



New Mexico Youth Risk and Resiliency Survey (YRRS)
Middle School Survey Results
Los Alamos County
Grades 6-8
2015

New Mexico Department of Health
New Mexico Public Education Department
UNM Prevention Research Center



Suggested citation:

Green D, Peñaloza L, and FitzGerald C. 2016. *New Mexico Youth Risk and Resiliency Survey: Middle School Survey Results 2015, Los Alamos County*. Epidemiology and Response Division, New Mexico Department of Health; School and Family Support Bureau, New Mexico Public Education Department; and University of New Mexico Prevention Research Center.

This publication was produced by the New Mexico Department of Health (NM DOH), the Public Education Department (NM PED), and the University of New Mexico Prevention Research Center. The NM YRRS receives support from the Centers for Disease Control and Prevention in cooperation with the NM PED through Grant number 1U87PS004195-01. 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: High School Survey Results 2015, available at www.youthrisk.org.

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 U.S. Centers for Disease Control and Prevention, Division of Adolescent and School Health (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 2015 Steering Committee are identified by an asterisk (*).)

NEW MEXICO DEPARTMENT OF HEALTH

K. Lynn Gallagher, JD, *Secretary, New Mexico Department of Health*
Michael Landen, MD, MPH, *State Epidemiologist and Director, Epidemiology and Response Division**
Toby Rosenblatt, Bureau Chief, *Injury and Behavioral Epidemiology Bureau*
Dan Green, MPH, Survey Epidemiologist, *Injury and Behavioral Epidemiology Bureau**
Laura Tomedi, PhD, MPH, *New Mexico Department of Health**
James Padilla, MS, Tobacco Epidemiologist, *Tobacco Use Prevention and Control Program**
James Farmer, MPH, Health Services Manager, *Office of School and Adolescent Health**

NEW MEXICO PUBLIC EDUCATION DEPARTMENT

Hanna Skandera, *Secretary of Education*
Paul Aguilar, *Deputy Secretary, Finance and Operations*
Denise Koscielniak, *Director, Federal Programs*
Dean Hopper, *Director, Coordinated School Health & Wellness Bureau*
Cris Ortíz, *Deputy Director, Coordinated School Health & Wellness Bureau**

UNIVERSITY OF NEW MEXICO DIVISION FOR PREVENTION AND POPULATION SCIENCES, HEALTH EVALUATION AND RESEARCH TEAM

Linda J. Peñalosa, PhD, *Associate Research Professor**
Laura Gutman, PhD, *Multi-Media Development Specialist*
Courtney FitzGerald, MSSW, LMSW, *Associate Scientist II**
Eric Chrisp, MS, *Associate Scientist II*

ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER

Kevin English, RPh, MPH, Director
Judith Espinoza, MPH, Epidemiologist*
Ophelia Spencer, Tribal Survey Coordinator

NEW MEXICO HUMAN SERVICES DEPARTMENT, BEHAVIORAL HEALTH SERVICES DIVISION

Karen Cheman, MPH, Prevention Staff Manager, Office of Substance Abuse Prevention *

The NM YRRS receives support from the Centers for Disease Control and Prevention in cooperation with the NM PED through Grant number 1U87PS004195-01.

Table of Contents

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

For a discussion of statistical significance, see Appendix B: About this Report

New Mexico Youth Risk and Resiliency Survey
Participation in Los Alamos County
Middle School (Grades 6-8)

The response rate for Los Alamos County was 87%.

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

	<u>Number of students who responded</u>	<u>Percent (%)</u>
<u>Total</u>	776	(100%)
<u>Gender</u>		
Girls	373	(48.2%)
Boys	398	(51.4%)
<u>Race/Ethnicity</u>		
<i>(Totals may be more than 100% because respondents were allowed to choose multiple race/ethnicities)</i>		
American Indian or Alaska Native	74	(9.5)
Asian	45	(5.8)
Black or African-American	25	(3.2)
Hispanic	266	(34.3)
Native Hawaiian or Pacific Islander	26	(3.4)
White	562	(72.4)
<u>Grade Level</u>		
6th	256	(37.9%)
7th	244	(36.1%)
8th	274	(40.5%)
Ungraded or other	0	(0.0%)

New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Los Alamos County and New Mexico
Middle School (Grades 6-8)

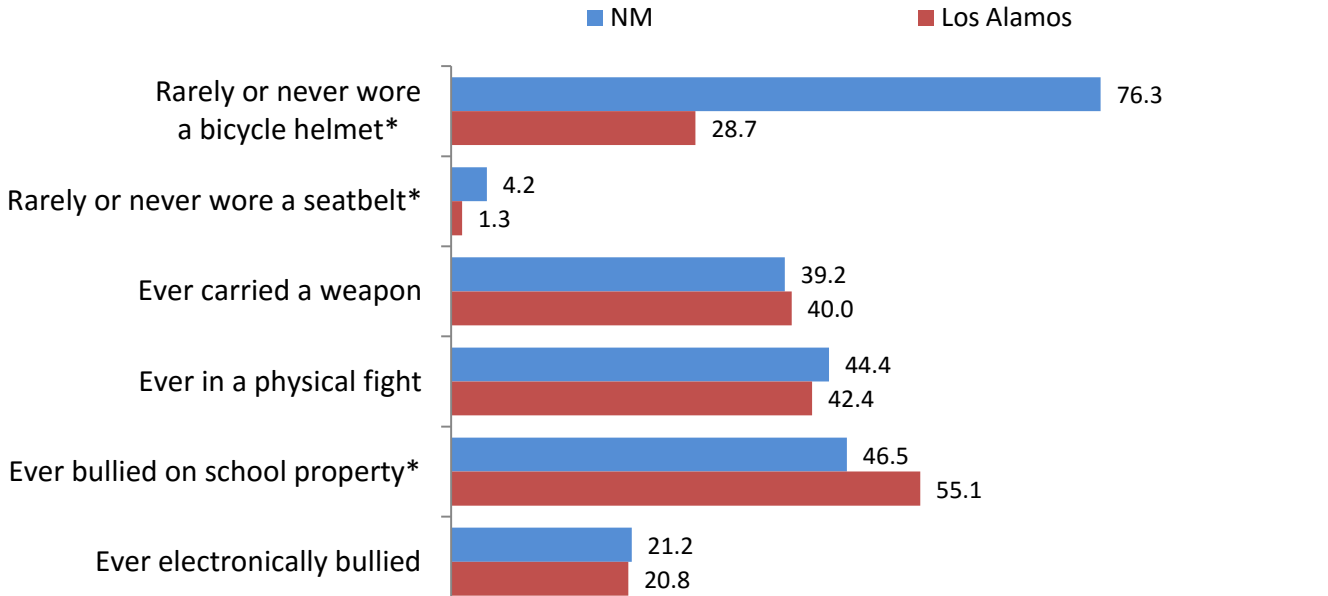
<u>Indicator</u>	<u>Los Alamos County</u>		<u>New Mexico</u>	
	%	(95% CI)	%	(95% CI)
Personal Safety				
Rarely or never wore a bicycle helmet (of those who rode a bicycle)	28.7	(23.4-34.7)	76.3	(71.3-80.7)
Rarely or never wore a seatbelt	1.3	(0.7-2.4)	4.2	(3.4-5.3)
Ever carried a weapon	40.0	(34.8-45.5)	39.2	(35.4-43.2)
Ever in a physical fight	42.4	(37.2-47.7)	44.4	(41.4-47.4)
Ever bullied on school property	55.1	(50.3-59.8)	46.5	(44.0-49.0)
Ever electronically bullied	20.8	(17.5-24.5)	21.2	(19.5-23.0)
Mental Health				
Ever seriously thought about killing self	20.7	(18.6-23.0)	20.2	(18.5-21.9)
Ever planned to kill self	14.1	(11.6-17.1)	13.4	(11.8-15.2)
Ever tried to kill self	5.5	(4.3-6.9)	8.8	(7.5-10.4)
Tobacco Use				
Ever smoked cigarettes	7.1	(5.7-8.9)	15.4	(13.0-18.3)
Current cigarette smoking	1.4	(0.7-2.9)	4.3	(3.5-5.4)
Current cigar use	1.6	(0.9-2.6)	3.3	(2.5-4.3)
Current spit tobacco use	0.5	(0.2-1.1)	3.1	(2.0-4.6)
Current hookah use	1.3	(0.7-2.5)	4.3	(3.4-5.5)
Ever used e-cigarettes	9.2	(6.4-13.1)	25.4	(21.6-29.7)
Current e-cigarette use	3.5	(2.2-5.4)	12.0	(10.1-14.1)
Tobacco smoked in home	8.6	(7.1-10.4)	19.1	(17.0-21.4)
Alcohol Use				
Ever had a drink of alcohol	11.4	(8.2-15.6)	21.1	(18.2-24.3)
Current drinker	5.3	(3.8-7.3)	8.5	(6.7-10.9)
Binge drinker	1.8	(1.0-3.2)	5.0	(3.7-6.6)
First drink before age 11	5.4	(3.7-7.8)	9.2	(7.7-11.1)

New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Los Alamos County and New Mexico
Middle School (Grades 6-8)

<u>Indicator</u>	<u>Los Alamos County</u>		<u>New Mexico</u>	
Drug Use				
Ever used marijuana	3.9	(2.8-5.5)	14.0	(11.5-17.1)
Used marijuana before age 11	1.6	(0.9-2.7)	4.4	(3.4-5.7)
Current marijuana use	2.5	(1.4-4.3)	9.0	(7.3-11.1)
Ever used synthetic marijuana	1.8	(0.9-3.5)	4.3	(3.4-5.5)
Ever used cocaine	2.8	(1.6-4.9)	2.7	(2.0-3.6)
Ever used inhalants	5.3	(3.8-7.4)	6.7	(5.7-7.7)
Ever used prescription drugs without prescription	3.6	(2.7-4.7)	5.2	(4.1-6.5)
Ever used painkillers to get high	1.9	(1.2-3.0)	2.5	(1.8-3.4)
Sexual Behavior				
Ever had sexual intercourse	2.9	(2.1-3.9)	6.5	(5.1-8.3)
First sexual intercourse before 11 years of age	1.3	(0.8-2.2)	1.6	(1.0-2.5)
Body Weight				
Described self as overweight	21.2	(18.3-24.4)	26.3	(24.5-28.1)
Trying to lose weight	30.1	(26.8-33.6)	45.3	(42.7-48.0)
Ever fasted to lose weight	10.1	(7.5-13.4)	18.3	(16.5-20.3)
Ever vomited or used laxatives to lose weight	3.7	(2.8-4.9)	5.1	(4.5-5.8)
Physical Activity and Nutrition				
No physical activity in the past week	6.9	(5.3-9.0)	13.0	(10.8-15.6)
Physically active five days per week	72.3	(69.6-74.8)	61.6	(58.7-64.3)
Daily physical activity	43.0	(40.0-46.2)	40.1	(37.9-42.4)
Three hours of TV per day	13.8	(11.3-16.7)	26.5	(24.3-28.9)
Three hours of video or computer use per day	22.1	(19.6-24.8)	35.0	(33.2-36.7)
Daily PE at school	48.0	(38.8-57.3)	42.1	(36.4-47.9)
Participates in team sports	74.7	(71.2-77.9)	61.3	(58.1-64.5)
Daily breakfast	57.4	(53.5-61.1)	49.0	(46.3-51.6)

New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Los Alamos County and New Mexico
Middle School (Grades 6-8)

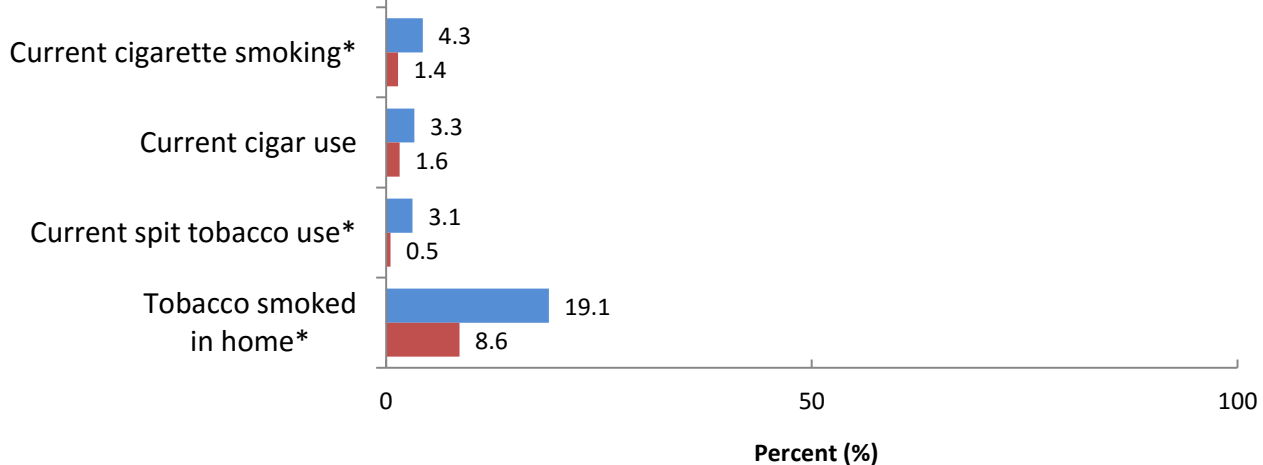
Personal Safety



Mental Health



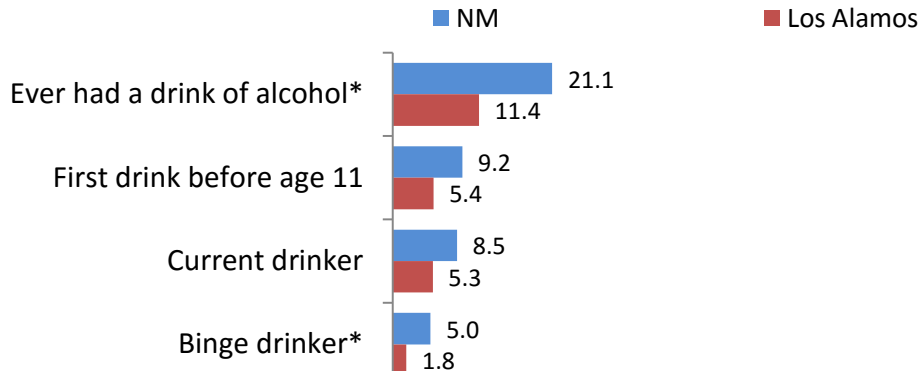
Tobacco Use



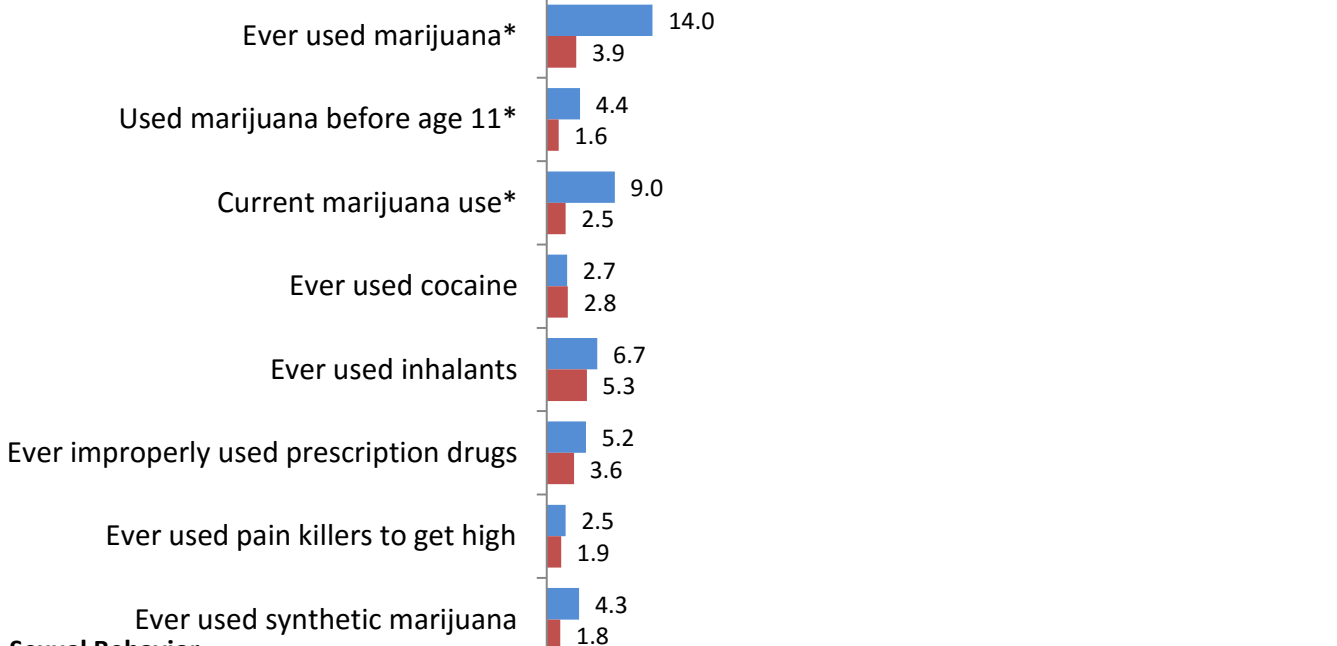
* Statistically significant difference.

New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Los Alamos County and New Mexico
Middle School (Grades 6-8)

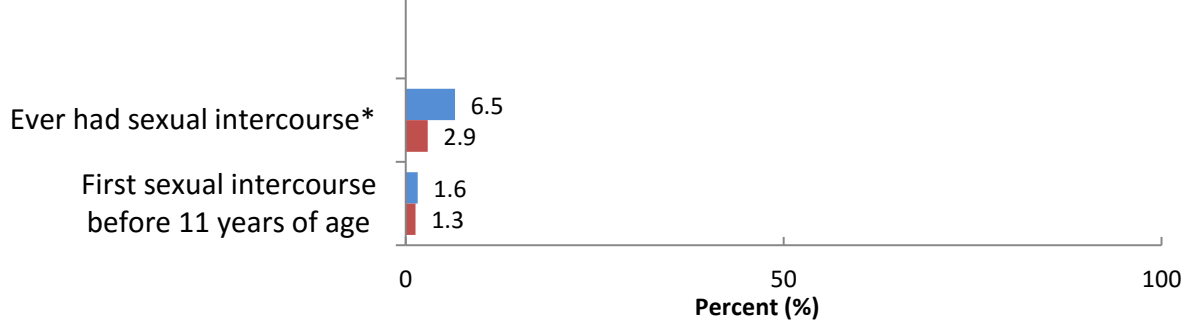
Alcohol Use



Drug Use

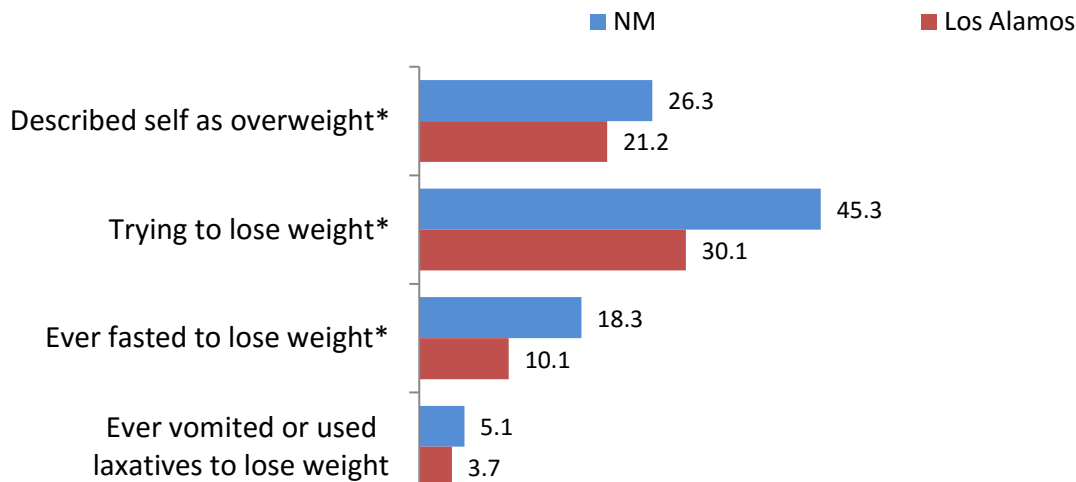


Sexual Behavior

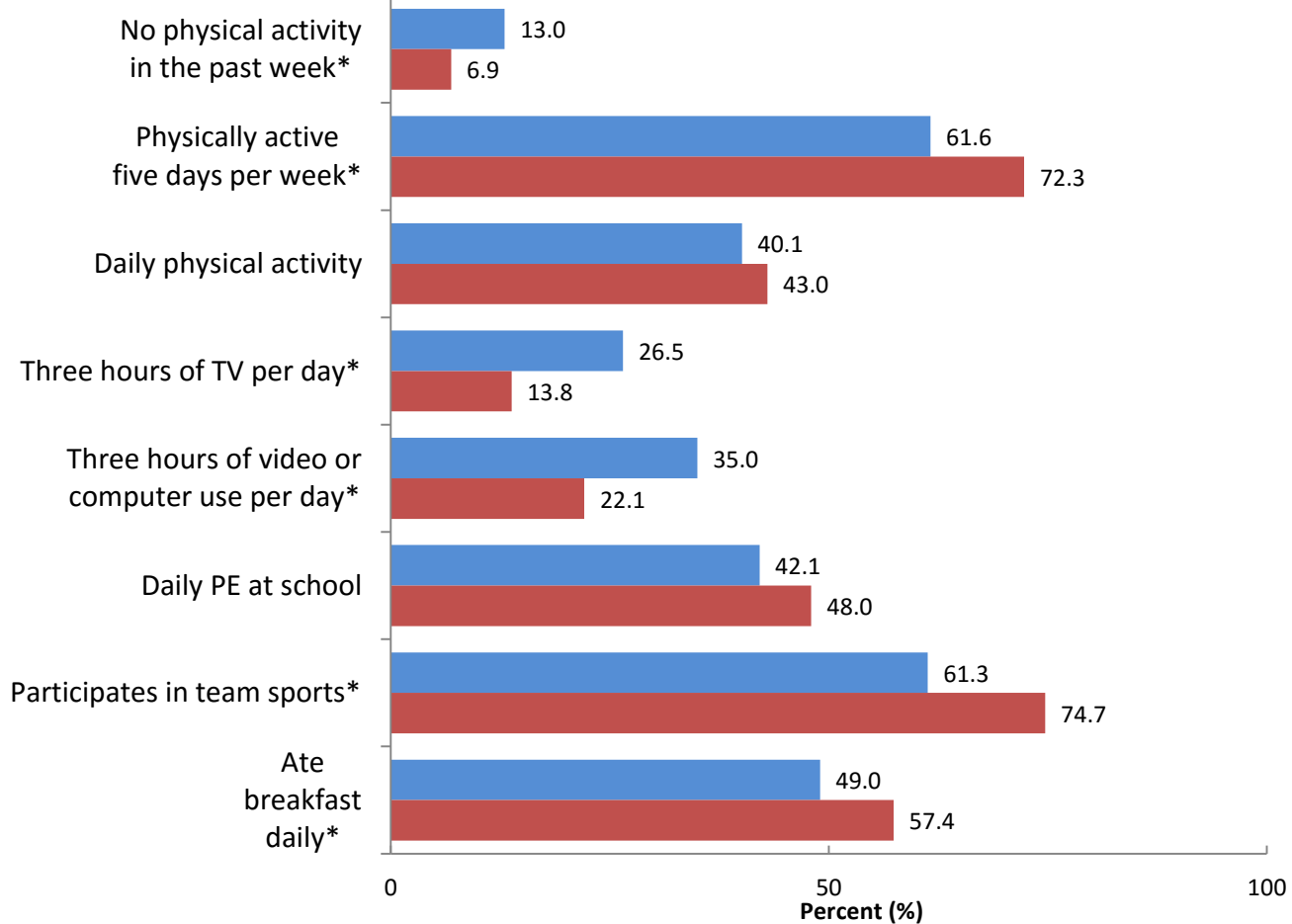


New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Los Alamos County and New Mexico
Middle School (Grades 6-8)

Body Weight



Physical Activity and Nutrition



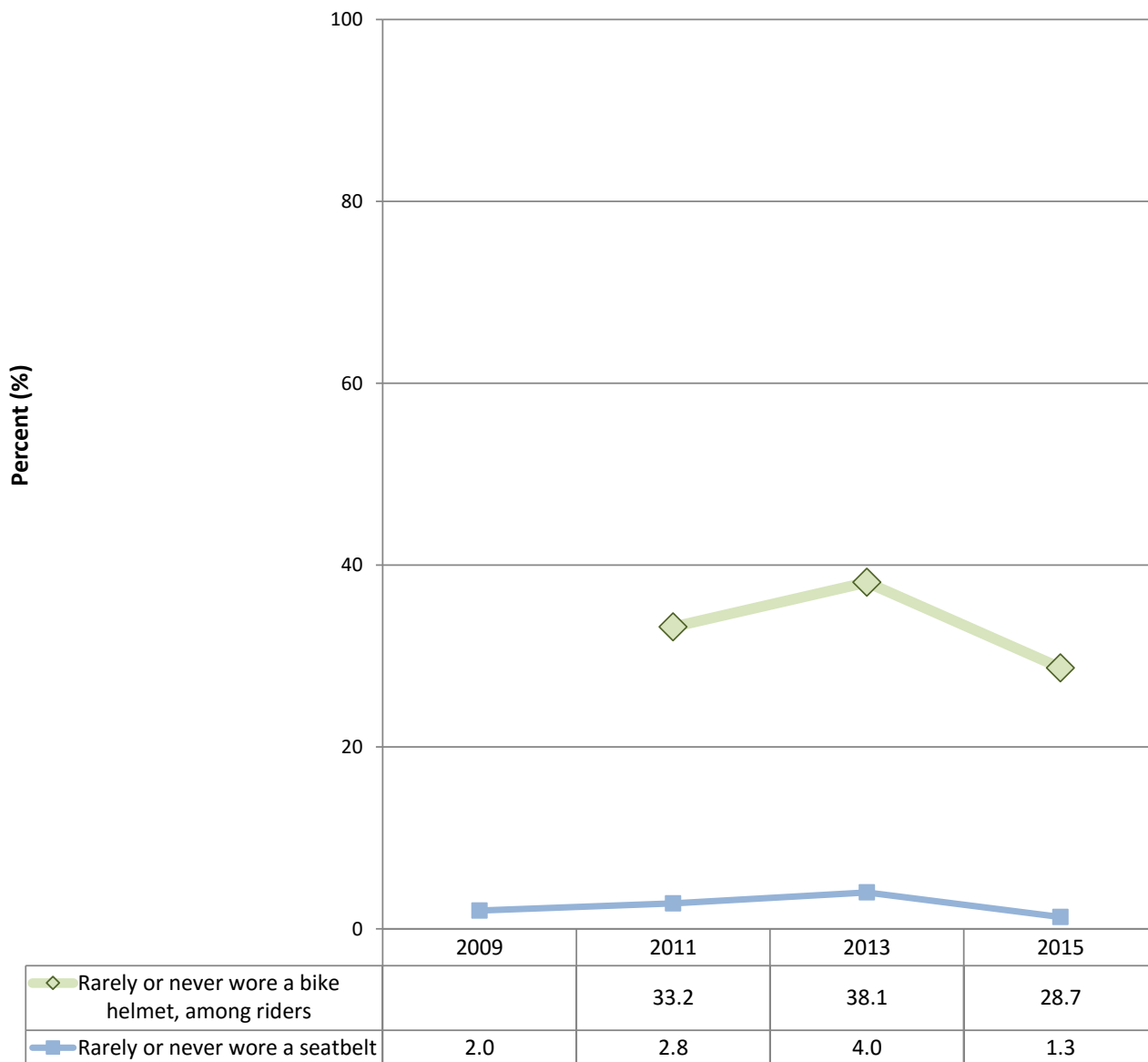
* Statistically significant difference.

Los Alamos County Charts

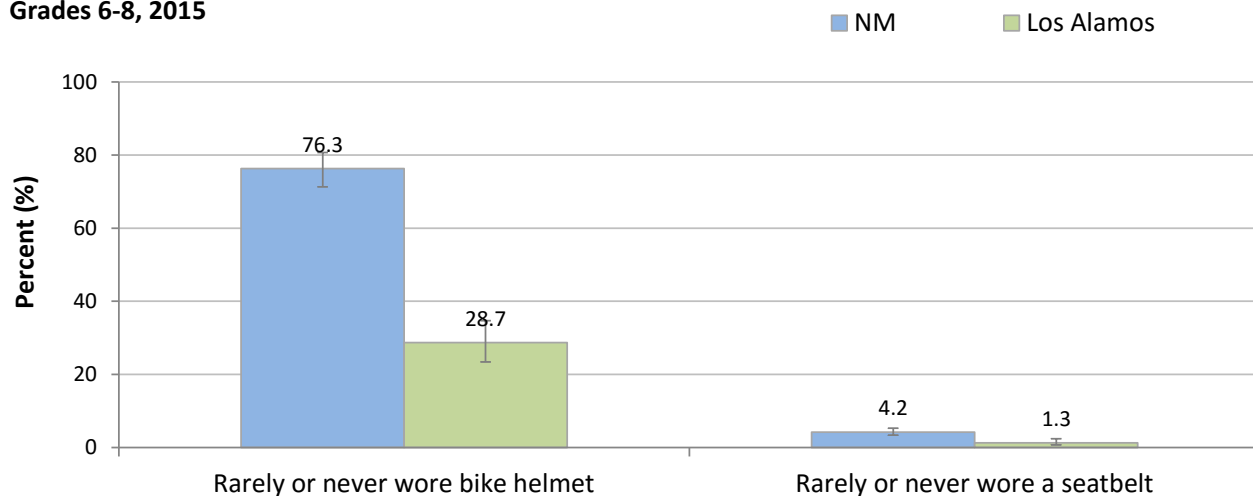
For definitions of risk behaviors, see Appendix C.

Personal Safety

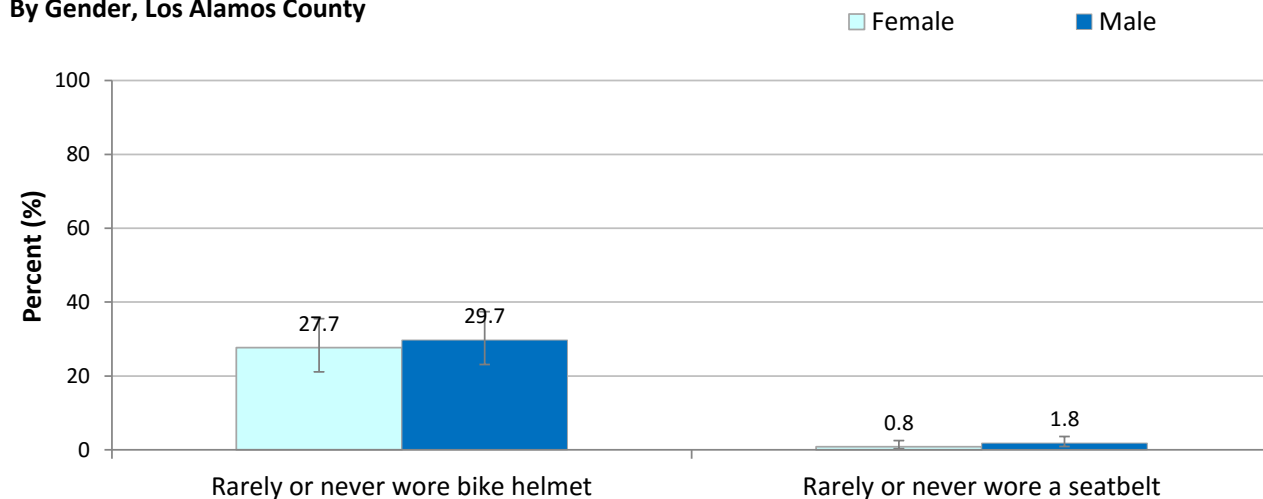
Behaviors Associated with Personal Safety
by Year, Los Alamos County
Grades 6-8, 2009-2015



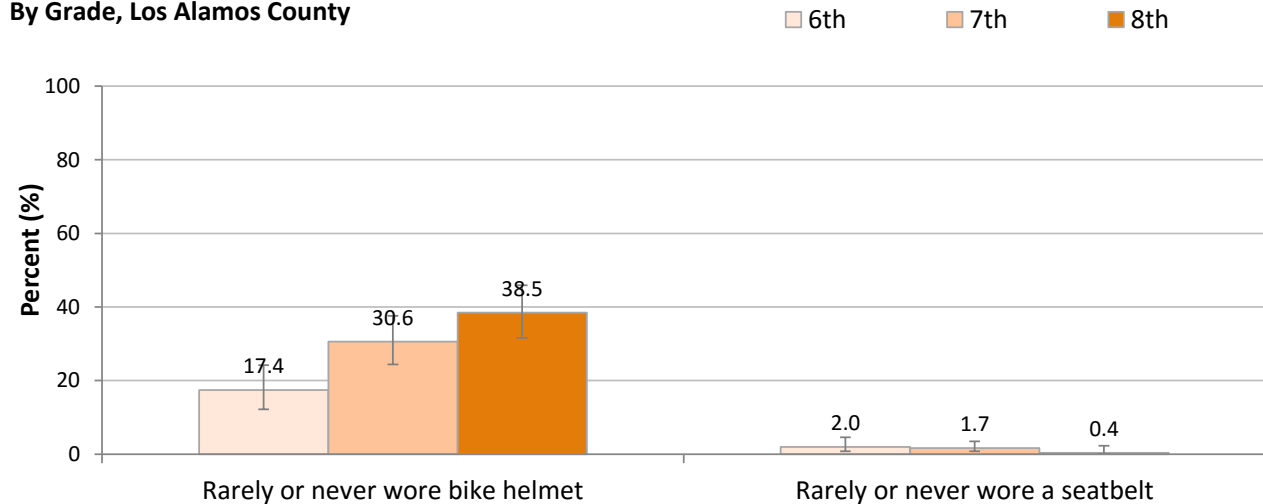
Personal Safety
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County

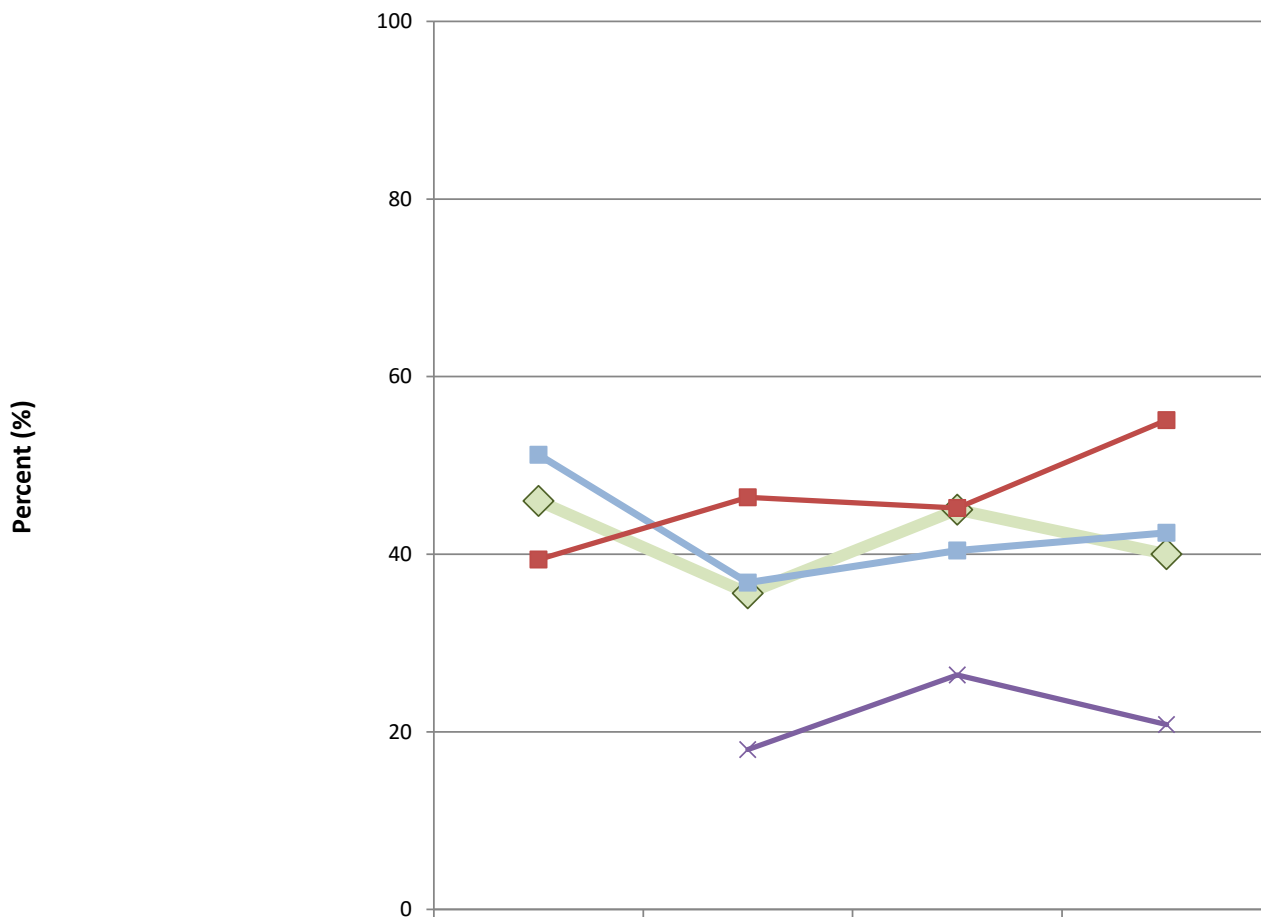


By Grade, Los Alamos County



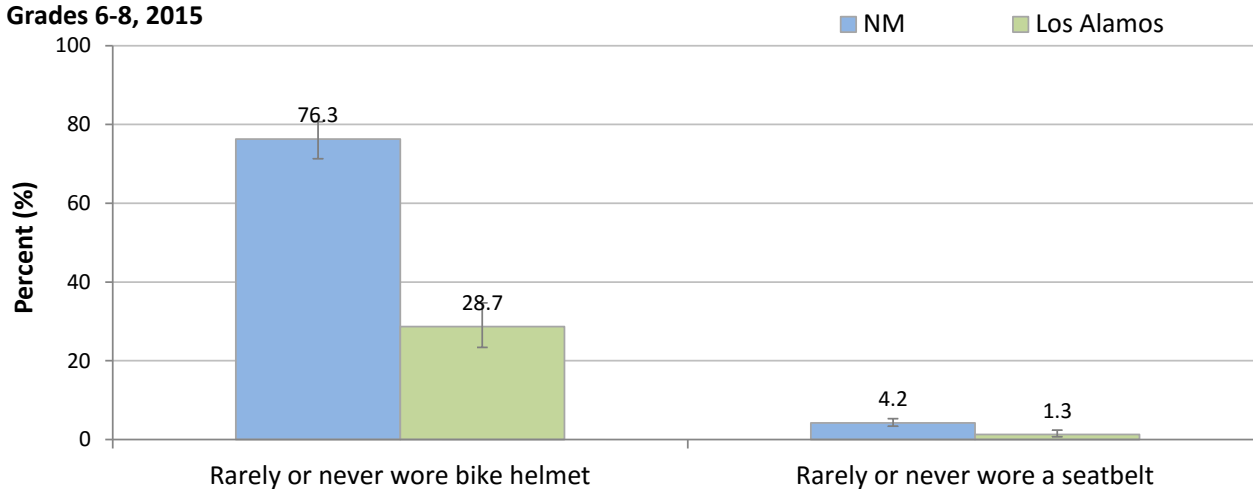
Personal Safety

Behaviors Associated with Personal Safety
by Year, Los Alamos County
Grades 6-8, 2009-2015

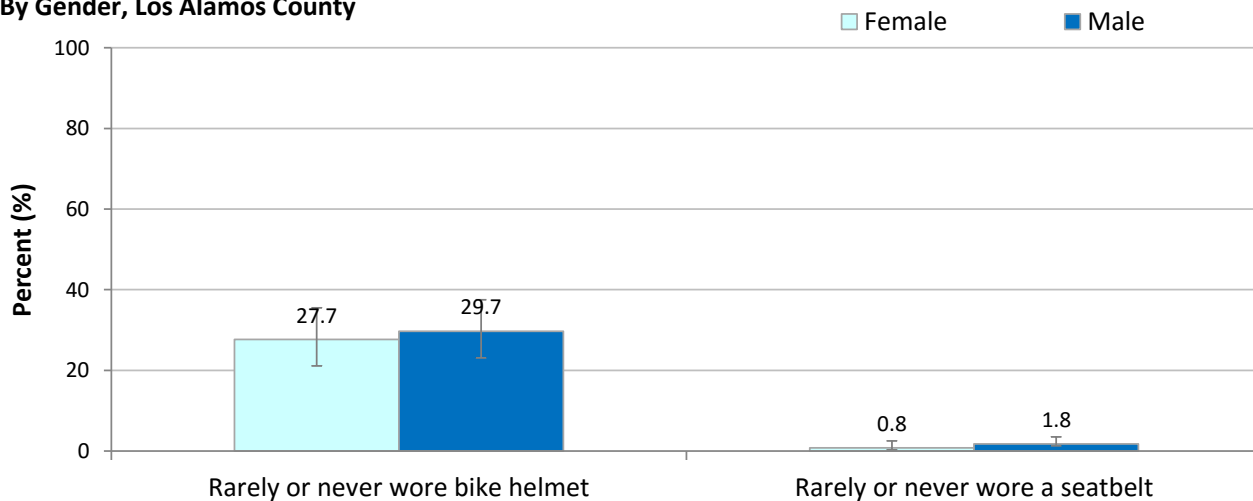


	2009	2011	2013	2015
◇ Ever carried a weapon (such as a gun, knife, or club)	46.0	35.6	45.0	40.0
■ Ever been in a physical fight	51.2	36.8	40.4	42.4
■ Ever been bullied on school property	39.4	46.4	45.2	55.1
× Ever been electronically bullied		18.0	26.4	20.8

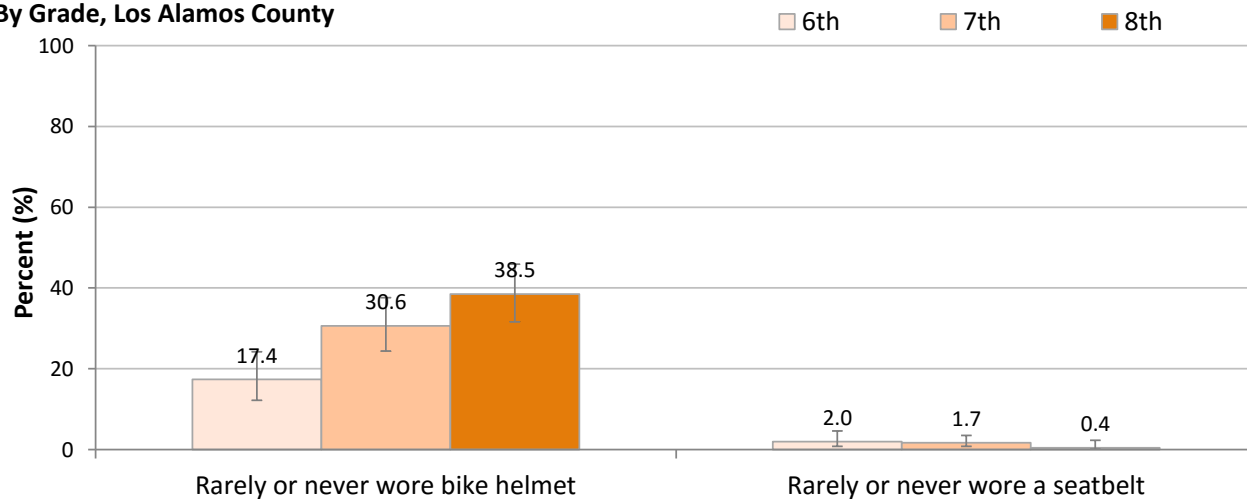
Personal Safety
New Mexico and Los Alamos County
Grades 6-8, 2015



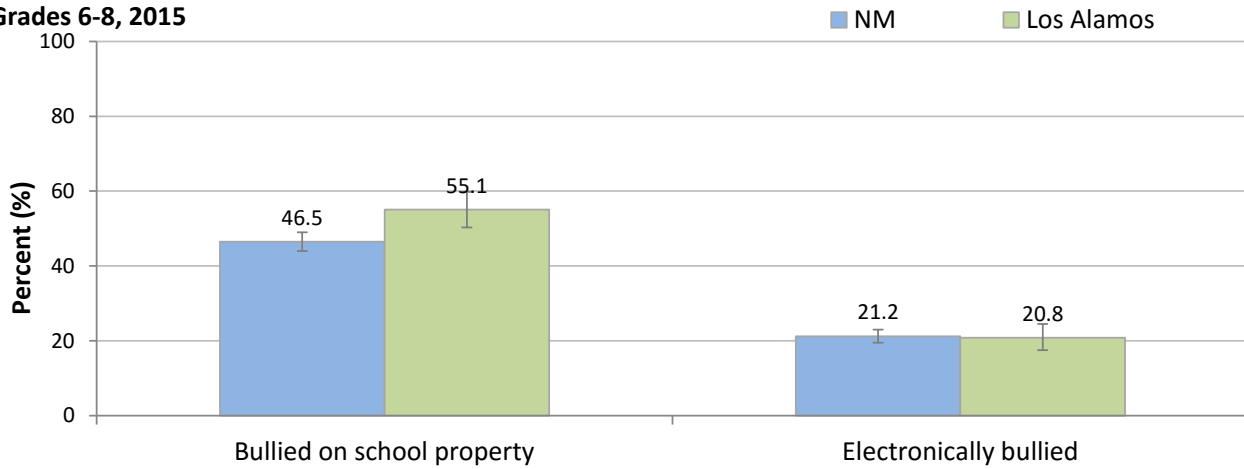
By Gender, Los Alamos County



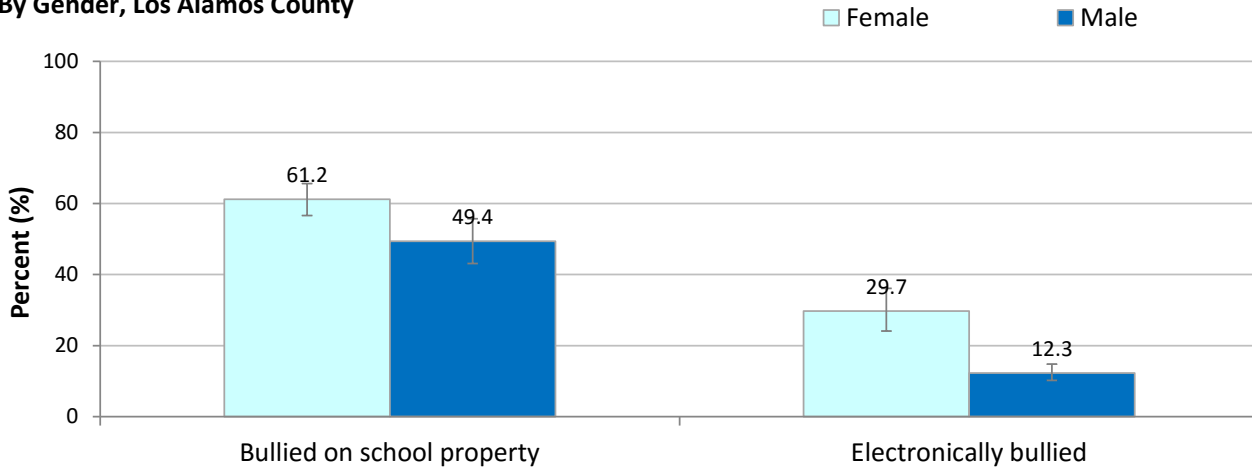
By Grade, Los Alamos County



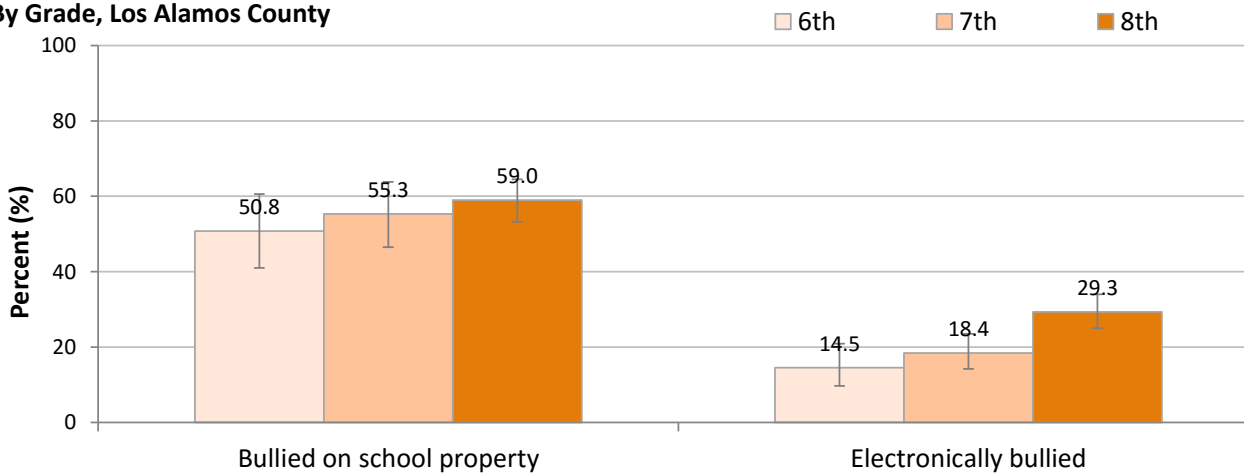
Personal Safety: Bullying
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County

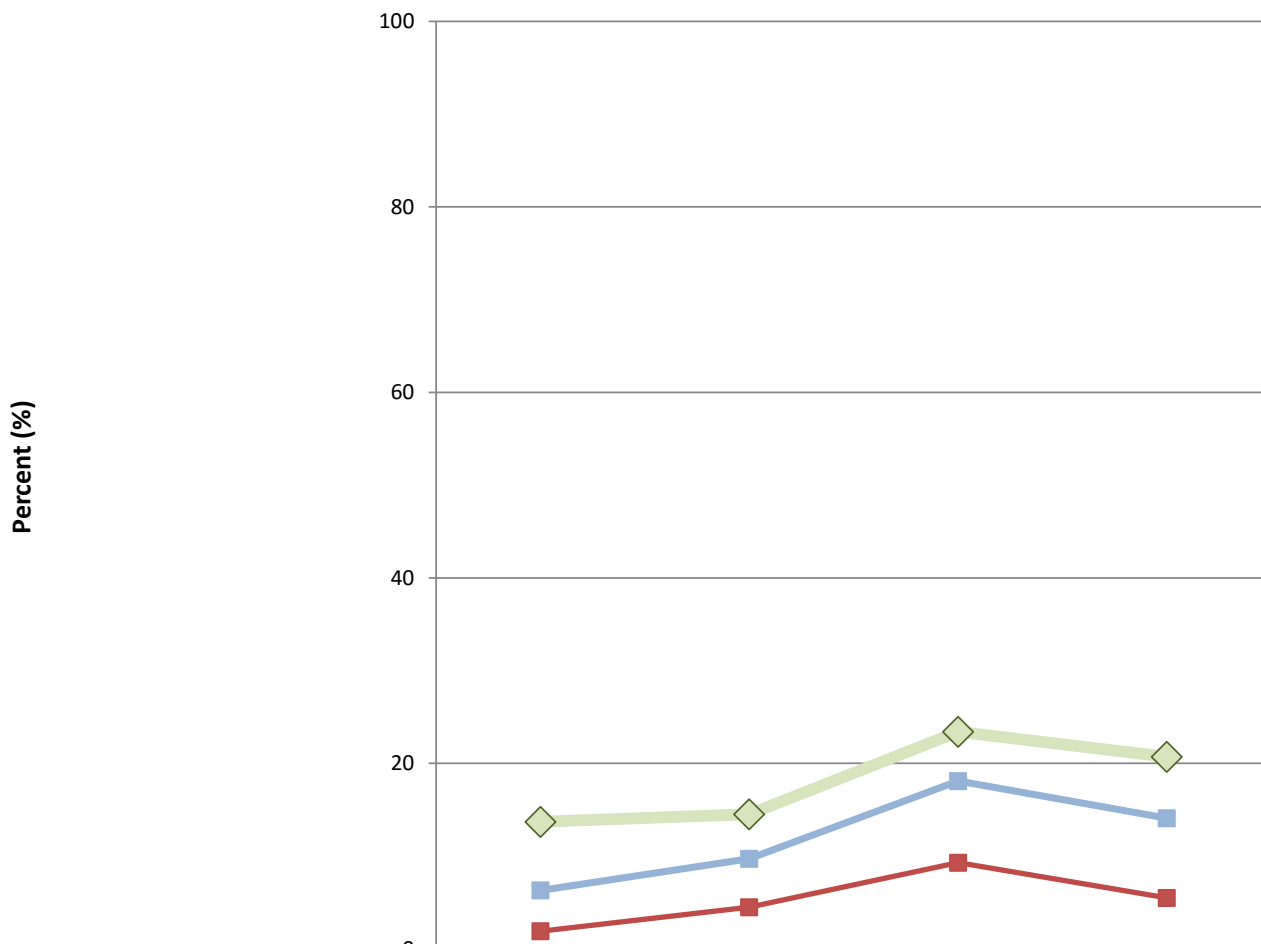


By Grade, Los Alamos County



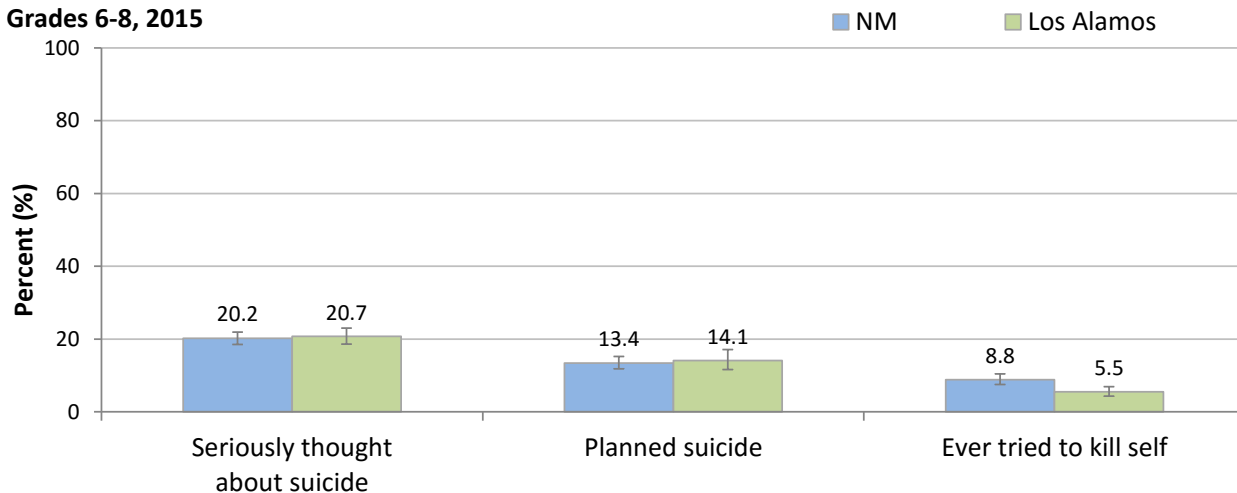
Mental Health

**Behaviors Associated with Mental Health
by Year, Los Alamos County
Grades 6-8, 2009-2015**

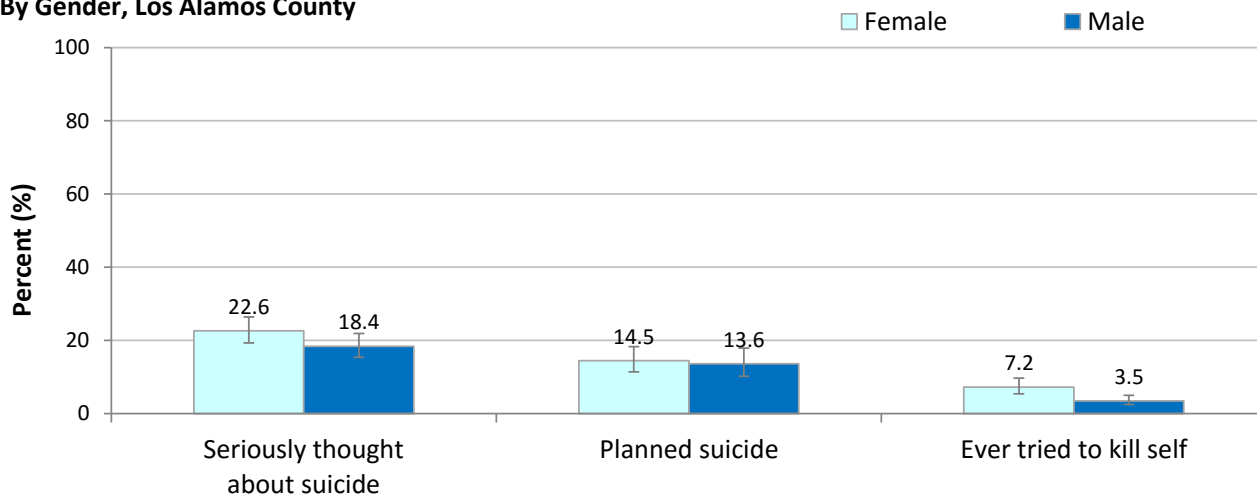


	2009	2011	2013	2015
Ever seriously thought about killing yourself	13.7	14.5	23.4	20.7
Ever made a plan about how you would kill yourself	6.3	9.7	18.1	14.1
Ever tried to kill yourself	1.9	4.5	9.3	5.5

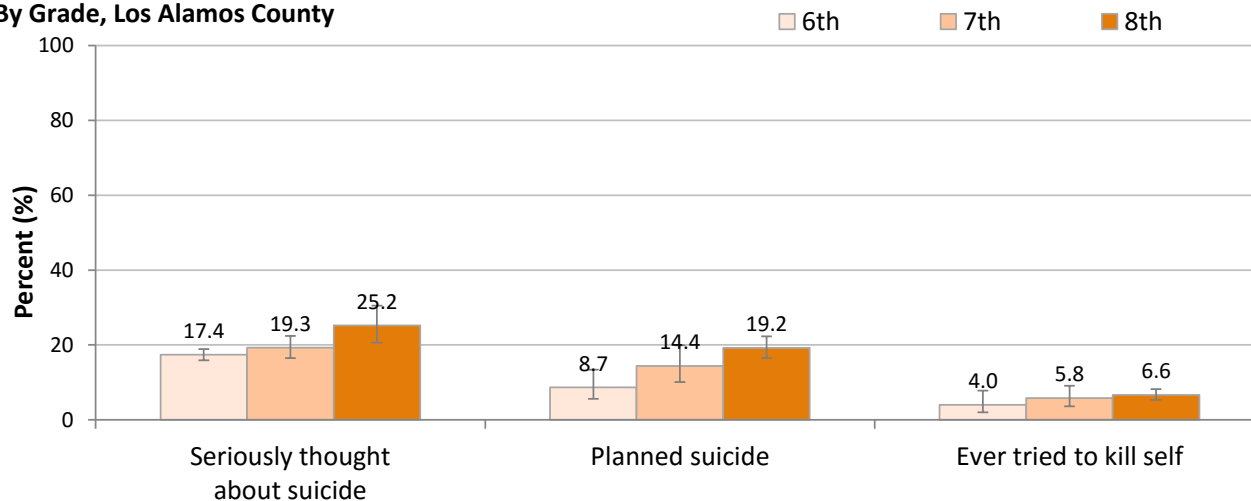
Mental Health
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County

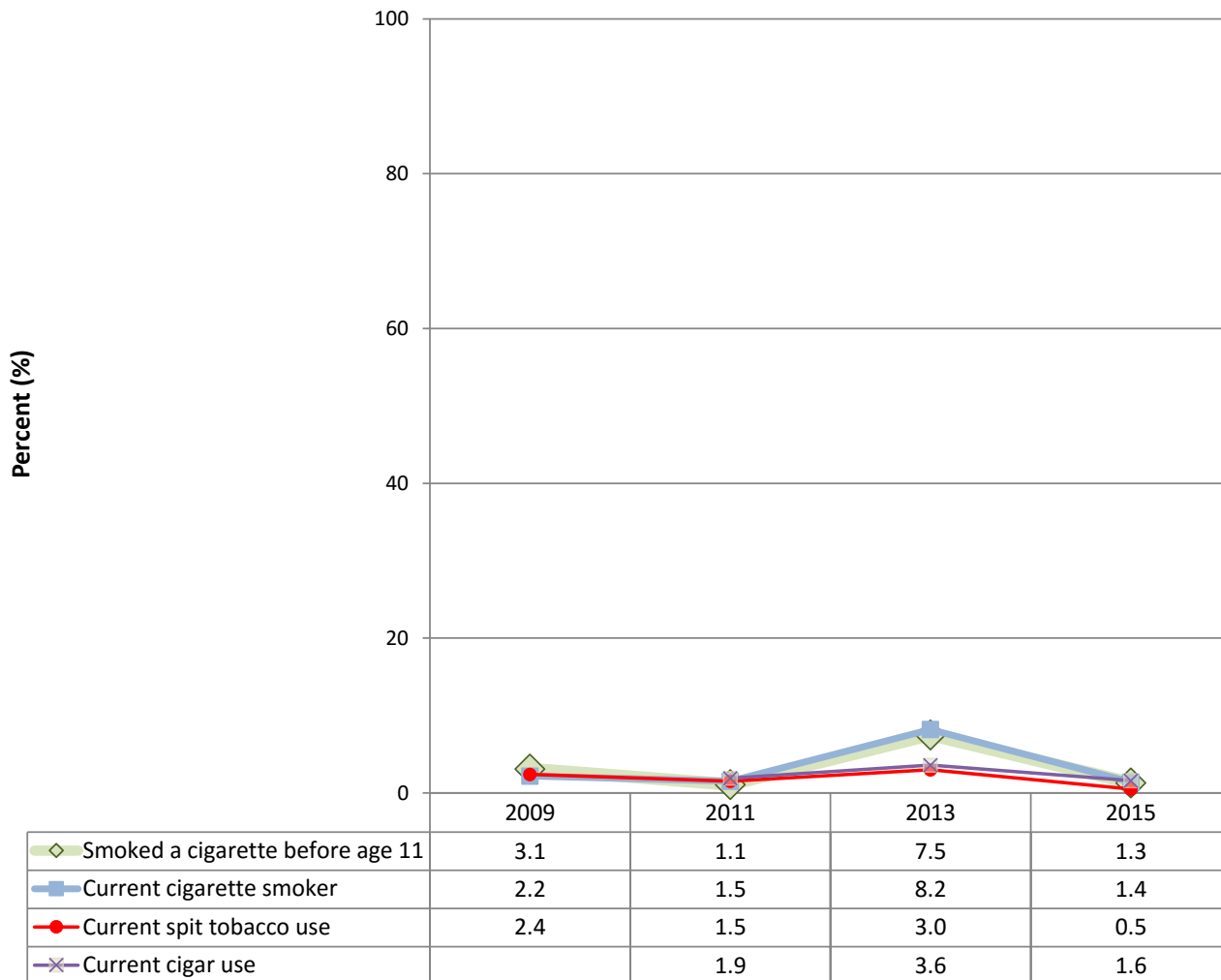


By Grade, Los Alamos County

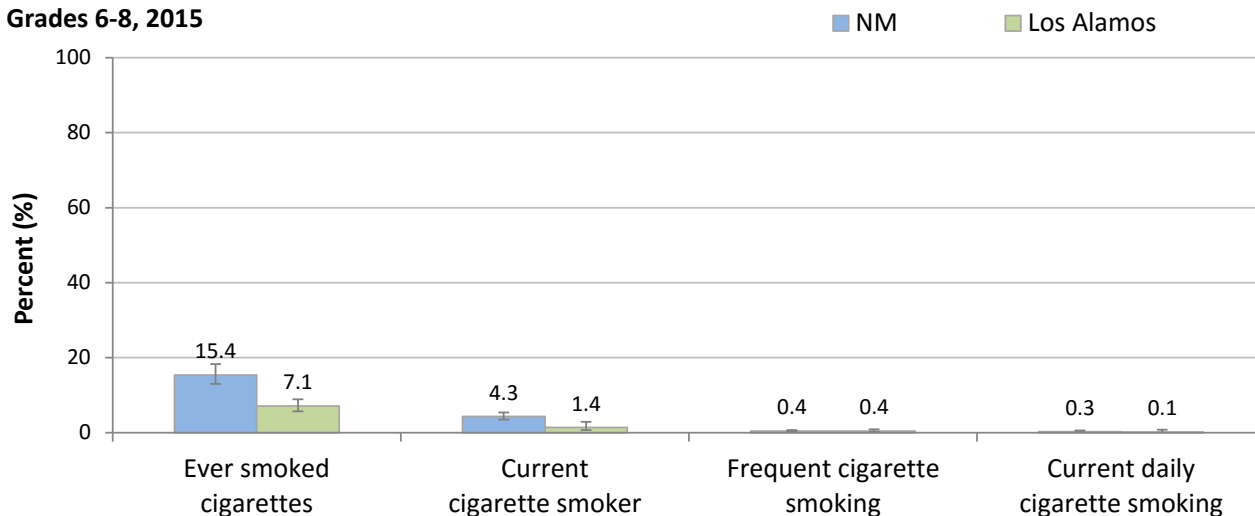


Tobacco Use and Exposure

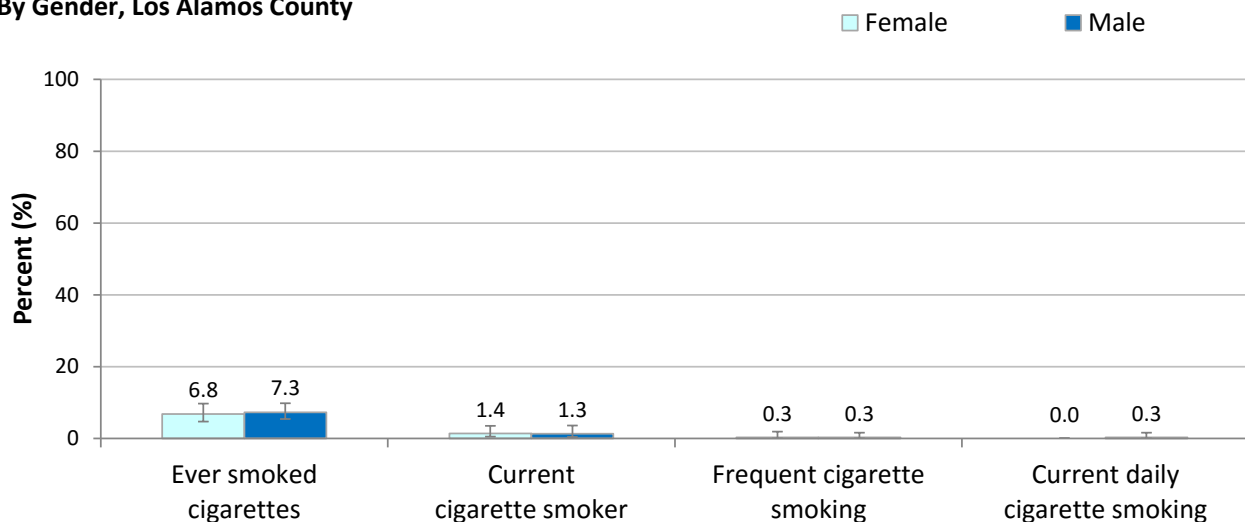
**Tobacco Use and Exposure
by Year, Los Alamos County
Grades 6-8, 2009-2015**



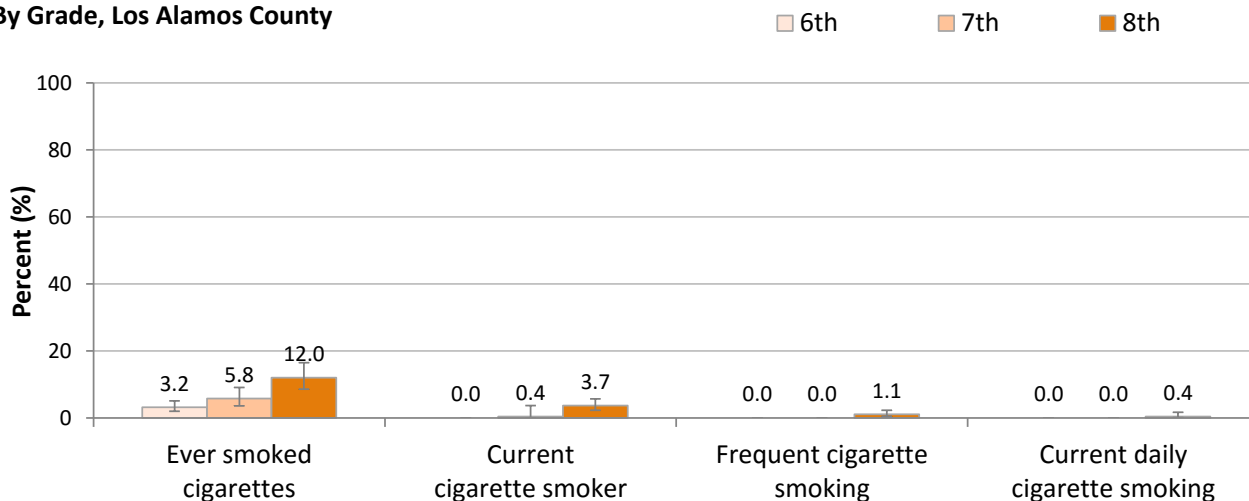
Tobacco Use and Exposure
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County



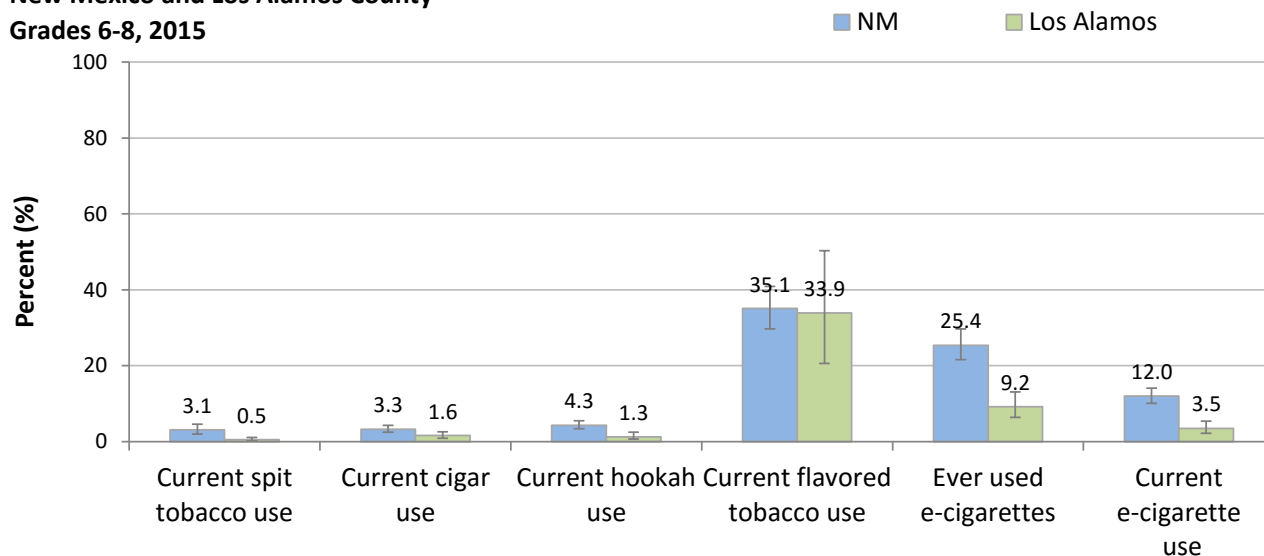
By Grade, Los Alamos County



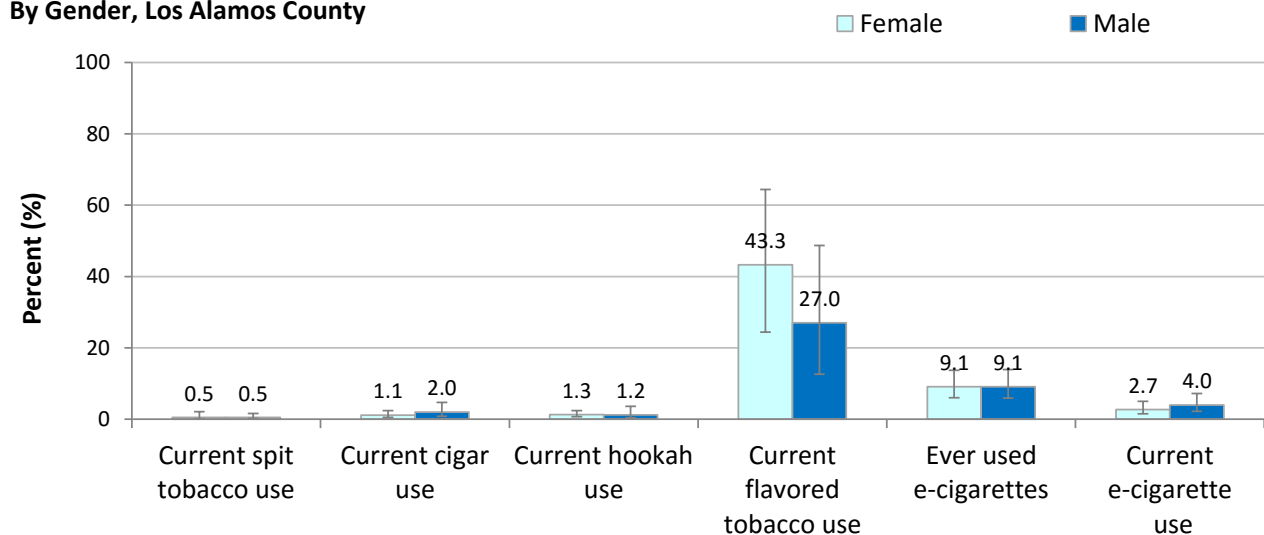
Tobacco Use: Cigarettes

New Mexico and Los Alamos County

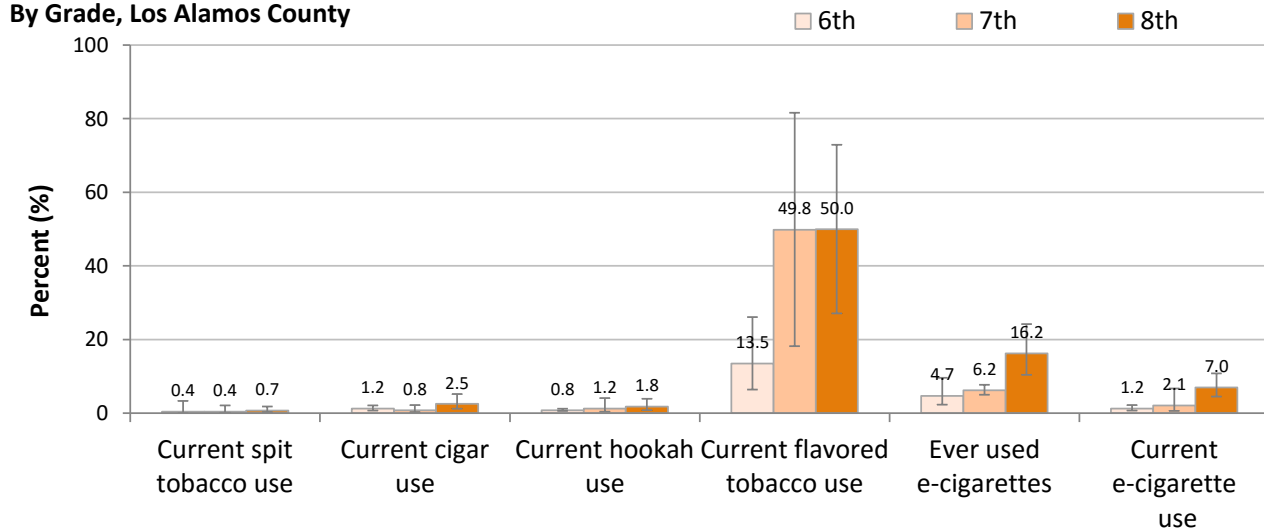
Grades 6-8, 2015



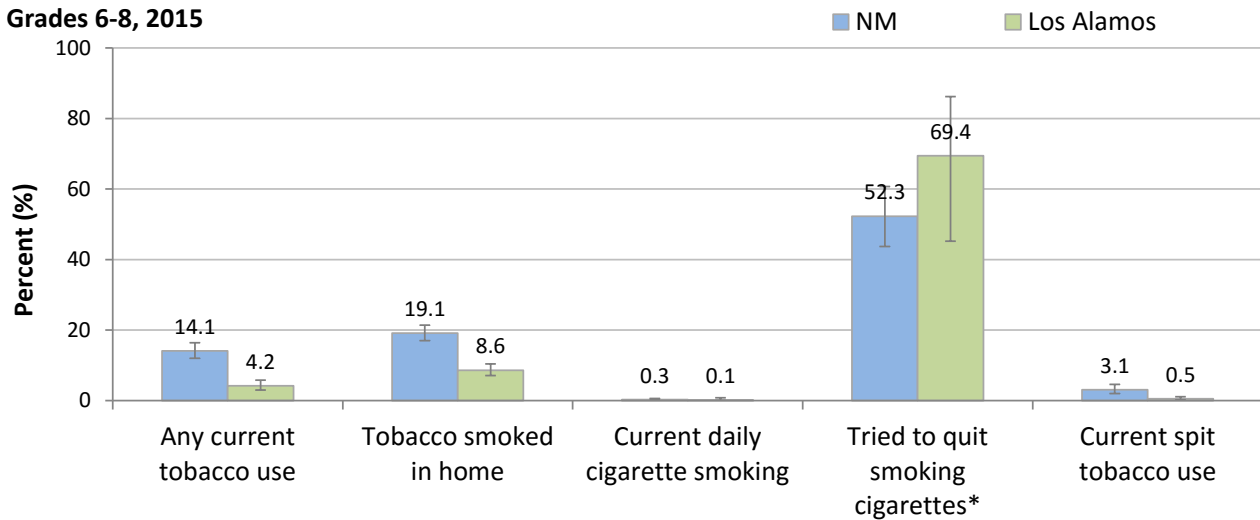
By Gender, Los Alamos County



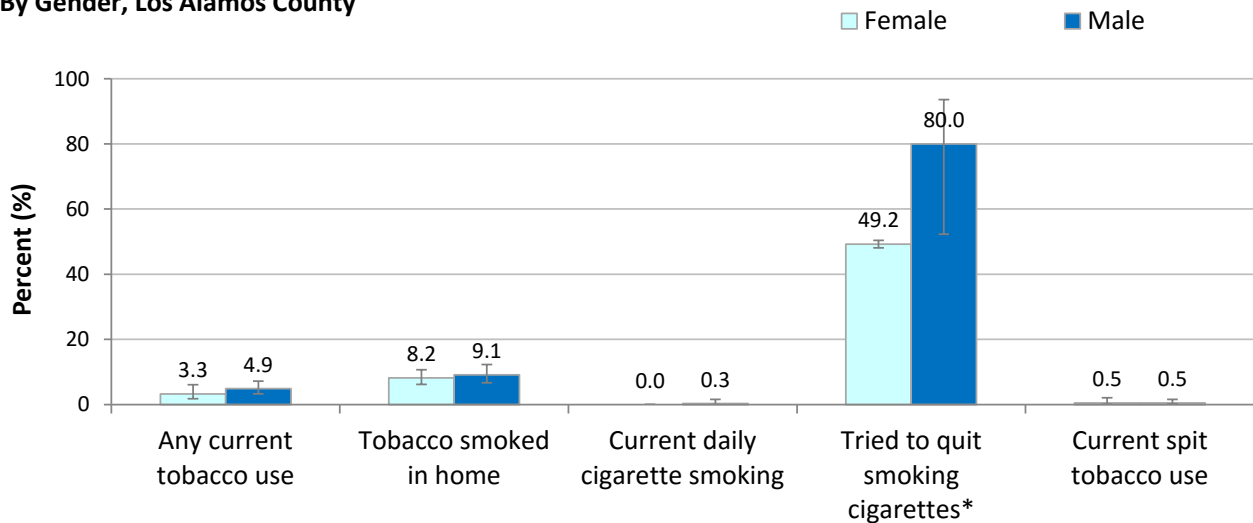
By Grade, Los Alamos County



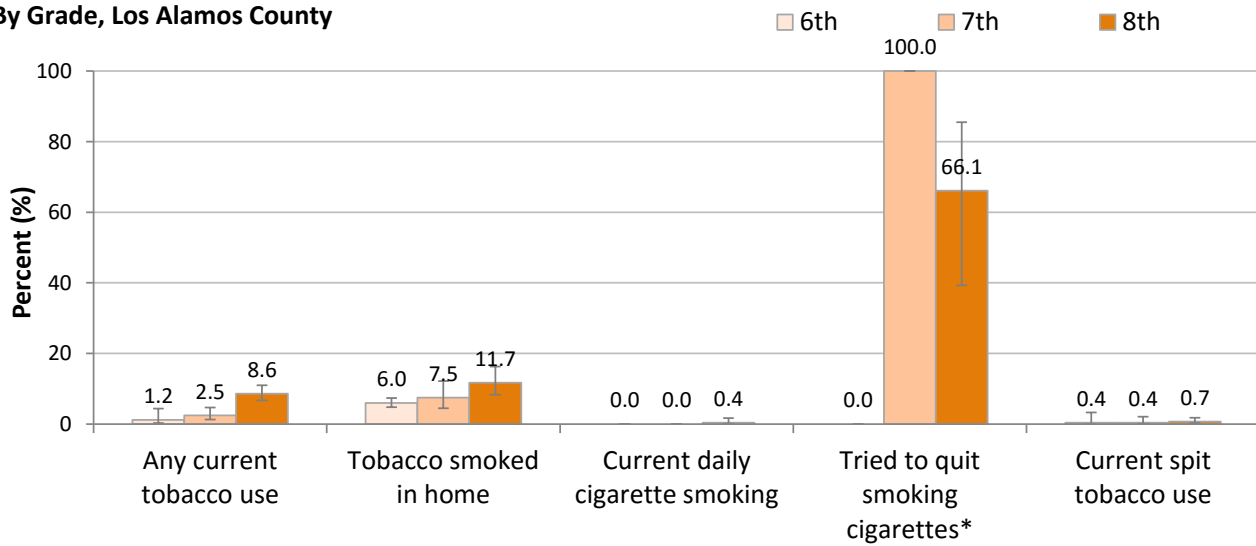
Other Tobacco Use
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County



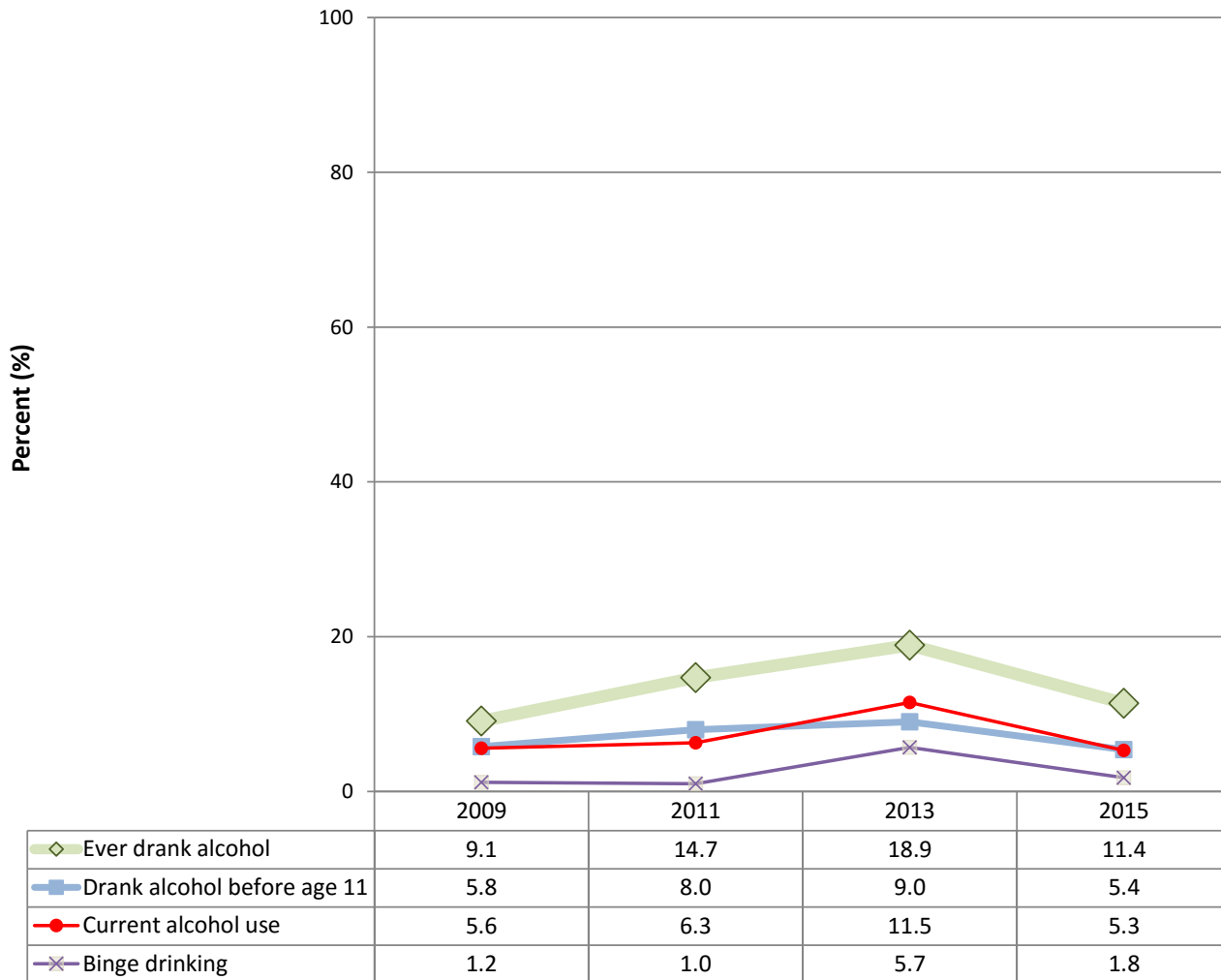
By Grade, Los Alamos County



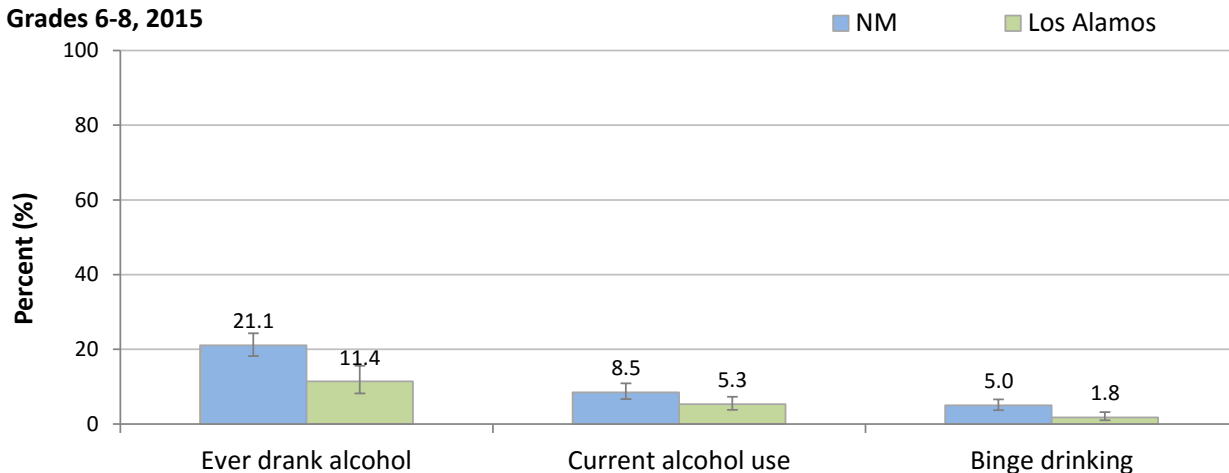
* Among current cigarette smokers.

Alcohol Use

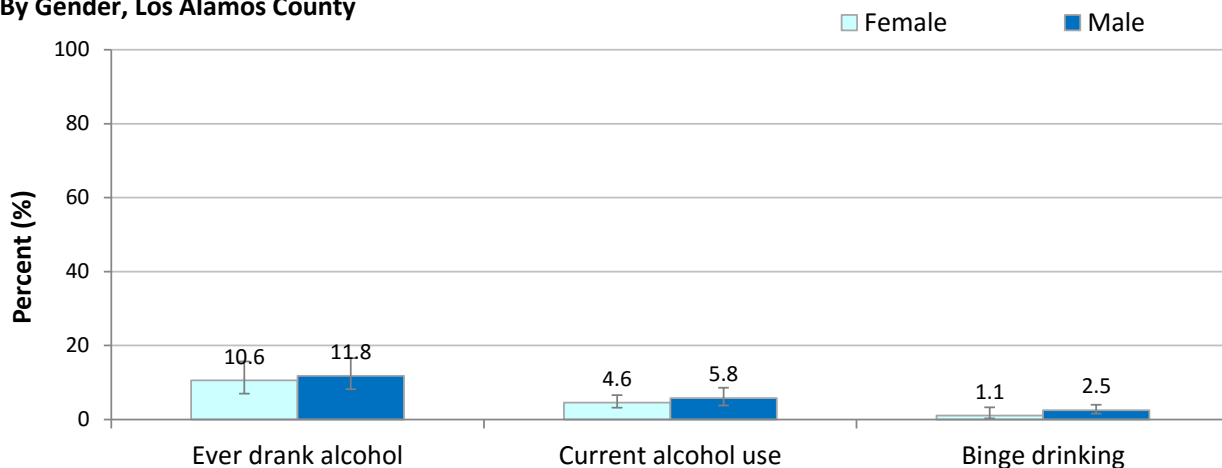
Alcohol Use
by Year, Los Alamos County
Grades 6-8, 2009-2015



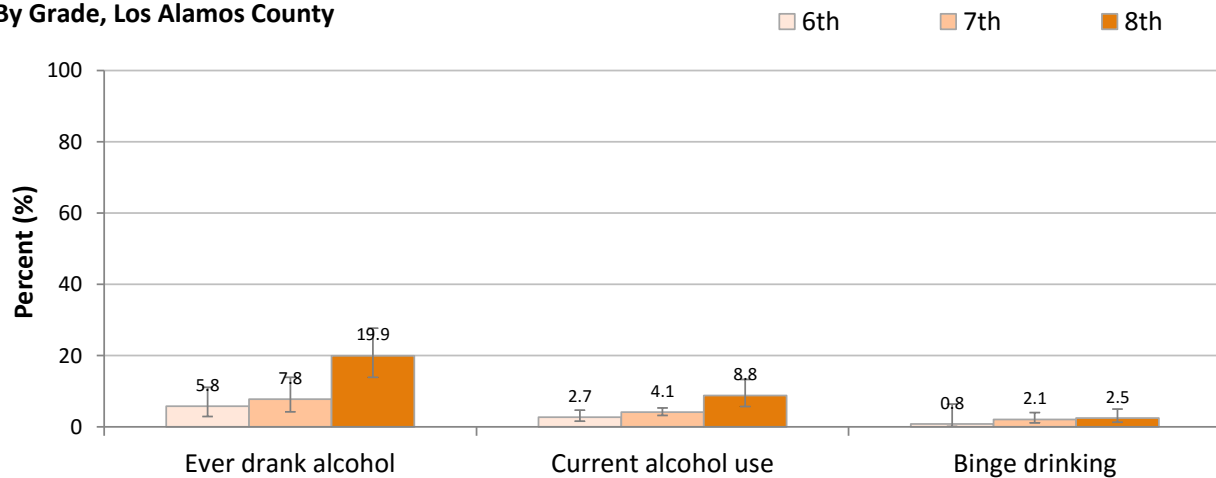
Alcohol Use
New Mexico and Los Alamos County
Grades 6-8, 2015



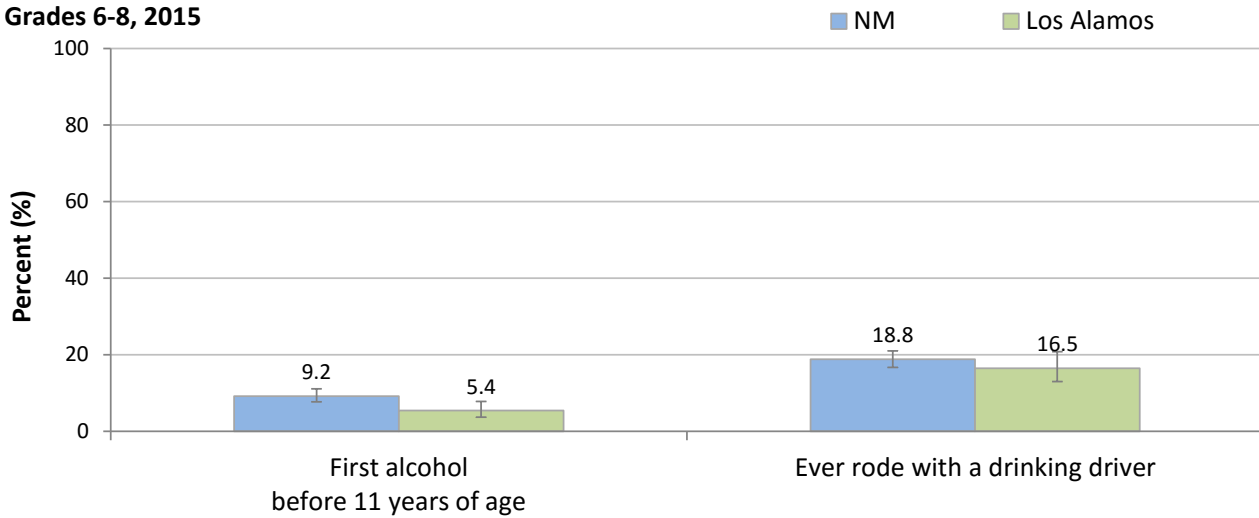
By Gender, Los Alamos County



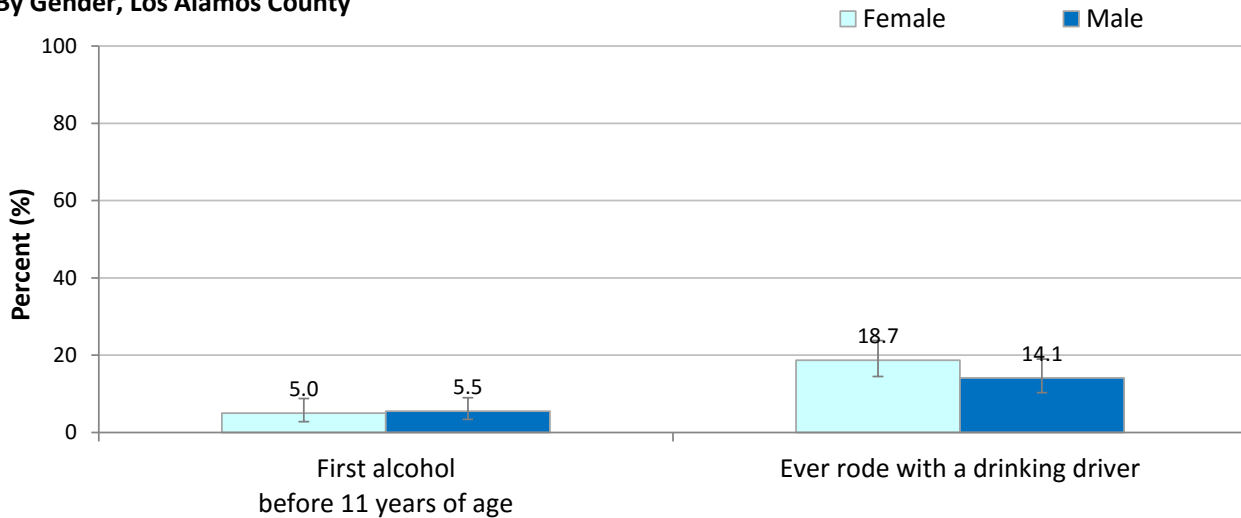
By Grade, Los Alamos County



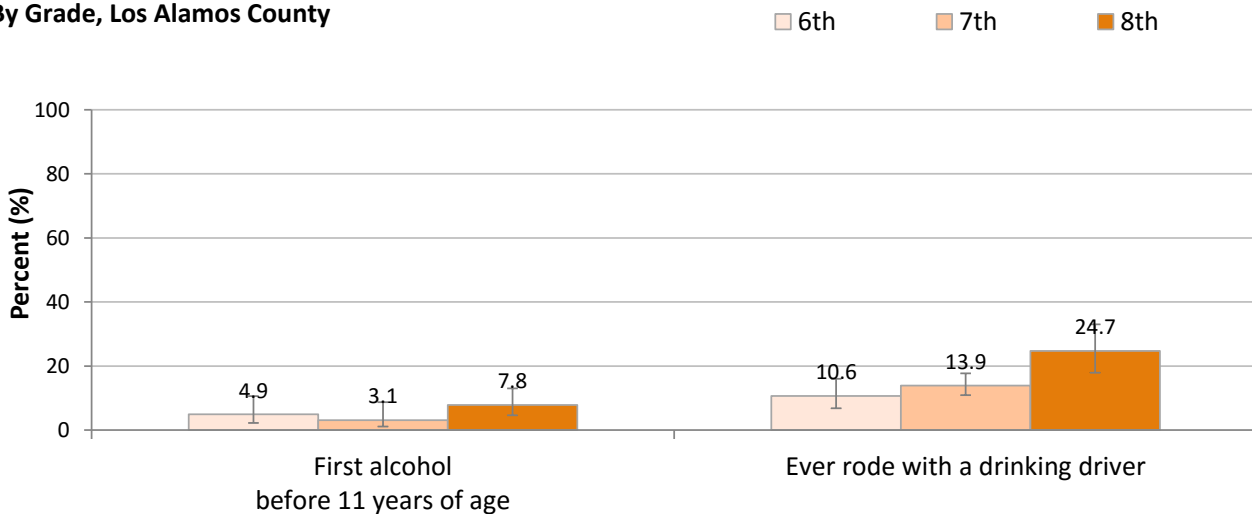
Alcohol Use
New Mexico and Los Alamos County
Grades 6-8, 2015



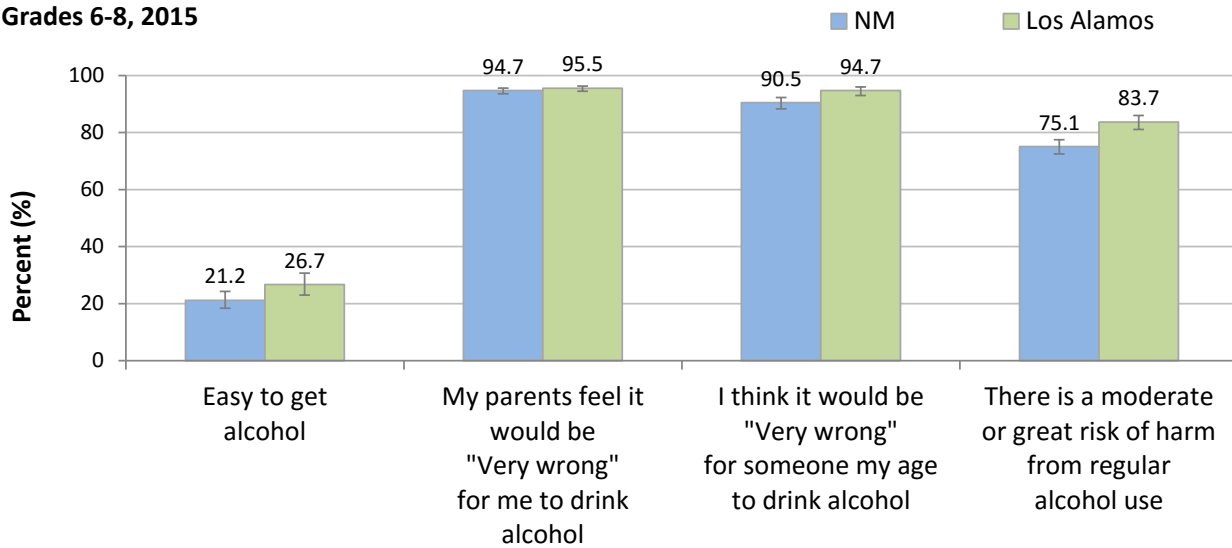
By Gender, Los Alamos County



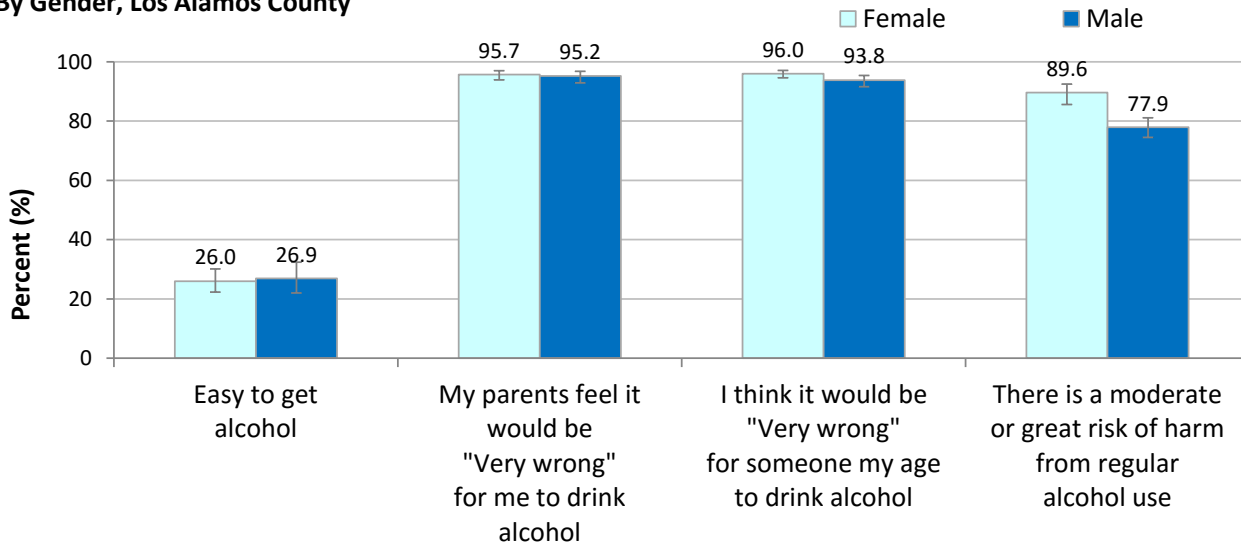
By Grade, Los Alamos County



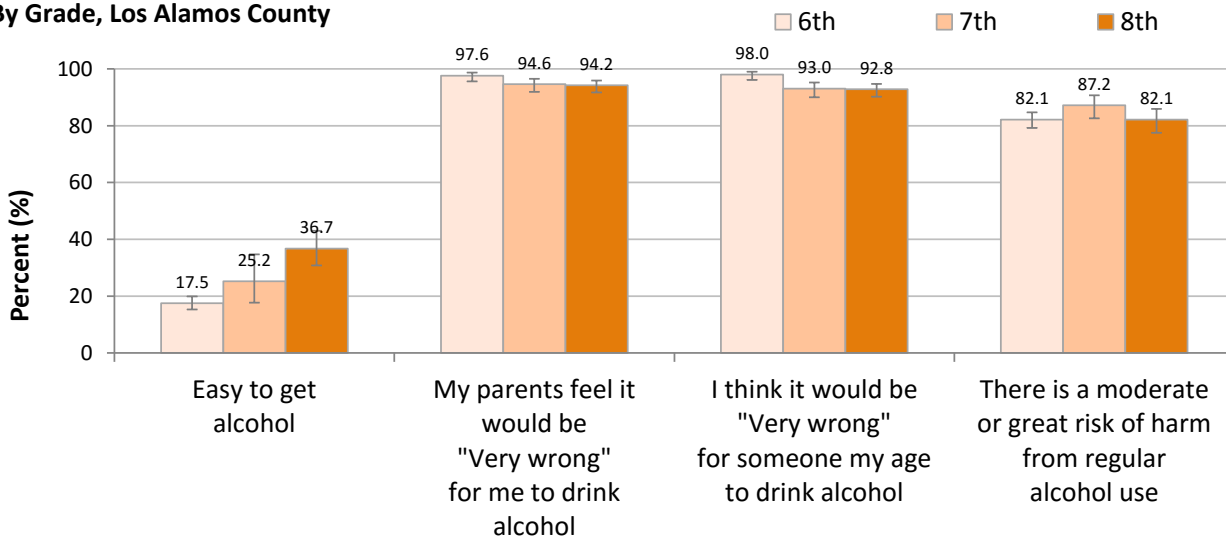
Alcohol Use: Access and Attitudes
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County

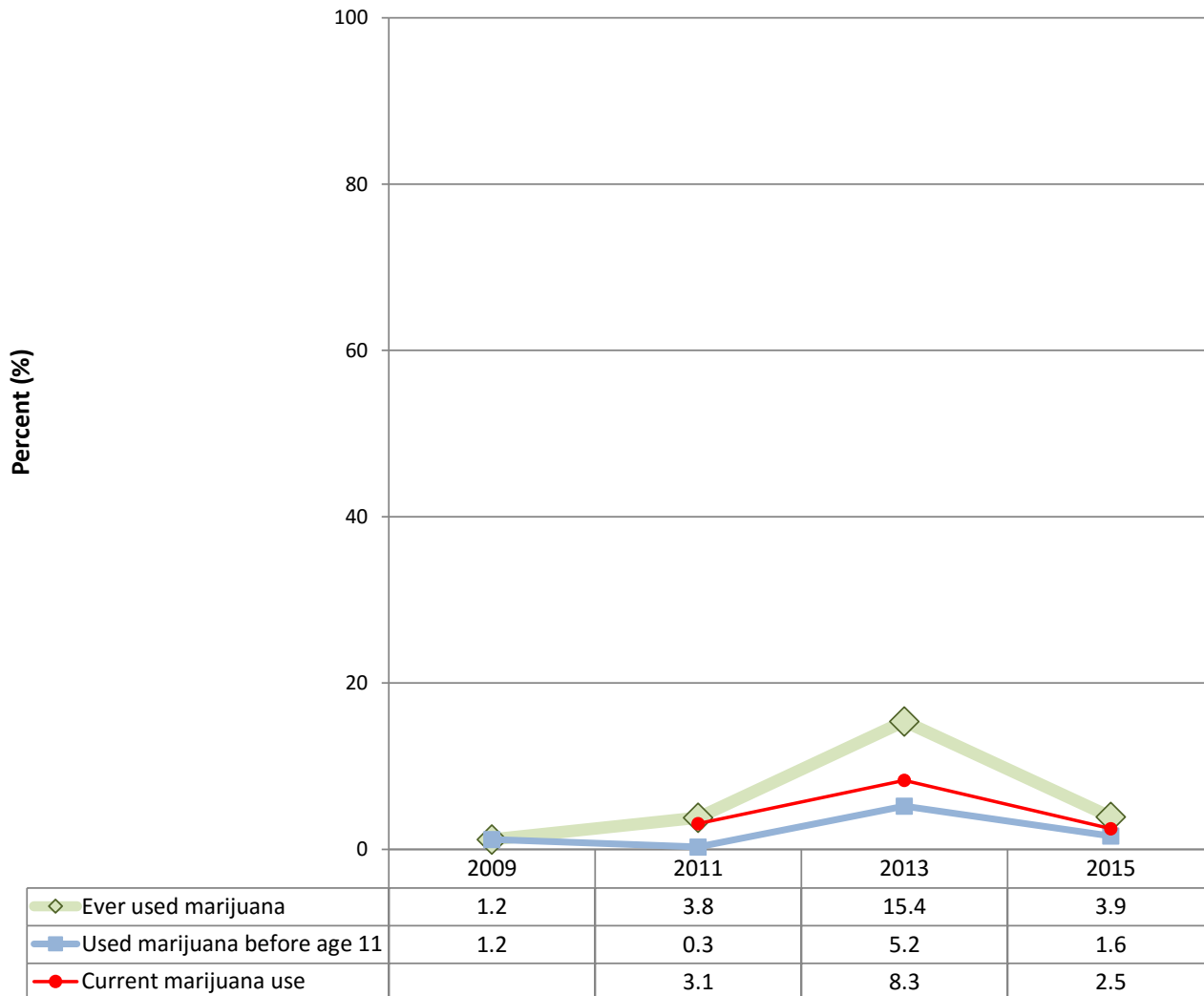


By Grade, Los Alamos County

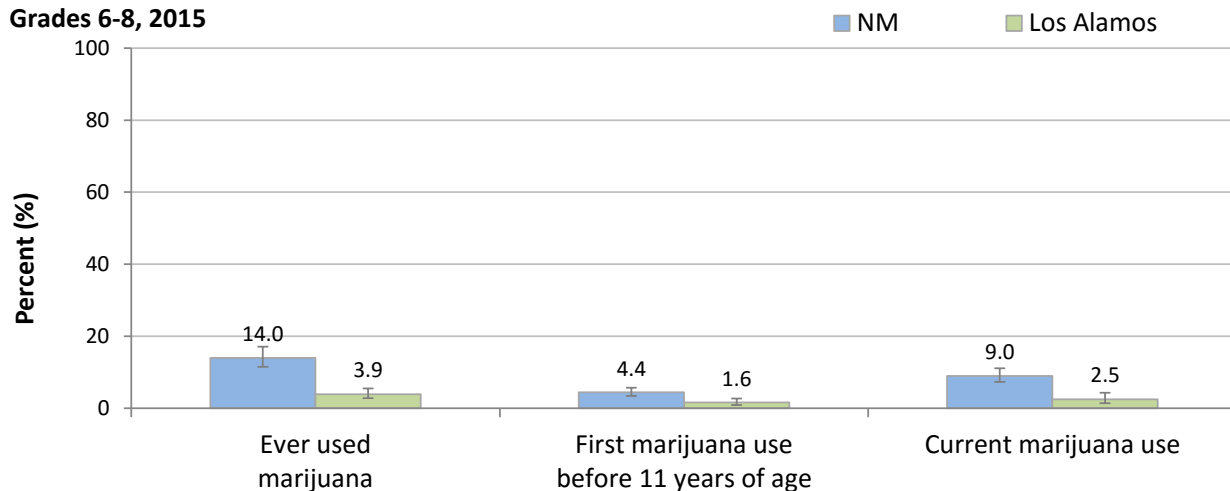


Drug Use: Marijuana

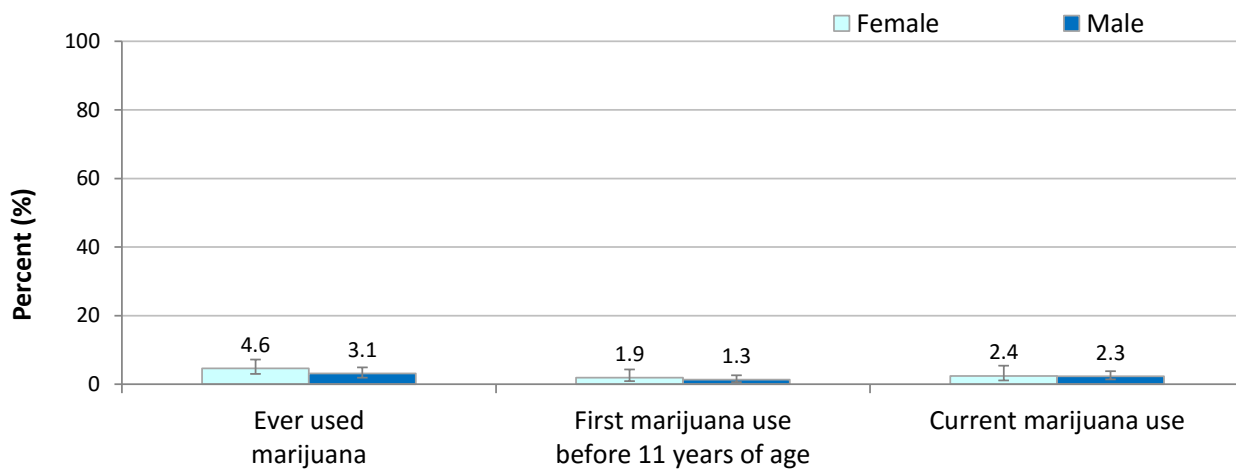
**Drug Use: Marijuana Indicators
by Year, Los Alamos County
Grades 6-8, 2009-2015**



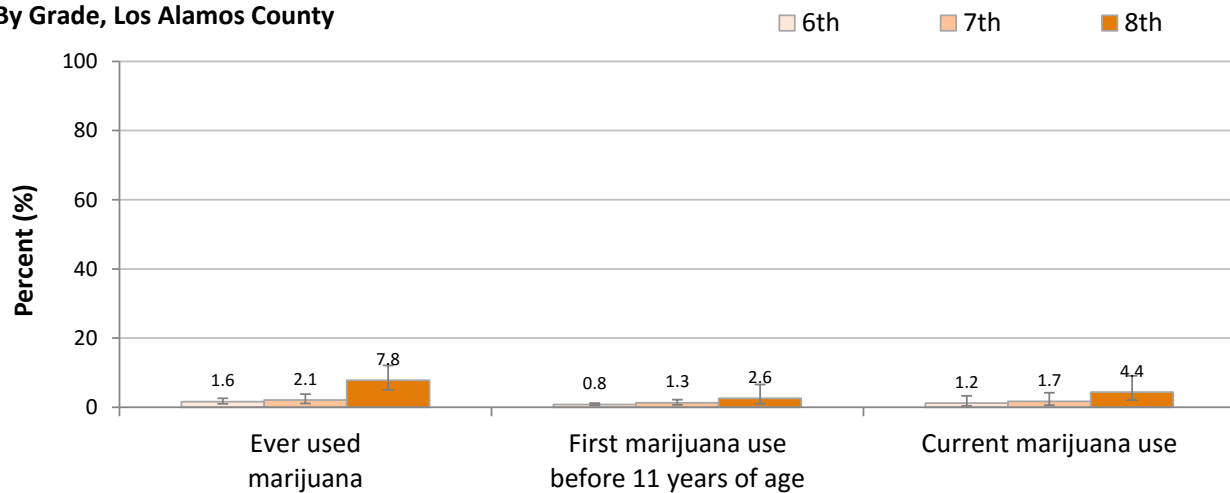
Drug Use: Marijuana
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County

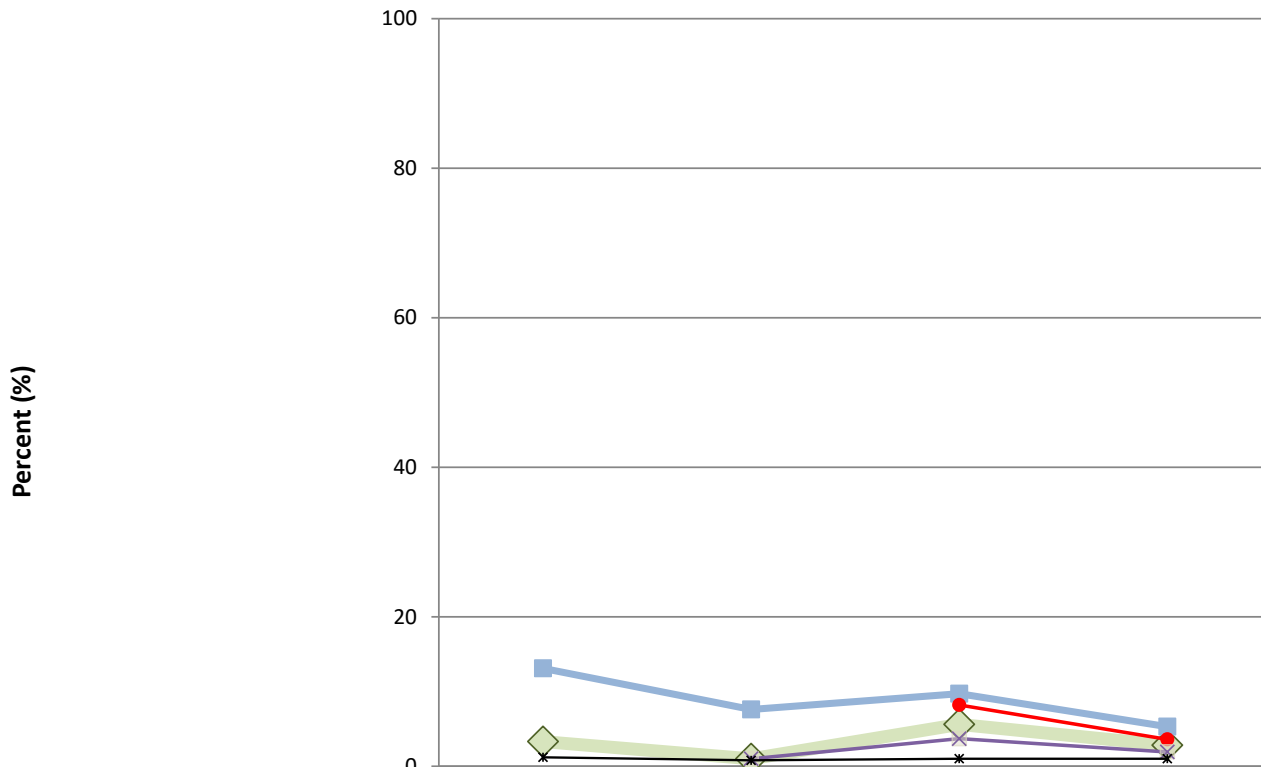


By Grade, Los Alamos County



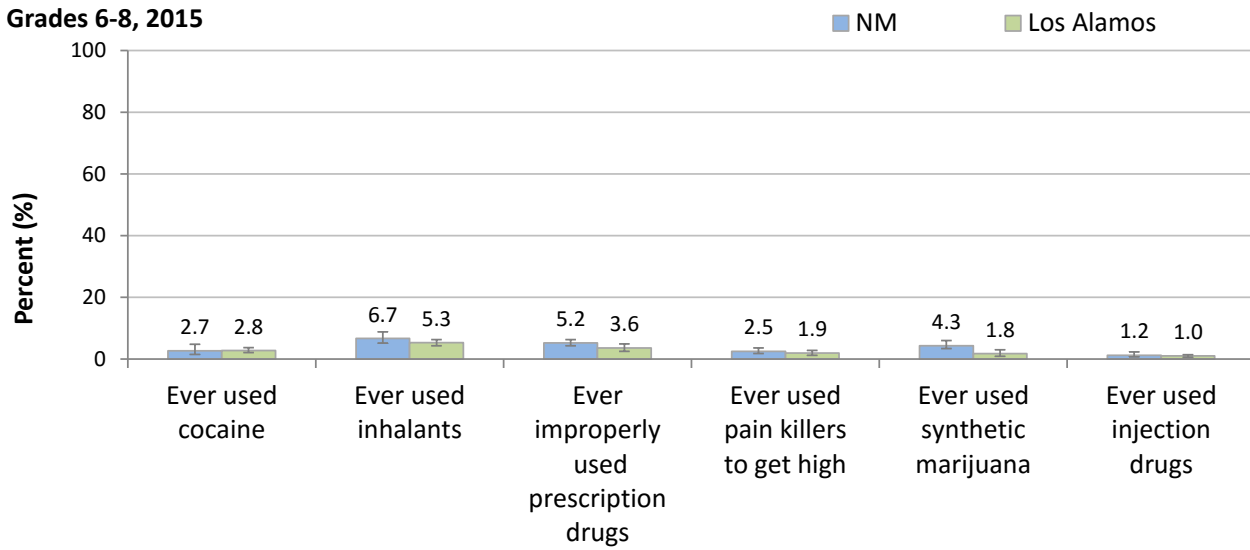
Drug Use

**Drug Use Indicators
by Year, Los Alamos County
Grades 6-8, 2009-2015**

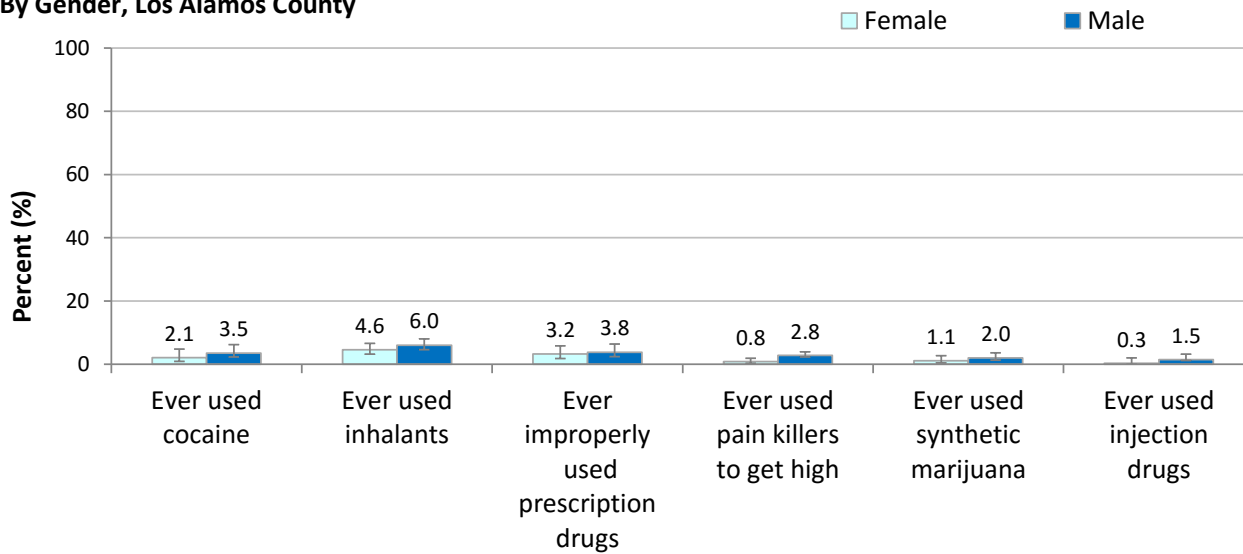


	2009	2011	2013	2015
◇ Ever used cocaine	3.3	1.0	5.6	2.8
■ Ever used inhalants	13.1	7.6	9.7	5.3
● Ever taken a prescription drug without a doctor's prescription			8.2	3.6
✕ Ever used a pain killer to get high		1.0	3.7	1.9
* Ever used a needle to inject any illegal drug	1.2	0.8	1.0	1.0

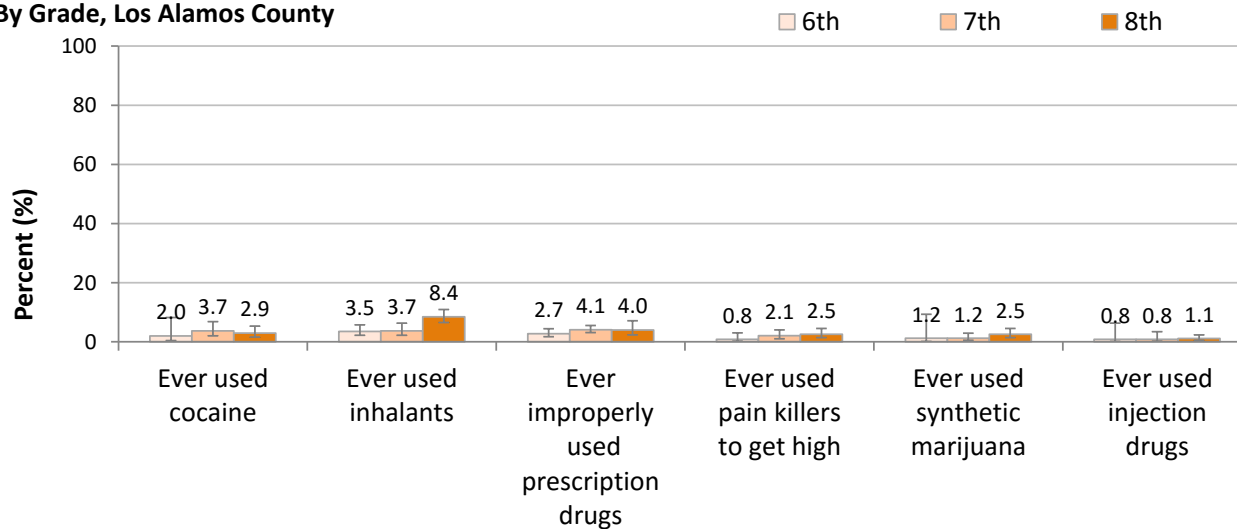
Drug Use: Other drugs
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County

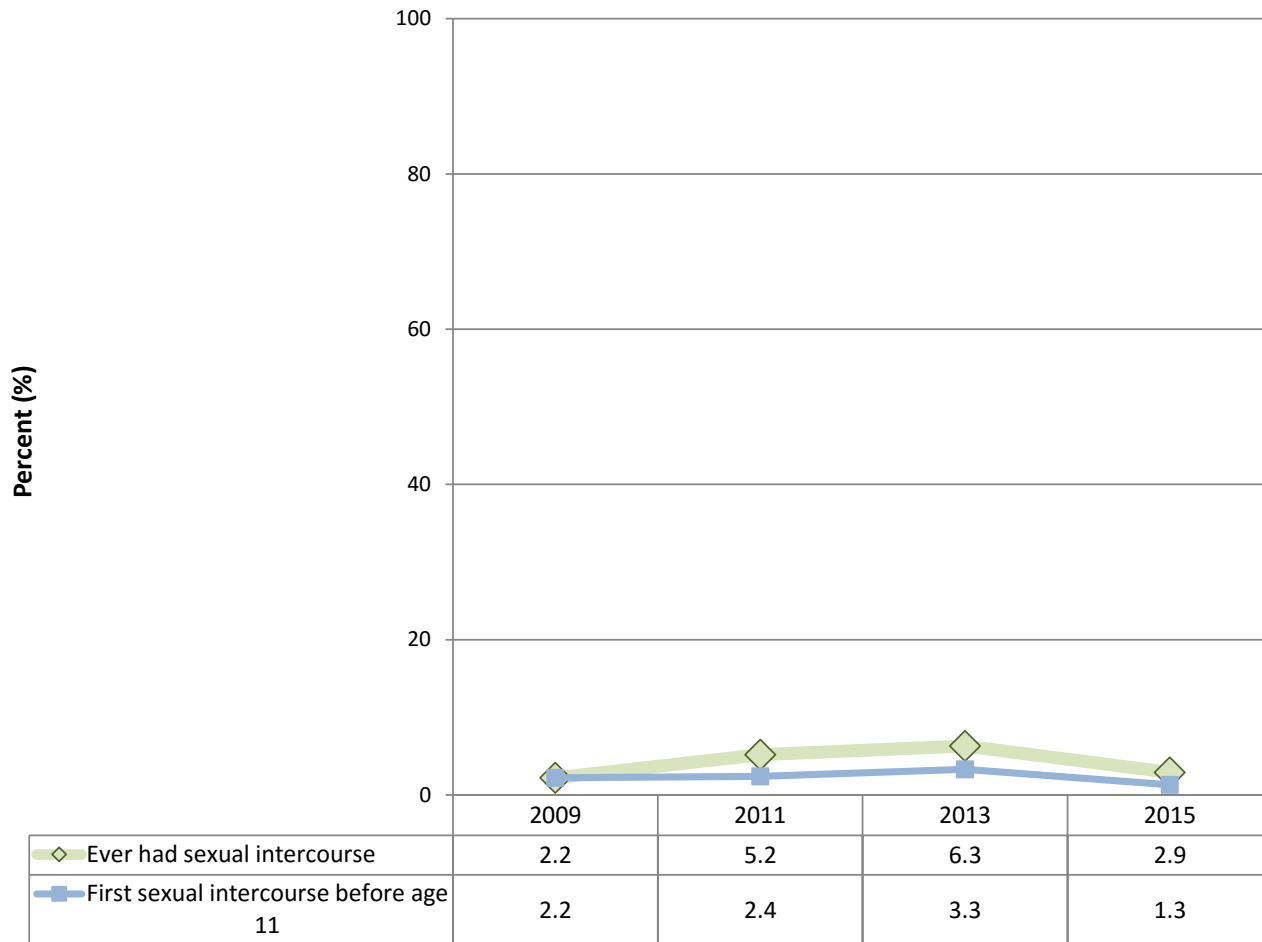


By Grade, Los Alamos County

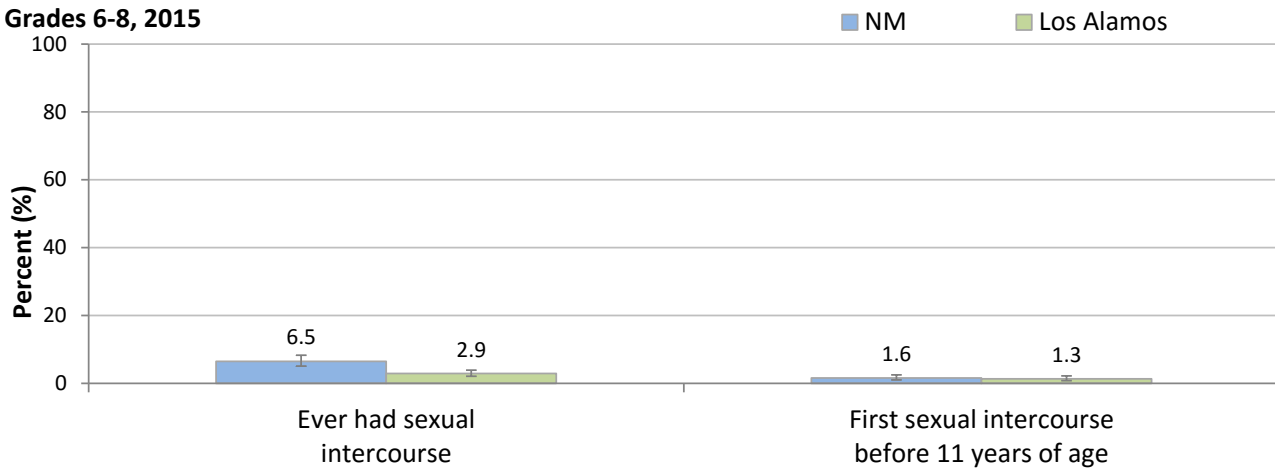


Sexual Behavior

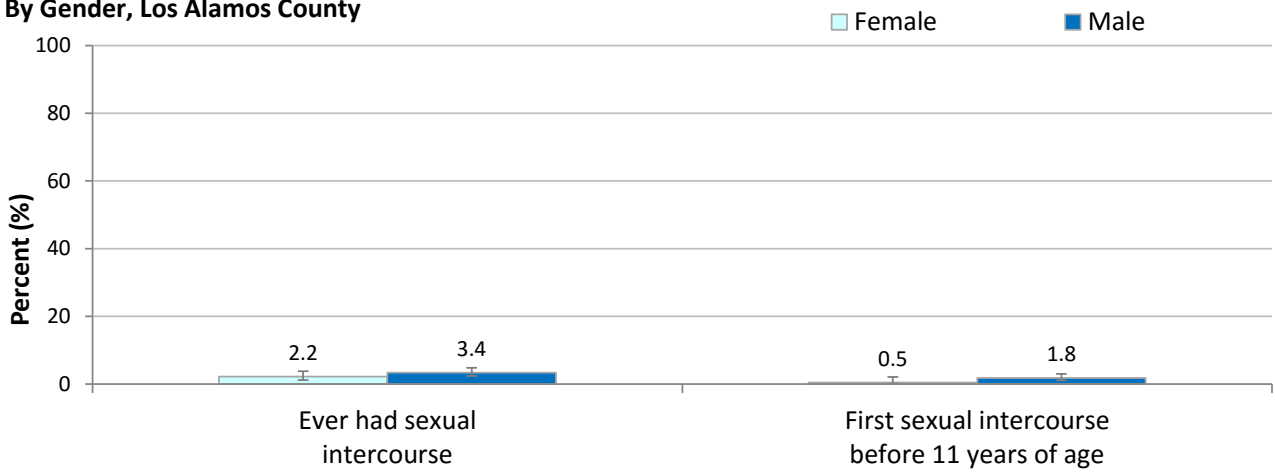
**Sexual Behavior Indicators
by Year, Los Alamos County
Grades 6-8, 2009-2015**



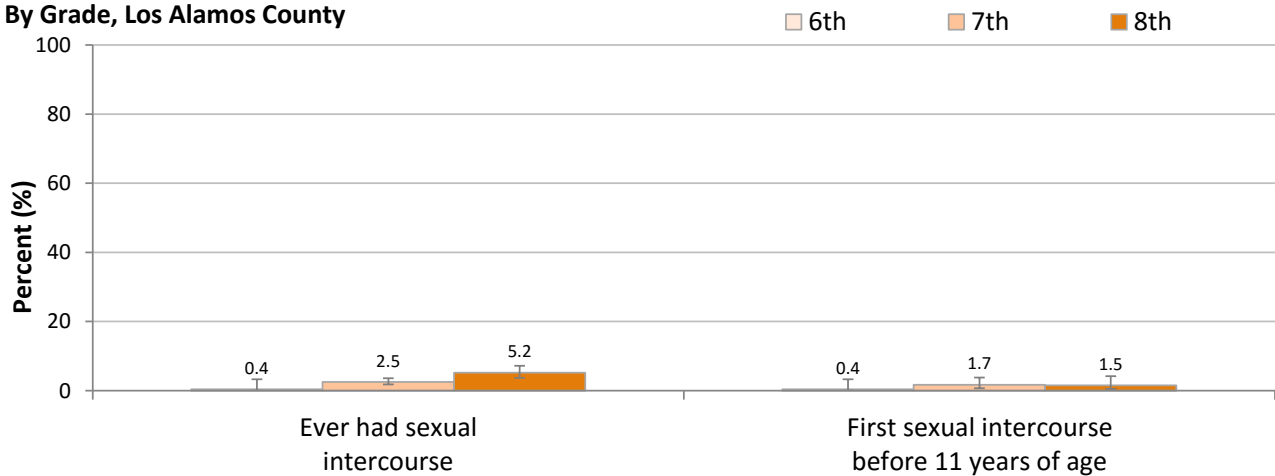
Sexual Behavior
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County

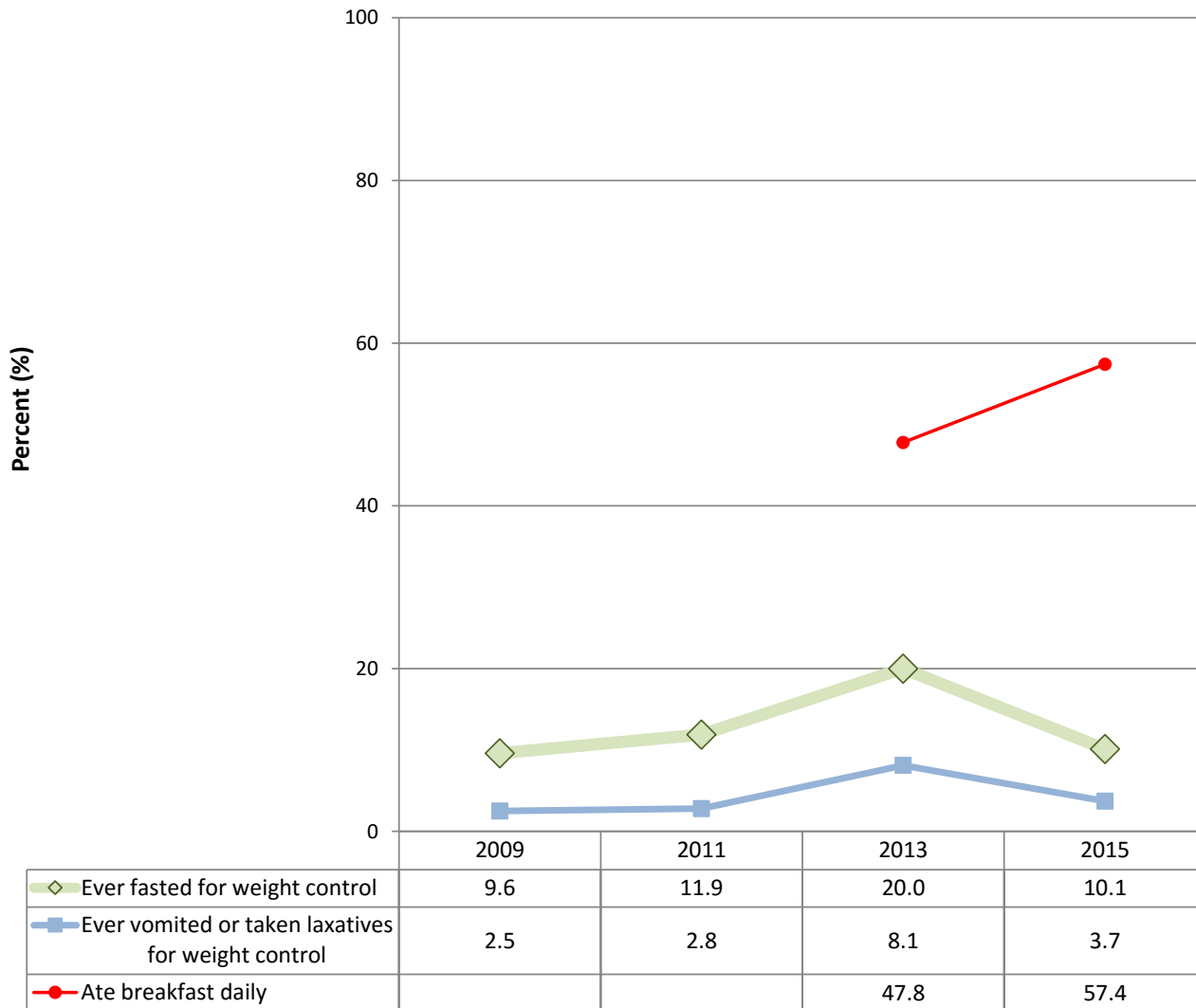


By Grade, Los Alamos County

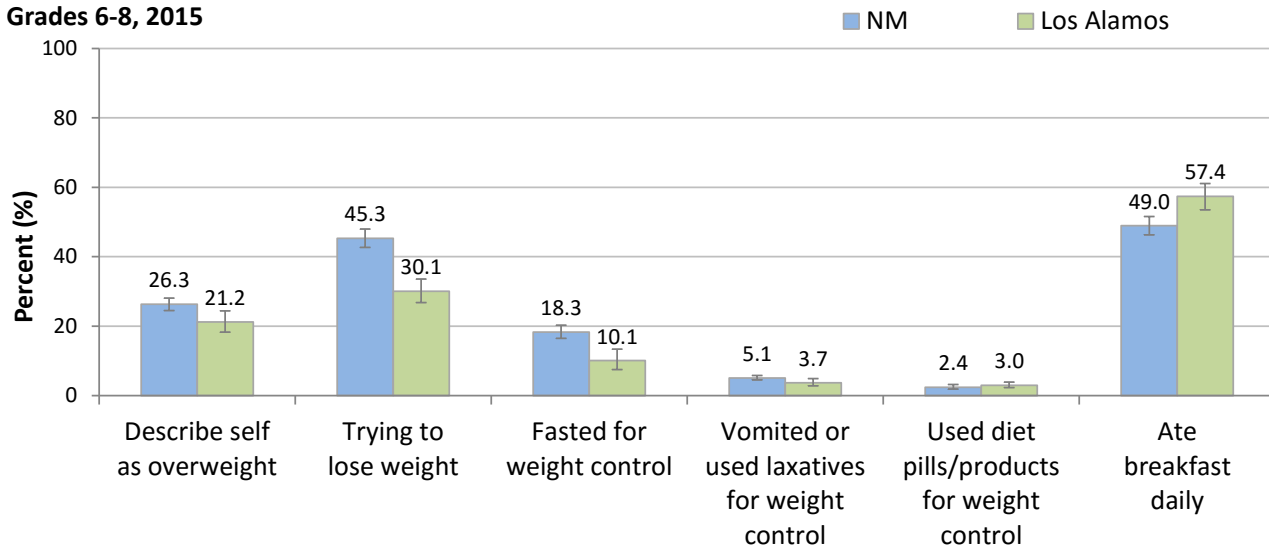


Weight Control

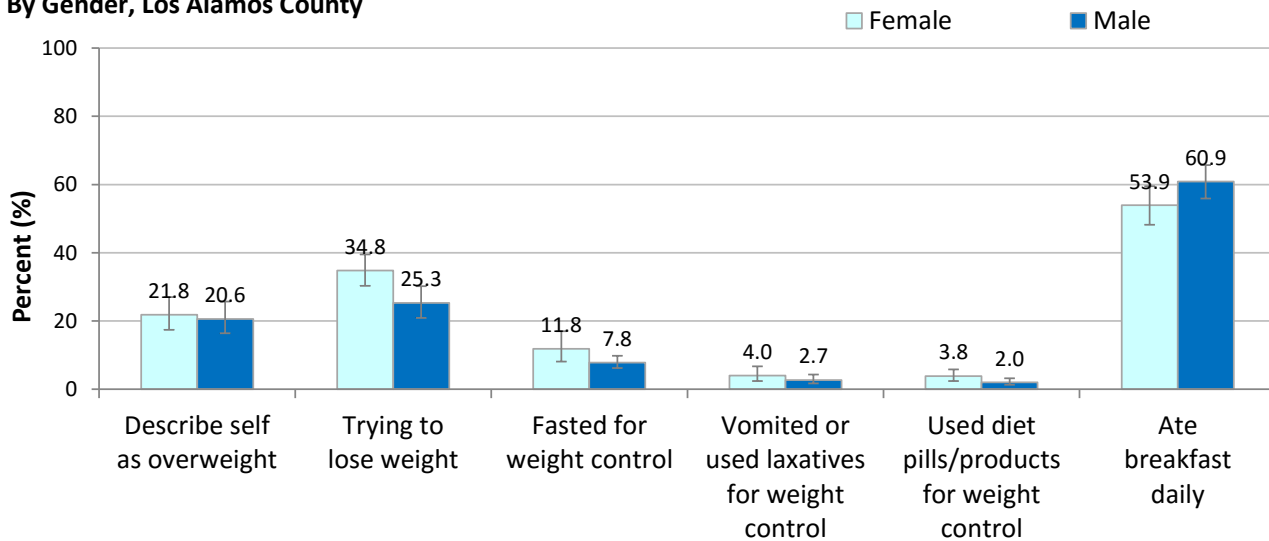
**Weight Control Indicators
by Year, Los Alamos County
Grades 6-8, 2009-2015**



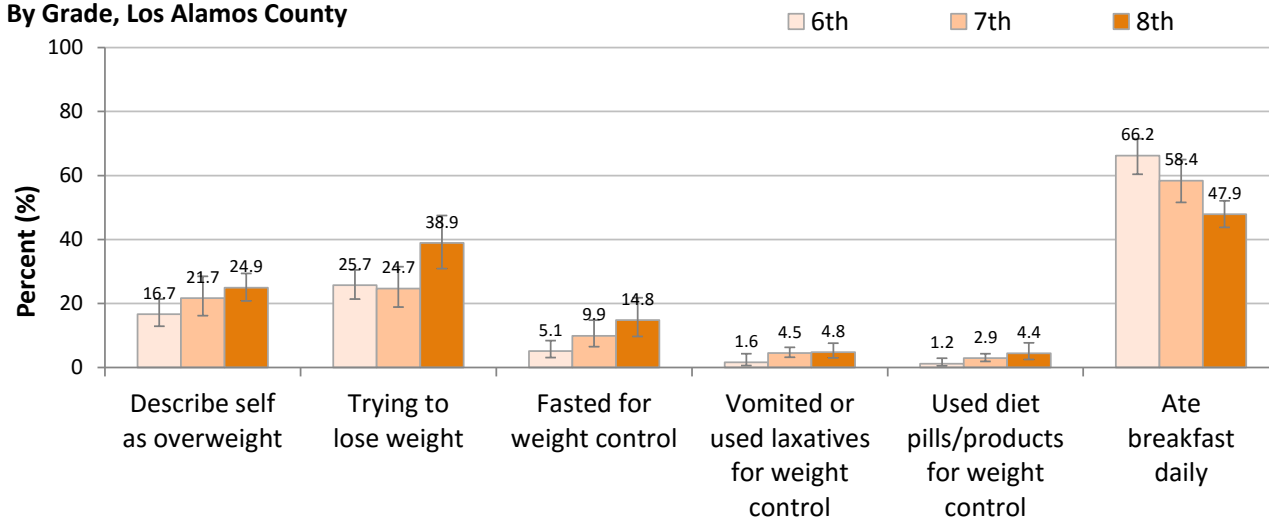
Weight Control and Nutrition
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County

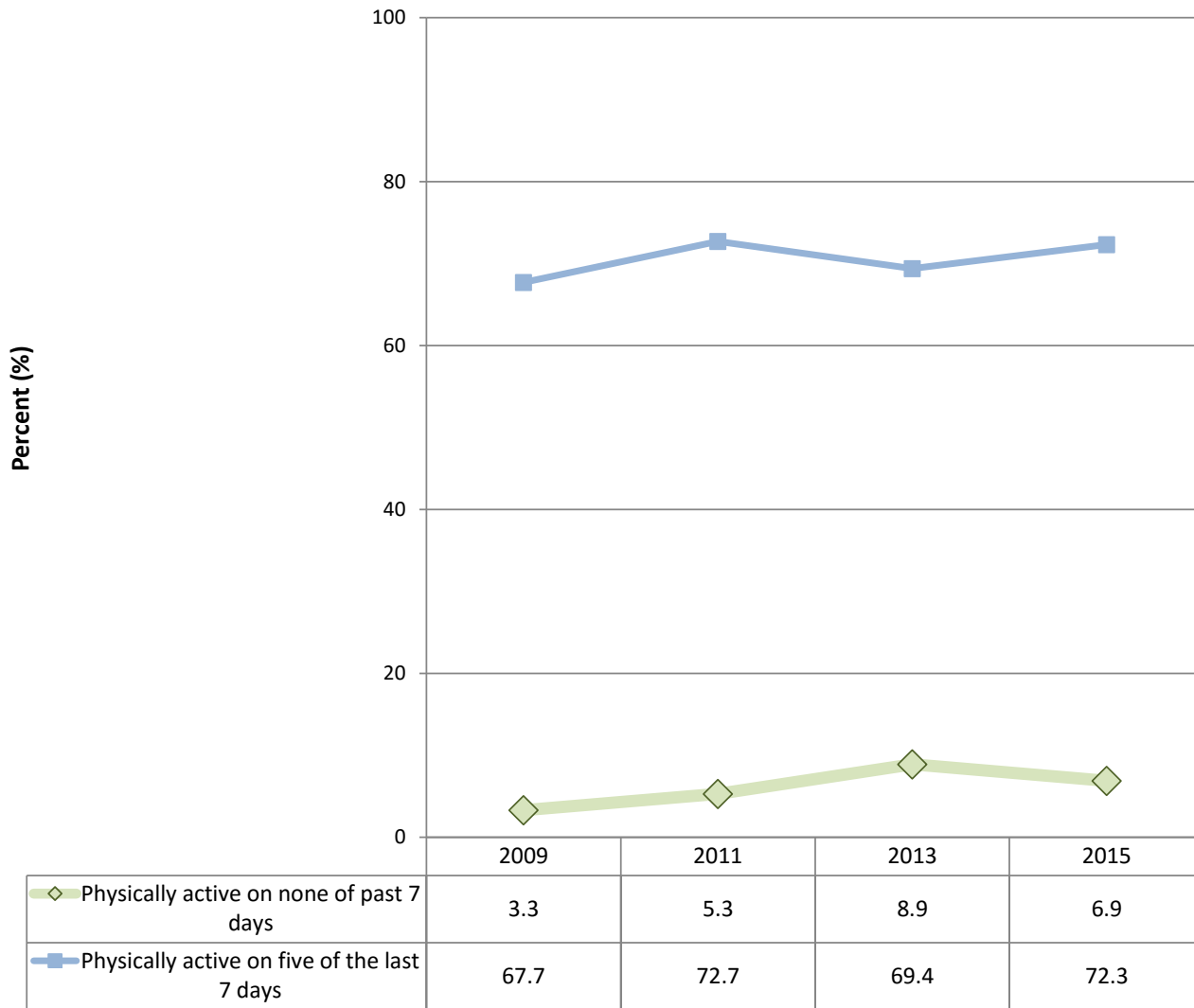


By Grade, Los Alamos County

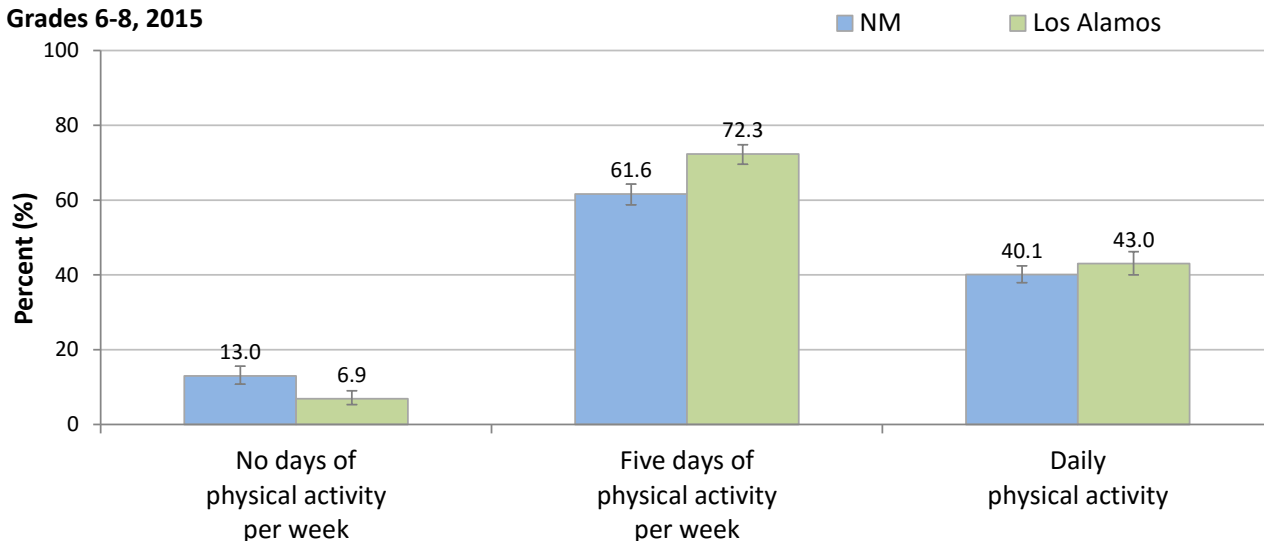


Physical Activity

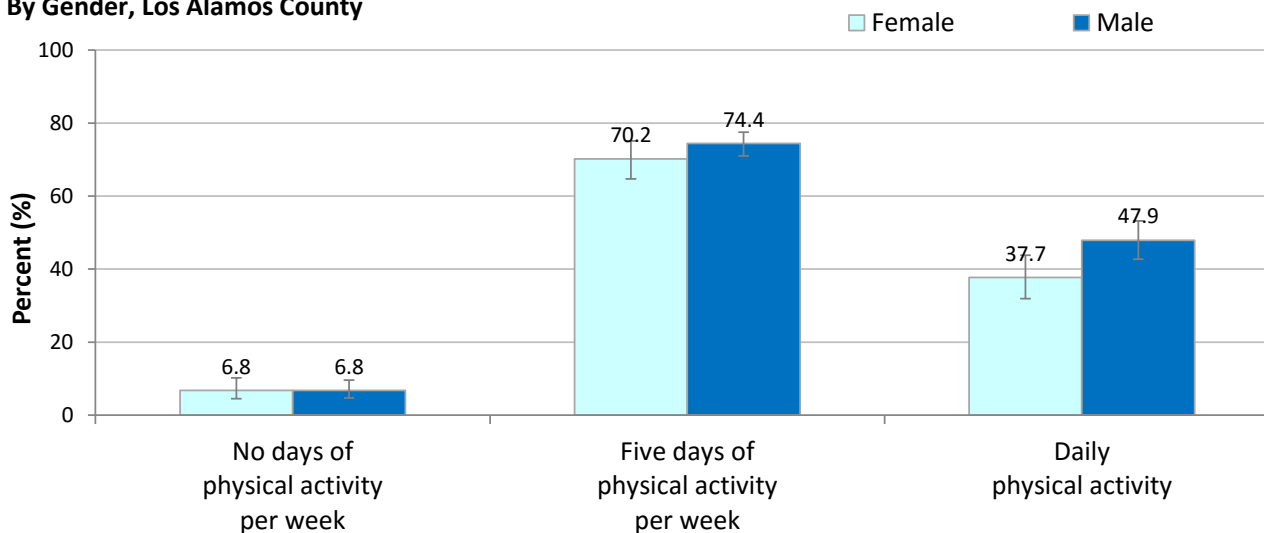
**Physical Activity Indicators
by Year, Los Alamos County
Grades 6-8, 2009-2015**



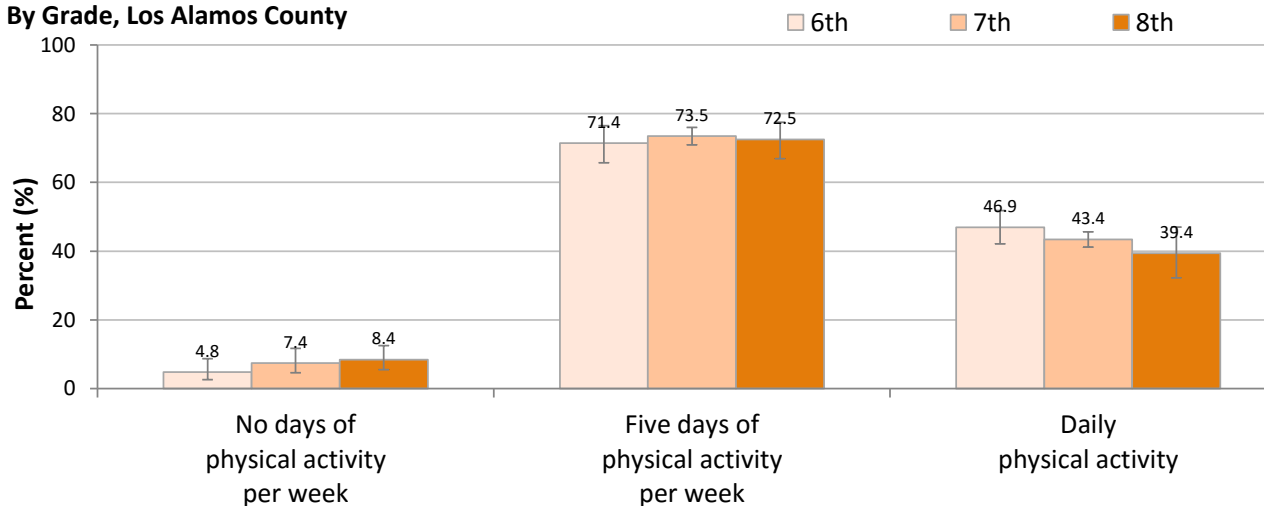
Physical Activity
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County



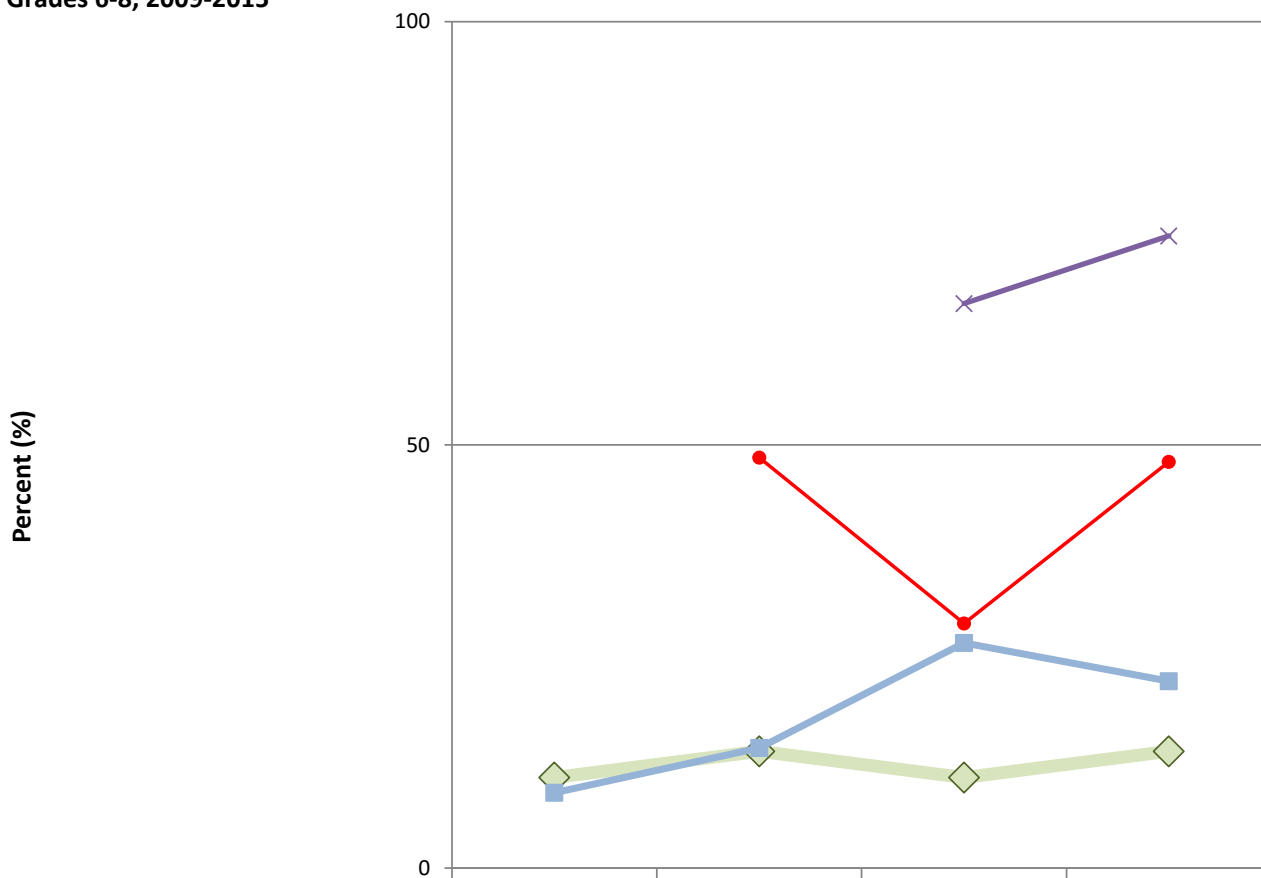
By Grade, Los Alamos County



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

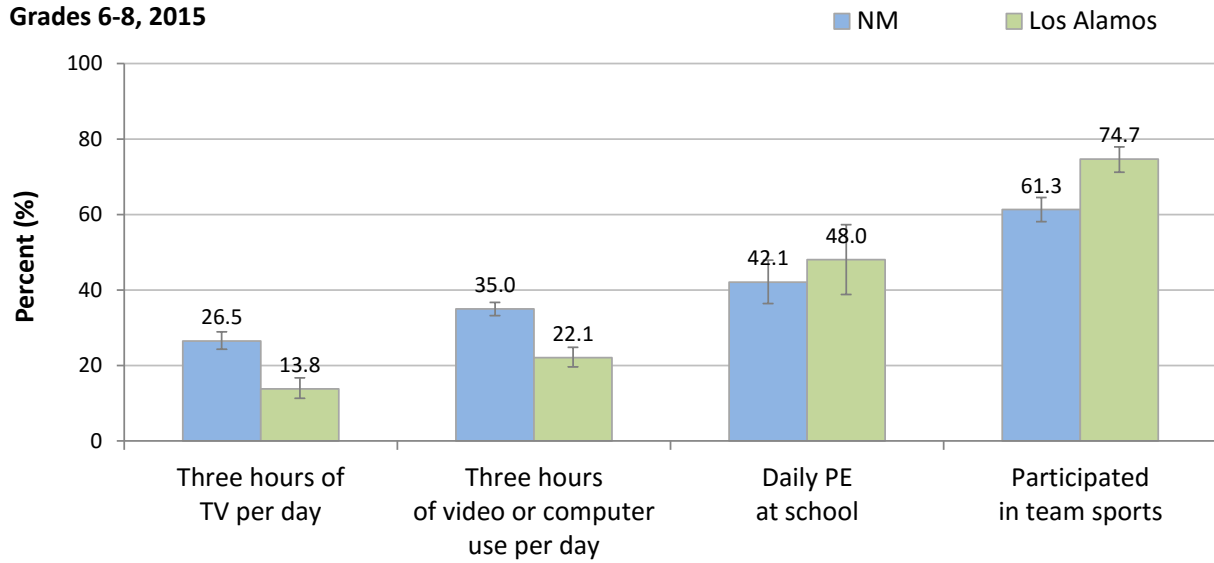
Physical Activity

**Physical Activity Indicators
by Year, Los Alamos County
Grades 6-8, 2009-2015**

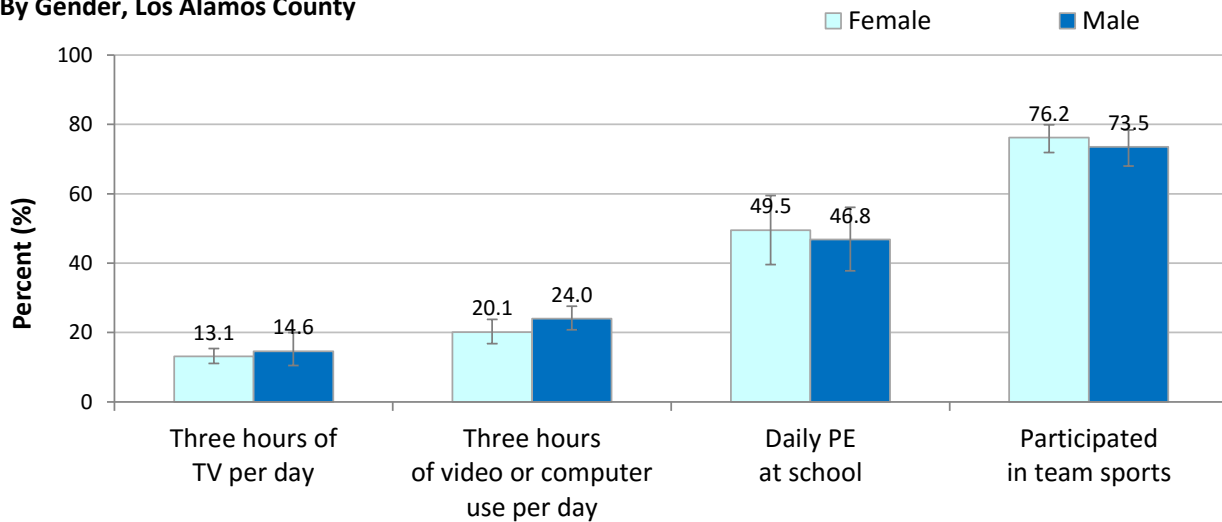


	2009	2011	2013	2015
◊ Watched TV three or more hours on an average school day	10.7	13.8	10.7	13.8
■ Video games or Computer use three or more hours on an average school day	8.9	14.2	26.6	22.1
● Attended physical education classes daily		48.5	28.9	48.0
✕ Played on at least one sports team in the past 12 months			66.7	74.7

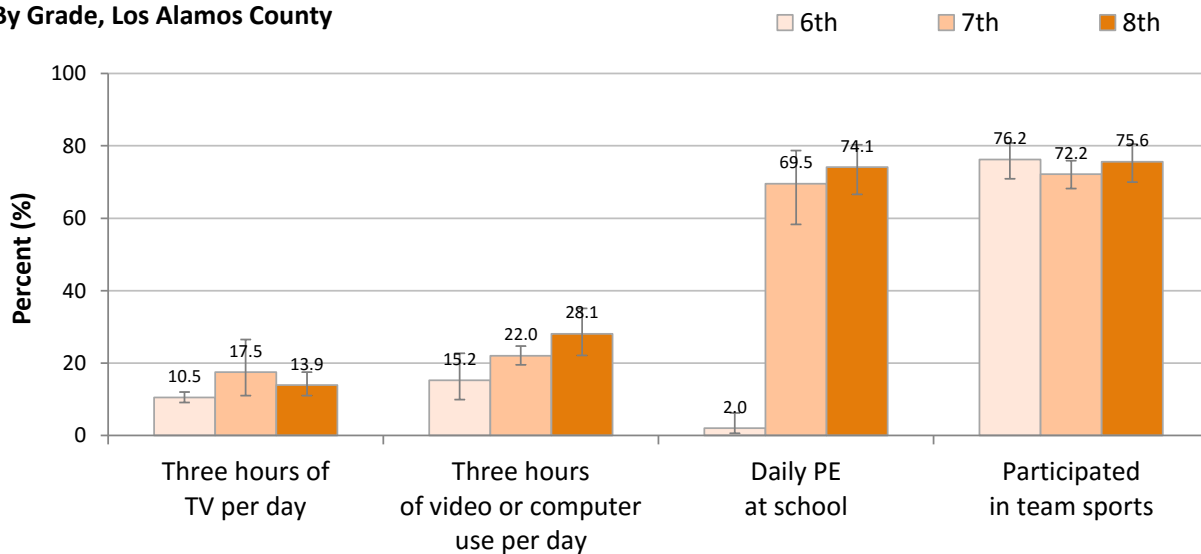
Physical Activity
New Mexico and Los Alamos County
Grades 6-8, 2015



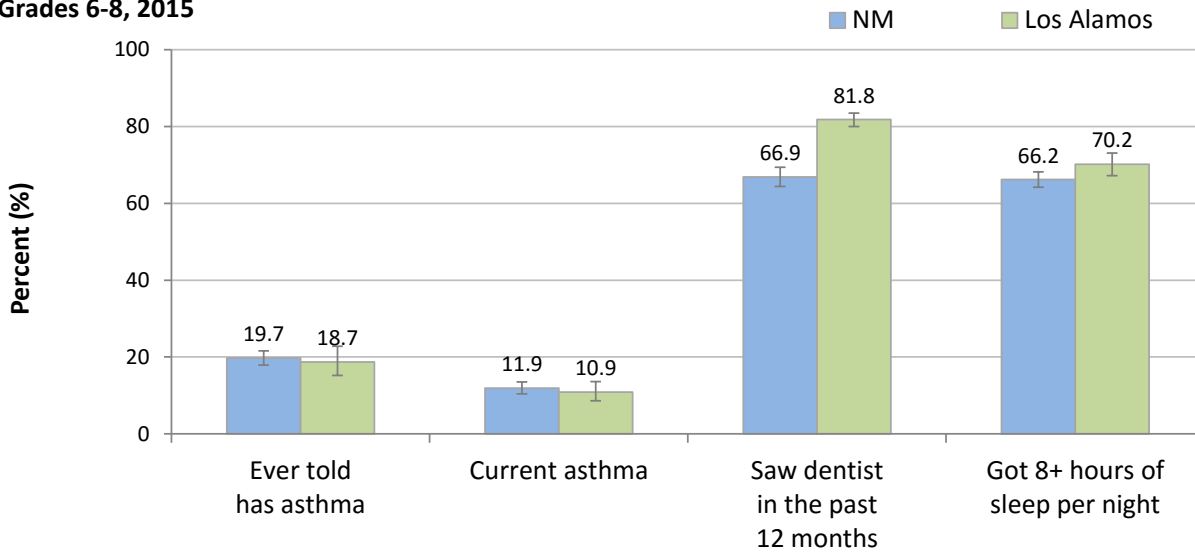
By Gender, Los Alamos County



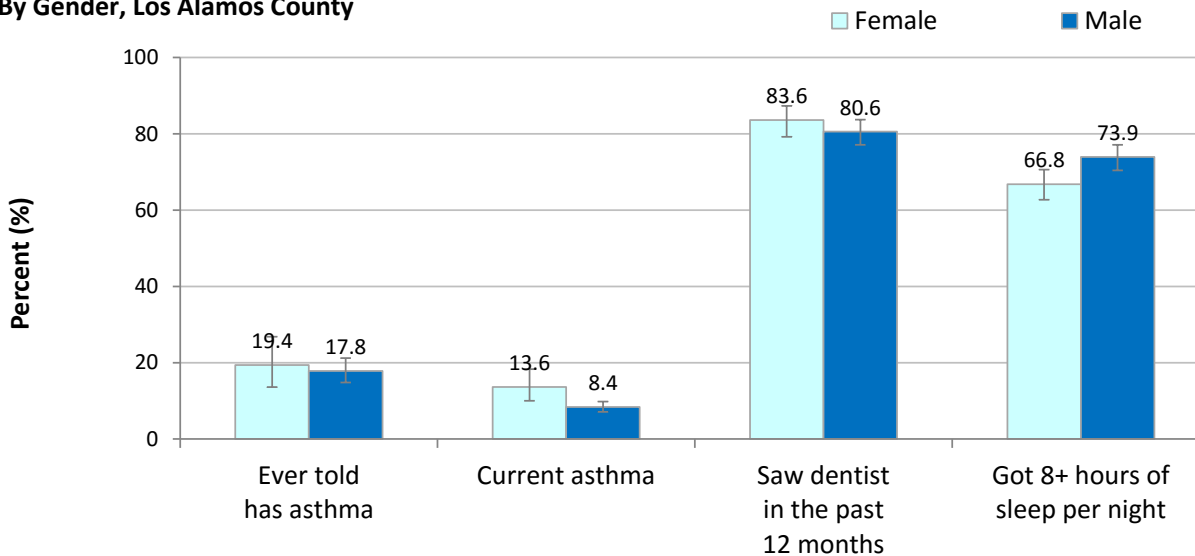
By Grade, Los Alamos County



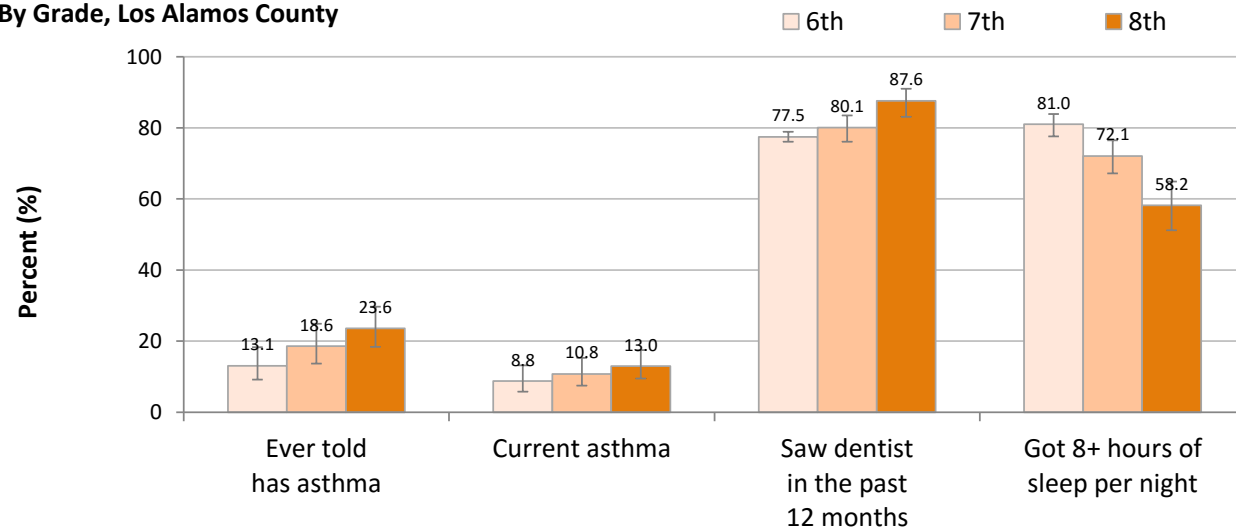
Other Health-Related Topics
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County

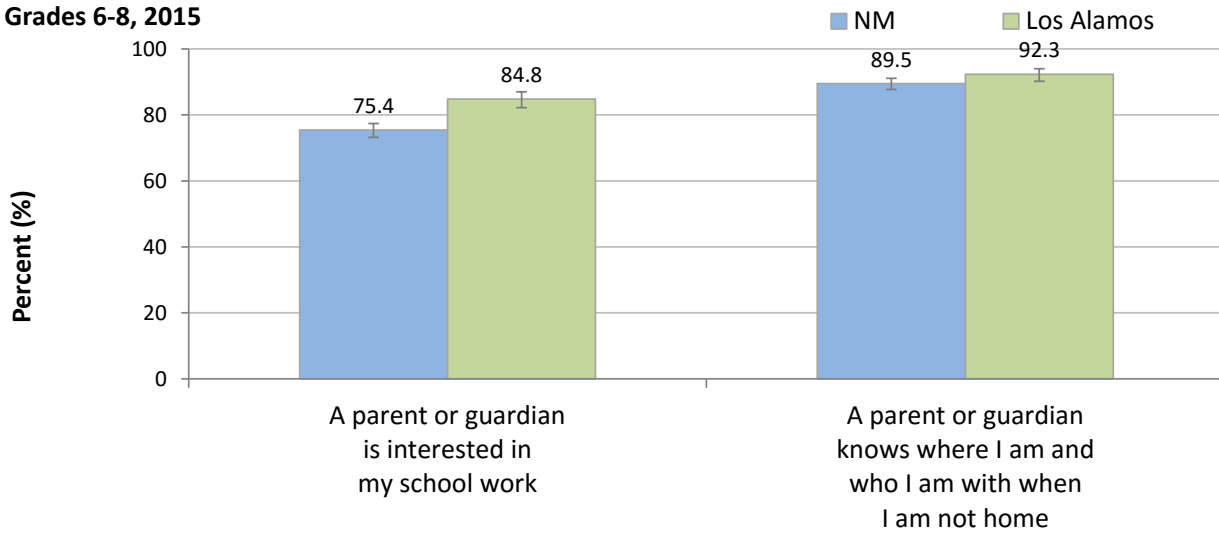


By Grade, Los Alamos County

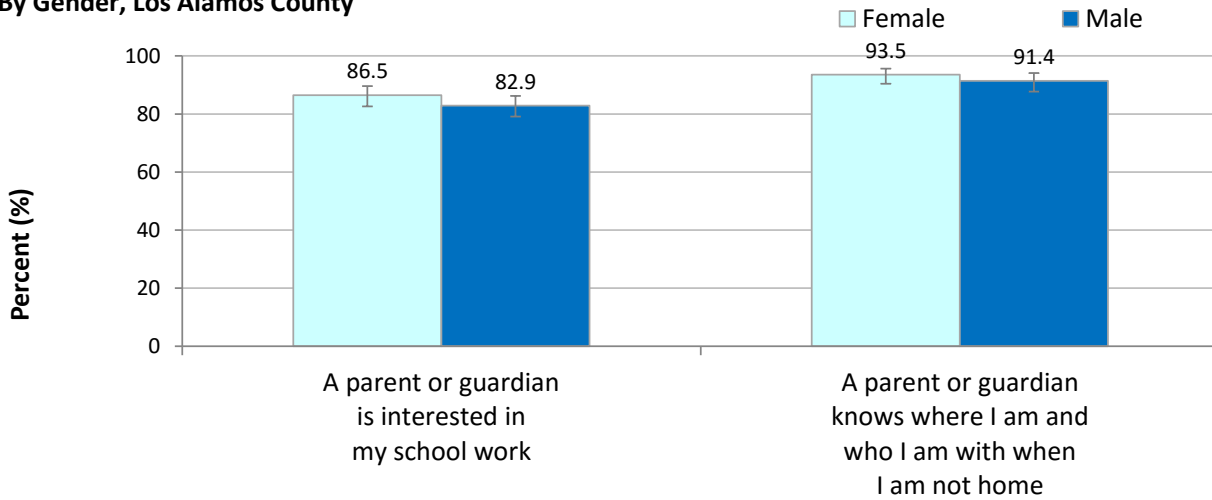


Resiliency/Protective Factors

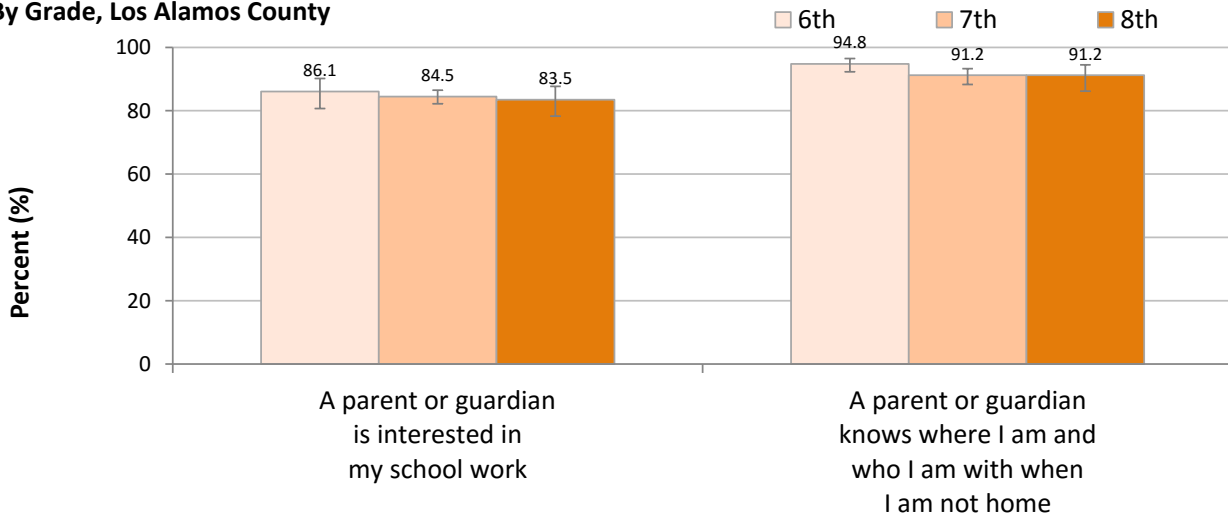
Resiliency/Protective Factors: In the home*
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County

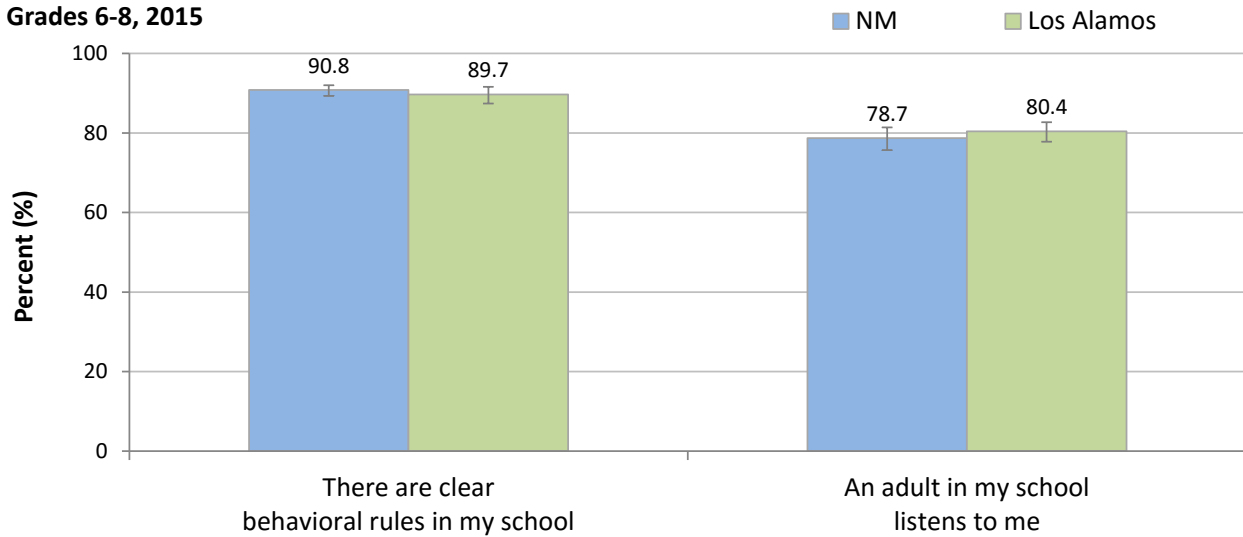


By Grade, Los Alamos County

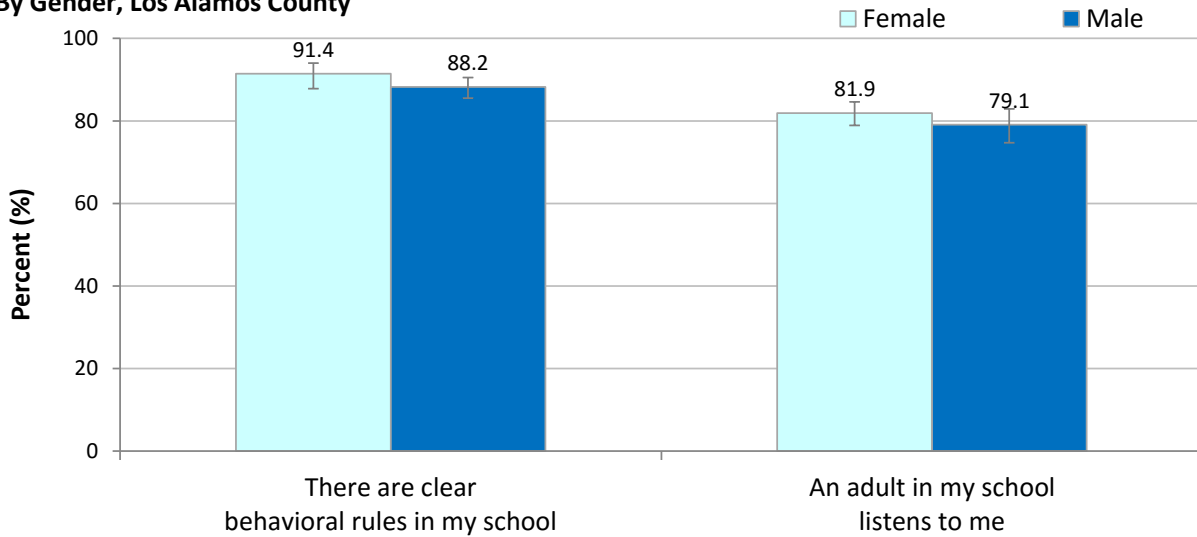


Respondent who said the statement was Pretty much true or Very much true.

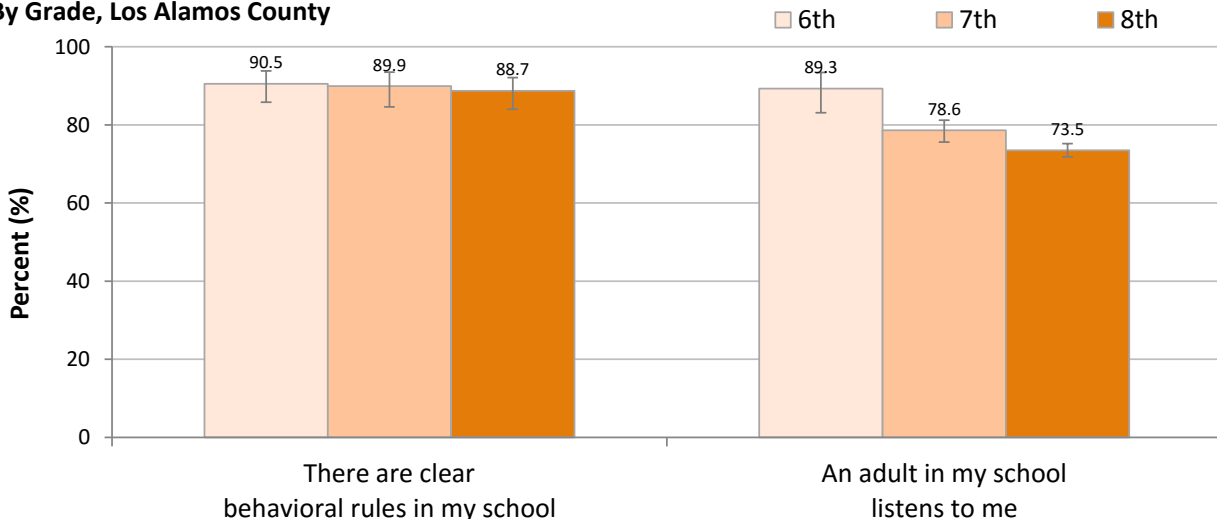
Resiliency/Protective Factors: In the school
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County

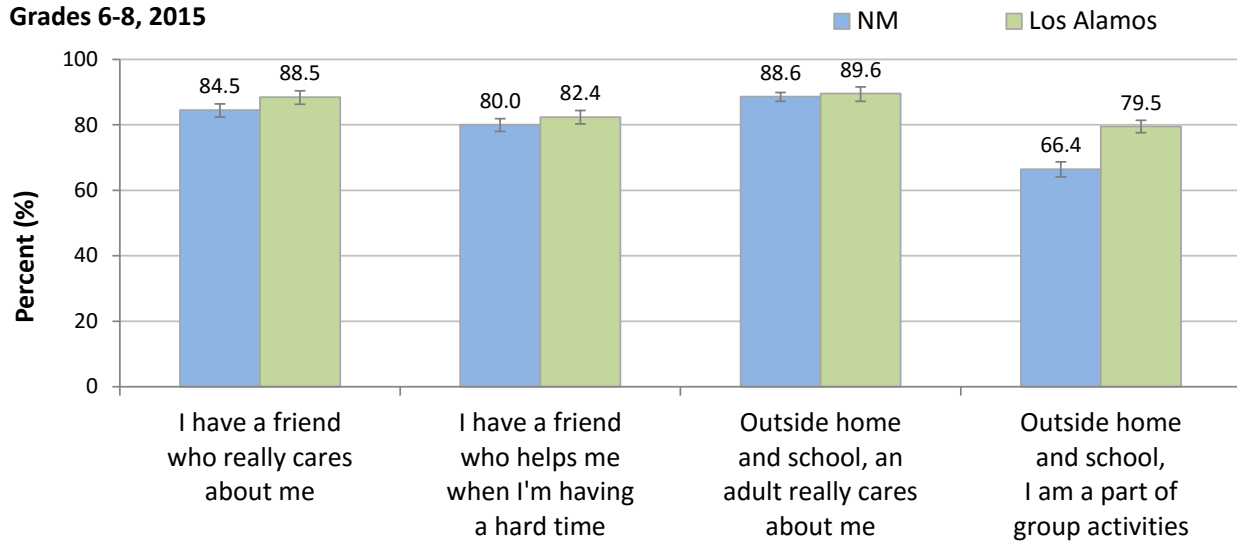


By Grade, Los Alamos County

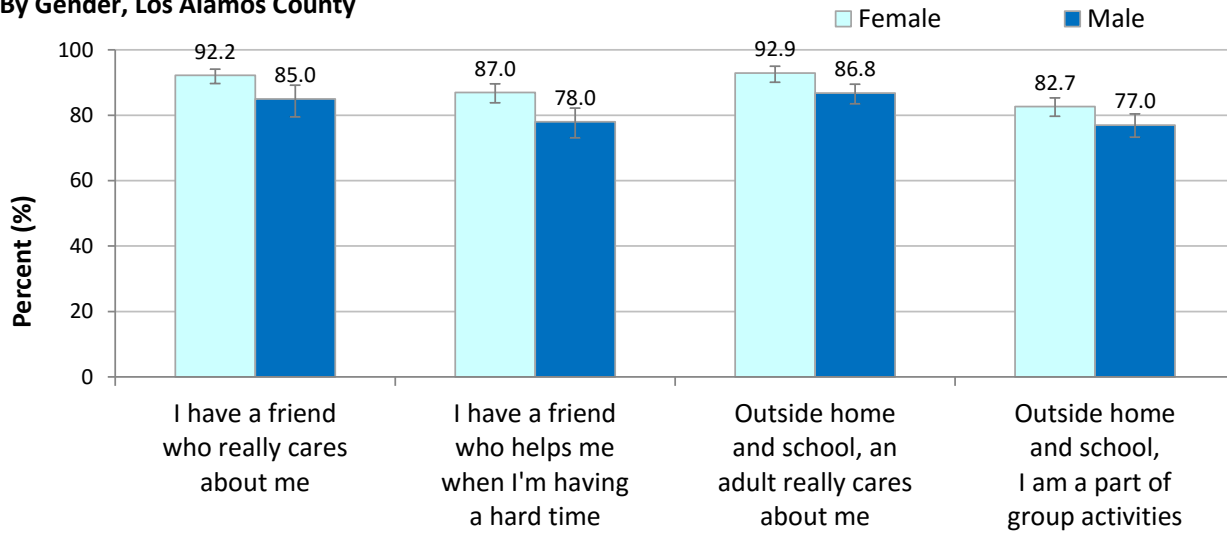


Respondent who said the statement was Pretty much true or Very much true.

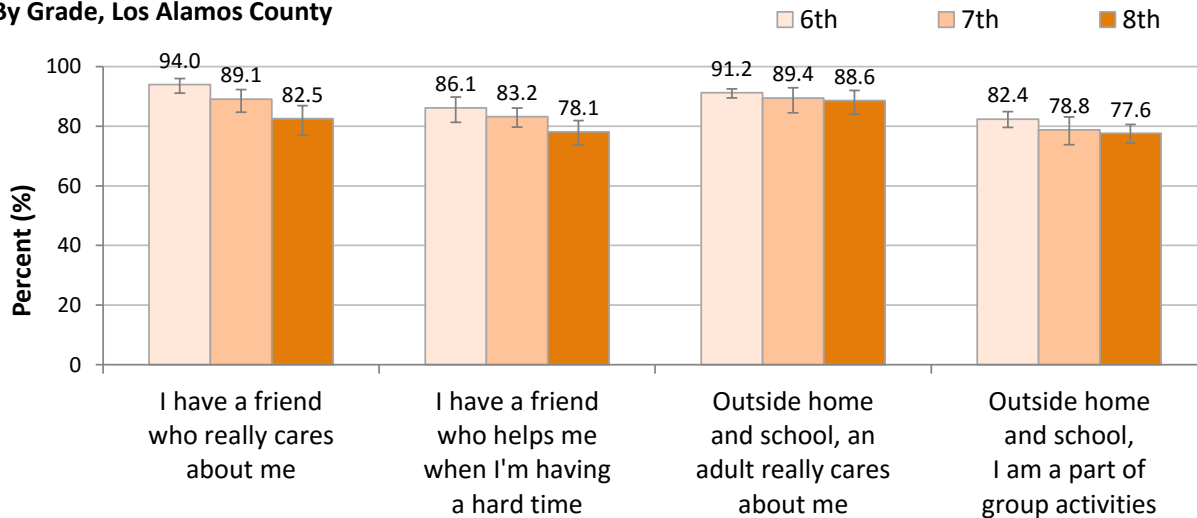
Resiliency/Protective Factors: In the community and with peers
New Mexico and Los Alamos County
Grades 6-8, 2015



By Gender, Los Alamos County



By Grade, Los Alamos County



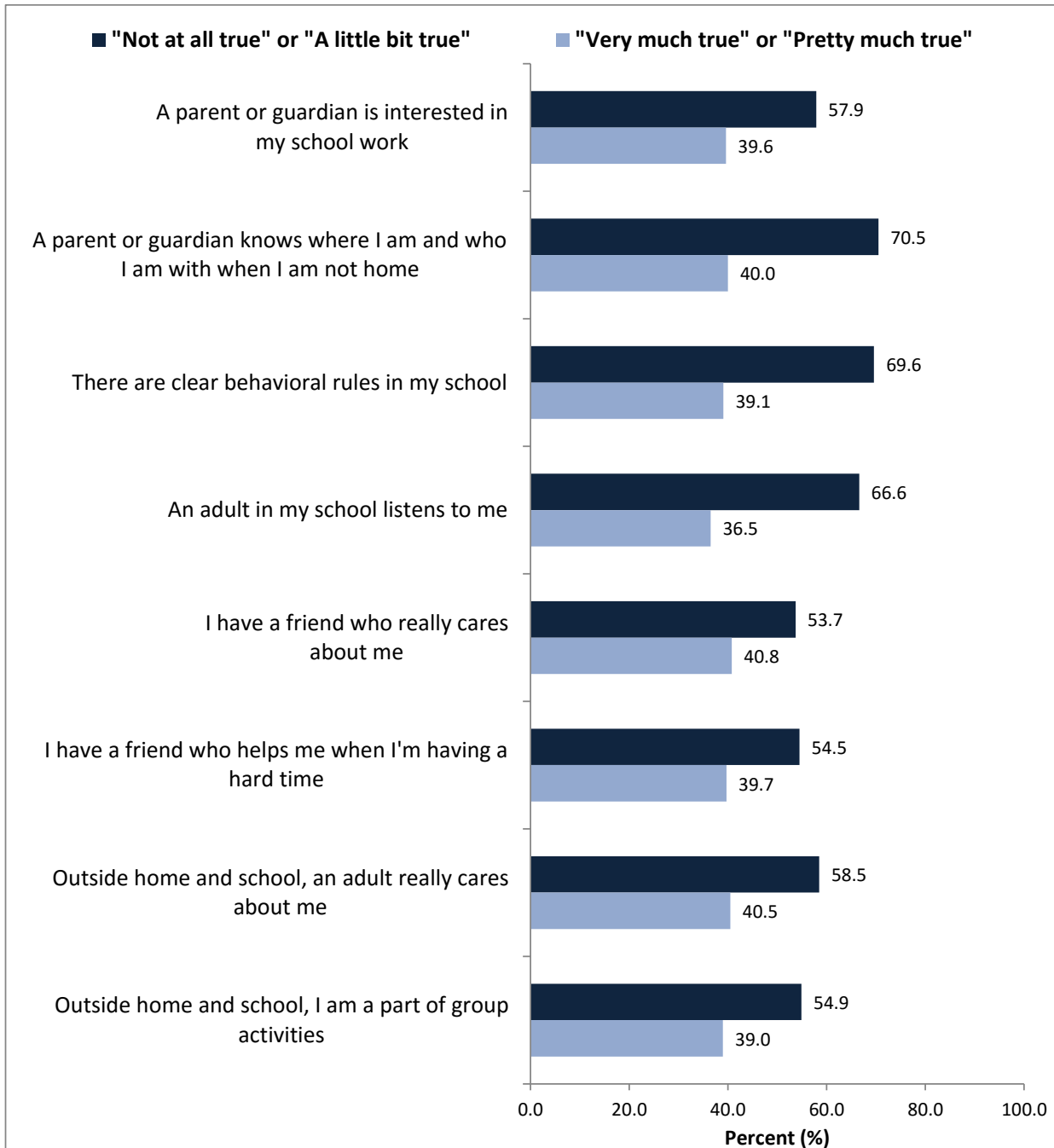
Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors

Ever in a physical fight

by Selected Resiliency Factors

Los Alamos County

Grades 6-8, 2015



How to read this chart:

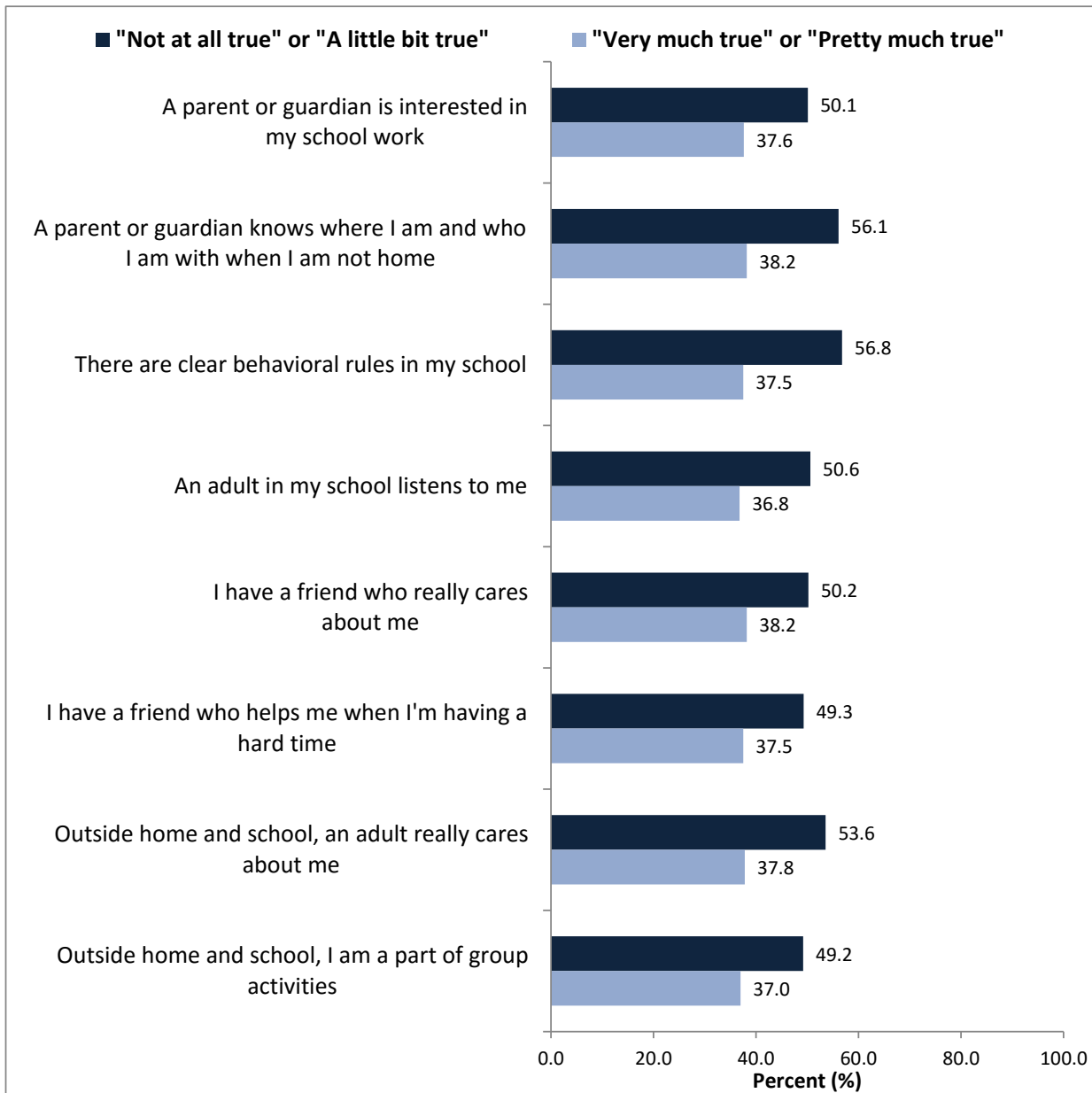
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 57.9% were ever in a physical fight.
- Of those who said it was 'Pretty much true' or 'Very much true' that a parent or other adult was interested in their school work, 39.6% were ever in a physical fight.

Ever carried a weapon

by Selected Resiliency Factors

Los Alamos County

Grades 6-8, 2015



How to read this chart:

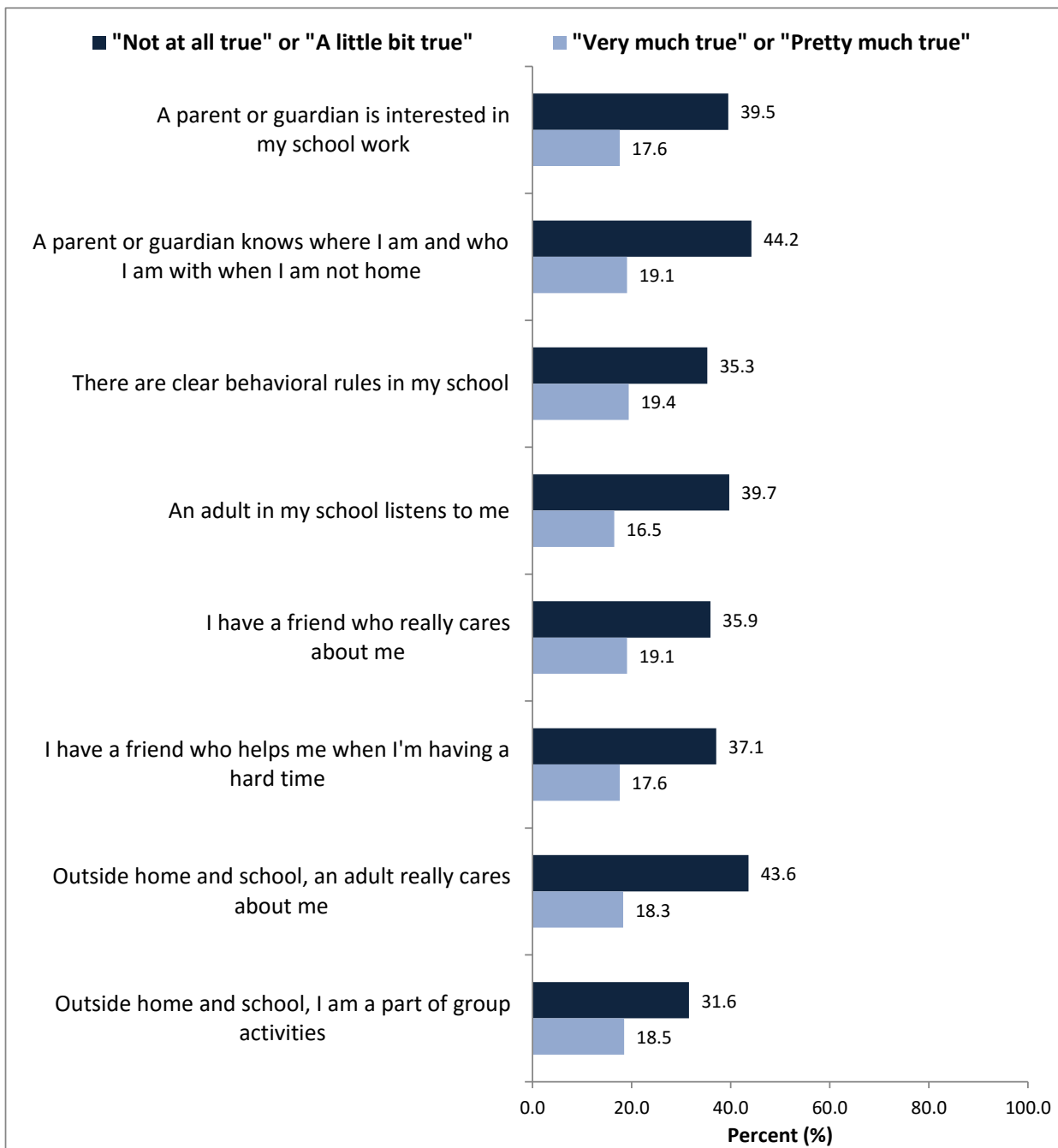
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 50.1% Ever carried a weapon, such as a gun, knife, or club.
- Of those who said it was 'Pretty much true' or 'Very much true' that a parent or other adult was interested in their school work, 37.6% Ever carried a weapon, such as a gun, knife, or club.

Seriously thought about suicide

by Selected Resiliency Factors

Los Alamos County

Grades 6-8 2015



How to read this chart:

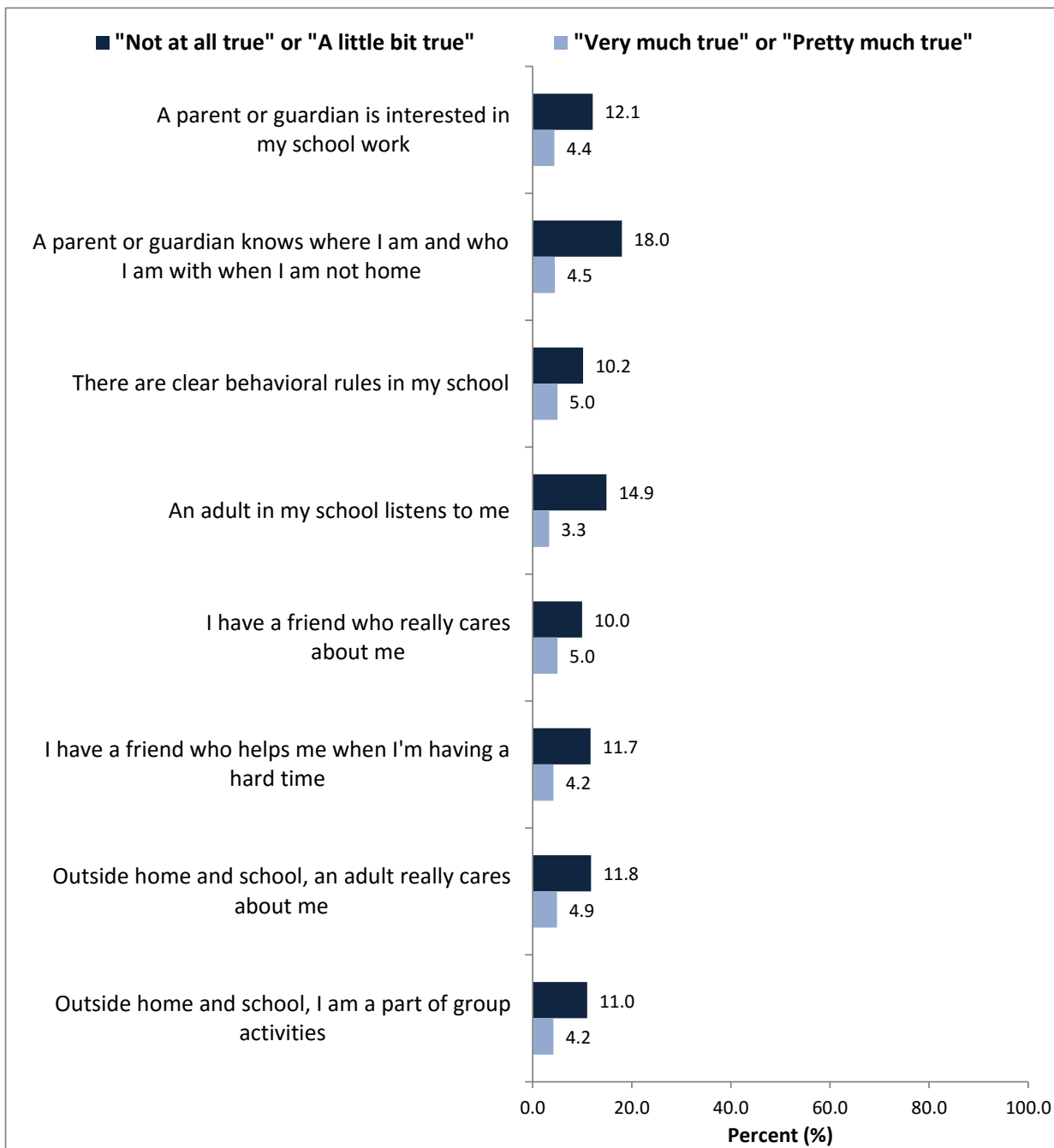
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 39.5% ever seriously thought about killing themselves
- Of those who said it was 'Pretty much true' or 'Very much true' that a parent or other adult was interested in their school work, 17.6% ever seriously thought about killing themselves

Ever tried to kill self

by Selected Resiliency Factors

Los Alamos County

Grades 6-8, 2015



How to read this chart:

- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 12.1% ever tried to kill themselves.

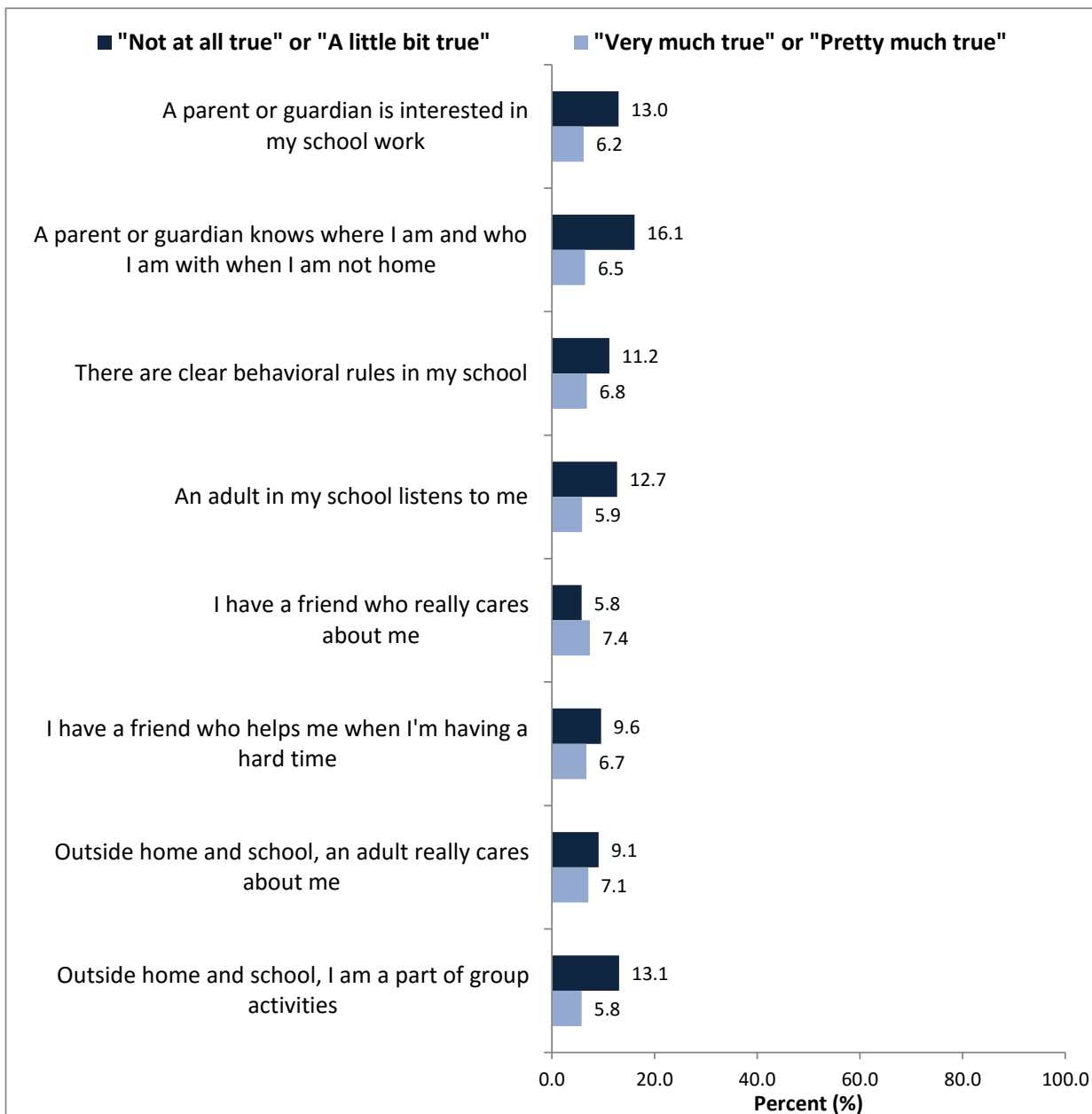
- Of those who said it was 'Pretty much true' or 'Very much true' that a parent or other adult was interested in their school work, 4.4% ever tried to kill themselves.

Ever smoked cigarettes

by Selected Resiliency Factors

Los Alamos County

Grades 6-8, 2015



How to read this chart:

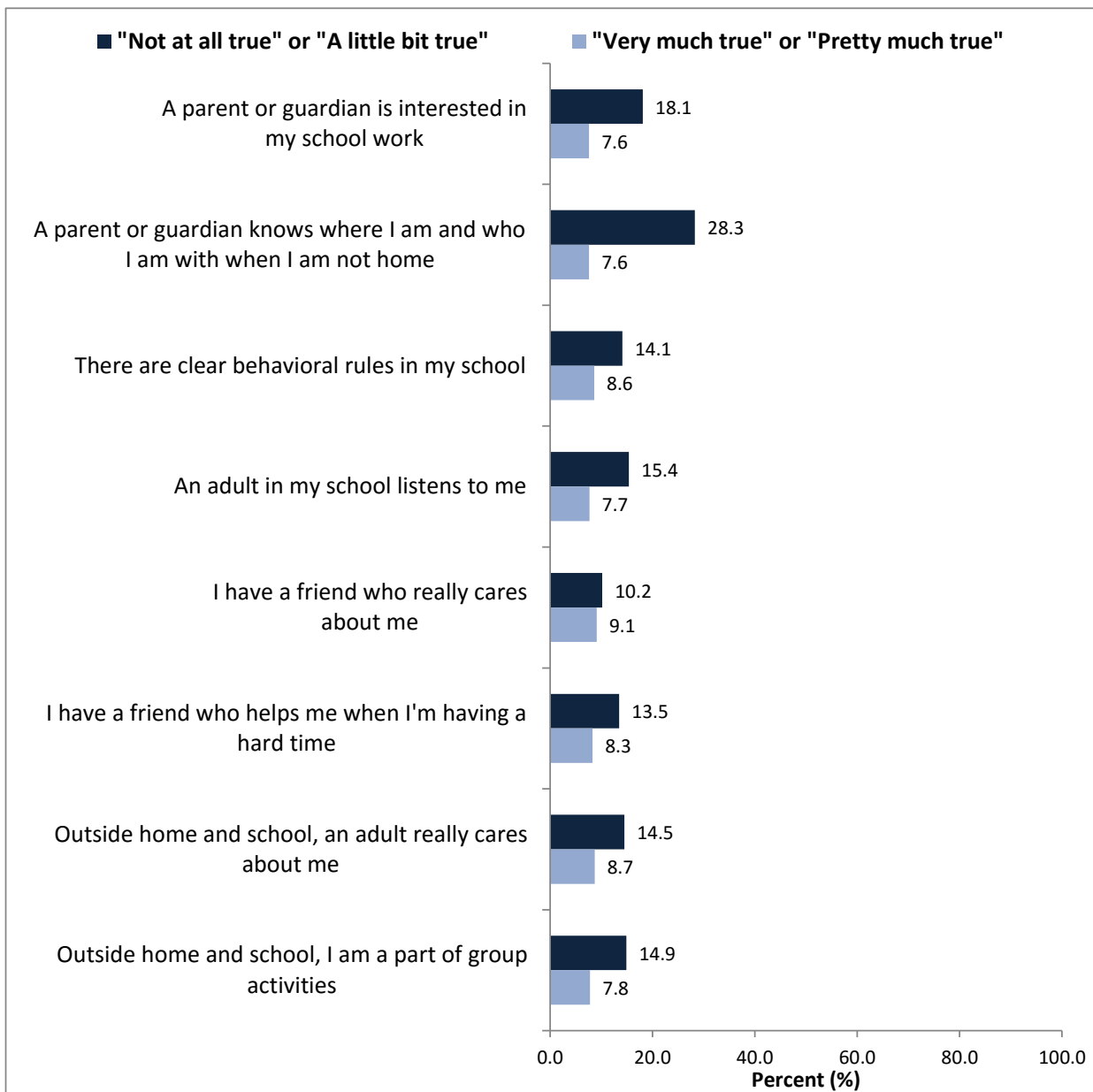
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 13.0% ever smoked cigarettes.
- Of those who said it was 'Pretty much true' or 'Very much true' that a parent or other adult was interested in their school work, 6.2% ever smoked cigarettes.

Ever used an e-cigarette

by Selected Resiliency Factors

Los Alamos County

Grades 6-8, 2015

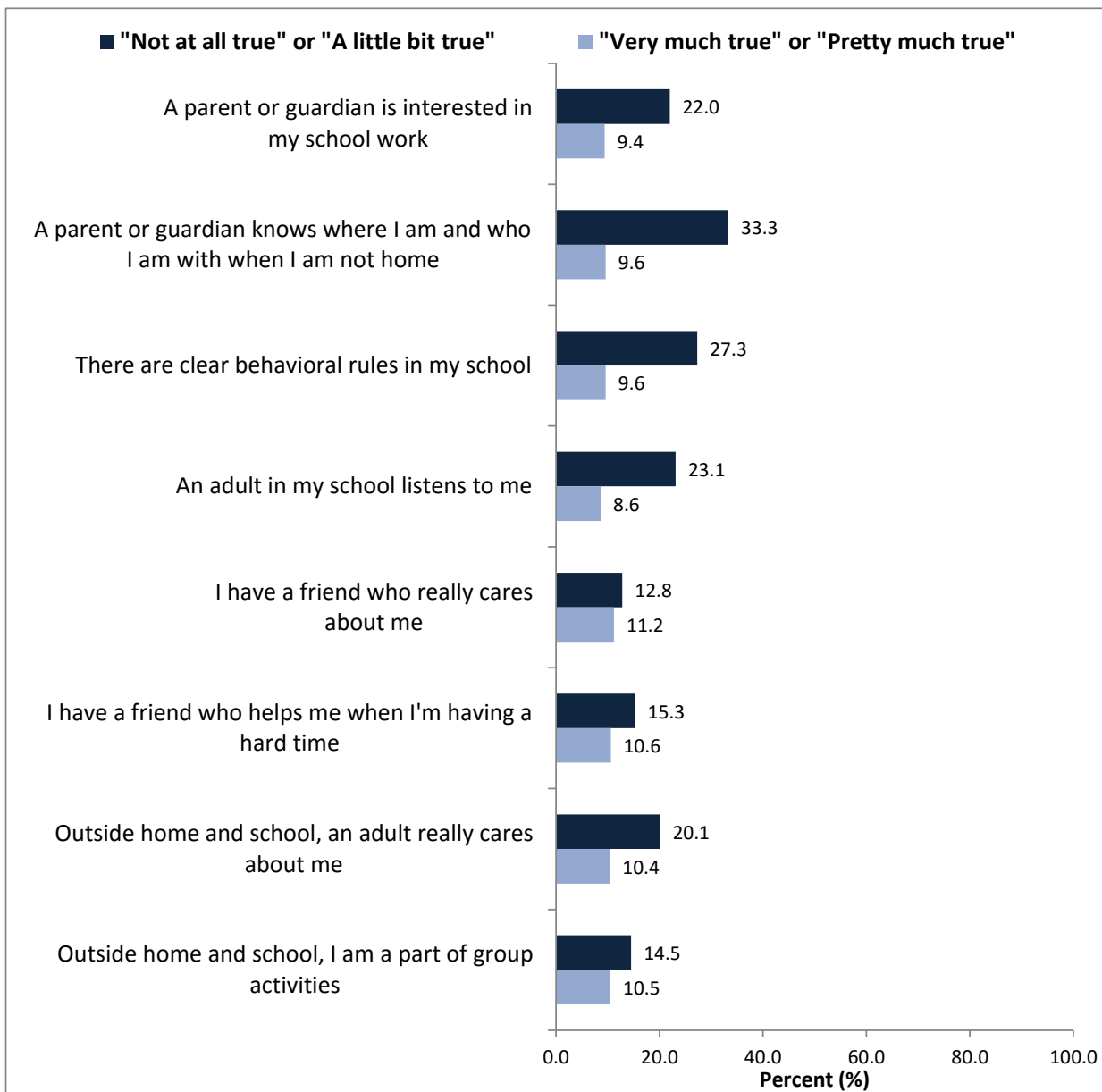


How to read this chart:

- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 18.1% ever used an e-cigarette.
- Of those who said it was 'Pretty much true' or 'Very much true' that a parent or other adult was interested in their school work, 7.6% ever used an e-cigarette.

Ever drank alcohol

by Selected Resiliency Factors
Los Alamos County
Grades 6-8, 2015



How to read this chart:

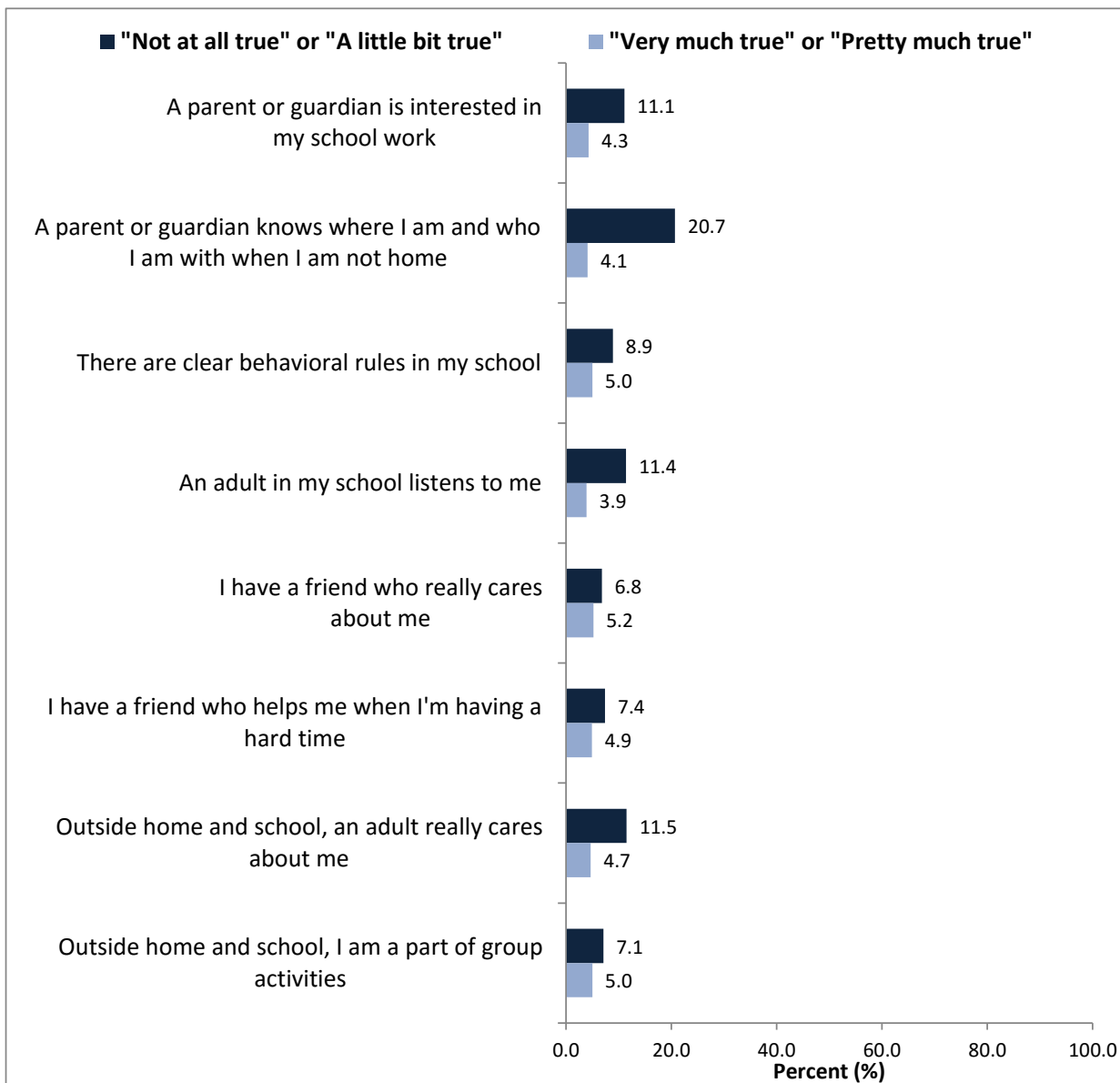
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 22.0% ever drank alcohol.
- Of those who said it was 'Pretty much true' or 'Very much true' that a parent or other adult was interested in their school work, 9.4% ever drank alcohol.

Current alcohol use

by Selected Resiliency Factors

Los Alamos County

Grades 6-8, 2015



How to read this chart:

- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 11.1% were current alcohol drinkers.

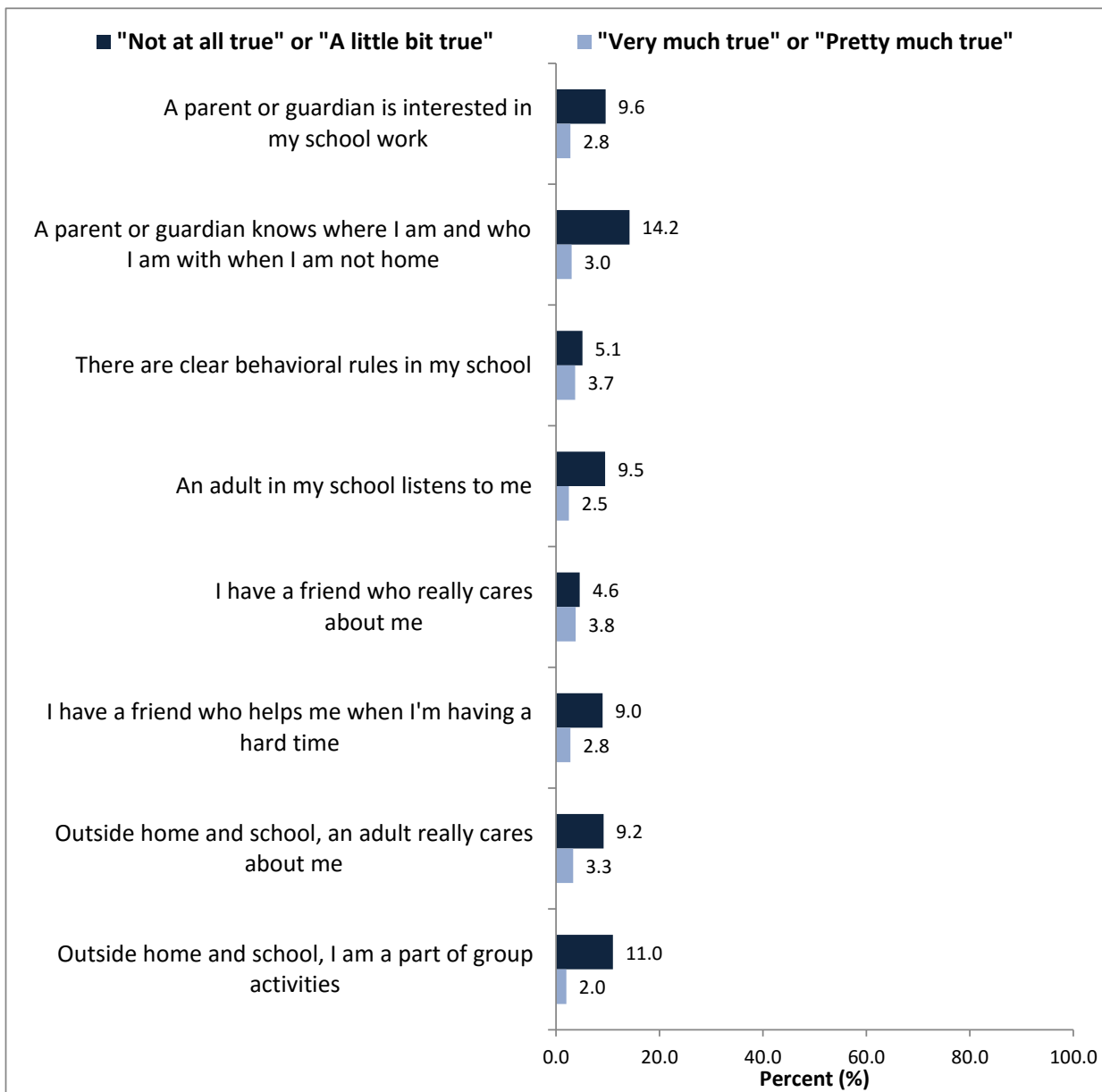
- Of those who said it was 'Pretty much true' or 'Very much true' that a parent or other adult was interested in their school work, 4.3% were current alcohol drinkers.

Ever used marijuana

by Selected Resiliency Factors

Los Alamos County

Grades 6-8, 2015



How to read this chart:

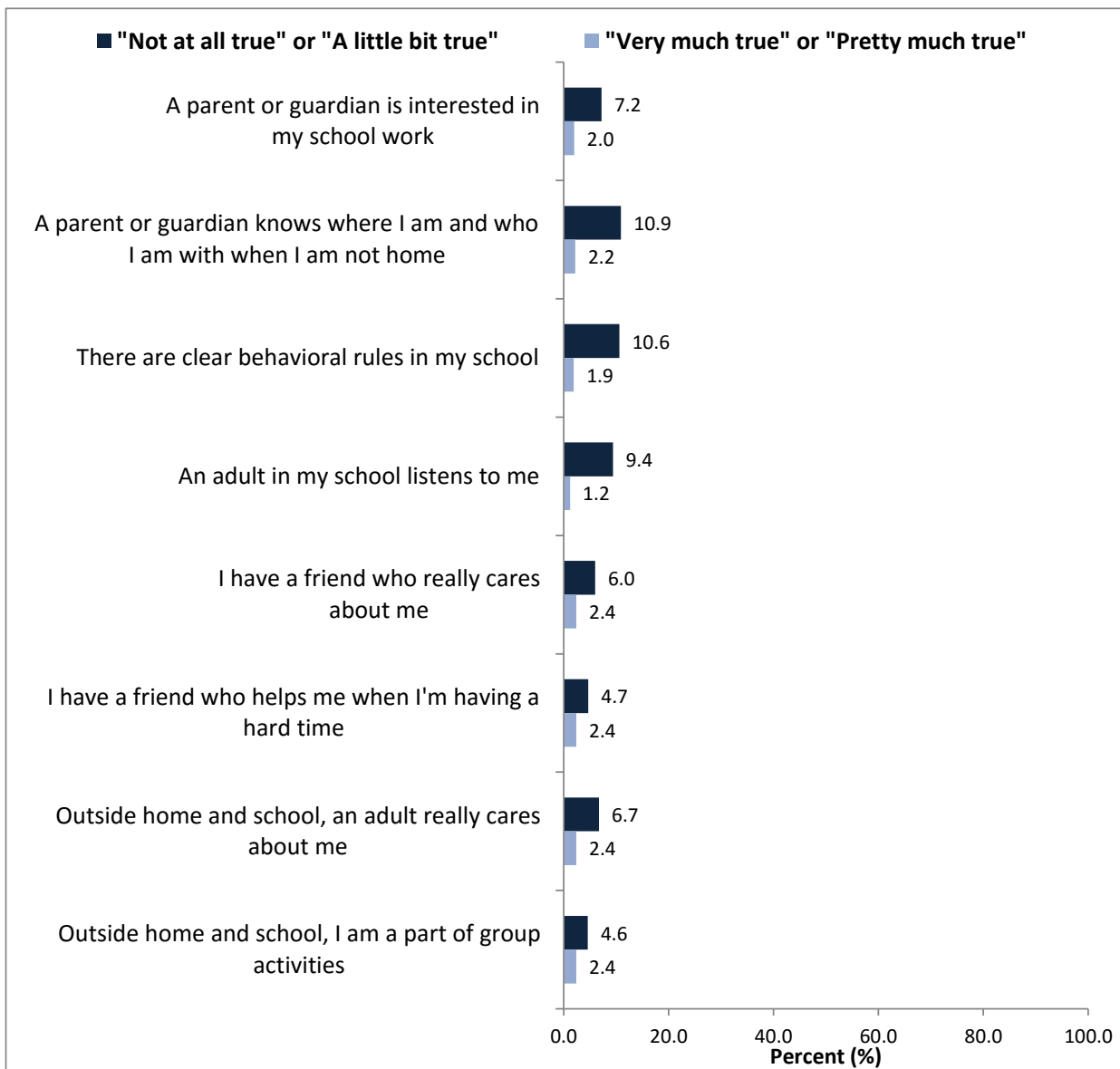
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 9.6% ever used marijuana.
- Of those who said it was 'Pretty much true' or 'Very much true' that a parent or other adult was interested in their school work, 2.8% ever used marijuana.

Ever had sexual intercourse

by Selected Resiliency Factors

Los Alamos County

Grades 6-8, 2015



How to read this chart:

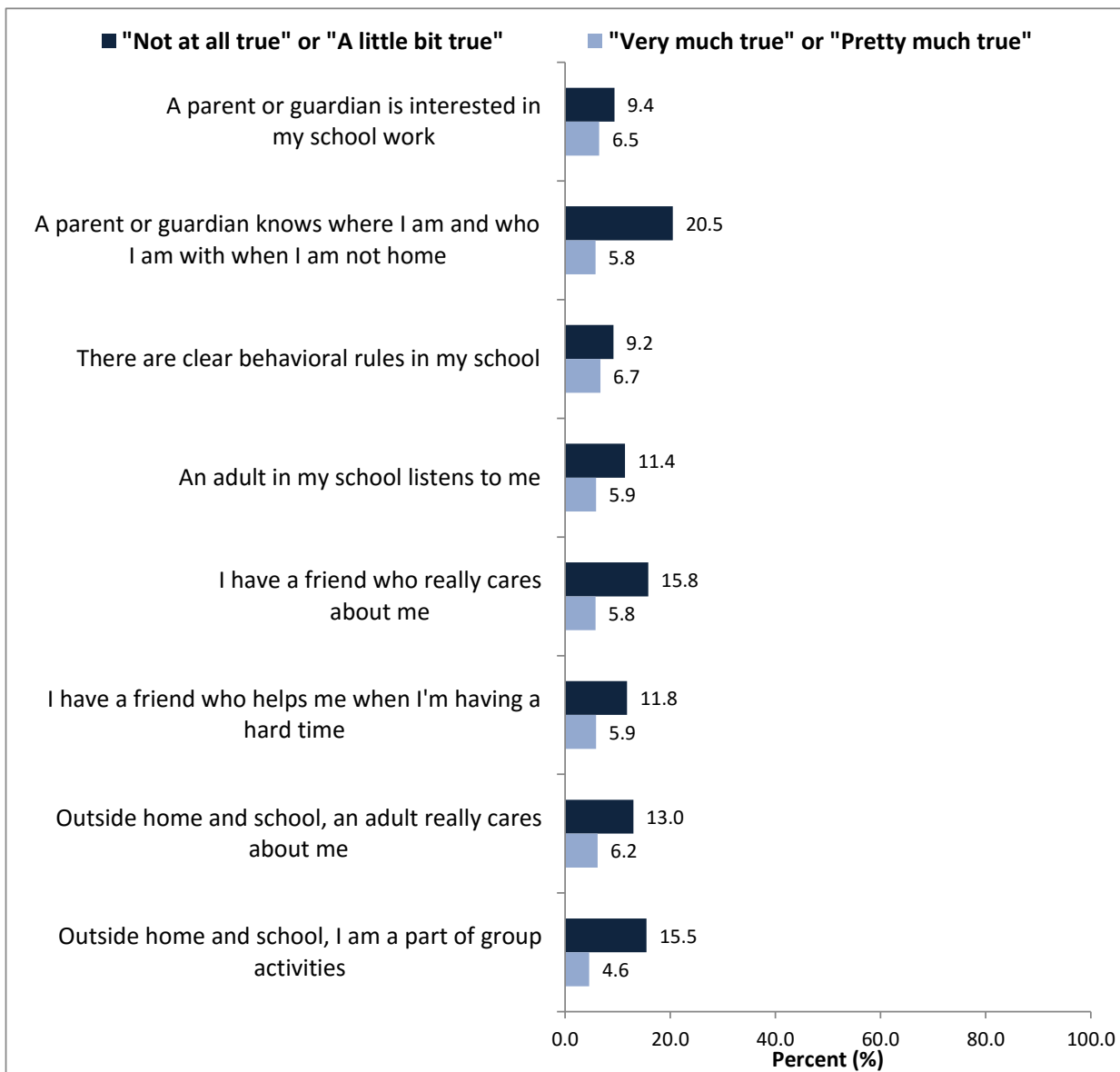
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 7.2% ever had sexual intercourse.
- Of those who said it was 'Pretty much true' or 'Very much true' that a parent or other adult was interested in their school work, 2.0% ever had sexual intercourse.

Physically active on none of past 7 days

by Selected Resiliency Factors

Los Alamos County

Grades 6-8, 2015



How to read this chart:

- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 9.4% were not physically active on any of the past 7 days.
- Of those who said it was 'Pretty much true' or 'Very much true' that a parent or other adult was interested in their school work, 6.5% were not physically active on any of the past 7 days.

Appendix A

Questionnaire with Results

2015 Middle School Questionnaire
NM YRRS
Los Alamos County

	<u>Number of responses</u>	<u>%</u>
1. How old are you?		
A. 10 years old or younger	5	0.6%
B. 11 years old	192	24.8%
C. 12 years old	245	31.6%
D. 13 years old	274	35.4%
E. 14 years old	56	7.2%
F. 15 years old	2	0.3%
G. 16 years old or older	1	0.1%
2. What is your sex?		
A. Female	373	48.2%
B. Male	398	51.4%
3. In what grade are you?		
A. 6th grade	256	37.9%
B. 7th grade	244	36.1%
C. 8th grade	274	40.5%
D. Ungraded or other grade	0	0.0%
4. Are you Hispanic or Latino?		
A. Yes	266	39.3%
B. No	479	70.9%
5. What is your race? (Select one or more responses.)		
A. American Indian or Alaska Native	74	10.9%
B. Asian	45	6.7%
C. Black or African American	25	3.7%
D. Native Hawaiian or Other Pacific Islander	26	3.8%
E. White	562	83.1%

	<u>Weighted</u>	
	<u>Percent (%)</u>	<u>(95% CI)</u>
6. Which one of these groups best describes you? (Select only one response.)		
A. American Indian or Alaska Native	4.4	(3.0-6.4)
B. Asian	3.8	(2.7-5.4)
C. Black or African American	2.1	(1.1-4.1)
D. Hispanic or Latino	27.2	(23.5-31.2)
E. Native Hawaiian or Other Pacific Islander	0.7	(0.3-1.4)
F. White	61.8	(57.0-66.3)

PERSONAL SAFETY

The next 3 questions ask about safety.

7. When you ride a bicycle, how often do you wear a helmet?		
A. I do not ride a bicycle	11.7	(9.8-14.1)
B. Never wear a helmet	14.5	(11.3-18.3)
C. Rarely wear a helmet	10.9	(8.5-13.9)
D. Sometimes wear a helmet	10.9	(9.6-12.3)
E. Most of the time wear a helmet	19.6	(14.9-25.4)
F. Always wear a helmet	32.4	(27.5-37.6)
8. How often do you wear a seat belt when riding in a car?		
A. Never	0.5	(0.2-1.6)
B. Rarely	0.8	(0.3-1.8)
C. Sometimes	3.1	(2.2-4.4)
D. Most of the time	16.0	(14.4-17.7)
E. Always	79.6	(78.3-80.9)
9. Have you ever ridden in a car driven by someone who had been drinking alcohol?		
A. Yes	16.5	(13.0-20.8)
B. No	62.4	(58.6-66.1)
C. Not sure	21.1	(18.4-23.9)

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?	40.0	(34.8-45.5)
A. Yes	60.0	(54.5-65.2)
B. No		
11. Have you ever been in a physical fight?		
A. Yes	42.4	(37.2-47.7)
B. No	57.6	(52.3-62.8)

BULLYING

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

12. Have you ever been bullied on school property?		
A. Yes	55.1	(50.3-59.8)
B. No	44.9	(40.2-49.7)
13. Have you ever been electronically bullied? (Count being bullied through email, chat rooms, instant messaging, websites, or texting.)		
A. Yes	20.8	(17.5-24.5)
B. No	79.2	(75.5-82.5)

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.

14. Have you ever seriously thought about killing yourself?		
A. Yes	20.7	(18.6-23.0)
B. No	79.3	(77.0-81.4)
15. Have you ever made a plan about how you would kill yourself?		
A. Yes	14.1	(11.6-17.1)
B. No	85.9	(82.9-88.4)
16. Have you ever tried to kill yourself?		
A. Yes	5.5	(4.3-6.9)
B. No	94.5	(93.1-95.7)

TOBACCO USE

The next 11 questions ask about tobacco use.

17. Have you ever tried cigarette smoking, even one or two puffs?		
A. Yes	7.1	(5.7-8.9)
B. No	92.9	(91.1-94.3)
18. How old were you when you smoked a whole cigarette for the first time?		
A. I have never smoked a whole cigarette	96.1	(94.5-97.2)
B. 8 years old or younger	0.3	(0.1-0.9)
C. 9 years old	0.4	(0.2-1.0)
D. 10 years old	0.7	(0.3-1.4)
E. 11 years old	0.4	(0.2-1.0)
F. 12 years old	1.3	(0.8-2.0)
G. 13 years old or older	0.9	(0.4-1.9)

19. During the past 30 days, on how many days did you smoke cigarettes?		
A. 0 days	98.6	(97.1-99.3)
B. 1 or 2 days	0.8	(0.3-1.8)
C. 3 to 5 days	0.1	(0.0-0.9)
D. 6 to 9 days	0.0	(.-)
E. 10 to 19 days	0.1	(0.0-0.8)
F. 20 to 29 days	0.3	(0.1-0.9)
G. All 30 days	0.1	(0.0-0.8)
20. During the past 12 months, did you ever try to quit smoking cigarettes?		
A. I did not smoke during the past 12 months	94.7	(92.1-96.5)
B. Yes	2.1	(1.2-3.4)
C. No	3.2	(1.9-5.4)
21. 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	99.5	(98.9-99.8)
B. 1 or 2 days	0.4	(0.1-1.1)
C. 3 to 5 days	0.0	(.-)
D. 6 to 9 days	0.0	(.-)
E. 10 to 19 days	0.0	(.-)
F. 20 to 29 days	0.0	(.-)
G. All 30 days	0.1	(0.0-0.8)
22. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?		
A. 0 days	98.4	(97.4-99.1)
B. 1 or 2 days	1.0	(0.5-2.2)
C. 3 to 5 days	0.1	(0.0-0.8)
D. 6 to 9 days	0.0	(.-)
E. 10 to 19 days	0.0	(.-)
F. 20 to 29 days	0.0	(.-)
G. All 30 days	0.4	(0.1-1.1)
23. During the past 30 days, on how many days did you smoke tobacco or flavored tobacco in a hookah, even just a puff?		
A. 0 days	98.7	(97.5-99.3)
B. 1 or 2 days	0.6	(0.2-2.0)
C. 3 to 5 days	0.4	(0.1-1.0)
D. 6 to 9 days	0.0	(.-)
E. 10 to 19 days	0.0	(.-)
F. 20 to 29 days	0.0	(.-)
G. All 30 days	0.3	(0.1-1.0)

24. During the past 30 days, were any of the tobacco products you used flavored to taste like menthol (mint), clove, spice, alcohol (wine or cognac), candy, fruit, chocolate, or other sweets?		
A. I did not use any tobacco products during the past 30 days	95.4	(93.6-96.7)
B. Yes	1.6	(1.1-2.3)
C. No	3.1	(1.8-5.1)
25. During the past 7 days, on how many days did someone smoke tobacco products in your home while you were there?		
A. 0 days	91.4	(89.6-92.9)
B. 1 day	1.7	(1.0-2.8)
C. 2 days	1.2	(0.7-2.0)
D. 3 days	0.8	(0.4-1.6)
E. 4 days	0.6	(0.4-1.2)
F. 5 days	0.1	(0.0-1.0)
G. 6 days	0.0	(.-)
H. 7 days	4.2	(2.8-6.2)
26. Do you think you will smoke a cigarette at any time in the next year?		
A. Definitely yes	2.1	(1.2-3.5)
B. Probably yes	2.4	(1.4-4.3)
C. Probably not	9.3	(7.7-11.1)
D. Definitely not	86.2	(83.5-88.6)
27. If one of your best friends offered you a cigarette, would you smoke it?		
A. Definitely yes	1.4	(0.8-2.6)
B. Probably yes	2.3	(1.6-3.3)
C. Probably not	9.4	(7.9-11.1)
D. Definitely not	86.9	(83.9-89.4)

ELECTRONIC CIGARETTES

The next 2 questions ask about electronic vapor products, such as blu, NJOY, or Starbuzz. Electronic vapor products include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens.

28. Have you ever used an electronic vapor product?		
A. Yes	9.2	(6.4-13.1)
B. No	90.8	(86.9-93.6)
29. During the past 30 days, on how many days did you use an electronic vapor product?		
A. 0 days	96.5	(94.6-97.8)
B. 1 or 2 days	1.3	(0.7-2.3)
C. 3 to 5 days	0.9	(0.4-2.2)
D. 6 to 9 days	0.6	(0.2-1.6)
E. 10 to 19 days	0.0	(.-)
F. 20 to 29 days	0.3	(0.1-1.0)
G. All 30 days	0.4	(0.2-1.0)

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.

30. Have you ever had a drink of alcohol, other than a few sips?		
A. Yes	11.4	(8.2-15.6)
B. No	88.6	(84.4-91.8)
31. 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	88.4	(83.9-91.7)
B. 8 years old or younger	3.2	(2.3-4.6)
C. 9 years old	1.0	(0.4-2.2)
D. 10 years old	1.1	(0.5-2.5)
E. 11 years old	1.4	(0.6-3.2)
F. 12 years old	2.1	(1.5-2.8)
G. 13 years old or older	2.8	(1.9-4.1)
32. During the past 30 days, on how many days did you have at least one drink of alcohol?		
A. 0 days	94.7	(92.7-96.2)
B. 1 or 2 days	3.2	(2.0-5.1)
C. 3 to 5 days	1.2	(0.7-2.0)
D. 6 to 9 days	0.5	(0.2-1.5)
E. 10 to 19 days	0.1	(0.0-0.9)
F. 20 to 29 days	0.0	(.-)
G. All 30 days	0.3	(0.1-0.9)
33. 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	98.2	(96.8-99.0)
B. 1 day	1.0	(0.4-2.6)
C. 2 days	0.1	(0.0-0.8)
D. 3 to 5 days	0.4	(0.1-1.1)
E. 6 to 9 days	0.0	(.-)
F. 10 to 19 days	0.0	(.-)
G. 20 or more days	0.3	(0.1-0.9)
34. 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	59.2	(54.5-63.8)
B. Sort of hard	14.1	(12.4-15.8)
C. Sort of easy	12.2	(9.6-15.3)
D. Very easy	14.5	(11.7-18.0)

35. How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	85.7	(82.8-88.2)
B. Wrong	9.7	(7.7-12.3)
C. A little bit wrong	3.3	(2.4-4.4)
D. Not wrong at all	1.3	(0.7-2.3)
36. How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	82.1	(78.9-84.9)
B. Wrong	12.6	(10.0-15.7)
C. A little bit wrong	4.5	(3.3-6.0)
D. Not wrong at all	0.9	(0.5-1.7)
37. 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	3.8	(3.1-4.7)
B. Slight risk	12.5	(10.3-15.1)
C. Moderate risk	32.9	(28.3-37.8)
D. Great risk	50.8	(46.8-54.9)

MARIJUANA

The next 3 questions ask about marijuana use. Marijuana also is called grass or pot.

38. Have you ever used marijuana?		
A. Yes	3.9	(2.8-5.5)
B. No	96.1	(94.5-97.2)
39. How old were you when you tried marijuana for the first time?		
A. I have never tried marijuana	96.2	(94.5-97.3)
B. 8 years old or younger	0.8	(0.3-1.9)
C. 9 years old	0.5	(0.3-1.1)
D. 10 years old	0.3	(0.1-0.9)
E. 11 years old	0.8	(0.5-1.3)
F. 12 years old	0.5	(0.2-1.2)
G. 13 years old or older	0.9	(0.5-1.8)
40. During the past 30 days, how many times did you use marijuana?		
A. 0 times	97.5	(95.7-98.6)
B. 1 or 2 times	1.2	(0.6-2.1)
C. 3 to 9 times	0.5	(0.2-1.3)
D. 10 to 19 times	0.1	(0.0-0.9)
E. 20 to 39 times	0.0	(.-.)
F. 40 or more times	0.6	(0.3-1.3)

OTHER DRUGS

The next 6 questions ask about other drugs.

41. Have you ever used any form of cocaine, including powder, crack, or freebase?		
A. Yes	2.8	(1.6-4.9)
B. No	97.2	(95.1-98.4)
42. Have you ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high?		
A. Yes	5.3	(3.8-7.4)
B. No	94.7	(92.6-96.2)
43. Have you ever taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?		
A. Yes	3.6	(2.7-4.7)
B. No	96.4	(95.3-97.3)
44. 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	1.9	(1.2-3.0)
B. No	98.1	(97.0-98.8)
45. Have you ever used synthetic marijuana (also called K2 or Spice)?		
A. Yes	1.8	(0.9-3.5)
B. No	98.2	(96.5-99.1)
46. Have you ever used a needle to inject any illegal drug into your body?		
A. Yes	1.0	(0.5-2.1)
B. No	99.0	(97.9-99.5)

SEXUAL BEHAVIOR

The next 4 questions ask about sexual intercourse.

47. Have you ever had sexual intercourse?		
A. Yes	2.9	(2.1-3.9)
B. No	97.1	(96.1-97.9)
48. How old were you when you had sexual intercourse for the first time?		
A. I have never had sexual intercourse	97.1	(96.1-97.9)
B. 8 years old or younger	1.0	(0.5-2.1)
C. 9 years old	0.1	(0.0-0.8)
D. 10 years old	0.1	(0.0-0.9)
E. 11 years old	0.3	(0.1-1.0)
F. 12 years old	0.5	(0.3-1.0)
G. 13 years old or older	0.8	(0.5-1.4)
49. With how many people have you ever had sexual intercourse?		
A. I have never had sexual intercourse	97.1	(96.1-97.9)
B. 1 person	1.3	(0.7-2.5)
C. 2 people	0.5	(0.2-1.6)
D. 3 people	0.4	(0.2-1.0)
E. 4 people	0.0	(.-)
F. 5 people	0.0	(.-)
G. 6 or more people	0.7	(0.3-1.3)

50. The last time you had sexual intercourse, did you or your partner use a condom?		
A. I have never had sexual intercourse	97.2	(96.1-98.0)
B. Yes	1.3	(0.8-2.1)
C. No	1.5	(0.9-2.3)

BODY WEIGHT

The next 5 questions ask about body weight.

51. How do you describe your weight?		
A. Very underweight	3.9	(2.9-5.2)
B. Slightly underweight	20.3	(18.4-22.3)
C. About the right weight	54.6	(51.6-57.6)
D. Slightly overweight	18.9	(16.2-21.9)
E. Very overweight	2.3	(1.2-4.4)
52. Which of the following are you trying to do about your weight?		
A. Lose weight	30.1	(26.8-33.6)
B. Gain weight	8.9	(6.7-11.6)
C. Stay the same weight	25.1	(22.0-28.4)
D. I am not trying to do anything about my weight	36.0	(33.4-38.6)
53. 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	10.1	(7.5-13.4)
B. No	89.9	(86.6-92.5)
54. Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?		
A. Yes	3.7	(2.8-4.9)
B. No	96.3	(95.1-97.2)
55. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not count meal replacement products such as Slim Fast.)		
A. Yes	3.0	(2.3-3.9)
B. No	97.0	(96.1-97.7)

BREAKFAST

The next question asks about eating breakfast.

56. During the past 7 days, on how many days did you eat breakfast?		
A. 0 days	7.4	(5.3-10.2)
B. 1 day	3.5	(2.6-4.7)
C. 2 days	4.6	(3.0-7.0)
D. 3 days	5.4	(4.1-7.2)
E. 4 days	4.8	(3.5-6.6)
F. 5 days	7.0	(5.1-9.7)
G. 6 days	9.9	(7.4-13.0)
H. 7 days	57.4	(53.5-61.1)

PHYSICAL ACTIVITY

The next 5 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 spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

A. 0 days	6.9	(5.3-9.0)
B. 1 day	4.2	(3.3-5.3)
C. 2 days	3.9	(3.0-5.2)
D. 3 days	5.2	(3.9-7.0)
E. 4 days	7.5	(5.7-9.8)
F. 5 days	16.1	(13.2-19.5)
G. 6 days	13.1	(10.6-16.2)
H. 7 days	43.0	(40.0-46.2)

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

A. I do not watch TV on an average school day	22.1	(19.2-25.3)
B. Less than 1 hour per day	29.1	(25.9-32.4)
C. 1 hour per day	19.5	(17.1-22.2)
D. 2 hours per day	15.5	(13.5-17.9)
E. 3 hours per day	6.8	(5.4-8.5)
F. 4 hours per day	3.1	(2.1-4.6)
G. 5 or more hours per day	3.9	(2.3-6.4)

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? (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	17.0	(14.5-19.8)
B. Less than 1 hour per day	28.5	(24.4-33.1)
C. 1 hour per day	16.5	(14.5-18.7)
D. 2 hours per day	15.9	(13.1-19.1)
E. 3 hours per day	10.9	(8.9-13.3)
F. 4 hours per day	5.0	(3.5-7.0)
G. 5 or more hours per day	6.2	(4.5-8.4)

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

A. 0 days	18.8	(14.0-24.8)
B. 1 day	31.8	(22.6-42.7)
C. 2 days	0.7	(0.3-1.7)
D. 3 days	0.1	(0.0-0.9)
E. 4 days	0.6	(0.2-1.7)
F. 5 days	48.0	(38.8-57.3)

61. 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	25.3	(22.1-28.8)
B. 1 team	28.5	(25.7-31.5)
C. 2 teams	24.1	(21.0-27.4)
D. 3 or more teams	22.1	(17.5-27.5)

HEALTH-RELATED TOPICS

The next 5 questions ask about other healthrelated topics.

62. Has a doctor or nurse ever told you that you have asthma?		
A. Yes	18.7	(15.2-22.8)
B. No	69.8	(65.1-74.2)
C. Not sure	11.5	(9.2-14.2)
63. Do you still have asthma?		
A. I have never had asthma	64.3	(59.0-69.3)
B. Yes	12.8	(9.8-16.6)
C. No	10.5	(8.1-13.6)
D. Not sure	12.4	(9.9-15.5)
64. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?		
A. During the past 12 months	81.8	(80.0-83.5)
B. Between 12 and 24 months ago	5.6	(4.3-7.2)
C. More than 24 months ago	0.9	(0.4-2.0)
D. Never	0.5	(0.3-1.0)
E. Not sure	11.2	(9.8-12.8)
65. On an average school night, how many hours of sleep do you get?		
A. 4 or less hours	3.3	(2.3-4.5)
B. 5 hours	3.5	(2.5-5.0)
C. 6 hours	6.7	(5.5-8.1)
D. 7 hours	16.3	(13.6-19.5)
E. 8 hours	31.6	(28.7-34.7)
F. 9 hours	25.6	(22.1-29.5)
G. 10 or more hours	13.0	(10.3-16.3)
66. During the past 12 months, how would you describe your grades in school?		
A. Mostly A's	54.4	(51.0-57.8)
B. Mostly B's	28.5	(24.7-32.6)
C. Mostly C's	7.8	(6.1-9.8)
D. Mostly D's	1.8	(0.9-3.8)
E. Mostly F's	0.8	(0.3-1.8)
F. None of these grades	1.2	(0.6-2.2)
G. Not sure	5.5	(4.1-7.3)

RESILIENCY FACTORS

The next questions ask about your family, your school, other adults, your friends, and yourself. How true do you feel the following 8 statements are for you?

67. In my home, there is a parent or some other adult who is interested in my school work.		
A. Not true at all	4.7	(3.5-6.2)
B. A little true	10.6	(8.5-13.1)
C. Pretty much true	23.7	(20.4-27.4)
D. Very much true	61.0	(57.0-65.0)
68. When I am not at home, one of my parents or guardians knows where I am and who I am with.		
A. Not true at all	2.7	(1.8-4.1)
B. A little true	4.9	(3.9-6.2)
C. Pretty much true	23.2	(20.4-26.2)
D. Very much true	69.1	(66.2-71.9)
69. In my school, there are clear rules about what students can and cannot do.		
A. Not true at all	3.9	(2.6-5.9)
B. A little true	6.4	(5.1-8.0)
C. Pretty much true	29.3	(27.0-31.6)
D. Very much true	60.5	(57.3-63.5)
70. At my school, there is a teacher or some other adult who listens to me when I have something to say.		
A. Not true at all	5.8	(4.7-7.2)
B. A little true	13.8	(12.0-15.9)
C. Pretty much true	29.6	(26.6-32.8)
D. Very much true	50.7	(46.1-55.4)
71. I have a friend about my own age who really cares about me.		
A. Not true at all	4.0	(2.9-5.6)
B. A little true	7.5	(6.1-9.2)
C. Pretty much true	20.3	(17.0-24.0)
D. Very much true	68.2	(64.8-71.4)
72. I have a friend about my own age who helps me when I'm having a hard time.		
A. Not true at all	6.5	(5.2-8.2)
B. A little true	11.1	(9.4-13.0)
C. Pretty much true	22.3	(18.8-26.3)
D. Very much true	60.1	(56.0-64.0)

73. Outside of my home and school, there is an adult who really cares about me.		
A. Not true at all	4.1	(3.2-5.2)
B. A little true	6.3	(4.7-8.5)
C. Pretty much true	12.5	(10.6-14.7)
D. Very much true	77.1	(73.7-80.2)
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	11.5	(9.9-13.4)
B. A little true	8.9	(7.3-10.9)
C. Pretty much true	13.7	(11.6-16.0)
D. Very much true	65.9	(62.7-68.9)

Appendix B About this Report

Appendix B: About this Report

This report contains county level results from the 2015 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 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.

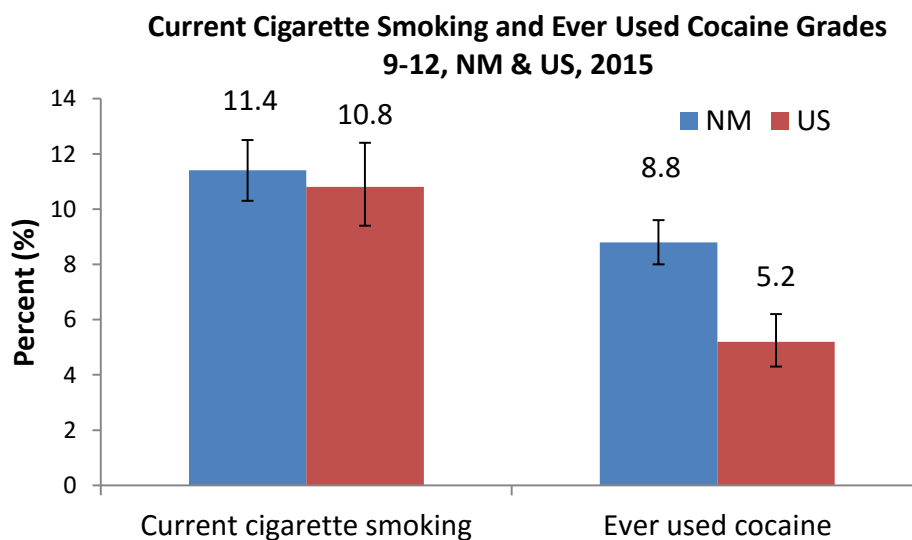
In some cases with very few students in a particular age or gender group, data have been suppressed to protect the anonymity of the individual respondents. Suppressed data are marked with "--". In cases where there are fewer than 50 respondents per grade level or gender, grade level or gender charts 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 4.2% of students in New Mexico rarely or never wore seatbelts, while 1.3% of students in Los Alamos 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 (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).

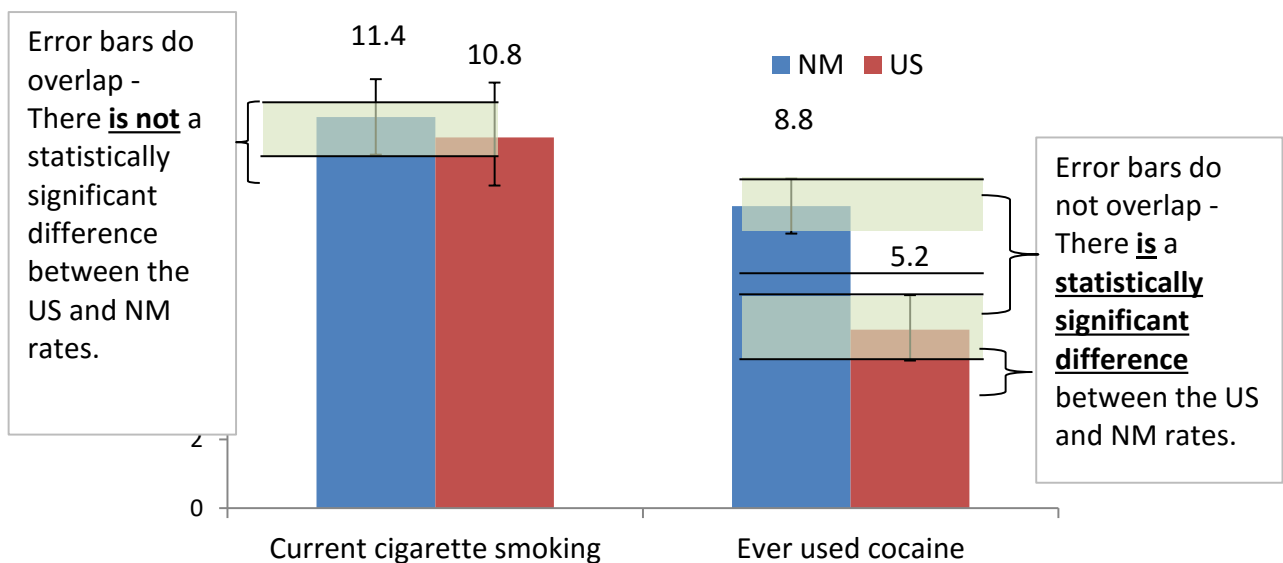
The proper interpretation of an error bar can be illustrated by looking at the chart below. This chart compares the New Mexico prevalence of cigarette smoking and cocaine use to the United States prevalence for 2015. The chart shows that the prevalence of current cigarette smoking was 11.4% in New Mexico and 10.8% in the United States. The error bar for the estimate of current smoking among New Mexico students extends a little more than 1 percentage point in either direction, from 10.3% to 12.5%. This means that we are confident that the actual percentage of smokers in this group of students was between 10.3% to 12.5%. The error bar for the estimate of current smoking in the US also extends more than 1 percentage points in either direction, so we are confident that the actual percentage of smokers among this group was between 9.4% and 12.4%.



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.

**Current Cigarette Smoking and Ever Used Cocaine Grades
9-12, NM & US, 2015**



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 DefinitionsPersonal 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,*

Tobacco smoked in home

Answered '1 day' or more to the question, *During the past 7 days, on how many days did someone smoke tobacco products in your home while you were there?*

Electronic Cigarettes

Ever used e-cigarettes

Answered 'Yes' to the question, *Have you ever used an electronic vapor product?*

Current e-cigarette use

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you use an electronic vapor product?*

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.

