Santa Fe County

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

New Mexico Department of Health
New Mexico Public Education Department
UNM Prevention Research Center
Albuquerque Area Southwest Tribal Epidemiology Center
For information about administration and methods used in implementation of the New Mexico Youth Risk and Resiliency Survey (NM YRRS), see the volume of statewide results, New Mexico Youth Risk & Resiliency Survey: Middle School Survey Results 2011, available at www.youthrisk.org.
ACKNOWLEDGEMENTS

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

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk Behaviors at a Glance</td>
<td>7</td>
</tr>
<tr>
<td>Participation in Santa Fe County</td>
<td>9</td>
</tr>
<tr>
<td>Highlights</td>
<td>11</td>
</tr>
<tr>
<td>Santa Fe County Charts</td>
<td>21</td>
</tr>
<tr>
<td>- Unintentional Injury</td>
<td>23</td>
</tr>
<tr>
<td>- Injury: Behaviors Associated with Violence</td>
<td>25</td>
</tr>
<tr>
<td>- Mental Health</td>
<td>27</td>
</tr>
<tr>
<td>- Tobacco Use</td>
<td>29</td>
</tr>
<tr>
<td>- Alcohol Use</td>
<td>37</td>
</tr>
<tr>
<td>- Drug Use</td>
<td>41</td>
</tr>
<tr>
<td>- Sexual Behaviors</td>
<td>45</td>
</tr>
<tr>
<td>- Body Weight</td>
<td>49</td>
</tr>
<tr>
<td>- Physical Activity</td>
<td>51</td>
</tr>
<tr>
<td>- Other Behaviors and Characteristics</td>
<td>54</td>
</tr>
<tr>
<td>- Resiliency/Protective Factors and Academic Measures</td>
<td>55</td>
</tr>
<tr>
<td>- Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors</td>
<td>59</td>
</tr>
<tr>
<td>Appendix A: Questionnaire with Results</td>
<td>73</td>
</tr>
<tr>
<td>Appendix B: About this Report, with Risk Behavior Definitions</td>
<td>91</td>
</tr>
<tr>
<td>Indicator</td>
<td>Santa Fe County</td>
</tr>
<tr>
<td>-----------------------------------------------</td>
<td>-----------------</td>
</tr>
<tr>
<td><strong>Unintentional Injury</strong></td>
<td></td>
</tr>
<tr>
<td>Rarely or never wore a bicycle helmet (of those who rode a bicycle)</td>
<td>81.1 (75.0-85.9)</td>
</tr>
<tr>
<td>Rarely or never wore a seatbelt</td>
<td>6.8 (4.5-10.0)</td>
</tr>
<tr>
<td><strong>Violence</strong></td>
<td></td>
</tr>
<tr>
<td>Ever been in a physical fight</td>
<td>55.5 (48.3-62.4)</td>
</tr>
<tr>
<td>Ever bullied on school property</td>
<td>44.9 (36.4-53.6)</td>
</tr>
<tr>
<td>Ever bullied electronically</td>
<td>18.1 (14.7-22.0)</td>
</tr>
<tr>
<td><strong>Mental Health</strong></td>
<td></td>
</tr>
<tr>
<td>Ever seriously thought about killing self</td>
<td>24.1 (20.3-28.5)</td>
</tr>
<tr>
<td>Ever planned to kill self</td>
<td>17.0 (13.5-21.3)</td>
</tr>
<tr>
<td>Ever tried to kill self</td>
<td>10.9 (8.7-13.6)</td>
</tr>
<tr>
<td><strong>Tobacco Use</strong></td>
<td></td>
</tr>
<tr>
<td>Ever smoked cigarettes</td>
<td>33.4 (26.4-41.2)</td>
</tr>
<tr>
<td>Current cigarette smoking</td>
<td>10.4 (6.3-16.7)</td>
</tr>
<tr>
<td>Current cigar smoking</td>
<td>8.4 (5.6-12.3)</td>
</tr>
<tr>
<td>Current spit tobacco use (chew, dip, or snuff)</td>
<td>4.9 (2.9-8.0)</td>
</tr>
<tr>
<td><strong>Alcohol Use</strong></td>
<td></td>
</tr>
<tr>
<td>Ever drank alcohol</td>
<td>41.1 (34.9-47.6)</td>
</tr>
<tr>
<td>Current drinking</td>
<td>16.0 (12.8-19.7)</td>
</tr>
<tr>
<td>Binge drinking</td>
<td>8.5 (6.1-11.8)</td>
</tr>
<tr>
<td>Drank alcohol before age 11</td>
<td>21.5 (18.2-25.1)</td>
</tr>
</tbody>
</table>
### New Mexico Youth Risk and Resiliency Survey

#### Risk Behaviors at a Glance

**Santa Fe County**

**Grades 6-8**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Santa Fe County</th>
<th>New Mexico</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drug Use</strong></td>
<td>% (95% CI)</td>
<td>% (95% CI)</td>
</tr>
<tr>
<td>Ever used marijuana</td>
<td>28.5 (21.2-37.2)</td>
<td>15.9 (13.3-18.9)</td>
</tr>
<tr>
<td>Current marijuana use</td>
<td>19.0 (12.9-27.1)</td>
<td>10.1 (8.2-12.4)</td>
</tr>
<tr>
<td>Ever used prescription drug without a doctor's prescription</td>
<td>10.7 (7.3-15.4)</td>
<td>8.0 (7.4-8.7)</td>
</tr>
<tr>
<td>Ever used a painkiller to get high</td>
<td>7.5 (5.2-10.7)</td>
<td>4.9 (4.0-5.8)</td>
</tr>
<tr>
<td>Ever used cocaine</td>
<td>6.4 (4.2-9.5)</td>
<td>3.6 (2.8-4.6)</td>
</tr>
<tr>
<td>Ever used inhalants</td>
<td>18.8 (15.4-22.6)</td>
<td>11.8 (10.3-13.4)</td>
</tr>
<tr>
<td>Ever used illegal injection drugs</td>
<td>2.7 (1.5-5.0)</td>
<td>1.2 (0.9-1.7)</td>
</tr>
<tr>
<td><strong>Sexual Behaviors</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever had sexual intercourse</td>
<td>15.9 (10.7-22.9)</td>
<td>10.5 (9.2-11.9)</td>
</tr>
<tr>
<td>Had sexual intercourse before age 11</td>
<td>3.0 (1.8-4.9)</td>
<td>2.9 (2.3-3.7)</td>
</tr>
<tr>
<td>Had sexual intercourse with three or more people in lifetime</td>
<td>6.4 (3.9-10.2)</td>
<td>3.1 (2.6-3.8)</td>
</tr>
<tr>
<td>Used a condom at last sexual intercourse (among those who ever had sexual intercourse)</td>
<td>83.9 (72.9-91.0)</td>
<td>69.1 (62.2-75.2)</td>
</tr>
<tr>
<td><strong>Body Weight</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever fasted to lose weight</td>
<td>23.6 (21.0-26.5)</td>
<td>20.3 (19.2-21.5)</td>
</tr>
<tr>
<td>Ever vomited or used laxatives to lose weight</td>
<td>7.6 (5.2-11.0)</td>
<td>4.9 (4.1-5.8)</td>
</tr>
<tr>
<td><strong>Physical Activity</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Three or more hours of TV viewing daily</td>
<td>33.1 (27.0-39.7)</td>
<td>31.7 (29.5-34.1)</td>
</tr>
<tr>
<td>Three or more hours of computer time daily (not for school work)</td>
<td>25.2 (21.2-29.7)</td>
<td>26.0 (23.7-28.6)</td>
</tr>
<tr>
<td>Physically active for at least 60 minutes per day every day</td>
<td>31.3 (25.7-37.5)</td>
<td>31.7 (28.9-34.6)</td>
</tr>
<tr>
<td>No days with at least 60 minutes of physical activity in the past seven days</td>
<td>17.4 (12.8-23.4)</td>
<td>17.4 (14.1-21.3)</td>
</tr>
<tr>
<td>Daily physical education at school</td>
<td>35.7 (25.0-48.1)</td>
<td>30.4 (22.7-39.4)</td>
</tr>
</tbody>
</table>
Participation in Santa Fe County

The response rate for Santa Fe County was 82%.

A high response rate produces survey results that are more representative of the student population. A response rate of at least 60% allows generalization of results to the entire student body. A response rate of 70% is excellent and allows a high degree of confidence in results. Because a high response rate means that more students have been surveyed, a high response rate will also be reflected in the error bars (i.e., with a higher response rate and more students included in the survey, error bars will be smaller and confidence intervals will be narrower). Response rates below 60% are considered low, and caution should be exercised in interpreting results. Low response rates indicate that the data may represent only students who participated in the survey and not necessarily the entire student body.

**Profile of students surveyed**

<table>
<thead>
<tr>
<th>Number of students</th>
<th>Percent (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td>709</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td></td>
</tr>
<tr>
<td>Girls</td>
<td>373</td>
</tr>
<tr>
<td>Boys</td>
<td>334</td>
</tr>
<tr>
<td><strong>Race/Ethnicity</strong></td>
<td></td>
</tr>
<tr>
<td>American Indian or Alaska Native</td>
<td>223</td>
</tr>
<tr>
<td>Asian or Pacific Islander</td>
<td>24</td>
</tr>
<tr>
<td>Black or African-American</td>
<td>37</td>
</tr>
<tr>
<td>Hispanic</td>
<td>470</td>
</tr>
<tr>
<td>White</td>
<td>251</td>
</tr>
<tr>
<td><strong>Grade Level</strong></td>
<td></td>
</tr>
<tr>
<td>6th</td>
<td>64</td>
</tr>
<tr>
<td>7th</td>
<td>419</td>
</tr>
<tr>
<td>8th</td>
<td>224</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
</tr>
</tbody>
</table>

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

1. For race/ethnicity, respondents were allowed to choose multiple responses.
2. Data may be missing for some demographic measures if respondents chose not to answer certain questions.
New Mexico Youth Risk and Resiliency Survey (YRRS)
Highlights
Santa Fe County
Grades 6-8, 2011
Highlights from the New Mexico Youth Risk and Resiliency Survey (YRRS)
Grades 6-8, 2011
Santa Fe County

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

www.youthrisk.org

Mental Health

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

Mental Health Indicators
NM & Santa Fe County
Grades 6-8, 2011

* Statistically significant difference
Tobacco Use

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

Tobacco Use
NM & Santa Fe County
Grades 6-8, 2011

* Statistically significant difference
Alcohol Use

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

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

<table>
<thead>
<tr>
<th>Category</th>
<th>NM</th>
<th>Santa Fe County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever drank alcohol</td>
<td>29.5</td>
<td>41.1</td>
</tr>
<tr>
<td>Current drinker</td>
<td>12.9</td>
<td>16.0</td>
</tr>
<tr>
<td>Binge drinker</td>
<td>6.3</td>
<td>8.5</td>
</tr>
<tr>
<td>Drank alcohol before age 11*</td>
<td>14.5</td>
<td>21.5</td>
</tr>
</tbody>
</table>

* Statistically significant difference
Drug Use

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

Drug Use

NM & Santa Fe County
Grades 6-8, 2011

* Statistically significant difference
Sexual Activity

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

Sexual Activity
NM & Santa Fe County
Grades 6-8, 2011

- Ever had sexual intercourse: NM 10.5%, Santa Fe County 15.9%
- Had sexual intercourse before age 11: NM 2.9%, Santa Fe County 3.0%
- Used condom at last sexual intercourse (among those who ever had sex): NM 69.1%, Santa Fe County 83.9%

* Statistically significant difference
Physical Activity

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

Physical Activity
NM & Santa Fe County
Grades 6-8, 2011

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

* Statistically significant difference
Santa Fe County
Charts
Unintentional Injury

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

<table>
<thead>
<tr>
<th>Behavior</th>
<th>2009</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rarely or never wore a bike helmet, of those who rode a bike</td>
<td>78.6</td>
<td>81.1</td>
</tr>
<tr>
<td>Rarely or never wore a seatbelt</td>
<td>10.3</td>
<td>6.8</td>
</tr>
<tr>
<td>Ever rode in a car with a drinking driver</td>
<td>32.1</td>
<td>32.5</td>
</tr>
</tbody>
</table>
Injury: Behaviors Associated with Violence

Behaviors Associated with Injury: Behaviors Associated with Violence
by Year, Santa Fe County
Grades 6-8

<table>
<thead>
<tr>
<th>Behavior</th>
<th>2009</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever carried a weapon, such as a gun, knife, or club</td>
<td>36.5</td>
<td>36.3</td>
</tr>
<tr>
<td>Ever been in a physical fight</td>
<td>57.4</td>
<td>55.5</td>
</tr>
<tr>
<td>Ever bullied on school property</td>
<td>27.8</td>
<td>44.9</td>
</tr>
</tbody>
</table>

Percent (%)
Injury: Behaviors Associated with Violence
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County
### Mental Health

#### Behaviors Associated with Mental Health by Year, Santa Fe County

**Grades 6-8, 2011**

<table>
<thead>
<tr>
<th>Behavior</th>
<th>2009</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seriously thought about killing self in the past 12 months</td>
<td>21.2</td>
<td>24.1</td>
</tr>
<tr>
<td>Ever planned to kill self</td>
<td>14.4</td>
<td>17.0</td>
</tr>
<tr>
<td>Ever tried to kill self</td>
<td>10.2</td>
<td>10.9</td>
</tr>
</tbody>
</table>
Mental Health
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County
### Tobacco Use

#### Tobacco Use Indicators by Year, Santa Fe County Grades 6-8, 2011

<table>
<thead>
<tr>
<th>Indicator</th>
<th>2009</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever smoked cigarettes</td>
<td>33.6</td>
<td>33.4</td>
</tr>
<tr>
<td>Current cigarette smoker</td>
<td>10.3</td>
<td>10.4</td>
</tr>
<tr>
<td>First smoked cigarettes before 11 years old</td>
<td>7.6</td>
<td>7.9</td>
</tr>
<tr>
<td>Smoked cigarettes on school property in the past 30 days</td>
<td>3.6</td>
<td>4.3</td>
</tr>
<tr>
<td>Current cigar use</td>
<td>10.5</td>
<td>8.4</td>
</tr>
<tr>
<td>Current spit tobacco use (chew, snuff, or dip)</td>
<td>4.3</td>
<td>4.9</td>
</tr>
</tbody>
</table>
Tobacco Use: Cigarettes
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County
Tobacco Use: Behaviors of Current Cigarette Smokers
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County

During the past 30 days, how did you usually get your own cigarettes?
Tobacco Use: Behaviors of Current Cigarette Smokers
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County
Tobacco: Other Use and Exposure
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County
Tobacco Use: Plans to Smoke
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County

* Non-smoker: did not smoke cigarettes within the past 30 days
### Tobacco Use: Beliefs and Attitudes
#### New Mexico and Santa Fe County
#### Grades 6-8, 2011

**By Gender, Santa Fe County**

- **Saw ads about smoking danger in the past 30 days**
  - Female: 72.3%
  - Male: 64.2%

- **Believes smoke from other people's cigarettes is definitely harmful**
  - Female: 50.2%
  - Male: 55.0%

**By Grade, Santa Fe County**

- **Saw ads about smoking danger in the past 30 days**
  - 6th: 60.9%
  - 7th: 64.3%
  - 8th: 73.6%

- **Believes smoke from other people's cigarettes is definitely harmful**
  - 6th: 49.3%
  - 7th: 55.1%
  - 8th: 50.4%
Alcohol Use

Alcohol Use Indicators
by Year, Santa Fe County
Grades 6-8, 2011

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever drank alcohol</td>
<td>42.5</td>
<td>41.1</td>
</tr>
<tr>
<td>Current drinker</td>
<td>23.7</td>
<td>16.0</td>
</tr>
<tr>
<td>Binge drinker</td>
<td>13.2</td>
<td>8.5</td>
</tr>
<tr>
<td>Drank alcohol before age 11</td>
<td>19.3</td>
<td>21.5</td>
</tr>
</tbody>
</table>
Alcohol Use: Access, Beliefs, and Attitudes
New Mexico and Santa Fe County
Grades 6-8, 2011

Percent (%)

By Gender, Santa Fe County

By Grade, Santa Fe County

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

My parents think my regular alcohol use would be wrong

I think regular alcohol use by people my age is very wrong

People face great risk from daily alcohol use

Percent (%)

Female

Male

6th

7th

8th

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

My parents think my regular alcohol use would be wrong

I think regular alcohol use by people my age is very wrong

People face great risk from daily alcohol use

Percent (%)

Female

Male

6th

7th

8th

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

My parents think my regular alcohol use would be wrong

I think regular alcohol use by people my age is very wrong

People face great risk from daily alcohol use

Percent (%)

Female

Male

6th

7th

8th

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

My parents think my regular alcohol use would be wrong

I think regular alcohol use by people my age is very wrong

People face great risk from daily alcohol use

Percent (%)

Female

Male

6th

7th

8th
Drug Use

Drug Use Indicators by Year, Santa Fe County Grades 6-8, 2011

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever used marijuana</td>
<td>25.5</td>
<td>28.5</td>
</tr>
<tr>
<td>Current marijuana use</td>
<td>17.6</td>
<td>19.0</td>
</tr>
<tr>
<td>Tried marijuana before age 11</td>
<td>9.9</td>
<td>9.0</td>
</tr>
<tr>
<td>Lifetime cocaine use</td>
<td>8.6</td>
<td>6.4</td>
</tr>
<tr>
<td>Lifetime inhalant use</td>
<td>16.8</td>
<td>18.8</td>
</tr>
<tr>
<td>Ever used illegal injection drugs</td>
<td>4.0</td>
<td>2.7</td>
</tr>
</tbody>
</table>
Drug Use: Marijuana
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County
Other drug use
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County
Sexual Behaviors

Sexual Behaviors Indicators by Year, Santa Fe County Grades 6-8, 2011

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used condom at last sex, of those who ever had sex</td>
<td>66.4</td>
<td>83.9</td>
</tr>
<tr>
<td>Ever had sexual intercourse</td>
<td>17.5</td>
<td>15.9</td>
</tr>
<tr>
<td>Had sexual intercourse before age 11</td>
<td>3.2</td>
<td>3.0</td>
</tr>
</tbody>
</table>
Sexual behaviors
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County
Sexual behaviors
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County

New Mexico 2011 YRRS
Grades 6-8
Body Weight

Body Weight Indicators by Year, Santa Fe County Grades 6-8, 2011

<table>
<thead>
<tr>
<th>Percentage</th>
<th>2009</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever fasted 24 hours or more to lose weight</td>
<td>18.4%</td>
<td>23.6%</td>
</tr>
<tr>
<td>Ever purged to lose weight</td>
<td>6.4%</td>
<td>7.6%</td>
</tr>
<tr>
<td>Physically active on no days/week</td>
<td>16.5%</td>
<td>17.4%</td>
</tr>
</tbody>
</table>
Body weight
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County
### Physical Activity

#### Physical Activity Indicators by Year, Santa Fe County Grades 6-8, 2011

<table>
<thead>
<tr>
<th>Indicator</th>
<th>2009</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watches TV three or more hours per day</td>
<td>31.3</td>
<td>33.1</td>
</tr>
<tr>
<td>Physically active every day of the week</td>
<td>33.6</td>
<td>31.3</td>
</tr>
<tr>
<td>Physically active on no days/week</td>
<td>16.5</td>
<td>17.4</td>
</tr>
</tbody>
</table>

**Legend:**
- Green diamond: Watches TV three or more hours per day
- Blue line: Physically active every day of the week
- Red line: Physically active on no days/week
Physical activity
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County
Physical activity
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County
Other characteristics
New Mexico and Santa Fe County
Grades 6-8, 2011

By Gender, Santa Fe County

By Grade, Santa Fe County
Resiliency/Protective Factors and Academic Measures
My friends get into a lot of trouble
My friends get into a lot of trouble

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

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

At school there is a teacher or other adult who really cares about me
At school there is a teacher or other adult who really cares about me

In my home, there is a parent or other adult who listens to me
In my home, there is a parent or other adult who listens to me

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

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

When I am not at home, one of my parents or guardians knows where I am
When I am not at home, one of my parents or guardians knows where I am
Resiliency/Protective Factors
New Mexico and Santa Fe County
Grades 6-8, 2011

Outside of my home and school, I am a part of group activities

- New Mexico: 49.8%
- Santa Fe: 45.5%

I often do things without thinking about what will happen

- New Mexico: 10.1%
- Santa Fe: 11.2%
Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors
Rarely or never wore a seatbelt by Selected Resiliency Factors
Santa Fe County
Grades 6-8, 2011

How to read this chart:
- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 25.1% rarely or never wore a seatbelt.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 5.9% rarely or never wore a seatbelt.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 4.3% rarely or never wore a seatbelt.
Ever been in a physical fight
by Selected Resiliency Factors
Santa Fe County
Grades 6-8, 2011

How to read this chart:

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 72% were ever in a physical fight.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 62.2% were ever in a physical fight.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 34.9% were ever in a physical fight.
### Ever bullied on school property by Selected Resiliency Factors

**Santa Fe County**  
**Grades 6-8, 2011**

#### How to read this chart:
- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 76.3% were bullied on school property.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 47.4% were bullied on school property.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 32.4% were bullied on school property.
Ever tried to kill self
by Selected Resiliency Factors
Santa Fe County
Grades 6-8, 2011

How to read this chart:

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 33% ever tried to kill themselves.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 11.2% ever tried to kill themselves.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 5.3% ever tried to kill themselves.
Current cigarette smoker  
by Selected Resiliency Factors  
Santa Fe County  
Grades 6-8, 2011

How to read this chart:

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 33.2% were current smokers.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 11.8% were current smokers.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 2.9% were current smokers.
Current drinking
by Selected Resiliency Factors
Santa Fe County
Grades 6-8, 2011

How to read this chart:

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 37.9% were current drinkers.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 18.4% were current drinkers.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 5.6% were current drinkers.
Binge drinking
by Selected Resiliency Factors
Santa Fe County
Grades 6-8, 2011

How to read this chart:

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 23% were binge drinkers.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 9.8% were binge drinkers.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 2.2% were binge drinkers.
Current marijuana use by Selected Resiliency Factors
Santa Fe County
Grades 6-8, 2011

How to read this chart:
- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 48.3% were current marijuana users.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 20.9% were current marijuana users.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 7% were current marijuana users.
Ever used a prescription drug without a doctor's prescription by Selected Resiliency Factors
Santa Fe County
Grades 6-8, 2011

How to read this chart:
- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 22.9% used prescription drugs without a doctor's prescription.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 11.1% used prescription drugs without a doctor's prescription.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 7.5% used prescription drugs without a doctor's prescription.
## Ever had sexual intercourse by Selected Resiliency Factors

### Santa Fe County

#### Grades 6-8, 2011

### How to read this chart:

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 53.6% ever had sexual intercourse.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 16.6% ever had sexual intercourse.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 6.6% ever had sexual intercourse.
Ever fasted 24 hours or more to lose weight
by Selected Resiliency Factors
Santa Fe County
Grades 6-8, 2011

How to read this chart:

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 38.4% ever fasted to lose weight.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 26.6% ever fasted to lose weight.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 13.2% ever fasted to lose weight.
Daily physical activity
by Selected Resiliency Factors
Santa Fe County
Grades 6-8, 2011

How to read this chart:
- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 60.5% engaged in daily physical activity.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 28.8% engaged in daily physical activity.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 29.8% engaged in daily physical activity.
Appendix A
Questionnaire with Results
### Personal Information

1. How old are you?
   - A. 10 years old or younger: 0 responses (0.0%)
   - B. 11 years old: 56 responses (7.9%)
   - C. 12 years old: 265 responses (37.6%)
   - D. 13 years old: 288 responses (40.9%)
   - E. 14 years old: 90 responses (12.8%)
   - F. 15 years old: 4 responses (0.6%)
   - G. 16 years old or older: 2 responses (0.3%)

2. What is your sex?
   - A. Female: 373 responses (52.8%)
   - B. Male: 334 responses (47.2%)

3. In what grade are you?
   - A. 6th grade: 64 responses (9.1%)
   - B. 7th grade: 419 responses (59.3%)
   - C. 8th grade: 224 responses (31.7%)
   - D. Ungraded or other grade: 0 responses (0.0%)

4. Are you Hispanic or Latino?
   - A. Yes: 470 responses (69.0%)
   - B. No: 211 responses (31.0%)

5. What is your race? (Select one or more responses.)
   - A. American Indian or Alaska Native: 223 responses (41.7%)
   - B. Asian: 8 responses (1.5%)
   - C. Black or African American: 37 responses (6.9%)
   - D. Native Hawaiian or Other Pacific Islander: 16 responses (3.0%)
   - E. White: 251 responses (46.9%)
6. During the past 12 months, how would you describe your grades in school?

<table>
<thead>
<tr>
<th>Option</th>
<th>Weighted%</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Mostly A’s</td>
<td>28.9</td>
<td>(23.7-34.6)</td>
</tr>
<tr>
<td>B. Mostly B’s</td>
<td>36.1</td>
<td>(32.0-40.5)</td>
</tr>
<tr>
<td>C. Mostly C’s</td>
<td>14.2</td>
<td>(11.3-17.8)</td>
</tr>
<tr>
<td>D. Mostly D’s</td>
<td>5.4</td>
<td>(3.6-8.0)</td>
</tr>
<tr>
<td>E. Mostly F’s</td>
<td>1.1</td>
<td>(0.5-2.5)</td>
</tr>
<tr>
<td>F. None of these grades</td>
<td>0.8</td>
<td>(0.3-2.4)</td>
</tr>
<tr>
<td>G. Not sure</td>
<td>13.4</td>
<td>(10.4-17.1)</td>
</tr>
</tbody>
</table>

**Personal Safety**

The next 3 questions ask about personal safety.

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

<table>
<thead>
<tr>
<th>Option</th>
<th>Weighted%</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. I do not ride a bicycle</td>
<td>19.8</td>
<td>(16.2-24.1)</td>
</tr>
<tr>
<td>B. Never wear a helmet</td>
<td>55.4</td>
<td>(48.9-61.6)</td>
</tr>
<tr>
<td>C. Rarely wear a helmet</td>
<td>9.6</td>
<td>(7.1-12.8)</td>
</tr>
<tr>
<td>D. Sometimes wear a helmet</td>
<td>6.4</td>
<td>(4.4-9.3)</td>
</tr>
<tr>
<td>E. Most of the time wear a helmet</td>
<td>3.6</td>
<td>(2.0-6.6)</td>
</tr>
<tr>
<td>F. Always wear a helmet</td>
<td>5.1</td>
<td>(3.1-8.4)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Option</th>
<th>Weighted%</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Never</td>
<td>2.8</td>
<td>(1.6-5.0)</td>
</tr>
<tr>
<td>B. Rarely</td>
<td>3.9</td>
<td>(2.4-6.5)</td>
</tr>
<tr>
<td>C. Sometimes</td>
<td>13.0</td>
<td>(10.5-16.1)</td>
</tr>
<tr>
<td>D. Most of the time</td>
<td>27.3</td>
<td>(23.7-31.2)</td>
</tr>
<tr>
<td>E. Always</td>
<td>52.9</td>
<td>(48.5-57.3)</td>
</tr>
</tbody>
</table>

9. Have you ever ridden in a car driven by someone who had been drinking alcohol?

<table>
<thead>
<tr>
<th>Option</th>
<th>Weighted%</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Yes</td>
<td>32.5</td>
<td>(26.3-39.5)</td>
</tr>
<tr>
<td>B. No</td>
<td>52.9</td>
<td>(46.8-58.8)</td>
</tr>
<tr>
<td>C. Not sure</td>
<td>14.6</td>
<td>(11.7-18.1)</td>
</tr>
</tbody>
</table>
## Violence-Related Behaviors

The next 2 questions ask about violence-related behaviors.

10. Have you ever carried a weapon, such as a gun, knife, or club?
   - A. Yes: 36.3% (29.7-43.6)
   - B. No: 63.7% (56.4-70.3)

11. Have you ever been in a physical fight?
   - A. Yes: 55.5% (48.3-62.4)
   - B. No: 44.5% (37.6-51.7)

The next 2 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

12. Have you ever been bullied on school property?
   - A. Yes: 44.9% (36.4-53.6)
   - B. No: 55.1% (46.4-63.6)

13. Have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)
   - A. Yes: 18.1% (14.7-22.0)
   - B. No: 81.9% (78.0-85.3)

## Sadness and Attempted Suicide

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

14. Have you ever seriously thought about killing yourself?
   - A. Yes: 24.1% (20.3-28.5)
   - B. No: 75.9% (71.5-79.7)

15. Have you ever made a plan about how you would kill yourself?
   - A. Yes: 17.0% (13.5-21.3)
   - B. No: 83.0% (78.7-86.5)

16. Have you ever tried to kill yourself?
   - A. Yes: 10.9% (8.7-13.6)
   - B. No: 89.1% (86.4-91.3)
### Tobacco Use

Weighted %

<table>
<thead>
<tr>
<th>Question</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>The next 16 questions ask about tobacco use.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17. Have you ever tried cigarette smoking, even one or two puffs?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. Yes</td>
<td>33.4</td>
<td>(26.4-41.2)</td>
</tr>
<tr>
<td>B. No</td>
<td>66.6</td>
<td>(58.8-73.6)</td>
</tr>
<tr>
<td>18. How old were you when you smoked a whole cigarette for the first time?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. I have never smoked a whole cigarette</td>
<td>79.2</td>
<td>(72.4-84.6)</td>
</tr>
<tr>
<td>B. 8 years old or younger</td>
<td>3.1</td>
<td>(1.8-5.1)</td>
</tr>
<tr>
<td>C. 9 years old</td>
<td>1.4</td>
<td>(0.7-2.8)</td>
</tr>
<tr>
<td>D. 10 years old</td>
<td>3.4</td>
<td>(2.2-5.2)</td>
</tr>
<tr>
<td>E. 11 years old</td>
<td>5.4</td>
<td>(3.3-8.6)</td>
</tr>
<tr>
<td>F. 12 years old</td>
<td>4.1</td>
<td>(2.8-5.9)</td>
</tr>
<tr>
<td>G. 13 years old or older</td>
<td>3.5</td>
<td>(1.7-7.4)</td>
</tr>
<tr>
<td>19. About how many cigarettes have you smoked in your entire life?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. 0 cigarettes</td>
<td>68.2</td>
<td>(60.2-75.1)</td>
</tr>
<tr>
<td>B. 1 or more puffs but never a whole cigarette</td>
<td>13.0</td>
<td>(10.8-15.7)</td>
</tr>
<tr>
<td>C. 1 cigarette</td>
<td>2.3</td>
<td>(1.2-4.2)</td>
</tr>
<tr>
<td>D. 2 to 5 cigarettes</td>
<td>6.4</td>
<td>(4.1-9.9)</td>
</tr>
<tr>
<td>E. 6 to 15 cigarettes (about ½ a pack total)</td>
<td>3.1</td>
<td>(1.8-5.4)</td>
</tr>
<tr>
<td>F. 16 to 25 cigarettes (about 1 pack total)</td>
<td>3.1</td>
<td>(1.7-5.7)</td>
</tr>
<tr>
<td>G. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)</td>
<td>1.5</td>
<td>(0.5-4.1)</td>
</tr>
<tr>
<td>H. 100 or more cigarettes (5 or more packs)</td>
<td>2.4</td>
<td>(1.0-5.5)</td>
</tr>
<tr>
<td>20. During the past 30 days, on how many days did you smoke cigarettes?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. 0 days</td>
<td>89.6</td>
<td>(83.3-93.7)</td>
</tr>
<tr>
<td>B. 1 or 2 days</td>
<td>4.8</td>
<td>(2.2-10.0)</td>
</tr>
<tr>
<td>C. 3 to 5 days</td>
<td>2.5</td>
<td>(1.4-4.5)</td>
</tr>
<tr>
<td>D. 6 to 9 days</td>
<td>1.1</td>
<td>(0.4-2.7)</td>
</tr>
<tr>
<td>E. 10 to 19 days</td>
<td>0.9</td>
<td>(0.2-3.7)</td>
</tr>
<tr>
<td>F. 20 to 29 days</td>
<td>0.4</td>
<td>(0.1-2.9)</td>
</tr>
<tr>
<td>G. All 30 days</td>
<td>0.7</td>
<td>(0.2-2.3)</td>
</tr>
</tbody>
</table>
21. During the past 30 days, on how many days did you smoke cigarettes on school property?

<table>
<thead>
<tr>
<th>Days</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 days</td>
<td>95.7</td>
<td>(91.3-97.9)</td>
</tr>
<tr>
<td>1 or 2 days</td>
<td>3.3</td>
<td>(1.4-7.9)</td>
</tr>
<tr>
<td>3 to 5 days</td>
<td>0.6</td>
<td>(0.1-4.0)</td>
</tr>
<tr>
<td>6 to 9 days</td>
<td>0.0</td>
<td>(.-. )</td>
</tr>
<tr>
<td>10 to 19 days</td>
<td>0.1</td>
<td>(0.0-1.1)</td>
</tr>
<tr>
<td>20 to 29 days</td>
<td>0.0</td>
<td>(.-. )</td>
</tr>
<tr>
<td>All 30 days</td>
<td>0.3</td>
<td>(0.1-1.2)</td>
</tr>
</tbody>
</table>

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

A. I did not smoke cigarettes during the past 30 days | 89.4 | (83.1-93.6) |
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station | 0.7 | (0.1-4.5) |
C. I bought them from a vending machine | 0.3 | (0.1-1.2) |
D. I gave someone else money to buy them for me | 2.1 | (1.2-3.7) |
E. I borrowed (or bummed) them from someone else | 2.2 | (0.6-7.2) |
F. A person 18 years old or older gave them to me | 0.4 | (0.1-1.4) |
G. I took them from a store or family member | 1.9 | (1.1-3.3) |
H. I got them some other way | 3.0 | (1.4-6.2) |

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

A. I did not smoke cigarettes during the past 30 days | 85.0 | (78.0-90.1) |
B. I do not have a usual brand | 3.5 | (1.7-7.3) |
C. Camel | 1.7 | (0.8-3.5) |
D. Marlboro | 7.4 | (5.0-10.9) |
E. Newport | 0.6 | (0.2-1.6) |
F. Virginia Slims | 0.1 | (0.0-1.1) |
G. GPS, Basic, or Doral | 0.0 | (.-. ) |
H. Some other brand | 1.6 | (0.7-3.7) |

24. During the past 30 days, how many times have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?

A. 0 times | 31.6 | (26.2-37.7) |
B. 1 to 3 times during the past 30 days | 26.7 | (21.4-32.8) |
C. 1 to 3 times during the past week | 15.4 | (12.4-19.0) |
D. Daily or almost daily | 12.4 | (10.4-14.8) |
E. More than once a day | 13.9 | (11.6-16.5) |
25. During the past 12 months, did you ever try to quit smoking cigarettes?
   A. I did not smoke during the past 12 months  
     84.5  (80.0-88.1)
   B. Yes  
     8.7  (6.5-11.5)
   C. No  
     6.9  (4.4-10.6)

26. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?
   A. 0 days  
     91.6  (87.7-94.4)
   B. 1 or 2 days  
     5.1  (3.2-8.1)
   C. 3 to 5 days  
     0.9  (0.4-2.0)
   D. 6 to 9 days  
     1.1  (0.3-3.6)
   E. 10 to 19 days  
     0.7  (0.2-2.2)
   F. 20 to 29 days  
     0.0  (.-.)
   G. All 30 days  
     0.6  (0.2-2.1)

27. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
   A. 0 days  
     95.1  (92.0-97.1)
   B. 1 or 2 days  
     2.6  (1.2-5.6)
   C. 3 to 5 days  
     0.4  (0.2-1.0)
   D. 6 to 9 days  
     0.9  (0.2-3.8)
   E. 10 to 19 days  
     0.5  (0.2-1.8)
   F. 20 to 29 days  
     0.0  (.-.)
   G. All 30 days  
     0.4  (0.1-1.4)

28. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?
   A. 0 days  
     61.2  (52.9-68.9)
   B. 1 or 2 days  
     21.3  (17.2-26.2)
   C. 3 or 4 days  
     6.7  (4.4-10.0)
   D. 5 or 6 days  
     2.8  (1.5-5.2)
   E. 7 days  
     8.0  (5.0-12.6)

29. Do you think smoke from other people’s cigarettes is harmful to you?
   A. Definitely yes  
     52.7  (48.9-56.5)
   B. Probably yes  
     31.9  (27.6-36.6)
   C. Probably not  
     7.2  (5.6-9.2)
   D. Definitely not  
     8.2  (5.4-12.1)
30. Do you think that you will try smoking a cigarette soon?
   A. I have already tried smoking cigarettes   19.1 (14.2-25.3)
   B. Yes   9.3 (6.9-12.3)
   C. No   71.6 (64.7-77.7)

31. Do you think you will smoke a cigarette at anytime during the next year?
   A. Definitely yes   5.9 (3.9-8.8)
   B. Probably yes   15.2 (11.7-19.5)
   C. Probably not   22.7 (18.8-27.3)
   D. Definitely not   56.1 (48.7-63.3)

32. If one of your best friends offered you a cigarette, would you smoke it?
   A. Definitely yes   4.7 (2.8-7.9)
   B. Probably yes   12.7 (8.7-18.2)
   C. Probably not   27.5 (22.7-32.9)
   D. Definitely not   55.0 (46.7-63.0)

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.

33. Have you ever had a drink of alcohol, other than a few sips?
   A. Yes   41.1 (34.9-47.6)
   B. No   58.9 (52.4-65.1)

34. How old were you when you had your first drink of alcohol other than a few sips?
   A. I have never had a drink of alcohol other than a few sips   58.8 (52.1-65.1)
   B. 8 years old or younger   9.8 (6.8-14.0)
   C. 9 years old   3.9 (2.6-5.8)
   D. 10 years old   7.7 (5.7-10.3)
   E. 11 years old   4.4 (3.0-6.4)
   F. 12 years old   8.1 (6.4-10.1)
   G. 13 years old or older   7.3 (4.3-12.2)
35. During the past 30 days, on how many days did you have at least one drink of alcohol?

<table>
<thead>
<tr>
<th>Days</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 days</td>
<td>84.0</td>
<td>(80.3-87.2)</td>
</tr>
<tr>
<td>1 or 2 days</td>
<td>10.3</td>
<td>(8.6-12.2)</td>
</tr>
<tr>
<td>3 to 5 days</td>
<td>2.2</td>
<td>(0.9-5.0)</td>
</tr>
<tr>
<td>6 to 9 days</td>
<td>1.5</td>
<td>(0.6-3.9)</td>
</tr>
<tr>
<td>10 to 19 days</td>
<td>1.1</td>
<td>(0.2-6.2)</td>
</tr>
<tr>
<td>20 to 29 days</td>
<td>0.2</td>
<td>(0.0-0.8)</td>
</tr>
<tr>
<td>All 30 days</td>
<td>0.8</td>
<td>(0.3-2.0)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Days</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 days</td>
<td>91.5</td>
<td>(88.2-93.9)</td>
</tr>
<tr>
<td>1 day</td>
<td>3.1</td>
<td>(1.9-4.9)</td>
</tr>
<tr>
<td>2 days</td>
<td>3.0</td>
<td>(1.8-5.0)</td>
</tr>
<tr>
<td>3 to 5 days</td>
<td>1.2</td>
<td>(0.4-3.5)</td>
</tr>
<tr>
<td>6 to 9 days</td>
<td>0.4</td>
<td>(0.1-1.8)</td>
</tr>
<tr>
<td>10 to 19 days</td>
<td>0.4</td>
<td>(0.1-1.8)</td>
</tr>
<tr>
<td>20 or more days</td>
<td>0.5</td>
<td>(0.2-1.2)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ease</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very hard</td>
<td>47.0</td>
<td>(38.7-55.4)</td>
</tr>
<tr>
<td>Sort of hard</td>
<td>22.9</td>
<td>(18.5-28.0)</td>
</tr>
<tr>
<td>Sort of easy</td>
<td>16.7</td>
<td>(12.2-22.4)</td>
</tr>
<tr>
<td>Very easy</td>
<td>13.4</td>
<td>(9.9-18.0)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Wrong</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very wrong</td>
<td>81.7</td>
<td>(77.4-85.3)</td>
</tr>
<tr>
<td>Wrong</td>
<td>11.7</td>
<td>(9.9-13.7)</td>
</tr>
<tr>
<td>A little bit wrong</td>
<td>4.8</td>
<td>(3.3-7.0)</td>
</tr>
<tr>
<td>Not wrong at all</td>
<td>1.9</td>
<td>(1.0-3.4)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Wrong</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very wrong</td>
<td>56.3</td>
<td>(48.0-64.3)</td>
</tr>
<tr>
<td>Wrong</td>
<td>24.6</td>
<td>(19.9-30.0)</td>
</tr>
<tr>
<td>A little bit wrong</td>
<td>12.7</td>
<td>(9.3-17.0)</td>
</tr>
<tr>
<td>Not wrong at all</td>
<td>6.5</td>
<td>(4.5-9.3)</td>
</tr>
</tbody>
</table>
40. How much do you think people risk harming themselves (physically or in other ways) if they have one or two drinks of beer, wine, or hard liquor nearly every day?

A. No risk 8.9 (5.8-13.5)
B. Slight risk 15.2 (12.7-18.1)
C. Moderate risk 28.0 (23.1-33.6)
D. Great risk 47.9 (44.2-51.6)

Marijuana and other Drug Use

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

41. Have you ever used marijuana?
A. Yes 28.5 (21.2-37.2)
B. No 71.5 (62.8-78.8)

42. How old were you when you tried marijuana for the first time?
A. I have never tried marijuana 71.5 (62.6-79.0)
B. 8 years old or younger 3.1 (1.8-5.3)
C. 9 years old 1.7 (1.0-2.9)
D. 10 years old 4.1 (2.4-7.0)
E. 11 years old 6.1 (4.3-8.6)
F. 12 years old 8.1 (5.8-11.2)
G. 13 years old or older 5.3 (2.6-10.7)

43. During the past 30 days, how many times did you use marijuana?
A. 0 times 81.0 (72.9-87.1)
B. 1 or 2 times 7.5 (5.1-10.8)
C. 3 to 9 times 5.9 (3.1-10.8)
D. 10 to 19 times 2.7 (1.4-5.2)
E. 20 to 39 times 0.7 (0.3-1.7)
F. 40 or more times 2.3 (1.2-4.3)

44. Have you ever taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor’s prescription?
A. Yes 10.7 (7.3-15.4)
B. No 89.3 (84.6-92.7)

45. Have you ever used a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?
A. Yes 7.5 (5.2-10.7)
B. No 92.5 (89.3-94.8)
46. Have you ever used any form of cocaine, including powder, crack, or freebase?
   A. Yes 6.4 (4.2-9.5)
   B. No 93.6 (90.5-95.8)

47. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?
   A. Yes 18.8 (15.4-22.6)
   B. No 81.2 (77.4-84.6)

48. Have you ever used a needle to inject any illegal drug into your body?
   A. Yes 2.7 (1.5-5.0)
   B. No 97.3 (95.0-98.5)

**Sexual Behavior**

The next 4 questions ask about sexual intercourse.

49. Have you ever had sexual intercourse?
   A. Yes 15.9 (10.7-22.9)
   B. No 84.1 (77.1-89.3)

50. How old were you when you had sexual intercourse for the first time?
   A. I have never had sexual intercourse 84.1 (77.1-89.2)
   B. 8 years old or younger 1.7 (0.8-3.4)
   C. 9 years old 0.4 (0.1-1.3)
   D. 10 years old 0.9 (0.3-2.8)
   E. 11 years old 1.6 (0.5-4.6)
   F. 12 years old 4.1 (2.3-7.2)
   G. 13 years old or older 7.3 (4.4-11.7)

51. With how many people have you ever had sexual intercourse?
   A. I have never had sexual intercourse 84.1 (77.1-89.3)
   B. 1 person 5.6 (3.2-9.9)
   C. 2 people 3.9 (2.0-7.4)
   D. 3 people 2.7 (1.2-6.0)
   E. 4 people 0.6 (0.2-1.7)
   F. 5 people 0.9 (0.2-4.7)
   G. 6 or more people 2.1 (1.2-3.9)
52. The last time you had sexual intercourse, did you or your partner use a condom?
   A. I have never had sexual intercourse
   B. Yes
   C. No

<table>
<thead>
<tr>
<th></th>
<th>Weighted</th>
<th>95% Confidence</th>
<th>Intervals</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>%</td>
<td></td>
<td>Interval</td>
</tr>
<tr>
<td>A. I have never had sexual intercourse</td>
<td>84.5</td>
<td></td>
<td>95%</td>
</tr>
<tr>
<td>B. Yes</td>
<td>13.0</td>
<td></td>
<td>95%</td>
</tr>
<tr>
<td>C. No</td>
<td>2.5</td>
<td></td>
<td>95%</td>
</tr>
</tbody>
</table>

**Body Weight**

The next 4 questions ask about body weight.

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

<table>
<thead>
<tr>
<th></th>
<th>Weighted</th>
<th>95% Confidence</th>
<th>Intervals</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>%</td>
<td></td>
<td>Interval</td>
</tr>
<tr>
<td>A. Very underweight</td>
<td>4.4</td>
<td></td>
<td>95%</td>
</tr>
<tr>
<td>B. Slightly underweight</td>
<td>15.7</td>
<td></td>
<td>95%</td>
</tr>
<tr>
<td>C. About the right weight</td>
<td>55.8</td>
<td></td>
<td>95%</td>
</tr>
<tr>
<td>D. Slightly overweight</td>
<td>22.3</td>
<td></td>
<td>95%</td>
</tr>
<tr>
<td>E. Very overweight</td>
<td>1.8</td>
<td></td>
<td>95%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Weighted</th>
<th>95% Confidence</th>
<th>Intervals</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>%</td>
<td></td>
<td>Interval</td>
</tr>
<tr>
<td>A. Lose weight</td>
<td>47.2</td>
<td></td>
<td>95%</td>
</tr>
<tr>
<td>B. Gain weight</td>
<td>11.4</td>
<td></td>
<td>95%</td>
</tr>
<tr>
<td>C. Stay the same weight</td>
<td>25.0</td>
<td></td>
<td>95%</td>
</tr>
<tr>
<td>D. I am not trying to do anything about my weight</td>
<td>16.4</td>
<td></td>
<td>95%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Weighted</th>
<th>95% Confidence</th>
<th>Intervals</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>%</td>
<td></td>
<td>Interval</td>
</tr>
<tr>
<td>A. Yes</td>
<td>23.6</td>
<td></td>
<td>95%</td>
</tr>
<tr>
<td>B. No</td>
<td>76.4</td>
<td></td>
<td>95%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Weighted</th>
<th>95% Confidence</th>
<th>Intervals</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>%</td>
<td></td>
<td>Interval</td>
</tr>
<tr>
<td>A. Yes</td>
<td>7.6</td>
<td></td>
<td>95%</td>
</tr>
<tr>
<td>B. No</td>
<td>92.4</td>
<td></td>
<td>95%</td>
</tr>
</tbody>
</table>
The next 4 questions ask about physical activity.

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

<table>
<thead>
<tr>
<th>Days</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0 days</td>
<td>17.4</td>
<td>(12.8-23.4)</td>
</tr>
<tr>
<td>B. 1 day</td>
<td>5.1</td>
<td>(3.3-7.8)</td>
</tr>
<tr>
<td>C. 2 days</td>
<td>6.5</td>
<td>(4.5-9.2)</td>
</tr>
<tr>
<td>D. 3 days</td>
<td>9.8</td>
<td>(7.0-13.6)</td>
</tr>
<tr>
<td>E. 4 days</td>
<td>8.3</td>
<td>(6.4-10.6)</td>
</tr>
<tr>
<td>F. 5 days</td>
<td>14.8</td>
<td>(11.3-19.0)</td>
</tr>
<tr>
<td>G. 6 days</td>
<td>6.8</td>
<td>(4.1-11.2)</td>
</tr>
<tr>
<td>H. 7 days</td>
<td>31.3</td>
<td>(25.7-37.5)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Hours</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. I do not watch TV on an average school day</td>
<td>11.6</td>
<td>(9.5-14.0)</td>
</tr>
<tr>
<td>B. Less than 1 hour per day</td>
<td>18.1</td>
<td>(14.5-22.3)</td>
</tr>
<tr>
<td>C. 1 hour per day</td>
<td>17.8</td>
<td>(14.2-22.0)</td>
</tr>
<tr>
<td>D. 2 hours per day</td>
<td>19.5</td>
<td>(15.7-23.8)</td>
</tr>
<tr>
<td>E. 3 hours per day</td>
<td>11.5</td>
<td>(8.3-15.6)</td>
</tr>
<tr>
<td>F. 4 hours per day</td>
<td>7.9</td>
<td>(5.7-10.9)</td>
</tr>
<tr>
<td>G. 5 or more hours per day</td>
<td>13.7</td>
<td>(10.3-18.0)</td>
</tr>
</tbody>
</table>

59. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet.)

<table>
<thead>
<tr>
<th>Hours</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. I do not play video or computer games or use a computer for something that is not school work</td>
<td>16.6</td>
<td>(13.1-20.8)</td>
</tr>
<tr>
<td>B. Less than 1 hour per day</td>
<td>25.4</td>
<td>(21.5-29.7)</td>
</tr>
<tr>
<td>C. 1 hour per day</td>
<td>18.9</td>
<td>(14.6-24.2)</td>
</tr>
<tr>
<td>D. 2 hours per day</td>
<td>13.8</td>
<td>(11.1-17.1)</td>
</tr>
<tr>
<td>E. 3 hours per day</td>
<td>9.2</td>
<td>(7.3-11.5)</td>
</tr>
<tr>
<td>F. 4 hours per day</td>
<td>3.0</td>
<td>(2.0-4.6)</td>
</tr>
<tr>
<td>G. 5 or more hours per day</td>
<td>13.0</td>
<td>(10.1-16.6)</td>
</tr>
</tbody>
</table>
60. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

<table>
<thead>
<tr>
<th>Days</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0 days</td>
<td>46.1</td>
<td>(33.2-59.5)</td>
</tr>
<tr>
<td>B. 1 day</td>
<td>4.1</td>
<td>(2.1-7.9)</td>
</tr>
<tr>
<td>C. 2 days</td>
<td>2.3</td>
<td>(0.9-5.7)</td>
</tr>
<tr>
<td>D. 3 days</td>
<td>3.3</td>
<td>(1.1-9.1)</td>
</tr>
<tr>
<td>E. 4 days</td>
<td>8.5</td>
<td>(4.8-14.5)</td>
</tr>
<tr>
<td>F. 5 days</td>
<td>35.7</td>
<td>(25.0-48.1)</td>
</tr>
</tbody>
</table>

**Health-Related Topics**

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

61. Have you ever been taught about AIDS or HIV infection in school?

<table>
<thead>
<tr>
<th>Answer</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Yes</td>
<td>60.7</td>
<td>(53.7-67.3)</td>
</tr>
<tr>
<td>B. No</td>
<td>22.1</td>
<td>(17.8-27.2)</td>
</tr>
<tr>
<td>C. Not sure</td>
<td>17.2</td>
<td>(14.0-20.9)</td>
</tr>
</tbody>
</table>

62. Has a doctor or nurse ever told you that you have asthma?

<table>
<thead>
<tr>
<th>Answer</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Yes</td>
<td>18.0</td>
<td>(14.6-21.9)</td>
</tr>
<tr>
<td>B. No</td>
<td>73.1</td>
<td>(68.0-77.6)</td>
</tr>
<tr>
<td>C. Not sure</td>
<td>9.0</td>
<td>(5.9-13.4)</td>
</tr>
</tbody>
</table>

63. Do you still have asthma?

<table>
<thead>
<tr>
<th>Answer</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. I have never had asthma</td>
<td>63.2</td>
<td>(57.5-68.6)</td>
</tr>
<tr>
<td>B. Yes</td>
<td>11.6</td>
<td>(9.0-14.9)</td>
</tr>
<tr>
<td>C. No</td>
<td>14.8</td>
<td>(11.4-19.1)</td>
</tr>
<tr>
<td>D. Not sure</td>
<td>10.3</td>
<td>(7.9-13.4)</td>
</tr>
</tbody>
</table>

64. Do you have enough food to eat, sometimes not enough to eat, or often not enough to eat?

<table>
<thead>
<tr>
<th>Answer</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Enough food to eat</td>
<td>80.0</td>
<td>(75.9-83.5)</td>
</tr>
<tr>
<td>B. Sometimes not enough to eat</td>
<td>16.4</td>
<td>(12.5-21.1)</td>
</tr>
<tr>
<td>C. Often not enough to eat</td>
<td>3.7</td>
<td>(2.4-5.5)</td>
</tr>
</tbody>
</table>

**Resiliency Factors**

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

65. My friends get into a lot of trouble.

<table>
<thead>
<tr>
<th>Answer</th>
<th>Weighted %</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Not true at all</td>
<td>27.1</td>
<td>(23.0-31.7)</td>
</tr>
<tr>
<td>B. A little true</td>
<td>50.2</td>
<td>(45.0-55.3)</td>
</tr>
<tr>
<td>C. Pretty much true</td>
<td>16.5</td>
<td>(13.9-19.6)</td>
</tr>
<tr>
<td>D. Very much true</td>
<td>6.2</td>
<td>(3.8-9.9)</td>
</tr>
</tbody>
</table>
66. I often do things without thinking about what will happen.
   A. Not true at all
   Weighted %: 23.8
   95% Confidence Interval: (21.3-26.6)
   B. A little true
   Weighted %: 46.8
   95% Confidence Interval: (43.0-50.6)
   C. Pretty much true
   Weighted %: 18.2
   95% Confidence Interval: (16.1-20.5)
   D. Very much true
   Weighted %: 11.2
   95% Confidence Interval: (9.3-13.3)

67. I have a friend about my own age who really cares about me.
   A. Not true at all
   Weighted %: 13.4
   95% Confidence Interval: (10.7-16.6)
   B. A little true
   Weighted %: 14.8
   95% Confidence Interval: (12.3-17.7)
   C. Pretty much true
   Weighted %: 21.7
   95% Confidence Interval: (17.6-26.5)
   D. Very much true
   Weighted %: 50.1
   95% Confidence Interval: (44.7-55.5)

68. Outside of my home and school, there is an adult who really cares about me.
   A. Not true at all
   Weighted %: 10.3
   95% Confidence Interval: (7.6-13.8)
   B. A little true
   Weighted %: 9.4
   95% Confidence Interval: (6.9-12.8)
   C. Pretty much true
   Weighted %: 14.4
   95% Confidence Interval: (11.4-18.1)
   D. Very much true
   Weighted %: 65.8
   95% Confidence Interval: (60.0-71.2)

69. At my school there is a teacher or some other adult who really cares about me.
   A. Not true at all
   Weighted %: 19.9
   95% Confidence Interval: (15.7-25.0)
   B. A little true
   Weighted %: 27.5
   95% Confidence Interval: (22.9-32.7)
   C. Pretty much true
   Weighted %: 23.7
   95% Confidence Interval: (20.0-27.9)
   D. Very much true
   Weighted %: 28.8
   95% Confidence Interval: (25.4-32.5)

70. In my home, there is a parent or some other adult who listens to me when I have something to say.
   A. Not true at all
   Weighted %: 7.6
   95% Confidence Interval: (5.4-10.6)
   B. A little true
   Weighted %: 13.6
   95% Confidence Interval: (11.2-16.3)
   C. Pretty much true
   Weighted %: 19.5
   95% Confidence Interval: (16.4-23.0)
   D. Very much true
   Weighted %: 59.4
   95% Confidence Interval: (53.8-64.7)

71. In my home, there is a parent or some other adult who talks with me about my problems.
   A. Not true at all
   Weighted %: 13.8
   95% Confidence Interval: (11.2-16.8)
   B. A little true
   Weighted %: 18.2
   95% Confidence Interval: (14.7-22.3)
   C. Pretty much true
   Weighted %: 23.1
   95% Confidence Interval: (20.2-26.3)
   D. Very much true
   Weighted %: 45.0
   95% Confidence Interval: (39.6-50.4)
72. In my school, there are clear rules about what students can and cannot do.

| A. Not true at all | 5.6 | (3.5-8.9) |
| B. A little true   | 11.8| (8.5-16.2) |
| C. Pretty much true| 26.5| (21.3-32.4) |
| D. Very much true  | 56.1| (47.9-64.1) |

73. When I am not at home, one of my parents/guardians knows where I am and who I am with.

| A. Not true at all | 5.8 | (3.7-9.0) |
| B. A little true   | 11.7| (9.1-14.8) |
| C. Pretty much true| 26.2| (21.7-31.2) |
| D. Very much true  | 56.4| (50.4-62.2) |

74. Outside of my home and school, I am a part of clubs, sports teams, church/temple, or other group activities.

| A. Not true at all | 24.0| (20.6-27.7) |
| B. A little true   | 11.2| (7.5-16.4)  |
| C. Pretty much true| 19.3| (16.2-22.9) |
| D. Very much true  | 45.5| (39.3-51.9) |
Appendix B
About this Report
Appendix B: About this Report

This report contains county level results from the 2011 New Mexico Middle School Youth Risk and Resiliency Survey (YRRS). The YRRS is a statewide survey of public school students in middle schools and high schools throughout New Mexico. Statewide and county level results are available at www.YouthRisk.org, and www.health.state.nm.us/ERD/HealthData/yrrs.shtml.

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

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

Using the Report

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

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

In some cases with very few students in a particular age or gender group, data have been suppressed to protect the anonymity of the individual respondents. Suppressed data are marked with "--". In cases where there are fewer than 25 respondents per grade level or gender, grade level or gender charts have been omitted.

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NOTE: County level YRRS reports are freely available. School district reports have been distributed to school district offices. School districts are encouraged to reproduce and share these reports with community groups concerned with prevention and health promotion. However, school district level results will not be released without express permission of the school district superintendent. Forms for requesting school district data are available at www.YouthRisk.org.
Understanding the Charts - and A Word about Error Bars

The bar charts in this report present the percentage of students who reported engaging in any given risk behavior or who reported having any given protective factor. The height of the bars conveys the percentage of students reporting each trait, and provides a quick visual comparison between different groups of students reporting that trait. A label for each bar presents the actual percentage of students who reported each trait. For instance, the chart on page 24, Unintentional Injury, shows that 7.5% of students in New Mexico rarely or never wore seatbelts, while 6.8% of students in Santa Fe County rarely or never wore seatbelts.

Because of the high cost and logistical complications involved in conducting a statewide survey, the YRRS was administered to a sample of students, rather than to every single student in each school district. Because YRRS data are from a sample of students, and not the entire student body, the results in this report are estimates. As with all estimates, there is some uncertainty associated with each of these results. On the charts in this report, this degree of uncertainty is represented by an error bar (or confidence interval). The error bar is the thin ‘I’ shaped line that extends above and below the end of each bar in a chart. One of the major influences on the size of the confidence interval or error bar is the number of participants in the survey. In general, this means that with more students participating in the survey, there will be a higher degree of confidence in the results (i.e., error bars will be smaller).

The proper interpretation of an error bar can be illustrated by looking at the chart below. This chart compares the high school prevalence of smoking and cocaine use for New Mexico to the United States prevalence for 2011. The chart shows that the prevalence of current smoking was 19.9% in New Mexico and 18.1% in the United States. The error bar for the estimate of current smoking among New Mexico students extends approximately 2 percentage points in either direction, from 17.6% to 22.4%. This means that we are confident that the actual percentage of smokers in this group of students was between 17.6% and 22.4%. The error bar for the estimate of current smoking in the US extends approximately 1.5 percentage points in either direction, from 16.7% to 19.5%. We are confident that the actual percentage of smokers among this group was between 16.7% and 19.5%.
How does knowing the upper and lower limits of our error bars help us? While it appears at first glance that New Mexico has a higher prevalence of smoking than the United States (19.9% vs. 18.1%), a closer look at the error bars shows a more complicated picture. The error bars for the New Mexico estimate (17.6%–22.4%) and the US estimate (16.7%–19.5%) overlap. Because of this overlap, we do not have a high degree of confidence that the prevalence of smoking in New Mexico is actually different from the prevalence in the United States. In other words, the difference between the prevalence of smoking in New Mexico and the United States is not statistically significant.

For cocaine use it also appears that New Mexico had a higher prevalence than the United States (5.2% vs. 3.0%). The error bar for New Mexico extends from 4.3% to 6.2%, and the error bar for the United States extends from 2.6% to 3.5%. Because the higher bound of the US error bar (3.5%) is lower than the lower bound of the NM error bar (4.3%), these error bars do not overlap. For cocaine use, we are confident in saying that the New Mexico prevalence was higher than the US prevalence. In other words, the difference between the prevalence of cocaine use in New Mexico and the United States was a statistically significant difference.

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

Unintentional Injury
Rarely or never wore a bike helmet
   Of those who rode a bicycle, answered 'Never' or 'Rarely' to the question, When you ride
Rarely or never wore a seatbelt
   Answered 'Never' or 'Rarely' to the question, How often do you wear a seat belt when
Ever rode in a car with a drinking driver
   Answered 'Yes' to the question, Have you ever ridden in a car driven by someone who
Violence-Related Behaviors
Ever carried a weapon, such as a gun, knife, or club
   Answered 'Yes' to the question, Have you ever carried a weapon, such as a gun, knife, or
Ever been in a physical fight
   Answered 'Yes' to the question, Have you ever been in a physical fight?
Ever bullied on school property
   Answered 'Yes' to the question, Have you ever been bullied on school property?
Ever bullied electronically
   Answered 'Yes' to the question, Have you ever been electronically bullied? (Include being
Mental Health
Ever seriously thought about killing self
   Answered 'Yes' to the question, Have you ever seriously thought about killing
Ever planned to kill self
   Answered 'Yes' to the question, Have you ever made a plan about how you would
Ever tried to kill self
   Answered 'Yes' to the question, Have you ever tried to kill yourself?
Tobacco Use
Ever smoked cigarettes
   Answered 'Yes' to the question, Have you ever tried cigarette smoking, even
First smoked a cigarette before age 11
   Answered '10 years old' or younger to the question, How old were you when
Smoked at least one whole cigarette in life
   Answered '1 cigarette' or more to the question, About how many cigarettes
Current cigarette smoking  (Smoked cigarettes at least once in the past 30 days)
   Answered '1 or 2 days' or more to the question, During the past 30 days,
Non-smoker
   Answered '0 days' to the question, During the past 30 days, on how many
Frequent cigarette smoking
   Answered '20 to 29 days' or more to the question, During the past 30 days,
Smoked on school property
   Answered '1 or 2 days' or more to the question, During the past 30 days,
Marlboro is usual brand among current cigarette smokers
   Of current cigarette smokers, answered 'Marlboro' to the question, During the past 30
Of those who smoked in the past 12 months, tried to quit smoking
   Answered 'Yes' to the question, During the past 12 months, did you ever try
Successful quit attempt by one who smoked in the past 12 months
   Answered 'Yes' to the question, During the past 12 months, did you ever try
   - and -
   Answered '0 days' to the question, During the past 30 days, on how many days
Unsuccessful quit attempt by one who smoked in the past 12 months  
Answered 'Yes' to the question, *During the past 12 months, did you ever try*  
- and -  
Answered '1 or 2 days' or more to the question, *During the past 30 days,*

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

Current spit tobacco use  
Answered '1 or 2 days' or more to the question, *During the past 30 days,*

In the same room with a smoker in the past 7 days  
Answered '1 or 2 days' or more to the question, *During the past 7 days, on how*

Will definitely or probably smoke cigarettes in the next year  
Answered 'Probably yes' or 'Definitely yes' to the question, *Do you think you will*

Would definitely or probably smoke if best friend offered  
Answered 'Probably yes' or 'Definitely yes' to the question, *If one of your best*

Saw ads about smoking danger in the past 30 days  
Answered '1 to 3 times during the past 30 days' or more to the question,

Believes smoke from other people's cigarettes is definitely harmful  
Answered 'Definitely yes' to the question, *Do you think smoke from other people's*

**Alcohol Use**

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

Drank alcohol before age 11  
Answered '10 years old' or younger to the question, *How old were you when*

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

Binge drinking (Had 5 or more drinks on a single occasion at least once in the past 30 days)  
Answered '1 day' or more to the question, *During the past 30 days, on how*

It would be very easy or sort of easy to get alcohol  
Answered 'Very easy' or 'Sort of easy' to the question, *If you wanted to get*

My parents think my regular alcohol use would be wrong  
Answered 'Very wrong' or 'Wrong' to the question, *How wrong do your parents*

I think regular alcohol use by people my age is very wrong  
Answered 'Very wrong' or 'Wrong' to the question, *How wrong do you think it*

People face great risk from daily alcohol use  
Answered *great risk* to the question, *How much do you think people risk*

**Drug use**

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

First used marijuana before age 11  
Answered '10 years old' or younger to the question, *How old were you when*

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

Ever used a prescription drug without a doctor's prescription  
Answered 'Yes' to the question, *Have you ever taken a prescription drug*

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

Ever used cocaine  
Answered 'Yes' to the question, *Have you ever used any form of cocaine,*
Ever used inhalants
Answered 'Yes' to the question, Have you ever sniffed glue, or breathed the

Ever used illegal injection drugs
Answered 'Yes' to the question, Have you ever used a needle to inject any

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

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

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

Used a condom (among those who ever had sexual intercourse)
Answered 'Yes' to the question, The last time you had sexual intercourse,
- among those who -
Answered 'Yes' to the question, Have you ever had sexual intercourse?

Taught about HIV/AIDS
Answered 'Yes' to the question, Have you ever been taught about AIDS or HIV

Body Weight and Weight Control
Self-described as slightly or very overweight
Answered 'Very overweight' or 'Slightly overweight' to the question, How do

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

Ever fasted to lose weight
Answered 'Yes' to the question, Have you ever gone without eating for 24 hours

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

Physical Activity
No days of physical activity per week
Answered '0 days' to the question, During the past 7 days, on how many days

Five days of physical activity per week
Answered '5 days' or more to the question, During the past 7 days, on how many

Daily physical activity
Answered '7 days' to the question, During the past 7 days, on how many

At least one day/week of physical education
Answered '1 day' or more to the question, In an average week when you are

Daily physical education at school
Answered '5 days' to the question, In an average week when you are in school,

Resiliency/Protective Factors
Unless otherwise noted, responses in the resiliency/protective factor sections of this report refer to
Santa Fe County

2011 New Mexico Youth Risk and Resiliency Survey
Middle School