

2013 NM-YRRS Results:

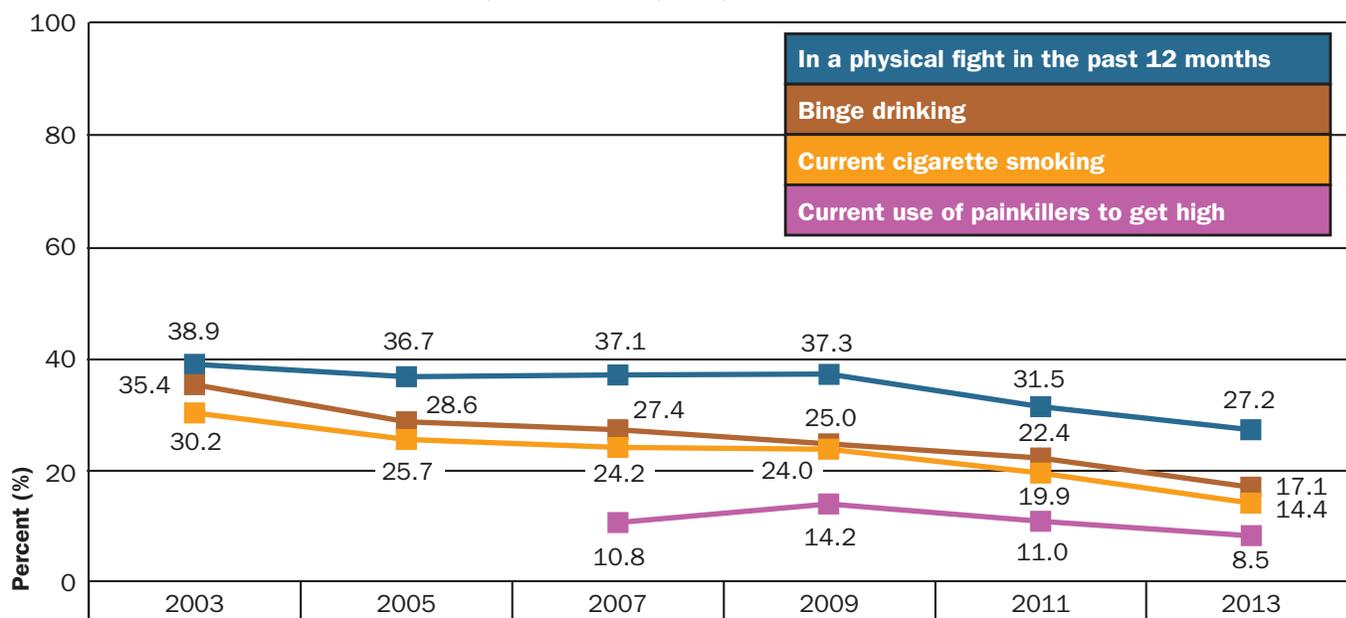
Declining Trends in Risk Behaviors

Rates for several important risk behaviors have fallen dramatically among New Mexico high school students in recent years, according to the latest results from the 2013 New Mexico Youth Risk and Resiliency Survey (YRRS). This encouraging news is most pronounced in areas related to alcohol use, tobacco use, and violence. Current (past 30 day) use of painkillers to get high fell from 14.2% in 2009 to 8.5% in 2013. Over the ten years from 2003–2013:

- Binge drinking (consuming five or more alcoholic drinks on a single occasion in the past 30 days) fell from 35.4% to 17.1%.
- Current cigarette smoking (smoking cigarettes on at least one of the past 30 days) declined from 30.2% to 14.4%.
- Physical fighting in the past 12 months fell from 38.9% to 27.2%.

Reduction in the prevalence of risk behaviors has not occurred in every area of the survey. Rates for current marijuana use (27.8% in 2013) and heroin use (2.9% in 2013) have not varied significantly since 2003. While the rates of current cocaine use and current methamphetamine use fell sharply after 2003 (cocaine use decreased from 8.9% in 2003 to 5.4% in 2007; methamphetamine use decreased from 7.3% in 2003 to 4.6% in 2005), there has been little variation in either of these rates since 2007 (5.3% of students currently used cocaine in 2013; 3.7% used methamphetamines). While the rate of current cigarette smoking has been falling since 2003, the rate of hookah use for smoking tobacco has not fallen since it was first assessed in 2011. Hookah use (21.9%) has overtaken cigarette use (14.4%) as the most prevalent form of tobacco in current use.

Trends in Selected Risk Behaviors, Grades 9–12, NM, 2003–2013



Welcome to the first issue of **YRRS Connections**, a monthly newsletter featuring information about YRRS results and related issues. If you would like to be on our newsletter mailing list, please contact YRRS@youthrisk.org.

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