



LOS ALAMOS

County of Los Alamos

1000 Central Avenue
Los Alamos, NM 87544

BCC Agenda - Final

Los Alamos County Health Council

Catharyn Crall; Kristine Coblenz; Cameron Counters; Robert Dryja; Carrie Fanning; Philip Gursky; Lyn Haval; Desaree Jimenez; Rachel Light; Carrie Manore; Jordan Redmond; Lori Padilla; Morrie Pongratz; Richard Skolnik; and Lisa Zuhn, Members

Thursday, September 2, 2021

12:00 PM

Meeting will be conducted remotely.
<https://us06web.zoom.us/j/82887100741>

Due to COVID Concerns and Safety of Board Members, Staff and the Public, the meeting will take place via Zoom.

For convenience, the following Zoom meeting link and/or telephone call in numbers may be used for public viewing and participation: <https://us06web.zoom.us/j/82887100741>

*Or Telephone: Dial (for higher quality, dial a number based on your current location): US: +1 720 707 2699 or +1 253 215 8782 or +1 346 248 7799 or +1 646 558 8656 or +1 301 715 8592 or +1 312 626 6799
Webinar ID: 828 8710 0741
Participant ID: 483969*

I. CALL TO ORDER

II. PUBLIC COMMENT

III. BUSINESS

[14802-21](#)

Approval of Minutes from the August 5, 2021 Meeting

Presenters:

Philip Gursky

Attachments:

[BCCMeetingMinutes5-Aug-2021](#)

[14803-21](#)

Update Deliverable 5 DOH Proposal of Activities

Presenters:

Donna Casados

[14805-21](#)

Update Kellogg Funding (COVID-19 Response and Recovery)

Presenters:

Donna Casados

[14810-21](#)

Update Comprehensive Health Plan Adhoc Committee

[14806-21](#)

COVID - 19 Health Council Subcommittee or AdHoc Committee

Presenters:

Philip Gursky

IV. BOARD/STAFF COMMUNICATIONS

[14807-21](#) AdHoc Committee Updates

Attachments: [BabyNet NL 8.17.2021](#)
[Youth Resiliency Committee Meeting Agenda and Notes 8.21](#)
[2019 YRRS Middle School Results](#)

[14808-21](#) Chairman's Report

Presenters: Philip Gursky

[14809-21](#) Staff Report

Presenters: Donna Casados

V. COUNCIL COMMUNICATIONS

VI. PREVIEW OF NEXT MEETING

VII. ADJOURNMENT

If you are an individual with a disability who is in need of a reader, amplifier, qualified sign language interpreter, or any other form of auxiliary aid or service to attend or participate in the hearing or meeting, please contact the County Human Resources Division at 662-8040 at least one week prior to the meeting or as soon as possible. Public documents, including the agenda and minutes can be provided in various accessible formats. Please contact the personnel in the Community Services Administration Office at 662-8241 if a summary or other type of accessible format is needed.



County of Los Alamos

BCC Meeting Minutes

Los Alamos County Health Council

1000 Central Avenue
Los Alamos, NM 87544

Catharyn Crall; Kristine Coblentz; Cameron Counters; Robert Dryja; Carrie Fanning; Philip Gursky; Lyn Haval; Desaree Jimenez; Rachel Light; Carrie Manore; Jordan Redmond; Lori Padilla; Morrie Pongratz; Richard Skolnik; and Lisa Zuhn, Members

Thursday, August 5, 2021

12:00 PM

County Council Chambers

Members of the public wishing to attend and /or provide public comment can do so via
Zoom or by calling the conference call lines below:

<https://us06web.zoom.us/j/82201977356>

Or Telephone:

US: +1 346 248 7799 or +1 720 707 2699

Web id: 82201977356

I. CALL TO ORDER

Meeting was called to order at 12:02 p.m. by Chair Philip Gursky.

Present 14 - Councilor Pongratz, Councilor Fanning, Councilor Zuhn, Councilor Redmond, Councilor Gursky, Councilor Padilla, Councilor Crall, Councilor Coblentz, Councilor Manore, Councilor Light, Councilor Skolnik, Councilor Haval, Councilor Counters, and Councilor Dryja

Absent 1 - Councilor Jimenez

II. PUBLIC COMMENT

No Public Comment

III. BUSINESS

Approval of Minutes from the July 1, 2021 Meeting

Presenters: Philip Gursky

Attachments: [BCCMeetingMinutes1-Jul-2021](#)

A motion was made by Lori Padilla, seconded by Lisa Zuhn that the Minutes be approved as presented. The motion passed by a unanimous vote.

Comprehensive Health Plan Subcommittee Update

Presenters: Cameron Counters

Cameron Counter, Subcommittee Chair updated board with direction for comprehensive health plan and explained role of 100% Communities.

Health Council Funding - Kellogg - Vaccine Health Equity

Presenters: Donna Casados

Attachments: [Vaccine Health Equity Project Summary](#)

Donna Casados presented on Kellogg Foundation available funding.

Approval of FY22 DOH Proposal of Activity for Deliverable 5

Presenters: Donna Casados

Attachments: [HC Proposal of Activities for deliverable 5](#)

A motion was made by Morris Pongratz , seconded by Carrie Fanning that the Board approve the FY22 Department of Health proposal of activities for deliverable 5. The motion passed by a unanimous vote.

IV. BOARD/STAFF COMMUNICATIONS

AdHoc Committee Updates

Presenters: Carrie Fanning, Kristine Coblenz, Lisa J. Zuhn, Lyn Haval and Rachel Light

Attachments: [Basic Needs Sub Committee Discussion 07.27.2021 meeting](#)
[Housing Resources provided by JJAB 07.27.2021](#)
[Youth Resiliency Committee Newsletter July 2021](#)

LACHC AdHoc Committees Updates by LACHC Liaisons:

BabyNet: Carie Fanning
Next meeting will be held in August.

Special Needs: Rachel Light reported on activities, updates, and upcoming events.

Youth Resiliency: Kristine Coblenz
Newsletter attached to agenda packet.

Basic Needs: Lisa Zuhn reported on activities, updates, and upcoming events.
Next meeting will be held in September.

Older Adult Network: Lyn Haval reported on activities, updates, and upcoming events.

Chairman's Report

Presenters: Philip Gursky

Philip Gursky recommended that Los Alamos County Health Council Meetings return to 100% Zoom due to new masks mandates.

V. COUNCIL COMMUNICATIONS

VI. PREVIEW OF NEXT MEETING

Next meeting will be held September 2, 2021.

VII. ADJOURNMENT

The meeting adjourned at 12:51 p.m.

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NOTE: This meeting is in person and open to the public. However, for convenience, the following Zoom meeting link and/or telephone call in numbers may be used for public viewing and participation: <https://us06web.zoom.us/j/82201977356>

Or Dial(for higher quality, dial a number based on your current location):

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Webinar ID: 822 0197 7356

BABYNET

AUGUST 17, 2021

FIRST BORN

Started a covid screening protocol that is initiated before in-person visits. Infant group met yesterday at FSN and it was a really positive experience and success.

Dr Brian Nichols, DDS, has been providing toothbrushes and toothpaste for First Born home visitors to share with their clients who have babies just getting their teeth.



KAREN BROWN, DULA

FAMILY STRENGTHS NETWORK

Chit-Chat Parent Group began meeting in person again on August 17th. The discussion group will continue meeting on Tuesday mornings from 9:30 to 10:30 each week. Birth Talk is not meeting in September due to Labor Day and will next meet on Monday, October 4, 6:30-8 pm at FSN.

There have been diversions of care for birthing families at LAMC again. This was communicated from a community member to Ms. Brown the second week in August. The issue has been intermittent and does not appear as critical as it in the past (the goal is to reopen the OB unit). First Born is also generally aware of the situation.

Ms. Brown learned the following from John Whiteside, CEO of LAMC. Mr. Whiteside stated that the hospital was been dealing with an OB nursing shortage and that the OB floor would be temporarily closed until later in the week of August 16th, when new traveling nurses were expected to arrive. He said that in the meantime, the ER was prepared with appropriate monitoring equipment and supplies to receive people with obstetric emergencies, and to deliver babies whose birth is imminent in the ER. He also stated that an OB would care for obstetric patients with the ER staff in the ER, that newborns would be transferred to another facility for care after delivery until there is enough OB staff to care for mothers and babies, and that the Operating Room is open. He said families booked to deliver at LAMC who have been affected by the shortage are receiving counseling before labor from their OB about the availability and options for birthing at other area facilities.

Update: LAMC OB diversions ended on August 19th.

Contact fsn@lafsn.org for more information



OUR LATEST SUMMER ESCAPE

BY HRIS HOFFER

According to Wikipedia, newsletters are published by clubs, churches, societies, associations, and businesses—especially companies—to provide information of interest to members, customers, or employees. Google's definition of a newsletter is, "a bulletin issued periodically to the members of a society, business, or organization." A newsletter may be considered "grey literature". Newsletters delivered electronically via email (e-newsletters) have gained rapid acceptance for the same reasons



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Some newsletters are created as money-making ventures and sold directly to subscribers. Sending newsletters to customers and prospects is a common marketing strategy, which can have benefits and drawbacks. A newsletter may be considered "grey literature". Newsletters delivered electronically via email. A newsletter may be a



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FAMILY MOMENTS

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Youth Resiliency Committee

A Sub-Committee of the Los Alamos Community Health Council

Collaborating to Build an Engaged, Connected, and Thriving Community

Vision: We envision a community where **all adults are developing awareness and skills** and all youth are **becoming** connected, engaged, and resilient.

Mission: We support youth and family well-being by bringing awareness to strengths and challenges; connecting people, ideas, and resources; and promoting services and activities in our local and neighboring communities. **We aim to celebrate all community members and our interconnectedness and commit to removing barriers and increasing access and a sense of belonging for all.**

August 16, 2021

Welcome and Share – present - George Marsden (YMCA Los Alamos Teen Center Director), Brandi Seekins (LAPS Prevention Support Specialist), Mary Beth Bloser (Health and Wellness and SENG (Supporting the Emotional Needs of Gifted Children) Parent Coach), Eli Argo (Los Alamos Teen Center Assistant Director), Marie Vigil (Youth Activity Center Site Director), Kate Cleveland (Family Nutrition Coach, Family YMCA Health Coach, FSN Board Member), Desaree Jimenez (LA Cooperative Extension Service), Felicity Fonseca (Los Alamos County Library System Community Engagement Librarian), Jenny McCumber (LAPS Foundation Director), Don Casperson (Kiwanis Club and LAPS Foundation), Deni Fell (Los Alamos County Social Services Department Case Coordination Specialist), Rachel Mohr-Richards (Los Alamos JJAB Lead Resource Specialist), Cam Counters (CHC Member), Kristine Coblenz (LAPS Healthy Schools Director), Bob Dryja (CHC Member – picked up resources)

Updates – Brandi Seekins will be primarily supporting the middle school this year and will once again be hosting parent/caregiver book groups this fall (Peaceful Parenting for parents of elementary age students, Brainstorm: the Power and Purpose of the Teenage Brain for parents of tweens and teens). Mary is starting another SENG group for parents of Gifted and Twice Exceptional children in October. The Teen Center is working with the high school to coordinate activities around the Homecoming celebration. The Teen Center and both Youth Activity Centers in White Rock and Los Alamos are open for students. Family Strengths Network is also currently open. The Los Alamos County Fair and Rodeo took place last weekend. Desaree is preparing for another Women's Strong and Healthy Lifestyle Program. The 4H Youth Ambassadors are planning to raise awareness about mental health with a series of social media posts and a monthly info session with a local therapist. Felicity is summarizing the information collected in the library system's recent survey of community members and is willing to present to us when the results are ready. LAPS Foundation will soon open their Fall grant cycles for supporting teachers. Kiwanis is planning a September 4th Fireworks show at Overlook Park. There will be no entry or vendor fees this year but there will be a tent for receiving donations. Deni has been representing the County Social Services Department at the Farmer's Market on Thursday mornings this summer. Let her know if you have brochures or information for her to distribute or feel free to stop by and visit. Social services has printed a new rack card with a QR code linked to their website and resources. JJAB's Youth Mental Health First Aid Classes start in

September and are scheduled (in person and virtual options) monthly throughout the fall. JJAB's One Circle groups for children and youth are accepting referrals. Cam Counters is a member of the County Health Council and is chair of the newly formed committee working on a comprehensive health plan for the community.

Resilience Discussion –

Brief Review of LAMS YRRS 2019 Data – see full survey results attached to email and brief summary attached to the notes

Data represents a snapshot in time (pre-pandemic) of a random sample of 6th-8th grade students. It can be used to inform prevention programs, awareness campaigns, service projects and targeted interventions. Focusing on strengthening protective factors can mitigate risk and decrease multiple negative outcomes. The YRRS will be administered again this fall to students in grades 6-12. Previous years' results can be found at youthrisk.org.

Noted Highlights:

- Percentage of students wearing bike helmets has decreased
- Percentage of students reporting having been bullied has decreased
- Inhalant use, while low, is concerning due to negative effects, safety
- Percentage of students concerned about their weight/ trying to lose weight is concerning
- Only 2/3 of students get 8 hours of sleep
- Need new ecig data
- Suicidal ideation is high, especially in girls
- Note percentage of students who have ridden with a drinking driver
- Risk behaviors increase from 7th-8th grade

Discussion of Needs:

- More frequent and earlier discussion of mental health, suicide prevention, how to support a friend – some topics will be included in new LAMS Homeroom time lessons
- Guidance re: healthy relationships, consent, boundaries, more comprehensive sex ed
- Community awareness of the protective factors that buffer students from risk – a strong community network of care can move the fulcrum of risk for youth

100% Community Initiative Overview – Cam Counters and Deni Fell

Deni and Cam presented information about this initiative developed in New Mexico and now adopted by a number of counties across the state. Deni gave an overview of the concept: to assure that 100% of residents have access to the 10 vital services necessary to survive and thrive. The model was initially created to end childhood trauma and in turn the long-term health effects for adults, but has expanded to acknowledge that individual communities will adapt it to meet their unique conditions and needs. (See visuals attached below)

Cam has 30 years of experience as a social scientist working in program evaluation and policy. He explained how this framework might inform and provide structure to the County's process of developing a comprehensive health plan which will ideally be a living document that can be

updated as we assess, learn, and improve. This plan will be presented to County Council and used to inform funding requests and budget planning.

The founders of the 100% Community initiative initially published a book called Anna Age Eight to increase awareness of the effects of ACEs (Adverse Childhood Experiences) on children and communities. Deni has been facilitating a book group to discuss the more recent and comprehensive publication, 100% Community: Ensuring 10 Vital Services for Surviving and Thriving, which serves as a detailed workbook to guide collaboratives interested in implementing the model through the entire process. (See presentation notes included below) Members of the Youth Resiliency Committee are interested in this opportunity to inform county planning from the perspective of our individual organizations and also to engage our clients and fellow community members in providing their input and priorities to the plan. We are especially interested in hearing from community members who have been historically excluded from this process.

The work will include building upon the previously completed gap analysis and determining not only what services are present, but who is accessing them, what the barriers to access are, and if they are indeed quality services. One of the possible outcomes would be to design and provide programs and services that clients are naturally drawn to because they are relevant and effective and feel welcoming as opposed to our usual way of pushing programs on clients and being frustrated with low attendance numbers. Another desired outcome is to help organizations and agencies collaborate more effectively locally and throughout the region and form a stronger working hub for services.

Summary of discussion points and possible action items:

- Engage physicians in becoming more trauma aware and potentially screening for ACEs
- Meet with representatives from CYFD and CASA to learn from their experience with barriers to local and regional services
- Meet with Los Alamos JJAB Resource Specialists to gather their input
- Continue to collaborate to create a working resource guide for the community
 - Consider printing guides with resources specifically for certain demographics, ie new parents, new residents, older adults
- Revisit the idea of a co-located space – one stop hub for services and perhaps office space for visiting specialists
- Reserve time on YRC agenda to receive progress updates and engage with the information gathering and planning process

Homework – Take a look at the proposed revisions (in bold above) to our committee’s Mission and Vision statements in preparation for a group discussion next month.

Send items for inclusion in the September newsletter.

Next meetings – September 13, October 4, 2021, 9:30 - 11:00 am at Los Alamos Teen Center

New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Los Alamos Public Schools and New Mexico
Middle School (Grades 6-8)

| Indicator | LOS ALAMOS | | New Mexico | |
|---|-------------------|-------------|-------------------|-------------|
| Personal Safety | % | (95% CI) | % | (95% CI) |
| Rarely or never wore a bicycle helmet (of those who rode a bicycle) | 25.8 | (19.0-34.0) | 73.0 | (71.6-74.3) |
| Rarely or never wore a seatbelt | 1.9 | (1.0-3.5) | 5.2 | (4.7-5.7) |
| Ever carried a weapon | 37.7 | (28.5-47.8) | 37.8 | (36.4-39.1) |
| Ever in a physical fight | 41.1 | (33.3-49.3) | 48.5 | (47.5-49.6) |
| Ever bullied on school property | 43.3 | (36.9-49.8) | 44.6 | (43.5-45.6) |
| Ever electronically bullied | 19.4 | (14.5-25.5) | 19.8 | (19.1-20.6) |
| Mental Health | | | | |
| Ever seriously thought about killing self | 19.0 | (14.7-24.2) | 27.0 | (26.2-27.9) |
| Ever planned to kill self | 10.0 | (6.7-14.5) | 18.9 | (18.0-19.8) |
| Ever tried to kill self | 4.7 | (2.7-8.2) | 12.0 | (11.3-12.7) |
| Tobacco Use | | | | |
| Ever smoked cigarettes | 4.5 | (2.3-8.5) | 13.9 | (13.1-14.8) |
| Current cigarette smoking | 0.3 | (0.0-2.1) | 4.3 | (3.9-4.8) |
| Current cigar use | 0.3 | (0.0-1.8) | 3.3 | (3.0-3.7) |
| Current spit tobacco use | 0.7 | (0.2-2.8) | 3.1 | (2.7-3.4) |
| Current hookah use | 0.7 | (0.2-2.8) | 4.2 | (3.8-4.7) |
| Ever used e-cigarettes | 13.7 | (8.2-22.2) | 28.9 | (27.7-30.1) |
| Current e-cigarette use | 5.5 | (2.6-11.4) | 15.1 | (14.2-16.0) |
| In same room with cigarette smoker | 19.7 | (14.8-25.6) | 24.8 | (23.9-25.7) |
| Alcohol Use | | | | |
| Ever had a drink of alcohol | 11.2 | (7.2-17.0) | 26.9 | (25.8-28.1) |
| Current drinker | 6.1 | (4.1-8.9) | 11.5 | (10.7-12.2) |
| Five or more drinks on a single occasion | 1.4 | (0.4-4.3) | 5.9 | (5.4-6.5) |
| First drink before age 11 | 4.9 | (3.1-7.8) | 12.4 | (11.7-13.1) |
| Sexual Behavior | | | | |
| Ever had sexual intercourse | 0.7 | (0.2-2.9) | 7.2 | (6.6-7.8) |
| First sexual intercourse before 11 years of age | 0.7 | (0.2-2.9) | 2.0 | (1.7-2.3) |

New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Los Alamos Public Schools and New Mexico
Middle School (Grades 6-8)

| <u>Indicator</u> | <u>LOS ALAMOS</u> | | <u>New Mexico</u> | |
|---|-------------------|-------------|-------------------|-------------|
| Drug Use | | | | |
| Ever used marijuana | 3.3 | (1.5-7.2) | 17.7 | (16.6-18.8) |
| Used marijuana before age 11 | 1.0 | (0.3-3.1) | 5.1 | (4.6-5.6) |
| Current marijuana use | 0.9 | (0.3-2.6) | 10.9 | (10.0-11.7) |
| Ever used synthetic marijuana | 4.9 | (2.3-10.0) | 7.4 | (6.9-8.0) |
| Ever used cocaine | 0.6 | (0.2-2.0) | 3.2 | (2.8-3.5) |
| Ever used inhalants | 7.5 | (4.5-12.5) | 9.5 | (8.9-10.2) |
| Ever improperly used used Rx pain meds | 5.7 | (3.1-10.4) | 12.6 | (11.9-13.3) |
| Current improper use of Rx pain meds | 2.1 | (0.9-5.1) | 6.1 | (5.7-6.6) |
| Body Weight | | | | |
| Described self as overweight | 21.4 | (17.0-26.5) | 28.9 | (28.0-29.7) |
| Trying to lose weight | 31.5 | (25.6-38.1) | 49.1 | (48.2-50.0) |
| Ever fasted to lose weight | 10.8 | (6.6-17.1) | 23.6 | (22.7-24.5) |
| Ever vomited or used laxatives to lose weight | 3.6 | (2.4-5.3) | 6.8 | (6.4-7.3) |
| Used diet pills, powders, or liquids | 2.9 | (1.4-5.6) | 4.4 | (4.0-4.8) |
| Physical Activity and Nutrition | | | | |
| No days of physical activity in the past week | 3.2 | (2.0-5.1) | 14.2 | (13.3-15.2) |
| Physically active five days per week | 70.4 | (65.4-75.0) | 55.8 | (54.5-57.1) |
| Daily physical activity | 38.8 | (34.7-43.0) | 33.8 | (32.7-35.0) |
| Three hours of TV per day | 13.6 | (9.9-18.4) | 27.4 | (26.5-28.4) |
| Three hours of video or computer use per day | 27.7 | (20.3-36.4) | 43.9 | (42.8-45.1) |
| Daily PE at school | 41.7 | (25.1-60.5) | 42.7 | (40.3-45.0) |
| Participated in team sports | 71.7 | (66.6-76.4) | 58.0 | (56.9-59.1) |
| Daily breakfast | 57.3 | (49.5-64.7) | 40.9 | (39.8-42.1) |
| Other Characteristics | | | | |
| Had a sports-related concussion | 15.3 | (12.3-19.0) | 21.8 | (21.0-22.7) |
| Saw a dentist in the past 12 months | 80.3 | (75.5-84.4) | 67.4 | (66.3-68.5) |
| Got 8 hours sleep/night | 67.7 | (62.0-73.0) | 56.6 | (55.4-57.7) |
| Gambled in past 12 months | 17.8 | (11.8-26.0) | 23.9 | (22.9-24.8) |

Summary of 100% Community Initiative¹

August 16, 2021

Goal: All members of the community are able to survive and thrive including during a crisis (i.e., crisis resiliency)

Objective: The community ensures that people have what they need to survive and thrive

Strategy: The community provides the critical resources and services to enable people and families to survive and thrive.

Survival is the first priority.

Basic Survival Needs:

- Medical care
- Behavioral Healthcare
- Housing
- Food
- Transportation

Thriving is moving beyond mere survival and toward being a productive and stable member of the community.

100% Community is built on the premise that Adverse Childhood Experiences (ACEs) are a barrier to thriving. So, for 100% Community, the focus is on preventing and mitigating ACEs. In other words, the focus is on children and youth, not only surviving, but also thriving as they move into adulthood.

Thriving needs:

- Parental supports
- Early childhood learning
- Community schools
- Youth mentors
- Job training

For the LAC Comprehensive Health Plan, it is likely that we will have a broader scope to include everyone from infants to the elderly.

A community where more people are surviving and thriving will have measurable changes such as:

Decreased: Illness, injury, substance abuse, violence, ACEs, dropout rate, teen pregnancies, and lack of work readiness.

Increased: Overall public health, health equity, healthy family functioning, child safety, student achievement and graduation, readiness for employment, and entrepreneurship.

¹ Prepared by C. Counters and D. Fell. Source: 100% Community, Ensuring 10 Vital Services for Surviving and Thriving: 2020, K. Ortega Courtney and D. Cappello.

Continuous Quality Improvement approach:

1. Assess
2. Plan
3. Implement
4. Evaluate
5. Modify / Refine plan
6. Repeat steps 3 thru 5

Data analysis critical to the process.

The CHP is a living plan. By design it is never finished.

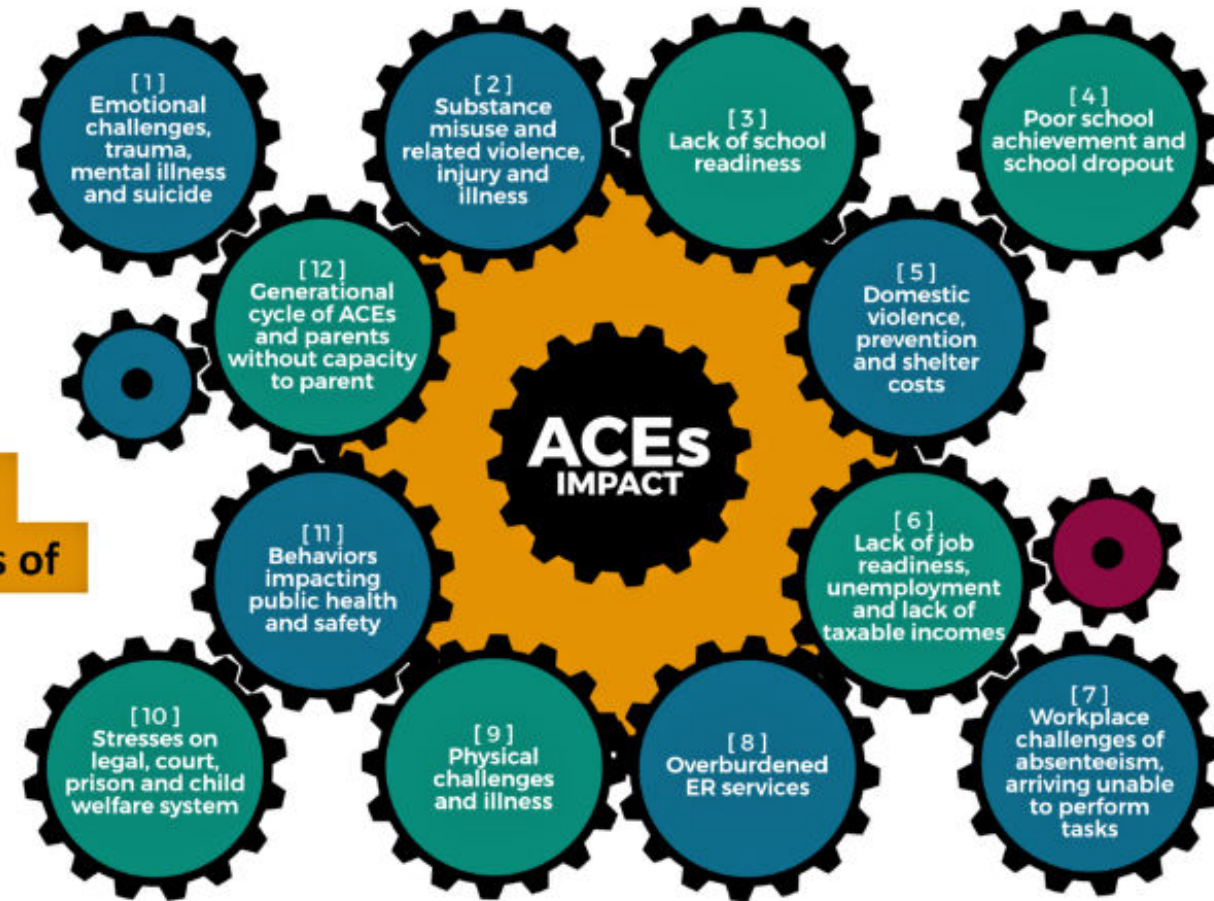
The CQI approach as applied to the 100% Community Initiative results in seven steps:

1. Community survey of access to 10 vital services
2. Review and analyze the survey results
3. Assess the status of the 10 vital services in the community for quality and viability
4. Develop county directory of services (curated by the county)
5. Compile research on how to fix access problems, address the gaps & eliminate barriers
6. Develop support for action among stakeholders, buy-in
7. Evaluate the effectiveness of and measure the increase in access of the implemented solutions



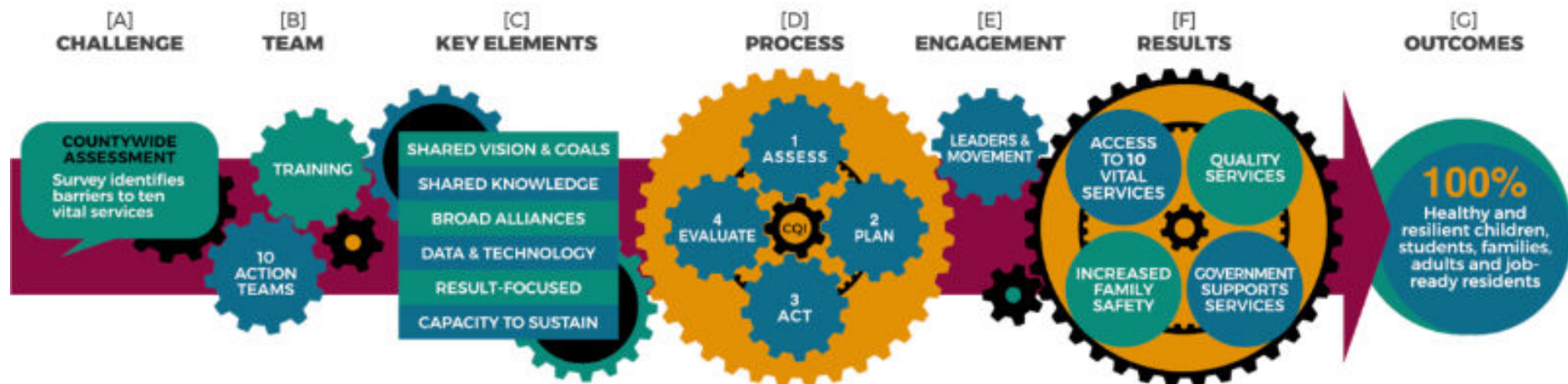
The 100% New Mexico initiative works to ensure 10 vital services

What are the
consequences of
of ACEs?



What are ACEs?





Which partners can support the Framework for Change?



New Mexico Youth Risk and Resiliency Survey (YRRS)
Middle School Survey Results
Los Alamos Public Schools
Grades 6-8
2019

New Mexico Department of Health
New Mexico Public Education Department
UNM Prevention Research Center

Suggested citation:

Green D and FitzGerald C. 2021. *New Mexico Youth Risk and Resiliency Survey: Middle School Survey Results 2019, Los Alamos Public Schools*. 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 publication was produced by the New Mexico Department of Health (NM DOH), the Public Education Department (NM PED), and the University of New Mexico Prevention Research Center. The NM YRRS receives support from the Centers for Disease Control and Prevention in cooperation with the NM PED through Grant number 1U87PS004195-01. For information about administration and methods used in implementation of the New Mexico Youth Risk and Resiliency Survey (NM YRRS), see www.youthrisk.org.

ACKNOWLEDGEMENTS

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 (OSAP-BHSD); 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). Gratitude is extended to the individuals listed below for their contribution toward developing and producing this report. (Individuals who served on the NM-YRRS 2019 Steering Committee are identified by an asterisk (*).)

NEW MEXICO DEPARTMENT OF HEALTH

Tracie C. Collins, MD, MPH, MHCDS, *Cabinet Secretary*
Christine Ross, MD, MPH, *State Epidemiologist and Division Director, Emergency and Response Division*
Toby Rosenblatt, MPA, *Bureau Chief, Injury and Behavioral Epidemiology Bureau*
Dan Green, MPH, *Survey Epidemiologist, Injury and Behavioral Epidemiology Bureau**
Hayley Peterson, MPH, *Drug Overdose Morbidity Epidemiologist, Injury and Behavioral Epidemiology Bureau**
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NEW MEXICO PUBLIC EDUCATION DEPARTMENT

Ryan Stewart, Ed.L.D., *Secretary of Education*
Katarina Sandoval, Ed.M., *Deputy Secretary of Academic Engagement and Student Success*
Greg Frostad, Director, *Safe and Healthy Schools*
Anne Marlow-Geter, *Safe and Healthy Schools Deputy Director**

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

M. Rebecca Kilburn, Ph.D., *Research Professor**
Courtney FitzGerald, MSSW, LMSW, MPH, *Associate Scientist III**
Robyn Viera, MA, *Scientific Research Manager**

ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER

Kevin English, DrPh, MPH, *Director*
Carolyn Parshall, MPH, *Epidemiologist**
Judith Espinoza, MPH, *Epidemiologist**

NEW MEXICO HUMAN SERVICES DEPARTMENT, BEHAVIORAL HEALTH SERVICES DIVISION

Karen Cheman, MPH, *Prevention Operations Manager, Office of Substance Abuse Prevention**

*The NM Department of Health receives suport for the NM YRRS from the Centers for Disease Control and Prevention in cooperation through Grant number **5 NU87PS004314-03-00**.*

Table of Contents

| <u>Topic</u> | <u>Page</u> |
|--|--------------------|
| Participation in Los Alamos Public Schools | 7 |
| Risk Behaviors at a Glance | 9 |
| Charts | 15 |
| Personal Safety (Injury, Violence, and Bullying) | 16 |
| Mental Health | 21 |
| Tobacco Use and Exposure | 23 |
| Alcohol Use | 27 |
| Drug Use | 31 |
| Sexual Behavior | 35 |
| Weight Control | 37 |
| Physical Activity | 39 |
| Other Health Related Topics | 43 |
| Resiliency/Protective Factors | 45 |
| Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors | 49 |
| Appendix A: Questionnaire with Results | 61 |
| Appendix B: About this Report | 77 |
| Risk Behavior and Resiliency/Protective Factor Definitions | 81 |

For a discussion of statistical significance, see Appendix B: About this Report

New Mexico Youth Risk and Resiliency Survey
Participation in Los Alamos Public Schools
Middle School (Grades 6-8)

The response rate for Los Alamos Public Schools was 88%.

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. 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 who responded</u> | <u>Percent (%)</u> |
|---------------|---|--------------------|
| <u>Total</u> | 310 | (100%) |
| <u>Gender</u> | | |
| Girls | 165 | (53.2%) |
| Boys | 145 | (46.9%) |

Race/Ethnicity

(Totals may be more than 100% because respondents were allowed to choose multiple race/ethnicities)

| | | |
|-------------------------------------|-----|--------|
| American Indian or Alaska Native | 40 | (12.9) |
| Asian | 20 | (6.5) |
| Black or African-American | 16 | (5.2) |
| Hispanic | 117 | (37.7) |
| Native Hawaiian or Pacific Islander | 8 | (2.6) |
| White | 225 | (72.6) |

Grade Level

| | | |
|-------------------|-----|---------|
| 6th | 86 | (27.8%) |
| 7th | 107 | (34.6%) |
| 8th | 116 | (37.5%) |
| Ungraded or other | 0 | (0.0%) |

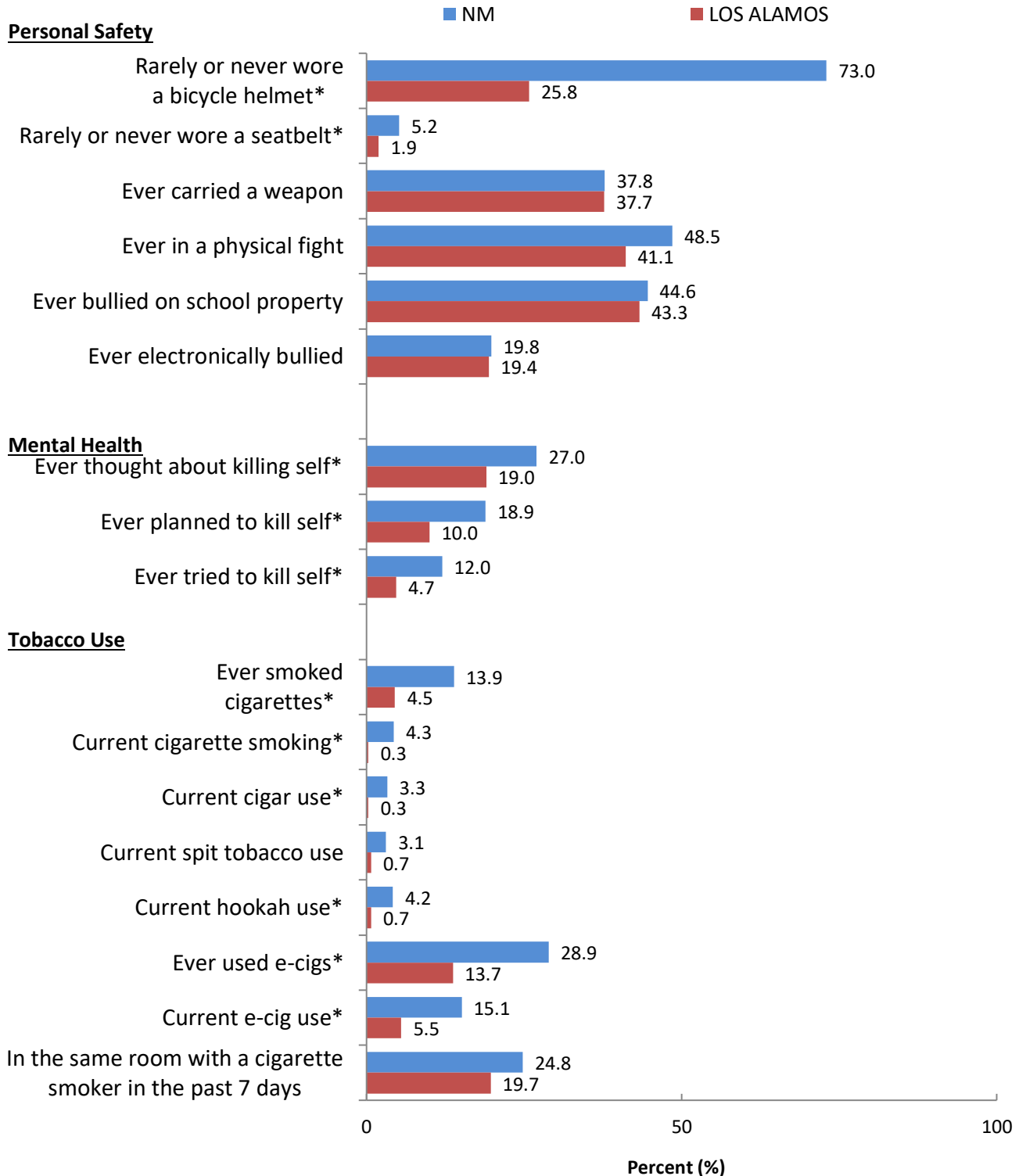
New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Los Alamos Public Schools and New Mexico
Middle School (Grades 6-8)

| Indicator | LOS ALAMOS | | New Mexico | |
|---|-------------------|-------------|-------------------|-------------|
| Personal Safety | % | (95% CI) | % | (95% CI) |
| Rarely or never wore a bicycle helmet (of those who rode a bicycle) | 25.8 | (19.0-34.0) | 73.0 | (71.6-74.3) |
| Rarely or never wore a seatbelt | 1.9 | (1.0-3.5) | 5.2 | (4.7-5.7) |
| Ever carried a weapon | 37.7 | (28.5-47.8) | 37.8 | (36.4-39.1) |
| Ever in a physical fight | 41.1 | (33.3-49.3) | 48.5 | (47.5-49.6) |
| Ever bullied on school property | 43.3 | (36.9-49.8) | 44.6 | (43.5-45.6) |
| Ever electronically bullied | 19.4 | (14.5-25.5) | 19.8 | (19.1-20.6) |
| Mental Health | | | | |
| Ever seriously thought about killing self | 19.0 | (14.7-24.2) | 27.0 | (26.2-27.9) |
| Ever planned to kill self | 10.0 | (6.7-14.5) | 18.9 | (18.0-19.8) |
| Ever tried to kill self | 4.7 | (2.7-8.2) | 12.0 | (11.3-12.7) |
| Tobacco Use | | | | |
| Ever smoked cigarettes | 4.5 | (2.3-8.5) | 13.9 | (13.1-14.8) |
| Current cigarette smoking | 0.3 | (0.0-2.1) | 4.3 | (3.9-4.8) |
| Current cigar use | 0.3 | (0.0-1.8) | 3.3 | (3.0-3.7) |
| Current spit tobacco use | 0.7 | (0.2-2.8) | 3.1 | (2.7-3.4) |
| Current hookah use | 0.7 | (0.2-2.8) | 4.2 | (3.8-4.7) |
| Ever used e-cigarettes | 13.7 | (8.2-22.2) | 28.9 | (27.7-30.1) |
| Current e-cigarette use | 5.5 | (2.6-11.4) | 15.1 | (14.2-16.0) |
| In same room with cigarette smoker | 19.7 | (14.8-25.6) | 24.8 | (23.9-25.7) |
| Alcohol Use | | | | |
| Ever had a drink of alcohol | 11.2 | (7.2-17.0) | 26.9 | (25.8-28.1) |
| Current drinker | 6.1 | (4.1-8.9) | 11.5 | (10.7-12.2) |
| Five or more drinks on a single occasion | 1.4 | (0.4-4.3) | 5.9 | (5.4-6.5) |
| First drink before age 11 | 4.9 | (3.1-7.8) | 12.4 | (11.7-13.1) |
| Sexual Behavior | | | | |
| Ever had sexual intercourse | 0.7 | (0.2-2.9) | 7.2 | (6.6-7.8) |
| First sexual intercourse before 11 years of age | 0.7 | (0.2-2.9) | 2.0 | (1.7-2.3) |

New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Los Alamos Public Schools and New Mexico
Middle School (Grades 6-8)

| <u>Indicator</u> | <u>LOS ALAMOS</u> | | <u>New Mexico</u> | |
|---|-------------------|-------------|-------------------|-------------|
| Drug Use | | | | |
| Ever used marijuana | 3.3 | (1.5-7.2) | 17.7 | (16.6-18.8) |
| Used marijuana before age 11 | 1.0 | (0.3-3.1) | 5.1 | (4.6-5.6) |
| Current marijuana use | 0.9 | (0.3-2.6) | 10.9 | (10.0-11.7) |
| Ever used synthetic marijuana | 4.9 | (2.3-10.0) | 7.4 | (6.9-8.0) |
| Ever used cocaine | 0.6 | (0.2-2.0) | 3.2 | (2.8-3.5) |
| Ever used inhalants | 7.5 | (4.5-12.5) | 9.5 | (8.9-10.2) |
| Ever improperly used used Rx pain meds | 5.7 | (3.1-10.4) | 12.6 | (11.9-13.3) |
| Current improper use of Rx pain meds | 2.1 | (0.9-5.1) | 6.1 | (5.7-6.6) |
| Body Weight | | | | |
| Described self as overweight | 21.4 | (17.0-26.5) | 28.9 | (28.0-29.7) |
| Trying to lose weight | 31.5 | (25.6-38.1) | 49.1 | (48.2-50.0) |
| Ever fasted to lose weight | 10.8 | (6.6-17.1) | 23.6 | (22.7-24.5) |
| Ever vomited or used laxatives to lose weight | 3.6 | (2.4-5.3) | 6.8 | (6.4-7.3) |
| Used diet pills, powders, or liquids | 2.9 | (1.4-5.6) | 4.4 | (4.0-4.8) |
| Physical Activity and Nutrition | | | | |
| No days of physical activity in the past week | 3.2 | (2.0-5.1) | 14.2 | (13.3-15.2) |
| Physically active five days per week | 70.4 | (65.4-75.0) | 55.8 | (54.5-57.1) |
| Daily physical activity | 38.8 | (34.7-43.0) | 33.8 | (32.7-35.0) |
| Three hours of TV per day | 13.6 | (9.9-18.4) | 27.4 | (26.5-28.4) |
| Three hours of video or computer use per day | 27.7 | (20.3-36.4) | 43.9 | (42.8-45.1) |
| Daily PE at school | 41.7 | (25.1-60.5) | 42.7 | (40.3-45.0) |
| Participated in team sports | 71.7 | (66.6-76.4) | 58.0 | (56.9-59.1) |
| Daily breakfast | 57.3 | (49.5-64.7) | 40.9 | (39.8-42.1) |
| Other Characteristics | | | | |
| Had a sports-related concussion | 15.3 | (12.3-19.0) | 21.8 | (21.0-22.7) |
| Saw a dentist in the past 12 months | 80.3 | (75.5-84.4) | 67.4 | (66.3-68.5) |
| Got 8 hours sleep/night | 67.7 | (62.0-73.0) | 56.6 | (55.4-57.7) |
| Gambled in past 12 months | 17.8 | (11.8-26.0) | 23.9 | (22.9-24.8) |

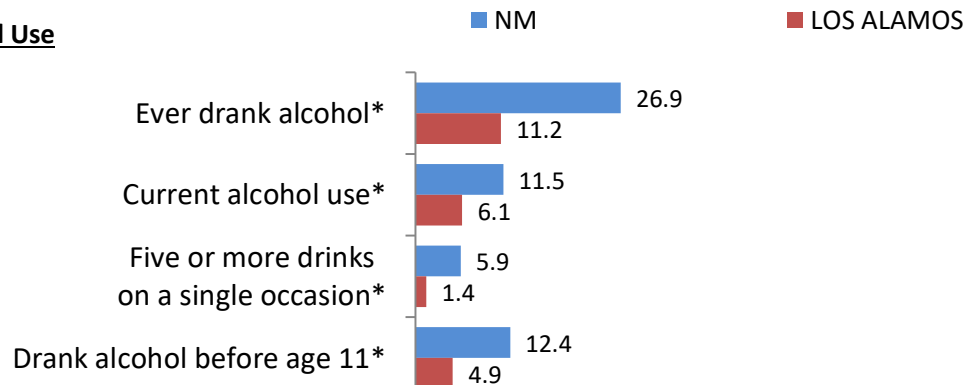
New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Los Alamos Public Schools and New Mexico
Middle School (Grades 6-8)



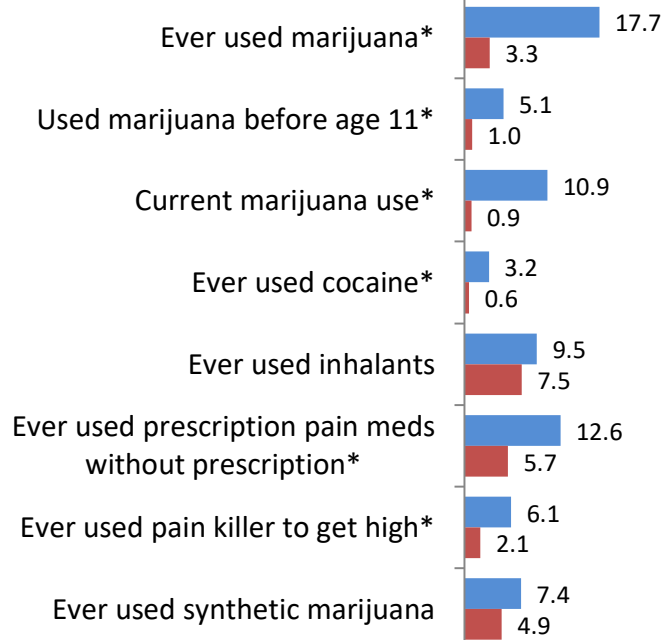
* Statistically significant difference.

New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Los Alamos Public Schools and New Mexico
Middle School (Grades 6-8)

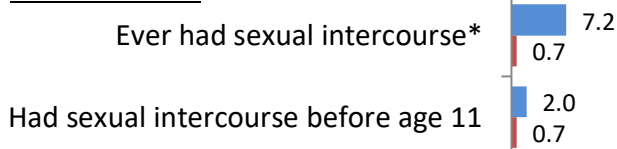
Alcohol Use



Drug Use



Sexual Behavior

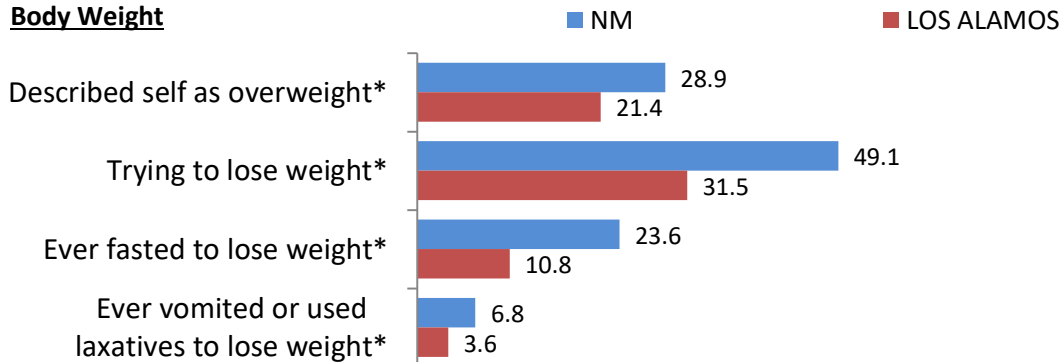


0 50 100
Percent (%)

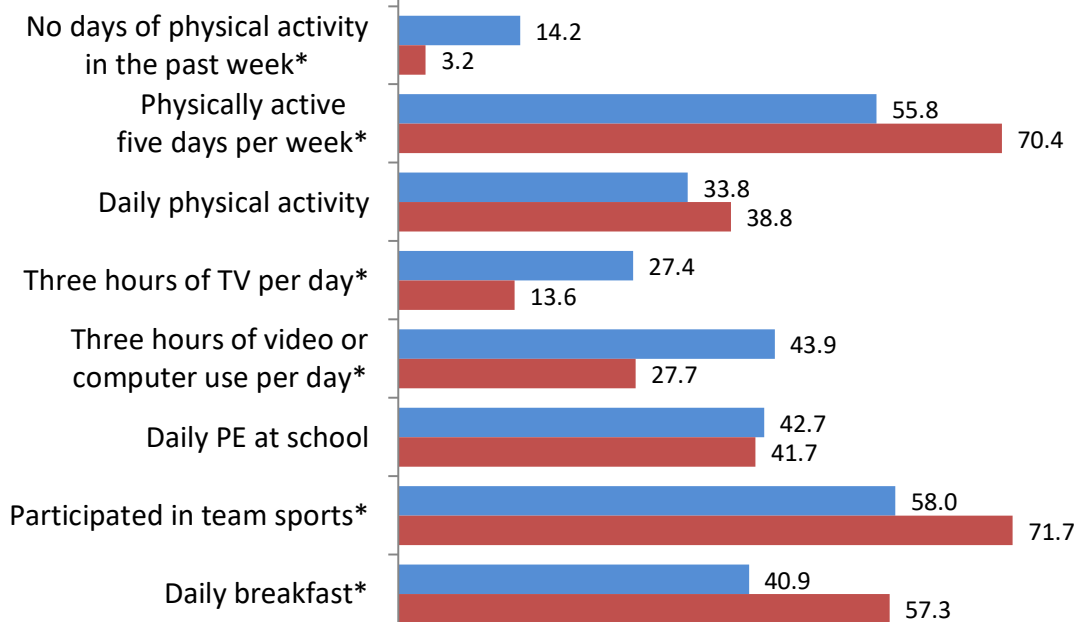
* Statistically significant difference.

New Mexico Youth Risk and Resiliency Survey
Risk Behaviors at a Glance
Los Alamos Public Schools and New Mexico
Middle School (Grades 6-8)

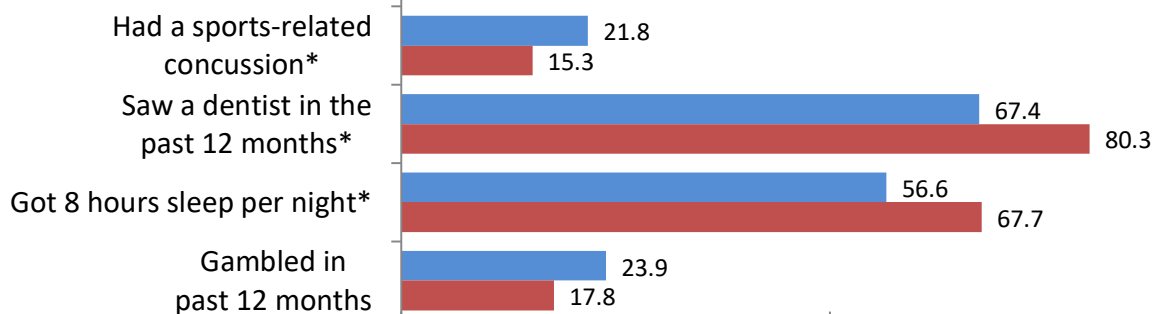
Body Weight



Physical Activity and Nutrition



Other Characteristics



0 50 100
Percent (%)

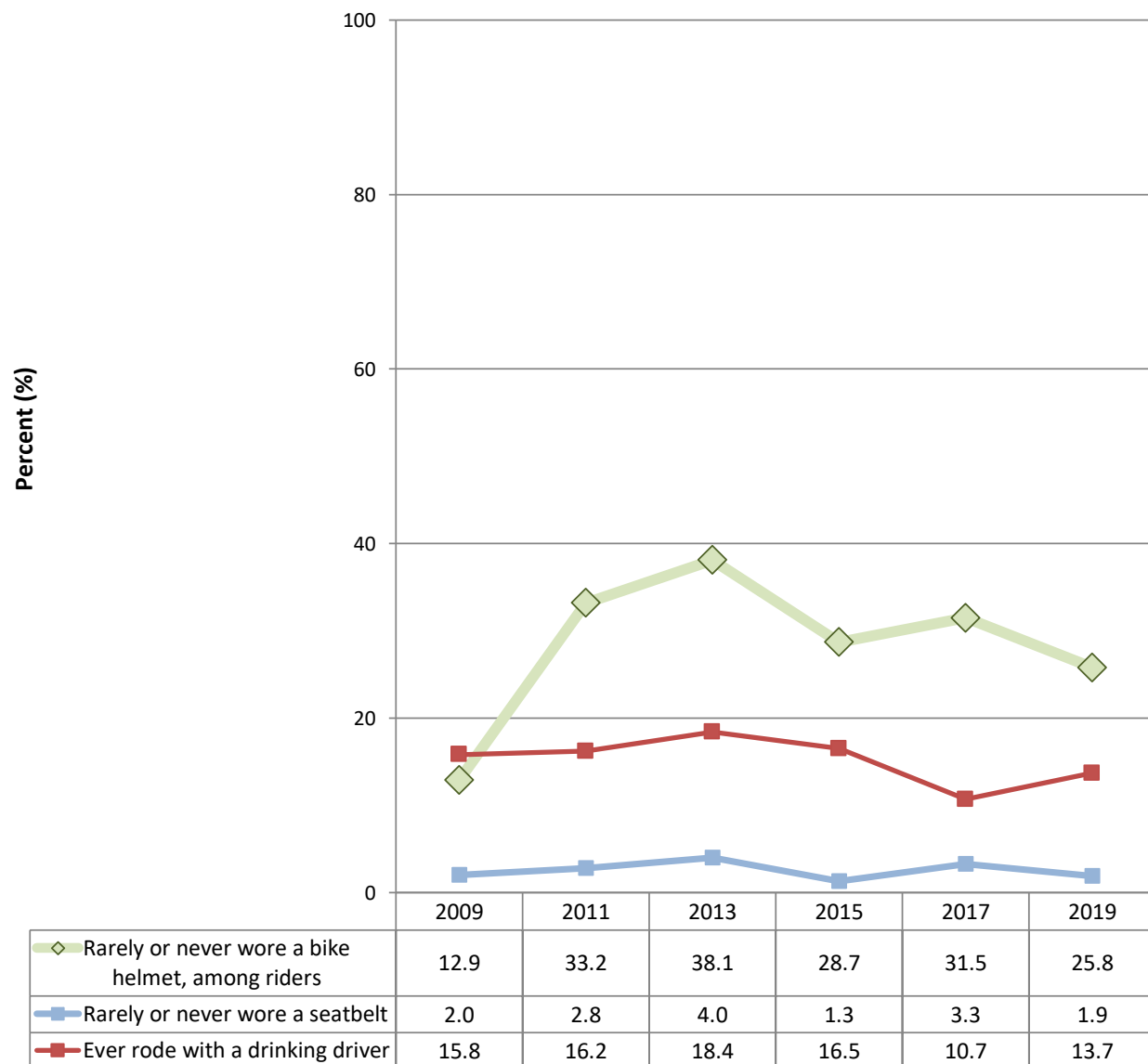
* Statistically significant difference.

Los Alamos Public Schools Charts

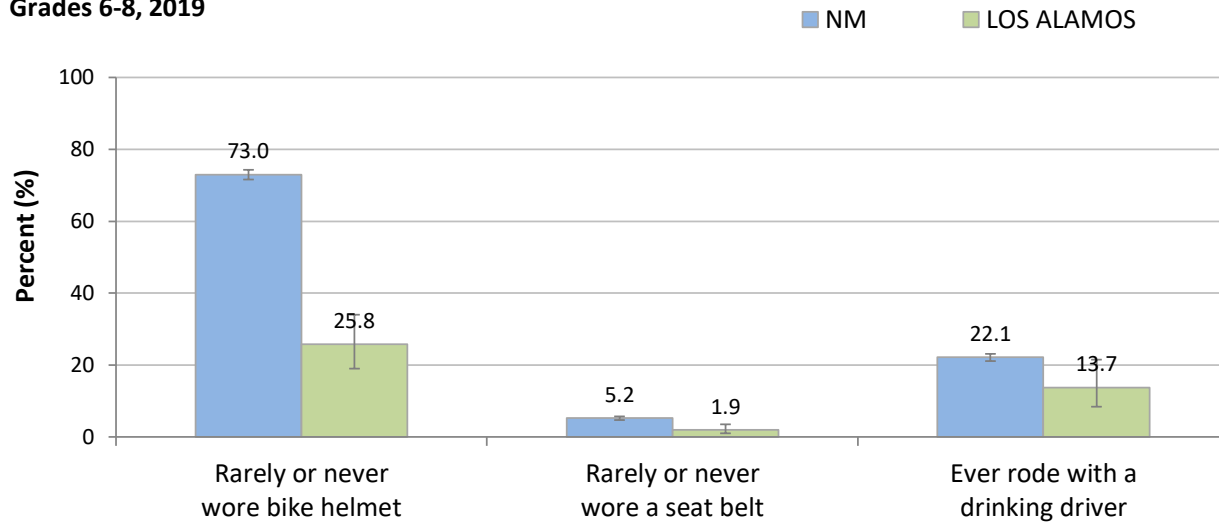
For definitions of risk behaviors, see Appendix C.

Personal Safety

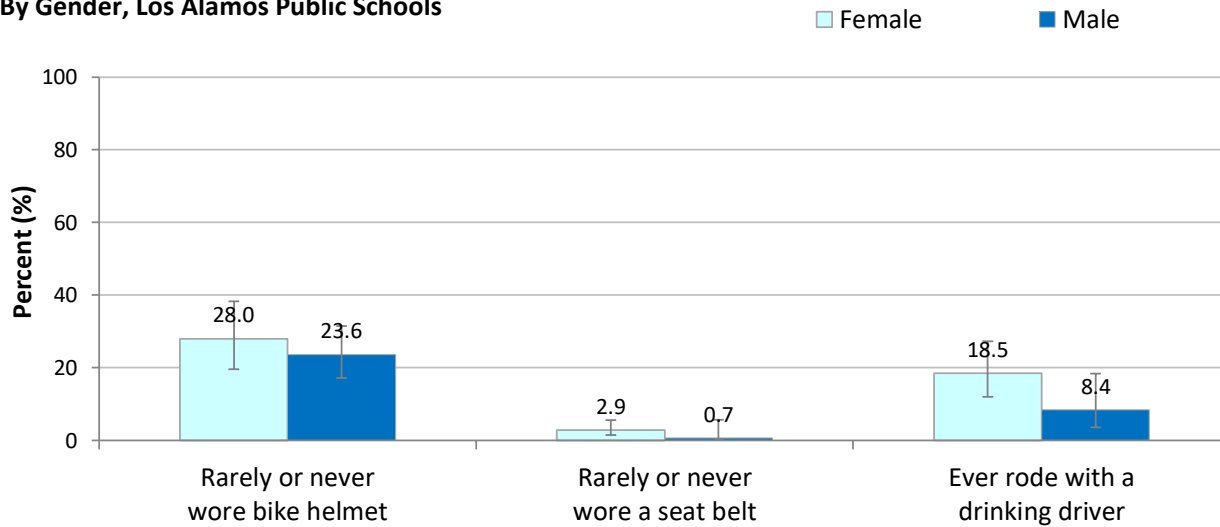
Behaviors Associated with Personal Safety by Year, Los Alamos Public Schools Grades 6-8, 2009-2019



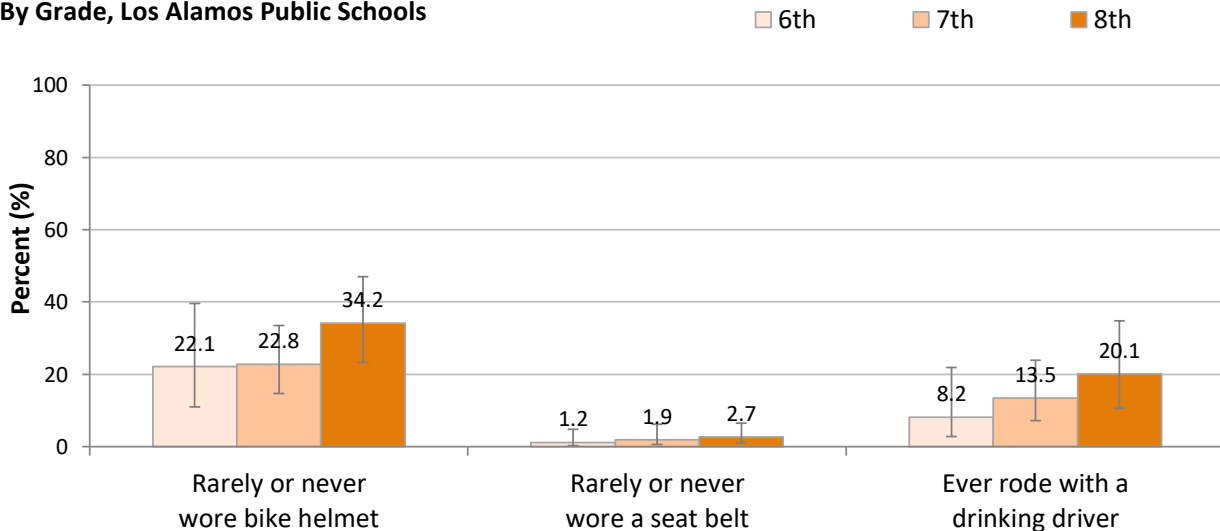
Personal Safety
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



By Gender, Los Alamos Public Schools

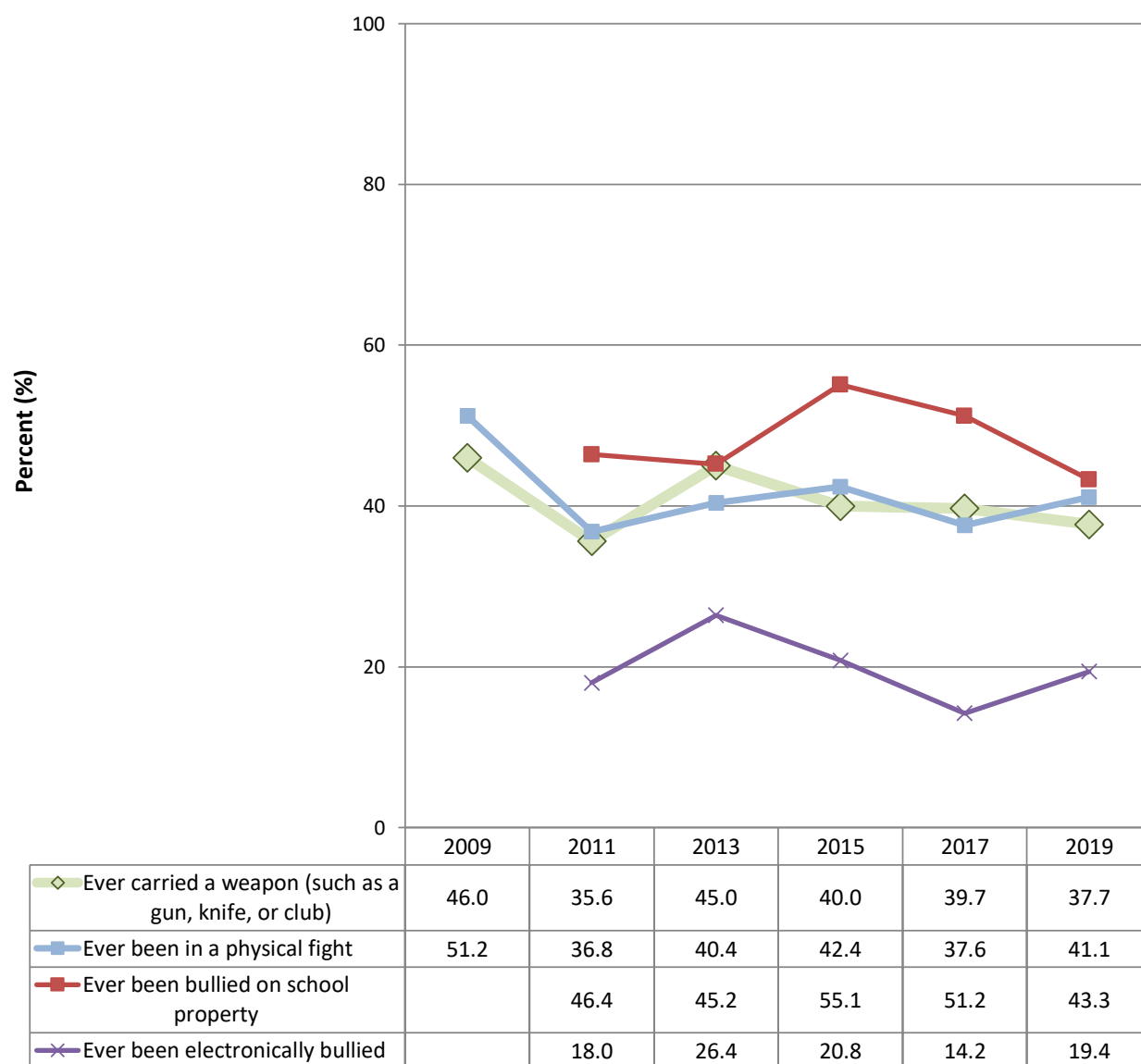


By Grade, Los Alamos Public Schools

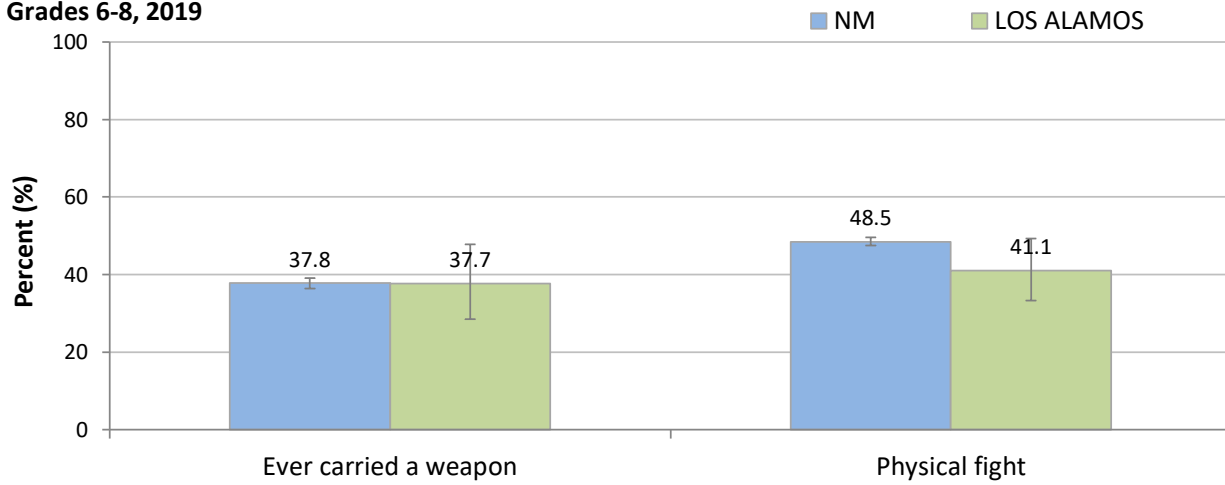


Personal Safety: Behaviors Associated with Violence

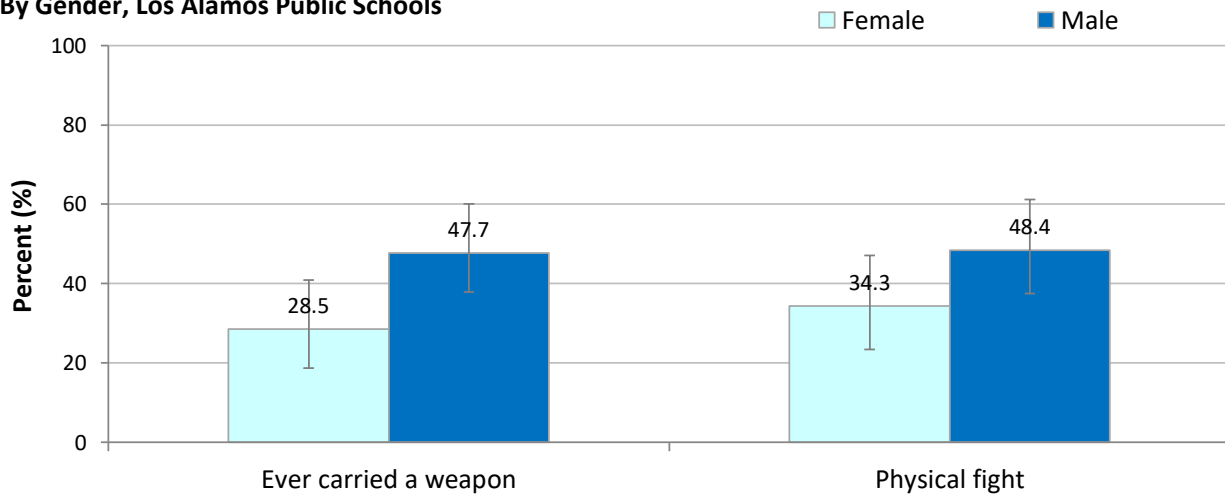
Behaviors Associated with Violence by Year, Los Alamos Public Schools Grades 6-8, 2009-2019



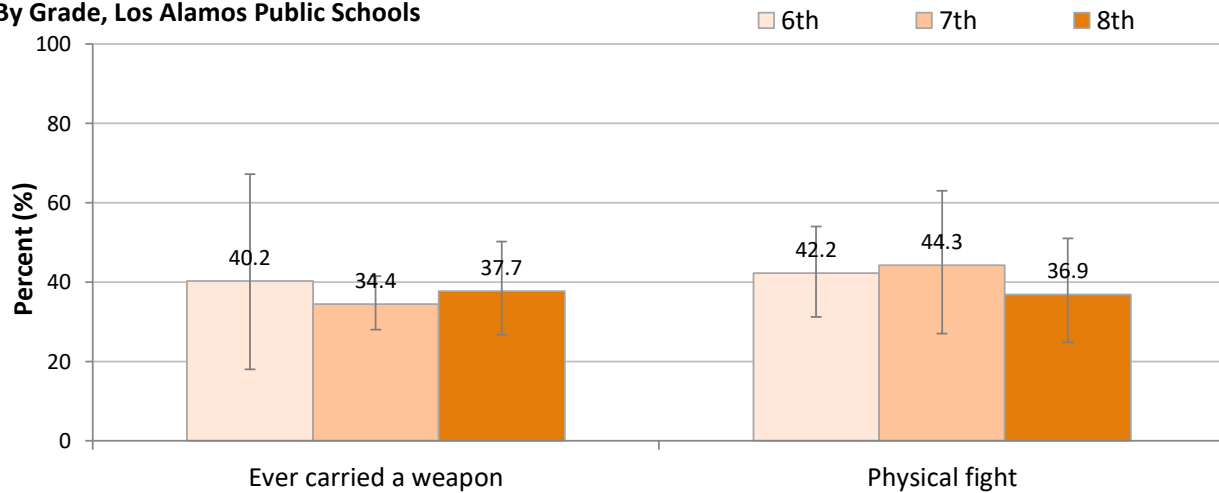
Personal Safety: Behaviors Associated with Violence
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



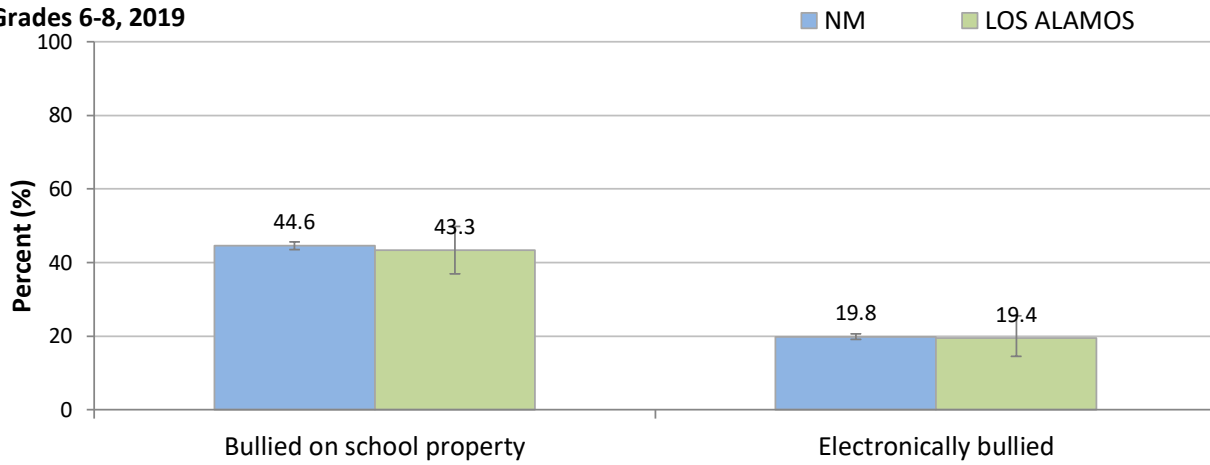
By Gender, Los Alamos Public Schools



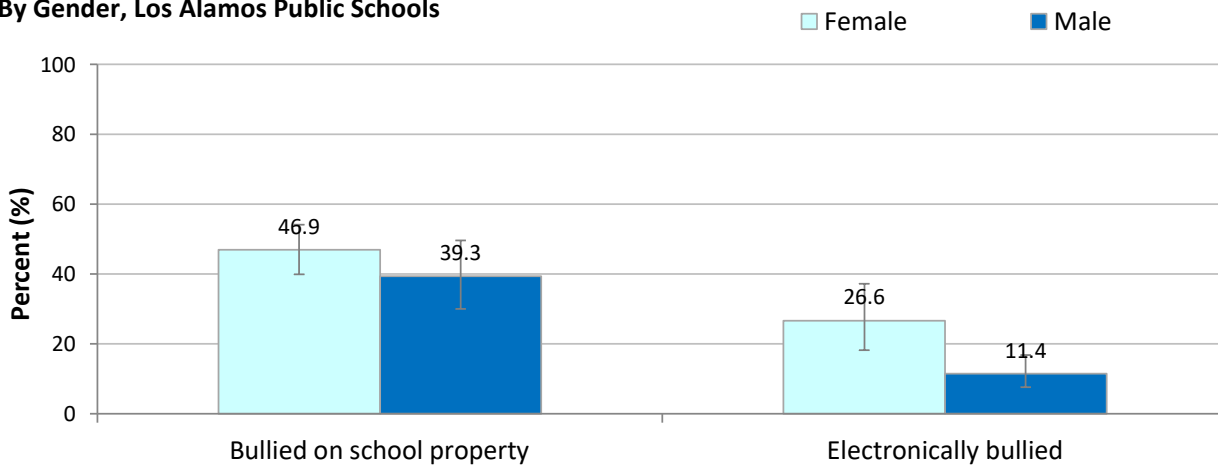
By Grade, Los Alamos Public Schools



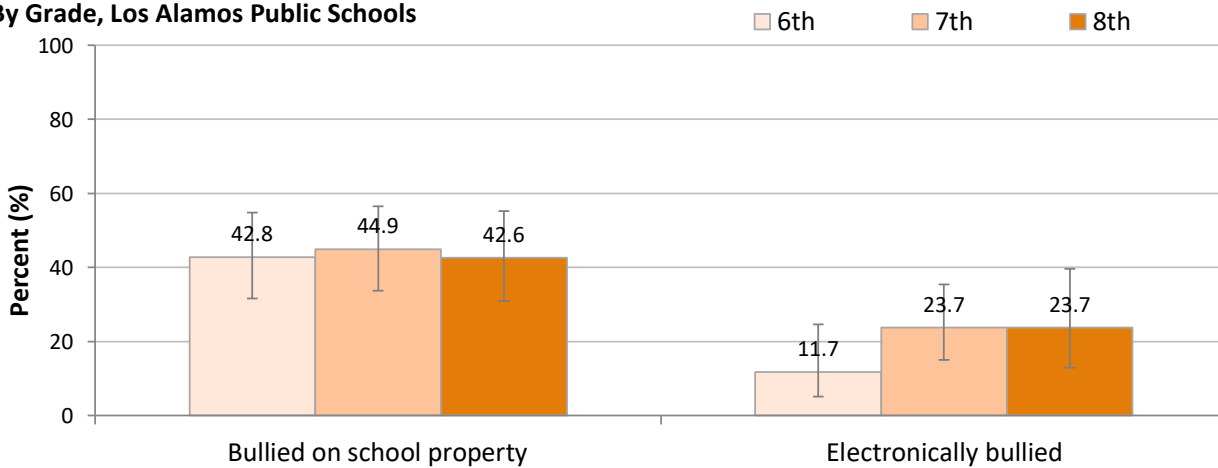
Personal Safety: Bullying
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



By Gender, Los Alamos Public Schools

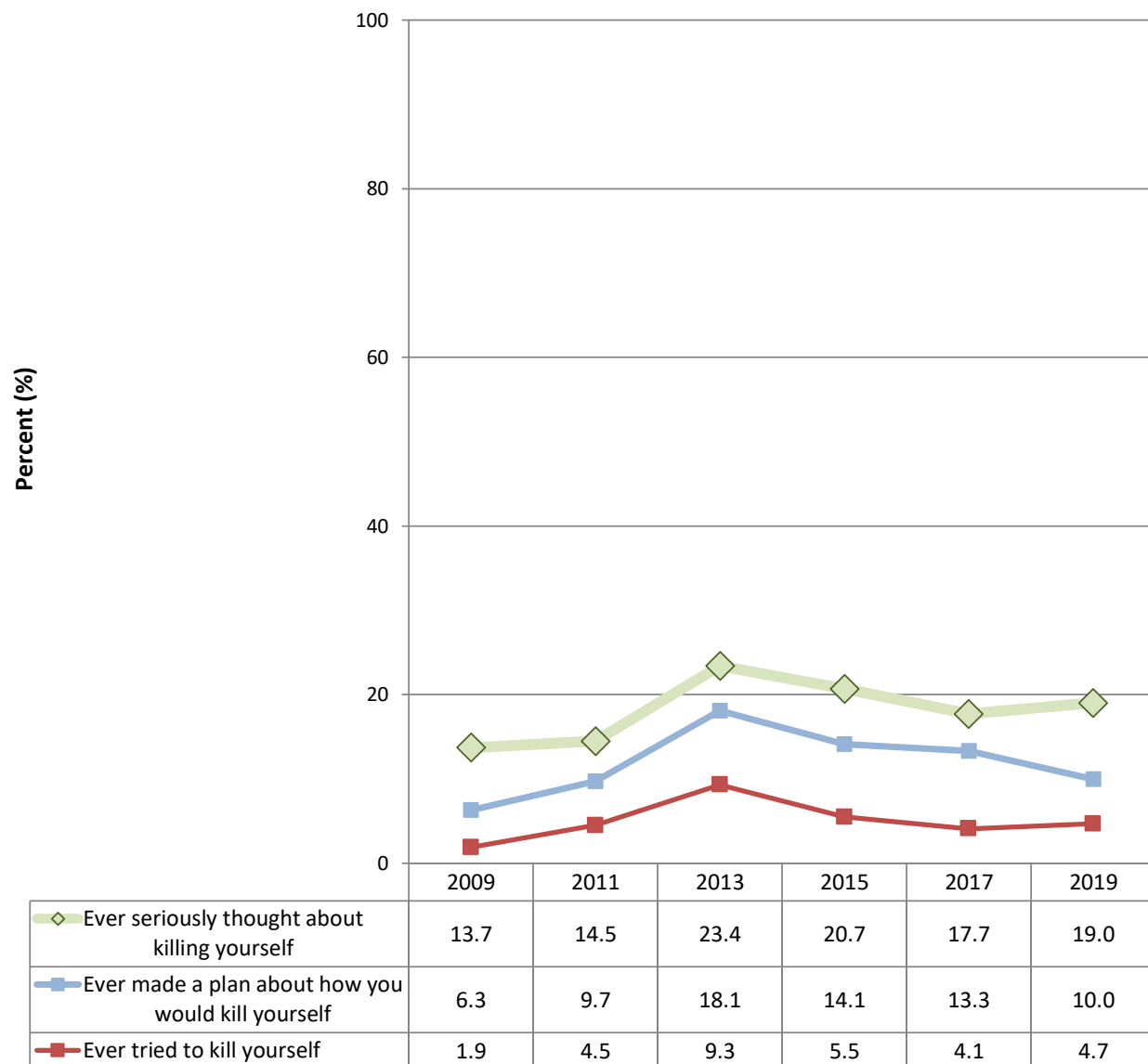


By Grade, Los Alamos Public Schools

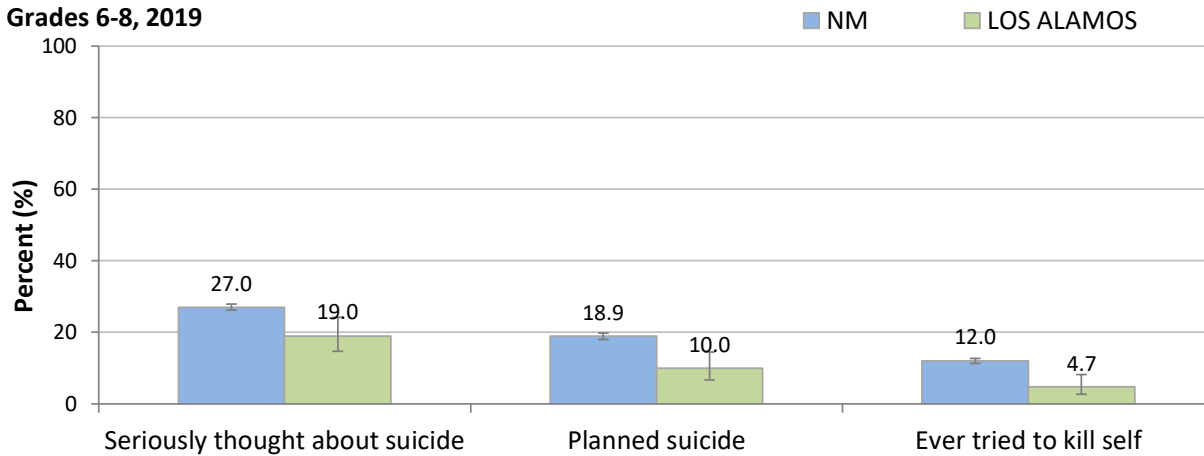


Mental Health

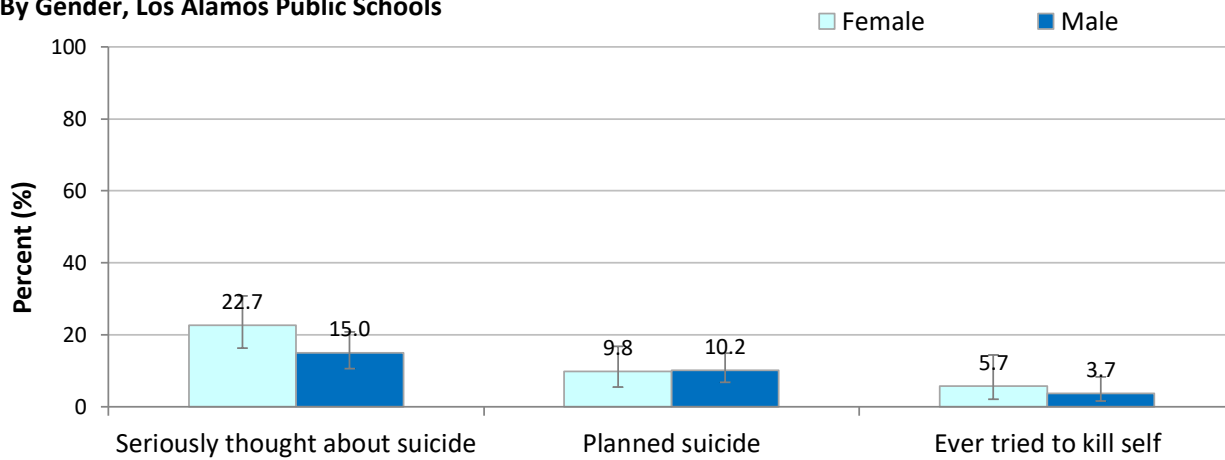
Behaviors Associated with Mental Health by Year, Los Alamos Public Schools Grades 6-8, 2009-2019



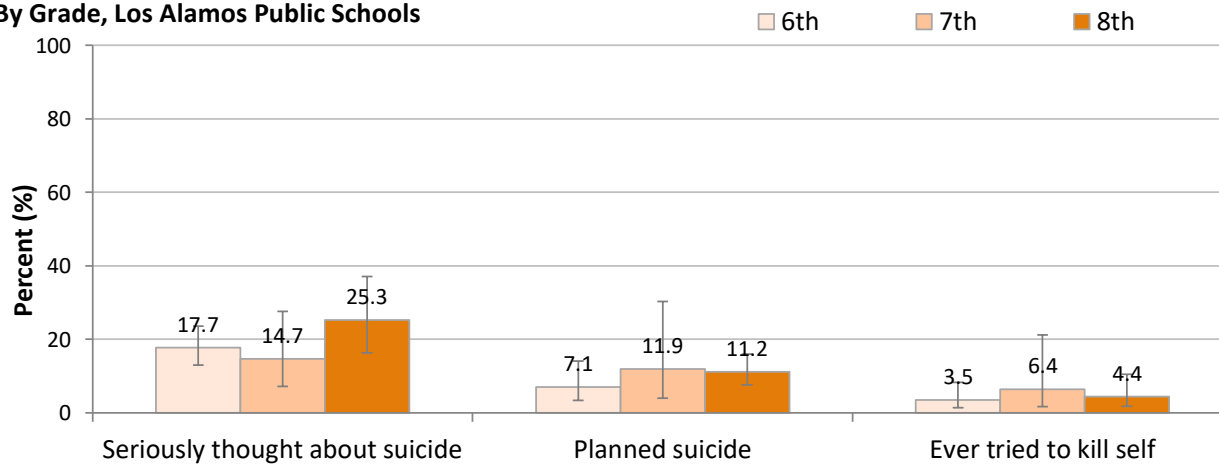
Mental Health
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



By Gender, Los Alamos Public Schools

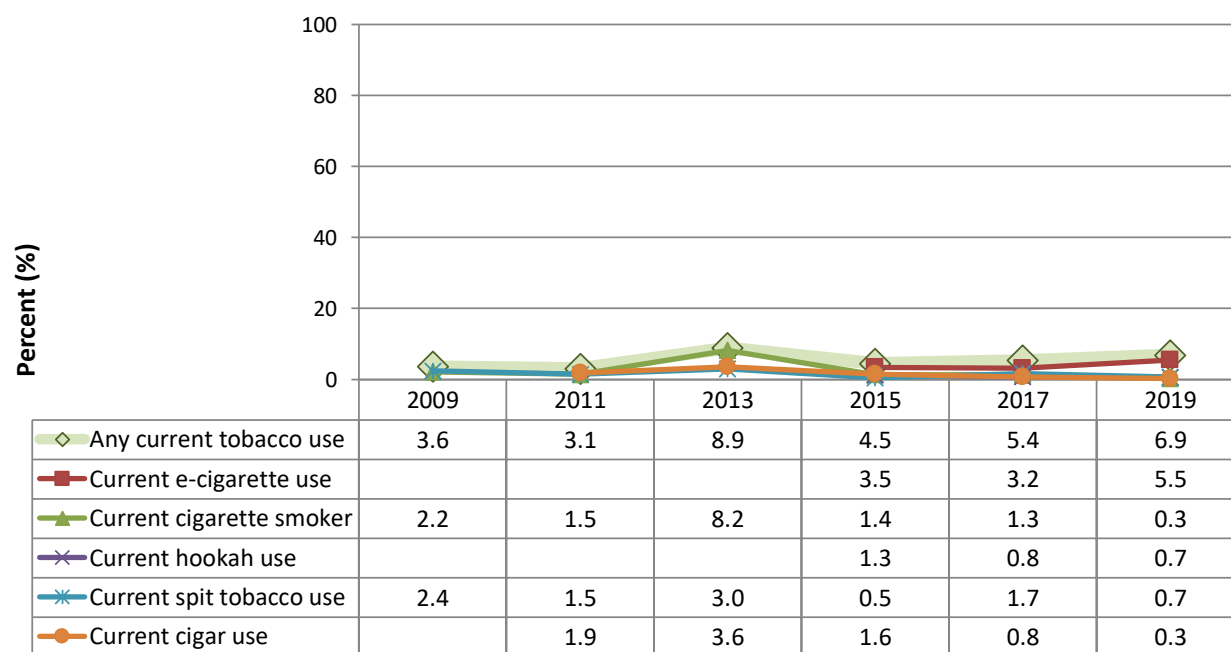
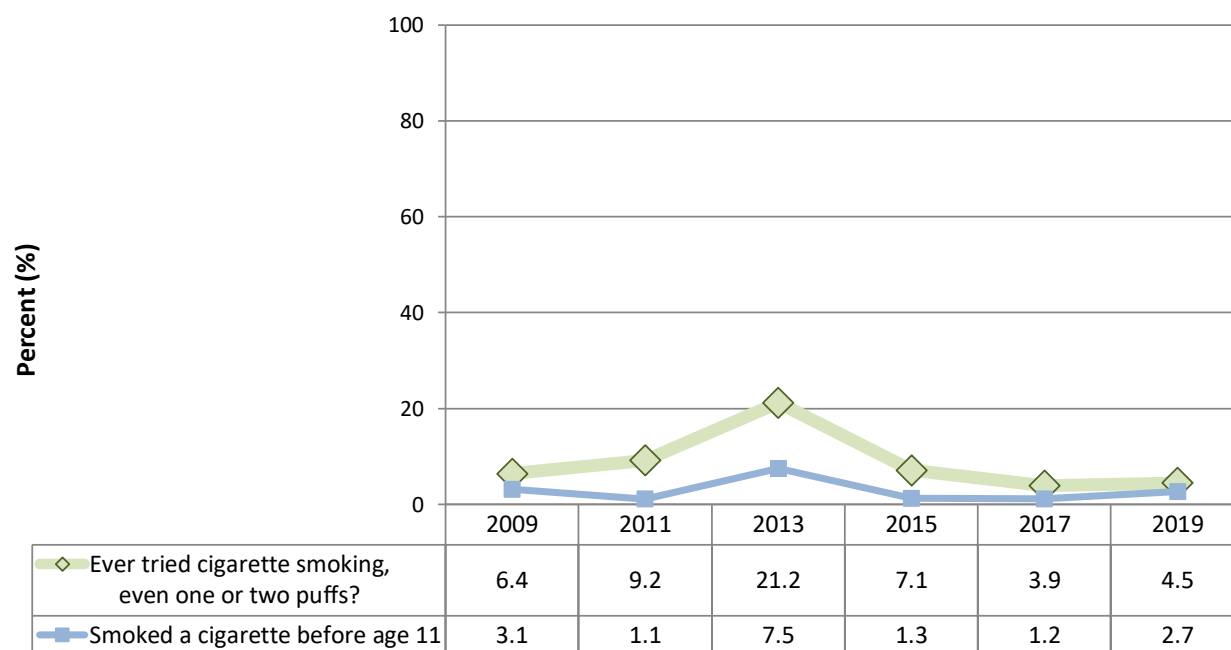


By Grade, Los Alamos Public Schools

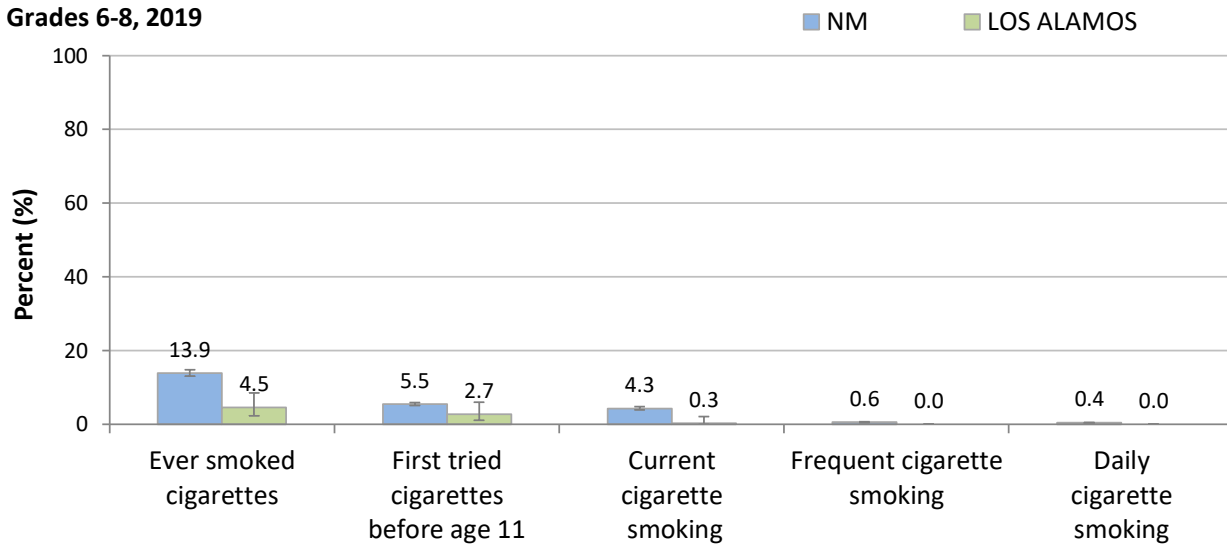


Tobacco Use and Exposure

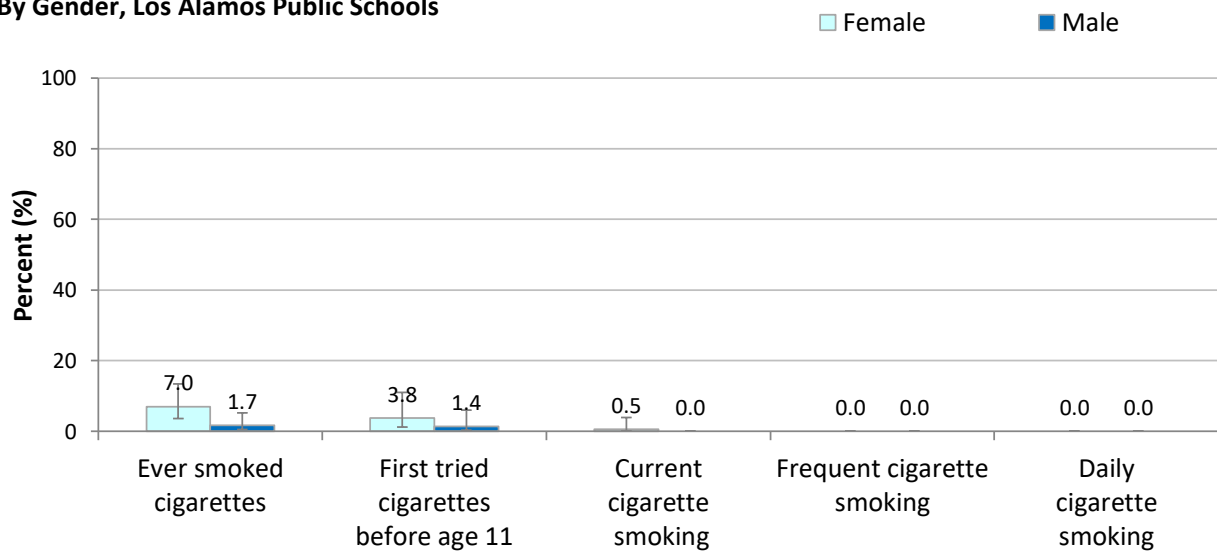
Tobacco Use by Year, Los Alamos Public Schools Grades 6-8, 2009-2019



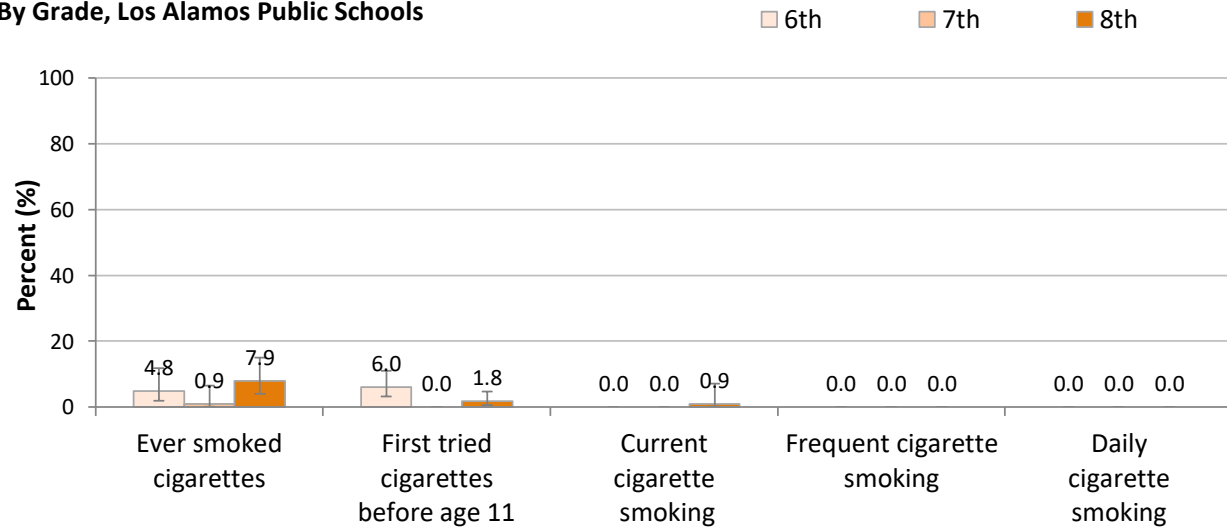
Tobacco Use and Exposure
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



By Gender, Los Alamos Public Schools

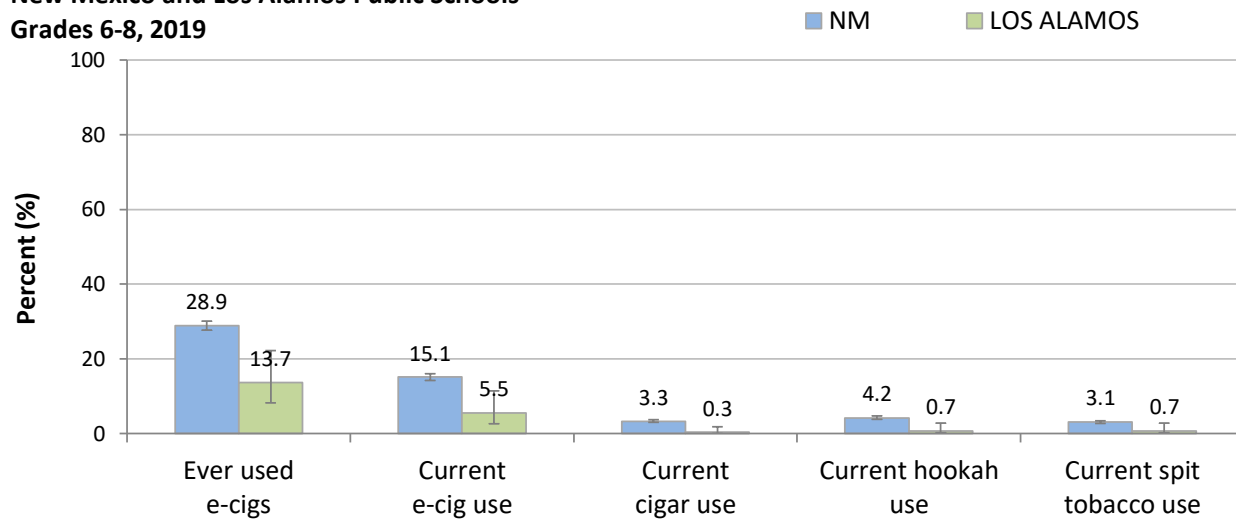


By Grade, Los Alamos Public Schools

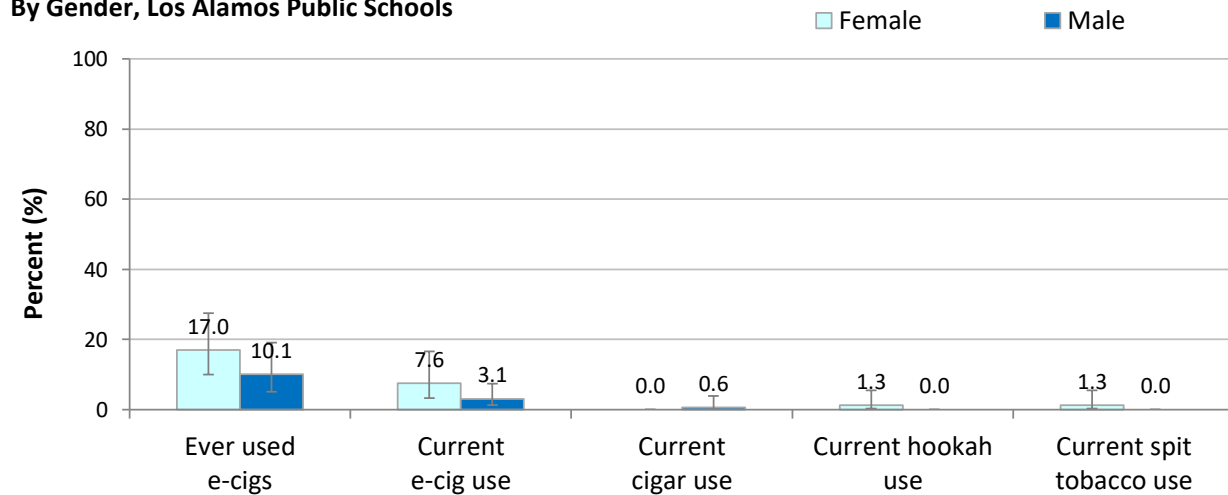


Tobacco Use: Other types of tobacco

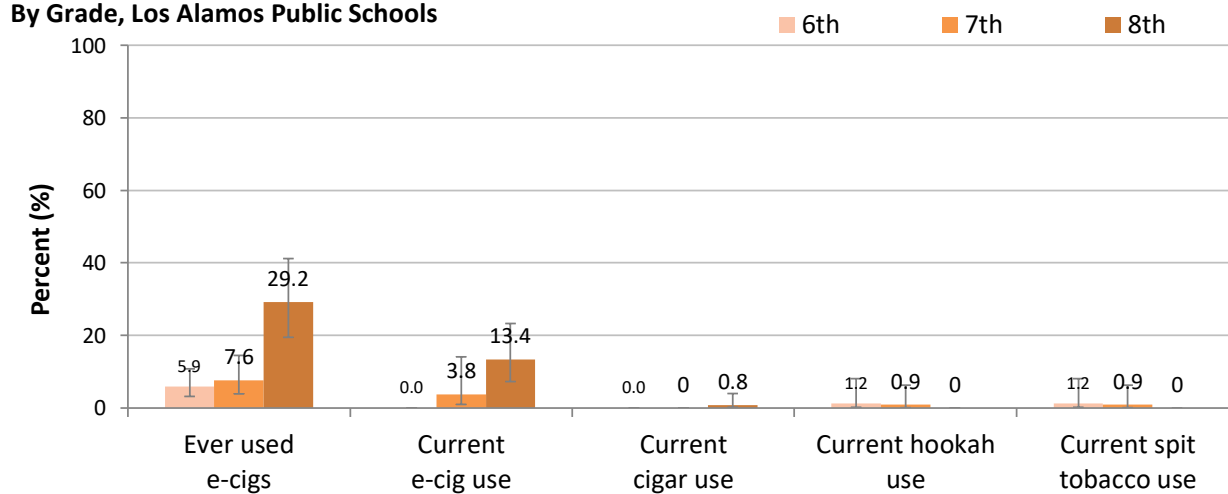
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



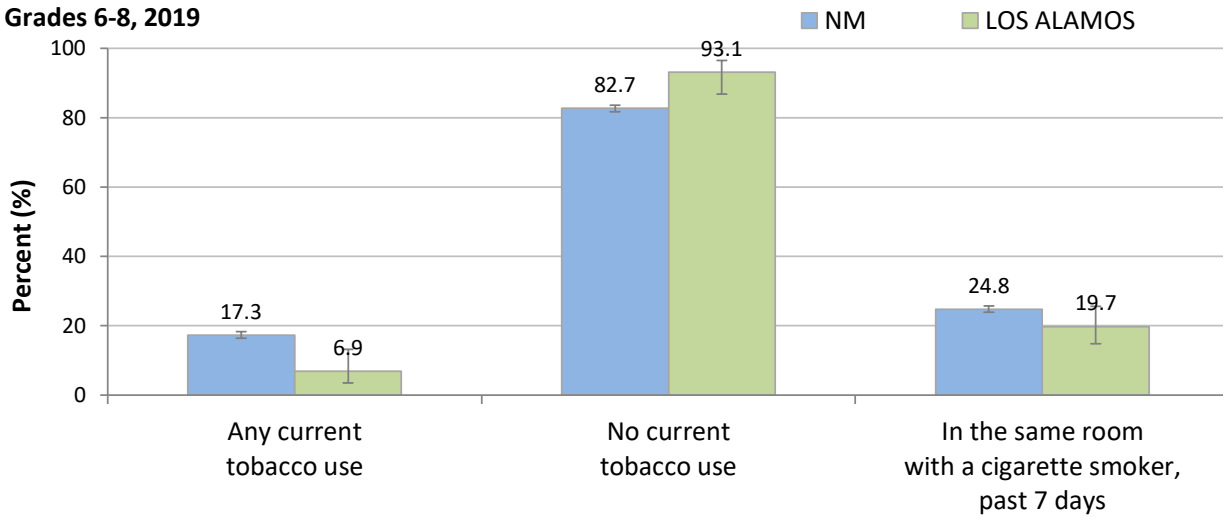
By Gender, Los Alamos Public Schools



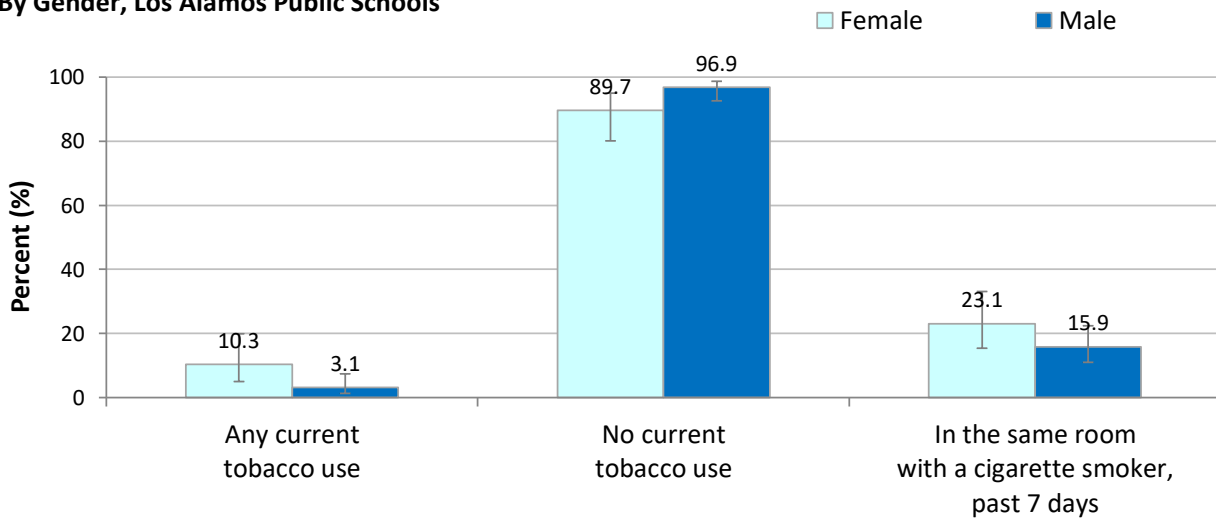
By Grade, Los Alamos Public Schools



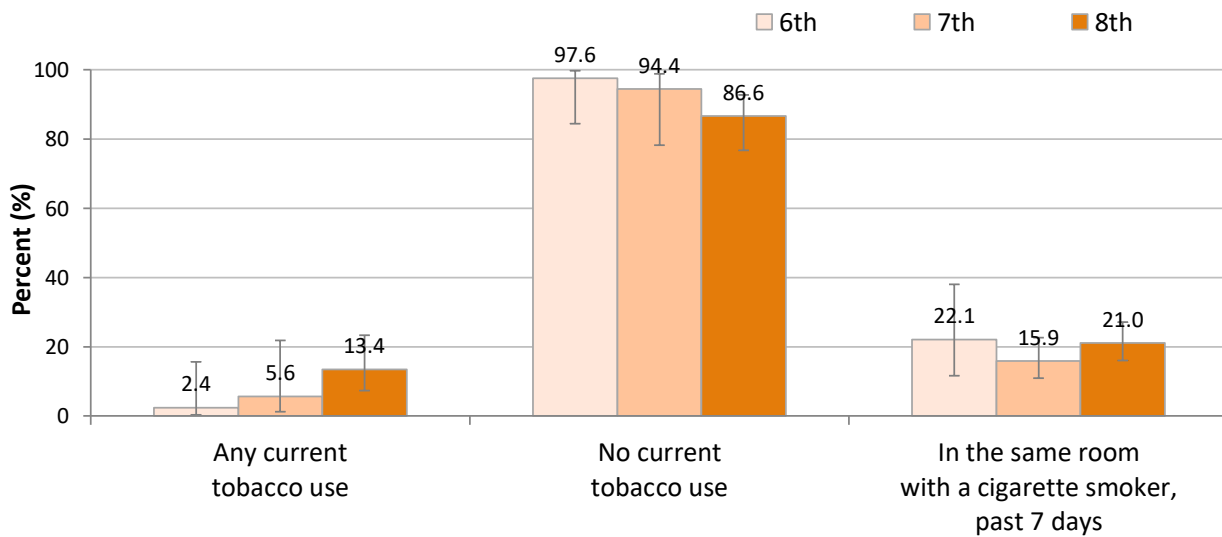
Tobacco Use: Other types of tobacco
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



By Gender, Los Alamos Public Schools

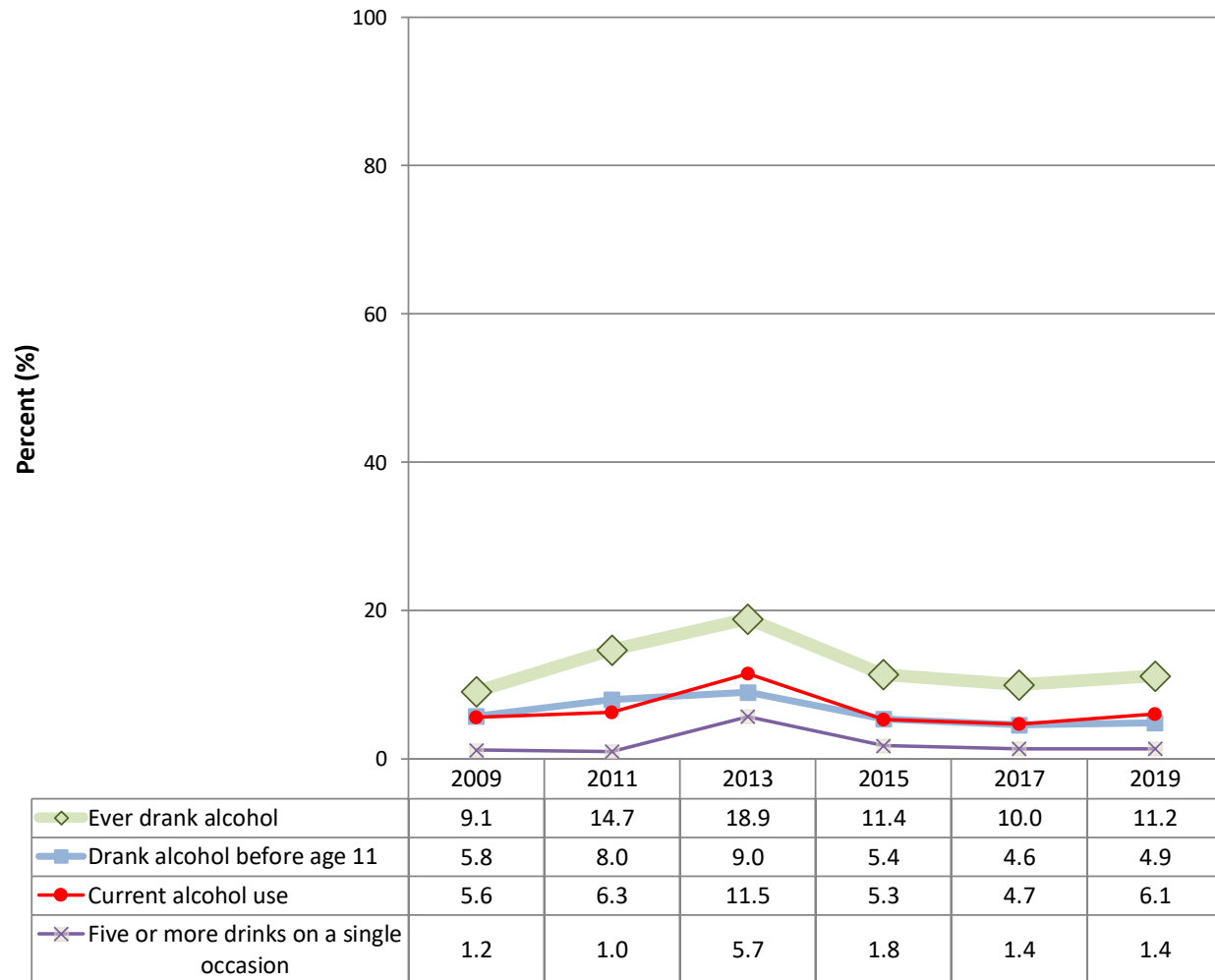


By Grade, Los Alamos Public Schools

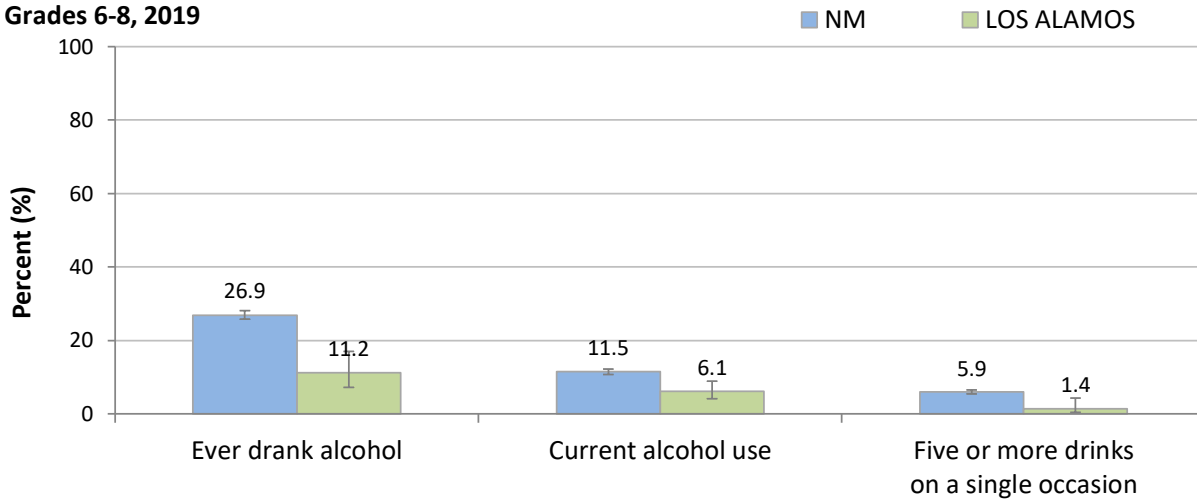


Alcohol Use

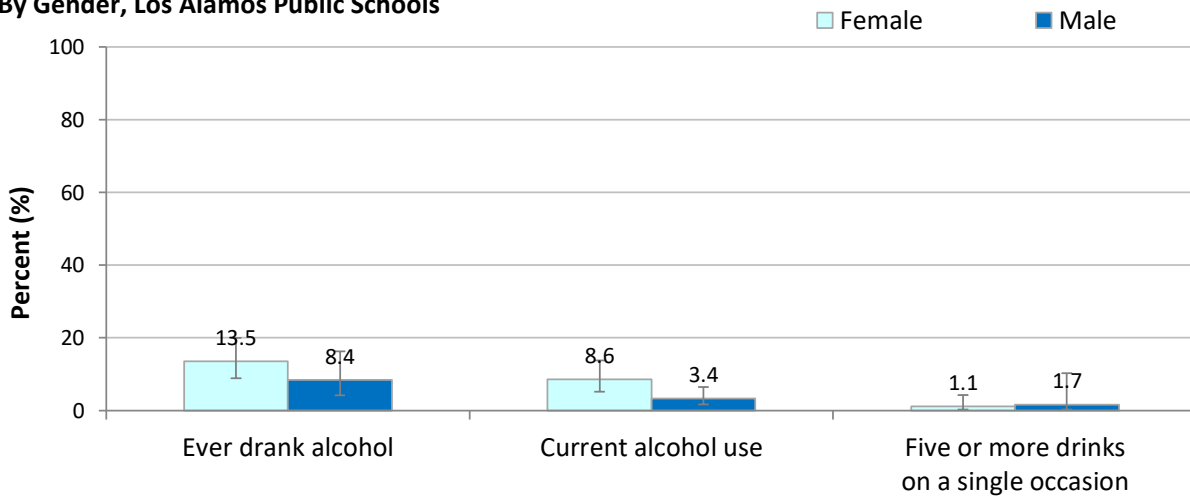
Alcohol Use
by Year, Los Alamos Public Schools
Grades 6-8, 2009-2019



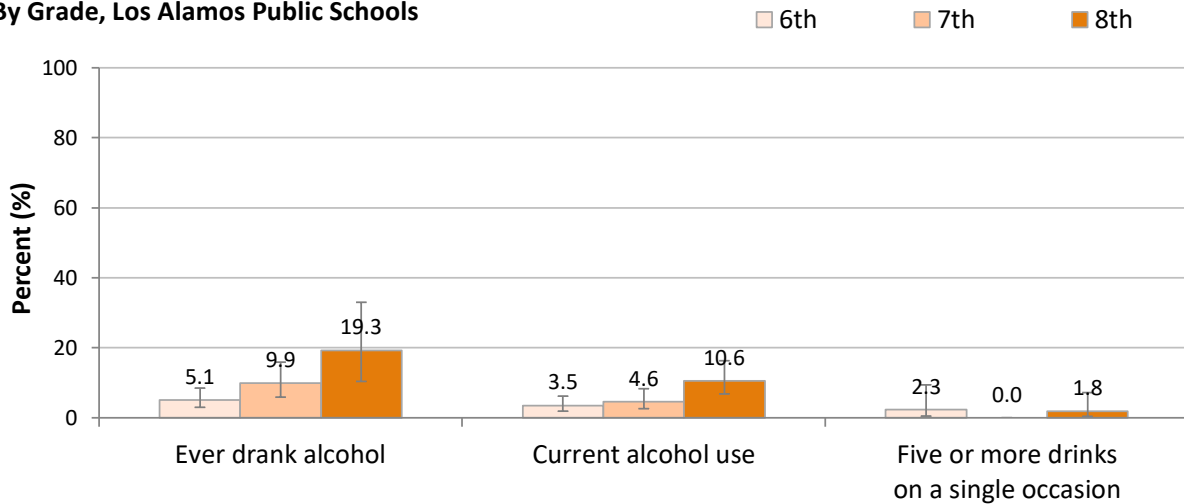
Alcohol Use
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



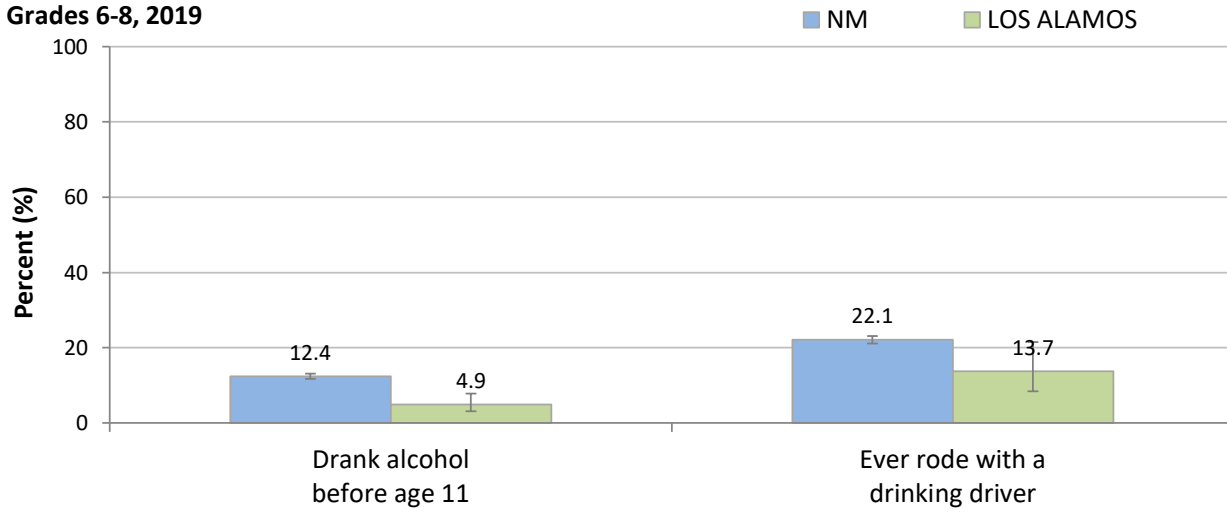
By Gender, Los Alamos Public Schools



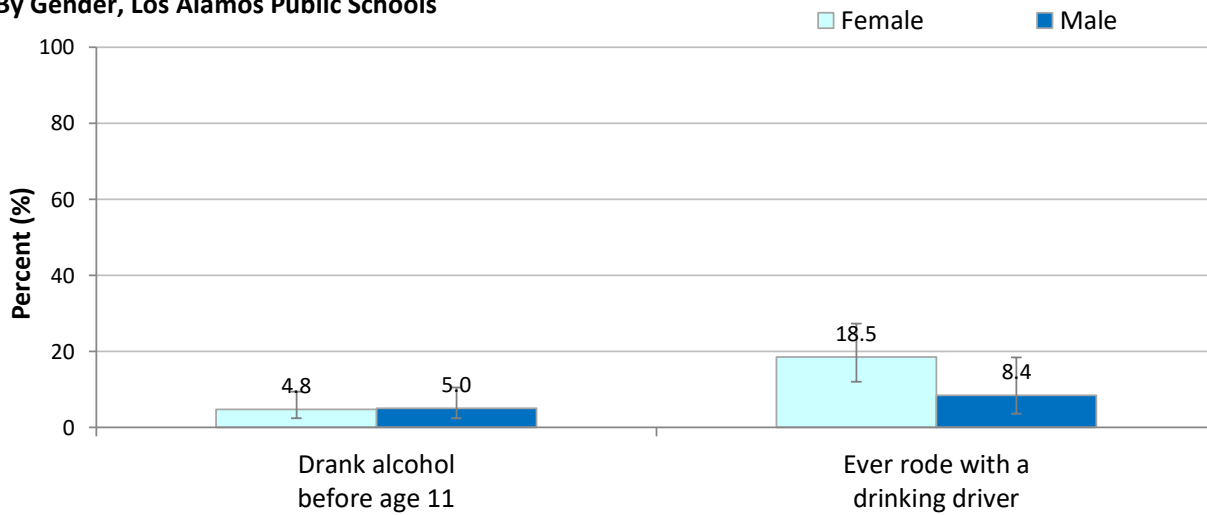
By Grade, Los Alamos Public Schools



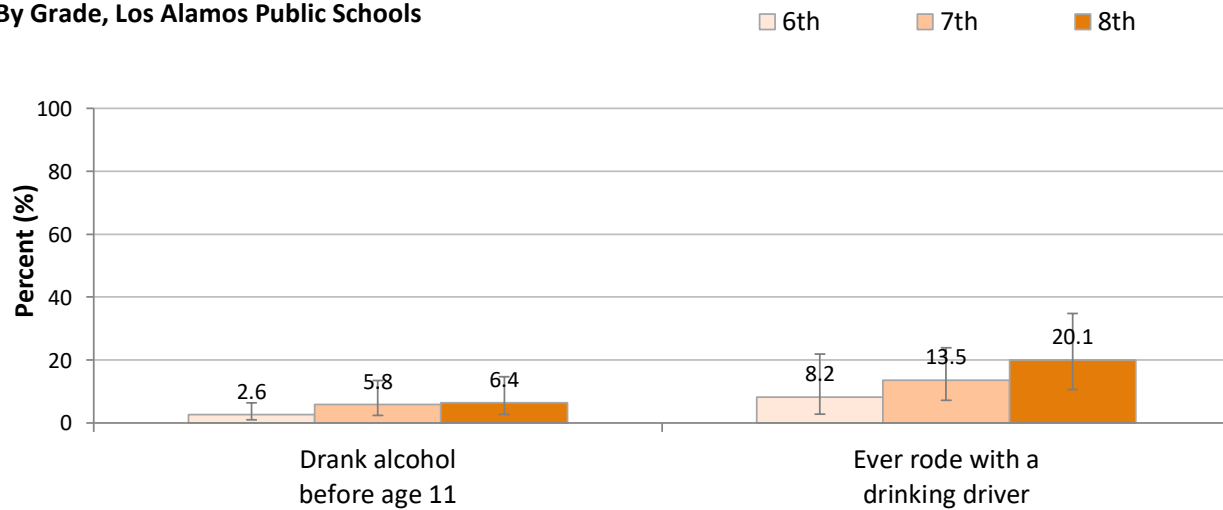
Alcohol Use
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



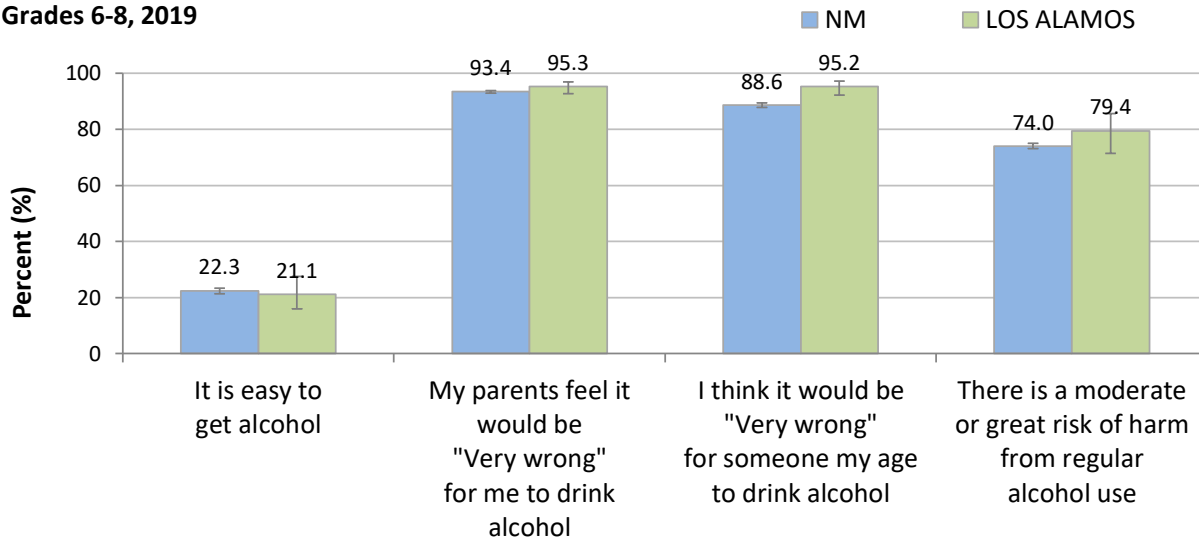
By Gender, Los Alamos Public Schools



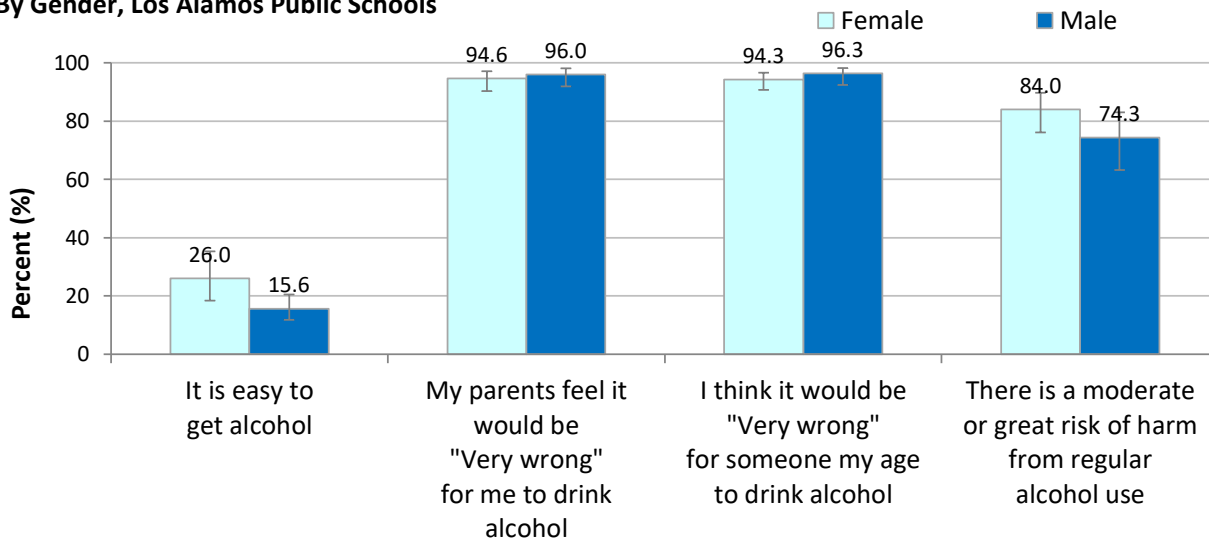
By Grade, Los Alamos Public Schools



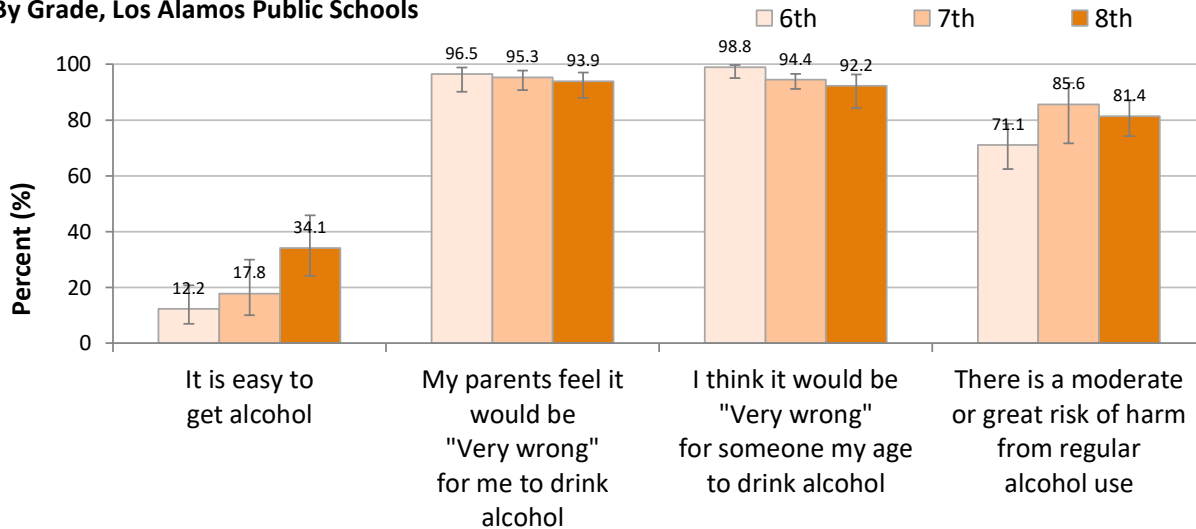
Alcohol Use: Access and Attitudes
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



By Gender, Los Alamos Public Schools

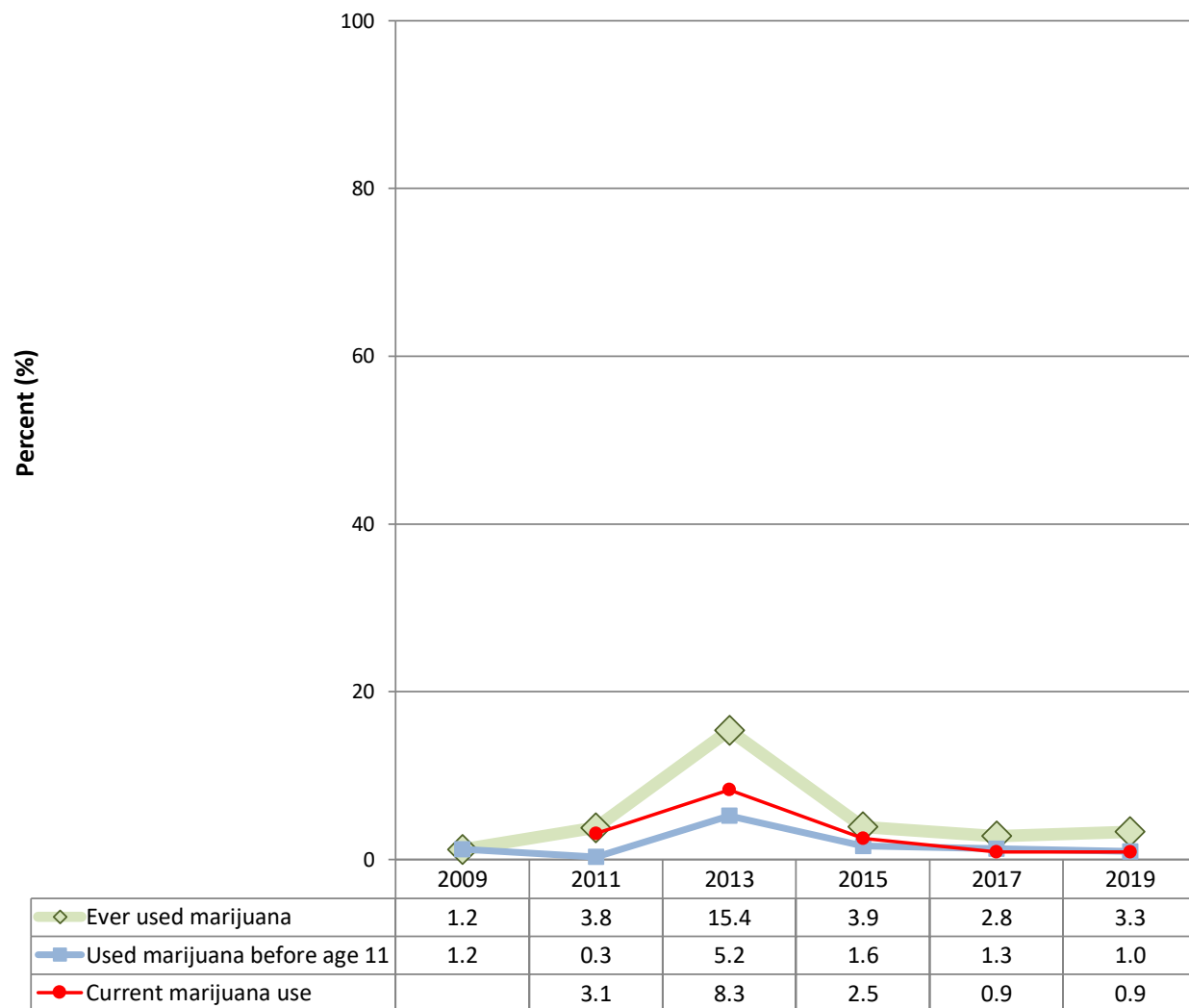


By Grade, Los Alamos Public Schools

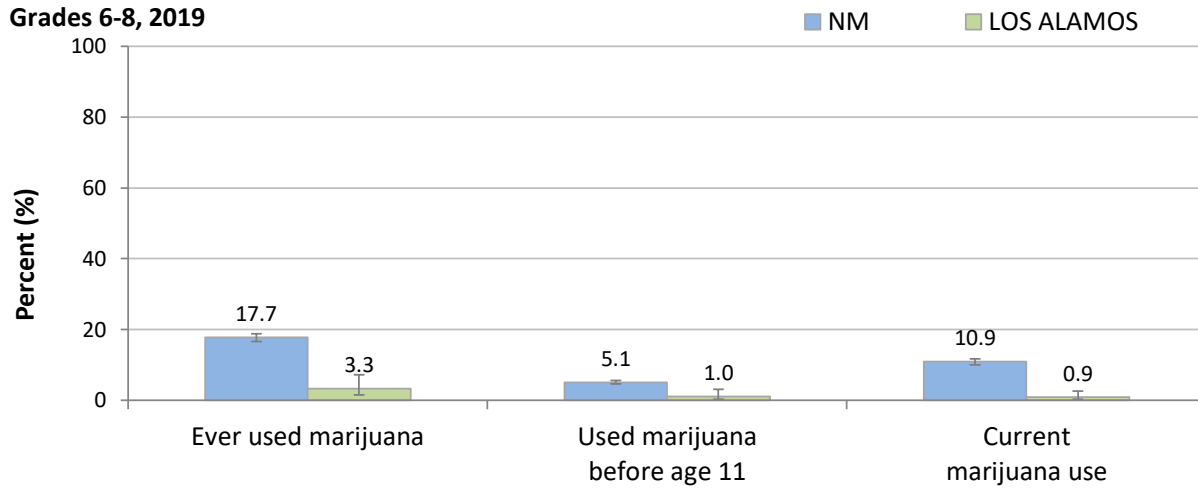


Drug Use: Marijuana

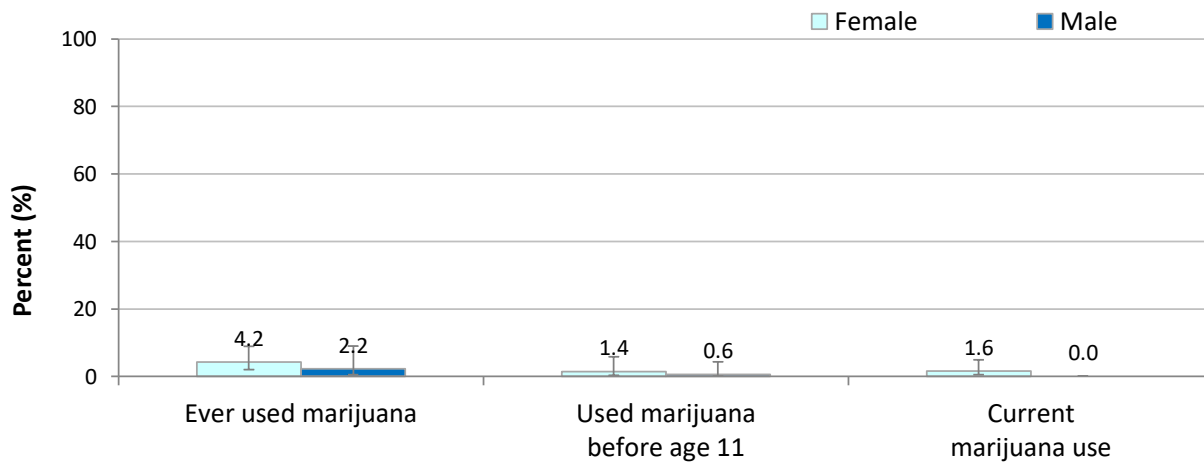
Drug Use: Marijuana Indicators by Year, Los Alamos Public Schools Grades 6-8, 2009-2019



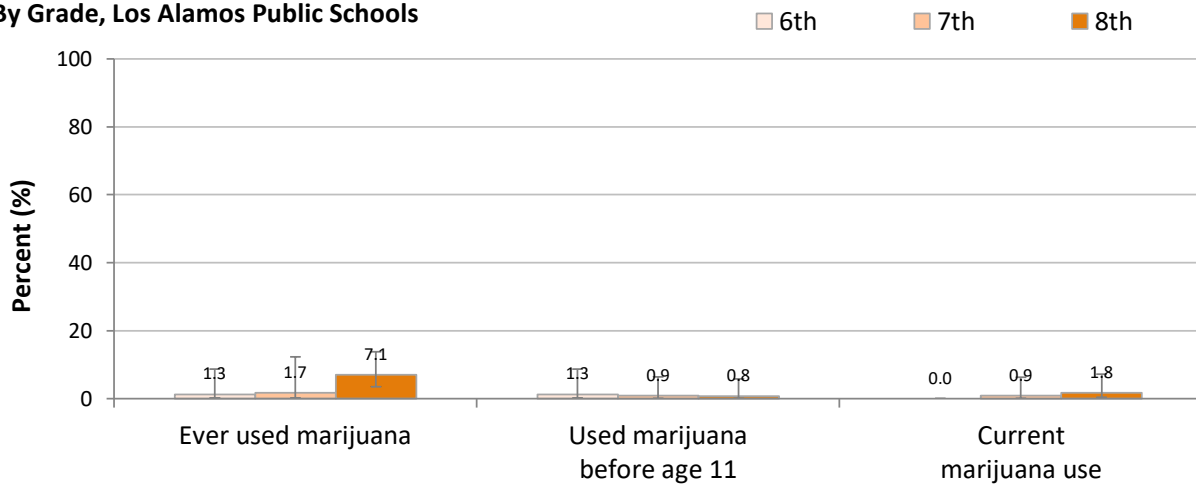
Drug Use: Marijuana
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



By Gender, Los Alamos Public Schools

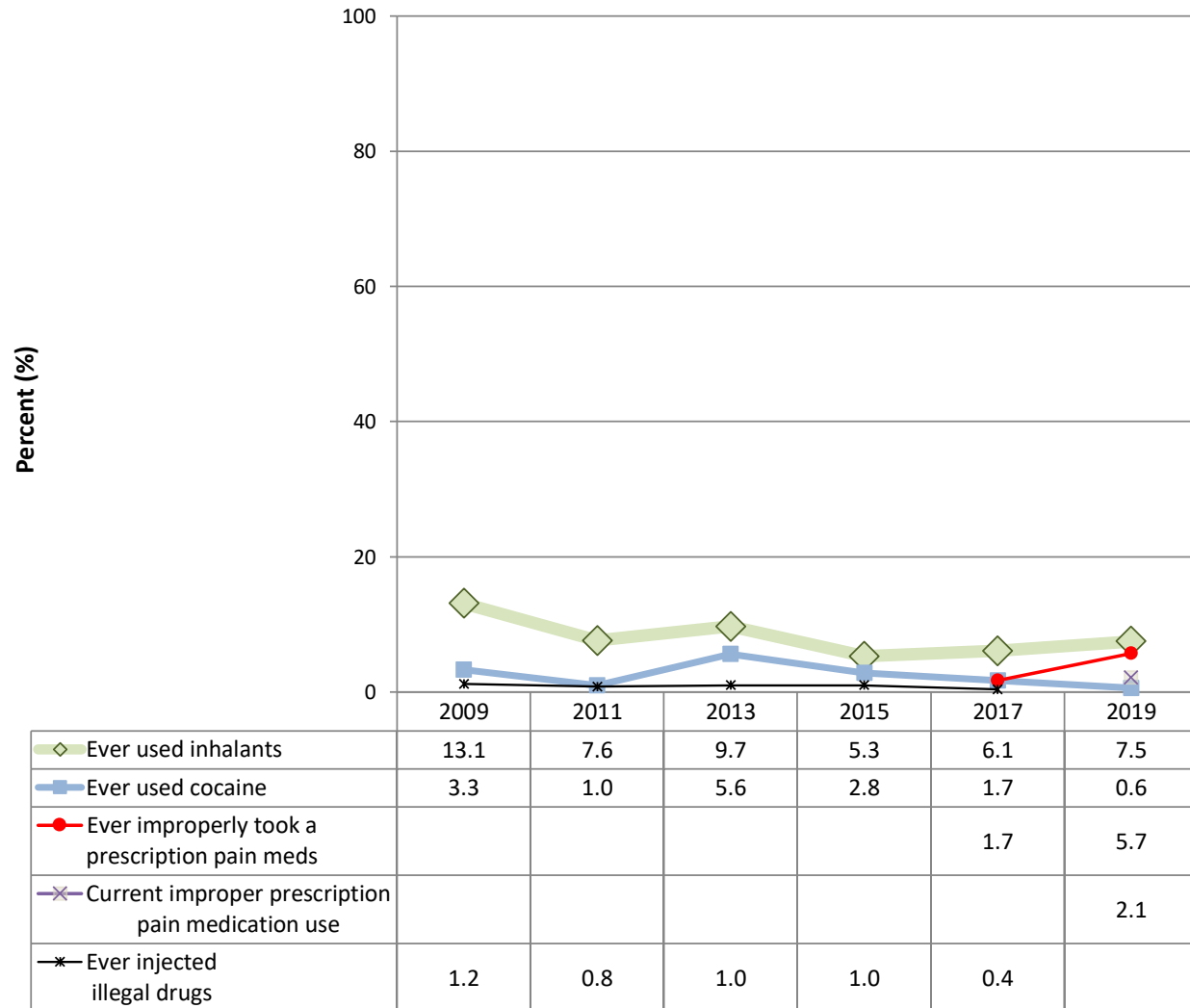


By Grade, Los Alamos Public Schools

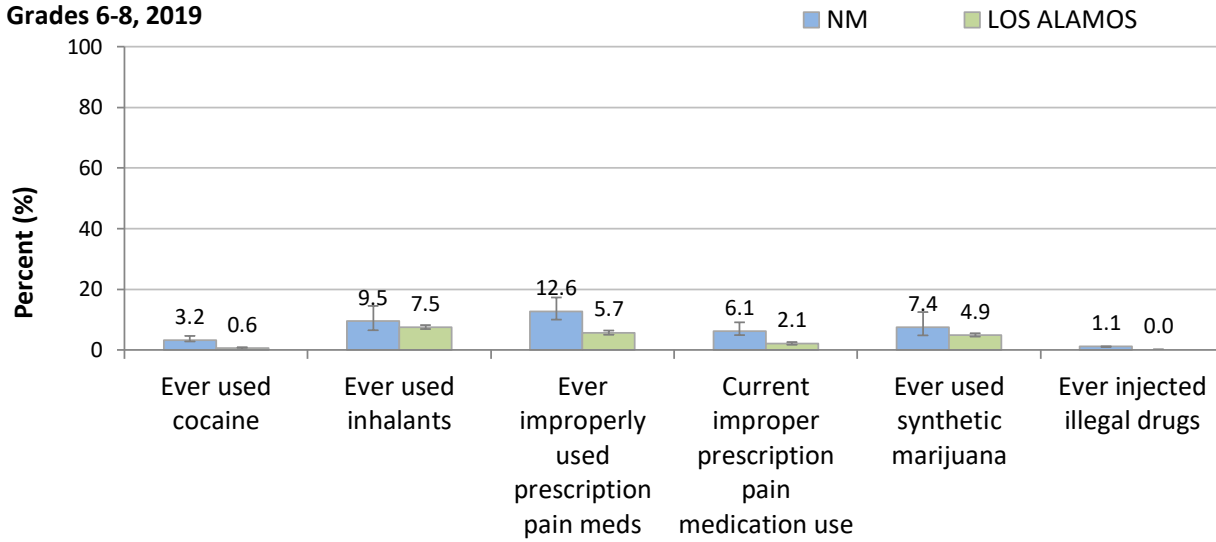


Drug Use

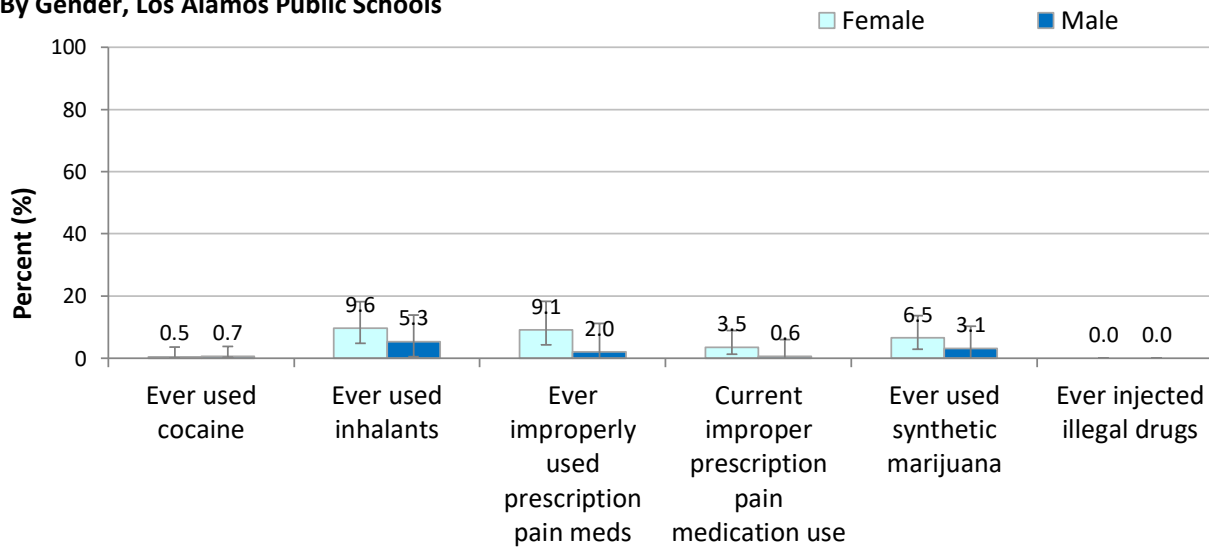
Drug Use Indicators by Year, Los Alamos Public Schools Grades 6-8, 2009-2019



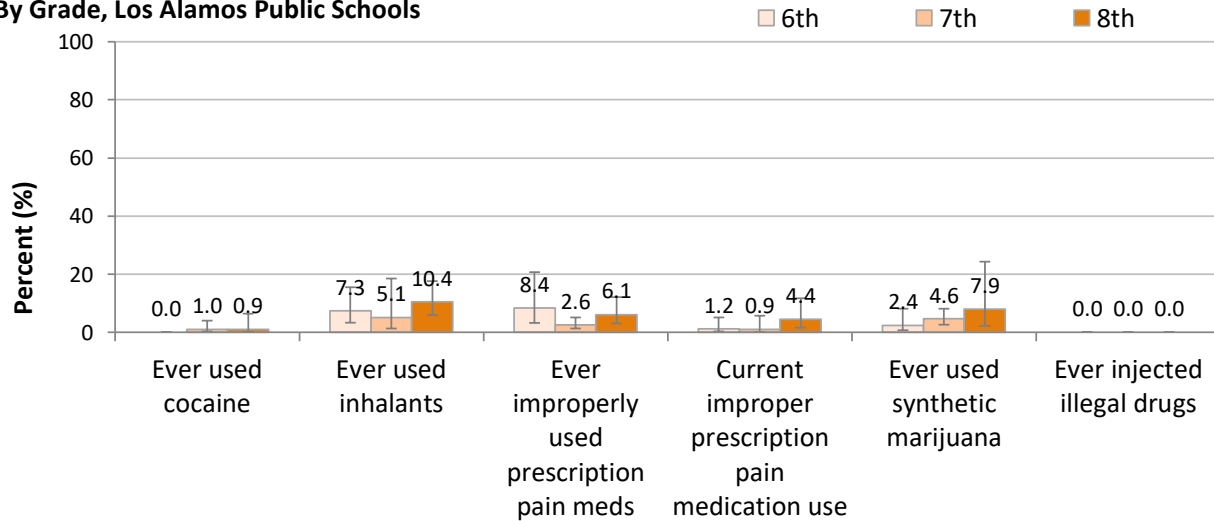
Drug Use: Other drugs
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



By Gender, Los Alamos Public Schools

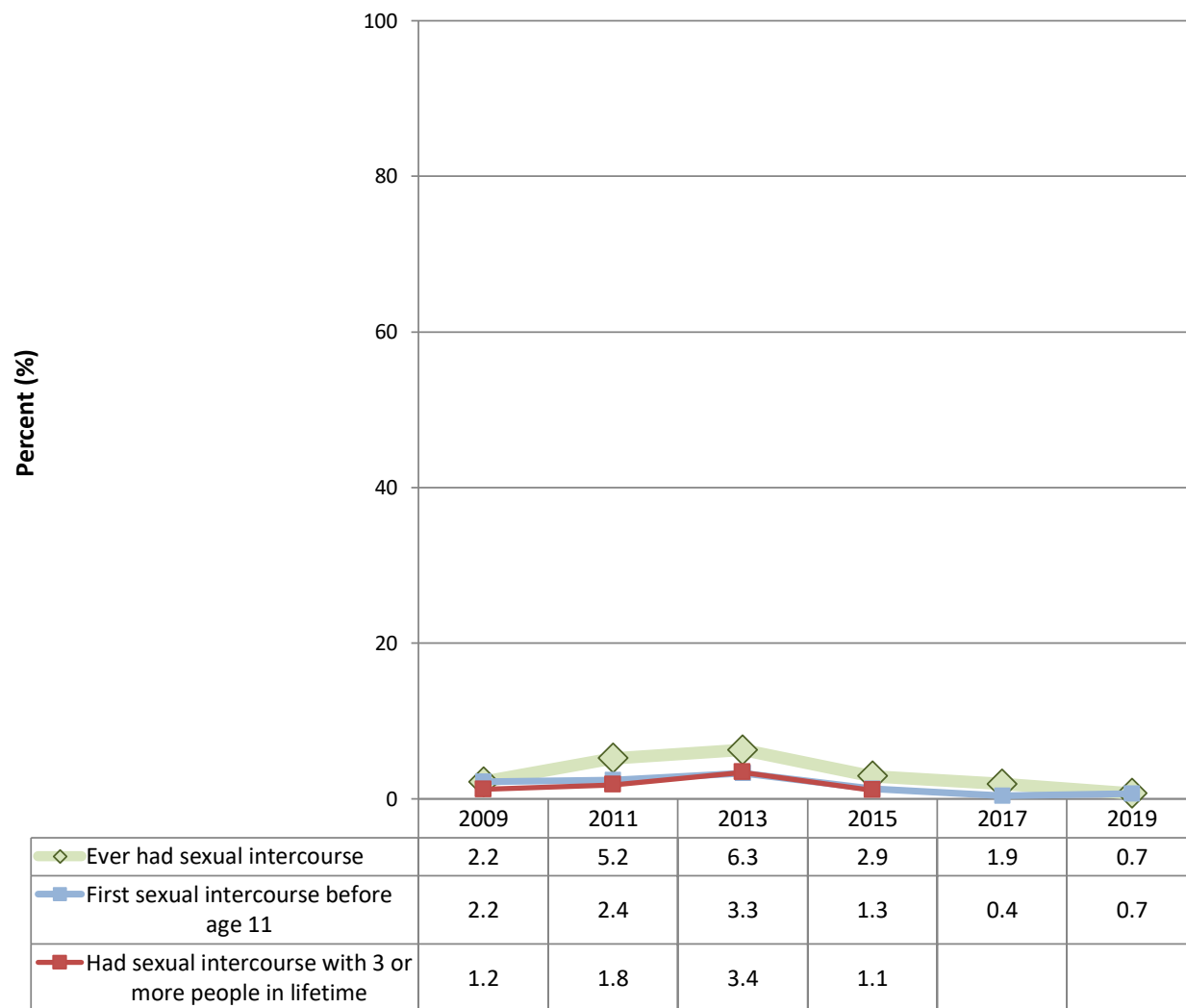


By Grade, Los Alamos Public Schools

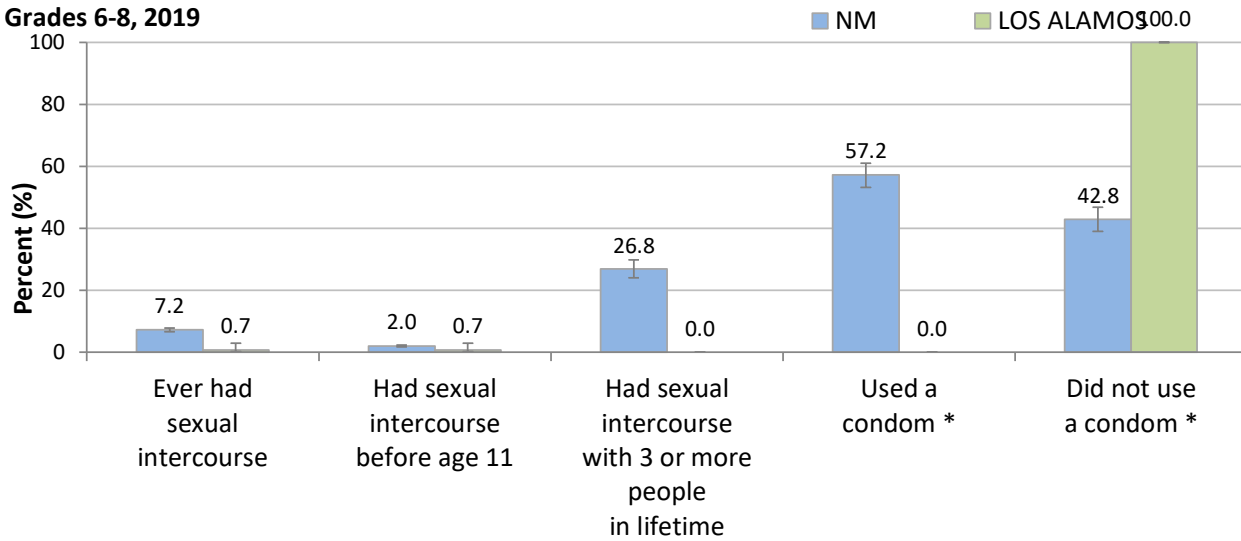


Sexual Behavior

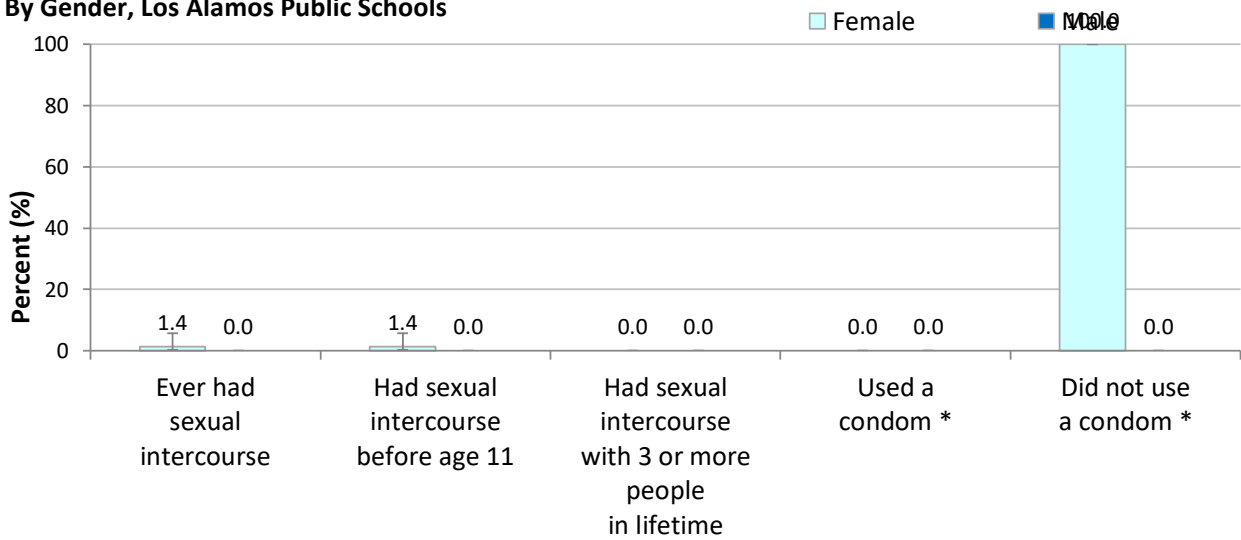
Sexual Behavior Indicators by Year, Los Alamos Public Schools Grades 6-8, 2009-2019



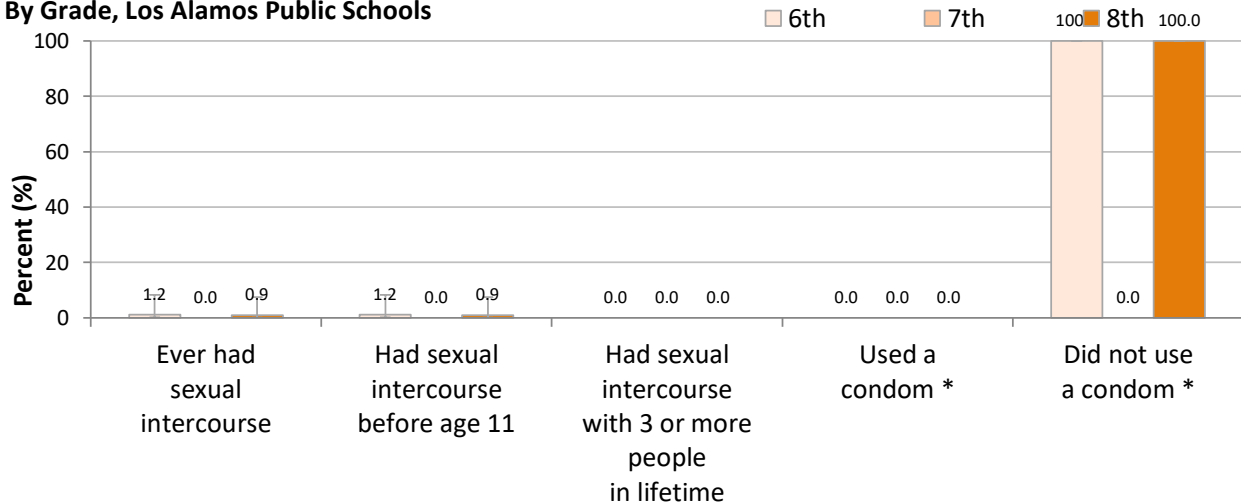
Sexual Behavior
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



By Gender, Los Alamos Public Schools



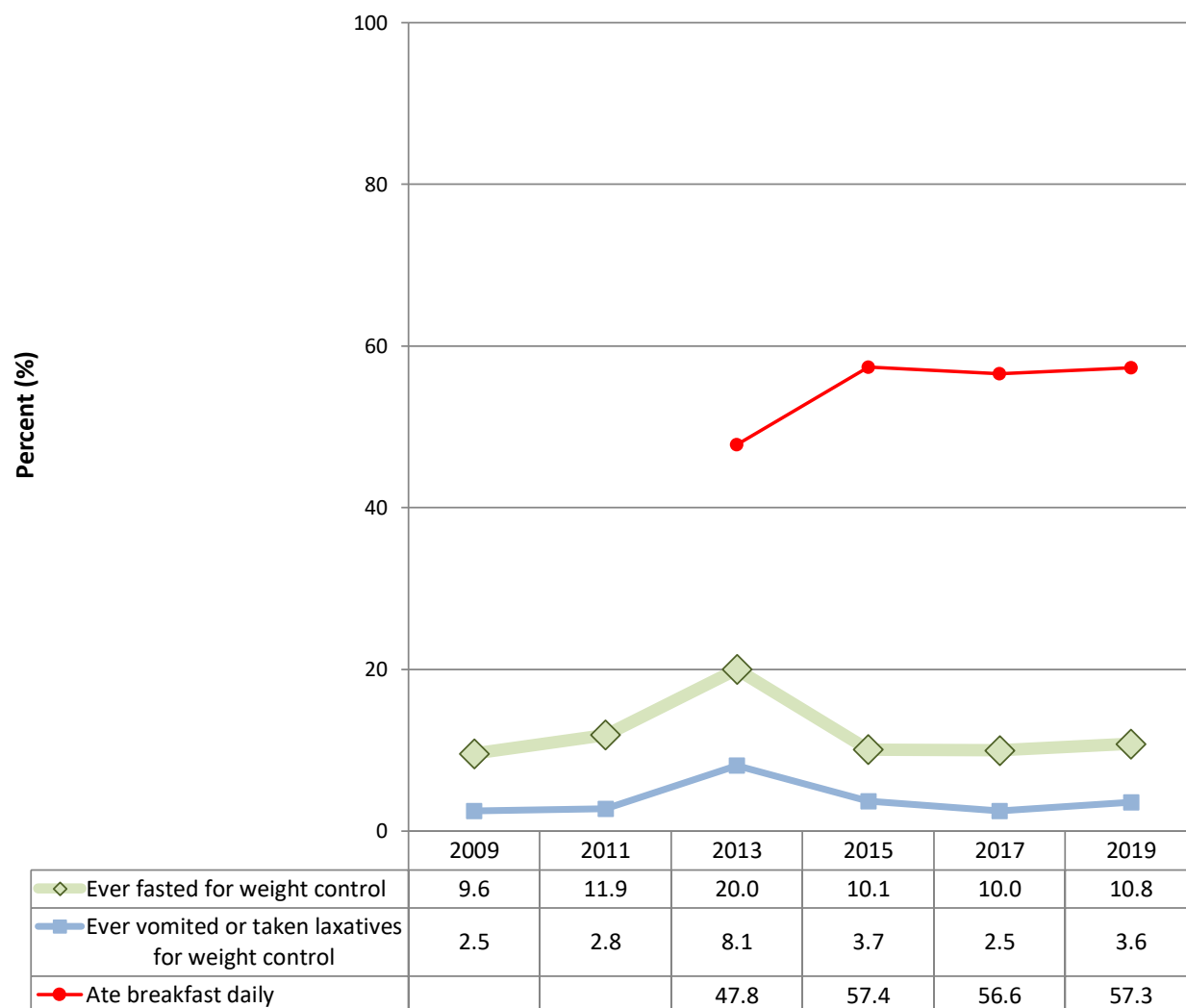
By Grade, Los Alamos Public Schools



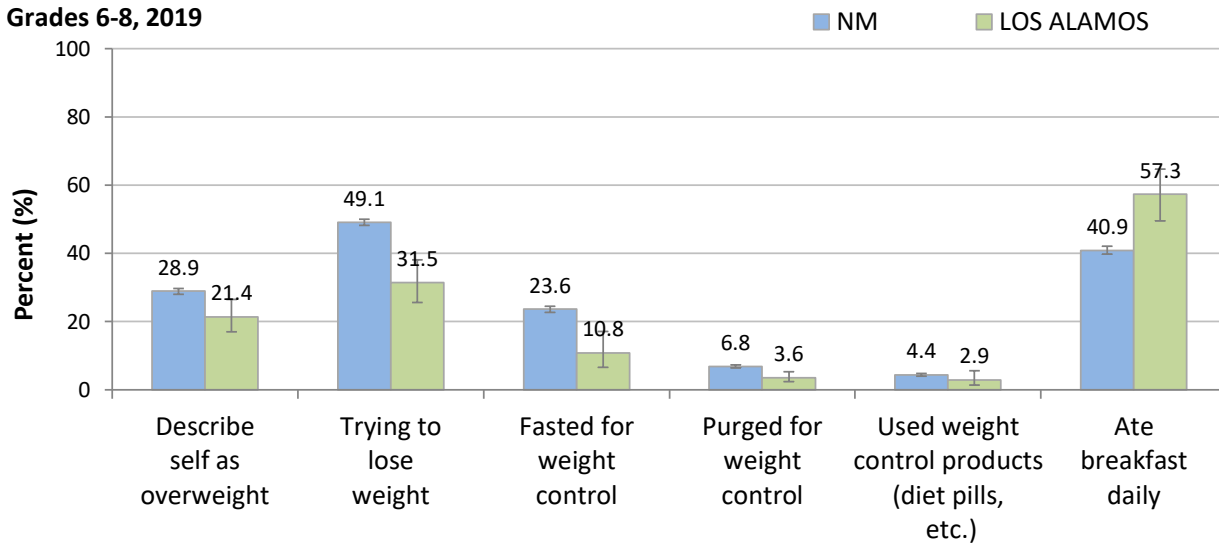
* Of those who ever had sexual intercourse, the last time they had sexual intercourse.

Weight Control and Nutrition

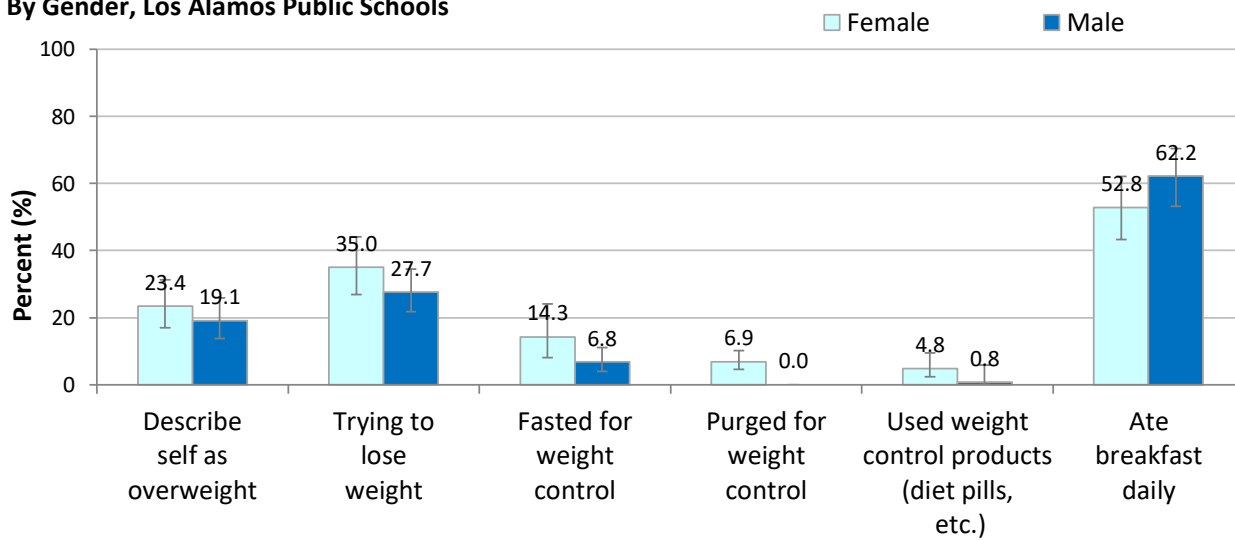
Weight Control and Nutrition Indicators by Year, Los Alamos Public Schools Grades 6-8, 2009-2019



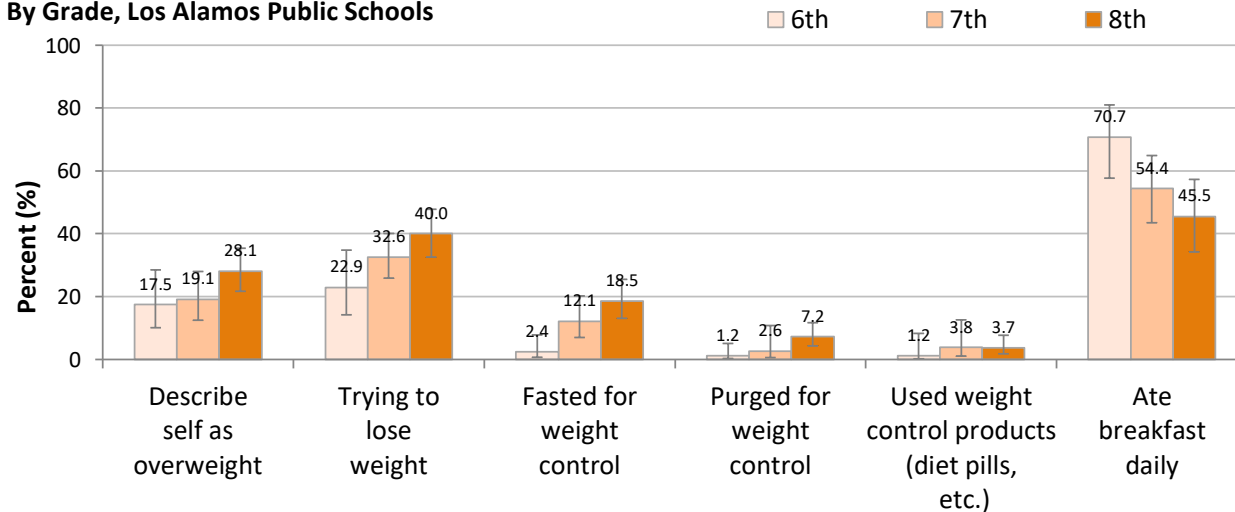
Weight Control and Nutrition
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



By Gender, Los Alamos Public Schools

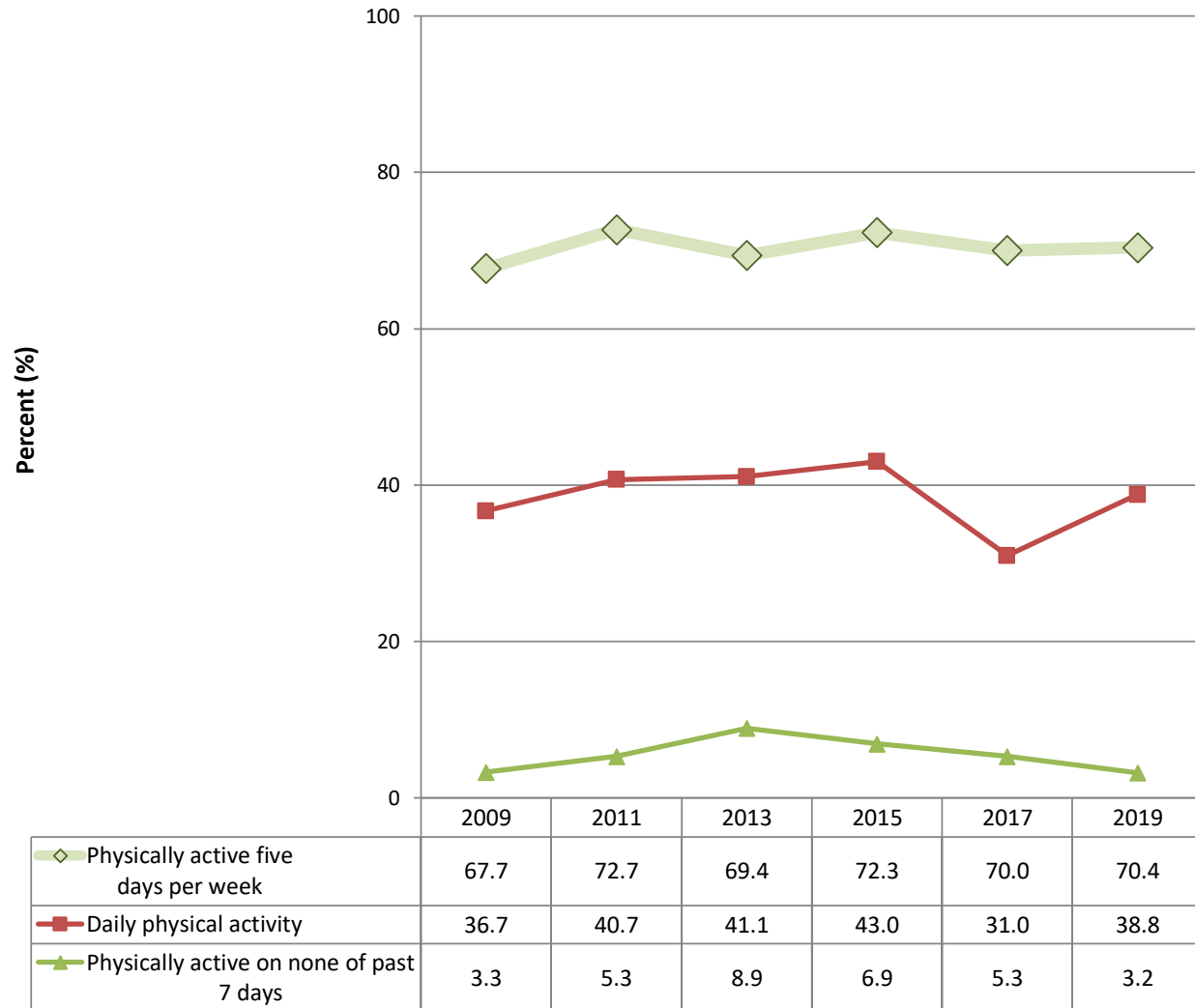


By Grade, Los Alamos Public Schools

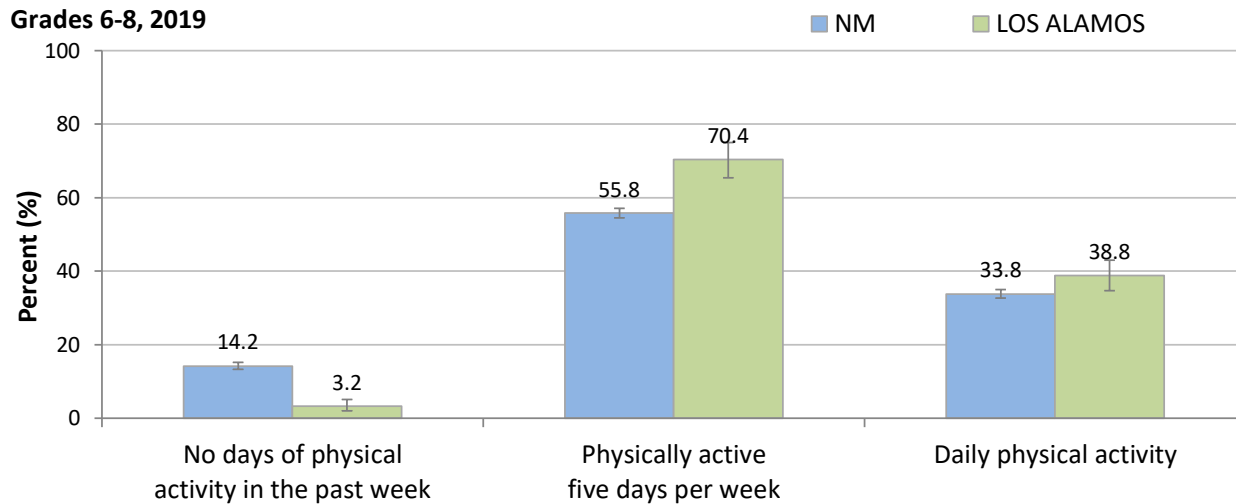


Physical Activity

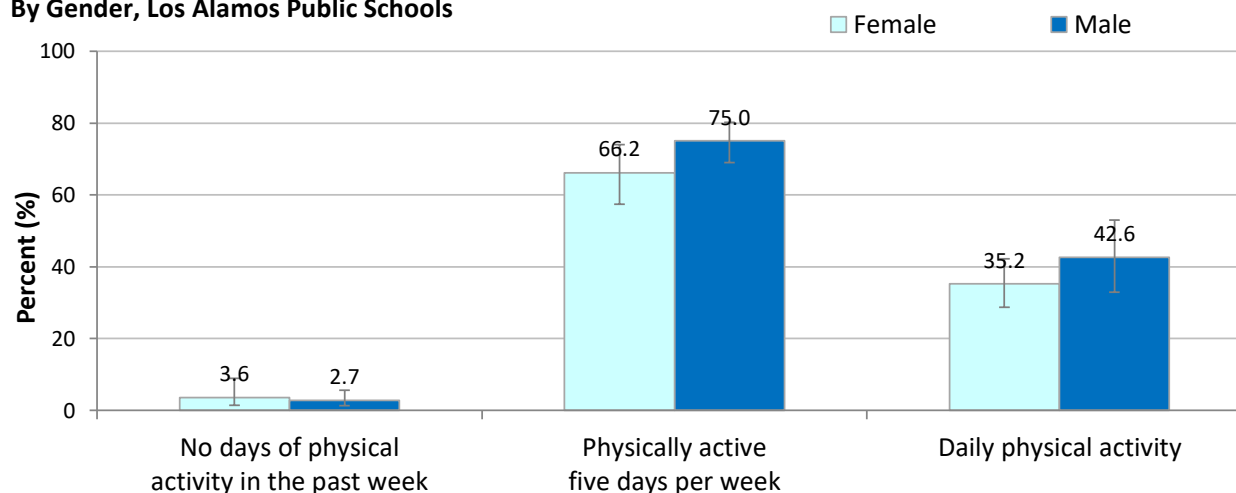
Physical Activity Indicators by Year, Los Alamos Public Schools Grades 6-8, 2009-2019



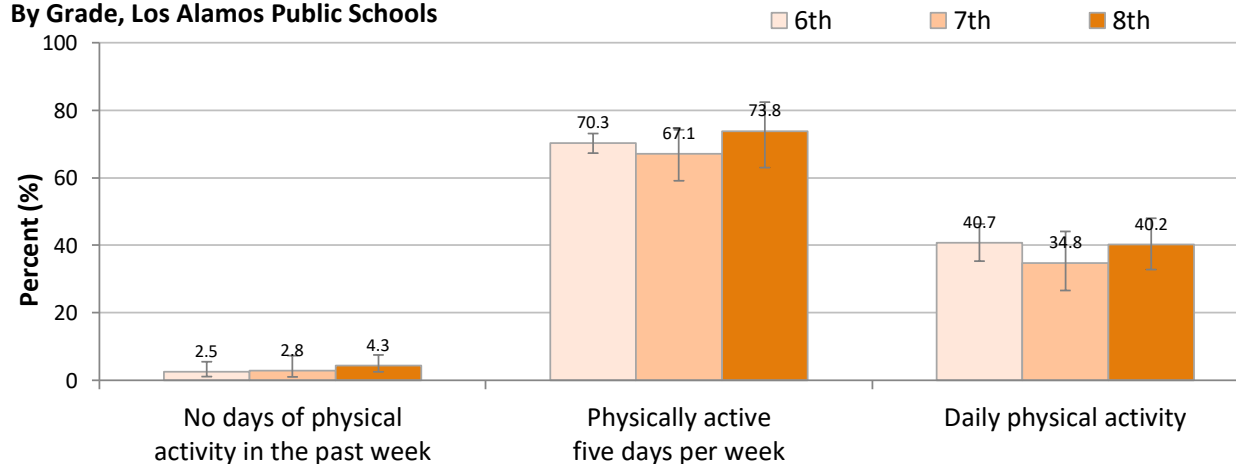
Physical Activity
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



By Gender, Los Alamos Public Schools



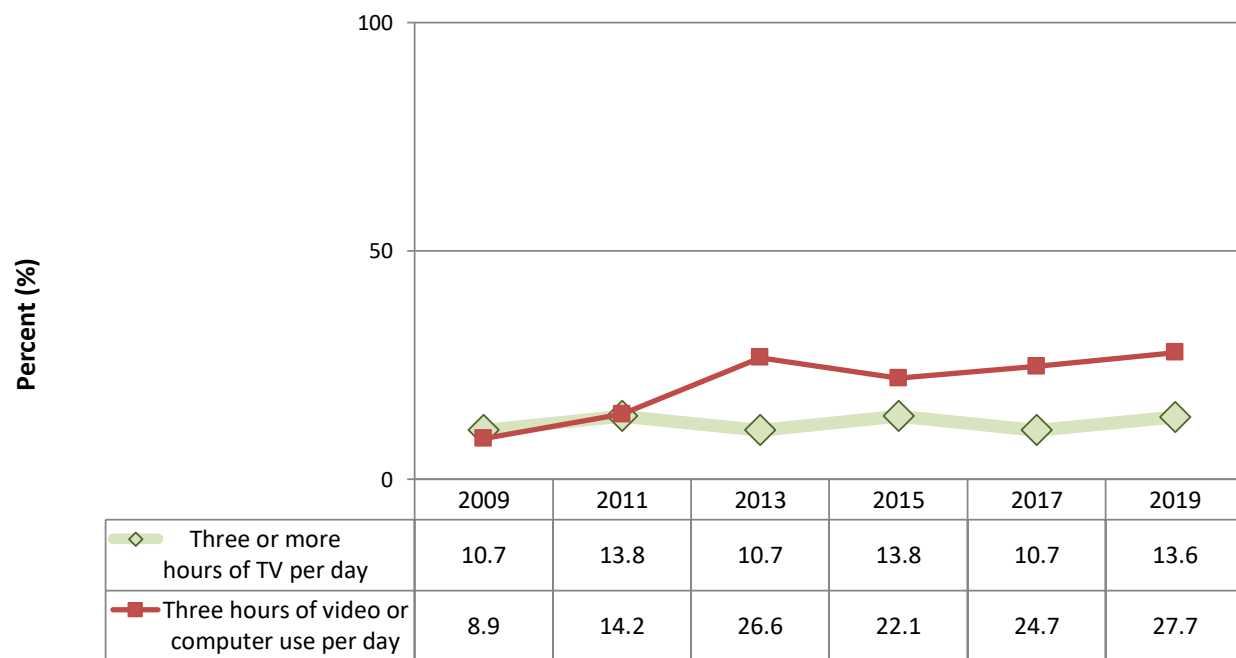
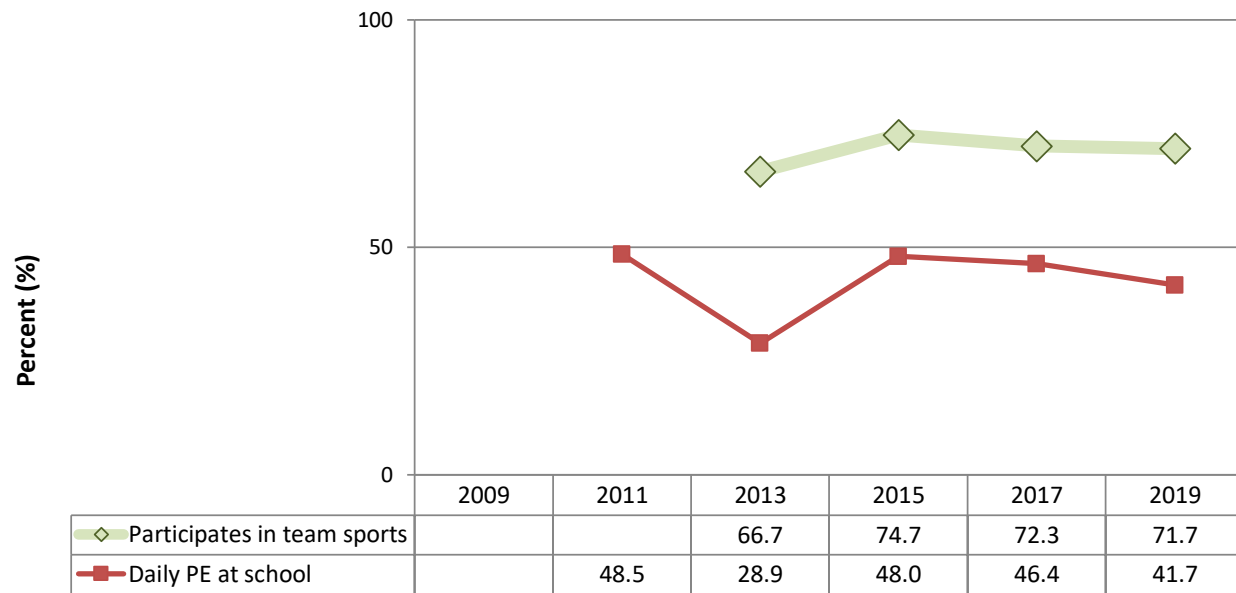
By Grade, Los Alamos Public Schools



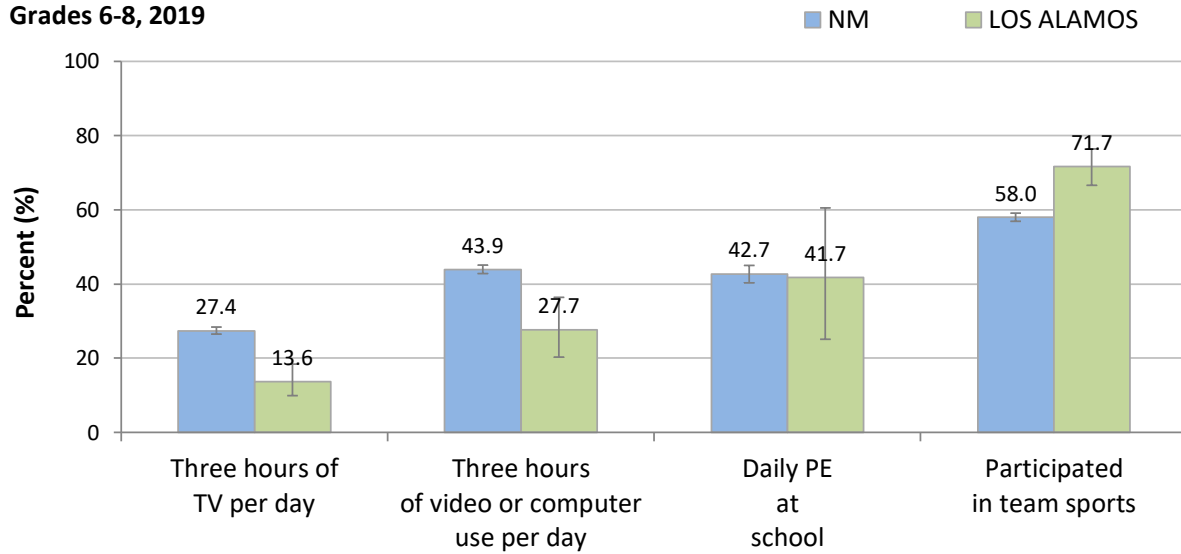
Physically active: A total of 60 minutes per day of physical activity.

Physical Activity

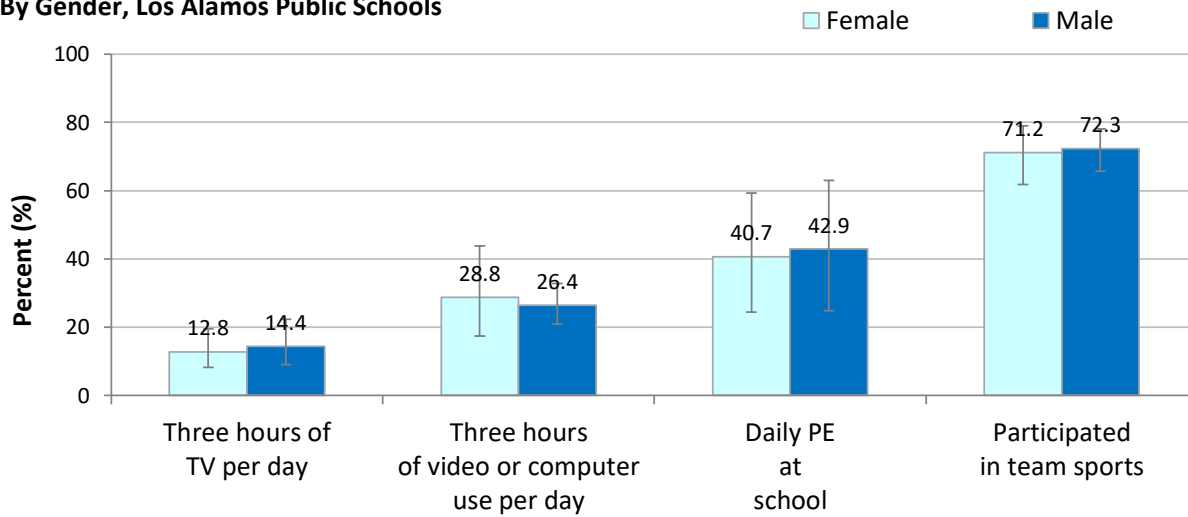
Physical Activity Indicators by Year, Los Alamos Public Schools Grades 6-8, 2009-2019



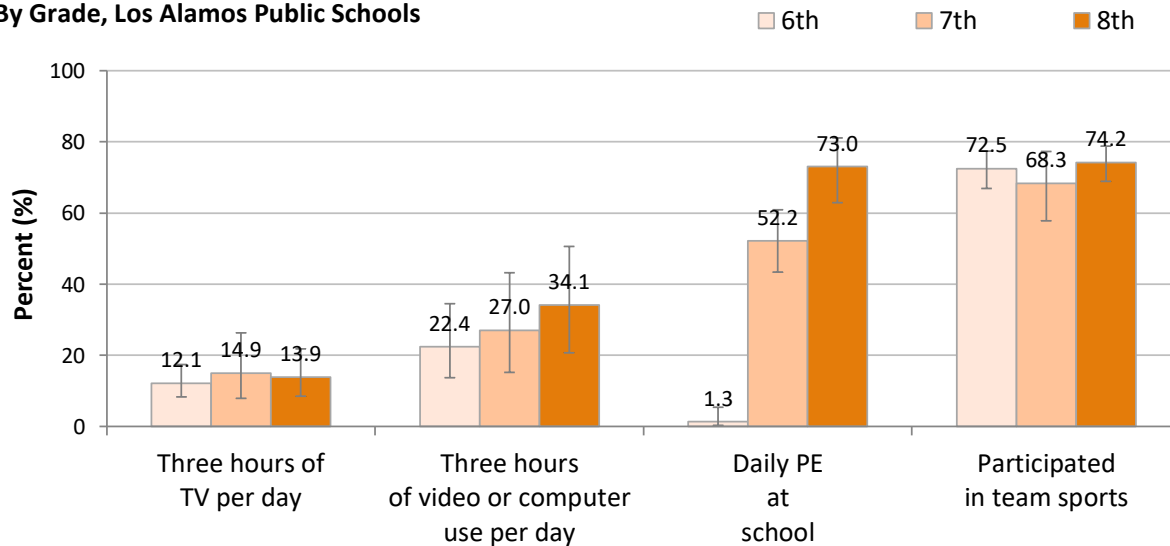
Physical Activity
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



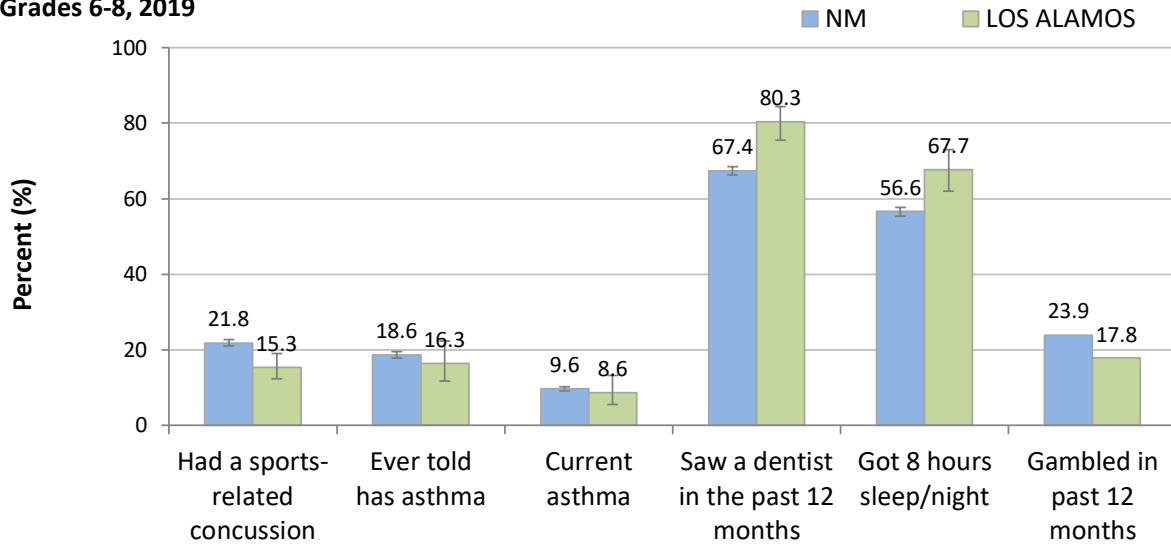
By Gender, Los Alamos Public Schools



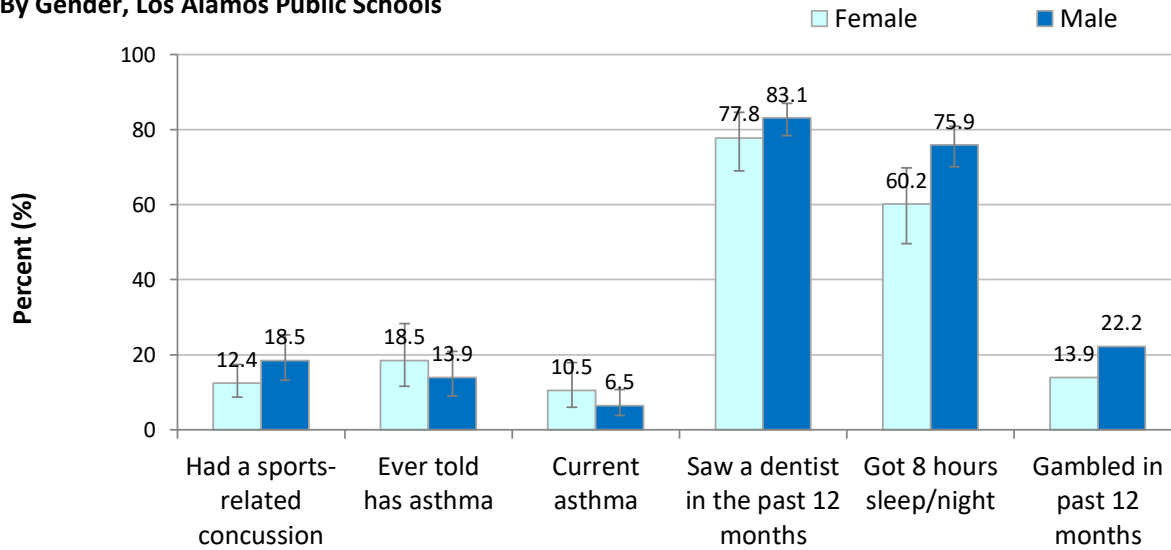
By Grade, Los Alamos Public Schools



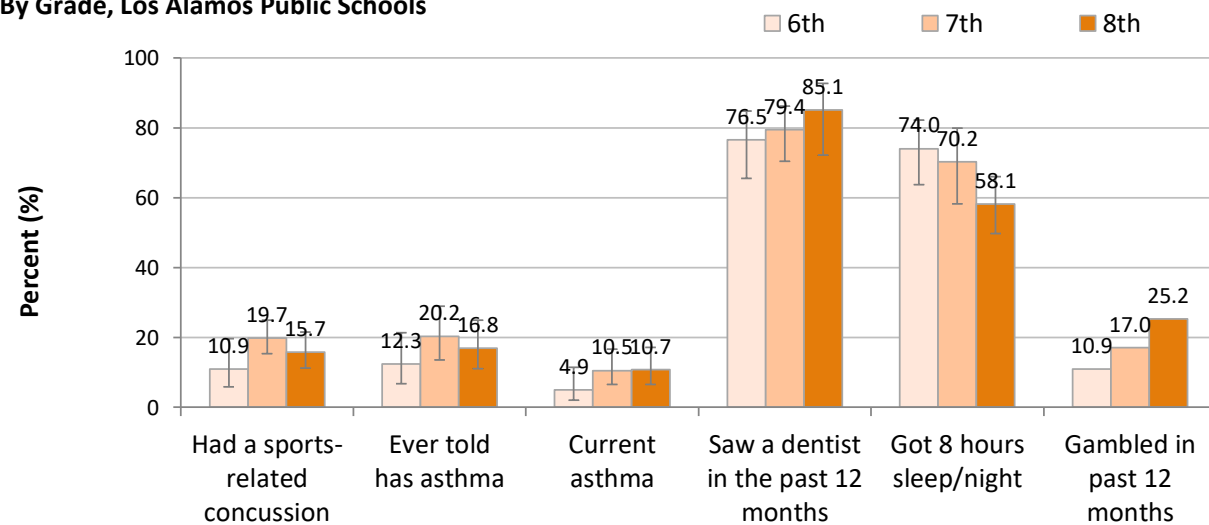
Other Health-Related Topics
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



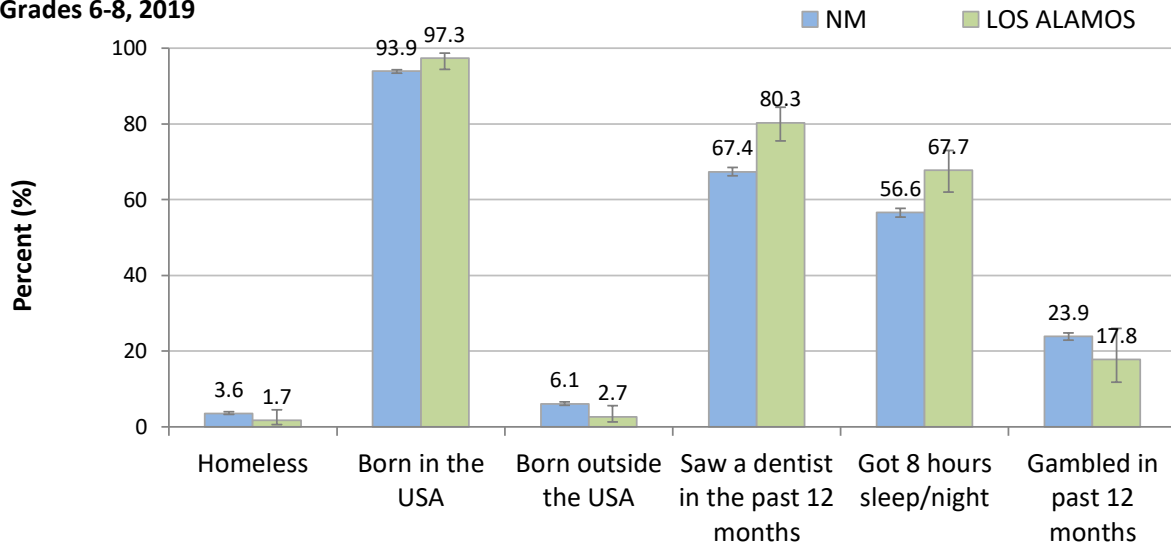
By Gender, Los Alamos Public Schools



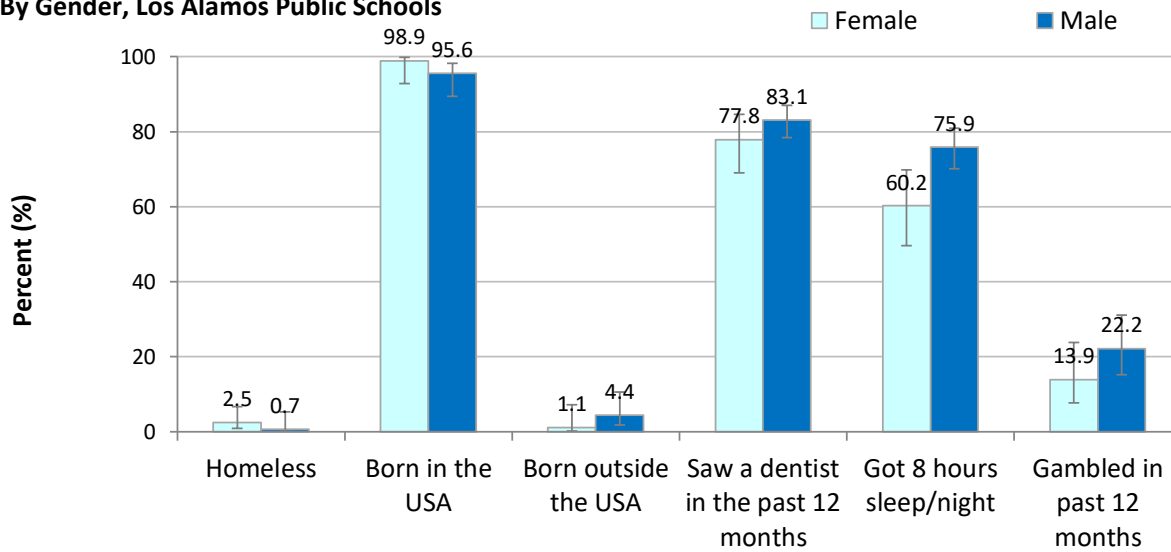
By Grade, Los Alamos Public Schools



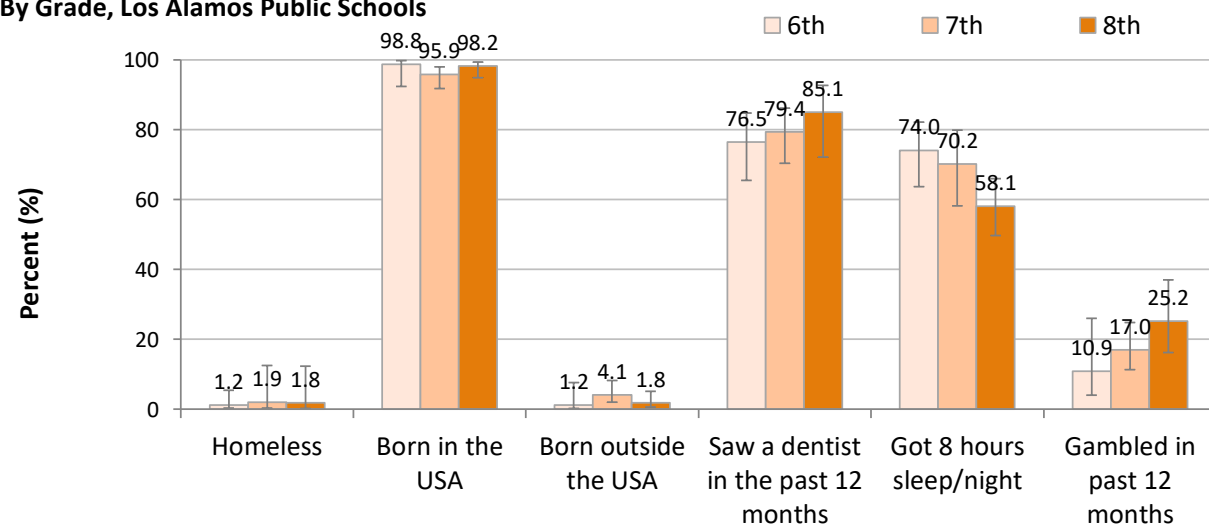
Other Health-Related Topics
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



By Gender, Los Alamos Public Schools

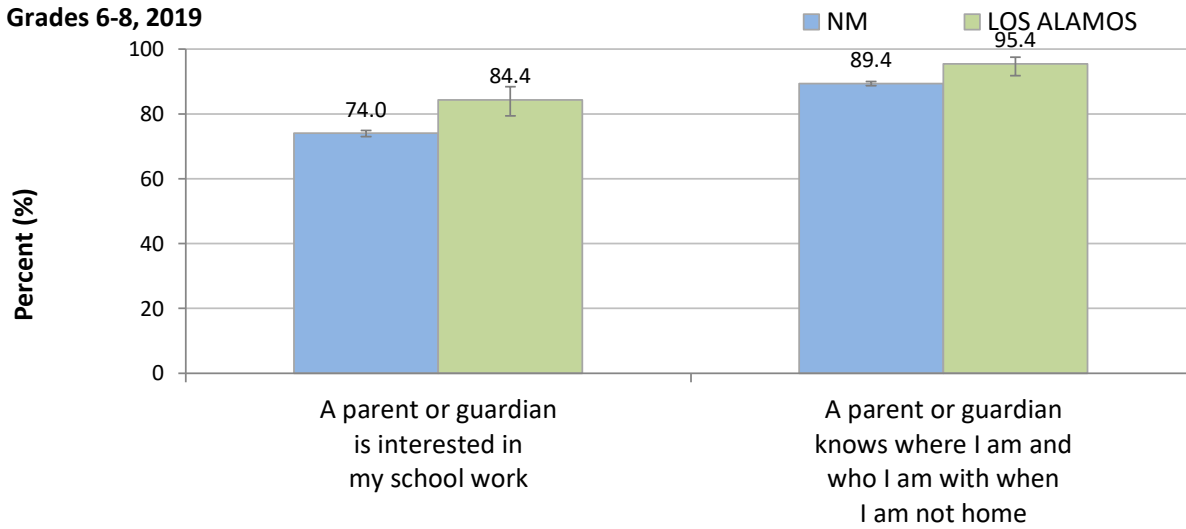


By Grade, Los Alamos Public Schools

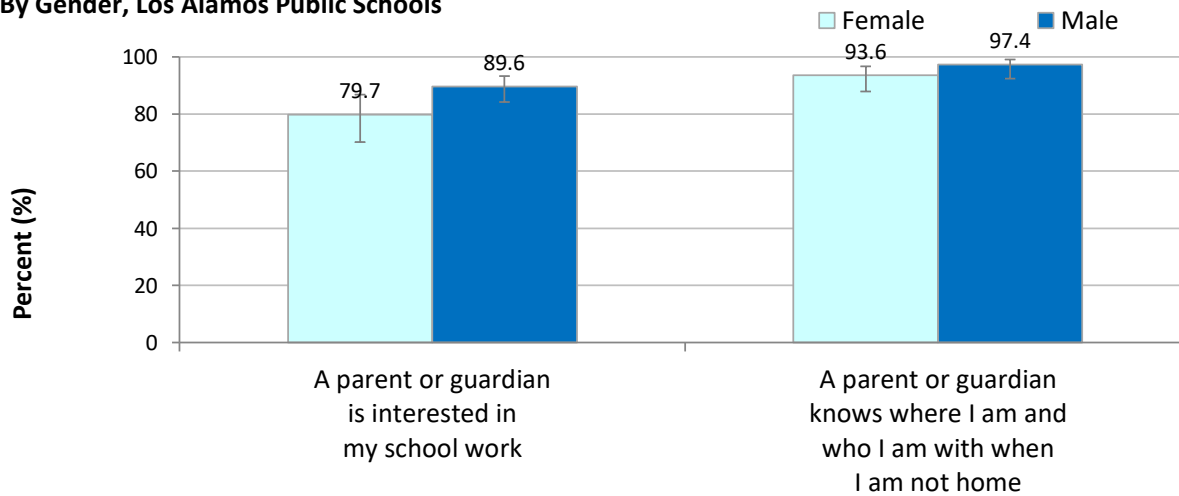


Resiliency/Protective Factors

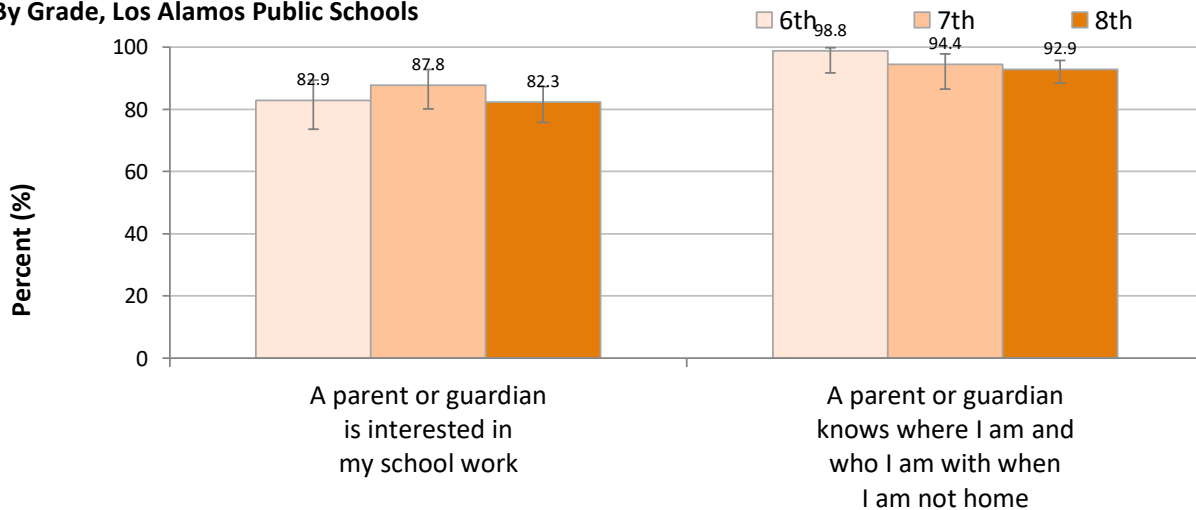
Resiliency/Protective Factors: In the home*
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



By Gender, Los Alamos Public Schools

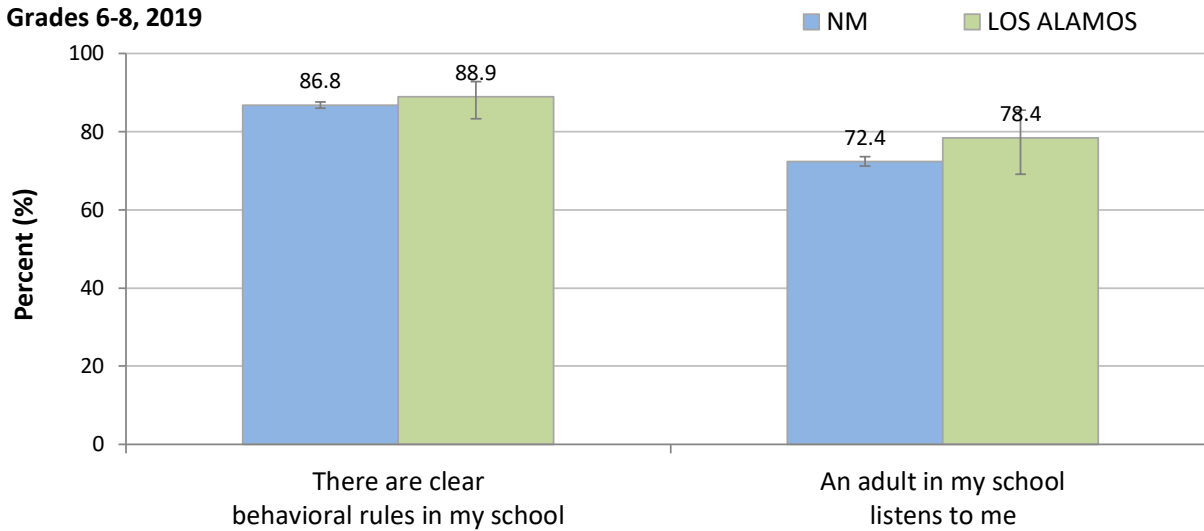


By Grade, Los Alamos Public Schools

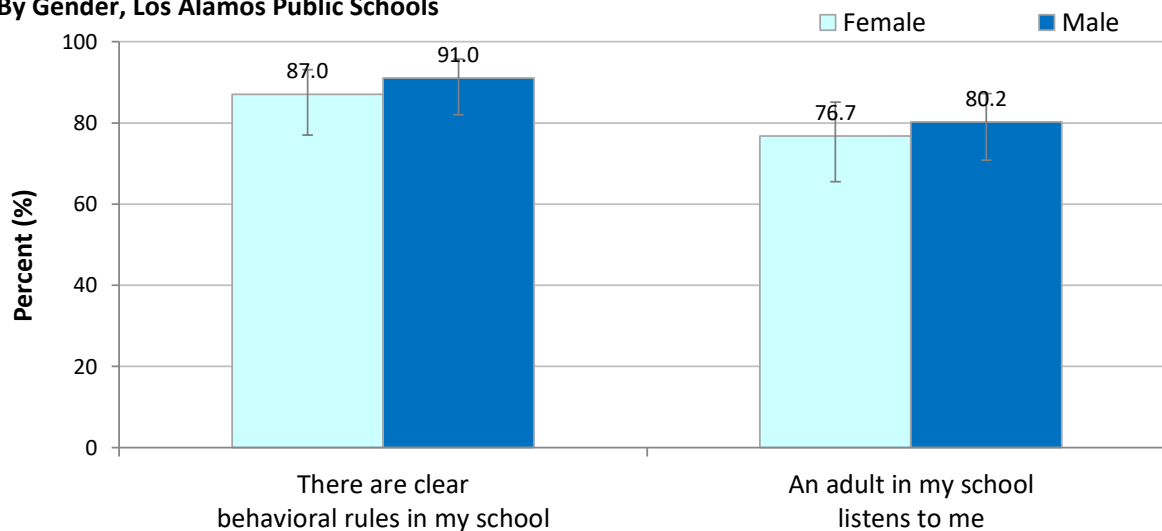


Respondent who said the statement was Pretty much true or Very much true.

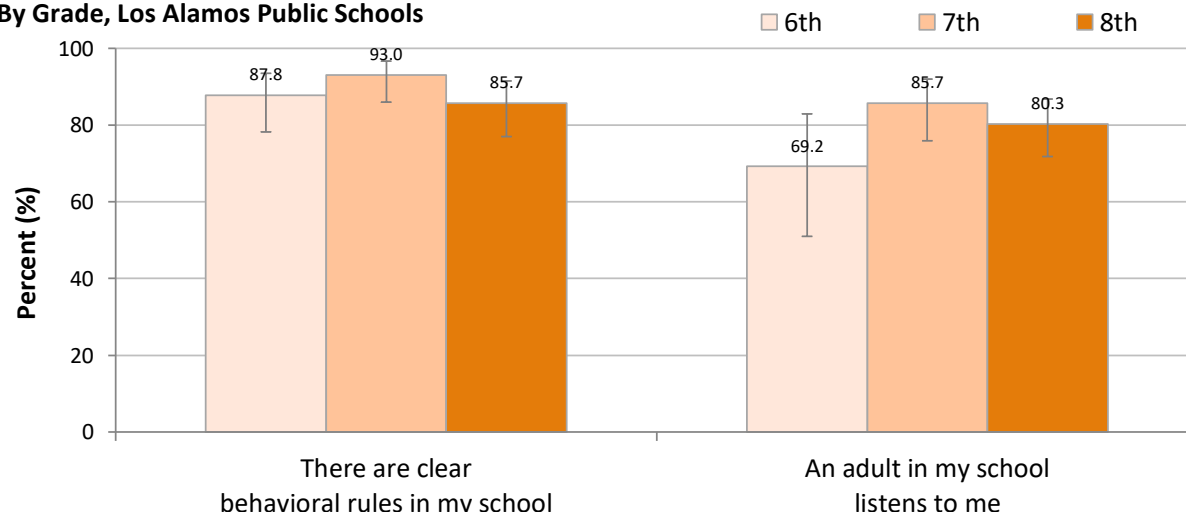
Resiliency/Protective Factors: In the school
New Mexico and Los Alamos Public Schools
Grades 6-8, 2019



By Gender, Los Alamos Public Schools



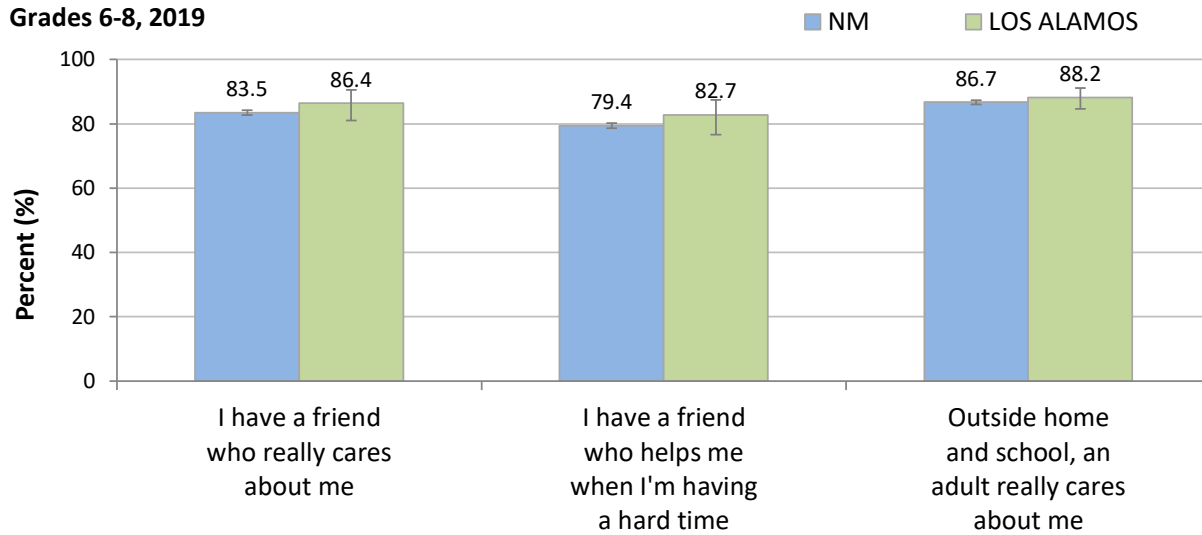
By Grade, Los Alamos Public Schools



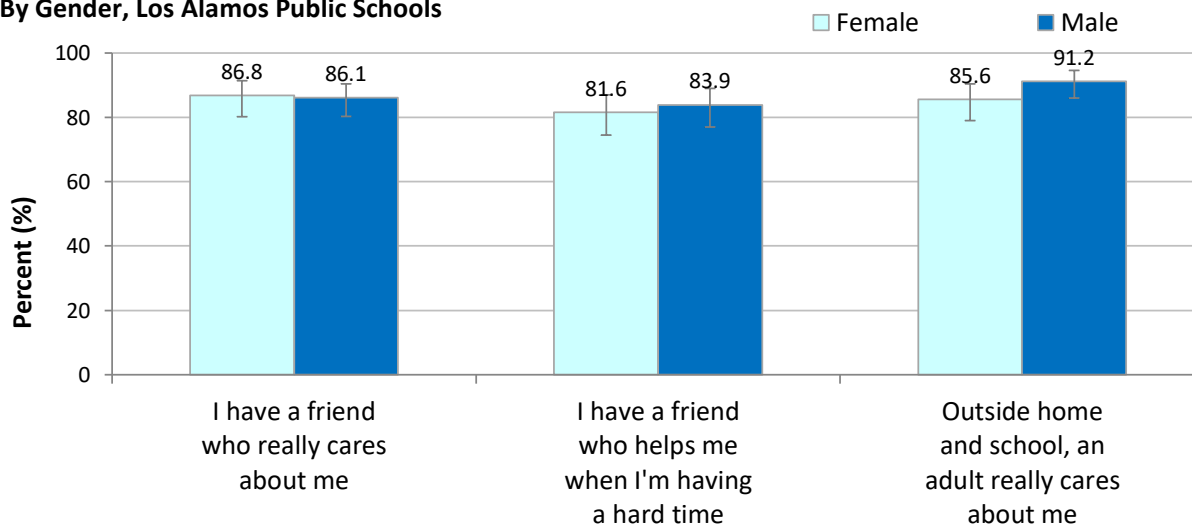
Respondent who said the statement was Pretty much true or Very much true.

Resiliency/Protective Factors: In the community and with peers
New Mexico and Los Alamos Public Schools

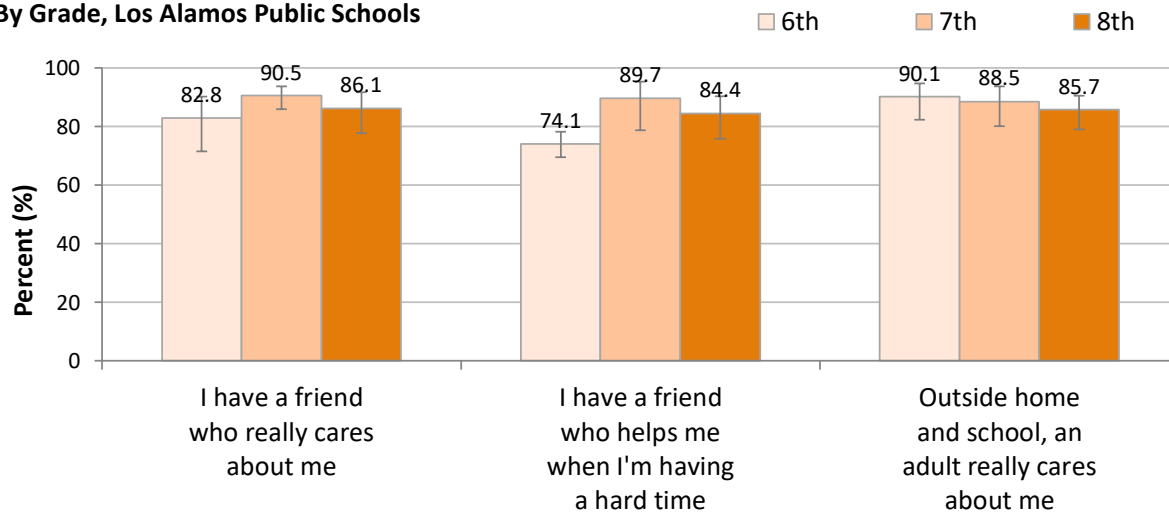
Grades 6-8, 2019



By Gender, Los Alamos Public Schools



By Grade, Los Alamos Public Schools



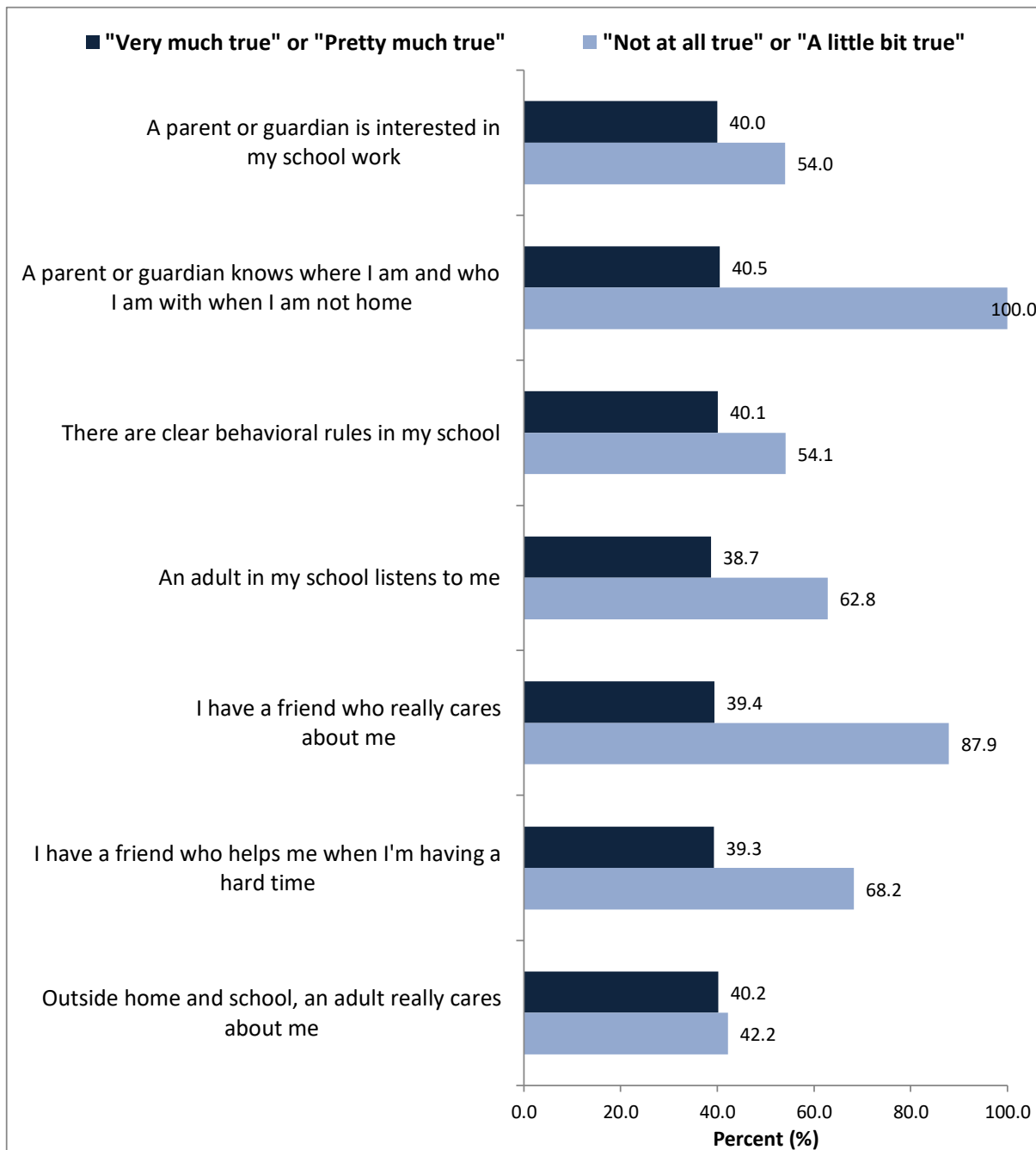
Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors

Physical fight

by Selected Resiliency Factors

Los Alamos Public Schools

Grades 6-8, 2019



How to read this chart:

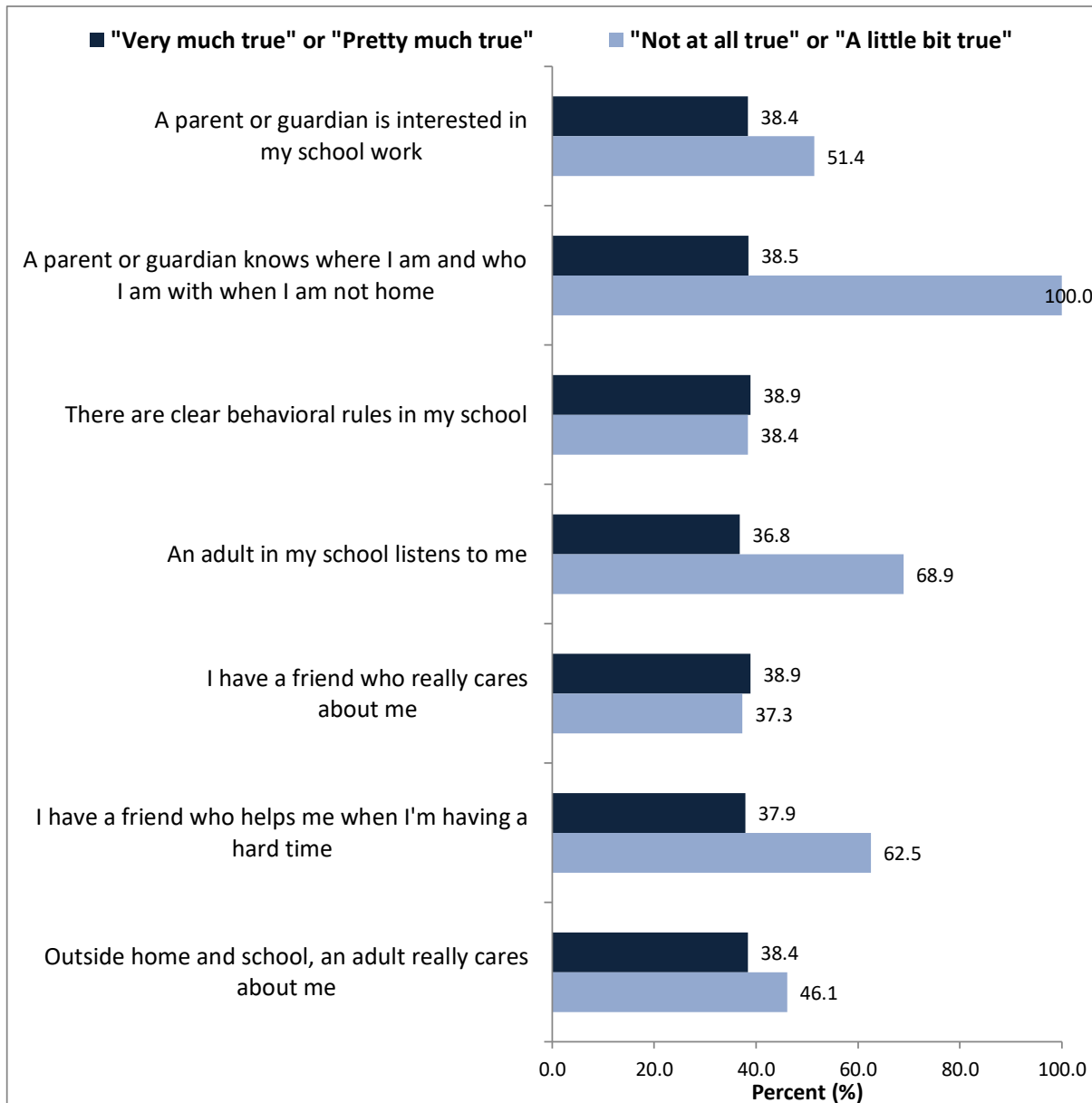
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 40.0% were ever in a physical fight.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 54.0% were ever in a physical fight.

Ever carried a weapon

by Selected Resiliency Factors

Los Alamos Public Schools

Grades 6-8, 2019



How to read this chart:

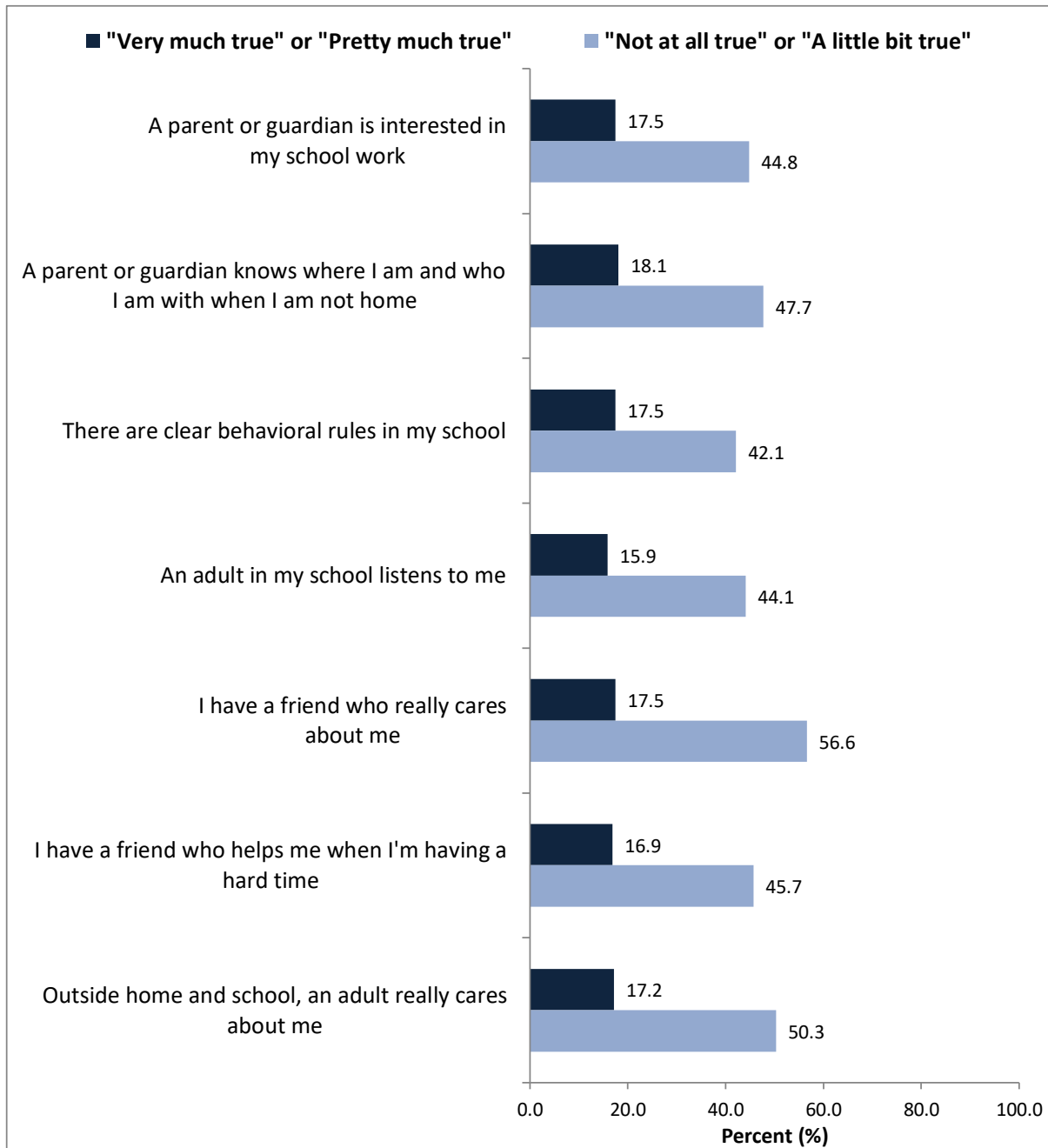
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 38.4% Ever carried a weapon, such as a gun, knife, or club.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 51.4% Ever carried a weapon, such as a gun, knife, or club.

Seriously thought about suicide

by Selected Resiliency Factors

Los Alamos Public Schools

Grades 6-8 2019



How to read this chart:

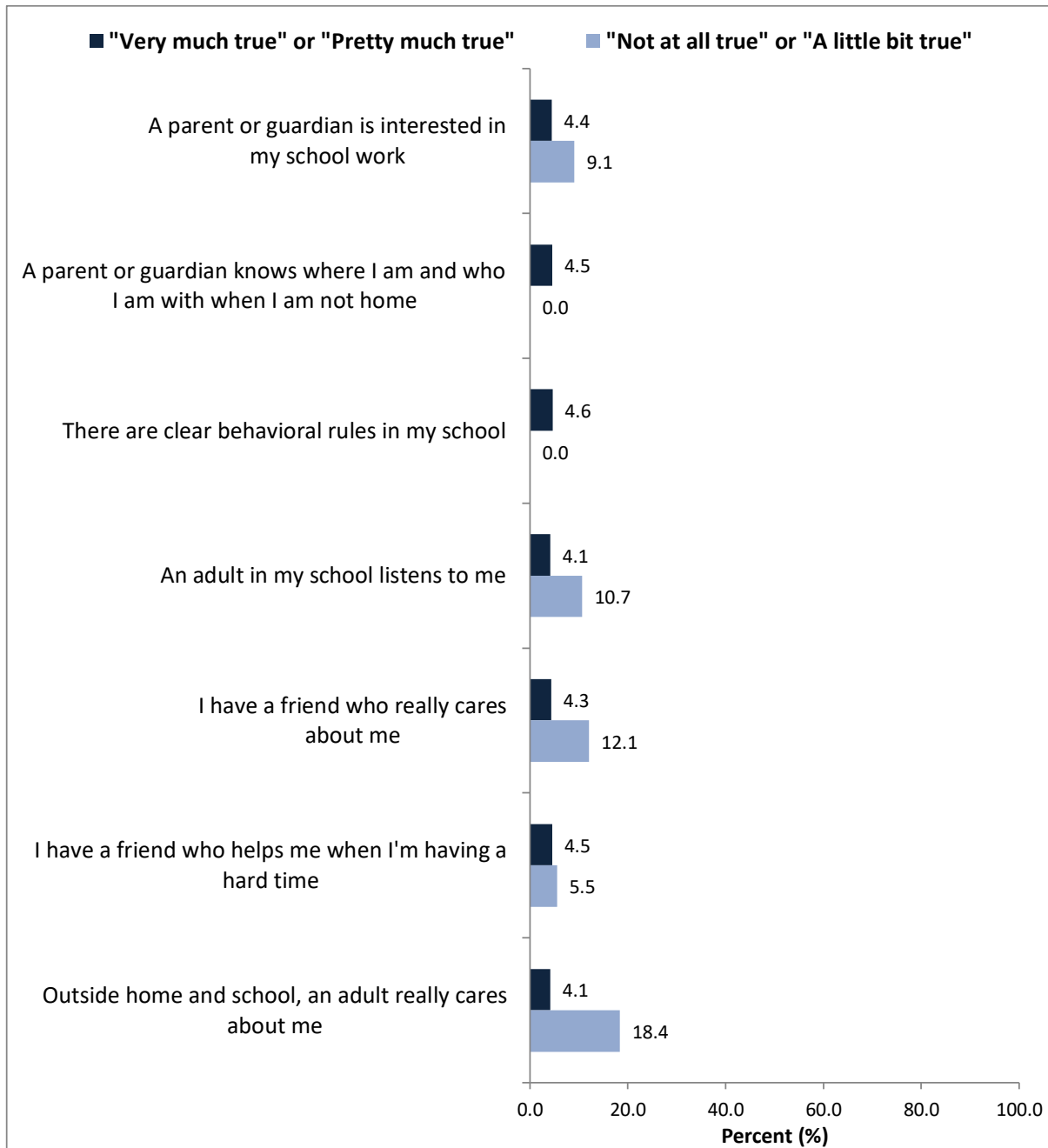
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 17.5% ever seriously thought about killing themselves
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 44.8% ever seriously thought about killing themselves

Ever tried to kill self

by Selected Resiliency Factors

Los Alamos Public Schools

Grades 6-8, 2019



How to read this chart:

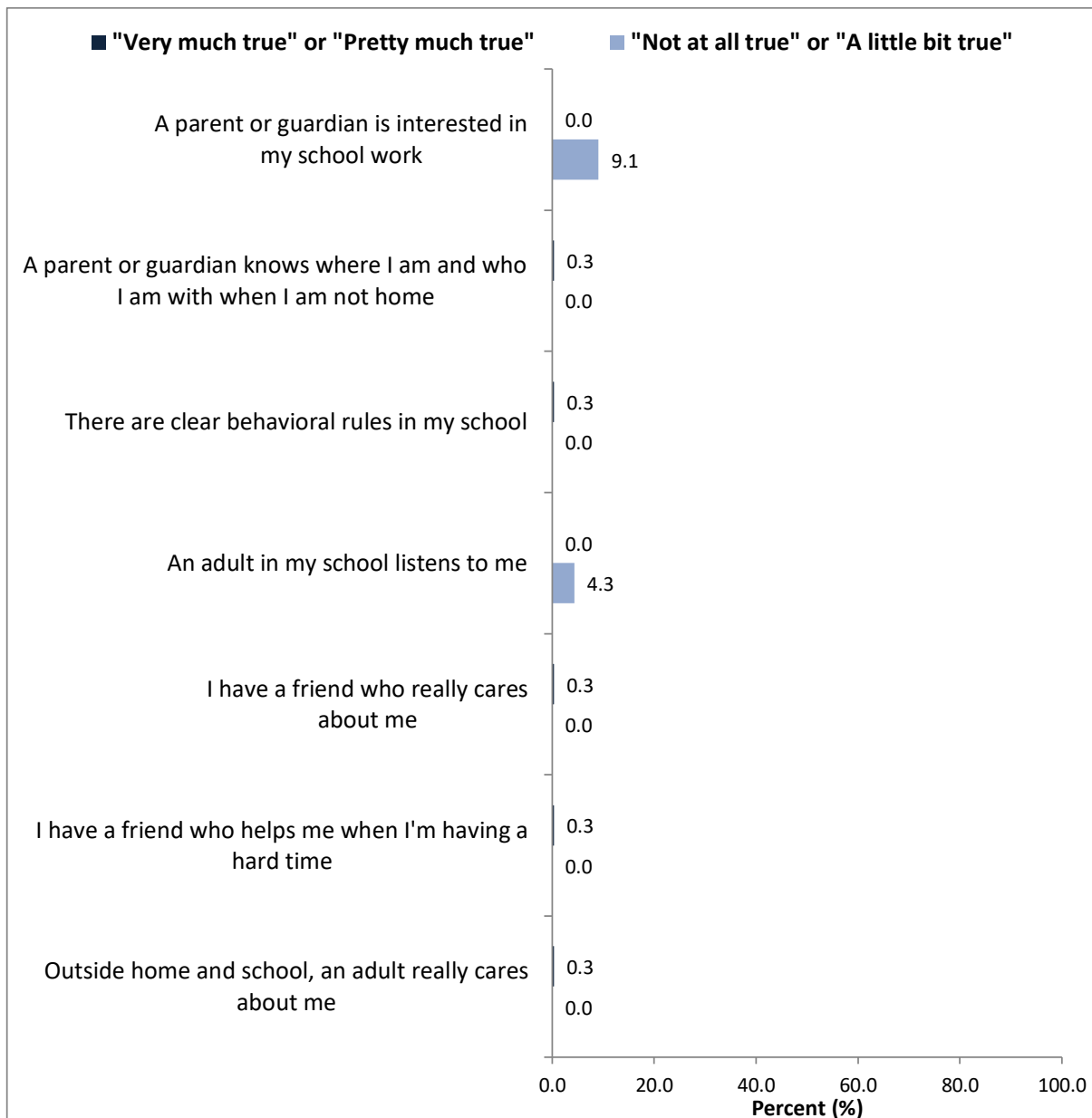
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 4.4% ever tried to kill themselves.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 9.1% ever tried to kill themselves.

Current cigarette smoker

by Selected Resiliency Factors

Los Alamos Public Schools

Grades 6-8, 2019



How to read this chart:

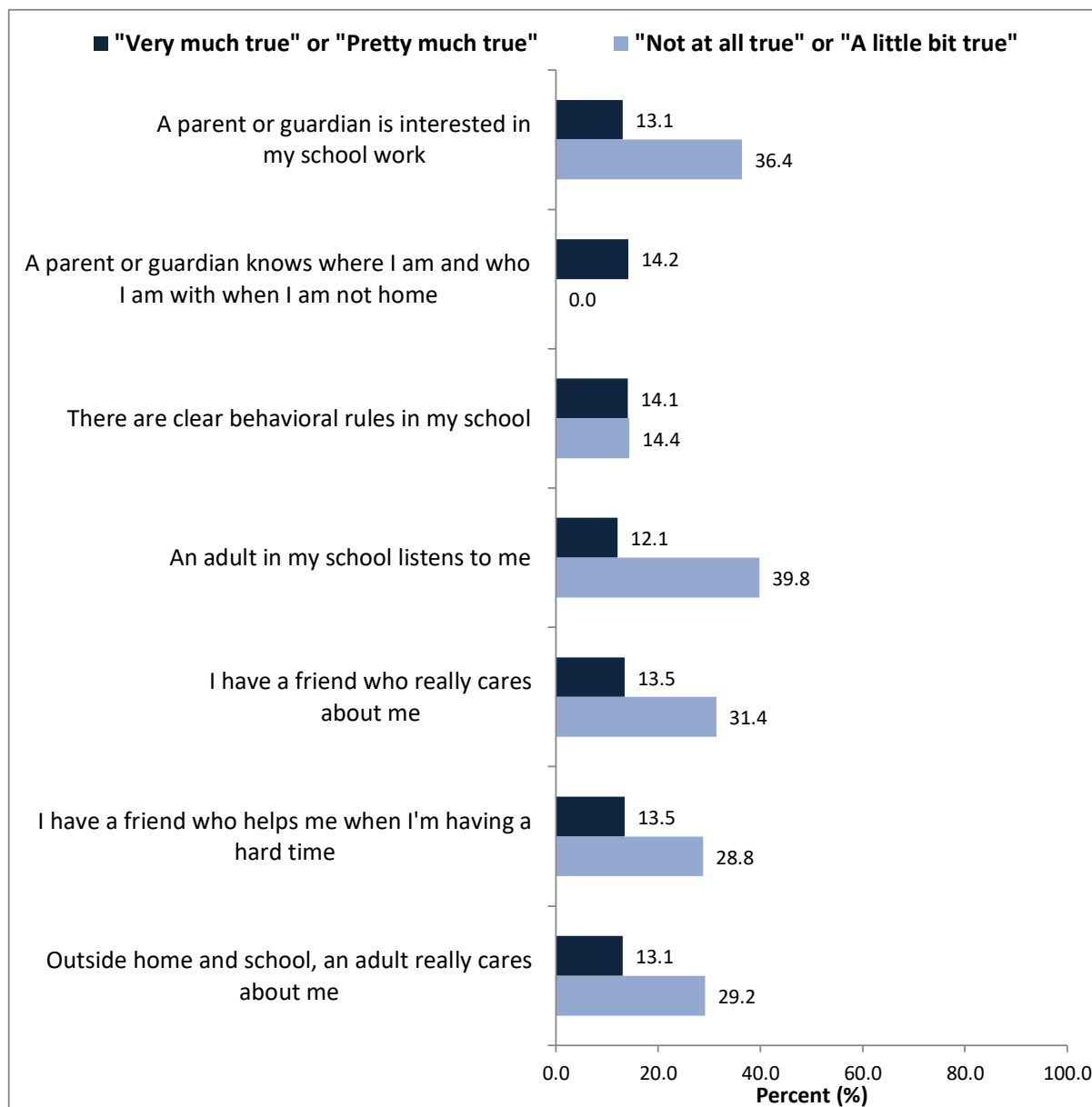
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 0.0% ever smoked cigarettes.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 9.1% ever smoked cigarettes.

Ever used e-cig

by Selected Resiliency Factors

Los Alamos Public Schools

Grades 6-8, 2019



How to read this chart:

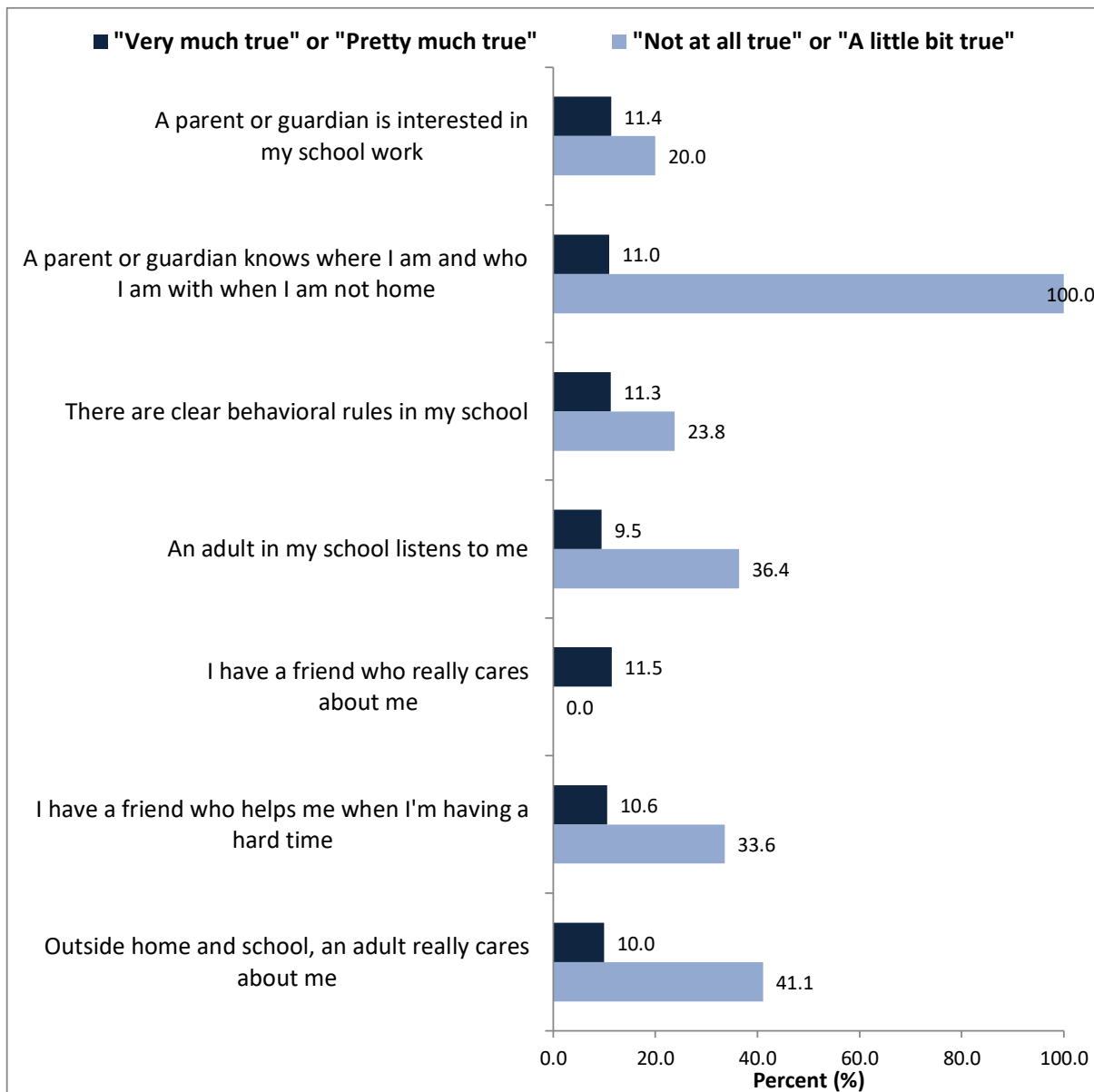
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 13.1% ever used an e-cigarette.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 36.4% ever used an e-cigarette.

Ever drank alcohol

by Selected Resiliency Factors

Los Alamos Public Schools

Grades 6-8, 2019



How to read this chart:

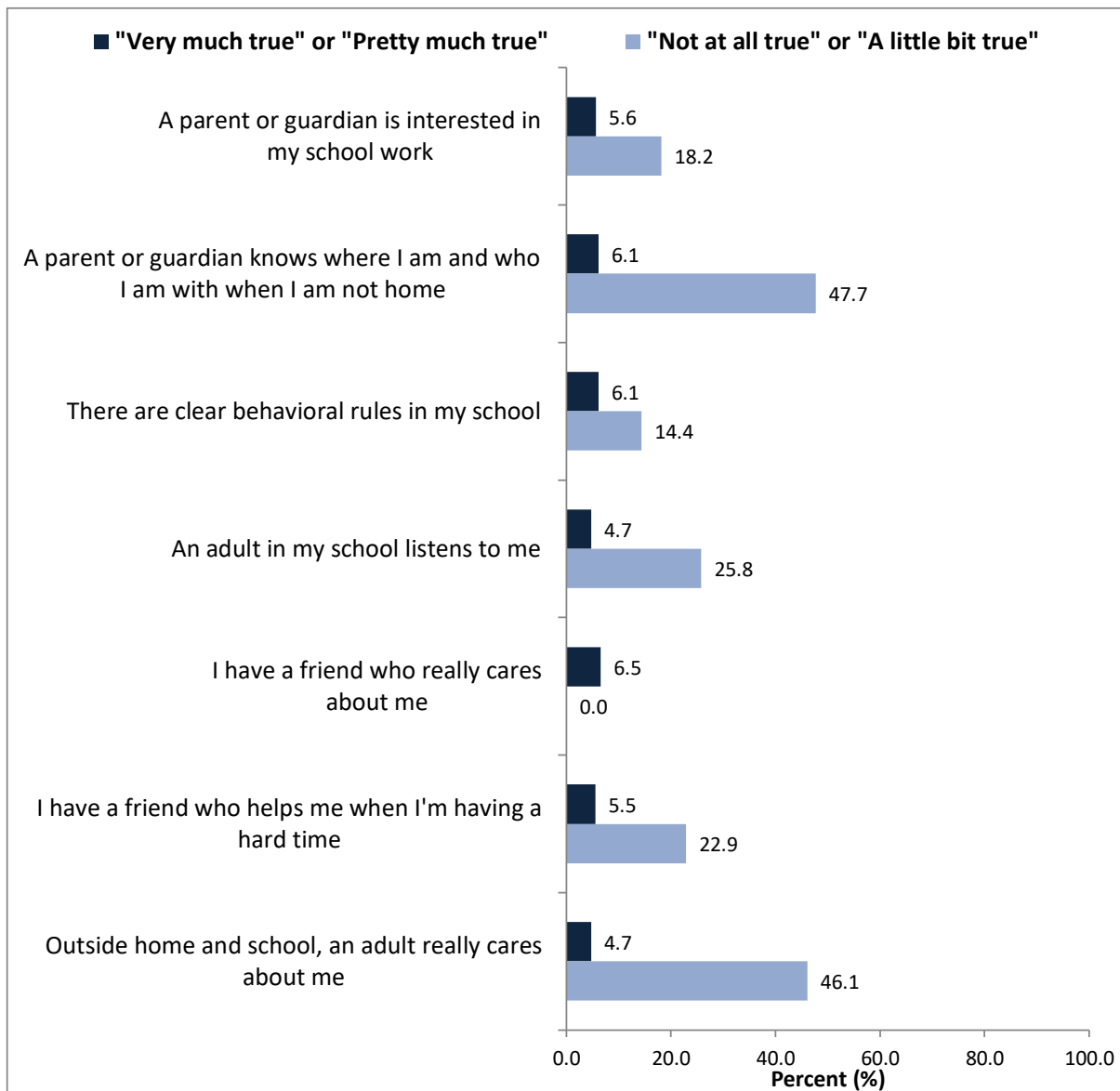
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 11.4% ever drank alcohol.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 20.0% ever drank alcohol.

Current alcohol use

by Selected Resiliency Factors

Los Alamos Public Schools

Grades 6-8, 2019



How to read this chart:

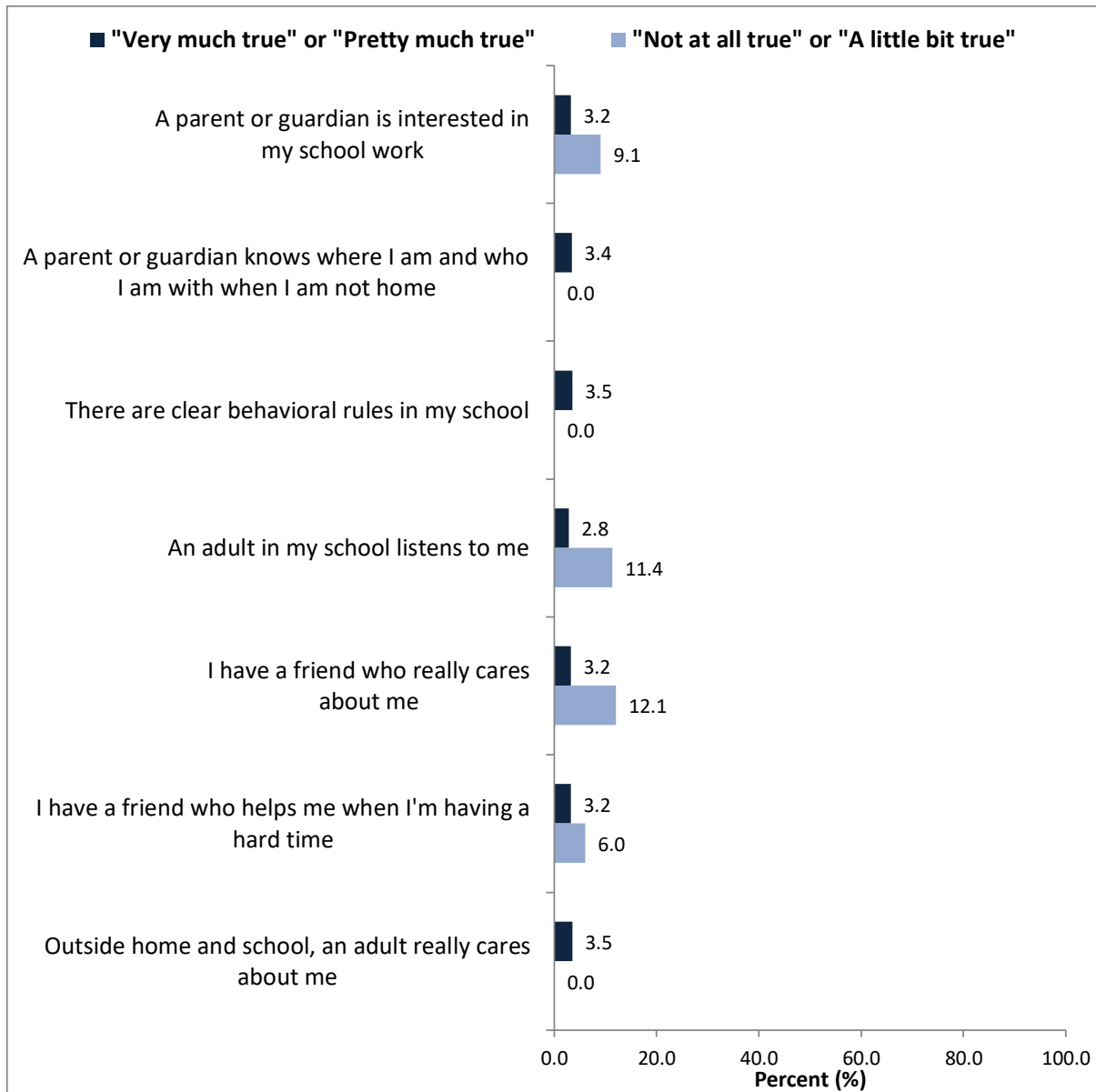
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 5.6% were current alcohol drinkers.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 18.2% were current alcohol drinkers.

Marijuana ever

by Selected Resiliency Factors

Los Alamos Public Schools

Grades 6-8, 2019



How to read this chart:

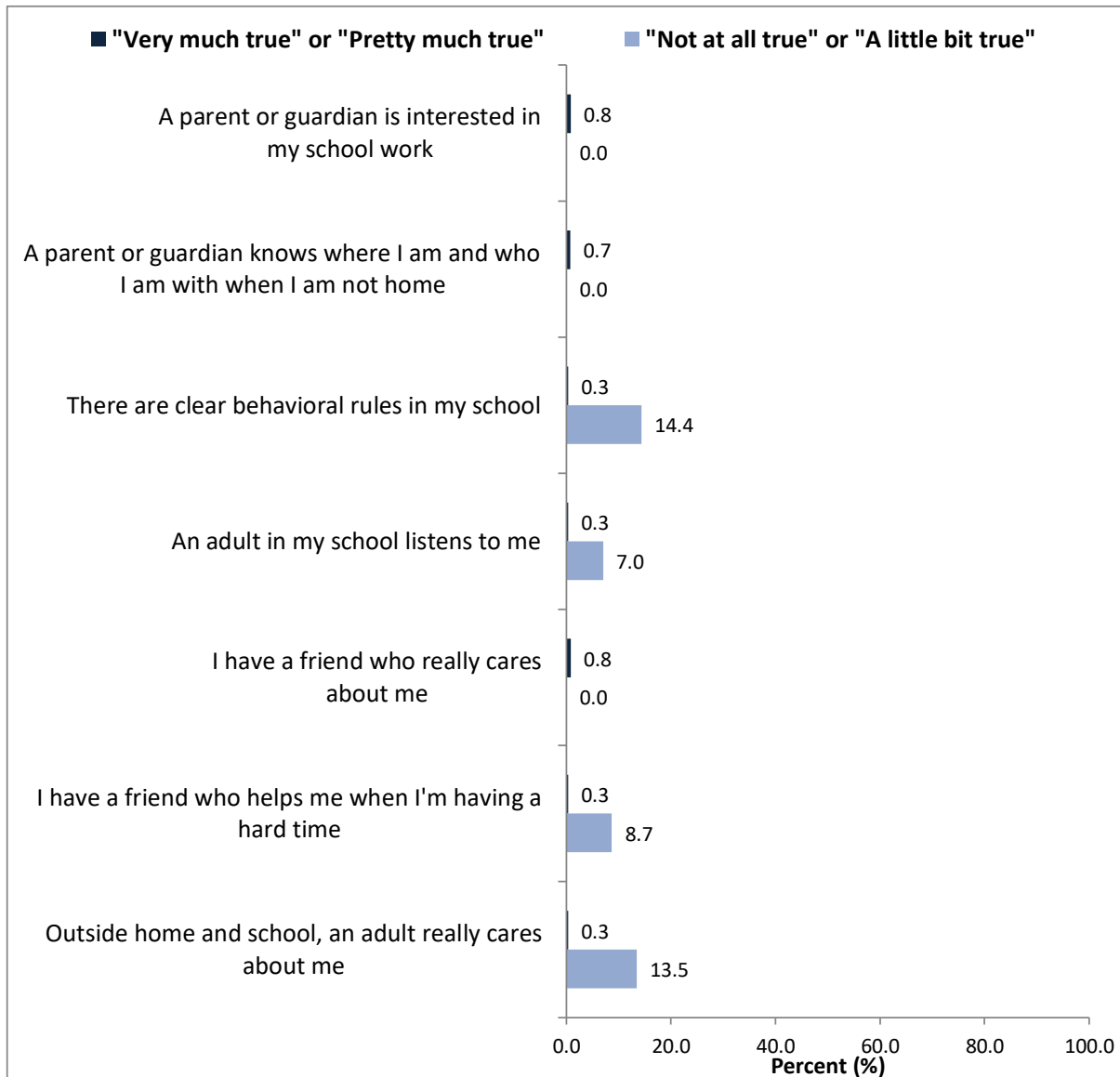
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 3.2% ever used marijuana.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 9.1% ever used marijuana.

Sexual intercourse ever

by Selected Resiliency Factors

Los Alamos Public Schools

Grades 6-8, 2019



How to read this chart:

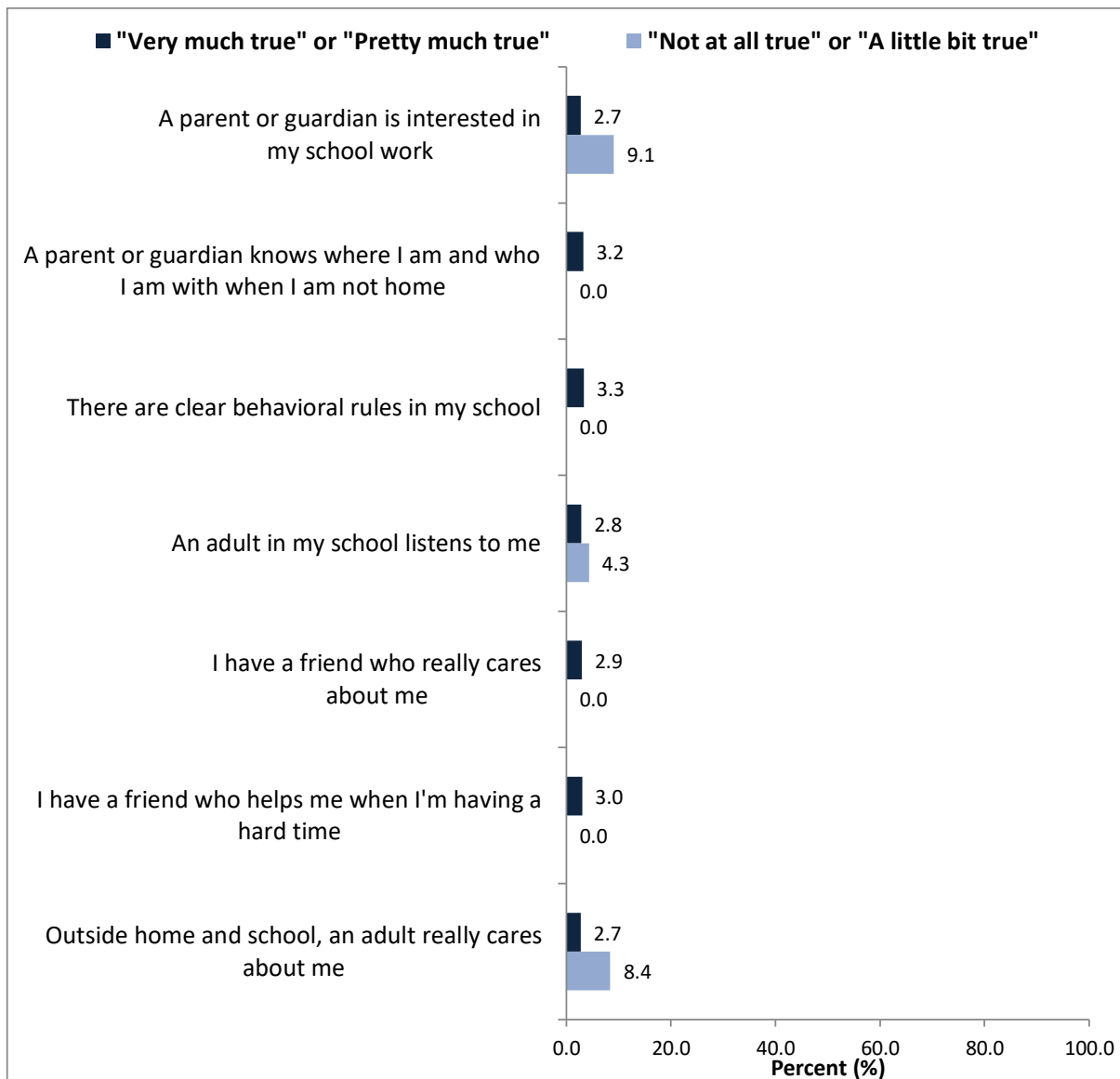
- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 0.8% ever had sexual intercourse.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 0.0% ever had sexual intercourse.

Physically active on none of past 7 days

by Selected Resiliency Factors

Los Alamos Public Schools

Grades 6-8, 2019



How to read this chart:

- Of those who said it was 'Very much true' or 'Pretty much true' that a parent or other adult was interested in their school work, 2.7% were not physically active on any of the past 7 days.
- Of those who said it was 'Not at all true' or 'A little bit true' that a parent or other adult was interested in their school work, 9.1% were not physically active on any of the past 7 days.

Appendix A

Questionnaire with Results

2019 Middle School Questionnaire**NM YRRS****Los Alamos Public Schools**

| | <u>Number of responses</u> | <u>%</u> |
|---|---------------------------------------|-----------------|
| 1. How old are you? | | |
| A. 10 years old or younger | 1 | 0.3% |
| B. 11 years old | 73 | 23.5% |
| C. 12 years old | 102 | 32.9% |
| D. 13 years old | 107 | 34.5% |
| E. 14 years old | 26 | 8.4% |
| F. 15 years old | 1 | 0.3% |
| G. 16 years old or older | 0 | 0.0% |
| 2. What is your sex? | | |
| A. Female | 165 | 53.2% |
| B. Male | 145 | 46.9% |
| 3. In what grade are you? | | |
| A. 6th grade | 86 | 27.8% |
| B. 7th grade | 107 | 34.6% |
| C. 8th grade | 116 | 37.5% |
| D. Ungraded or other grade | 0 | 0.0% |
| 4. Are you Hispanic or Latino? | | |
| A. Yes | 117 | 38.6% |
| B. No | 186 | 61.4% |
| 5. What is your race? (Select one or more responses.) | | |
| A. American Indian or Alaska Native | 40 | 14.1% |
| B. Asian | 20 | 7.1% |
| C. Black or African American | 16 | 5.7% |
| D. Native Hawaiian or Other Pacific Islander | 8 | 2.8% |
| E. White | 225 | 79.5% |

| | <u>Weighted</u> | |
|--|------------------------|------------------------|
| | <u>Percent</u> | <u>(95% CI)</u> |
| | <u>(%)</u> | |
| 6. Which one of these groups best describes you? (Select only one response.) | | |
| A. American Indian or Alaska Native | 3.7 | (2.0-6.5) |
| B. Asian | 5.0 | (4.0-6.4) |
| C. Black or African American | 2.2 | (1.1-4.4) |
| D. Hispanic or Latino | 28.3 | (22.0-35.7) |
| E. Native Hawaiian or Other Pacific Islander | 0.0 | (-.) |
| F. White | 60.7 | (53.3-67.7) |

PERSONAL SAFETY

The next 3 questions ask about safety.

| | | |
|---|------|-------------|
| 7. When you ride a bicycle, how often do you wear a helmet? | | |
| A. I do not ride a bicycle | 13.0 | (9.1-18.3) |
| B. Never wear a helmet | 11.7 | (8.2-16.5) |
| C. Rarely wear a helmet | 10.7 | (7.5-15.2) |
| D. Sometimes wear a helmet | 6.7 | (5.5-8.2) |
| E. Most of the time wear a helmet | 27.2 | (21.3-33.9) |
| F. Always wear a helmet | 30.6 | (21.5-41.6) |
| 8. How often do you wear a seat belt when riding in a car? | | |
| A. Never | 1.5 | (0.8-2.9) |
| B. Rarely | 0.3 | (0.0-2.8) |
| C. Sometimes | 2.7 | (1.4-5.2) |
| D. Most of the time | 17.5 | (13.4-22.6) |
| E. Always | 77.9 | (72.0-83.0) |
| 9. Have you ever ridden in a car driven by someone who had been drinking alcohol? | | |
| A. Yes | 13.7 | (8.4-21.5) |
| B. No | 62.2 | (56.3-67.7) |
| C. Not sure | 24.1 | (19.8-29.0) |

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? | 37.7 | (28.5-47.8) |
| A. Yes | 62.3 | (52.2-71.5) |
| B. No | | |
| 11. Have you ever been in a physical fight? | | |
| A. Yes | 41.1 | (33.3-49.3) |
| B. No | 58.9 | (50.7-66.7) |

BULLYING

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

12. Have you ever been bullied on school property?

- | | | |
|--------|------|-------------|
| A. Yes | 43.3 | (36.9-49.8) |
| B. No | 56.7 | (50.2-63.1) |

13. Have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)

- | | | |
|--------|------|-------------|
| A. Yes | 19.4 | (14.5-25.5) |
| B. No | 80.6 | (74.5-85.5) |

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 | 19.0 | (14.7-24.2) |
| B. No | 81.0 | (75.8-85.3) |

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

- | | | |
|--------|------|-------------|
| A. Yes | 10.0 | (6.7-14.5) |
| B. No | 90.0 | (85.5-93.3) |

16. Have you ever tried to kill yourself?

- | | | |
|--------|------|-------------|
| A. Yes | 4.7 | (2.7-8.2) |
| B. No | 95.3 | (91.8-97.3) |

TOBACCO USE

The next 5 questions ask about cigarette smoking.

17. Have you ever tried cigarette smoking, even one or two puffs?

- | | | |
|--------|------|-------------|
| A. Yes | 4.5 | (2.3-8.5) |
| B. No | 95.5 | (91.5-97.7) |

18. How old were you when you first tried cigarette smoking, even one or two puffs?

- | | | |
|--|------|-------------|
| A. I have never tried cigarette smoking, not even one or two puffs | 95.1 | (91.2-97.3) |
| B. 8 years old or younger | 0.3 | (0.0-2.0) |
| C. 9 years old | 0.8 | (0.2-2.9) |
| D. 10 years old | 1.5 | (0.5-5.0) |
| E. 11 years old | 0.8 | (0.3-2.4) |
| F. 12 years old | 0.3 | (0.0-2.0) |
| G. 13 years old or older | 1.2 | (0.4-2.9) |

| | | |
|---|------|--------------|
| 19. During the past 30 days, on how many days did you smoke cigarettes? | | |
| A. 0 days | 99.7 | (97.9-100.0) |
| B. 1 or 2 days | 0.3 | (0.0-2.1) |
| C. 3 to 5 days | 0.0 | (.-.) |
| D. 6 to 9 days | 0.0 | (.-.) |
| E. 10 to 19 days | 0.0 | (.-.) |
| F. 20 to 29 days | 0.0 | (.-.) |
| G. All 30 days | 0.0 | (.-.) |
| 20. Do you think you will smoke a cigarette at any time during the next year? | | |
| A. Definitely yes | 2.5 | (1.0-6.0) |
| B. Probably yes | 0.8 | (0.2-3.5) |
| C. Probably not | 12.7 | (7.7-20.2) |
| D. Definitely not | 83.9 | (77.4-88.8) |
| 21. If one of your best friends offered you a cigarette, would you smoke it? | | |
| A. Definitely yes | 1.1 | (0.4-2.9) |
| B. Probably yes | 2.0 | (1.1-3.7) |
| C. Probably not | 15.7 | (11.4-21.2) |
| D. Definitely not | 81.1 | (75.4-85.8) |

ELECTRONIC CIGARETTES

The next 2 questions ask about electronic vapor products, such as JUUL, Vuse, MarkTen, and blu. Electronic vapor products include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

| | | |
|--|------|-------------|
| 22. Have you ever used an electronic vapor product? | 13.7 | (8.2-22.2) |
| A. Yes | 86.3 | (77.8-91.8) |
| B. No | | |
| 23. During the past 30 days, on how many days did you use an electronic vapor product? | | |
| A. 0 days | 94.5 | (88.6-97.4) |
| B. 1 or 2 days | 3.5 | (1.5-7.8) |
| C. 3 to 5 days | 0.6 | (0.1-2.3) |
| D. 6 to 9 days | 0.5 | (0.1-2.2) |
| E. 10 to 19 days | 0.6 | (0.1-2.3) |
| F. 20 to 29 days | 0.3 | (0.0-2.2) |
| G. All 30 days | 0.0 | (.-.) |

The next 4 questions ask about other tobacco products.

| | | |
|--|------|--------------|
| 24. During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzly, Skoal, or Camel Snus? (Do not count any electronic vapor products.) | 99.3 | (97.2-99.8) |
| A. 0 days | 0.7 | (0.2-2.8) |
| B. 1 or 2 days | 0.0 | (.-.) |
| C. 3 to 5 days | 0.0 | (.-.) |
| D. 6 to 9 days | 0.0 | (.-.) |
| E. 10 to 19 days | 0.0 | (.-.) |
| F. 20 to 29 days | 0.0 | (.-.) |
| G. All 30 days | | |
| 25. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars? | 99.7 | (98.2-100.0) |
| A. 0 days | 0.3 | (0.0-1.8) |
| B. 1 or 2 days | 0.0 | (.-.) |
| C. 3 to 5 days | 0.0 | (.-.) |
| D. 6 to 9 days | 0.0 | (.-.) |
| E. 10 to 19 days | 0.0 | (.-.) |
| F. 20 to 29 days | 0.0 | (.-.) |
| G. All 30 days | 0.0 | (.-.) |
| 26. During the past 30 days, on how many days did you smoke tobacco or flavored tobacco in a hookah, even just a puff? | 99.3 | (97.2-99.8) |
| A. 0 days | 0.7 | (0.2-2.8) |
| B. 1 or 2 days | 0.0 | (.-.) |
| C. 3 to 5 days | 0.0 | (.-.) |
| D. 6 to 9 days | 0.0 | (.-.) |
| E. 10 to 19 days | 0.0 | (.-.) |
| F. 20 to 29 days | 0.0 | (.-.) |
| G. All 30 days | 0.0 | (.-.) |
| 27. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes? | 80.3 | (74.4-85.2) |
| A. 0 days | 10.3 | (7.4-14.1) |
| B. 1 day | 1.1 | (0.2-5.3) |
| C. 2 days | 2.6 | (1.3-5.2) |
| D. 3 days | 1.9 | (1.0-3.5) |
| E. 4 days | 0.3 | (0.0-2.5) |
| F. 5 days | 0.0 | (.-.) |
| G. 6 days | 3.5 | (2.0-6.0) |
| H. 7 days | | |

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.

| | | |
|--|------|-------------|
| 28. Have you ever had a drink of alcohol, other than a few sips? | | |
| A. Yes | 11.2 | (7.2-17.0) |
| B. No | 88.8 | (83.0-92.8) |
| 29. 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 | 88.9 | (83.5-92.7) |
| B. 8 years old or younger | 1.5 | (0.6-3.8) |
| C. 9 years old | 2.0 | (0.9-4.5) |
| D. 10 years old | 1.4 | (0.6-3.3) |
| E. 11 years old | 2.6 | (1.2-5.2) |
| F. 12 years old | 0.6 | (0.2-2.3) |
| G. 13 years old or older | 3.0 | (1.4-6.3) |
| 30. During the past 30 days, on how many days did you have at least one drink of alcohol? | | |
| A. 0 days | 93.9 | (91.1-95.9) |
| B. 1 or 2 days | 4.6 | (2.9-7.1) |
| C. 3 to 5 days | 0.6 | (0.2-2.4) |
| D. 6 to 9 days | 0.3 | (0.0-2.1) |
| E. 10 to 19 days | 0.0 | (.-.) |
| F. 20 to 29 days | 0.3 | (0.0-2.1) |
| G. All 30 days | 0.4 | (0.1-2.5) |
| 31. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours? | | |
| A. 0 days | 98.6 | (95.7-99.6) |
| B. 1 day | 1.0 | (0.3-2.7) |
| C. 2 days | 0.0 | (.-.) |
| D. 3 to 5 days | 0.0 | (.-.) |
| E. 6 to 9 days | 0.0 | (.-.) |
| F. 10 to 19 days | 0.0 | (.-.) |
| G. 20 or more days | 0.4 | (0.1-2.5) |
| 32. 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 | 58.8 | (50.1-67.0) |
| B. Sort of hard | 20.1 | (16.0-24.9) |
| C. Sort of easy | 12.3 | (9.8-15.4) |
| D. Very easy | 8.8 | (5.6-13.5) |

| | | |
|---|------|-------------|
| 33. How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly? | | |
| A. Very wrong | 84.1 | (80.3-87.3) |
| B. Wrong | 11.2 | (8.1-15.3) |
| C. A little bit wrong | 4.7 | (3.1-7.3) |
| D. Not wrong at all | 0.0 | (.-.) |
| 34. How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly? | | |
| A. Very wrong | 76.7 | (70.5-82.0) |
| B. Wrong | 18.5 | (14.3-23.7) |
| C. A little bit wrong | 3.9 | (2.4-6.2) |
| D. Not wrong at all | 0.9 | (0.3-2.7) |
| 35. How much do you think people risk harming themselves (physically or in other ways) if they have one or two drinks of beer, wine, or hard liquor nearly every day? | | |
| A. No risk | 4.0 | (2.2-6.9) |
| B. Slight risk | 16.7 | (11.1-24.2) |
| C. Moderate risk | 38.5 | (32.1-45.4) |
| D. Great risk | 40.8 | (34.9-47.0) |

MARIJUANA

The next 3 questions ask about marijuana use. Marijuana also is called pot, weed, or cannabis.

| | | |
|--|------|-------------|
| 36. Have you ever used marijuana? | | |
| A. Yes | 3.3 | (1.5-7.2) |
| B. No | 96.7 | (92.8-98.5) |
| 37. How old were you when you tried marijuana for the first time? | | |
| A. I have never tried marijuana | 96.7 | (92.8-98.5) |
| B. 8 years old or younger | 0.3 | (0.0-2.1) |
| C. 9 years old | 0.0 | (.-.) |
| D. 10 years old | 0.7 | (0.2-2.9) |
| E. 11 years old | 0.0 | (.-.) |
| F. 12 years old | 1.2 | (0.5-2.9) |
| G. 13 years old or older | 1.1 | (0.3-3.6) |
| 38. During the past 30 days, how many times did you use marijuana? | | |
| A. 0 times | 99.1 | (97.4-99.7) |
| B. 1 or 2 times | 0.6 | (0.1-2.2) |
| C. 3 to 9 times | 0.0 | (.-.) |
| D. 10 to 19 times | 0.0 | (.-.) |
| E. 20 to 39 times | 0.3 | (0.0-2.2) |
| F. 40 or more times | 0.0 | (.-.) |

The next question asks about synthetic marijuana use. Synthetic marijuana also is called Spice, fake weed, K2, King Kong, Yucatan Fire, or Skunk.

39. Have you ever used synthetic marijuana?

| | | |
|--------|------|-------------|
| A. Yes | 4.9 | (2.3-10.0) |
| B. No | 95.1 | (90.0-97.7) |

The next 2 questions ask about the use of prescription pain medicine without a doctor's prescription or differently than

40. Have you ever taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it? (Count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.)

| | | |
|--------|------|-------------|
| A. Yes | 5.7 | (3.1-10.4) |
| B. No | 94.3 | (89.6-96.9) |

41. During the past 30 days, did you take prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?

| | | |
|--------|------|-------------|
| A. Yes | 2.1 | (0.9-5.1) |
| B. No | 97.9 | (94.9-99.1) |

The next 3 questions ask about other drugs.

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

| | | |
|--------|------|-------------|
| A. Yes | 0.6 | (0.2-2.0) |
| B. No | 99.4 | (98.0-99.8) |

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

| | | |
|--------|------|-------------|
| A. Yes | 7.5 | (4.5-12.5) |
| B. No | 92.5 | (87.5-95.5) |

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

| | | |
|--------|-------|------|
| A. Yes | 0.0 | (.-) |
| B. No | 100.0 | (.-) |

Sexual Behavior

The next 4 questions ask about sexual intercourse.

45. Have you ever had sexual intercourse?

| | | |
|--------|------|-------------|
| A. Yes | 0.7 | (0.2-2.9) |
| B. No | 99.3 | (97.1-99.8) |

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

| | | |
|--|------|-------------|
| A. I have never had sexual intercourse | 99.3 | (97.1-99.8) |
| B. 8 years old or younger | 0.3 | (0.0-2.1) |
| C. 9 years old | 0.0 | (.-) |
| D. 10 years old | 0.4 | (0.1-3.2) |
| E. 11 years old | 0.0 | (.-) |
| F. 12 years old | 0.0 | (.-) |
| G. 13 years old or older | 0.0 | (.-) |

| | | |
|--|------|-------------|
| 47. With how many people have you ever had sexual intercourse? | | |
| A. I have never had sexual intercourse | 99.3 | (97.1-99.8) |
| B. 1 person | 0.7 | (0.2-2.9) |
| C. 2 people | 0.0 | (.-.) |
| D. 3 people | 0.0 | (.-.) |
| E. 4 people | 0.0 | (.-.) |
| F. 5 people | 0.0 | (.-.) |
| G. 6 or more people | 0.0 | (.-.) |
| 48. The last time you had sexual intercourse, did you or your partner use a condom? | | |
| A. I have never had sexual intercourse | 99.3 | (97.1-99.8) |
| B. Yes | 0.0 | (.-.) |
| C. No | 0.7 | (0.2-2.9) |
| Body Weight | | |
| The next 5 questions ask about body weight. | | |
| 49. How do you describe your weight? | | |
| A. Very underweight | 3.7 | (1.9-7.0) |
| B. Slightly underweight | 20.4 | (16.1-25.5) |
| C. About the right weight | 54.5 | (46.1-62.7) |
| D. Slightly overweight | 18.9 | (14.4-24.4) |
| E. Very overweight | 2.5 | (1.5-4.2) |
| 50. Which of the following are you trying to do about your weight? | | |
| A. Lose weight | 31.5 | (25.6-38.1) |
| B. Gain weight | 9.6 | (7.6-12.1) |
| C. Stay the same weight | 21.9 | (18.0-26.5) |
| D. I am not trying to do anything about my weight | 37.0 | (29.3-45.3) |
| 51. 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 | 10.8 | (6.6-17.1) |
| B. No | 89.2 | (82.9-93.4) |
| 52. Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight? | | |
| A. Yes | 3.6 | (2.4-5.3) |
| B. No | 96.4 | (94.7-97.6) |
| 53. Have you ever taken any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not count meal replacement products such as Slim Fast.) | | |
| A. Yes | 2.9 | (1.4-5.6) |
| B. No | 97.1 | (94.4-98.6) |

BREAKFAST

The next question asks about eating breakfast.

54. During the past 7 days, on how many days did you eat breakfast?

| | | |
|-----------|------|-------------|
| A. 0 days | 6.3 | (3.8-10.2) |
| B. 1 day | 4.6 | (2.7-7.8) |
| C. 2 days | 5.0 | (3.2-8.0) |
| D. 3 days | 5.7 | (2.8-11.5) |
| E. 4 days | 5.2 | (2.9-8.9) |
| F. 5 days | 6.2 | (4.4-8.7) |
| G. 6 days | 9.7 | (7.6-12.2) |
| H. 7 days | 57.3 | (49.5-64.7) |

PHYSICAL ACTIVITY

The next 5 questions ask about physical activity.

55. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

| | | |
|-----------|------|-------------|
| A. 0 days | 3.2 | (2.0-5.1) |
| B. 1 day | 3.7 | (2.4-5.9) |
| C. 2 days | 6.1 | (3.1-11.9) |
| D. 3 days | 9.4 | (6.9-12.6) |
| E. 4 days | 7.2 | (5.1-10.0) |
| F. 5 days | 17.3 | (12.4-23.5) |
| G. 6 days | 14.4 | (10.6-19.3) |
| H. 7 days | 38.8 | (34.7-43.0) |

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

| | | |
|---|------|-------------|
| A. I do not watch TV on an average school day | 26.1 | (19.5-34.0) |
| B. Less than 1 hour per day | 23.8 | (19.0-29.3) |
| C. 1 hour per day | 21.5 | (15.1-29.5) |
| D. 2 hours per day | 15.1 | (10.3-21.5) |
| E. 3 hours per day | 6.7 | (4.4-10.3) |
| F. 4 hours per day | 2.9 | (1.4-5.9) |
| G. 5 or more hours per day | 3.9 | (2.0-7.5) |

57. 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? (Count time spent playing games, watching videos, texting, or using social media on your smartphone, computer, Xbox, PlayStation, iPad, or other tablet.)

| | | |
|--|------|-------------|
| A. I do not play video or computer games or use a computer for something that is not school work | 14.9 | (10.3-21.1) |
| B. Less than 1 hour per day | 23.6 | (17.8-30.6) |
| C. 1 hour per day | 19.2 | (15.8-23.0) |
| D. 2 hours per day | 14.6 | (12.1-17.6) |
| E. 3 hours per day | 10.9 | (7.3-16.0) |
| F. 4 hours per day | 6.2 | (4.3-8.9) |
| G. 5 or more hours per day | 10.5 | (8.0-13.6) |

58. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

| | | |
|-----------|------|-------------|
| A. 0 days | 25.0 | (15.7-37.3) |
| B. 1 day | 31.8 | (11.5-62.6) |
| C. 2 days | 0.0 | (.-.) |
| D. 3 days | 1.5 | (0.6-3.5) |
| E. 4 days | 0.0 | (.-.) |
| F. 5 days | 41.7 | (25.1-60.5) |

59. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)

| | | |
|--------------------|------|-------------|
| A. 0 teams | 28.3 | (23.6-33.4) |
| B. 1 team | 33.1 | (27.9-38.6) |
| C. 2 teams | 21.6 | (19.0-24.4) |
| D. 3 or more teams | 17.1 | (13.2-21.9) |

The next question asks about concussions. A concussion is when a blow or jolt to the head causes problems such as headaches, dizziness, being dazed or confused, difficulty remembering or concentrating, vomiting, blurred vision, or being knocked out.

60. During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?

| | | |
|--------------------|------|-------------|
| A. 0 times | 84.7 | (81.0-87.7) |
| B. 1 time | 11.5 | (8.4-15.5) |
| C. 2 times | 1.7 | (0.7-4.2) |
| D. 3 times | 1.8 | (0.9-3.7) |
| E. 4 or more times | 0.3 | (0.0-1.7) |

HEALTH-RELATED TOPICS**The next 8 questions ask about other health-related topics.**

| | | |
|--|------|-------------|
| 61. Has a doctor or nurse ever told you that you have asthma? | | |
| A. Yes | 16.3 | (11.7-22.3) |
| B. No | 72.6 | (65.8-78.5) |
| C. Not sure | 11.1 | (7.6-15.9) |
| 62. Do you still have asthma? | | |
| A. I have never had asthma | 60.6 | (53.7-67.2) |
| B. Yes | 10.4 | (7.2-14.9) |
| C. No | 17.1 | (13.2-21.8) |
| D. Not sure | 11.9 | (8.8-15.8) |
| 63. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work? | | |
| A. During the past 12 months | 80.3 | (75.5-84.4) |
| B. Between 12 and 24 months ago | 3.4 | (2.1-5.5) |
| C. More than 24 months ago | 1.6 | (0.8-3.1) |
| D. Never | 0.4 | (0.0-2.6) |
| E. Not sure | 14.3 | (10.5-19.2) |
| 64. On an average school night, how many hours of sleep do you get? | | |
| A. 4 or less hours | 5.7 | (4.1-7.9) |
| B. 5 hours | 3.3 | (1.8-6.0) |
| C. 6 hours | 6.7 | (4.9-9.0) |
| D. 7 hours | 16.7 | (12.6-21.7) |
| E. 8 hours | 28.6 | (23.0-35.0) |
| F. 9 hours | 23.1 | (19.7-27.0) |
| G. 10 or more hours | 16.0 | (9.7-25.3) |
| 65. During the past 30 days, where did you usually sleep? | | |
| A. In my parent's or guardian's home | 96.7 | (94.0-98.2) |
| B. In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing | 1.1 | (0.3-4.0) |
| C. In a shelter or emergency housing | 0.0 | (.-.) |
| D. In a motel or hotel | 0.3 | (0.0-2.0) |
| E. In a car, park, campground, or other public place | 0.0 | (.-.) |
| F. I do not have a usual place to sleep | 0.3 | (0.0-2.0) |
| G. Somewhere else | 1.7 | (0.6-4.5) |
| 66. Were you born in the USA? | | |
| A. Yes | 97.3 | (94.4-98.7) |
| B. No | 2.7 | (1.3-5.6) |

67. During the past 12 months, how many times have you gambled on a sports team, gambled when playing cards or a dice game, played one of New Mexico's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game?

| | | |
|---------------------|------|-------------|
| A. 0 times | 82.2 | (74.0-88.2) |
| B. 1 or 2 times | 9.3 | (5.1-16.3) |
| C. 3 to 9 times | 5.0 | (2.9-8.5) |
| D. 10 to 19 times | 1.0 | (0.4-2.7) |
| E. 20 to 39 times | 1.5 | (0.3-7.6) |
| F. 40 or more times | 0.9 | (0.4-2.5) |

68. During the past 12 months, how would you describe your grades in school?

| | | |
|-------------------------|------|-------------|
| A. Mostly A's | 57.8 | (46.9-67.9) |
| B. Mostly B's | 25.5 | (21.1-30.4) |
| C. Mostly C's | 7.8 | (5.1-11.7) |
| D. Mostly D's | 1.0 | (0.4-2.8) |
| E. Mostly F's | 0.0 | (.-.) |
| F. None of these grades | 0.3 | (0.0-1.9) |
| G. Not sure | 7.7 | (4.1-14.0) |

The next 8 questions ask about your family, your school, other adults, your friends, and yourself. How true do you feel the following statements are for you?

69. In my home, there is a parent or some other adult who is interested in my school work.

| | | |
|---------------------|------|-------------|
| A. Not true at all | 3.2 | (2.0-5.2) |
| B. A little true | 12.4 | (8.6-17.5) |
| C. Pretty much true | 25.9 | (21.2-31.2) |
| D. Very much true | 58.5 | (50.7-65.9) |

70. 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 | 0.6 | (0.2-2.1) |
| B. A little true | 4.0 | (2.1-7.6) |
| C. Pretty much true | 25.9 | (19.9-32.9) |
| D. Very much true | 69.5 | (59.8-77.8) |

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

| | | |
|---------------------|------|-------------|
| A. Not true at all | 3.0 | (1.4-6.1) |
| B. A little true | 8.1 | (5.3-12.3) |
| C. Pretty much true | 27.9 | (23.6-32.7) |
| D. Very much true | 61.0 | (54.8-66.8) |

72. At my school, there is a teacher or some other adult who listens to me when I have something to say.

| | | |
|---------------------|------|-------------|
| A. Not true at all | 6.8 | (3.2-13.8) |
| B. A little true | 14.8 | (9.9-21.6) |
| C. Pretty much true | 32.9 | (26.5-39.8) |
| D. Very much true | 45.5 | (38.2-53.0) |

| | | |
|---|------|-------------|
| 73. I have a friend about my own age who really cares about me. | | |
| A. Not true at all | 2.2 | (1.4-3.6) |
| B. A little true | 11.3 | (7.8-16.2) |
| C. Pretty much true | 20.2 | (15.2-26.4) |
| D. Very much true | 66.2 | (59.3-72.5) |
| 74. I have a friend about my own age who helps me when I'm having a hard time. | | |
| A. Not true at all | 4.9 | (2.6-9.0) |
| B. A little true | 12.4 | (8.4-18.0) |
| C. Pretty much true | 23.9 | (17.7-31.5) |
| D. Very much true | 58.8 | (50.4-66.7) |
| 75. Outside of my home and school, there is an adult who really cares about me. | | |
| A. Not true at all | 3.5 | (2.0-6.0) |
| B. A little true | 8.3 | (5.6-12.0) |
| C. Pretty much true | 15.2 | (11.5-20.0) |
| D. Very much true | 73.0 | (66.8-78.3) |
| 76. Outside of my home and school, I am a part of clubs, sports teams, church or temple, or other group activities. | | |
| A. Not true at all | 11.5 | (7.6-17.1) |
| B. A little true | 9.1 | (6.1-13.3) |
| C. Pretty much true | 19.4 | (16.1-23.2) |
| D. Very much true | 60.0 | (53.1-66.5) |

This is the end of the survey.

Thank you very much for your help.

Appendix B

About this Report

Appendix B: About this Report

This report contains school district level results from the 2019 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, and

nmhealth.org/go/youth.

School district reports are available only with permission from the appropriate school district superintendent. Forms for this are permission are available under the "Requesting Data" link on the youthrisk.org site. Together, these documents comprise a useful tool for those working on youth-related issues at the state and local level.

Using the Report

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.

The main section of this report consists of a module of results for each main topic area of the YRRS. Each module starts with a set of line charts illustrating change in behavior over the years of the survey (for counties or school districts that only have one recent year of data, the line charts are omitted). The line charts are followed by one or more sets of three bar charts. The first bar chart in each set compares the school district prevalence of a group of behaviors to the NM prevalence for the same behaviors; the second compares the school district prevalence for girls to that of boys for the same behaviors, and the third compares the school district prevalence for each grade level.

Following the section on distinct risk and resiliency factors is a section that illustrates the relationship between risk behaviors and protective factors. This section consists of a set of bar charts, each showing the prevalence of a particular risk behavior for students with varying levels of selected protective factors.

In some cases with very few students in a particular age or gender group, data have been suppressed to protect the anonymity of the individual respondents. Suppressed data are marked with "--". In cases where there are fewer than 50 respondents per grade level or gender, grade level or gender charts have been omitted.

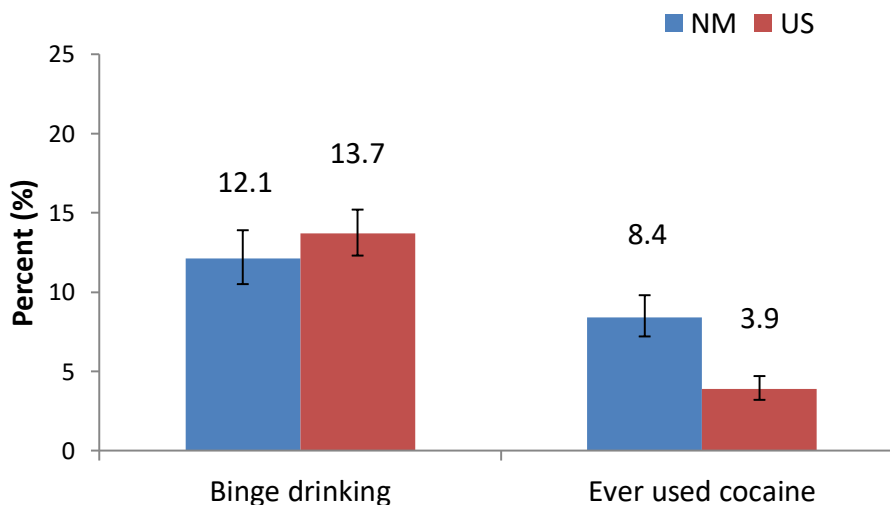
Understanding the Charts - and A Word about Error Bars

The bar charts in this report present the percentage of students who reported engaging in any given risk behavior or who reported having any given protective factor. The height of the bars conveys the percentage of students reporting each trait, and provides a quick visual comparison between different groups of students reporting that trait. A label for each bar presents the actual percentage of students who reported each trait. For instance, the chart on page 17, Unintentional Injury, shows that 5.2% of students in New Mexico rarely or never wore seatbelts, while 1.9% of students in Los Alamos Public Schools rarely or never wore seatbelts.

Because of the high cost and logistical complications involved in conducting a statewide survey, the YRRS was administered to a sample of students, rather than to every single student in each school district. Because YRRS data are from a **sample** of students, and not the entire student body, the results in this report are **estimates**. As with all estimates, there is some uncertainty associated with each of these results. On the charts in this report, this degree of uncertainty is represented by an error bar (confidence interval). The error bar is the thin 'I' shaped line that extends above and below the end of each bar in a chart. One of the major influences on the size of the confidence interval or error bar is the number of participants in the survey. In general, this means that with more students participating in the survey, there will be a higher degree of confidence in the results (i.e., error bars will be smaller).

Interpretation of error bars is illustrated in the charts below. This chart compares the New Mexico rates of binge drinking and cocaine use to the United States rates for 2019. The chart shows that the rate of current binge drinking was 12.1% in New Mexico and 13.7% in the United States. The error bar for the estimate of binge drinking among New Mexico students extends from 10.5% to 13.9%. This means that we are confident that the actual percentage of binge drinkers among New Mexico students was between 10.5% and 13.9%. The error bar for the estimate of binge drinking in the US extends from 12.3% to 15.2%, meaning that we are confident that the actual percentage of binge drinkers in the United States was between 12.3% and 15.2%.

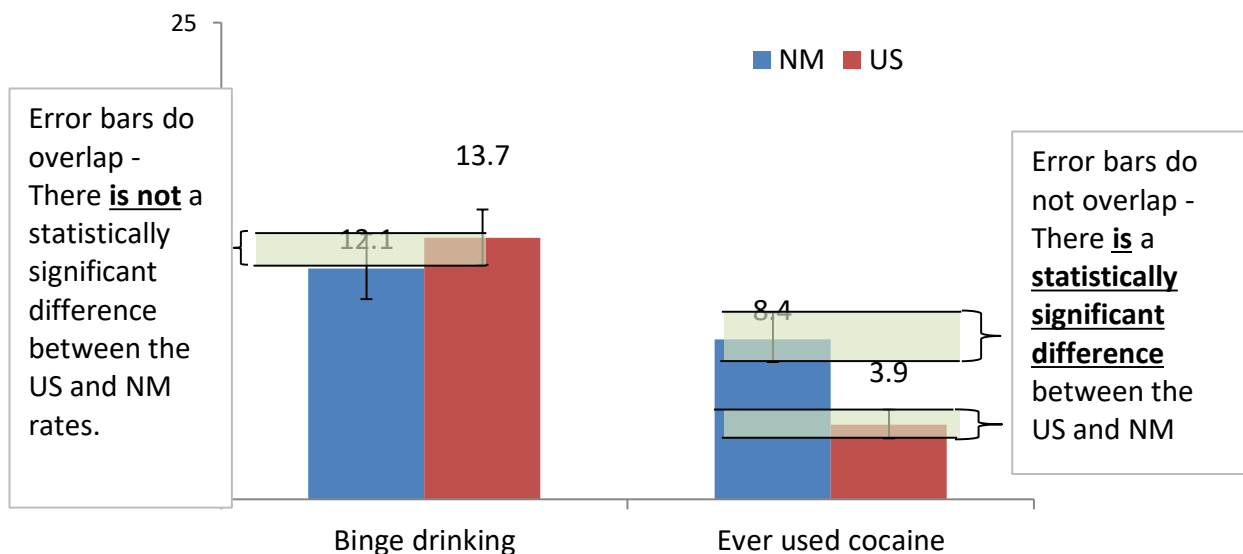
**Current Cigarette Smoking and Ever Used Cocaine
Grades 9-12, NM & US, 2019**



How does knowing the upper and lower limits of our error bars help us? While it appears at first glance that New Mexico had a lower prevalence of binge drinking than the United States (12.1% vs. 13.7%), a closer look at the error bars shows a more complicated picture. The error bars for the New Mexico estimate (10.5%–13.9%) and the US estimate (12.3%–15.2%) overlap. Because of this overlap, we do not have a high degree of confidence that the prevalence of binge drinking in New Mexico was actually different from the prevalence in the United States. In other words, the difference between the prevalence of binge drinking in New Mexico and the United States was not statistically significant.

For cocaine use it appears that New Mexico had a higher prevalence than the United States (8.4% vs. 3.9%). The error bar for New Mexico extends from 7.2% to 9.8%, and the error bar for the United States extends from 3.2% to 4.7%. Because the higher bound of the US error bar (4.7%) is lower than the lower bound of the NM error bar (7.2%), these error bars do not overlap. For lifetime cocaine use, we are confident in saying that the New Mexico prevalence was higher than the US prevalence. In other words, the difference between the prevalence of cocaine use in New Mexico and the United States was a statistically significant difference.

Binge Drinking and Ever Used Cocaine Grades 9-12, NM & US, 2019



For some small school districts, error bars have been removed from this report. With small populations, the number of students sampled can approach the total student population. In these cases, error bars would have limited meaning because with a high percentage of students surveyed, there is less uncertainty around the estimates than error bars suggest.

Risk Behavior and Resiliency/Protective Factor Definitions

Personal Safety (Injury, Violence, and Bullying)

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 carried a weapon

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 first tried cigarette smoking, even one or two puffs?*

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?*

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

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,*

Tobacco smoked in home

Answered '1 day' or more to the question, *During the past 7 days, on how many days did someone smoke tobacco products in your home while you were there?*

Electronic Cigarettes

Ever used e-cigarettes

Answered 'Yes' to the question, *Have you ever used an electronic vapor product?*

Current e-cigarette use

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you use an electronic vapor product?*

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?*

Five or more drinks on a single occasion

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),*

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*

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?*

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 improperly used prescription pain medication

Answered 'Yes' to the question, *Have you ever taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it? (Count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.)*

Current improper use of a prescription pain medication

Answered 'Yes' to the question, *During the past 30 days, did you take prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?*

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,*
- 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*

Ever fasted to lose weight

Answered 'Yes' to the question, *Have you ever gone without eating for 24 hours*

Ever vomited or used laxatives to lose weight

Answered 'Yes' to the question, *Have you ever vomited or taken laxatives to*

Used weight control products

Answered 'Yes' to the question, *Have you ever taken any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not count meal replacement products such as Slim Fast.)*

Physical Activity

No physical activity in the past 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.)*

Physically active five days 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?*

Other Behaviors and Characteristics

Ever diagnosed with asthma

Answered 'Yes' the question, *Has a doctor or nurse ever told you that you have asthma?*

Current asthma

Answered 'Yes' the question, *Has a doctor or nurse ever told you that you have asthma?*

AND

Answered 'Yes' the question, *Do you still have asthma?*

Saw a dentist in the last 12 months

Answered 'During the past 12 months' to the question, *When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?*

Gambled

Answered '1 or 2 times' or more to the question, *During the past 12 months, how many times have you gambled on a sports team, gambled when playing cards or a dice game, played one of New Mexico's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game?*

Concussion

Answered '1 time' or more to the question, *During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?*

Resiliency/Protective Factors

Unless otherwise noted, responses to other resiliency/protective factor questions refer to respondents who answered "Pretty much true" or "Very much true" to the questionnaire item indicated.

