



# NM **YRRRS**

## YOUTH RISK & RESILIENCY SURVEY

New Mexico  
American Indian Students  
Grades 6-8, 2011



ALBUQUERQUE AREA SOUTHWEST  
TRIBAL EPIDEMIOLOGY CENTER

New Mexico Department of Health  
New Mexico Public Education Department  
UNM Prevention Research Center  
Albuquerque Area Southwest Tribal Epidemiology Center



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: Middle School Survey Results 2011](#), available at [www.youthrisk.org](http://www.youthrisk.org).

## ACKNOWLEDGEMENTS

This report of NM Youth Risk and Resiliency Survey (YRRS) results is part of a special project of the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) to better characterize risk behaviors and resiliency/protective factors among Native American youth in New Mexico. 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 (\*).

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Gratitude is expressed to the excellent survey management and administration 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.

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**New Mexico Youth Risk and Resiliency Survey**  
**Risk Behaviors at a Glance**  
**New Mexico American Indian Students**  
**Grades 6-8**

<b><u>Indicator</u></b>	<b><u>New Mexico</u></b>		<b><u>New Mexico</u></b>	
	<b><u>American Indian Students</u></b>		<b><u>All Students</u></b>	
	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>
<b>Unintentional Injury</b>				
Rarely or never wore a bicycle helmet	81.9	(78.8-84.7)	75.9	(71.2-76.8)
Rarely or never wore a seatbelt	7.5	(6.3-9.0)	7.5	(5.3-7.1)
<b>Violence</b>				
Ever been in a physical fight	49.2	(46.2-52.2)	48.5	(44.9-49.0)
Ever bullied on school property	43.5	(40.1-47.0)	43.7	(42.3-46.4)
Ever bullied electronically	15.4	(13.5-17.4)	17.2	(16.4-19.0)
<b>Mental Health</b>				
Ever seriously thought about killing self	24.6	(22.2-27.2)	19.8	(19.1-21.9)
Ever planned to kill self	14.7	(12.7-17.0)	11.3	(11.2-13.9)
Ever tried to kill self	9.9	(8.4-11.7)	7.0	(6.7-8.5)
<b>Tobacco Use</b>				
Ever smoked cigarettes	28.8	(26.3-31.5)	23.1	(21.5-24.7)
Current cigarette smoking	8.9	(7.7-10.4)	6.8	(5.7-7.5)
Current cigar smoking	7.4	(6.2-8.7)	5.8	(5.2-6.9)
Current spit tobacco use	4.8	(3.8-6.0)	3.7	(2.6-4.0)
<b>Alcohol Use</b>				
Ever drank alcohol	30.2	(27.2-33.3)	29.5	(26.5-30.8)
Current drinking	13.1	(11.4-15.0)	12.9	(12.1-14.5)
Binge drinking	6.4	(5.1-8.0)	6.3	(5.1-6.9)
Drank alcohol before age 11	12.3	(10.4-14.5)	14.5	(12.3-15.1)

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

**New Mexico Youth Risk and Resiliency Survey**  
**Risk Behaviors at a Glance**  
**New Mexico American Indian Students**  
**Grades 6-8**

<b><u>Indicator</u></b>	<b><u>New Mexico</u></b>		<b><u>New Mexico</u></b>	
	<b><u>American Indian Students</u></b>		<b><u>All Students</u></b>	
	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>
<b>Drug Use</b>				
Ever used marijuana	22.8	(20.3-25.6)	15.9	(14.5-18.0)
Current marijuana use	13.5	(11.3-16.1)	10.1	(8.4-11.0)
Ever used prescription drug without a doctor's prescription	8.2	(6.2-10.9)	8.0	(6.7-9.2)
Ever used a painkiller to get high	5.5	(3.8-8.0)	4.9	(3.9-5.5)
Ever used cocaine	5.1	(3.7-7.0)	3.6	(2.7-4.1)
Ever used inhalants	13.7	(11.1-16.7)	11.8	(11.4-13.9)
Ever used illegal injection drugs	2.2	(1.0-4.7)	1.2	(1.0-2.1)
<b>Sexual Behaviors</b>				
Ever had sexual intercourse	12.1	(10.1-14.5)	10.5	(9.7-12.4)
Had sexual intercourse before age 11	3.4	(2.1-5.4)	2.9	(2.2-3.4)
Had sexual intercourse with three or more people in lifetime	3.2	(2.5-4.1)	3.1	(2.9-4.4)
Used a condom (among those who ever had sexual intercourse)	68.1	(56.6-77.7)	69.1	(58.5-69.9)
<b>Body Weight</b>				
Ever fasted to lose weight	23.7	(21.5-26.0)	20.3	(17.8-20.3)
Ever vomited or used laxatives to lose weight	5.2	(4.3-6.2)	4.9	(4.1-5.4)
<b>Physical Activity</b>				
Daily physical activity	32.7	(29.7-36.0)	31.7	(31.5-34.7)
No days of physical activity per week	17.6	(15.2-20.3)	17.4	(13.2-16.1)
Three or more hours of computer time daily (not for school work)	26.7	(23.7-30.0)	26.0	(23.3-27.5)
Three or more hours of TV viewing daily	33.0	(30.0-36.1)	31.7	(29.0-33.0)
Daily physical education at school	38.0	(33.6-42.5)	30.4	(34.0-41.0)

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

### American Indian Student Participation

The response rate for the NM Middle School YRRS was 62%.

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. 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>	4548	(100%)
<u>Gender</u>		
Girls	2246	(49.6%)
Boys	2282	(50.4%)
<u>Race/Ethnicity *</u>		
American Indian or Alaska Native	4548	(100.0%)
Asian or Pacific Islander	73	(1.6%)
Black or African-American	75	(1.6%)
Hispanic	1150	(26.2%)
White	297	(6.5%)
<u>Grade Level</u>		
6th	1265	(27.9%)
7th	1637	(36.1%)
8th	1603	(35.4%)
Other	26	(0.6%)

Totals may add up to more or less than 100% because respondents were allowed to choose multiple responses, for either of two reasons

- Respondents may neglect to answer some questions, either intentionally or unintentionally. The resulting missing data can cause totals to add up to less than 100%.
- Respondents are allowed to select multiple responses for race/ethnicity, causing the total to add up to more than 100%.





New Mexico Youth Risk and Resiliency Survey (YRRS)  
Highlights  
American Indian Students  
Grades 6-8, 2011

Highlights from the New Mexico Youth Risk and Resiliency Survey (YRRS)  
Grades 6-8, 2011  
American Indian Students

Results from the 2011 NM Youth Risk and Resiliency Survey mark the second survey year of high quality middle school YRRS data at the state level. This report examines 2011 YRRS results for American Indian Students, and compares them to 2009 results and to state level 2011 results. 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:

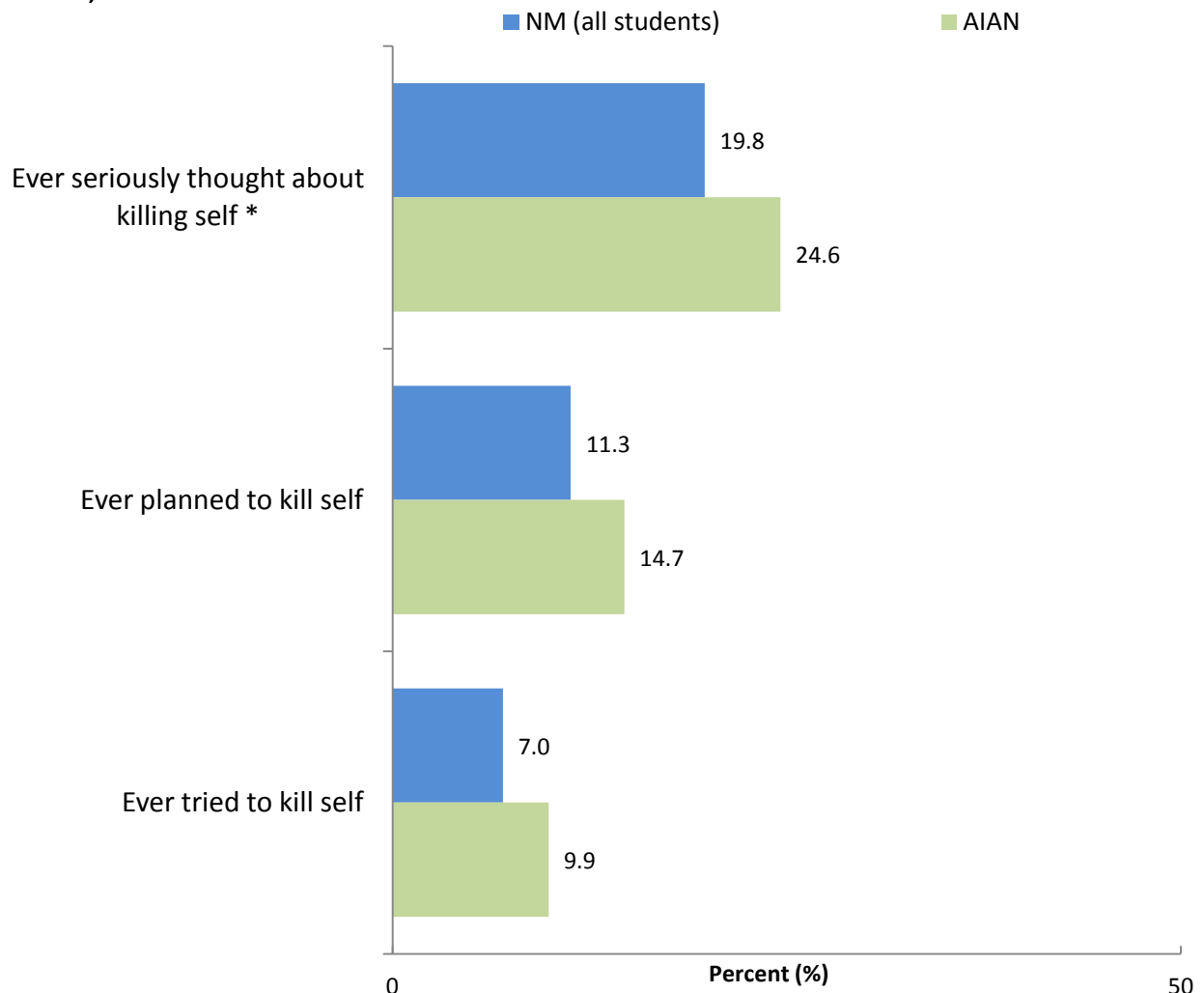
[www.youthrisk.org](http://www.youthrisk.org)

For definitions of risk behaviors, see Appendix C.

**Mental Health**

Suicide is the second leading cause of death among adolescents in New Mexico. Past suicide attempts are highly associated with completed suicides.

**Mental Health Indicators  
NM & American Indian Students  
Grades 6-8, 2011**

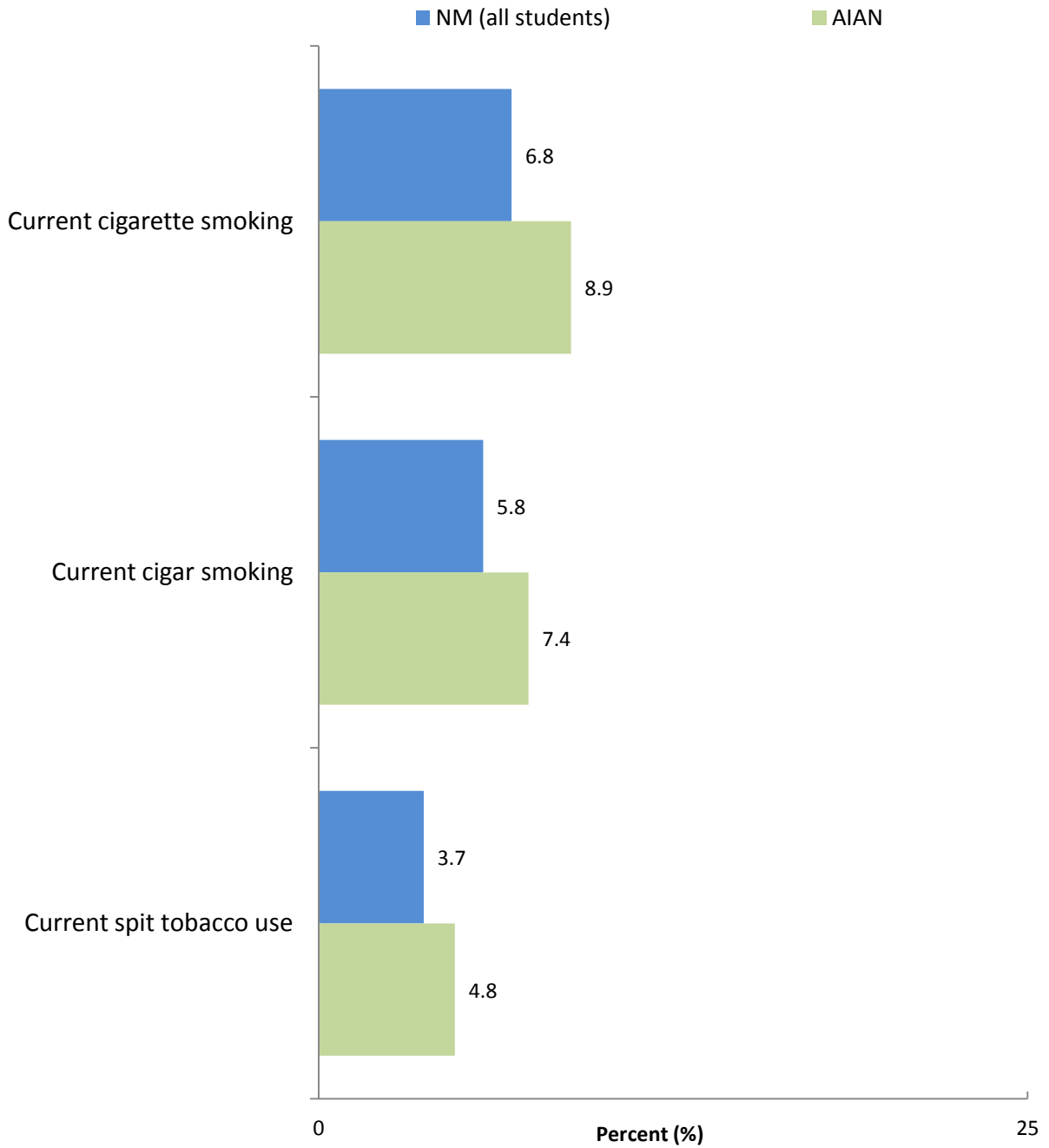


\* Statistically significant difference

**Tobacco Use**

Cigarette smoking and other tobacco use can cause cancer, respiratory illnesses, and other conditions related to the leading causes of death for New Mexicans of all ages. The YRRS does not differentiate between ceremonial and non-ceremonial tobacco use.

**Tobacco Use  
NM & American Indian Students  
Grades 6-8, 2011**

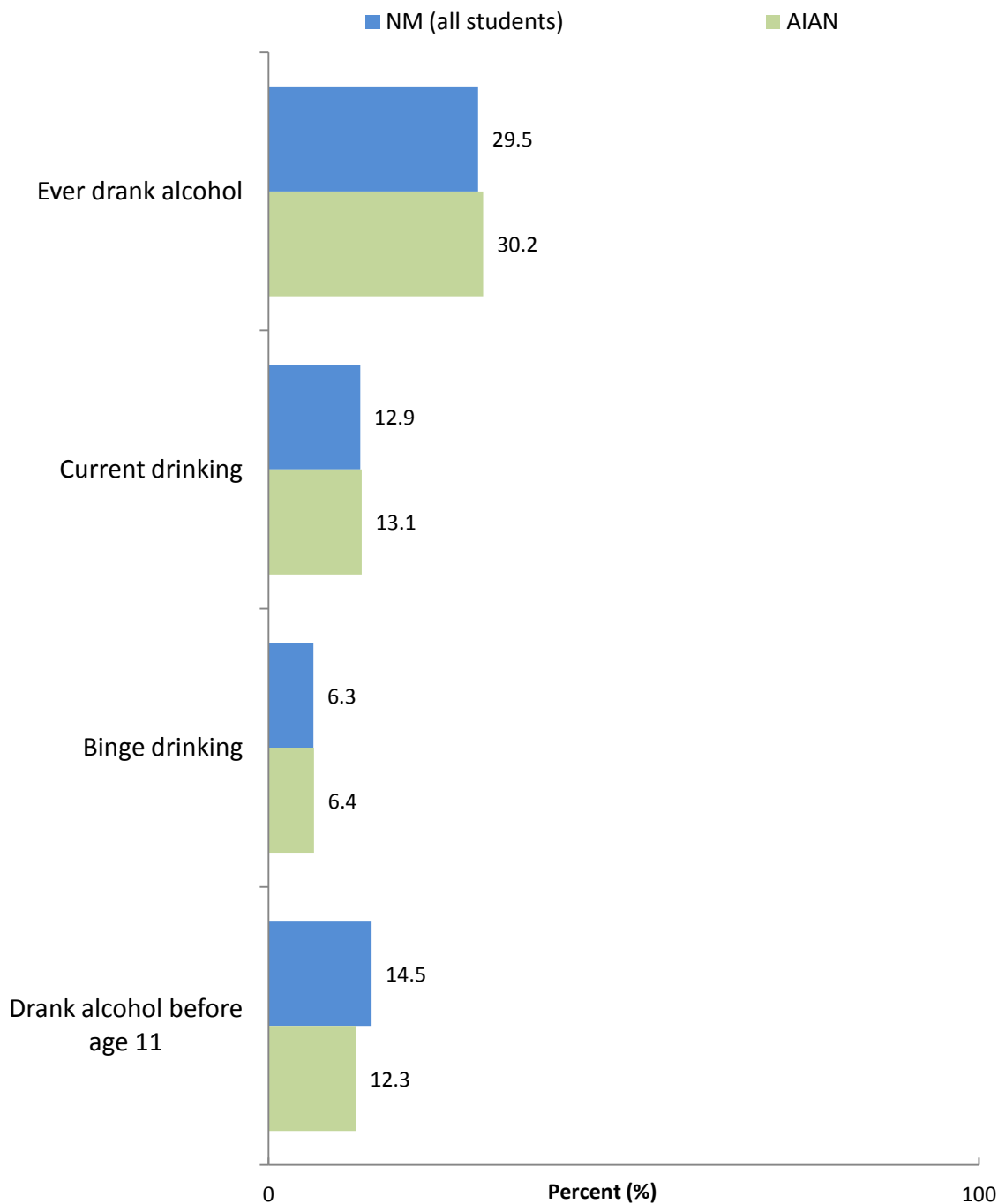


\* Statistically significant difference

**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.

**Alcohol Use in the Past 30 Days  
NM & American Indian Students  
Grades 6-8, 2011**

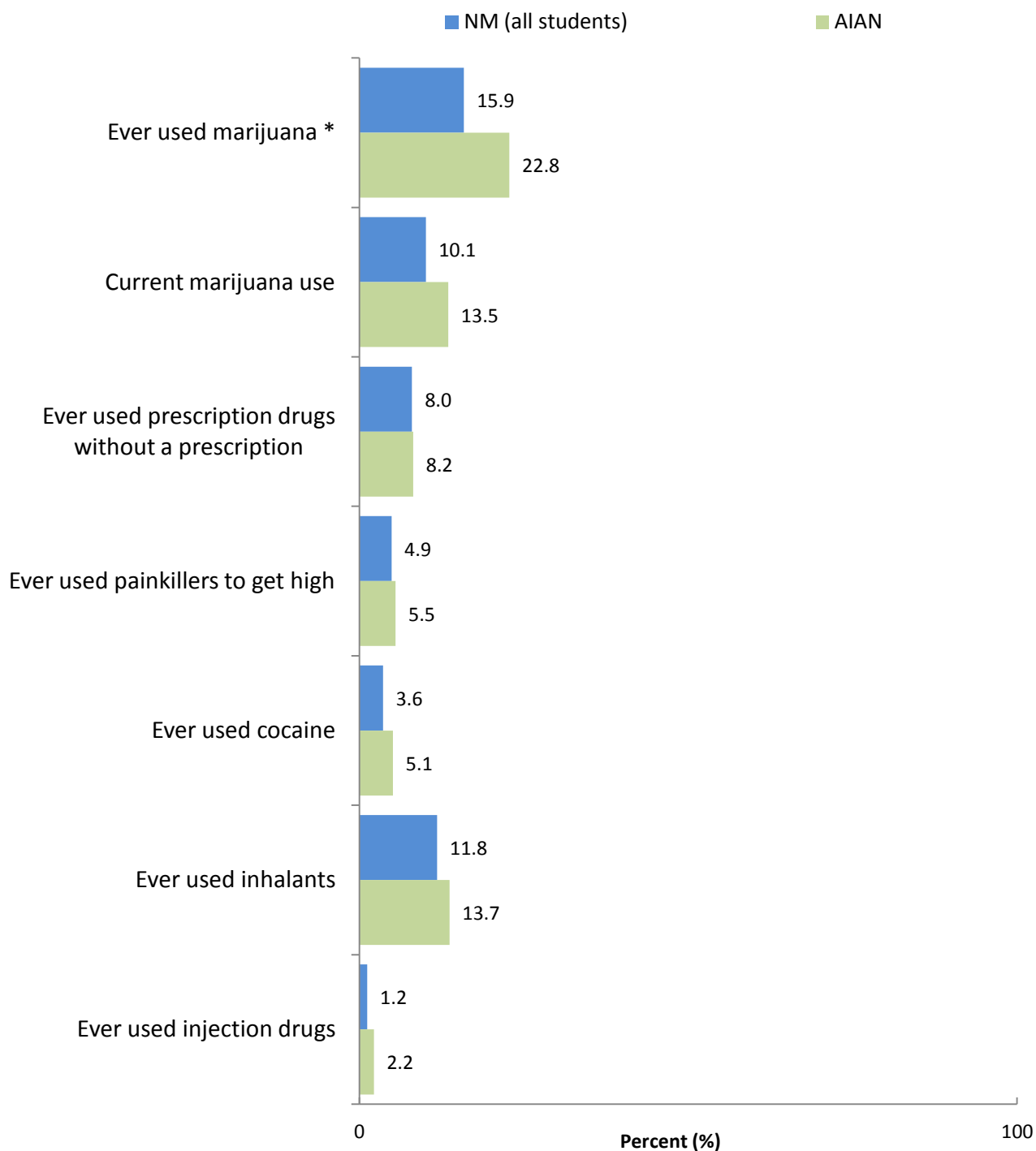


\* Statistically significant difference

**Drug Use**

Drug use by adolescents is associated with accidental injury and death. Injection drug use is associated with infectious diseases such as HIV and Hepatitis B and C.

**Drug Use  
 NM & American Indian Students  
 Grades 6-8, 2011**

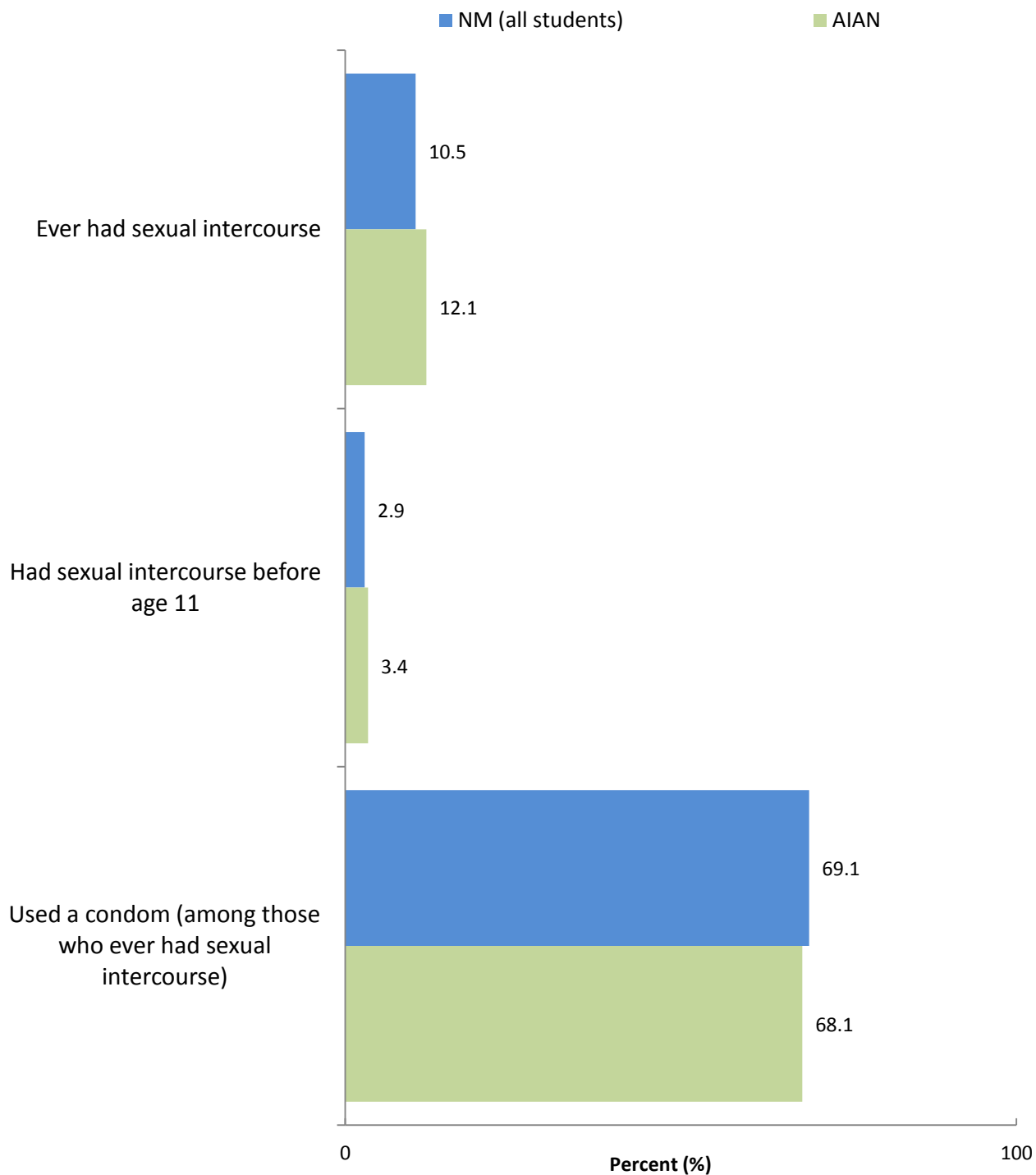


\* Statistically significant difference

**Sexual Activity**

Early and unsafe sexual activity puts teens at risk of unplanned pregnancy and sexually transmitted infections.

**Sexual Activity  
 NM & American Indian Students  
 Grades 6-8, 2011**

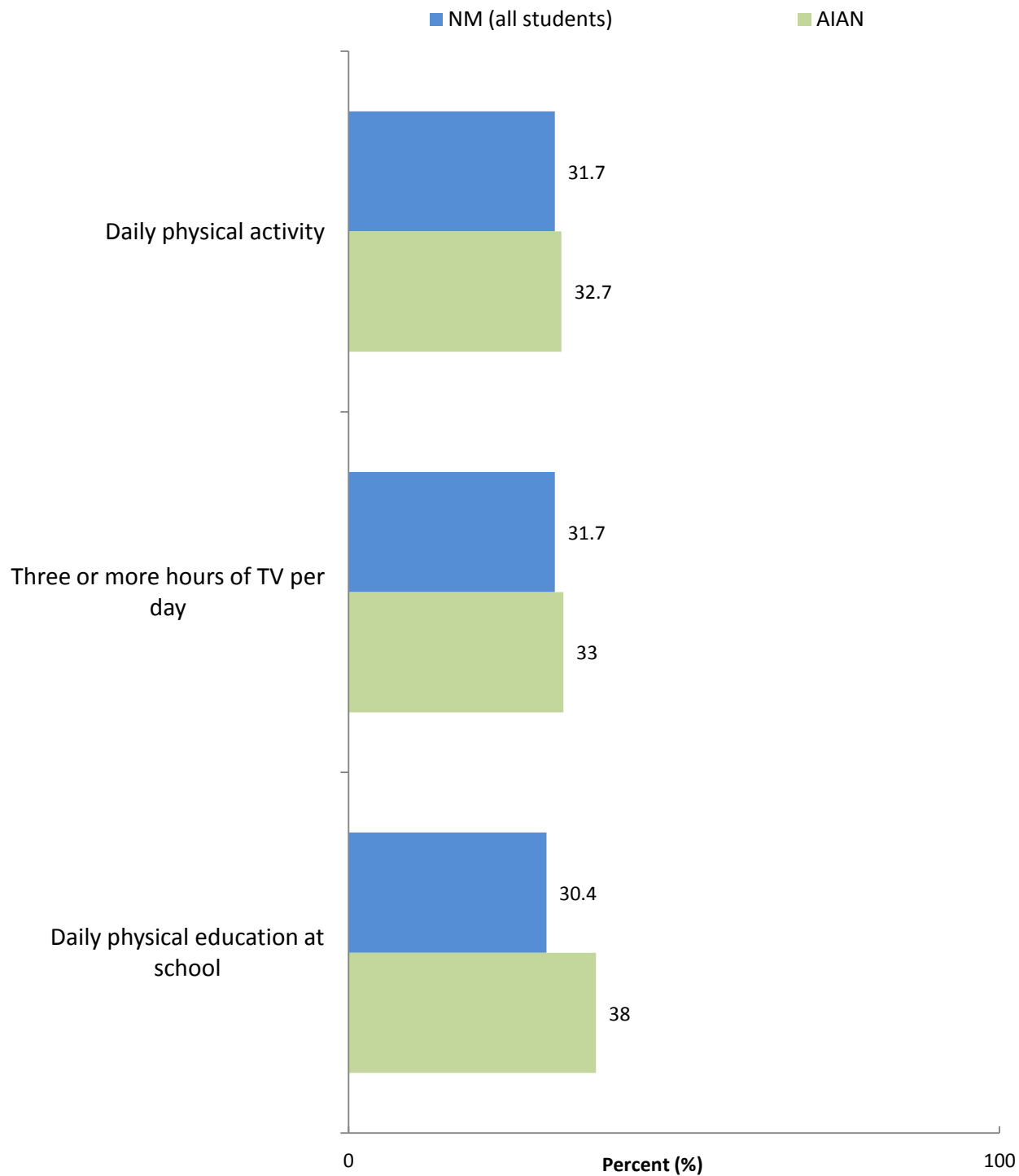


\* Statistically significant difference

**Physical Activity**

Lack of physical activity puts 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.

**Physical Activity  
 NM & American Indian Students  
 Grades 6-8, 2011**

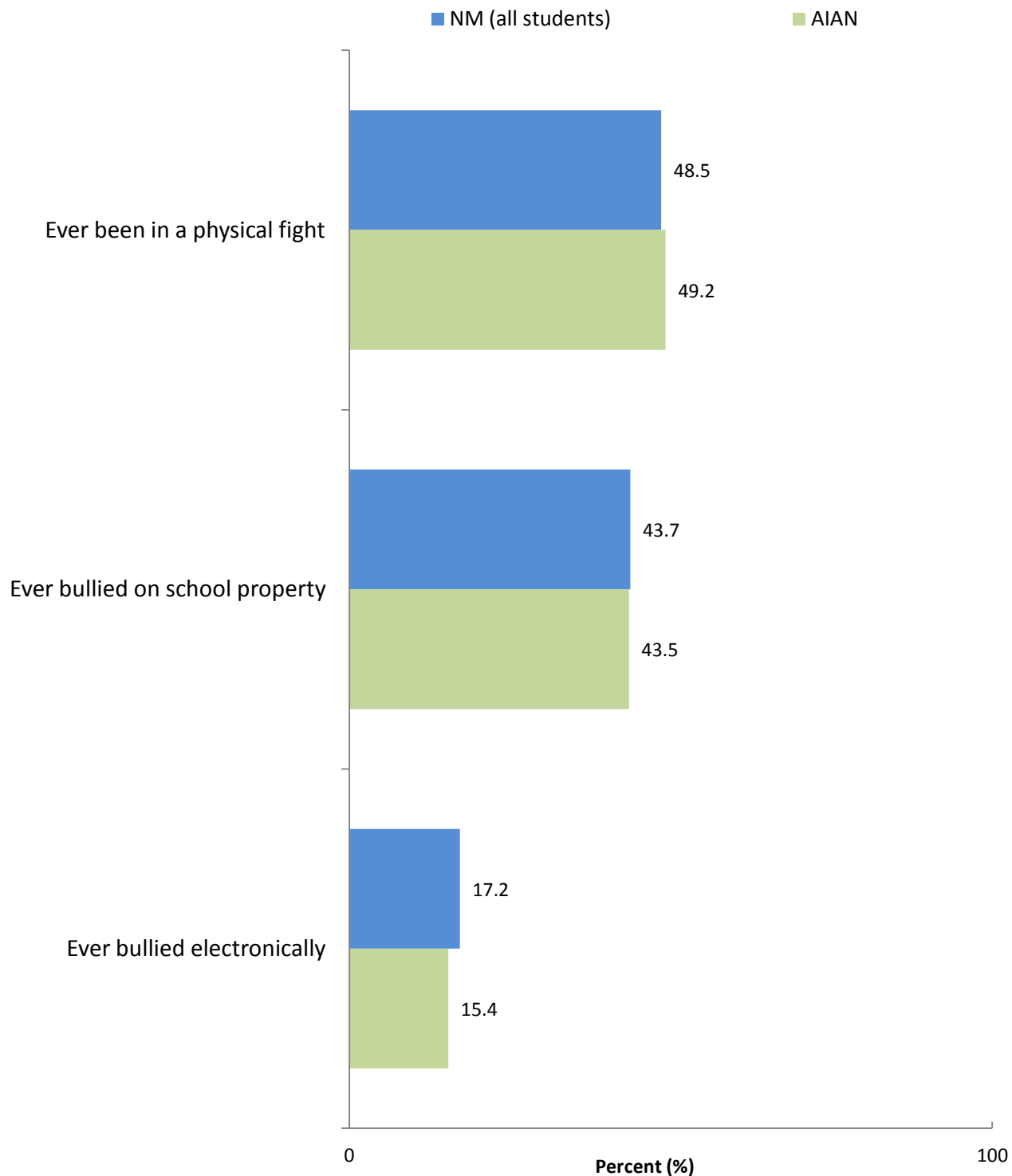


\* Statistically significant difference

**Behaviors Associated with Violence**

A new question about cyber-bullying (electronic bullying) was added to the YRRS in 2011.

**Behaviors Associated with Violence  
NM & American Indian Students  
Grades 6-8, 2011**



\* Statistically significant difference

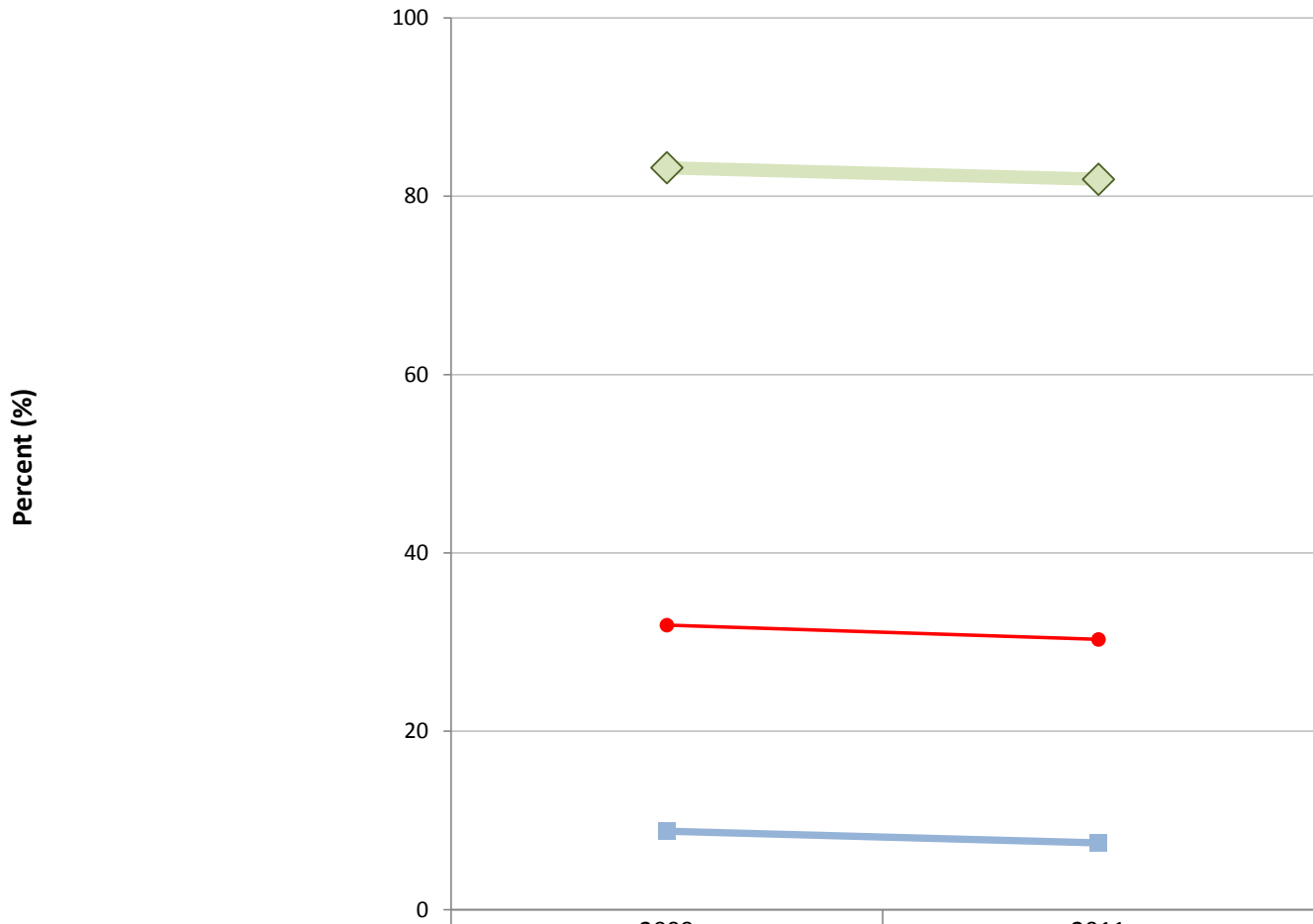


## Charts

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

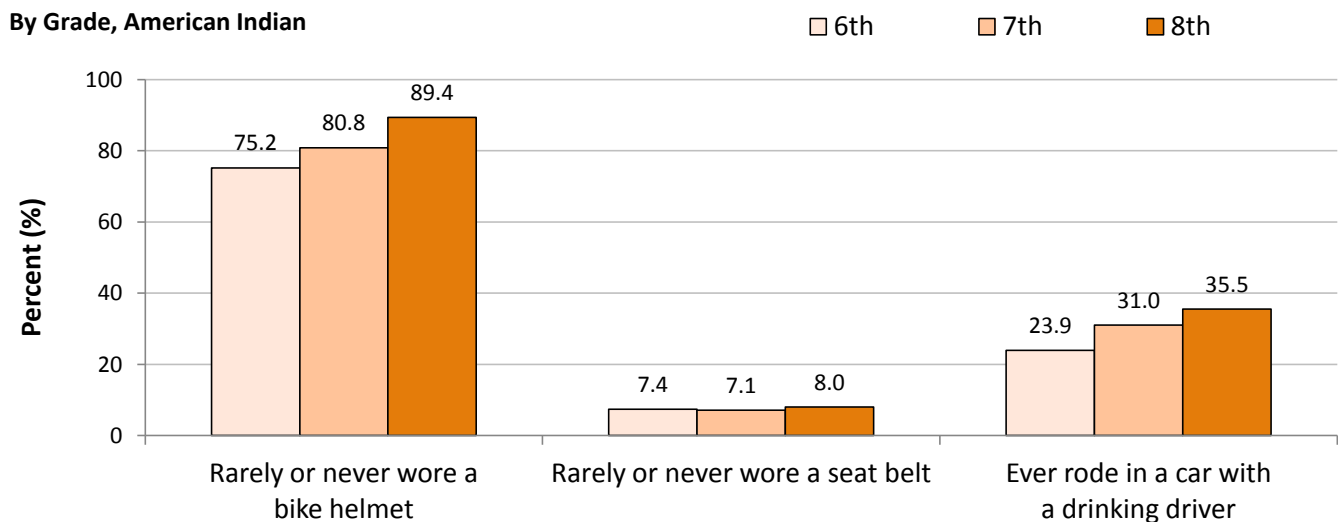
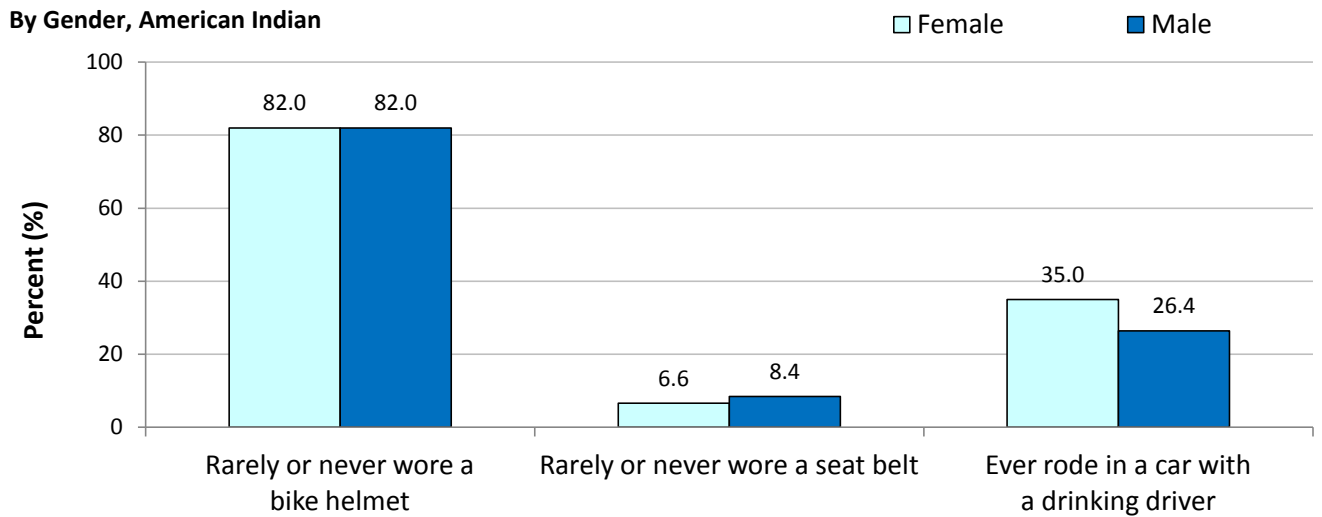
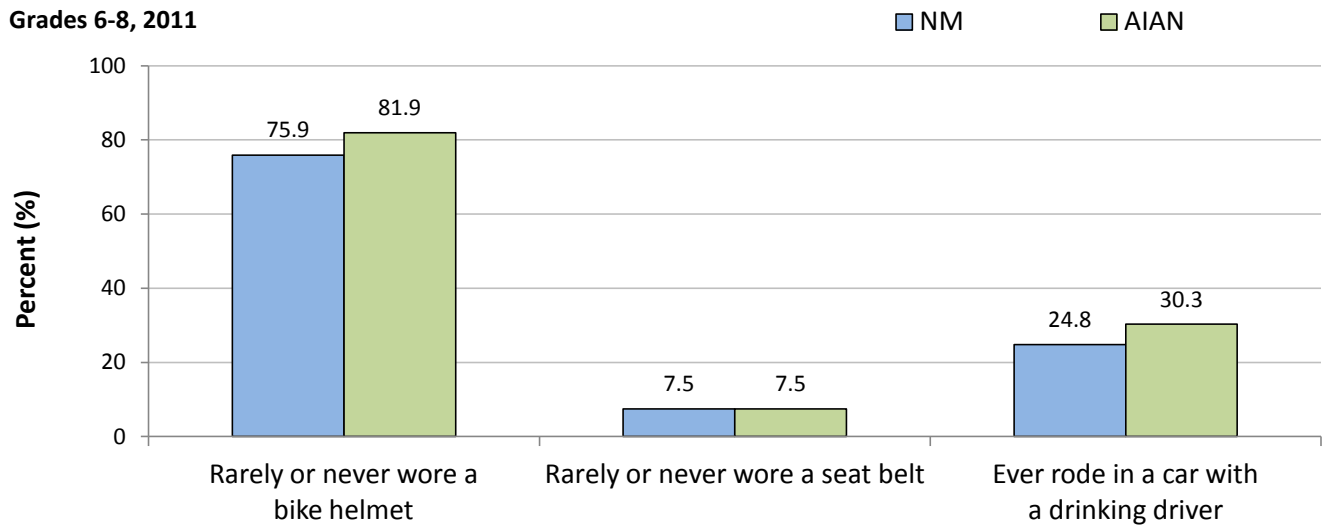
## Unintentional Injury

Behaviors Associated with Unintentional Injury  
by Year, American Indian  
Grades 6-8, 2011



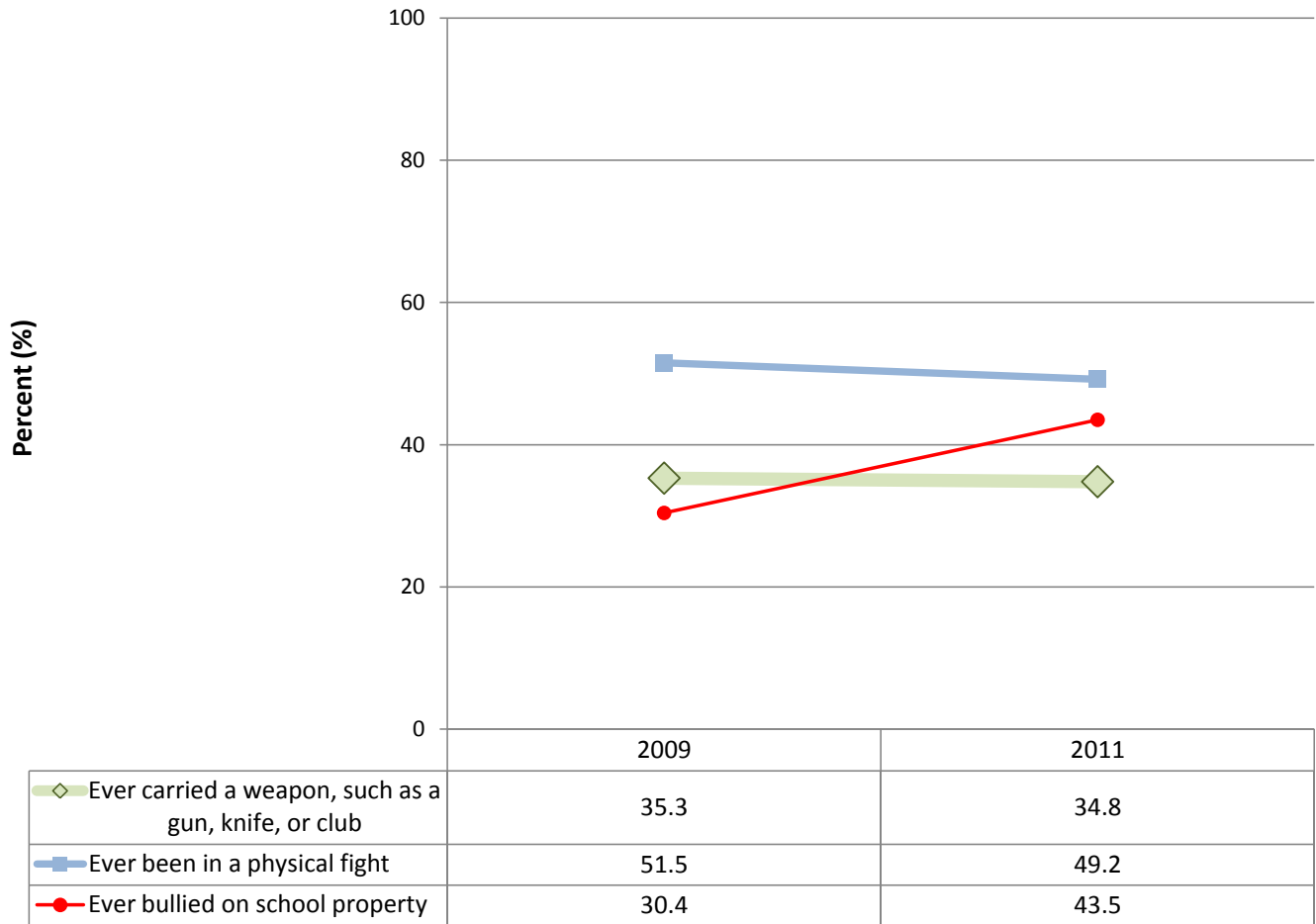
	2009	2011
◇ Rarely or never wore a bike helmet	83.2	81.9
■ Rarely or never wore a seatbelt	8.8	7.5
● Ever rode in a car with a drinking driver	31.9	30.3

**Unintentional Injury**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**

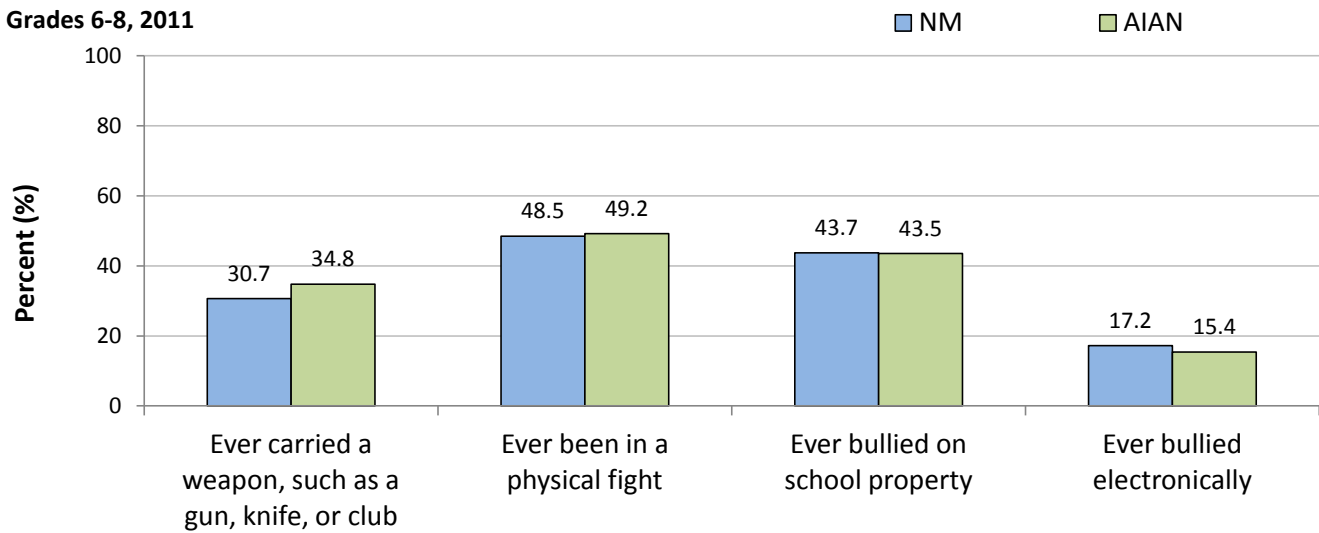


**Injury: Behaviors Associated with Violence**

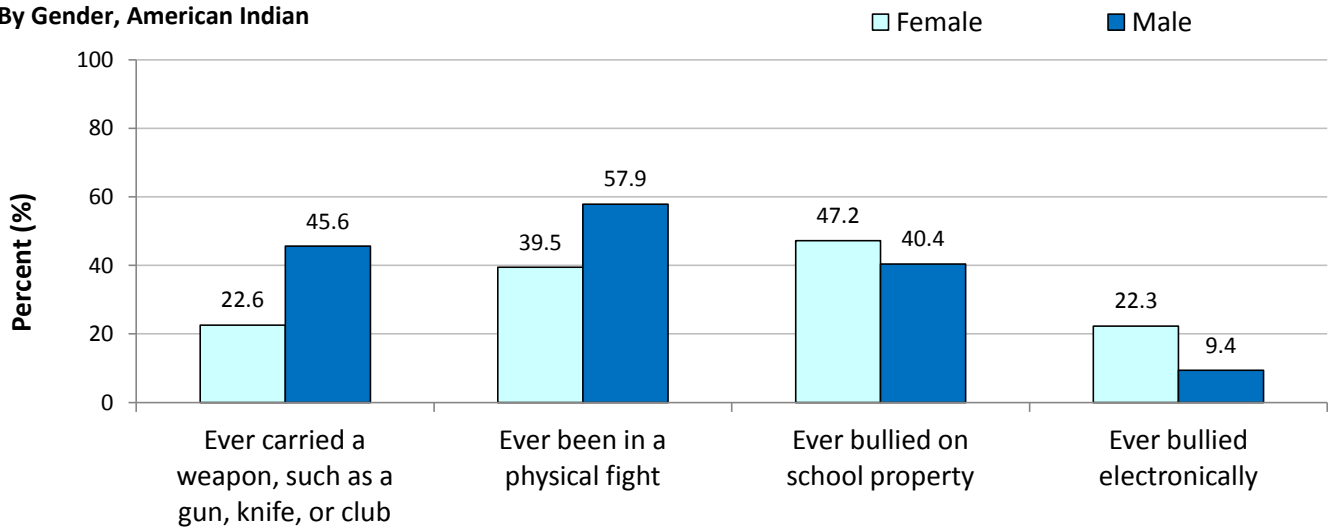
**Behaviors Associated with Injury: Behaviors Associated with Violence  
 by Year, American Indian  
 Grades 6-8**



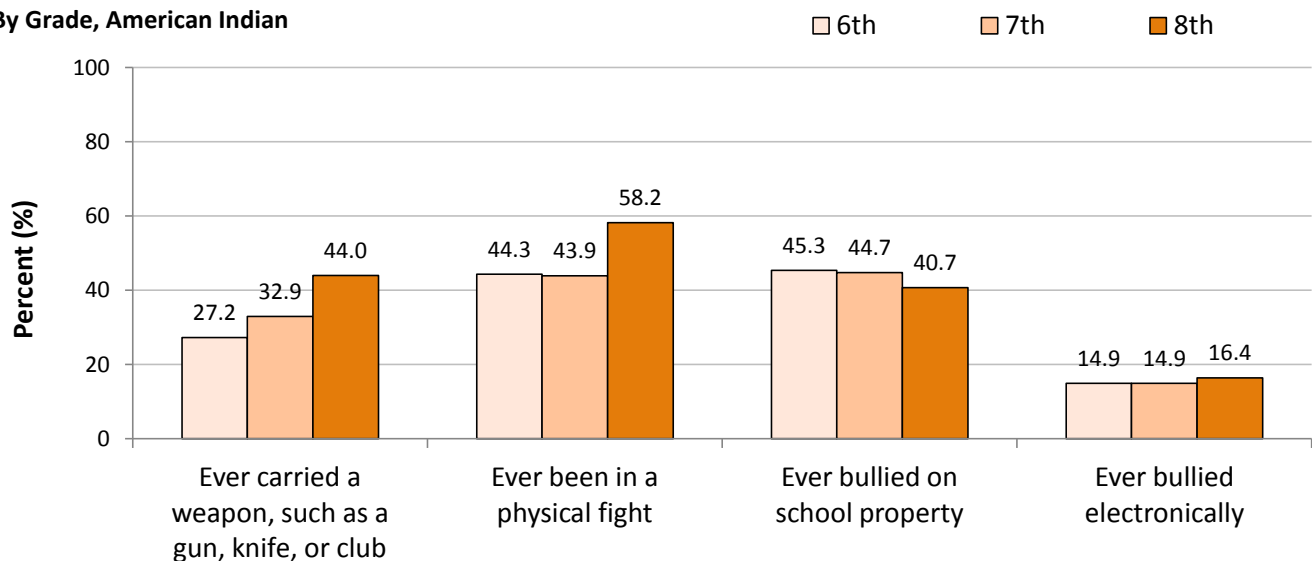
**Injury: Behaviors Associated with Violence**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**



**By Gender, American Indian**

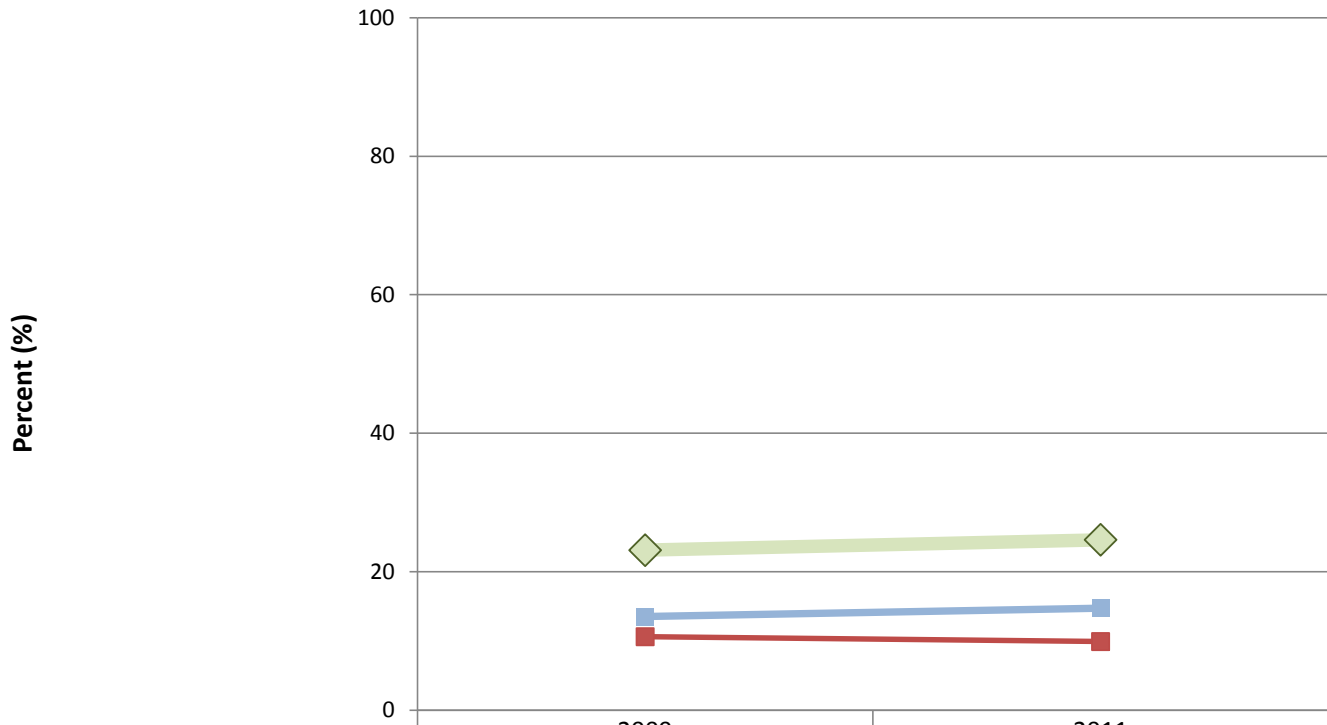


**By Grade, American Indian**



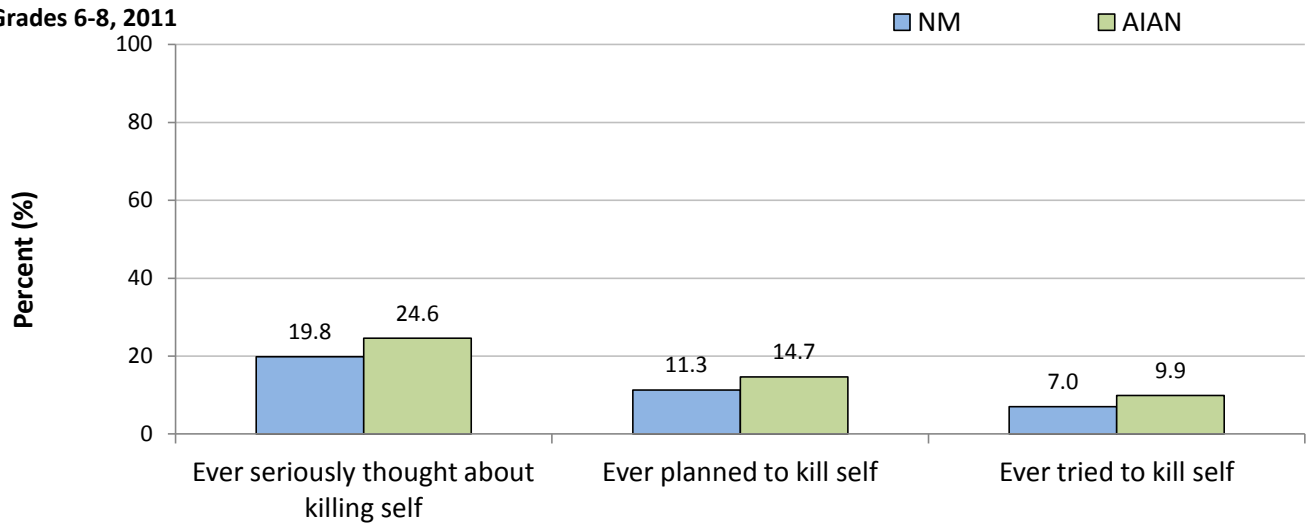
**Mental Health**

**Behaviors Associated with Mental Health  
 by Year, American Indian  
 Grades 6-8, 2011**

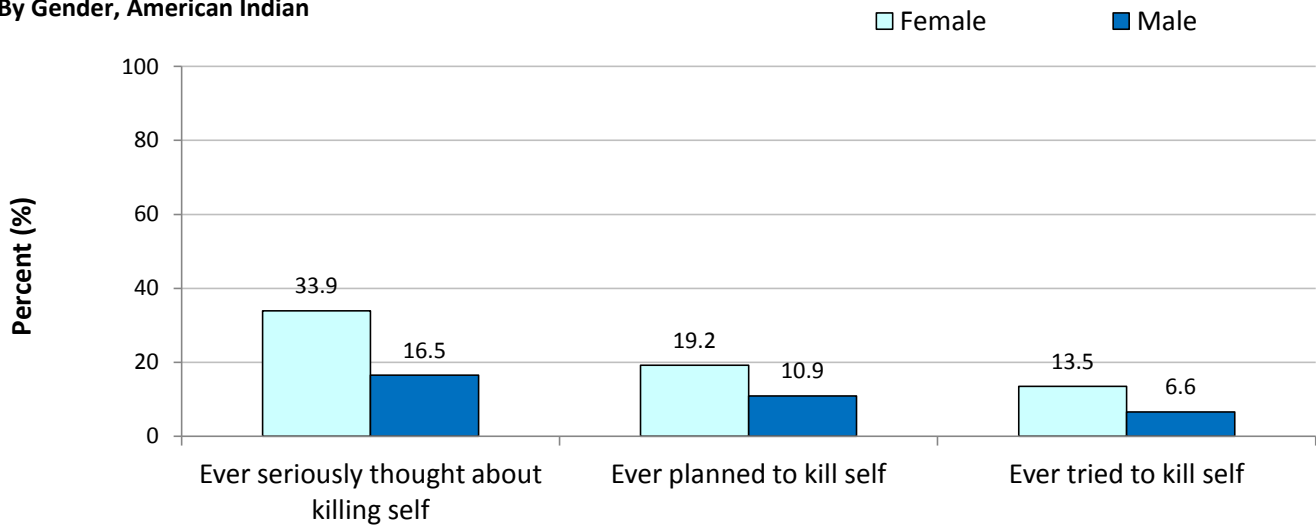


	2009	2011
◇ Ever seriously thought about killing self	23.1	24.6
■ Ever planned to kill self	13.5	14.7
■ Ever tried to kill self	10.6	9.9

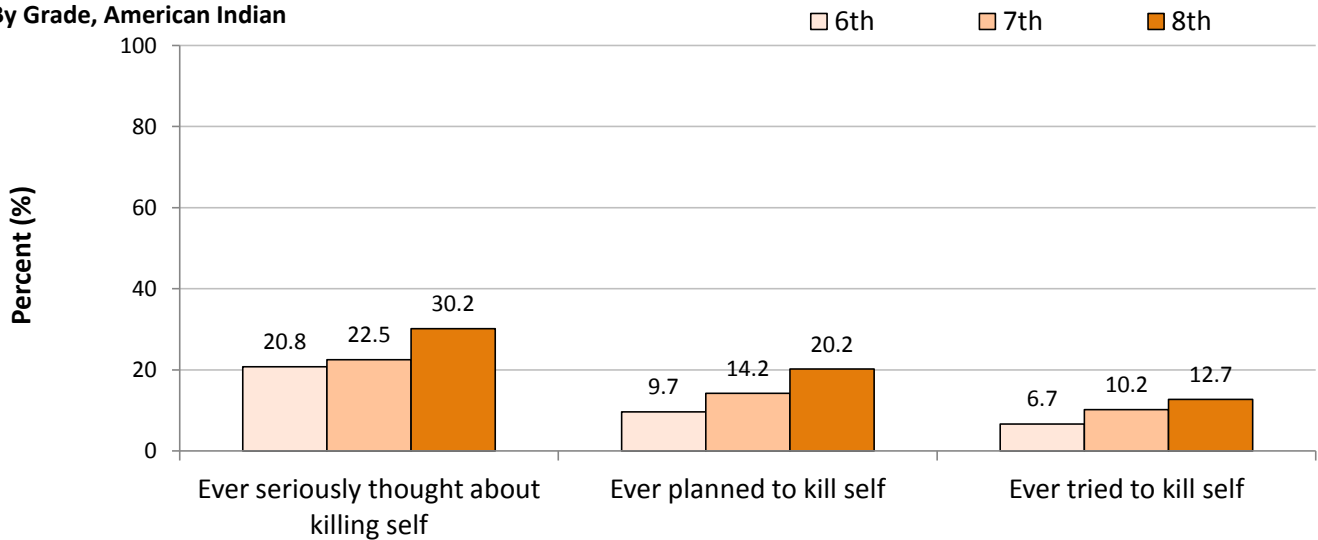
**Mental Health**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**



**By Gender, American Indian**

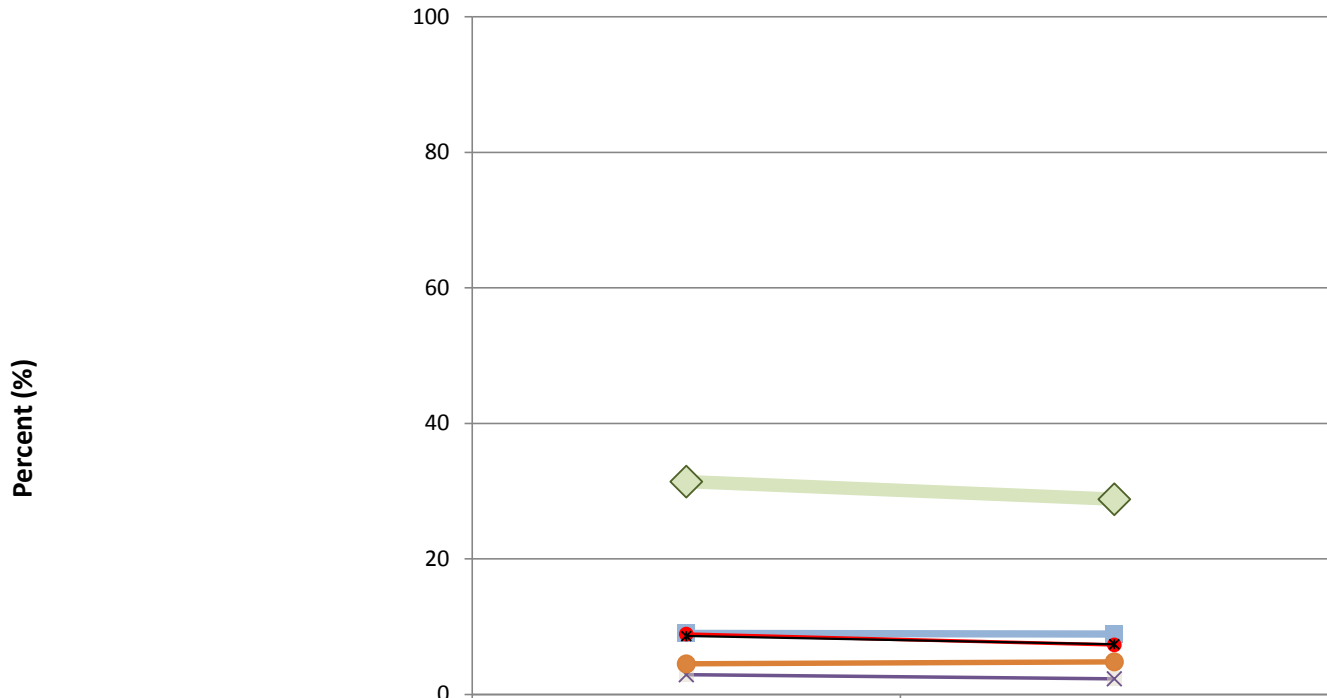


**By Grade, American Indian**



**Tobacco Use**

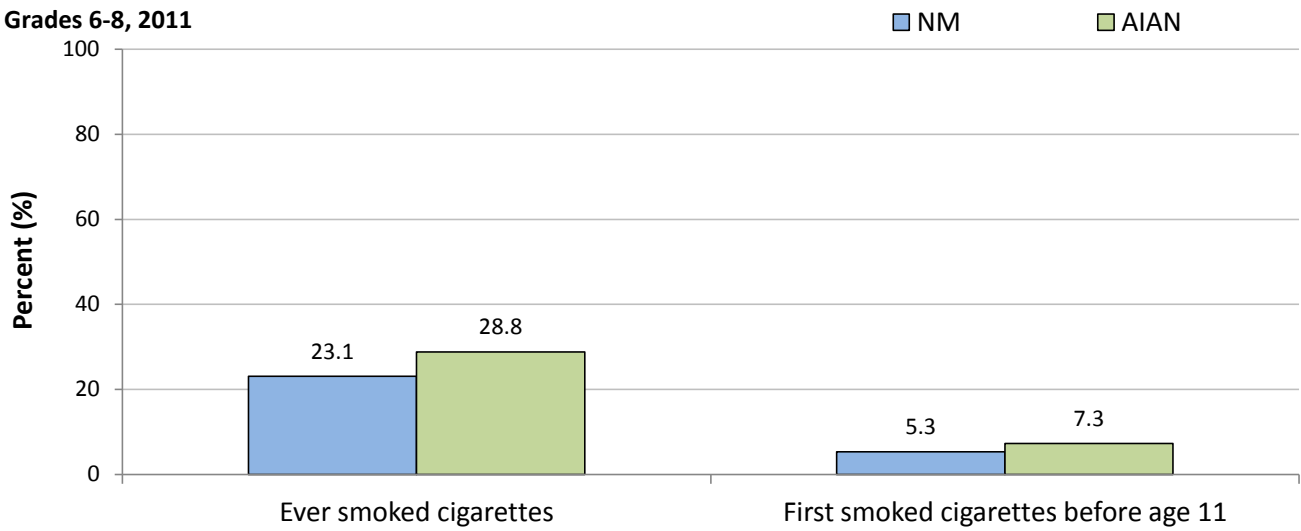
**Tobacco Use Indicators  
 by Year, American Indian  
 Grades 6-8, 2011**



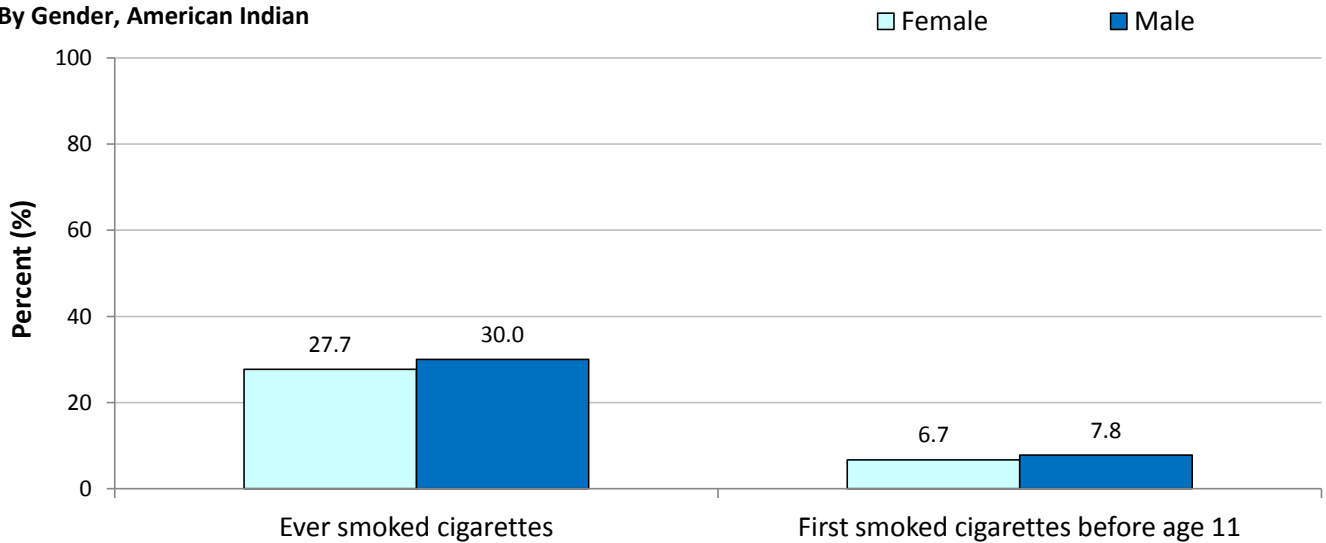
	2009	2011
◇ Ever smoked cigarettes	31.4	28.8
■ Current cigarette smoking	9.0	8.9
● First smoked cigarettes before age 11	8.9	7.3
× Smoked cigarettes on school property	2.9	2.3
* Current cigar smoking	8.6	7.4
● Current spit tobacco use	4.5	4.8



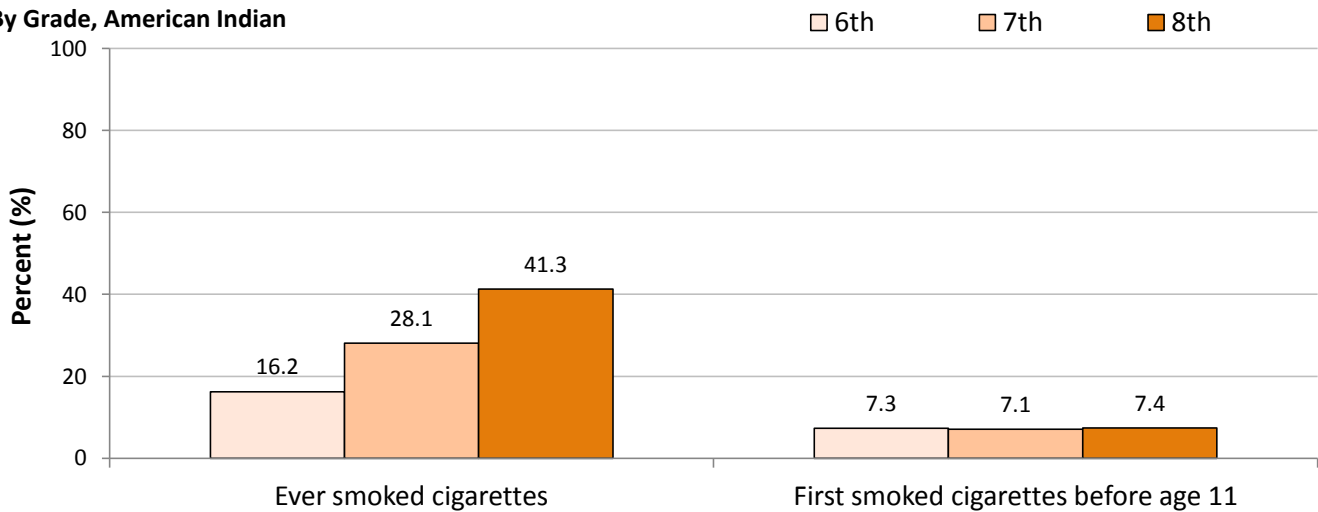
**Tobacco Use: Cigarettes**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**



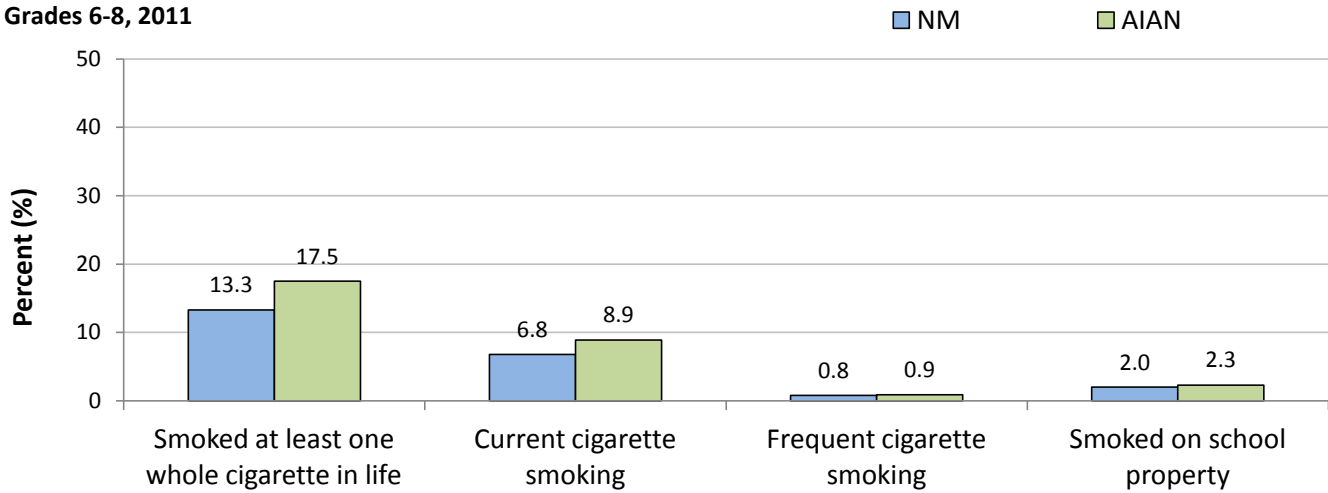
**By Gender, American Indian**



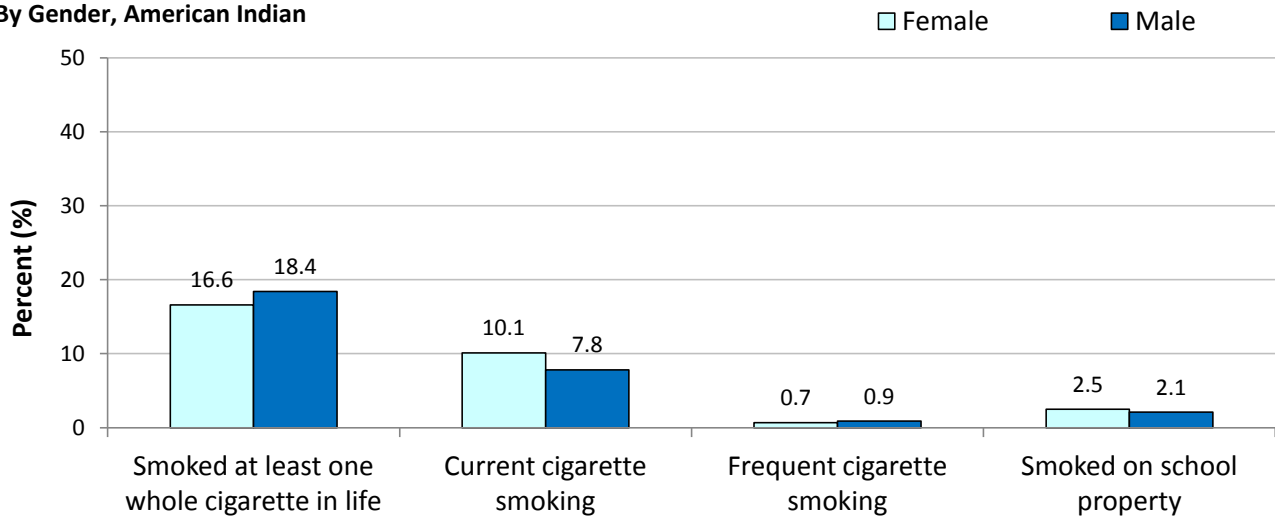
**By Grade, American Indian**



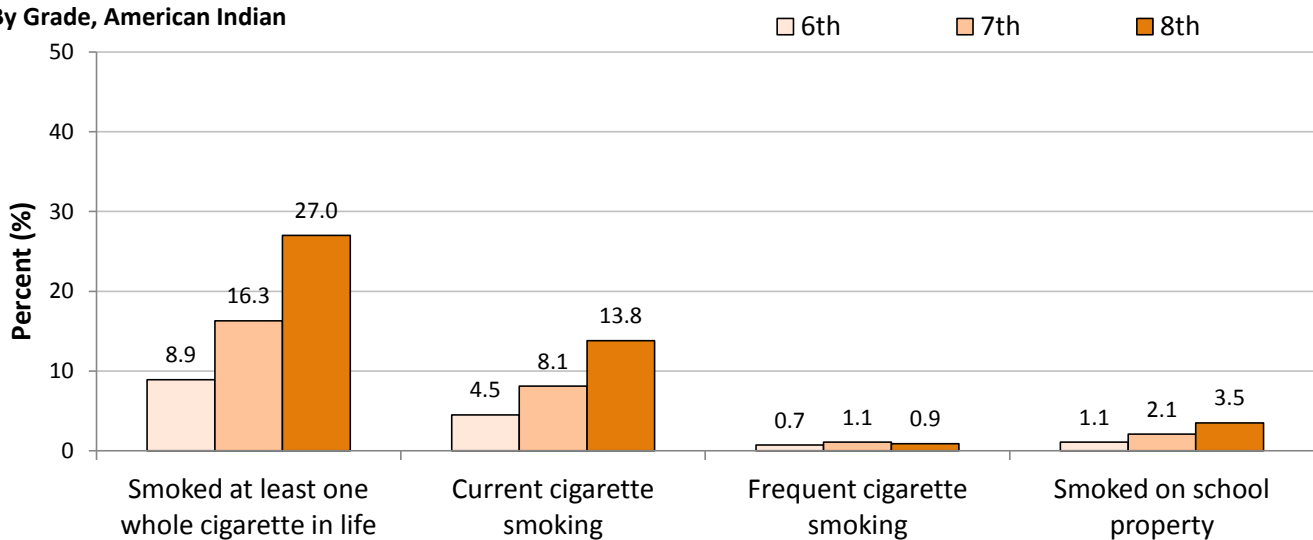
**Tobacco Use: Cigarettes**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**



**By Gender, American Indian**



**By Grade, American Indian**

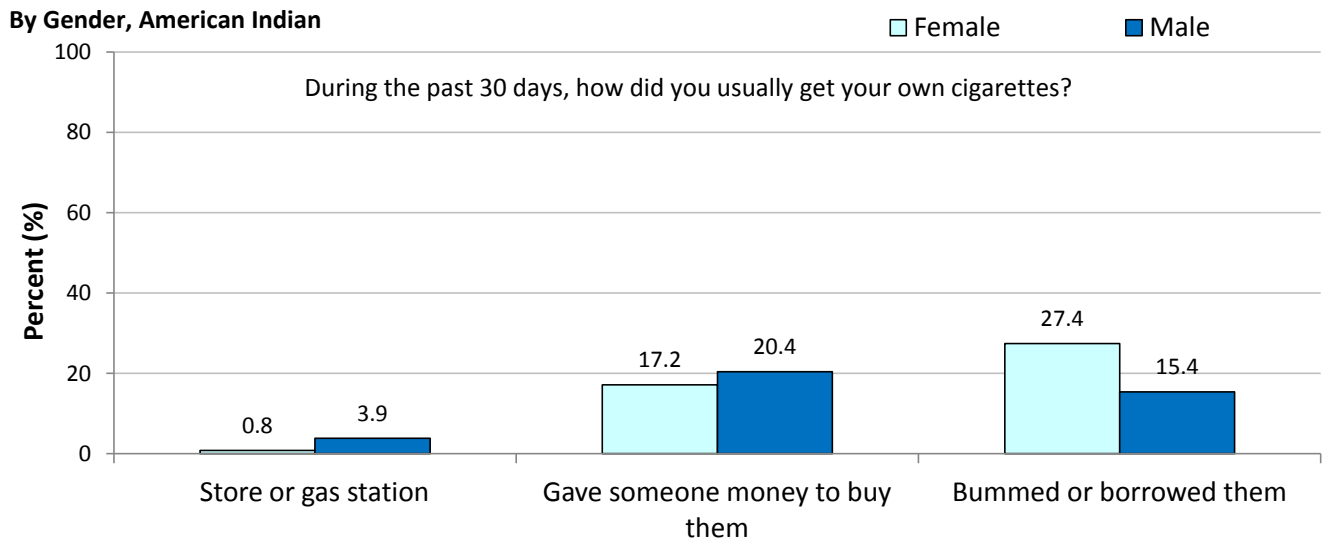


**Tobacco Use: Behaviors of Current Cigarette Smokers**  
**New Mexico and American Indian**

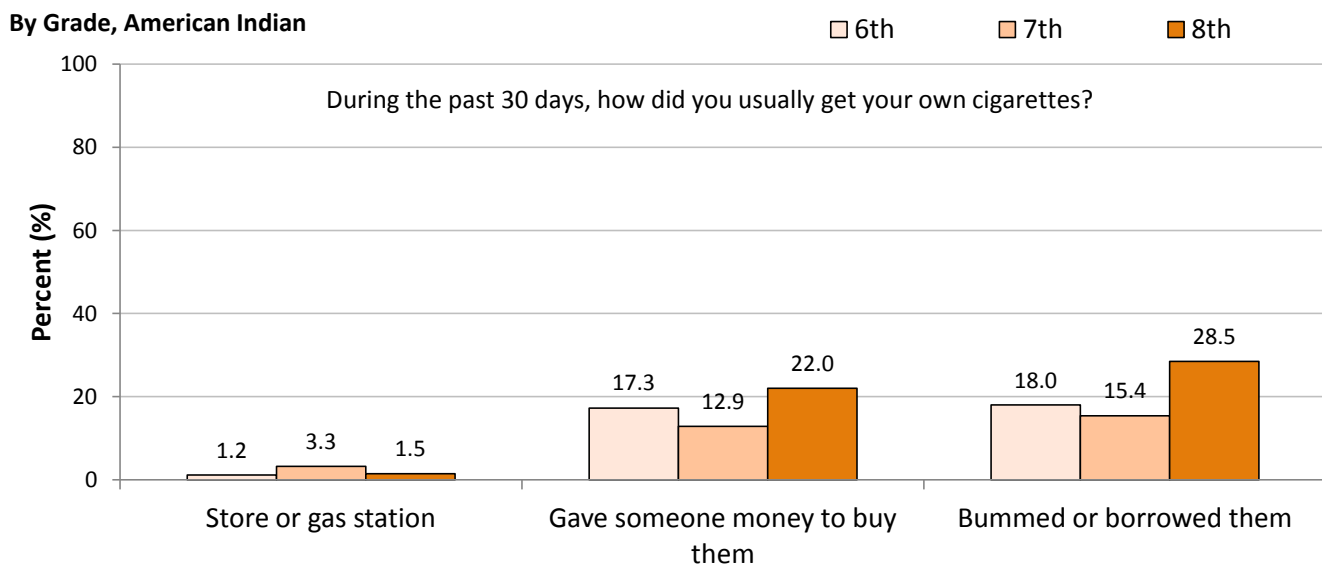
Grades 6-8, 2011



By Gender, American Indian

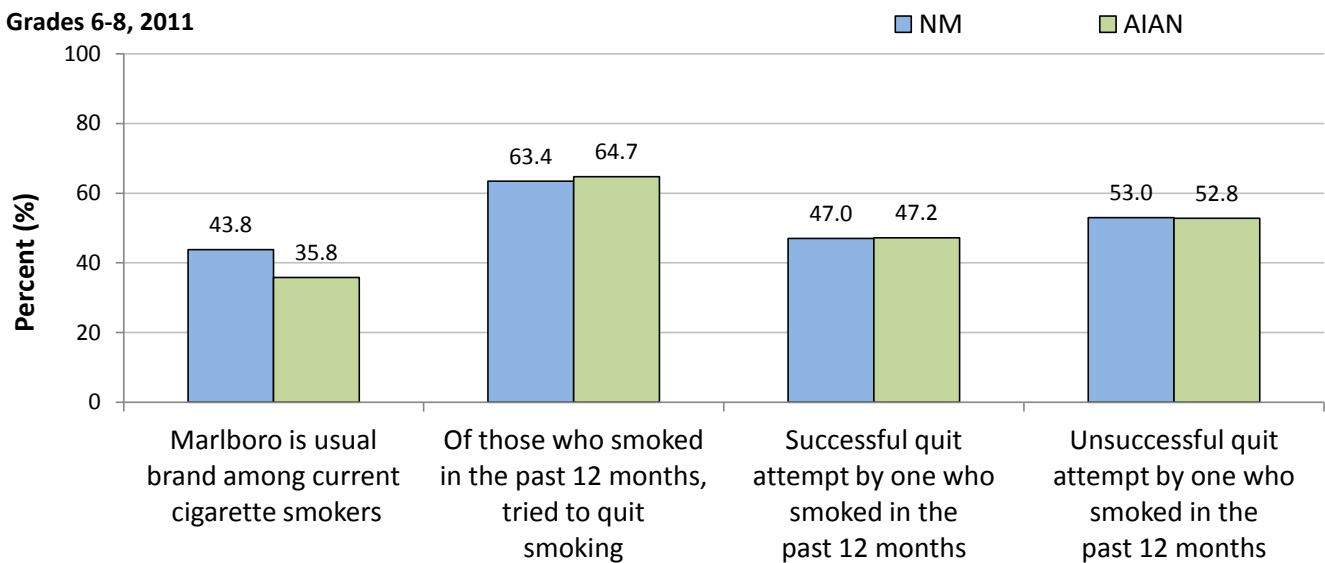


By Grade, American Indian

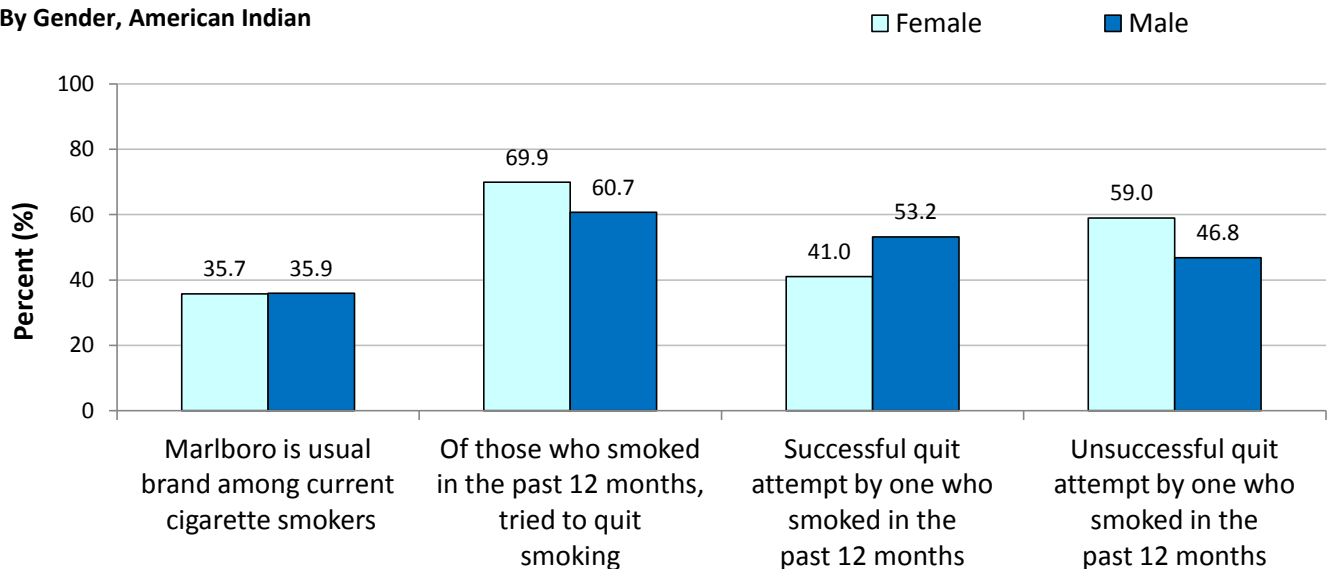


**Tobacco Use: Behaviors of Current Cigarette Smokers  
 New Mexico and American Indian**

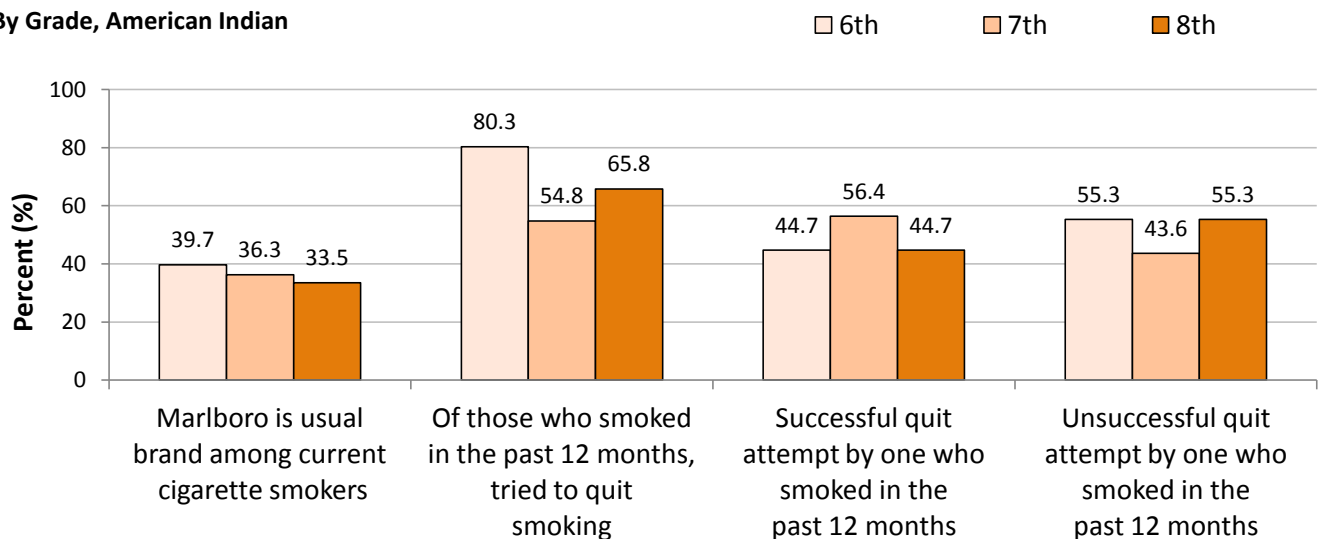
Grades 6-8, 2011



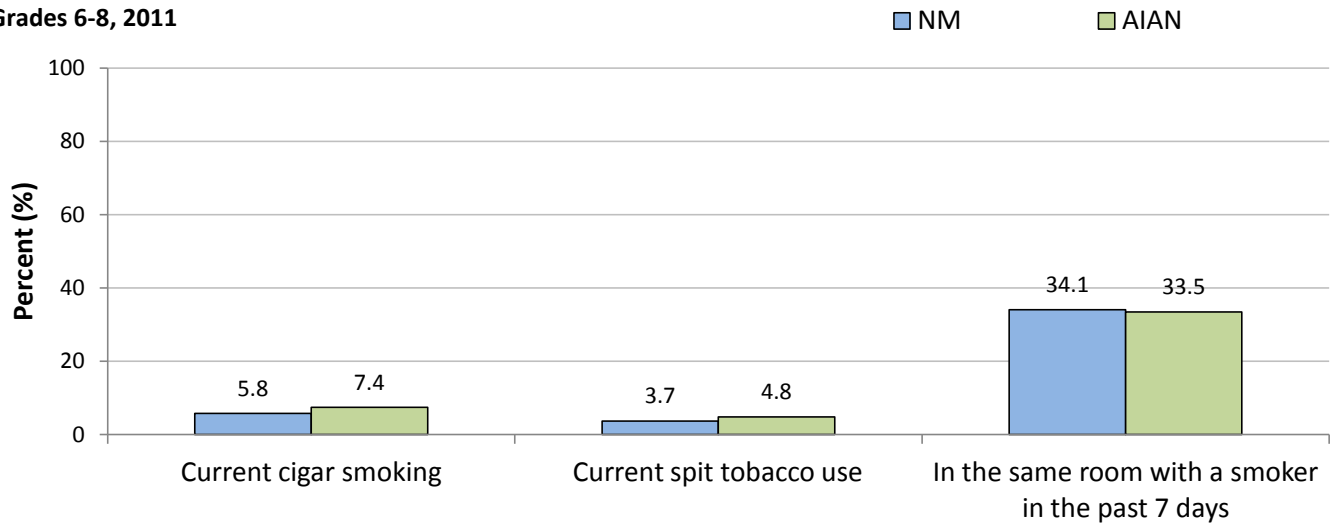
By Gender, American Indian



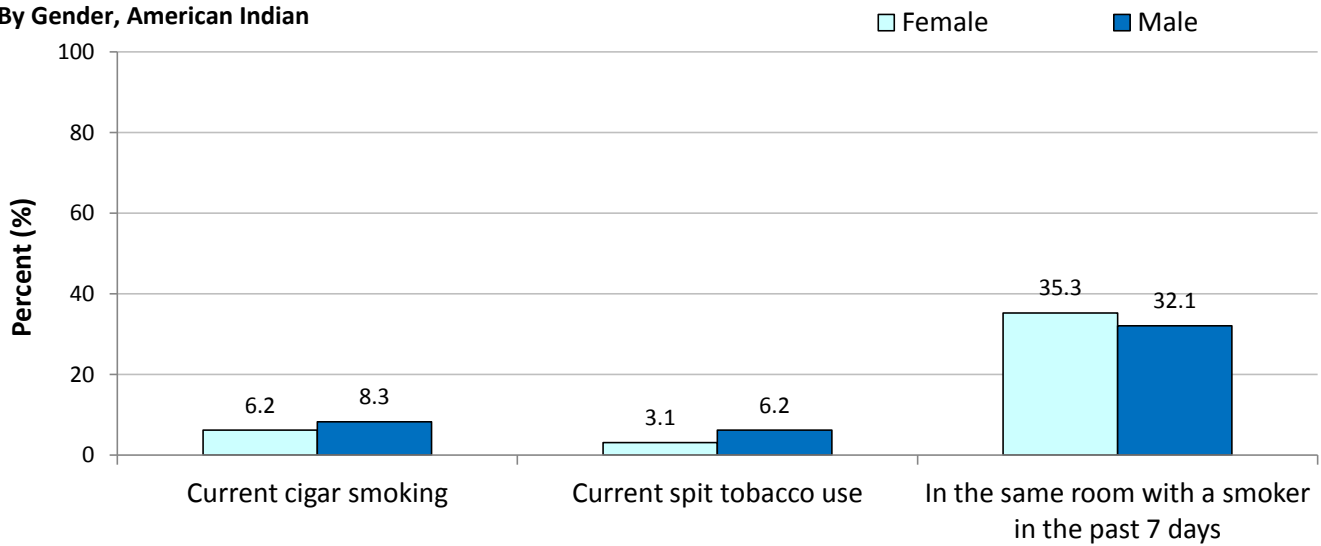
By Grade, American Indian



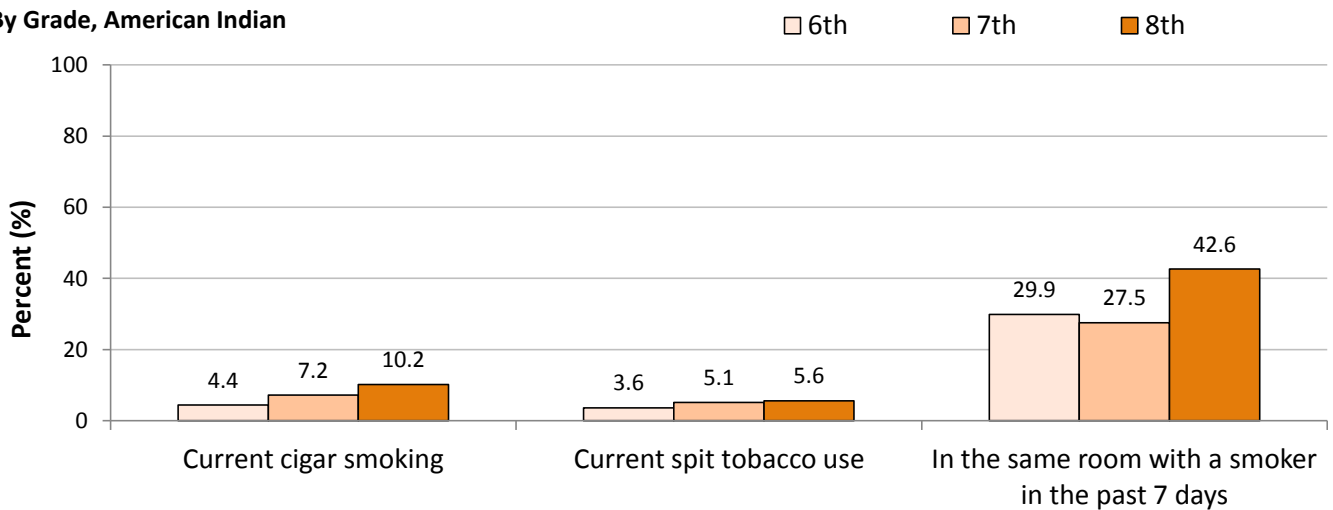
**Tobacco: Other Use and Exposure**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**



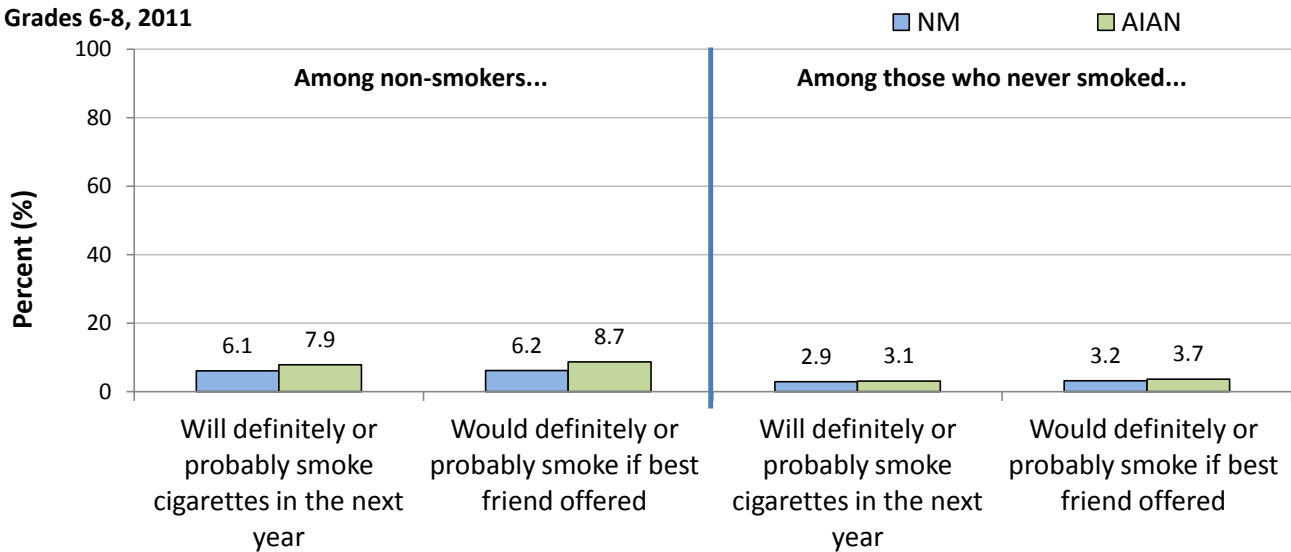
**By Gender, American Indian**



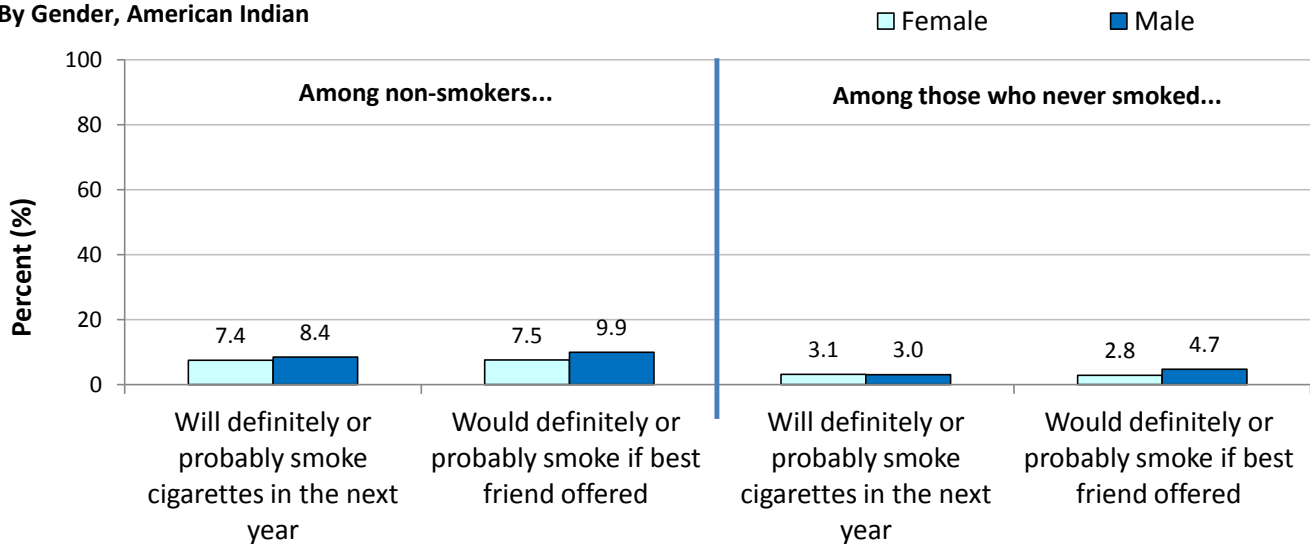
**By Grade, American Indian**



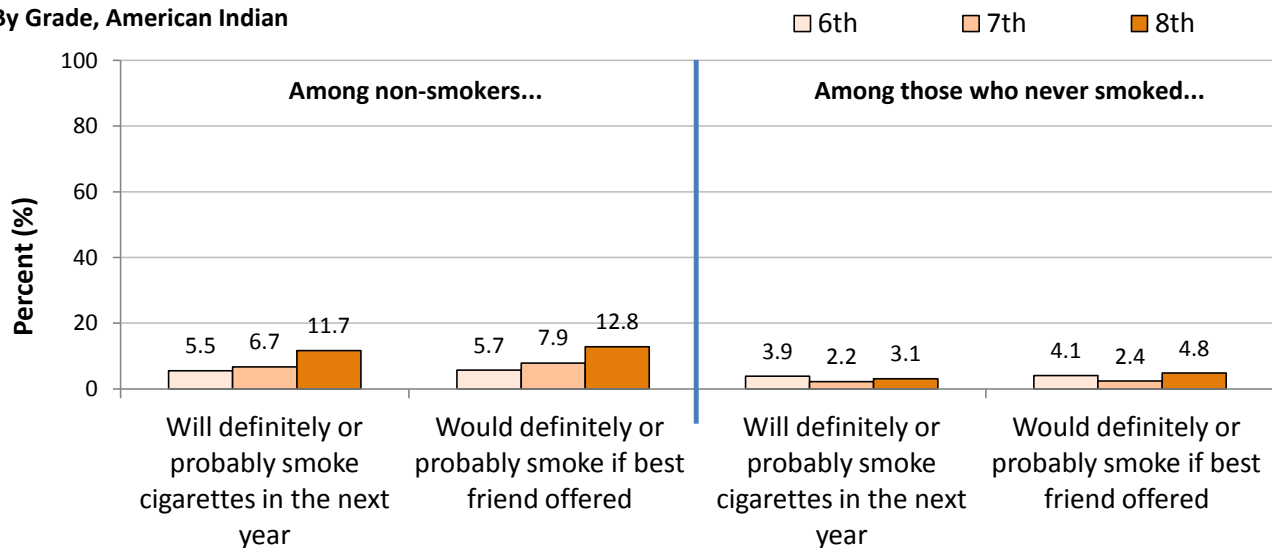
**Tobacco Use: Plans to Smoke**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**



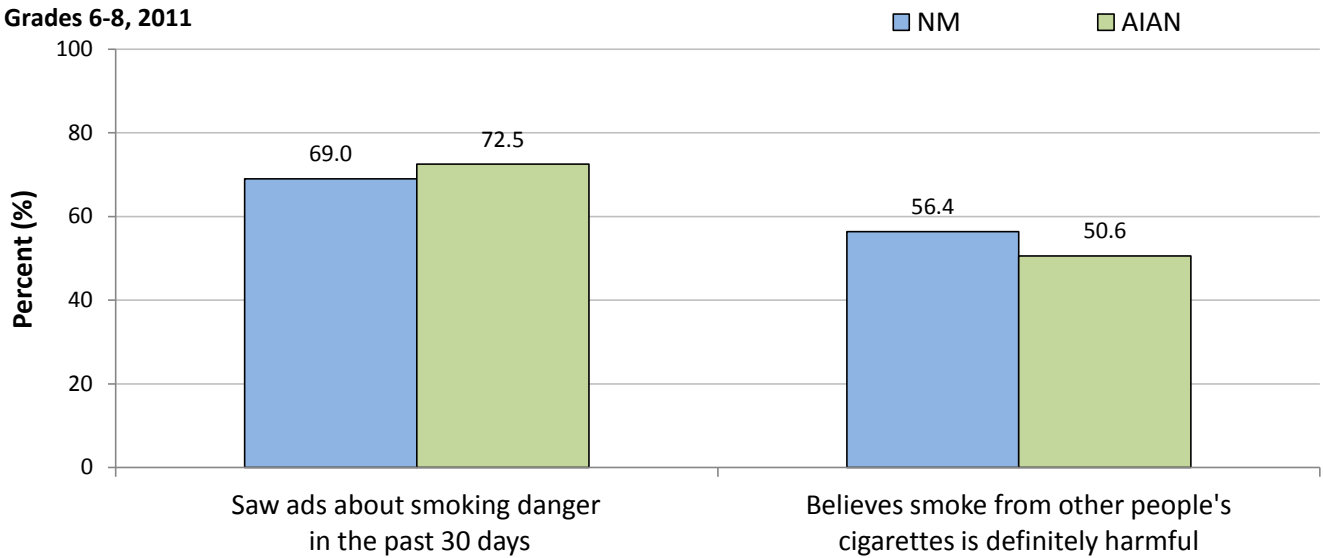
**By Gender, American Indian**



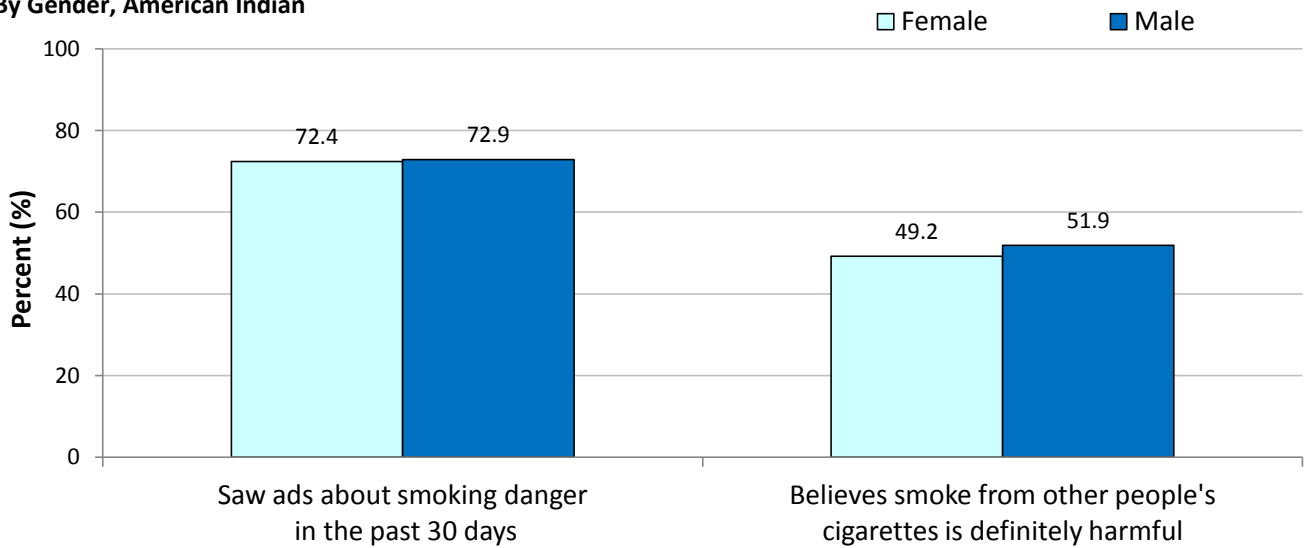
**By Grade, American Indian**



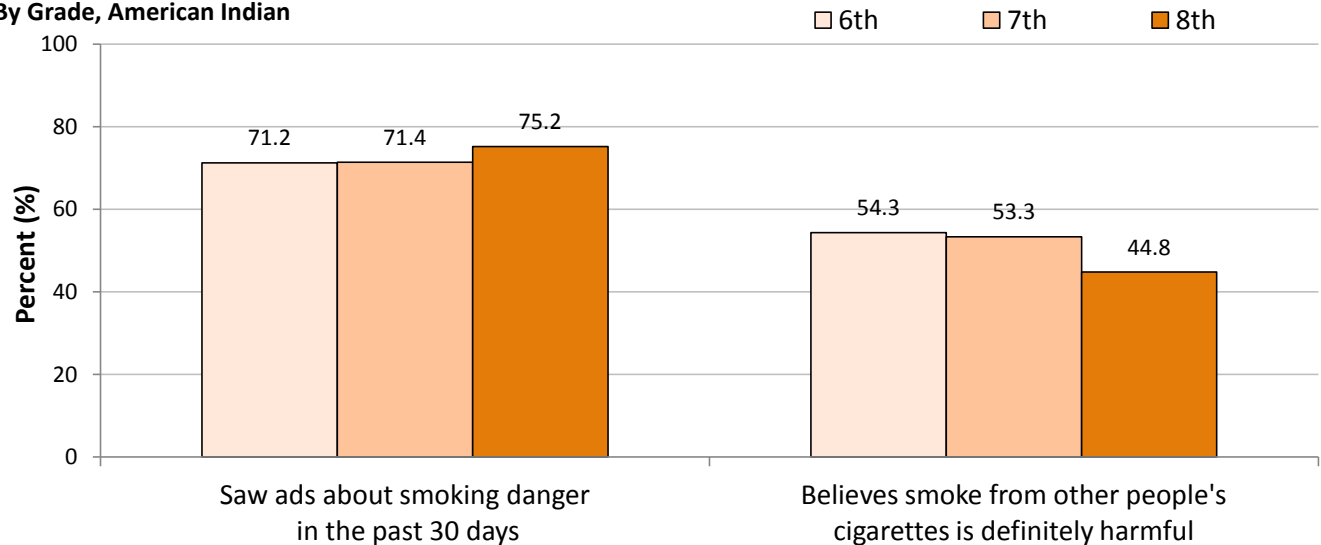
**Tobacco Use: Beliefs and Attitudes**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**



**By Gender, American Indian**

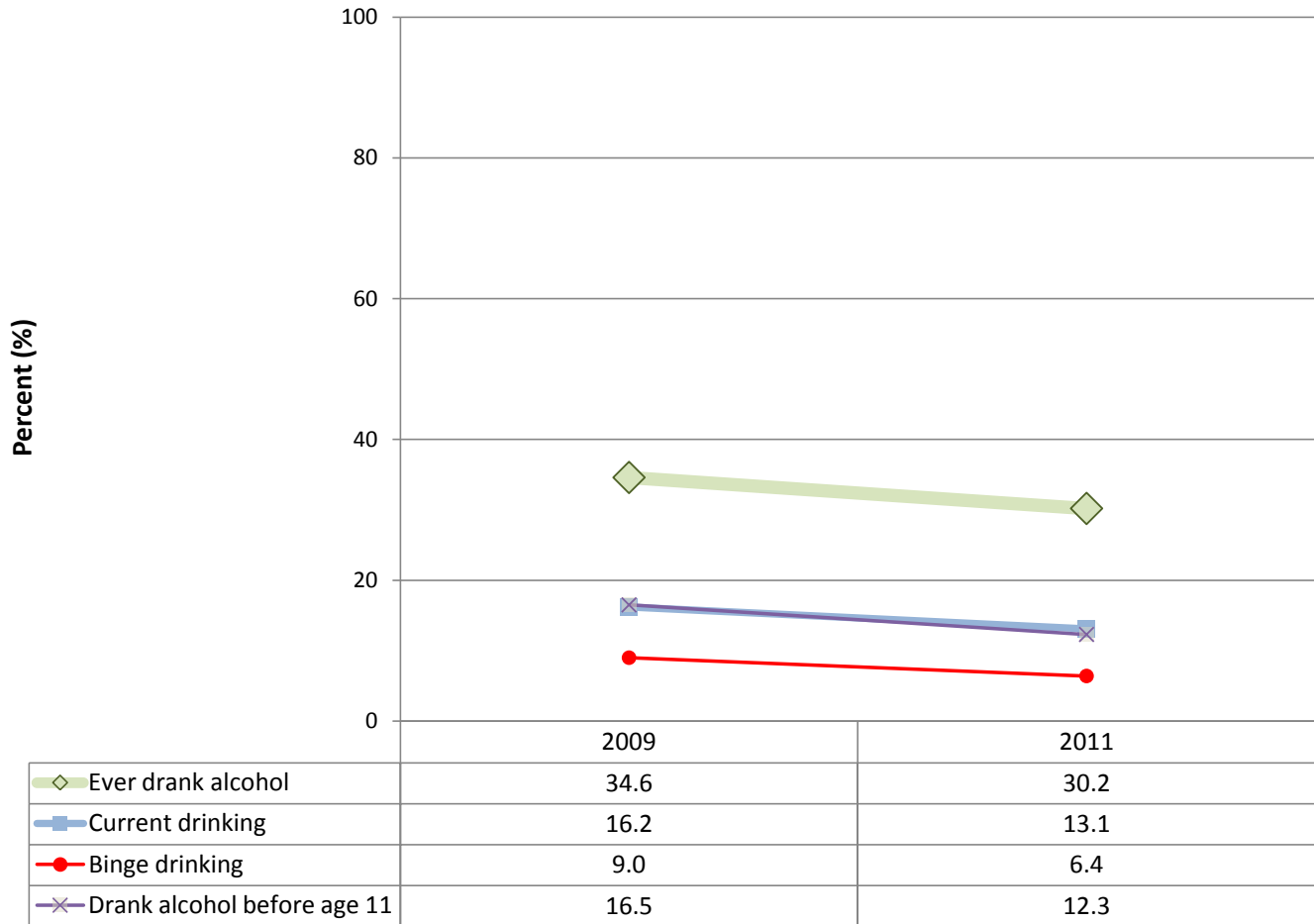


**By Grade, American Indian**



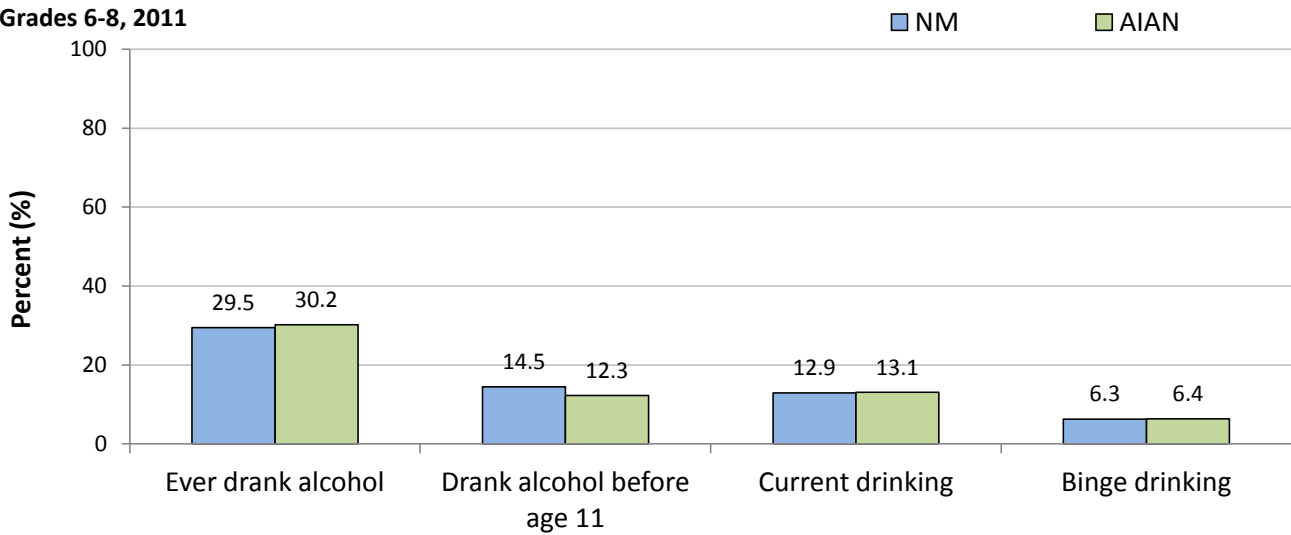
## Alcohol Use

### Alcohol Use Indicators by Year, American Indian Grades 6-8, 2011

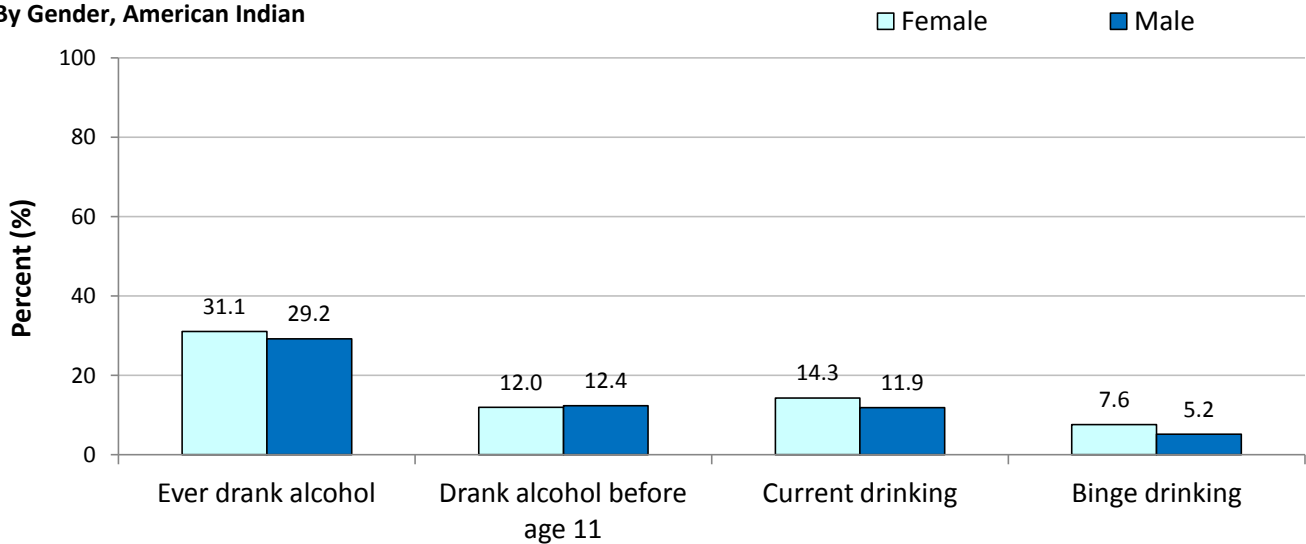




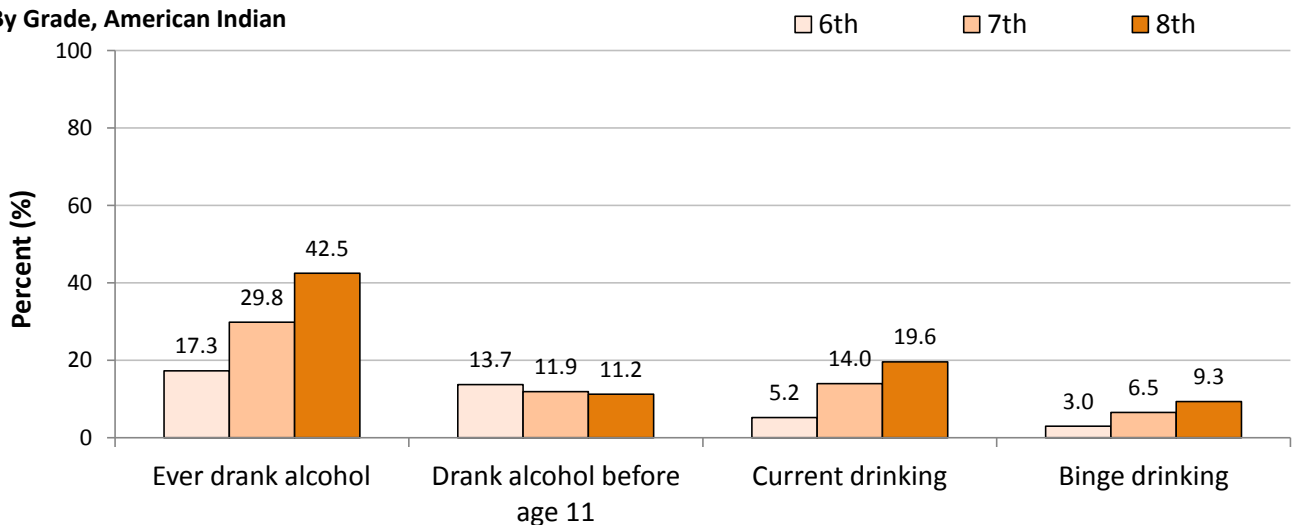
**Alcohol Use**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**



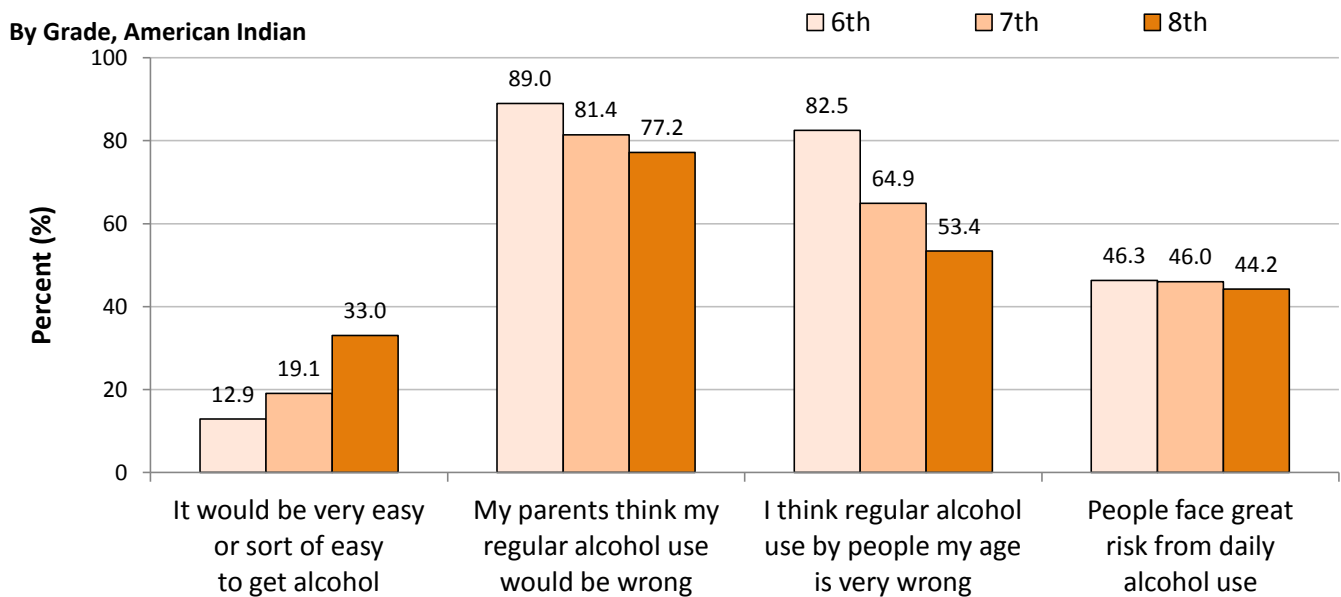
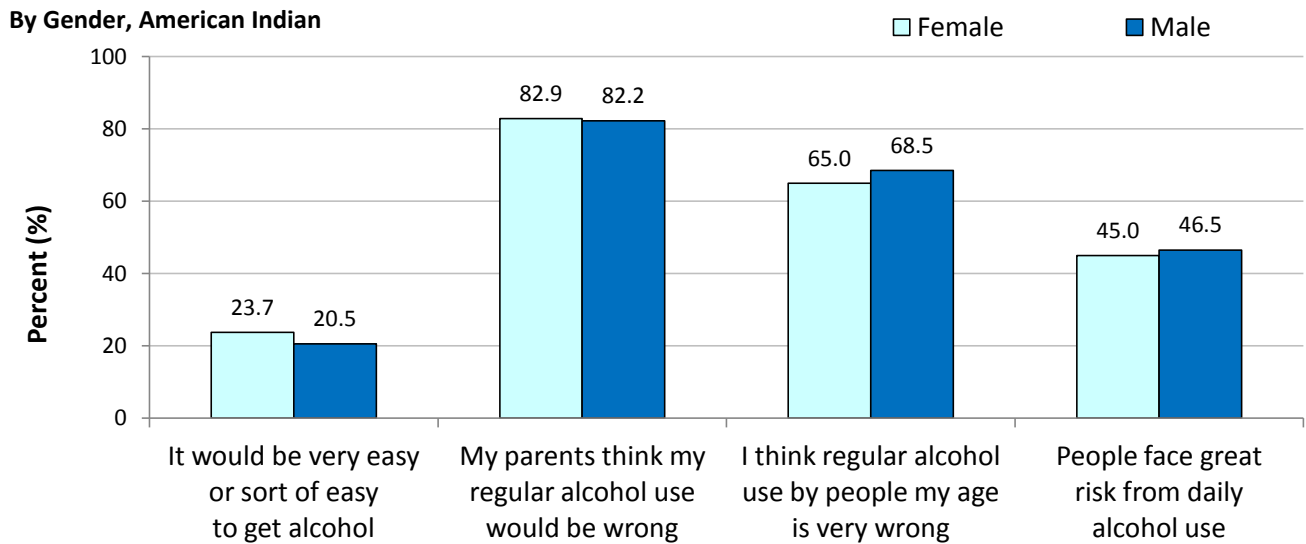
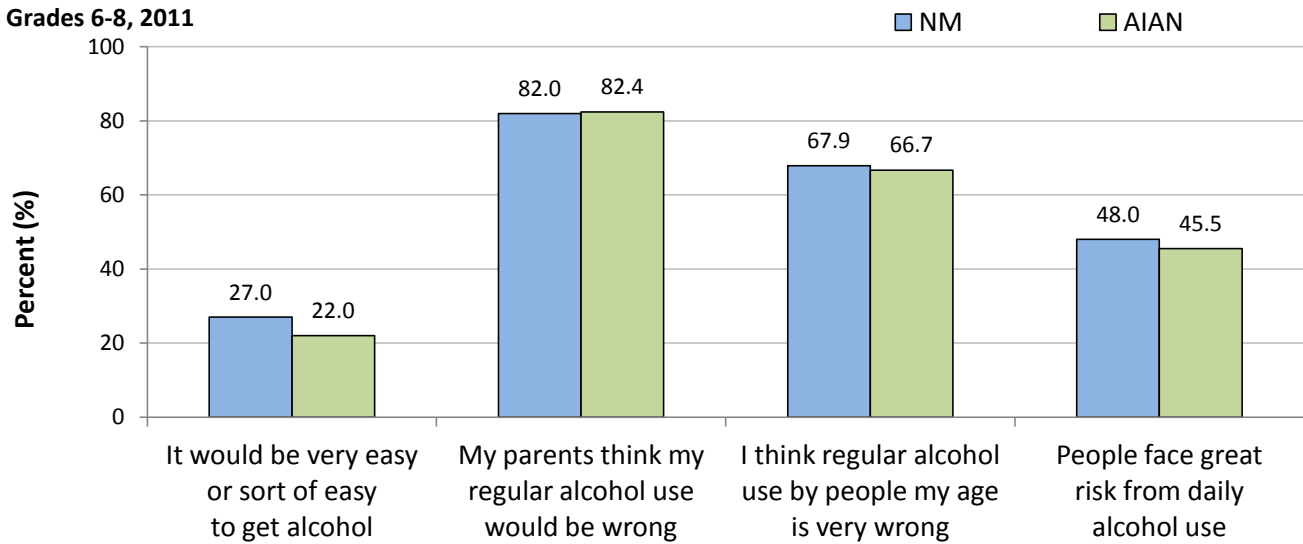
**By Gender, American Indian**



**By Grade, American Indian**

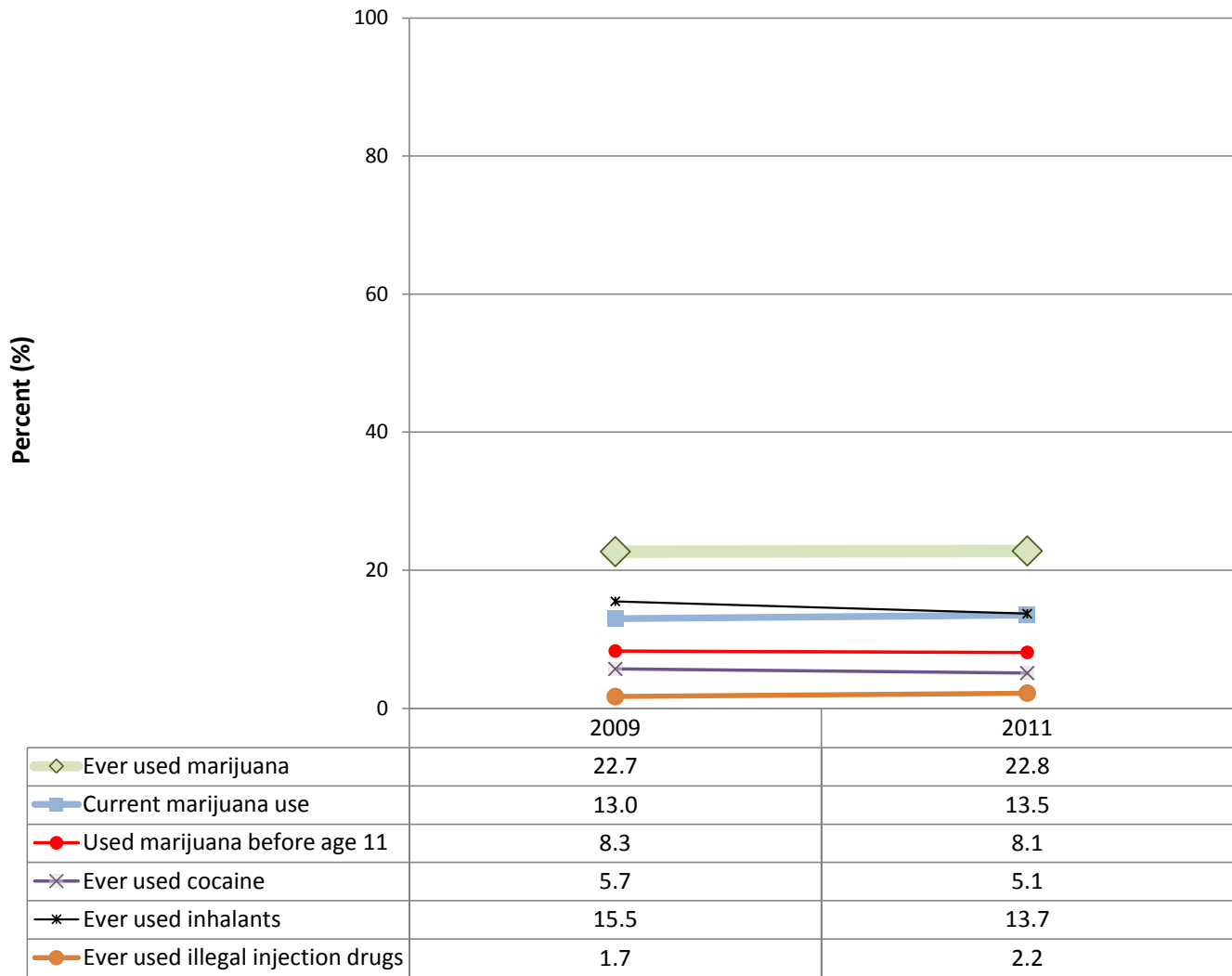


**Alcohol Use: Access, Beliefs, and Attitudes**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**

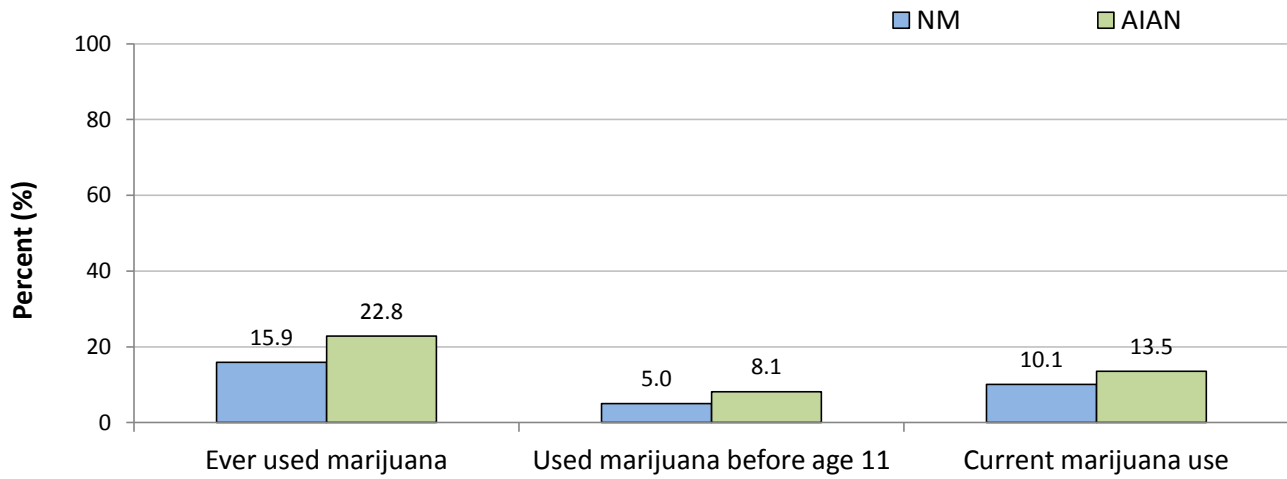


## Drug Use

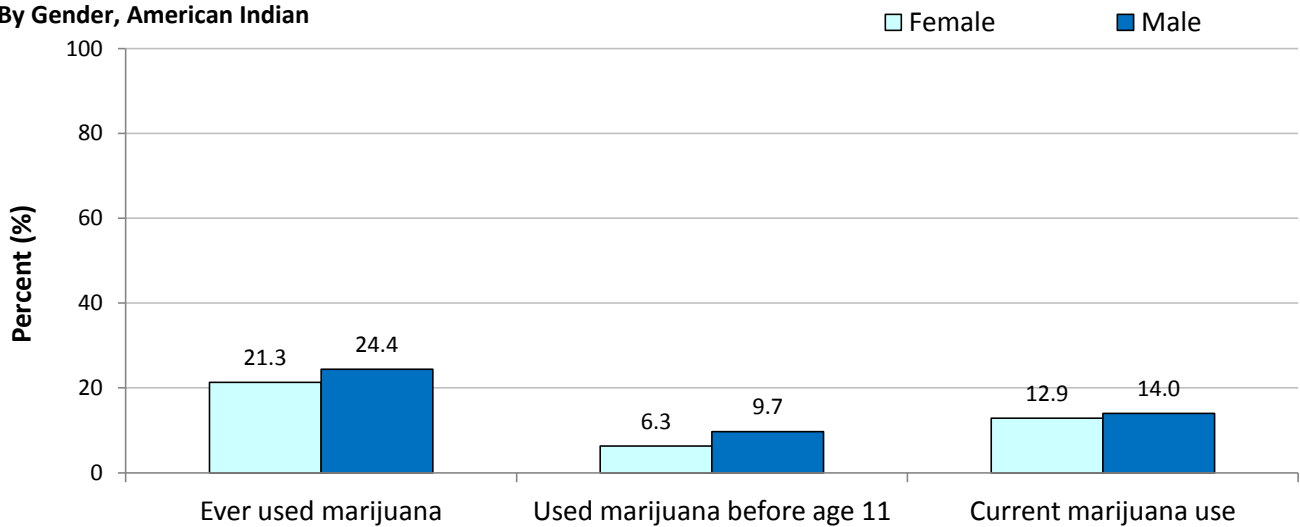
### Drug Use Indicators by Year, American Indian Grades 6-8, 2011



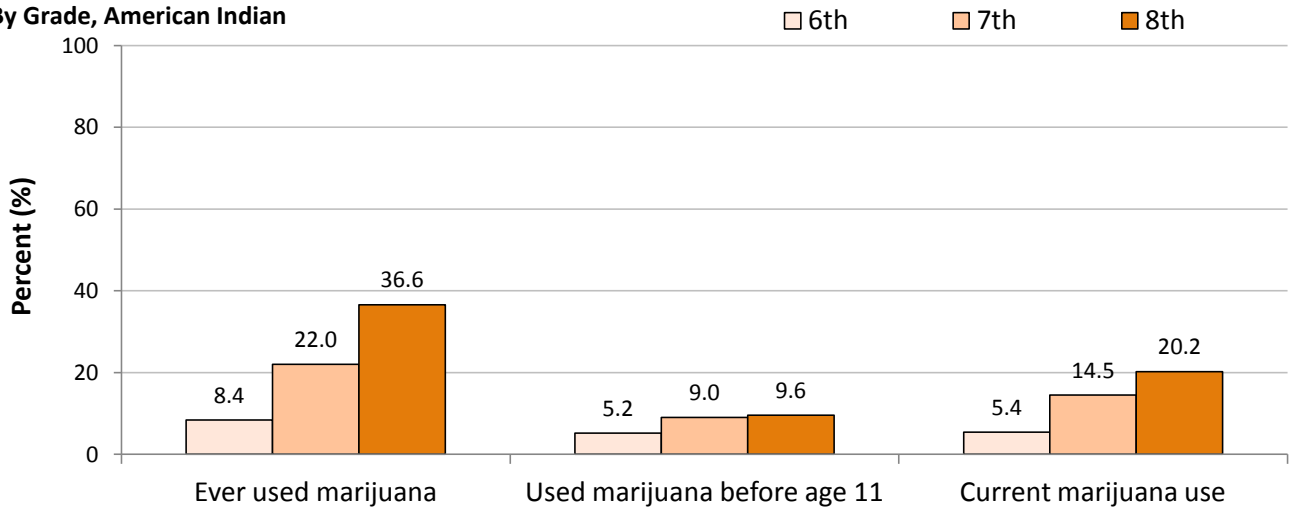
**Drug Use: Marijuana**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**



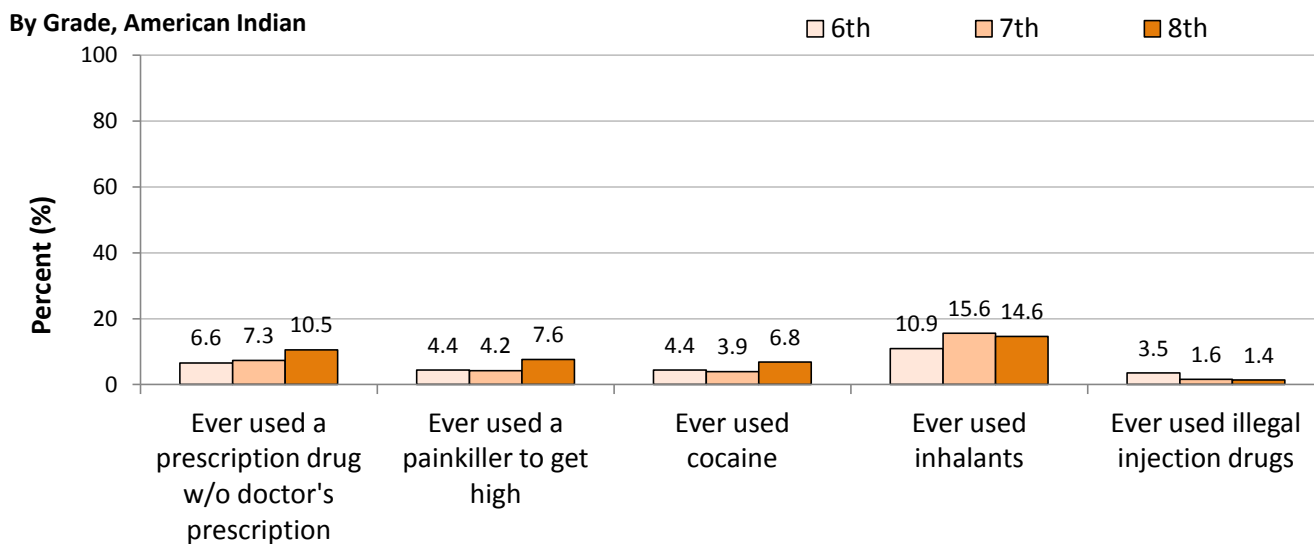
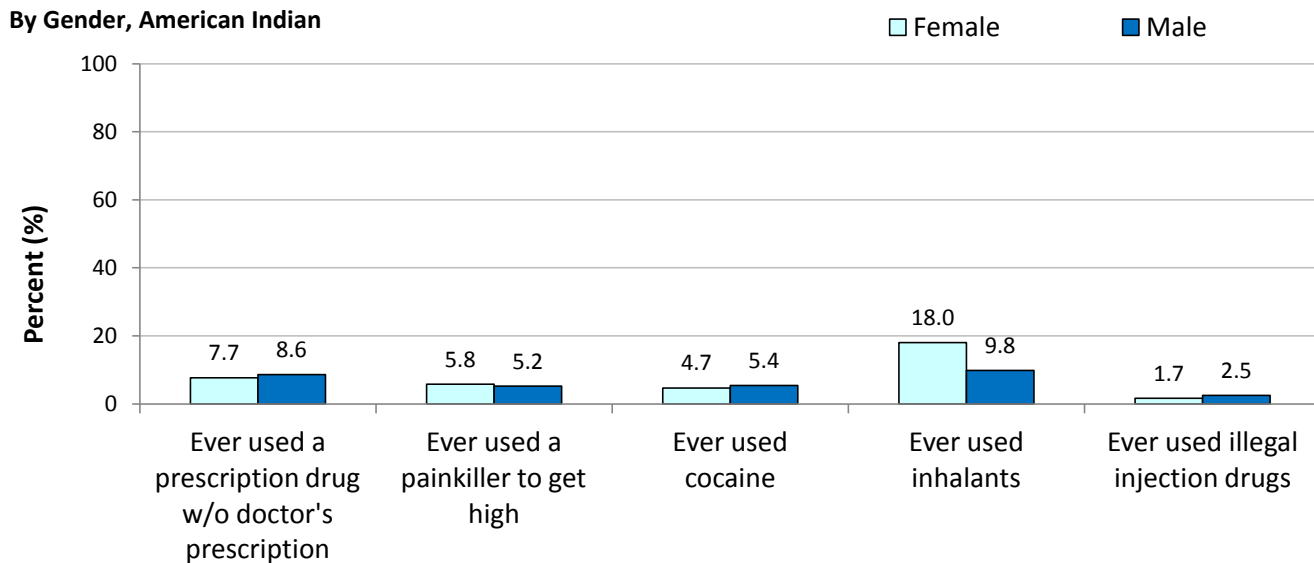
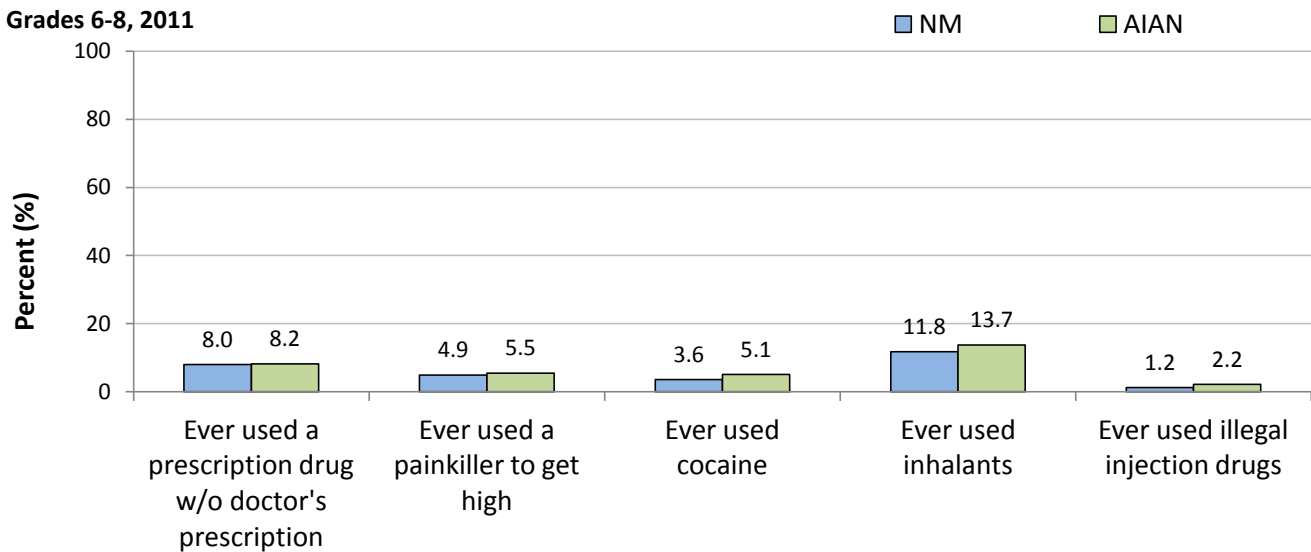
**By Gender, American Indian**



**By Grade, American Indian**

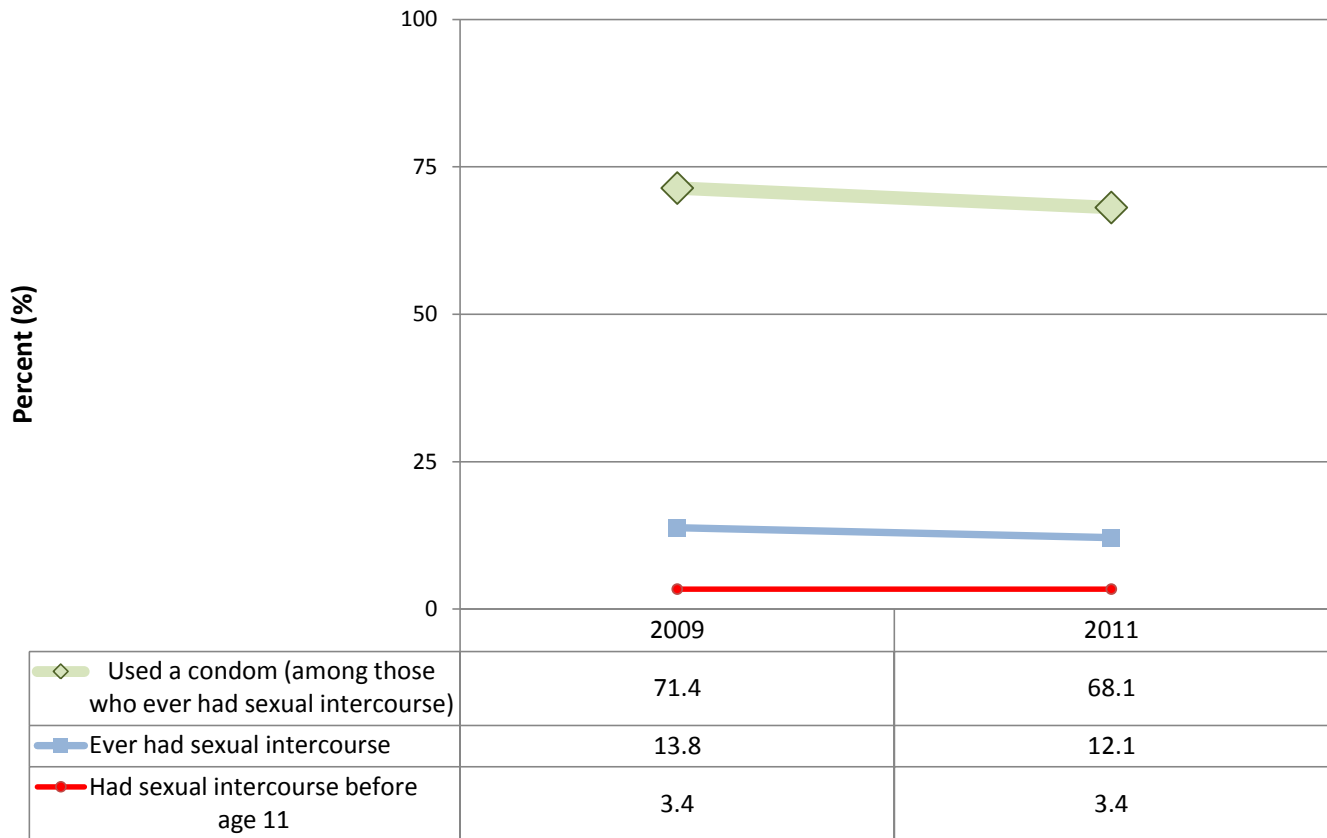


**Other drug use**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**

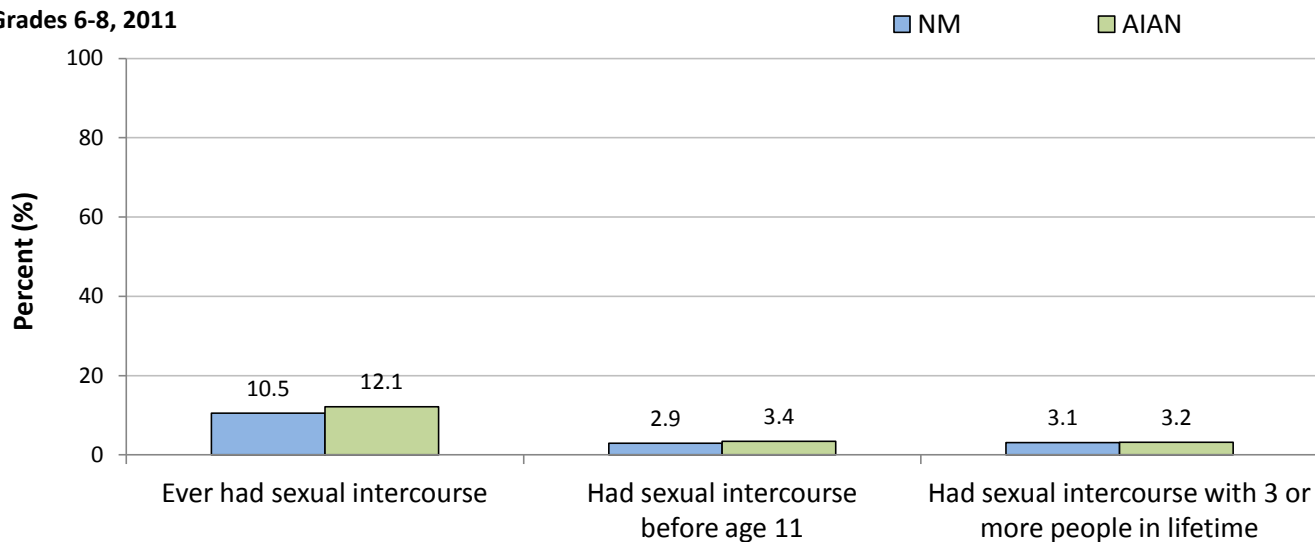


**Sexual Behaviors**

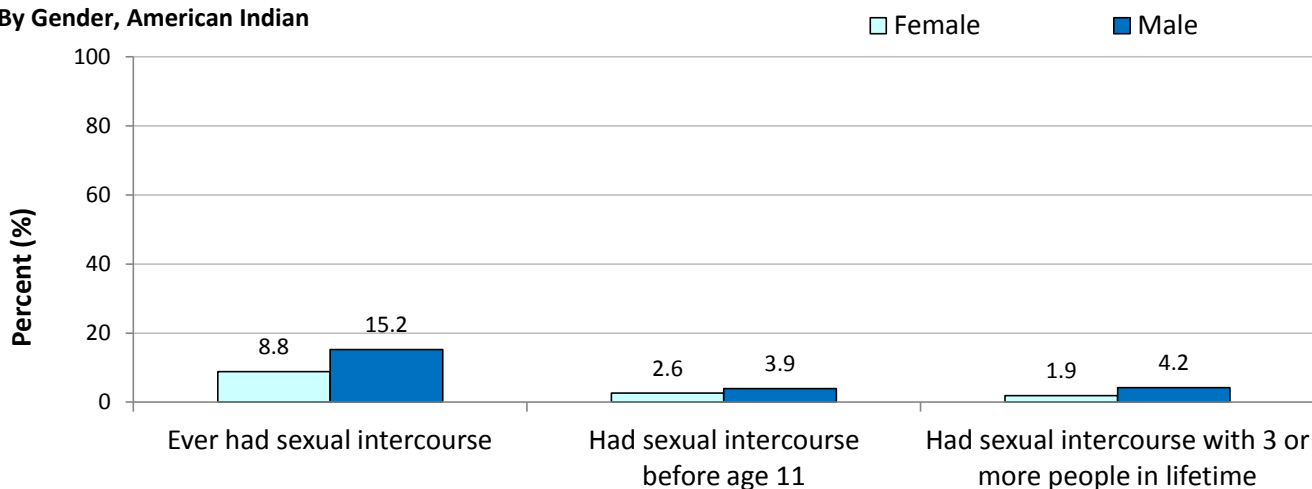
**Sexual Behaviors Indicators  
by Year, American Indian  
Grades 6-8, 2011**



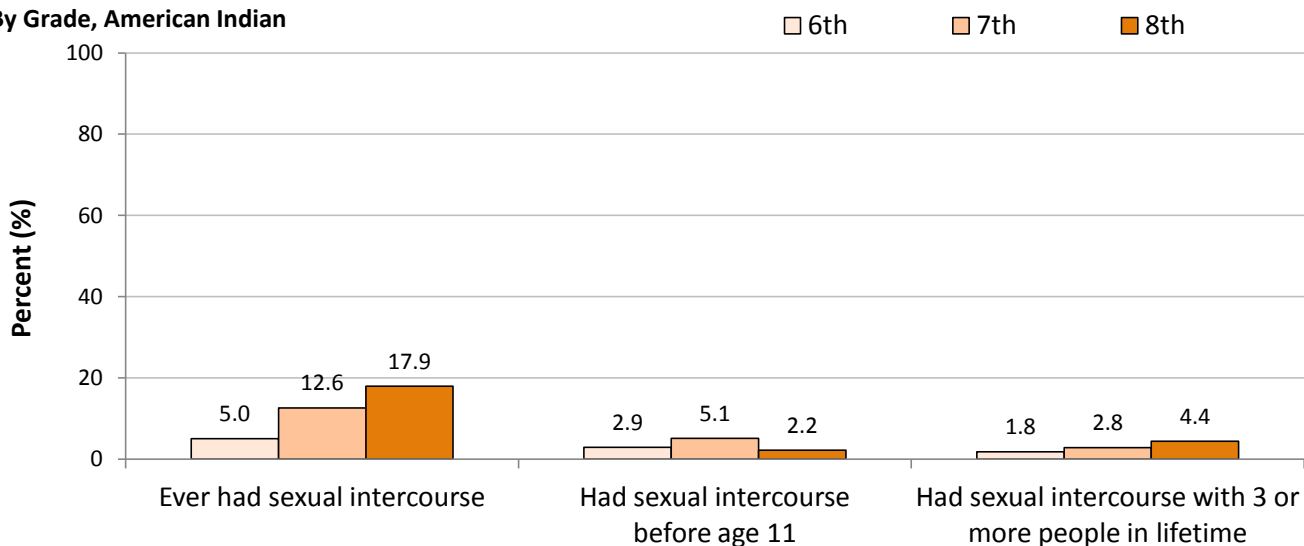
**Sexual behaviors**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**



**By Gender, American Indian**



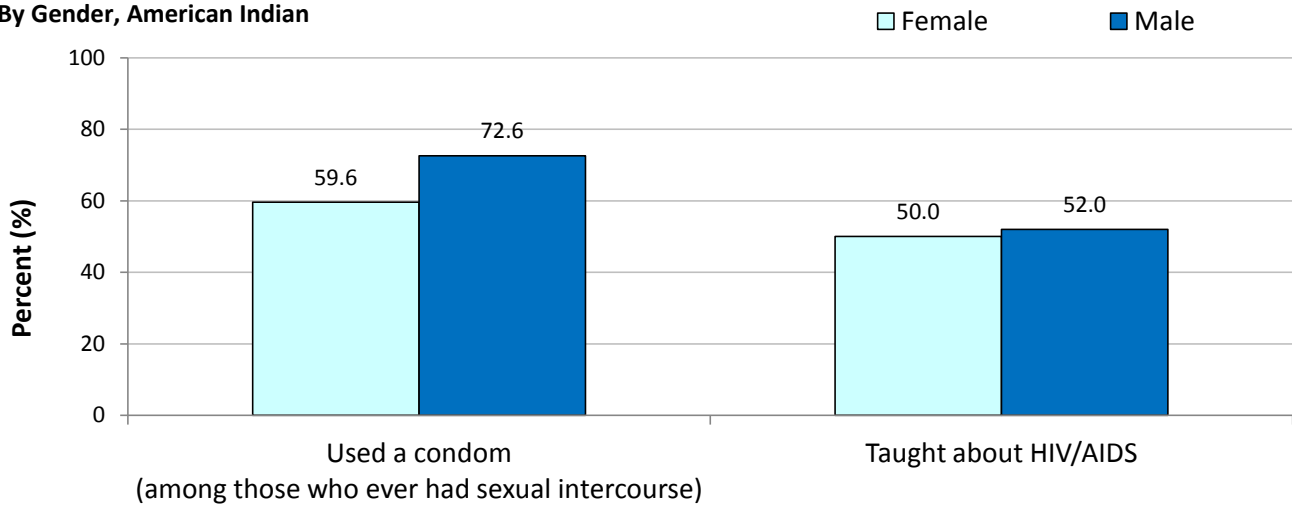
**By Grade, American Indian**



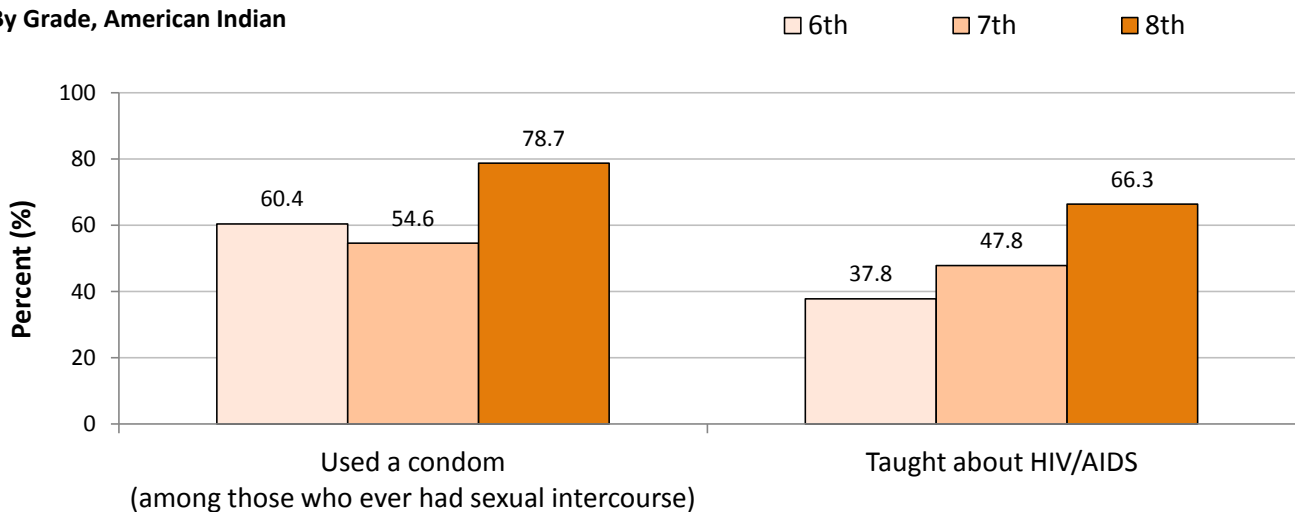
**Sexual behaviors**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**



**By Gender, American Indian**



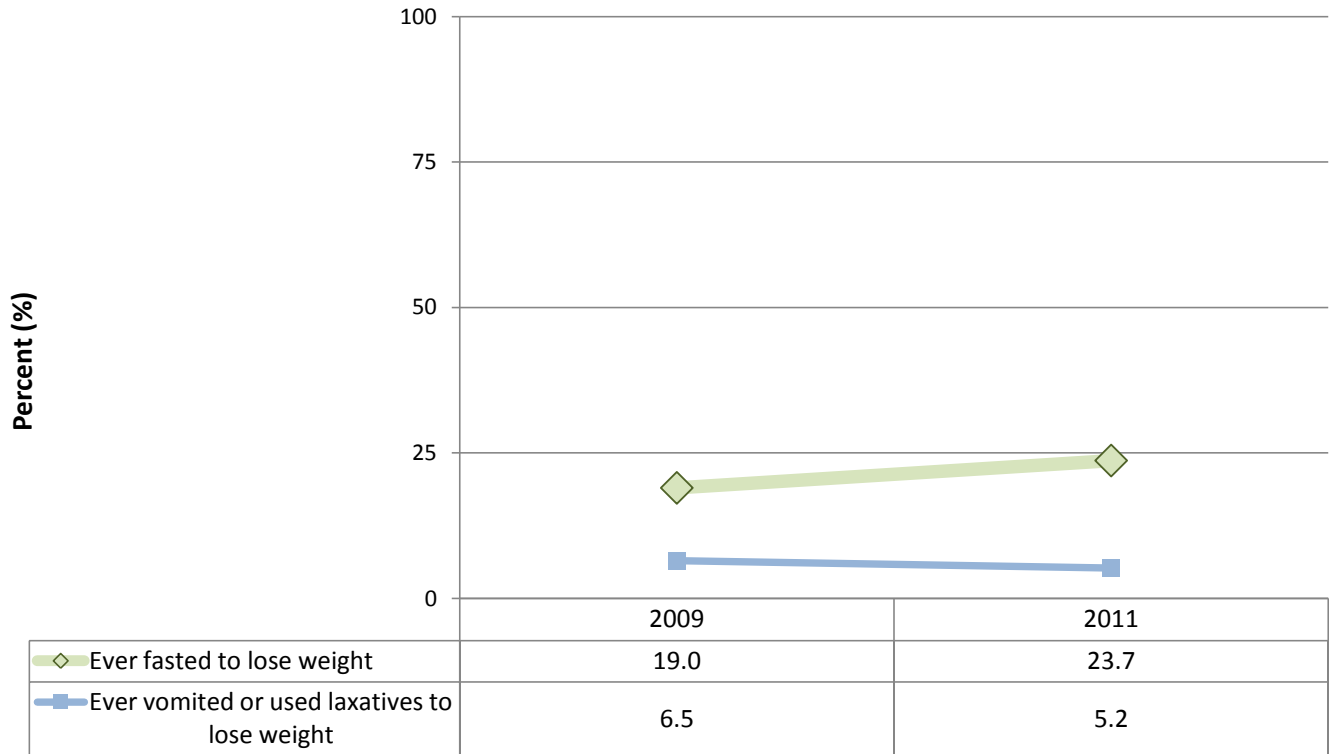
**By Grade, American Indian**



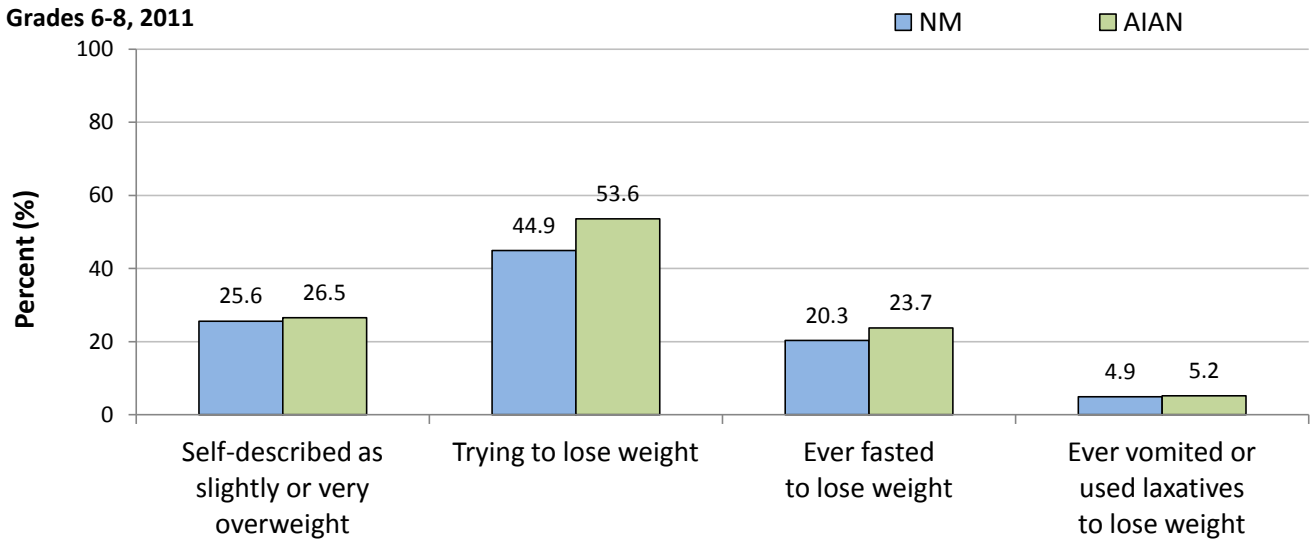


**Body Weight**

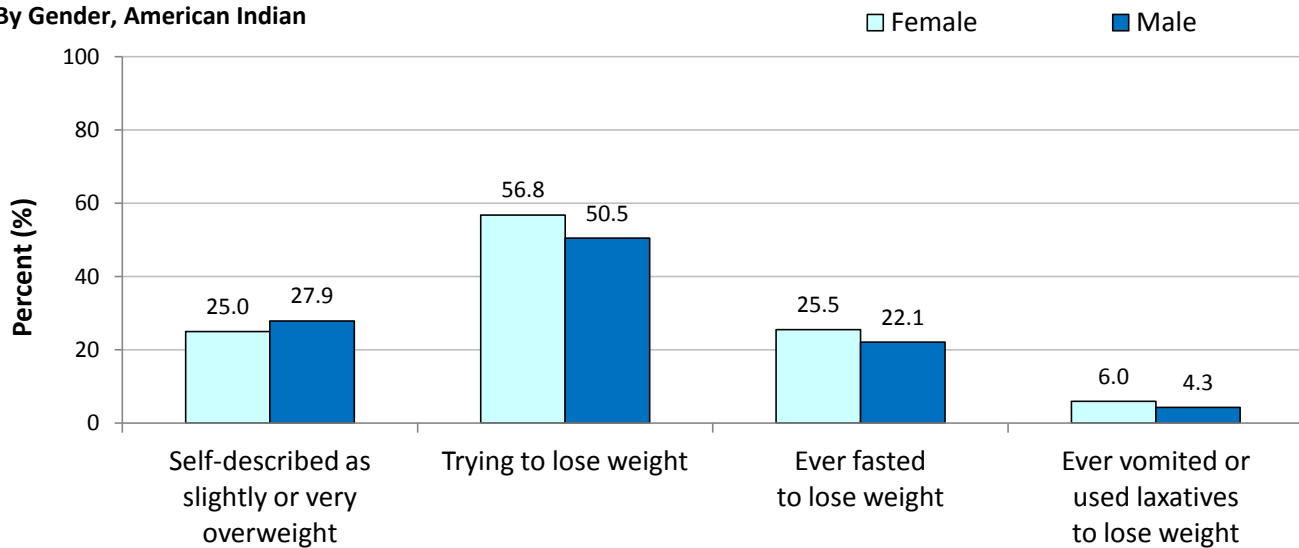
**Body Weight Indicators  
 by Year, American Indian  
 Grades 6-8, 2011**



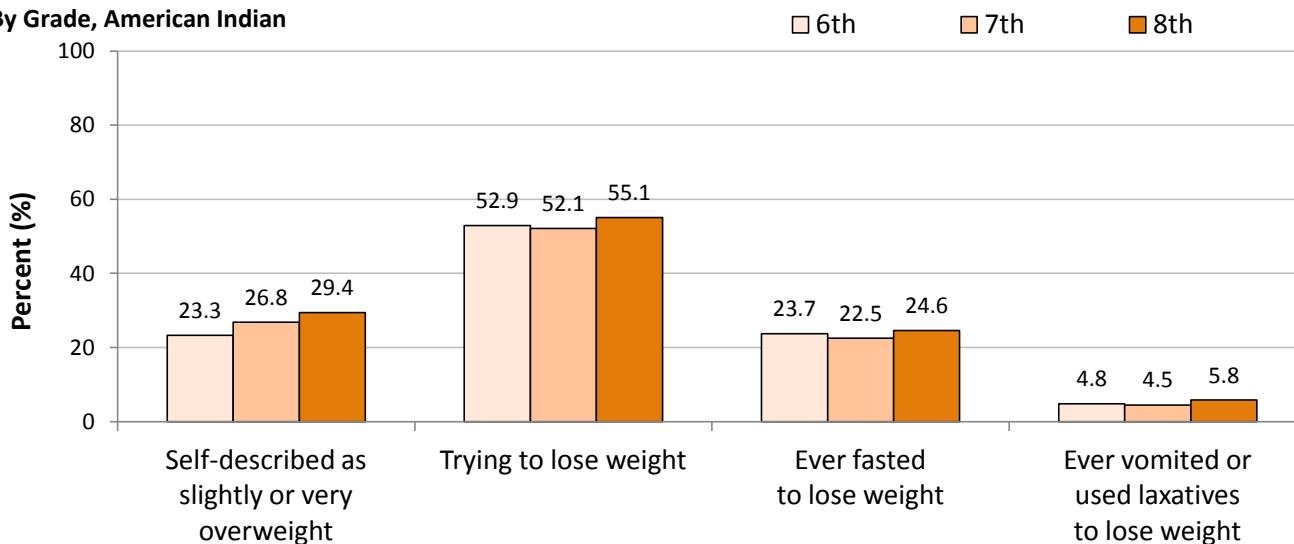
**Body weight**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**



**By Gender, American Indian**

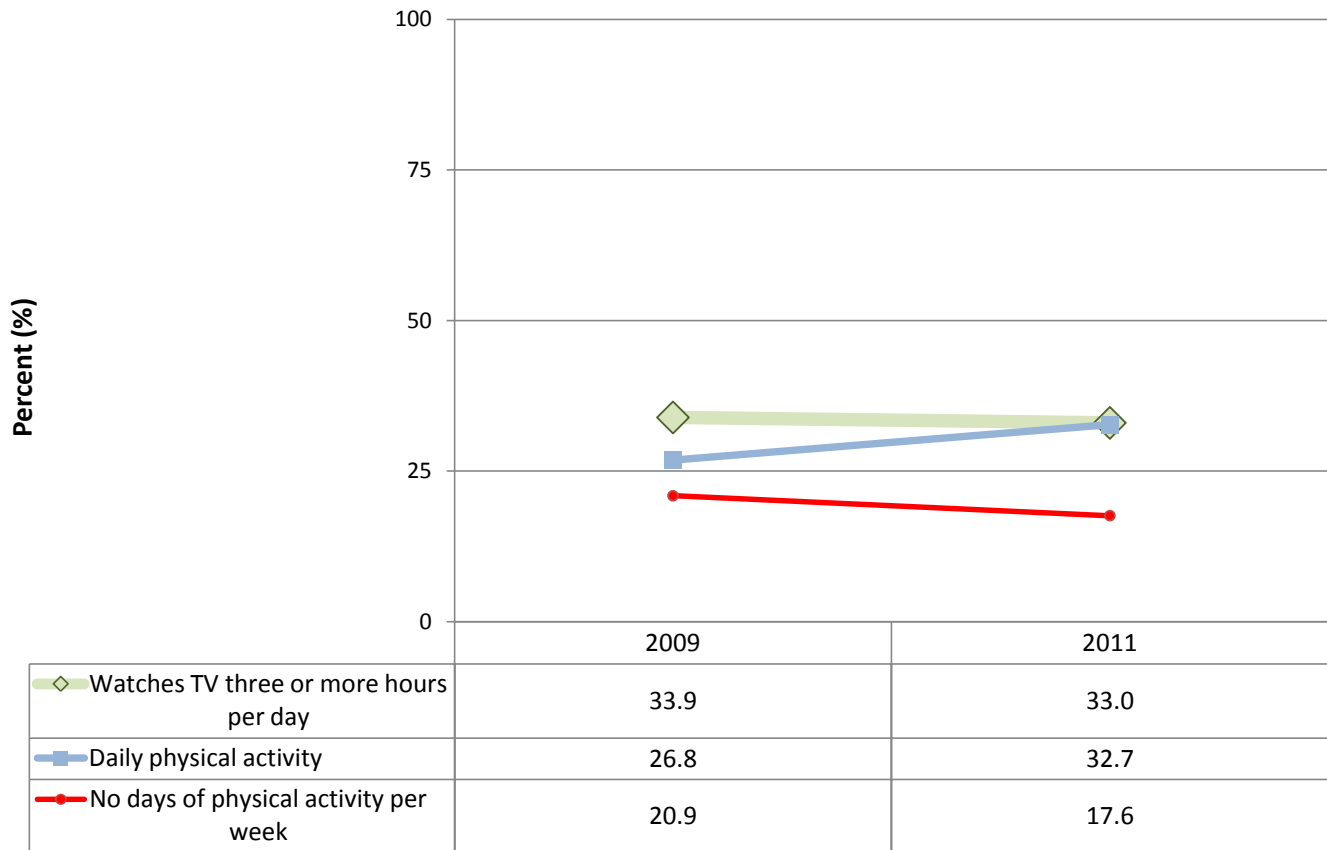


**By Grade, American Indian**

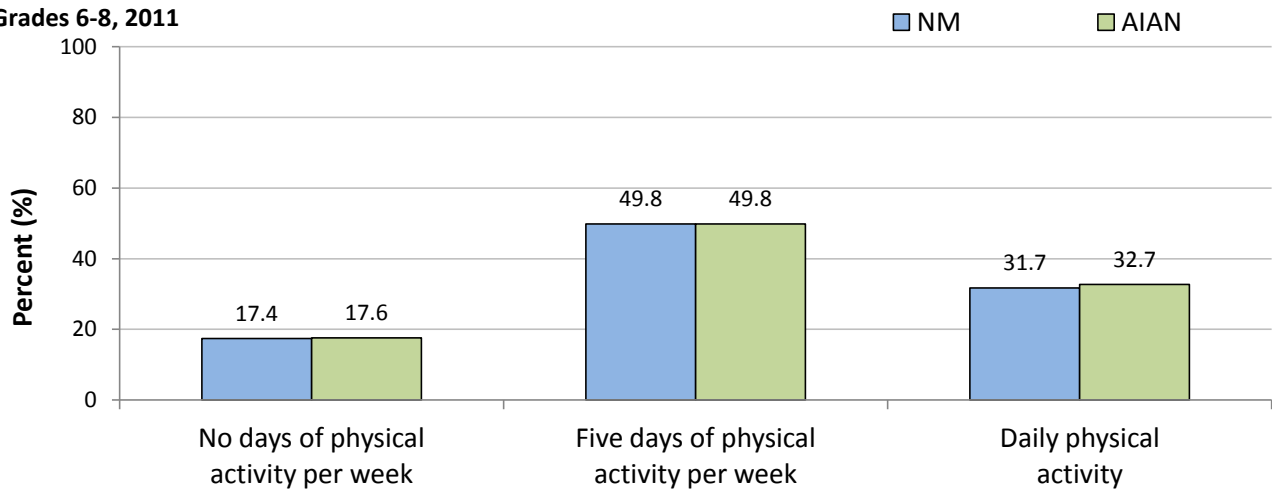


**Physical Activity**

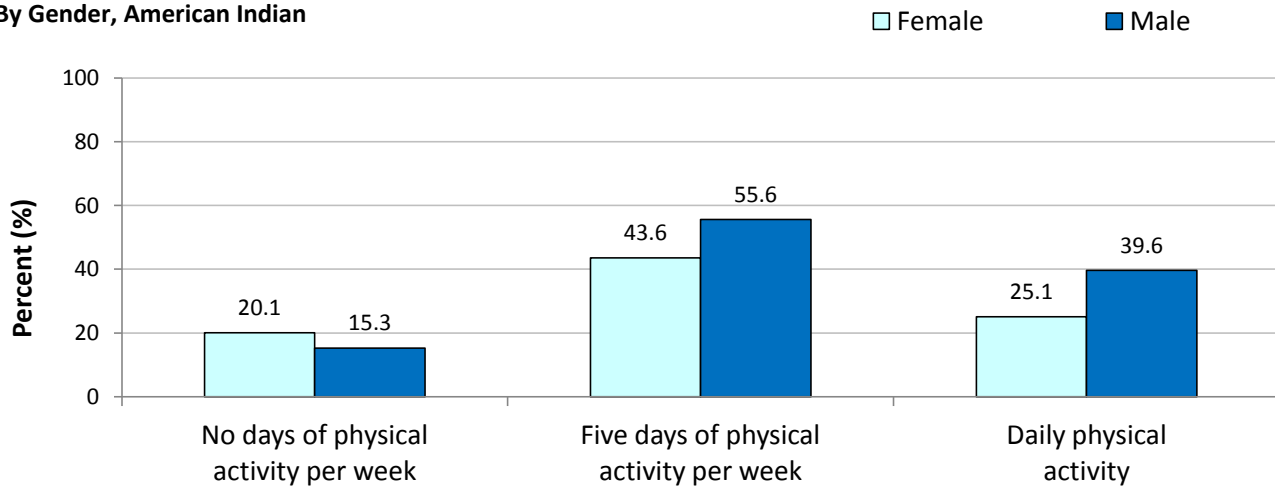
**Physical Activity Indicators  
 by Year, American Indian  
 Grades 6-8, 2011**



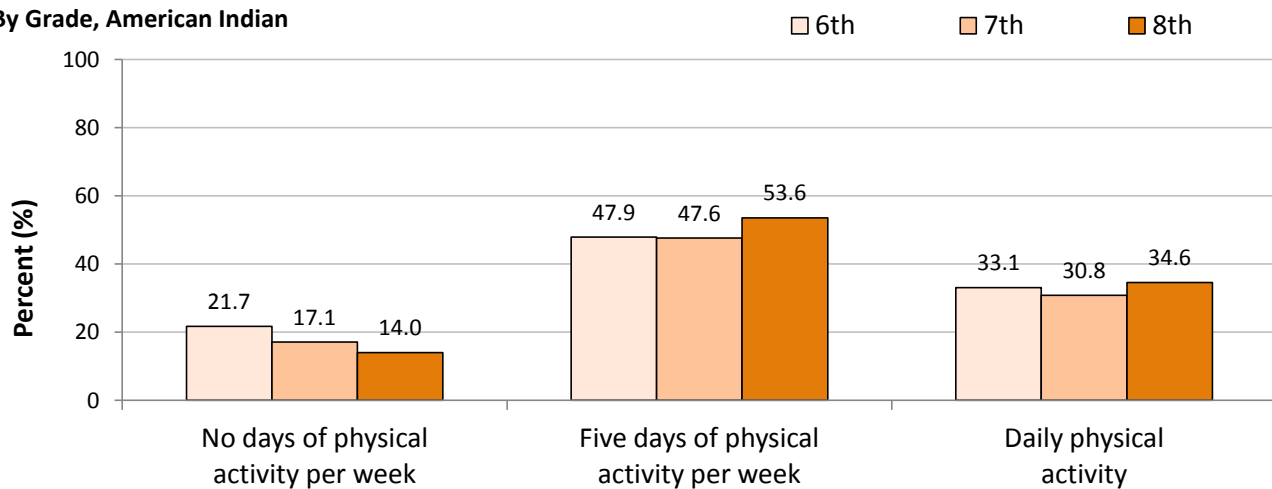
**Physical activity**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**



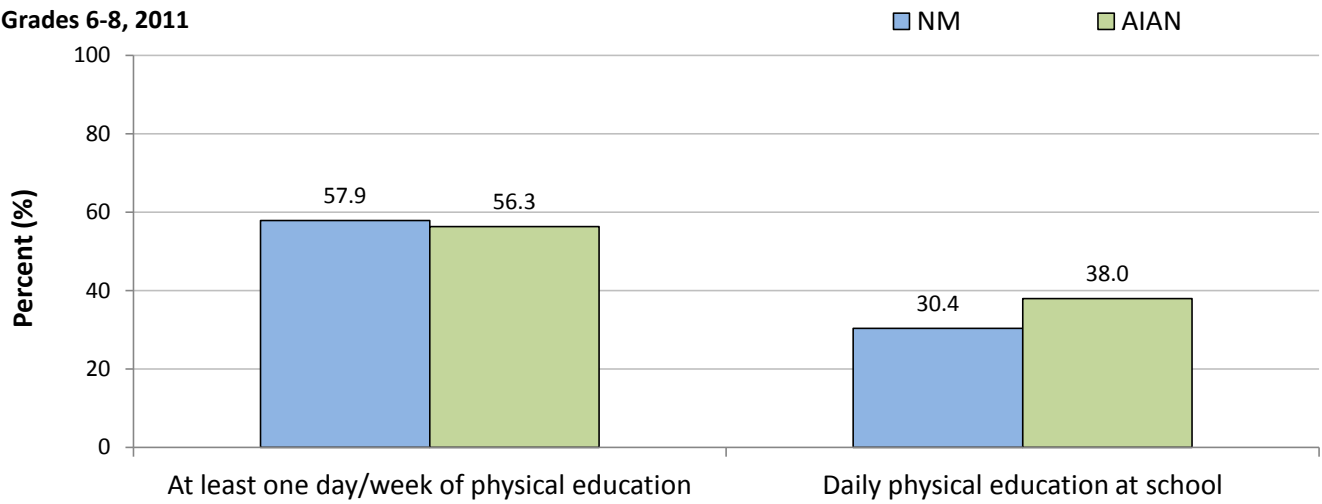
**By Gender, American Indian**



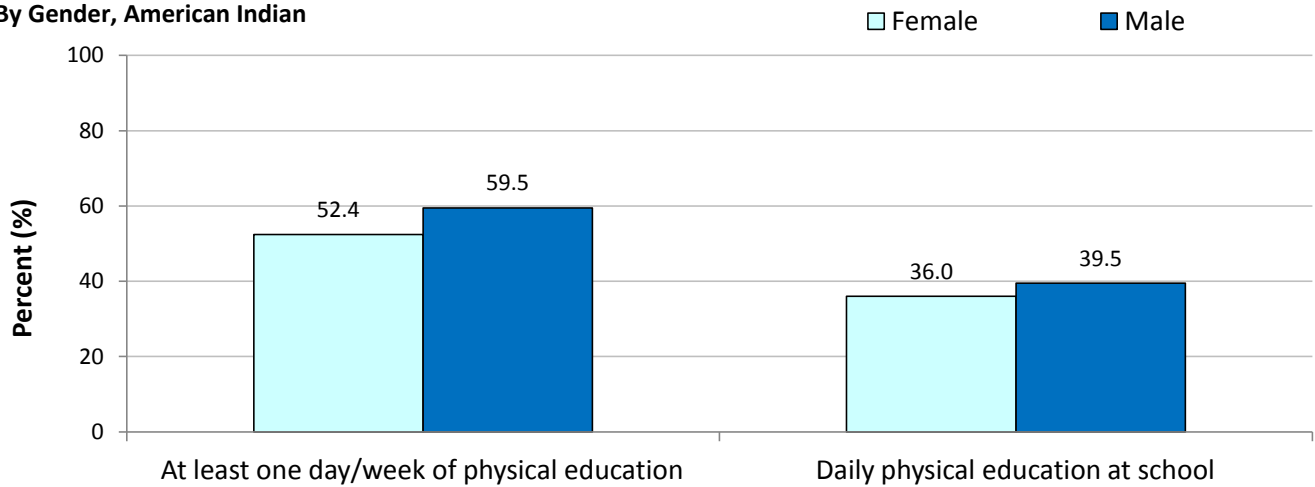
**By Grade, American Indian**



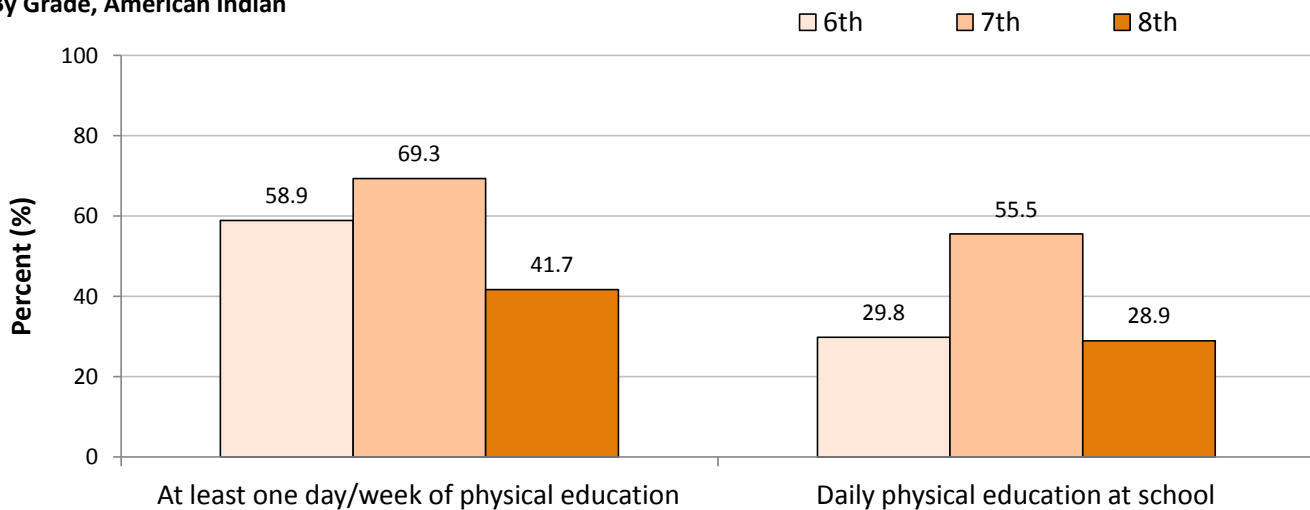
**Physical activity**  
**New Mexico and American Indian**  
**Grades 6-8, 2011**



**By Gender, American Indian**



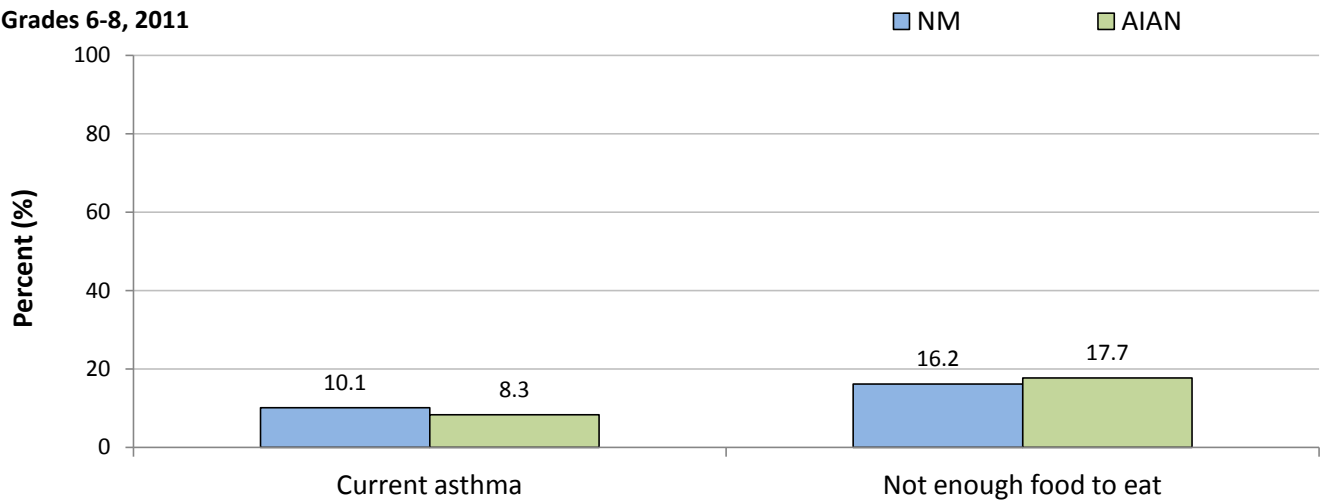
**By Grade, American Indian**



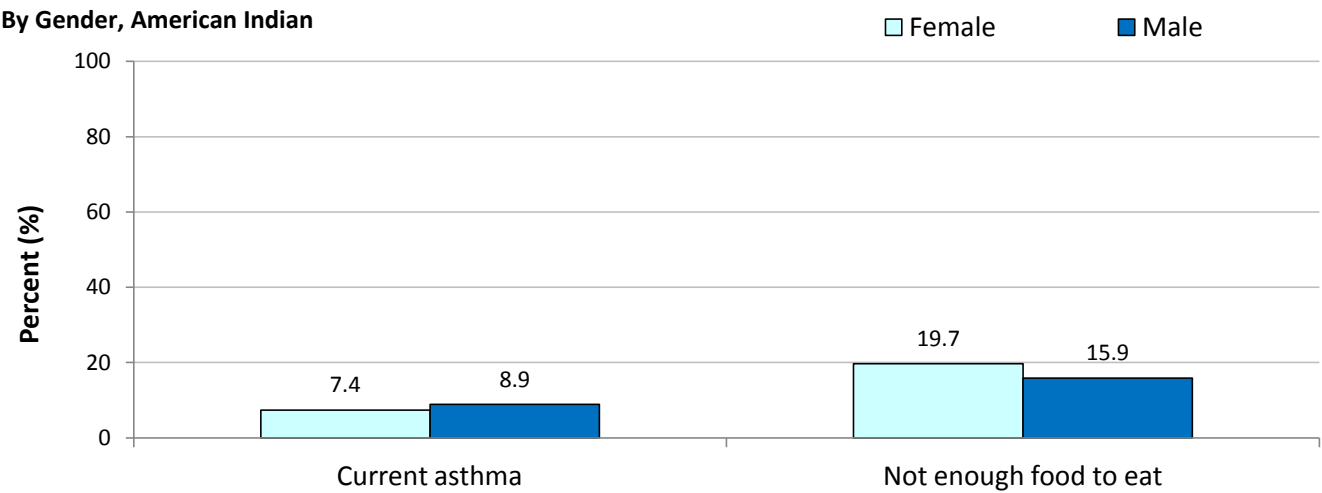
**Other characteristics**

**New Mexico and American Indian**

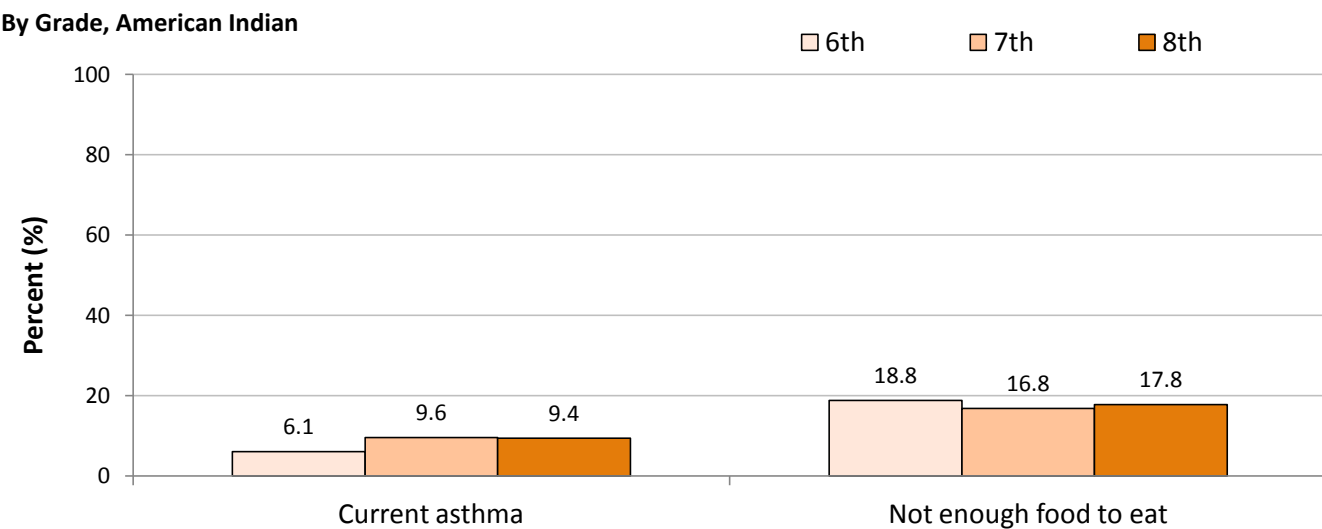
Grades 6-8, 2011



**By Gender, American Indian**



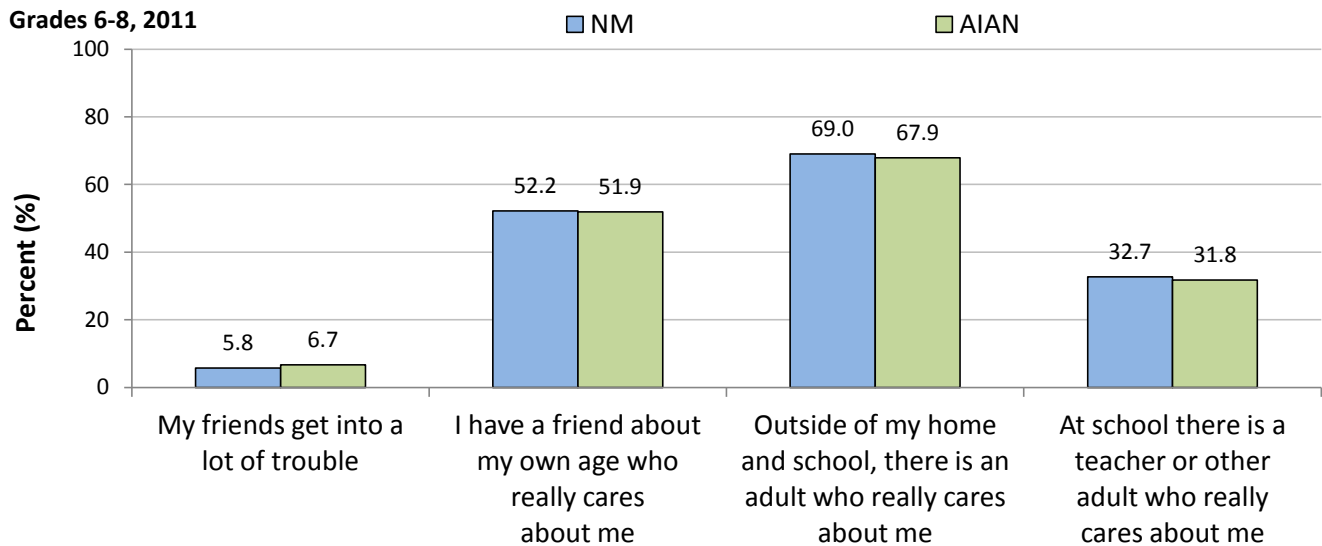
**By Grade, American Indian**



## Resiliency/Protective Factors and Academic Measures

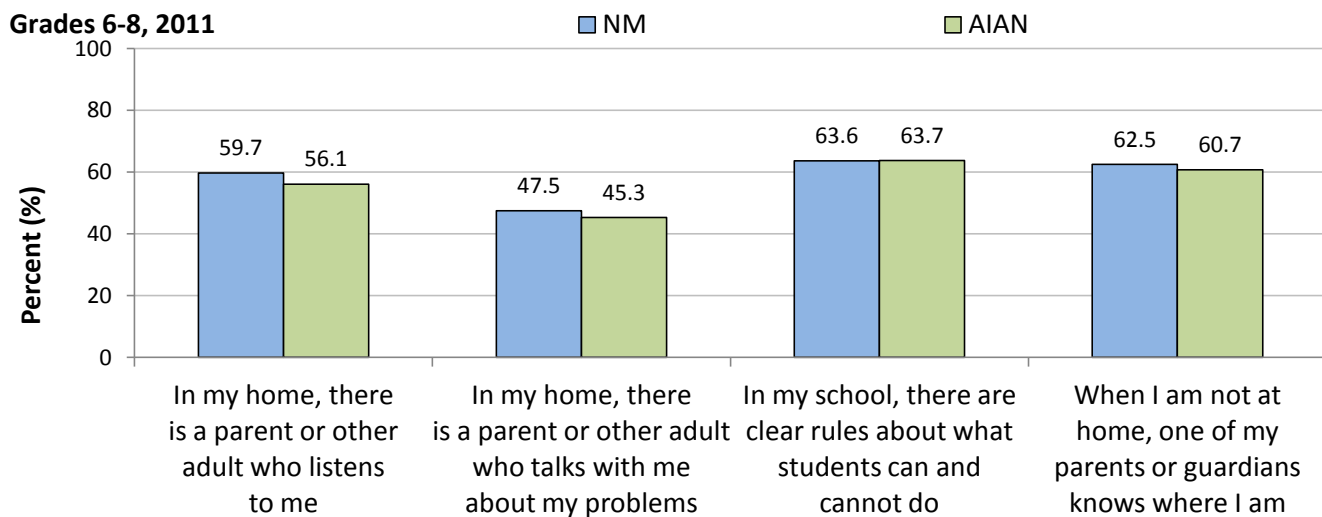
**Resiliency/Protective Factors  
New Mexico and American Indian**

Grades 6-8, 2011



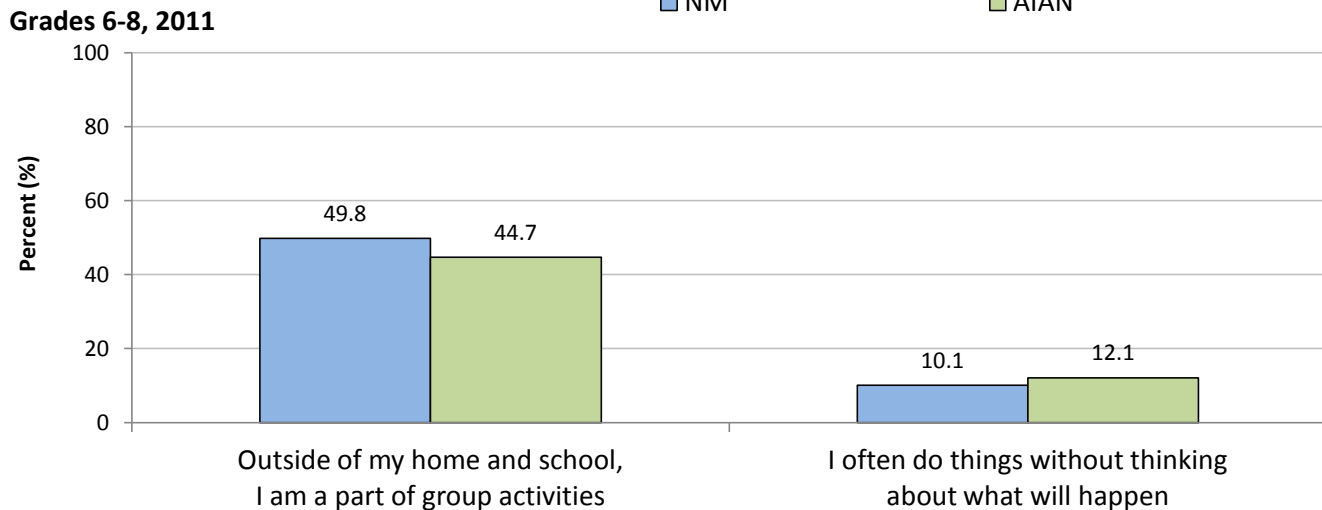
**Resiliency/Protective Factors**

Grades 6-8, 2011



**Resiliency/Protective Factors**

Grades 6-8, 2011

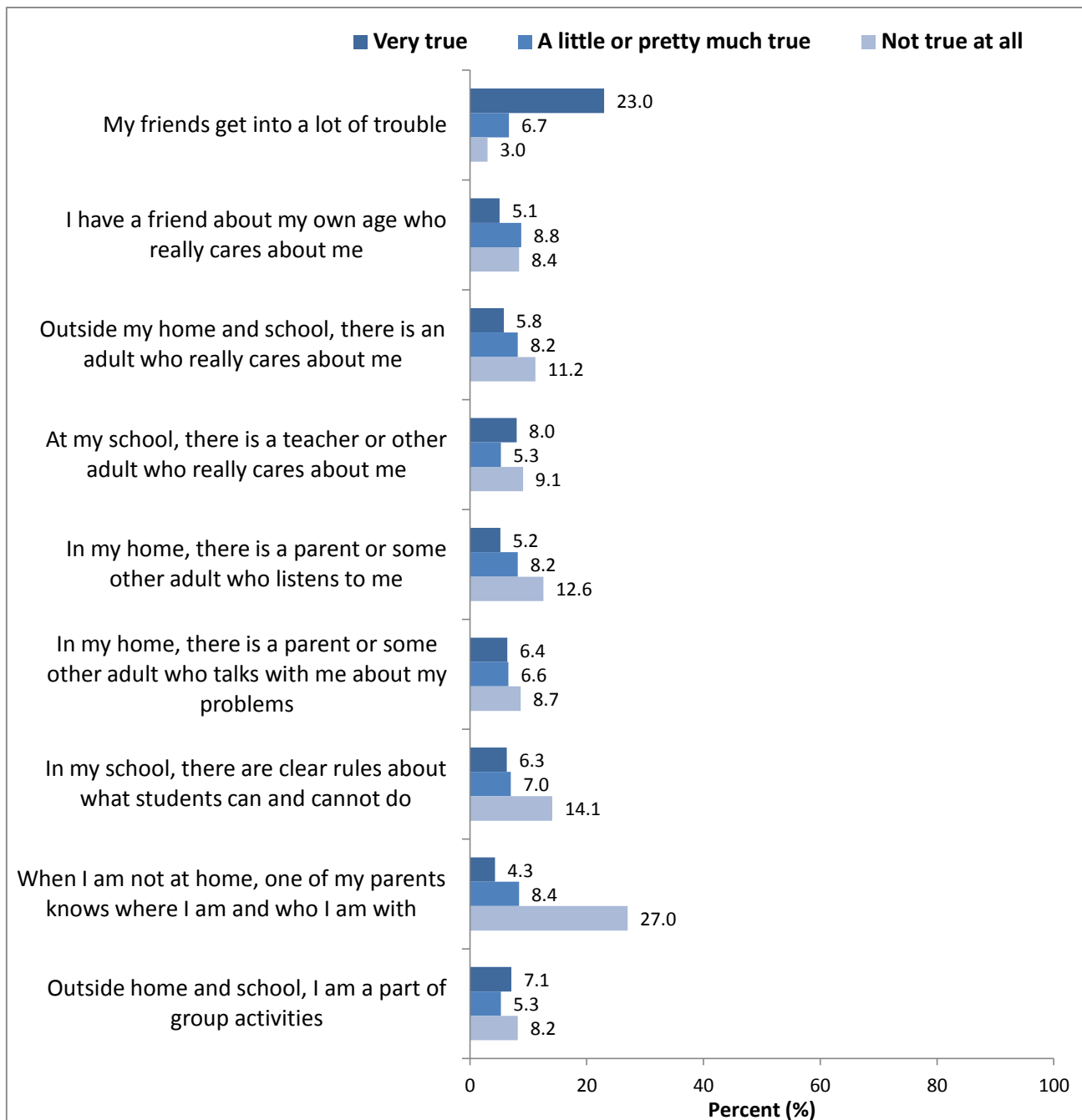




## Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors

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

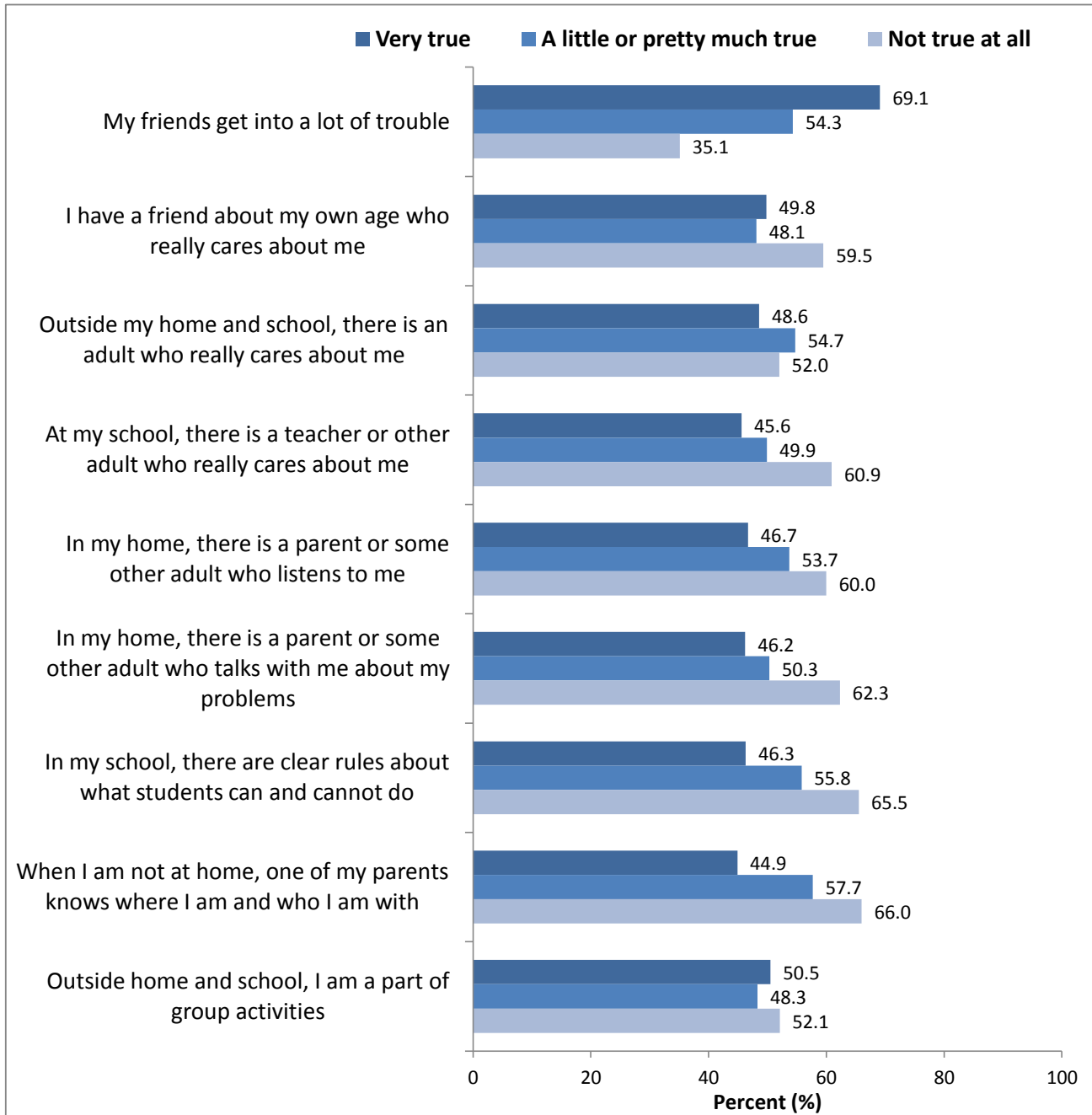
**Rarely or never wore a seat belt  
by Selected Resiliency Factors  
American Indian  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 23.0% rarely or never wore a seat belt.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 6.7% rarely or never wore a seat belt.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 3.0% rarely or never wore a seat belt.

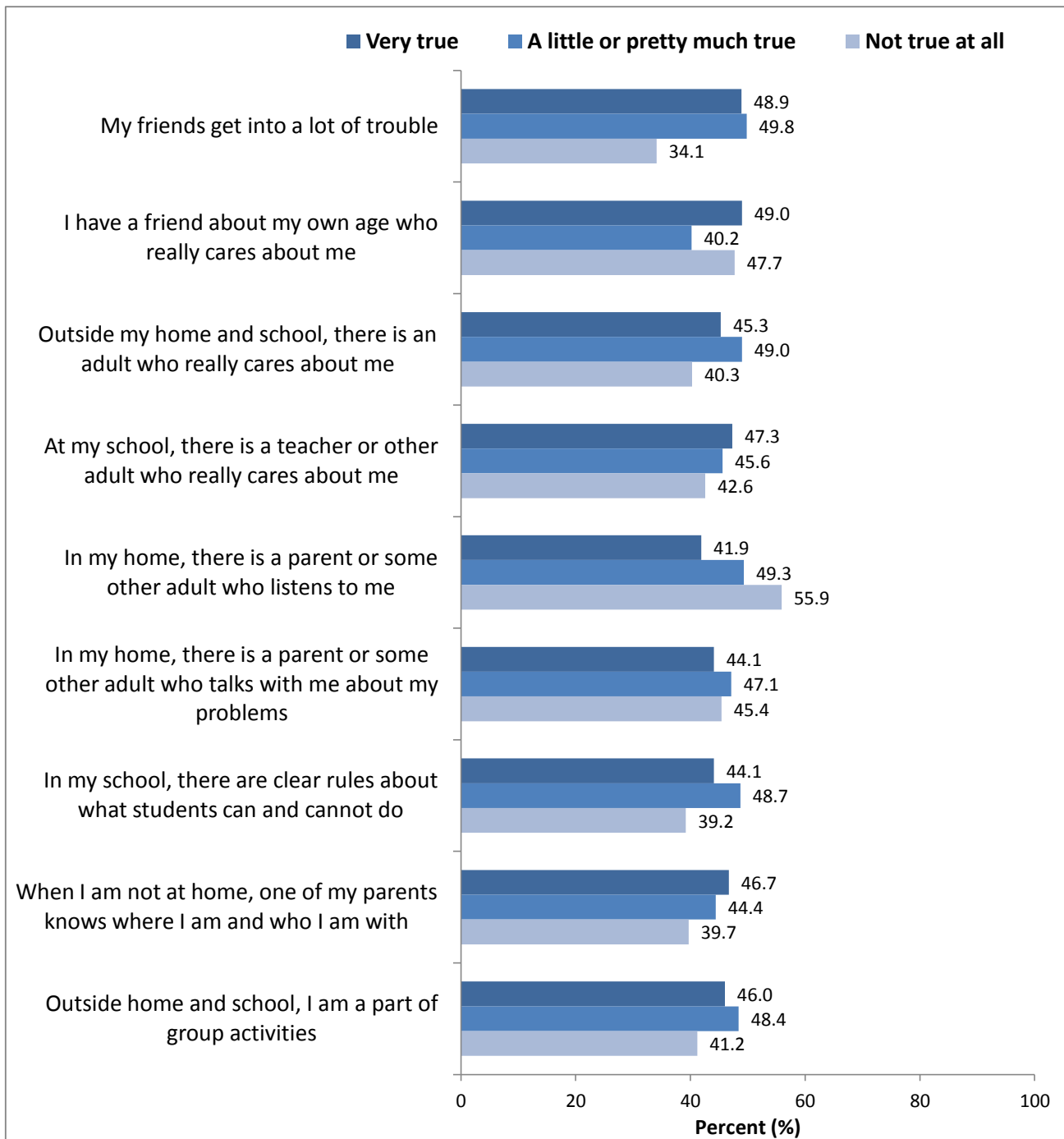
**Ever been in a physical fight  
 by Selected Resiliency Factors  
 American Indian  
 Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 69.1% were ever in a physical fight.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 54.3% were ever in a physical fight.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 35.1% were ever in a physical fight.

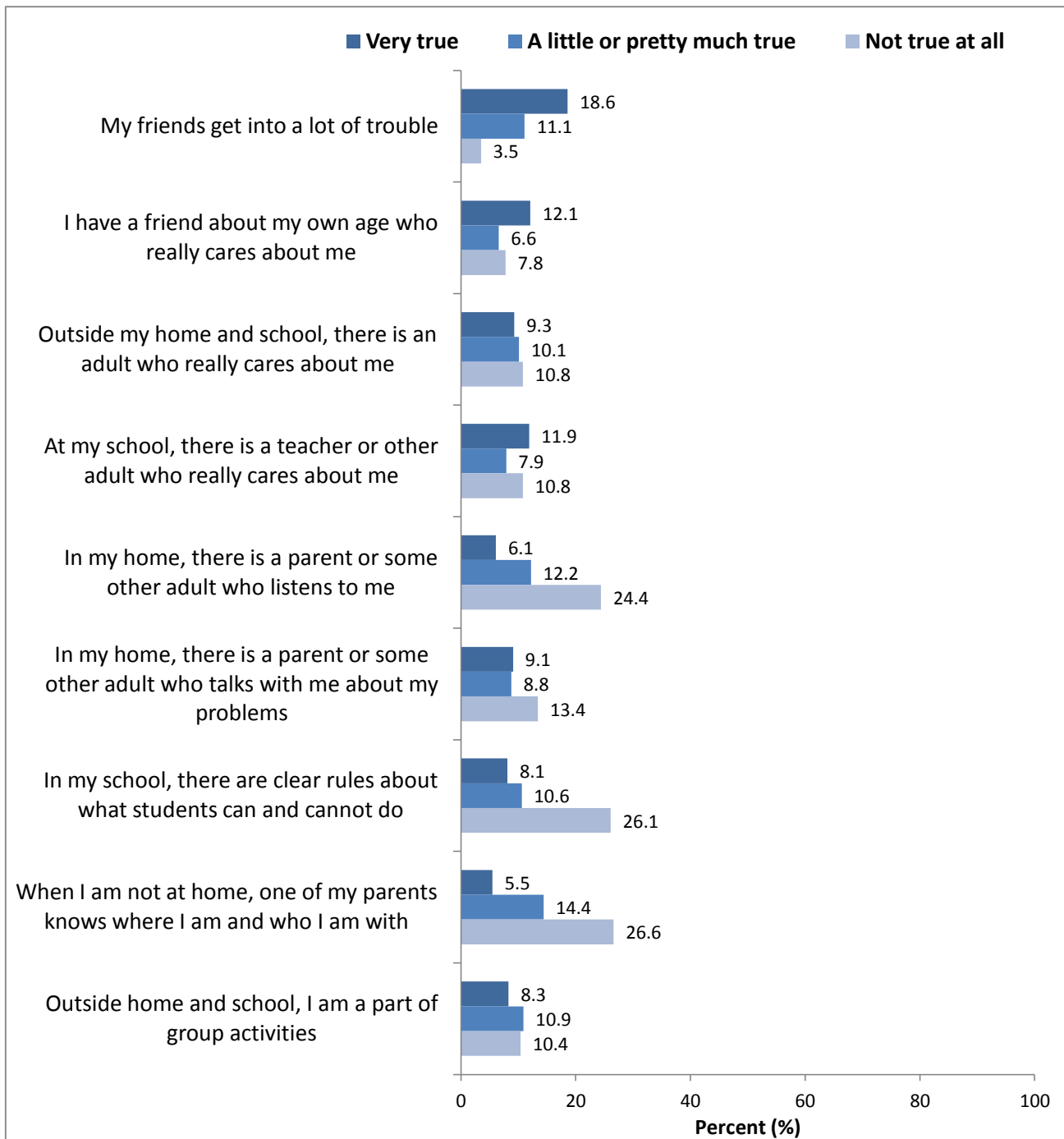
**Ever bullied on school property  
by Selected Resiliency Factors  
American Indian  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 48.9% were bullied on school property.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 49.8% were bullied on school property.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 34.1% were bullied on school property.

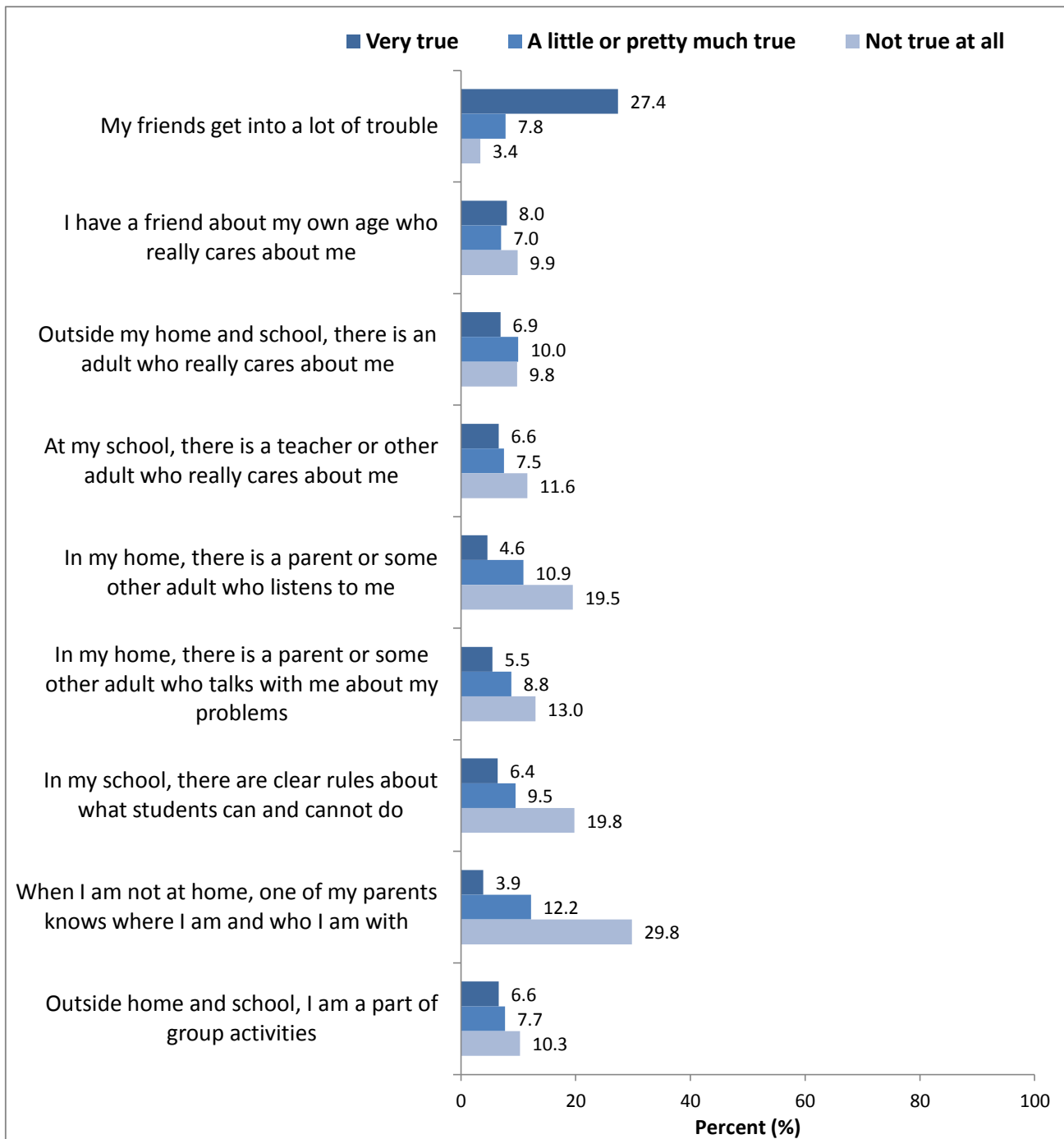
**Ever tried to kill self**  
**by Selected Resiliency Factors**  
**American Indian**  
**Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 18.6% ever tried to kill themselves.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 11.1% ever tried to kill themselves.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 3.5% ever tried to kill themselves.

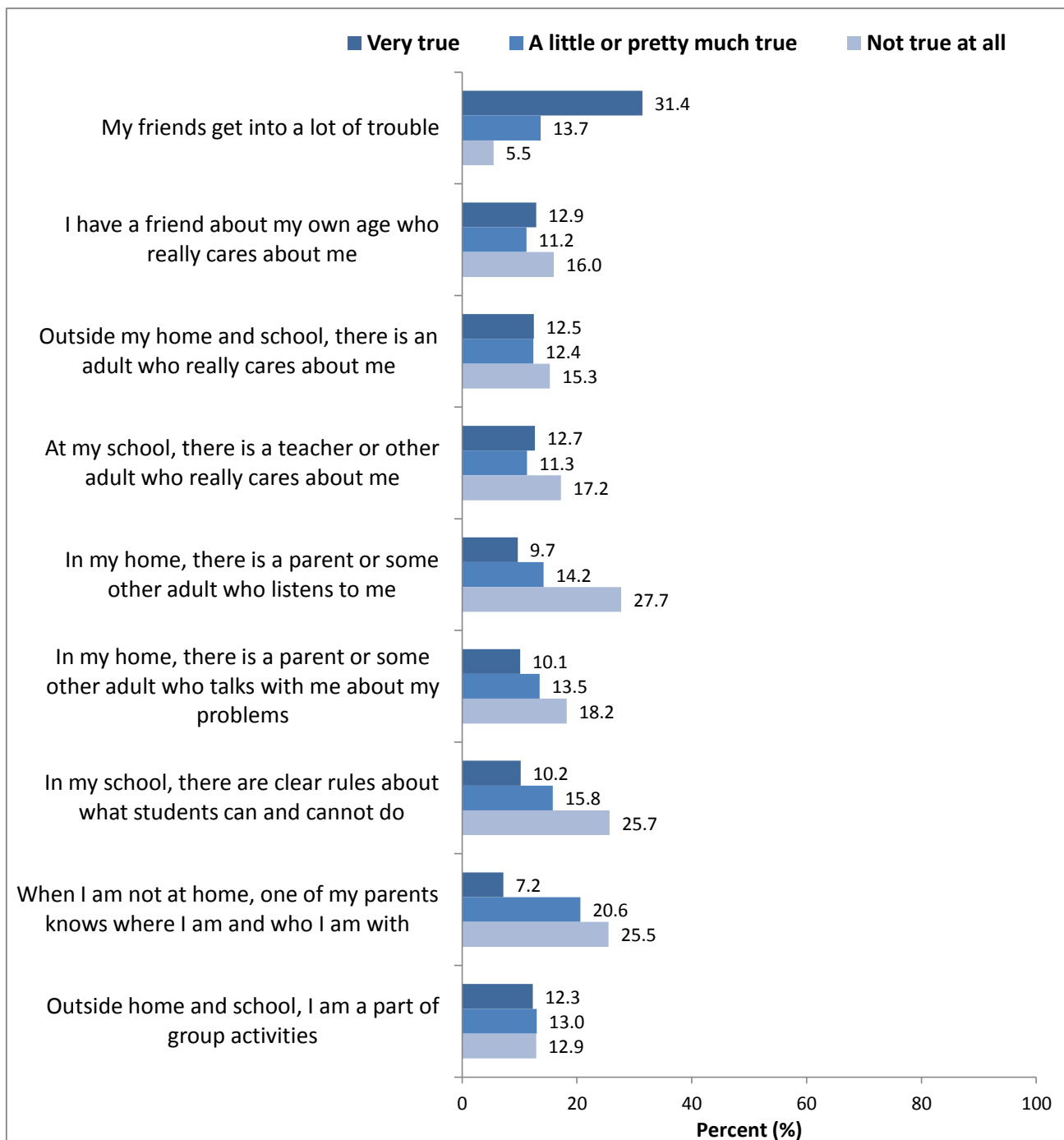
**Current cigarette smoking  
by Selected Resiliency Factors  
American Indian  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 27.4% were current smokers.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 7.8% were current smokers.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 3.4% were current smokers.

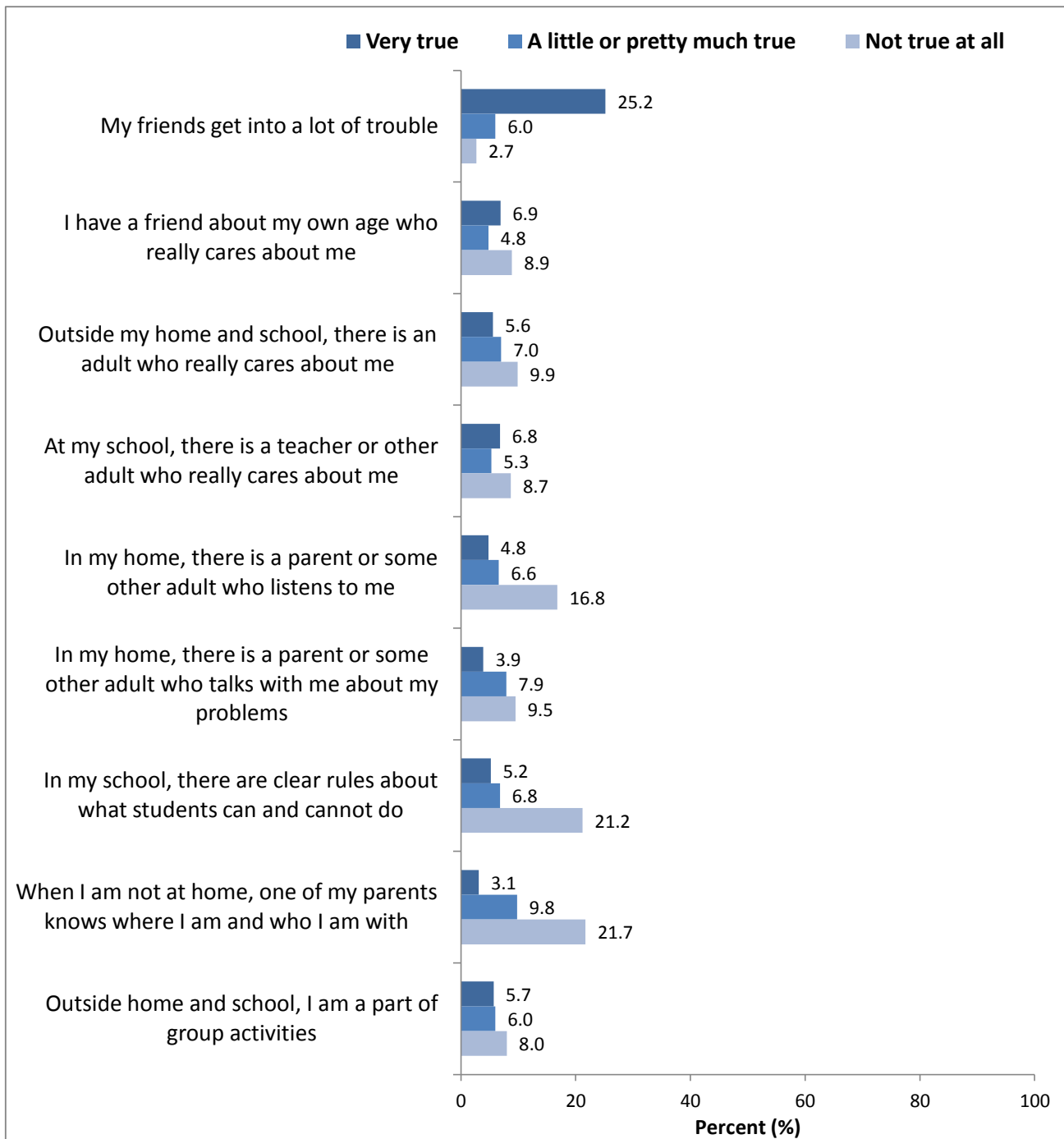
**Current drinking  
by Selected Resiliency Factors  
American Indian  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 31.4% were current drinkers.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 13.7% were current drinkers.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 5.5% were current drinkers.

**Binge drinking  
 by Selected Resiliency Factors  
 American Indian  
 Grades 6-8, 2011**

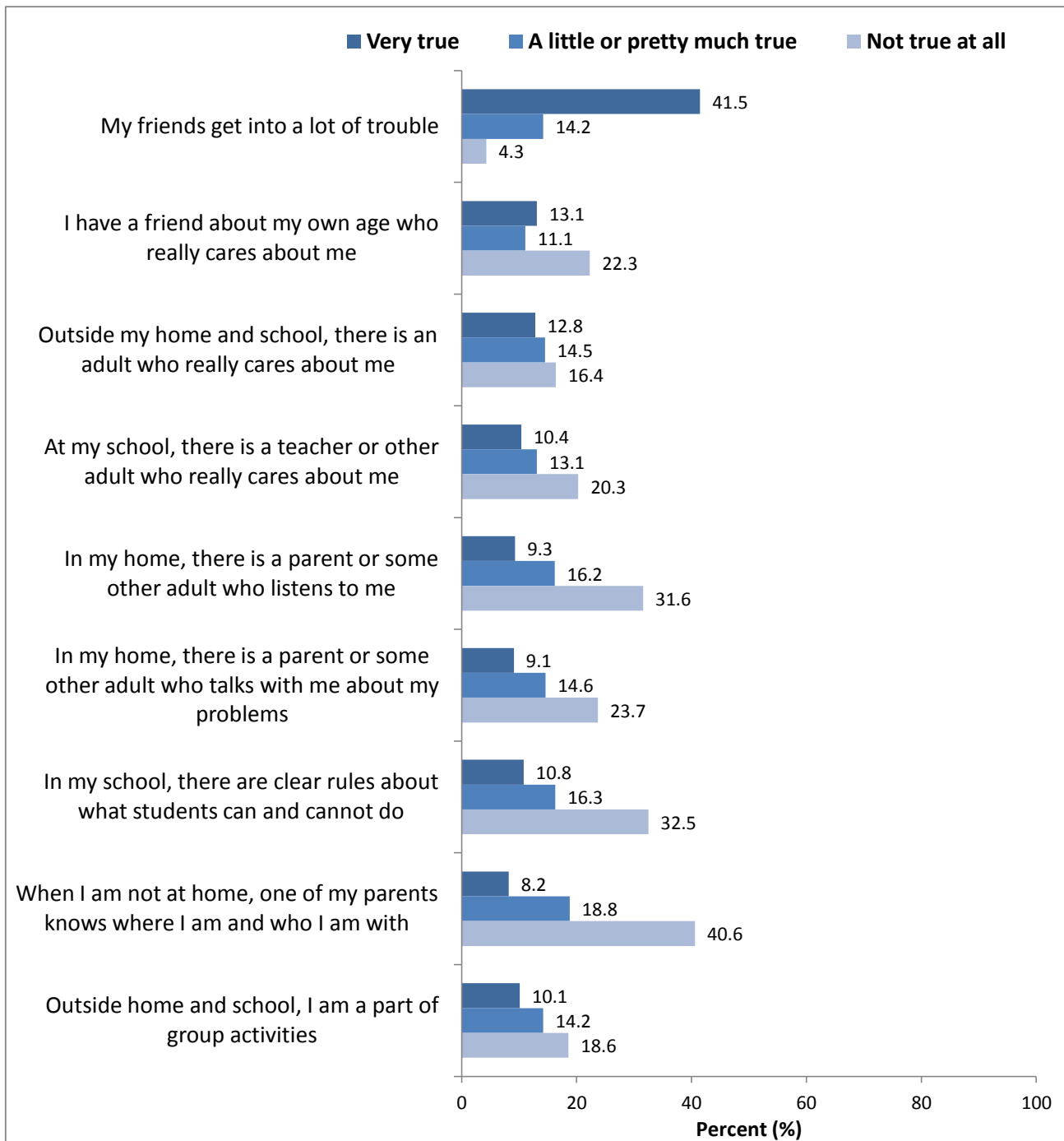


**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 25.2% were binge drinkers.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 6.0% were binge drinkers.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 2.7% were binge drinkers.



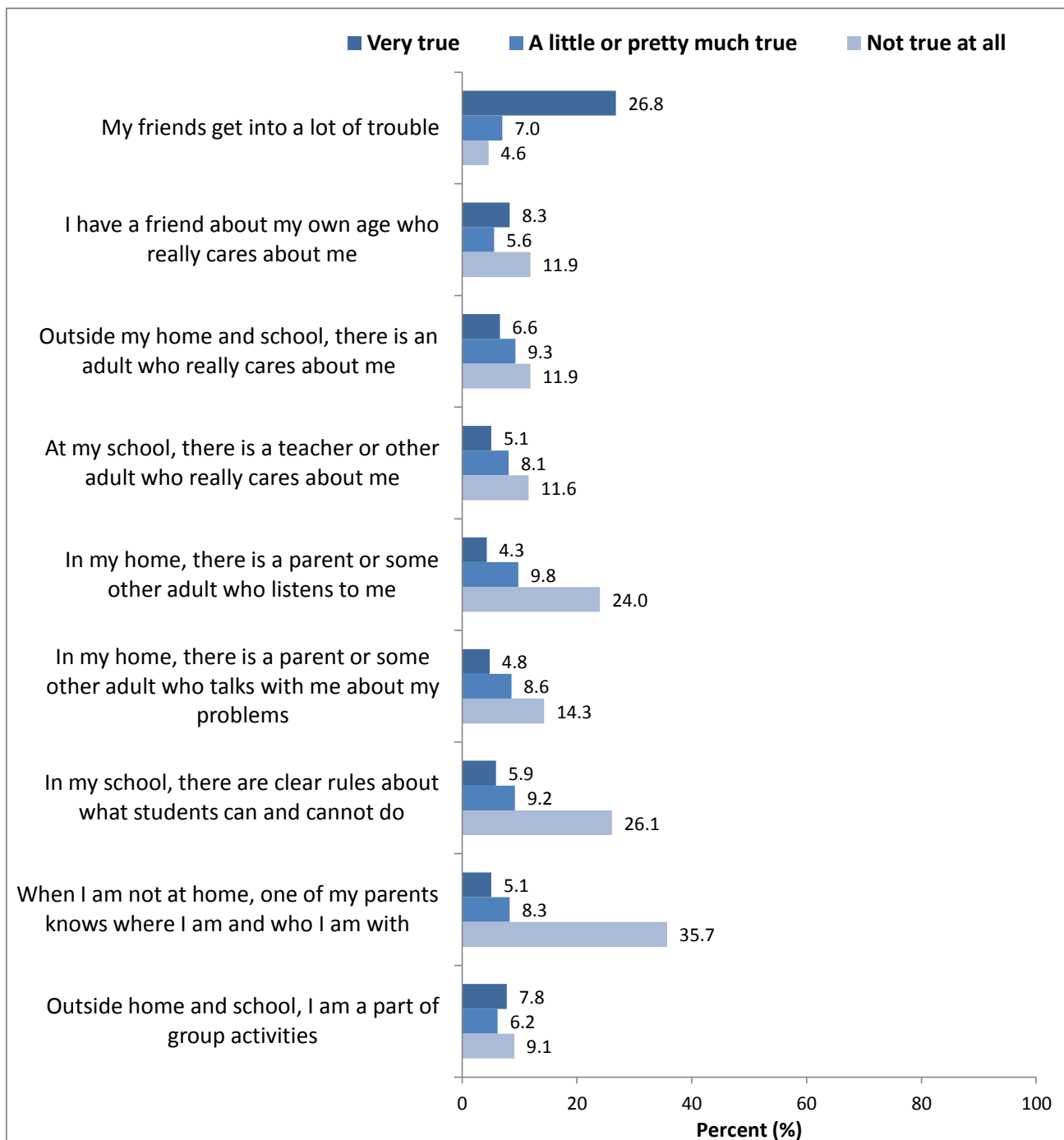
**Current marijuana use  
by Selected Resiliency Factors  
American Indian  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 41.5% were current marijuana users.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 14.2% were current marijuana users.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 4.3% were current marijuana users.

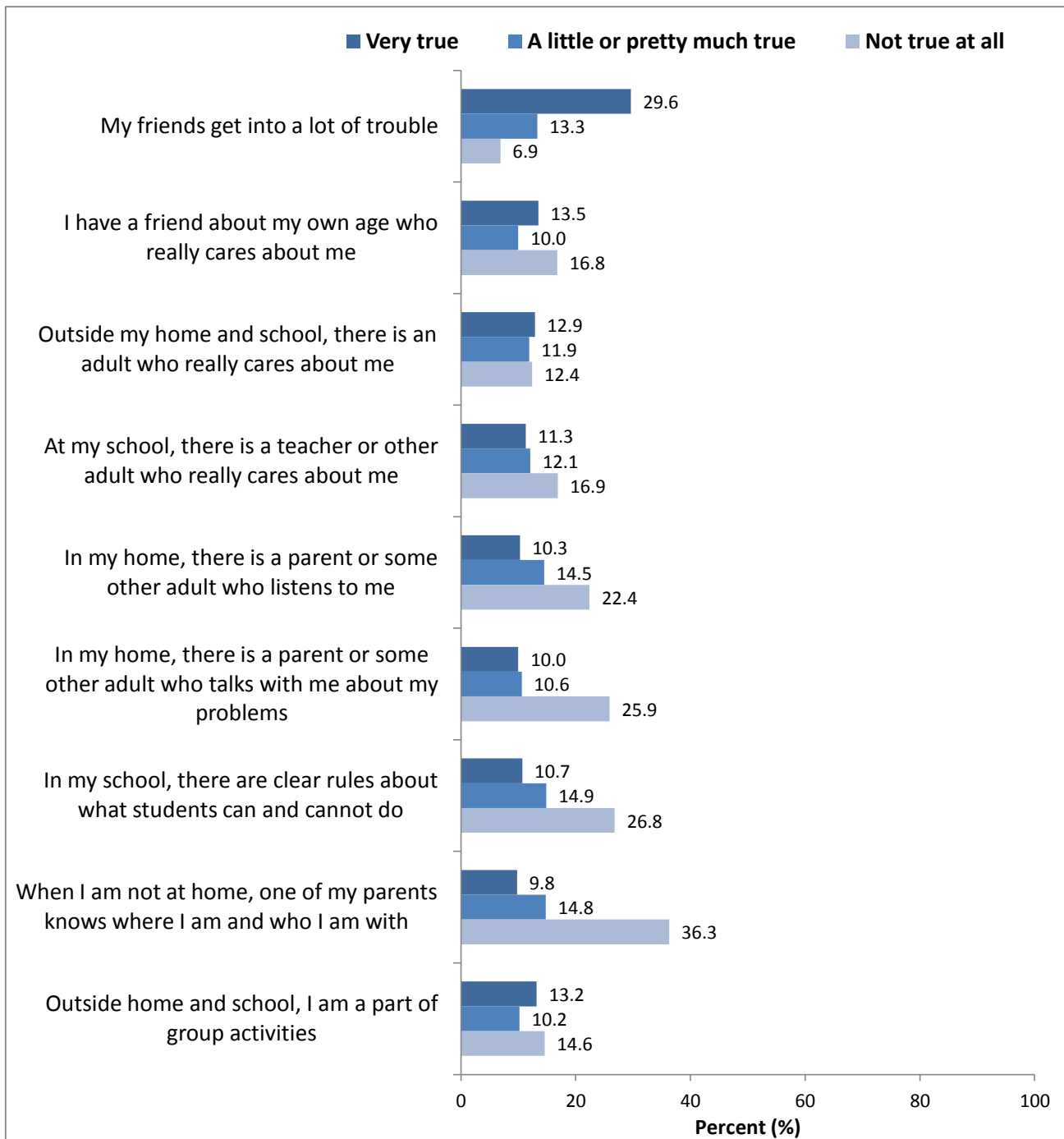
**Ever used a prescription drug without a doctor's prescription  
by Selected Resiliency Factors  
American Indian  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 26.8% used prescription drugs without a doctor's prescription.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 7.0% used prescription drugs without a doctor's prescription.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 4.6% used prescription drugs without a doctor's prescription.

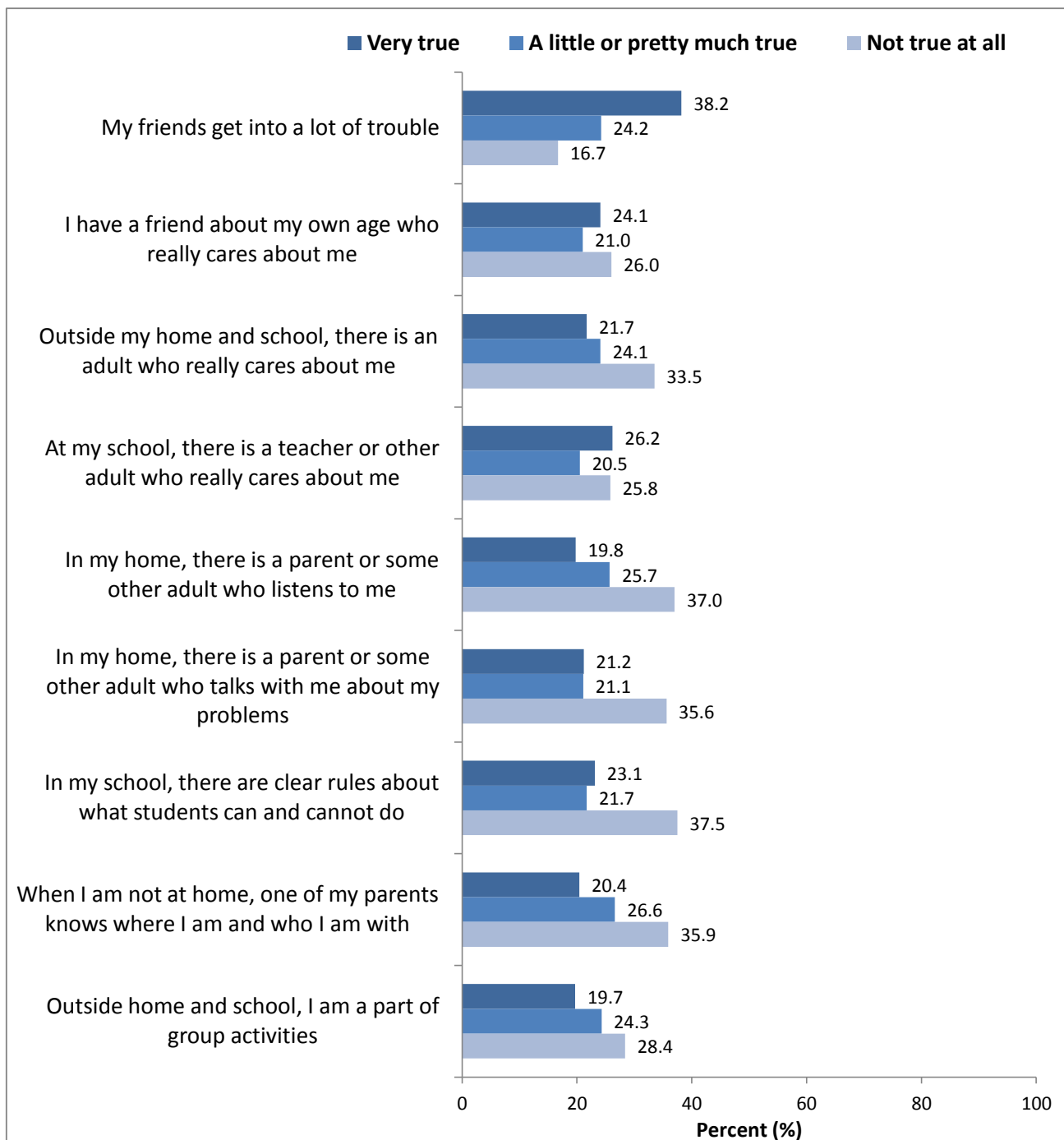
**Ever had sexual intercourse  
by Selected Resiliency Factors  
American Indian  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 29.6% ever had sexual intercourse.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 13.3% ever had sexual intercourse.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 6.9% ever had sexual intercourse.

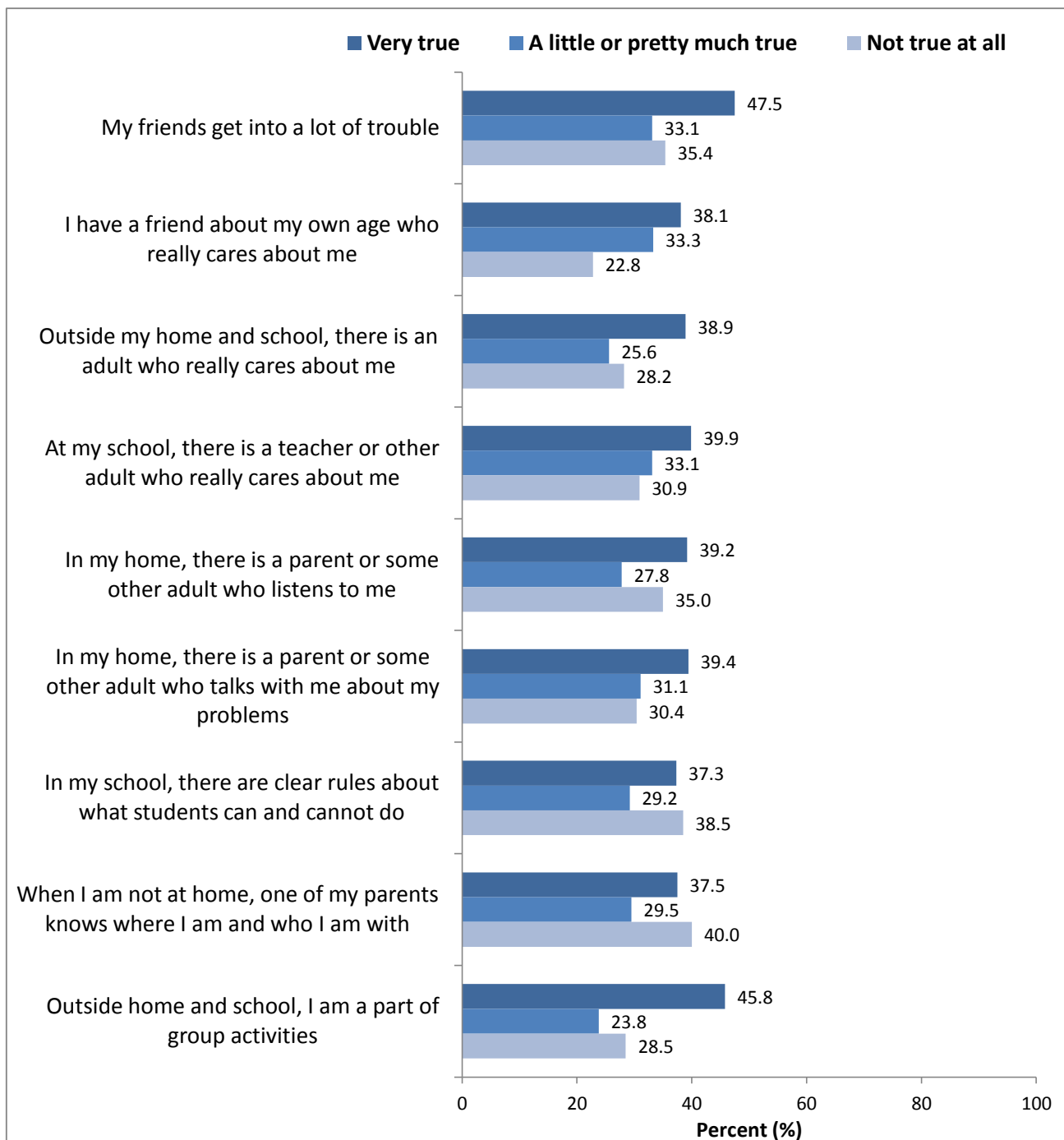
**Ever fasted to lose weight  
by Selected Resiliency Factors  
American Indian  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 38.2% ever fasted to lose weight.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 24.2% ever fasted to lose weight.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 16.7% ever fasted to lose weight.

**Daily physical activity  
by Selected Resiliency Factors  
American Indian  
Grades 6-8, 2011**



**How to read this chart:**

- Of those who said it was 'Very much true' that their friends got into a lot of trouble, 47.5% were physically active every day of the week.
- Of those who said it was 'A little or pretty much true' that their friends got into a lot of trouble, 33.1% were physically active every day of the week.
- Of those who said it was 'Not true at all' that their friends got into a lot of trouble, 35.4% were physically active every day of the week.

## Appendices

**2011 Middle School Questionnaire**  
**NM YRRS**  
**American Indian Students**  
(4548 respondents)

<u>Personal Information</u>	<u>Number of responses</u>	<u>%</u>
1. How old are you?		
A. 10 years old or younger	9	0.2%
B. 11 years old	790	17.4%
C. 12 years old	1400	30.9%
D. 13 years old	1608	35.4%
E. 14 years old	606	13.4%
F. 15 years old	109	2.4%
G. 16 years old or older	16	0.4%
2. What is your sex?		
A. Female	2246	49.6%
B. Male	2282	50.4%
3. In what grade are you?		
A. 6th grade	1265	27.9%
B. 7th grade	1637	36.1%
C. 8th grade	1603	35.4%
D. Ungraded or other grade	26	0.6%
4. Are you Hispanic or Latino?		
A. Yes	1150	26.2%
B. No	3231	73.8%
5. What is your race? (Select one or more responses.)		
A. American Indian or Alaska Native	4548	100.0%
B. Asian	34	0.7%
C. Black or African American	75	1.6%
D. Native Hawaiian or Other Pacific Islander	49	1.1%
E. White	297	6.5%

Note -For all questions, results may not add up to 100% because of missing data.

For race/ethnicity, the total may add up to more than 100% because students were allowed to select multiple responses.

**95%**

	<b><u>Weighted</u></b>	<b><u>Confidence</u></b>
	<b><u>%</u></b>	<b><u>Interval</u></b>
6. During the past 12 months, how would you describe your grades in school?		
A. Mostly A's	27.7	(24.3-31.4)
B. Mostly B's	31.0	(28.3-33.8)
C. Mostly C's	17.5	(15.3-20.0)
D. Mostly D's	4.5	(3.4-5.8)
E. Mostly F's	1.9	(1.2-3.0)
F. None of these grades	0.7	(0.4-1.4)
G. Not sure	16.7	(14.6-19.1)

**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	19.2	(17.0-21.6)
B. Never wear a helmet	53.8	(50.3-57.2)
C. Rarely wear a helmet	12.5	(10.2-15.1)
D. Sometimes wear a helmet	6.5	(5.2-8.1)
E. Most of the time wear a helmet	5.4	(3.8-7.6)
F. Always wear a helmet	2.7	(2.0-3.7)
8. How often do you wear a seat belt when riding in a car?		
A. Never	2.4	(1.8-3.2)
B. Rarely	5.1	(4.0-6.4)
C. Sometimes	15.1	(13.2-17.2)
D. Most of the time	24.6	(22.1-27.3)
E. Always	52.8	(49.8-55.7)
9. Have you ever ridden in a car driven by someone who had been drinking alcohol?		
A. Yes	30.3	(27.5-33.4)
B. No	57.5	(54.5-60.4)
C. Not sure	12.2	(10.4-14.3)



95%

Weighted    Confidence  
%            Interval

**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	34.8	(31.2-38.5)
B. No	65.2	(61.5-68.8)

11. Have you ever been in a physical fight?

A. Yes	49.2	(46.2-52.2)
B. No	50.8	(47.8-53.8)

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

12. Have you ever been bullied on school property?

A. Yes	43.5	(40.1-47.0)
B. No	56.5	(53.0-59.9)

13. Have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)

A. Yes	15.4	(13.5-17.4)
B. No	84.6	(82.6-86.5)

**Sadness and Attempted Suicide**

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

14 Have you ever seriously thought about killing yourself?

A. Yes	24.6	(22.2-27.2)
B. No	75.4	(72.8-77.8)

15 Have you ever made a plan about how you would kill yourself?

A. Yes	14.7	(12.7-17.0)
B. No	85.3	(83.0-87.3)

16. Have you ever tried to kill yourself?

A. Yes	9.9	(8.4-11.7)
B. No	90.1	(88.3-91.6)

<b><u>Tobacco Use</u></b>	<b><u>Weighted</u></b> <b><u>%</u></b>	<b><u>95%</u></b> <b><u>Confidence</u></b> <b><u>Interval</u></b>
The next 16 questions ask about tobacco use.		
17. Have you ever tried cigarette smoking, even one or two puffs?		
A. Yes	28.8	(26.3-31.5)
B. No	71.2	(68.5-73.7)
18. How old were you when you smoked a whole cigarette for the first time?		
A. I have never smoked a whole cigarette	80.3	(78.0-82.4)
B. 8 years old or younger	3.0	(2.2-4.0)
C. 9 years old	1.8	(1.4-2.3)
D. 10 years old	2.5	(2.0-3.2)
E. 11 years old	3.4	(2.6-4.5)
F. 12 years old	5.1	(3.7-7.1)
G. 13 years old or older	3.8	(3.0-4.9)
19. About how many cigarettes have you smoked in your entire life?		
A. 0 cigarettes	72.6	(69.4-75.6)
B. 1 or more puffs but never a whole cigarette	9.9	(8.1-12.1)
C. 1 cigarette	4.0	(3.0-5.5)
D. 2 to 5 cigarettes	7.1	(5.6-9.0)
E. 6 to 15 cigarettes (about ½ a pack total)	2.2	(1.7-2.9)
F. 16 to 25 cigarettes (about 1 pack total)	1.9	(1.3-2.8)
G. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)	0.6	(0.4-0.9)
H. 100 or more cigarettes (5 or more packs)	1.6	(0.9-3.1)
20. During the past 30 days, on how many days did you smoke cigarettes?		
A. 0 days	91.1	(89.6-92.3)
B. 1 or 2 days	4.7	(3.9-5.7)
C. 3 to 5 days	1.9	(1.5-2.5)
D. 6 to 9 days	0.9	(0.5-1.4)
E. 10 to 19 days	0.6	(0.3-0.9)
F. 20 to 29 days	0.5	(0.3-1.0)
G. All 30 days	0.4	(0.2-0.6)

**95%**

	<b><u>Weighted</u></b> <b><u>%</u></b>	<b><u>Confidence</u></b> <b><u>Interval</u></b>
21. During the past 30 days, on how many days did you smoke cigarettes on school property?		
A. 0 days	97.7	(96.7-98.4)
B. 1 or 2 days	1.1	(0.7-1.8)
C. 3 to 5 days	0.7	(0.3-1.7)
D. 6 to 9 days	0.3	(0.1-0.8)
E. 10 to 19 days	0.1	(0.0-0.2)
F. 20 to 29 days	0.0	(.-.)
G. All 30 days	0.1	(0.0-0.3)
22. 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	91.0	(89.5-92.3)
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	0.2	(0.1-0.4)
C. I bought them from a vending machine	0.2	(0.1-0.6)
D. I gave someone else money to buy them for me	1.7	(1.3-2.2)
E. I borrowed (or bummed) them from someone else	2.0	(1.4-3.0)
F. A person 18 years old or older gave them to me	1.0	(0.7-1.4)
G. I took them from a store or family member	1.3	(0.9-1.7)
H. I got them some other way	2.6	(2.1-3.4)
23. During the past 30 days, what brand of cigarettes did you usually smoke? (Select only one response.)		
A. I did not smoke cigarettes during the past 30 days	88.5	(86.8-90.1)
B. I do not have a usual brand	1.9	(1.3-2.6)
C. Camel	1.8	(1.3-2.4)
D. Marlboro	4.9	(3.8-6.2)
E. Newport	0.5	(0.3-0.9)
F. Virginia Slims	0.3	(0.1-0.7)
G. GPS, Basic, or Doral	0.1	(0.0-0.2)
H. Some other brand	2.1	(1.5-3.1)
24. 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	27.5	(24.3-30.8)
B. 1 to 3 times during the past 30 days	26.6	(23.1-30.4)
C. 1 to 3 times during the past week	13.4	(11.2-15.9)
D. Daily or almost daily	16.5	(13.9-19.5)
E. More than once a day	16.1	(13.2-19.6)

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

25. During the past 12 months, did you ever try to quit smoking cigarettes?

A. I did not smoke during the past 12 months

87.3    (84.9-89.4)

B. Yes

8.2    (6.8-9.9)

C. No

4.5    (2.9-6.9)

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

A. 0 days

92.6    (91.3-93.8)

B. 1 or 2 days

3.8    (3.1-4.6)

C. 3 to 5 days

1.3    (1.0-1.7)

D. 6 to 9 days

1.3    (0.9-2.0)

E. 10 to 19 days

0.4    (0.2-0.6)

F. 20 to 29 days

0.1    (0.1-0.3)

G. All 30 days

0.4    (0.2-1.1)

27. 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

95.2    (94.0-96.2)

B. 1 or 2 days

3.0    (2.3-4.0)

C. 3 to 5 days

0.6    (0.4-1.0)

D. 6 to 9 days

0.4    (0.2-0.7)

E. 10 to 19 days

0.2    (0.1-0.4)

F. 20 to 29 days

0.1    (0.0-0.2)

G. All 30 days

0.4    (0.2-1.0)

28. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?

A. 0 days

66.5    (62.8-70.1)

B. 1 or 2 days

18.3    (15.6-21.4)

C. 3 or 4 days

6.0    (4.2-8.6)

D. 5 or 6 days

1.9    (1.2-3.0)

E. 7 days

7.2    (5.7-9.0)

29. Do you think smoke from other people's cigarettes is harmful to you?

A. Definitely yes

50.6    (47.4-53.8)

B. Probably yes

34.6    (31.3-38.2)

C. Probably not

8.3    (6.8-10.1)

D. Definitely not

6.5    (5.0-8.3)

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

30. Do you think that you will try smoking a cigarette soon?

A. I have already tried smoking cigarettes

13.9    (11.8-16.2)

B. Yes

7.2    (5.7-9.1)

C. No

78.9    (75.8-81.7)

31. Do you think you will smoke a cigarette at anytime during the next year?

A. Definitely yes

3.3    (2.4-4.6)

B. Probably yes

10.0    (8.3-12.0)

C. Probably not

18.2    (15.9-20.7)

D. Definitely not

68.5    (64.9-71.8)

32. If one of your best friends offered you a cigarette, would you smoke it?

A. Definitely yes

3.6    (2.4-5.5)

B. Probably yes

11.4    (9.3-14.0)

C. Probably not

18.7    (16.3-21.4)

D. Definitely not

66.2    (62.7-69.6)

**Alcohol**

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

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

A. Yes

30.2    (27.2-33.3)

B. No

69.8    (66.7-72.8)

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

69.3    (66.1-72.3)

B. 8 years old or younger

5.9    (4.7-7.4)

C. 9 years old

2.6    (1.9-3.6)

D. 10 years old

3.7    (2.8-4.8)

E. 11 years old

5.5    (4.5-6.8)

F. 12 years old

7.5    (5.7-9.7)

G. 13 years old or older

5.4    (4.0-7.4)

**95%**

	<b><u>Weighted</u></b> <b><u>%</u></b>	<b><u>Confidence</u></b> <b><u>Interval</u></b>
35. During the past 30 days, on how many days did you have at least one drink of alcohol?		
A. 0 days	86.9	(85.0-88.6)
B. 1 or 2 days	8.0	(6.7-9.5)
C. 3 to 5 days	2.5	(1.7-3.8)
D. 6 to 9 days	1.0	(0.7-1.4)
E. 10 to 19 days	0.6	(0.4-0.9)
F. 20 to 29 days	0.3	(0.1-0.7)
G. All 30 days	0.7	(0.3-1.3)
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	93.6	(92.0-94.9)
B. 1 day	3.0	(2.1-4.3)
C. 2 days	1.3	(1.0-1.8)
D. 3 to 5 days	0.6	(0.4-1.0)
E. 6 to 9 days	0.5	(0.3-1.1)
F. 10 to 19 days	0.4	(0.1-0.9)
G. 20 or more days	0.5	(0.2-1.3)
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	62.3	(58.4-66.0)
B. Sort of hard	15.8	(13.1-18.9)
C. Sort of easy	11.7	(9.8-13.8)
D. Very easy	10.3	(8.6-12.4)
38. How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	82.4	(79.3-85.2)
B. Wrong	12.1	(9.7-14.9)
C. A little bit wrong	3.8	(2.8-5.0)
D. Not wrong at all	1.8	(1.0-3.2)
39. How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	66.7	(63.3-70.0)
B. Wrong	20.2	(17.7-22.9)
C. A little bit wrong	9.4	(7.4-11.8)
D. Not wrong at all	3.7	(2.5-5.5)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
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	12.1	(9.7-14.9)
B. Slight risk	13.9	(11.8-16.3)
C. Moderate risk	28.5	(25.3-32.0)
D. Great risk	45.5	(41.5-49.5)

### **Marijuana and other Drug Use**

The next 8 questions ask about marijuana use and other drug use. Marijuana also is called grass or pot.

41. Have you ever used marijuana?		
A. Yes	22.8	(20.3-25.6)
B. No	77.2	(74.4-79.7)
42. How old were you when you tried marijuana for the first time?		
A. I have never tried marijuana	77.2	(74.5-79.7)
B. 8 years old or younger	3.2	(2.5-4.0)
C. 9 years old	2.0	(1.6-2.6)
D. 10 years old	2.9	(2.3-3.7)
E. 11 years old	4.4	(3.0-6.4)
F. 12 years old	5.2	(4.2-6.6)
G. 13 years old or older	5.1	(3.7-6.9)
43. During the past 30 days, how many times did you use marijuana?		
A. 0 times	86.5	(83.9-88.7)
B. 1 or 2 times	5.5	(4.3-6.9)
C. 3 to 9 times	3.3	(2.4-4.6)
D. 10 to 19 times	1.6	(1.1-2.3)
E. 20 to 39 times	1.2	(0.5-2.5)
F. 40 or more times	1.9	(1.3-2.8)
44. Have you ever taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?		
A. Yes	8.2	(6.2-10.9)
B. No	91.8	(89.1-93.8)
45. Have you ever used a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?		
A. Yes	5.5	(3.8-8.0)
B. No	94.5	(92.0-96.2)

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

46. Have you ever used any form of cocaine, including powder, crack, or freebase?

A. Yes

5.1

(3.7-7.0)

B. No

94.9

(93.0-96.3)

47. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?

A. Yes

13.7

(11.1-16.7)

B. No

86.3

(83.3-88.9)

48. Have you ever used a needle to inject any illegal drug into your body?

A. Yes

2.2

(1.0-4.7)

B. No

97.8

(95.3-99.0)

**Sexual Behavior**

The next 4 questions ask about sexual intercourse.

49. Have you ever had sexual intercourse?

A. Yes

12.1

(10.1-14.5)

B. No

87.9

(85.5-89.9)

50. How old were you when you had sexual intercourse for the first time?

A. I have never had sexual intercourse

87.9

(85.5-89.9)

B. 8 years old or younger

2.0

(0.9-4.3)

C. 9 years old

0.4

(0.2-0.6)

D. 10 years old

1.0

(0.5-1.8)

E. 11 years old

1.3

(0.8-2.1)

F. 12 years old

3.1

(2.3-4.3)

G. 13 years old or older

4.3

(3.4-5.4)

51. With how many people have you ever had sexual intercourse?

A. I have never had sexual intercourse

87.8

(85.5-89.9)

B. 1 person

6.9

(5.4-8.7)

C. 2 people

2.1

(1.4-3.2)

D. 3 people

1.2

(0.8-1.7)

E. 4 people

0.5

(0.3-0.9)

F. 5 people

0.5

(0.2-1.0)

G. 6 or more people

1.0

(0.7-1.5)



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

52. The last time you had sexual intercourse, did you or your partner use a condom?

A. I have never had sexual intercourse

87.9            (85.6-90.0)

B. Yes

8.2             (6.7-10.1)

C. No

3.8             (2.5-5.8)

**Body Weight**

The next 4 questions ask about body weight.

53. How do you describe your weight?

A. Very underweight

4.0             (3.1-5.2)

B. Slightly underweight

13.0            (11.1-15.2)

C. About the right weight

56.5            (53.6-59.3)

D. Slightly overweight

23.2            (21.0-25.5)

E. Very overweight

3.3             (2.4-4.6)

54. Which of the following are you trying to do about your weight?

A. Lose weight

53.6            (50.2-57.0)

B. Gain weight

5.9             (4.6-7.5)

C. Stay the same weight

24.5            (21.6-27.8)

D. I am not trying to do anything about my weight

16.0            (13.8-18.5)

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

23.7            (21.5-26.0)

B. No

76.3            (74.0-78.5)

56. Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?

A. Yes

5.2             (4.3-6.2)

B. No

94.8            (93.8-95.7)

**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.)

A. 0 days	17.6	(15.2-20.3)
B. 1 day	5.8	(4.6-7.2)
C. 2 days	7.8	(6.3-9.6)
D. 3 days	9.4	(7.6-11.6)
E. 4 days	9.6	(7.6-11.9)
F. 5 days	12.5	(10.6-14.5)
G. 6 days	4.6	(3.6-5.8)
H. 7 days	32.7	(29.7-36.0)

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

A. I do not watch TV on an average school day	14.0	(11.8-16.6)
B. Less than 1 hour per day	19.5	(17.6-21.6)
C. 1 hour per day	14.9	(12.7-17.3)
D. 2 hours per day	18.5	(16.2-21.1)
E. 3 hours per day	14.0	(11.8-16.5)
F. 4 hours per day	7.1	(5.8-8.8)
G. 5 or more hours per day	11.9	(9.9-14.2)

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 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	19.6	(17.3-22.2)
B. Less than 1 hour per day	23.9	(21.4-26.7)
C. 1 hour per day	16.4	(14.1-18.9)
D. 2 hours per day	13.4	(11.3-15.8)
E. 3 hours per day	9.8	(8.0-12.0)
F. 4 hours per day	6.5	(5.0-8.4)
G. 5 or more hours per day	10.4	(9.0-12.0)

**95%**

	<b><u>Weighted</u></b>	<b><u>Confidence</u></b>
	<b><u>%</u></b>	<b><u>Interval</u></b>
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	43.7	(39.1-48.5)
B. 1 day	6.7	(5.1-8.7)
C. 2 days	5.2	(3.6-7.6)
D. 3 days	3.7	(2.2-6.0)
E. 4 days	2.8	(2.1-3.6)
F. 5 days	38.0	(33.6-42.5)

**Health-Related Topics**

The next 4 questions ask about other health-related topics.

61. Have you ever been taught about AIDS or HIV infection in school?		
A. Yes	50.9	(45.9-55.8)
B. No	27.5	(24.3-30.9)
C. Not sure	21.6	(19.0-24.5)
62. Has a doctor or nurse ever told you that you have asthma?		
A. Yes	16.3	(14.1-18.8)
B. No	74.4	(71.5-77.0)
C. Not sure	9.3	(7.4-11.7)
63. Do you still have asthma?		
A. I have never had asthma	67.6	(64.7-70.4)
B. Yes	11.3	(9.4-13.5)
C. No	10.8	(9.0-12.9)
D. Not sure	10.3	(8.6-12.3)
64. Do you have enough food to eat, sometimes not enough to eat, or often not enough to eat?		
A. Enough food to eat	82.3	(80.0-84.3)
B. Sometimes not enough to eat	14.9	(13.0-16.9)
C. Often not enough to eat	2.9	(2.0-4.1)

**Resiliency Factors**

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

65. My friends get into a lot of trouble.		
A. Not true at all	26.5	(23.3-30.0)
B. A little true	53.4	(49.4-57.4)
C. Pretty much true	13.4	(11.3-15.7)
D. Very much true	6.7	(5.0-8.8)

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

66. I often do things without thinking about what will happen.

A. Not true at all	26.6	(23.7-29.8)
B. A little true	42.8	(39.5-46.2)
C. Pretty much true	18.5	(15.8-21.5)
D. Very much true	12.1	(10.2-14.4)

67. I have a friend about my own age who really cares about me.

A. Not true at all	11.0	(9.0-13.4)
B. A little true	16.5	(13.6-19.8)
C. Pretty much true	20.6	(17.9-23.6)
D. Very much true	51.9	(48.2-55.6)

68. Outside of my home and school, there is an adult who really cares about me.

A. Not true at all	8.4	(6.9-10.3)
B. A little true	6.9	(5.4-8.9)
C. Pretty much true	16.8	(14.0-19.9)
D. Very much true	67.9	(64.4-71.1)

69. At my school there is a teacher or some other adult who really cares about me.

A. Not true at all	16.9	(14.6-19.5)
B. A little true	25.6	(22.0-29.6)
C. Pretty much true	25.7	(22.3-29.4)
D. Very much true	31.8	(28.5-35.3)

70. 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	6.9	(5.6-8.4)
B. A little true	14.1	(11.9-16.7)
C. Pretty much true	22.9	(20.0-26.0)
D. Very much true	56.1	(52.2-60.0)

71. In my home, there is a parent or some other adult who talks with me about my problems.

A. Not true at all	14.5	(12.5-16.8)
B. A little true	17.5	(15.4-19.9)
C. Pretty much true	22.7	(19.8-25.8)
D. Very much true	45.3	(41.5-49.1)

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

72. In my school, there are clear rules about what students can and cannot do.

A. Not true at all

3.7

(2.8-4.9)

B. A little true

9.0

(7.3-11.2)

C. Pretty much true

23.6

(19.7-28.0)

D. Very much true

63.7

(59.2-67.9)

73. 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

5.0

(3.9-6.3)

B. A little true

10.7

(8.9-12.8)

C. Pretty much true

23.7

(20.8-26.8)

D. Very much true

60.7

(56.7-64.5)

74. Outside of my home and school, I am a part of clubs, sports teams, church/temple, or other group activities.

A. Not true at all

24.4

(21.2-27.9)

B. A little true

14.9

(12.2-18.0)

C. Pretty much true

16.0

(13.7-18.6)

D. Very much true

44.7

(41.0-48.6)

## Appendix B: About this Report

This report contains results from the 2011 New Mexico Middle School Youth Risk and Resiliency Survey (YRRS). The YRRS is a statewide survey of public school students in middle schools and high schools throughout New Mexico. Statewide and county level results are available at [www.YouthRisk.org](http://www.YouthRisk.org) and [www.health.state.nm.us/ERD/HealthData/yrrs.shtml](http://www.health.state.nm.us/ERD/HealthData/yrrs.shtml). Together, these documents comprise a useful tool for those working on youth-related issues at the state and local level.

The YRRS is organized into two major content areas: risk behaviors and protective (resiliency) factors. Risk behaviors include behaviors associated with unintentional injury, violence, 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. For schools or tribal areas with more than one year of survey data, 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 prevalence of a group of behaviors for the school or tribal area to the NM prevalence for the same behaviors; the second compares the prevalence for girls to that of boys for the same behaviors, and the third compares the 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 resiliency factors. This section consists of a set of bar charts, each showing the relationship between risk behaviors and protective factors.

In some cases, when there were very few students in a particular age or gender group (<20), 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

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 18, Unintentional Injury, shows that 7.5% of students in New Mexico rarely or never wore seatbelts, while 7.5% of students in American Indian rarely or never wore seatbelts.

### How to get YRRS reports

State level and county level YRRS reports are freely available at [www.YouthRisk.org](http://www.YouthRisk.org). In addition, school district reports have been prepared for each participating school district and have been distributed to school district offices. School level reports have been prepared for some schools. Schools and school districts are encouraged to reproduce and share these reports with community groups concerned with prevention and health promotion. However, neither school level nor school district level results will 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). School level reports for schools participating in the AASTEY YRRS project are available from AASTEY, with the proper permission.

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

Rarely or never wore a bike helmet

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

Rarely or never wore a seatbelt

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

Ever rode in a car with a drinking driver

Answered 'Yes' to the question, *Have you ever ridden in a car driven by someone who had been drinking alcohol?*

Violence-Related Behaviors

Ever carried a weapon, such as a gun, knife, or club

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

Ever been in a physical fight

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

Ever bullied on school property

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

Ever bullied electronically

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

Mental Health

Ever seriously thought about killing self

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

Ever planned to kill self

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

Ever tried to kill self

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

Tobacco Use

Ever smoked cigarettes

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

First smoked a cigarette before age 11

Answered '10 years old' or younger to the question, *How old were you when you smoked a whole cigarette for the first time?*

Smoked at least one whole cigarette in life

Answered '1 cigarette' or more to the question, *About how many cigarettes have you smoked in your entire life?*

Current cigarette smoking (Smoked cigarettes at least once in the past 30 days)

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you smoke cigarettes?*

Non-smoker

Answered '0 days' to the question, *During the past 30 days, on how many days did you smoke cigarettes?*

Frequent cigarette smoking

Answered '20 to 29 days' or more to the question, *During the past 30 days, on how many days did you smoke cigarettes?*

Smoked on school property

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

Marlboro is usual brand among current cigarette smokers

Of current cigarette smokers, answered 'Marlboro' to the question, *During the past 30 days, what brand of cigarettes did you usually smoke?*

Of those who smoked in the past 12 months, tried to quit smoking

Answered 'Yes' to the question, *During the past 12 months, did you ever try to quit smoking cigarettes?*, among those who answered 'Yes' or 'No' to the question, but did not answer 'I did not smoke during the past 12 months'.

Successful quit attempt by one who smoked in the past 12 months

Answered 'Yes' to the question, *During the past 12 months, did you ever try to quit smoking cigarettes?*

- and -

Answered '0 days' to the question, *During the past 30 days, on how many days did you smoke cigarettes?* (i.e., were currently non-smokers.)

Unsuccessful quit attempt by one who smoked in the past 12 months

Answered 'Yes' to the question, *During the past 12 months, did you ever try to quit smoking cigarettes?*

- and -

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you smoke cigarettes?* (i.e., were current smokers.)

Current cigar smoking

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?*

Current spit tobacco use

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?*

In the same room with a smoker in the past 7 days

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?*

Will definitely or probably smoke cigarettes in the next year

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



Would definitely or probably smoke if best friend offered

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

Saw ads about smoking danger in the past 30 days

Answered '1 to 3 times during the past 30 days' or more to the question, *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?*

Believes smoke from other people's cigarettes is definitely harmful

Answered 'Definitely yes' to the question, *Do you think smoke from other people's cigarettes is harmful to you?*

#### Alcohol Use

Ever drank alcohol

Answered 'Yes' to the question, *Have you ever had a drink of alcohol, other than a few sips?*

Drank alcohol before age 11

Answered '10 years old' or younger to the question, *How old were you when you had your first drink of alcohol other than a few sips?*

Current drinking

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

Binge drinking (Had 5 or more drinks on a single occasion at least once in the past 30 days)

Answered '1 day' or more to the question, *During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?*

It would be very easy or sort of easy to get alcohol

Answered 'Very easy' or 'Sort of easy' to the question, *If you wanted to get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get?*

My parents think my regular alcohol use would be wrong

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

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

Answered 'Very wrong' or 'Wrong' to the question, *How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?*

People face great risk from daily alcohol use

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

#### Drug use

Ever used marijuana

Answered 'Yes' to the question, *Have you ever used marijuana?*

First used marijuana before age 11

Answered '10 years old' or younger to the question, *How old were you when you tried marijuana for the first time?*

Current marijuana use

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

Ever used a prescription drug without a doctor's prescription

Answered 'Yes' to the question, *Have you ever taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?*

Ever used a painkiller to get high

Answered 'Yes' to the question, *Have you ever used a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?*

Ever used cocaine

Answered 'Yes' to the question, *Have you ever used any form of cocaine, including powder, crack, or freebase?*

Ever used inhalants

Answered 'Yes' to the question, *Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?*

Ever used illegal injection drugs

Answered 'Yes' to the question, *Have you ever used a needle to inject any illegal drug into your body?*

### Sexual Activity

Ever had sexual intercourse

Answered 'Yes' to the question, *Have you ever had sexual intercourse?*

Had sexual intercourse before age 11

Answered '10 years old' or younger to the question, *How old were you when you had sexual intercourse for the first time?*

Had sexual intercourse with three or more people in lifetime

Answered '3 people' or more to the question, *With how many people have you ever had sexual intercourse?*

Used a condom (among those who ever had sexual intercourse)

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

- among those who -

Answered 'Yes' to the question, *Have you ever had sexual intercourse?*

Taught about HIV/AIDS

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

### Body Weight and Weight Control

Self-described as slightly or very overweight

Answered 'Very overweight' or 'Slightly overweight' to the question, *How do you describe your weight?*

Trying to lose weight

Answered 'Lose weight' to the question, *Which of the following are you trying to do about your weight?*

Ever fasted to lose weight

Answered 'Yes' to the question, *Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?*

Ever vomited or used laxatives to lose weight

Answered 'Yes' to the question, *Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?*

Physical Activity

No 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 spend in any kind of physical activity that increases your heart rate and makes 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 spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)*

Daily physical activity

Answered '7 days' to the question, *During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)*

At least one day/week of physical education

Answered '1 day' or more to the question, *In an average week when you are in school, on how many days do you go to physical education (PE) classes?*

Daily physical education at school

Answered '5 days' to the question, *In an average week when you are in school, on how many days do you go to physical education (PE) classes?*

Resiliency/Protective Factors

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.



**NM YRRS**  
**YOUTH RISK & RESILIENCY SURVEY**