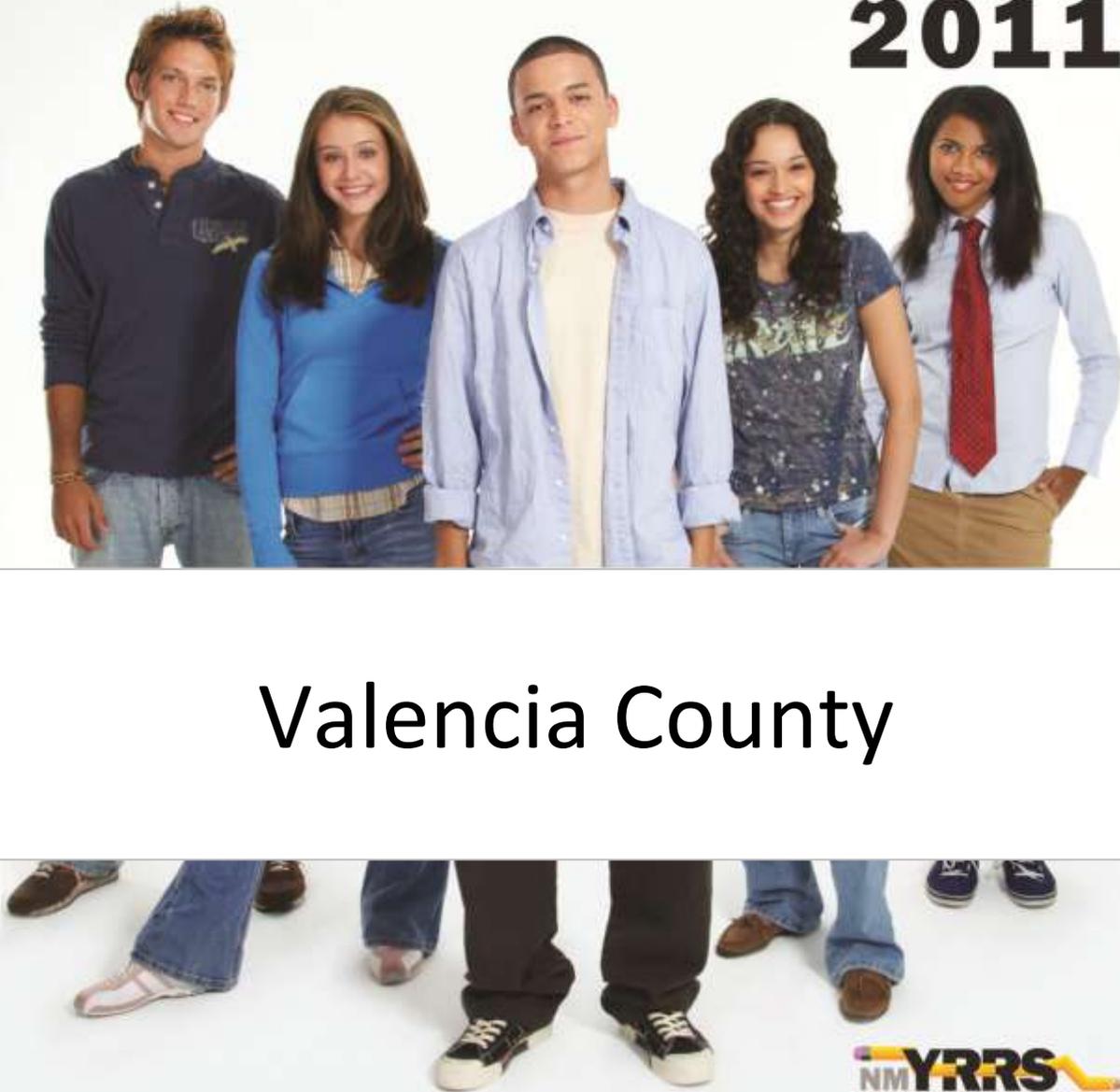


**NEW MEXICO  
YOUTH RISK & RESILIENCY SURVEY**

**HIGH SCHOOL**  
*Survey Results*  
**2011**



**Valencia County**



For information about administration and methods used in implementation of the New Mexico Youth Risk and Resiliency Survey (NM YRRS), see the volume of statewide results, New Mexico Youth Risk & Resiliency Survey: High School Survey Results 2011, available at [www.youthrisk.org](http://www.youthrisk.org).

## ACKNOWLEDGEMENTS

This report is a product of the NM Youth Risk and Resiliency Survey (YRRS), a survey that aims to characterize risk behaviors and resiliency/protective factors among New Mexico youth. The YRRS is a joint project of the New Mexico Department of Health (NMDOH) and the New Mexico Public Education Department (PED), with support and technical assistance from the University of New Mexico Prevention Research Center (UNM PRC), AASTEC, 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. (Individuals who served on the NM-YRRS 2011 Steering Committee are identified by an asterisk (\*).)

### **NEW MEXICO DEPARTMENT OF HEALTH**

Brad McGrath, Interim Secretary  
Michael Landen, MD, MPH, State Epidemiologist and Director, Epidemiology and Response Division\*  
Lori Zigich, MPH, Survey Section Manager, Epidemiology and Response Division\*  
Dan Green, MPH, Survey Epidemiologist, Epidemiology and Response Division\*  
James Padilla, MS, Tobacco Epidemiologist, Tobacco Use Prevention and Control Program\*  
James Farmer, MPH, Health Services Manager, Office of School and Adolescent Health\*  
Mary M. Ramos, MD, MPH, School Health Officer\*

### **NEW MEXICO PUBLIC EDUCATION DEPARTMENT**

Hanna Skandera, Secretary-Designate of Education  
Paul Aguilar, Deputy Secretary, Finance and Operations  
Denise Koscielniak, Director, Federal Programs  
Kristine M. Meurer, PhD, Director, School and Family Support Bureau\*  
William O. Blair, PhD, Assistant Director, School and Family Support Bureau\*  
Dean Hopper, MAEd, Assistant Director, School and Family Support Bureau  
Lonnie Barraza, MEd, HIV Program Administrator, School and Family Support Bureau\*

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

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

### **ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER**

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

### **NEW MEXICO CHILDREN, YOUTH AND FAMILIES DEPARTMENT**

Julienne Smrcka, Juvenile Justice Services Education \*

### **NEW MEXICO HUMAN SERVICES DEPARTMENT, BEHAVIORAL HEALTH SERVICES DIVISION**

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

Gratitude is expressed to the excellent survey management and teams of the Navajo Nation Department of Health and the Bureau of Indian Education for their expertise in coordinating the administration of multiple surveys at once.



## Table of Contents

<b><u>Topic</u></b>	<b><u>Page</u></b>
Risk Behaviors at a Glance	7
Participation in Valencia County	9
Highlights	11
Charts	21
Unintentional Injury	23
Injury: Behaviors Associated with Violence	27
Mental Health	33
Tobacco Use	37
Alcohol Use	45
Drug Use	55
Sexual Behaviors	63
Nutrition	67
Physical Activity	71
Body Weight	75
Other Behaviors and Characteristics	78
Resiliency/Protective Factors and Academic Measures	79
Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors	85
Appendix A: Questionnaire with Results	101
Appendix B: About this Report	131
Risk Behavior Definitions	136



New Mexico Youth Risk and Resiliency Survey  
**Risk Behaviors at a Glance**  
Valencia County  
Grades 9-12

<u>Indicator</u>	<u>Valencia County</u>		<u>New Mexico</u>	
	%	(95% CI)	%	(95% CI)
<b>Unintentional Injury</b>				
Rarely or never wore a bicycle helmet (of those who rode a bicycle)	94.1	(92.2-95.6)	86.3	(82.3-89.6)
Rarely or never wore a seatbelt	7.8	(5.8-10.3)	8.0	(6.9-9.1)
<b>Violence</b>				
In a physical fight in the past 12 months	33.1	(29.4-36.9)	31.5	(29.4-33.6)
Physically hit or hurt by boy/girlfriend in the past 12 months	8.1	(6.0-10.8)	9.2	(8.5-10.1)
Ever physically forced to have sexual intercourse	7.4	(5.4-10.0)	8.6	(7.8-9.5)
Bullied electronically in the past 12 months	10.1	(8.3-12.2)	13.2	(11.9-14.6)
Bullied on school property in the past 12 months	15.4	(13.0-18.3)	18.7	(17.3-20.3)
Skipped school because felt unsafe at school or on the way to or from school in the past 12 months	5.4	(4.1-7.1)	8.1	(5.6-11.4)
<b>Mental Health</b>				
Felt persistent sadness or hopelessness in the past 12 months	23.9	(21.0-27.1)	29.1	(28.0-30.2)
Seriously considered suicide	12.1	(9.9-14.6)	16.7	(15.7-17.8)
Planned suicide	11.6	(9.3-14.3)	13.4	(12.6-14.4)
Attempted suicide	6.6	(4.7-9.2)	8.6	(7.8-9.6)
<b>Tobacco Use</b>				
Current cigarette smoking	20.2	(17.2-23.7)	19.9	(17.6-22.4)
Current hookah use	24.7	(22.3-27.3)	20.0	(17.6-22.5)
Current spit tobacco use	12.1	(9.6-15.1)	9.5	(8.0-11.1)
Current cigar smoking	15.3	(12.4-18.8)	15.1	(13.6-16.8)
<b>Alcohol Use</b>				
Current drinking	38.7	(34.9-42.6)	36.9	(34.1-39.8)
Binge drinking	23.6	(20.7-26.7)	22.4	(20.3-24.6)
Drinking and driving	8.1	(6.2-10.5)	9.3	(8.1-10.8)
Alcohol use before age 13	28.6	(24.5-33.0)	27.4	(25.4-29.4)

New Mexico Youth Risk and Resiliency Survey

**Risk Behaviors at a Glance**

**Valencia County**

**Grades 9-12**

<u>Indicator</u>	<u>Valencia County</u>		<u>New Mexico</u>	
	%	(95% CI)	%	(95% CI)
<b>Current drug use</b>				
Marijuana	28.8	(25.6-32.2)	27.6	(24.5-31.0)
Painkillers to get high	14.2	(11.5-17.4)	11.3	(9.7-13.2)
Inhalants	6.4	(4.6-9.0)	6.7	(5.8-7.8)
Cocaine	6.6	(4.8-9.0)	5.2	(4.3-6.2)
Ecstasy	6.3	(4.6-8.6)	6.4	(5.4-7.5)
Methamphetamine	3.8	(2.7-5.4)	3.9	(3.1-4.8)
Heroin	3.5	(2.3-5.5)	3.2	(2.7-3.8)
<b>Physical Activity, Body Weight, and Nutrition</b>				
Overweight	15.1	(12.4-18.2)	14.4	(13.3-15.7)
Obese	15.2	(12.4-18.6)	12.8	(10.9-15.1)
Overweight or obese	30.3	(26.3-34.8)	27.3	(24.4-30.3)
Exercised daily	28.2	(25.2-31.4)	26.3	(24.8-27.9)
Daily PE	43.0	(36.8-49.4)	28.4	(23.2-34.2)
Three or more hours of TV viewing per day	30.4	(27.1-34.0)	29.4	(26.8-32.2)
Five or more fruits or vegetables per day	22.1	(19.3-25.2)	23.8	(22.1-25.7)
Drank at least one soda per day	27.3	(23.7-31.1)	27.9	(26.7-29.1)
<b>Sexual Behaviors</b>				
Sexually active	28.2	(24.8-31.8)	31.9	(29.1-34.8)
Had four or more lifetime sexual partners (of those who were sexually active)	39.4	(33.8-45.3)	39.1	(36.4-41.8)
Used a condom at last sexual intercourse	57.8	(52.6-62.9)	57.8	(55.3-60.3)
Used reliable birth control at last sexual intercourse	23.9	(19.0-29.6)	23.0	(20.6-25.5)
Used reliable birth control and a condom	7.3	(5.3-10.1)	8.6	(7.1-10.2)

Participation in Valencia County

The response rate for Valencia County was 75%.

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. 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>	1792	(100%)
<u>Gender</u>		
Girls	907	(50.8%)
Boys	877	(49.2%)
<u>Race/Ethnicity *</u>		
American Indian or Alaska Native	256	(18.6%)
Asian or Pacific Islander	89	(3.4%)
Black or African-American	135	(9.8%)
Hispanic	1248	(70.7%)
White	895	(65.1%)
<u>Grade Level</u>		
9th	472	(26.5%)
10th	537	(30.1%)
11th	411	(23.0%)
12th	359	(20.1%)
Other:	5	(0.3%)

Totals may add up to more or less than 100%, because

1. For race/ethnicity, respondents were allowed to choose multiple responses.
2. Data may be missing for some demographic measures if respondents chose not to answer certain questions.



New Mexico Youth Risk and Resiliency Survey (YRRS)  
Highlights  
Valencia County  
Grades 9-12, 2011



Highlights from the New Mexico Youth Risk and Resiliency Survey (YRRS)  
 Grades 9-12, 2011  
 Valencia County

Results from the 2011 High School NM YRRS revealed several encouraging trends in New Mexico. These include declining rates of:

- Suicide ideation and attempts
- Alcohol use
- Tobacco use
- Behaviors associated with violence

At the same time, the rates of cocaine and methamphetamine use have stabilized after declining from 2003 to 2007, the prevalence of obesity has been increasing, and the relatively new phenomenon of using a hookah (large water pipe) to smoke tobacco threatens the overall trend of declining tobacco use among youth.

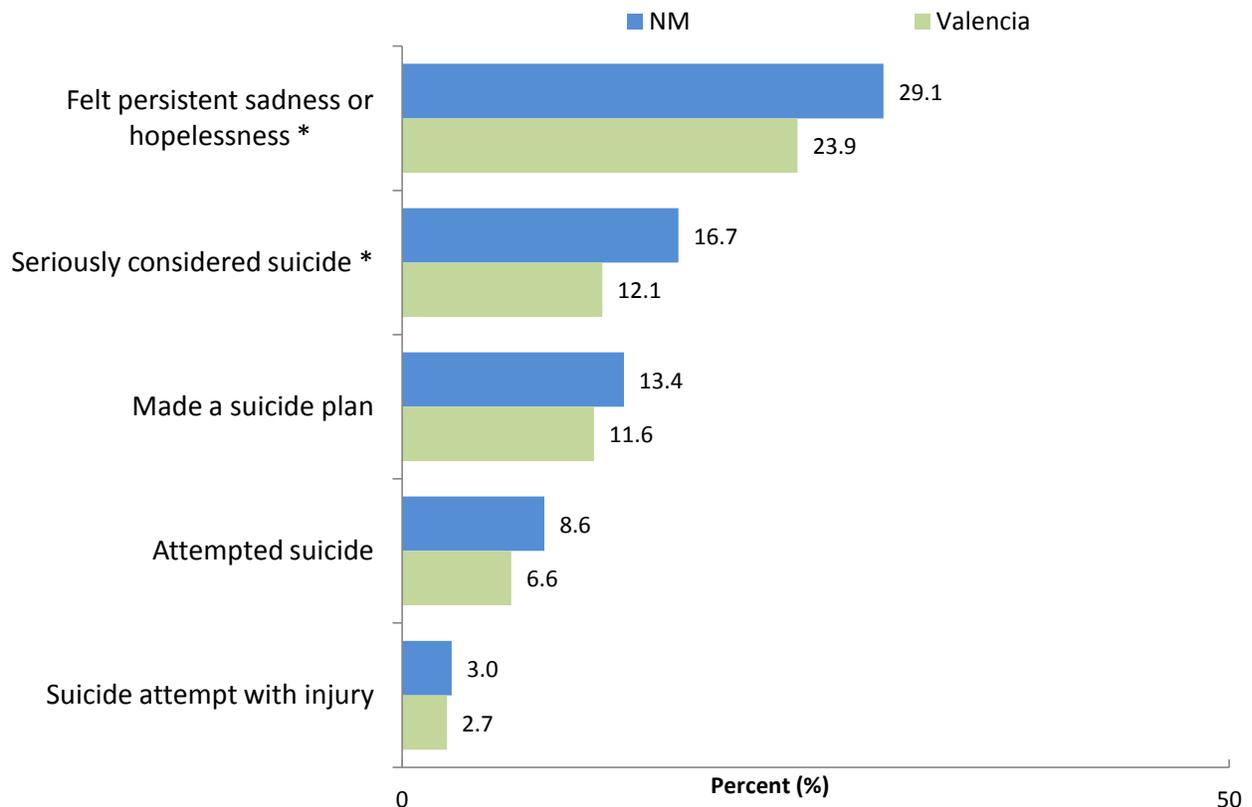
This report puts the findings for New Mexico alongside YRRS results for Valencia County. Please use these results to help make New Mexico and your own community a safer and healthier place for all of our young people. For comprehensive YRRS results, see this website:

[www.youthrisk.org](http://www.youthrisk.org)

**Mental Health**

Suicide is the second leading cause of death among adolescents in New Mexico. Past-year suicide attempts have decreased among NM high school students from 14.3% in 2003 to 8.6% in 2011.

**Past Year Mental Health Indicators  
 NM & Valencia County  
 Grades 9-12, 2011**

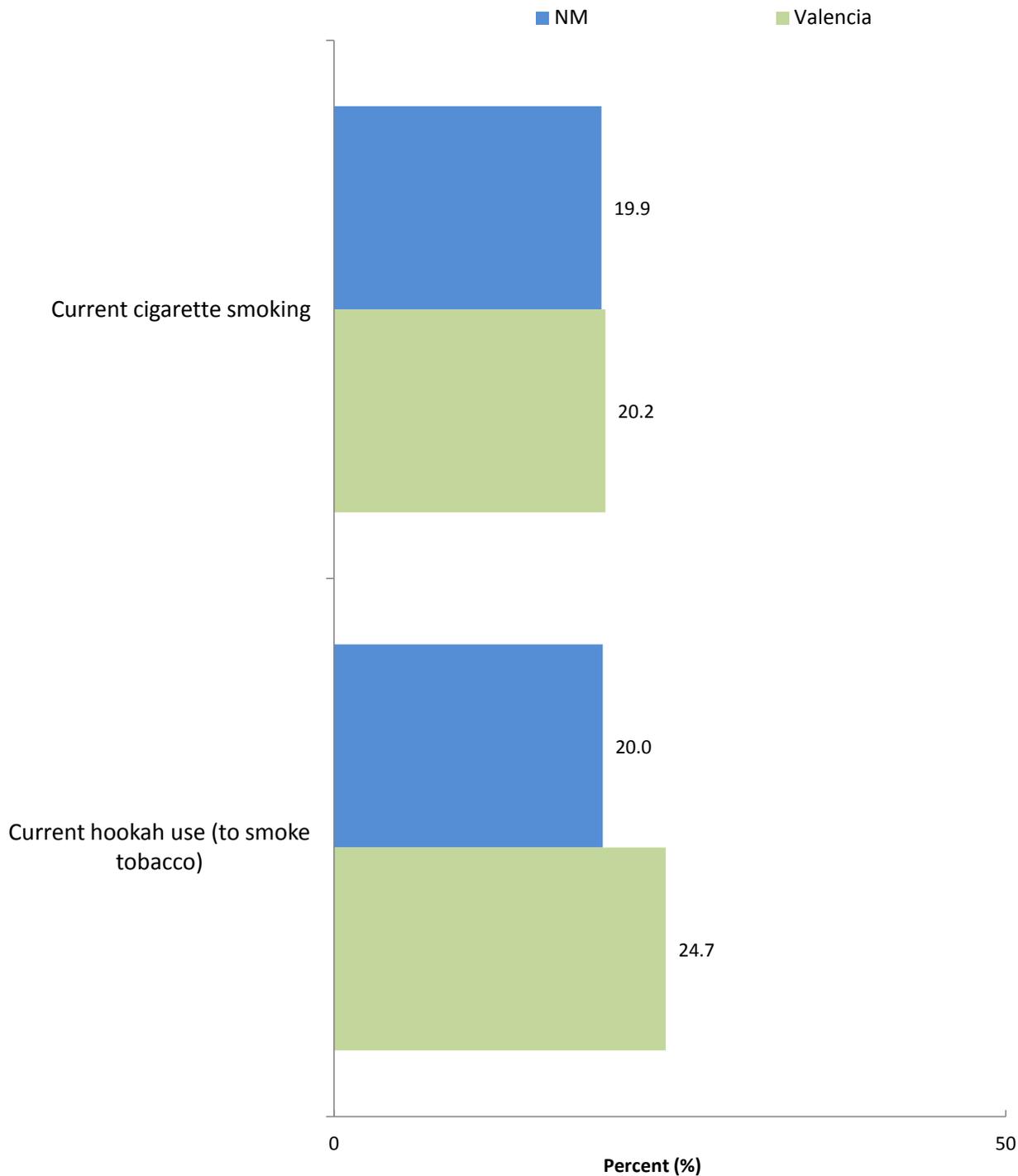


\* Statistically significant difference

**Tobacco Use**

Cigarette smoking among NM high school students has been on the decline since 2003. In 2011, a new question was added to the YRRS about using a hookah, or large water pipe, to smoke tobacco. The prevalence of smoking a hookah was equal to that of current cigarette smoking.

**Current Cigarette and Hookah Use  
NM & Valencia County  
Grades 9-12, 2011**

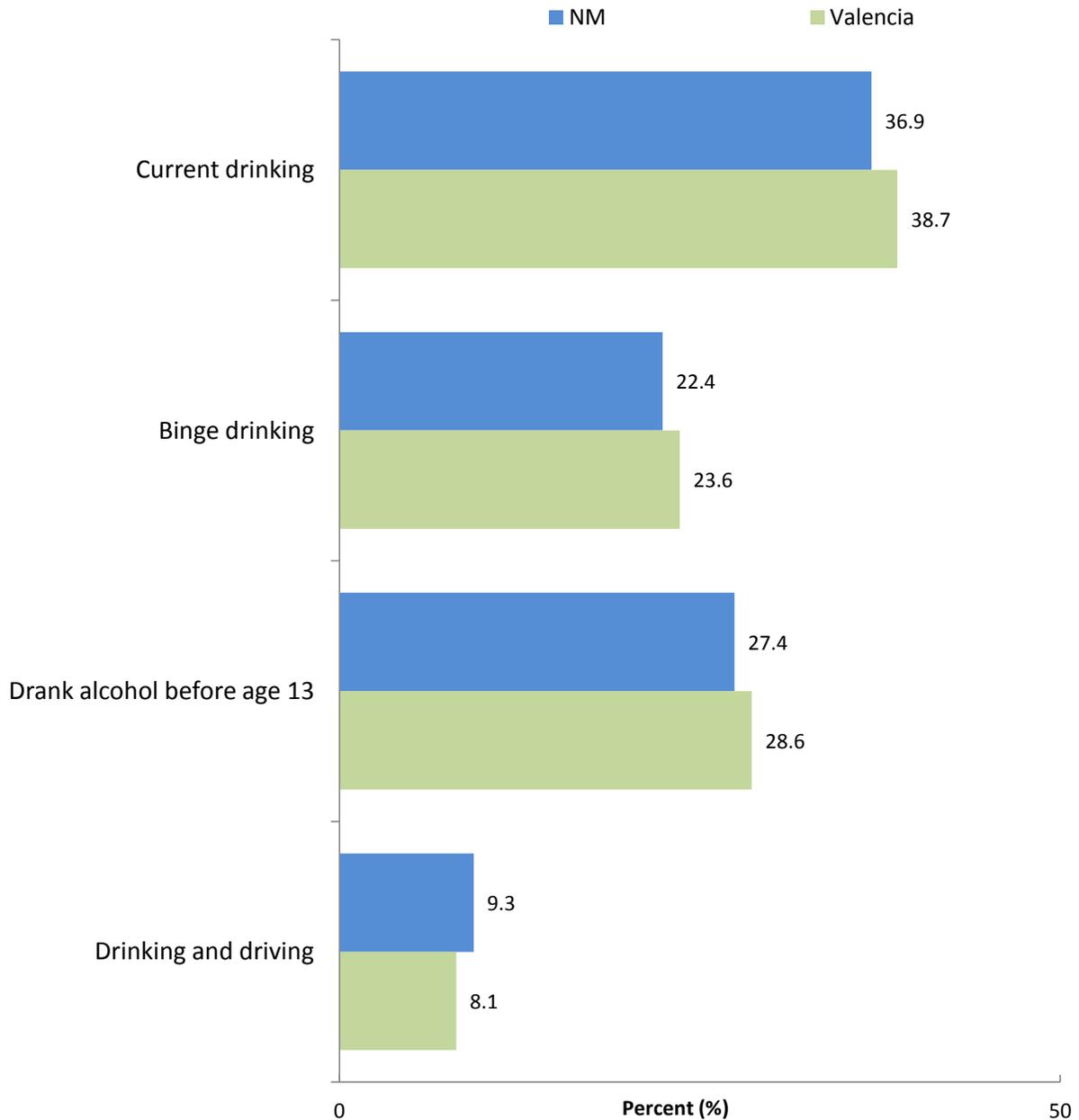


\* Statistically significant difference

**Alcohol Use**

Alcohol use by young people is associated with injuries such as motor vehicle crashes, the leading cause of death among adolescents. Alcohol use at an early age is also associated with an increased risk of chronic liver disease and alcohol dependence later in life. In recent years, rates of current drinking, binge drinking, and drinking and driving have been decreasing among young people nationally and in New Mexico. While this is a hopeful sign for the future of New Mexico youth, in 2011 New Mexico high school students had the highest rate of any state participating in the CDC's Youth Risk Behavior Survey (YRBS) for drinking alcohol before the age of 13.

**Alcohol Use in the Past 30 Days  
NM & Valencia County  
Grades 9-12, 2011**

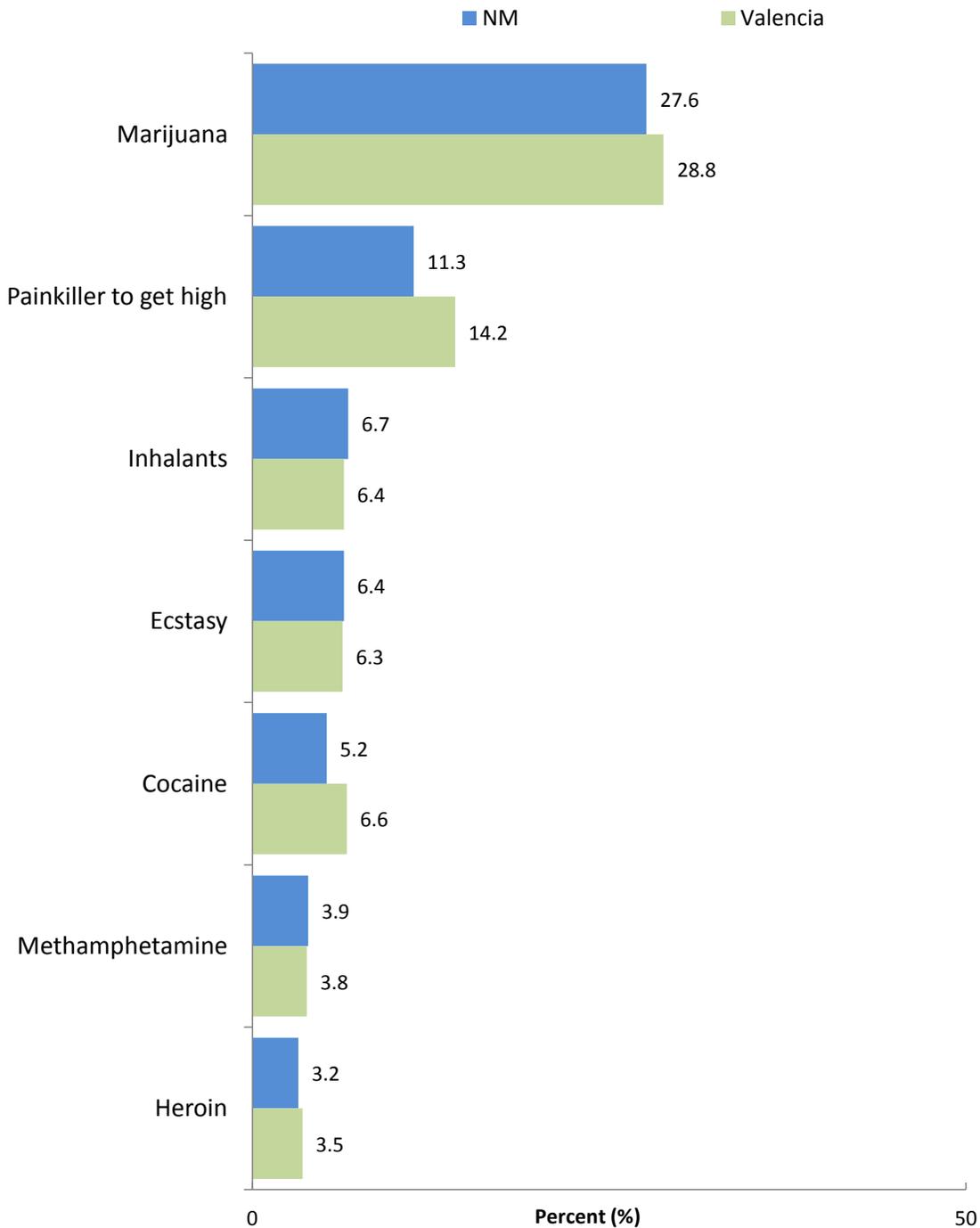


\* Statistically significant difference

**Drug Use**

Current cocaine and methamphetamine use declined among high school students from 2003 - 2007, and has since stabilized. There have been no other trends for current drug use in recent years.

**Current Drug Use  
NM & Valencia County  
Grades 9-12, 2011**

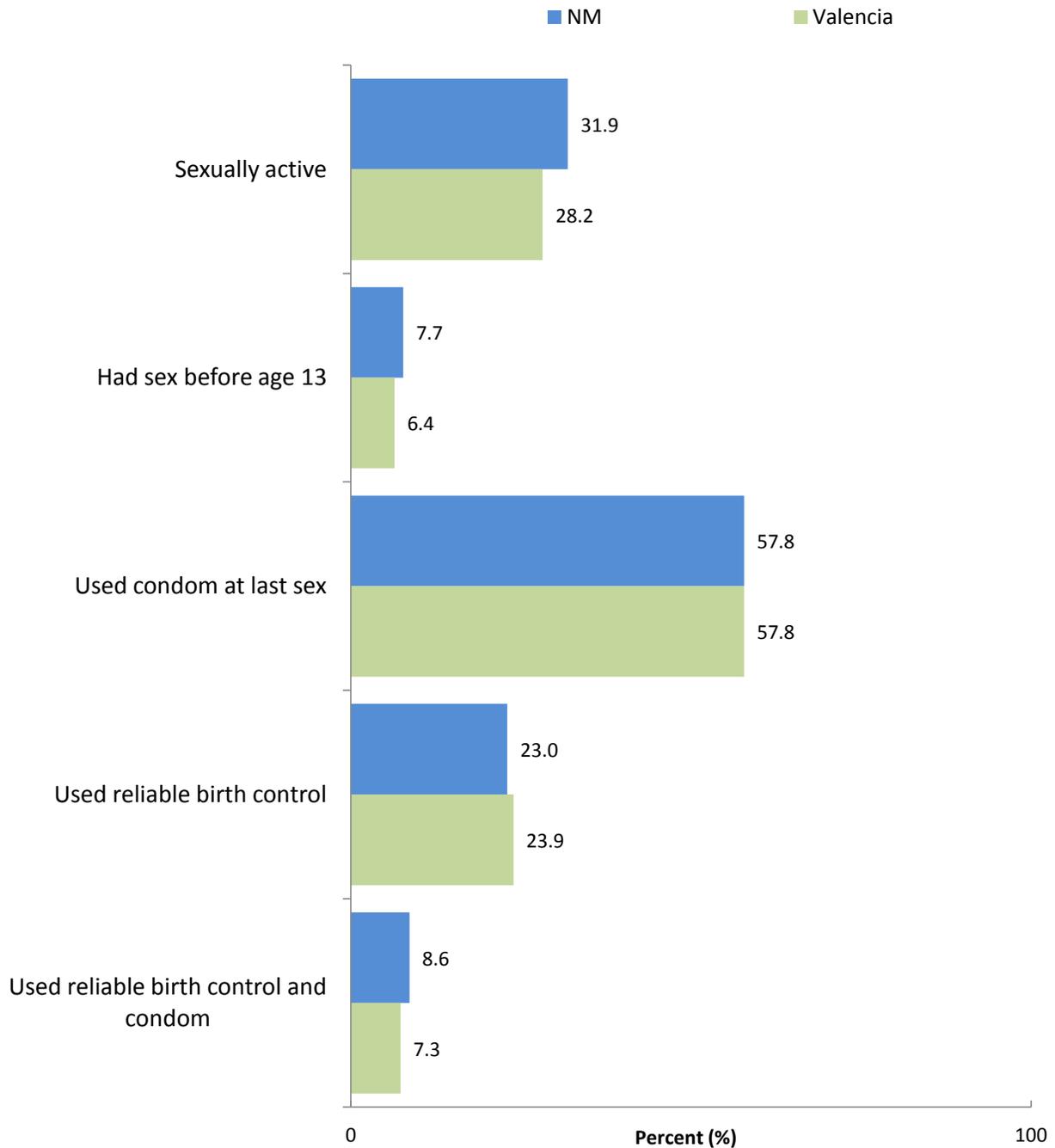


\* Statistically significant difference

**Sexual Activity**

Early and unsafe sexual activity puts teens at risk of unplanned pregnancy and sexually transmitted infections. Measures of sexual activity among NM high school students are similar to those of other states that participated in the YRBS. Very few sexually active\* teens used both condoms and reliable birth control.

**Sexual Activity**  
**NM & Valencia County**  
**Grades 9-12, 2011**



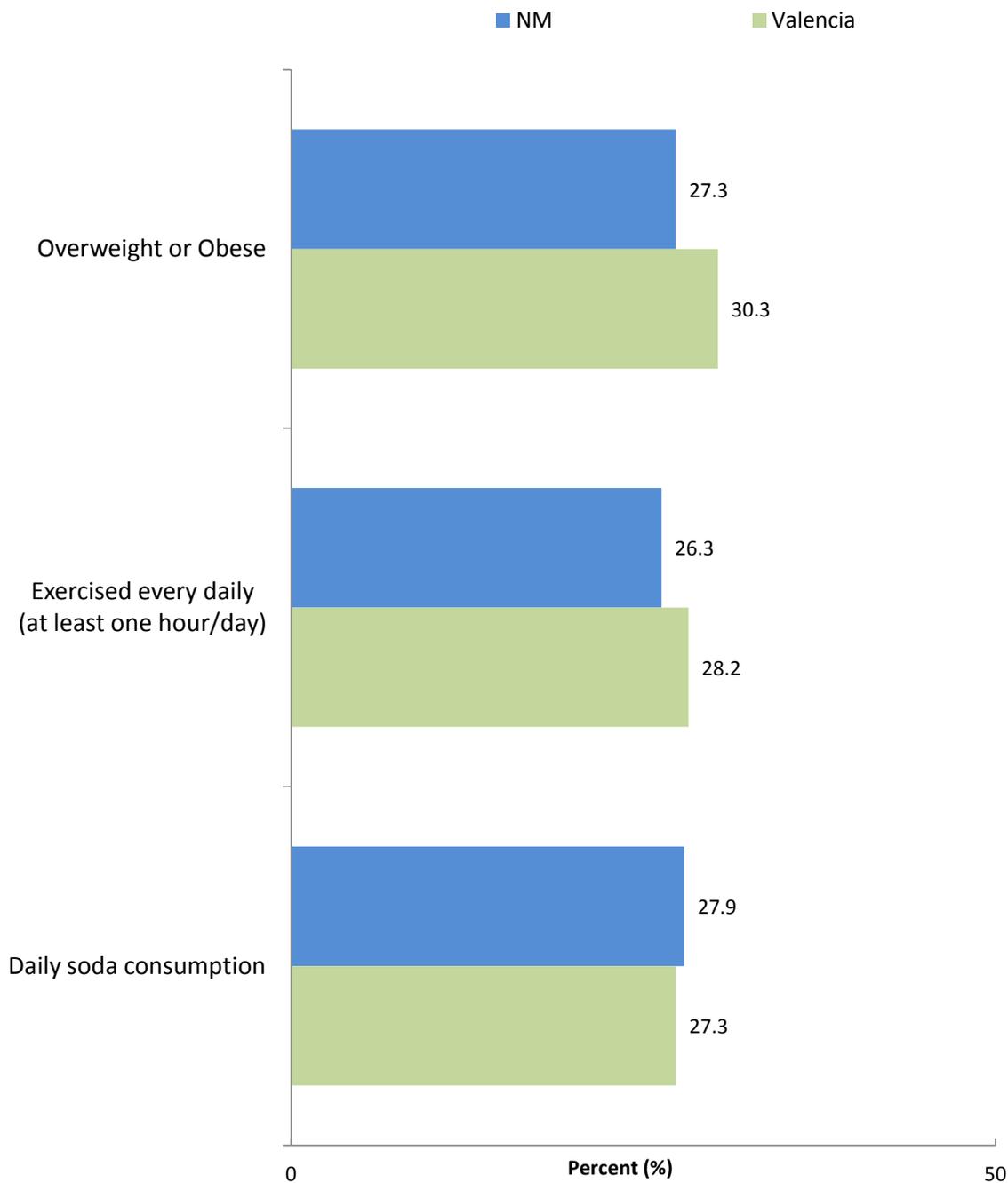
Sexually active: Had sexual intercourse at least once in the past three months.

\* Statistically significant difference

**Physical Activity, Nutrition, and Body Weight**

Poor nutritional behaviors and a lack of physical activity put young people at risk of becoming overweight or obese. Obesity and overweight place teens at risk of many chronic diseases that can cause death or disability. Obesity among New Mexico teens has been on the rise for several years.

**Obesity, Overweight, Physical Activity, and Soda Consumption  
NM & Valencia County  
Grades 9-12, 2011**



\* Statistically significant difference

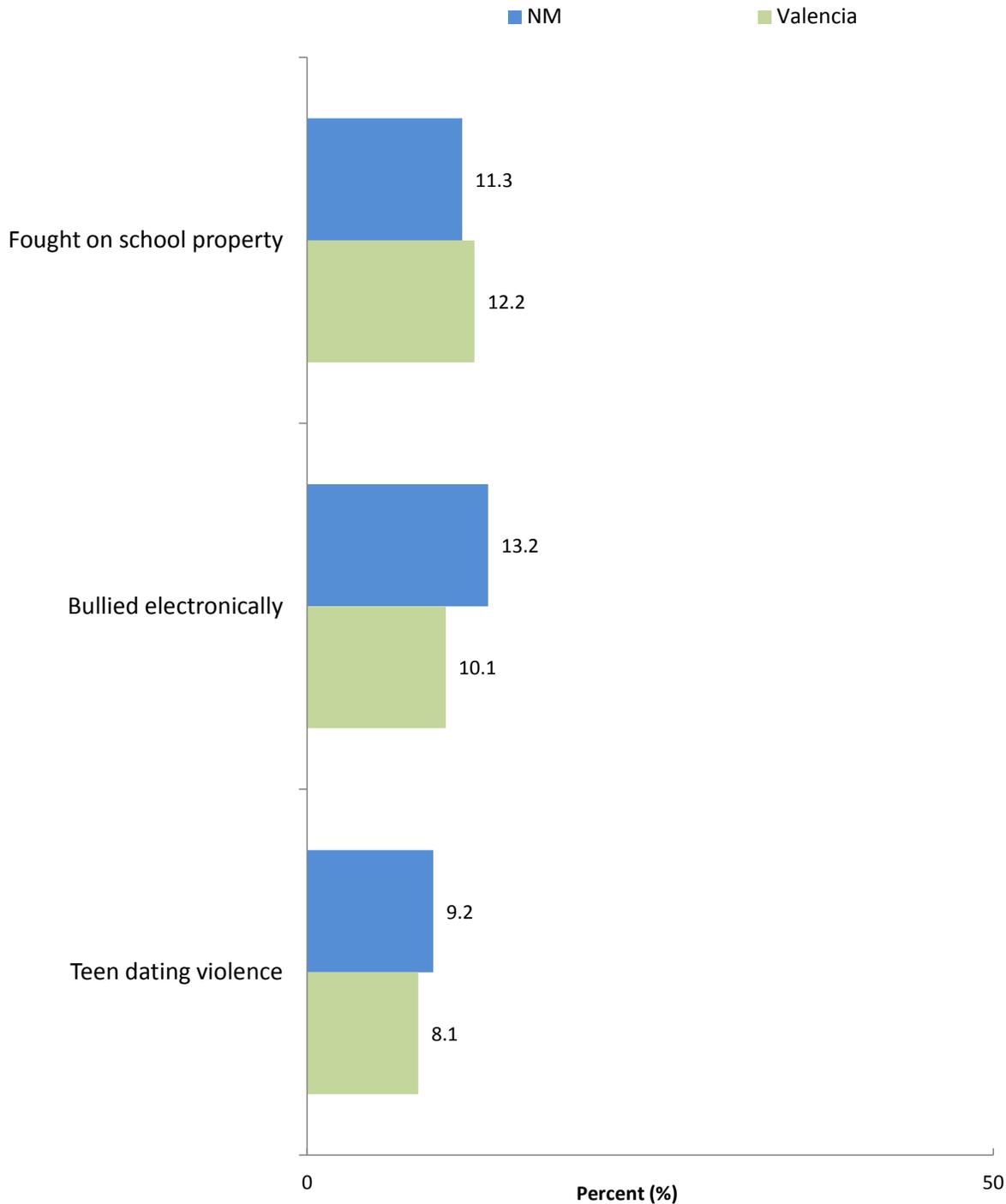
**Behaviors Associated with Violence**

The rates for fighting, fighting on school property, and teen dating violence (physically hit, shoved, or pushed by a boyfriend or girlfriend in the past 12 months) have declined since 2003. In 2011, a new question was added to the YRRS about electronic bullying.

**Behaviors Associated with Violence, in the last 12 months**

**NM & Valencia County**

**Grades 9-12, 2011**



\* Statistically significant difference

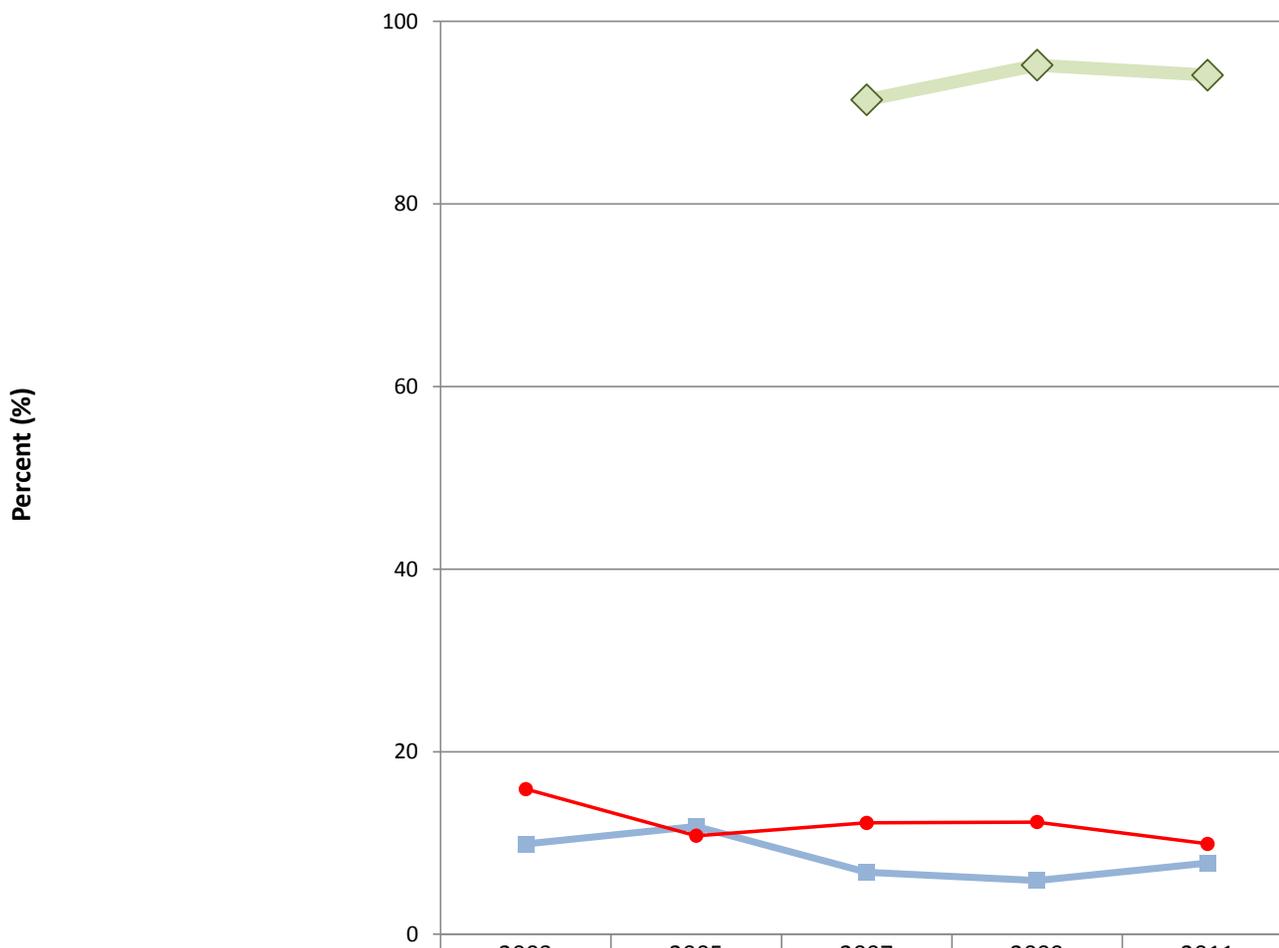


## Valencia County Charts



## Unintentional Injury

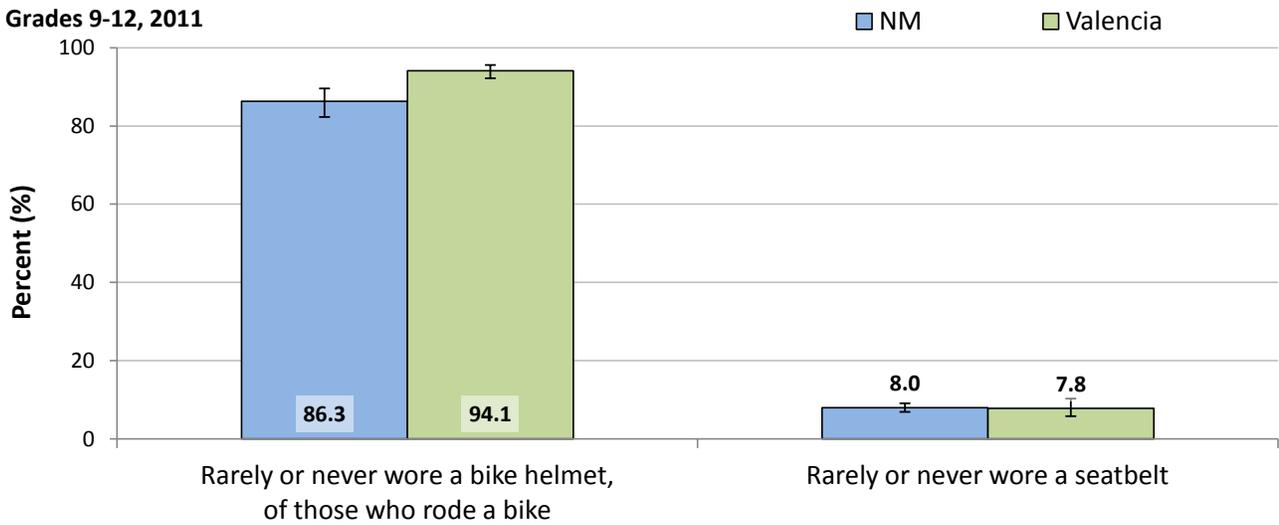
Behaviors Associated with Unintentional Injury  
 by Year, Valencia County  
 Grades 9-12, 2011



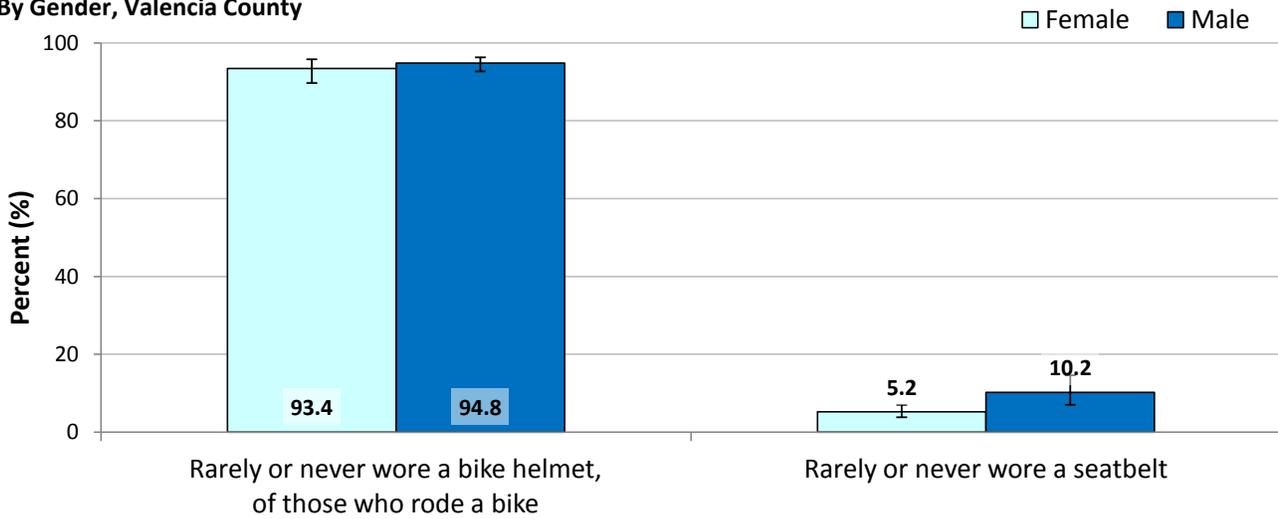
◇ Rarely or never wore bicycle helmet			91.4	95.2	94.1
■ Rarely or never wore seatbelt	9.9	11.8	6.8	5.9	7.8
● Carried a gun in the past 30 days	15.9	10.8	12.2	12.3	9.9



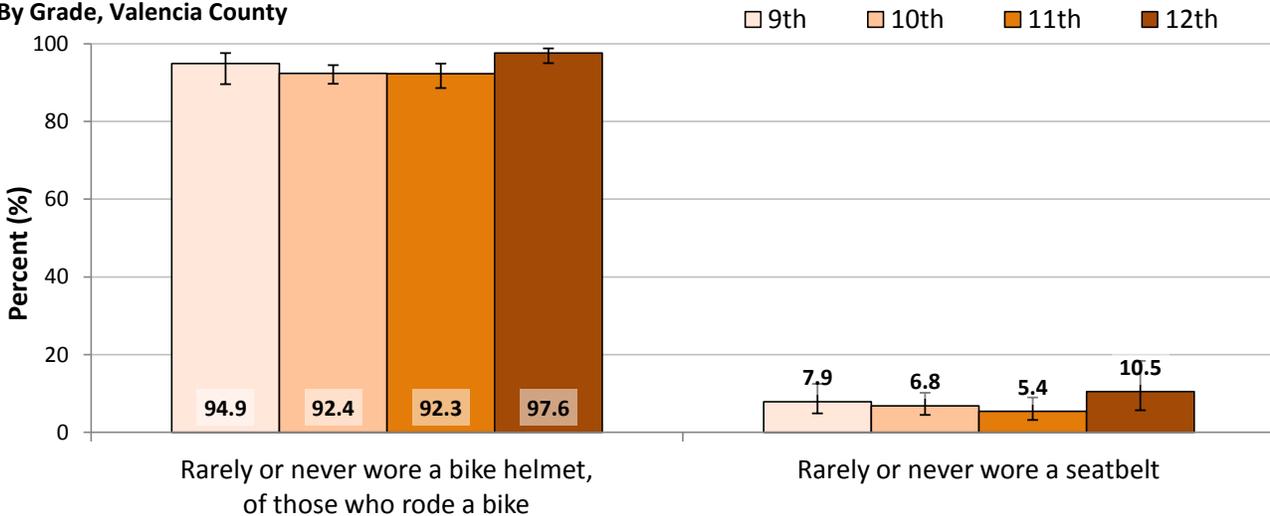
**Unintentional Injury**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



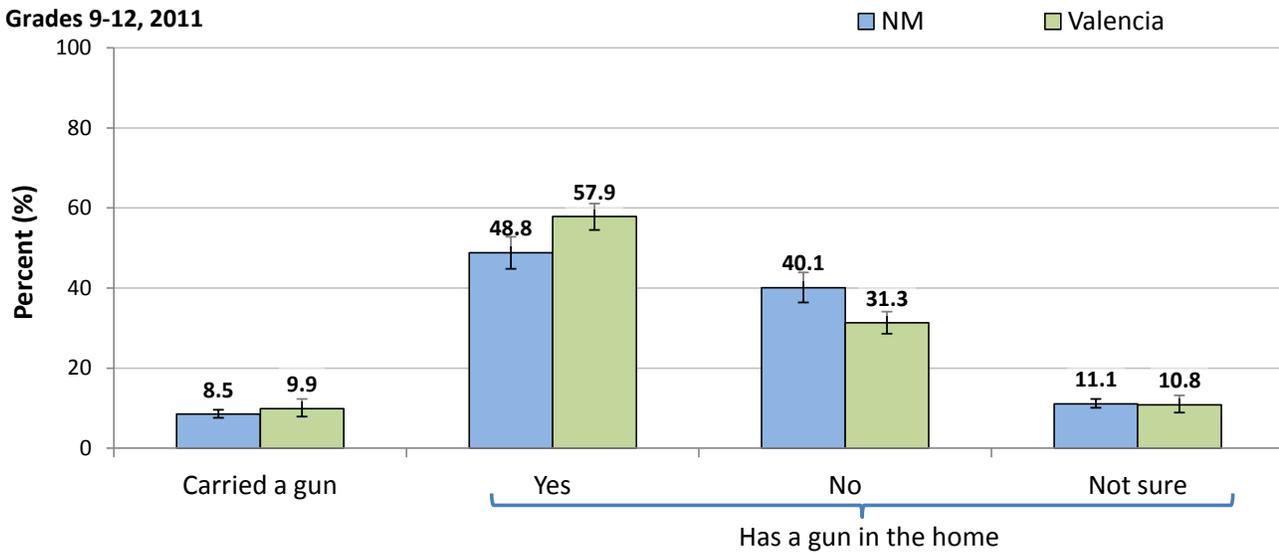
**By Gender, Valencia County**



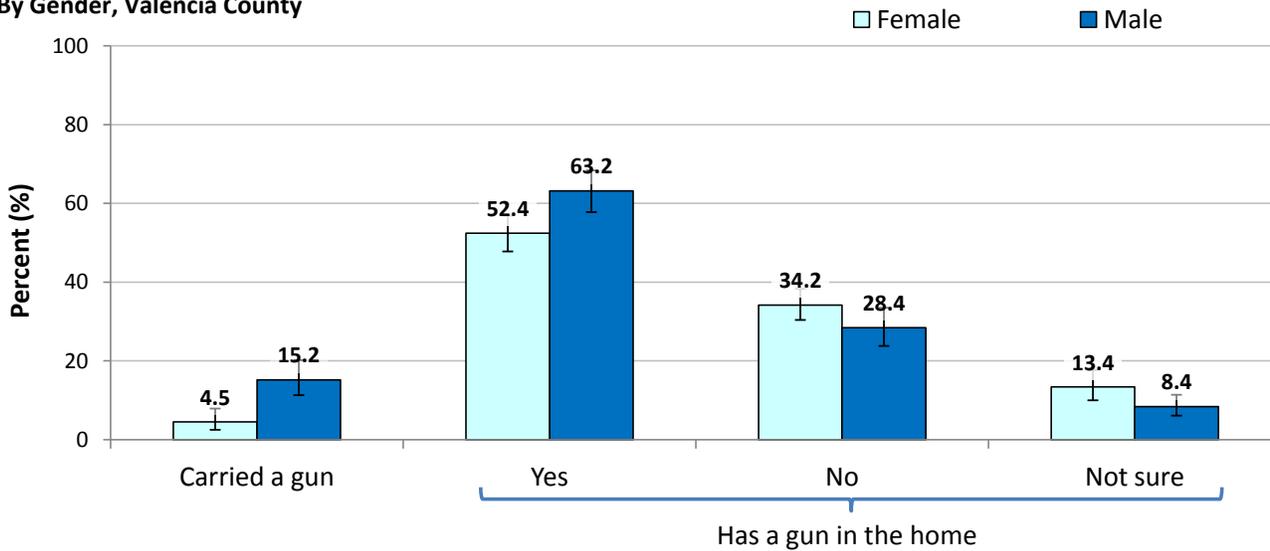
**By Grade, Valencia County**



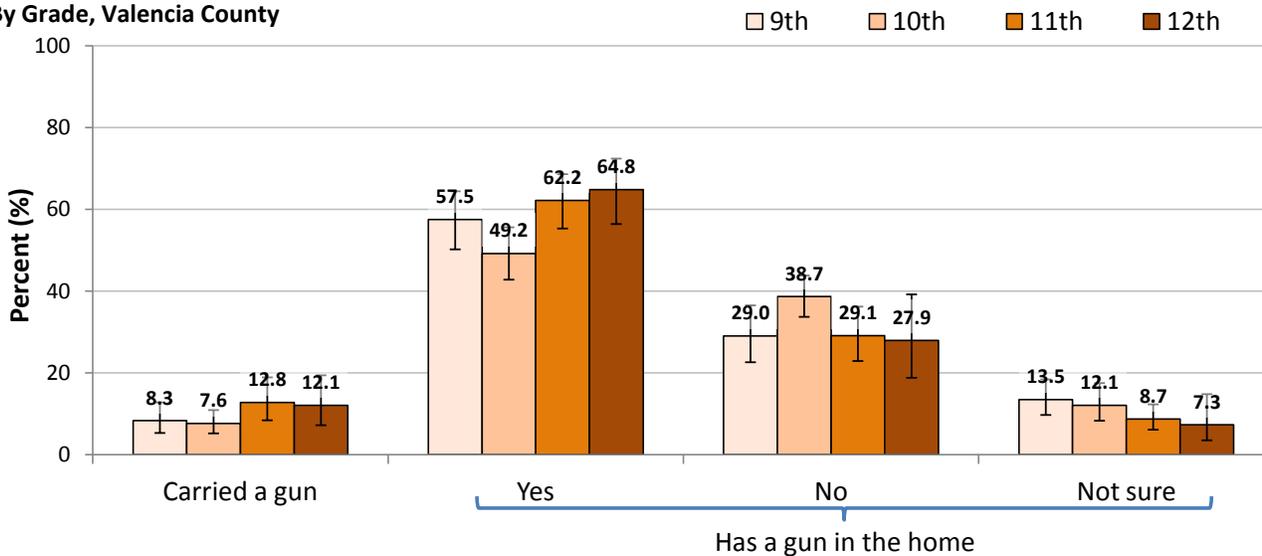
**Unintentional Injury**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



**By Gender, Valencia County**

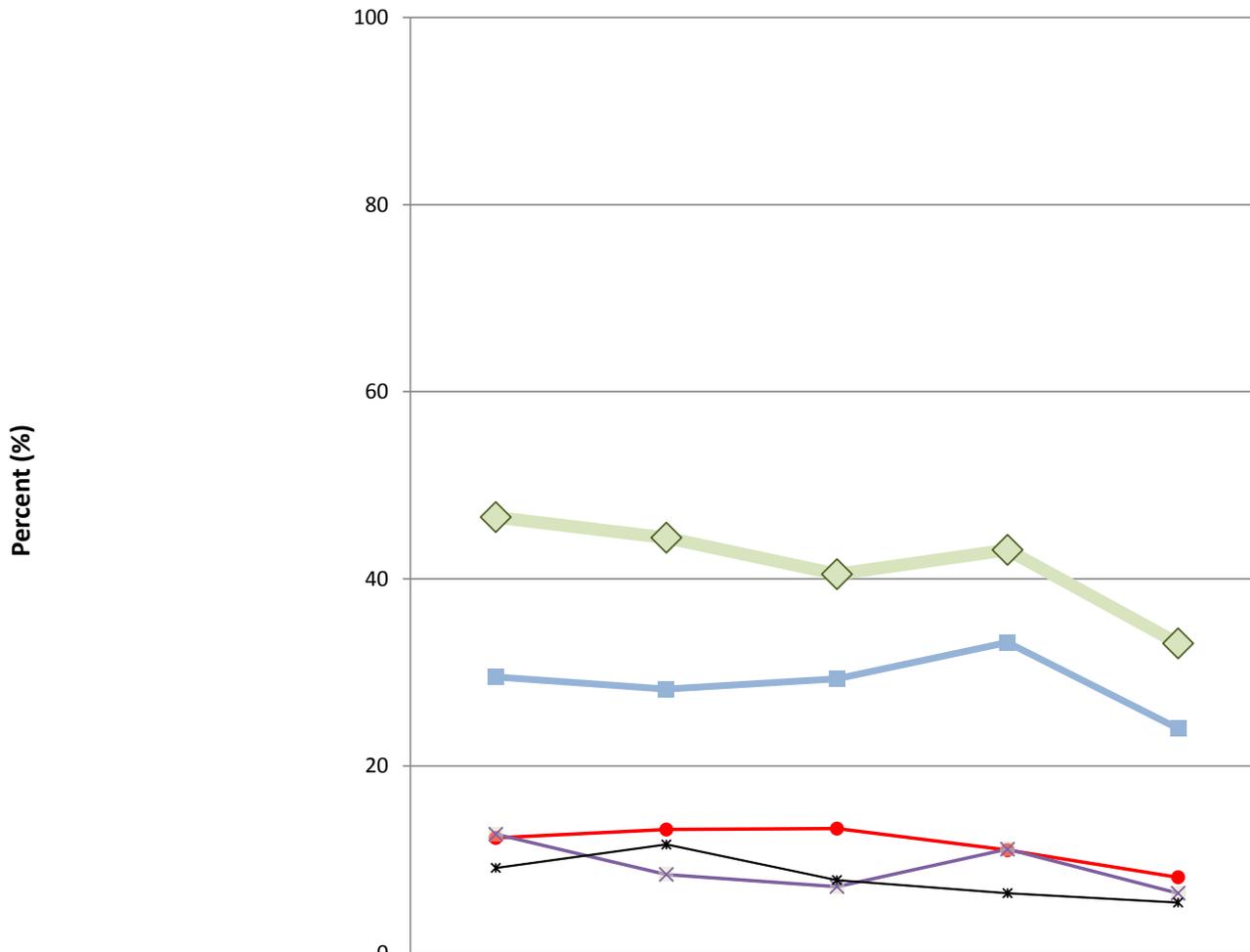


**By Grade, Valencia County**



**Injury: Behaviors Associated with Violence**

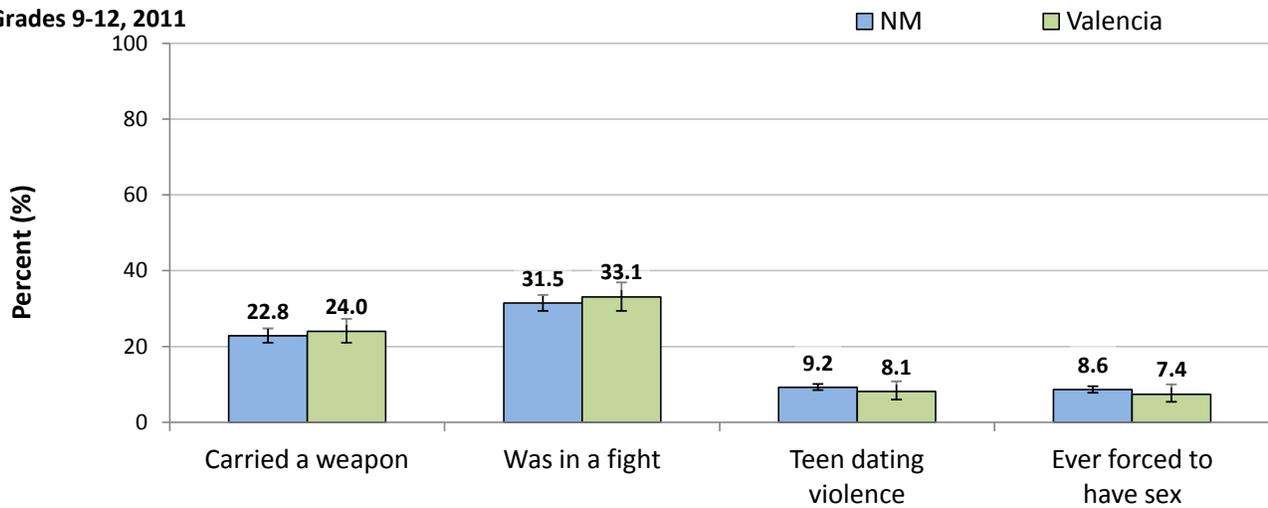
**Behaviors Associated with Injury: Behaviors Associated with Violence  
 by Year, Valencia County  
 Grades 9-12, 2011**



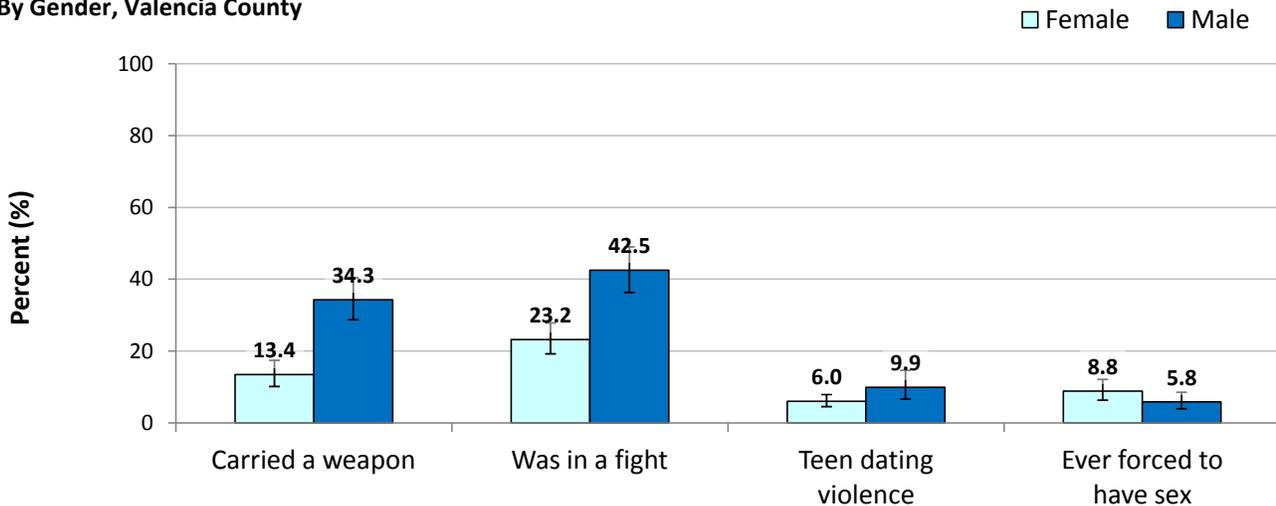
	2003	2005	2007	2009	2011
◆ In physical fight, past 12m	46.6	44.4	40.5	43.1	33.1
■ Carried a weapon, past 30d	29.5	28.2	29.3	33.2	24.0
● Hit by boy/girlfriend, past 12m	12.3	13.2	13.3	11.0	8.1
✕ Carried a weapon on school property, past 30d	12.7	8.4	7.1	11.1	6.4
* Skipped school due to safety issues	9.1	11.6	7.8	6.4	5.4



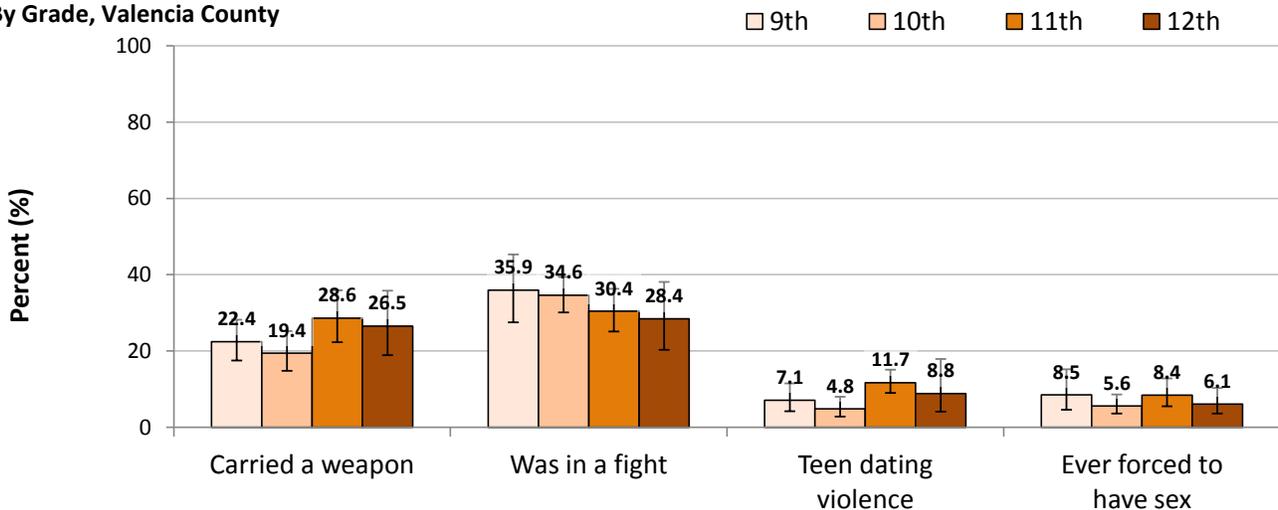
**Injury: Behaviors Associated with Violence**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



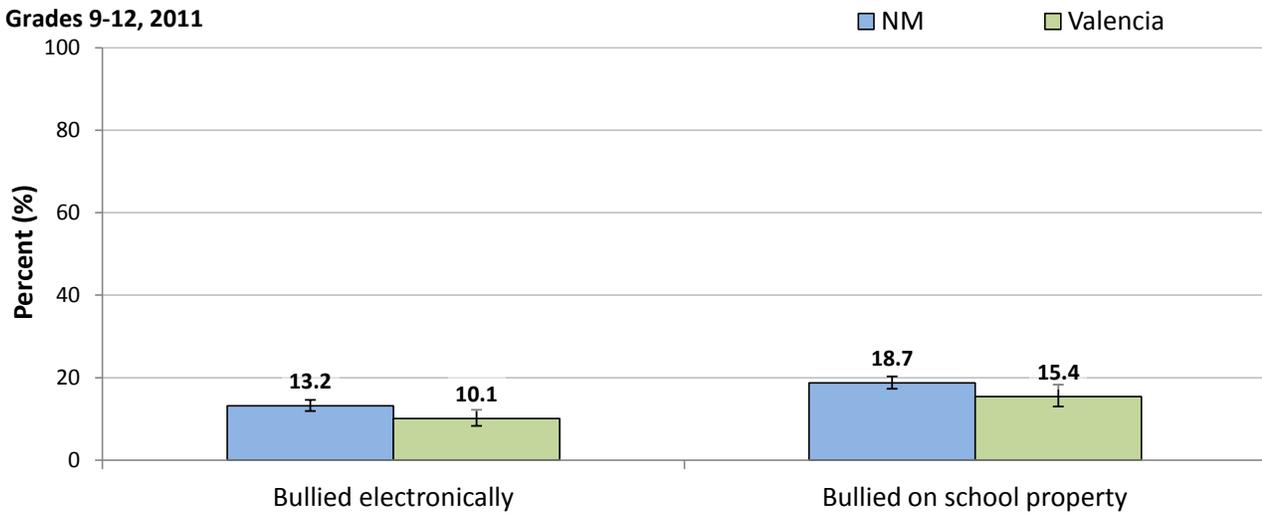
**By Gender, Valencia County**



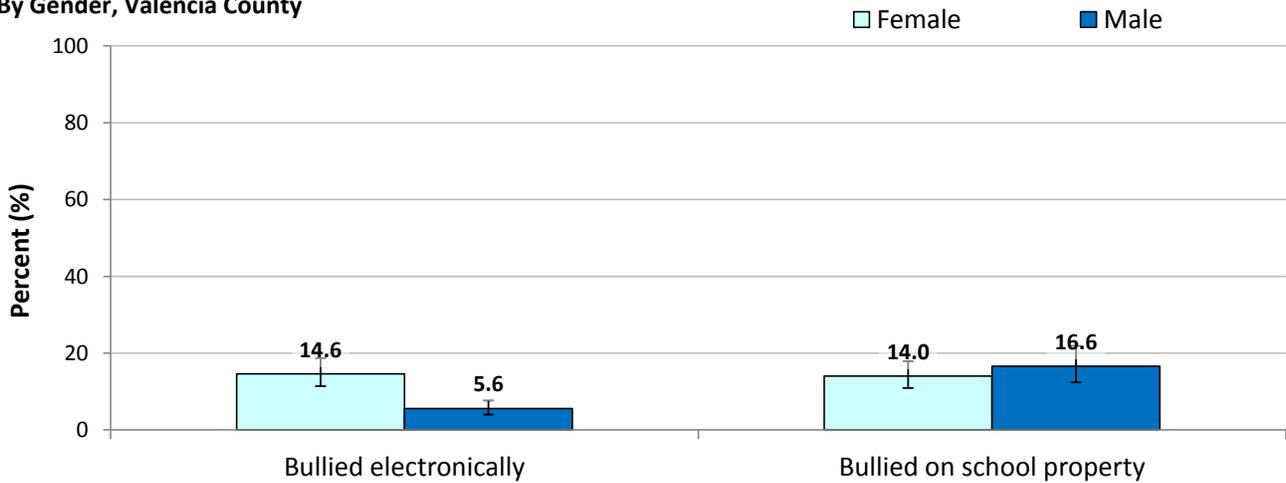
**By Grade, Valencia County**



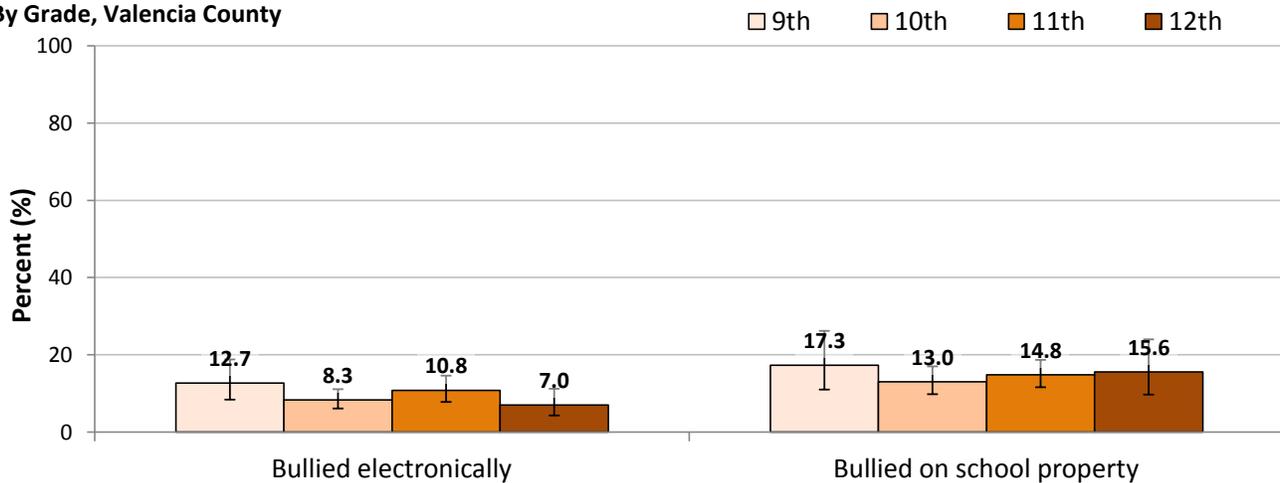
**Injury: Behaviors Associated with Violence**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



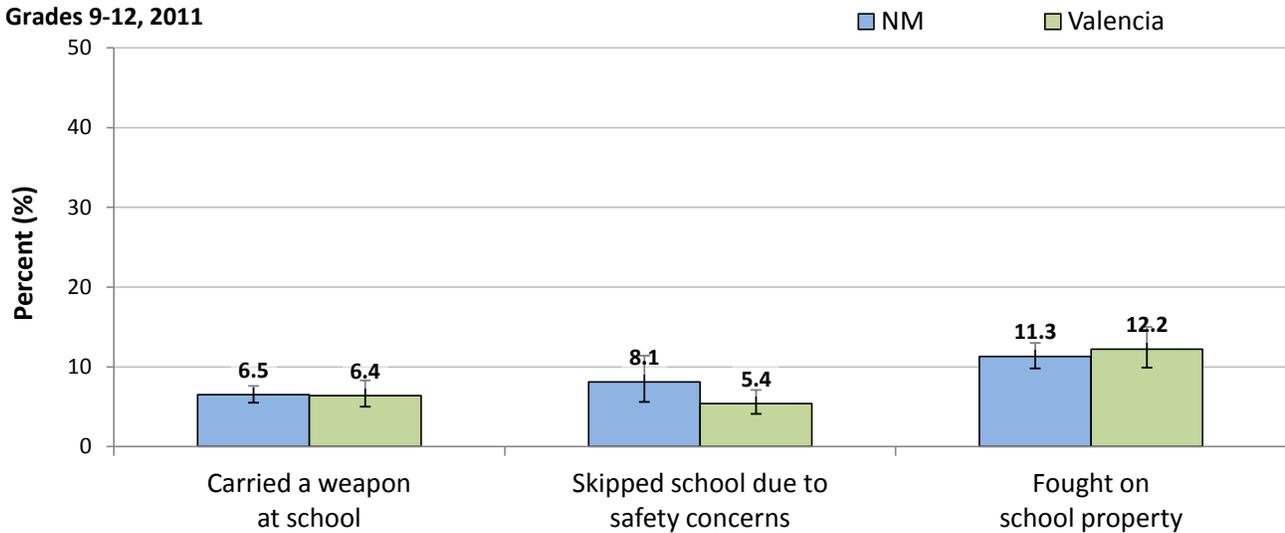
**By Gender, Valencia County**



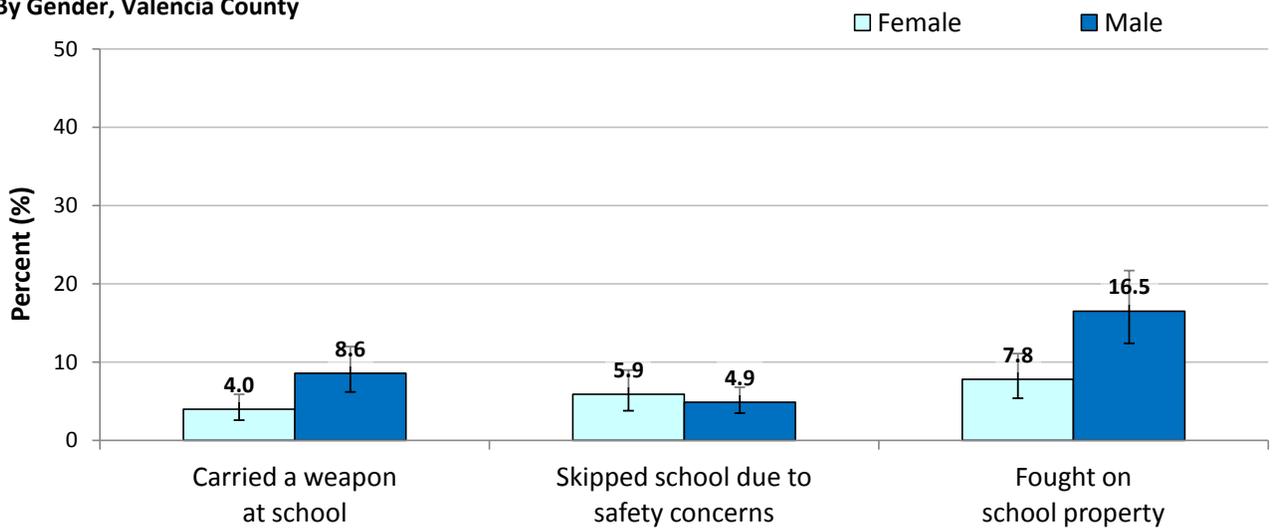
**By Grade, Valencia County**



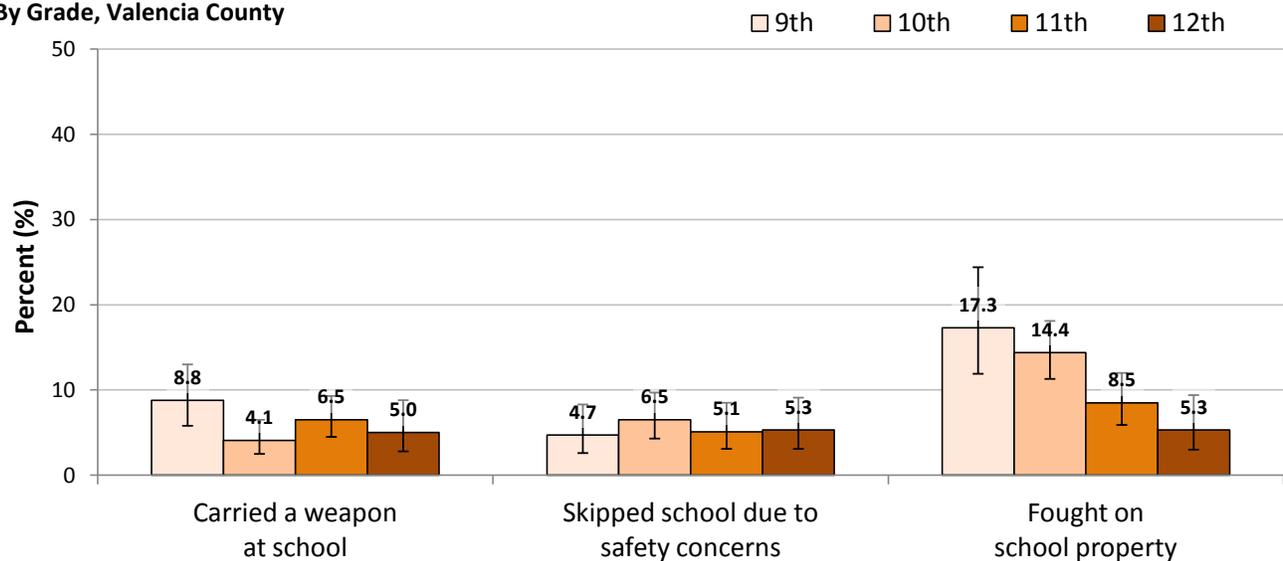
**Injury: Behaviors Associated with Violence**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



**By Gender, Valencia County**



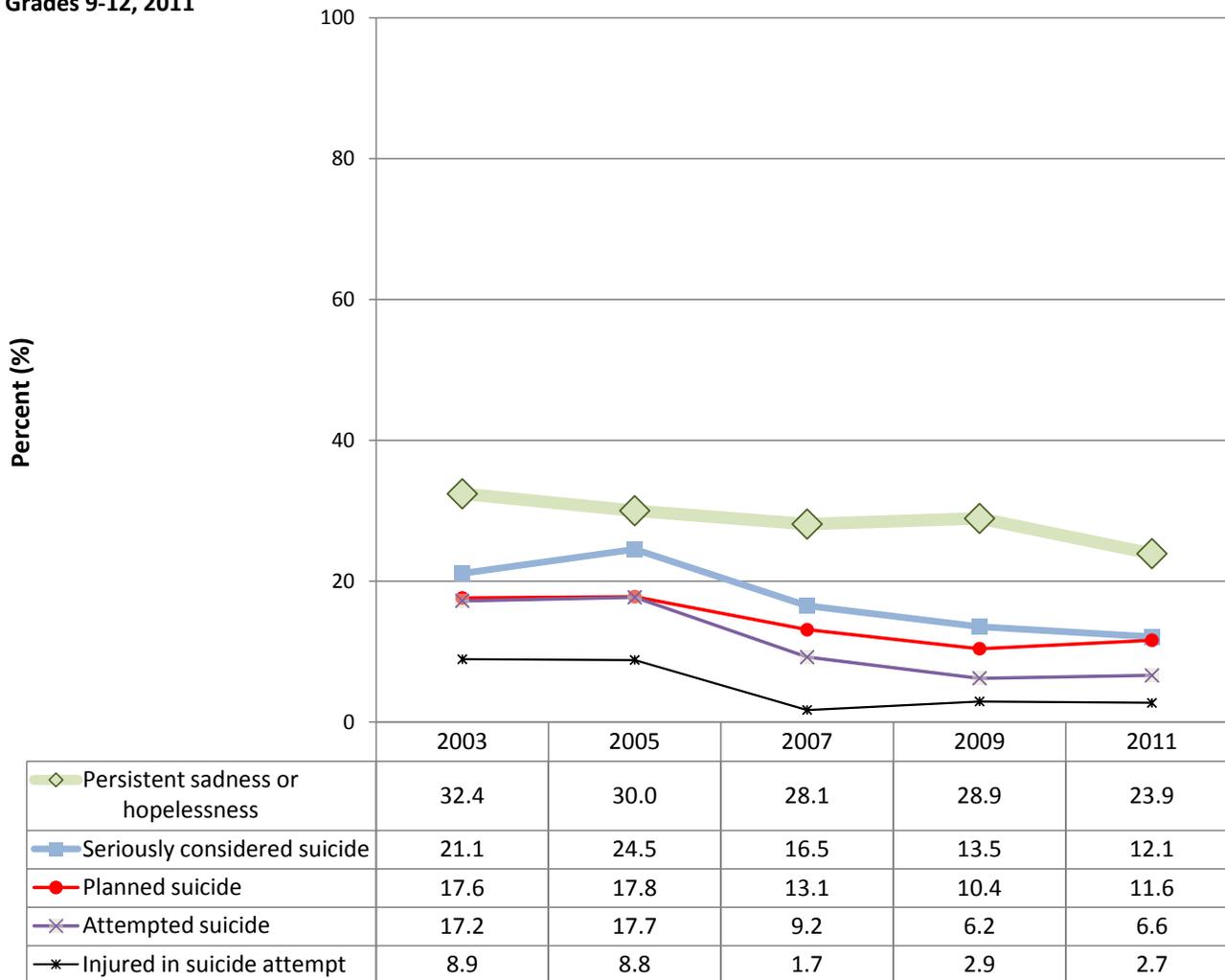
**By Grade, Valencia County**





**Mental Health**

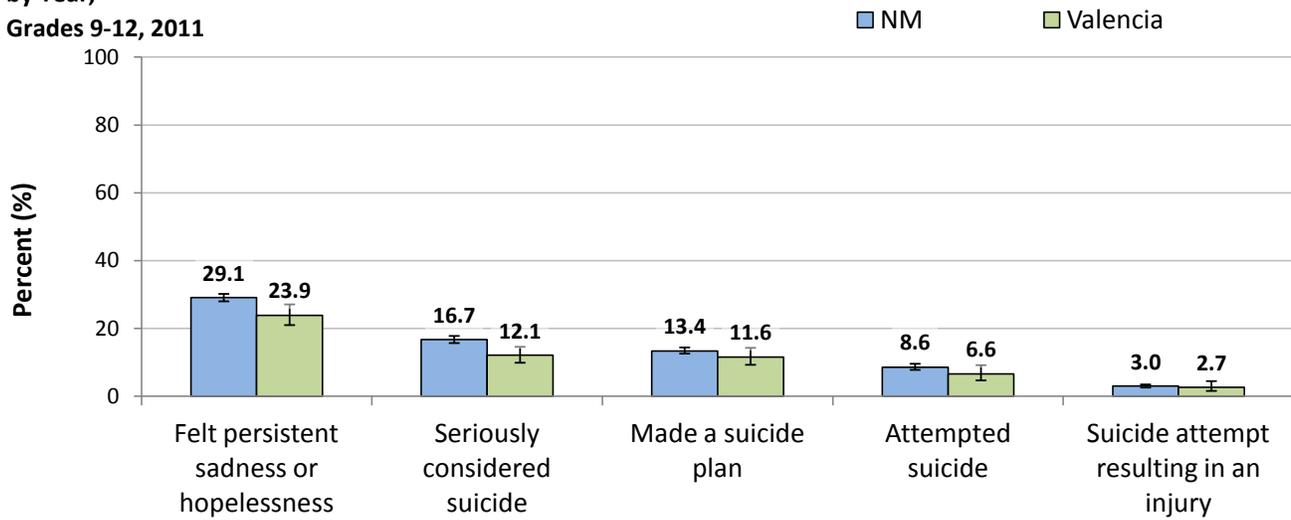
**Mental Health Indicators  
 by Year, Valencia County  
 Grades 9-12, 2011**



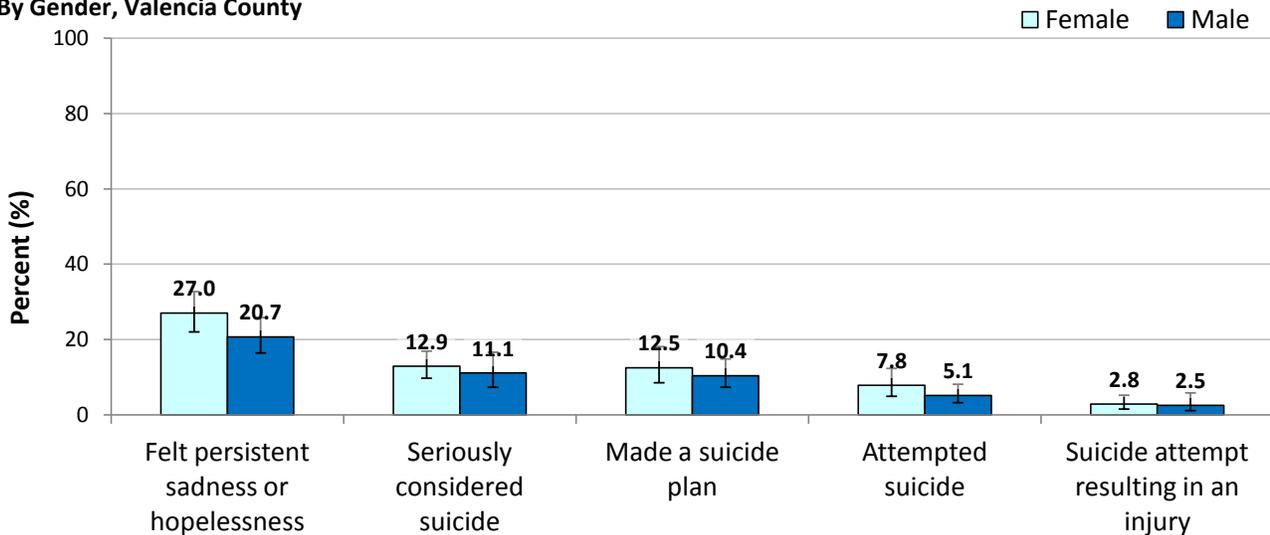


## Mental Health

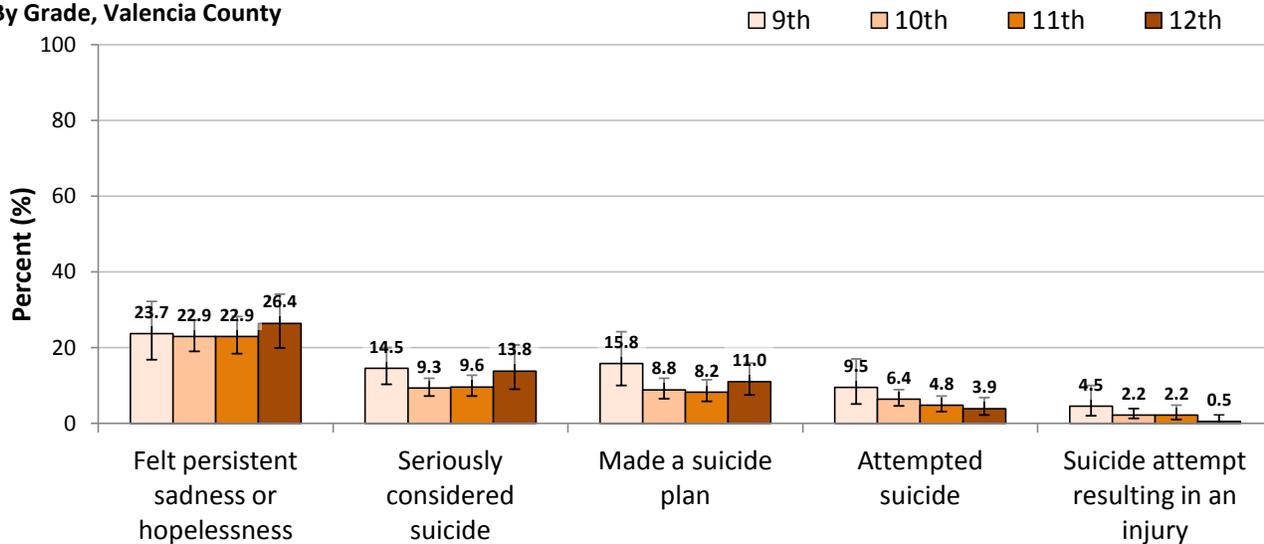
Mental Health Indicators (past 12 months)  
by Year,  
Grades 9-12, 2011



By Gender, Valencia County



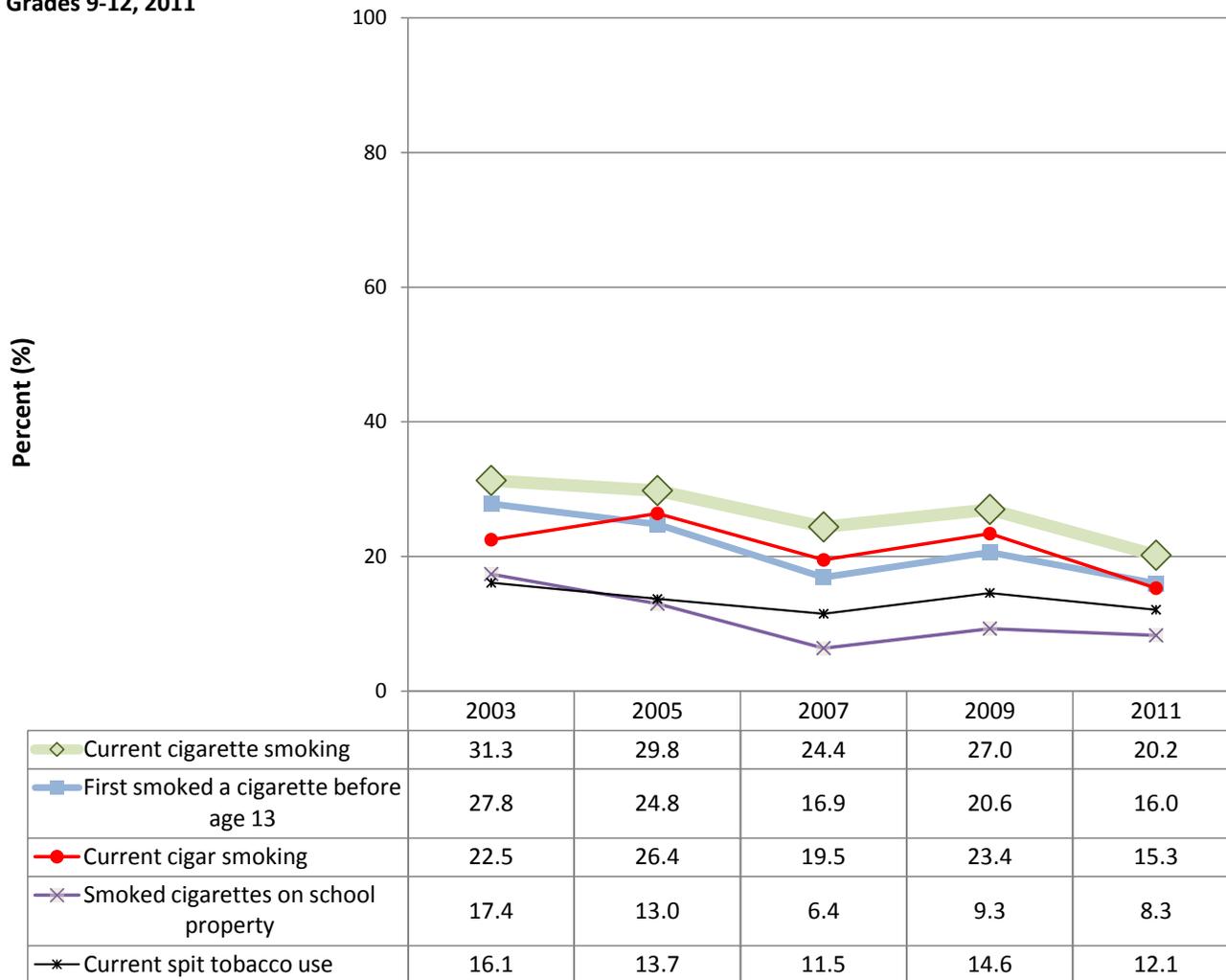
By Grade, Valencia County





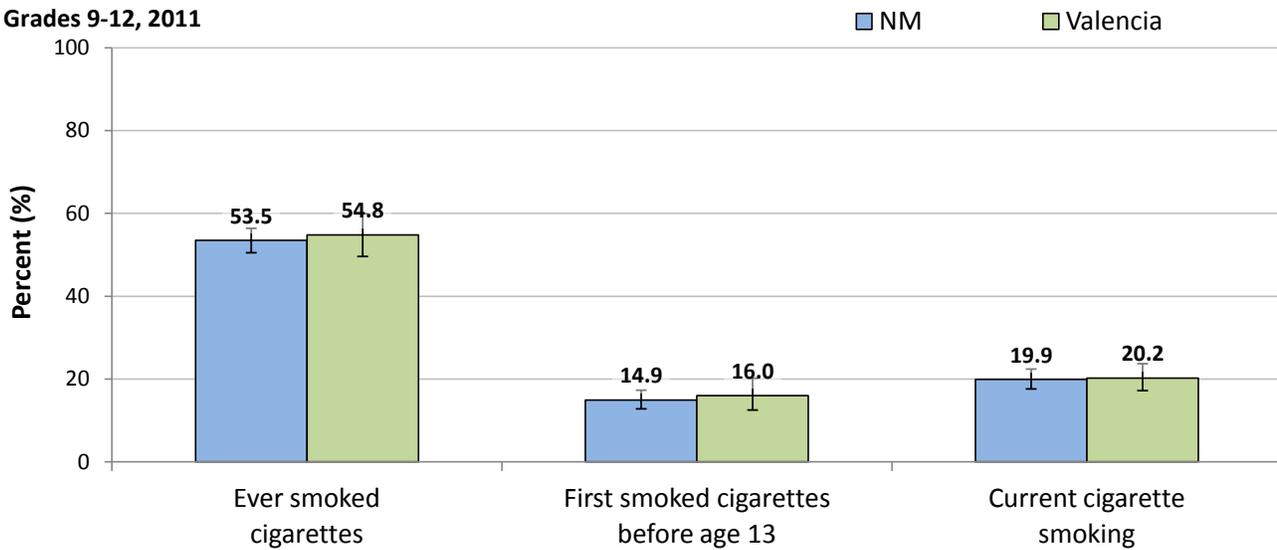
**Tobacco Use**

**Tobacco Use Indicators  
 by Year, Valencia County  
 Grades 9-12, 2011**

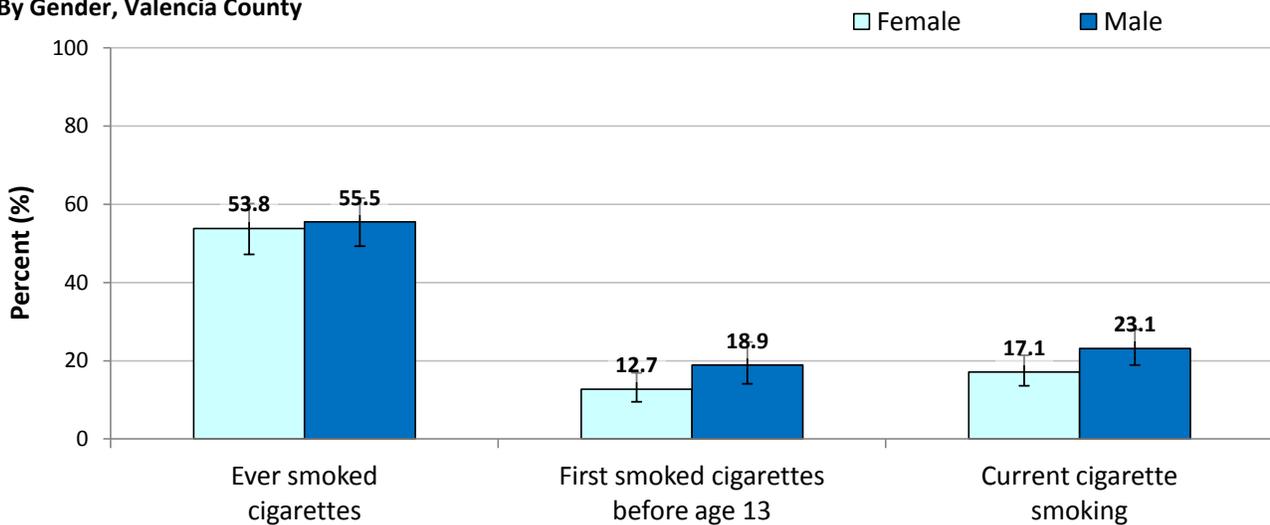




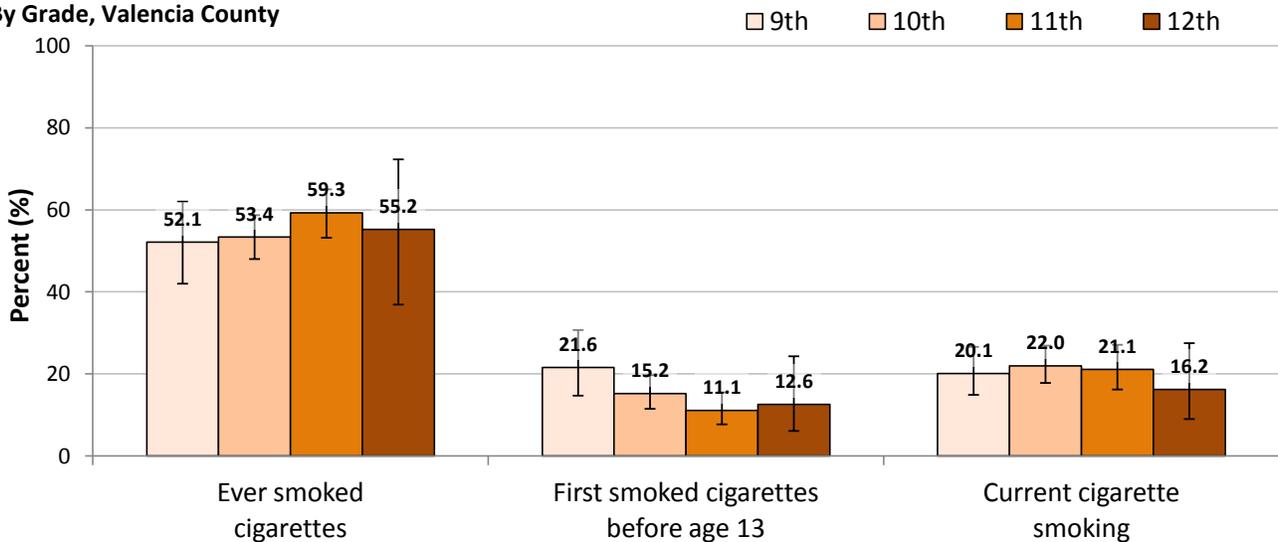
**Tobacco Use: Cigarettes**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



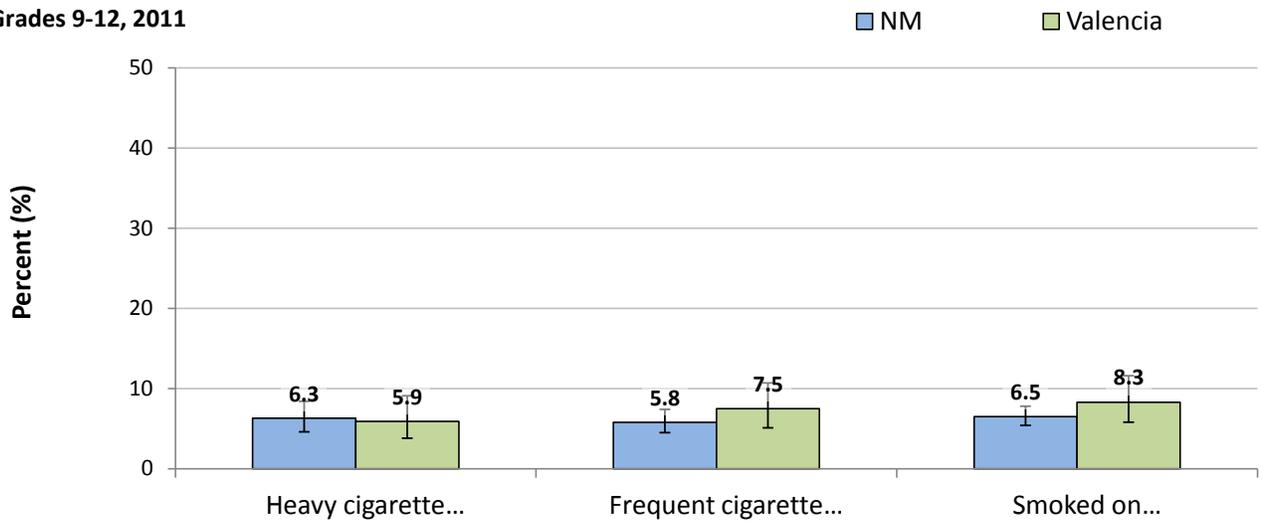
**By Gender, Valencia County**



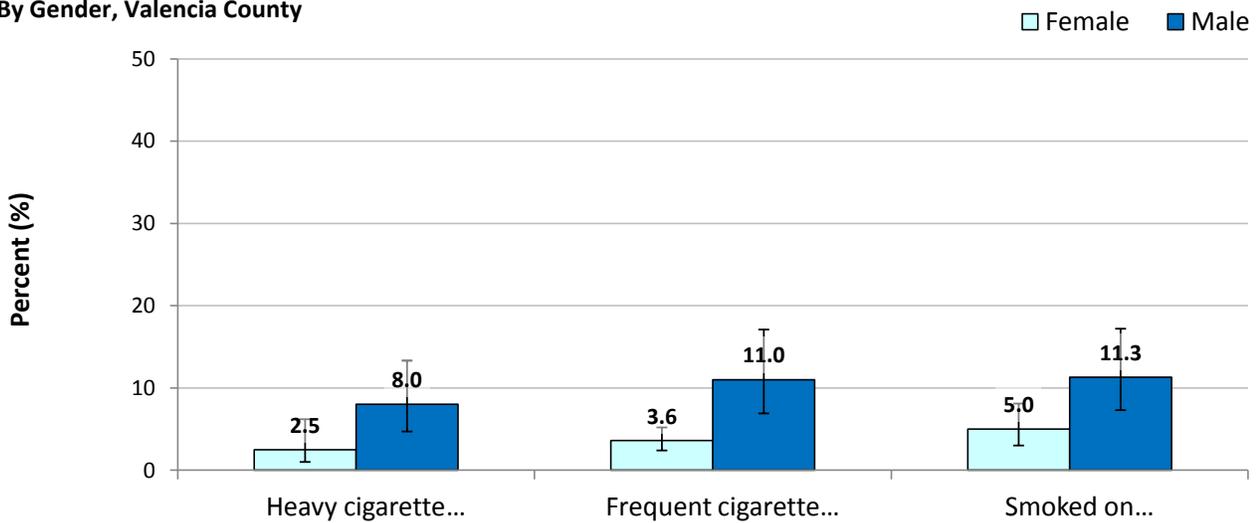
**By Grade, Valencia County**



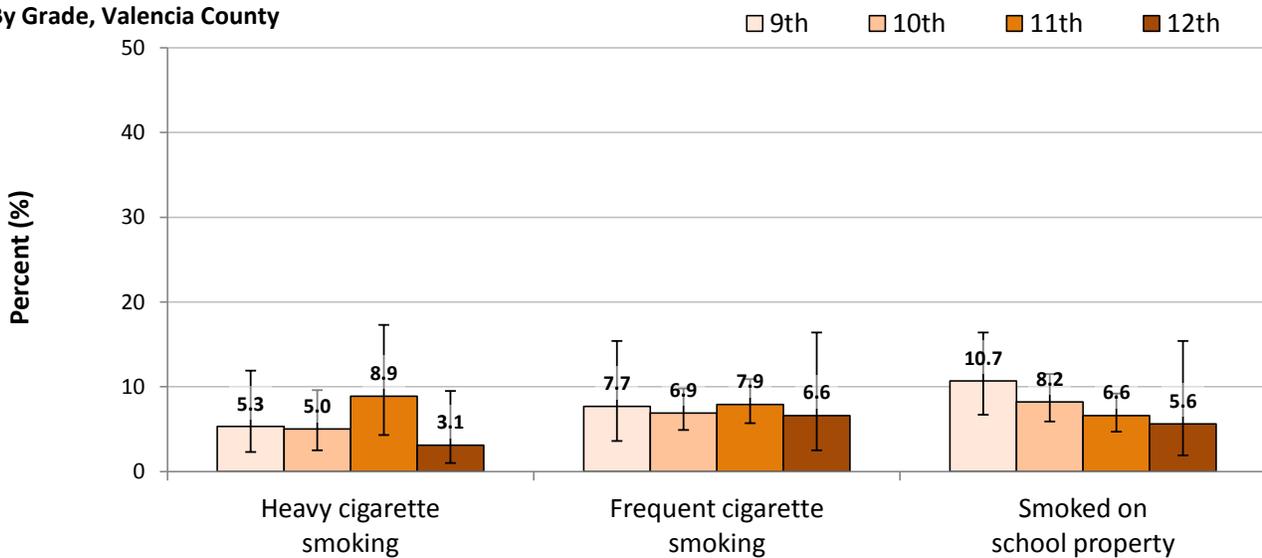
**Tobacco Use: Cigarettes**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



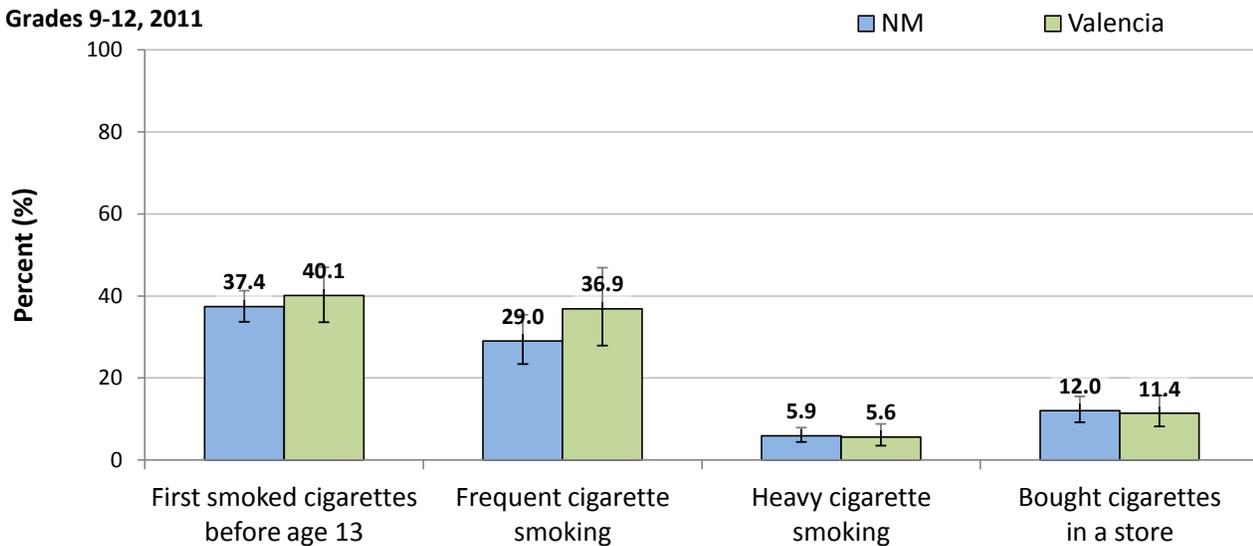
**By Gender, Valencia County**



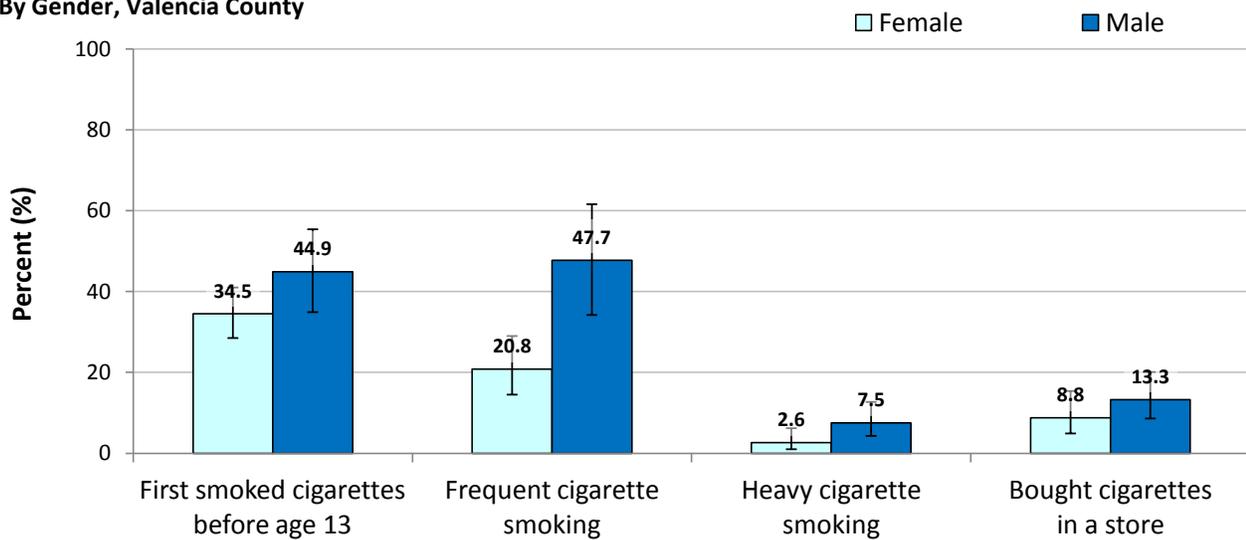
**By Grade, Valencia County**



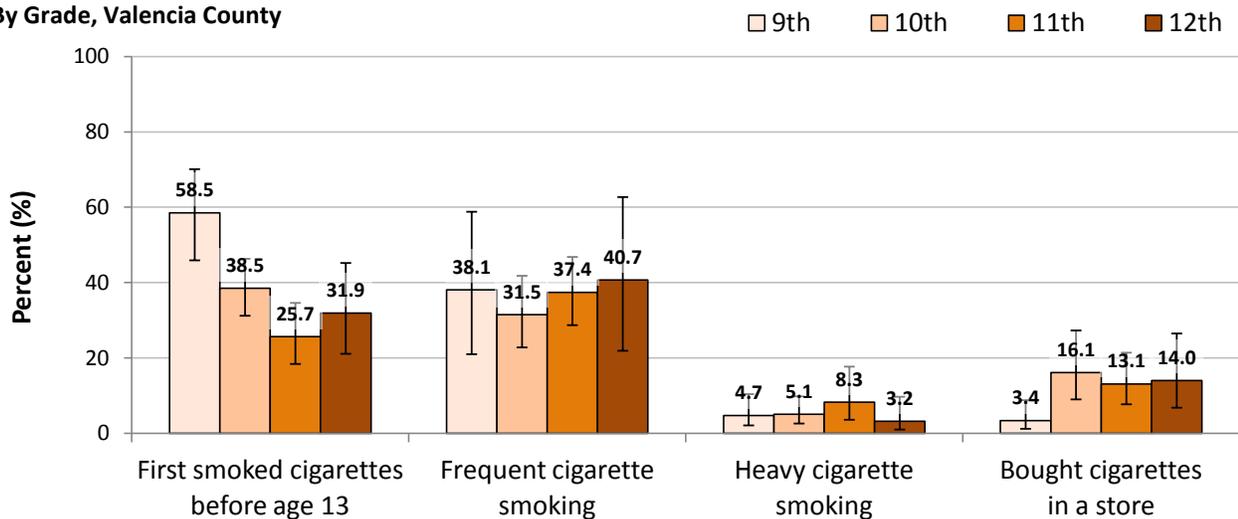
**Tobacco Use: Cigarettes**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



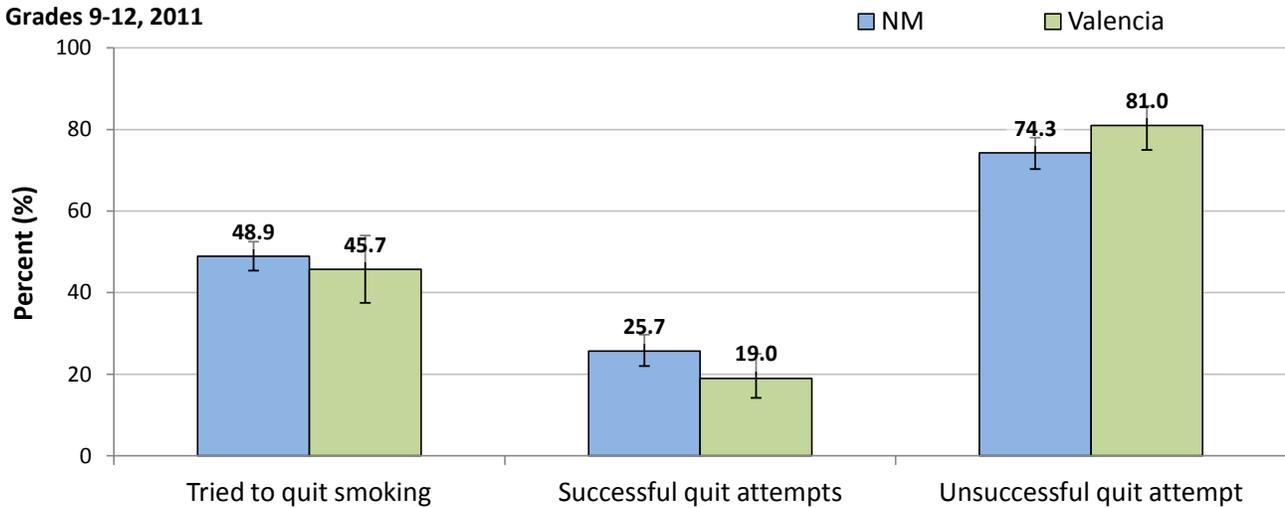
**By Gender, Valencia County**



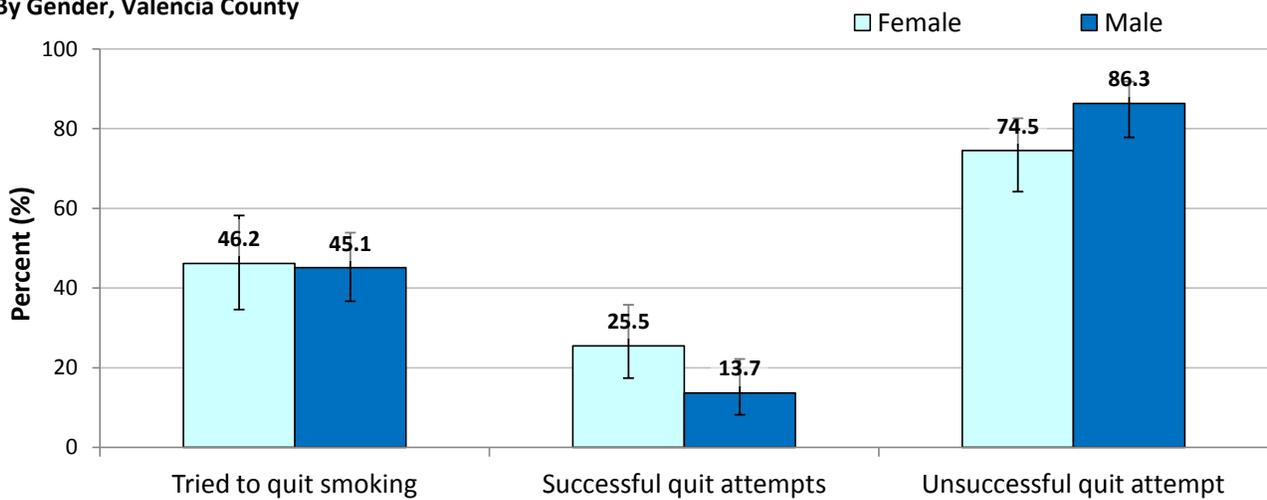
**By Grade, Valencia County**



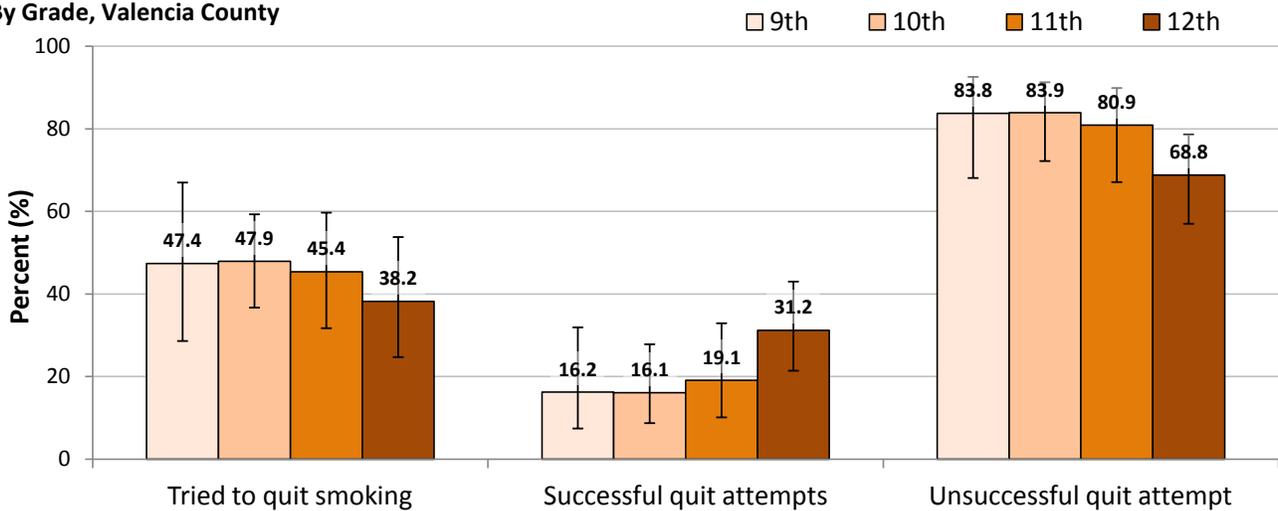
**Tobacco Use: Behaviors of Current Cigarette Smokers**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



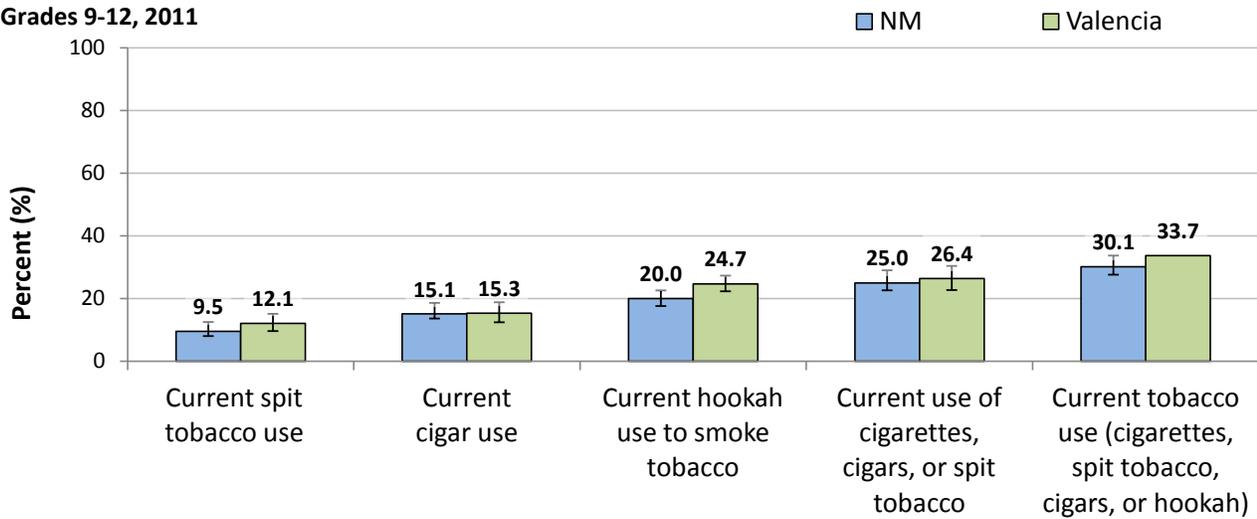
**By Gender, Valencia County**



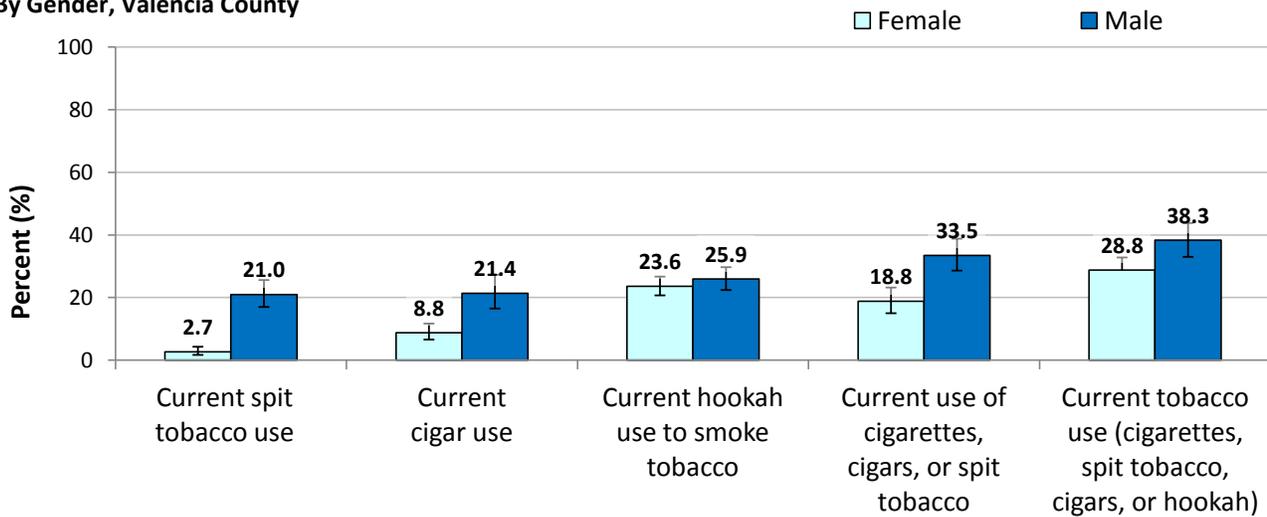
**By Grade, Valencia County**



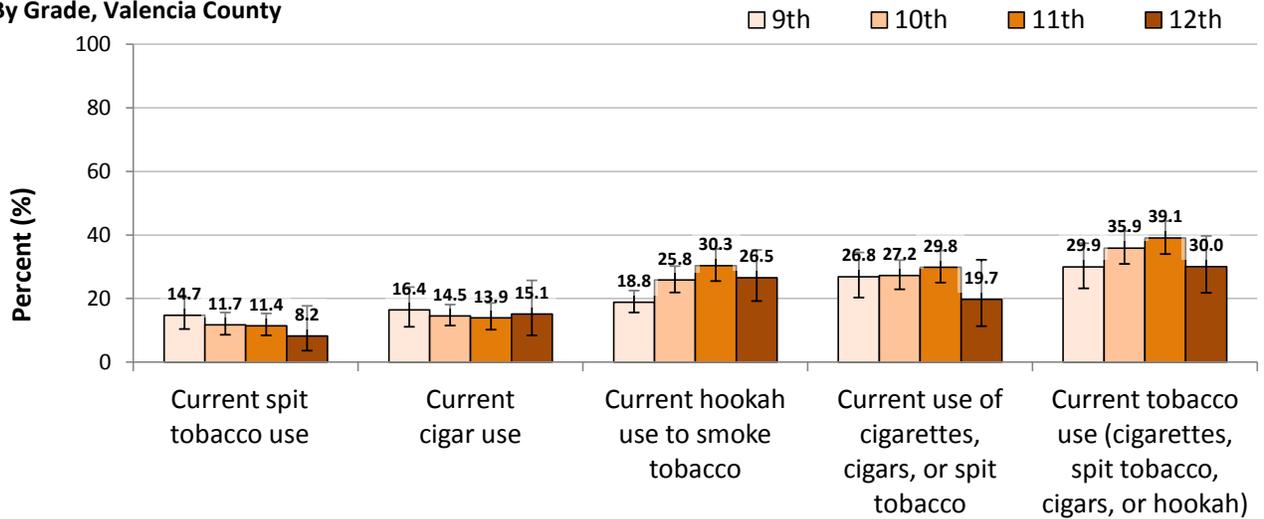
**Tobacco: Other Use**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



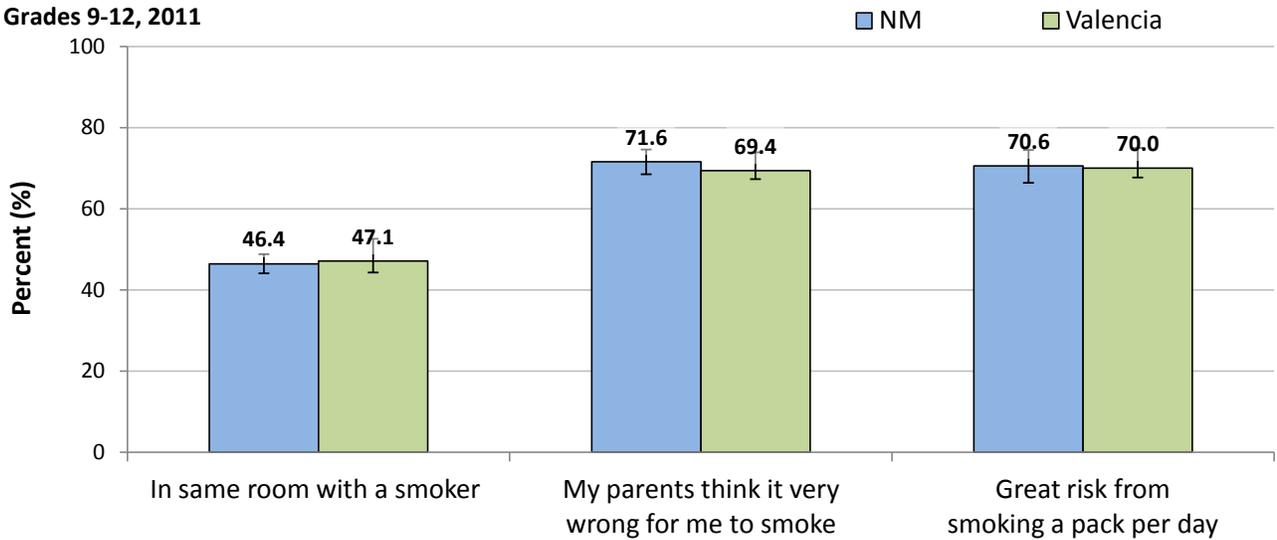
**By Gender, Valencia County**



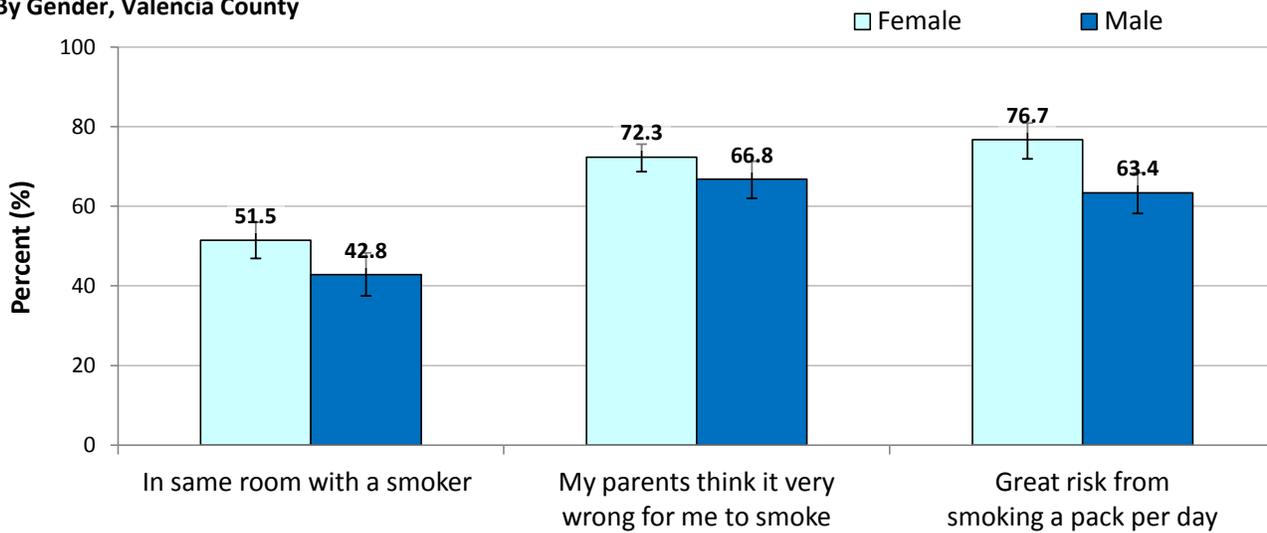
**By Grade, Valencia County**



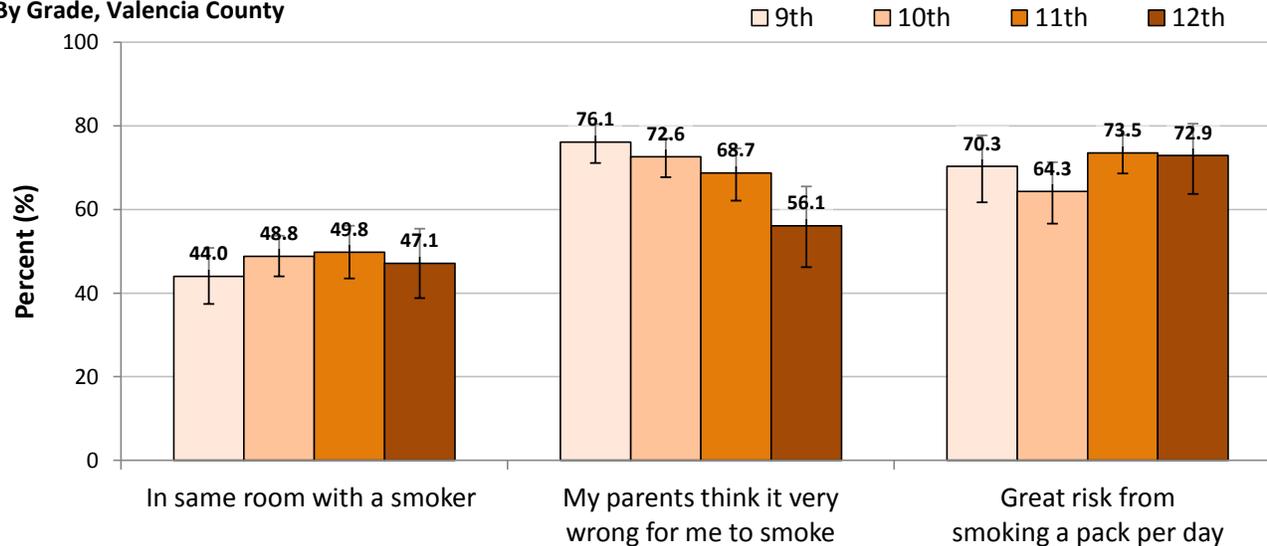
**Tobacco: Second Hand Smoke and Attitudes and Beliefs**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



**By Gender, Valencia County**

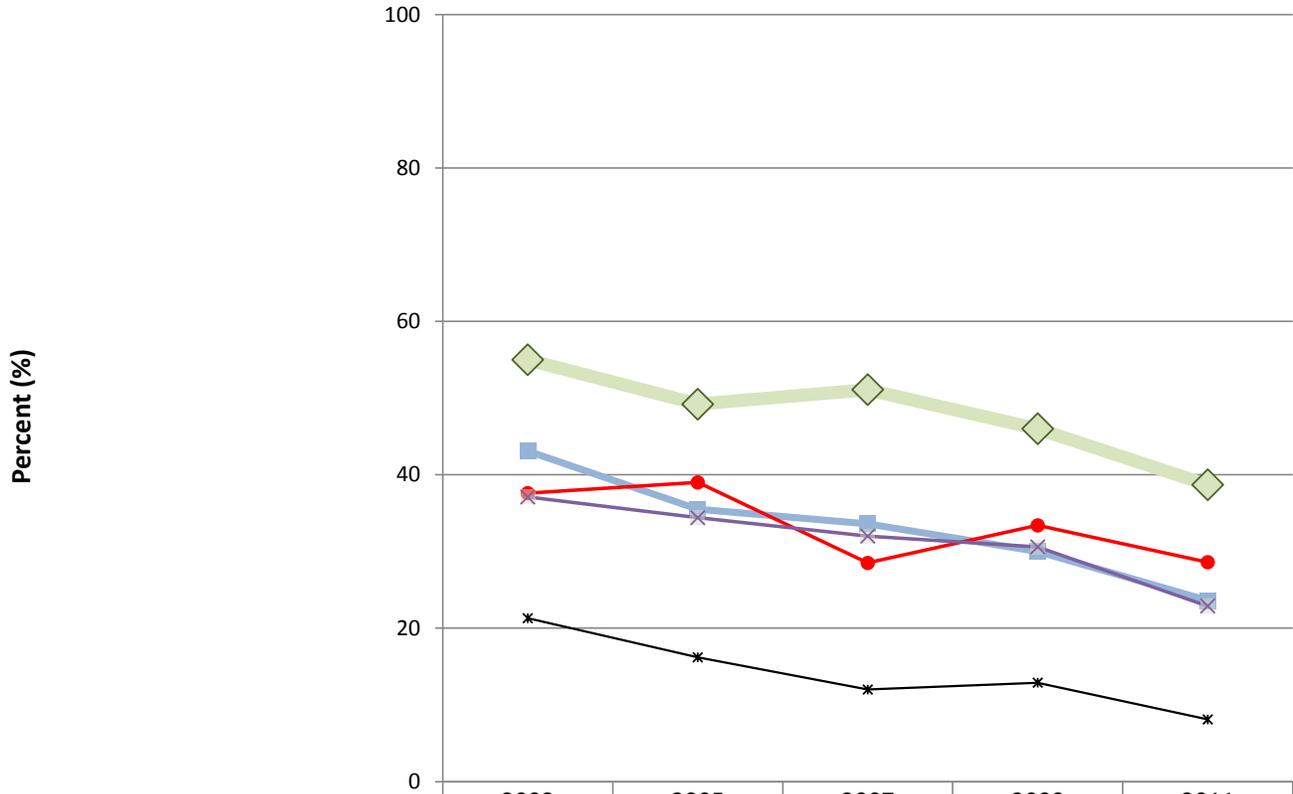


**By Grade, Valencia County**



**Alcohol Use**

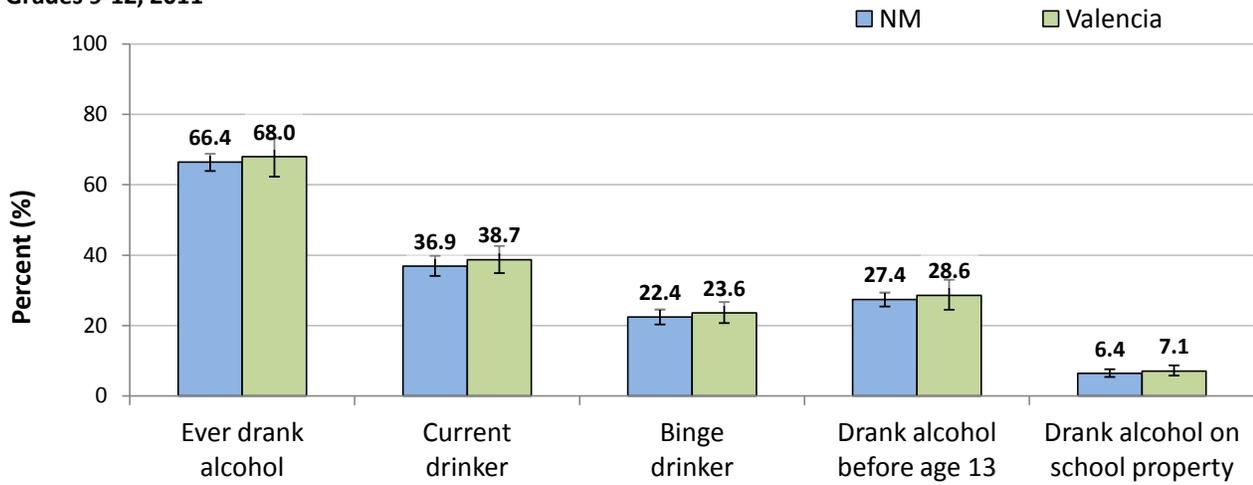
**Alcohol Use Indicators  
 by Year, Valencia County  
 Grades 9-12, 2011**



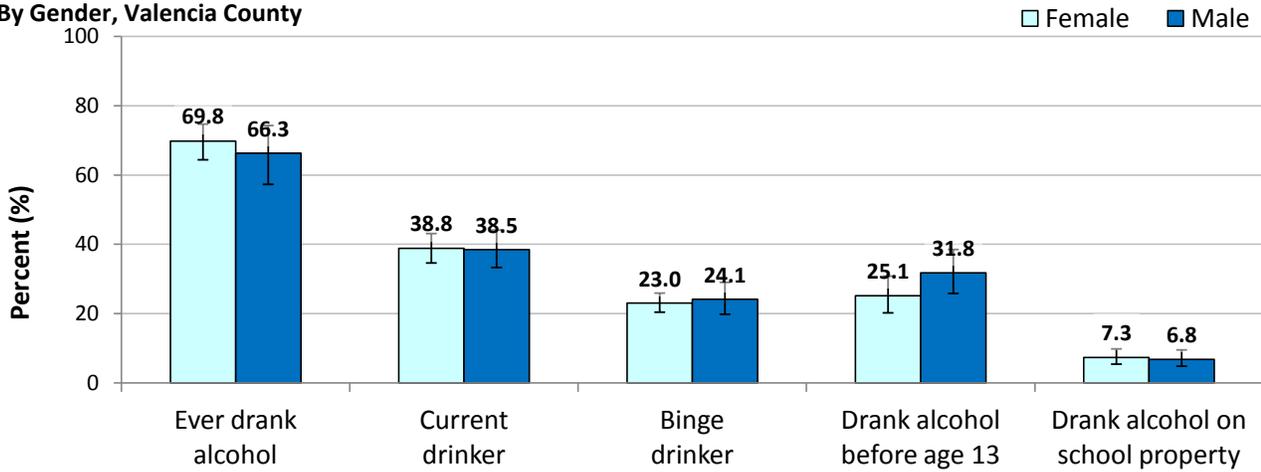
	2003	2005	2007	2009	2011
◇ Current alcohol use	55.0	49.2	51.1	46.0	38.7
■ Binge drinking	43.1	35.5	33.6	30.0	23.6
● First drank alcohol before age 13	37.6	39.0	28.5	33.4	28.6
× Rode with a drinking driver	37.1	34.4	32.0	30.6	22.9
* Drove after drinking	21.3	16.2	12.0	12.9	8.1



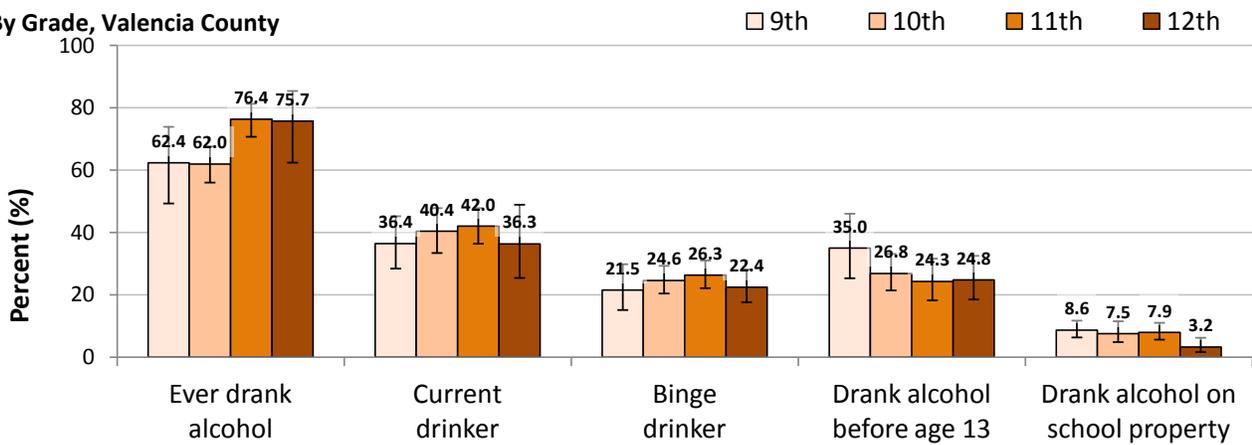
**Alcohol Use**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



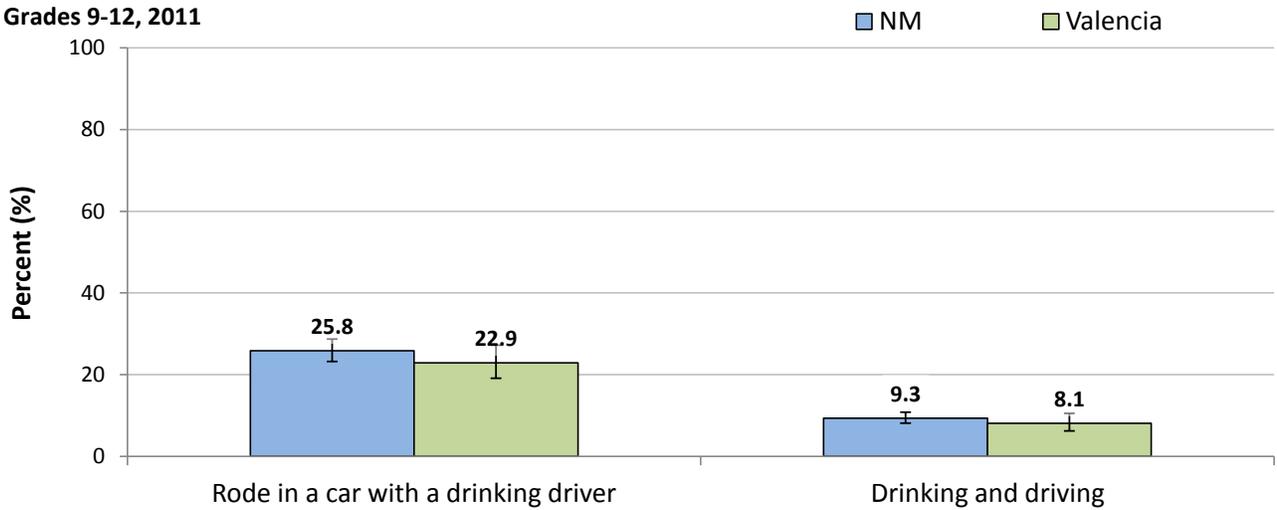
**By Gender, Valencia County**



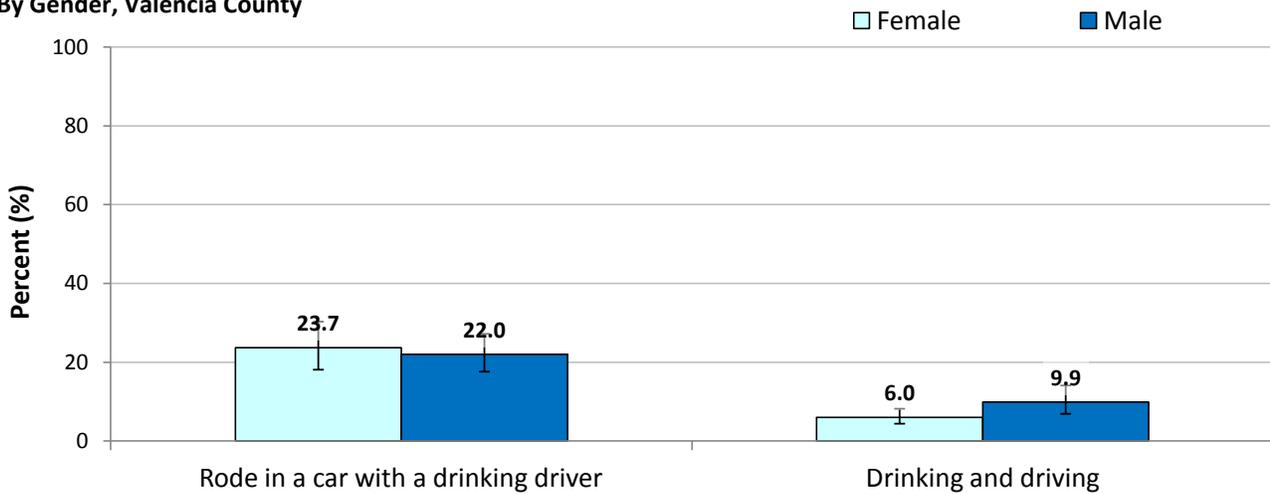
**By Grade, Valencia County**



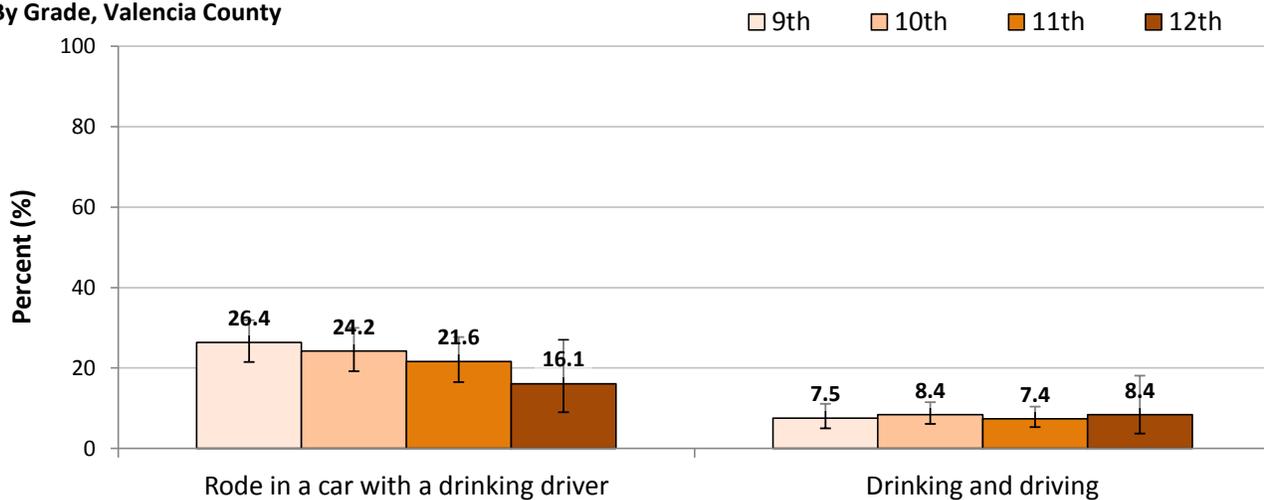
**Alcohol & Injury**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



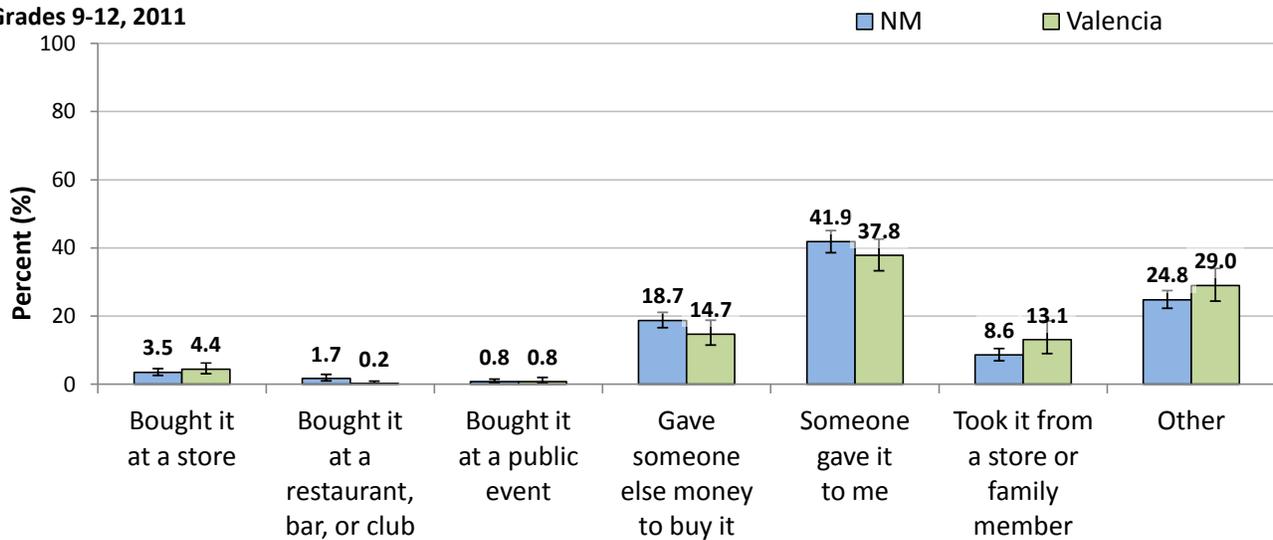
**By Gender, Valencia County**



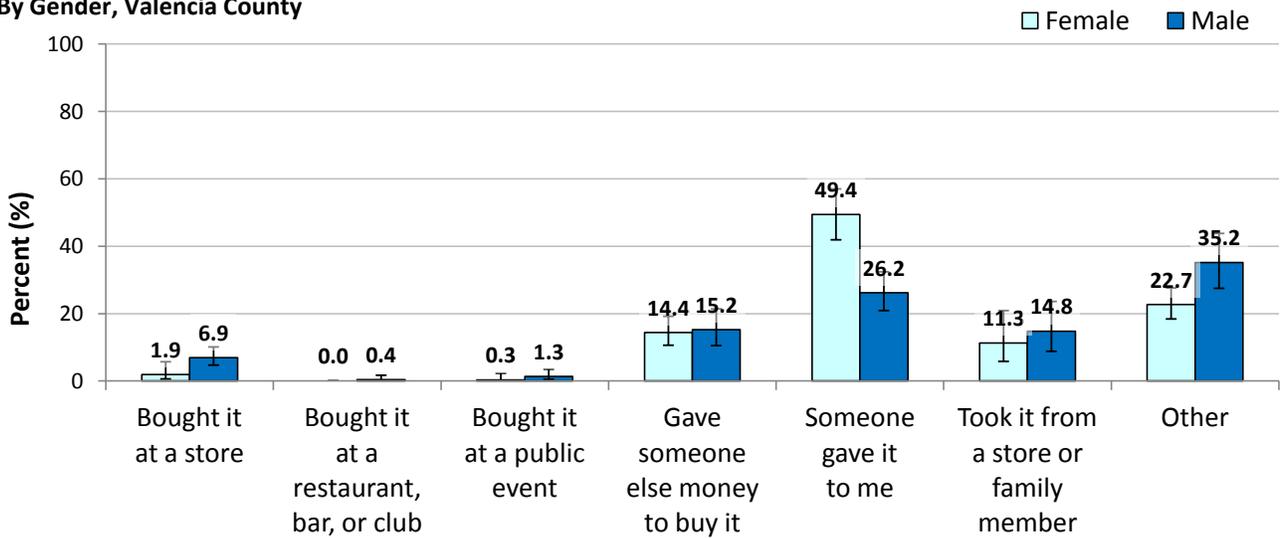
**By Grade, Valencia County**



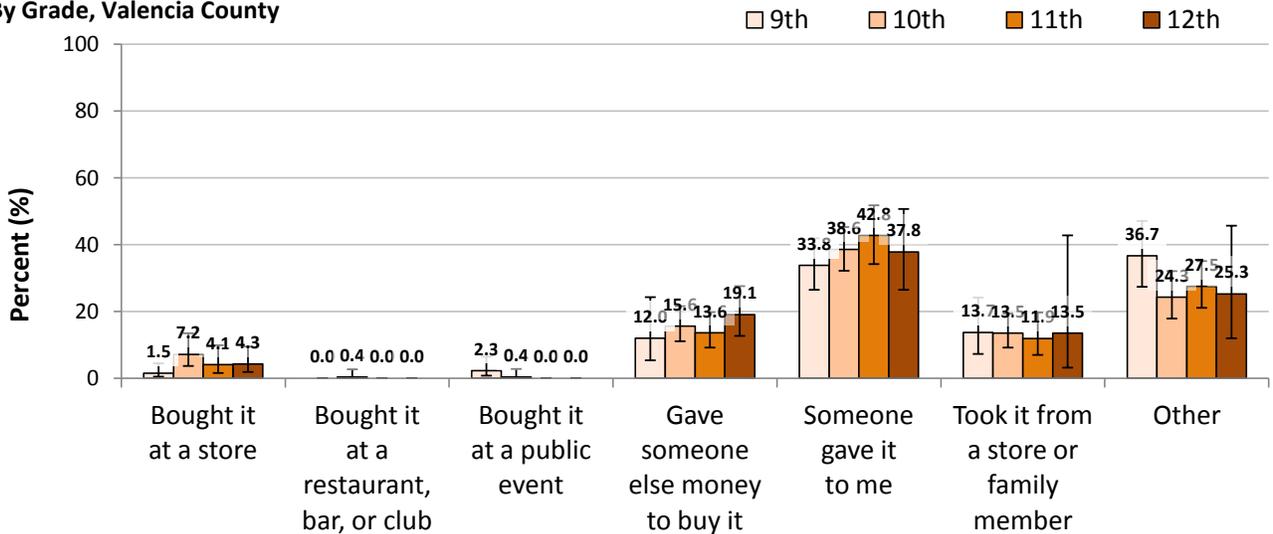
**Behaviors of Current Drinkers: How usually obtained alcohol**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



**By Gender, Valencia County**



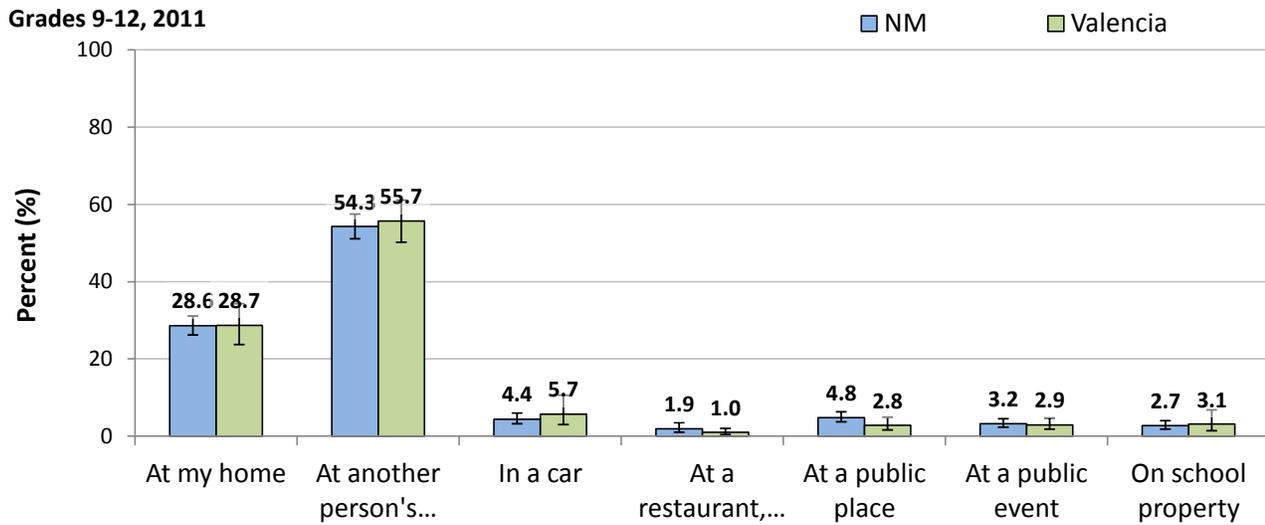
**By Grade, Valencia County**



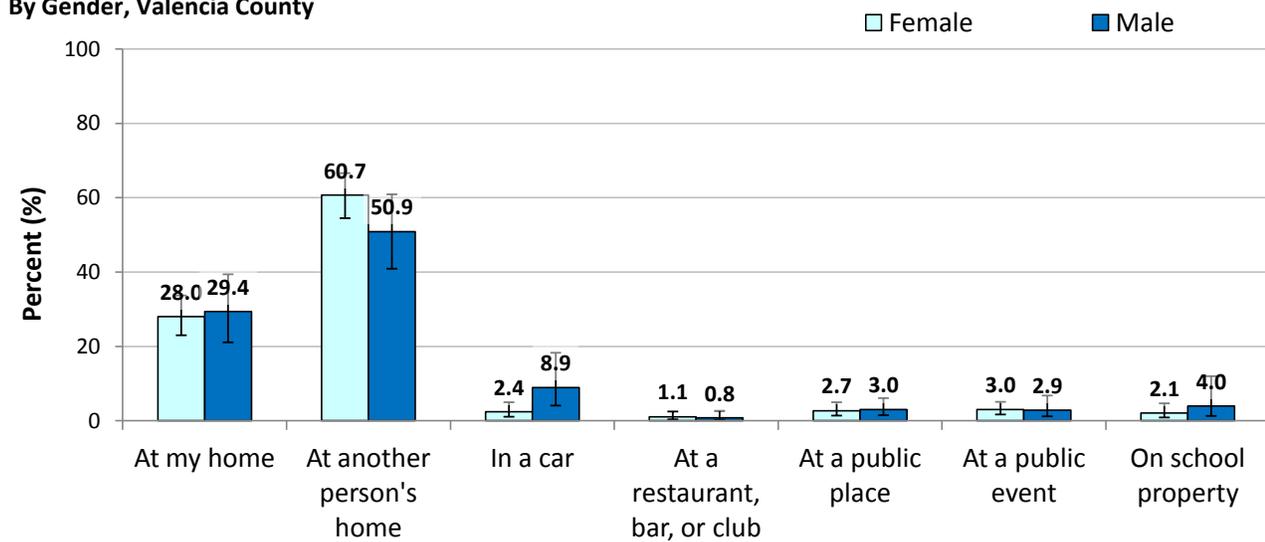
**Behaviors of Current Drinkers: Where usually drank alcohol**

**New Mexico and Valencia County**

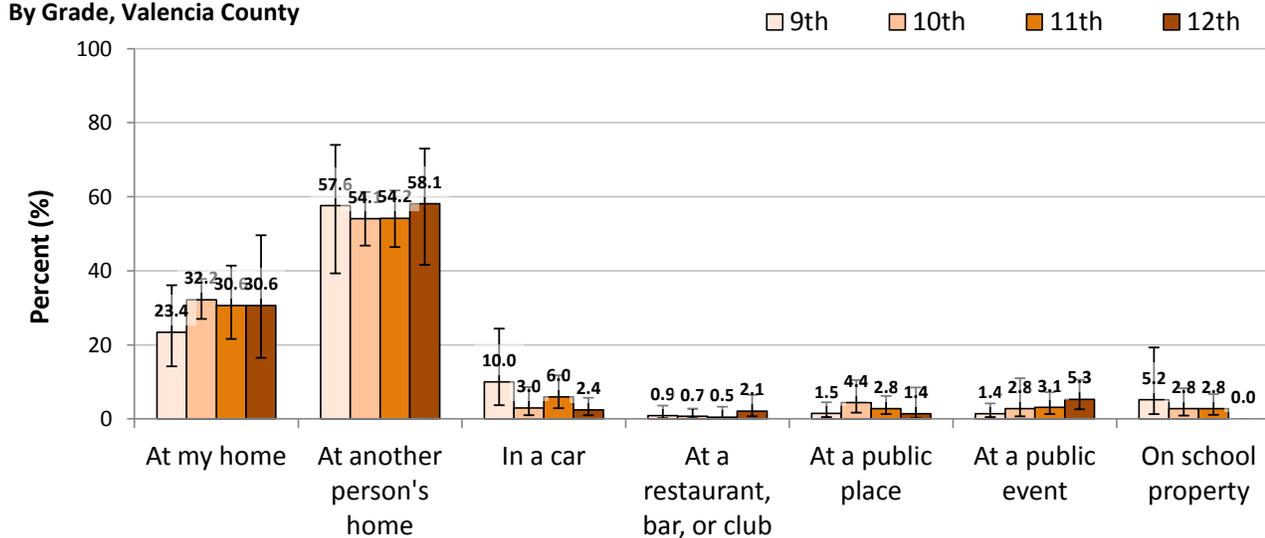
Grades 9-12, 2011



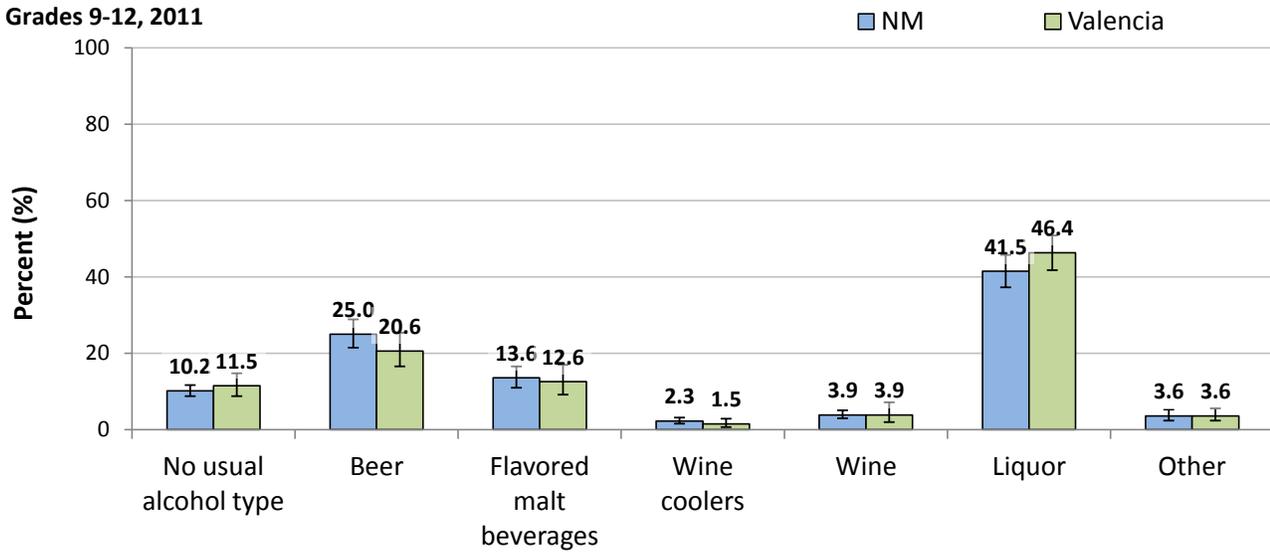
**By Gender, Valencia County**



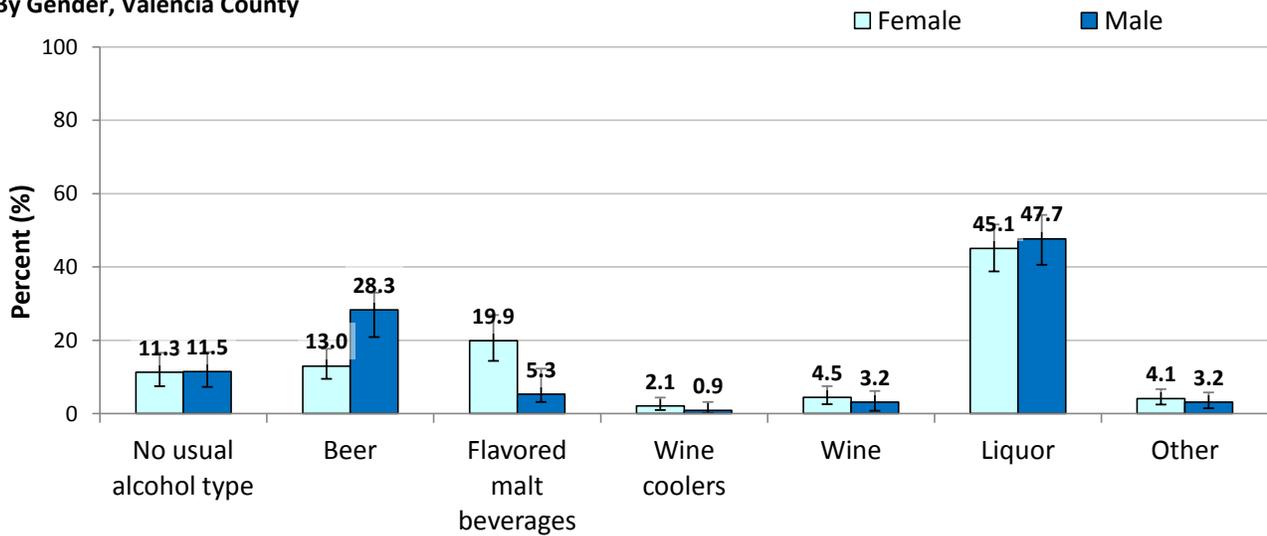
**By Grade, Valencia County**



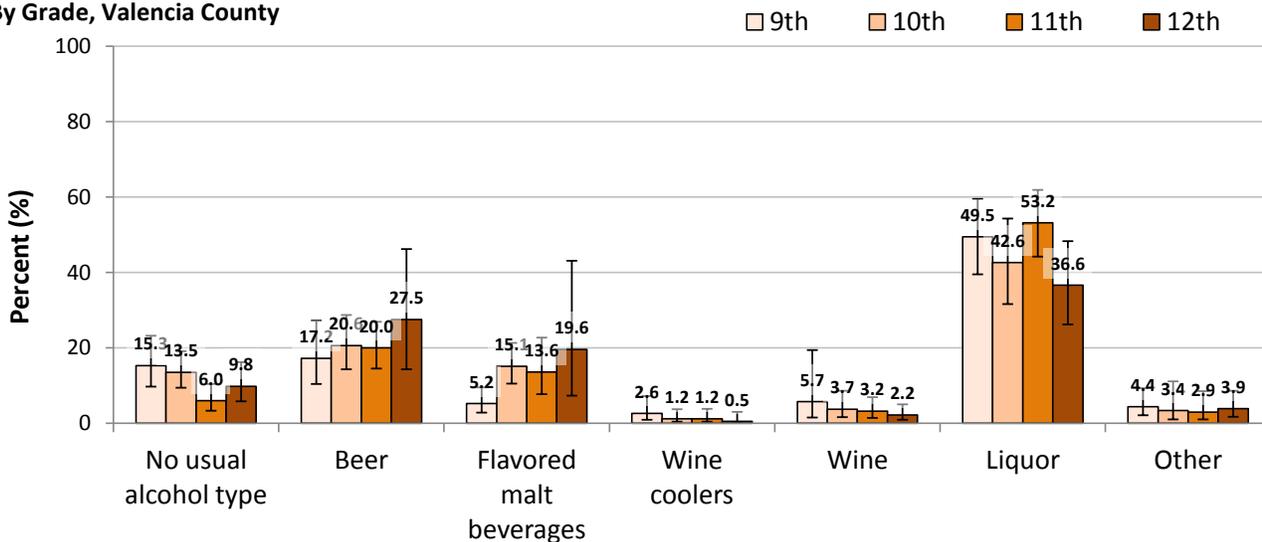
**Behaviors of Current Drinkers: Usual type of alcohol**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



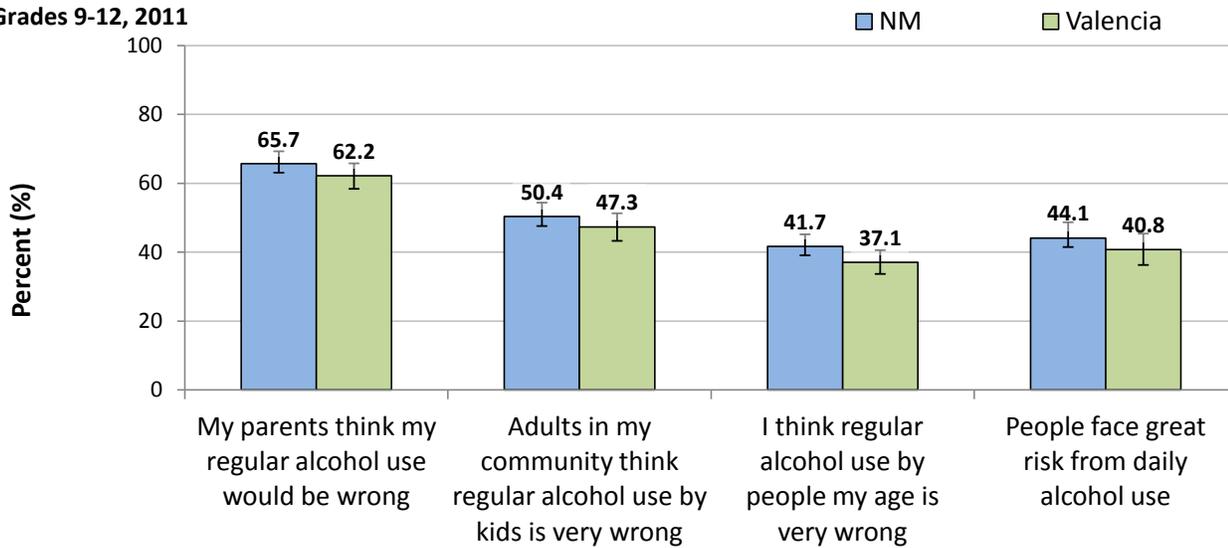
**By Gender, Valencia County**



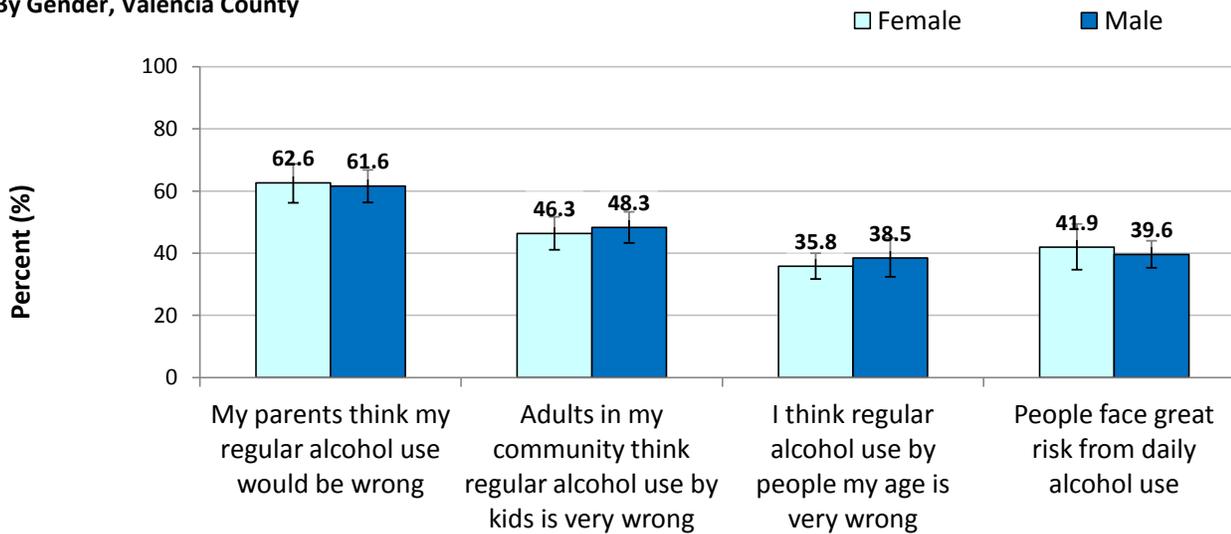
**By Grade, Valencia County**



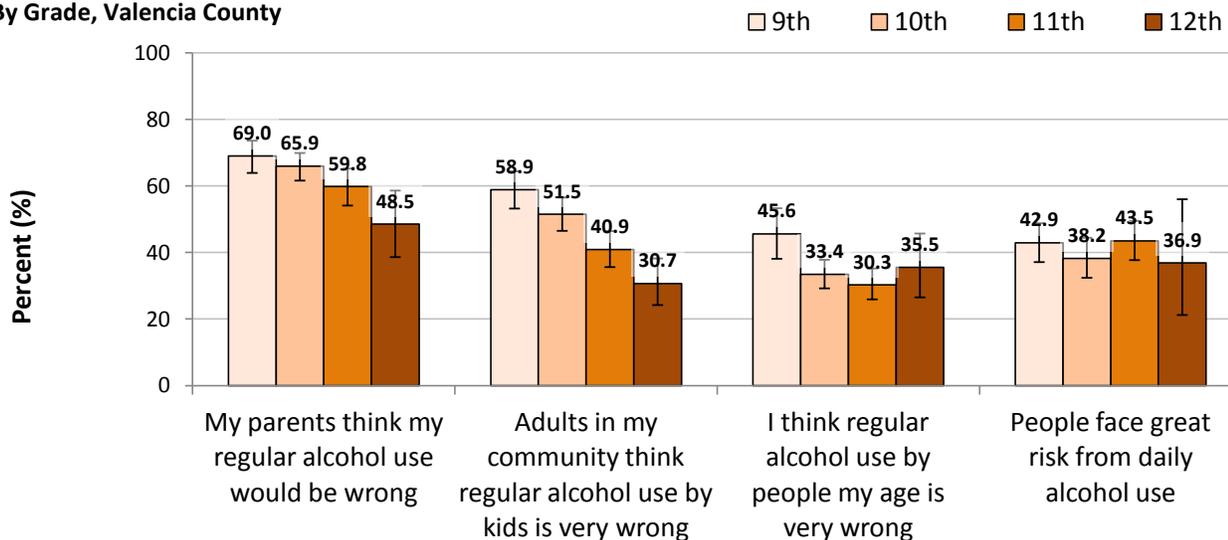
**Alcohol Use: Beliefs and Attitudes**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



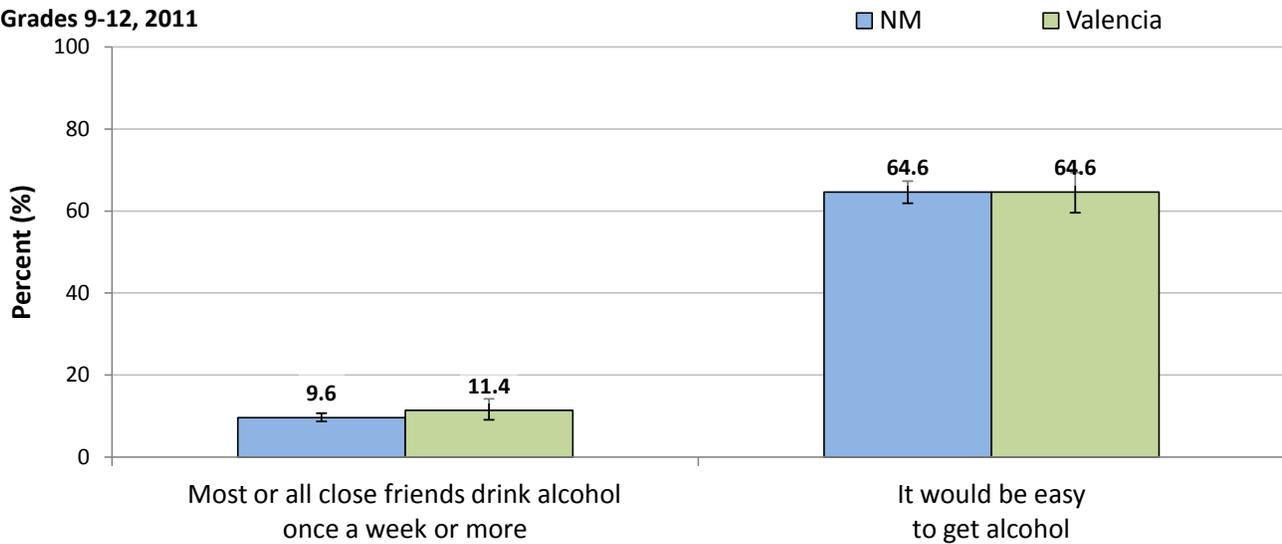
**By Gender, Valencia County**



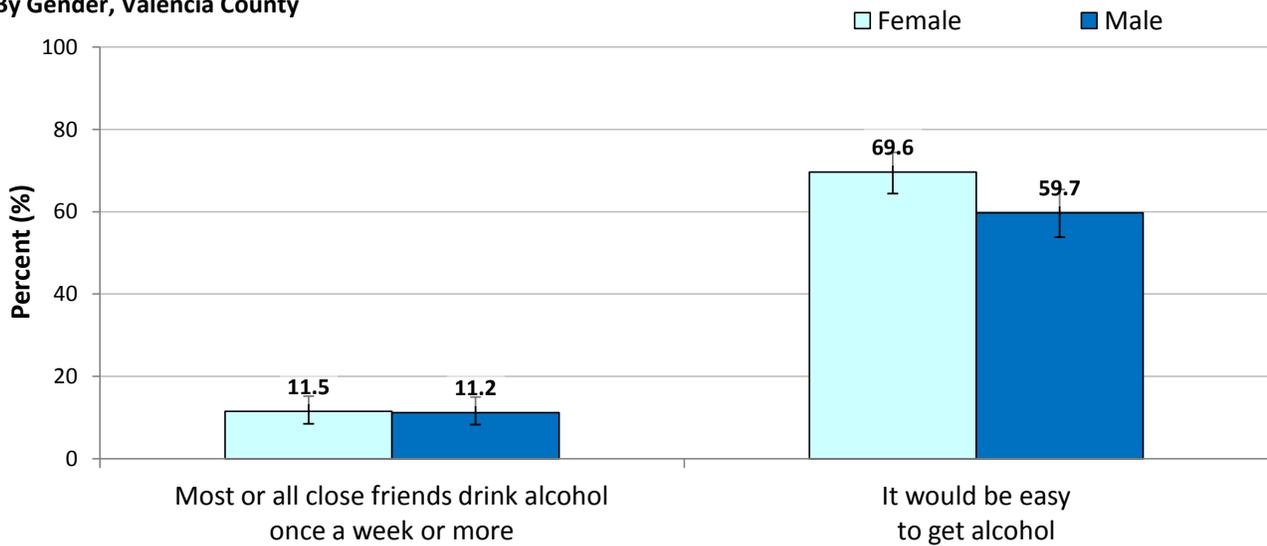
**By Grade, Valencia County**



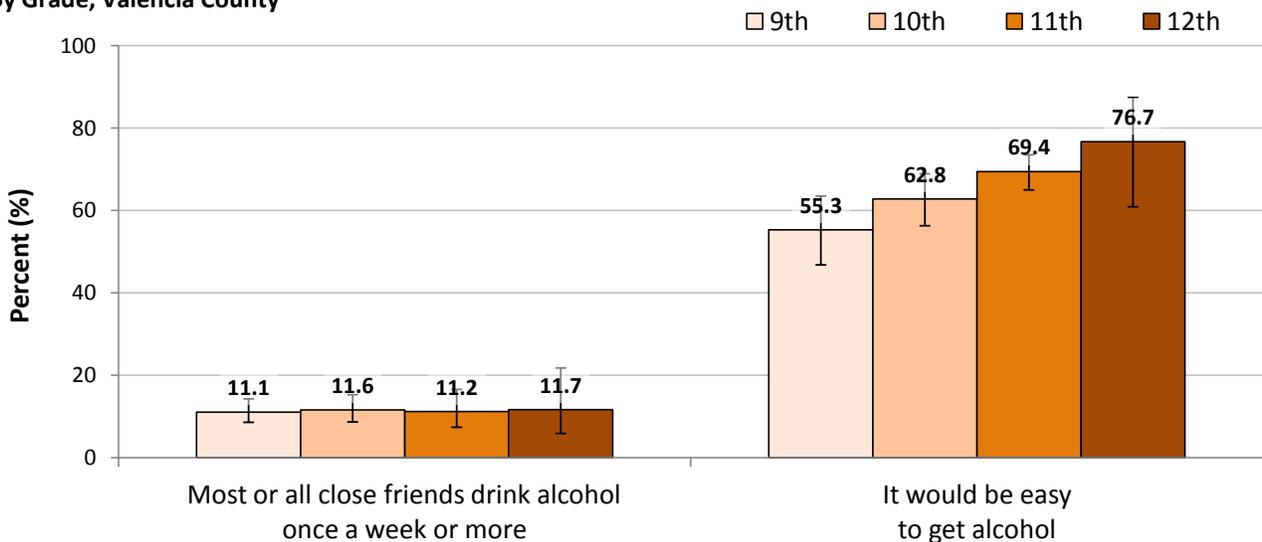
**Alcohol Use: Access**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



**By Gender, Valencia County**



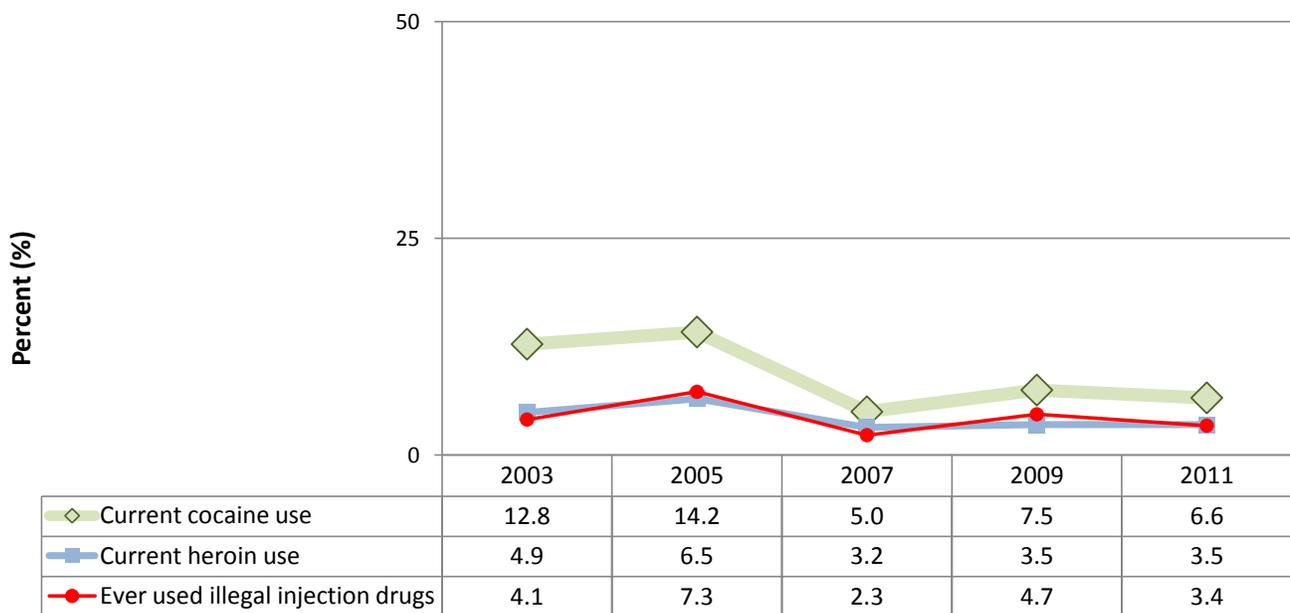
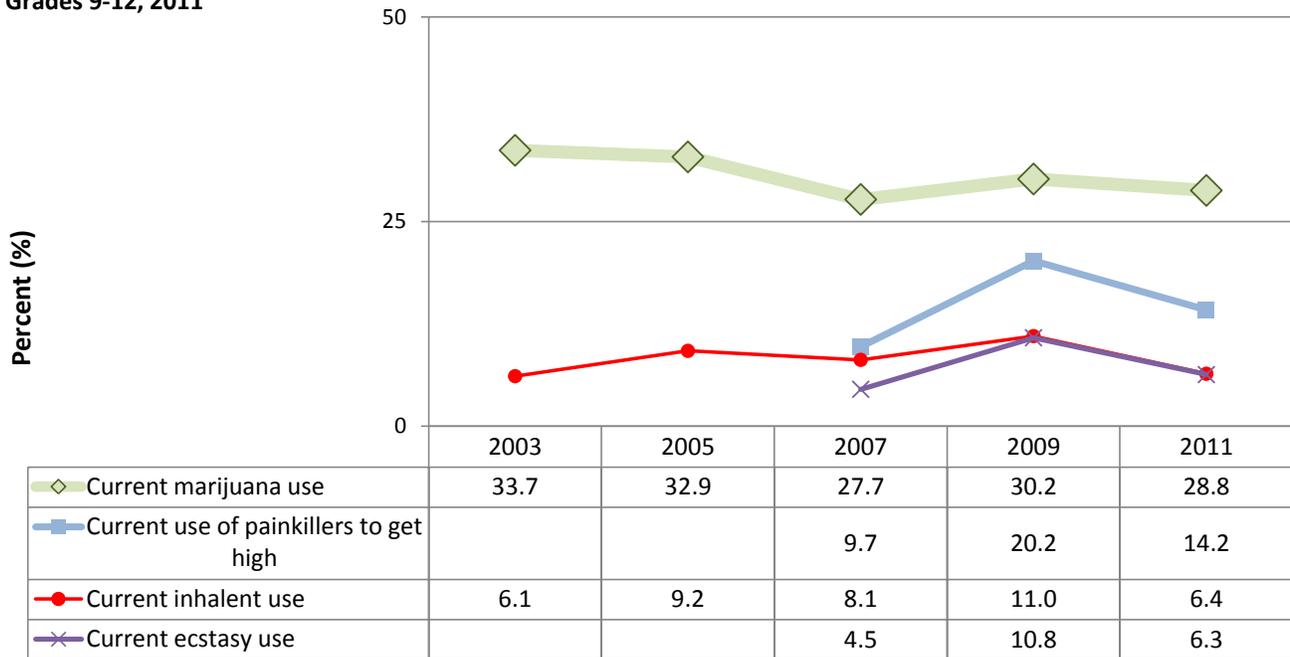
**By Grade, Valencia County**





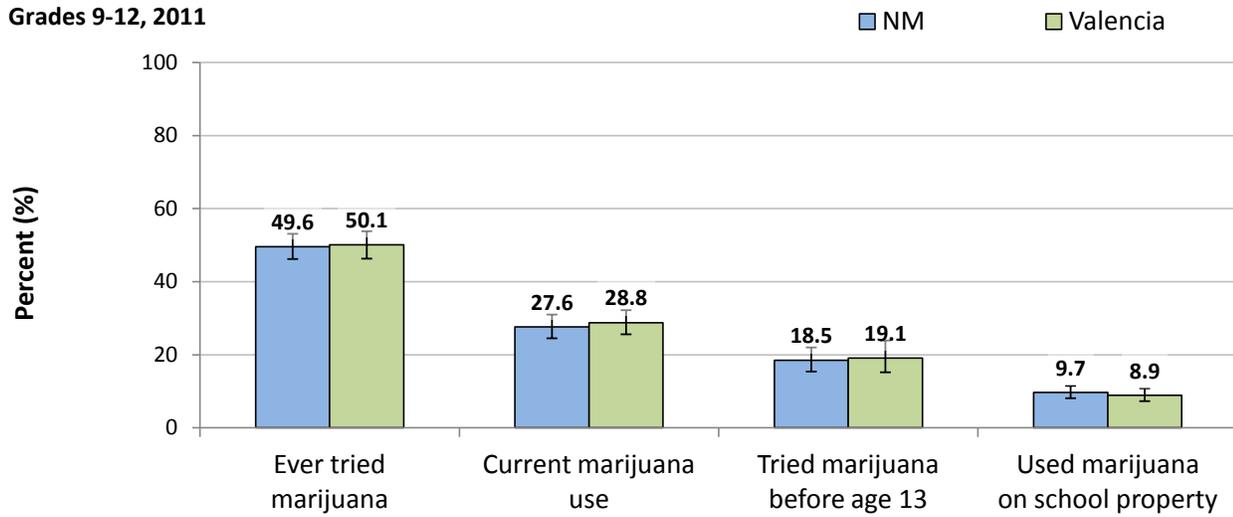
## Drug Use

### Drug Use Indicators by Year, Valencia County Grades 9-12, 2011

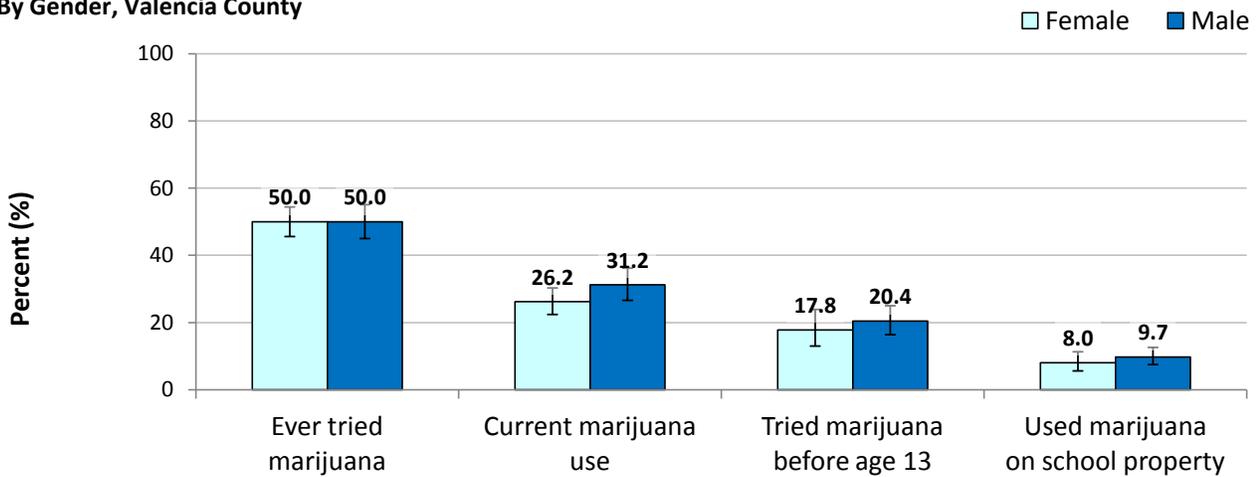




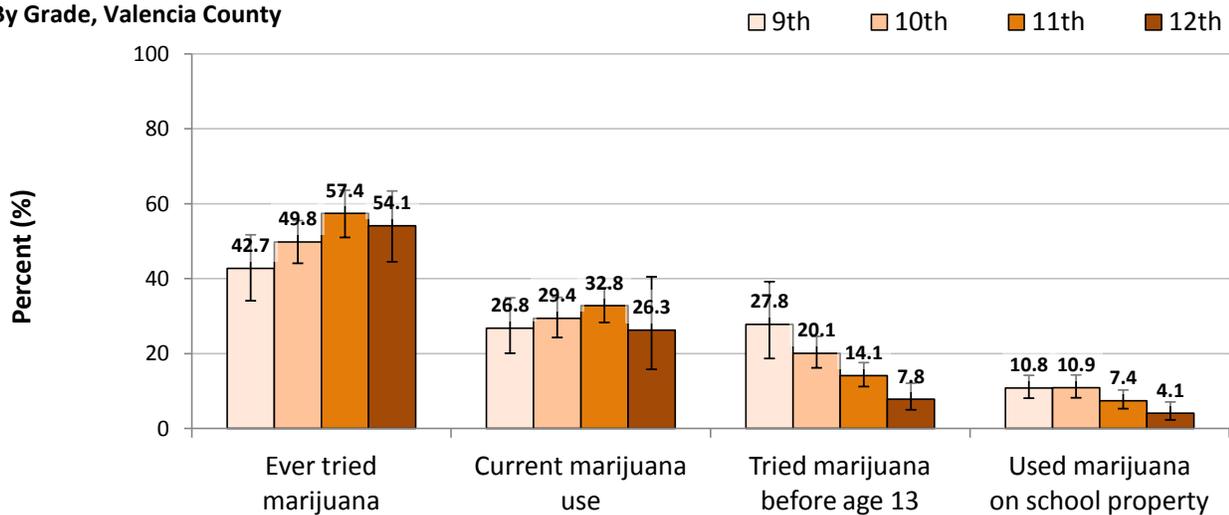
**Drug Use: Marijuana**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



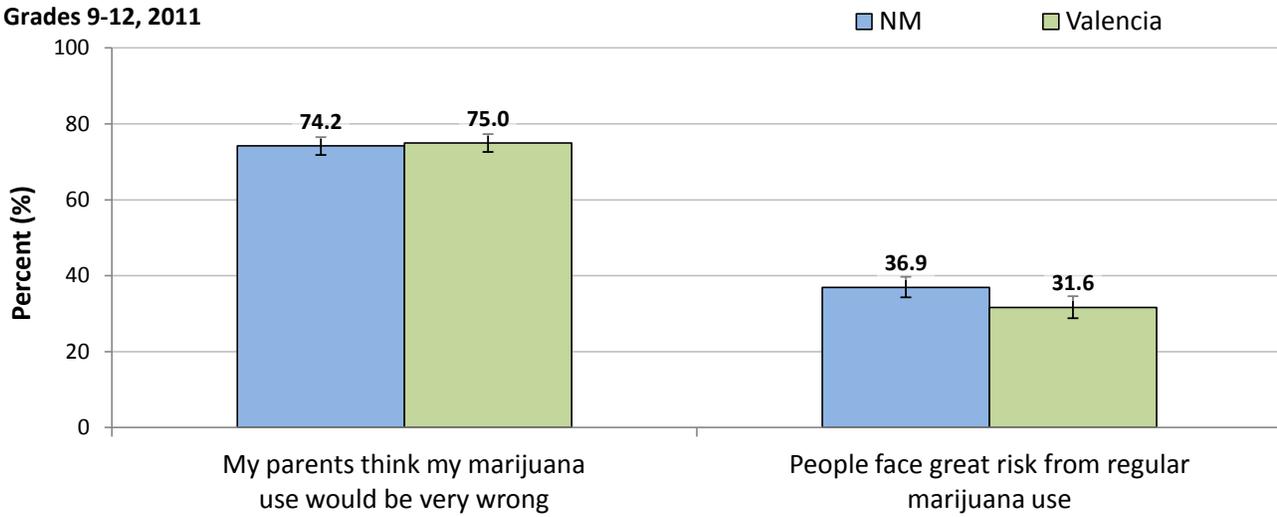
**By Gender, Valencia County**



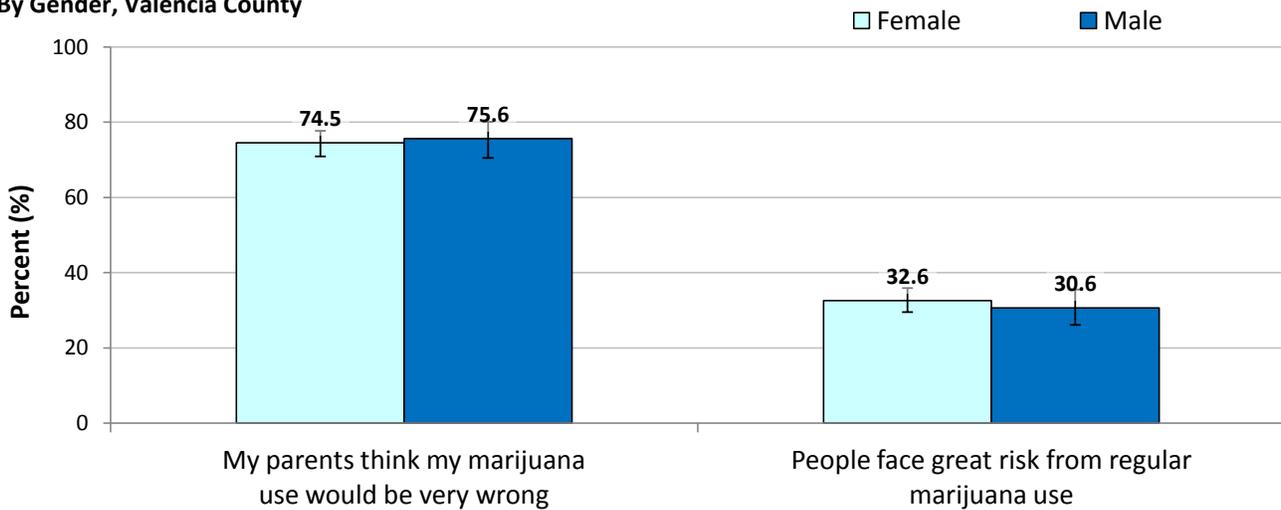
**By Grade, Valencia County**



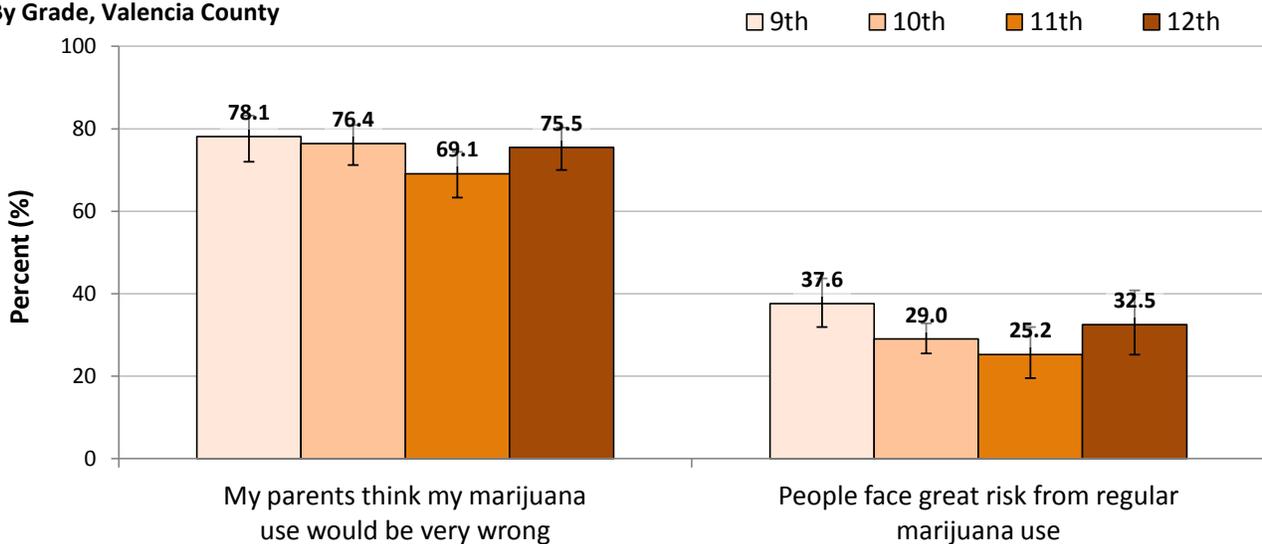
**Marijuana Use: Beliefs and Attitudes**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



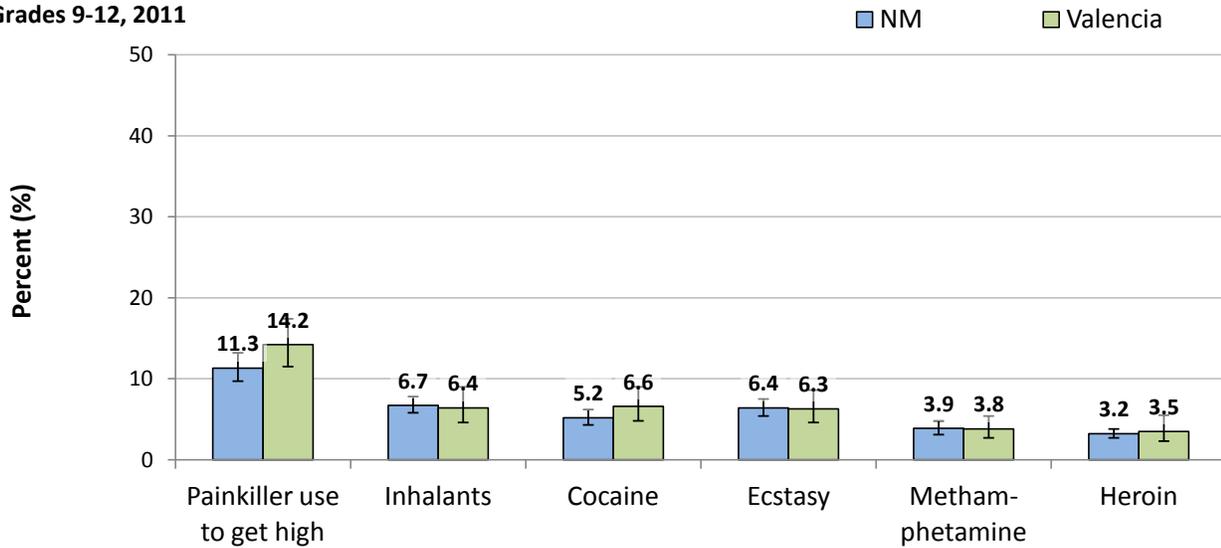
**By Gender, Valencia County**



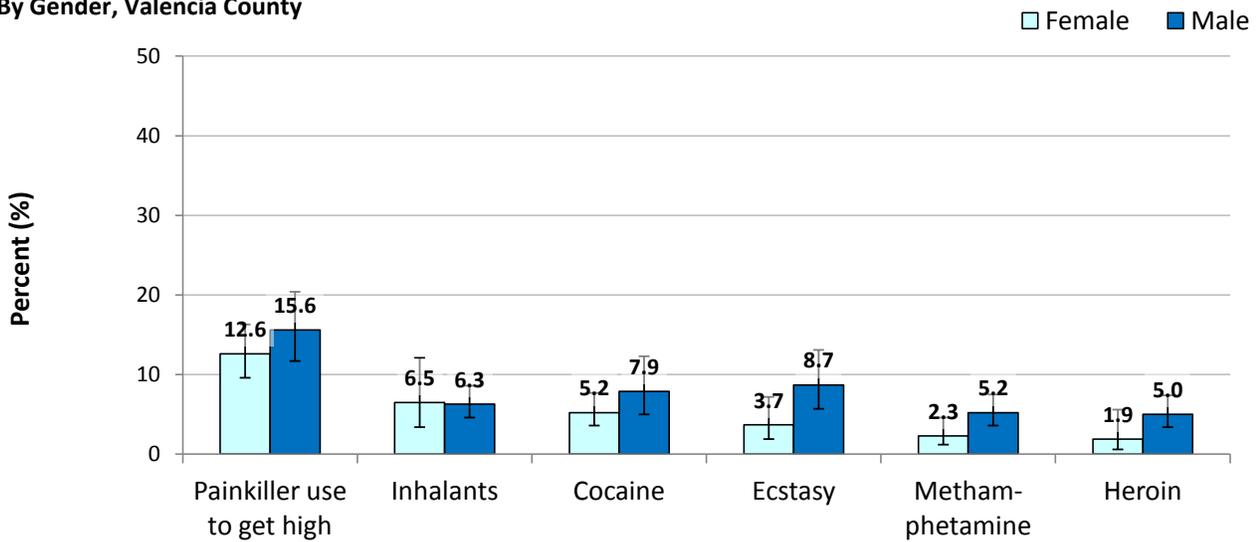
**By Grade, Valencia County**



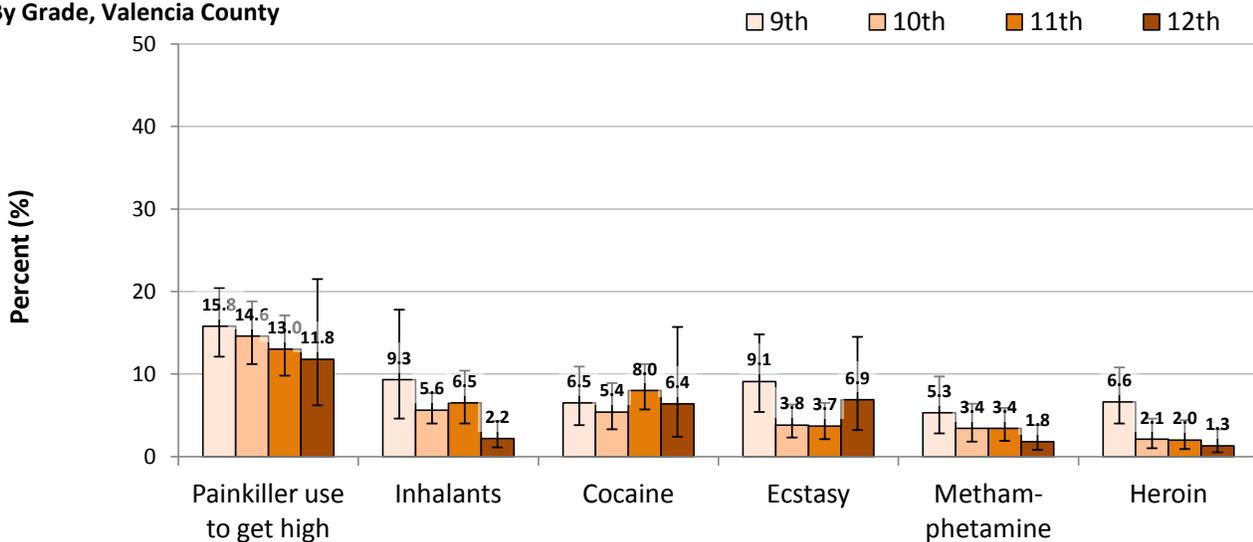
**Current Drug Use (Past 30 Days)**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



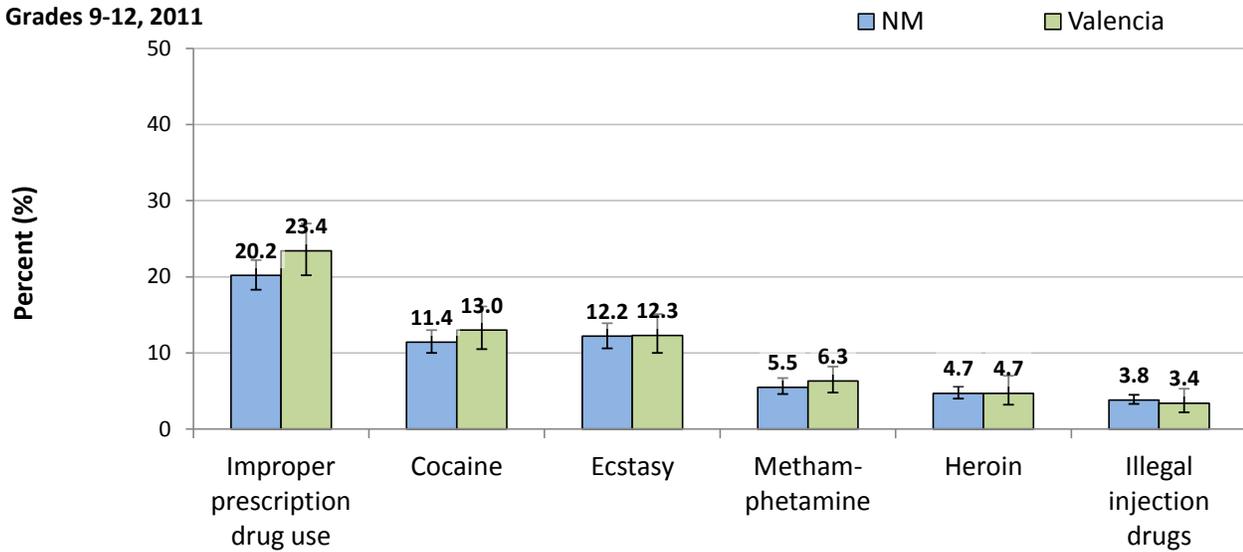
**By Gender, Valencia County**



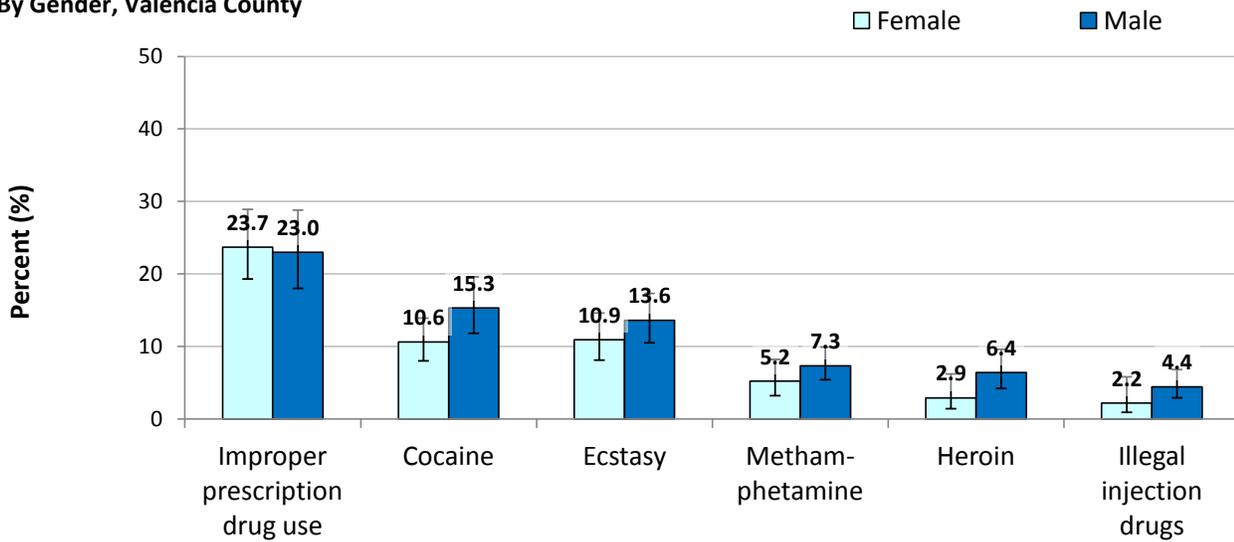
**By Grade, Valencia County**



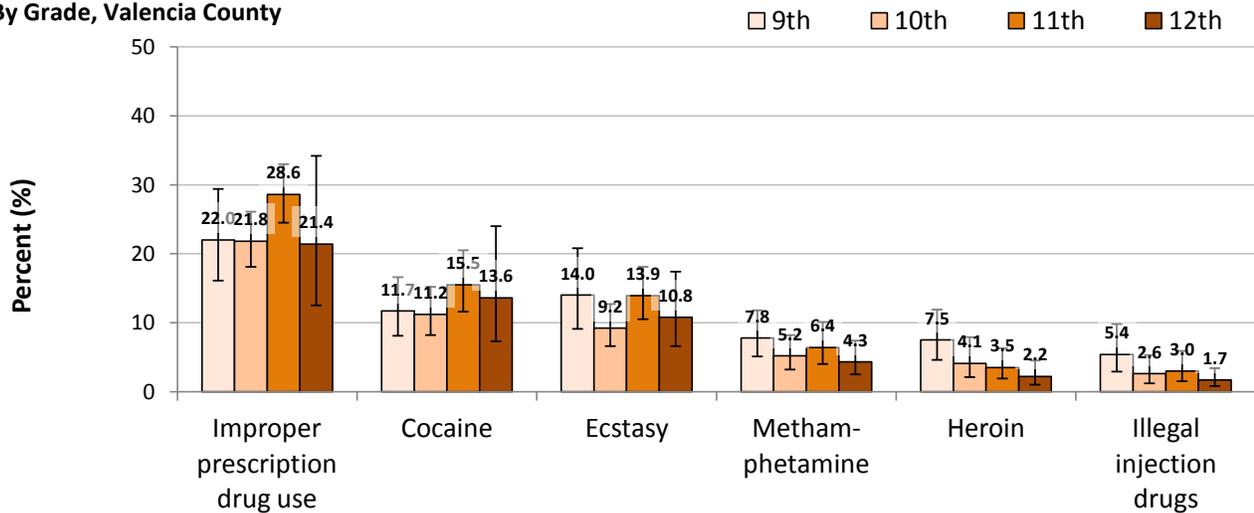
**Drug Use: Ever Used in Lifetime**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



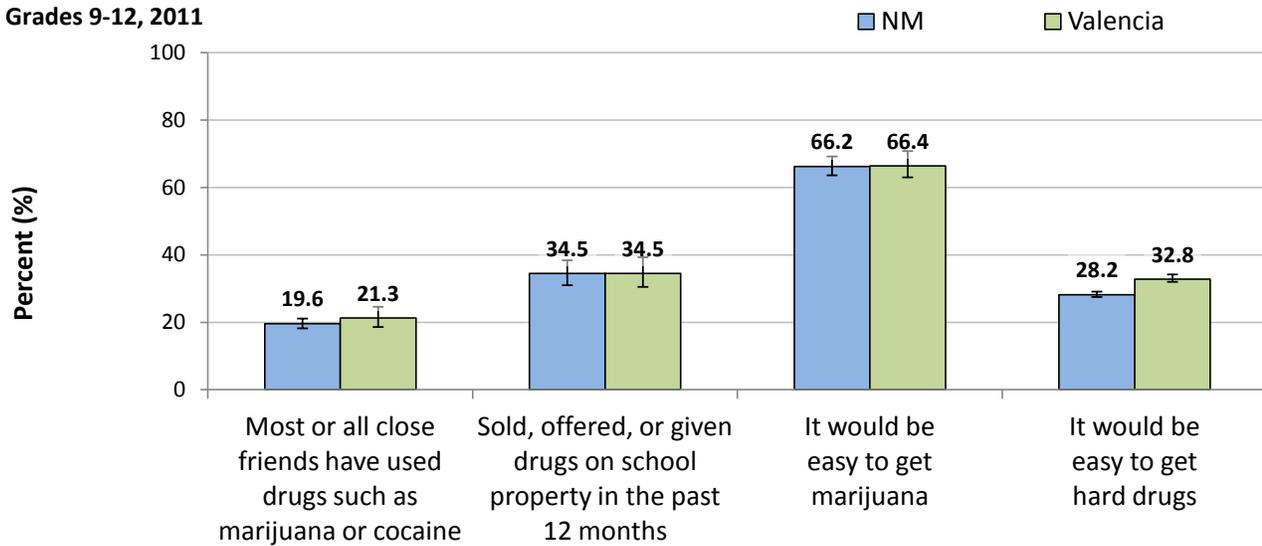
**By Gender, Valencia County**



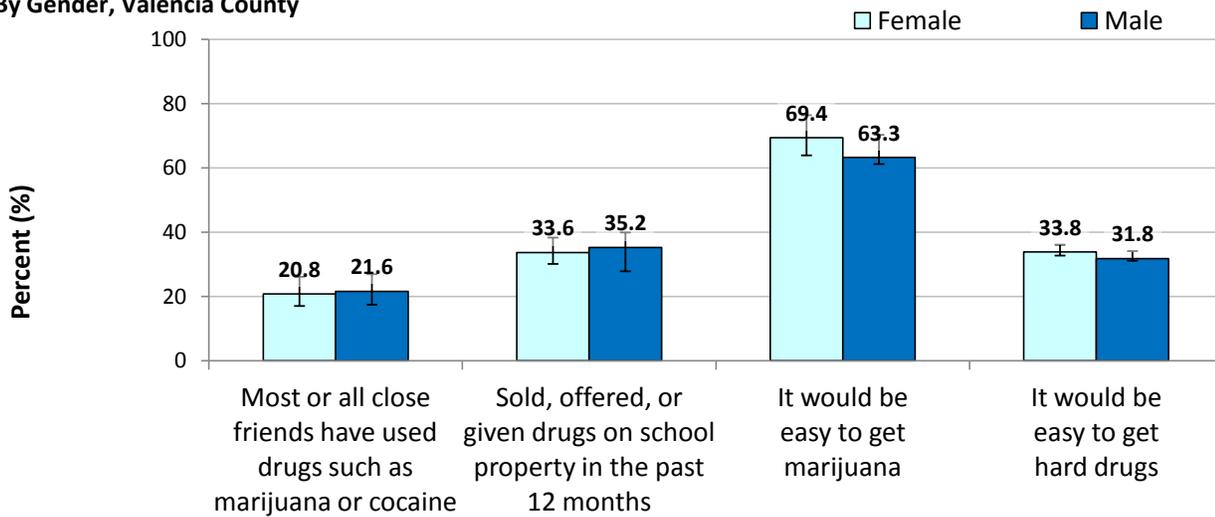
**By Grade, Valencia County**



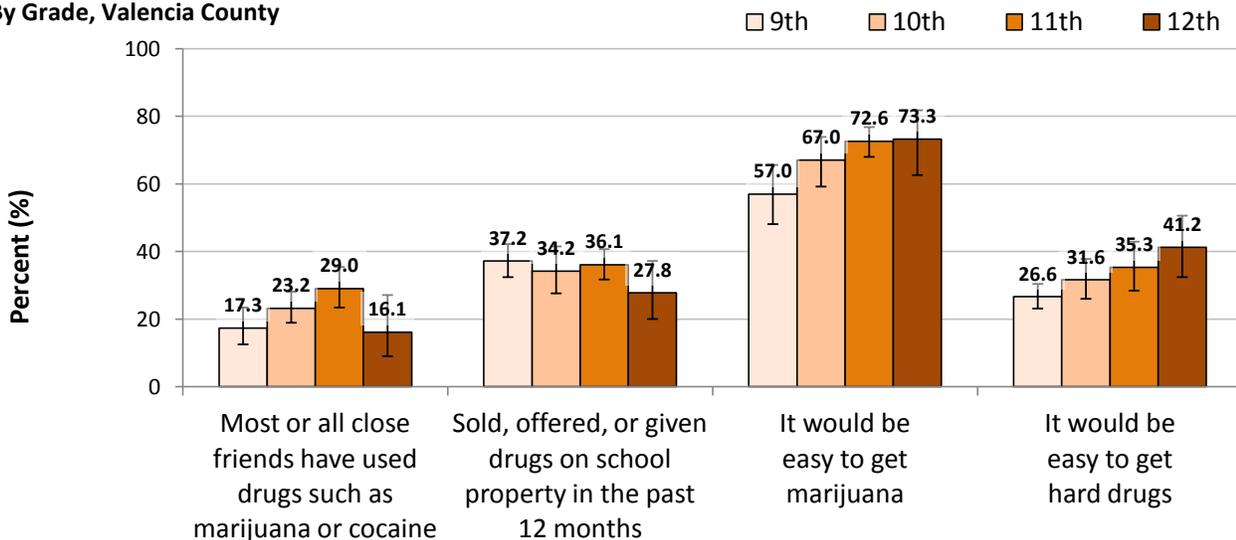
**Drug Use: Access to Drugs**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



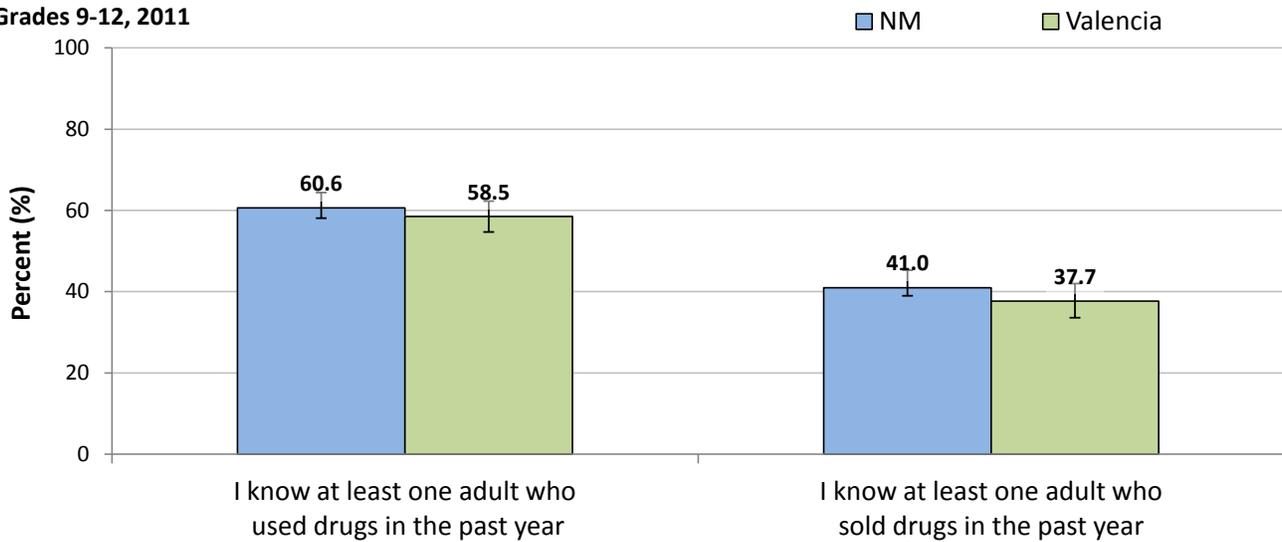
**By Gender, Valencia County**



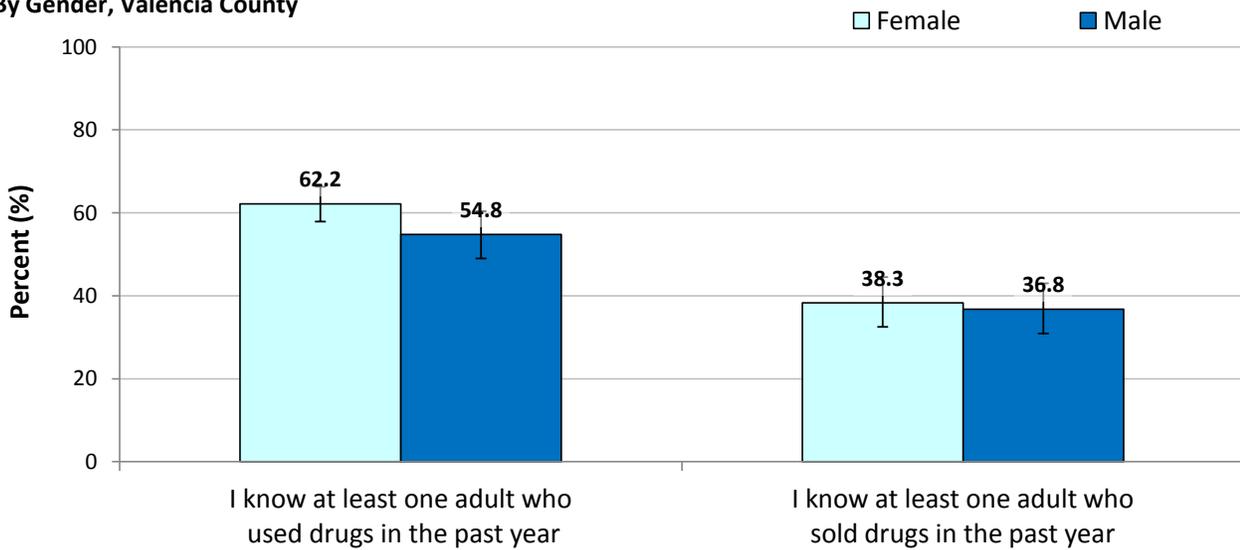
**By Grade, Valencia County**



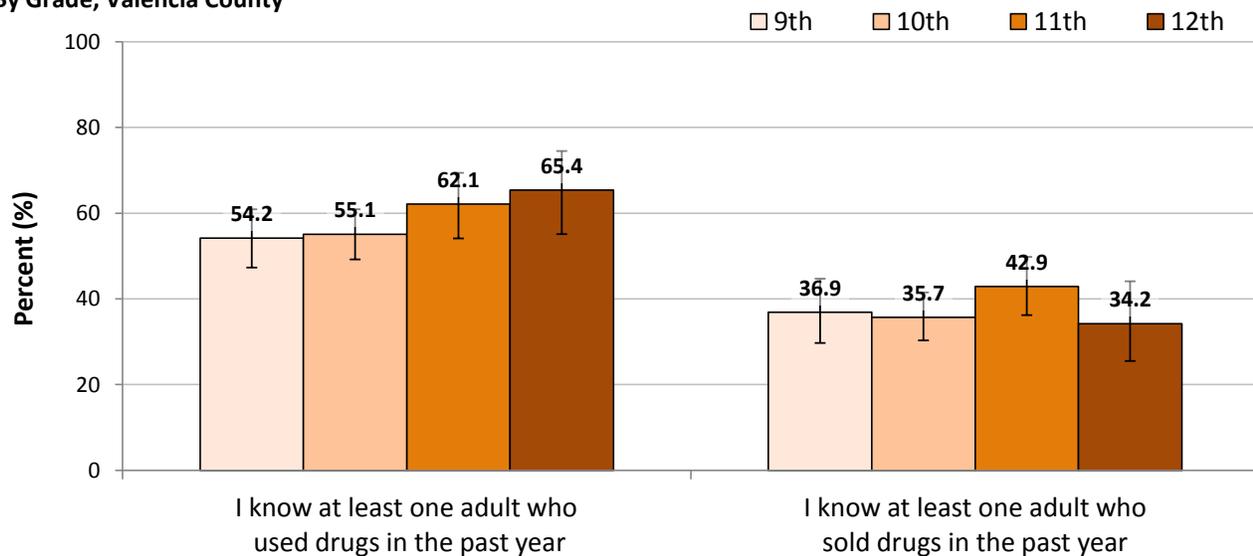
**Drug Use: Access to Drugs**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



**By Gender, Valencia County**

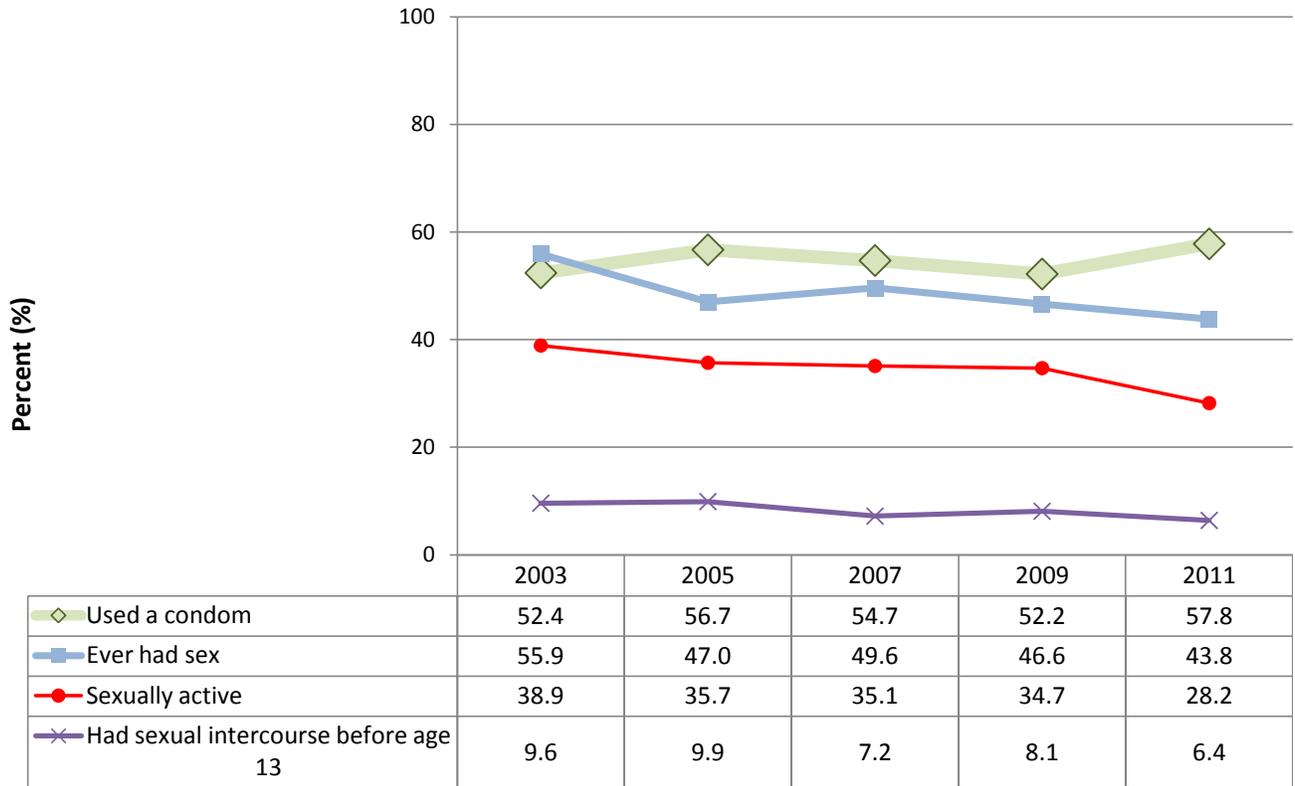


**By Grade, Valencia County**

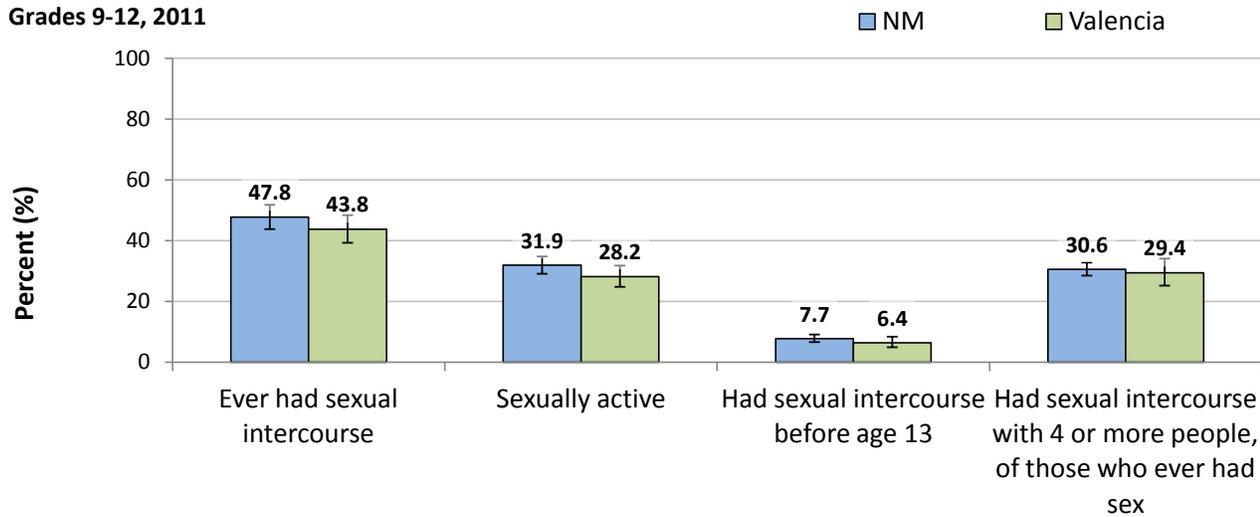


**Sexual Behaviors**

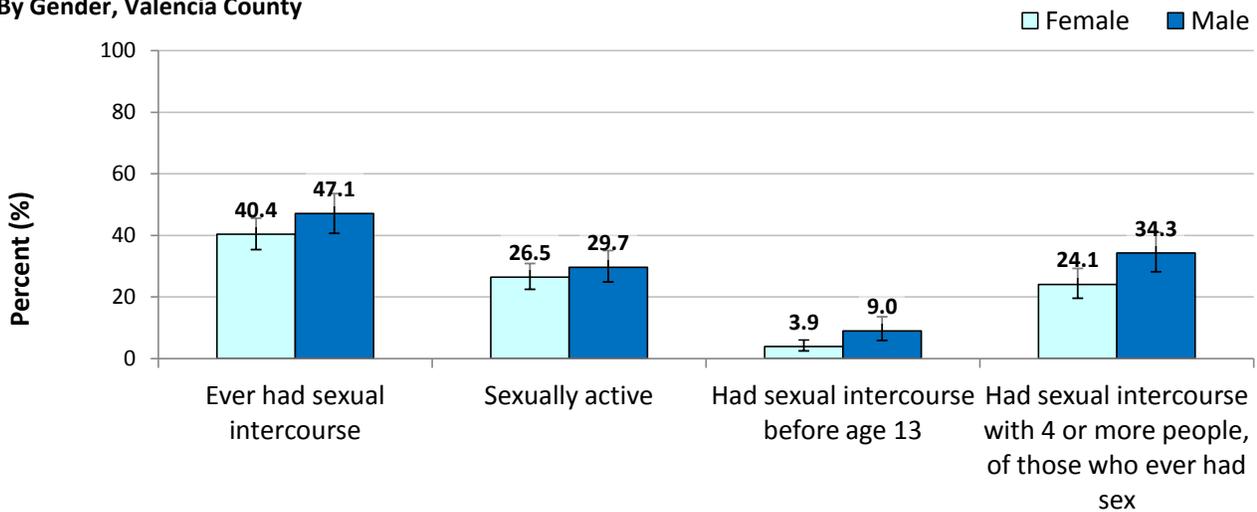
**Sexual Behaviors Indicators  
 by Year, Valencia County  
 Grades 9-12, 2011**



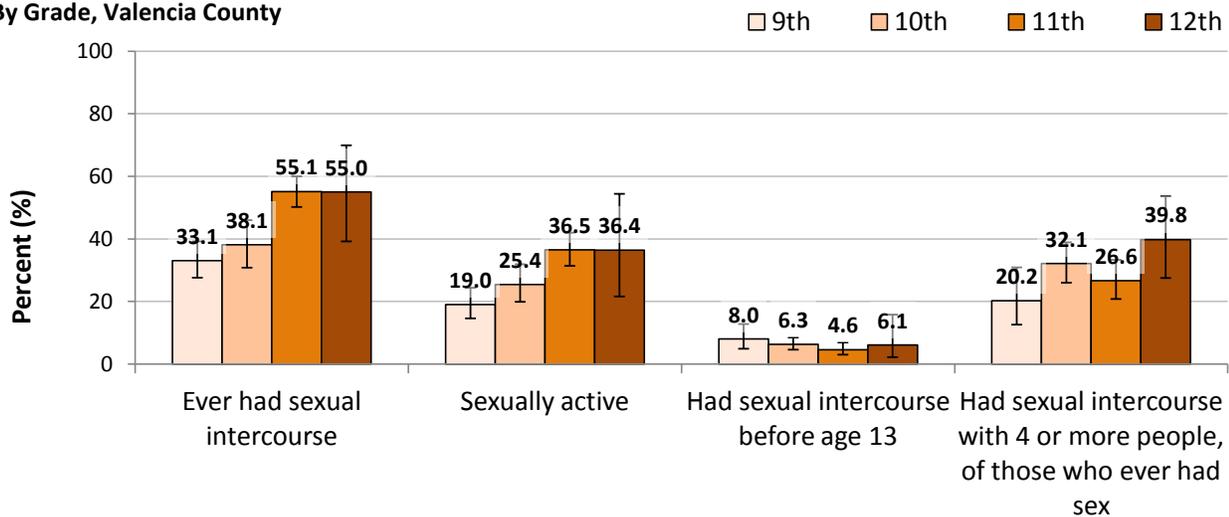
**Sexual Behaviors**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



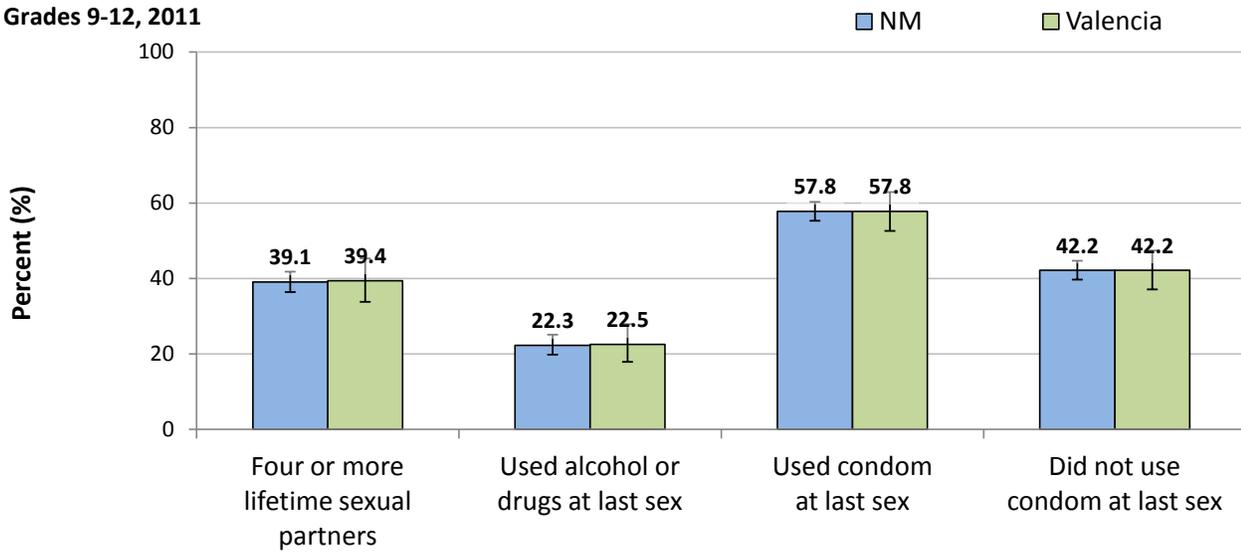
**By Gender, Valencia County**



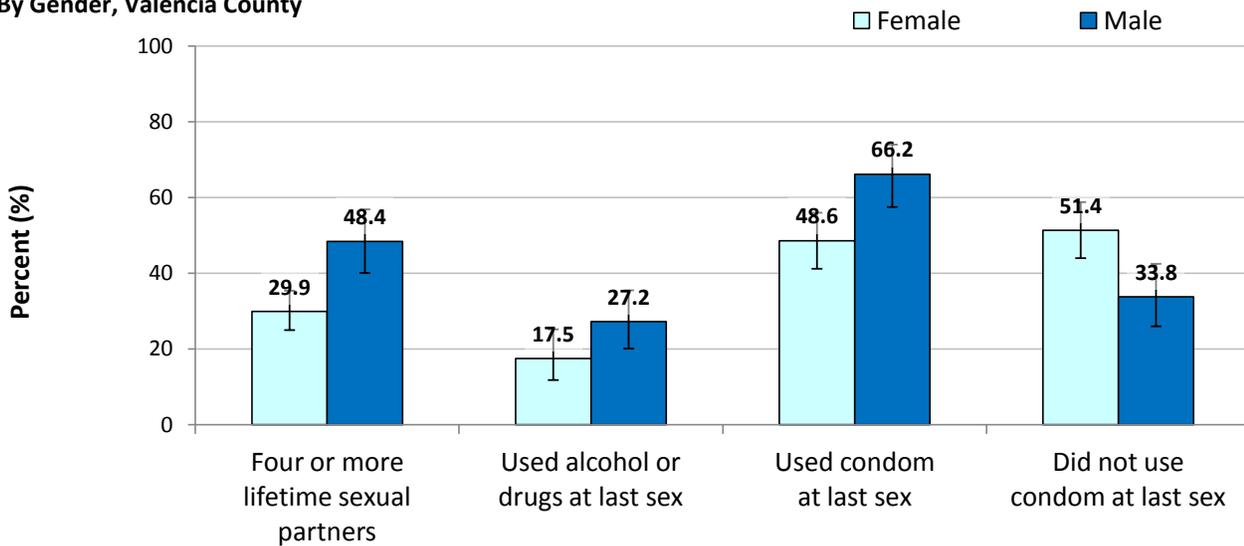
**By Grade, Valencia County**



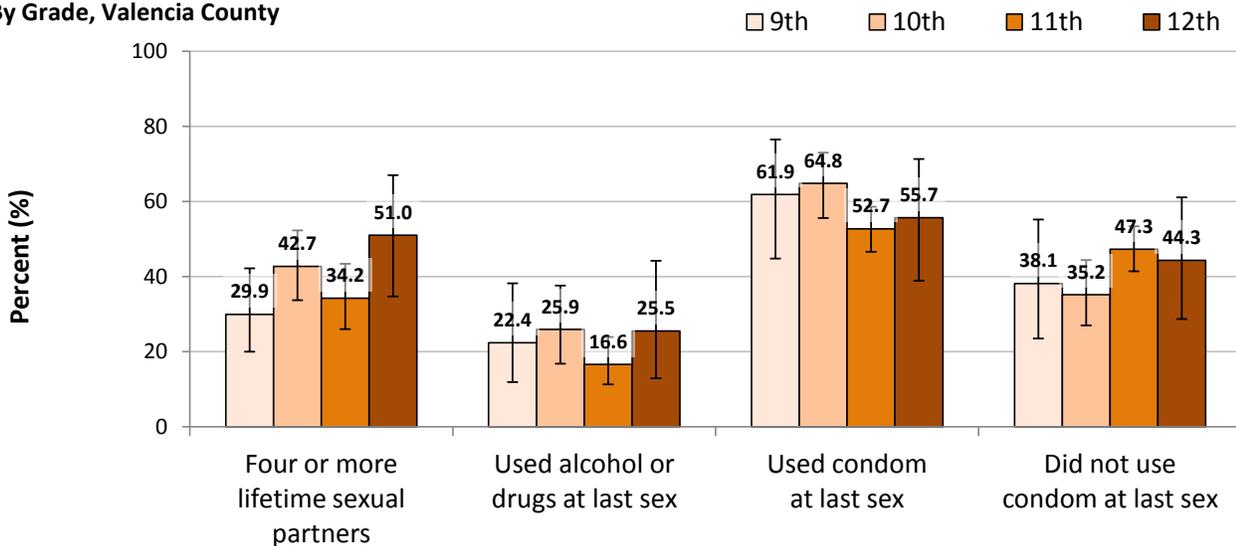
**Sexual Behaviors of Sexually Active Students**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



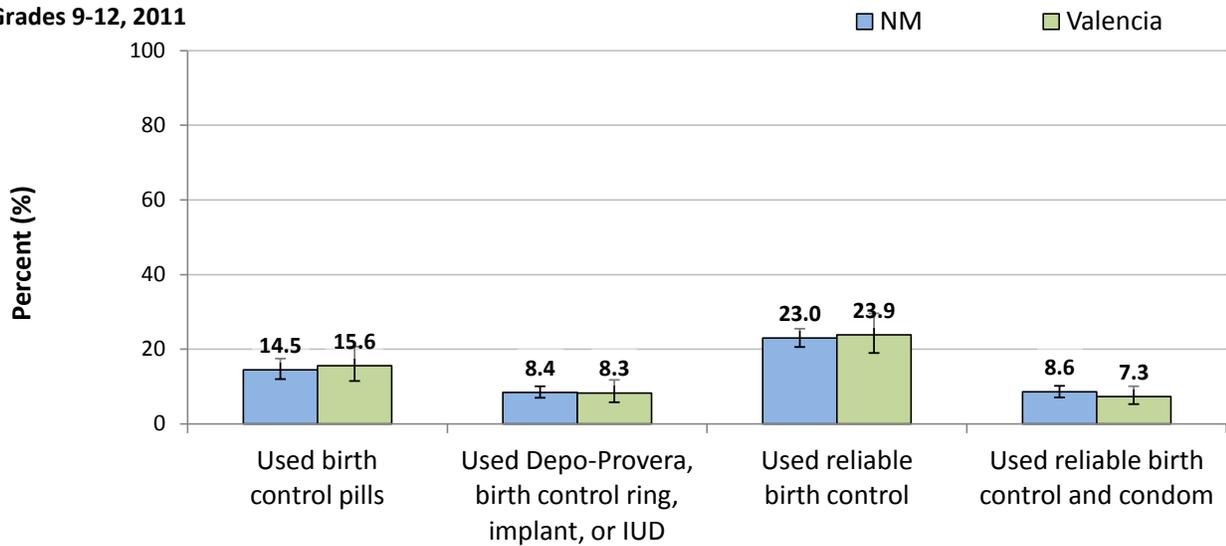
**By Gender, Valencia County**



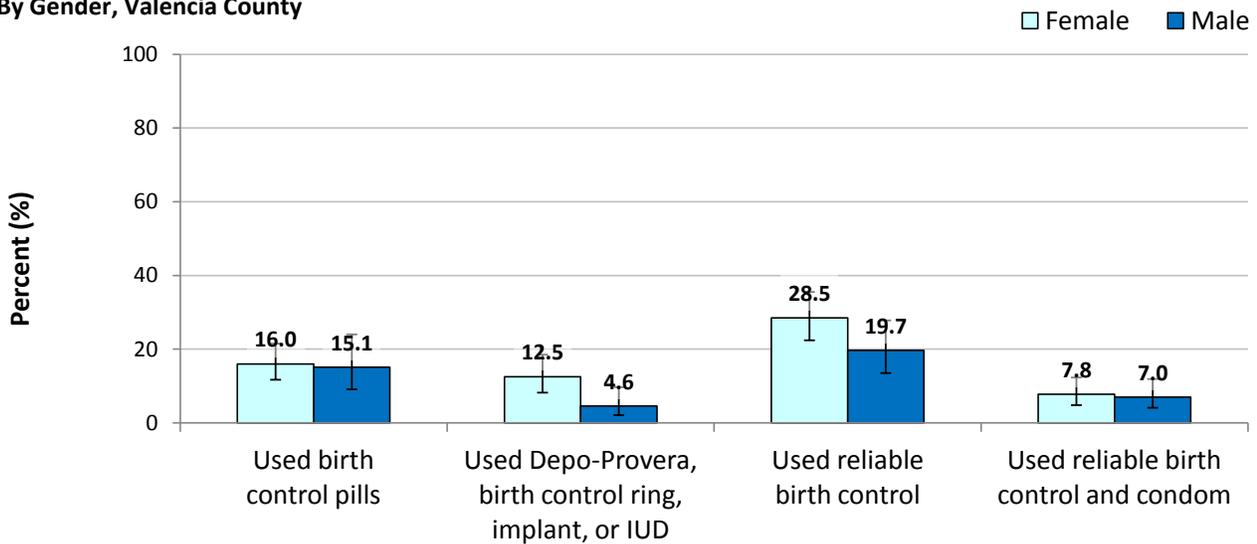
**By Grade, Valencia County**



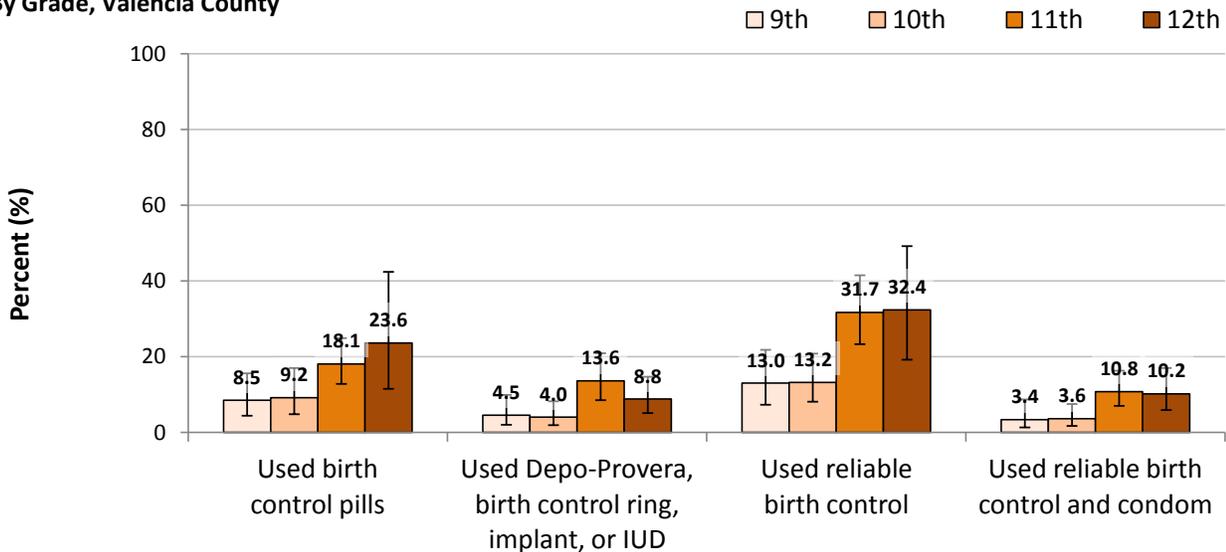
**Sexual Behaviors of Sexually Active Students**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



**By Gender, Valencia County**

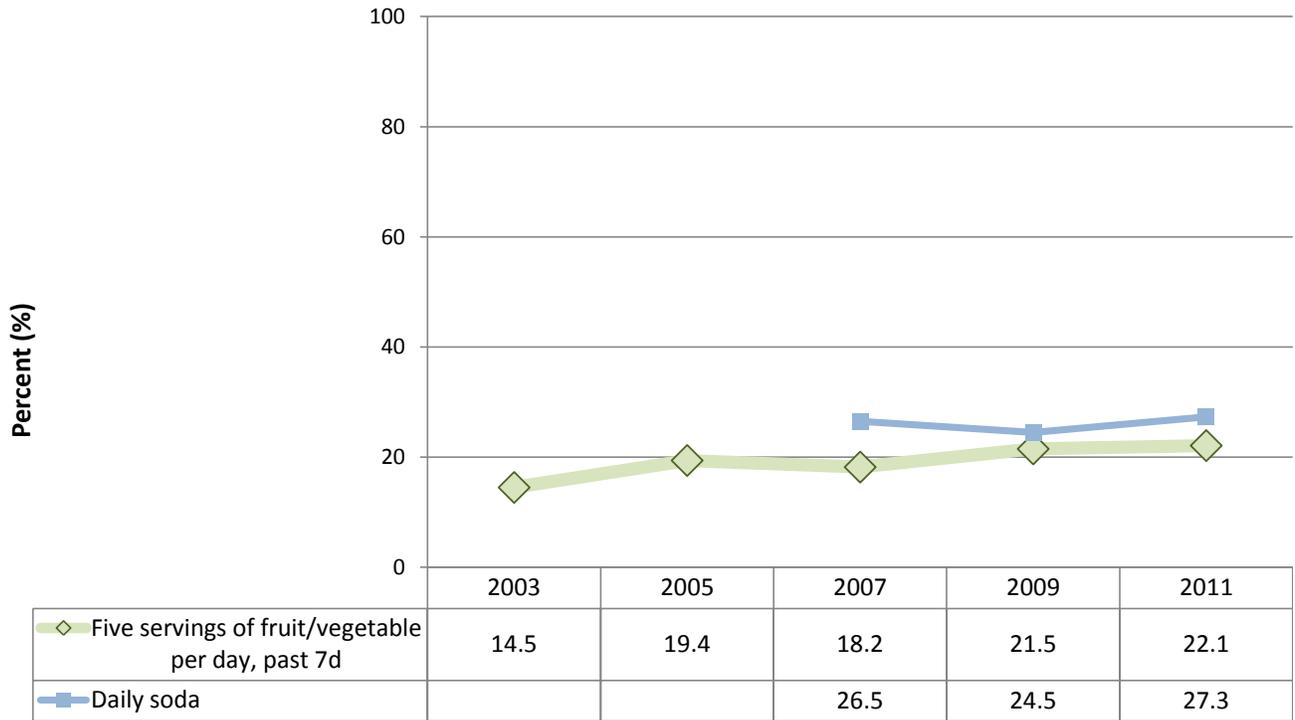


**By Grade, Valencia County**



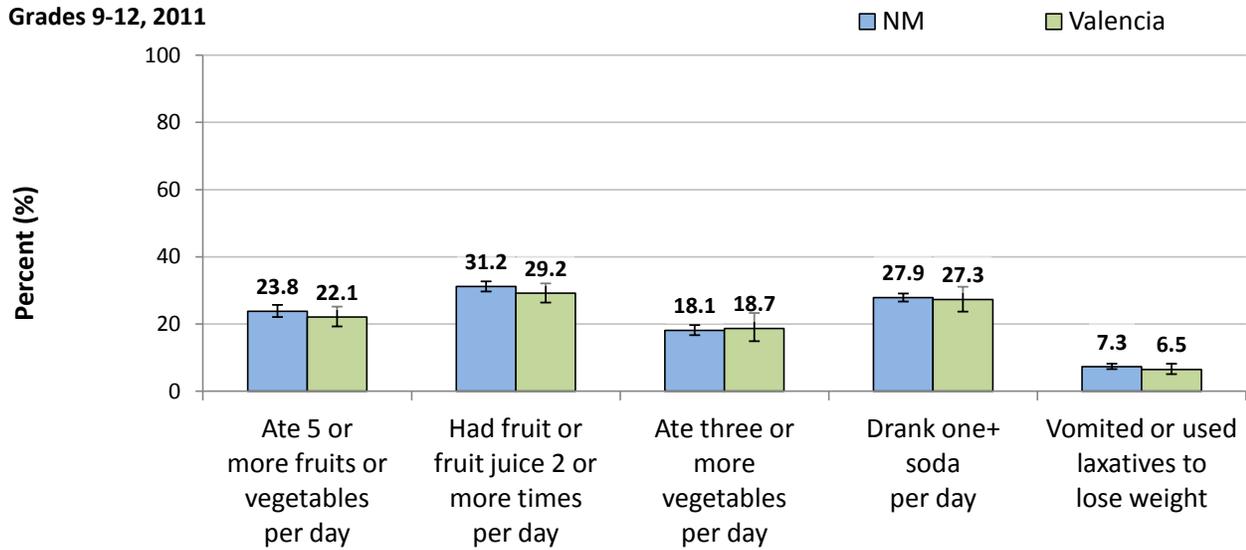
**Nutrition**

**Nutrition Indicators  
 by Year, Valencia County  
 Grades 9-12, 2011**

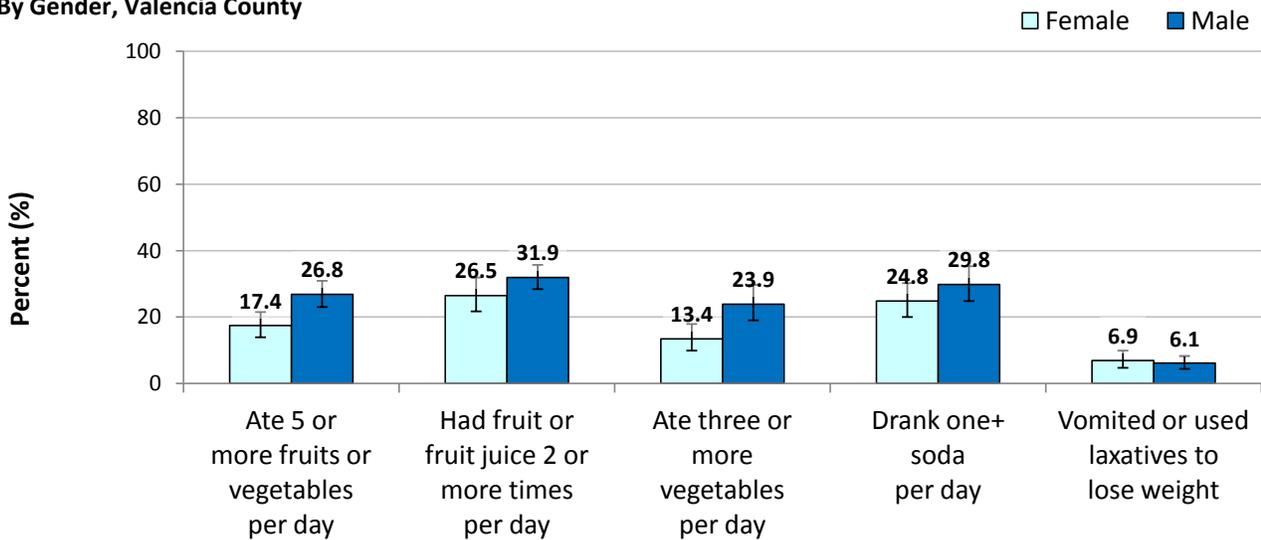




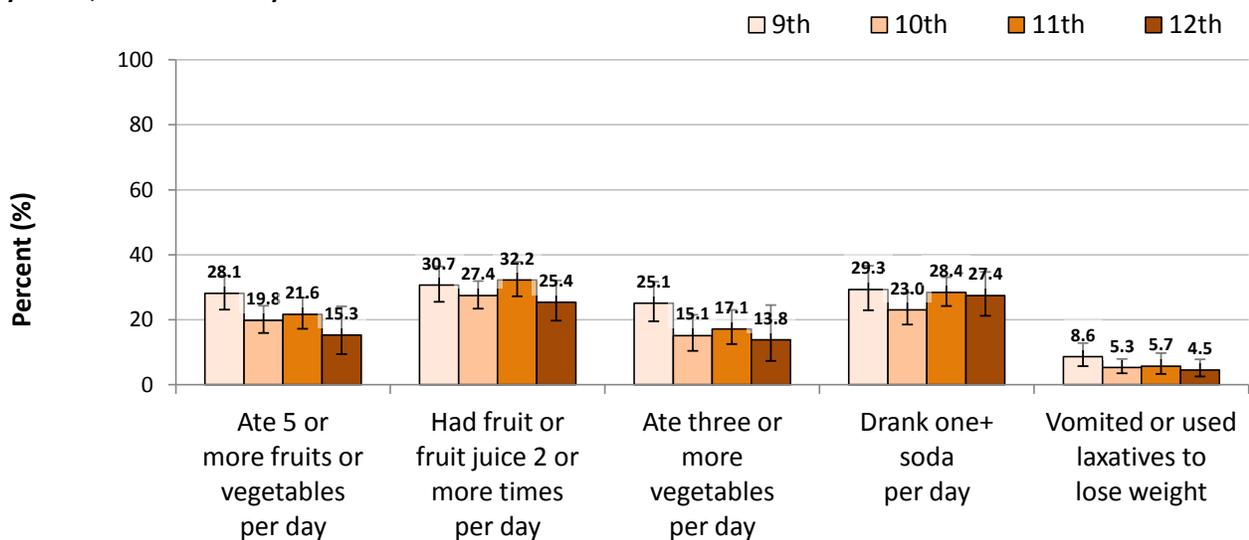
**Nutrition**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



**By Gender, Valencia County**



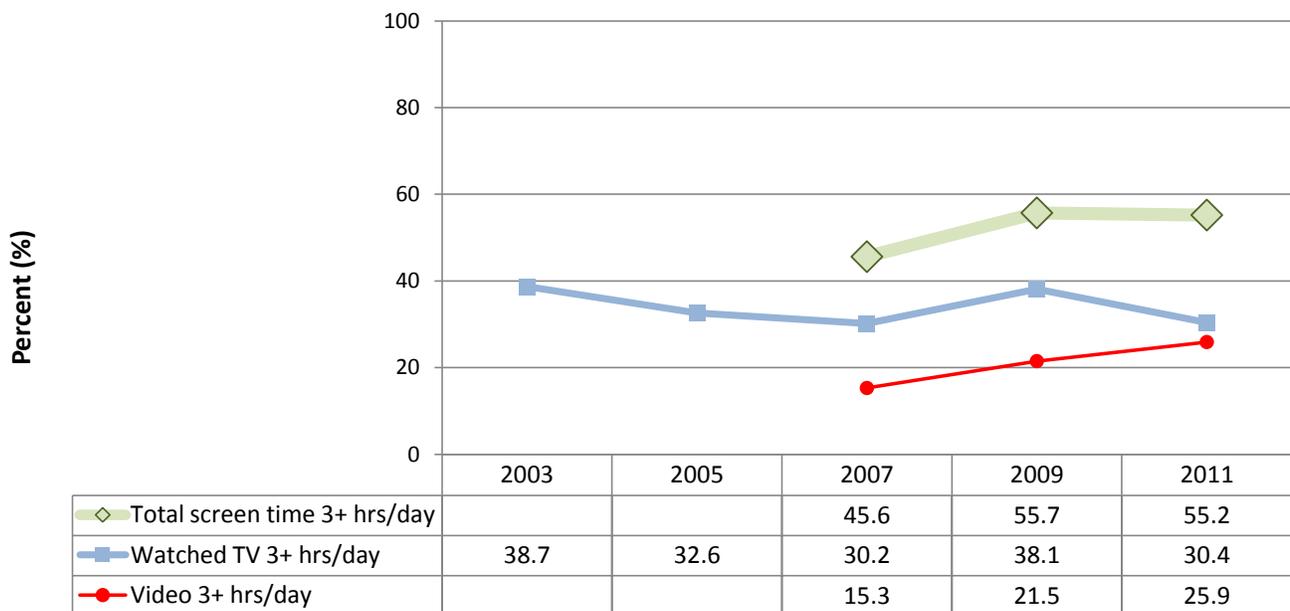
**By Grade, Valencia County**





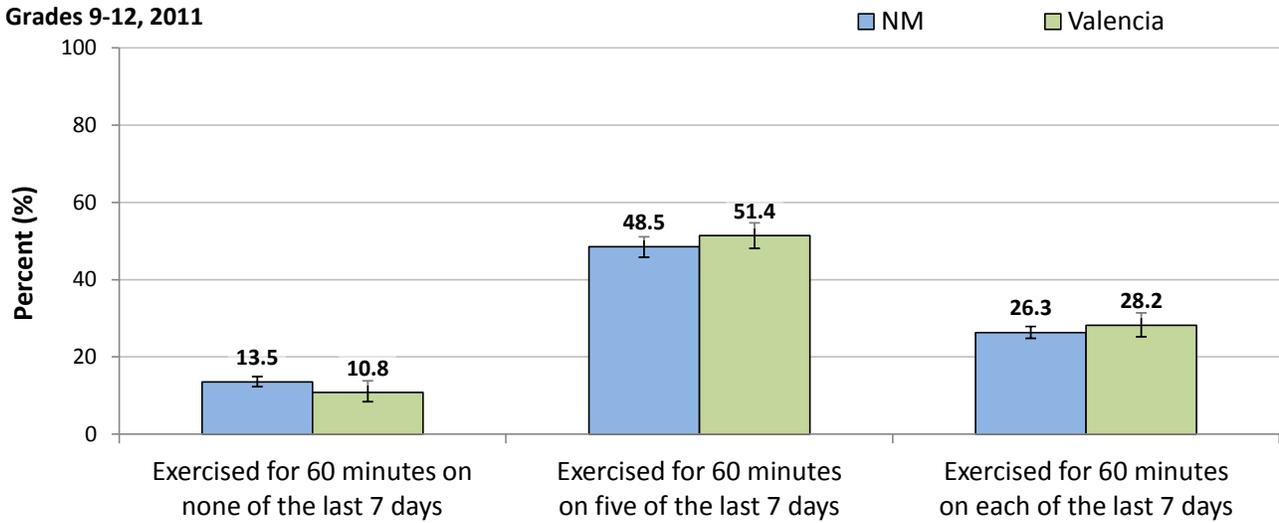
## Physical Activity

### Physical Activity Indicators by Year, Valencia County Grades 9-12, 2011

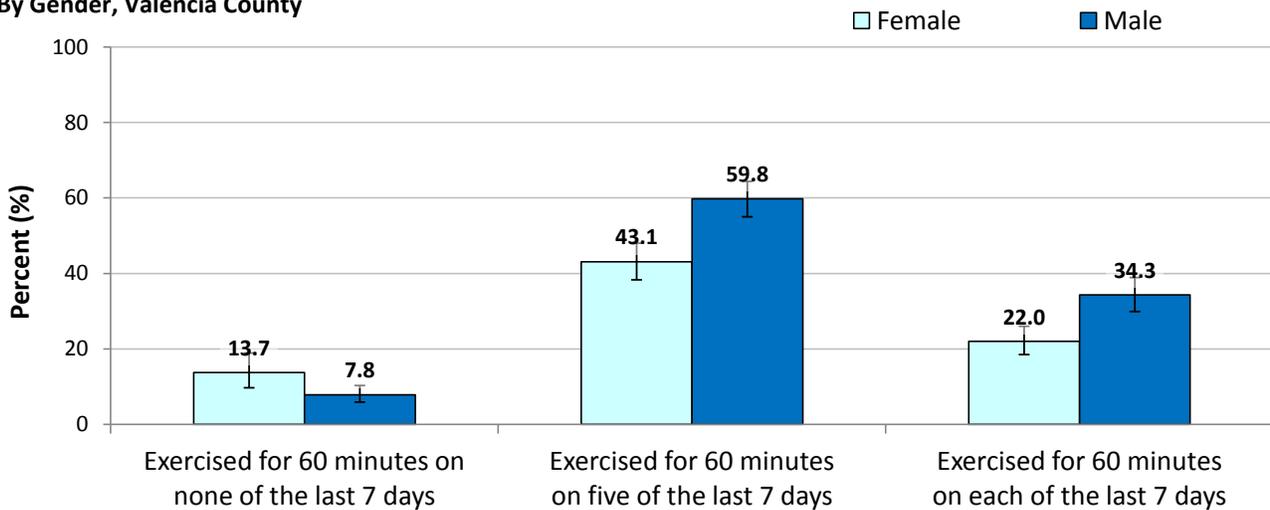




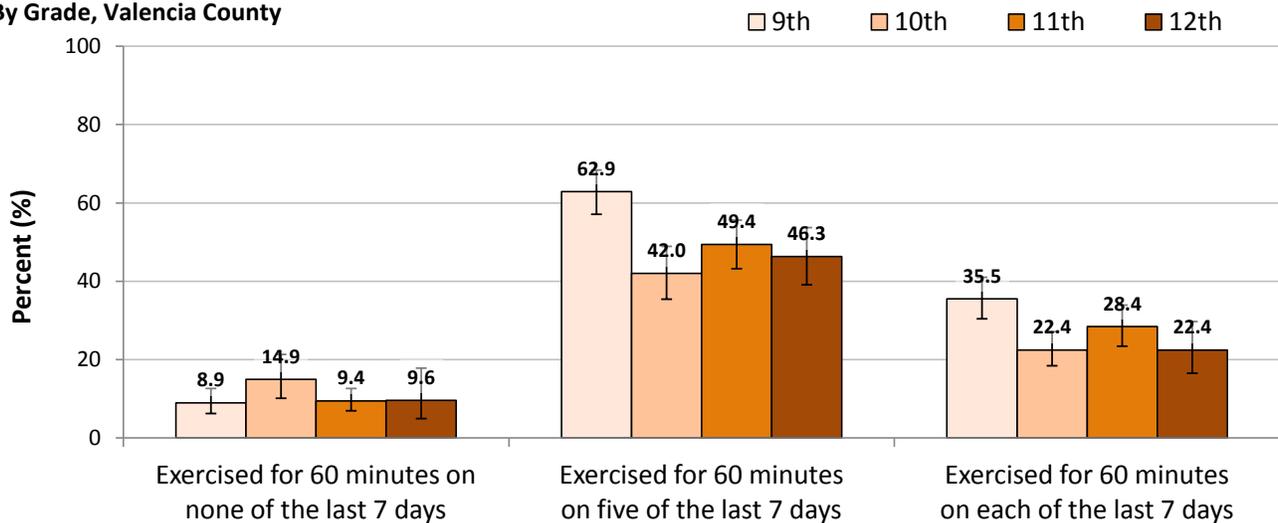
**Physical Activity**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



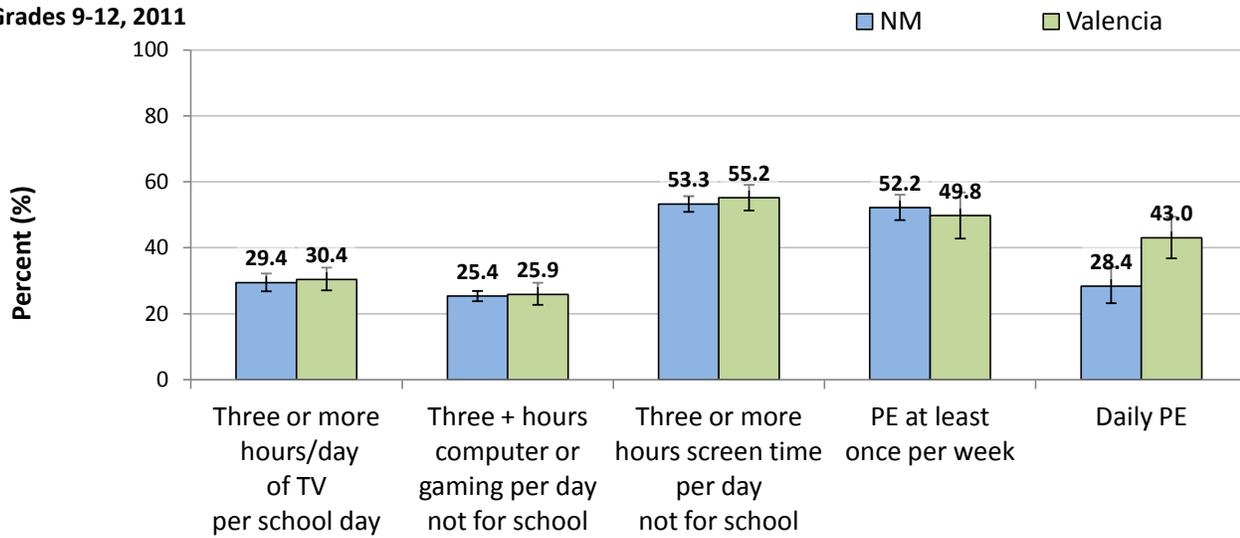
**By Gender, Valencia County**



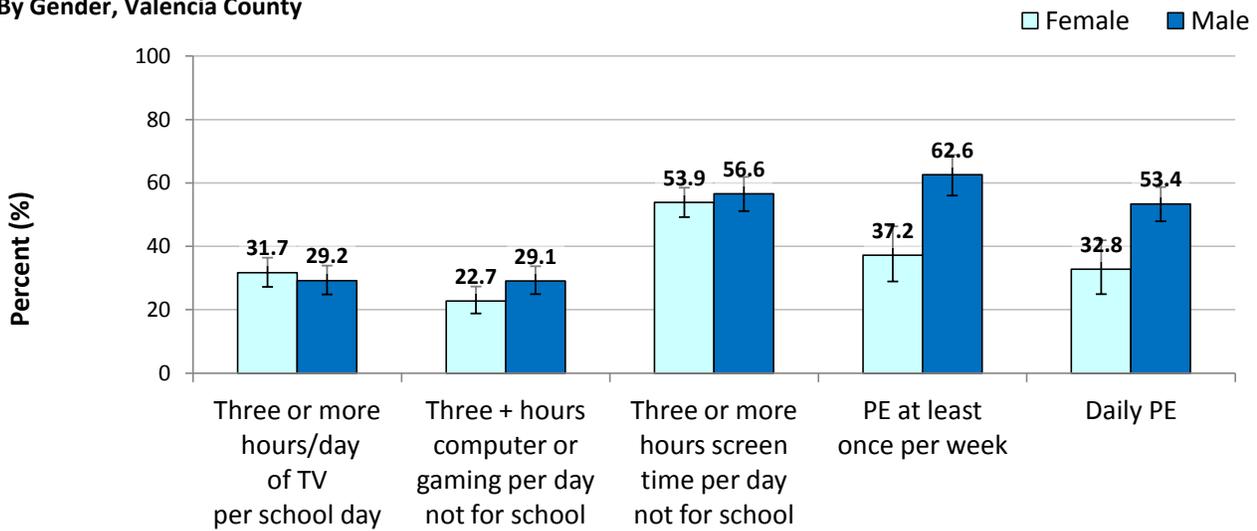
**By Grade, Valencia County**



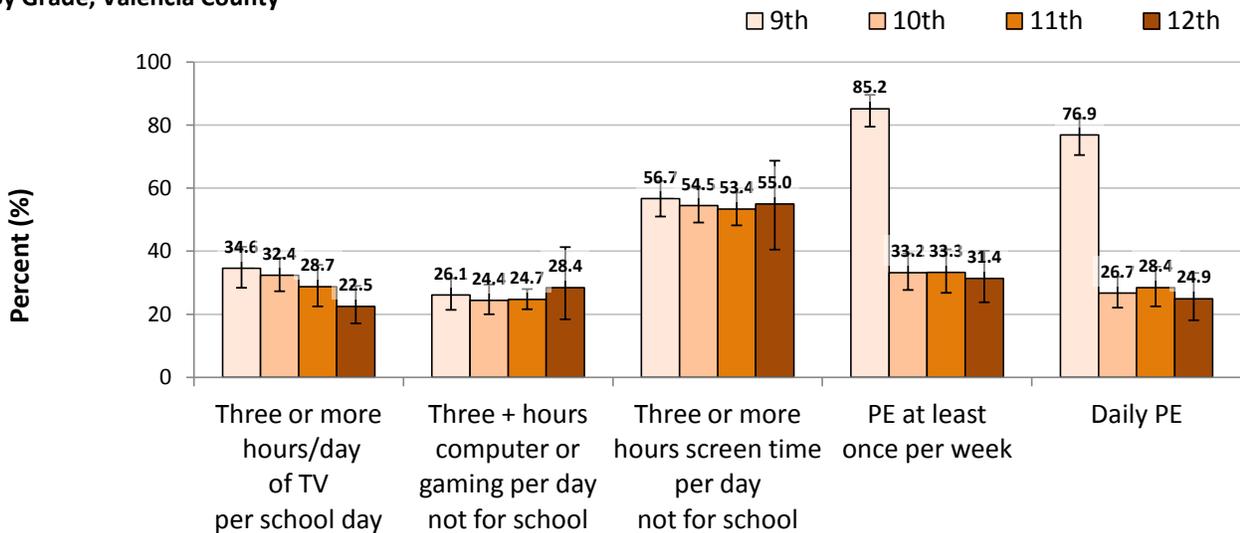
**Physical Activity**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



**By Gender, Valencia County**

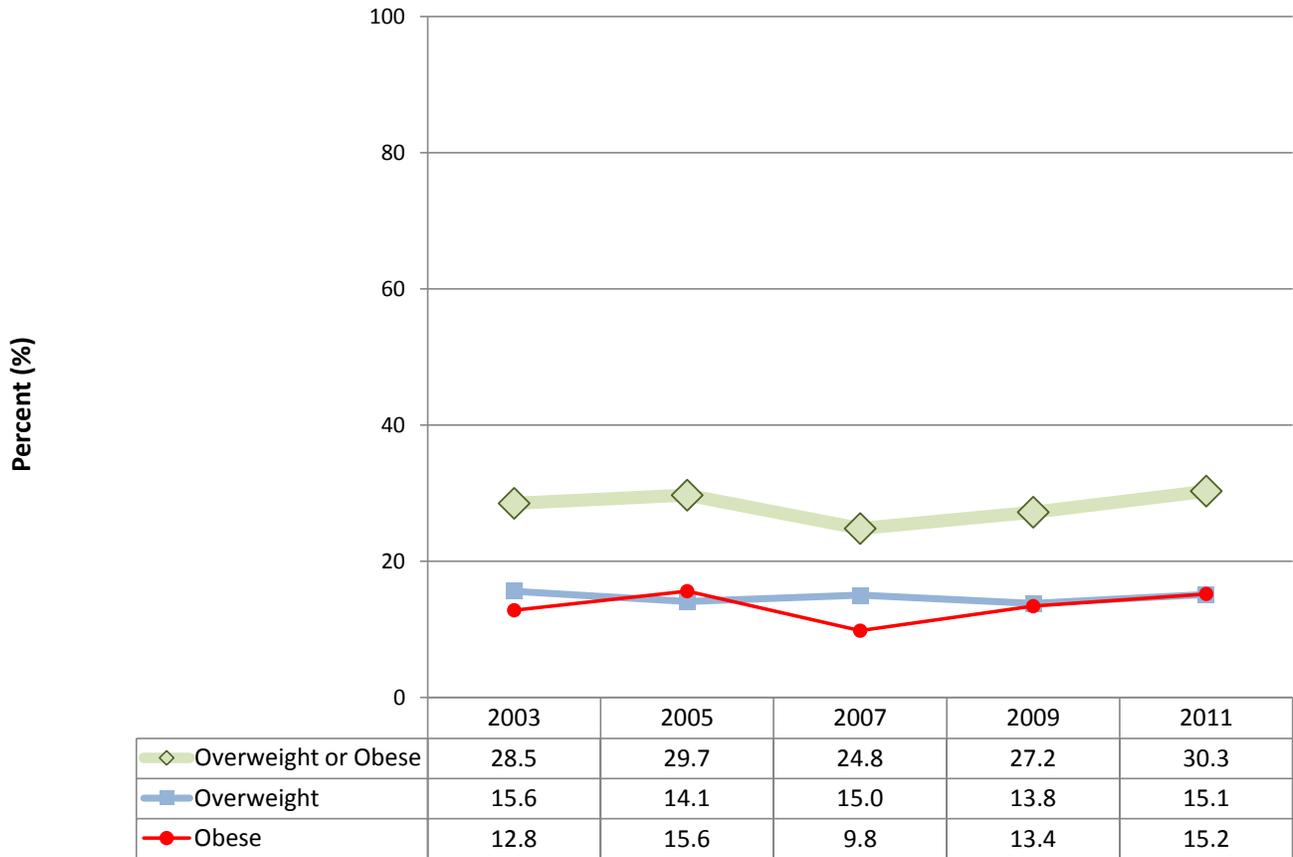


**By Grade, Valencia County**



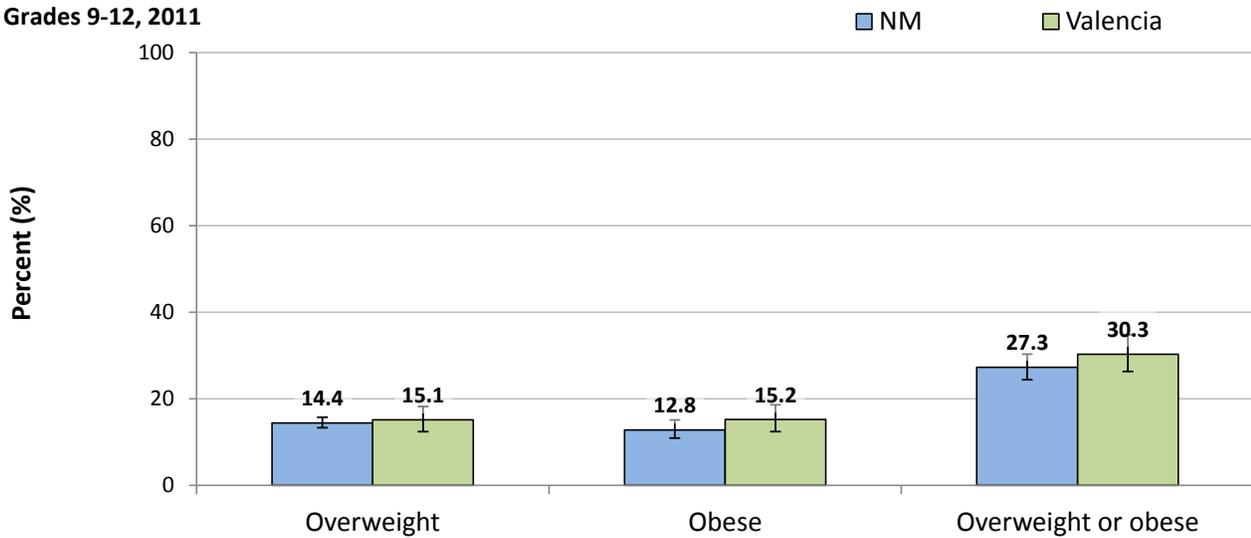
**Body Weight**

**Body Weight Indicators  
 by Year, Valencia County  
 Grades 9-12, 2011**

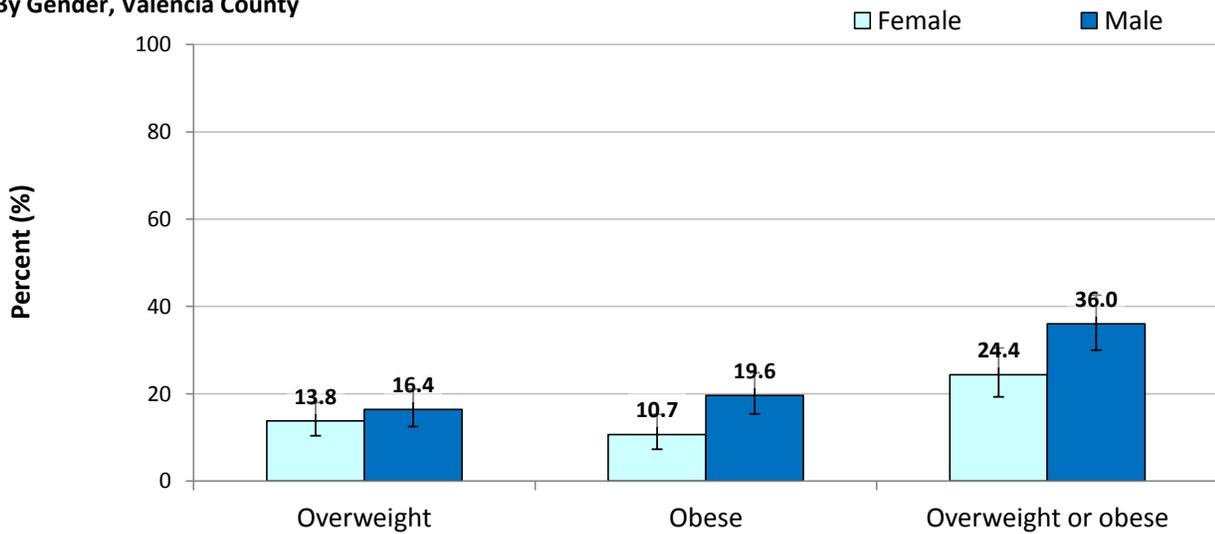




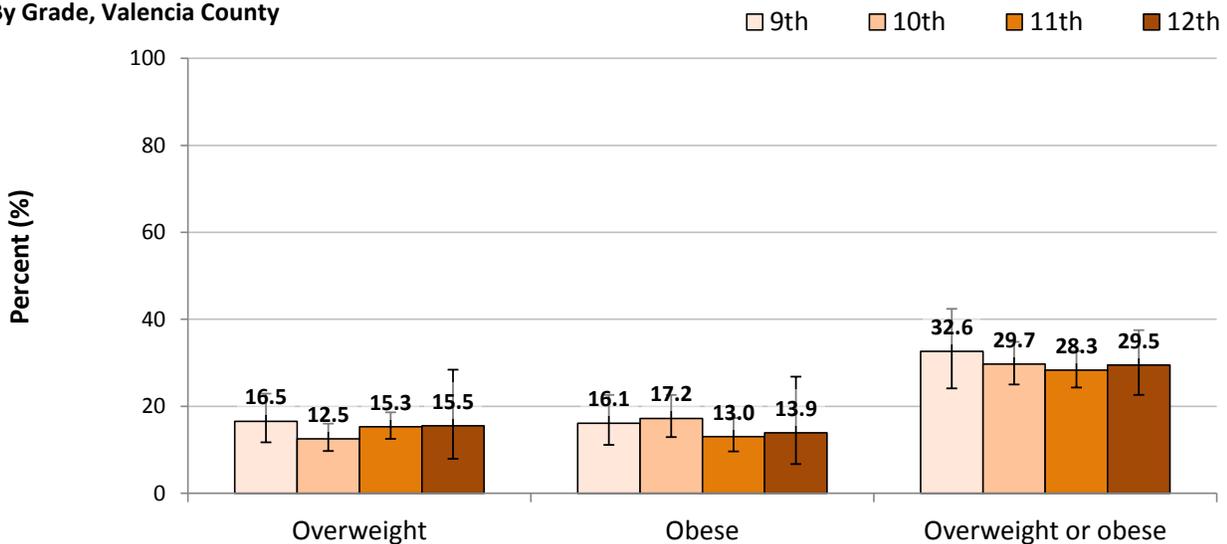
**Body Weight**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



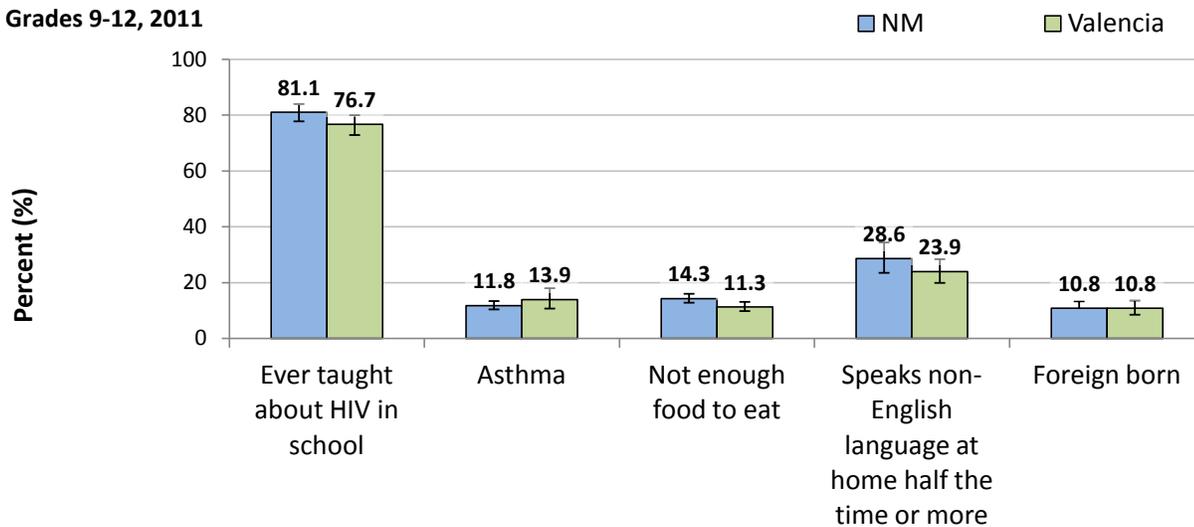
**By Gender, Valencia County**



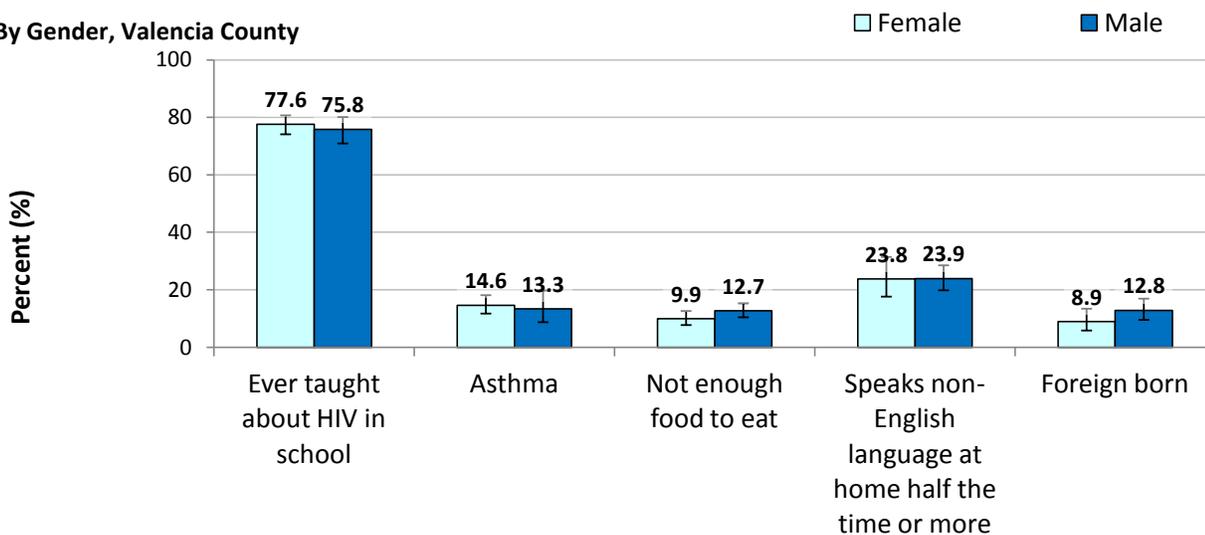
**By Grade, Valencia County**



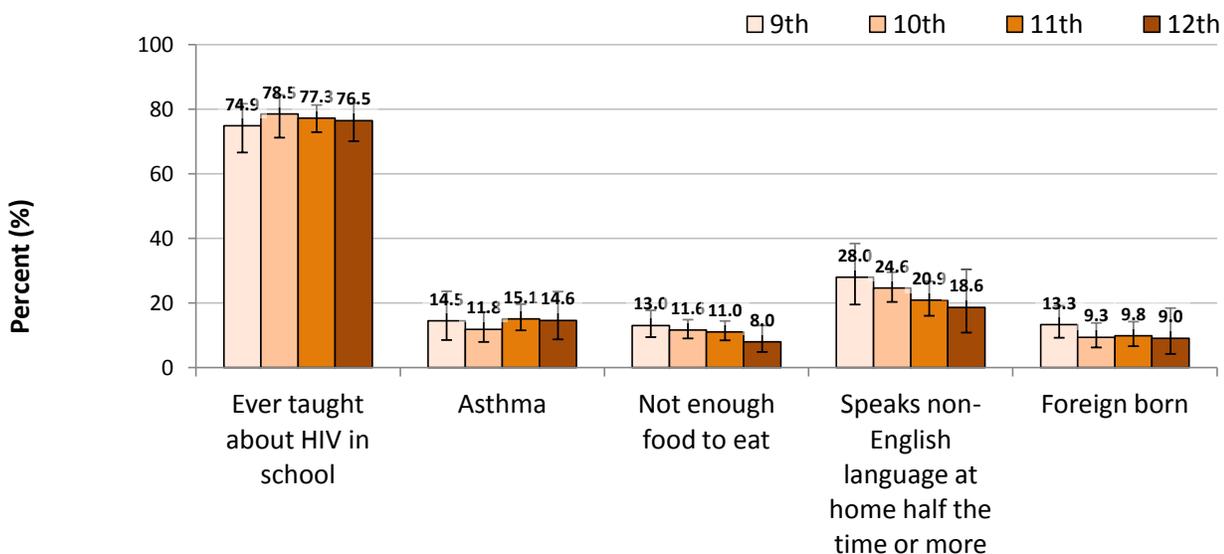
**Other Behaviors and Characteristics**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



**By Gender, Valencia County**



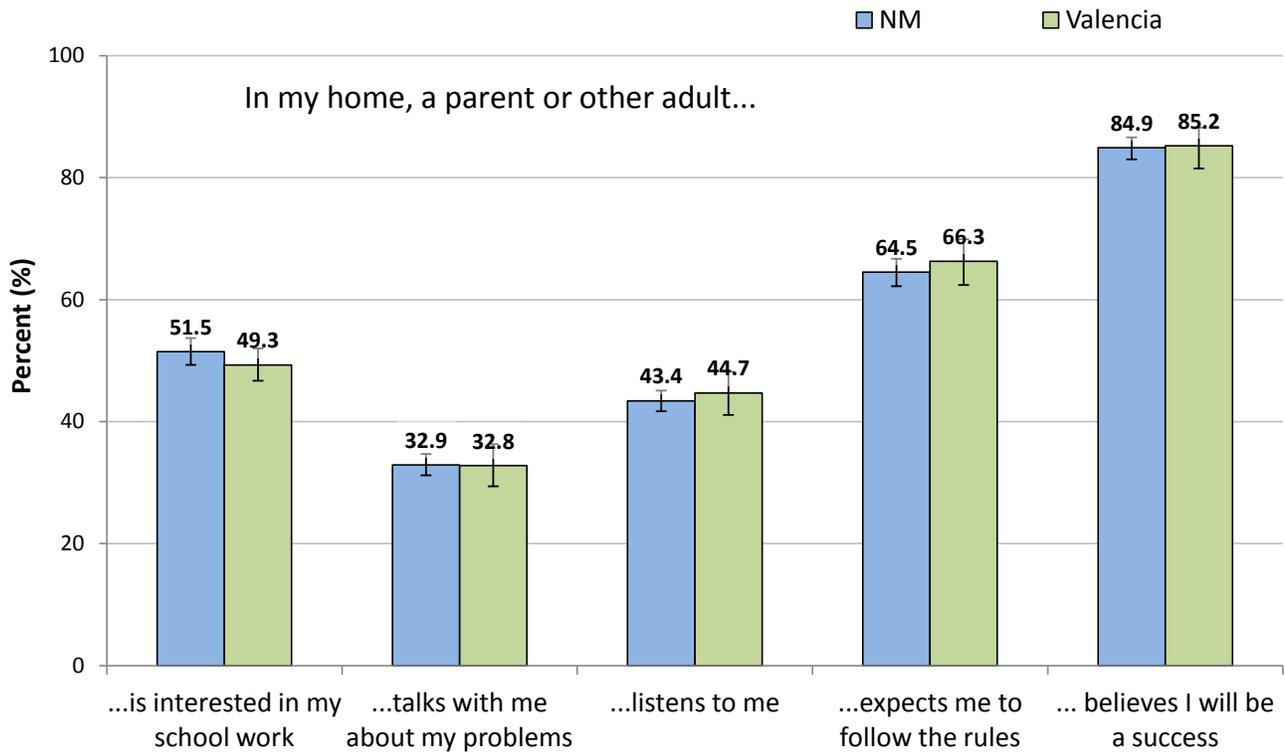
**By Grade, Valencia County**



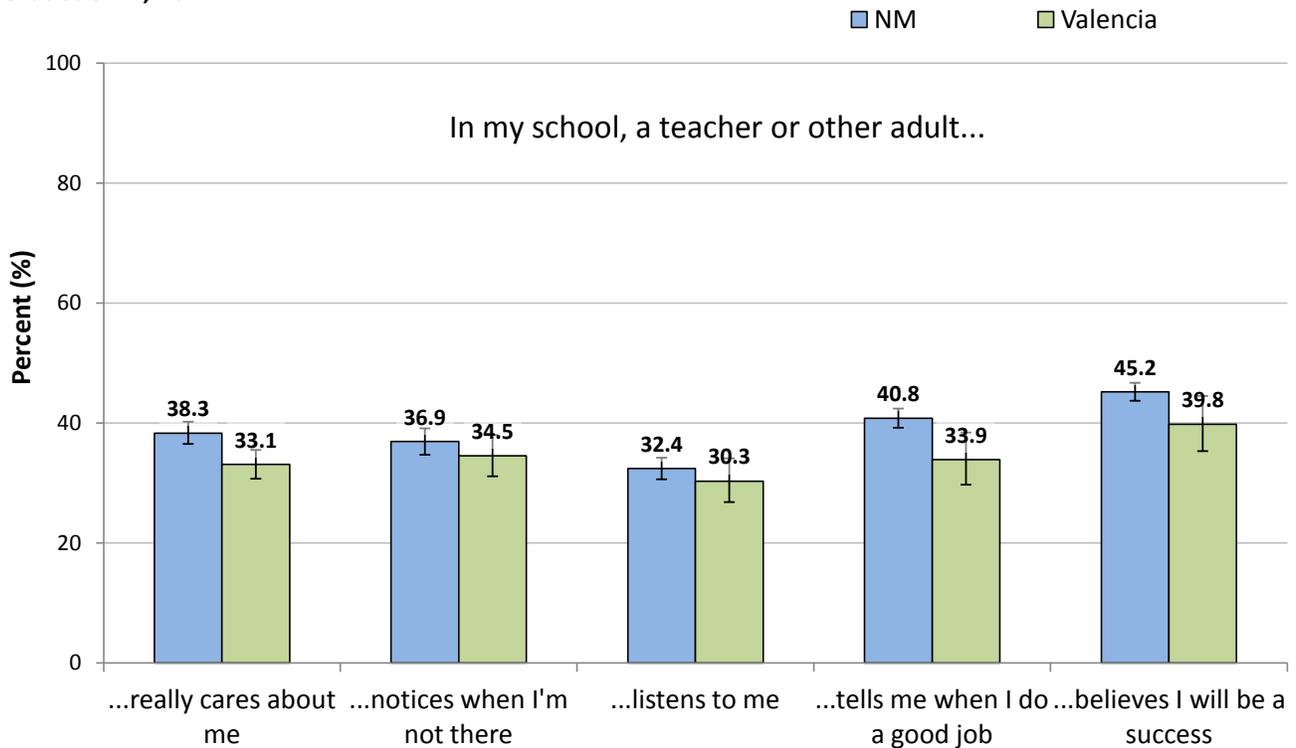
## Resiliency/Protective Factors and Academic Measures



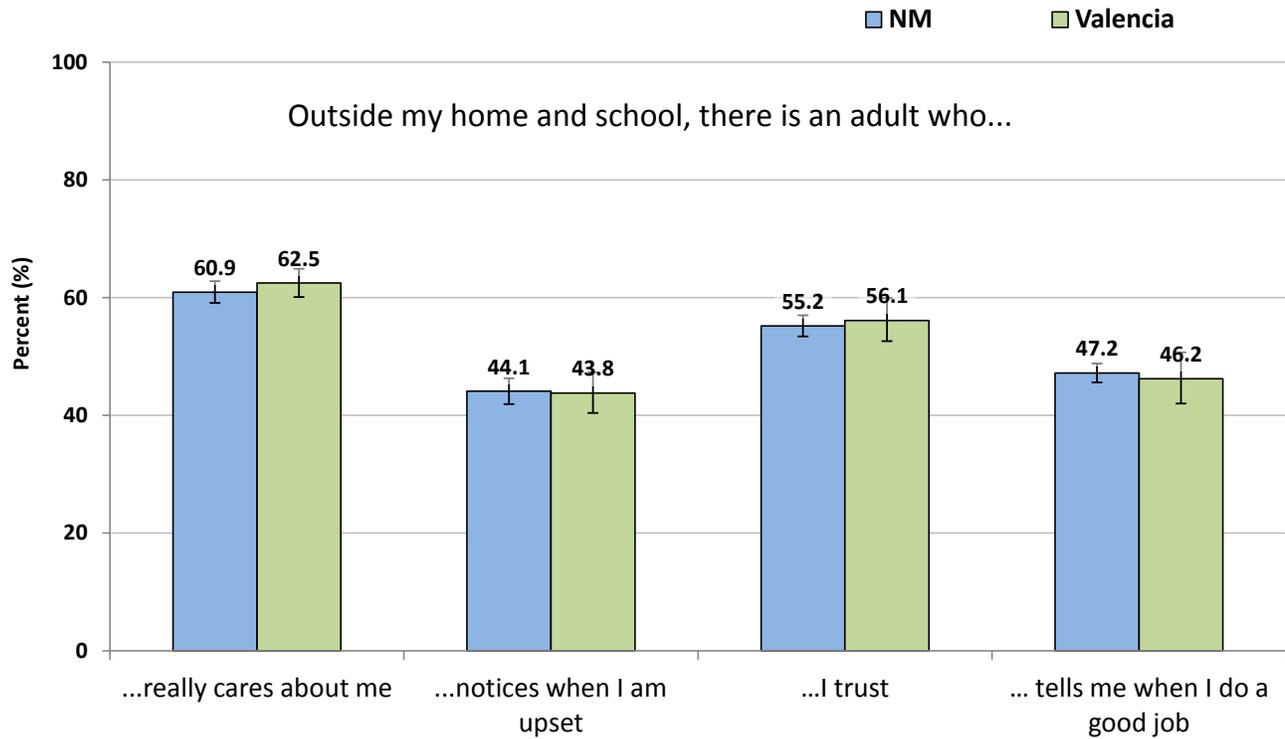
**Caring Relationships and High Expectations in the Home**  
New Mexico and Valencia County  
Grades 9-12, 2011



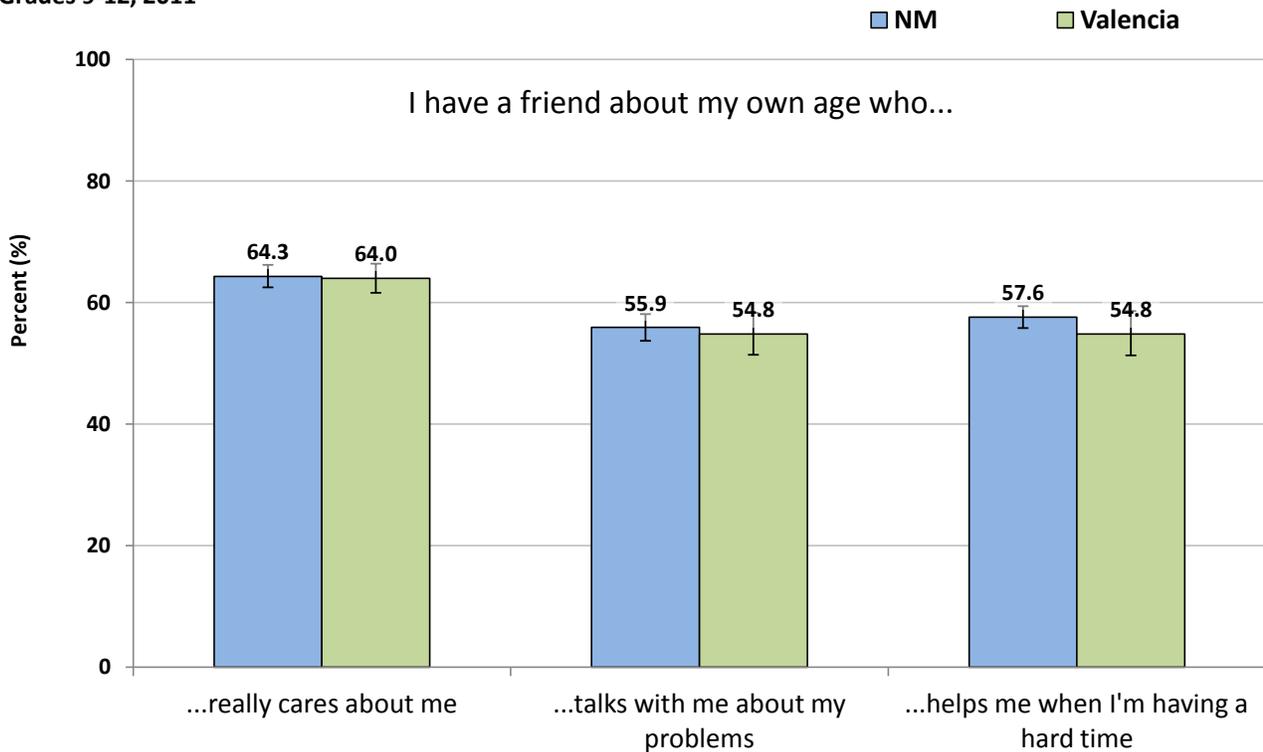
**Caring Relationships and High Expectations in the School**  
Grades 9-12, 2011



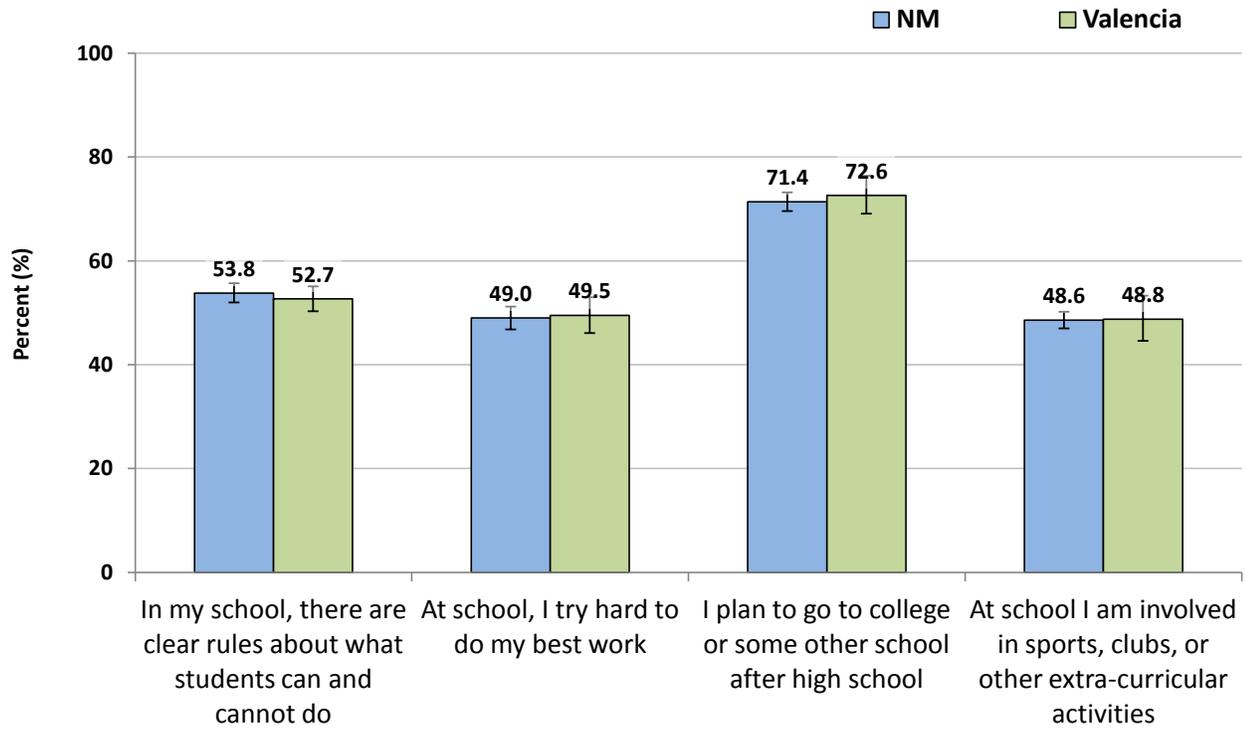
**Caring Relationships and High Expectations in the Community**  
**Grades 9-12, 2011**



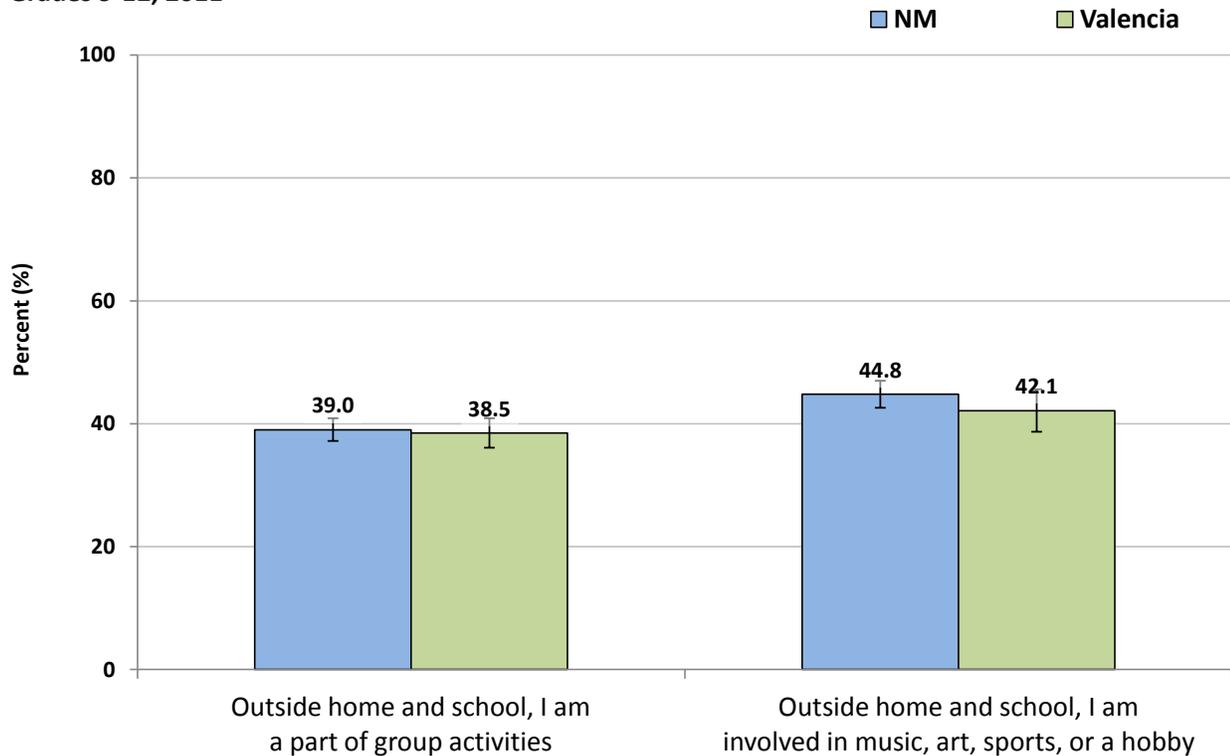
**Peer Relationships**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



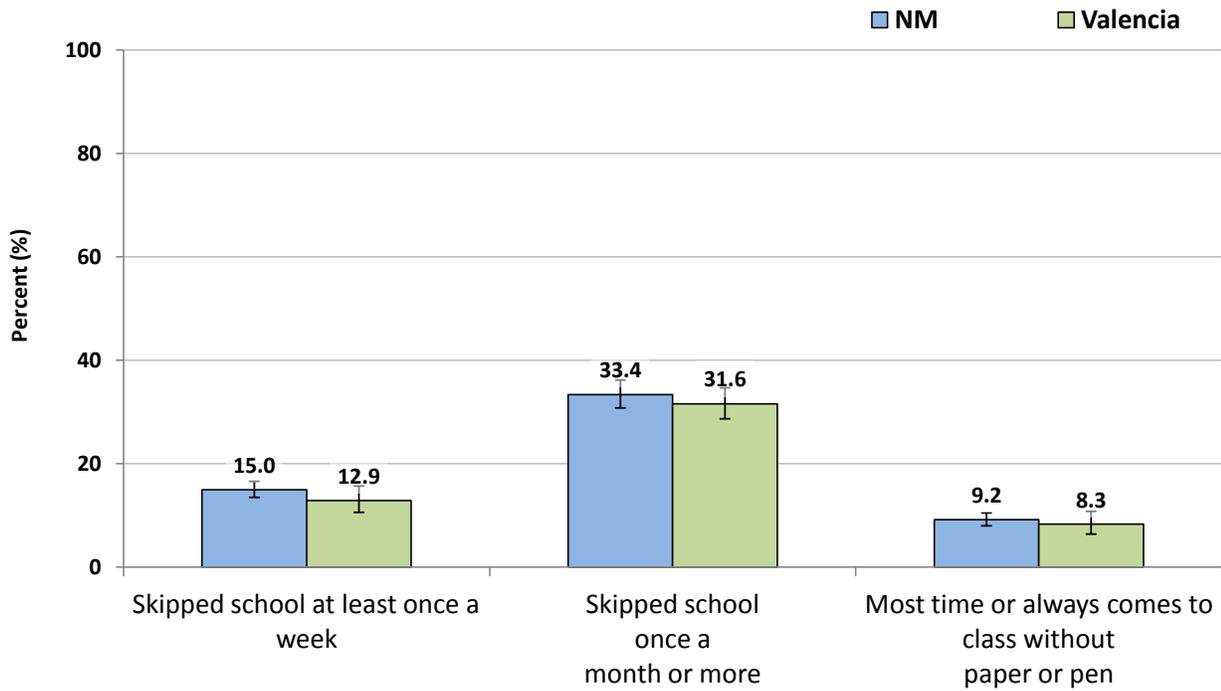
**Relationship to School and Education  
 Grades 9-12, 2011**



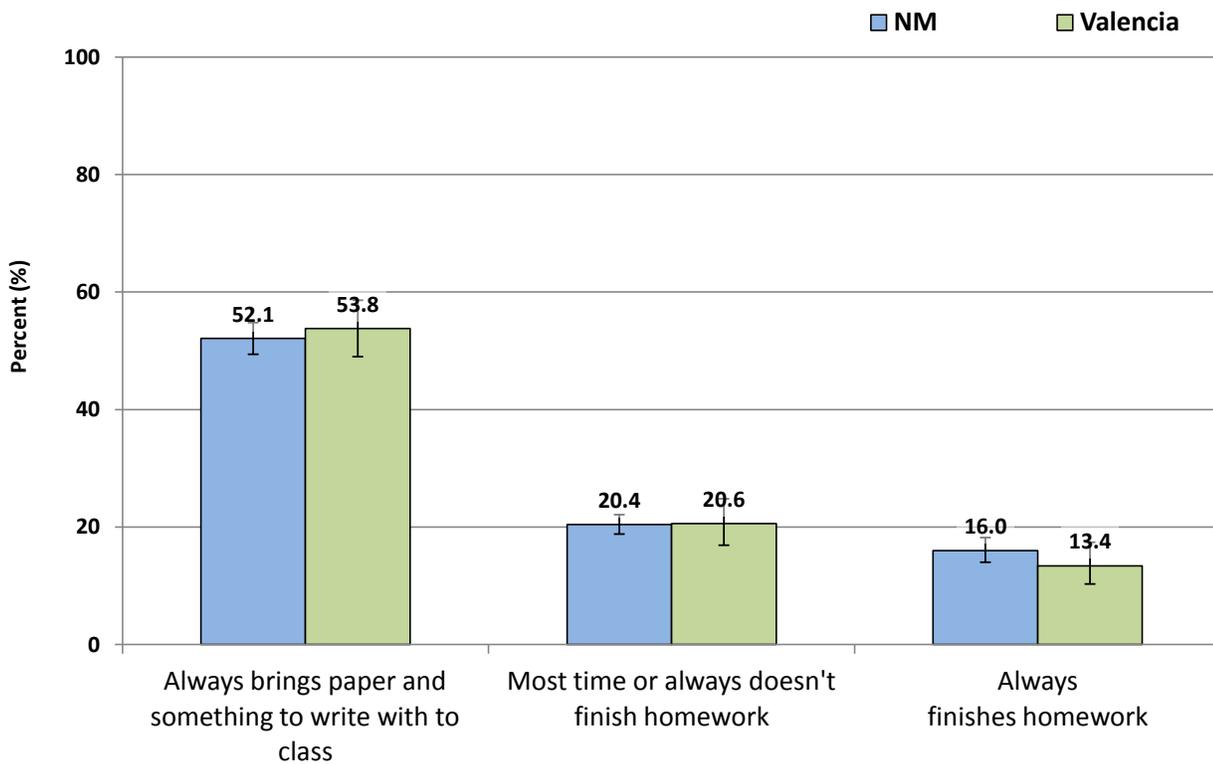
**Involvement in the Community  
 Grades 9-12, 2011**



**Academic Measures**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



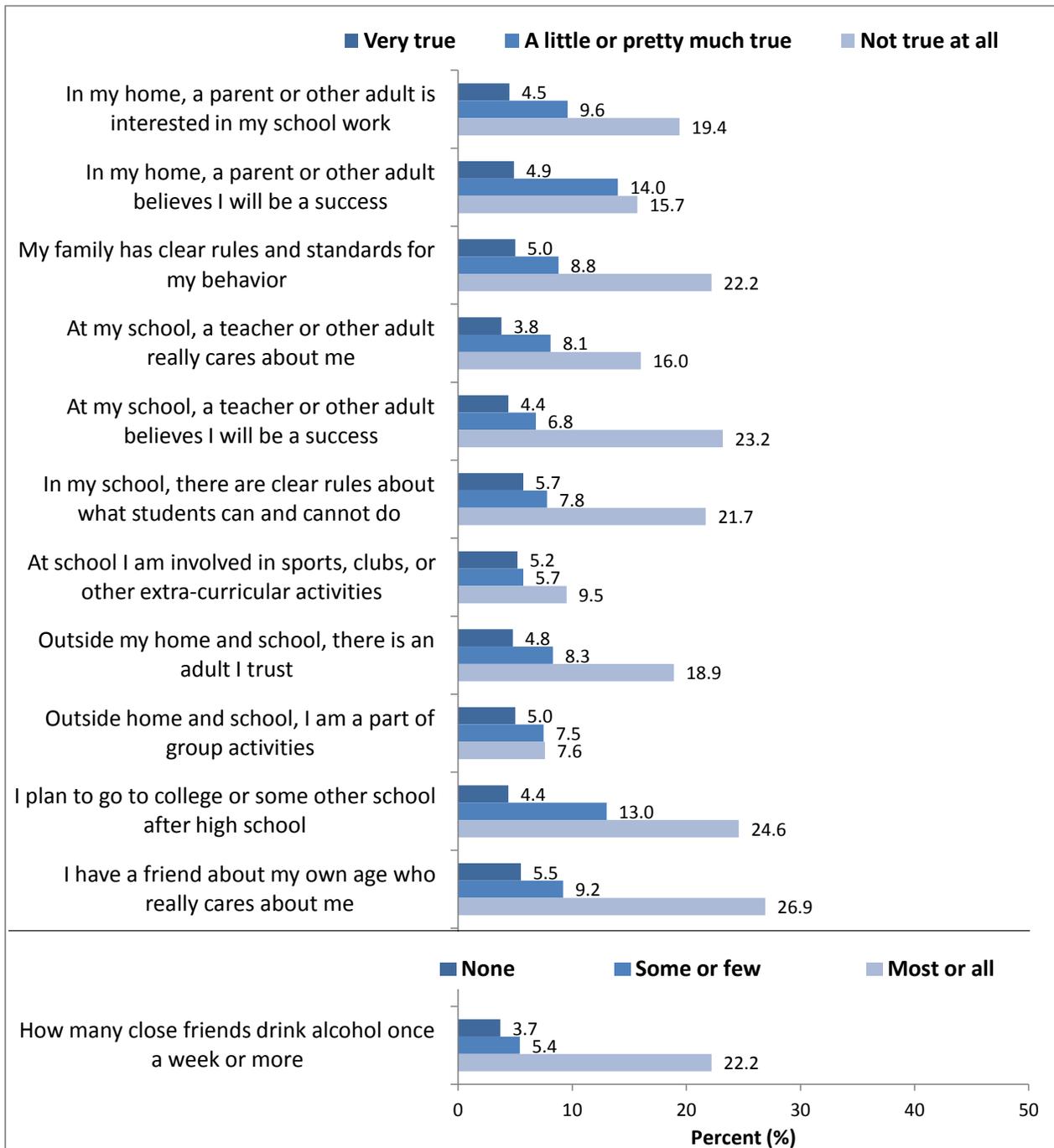
**Academic Measures**  
**New Mexico and Valencia County**  
**Grades 9-12, 2011**



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



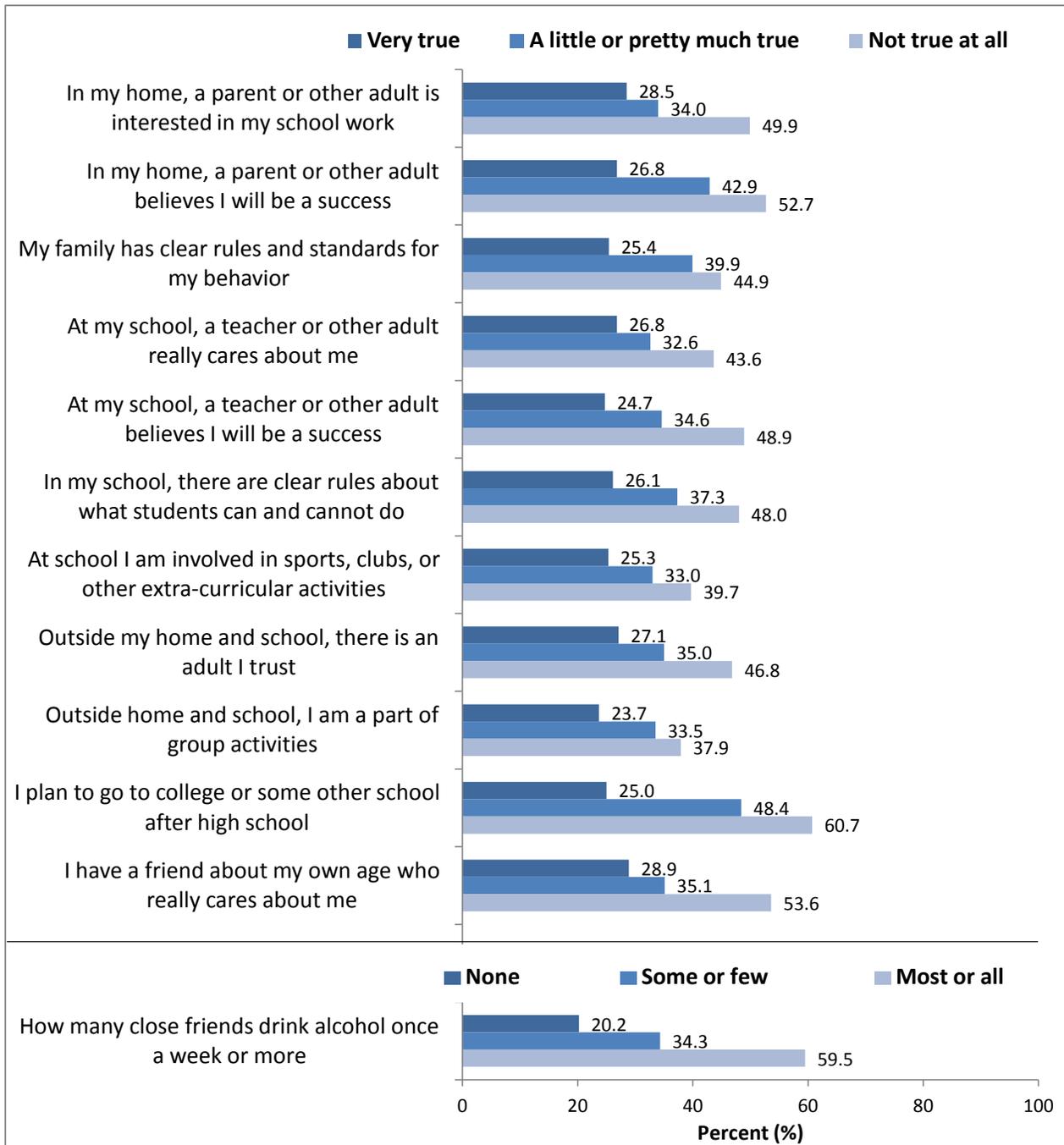
**Rarely or never wore a seatbelt  
by Selected Resiliency Factors  
Valencia County  
Grades 9-12 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 4.5% rarely or never wore a seatbelt.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 9.6% rarely or never wore a seatbelt.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 19.4% rarely or never wore a seatbelt.

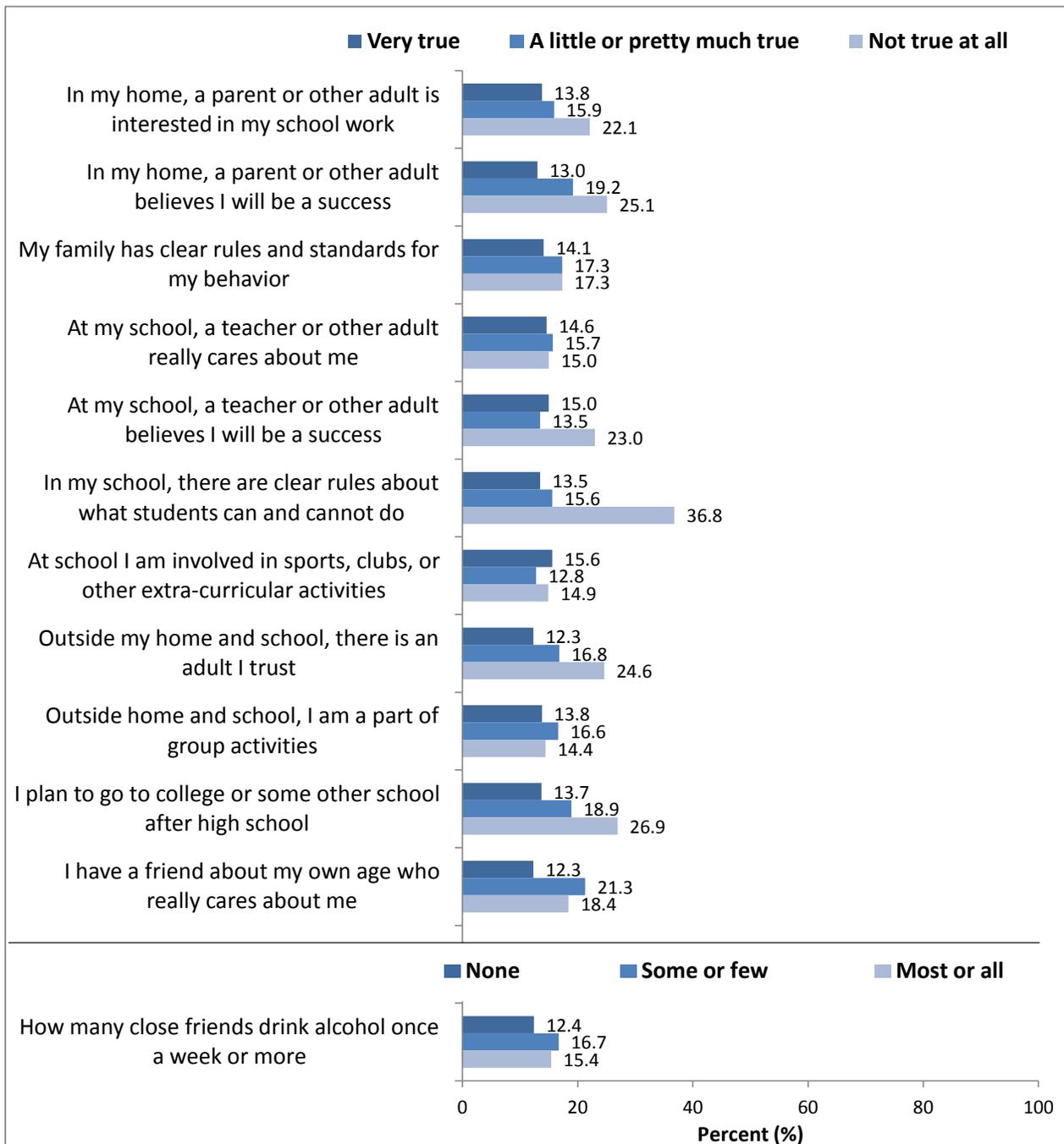
**Was in a fight  
by Selected Resiliency Factors  
Valencia County  
Grades 9-12 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 28.5% were in a physical fight.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 34% were in a physical fight.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 49.9% were in a physical fight.

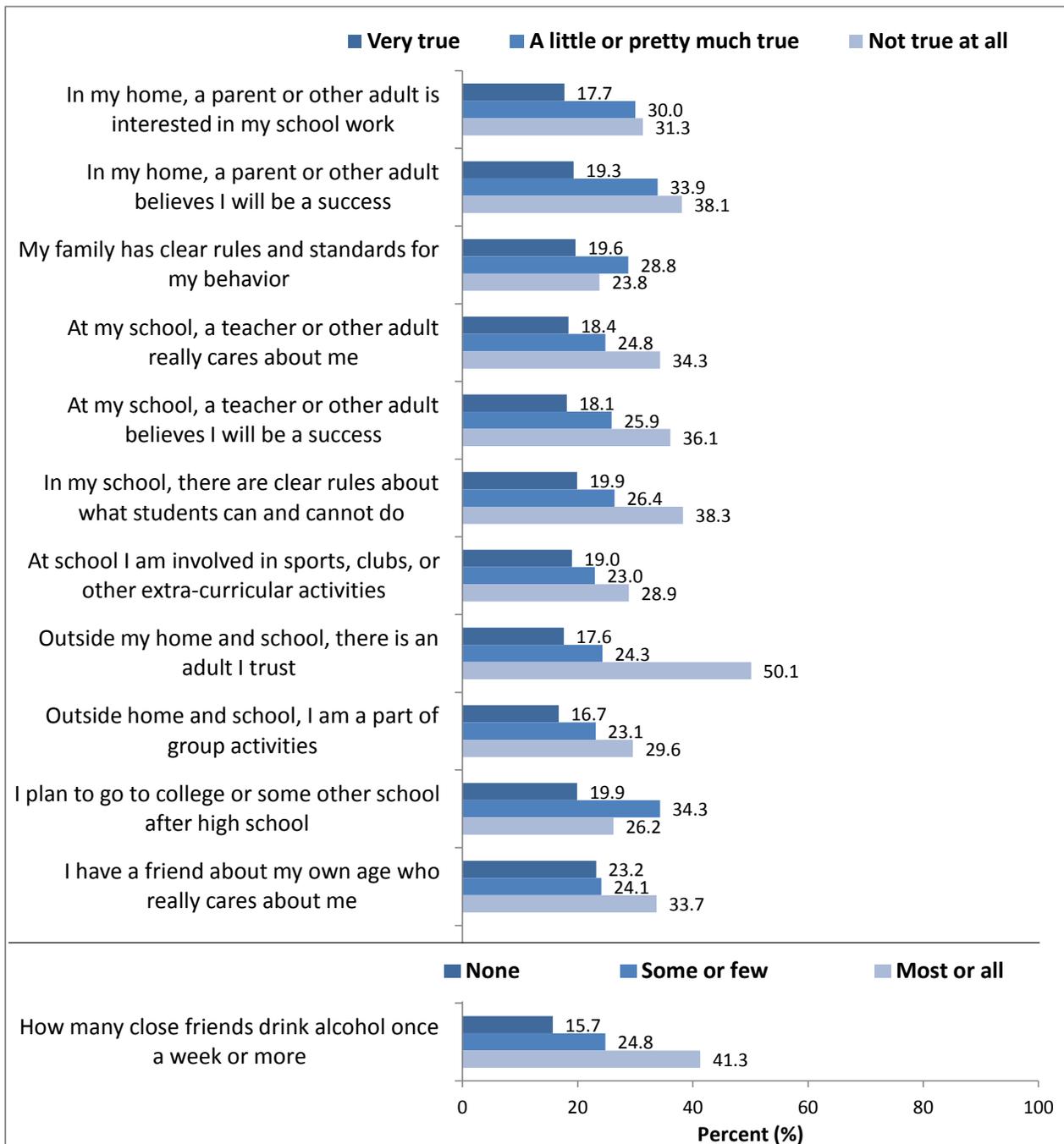
**Bullied on school property  
by Selected Resiliency Factors  
Valencia County  
Grades 9-12 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 13.8% were bullied on school property.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 15.9% were bullied on school property.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 22.1% were bullied on school property.

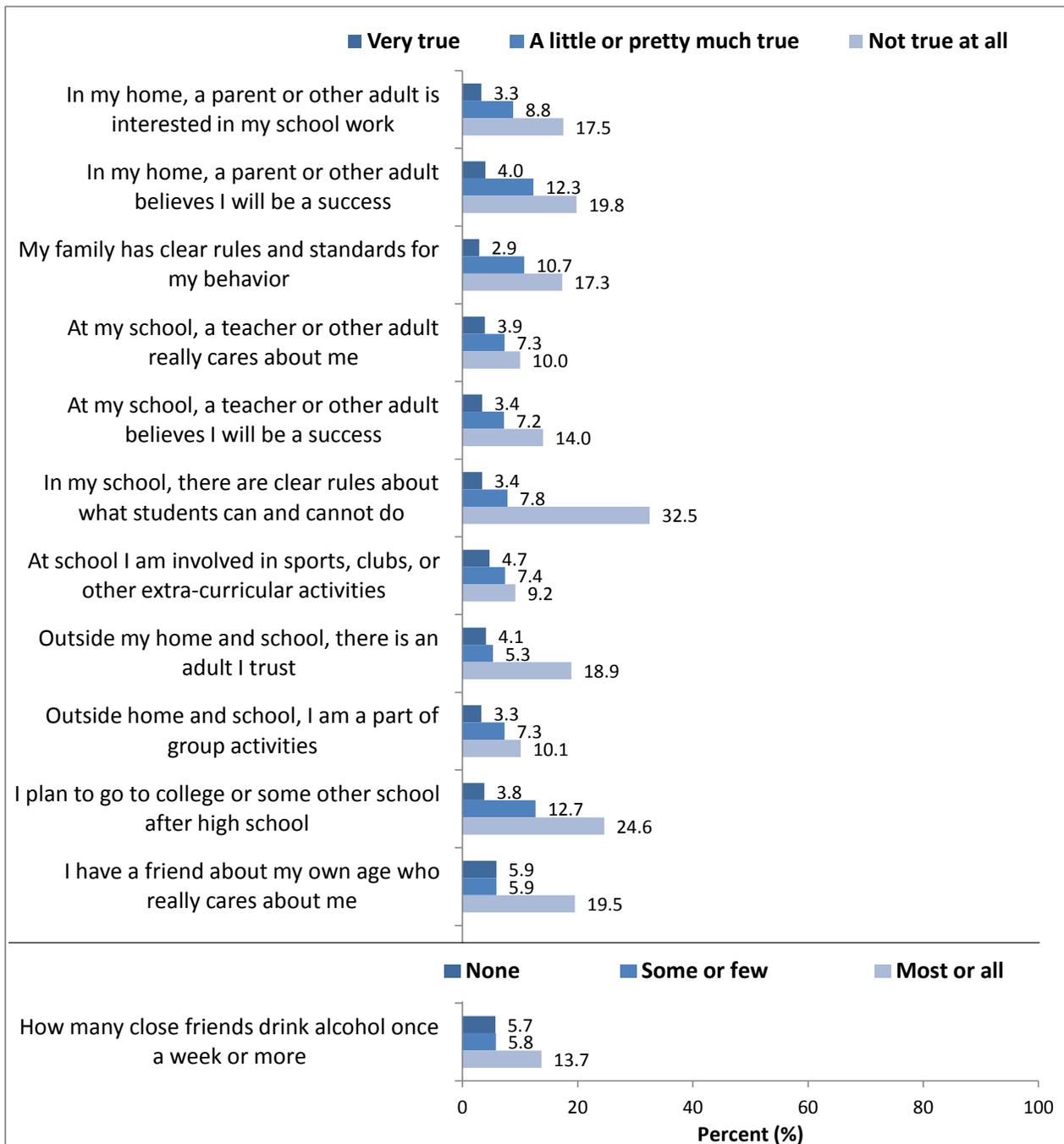
**Felt persistent sadness or hopelessness  
by Selected Resiliency Factors  
Valencia County  
Grades 9-12 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 17.7% felt sadness or hopelessness.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 30% felt sadness or hopelessness.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 31.3% felt sadness or hopelessness.

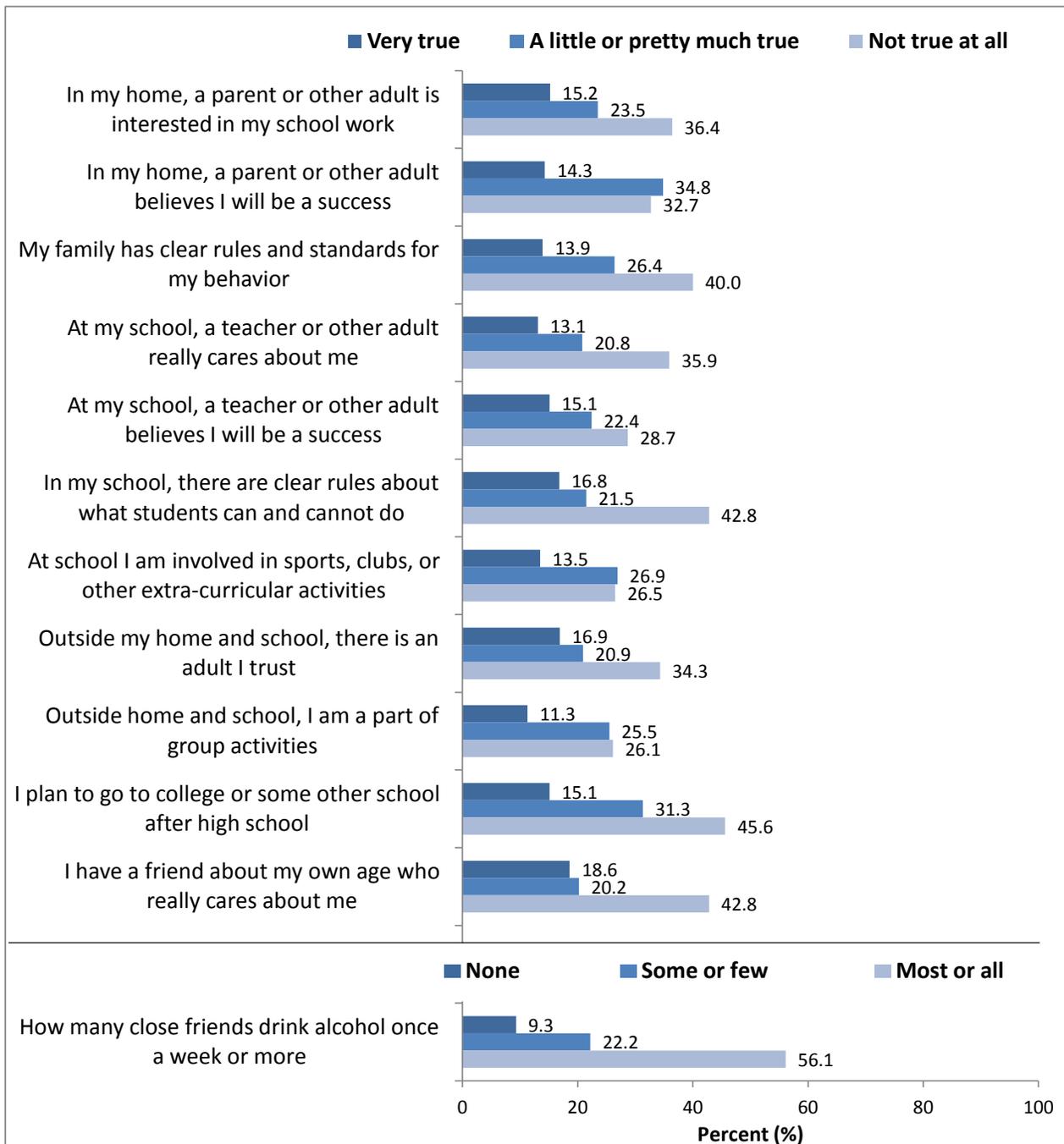
**Attempted suicide  
by Selected Resiliency Factors  
Valencia County  
Grades 9-12 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 3.3% attempted suicide.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 8.8% attempted suicide.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 17.5% attempted suicide.

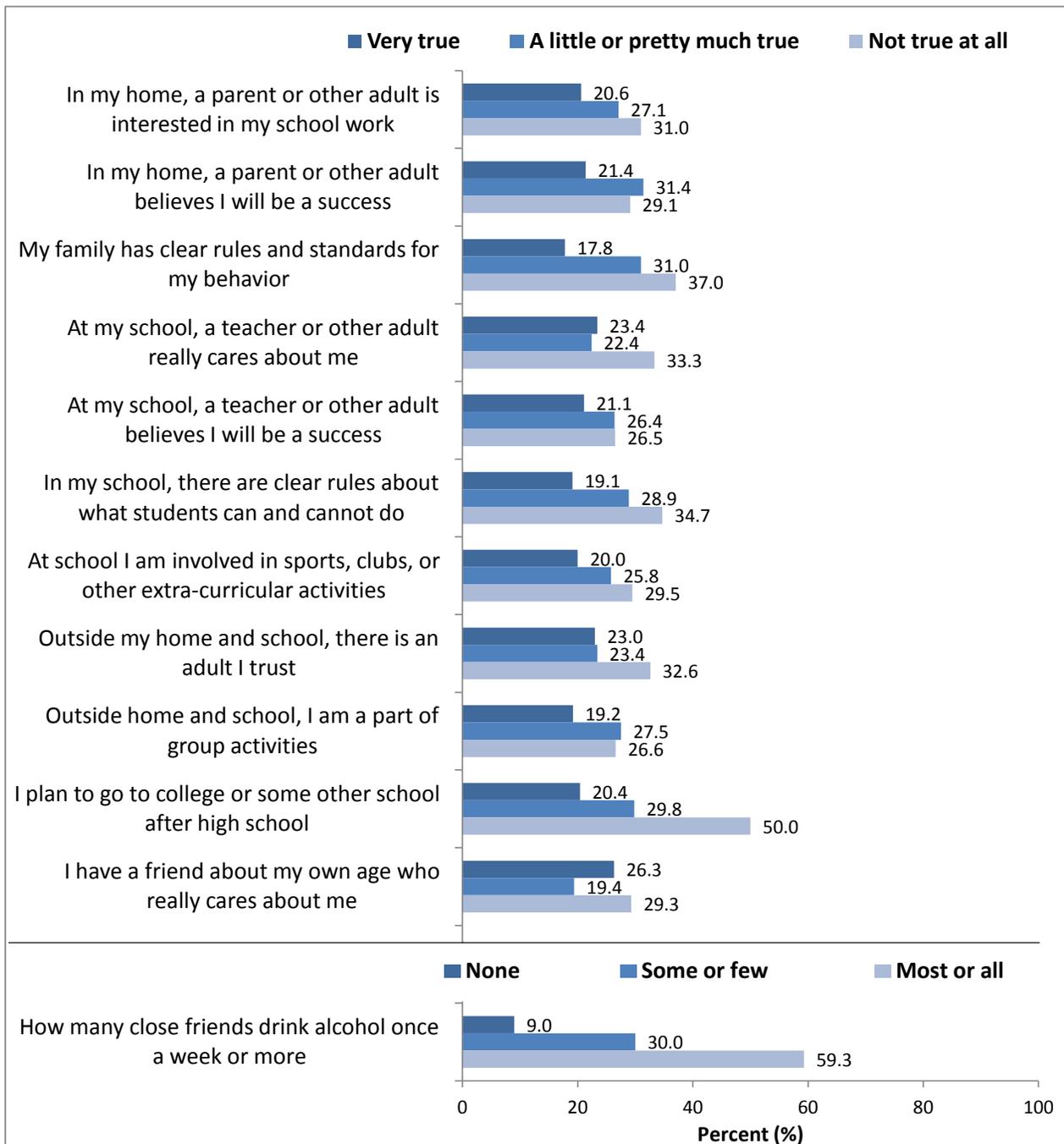
**Current cigarettesmoking  
by Selected Resiliency Factors  
Valencia County  
Grades 9-12 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 15.2% were current cigarette smokers.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 23.5% were current cigarette smokers.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 36.4% were current cigarette smokers.

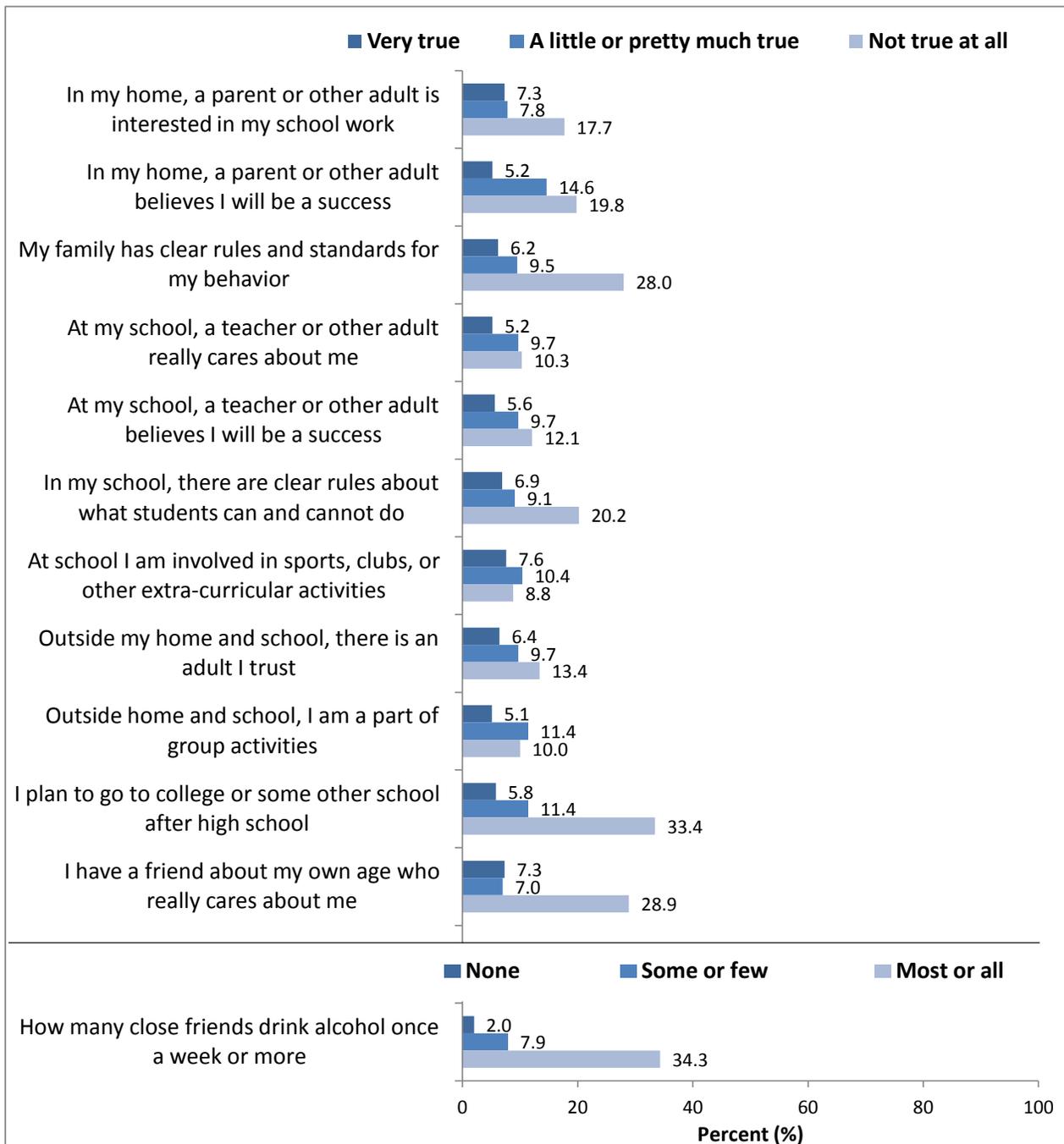
**Binge drinker  
by Selected Resiliency Factors  
Valencia County  
Grades 9-12 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 20.6% were binge drinkers.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 27.1% were binge drinkers.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 31% were binge drinkers.

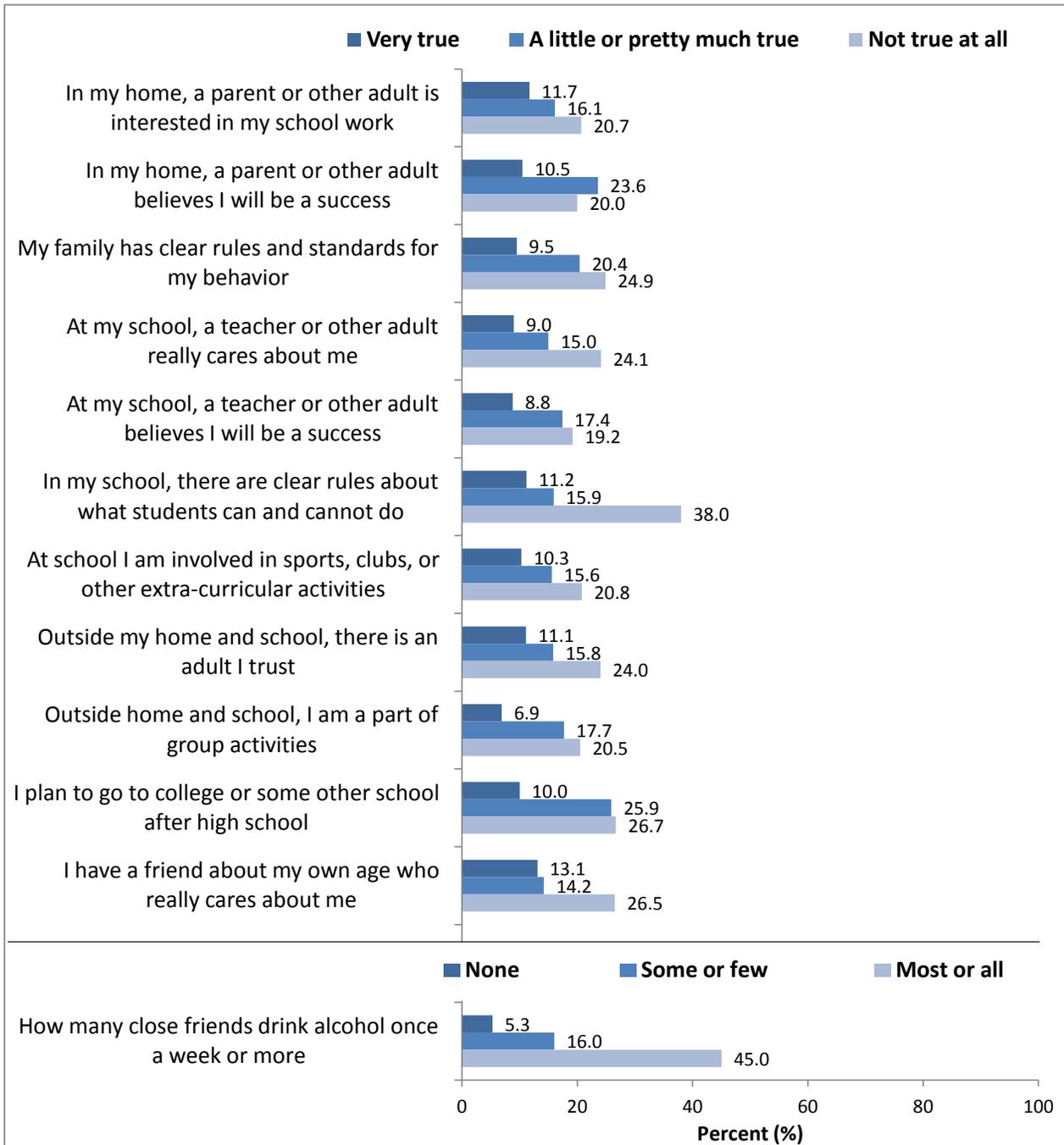
**Drinking and driving**  
**by Selected Resiliency Factors**  
**Valencia County**  
**Grades 9-12 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 7.3% drove when they had been drinking.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 7.8% drove when they had been drinking.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 17.7% drove when they had been drinking.

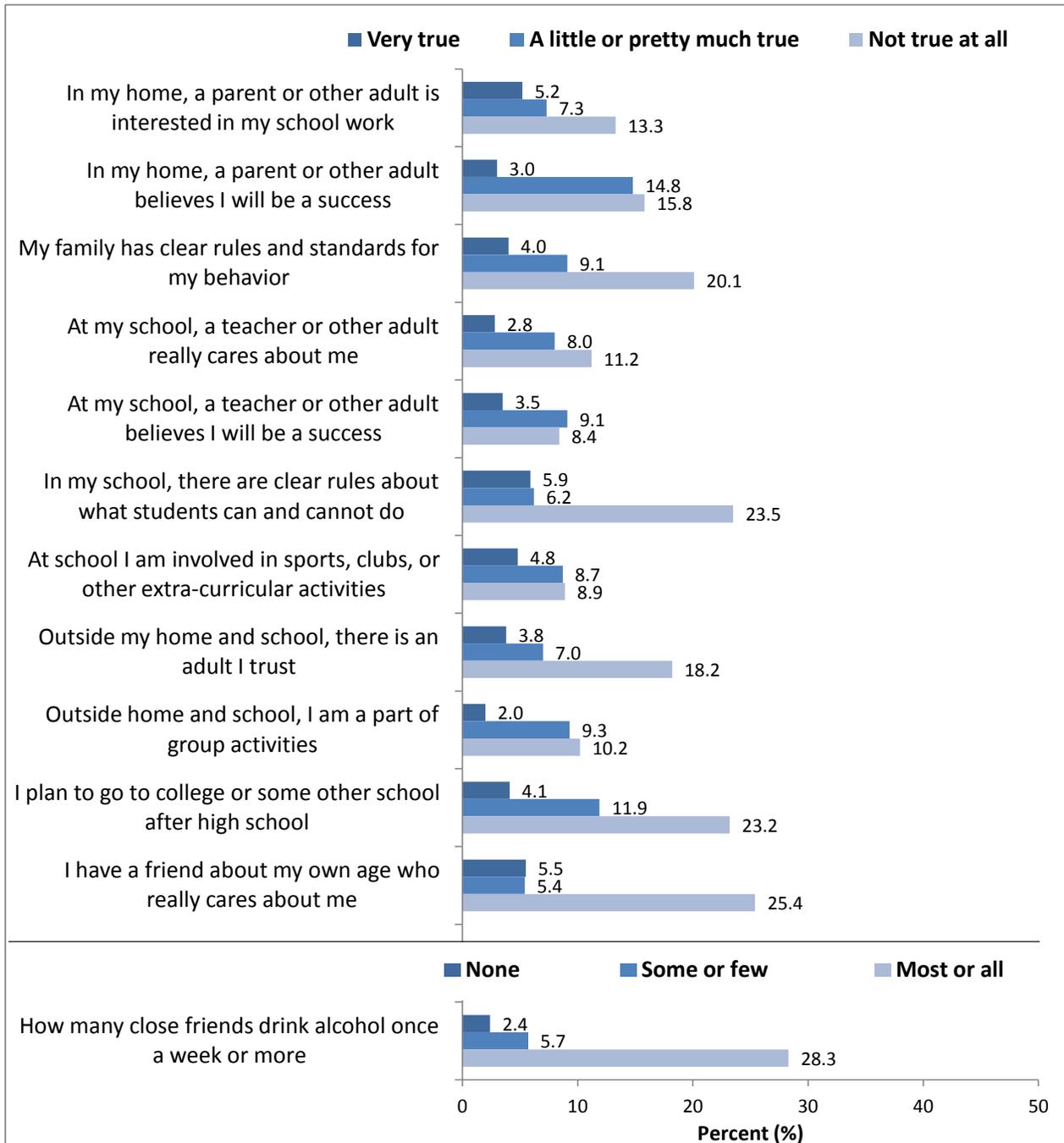
**Used painkillers to get high in the past 30 days  
by Selected Resiliency Factors  
Valencia County  
Grades 9-12 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 11.7% used painkillers to get high.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 16.1% used painkillers to get high.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 20.7% used painkillers to get high.

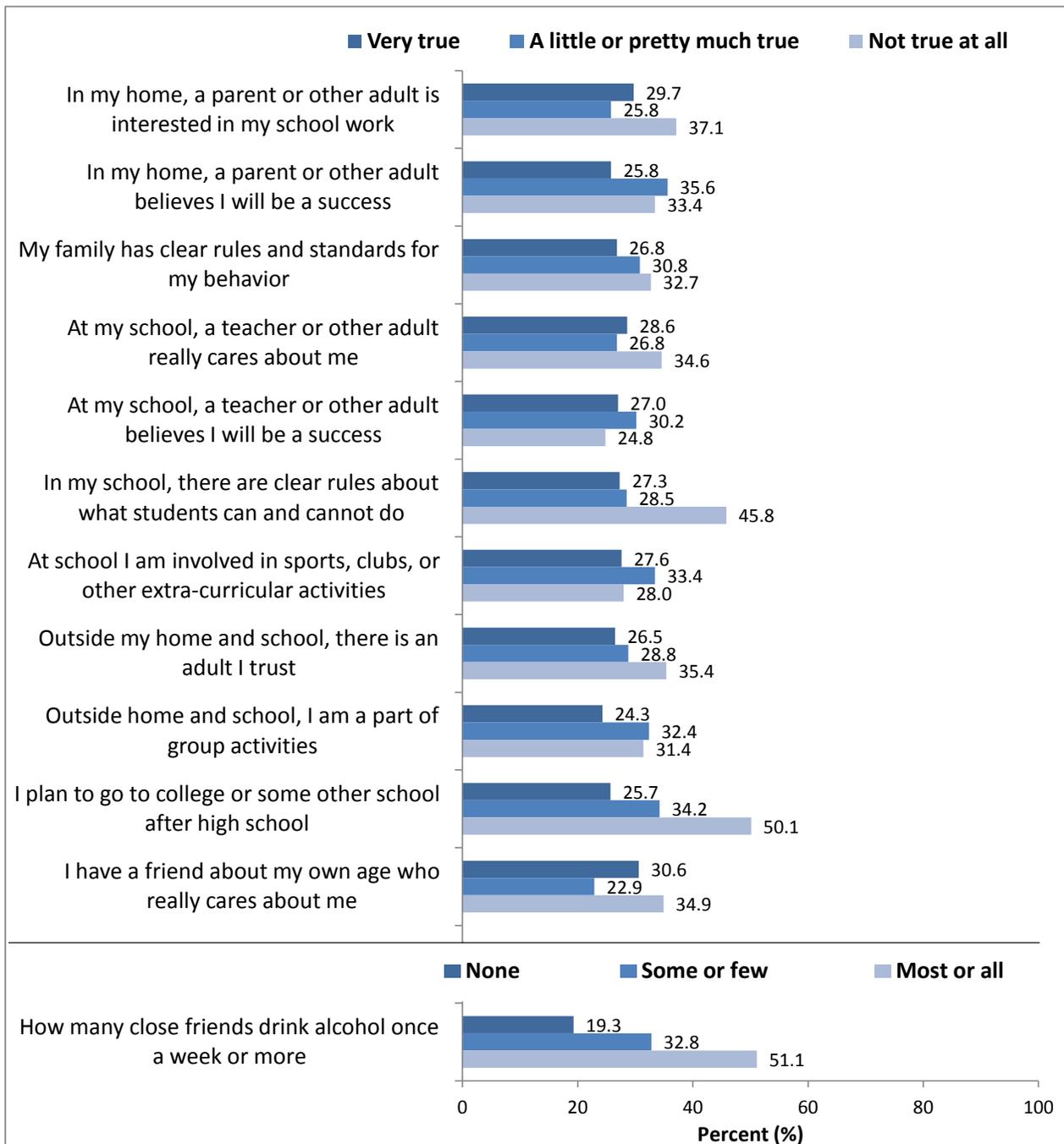
**Used cocaine in the past 30 days  
by Selected Resiliency Factors  
Valencia County  
Grades 9-12 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 5.2% used cocaine.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 7.3% used cocaine.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 13.3% used cocaine.

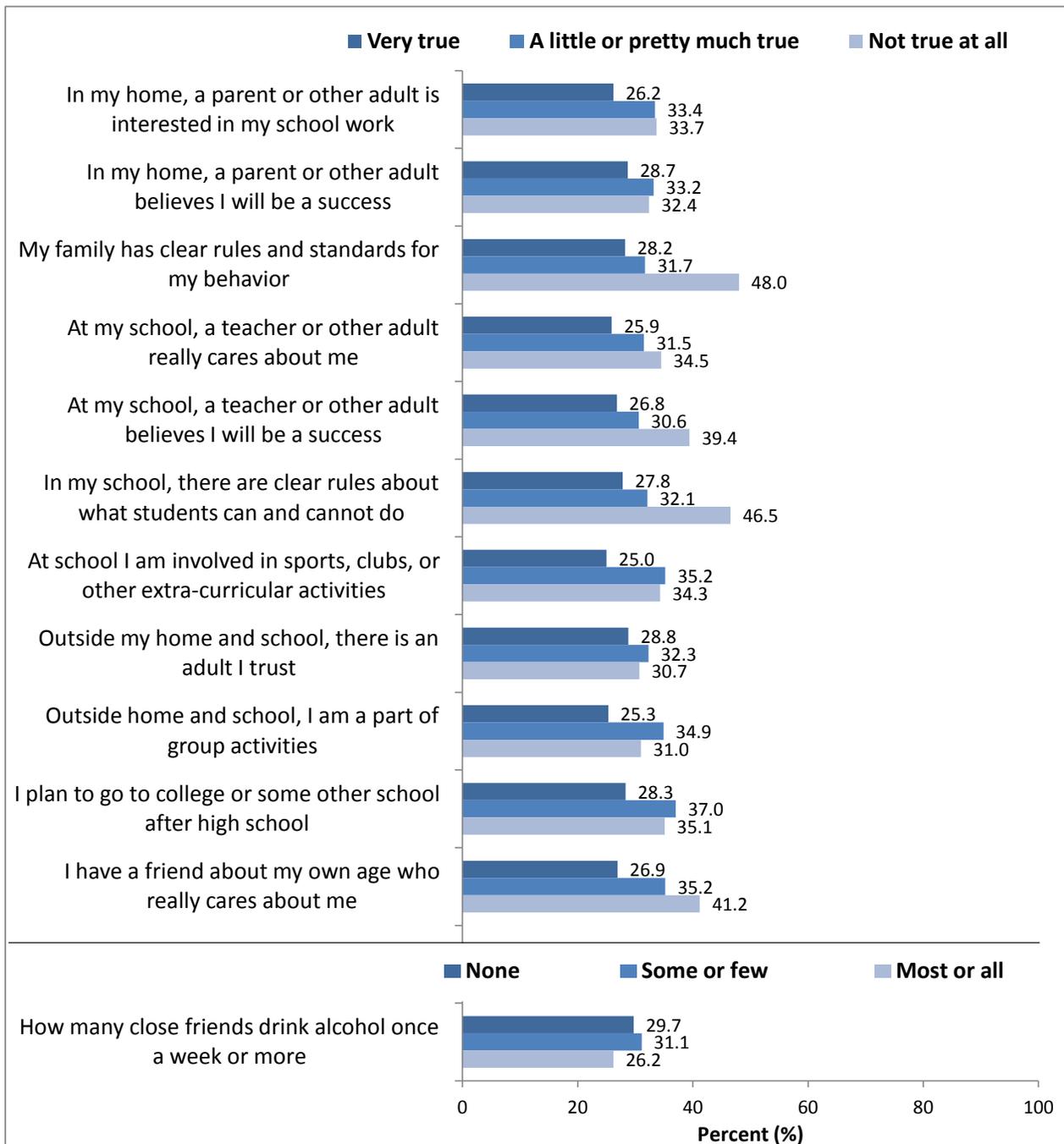
**Sexually active  
by Selected Resiliency Factors  
Valencia County  
Grades 9-12 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 29.7% were sexually active.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 25.8% were sexually active.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 37.1% were sexually active.

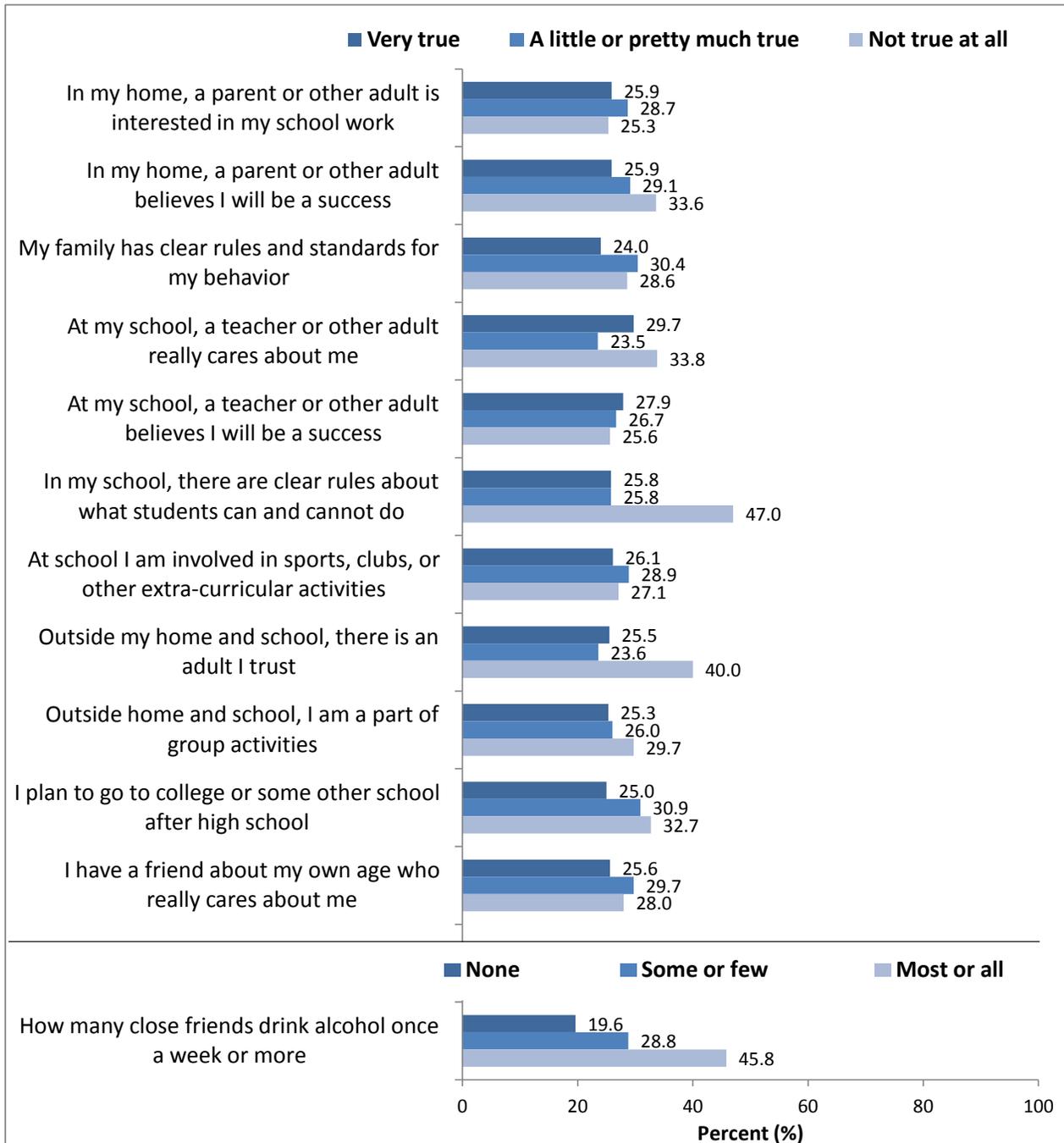
**Overweight Or Obese  
by Selected Resiliency Factors  
Valencia County  
Grades 9-12 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 26.2% were overweight or obese.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 33.4% were overweight or obese.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 33.7% were overweight or obese.

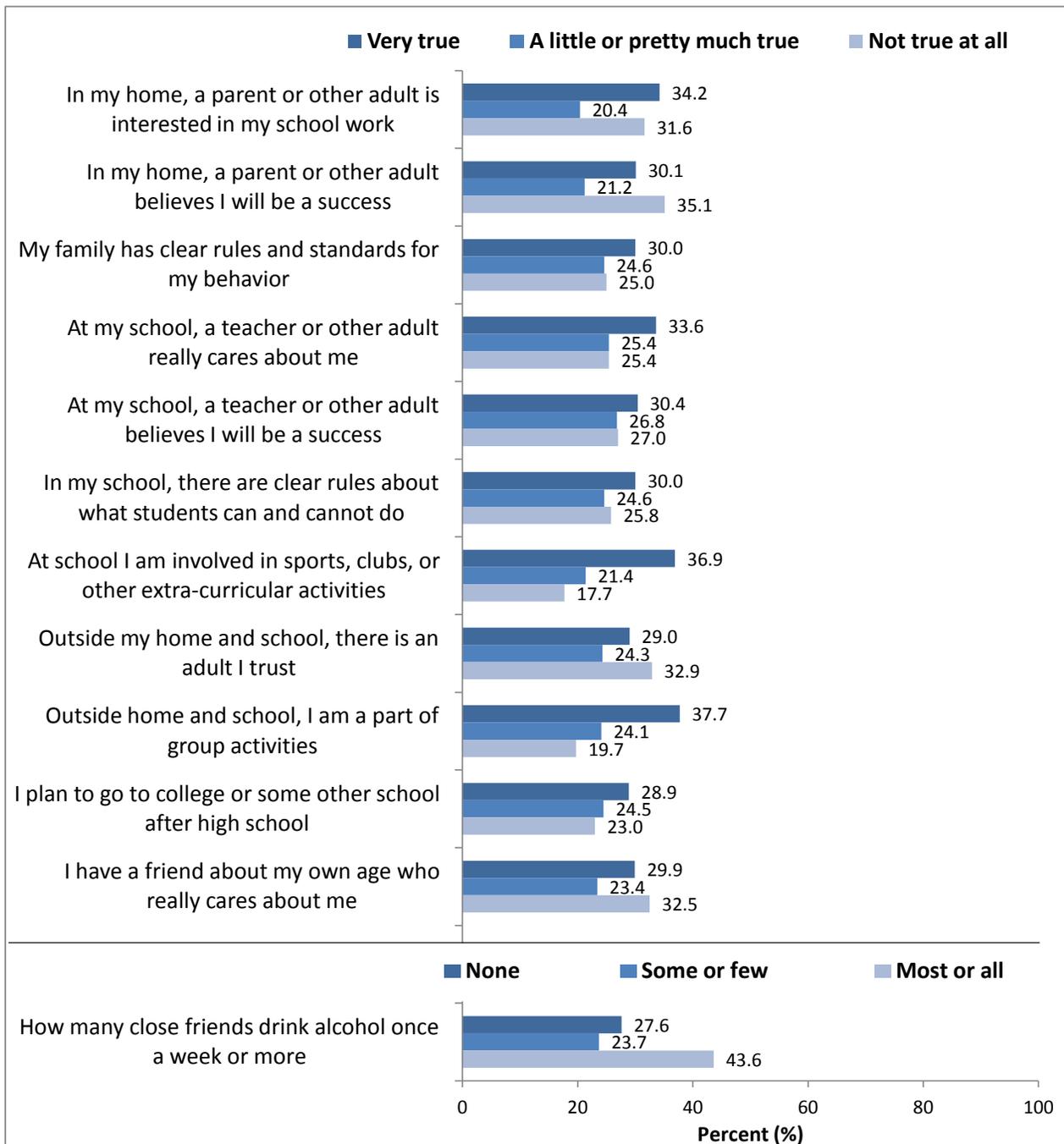
**Drank one or more sodas per day  
by Selected Resiliency Factors  
Valencia County  
Grades 9-12 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 25.9% drank one or more sodas per day.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 28.7% drank one or more sodas per day.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 25.3% drank one or more sodas per day.

**Daily physical activity  
by Selected Resiliency Factors  
Valencia County  
Grades 9-12 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 34.2% engaged in daily physical activity.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 20.4% engaged in daily physical activity.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 31.6% engaged in daily physical activity.

## Appendix A

### Questionnaire with Results



**2011 High School Questionnaire**  
**NM YRRS**  
**Valencia County**

(1792 respondents; Response rate = 75%)

<b><u>Personal Information</u></b>	<b><u>Number of responses</u></b>	<b><u>%</u></b>
1. How old are you?		
A. 12 years old or younger	10	0.6%
B. 13 years old	4	0.2%
C. 14 years old	312	17.5%
D. 15 years old	528	29.5%
E. 16 years old	437	24.5%
F. 17 years old	401	22.4%
G. 18 years old or older	95	5.3%
2. What is your sex?		
A. Female	907	50.8%
B. Male	877	49.2%
3. In what grade are you?		
A. 9th grade	472	26.5%
B. 10th grade	537	30.1%
C. 11th grade	411	23.0%
D. 12th grade	359	20.1%
E. Ungraded or other grade	5	0.3%
4. Are you Hispanic or Latino?		
A. Yes	1248	70.7%
B. No	517	29.3%
5. What is your race?		
(Select one or more responses.)		
NOTE - Because students were allowed to select multiple responses, responses may not total to 100%)		
A. American Indian or Alaska Native	256	18.6%
B. Asian	44	3.2%
C. Black or African American	135	9.8%
D. Native Hawaiian or Other Pacific Islander	45	3.3%
E. White	895	65.1%

95%Weighted      Confidence  
%                      Interval

6. How tall are you without your shoes on?  
7. How much do you weigh without your shoes on?

NOTE - Height and weight were used to calculate body mass index (BMI). Obesity and overweight were calculated from BMI for age and gender, using growth charts.

	Not overweight or obese	69.7	(65.2-73.7)
	Overweight	15.1	(12.4-18.2)
	Obese	15.2	(12.4-18.6)
8. What is the highest level of schooling your mother completed?			
	A. Completed grade school or less	3.8	(2.9-4.8)
	B. Some high school	12.9	(10.6-15.6)
	C. Completed high school	22.6	(19.3-26.4)
	D. Some college	18.6	(16.9-20.3)
	E. Completed college	20.5	(18.0-23.3)
	F. Graduate or professional school	8.6	(6.2-11.6)
	G. Not sure	13.1	(10.9-15.6)
9. What is the highest level of schooling your father completed?			
	A. Completed grade school or less	5.8	(4.5-7.4)
	B. Some high school	11.6	(9.0-14.9)
	C. Completed high school	25.5	(23.5-27.5)
	D. Some college	15.8	(13.2-18.8)
	E. Completed college	12.3	(10.3-14.6)
	F. Graduate or professional school	5.6	(4.2-7.4)
	G. Not sure	23.6	(21.0-26.4)
10. During the past 12 months, how would you describe your grades in school?			
	A. Mostly A's	33.1	(28.4-38.2)
	B. Mostly B's	36.4	(32.5-40.5)
	C. Mostly C's	17.5	(15.1-20.3)
	D. Mostly D's	3.6	(2.4-5.4)
	E. Mostly F's	2.2	(1.3-3.7)
	F. None of these grades	2.4	(1.3-4.6)
	G. Not sure	4.7	(3.6-6.1)

<u>Personal Safety</u>	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
The next 5 questions ask about personal safety.		
11. When you rode a bicycle during the past 12 months, how often did you wear a helmet?		
A. I did not ride a bicycle during the past 12 months	34.0	(30.3-37.8)
B. Never wore a helmet	58.3	(54.1-62.4)
C. Rarely wore a helmet	3.8	(2.6-5.6)
D. Sometimes wore a helmet	1.2	(0.8-1.8)
E. Most of the time wore a helmet	1.8	(1.1-2.9)
F. Always wore a helmet	0.9	(0.5-1.5)
12. How often do you wear a seat belt when riding in a car driven by someone else?		
A. Never	3.0	(1.9-4.9)
B. Rarely	4.7	(3.3-6.7)
C. Sometimes	12.1	(9.9-14.8)
D. Most of the time	20.4	(17.9-23.1)
E. Always	59.7	(55.6-63.8)
13. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?		
A. 0 times	77.1	(72.8-80.9)
B. 1 time	7.5	(5.9-9.6)
C. 2 or 3 times	8.8	(7.0-11.1)
D. 4 or 5 times	1.6	(1.0-2.5)
E. 6 or more times	5.0	(3.4-7.1)
14. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?		
A. 0 times	91.9	(89.5-93.8)
B. 1 time	3.1	(2.1-4.5)
C. 2 or 3 times	1.7	(1.1-2.6)
D. 4 or 5 times	0.3	(0.2-0.7)
E. 6 or more times	3.0	(1.8-4.8)
15. Is there a gun in your home?		
A. Yes	57.9	(54.5-61.1)
B. No	31.3	(28.6-34.1)
C. Not sure	10.8	(8.9-13.2)

95%Weighted      Confidence  
%                      Interval**Violence-Related Behaviors**

The next 8 questions ask about violence-related behaviors.

16. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

A. 0 days	76.0	(72.7-79.0)
B. 1 day	3.7	(2.6-5.1)
C. 2 or 3 days	6.6	(4.9-8.9)
D. 4 or 5 days	2.0	(1.4-2.9)
E. 6 or more days	11.7	(9.5-14.3)

17. During the past 30 days, on how many days did you carry a gun?

A. 0 days	90.1	(87.7-92.1)
B. 1 day	3.0	(1.9-4.6)
C. 2 or 3 days	1.7	(1.2-2.5)
D. 4 or 5 days	0.9	(0.5-1.6)
E. 6 or more days	4.3	(2.9-6.5)

18. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

A. 0 days	93.6	(91.7-95.0)
B. 1 day	2.4	(1.4-4.1)
C. 2 or 3 days	1.0	(0.6-1.5)
D. 4 or 5 days	0.2	(0.1-0.6)
E. 6 or more days	2.8	(2.0-4.0)

19. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

A. 0 days	94.6	(92.9-95.9)
B. 1 day	2.1	(1.5-2.9)
C. 2 or 3 days	1.2	(0.6-2.2)
D. 4 or 5 days	0.6	(0.3-1.1)
E. 6 or more days	1.6	(1.0-2.4)

20. During the past 12 months, how many times were you in a physical fight?

A. 0 times	66.9	(63.1-70.6)
B. 1 time	14.2	(11.8-17.2)
C. 2 or 3 times	9.0	(7.4-11.0)
D. 4 or 5 times	3.2	(2.0-5.2)
E. 6 or 7 times	1.2	(0.5-3.0)
F. 8 or 9 times	0.5	(0.3-0.9)
G. 10 or 11 times	0.4	(0.2-0.8)
H. 12 or more times	4.5	(3.1-6.4)

95%

	<u>Weighted</u> <u>%</u>	<u>Confidence</u> <u>Interval</u>
21. During the past 12 months, how many times were you in a physical fight on school property?		
A. 0 times	87.8	(85.0-90.1)
B. 1 time	7.3	(5.8-9.1)
C. 2 or 3 times	2.2	(1.4-3.7)
D. 4 or 5 times	0.6	(0.3-1.2)
E. 6 or 7 times	0.3	(0.1-1.0)
F. 8 or 9 times	0.1	(0.0-0.5)
G. 10 or 11 times	0.1	(0.0-0.3)
H. 12 or more times	1.5	(0.7-3.2)
22. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?		
A. Yes	8.1	(6.0-10.8)
B. No	91.9	(89.2-94.0)
23. Have you ever been physically forced to have sexual intercourse when you did not want to?		
A. Yes	7.4	(5.4-10.0)
B. No	92.6	(90.0-94.6)

**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.

24. During the past 12 months, have you ever been bullied on school property?		
A. Yes	15.4	(13.0-18.3)
B. No	84.6	(81.7-87.0)
25. During the past 12 months, have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)		
A. Yes	10.1	(8.3-12.2)
B. No	89.9	(87.8-91.7)

**Sadness and Attempted Suicide**

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own lives.

26. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?		
A. Yes	23.9	(21.0-27.1)
B. No	76.1	(72.9-79.0)

	<b><u>Weighted</u></b> <b><u>%</u></b>	<b><u>95%</u></b> <b><u>Confidence</u></b> <b><u>Interval</u></b>
27. During the past 12 months, did you ever seriously consider attempting suicide?		
A. Yes	12.1	(9.9-14.6)
B. No	87.9	(85.4-90.1)
28. During the past 12 months, did you make a plan about how you would attempt suicide?		
A. Yes	11.6	(9.3-14.3)
B. No	88.4	(85.7-90.7)
29. During the past 12 months, how many times did you actually attempt suicide?		
A. 0 times	93.4	(90.8-95.3)
B. 1 time	3.6	(2.3-5.4)
C. 2 or 3 times	2.0	(1.2-3.2)
D. 4 or 5 times	0.3	(0.1-0.7)
E. 6 or more times	0.8	(0.4-1.5)
30. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?		
A. I did not attempt suicide during the past 12 months	93.4	(90.8-95.3)
B. Yes	2.7	(1.6-4.5)
C. No	4.0	(2.9-5.4)

### **Tobacco Use**

The next 13 questions ask about tobacco use.

31. Have you ever tried cigarette smoking, even one or two puffs?		
A. Yes	54.8	(49.6-59.9)
B. No	45.2	(40.1-50.4)
32. How old were you when you smoked a whole cigarette for the first time?		
A. I have never smoked a whole cigarette	60.9	(56.0-65.7)
B. 8 years old or younger	4.6	(2.8-7.5)
C. 9 or 10 years old	3.9	(2.8-5.4)
D. 11 or 12 years old	7.5	(5.3-10.4)
E. 13 or 14 years old	13.8	(11.6-16.3)
F. 15 or 16 years old	8.2	(6.8-9.9)
G. 17 years old or older	1.1	(0.7-1.9)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
33. During the past 30 days, on how many days did you smoke cigarettes?		
A. 0 days	79.8	(76.3-82.8)
B. 1 or 2 days	6.3	(4.8-8.3)
C. 3 to 5 days	2.6	(2.1-3.4)
D. 6 to 9 days	1.2	(0.7-2.2)
E. 10 to 19 days	2.5	(1.9-3.4)
F. 20 to 29 days	1.8	(1.2-2.5)
G. All 30 days	5.7	(3.5-9.3)
34. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?		
A. I did not smoke cigarettes during the past 30 days	79.4	(75.9-82.5)
B. Less than 1 cigarette per day	5.9	(4.4-8.0)
C. 1 cigarette per day	3.6	(2.7-4.9)
D. 2 to 5 cigarettes per day	8.1	(6.6-9.8)
E. 6 to 10 cigarettes per day	1.8	(1.0-3.0)
F. 11 to 20 cigarettes per day	0.4	(0.2-0.8)
G. More than 20 cigarettes per day	0.8	(0.5-1.5)
35. During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)		
A. I did not smoke cigarettes during the past 30 days	79.6	(76.1-82.7)
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	2.9	(2.1-3.9)
C. I bought them from a vending machine	0.5	(0.2-1.0)
D. I gave someone else money to buy them for me	4.1	(2.4-6.9)
E. I borrowed (or bummed) them from someone else	5.3	(4.2-6.6)
F. A person 18 years old or older gave them to me	2.2	(1.4-3.4)
G. I took them from a store or family member	1.3	(0.8-1.9)
H. I got them some other way	4.2	(3.0-5.9)
36. During the past 30 days, on how many days did you smoke cigarettes on school property?		
A. 0 days	91.7	(88.4-94.2)
B. 1 or 2 days	3.8	(2.6-5.4)
C. 3 to 5 days	1.0	(0.6-1.6)
D. 6 to 9 days	1.0	(0.4-2.4)
E. 10 to 19 days	0.9	(0.3-2.3)
F. 20 to 29 days	0.1	(0.0-0.4)
G. All 30 days	1.6	(0.8-3.4)

95%Weighted      Confidence  
%                      Interval

37. During the past 12 months, did you ever try to quit smoking cigarettes?		
A. I did not smoke during the past 12 months	72.9	(68.5-76.9)
B. Yes	12.5	(10.0-15.6)
C. No	14.6	(11.7-18.0)
38. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?		
A. 0 days	87.9	(84.9-90.4)
B. 1 or 2 days	4.0	(2.9-5.5)
C. 3 to 5 days	2.4	(1.4-3.9)
D. 6 to 9 days	0.9	(0.6-1.5)
E. 10 to 19 days	1.1	(0.5-2.3)
F. 20 to 29 days	1.5	(0.4-4.9)
G. All 30 days	2.2	(1.4-3.4)
39. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?		
A. 0 days	84.7	(81.2-87.6)
B. 1 or 2 days	6.7	(5.5-8.2)
C. 3 to 5 days	2.4	(1.5-3.7)
D. 6 to 9 days	2.5	(1.6-4.1)
E. 10 to 19 days	0.9	(0.6-1.4)
F. 20 to 29 days	1.2	(0.3-5.2)
G. All 30 days	1.6	(0.8-2.9)
40. 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	75.3	(72.7-77.7)
B. 1 or 2 days	11.4	(9.6-13.5)
C. 3 to 5 days	4.7	(3.8-5.7)
D. 6 to 9 days	2.8	(2.2-3.7)
E. 10 to 19 days	2.1	(1.6-2.8)
F. 20 to 29 days	1.0	(0.6-1.7)
G. All 30 days	2.7	(1.6-4.8)
41. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?		
A. 0 days	52.9	(50.5-55.2)
B. 1 or 2 days	17.1	(15.5-19.0)
C. 3 or 4 days	9.6	(8.0-11.4)
D. 5 or 6 days	3.7	(2.3-6.0)
E. 7 days	16.7	(14.5-19.2)

**95%****Weighted**      **Confidence**  
**%**                      **Interval**

42. How wrong do your parents feel it would be for you to smoke cigarettes?		
A. Very wrong	69.4	(66.3-72.4)
B. Wrong	19.1	(16.2-22.4)
C. A little bit wrong	7.2	(5.5-9.4)
D. Not wrong at all	4.2	(3.1-5.8)
43. How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day?		
A. No risk	6.7	(5.1-8.9)
B. Slight risk	7.2	(5.3-9.8)
C. Moderate risk	16.1	(14.0-18.4)
D. Great risk	70.0	(65.8-73.9)

**Alcohol**

The next 11 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.

44. 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	32.0	(26.7-37.7)
B. 8 years old or younger	11.0	(9.0-13.4)
C. 9 or 10 years old	7.0	(4.4-11.1)
D. 11 or 12 years old	10.5	(8.4-13.0)
E. 13 or 14 years old	25.5	(22.4-28.8)
F. 15 or 16 years old	12.5	(9.6-16.1)
G. 17 years old or older	1.6	(1.0-2.5)
45. During the past 30 days, on how many days did you have at least one drink of alcohol?		
A. 0 days	61.3	(57.4-65.1)
B. 1 or 2 days	20.3	(18.1-22.7)
C. 3 to 5 days	8.7	(6.2-12.0)
D. 6 to 9 days	4.2	(3.1-5.7)
E. 10 to 19 days	2.3	(1.7-3.0)
F. 20 to 29 days	1.6	(0.9-2.9)
G. All 30 days	1.6	(0.8-3.3)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
46. 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	76.4	(73.3-79.3)
B. 1 day	10.0	(7.5-13.4)
C. 2 days	4.7	(3.7-6.0)
D. 3 to 5 days	4.5	(3.4-5.8)
E. 6 to 9 days	1.9	(1.4-2.6)
F. 10 to 19 days	1.0	(0.6-1.8)
G. 20 or more days	1.4	(0.7-2.7)
47. During the past 30 days, how did you usually get the alcohol you drank?		
A. I did not drink alcohol during the past 30 days	60.4	(56.6-64.1)
B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	1.7	(1.2-2.5)
C. I bought it at a restaurant, bar, or club	0.4	(0.2-0.9)
D. I bought it at a public event such as a concert or sporting event	0.4	(0.2-0.8)
E. I gave someone else money to buy it for me	6.5	(4.5-9.1)
F. Someone gave it to me	14.6	(12.6-17.0)
G. I took it from a store or family member	4.9	(3.4-7.0)
H. I got it some other way	11.1	(9.0-13.6)
48. During the past 30 days, where did you usually drink alcohol? (Select only one response.)		
A. I did not drink alcohol during the past 30 days	60.7	(56.7-64.6)
B. At my home	11.1	(9.4-13.0)
C. At another person's home	21.5	(18.4-25.1)
D. While riding in or driving a car or other vehicle	2.6	(1.1-5.9)
E. At a restaurant, bar, or club	0.5	(0.3-1.0)
F. At a public place such as a park, beach, or parking lot	1.1	(0.6-1.9)
G. At a public event such as a concert or sporting event	1.1	(0.7-1.8)
H. On school property	1.3	(0.6-2.7)
49. During the past 30 days, what type of alcohol did you usually drink? (Select only one response.)		
A. I did not drink alcohol during the past 30 days	61.0	(57.2-64.7)
B. I do not have a usual type	4.3	(3.2-5.8)
C. Beer	8.2	(6.7-10.0)
D. Flavored malt beverages, such as Smirnoff Ice, Bacardi Silver, or Hard Lemonade	4.9	(3.8-6.3)
E. Wine coolers, such as Bartles & James or Seagrams	0.6	(0.3-1.1)
F. Wine	1.4	(0.7-2.6)
G. Liquor, such as vodka, rum, scotch, bourbon, or whiskey	18.2	(15.8-20.9)
H. Some other type	1.4	(0.9-2.1)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
50. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?		
A. 0 days	92.9	(91.3-94.2)
B. 1 or 2 days	4.4	(3.4-5.6)
C. 3 to 5 days	1.1	(0.7-1.7)
D. 6 to 9 days	0.6	(0.1-2.0)
E. 10 to 19 days	0.0	(0.0-0.3)
F. 20 to 29 days	0.5	(0.1-2.4)
G. All 30 days	0.6	(0.3-1.2)
51. How wrong would most adults in your community think it was for kids your age to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	47.3	(43.3-51.3)
B. Wrong	29.5	(26.3-32.8)
C. A little bit wrong	17.7	(13.8-22.5)
D. Not wrong at all	5.5	(3.7-8.0)
52. How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	62.2	(58.4-65.8)
B. Wrong	20.8	(18.8-22.9)
C. A little bit wrong	12.6	(9.4-16.8)
D. Not wrong at all	4.4	(3.2-6.0)
53. How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	37.1	(33.7-40.6)
B. Wrong	24.8	(21.8-28.1)
C. A little bit wrong	25.7	(22.6-29.1)
D. Not wrong at all	12.3	(10.7-14.1)
54. 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	10.0	(8.4-11.9)
B. Slight risk	17.1	(14.9-19.4)
C. Moderate risk	32.2	(28.3-36.3)
D. Great risk	40.8	(36.3-45.4)

**Marijuana Use**

**Weighted**  
**%**      **95%**  
**Confidence**  
**Interval**

The next 5 questions ask about marijuana use. Marijuana also is called grass or pot.

55. How old were you when you tried marijuana for the first time?		
A. I have never tried marijuana	49.9	(46.2-53.7)
B. 8 years old or younger	4.9	(3.1-7.7)
C. 9 or 10 years old	4.3	(3.4-5.6)
D. 11 or 12 years old	9.9	(7.9-12.5)
E. 13 or 14 years old	17.8	(15.1-20.9)
F. 15 or 16 years old	12.4	(8.6-17.4)
G. 17 years old or older	0.7	(0.4-1.4)
56. During the past 30 days, how many times did you use marijuana?		
A. 0 times	71.2	(67.8-74.4)
B. 1 or 2 times	7.8	(6.2-9.7)
C. 3 to 9 times	7.4	(5.6-9.8)
D. 10 to 19 times	4.7	(3.6-6.2)
E. 20 to 39 times	2.4	(1.8-3.3)
F. 40 or more times	6.5	(5.0-8.4)
57. During the past 30 days, how many times did you use marijuana on school property?		
A. 0 times	91.1	(89.2-92.7)
B. 1 or 2 times	4.0	(3.0-5.3)
C. 3 to 9 times	3.0	(1.9-4.6)
D. 10 to 19 times	0.7	(0.4-1.3)
E. 20 to 39 times	0.4	(0.2-0.8)
F. 40 or more times	0.8	(0.5-1.5)
58. How wrong do your parents feel it would be for you to use marijuana?		
A. Very wrong	75.0	(72.6-77.3)
B. Wrong	12.3	(10.6-14.3)
C. A little bit wrong	8.0	(6.8-9.5)
D. Not wrong at all	4.6	(3.6-6.0)
59. How much do you think people risk harming themselves (physically or in other ways) if they use marijuana regularly?		
A. No risk	24.3	(21.9-26.9)
B. Slight risk	21.2	(18.2-24.6)
C. Moderate risk	22.8	(20.4-25.5)
D. Great risk	31.6	(28.8-34.6)

<u>Other Drugs</u>	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
The next 13 questions ask about other drugs.		
60. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?		
A. 0 times	87.0	(83.9-89.5)
B. 1 or 2 times	4.4	(3.4-5.6)
C. 3 to 9 times	3.0	(1.9-4.7)
D. 10 to 19 times	1.6	(1.1-2.4)
E. 20 to 39 times	1.2	(0.6-2.3)
F. 40 or more times	2.9	(1.9-4.4)
61. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?		
A. 0 times	93.4	(91.0-95.2)
B. 1 or 2 times	3.2	(2.2-4.4)
C. 3 to 9 times	1.6	(0.8-3.2)
D. 10 to 19 times	1.0	(0.5-2.1)
E. 20 to 39 times	0.2	(0.1-0.6)
F. 40 or more times	0.6	(0.4-1.0)
62. During the past 30 days, how many times did you sniff glue, breathe the contents of aerosol spray cans, or inhale any paints or sprays to get high?		
A. 0 times	93.6	(91.0-95.4)
B. 1 or 2 times	3.0	(2.1-4.1)
C. 3 to 9 times	1.6	(0.8-3.1)
D. 10 to 19 times	0.5	(0.3-1.0)
E. 20 to 39 times	0.4	(0.2-0.8)
F. 40 or more times	1.0	(0.4-2.1)
63. During your life, how many times have you used heroin (also called smack, junk, or China White)?		
A. 0 times	95.3	(93.0-96.8)
B. 1 or 2 times	1.5	(0.9-2.4)
C. 3 to 9 times	0.5	(0.3-0.9)
D. 10 to 19 times	0.9	(0.4-2.3)
E. 20 to 39 times	0.6	(0.2-2.1)
F. 40 or more times	1.2	(0.6-2.4)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
64. During the past 30 days, how many times did you use heroin (also called smack, junk, or China White)?		
A. 0 times	96.5	(94.5-97.7)
B. 1 or 2 times	1.5	(0.8-3.0)
C. 3 to 9 times	0.7	(0.2-1.9)
D. 10 to 19 times	0.4	(0.2-0.7)
E. 20 to 39 times	0.4	(0.2-0.8)
F. 40 or more times	0.6	(0.3-1.1)
65. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?		
A. 0 times	93.7	(91.8-95.2)
B. 1 or 2 times	2.4	(1.7-3.4)
C. 3 to 9 times	1.2	(0.9-1.6)
D. 10 to 19 times	1.3	(0.6-2.5)
E. 20 to 39 times	0.2	(0.1-0.6)
F. 40 or more times	1.2	(0.7-2.3)
66. During the past 30 days, how many times did you use methamphetamines (also called speed, crystal, crank, or ice)?		
A. 0 times	96.2	(94.6-97.3)
B. 1 or 2 times	1.0	(0.5-1.8)
C. 3 to 9 times	1.5	(0.7-3.0)
D. 10 to 19 times	0.3	(0.2-0.7)
E. 20 to 39 times	0.2	(0.1-0.5)
F. 40 or more times	0.8	(0.5-1.3)
67. During your life, how many times have you used ecstasy (also called MDMA)?		
A. 0 times	87.7	(84.9-90.0)
B. 1 or 2 times	5.3	(3.8-7.4)
C. 3 to 9 times	3.0	(2.1-4.4)
D. 10 to 19 times	1.2	(0.8-1.9)
E. 20 to 39 times	1.2	(0.6-2.5)
F. 40 or more times	1.5	(0.9-2.6)
68. During the past 30 days, how many times did you use ecstasy (also called MDMA)?		
A. 0 times	93.7	(91.4-95.4)
B. 1 or 2 times	2.6	(1.4-4.5)
C. 3 to 9 times	0.9	(0.5-1.5)
D. 10 to 19 times	0.8	(0.3-2.2)
E. 20 to 39 times	1.3	(0.4-4.2)
F. 40 or more times	0.8	(0.4-1.3)

**95%**

	<b><u>Weighted</u></b>	<b><u>Confidence</u></b>
	<b><u>%</u></b>	<b><u>Interval</u></b>
69. During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?		
A. 0 times	76.6	(73.0-79.8)
B. 1 or 2 times	8.6	(6.4-11.3)
C. 3 to 9 times	5.6	(4.5-7.0)
D. 10 to 19 times	2.6	(1.8-3.7)
E. 20 to 39 times	2.8	(1.8-4.4)
F. 40 or more times	3.8	(2.8-5.1)

70. During the past 30 days, how many times did you use a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?		
A. 0 times	85.8	(82.6-88.5)
B. 1 or 2 times	6.7	(5.1-8.7)
C. 3 to 9 times	3.5	(2.6-4.7)
D. 10 to 19 times	1.5	(0.8-2.7)
E. 20 to 39 times	0.8	(0.5-1.2)
F. 40 or more times	1.7	(1.0-2.8)

71. During your life, how many times have you used a needle to inject any illegal drug into your body?		
A. 0 times	96.6	(94.7-97.8)
B. 1 time	1.3	(0.6-2.7)
C. 2 or more times	2.1	(1.2-3.7)

72. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?		
A. Yes	34.5	(31.4-37.7)
B. No	65.5	(62.3-68.6)

#### Access to Drugs and Alcohol

The next 5 questions ask about access to drugs and alcohol.

73. If you wanted to, how hard or easy would it be to get beer, wine, or hard liquor (for example, vodka, whiskey, or gin)?		
A. Very hard	17.0	(14.2-20.3)
B. Sort of hard	18.3	(15.6-21.4)
C. Sort of easy	30.5	(27.4-33.7)
D. Very easy	34.2	(30.4-38.1)

74. If you wanted to, how hard or easy would it be to get marijuana?		
A. Very hard	22.4	(18.8-26.4)
B. Sort of hard	11.3	(8.8-14.2)
C. Sort of easy	18.9	(16.6-21.3)
D. Very easy	47.5	(42.8-52.3)

95%

	<u>Weighted</u> <u>%</u>	<u>Confidence</u> <u>Interval</u>
75. If you wanted to, how hard or easy would it be to get cocaine, LSD, methamphetamines, or other illegal drug?		
A. Very hard	46.8	(42.2-51.5)
B. Sort of hard	20.4	(17.4-23.6)
C. Sort of easy	17.8	(14.9-21.2)
D. Very easy	15.1	(13.0-17.4)
76. How many adults have you known personally who, in the past year, have used marijuana, cocaine, or other drugs?		
A. 0 adults	41.5	(37.7-45.3)
B. 1 adult	13.9	(11.6-16.6)
C. 2 adults	10.0	(8.3-12.1)
D. 3 or 4 adults	12.5	(10.0-15.5)
E. 5 or more adults	22.0	(19.2-25.1)
77. How many adults have you known personally who, in the past year, have sold or dealt drugs?		
A. 0 adults	62.3	(58.0-66.4)
B. 1 adult	12.4	(10.1-15.3)
C. 2 adults	7.5	(5.7-9.9)
D. 3 or 4 adults	7.3	(5.9-8.9)
E. 5 or more adults	10.4	(8.7-12.5)

**Sexual Behavior**

The next 6 questions ask about sexual behavior.

78. How old were you when you had sexual intercourse for the first time?		
A. I have never had sexual intercourse	56.2	(51.6-60.7)
B. 11 years old or younger	3.3	(2.2-5.0)
C. 12 years old	3.1	(2.0-4.8)
D. 13 years old	7.4	(5.6-9.9)
E. 14 years old	12.2	(10.1-14.6)
F. 15 years old	10.3	(8.3-12.8)
G. 16 years old	6.3	(4.5-8.6)
H. 17 years old or older	1.1	(0.6-2.0)
79. During your life, with how many people have you had sexual intercourse?		
A. I have never had sexual intercourse	56.2	(51.6-60.7)
B. 1 person	14.6	(11.9-17.9)
C. 2 people	8.9	(6.9-11.5)
D. 3 people	7.3	(5.6-9.6)
E. 4 people	2.8	(2.0-3.7)
F. 5 people	2.5	(1.8-3.4)
G. 6 or more people	7.7	(5.9-9.9)

95%Confidence  
IntervalWeighted  
%

80. During the past 3 months, with how many people did you have sexual intercourse?		
A. I have never had sexual intercourse	56.1	(51.5-60.6)
B. I have had sexual intercourse, but not during the past 3 months	15.7	(13.3-18.5)
C. 1 person	19.7	(17.1-22.6)
D. 2 people	4.1	(3.0-5.7)
E. 3 people	1.7	(1.1-2.6)
F. 4 people	1.1	(0.4-3.2)
G. 5 people	0.2	(0.1-0.5)
H. 6 or more people	1.3	(0.9-2.0)
81. Did you drink alcohol or use drugs before you had sexual intercourse the last time?		
A. I have never had sexual intercourse	55.8	(51.2-60.3)
B. Yes	9.4	(7.4-11.9)
C. No	34.8	(31.6-38.2)
82. The last time you had sexual intercourse, did you or your partner use a condom?		
A. I have never had sexual intercourse	56.2	(51.6-60.7)
B. Yes	29.4	(26.7-32.2)
C. No	14.4	(11.9-17.2)
83. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)		
A. I have never had sexual intercourse	56.7	(52.0-61.3)
B. No method was used to prevent pregnancy	5.3	(4.3-6.4)
C. Birth control pills	6.1	(4.6-8.1)
D. Condoms	22.7	(20.3-25.3)
E. Depo-Provera (or any injectable birth control), Nuva Ring (or any birth control ring), Implanon (or any implant), or any IUD	2.6	(1.8-3.7)
F. Withdrawal	3.6	(2.7-4.7)
G. Some other method	1.5	(0.8-2.9)
H. Not sure	1.5	(0.9-2.7)

**Body Weight**

The next question asks about body weight.

84. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?		
A. Yes	6.5	(5.1-8.2)
B. No	93.5	(91.8-94.9)

<u>Food</u>	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
The next 7 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.		
85. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)		
A. I did not drink 100% fruit juice during the past 7 days	26.8	(24.1-29.6)
B. 1 to 3 times during the past 7 days	38.3	(35.4-41.2)
C. 4 to 6 times during the past 7 days	13.0	(11.3-15.0)
D. 1 time per day	5.7	(4.4-7.2)
E. 2 times per day	6.1	(4.7-7.9)
F. 3 times per day	3.6	(2.7-4.8)
G. 4 or more times per day	6.5	(4.8-8.8)
86. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)		
A. I did not eat fruit during the past 7 days	11.5	(10.1-13.1)
B. 1 to 3 times during the past 7 days	36.7	(33.3-40.2)
C. 4 to 6 times during the past 7 days	21.6	(19.0-24.4)
D. 1 time per day	8.8	(7.6-10.3)
E. 2 times per day	10.1	(8.3-12.3)
F. 3 times per day	4.6	(3.4-6.2)
G. 4 or more times per day	6.7	(5.2-8.5)
87. During the past 7 days, how many times did you eat green salad?		
A. I did not eat green salad during the past 7 days	39.3	(34.5-44.3)
B. 1 to 3 times during the past 7 days	39.8	(36.6-43.1)
C. 4 to 6 times during the past 7 days	9.0	(6.8-11.9)
D. 1 time per day	5.7	(4.5-7.3)
E. 2 times per day	2.5	(1.6-3.8)
F. 3 times per day	0.7	(0.4-1.4)
G. 4 or more times per day	2.9	(1.5-5.4)

	<b><u>Weighted</u></b>	<b><u>95% Confidence</u></b>
	<b><u>%</u></b>	<b><u>Interval</u></b>
88. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)		
A. I did not eat potatoes during the past 7 days	27.8	(24.9-30.9)
B. 1 to 3 times during the past 7 days	43.7	(40.2-47.2)
C. 4 to 6 times during the past 7 days	14.5	(12.3-17.1)
D. 1 time per day	5.3	(4.1-6.7)
E. 2 times per day	3.3	(2.3-4.7)
F. 3 times per day	1.8	(0.8-4.0)
G. 4 or more times per day	3.6	(2.5-5.2)
89. During the past 7 days, how many times did you eat carrots?		
A. I did not eat carrots during the past 7 days	46.5	(42.0-51.0)
B. 1 to 3 times during the past 7 days	35.4	(31.0-40.0)
C. 4 to 6 times during the past 7 days	7.1	(5.8-8.8)
D. 1 time per day	4.6	(3.5-6.1)
E. 2 times per day	2.5	(1.7-3.6)
F. 3 times per day	1.0	(0.5-2.2)
G. 4 or more times per day	2.8	(1.8-4.3)
90. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)		
A. I did not eat other vegetables during the past 7 days	22.3	(19.5-25.4)
B. 1 to 3 times during the past 7 days	36.7	(33.1-40.4)
C. 4 to 6 times during the past 7 days	20.4	(17.3-23.9)
D. 1 time per day	9.1	(7.6-10.9)
E. 2 times per day	5.1	(3.6-7.0)
F. 3 times per day	2.6	(1.8-3.8)
G. 4 or more times per day	3.8	(2.7-5.2)
91. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)		
A. I did not drink soda or pop during the past 7 days	19.3	(16.9-22.0)
B. 1 to 3 times during the past 7 days	37.4	(33.9-41.1)
C. 4 to 6 times during the past 7 days	16.0	(13.7-18.5)
D. 1 time per day	8.3	(6.6-10.4)
E. 2 times per day	7.2	(5.6-9.2)
F. 3 times per day	4.2	(2.9-6.1)
G. 4 or more times per day	7.6	(5.3-10.7)

**Weighted**      **95%**  
**%**              **Confidence**  
                          **Interval**

**Physical Activity**

The next 4 questions ask about physical activity.

92. 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	10.8	(8.4-13.8)
B. 1 day	9.1	(7.2-11.3)
C. 2 days	8.6	(6.7-11.0)
D. 3 days	10.1	(8.3-12.3)
E. 4 days	10.0	(7.6-13.0)
F. 5 days	14.4	(12.1-17.1)
G. 6 days	8.8	(6.7-11.5)
H. 7 days	28.2	(25.2-31.4)

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

A. I do not watch TV on an average school day	12.3	(10.2-14.7)
B. Less than 1 hour per day	19.7	(16.8-22.9)
C. 1 hour per day	15.3	(12.5-18.5)
D. 2 hours per day	22.3	(18.7-26.4)
E. 3 hours per day	16.8	(14.4-19.6)
F. 4 hours per day	5.3	(4.2-6.7)
G. 5 or more hours per day	8.3	(6.7-10.4)

94. 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 Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet.)

A. I do not play video or computer games or use a computer for something that is not school work	21.4	(19.6-23.3)
B. Less than 1 hour per day	24.7	(20.9-28.8)
C. 1 hour per day	13.9	(11.8-16.2)
D. 2 hours per day	14.2	(11.6-17.3)
E. 3 hours per day	11.6	(8.3-15.8)
F. 4 hours per day	6.1	(4.5-8.3)
G. 5 or more hours per day	8.2	(7.0-9.7)

95%Confidence  
IntervalWeighted  
%

95. In an average week when you are in school, on how many days do you go to physical education (PE) classes?		
A. 0 days	50.2	(43.2-57.2)
B. 1 day	2.6	(1.6-4.0)
C. 2 days	0.9	(0.6-1.4)
D. 3 days	0.8	(0.4-1.5)
E. 4 days	2.5	(1.2-5.4)
F. 5 days	43.0	(36.8-49.4)

**Health-Related Topics**

The next 3 questions ask about other health-related topics.

96. Have you ever been taught about AIDS or HIV infection in school?		
A. Yes	76.7	(72.9-80.0)
B. No	15.3	(13.4-17.4)
C. Not sure	8.0	(5.9-10.8)
97. Has a doctor or nurse ever told you that you have asthma?		
A. Yes	28.5	(24.5-33.0)
B. No	65.7	(60.9-70.2)
C. Not sure	5.7	(4.4-7.4)
98. Do you still have asthma?		
A. I have never had asthma	54.5	(50.2-58.8)
B. Yes	17.7	(13.7-22.5)
C. No	17.7	(15.1-20.7)
D. Not sure	10.1	(8.3-12.3)

**You and Your Family**

The next 3 questions ask for some information about you and your family.

99. How often do you speak a language other than English at home?		
A. Never	53.8	(50.2-57.4)
B. Less than half the time	22.2	(20.0-24.7)
C. About half the time	8.1	(5.9-10.9)
D. More than half the time but not all of the time	5.4	(3.9-7.4)
E. All of the time	10.5	(8.4-13.0)
100. Were you born in the USA?		
A. Yes	89.2	(86.4-91.5)
B. No	10.8	(8.5-13.6)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
101. Do you have enough food to eat, sometimes not enough to eat, or often not enough to eat?		
A. Enough food to eat	88.7	(86.9-90.2)
B. Sometimes not enough to eat	8.9	(7.6-10.4)
C. Often not enough to eat	2.5	(1.8-3.4)

### Resiliency Factors

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

102. In my home, there is a parent or some other adult who is interested in my school work.		
A. Not true at all	7.2	(5.8-9.0)
B. A little true	19.5	(16.6-22.8)
C. Pretty much true	23.9	(20.9-27.2)
D. Very much true	49.3	(46.7-52.0)
103. In my home, there is a parent or some other adult who talks with me about my problems.		
A. Not true at all	17.2	(14.3-20.5)
B. A little true	26.9	(22.5-31.7)
C. Pretty much true	23.1	(21.0-25.4)
D. Very much true	32.8	(29.4-36.3)
104. 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	9.5	(7.8-11.5)
B. A little true	18.5	(16.0-21.2)
C. Pretty much true	27.3	(23.9-31.0)
D. Very much true	44.7	(41.1-48.2)
105. In my home, there is a parent or some other adult who expects me to follow the rules.		
A. Not true at all	3.8	(2.8-5.0)
B. A little true	9.7	(7.9-11.9)
C. Pretty much true	20.2	(16.9-24.0)
D. Very much true	66.3	(62.4-69.9)
106. In my home, there is a parent or some other adult who believes that I will be a success.		
A. Not true at all	5.5	(4.4-6.7)
B. A little true	9.4	(6.4-13.5)
C. Pretty much true	16.1	(13.7-18.9)
D. Very much true	69.0	(65.5-72.3)

95%

Weighted      Confidence  
%                      Interval

107. At my school, there is a teacher or some other adult who really cares about me.		
A. Not true at all	14.4	(11.4-18.1)
B. A little true	26.7	(23.1-30.5)
C. Pretty much true	25.9	(23.1-28.8)
D. Very much true	33.1	(30.7-35.5)
108. At my school, there is a teacher or some other adult who notices when I'm not there.		
A. Not true at all	16.3	(13.7-19.3)
B. A little true	22.5	(20.5-24.6)
C. Pretty much true	26.7	(23.8-29.9)
D. Very much true	34.5	(31.1-38.0)
109. 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	15.4	(13.5-17.5)
B. A little true	24.6	(21.7-27.7)
C. Pretty much true	29.7	(26.8-32.8)
D. Very much true	30.3	(26.8-34.1)
110. At my school, there is a teacher or some other adult who tells me when I do a good job.		
A. Not true at all	10.6	(8.3-13.4)
B. A little true	21.5	(18.8-24.4)
C. Pretty much true	34.0	(29.0-39.4)
D. Very much true	33.9	(29.7-38.4)
111. At my school, there is a teacher or some other adult who believes that I will be a success.		
A. Not true at all	11.6	(9.5-14.2)
B. A little true	19.5	(17.2-22.0)
C. Pretty much true	29.1	(25.8-32.7)
D. Very much true	39.8	(35.3-44.5)
112. Outside of my home and school, there is an adult who really cares about me.		
A. Not true at all	9.0	(6.9-11.8)
B. A little true	9.9	(7.8-12.6)
C. Pretty much true	18.5	(15.0-22.6)
D. Very much true	62.5	(58.8-66.0)

	<b><u>Weighted</u></b>	<b><u>95% Confidence</u></b>
	<b><u>%</u></b>	<b><u>Interval</u></b>
113. Outside of my home and school, there is an adult who notices when I am upset about something.		
A. Not true at all	12.7	(9.8-16.2)
B. A little true	17.2	(14.5-20.3)
C. Pretty much true	26.4	(23.2-29.7)
D. Very much true	43.8	(40.3-47.3)
114. Outside of my home and school, there is an adult whom I trust.		
A. Not true at all	13.5	(11.0-16.4)
B. A little true	10.7	(8.7-13.1)
C. Pretty much true	19.7	(16.7-23.2)
D. Very much true	56.1	(52.4-59.8)
115. Outside of my home and school, there is an adult who tells me when I do a good job.		
A. Not true at all	11.3	(9.2-13.8)
B. A little true	15.4	(12.8-18.6)
C. Pretty much true	27.1	(23.9-30.6)
D. Very much true	46.2	(42.7-49.7)
116. I have a friend about my own age who really cares about me.		
A. Not true at all	5.9	(4.3-8.1)
B. A little true	9.9	(7.6-12.7)
C. Pretty much true	20.2	(18.1-22.5)
D. Very much true	64.0	(59.4-68.4)
117. I have a friend about my own age who talks with me about my problems.		
A. Not true at all	12.4	(9.9-15.5)
B. A little true	12.0	(9.6-14.9)
C. Pretty much true	20.8	(17.3-24.7)
D. Very much true	54.8	(49.5-59.9)
118. I have a friend about my own age who helps me when I'm having a hard time.		
A. Not true at all	10.7	(8.5-13.5)
B. A little true	14.1	(11.3-17.6)
C. Pretty much true	20.4	(17.8-23.1)
D. Very much true	54.8	(50.1-59.4)
119. 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	6.8	(4.6-9.8)
B. A little true	11.8	(9.9-14.0)
C. Pretty much true	29.2	(26.1-32.6)
D. Very much true	52.2	(48.9-55.6)

95%ConfidenceWeighted%Interval

120. My family has clear rules about drug and alcohol use.		
A. Not true at all	7.1	(5.7-8.6)
B. A little true	11.1	(8.7-14.1)
C. Pretty much true	21.4	(18.7-24.4)
D. Very much true	60.4	(57.4-63.3)
121. My family has clear rules and standards for my behavior.		
A. Not true at all	4.7	(3.4-6.5)
B. A little true	10.3	(8.5-12.5)
C. Pretty much true	29.0	(25.9-32.4)
D. Very much true	55.9	(51.7-60.0)
122. In my school, there are clear rules about what students can and cannot do.		
A. Not true at all	4.7	(3.4-6.4)
B. A little true	12.6	(10.8-14.7)
C. Pretty much true	30.0	(26.1-34.3)
D. Very much true	52.7	(49.0-56.4)
123. At school, I try hard to do my best work.		
A. Not true at all	3.9	(2.9-5.2)
B. A little true	13.7	(11.2-16.8)
C. Pretty much true	32.8	(29.7-36.2)
D. Very much true	49.5	(46.2-52.9)
124. I plan to go to college or some other school after high school.		
A. Not true at all	4.9	(3.6-6.7)
B. A little true	5.7	(4.3-7.5)
C. Pretty much true	16.8	(13.8-20.3)
D. Very much true	72.6	(67.9-76.9)
125. At school I am involved in sports, clubs, or other extra-curricular activities (such as band, cheerleading, or student council).		
A. Not true at all	30.1	(26.2-34.4)
B. A little true	10.0	(8.1-12.2)
C. Pretty much true	11.1	(9.1-13.5)
D. Very much true	48.8	(44.0-53.5)
126. 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	33.6	(29.7-37.7)
B. A little true	13.3	(11.3-15.5)
C. Pretty much true	14.7	(12.4-17.4)
D. Very much true	38.5	(35.1-42.0)

	<b><u>Weighted</u></b>	<b><u>95%</u></b>
	<b><u>%</u></b>	<b><u>Confidence</u></b>
		<b><u>Interval</u></b>
127. Outside of my home and school, I am involved in music, art, literature, sports, or a hobby.		
A. Not true at all	25.4	(22.2-28.9)
B. A little true	15.2	(12.6-18.2)
C. Pretty much true	17.3	(14.5-20.4)
D. Very much true	42.1	(38.6-45.8)
128. I often do things without thinking about what will happen.		
A. Not true at all	23.3	(20.6-26.4)
B. A little true	38.1	(34.9-41.4)
C. Pretty much true	19.4	(16.1-23.3)
D. Very much true	19.1	(16.1-22.5)
129. My friends get into a lot of trouble.		
A. Not true at all	35.0	(31.6-38.5)
B. A little true	41.2	(36.7-45.9)
C. Pretty much true	14.9	(12.5-17.7)
D. Very much true	8.9	(6.8-11.6)
130. My friends do well in school.		
A. Not true at all	6.0	(4.6-7.9)
B. A little true	21.1	(18.1-24.4)
C. Pretty much true	46.8	(43.1-50.5)
D. Very much true	26.1	(22.2-30.5)
Among the people you consider to be your closest friends, how many would you say do the following?		
131. Drink alcohol once a week or more?		
A. None	42.6	(38.4-46.9)
B. A few	32.8	(28.0-37.9)
C. Some	13.2	(10.9-16.0)
D. Most	7.9	(6.4-9.8)
E. All	3.5	(2.1-5.8)
132. Have used drugs such as marijuana or cocaine?		
A. None	37.9	(34.9-41.0)
B. A few	27.0	(24.1-30.0)
C. Some	13.9	(11.6-16.4)
D. Most	15.0	(12.0-18.6)
E. All	6.3	(5.1-7.6)

**Activities**

**Weighted**  
**%**      **95%**  
**Confidence**  
**Interval**

The next 3 questions ask about how many times you have done the following things.

133. During the past 30 days, how many days of school did you miss classes or school without permission?

A. 0 days	68.4	(65.3-71.3)
B. 1 or 2 days	18.7	(16.7-21.0)
C. 3 to 5 days	6.5	(5.0-8.5)
D. 6 to 9 days	3.1	(2.3-4.1)
E. 10 or more days	3.3	(2.1-5.1)

134. How often do you come to classes without bringing paper or something to write with?

A. Never	53.8	(49.0-58.6)
B. Rarely	29.2	(25.8-32.9)
C. Sometimes	8.6	(6.7-11.0)
D. Most of the time	3.4	(2.4-5.0)
E. Always	4.9	(3.5-6.7)

135. How often do you come to classes without your homework finished?

A. Never	13.4	(10.3-17.4)
B. Rarely	30.7	(25.9-35.9)
C. Sometimes	35.3	(31.4-39.4)
D. Most of the time	15.7	(12.7-19.2)
E. Always	4.8	(3.6-6.5)



## Appendix B About this Report



## Appendix B: About this Report

This report contains results from the 2011 New Mexico High 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 [www.health.state.nm.us/ERD/HealthData/yrrs.shtml](http://www.health.state.nm.us/ERD/HealthData/yrrs.shtml). In addition, school district reports have been prepared for each participating school district and 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. 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). 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, 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.

### Using the Report

The main section of this report consists of a module of results for each main topic area of the YRRS. The risk behavior modules each start with a set of line charts illustrating change in behavior over the years of the survey. The line charts are followed by one or more set 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.

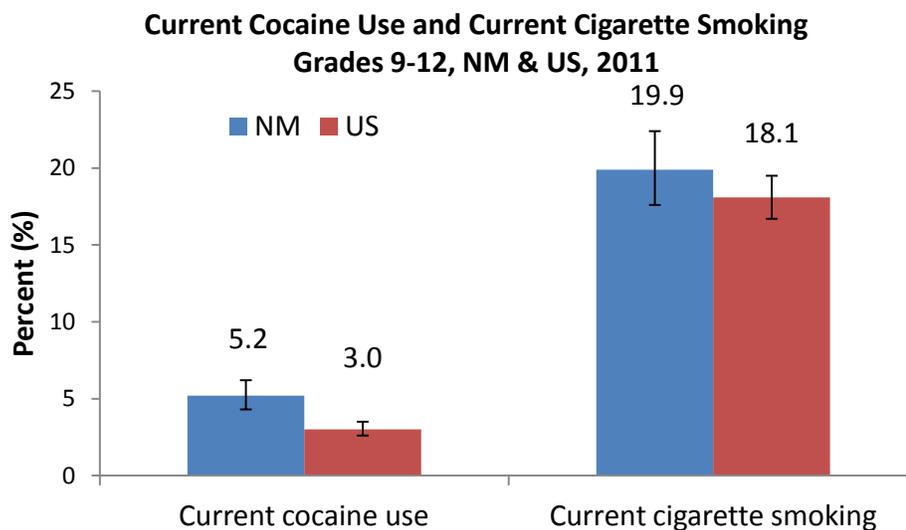
In some cases when there were very few students in a particular age or gender group, data have been suppressed to protect the anonymity of the individual respondents. In these cases, charts showing prevalence by gender or grade level have been omitted from the report.

### 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 25, Unintentional Injury, shows that 8.0% of students in New Mexico rarely or never wore seatbelts, while 7.8% of students in Valencia County rarely or never wore seatbelts.

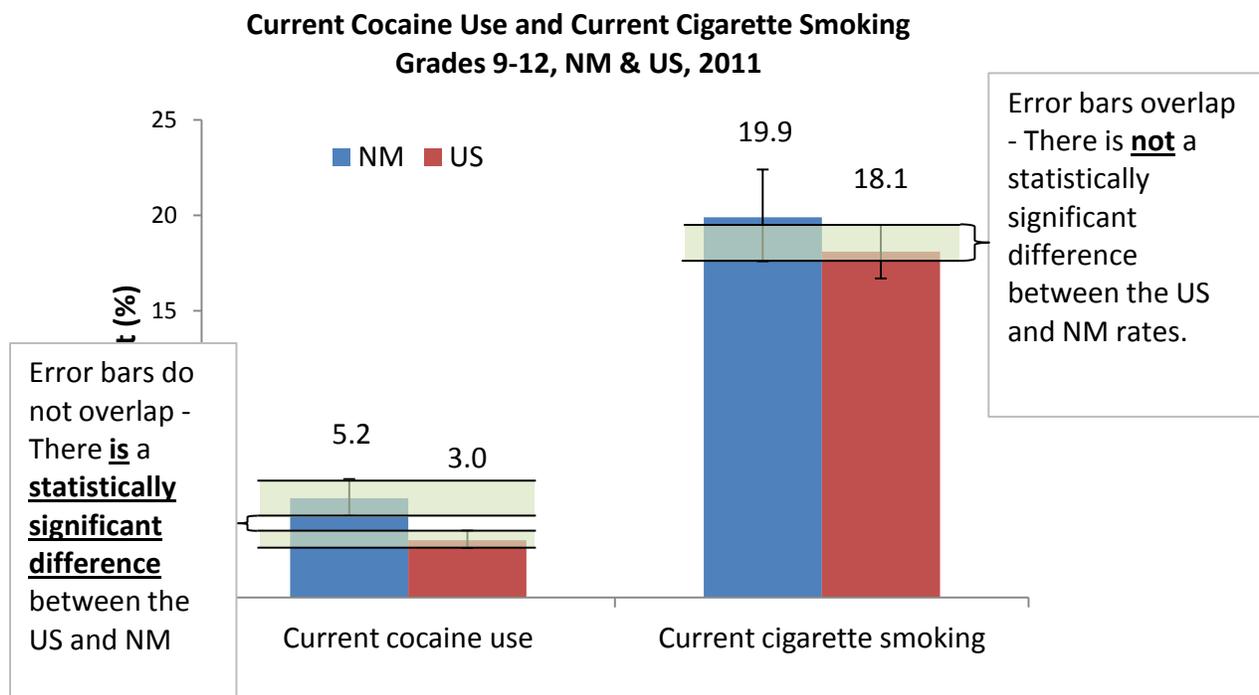
Because of the high cost and logistical complications involved in conducting a statewide survey, the YRRS was administered to a sample of students, rather than to every single student in each school district. Because YRRS data are from a **sample** of students, and not the entire student body, the results 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 (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 2011. The chart shows that the prevalence of current smoking was 19.9% in New Mexico and 18.1% in the United States. The error bar for the estimate of current smoking among New Mexico students extends approximately 2 percentage points in either direction, from 17.6% to 22.4%. This means that we are confident that the actual percentage of smokers in this group of students was between 17.6% and 22.4%. The error bar for the estimate of current smoking in the US extends approximately 1.5 percentage points in either direction, from 16.7% to 19.5%. We are confident that the actual percentage of smokers among this group was between 16.7% and 19.5%.



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 (19.9% vs. 18.1%), a closer look at the error bars shows a more complicated picture. The error bars for the New Mexico estimate (17.6%–22.4%) and the US estimate (16.7%–19.5%) 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 New Mexico had a higher prevalence than the United States (5.2% vs. 3.0%). The error bar for New Mexico extends from 4.3% to 6.2%, and the error bar for the United States extends from 2.6% to 3.5%. Because the higher bound of the US error bar (3.5%) is lower than the lower bound of the NM error bar (4.3%), 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 Definitions**Injury

Rarely or never wore a bike helmet, of those who rode a bike

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

AMONG those who

Reported riding a bicycle

Never or Rarely Wore a Seatbelt

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

Carried a gun

Answered '1day' or more to the question, *During the past 30 days, on how many days did you carry a gun?*

Violence-Related Behaviors

Carried weapon

Answered '1day' or more to the question, *During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?*

In a physical fight

Answered '1 time' or more to the question, *During the past 12 months, how many times were you in a physical fight?*

Teen dating violence

Answered 'Yes' to the question, *During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?*

Ever physically forced to have sexual intercourse

Answered 'Yes' to the question, *Have you ever been physically forced to have sexual intercourse when you did not want to?*

Bullied electronically

Answered 'Yes' to the question, *During the past 12 months, have you ever been bullied on school property?*

Bullied on school property

Answered 'Yes' to the question, *During the past 12 months, have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)*

Carried a weapon on school property

Answered '1day' or more to the question, *During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?*

Skipped school due to safety concerns

Answered '1day' or more to the question, *During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?*

In a physical fight on school property

Answered '1 time' or more to the question, *During the past 12 months, how many times were you in a physical fight on school property?*

Mental Health

Sadness or hopelessness

Answered 'Yes' to the question, *During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?*

## Seriously considered suicide

Answered 'Yes' to the question, *During the past 12 months, did you ever seriously consider attempting suicide?*

## Made a suicide plan

Answered 'Yes' to the question, *During the past 12 months, did you make a plan about how you would attempt suicide?*

## Attempted suicide

Answered '1 time' or more to the question, *During the past 12 months, how many times did you actually attempt suicide?*

## Suicide attempt with injury

Answered 'Yes' to the question, *If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?*

Tobacco Use: Cigarettes

## 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 13

Answered '11 or 12 years old' or younger to the question, *How old were you when you smoked a whole cigarette for the first time?*

## Current cigarette smoking (Smoked at least one cigarette in 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?*

## Heavy cigarette smoking (Smoked cigarettes on 20 of past 30 days)

Answered '11 to 20 cigarettes per day' or more to the question, *During the past 30 days, on the days you smoked, how many cigarettes*

## Frequent cigarette smoking (Smoked at least 11 cigarettes per day)

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?*

## Bought cigarettes in a store

Answered 'I bought them in a store such as a convenience store, supermarket, discount store, or gas station' to the question, *During the past 30 days, how did you usually get*

AMONG those who

Answered '17 years old' or younger to the question, *How old are you?*

Tobacco: Other Use

## 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, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?*

Current use - cigarettes, cigars, or spit tobacco

Smoked cigarette or cigars or used spit tobacco on at least one of the past 30 days.

Current tobacco use

Any form of tobacco use in the past 30 days (smoked cigarettes or cigars, spit tobacco, or smoked tobacco with a hookah).

In same room with a smoker

Answered '1 or 2 days' or more to the question, *During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?*

My parents think it very wrong for me to smoke

Answered 'Very wrong' to the question, *How wrong do your parents feel it would be for you to smoke cigarettes?*

Great risk from smoking a pack per day

Answered 'Great risk' to the question, *How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day?*

### Alcohol Use

Ever drank alcohol

Gave any response other than 'I have never had a drink of alcohol other than a few sips' to the question, *How old were you when you had your first drink of alcohol other than a few sips?*

Current drinker

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you have at least one drink of alcohol?*

Binge drinker

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?*

Drank alcohol before age 13

Answered '11 or 12 years old or younger' to the question, *How old were you when you had your first drink of alcohol other than a few sips?*

Drank alcohol on school property

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 on school property?*

Rode with drinking driver

Answered '1 time' or more to the question, *During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?*

Drove after drinking

Answered '1day' or more to the question, *During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?*

My parents think my regular alcohol use would be very wrong

Answered 'Very wrong' to the question, *How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?*

Adults in my community think regular alcohol use by kids is very wrong

Answered 'Very wrong' to the question, *How wrong would most adults in your community think it was for kids your age to drink alcohol (beer, wine, or*

I think regular alcohol use by people my age is very wrong

Answered 'Very 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 drinks of beer, wine, or hard liquor nearly every day?*

### Marijuana Use

Ever tried marijuana

Gave any response other than 'I have never tried marijuana' 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?*

Tried marijuana before age 13

Answered '11 or 12 years old' or younger to the question, *How old were you when you tried marijuana for the first time?*

Used marijuana on school property

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you use marijuana on school property?*

My parents think my marijuana use would be very wrong

Answered 'Very wrong' to the question, *How wrong do your parents feel it would be for you to use marijuana?*

People face great risk from regular marijuana use

Answered 'Great risk' to the question, *How much do you think people risk harming themselves (physically or in other ways) if they use marijuana regularly?*

### Other Drug Use

Current painkiller use to get high

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you use a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?*

Current inhalant use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?*

Current cocaine use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?*

Current ecstasy use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used ecstasy?*

## Current methamphetamine use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?*

## Current heroin use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used heroin (also called smack, junk, or China White)?*

## Improper prescription drug use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?*

## Lifetime cocaine use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times did you use any form of cocaine, including powder, crack, or freebase?*

## Lifetime ecstasy use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used ecstasy?*

## Lifetime methamphetamine use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?*

## Lifetime heroin use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used heroin (also called smack, junk, or China White)?*

## Illegal injection drugs

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used a needle to inject any illegal drug into your body?*

## Most or all close friends have used drugs such as marijuana or cocaine

Answered 'Most' or 'All' to the question, *Among the people you consider to be your closest friends, how many would you say do the following - Have used drugs such as marijuana or cocaine?*

## Sold, offered, or given drugs on school property

Answered 'Yes' to the question, *During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?*

## It would be easy to get marijuana

Answered 'Sort of easy' or 'Very easy' to the question, *If you wanted to, how hard or easy would it be to get marijuana?*

## It would be easy to get hard drugs

Answered 'Sort of easy' or 'Very easy' to the question, *If you wanted to, how hard or easy would it be to get cocaine, LSD, methamphetamines, or other illegal drug?*

Sexual Activity

## Ever had sexual intercourse

Gave any response other than 'I have never had sexual intercourse' to the question, *How old were you when you had sexual intercourse for the first time?*

## Sexually active

Respondent reported having sexual intercourse within the previous 3 months. Answered '1 person' or more to the question, *During the past 3 months, with how many people did you have sexual intercourse?*

## Had sexual intercourse before age 13

Answered '11 or 12 years old' or younger to the question, *How old were you when you had sexual intercourse for the first time?*

## Had sexual intercourse with 4 or more people, of those who ever had sex

Answered '4 people' or more to the question, *During your life, with how many people have you had sexual intercourse?*

AMONG those who

Reported they had "Ever had sexual intercourse" (see above)

## Four or more lifetime sexual partners

Answered '4 people' or more to the question, *During the past 3 months, with*  
AMONG those who

Reported being "Sexually active" (see above)

## Used alcohol or drugs at last sex

Answered 'Yes' to the question, *Did you drink alcohol or use drugs before you had sexual intercourse the last time?*

## Used condom at last sex

Answered 'Yes' to the question, *The last time you had sexual intercourse, did you or your partner use a condom?*

AMONG those who

Reported being "Sexually active" (see above)

## Did not use condom at last sex

Answered 'No' to the question, *The last time you had sexual intercourse, did you or your partner use a condom?*

AMONG those who

Reported being "Sexually active" (see above)

## Used birth control pills

Answered 'Birth control pills' to the question, *The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?*

AMONG those who

Reported being "Sexually active" (see above)

## Used Depo-Provera, birth control ring, implant, or IUD

Answered 'Depo-Provera (or any injectable birth control),

AMONG those who

Reported being "Sexually active" (see above)

## Used reliable birth control method

Answered 'Birth control pills' or 'Depo-Provera (or any injectable birth control), Nuva Ring (or any birth control ring), Implanon (or any implant), or any IUD' to the question, *The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?*

AMONG those who

Reported being "Sexually active" (see above)

Used reliable birth control and condom

Reported using reliable birth control (see above)

AND

Used a condom at last sex (see above)

AMONG those who

Reported being "Sexually active" (see above)

### Nutrition

Ate 5 or more fruits or vegetables per day

Reported consuming five or more daily servings of fruit juice, fruit, green salad, potatoes, carrots, or other vegetables over the past 7 days.

Had fruit or fruit juice 2 or more times per day

Reported consuming 2 or more daily servings of fruit juice or fruit.

Ate three or more vegetables per day

Reported consuming 3 or more daily servings of green salad, potatoes, carrots, or other vegetables.

Drank one+ soda/day in the past 7 days

Answered '1 time per day' or more to the question, *During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)*

Vomited or used laxatives to lose weight

Answered 'Yes' to the question, *During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?*

### Physical Activity

Exercised for 60 minutes on none of the last 7 days

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?*

Exercised for 60 minutes on 5 of the last 7 days

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?*

Exercised for 60 minutes on 7 of the last 7 days

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?*

Three or more hours/day of TV

Answered '3 hours per day' or more to the question, *On an average school day, how many hours do you watch TV?*

Three + hours computer or gaming per day

Answered '3 hours per day' or more to the question, *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 Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet.)?*

Three or more hours screen time per day

Answered a combined total of '3 hours per day' or more to the two questions above (i.e., TV viewing and or computer/video usage).

PE at least once per week

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 PE**

Answered '5 days' 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?*

**Body Weight**

*Note: Body Mass Index (BMI) was calculated from self reported height and weight.*

**Overweight**

Greater than or equal to the 85th national BMI percentile for age and sex, and less than the 95th national BMI for age and sex, based on historical data.

**Obese**

Greater than or equal to the 95th national BMI percentile for age and sex, based on historical data.

**Overweight or obese**

Greater than or equal to the 85th national BMI percentile for age and sex, based on historical data.

**Other Behaviors and Characteristics****Ever taught about HIV in school**

Answered 'Yes' to the question, *Have you ever been taught about AIDS or HIV infection in school.*

**Asthma**

Answered 'Yes' to both of the following questions:

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

AND

*Do you still have asthma?*

**Not enough food to eat**

Answered 'Sometimes not enough to eat' or 'Often not enough to eat' to the question, *Do you have enough food to eat, sometimes not enough to eat, or often not enough to eat?*

**Domestic Non-English speaker**

Answered 'All of the time', 'More than half the time' or 'About half the time' to the question, *How often do you speak a language other than English at home?*

**Foreign born**

Answered 'No' to the question, *Were you born in the USA?*

**Appendix C: Risk Behavior and Resiliency/Protective Factor Definitions**Injury

Rarely or never wore a bicycle helmet

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

AMONG those who

Reported riding a bicycle

Never or Rarely Wore a Seatbelt

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

Carried a gun

Answered '1day' or more to the question, *During the past 30 days, on how many days did you carry a gun?*

Violence-Related Behaviors

Carried weapon

Answered '1day' or more to the question, *During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?*

In a physical fight

Answered '1 time' or more to the question, *During the past 12 months, how many times were you in a physical fight?*

Teen dating violence

Answered 'Yes' to the question, *During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?*

Ever forced to have sexual intercourse

Answered 'Yes' to the question, *Have you ever been physically forced to have sexual intercourse when you did not want to?*

Bullied electronically

Answered 'Yes' to the question, *During the past 12 months, have you ever been bullied on school property?*

Bullied on school property

Answered 'Yes' to the question, *During the past 12 months, have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)*

Carried a weapon on school property

Answered '1day' or more to the question, *During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?*

Skipped school due to safety concerns

Answered '1day' or more to the question, *During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?*

In a physical fight on school property

Answered '1 time' or more to the question, *During the past 12 months, how many times were you in a physical fight on school property?*

Mental Health

Persistent sadness or hopelessness

Answered 'Yes' to the question, *During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?*

## Seriously considered suicide

Answered 'Yes' to the question, *During the past 12 months, did you ever seriously consider attempting suicide?*

## Made a suicide plan

Answered 'Yes' to the question, *During the past 12 months, did you make a plan about how you would attempt suicide?*

## Attempted suicide

Answered '1 time' or more to the question, *During the past 12 months, how many times did you actually attempt suicide?*

## Suicide attempt with injury

Answered 'Yes' to the question, *If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?*

Tobacco Use: Cigarettes

## 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 13

Answered '11 or 12 years old' or younger to the question, *How old were you when you smoked a whole cigarette for the first time?*

## Current cigarette smoking (Smoked at least one cigarette in 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?*

## Heavy smoking (Smoked cigarettes on 20 of past 30 days)

Answered '11 to 20 cigarettes per day' or more to the question, *During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?*

## Frequent smoking (Smoked at least 11 cigarettes per day)

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?*

## Bought cigarettes in a store

Answered 'I bought them in a store such as a convenience store, supermarket, discount store, or gas station' to the question, *During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)*

AMONG those who

Answered '17 years old' or younger to the question, *How old are you?*

Tobacco: Other Use

## 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, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?*

Current use - cigarettes, cigars, or spit tobacco

Smoked cigarette or cigars or used spit tobacco on at least one of the past 30 days.

Current tobacco use

Any form of tobacco use in the past 30 days (smoked cigarettes or cigars, spit tobacco, or smoked tobacco with a hookah).

In same room with a smoker

Answered '1 or 2 days' or more to the question, *During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?*

My parents think it very wrong for me to smoke

Answered 'Very wrong' to the question, *How wrong do your parents feel it would be for you to smoke cigarettes?*

Great risk from smoking a pack per day

Answered 'Great risk' to the question, *How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day?*

### Alcohol Use

Ever drank alcohol

Gave any response other than 'I have never had a drink of alcohol other than a few sips' to the question, *How old were you when you had your first drink of alcohol other than a few sips?*

Current drinking

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you have at least one drink of alcohol?*

Binge drinking

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?*

Drank alcohol before age 13

Answered '11 or 12 years old or younger' to the question, *How old were you when you had your first drink of alcohol other than a few sips?*

Drank alcohol on school property

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 on school property?*

Rode with drinking driver

Answered '1 time' or more to the question, *During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?*

Drinking and driving

Answered '1 day' or more to the question, *During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?*

My parents think my regular alcohol use would be very wrong

Answered 'Very wrong' to the question, *How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?*

Adults in my community think regular alcohol use by kids is very wrong

Answered 'Very wrong' to the question, *How wrong would most adults in your community think it was for kids your age to drink alcohol (beer, wine, or hard liquor) regularly?*

I think regular alcohol use by people my age is very wrong

Answered 'Very 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 drinks of beer, wine, or hard liquor nearly every day?*

### Marijuana Use

Ever tried marijuana

Gave any response other than 'I have never tried marijuana' 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?*

Tried marijuana before age 13

Answered '11 or 12 years old' or younger to the question, *How old were you when you tried marijuana for the first time?*

Used marijuana on school property

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you use marijuana on school property?*

My parents think my marijuana use would be very wrong

Answered 'Very wrong' to the question, *How wrong do your parents feel it would be for you to use marijuana?*

People face great risk from regular marijuana use

Answered 'Great risk' to the question, *How much do you think people risk harming themselves (physically or in other ways) if they use marijuana regularly?*

### Other Drug Use

Current painkiller use to get high

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you use a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?*

Current inhalant use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?*

Current cocaine use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?*

Current ecstasy use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used ecstasy?*

## Current methamphetamine use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?*

## Current heroin use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used heroin (also called smack, junk, or China White)?*

## Improper prescription drug use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?*

## Lifetime cocaine use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times did you use any form of cocaine, including powder, crack, or freebase?*

## Lifetime ecstasy use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used ecstasy?*

## Lifetime methamphetamine use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?*

## Lifetime heroin use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used heroin (also called smack, junk, or China White)?*

## Illegal injection drugs

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used a needle to inject any illegal drug into your body?*

## Most or all close friends have used drugs such as marijuana or cocaine

Answered 'Most' or 'All' to the question, *Among the people you consider to be your closest friends, how many would you say do the following - Have used drugs such as marijuana or cocaine?*

## Sold, offered, or given drugs on school property

Answered 'Yes' to the question, *During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?*

## It would be easy to get marijuana

Answered 'Sort of easy' or 'Very easy' to the question, *If you wanted to, how hard or easy would it be to get marijuana?*

## It would be easy to get hard drugs

Answered 'Sort of easy' or 'Very easy' to the question, *If you wanted to, how hard or easy would it be to get cocaine, LSD, methamphetamines, or other illegal drug?*

Sexual Activity

## Ever had sexual intercourse

Gave any response other than 'I have never had sexual intercourse' to the question, *How old were you when you had sexual intercourse for the first time?*

## Sexually active

Respondent reported having sexual intercourse within the previous 3 months. Answered '1 person' or more to the question, *During the past 3 months, with how many people did you have sexual intercourse?*

## Had sexual intercourse before age 13

Answered '11 or 12 years old' or younger to the question, *How old were you when you had sexual intercourse for the first time?*

## Had sexual intercourse with 4 or more people, of those who ever had sex

Answered '4 people' or more to the question, *During your life, with how many people have you had sexual intercourse?*

AMONG those who

Reported they had "Ever had sexual intercourse" (see above)

## Four or more lifetime sexual partners

Answered '4 people' or more to the question, *During the past 3 months, with how many people did you have sexual intercourse?*

AMONG those who

Reported being "Sexually active" (see above)

## Used alcohol or drugs at last sex

Answered 'Yes' to the question, *Did you drink alcohol or use drugs before you had sexual intercourse the last time?*

## Used a condom

Answered 'Yes' to the question, *The last time you had sexual intercourse, did you or your partner use a condom?*

AMONG those who

Reported being "Sexually active" (see above)

## Did not use a condom

Answered 'No' to the question, *The last time you had sexual intercourse, did you or your partner use a condom?*

AMONG those who

Reported being "Sexually active" (see above)

## Used birth control pills

Answered 'Birth control pills' to the question, *The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?*

AMONG those who

Reported being "Sexually active" (see above)

## Used Depo-Provera, birth control ring, implant, or IUD

Answered 'Depo-Provera (or any injectable birth control), Nuva Ring (or any birth control ring), Implanon (or any implant), or any IUD' to the question, *The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?*

AMONG those who

Reported being "Sexually active" (see above)

## Used reliable birth control method

Answered 'Birth control pills' or 'Depo-Provera (or any injectable birth control), Nuva Ring (or any birth control ring), Implanon (or any implant), or any IUD' to the question, *The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?*

AMONG those who

Reported being "Sexually active" (see above)

Used reliable birth control and condom

Reported using reliable birth control (see above)

AND

Used a condom at last sex (see above)

AMONG those who

Reported being "Sexually active" (see above)

### Nutrition

Five or more fruits or vegetables per day

Reported consuming five or more daily servings of fruit juice, fruit, green salad, potatoes, carrots, or other vegetables over the past 7 days.

Had fruit or fruit juice 2 or more times per day

Reported consuming 2 or more daily servings of fruit juice or fruit.

Ate three or more vegetables per day

Reported consuming 3 or more daily servings of green salad, potatoes, carrots, or other vegetables.

Daily soda consumption

Answered '1 time per day' or more to the question, *During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)*

Vomited or used laxatives to lose weight

Answered 'Yes' to the question, *During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?*

### Physical Activity

No days of physical activity per 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 spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)*

Five days of physical activity 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 spent in any kind of physical activity that increased your heart rate and made 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 spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)*

Watched TV three or more hours per day

Answered '3 hours per day' or more to the question, *On an average school day, how many hours do you watch TV?*

Computer use or video gaming three or more hours per day

Answered '3 hours per day' or more to the question, *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 Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet.)?*

Total screen time three or more hours per day

Answered a combined total of '3 hours per day' or more to the two questions above (i.e., TV viewing and or computer/video usage).

PE at least once per week

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 PE in school

Answered '5 days' 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?*

### Body Weight

*Note: Body Mass Index (BMI) was calculated from self reported height and weight.*

Overweight

Greater than or equal to the 85th national BMI percentile for age and sex, and less than the 95th national BMI for age and sex, based on historical data.

Obese

Greater than or equal to the 95th national BMI percentile for age and sex, based on historical data.

Overweight or obese

Greater than or equal to the 85th national BMI percentile for age and sex, based on historical data.

### Other Behaviors and Characteristics

Ever taught about HIV in school

Answered 'Yes' to the question, *Have you ever been taught about AIDS or HIV infection in school.*

Asthma

Answered 'Yes' to both of the following questions:

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

AND

*Do you still have asthma?*

Not enough food to eat

Answered 'Sometimes not enough to eat' or 'Often not enough to eat' to the question, *Do you have enough food to eat, sometimes not enough to eat, or often not enough to eat?*

Domestic Non-English speaker

Answered 'All of the time', 'More than half the time' or 'About half the time' to the question, *How often do you speak a language other than English at home?*

Foreign born

Answered 'No' to the question, *Were you born in the USA?*

### Resiliency/Protective Factors

Unless otherwise noted, responses in the resiliency/protective factor sections of this report refer to respondents who answered "Very much true" to the questionnaire item indicated.





