

Adolescent Risk Taking Behaviors

What? So what? Then what?

Trends and Comparisons

Preliminary results from 2017 survey

Youth Risk and Resiliency Survey (YRRS) Results

Green D, Peñaloza L, and FitzGerald C. 2014. *New Mexico Youth Risk and Resiliency Survey: High School Survey Results 2013, Los Alamos County*. Epidemiology and Response Division, New Mexico Department of Health; School and Family Support Bureau, New Mexico Public Education Department; and University of New Mexico Prevention Research Center.

This report is a product of the NM Youth Risk and Resiliency Survey (YRRS), a project that characterizes risk behaviors and resiliency/protective factors among New Mexico youth. The YRRS is a joint project of the New Mexico Department of Health (NMDOH) and the New Mexico Public Education Department (PED), with support and technical assistance from the University of New Mexico Prevention Research Center (UNM PRC); the Office of Substance Abuse Prevention, Behavioral Health Services Division (OSAPBHSD); the Albuquerque Area Southwest Tribal Epidemiology Center (AASTECC); and the U.S. Centers for Disease Control and Prevention, Division of Adolescent and School Health (CDC-DASH).

Outline

- Executive Summary
- History of Surveys in Los Alamos
- Are the survey results valid?
- Trends in alcohol use
- Why the concern about alcohol use?
- Trends in tobacco use
- Trends in marijuana use
- Trends in depression/suicide ideation
- Trends in sexual intercourse
- Summary and recommendations

Executive Summary

We have been surveying adolescent risk-taking behaviors of Los Alamos students for 30 years. This preliminary report incorporates the latest results from the YRRS survey administered in the fall of 2017. The survey results are valid; the “noise” is minimal. While still the most challenging behavior, alcohol use in New Mexico and in Los Alamos is on a steady downward trend. Cigarette smoking continues downward in Los Alamos and statewide – replaced by vaping? Marijuana use also continues a downward trend and Los Alamos use is well below use statewide. Both statewide and in Los Alamos the percentage of students reporting feeling sad or hopeless has been slowly rising – females especially vulnerable. The percentage of students reporting being sexually active has remained at about 20%.

Alcohol, Tobacco and Other Drug (ATOD) Prevalence Surveys at LAHS that I have analyzed

- **PRIDE** Surveys

- 1988
- 1989
- 1990
- 1991
- 1992
- 1993
- 1994
- 1995
- 1996
- 1999
- 2000
- 2001
- 2003
- 2005
- 2007
- 2010

- Other Surveys

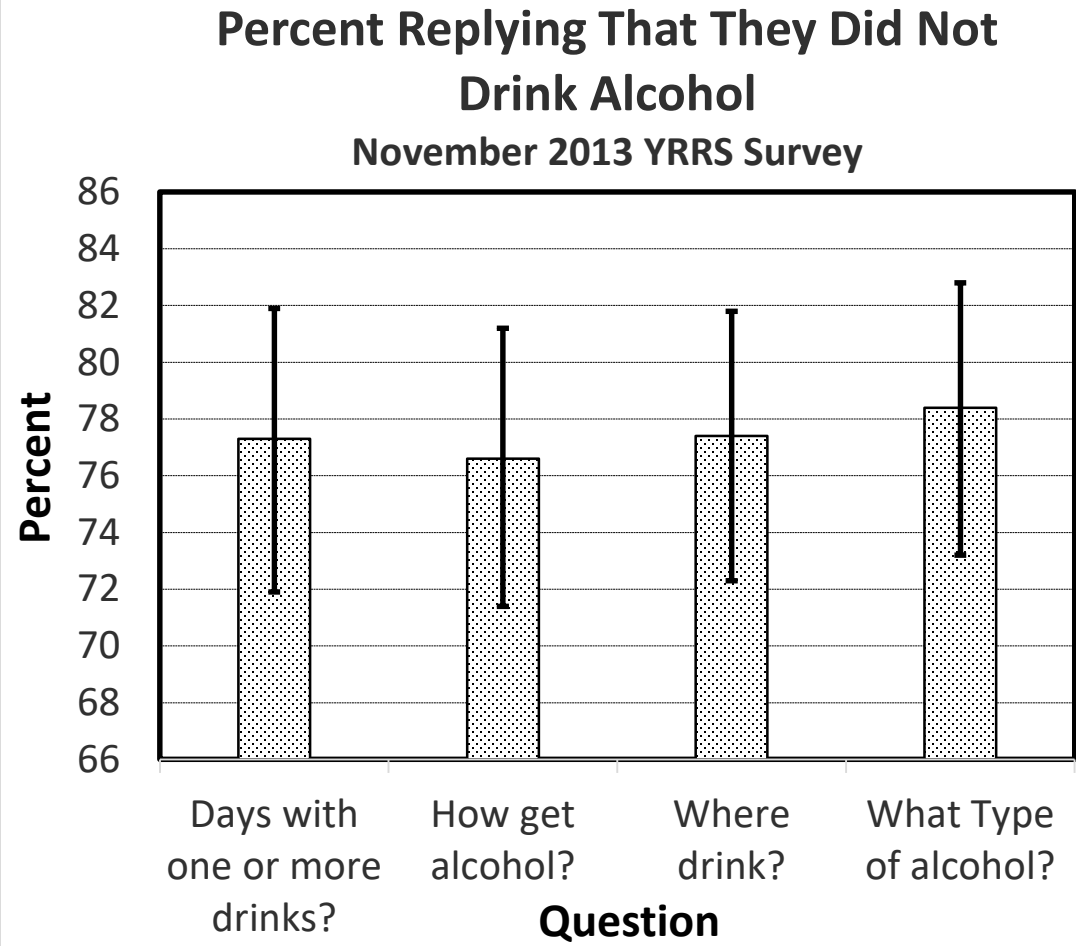
- *Search Institute*
 - 1997
 - 2004
 - 2008
 - 2011
- *YRRS* (state survey - in November)
 - 1998
 - 2001
 - 2005
 - 2007
 - 2009
 - 2011
 - 2013
 - 2015
 - 2017

Validity and Survey “Noise”

ATTACHMENT F

DOH – “A high response rate produces survey results that are more representative of the student population. A response rate of at least 60% allows generalization of results to the entire student body. A response rate of 70% is excellent and allows a high degree of confidence in results. **The response rate for Los Alamos County was 92%.**”

- Do students answer randomly? Four different questions dealt with drinking alcohol.
- The percent answering that they did not drink varied by about 2% - the random answers.
- The extrapolation from the sample to the whole population produces a $\pm 5\%$ confidence interval.
- Trends also a good way to examine validity – no reason to think that 2013 students brag any more or less that the 2011 students.

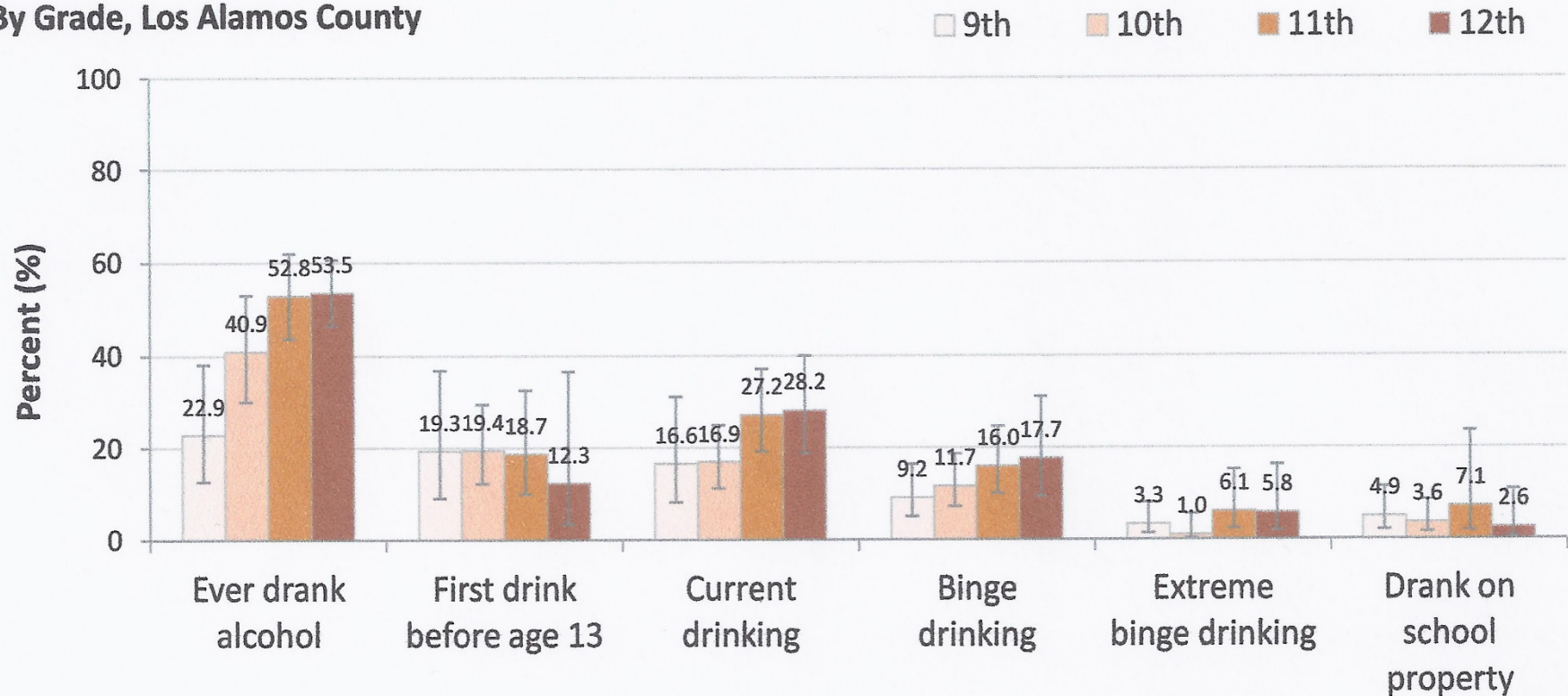


Alcohol Use by Grade - 2013

This slide addresses survey validity and “noise”.

Validity confirmed in that alcohol use increases by grade as expected and “noise” in that the error bars get larger when results are broken down by grade so that there are fewer respondents.

By Grade, Los Alamos County

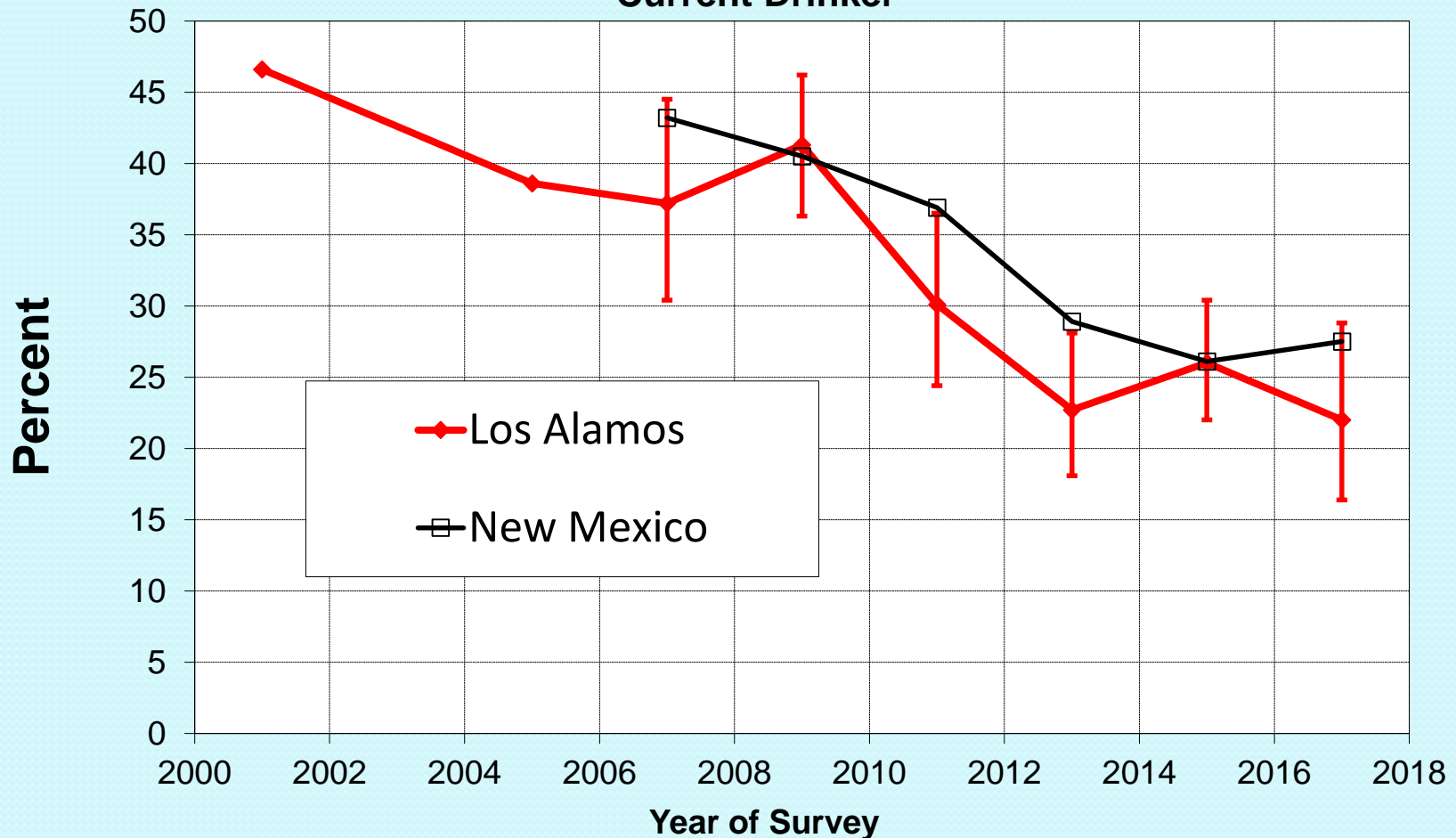


Trend in Alcohol Use

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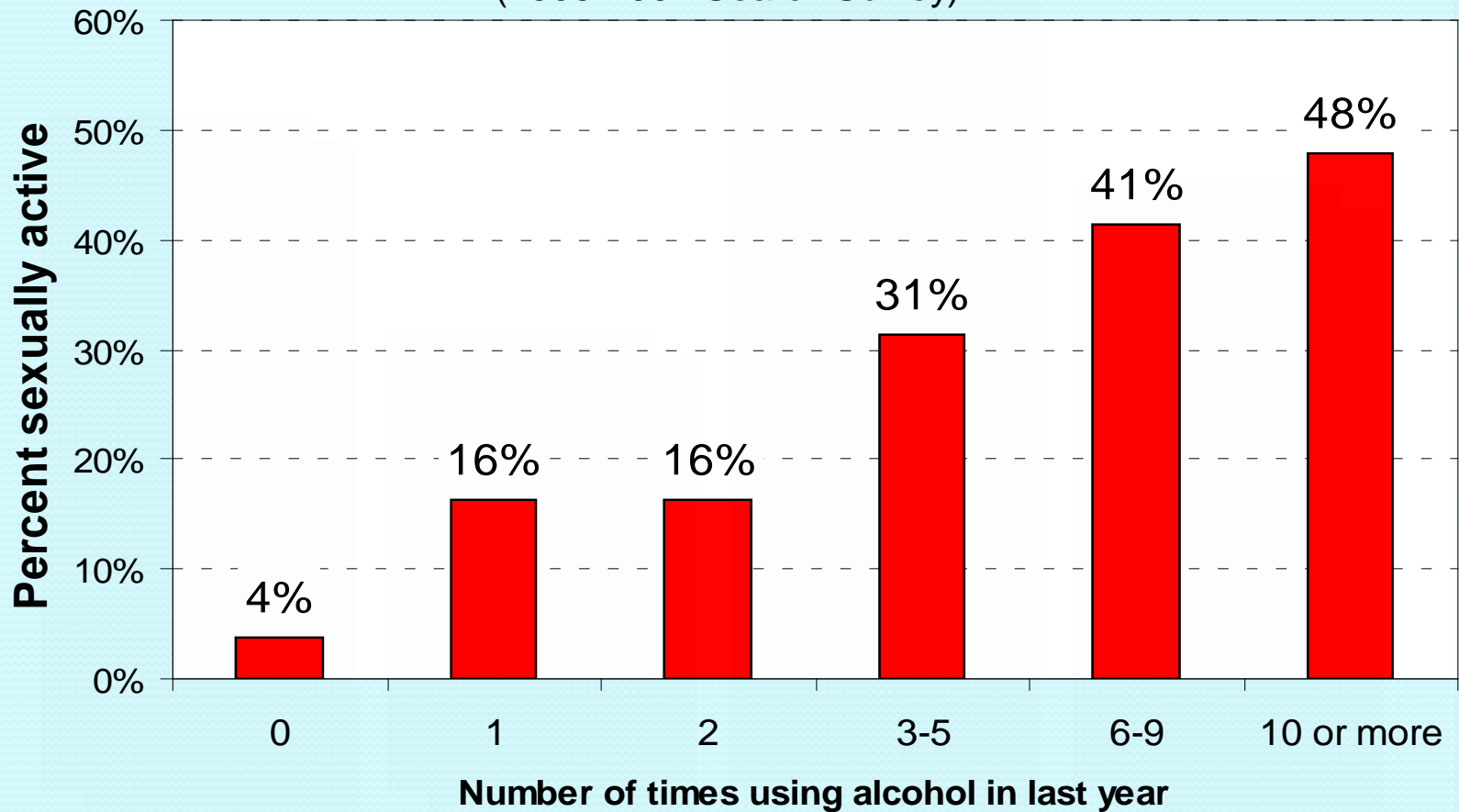
**Percentage of adolescents reporting drinking within past 30 days
Over 15% rode with a drinking driver**

**Trend in YRRS Survey Results
Current Drinker**





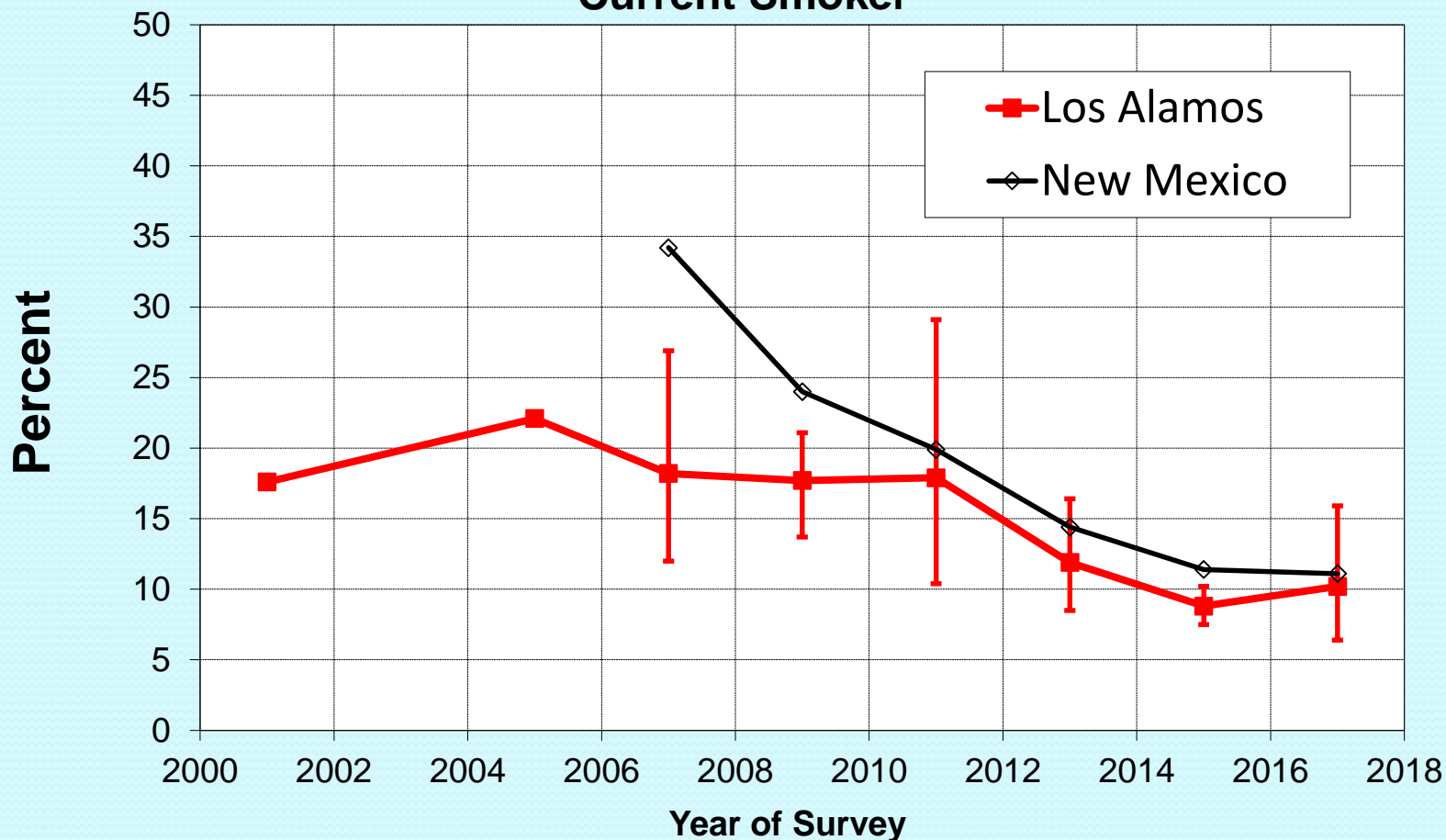
Sexual activity highly correlated with alcohol use (2003-2004 Search Survey)



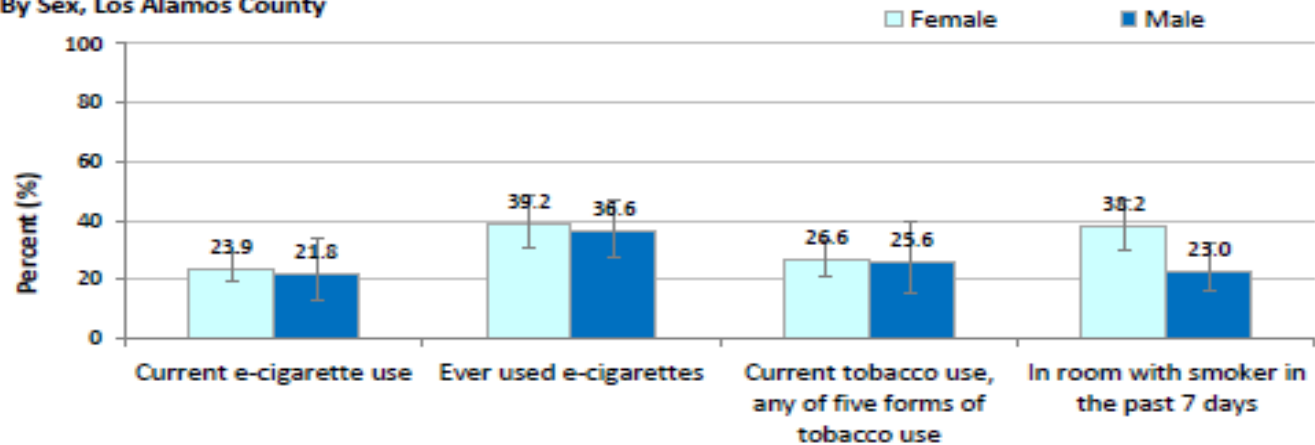
Trend in Cigarette Smoking

Percentage of adolescents reporting smoking within past 30 days

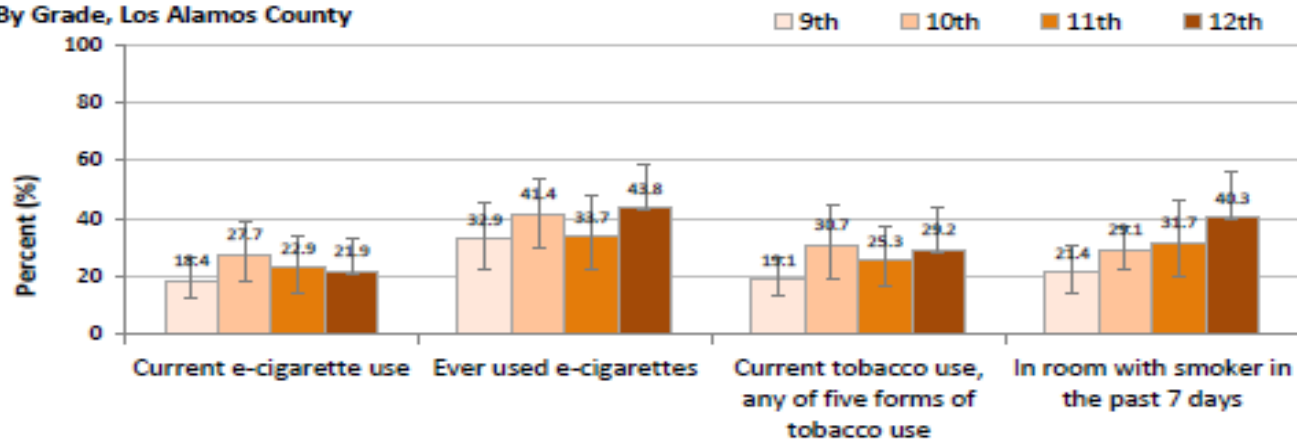
**Trend in YRRS Survey Results
Current Smoker**



By Sex, Los Alamos County



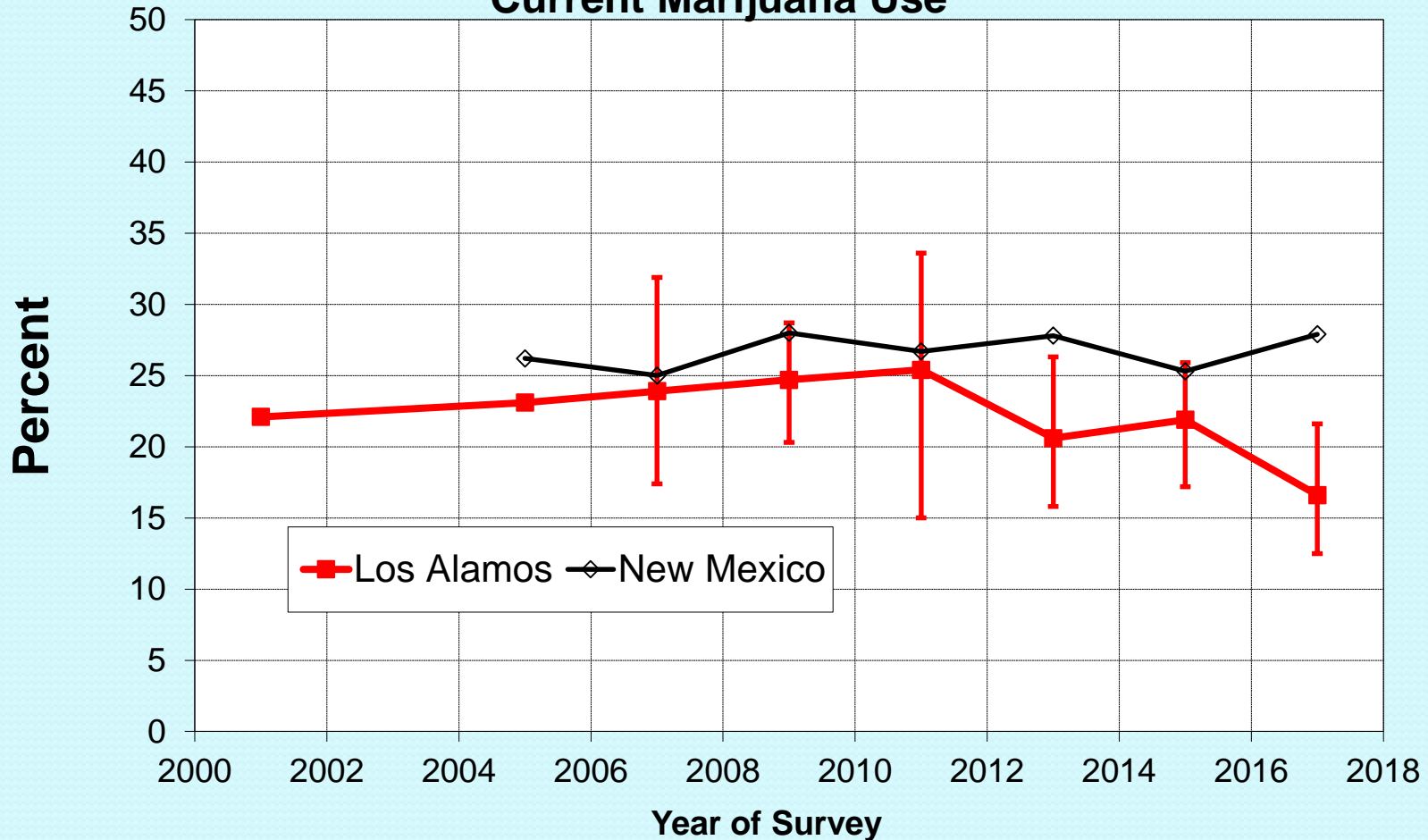
By Grade, Los Alamos County



Trend in Marijuana Use

Percentage of adolescents reporting marijuana use within past 30 days

**Trend in YRRS Survey Results
Current Marijuana Use**



Depression Trend

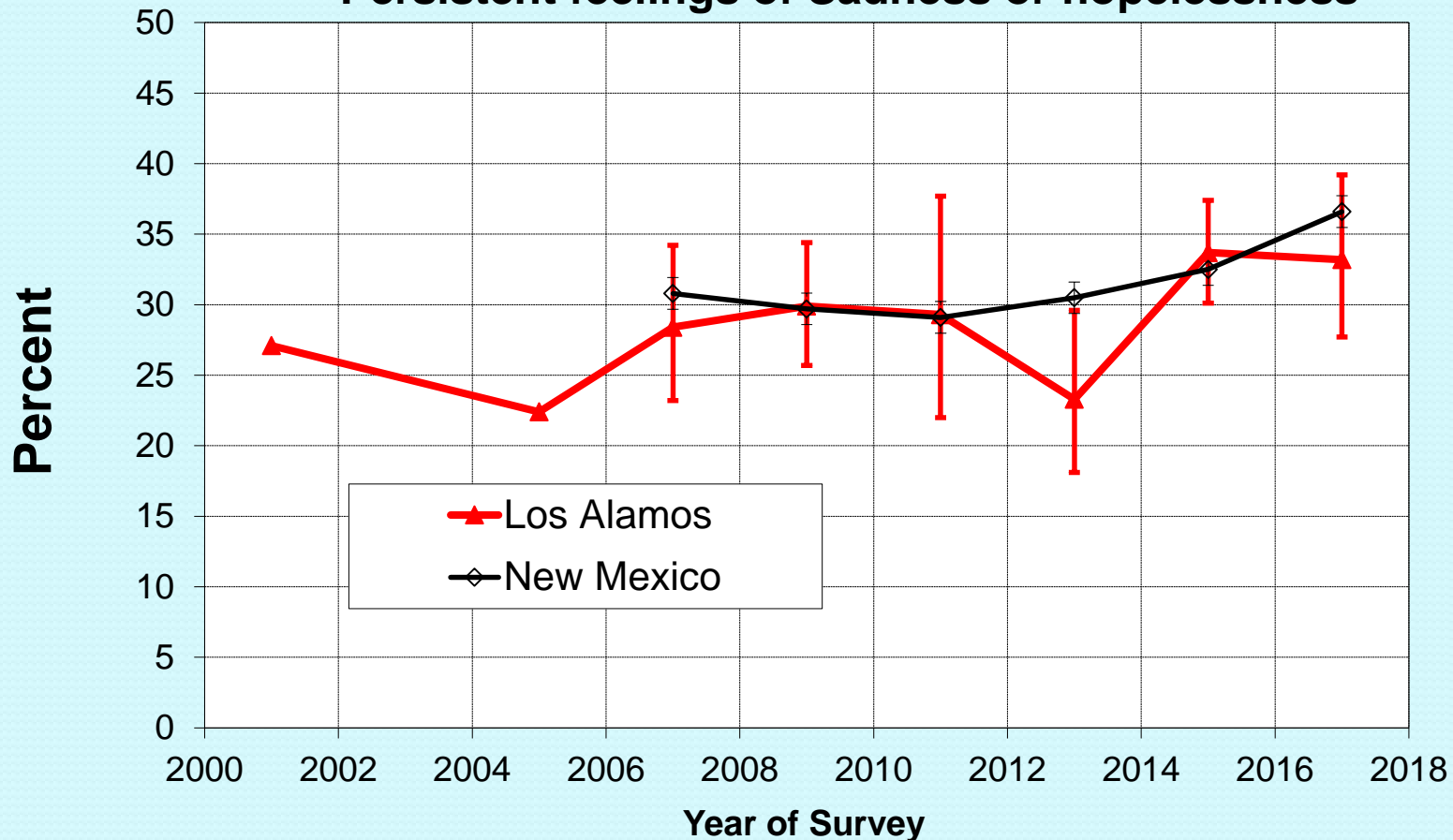
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Percentage of adolescents reporting persistent feelings of sadness or hopelessness
(suicide ideation)

Over 30% of the respondents have been bullied

Over 10% of the female respondents have **attempted** suicide

Trend in YRRS Survey Results
Persistent feelings of Sadness or hopelessness

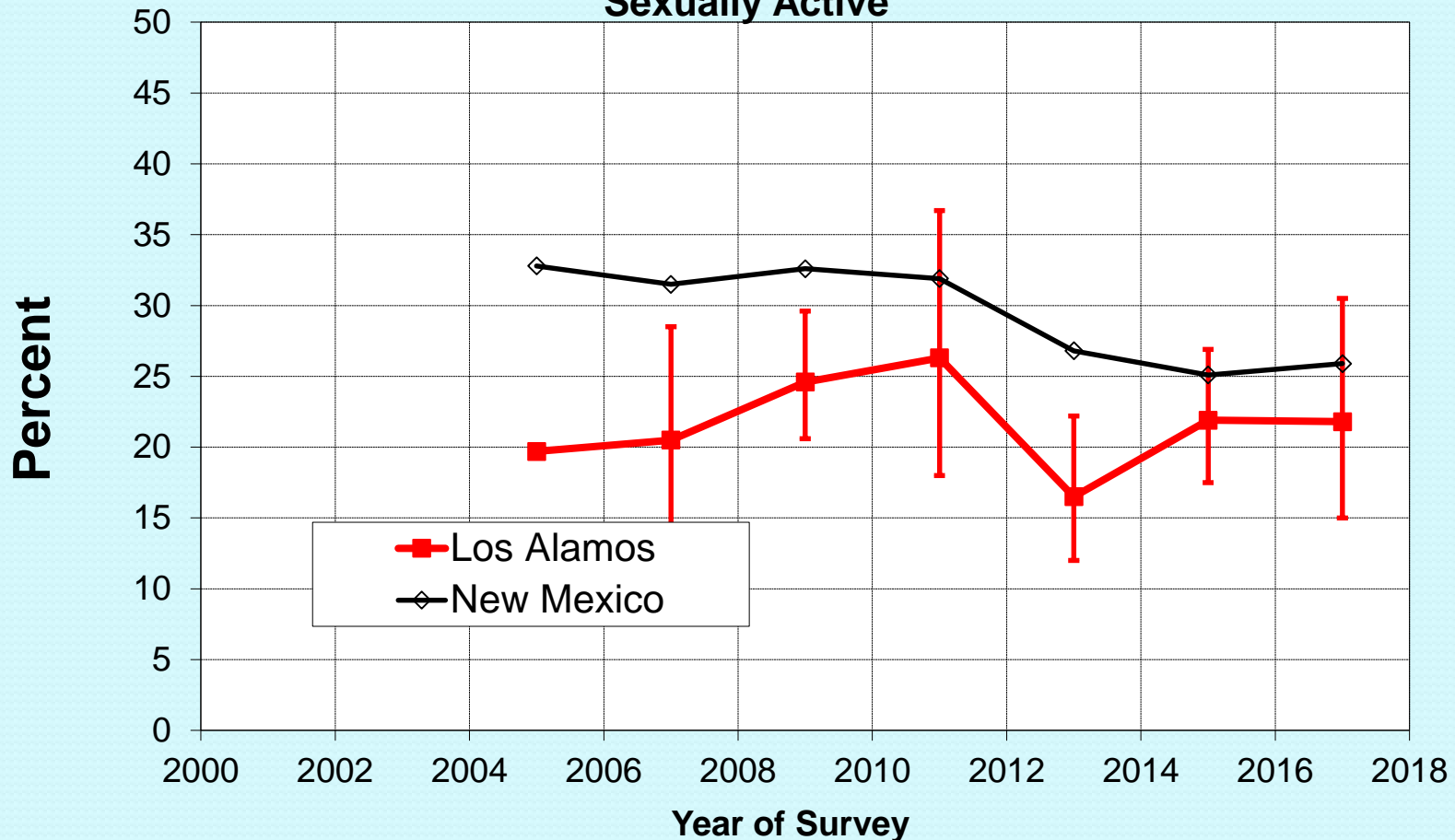


Sexual Intercourse Trend

ATTACHMENT F

Percentage of adolescents reporting had sexual intercourse in last three months

Trend in YRRS Survey Results
Sexually Active



Summary and Recommendations

Glass half full or half empty?

- Dramatic improvement over time in cigarette and alcohol use – consistent with statewide results – switch from smoking to vaping?
- Marijuana use declining despite availability in Colorado
- Sexual intercourse down from peak in 2011 survey and less than statewide
- Suicide ideation up relative to 2013 survey – increase in bullying – 7.3% of females injured in suicide attempt
- School and county efforts are paying off – continue them
- Continue the YRRS, perhaps surveying a higher percentage of students

New Mexico Youth Risk and Resiliency Survey

Risk Behaviors at a Glance**Los Alamos County****Grades 9-12**

Indicator	Los Alamos County		New Mexico	
Unintentional Injury	%	(95% CI)	%	(95% CI)
Texted or emailed while driving	37.2	(27.3-48.2)	40.0	(38.2-41.9)
Rarely or never wore a bicycle helmet (of those who rode a bicycle)	44.1	(30.5-58.6)	81.9	(79.0-84.5)
Rarely or never wore a seatbelt	4.9	(2.4-9.5)	6.7	(6.1-7.4)
Violence				
In a physical fight	17.4	(13.2-22.6)	25.9	(24.6-27.2)
In a physical fight on school property	6.4	(4.0-9.9)	9.1	(8.3-9.9)
Carried a weapon on school property	6.3	(2.8-13.5)	5.9	(5.1-6.8)
Skipped school because of safety concerns	6.4	(4.1-9.9)	10.1	(9.2-11.1)
Bullied on school property	31.5	(26.7-36.8)	18.0	(17.2-18.9)
Electronically bullied	22.6	(17.2-29.1)	13.7	(13.0-14.5)
Physical dating violence	11.3	(7.1-17.4)	10.7	(9.8-11.7)
Forced to do sexual things (by anyone)	12.8	(10.0-16.2)	10.4	(9.7-11.1)
Mental Health				
Non-suicidal self-injury	24.5	(20.8-28.7)	20.6	(19.6-21.6)
Felt sadness or hopelessness	33.2	(27.7-39.2)	36.6	(35.5-37.7)
Seriously considered suicide	21.2	(17.3-25.6)	18.3	(17.4-19.2)
Planned suicide	18.3	(15.4-21.6)	16.0	(15.1-16.9)
Attempted suicide	7.6	(5.5-10.4)	10.2	(9.3-11.1)
Injured in a suicide attempt	3.5	(2.0-6.2)	3.2	(2.8-3.6)
Tobacco Use				
Current use of any tobacco product	26.1	(18.5-35.5)	33.8	(32.0-35.7)
Current e-cig use	22.8	(16.7-30.4)	26.4	(25.1-27.8)
Current cigarette smoking	10.2	(6.4-15.9)	11.1	(10.0-12.2)
Current hookah use	6.7	(3.5-12.4)	9.5	(8.6-10.5)
Current cigar use	8.1	(5.5-11.6)	10.0	(9.1-11.1)
Current spit tobacco use	6.3	(3.4-11.4)	7.7	(6.9-8.6)
Alcohol Use				
Current drinking	22.0	(16.4-28.8)	27.5	(10.3-12.3)
Binge drinking	8.7	(5.9-12.7)	11.2	(10.3-12.3)
High intensity binge drinking	3.2	(1.7-5.7)	4.3	(3.7-4.9)
First drink before age 13	17.3	(12.9-22.6)	21.4	(20.3-22.5)
Drinking and driving	6.8	(4.0-11.2)	7.0	(6.3-7.9)

New Mexico Youth Risk and Resiliency Survey

Risk Behaviors at a Glance**Los Alamos County****Grades 9-12**

Indicator	Los Alamos County		New Mexico	
Current Drug Use	%	(95% CI)	%	(95% CI)
Marijuana	16.6	(12.5-21.6)	27.9	(26.0-30.0)
Painkillers to get high	6.1	(3.1-11.5)	6.6	(5.9-7.4)
Synthetic marijuana	2.7	(1.1-6.1)	5.5	(4.8-6.2)
Cocaine	1.6	(0.5-5.6)	4.9	(4.3-5.7)
Inhalants	5.5	(3.7-8.1)	4.9	(4.4-5.6)
Methamphetamine	1.0	(0.3-2.8)	3.0	(2.5-3.5)
Heroin	1.3	(0.3-5.9)	2.8	(2.4-3.3)
Physical Activity, Body Weight, and Nutrition				
Overweight	9.1	(6.8-12.1)	16.0	(15.2-16.9)
Obese	7.5	(5.0-11.2)	15.6	(14.6-16.7)
Overweight or obese	16.7	(13.4-20.5)	31.7	(30.2-33.2)
Daily physical activity	22.6	(17.3-29.0)	28.8	(27.7-29.9)
Daily PE in school	7.8	(5.2-11.7)	24.2	(22.1-26.5)
TV viewing three or more hours daily	14.1	(11.1-17.7)	20.7	(19.7-21.8)
Computer/video use three or more hours daily	34.2	(30.3-38.2)	38.4	(37.1-39.6)
Screen time three or more hours daily	48.7	(43.6-54.0)	55.3	(54.1-56.5)
Ate breakfast daily	38.4	(28.7-49.0)	31.5	(29.9-33.1)
Five servings of fruit or vegetables daily	19.7	(15.5-24.8)	19.9	(19.1-20.8)
Daily soda consumption	15.6	(11.8-20.2)	18.8	(17.5-20.1)
Sexual Behavior				
Sexually Active	21.8	(15.0-30.5)	25.9	(24.0-28.0)
Had sexual intercourse with four or more people	7.2	(3.2-15.4)	9.4	(8.4-10.5)
Had sexual intercourse before age 13	2.5	(1.2-5.1)	3.9	(3.4-4.5)
Used a condom*	56.0	(43.8-67.5)	53.1	(50.8-55.4)
Used effective birth control method*	35.0	(21.9-50.9)	31.5	(29.7-33.4)
Used both a condom and effective birth control*	16.5	(7.3-33.0)	10.1	(9.0-11.3)

* Among sexually active students (those who had sexual intercourse within the past three months)



Los Alamos High School Data Retreat Introductory Summary

On Saturday, November 17, 2018, 14 students from Los Alamos and Rio Arriba Counties reviewed the results of Los Alamos High School's 2017 New Mexico Youth Risk and Resiliency Survey (NM-YRRS) data. They identified the strengths they saw in the school results and areas of concern. Students then conducted a root cause analysis and proposed strategies to address the top five concerns the group identified. This document provides an introduction to this work.

Strengths

- **83.3% of LAHS students say a teacher believes that they will be a success**
- **88.2% of LAHS students say a parent believes that they will be a success**
- **Only 1.2% of LAHS students have ever used injection drugs**

Concerns

- **44% of LAHS students did not use a condom the last time they had sex, increase from 20% in 2005**
- **33.2% of LAHS students felt sad or hopeless for two or more weeks in the past year**
- **60% of LAHS Seniors texted or emailed while driving**
- **24.5% of LAHS students hurt themselves on purpose without the intent to die**
- **Only 35% of LAHS students used effective birth control (Shot/Patch/IUD)**

LAPS Healthy Schools Initiative

Los Alamos Public Schools prioritizes the well-being of our students and staff. We believe that a student's sound mental and physical health form the foundation for learning and developing healthy relationships to self, others, and the larger community. In addition, staff well-being is essential to providing safe and nurturing learning environments and in developing and retaining quality teachers, leaders, and staff members.

Strategies

Build Resilience, Coping Skills and Protective Factors

Weave Social Emotional Learning into All Settings

Define Core Values

Establish Professional and Community Norms

Create Safe, Nurturing, Positive School and Work Environments

Increase Sense of Connectedness

Tools

Counselor Support, Classroom Lessons

Mindfulness and Growth Mindset Initiatives

Consistent Behavioral Expectations

Relationship Mapping

Bystander Intervention Training

Trauma Informed Practice

Restorative Justice

Staff Wellness Programs

Definitions

Resilience – the ability, not just to bounce **back**, but to bounce **forward** from challenging situations.

SEL – Social and emotional learning. (CASEL)

LAPS Prevention Program

LAPS engages in a spectrum of prevention activities that are provided by school staff and community partners with ancillary funding support from Los Alamos County. The aim of the LAPS Prevention Program is to build protective factors and reduce risk behaviors and harm to children and youth.

Key Strategies

- Create an integrated K-12 prevention program that builds student resilience and social emotional intelligence.
- Provide opportunities for professional development for all staff to foster student and staff resilience and incorporate social emotional learning into all environments.
- Develop a broad-based communication and education program to strengthen parental and community awareness and engagement in fostering student resilience.

Tools

- District-Wide Initiatives – Unity Day, Counseling Themes, Health Classes
- SEL Curriculum, Mindfulness and Growth Mindset Activities
- Evidence-Based Prevention Programs – Alcohol Literacy Challenge, Kognito Friend2Friend, Olweus Bullying Prevention
- Professional Development – prevention topics and areas of expertise
- Parent and Community Outreach and Events – engage as partners
- Community Resource Support Plan for Students who Violate Drug/Alcohol/ Tobacco policy – education and support
- Consistent Processes and Protocols

Next Steps

Utilize Strategic Prevention Framework (SPF) to increase effectiveness of programs and initiatives.

