 (8.4-10.3)</td>
</tr>
<tr>
<td>Ever used prescription drugs without prescription</td>
<td>3.1 (2.1-4.7)</td>
<td>5.5 (4.8-6.2)</td>
</tr>
<tr>
<td>Ever used painkillers to get high</td>
<td>1.7 (1.0-3.0)</td>
<td>3.1 (2.6-3.6)</td>
</tr>
</tbody>
</table>
### New Mexico Youth Risk and Resiliency Survey

#### Risk Behaviors at a Glance

San Juan County and New Mexico

**Middle School (Grades 6-8)**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>San Juan County</th>
<th>New Mexico</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sexual Behavior</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever had sexual intercourse</td>
<td>5.9 (3.9-8.9)</td>
<td>8.3 (6.8-10.0)</td>
</tr>
<tr>
<td>Had sexual intercourse with 3 or more people *</td>
<td>2.4 (2.2-6.3)</td>
<td>3.0 (3.0-5.0)</td>
</tr>
<tr>
<td>Used a condom *</td>
<td>78.3 (5.5-11.5)</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>28.5 (16.4-22.4)</td>
<td>25.3 (19.2-22.7)</td>
</tr>
<tr>
<td>Trying to lose weight</td>
<td>51.1 (14.7-22.9)</td>
<td>46.4 (21.8-26.4)</td>
</tr>
<tr>
<td>Ever fasted to lose weight</td>
<td>22.0 (83.6-88.8)</td>
<td>20.0 (78.2-80.9)</td>
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<tr>
<td>Ever vomited or used laxatives to lose weight</td>
<td>5.9 (70.8-79.9)</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>13.3 (69.4-77.2)</td>
<td>13.3 (71.9-78.3)</td>
</tr>
<tr>
<td>Physically active five days per week</td>
<td>59.3 (12.3-19.9)</td>
<td>57.1 (13.4-18.4)</td>
</tr>
<tr>
<td>Daily physical activity</td>
<td>37.0 (4.1-8.2)</td>
<td>35.0 (3.9-6.5)</td>
</tr>
<tr>
<td>Three hours of TV per day</td>
<td>24.8 (5.9-12.7)</td>
<td>30.7 (8.6-12.2)</td>
</tr>
<tr>
<td>Three hours of video or computer use per day</td>
<td>31.7 (5.8-10.5)</td>
<td>33.0 (6.1-8.7)</td>
</tr>
<tr>
<td>Daily PE at school</td>
<td>43.5 (1.4-5.0)</td>
<td>35.4 (2.7-4.1)</td>
</tr>
<tr>
<td>Participates in team sports</td>
<td>60.6 (5.5-9.5)</td>
<td>63.6 (8.4-10.3)</td>
</tr>
<tr>
<td>Daily breakfast</td>
<td>41.5 (2.1-4.7)</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
San Juan County and New Mexico
Middle School (Grades 6-8)

Personal Safety

- Rarely or never wore a bicycle helmet
  - NM: 74.0%
  - San Juan County: 74.2%
- Rarely or never wore a seatbelt
  - NM: 5.7%
  - San Juan County: 5.4%
- Ever carried a weapon
  - NM: 32.0%
  - San Juan County: 34.3%
- Ever in a physical fight
  - NM: 45.8%
  - San Juan County: 41.6%
- Ever bullied on school property
  - NM: 46.0%
  - San Juan County: 46.0%
- Ever electronically bullied
  - NM: 18.6%
  - San Juan County: 18.1%

Mental Health

- Ever thought about killing self
  - NM: 20.9%
  - San Juan County: 21.2%
- Ever planned to kill self
  - NM: 13.6%
  - San Juan County: 12.6%
- Ever tried to kill self
  - NM: 7.8%
  - San Juan County: 8.2%

Tobacco Use

- Current cigarette smoking
  - NM: 4.6%
  - San Juan County: 5.3%
- Current cigar use
  - NM: 4.5%
  - San Juan County: 5.3%
- Current spit tobacco use
  - NM: 3.0%
  - San Juan County: 3.7%
- Exposed to second hand cigarette smoke
  - NM: 30.7%
  - San Juan County: 24.9%

No statistically significant differences.
New Mexico 2013 YRRS
Middle School

Risk Behaviors at a Glance
San Juan County and New Mexico
Middle School (Grades 6-8)

Alcohol Use

- Ever had a drink of alcohol
  - NM: 25.7%
  - San Juan County: 20.6%
- Current drinker
  - NM: 9.2%
  - San Juan County: 7.8%
- Binge drinker
  - NM: 3.9%
  - San Juan County: 3.8%
- First drink before age 11
  - NM: 11.9%
  - San Juan County: 8.0%

Drug Use

- Ever used marijuana
  - NM: 15.7%
  - San Juan County: 15.7%
- Used marijuana before age 11
  - NM: 5.0%
  - San Juan County: 5.8%
- Current marijuana use
  - NM: 10.2%
  - San Juan County: 8.7%
- Ever used synthetic marijuana
  - NM: 7.3%
  - San Juan County: 7.9%
- Ever used cocaine
  - NM: 3.3%
  - San Juan County: 2.7%
- Ever used inhalants
  - NM: 9.3%
  - San Juan County: 7.3%
- Ever used prescription drugs without prescription*
  - NM: 5.5%
  - San Juan County: 3.1%
- Ever used painkillers to get high
  - NM: 3.1%
  - San Juan County: 1.7%

Sexual Behavior

- Ever had sexual intercourse
  - NM: 8.3%
  - San Juan County: 5.9%
- Had sexual intercourse with 3 or more people
  - NM: 3.0%
  - San Juan County: 2.4%
- Used a condom
  - NM: 58.8%
  - San Juan County: 78.3%

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

**Middle School**

**Risk Behaviors at a Glance**

San Juan County and New Mexico

Middle School (Grades 6-8)

**Body Weight**

- Described self as overweight
  - NM: 25.3%
  - San Juan County: 28.5%

- Trying to lose weight
  - NM: 46.4%
  - San Juan County: 51.1%

- Ever fasted to lose weight
  - NM: 20.0%
  - San Juan County: 22.0%

- Ever vomited or used laxatives to lose weight
  - NM: 6.3%
  - San Juan County: 5.9%

**Physical Activity and Nutrition**

- No physical activity in the past week
  - NM: 13.3%
  - San Juan County: 13.3%

- Physically active five days per week
  - NM: 57.1%
  - San Juan County: 59.3%

- Daily physical activity
  - NM: 35.0%
  - San Juan County: 37.0%

- Three hours of TV per day
  - NM: 30.7%
  - San Juan County: 24.8%

- Three hours of video or computer use per day
  - NM: 33.0%
  - San Juan County: 31.7%

- Daily PE at school
  - NM: 35.4%
  - San Juan County: 43.5%

- Participates in team sports
  - NM: 63.6%
  - San Juan County: 60.6%

- Daily breakfast
  - NM: 43.5%
  - San Juan County: 41.5%

*No statistically significant differences.*
San Juan County
Charts

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

Behaviors Associated with Personal Safety by Year, San Juan 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>Never or rarely wore bicycle helmet</td>
<td>80.0</td>
<td>78.8</td>
<td>74.2</td>
</tr>
<tr>
<td>Never or rarely wore a seat belt</td>
<td>8.4</td>
<td>9.1</td>
<td>5.4</td>
</tr>
</tbody>
</table>
Personal Safety
New Mexico and San Juan County
Grades 6-8, 2013

By Gender, San Juan County

By Grade, San Juan County
Behaviors Associated with Personal Safety by Year, San Juan County
Grades 6-8, 2009-2013

<table>
<thead>
<tr>
<th>Year</th>
<th>Ever in a physical fight (%)</th>
<th>Ever carried a weapon (%)</th>
<th>Ever bullied on school property (%)</th>
<th>Ever electronically bullied (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>45.8</td>
<td>32.3</td>
<td>44.2</td>
<td>17.9</td>
</tr>
<tr>
<td>2011</td>
<td>48.0</td>
<td>39.3</td>
<td>46.0</td>
<td>18.1</td>
</tr>
<tr>
<td>2013</td>
<td>41.6</td>
<td>34.3</td>
<td>46.0</td>
<td>18.1</td>
</tr>
</tbody>
</table>
Personal Safety
New Mexico and San Juan County
Grades 6-8, 2013

By Gender, San Juan County

By Grade, San Juan County
Personal Safety: Bullying
New Mexico and San Juan County
Grades 6-8, 2013

By Gender, San Juan County

By Grade, San Juan County
Mental Health

Behaviors Associated with Mental Health by Year, San Juan 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>22.6</td>
<td>25.2</td>
<td>21.2</td>
</tr>
<tr>
<td>Ever planned to kill self</td>
<td>14.7</td>
<td>13.6</td>
<td>12.6</td>
</tr>
<tr>
<td>Ever attempted suicide</td>
<td>10.9</td>
<td>9.7</td>
<td>8.2</td>
</tr>
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</table>
Mental Health
New Mexico and San Juan County
Grades 6-8, 2013

By Gender, San Juan County

By Grade, San Juan County
<table>
<thead>
<tr>
<th>Tobacco Use and Exposure by Year, San Juan County Grades 6-8, 2009-2013</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Tobacco Use and Exposure</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever tried cigarettes</td>
<td>28.6</td>
<td>25.2</td>
<td>19.2</td>
</tr>
<tr>
<td>Current cigarette smoker</td>
<td>8.2</td>
<td>8.4</td>
<td>5.3</td>
</tr>
<tr>
<td>Current cigar use</td>
<td>6.8</td>
<td>6.5</td>
<td>5.3</td>
</tr>
<tr>
<td>Current spit tobacco use</td>
<td>3.9</td>
<td>4.4</td>
<td>3.7</td>
</tr>
</tbody>
</table>

Percent (%)
Tobacco Use and Exposure
New Mexico and San Juan County
Grades 6-8, 2013

By Gender, San Juan County

By Grade, San Juan County
Tobacco Use: Cigarettes
New Mexico and San Juan County
Grades 6-8, 2013

By Gender, San Juan County

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

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

Alcohol Use
by Year, San Juan 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>30.9</td>
<td>31.5</td>
<td>20.6</td>
</tr>
<tr>
<td>Current drinker</td>
<td>12.0</td>
<td>15.8</td>
<td>7.8</td>
</tr>
<tr>
<td>Binge drinker</td>
<td>6.6</td>
<td>7.2</td>
<td>3.8</td>
</tr>
<tr>
<td>First drink before age 11</td>
<td>15.2</td>
<td>14.9</td>
<td>8.0</td>
</tr>
<tr>
<td>Ever rode in a car with drinking driver</td>
<td>27.3</td>
<td>23.5</td>
<td>19.2</td>
</tr>
</tbody>
</table>
Alcohol Use
New Mexico and San Juan County
Grades 6-8, 2013

By Gender, San Juan County

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

By Gender, San Juan County

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

By Gender, San Juan County

By Grade, San Juan County
Drug Use: Marijuana

Drug Use: Marijuana Indicators by Year, San Juan 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 used marijuana</td>
<td>18.8</td>
<td>18.1</td>
<td>15.7</td>
</tr>
<tr>
<td>Tried marijuana before age 11</td>
<td>7.4</td>
<td>7.3</td>
<td>5.8</td>
</tr>
<tr>
<td>Current marijuana use</td>
<td>10.1</td>
<td>9.3</td>
<td>8.7</td>
</tr>
</tbody>
</table>
Drug Use: Marijuana
New Mexico and San Juan County
Grades 6-8, 2013

By Gender, San Juan County

By Grade, San Juan County
Drug Use

Drug Use Indicators
by Year, San Juan 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 used synth. marijuana</td>
<td>7.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever used cocaine</td>
<td>4.8</td>
<td>4.3</td>
<td>2.7</td>
</tr>
<tr>
<td>Ever used inhalants</td>
<td>14.4</td>
<td>14.2</td>
<td>7.3</td>
</tr>
<tr>
<td>Ever used prescription drug improperly</td>
<td>6.8</td>
<td>3.1</td>
<td></td>
</tr>
<tr>
<td>Ever used painkiller to get high</td>
<td>5.4</td>
<td>1.7</td>
<td></td>
</tr>
</tbody>
</table>
Drug Use: Other drugs
New Mexico and San Juan County
Grades 6-8, 2013

By Gender, San Juan County

By Grade, San Juan County
### Sexual Behavior

#### Sexual Behavior Indicators by Year, San Juan 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>8.8</td>
<td>9.9</td>
<td>5.9</td>
</tr>
<tr>
<td>Had sexual intercourse with 3 or more people</td>
<td>4.0</td>
<td>2.4</td>
<td></td>
</tr>
<tr>
<td>Used a condom *</td>
<td>68.9</td>
<td>69.4</td>
<td>78.3</td>
</tr>
</tbody>
</table>

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

**By Gender, San Juan County**

<table>
<thead>
<tr>
<th></th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever had sexual intercourse</td>
<td>2.5</td>
<td>9.3</td>
</tr>
<tr>
<td>Had sexual intercourse with 3 or more people</td>
<td>0.3</td>
<td>4.4</td>
</tr>
<tr>
<td>Used a condom*</td>
<td>70.3</td>
<td>80.4</td>
</tr>
</tbody>
</table>

**By Grade, San Juan County**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Ever had sexual intercourse</th>
<th>Had sexual intercourse with 3 or more people</th>
<th>Used a condom*</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th</td>
<td>5.8</td>
<td>2.4</td>
<td>74.0</td>
</tr>
<tr>
<td>7th</td>
<td>3.5</td>
<td>0.9</td>
<td>72.4</td>
</tr>
<tr>
<td>8th</td>
<td>8.7</td>
<td>4.1</td>
<td>88.4</td>
</tr>
</tbody>
</table>

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

---

**New Mexico 2013 YRRS**  
**Middle School**
Weight Control

Weight Control Indicators by Year, San Juan 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>Trying to lose weight</td>
<td>51.0</td>
<td>52.2</td>
<td>51.1</td>
</tr>
<tr>
<td>Described self as overweight</td>
<td>28.4</td>
<td>23.5</td>
<td>28.5</td>
</tr>
<tr>
<td>Fasted to lose weight</td>
<td>18.7</td>
<td>21.6</td>
<td>22.0</td>
</tr>
<tr>
<td>Vomited or used laxatives to lose weight</td>
<td>8.1</td>
<td>6.1</td>
<td>5.9</td>
</tr>
</tbody>
</table>

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

By Gender, San Juan County

By Grade, San Juan County
Physical Activity

Physical Activity Indicators by Year, San Juan 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>Physically active five days per week</td>
<td>47.4</td>
<td>52.8</td>
<td>59.3</td>
</tr>
<tr>
<td>Daily physical activity</td>
<td></td>
<td>36.5</td>
<td>37.0</td>
</tr>
<tr>
<td>No physical activity in the past week</td>
<td>17.2</td>
<td>18.6</td>
<td>13.3</td>
</tr>
</tbody>
</table>
**Physical Activity**

**New Mexico and San Juan County**

**Grades 6-8, 2013**

- **By Gender, San Juan County**
  - **Female**
    - No physical activity in the past week: 15.9%
    - Physically active five days per week: 65.2%
    - Daily physical activity: 44.0%
  - **Male**
    - No physical activity in the past week: 10.8%
    - Physically active five days per week: 53.2%
    - Daily physical activity: 44.0%

- **By Grade, San Juan County**
  - 6th grade:
    - No physical activity in the past week: 11.7%
    - Physically active five days per week: 62.1%
    - Daily physical activity: 36.3%
  - 7th grade:
    - No physical activity in the past week: 14.3%
    - Physically active five days per week: 64.5%
    - Daily physical activity: 36.1%
  - 8th grade:
    - No physical activity in the past week: 13.9%
    - Physically active five days per week: 54.5%
    - Daily physical activity: 37.3%

*Physically active: A total of 60 minutes per day of physical activity.*
### Physical Activity Indicators by Year, San Juan 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>31.1</td>
<td>28.4</td>
<td>24.8</td>
</tr>
<tr>
<td>Three hours of video or computer use per day</td>
<td>22.3</td>
<td>25.1</td>
<td>31.7</td>
</tr>
<tr>
<td>Daily PE at school</td>
<td>38.0</td>
<td>47.5</td>
<td>43.5</td>
</tr>
</tbody>
</table>

**Physical Activity**
Other Health-Related Topics
New Mexico and San Juan County
Grades 6-8, 2013

By Gender, San Juan County

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

By Gender, San Juan County

By Grade, San Juan 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

<table>
<thead>
<tr>
<th>Gender</th>
<th>NM</th>
<th>San Juan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>81.4</td>
<td>77.2</td>
</tr>
<tr>
<td>Male</td>
<td>88.4</td>
<td>87.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade</th>
<th>6th</th>
<th>7th</th>
<th>8th</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th</td>
<td>78.0</td>
<td>76.3</td>
<td>88.0</td>
</tr>
<tr>
<td>7th</td>
<td></td>
<td></td>
<td>86.5</td>
</tr>
<tr>
<td>8th</td>
<td>79.5</td>
<td>75.2</td>
<td>77.4</td>
</tr>
</tbody>
</table>

New Mexico 2013 YRRS
Middle School

46
Resiliency/Protective Factors: In the school
New Mexico and San Juan County
Grades 6-8, 2013

By Gender, San Juan County

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

By Gender, San Juan County

By Grade, San Juan County
Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors
Got mostly A's in school
by Selected Resiliency Factors
San Juan 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, 43.1% 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, 28.6% 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, 20.8% got mostly A's in school
Ever thought about killing self
by Selected Resiliency Factors
San Juan 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, 16.8% 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, 26.0% 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, 29.9% ever seriously thought about killing themselves.
**Ever attempted to kill self**
by Selected Resiliency Factors
San Juan 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 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, 11.5% 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, 14.4% ever attempted to kill themselves.
**Ever tried cigarettes**
by Selected Resiliency Factors
San Juan 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, 17.2% 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, 20.6% 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, 36.1% ever tried smoking a cigarette.
### Ever had a drink of alcohol by Selected Resiliency Factors
San Juan 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, 16.0% 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, 25.3% 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, 33.6% ever had a drink of alcohol.
**Current drinking**
by Selected Resiliency Factors
San Juan County
Grades 6-8, 2013

<table>
<thead>
<tr>
<th><strong>How to read this chart:</strong></th>
<th></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, 6.7% engaged in current drinking.</td>
<td></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, 7.7% engaged in current drinking.</td>
<td></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, 17.9% engaged in current drinking.</td>
<td></td>
</tr>
</tbody>
</table>

![Chart showing current drinking by resiliency factors](chart.png)
Ever used marijuana
by Selected Resiliency Factors
San Juan County
Grades 6-8, 2013

<table>
<thead>
<tr>
<th></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>13.4</td>
<td>17.4</td>
<td>27.3</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>9.8</td>
<td>26.1</td>
<td>40.0</td>
</tr>
<tr>
<td>In my school, there are clear rules about what students can and cannot do</td>
<td>12.4</td>
<td>23.7</td>
<td>15.8</td>
</tr>
<tr>
<td>Outside of my home and school, there is an adult who really cares about me</td>
<td>15.1</td>
<td>22.5</td>
<td>10.0</td>
</tr>
<tr>
<td>I have a friend about my own age who really cares about me</td>
<td>17.7</td>
<td>16.3</td>
<td>8.3</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>13.7</td>
<td>15.8</td>
<td>21.0</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, 13.4% 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, 17.4% 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, 27.3% ever used marijuana.
Ever used synthetic marijuana
by Selected Resiliency Factors
San Juan 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, 6.2% 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, 7.6% 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, 19.0% ever used synthetic marijuana.
Ever had sexual intercourse
by Selected Resiliency Factors
San Juan 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, 5.8% 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, 5.1% 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, 12.4% ever had sexual intercourse.
Physically active five days per week
by Selected Resiliency Factors
San Juan 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, 65.0% 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, 56.7% 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, 39.5% were physically active on at least five days per week.
Appendix A
Questionnaire with Results
### 2013 Middle School Questionnaire

**NM YRRS**

**San Juan County**

<table>
<thead>
<tr>
<th>Question</th>
<th>Responses</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How old are you?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. 10 years old or younger</td>
<td>5</td>
<td>0.6%</td>
</tr>
<tr>
<td>B. 11 years old</td>
<td>181</td>
<td>19.9%</td>
</tr>
<tr>
<td>C. 12 years old</td>
<td>274</td>
<td>30.1%</td>
</tr>
<tr>
<td>D. 13 years old</td>
<td>331</td>
<td>36.4%</td>
</tr>
<tr>
<td>E. 14 years old</td>
<td>113</td>
<td>12.4%</td>
</tr>
<tr>
<td>F. 15 years old</td>
<td>5</td>
<td>0.6%</td>
</tr>
<tr>
<td>G. 16 years old or older</td>
<td>0</td>
<td>0.0%</td>
</tr>
<tr>
<td>2. What is your sex?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. Female</td>
<td>464</td>
<td>51.2%</td>
</tr>
<tr>
<td>B. Male</td>
<td>442</td>
<td>48.8%</td>
</tr>
<tr>
<td>3. In what grade are you?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. 6th grade</td>
<td>276</td>
<td>31.2%</td>
</tr>
<tr>
<td>B. 7th grade</td>
<td>272</td>
<td>30.7%</td>
</tr>
<tr>
<td>C. 8th grade</td>
<td>357</td>
<td>45.4%</td>
</tr>
<tr>
<td>D. Ungraded or other grade</td>
<td>2</td>
<td>0.3%</td>
</tr>
<tr>
<td>4. Are you Hispanic or Latino?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. Yes</td>
<td>271</td>
<td>30.6%</td>
</tr>
<tr>
<td>B. No</td>
<td>615</td>
<td>69.4%</td>
</tr>
<tr>
<td>5. What is your race? (Select one or more responses.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. American Indian or Alaska Native</td>
<td>373</td>
<td>47.5%</td>
</tr>
<tr>
<td>B. Asian</td>
<td>13</td>
<td>1.7%</td>
</tr>
<tr>
<td>C. Black or African American</td>
<td>37</td>
<td>4.7%</td>
</tr>
<tr>
<td>D. Native Hawaiian or Other Pacific Islander</td>
<td>31</td>
<td>3.9%</td>
</tr>
<tr>
<td>E. White</td>
<td>392</td>
<td>49.9%</td>
</tr>
</tbody>
</table>
6. During the past 12 months, how would you describe your grades in school?
   A. Mostly A’s 30.3 (24.6-36.7)
   B. Mostly B’s 30.7 (26.5-35.2)
   C. Mostly C’s 17.7 (14.1-22.0)
   D. Mostly D’s 3.2 (1.8-5.8)
   E. Mostly F’s 1.2 (0.5-2.8)
   F. None of these grades 0.1 (0.0-0.6)
   G. Not sure 16.7 (13.2-20.8)

7. Which one of these groups best describes you?
   A. American Indian or Alaska Native 41.1 (33.6-49.2)
   B. Asian 0.8 (0.3-2.3)
   C. Black or African American 2.0 (1.1-3.5)
   D. Hispanic or Latino 23.1 (18.2-28.8)
   E. Native Hawaiian or Other Pacific Islander 1.3 (0.6-2.7)
   F. White 31.7 (25.9-38.2)

**Personal Safety**

The next 3 questions ask about personal safety.

8. When you ride a bicycle, how often do you wear a helmet?
   A. I do not ride a bicycle 19.1 (16.2-22.4)
   B. Never wear a helmet 47.0 (43.0-51.0)
   C. Rarely wear a helmet 13.0 (10.3-16.2)
   D. Sometimes wear a helmet 9.1 (7.5-11.0)
   E. Most of the time wear a helmet 5.6 (4.1-7.5)
   F. Always wear a helmet 6.2 (4.4-8.8)

9. How often do you wear a seat belt when riding in a car?
   A. Never 1.5 (0.8-2.7)
   B. Rarely 3.8 (2.5-5.8)
   C. Sometimes 10.0 (7.4-13.4)
   D. Most of the time 24.0 (20.3-28.0)
   E. Always 60.7 (55.1-66.0)
10. Have you ever ridden in a car driven by someone who had been drinking alcohol?
   A. Yes 19.2 (16.4-22.4)
   B. No 66.6 (61.5-71.3)
   C. Not sure 14.2 (11.4-17.6)

**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 34.3 (28.7-40.3)
   B. No 65.7 (59.7-71.3)

12. Have you ever been in a physical fight?
   A. Yes 41.6 (36.6-46.8)
   B. No 58.4 (53.2-63.4)

**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 46.0 (42.3-49.8)
   B. No 54.0 (50.2-57.7)

14. Have you ever been electronically bullied? (Count being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)
   A. Yes 18.1 (15.5-21.1)
   B. No 81.9 (78.9-84.5)

**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 21.2 (18.6-24.1)
   B. No 78.8 (75.9-81.4)
16 Have you ever made a plan about how you would kill yourself?
   A. Yes 12.6 (10.3-15.2)
   B. No  87.4 (84.8-89.7)

17. Have you ever tried to kill yourself?
   A. Yes 8.2 (6.5-10.4)
   B. No  91.8 (89.6-93.5)

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

18. Have you ever tried cigarette smoking, even one or two puffs?
   A. Yes 19.2 (14.8-24.4)
   B. No  80.8 (75.6-85.2)

19. How old were you when you smoked a whole cigarette for the first time?
   A. I have never smoked a whole cigarette 88.1 (83.8-91.4)
   B. 8 years old or younger 1.3 (0.6-2.6)
   C. 9 years old 0.3 (0.1-0.7)
   D. 10 years old 1.9 (1.1-3.4)
   E. 11 years old 3.3 (2.0-5.5)
   F. 12 years old 2.1 (1.3-3.2)
   G. 13 years old or older 3.0 (1.9-4.8)

20. About how many cigarettes have you smoked in your entire life?
   B. 1 or more puffs but never a whole cigarette 83.4 (78.6-87.3)
   C. 1 cigarette 6.1 (4.3-8.6)
   D. 2 to 5 cigarettes 2.2 (1.3-3.7)
   E. 6 to 15 cigarettes (about ½ a pack total) 3.7 (2.4-5.7)
   F. 16 to 25 cigarettes (about 1 pack total) 2.4 (1.5-3.8)
   G. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs) 0.8 (0.4-1.8)
   H. 100 or more cigarettes (5 or more packs) 0.9 (0.4-2.0)
   A. 0 cigarettes 0.5 (0.2-1.3)

21. During the past 30 days, on how many days did you smoke cigarettes?
   A. 0 days 94.7 (92.0-96.6)
   B. 1 or 2 days 3.4 (2.2-5.3)
   C. 3 to 5 days 0.7 (0.3-1.7)
   D. 6 to 9 days 0.6 (0.2-1.7)
   E. 10 to 19 days 0.2 (0.0-0.8)
   F. 20 to 29 days 0.2 (0.1-0.6)
   G. All 30 days 0.2 (0.0-1.5)
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  98.2  (96.5-99.1)
   B. 1 or 2 days  1.1  (0.6-1.9)
   C. 3 to 5 days  0.4  (0.1-1.9)
   D. 6 to 9 days  0.3  (0.0-1.9)
   E. 10 to 19 days  0.0  (.-.)
   F. 20 to 29 days  0.0  (.-.)
   G. All 30 days  0.0  (0.0-0.3)

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  94.7  (92.2-96.5)
   B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station  0.5  (0.2-1.6)
   C. I bought them from a vending machine  0.0  (.-.)
   D. I gave someone else money to buy them for me  1.1  (0.5-2.3)
   E. I borrowed (or bummed) them from someone else  0.3  (0.1-0.9)
   F. A person 18 years old or older gave them to me  0.5  (0.2-1.8)
   G. I took them from a store or family member  1.0  (0.5-2.0)
   H. I got them some other way  1.9  (1.0-3.4)

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  92.5  (90.1-94.4)
   B. I do not have a usual brand  2.1  (1.4-3.2)
   C. Camel  1.5  (0.8-2.6)
   D. Marlboro  2.1  (1.3-3.4)
   E. Newport  0.2  (0.1-0.7)
   F. Virginia Slims  0.0  (.-.)
   G. GPS, Basic, or Doral  0.2  (0.0-1.5)
   H. Some other brand  1.3  (0.7-2.3)
### 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?

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0 times</td>
<td>38.2</td>
<td>(34.9-41.6)</td>
</tr>
<tr>
<td>B. 1 to 3 times during the past 30 days</td>
<td>20.0</td>
<td>(16.5-24.0)</td>
</tr>
<tr>
<td>C. 1 to 3 times during the past week</td>
<td>14.3</td>
<td>(12.0-17.1)</td>
</tr>
<tr>
<td>D. Daily or almost daily</td>
<td>14.5</td>
<td>(11.9-17.4)</td>
</tr>
<tr>
<td>E. More than once a day</td>
<td>13.0</td>
<td>(10.6-15.8)</td>
</tr>
</tbody>
</table>

### 27. During the past 12 months, did you ever try to quit smoking cigarettes?

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. I did not smoke during the past 12 months</td>
<td>90.3</td>
<td>(87.7-92.4)</td>
</tr>
<tr>
<td>B. Yes</td>
<td>7.2</td>
<td>(5.4-9.6)</td>
</tr>
<tr>
<td>C. No</td>
<td>2.4</td>
<td>(1.7-3.6)</td>
</tr>
</tbody>
</table>

### 28. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0 days</td>
<td>94.7</td>
<td>(92.5-96.2)</td>
</tr>
<tr>
<td>B. 1 or 2 days</td>
<td>3.4</td>
<td>(2.3-5.0)</td>
</tr>
<tr>
<td>C. 3 to 5 days</td>
<td>0.7</td>
<td>(0.3-1.6)</td>
</tr>
<tr>
<td>D. 6 to 9 days</td>
<td>0.5</td>
<td>(0.1-1.8)</td>
</tr>
<tr>
<td>E. 10 to 19 days</td>
<td>0.4</td>
<td>(0.1-1.9)</td>
</tr>
<tr>
<td>F. 20 to 29 days</td>
<td>0.1</td>
<td>(0.0-0.4)</td>
</tr>
<tr>
<td>G. All 30 days</td>
<td>0.3</td>
<td>(0.1-1.3)</td>
</tr>
</tbody>
</table>

### 29. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechut, Skoal, Skoal Bandits, or Copenhagen?

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0 days</td>
<td>96.3</td>
<td>(94.4-97.6)</td>
</tr>
<tr>
<td>B. 1 or 2 days</td>
<td>1.9</td>
<td>(1.0-3.5)</td>
</tr>
<tr>
<td>C. 3 to 5 days</td>
<td>0.4</td>
<td>(0.1-1.1)</td>
</tr>
<tr>
<td>D. 6 to 9 days</td>
<td>0.2</td>
<td>(0.1-1.1)</td>
</tr>
<tr>
<td>E. 10 to 19 days</td>
<td>0.8</td>
<td>(0.3-2.1)</td>
</tr>
<tr>
<td>F. 20 to 29 days</td>
<td>0.2</td>
<td>(0.0-1.1)</td>
</tr>
<tr>
<td>G. All 30 days</td>
<td>0.3</td>
<td>(0.0-1.3)</td>
</tr>
</tbody>
</table>

### 30. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0 days</td>
<td>75.1</td>
<td>(68.9-80.4)</td>
</tr>
<tr>
<td>B. 1 or 2 days</td>
<td>13.5</td>
<td>(9.9-18.1)</td>
</tr>
<tr>
<td>C. 3 or 4 days</td>
<td>3.2</td>
<td>(2.1-4.9)</td>
</tr>
<tr>
<td>D. 5 or 6 days</td>
<td>0.9</td>
<td>(0.4-1.9)</td>
</tr>
<tr>
<td>E. 7 days</td>
<td>7.3</td>
<td>(5.6-9.3)</td>
</tr>
</tbody>
</table>
31. Do you think smoke from other people’s cigarettes is harmful to you?
   A. Definitely yes 54.3 (51.0-57.5)
   B. Probably yes 33.3 (29.2-37.8)
   C. Probably not 6.7 (5.0-8.9)
   D. Definitely not 5.7 (4.0-8.1)

32. Do you think that you will try smoking a cigarette soon?
   A. I have already tried smoking cigarettes 9.9 (7.6-12.8)
   B. Yes 5.3 (3.8-7.4)
   C. No 84.8 (81.5-87.7)

33. Do you think you will smoke a cigarette at anytime during the next year?
   A. Definitely yes 2.7 (1.8-4.0)
   B. Probably yes 5.1 (3.6-7.2)
   C. Probably not 13.3 (10.3-17.0)
   D. Definitely not 79.0 (74.3-82.9)

34. If one of your best friends offered you a cigarette, would you smoke it?
   A. Definitely yes 2.3 (1.4-3.7)
   B. Probably yes 6.1 (4.2-8.7)
   C. Probably not 15.2 (12.5-18.3)
   D. Definitely not 76.5 (71.7-80.6)

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 20.6 (15.8-26.2)
   B. No 79.4 (73.8-84.2)

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 78.4 (72.4-83.4)
   B. 8 years old or younger 4.8 (3.3-7.0)
   C. 9 years old 1.6 (0.9-3.0)
   D. 10 years old 1.5 (0.8-2.8)
   E. 11 years old 3.7 (2.2-6.2)
   F. 12 years old 5.3 (3.6-7.8)
   G. 13 years old or older 4.6 (2.8-7.5)
37. During the past 30 days, on how many days did you have at least one drink of alcohol?
   A. 0 days 92.2 (89.0-94.5)
   B. 1 or 2 days 5.6 (3.8-8.3)
   C. 3 to 5 days 0.7 (0.3-2.0)
   D. 6 to 9 days 0.4 (0.2-0.8)
   E. 10 to 19 days 0.7 (0.2-2.0)
   F. 20 to 29 days 0.0 (.-.)
   G. All 30 days 0.4 (0.1-1.8)

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?
   A. 0 days 96.2 (93.7-97.8)
   B. 1 day 1.7 (0.9-3.0)
   C. 2 days 0.9 (0.4-1.8)
   D. 3 to 5 days 0.6 (0.2-1.5)
   E. 6 to 9 days 0.0 (.-.)
   F. 10 to 19 days 0.3 (0.0-2.0)
   G. 20 or more days 0.4 (0.1-2.0)

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?
   A. Very hard 69.2 (63.3-74.5)
   B. Sort of hard 12.4 (10.2-15.0)
   C. Sort of easy 8.9 (6.3-12.6)
   D. Very easy 9.5 (7.1-12.6)

40. How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?
   A. Very wrong 86.4 (83.6-88.8)
   B. Wrong 9.4 (7.4-11.8)
   C. A little bit wrong 3.3 (2.3-4.8)
   D. Not wrong at all 0.9 (0.5-1.9)

41. How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?
   A. Very wrong 75.6 (70.8-79.9)
   B. Wrong 15.8 (12.6-19.6)
   C. A little bit wrong 6.6 (5.0-8.7)
   D. Not wrong at all 2.0 (1.1-3.5)
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 12.1 (9.3-15.5)
   B. Slight risk 14.4 (12.1-17.1)
   C. Moderate risk 26.8 (23.1-30.8)
   D. Great risk 46.7 (41.8-51.7)

**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 15.7 (12.3-19.9)
   B. No 84.3 (80.1-87.7)

44. How old were you when you tried marijuana for the first time?
   A. I have never tried marijuana 84.4 (80.0-87.9)
   B. 8 years old or younger 1.8 (1.1-3.0)
   C. 9 years old 0.6 (0.2-1.4)
   D. 10 years old 3.5 (2.2-5.4)
   E. 11 years old 1.8 (1.1-3.0)
   F. 12 years old 3.9 (2.7-5.6)
   G. 13 years old or older 4.1 (2.5-6.8)

45. During the past 30 days, how many times did you use marijuana?
   A. 0 times 91.3 (87.3-94.1)
   B. 1 or 2 times 3.8 (2.2-6.5)
   C. 3 to 9 times 1.6 (0.9-3.0)
   D. 10 to 19 times 1.5 (0.8-2.9)
   E. 20 to 39 times 0.9 (0.4-1.9)
   F. 40 or more times 0.9 (0.4-2.1)

46. Have you ever used “synthetic marijuana” (also called “K2” or “Spice”)?
   A. Yes 7.9 (5.8-10.5)
   B. No 92.1 (89.5-94.2)

47. Have you ever used any form of cocaine, including powder, crack, or freebase?
   A. Yes 2.7 (1.4-5.0)
   B. No 97.3 (95.0-98.6)
48. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?
   A. Yes 7.3 (5.5-9.5)
   B. No 92.7 (90.5-94.5)

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 3.1 (2.1-4.7)
   B. No 96.9 (95.3-97.9)

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 1.7 (1.0-3.0)
   B. No 98.3 (97.0-99.0)

51. Have you ever used a needle to inject any illegal drug into your body?
   A. Yes 1.0 (0.5-2.2)
   B. No 99.0 (97.8-99.5)

**Sexual Behavior**
The next 4 questions ask about sexual intercourse.

52. Have you ever had sexual intercourse?
   A. Yes 5.9 (3.9-8.9)
   B. No 94.1 (91.1-96.1)

53. How old were you when you had sexual intercourse for the first time?
   A. I have never had sexual intercourse 94.0 (91.0-96.1)
   B. 8 years old or younger 0.9 (0.4-2.2)
   C. 9 years old 0.3 (0.1-1.4)
   D. 10 years old 0.2 (0.1-0.5)
   E. 11 years old 1.0 (0.4-2.3)
   F. 12 years old 2.1 (1.2-3.6)
   G. 13 years old or older 1.5 (0.8-2.7)

54. With how many people have you ever had sexual intercourse?
   A. I have never had sexual intercourse 94.0 (91.0-96.1)
   B. 1 person 2.5 (1.4-4.5)
   C. 2 people 1.1 (0.6-2.0)
   D. 3 people 1.0 (0.4-2.4)
   E. 4 people 1.1 (0.4-2.6)
   F. 5 people 0.0 (.-.)
   G. 6 or more people 0.4 (0.1-1.4)
55. The last time you had sexual intercourse, did you or your partner use a condom?
   A. I have never had sexual intercourse 94.0 (91.0-96.1)
   B. Yes 4.7 (3.0-7.2)
   C. No 1.3 (0.6-2.6)

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

56. How do you describe your weight?
   A. Very underweight 3.8 (2.6-5.4)
   B. Slightly underweight 13.8 (10.8-17.4)
   C. About the right weight 54.0 (49.6-58.3)
   D. Slightly overweight 24.8 (21.5-28.4)
   E. Very overweight 3.8 (2.6-5.4)

57. Which of the following are you trying to do about your weight?
   A. Lose weight 51.1 (46.4-55.8)
   B. Gain weight 7.7 (6.1-9.8)
   C. Stay the same weight 22.7 (19.5-26.3)
   D. I am not trying to do anything about my weight 18.5 (16.0-21.2)

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 22.0 (18.8-25.6)
   B. No 78.0 (74.4-81.2)

59. Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?
   A. Yes 5.9 (4.2-8.2)
   B. No 94.1 (91.8-95.8)
**Breakfast**
The next question asks about eating breakfast.

60. During the past 7 days, on how many days did you eat breakfast?
   
<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0 days</td>
<td>13.4</td>
<td>(10.9-16.3)</td>
</tr>
<tr>
<td>B. 1 day</td>
<td>7.6</td>
<td>(5.1-11.3)</td>
</tr>
<tr>
<td>C. 2 days</td>
<td>8.3</td>
<td>(6.7-10.4)</td>
</tr>
<tr>
<td>D. 3 days</td>
<td>7.8</td>
<td>(5.7-10.6)</td>
</tr>
<tr>
<td>E. 4 days</td>
<td>5.3</td>
<td>(4.0-7.0)</td>
</tr>
<tr>
<td>F. 5 days</td>
<td>9.2</td>
<td>(7.0-11.9)</td>
</tr>
<tr>
<td>G. 6 days</td>
<td>6.9</td>
<td>(5.5-8.7)</td>
</tr>
<tr>
<td>H. 7 days</td>
<td>41.5</td>
<td>(37.2-46.0)</td>
</tr>
</tbody>
</table>

**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.)

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0 days</td>
<td>13.3</td>
<td>(11.0-16.1)</td>
</tr>
<tr>
<td>B. 1 day</td>
<td>6.6</td>
<td>(4.4-9.7)</td>
</tr>
<tr>
<td>C. 2 days</td>
<td>5.3</td>
<td>(3.8-7.3)</td>
</tr>
<tr>
<td>D. 3 days</td>
<td>7.8</td>
<td>(5.9-10.1)</td>
</tr>
<tr>
<td>E. 4 days</td>
<td>7.7</td>
<td>(6.1-9.6)</td>
</tr>
<tr>
<td>F. 5 days</td>
<td>14.9</td>
<td>(11.8-18.7)</td>
</tr>
<tr>
<td>G. 6 days</td>
<td>7.4</td>
<td>(5.5-9.9)</td>
</tr>
<tr>
<td>H. 7 days</td>
<td>37.0</td>
<td>(33.7-40.3)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. I do not watch TV on an average school day</td>
<td>13.4</td>
<td>(11.3-15.7)</td>
</tr>
<tr>
<td>B. Less than 1 hour per day</td>
<td>24.4</td>
<td>(21.6-27.3)</td>
</tr>
<tr>
<td>C. 1 hour per day</td>
<td>17.1</td>
<td>(13.9-20.9)</td>
</tr>
<tr>
<td>D. 2 hours per day</td>
<td>20.4</td>
<td>(17.5-23.5)</td>
</tr>
<tr>
<td>E. 3 hours per day</td>
<td>11.8</td>
<td>(9.5-14.5)</td>
</tr>
<tr>
<td>F. 4 hours per day</td>
<td>4.6</td>
<td>(3.3-6.4)</td>
</tr>
<tr>
<td>G. 5 or more hours per day</td>
<td>8.4</td>
<td>(6.5-10.8)</td>
</tr>
</tbody>
</table>
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  19.5  (16.5-22.9)
   B. Less than 1 hour per day  21.8  (18.6-25.3)
   C. 1 hour per day  13.2  (11.4-15.2)
   D. 2 hours per day  13.8  (11.7-16.2)
   E. 3 hours per day  12.1  (10.4-14.0)
   F. 4 hours per day  7.0  (5.2-9.2)
   G. 5 or more hours per day  12.7  (10.0-16.0)

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  46.6  (38.0-55.4)
   B. 1 day  4.7  (2.4-8.9)
   C. 2 days  3.2  (1.1-8.7)
   D. 3 days  1.3  (0.6-2.6)
   E. 4 days  0.8  (0.3-1.8)
   F. 5 days  43.5  (34.5-52.9)

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  39.4  (34.8-44.2)
   B. 1 team  25.5  (22.4-28.7)
   C. 2 teams  16.1  (13.3-19.2)
   D. 3 or more teams  19.1  (16.6-21.9)
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 58.8 (53.2-64.3)
   B. No 23.2 (19.5-27.3)
   C. Not sure 18.0 (14.3-22.4)

67. Has a doctor or nurse ever told you that you have asthma?
   A. Yes 19.2 (16.7-22.1)
   B. No 70.2 (66.8-73.3)
   C. Not sure 10.6 (8.6-13.0)

68. Do you have enough food to eat, sometimes not enough to eat, or often not enough to eat?
   A. Enough food to eat 77.6 (73.4-81.3)
   B. Sometimes not enough to eat 18.7 (15.1-23.0)
   C. Often not enough to eat 3.7 (2.4-5.7)

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 31.9 (28.0-36.2)
   B. A little true 51.3 (47.1-55.4)
   C. Pretty much true 11.0 (8.1-14.7)
   D. Very much true 5.8 (3.9-8.6)

70. I have a friend about my own age who really cares about me.
   A. Not true at all 12.8 (10.1-16.2)
   B. A little true 16.1 (13.4-19.3)
   C. Pretty much true 22.3 (18.9-26.2)
   D. Very much true 48.7 (44.5-52.9)

71. Outside of my home and school, there is an adult who really cares about me.
   A. Not true at all 12.4 (10.5-14.5)
   B. A little true 6.5 (5.0-8.5)
   C. Pretty much true 12.6 (10.7-14.8)
   D. Very much true 68.5 (65.1-71.7)
72. In my home, there is a parent or some other adult who is interested in my school work.
   A. Not true at all  
   B. A little true  
   C. Pretty much true  
   D. Very much true

<table>
<thead>
<tr>
<th>Response</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>A. Not true at all</td>
<td>6.8 (5.2-8.7)</td>
</tr>
<tr>
<td>B. A little true</td>
<td>16.0 (13.0-19.5)</td>
</tr>
<tr>
<td>C. Pretty much true</td>
<td>25.5 (22.5-28.7)</td>
</tr>
<tr>
<td>D. Very much true</td>
<td>51.8 (46.8-56.7)</td>
</tr>
</tbody>
</table>

73. In my school, there are clear rules about what students can and cannot do.
   A. Not true at all  
   B. A little true  
   C. Pretty much true  
   D. Very much true

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</tr>
<tr>
<td>B. A little true</td>
<td>6.4 (4.6-8.7)</td>
</tr>
<tr>
<td>C. Pretty much true</td>
<td>24.5 (20.3-29.1)</td>
</tr>
<tr>
<td>D. Very much true</td>
<td>65.2 (59.1-70.8)</td>
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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  
   B. A little true  
   C. Pretty much true  
   D. Very much true

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<tbody>
<tr>
<td>A. Not true at all</td>
<td>4.4 (3.3-6.0)</td>
</tr>
<tr>
<td>B. A little true</td>
<td>8.6 (6.8-10.7)</td>
</tr>
<tr>
<td>C. Pretty much true</td>
<td>21.2 (17.5-25.4)</td>
</tr>
<tr>
<td>D. Very much true</td>
<td>65.8 (61.2-70.2)</td>
</tr>
</tbody>
</table>

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  
   B. A little true  
   C. Pretty much true  
   D. Very much true

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<td>12.3 (10.0-15.0)</td>
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<td>20.2 (17.1-23.7)</td>
</tr>
<tr>
<td>D. Very much true</td>
<td>46.8 (42.3-51.4)</td>
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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 5.4% of students in San Juan 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 7 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.