



# NMYRRS

**YOUTH RISK & RESILIENCY SURVEY**

New Mexico Youth Risk and Resiliency Survey (YRRS)  
High School Survey Results  
Los Alamos County  
Grades 9-12, 2019

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



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## ACKNOWLEDGEMENTS

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**New Mexico Youth Risk and Resiliency Survey**  
**Participation in Los Alamos County**  
**High School (Grades 9-12)**

The response rate for Los Alamos County was 89%.

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>	323	(100%)
<u>Gender</u>		
Girls	153	(48.0%)
Boys	168	(52.0%)
<u>Race/Ethnicity</u>		
<i>(Totals may be more than 100% because respondents were allowed to choose multiple race/ethnicities)</i>		
American Indian or Alaska Native	25	(8.8%)
Asian	19	(6.3%)
Black or African-American	12	(3.3%)
Hispanic	108	(2.5%)
Native Hawaiian or Pacific Islander	6	(35.2%)
White	261	(86.1%)
<u>Grade Level</u>		
9th	99	(25.4%)
10th	119	(27.4%)
11th	70	(31.8%)
12th	33	(14.9%)
Other:	1	(0.5%)

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

<b>Indicator</b>	<b>Los Alamos County</b>		<b>New Mexico</b>	
<b>Unintentional Injury</b>	%	(95% CI)	%	(95% CI)
Rarely or never wore a bicycle helmet	42.6	(32.1-53.9)	80.0	(78.6-81.3)
Rarely or never wore a seatbelt	4.9	(2.4-9.8)	6.3	(5.8-6.9)
Rode with a drinking driver	14.0	(10.0-19.3)	20.2	(19.4-21.1)
Drinking and driving	4.3	(1.8-10.3)	6.4	(5.8-7.1)
Marijuana use and driving	11.2	(6.2-19.4)	19.4	(18.3-20.6)
Texting and driving	32.2	(24.2-41.3)	38.3	(36.5-40.1)
<b>Violence</b>				
In a physical fight	23.4	(18.3-29.3)	25.9	(24.8-27.0)
In a physical fight on school property	8.9	(5.5-13.9)	9.1	(8.4-9.9)
Carried a weapon on school property	3.1	(1.5-6.2)	4.2	(3.8-4.7)
Skipped school because of safety concerns	8.2	(5.6-11.9)	13.7	(12.9-14.5)
Bullied on school property	28.4	(23.1-34.3)	17.4	(16.5-18.2)
Electronically bullied	17.8	(14.6-21.5)	13.3	(12.6-14.1)
Physical dating violence	7.4	(3.6-14.7)	9.8	(9.2-10.5)
Sexually assaulted (Forced to do sexual things)	11.1	(7.9-15.4)	11.3	(10.6-12.0)
Ever forced to have sexual intercourse	9.5	(7.0-12.8)	9.1	(8.5-9.7)
<b>Mental Health</b>				
Non-suicidal self-injury	28.8	(22.4-36.2)	21.8	(20.9-22.7)
Felt sadness or hopelessness	35.8	(32.0-39.8)	40.8	(39.8-41.9)
Seriously considered suicide	21.3	(17.4-25.9)	18.9	(18.1-19.7)
Planned suicide	15.8	(12.2-20.2)	16.5	(15.8-17.3)
Attempted suicide	6.4	(3.5-11.5)	9.9	(9.3-10.6)
Injured in a suicide attempt	3.0	(1.1-7.6)	3.2	(2.9-3.6)
<b>Tobacco Use</b>				
Current use of any tobacco product	30.4	(23.5-38.2)	37.2	(36.0-38.5)
Current e-cig use	26.9	(22.3-32.1)	33.4	(32.2-34.6)
Current cigarette smoking	5.8	(3.6-9.3)	8.3	(7.8-9.0)
Current hookah use	4.1	(1.8-9.0)	7.5	(6.9-8.0)
Current cigar use	6.6	(3.3-12.8)	7.8	(7.2-8.4)
Current spit tobacco use	6.2	(3.0-12.3)	5.5	(5.1-6.0)
<b>Alcohol Use</b>				
Current drinking	28.8	(23.4-34.8)	27.5	(10.7-12.4)
Binge drinking	8.6	(4.5-15.9)	11.5	(10.7-12.4)
High intensity binge drinking	2.1	(0.8-5.5)	3.2	(2.8-3.6)
First drink before age 13	16.4	(12.1-21.8)	20.1	(19.2-21.1)
Drinking and driving	4.3	(1.8-10.3)	6.4	(5.8-7.1)



## New Mexico Youth Risk and Resiliency Survey

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

<b><u>Indicator</u></b>	<b><u>Los Alamos County</u></b>		<b><u>New Mexico</u></b>	
<b>Current Drug Use</b>	%	(95% CI)	%	(95% CI)
Marijuana	18.5	(14.9-22.8)	28.4	(27.3-29.7)
Synthetic marijuana	5.8	(3.8-8.8)	9.8	(9.1-10.5)
Improper pain medication use	7.1	(4.7-10.6)	11.2	(10.6-11.9)
Cocaine	1.9	(0.9-3.9)	4.1	(3.7-4.6)
Heroin	1.7	(0.8-3.8)	2.7	(2.3-3.1)
Methamphetamine	1.7	(0.8-3.8)	2.8	(2.5-3.2)
Inhalants	4.4	(3.1-6.2)	5.0	(4.6-5.5)
<b>Physical Activity, Body Weight, and Nutrition</b>				
Overweight	12.0	(8.9-15.9)	16.1	(15.3-16.9)
Obese	9.6	(6.0-15.1)	15.7	(14.9-16.6)
Overweight or obese	21.6	(16.2-28.1)	31.8	(30.7-32.9)
Daily physical activity	25.0	(19.4-31.6)	25.7	(24.7-26.7)
Daily PE in school	12.2	(8.3-17.5)	25.6	(23.6-27.7)
TV viewing three or more hours daily	12.1	(7.5-18.9)	21.5	(20.7-22.4)
Computer/video use three or more hours daily	38.2	(31.7-45.3)	43.8	(42.8-44.9)
Screen time three or more hours daily	54.5	(47.7-61.2)	61.1	(60.0-62.1)
Ate breakfast daily	32.8	(27.9-38.1)	28.2	(27.2-29.3)
Five servings of fruit or vegetables daily	18.2	(14.3-23.0)	18.4	(17.5-19.3)
Daily soda consumption	10.9	(7.9-14.8)	18.0	(17.2-18.8)
<b>Sexual Behavior</b>				
Sexually Active	18.4	(12.5-26.1)	25.2	(23.9-26.6)
Had sexual intercourse with four or more people	6.9	(3.7-12.4)	9.6	(8.8-10.6)
Had sexual intercourse before age 13	5.1	(2.9-8.8)	4.2	(3.8-4.6)
Used a condom*	57.9	(44.9-69.9)	49.9	(47.7-52.0)
Used effective birth control method*	30.7	(23.1-39.5)	34.3	(32.3-36.5)
Used both a condom and effective birth control*	9.0	(4.8-16.3)	9.7	(8.6-10.9)

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



New Mexico Youth Risk and Resiliency Survey (YRRS)  
Highlights  
Los Alamos County  
Grades 9-12, 2019

Highlights from the New Mexico Youth Risk and Resiliency Survey (YRRS)  
 Los Alamos County  
 High School (Grades-9-12), 2019

Results from the 2019 High School NM YRRS revealed both encouraging and concerning trends in New Mexico. Rates of youth alcohol use are much lower than the rates of 10 years earlier, but most of the downward movement in rates happened by 2015, with very little variation in rates since then. Tobacco use trends have exhibited a mixed pattern. Rates of current use of cigarettes, cigars, spit tobacco, and hookah continued to decrease through 2019, but the rate of e-cigarette use has increased, resulting in no decrease in the rate of overall tobacco use. The rates of use of most drugs have not changed markedly for most drugs, but the rates for current synthetic marijuana use has more than doubled since 2017, and the rate of current inhalant use has increased by 25% since 2015. Rates of suicide attempts have been stable over the past ten years, but rates for suicidal ideation have been increasing among girls, the rate of feeling sad or hopeless has increased among both boys and girls.

The rate of obesity or overweight, after increasing for several years, has not increased since 2015. Rates for most violence-related behaviors have not changed greatly. However, the rate of ever being physically forced to have sexual intercourse is higher in New Mexico than in the U.S.

This report puts the findings for New Mexico alongside YRRS results for Los Alamos County.

Please use these results to help make New Mexico and your own community a safer and healthier place for all of our young people. For more YRRS results, see [www.youthrisk.org](http://www.youthrisk.org).

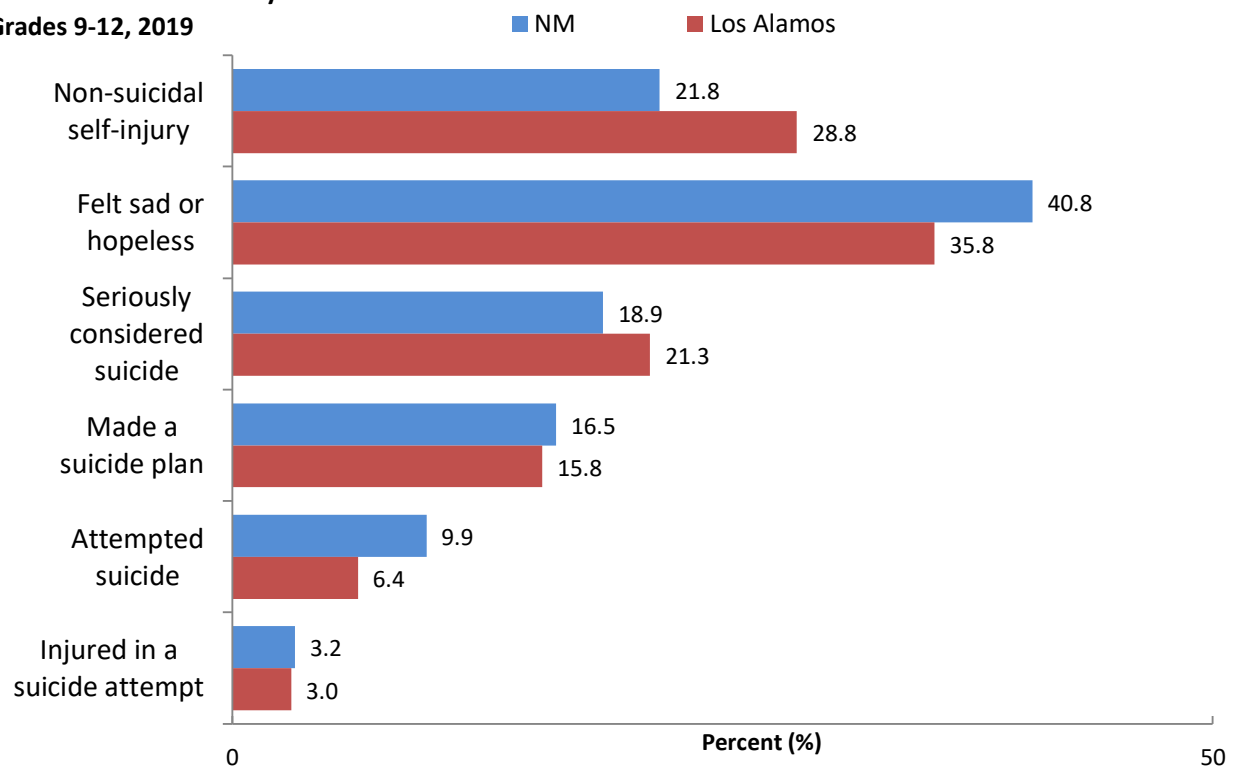
### **Mental Health**

Suicide is second leading causes of death among adolescents in New Mexico. The rate of past-year suicide attempts has not changed substantially since 2009 (2009 = 10.1%; 2019 = 9.9%). The rate for suicide attempts resulting in injury has also been stable since 2009 (2009 = 3.5%; 2019 = 3.2%)

#### **Past Year Mental Health Indicators**

##### **NM & Los Alamos County**

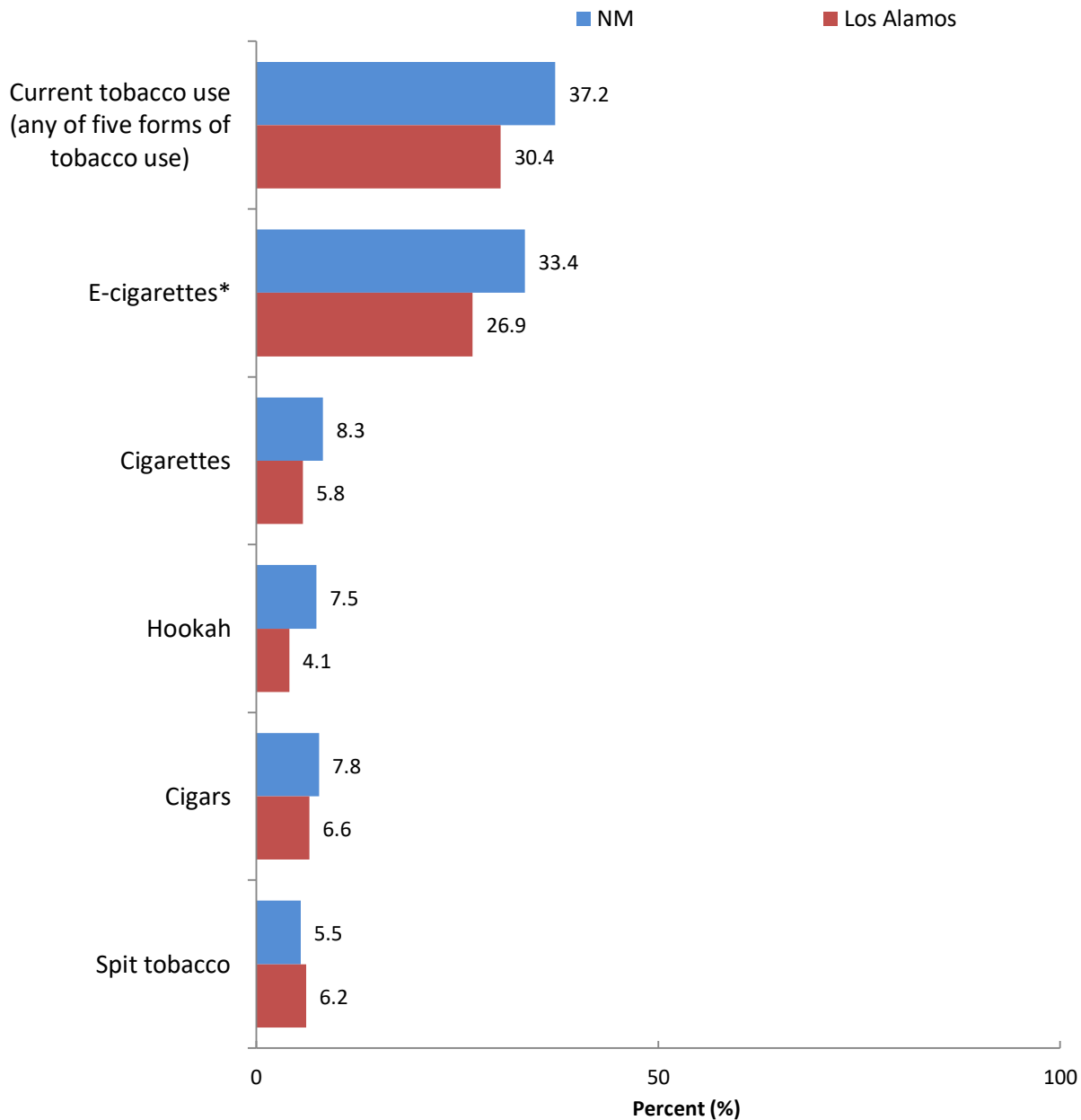
**Grades 9-12, 2019**



*No statistically significant difference*

**Tobacco Use**

Cigarette smoking among NM high school students has been on the decline since 2003. In 2011, a new question was added to the YRRS about using a hookah, or large water pipe, to smoke tobacco. In 2015, two new questions were added about electronic vapor products (e-cigarettes). In 2019, 33.4% of high school students used e-cigarettes within the last 30 days, more than the percentage who used currently any of the other tobacco products measured by the YRRS.

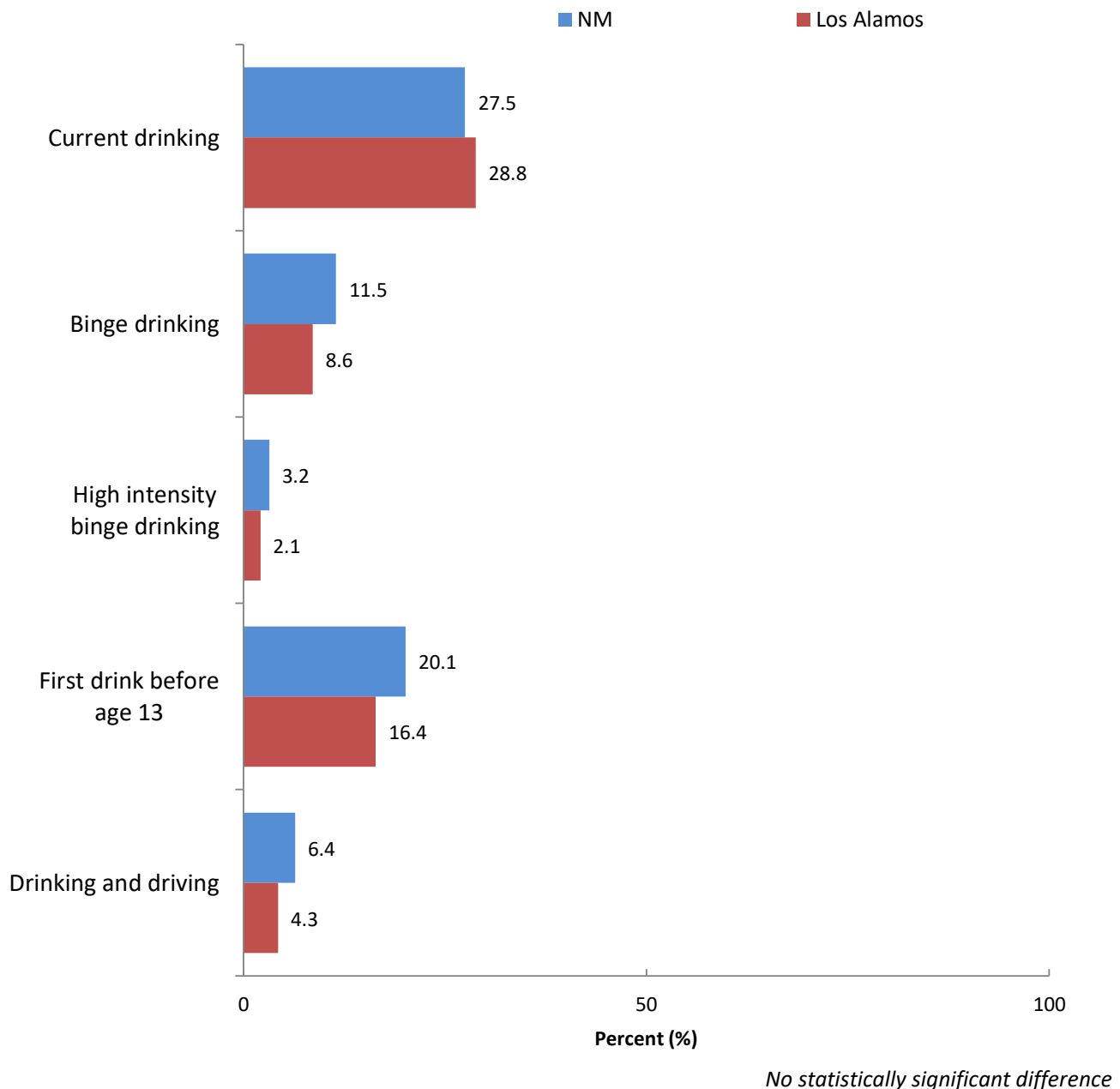
**Current Tobacco Use****NM & Los Alamos County****Grades 9-12, 2019**

*\*Statistically significant difference*

### Alcohol Use

Alcohol use by young people is associated with injuries such as motor vehicle crashes, the leading cause of death among adolescents. Alcohol use at an early age is also associated with an increased risk of chronic liver disease and alcohol dependence later in life. In recent years, rates of current drinking, binge drinking, and drinking and driving have been decreasing among young people nationally. In New Mexico, rates of alcohol use have not decreased since 2015. In 2019, New Mexico high school students had the third highest rate of any state participating in the CDC's Youth Risk Behavior Survey (YRBS) for drinking alcohol before the age of 13.

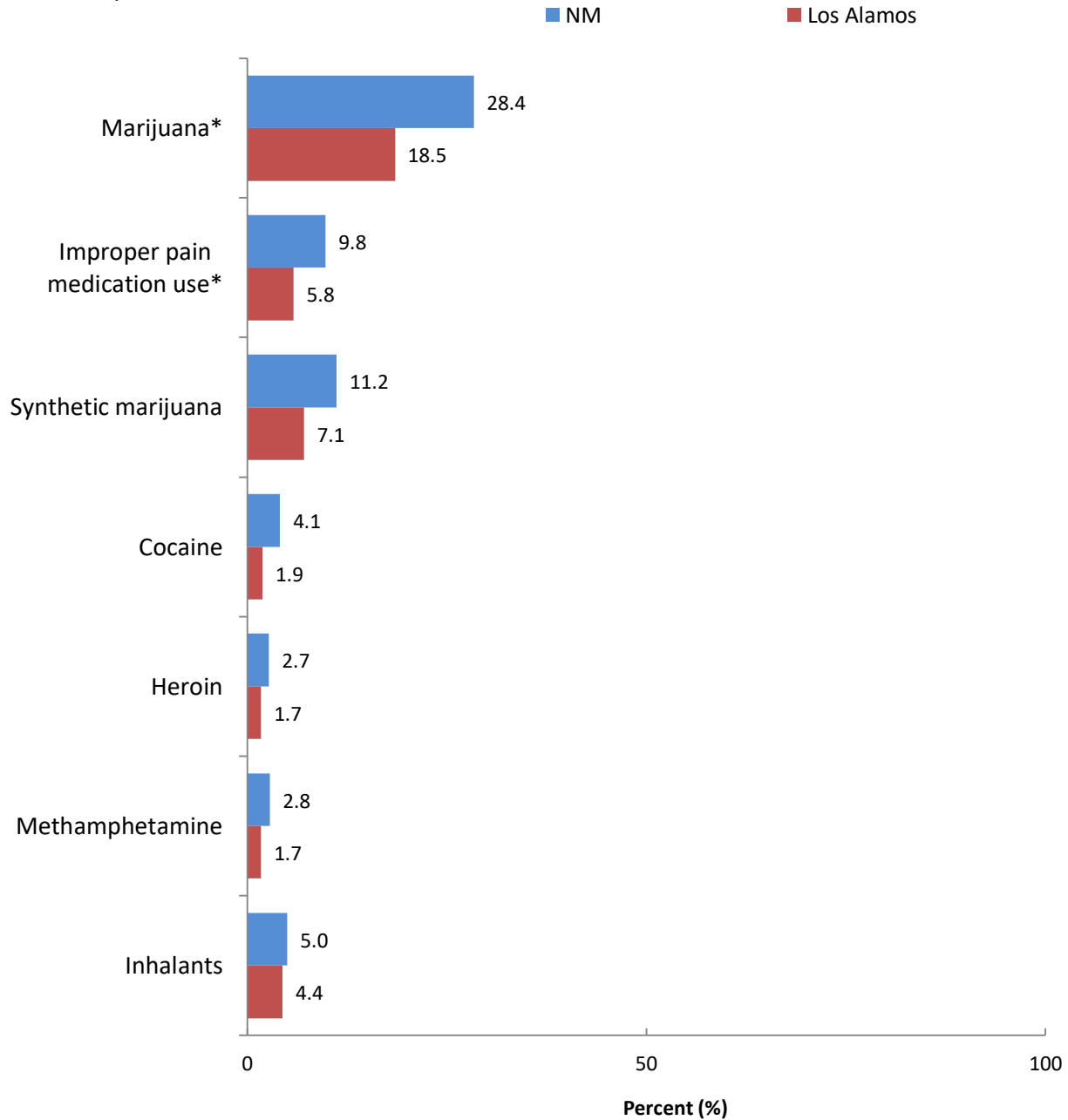
#### **Alcohol Use NM & Los Alamos County Grades 9-12, 2019**



### Drug Use

Current use of marijuana, cocaine, heroin, and methamphetamines have remained relatively stable in recent years. Current use of synthetic marijuana more than doubled between 2017 (5.5%) and 2019 (11.2%). New Mexico has a higher rate of marijuana use before the age of 13 than any other state participating in the YRBS.

#### **Current Drug Use NM & Los Alamos County Grades 9-12, 2019**



*\*Statistically significant difference*

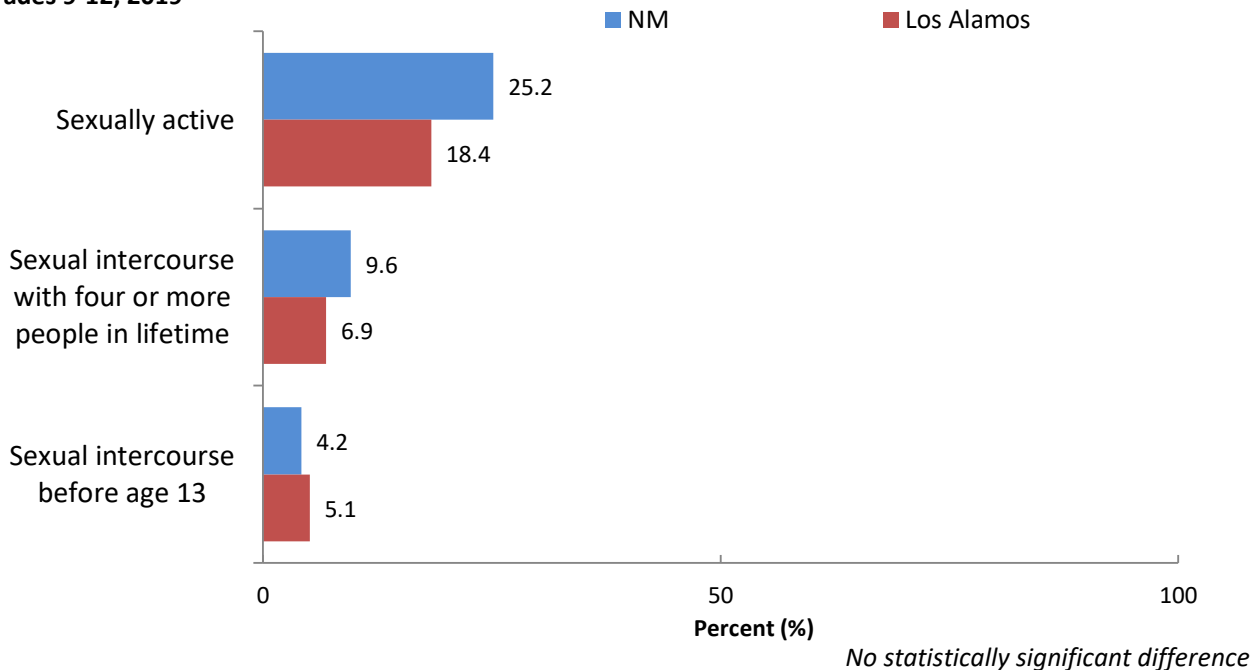
### Sexual Behavior

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

#### Sexual Behavior

##### NM & Los Alamos County

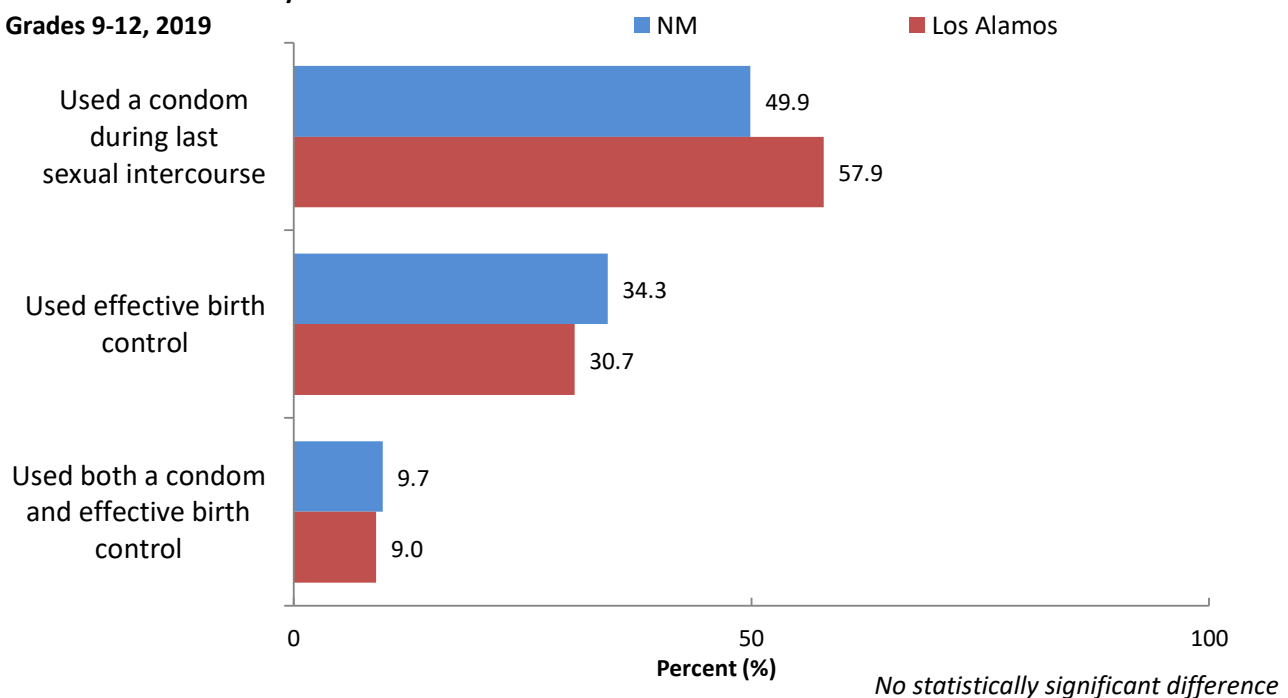
Grades 9-12, 2019



#### Sexual Behaviors among Sexually Active Students

##### NM & Los Alamos County

Grades 9-12, 2019





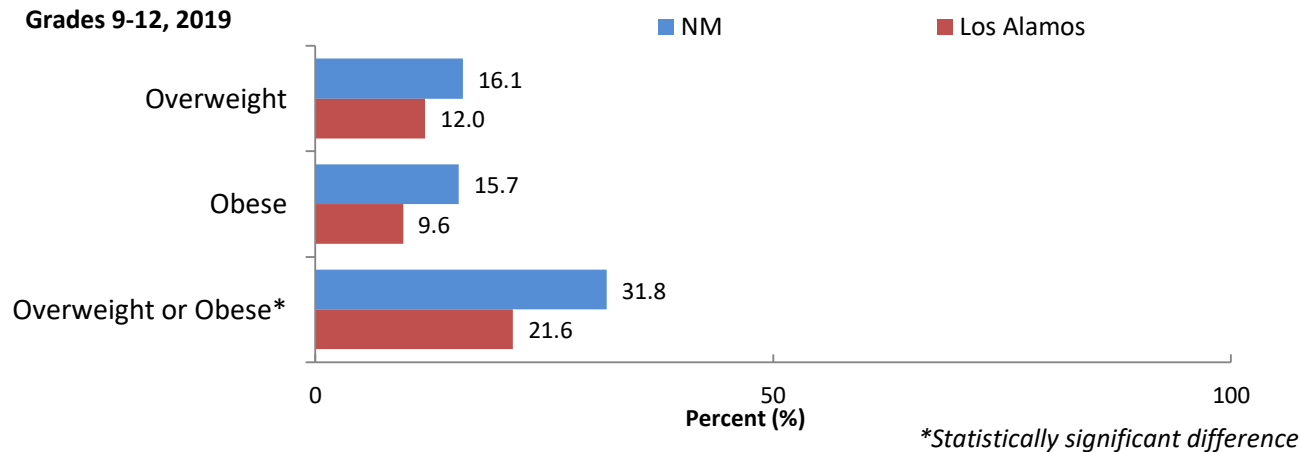
## Body Weight, Nutrition, and Physical Activity

Poor nutritional behaviors and a lack of physical activity put young people at risk of becoming overweight or obese. Obese and overweight teens are at risk for many chronic diseases that can cause death or disability. The rates of obesity and overweight increased from 2005-2015, but did not increase from 2015-2019.

### Obesity and Overweight

#### NM & Los Alamos County

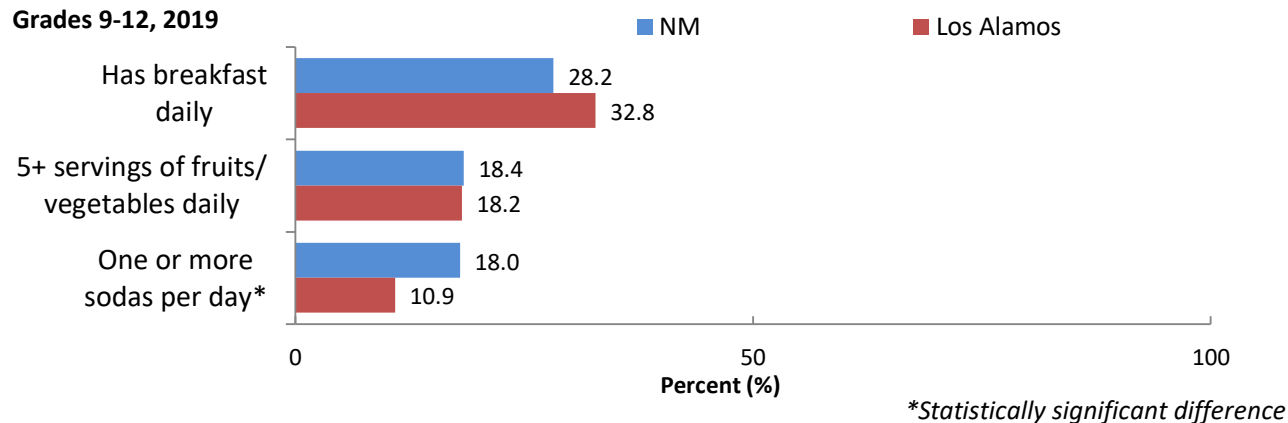
Grades 9-12, 2019



### Nutrition

#### NM & Los Alamos County

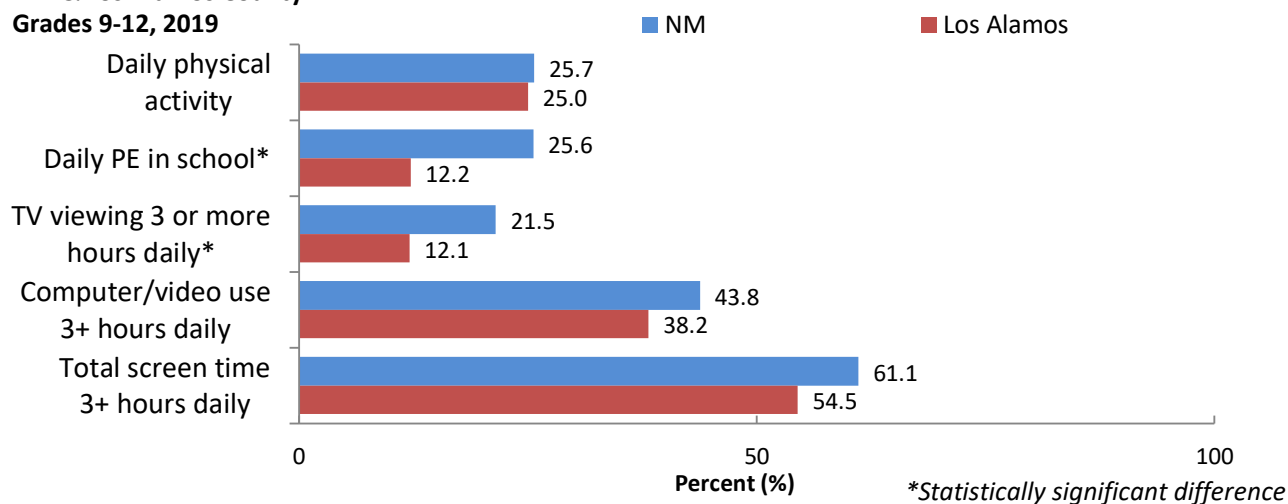
Grades 9-12, 2019



### Physical Activity

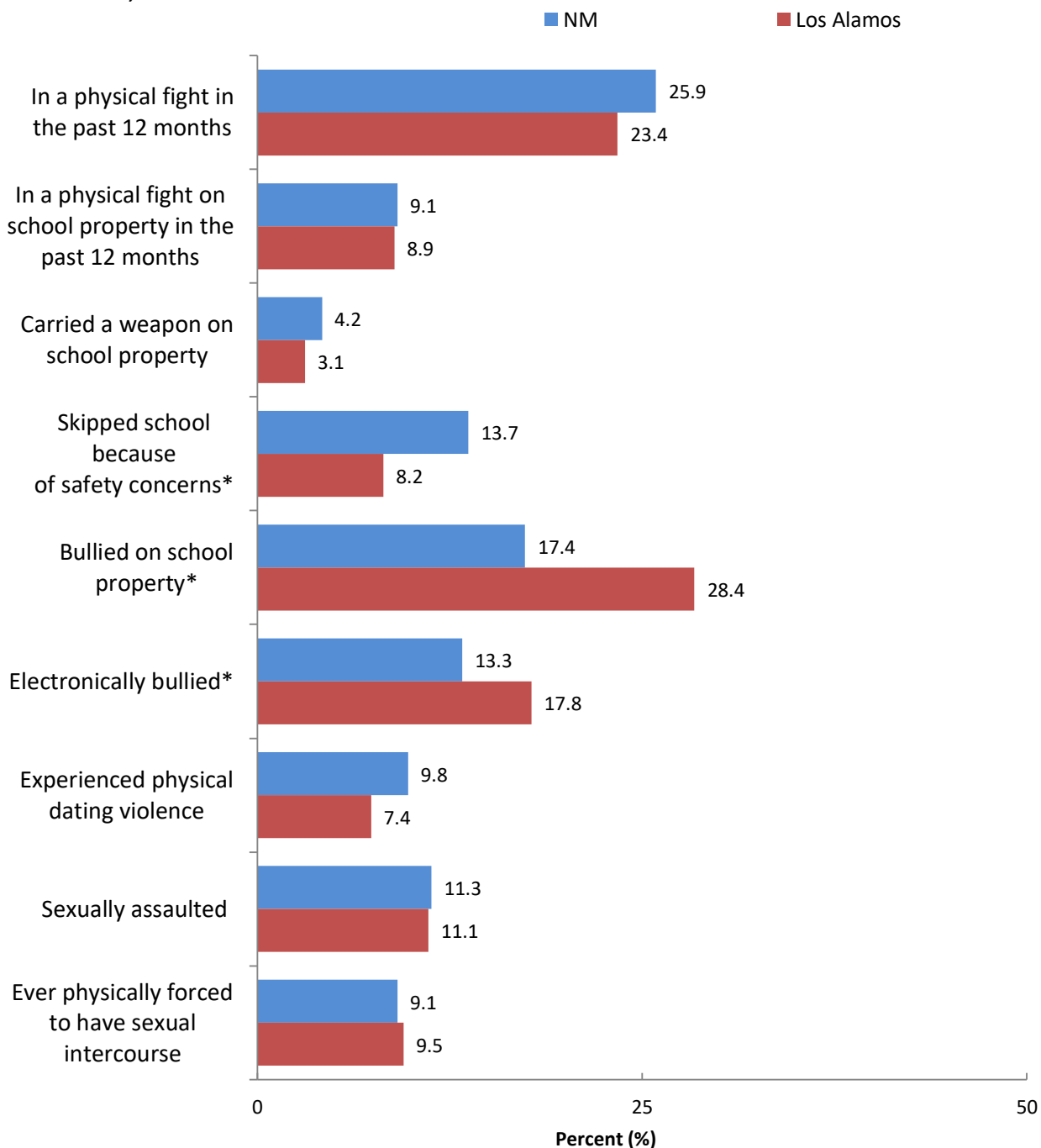
#### NM & Los Alamos County

Grades 9-12, 2019



**Injury: Behaviors Associated with Violence**

The rates for fighting and fighting on school property have decreased over the past decade. The percentage of youth who experienced sexual assault (being forced to do things of a sexual nature, such as kissing, touching, or being physically forced to have sexual intercourse) in the past year increased from 10.4% in 2017 (the first year the question was asked) to 11.3% in 2019.

**Behaviors Associated with Violence****NM & Los Alamos County****Grades 9-12, 2019**

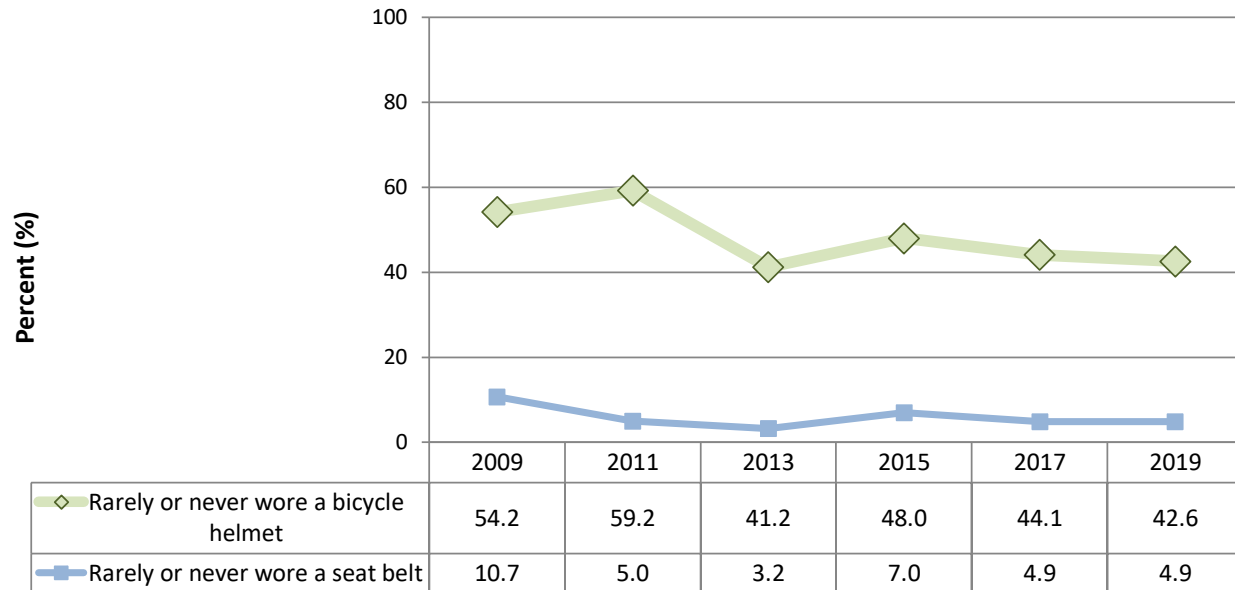
*Experienced physical dating violence in the past 12 months*

## Los Alamos County Charts

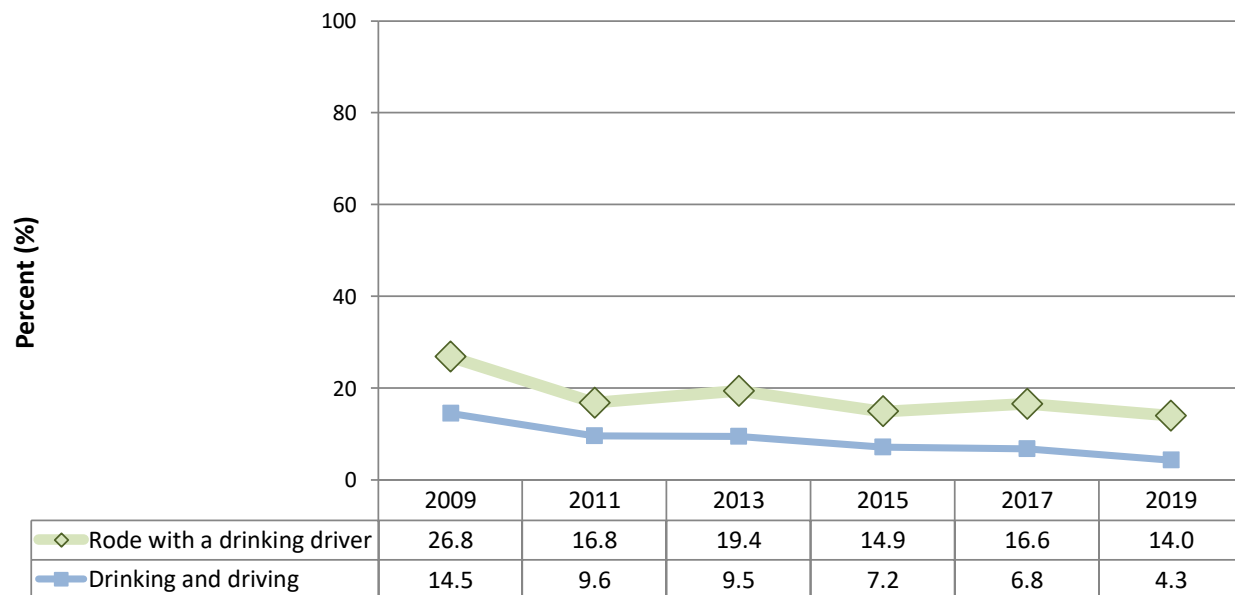
*For definitions of risk behaviors, see Appendix C.*

## Unintentional Injury

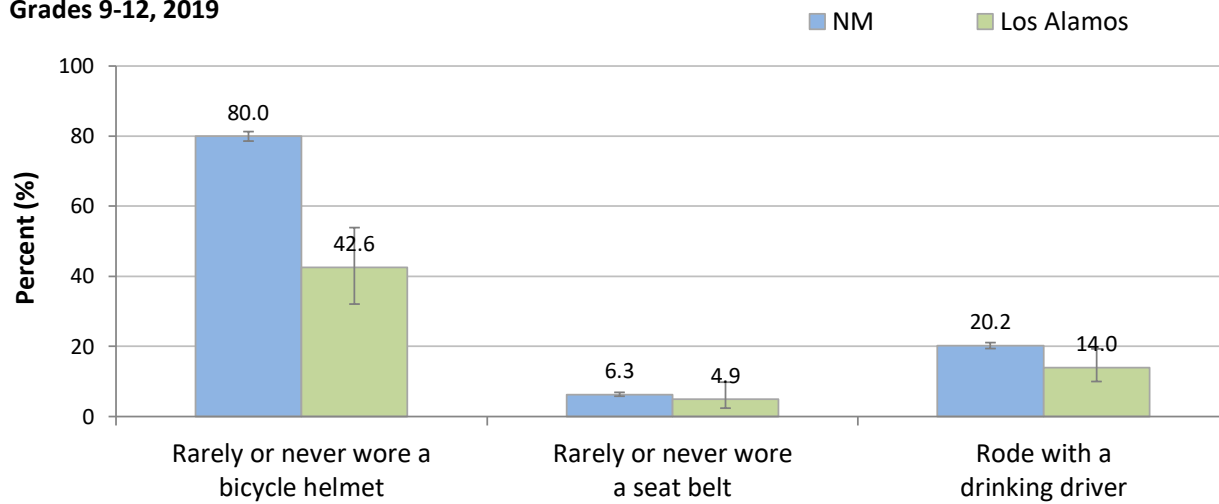
### Behaviors Associated with Unintentional Injury by Year, Los Alamos County Grades 9-12, 2009-2019



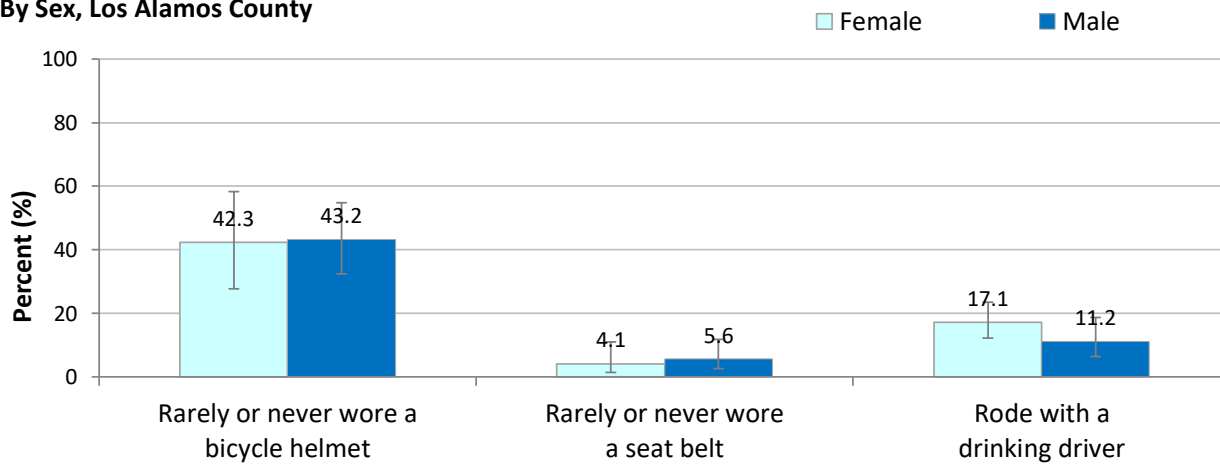
### Behaviors Associated with by Year, Los Alamos County Grades 9-12, 2009-2019



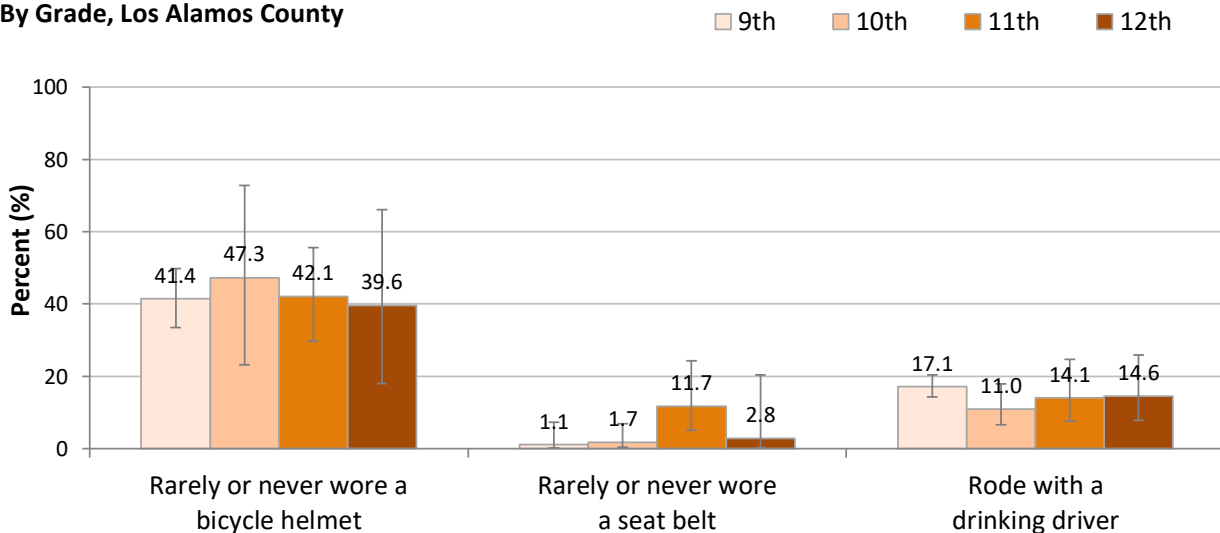
**Unintentional Injury**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



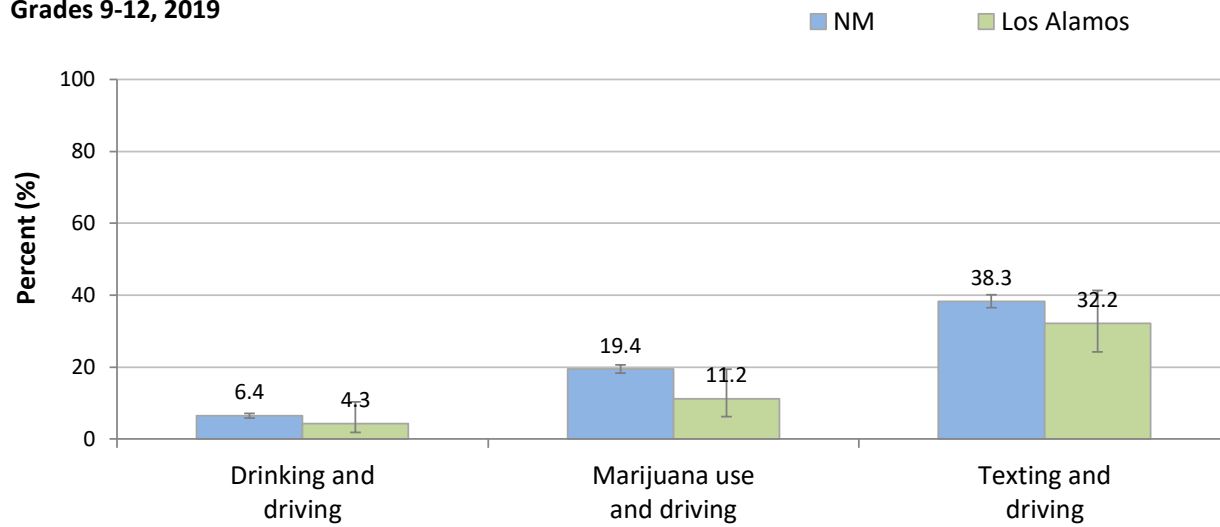
**By Sex, Los Alamos County**



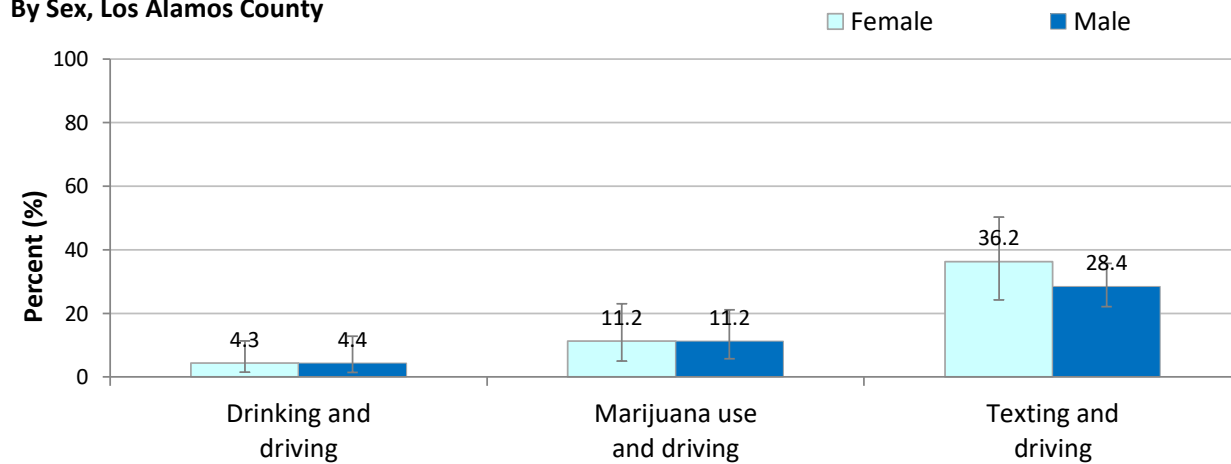
**By Grade, Los Alamos County**



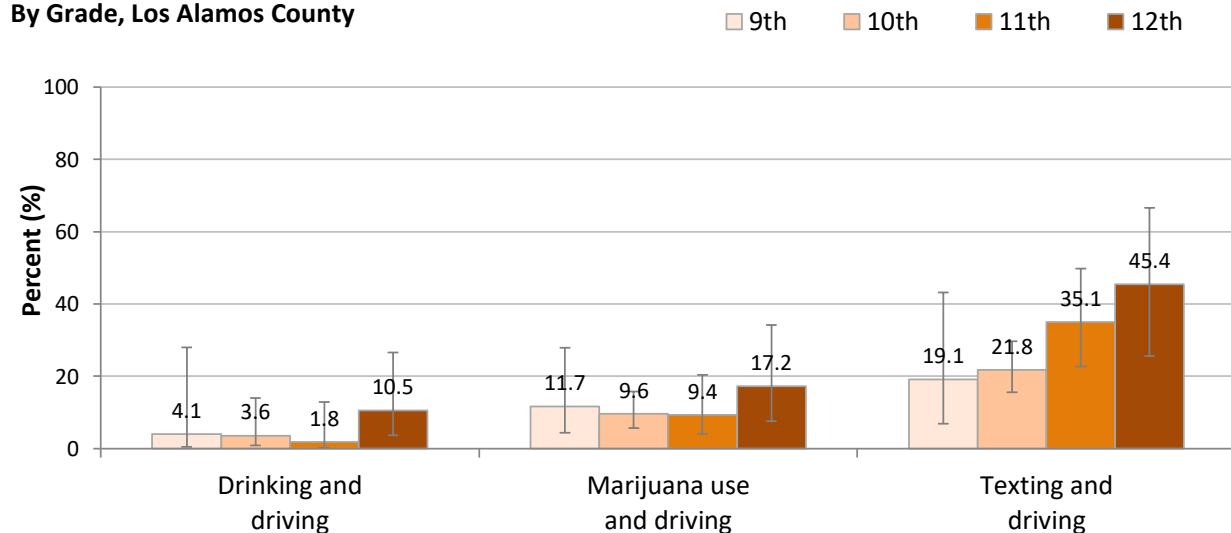
**Unintentional Injury  
New Mexico and Los Alamos County  
Grades 9-12, 2019**



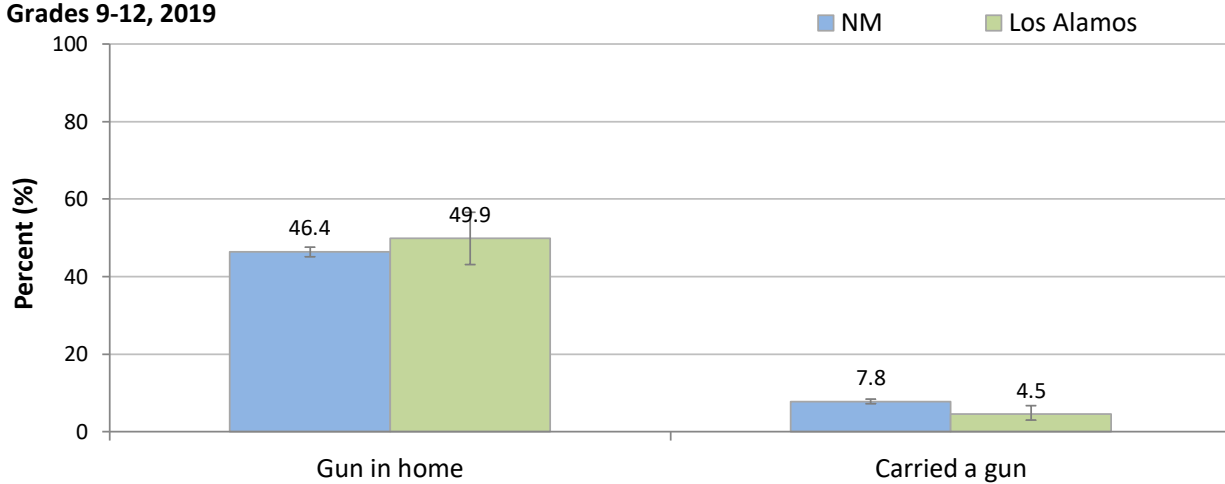
**By Sex, Los Alamos County**



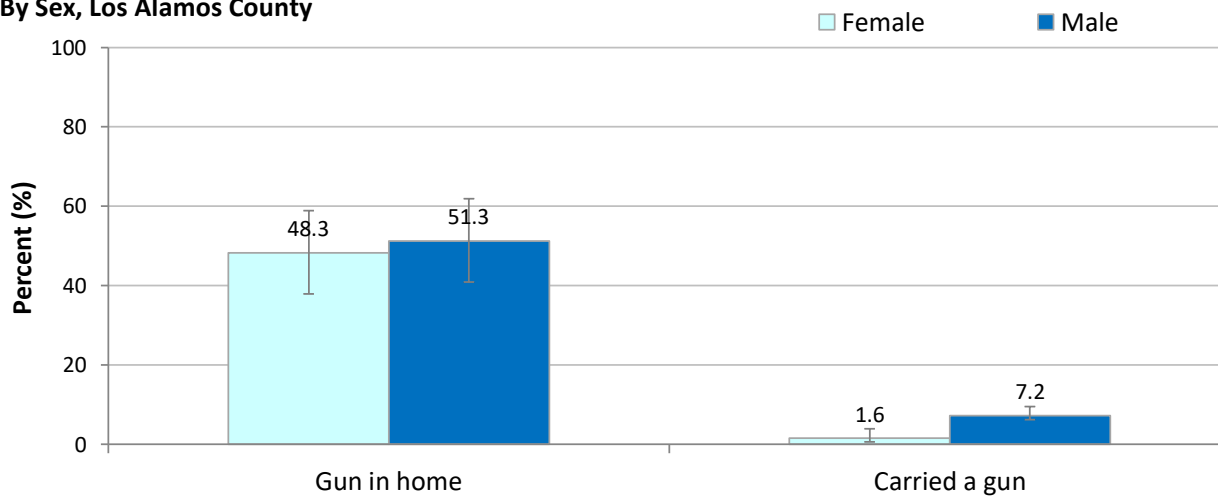
**By Grade, Los Alamos County**



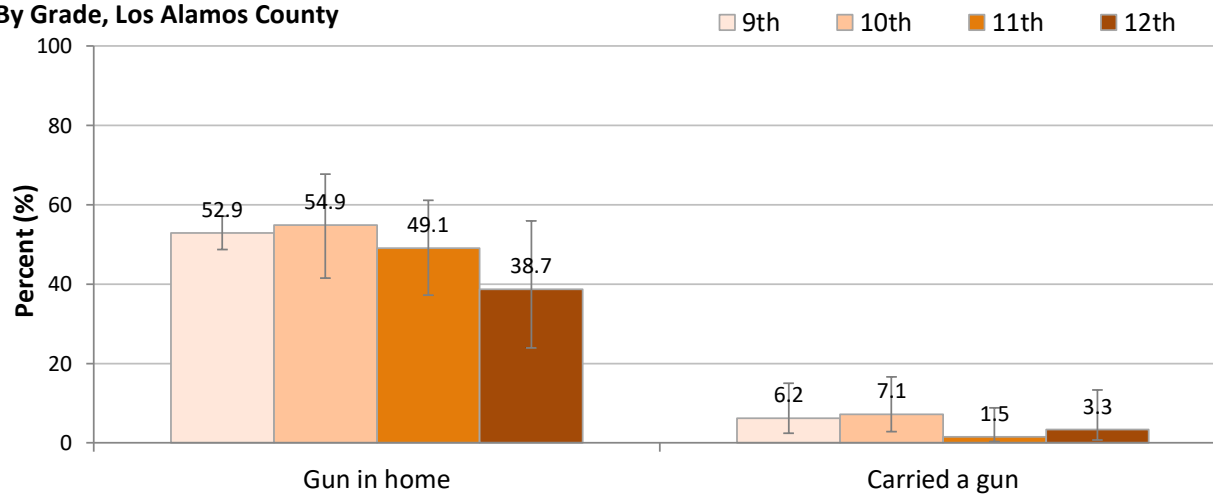
**Unintentional Injury**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



**By Sex, Los Alamos County**

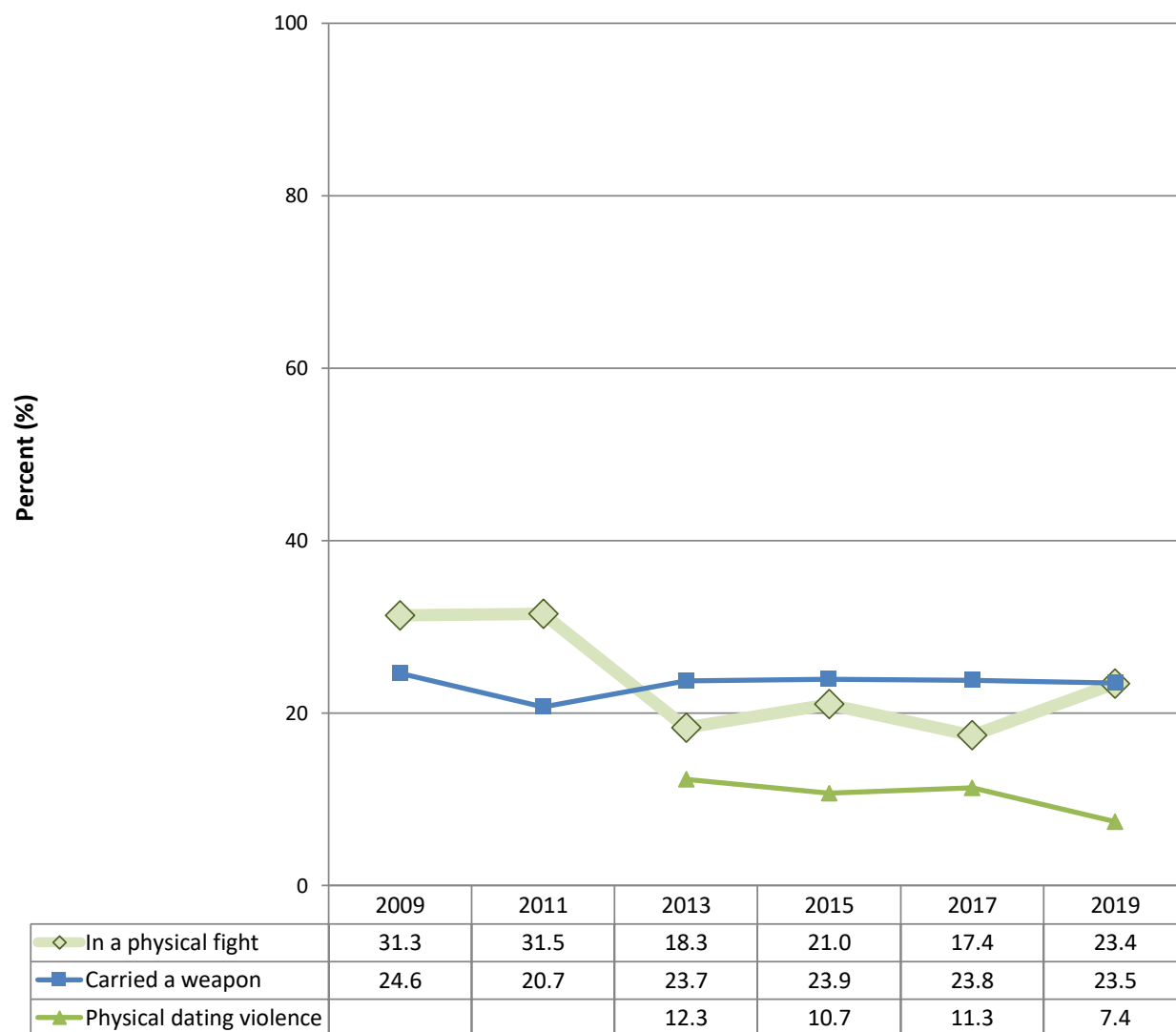


**By Grade, Los Alamos County**



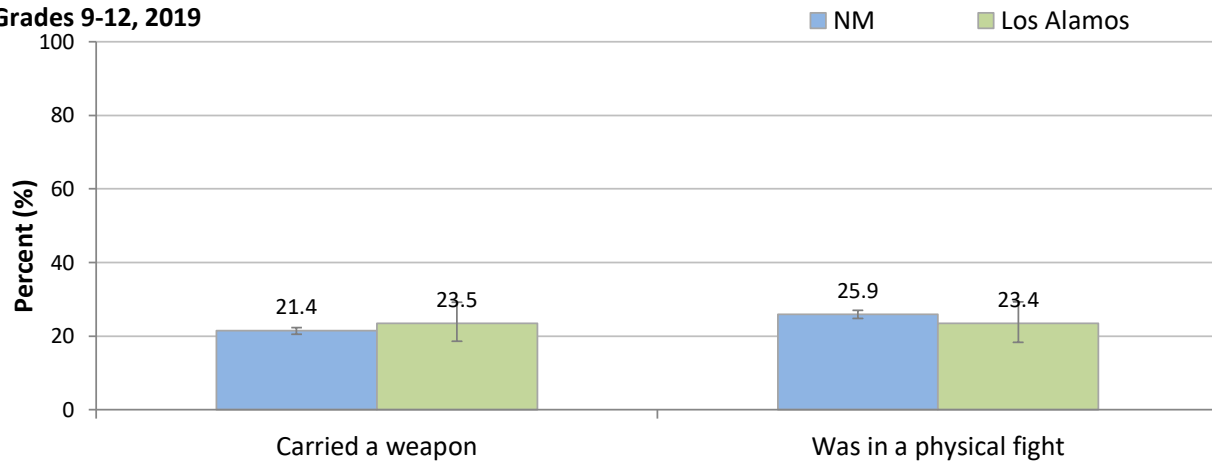
## Injury: Behaviors Associated with Violence

### Behaviors Associated with Violence by Year, Los Alamos County Grades 9-12, 2009-2019

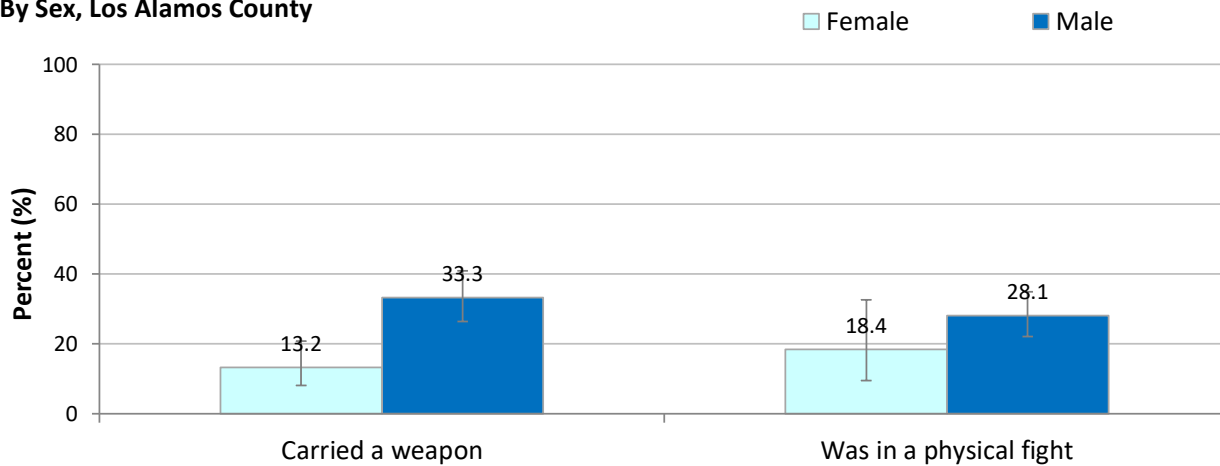




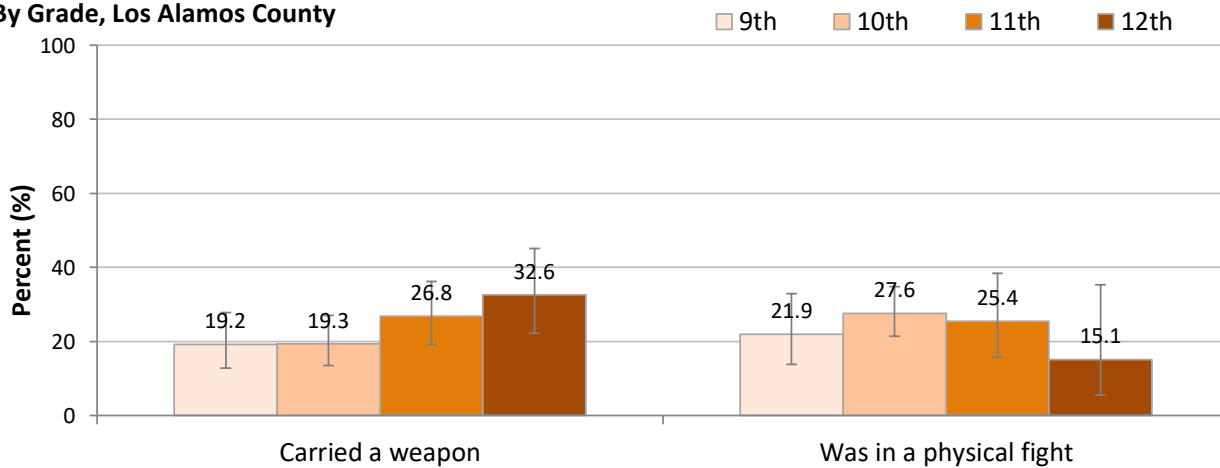
**Injury: Behaviors Associated with Violence**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



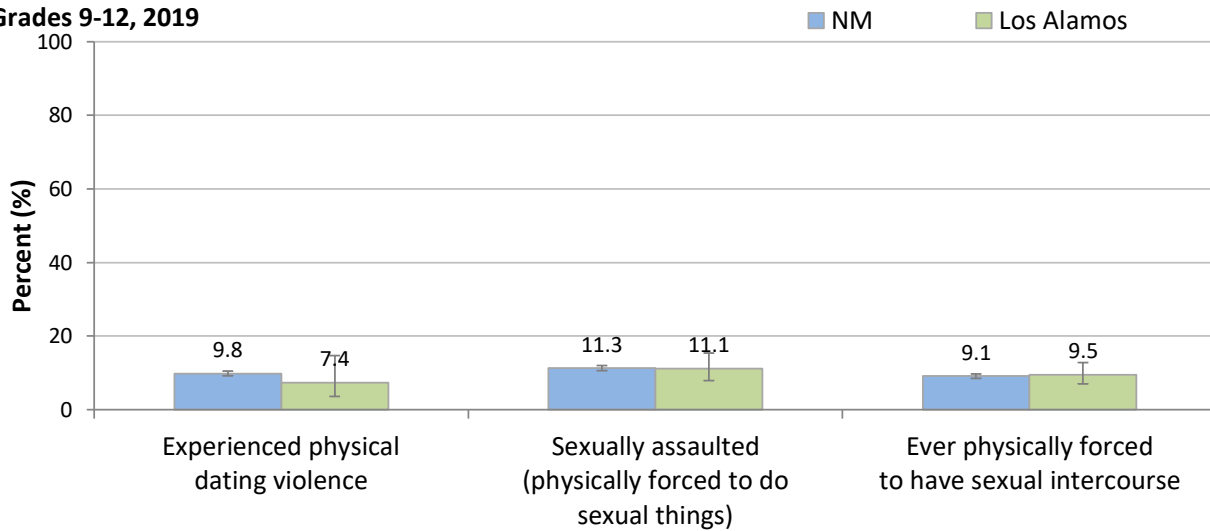
**By Sex, Los Alamos County**



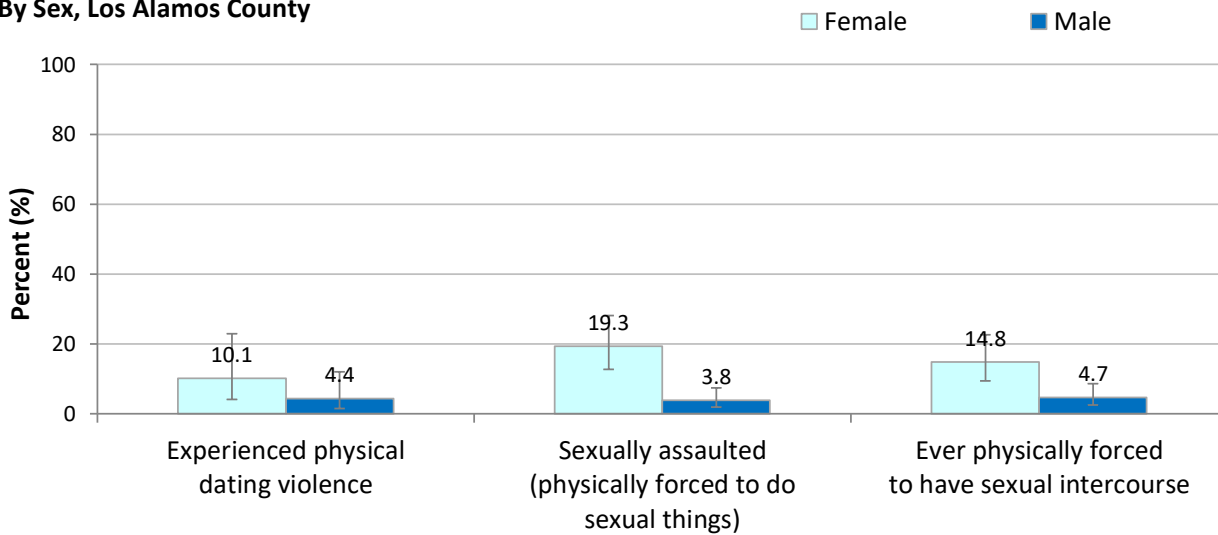
**By Grade, Los Alamos County**



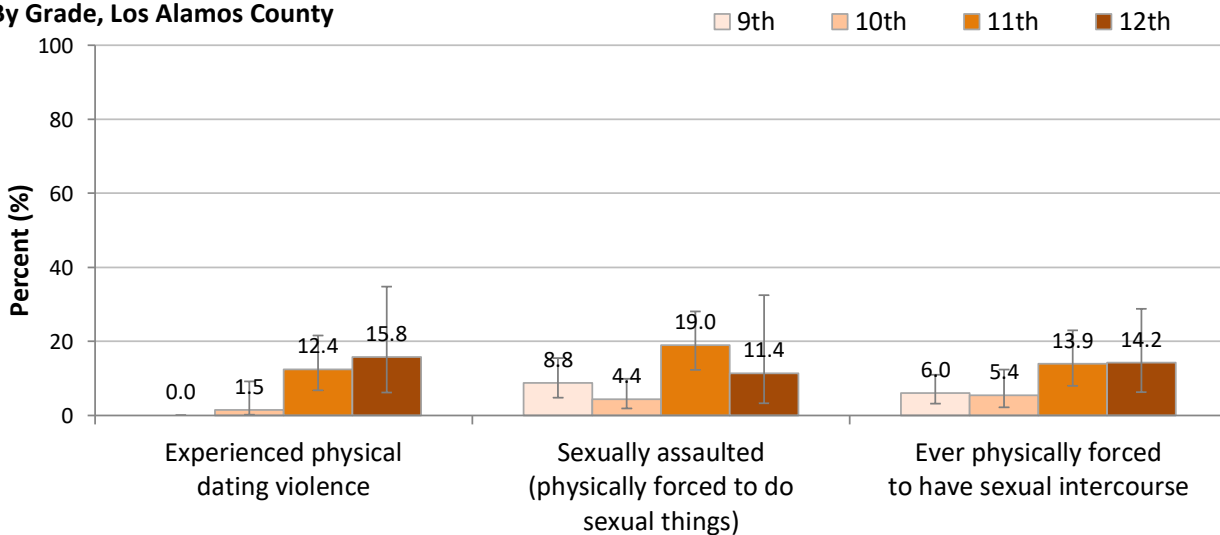
**Injury: Sexual and Intimate Partner Violence**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



**By Sex, Los Alamos County**

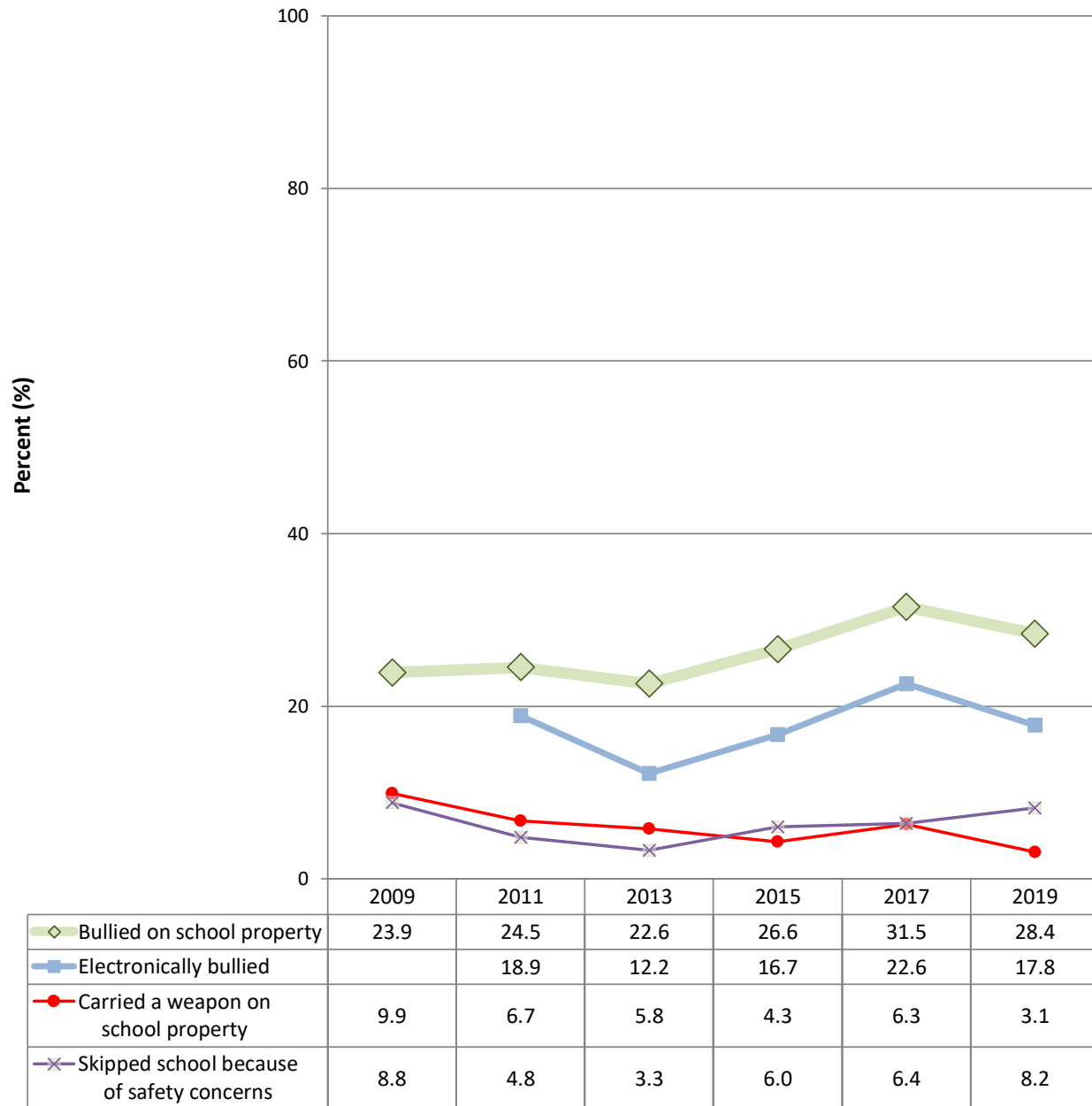


**By Grade, Los Alamos County**

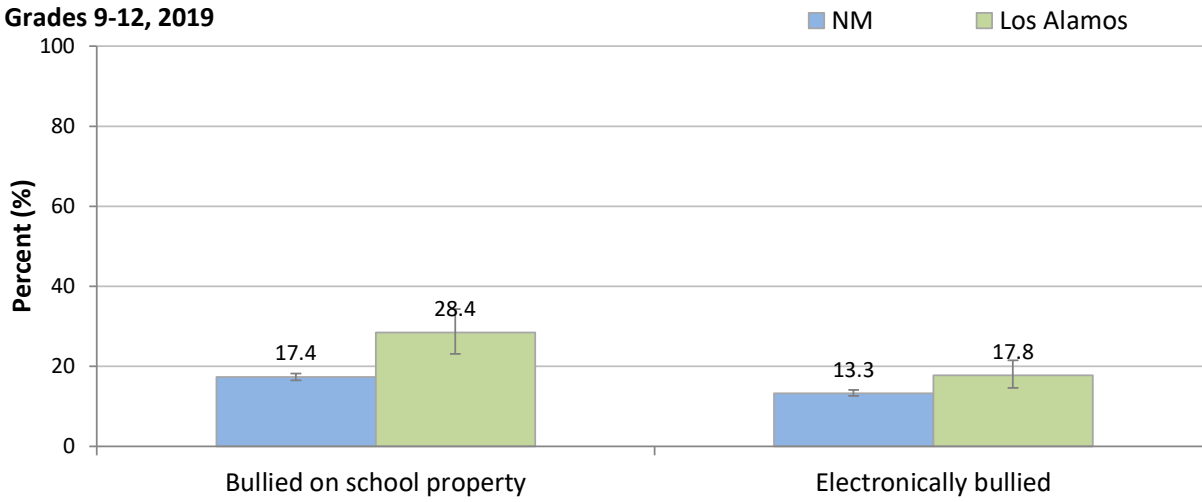


## Injury: Bullying and School Violence

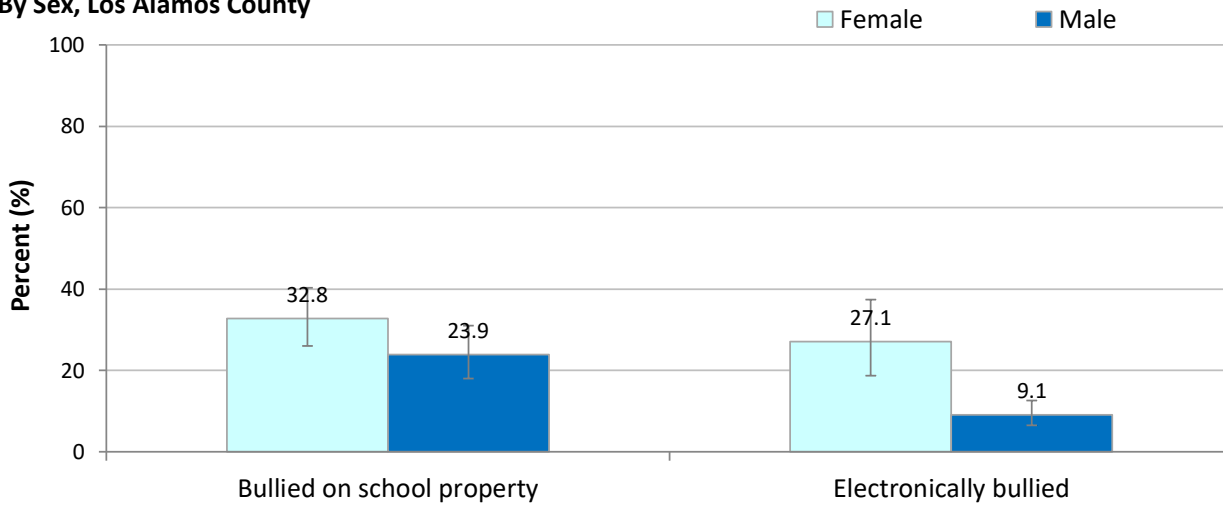
### Bullying and School Violence by Year, Los Alamos County Grades 9-12, 2009-2019



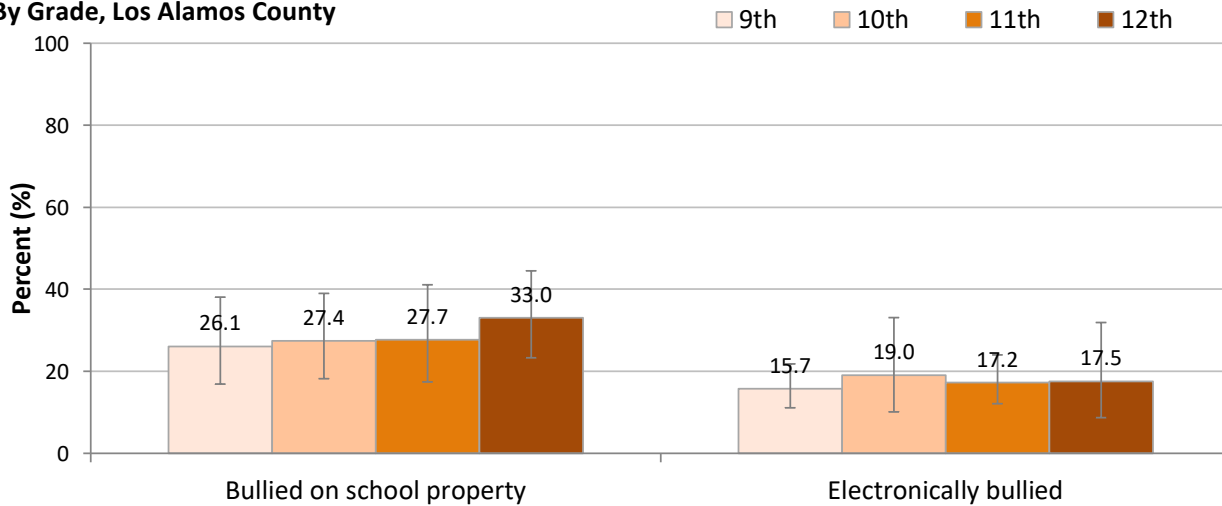
**Injury: Behaviors Associated with Violence**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



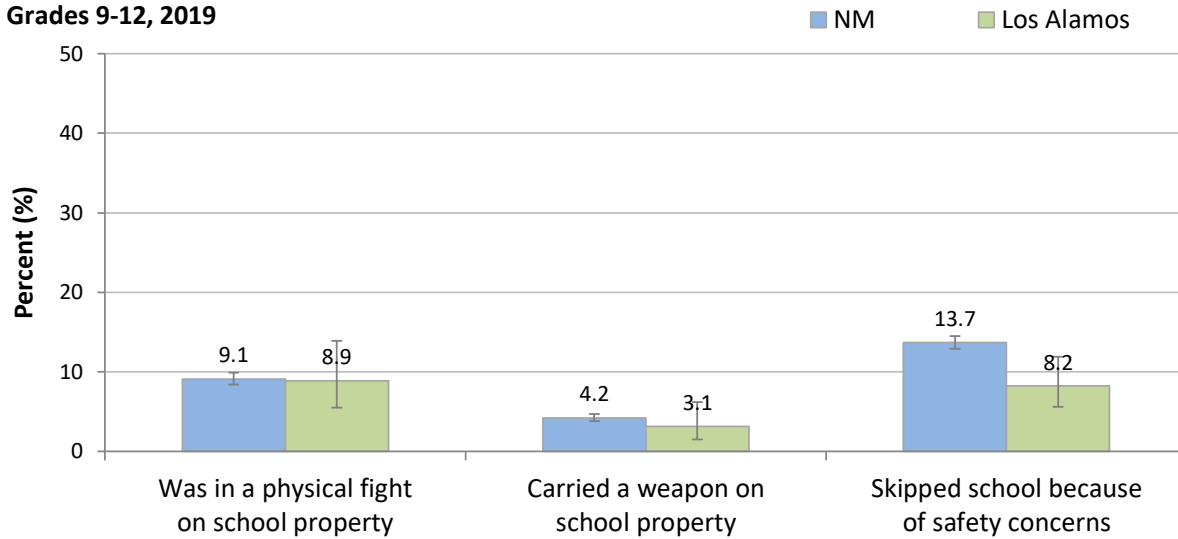
**By Sex, Los Alamos County**



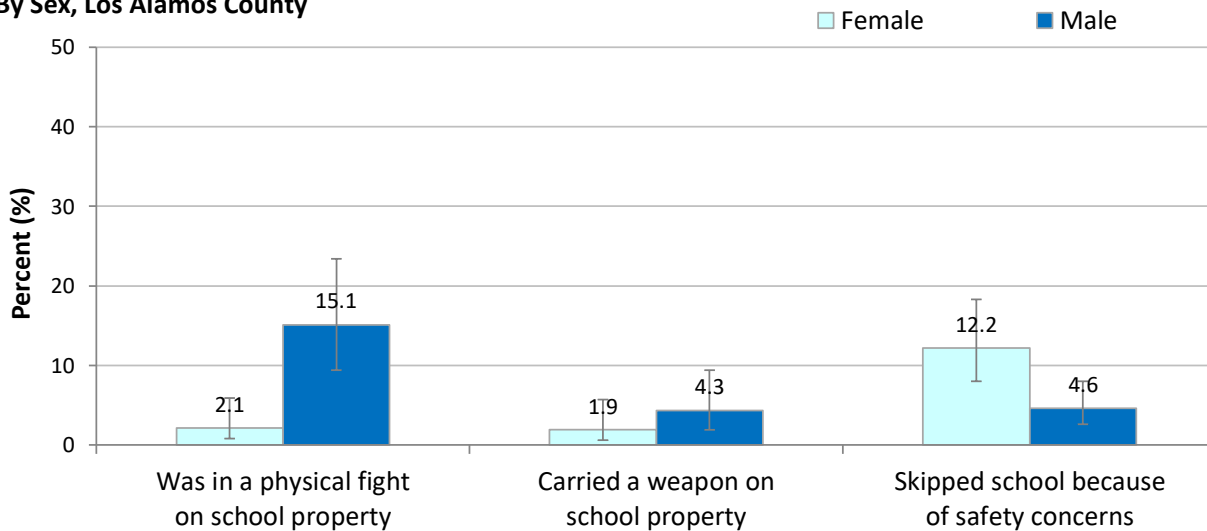
**By Grade, Los Alamos County**



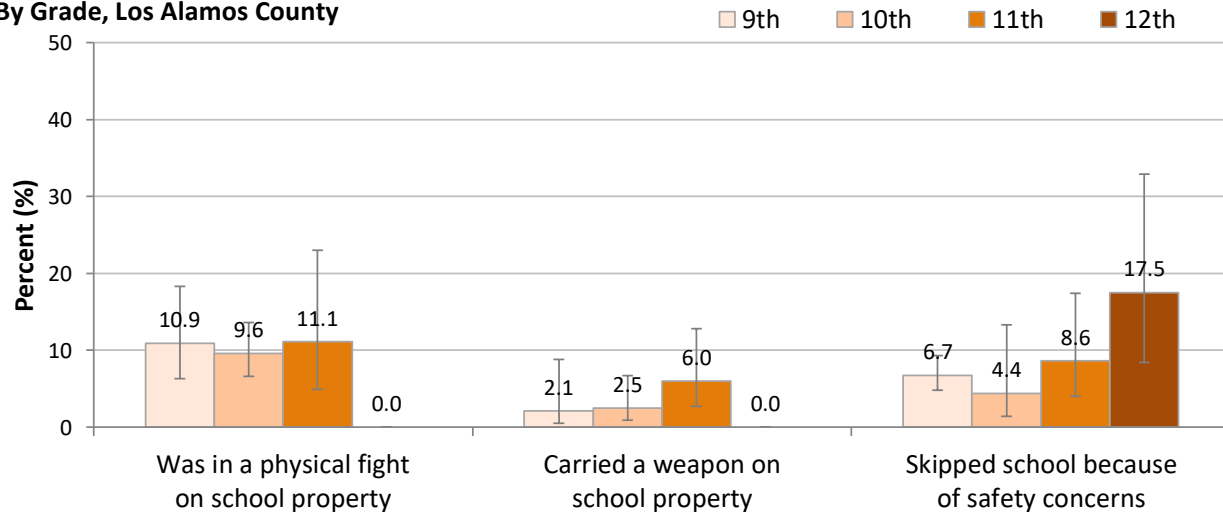
**Injury: Behaviors Associated with Violence and School Safety**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



**By Sex, Los Alamos County**

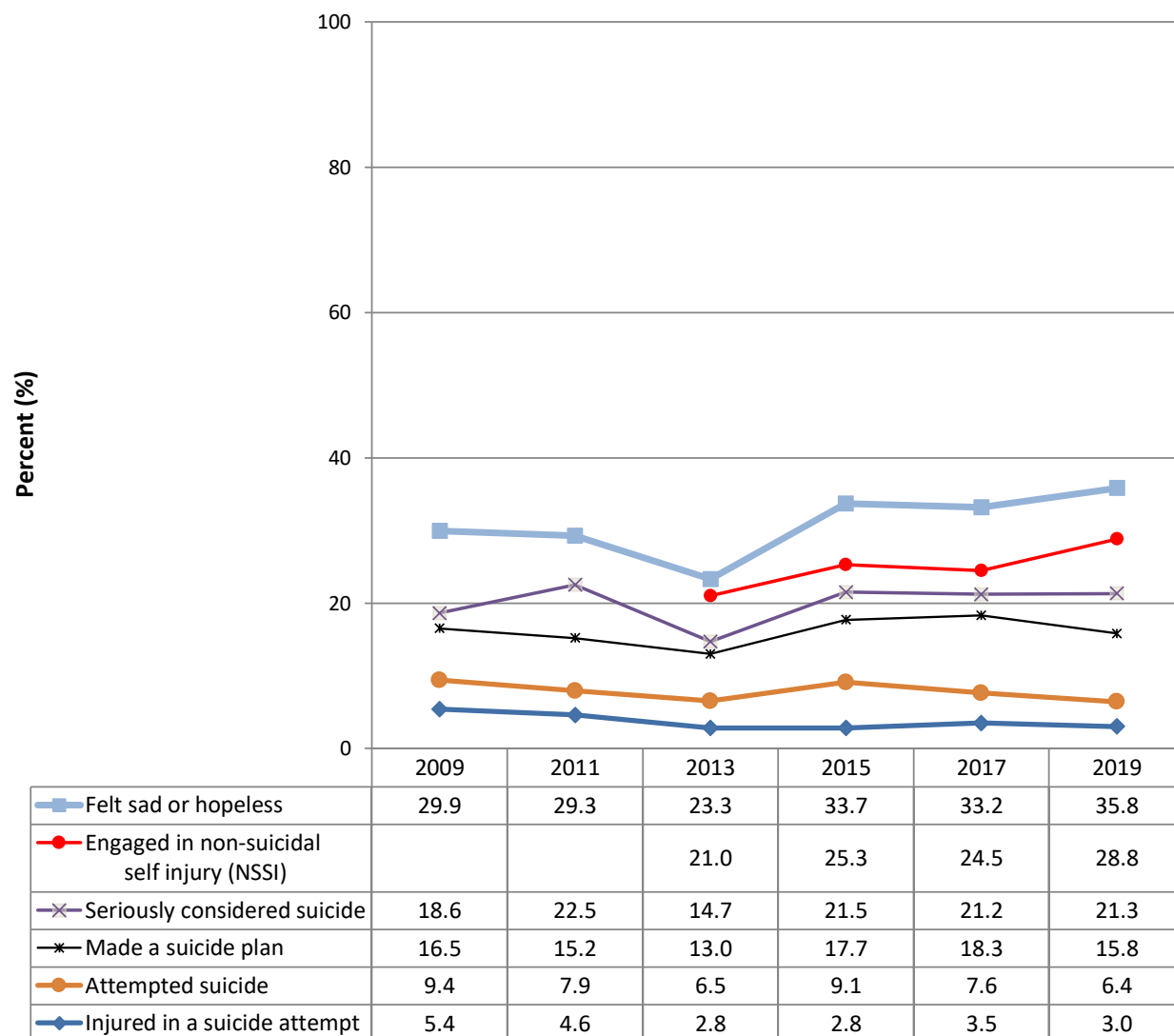


**By Grade, Los Alamos County**



## Mental Health

### Mental Health Indicators (past 12 months) by Year, Los Alamos County Grades 9-12, 2009-2019

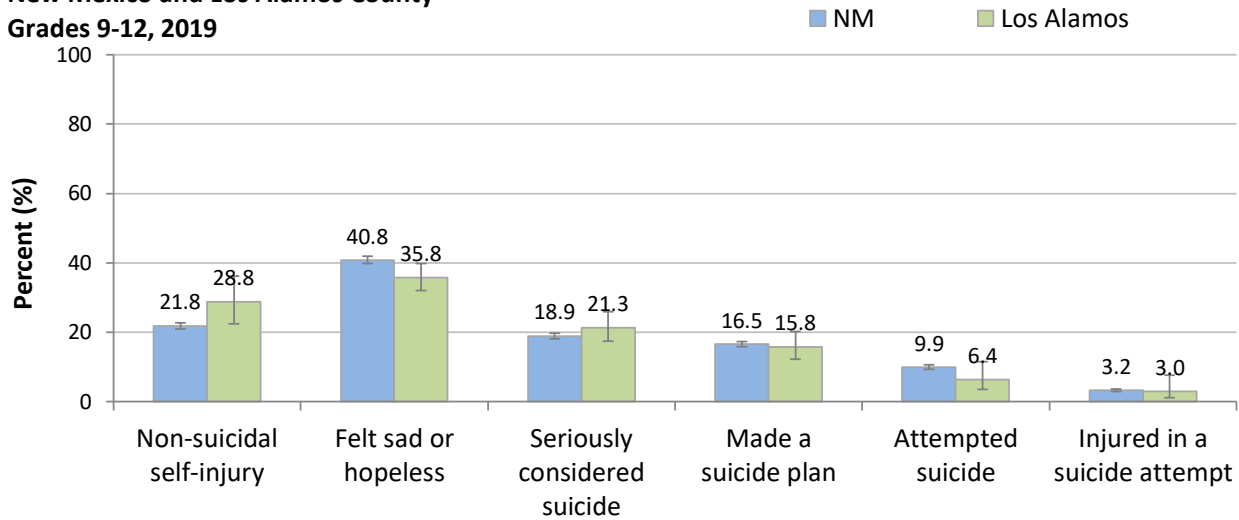


## Mental Health

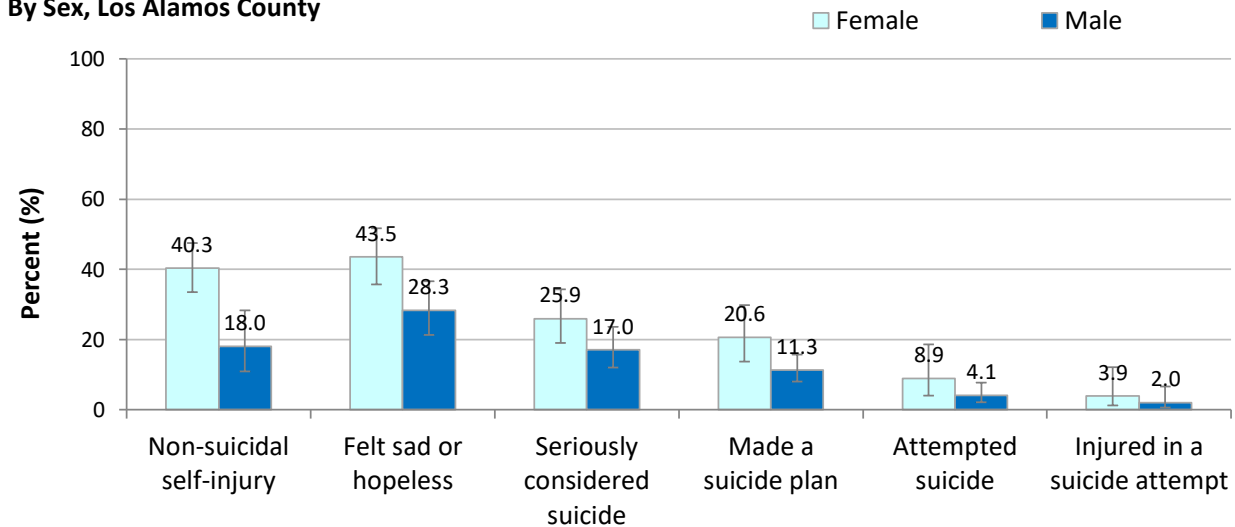
### Mental Health Indicators (past 12 months)

#### New Mexico and Los Alamos County

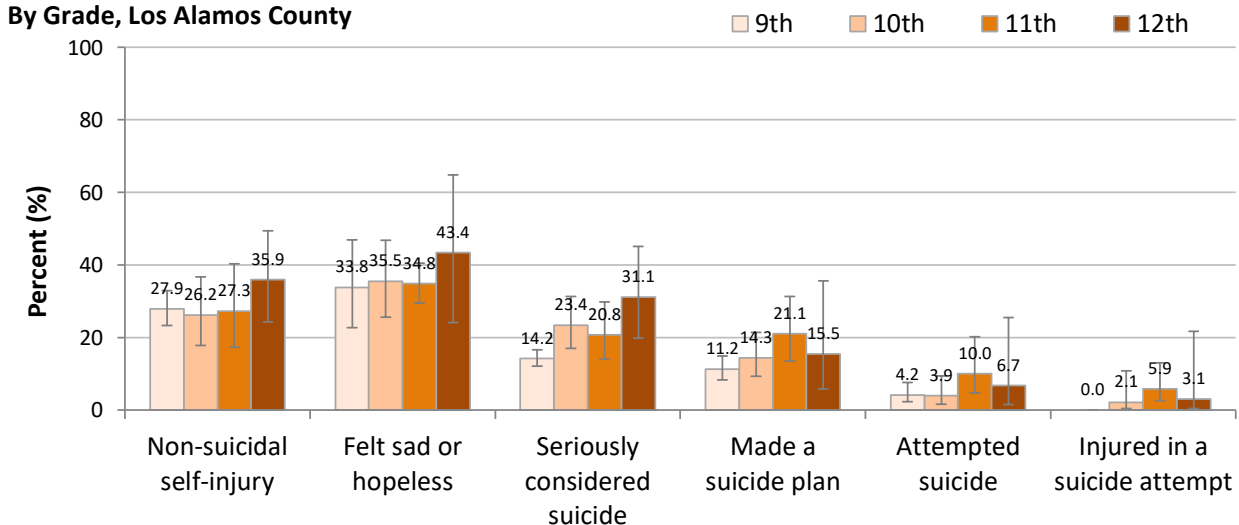
Grades 9-12, 2019



#### By Sex, Los Alamos County

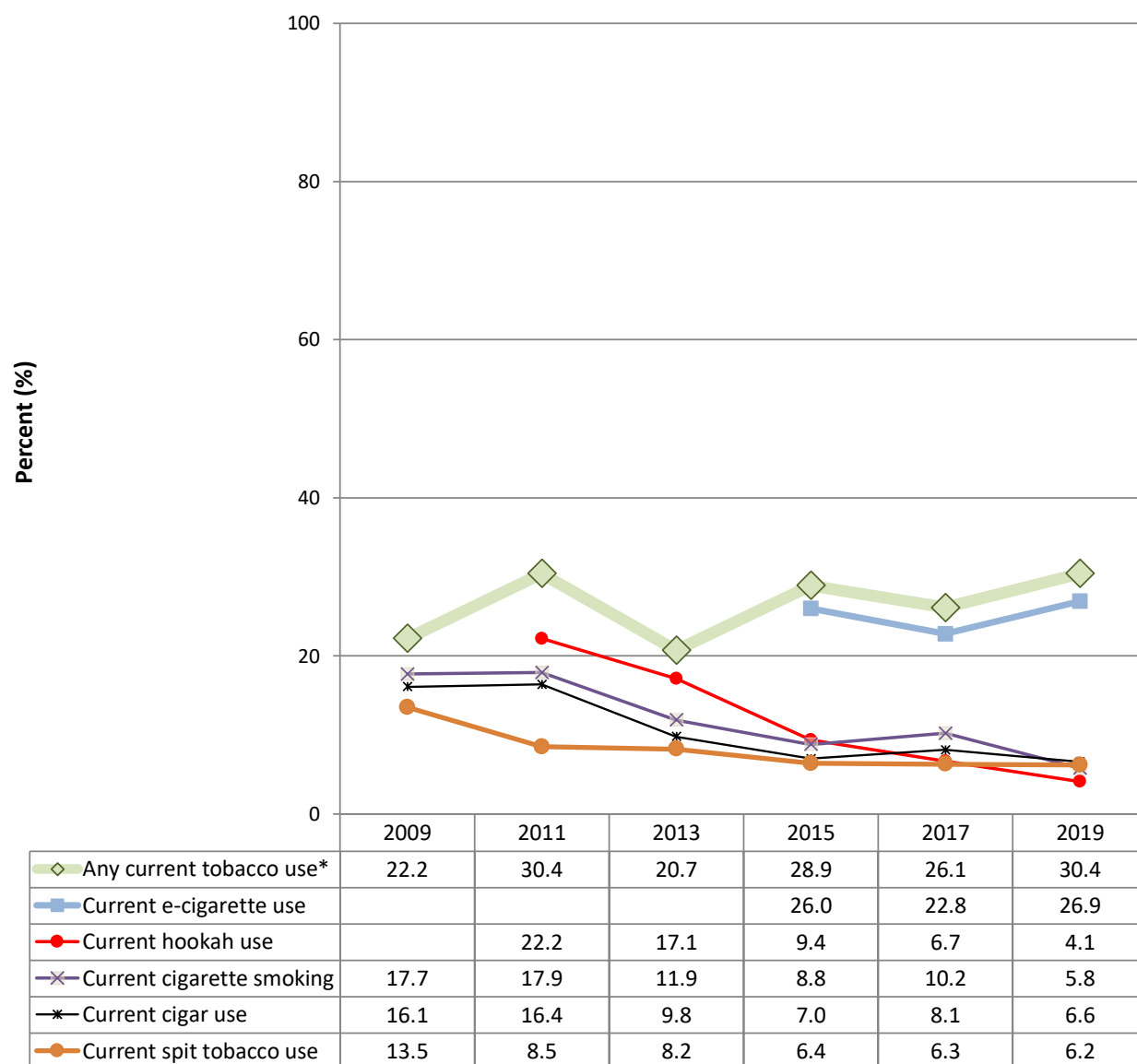


#### By Grade, Los Alamos County



## Tobacco Use

### Tobacco Use Indicators by Year, Los Alamos County Grades 9-12, 2009-2019

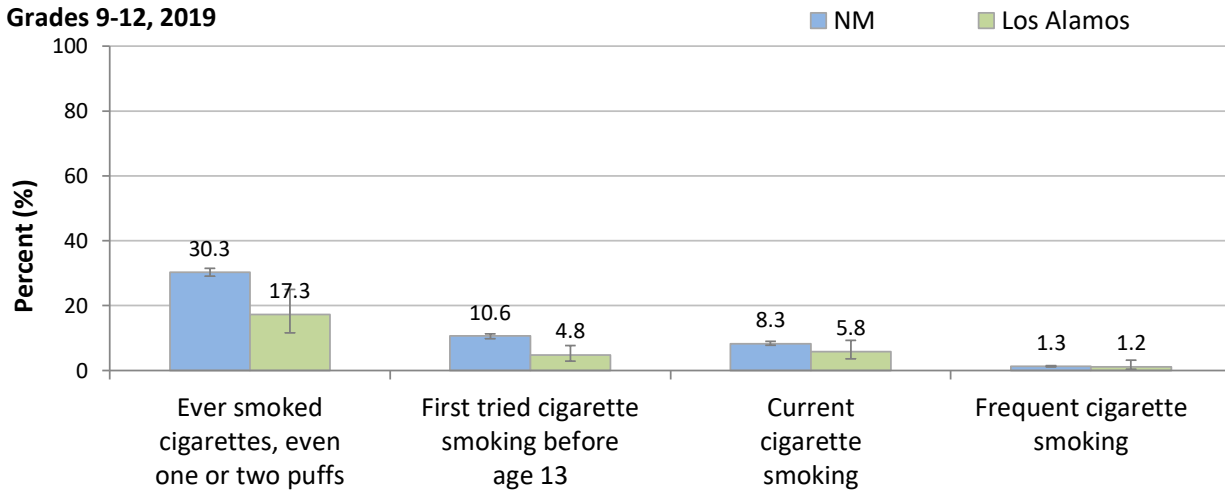


#### **Any current tobacco use -**

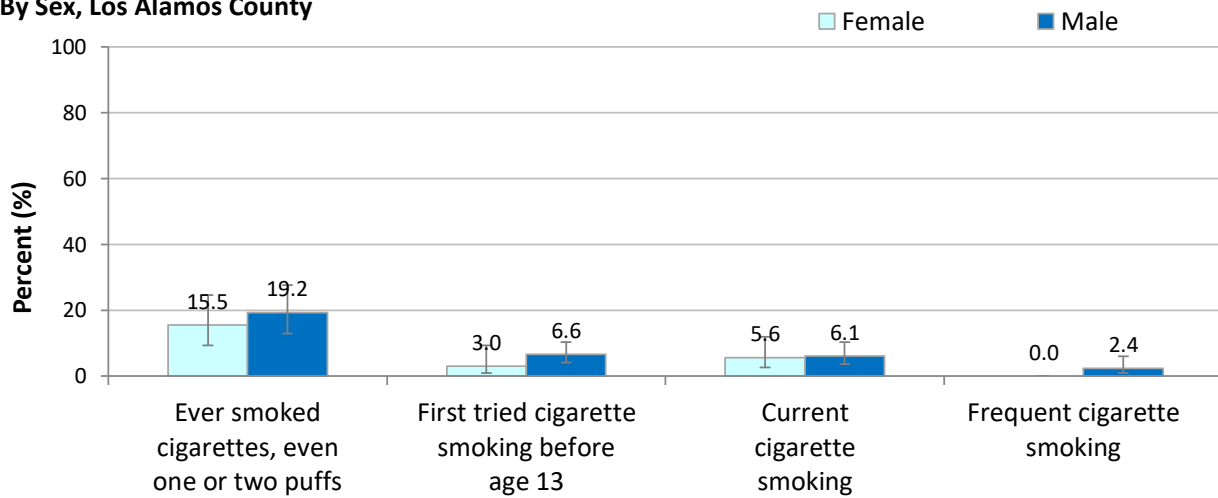
- 2009: Used cigarettes, cigars, or spit tobacco in the past 30 days.
- 2011, 2013: Used cigarettes, cigars, spit tobacco, or hookah to smoke tobacco in the past 30 days.
- 2015, 2017, 2019: Used cigarettes, cigars, spit tobacco, hookah to smoke tobacco, or e-cigarettes (electronic vapor products) in the past 30 days.



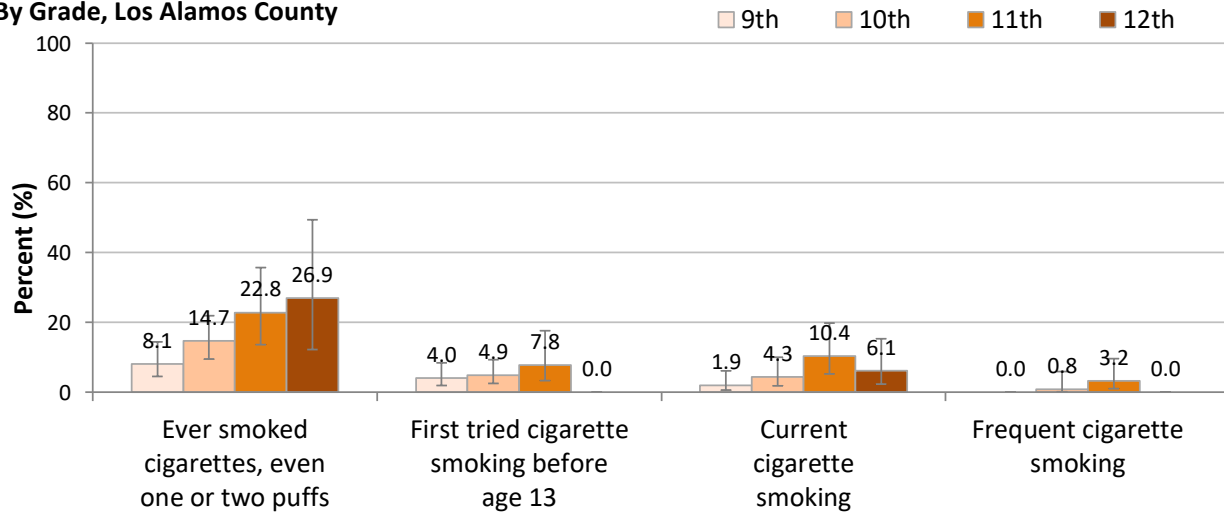
**Tobacco: Cigarette Use**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



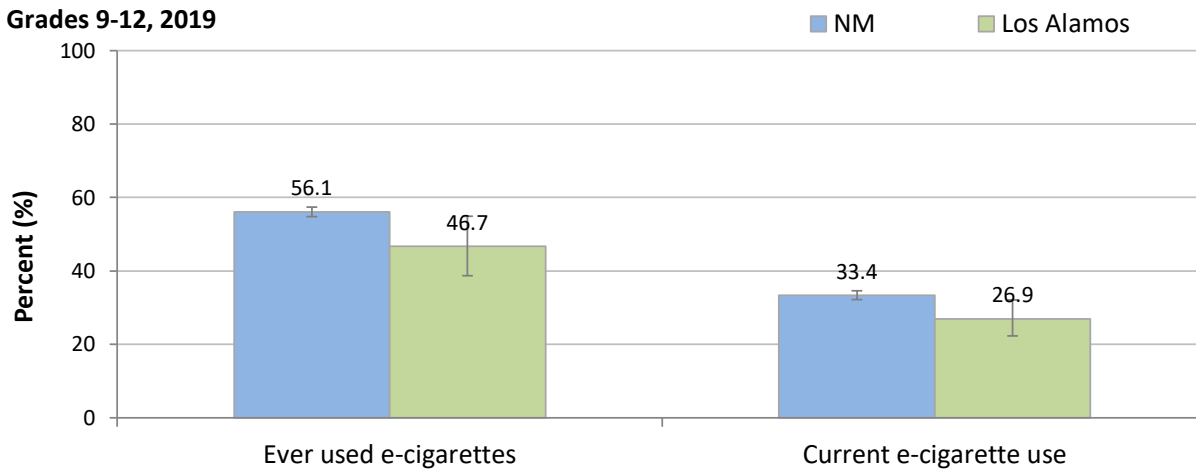
**By Sex, Los Alamos County**



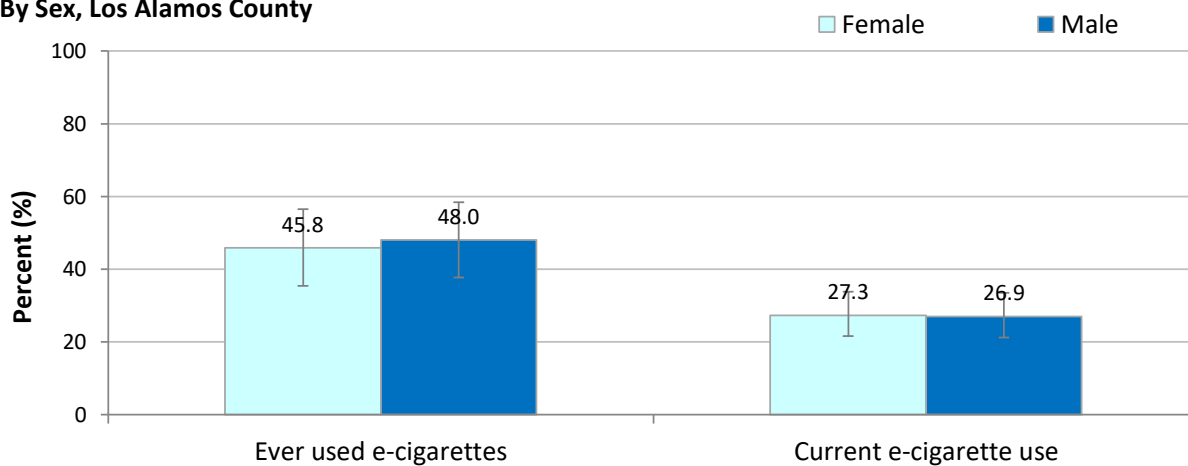
**By Grade, Los Alamos County**



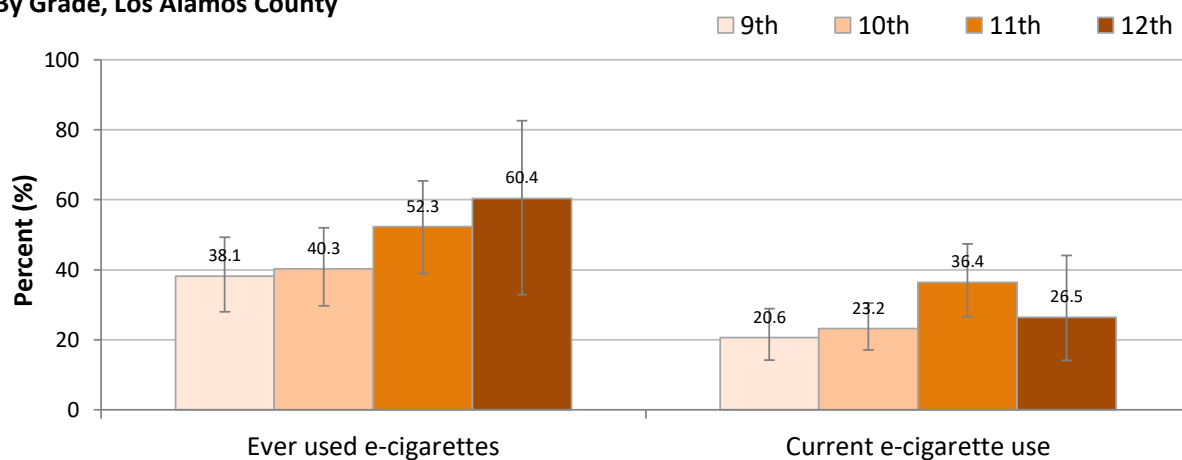
**Tobacco: E-cigarettes / Electronic Vapor Products**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



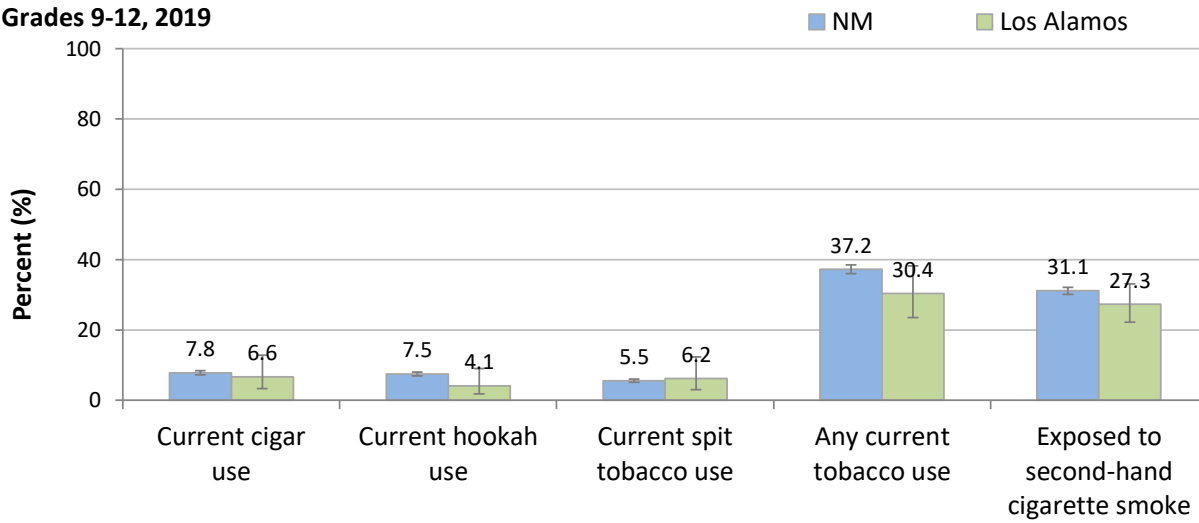
**By Sex, Los Alamos County**



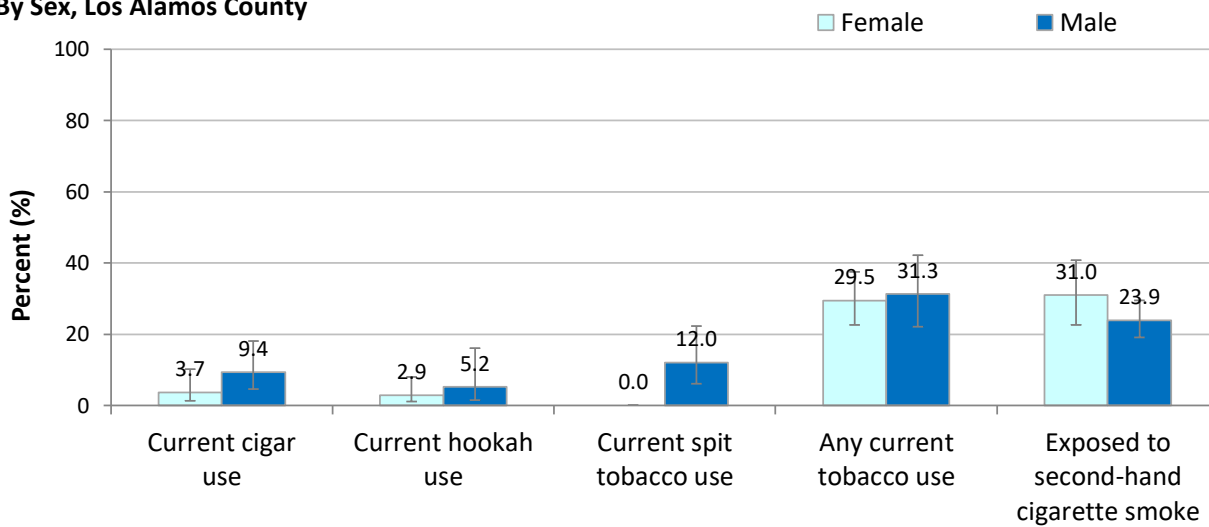
**By Grade, Los Alamos County**



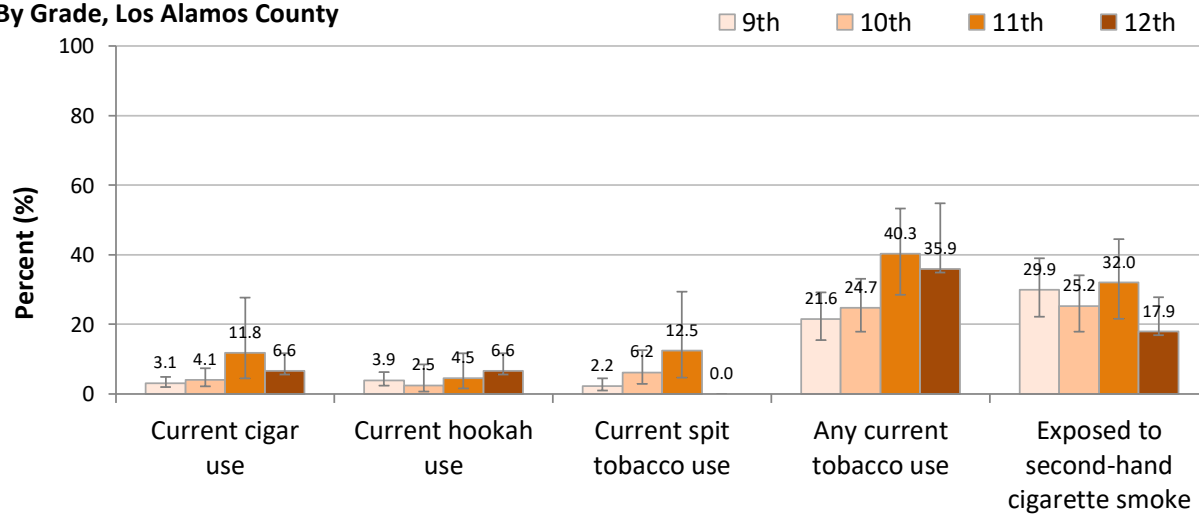
**Tobacco: Other Use and Exposure**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



**By Sex, Los Alamos County**

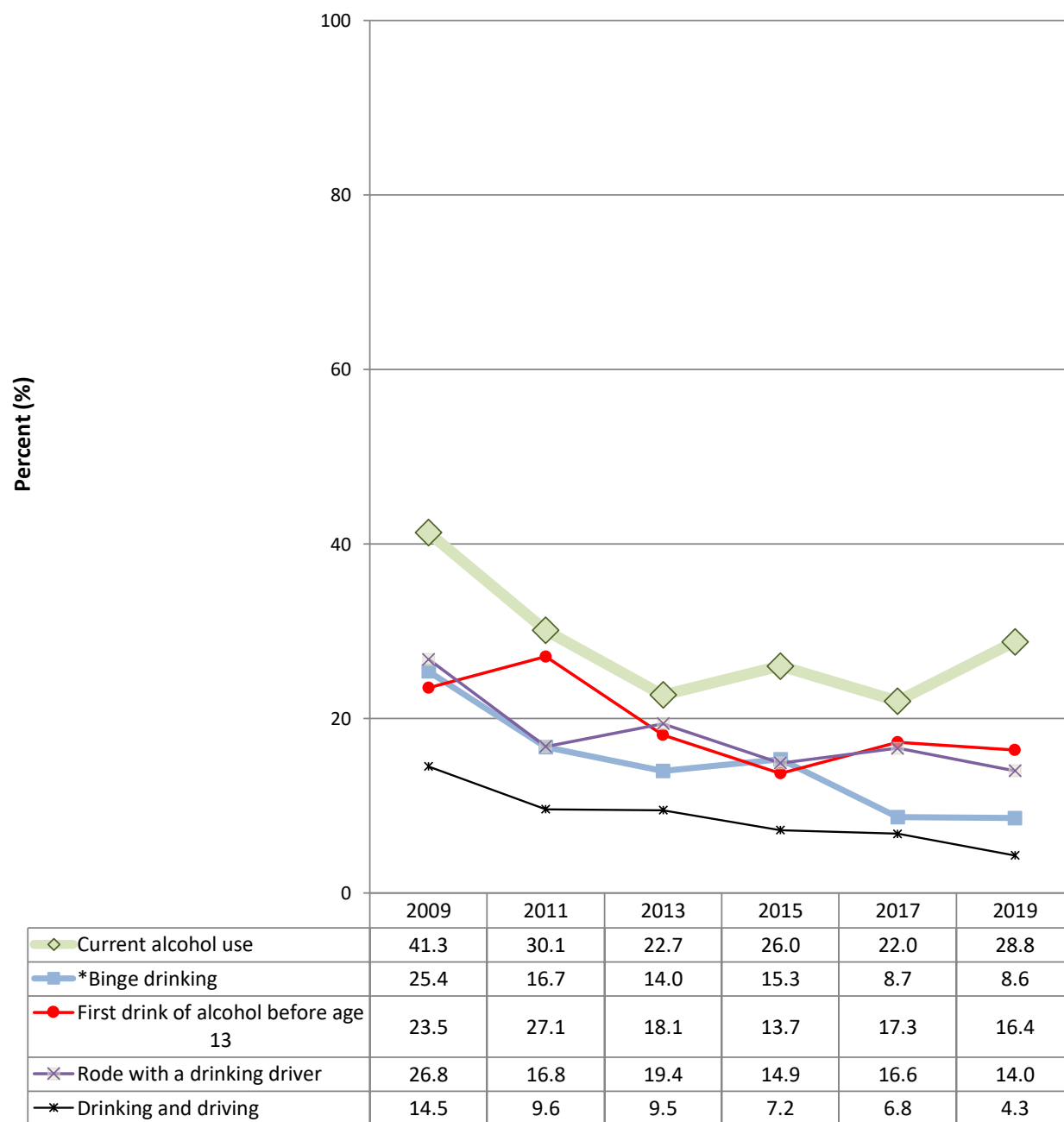


**By Grade, Los Alamos County**



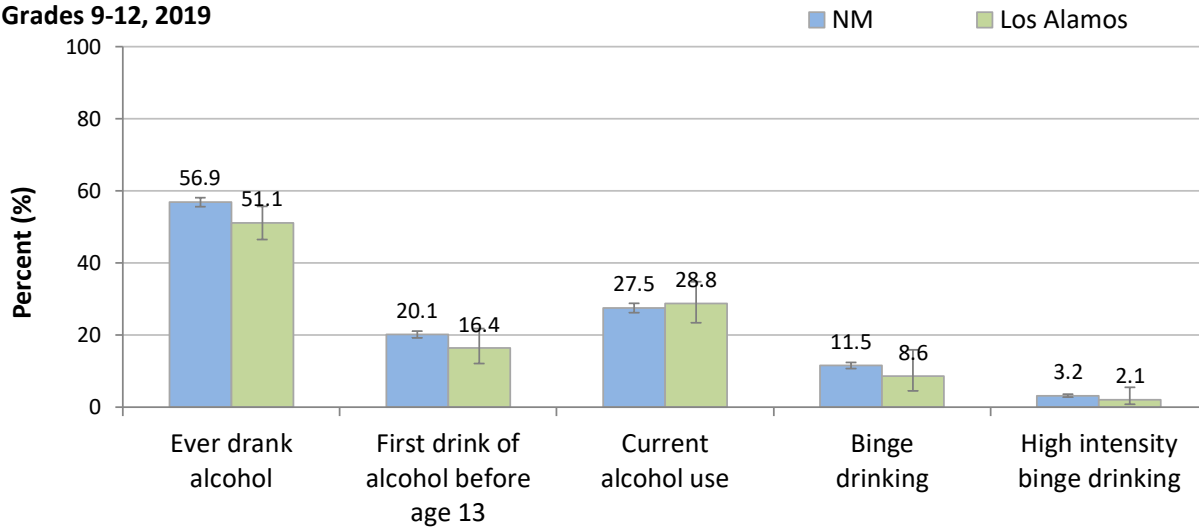
## Alcohol Use

### Alcohol Use Indicators by Year, Los Alamos County Grades 9-12, 2009-2019

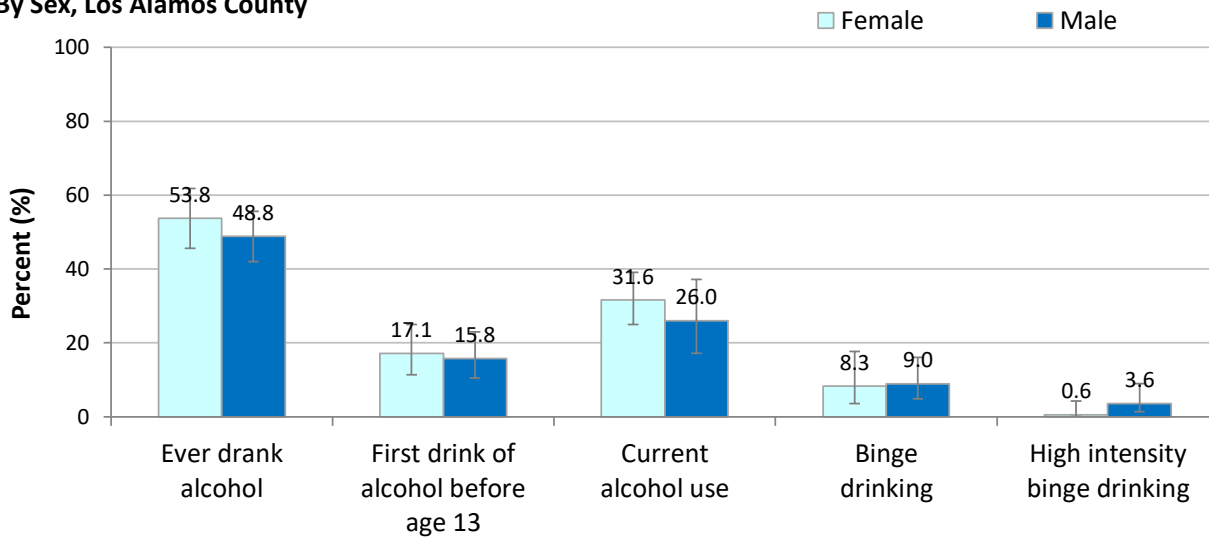


\*Starting in 2017, binge drinking referred to 5 or more drinks on a single occasion for boys, and 4 or more drinks on a single occasion for girls, in the past 30 days. Before 2015, binge drinking referred to 5 or more drinks on a single occasion in the past 30 days for both boys and girls.

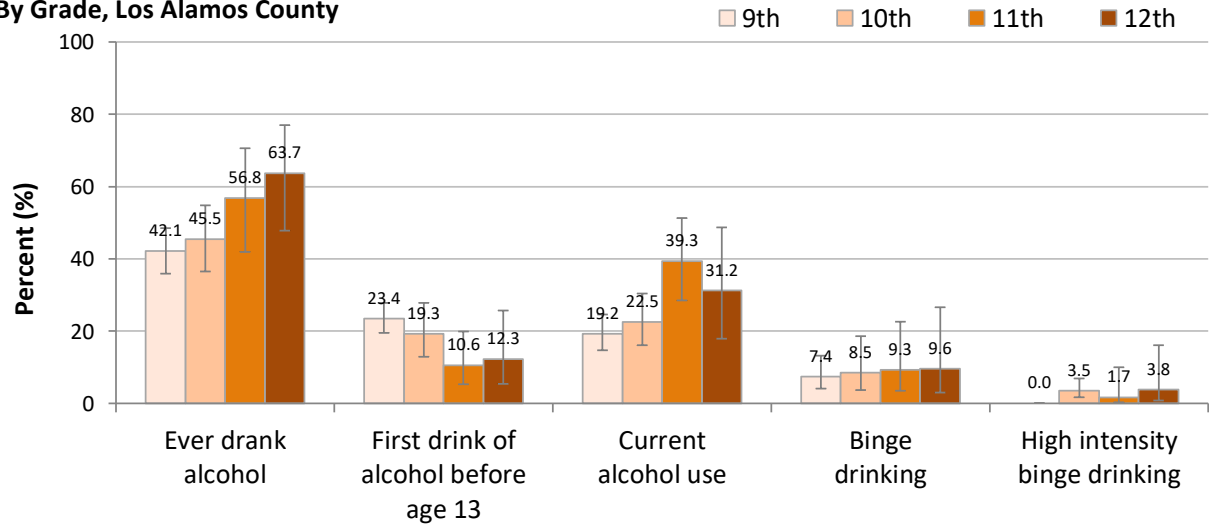
**Alcohol Use**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



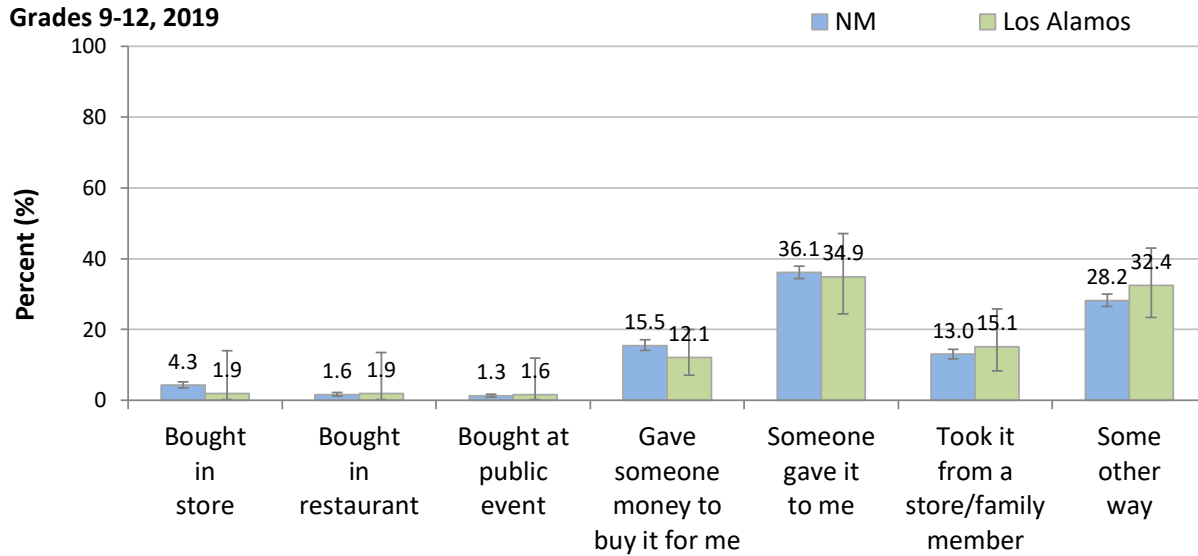
**By Sex, Los Alamos County**



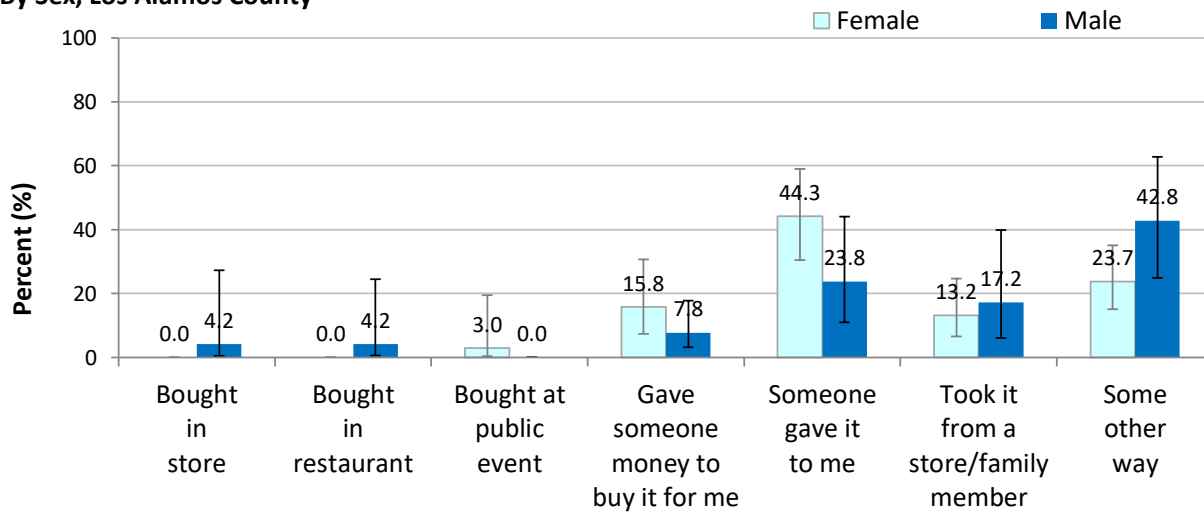
**By Grade, Los Alamos County**



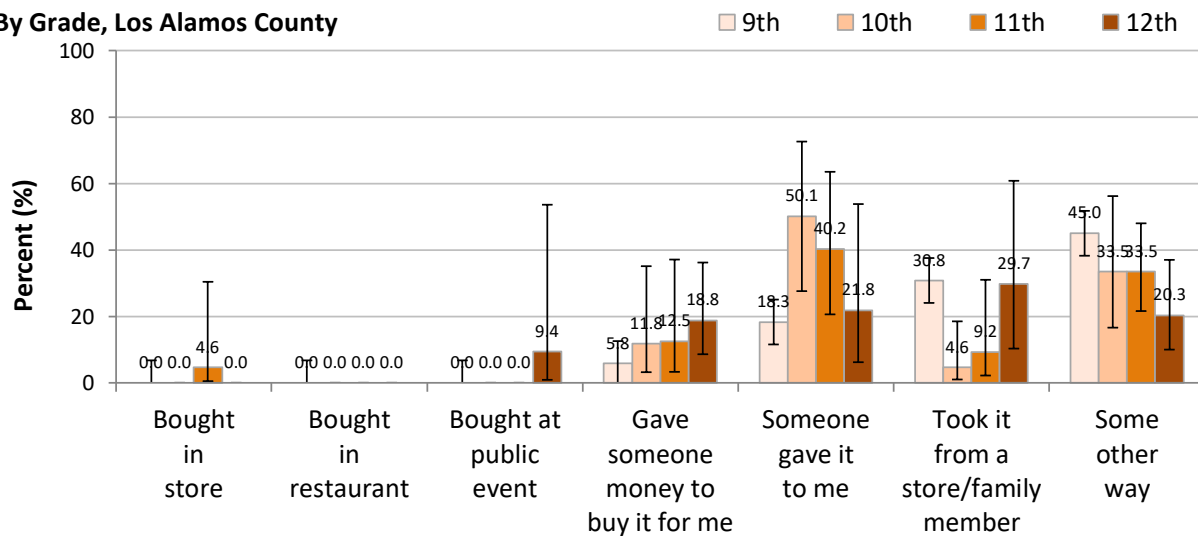
**Behaviors of current drinkers: How Usually Got Alcohol**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



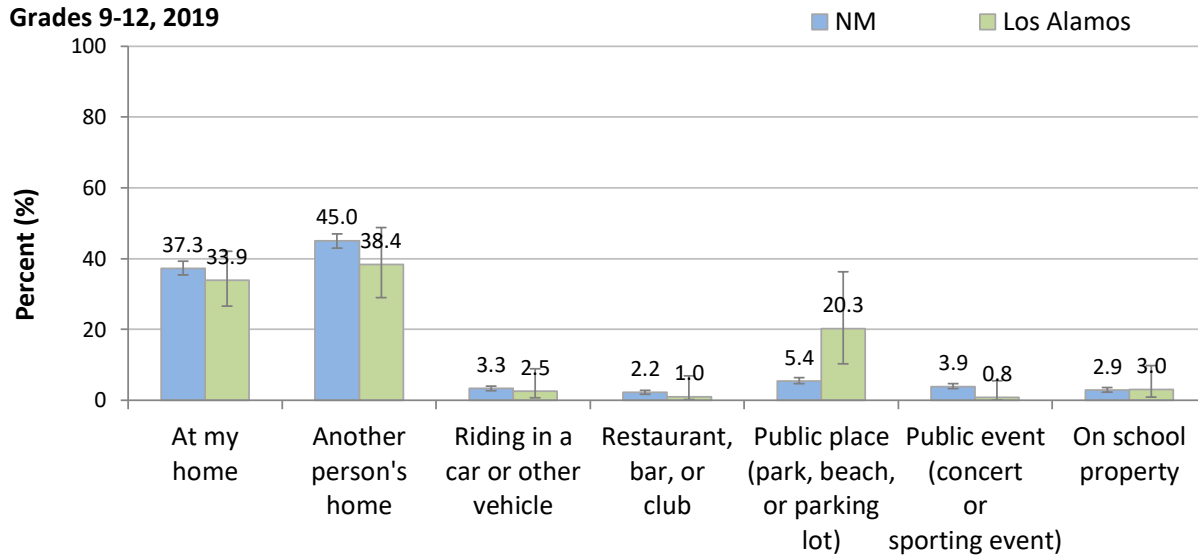
**By Sex, Los Alamos County**



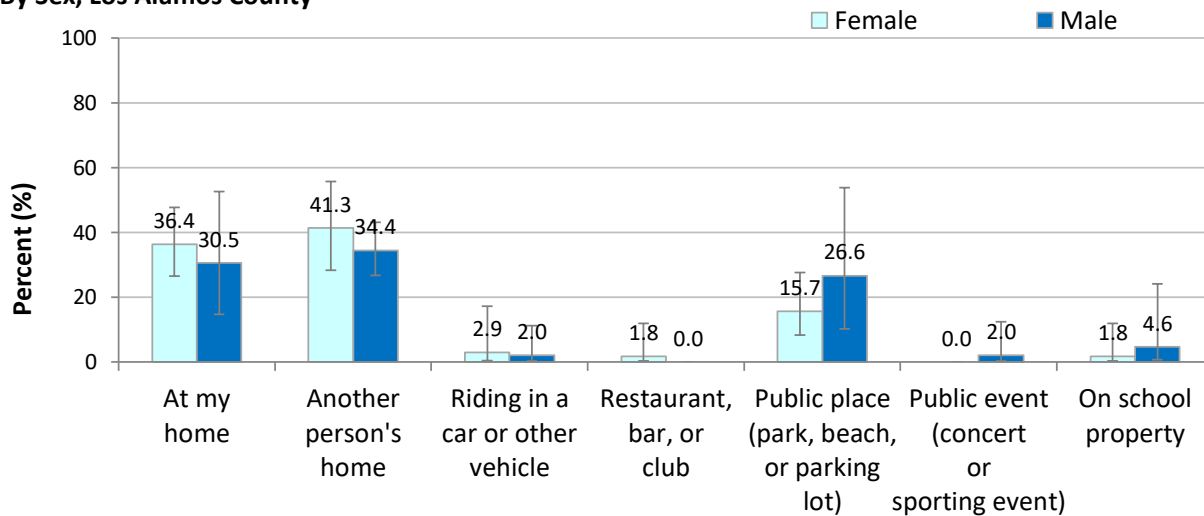
**By Grade, Los Alamos County**



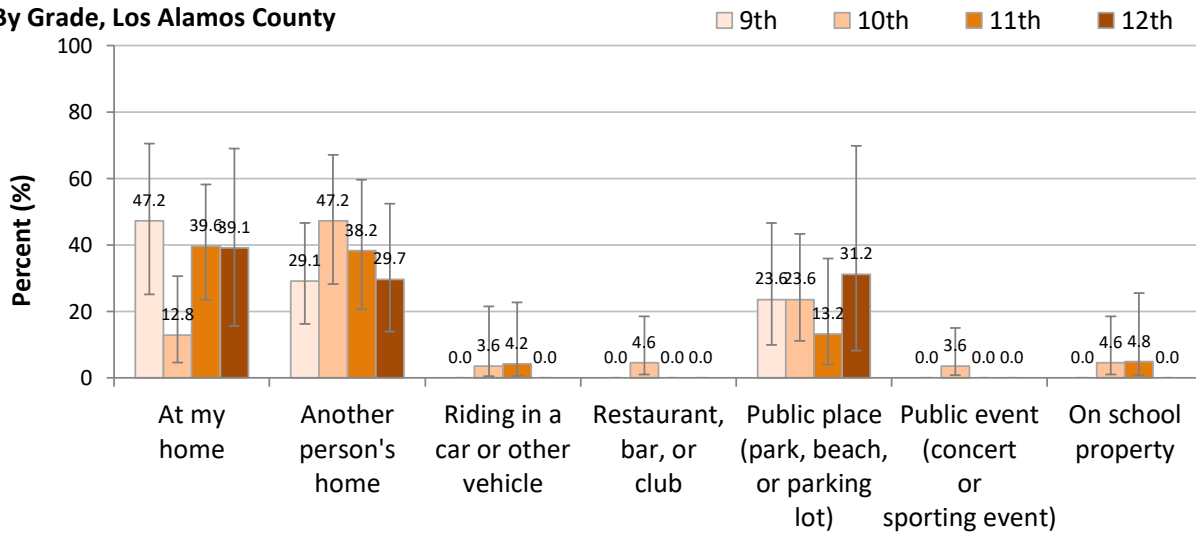
**Behaviors of current drinkers: Where Usually Drank Alcohol**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



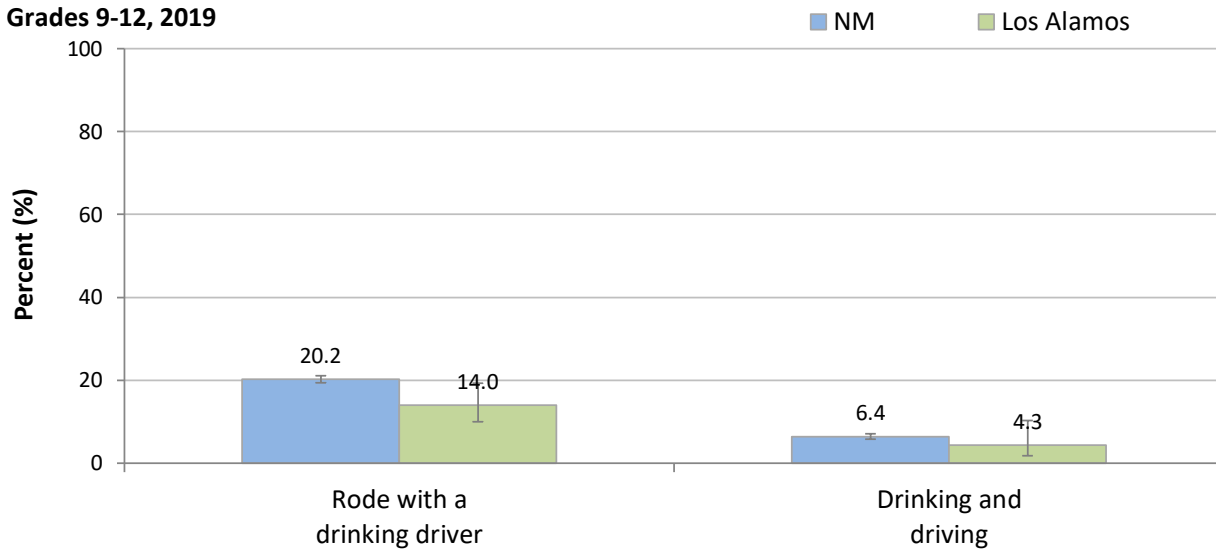
**By Sex, Los Alamos County**



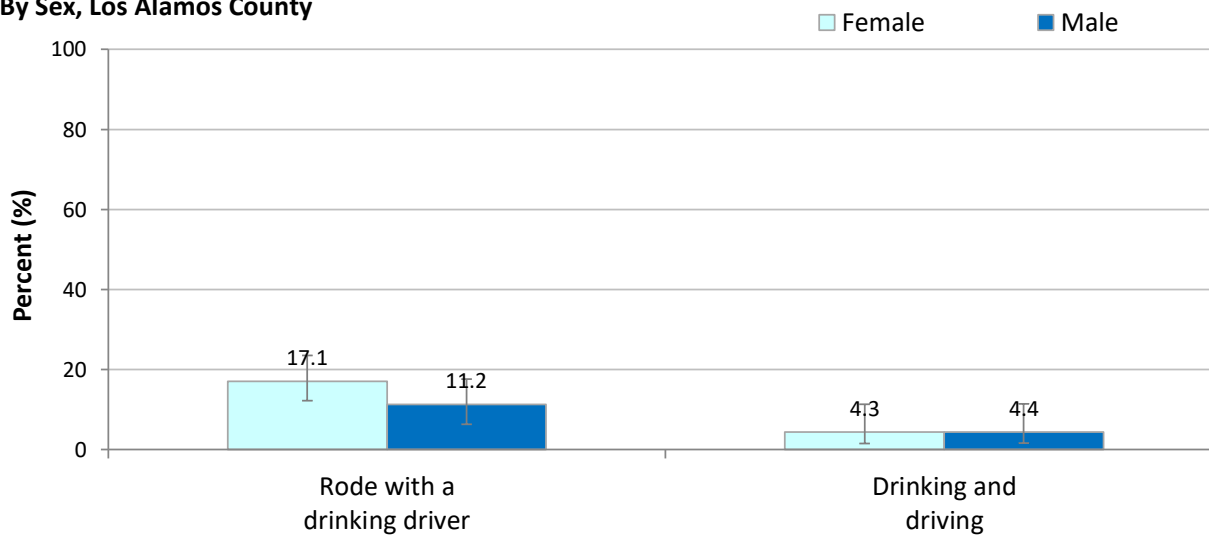
**By Grade, Los Alamos County**



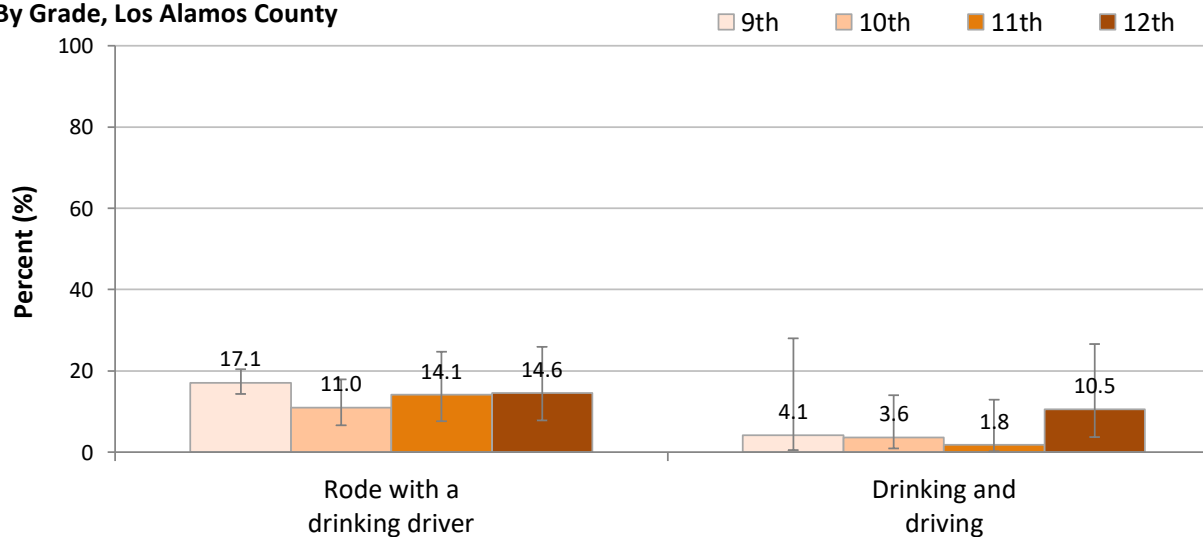
**Alcohol Use and Injury**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



**By Sex, Los Alamos County**



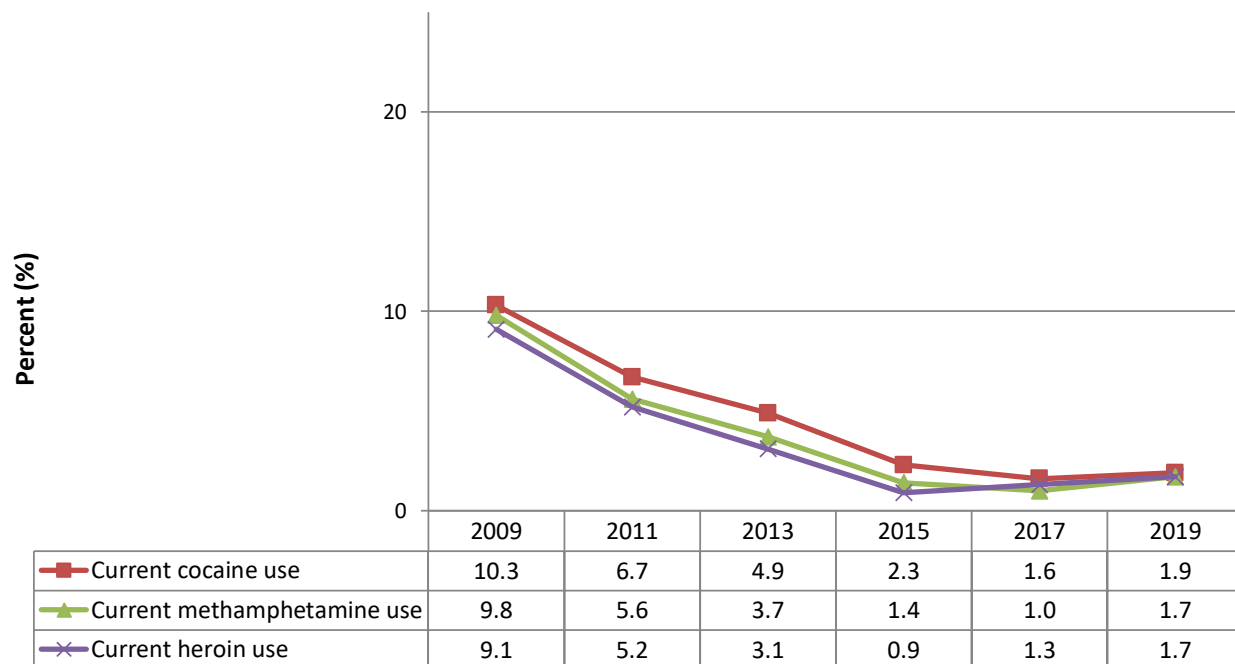
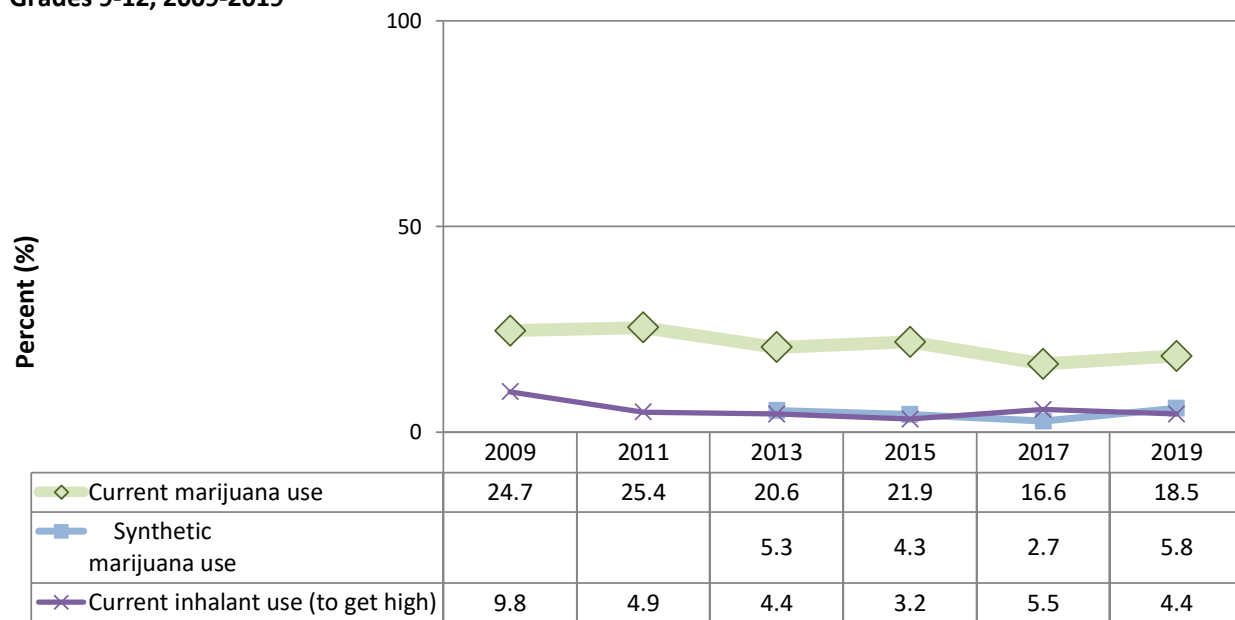
**By Grade, Los Alamos County**



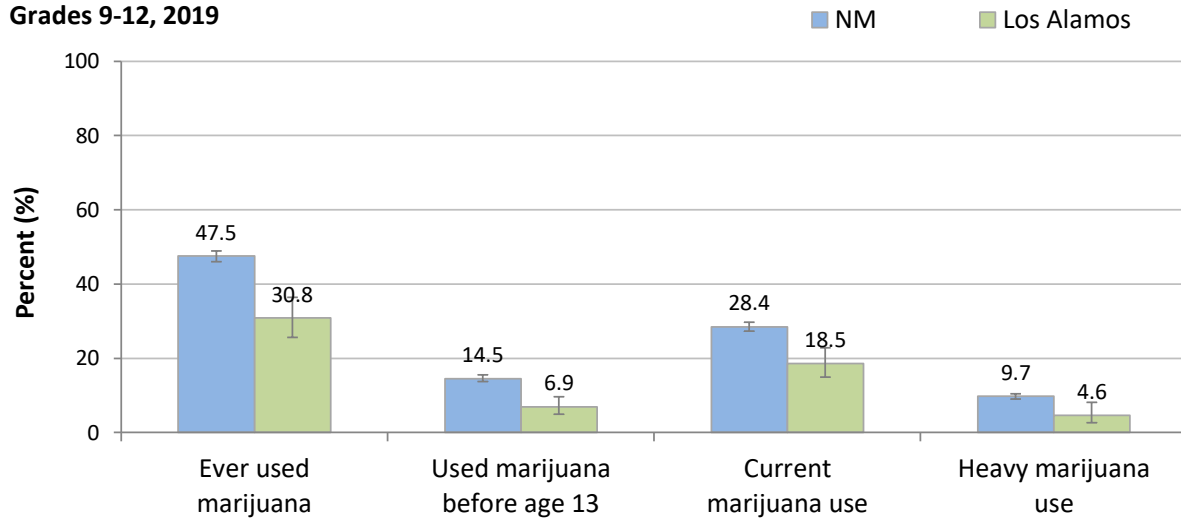


## Drug Use

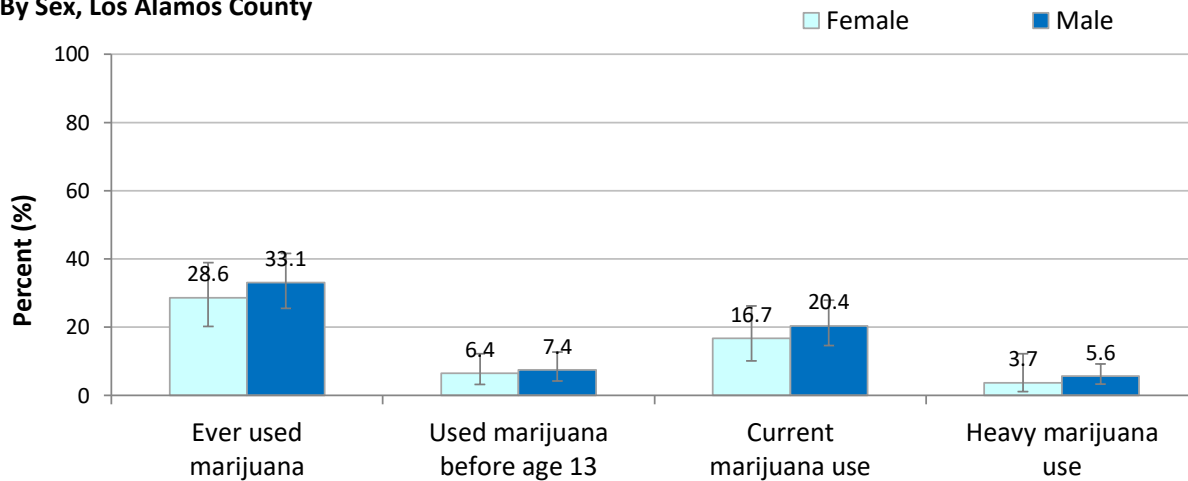
### Drug Use Indicators by Year, Los Alamos County Grades 9-12, 2009-2019



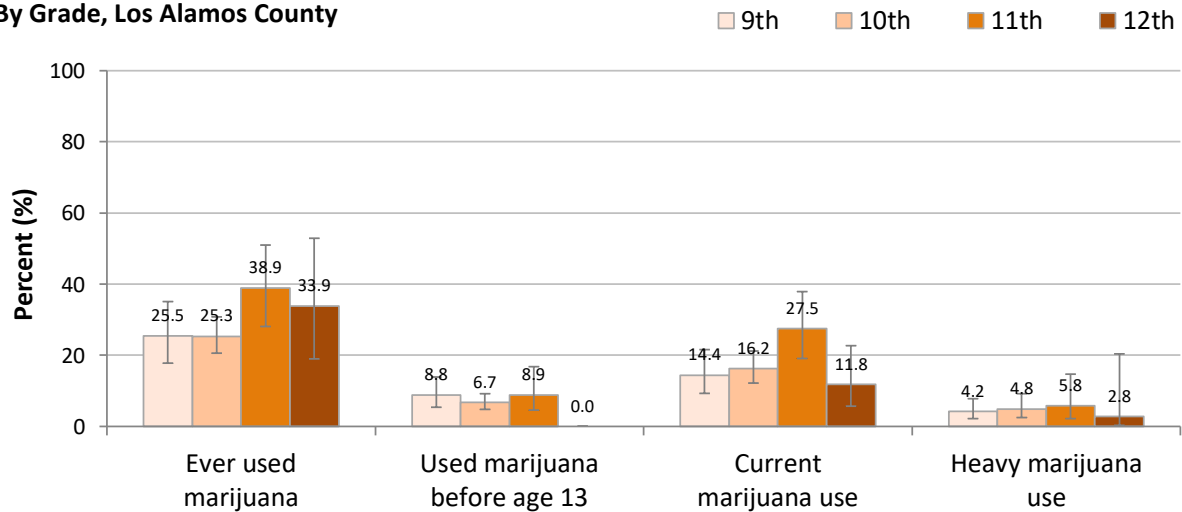
**Drug Use: Marijuana**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



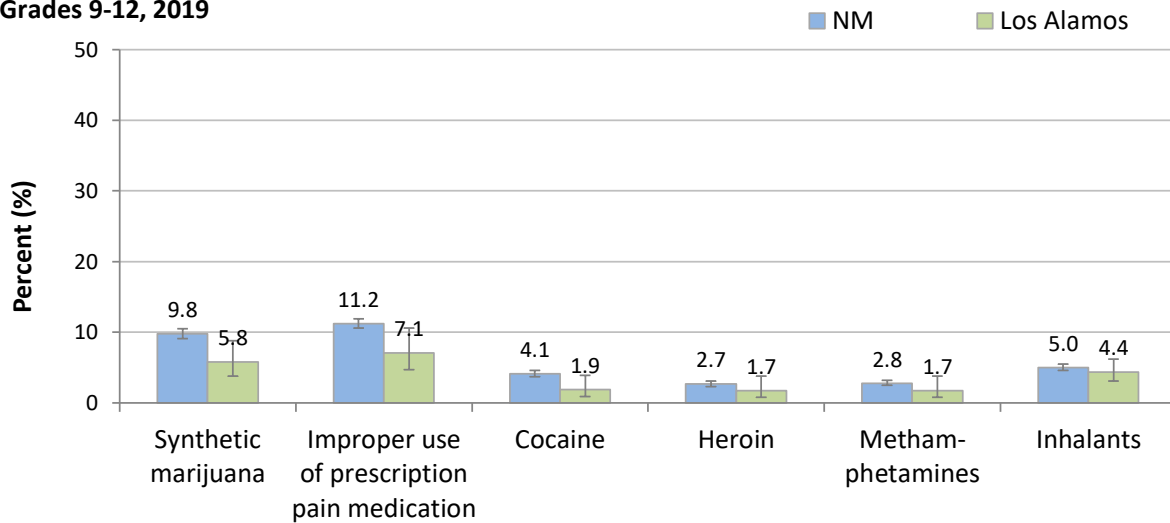
**By Sex, Los Alamos County**



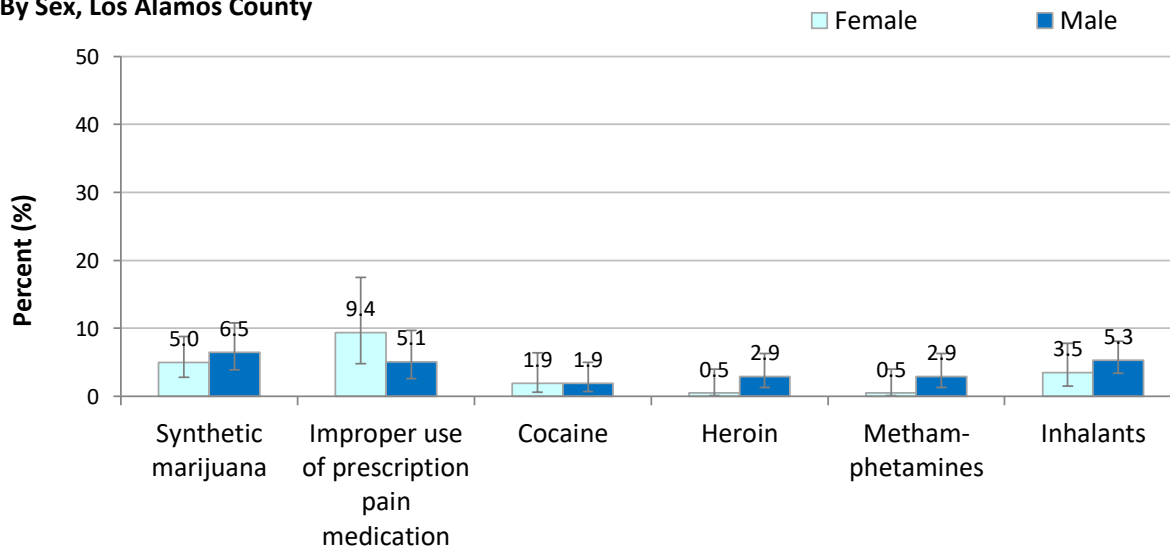
**By Grade, Los Alamos County**



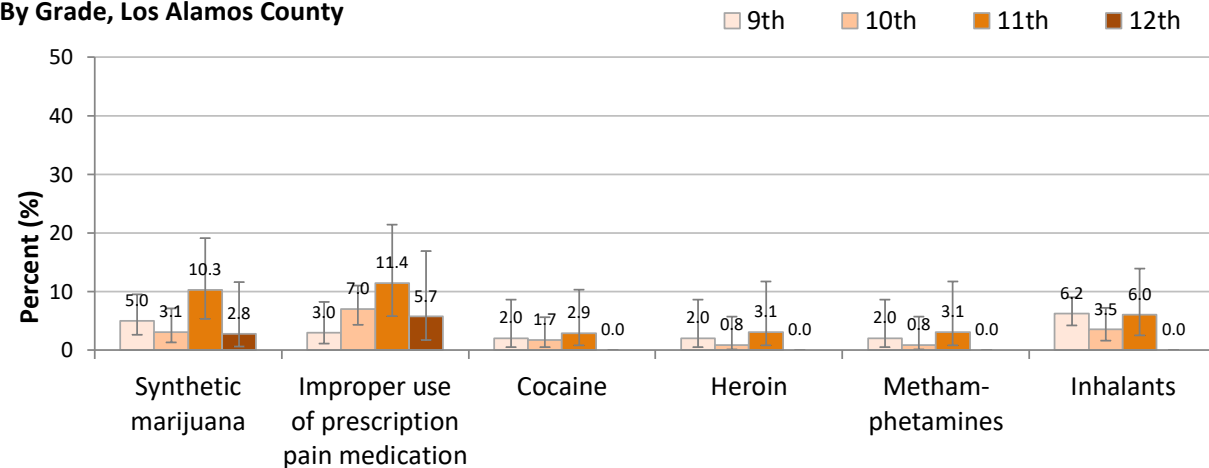
**Current (past 30 day) Drug Use**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



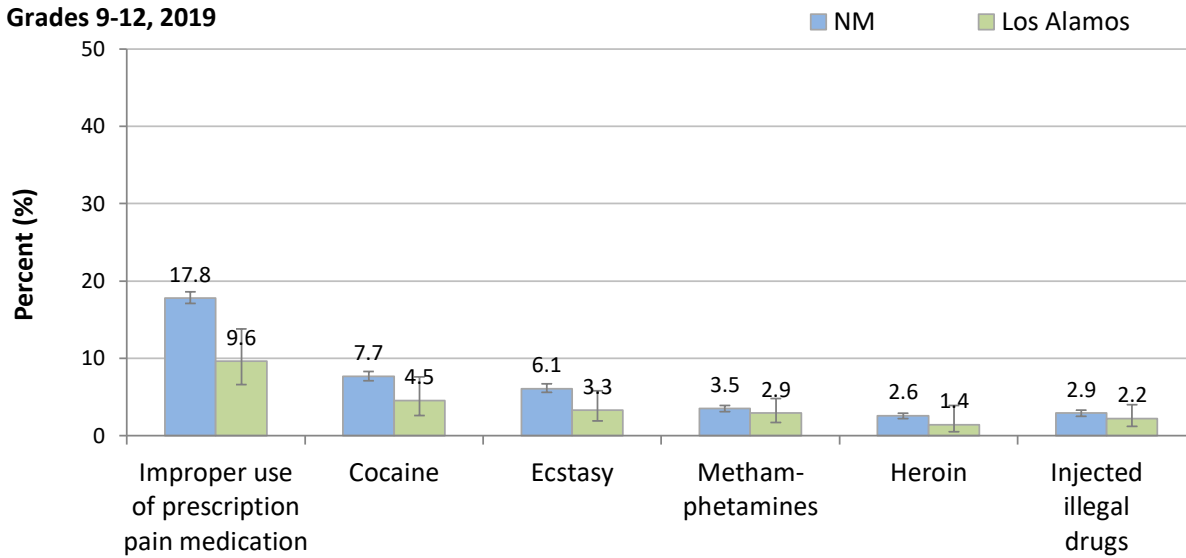
**By Sex, Los Alamos County**



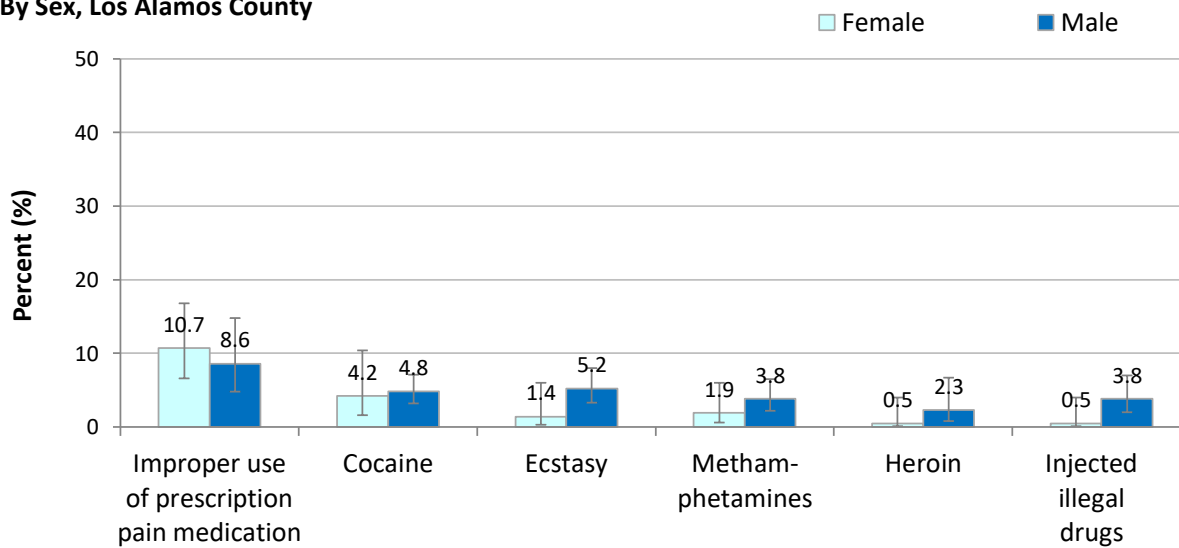
**By Grade, Los Alamos County**



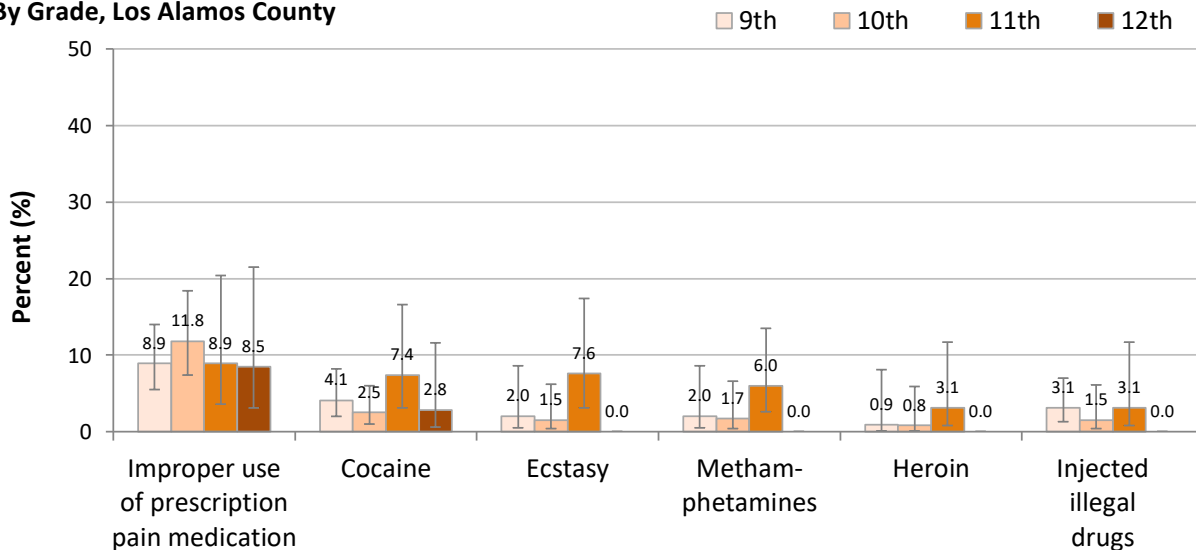
**Lifetime Drug Use (ever used in lifetime)**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



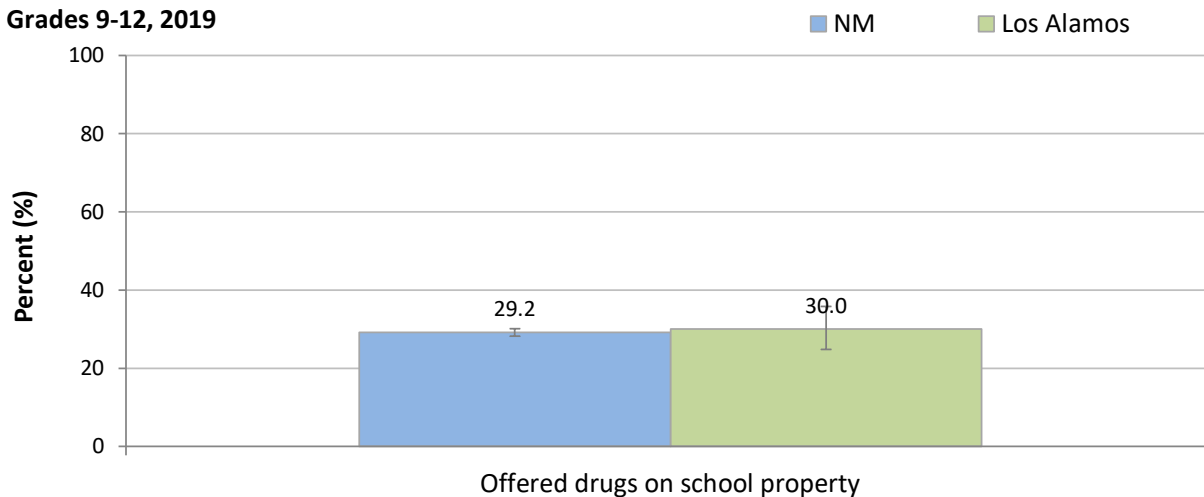
**By Sex, Los Alamos County**



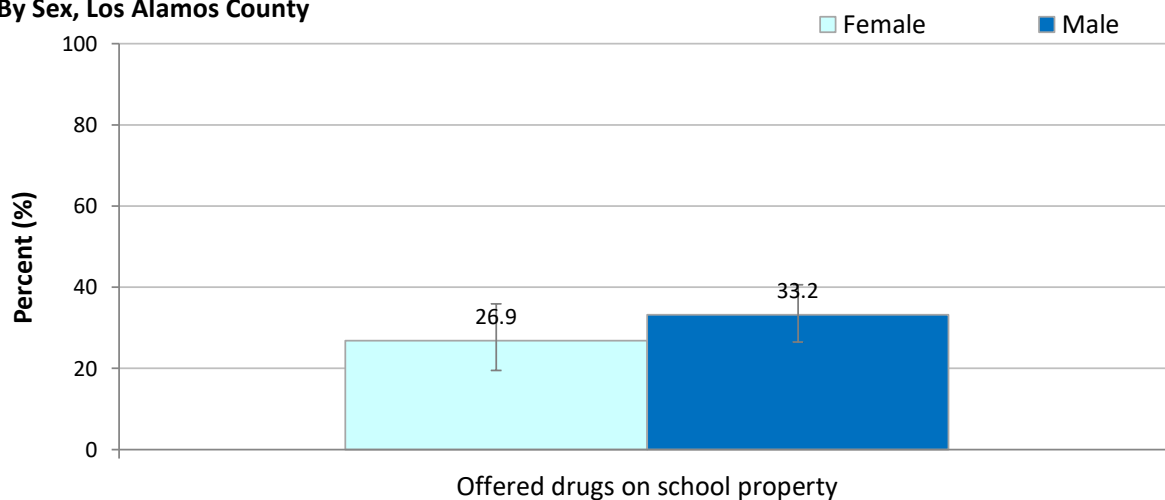
**By Grade, Los Alamos County**



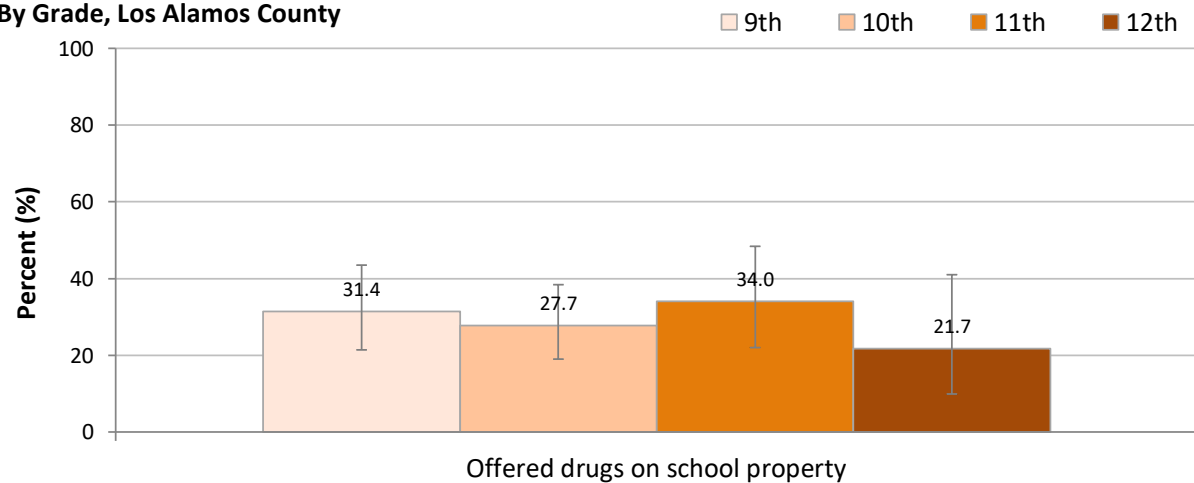
**Access to Drugs**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



**By Sex, Los Alamos County**

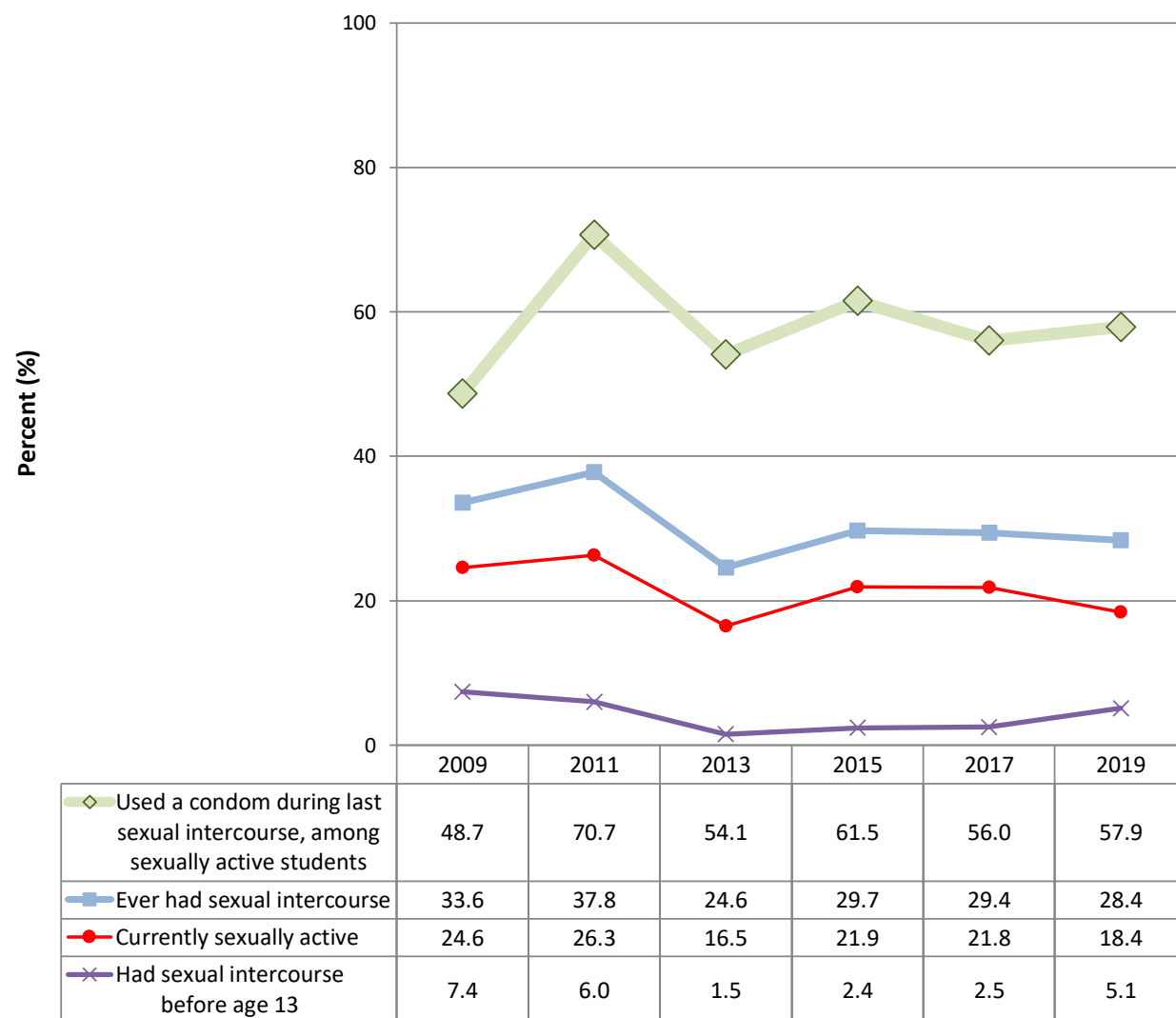


**By Grade, Los Alamos County**

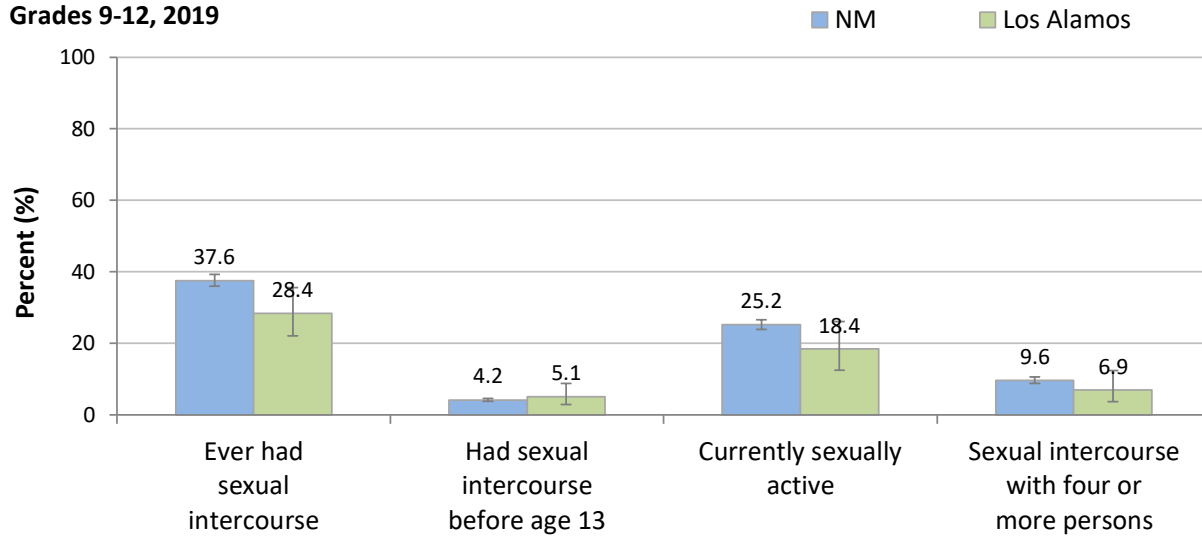


## Sexual Behavior

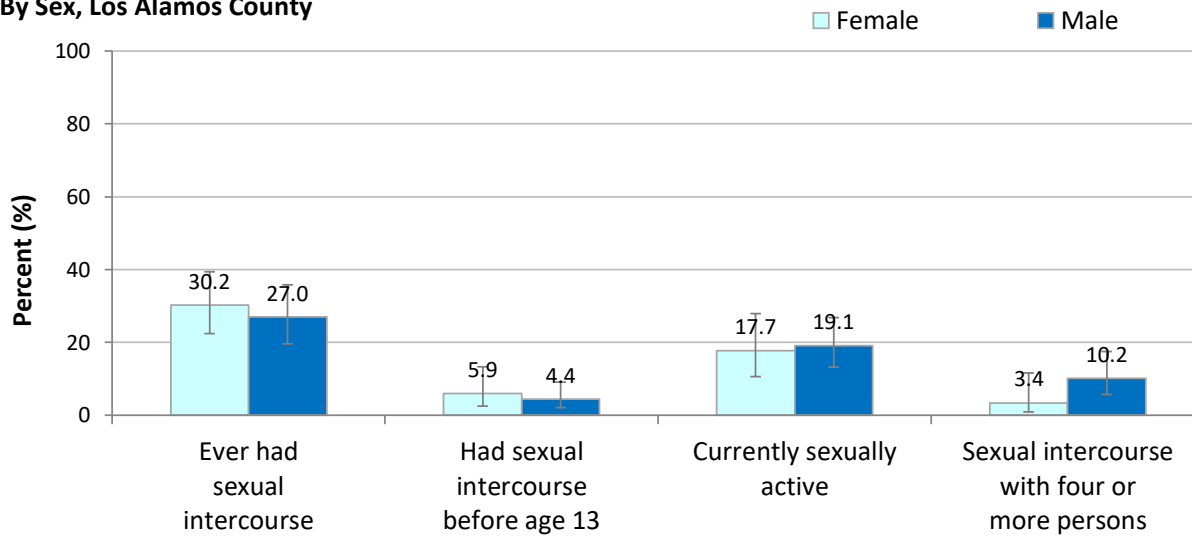
### Sexual Behavior by Year, Los Alamos County Grades 9-12, 2009-2019



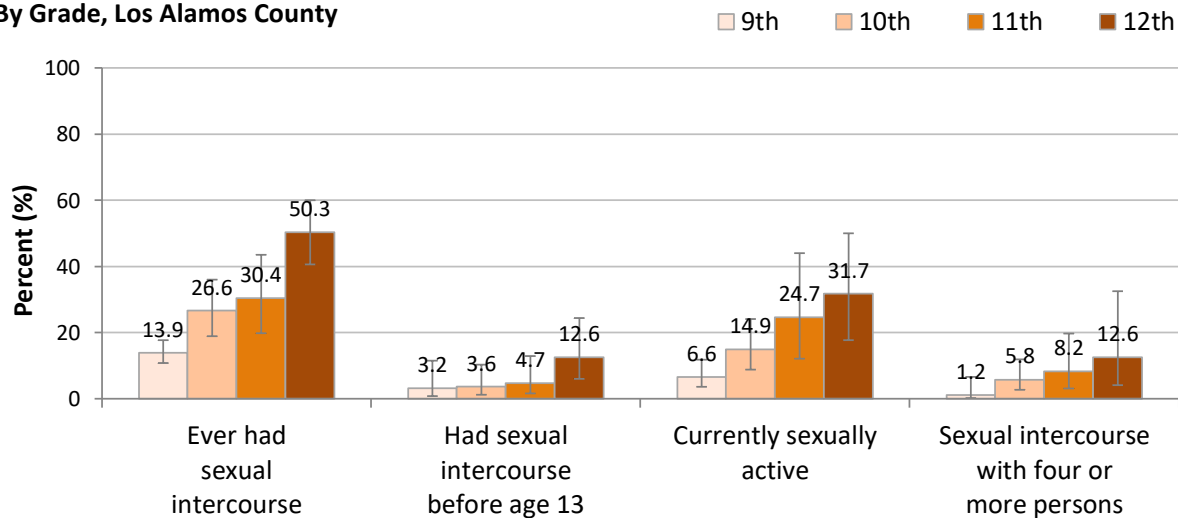
**Sexual Behavior**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



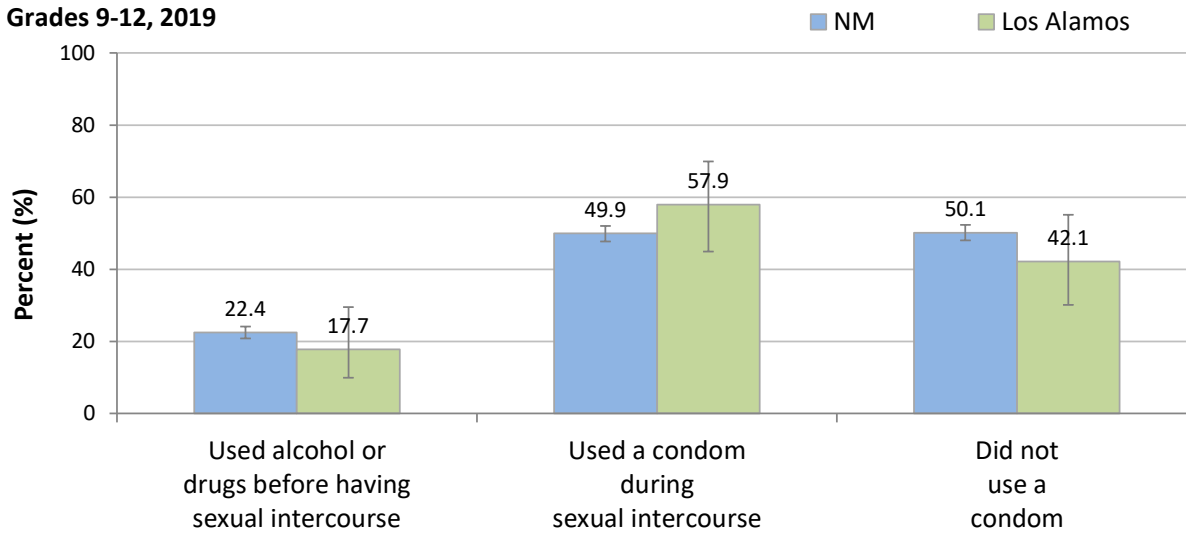
**By Sex, Los Alamos County**



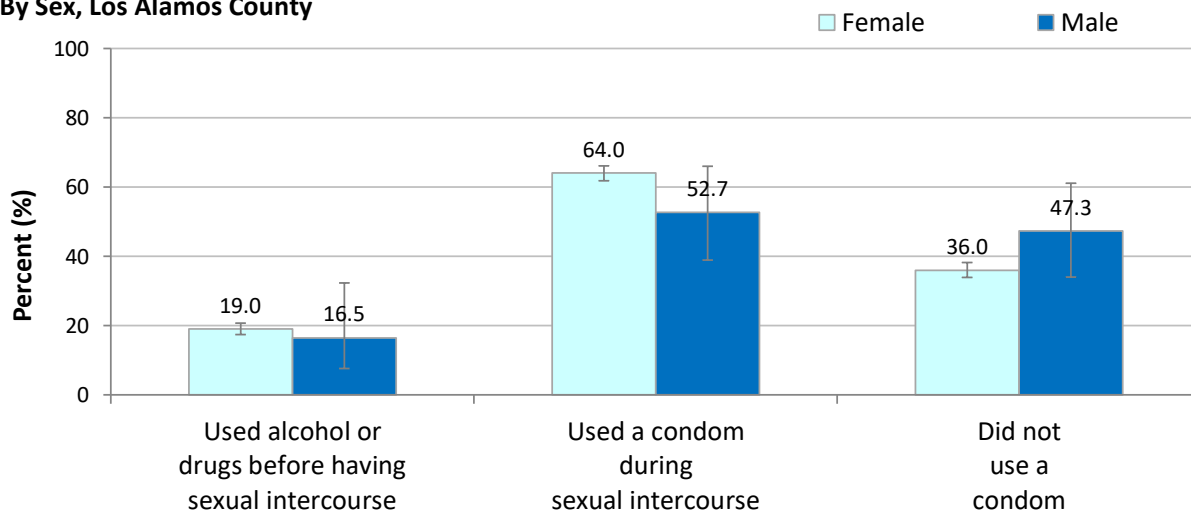
**By Grade, Los Alamos County**



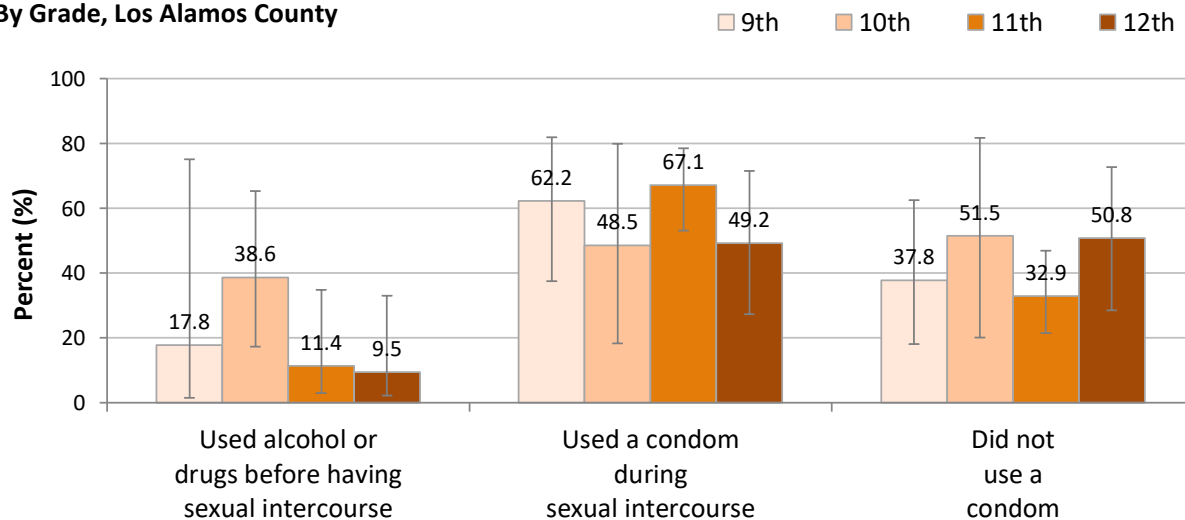
**Sexual Behaviors of Sexually Active Students**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



**By Sex, Los Alamos County**

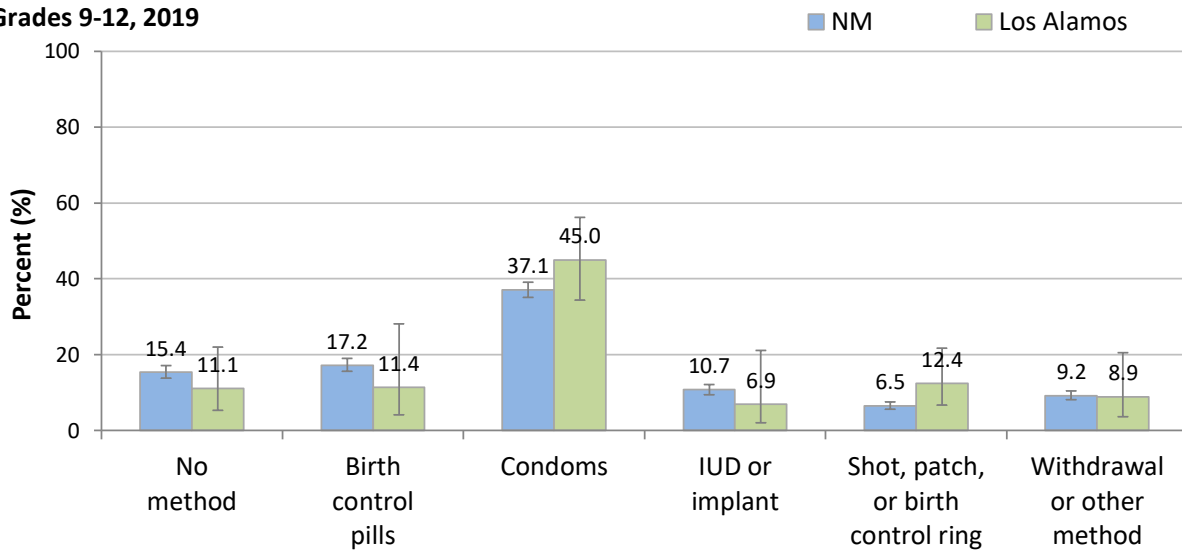


**By Grade, Los Alamos County**

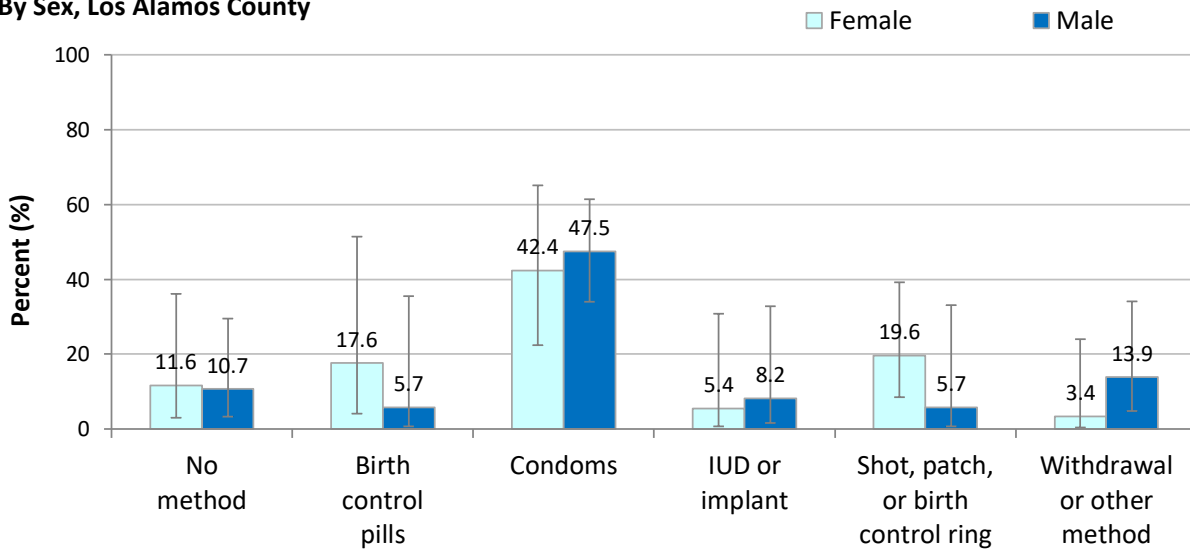




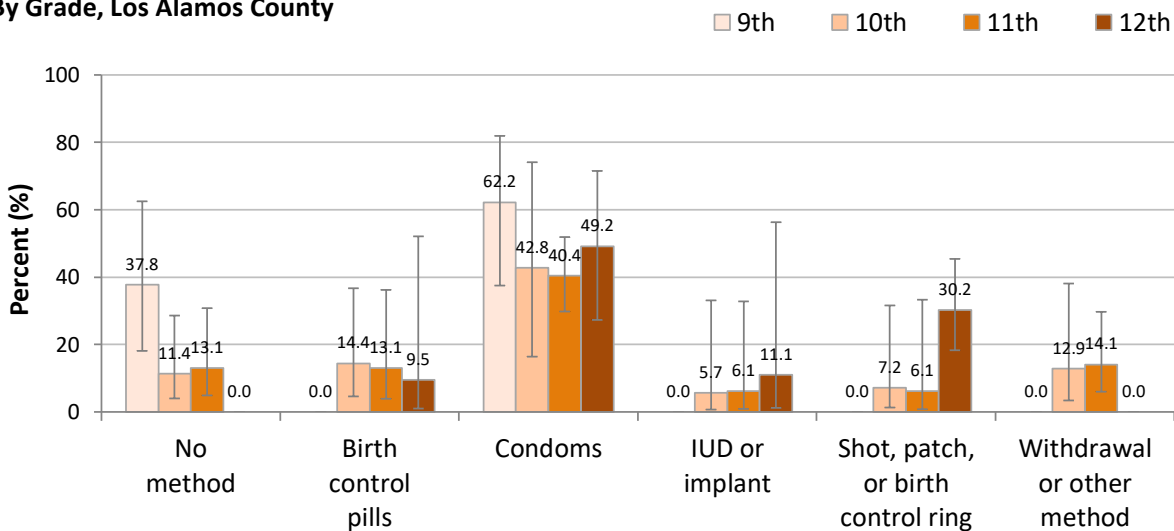
**Birth Control Methods used by Sexually Active Students**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



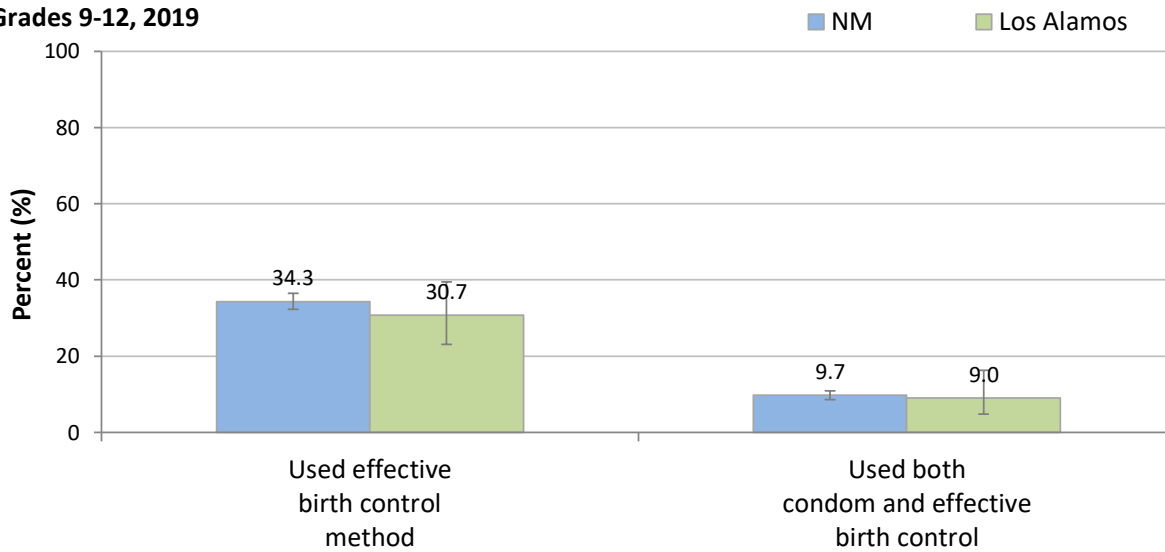
**By Sex, Los Alamos County**



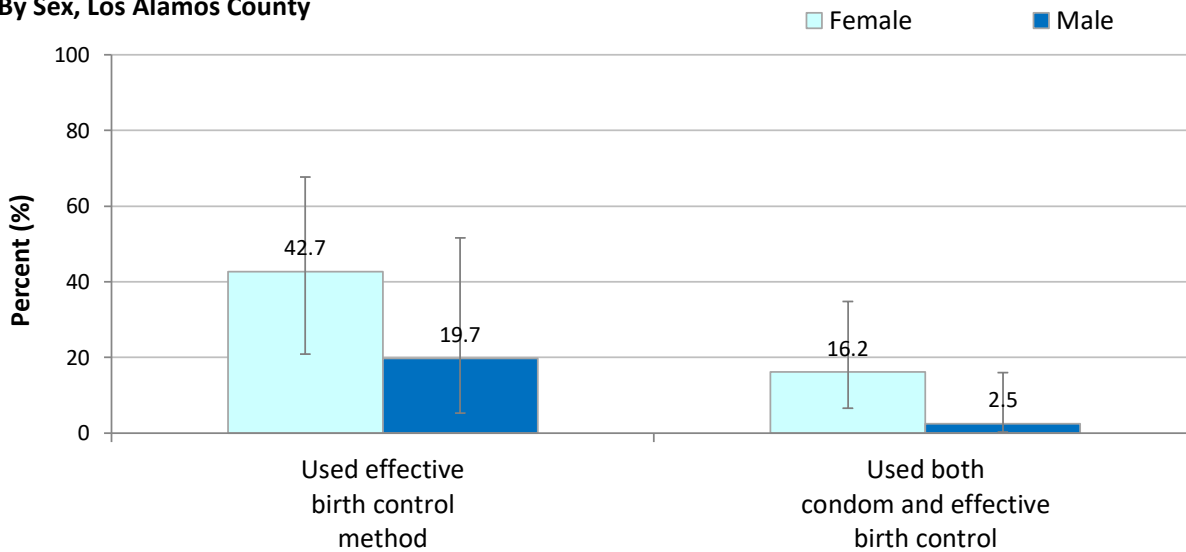
**By Grade, Los Alamos County**



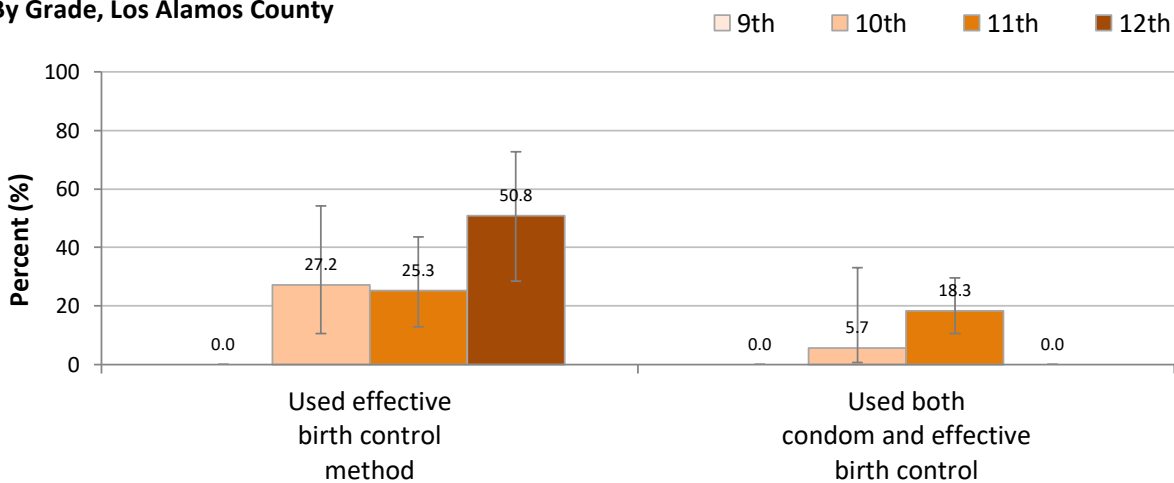
**Birth Control Methods used by Sexually Active Students**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



**By Sex, Los Alamos County**



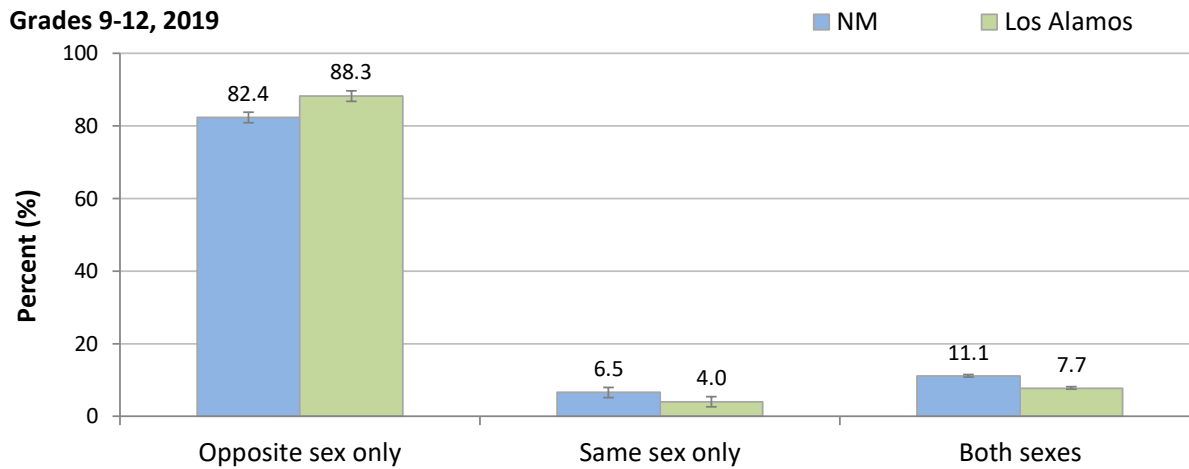
**By Grade, Los Alamos County**



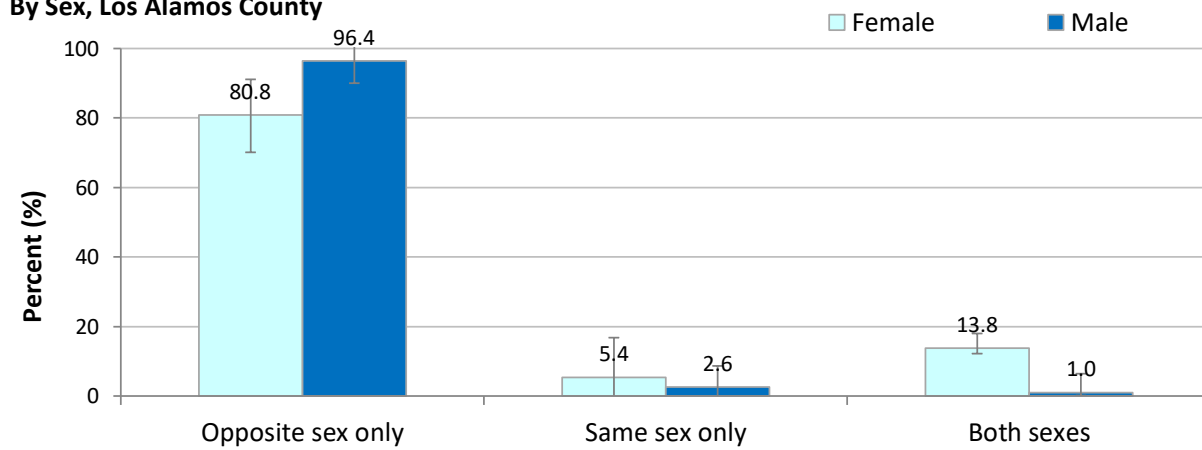
Effective birth control method = IUD or implant; shot, patch, or birth control ring; or birth control pills.

**Sexual Contacts (among those who ever had sexual contact)**  
**New Mexico and Los Alamos County**

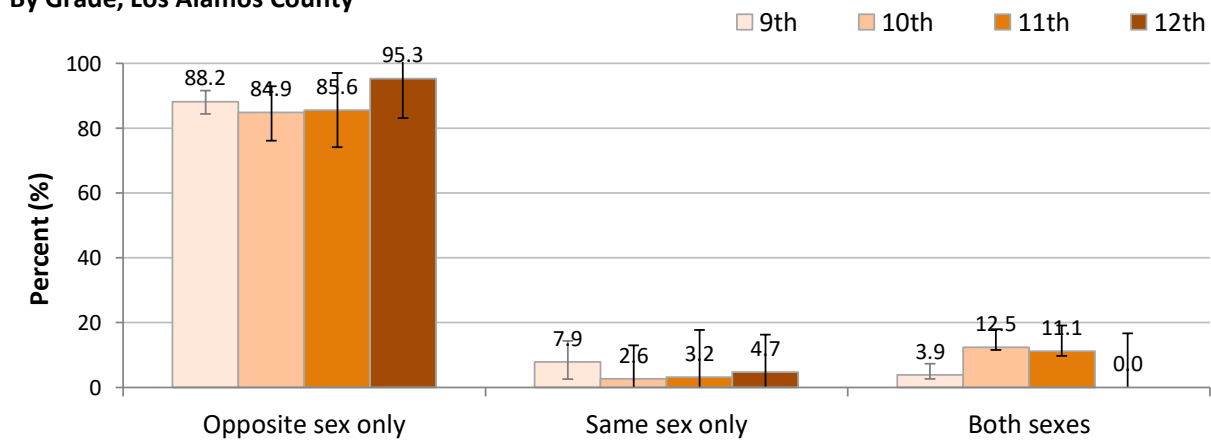
**Grades 9-12, 2019**



**By Sex, Los Alamos County**

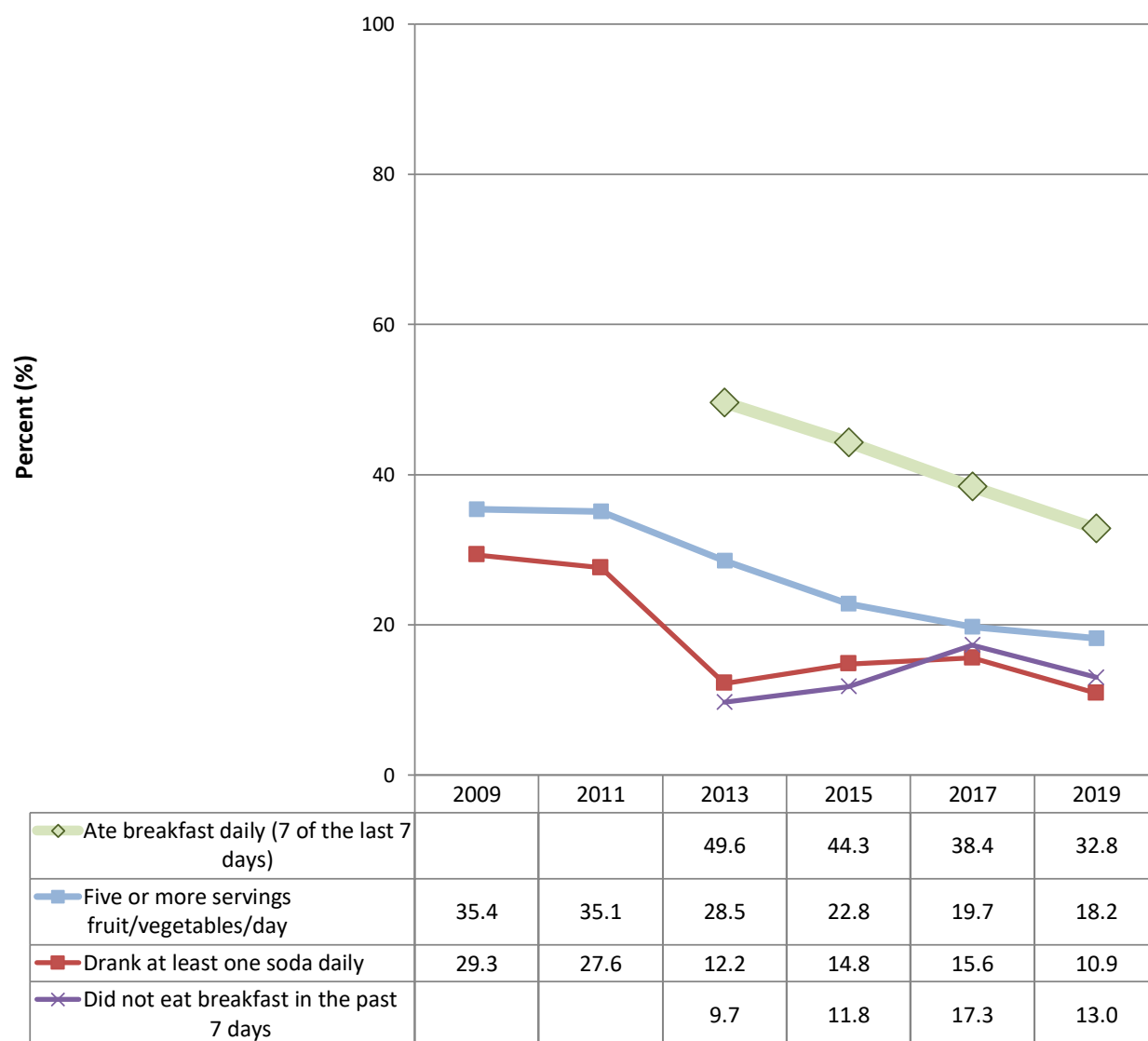


**By Grade, Los Alamos County**

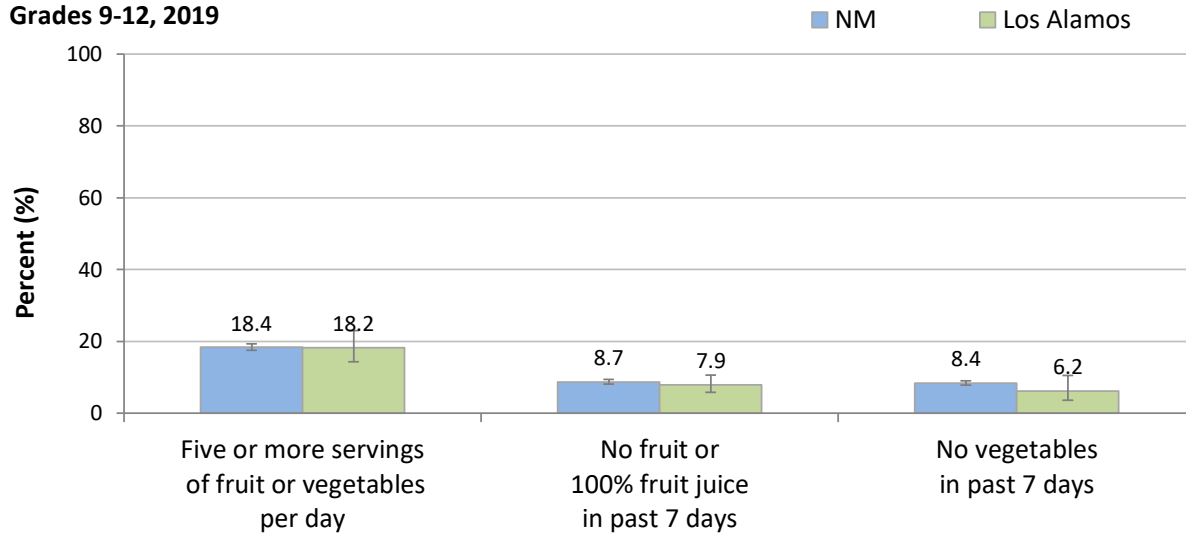


## Nutrition

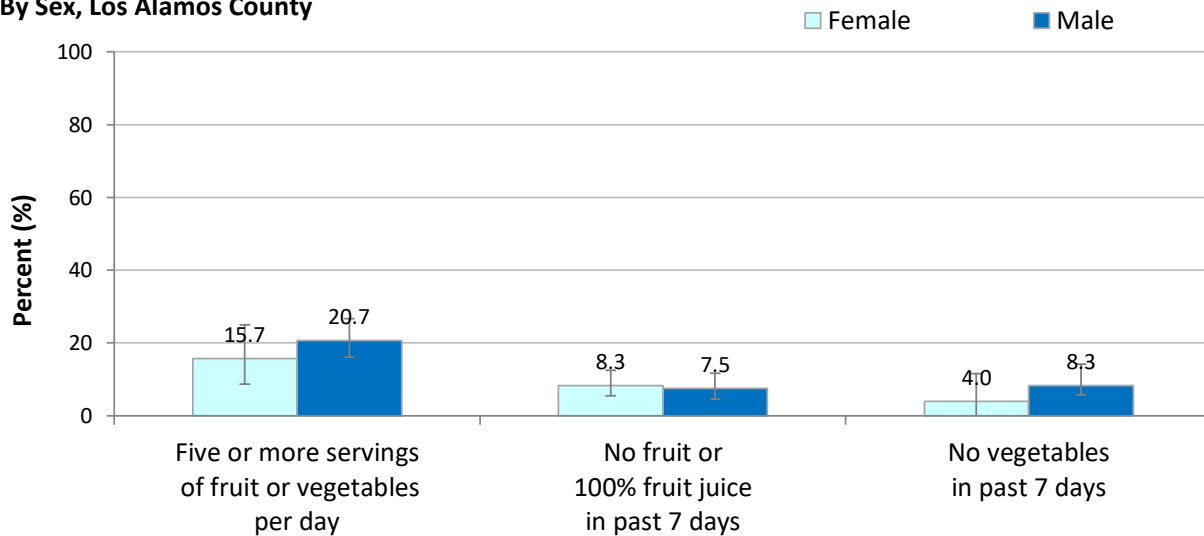
### Nutrition Indicators by Year, Los Alamos County Grades 9-12, 2009-2019



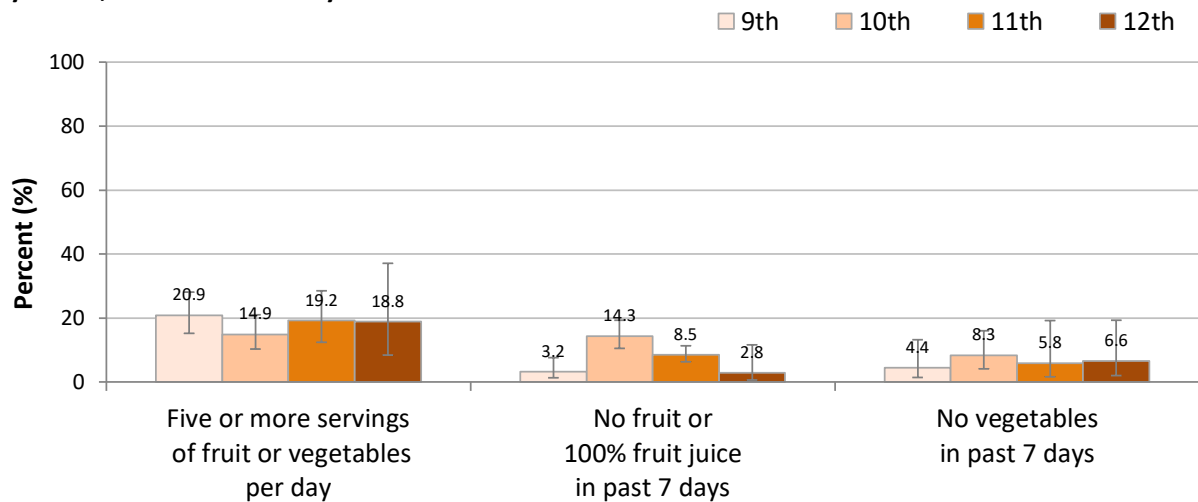
**Nutrition**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



**By Sex, Los Alamos County**



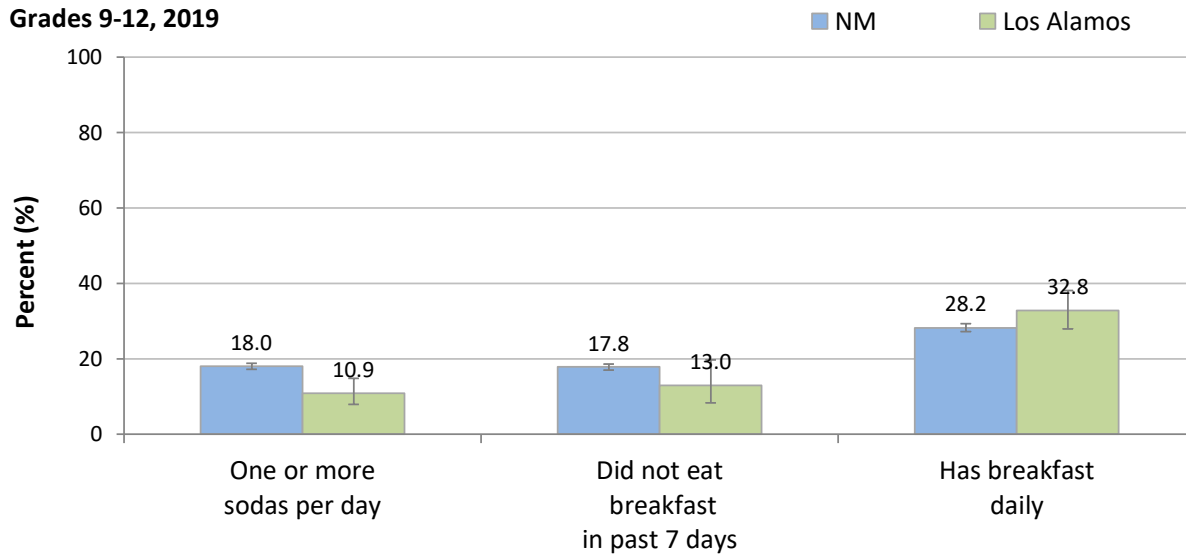
**By Grade, Los Alamos County**



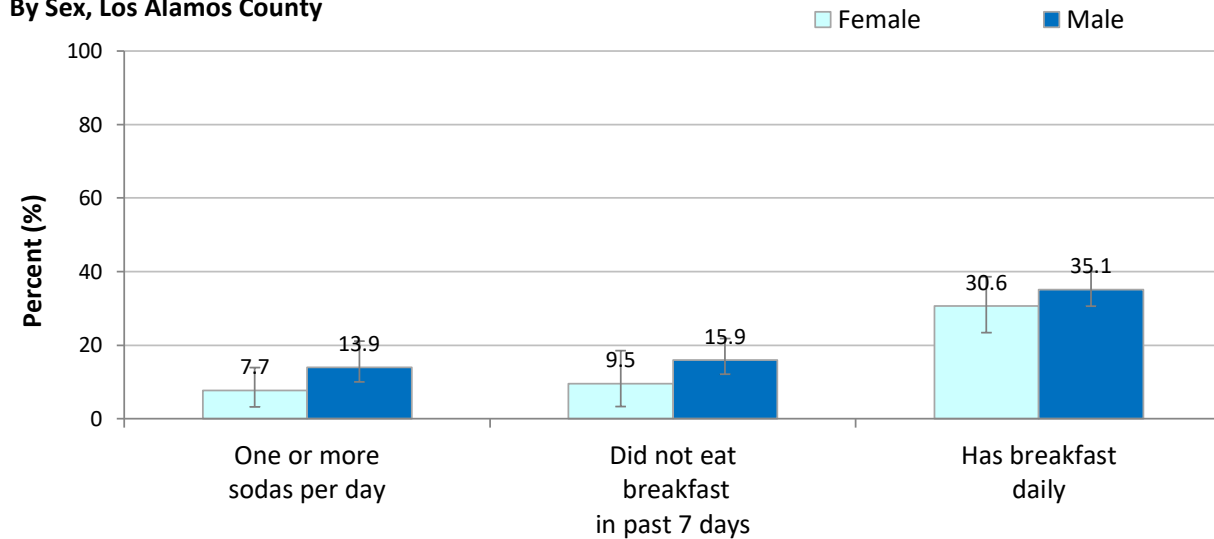
## Nutrition

### New Mexico and Los Alamos County

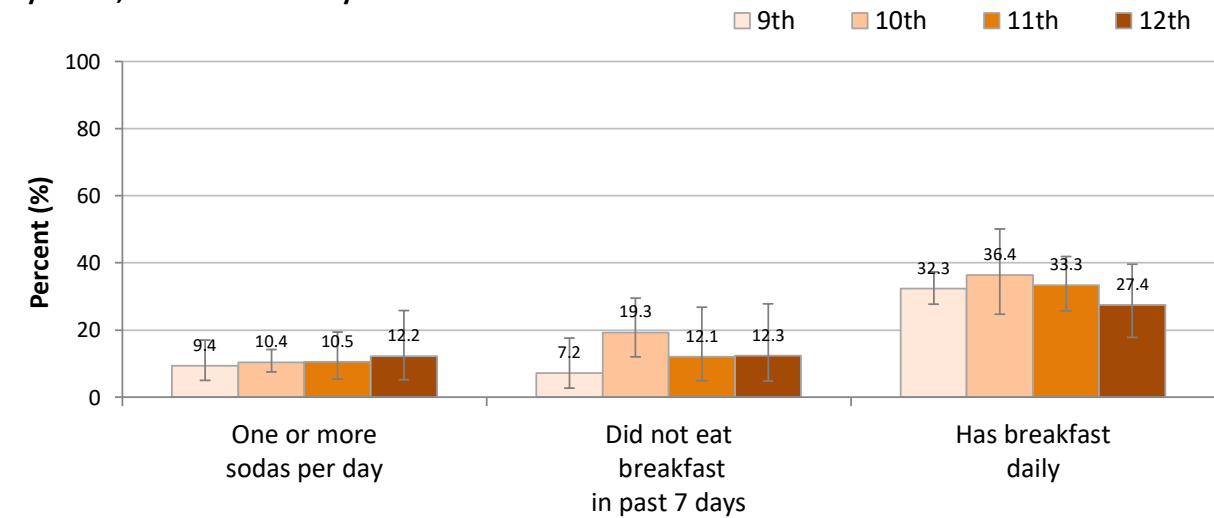
Grades 9-12, 2019



### By Sex, Los Alamos County

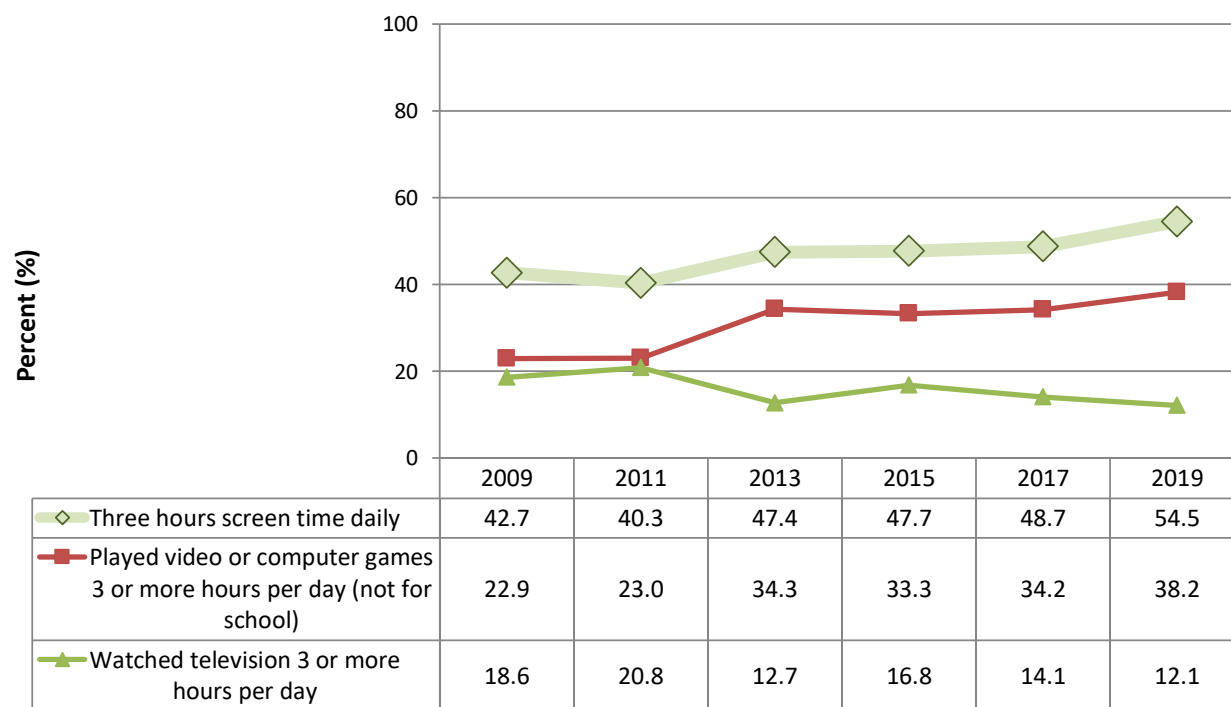
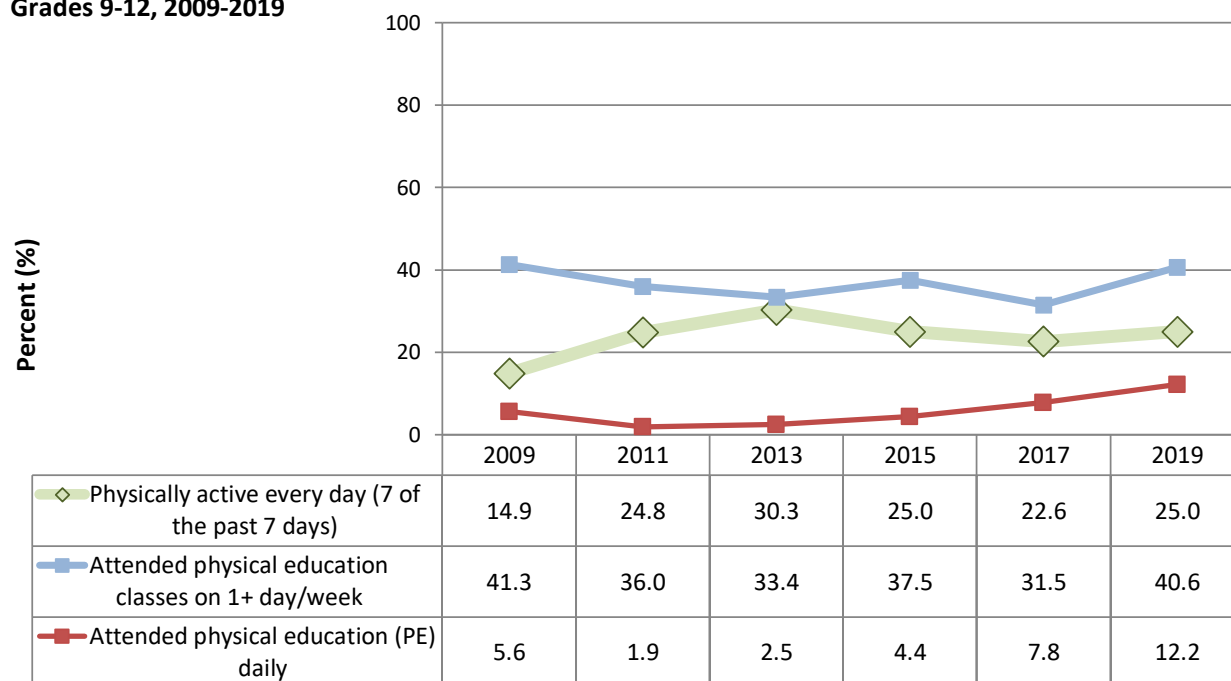


### By Grade, Los Alamos County

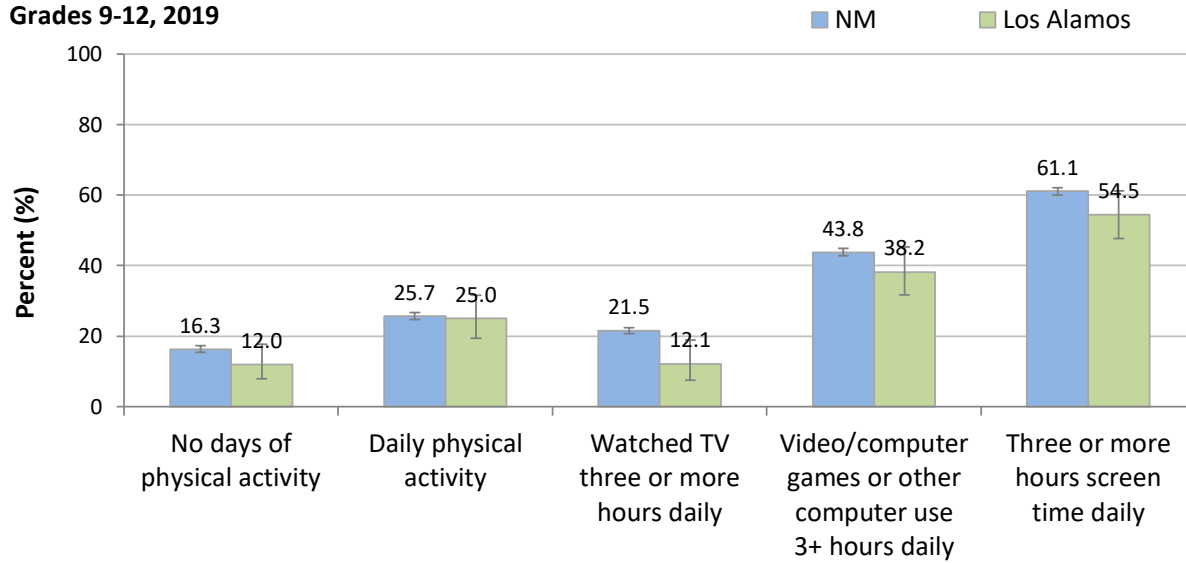


## Physical Activity

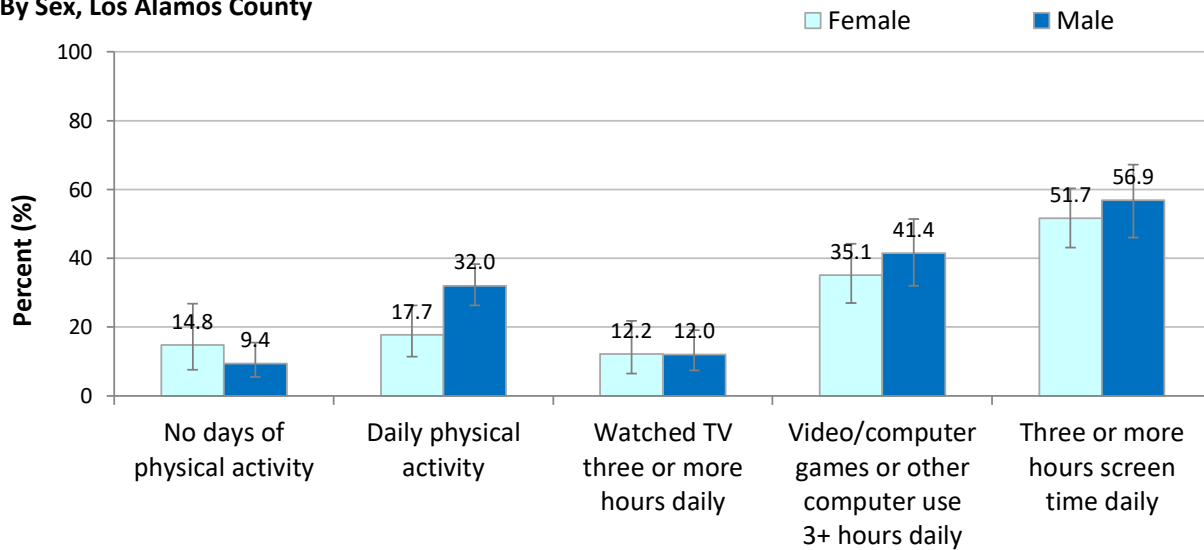
### Physical Activity Indicators by Year, Los Alamos County Grades 9-12, 2009-2019



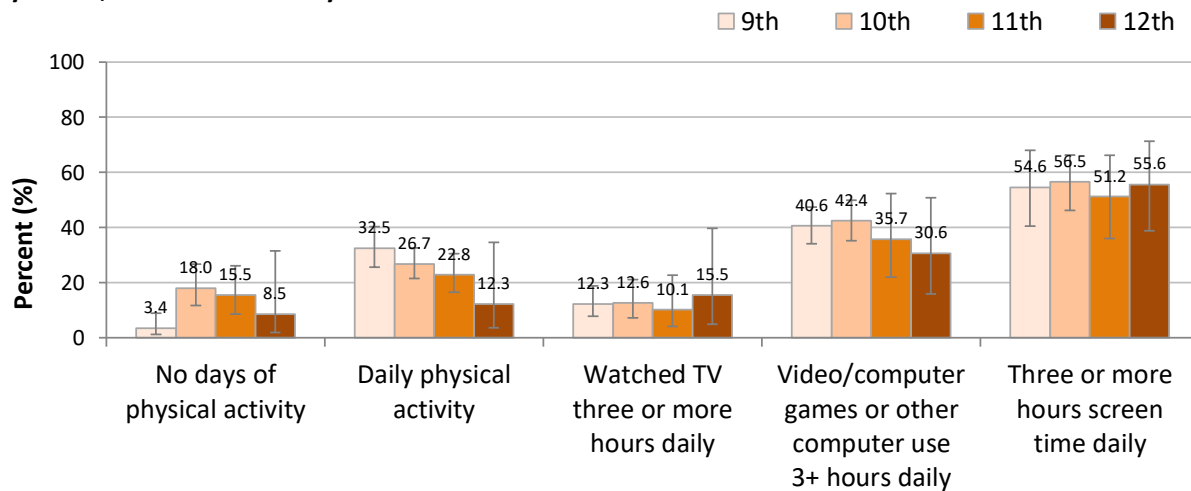
**Physical Activity**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



**By Sex, Los Alamos County**

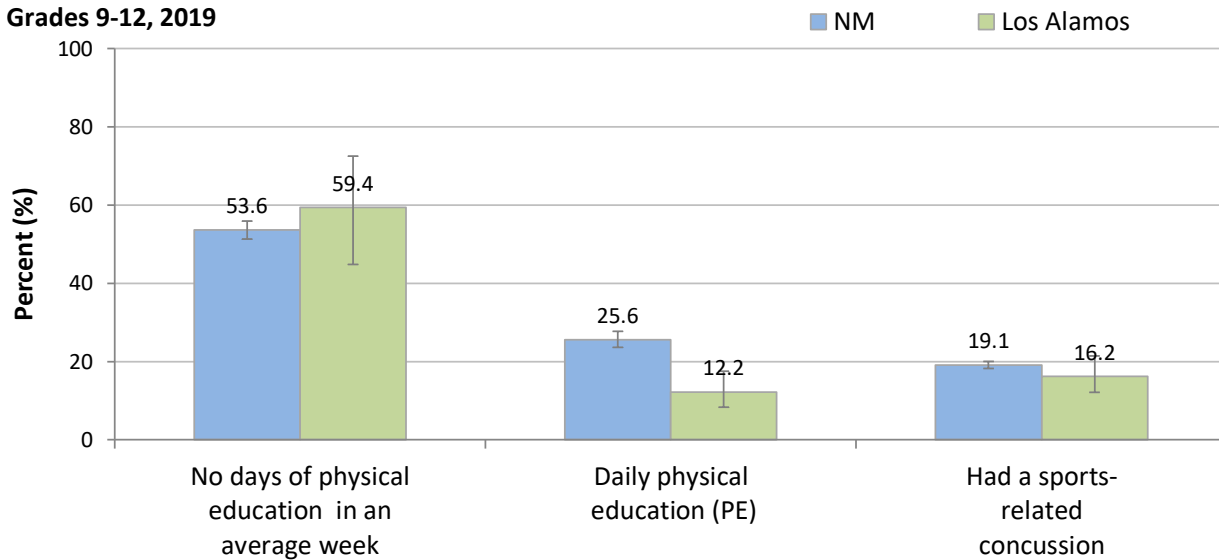


**By Grade, Los Alamos County**

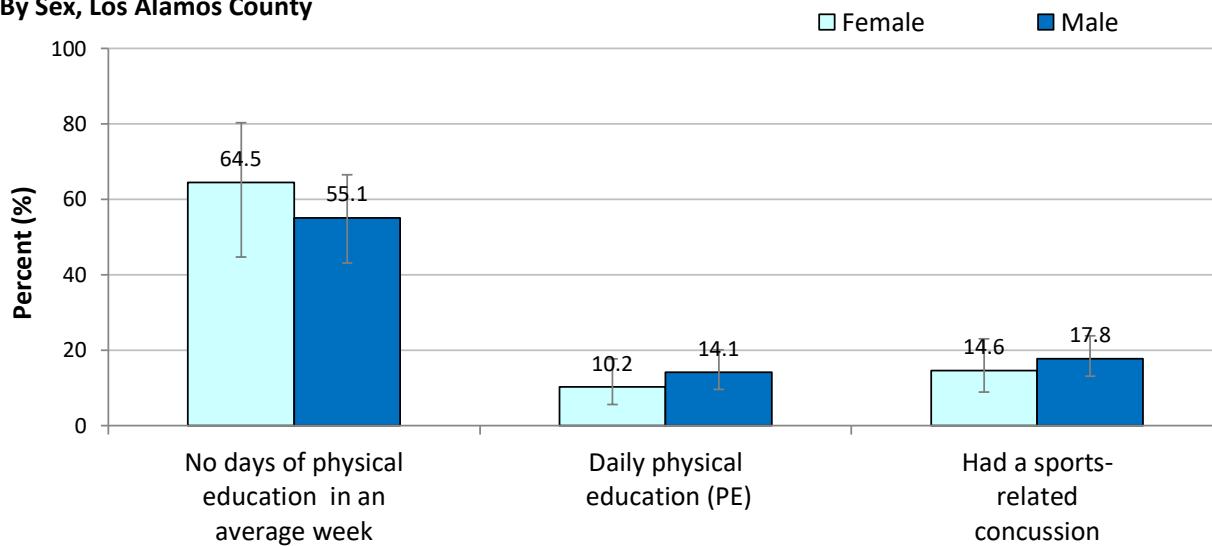




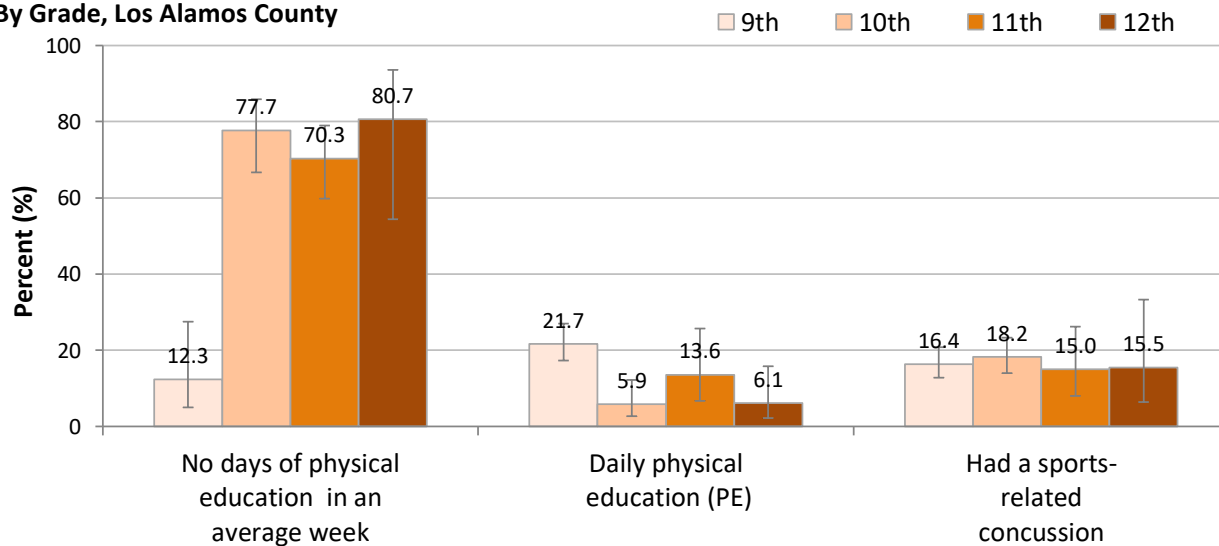
**Physical Activity**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



**By Sex, Los Alamos County**

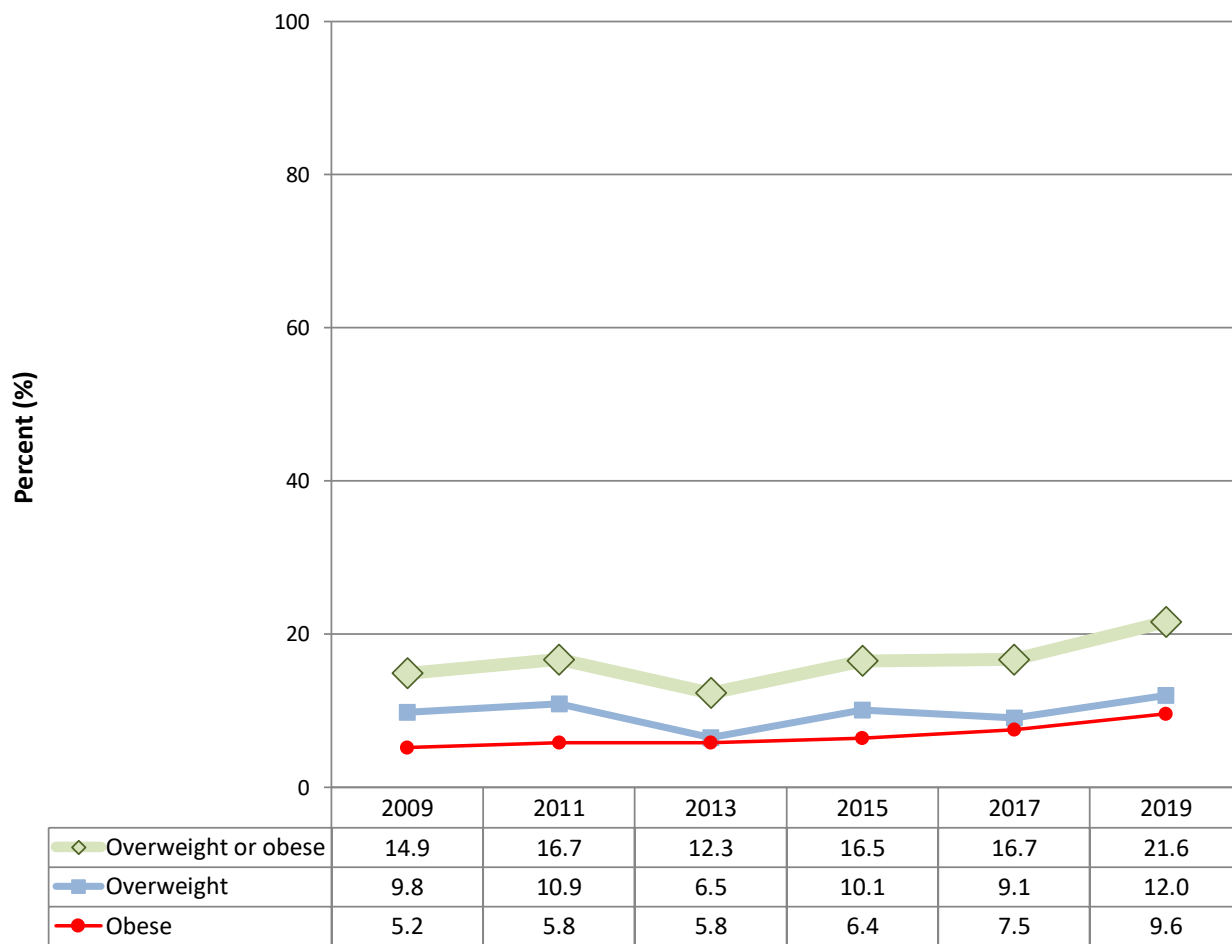


**By Grade, Los Alamos County**

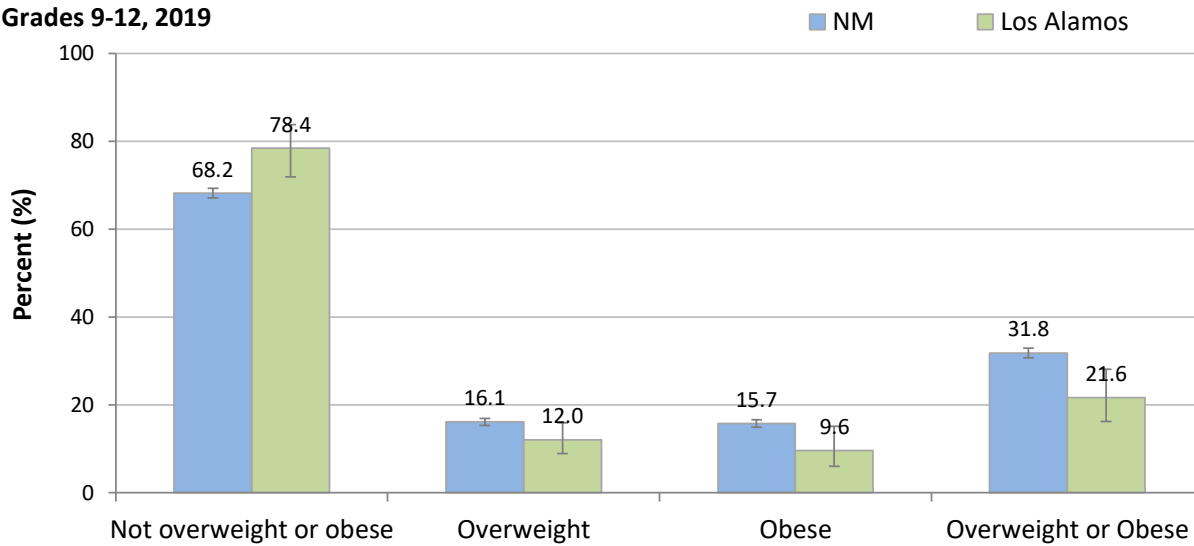


## Obesity and Overweight

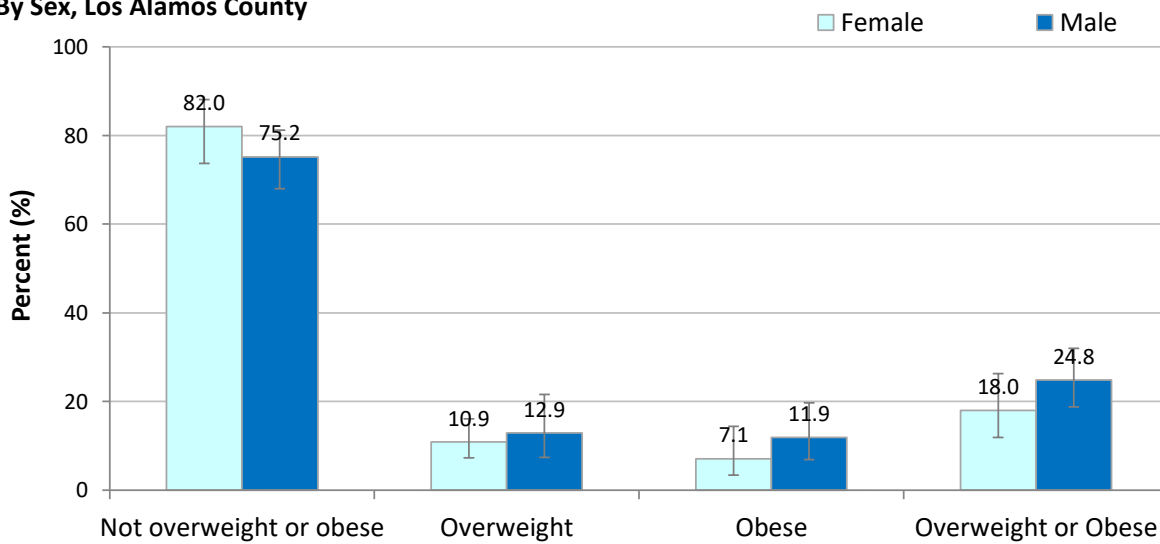
### Obesity and Overweight by Year, Los Alamos County Grades 9-12, 2009-2019



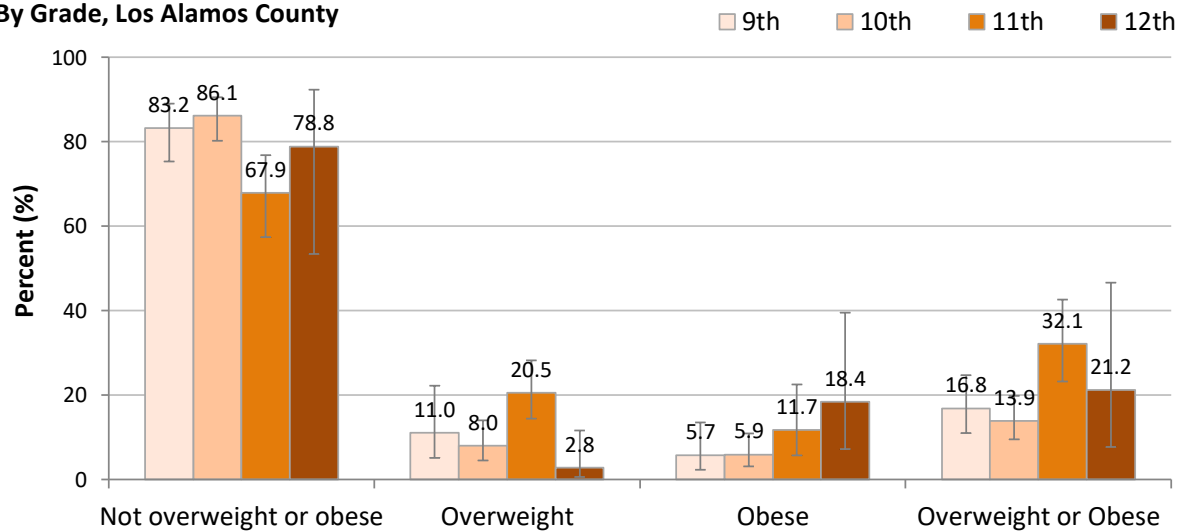
**Obesity and Overweight**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



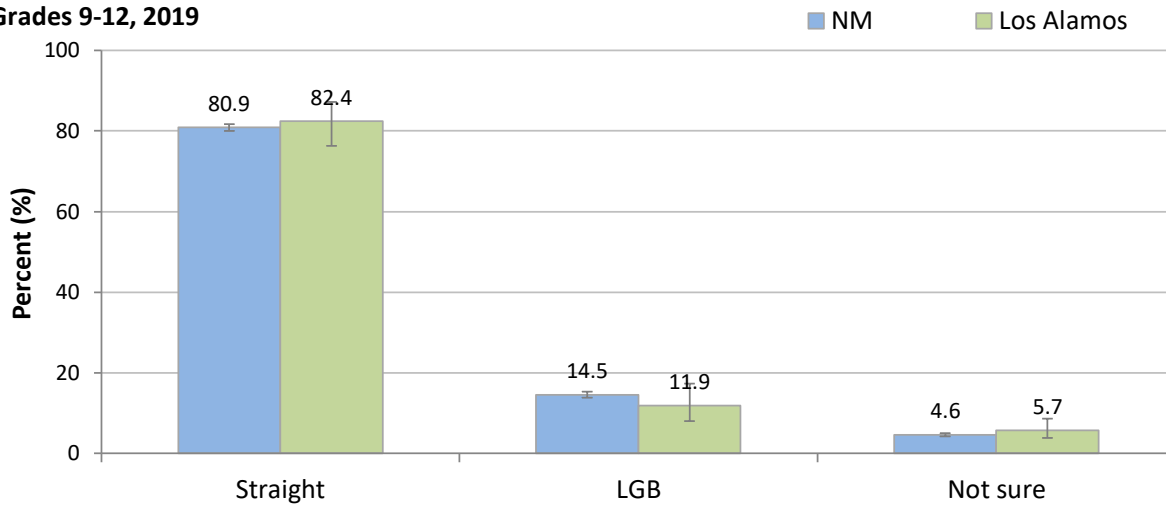
**By Sex, Los Alamos County**



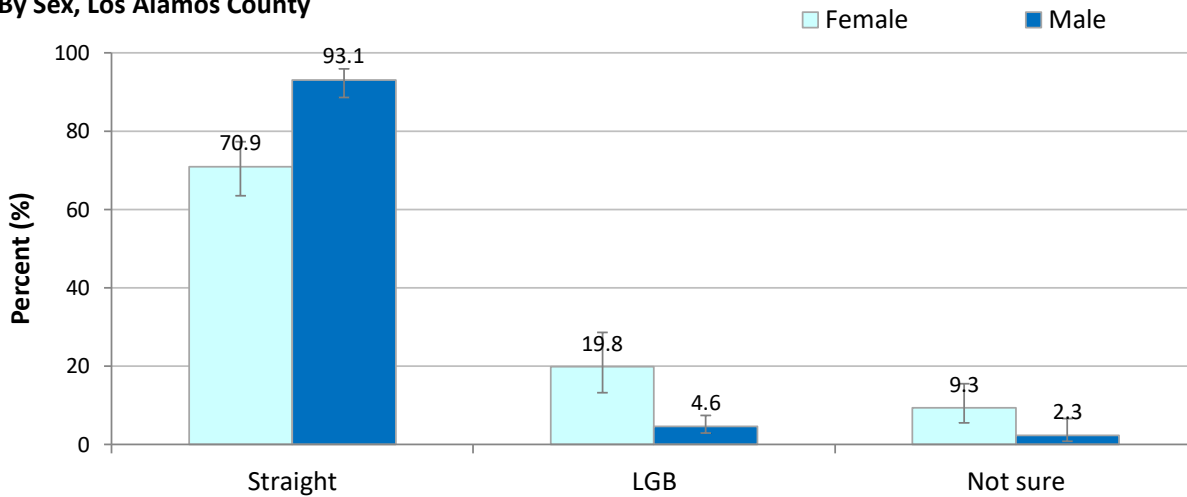
**By Grade, Los Alamos County**



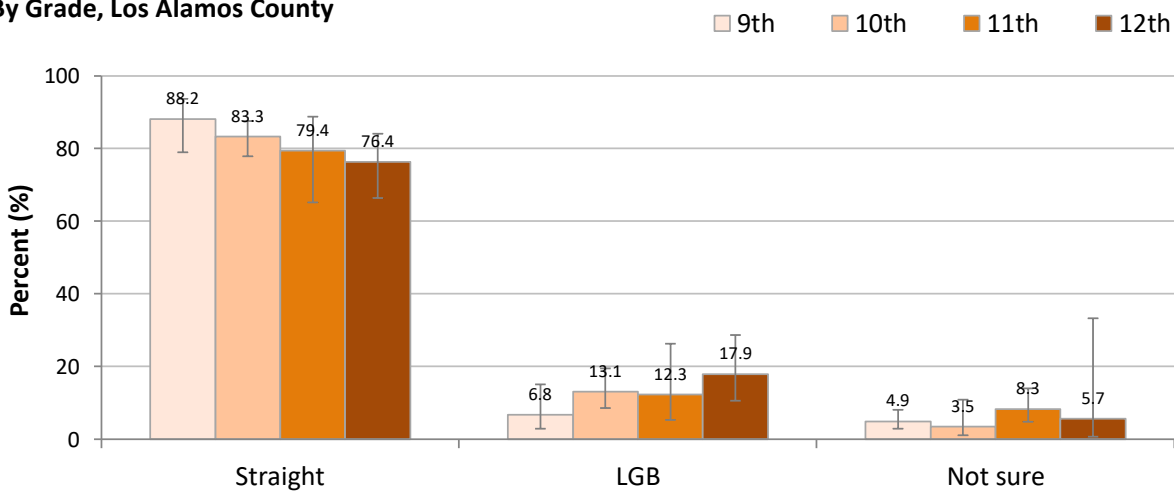
**Sexual Identity**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



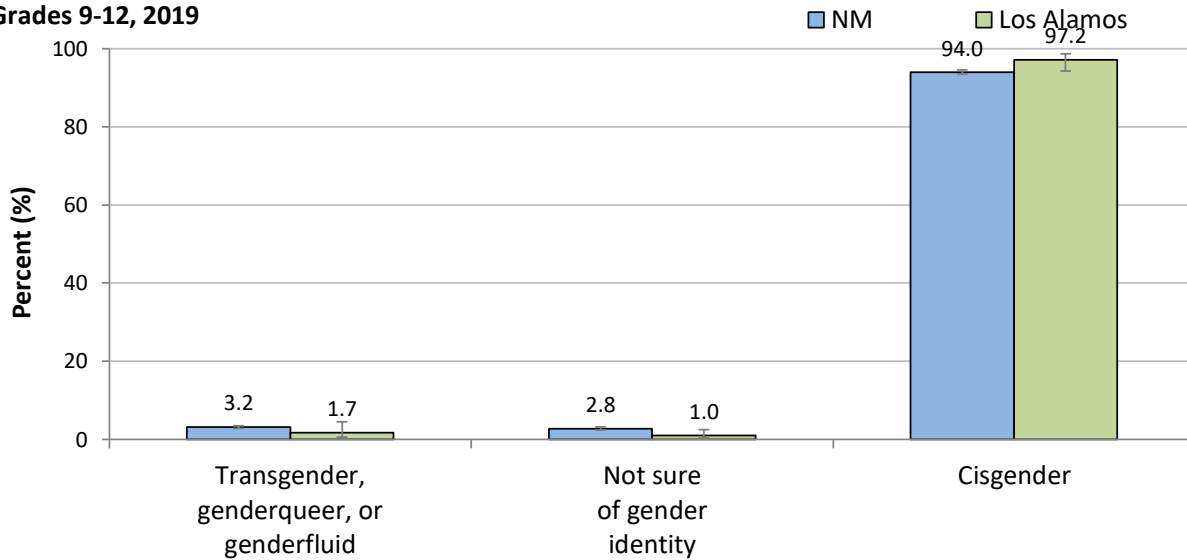
**By Sex, Los Alamos County**



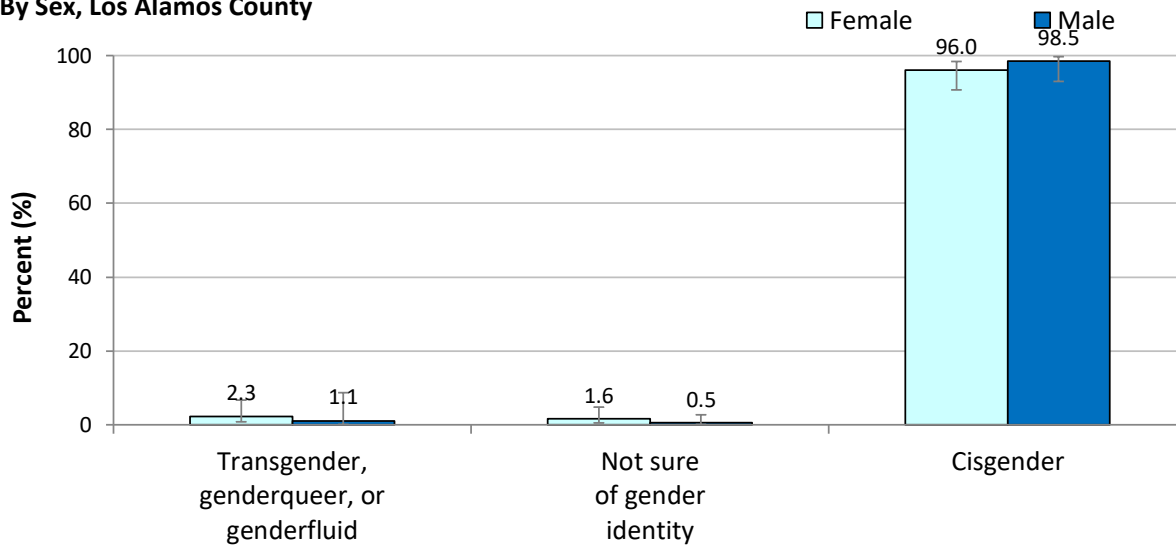
**By Grade, Los Alamos County**



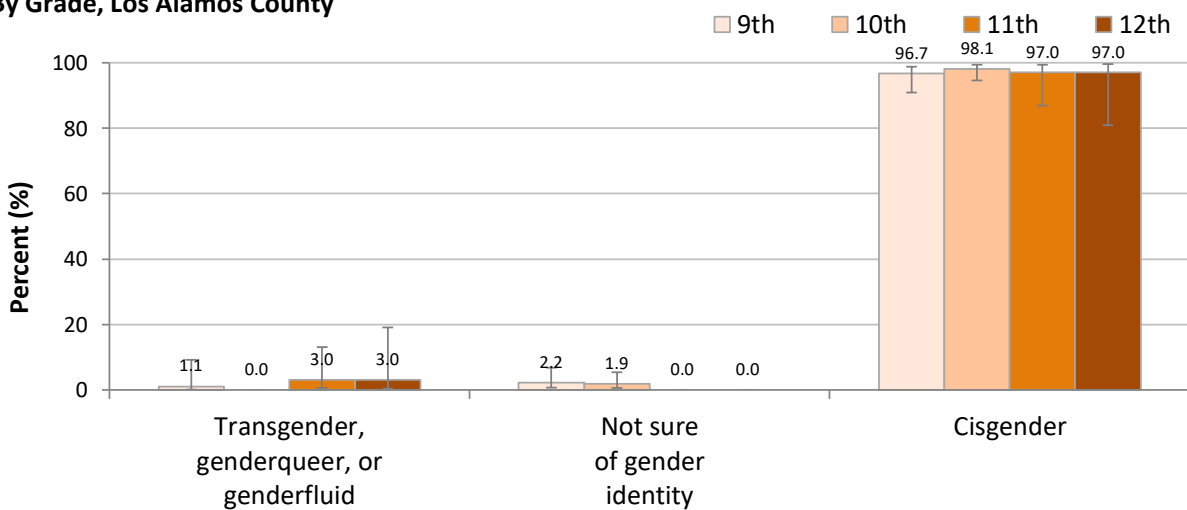
**Gender Identity**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



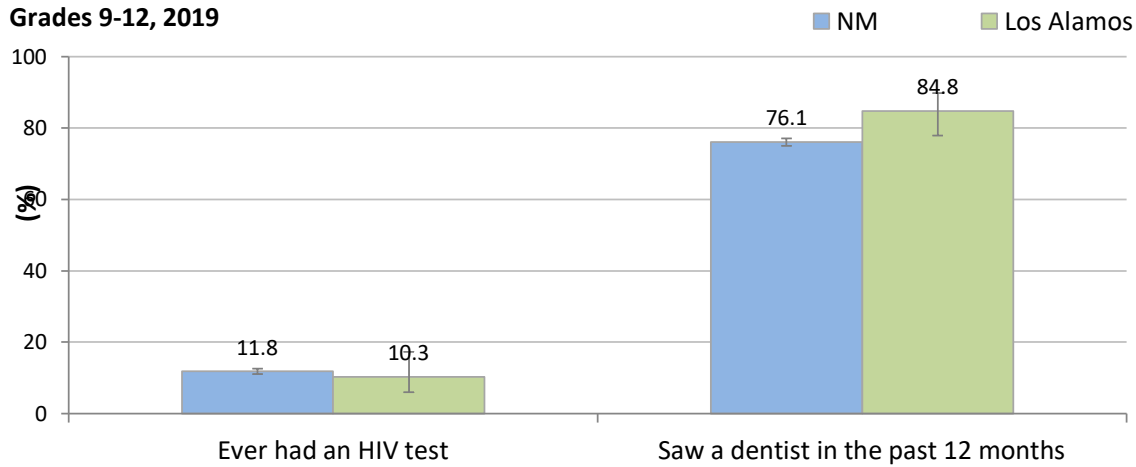
**By Sex, Los Alamos County**



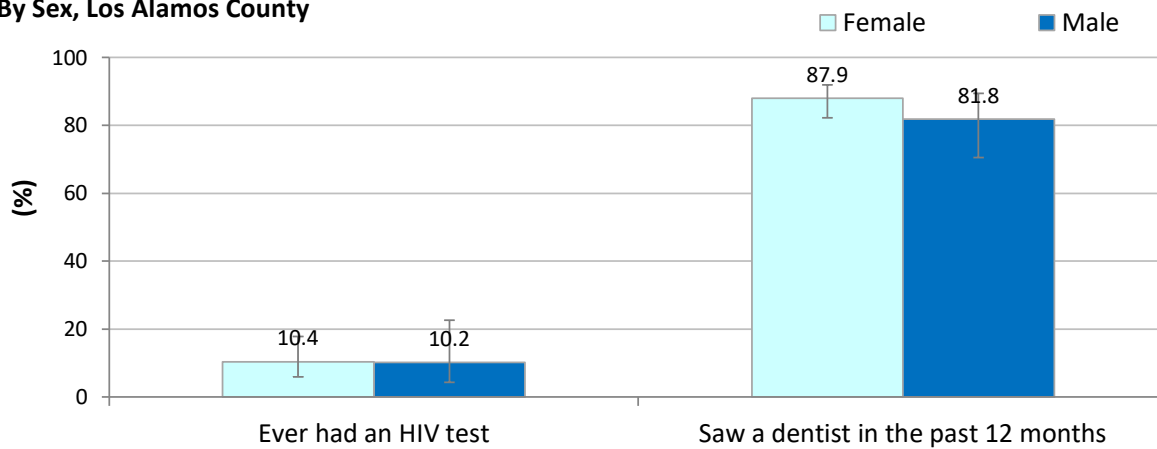
**By Grade, Los Alamos County**



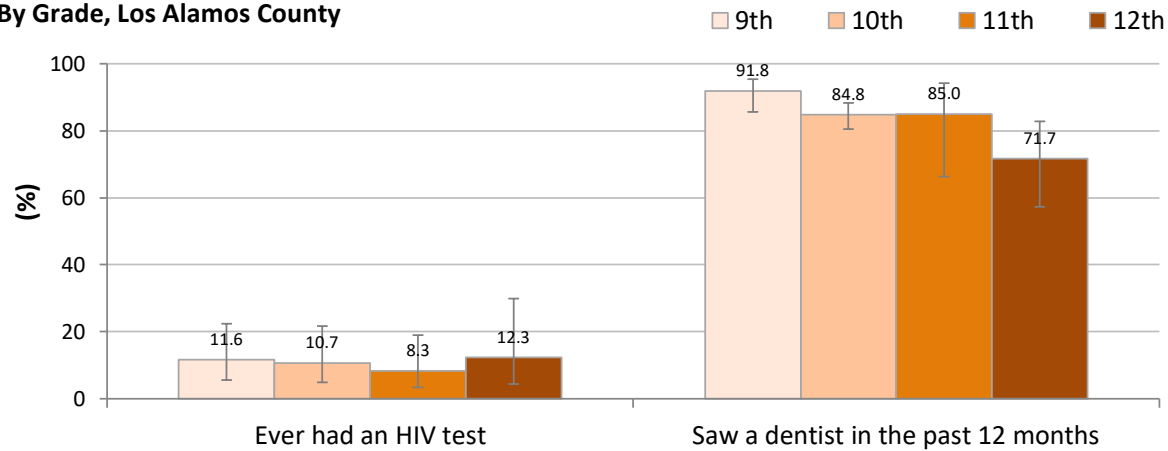
**Other Behaviors and Characteristics: HIV test and dental visits**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



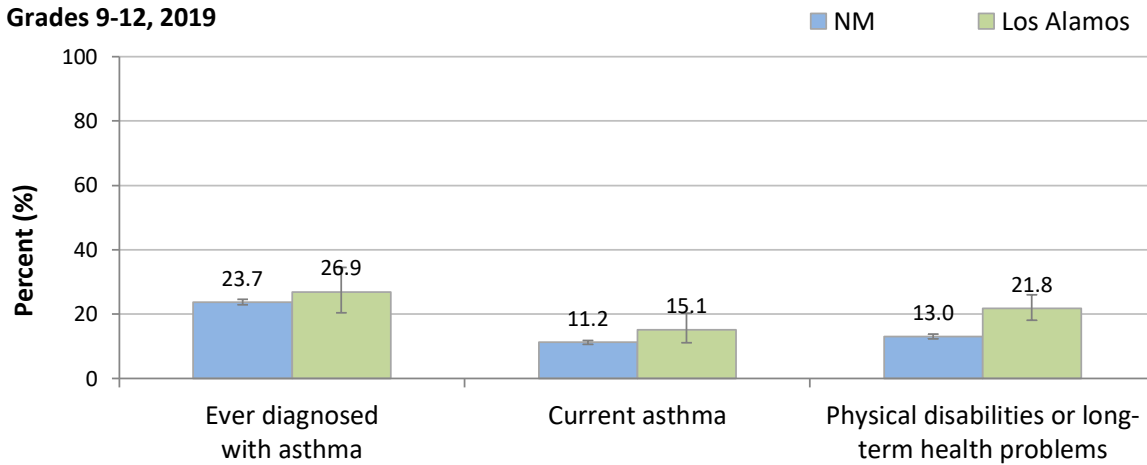
**By Sex, Los Alamos County**



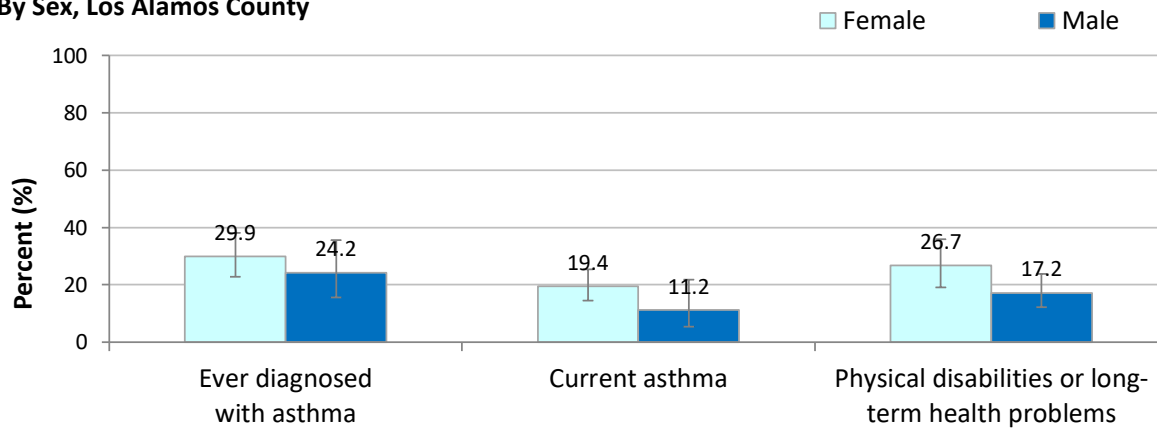
**By Grade, Los Alamos County**



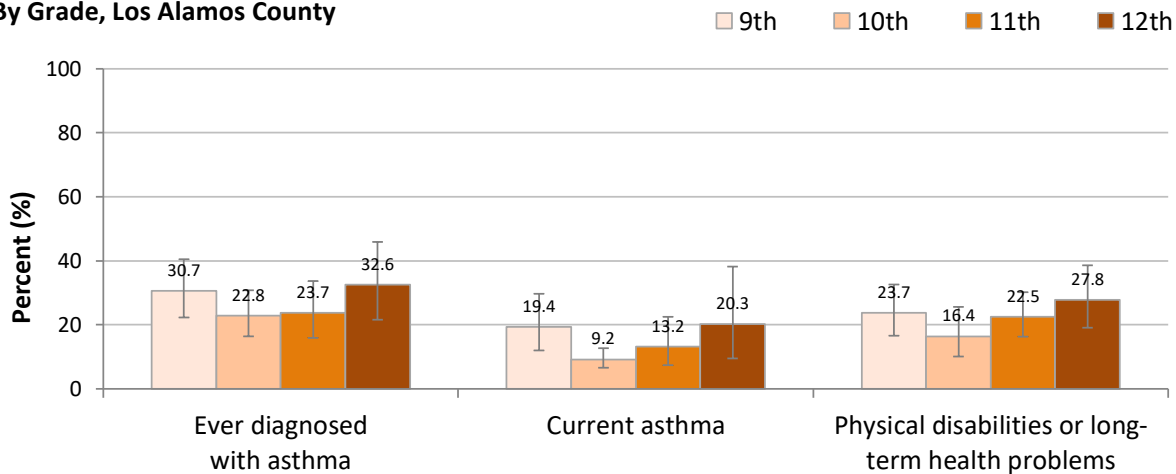
**Other Behaviors and Characteristics: Asthma, Physical Disabilities & Long-term Health Problems**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



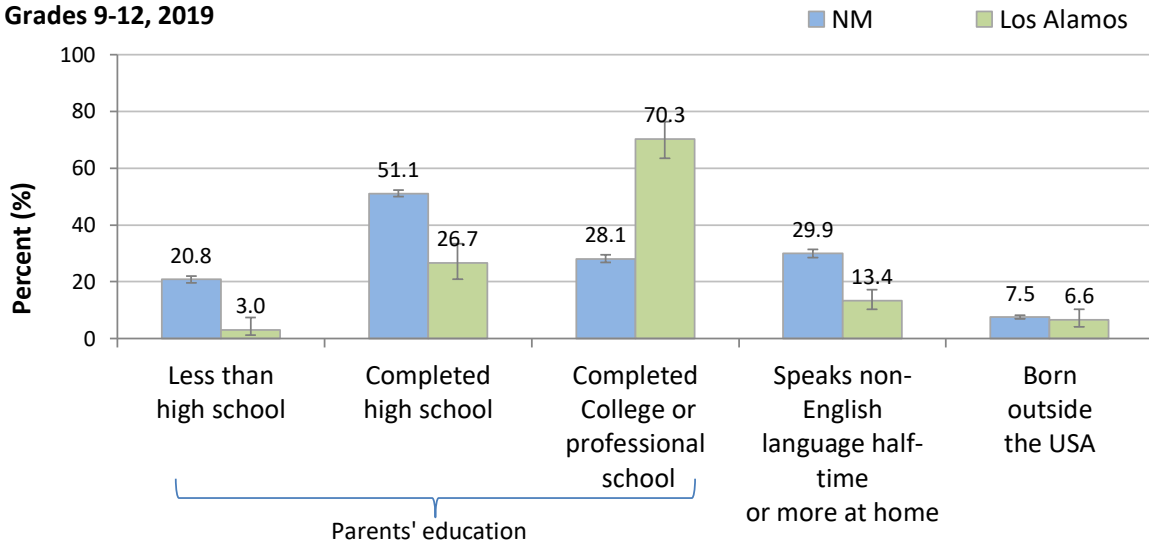
**By Sex, Los Alamos County**



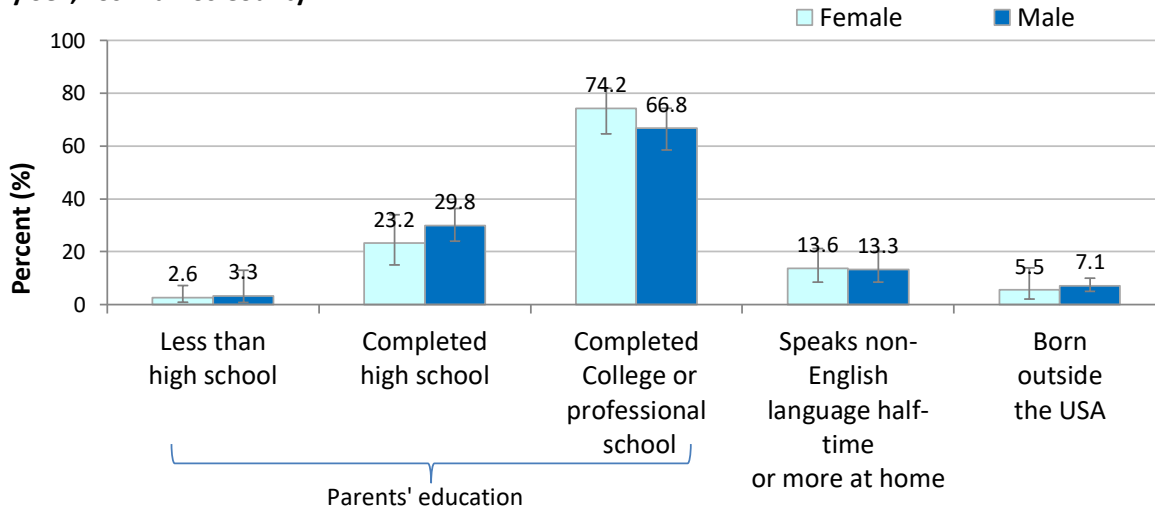
**By Grade, Los Alamos County**



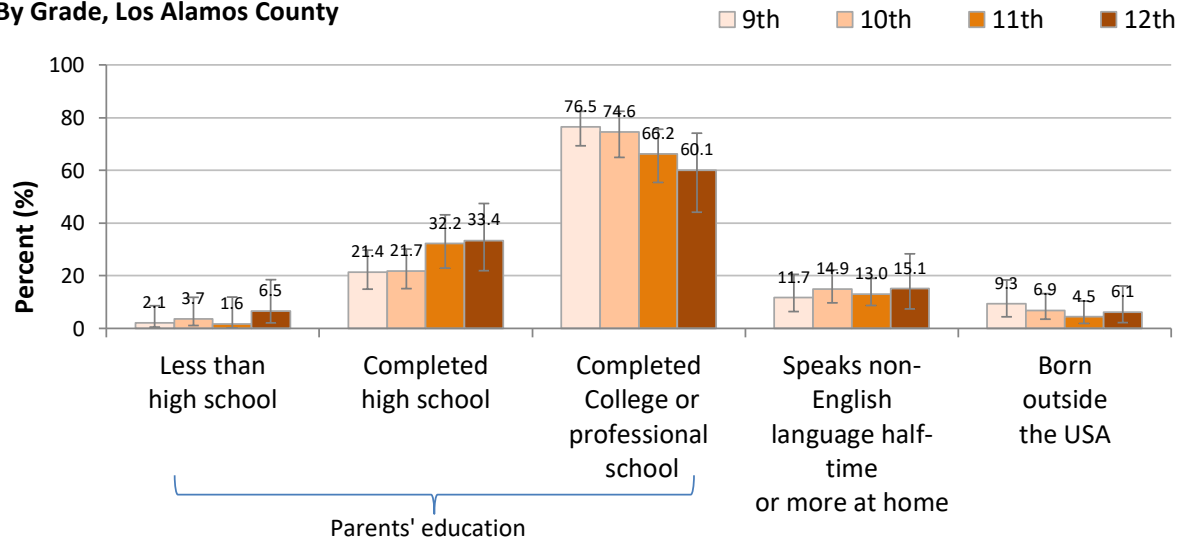
**Other Behaviors and Characteristics**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



**By Sex, Los Alamos County**

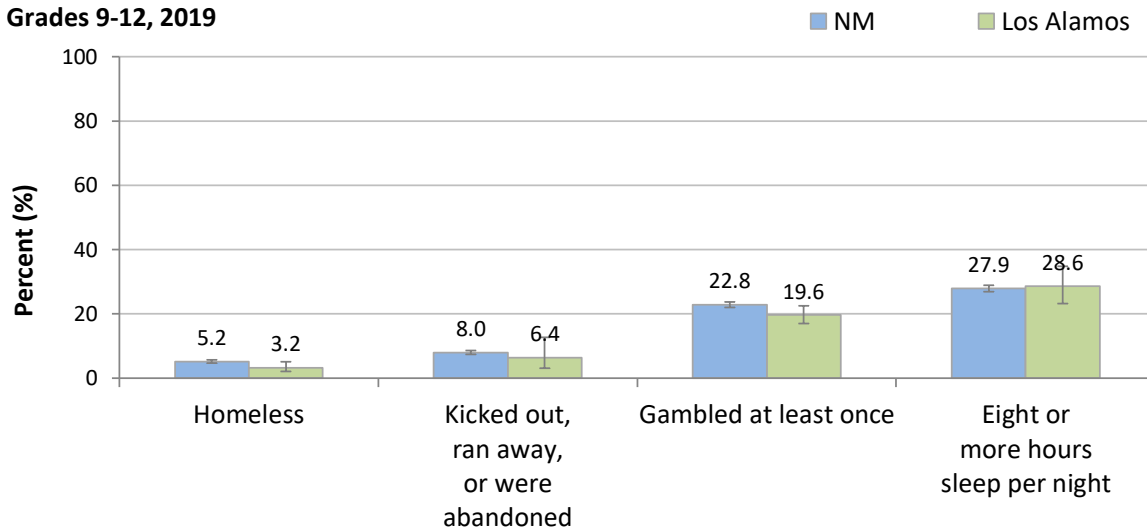


**By Grade, Los Alamos County**

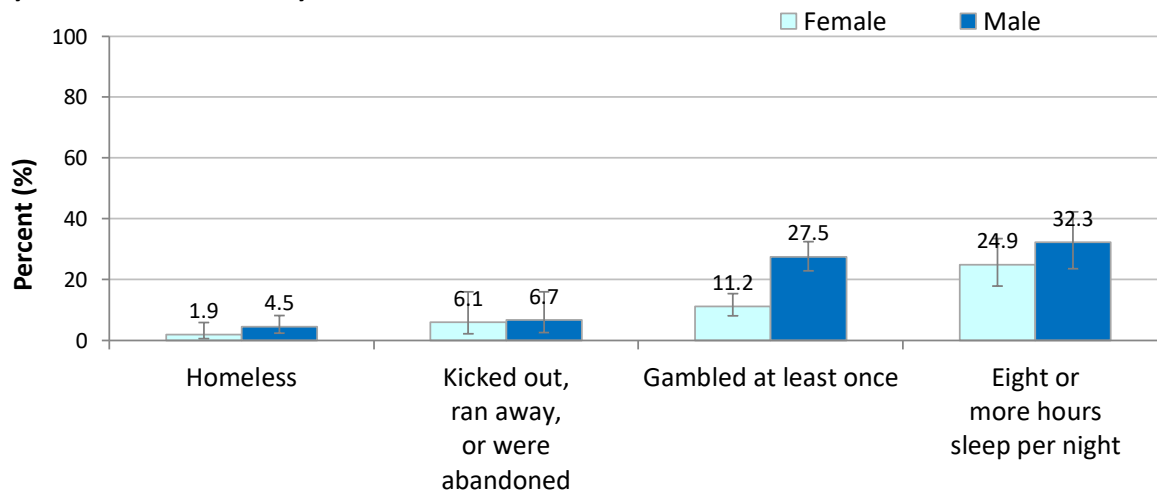




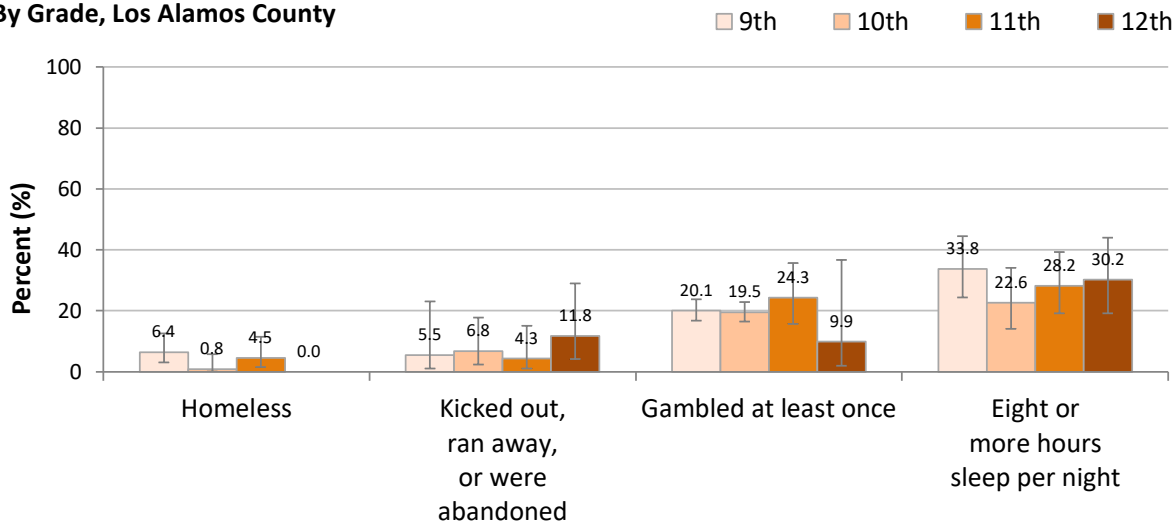
**Other Behaviors and Characteristics: Homelessness, Gambling, Sleep**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



**By Sex, Los Alamos County**

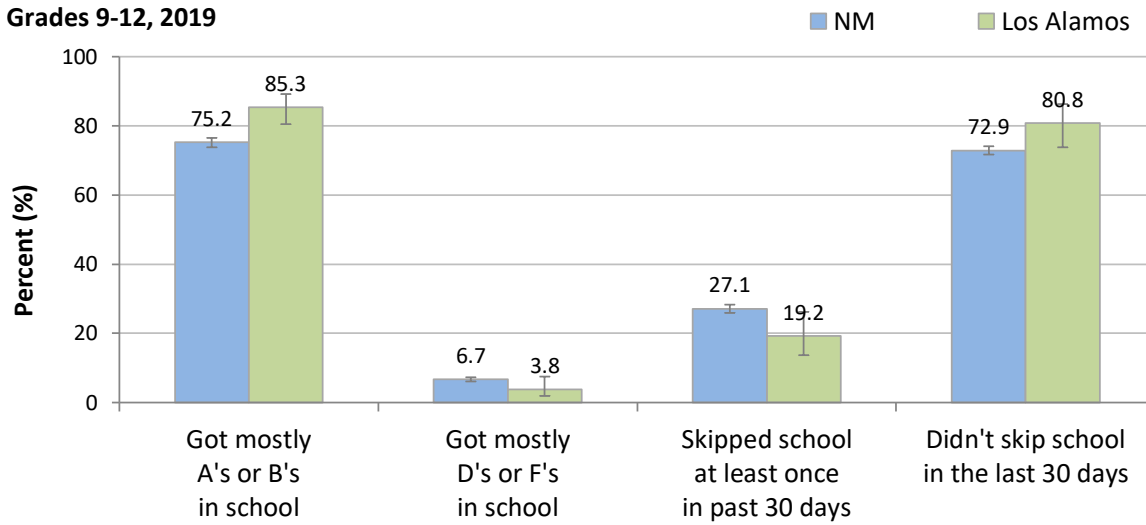


**By Grade, Los Alamos County**

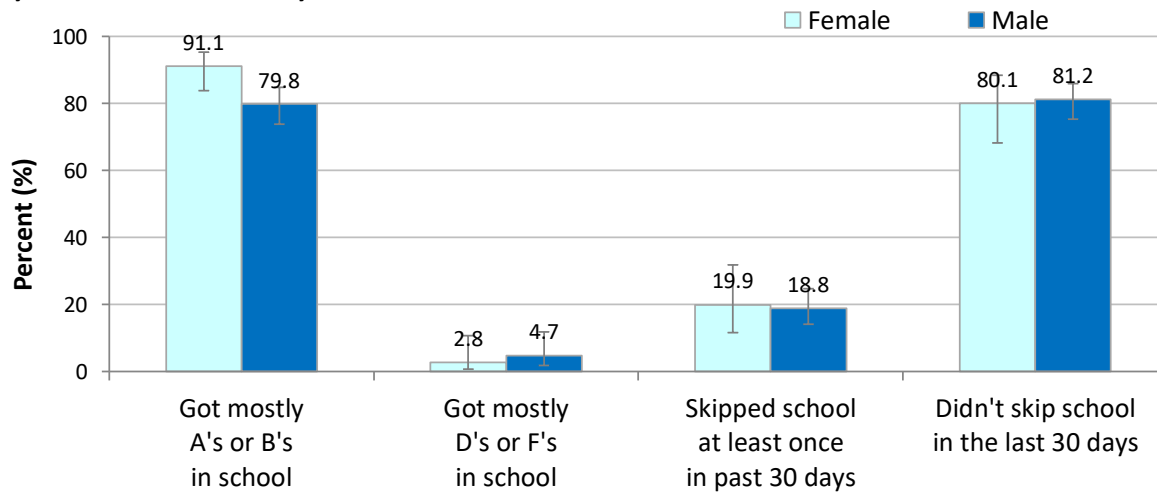


**Other Behaviors and Characteristics: School Grades and Attendance**  
**New Mexico and Los Alamos County**

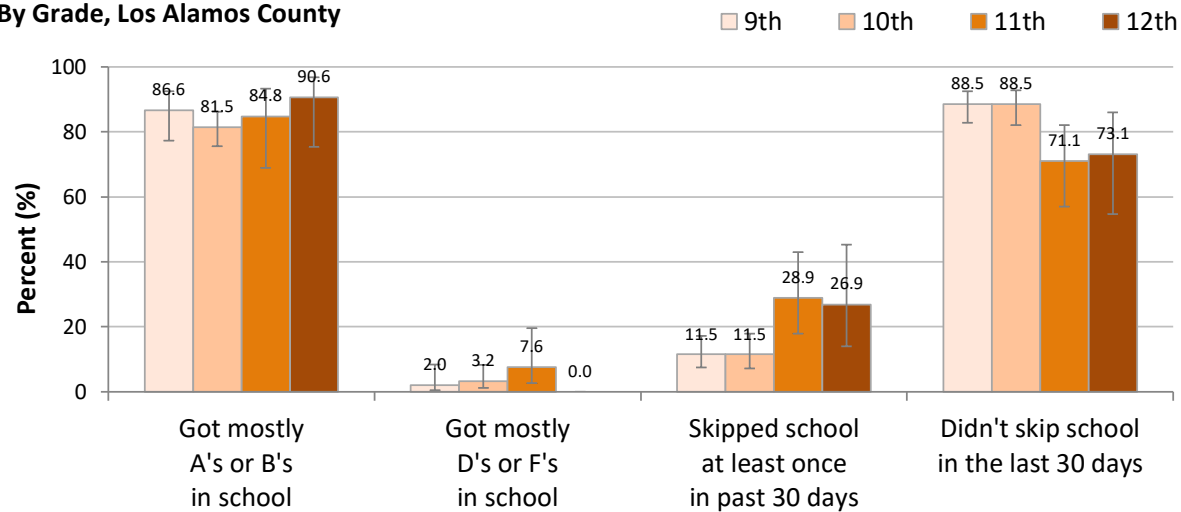
**Grades 9-12, 2019**



**By Sex, Los Alamos County**

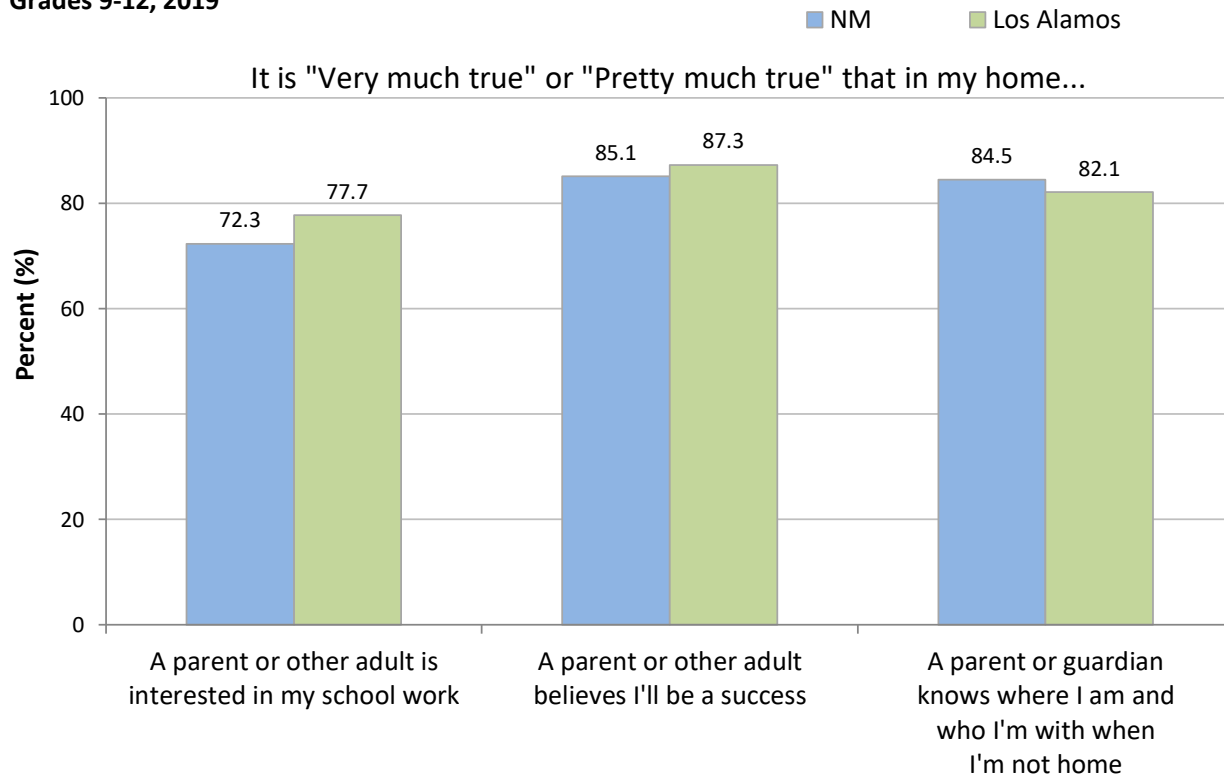


**By Grade, Los Alamos County**

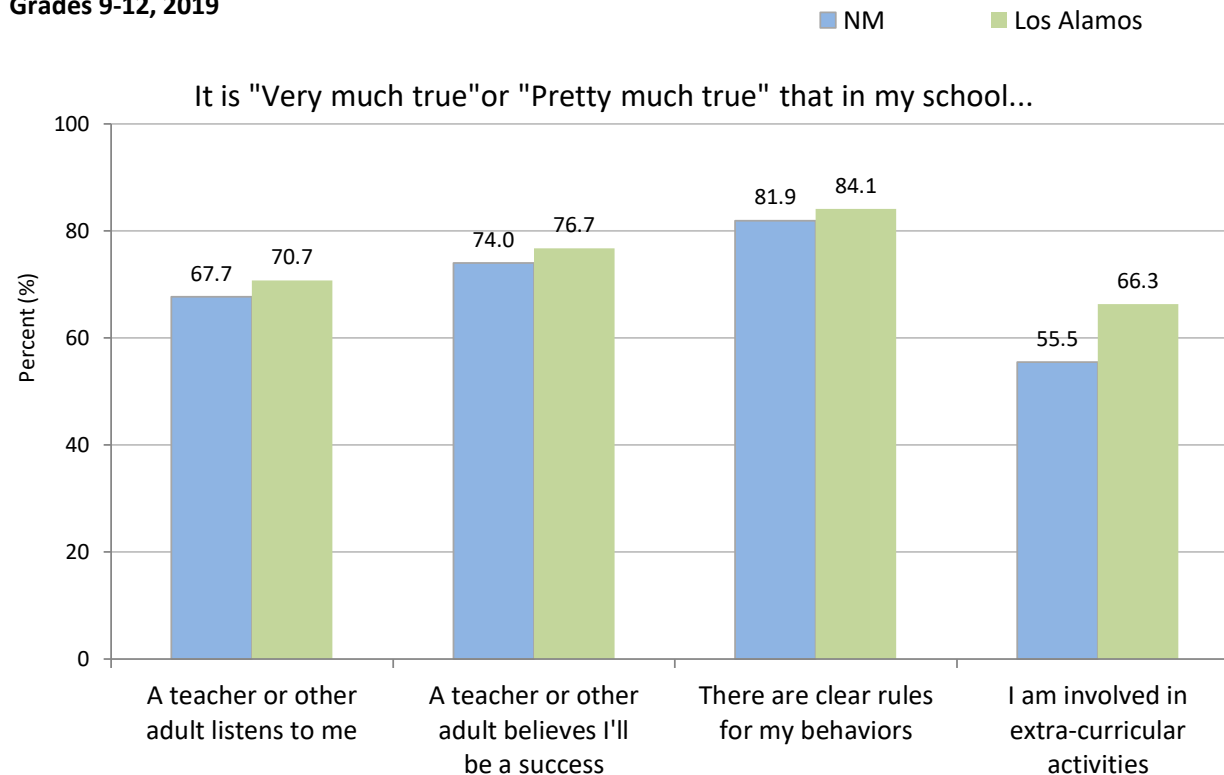


## Resiliency/Protective Factors

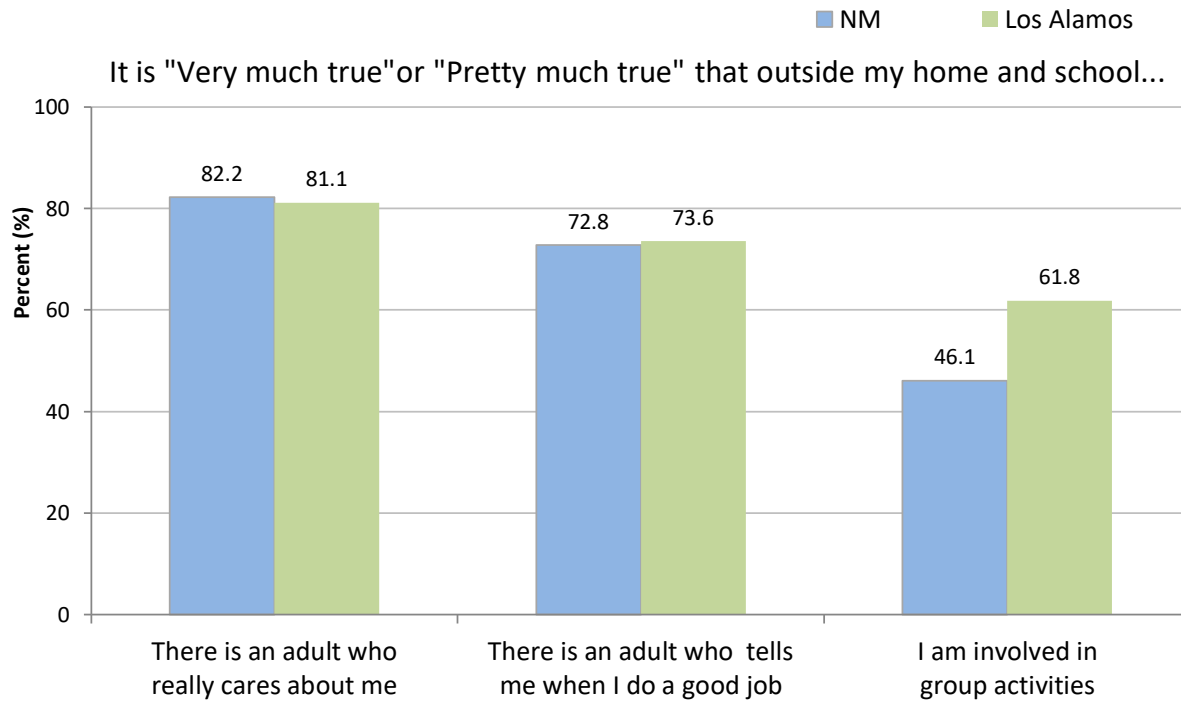
**Resiliency/Protective Factors in the Home**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



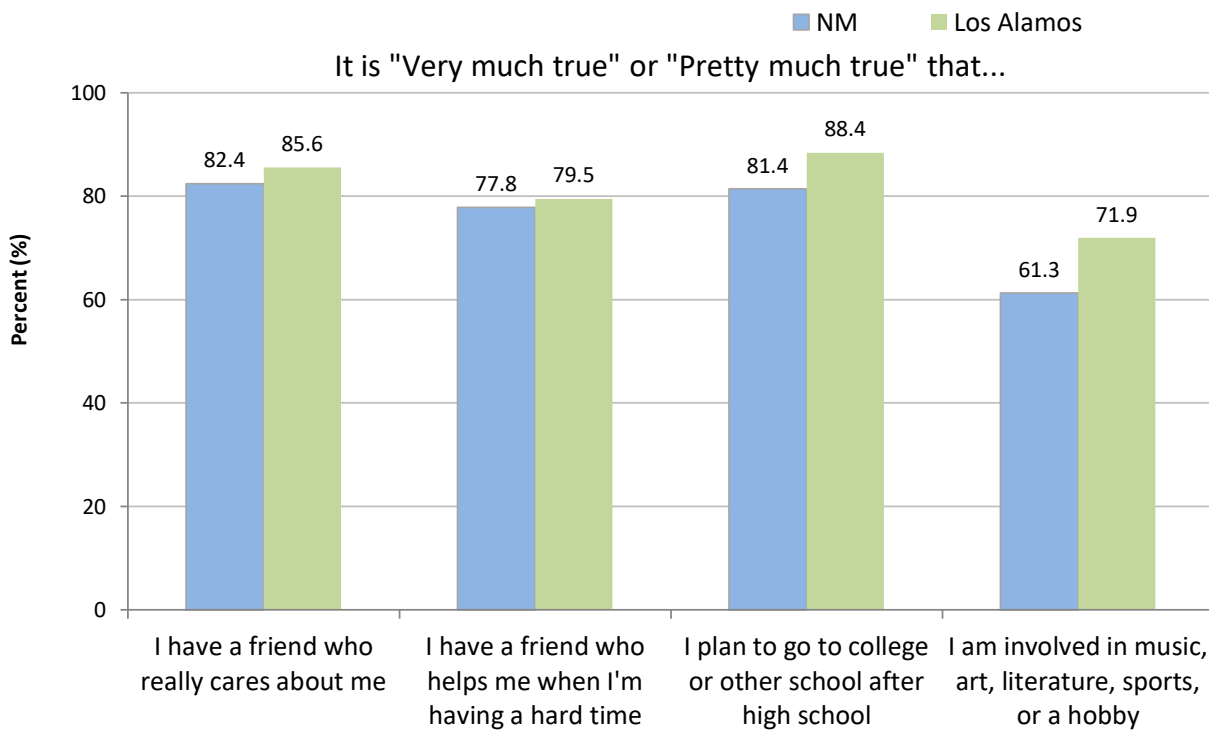
**Resiliency/Protective Factors in the School**  
**Grades 9-12, 2019**



**Resiliency/Protective Factors in the Community**  
**New Mexico and Los Alamos County**  
**Grades 9-12, 2019**



**Resiliency/Protective Factors with Peers and Personal**  
**Grades 9-12, 2019**

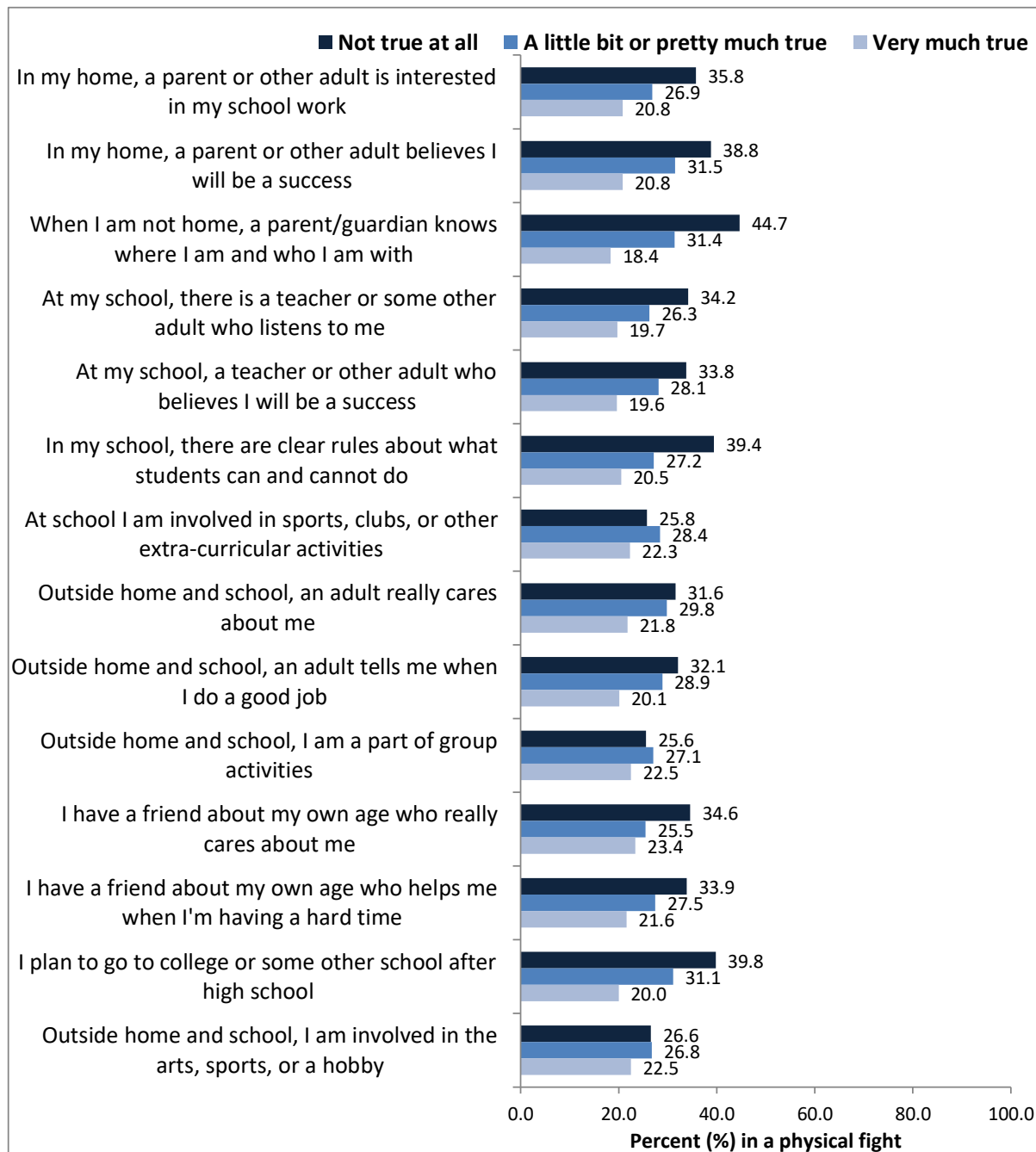




## Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors

## Physical fighting

by Selected Resiliency Factors  
Northeast Public Health Region  
Grades 9-12, 2019



### How to read this chart:

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 35.8% were in a physical fight.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 26.9% were in a physical fight.
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 20.8% were in a physical fight.

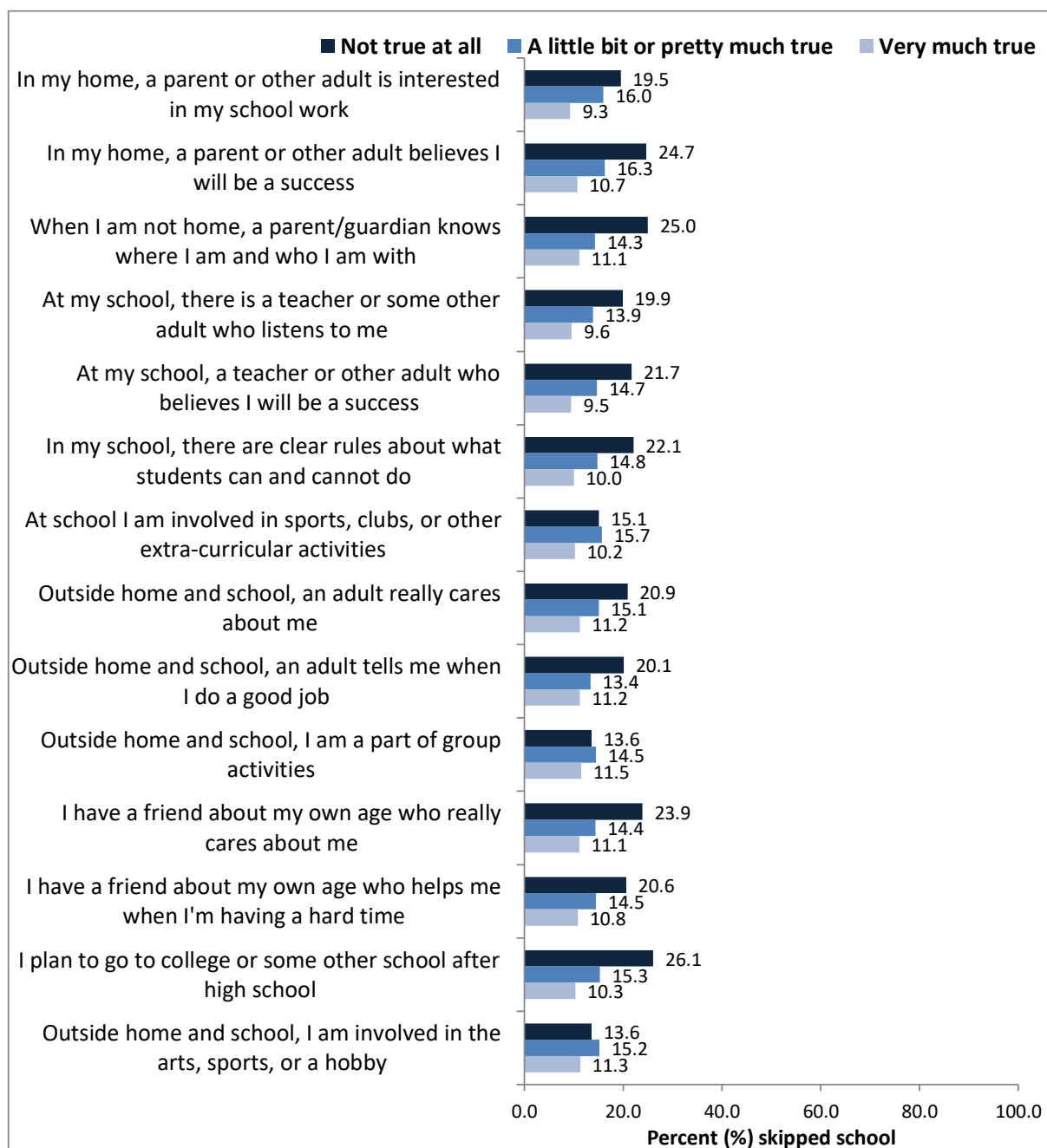


## Skipped school because of safety concerns

by Selected Resiliency Factors

Northeast Public Health Region

Grades 9-12, 2019

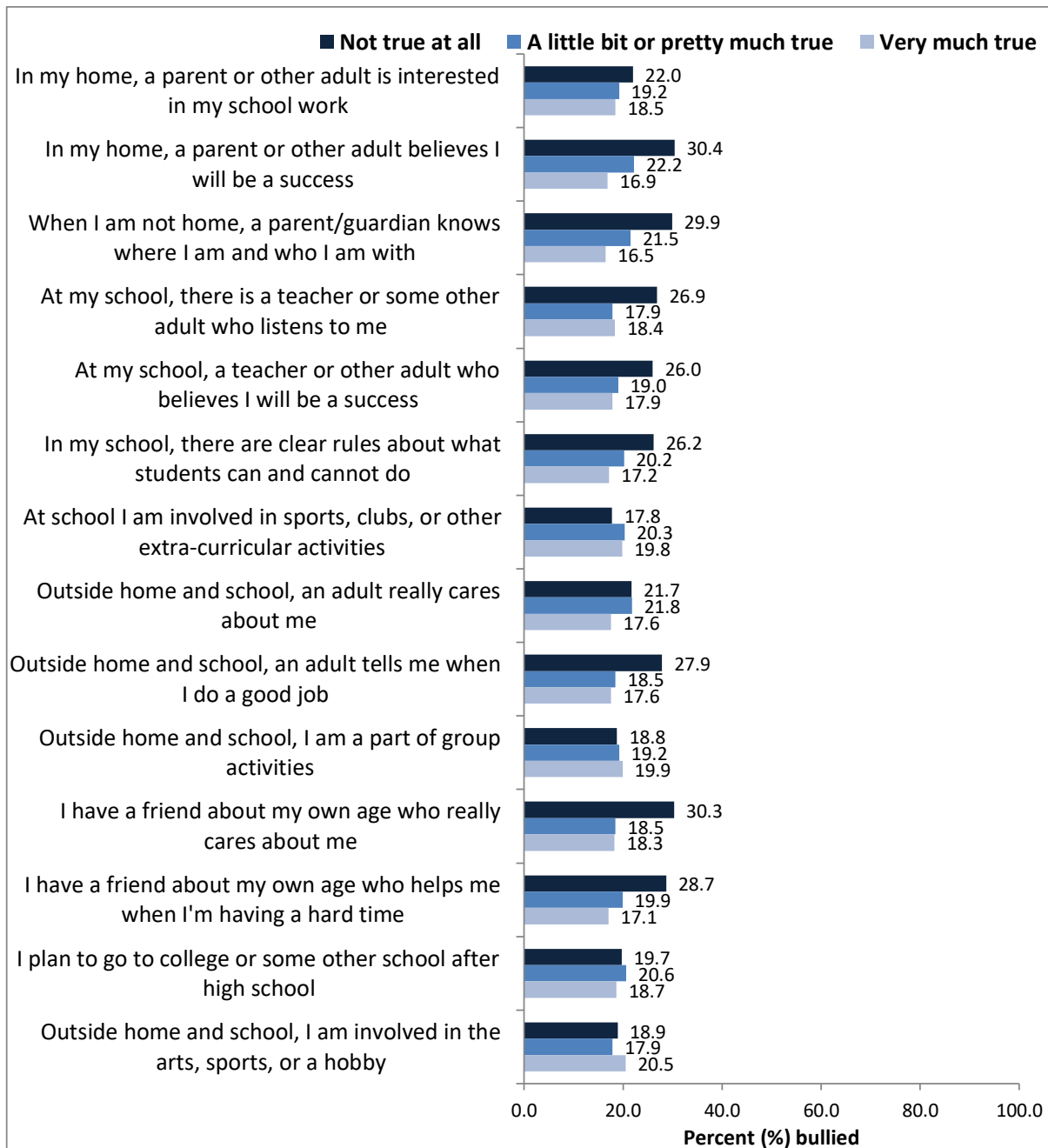


### How to read this chart:

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 19.5% skipped school because of safety concerns.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 16.0% skipped school because of safety concerns.
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 9.3% skipped school because of safety concerns.

## Bullied at school

by Selected Resiliency Factors  
Northeast Public Health Region  
Grades 9-12 2019



### How to read this chart:

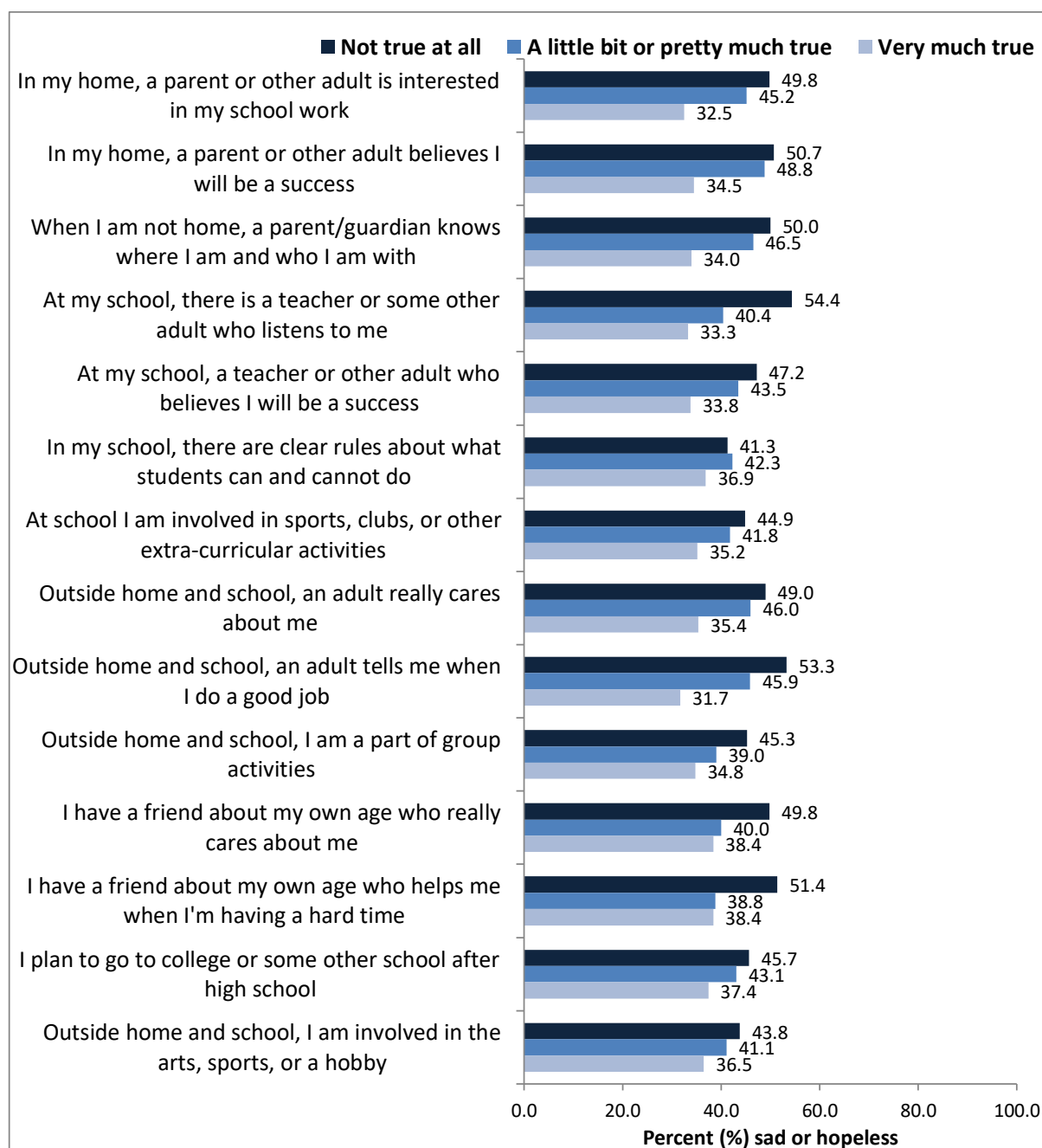
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 22.0% were bullied at school.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 19.2% were bullied at school.
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 18.5% were bullied at school.

## Feelings of sadness or hopelessness

by Selected Resiliency Factors

Northeast Public Health Region

Grades 9-12, 2019

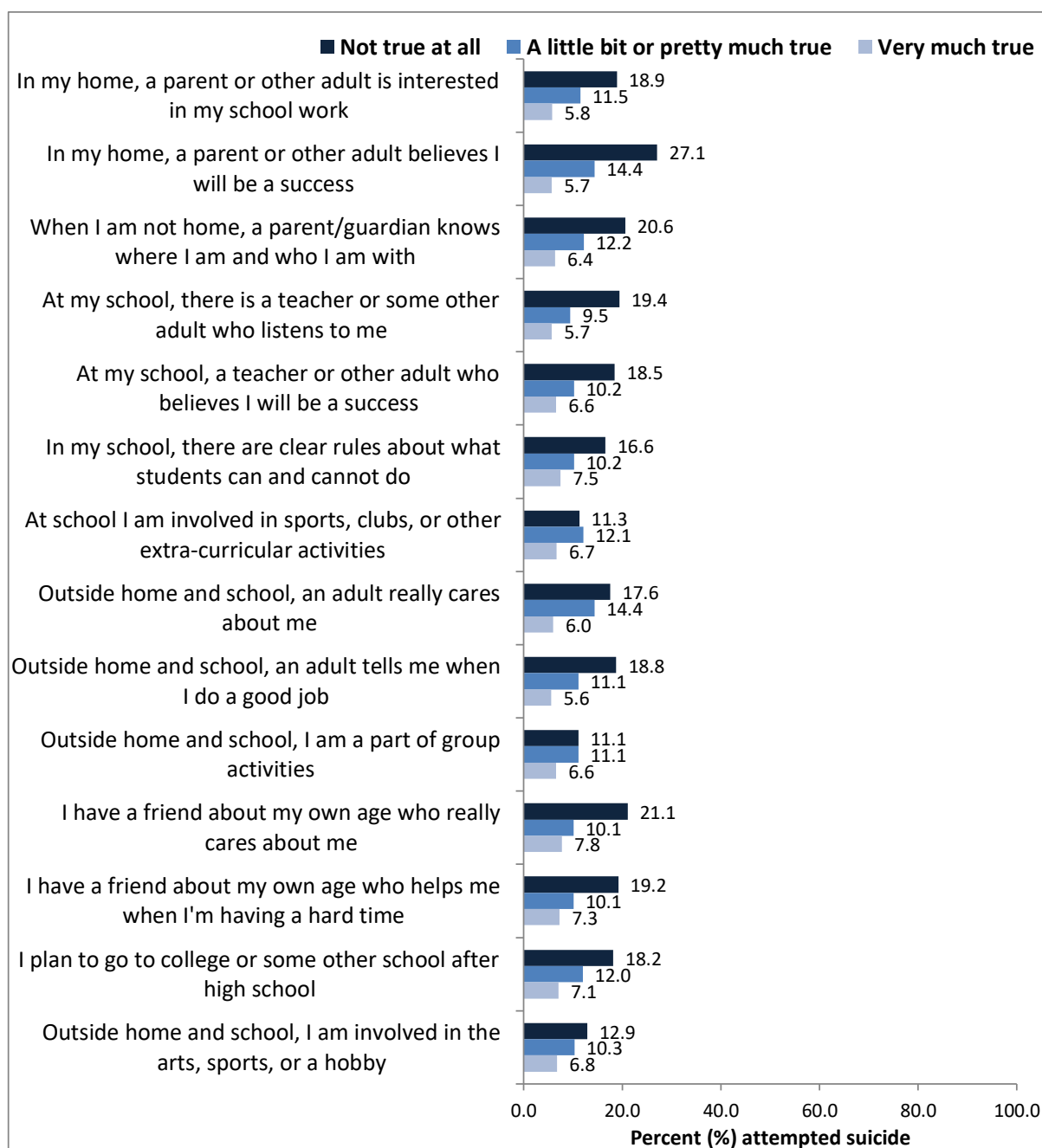


### How to read this chart:

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 49.8% felt sadness or hopelessness.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 45.2% felt sadness or hopelessness.
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 32.5% felt sadness or hopelessness.

## Suicide attempts

by Selected Resiliency Factors  
Northeast Public Health Region  
Grades 9-12, 2019



### How to read this chart:

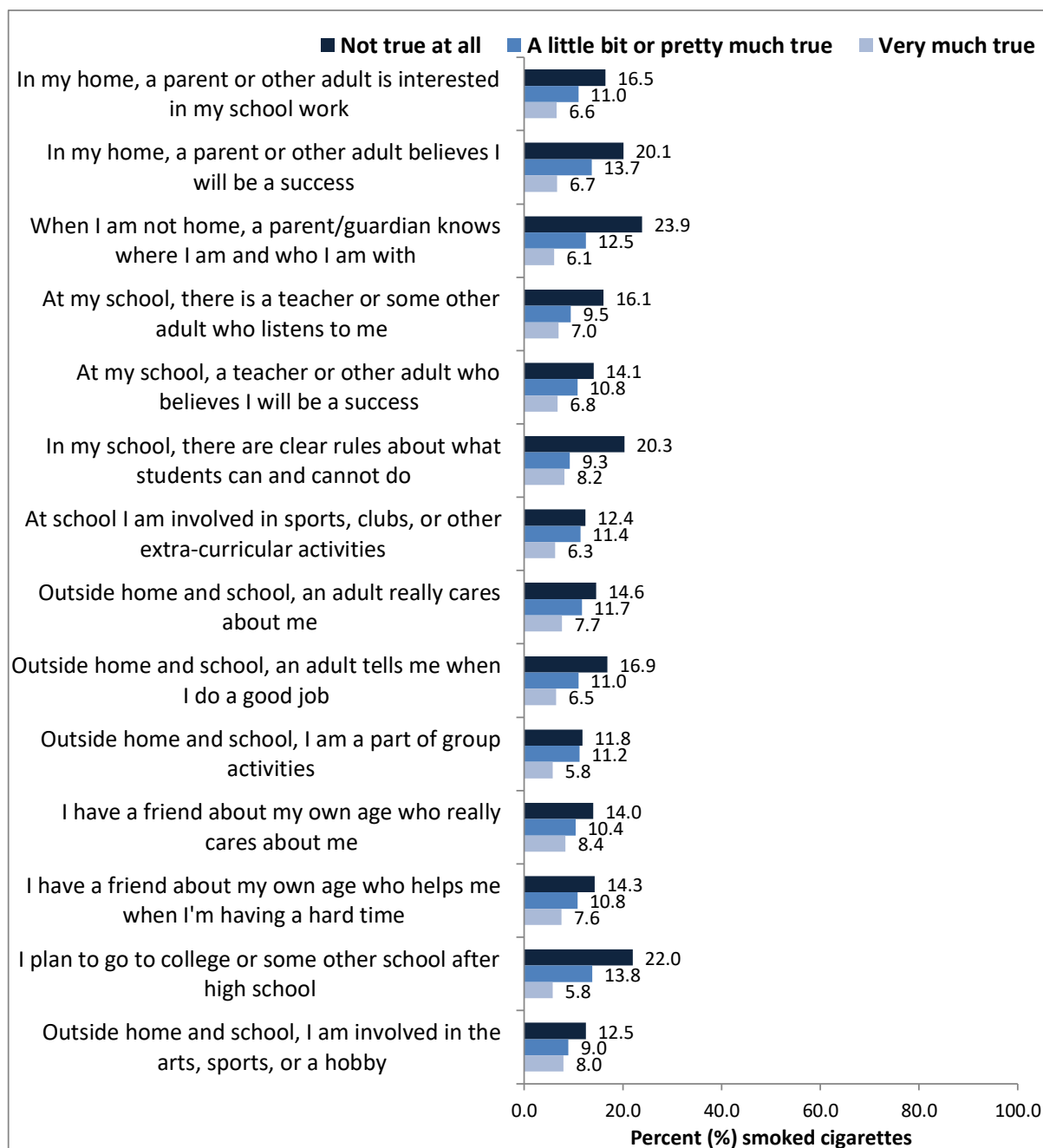
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 18.9% attempted suicide.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 11.5% attempted suicide.
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 5.8% attempted suicide.

## Current cigarette smoking

by Selected Resiliency Factors

Northeast Public Health Region

Grades 9-12, 2019

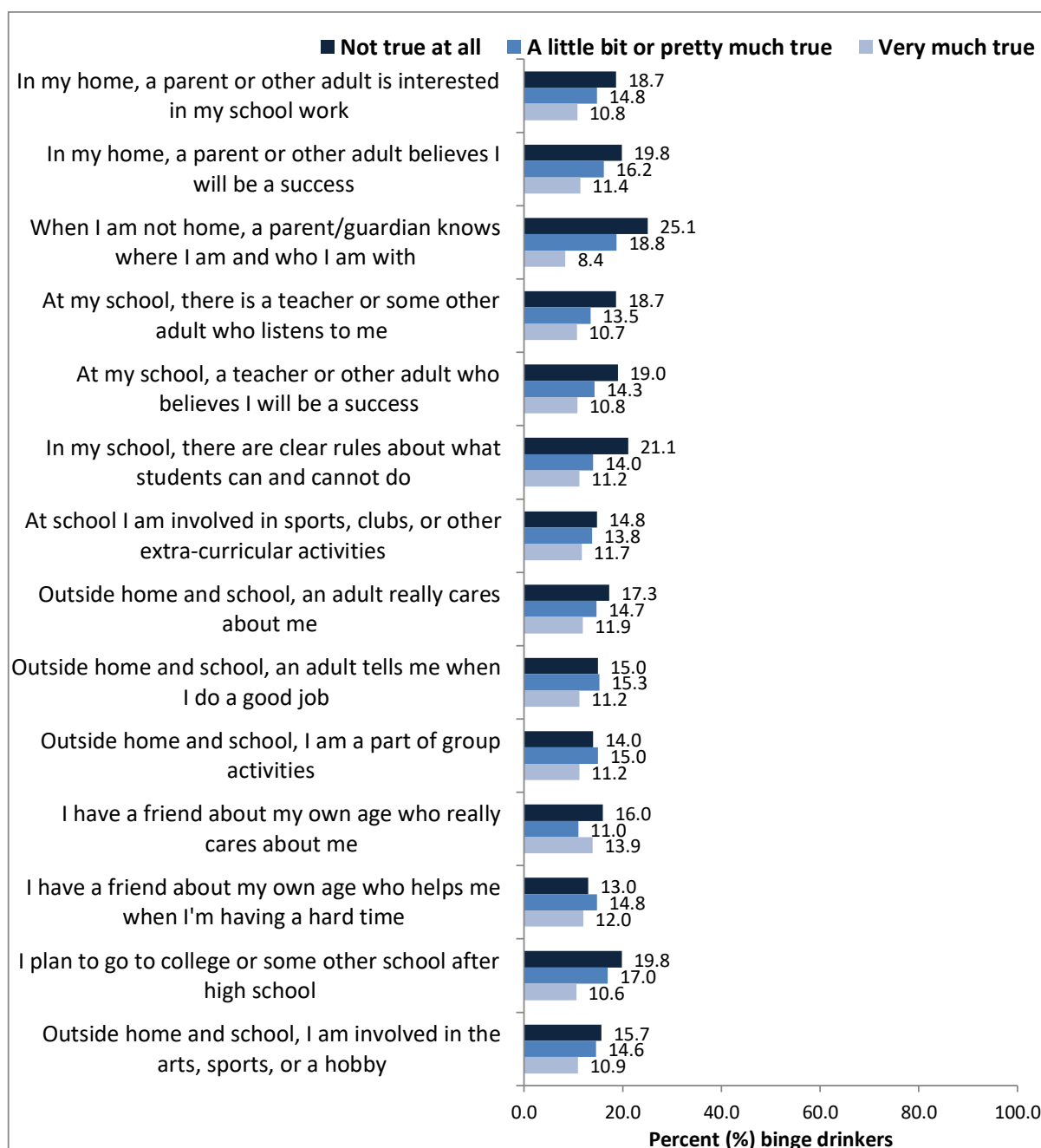


### How to read this chart:

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 16.5% were current cigarette smokers.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 11.0% were current cigarette smokers.
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 6.6% were current cigarette smokers.

## Binge drinking

by Selected Resiliency Factors  
Northeast Public Health Region  
Grades 9-12, 2019

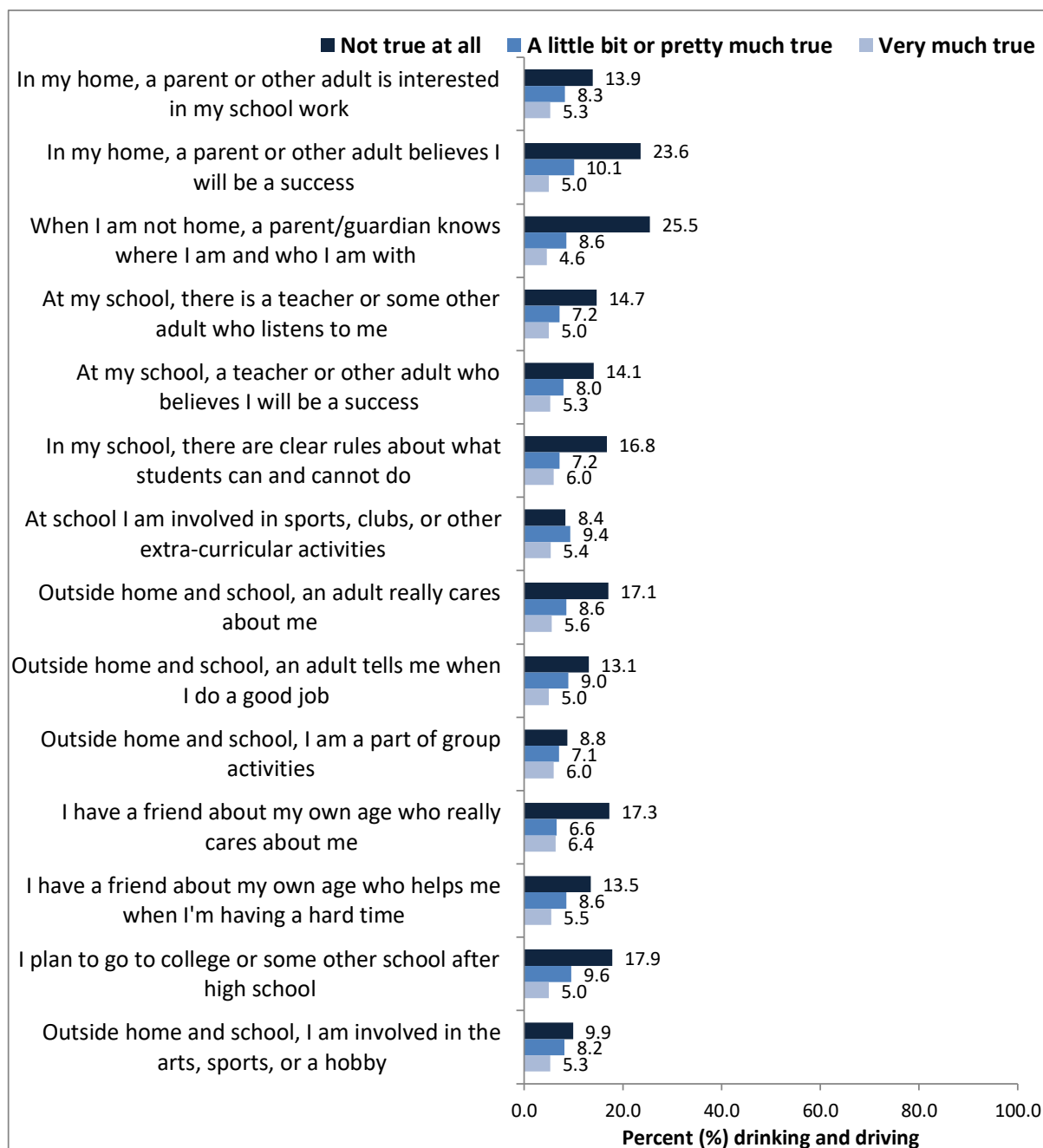


### How to read this chart:

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 18.7% were binge drinkers.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 14.8% were binge drinkers.
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 10.8% were binge drinkers.

## Drinking and driving

by Selected Resiliency Factors  
Northeast Public Health Region  
Grades 9-12, 2019



### How to read this chart:

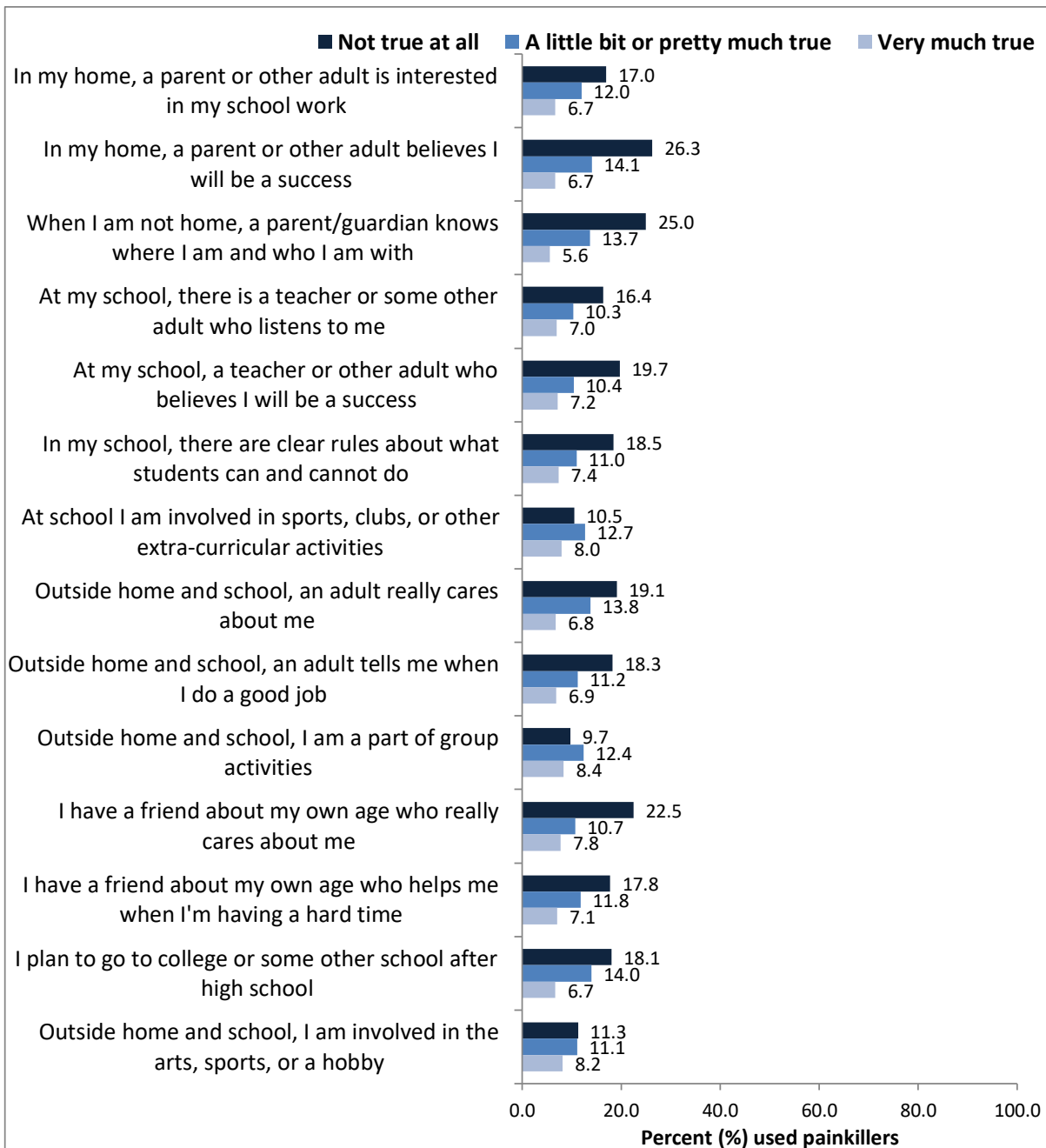
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 13.9% drove when they had been drinking.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 8.3% drove when they had been drinking.
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 5.3% drove when they had been drinking.

## Current painkiller use to get high

by Selected Resiliency Factors

Northeast Public Health Region

Grades 9-12, 2019



### How to read this chart:

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 17.0% used painkillers to get high.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 12.0% used painkillers to get high.
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 6.7% used painkillers to get high.

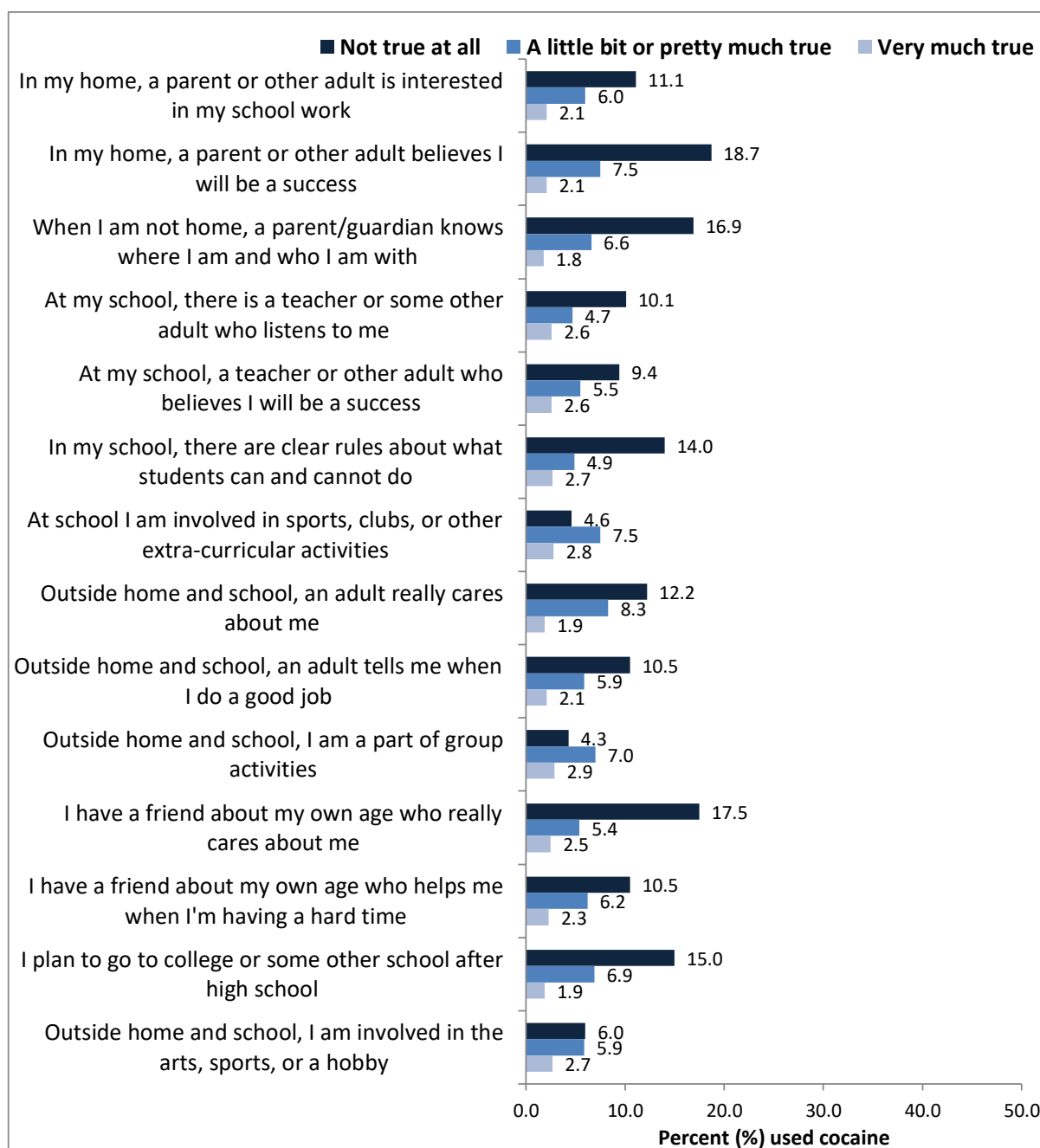


## Current cocaine use

by Selected Resiliency Factors

Northeast Public Health Region

Grades 9-12, 2019



### How to read this chart:

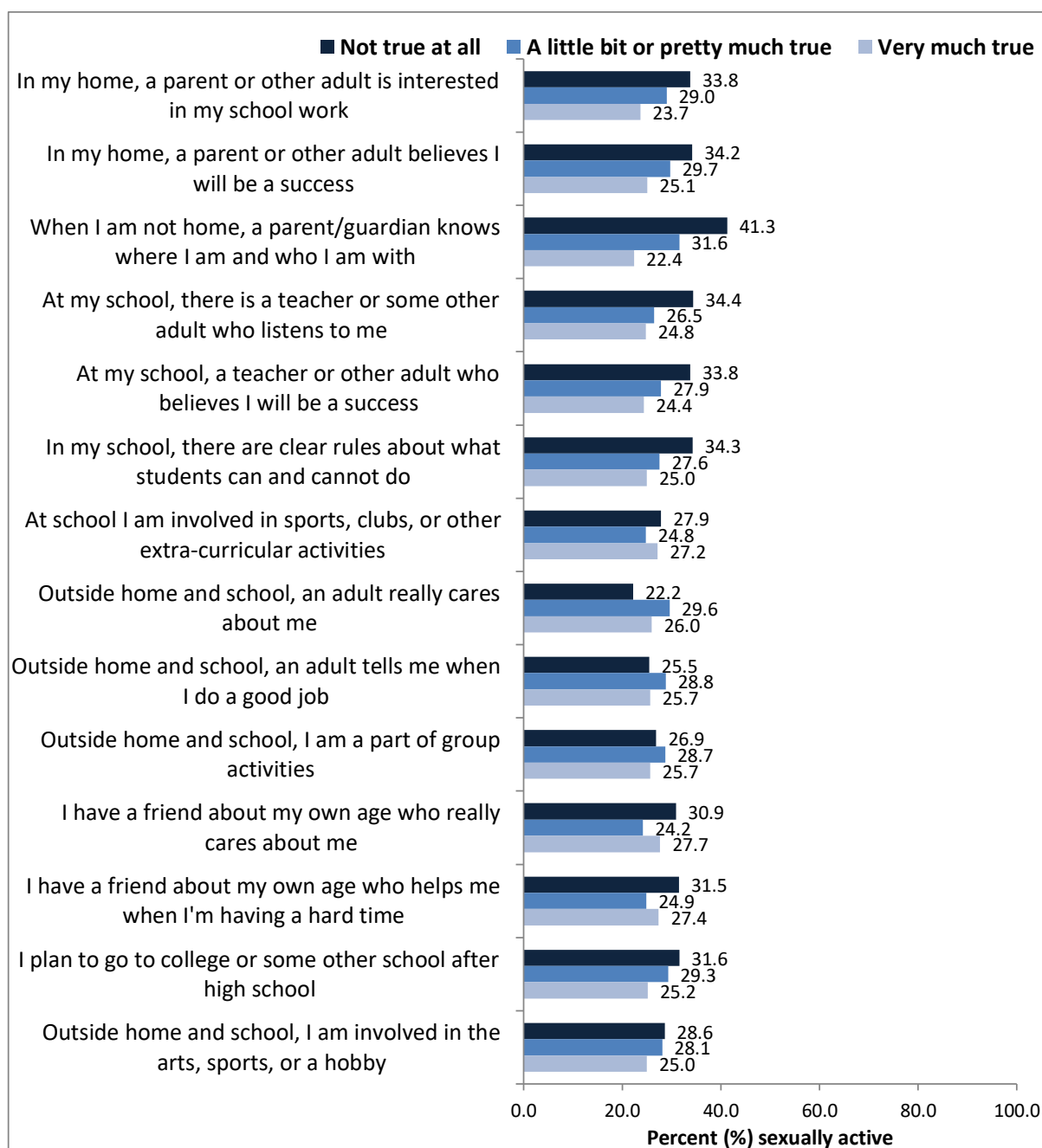
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 11.1% used cocaine.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 6.0% used cocaine.
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 2.1% used cocaine.

## Currently sexually active

by Selected Resiliency Factors

Northeast Public Health Region

Grades 9-12, 2019



### How to read this chart:

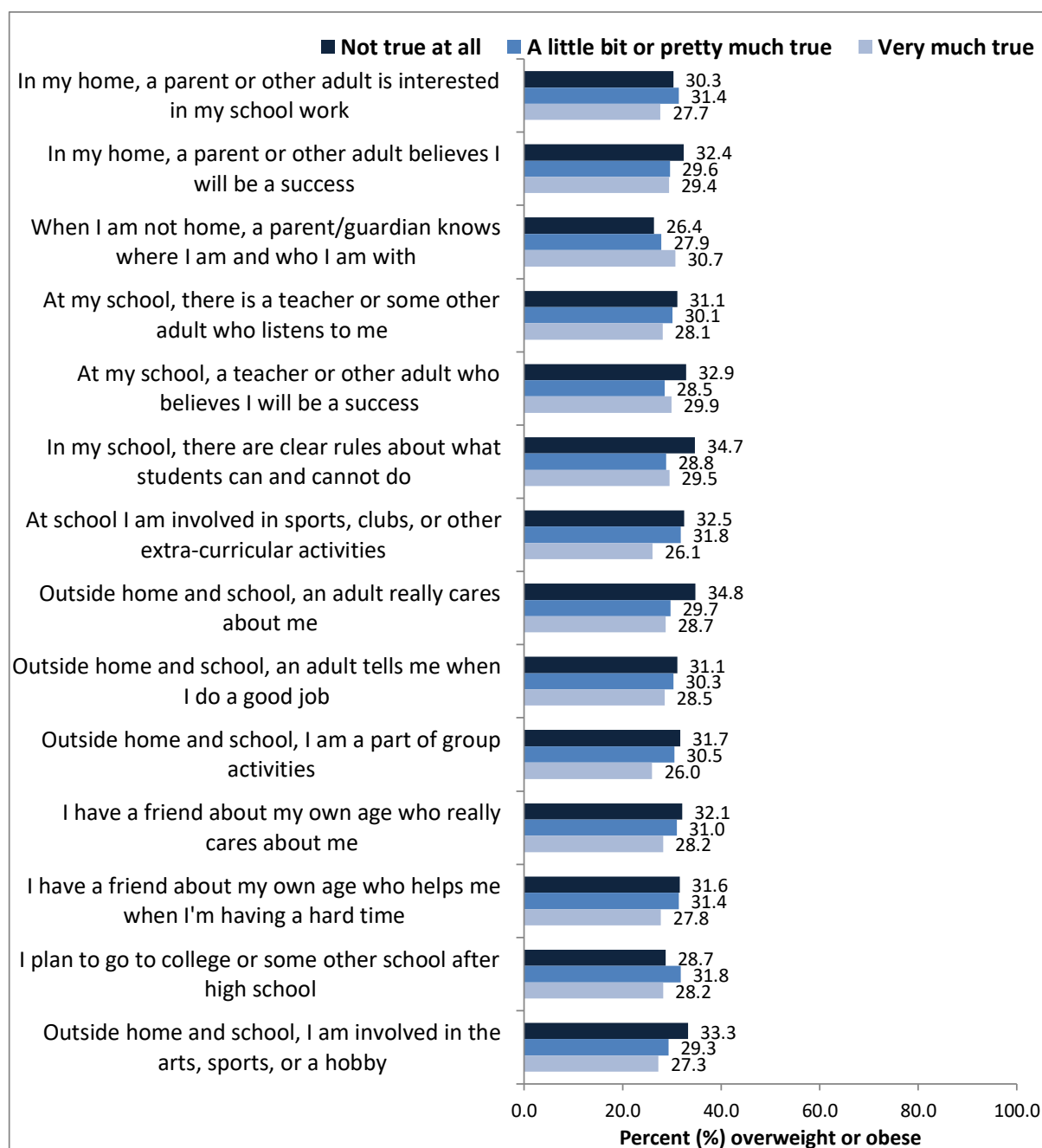
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 33.8% were sexually active.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 29.0% were sexually active.
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 23.7% were sexually active.

## Overweight or obese

by Selected Resiliency Factors

Northeast Public Health Region

Grades 9-12, 2019

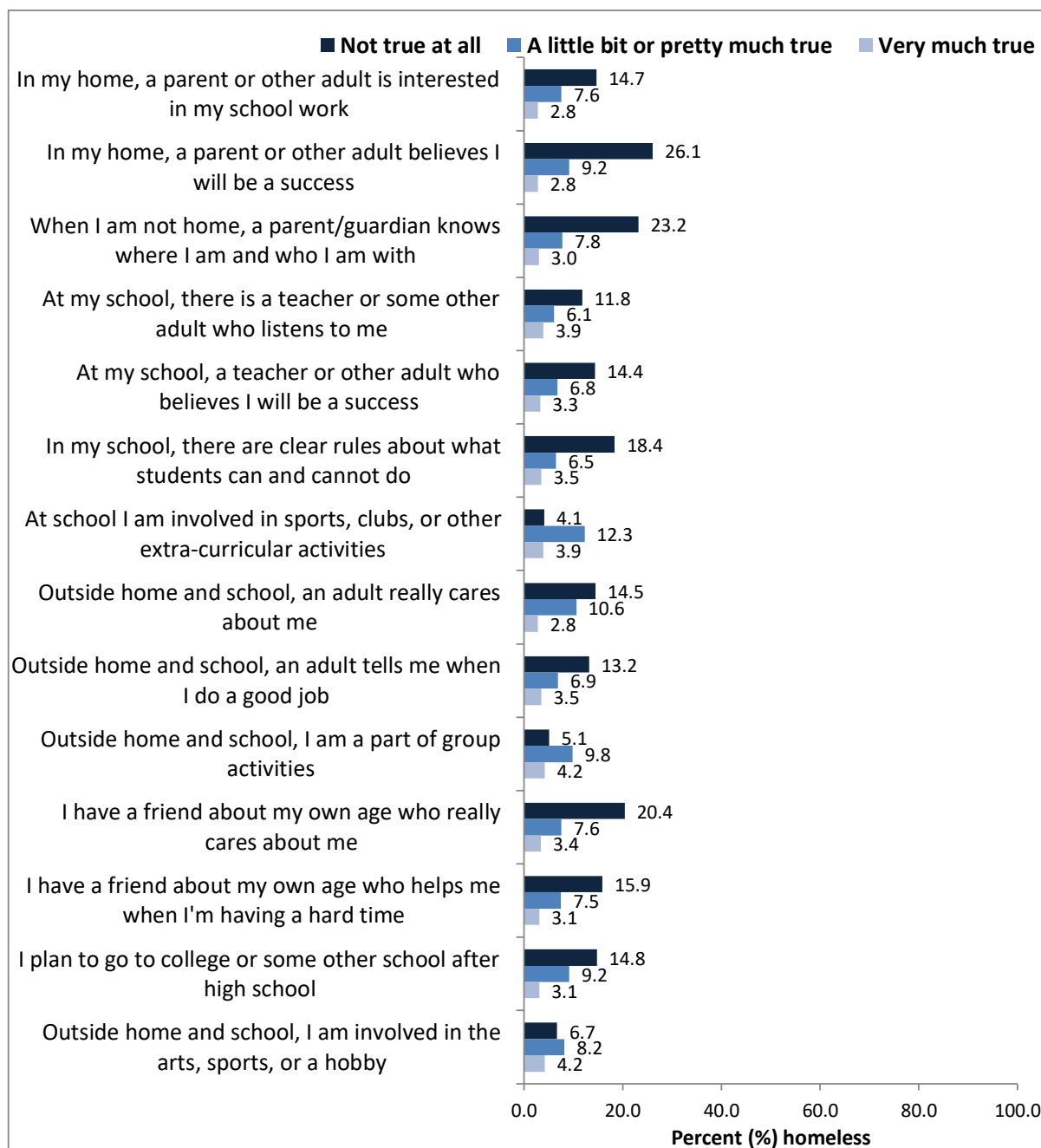


### How to read this chart:

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 30.3% were overweight or obese.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 31.4% were overweight or obese.
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 27.7% were overweight or obese.

## Homeless

by Selected Resiliency Factors  
Northeast Public Health Region  
Grades 9-12, 2019



### How to read this chart:

- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 14.7% were homeless
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 7.6% were homeless
- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 2.8% were homeless

## Appendix A

### Questionnaire with Results

**2019 High School Questionnaire****NM YRRS****Los Alamos County**

<b><u>Personal Information</u></b>	<b><u>Number of responses</u></b>	<b><u>%</u></b>
1. How old are you?		
A. 12 years old or younger	2	0.9%
B. 13 years old	3	0.8%
C. 14 years old	74	19.0%
D. 15 years old	117	28.1%
E. 16 years old	78	30.4%
F. 17 years old	35	15.8%
G. 18 years old or older	11	5.0%
2. What is your sex?		
A. Female	153	48.0%
B. Male	168	52.0%
3. In what grade are you?		
A. 9th grade	99	25.4%
B. 10th grade	119	27.4%
C. 11th grade	70	31.8%
D. 12th grade	33	14.9%
E. Ungraded or other grade	1	0.5%
4. Are you Hispanic or Latino?		
A. Yes	108	35.2%
B. No	209	64.8%
5. What is your race? (Select one or more responses.)		
A. American Indian or Alaska Native	25	8.8%
B. Asian	19	6.3%
C. Black or African American	12	3.3%
D. Native Hawaiian or Other Pacific Islander	6	2.5%
E. White	261	86.1%

**Weighted**  
**Mean**

6. How tall are you without your shoes on? Directions: Write your height in the shaded blank boxes. Fill in the matching oval below each number.

7. How much do you weigh without your shoes on? Directions: Write your weight in the shaded blank boxes. Fill in the matching oval below each number.

	<b><u>Weighted</u></b> <b><u>%</u></b>	<b><u>95%</u></b> <b><u>Confidence</u></b> <b><u>Interval</u></b>
8. Which one of these groups best describes you? (Select only one response.)		
A. American Indian or Alaska Native	3.0	(1.2-7.2)
B. Asian	5.1	(2.4-10.4)
C. Black or African American	1.3	(0.5-3.1)
D. Hispanic or Latino	25.4	(17.7-35.1)
E. Native Hawaiian or Other Pacific Islander	0.7	(0.1-4.2)
F. White	64.6	(52.5-75.0)
9. What is the highest level of schooling your mother completed?		
A. Completed grade school or less	0.5	(0.1-3.5)
B. Some high school	2.1	(0.9-4.9)
C. Completed high school	7.5	(4.6-11.9)
D. Some college	12.6	(8.3-18.6)
E. Completed college	42.2	(37.9-46.6)
F. Graduate or professional school	28.9	(23.5-34.9)
G. Not sure	6.2	(3.4-11.0)
10. What is the highest level of schooling your father completed?		
A. Completed grade school or less	0.3	(0.0-1.9)
B. Some high school	3.6	(1.8-7.1)
C. Completed high school	8.8	(5.5-13.8)
D. Some college	9.1	(6.9-11.8)
E. Completed college	27.6	(22.3-33.7)
F. Graduate or professional school	42.0	(35.6-48.6)
G. Not sure	8.6	(4.9-14.5)

### Personal Safety

The next 6 questions ask about safety.

11. When you rode a bicycle during the past 12 months, how often did you wear a helmet?		
A. I did not ride a bicycle during the past 12 months	29.2	(24.6-34.3)
B. Never wore a helmet	22.7	(17.9-28.4)
C. Rarely wore a helmet	7.5	(4.6-11.9)
D. Sometimes wore a helmet	5.5	(3.7-8.1)
E. Most of the time wore a helmet	15.5	(11.9-20.0)
F. Always wore a helmet	19.6	(14.8-25.5)

12. How often do you wear a seat belt when riding in a car driven by someone else?		
A. Never	2.6	(0.9-7.4)
B. Rarely	2.3	(1.1-4.7)
C. Sometimes	3.6	(1.9-6.6)
D. Most of the time	24.4	(18.9-30.9)
E. Always	67.1	(60.8-72.8)
13. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?		
A. 0 times	86.0	(80.7-90.0)
B. 1 time	6.7	(4.3-10.2)
C. 2 or 3 times	4.4	(2.6-7.6)
D. 4 or 5 times	0.8	(0.2-3.5)
E. 6 or more times	2.0	(1.2-3.4)
14. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?		
A. I did not drive a car or other vehicle during the past 30 days	35.1	(23.6-48.7)
B. 0 times	62.0	(49.5-73.1)
C. 1 time	1.5	(0.5-4.1)
D. 2 or 3 times	1.3	(0.5-3.6)
E. 4 or 5 times	0.0	(.-.)
F. 6 or more times	0.0	(.-.)
15. During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana (also called pot, weed, or cannabis)?		
A. I did not drive a car or other vehicle during the past 30 days	37.1	(25.9-49.8)
B. 0 times	55.9	(44.2-66.9)
C. 1 time	1.7	(0.9-3.5)
D. 2 or 3 times	2.1	(0.6-7.7)
E. 4 or 5 times	0.7	(0.1-3.0)
F. 6 or more times	2.5	(1.2-5.1)
16. During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?		
A. I did not drive a car or other vehicle during the past 30 days	34.9	(23.4-48.4)
B. 0 days	44.2	(34.9-53.9)
C. 1 or 2 days	9.4	(6.5-13.5)
D. 3 to 5 days	1.5	(0.6-4.0)
E. 6 to 9 days	3.8	(2.1-7.0)
F. 10 to 19 days	2.3	(1.0-5.0)
G. 20 to 29 days	2.2	(0.8-6.1)
H. All 30 days	1.7	(0.6-4.8)
17. Is there a gun in your home?		
A. Yes	49.9	(43.1-56.6)
B. No	39.2	(32.0-46.9)
C. Not sure	11.0	(8.7-13.8)



**Violence-Related Behaviors****The next 9 questions ask about violence-related behaviors.**

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

A. 0 days	76.5	(70.8-81.4)
B. 1 day	5.6	(3.2-9.4)
C. 2 or 3 days	7.5	(4.7-11.6)
D. 4 or 5 days	3.1	(1.3-7.2)
E. 6 or more days	7.3	(4.5-11.7)

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

A. 0 days	96.9	(93.8-98.5)
B. 1 day	0.8	(0.1-4.7)
C. 2 or 3 days	0.2	(0.0-1.5)
D. 4 or 5 days	0.2	(0.0-1.6)
E. 6 or more days	1.9	(0.7-5.2)

20. During the past 12 months, on how many days did you carry a gun? (Do not count the days when you carried a gun only for hunting or for a sport, such as target shooting.)

A. 0 days	95.5	(93.3-97.0)
B. 1 day	1.4	(0.5-3.4)
C. 2 or 3 days	0.7	(0.3-1.8)
D. 4 or 5 days	0.8	(0.2-2.6)
E. 6 or more days	1.7	(0.7-3.9)

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

A. 0 days	91.8	(88.1-94.4)
B. 1 day	3.9	(2.6-5.6)
C. 2 or 3 days	3.3	(1.8-5.9)
D. 4 or 5 days	0.7	(0.1-3.0)
E. 6 or more days	0.4	(0.1-3.0)

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

A. 0 times	76.6	(70.7-81.7)
B. 1 time	9.7	(6.3-14.8)
C. 2 or 3 times	10.0	(6.9-14.3)
D. 4 or 5 times	1.2	(0.3-4.7)
E. 6 or 7 times	0.8	(0.2-3.5)
F. 8 or 9 times	0.2	(0.0-1.5)
G. 10 or 11 times	0.0	(.-.)
H. 12 or more times	1.5	(0.5-4.1)

23. During the past 12 months, how many times were you in a physical fight on school property?

A. 0 times	91.1	(86.1-94.5)
B. 1 time	5.7	(3.9-8.1)
C. 2 or 3 times	2.2	(0.9-5.2)
D. 4 or 5 times	0.3	(0.0-2.1)
E. 6 or 7 times	0.5	(0.1-3.2)
F. 8 or 9 times	0.3	(0.0-1.7)
G. 10 or 11 times	0.0	(.-.)
H. 12 or more times	0.0	(.-.)

24. Have you ever been physically forced to have sexual intercourse when you did not want to?

A. Yes	9.5	(7.0-12.8)
B. No	90.5	(87.2-93.0)

25. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)

A. I did not date or go out with anyone during the past 12 months	88.9	(84.6-92.1)
B. 0 times	3.6	(1.7-7.7)
C. 1 time	5.1	(2.9-8.7)
D. 2 or 3 times	1.5	(0.7-3.4)
E. 4 or 5 times	1.0	(0.4-2.6)
F. 6 or more times		

26. During the past 12 months, how many times did anyone force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)

A. 0 times	43.6	(39.0-48.3)
B. 1 time	52.2	(47.1-57.3)
C. 2 or 3 times	1.6	(0.7-3.6)
D. 4 or 5 times	1.3	(0.3-5.5)
E. 6 or more times	0.0	(.-.)

### **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.

27. During the past 12 months, have you ever been bullied on school property?

A. Yes	28.4	(23.1-34.3)
B. No	71.6	(65.7-76.9)

28. During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)

A. Yes	17.8	(14.6-21.5)
B. No	82.2	(78.5-85.4)

**Self-Injury**

**The next question asks about hurting yourself on purpose.**

29. During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?

A. 0 times	71.2	(63.8-77.6)
B. 1 time	10.0	(6.5-15.2)
C. 2 or 3 times	7.1	(4.5-11.1)
D. 4 or 5 times	5.2	(3.4-7.7)
E. 6 or more times	6.5	(4.2-9.8)

**Sadness and Attempted Suicide**

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

30. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

A. Yes	35.8	(32.0-39.8)
B. No	64.2	(60.2-68.0)

31. During the past 12 months, did you ever seriously consider attempting suicide?

A. Yes	21.3	(17.4-25.9)
B. No	78.7	(74.1-82.6)

32. During the past 12 months, did you make a plan about how you would attempt suicide?

A. Yes	15.8	(12.2-20.2)
B. No	84.2	(79.8-87.8)

33. During the past 12 months, how many times did you actually attempt suicide?

A. 0 times	93.6	(88.5-96.5)
B. 1 time	4.0	(2.3-7.1)
C. 2 or 3 times	1.6	(0.4-5.9)
D. 4 or 5 times	0.5	(0.1-2.9)
E. 6 or more times	0.3	(0.0-1.8)

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

A. I did not attempt suicide during the past 12 months	93.6	(88.5-96.5)
B. Yes	3.0	(1.1-7.6)
C. No	3.5	(1.8-6.4)

**Tobacco Use**

**The next 4 questions ask about cigarette smoking.**

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

A. Yes	17.3	(11.6-25.0)
B. No	82.7	(75.0-88.4)

36. 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	82.9	(75.4-88.5)
B. 8 years old or younger	2.0	(1.0-4.0)
C. 9 or 10 years old	0.9	(0.3-3.1)
D. 11 or 12 years old	1.9	(0.8-4.6)
E. 13 or 14 years old	5.4	(3.5-8.2)
F. 15 or 16 years old	6.0	(3.6-9.9)
G. 17 years old or older	0.9	(0.2-3.9)
37. During the past 30 days, on how many days did you smoke cigarettes?		
A. 0 days	94.2	(90.7-96.4)
B. 1 or 2 days	2.6	(1.5-4.5)
C. 3 to 5 days	1.4	(0.5-3.7)
D. 6 to 9 days	0.7	(0.2-2.7)
E. 10 to 19 days	0.0	(.-.)
F. 20 to 29 days	0.5	(0.1-3.3)
G. All 30 days	0.7	(0.2-2.7)
38. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?		
A. I did not smoke cigarettes during the past 30 days	94.2	(90.7-96.4)
B. Less than 1 cigarette per day	2.8	(1.5-5.1)
C. 1 cigarette per day	1.6	(0.5-5.5)
D. 2 to 5 cigarettes per day	1.0	(0.3-2.8)
E. 6 to 10 cigarettes per day	0.0	(.-.)
F. 11 to 20 cigarettes per day	0.0	(.-.)
G. More than 20 cigarettes per day	0.5	(0.1-3.1)
<b>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.</b>		
39. Have you ever used an electronic vapor product?		
A. Yes	46.7	(38.7-54.9)
B. No	53.3	(45.1-61.3)
40. During the past 30 days, on how many days did you use an electronic vapor product?		
A. 0 days	73.1	(67.9-77.7)
B. 1 or 2 days	9.1	(6.1-13.4)
C. 3 to 5 days	1.3	(0.5-3.9)
D. 6 to 9 days	1.3	(0.4-3.9)
E. 10 to 19 days	3.3	(1.8-5.9)
F. 20 to 29 days	3.2	(2.0-5.1)
G. All 30 days	8.6	(5.3-13.7)

**The next 4 questions ask about other tobacco products.**

41. 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.)

A. 0 days	93.8	(87.7-97.0)
B. 1 or 2 days	1.7	(0.8-3.3)
C. 3 to 5 days	1.7	(0.6-4.8)
D. 6 to 9 days	0.2	(0.0-1.3)
E. 10 to 19 days	0.0	(.-.)
F. 20 to 29 days	1.2	(0.4-3.2)
G. All 30 days	1.4	(0.6-3.2)

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

A. 0 days	93.4	(87.2-96.7)
B. 1 or 2 days	3.8	(1.7-8.2)
C. 3 to 5 days	0.7	(0.1-3.0)
D. 6 to 9 days	0.7	(0.2-1.9)
E. 10 to 19 days	1.0	(0.3-3.5)
F. 20 to 29 days	0.0	(.-.)
G. All 30 days	0.5	(0.1-3.1)

43. During the past 30 days, on how many days did you smoke tobacco or flavored tobacco in a hookah, even just a puff?

A. 0 days	95.9	(91.0-98.2)
B. 1 or 2 days	2.6	(1.0-6.3)
C. 3 to 5 days	0.5	(0.1-1.9)
D. 6 to 9 days	0.5	(0.1-3.5)
E. 10 to 19 days	0.0	(.-.)
F. 20 to 29 days	0.0	(.-.)
G. All 30 days	0.5	(0.1-3.1)

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

A. 0 days	72.7	(66.9-77.8)
B. 1 day	9.3	(6.6-12.9)
C. 2 days	6.0	(3.5-10.1)
D. 3 days	3.5	(1.9-6.4)
E. 4 days	2.1	(1.0-4.4)
F. 5 days	2.3	(1.2-4.4)
G. 6 days	0.9	(0.2-3.3)
H. 7 days	3.2	(1.5-6.7)

**Alcohol**

**The next 5 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.**

45. 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	48.9	(44.3-53.5)
B. 8 years old or younger	5.3	(3.2-8.5)
C. 9 or 10 years old	3.7	(2.3-5.9)
D. 11 or 12 years old	7.4	(5.0-10.8)
E. 13 or 14 years old	14.7	(10.9-19.7)
F. 15 or 16 years old	17.1	(11.5-24.6)
G. 17 years old or older	2.9	(0.9-8.8)

46. During the past 30 days, on how many days did you have at least one drink of alcohol?

A. 0 days	71.2	(65.2-76.6)
B. 1 or 2 days	18.2	(14.8-22.2)
C. 3 to 5 days	4.3	(3.0-6.2)
D. 6 to 9 days	4.4	(2.1-8.8)
E. 10 to 19 days	0.8	(0.1-5.1)
F. 20 to 29 days	0.0	(.-.)
G. All 30 days	1.0	(0.4-2.8)

47. During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row, that is, within a couple of hours (if you are female) or 5 or more drinks of alcohol in a row, that is, within a couple of hours (if you are male)?

A. 0 days	91.4	(84.1-95.5)
B. 1 day	1.3	(0.5-3.4)
C. 2 days	3.1	(1.3-7.5)
D. 3 to 5 days	2.4	(1.1-5.0)
E. 6 to 9 days	1.3	(0.4-4.4)
F. 10 to 19 days	0.0	(.-.)
G. 20 or more days	0.5	(0.1-3.3)

48. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?

A. I did not drink alcohol during the past 30 days	74.0	(68.4-79.0)
B. 1 or 2 drinks	15.3	(11.4-20.3)
C. 3 drinks	1.2	(0.3-5.0)
D. 4 drinks	0.8	(0.2-3.2)
E. 5 drinks	1.3	(0.5-3.3)
F. 6 or 7 drinks	3.7	(1.9-7.0)
G. 8 or 9 drinks	1.6	(0.6-4.1)
H. 10 or more drinks	2.1	(0.8-5.5)

49. During the past 30 days, how did you usually get the alcohol you drank?		
A. I did not drink alcohol during the past 30 days	71.8	(65.6-77.2)
B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	0.5	(0.1-4.0)
C. I bought it at a restaurant, bar, or club	1.1	(0.3-4.2)
D. I bought it at a public event such as a concert or sporting event	0.5	(0.1-3.6)
E. I gave someone else money to buy it for me	3.4	(1.7-6.4)
F. Someone gave it to me	9.7	(6.5-14.1)
G. I took it from a store or family member	4.2	(2.5-6.9)
H. I got it some other way	9.0	(6.2-12.8)
50. During the past 30 days, where did you usually drink alcohol? (Select only one response.)		
A. I did not drink alcohol during the past 30 days	69.8	(63.4-75.5)
B. At my home	10.1	(8.9-11.4)
C. At another person's home	10.8	(7.6-15.1)
D. While riding in or driving a car or other vehicle	0.6	(0.2-2.2)
E. At a restaurant, bar, or club	1.7	(0.6-4.5)
F. At a public place such as a park, beach, or parking lot	5.7	(3.0-10.7)
G. At a public event such as a concert or sporting event	0.5	(0.1-1.9)
H. On school property	0.8	(0.2-2.7)

### **Marijuana Use**

**The next 2 questions ask about marijuana use. Marijuana also is called pot, weed, or cannabis.**

51. How old were you when you tried marijuana for the first time?		
A. I have never tried marijuana	69.2	(63.6-74.4)
B. 8 years old or younger	1.2	(0.6-2.5)
C. 9 or 10 years old	2.2	(0.9-5.2)
D. 11 or 12 years old	3.5	(2.1-5.8)
E. 13 or 14 years old	12.6	(9.5-16.3)
F. 15 or 16 years old	10.2	(7.5-13.8)
G. 17 years old or older	1.1	(0.4-3.2)
52. During the past 30 days, how many times did you use marijuana?		
A. 0 times	81.5	(77.2-85.1)
B. 1 or 2 times	7.9	(5.8-10.7)
C. 3 to 9 times	4.2	(2.6-6.8)
D. 10 to 19 times	1.7	(0.8-3.8)
E. 20 to 39 times	1.3	(0.5-3.2)
F. 40 or more times	3.4	(1.5-7.5)

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

53. During the past 30 days, how many times did you use synthetic marijuana?

A. 0 times	94.2	(91.2-96.2)
B. 1 or 2 times	1.7	(0.9-3.3)
C. 3 to 9 times	1.2	(0.5-2.9)
D. 10 to 19 times	0.9	(0.2-3.5)
E. 20 to 39 times	0.5	(0.1-2.0)
F. 40 or more times	1.4	(0.6-3.2)

**The next 2 questions ask about the use of prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it. For these questions, count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.**

54. During your life, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?

A. 0 times	90.4	(86.2-93.4)
B. 1 or 2 times	3.9	(2.5-6.0)
C. 3 to 9 times	2.1	(1.2-3.6)
D. 10 to 19 times	1.7	(0.6-4.8)
E. 20 to 39 times	0.3	(0.0-1.9)
F. 40 or more times	1.7	(0.8-3.7)

55. During the past 30 days, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?

A. 0 times	92.9	(89.4-95.3)
B. 1 or 2 times	4.0	(2.6-6.2)
C. 3 to 9 times	2.6	(1.3-5.4)
D. 10 to 19 times	0.0	(.-.)
E. 20 to 39 times	0.0	(.-.)
F. 40 or more times	0.5	(0.1-3.1)

### **Other Drugs**

**The next 10 questions ask about other drugs.**

crack, or freebase?

A. 0 times	95.5	(92.4-97.4)
B. 1 or 2 times	2.1	(1.1-4.0)
C. 3 to 9 times	0.7	(0.2-2.8)
D. 10 to 19 times	0.0	(.-.)
E. 20 to 39 times	1.1	(0.3-3.7)
F. 40 or more times	0.5	(0.1-3.1)



57. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?

A. 0 times	98.1	(96.1-99.1)
B. 1 or 2 times	0.5	(0.1-1.8)
C. 3 to 9 times	0.0	(.-.)
D. 10 to 19 times	0.9	(0.3-2.9)
E. 20 to 39 times	0.0	(.-.)
F. 40 or more times	0.5	(0.1-3.1)

58. During your life, how many times have you used heroin (also called smack, junk, or China White)?

A. 0 times	98.6	(96.1-99.5)
B. 1 or 2 times	0.0	(.-.)
C. 3 to 9 times	0.5	(0.1-3.5)
D. 10 to 19 times	0.0	(.-.)
E. 20 to 39 times	0.2	(0.0-1.6)
F. 40 or more times	0.7	(0.2-2.8)

59. During the past 30 days, how many times did you use heroin (also called smack, junk, or China White)?

A. 0 times	98.3	(96.2-99.2)
B. 1 or 2 times	0.0	(.-.)
C. 3 to 9 times	0.2	(0.0-1.8)
D. 10 to 19 times	0.7	(0.2-3.1)
E. 20 to 39 times	0.0	(.-.)
F. 40 or more times	0.8	(0.2-2.6)

60. During your life, how many times have you used methamphetamines (also called speed, crystal meth, crank, ice, or meth)?

A. 0 times	97.1	(95.2-98.3)
B. 1 or 2 times	1.4	(0.5-3.6)
C. 3 to 9 times	0.0	(.-.)
D. 10 to 19 times	0.2	(0.0-1.8)
E. 20 to 39 times	0.8	(0.2-2.9)
F. 40 or more times	0.5	(0.1-3.1)

61. During the past 30 days, how many times did you use methamphetamines (also called speed, crystal, crank, or ice)?

A. 0 times	98.3	(96.2-99.2)
B. 1 or 2 times	0.3	(0.0-1.7)
C. 3 to 9 times	0.2	(0.0-1.8)
D. 10 to 19 times	0.5	(0.1-3.5)
E. 20 to 39 times	0.0	(.-.)
F. 40 or more times	0.7	(0.2-2.7)

62. During your life, how many times have you used ecstasy (also called MDMA)?		
A. 0 times	96.7	(94.2-98.1)
B. 1 or 2 times	1.1	(0.4-3.2)
C. 3 to 9 times	0.8	(0.2-2.9)
D. 10 to 19 times	0.7	(0.2-2.8)
E. 20 to 39 times	0.2	(0.0-1.8)
F. 40 or more times	0.5	(0.1-3.1)
63. During the past 30 days, how many times did you sniff glue, breathe the contents of aerosol spray cans, or inhale any paints or sprays to get high?		
A. 0 times	95.6	(93.8-96.9)
B. 1 or 2 times	2.1	(1.2-3.7)
C. 3 to 9 times	1.0	(0.3-3.1)
D. 10 to 19 times	0.3	(0.0-1.8)
E. 20 to 39 times	0.3	(0.0-1.7)
F. 40 or more times	0.8	(0.2-2.7)
64. During your life, how many times have you used a needle to inject any illegal drug into your body?		
A. 0 times	97.8	(96.0-98.8)
B. 1 time	1.0	(0.3-3.1)
C. 2 or more times	1.2	(0.5-3.2)
65. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?		
A. Yes	30.0	(24.8-35.8)
B. No	70.0	(64.2-75.2)

### **Sexual Behavior**

**The next 8 questions ask about sexual behavior.**

66. How old were you when you had sexual intercourse for the first time?		
A. I have never had sexual intercourse	71.6	(64.4-77.9)
B. 11 years old or younger	3.0	(1.6-5.6)
C. 12 years old	2.1	(1.0-4.5)
D. 13 years old	3.6	(1.7-7.3)
E. 14 years old	7.0	(4.9-10.1)
F. 15 years old	7.8	(4.6-13.0)
G. 16 years old	4.4	(1.9-9.9)
H. 17 years old or older	0.4	(0.1-3.1)
67. During your life, with how many people have you had sexual intercourse?		
A. I have never had sexual intercourse	71.7	(64.6-77.9)
B. 1 person	12.3	(9.7-15.5)
C. 2 people	5.3	(2.6-10.4)
D. 3 people	3.8	(1.5-9.1)
E. 4 people	2.4	(0.9-6.6)
F. 5 people	0.8	(0.2-3.5)
G. 6 or more people	3.6	(1.8-7.2)

68. During the past 3 months, with how many people did you have sexual intercourse?		
A. I have never had sexual intercourse	71.7	(64.6-77.9)
B. I have had sexual intercourse, but not during the past 3 months	9.9	(7.1-13.7)
C. 1 person	13.1	(9.0-18.7)
D. 2 people	2.0	(0.8-4.9)
E. 3 people	1.2	(0.3-4.5)
F. 4 people	0.0	(.-.)
G. 5 people	0.5	(0.1-3.2)
H. 6 or more people	1.5	(0.5-4.3)
69. Did you drink alcohol or use drugs before you had sexual intercourse the last time?		
A. I have never had sexual intercourse	71.5	(64.3-77.8)
B. Yes	3.8	(2.1-6.8)
C. No	24.7	(19.3-31.0)
70. The last time you had sexual intercourse, did you or your partner use a condom?		
A. I have never had sexual intercourse	72.3	(65.2-78.5)
B. Yes	16.5	(12.3-21.9)
C. No	11.2	(7.3-16.7)
71. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)		
A. I have never had sexual intercourse	72.9	(65.4-79.3)
B. No method was used to prevent pregnancy	4.2	(1.9-9.3)
C. Birth control pills	2.9	(1.3-6.7)
D. Condoms	13.0	(9.1-18.3)
E. An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)	1.7	(0.8-3.6)
F. A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)	2.2	(1.0-4.6)
G. Withdrawal or some other method	1.6	(0.6-4.1)
H. Not sure	1.5	(0.6-3.4)
72. During your life, with whom have you had sexual contact?		
A. I have never had sexual contact	57.6	(50.5-64.3)
B. Females	20.5	(16.2-25.6)
C. Males	18.7	(12.9-26.2)
D. Females and males	3.3	(1.7-6.2)
73. Which of the following best describes you?		
A. Heterosexual (straight)	82.4	(76.3-87.2)
B. Gay or lesbian	2.2	(0.8-6.1)
C. Bisexual	9.8	(6.2-15.1)
D. Not sure	5.7	(3.8-8.6)

**Food**

**The next 8 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.**

74. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

A. I did not drink 100% fruit juice during the past 7 days	37.3	(30.6-44.4)
B. 1 to 3 times during the past 7 days	43.6	(38.2-49.1)
C. 4 to 6 times during the past 7 days	8.3	(4.7-14.2)
D. 1 time per day	3.8	(1.8-7.8)
E. 2 times per day	4.0	(1.9-8.0)
F. 3 times per day	1.5	(0.7-3.1)
G. 4 or more times per day	1.7	(0.7-3.7)

75. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

A. I did not eat fruit during the past 7 days	11.9	(8.4-16.4)
B. 1 to 3 times during the past 7 days	33.5	(27.8-39.7)
C. 4 to 6 times during the past 7 days	19.0	(13.6-25.9)
D. 1 time per day	10.7	(6.2-17.7)
E. 2 times per day	13.1	(9.5-17.7)
F. 3 times per day	7.7	(4.8-12.2)
G. 4 or more times per day	4.2	(2.3-7.5)

76. During the past 7 days, how many times did you eat green salad?

A. I did not eat green salad during the past 7 days	37.3	(31.6-43.4)
B. 1 to 3 times during the past 7 days	41.7	(35.3-48.5)
C. 4 to 6 times during the past 7 days	10.9	(7.6-15.5)
D. 1 time per day	7.6	(5.2-10.9)
E. 2 times per day	1.5	(0.5-4.0)
F. 3 times per day	0.0	(.-.)
G. 4 or more times per day	1.0	(0.3-2.8)

77. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)

A. I did not eat potatoes during the past 7 days	36.8	(33.8-40.1)
B. 1 to 3 times during the past 7 days	48.8	(43.1-54.6)
C. 4 to 6 times during the past 7 days	8.3	(5.4-12.6)
D. 1 time per day	3.4	(1.4-8.1)
E. 2 times per day	1.4	(0.3-5.4)
F. 3 times per day	0.3	(0.0-1.8)
G. 4 or more times per day	0.9	(0.3-2.7)

78. During the past 7 days, how many times did you eat carrots?		
A. I did not eat carrots during the past 7 days	41.1	(35.2-47.2)
B. 1 to 3 times during the past 7 days	44.0	(36.7-51.5)
C. 4 to 6 times during the past 7 days	8.3	(5.6-12.0)
D. 1 time per day	3.9	(2.5-6.2)
E. 2 times per day	0.8	(0.3-2.1)
F. 3 times per day	0.5	(0.1-3.5)
G. 4 or more times per day	1.5	(0.7-3.2)
79. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)		
A. I did not eat other vegetables during the past 7 days	14.7	(10.0-21.1)
B. 1 to 3 times during the past 7 days	35.0	(28.9-41.7)
C. 4 to 6 times during the past 7 days	24.3	(20.5-28.6)
D. 1 time per day	12.8	(7.7-20.6)
E. 2 times per day	7.0	(4.7-10.2)
F. 3 times per day	2.1	(1.2-3.7)
G. 4 or more times per day	4.0	(2.0-8.0)
80. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)		
A. I did not drink soda or pop during the past 7 days	33.2	(27.9-38.9)
B. 1 to 3 times during the past 7 days	40.8	(37.3-44.3)
C. 4 to 6 times during the past 7 days	15.2	(12.7-18.1)
D. 1 time per day	6.9	(4.3-11.0)
E. 2 times per day	2.5	(1.2-5.0)
F. 3 times per day	0.5	(0.1-3.5)
G. 4 or more times per day	1.0	(0.4-2.6)
81. During the past 7 days, on how many days did you eat breakfast?		
A. 0 days	13.0	(8.3-19.7)
B. 1 day	10.4	(7.5-14.4)
C. 2 days	13.2	(10.0-17.2)
D. 3 days	8.8	(5.3-14.1)
E. 4 days	5.1	(2.9-8.7)
F. 5 days	7.2	(4.7-10.9)
G. 6 days	9.5	(5.8-15.2)
H. 7 days	32.8	(27.9-38.1)

## Physical Activity

The next 4 questions ask about physical activity.

82. 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	12.0	(7.9-17.7)
B. 1 day	6.7	(3.5-12.5)
C. 2 days	9.4	(6.1-14.3)
D. 3 days	10.0	(7.1-13.8)
E. 4 days	11.3	(8.5-14.9)
F. 5 days	15.9	(12.5-19.9)
G. 6 days	9.7	(6.8-13.7)
H. 7 days	25.0	(19.4-31.6)

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

A. I do not watch TV on an average school day	33.3	(26.6-40.7)
B. Less than 1 hour per day	23.5	(18.5-29.4)
C. 1 hour per day	15.1	(10.4-21.6)
D. 2 hours per day	16.0	(11.6-21.7)
E. 3 hours per day	6.8	(4.1-11.0)
F. 4 hours per day	3.5	(1.6-7.3)
G. 5 or more hours per day	1.7	(0.5-5.5)

84. 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	15.0	(10.6-20.9)
B. Less than 1 hour per day	14.5	(11.3-18.4)
C. 1 hour per day	12.0	(9.0-15.8)
D. 2 hours per day	20.2	(15.6-25.8)
E. 3 hours per day	16.6	(12.3-22.0)
F. 4 hours per day	8.6	(5.9-12.2)
G. 5 or more hours per day	13.1	(10.3-16.6)

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

A. 0 days	59.4	(44.8-72.5)
B. 1 day	4.4	(2.6-7.3)
C. 2 days	3.4	(1.8-6.3)
D. 3 days	19.1	(11.2-30.6)
E. 4 days	1.5	(0.6-3.6)
F. 5 days	12.2	(8.3-17.5)

**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.**

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

A. 0 times	83.8	(78.6-87.9)
B. 1 time	10.6	(7.2-15.4)
C. 2 times	1.3	(0.4-3.8)
D. 3 times	1.7	(0.9-3.1)
E. 4 or more times	2.6	(1.2-5.6)

### Health-Related Topics

**The next 10 questions ask about other health-related topics.**

87. Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)

A. Yes	10.3	(6.0-17.3)
B. No	70.0	(64.0-75.4)
C. Not sure	19.7	(15.6-24.5)

88. 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	84.8	(77.9-89.8)
B. Between 12 and 24 months ago	6.5	(3.9-10.5)
C. More than 24 months ago	3.2	(1.4-7.1)
D. Never	0.3	(0.0-1.7)
E. Not sure	5.3	(3.5-7.8)

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

A. Yes	26.9	(20.4-34.5)
B. No	66.6	(58.6-73.9)
C. Not sure	6.5	(4.5-9.2)

90. Do you still have asthma?

A. I have never had asthma	55.0	(48.6-61.2)
B. Yes	17.3	(12.9-22.8)
C. No	18.9	(15.6-22.7)
D. Not sure	8.9	(6.1-12.7)

91. Do you have any physical disabilities or long-term health problems? (Long-term means 6 months or more.)

A. Yes	21.8	(18.1-26.0)
B. No	69.4	(65.4-73.1)
C. Not sure	8.9	(6.2-12.6)

92. On an average school night, how many hours of sleep do you get?		
A. 4 or less hours	5.6	(3.5-9.0)
B. 5 hours	10.3	(7.4-14.0)
C. 6 hours	22.1	(18.0-26.8)
D. 7 hours	33.4	(26.8-40.6)
E. 8 hours	19.7	(16.2-23.8)
F. 9 hours	5.9	(4.0-8.6)
G. 10 or more hours	3.0	(1.6-5.4)
93. During the past 30 days, where did you usually sleep?		
A. In my parent's or guardian's home	96.8	(94.9-97.9)
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	1.5	(0.6-3.6)
C. In a shelter or emergency housing	0.7	(0.2-3.1)
D. In a motel or hotel	0.5	(0.1-1.7)
E. In a car, park, campground, or other public place	0.0	(.-.)
F. I do not have a usual place to sleep	0.5	(0.1-3.1)
G. Somewhere else	0.0	(.-.)
94. During the past 30 days, did you ever sleep away from your parents or guardians because you were kicked out, ran away, or were abandoned?		
A. Yes	6.4	(3.1-12.7)
B. No	93.6	(87.3-96.9)
95. During the past 30 days, on how many days did you miss classes or school without permission?		
A. 0 days	80.8	(73.8-86.3)
B. 1 or 2 days	12.5	(8.6-17.8)
C. 3 to 5 days	1.8	(0.8-4.0)
D. 6 to 9 days	2.2	(0.9-5.3)
E. 10 or more days	2.8	(1.3-6.0)
96. During the past 12 months, how would you describe your grades in school?		
A. Mostly A's	50.1	(41.5-58.6)
B. Mostly B's	34.1	(27.5-41.3)
C. Mostly C's	10.7	(8.0-14.3)
D. Mostly D's	1.9	(0.8-4.6)
E. Mostly F's	1.8	(0.6-5.6)
F. None of these grades	0.7	(0.1-4.4)
G. Not sure	0.7	(0.2-1.9)



**Some people describe themselves as transgender, genderqueer, or genderfluid when their sex at birth does not match the way they think or feel about their gender.**

97. Do you consider yourself transgender, genderqueer, or genderfluid?

A. No, I am not transgender, genderqueer, or genderfluid	91.1	(87.4-93.8)
B. Yes, I am transgender, genderqueer, or genderfluid	1.6	(0.6-4.2)
C. I am not sure if I am transgender, genderqueer, or genderfluid	1.0	(0.4-2.4)
D. I do not know what this question is asking	6.3	(4.0-9.7)

98. 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	80.4	(77.5-83.0)
B. 1 or 2 times	10.8	(9.2-12.7)
C. 3 to 9 times	5.3	(3.3-8.3)
D. 10 to 19 times	2.3	(0.9-5.9)
E. 20 to 39 times	0.0	(.-.)
F. 40 or more times	1.2	(0.4-3.4)

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

99. Are you the parent of a child that you provide care for some or all of the time?

A. Yes	10.7	(6.2-17.8)
B. No	89.3	(82.2-93.8)

100. How often do you speak a language other than English at home?

A. Never	62.2	(56.3-67.8)
B. Less than half the time	24.4	(19.8-29.6)
C. About half the time	6.3	(3.7-10.6)
D. More than half the time, but not all of the time	1.7	(0.7-3.7)
E. All of the time	5.5	(3.2-9.1)

101. Were you born in the USA?

A. Yes	93.4	(89.7-95.9)
B. No	6.6	(4.1-10.3)

**The next 14 questions ask about your family, your school, other adults, your friends, and yourself. How true do you feel the following statements are for you?**

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

A. Not true at all	4.9	(2.7-9.0)
B. A little true	17.4	(13.3-22.3)
C. Pretty much true	25.1	(22.1-28.4)
D. Very much true	52.6	(46.7-58.4)

103. In my home, there is a parent or some other adult who believes that I will be a success.		
A. Not true at all	2.2	(0.7-6.9)
B. A little true	10.5	(6.6-16.3)
C. Pretty much true	22.1	(16.0-29.7)
D. Very much true	65.2	(58.3-71.4)
104. 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	9.2	(6.4-13.1)
B. A little true	20.1	(16.0-24.8)
C. Pretty much true	32.7	(27.6-38.3)
D. Very much true	38.0	(32.9-43.4)
105. At my school, there is a teacher or some other adult who believes that I will be a success.		
A. Not true at all	6.8	(4.2-10.8)
B. A little true	16.5	(13.5-20.1)
C. Pretty much true	33.5	(29.0-38.4)
D. Very much true	43.2	(38.5-48.0)
106. Outside of my home and school, there is an adult who really cares about me.		
A. Not true at all	6.2	(3.8-10.1)
B. A little true	12.7	(8.7-18.1)
C. Pretty much true	23.3	(19.1-28.0)
D. Very much true	57.9	(52.2-63.3)
107. Outside of my home and school, there is an adult who tells me when I do a good job.		
A. Not true at all	13.9	(10.9-17.5)
B. A little true	12.5	(8.2-18.7)
C. Pretty much true	26.6	(21.8-32.1)
D. Very much true	47.0	(41.1-52.9)
108. I have a friend about my own age who really cares about me.		
A. Not true at all	3.9	(2.2-7.1)
B. A little true	10.5	(6.4-16.7)
C. Pretty much true	20.2	(15.5-25.8)
D. Very much true	65.4	(56.6-73.3)
109. I have a friend about my own age who helps me when I'm having a hard time.		
A. Not true at all	5.9	(3.6-9.7)
B. A little true	14.6	(11.1-19.0)
C. Pretty much true	25.0	(19.9-31.0)
D. Very much true	54.4	(46.5-62.1)
110. 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	3.8	(1.5-9.4)
B. A little true	14.1	(9.5-20.4)
C. Pretty much true	36.7	(32.0-41.6)
D. Very much true	45.4	(38.9-52.1)

111. In my school, there are clear rules about what students can and cannot do.		
A. Not true at all	4.8	(2.7-8.2)
B. A little true	11.1	(8.5-14.4)
C. Pretty much true	40.8	(35.5-46.2)
D. Very much true	43.4	(38.5-48.3)
112. I plan to go to college or some other school after high school.		
A. Not true at all	4.2	(2.2-8.0)
B. A little true	7.4	(4.6-11.6)
C. Pretty much true	19.2	(14.4-25.0)
D. Very much true	69.2	(62.4-75.3)
113. At school I am involved in sports, clubs, or other extra-curricular activities (such as band, cheerleading, or student council).		
A. Not true at all	22.1	(15.2-30.9)
B. A little true	11.6	(9.1-14.6)
C. Pretty much true	11.0	(8.1-14.9)
D. Very much true	55.3	(45.5-64.7)
114. 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	23.8	(18.0-30.7)
B. A little true	14.4	(11.4-18.0)
C. Pretty much true	14.3	(11.7-17.3)
D. Very much true	47.6	(41.3-53.9)
115. Outside of my home and school, I am involved in music, art, literature, sports, or a hobby.		
A. Not true at all	14.2	(10.2-19.5)
B. A little true	13.9	(10.8-17.8)
C. Pretty much true	19.0	(16.2-22.1)
D. Very much true	52.9	(47.6-58.2)

**This is the end of the survey.**

**Thank you very much for your help.**



## **Appendix B: About this Report**

This report contains results from the 2019 New Mexico High School Youth Risk and Resiliency Survey (YRRS). The YRRS is a statewide survey of public school students in middle schools and high schools throughout New Mexico. Statewide and county level results are available at [www.YouthRisk.org](http://www.YouthRisk.org) and [nmhealth.org/go/youth](http://nmhealth.org/go/youth). In addition, school district reports have been prepared for each participating school district and have been distributed to school district offices. School districts are encouraged to reproduce and share these reports with community groups concerned with prevention and health promotion. School district level results will not be released without express permission of the school district superintendent. Forms for requesting school district data are available at [www.YouthRisk.org](http://www.YouthRisk.org). These documents comprise a useful tool for those working on youth-related issues at the state and local level.

The 2019 YRRS was conducted by selecting two separate samples of student respondents. One sample was selected using a methodology that is highly comparable to that used by other states conducting Youth Risk Behavior Surveys (YRBS), and to the national YRBS methodology. For most reports of YRRS state-level data, that is the sample used to produce results. However, data from that sample cannot be used to represent sub-state areas such as counties or school districts. In order to represent smaller geographical areas, a separate sample was drawn. This second sample allows generation of estimates for sub-state areas within New Mexico. It is this second sample that was used to generate results for this report. Because of this, rates reported for New Mexico may vary slightly from rates in other reports of state-level YRRS data.

The YRRS is organized into two major content areas: risk behaviors and protective (resiliency) factors. Risk behaviors include behaviors associated with unintentional injury, violence, mental health, tobacco use, alcohol use, drug use, sexual activity, physical activity, and nutrition. Protective or resiliency factors are measures of the positive and supportive relationships, experiences, activities, resources and values that encourage healthy youth development. Resiliency factors and related traits include caring and supportive relationships in the family, school, community and with peers; boundaries set by the family and school; positive peer support; meaningful participation and constructive use of time in school and outside of school.

### **Using the Report**

The main section of this report consists of a series of charts illustrating results from the 2019 YRRS. Risk behaviors are organized into modules by topic area, with each module starting with one or more line charts demonstrating change in behaviors over the years of the survey. The line charts are followed by a set of bar charts showing a comparison of risk behaviors between the state and the county or school district, a comparison between boys and girls within the county or school district, and a comparison by grade level within the county or school district. For counties or school districts with very few respondents or that haven't participated consistently in the YRRS, some of these charts may be omitted.

The charts about risk behaviors are followed by two sets of charts about resiliency/protective factors. The first of these two sections compares the state rate for each resiliency factor to the county or school district rate. The second section 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.

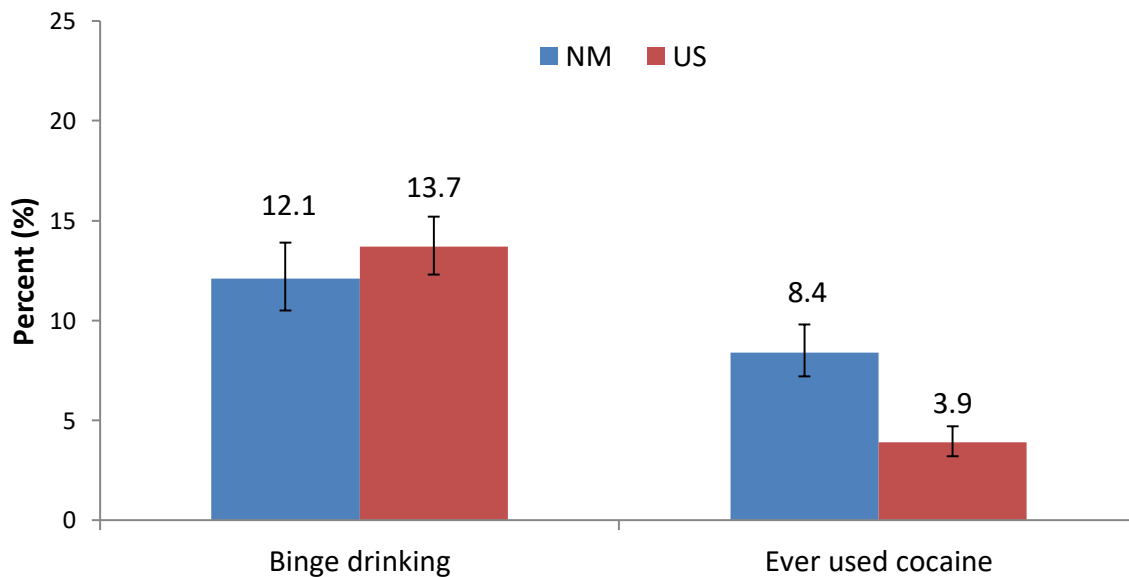
## Understanding the Charts - and a Word about Error Bars

The bar charts in this report present the percentage of students who reported engaging in risk behaviors or who reported having protective factors. 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 21, Unintentional Injury, shows that 6.3% of students in New Mexico rarely or never wore seatbelts, while 4.9% of students in Los Alamos County rarely or never wore seatbelts.

Because of the high cost and logistical complications involved in conducting a statewide survey, the YRRS was administered to a **sample** of students, rather than to every single student in each school district. Because YRRS data are from a **sample** of students, and not the entire student body, the results in this report are **estimates**. As with all estimates, there is some uncertainty associated with each of these results. On the charts in this report, this degree of uncertainty is represented by an error bar (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).

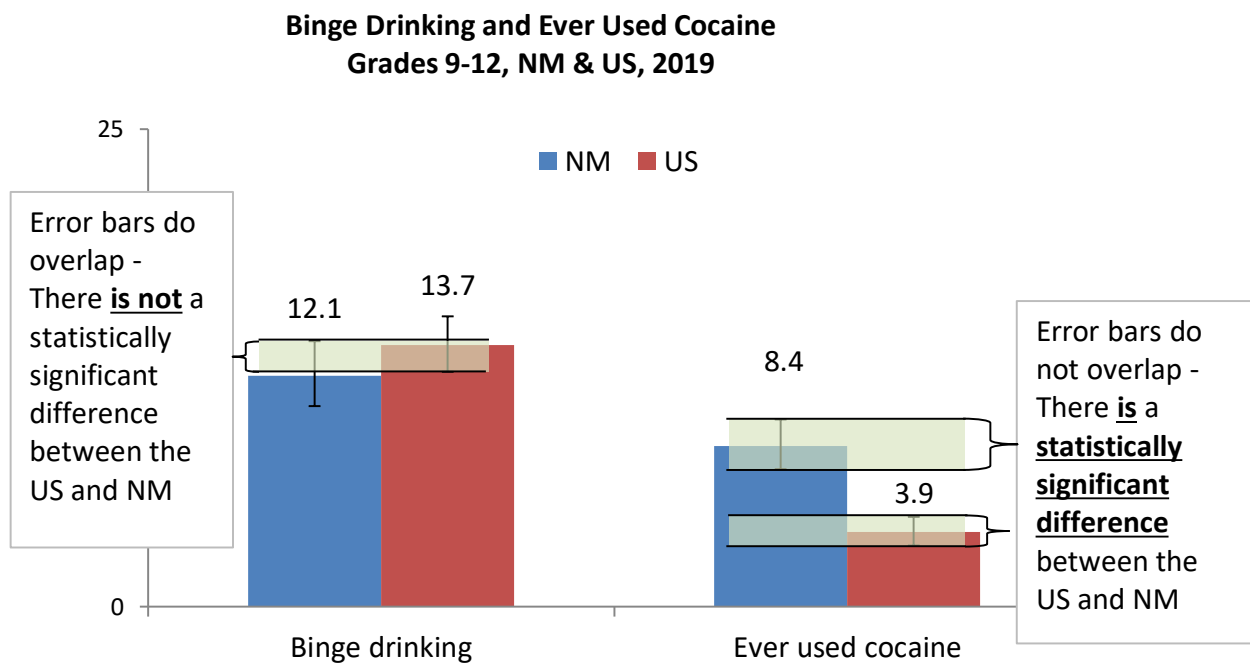
Interpretation of error bars is illustrated in the charts below. This chart compares the New Mexico rates of binge drinking and cocaine use to the United States rates for 2019. The chart shows that the rate of current binge drinking was 12.1% in New Mexico and 13.7% in the United States. The error bar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

**Binge Drinking 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 (12.1%–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.



For some small areas, 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.





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

Rarely or never wore a bicycle helmet

Answered 'Never' or 'Rarely' to the question, *When you rode a bicycle during the past 12 months, how often did you wear a helmet?*

AMONG those who reported riding a bicycle

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 driven by someone else?*

Rode with drinking driver

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

Drinking and driving

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

Marijuana use and driving

Among those who drove a car or other vehicle, answered '1 time' or more to the question, *During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana (also called pot, weed, or cannabis)?*

Texted or e-mailed while driving

Among those who drove a car or other vehicle, answered '1 time' or more to the question, *During the past 30 days, how many times did you text or e-mail while driving a car or other vehicle?*

Has a gun in the home

Answered 'Yes' or more to the question, *Is there a gun in your home?*

Carried a gun

Answered '1 day' or more to the question, *During the past 12 months, on how many days did you carry a gun? (Do not count the days when you carried a gun only for hunting or for a sport, such as target shooting.)*

Violence-Related Behaviors

Carried a weapon

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

In a physical fight

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

Physical dating violence

Answered '1 time' or more to the question, *During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)*

Forced to do sexual things (sexual assault)

Answered '1 time' or more to the question, *During the past 12 months, how many times did anyone force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)*

Ever forced to have sexual intercourse

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

Electronically bullied

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

Bullied on school property

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

Carried a weapon on school property

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

Skipped school due to safety concerns

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

In a physical fight on school property

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

#### Mental Health

Non-suicidal self harm

Answered '1 time' or more to the question, *During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?*

Felt sadness or hopelessness

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

Seriously considered suicide

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

Made a suicide plan

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

Attempted suicide

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

Suicide attempt with injury

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

Tobacco Use: Cigarettes

Ever smoked cigarettes

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

Smoked cigarettes before age 13

Answered '11 or 12 years old' or younger to the question, *How old were you when you first tried cigarette smoking, even one or two puffs?*

Current cigarette smoking (Smoked at least one cigarette in past 30 days)

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

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

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

Daily cigarette smoking

Answered '30 days' to the question, *How old were you when you first tried cigarette smoking, even one or two puffs?*

Tobacco: Other Use and Exposure

Current cigar use

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

Current spit tobacco use

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

Current 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?*

Ever used e-cigarettes

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

Current tobacco use (any of five forms of tobacco)

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

Exposed to second hand cigarette smoke

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

Alcohol

## Ever drank alcohol

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

## Current drinking

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

## Binge drinking

Answered *'1 day'* or more to the question, *During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row (if you are female) or 5 or more drinks of alcohol in a row (if you are male)?*

## High intensity binge drinking

Answered *'10 or more drinks'* or more to the question, *During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?*

## First drink before age 13

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

## Rode with drinking driver

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

## Drinking and driving

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

Marijuana Use

## Ever used marijuana

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

## Current marijuana use

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

## Tried marijuana before age 13

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

Other Drug Use

## Current improper use of pain medication

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you take prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?*

## Current inhalant use

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

## Current cocaine use

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

## Current ecstasy use

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

## Current methamphetamine use

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

## Current heroin use

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

## Lifetime improper use of pain medication

Answered '1 or 2 times' or more to the question, *During your life, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?*

## Lifetime cocaine use (Ever used in lifetime)

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

## Lifetime ecstasy use (Ever used in lifetime)

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

## Lifetime methamphetamine use (Ever used in lifetime)

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

## Lifetime heroin use (Ever used in lifetime)

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

## Injection drug use

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

## Offered or sold drugs on school property

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

Sexual Activity

## Ever had sexual intercourse

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

## Sexually active

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

## Sexual intercourse before age 13

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

## Four+ sexual partners in lifetime

Answered '4 people' or more to the question, *During your life, with how many people have you had sexual intercourse?*  
 (among all students or among sexually active students, as noted)

## Alcohol or drugs before sexual intercourse

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

## Used condom

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

AMONG those who  
 reported being "Sexually active" (see above)

## Did not use condom

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

AMONG those who  
 reported being "Sexually active" (see above)

## Effective birth control method

Answered 'Birth control pills', 'An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)', or 'A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)' to the question, *The last time you had sexual intercourse, what one method did you or your partner use to prevent*

AMONG those who  
 reported being "Sexually active" (see above)

## Used both a condom and effective birth control

Reported using effective birth control (see above)

AND  
 used a condom at last sex (see above)

AMONG those who  
 reported being "Sexually active" (see above)

## Sex of sexual contact

Response to the question, *During your life, with whom have you had sexual contact?*

## Lesbian, gay, or bisexual

Answered 'Gay or lesbian' or 'Bisexual' to the question, *Which of the following best describes you?*

Nutrition

Five servings of fruits and/or vegetables daily

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

Ate three or more vegetables per day

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

Daily soda

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

Three or more sodas daily

Answered '3 times per day' or more to the question, *During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)*

Ate breakfast daily

Answered '7 days' to the question, *During the past 7 days, on how many days did you eat breakfast?*

Never ate breakfast

Answered '0 days' to the question, *During the past 7 days, on how many days did you eat breakfast?*

Physical Activity

No days of physical activity per week

Answered '0 days' to the question, *During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)*

Five days of physical activity per week

Answered '5 days' or more to the question, *During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)*

Daily physical activity

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

Watched TV three or more hours per day

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

Computer use or video gaming three or more hours per day

Answered '3 hours per day' or more to the question, *On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media.)*

Screen time three or more hours per day

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

No PE in school

Answered '0 days' or more to the question, *In an average week when you are in school, on how many days do you go to physical education (PE) classes?*

Daily PE in school

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

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?*

#### Body Weight

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

Overweight

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

Obese

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

Overweight or obese

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

#### Other Behaviors and Characteristics

Physical disability or long-term health problem

Answered 'Yes' the question, *Do you have any physical disabilities or long-term health problems? (Long-term means 6-months or more)*

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?*

Ever had an HIV test

Answered 'Yes' to the question, *Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)*

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?*



## Homeless (Unstable housing)

Gave any response other than 'At home with my parents or guardians' to the question, *During the past 30 days, where did you usually sleep?*

## Kicked out, ran away, or were abandoned (Unaccompanied minor)

Answered 'yes' to the question, *During the past 30 days, did you ever sleep away from your parents or guardians because you were kicked out, ran away, or were abandoned?*

## Speaks a non-English language

Answered 'More than half the time but not all of the time' OR 'All of the time' to the question, *How often do you speak a language other than English at home?*

## Born outside the USA

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

## 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?*

## Transgender, genderqueer, or genderfluid

Answered 'Yes, I am transgender, genderqueer, or genderfluid' or more to the question, *Do you consider yourself transgender, genderqueer, or genderfluid?*

## Cisgender

Answered 'No, I am not transgender, genderqueer, or genderfluid' or more to the question, *Do you consider yourself transgender, genderqueer, or genderfluid?*

Resiliency/Protective Factors

These questions are explained in context throughout the report.





