



New Mexico Youth Risk and Resiliency Survey (YRRS)  
Middle School Survey Results  
Cibola County  
Grades 6-8  
2017

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



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## ACKNOWLEDGEMENTS

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### 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, MPA, *Bureau Chief, Injury and Behavioral Epidemiology Bureau*  
Dan Green, MPH, *Survey Epidemiologist, Injury and Behavioral Epidemiology Bureau\**  
Ihsan Mahdi, *Morbidity Abuse Epidemiologist, Injury and Behavioral Epidemiology Bureau\**  
Hayley Peterson, MPH, *Substance Abuse Epidemiologist, Injury and Behavioral Epidemiology Bureau\**  
James Padilla, MS, *Tobacco Epidemiologist, Tobacco Use Prevention and Control Program\**  
James Farmer, MPH, *Director, Office of School and Adolescent Health\**

### NEW MEXICO PUBLIC EDUCATION DEPARTMENT

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Debbie M. Rael, *Deputy Secretary, School Transformation*  
Denise Koscielniak, *Director, Comprehensive School Supports Division*  
Dean Hopper, *Director, Safe and Healthy Schools Bureau*  
Anne Marlow-Getter, *Healthy Schools Coordinator, Safe and Healthy Schools Bureau\**

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

Linda J. Peñalosa, PhD, *Associate Research Professor\**  
Courtney FitzGerald, MSSW, LMSW, MPH, *Associate Scientist III\**  
Robyn Viera, MA, *Scientific Research Manager*  
Laura Gutman, PhD, *Multi-Media Development Specialist*

### 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 through Grant number 1U87PS004195-01.



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



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

The response rate for Cibola County was 72%.

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>	557	(100%)
<u>Gender</u>		
Girls	265	(47.9%)
Boys	288	(51.9%)
<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	266	(47.8)
Asian	6	(1.1)
Black or African-American	21	(3.8)
Hispanic	263	(47.2)
Native Hawaiian or Pacific Islander	22	(3.9)
White	177	(31.8)
<u>Grade Level</u>		
6th	108	(19.5%)
7th	222	(40.0%)
8th	223	(40.2%)
Ungraded or other	2	(0.4%)





New Mexico Youth Risk and Resiliency Survey

**Risk Behaviors at a Glance**

**Cibola County and New Mexico**

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

<u>Indicator</u>	<u>Cibola County</u>		<u>New Mexico</u>	
	%	(95% CI)	%	(95% CI)
<b>Personal Safety</b>				
Rarely or never wore a bicycle helmet (of those who rode a bicycle)	80.9	(72.9-87.0)	71.0	(66.9-74.8)
Rarely or never wore a seatbelt	4.4	(2.6-7.3)	4.8	(4.3-5.3)
Ever carried a weapon	47.0	(40.9-53.3)	35.7	(34.1-37.3)
Ever in a physical fight	46.6	(40.5-52.8)	45.3	(43.5-47.0)
Ever bullied on school property	54.9	(49.7-60.0)	46.9	(45.5-48.3)
Ever electronically bullied	20.2	(15.2-26.3)	20.8	(19.8-21.8)
<b>Mental Health</b>				
Ever seriously thought about killing self	28.3	(23.3-34.0)	23.6	(22.5-24.7)
Ever planned to kill self	19.7	(15.0-25.5)	15.3	(14.3-16.3)
Ever tried to kill self	14.0	(9.9-19.5)	9.4	(8.6-10.3)
<b>Tobacco Use</b>				
Ever smoked cigarettes	22.2	(16.1-29.8)	12.4	(11.2-13.7)
Current cigarette smoking	6.6	(3.7-11.5)	3.9	(3.4-4.5)
Current cigar use	5.6	(3.3-9.3)	2.9	(2.5-3.3)
Current spit tobacco use	6.3	(4.7-8.4)	2.4	(2.1-2.8)
Current hookah use	6.6	(4.0-10.7)	3.7	(3.1-4.3)
Ever used e-cigarettes	34.5	(24.2-46.4)	21.6	(19.8-23.6)
Current e-cigarette use	16.9	(11.6-23.9)	10.0	(9.0-11.2)
In same room with cigarette smoker	33.3	(29.0-37.9)	25.2	(23.8-26.7)
<b>Alcohol Use</b>				
Ever had a drink of alcohol	28.1	(19.3-38.8)	25.3	(23.7-26.9)
Current drinker	12.2	(7.7-19.0)	10.5	(9.6-11.4)
Five or more drinks on a single occasion	6.9	(4.4-10.8)	4.9	(4.4-5.5)
First drink before age 11	9.5	(6.4-14.0)	11.1	(10.3-11.9)
<b>Sexual Behavior</b>				
Ever had sexual intercourse	10.2	(6.2-16.4)	6.3	(5.6-7.2)
First sexual intercourse before 11 years of age	3.5	(2.1-5.9)	1.6	(1.3-1.8)

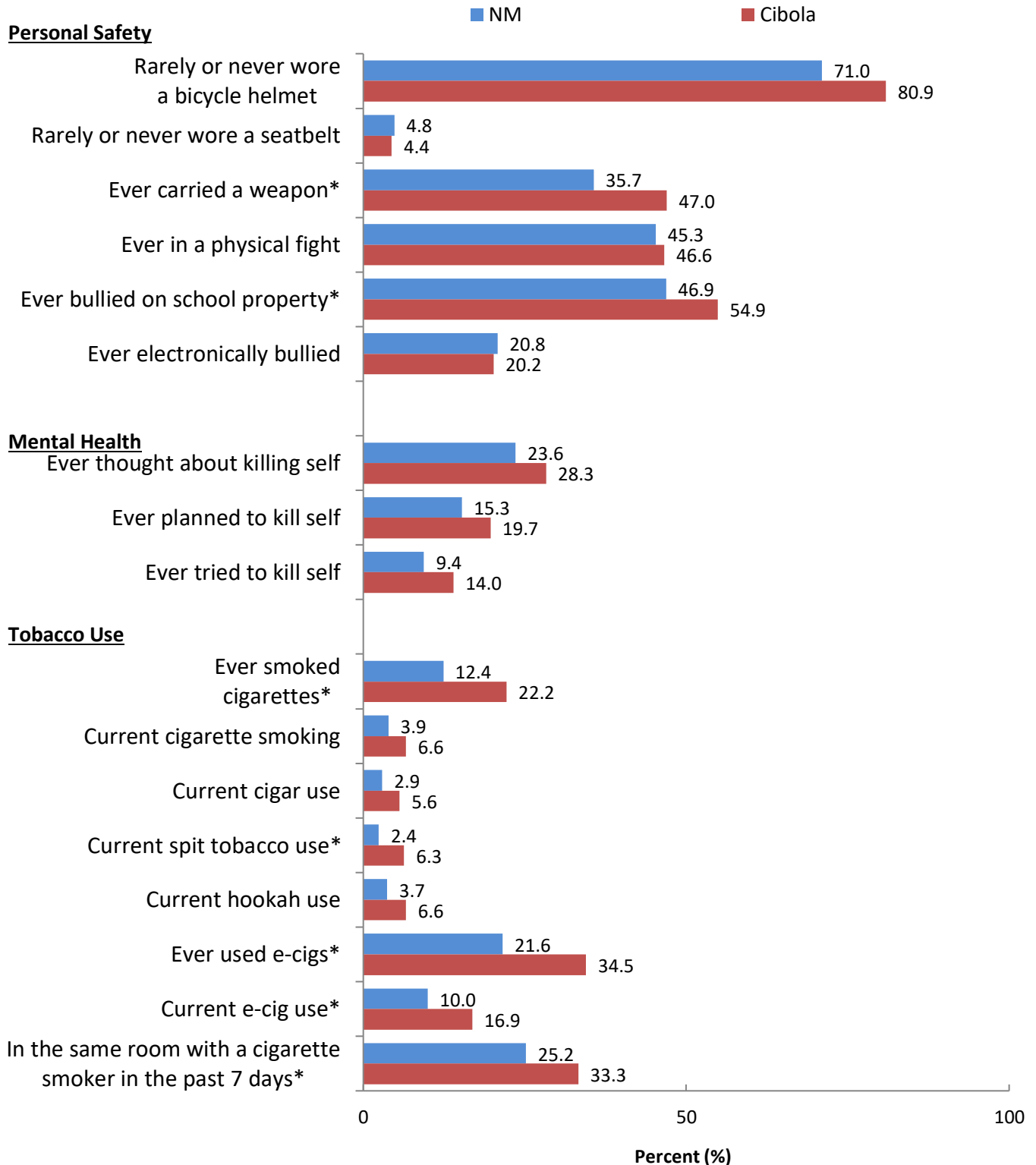
New Mexico Youth Risk and Resiliency Survey

**Risk Behaviors at a Glance**

**Cibola County and New Mexico  
Middle School (Grades 6-8)**

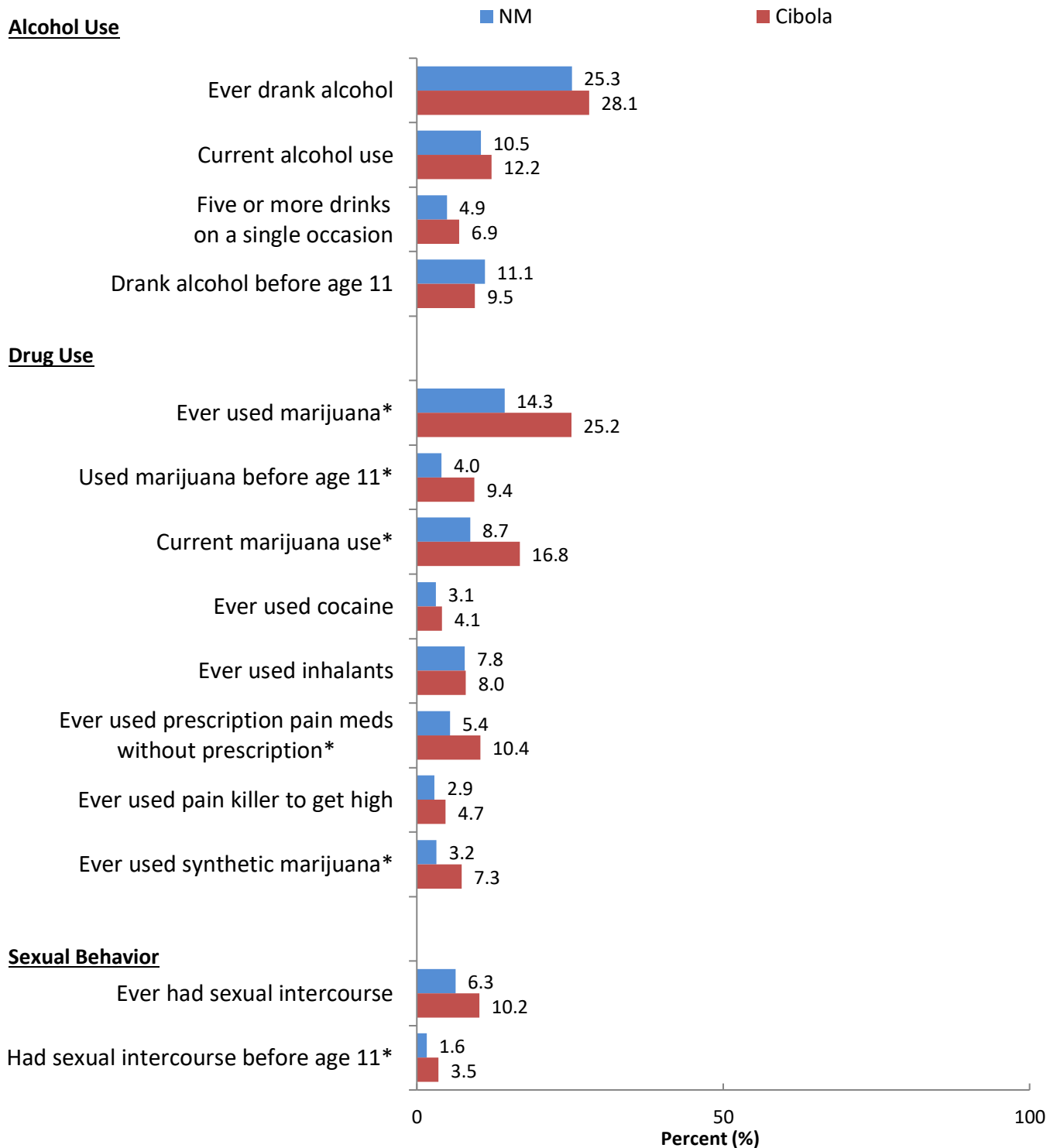
<u>Indicator</u>	<u>Cibola County</u>	<u>New Mexico</u>
<b>Drug Use</b>		
Ever used marijuana	25.2 (18.0-34.1)	14.3 (12.9-15.9)
Used marijuana before age 11	9.4 (6.0-14.5)	4.0 (3.5-4.7)
Current marijuana use	16.8 (11.4-24.0)	8.7 (7.7-9.7)
Ever used synthetic marijuana	7.3 (4.2-12.3)	3.2 (2.8-3.8)
Ever used cocaine	4.1 (2.5-6.5)	3.1 (2.7-3.5)
Ever used inhalants	8.0 (5.0-12.6)	7.8 (7.3-8.5)
Ever used prescription drugs without prescription	10.4 (6.8-15.6)	5.4 (4.8-6.0)
Ever used painkillers to get high	4.7 (3.0-7.5)	2.9 (2.4-3.4)
<b>Body Weight</b>		
Described self as overweight	30.1 (27.1-33.3)	26.3 (25.1-27.5)
Trying to lose weight	55.4 (50.7-60.0)	47.0 (45.1-48.8)
Ever fasted to lose weight	23.2 (19.0-28.0)	18.9 (17.9-19.9)
Ever vomited or used laxatives to lose weight	5.9 (4.7-7.2)	5.0 (4.6-5.5)
Used diet pills, powders, or liquids	3.2 (2.0-5.0)	3.7 (3.3-4.2)
<b>Physical Activity and Nutrition</b>		
No days of physical activity in the past week	17.2 (12.1-23.9)	12.9 (12.0-13.8)
Physically active five days per week	54.4 (46.8-61.8)	59.0 (57.7-60.2)
Daily physical activity	36.5 (30.3-43.2)	36.8 (35.7-37.8)
Three hours of TV per day	30.7 (26.5-35.3)	23.6 (22.3-25.0)
Three hours of video or computer use per day	43.5 (35.3-52.0)	37.9 (36.6-39.2)
Daily PE at school	34.7 (16.2-59.3)	40.1 (36.5-43.9)
Participated in team sports	60.9 (56.4-65.2)	60.7 (59.3-62.2)
Daily breakfast	41.3 (36.3-46.5)	47.2 (45.7-48.7)
<b>Other Characteristics</b>		
Had a sports-related concussion	24.1 (20.2-28.4)	20.9 (19.8-22.0)
Saw a dentist in the past 12 months	60.7 (55.4-65.7)	68.8 (66.9-70.6)
Got 8 hours sleep/night	61.2 (51.0-70.4)	62.4 (61.0-63.8)
Gambled in past 12 months	28.0 (22.4-34.4)	24.9 (23.9-25.9)

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



\* Statistically significant difference.

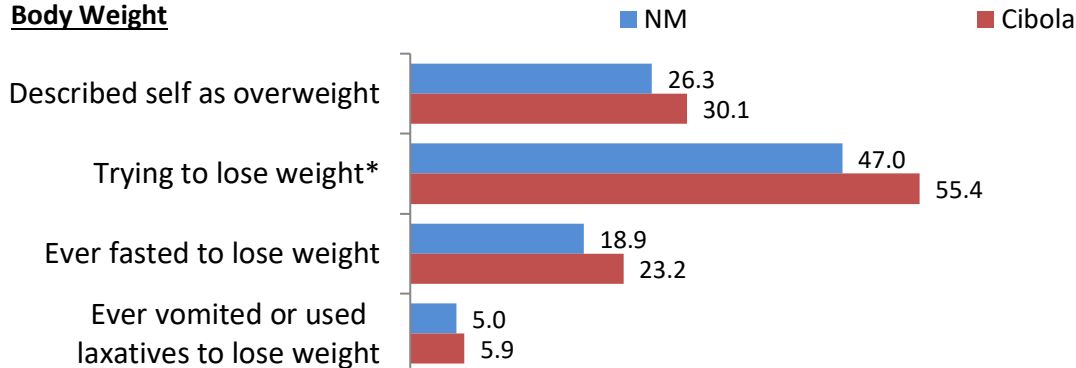
New Mexico Youth Risk and Resiliency Survey  
**Risk Behaviors at a Glance**  
Cibola County and New Mexico  
Middle School (Grades 6-8)



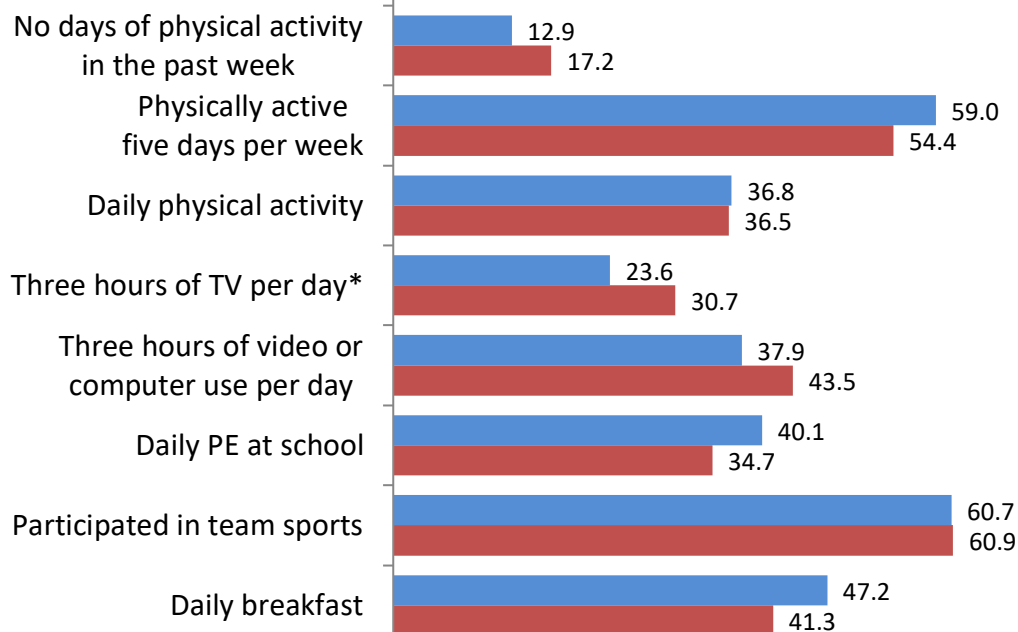
\* Statistically significant difference.

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

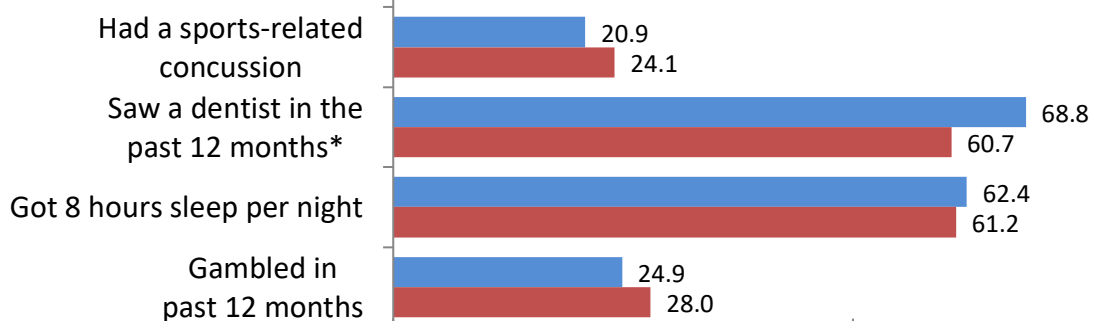
**Body Weight**



**Physical Activity and Nutrition**



**Other Characteristics**



0 50 100  
Percent (%)

\* Statistically significant difference.

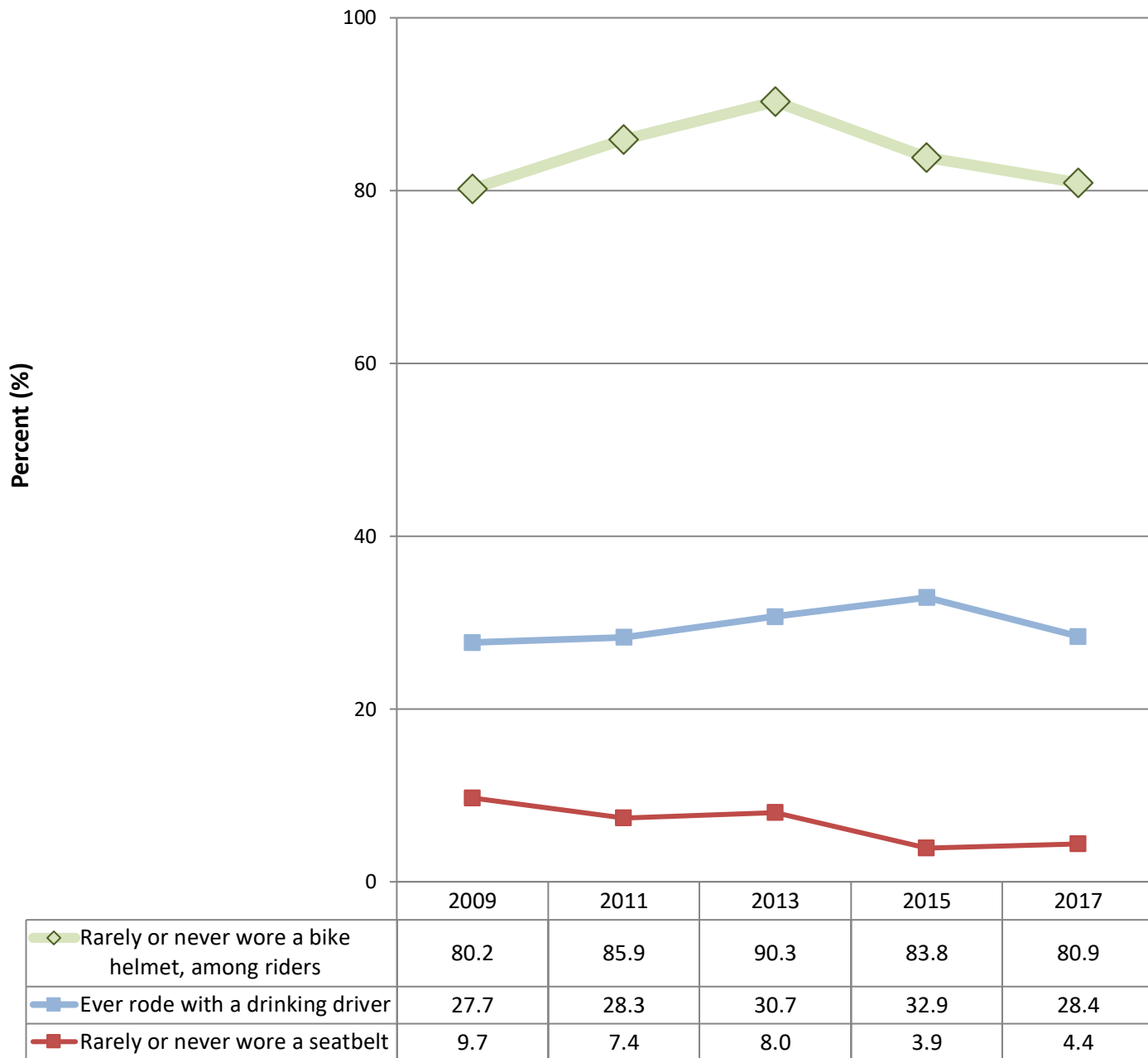


## Cibola County Charts

*For definitions of risk behaviors, see Appendix C.*

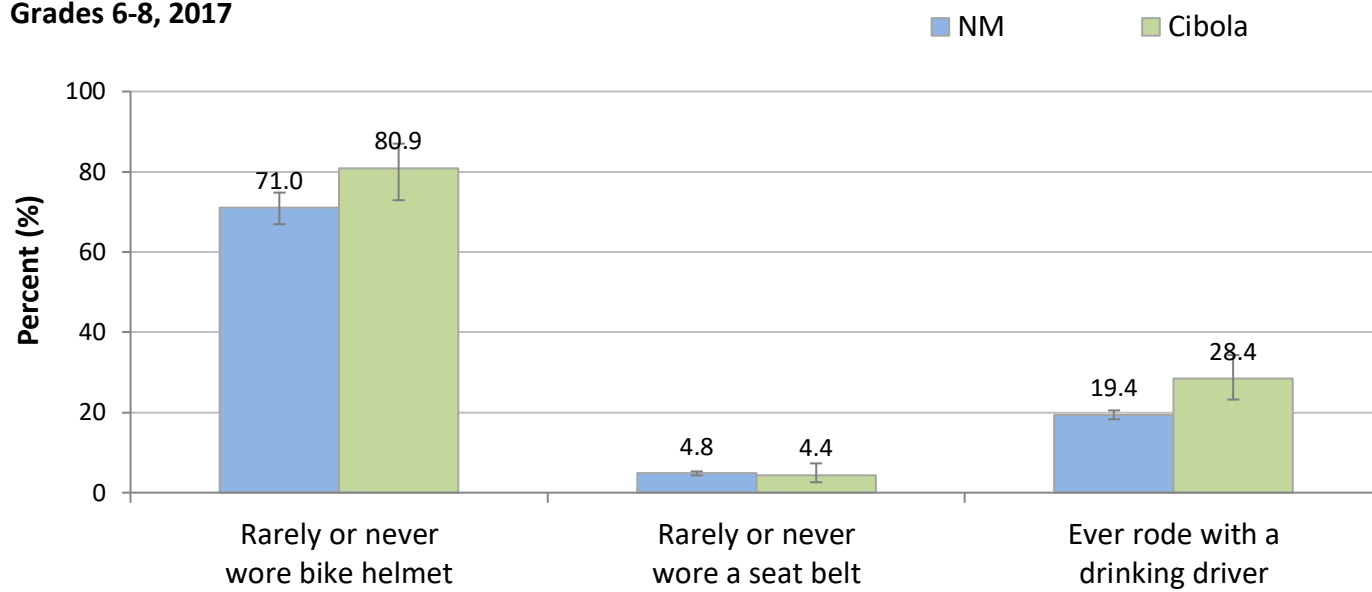
Personal Safety

Behaviors Associated with Personal Safety  
by Year, Cibola County  
Grades 6-8, 2009-2017

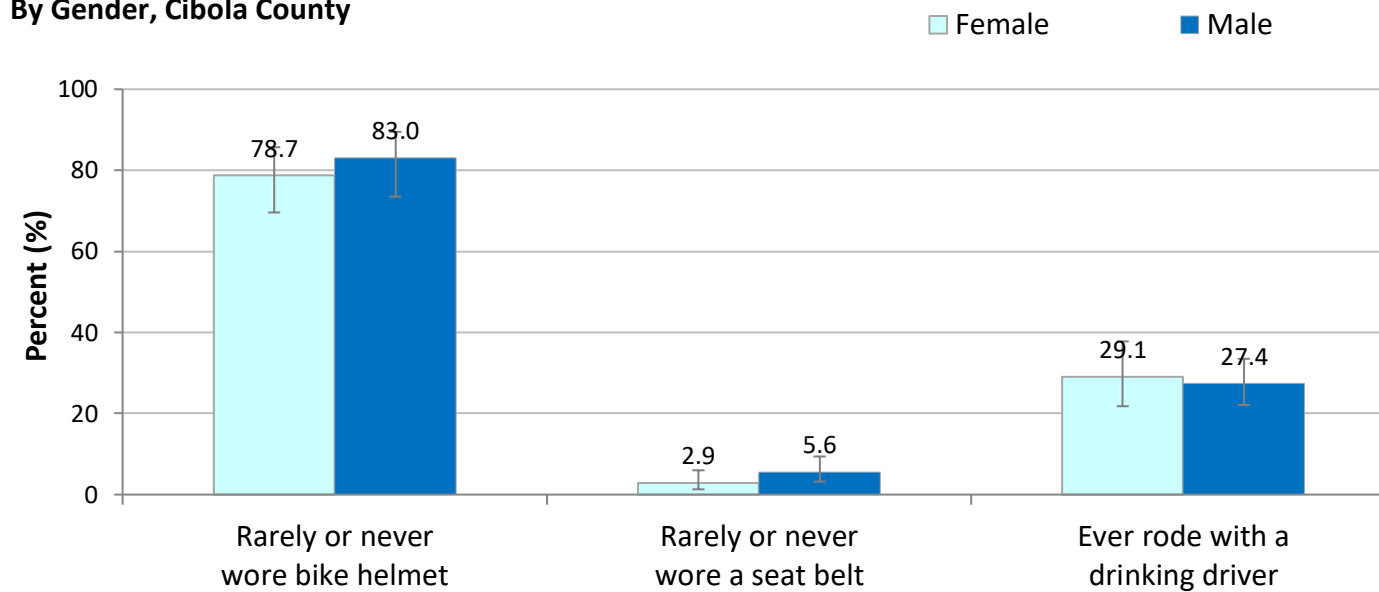




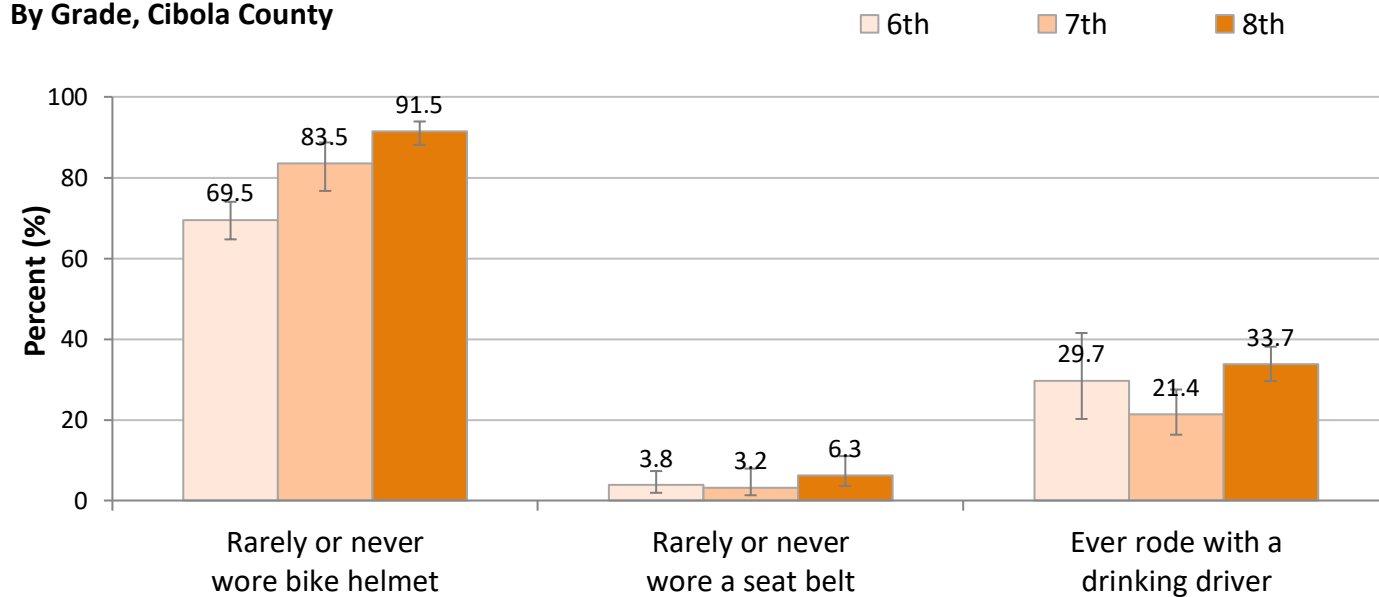
**Personal Safety  
New Mexico and Cibola County  
Grades 6-8, 2017**



**By Gender, Cibola County**

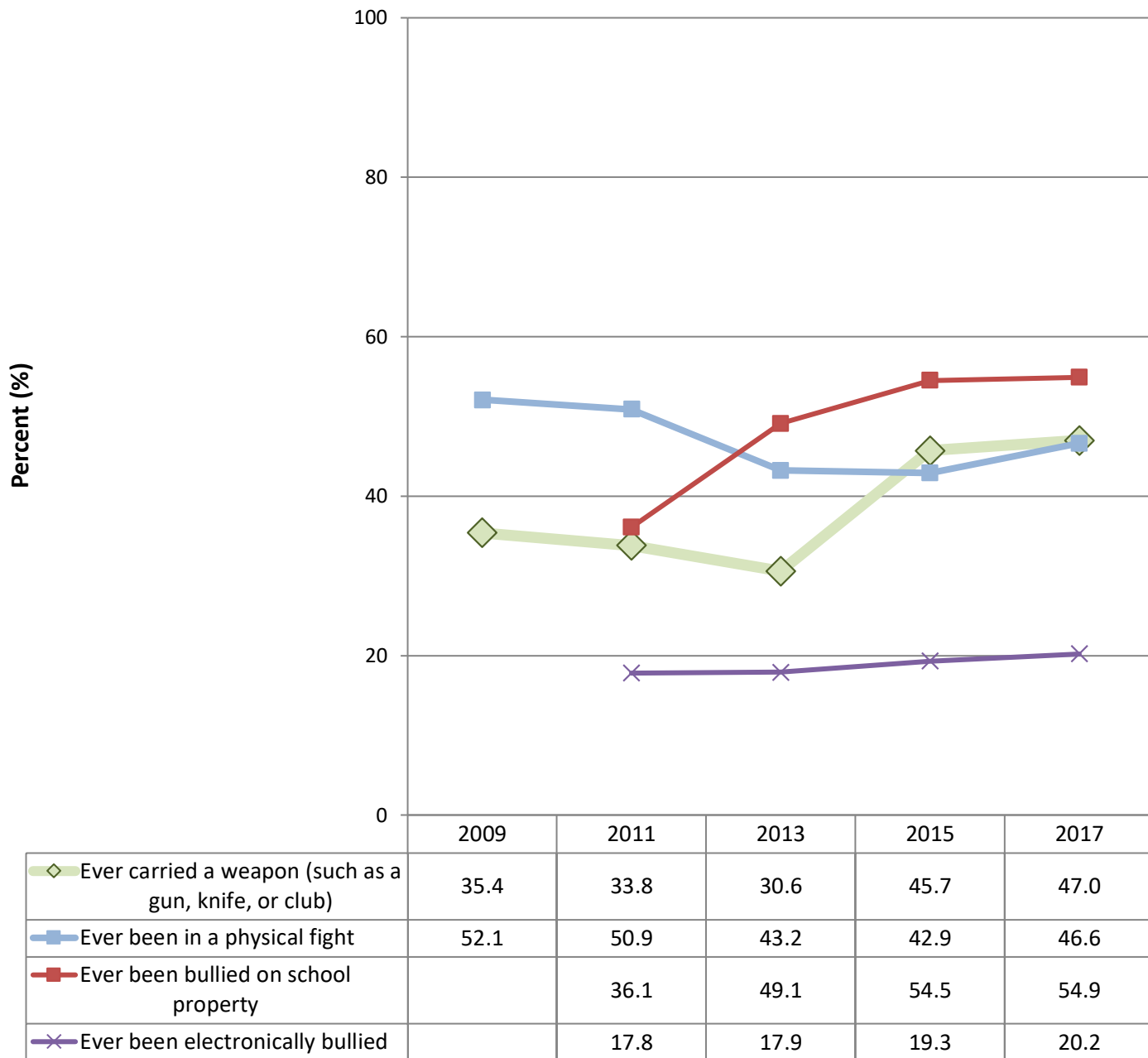


**By Grade, Cibola County**

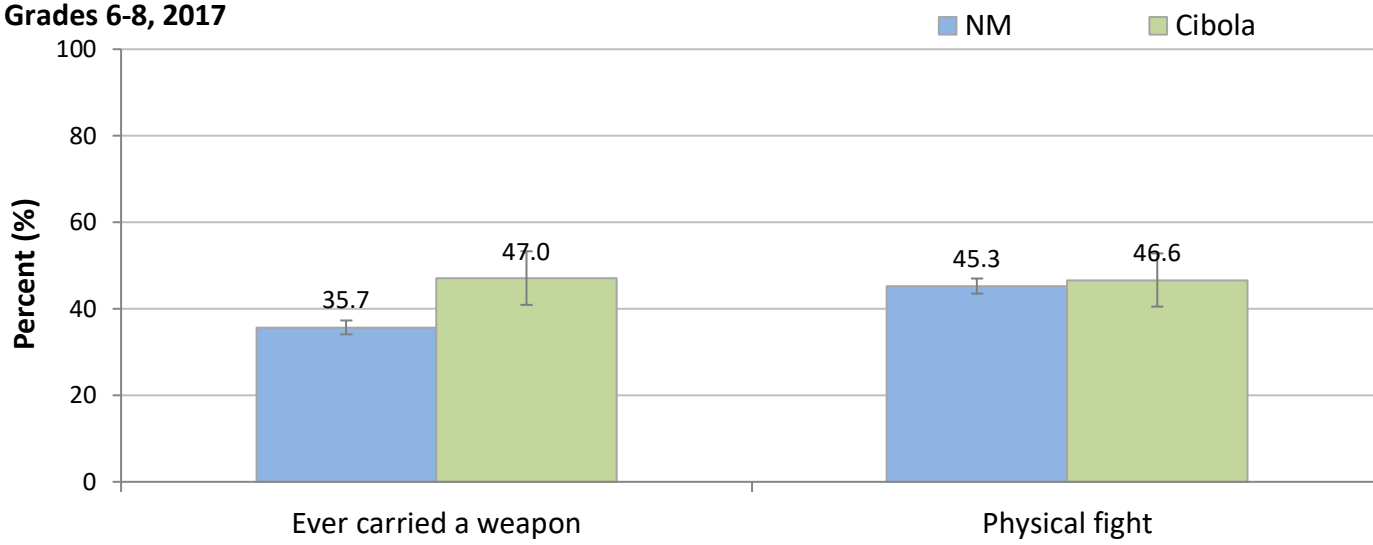


**Personal Safety: Behaviors Associated with Violence**

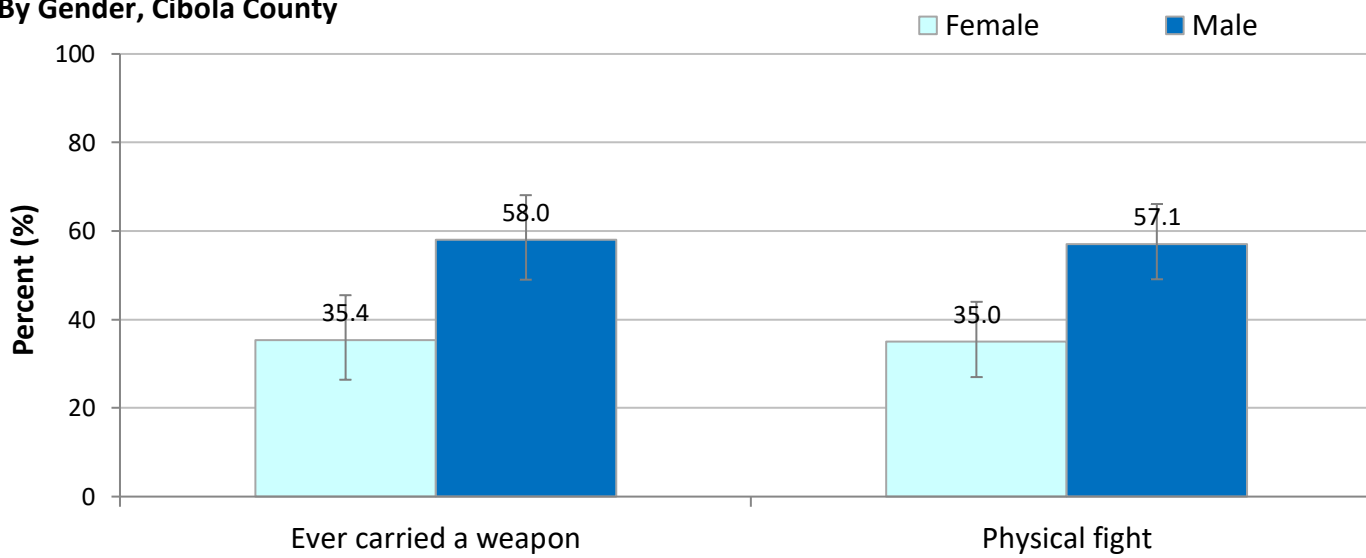
**Behaviors Associated with Violence  
by Year, Cibola County  
Grades 6-8, 2009-2017**



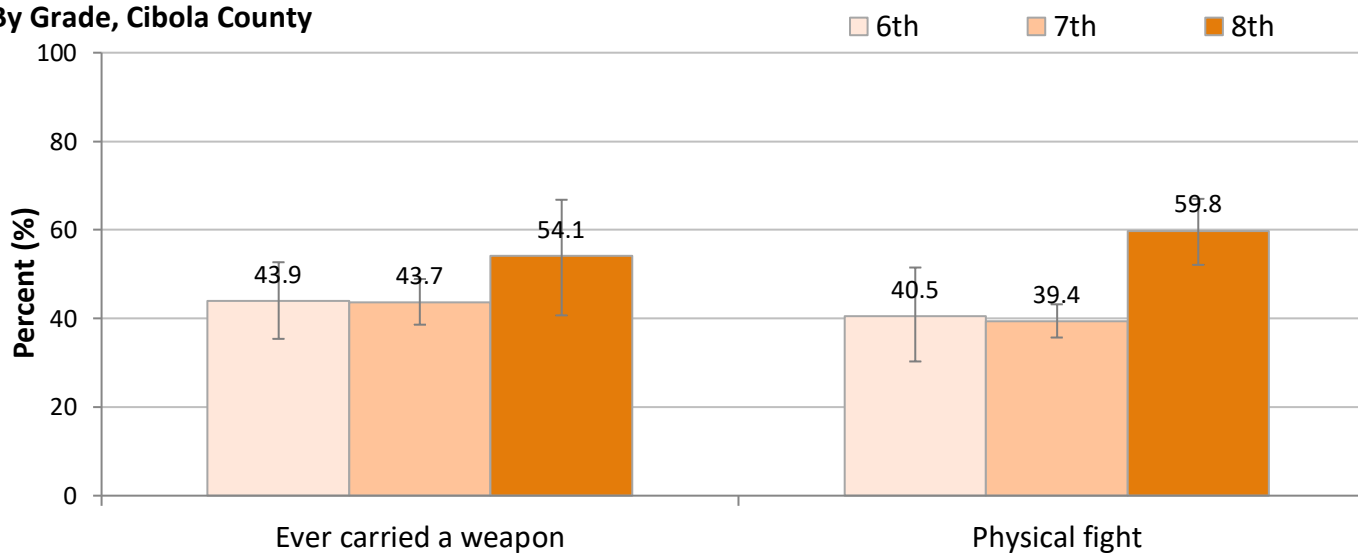
**Personal Safety: Behaviors Associated with Violence**  
**New Mexico and Cibola County**  
**Grades 6-8, 2017**



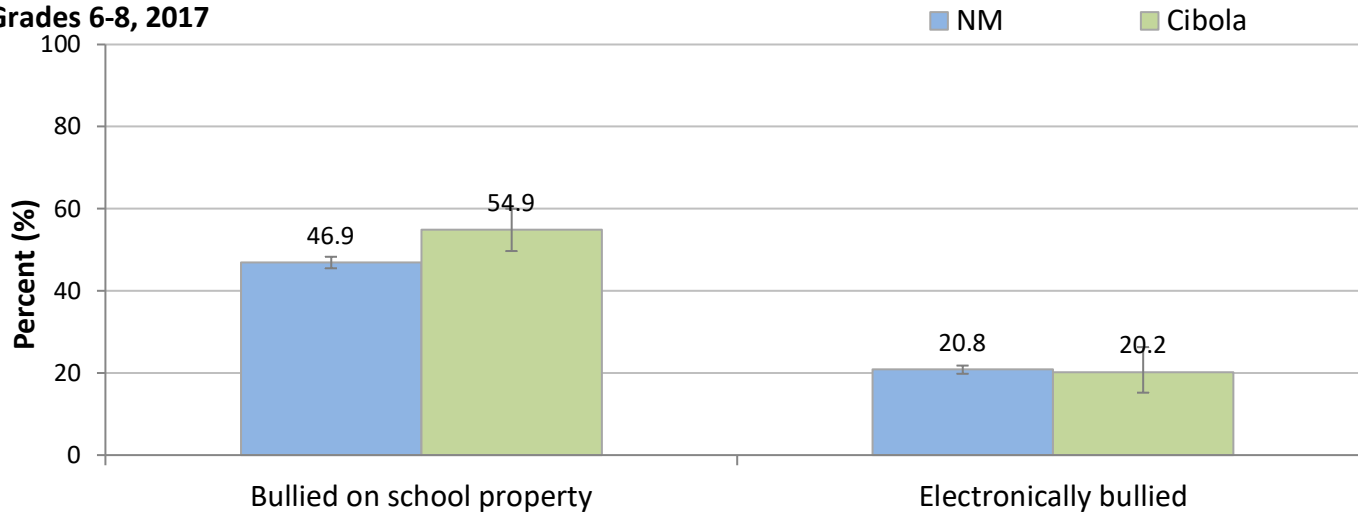
**By Gender, Cibola County**



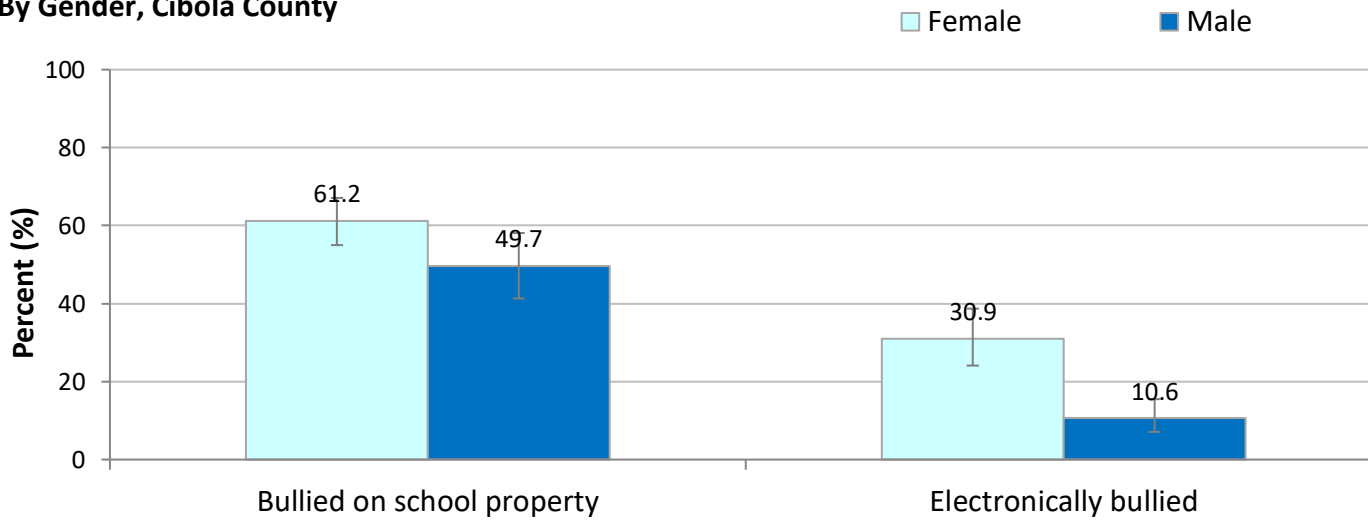
**By Grade, Cibola County**



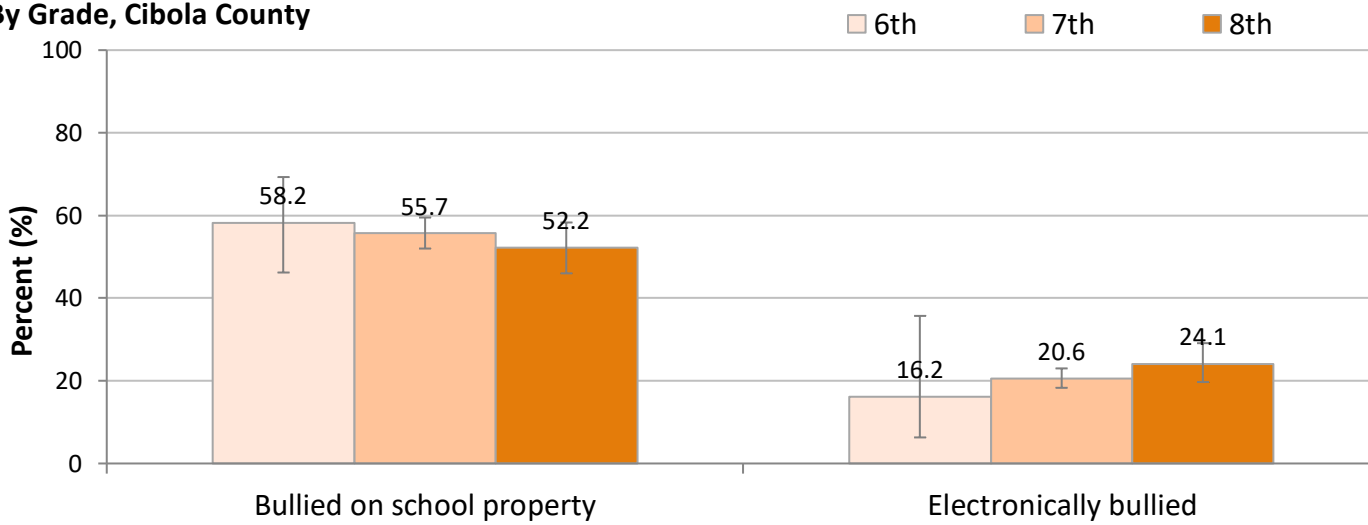
**Personal Safety: Bullying**  
**New Mexico and Cibola County**  
**Grades 6-8, 2017**



**By Gender, Cibola County**

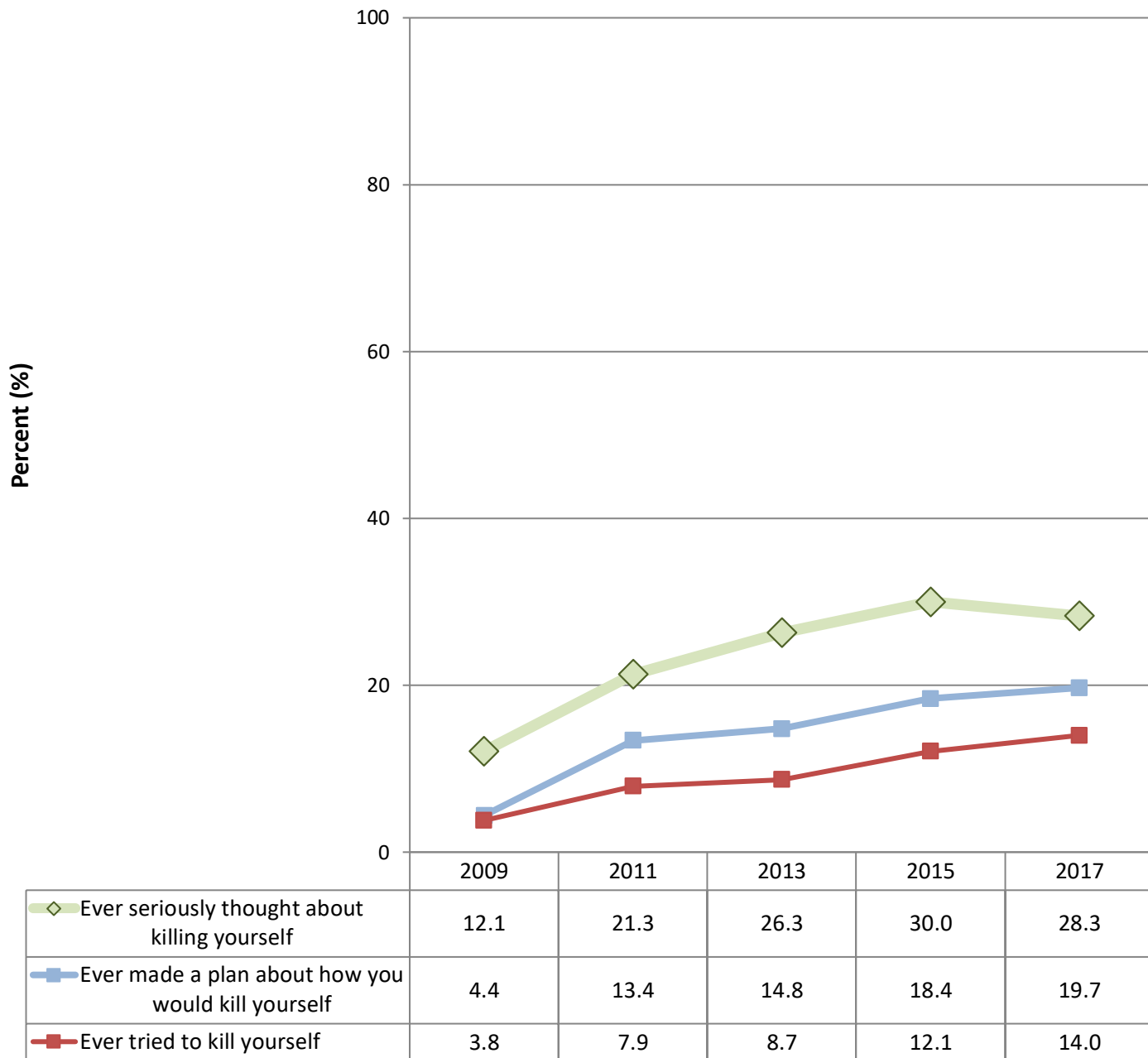


**By Grade, Cibola County**

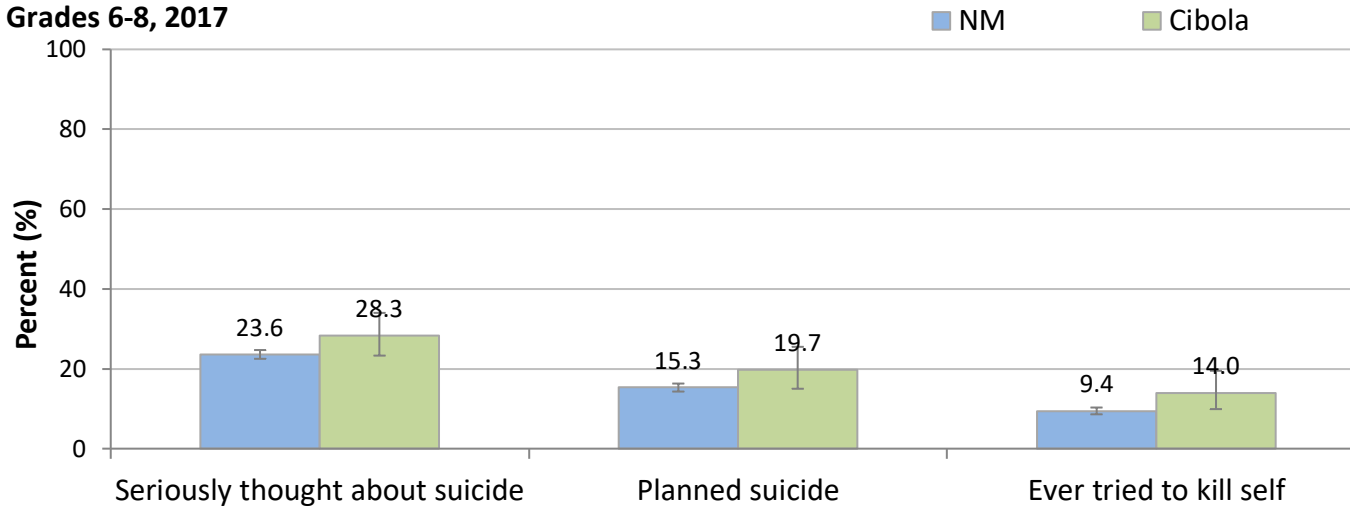


**Mental Health**

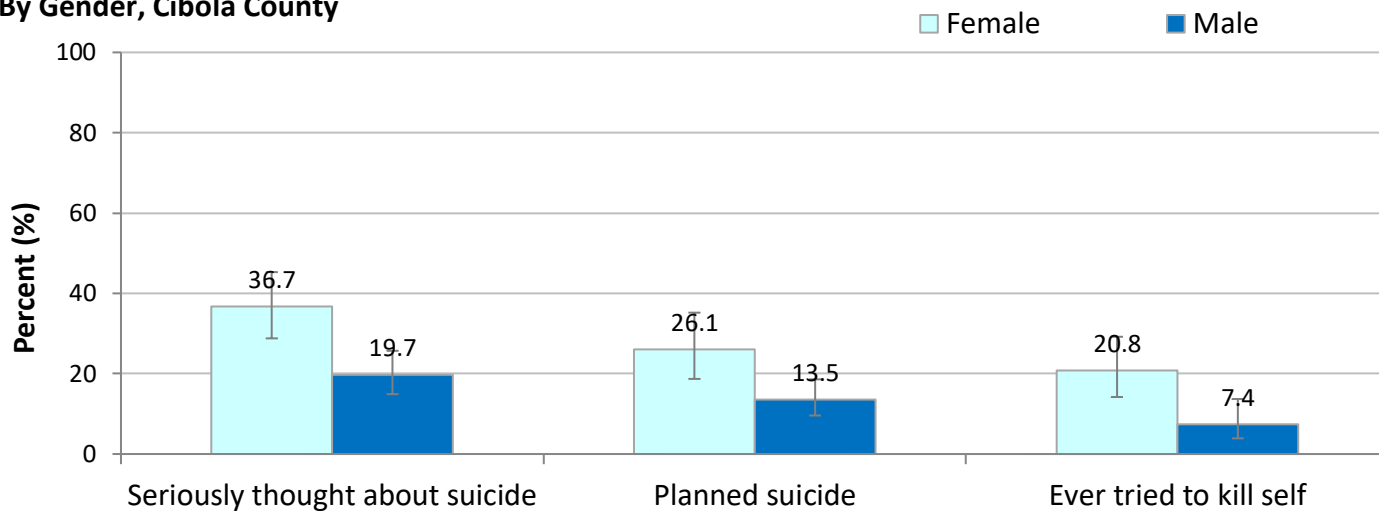
**Behaviors Associated with Mental Health  
by Year, Cibola County  
Grades 6-8, 2009-2017**



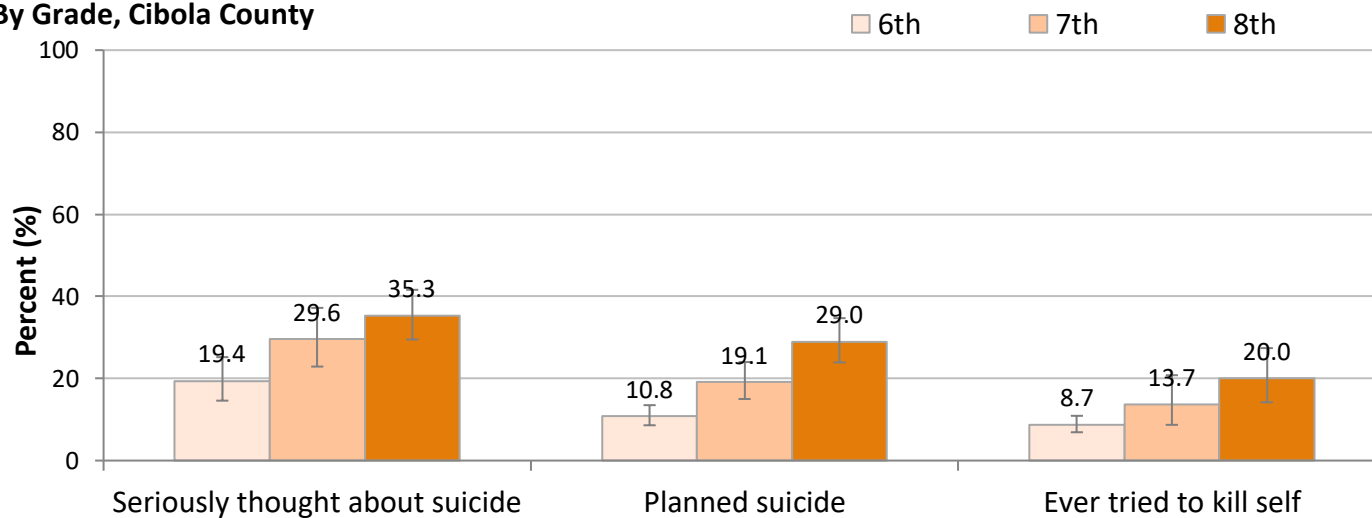
**Mental Health  
New Mexico and Cibola County  
Grades 6-8, 2017**



**By Gender, Cibola County**

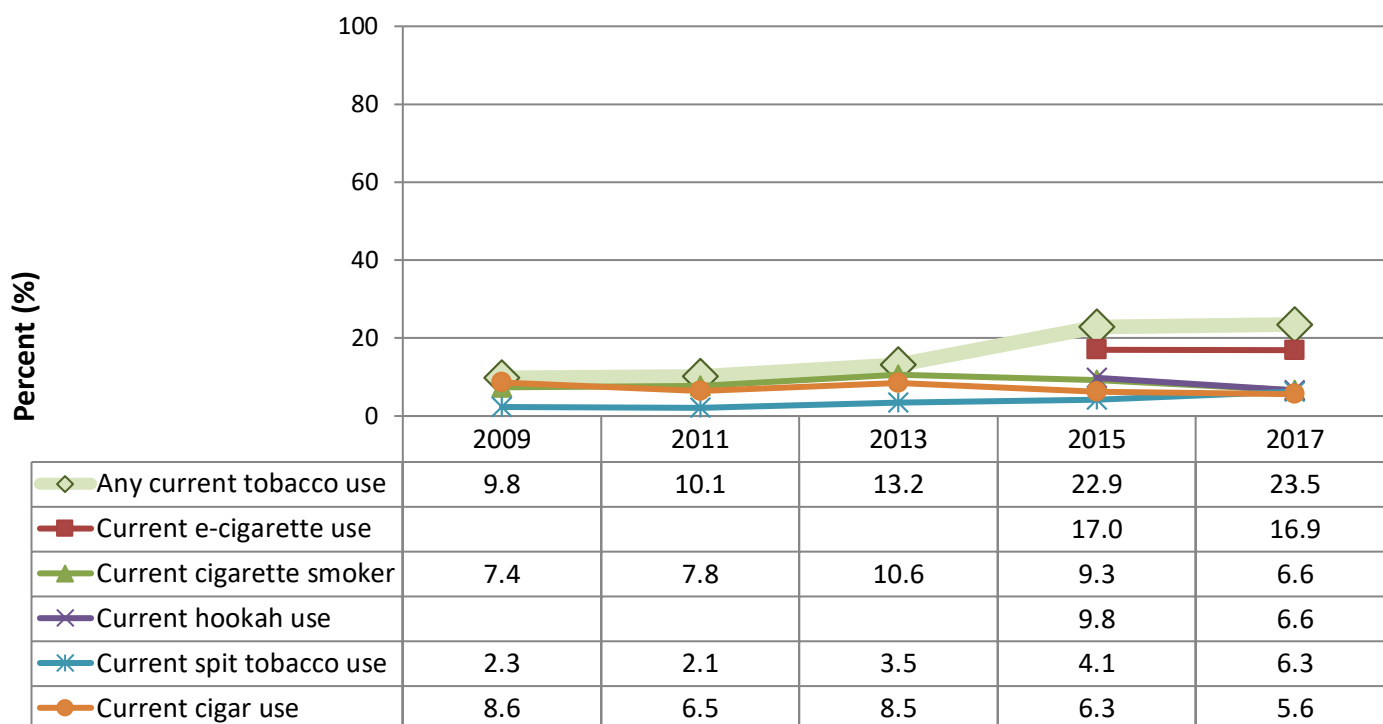
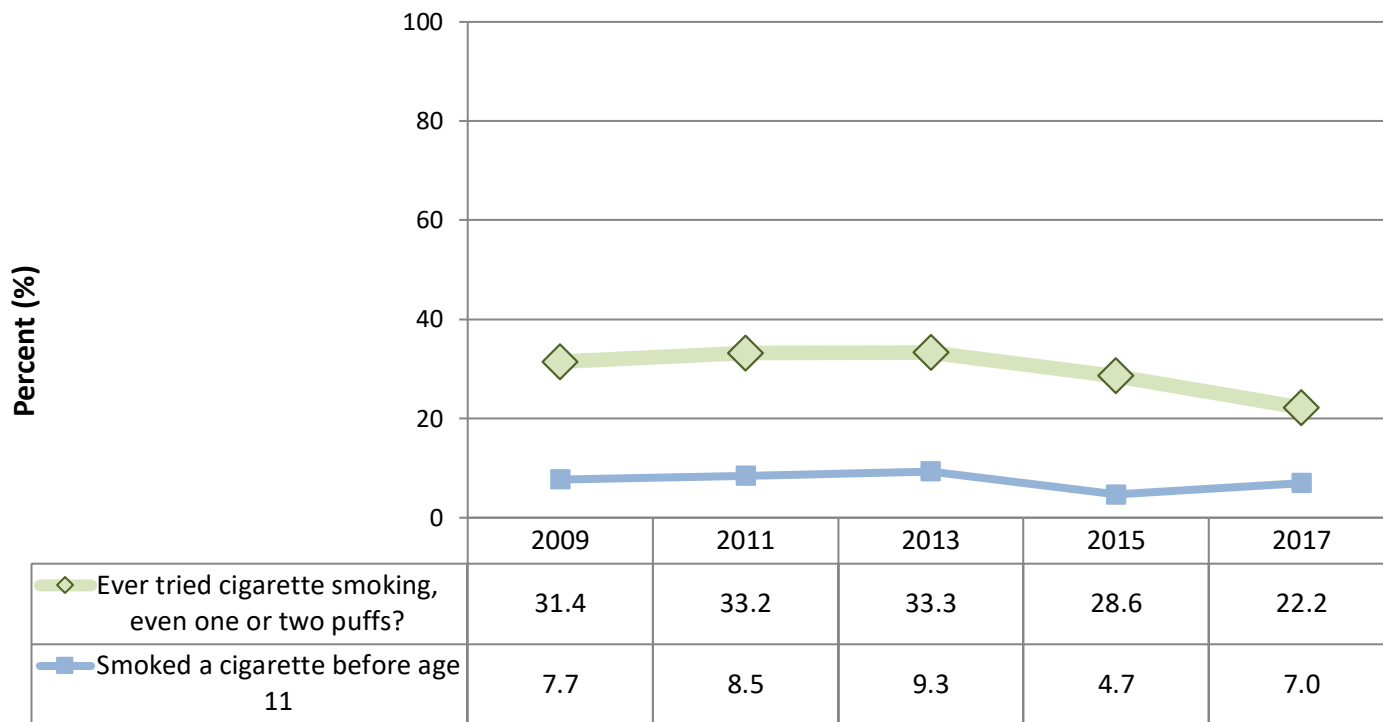


**By Grade, Cibola County**

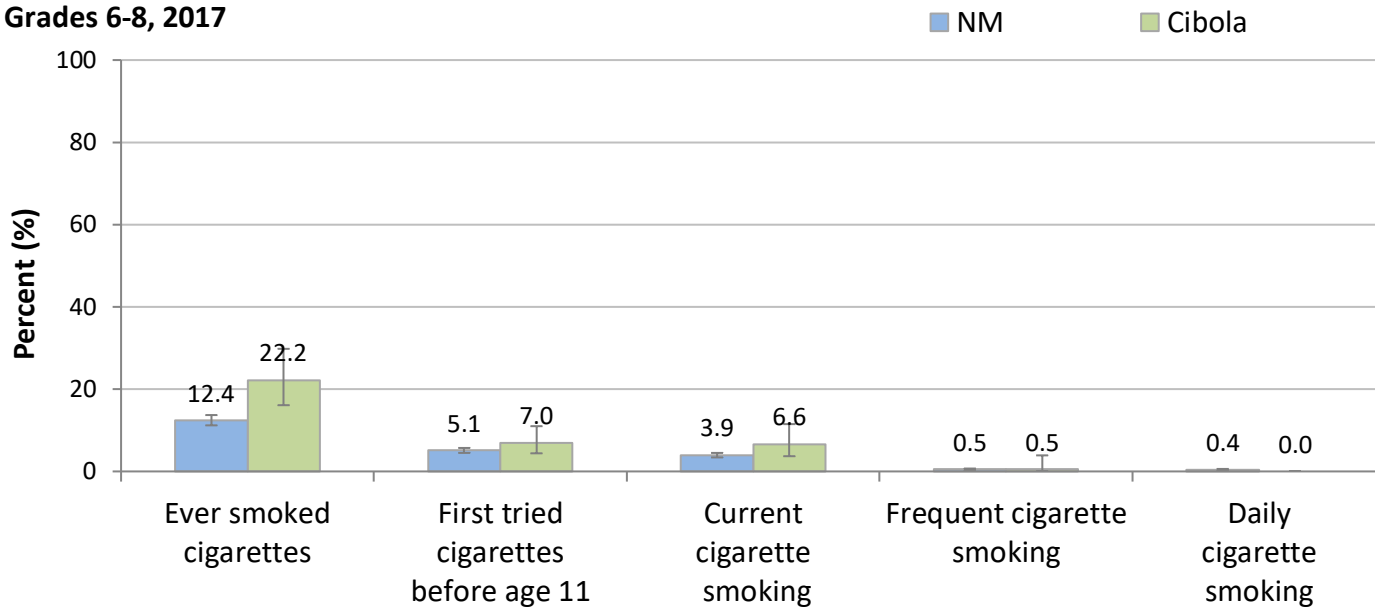


### Tobacco Use and Exposure

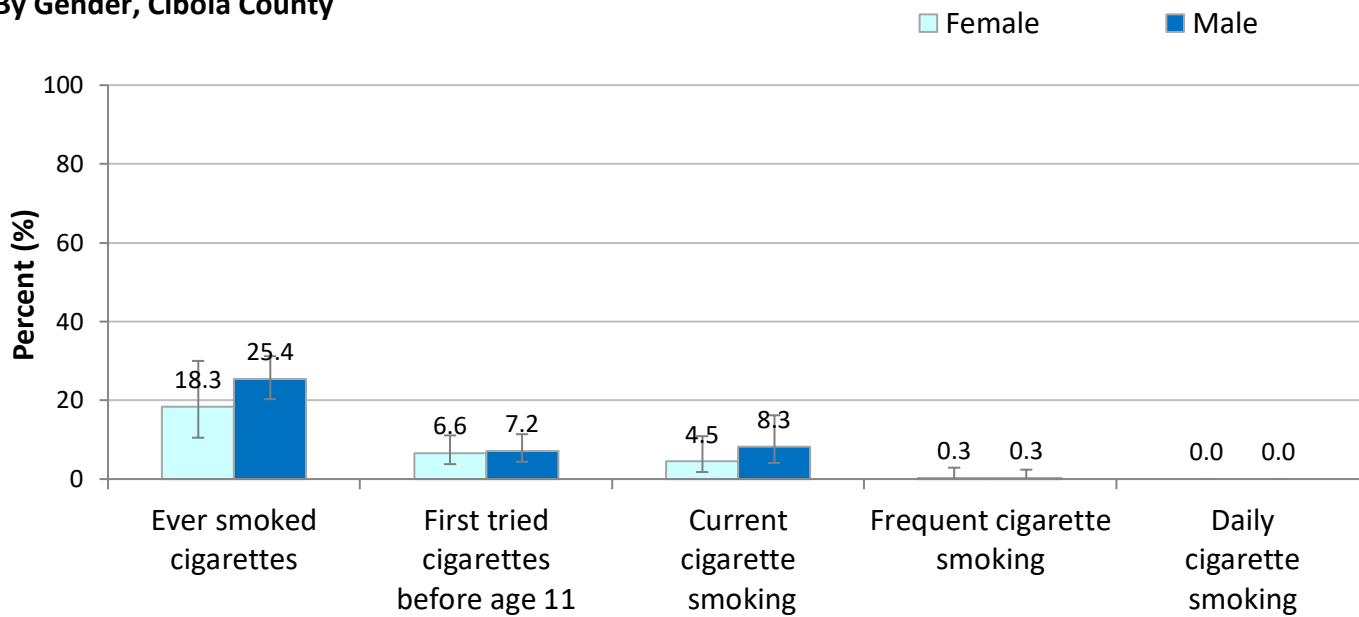
#### Tobacco Use by Year, Cibola County Grades 6-8, 2009-2017



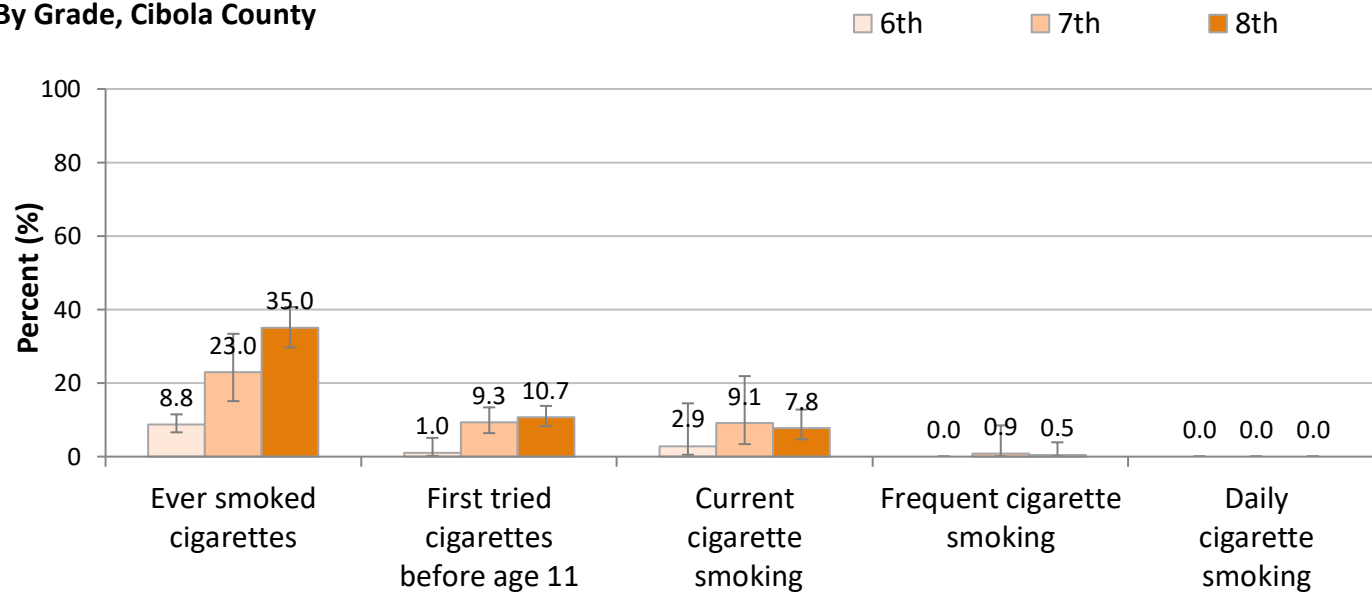
**Tobacco Use and Exposure  
New Mexico and Cibola County  
Grades 6-8, 2017**



**By Gender, Cibola County**



**By Grade, Cibola County**

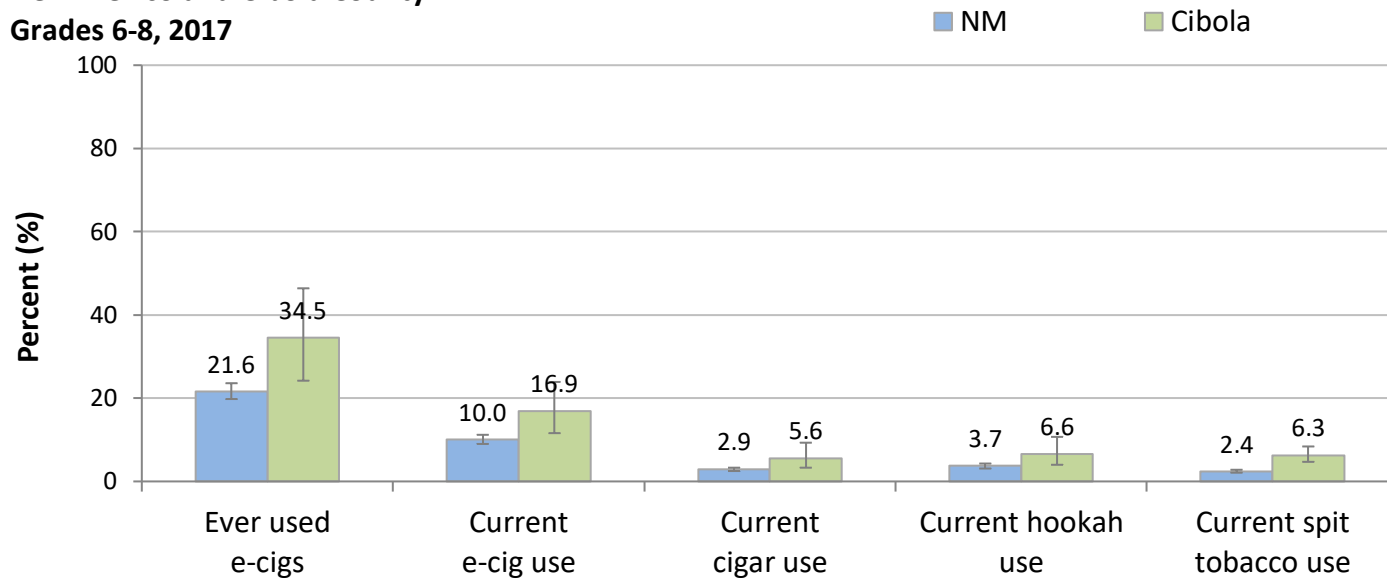




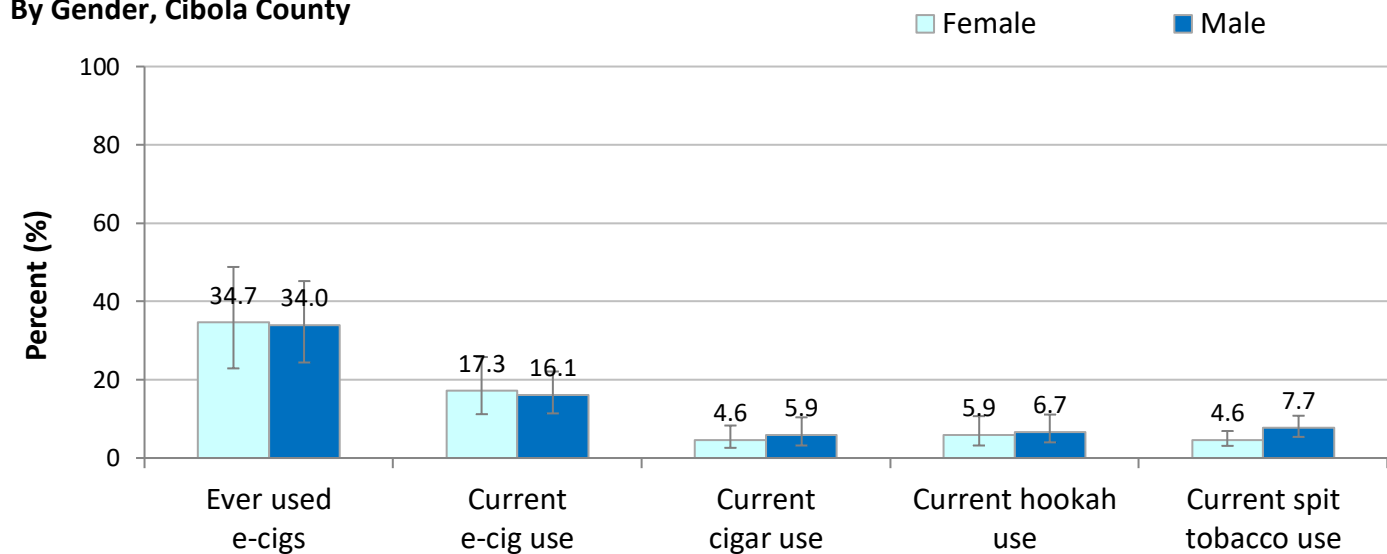
**Tobacco Use: Other types of tobacco**

**New Mexico and Cibola County**

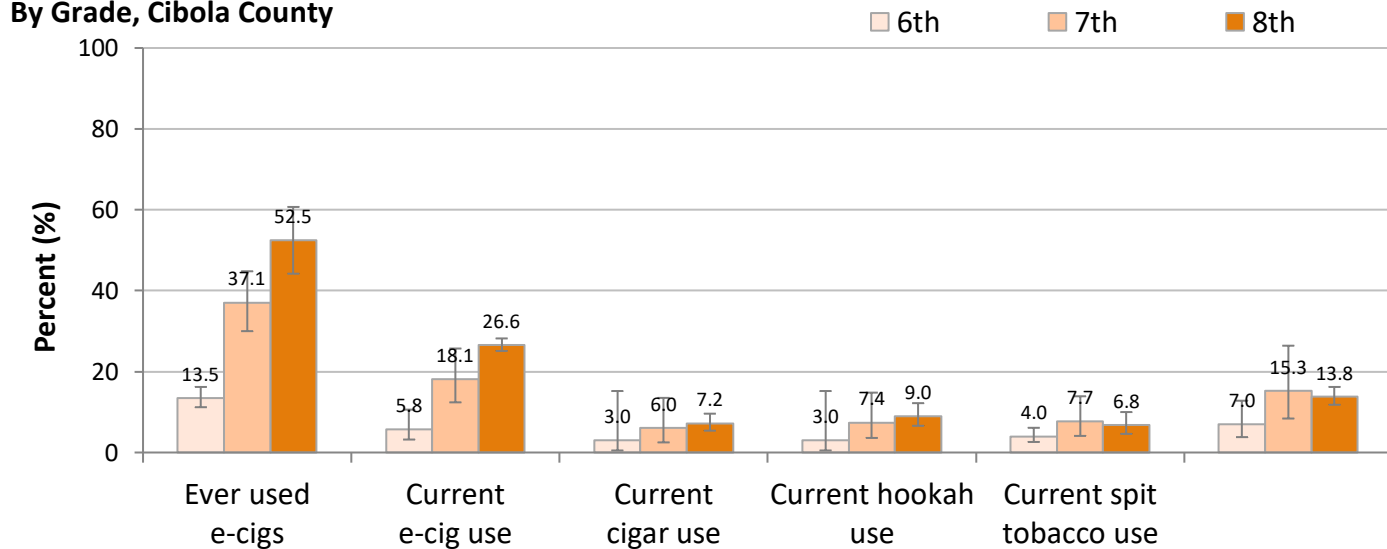
Grades 6-8, 2017



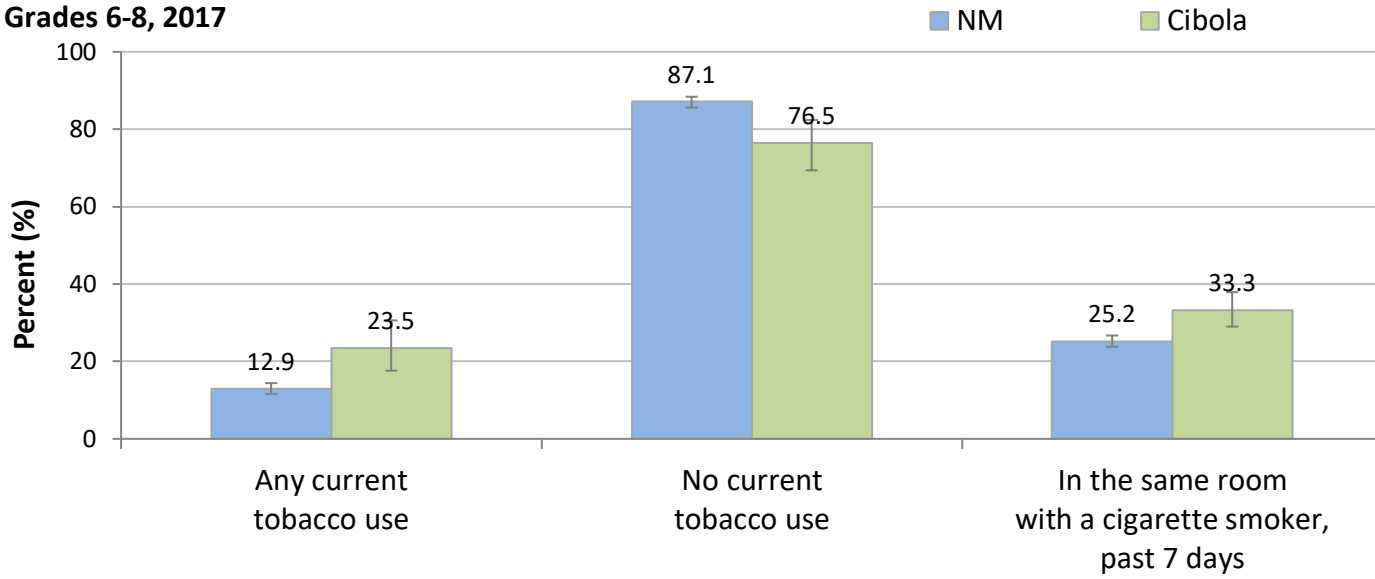
**By Gender, Cibola County**



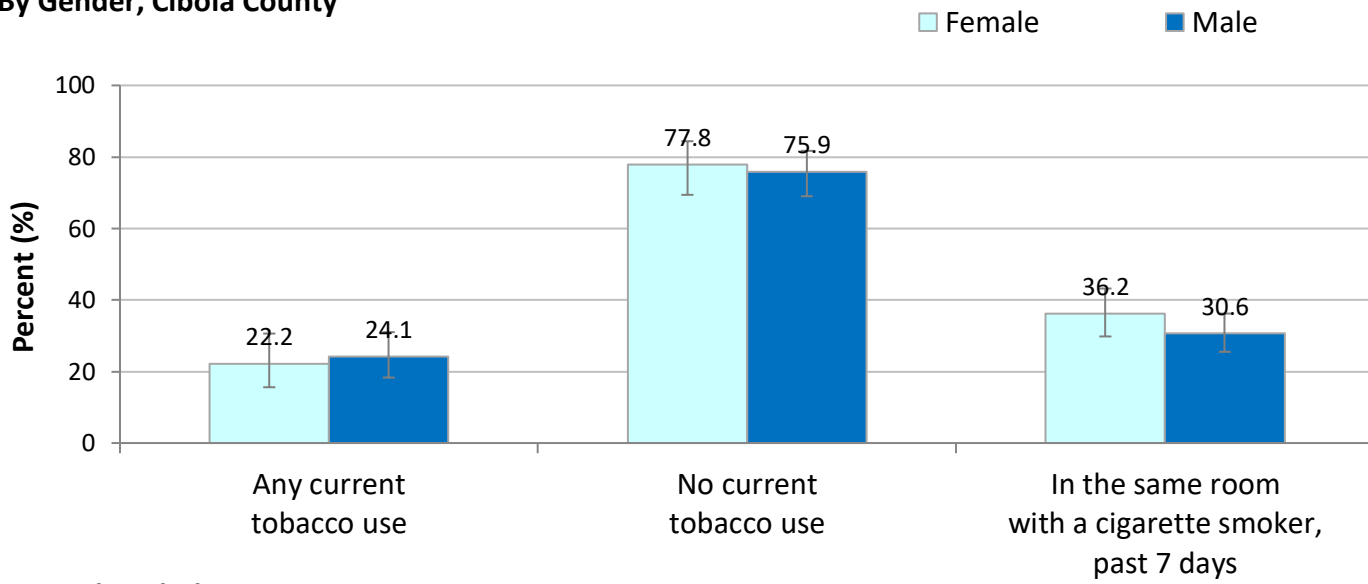
**By Grade, Cibola County**



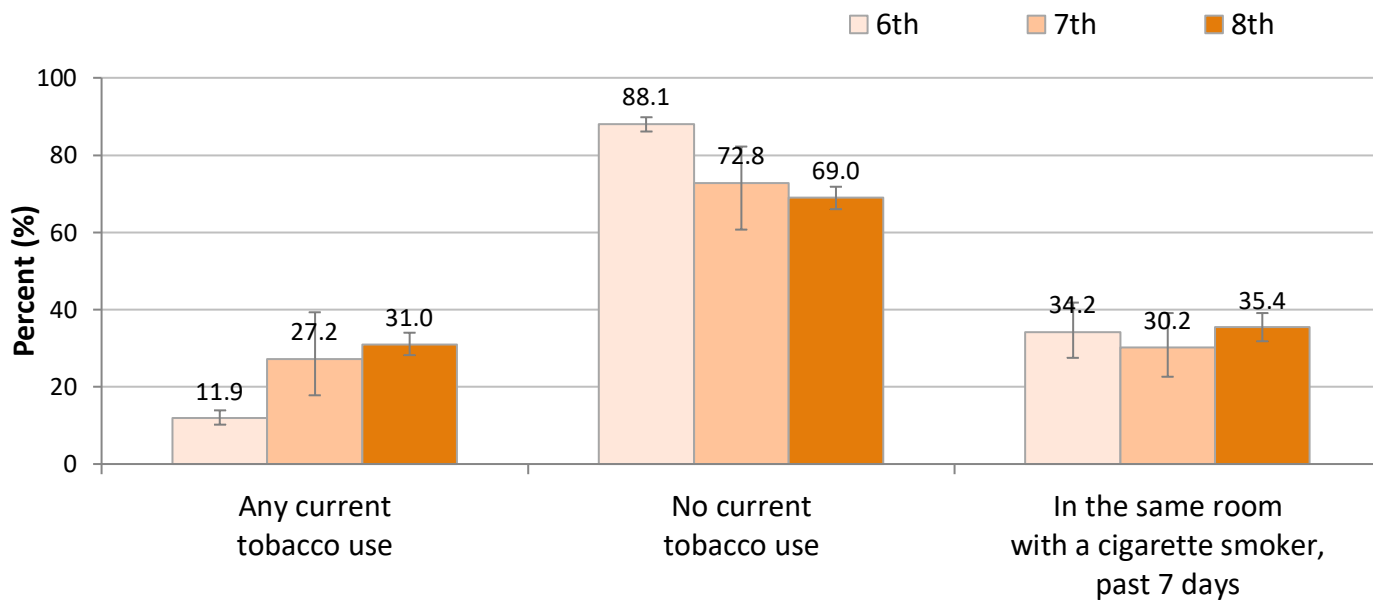
**Tobacco Use: Other types of tobacco**  
**New Mexico and Cibola County**  
**Grades 6-8, 2017**



**By Gender, Cibola County**

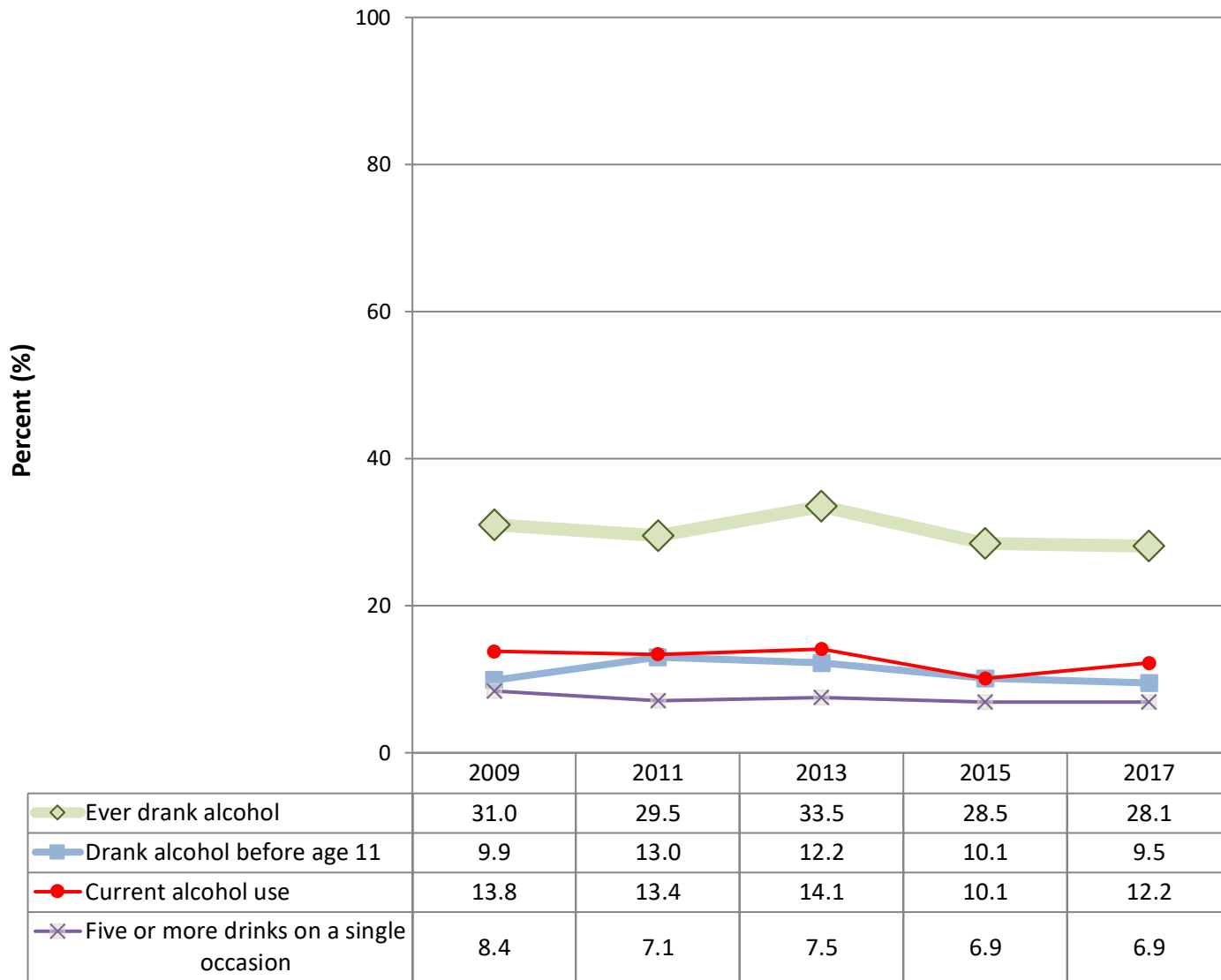


**By Grade, Cibola County**

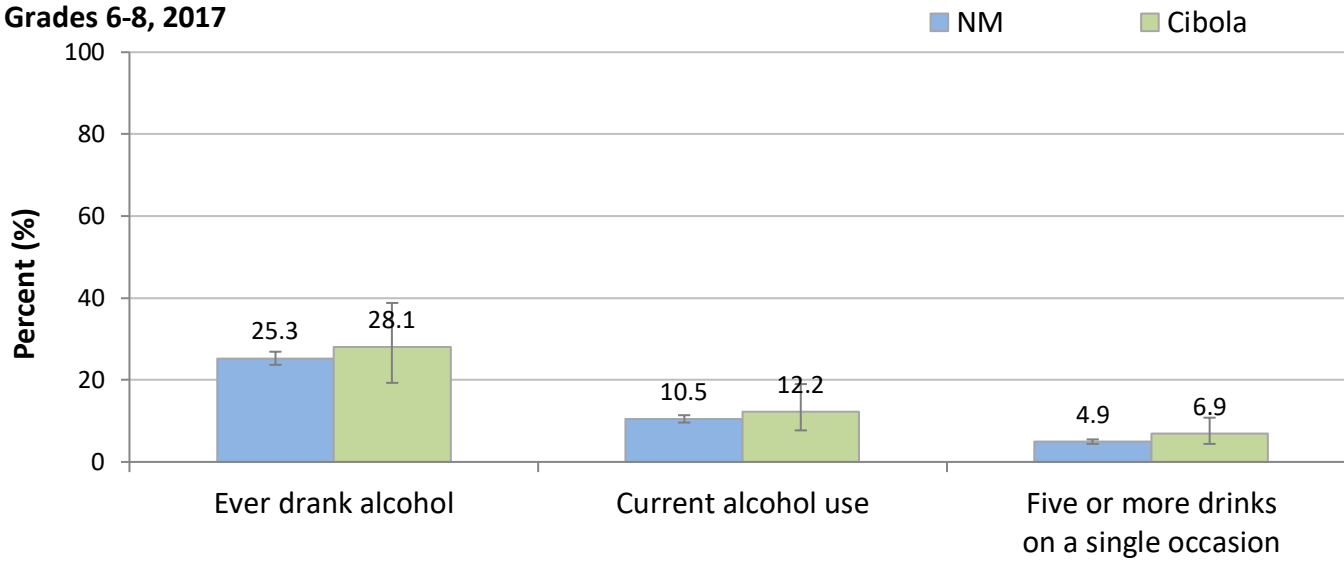


**Alcohol Use**

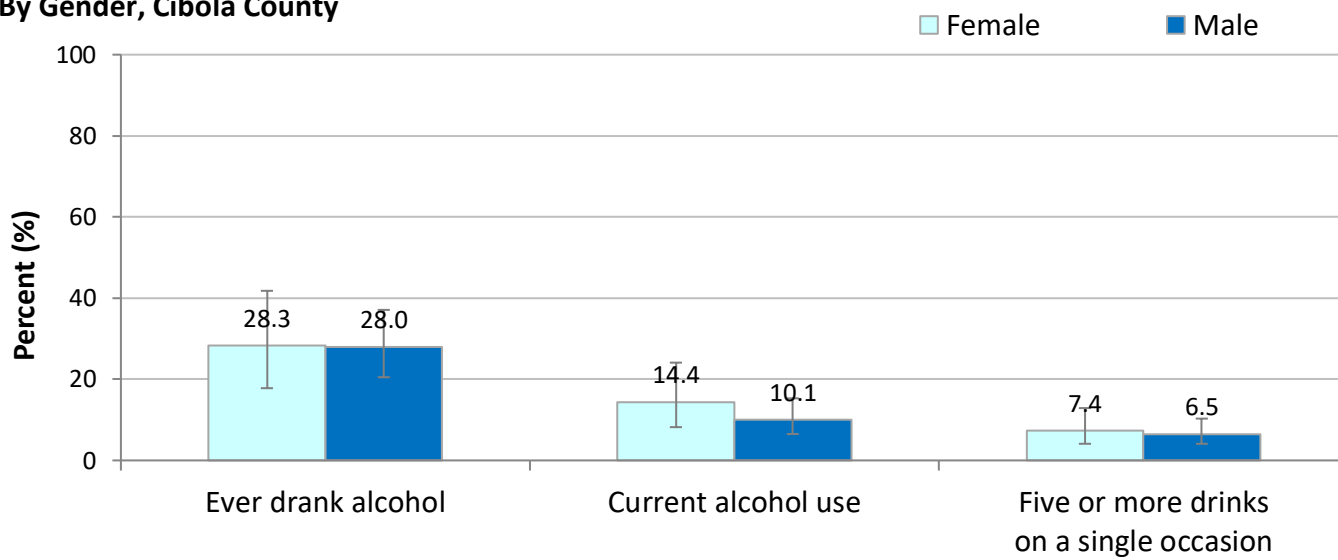
**Alcohol Use  
by Year, Cibola County  
Grades 6-8, 2009-2017**



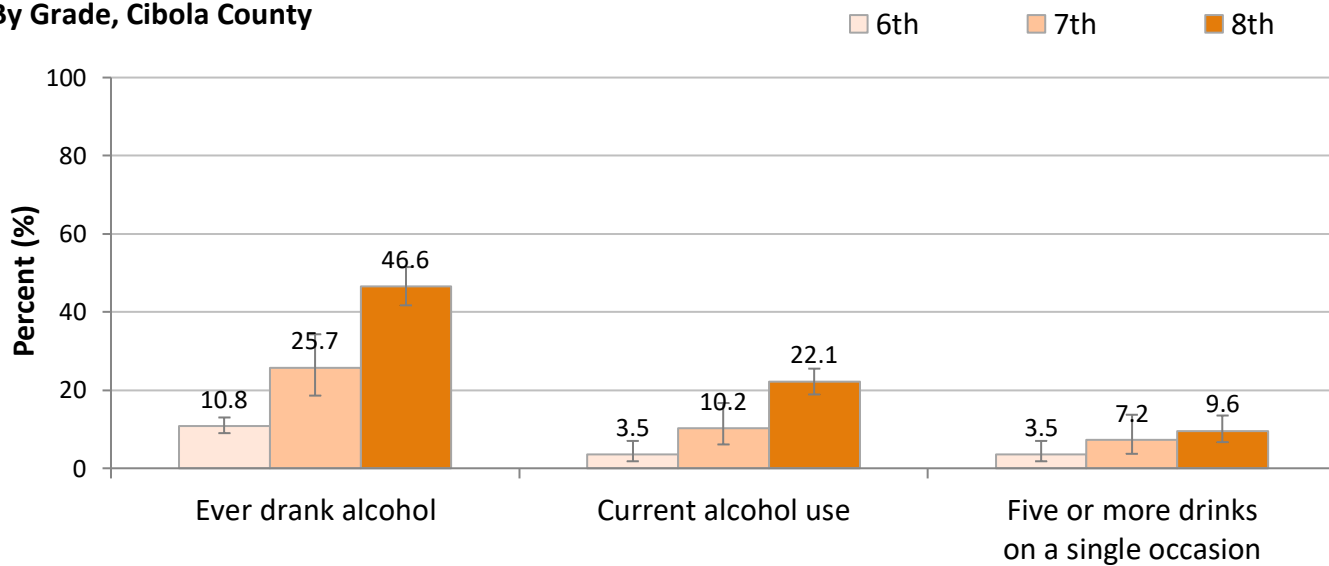
**Alcohol Use**  
**New Mexico and Cibola County**  
**Grades 6-8, 2017**



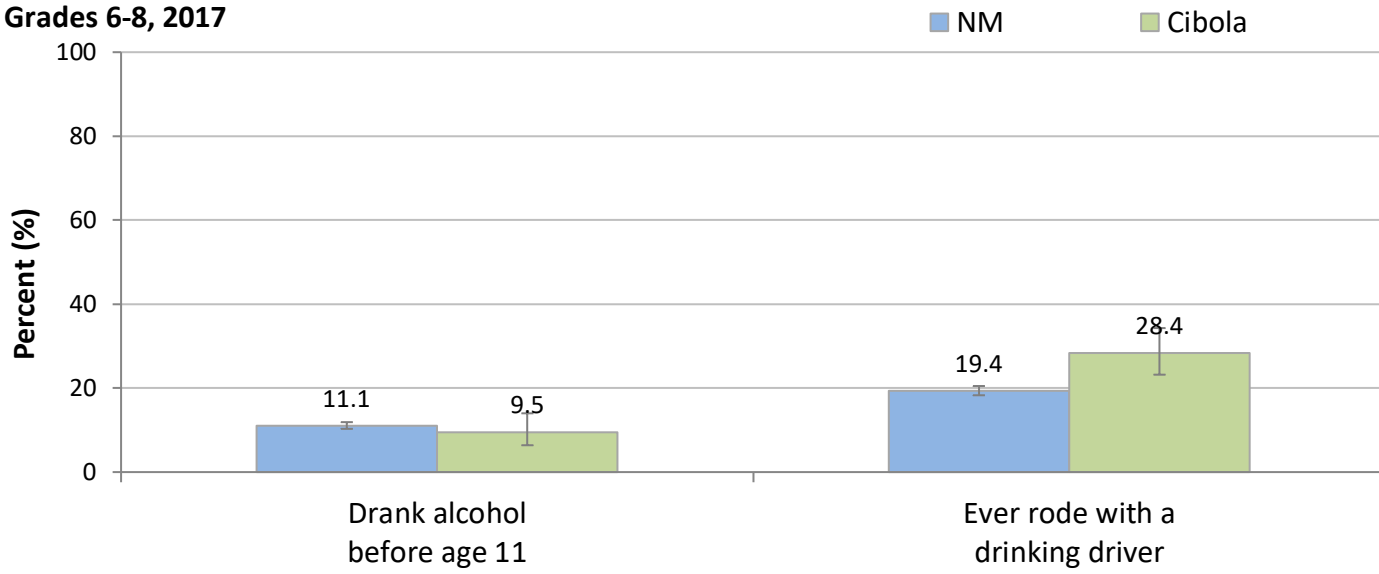
**By Gender, Cibola County**



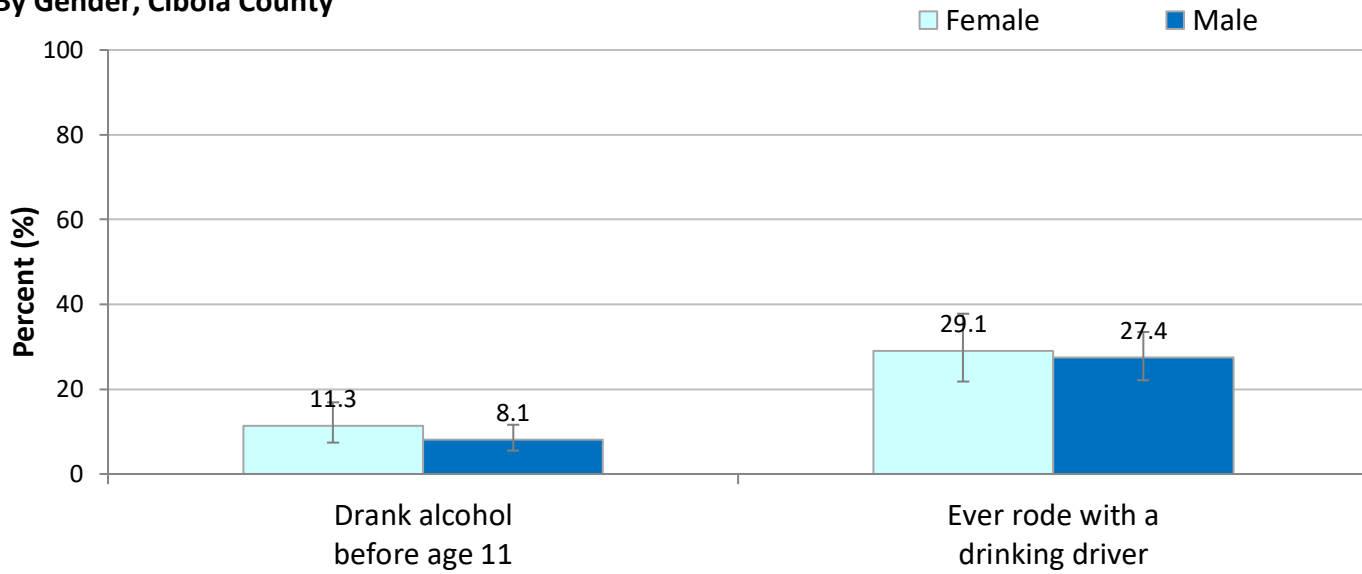
**By Grade, Cibola County**



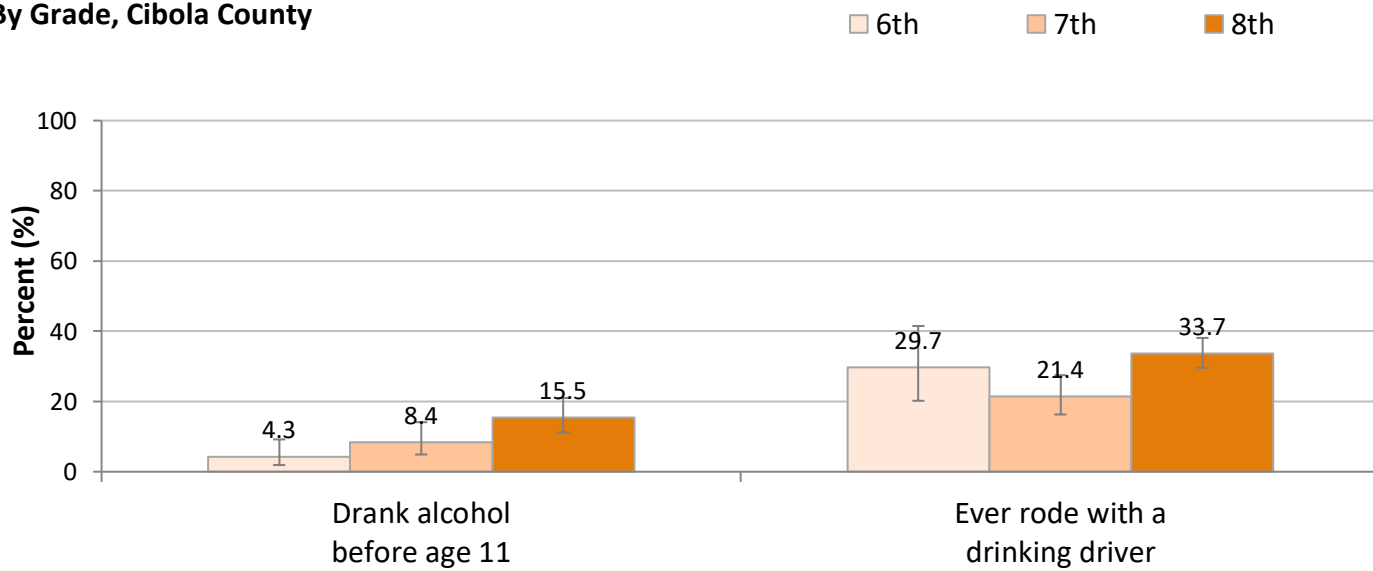
**Alcohol Use  
New Mexico and Cibola County  
Grades 6-8, 2017**



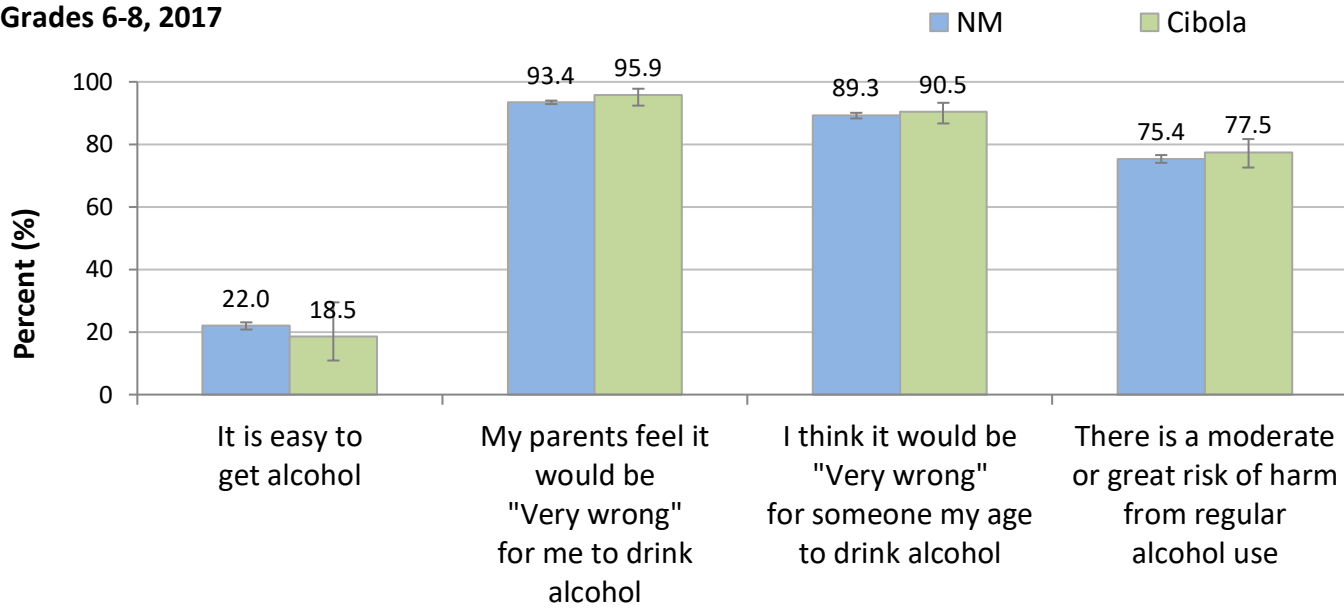
**By Gender, Cibola County**



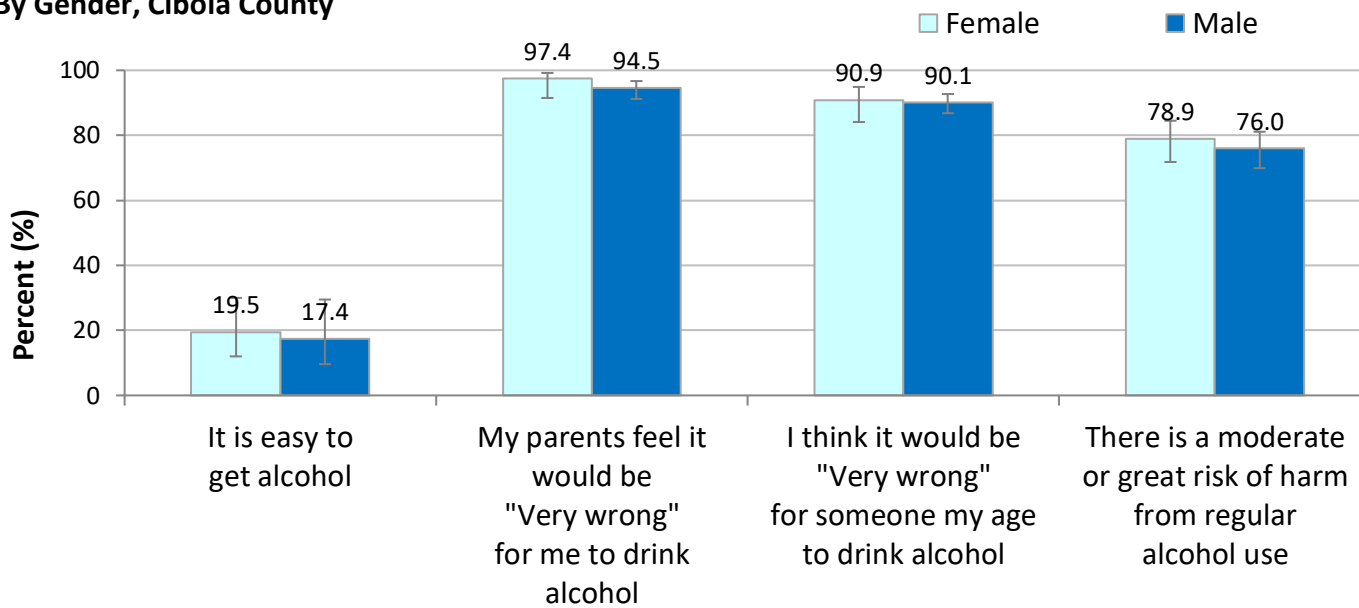
**By Grade, Cibola County**



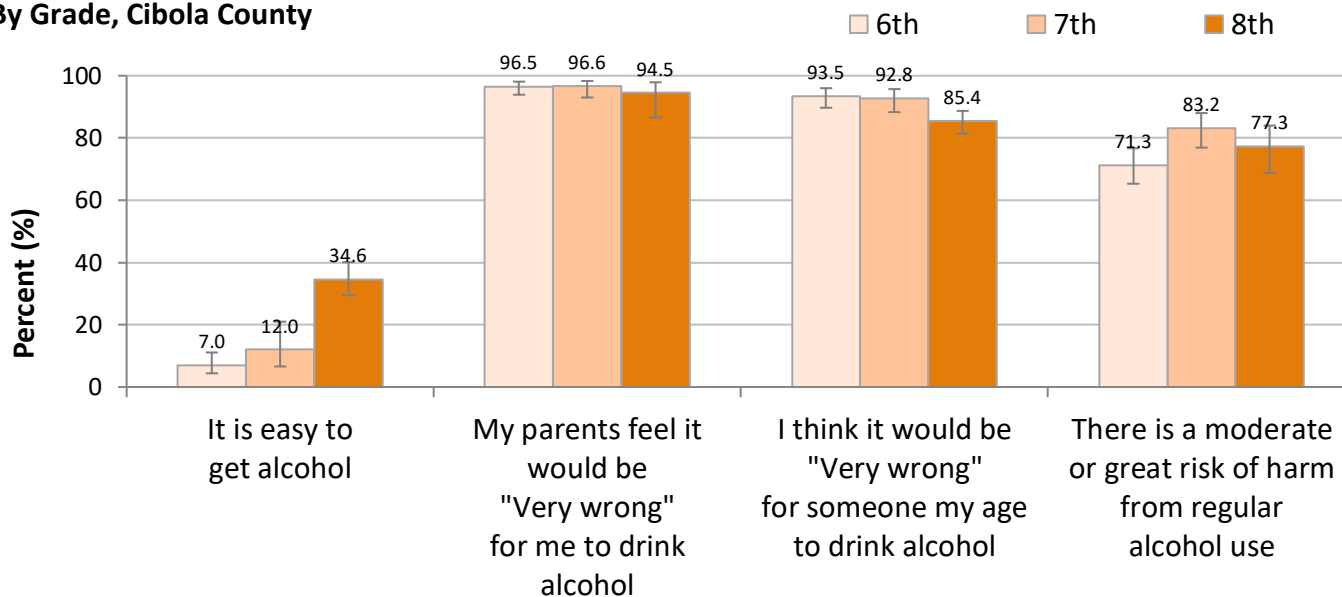
**Alcohol Use: Access and Attitudes  
New Mexico and Cibola County  
Grades 6-8, 2017**



**By Gender, Cibola County**

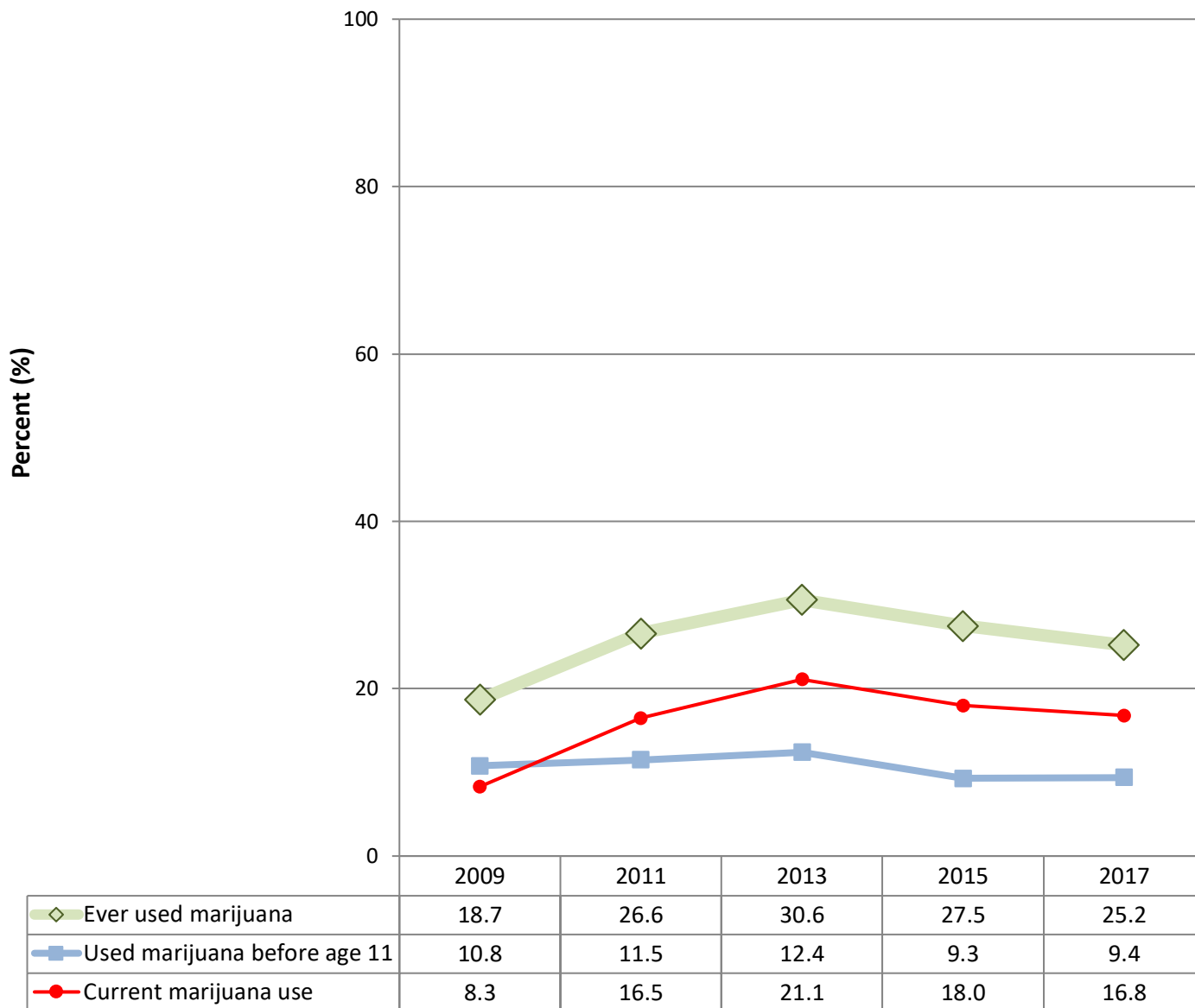


**By Grade, Cibola County**

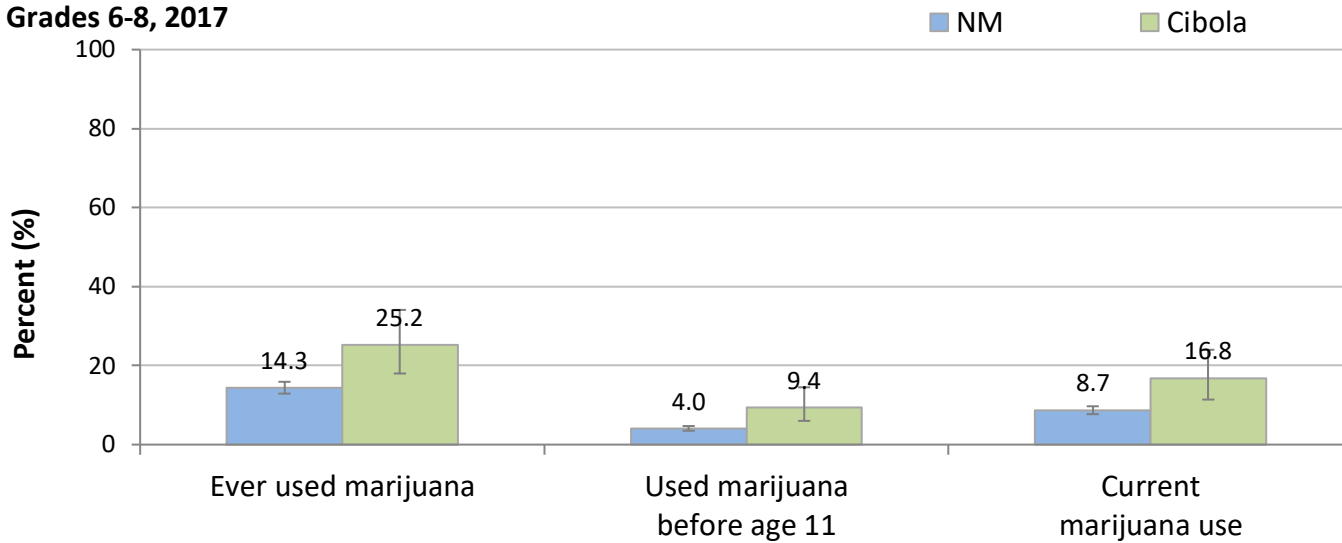


**Drug Use: Marijuana**

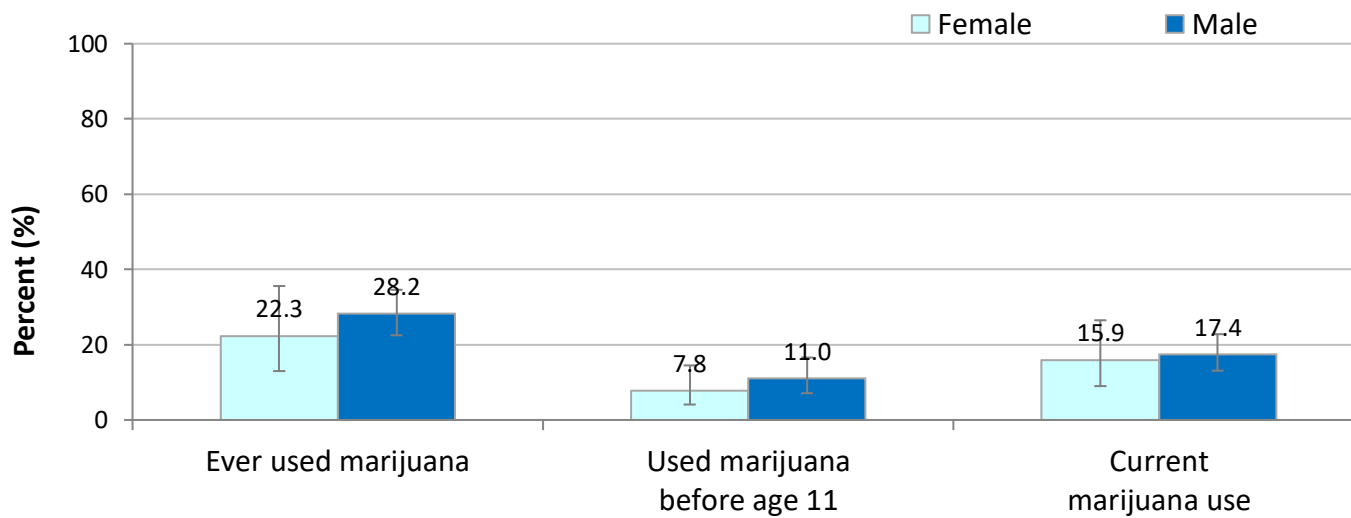
**Drug Use: Marijuana Indicators  
by Year, Cibola County  
Grades 6-8, 2009-2017**



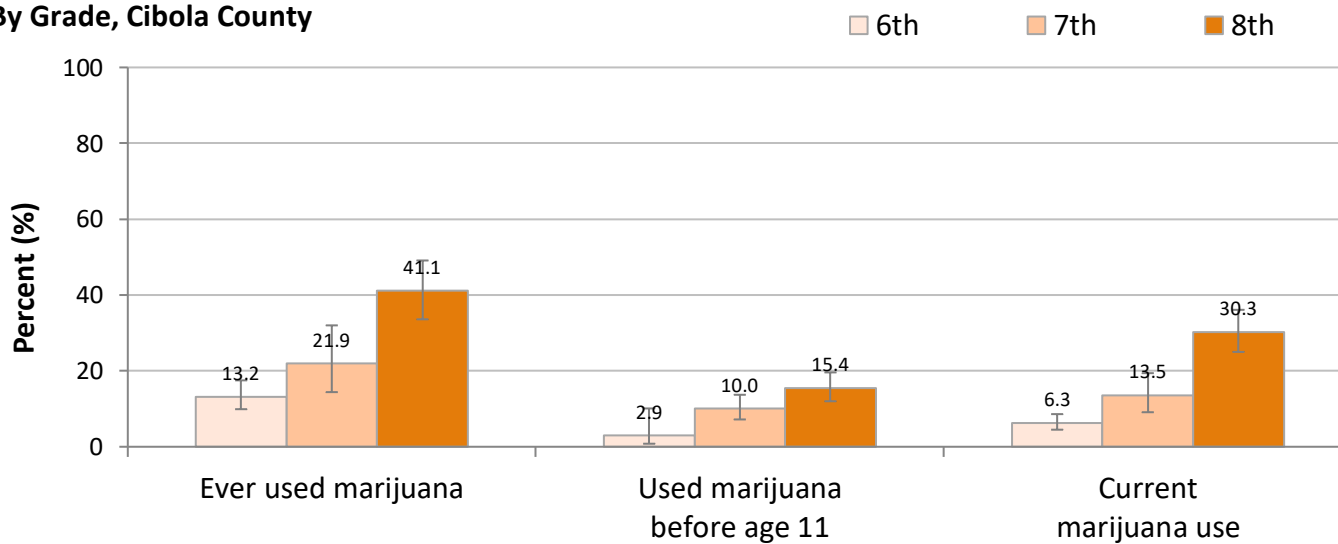
**Drug Use: Marijuana**  
**New Mexico and Cibola County**  
**Grades 6-8, 2017**



**By Gender, Cibola County**



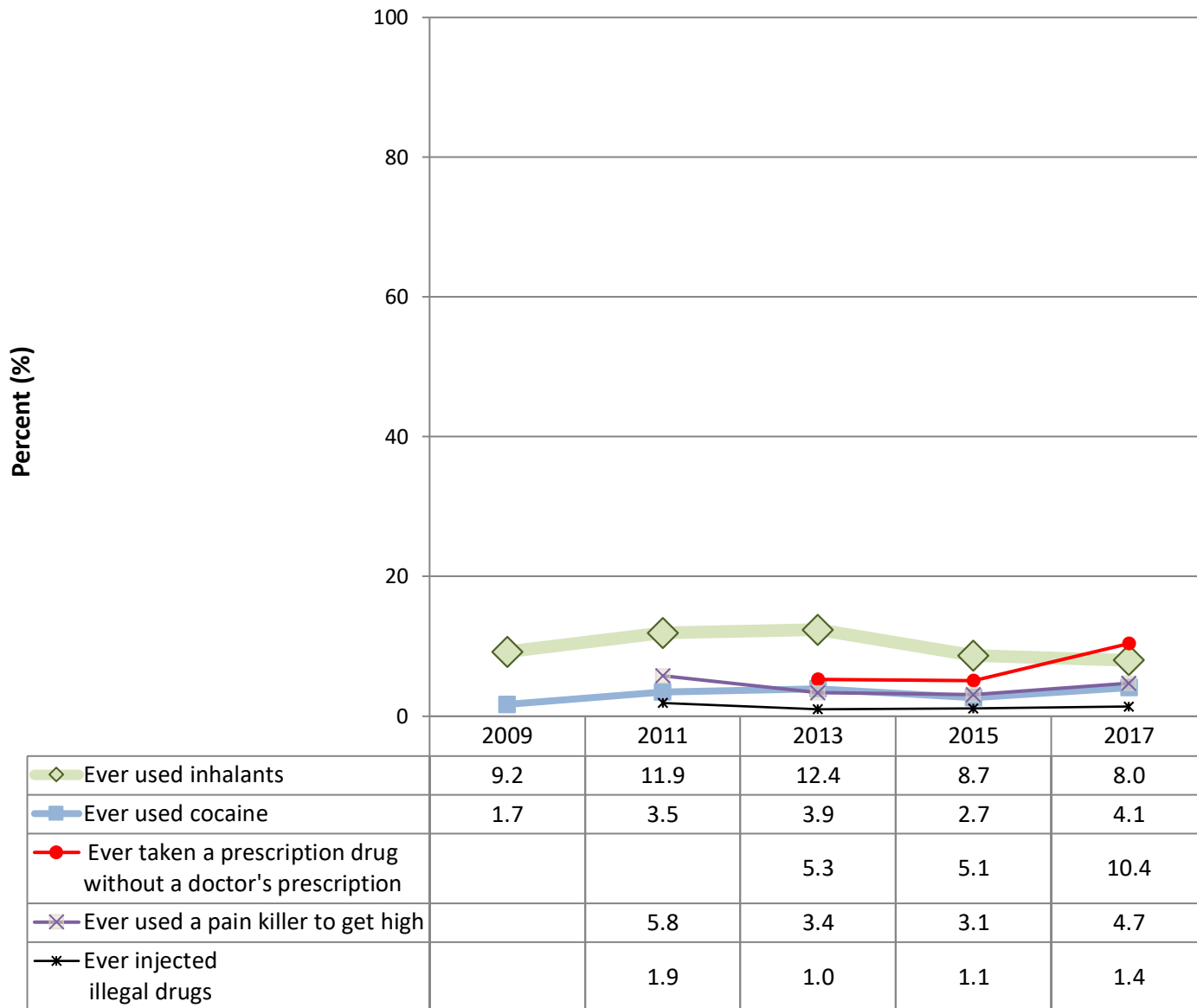
**By Grade, Cibola County**



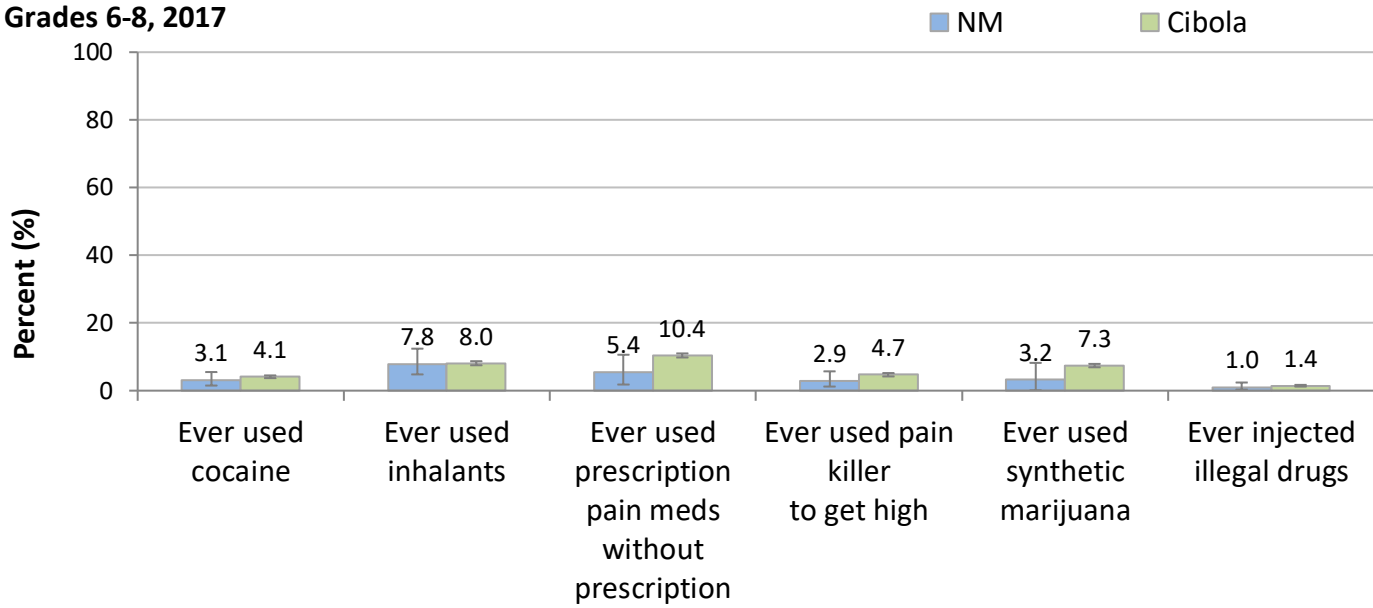


Drug Use

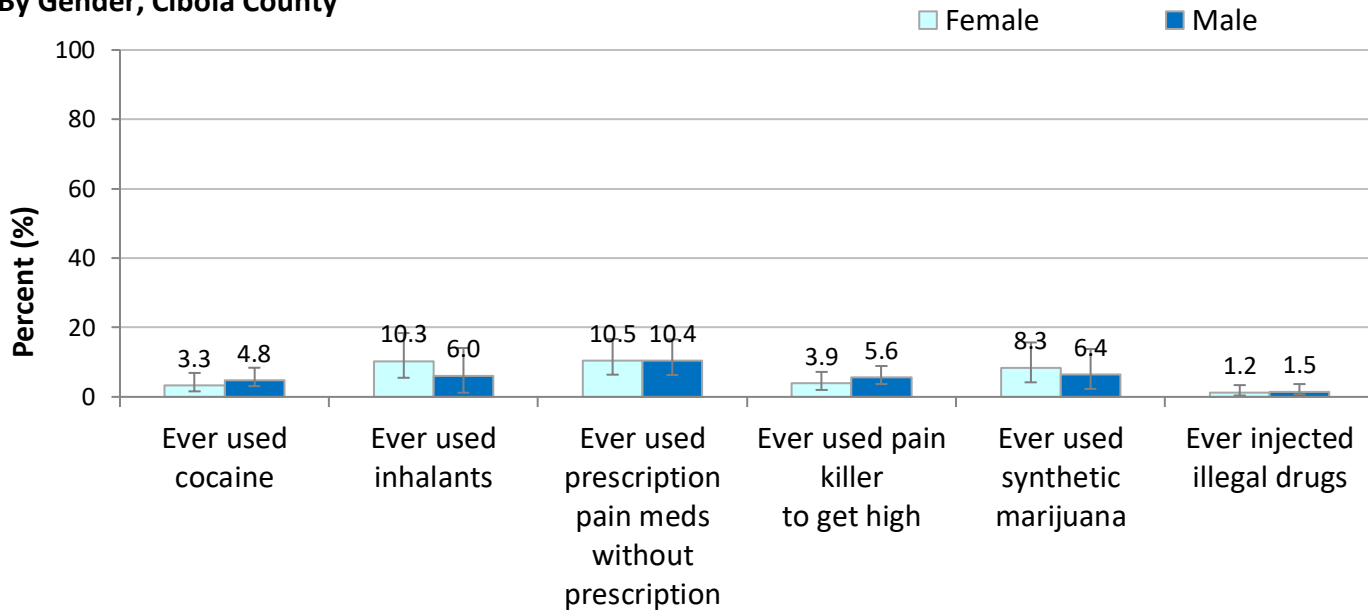
Drug Use Indicators  
by Year, Cibola County  
Grades 6-8, 2009-2017



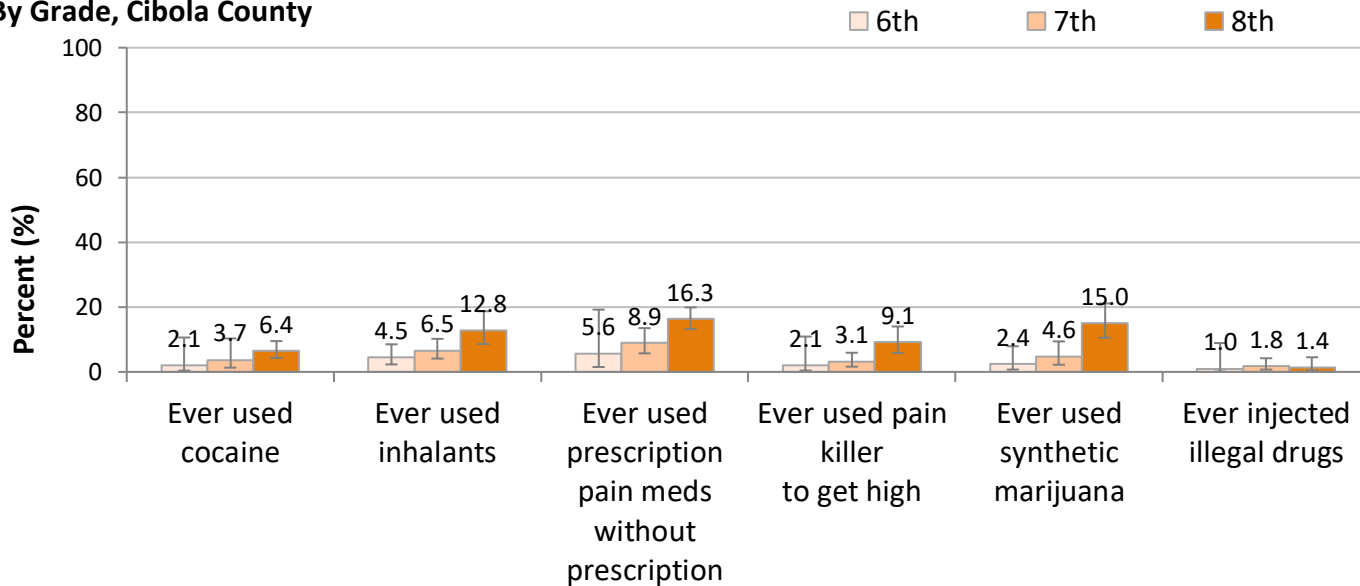
**Drug Use: Other drugs**  
**New Mexico and Cibola County**  
**Grades 6-8, 2017**



**By Gender, Cibola County**

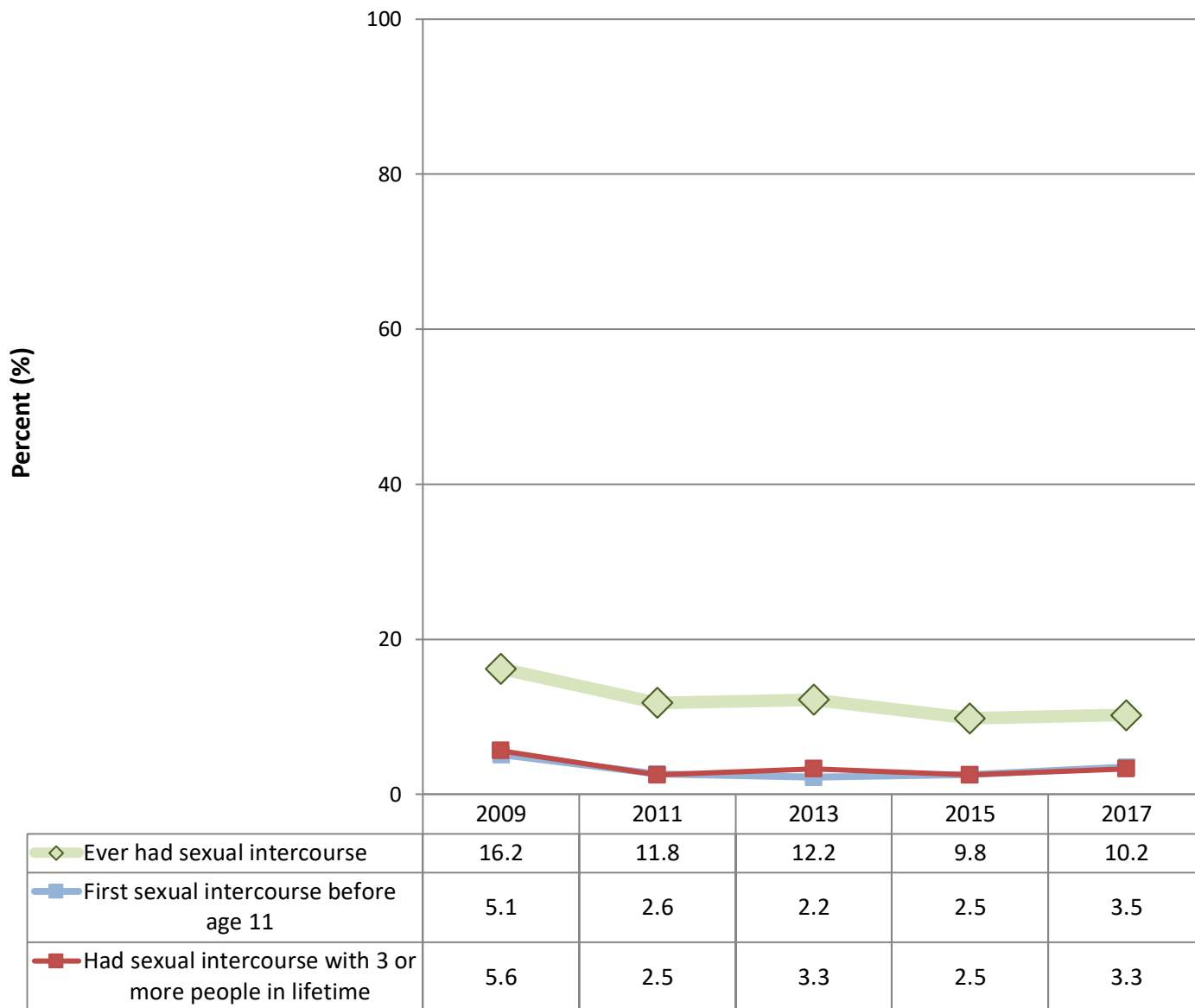


**By Grade, Cibola County**

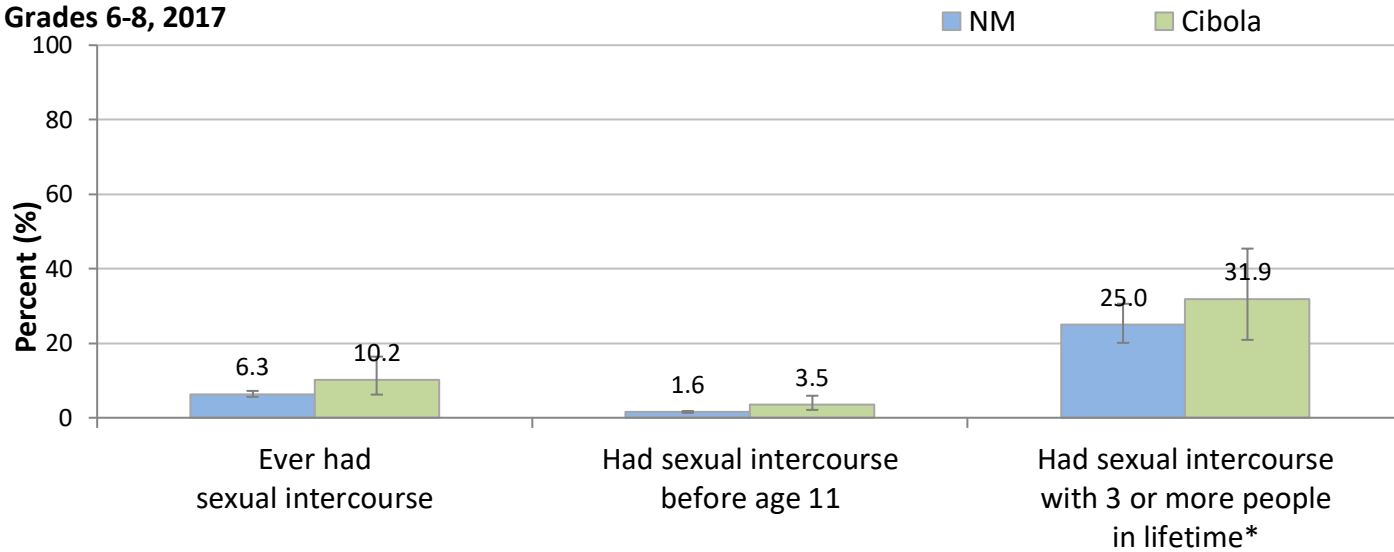


**Sexual Behavior**

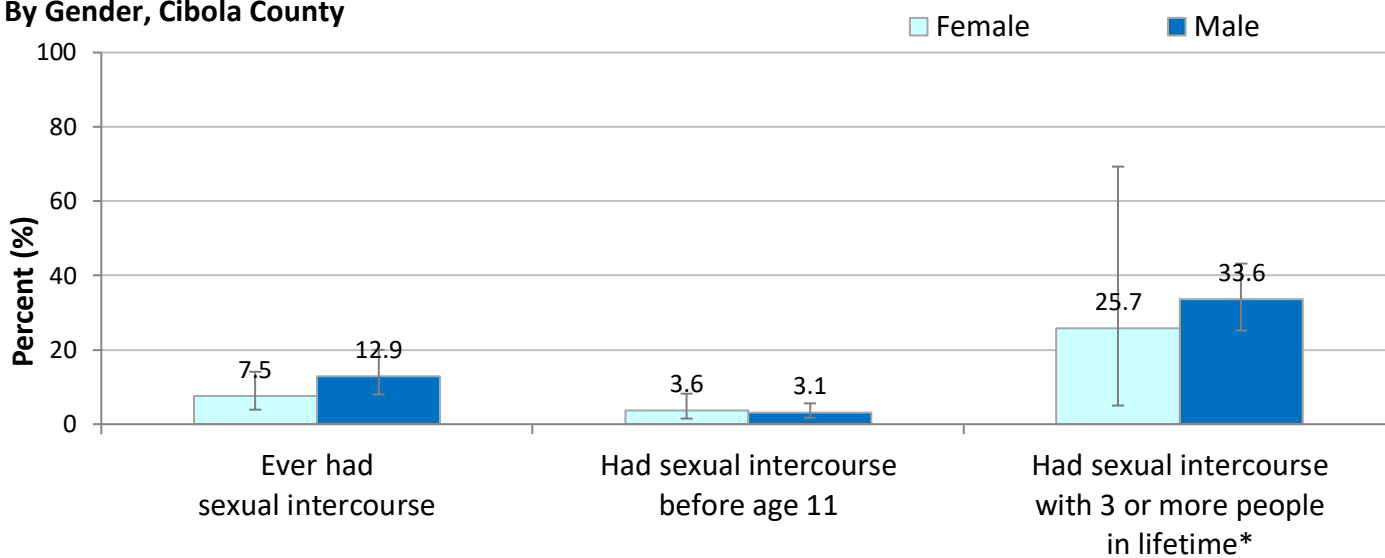
**Sexual Behavior Indicators  
by Year, Cibola County  
Grades 6-8, 2009-2017**



**Sexual Behavior  
New Mexico and Cibola County  
Grades 6-8, 2017**



**By Gender, Cibola County**



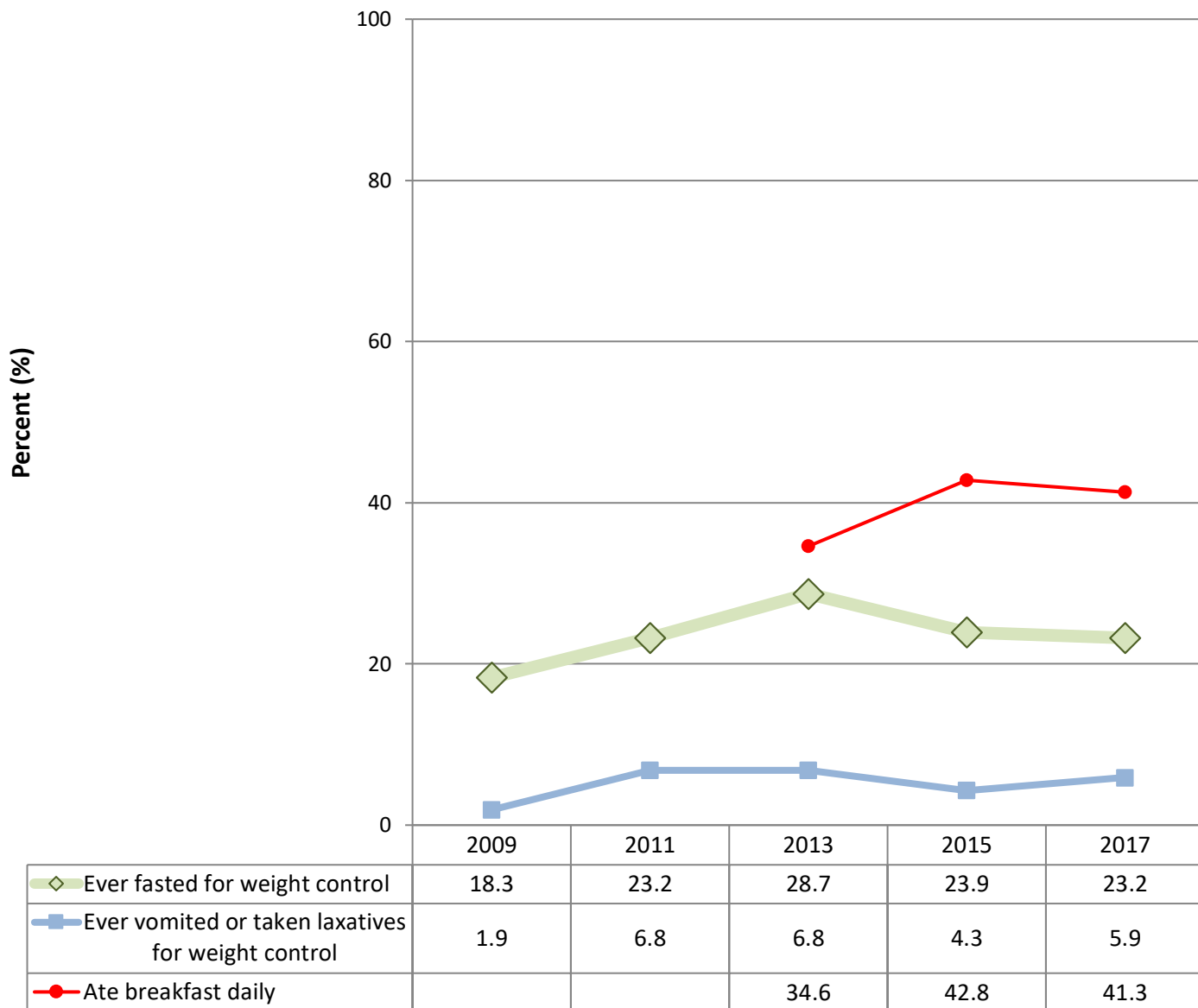
**By Grade, Cibola County**



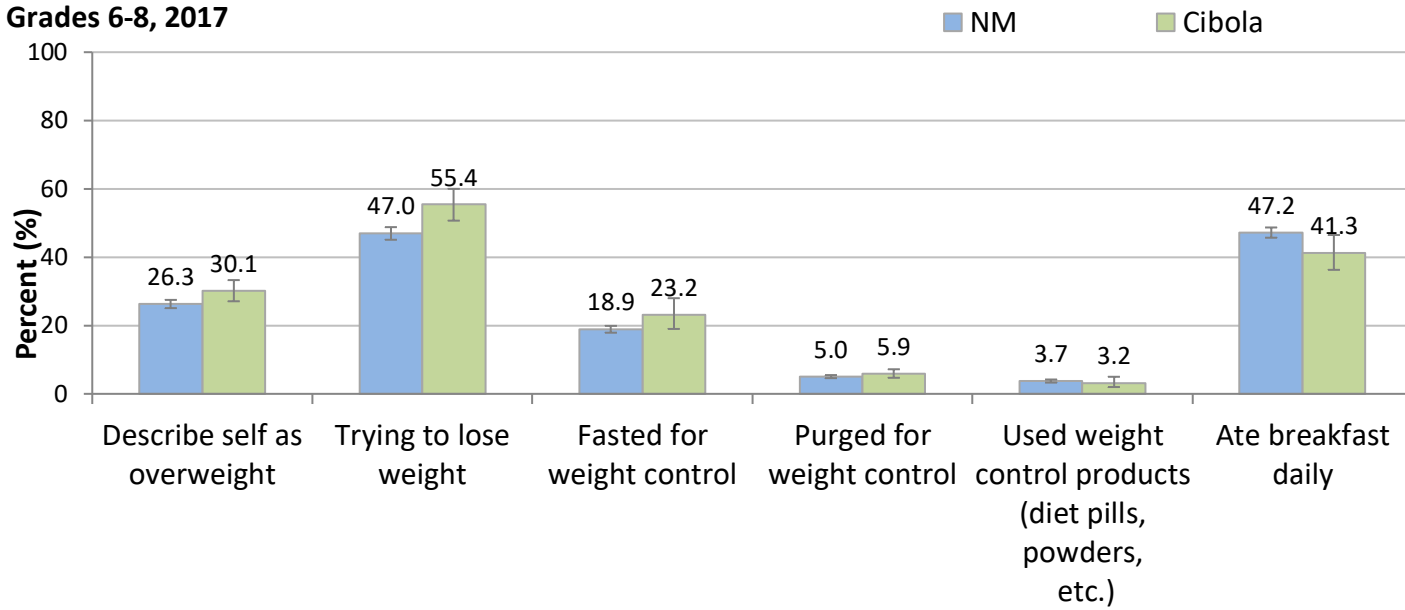
\* Of those who ever had sexual intercourse, the last time they had sexual intercourse.

**Weight Control and Nutrition**

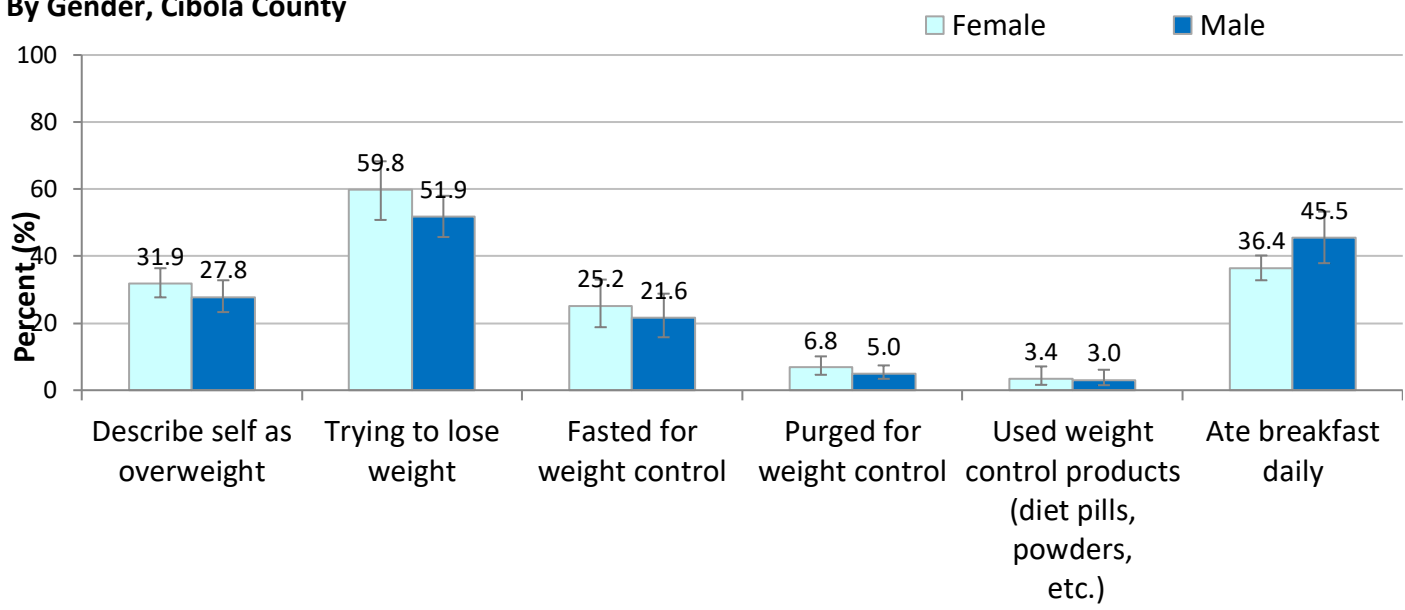
**Weight Control and Nutrition Indicators  
by Year, Cibola County  
Grades 6-8, 2009-2017**



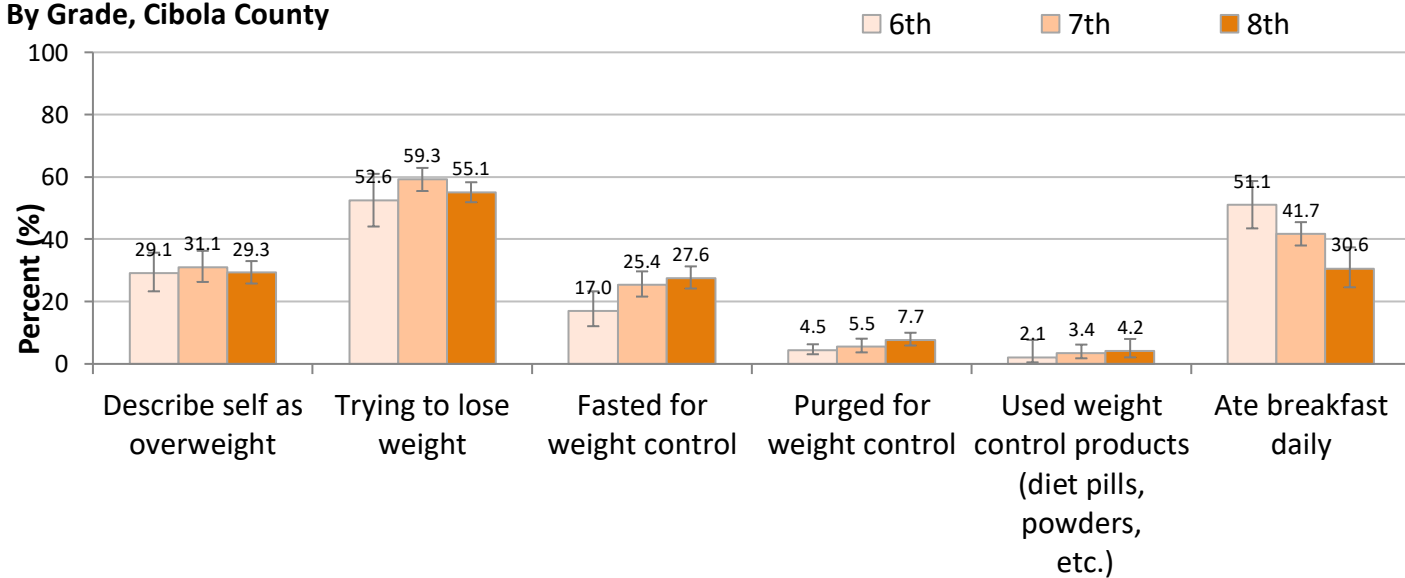
**Weight Control and Nutrition  
New Mexico and Cibola County  
Grades 6-8, 2017**



**By Gender, Cibola County**

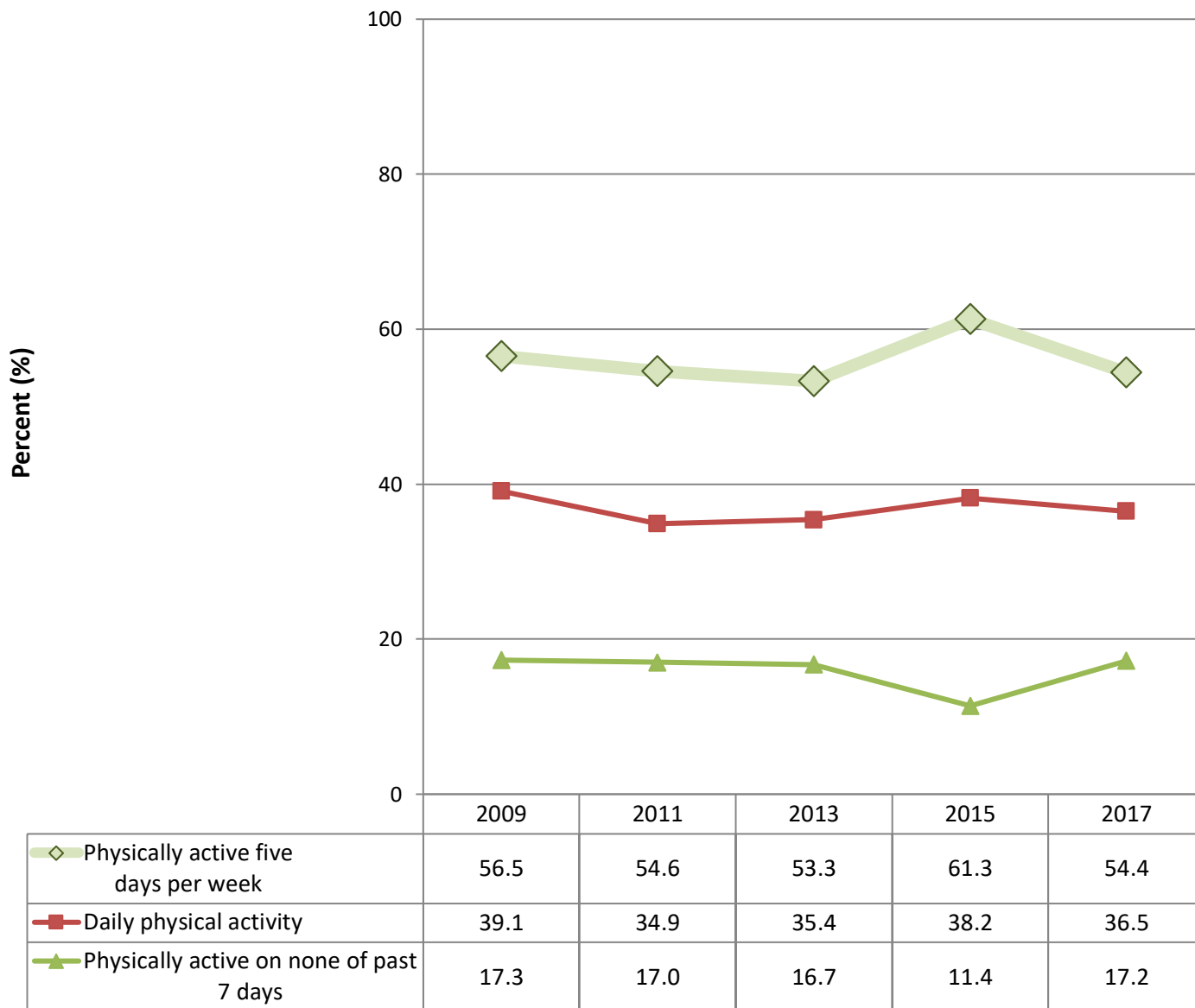


**By Grade, Cibola County**

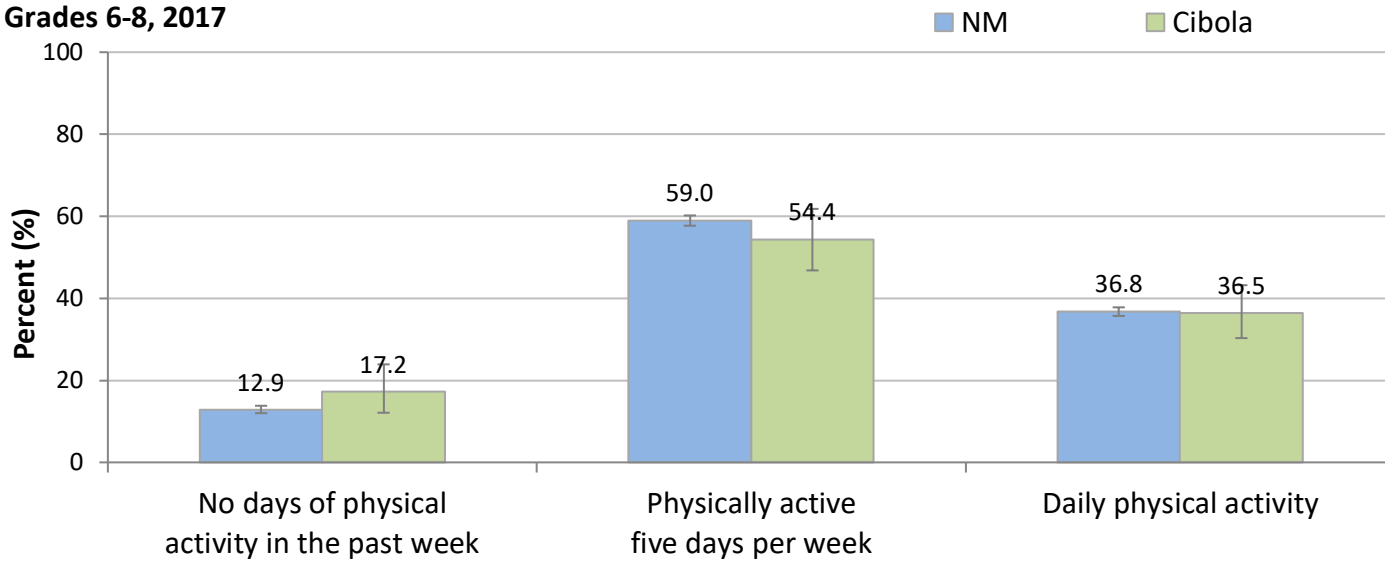


**Physical Activity**

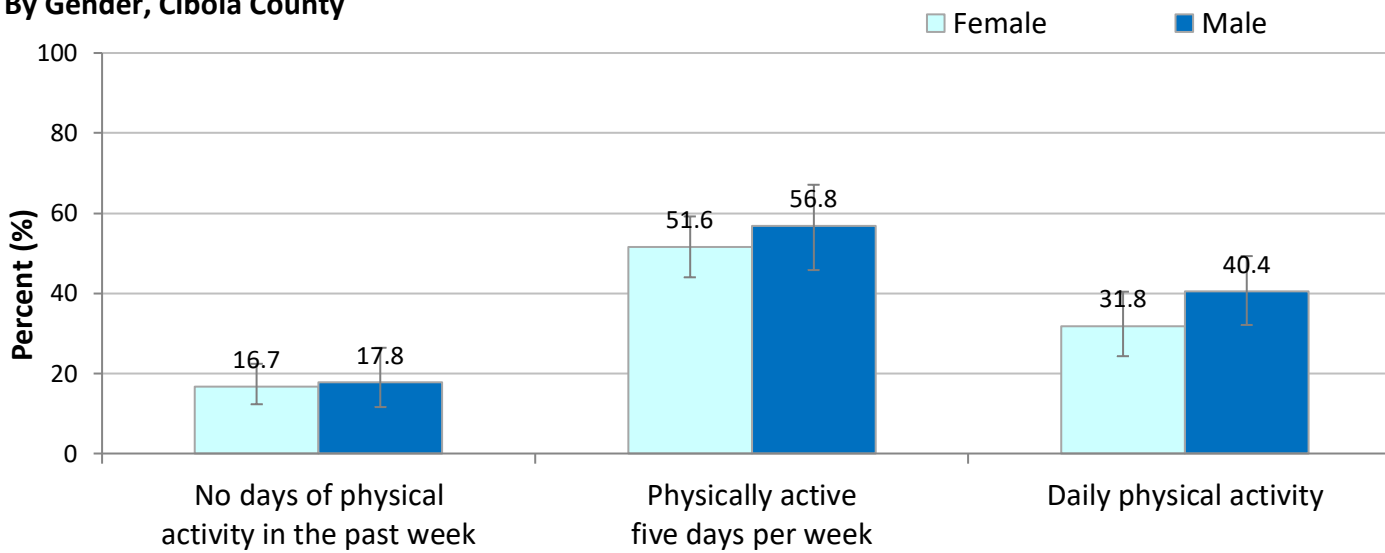
**Physical Activity Indicators  
by Year, Cibola County  
Grades 6-8, 2009-2017**



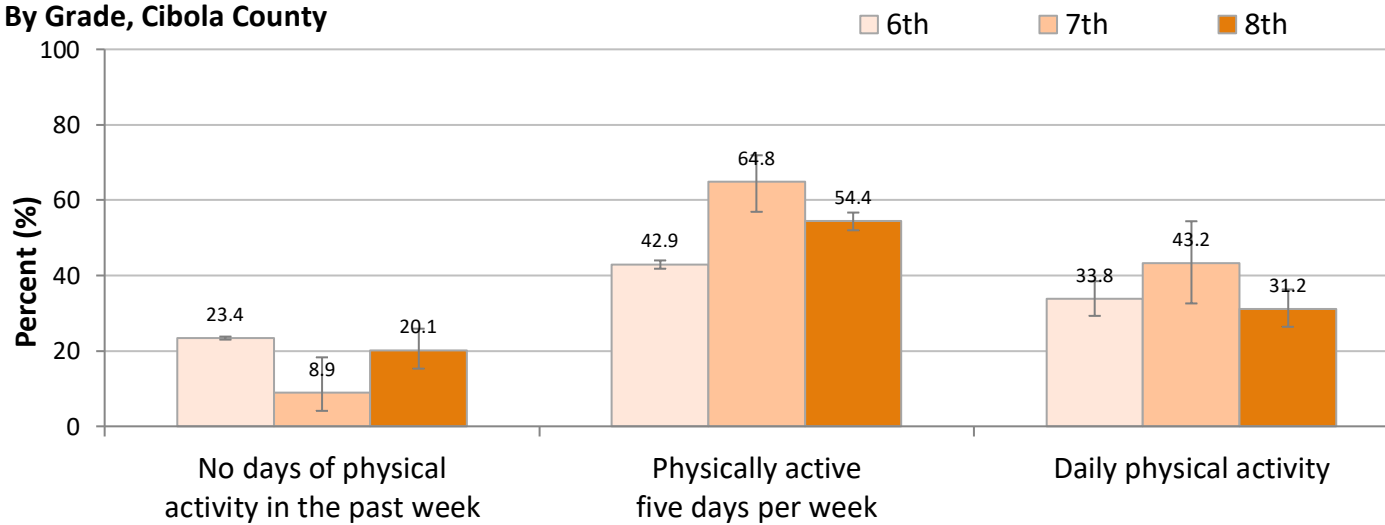
**Physical Activity  
New Mexico and Cibola County  
Grades 6-8, 2017**



**By Gender, Cibola County**



**By Grade, Cibola County**

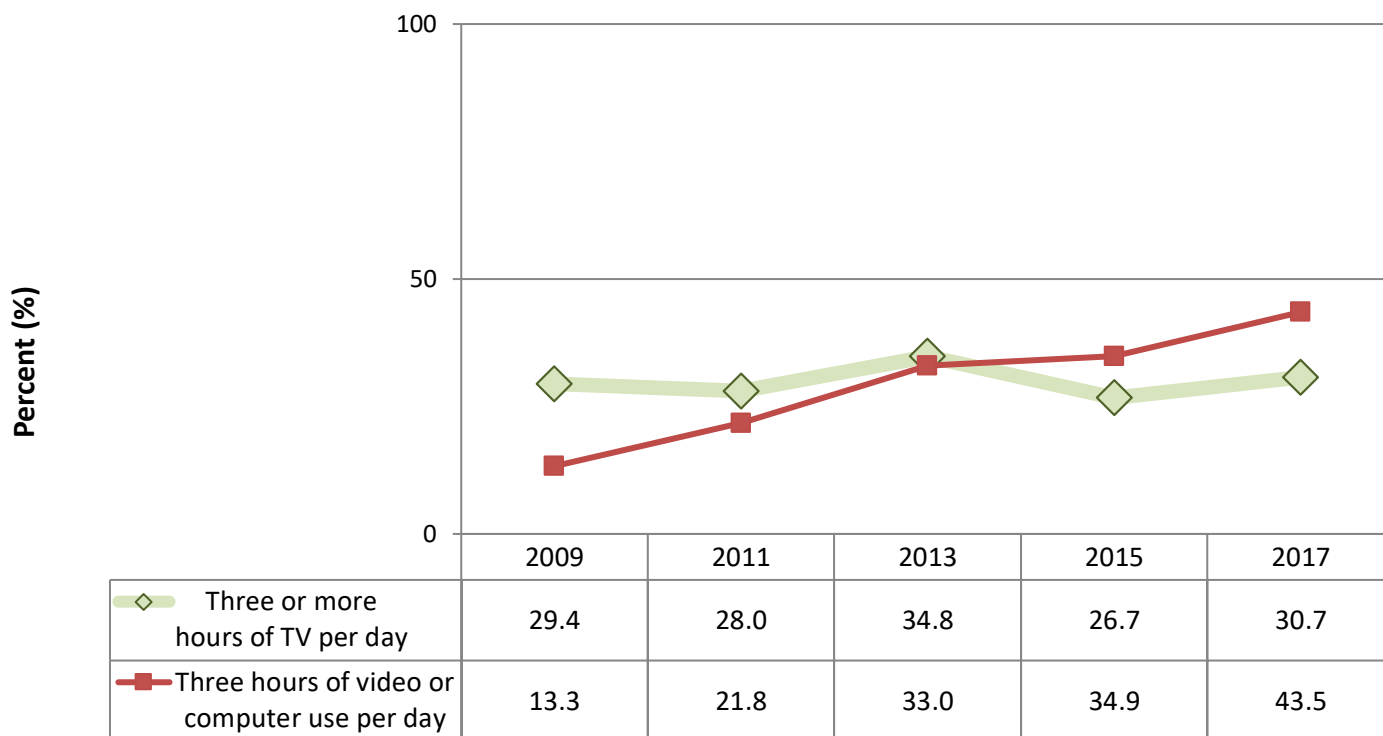
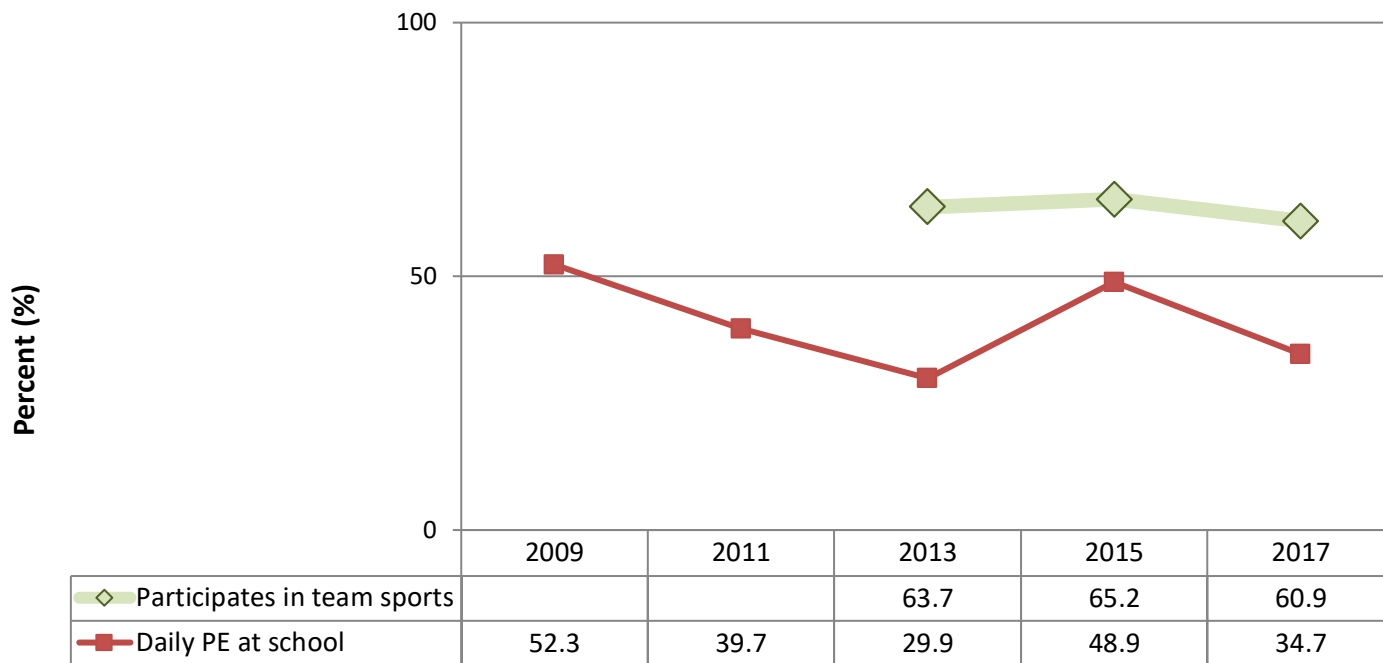


*Physically active: A total of 60 minutes per day of physical activity.*

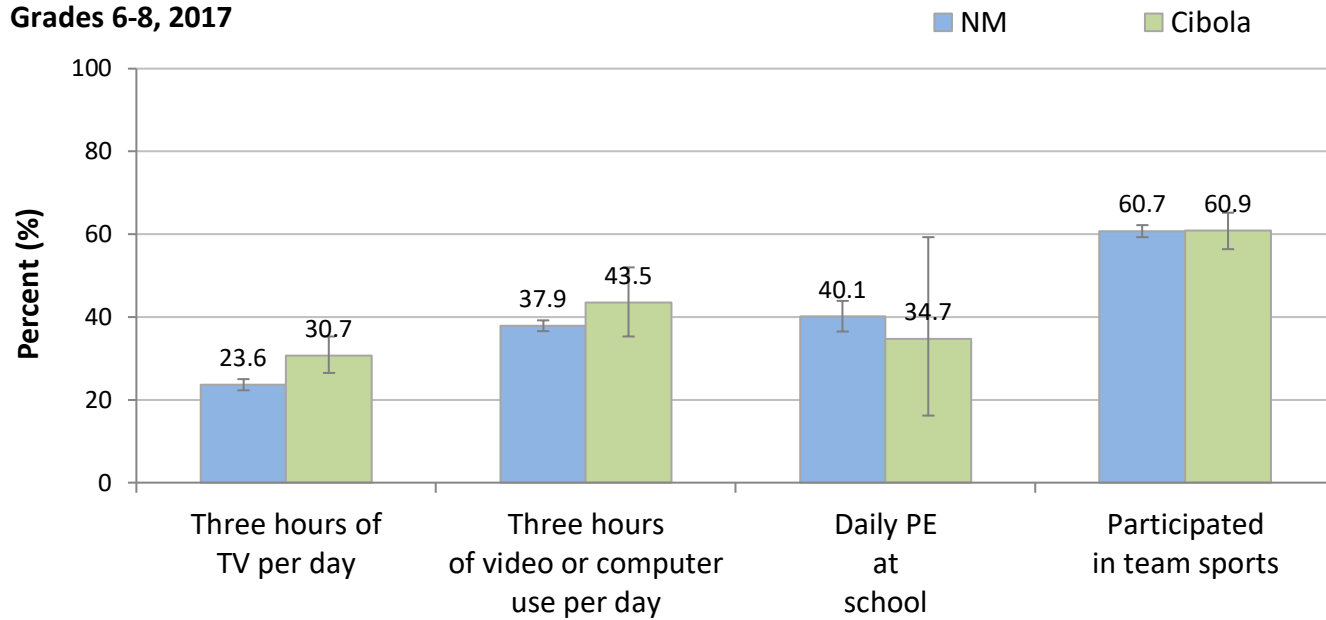


**Physical Activity**

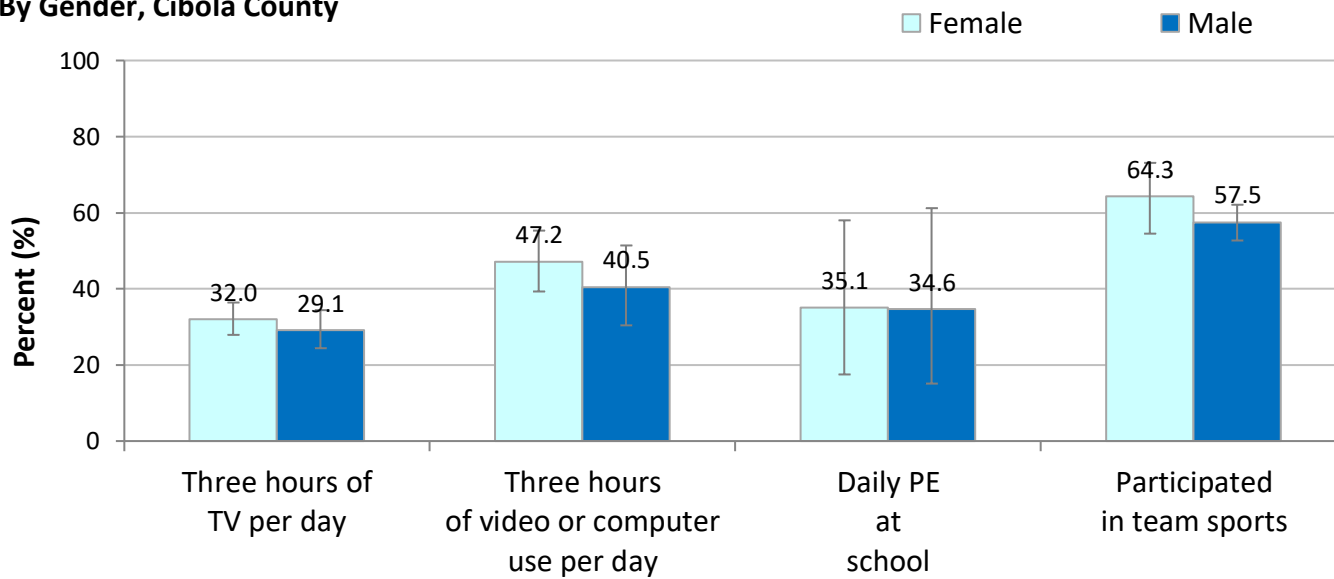
**Physical Activity Indicators  
by Year, Cibola County  
Grades 6-8, 2009-2017**



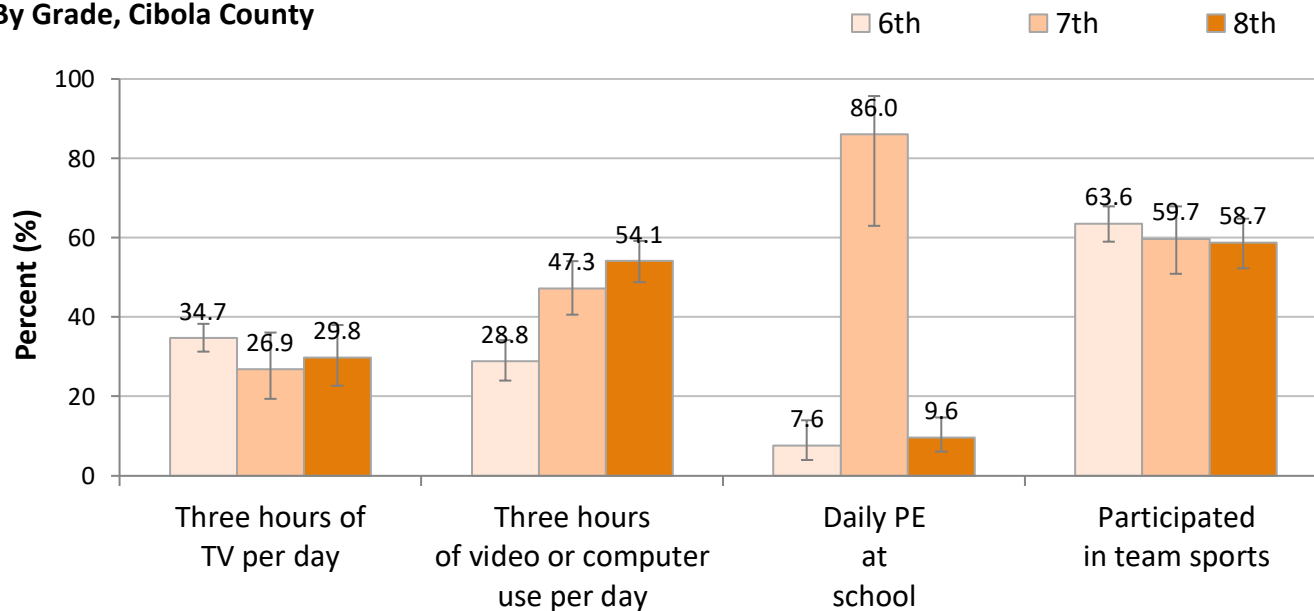
**Physical Activity  
New Mexico and Cibola County  
Grades 6-8, 2017**



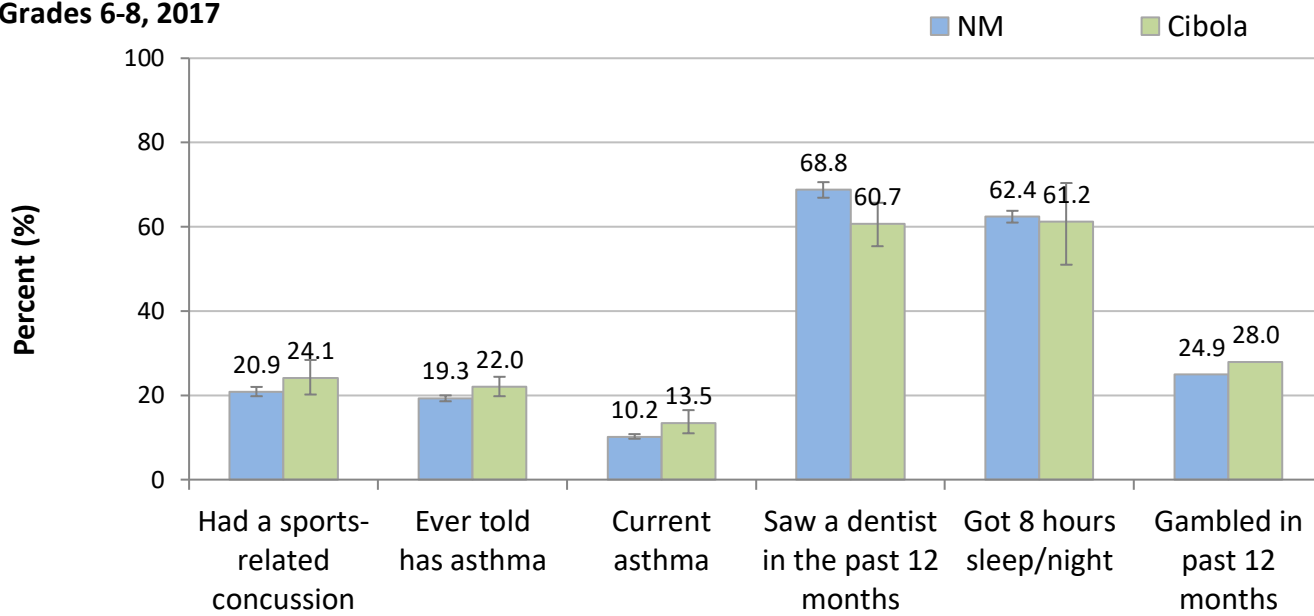
**By Gender, Cibola County**



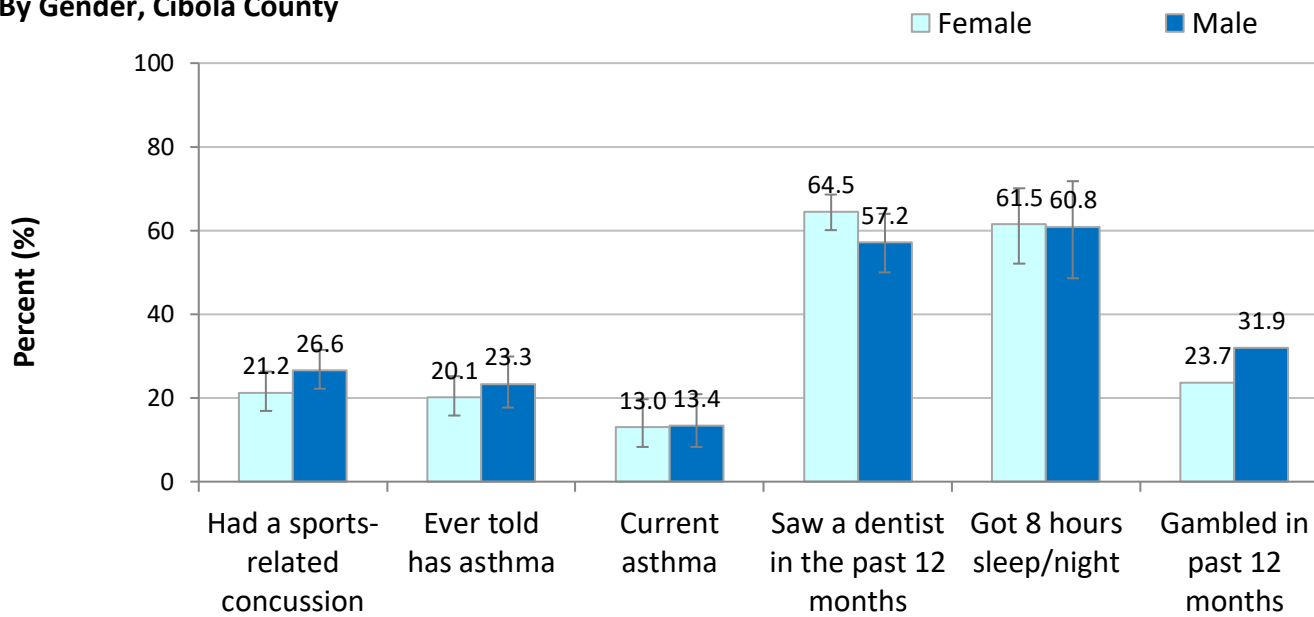
**By Grade, Cibola County**



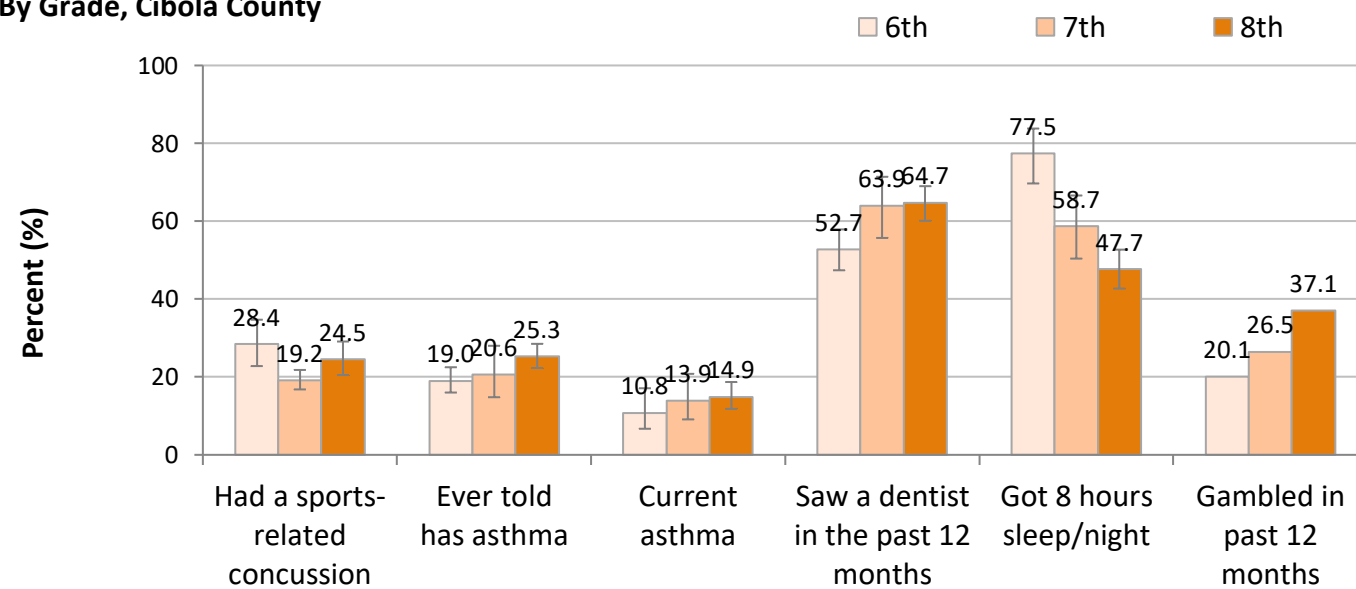
**Other Health-Related Topics**  
**New Mexico and Cibola County**  
**Grades 6-8, 2017**



**By Gender, Cibola County**



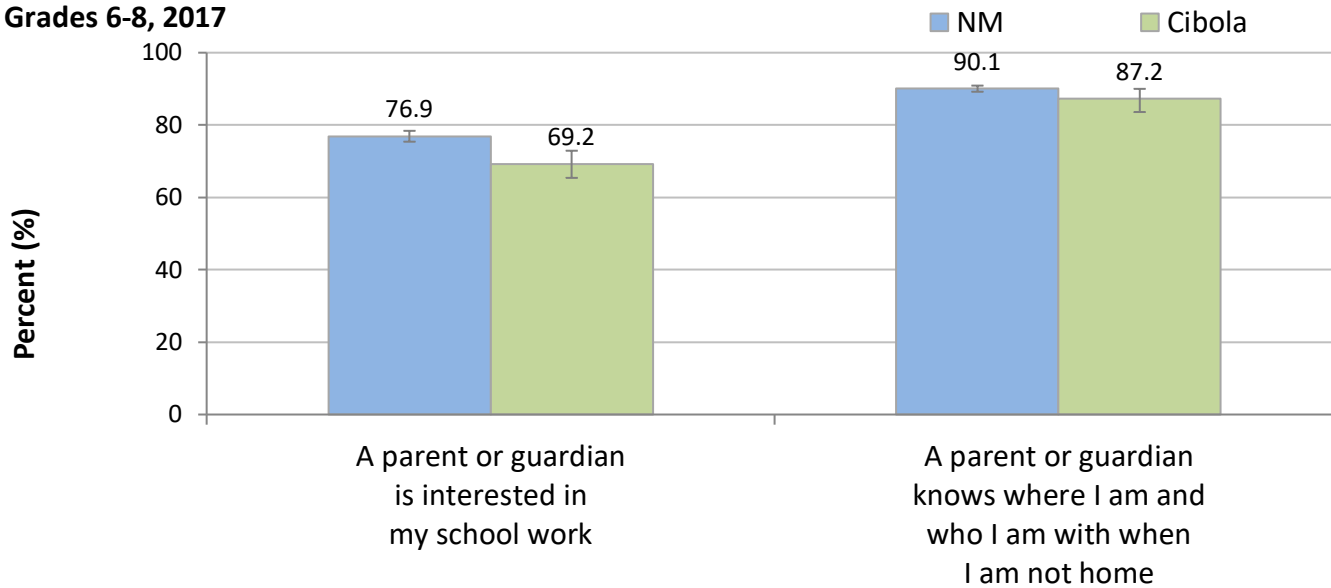
**By Grade, Cibola County**



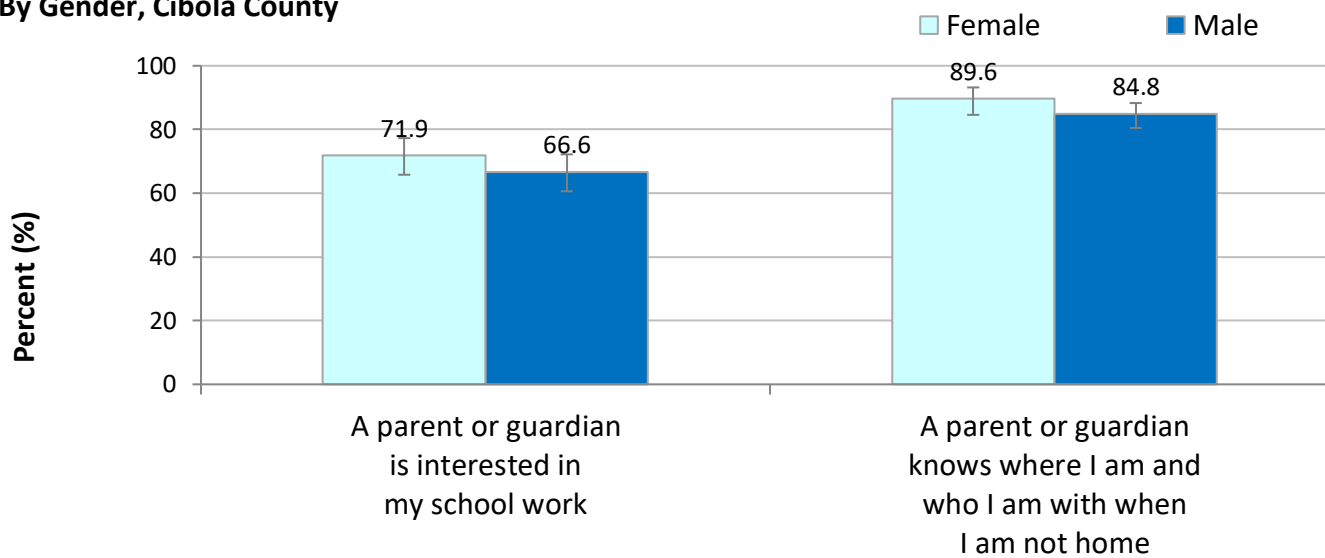


## Resiliency/Protective Factors

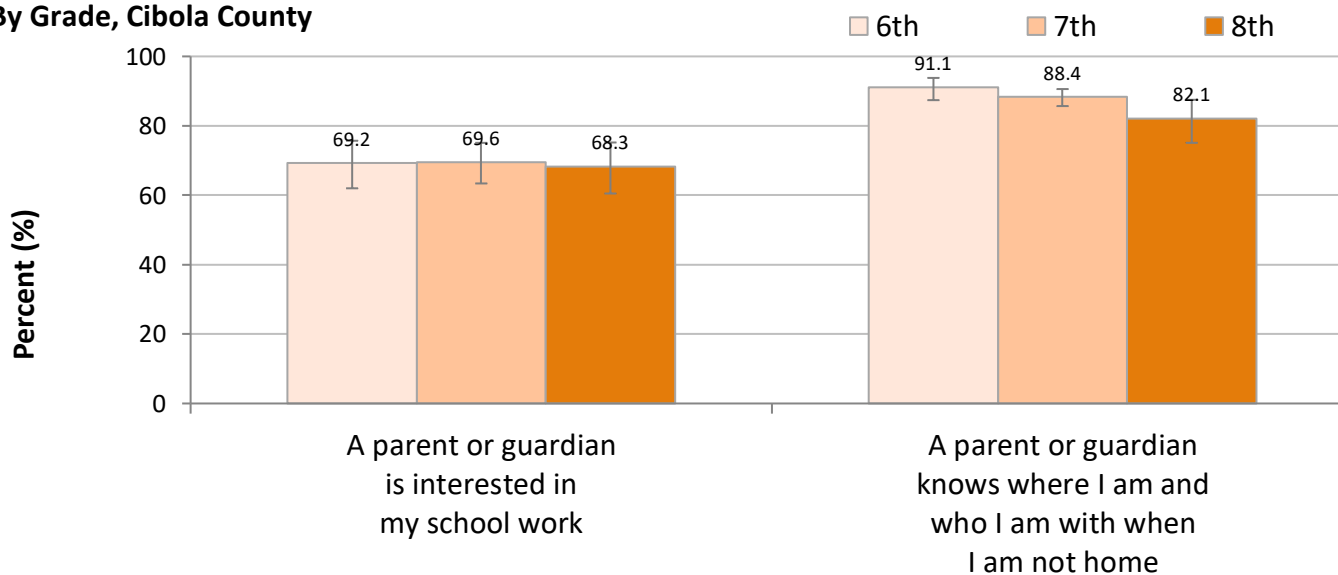
**Resiliency/Protective Factors: In the home\***  
New Mexico and Cibola County  
Grades 6-8, 2017



**By Gender, Cibola County**

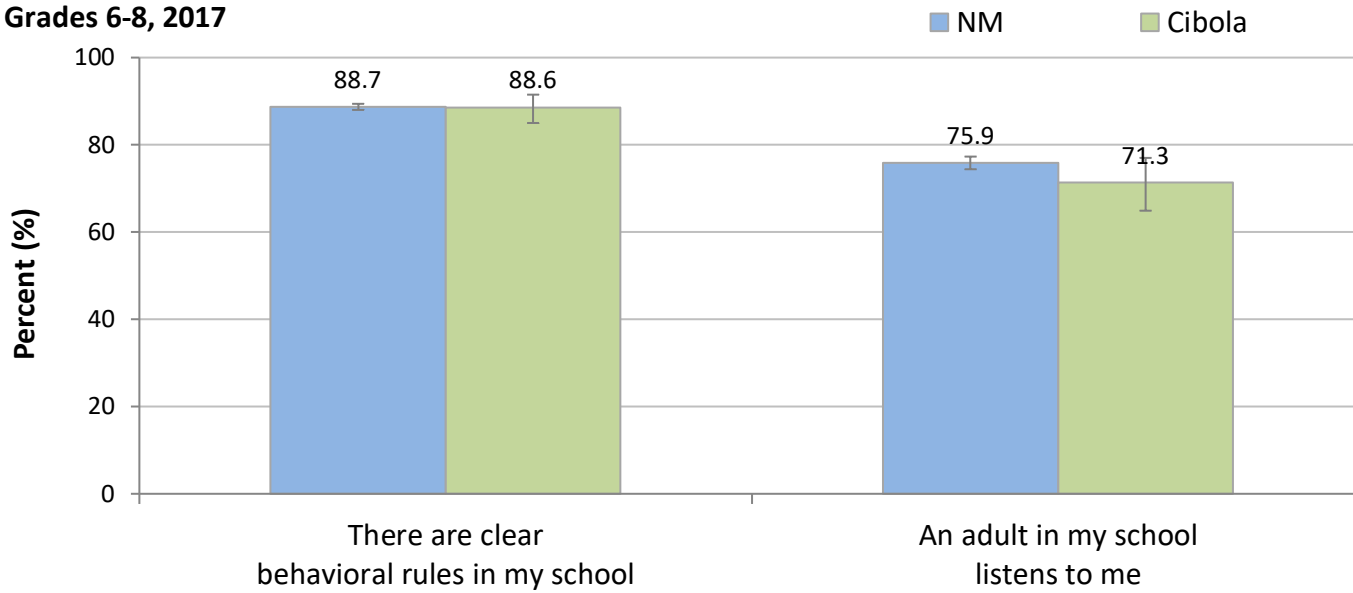


**By Grade, Cibola County**

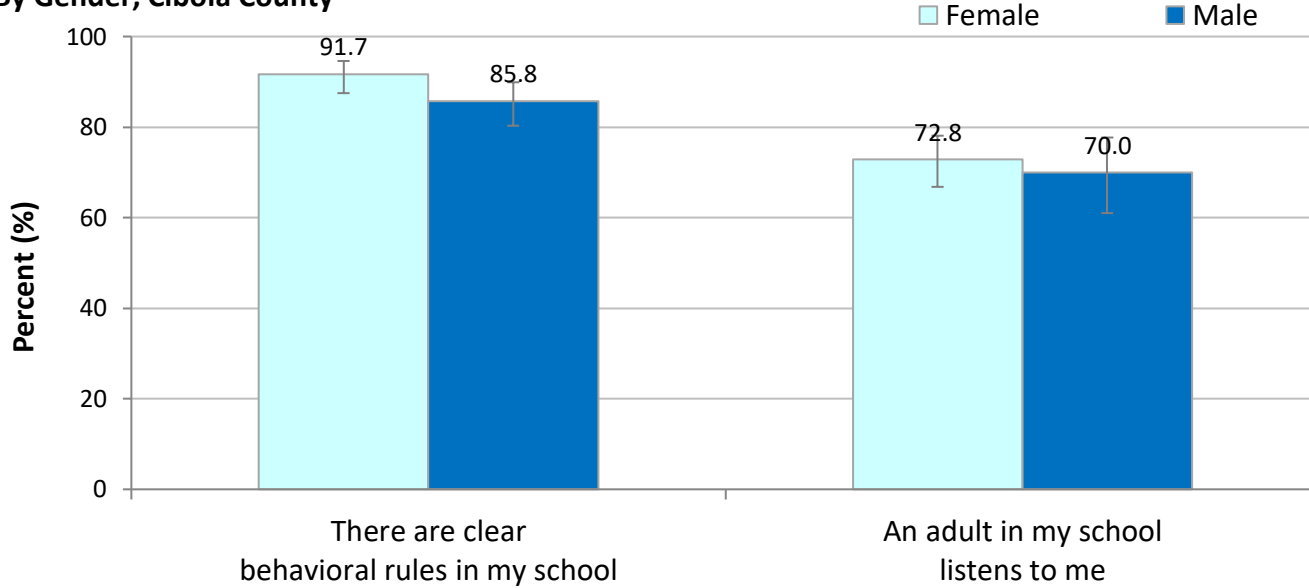


*Respondent who said the statement was Pretty much true or Very much true.*

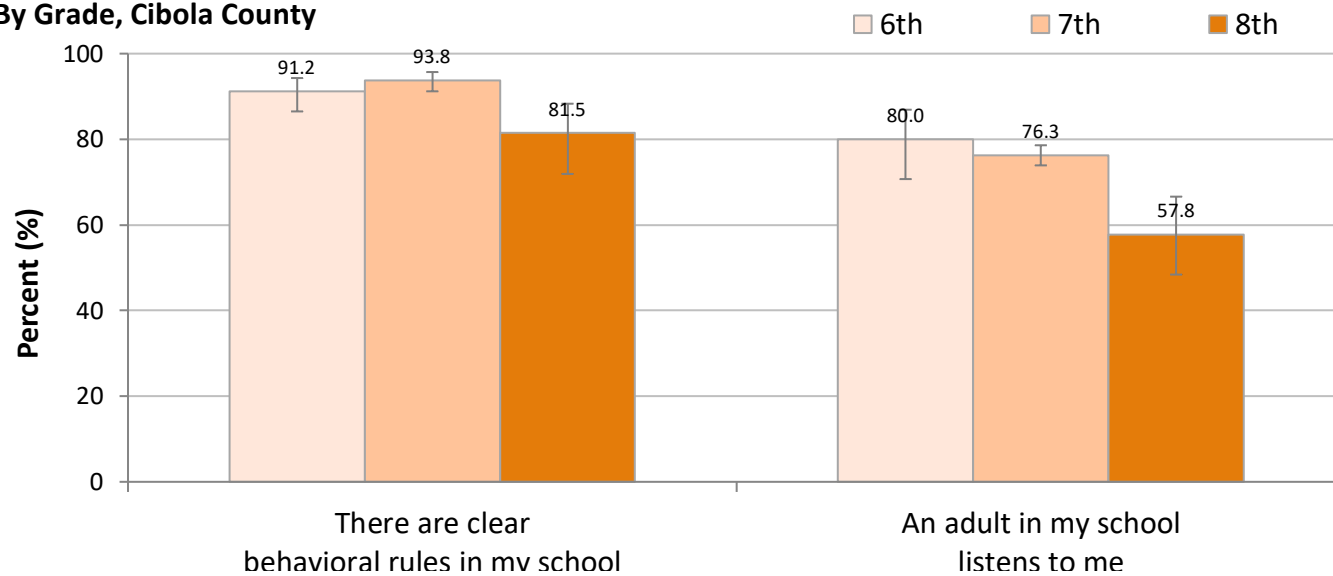
**Resiliency/Protective Factors: In the school**  
**New Mexico and Cibola County**  
**Grades 6-8, 2017**



**By Gender, Cibola County**

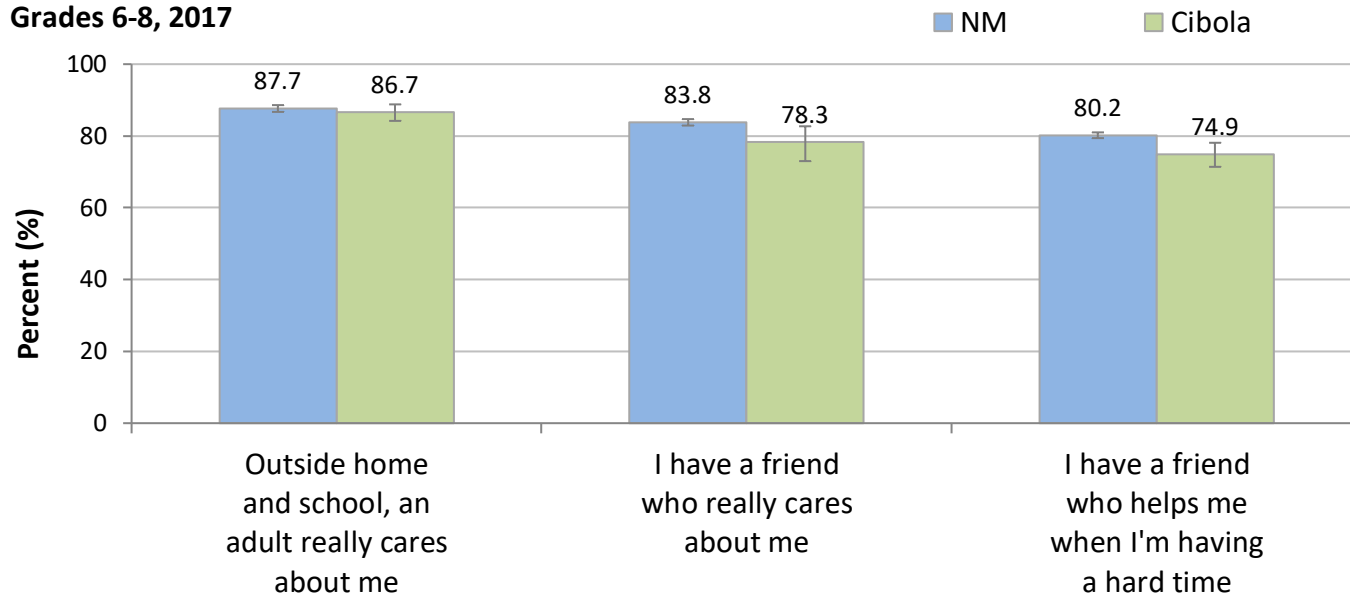


**By Grade, Cibola County**

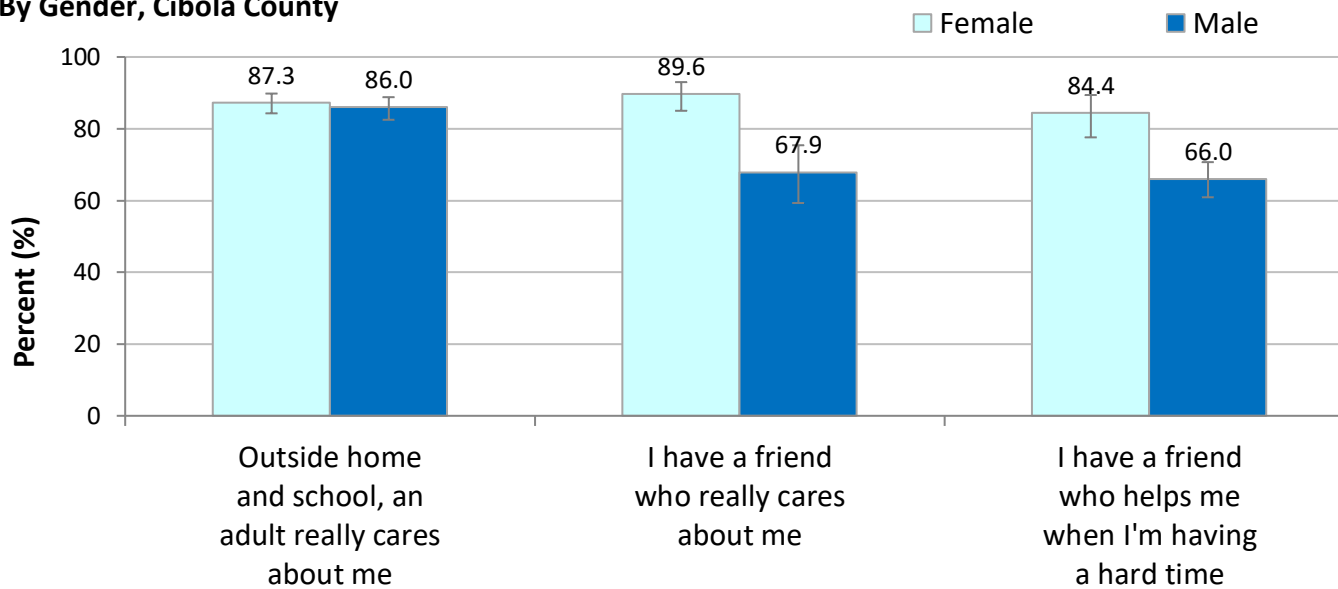


*Respondent who said the statement was Pretty much true or Very much true.*

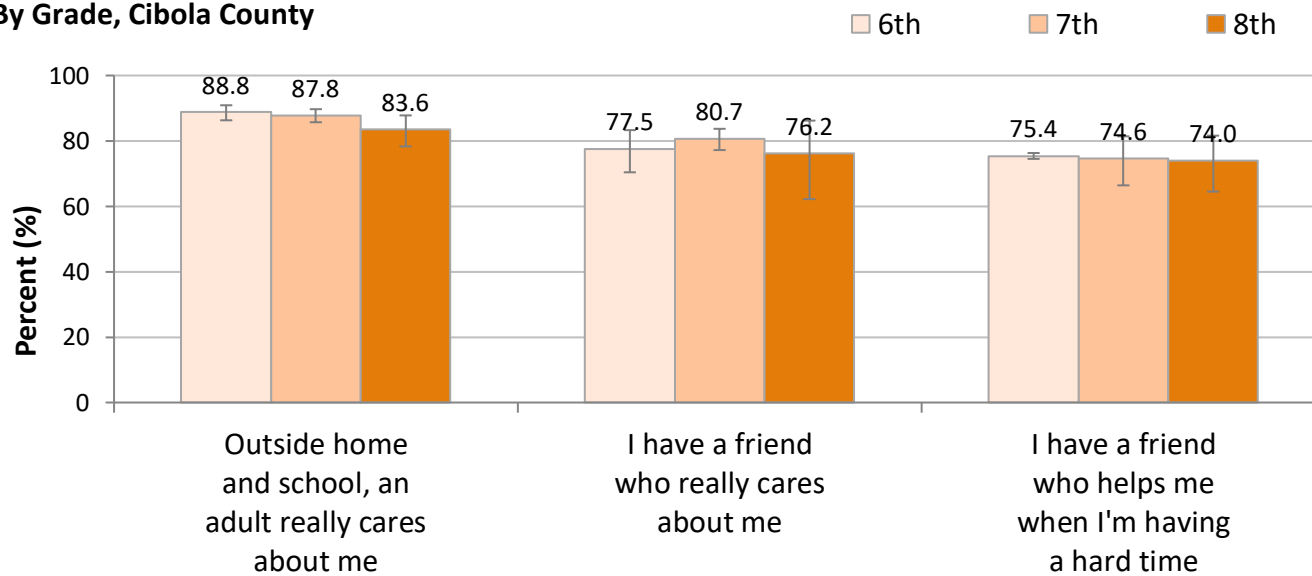
**Resiliency/Protective Factors: In the community and with peers**  
**New Mexico and Cibola County**  
**Grades 6-8, 2017**



**By Gender, Cibola County**



**By Grade, Cibola County**





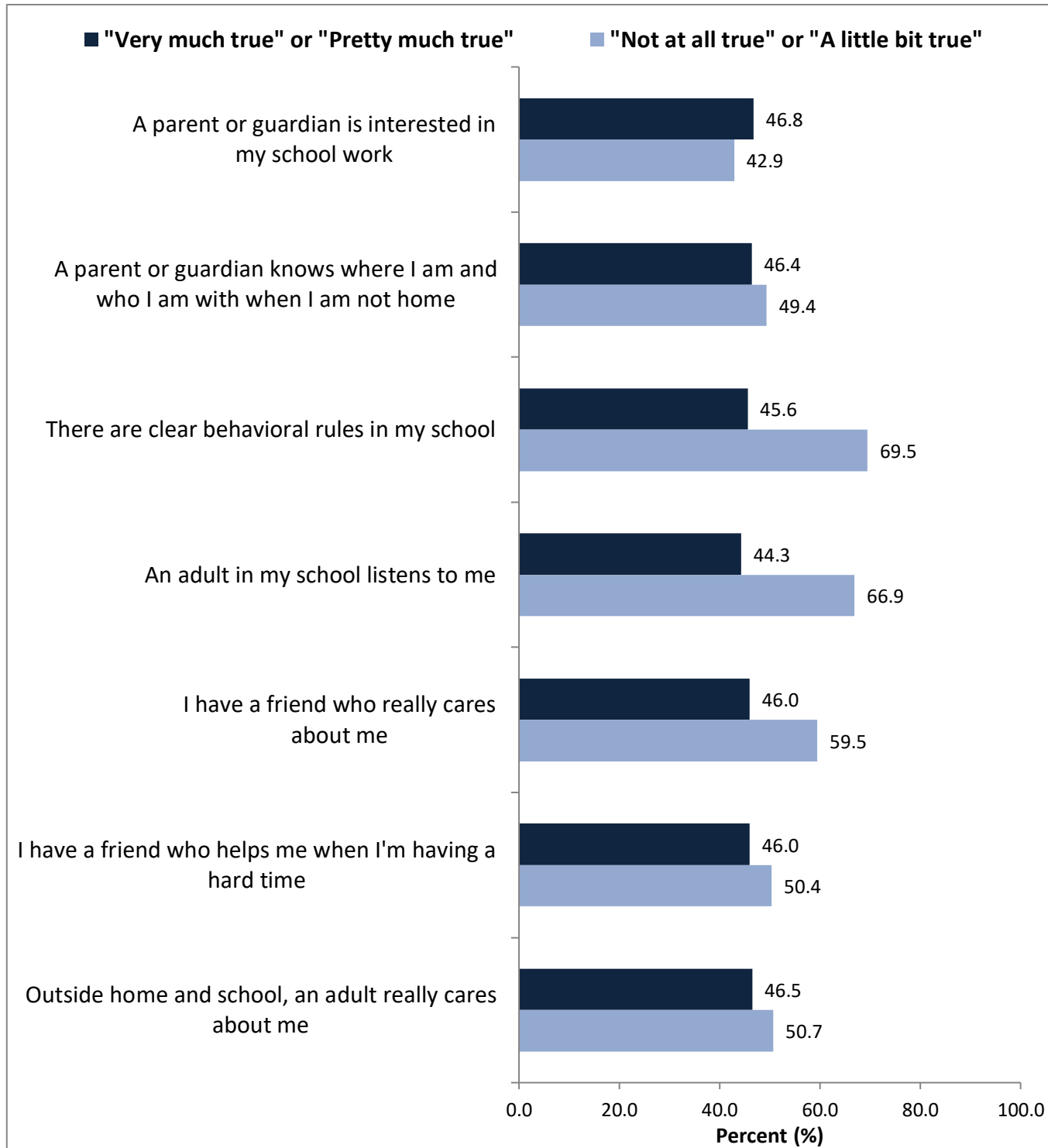
## Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors

## Physical fight

by Selected Resiliency Factors

Northwest Public Health Region (McKinley, Cibola, San Juan County)

Grades 6-8, 2017



### How to read this chart:

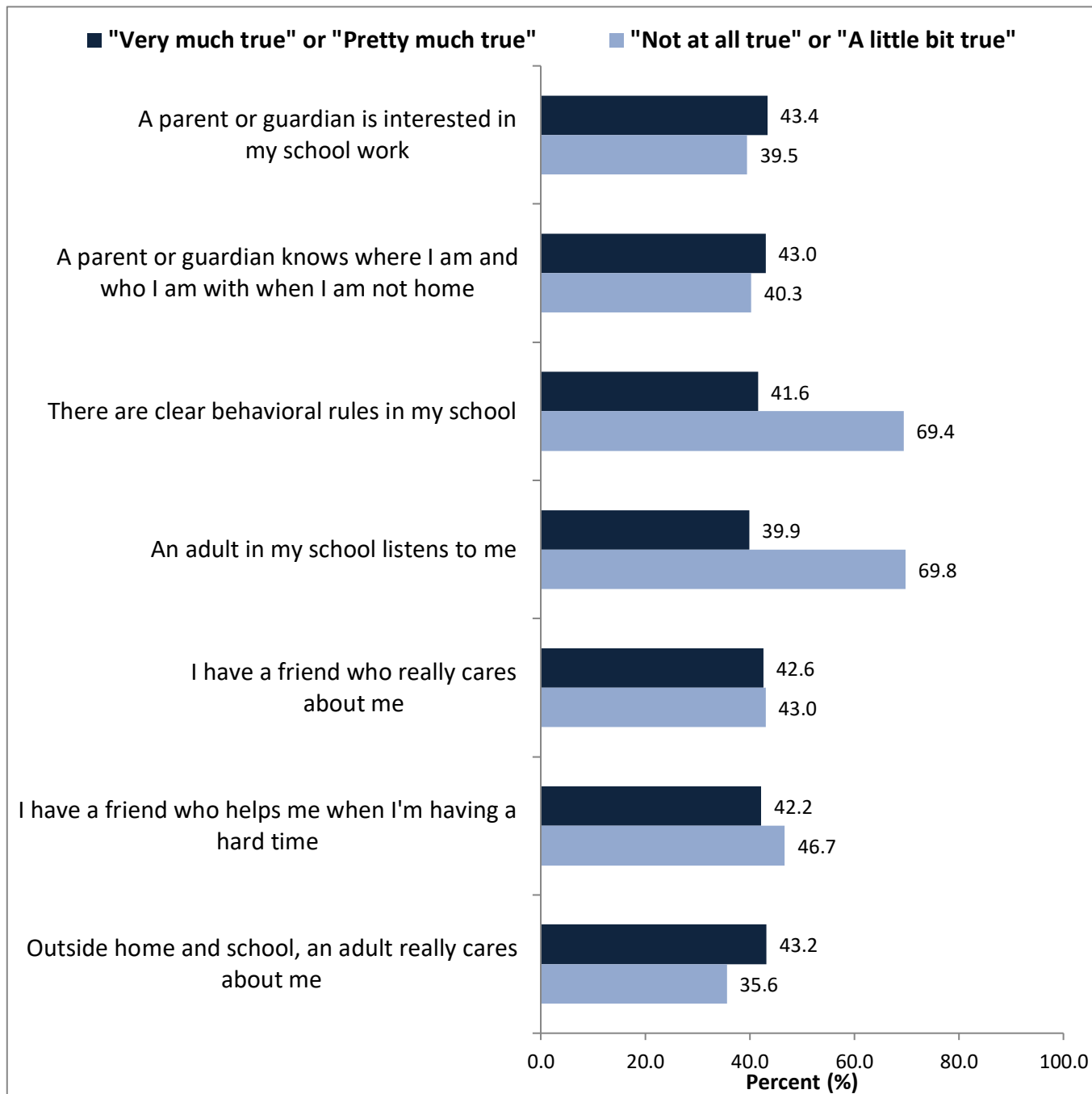
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 46.8% were ever in a physical fight.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 42.9% were ever in a physical fight.

### Ever carried a weapon

by Selected Resiliency Factors

Northwest Public Health Region (McKinley, Cibola, San Juan County)

Grades 6-8, 2017



#### How to read this chart:

- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 43.4% Ever carried a weapon, such as a gun, knife, or club.

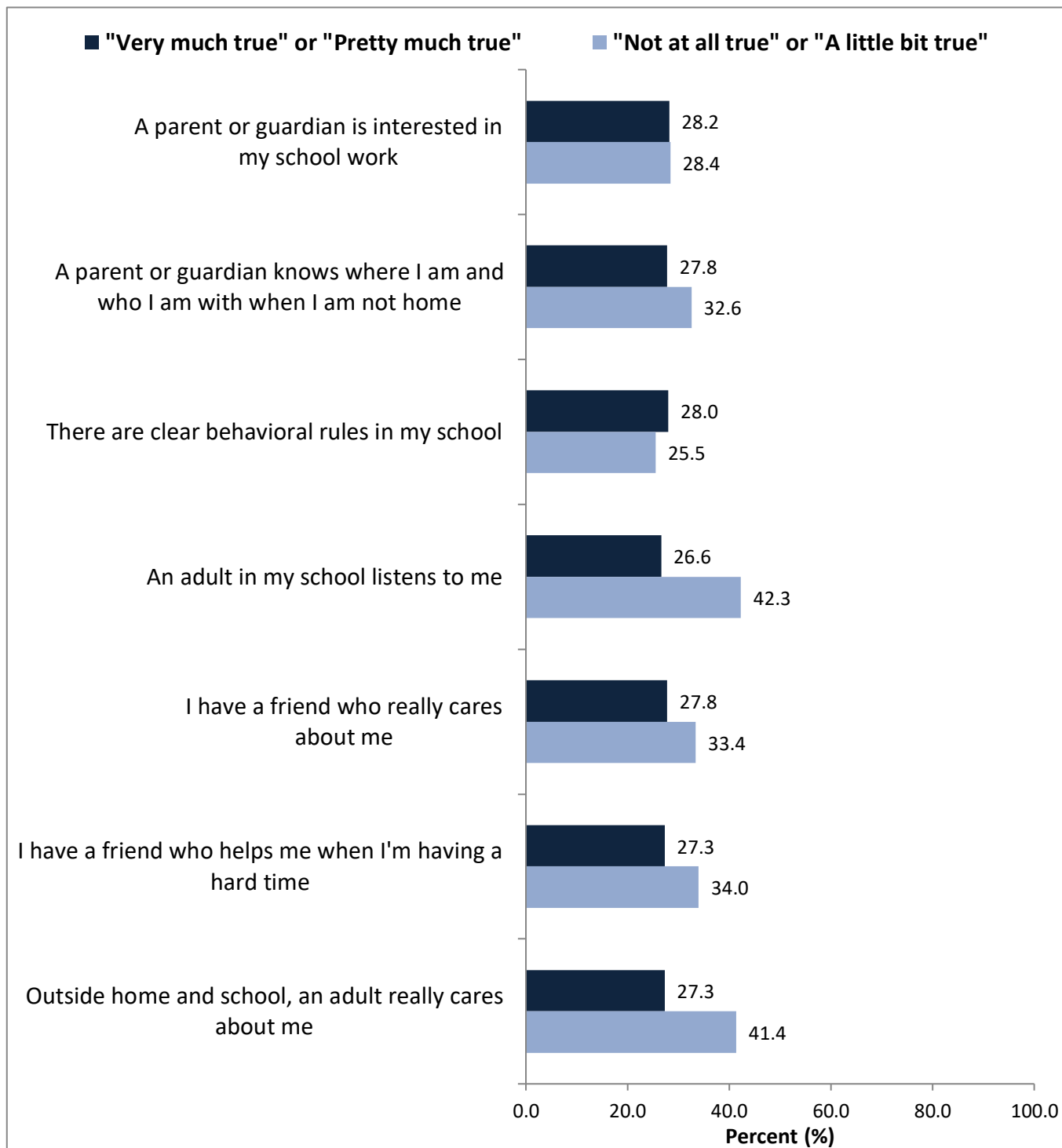
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 39.5% Ever carried a weapon, such as a gun, knife, or club.

### Seriously thought about suicide

by Selected Resiliency Factors

Northwest Public Health Region (McKinley, Cibola, San Juan County)

Grades 6-8 2017



**How to read this chart:**

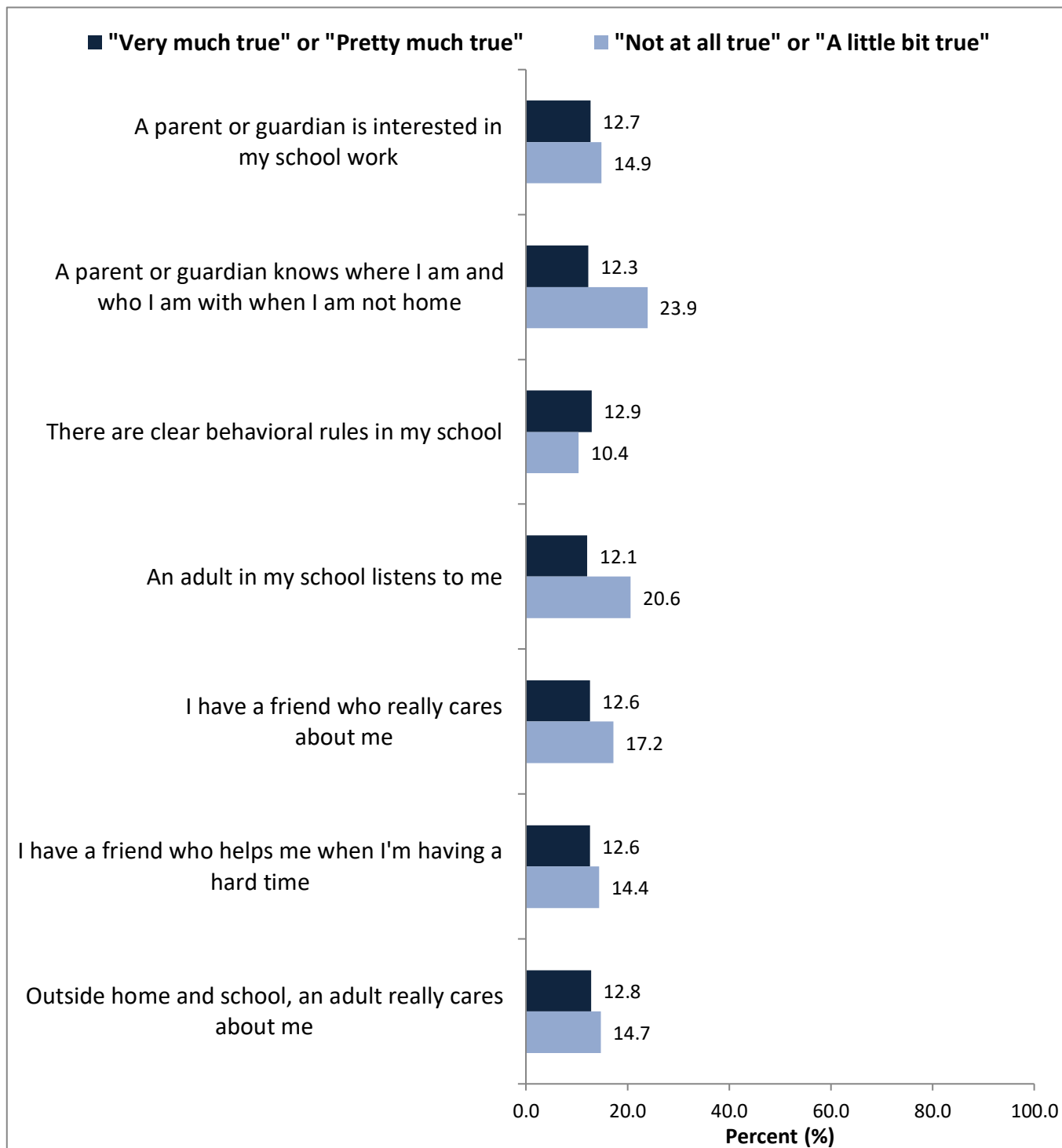
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 28.2% ever seriously thought about killing themselves
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 28.4% ever seriously thought about killing themselves

## Ever tried to kill self

by Selected Resiliency Factors

Northwest Public Health Region (McKinley, Cibola, San Juan County)

Grades 6-8, 2017



### How to read this chart:

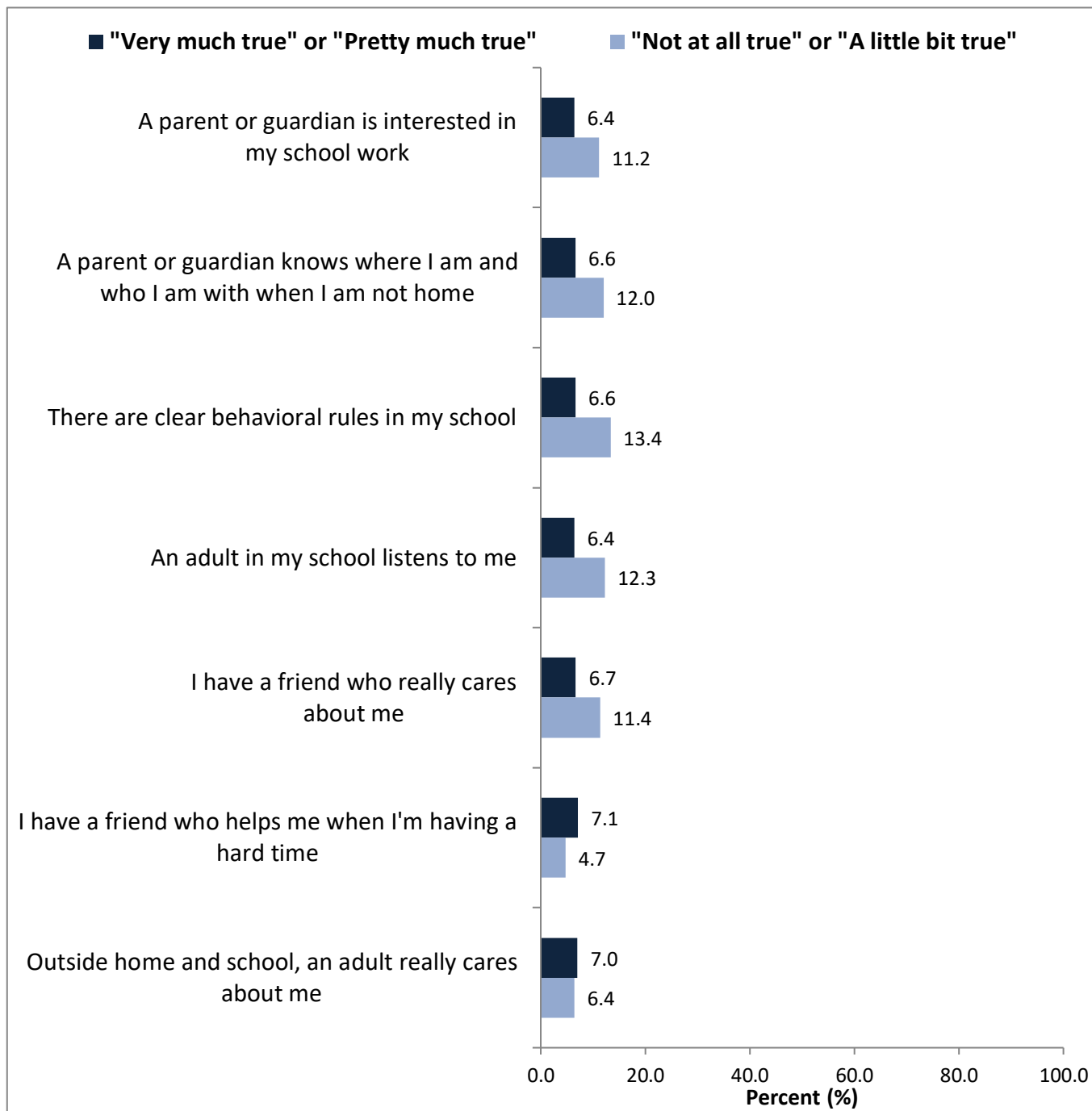
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 12.7% ever tried to kill themselves.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 14.9% ever tried to kill themselves.

### Current cigarette smoker

by Selected Resiliency Factors

Northwest Public Health Region (McKinley, Cibola, San Juan County)

Grades 6-8, 2017



**How to read this chart:**

- Of those who said it was Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 6.4% ever smoked cigarettes.

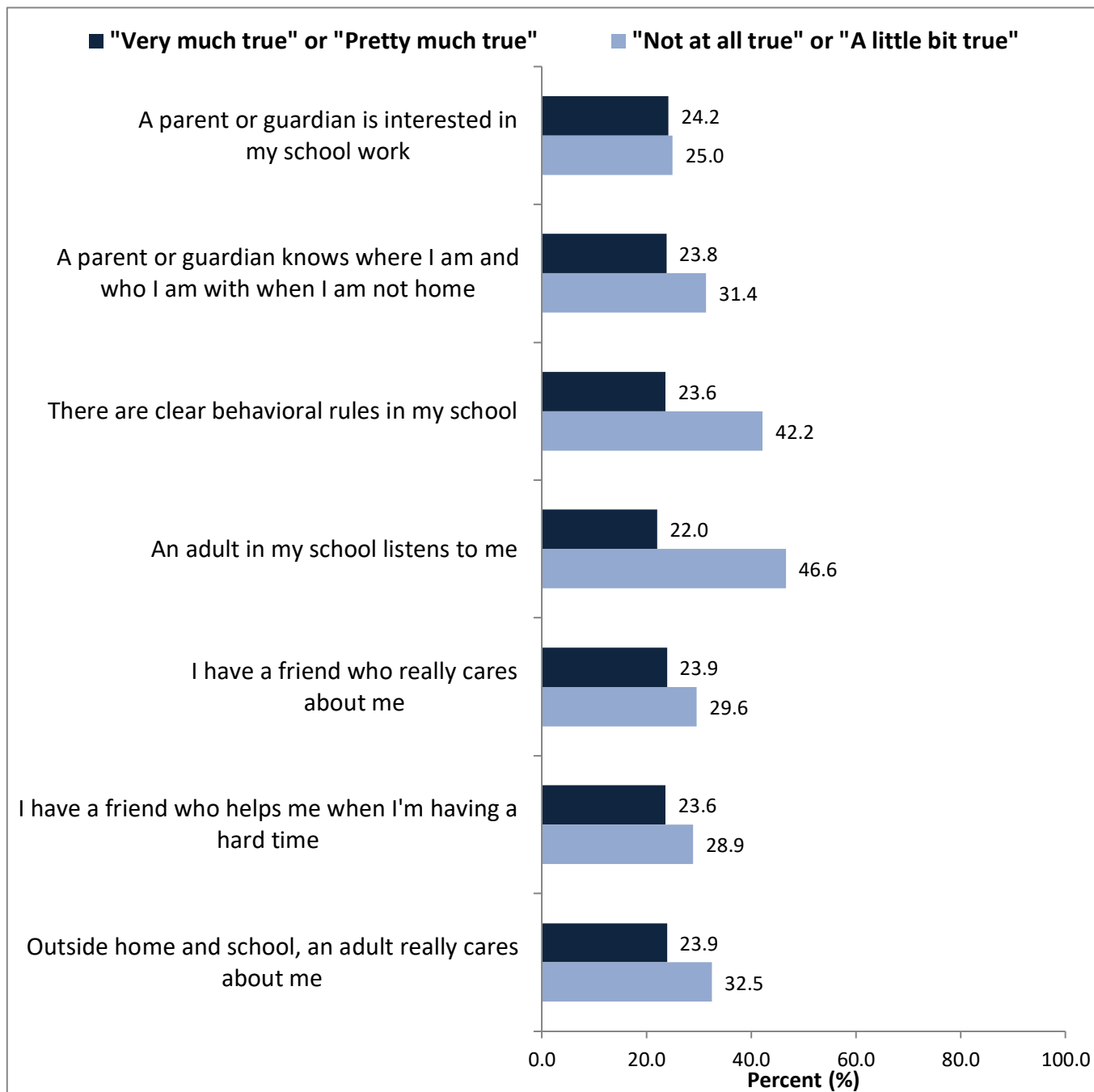
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 11.2% ever smoked cigarettes.

### Ever used e-cig

by Selected Resiliency Factors

Northwest Public Health Region (McKinley, Cibola, San Juan County)

Grades 6-8, 2017



#### How to read this chart:

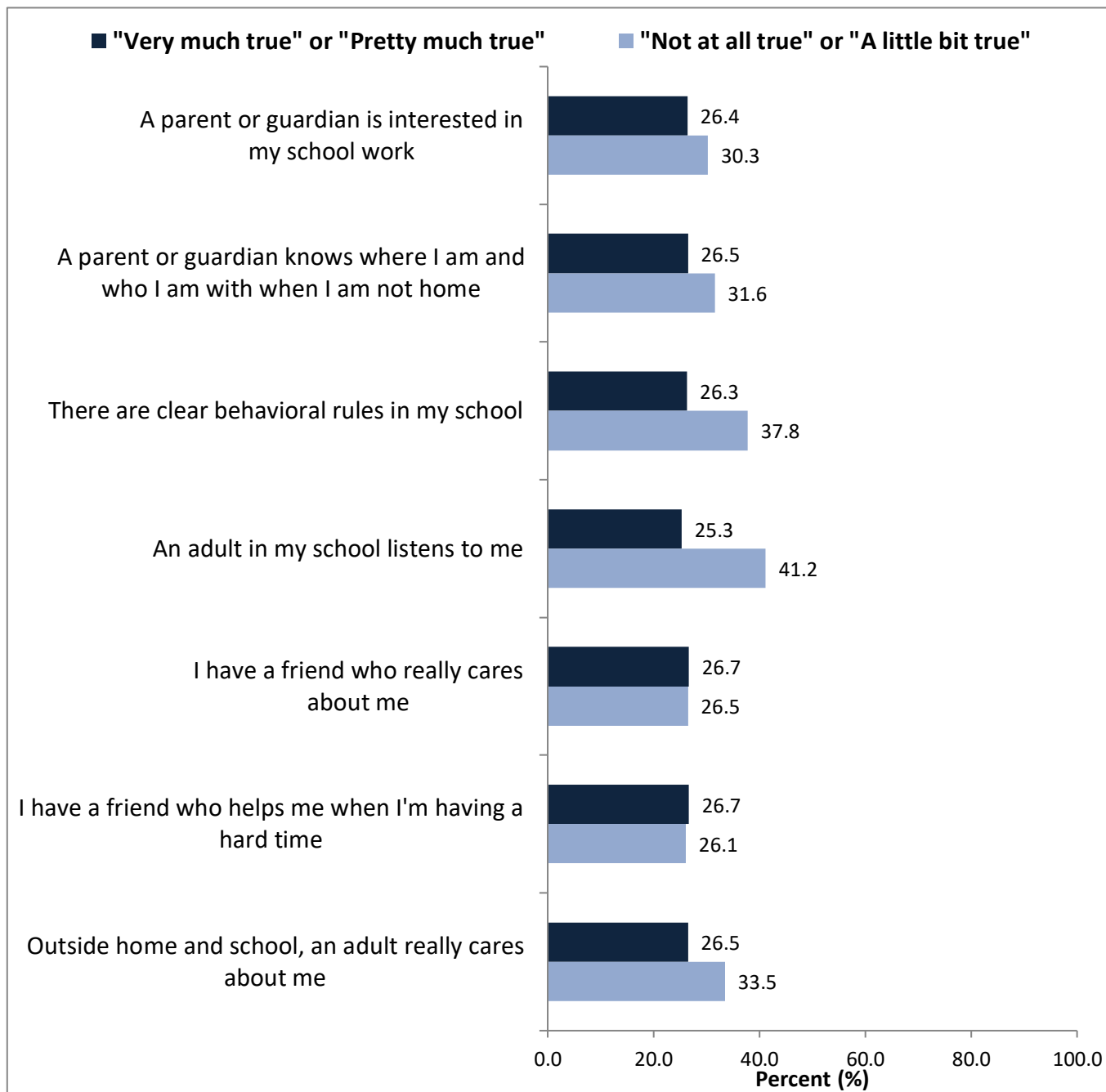
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 24.2% ever used an e-cigarette.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 25.0% ever used an e-cigarette.

### Ever drank alcohol

by Selected Resiliency Factors

Northwest Public Health Region (McKinley, Cibola, San Juan County)

Grades 6-8, 2017



**How to read this chart:**

- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 26.4% ever drank alcohol.
- 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, 30.3% ever drank alcohol.

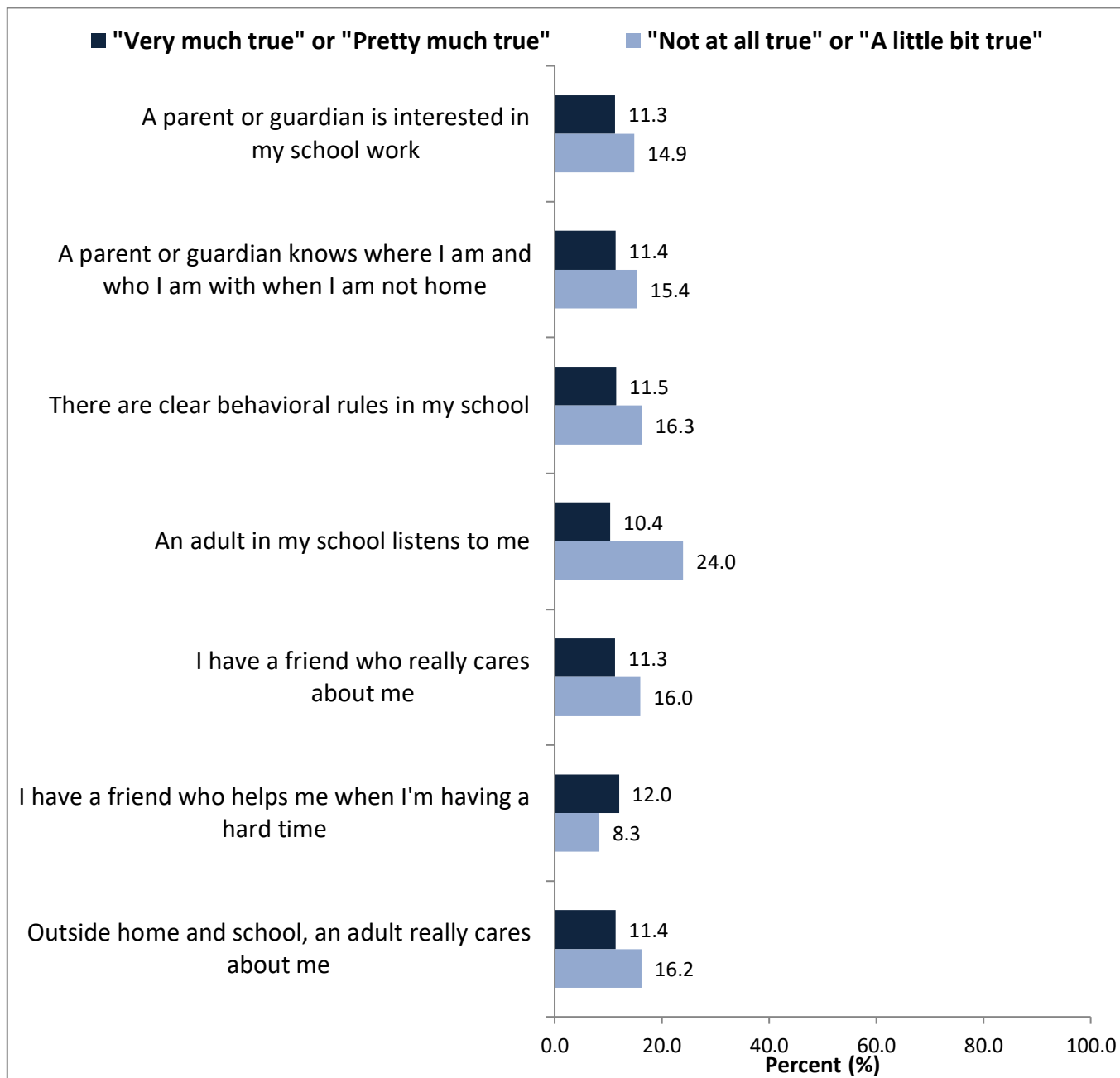


### Current alcohol use

by Selected Resiliency Factors

Northwest Public Health Region (McKinley, Cibola, San Juan County)

Grades 6-8, 2017



#### How to read this chart:

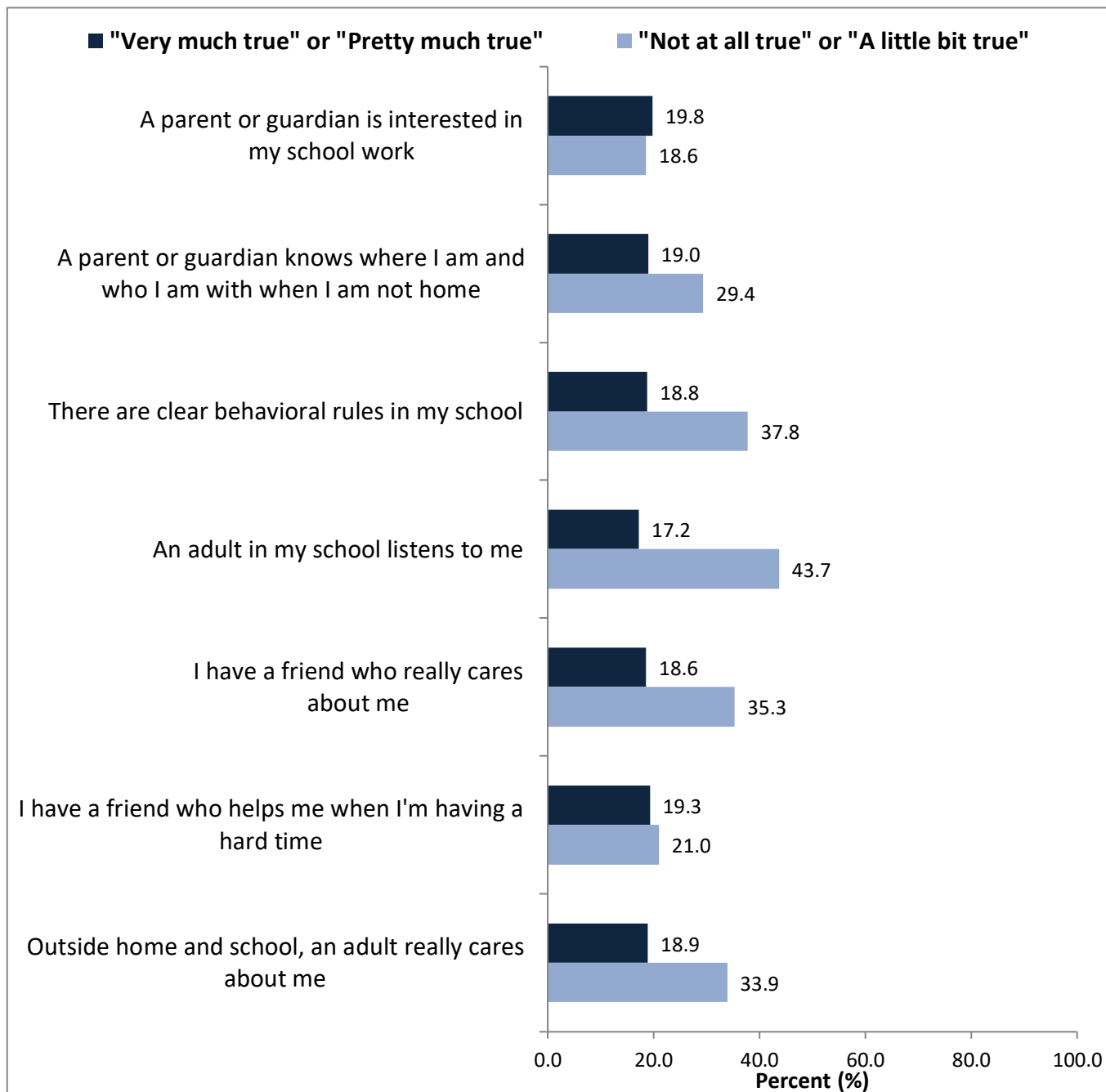
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 11.3% were current alcohol drinkers.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 14.9% were current alcohol drinkers.

## Marijuana ever

by Selected Resiliency Factors

Northwest Public Health Region (McKinley, Cibola, San Juan County)

Grades 6-8, 2017



### How to read this chart:

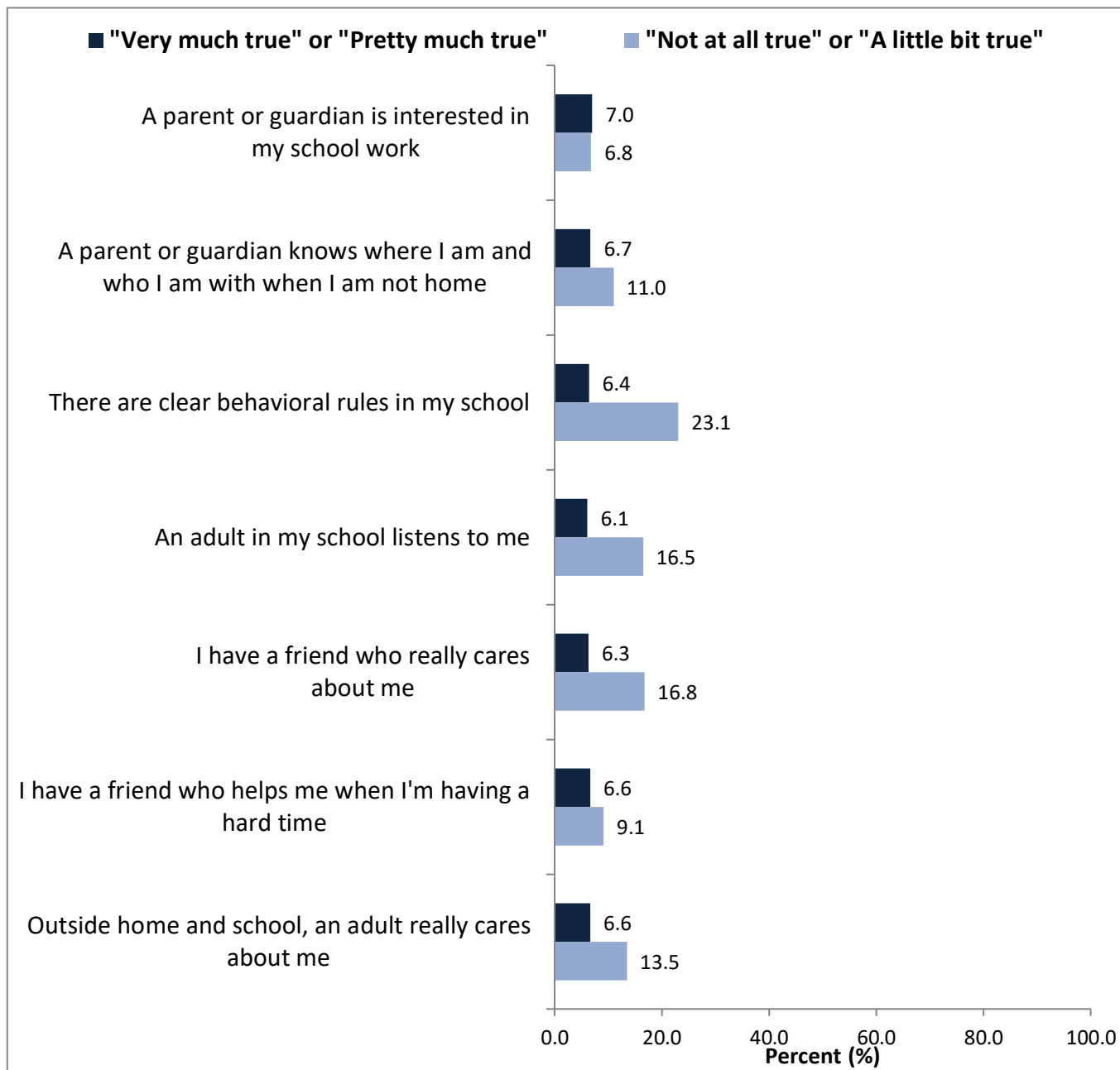
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 19.8% ever used marijuana.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 18.6% ever used marijuana.

### Sexual intercourse ever

by Selected Resiliency Factors

Northwest Public Health Region (McKinley, Cibola, San Juan County)

Grades 6-8, 2017



**How to read this chart:**

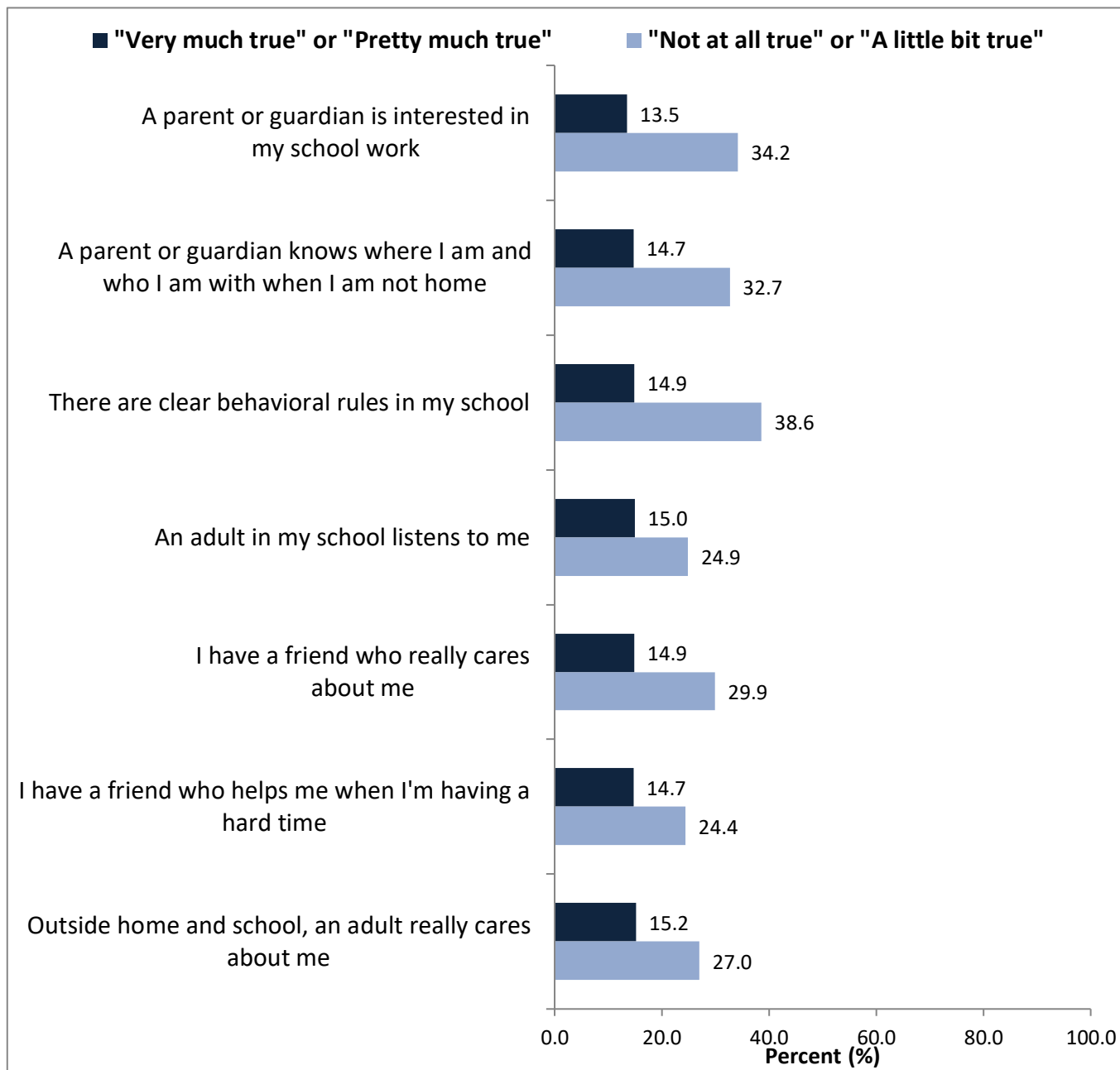
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 7.0% ever had sexual intercourse.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 6.8% ever had sexual intercourse.

### Physically active on none of past 7 days

by Selected Resiliency Factors

Northwest Public Health Region (McKinley, Cibola, San Juan County)

Grades 6-8, 2017



**How to read this chart:**

- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 13.5% were not physically active on any of the past 7 days.
- 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, 34.2% were not physically active on any of the past 7 days.

## Appendix A

### Questionnaire with Results

**2017 Middle School Questionnaire  
NM YRRS  
Cibola County**

	<u>Number of responses</u>	<u>%</u>
1. How old are you?		
A. 10 years old or younger	0	0.0%
B. 11 years old	74	13.3%
C. 12 years old	147	26.4%
D. 13 years old	202	36.3%
E. 14 years old	121	21.7%
F. 15 years old	12	2.2%
G. 16 years old or older	1	0.2%
2. What is your sex?		
A. Female	265	47.9%
B. Male	288	51.9%
3. In what grade are you?		
A. 6th grade	108	19.5%
B. 7th grade	222	40.0%
C. 8th grade	223	40.2%
D. Ungraded or other grade	2	0.4%
4. Are you Hispanic or Latino?		
A. Yes	263	48.7%
B. No	277	51.3%
5. What is your race? (Select one or more responses.)		
A. American Indian or Alaska Native	266	57.2%
B. Asian	6	1.3%
C. Black or African American	21	4.5%
D. Native Hawaiian or Other Pacific Islander	22	4.7%
E. White	177	38.1%

	<b><u>Weighted</u></b>	
	<b><u>Percent (%)</u></b>	<b><u>(95% CI)</u></b>
6. Which one of these groups best describes you? (Select only one response.)		
A. American Indian or Alaska Native	42.5	(33.2-52.4)
B. Asian	0.5	(0.2-1.2)
C. Black or African American	2.6	(1.4-4.7)
D. Hispanic or Latino	37.1	(30.3-44.5)
E. Native Hawaiian or Other Pacific Islander	2.1	(0.9-4.7)
F. White	15.3	(11.7-19.7)

### **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	19.5	(15.1-24.7)
B. Never wear a helmet	52.5	(47.8-57.2)
C. Rarely wear a helmet	12.7	(10.2-15.6)
D. Sometimes wear a helmet	7.0	(4.8-10.1)
E. Most of the time wear a helmet	6.0	(3.4-10.3)
F. Always wear a helmet	2.4	(1.5-3.9)
8. How often do you wear a seat belt when riding in a car?		
A. Never	1.4	(0.6-2.9)
B. Rarely	3.0	(1.6-5.6)
C. Sometimes	9.3	(6.3-13.5)
D. Most of the time	24.8	(20.4-29.8)
E. Always	61.5	(53.3-69.0)
9. Have you ever ridden in a car driven by someone who had been drinking alcohol?		
A. Yes	28.4	(23.2-34.3)
B. No	55.5	(49.3-61.5)
C. Not sure	16.1	(12.7-20.2)

### **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?	47.0	(40.9-53.3)
A. Yes	53.0	(46.7-59.1)
B. No		
11. Have you ever been in a physical fight?		
A. Yes	46.6	(40.5-52.8)
B. No	53.4	(47.2-59.5)

## 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	54.9	(49.7-60.0)	
B. No	45.1	(40.0-50.3)	
13. Have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)			
A. Yes	20.2	(15.2-26.3)	
B. No	79.8	(73.7-84.8)	

## 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	28.3	(23.3-34.0)	
B. No	71.7	(66.0-76.7)	
15. Have you ever made a plan about how you would kill yourself?			
A. Yes	19.7	(15.0-25.5)	
B. No	80.3	(74.5-85.0)	
16. Have you ever tried to kill yourself?			
A. Yes	14.0	(9.9-19.5)	
B. No	86.0	(80.5-90.1)	

## TOBACCO USE

The next 5 questions ask about cigarette smoking.

17. Have you ever tried cigarette smoking, even one or two puffs?			
A. Yes	22.2	(16.1-29.8)	
B. No	77.8	(70.2-83.9)	
18. How old were you when you first tried cigarette smoking, even one or two puffs?			
A. I have never tried cigarette smoking, not even one or two puffs	77.9	(70.3-84.0)	
B. 8 years old or younger	1.9	(1.1-3.3)	
C. 9 years old	1.9	(1.0-3.6)	
D. 10 years old	3.3	(1.8-5.8)	
E. 11 years old	5.5	(4.0-7.7)	
F. 12 years old	4.1	(2.5-6.8)	
G. 13 years old or older	5.4	(2.9-9.9)	



19. During the past 30 days, on how many days did you smoke cigarettes?		
A. 0 days	93.4	(88.5-96.3)
B. 1 or 2 days	3.5	(1.9-6.3)
C. 3 to 5 days	1.6	(0.7-3.8)
D. 6 to 9 days	0.4	(0.1-2.5)
E. 10 to 19 days	0.6	(0.2-2.3)
F. 20 to 29 days	0.5	(0.1-3.9)
G. All 30 days	0.0	(.-.)
20. Do you think you will smoke a cigarette at any time during the next year?		
A. Definitely yes	1.3	(0.7-2.7)
B. Probably yes	9.6	(5.9-15.0)
C. Probably not	21.7	(17.2-27.0)
D. Definitely not	67.4	(57.8-75.8)
21. If one of your best friends offered you a cigarette, would you smoke it?		
A. Definitely yes	1.5	(0.7-3.0)
B. Probably yes	8.0	(4.9-12.9)
C. Probably not	22.8	(17.9-28.6)
D. Definitely not	67.7	(58.4-75.8)

### ELECTRONIC CIGARETTES

**The next 3 questions ask about electronic vapor products, such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo. Electronic vapor products include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens.**

22. Have you ever used an electronic vapor product?	34.5	(24.2-46.4)
A. Yes	65.5	(53.6-75.8)
B. No		
23. During the past 30 days, on how many days did you use an electronic vapor product?		
A. 0 days	83.1	(76.1-88.4)
B. 1 or 2 days	8.7	(5.7-13.1)
C. 3 to 5 days	3.0	(1.9-4.9)
D. 6 to 9 days	1.5	(0.7-3.4)
E. 10 to 19 days	1.1	(0.4-2.5)
F. 20 to 29 days	0.6	(0.2-1.5)
G. All 30 days	1.9	(1.2-3.1)
24. The last time you used an electronic vapor product, what was in the mist or vapor you inhaled?		
A. I have never used an electronic vapor product	65.4	(53.4-75.7)
B. Nicotine	2.3	(1.2-4.4)
C. Marijuana, THC, or hash oil	5.3	(3.0-9.2)
D. Just flavoring	21.0	(14.4-29.5)
E. Something else	0.3	(0.1-1.1)
F. Not sure	5.7	(4.3-7.6)

**The next 4 questions ask about other tobacco products.**

25. During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, Marlboro Snus, General Snus, Ariva, Stonewall, or Camel Orbs? (Do not count any electronic vapor products.)

A. 0 days	93.7	(91.6-95.3)
B. 1 or 2 days	2.2	(1.2-4.0)
C. 3 to 5 days	2.2	(1.2-4.2)
D. 6 to 9 days	0.0	(.-.)
E. 10 to 19 days	0.3	(0.1-1.1)
F. 20 to 29 days	0.3	(0.1-1.1)
G. All 30 days	1.2	(0.5-2.9)

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

A. 0 days	94.4	(90.7-96.7)
B. 1 or 2 days	3.1	(1.7-5.6)
C. 3 to 5 days	0.9	(0.4-2.4)
D. 6 to 9 days	0.4	(0.2-1.2)
E. 10 to 19 days	0.5	(0.1-1.8)
F. 20 to 29 days	0.2	(0.0-1.2)
G. All 30 days	0.5	(0.2-1.3)

27. 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	93.4	(89.3-96.0)
B. 1 or 2 days	3.8	(2.1-6.7)
C. 3 to 5 days	0.9	(0.4-2.2)
D. 6 to 9 days	0.9	(0.4-2.4)
E. 10 to 19 days	0.1	(0.0-1.0)
F. 20 to 29 days	0.5	(0.1-1.9)
G. All 30 days	0.5	(0.2-1.3)

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	66.7	(62.1-71.0)
B. 1 day	10.7	(7.7-14.6)
C. 2 days	5.5	(3.7-8.1)
D. 3 days	2.5	(1.4-4.4)
E. 4 days	3.6	(2.2-5.8)
F. 5 days	2.0	(1.0-3.8)
G. 6 days	0.7	(0.3-1.9)
H. 7 days	8.3	(6.3-10.9)

**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.**

29. Have you ever had a drink of alcohol, other than a few sips?

A. Yes	71.9	(61.2-80.7)
B. No	28.1	(19.3-38.8)

30. 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	70.4	(59.8-79.2)
B. 8 years old or younger	3.4	(1.8-6.5)
C. 9 years old	2.5	(1.4-4.6)
D. 10 years old	3.6	(2.3-5.5)
E. 11 years old	6.4	(4.4-9.2)
F. 12 years old	6.1	(3.8-9.8)
G. 13 years old or older	7.5	(4.3-12.8)
31. During the past 30 days, on how many days did you have at least one drink of alcohol?		
A. 0 days	87.8	(81.0-92.3)
B. 1 or 2 days	8.0	(4.6-13.5)
C. 3 to 5 days	1.5	(0.7-3.5)
D. 6 to 9 days	1.7	(0.7-3.9)
E. 10 to 19 days	0.6	(0.2-1.8)
F. 20 to 29 days	0.3	(0.1-1.1)
G. All 30 days	0.2	(0.0-1.3)
32. 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	93.1	(89.2-95.6)
B. 1 day	3.7	(2.7-5.1)
C. 2 days	1.1	(0.4-3.3)
D. 3 to 5 days	1.0	(0.3-3.4)
E. 6 to 9 days	0.6	(0.2-1.8)
F. 10 to 19 days	0.2	(0.0-1.0)
G. 20 or more days	0.3	(0.1-1.1)
33. 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	67.3	(53.5-78.7)
B. Sort of hard	14.2	(10.2-19.5)
C. Sort of easy	11.5	(6.3-20.2)
D. Very easy	7.0	(4.3-11.1)
34. How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	82.9	(78.0-86.9)
B. Wrong	13.0	(10.4-16.2)
C. A little bit wrong	2.5	(0.8-7.7)
D. Not wrong at all	1.6	(0.8-3.1)
35. How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	68.8	(57.0-78.6)
B. Wrong	21.7	(14.7-30.9)
C. A little bit wrong	7.1	(4.3-11.6)
D. Not wrong at all	2.4	(1.3-4.2)

36. 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	10.7	(7.4-15.4)
B. Slight risk	11.8	(8.6-15.9)
C. Moderate risk	28.6	(25.2-32.3)
D. Great risk	48.9	(42.8-54.9)

### MARIJUANA

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

37. Have you ever used marijuana?

A. Yes	25.2	(18.0-34.1)
B. No	74.8	(65.9-82.0)

38. How old were you when you tried marijuana for the first time?

A. I have never tried marijuana	74.9	(66.1-82.0)
B. 8 years old or younger	3.0	(1.8-4.8)
C. 9 years old	3.3	(1.9-5.5)
D. 10 years old	3.2	(1.7-5.8)
E. 11 years old	4.8	(2.8-8.1)
F. 12 years old	5.7	(3.9-8.3)
G. 13 years old or older	5.2	(2.6-10.1)

39. During the past 30 days, how many times did you use marijuana?

A. 0 times	83.2	(76.0-88.6)
B. 1 or 2 times	7.5	(4.9-11.2)
C. 3 to 9 times	2.7	(1.3-5.7)
D. 10 to 19 times	2.3	(1.1-4.8)
E. 20 to 39 times	1.7	(0.9-3.0)
F. 40 or more times	2.6	(1.4-4.6)

**OTHER DRUGS**

**The next 6 questions ask about other drugs.**

40. Have you ever used any form of cocaine, including powder, crack, or freebase?		
A. Yes	4.1	(2.5-6.5)
B. No	95.9	(93.5-97.5)
41. Have you ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high?		
A. Yes	8.0	(5.0-12.6)
B. No	92.0	(87.4-95.0)
42. Have you ever taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it? (Count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.)		
A. Yes	10.4	(6.8-15.6)
B. No	89.6	(84.4-93.2)
43. 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	4.7	(3.0-7.5)
B. No	95.3	(92.5-97.0)
44. Have you ever used synthetic marijuana (also called K2 or Spice)?		
A. Yes	7.3	(4.2-12.3)
B. No	92.7	(87.7-95.8)
45. Have you ever used a needle to inject any illegal drug into your body?		
A. Yes	1.4	(0.7-2.8)
B. No	98.6	(97.2-99.3)

**Sexual Behavior**

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

46. Have you ever had sexual intercourse?		
A. Yes	10.2	(6.2-16.4)
B. No	89.8	(83.6-93.8)
47. How old were you when you had sexual intercourse for the first time?		
A. I have never had sexual intercourse	89.8	(84.0-93.7)
B. 8 years old or younger	1.2	(0.6-2.4)
C. 9 years old	0.8	(0.3-2.4)
D. 10 years old	1.5	(0.7-3.2)
E. 11 years old	1.4	(0.5-4.1)
F. 12 years old	1.4	(0.5-3.6)
G. 13 years old or older	3.8	(2.1-7.0)

48. With how many people have you ever had sexual intercourse?		
A. I have never had sexual intercourse	89.6	(83.4-93.6)
B. 1 person	5.0	(2.6-9.6)
C. 2 people	2.1	(0.8-5.1)
D. 3 people	1.8	(1.0-3.1)
E. 4 people	0.4	(0.1-1.7)
F. 5 people	0.3	(0.1-1.1)
G. 6 or more people	0.8	(0.3-2.1)

49. The last time you had sexual intercourse, did you or your partner use a condom?		
A. I have never had sexual intercourse	89.7	(83.6-93.7)
B. Yes	6.5	(3.6-11.6)
C. No	3.8	(2.3-6.2)

### Body Weight

The next 5 questions ask about body weight.

50. How do you describe your weight?		
A. Very underweight	4.2	(2.7-6.5)
B. Slightly underweight	13.3	(11.0-16.0)
C. About the right weight	52.4	(48.6-56.2)
D. Slightly overweight	25.3	(22.5-28.2)
E. Very overweight	4.8	(3.4-6.7)

51. Which of the following are you trying to do about your weight?		
A. Lose weight	55.4	(50.7-60.0)
B. Gain weight	10.1	(7.9-12.8)
C. Stay the same weight	15.6	(12.4-19.4)
D. I am not trying to do anything about my weight	18.9	(15.4-22.9)

52. 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	23.2	(19.0-28.0)
B. No	76.8	(72.0-81.0)

53. Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?		
A. Yes	5.9	(4.7-7.2)
B. No	94.1	(92.8-95.3)

54. Have you ever taken 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	3.2	(2.0-5.0)
B. No	96.8	(95.0-98.0)

**BREAKFAST**

**The next question asks about eating breakfast.**

55. During the past 7 days, on how many days did you eat breakfast?

A. 0 days	11.0	(8.2-14.8)
B. 1 day	5.8	(4.5-7.5)
C. 2 days	9.0	(7.0-11.6)
D. 3 days	8.2	(6.1-10.9)
E. 4 days	7.6	(5.6-10.2)
F. 5 days	10.5	(8.5-12.9)
G. 6 days	6.5	(4.7-8.9)
H. 7 days	41.3	(36.3-46.5)

**PHYSICAL ACTIVITY**

**The next 5 questions ask about physical activity.**

56. 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	17.2	(12.1-23.9)
B. 1 day	6.9	(5.1-9.2)
C. 2 days	7.0	(5.6-8.6)
D. 3 days	7.2	(5.8-9.0)
E. 4 days	7.3	(5.8-9.3)
F. 5 days	13.2	(9.5-18.0)
G. 6 days	4.8	(3.5-6.5)
H. 7 days	36.5	(30.3-43.2)

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

A. I do not watch TV on an average school day	18.0	(14.7-21.8)
B. Less than 1 hour per day	17.3	(14.3-20.8)
C. 1 hour per day	14.4	(11.9-17.4)
D. 2 hours per day	19.6	(16.9-22.4)
E. 3 hours per day	14.9	(12.2-18.2)
F. 4 hours per day	6.7	(5.4-8.4)
G. 5 or more hours per day	9.1	(6.8-11.9)

58. 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 iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media.)

A. I do not play video or computer games or use a computer for something that is not school work	17.9	(12.5-24.9)
B. Less than 1 hour per day	14.3	(10.7-18.9)
C. 1 hour per day	8.9	(6.8-11.6)
D. 2 hours per day	15.5	(13.6-17.5)
E. 3 hours per day	11.7	(8.3-16.3)
F. 4 hours per day	7.8	(5.2-11.4)
G. 5 or more hours per day	24.0	(18.9-29.9)

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

A. 0 days	29.1	(13.1-52.8)
B. 1 day	15.2	(5.6-35.2)
C. 2 days	19.3	(6.6-44.7)
D. 3 days	0.9	(0.4-2.0)
E. 4 days	0.8	(0.4-1.6)
F. 5 days	34.7	(16.2-59.3)

60. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)

A. 0 teams	39.1	(34.8-43.6)
B. 1 team	24.5	(20.6-28.9)
C. 2 teams	18.5	(15.7-21.7)
D. 3 or more teams	17.9	(15.4-20.7)

**The next question asks about concussions. A concussion is when a blow or jolt to the head causes problems such as headaches, dizziness, being dazed or confused, difficulty remembering or concentrating, vomiting, blurred vision, or being knocked out.**

61. During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?

A. 0 times	75.9	(71.6-79.8)
B. 1 time	12.2	(9.7-15.4)
C. 2 times	4.1	(2.7-6.1)
D. 3 times	2.1	(1.2-3.8)
E. 4 or more times	5.7	(3.4-9.2)

#### HEALTH-RELATED TOPICS

**The next 6 questions ask about other health-related topics.**

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

A. Yes	22.0	(19.8-24.4)
B. No	63.8	(60.8-66.7)
C. Not sure	14.2	(11.4-17.6)

63. Do you still have asthma?

A. I have never had asthma	54.9	(50.4-59.3)
B. Yes	15.3	(12.7-18.2)
C. No	14.3	(11.4-17.7)
D. Not sure	15.5	(12.0-19.8)

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	60.7	(55.4-65.7)
B. Between 12 and 24 months ago	6.8	(5.3-8.6)
C. More than 24 months ago	3.3	(1.9-5.4)
D. Never	2.6	(1.7-4.0)
E. Not sure	26.6	(20.6-33.7)



65. On an average school night, how many hours of sleep do you get?		
A. 4 or less hours	5.2	(3.5-7.6)
B. 5 hours	7.3	(5.3-10.0)
C. 6 hours	8.4	(6.3-11.1)
D. 7 hours	17.9	(12.8-24.6)
E. 8 hours	28.0	(24.6-31.7)
F. 9 hours	21.2	(16.6-26.7)
G. 10 or more hours	12.0	(6.5-21.2)
66. During the past 12 months, how would you describe your grades in school?		
A. Mostly A's	27.7	(22.0-34.3)
B. Mostly B's	34.3	(29.4-39.6)
C. Mostly C's	16.8	(13.4-20.8)
D. Mostly D's	6.0	(4.3-8.4)
E. Mostly F's	1.5	(0.6-3.5)
F. None of these grades	1.3	(0.6-2.9)
G. Not sure	12.3	(8.2-18.1)
67. During the past 12 months, how many times have you gambled on a sports team, gambled when playing cards or a dice game, played one of New Mexico's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game?		
A. 0 times	72.0	(65.6-77.6)
B. 1 or 2 times	14.4	(11.9-17.4)
C. 3 to 9 times	7.0	(5.1-9.4)
D. 10 to 19 times	2.7	(1.6-4.4)
E. 20 to 39 times	1.1	(0.4-2.7)
F. 40 or more times	2.9	(1.7-4.7)

**RESILIENCY FACTORS**

**The next 8 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?**

68. In my home, there is a parent or some other adult who is interested in my school work.		
A. Not true at all	10.6	(8.5-13.2)
B. A little true	20.2	(16.9-23.9)
C. Pretty much true	24.8	(21.4-28.6)
D. Very much true	44.4	(40.3-48.6)
69. 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	5.7	(4.4-7.5)
B. A little true	7.1	(4.7-10.5)
C. Pretty much true	20.8	(17.3-24.9)
D. Very much true	66.3	(60.2-72.0)

70. In my school, there are clear rules about what students can and cannot do.		
A. Not true at all	3.4	(2.2-5.3)
B. A little true	7.9	(5.9-10.6)
C. Pretty much true	23.7	(17.9-30.7)
D. Very much true	64.9	(56.7-72.4)
71. 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	9.2	(6.1-13.6)
B. A little true	19.5	(14.6-25.5)
C. Pretty much true	28.4	(24.6-32.6)
D. Very much true	42.9	(35.6-50.5)
72. I have a friend about my own age who really cares about me.		
A. Not true at all	5.8	(4.4-7.6)
B. A little true	15.9	(12.4-20.2)
C. Pretty much true	22.2	(17.6-27.7)
D. Very much true	56.0	(51.0-60.9)
73. I have a friend about my own age who helps me when I'm having a hard time.		
A. Not true at all	9.7	(7.5-12.6)
B. A little true	15.4	(13.0-18.1)
C. Pretty much true	22.7	(20.6-24.9)
D. Very much true	52.2	(47.9-56.5)
74. Outside of my home and school, there is an adult who really cares about me.		
A. Not true at all	4.7	(2.9-7.6)
B. A little true	8.6	(6.6-11.2)
C. Pretty much true	17.1	(14.6-19.9)
D. Very much true	69.6	(65.3-73.5)
75. Outside of my home and school, I am a part of clubs, sports teams, church or temple, or other group activities.		
A. Not true at all	26.4	(23.3-29.7)
B. A little true	14.2	(12.0-16.6)
C. Pretty much true	16.4	(13.7-19.5)
D. Very much true	43.1	(39.5-46.7)

**This is the end of the survey.**

**Thank you very much for your help.**





## Appendix B About this Report

## **Appendix B: About this Report**

This report contains county level results from the 2017 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](http://www.YouthRisk.org), and  
[nmhealth.org/go/youth](http://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.

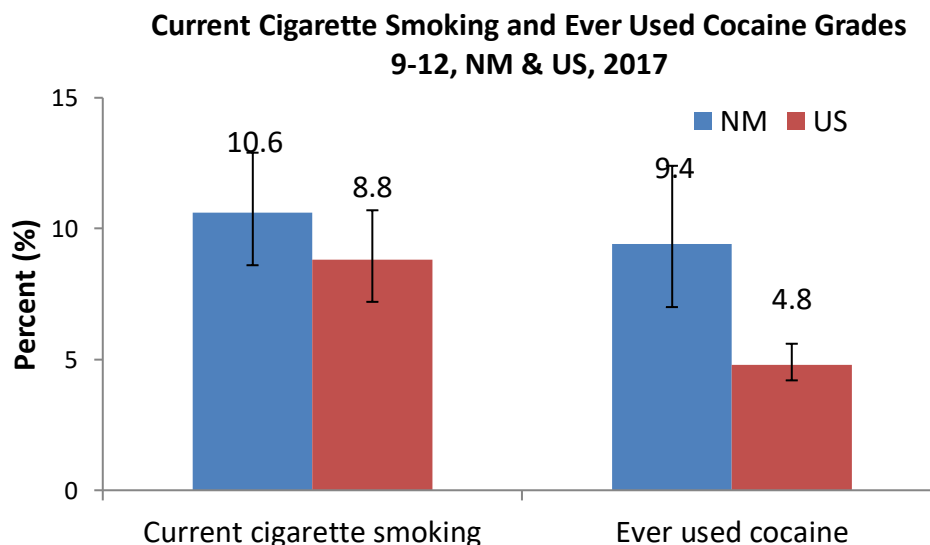
In some cases with very few students in a particular age or gender group, data have been suppressed to protect the anonymity of the individual respondents. Suppressed data are marked with "--". In cases where there are fewer than 50 respondents per grade level or gender, grade level or gender charts 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 4.8% of students in New Mexico rarely or never wore seatbelts, while 4.4% of students in Cibola County rarely or never wore seatbelts.

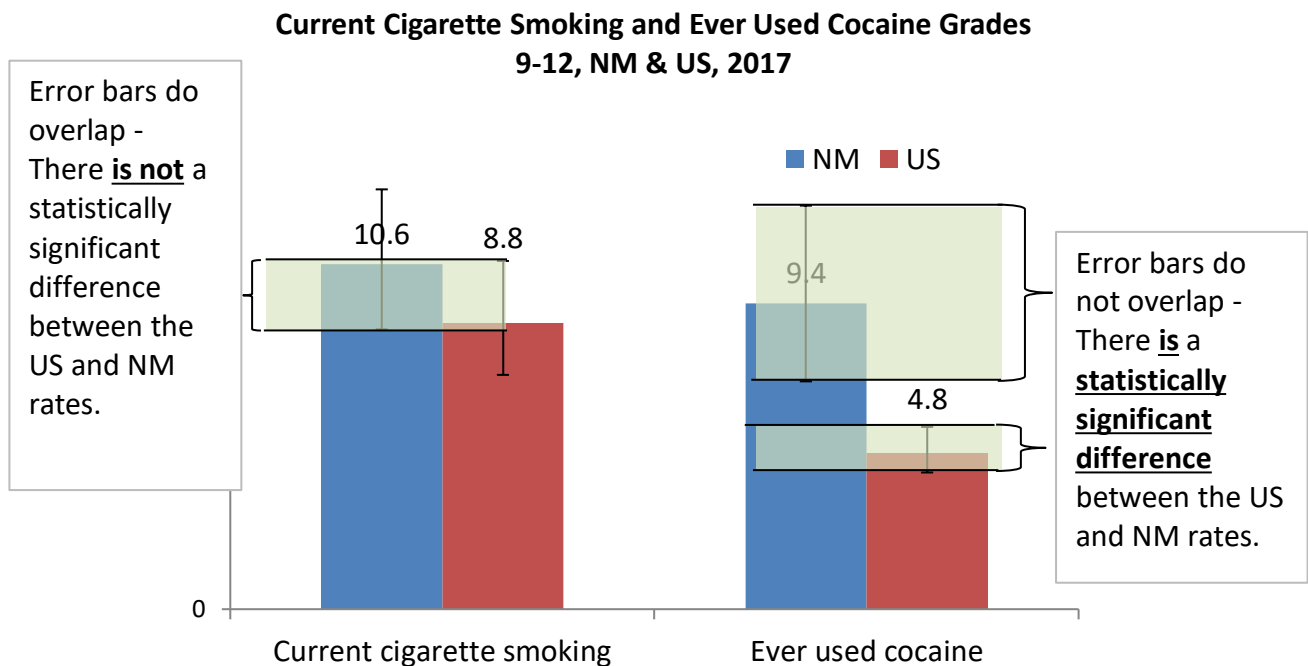
Because of the high cost and logistical complications involved in conducting a statewide survey, the YRRS was administered to a sample of students, rather than to every single student in each school district. Because YRRS data are from a **sample** of students, and not the entire student body, the results 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 2017. The chart shows that the prevalence of current cigarette smoking was 10.6% in New Mexico and 8.8% in the United States. The error bar for the estimate of current smoking among New Mexico students extends a approximately 2 percentage points in either direction, from 8.6% to 12.9%. This means that we are confident that the actual percentage of smokers in this group of students was between 8.6% to 12.9%. The error bar for the estimate of current smoking in the US extends more than 1 percentage point in either direction, so we are confident that the actual percentage of smokers among this group was between 7.2% and 10.7%.



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 (10.6% vs. 8.8%), a closer look at the error bars shows a more complicated picture. The error bars for the New Mexico estimate (8.6%–12.9%) and the US estimate (7.2%–10.7%) 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 (9.4% vs. 4.8%). The error bar for New Mexico extends from 7.0% to 12.4%, and the error bar for the United States extends from 4.2% to 5.6%. Because the higher bound of the US error bar (5.6%) is lower than the lower bound of the NM error bar (7.0%), these error bars do not overlap. For cocaine use, we are confident in saying that the New Mexico prevalence was higher than the US prevalence. In other words, the difference between the prevalence of cocaine use in New Mexico and the United States was a statistically significant difference.



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



## **Risk Behavior and Resiliency/Protective Factor Definitions**

### Personal Safety (Injury, Violence, and Bullying)

Rarely or never wore a bike helmet

Of those who rode a bicycle, answered 'Never' or 'Rarely' to the question, *When you ride a bicycle, how often do you wear a helmet?*

Rarely or never wore a seatbelt

Answered 'Never' or 'Rarely' to the question, *How often do you wear a seat belt when riding in a car?*

Ever carried a weapon

Answered 'Yes' to the question, *Have you ever carried a weapon, such as a gun, knife, or club?*

Ever been in a physical fight

Answered 'Yes' to the question, *Have you ever been in a physical fight?*

Ever bullied on school property

Answered 'Yes' to the question, *Have you ever been bullied on school property?*

Ever bullied electronically

Answered 'Yes' to the question, *Have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)*

### Mental Health

Ever seriously thought about killing self

Answered 'Yes' to the question, *Have you ever seriously thought about killing yourself?*

Ever planned to kill self

Answered 'Yes' to the question, *Have you ever made a plan about how you would kill yourself?*

Ever tried to kill self

Answered 'Yes' to the question, *Have you ever tried to kill yourself?*

### Tobacco Use

Ever smoked cigarettes

Answered 'Yes' to the question, *Have you ever tried cigarette smoking, even one or two puffs?*

First smoked a cigarette before age 11

Answered '10 years old' or younger to the question, *How old were you when you first tried cigarette smoking, even one or two puffs?*

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

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?*

Five or more drinks on a single occasion

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 a couple of hours?*

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 prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it? (Count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.)*

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,*  
- 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*

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*

Used weight control products

Answered 'Yes' to the question, *Have you ever taken 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.)*

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?*

Other Behaviors and Characteristics

Ever diagnosed with asthma

Answered 'Yes' the question, *Has a doctor or nurse ever told you that you have asthma?*

Current asthma

Answered 'Yes' the question, *Has a doctor or nurse ever told you that you have asthma?*

AND

Answered 'Yes' the question, *Do you still have asthma?*

Saw a dentist in the last 12 months

Answered 'During the past 12 months' to the question, *When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?*

Gambled

Answered '1 or 2 times' or more to the question, *During the past 12 months, how many times have you gambled on a sports team, gambled when playing cards or a dice game, played one of New Mexico's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game?*

Concussion

Answered '1 time' or more to the question, *During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?*

Resiliency/Protective Factors

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.



