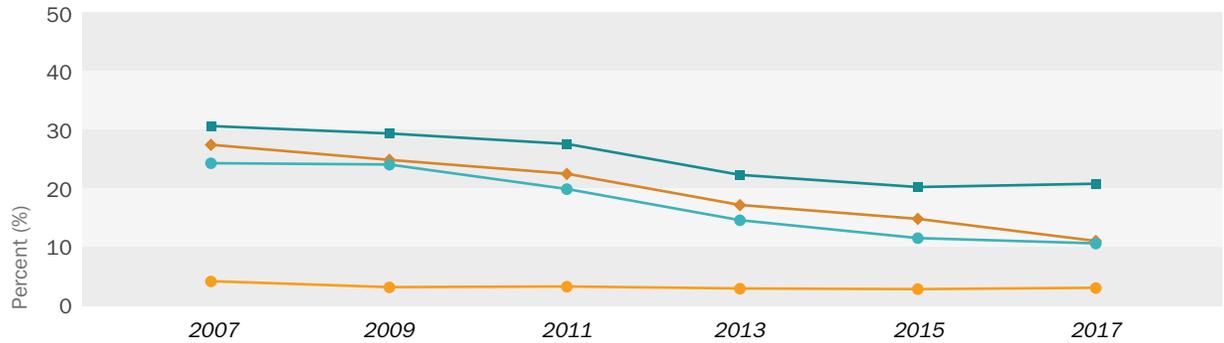


2017 NM-YRRS Results:

## Key Risk Behavior Trends

Trends in selected health risk behaviors  
Grades 9–12  
NM ■ 2017



■ Drank alcohol before age 13	30.7	29.4	27.4	22.3	20.1	20.7
◆ Binge drinking	27.4	25.0	22.4	17.1	14.6	10.9
● Current cigarette smoking	24.2	24.0	19.9	14.4	11.4	10.6
● Current heroin use	3.9	3.2	3.2	2.9	2.8	2.8

Recently released results from the 2017 New Mexico High School Youth Risk and Resiliency Survey (NM-YRRS) showed encouraging trends for a number of important risk behaviors, including behaviors associated with alcohol use, cigarette use, drug use, sexual activity, and violence. Over the decade from 2007–2017, trends among high school students include:

- First drink of alcohol before age 13 decreased by 33%, from 30.7% to 20.7%
- Binge drinking\* fell by 60%, from 27.4% to 10.9%
- Current cigarette use decreased by 56%, from 24.2% to 10.6%
- Current heroin use decreased by 28%, from 3.9 % to 2.8%
- The percent who were currently sexually active† decreased by 14%, from 31.5% to 27.0%
- Physical fighting on school property decreased by 44%, from 16.9% to 9.5%
- Daily physical activity increased by 39%, from 22.1% to 30.8%

\* From 2007–2015, binge drinking was defined consuming five or more drinks on at least one single occasion in the last 30 days. This question changed in 2017 to define binge drinking as consuming five or more drinks for boys or four or more drinks for girls.

† Had sexual intercourse at least one time in the last three months.

### UNFAVORABLE TRENDS, 2007–2017:

The percent of students with persistent feelings of sadness or hopelessness increased by 16%, from 30.8% to 35.8%.

Playing video games or using a computer for purposes other than school work almost doubled, increasing from 18.7% to 36.8%.

### OTHER FINDINGS:

Although current heroin use has decreased, opioid use rates remain very high among NM high school students; 3.4% of students used heroin at least once in their lifetime, and 16.3% used prescription pain medications without a doctor’s prescription.

While cigarette use has been decreasing, almost a quarter (24.7%) of students were current e-cigarette users. When all tobacco products are looked at together, tobacco use has not decreased.

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