

2009 New Mexico Youth Risk and  
Resiliency Survey (YRRS)  
Middle School (Grades 6 - 8)

Los Alamos County

New Mexico Department of Health

New Mexico Public Education Department

University of New Mexico Prevention Research Center





## **ACKNOWLEDGEMENTS**

The production of this report was made possible by collaboration between the New Mexico Department of Health (NMDOH), and the New Mexico Public Education Department (NMPED), with technical support from the University of New Mexico Prevention Research Center (UNM PRC) and the Division of Adolescent and School Health, Centers for Disease Control and Prevention (CDC-DASH). Gratitude is extended to the individuals listed below for their contribution toward developing and producing this report.

### **New Mexico Public Education Department**

Susanna M. Murphy, Ph.D., Secretary of Education  
Sheila Hyde, Ph.D., Deputy Secretary, Learning and Accountability  
Kristine M. Meurer, Ph.D., Acting Assistant Secretary, Student Success Division \*  
William O. Blair, Ph.D., Assistant Director, School and Family Support Bureau \*  
Dean Hopper, M.A.Ed., Assistant Director, School and Family Support Bureau  
Lonnie Barraza, M.S.Ed, HIV Program Administrator \*

### **New Mexico Department of Health**

Alfredo Vigil, MD, Secretary  
C. Mack Sewell, DrPH, MS, State Epidemiologist  
Michael Landen, MD, MPH, Deputy State Epidemiologist \*  
Dan Green, MPH, Social Indicator Epidemiologist \*  
James Padilla, MS, Epidemiologist \*  
James Farmer, MPH, Health Services Manager, Office of School and Adolescent Health \*  
Mary M. Ramos, MD, School Health Officer \*

### **University of New Mexico Prevention Research Center**

Linda J. Peñaloza, PhD, Principal Investigator \*  
Tamar Ginossar, PhD \*  
Crystal Romney, CPS  
Jacque M. Garcia, BA  
Laura Gutman, PhD  
Tom R. Noland, BS

*(Individuals who served on the NM-YRRS 2009 Steering Committee are identified by an \*.)*



## Table of Contents

Acknowledgements	
Introduction	7
How to Read This Report	7
Understanding the Charts, and a Word about Error Bars	8
Methodology	10
Limitations of the YRRS	11
Participation in Los Alamos County	11
Profile of Students Surveyed in Los Alamos County	11
Risk Behaviors	13
Personal Safety	15
Behaviors Contributing to Unintentional Injury	
Behaviors and Experiences Associated with Violence	
Mental Health	23
Tobacco	28
Alcohol	45
Drugs	53
Sexual Behavior	58
Body Weight and Weight Control	63
Physical Activity	71
Asthma	82
Other Characteristics	87
Food Sufficiency	
Grades	
Protective (Resiliency) Factors	95
Appendix A	106



# 2009 New Mexico Middle School Youth Risk and Resiliency Survey (YRRS)

## Los Alamos County

### Introduction

This report contains county level middle school results from the 2009 New Mexico Middle School Youth Risk and Resiliency Survey (YRRS), a statewide survey of public school students, grades 6 - 8. Statewide and county level results will be available at [www.YouthRisk.org](http://www.YouthRisk.org) and [www.health.state.nm.us/ERD/HealthData/yrrs.shtml](http://www.health.state.nm.us/ERD/HealthData/yrrs.shtml). Together, these documents comprise a useful tool for those working on youth-related issues at the state and local level.

The YRRS is organized into two major content areas: risk behaviors and protective (resiliency) factors. Risk behaviors include behaviors associated with unintentional injury, violence, sadness and suicidal ideation, 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; and others (Appendix B).

Additionally, this report includes a section on academic measures and traits. These academic measures include getting good grades (mostly A's and B's), trying hard to do good work in school, planning to go to college, skipping or ditching school, coming to class with paper and something to write with, and completing homework.

### How to Read this Report

This report has three main sections, each of which consists of a set of bar and line charts. The first section presents the results of the major risk behaviors examined in the survey. Each category of risk behavior is presented with several data charts. At the beginning of each topic area, a set of line charts gives results for multiple survey years of the YRRS (2003, 2005, 2007, and 2009). A following set of bar charts compares results for the county to results for the entire state, compares the behaviors of boys to those of girls, and makes comparisons between grade levels within the county.

The second section presents results for the academic measures and behaviors. As with the risk behaviors, there are line and bar charts presenting trends, a comparison between the state and the county, a comparison between boys and girls in the county, and a comparison of grade levels within the county. Using the same styles of charts, the third section of the report presents results for the resiliency/protective factors.

In some cases when there were very few students in a particular age or gender group, data have been suppressed to protect the anonymity of the individual respondents.

---

NOTE: County level YRRS reports are freely available. School district reports have been distributed to school district offices. School districts are encouraged to reproduce and share these reports with community groups concerned with prevention and health promotion. However, school district level results will not be released without express permission of the school district superintendent. Forms for requesting school district data are available at [www.YouthRisk.org](http://www.YouthRisk.org).

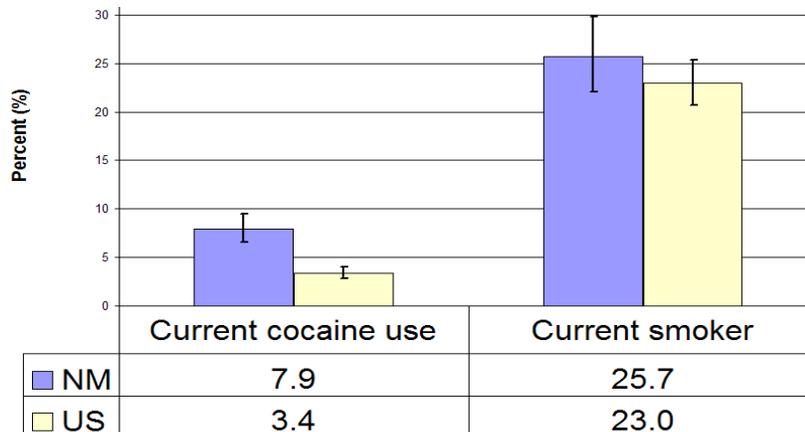
## Understanding the Charts - and A Word about Error Bars

The bar charts in this report present the percentage of students who reported engaging in any given risk behavior or who reported having any given protective factor. The height of the bars conveys the percentage of students reporting each trait, and provides a quick visual comparison between different groups of students reporting that trait. A label for each bar presents the actual percentage of students who reported each trait. For instance, the chart on page 17, Personal Safety: Injury, shows that 7.2% of students in New Mexico rarely or never wore seatbelts, while 2% 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 estimates. On the charts in this report, this degree of uncertainty is represented by an error bar (or confidence interval). The error bar is the thin 'I' shaped line that extends above and below the end of each bar in a chart. One of the major influences on the size of the confidence interval or error bar is the number of participants in the survey. In general, this means that with more students participating in the survey, there will be a higher degree of confidence in the results (i.e., error bars will be smaller).

The proper interpretation of an error bar can be illustrated by looking at the chart below. This chart compares the New Mexico prevalence of smoking and cocaine use to the United States prevalence for 2005, a previous survey year. The chart shows that the prevalence of current smoking was 25.7% in New Mexico and 23.0% in the United States. The error bar for the estimate of current smoking among New Mexico students extends approximately 4 percentage points in either direction, from 22.0% to 29.8%. This means that we are confident that the actual percentage of smokers in this group of students was between 22.0% and 29.8%. The error bar for the estimate current smoking in the US extends approximately 2.5 percentage points in either direction, from 20.7 to 25.3%. We are confident that the actual percentage of smokers among this group was between 20.7% and 25.3%.

Current Smoking and Current Cocaine Use  
Grades 9 - 12, 2005

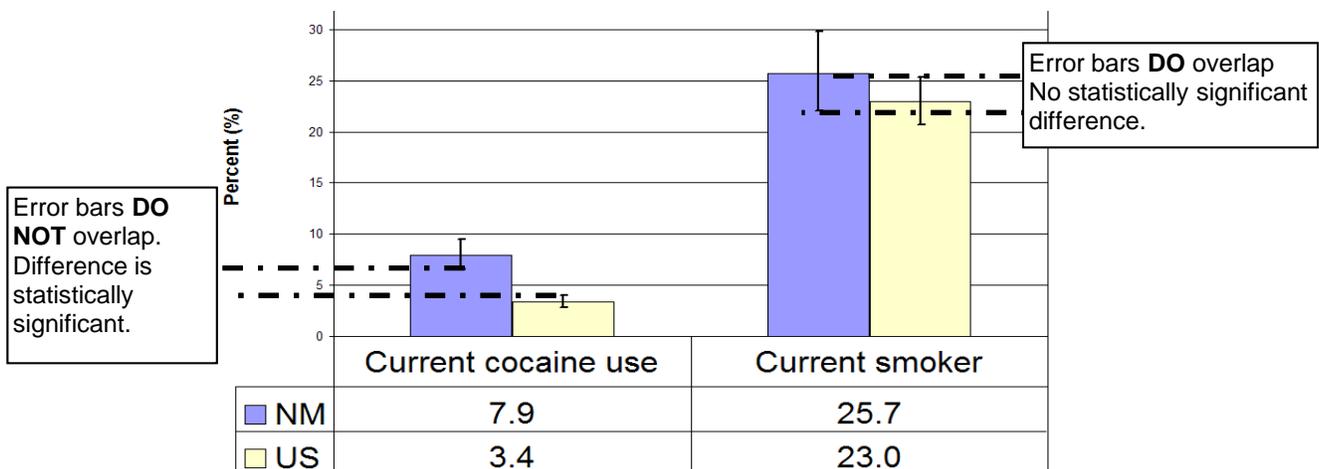


How does knowing the upper and lower limits of our error bars help us? While it appears at first glance that New Mexico had a higher prevalence of smoking than the United States (25.7% vs. 23.0%), a closer look at the error bars shows a more complicated picture. The error bars for the New Mexico estimate (22.0% - 29.8%) and the US estimate (20.7% - 25.3%) overlap. Because of this overlap, we do not have a high degree of confidence that the prevalence of smoking in New Mexico is actually different from the prevalence in the United States. In other words, the difference between the prevalence of smoking in New Mexico and the United States is not statistically significant.

For cocaine use it also appears that in 2005, New Mexico had a higher prevalence than the United States (7.9% vs. 3.4%). The error bar for New Mexico extends from 6.6% to 9.5%, and the error bar for the United States extends from 2.8% to 4.4%. Because the higher bound of the US error bar (4.4%) is lower than the lower bound of the NM error bar (6.6%), 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 2005 prevalence of cocaine use in New Mexico and the United States was a statistically significant difference.

For some small counties, 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.

Current Smoking and Current Cocaine Use  
Grades 9 - 12, 2005



## **Methodology**

The YRRS was implemented in the fall semester of the 2009-10 school year. All public school districts in New Mexico were invited to participate in the 2009 Middle School YRRS. Of 89 districts statewide, 74 districts participated. From each participating school district, schools with students from 6th to 8th grades were selected to participate.\* The probability of selection of each school was proportional to the size of its 6th-8th grade population. In large school districts only some of the schools were selected to participate, while in small districts, all schools were selected. Classrooms were systematically selected from each school, and all students in each selected classroom were asked to participate.

In each participating school, a single day was arranged on which to administer the survey. Questionnaire forms and pencils were distributed to each student in participating classes, and students were asked to fill out the questionnaires independently of other students and without teacher assistance.

Questionnaires were electronically scanned, and data were analyzed using STATA 10.1, a statistical software program.

## **Limitations of the YRRS**

All information from the YRRS was self-reported by the participating students. While most questions on the YRRS come from nationally validated surveys, and data quality has been demonstrated to be very high in national surveys, there is no way to guarantee the truthfulness of the participants in any survey that relies on self-reporting.

A good response rate is one of the most important goals in conducting a survey. At the school district level, a response rate is the percentage of all students selected for the survey who complete and return a useable questionnaire form. At the state level, the response rate incorporates the participation of school districts and schools as well as the participation of students. An adequate response rate means that survey results are more likely to represent the actual student population. The statewide response rate for the 2009 Middle School YRRS was 68%, an adequate response rate to represent the population.

In order to achieve a statewide response rate of 60% or greater, we aimed for a 75% response rate from each participating school district. Most participating school districts and counties met this target or were close to it. While the response rate was generally very good in participating schools, the overall response rate was driven down by the school districts that declined to participate.

\* The High School YRRS was also conducted at the same time; results from that survey are published separately.

## Participation in Los Alamos County

The response rate for Los Alamos County was 91%.

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 75% is excellent and allows a high degree of confidence in results. Because a high response rate means that more students have been surveyed, a high response rate will also be reflected in the error bars (i.e., with a higher response rate and more students included in the survey, error bars will be smaller and confidence intervals will be narrower). Response rates below 60% are considered low, and caution should be exercised in interpreting results. Low response rates indicate that the data may represent only students who participated in the survey and not necessarily the entire student body.

### Profile of students surveyed

	<u>Number of students</u>	<u>Percent (%)</u>
<u>Total</u>	95	100%
<u>Gender</u>		
Girls	58	(61.1%)
Boys	37	(38.9%)
<u>Race/Ethnicity</u>		
American Indian	5	(5.3%)
Asian or Pacific Islander	4	(4.2%)
Black or African-American	4	(4.2%)
Hispanic	19	(20.0%)
White	63	(66.3%)
<u>Grade Level</u>		
6th	95	(100.0%)
7th	0	(0.0%)
8th	0	(0.0%)
Other:	0	(0.0%)



## Risk Behaviors



## Personal Safety

Behaviors Contributing to Unintentional Injury

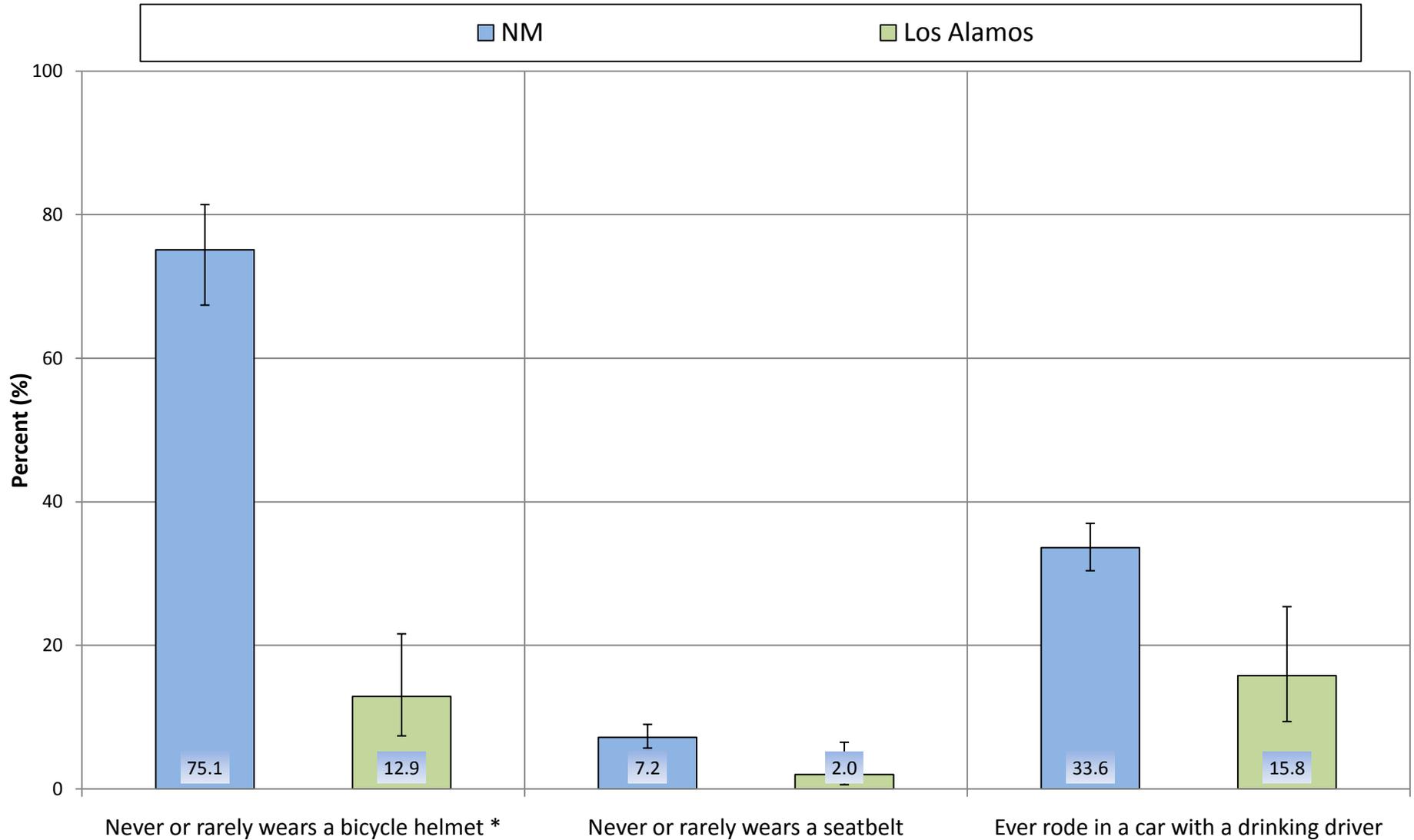
Behaviors Associated with Violence



# Injury: Personal Safety

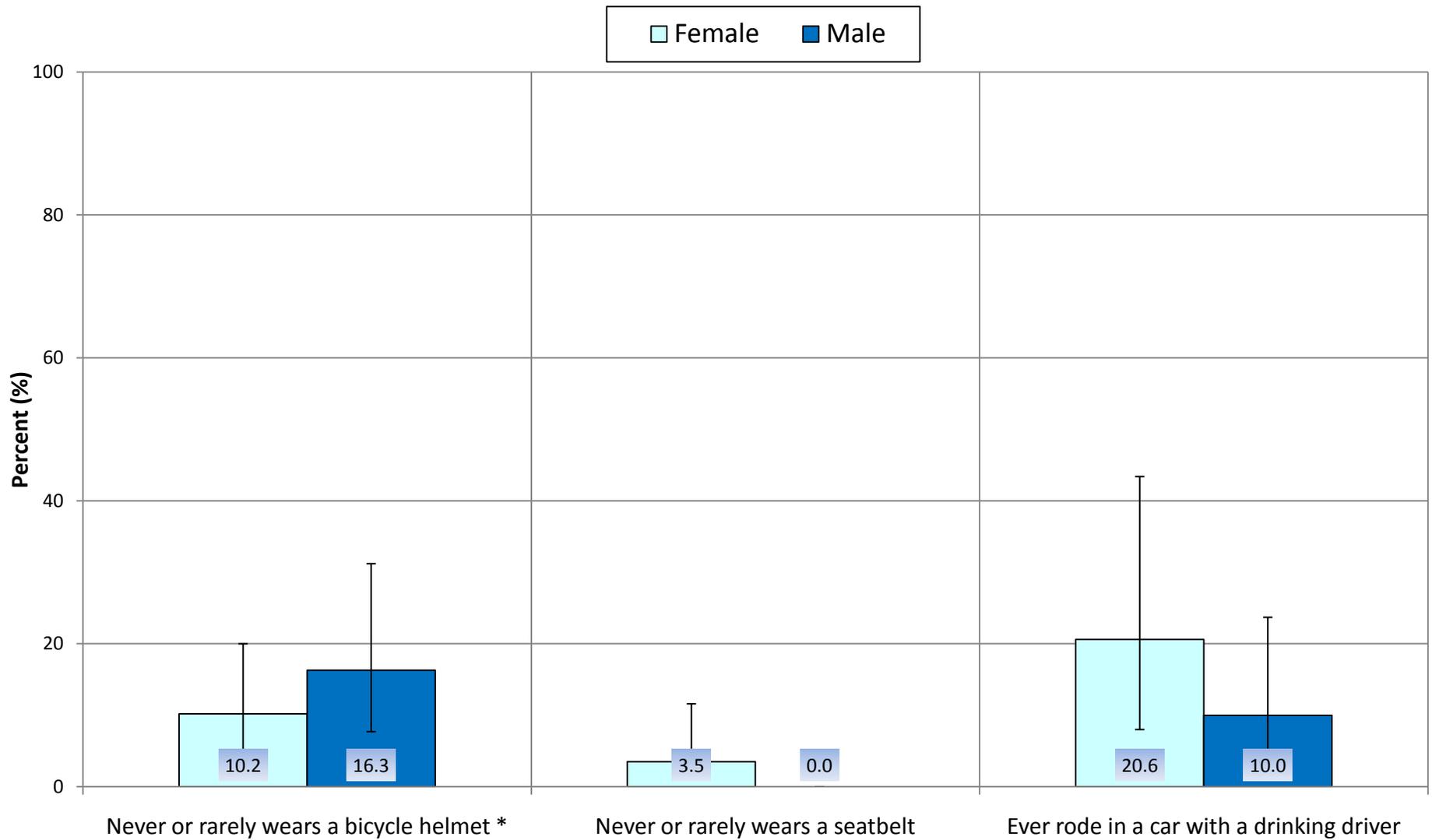
## New Mexico and Los Alamos County

### Grades 6 - 8, 2009 NM YRRS



\* Among those who rode a bicycle in the past 12 months

## Injury: Personal Safety by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



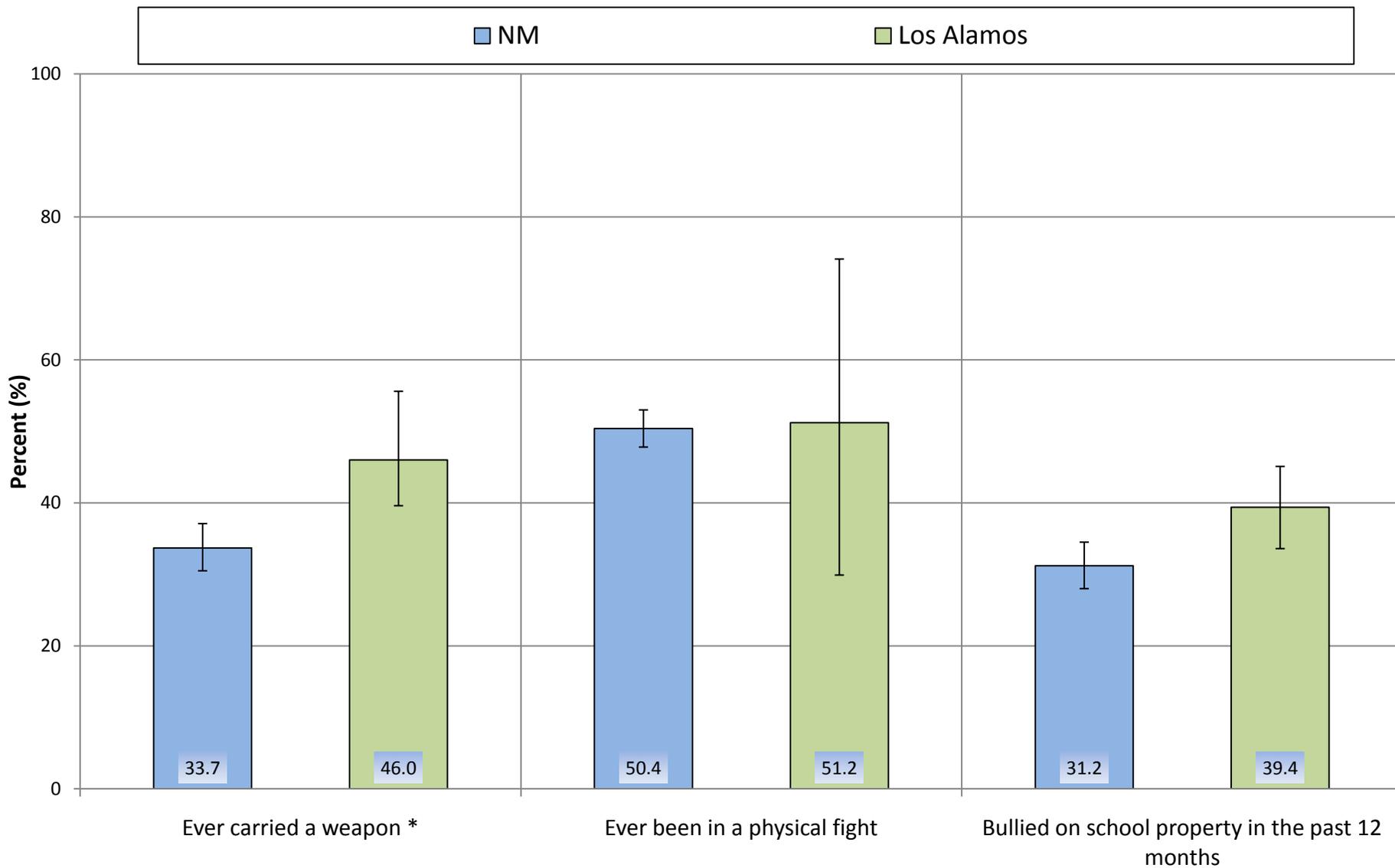
\* Among those who rode a bicycle in the past 12 months



# Injury: Violence

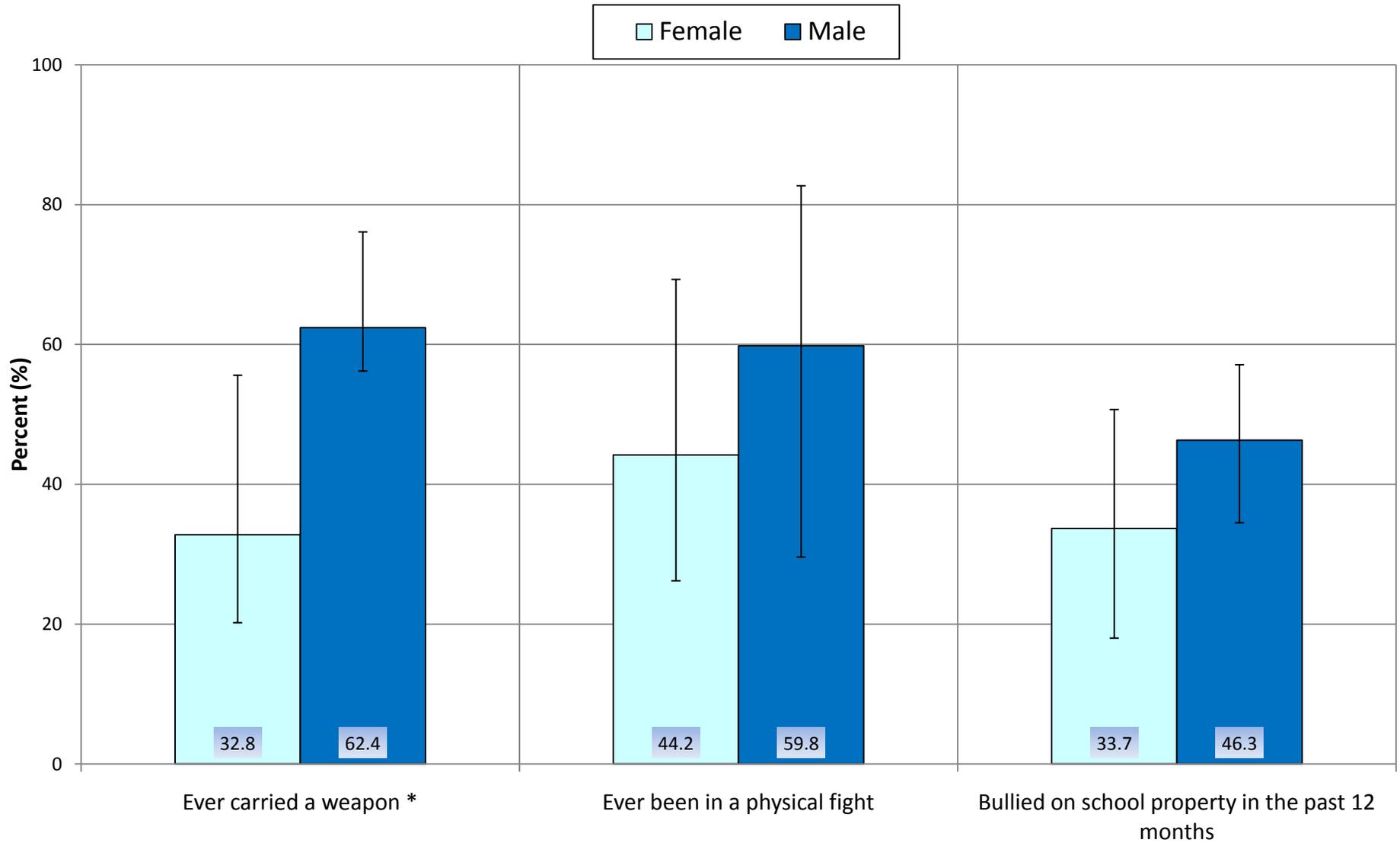
## New Mexico and Los Alamos County

### Grades 6 - 8, 2009 NM YRRS



\* Such as a gun, knife, or club

# Injury: Violence by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* Such as a gun, knife, or club



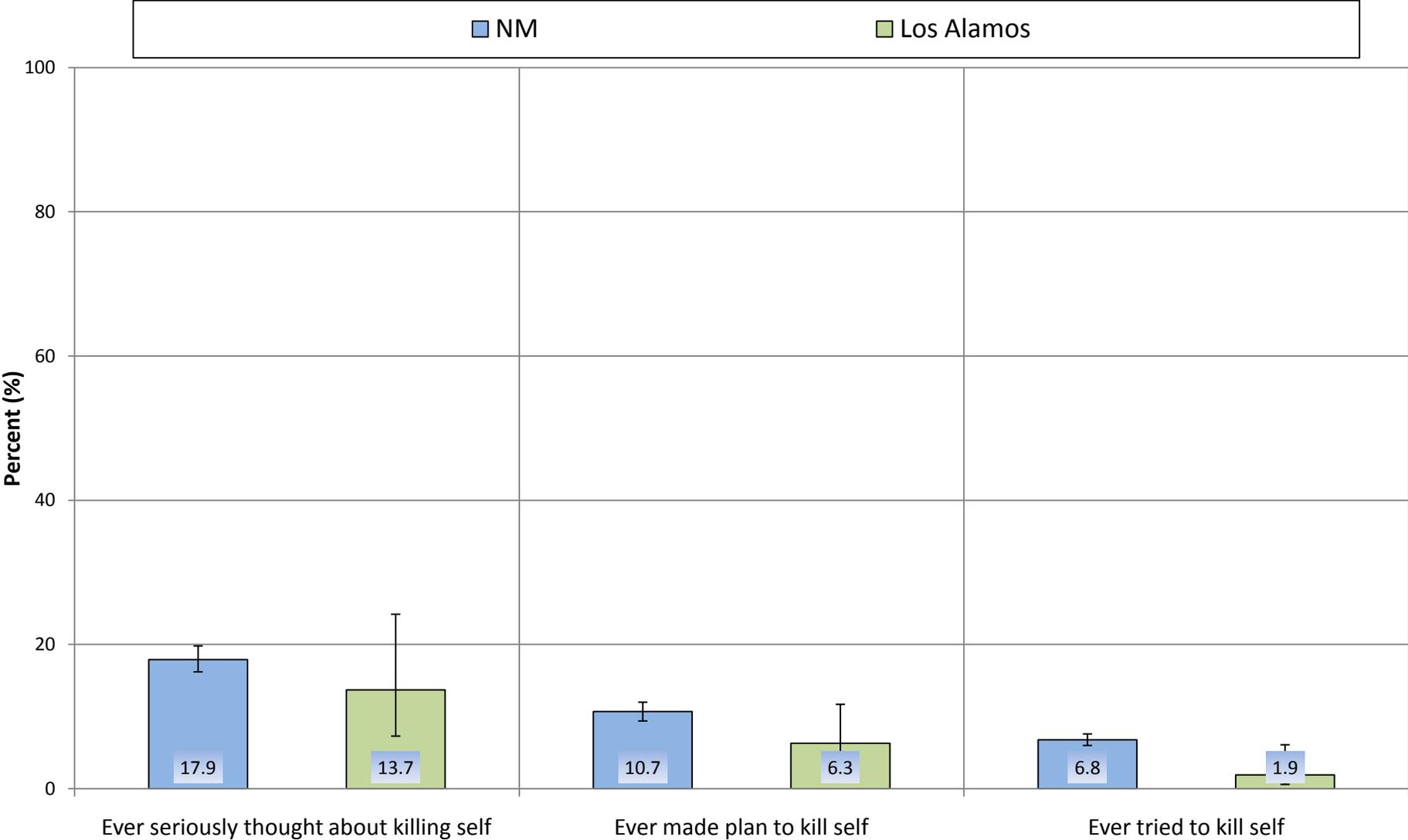
# Mental Health



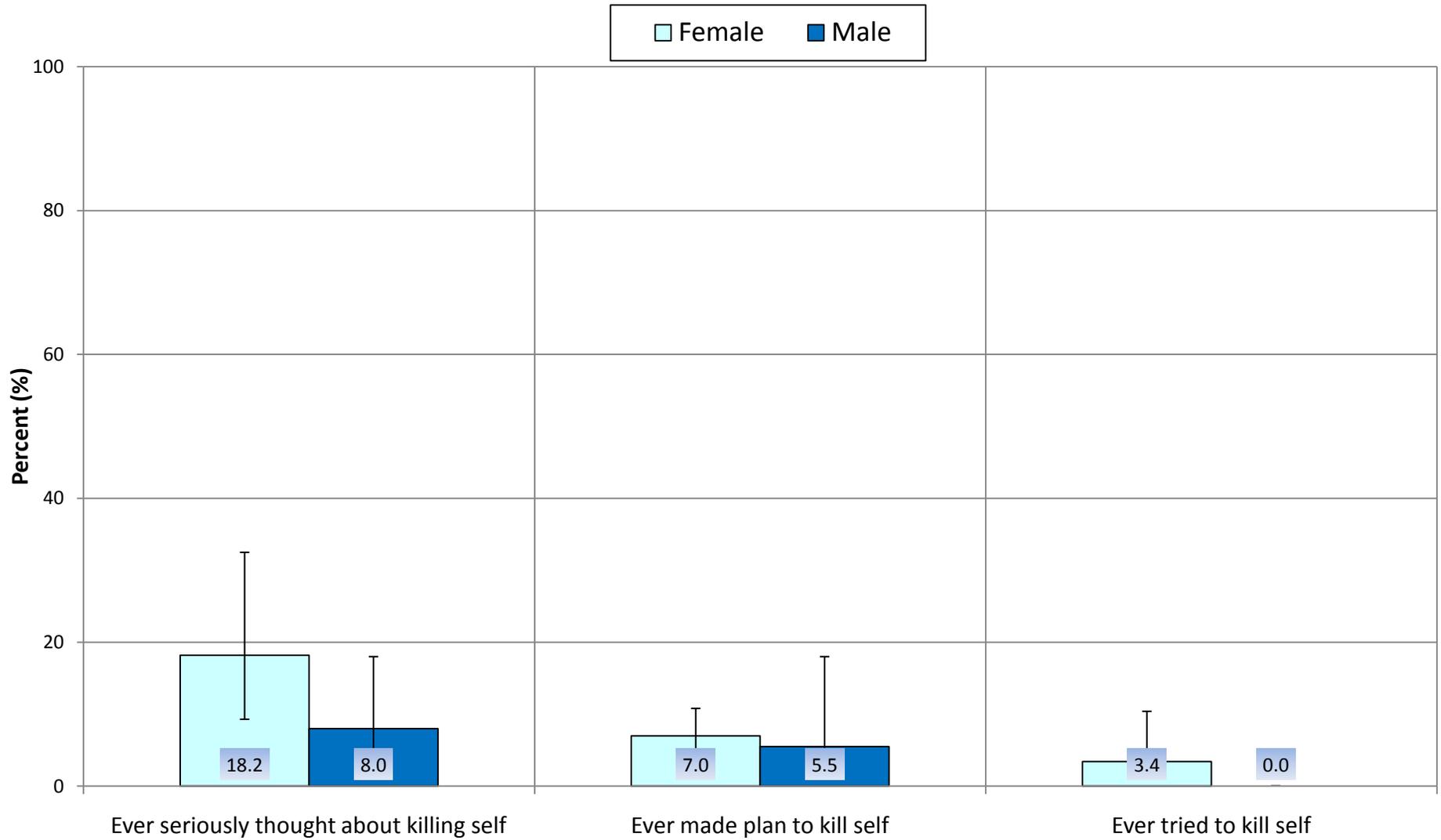
# Mental Health

## New Mexico and Los Alamos County

### Grades 6 - 8, 2009 NM YRRS



# Mental Health by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS





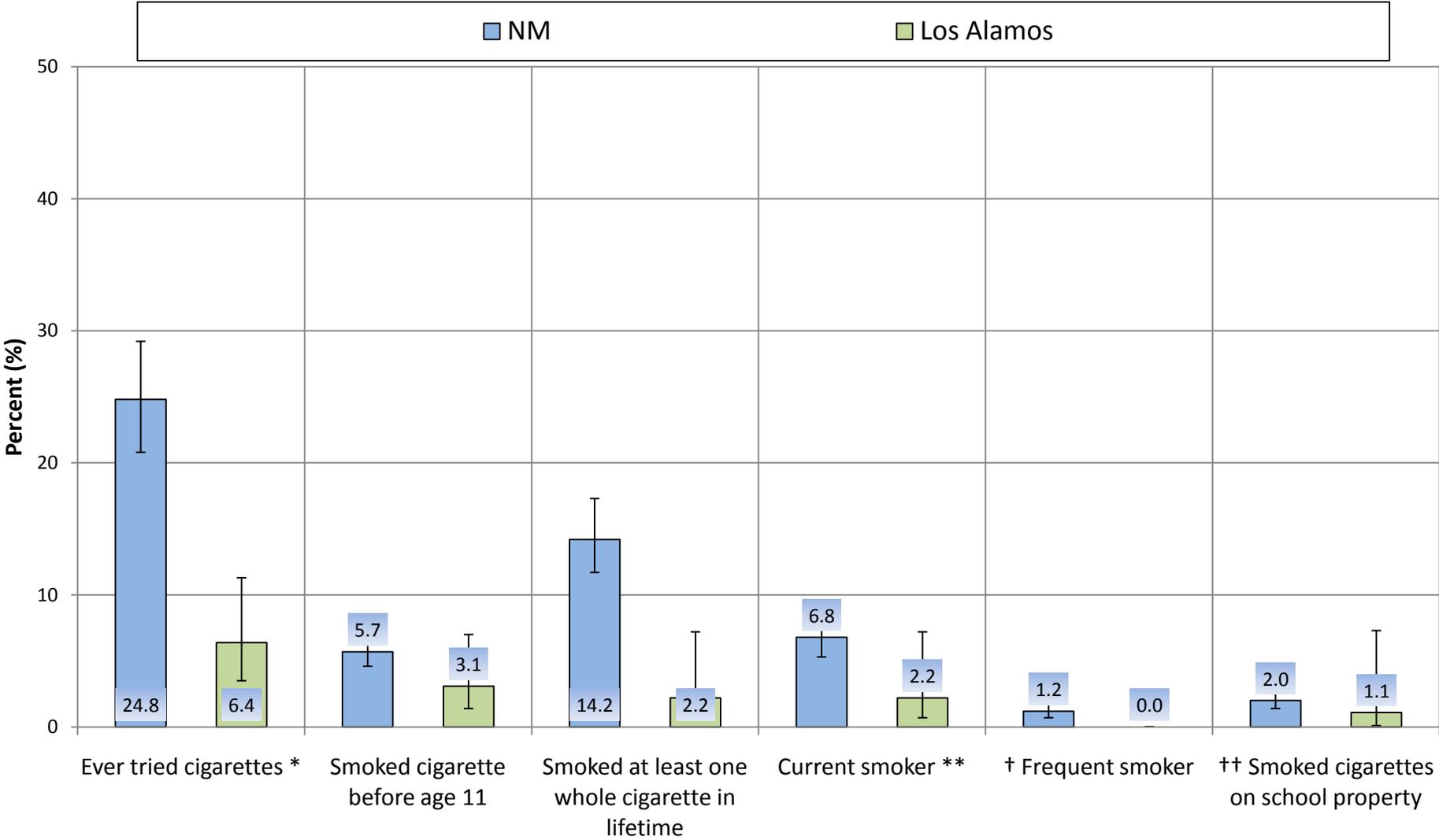
# Tobacco



# Tobacco: Cigarettes

## New Mexico and Los Alamos County

### Grades 6 - 8, 2009 NM YRRS



\* Ever tried cigarettes, even one or two puffs

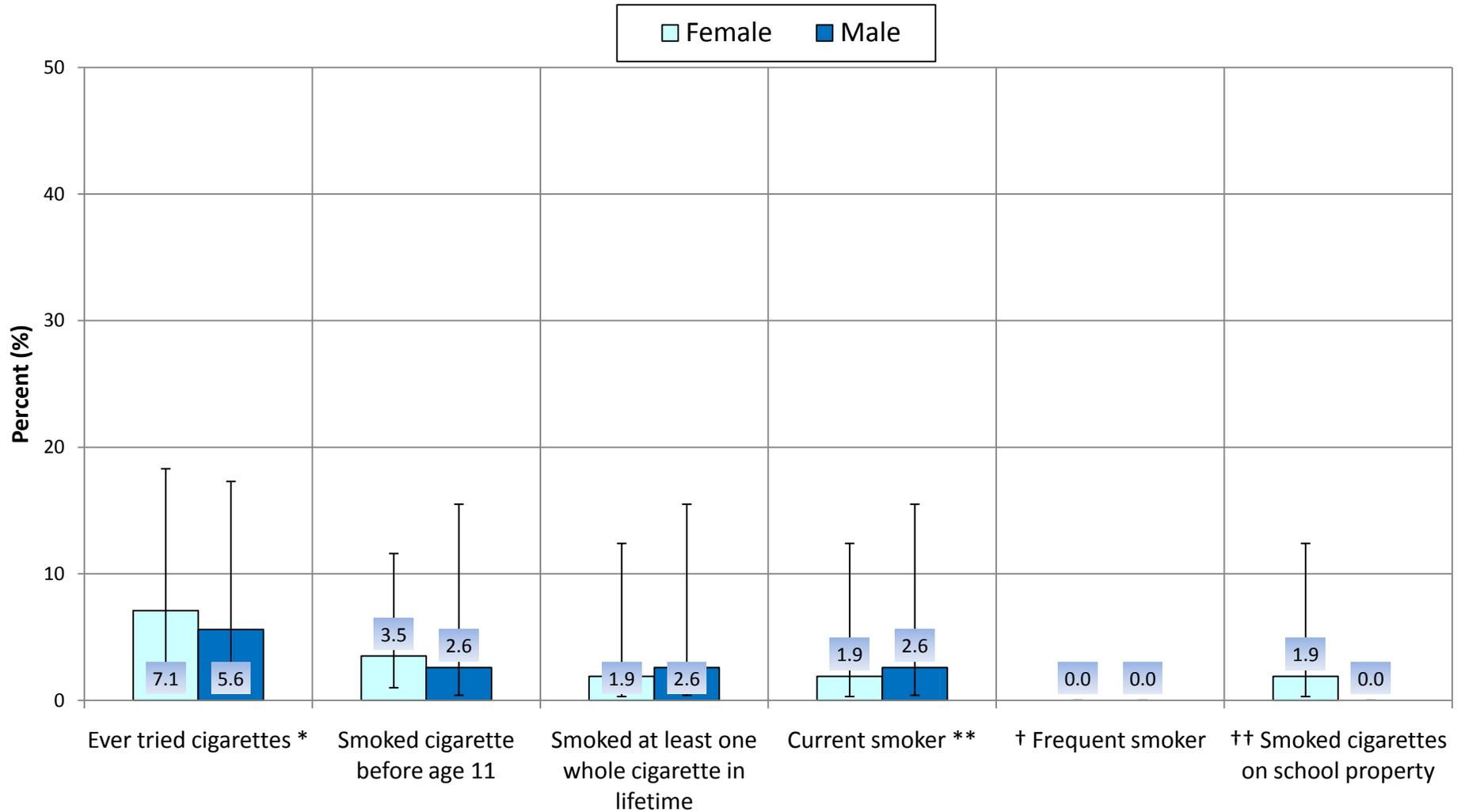
\*\* Smoked cigarettes on at least one of the past 30 days

Note that the vertical axis extends to 50% rather than to 100% as in most other charts.

† Smoked cigarettes on at least 20 of the past 30 days

†† In the past 30 days

## Tobacco: Cigarettes by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* Ever tried cigarettes, even one or two puffs

\*\* Smoked cigarettes on at least one of the past 30 days

Note that the vertical axis extends to 50% rather than to 100% as in most other charts.

† Smoked cigarettes on at least 20 of the past 30 days

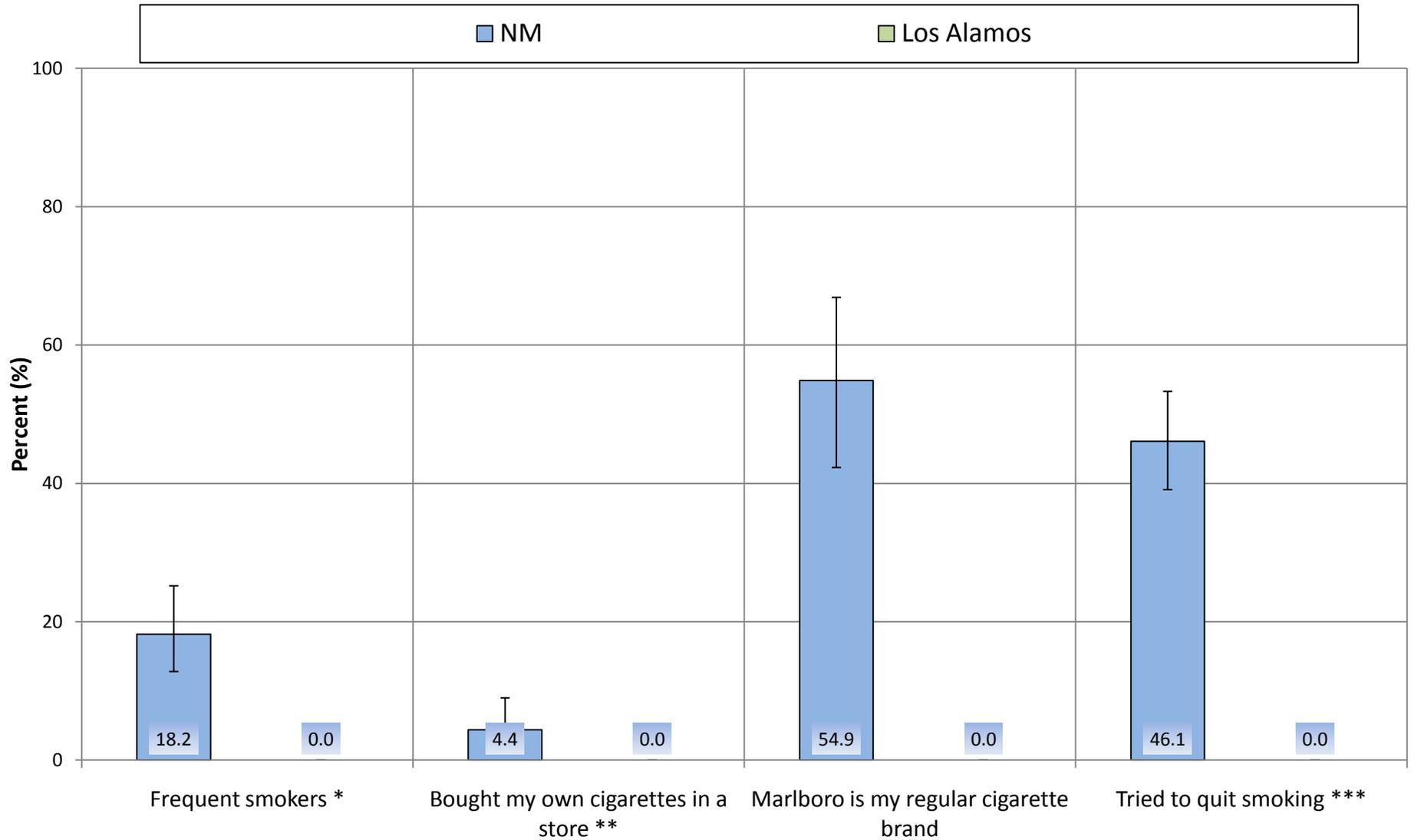
†† In the past 30 days



# Tobacco: Behaviors of Current Cigarette Smokers

## New Mexico and Los Alamos County

### Grades 6 - 8, 2009 NM YRRS

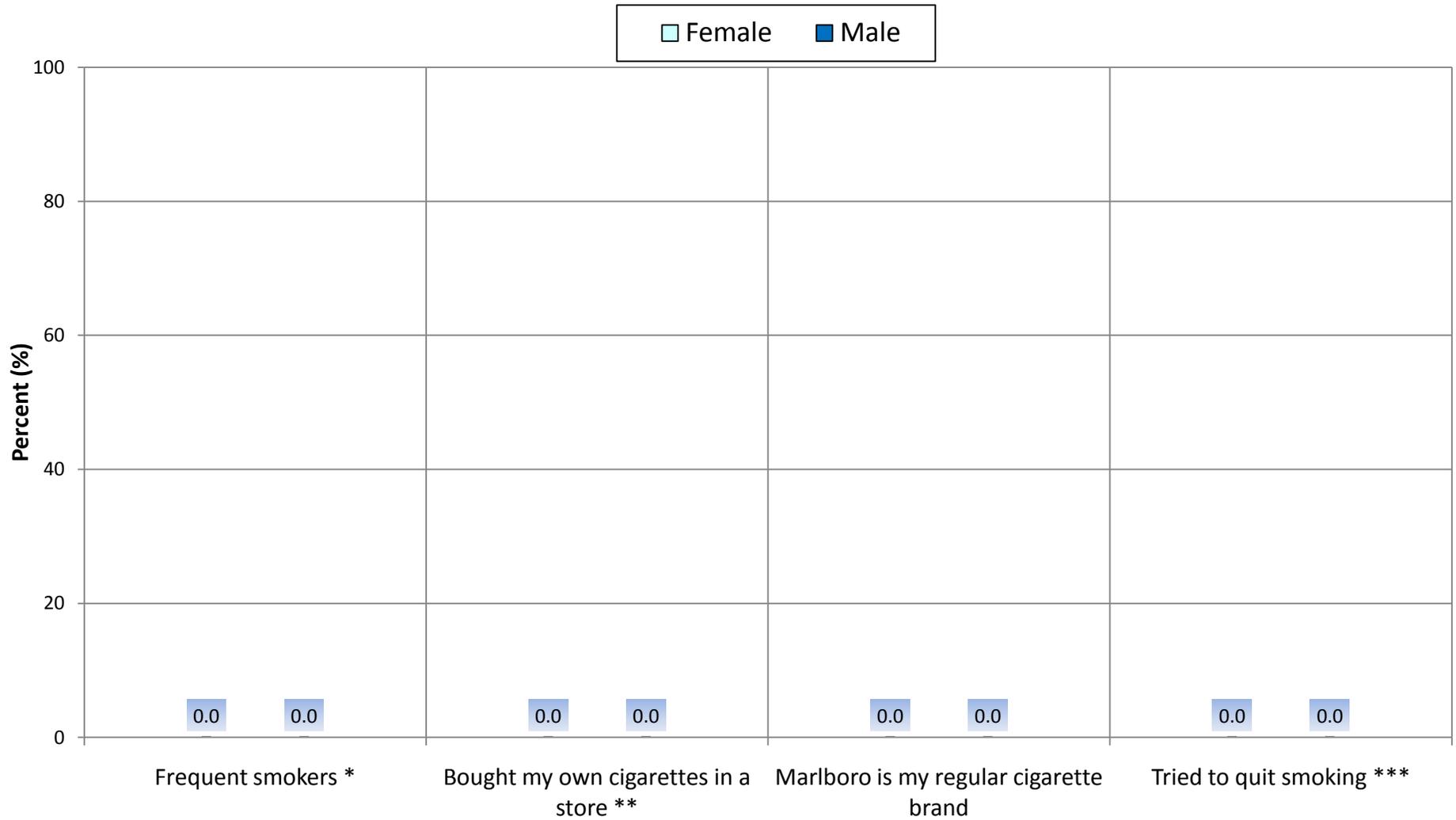


\* Among current smokers, percent who smoked on at least 20 of the last 30 days

\*\* In the past 30 days, among current smokers < 18 yrs old

\*\*\* In the past 12 months

## Tobacco: Behaviors of Current Cigarette Smokers by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



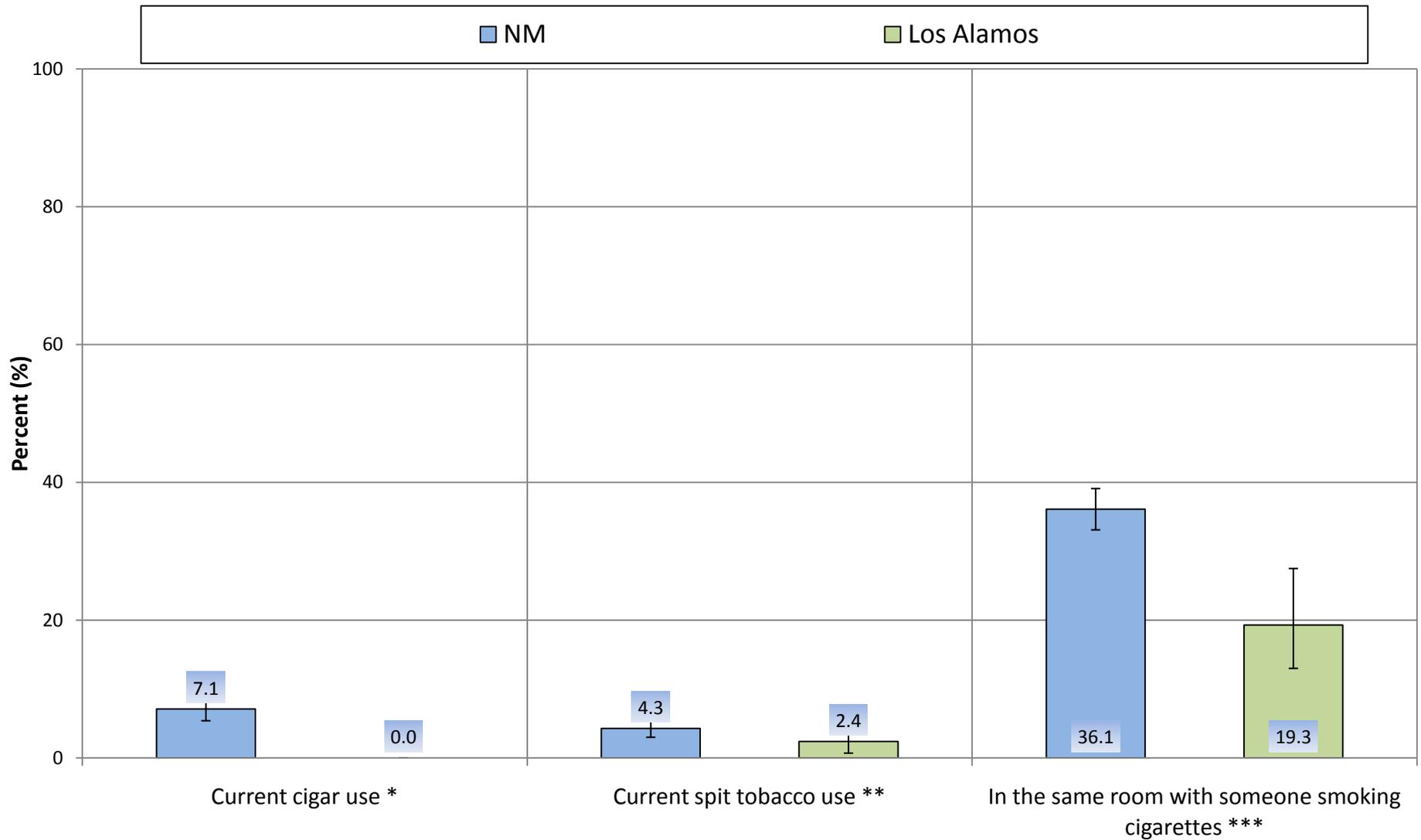
\* Among current smokers, percent who smoked on at least 20 of the last 30 days

\*\* In the past 30 days, among current smokers < 18 yrs old

\*\*\* In the past 12 months



## Tobacco: Other Use and Exposure New Mexico and Los Alamos County Grades 6 - 8, 2009 NM YRRS

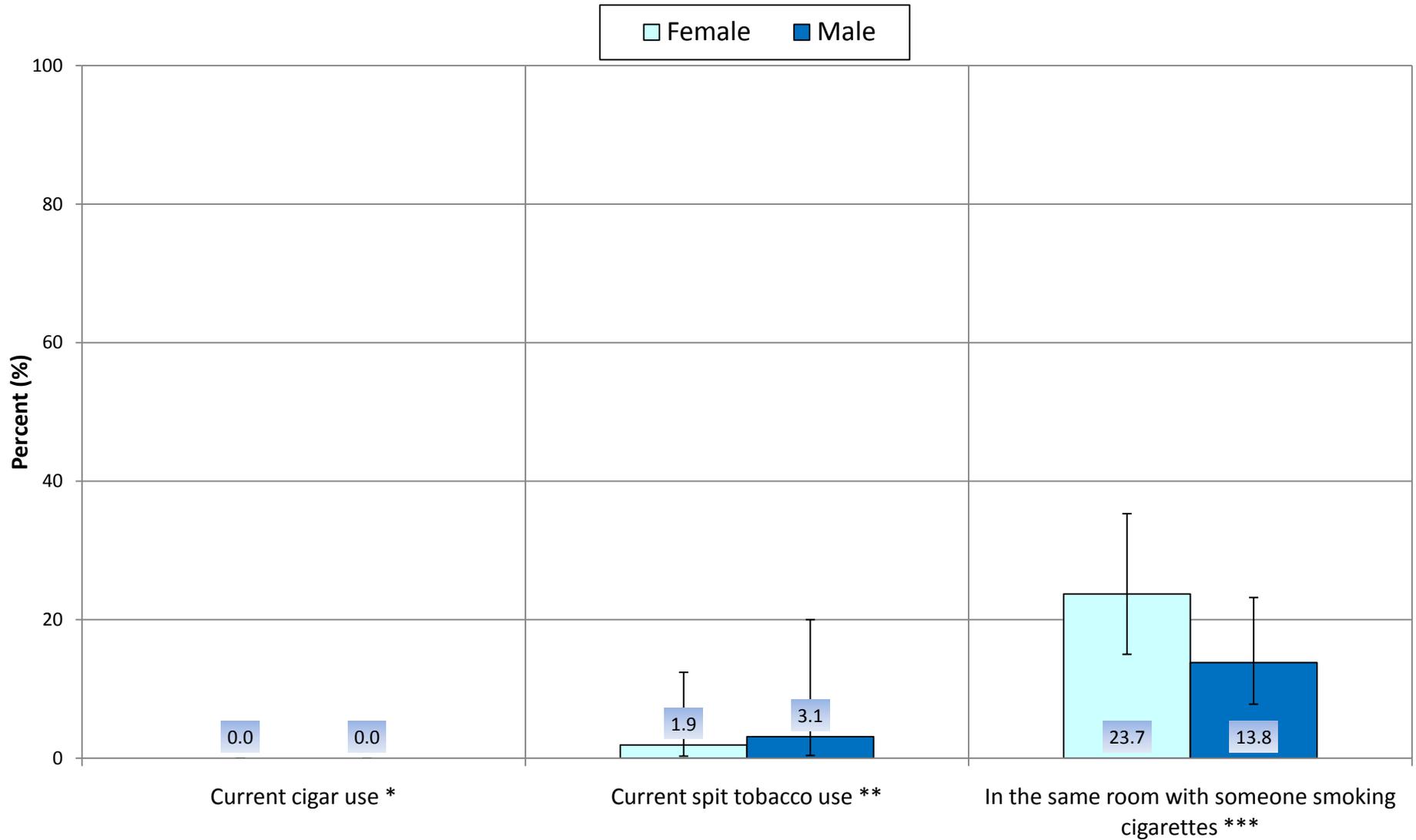


\* Cigars, cigarillos, or little cigars, in the past 30 days

\*\* Chewing tobacco, snuff, or dip, in the past 30 days

\*\*\* In the past 7 days

## Tobacco: Other Use and Exposure by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



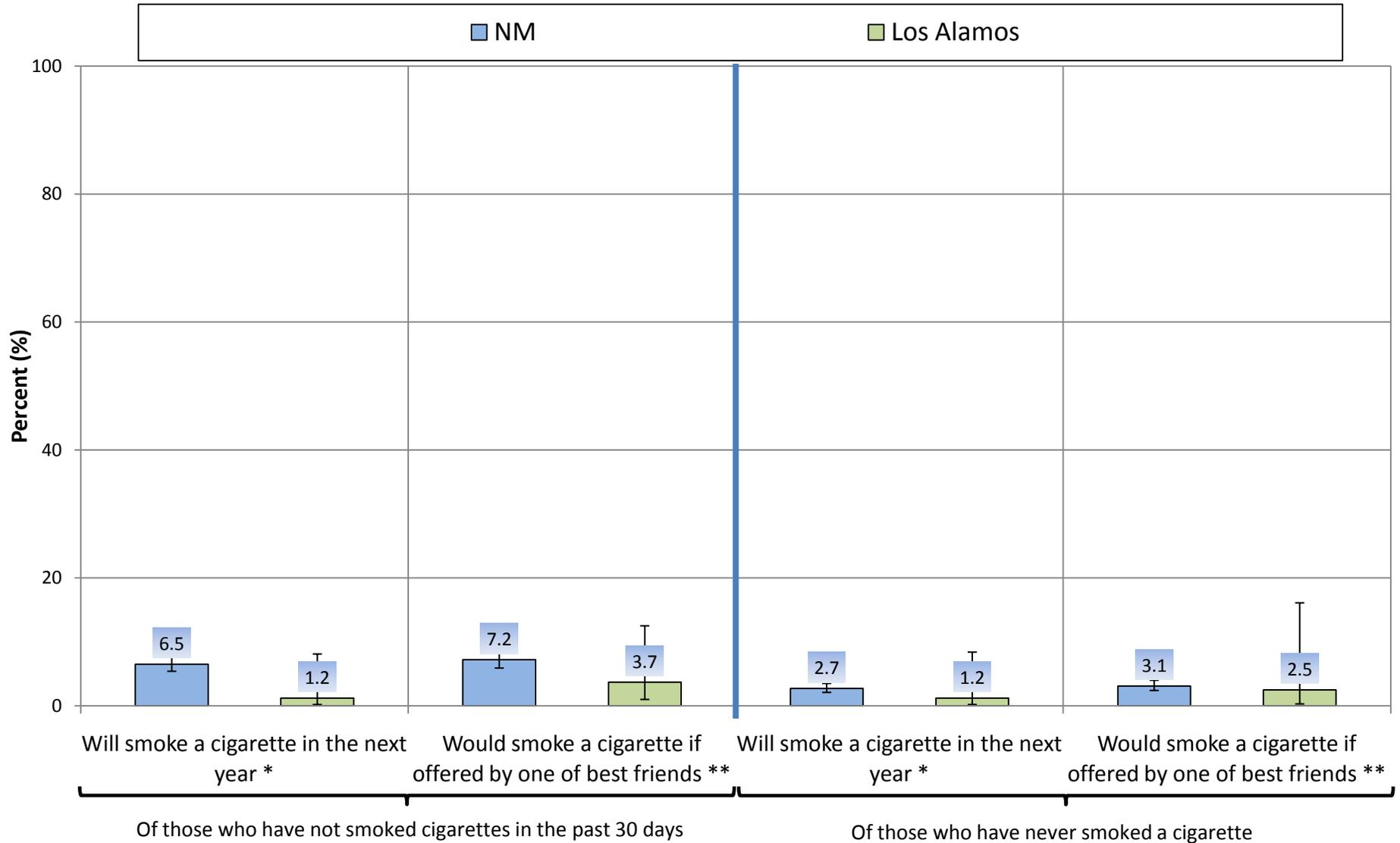
\* Cigars, cigarillos, or little cigars, in the past 30 days

\*\* Chewing tobacco, snuff, or dip, in the past 30 days

\*\*\* In the past 7 days



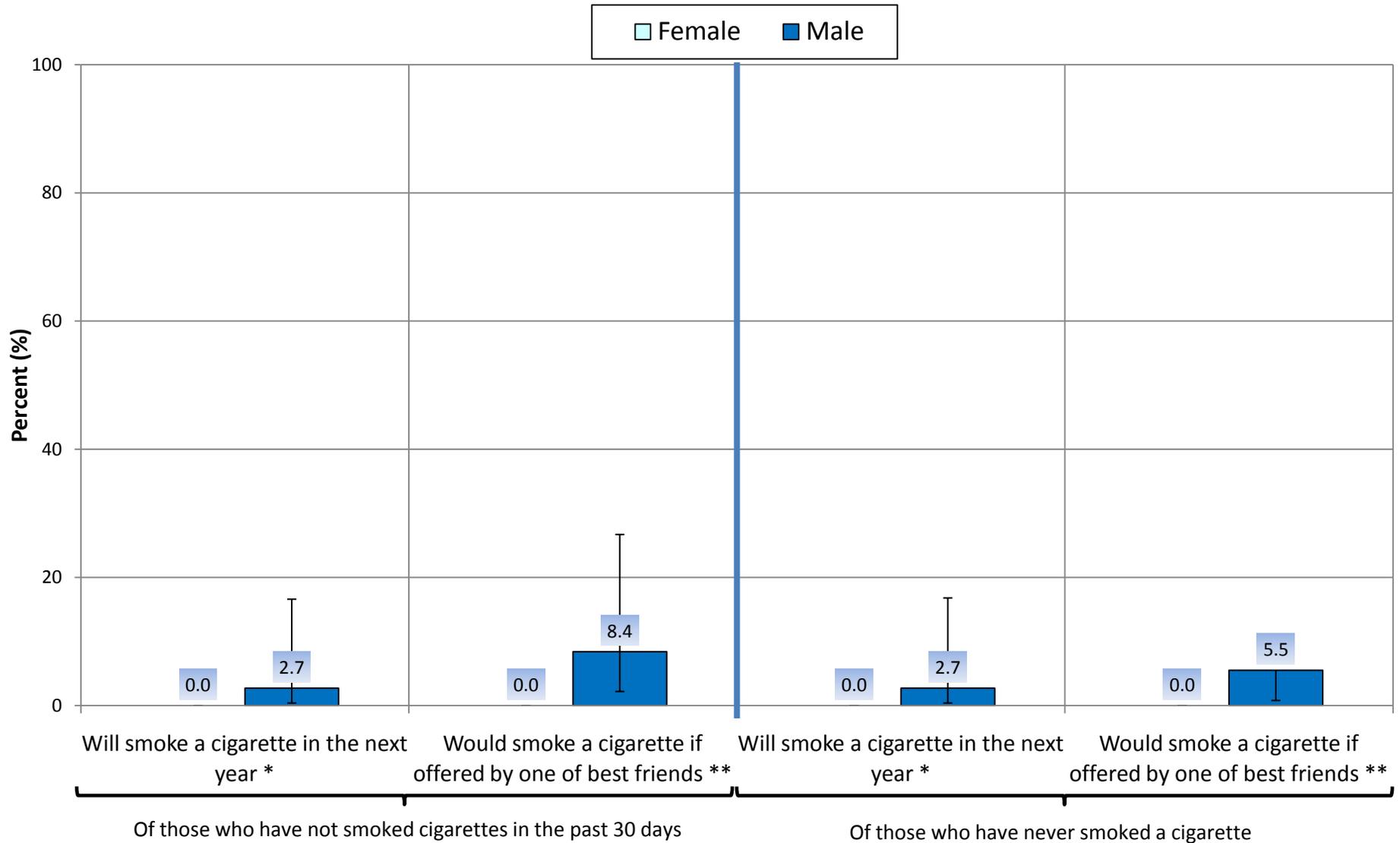
## Tobacco: Plans to Smoke New Mexico and Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* Answered "Probably yes" or "Definitely yes" to the question, "Do you think you will smoke a cigarette at anytime during the next year?"

\*\* Answered "Probably yes" or "Definitely yes" to the question, "If one of your best friends offered you a cigarette, would you smoke it?"

## Tobacco: Plans to Smoke by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS

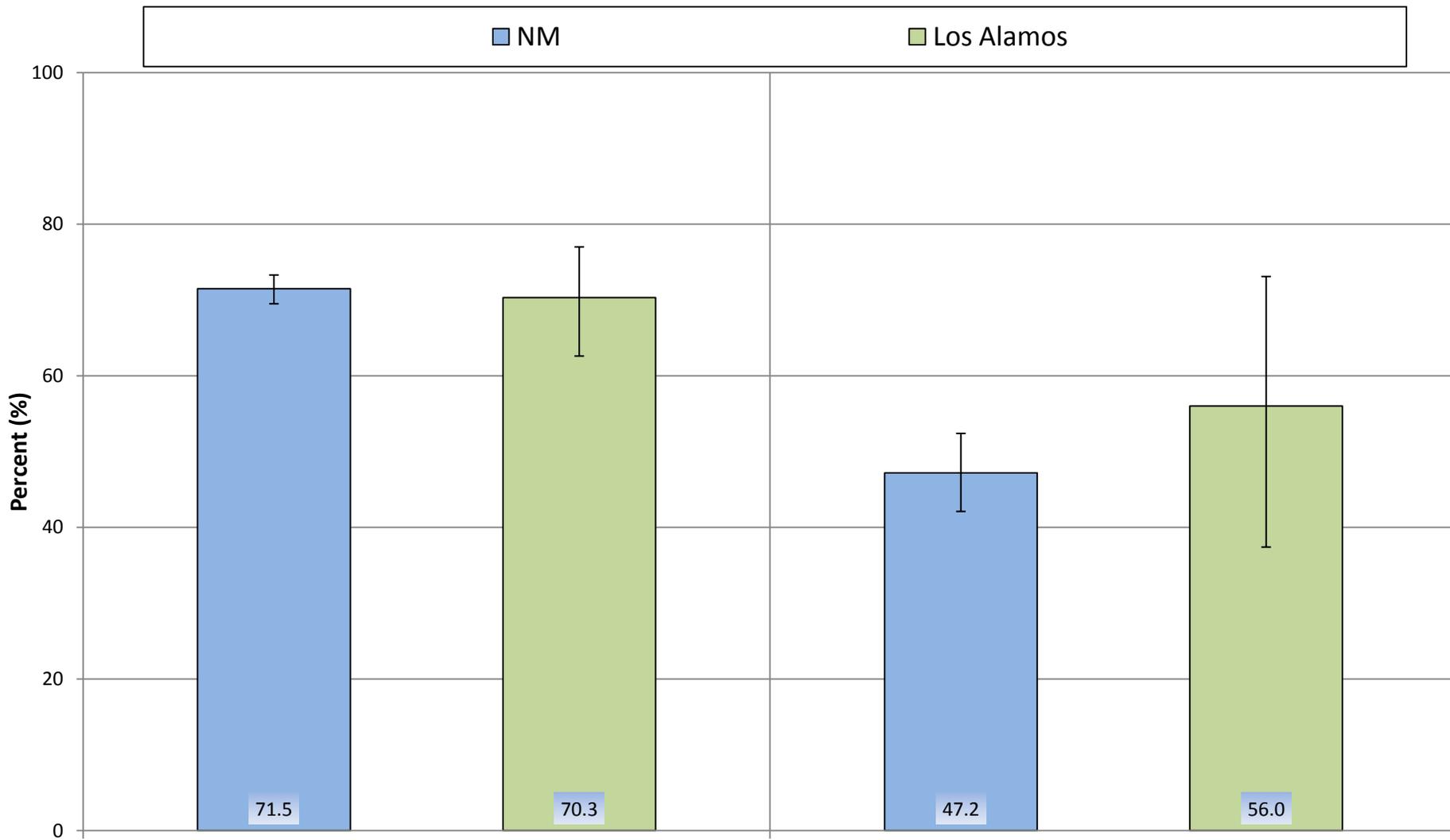


\* Answered "Probably yes" or "Definitely yes" to the question, "Do you think you will smoke a cigarette at anytime during the next year?"

\*\* Answered "Probably yes" or "Definitely yes" to the question, "If one of your best friends offered you a cigarette, would you smoke it?"



## Exposure to Information on the Dangers of Tobacco New Mexico and Los Alamos County Grades 6 - 8, 2009 NM YRRS

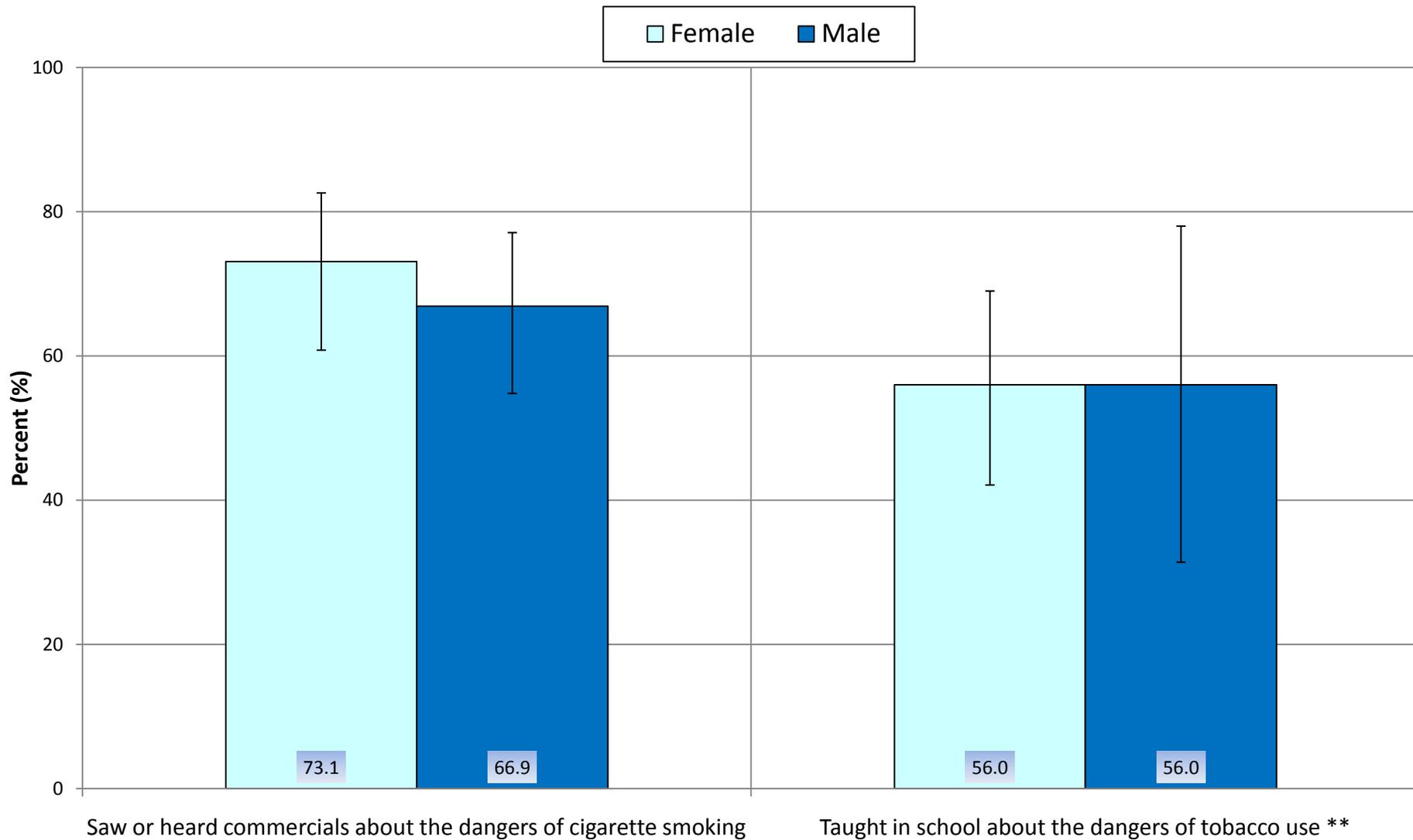


Saw or heard commercials about the dangers of cigarette smoking

Taught in school about the dangers of tobacco use \*\*

\*  
\* Commercials on the TV, the Internet, or the radio  
\*\* During the school year that the survey was administered

# Exposure to Information on the Dangers of Tobacco by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* Commercials on the TV, the Internet, or the radio

\*\* During the school year that the survey was administered



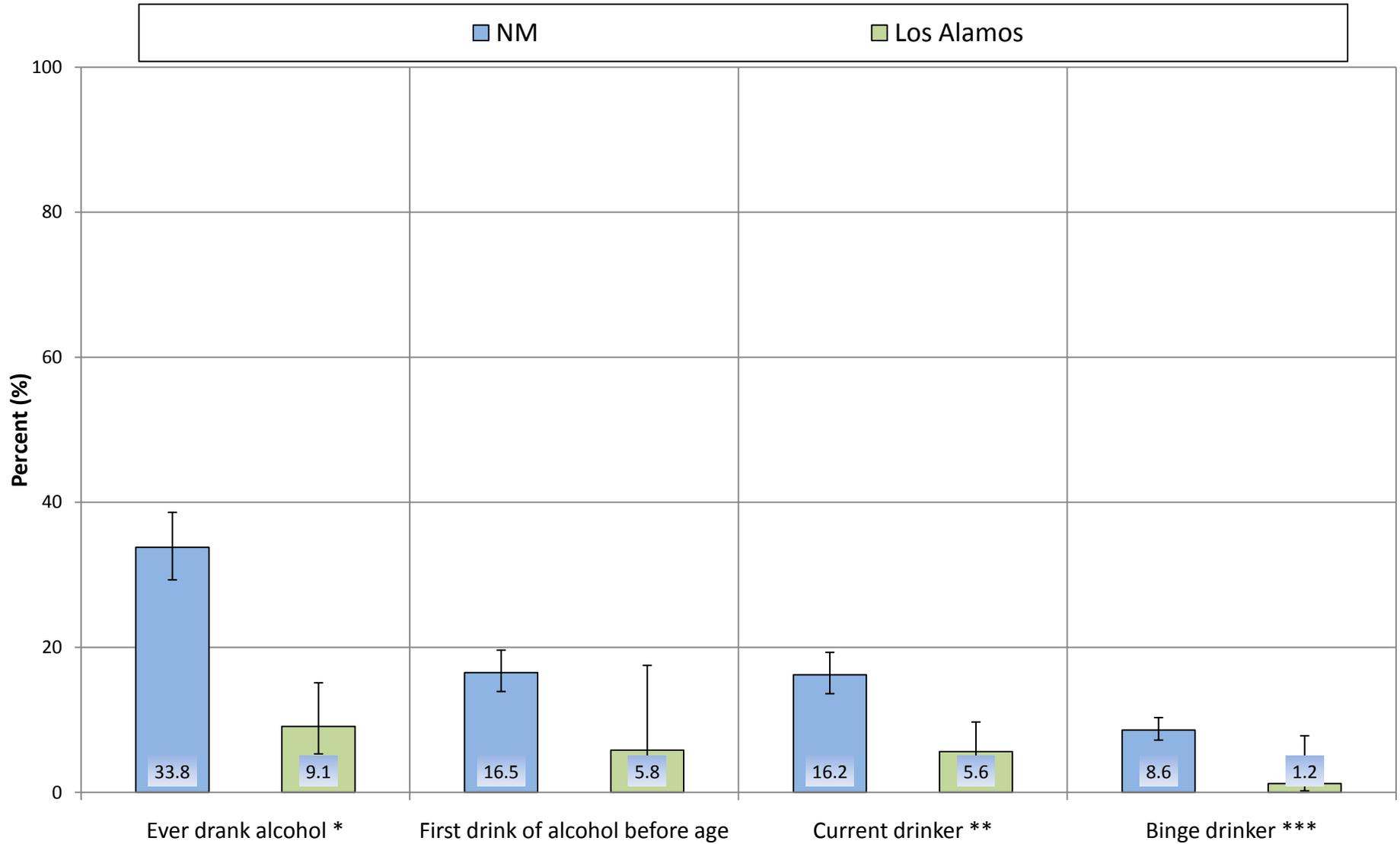
# Alcohol



# Alcohol

## New Mexico and Los Alamos County

### Grades 6 - 8, 2009 NM YRRS

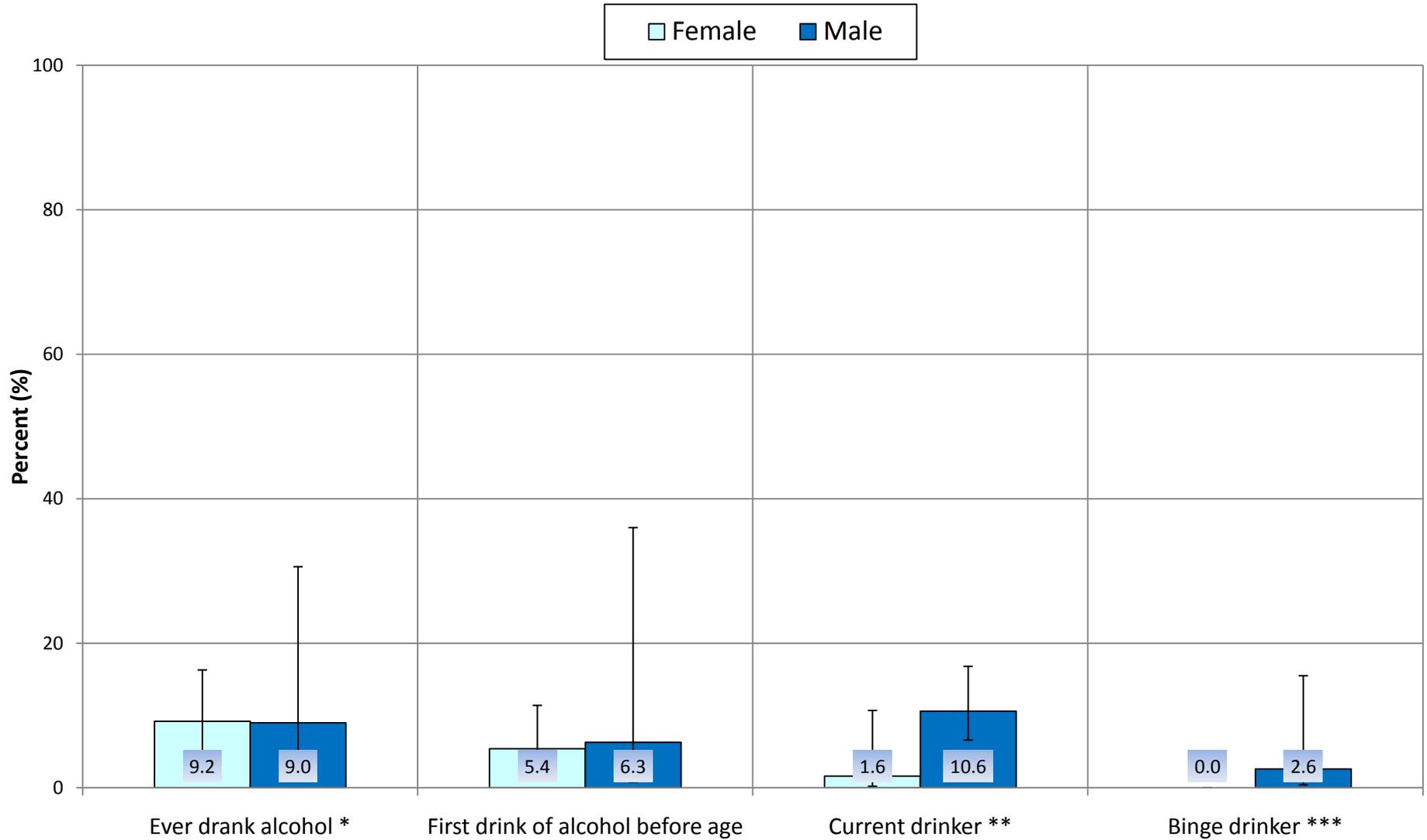


\* Other than a few sips

\*\* Drank alcohol on at least one of the past 30 days

\*\*\* Had five or more drinks in a row, or within a couple of hours, in the past 30 days

# Alcohol by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



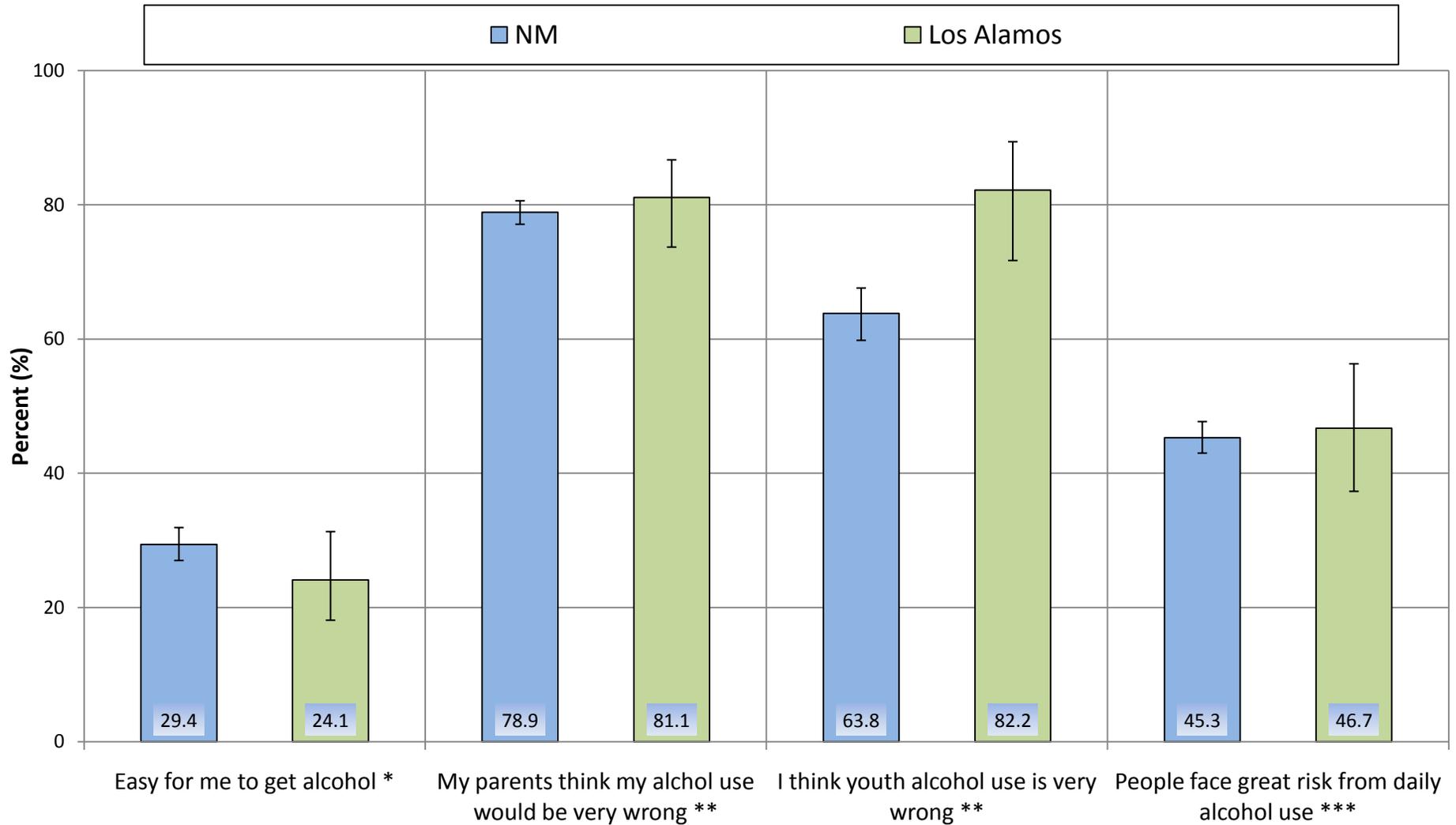
\* Other than a few sips

\*\* Drank alcohol on at least one of the past 30 days

\*\*\* Had five or more drinks in a row, or within a couple of hours, in the past 30 days



## Alcohol: Access and Attitudes New Mexico and Los Alamos County Grades 6 - 8, 2009 NM YRRS

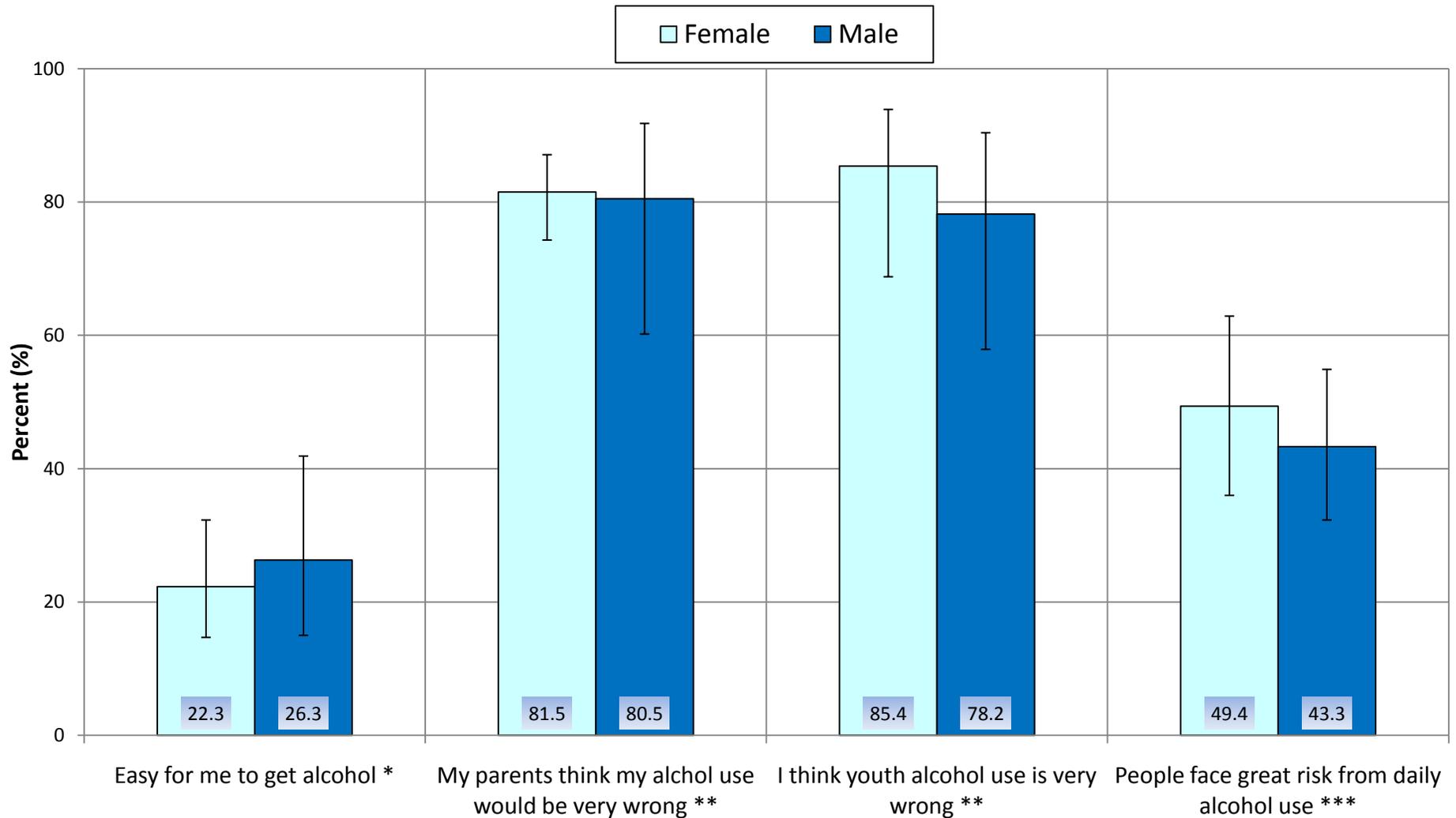


\* Responded "Very easy" or "Sort of easy" to get beer, wine, or hard liquor

\*\* How wrong do "your parents", or "you" feel it would be for you or someone your age to drink alcohol regularly?"

\*\*\* 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?"

## Alcohol: Access and Attitudes by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* Responded "Very easy" or "Sort of easy" to get beer, wine, or hard liquor

\*\* How wrong do "your parents", or "you" feel it would be for you or someone your age to drink alcohol regularly?"

\*\*\* 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?"



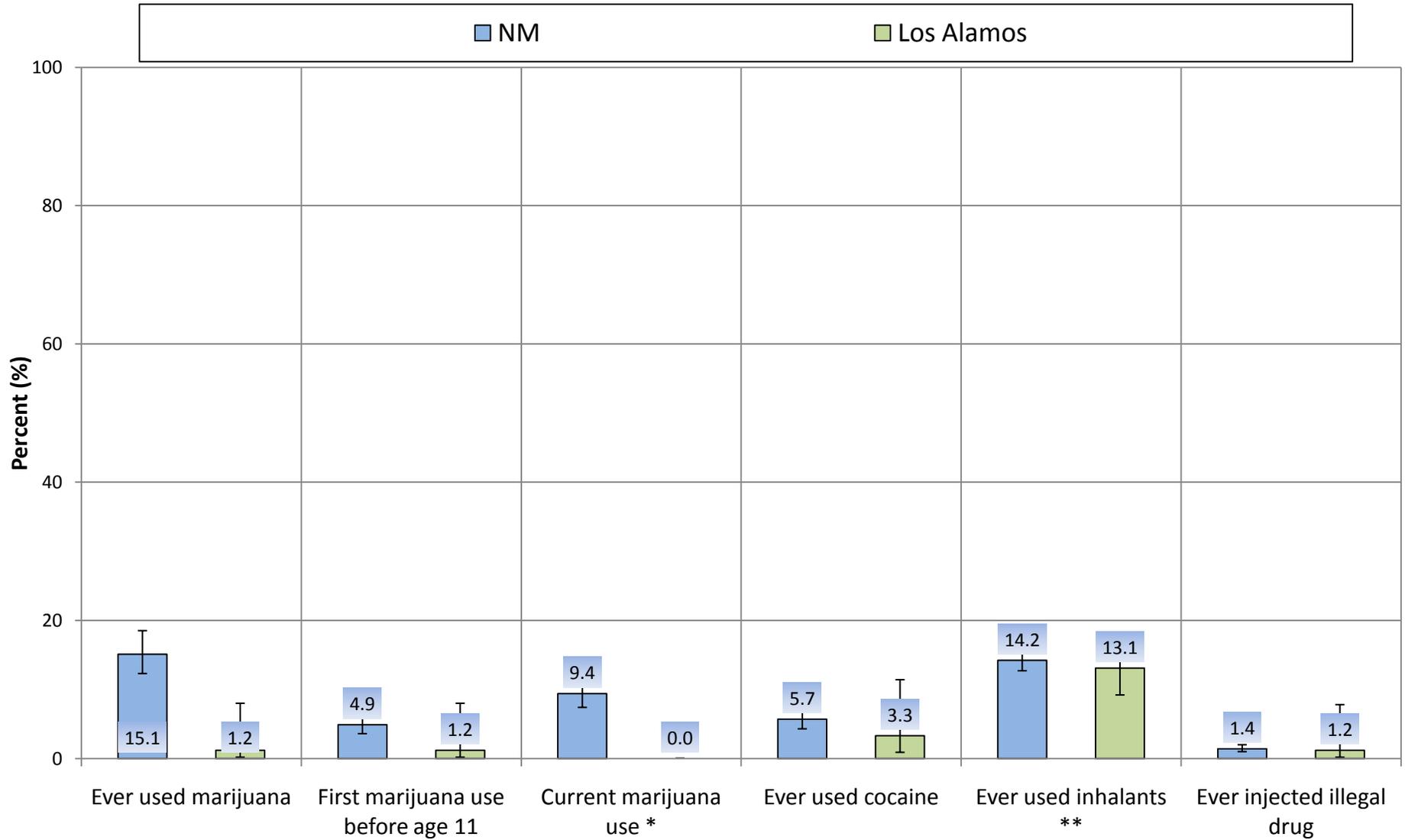
# Drugs



# Drugs

## New Mexico and Los Alamos County

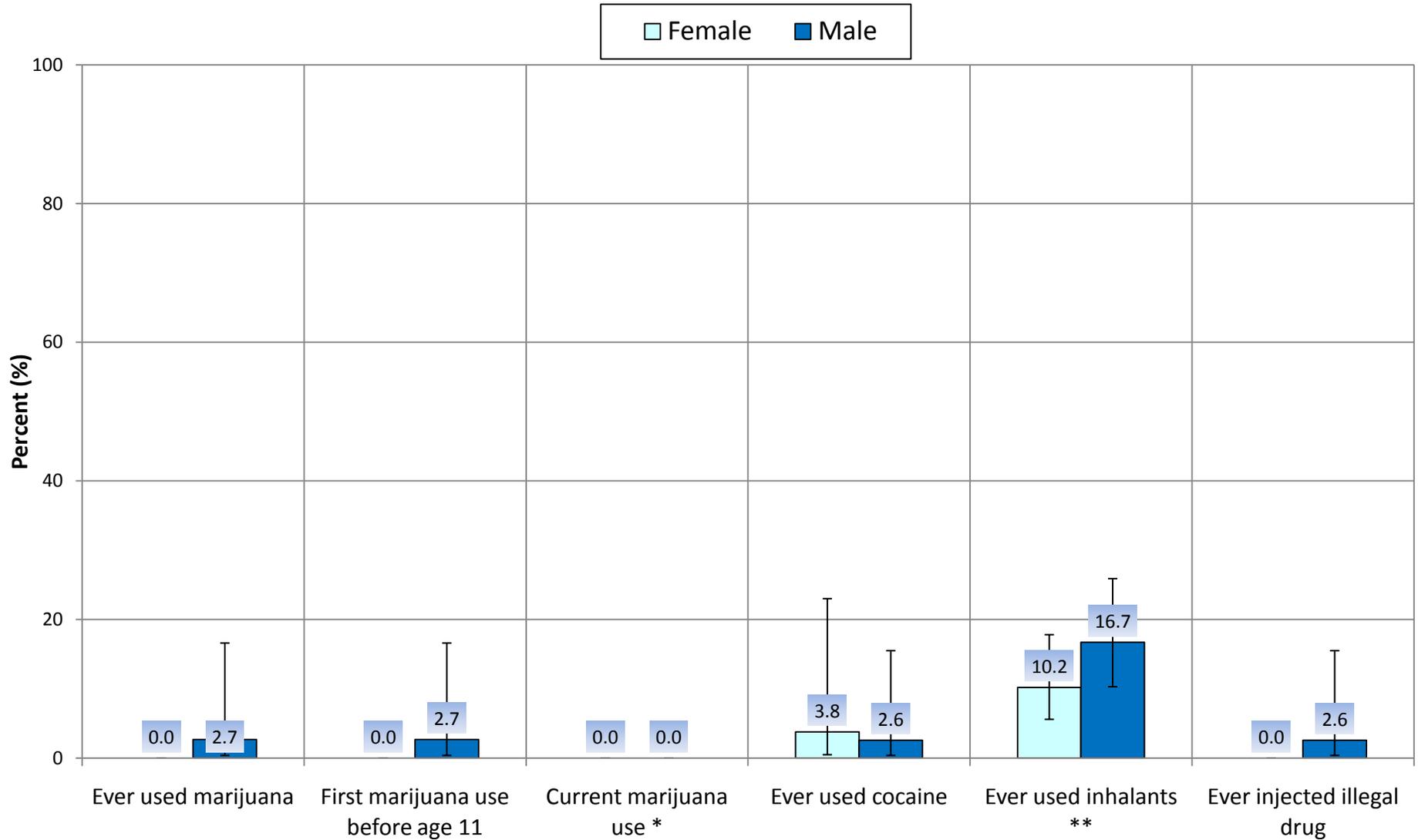
### Grades 6 - 8, 2009 NM YRRS



\* At least once in the past 30 days

\*\* Sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high

## Drugs by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* At least once in the past 30 days

\*\* Sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high



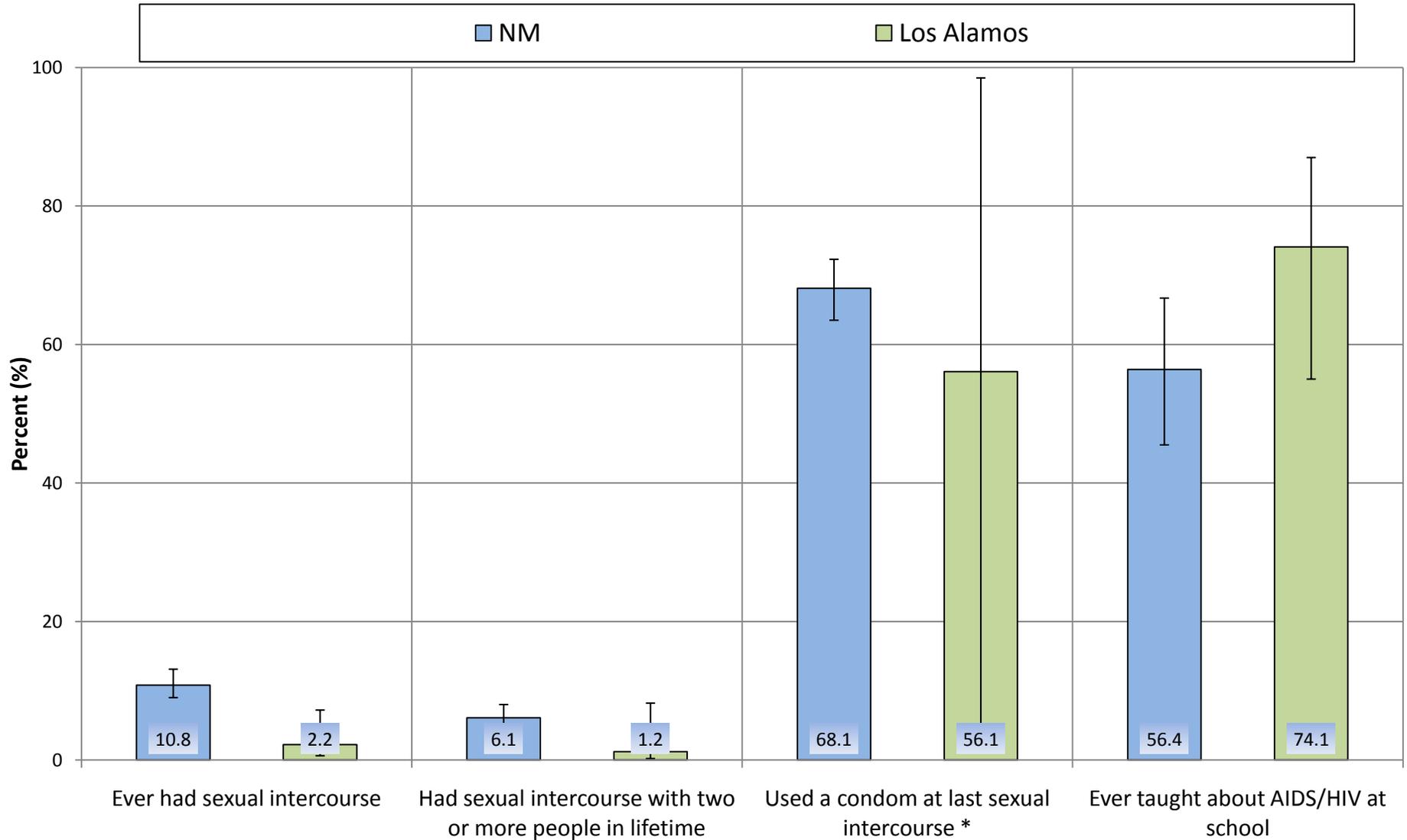
# Sexual Behavior



# Sexual Behavior

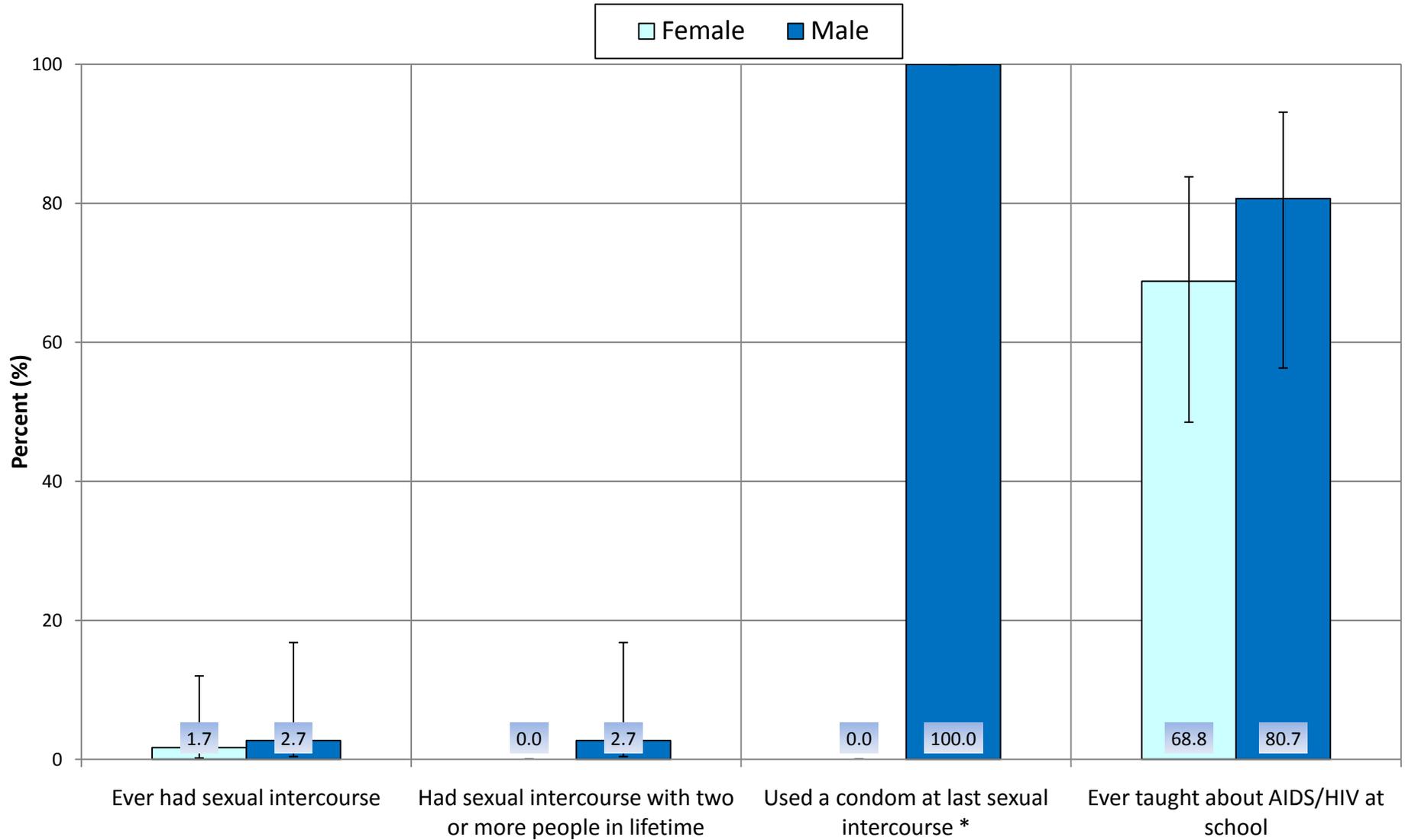
## New Mexico and Los Alamos County

### Grades 6 - 8, 2009 NM YRRS



\* Among those who ever had sexual intercourse

## Sexual Behavior by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



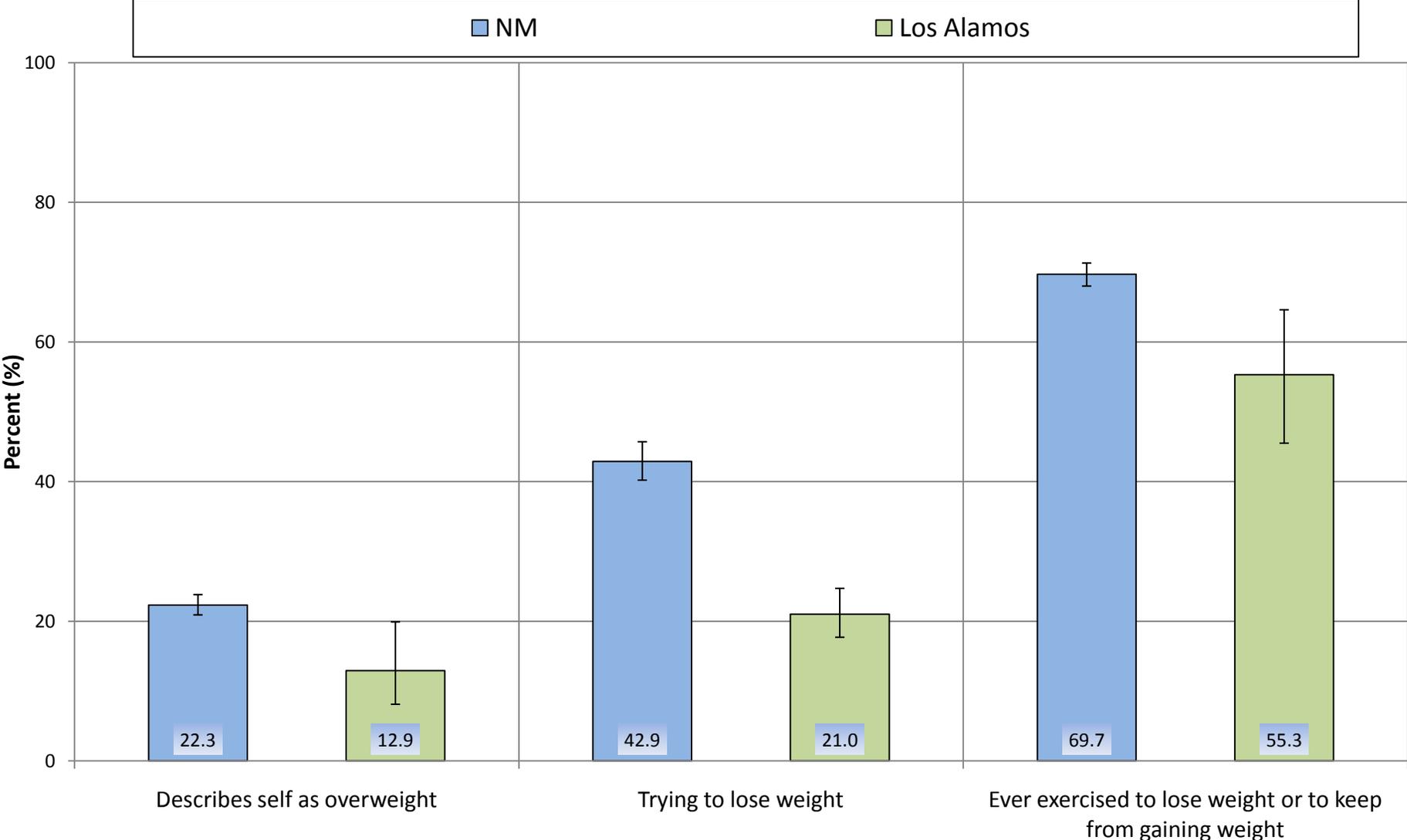
\* Among those who ever had sexual intercourse



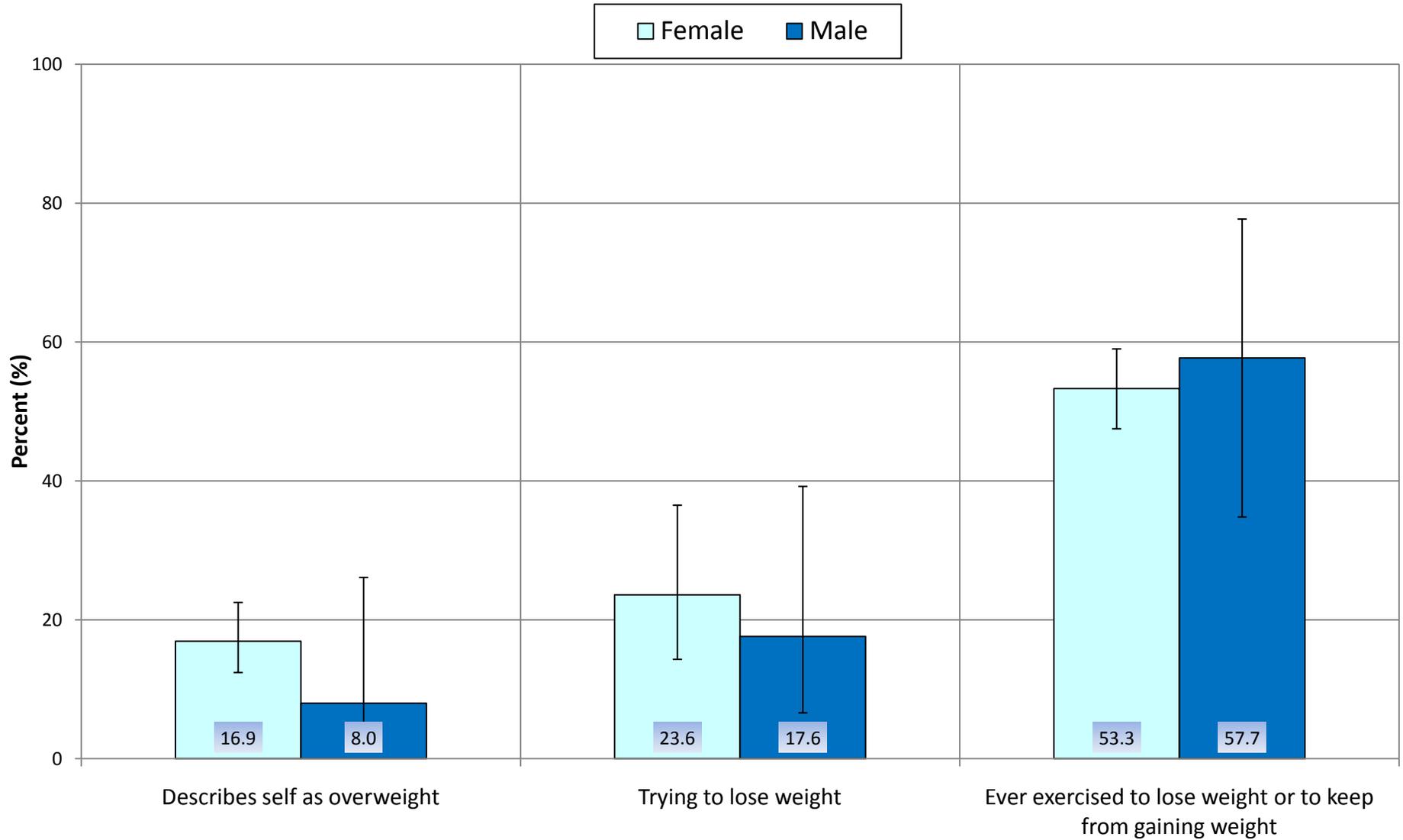
## Body Weight and Weight Control



**Body Weight and Weight Control  
New Mexico and Los Alamos County  
Grades 6 - 8, 2009 NM YRRS**

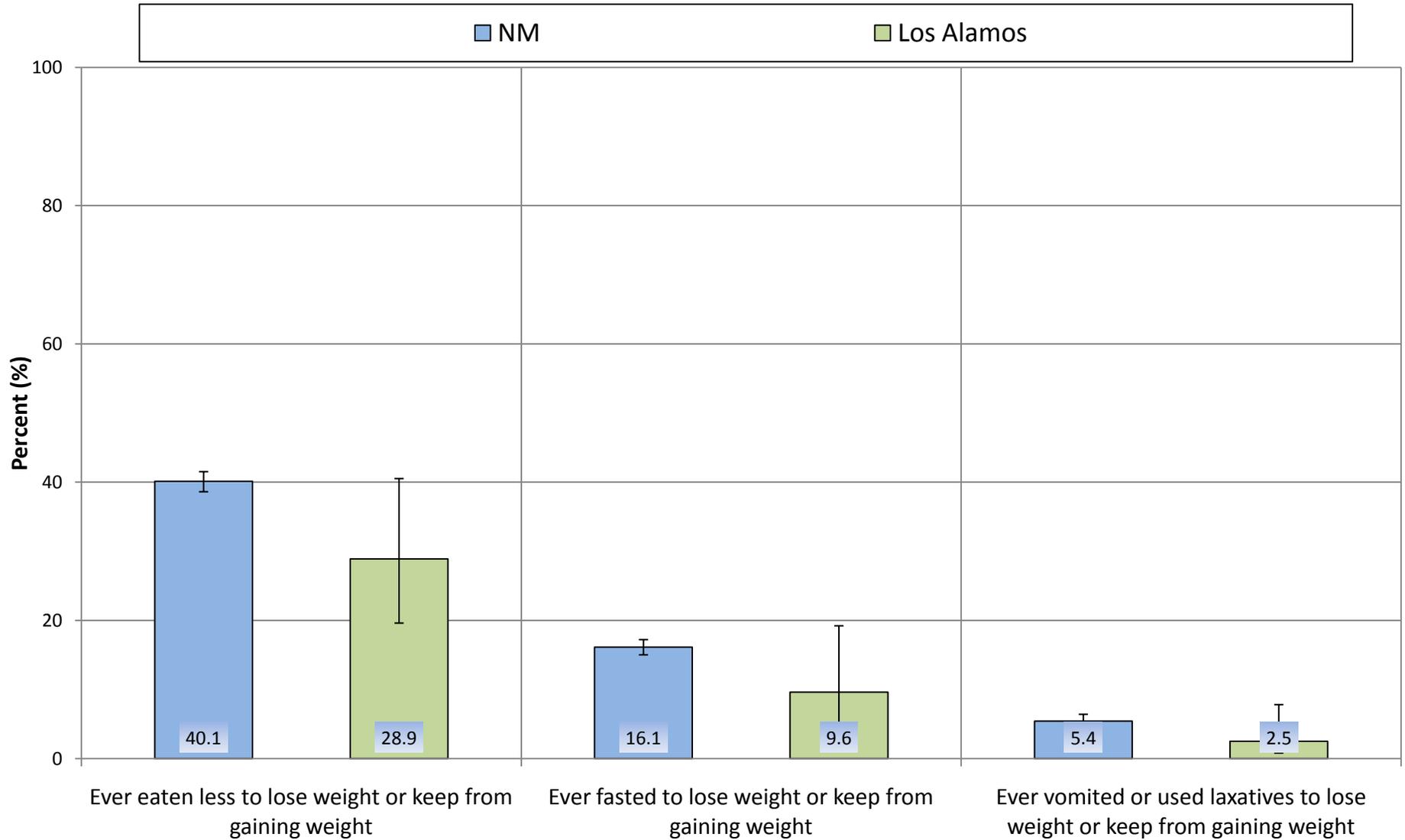


# Body Weight and Weight Control by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS

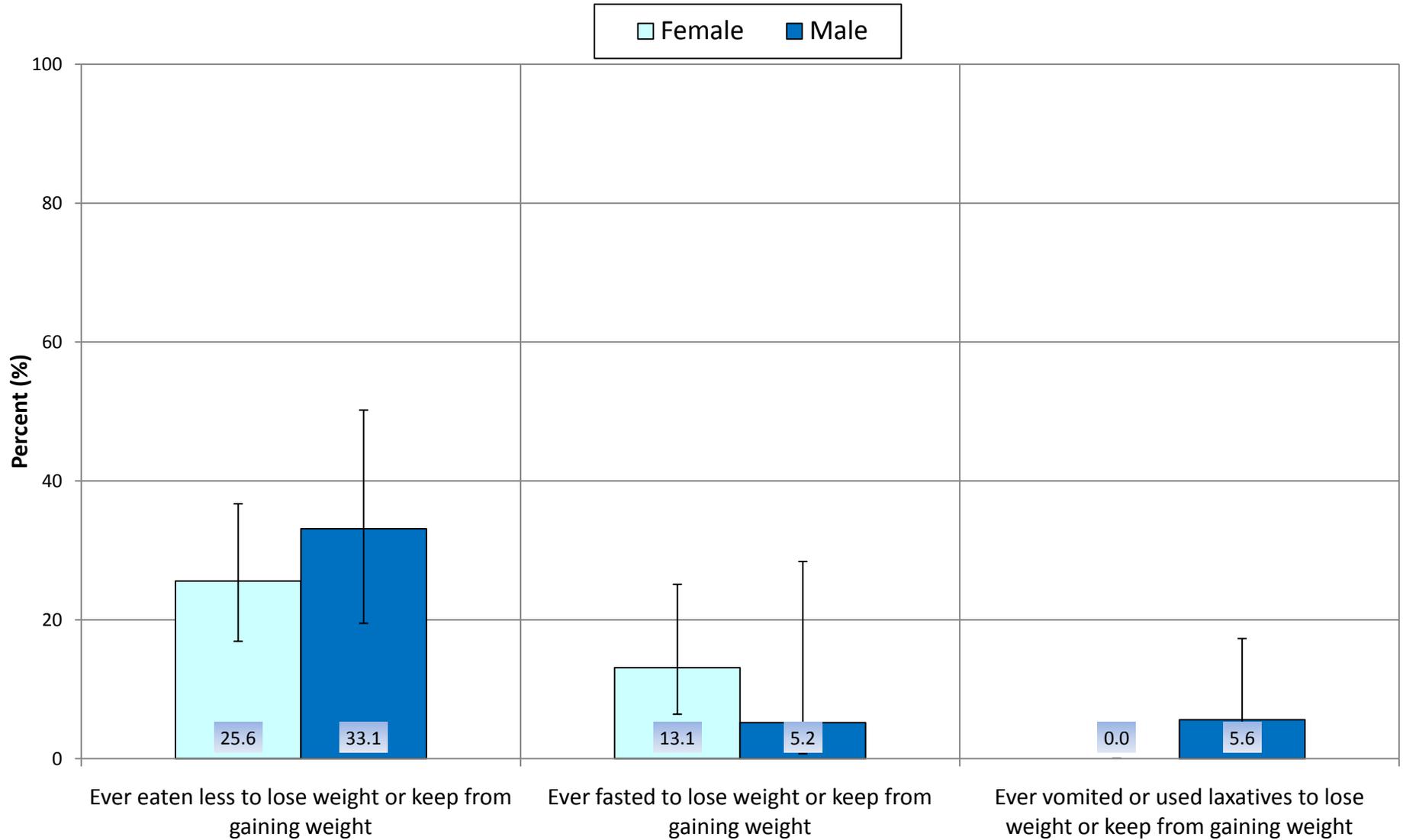




# Weight Control New Mexico and Los Alamos County Grades 6 - 8, 2009 NM YRRS



# Weight Control by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS





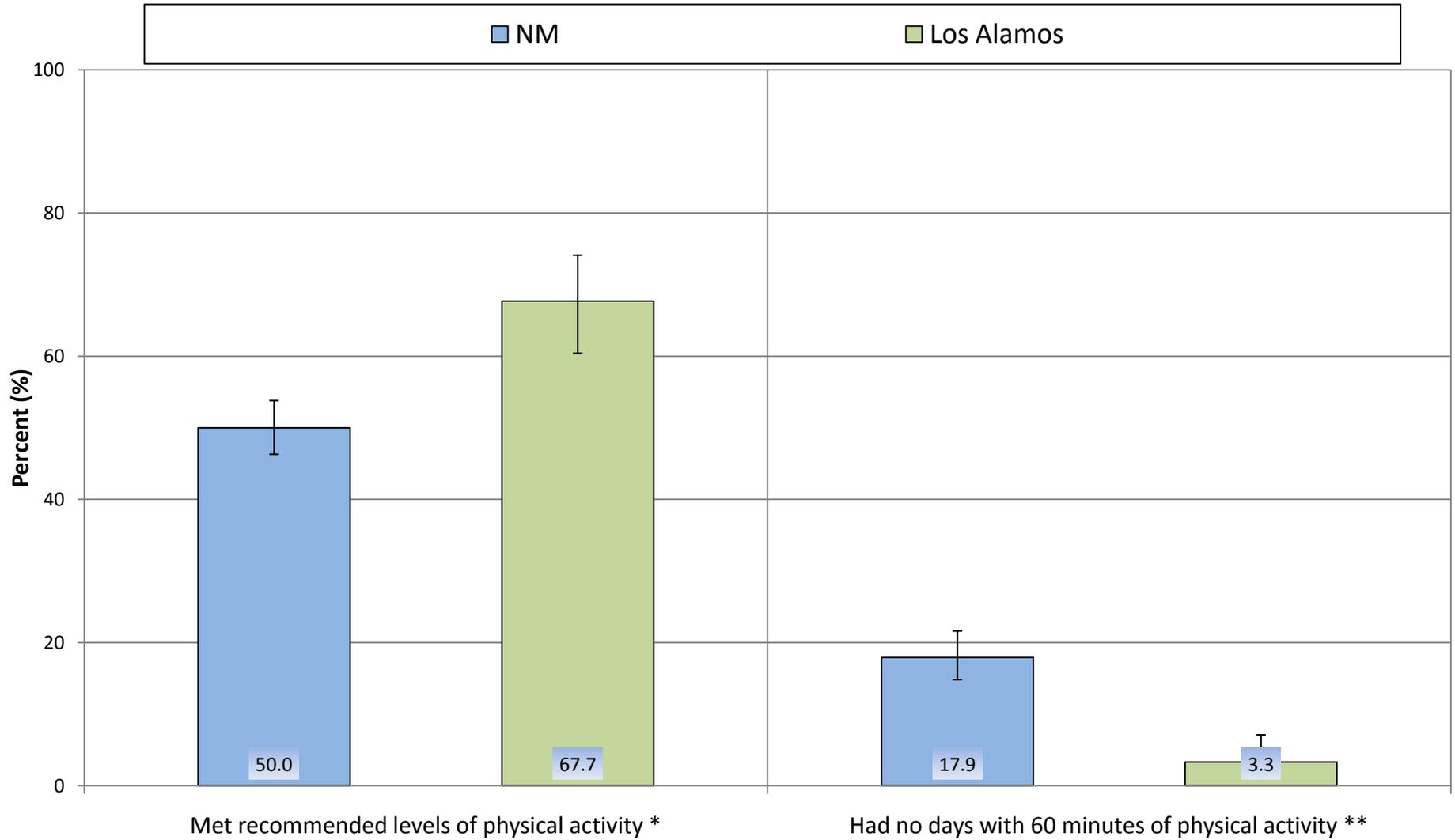
# Physical Activity



# Physical Activity

## New Mexico and Los Alamos County

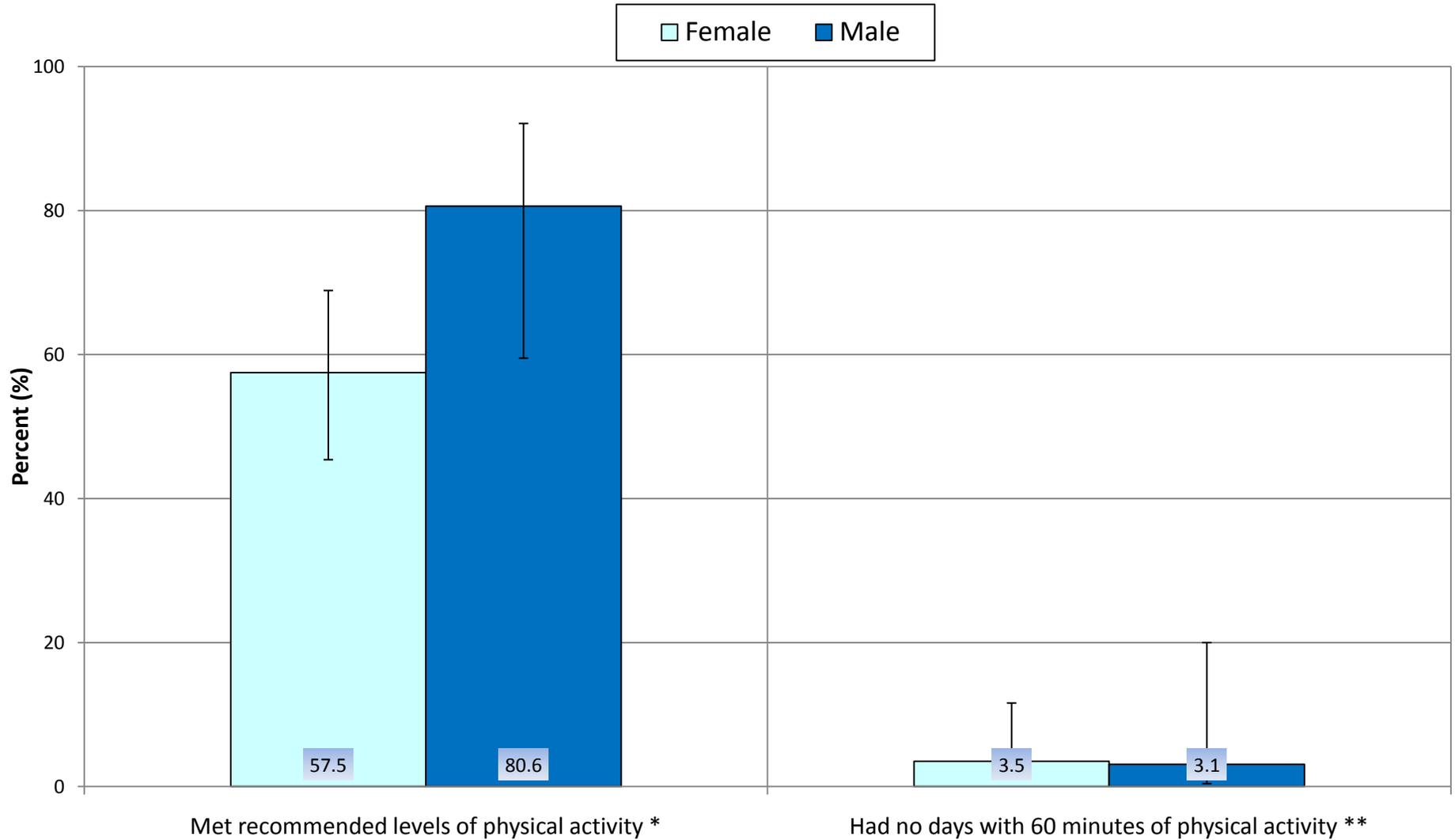
### Grades 6 - 8, 2009 NM YRRS



\* On each of the past 7 days, at least 60 minutes of physical activity per day that made "you sweat or breathe hard"

\*\* No days of at least 60 minutes of physical activity in the past 7 days

# Physical Activity by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* On each of the past 7 days, at least 60 minutes of physical activity per day that made "you sweat or breathe hard"

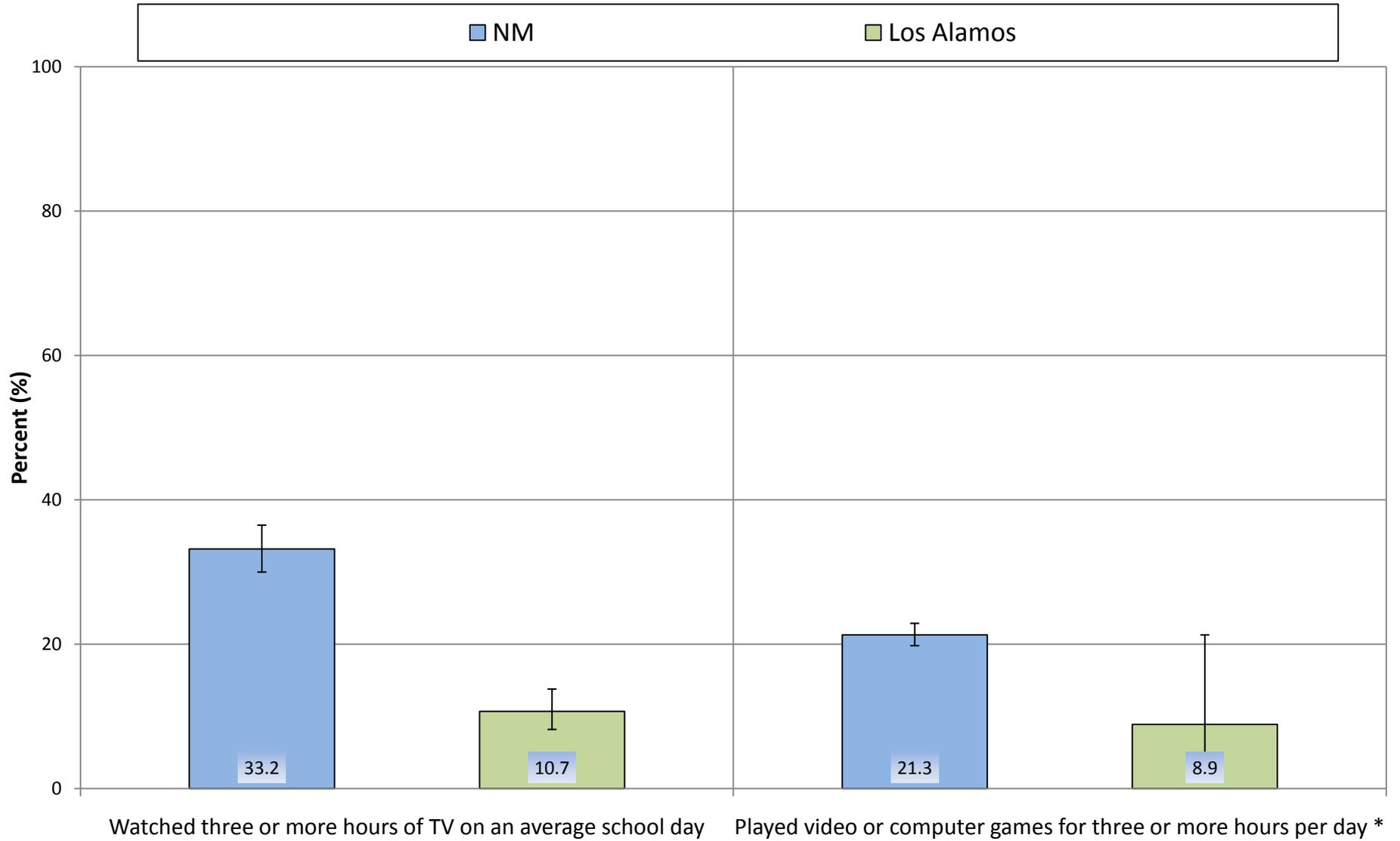
\*\* No days of at least 60 minutes of physical activity in the past 7 days



# Physical Activity

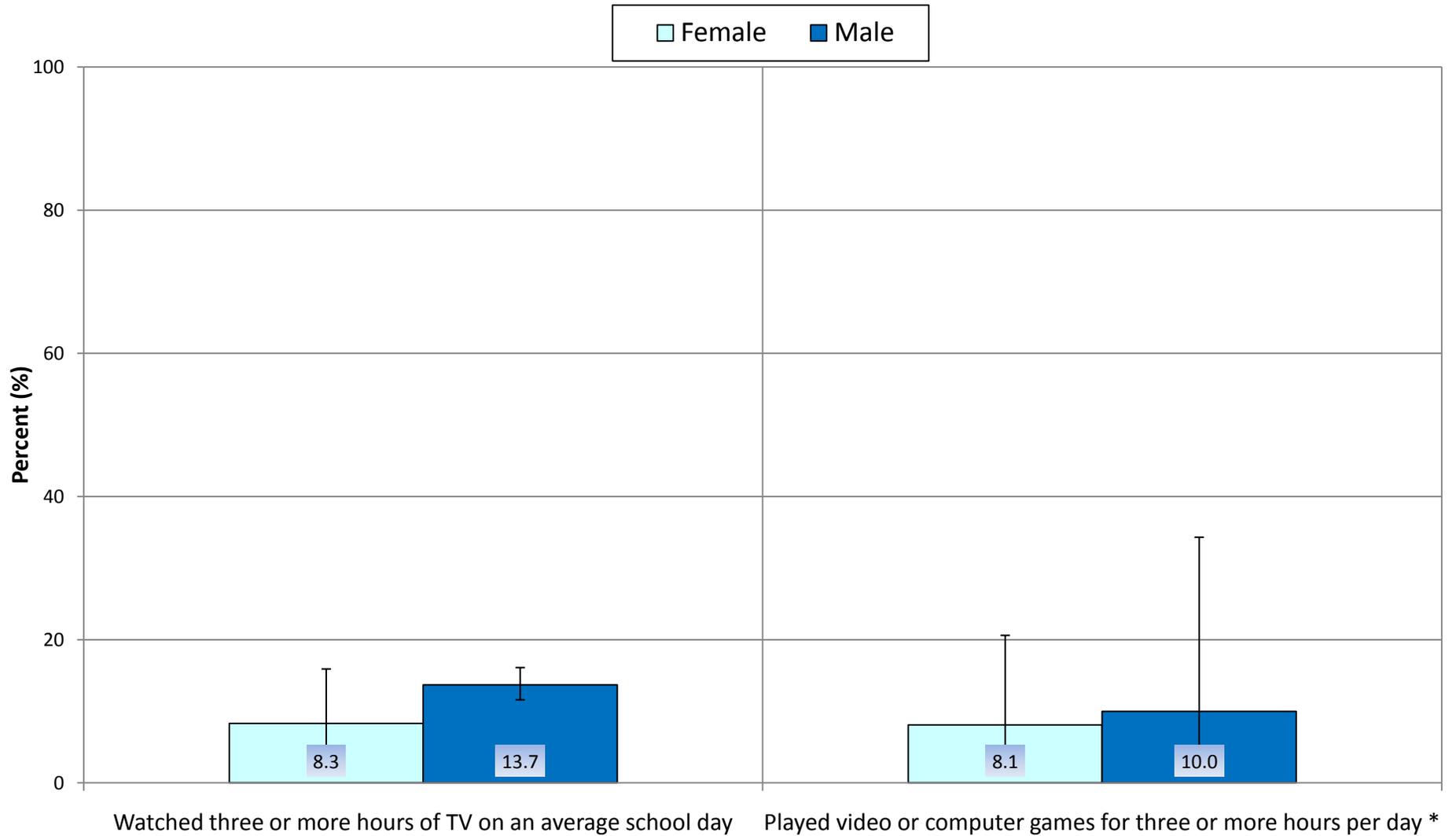
## New Mexico and Los Alamos County

### Grades 6 - 8, 2009 NM YRRS



\* Played video or computer games or used a computer for something that was not school work, on an average school day

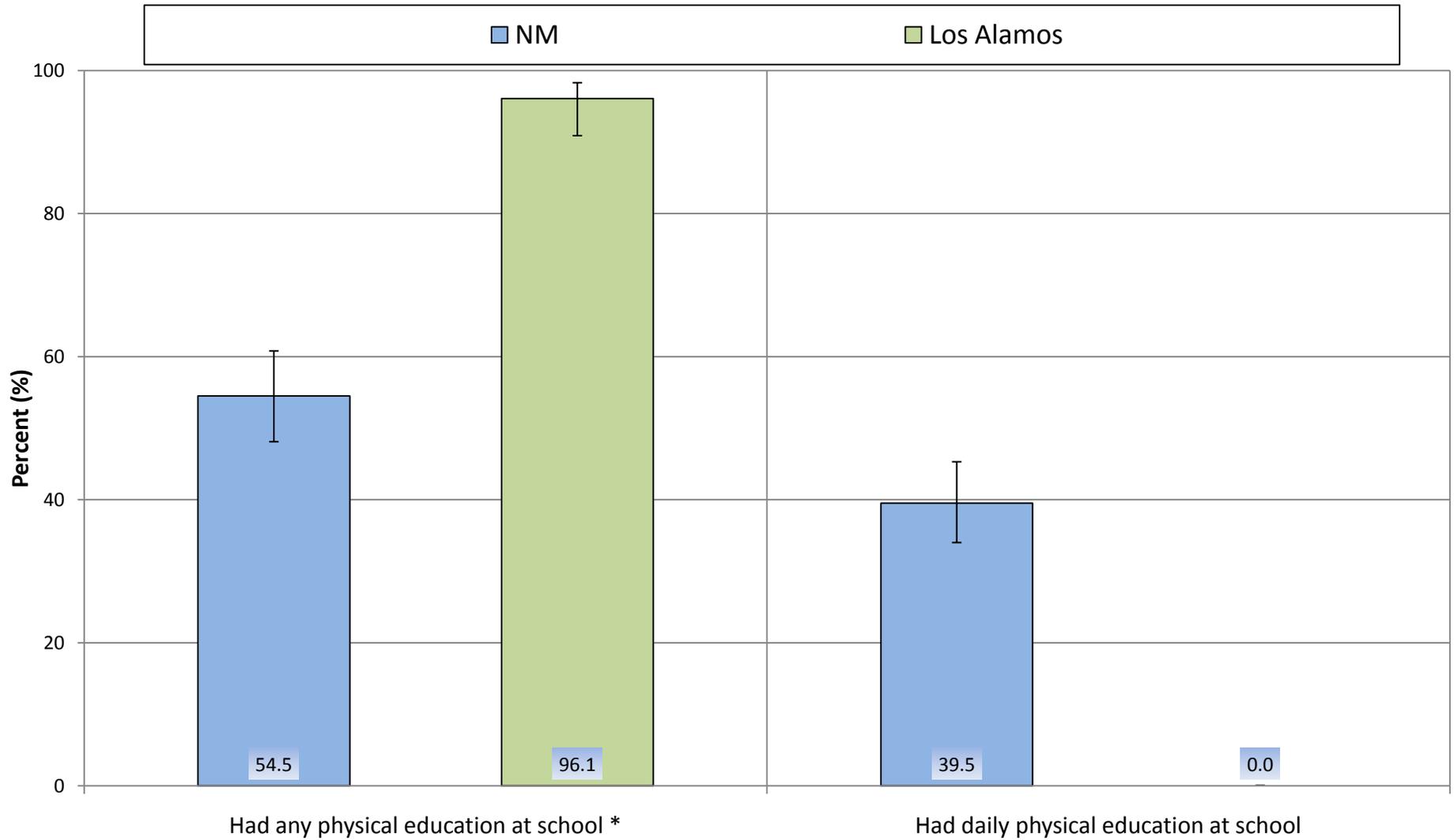
# Physical Activity by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* Played video or computer games or used a computer for something that was not school work, on an average school day

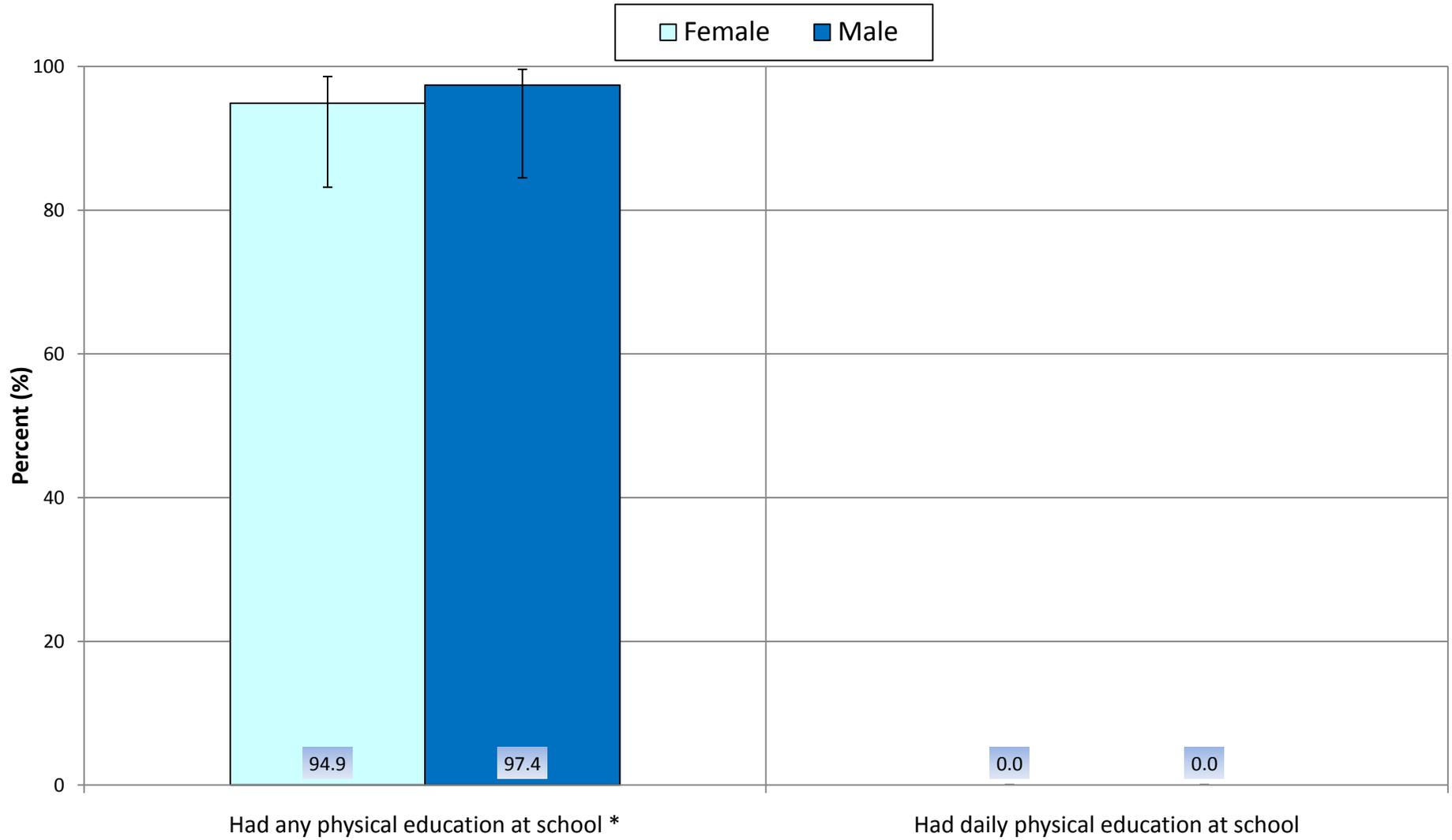


# Physical Activity New Mexico and Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* Played video or computer games or used a computer for something that was not school work, on an average school day

# Physical Activity by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* Played video or computer games or used a computer for something that was not school work, on an average school day



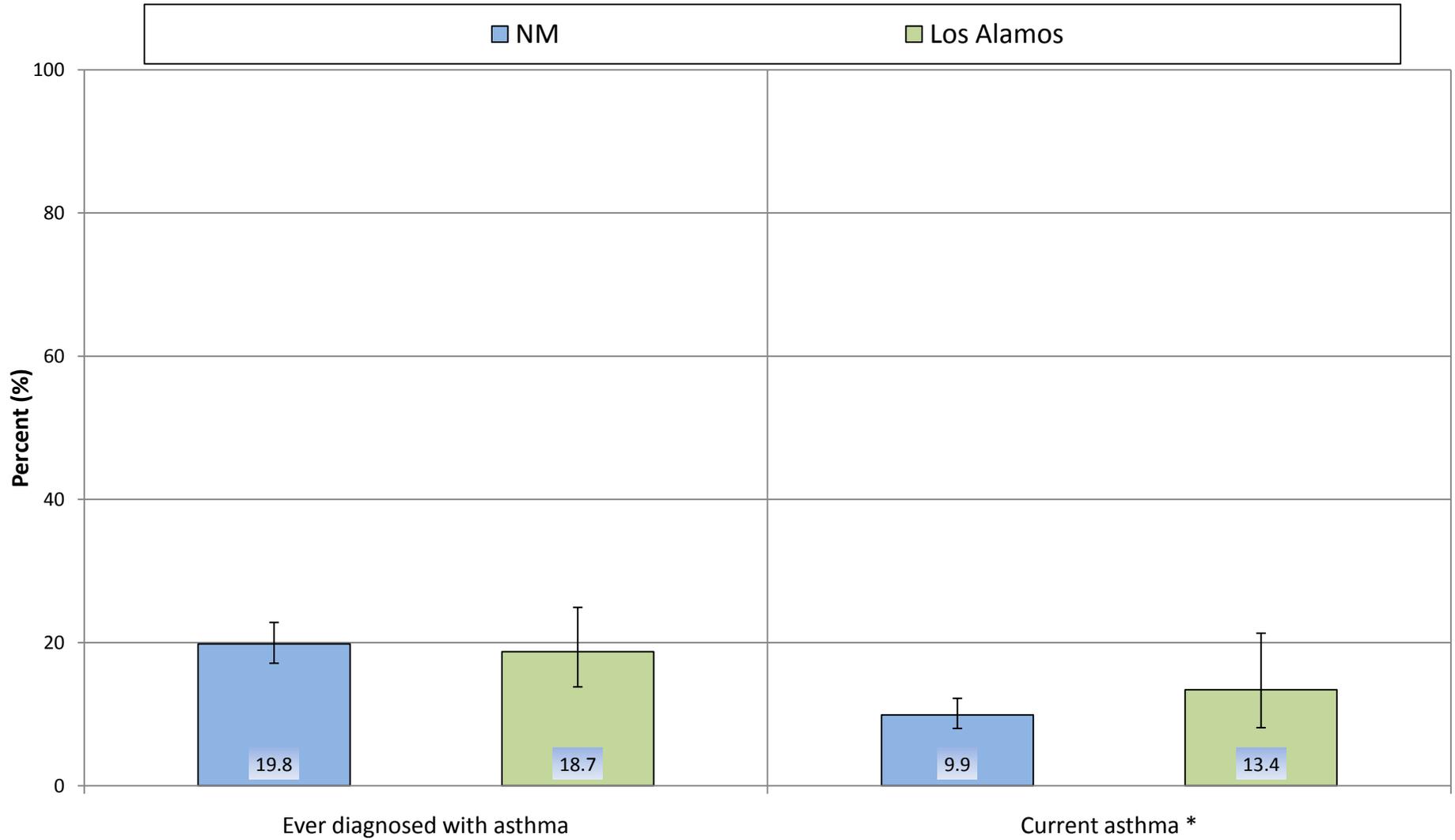
# Asthma



# Asthma

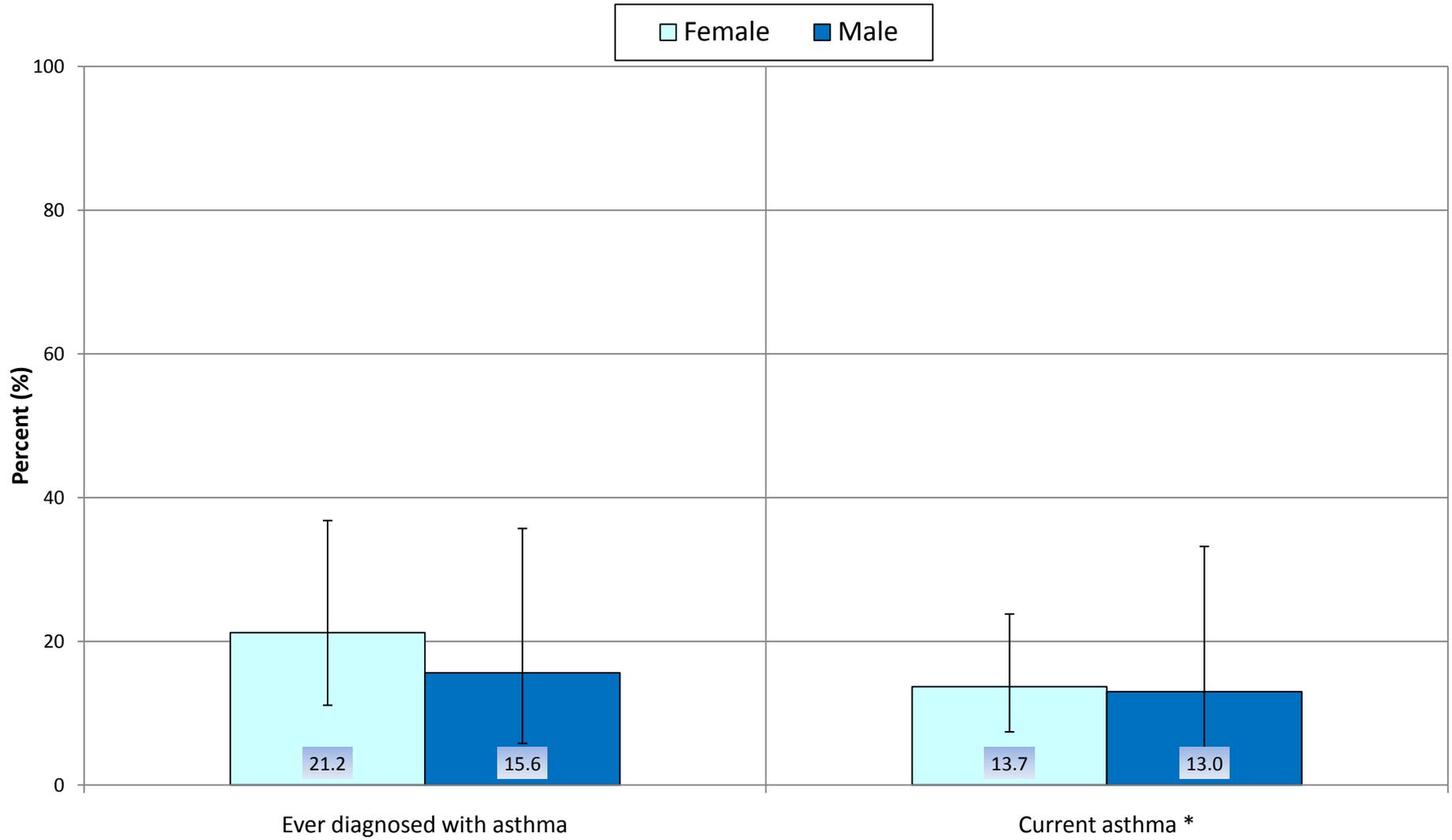
## New Mexico and Los Alamos County

### Grades 6 - 8, 2009 NM YRRS



\* Ever diagnosed with asthma AND still has asthma

# Asthma by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* Ever diagnosed with asthma AND still has asthma

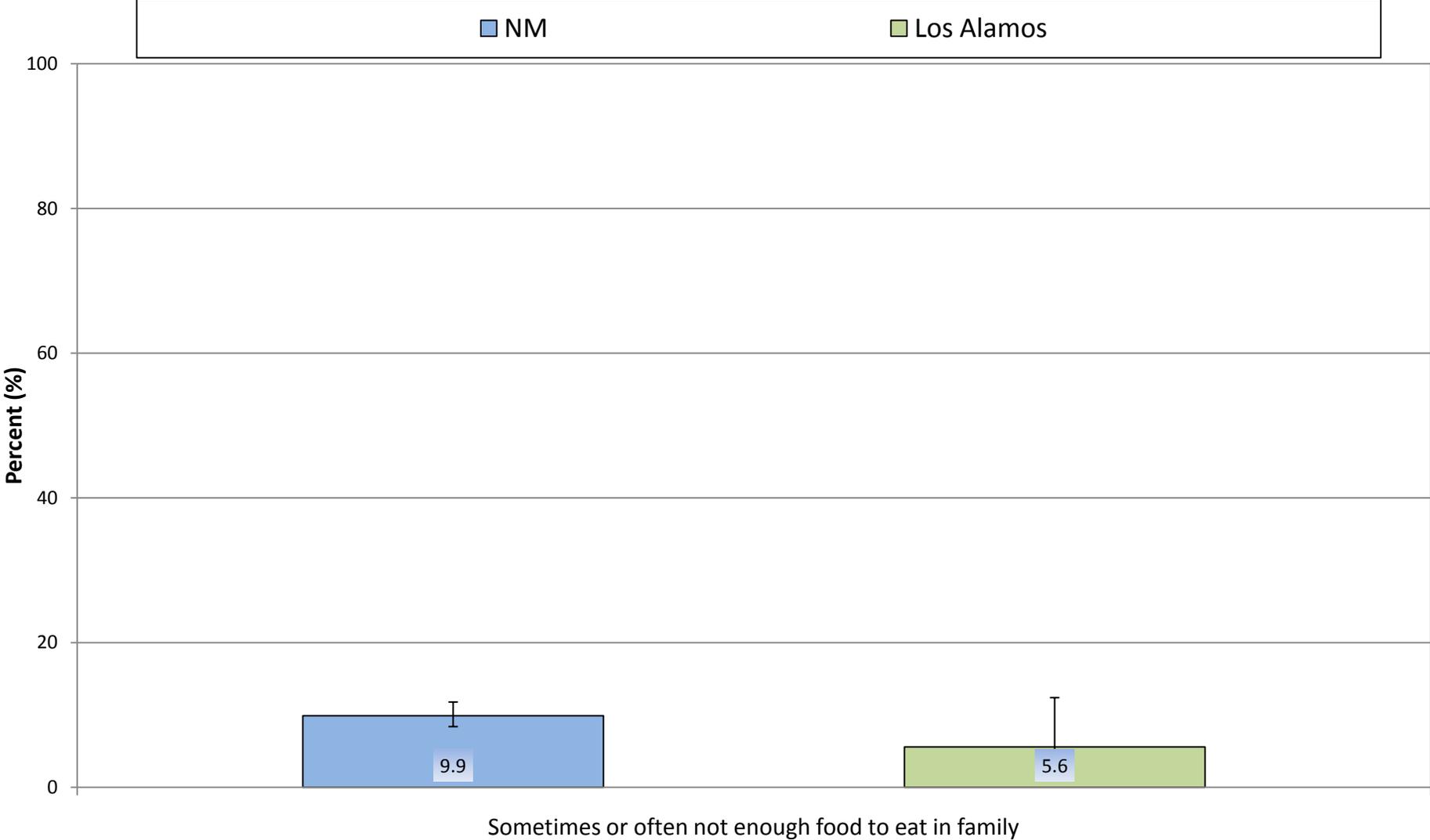


## Other Characteristics

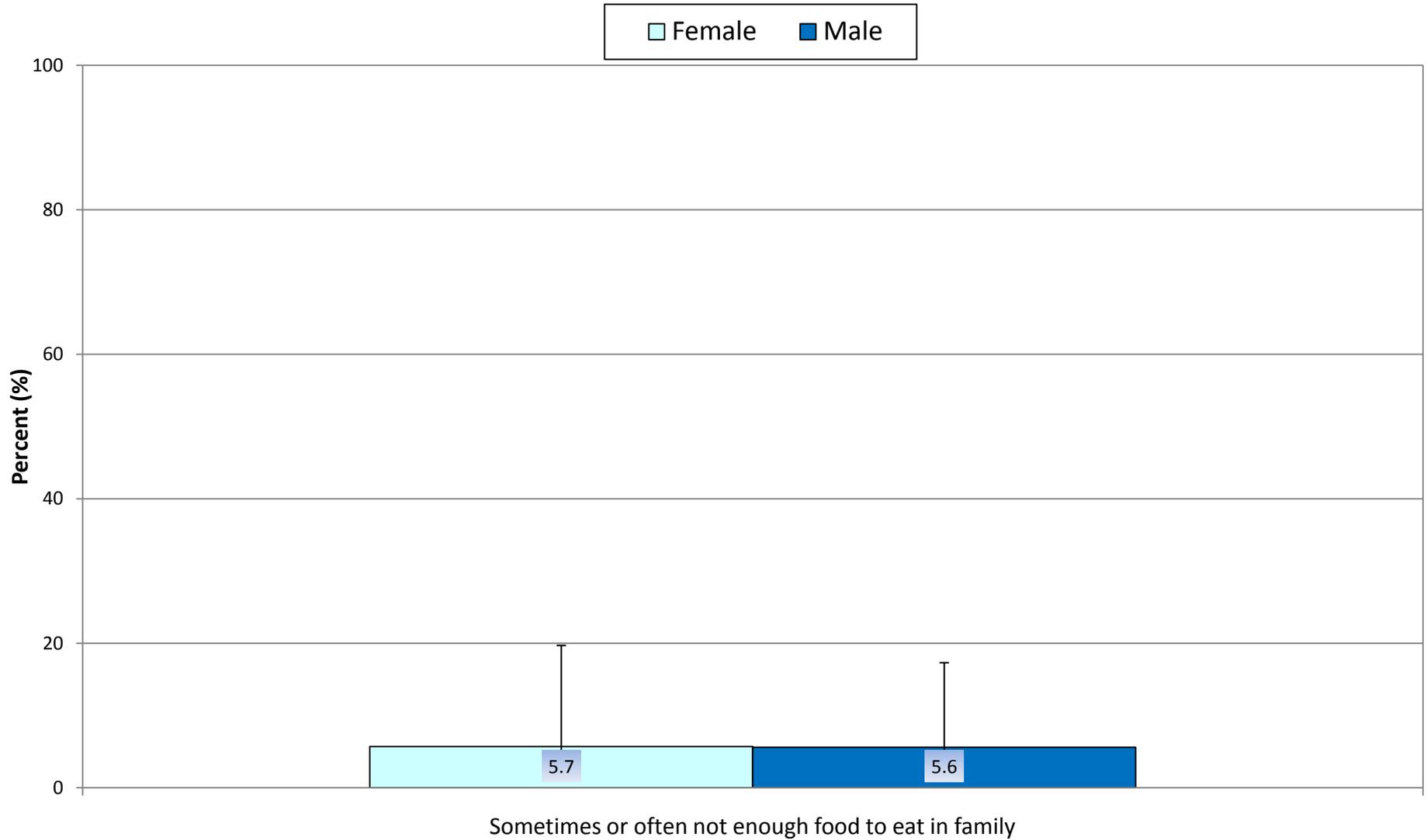
Food Sufficiency  
Grades



# Food Sufficiency New Mexico and Los Alamos County Grades 6 - 8, 2009 NM YRRS

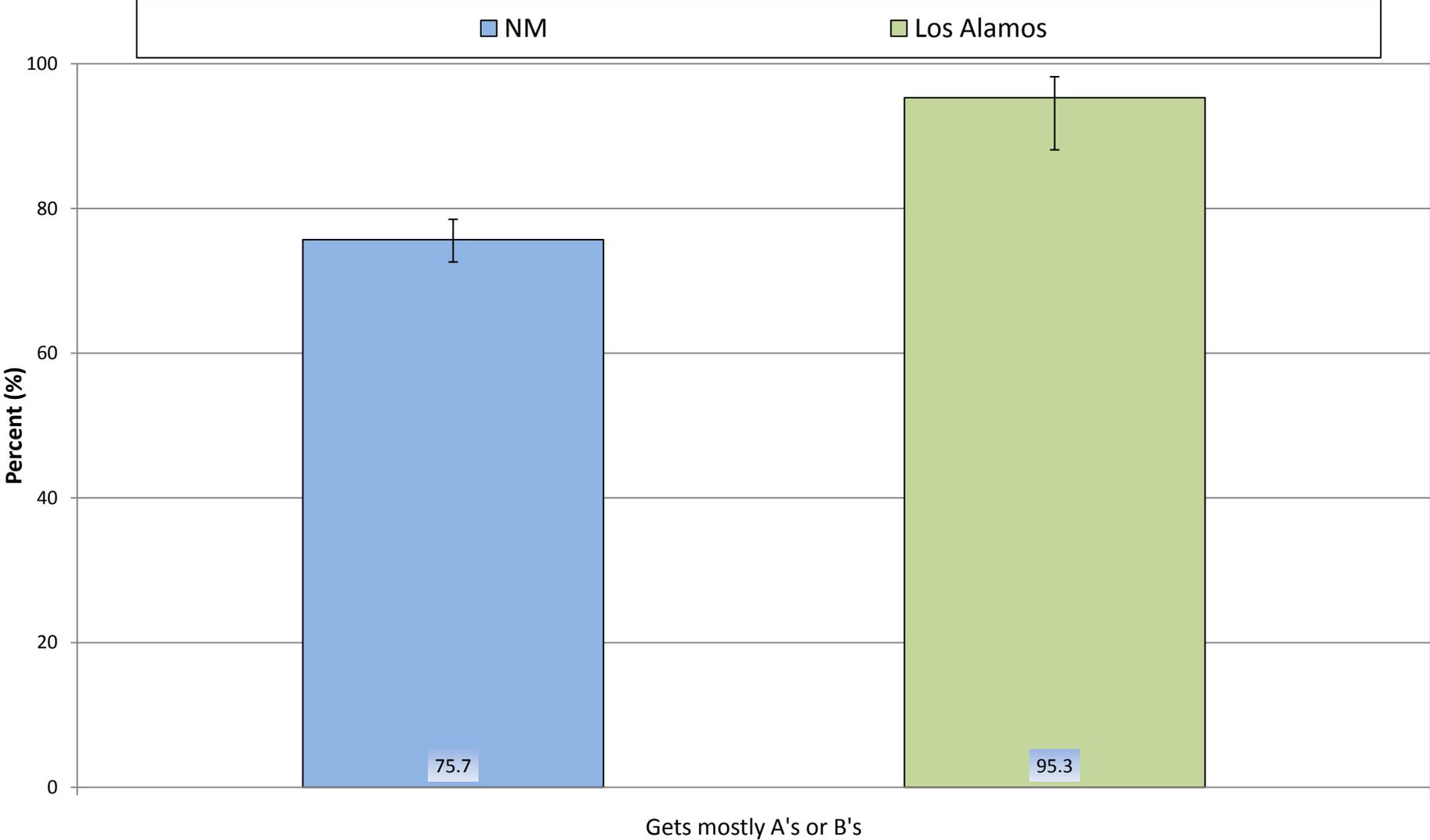


# Food Sufficiency by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS

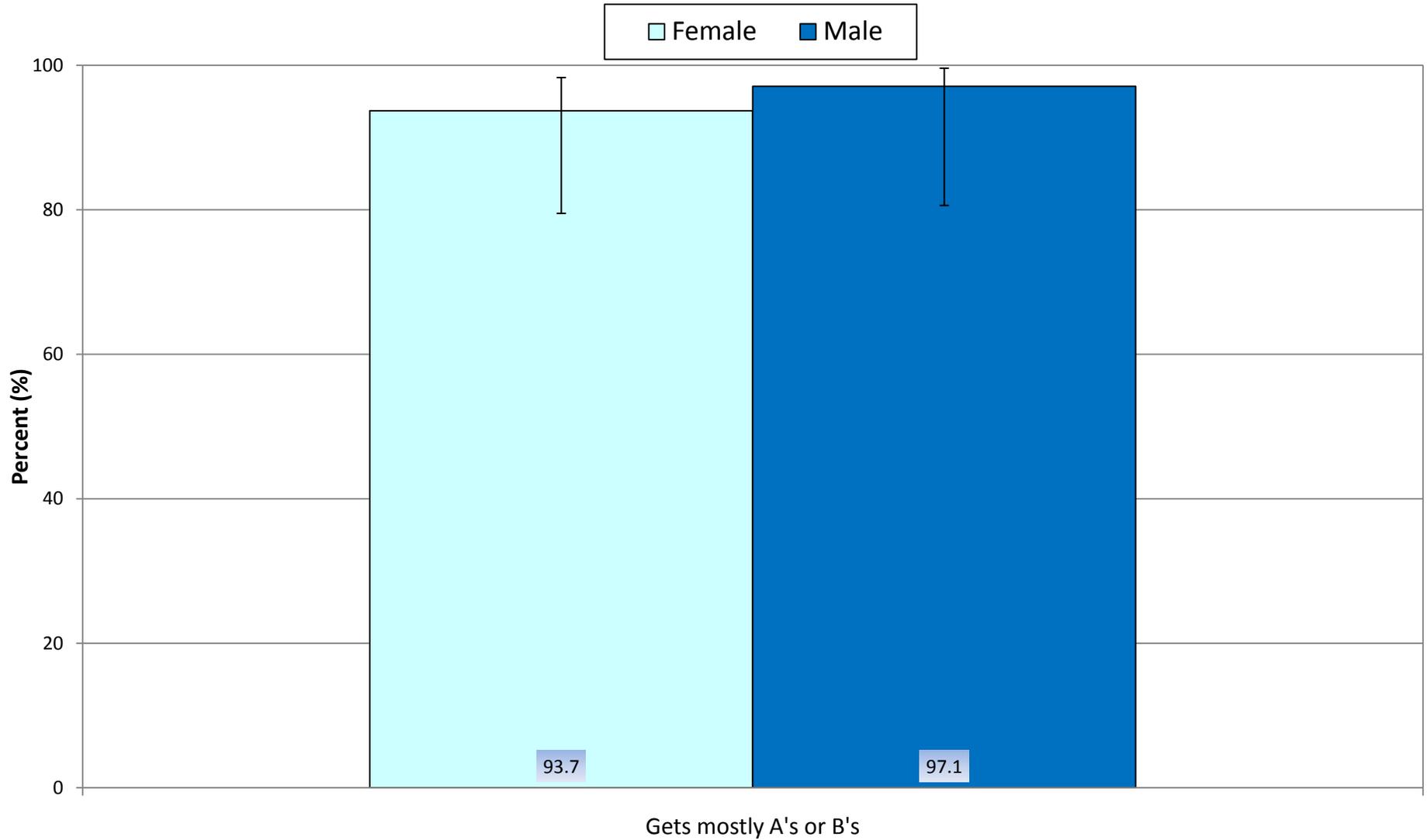




**Academics**  
**New Mexico and Los Alamos County**  
**Grades 6 - 8, 2009 NM YRRS**



**Academics  
by Gender, Los Alamos County  
Grades 6 - 8, 2009 NM YRRS**

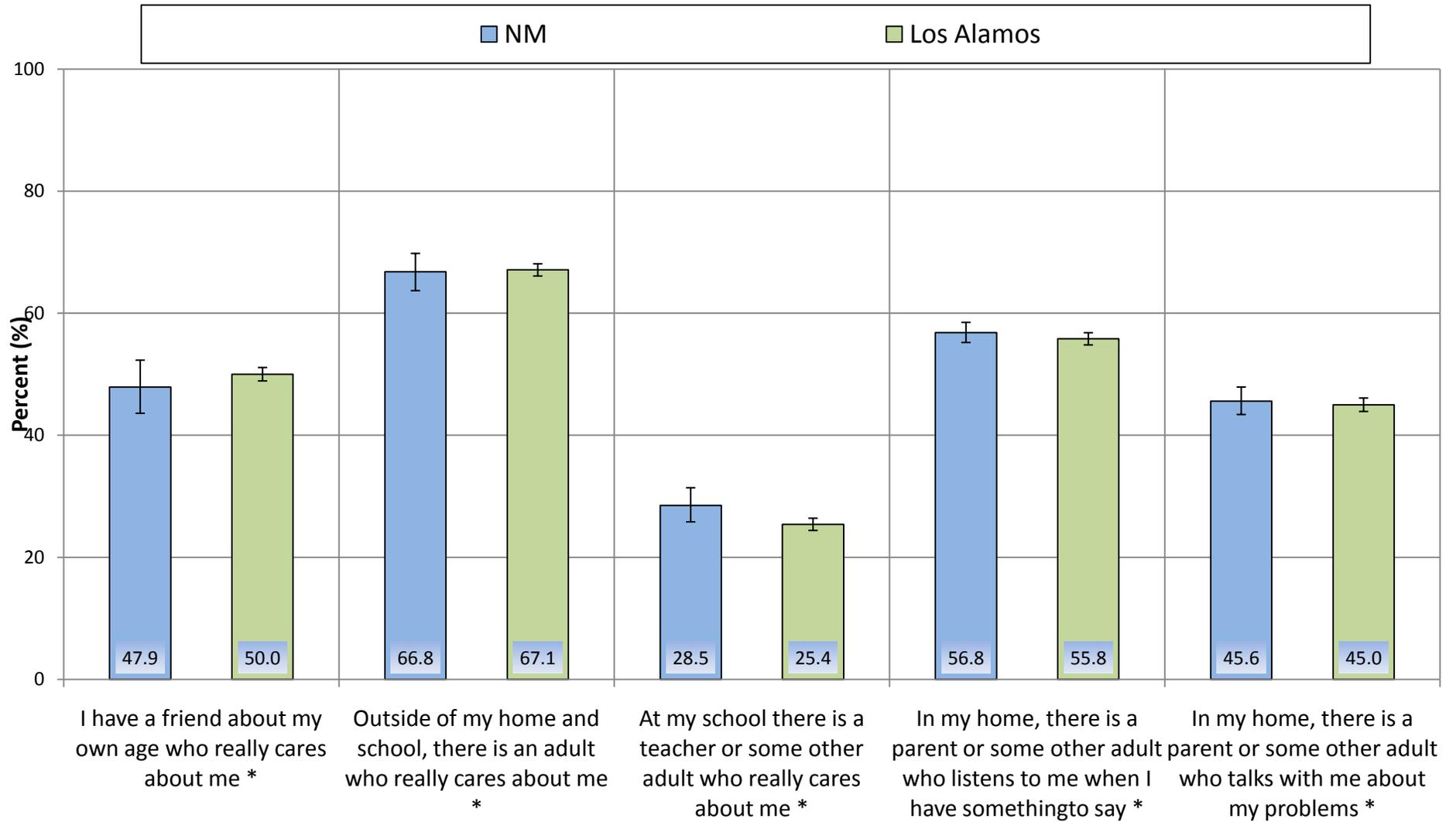




## Protective (Resiliency) Factors

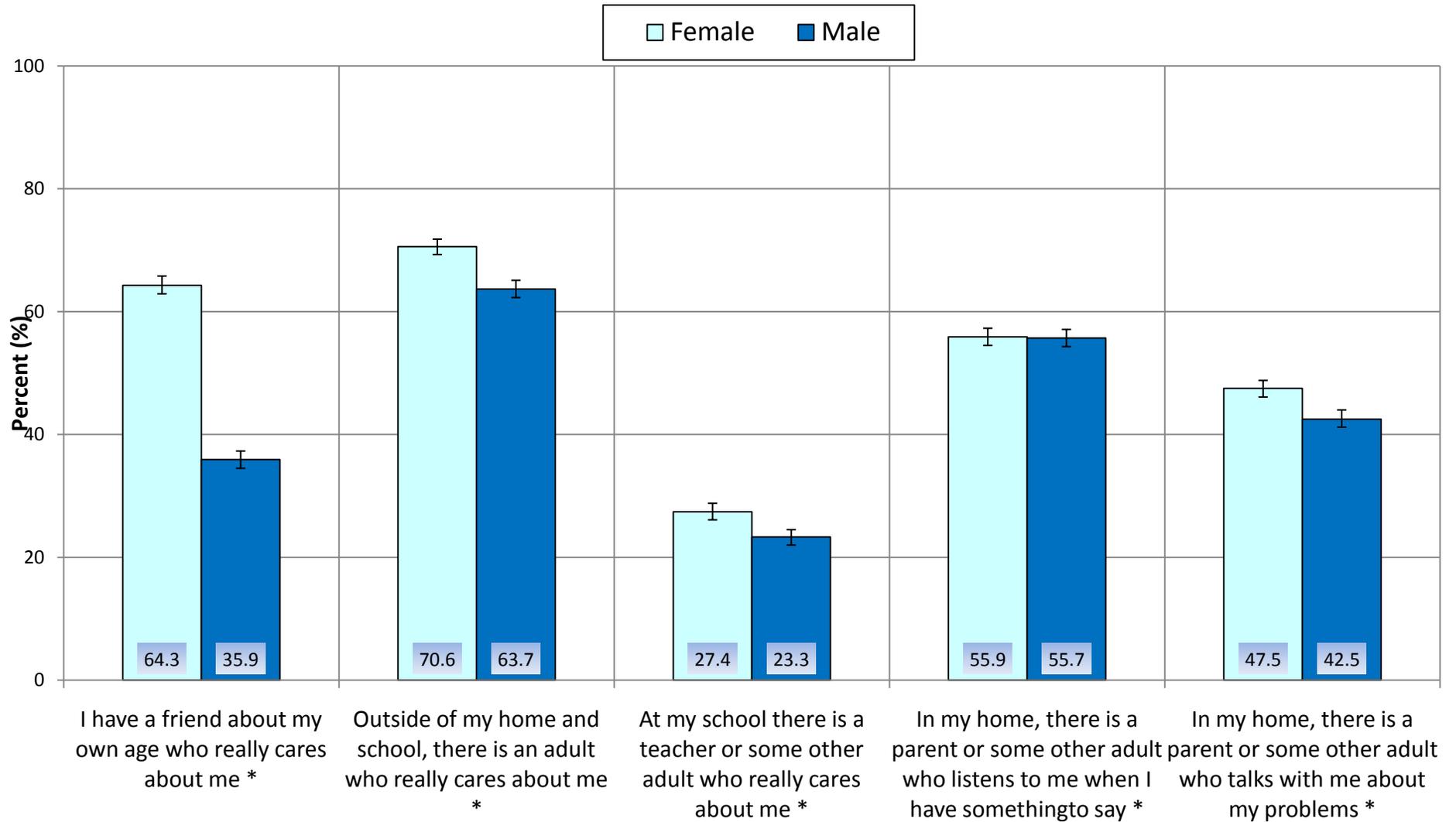


## Protective Factors: Caring Relationships New Mexico and Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* Responded "Very true" to each of these statements

## Protective Factors: Caring Relationships by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



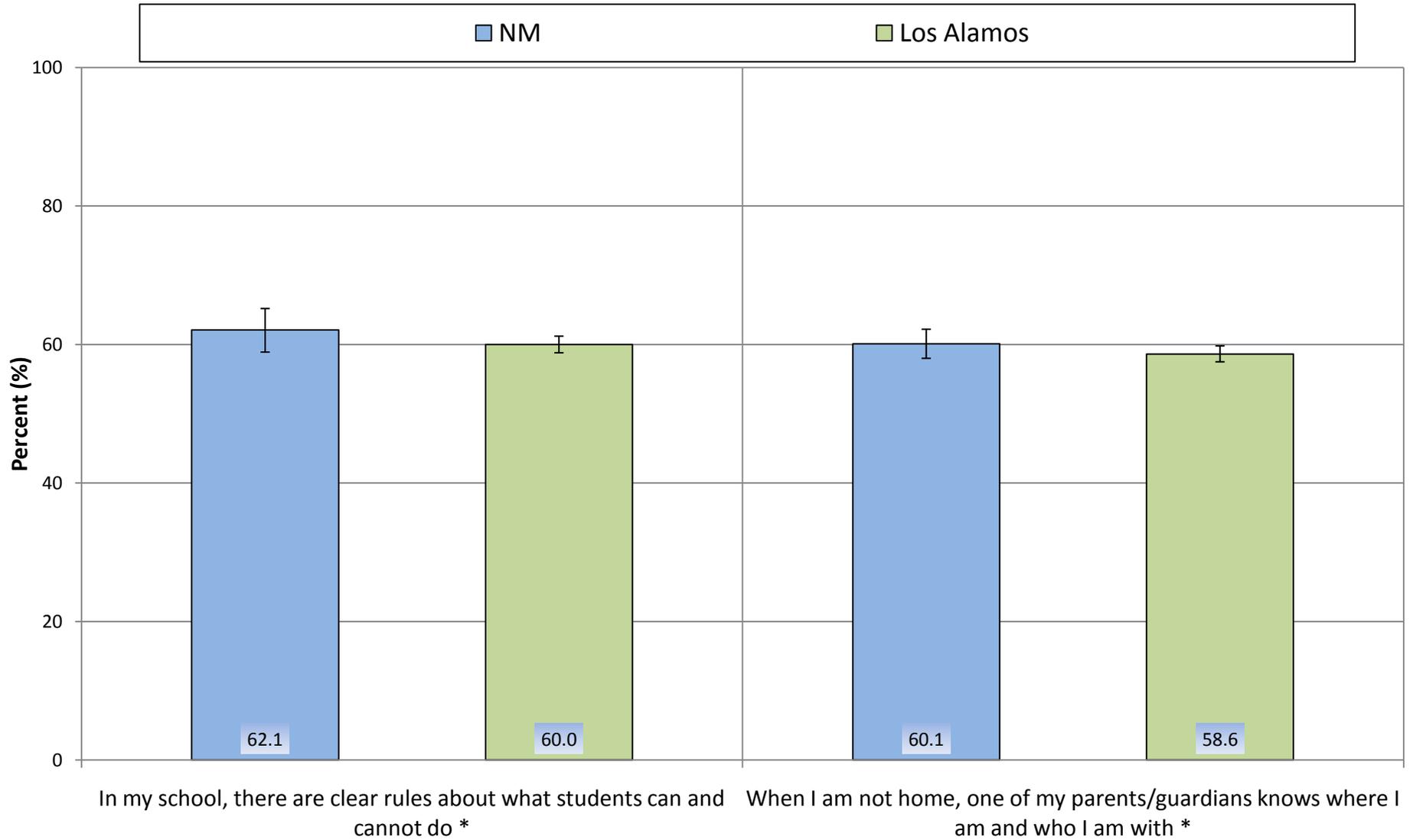
\* Responded "Very true" to each of these statements



# Protective Factors: Behavioral Boundaries

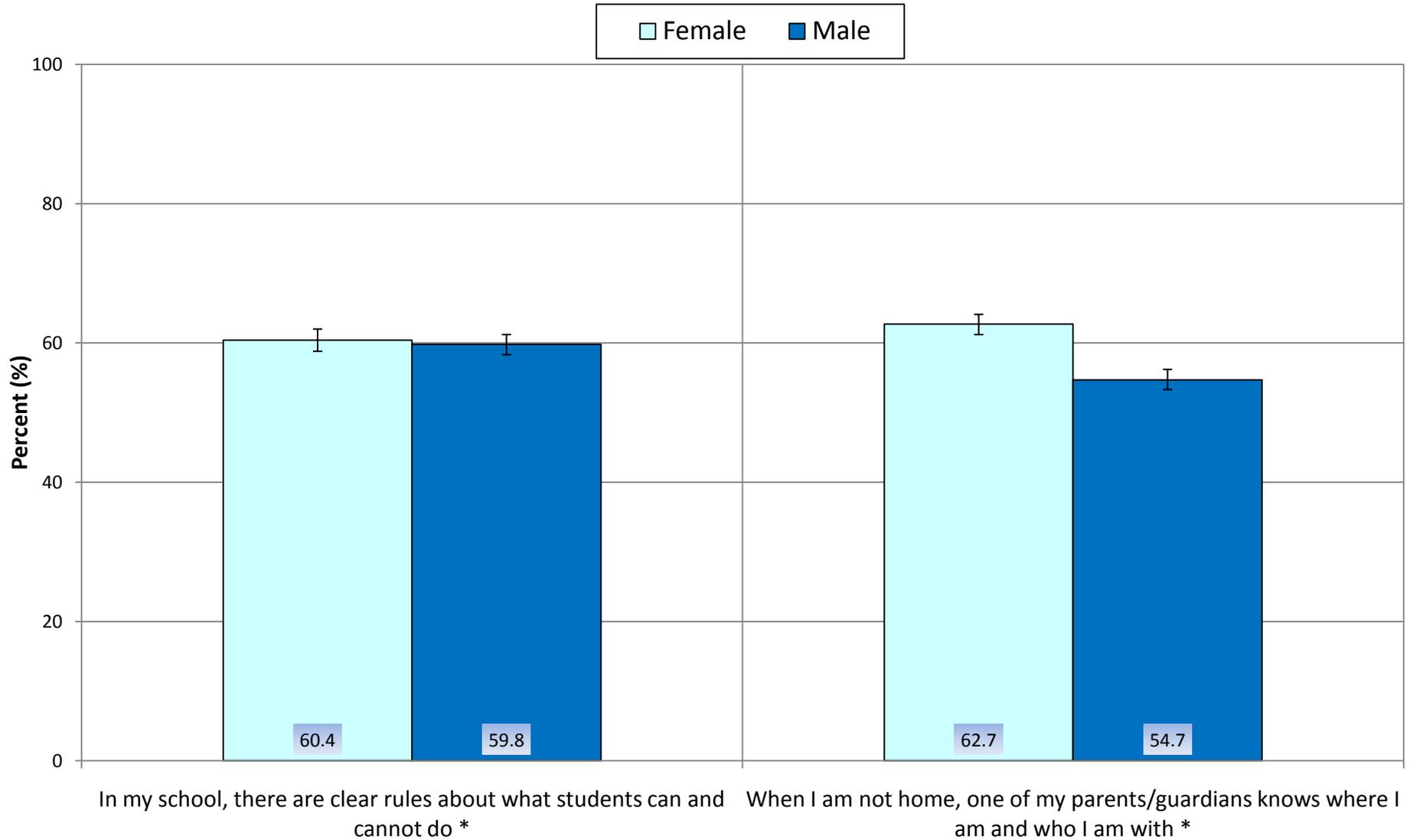
## New Mexico and Los Alamos County

### Grades 6 - 8, 2009 NM YRRS



\* Responded "Very true" to each of these statements

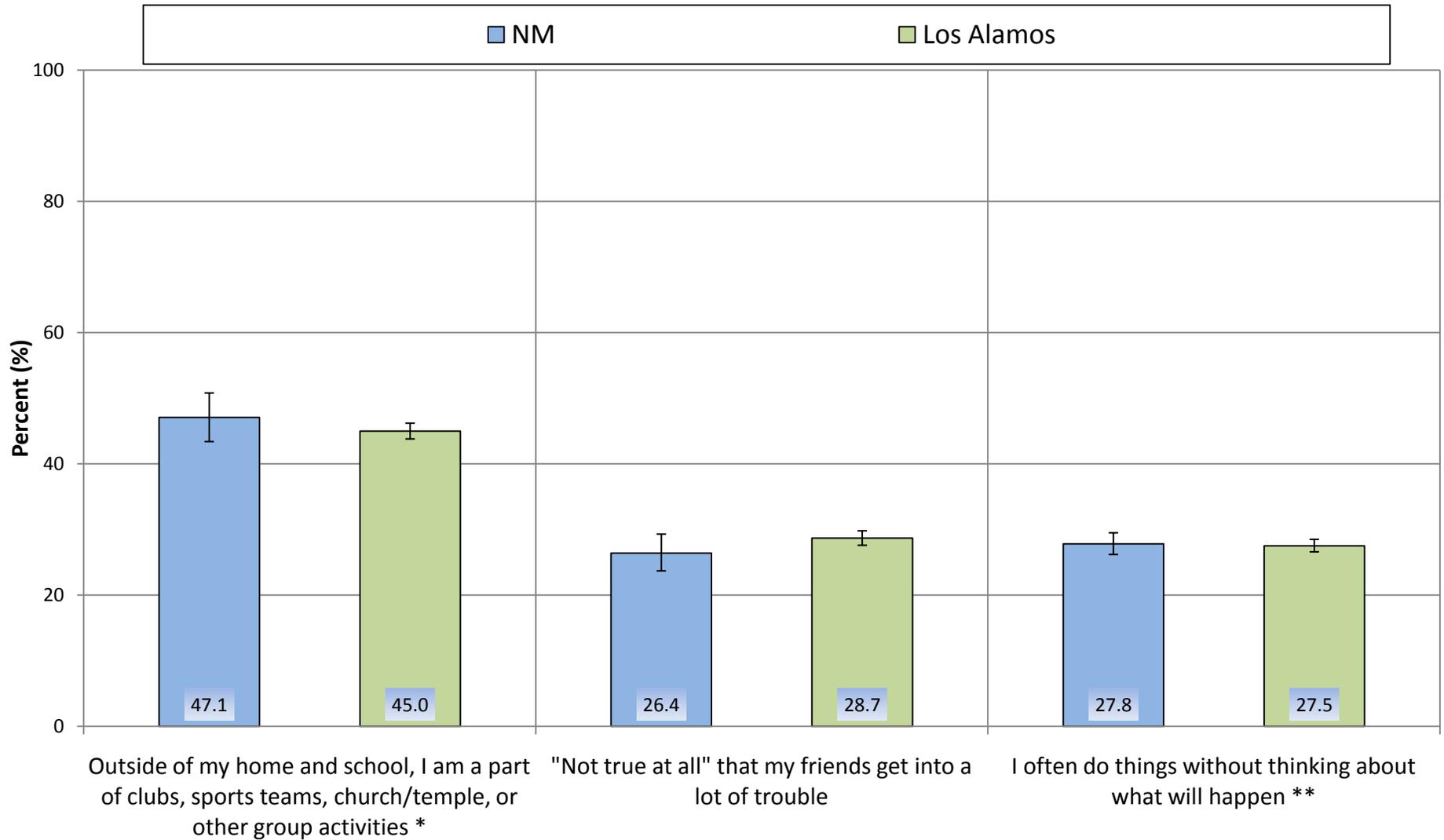
# Protective Factors: Behavioral Boundaries by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* Responded "Very true" to each of these statements



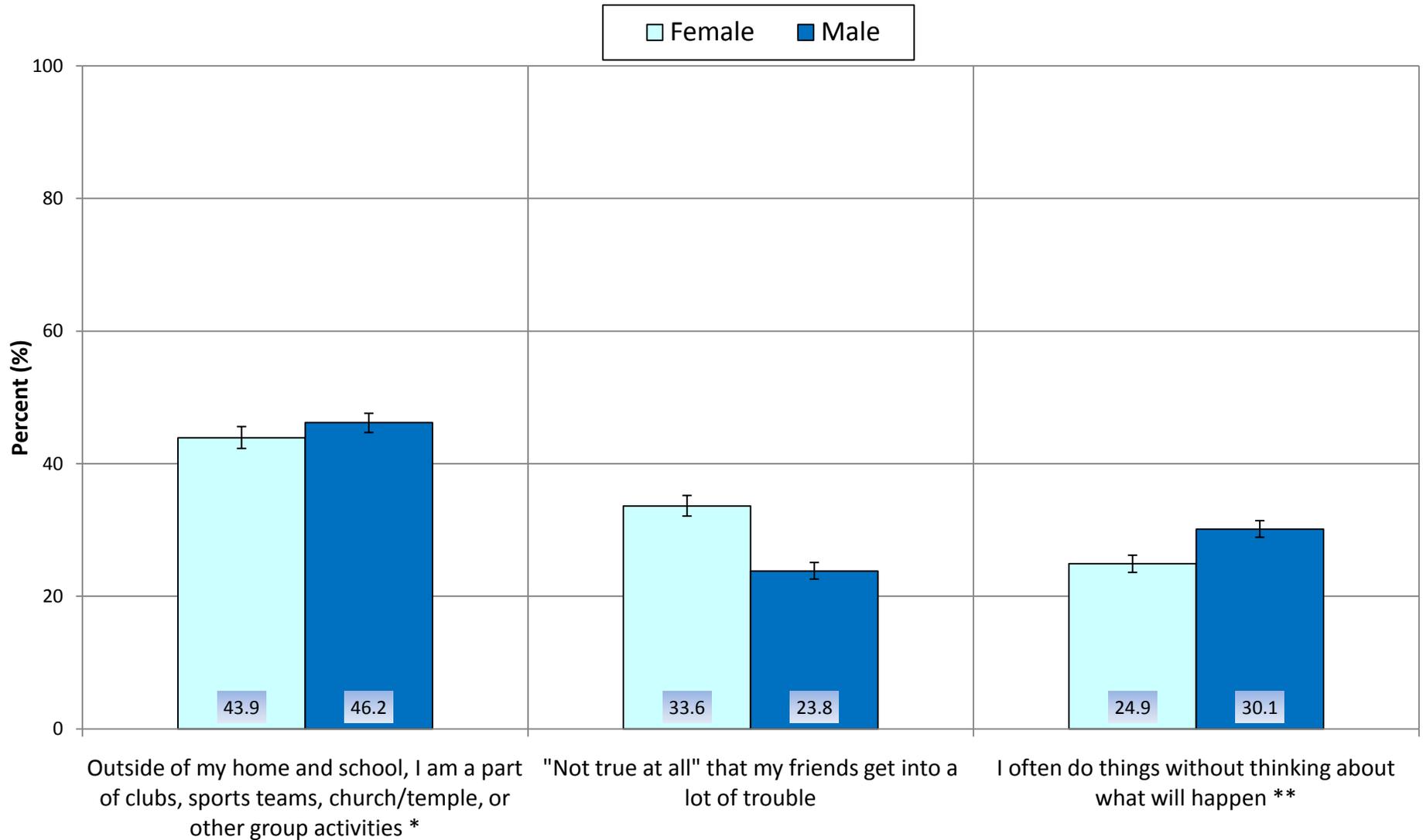
## Other Protective Factors New Mexico and Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* Responded "Very true"

\*\* Responded "Very true" or "Pretty much true"

## Other Protective Factors by Gender, Los Alamos County Grades 6 - 8, 2009 NM YRRS



\* Responded "Very true"

\*\* Responded "Very true" or "Pretty much true"



# Appendix A



Appendix A  
 2009 NM Youth Risk and Resiliency Survey  
 Middle School Questionnaire  
 Los Alamos County

<b>Personal Information</b>	<b><u>Number</u> (<u>%</u>)</b>
1. How old are you?	
A. 10 years old or younger	1 (1.1%)
B. 11 years old	69 (72.6%)
C. 12 years old	25 (26.3%)
D. 13 years old	0 (0.0%)
E. 14 years old	0 (0.0%)
F. 15 years old	0 (0.0%)
G. 16 years old or older	0 (0.0%)
2. What is your sex?	
A. Female	58 (61.1%)
B. Male	37 (38.9%)
3. In what grade are you?	
A. 6th grade	95 (100.0%)
B. 7th grade	0 (0.0%)
C. 8th grade	0 (0.0%)
D. Other	0 (0.0%)
4. Are you Hispanic or Latino?	
A. Yes	23 (75.8%)
B. No	72 (75.8%)
5. What is your race? (Select one or more responses.)	
<b>NOTE:</b> Total may add up to more or less than 100% because respondents were allowed to choose multiple responses, and many students who identified Hispanic ethnicity on question 4 did not choose a response for race.	
A. American Indian or Alaska Native	7 (7.4%)
B. Asian	3 (3.2%)
C. Black or African American	5 (5.3%)
D. Native Hawaiian or Other Pacific Islander	2 (2.1%)
E. White	77 (81.1%)

6. During the past 12 months, how would you describe your grades in school?		
	<b>%</b>	<b>(95% CI)</b>
A. Mostly A's	49.4	(38.8 - 60.1)
B. Mostly B's	34.8	(19.7 - 53.7)
C. Mostly C's	4.2	(1.7 - 10.0)
D. Mostly D's	0.0	
E. Mostly F's	0.0	
F. None of these grades	0.0	
G. Not sure	11.6	(3.8 - 30.6)

### Personal Safety

The next 3 questions ask about personal safety.

7. <b>When you ride a bicycle</b> , how often do you wear a helmet?		
A. I do not ride a bicycle	1.1	(0.1 - 7.3)
B. Never wear a helmet	4.9	(2.0 - 11.6)
C. Rarely wear a helmet	7.9	(2.9 - 19.5)
D. Sometimes wear a helmet	8.9	(6.6 - 12.0)
E. Most of the time wear a helmet	28.0	(16.7 - 42.9)
F. Always wear a helmet	49.2	(38.3 - 60.3)
8. How often do you wear a seat belt when <b>riding</b> in a car?		
A. Never	2.0	(0.6 - 6.5)
B. Rarely	0.0	(-)
C. Sometimes	2.7	(0.7 - 9.9)
D. Most of the time	18.7	(12.6 - 26.9)
E. Always	76.7	(63.7 - 86.0)
9. Have you ever ridden in a car driven by someone who had been drinking alcohol?		
A. Yes	13.4	(8.4 - 20.8)
B. No	71.8	(60.3 - 81.0)
C. Not sure	14.8	(10.6 - 20.2)

### Violence-Related Behaviors

The next 2 questions ask about violence-related behaviors.

10. Have you ever carried <b>a weapon</b> , such as a gun, knife, or club?		
A. Yes	46.0	(24.7 - 68.9)
B. No	54.0	(31.1 - 75.3)
11. Have you ever been in a physical fight?		
A. Yes	51.2	(45.4 - 56.9)
B. No	48.8	(43.1 - 54.6)

The next question asks 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. During the past 12 months, have you ever been bullied <b>on school property</b> ?		
A. Yes	39.4	(23.4 - 58.0)
B. No	60.6	(42.0 - 76.6)

### 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.

13. Have you ever <b>seriously</b> thought about killing yourself?		
A. Yes	13.7	(7.3 - 24.2)
B. No	86.3	(75.8 - 92.7)
14. Have you ever made a <b>plan</b> about how you would kill yourself?		
A. Yes	6.3	(3.3 - 11.7)
B. No	93.7	(88.3 - 96.7)
15. Have you ever <b>tried</b> to kill yourself?		
A. Yes	1.9	(0.6 - 6.1)
B. No	98.1	(93.9 - 99.4)

### Tobacco Use

The next 17 questions ask about tobacco use.

16. Have you ever tried cigarette smoking, even one or two puffs?		
A. Yes	6.4	(3.5 - 11.3)
B. No	93.6	(88.7 - 96.5)
17. How old were you when you smoked a whole cigarette for the first time?		
A. I have never smoked a whole cigarette	96.9	(93.0 - 98.6)
B. 8 years old or younger	2.2	(0.7 - 7.2)
C. 9 years old	0.0	
D. 10 years old	0.9	(0.1 - 6.3)
E. 11 years old	0.0	
F. 12 years old	0.0	
G. 13 years old or older	0.0	

Appendix A: Questionnaire

	<b>%</b>	<b>(95% CI)</b>
18. About how many cigarettes have you smoked in your entire life?		
A. None	95.8	(89.6 - 98.4)
B. 1 or more puffs but never a whole cigarette	2.0	(0.6 - 6.5)
C. 1 cigarette	1.1	(0.1 - 7.3)
D. 2 to 5 cigarettes	0.0	
E. 6 to 15 cigarettes (about ½ a pack total)	0.0	
F. 16 to 25 cigarettes (about 1 pack total)	0.0	
G. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)	0.0	
H. 100 or more cigarettes (5 or more packs)	1.2	(0.2 - 7.8)
19. During the past 30 days, on how many days did you smoke cigarettes?		
A. 0 days	97.8	(92.8 - 99.3)
B. 1 or 2 days	1.1	(0.1 - 7.3)
C. 3 to 5 days	0.0	
D. 6 to 9 days	0.0	
E. 10 to 19 days	1.2	(0.2 - 7.8)
F. 20 to 29 days	0.0	
G. All 30 days	0.0	
20. During the past 30 days, on how many days did you smoke cigarettes <b>on school property</b> ?		
A. 0 days	98.9	(92.7 - 99.9)
B. 1 or 2 days	1.1	(0.1 - 7.3)
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	0.0	
21. During the past 30 days, how did you <b>usually</b> get your own cigarettes? (Select only <b>one</b> response.)		
A. I did not smoke cigarettes during the past 30 days	98.8	(92.2 - 99.8)
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	0.0	(-)
C. I bought them from a vending machine	0.0	
D. I gave someone else money to buy them for me	1.2	(0.2 - 7.8)
E. I borrowed (or bummed) them from someone else	0.0	
F. A person 18 years old or older gave them to me	0.0	
G. I took them from a store or family member	0.0	
H. I got them some other way	0.0	

Appendix A: Questionnaire

22. During the past 30 days, what brand of cigarettes did you usually smoke? (Select only <b>one</b> response.)	<b>%</b>	<b>(95% CI)</b>
A. I did not smoke cigarettes during the past 30 days	97.8	(92.8 - 99.3)
B. I do not have a usual brand	0.0	( - )
C. Camel	1.2	(0.2 - 7.8)
D. Marlboro	0.0	
E. Newport	1.1	(0.1 - 7.3)
F. Virginia Slims	0.0	
G. GPS, Basic, or Doral	0.0	
H. Some other brand	0.0	
23. During the past 30 days, how many times have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?		
A. 0 times	29.7	(23.0 - 37.4)
B. 1 to 3 times during the past 30 days	39.4	(29.5 - 50.3)
C. 1 to 3 times during the past week	10.5	(6.3 - 16.9)
D. Daily or almost daily	12.1	(7.2 - 19.7)
E. More than once a day	8.3	(5.9 - 11.5)
24. During the past 12 months, did you ever try <b>to quit</b> smoking cigarettes?		
A. I did not smoke during the past 12 months	98.8	(92.2 - 99.8)
B. Yes	0.0	( - )
C. No	1.2	(0.2 - 7.8)
25. During the past 30 days, on how many days did you smoke <b>cigars, cigarillos, or little cigars</b> ?		
A. 0 days	100.0	( - )
B. 1 or 2 days	0.0	( - )
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	0.0	
26. During the past 30 days, on how many days did you use <b>chewing tobacco, snuff, or dip</b> , such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?		
A. 0 days	97.6	(92.4 - 99.3)
B. 1 or 2 days	2.4	(0.7 - 7.6)
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	0.0	

Appendix A: Questionnaire

27. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?	<b>%</b>	<b>(95% CI)</b>
A. 0 days	80.7	(72.5 - 87.0)
B. 1 or 2 days	11.9	(7.4 - 18.6)
C. 3 or 4 days	2.5	(0.7 - 8.2)
D. 5 or 6 days	1.9	(0.6 - 6.4)
E. 7 days	2.9	(0.7 - 10.9)
28. Do you think smoke from other people's cigarettes is harmful to you?		
A. Definitely yes	57.8	(48.1 - 66.9)
B. Probably yes	33.1	(23.5 - 44.4)
C. Probably not	7.3	(2.7 - 18.3)
D. Definitely not	1.8	(0.5 - 5.8)
29. Do you think that you will try smoking a cigarette soon?		
A. I have already tried smoking cigarettes	3.1	(1.4 - 7.0)
B. Yes	2.3	(0.6 - 7.8)
C. No	94.6	(87.2 - 97.8)
30.		
Do you think you will smoke a cigarette at anytime during the next year?		
A. Definitely yes	1.2	(0.2 - 7.8)
B. Probably yes	1.2	(0.2 - 7.8)
C. Probably not	11.7	(9.1 - 14.9)
D. Definitely not	86.0	(80.7 - 90.1)
31.		
If one of your best friends offered you a cigarette, would you smoke it?		
A. Definitely yes	2.3	(0.3 - 14.9)
B. Probably yes	3.5	(1.6 - 7.6)
C. Probably not	9.2	(5.4 - 15.4)
D. Definitely not	84.9	(81.5 - 87.8)
32. During this school year, were you taught in any of your classes about the dangers of tobacco use?		
A. Yes	40.9	(27.4 - 56.0)
B. No	32.1	(19.8 - 47.6)
C. Not sure	27.0	(18.4 - 37.6)

**Alcohol**

**The next 8 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.**

33. Have you ever had a drink of alcohol, other than a few sips?	<b>%</b>	<b>(95% CI)</b>
A. Yes	9.1	(5.3 - 15.1)
B. No	90.9	(84.9 - 94.7)
34. How old were you when you had your first drink of alcohol other than a few sips?		
A. I have never had a drink of alcohol other than a few sips	90.9	(84.9 - 94.7)
B. 8 years old or younger	2.3	(0.7 - 7.5)
C. 9 years old	1.1	(0.2 - 7.0)
D. 10 years old	2.4	(0.7 - 7.7)
E. 11 years old	3.3	(1.4 - 7.5)
F. 12 years old	0.0	
G. 13 years old or older	0.0	
35. During the past 30 days, on how many days did you have at least one drink of alcohol?		
A. 0 days	94.4	(90.3 - 96.8)
B. 1 or 2 days	3.6	(1.6 - 7.9)
C. 3 to 5 days	0.9	(0.1 - 6.0)
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	1.2	(0.2 - 7.8)
36. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?		
A. 0 days	98.8	(92.2 - 99.8)
B. 1 day	0.0	( - )
C. 2 days	0.0	
D. 3 to 5 days	0.0	
E. 6 to 9 days	0.0	
F. 10 to 19 days	0.0	
G. 20 or more days	1.2	(0.2 - 7.8)
37. If you wanted to get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get?		
A. Very hard	61.6	(49.6 - 72.2)
B. Sort of hard	14.4	(8.8 - 22.5)
C. Sort of easy	14.4	(9.8 - 20.7)
D. Very easy	9.6	(5.6 - 16.2)

Appendix A: Questionnaire

38. How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?	<b>%</b>	<b>(95% CI)</b>
A. Very wrong	81.1	(73.7 - 86.7)
B. Wrong	12.4	(5.8 - 24.5)
C. A little bit wrong	5.5	(1.4 - 19.4)
D. Not wrong at all	1.1	(0.1 - 7.3)
39. How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	82.2	(71.7 - 89.4)
B. Wrong	12.8	(7.1 - 21.9)
C. A little bit wrong	3.0	(0.8 - 10.5)
D. Not wrong at all	2.0	(0.6 - 6.7)
40. How much do you think people risk harming themselves (physically or in other ways) if they have one or two drinks of beer, wine, or hard liquor nearly every day?		
A. No risk	4.4	(2.7 - 7.1)
B. Slight risk	16.5	(10.0 - 25.8)
C. Moderate risk	32.5	(26.7 - 38.8)
D. Great risk	46.7	(37.3 - 56.3)

**Marijuana and other Drug Use**

**The next 6 questions ask about marijuana use and other drug use.  
Marijuana also is called grass or pot.**

41. Have you ever used marijuana?		
A. Yes	1.2	(0.2 - 8.0)
B. No	98.8	(92.0 - 99.8)
42. How old were you when you tried marijuana for the first time?		
A. I have never tried marijuana	98.8	(92.0 - 99.8)
B. 8 years old or younger	0.0	( - )
C. 9 years old	1.2	(0.2 - 8.0)
D. 10 years old	0.0	
E. 11 years old	0.0	
F. 12 years old	0.0	
G. 13 years old or older	0.0	
43. During the past 30 days, how many times did you use marijuana?		
A. 0 times	100.0	( - )
B. 1 or 2 times	0.0	( - )
C. 3 to 9 times	0.0	
D. 10 to 19 times	0.0	
E. 20 to 39 times	0.0	
F. 40 or more times	0.0	

Appendix A: Questionnaire

44. Have you ever used <b>any</b> form of cocaine, including powder, crack, or freebase?	<b>%</b>	<b>(95% CI)</b>
A. Yes	3.3	(0.9 - 11.4)
B. No	96.7	(88.6 - 99.1)
45. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?		
A. Yes	13.1	(9.2 - 18.3)
B. No	86.9	(81.7 - 90.8)
46. Have you ever used a needle to inject any <b>illegal</b> drug into your body?		
A. Yes	1.2	(0.2 - 7.8)
B. No	98.8	(92.2 - 99.8)

**Sexual Behavior**

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

47. Have you ever had sexual intercourse?		
A. Yes	2.2	(0.6 - 7.2)
B. No	97.8	(92.8 - 99.4)
48. How old were you when you had sexual intercourse for the first time?		
A. I have never had sexual intercourse	97.8	(92.8 - 99.4)
B. 8 years old or younger	1.2	(0.2 - 8.2)
C. 9 years old	0.9	(0.1 - 6.6)
D. 10 years old	0.0	
E. 11 years old	0.0	
F. 12 years old	0.0	
G. 13 years old or older	0.0	
49. With how many people have you ever had sexual intercourse?		
A. I have never had sexual intercourse	97.8	(92.8 - 99.4)
B. 1 person	0.9	(0.1 - 6.6)
C. 2 people	0.0	
D. 3 people	0.0	
E. 4 people	1.2	(0.2 - 8.2)
F. 5 people	0.0	
G. 6 or more people	0.0	
50. The <b>last time</b> you had sexual intercourse, did you or your partner use a condom?		
A. I have never had sexual intercourse	97.8	(92.8 - 99.4)
B. Yes	1.2	(0.2 - 8.2)
C. No	0.9	(0.1 - 6.6)

**Body Weight****The next 6 questions ask about body weight.**

51. How do <b>you</b> describe your weight?	<b>%</b>	<b>(95% CI)</b>
A. Very underweight	4.8	(1.9 - 11.5)
B. Slightly underweight	19.8	(15.1 - 25.4)
C. About the right weight	62.5	(57.8 - 67.0)
D. Slightly overweight	12.0	(8.5 - 16.8)
E. Very overweight	0.9	(0.1 - 6.0)
52. Which of the following are you trying to do about your weight?		
A. Lose weight	21.0	(17.7 - 24.7)
B. Gain weight	10.0	(6.8 - 14.4)
C. Stay the same weight	35.0	(25.5 - 45.9)
D. I am not trying to do anything about my weight	34.0	(24.7 - 44.7)
53. Have you ever <b>exercised</b> to lose weight or to keep from gaining weight?		
A. Yes	55.3	(45.5 - 64.6)
B. No	44.7	(35.4 - 54.5)
54. Have you ever <b>eaten less food, fewer calories, or foods low in fat</b> to lose weight or to keep from gaining weight?		
A. Yes	28.9	(19.6 - 40.5)
B. No	71.1	(59.5 - 80.4)
55. Have you ever <b>gone without eating for 24 hours or more</b> (also called fasting) to lose weight or to keep from gaining weight?		
A. Yes	9.6	(4.5 - 19.2)
B. No	90.4	(80.8 - 95.5)
56. Have you ever <b>vomited or taken laxatives</b> to lose weight or to keep from gaining weight?		
A. Yes	2.5	(0.8 - 7.8)
B. No	97.5	(92.2 - 99.2)

**Physical Activity****The next 4 questions ask about physical activity.**

Appendix A: Questionnaire

57. During the past 7 days, on how many days were you physically active for a total of <b>at least 60 minutes per day</b> ? (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.)	<b>%</b>	<b>(95% CI)</b>
A. 0 days	3.3	(1.5 - 7.1)
B. 1 day	5.1	(2.1 - 11.7)
C. 2 days	6.6	(3.5 - 12.2)
D. 3 days	9.4	(5.8 - 14.9)
E. 4 days	7.9	(4.0 - 15.1)
F. 5 days	17.5	(11.7 - 25.4)
G. 6 days	13.4	(8.2 - 21.2)
H. 7 days	36.7	(27.2 - 47.3)
58. On an average school day, how many hours do you watch TV?		
A. I do not watch TV on an average school day	19.7	(12.8 - 29.0)
B. Less than 1 hour per day	25.9	(20.4 - 32.4)
C. 1 hour per day	28.8	(22.4 - 36.1)
D. 2 hours per day	14.9	(10.0 - 21.8)
E. 3 hours per day	6.2	(3.0 - 12.6)
F. 4 hours per day	2.2	(0.6 - 7.3)
G. 5 or more hours per day	2.3	(0.6 - 7.6)
59. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)		
A. I do not play video or computer games or use a computer for something that is not school work	25.3	(20.6 - 30.7)
B. Less than 1 hour per day	37.5	(26.8 - 49.7)
C. 1 hour per day	19.4	(12.5 - 28.8)
D. 2 hours per day	8.9	(6.0 - 12.9)
E. 3 hours per day	4.0	(1.6 - 10.0)
F. 4 hours per day	3.1	(0.8 - 11.9)
G. 5 or more hours per day	1.8	(0.3 - 11.8)
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	3.9	(1.7 - 9.1)
B. 1 day	92.0	(80.7 - 96.9)
C. 2 days	2.1	(0.3 - 13.4)
D. 3 days	2.0	(0.6 - 6.1)
E. 4 days	0.0	
F. 5 days	0.0	

**Health-Related Topics****The next 3 questions ask about other health-related topics.**

61. Have you ever been taught about AIDS or HIV infection in school?	<b>%</b>	<b>(95% CI)</b>
A. Yes	74.1	(55.0 - 87.0)
B. No	15.8	(6.3 - 34.4)
C. Not sure	10.1	(5.8 - 16.8)
62. Has a doctor or nurse ever told you that you have asthma?		
A. Yes	18.7	(13.8 - 24.9)
B. No	74.8	(66.7 - 81.5)
C. Not sure	6.5	(3.8 - 10.7)
63. Do you still have asthma?		
A. I have never had asthma	71.7	(58.0 - 82.2)
B. Yes	13.4	(8.1 - 21.3)
C. No	7.8	(2.0 - 26.1)
D. Not sure	7.1	(4.0 - 12.5)

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

64. My friends get into a lot of trouble.		
A. Not true at all	46.7	(40.2 - 53.3)
B. A little true	41.2	(35.9 - 46.6)
C. Pretty much true	10.2	(6.6 - 15.4)
D. Very much true	1.9	(0.6 - 6.4)
65. I often do things without thinking about what will happen.		
A. Not true at all	27.8	(19.1 - 38.5)
B. A little true	50.7	(37.8 - 63.5)
C. Pretty much true	16.3	(9.1 - 27.4)
D. Very much true	5.3	(4.9 - 5.7)
66. I have a friend about my own age who really cares about me.		
A. Not true at all	8.3	(3.4 - 19.2)
B. A little true	8.5	(5.1 - 13.9)
C. Pretty much true	17.8	(11.9 - 25.7)
D. Very much true	65.4	(58.4 - 71.7)
67. Outside of my home and school, there is an adult who really cares about me.		
A. Not true at all	4.5	(1.9 - 10.6)
B. A little true	9.3	(4.0 - 20.1)
C. Pretty much true	10.8	(5.9 - 19.0)
D. Very much true	75.4	(68.2 - 81.4)

Appendix A: Questionnaire

68. At my school there is a teacher or some other adult who really cares about me.	<b>%</b>	<b>(95% CI)</b>
A. Not true at all	6.1	(1.9 - 18.2)
B. A little true	14.8	(9.6 - 22.0)
C. Pretty much true	26.4	(16.3 - 39.8)
D. Very much true	52.7	(41.8 - 63.3)
69. In my home, there is a parent or some other adult who listens to me when I have something to say.		
A. Not true at all	2.1	(0.3 - 13.4)
B. A little true	8.6	(6.6 - 11.1)
C. Pretty much true	18.6	(14.8 - 23.0)
D. Very much true	70.8	(65.9 - 75.2)
70. In my home, there is a parent or some other adult who talks with me about my problems.		
A. Not true at all	6.3	(1.9 - 19.1)
B. A little true	13.9	(8.2 - 22.6)
C. Pretty much true	21.1	(8.9 - 42.5)
D. Very much true	58.7	(44.8 - 71.3)
71. In my school, there are clear rules about what students can and cannot do.		
A. Not true at all	4.1	(1.0 - 15.4)
B. A little true	8.8	(5.2 - 14.3)
C. Pretty much true	19.4	(13.0 - 27.8)
D. Very much true	67.8	(61.7 - 73.3)
72. When I am not at home, one of my parents/guardians knows where I am and who I am with.		
A. Not true at all	3.0	(0.8 - 10.9)
B. A little true	5.8	(3.2 - 10.2)
C. Pretty much true	24.6	(14.1 - 39.3)
D. Very much true	66.6	(56.6 - 75.3)
73. 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	8.0	(3.4 - 17.8)
B. A little true	4.0	(1.0 - 15.4)
C. Pretty much true	12.3	(5.9 - 23.9)
D. Very much true	75.7	(62.5 - 85.3)

### Your Family's Food

This last question asks about the amount of food eaten by your family.

74. During the past 12 months, which of the following statements best describes the food eaten by you and your family?	<b>%</b>	<b>(95% CI)</b>
A. Enough food to eat	94.4	(87.6 - 97.6)
B. Sometimes not enough food to eat	3.1	(0.8 - 11.3)
C. Often not enough food to eat	2.5	(0.8 - 8.2)

This is the end of the survey.  
Thank you very much for your help.



NM YRRS reports can be found at:  
[www.YouthRisk.org](http://www.YouthRisk.org) and  
<http://www.health.state.nm.us/epi/yrrs.html>

For questions about this report or about the YRRS, contact:

Dan Green, M.P.H.  
Epidemiology and Response Division, NM DOH  
[Dan.Green@state.nm.us](mailto:Dan.Green@state.nm.us)  
(505)476-1779

William O. Blair, Ph.D.  
Assistant Director, School and Family Support Bureau  
School and Family Support Bureau, NM PED  
[williamowen.blair@state.nm.us](mailto:williamowen.blair@state.nm.us)  
(505) 222-4749

Linda J. Peñaloza, Ph.D.  
University of New Mexico Prevention Research Center  
[LPenaloza@salud.unm.edu](mailto:LPenaloza@salud.unm.edu)  
505-272-4462

