



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

Aggregate Report

New Mexico Department of Health

New Mexico Public Education Department

University of New Mexico Prevention Research Center



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Table of Contents

Acknowledgements	
Introduction	7
How to Read This Report	7
Understanding the Charts, and a Word about Error Bars	8
Methodology	10
Limitations of the YRRS	10
Profile of American Indian Middle School Students	11
Risk Behaviors	12
Personal Safety	13
<i>Behaviors Contributing to Unintentional Injury</i>	14
<i>Behaviors and Experiences Associated with Violence</i>	17
Mental Health	20
Tobacco	24
Alcohol	37
Drugs	44
Sexual Behavior	48
Body Weight and Weight Control	52
Physical Activity	59
Asthma	69
Other Characteristics	73
Food Sufficiency	74
Grades	75
Protective (Resiliency) Factors	78
Appendix A	89

2009 New Mexico Middle School Youth Risk and Resiliency Survey (YRRS) American Indian Students (NM)

Introduction

This report contains aggregate results from the 2009 New Mexico Middle School Youth Risk and Resiliency Survey (YRRS) for American Indian (AI) middle school students.

The YRRS is a statewide survey of public school students in middle schools and high schools throughout New Mexico. The survey is organized into two major content areas: risk behaviors and protective (resiliency) factors. Risk behaviors include behaviors associated with unintentional injury, violence, sadness and suicidal ideation, tobacco use, alcohol use, drug use, sexual activity, physical activity, and nutrition. Protective or resiliency factors are measures of the positive and supportive relationships, experiences, activities, resources and values that encourage healthy youth development. Resiliency factors and related traits include caring and supportive relationships in the family, school, community and with peers; boundaries set by the family and school; positive peer support, and others.

How to Read this Report

This report has two main sections, each of which consists of a set of bar charts. The first section presents the results of the major risk behaviors examined in the survey. Each category of risk behavior is presented with several charts, which 1) show rates of risk behaviors for NM AI students compared to New Mexico statewide rates¹, 2) compare risk behaviors of AI boys to those of AI girls, and 3) make comparisons between grade levels among AI students.

The second section presents results for resiliency/protective factors. As with risk behaviors, this section contains bar charts, which 1) present rates of protective factors among NM AI students compared to New Mexico statewide rates¹, 2) compare protective factors among AI boys to those of AI girls, and 3) make comparisons between grade levels among AI students.

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

¹ Rates for New Mexico were based on the Centers for Disease Control and Prevention YRBS sample.

Understanding the Charts

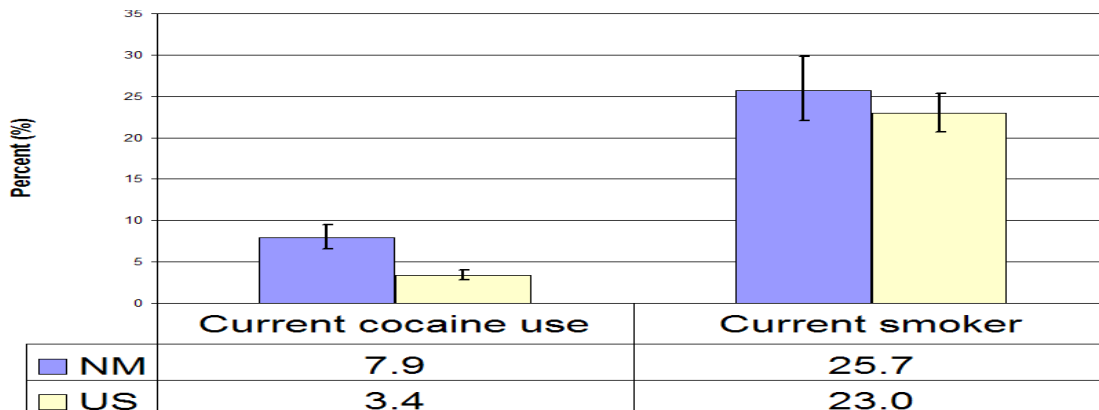
The bar charts in this report present the percentage of students who reported engaging in any given risk behavior or protective factor. The height of the bars conveys the percentage of students reporting each risk or protective factor, and provides a quick visual comparison between different groups of students reporting that risk or protective factor. A label for each bar presents the actual percentage of students who reported each risk or protective factor. For instance, the chart on page 14, Personal Safety: Injury, shows that 7.2% of middle school students in New Mexico rarely or never wore seatbelts, while 8.8% of all American Indian middle school students in New Mexico rarely or never wore seatbelts.

A Word About Error Bars

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 reported estimates. On the charts in this report, the 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.

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

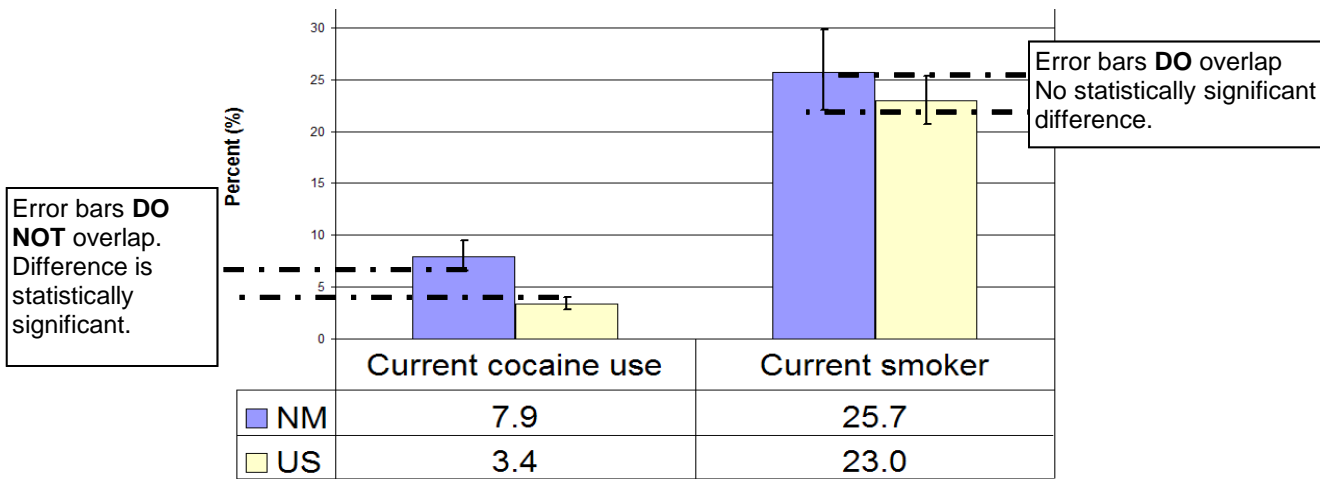
Current Smoking and Current Cocaine Use
Grades 9 - 12, 2005



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

For cocaine use it also appears that in 2005, New Mexico had a higher prevalence than the United States (7.9% vs. 3.4%). The error bar for New Mexico extends from 6.6% to 9.5%, and the error bar for the United States extends from 2.8% to 4.4%. Because the higher bound of the US error bar (4.4%) is lower than the lower bound of the NM error bar (6.6%), these error bars do not overlap. For cocaine use, we are confident in saying that the New Mexico prevalence was higher than the US prevalence. In other words, the difference between the 2005 prevalence of cocaine use in New Mexico and the United States was a statistically significant difference.

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



Methodology

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

To strengthen the representation of American Indian students in the 2009 NM YRRS survey, an additional 10 middle schools with high AI student enrollment were selected to participate via a special project sponsored by AASTEC. All classrooms and students in these schools were selected for participation. In each school, a single day was arranged on which to administer the survey. Questionnaire forms and pencils were distributed to each student in participating classes, and students were asked to fill out the questionnaires independently of other students and without teacher assistance.

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

Limitations of the YRRS

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

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

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

Demographic Information for AI Middle School Students

A total of 4,297 American Indian middle school students participated in the 2009 NM YRRS survey. Students were categorized as American Indian if they reported AI alone or in combination with any other racial/ethnic group. Key characteristics of AI survey participants were as follows:

<u>Profile of students surveyed</u>	<u>Number of students</u>	<u>Percent (%)</u>
<u>Total</u>	4,297	100%
<u>Gender</u>		
Girls	2,109	48.9%
Boys	2,178	51.1%
<u>Grade Level</u>		
6th	1,431	35.7%
7th	1,508	32.4%
8th	1,342	31.8%
Other:	6	0.1%

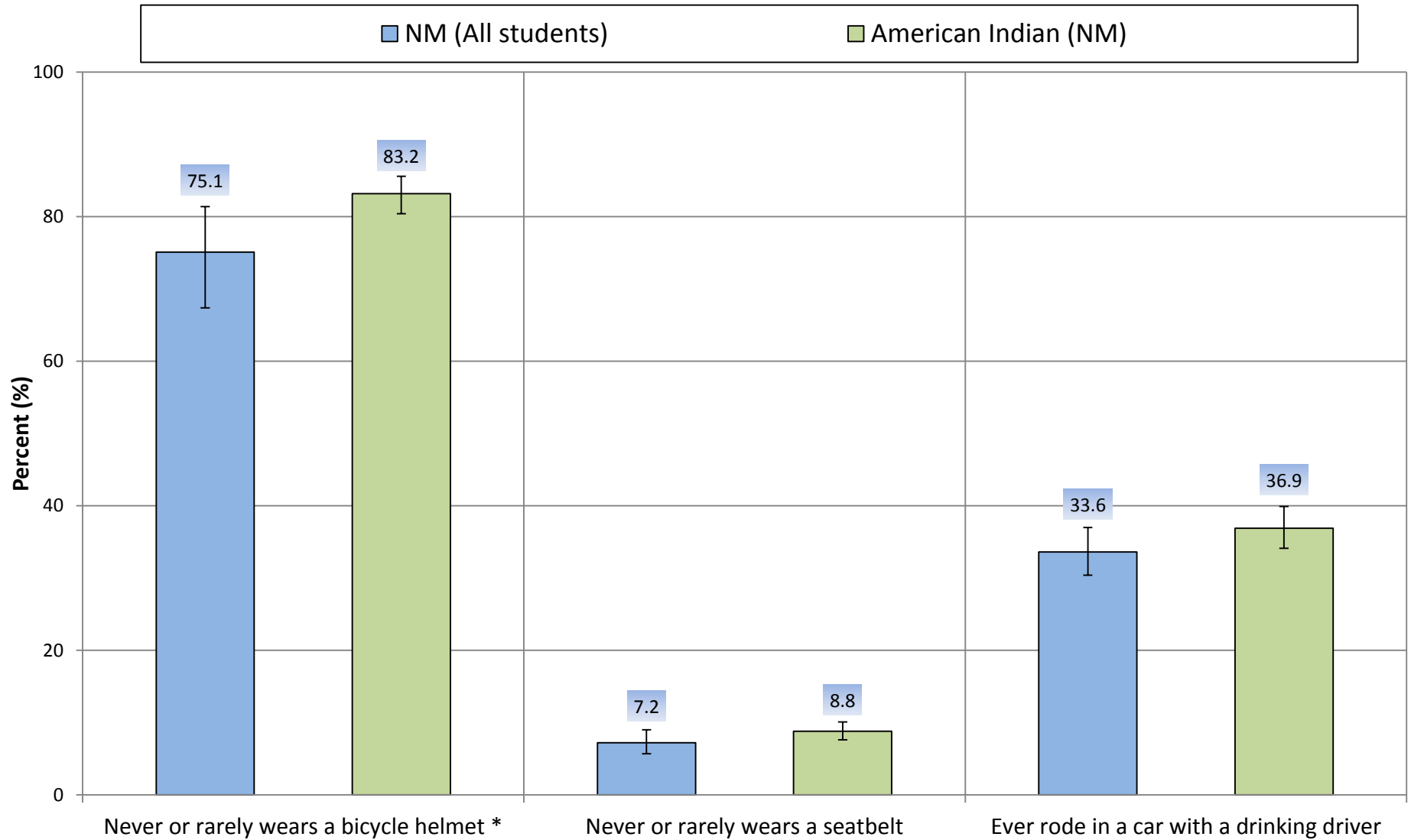
NOTE: Raw numbers may not add up to the total number of students because of missing data. Data are considered missing when students refuse answering any question(s) during the survey.

Risk Behaviors

Personal Safety

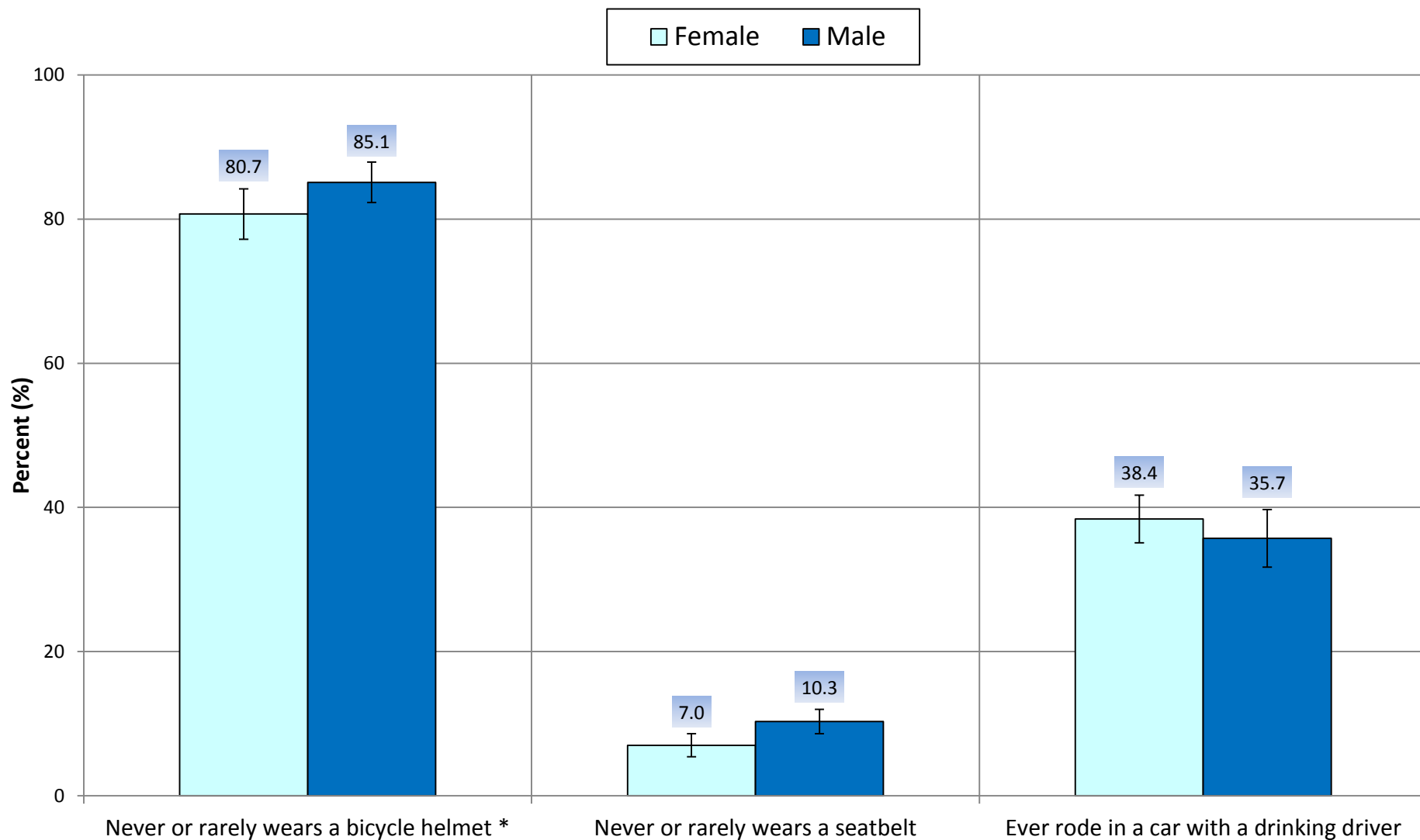
Behaviors Contributing to Unintentional Injury
Behaviors Associated with Violence

Injury: Personal Safety New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS



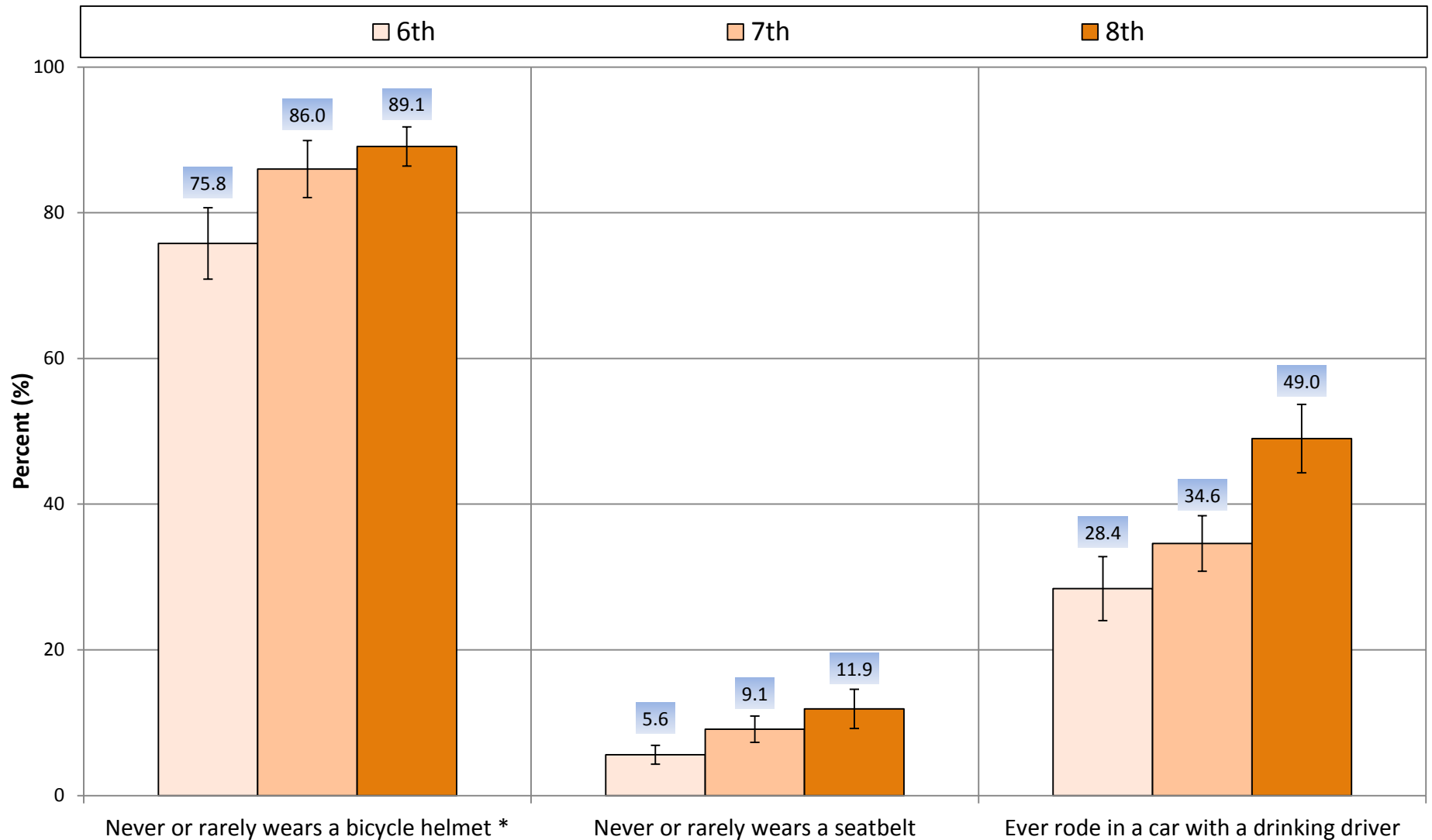
* Among those who rode a bicycle in the past 12 months

Injury: Personal Safety by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



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

Injury: Personal Safety by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS

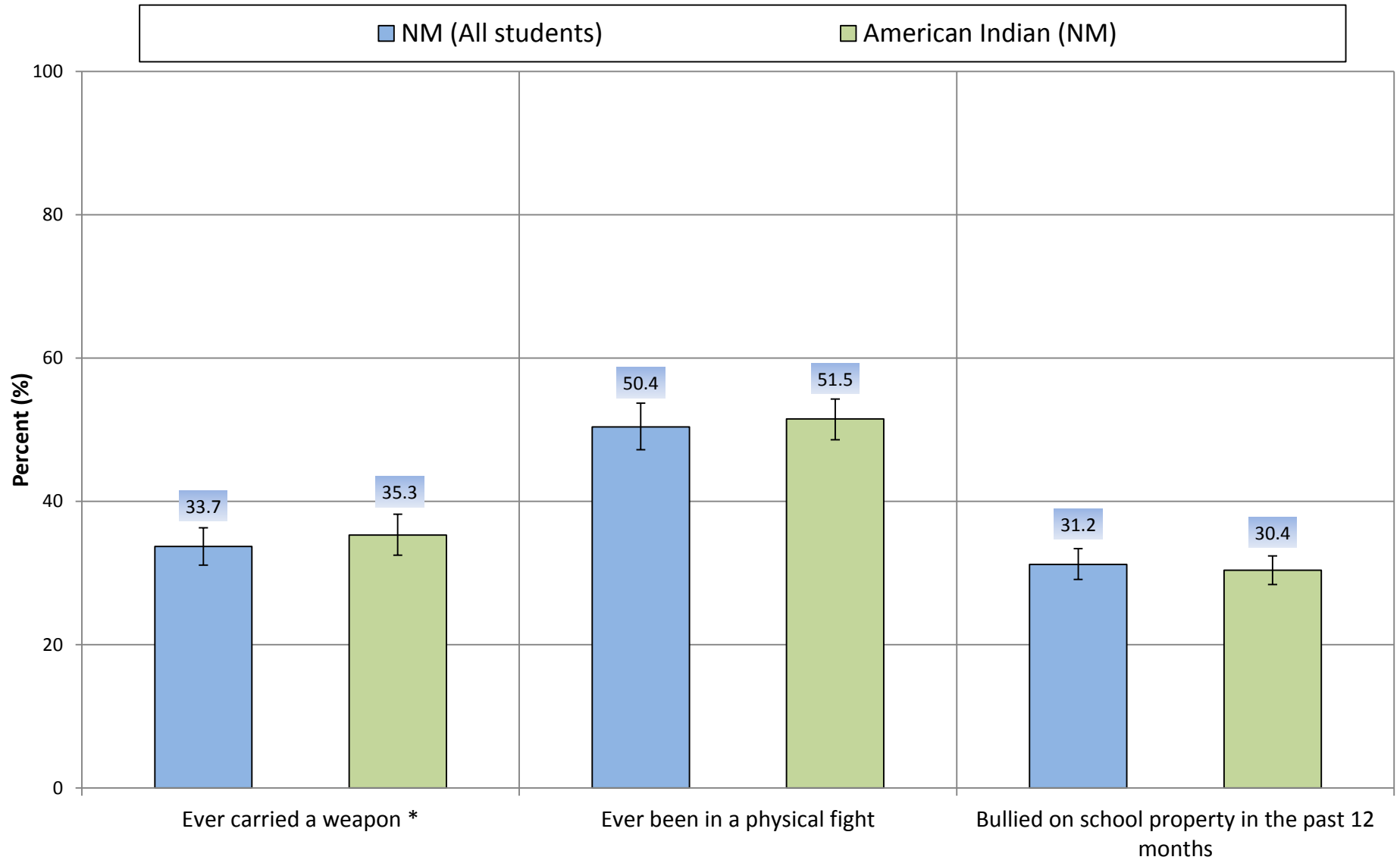


* Among those who rode a bicycle in the past 12 months

Injury: Violence

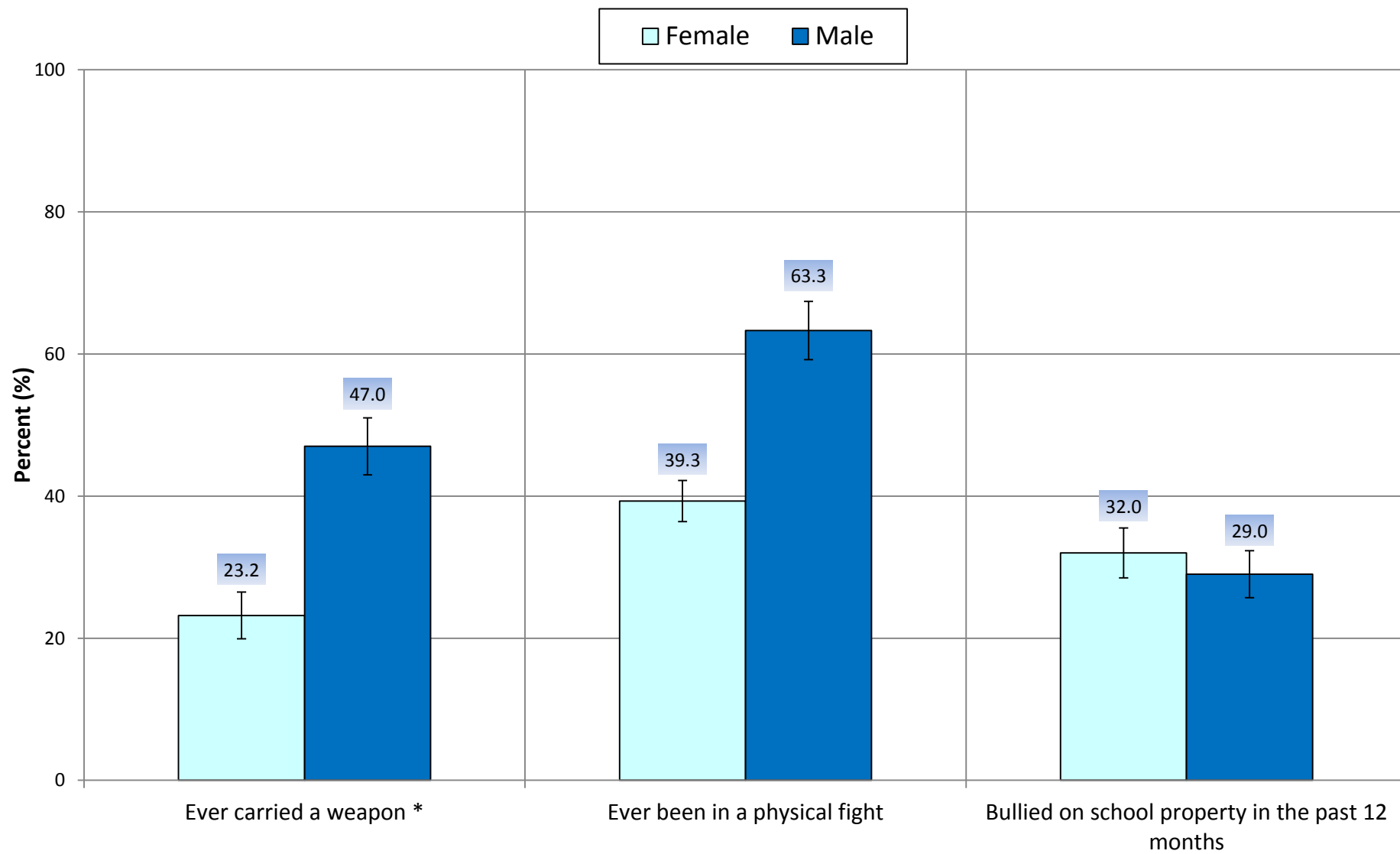
New Mexico (all students) and American Indian Students

Grades 6 - 8, 2009 NM YRRS



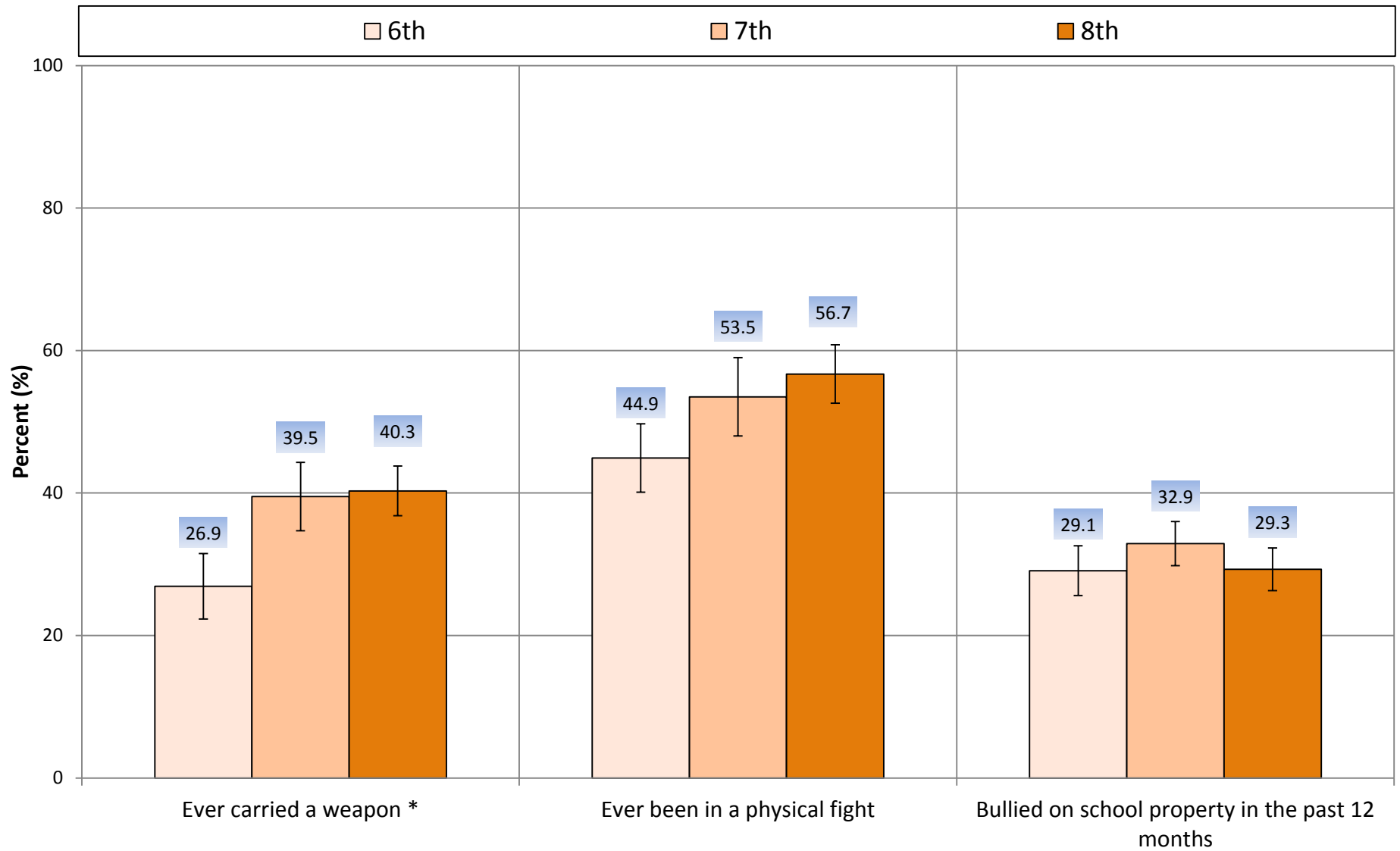
* Such as a gun, knife, or club

Injury: Violence by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



* Such as a gun, knife, or club

Injury: Violence by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS

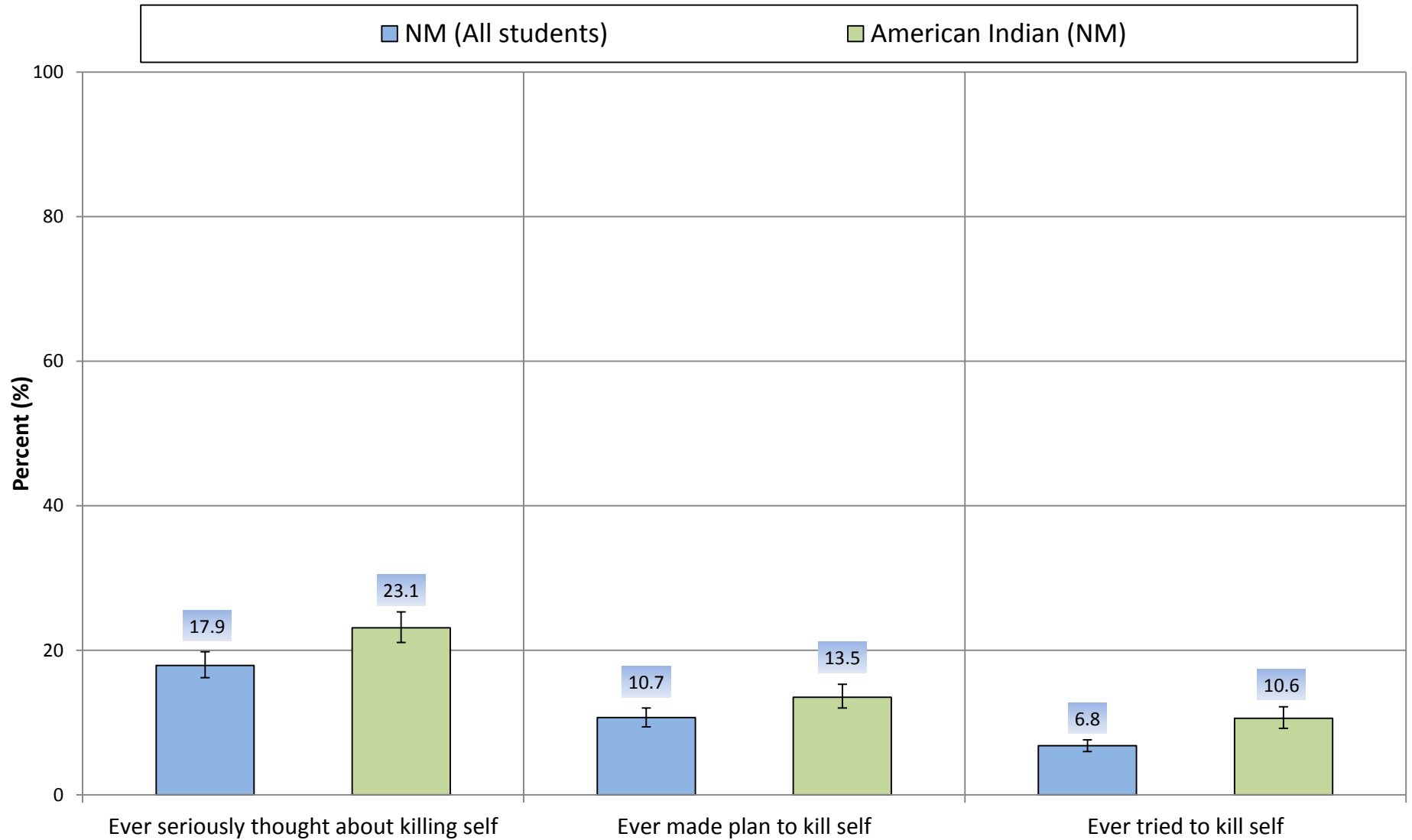


* Such as a gun, knife, or club

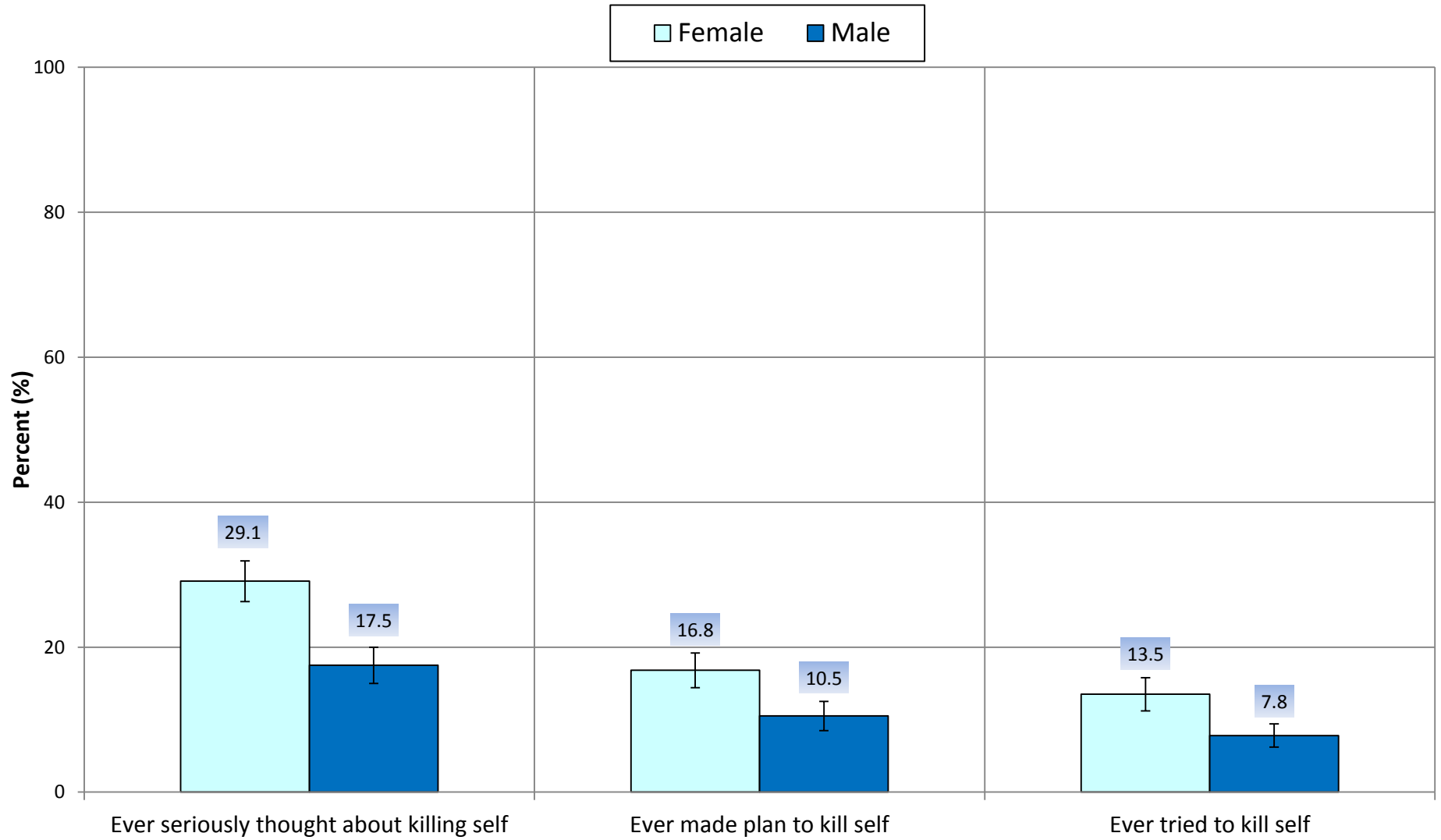
Mental Health

Mental Health

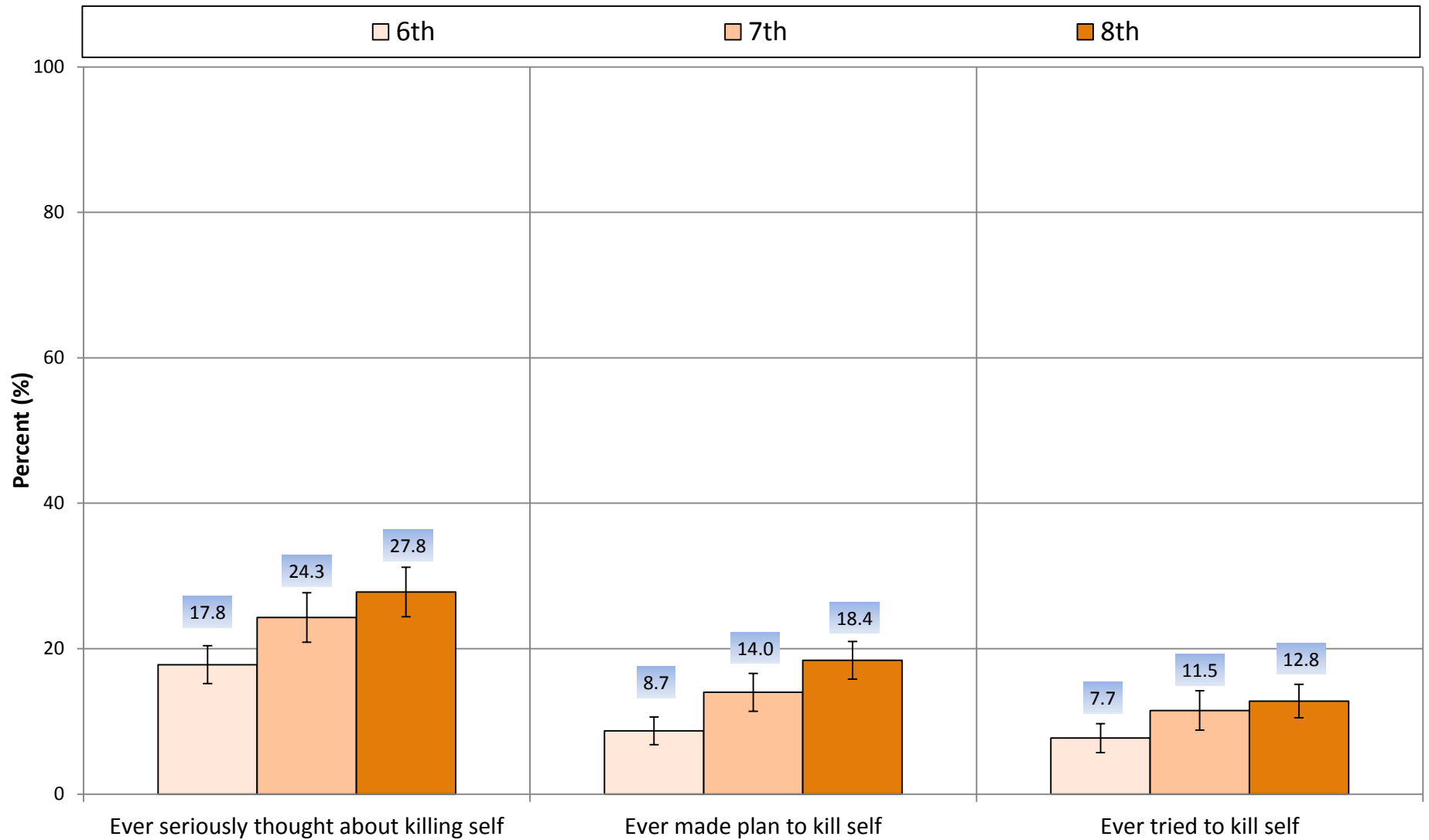
New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS



Mental Health by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



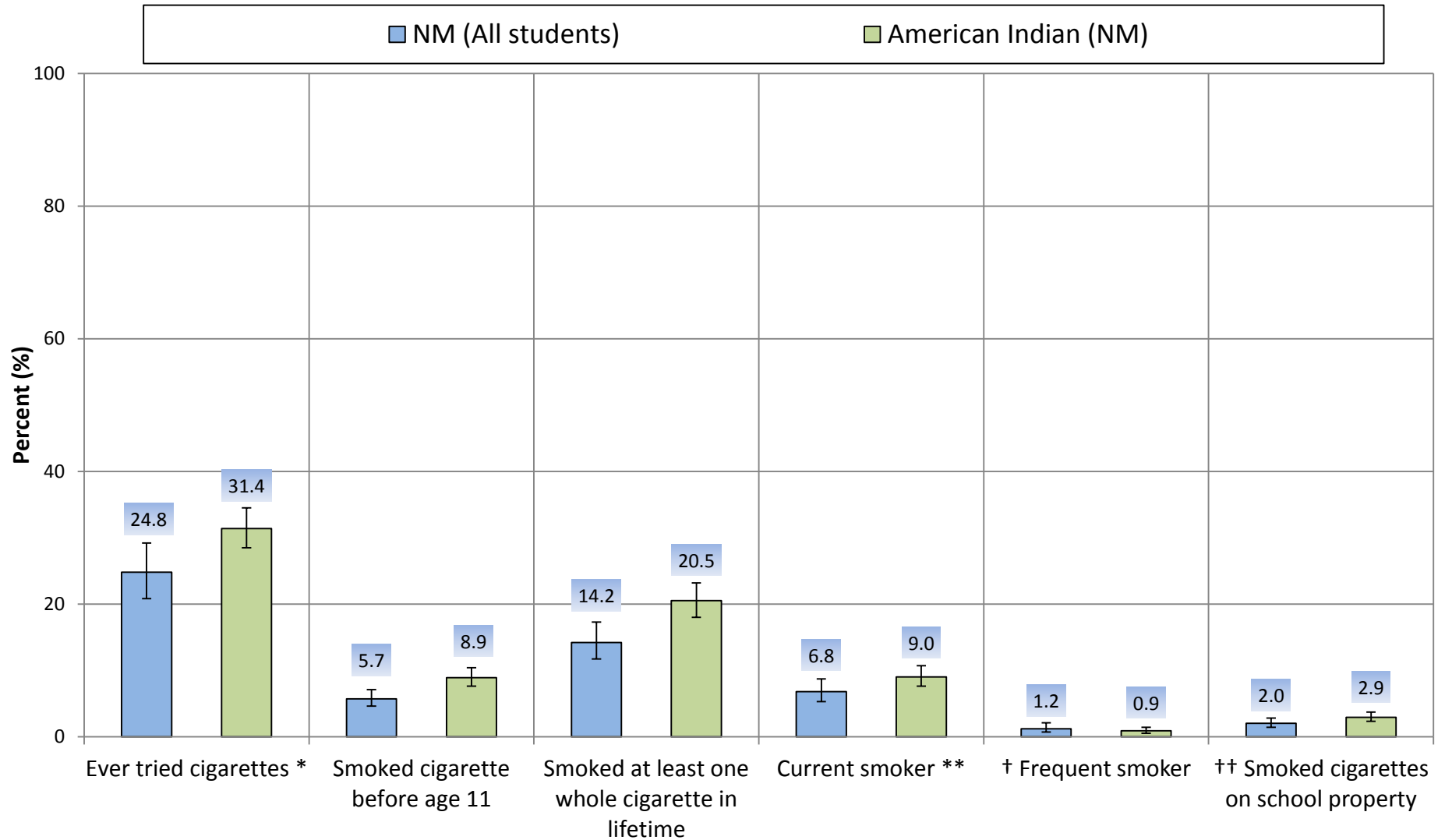
Mental Health by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS



Tobacco

Tobacco: Cigarettes

New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS



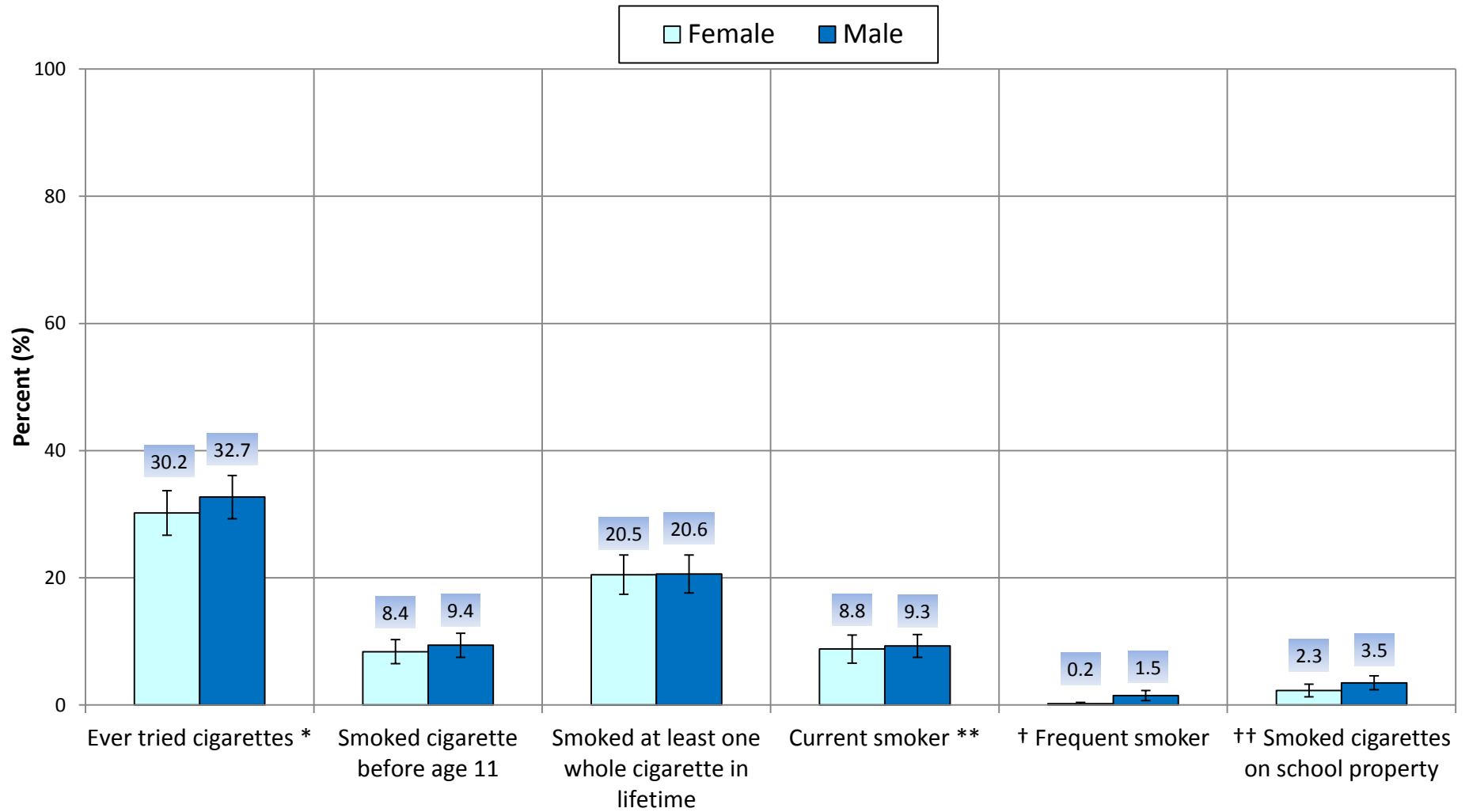
* Ever tried cigarettes, even one or two puffs

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

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

†† In the past 30 days

Tobacco: Cigarettes by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



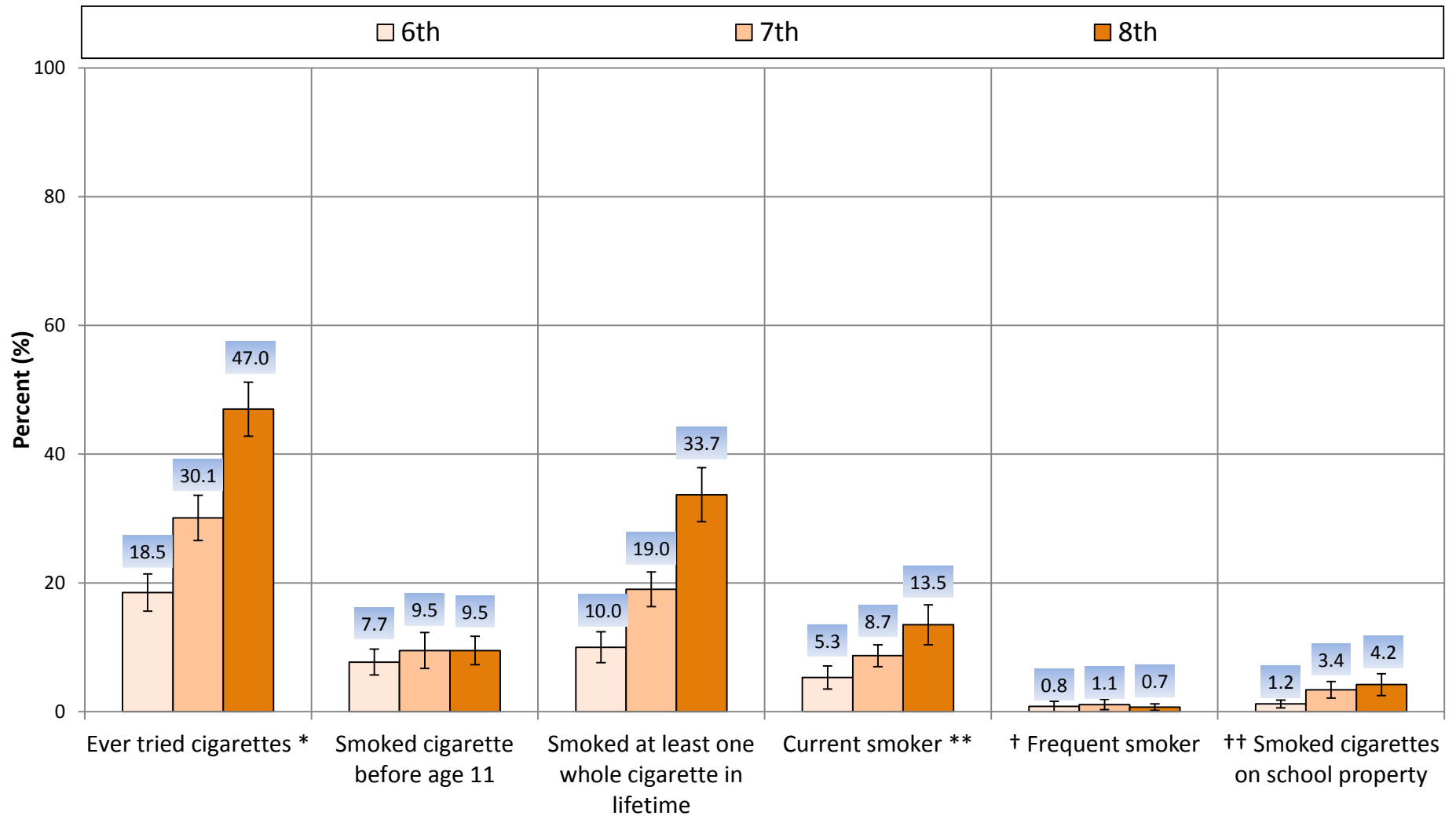
* Ever tried cigarettes, even one or two puffs

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

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

†† In the past 30 days

Tobacco: Cigarettes by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS



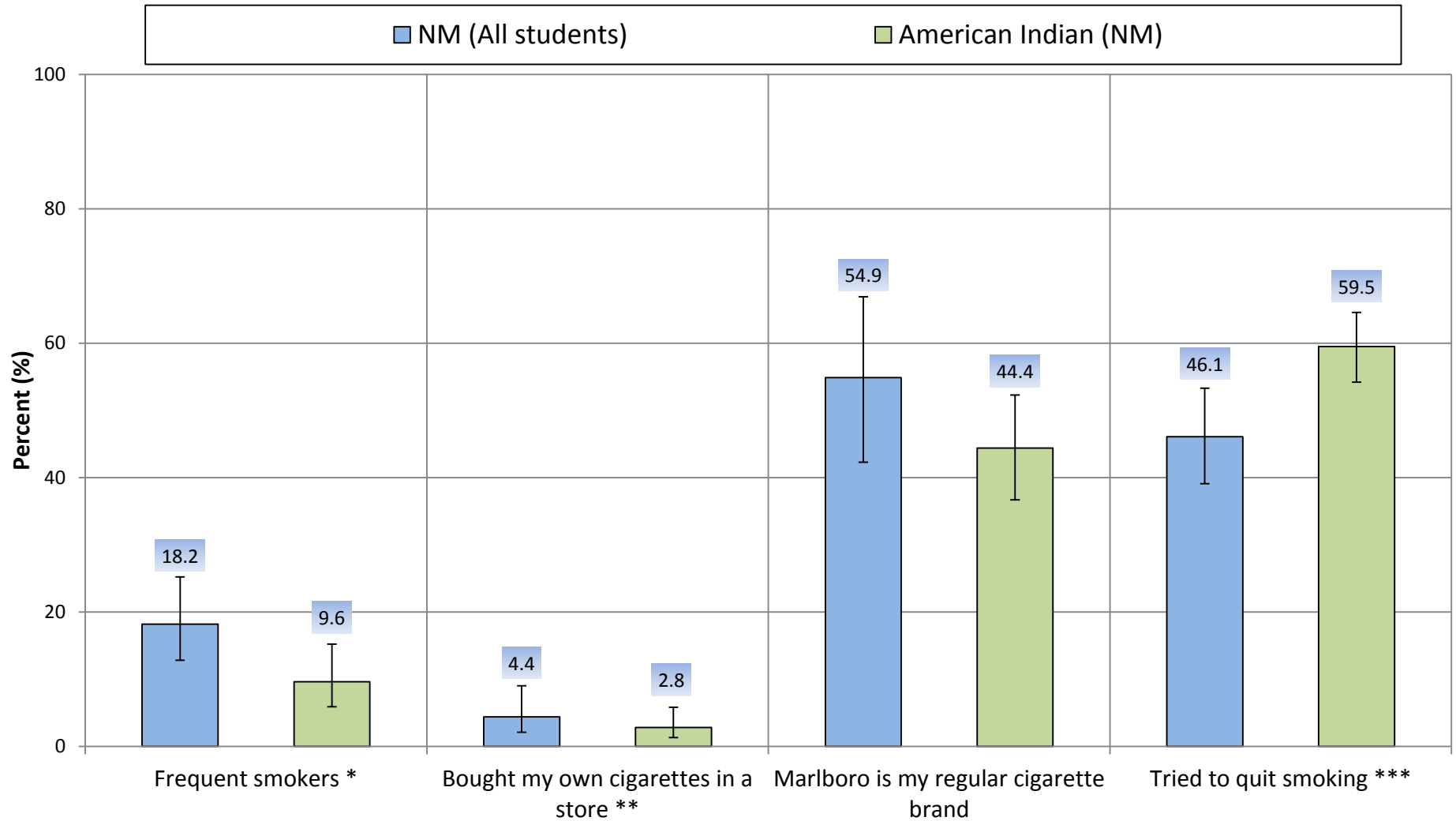
* Ever tried cigarettes, even one or two puffs

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

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

†† In the past 30 days

Tobacco: Behaviors of Current Cigarette Smokers New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS

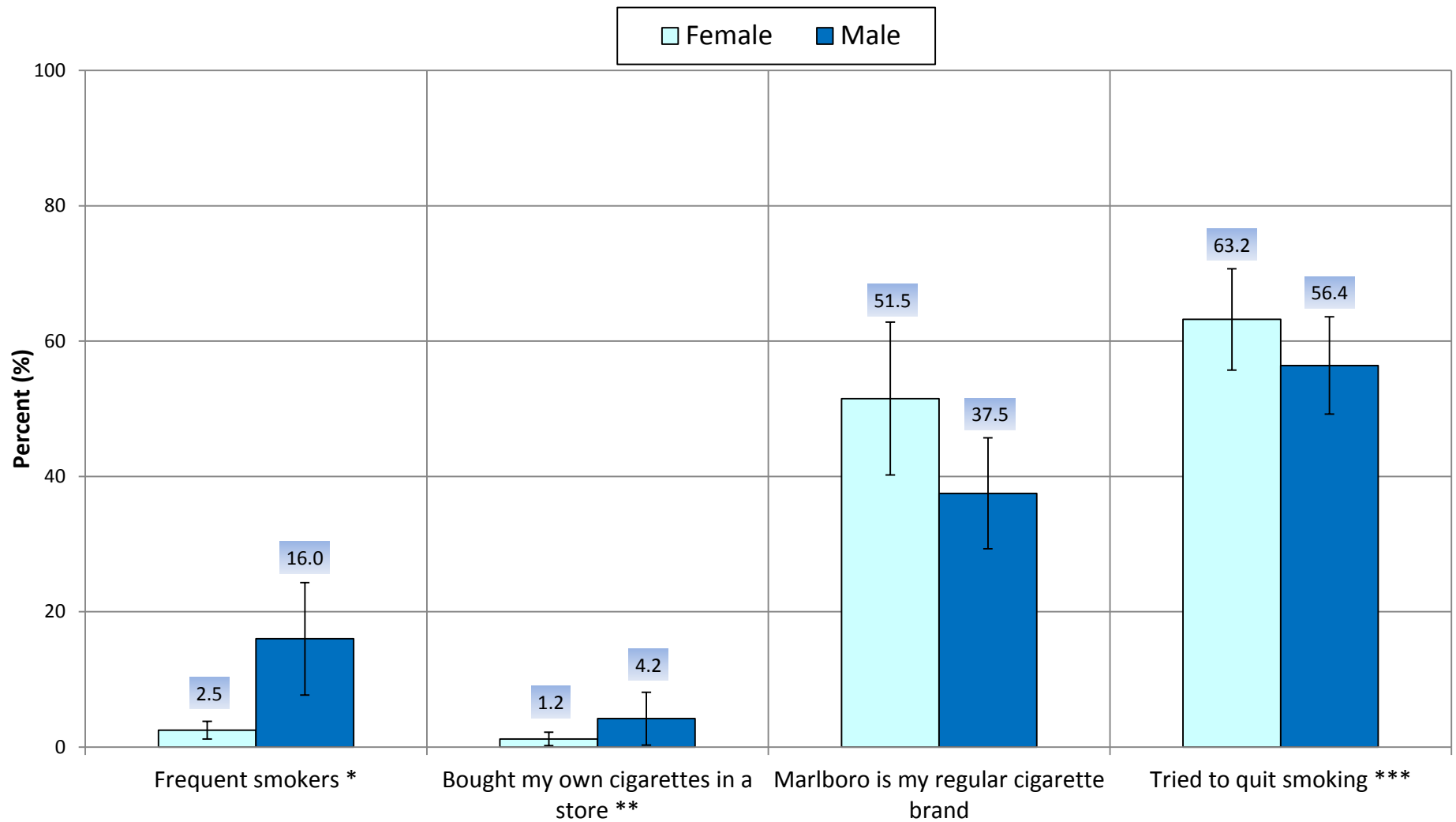


* Among current smokers, percent who smoked on at least 20 of the last 30 days

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

*** In the past 12 months

Tobacco: Behaviors of Current Cigarette Smokers by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS

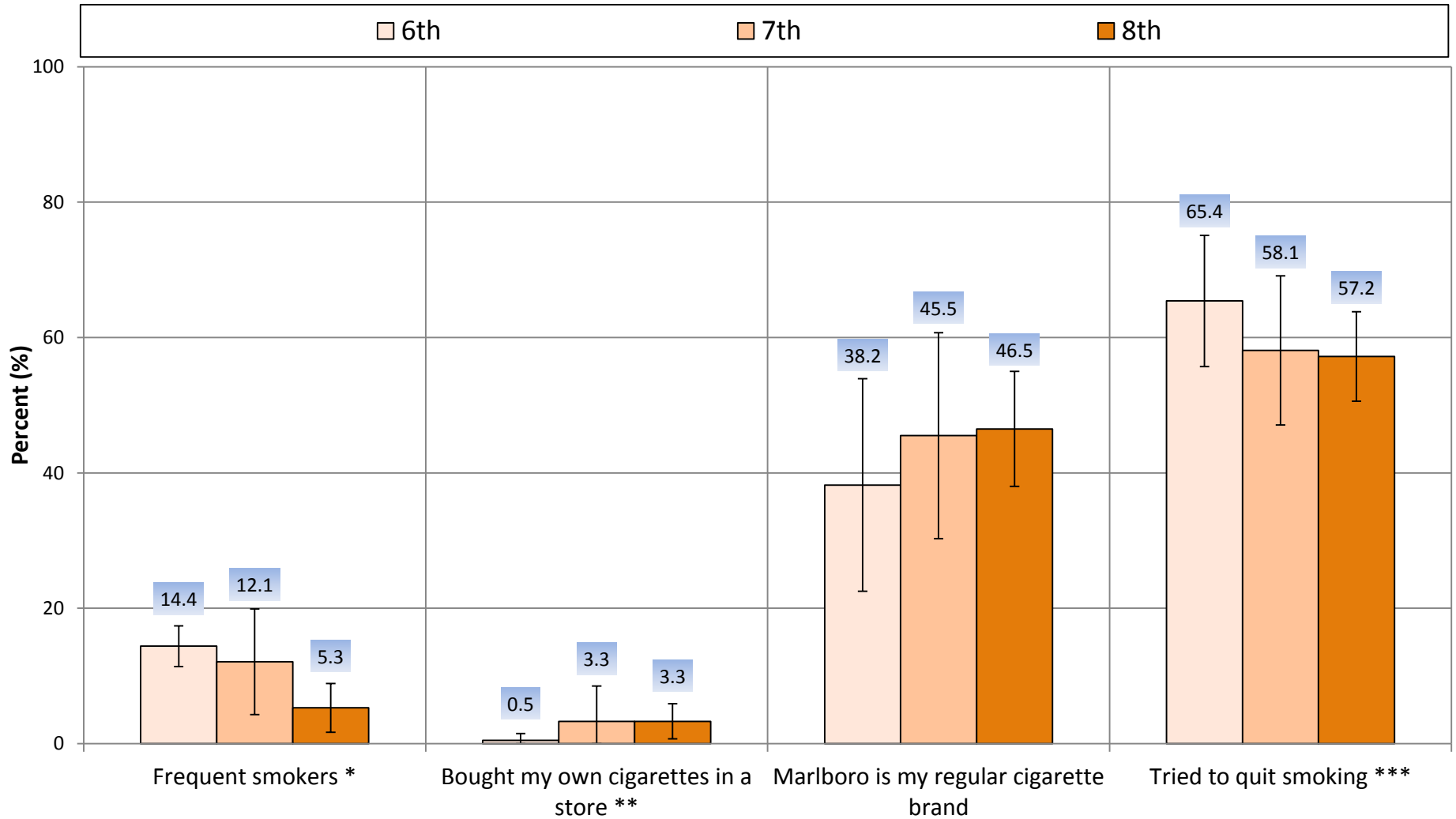


* Among current smokers, percent who smoked on at least 20 of the last 30 days

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

*** In the past 12 months

Tobacco: Behaviors of Current Cigarette Smokers by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS

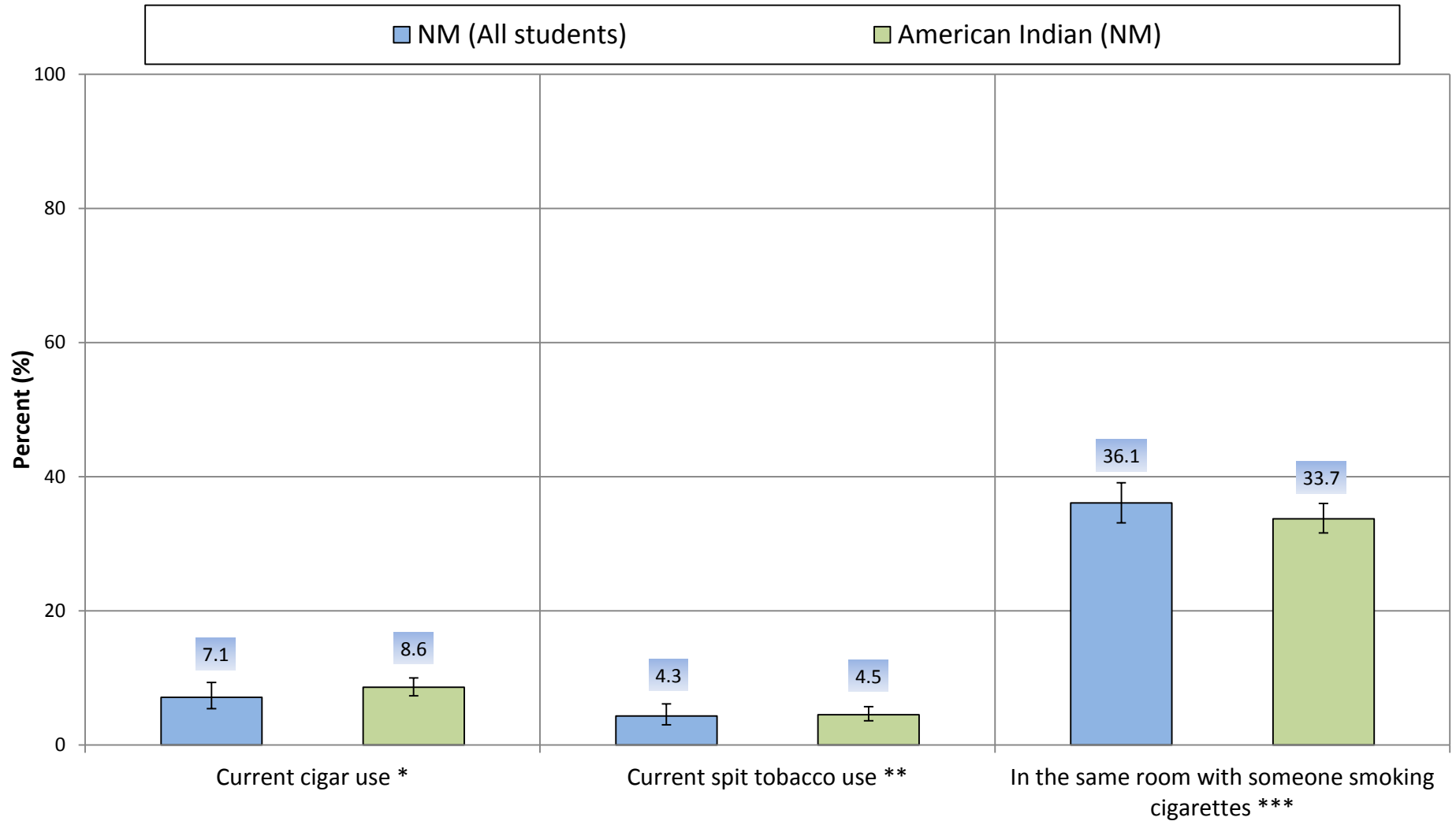


* Among current smokers, percent who smoked on at least 20 of the last 30 days

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

*** In the past 12 months

Tobacco: Other Use and Exposure New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS

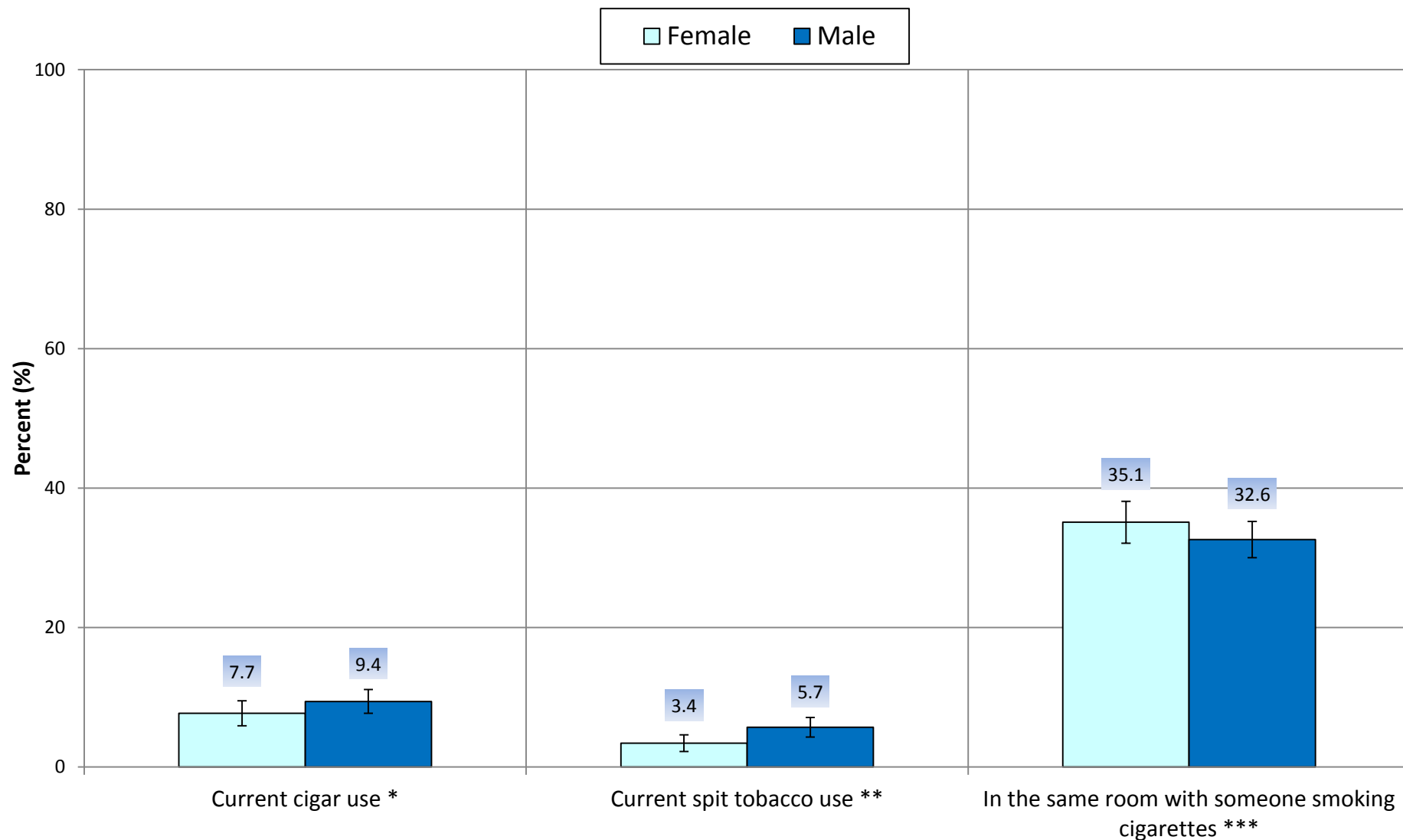


* Cigars, cigarillos, or little cigars, in the past 30 days

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

*** In the past 7 days

Tobacco: Other Use and Exposure by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS

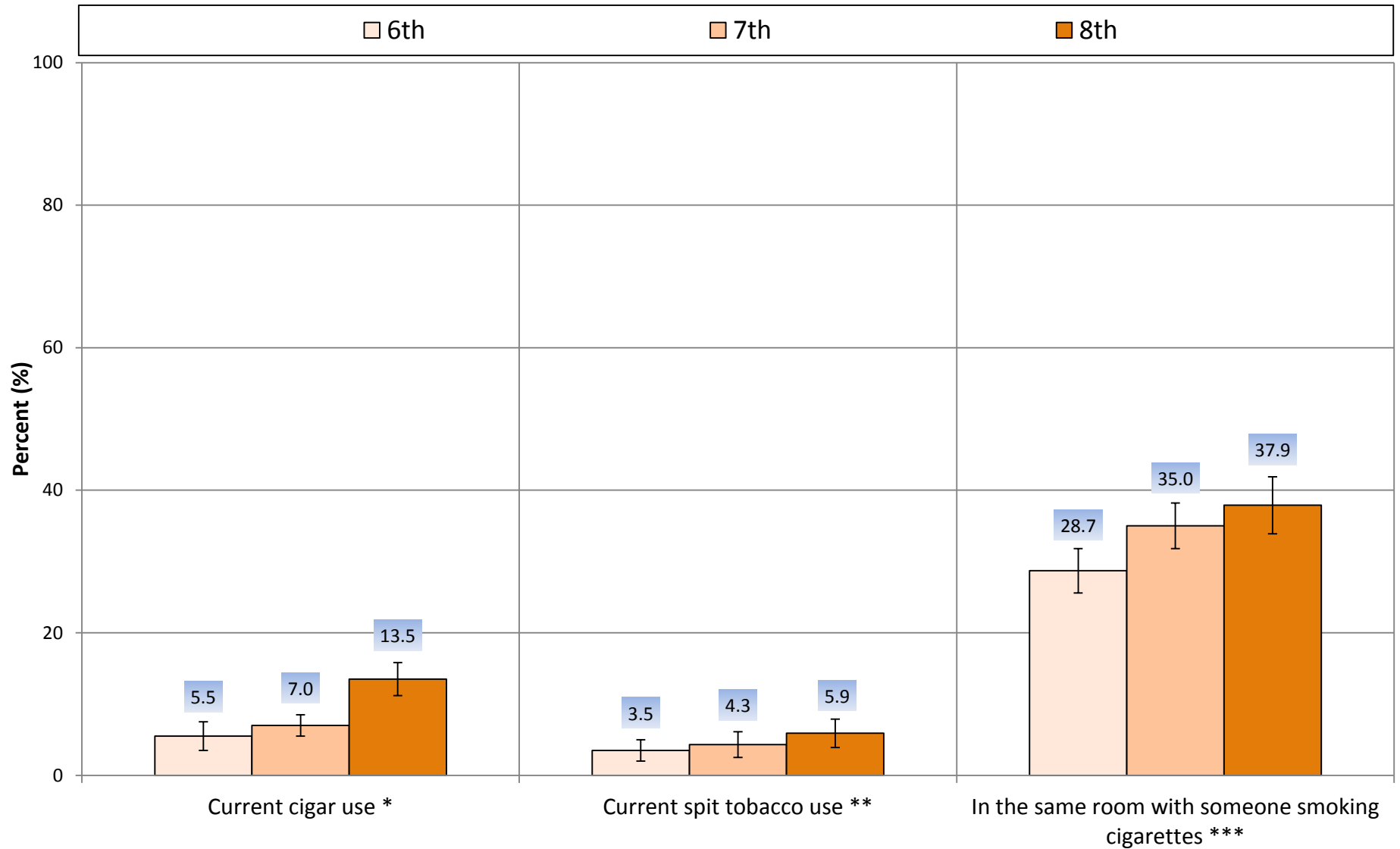


* Cigars, cigarillos, or little cigars, in the past 30 days

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

*** In the past 7 days

Tobacco: Other Use and Exposure by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS

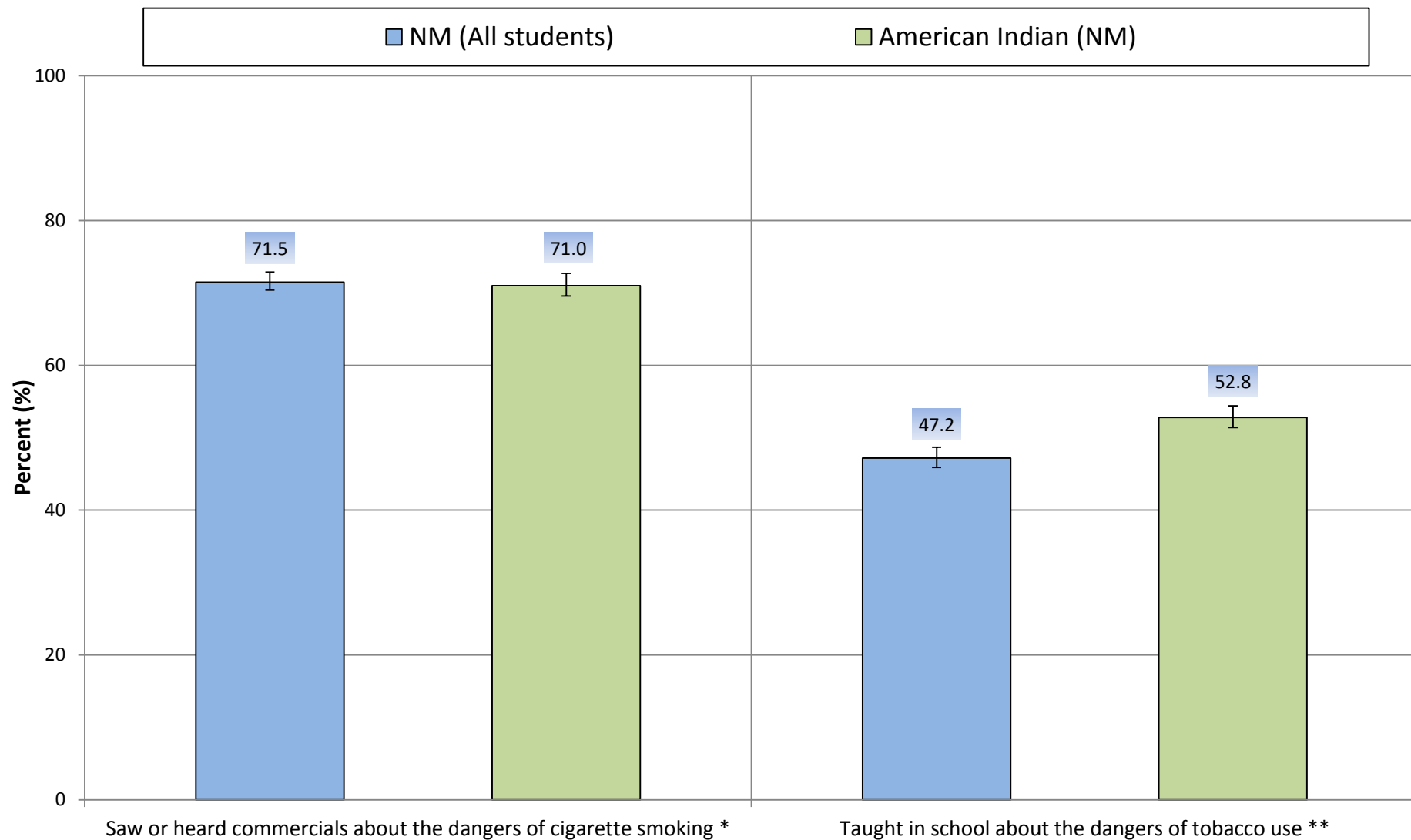


* Cigars, cigarillos, or little cigars, in the past 30 days

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

*** In the past 7 days

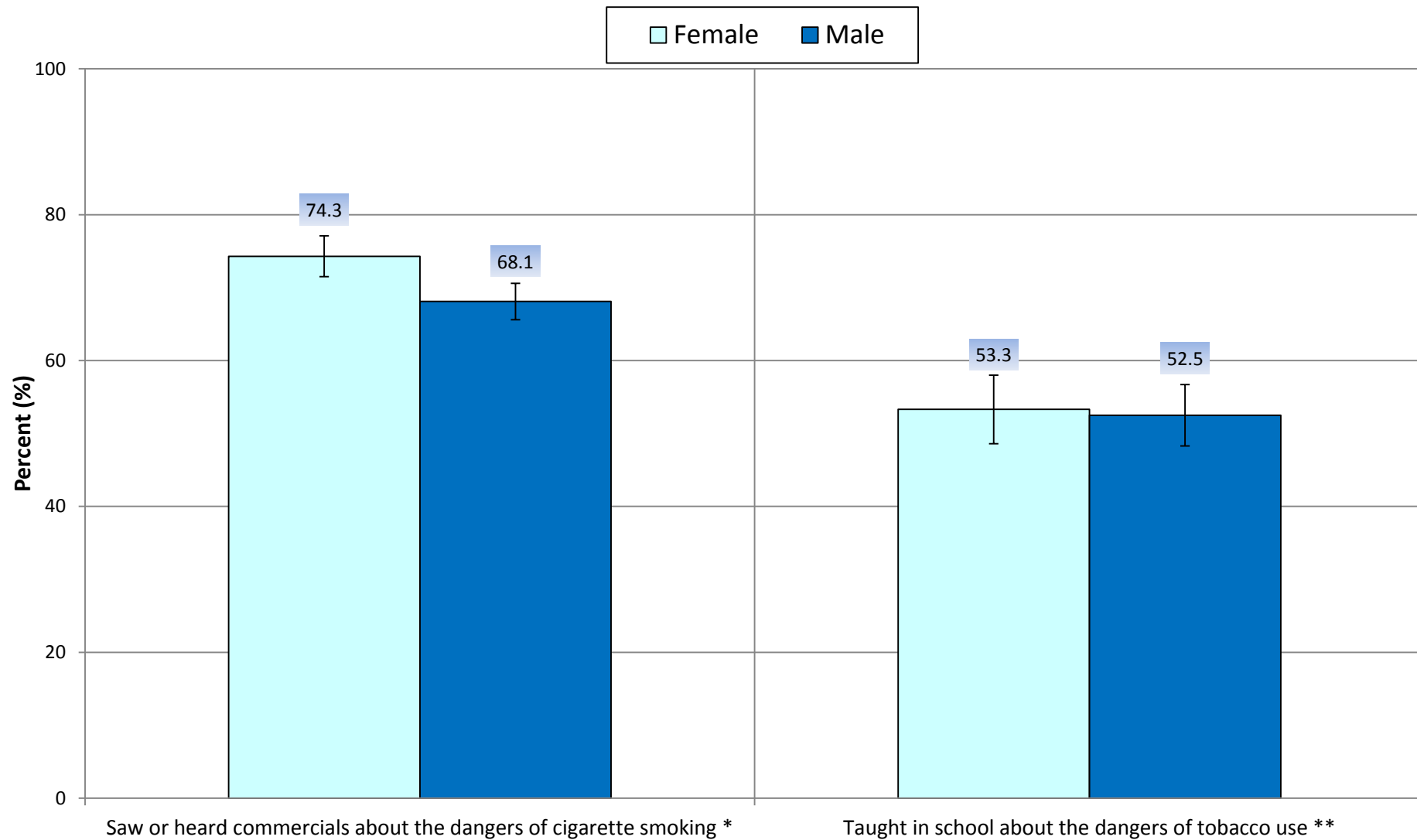
Exposure to Information on the Dangers of Tobacco New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS



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

** During the school year that the survey was administered

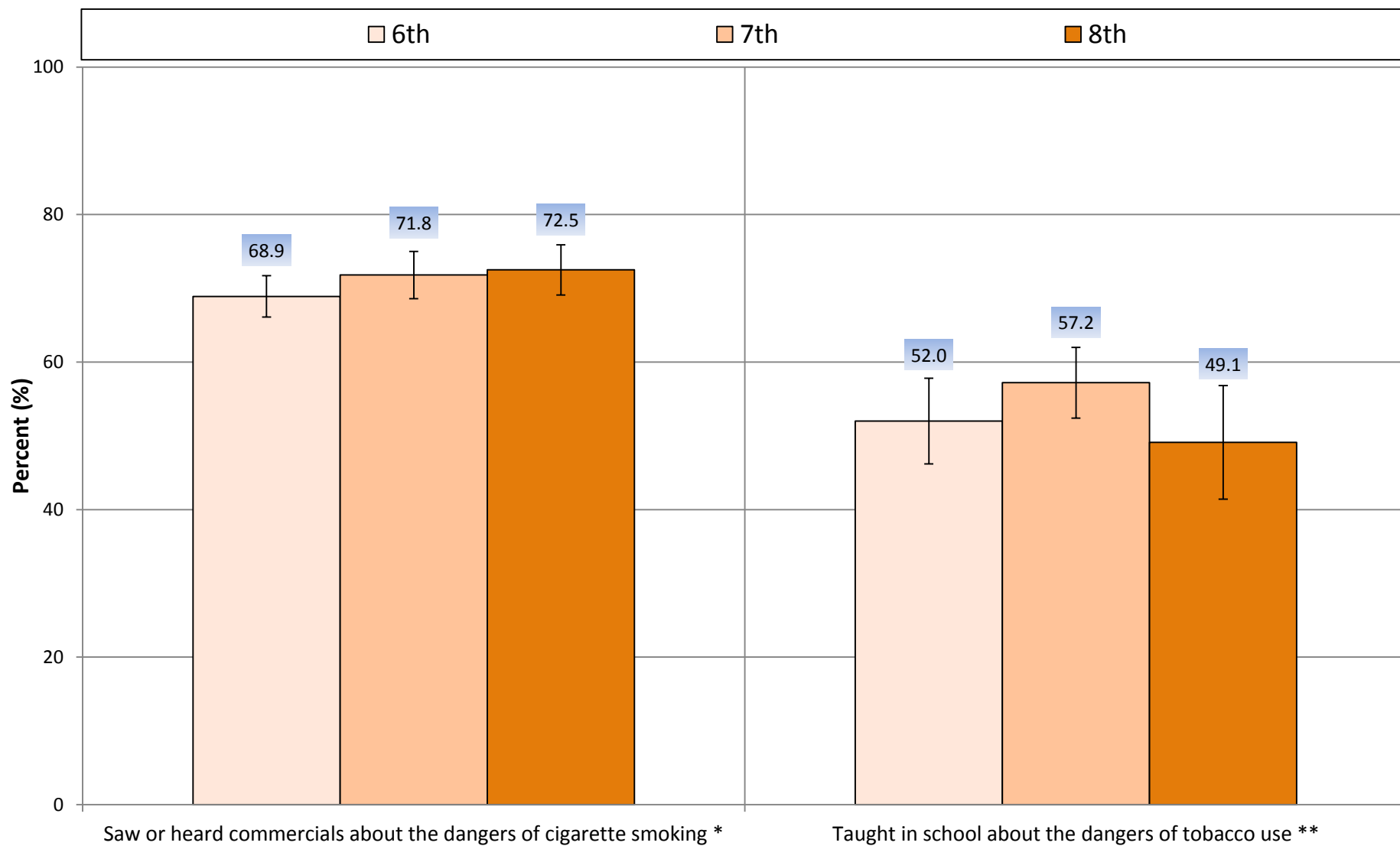
Exposure to Information on the Dangers of Tobacco by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



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

** During the school year that the survey was administered

Exposure to Information on the Dangers of Tobacco by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS



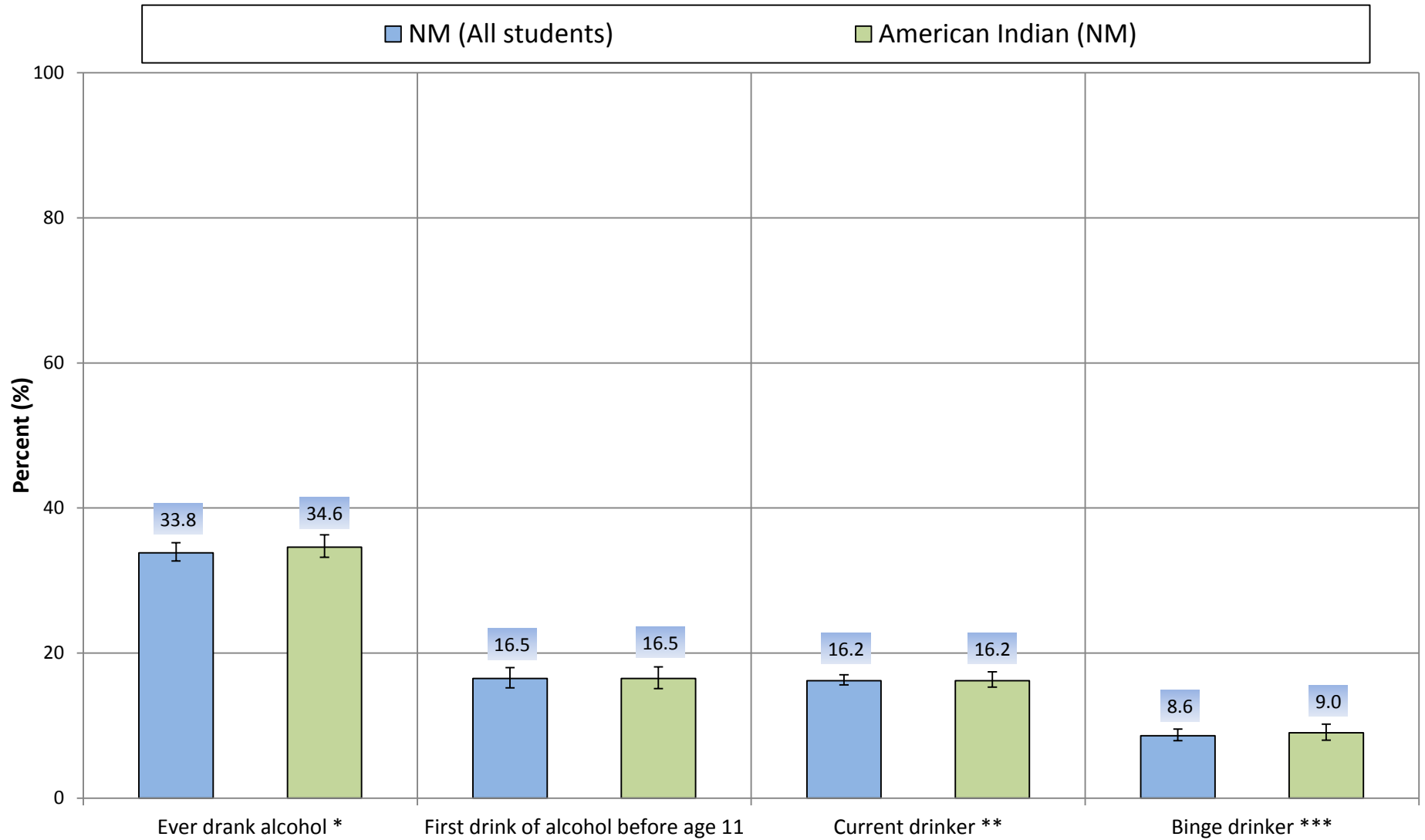
* Commercials on the TV, the Internet, or the radio

** During the school year that the survey was administered

Alcohol

Alcohol

New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS



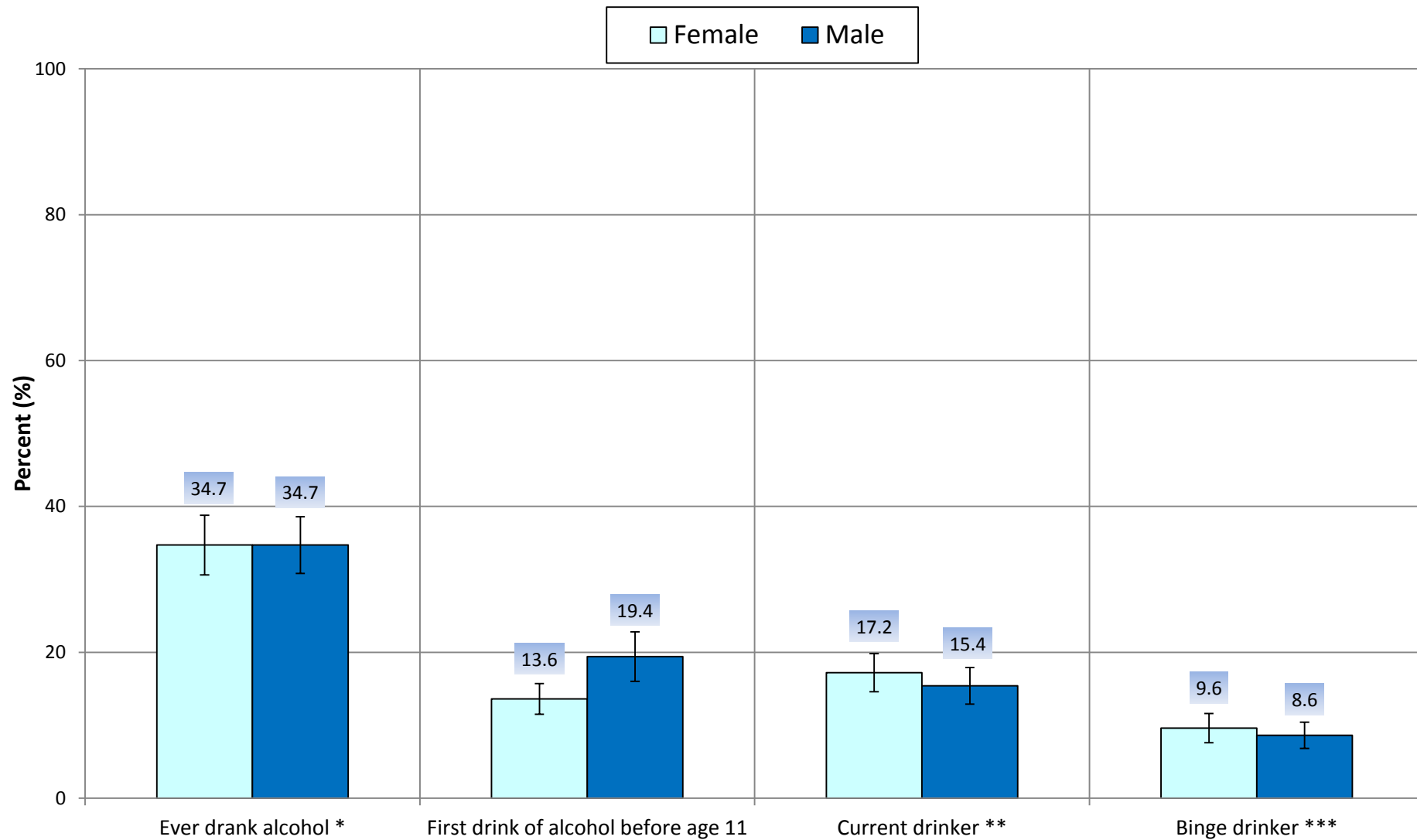
* Other than a few sips

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

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

Alcohol

by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS

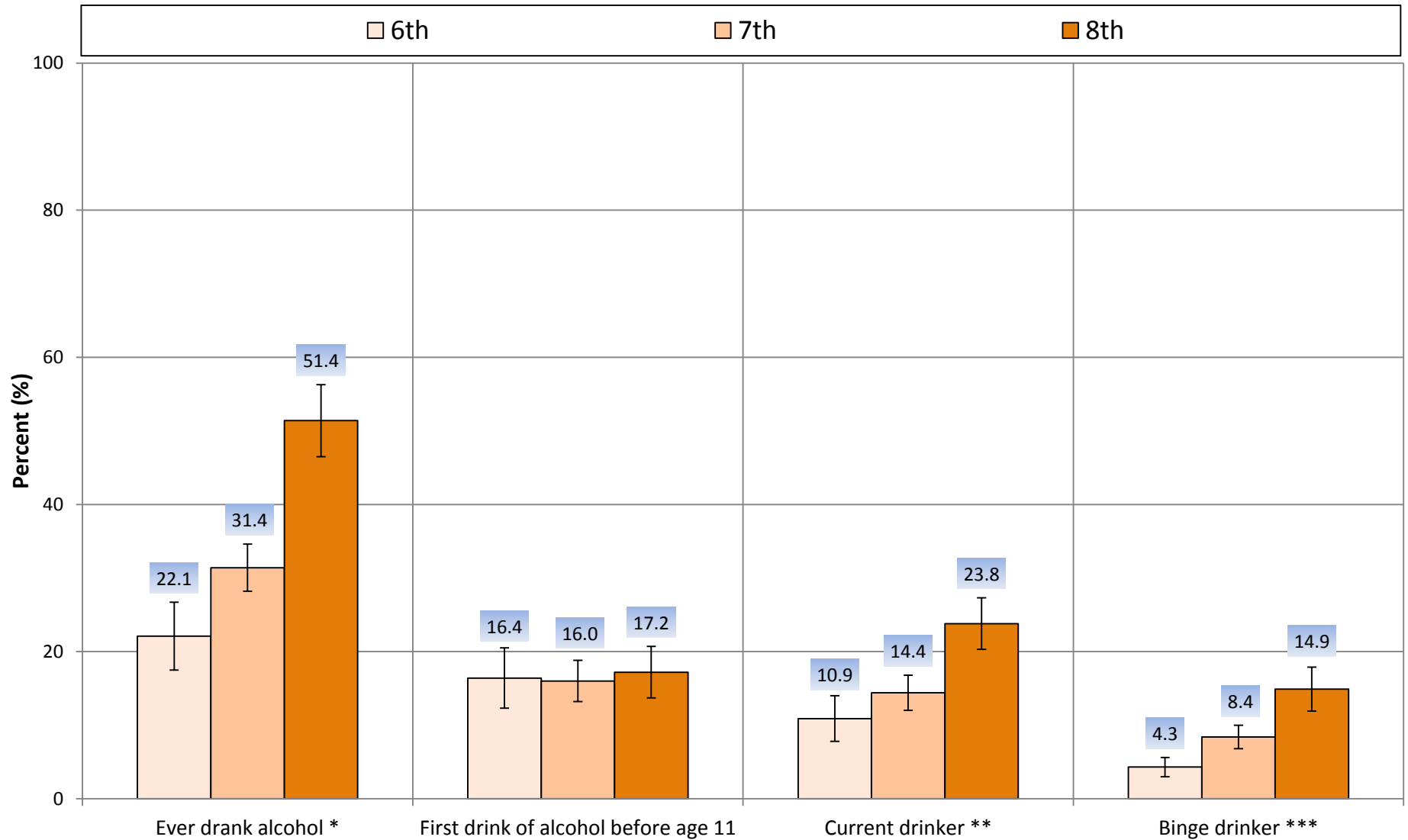


* Other than a few sips

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

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

Alcohol by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS



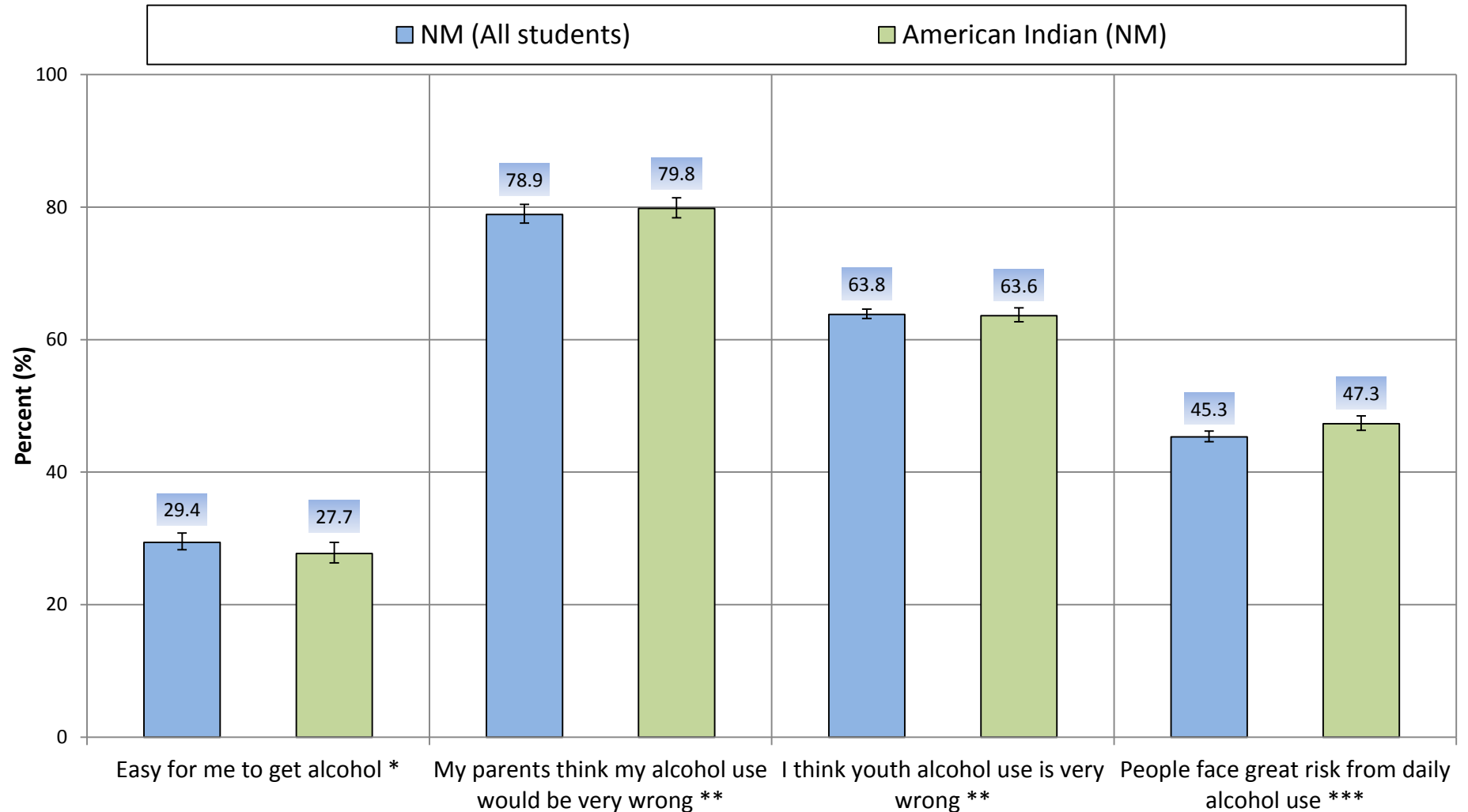
* Other than a few sips

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

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

Alcohol: Access and Attitudes

New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS

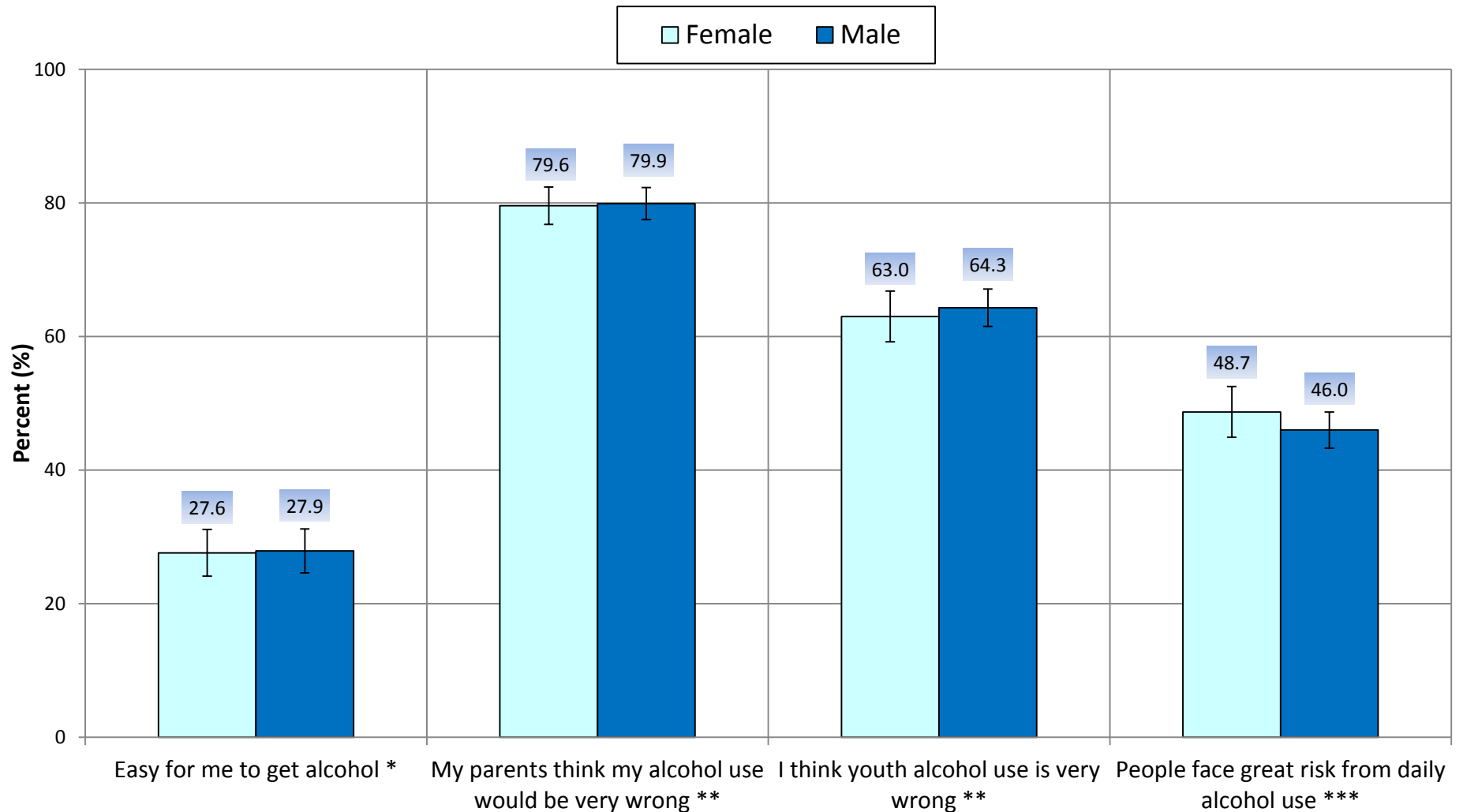


* Responded "Very easy" or "Sort of easy" to get beer, wine, or hard liquor

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

*** How much do you think people risk harming themselves (physically or in other ways) if they have one or two drinks of beer, wine, or hard liquor nearly every day?"

Alcohol: Access and Attitudes by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS

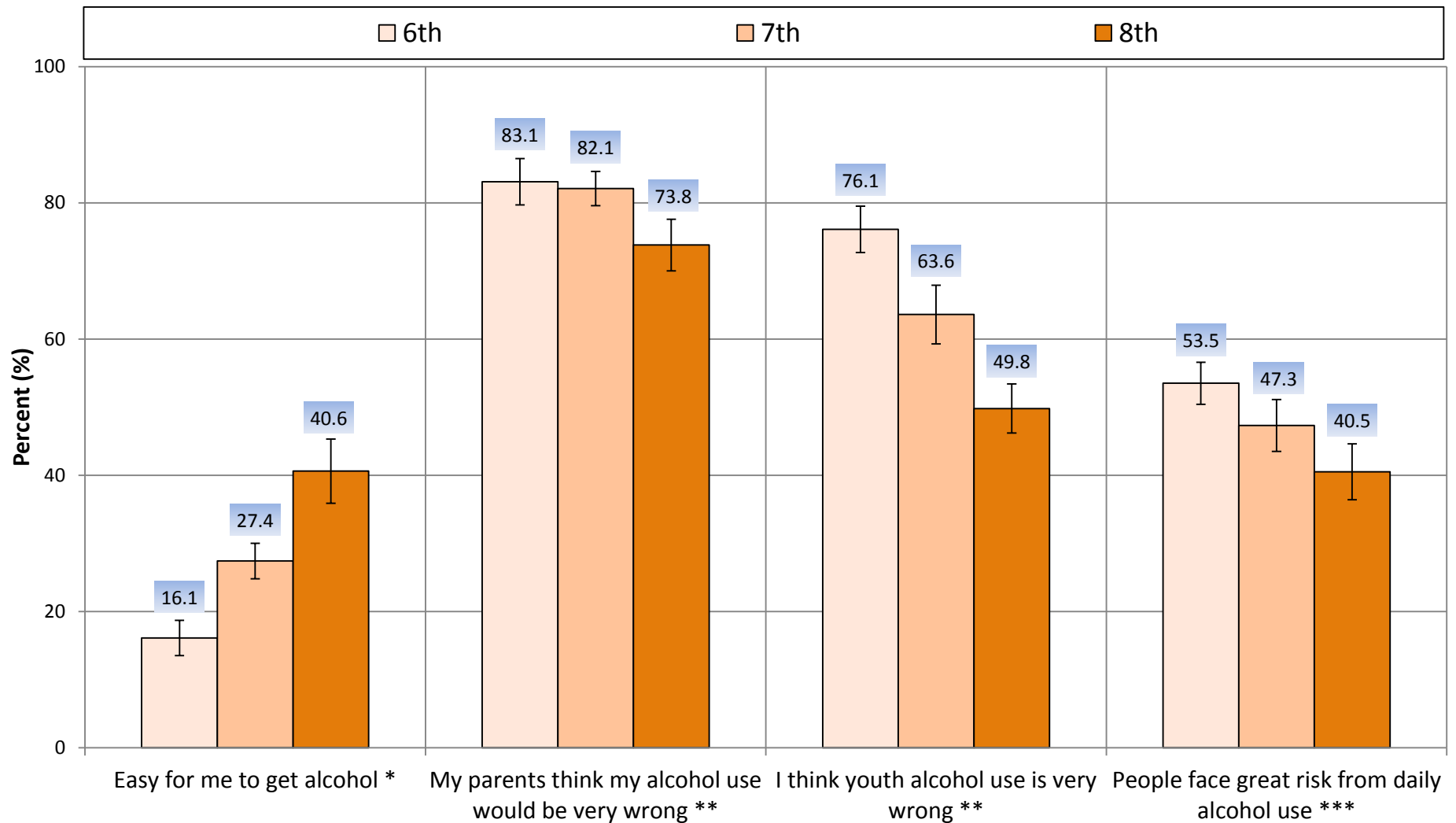


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Alcohol: Access and Attitudes by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS



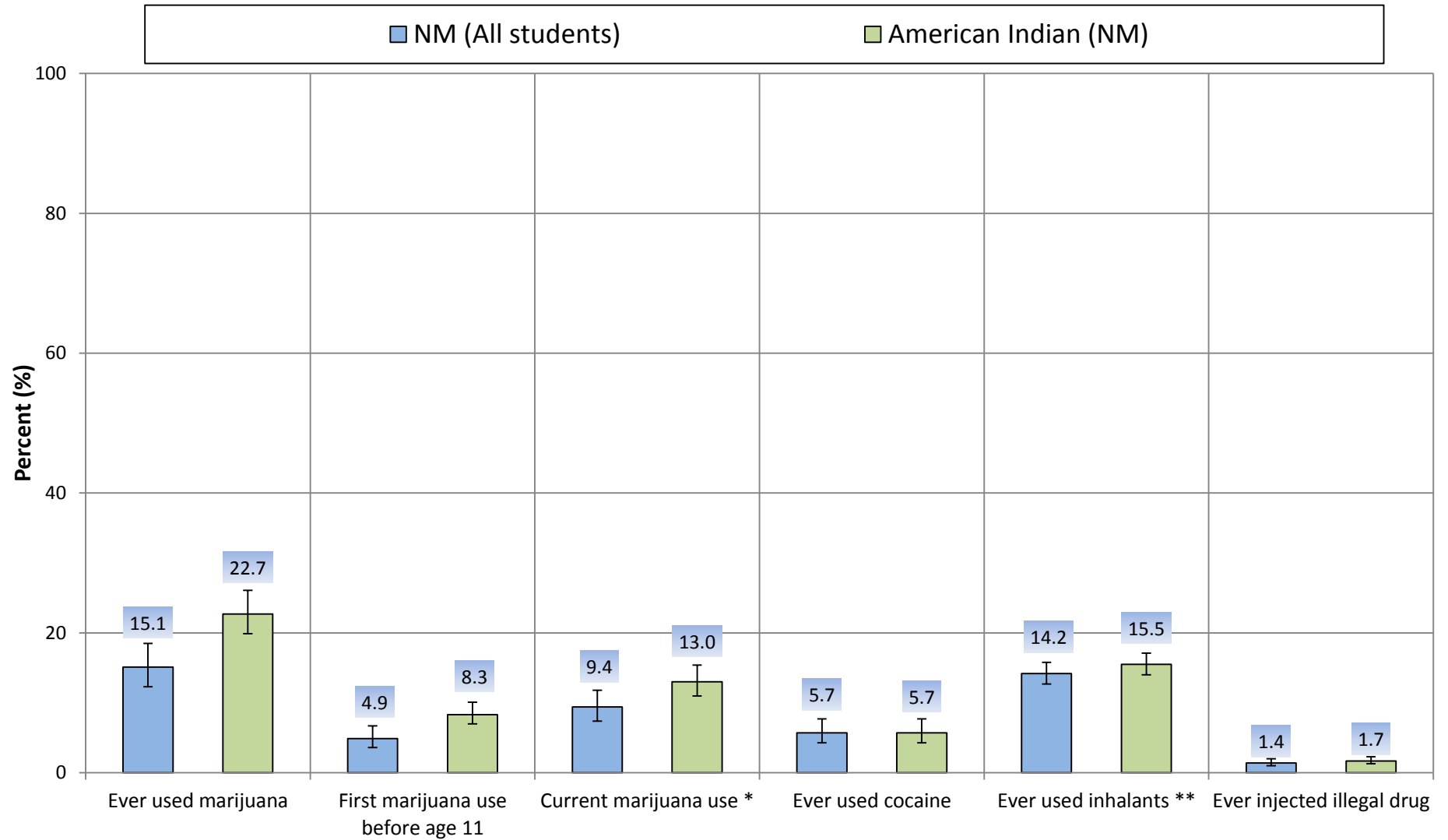
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*** How much do you think people risk harming themselves (physically or in other ways) if they have one or two drinks of beer, wine, or hard liquor nearly every day?"

Drugs

Drugs New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS

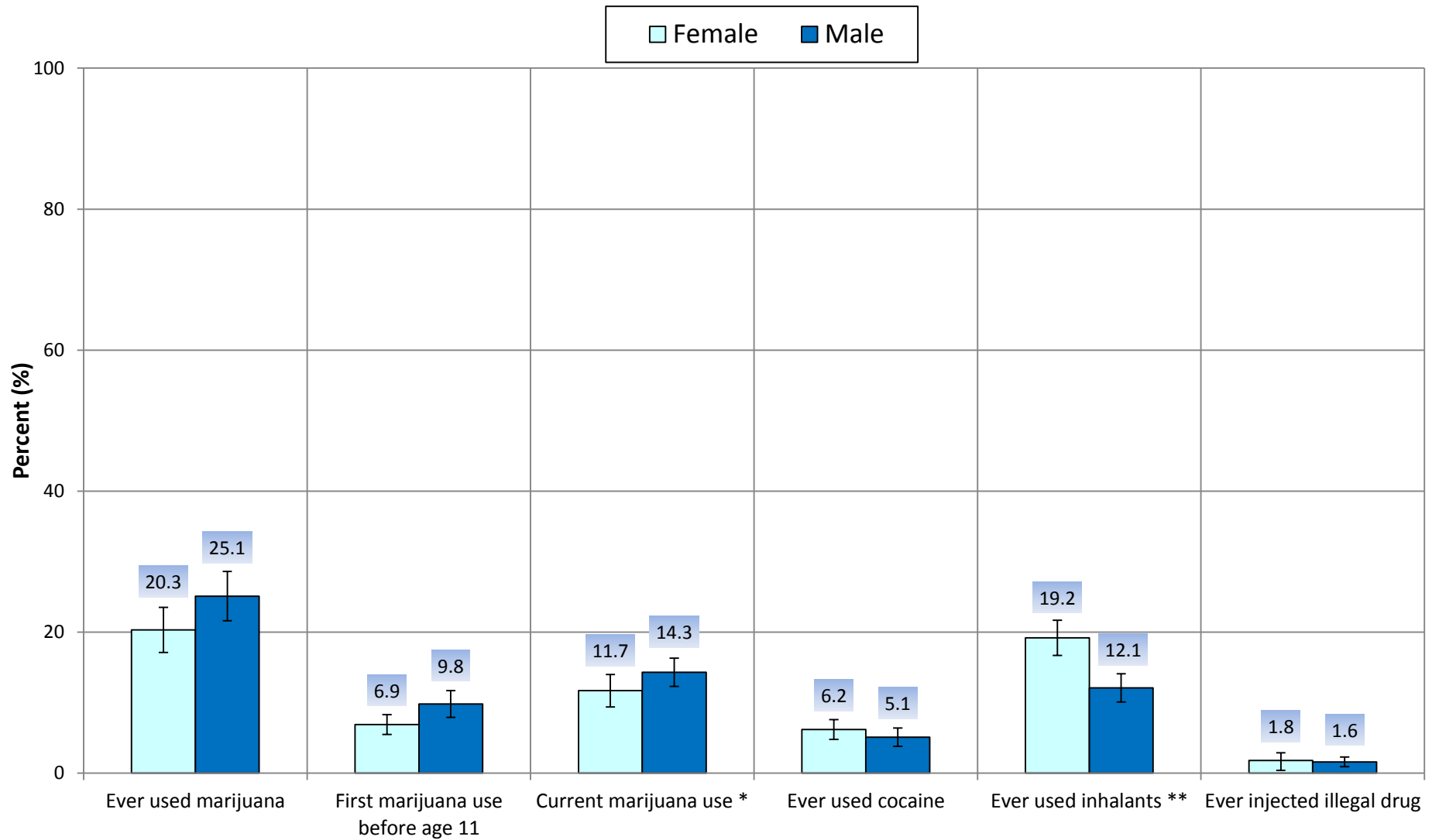


* At least once in the past 30 days

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

Drugs

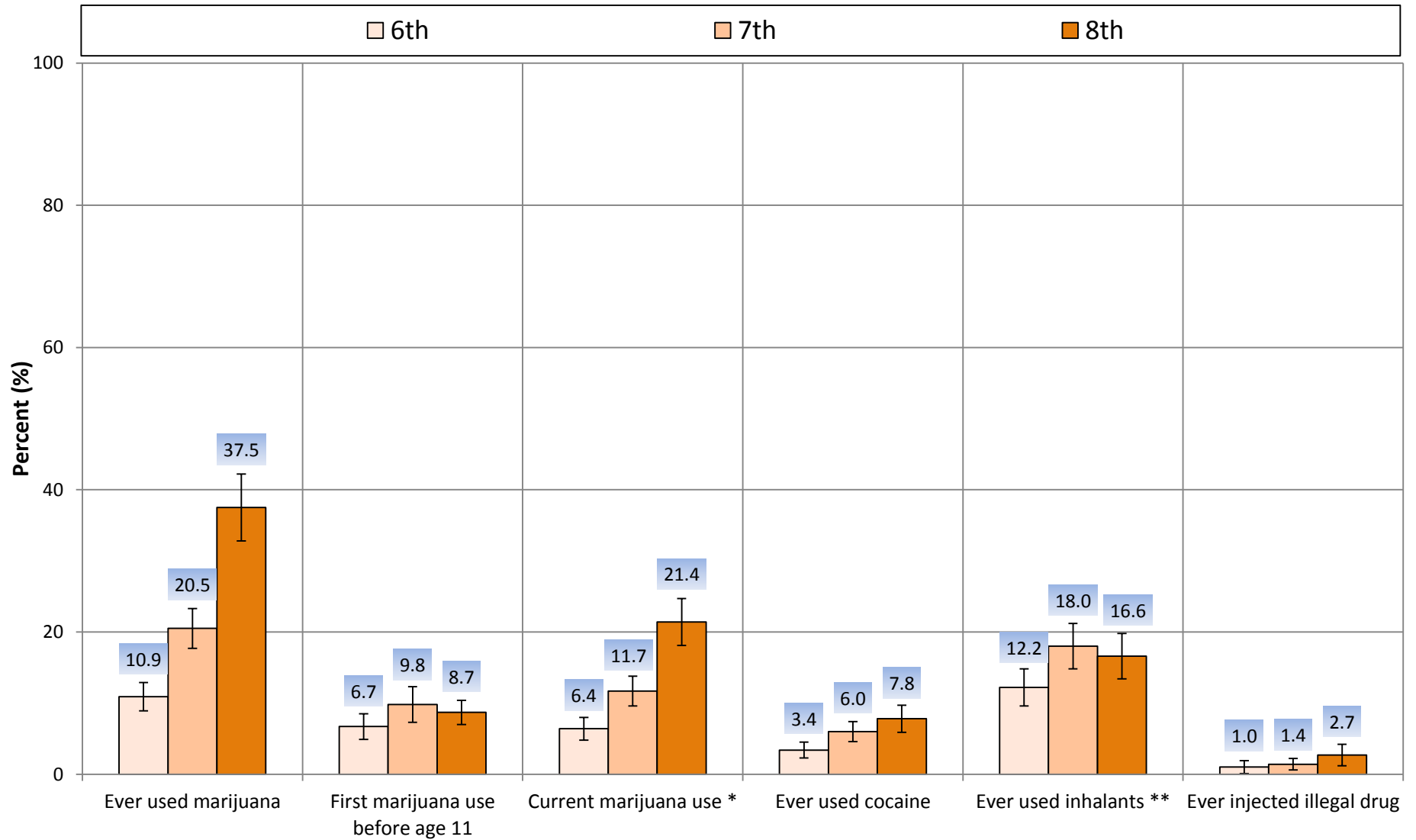
by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



* At least once in the past 30 days

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

Drugs by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS



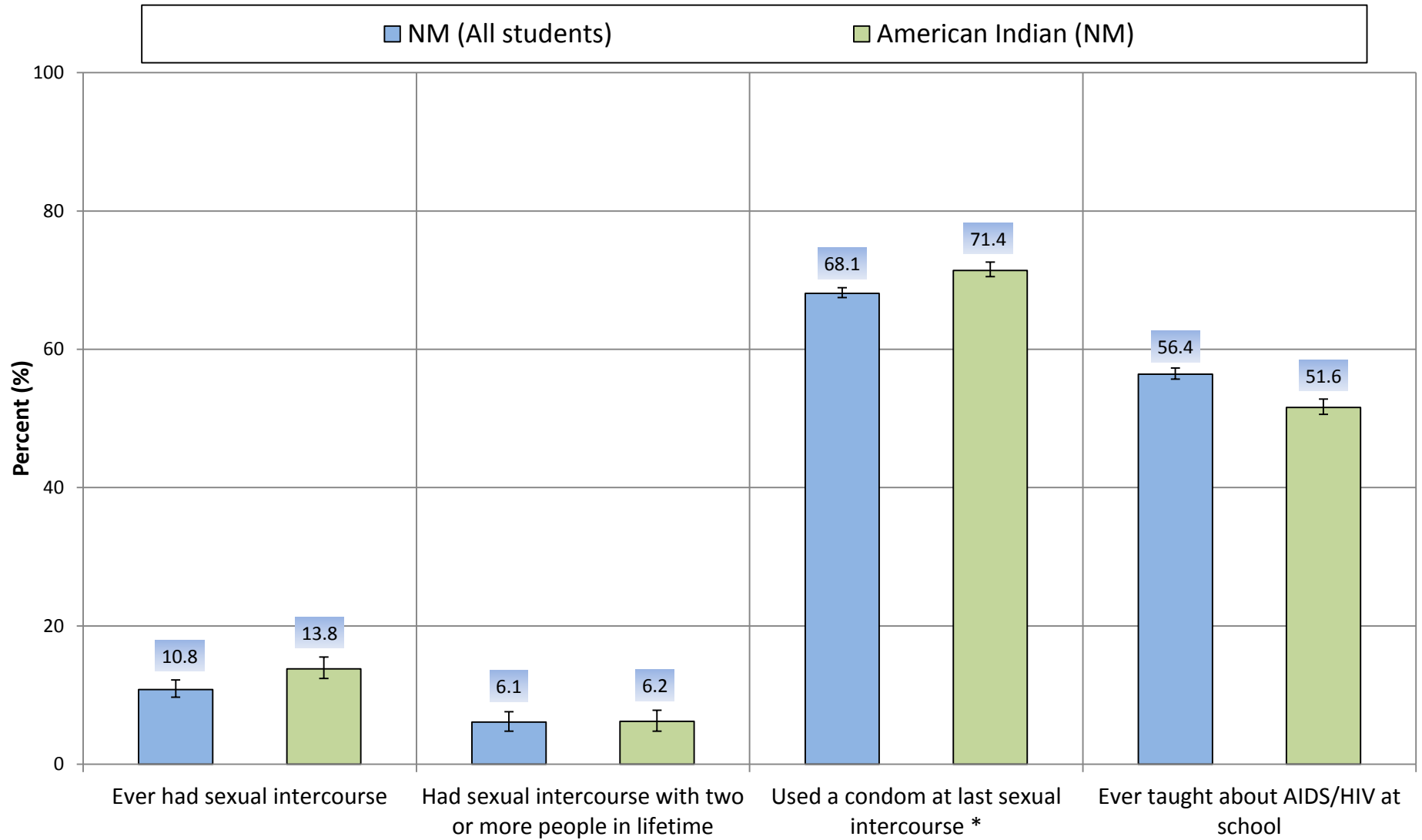
* At least once in the past 30 days

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

Sexual Behavior

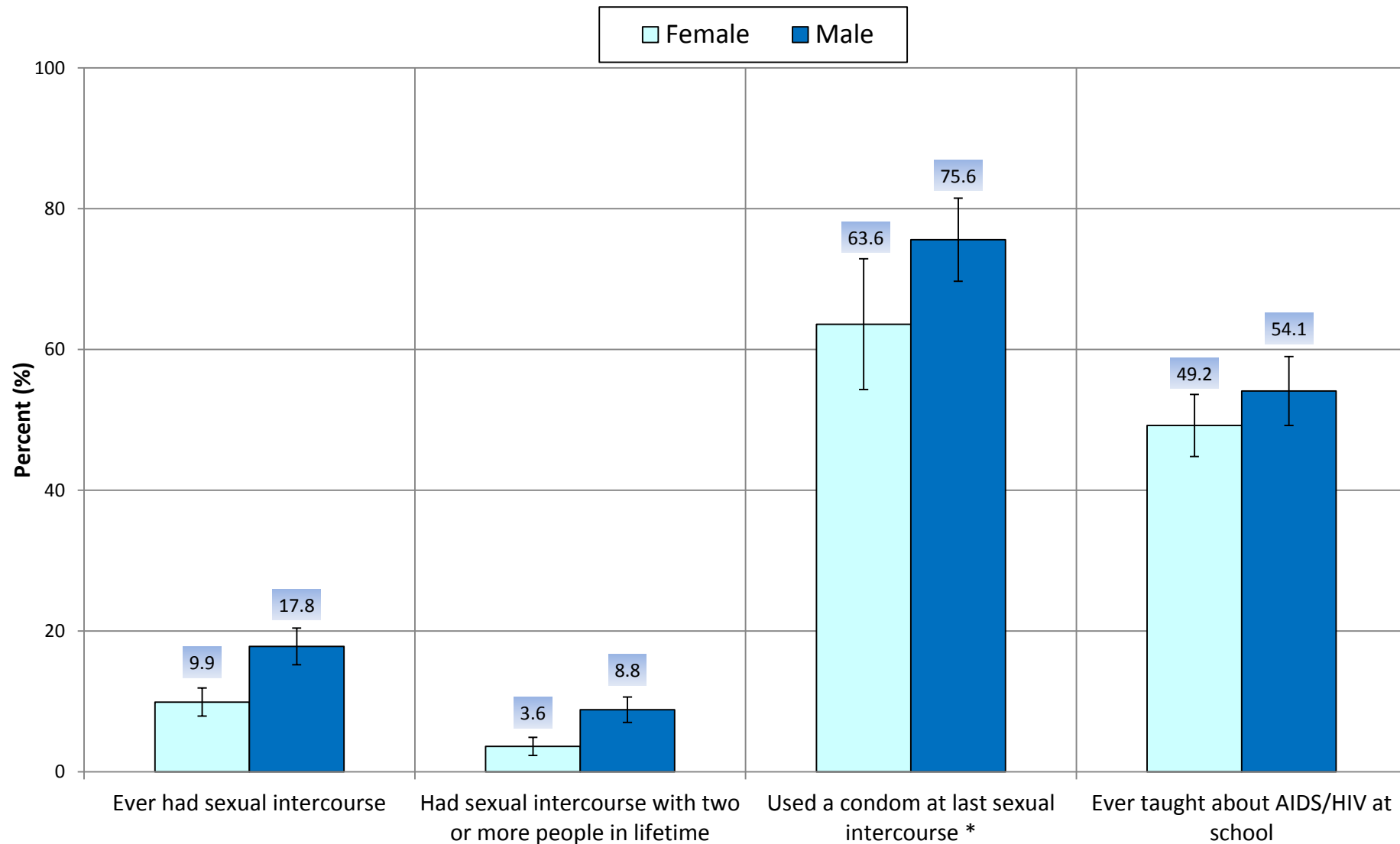
Sexual Behavior

New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS



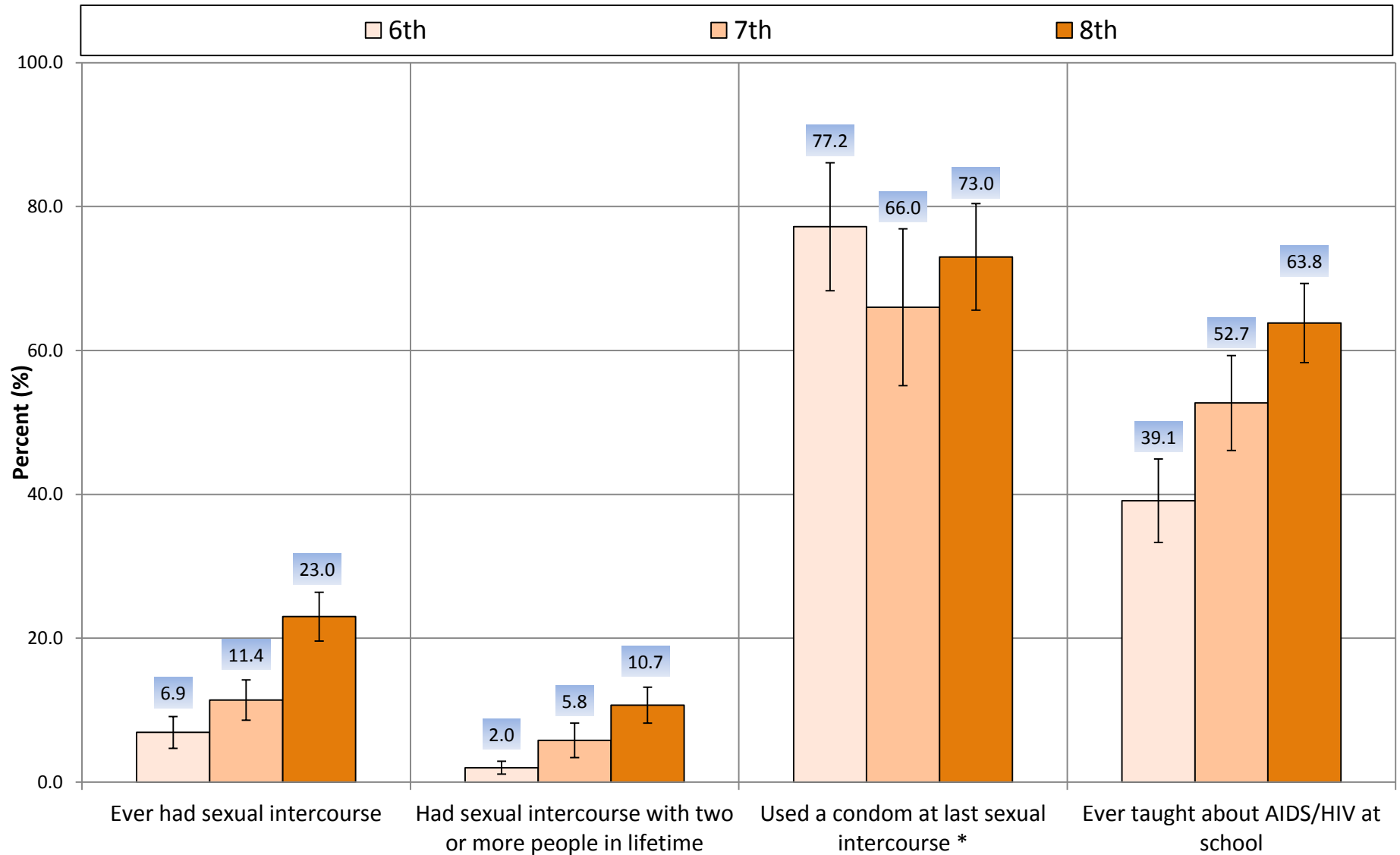
* Among those who ever had sexual intercourse

Sexual Behavior by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



* Among those who ever had sexual intercourse

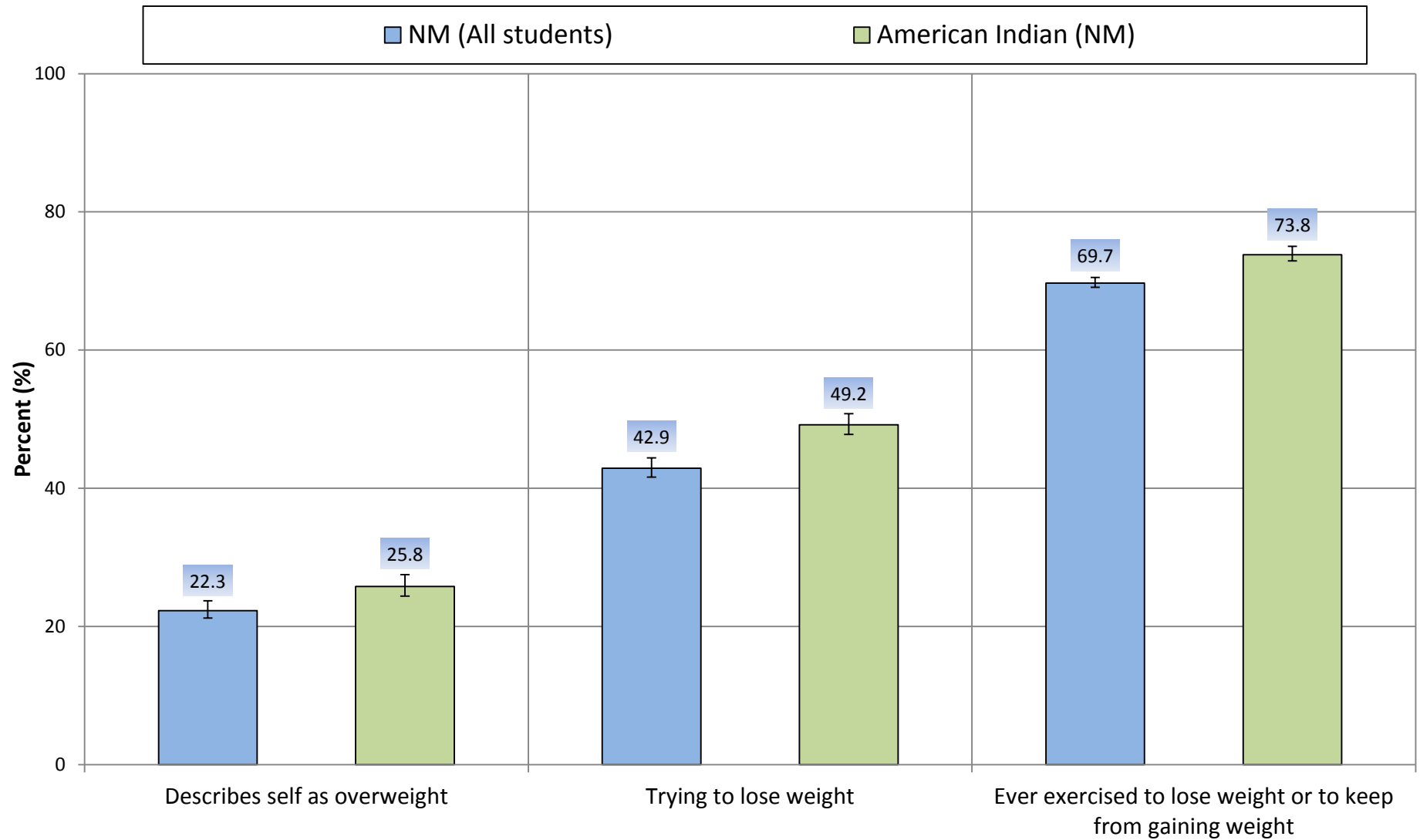
Sexual Behavior by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS



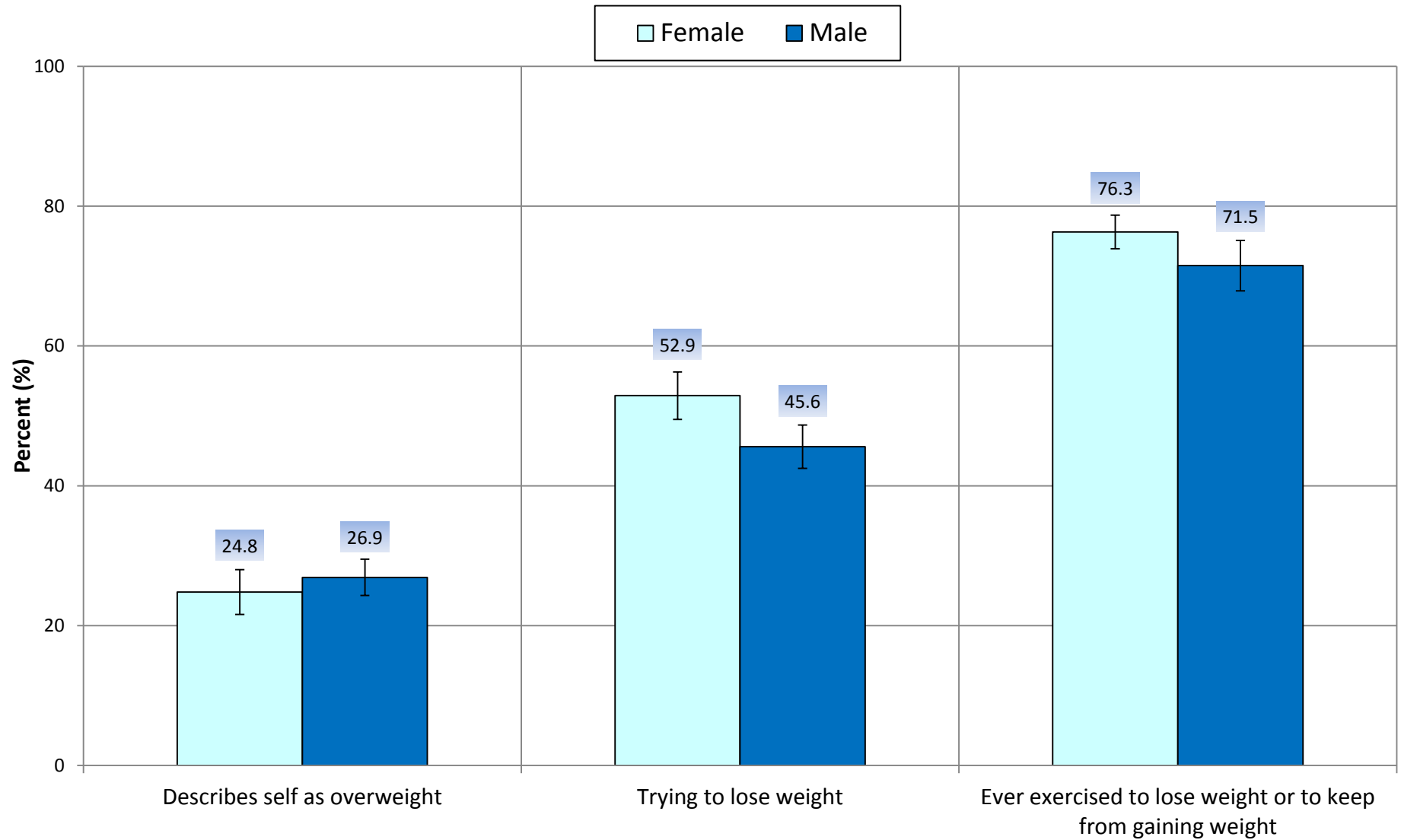
* Among those who ever had sexual intercourse

Body Weight and Weight Control

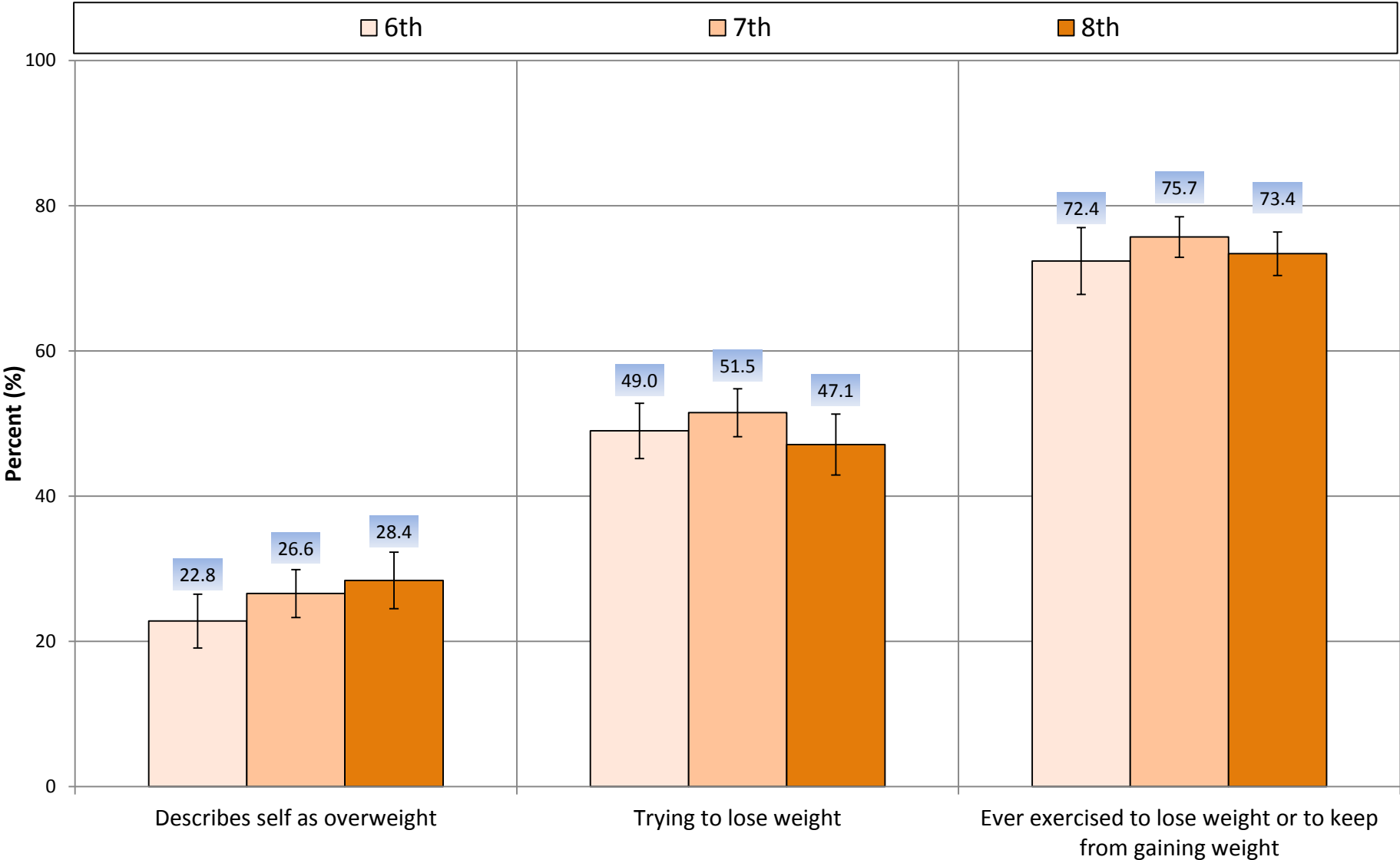
Body Weight and Weight Control New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS



Body Weight and Weight Control by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS

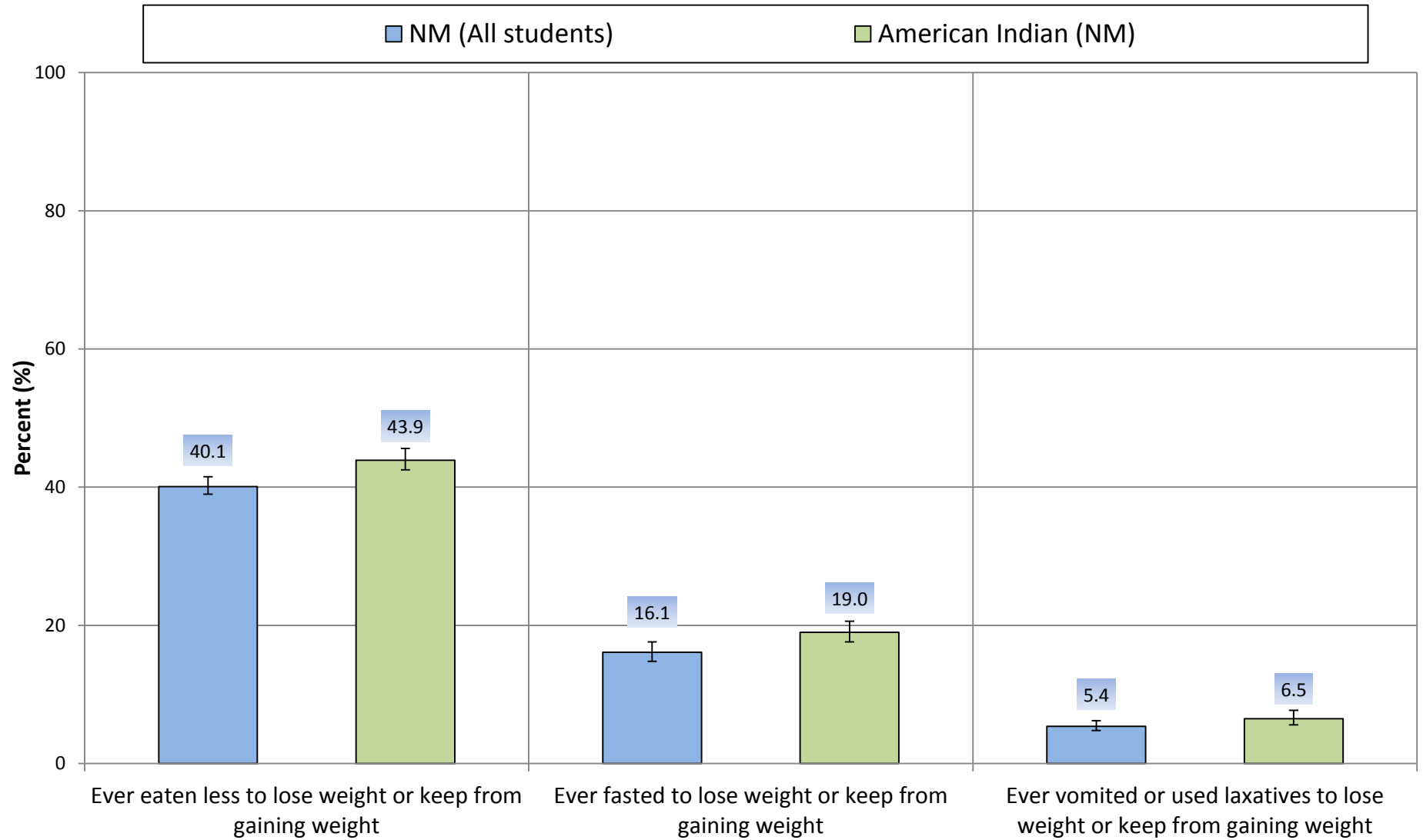


Body Weight and Weight Control by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS

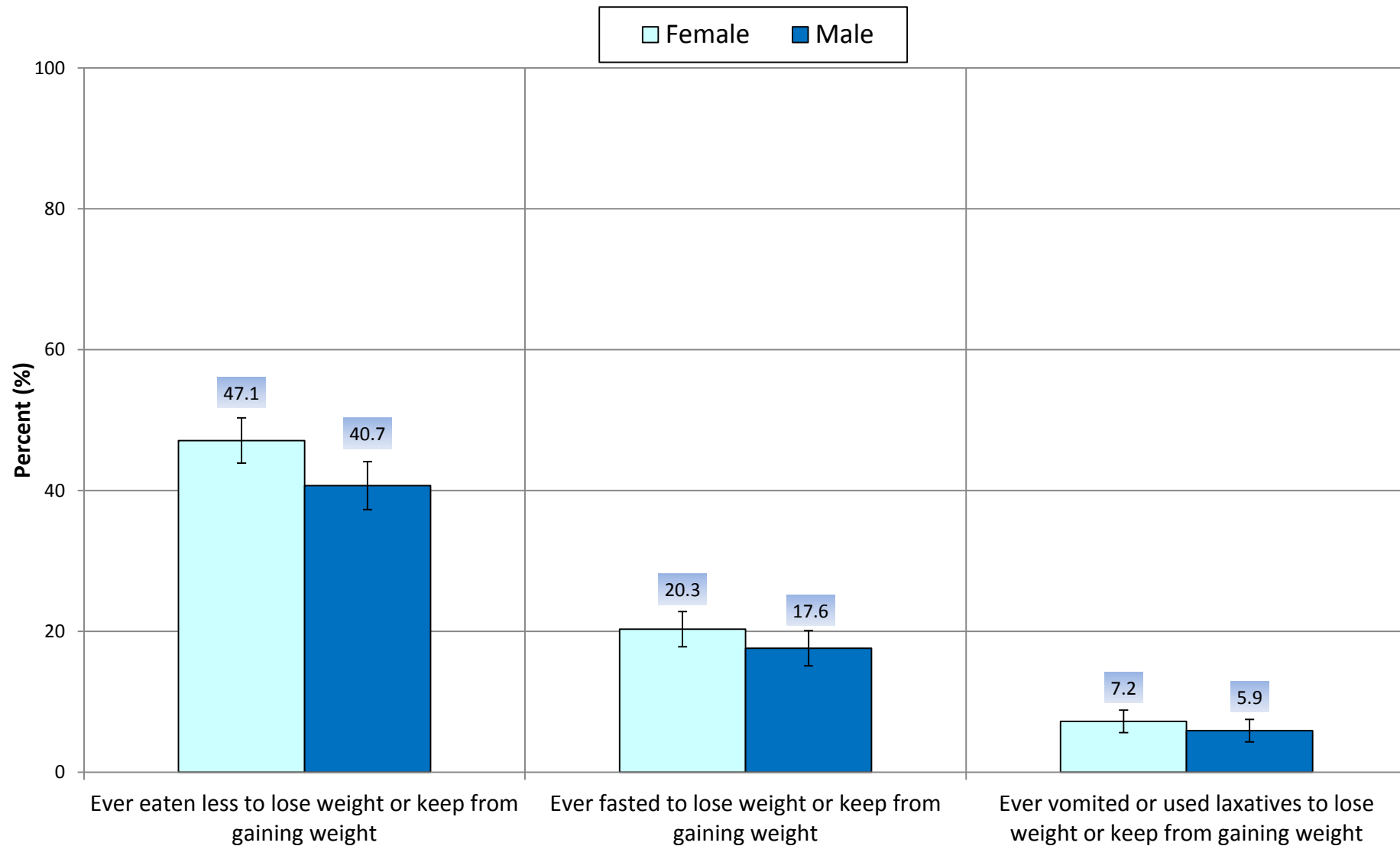


Weight Control

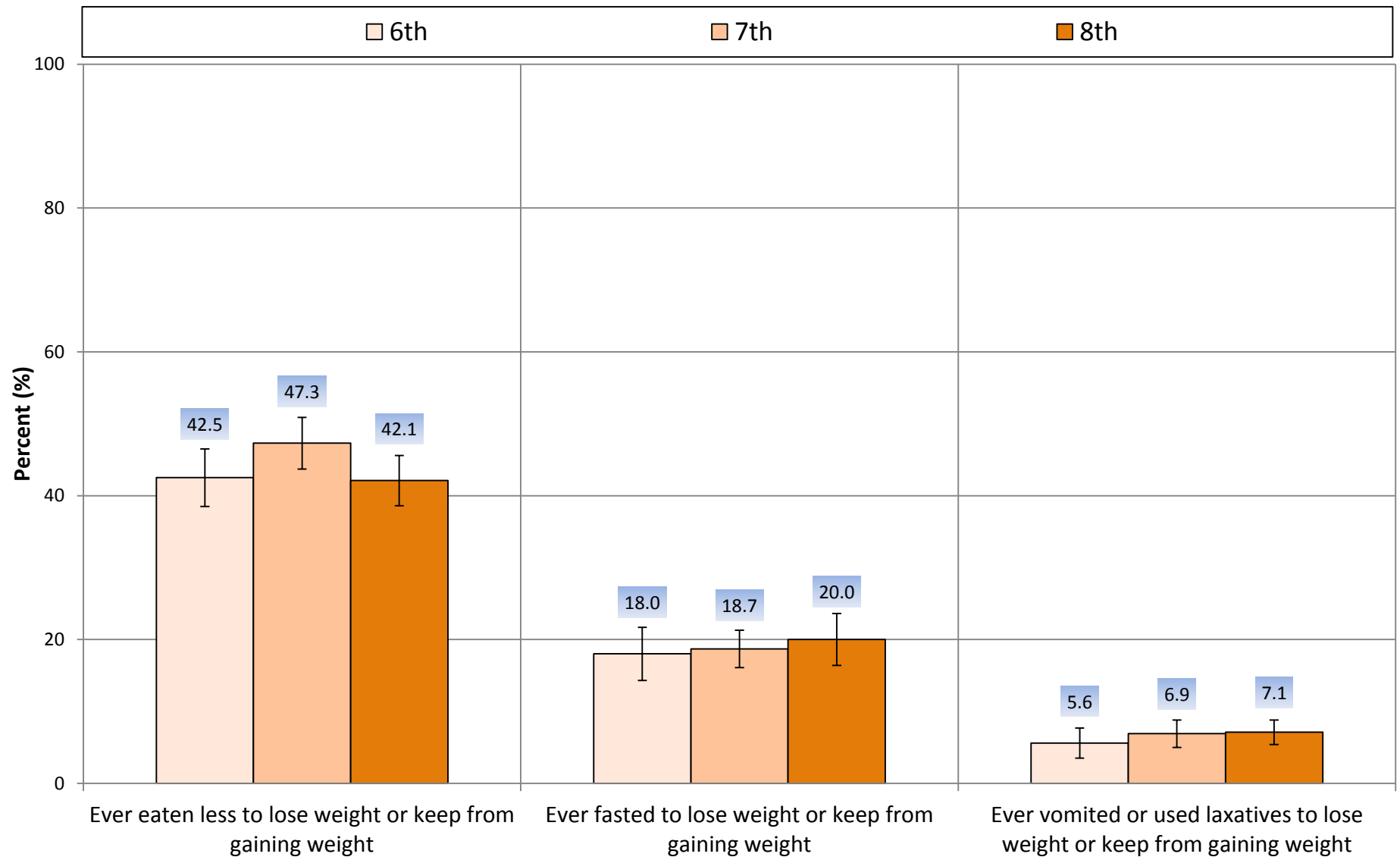
New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS



Weight Control by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



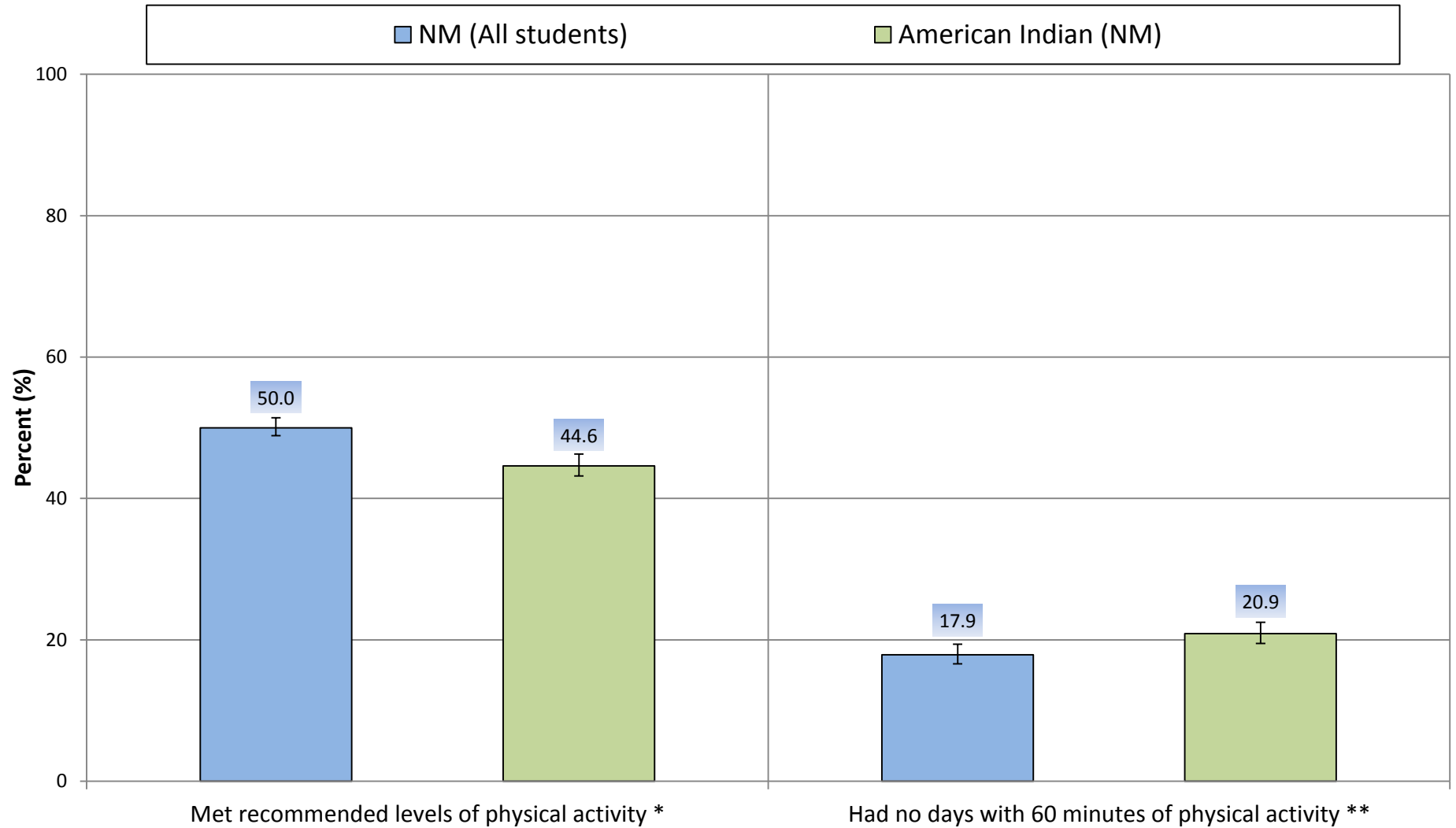
Weight Control by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS



Physical Activity

Physical Activity

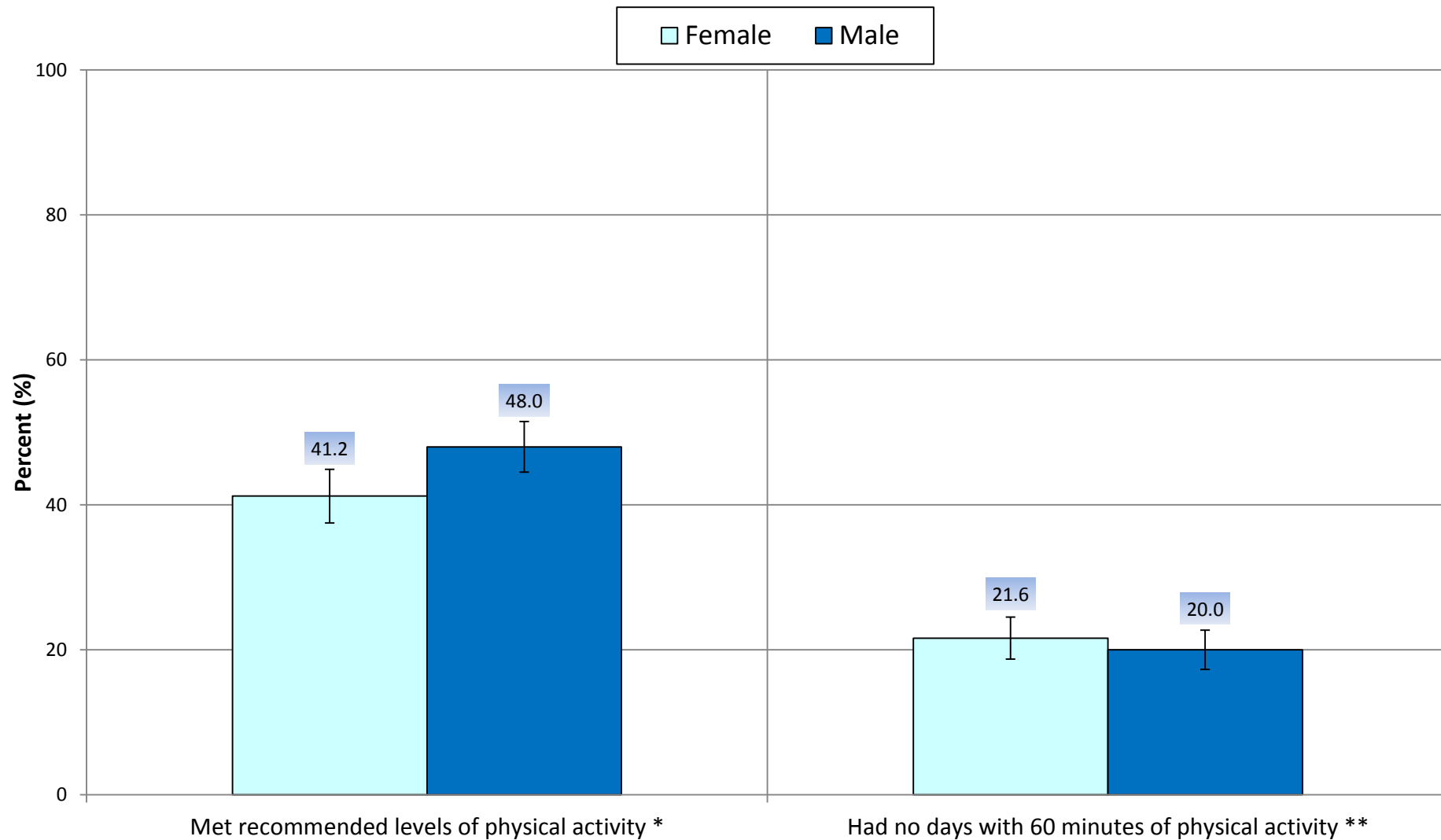
New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS



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

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

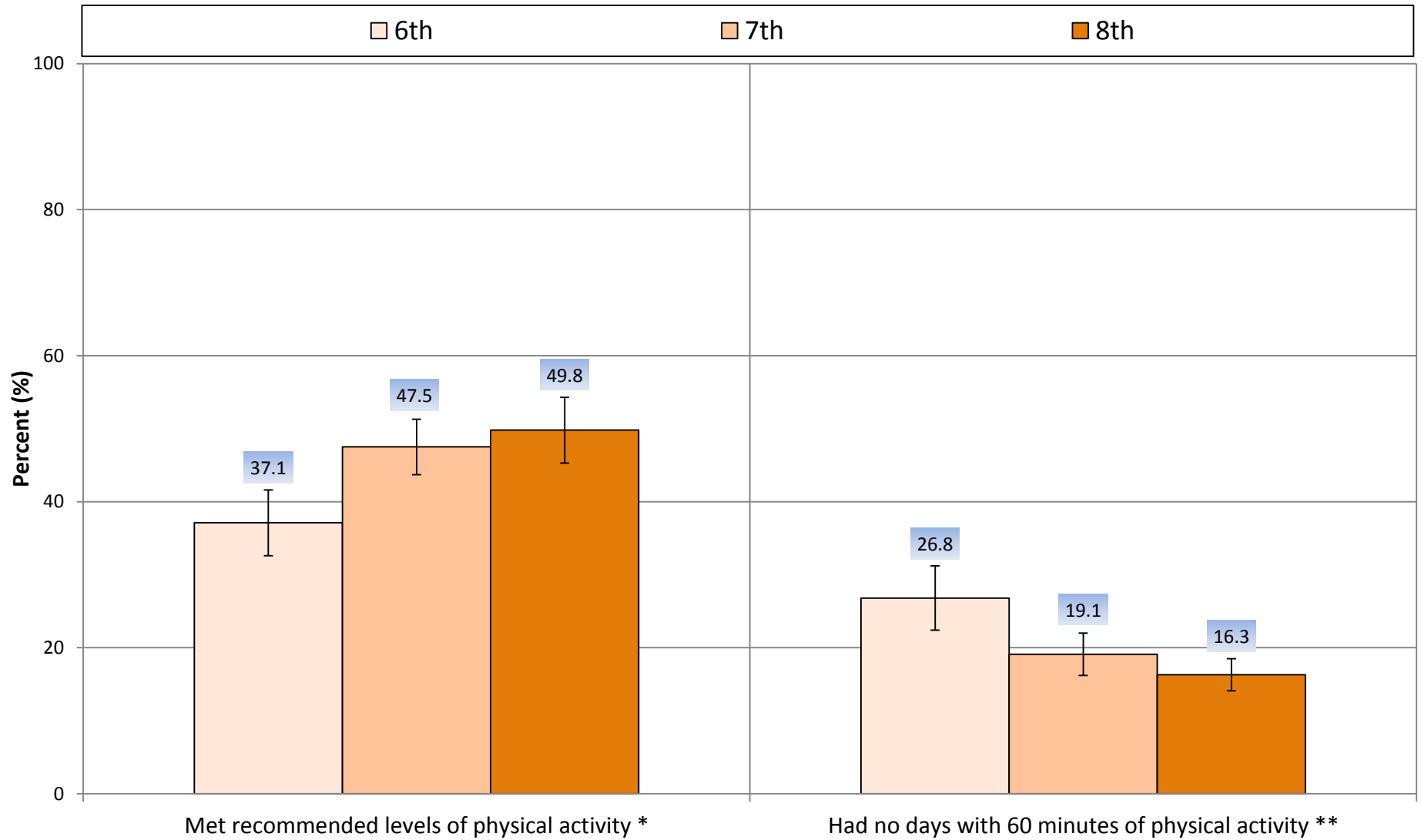
Physical Activity by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



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

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

Physical Activity by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS



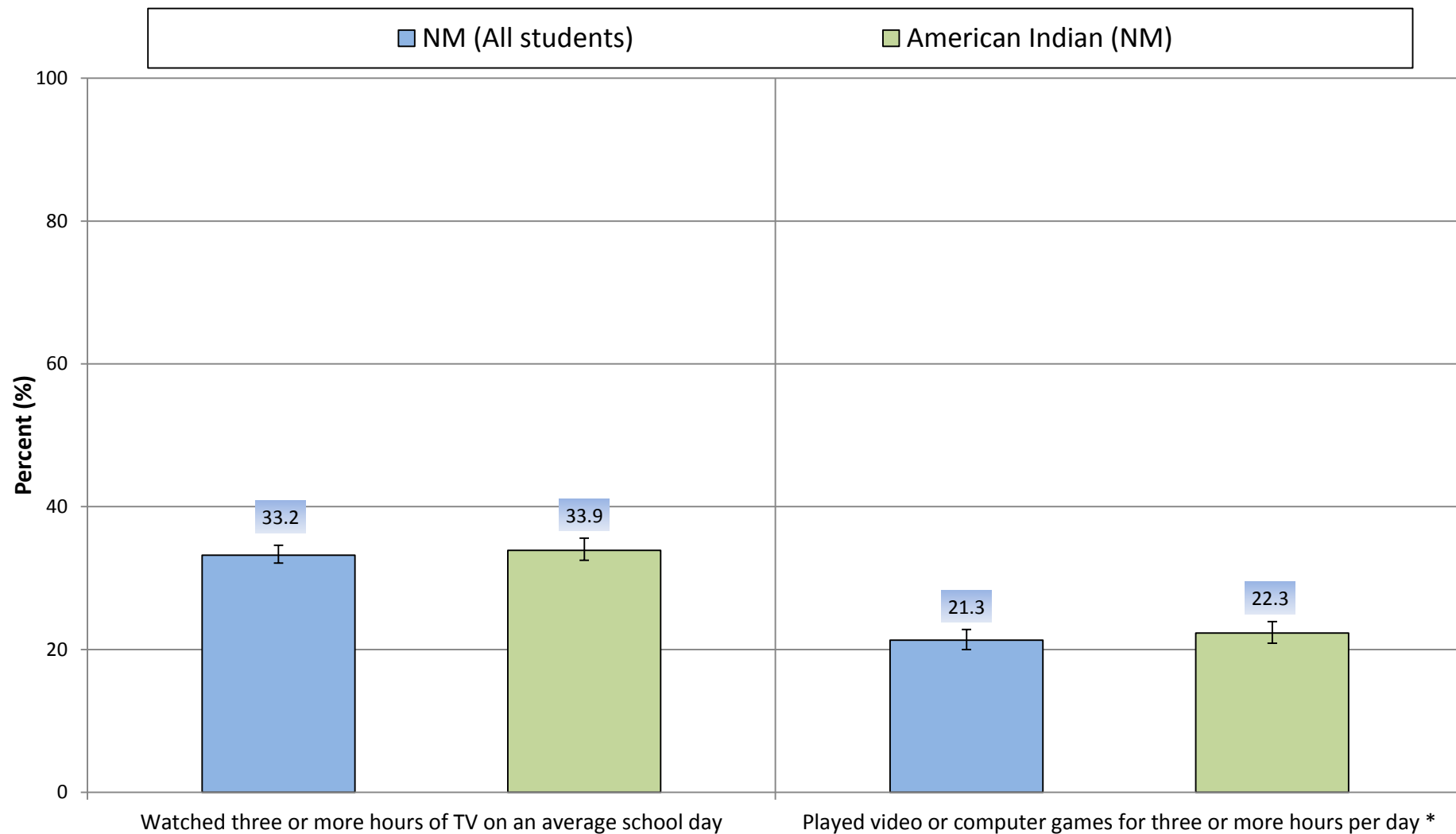
* On each of the past 7 days, at least 60 minutes of physical activity per day that made "you sweat or breathe hard"

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

Sedentary Activity

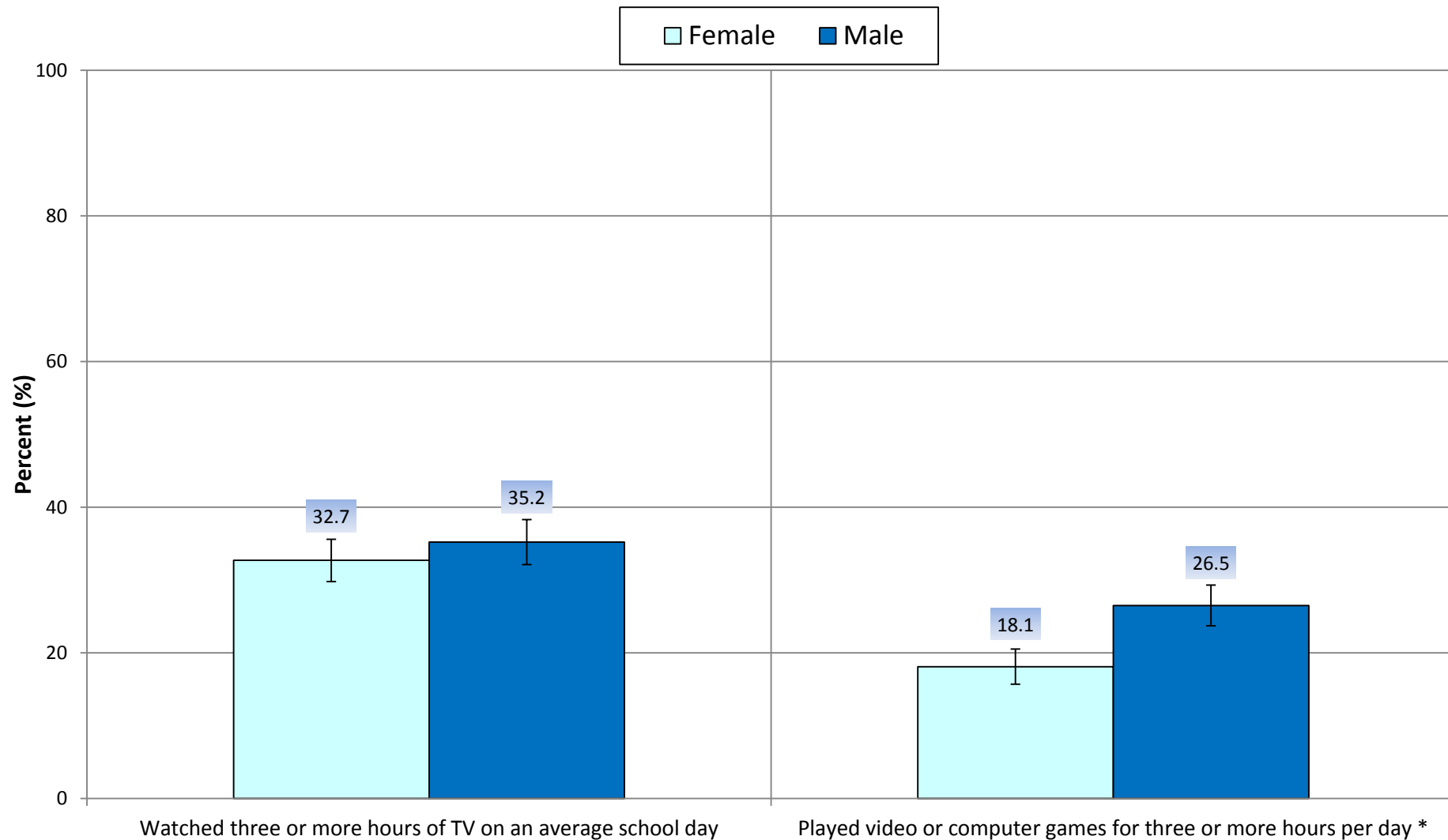
New Mexico (all students) and American Indian Students

Grades 6 - 8, 2009 NM YRRS



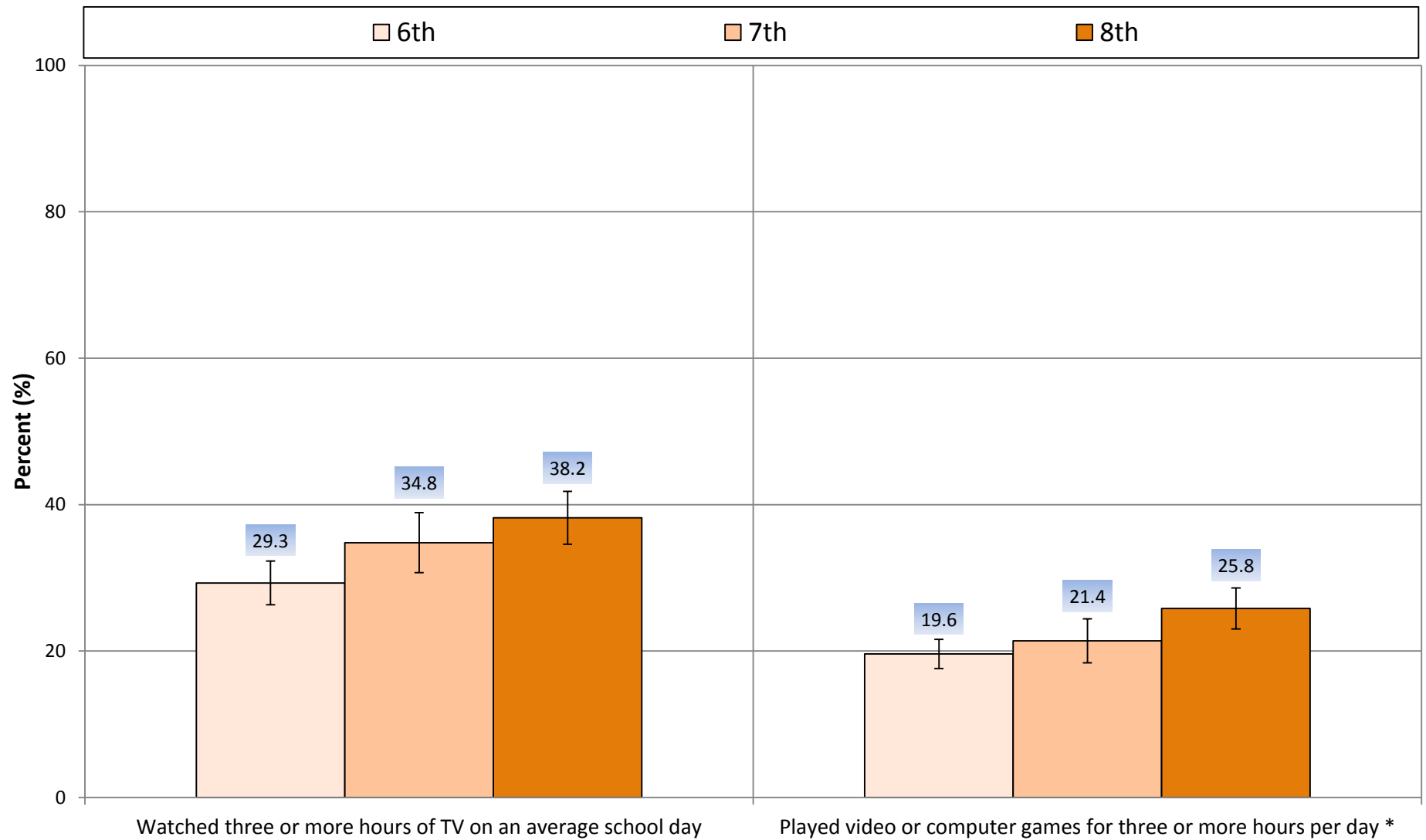
* Played video/computer games or used a computer for something that was not school work, on an average school day

Sedentary Activity by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



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

Sedentary Activity by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS

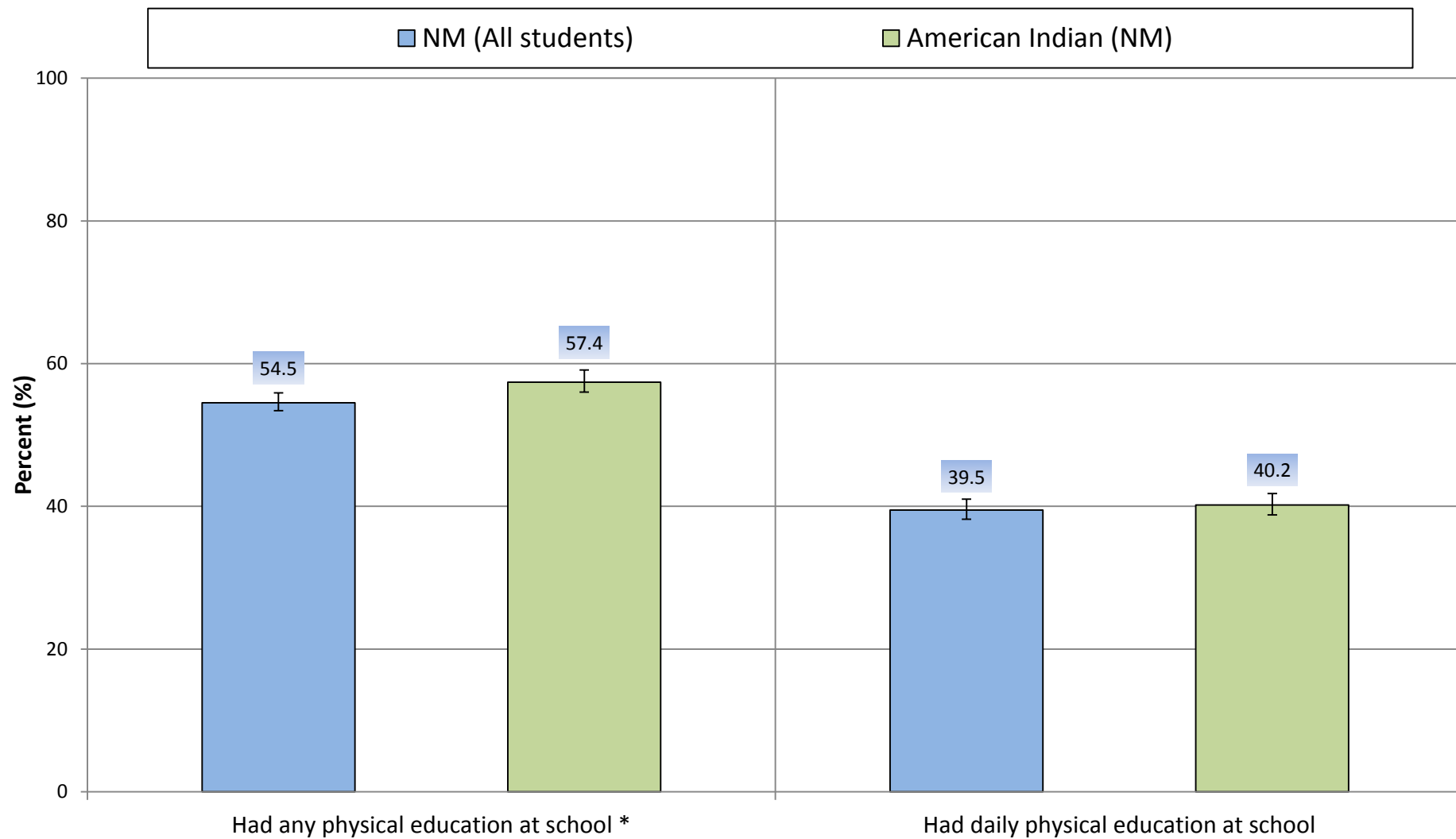


* Played video/computer games or used a computer for something that was not school work, on an average school day

Physical Activity: PE

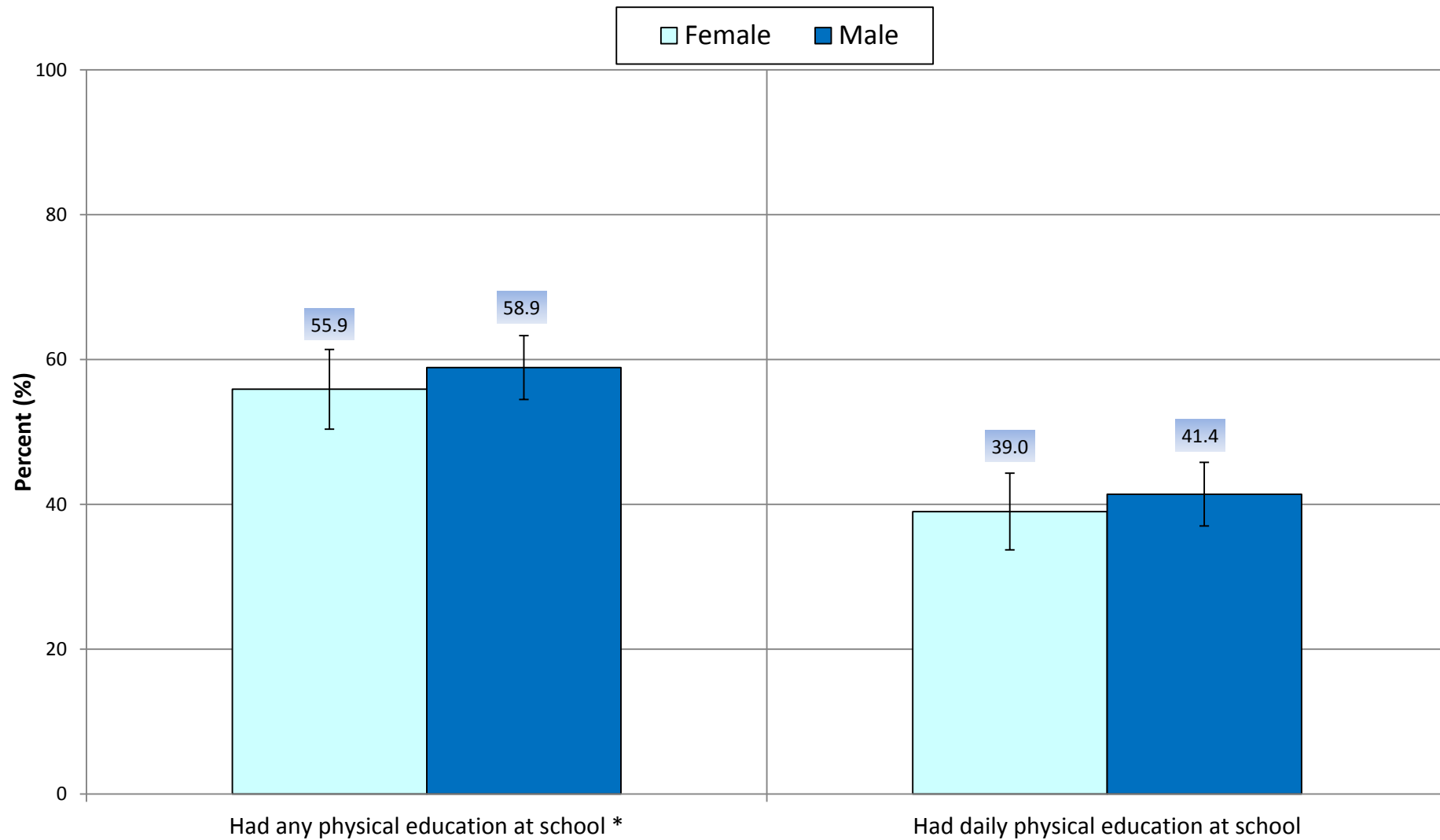
New Mexico (all students) and American Indian Students

Grades 6 - 8, 2009 NM YRRS



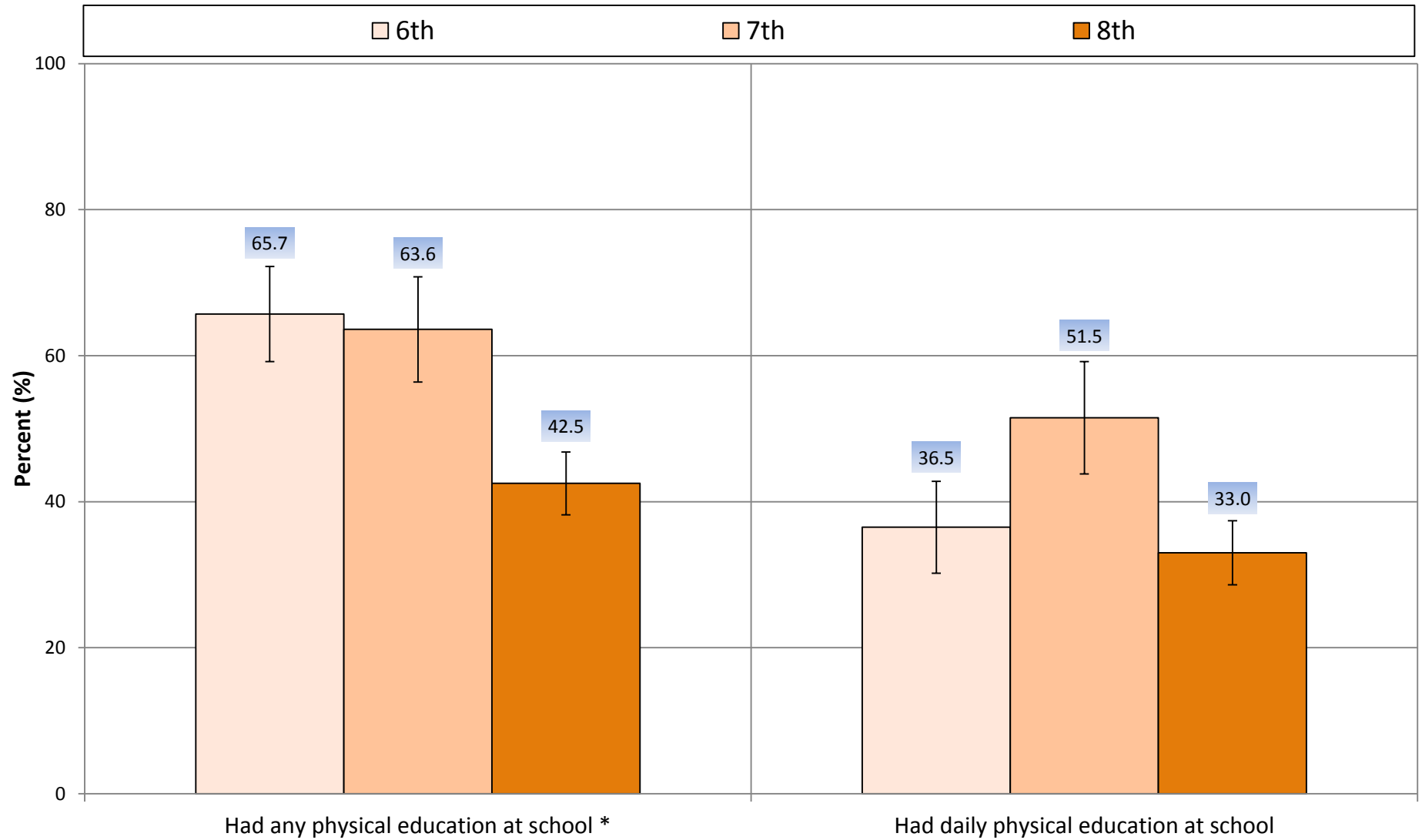
* Had PE on at least one day per week

Physical Activity: PE by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



* Had PE on at least one day per week

Physical Activity: PE by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS

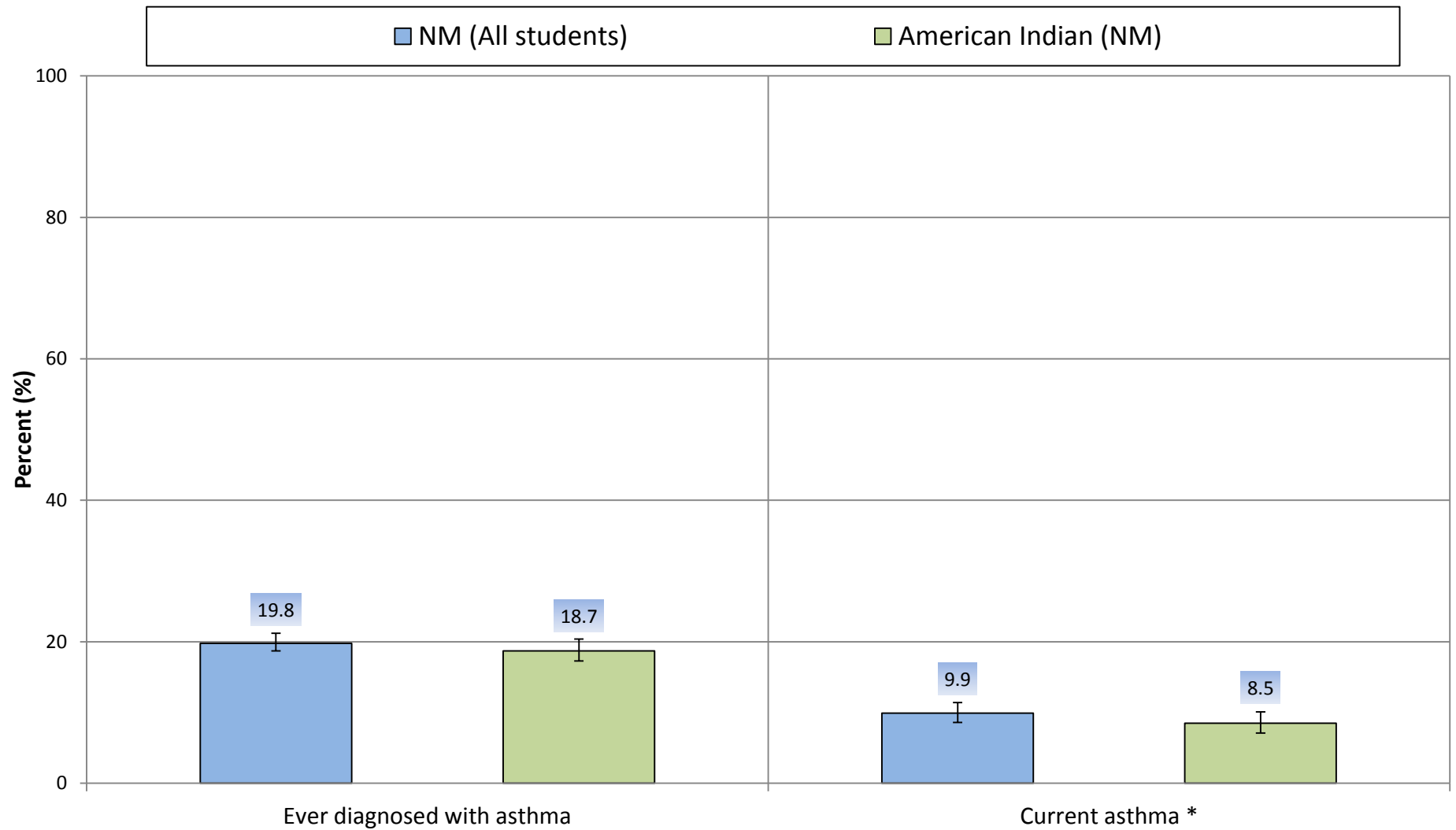


* Had PE on at least one day per week

Asthma

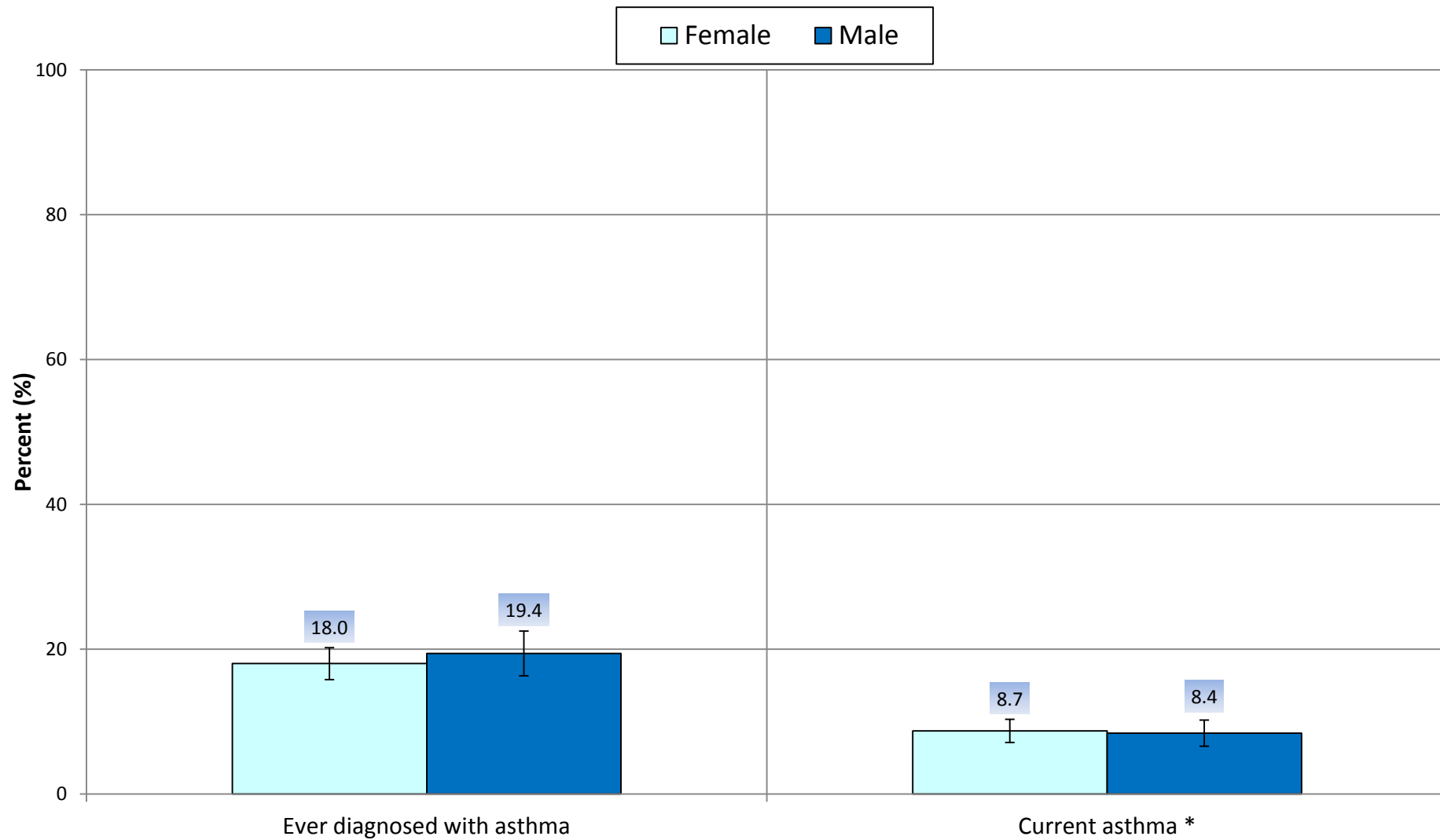
Asthma

New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS



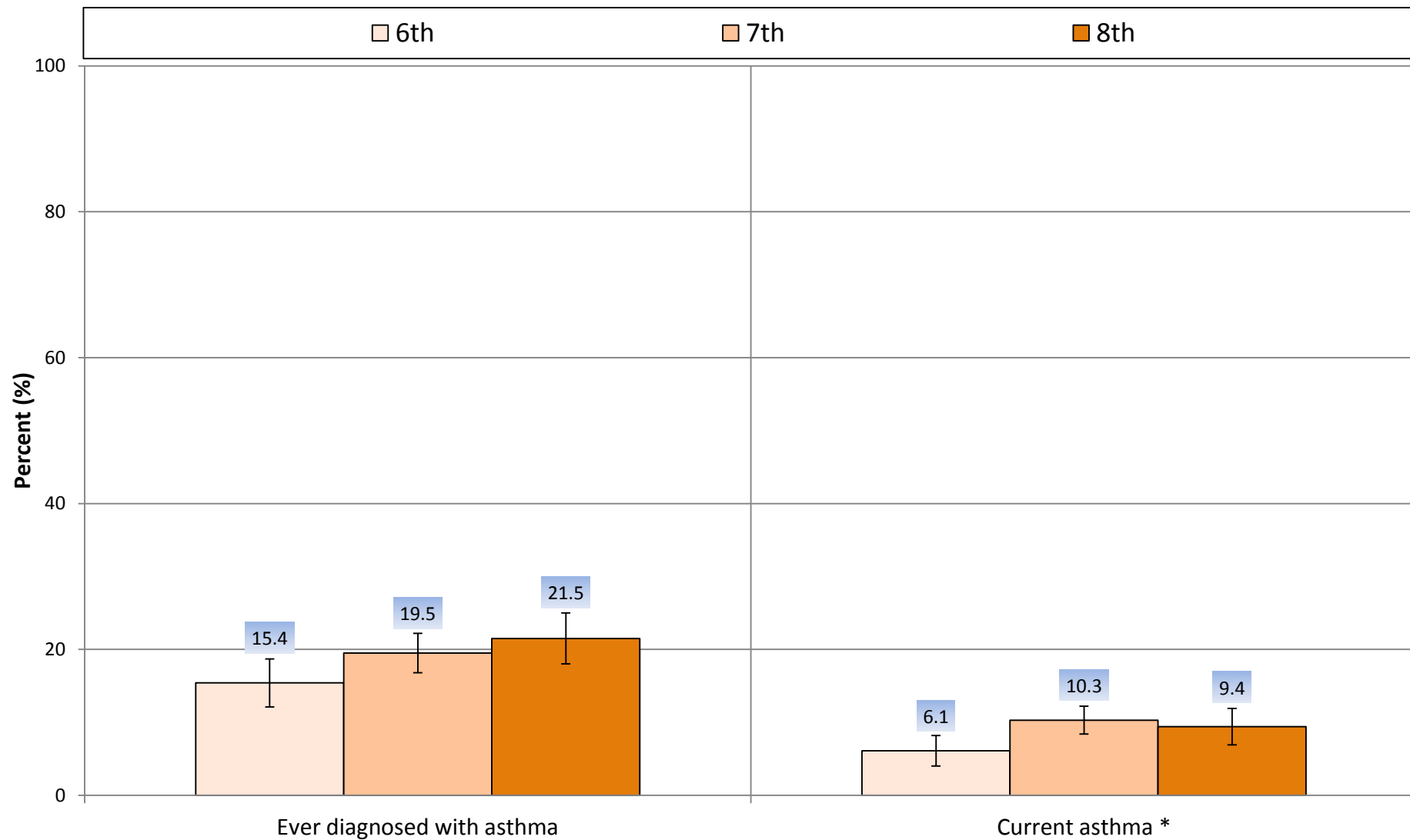
* Ever diagnosed with asthma AND still has asthma

Asthma by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



* Ever diagnosed with asthma AND still has asthma

Asthma by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS



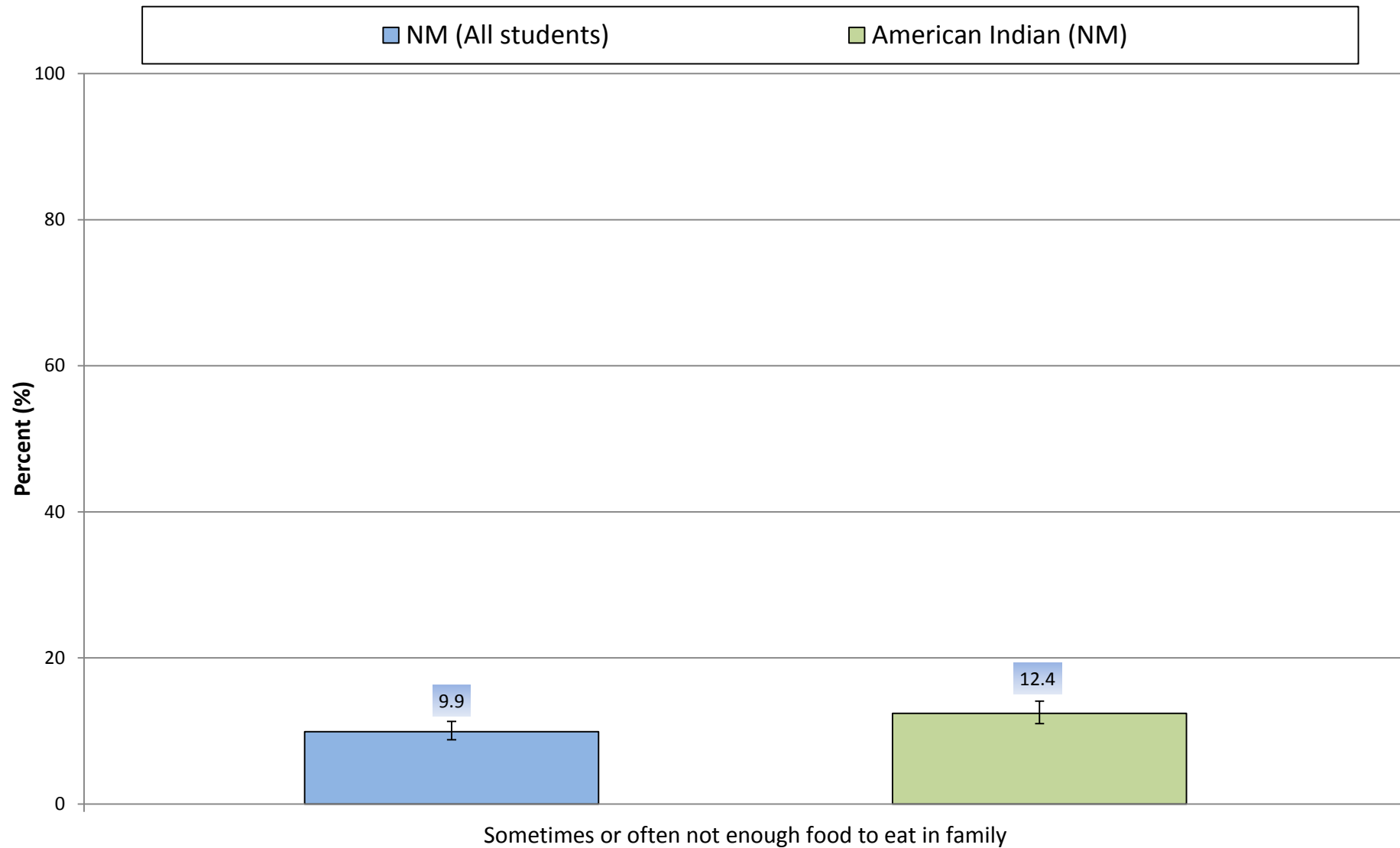
* Ever diagnosed with asthma AND still has asthma

Other Characteristics

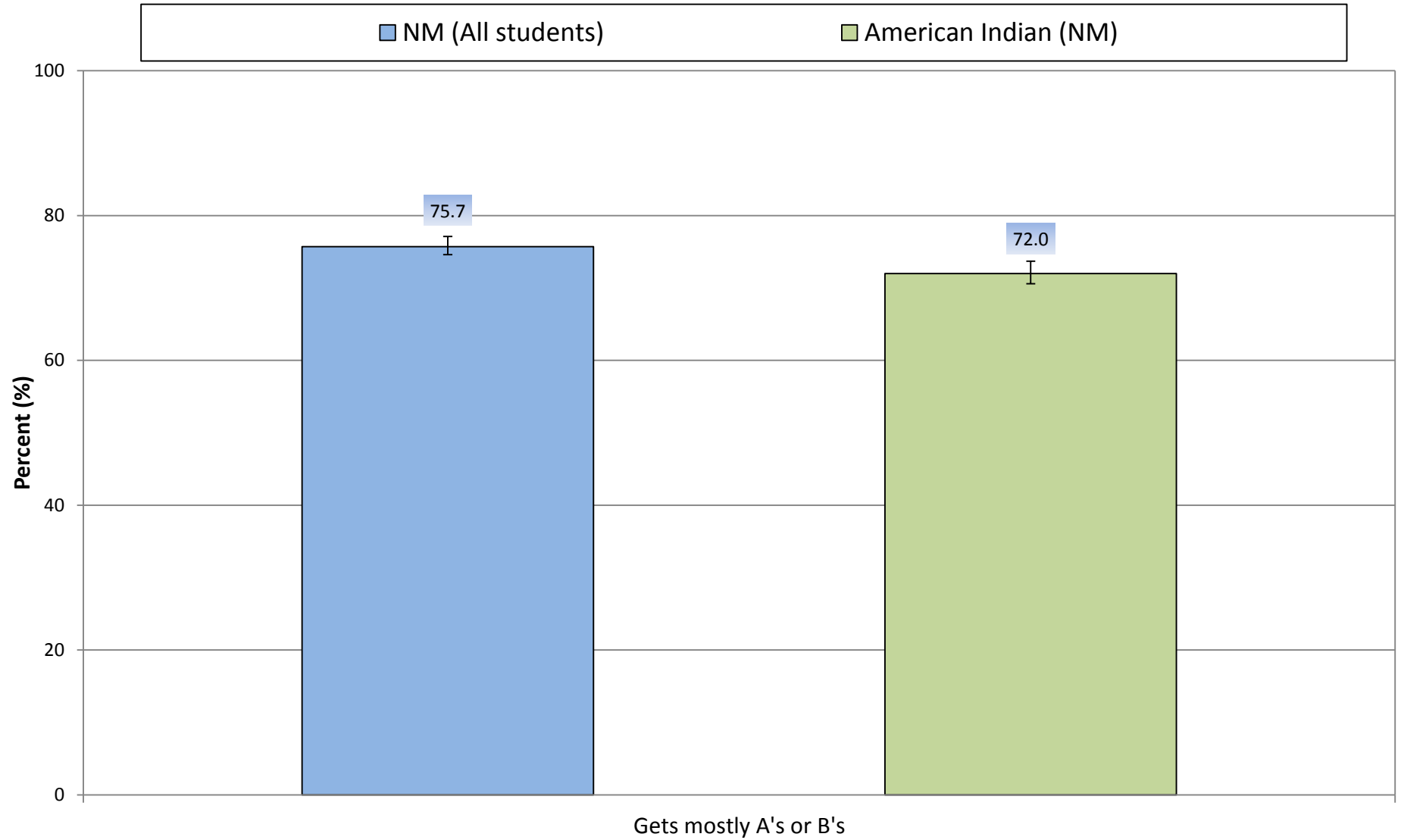
Food Sufficiency
Grades

Food Sufficiency

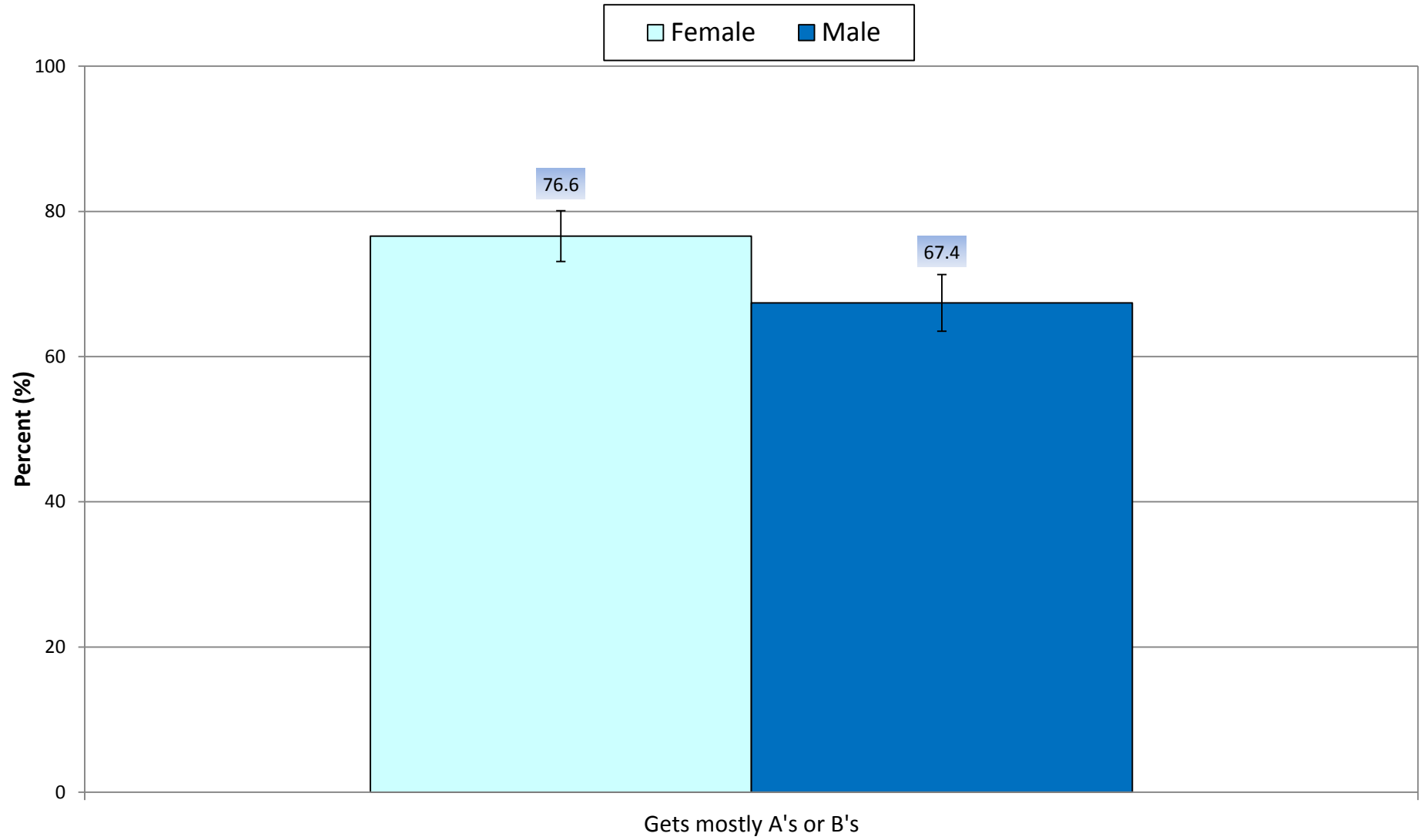
New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS



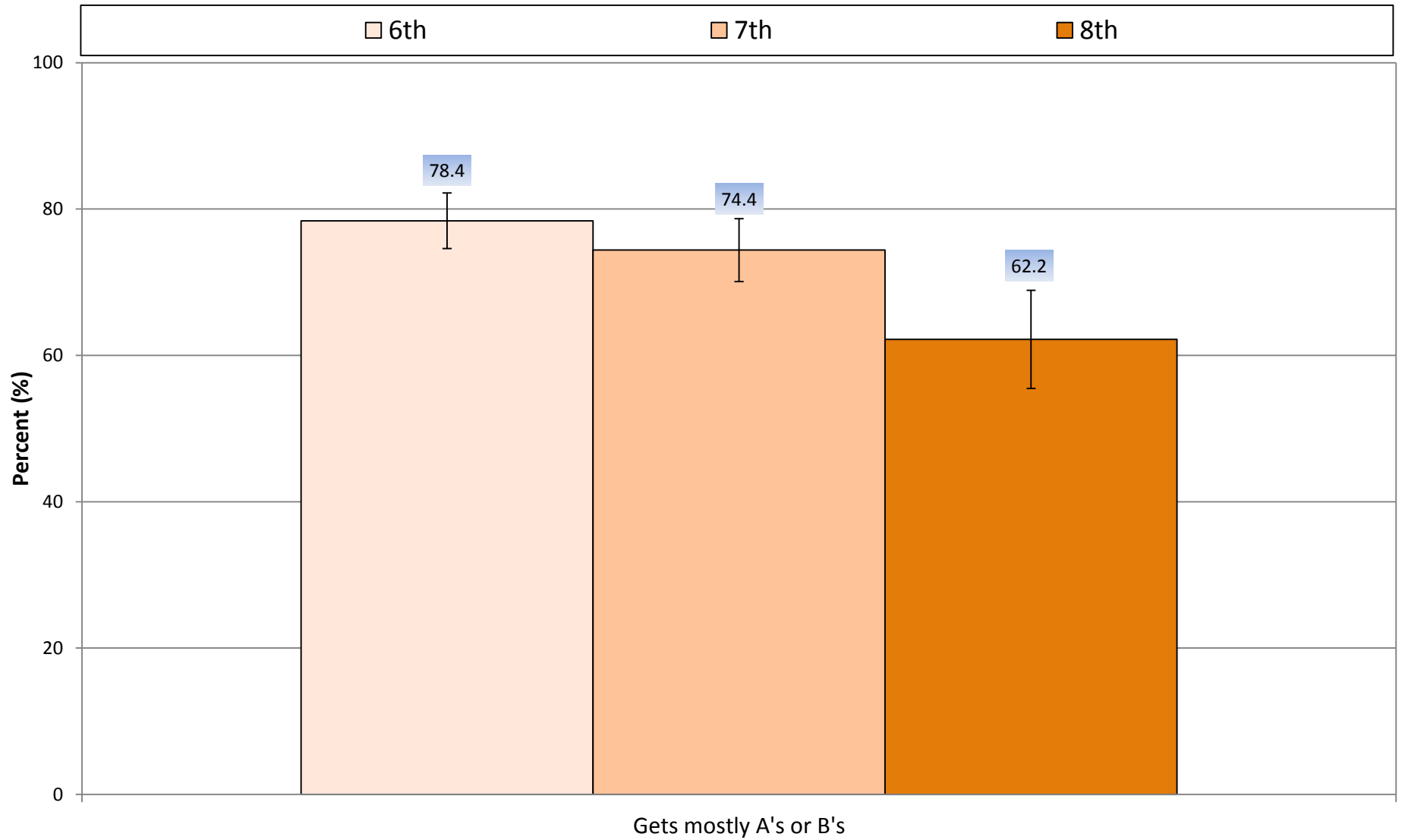
Academics
New Mexico (all students) and American Indian Students
Grades 6 - 8, 2009 NM YRRS



Academics
by Gender, American Indian Students
Grades 6 - 8, 2009 NM YRRS

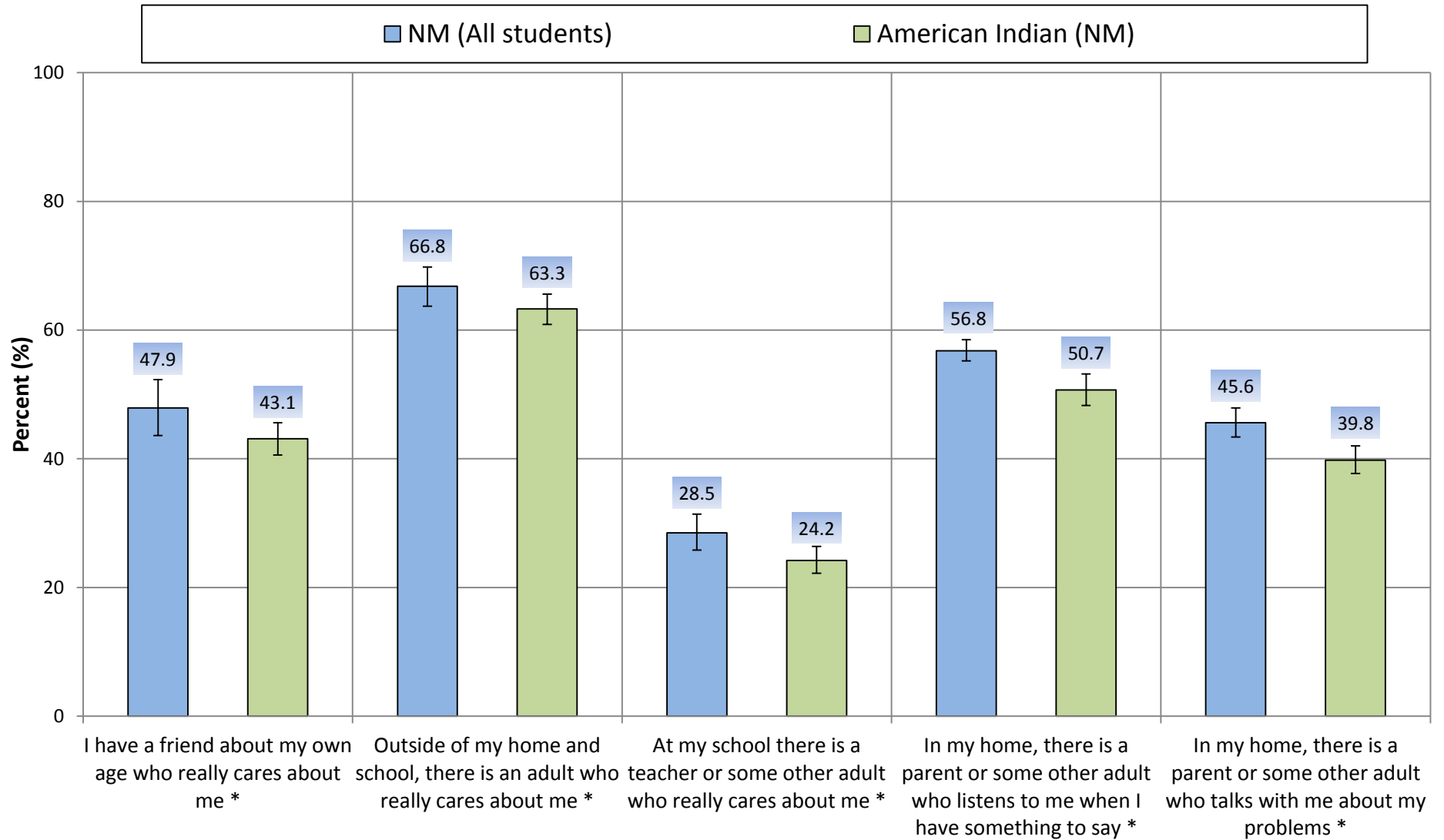


Academics by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS



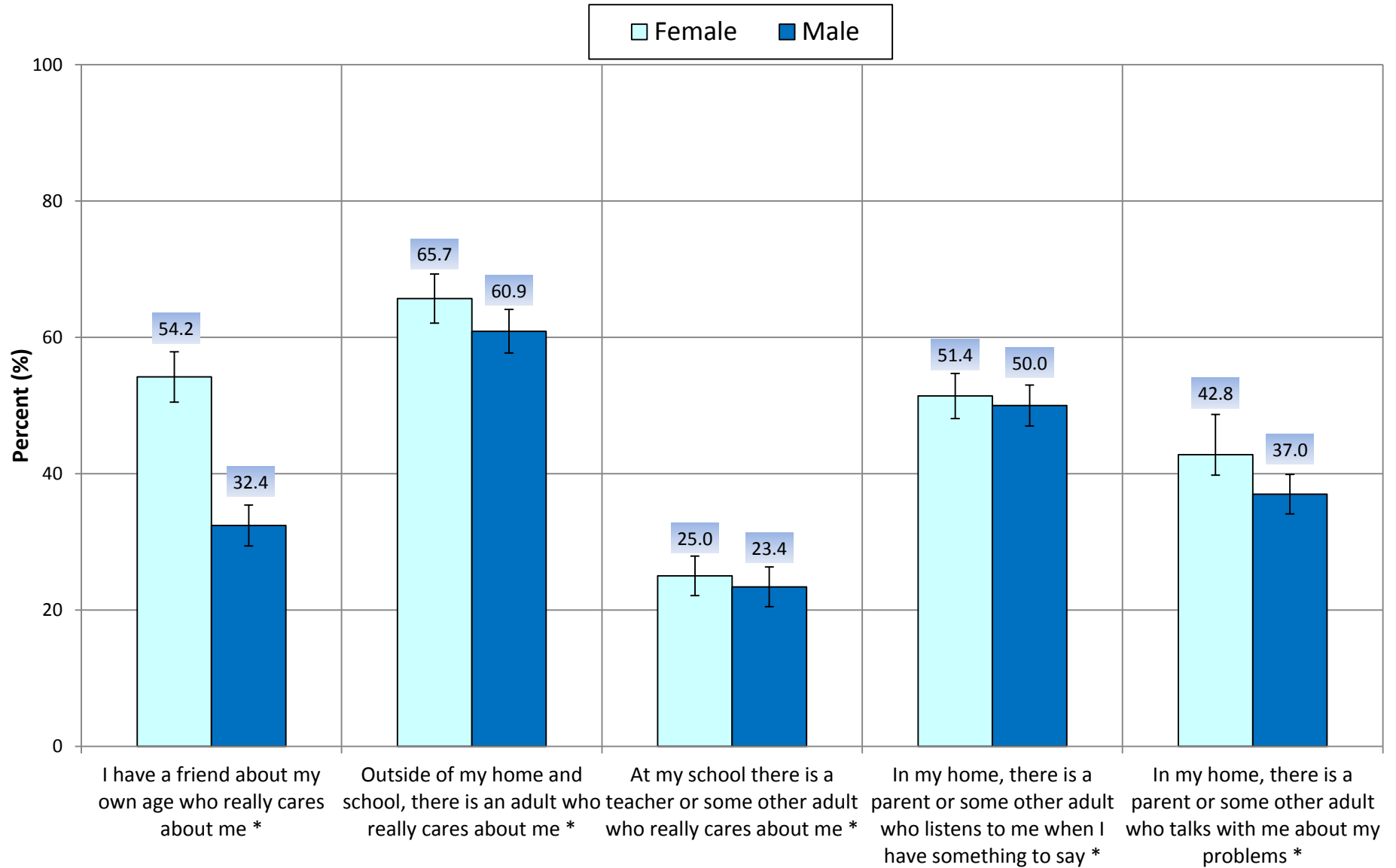
Protective Factors

Protective Factors: Caring Relationships New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS



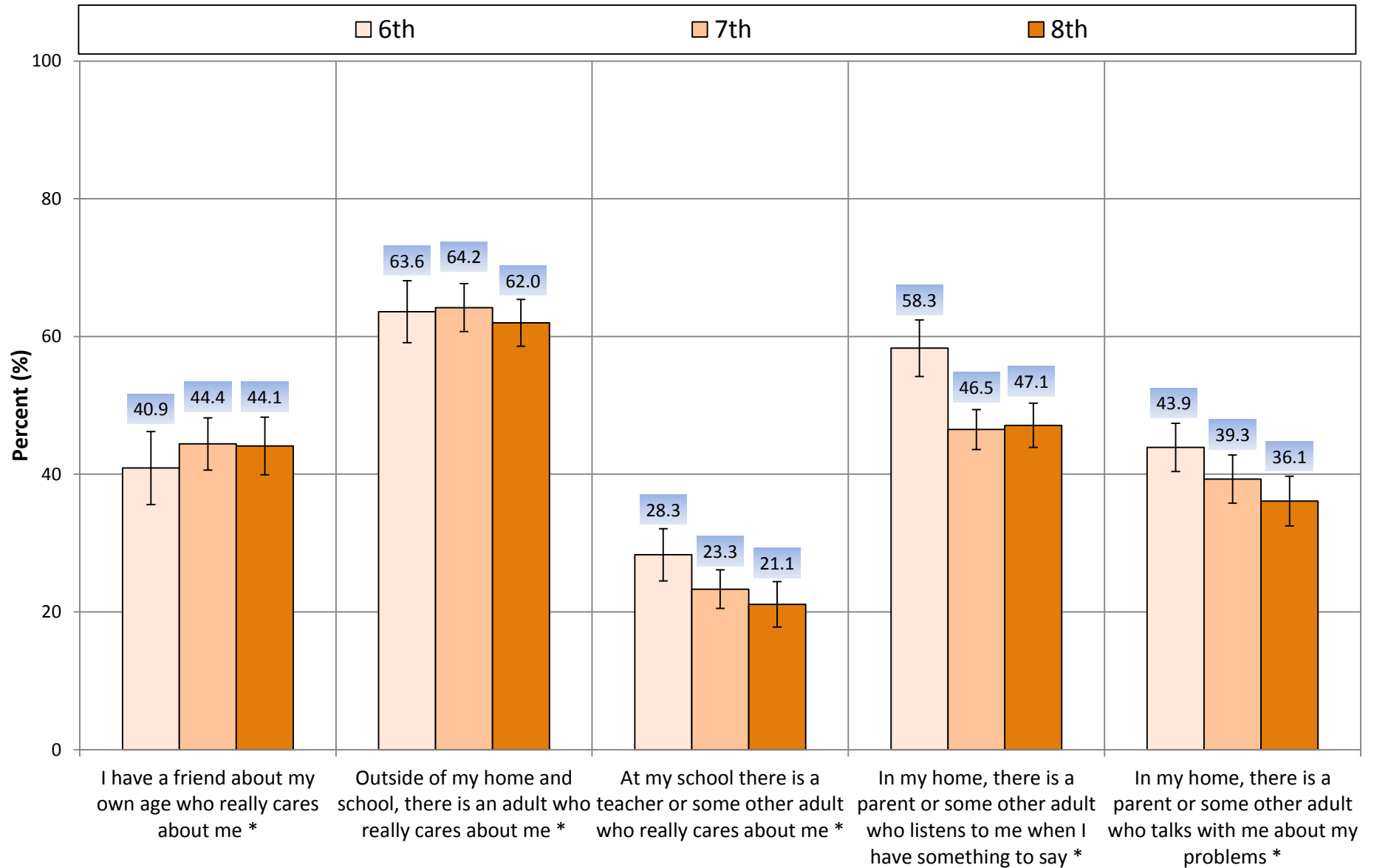
* Responded "Very true" to each of these statements

Protective Factors: Caring Relationships by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



* Responded "Very true" to each of these statements

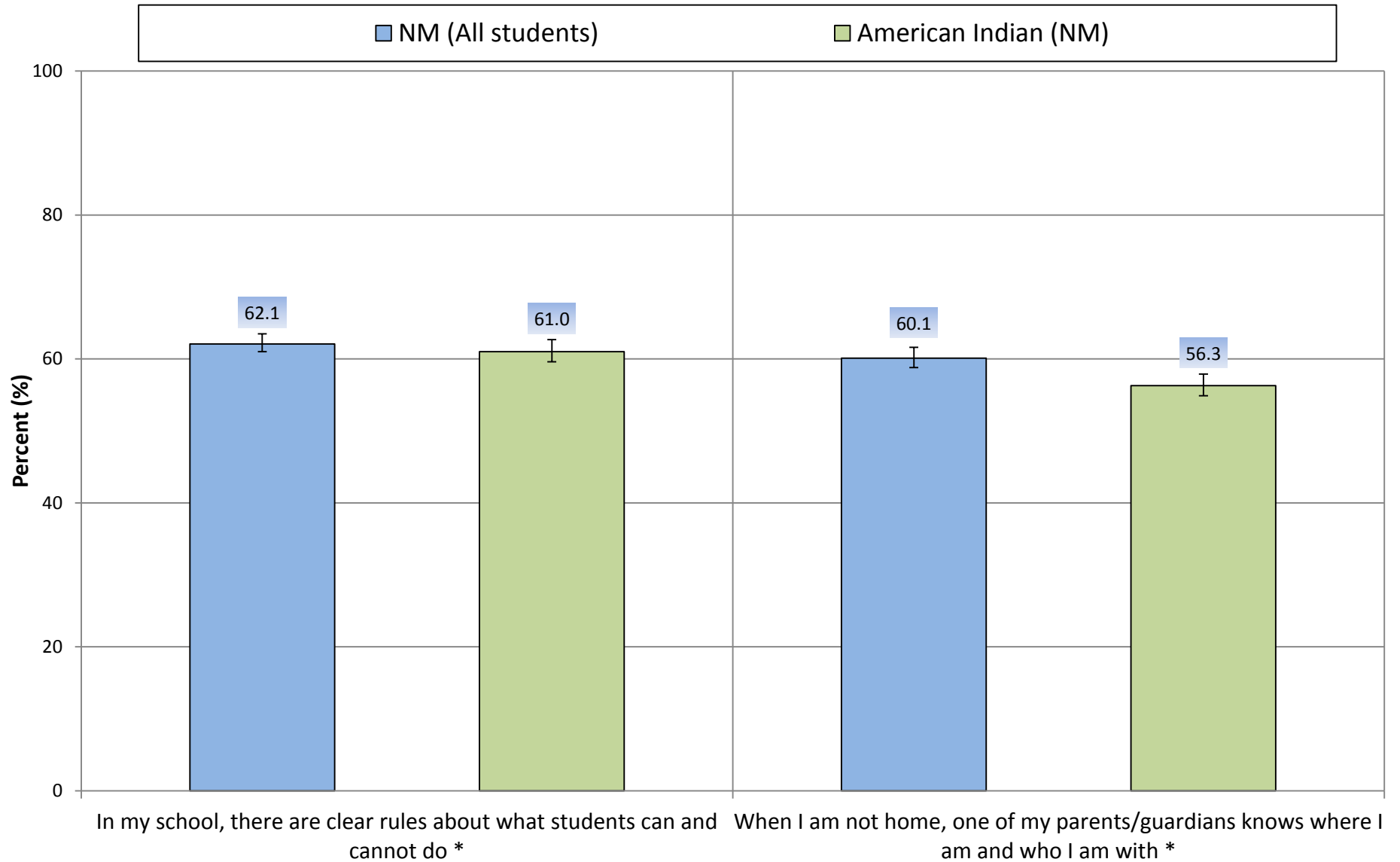
Protective Factors: Caring Relationships by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS



* Responded "Very true" to each of these statements

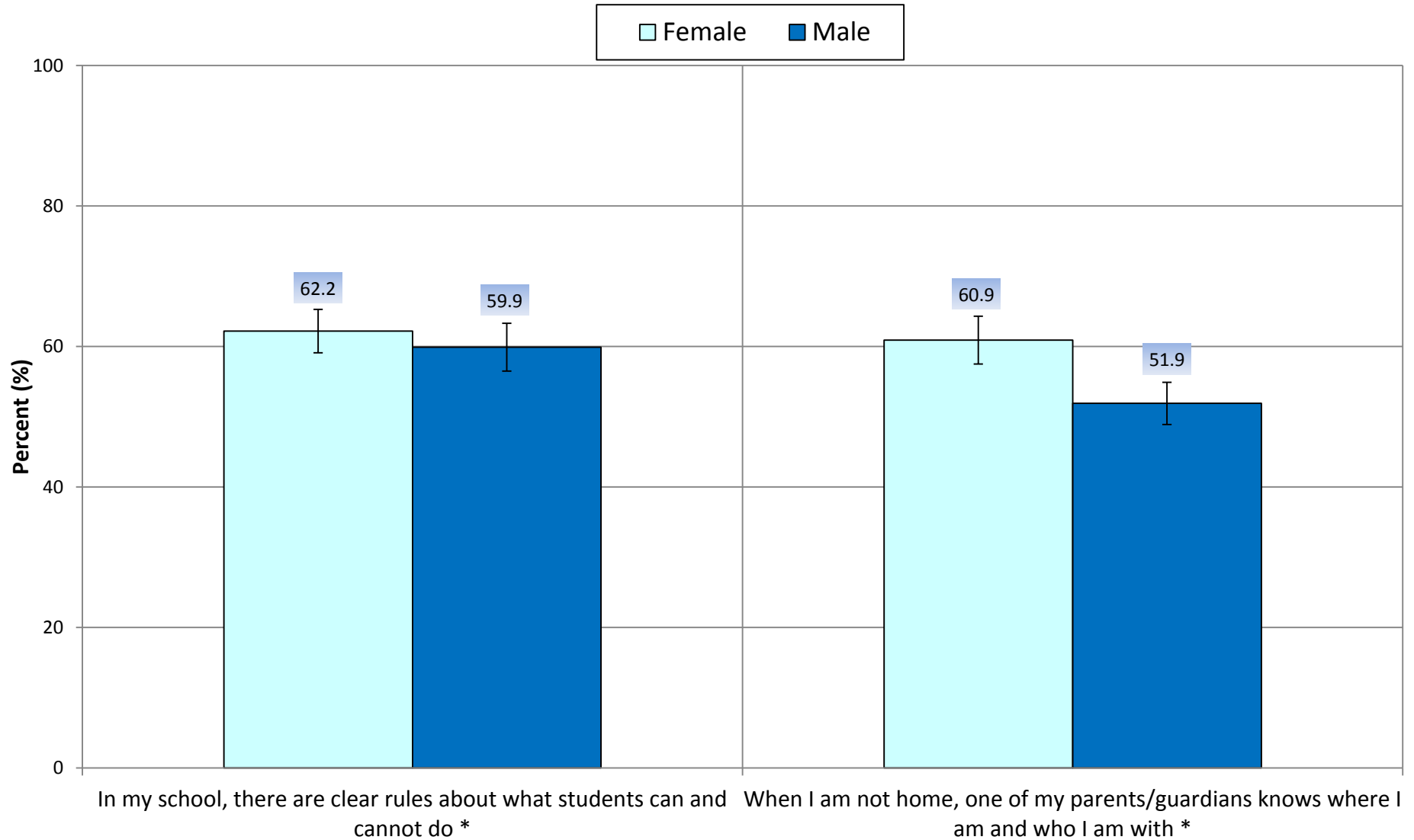
Protective Factors: Behavioral Boundaries

New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS



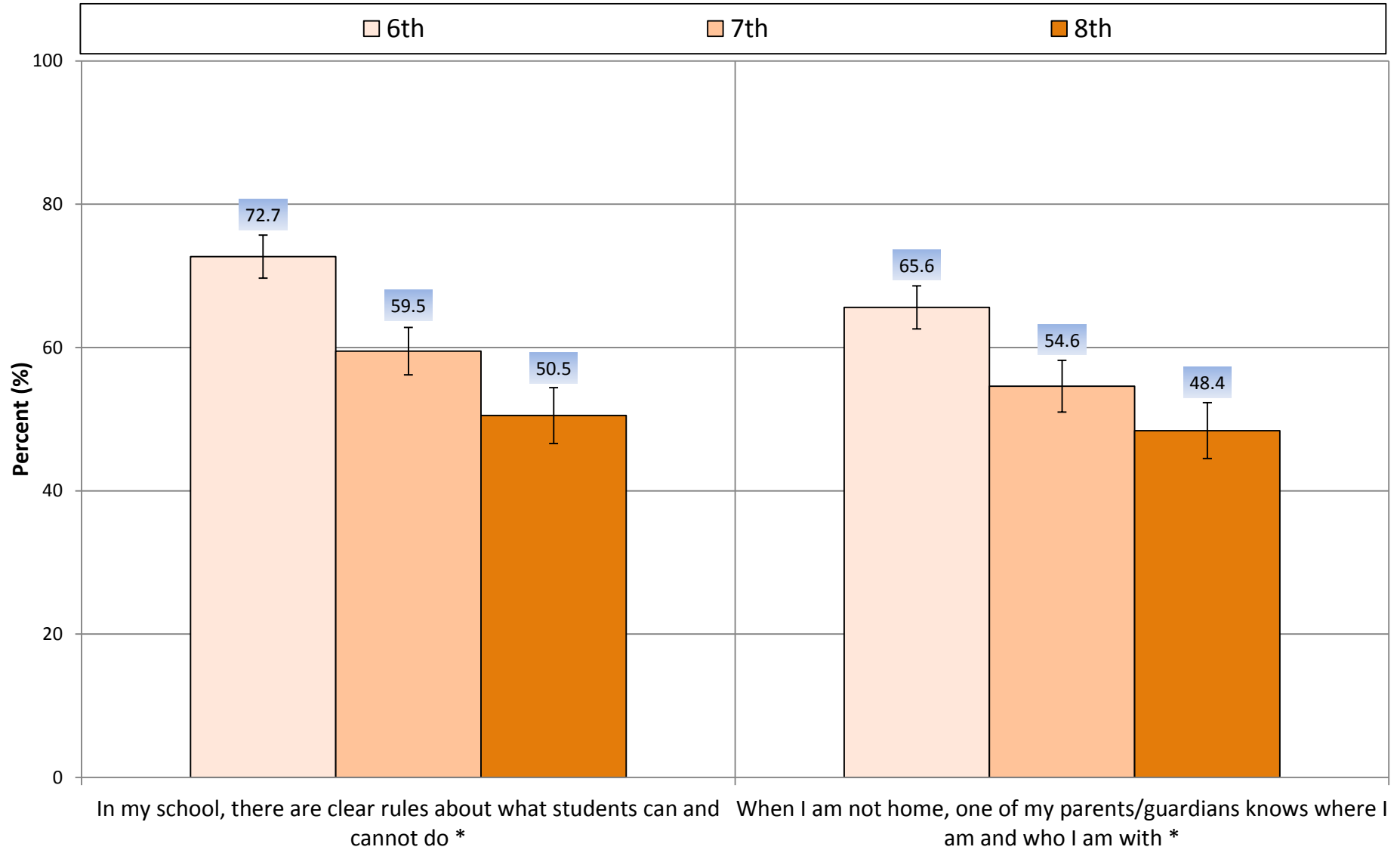
* Responded "Very true" to each of these statements

Protective Factors: Behavioral Boundaries by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



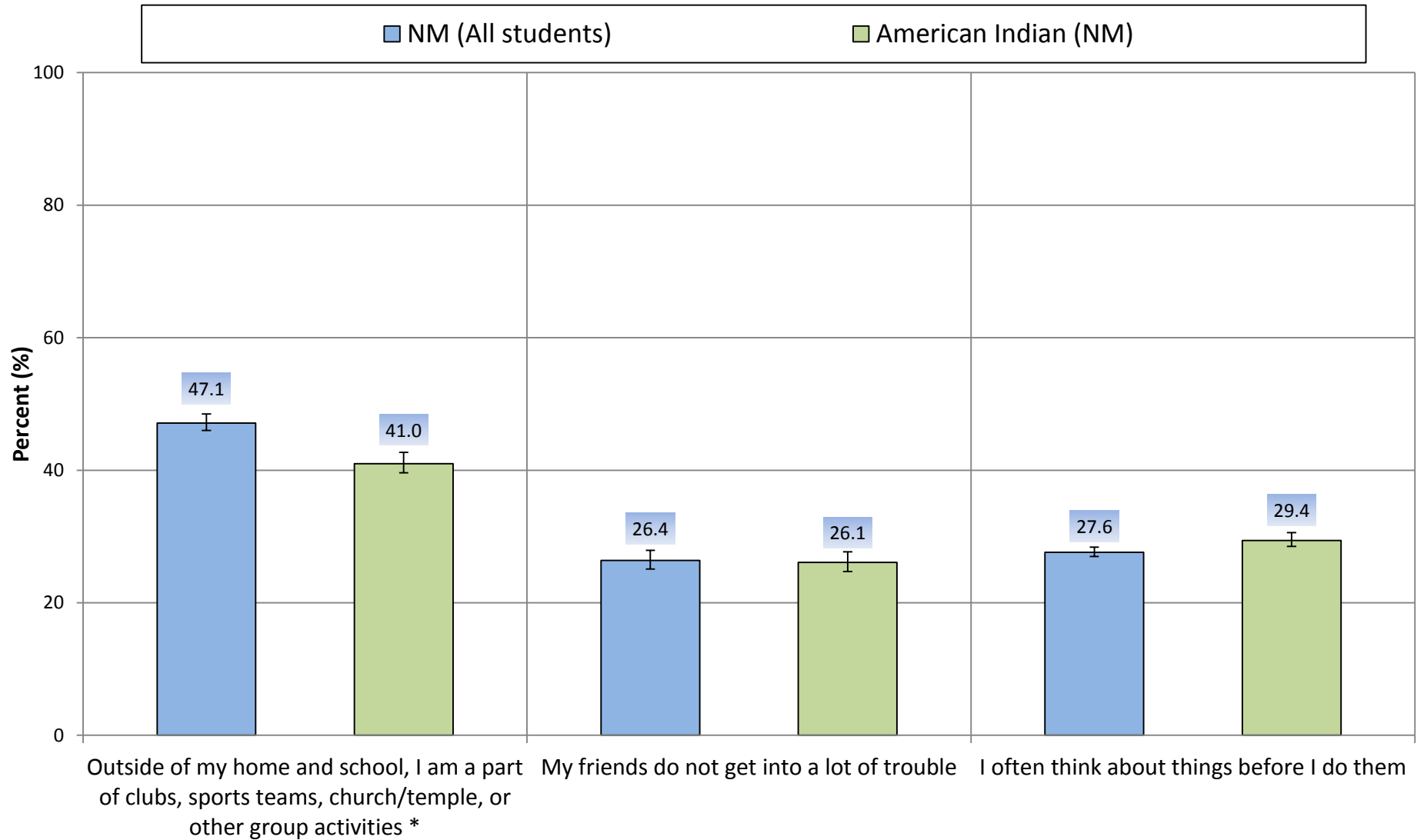
* Responded "Very true" to each of these statements

Protective Factors: Behavioral Boundaries by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS



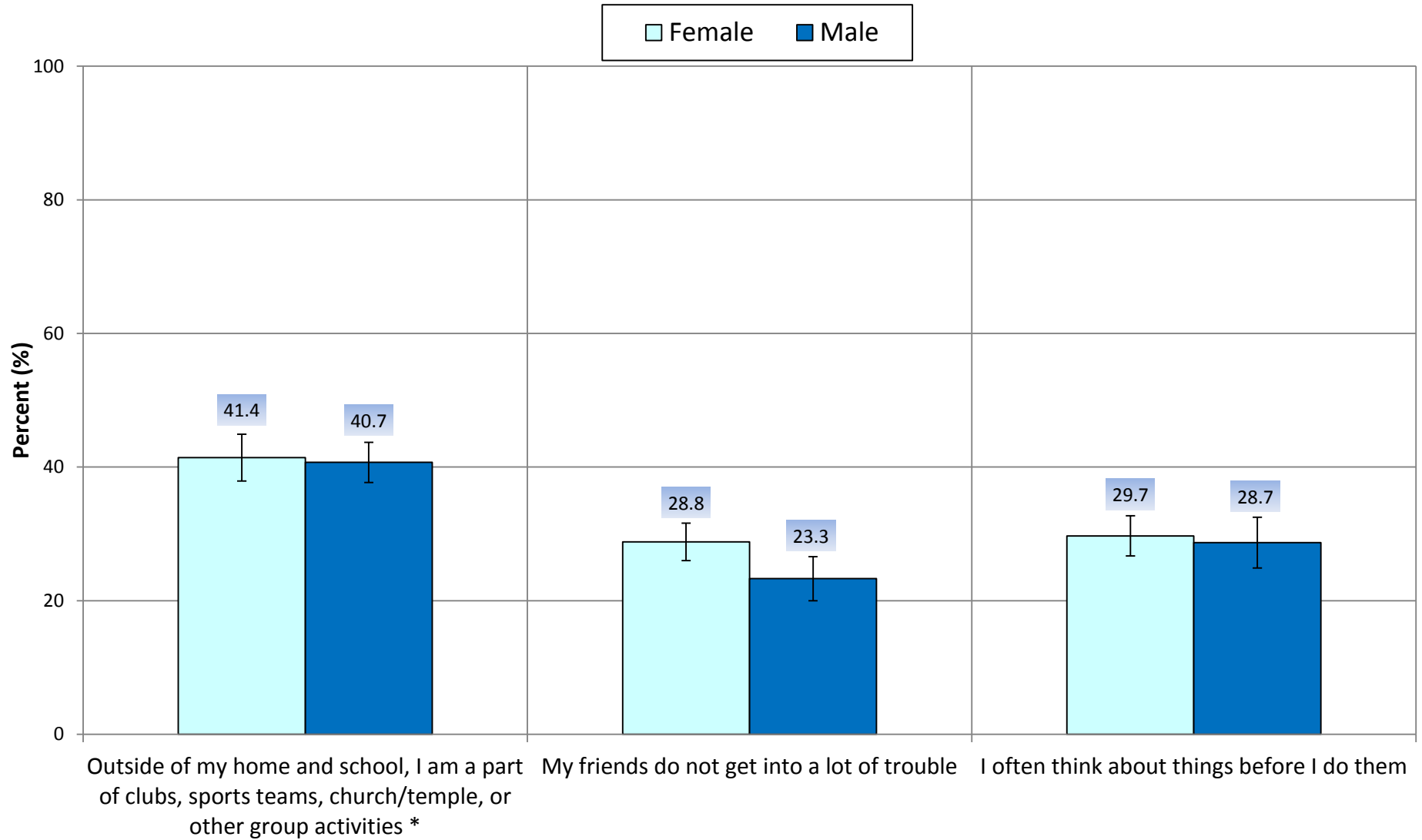
* Responded "Very true" to each of these statements

Other Protective Factors New Mexico (all students) and American Indian Students Grades 6 - 8, 2009 NM YRRS



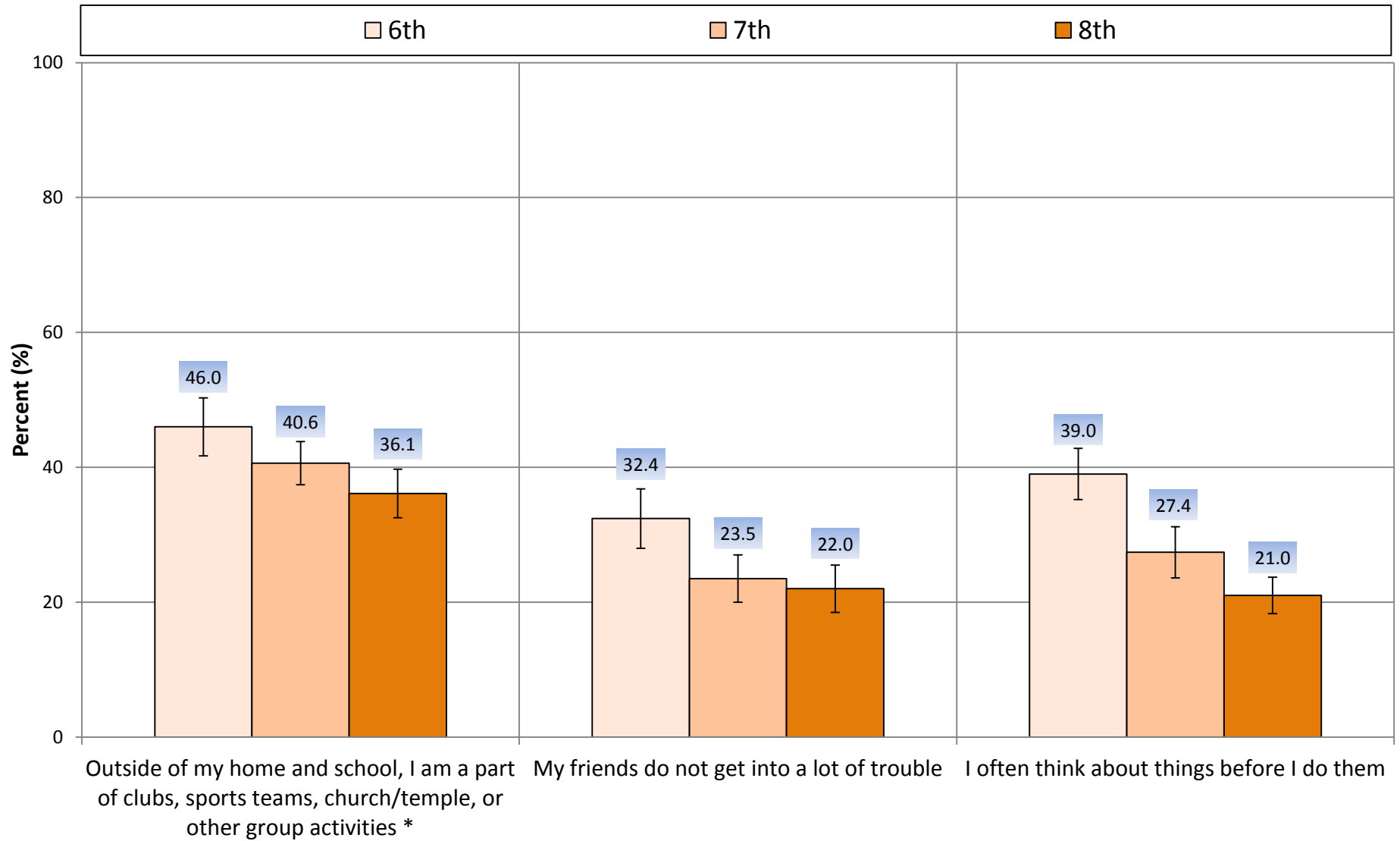
* Responded "Very true"

Other Protective Factors by Gender, American Indian Students Grades 6 - 8, 2009 NM YRRS



* Responded "Very true"

Other Protective Factors by Grade, American Indian Students Grades 6 - 8, 2009 NM YRRS



* Responded "Very true"

Appendix A

Appendix A
 2009 NM Youth Risk and Resiliency Survey
 Middle School Questionnaire
 American Indian Students

Personal Information	<u>Number</u>	<u>(%)</u>
1. How old are you?		
A. 10 years old or younger	18	(0.3%)
B. 11 years old	930	(23.9%)
C. 12 years old	1396	(31.9%)
D. 13 years old	1333	(28.8%)
E. 14 years old	532	(13.0%)
F. 15 years old	69	(1.7%)
G. 16 years old or older	8	(0.3%)
2. What is your sex?		
A. Female	2109	(48.9%)
B. Male	2178	(51.1%)
3. In what grade are you?		
A. 6th grade	1431	(35.7%)
B. 7th grade	1508	(32.4%)
C. 8th grade	1342	(31.8%)
D. Other	6	(0.1%)
4. Are you Hispanic or Latino?		
A. Yes		
B. No		
5. What is your race? (Select one or more responses.)		
A. American Indian or Alaska Native		
B. Asian		
C. Black or African American		
D. Native Hawaiian or Other Pacific Islander		
E. White		

Note: Percentages do not equal to 100% due to rounding/missing values.

Appendix A: Questionnaire

	%	(95% CI)
6. During the past 12 months, how would you describe your grades in school?		
A. Mostly A's	26.2	(23.3 - 29.0)
B. Mostly B's	33.0	(30.8 - 35.3)
C. Mostly C's	15.8	(14.3 - 17.4)
D. Mostly D's	4.4	(3.3 - 5.6)
E. Mostly F's	2.7	(2.0 - 3.5)
F. None of these grades	0.3	(0.1 - 0.4)
G. Not sure	17.5	(15.5 - 19.6)

Personal Safety

The next 3 questions ask about personal safety.

7. When you ride a bicycle, how often do you wear a helmet?		
A. I do not ride a bicycle	19.5	(17.6 - 21.3)
B. Never wear a helmet	55.7	(53.4 - 58.0)
C. Rarely wear a helmet	11.3	(9.9 - 12.7)
D. Sometimes wear a helmet	6.2	(4.5 - 8.0)
E. Most of the time wear a helmet	3.9	(2.9 - 4.9)
F. Always wear a helmet	3.4	(2.5 - 4.3)
8. How often do you wear a seat belt when riding in a car?		
A. Never	2.4	(1.7 - 3.1)
B. Rarely	6.4	(5.3 - 7.5)
C. Sometimes	15.5	(13.7 - 17.3)
D. Most of the time	24.8	(22.8 - 26.8)
E. Always	50.9	(48.0 - 53.8)
9. Have you ever ridden in a car driven by someone who had been drinking alcohol?		
A. Yes	31.9	(29.4 - 34.3)
B. No	54.4	(51.5 - 57.3)
C. Not sure	13.7	(12.2 - 15.3)

Violence-Related Behaviors

The next 2 questions ask about violence-related behaviors.

10. Have you ever carried a weapon, such as a gun, knife, or club?		
A. Yes	35.3	(32.5 - 38.2)
B. No	64.7	(61.8 - 67.5)
11. Have you ever been in a physical fight?		
A. Yes	51.5	(48.6 - 54.4)
B. No	48.5	(45.6 - 51.4)

Note: Percentages do not equal to 100% due to rounding/missing values.

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

	%	(95% CI)
12. During the past 12 months, have you ever been bullied on school property?		
A. Yes	30.4	(28.4 - 32.4)
B. No	69.6	(67.6 - 71.6)

Sadness and Attempted Suicide

The next 3 questions ask about attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

13. Have you ever seriously thought about killing yourself?		
A. Yes	23.1	(21.1 - 25.2)
B. No	76.9	(74.8 - 78.9)
14. Have you ever made a plan about how you would kill yourself?		
A. Yes	13.5	(11.9 - 15.2)
B. No	86.5	(84.8 - 88.1)
15. Have you ever tried to kill yourself?		
A. Yes	10.6	(9.1 - 12.1)
B. No	89.4	(87.9 - 90.9)

Tobacco Use

The next 17 questions ask about tobacco use.

16. Have you ever tried cigarette smoking, even one or two puffs?		
A. Yes	31.4	(28.4 - 34.4)
B. No	68.6	(65.6 - 71.6)
17. How old were you when you smoked a whole cigarette for the first time?		
A. I have never smoked a whole cigarette	78.6	(76.4 - 80.9)
B. 8 years old or younger	2.9	(2.3 - 3.6)
C. 9 years old	2.0	(1.4 - 2.7)
D. 10 years old	3.9	(3.1 - 4.8)
E. 11 years old	4.0	(3.2 - 4.9)
F. 12 years old	4.6	(3.7 - 5.6)
G. 13 years old or older	3.8	(2.8 - 4.8)

Appendix A: Questionnaire

	%	(95% CI)
18. About how many cigarettes have you smoked in your entire life?		
A. None	68.9	(65.8 - 71.9)
B. 1 or more puffs but never a whole cigarette	10.7	(9.4 - 11.9)
C. 1 cigarette	4.1	(3.2 - 5.0)
D. 2 to 5 cigarettes	8.2	(6.7 - 9.7)
E. 6 to 15 cigarettes (about ½ a pack total)	3.0	(2.2 - 3.8)
F. 16 to 25 cigarettes (about 1 pack total)	2.1	(1.4 - 2.8)
G. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)	1.4	(0.9 - 1.9)
H. 100 or more cigarettes (5 or more packs)	1.6	(1.1 - 2.1)
19. During the past 30 days, on how many days did you smoke cigarettes?		
A. 0 days	91.0	(89.5 - 92.5)
B. 1 or 2 days	4.4	(3.4 - 5.3)
C. 3 to 5 days	1.9	(1.3 - 2.5)
D. 6 to 9 days	1.1	(0.7 - 1.6)
E. 10 to 19 days	0.7	(0.4 - 1.1)
F. 20 to 29 days	0.3	(0.1 - 0.6)
G. All 30 days	0.5	(0.1 - 0.9)
20. During the past 30 days, on how many days did you smoke cigarettes on school property?		
A. 0 days	97.1	(96.4 - 97.8)
B. 1 or 2 days	1.6	(1.0 - 2.2)
C. 3 to 5 days	0.4	(0.2 - 0.6)
D. 6 to 9 days	0.3	(0.0 - 0.6)
E. 10 to 19 days	0.2	(0.0 - 0.4)
F. 20 to 29 days	0.1	(0.0 - 0.2)
G. All 30 days	0.3	(0.1 - 0.6)
21. 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	89.8	(88.2 - 91.4)
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	0.3	(0.1 - 0.5)
C. I bought them from a vending machine	0.4	(0.1 - 0.7)
D. I gave someone else money to buy them for me	2.2	(1.4 - 3.0)
E. I borrowed (or bummed) them from someone else	1.8	(1.1 - 2.5)
F. A person 18 years old or older gave them to me	1.2	(0.7 - 1.7)
G. I took them from a store or family member	1.2	(0.7 - 1.7)
H. I got them some other way	3.2	(2.3 - 4.1)

Note: Percentages do not equal to 100% due to rounding/missing values.

Appendix A: Questionnaire

22. During the past 30 days, what brand of cigarettes did you usually smoke? (Select only one response.)	%	(95% CI)
A. I did not smoke cigarettes during the past 30 days	88.2	(86.6 - 89.8)
B. I do not have a usual brand	1.8	(1.2 - 2.5)
C. Camel	1.7	(1.2 - 2.3)
D. Marlboro	4.9	(3.7 - 6.2)
E. Newport	0.4	(0.2 - 0.7)
F. Virginia Slims	0.2	(0.0 - 0.3)
G. GPS, Basic, or Doral	0.2	(0.0 - 0.4)
H. Some other brand	2.6	(1.8 - 3.3)
23. During the past 30 days, how many times have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?		
A. 0 times	29.0	(27.1 - 30.9)
B. 1 to 3 times during the past 30 days	20.9	(19.0 - 22.7)
C. 1 to 3 times during the past week	14.7	(12.9 - 16.5)
D. Daily or almost daily	17.9	(16.1 - 19.8)
E. More than once a day	17.5	(15.9 - 19.1)
24. During the past 12 months, did you ever try to quit smoking cigarettes?		
A. I did not smoke during the past 12 months	80.1	(78.0 - 82.2)
B. Yes	11.8	(10.3 - 13.4)
C. No	8.0	(6.7 - 9.4)
25. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?		
A. 0 days	91.4	(90.1 - 92.7)
B. 1 or 2 days	5.0	(3.9 - 6.1)
C. 3 to 5 days	1.6	(1.0 - 2.1)
D. 6 to 9 days	0.8	(0.5 - 1.2)
E. 10 to 19 days	0.4	(0.2 - 0.7)
F. 20 to 29 days	0.3	(0.0 - 0.5)
G. All 30 days	0.4	(0.2 - 0.7)
26. 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	95.5	(94.5 - 96.5)
B. 1 or 2 days	2.5	(1.8 - 3.2)
C. 3 to 5 days	1.0	(0.5 - 1.4)
D. 6 to 9 days	0.4	(0.2 - 0.5)
E. 10 to 19 days	0.2	(0.0 - 0.4)
F. 20 to 29 days	0.2	(0.1 - 0.3)
G. All 30 days	0.3	(0.1 - 0.5)

Note: Percentages do not equal to 100% due to rounding/missing values.

Appendix A: Questionnaire

	<u>%</u>	<u>(95% CI)</u>
27. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?		
A. 0 days	66.3	(64.1 - 68.4)
B. 1 or 2 days	16.6	(15.1 - 18.2)
C. 3 or 4 days	5.6	(4.5 - 6.7)
D. 5 or 6 days	1.5	(1.1 - 2.0)
E. 7 days	10.0	(8.6 - 11.3)
28. Do you think smoke from other people's cigarettes is harmful to you?		
A. Definitely yes	51.2	(48.4 - 53.9)
B. Probably yes	32.1	(29.6 - 34.6)
C. Probably not	9.2	(7.8 - 10.6)
D. Definitely not	7.5	(6.3 - 8.7)
29. Do you think that you will try smoking a cigarette soon?		
A. I have already tried smoking cigarettes	15.2	(13.5 - 17.0)
B. Yes	9.4	(8.1 - 10.7)
C. No	75.4	(73.1 - 77.7)
30. Do you think you will smoke a cigarette at anytime during the next year?		
A. Definitely yes	5.8	(4.7 - 6.9)
B. Probably yes	11.5	(9.8 - 13.2)
C. Probably not	18.3	(16.3 - 20.3)
D. Definitely not	64.4	(61.3 - 67.5)
31. If one of your best friends offered you a cigarette, would you smoke it?		
A. Definitely yes	4.8	(3.8 - 5.7)
B. Probably yes	12.8	(10.8 - 14.8)
C. Probably not	19.4	(17.4 - 21.3)
D. Definitely not	63.1	(60.2 - 66.0)
32. During this school year, were you taught in any of your classes about the dangers of tobacco use?		
A. Yes	39.0	(35.7 - 42.2)
B. No	34.8	(32.2 - 37.4)
C. Not sure	26.2	(24.0 - 28.5)

Note: Percentages do not equal to 100% due to rounding/missing values.

Alcohol

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

	%	(95% CI)
33. Have you ever had a drink of alcohol, other than a few sips?		
A. Yes	34.6	(31.4 - 37.8)
B. No	65.4	(62.2 - 68.6)
34. How old were you when you had your first drink of alcohol other than a few sips?		
A. I have never had a drink of alcohol other than a few sips	64.7	(61.3 - 68.0)
B. 8 years old or younger	7.8	(6.3 - 9.3)
C. 9 years old	3.5	(2.5 - 4.4)
D. 10 years old	5.3	(4.1 - 6.5)
E. 11 years old	6.1	(5.0 - 7.3)
F. 12 years old	7.0	(5.8 - 8.3)
G. 13 years old or older	5.6	(4.2 - 7.1)
35. During the past 30 days, on how many days did you have at least one drink of alcohol?		
A. 0 days	83.8	(81.9 - 85.7)
B. 1 or 2 days	9.8	(8.3 - 11.3)
C. 3 to 5 days	3.0	(2.2 - 3.8)
D. 6 to 9 days	1.7	(1.1 - 2.3)
E. 10 to 19 days	0.7	(0.4 - 1.1)
F. 20 to 29 days	0.4	(0.2 - 0.6)
G. All 30 days	0.6	(0.3 - 0.9)
36. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?		
A. 0 days	91.0	(89.5 - 92.4)
B. 1 day	4.5	(3.6 - 5.5)
C. 2 days	1.6	(1.1 - 2.0)
D. 3 to 5 days	1.2	(0.7 - 1.7)
E. 6 to 9 days	0.8	(0.3 - 1.3)
F. 10 to 19 days	0.3	(0.1 - 0.6)
G. 20 or more days	0.6	(0.3 - 0.9)
37. If you wanted to get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get?		
A. Very hard	57.4	(54.4 - 60.5)
B. Sort of hard	14.9	(13.0 - 16.7)
C. Sort of easy	15.2	(13.0 - 17.4)
D. Very easy	12.5	(11.1 - 13.9)

Note: Percentages do not equal to 100% due to rounding/missing values.

Appendix A: Questionnaire

38. How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?		
	%	(95% CI)
A. Very wrong	79.8	(77.8 - 81.7)
B. Wrong	14.0	(12.2 - 15.8)
C. A little bit wrong	5.1	(4.0 - 6.2)
D. Not wrong at all	1.2	(0.8 - 1.5)
39. How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	63.6	(60.9 - 66.4)
B. Wrong	21.4	(19.4 - 23.4)
C. A little bit wrong	11.0	(9.3 - 12.6)
D. Not wrong at all	4.0	(3.2 - 4.8)
40. How much do you think people risk harming themselves (physically or in other ways) if they have one or two drinks of beer, wine, or hard liquor nearly every day?		
A. No risk	12.6	(10.8 - 14.4)
B. Slight risk	16.2	(14.4 - 18.0)
C. Moderate risk	23.9	(21.5 - 26.3)
D. Great risk	47.3	(44.8 - 49.7)

Marijuana and other Drug Use

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

41. Have you ever used marijuana?		
A. Yes	22.7	(19.7 - 25.6)
B. No	77.3	(74.4 - 80.3)
42. How old were you when you tried marijuana for the first time?		
A. I have never tried marijuana	77.3	(74.4 - 80.3)
B. 8 years old or younger	2.9	(2.1 - 3.6)
C. 9 years old	2.1	(1.5 - 2.7)
D. 10 years old	3.4	(2.6 - 4.1)
E. 11 years old	4.5	(3.6 - 5.4)
F. 12 years old	4.9	(3.6 - 6.2)
G. 13 years old or older	4.9	(3.5 - 6.4)
43. During the past 30 days, how many times did you use marijuana?		
A. 0 times	87.0	(85.2 - 88.8)
B. 1 or 2 times	5.6	(4.6 - 6.7)
C. 3 to 9 times	2.5	(2.0 - 3.1)
D. 10 to 19 times	1.8	(1.3 - 2.2)
E. 20 to 39 times	1.3	(0.6 - 2.1)
F. 40 or more times	1.7	(1.2 - 2.2)

Note: Percentages do not equal to 100% due to rounding/missing values.

Appendix A: Questionnaire

44. Have you ever used any form of cocaine, including powder, crack, or freebase?	%	<u>(95% CI)</u>
A. Yes	5.7	(4.8 - 6.6)
B. No	94.3	(93.4 - 95.2)
45. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?		
A. Yes	15.5	(13.6 - 17.3)
B. No	84.5	(82.7 - 86.4)
46. Have you ever used a needle to inject any illegal drug into your body?		
A. Yes	1.7	(1.1 - 2.3)
B. No	98.3	(97.7 - 98.9)

Sexual Behavior

The next 4 questions ask about sexual intercourse.

47. Have you ever had sexual intercourse?		
A. Yes	13.8	(11.9 - 15.7)
B. No	86.2	(84.3 - 88.1)
48. How old were you when you had sexual intercourse for the first time?		
A. I have never had sexual intercourse	86.3	(84.4 - 88.2)
B. 8 years old or younger	1.4	(0.9 - 1.9)
C. 9 years old	0.8	(0.3 - 1.2)
D. 10 years old	1.3	(0.6 - 1.9)
E. 11 years old	2.0	(1.3 - 2.8)
F. 12 years old	3.3	(2.5 - 4.1)
G. 13 years old or older	4.9	(3.7 - 6.2)
49. With how many people have you ever had sexual intercourse?		
A. I have never had sexual intercourse	86.2	(84.3 - 88.1)
B. 1 person	7.6	(6.0 - 9.3)
C. 2 people	2.2	(1.3 - 3.0)
D. 3 people	0.9	(0.5 - 1.2)
E. 4 people	0.8	(0.3 - 1.3)
F. 5 people	0.4	(0.1 - 0.7)
G. 6 or more people	1.9	(1.3 - 2.4)
50. The last time you had sexual intercourse, did you or your partner use a condom?		
A. I have never had sexual intercourse	86.3	(84.4 - 88.2)
B. Yes	9.8	(8.2 - 11.4)
C. No	3.9	(3.0 - 4.9)

Note: Percentages do not equal to 100% due to rounding/missing values.

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

	%	(95% CI)
51. How do you describe your weight?		
A. Very underweight	5.0	(3.8 - 6.3)
B. Slightly underweight	14.1	(12.3 - 15.8)
C. About the right weight	55.1	(52.5 - 57.7)
D. Slightly overweight	22.7	(20.5 - 24.9)
E. Very overweight	3.1	(2.4 - 3.9)
52. Which of the following are you trying to do about your weight?		
A. Lose weight	49.2	(46.8 - 51.6)
B. Gain weight	9.0	(7.6 - 10.3)
C. Stay the same weight	24.2	(22.2 - 26.2)
D. I am not trying to do anything about my weight	17.6	(15.7 - 19.5)
53. Have you ever exercised to lose weight or to keep from gaining weight?		
A. Yes	73.8	(71.7 - 75.8)
B. No	26.2	(24.2 - 28.3)
54. Have you ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?		
A. Yes	43.9	(41.5 - 46.3)
B. No	56.1	(53.7 - 58.5)
55. Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?		
A. Yes	19.0	(17.0 - 20.9)
B. No	81.0	(79.1 - 83.0)
56. Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?		
A. Yes	6.5	(5.3 - 7.7)
B. No	93.5	(92.3 - 94.7)

Note: Percentages do not equal to 100% due to rounding/missing values.

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

57. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)		
	%	(95% CI)
A. 0 day	20.7	(17.5 - 24.4)
B. 1 day	8.6	(7.2 - 9.9)
C. 2 days	6.7	(5.3 - 8.0)
D. 3 days	10.1	(8.7 - 11.6)
E. 4 days	9.1	(7.7 - 10.6)
F. 5 days	12.1	(10.5 - 13.7)
G. 6 days	5.7	(4.5 - 7.0)
H. 7 days	26.8	(24.5 - 29.0)
58. On an average school day, how many hours do you watch TV?		
A. I do not watch TV on an average school day	10.4	(9.0 - 11.8)
B. Less than 1 hour per day	21.5	(19.8 - 23.3)
C. 1 hour per day	14.8	(13.2 - 16.4)
D. 2 hours per day	19.4	(17.6 - 21.1)
E. 3 hours per day	14.5	(12.9 - 16.1)
F. 4 hours per day	7.1	(6.2 - 8.0)
G. 5 or more hours per day	12.4	(11.0 - 13.7)
59. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)		
A. I do not play video or computer games or use a computer for something that is not school work	22.0	(20.2 - 23.9)
B. Less than 1 hour per day	25.5	(23.8 - 27.3)
C. 1 hour per day	15.3	(13.7 - 16.9)
D. 2 hours per day	14.9	(13.1 - 16.7)
E. 3 hours per day	9.2	(8.1 - 10.3)
F. 4 hours per day	3.6	(2.8 - 4.3)
G. 5 or more hours per day	9.4	(8.2 - 10.6)
60. In an average week when you are in school, on how many days do you go to physical education (PE) classes?		
A. 0 days	42.6	(38.2 - 47.1)
B. 1 day	4.8	(3.6 - 6.0)
C. 2 days	5.1	(3.0 - 7.1)
D. 3 days	4.7	(3.7 - 5.7)
E. 4 days	2.6	(1.8 - 3.4)
F. 5 days	40.2	(35.9 - 44.4)

Note: Percentages do not equal to 100% due to rounding/missing values.

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

	%	(95% CI)
61. Have you ever been taught about AIDS or HIV infection in school?		
A. Yes	51.6	(47.6 - 55.5)
B. No	26.9	(24.3 - 29.5)
C. Not sure	21.5	(18.9 - 24.1)
62. Has a doctor or nurse ever told you that you have asthma?		
A. Yes	18.7	(16.8 - 20.6)
B. No	72.8	(70.8 - 74.9)
C. Not sure	8.5	(7.4 - 9.6)
63. Do you still have asthma?		
A. I have never had asthma	66.5	(64.1 - 69.0)
B. Yes	11.8	(10.2 - 13.4)
C. No	11.5	(10.0 - 13.0)
D. Not sure	10.2	(8.9 - 11.4)

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

64. My friends get into a lot of trouble.		
A. Not true at all	26.1	(23.7 - 28.5)
B. A little true	50.8	(48.5 - 53.1)
C. Pretty much true	16.5	(14.9 - 18.1)
D. Very much true	6.6	(5.5 - 7.7)
65. I often do things without thinking about what will happen.		
A. Not true at all	29.4	(26.8 - 32.0)
B. A little true	42.6	(40.3 - 44.8)
C. Pretty much true	17.3	(15.5 - 19.0)
D. Very much true	10.8	(9.4 - 12.2)
66. I have a friend about my own age who really cares about me.		
A. Not true at all	13.9	(12.3 - 15.4)
B. A little true	20.4	(18.7 - 22.1)
C. Pretty much true	22.6	(20.3 - 25.0)
D. Very much true	43.1	(40.6 - 45.6)
67. Outside of my home and school, there is an adult who really cares about me.		
A. Not true at all	13.4	(11.8 - 15.0)
B. A little true	10.9	(9.2 - 12.5)
C. Pretty much true	12.4	(10.9 - 13.9)
D. Very much true	63.3	(61.0 - 65.6)

Note: Percentages do not equal to 100% due to rounding/missing values.

Appendix A: Questionnaire

	<u>%</u>	<u>(95% CI)</u>
68. At my school there is a teacher or some other adult who really cares about me.		
A. Not true at all	26.0	(23.5 - 28.5)
B. A little true	26.2	(24.2 - 28.2)
C. Pretty much true	23.6	(21.3 - 25.8)
D. Very much true	24.2	(22.2 - 26.3)
69. In my home, there is a parent or some other adult who listens to me when I have something to say.		
A. Not true at all	10.3	(8.9 - 11.8)
B. A little true	15.5	(13.8 - 17.2)
C. Pretty much true	23.4	(21.5 - 25.3)
D. Very much true	50.7	(48.3 - 53.1)
70. In my home, there is a parent or some other adult who talks with me about my problems.		
A. Not true at all	18.3	(16.6 - 20.0)
B. A little true	21.0	(19.0 - 23.0)
C. Pretty much true	20.9	(19.1 - 22.7)
D. Very much true	39.8	(37.7 - 41.9)
71. In my school, there are clear rules about what students can and cannot do.		
A. Not true at all	5.6	(4.5 - 6.6)
B. A little true	9.7	(8.1 - 11.3)
C. Pretty much true	23.7	(21.6 - 25.8)
D. Very much true	61.0	(58.6 - 63.5)
72. When I am not at home, one of my parents/guardians knows where I am and who I am with.		
A. Not true at all	7.1	(6.0 - 8.2)
B. A little true	13.3	(11.8 - 14.7)
C. Pretty much true	23.3	(21.4 - 25.1)
D. Very much true	56.3	(54.0 - 58.7)
73. Outside of my home and school, I am a part of clubs, sports teams, church/temple, or other group activities.		
A. Not true at all	28.7	(26.7 - 30.6)
B. A little true	14.2	(12.7 - 15.7)
C. Pretty much true	16.1	(14.4 - 17.9)
D. Very much true	41.0	(38.5 - 43.5)

Note: Percentages do not equal to 100% due to rounding/missing values.

Your Family's Food

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

74. During the past 12 months, which of the following statements best describes the food eaten by you and your family?	%	(95% CI)
A. Enough food to eat	87.6	(85.7 - 89.6)
B. Sometimes not enough food to eat	9.3	(7.6 - 10.9)
C. Often not enough food to eat	3.1	(2.4 - 3.8)

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