

New Mexico

2023

School District

High School Reports



Truth or Consequences Municipal Schools

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New Mexico Youth Risk and Resiliency Survey
Participation in Truth or Consequences Municipal Schools
High School (Grades 9-12)

The response rate for Truth or Consequences Municipal Schools was 71.4%.

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	Number of students who responded	Percent (%)
Total	141	100.0%
Gender		
Girls	72	51.1%
Boys	68	48.2%
Race/Ethnicity		
American Indian or Alaska Native	10	7.1%
Asian	0	0.0%
Black or African American	8	5.7%
Hispanic	57	40.4%
Native Hawaiian or Pacific Islander	1	0.7%
White	61	43.3%
Grade Level		
9th	43	30.5%
10th	37	26.2%
11th	23	16.3%
12th	38	27.0%
Other	0	0.0%

New Mexico Youth Risk and Resiliency Survey

Risk Behaviors at a Glance

Truth or Consequences

Grades 9-12

Indicator	Truth or Consequences		New Mexico	
	%	(95% CI)	%	(95% CI)
Unintentional Injuries				
Rarely or never wore a bicycle helmet	90.2	(75.8-96.4)	77.6	(75.9-79.2)
Rarely or never wore a seatbelt	2.4	(0.6-9.1)	5.6	(5.0-6.3)
Rode with a drinking driver	20.5	(15.3-26.9)	16.0	(14.9-17.0)
Drinking and driving	9.6	(4.2-20.4)	4.2	(3.5-4.9)
Marijuana use and driving	15.6	(10.0-23.6)	10.7	(9.7-11.8)
Texting and driving	37.5	(26.1-50.6)	35.1	(33.0-37.2)
Violence				
In a physical fight	22.3	(13.5-34.7)	19.2	(18.1-20.2)
Carried a gun (not for sport or hunting)	8.7	(4.3-16.6)	6.4	(5.7-7.2)
Skipped school because of safety concerns	22.3	(15.6-31.0)	15.0	(14.1-15.9)
Physical dating violence	8.1	(2.3-24.9)	9.0	(8.2-9.8)
Sexually assaulted (Forced to do sexual things)	9.2	(3.6-21.4)	9.5	(8.8-10.3)
Ever forced to have sexual intercourse	7.7	(3.5-16.0)	8.8	(8.1-9.5)
Bullying				
Bullied on school property	24.5	(14.1-38.9)	16.7	(15.8-17.6)
Electronically bullied	10.4	(4.2-23.5)	12.4	(11.6-13.2)
Teased because of race/ethnicity	13.2	(7.1-23.2)	17.2	(16.1-18.2)
Treated unfairly in school b/o race/ethnicity	34.1	(23.5-46.5)	38.7	(37.5-39.9)
Mental Health				
Non-suicidal self-injury	20.6	(12.9-31.2)	19.1	(18.1-20.1)
Felt sad or hopeless	37.1	(26.4-49.3)	36.7	(35.5-37.8)
Frequent mental distress	23.4	(16.7-31.9)	24.4	(23.3-25.5)
Seriously considered suicide	15.0	(6.7-30.4)	14.8	(13.9-15.8)
Attempted suicide	5.4	(1.4-18.5)	8.4	(7.6-9.1)
Injured in a suicide attempt	1.4	(0.2-10.3)	2.2	(1.9-2.6)
Symptoms of depression	29.0	(20.7-39.1)	25.1	(23.8-26.4)
Symptoms of anxiety	31.0	(20.8-43.6)	27.7	(26.4-29.1)
Tobacco Use				
Any tobacco use	22.0	(13.3-34.2)	22.2	(20.5-24.0)
Current e-cig use	18.7	(11.1-29.8)	18.8	(17.5-20.0)
Current cigarette smoking	5.5	(2.2-13.2)	3.3	(2.8-3.7)
Cigar	4.2	(1.1-14.7)	3.5	(2.9-4.0)
Spit tobacco	4.3	(1.5-11.6)	2.7	(2.3-3.1)
Hookah	2.4	(0.4-13.2)	2.6	(2.1-3.0)

Note: Definitions for each indicator are available in Appendix C.

New Mexico Youth Risk and Resiliency Survey

Risk Behaviors at a Glance

Truth or Consequences

Grades 9-12

Indicator	Truth or Consequences		New Mexico	
	%	(95% CI)	%	(95% CI)
Alcohol Use				
Current alcohol use	19.7	(8.7-38.7)	16.4	(15.3-17.5)
Binge drinking	8.6	(4.0-17.5)	7.0	(6.2-7.8)
High intensity binge drinking	4.1	(1.2-12.6)	2.1	(1.7-2.6)
First drank alcohol before age 13	14.1	(7.1-26.3)	16.2	(15.2-17.3)
Drinking and driving	9.6	(4.2-20.4)	4.2	(3.5-4.9)
Current Drug Use				
Current marijuana use	18.7	(10.6-30.9)	17.9	(16.7-19.1)
Synthetic marijuana	3.2	(1.1-8.7)	4.7	(4.0-5.3)
Improper pain medication use	5.4	(2.4-11.9)	7.0	(6.3-7.6)
Cocaine	0.8	(0.1-8.2)	1.8	(1.4-2.2)
Heroin	0.0	(NA-NA)	1.2	(0.8-1.5)
Methamphetamine	0.0	(NA-NA)	1.3	(1.0-1.7)
Inhalants	0.7	(0.1-5.4)	2.7	(2.3-3.1)
Physical Activity, Body Weight, and Nutrition				
Overweight	15.8	(10.7-22.7)	16.6	(15.7-17.5)
Obese	17.1	(9.4-29.2)	17.8	(16.7-18.8)
Overweight or obese	32.9	(21.4-47.0)	34.4	(33.1-35.7)
Daily physical activity	31.3	(21.1-43.7)	27.6	(26.3-28.9)
Not physically active on any days	11.4	(6.8-18.5)	15.6	(14.6-16.6)
Daily PE in school	44.7	(25.1-66.1)	27.2	(25.2-29.1)
Daily breakfast	20.3	(11.9-32.4)	24.3	(22.9-25.8)
Five servings of fruit or vegetables daily	19.9	(11.8-31.4)	17.7	(16.6-18.7)
Daily soda consumption	21.2	(14.3-30.3)	17.0	(16.0-17.9)
Sexual Behavior				
Currently sexually active	22.8	(12.6-37.6)	20.2	(18.9-21.5)
Had sexual intercourse with four or more people	8.2	(3.4-18.2)	5.8	(5.1-6.5)
Had sexual intercourse before age 13	6.1	(1.9-17.8)	3.8	(3.4-4.3)
Used a condom at last sexual intercourse	55.5	(40.2-69.8)	53.0	(50.2-55.9)
Used effective birth control	46.8	(27.5-67.2)	31.0	(28.1-33.9)
Used effective birth control and a condom	19.0	(13.5-26.0)	10.3	(8.6-12.0)

Note: Definitions for each indicator are available in Appendix C.

New Mexico Youth Risk and Resiliency Survey (YRRS)**Highlights****Truth or Consequences Municipal Schools****Grades 9-12**

Statewide results from the 2023 High School NM-YRRS continue to reveal both encouraging and concerning trends in New Mexico. Rates of youth alcohol use, drug use, and most tobacco use have continued to decrease among high school students, reaching their lowest level in more than a decade. Notably, trends in persistent sadness and suicidal behaviors, which had been increasing over the previous five survey cycles, decreased between 2021 and 2023.

Trends in rates of behaviors associated with violence were mixed, as the rate of physical fighting and bullying on school property decreased, while rates of sexual and dating violence remained largely unchanged. The rate of electronic bullying has not significantly changed.

Of serious concern were the increasing rates for obesity. The prevalence of obesity or overweight, after remaining stable from 2015 to 2021, increased in 2023.

This report displays results from New Mexico alongside NM-YRRS results for Truth or Consequences Municipal Schools. Thank you for using this information to make New Mexico and your own community a safer and healthier place for all young people. For more NM-YRRS results, including county-level data reports and state-level topic reports, visit www.youthrisk.org.

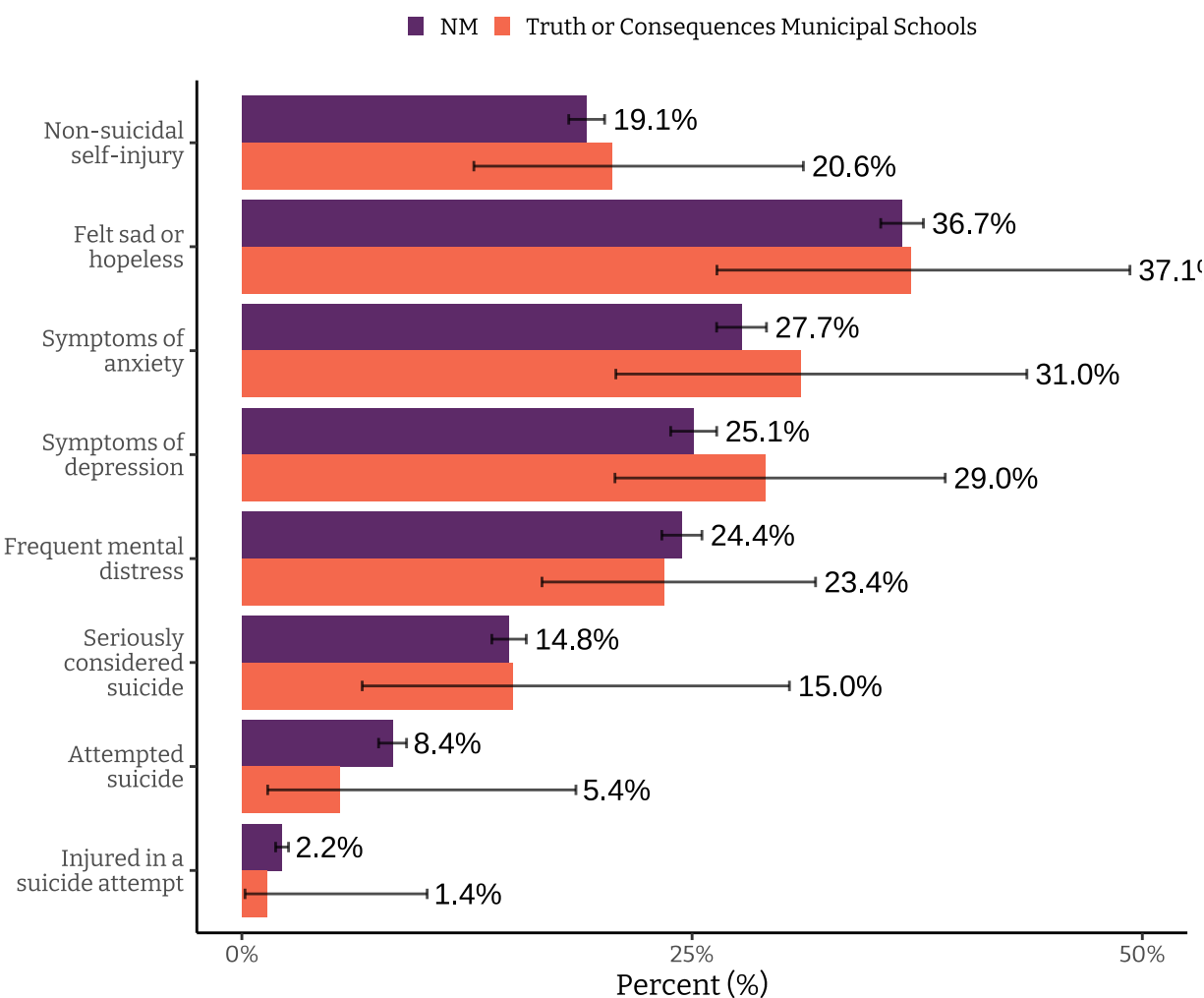
Mental Health

Suicide remains the second leading cause of death among adolescents in New Mexico. The rate of past-year suicide attempts among New Mexico high school students has decreased over the past 10 years from 11.4% in 2013 to 8.4% in 2023. The rate of suicide attempts resulting in injury has changed little since 2013 (2013 = 2.2%; 2023 = 3.5%). After increasing from 31.9% to 36.7% over 2013 to 2021, the rate of sadness or hopelessness decreased by 17% from 2021 to 2023. Similarly, the rate of seriously considering a suicide attempt decreased by 26% from 2021 to 2023, after steadily increasing over the previous 10 years.

Mental Health & Suicidal Behaviors

New Mexico & Truth or Consequences Municipal Schools

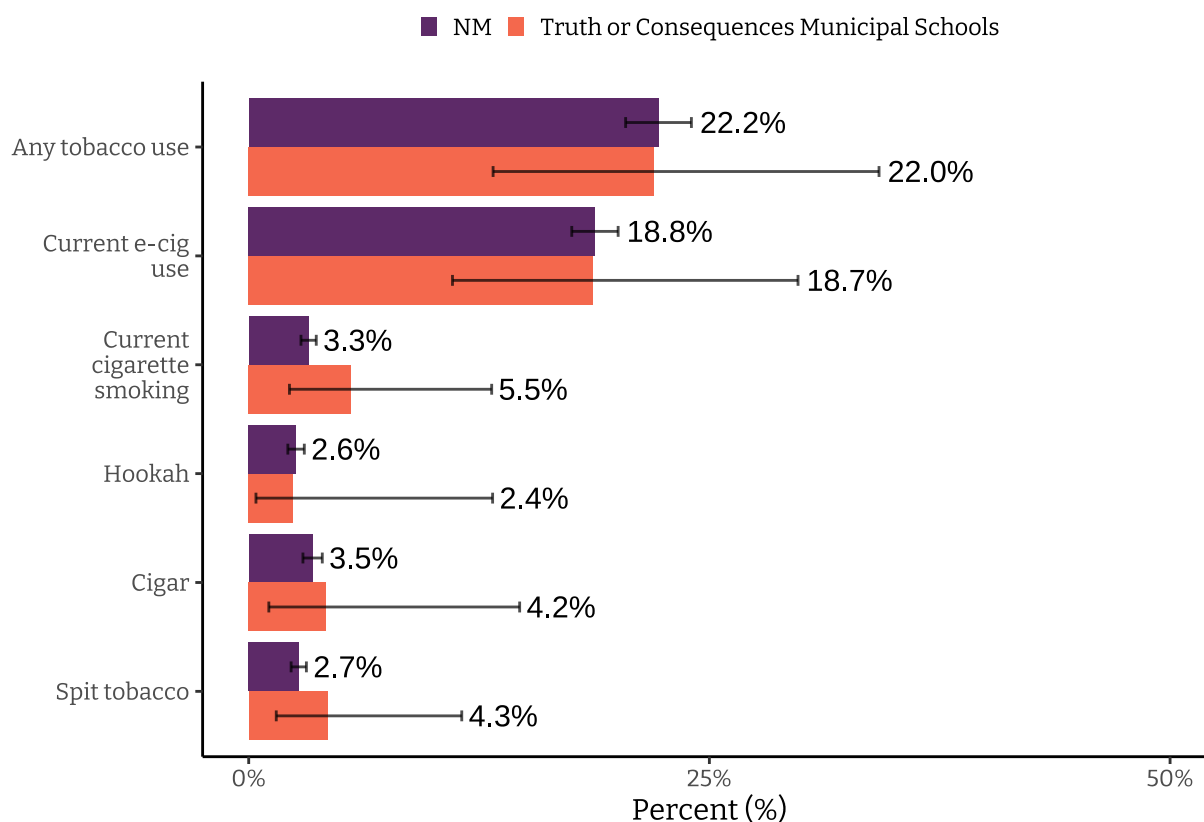
Grades 9-12, 2023



Tobacco Use

After increasing for two survey cycles following the question's addition in 2015, the rate of current e-cigarette use dropped in 2021, and again in 2023. The rate of current e-cigarette use among NM high school students decreased by 44% between 2019 and 2023, from 33.4% to 18.8%. The rates of current use of all other tobacco products decreased dramatically over the ten years from 2013 to 2023, with current use of all other tobacco products falling below 5%: Cigarettes (16.9% to 3.3%); cigars (13.4% to 3.5%); spit tobacco (9.2% to 2.7%); and hookah use to smoke tobacco (22.2% to 2.6%). The rate of any current tobacco use (past 30-day use of at least one of five tobacco products: e-cigarettes, cigarettes, cigars, hookah, or spit tobacco) decreased from 37.2% in 2019 to 22.2% in 2023.

Current Tobacco Use New Mexico & Truth or Consequences Municipal Schools Grades 9-12, 2023

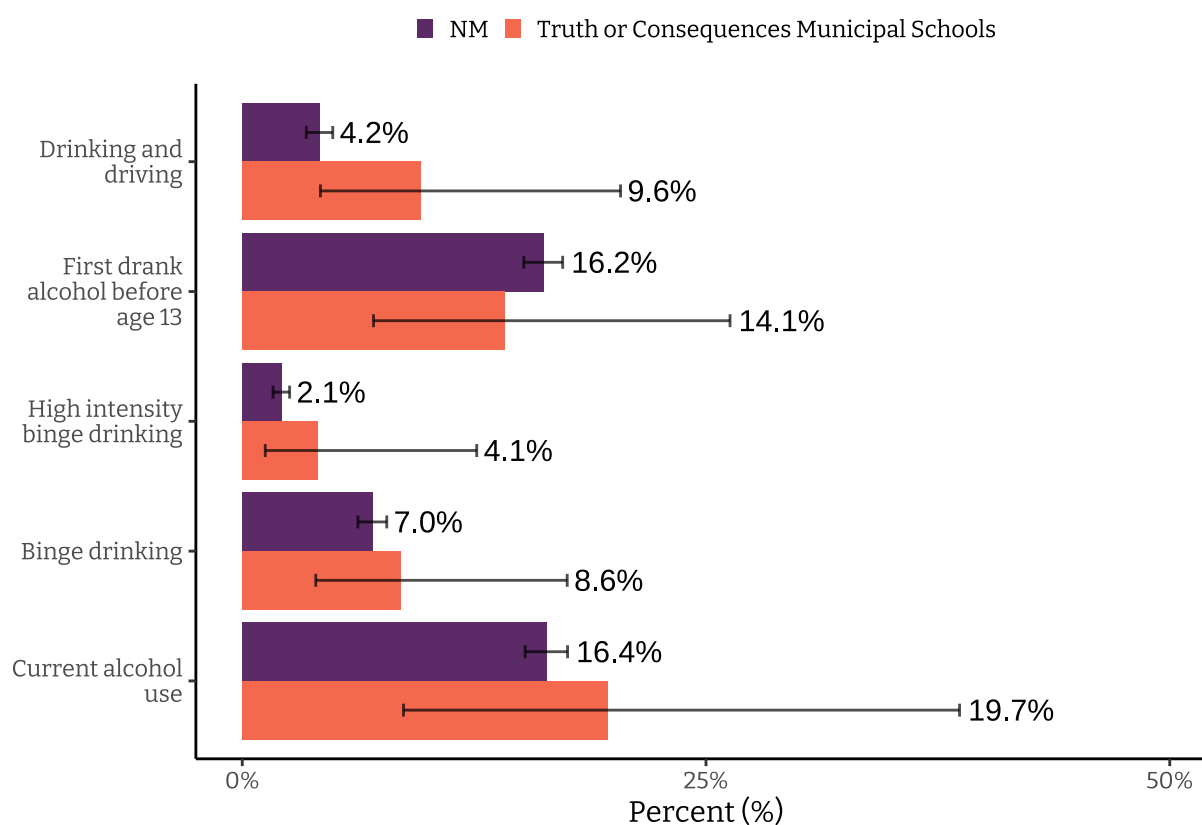


Alcohol Use

Alcohol use by young people is associated with unintentional injuries, 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. Rates of current drinking, binge drinking, and drinking and driving have been decreasing among high school students nationally and in New Mexico over the past decade. In New Mexico, from 2013 to 2023, the rate of current alcohol use decreased by 48% (31.6% to 16.4%), binge drinking decreased by more than 65% (19.8% to 7.0%), drinking before the age of 13 decreased by 31% (23.5% to 16.2%), and drinking and driving decreased by 61% (10.7% to 4.2%).

Alcohol Use

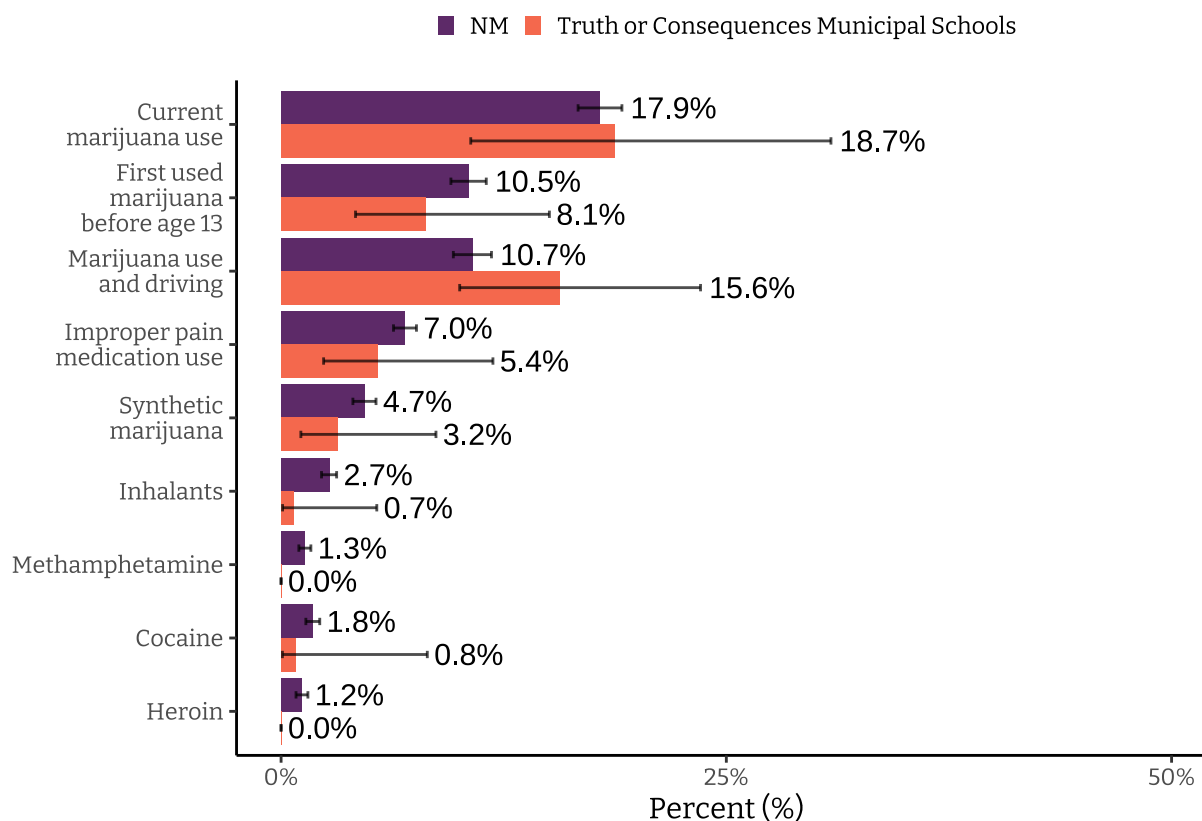
*New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



Drug Use

The rates of all current drug use among New Mexico high school students have continued to decrease since 2019, following a long period of very little change for most substances. From 2019 to 2023, current marijuana use decreased by 37% (28.4% to 17.9%), current inhalant use decreased by 46% (5.0% to 2.7%), current cocaine use decreased by 56% (4.1% to 1.8%), current methamphetamine use decreased by 53% (2.8% to 1.3%), and current heroin use decreased by 55% (2.7% to 1.2%).

Current Drug Use New Mexico & Truth or Consequences Municipal Schools Grades 9-12, 2023

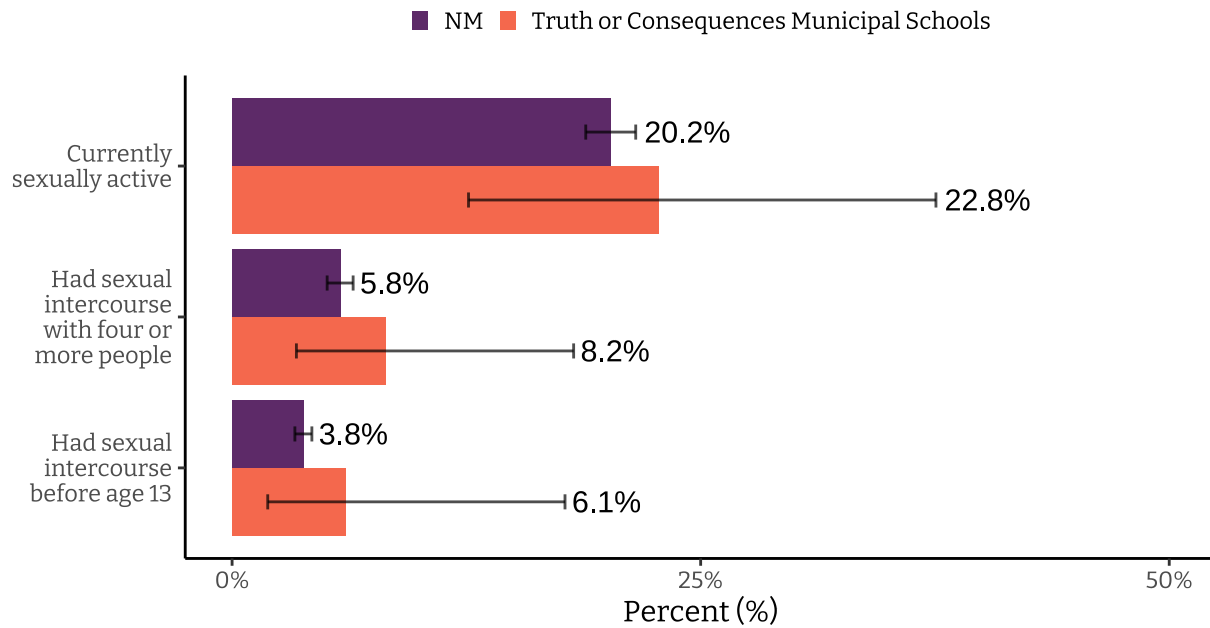


Sexual Behavior

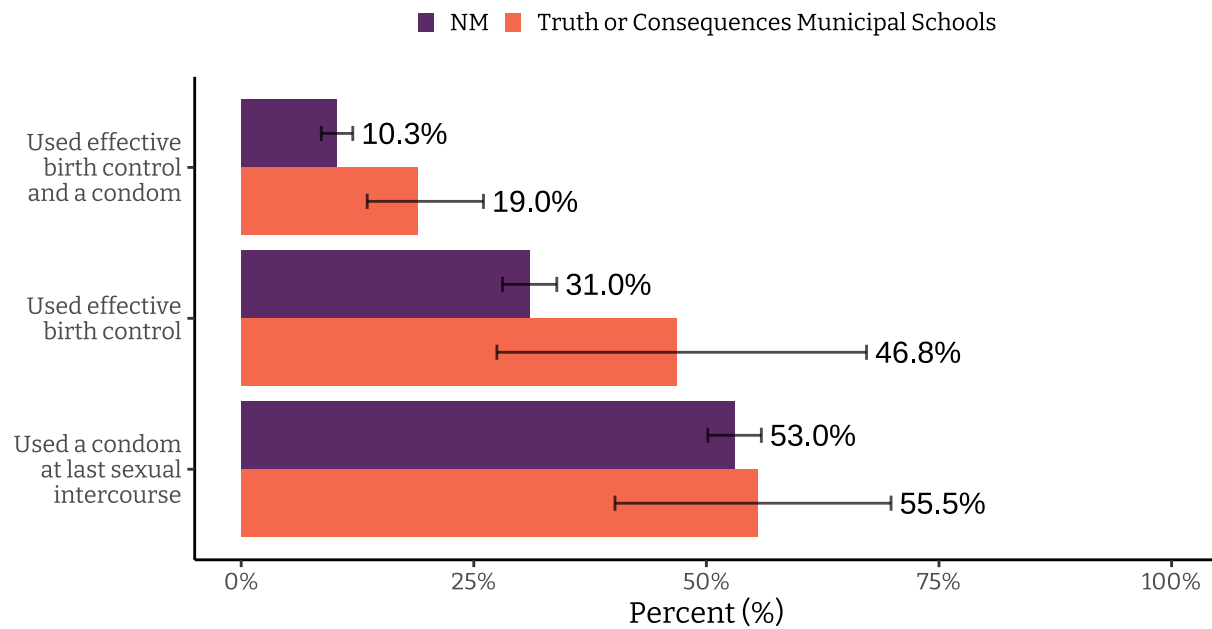
Early and unsafe sexual activity puts teens at risk of unplanned pregnancy and sexually transmitted infections. The NM rate of being sexually active among New Mexico high school students decreased from 26.8% in 2013 to 20.2% in 2023, and the rate of having had sexual intercourse before age 13 decreased from 5.9% to 3.8%. Among sexually active students, the rate of condom use remained constant, from 55.8% in 2013 to 53.0% in 2023. The rate of using a reliable form of birth control increased from 22.5% to 31.0%, and the rate of using both reliable birth control and a condom increased by 25% from 2013 (8.2%) to 2023 (10.3%).

Sexual Behavior

*New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



*Sexual Behavior among Sexually Active Students
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*

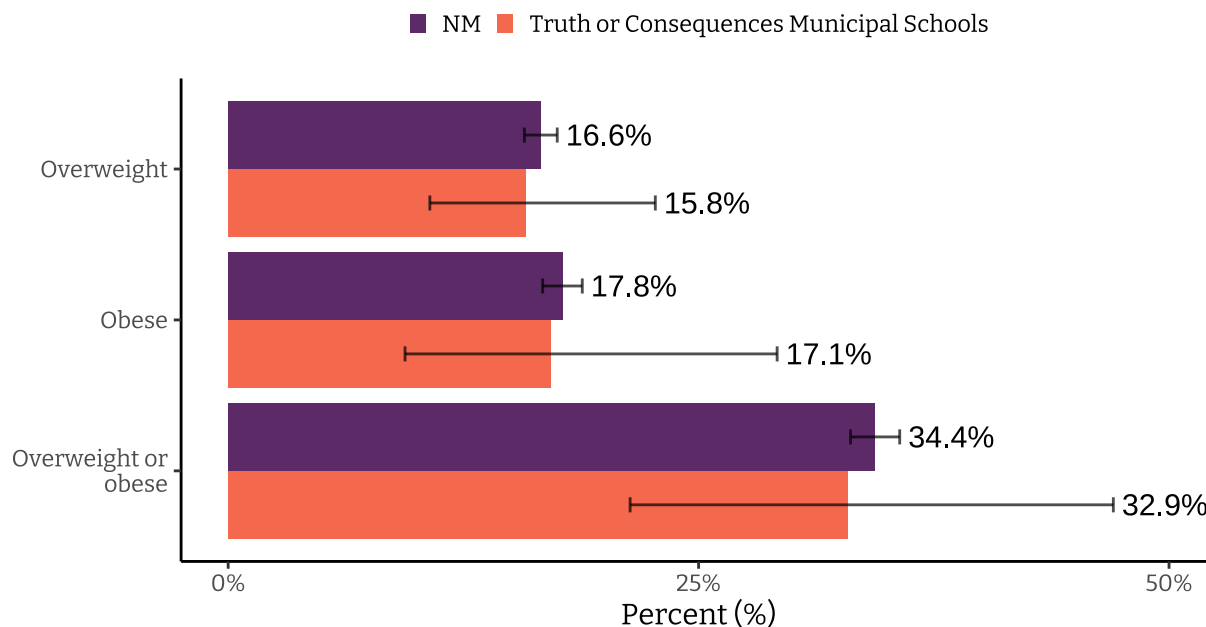


Physical Activity, Body Weight, and Nutrition

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 obesity rate among New Mexico high school students increased by 33% from 2013 to 2023 (13.4% to 17.8%). The rate of overweight has not changed substantially from 2013 to 2023 (16.3% to 16.6%).

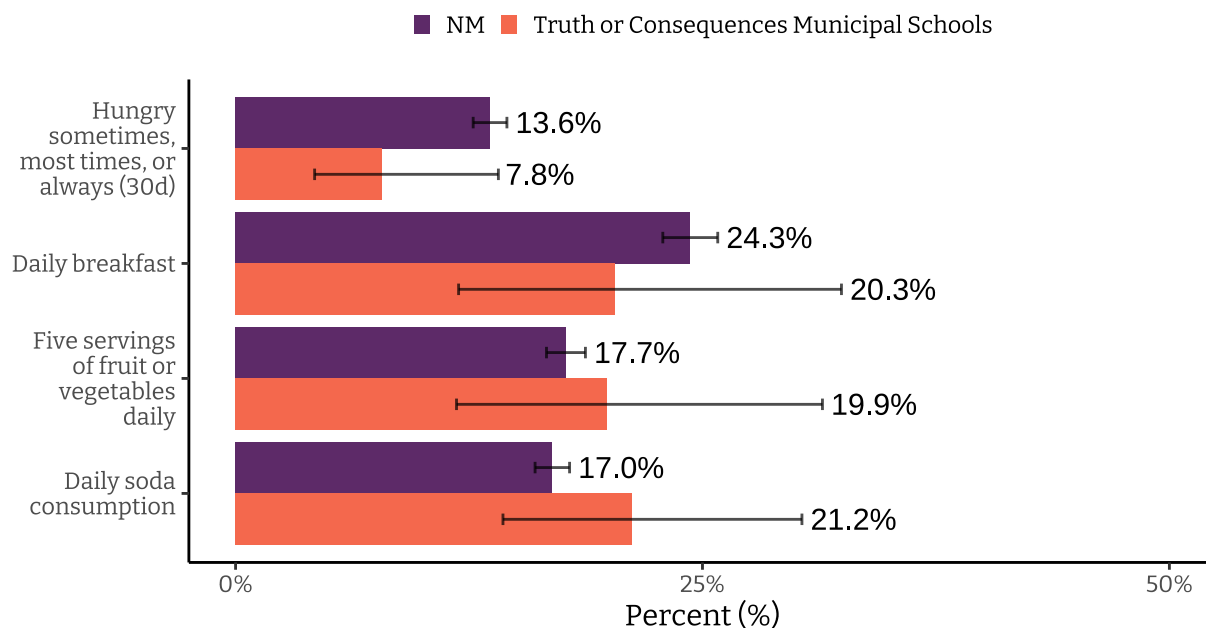
Obesity and Overweight

*New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*

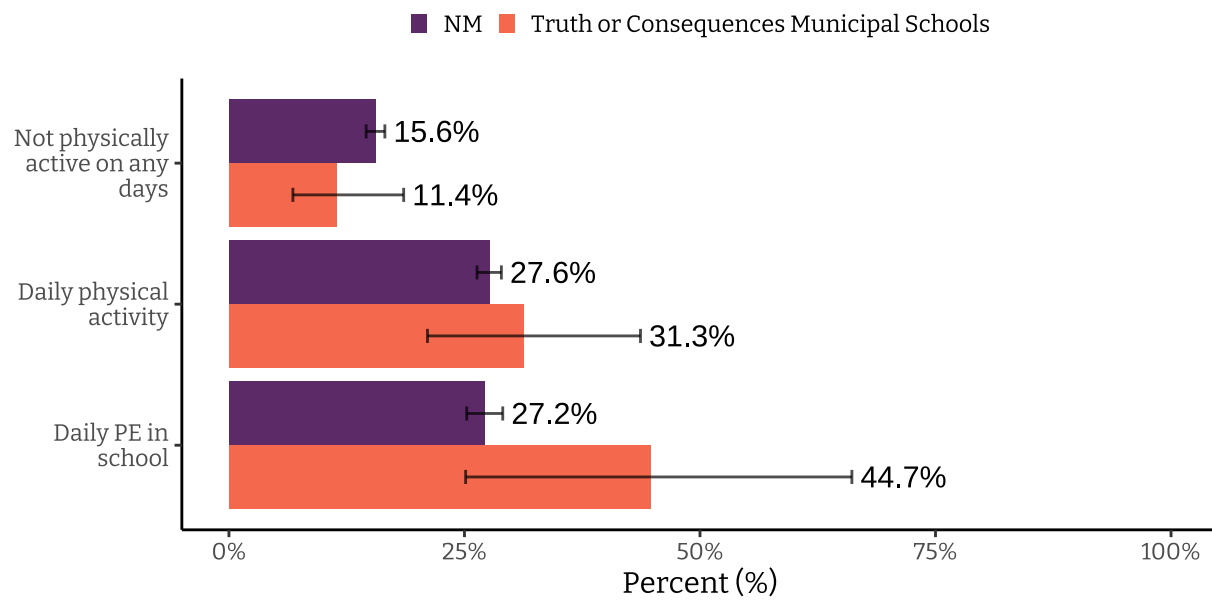


Nutrition

*New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



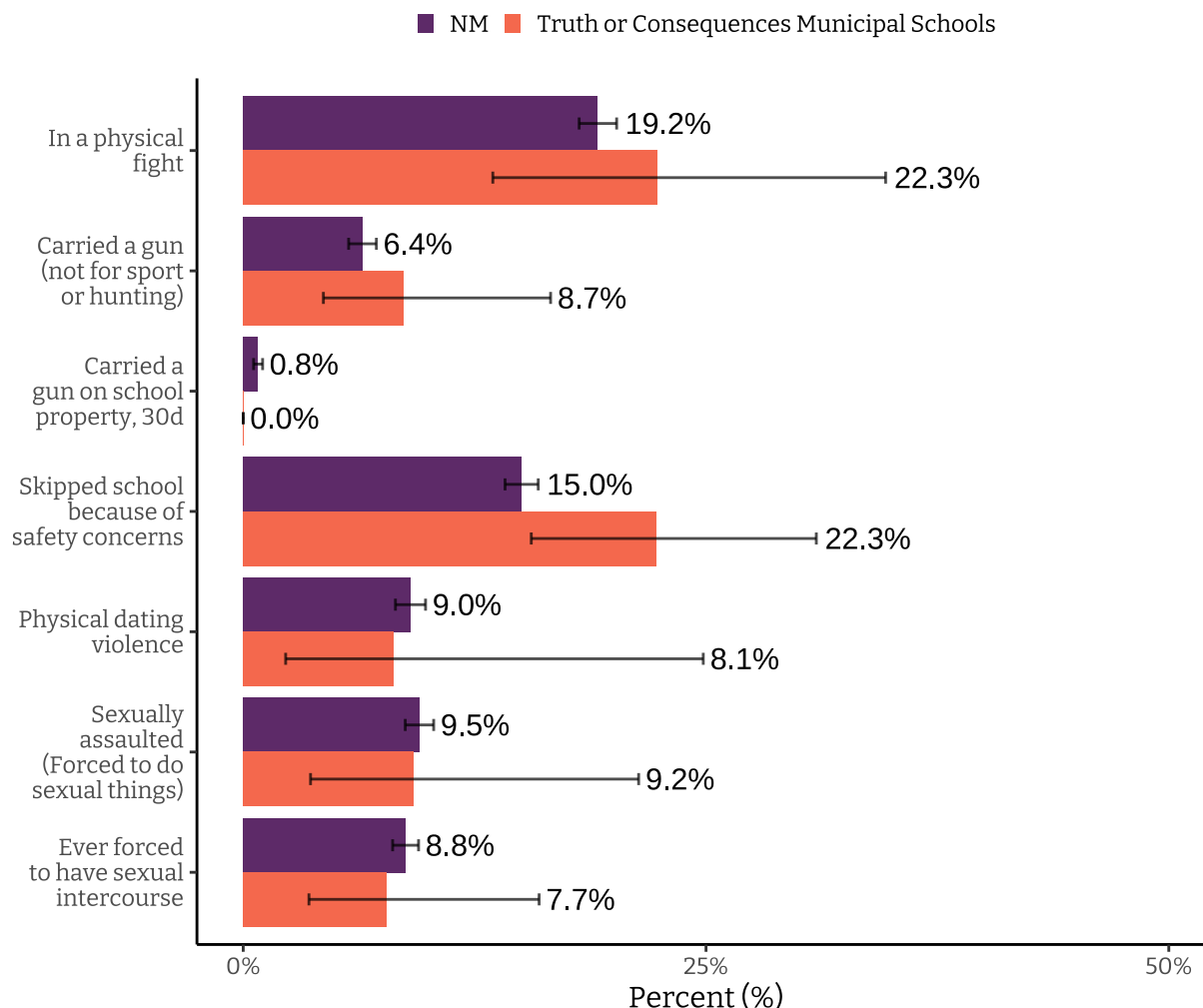
Physical Activity
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



Injury: Behaviors Associated with Violence

From 2013 to 2023, the rate of physical fighting decreased by 32% (28.2% to 19.2%). Over the past decade, the rate of skipping school due to safety concerns doubled (7.5% to 15.0%). The rate of being bullied at school decreased by 14% (19.4% to 16.7%). The rate of physical dating violence decreased by 19% (11.1% to 9.0%), while the rate of ever forced to have sexual intercourse showed little variant (9.1% to 8.8%).

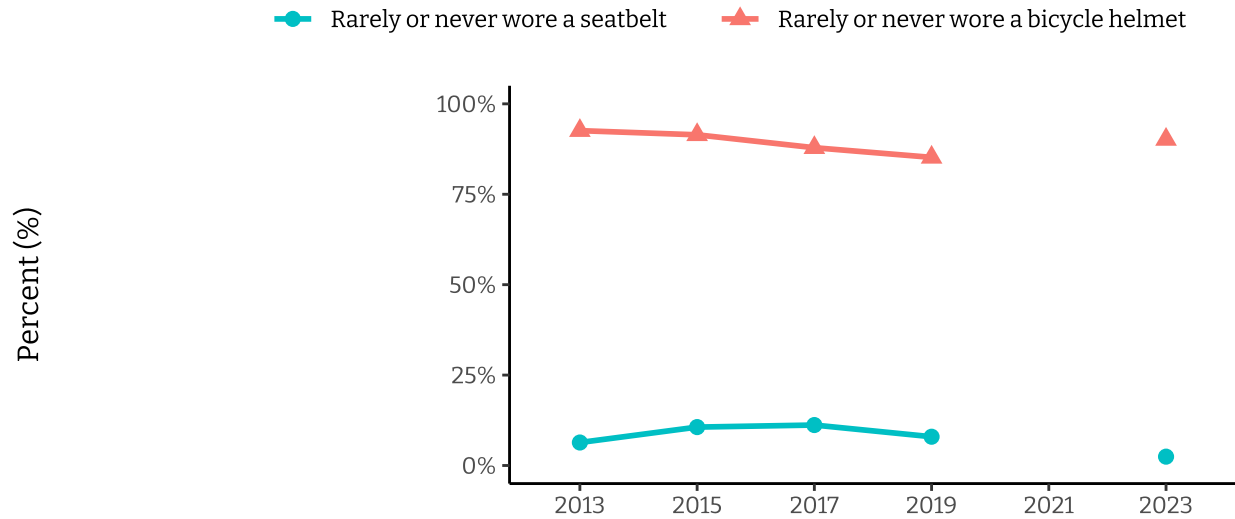
Behaviors Associated with Violence
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



**Truth or Consequences Municipal Schools
Charts**

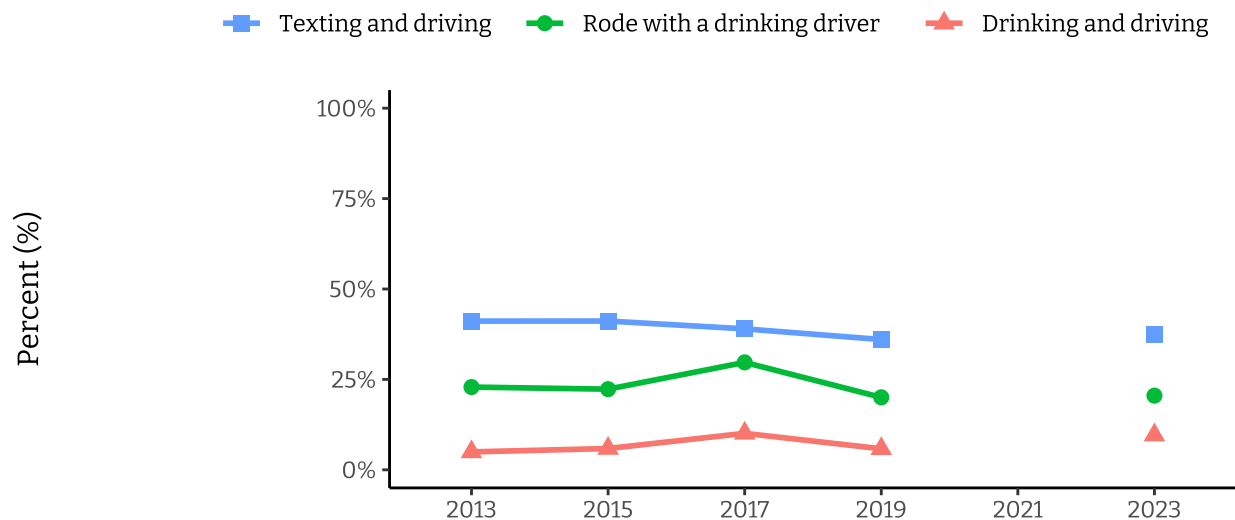
Unintentional Injury

*Behaviors Associated with Unintentional Injury
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*



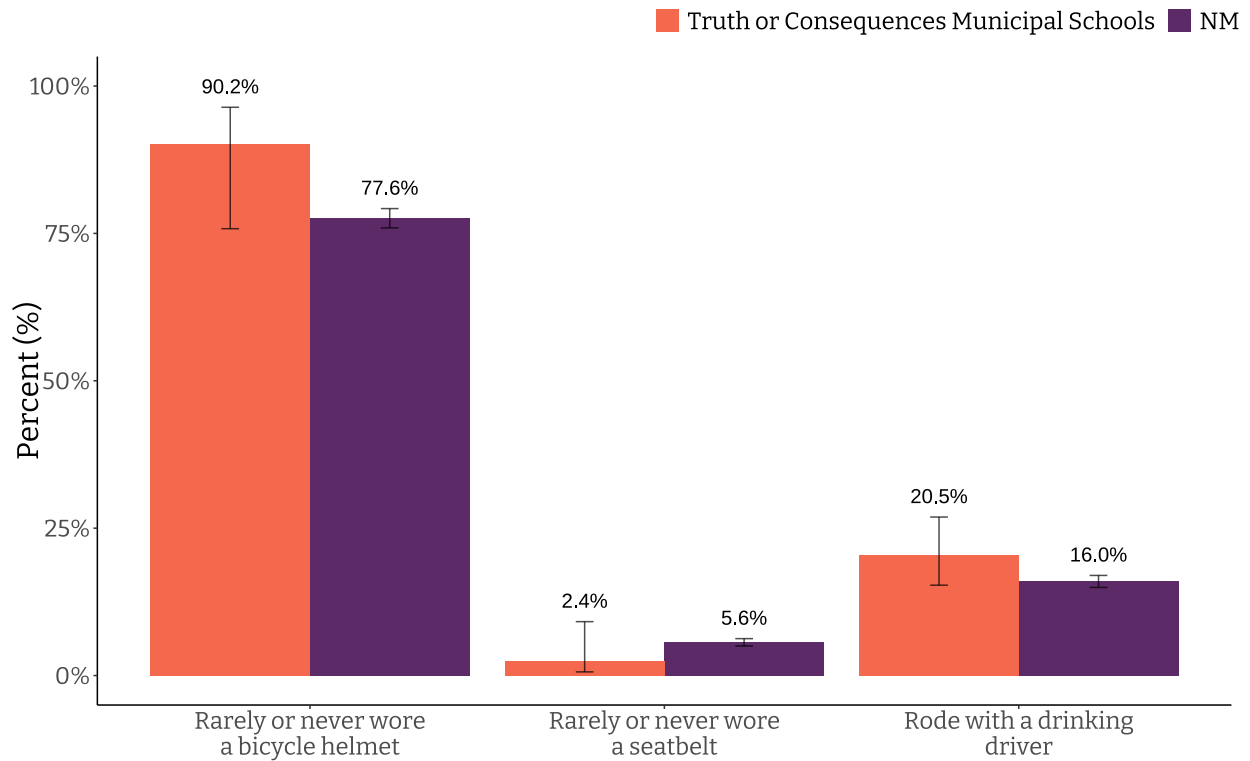
Rarely or never wore a seatbelt	6.4	10.6	11.2	8.0	2.4
Rarely or never wore a bicycle helmet	92.6	91.4	87.9	85.2	90.2

*Behaviors Associated with Unintentional Injury
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*

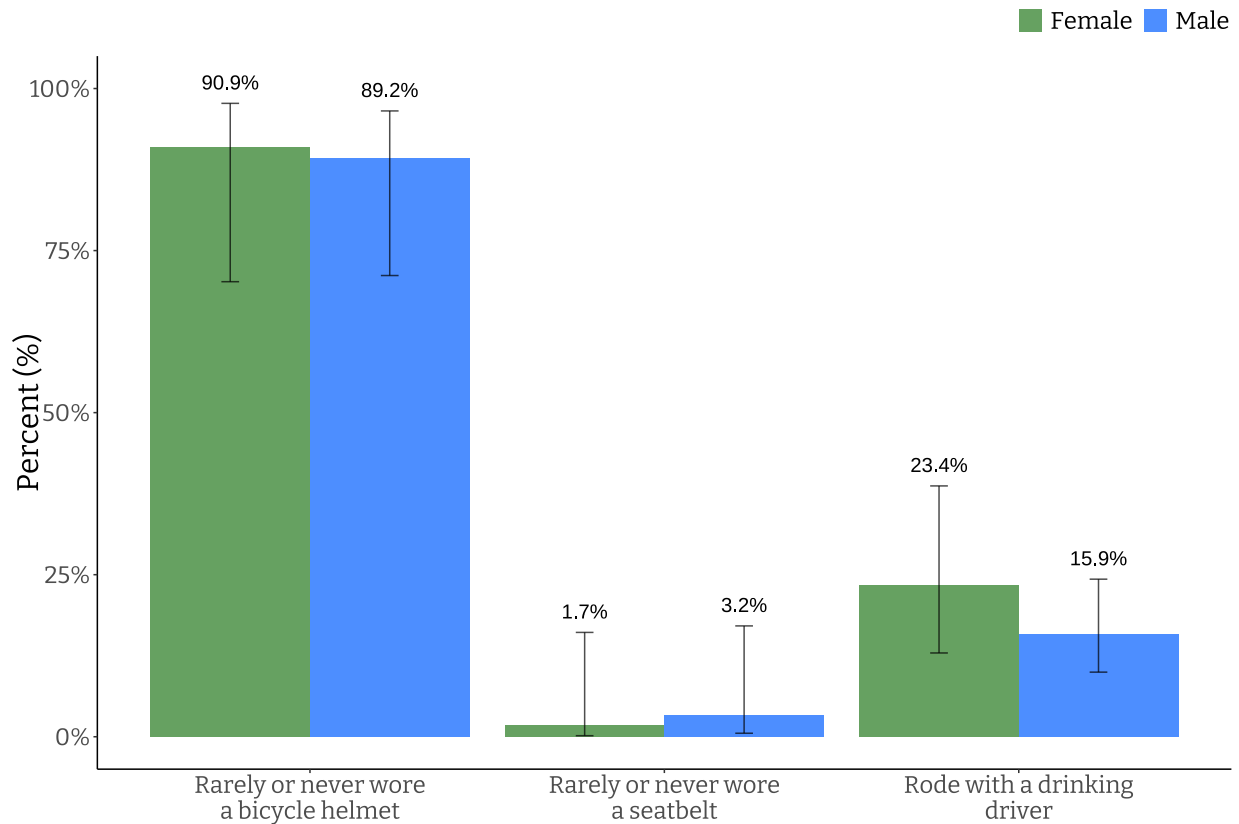


Texting and driving	41.1	41.1	39.0	36.0	37.5
Rode with a drinking driver	22.9	22.3	29.7	20.0	20.5
Drinking and driving	4.9	5.9	10.1	5.8	9.6

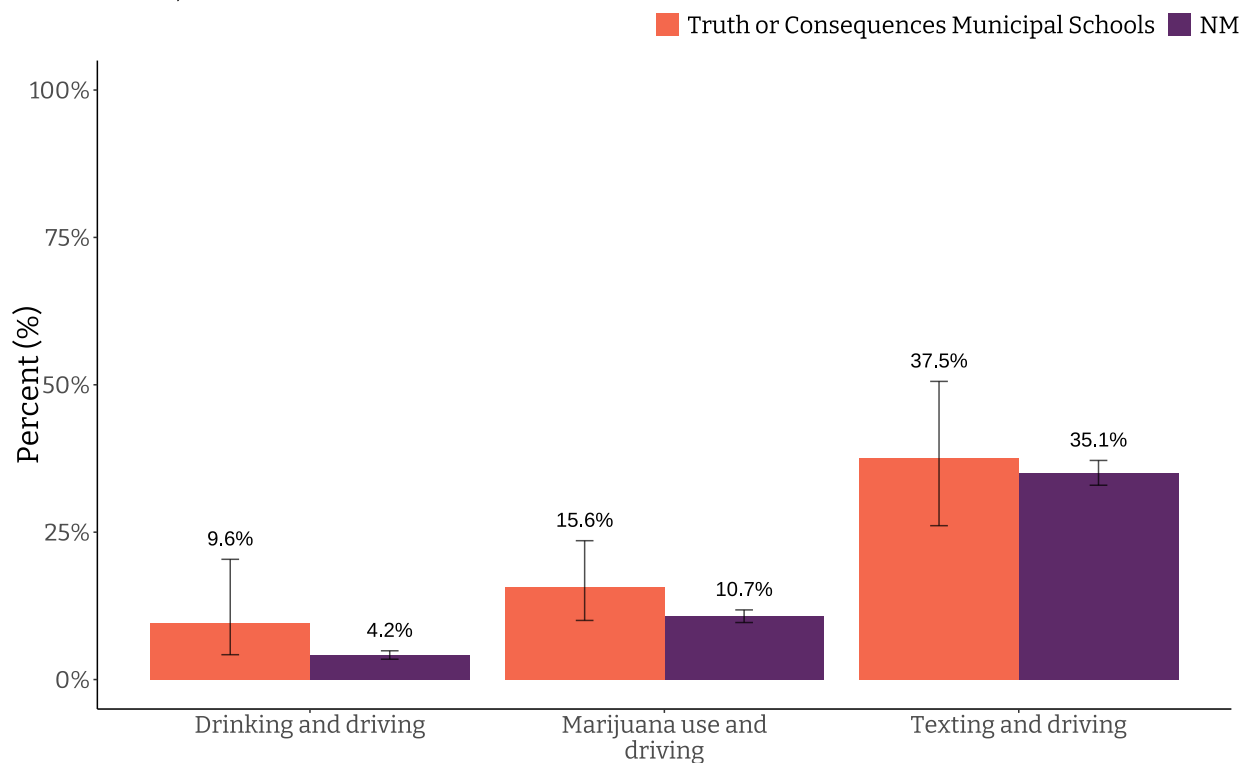
*Unintentional Injury
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



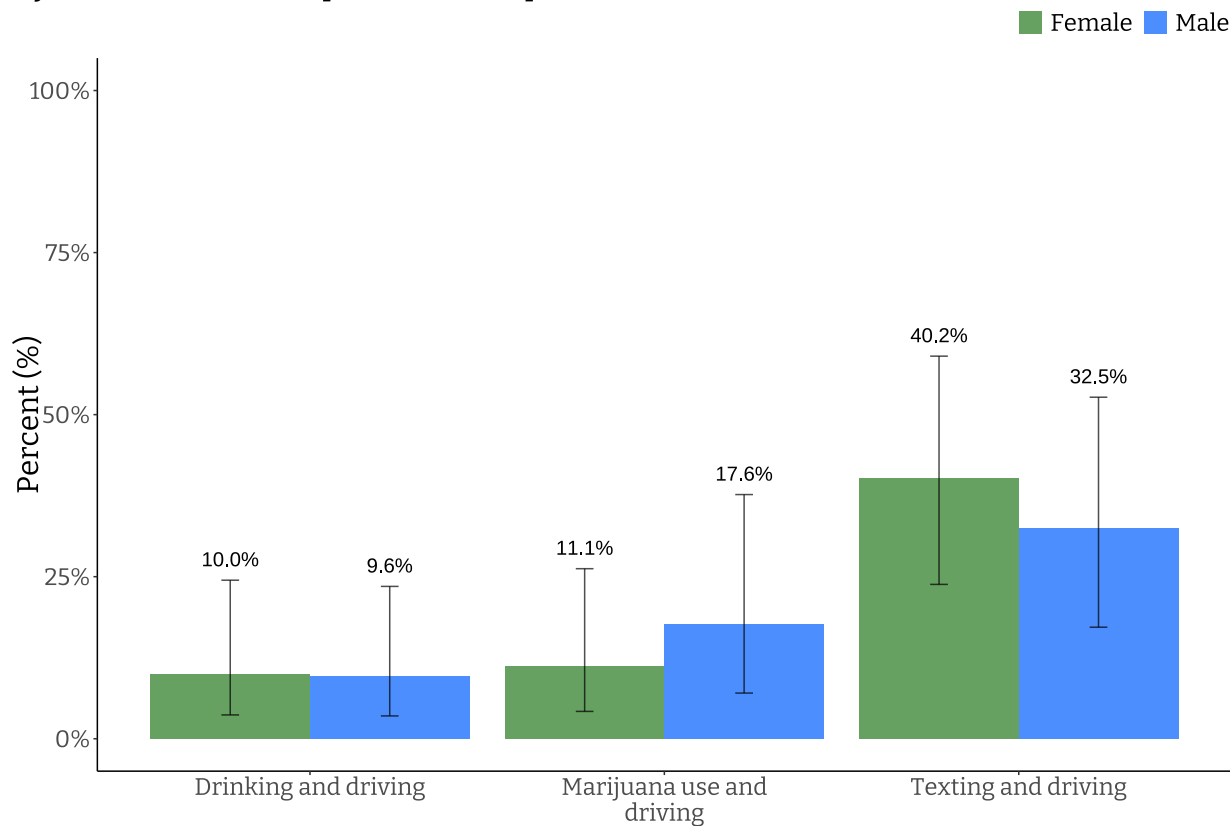
By Sex, Truth or Consequences Municipal Schools



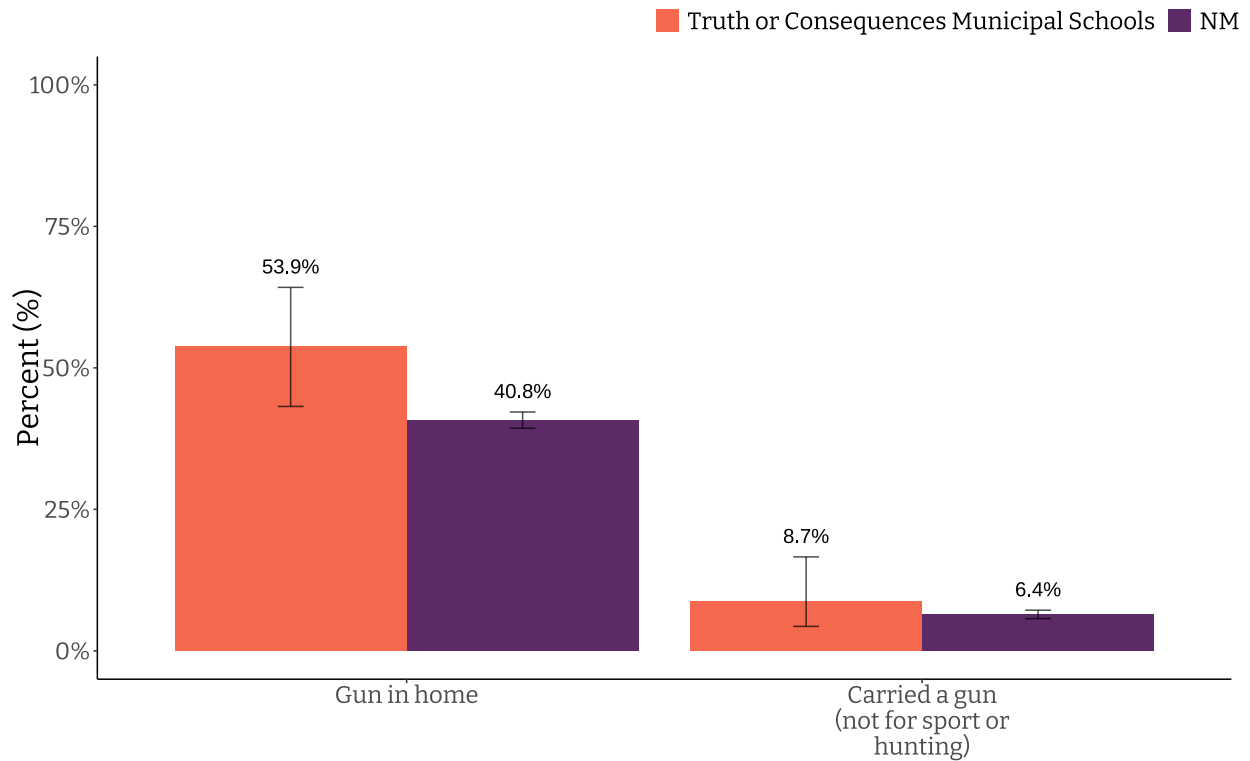
Unintentional Injury
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



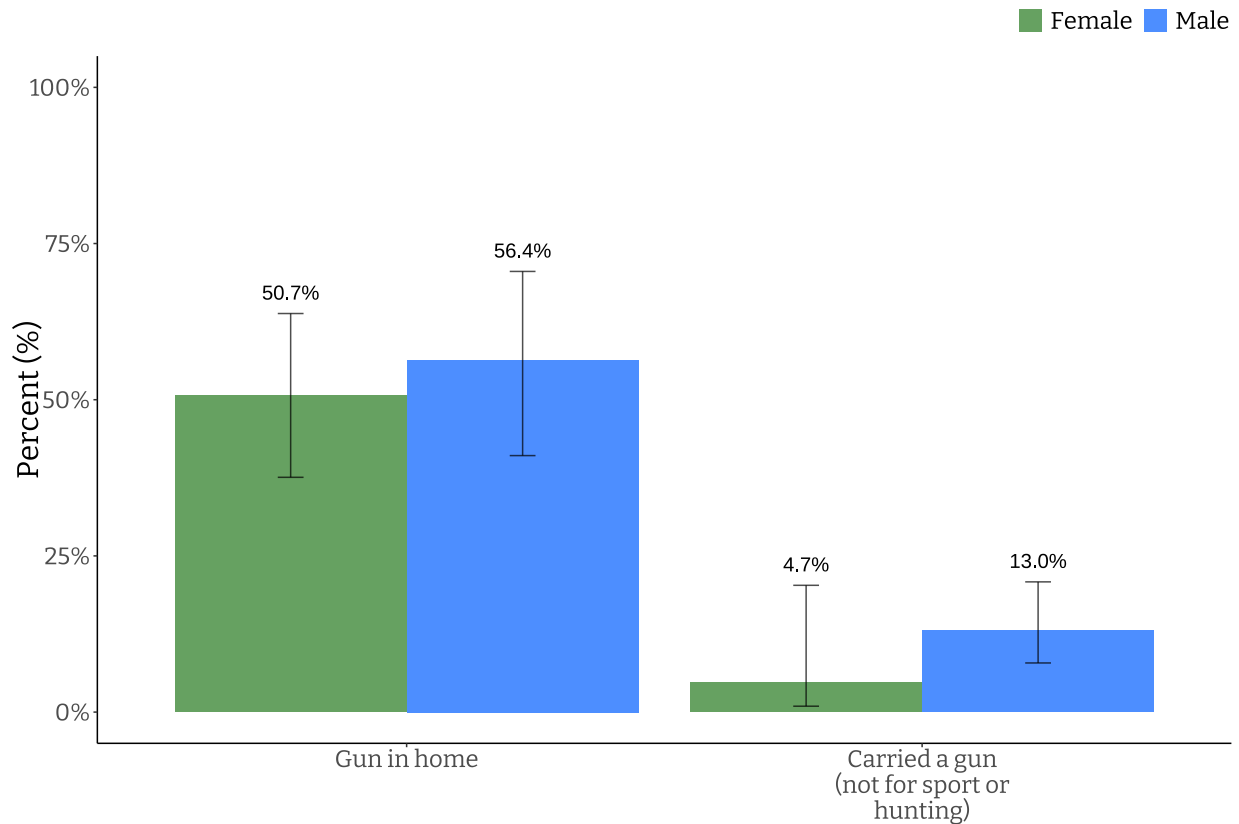
By Sex, Truth or Consequences Municipal Schools



*Unintentional Injury
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



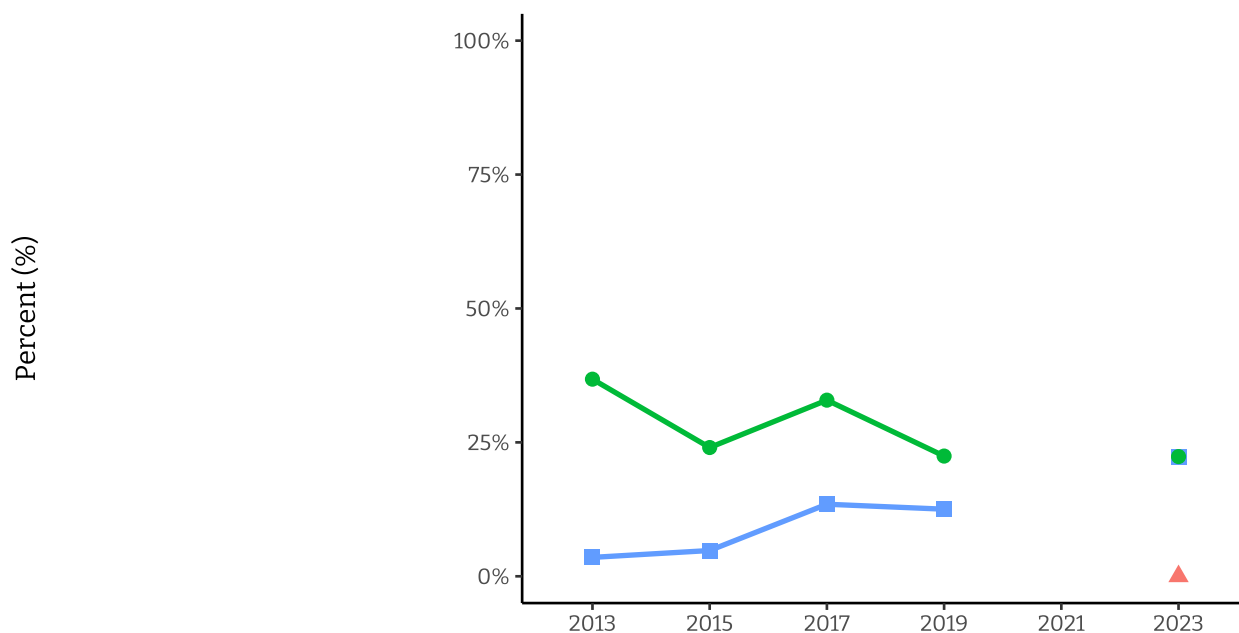
By Sex, Truth or Consequences Municipal Schools



Injury: Behaviors Associated with Violence

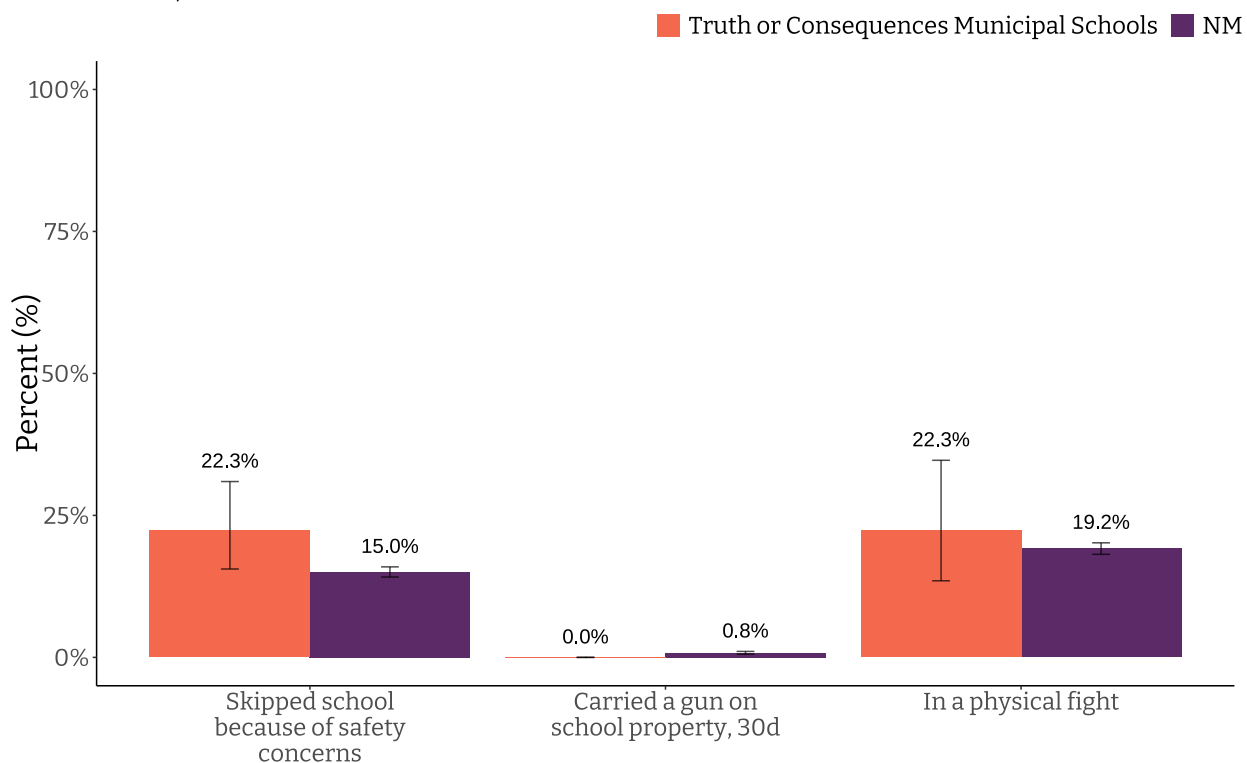
*Behaviors Associated with Violence
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*

Skipped school because of safety concerns ● In a physical fight ▲ Carried a gun on school property, 30d

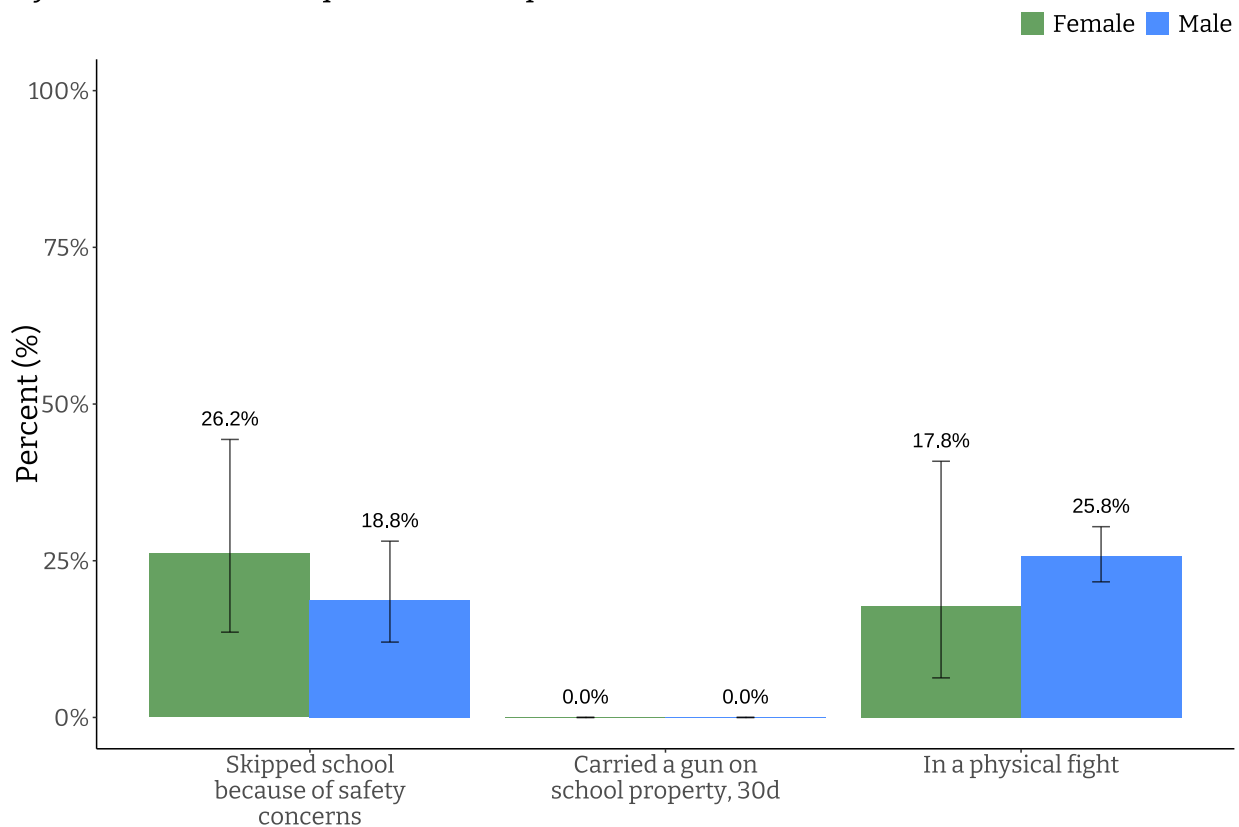


Skipped school because of safety concerns	3.5	4.8	13.5	12.5	22.3
In a physical fight	36.8	24.0	32.9	22.4	22.3
Carried a gun on school property, 30d					0.0

Injury: Behaviors Associated with Violence
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



By Sex, Truth or Consequences Municipal Schools



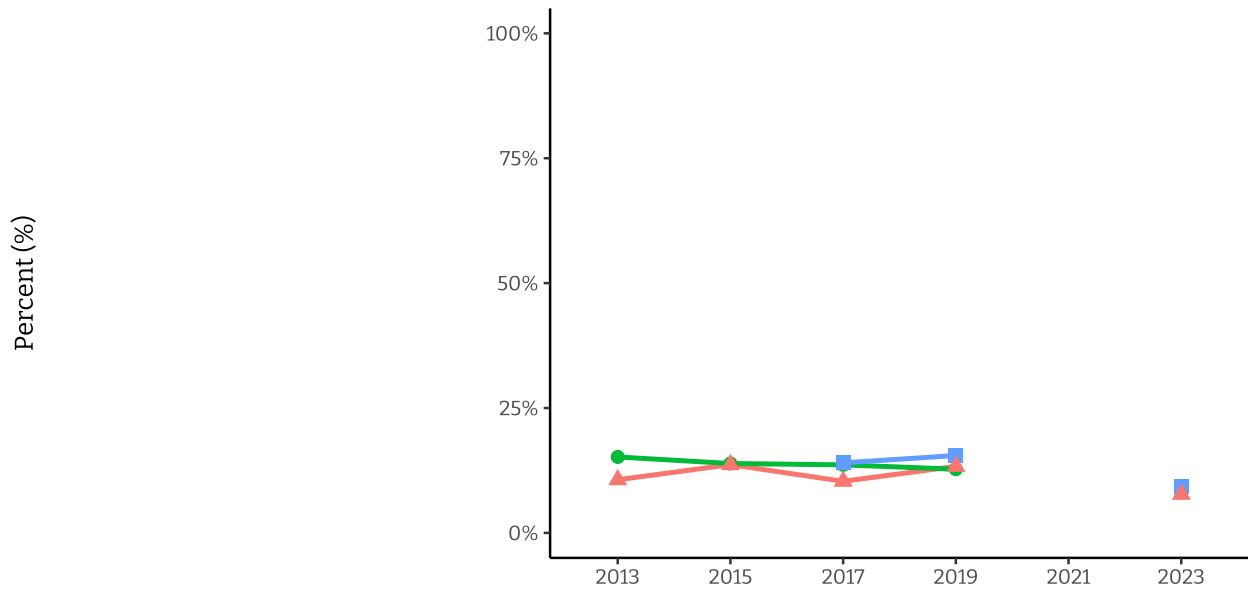
Injury: Sexual and Intimate Partner Violence

*Injury: Sexual and Intimate Partner Violence
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*

Sexually assaulted (Forced to do sexual things)

Physical dating violence

Ever forced to have sexual intercourse



Sexually assaulted (Forced to do sexual things)

14.0

15.5

9.2

Physical dating violence

15.2

13.9

13.6

12.8

8.1

Ever forced to have sexual intercourse

10.6

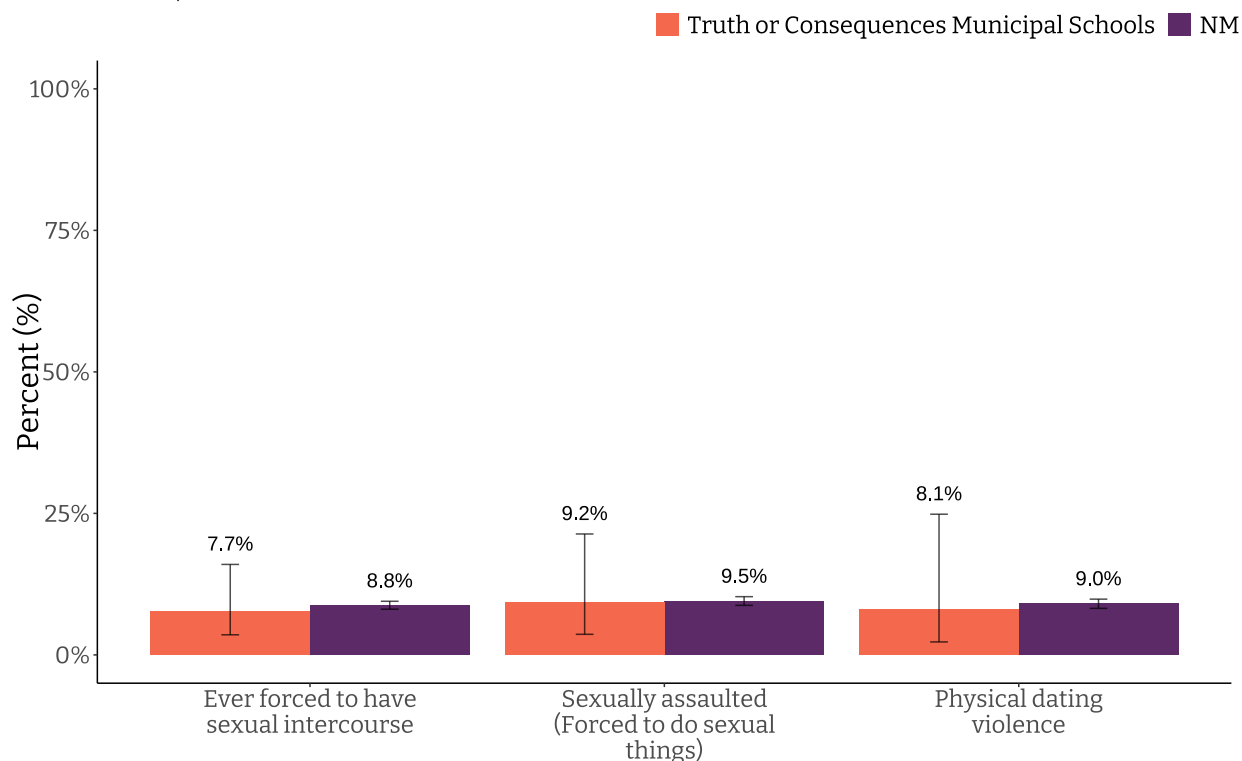
13.7

10.3

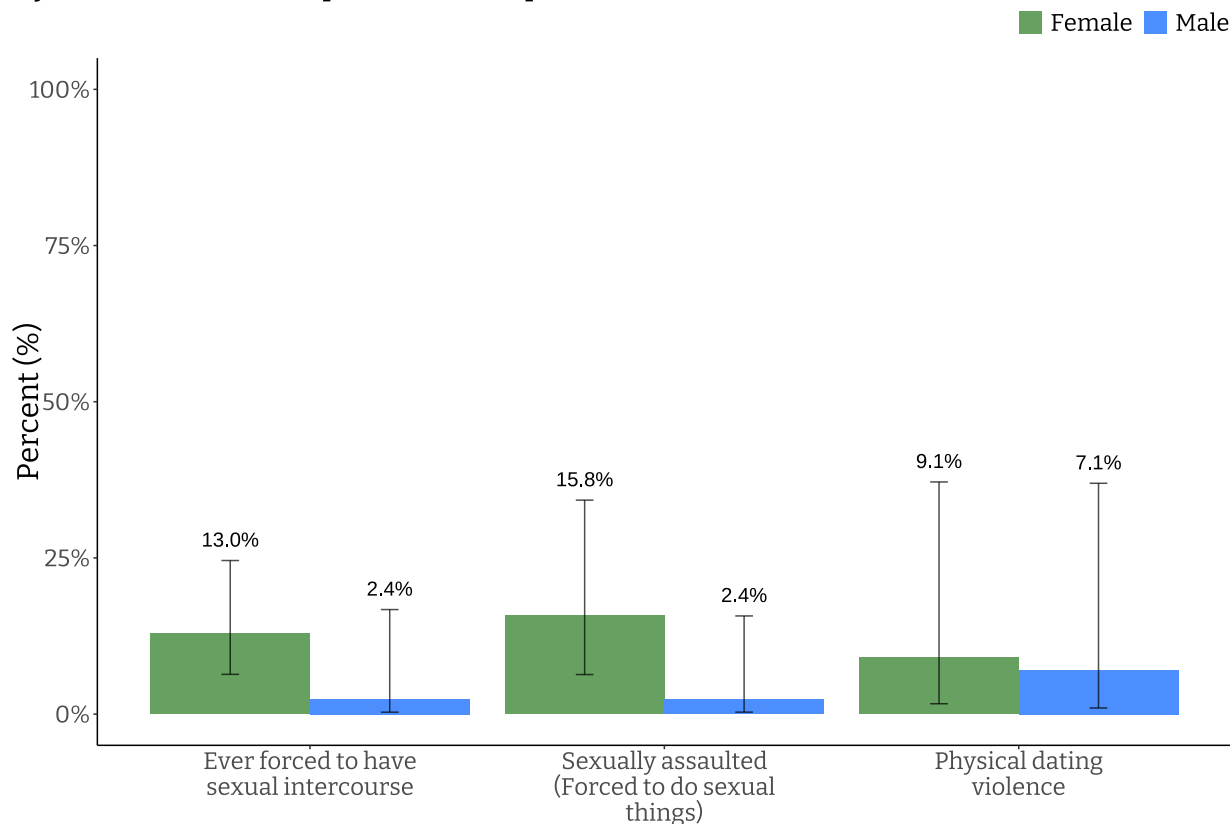
13.3

7.7

*Injury: Sexual and Intimate Partner Violence
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*

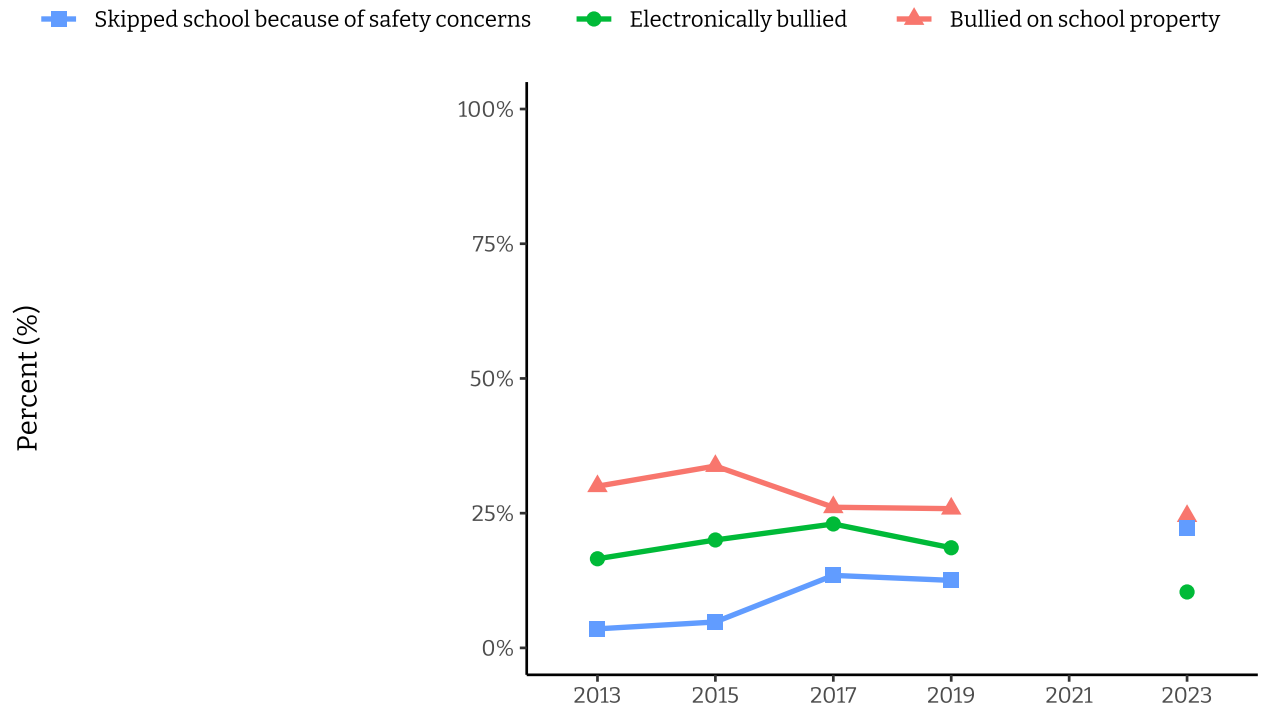


By Sex, Truth or Consequences Municipal Schools



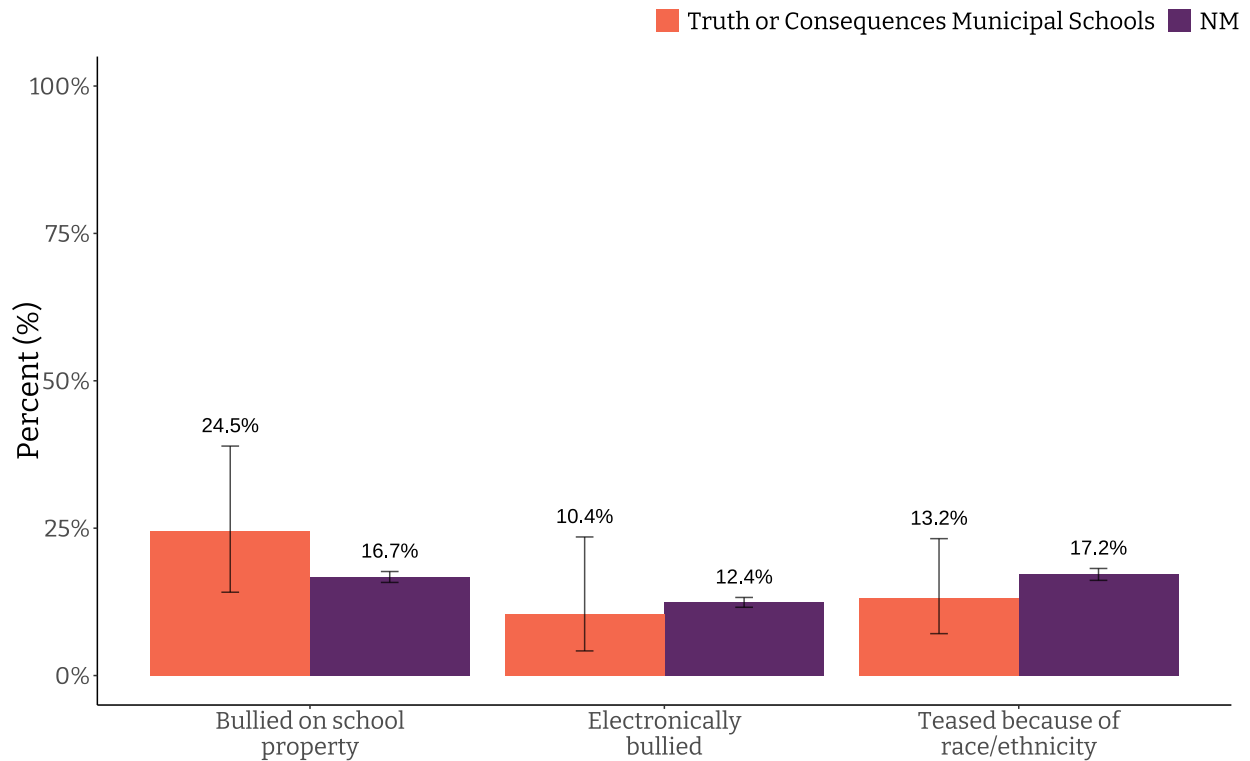
Injury: Bullying and Racial Discrimination

*Injury: Bullying and School Violence
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*

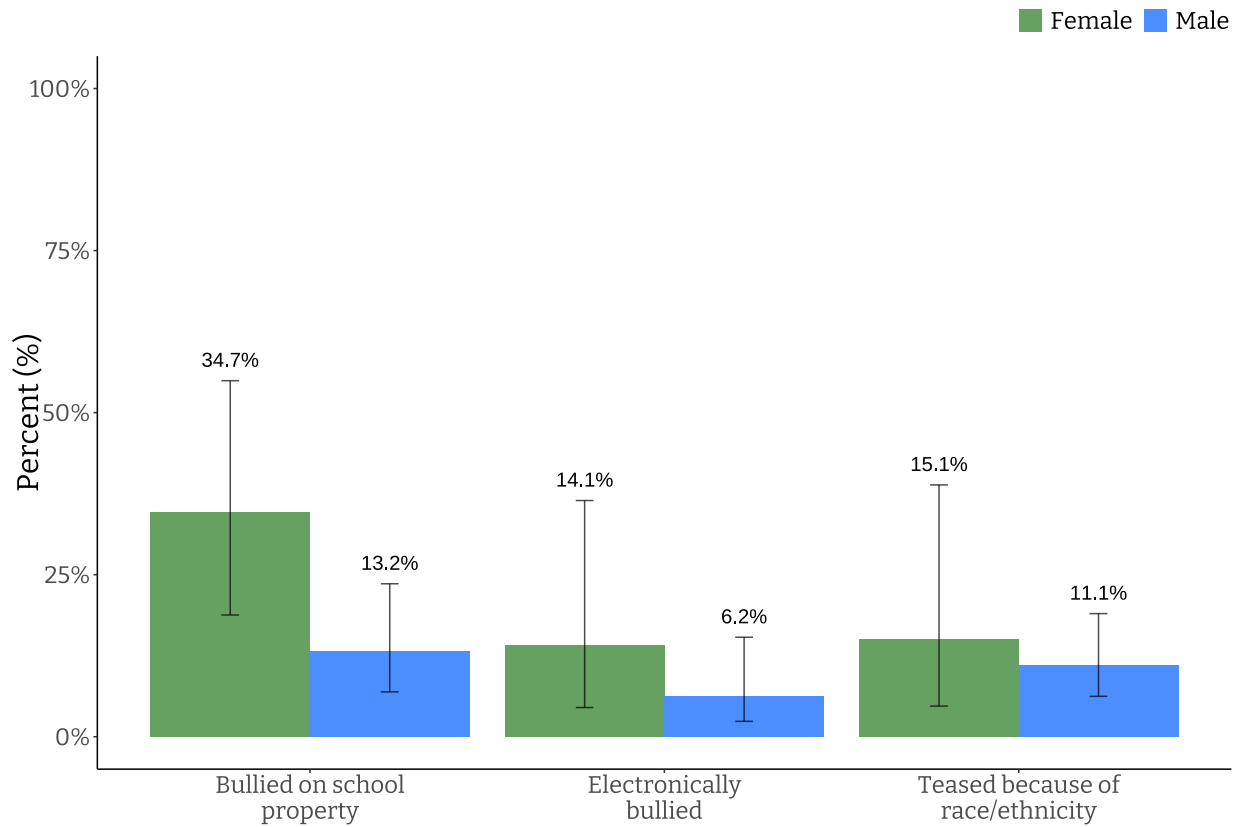


Skipped school because of safety concerns	3.5	4.8	13.5	12.5	22.3
Electronically bullied	16.5	20.0	23.0	18.6	10.4
Bullied on school property	30.0	33.7	26.1	25.8	24.5

Injury: Bullying and Racial Discrimination
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023

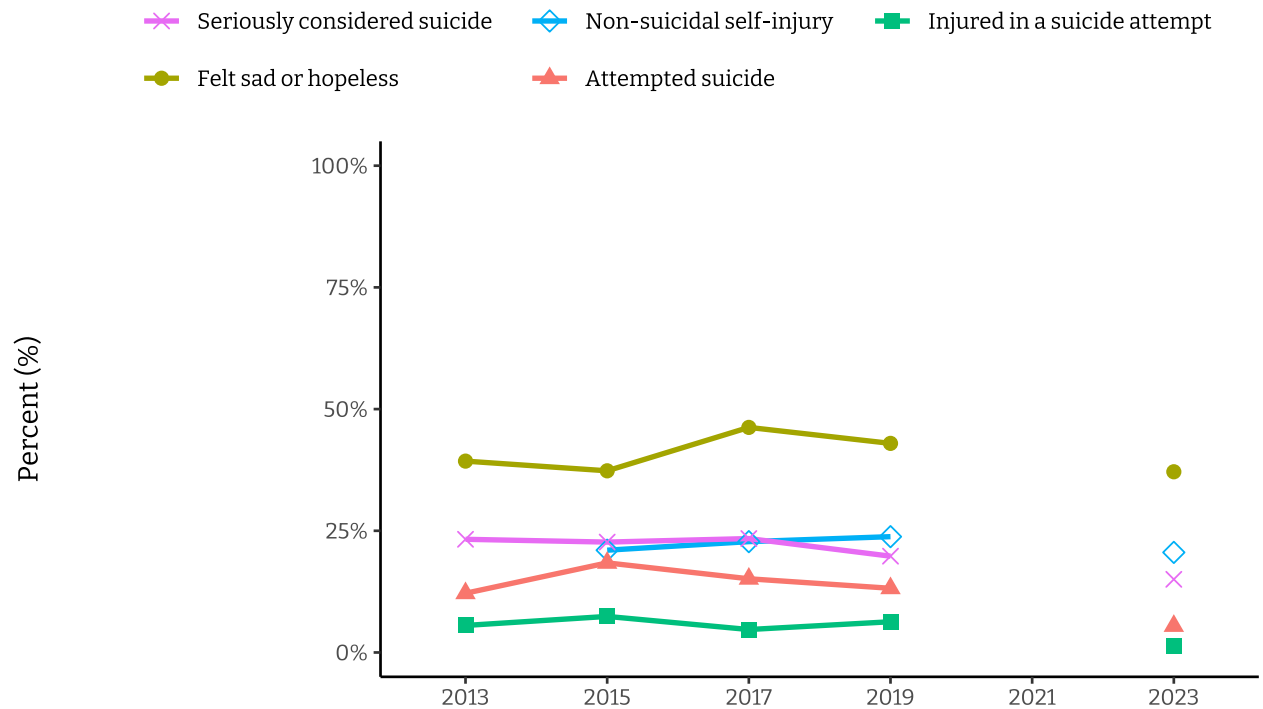


By Sex, Truth or Consequences Municipal Schools



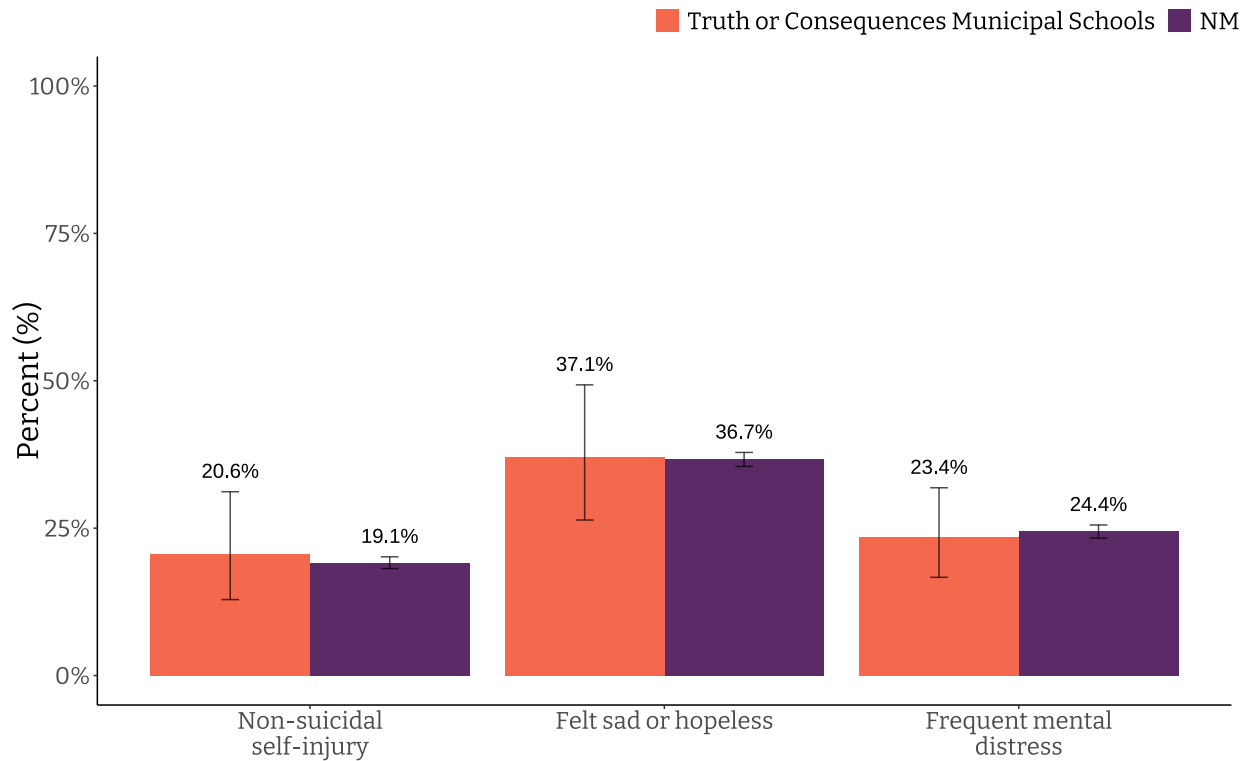
Mental Health

*Mental Health and Suicidal Behaviors
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*

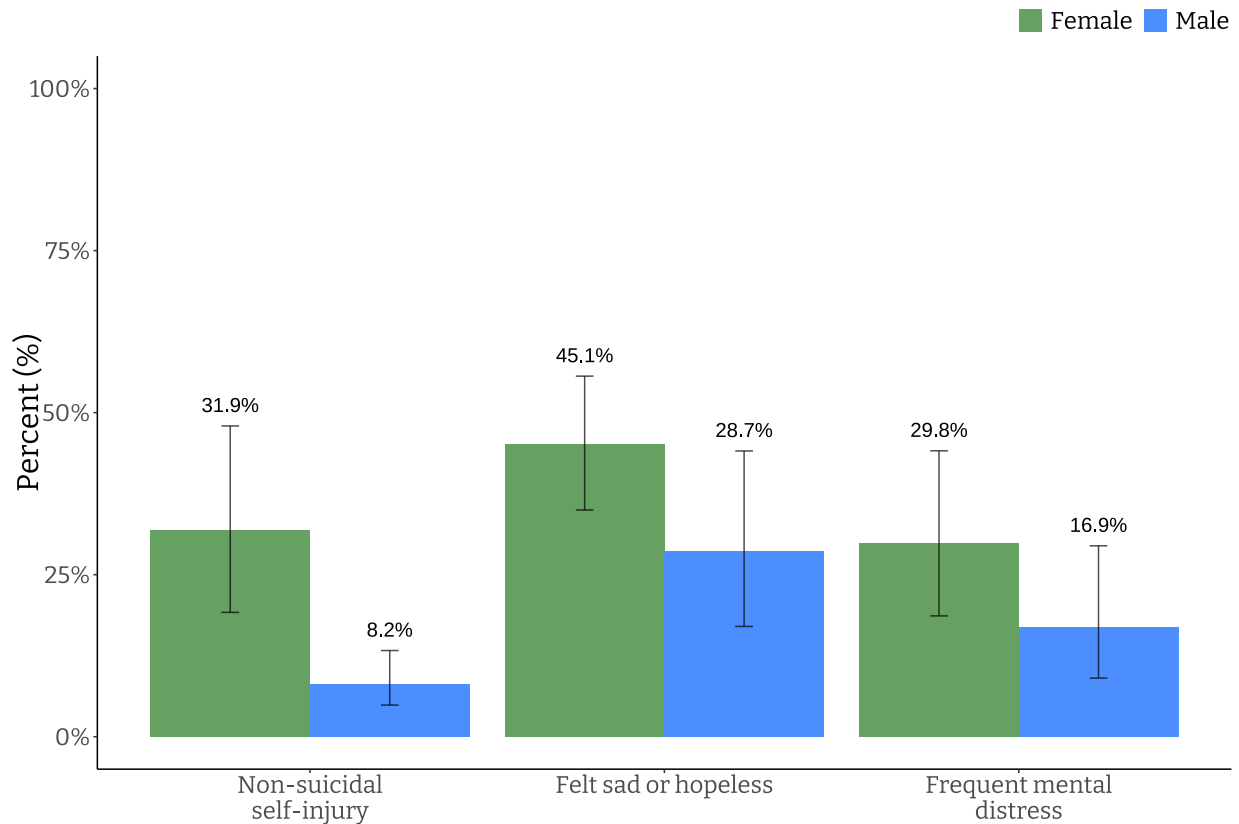


Seriously considered suicide	23.3	22.7	23.4	19.8	15.0
Non-suicidal self-injury		21.0	22.8	23.8	20.6
Injured in a suicide attempt	5.6	7.4	4.7	6.3	1.4
Felt sad or hopeless	39.3	37.3	46.2	43.0	37.1
Attempted suicide	12.2	18.4	15.1	13.2	5.4

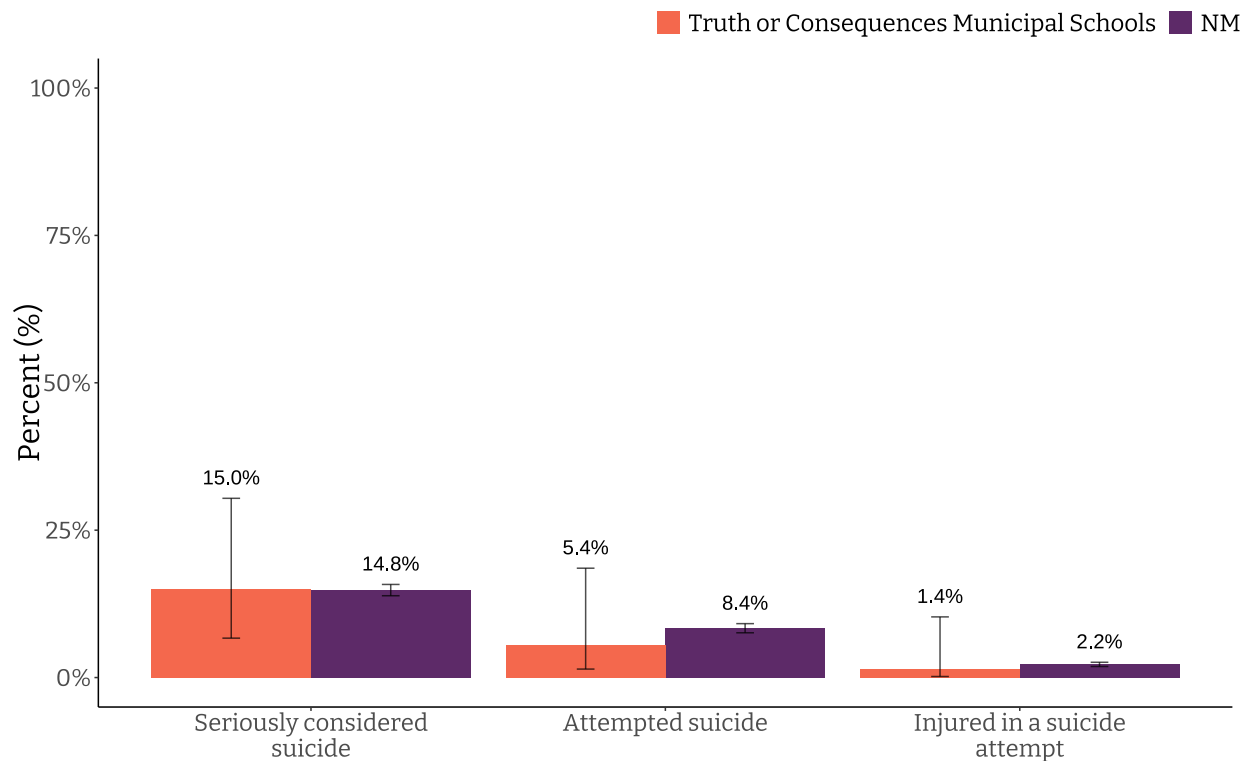
*Mental Health
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



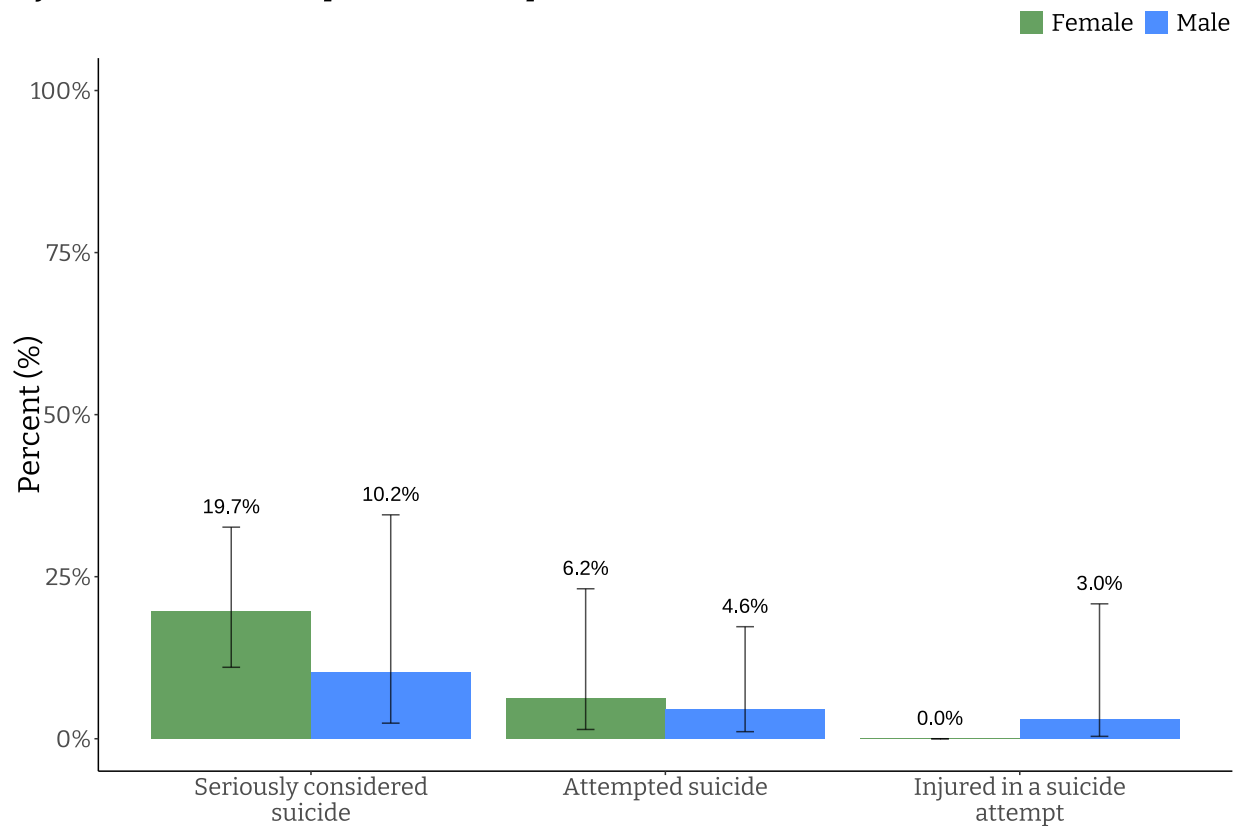
By Sex, Truth or Consequences Municipal Schools



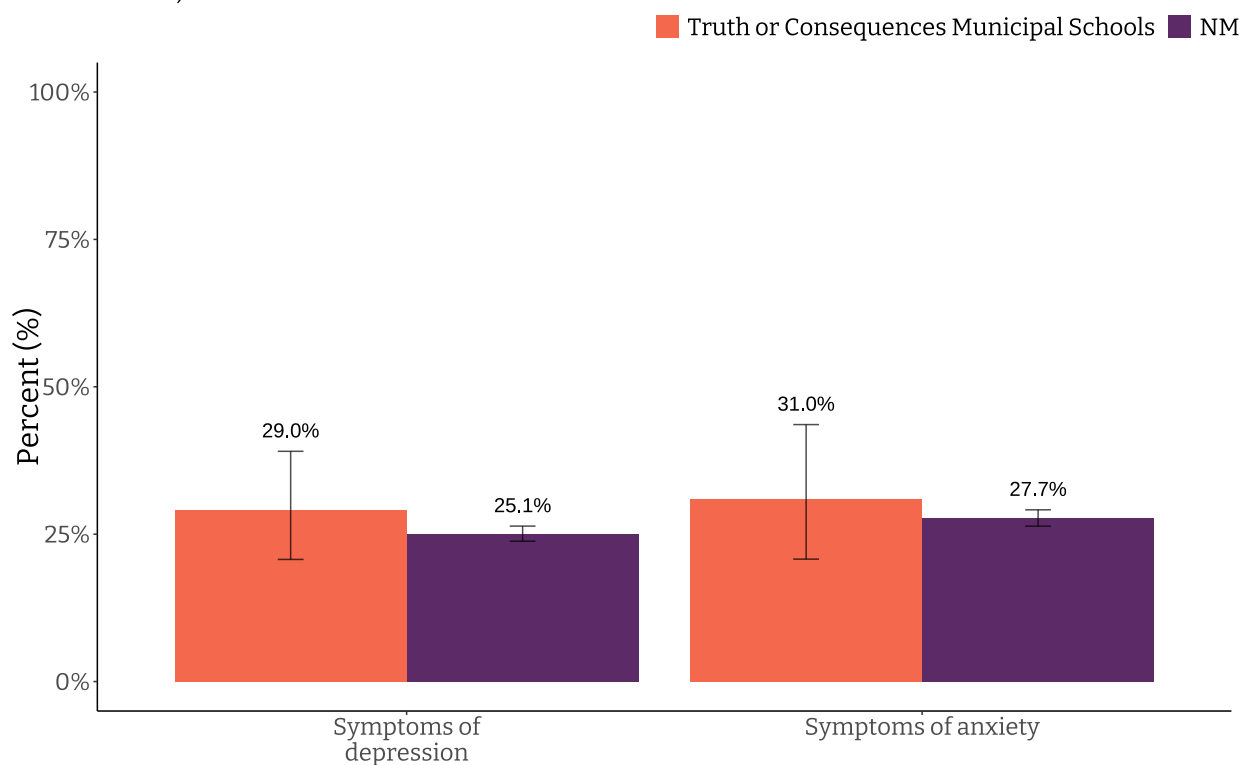
Mental Health: Suicidal behaviors
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



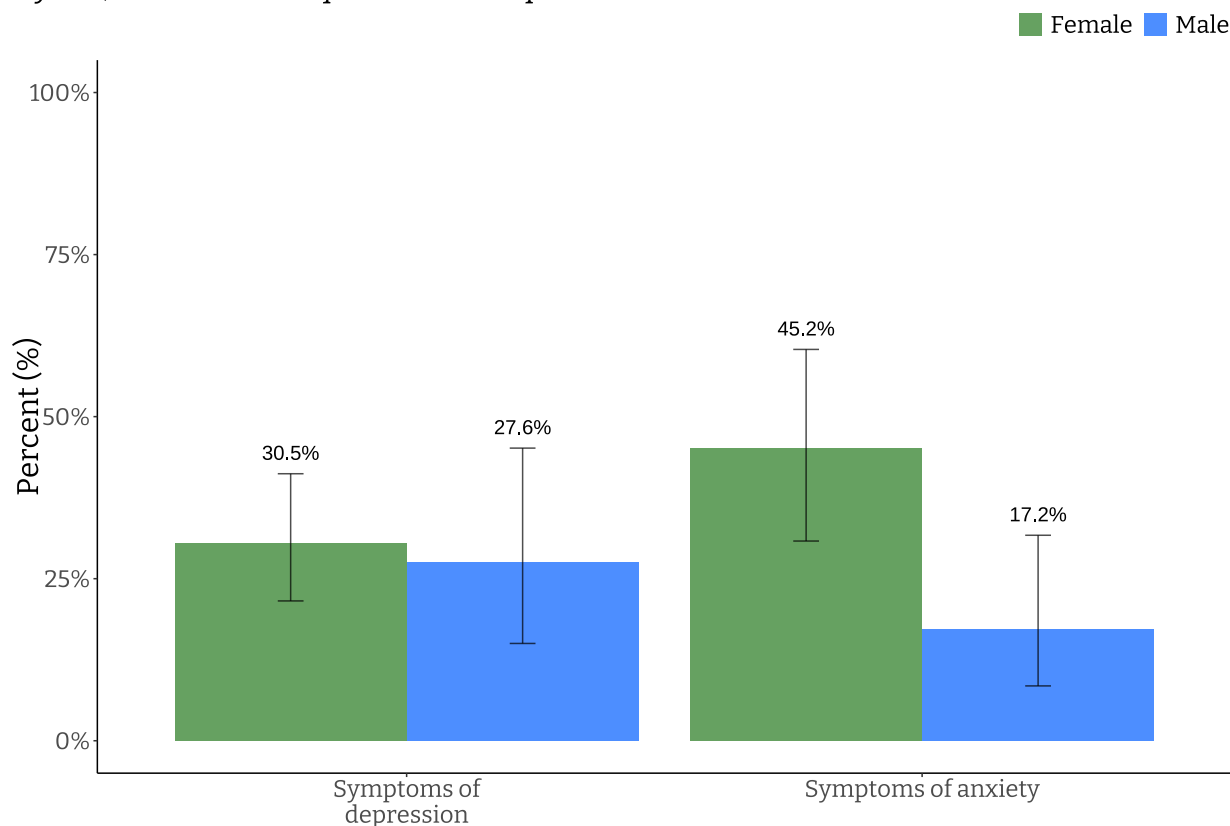
By Sex, Truth or Consequences Municipal Schools



*Mental Health: Depression and Anxiety Risk
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*

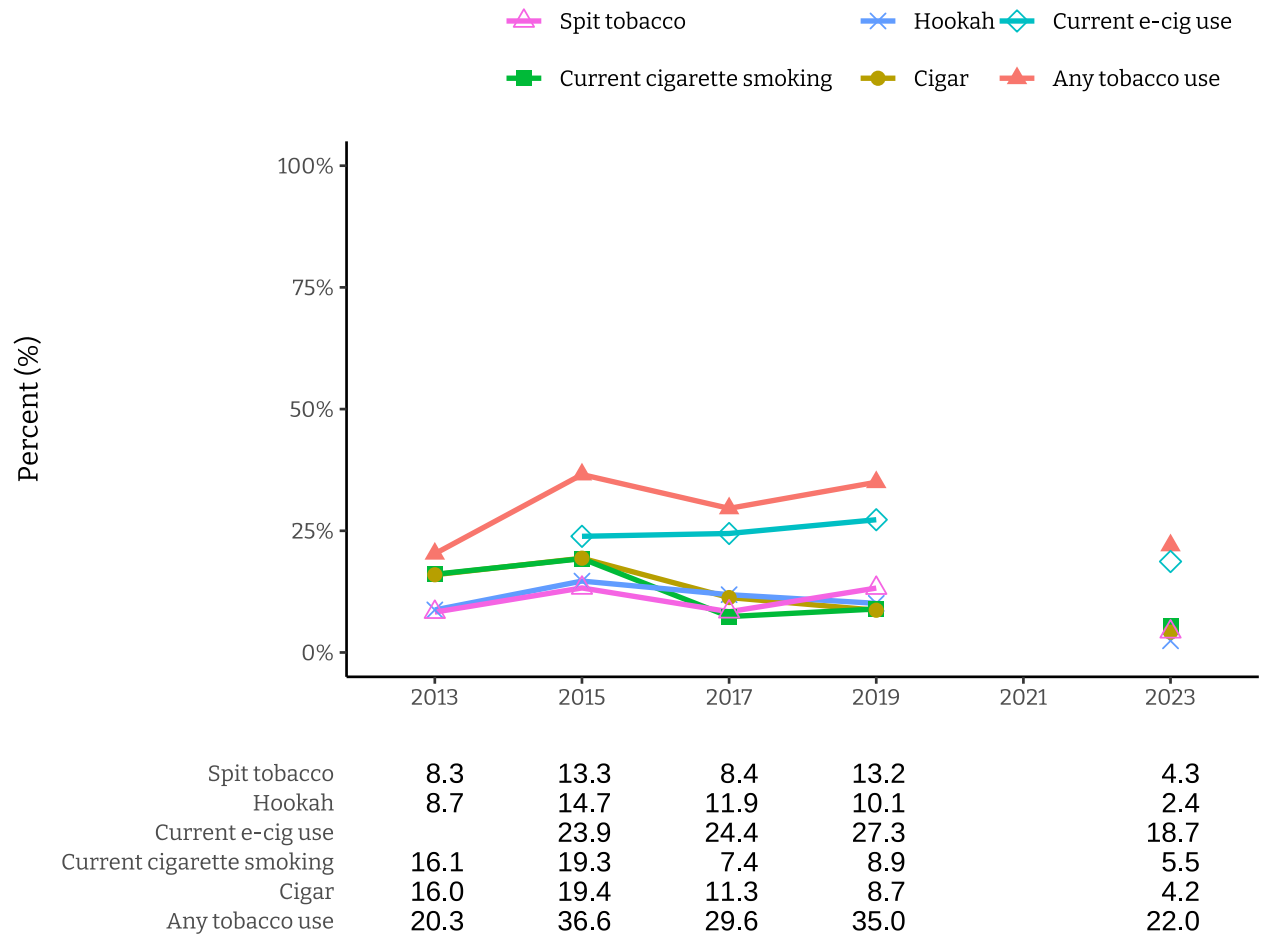


By Sex, Truth or Consequences Municipal Schools

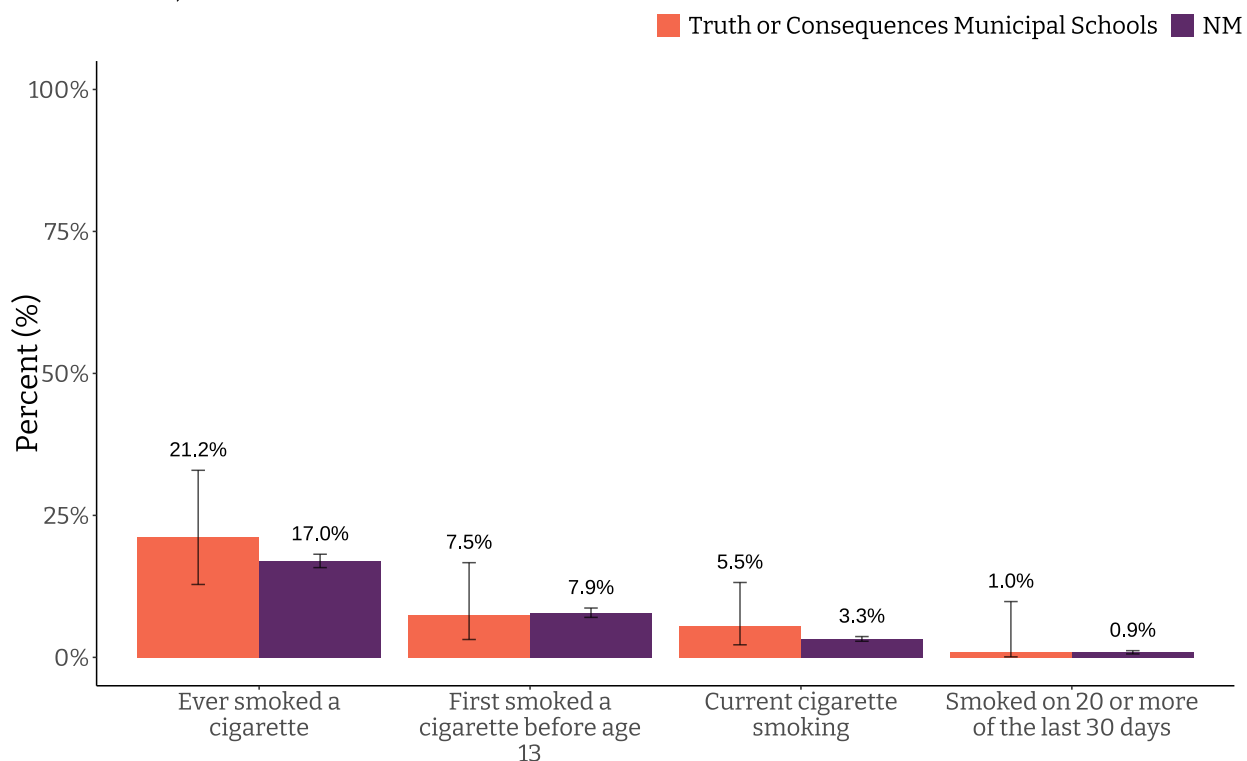


Tobacco Use

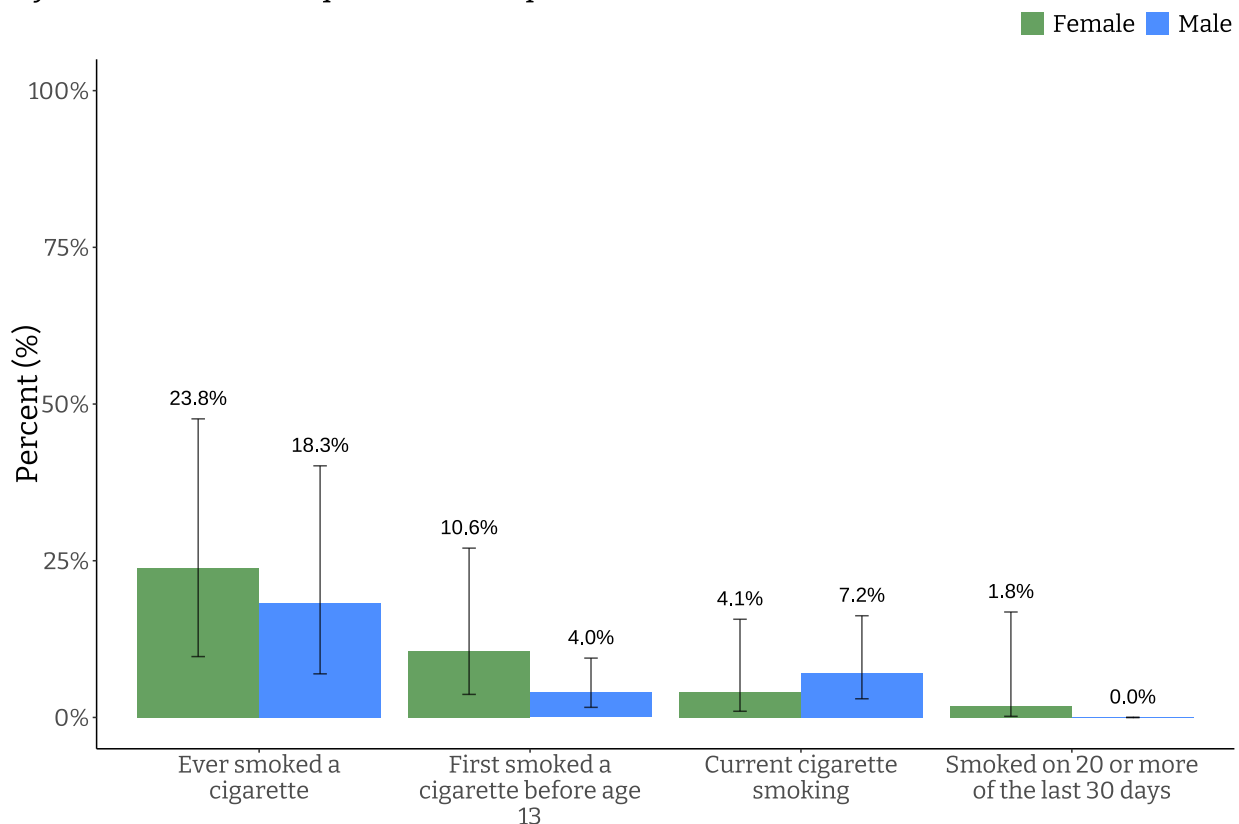
*Current Tobacco Use
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*



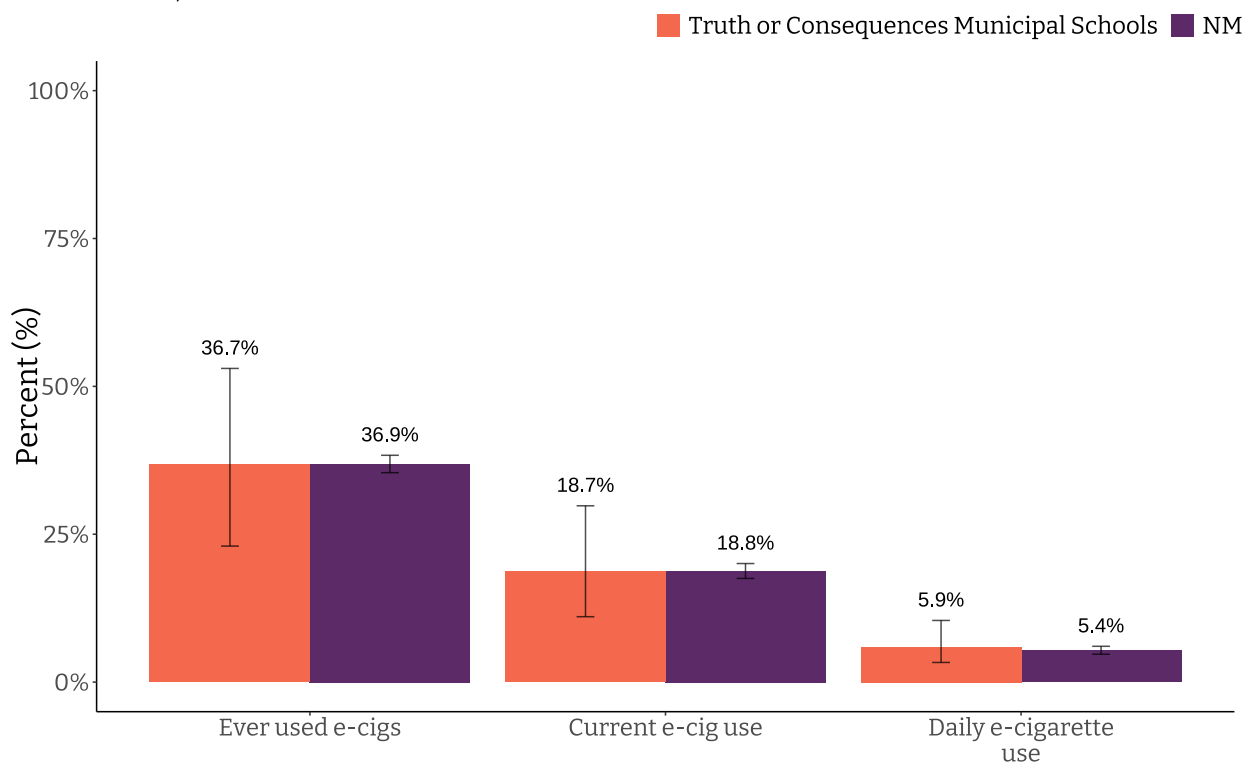
Tobacco: Cigarette Use
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



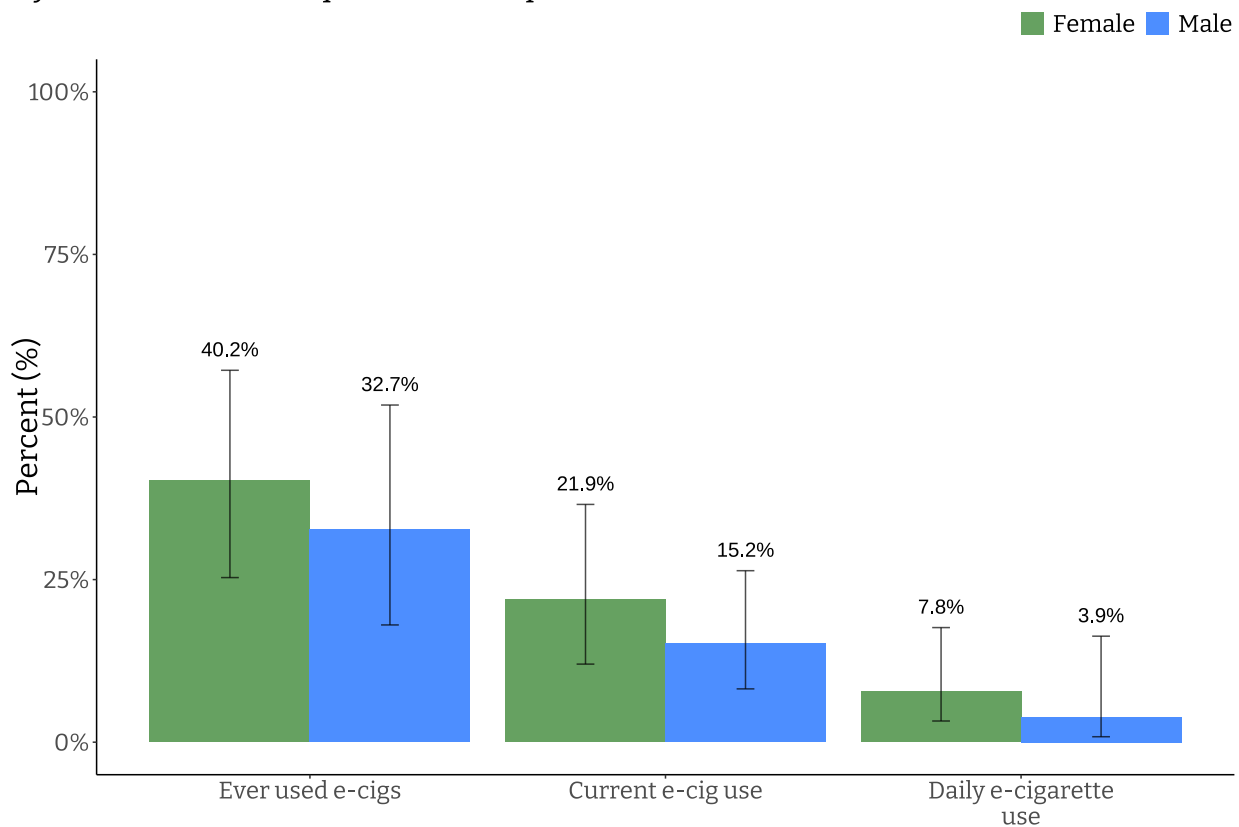
By Sex, Truth or Consequences Municipal Schools



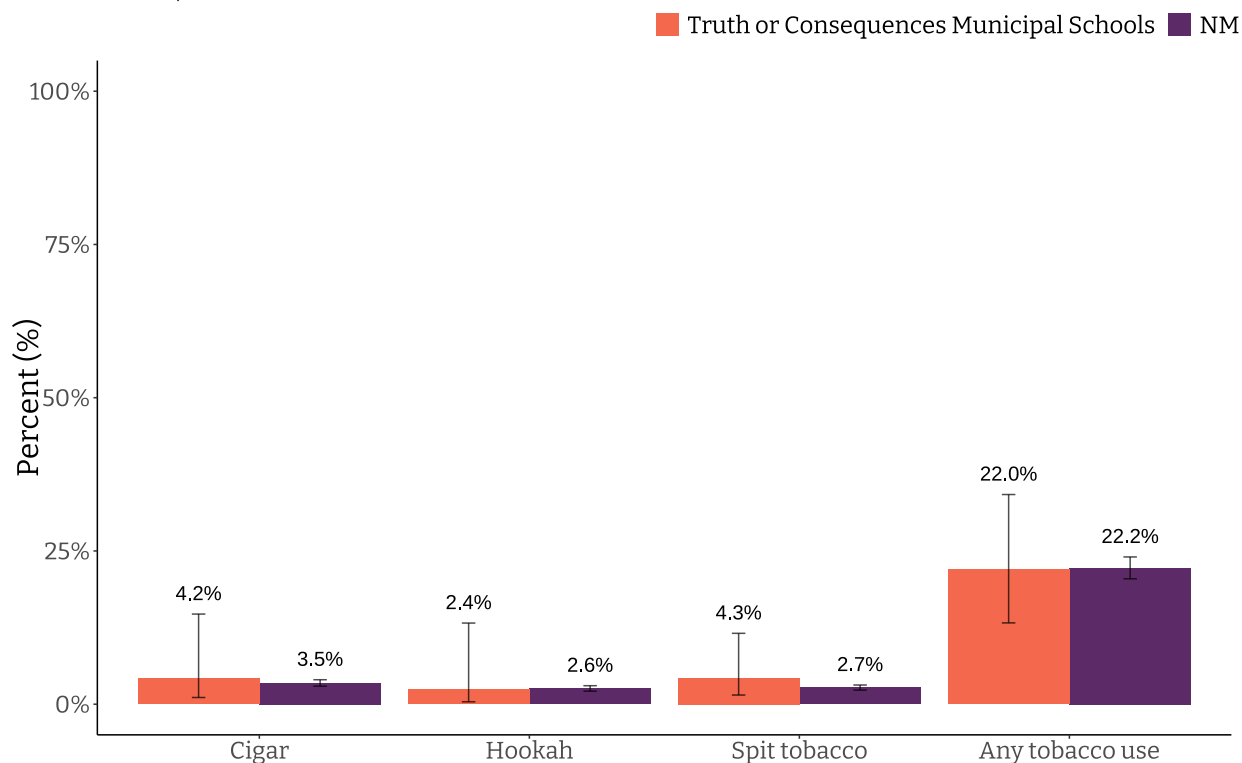
Tobacco: E-cigarettes - Electronic Vapor Products
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



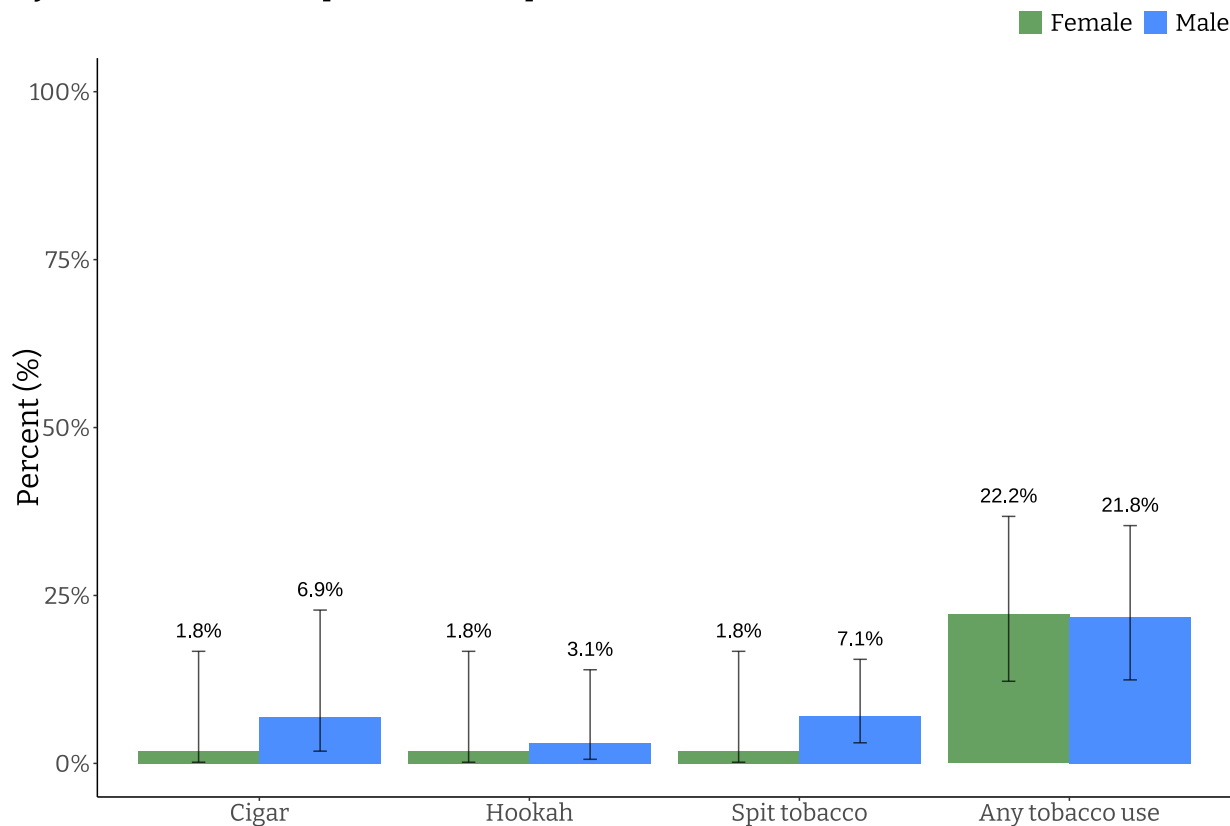
By Sex, Truth or Consequences Municipal Schools



*Other Current Tobacco Use
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*

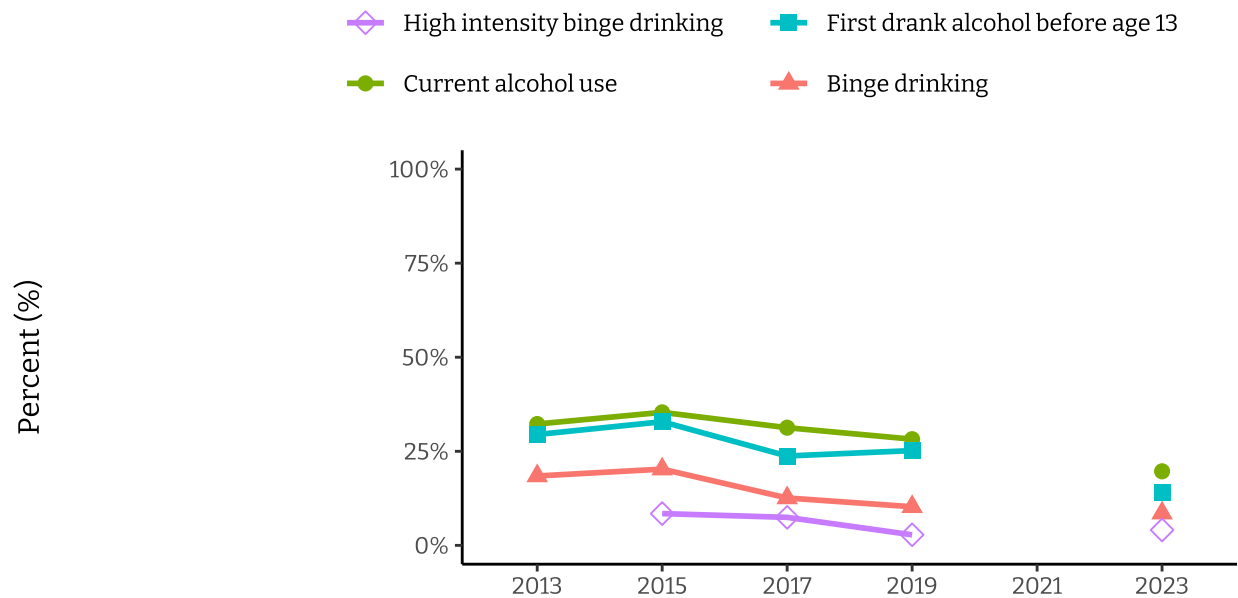


By Sex, Truth or Consequences Municipal Schools



Alcohol Use

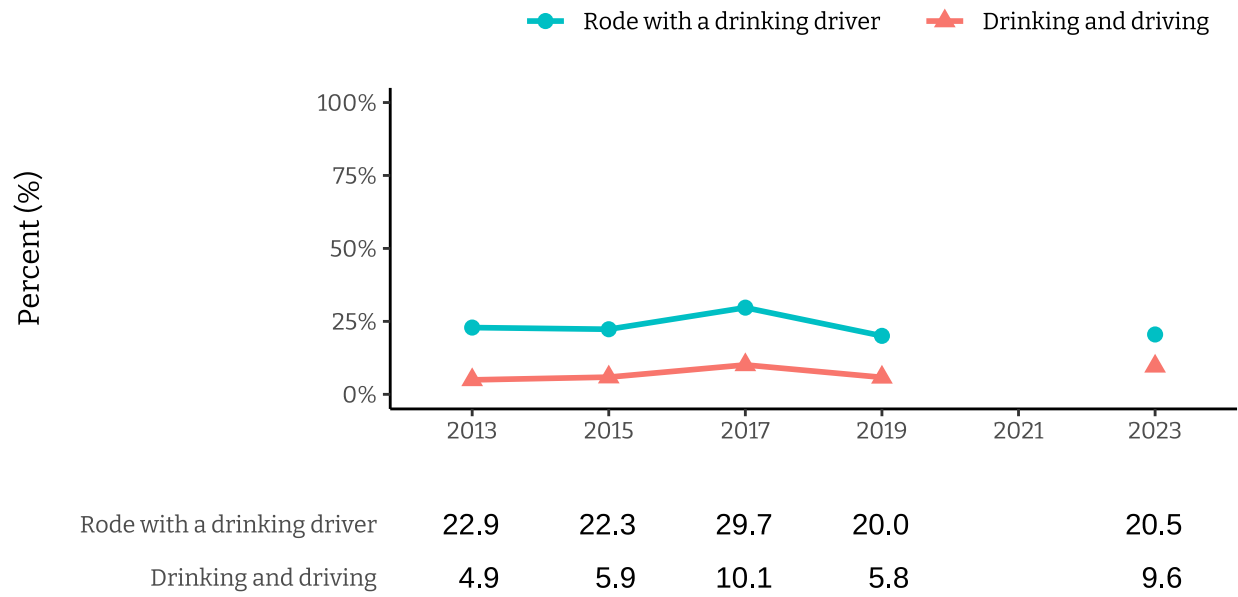
*Alcohol Use
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*

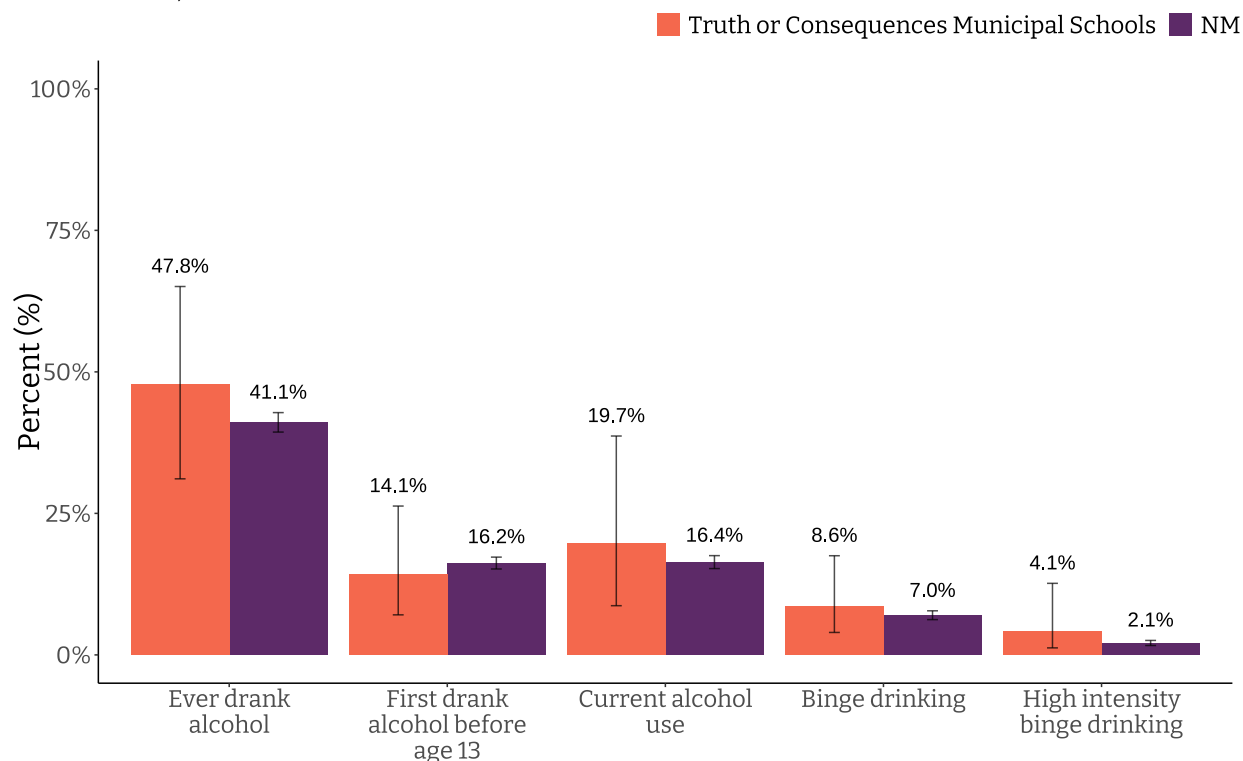
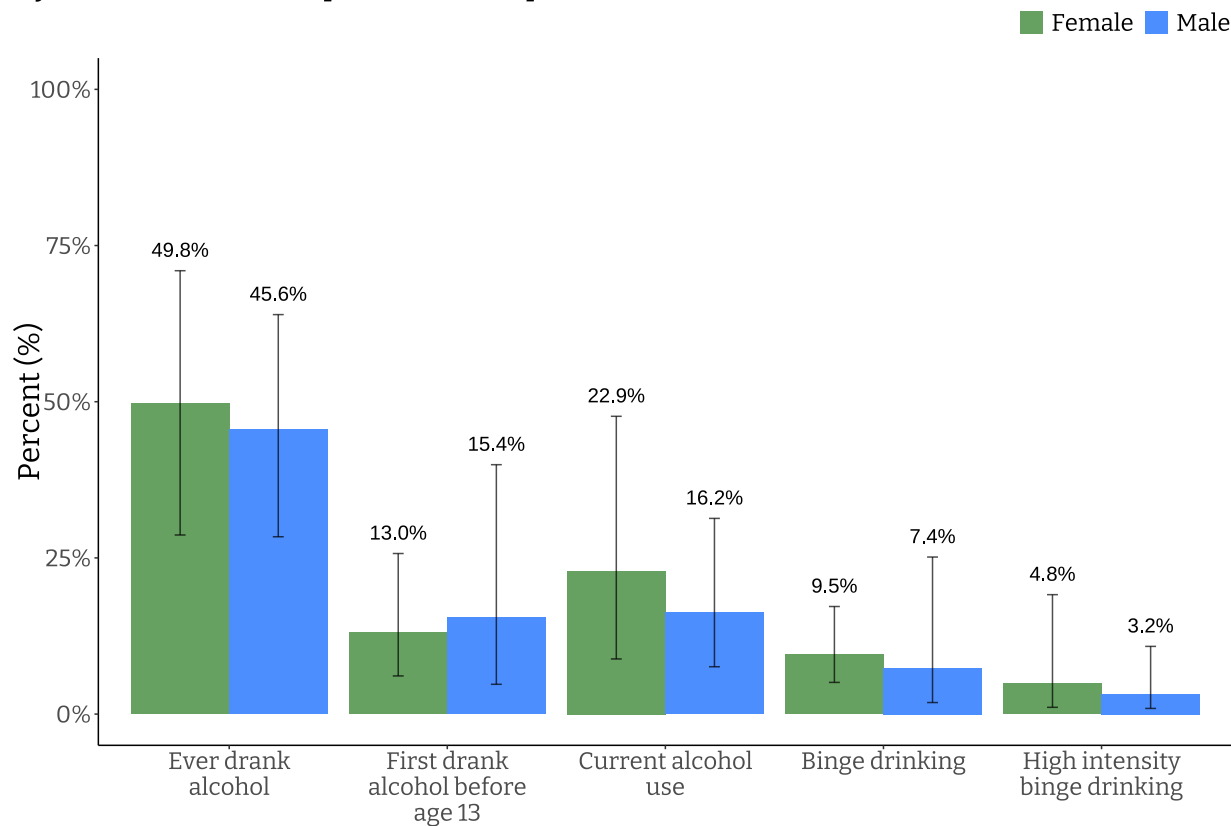


High intensity binge drinking		8.4	7.4	2.8	4.1
First drank alcohol before age 13	29.5	32.9	23.8	25.2	14.1
Current alcohol use	32.3	35.4	31.3	28.2	19.7
Binge drinking	18.4	20.3	12.6	10.3	8.6

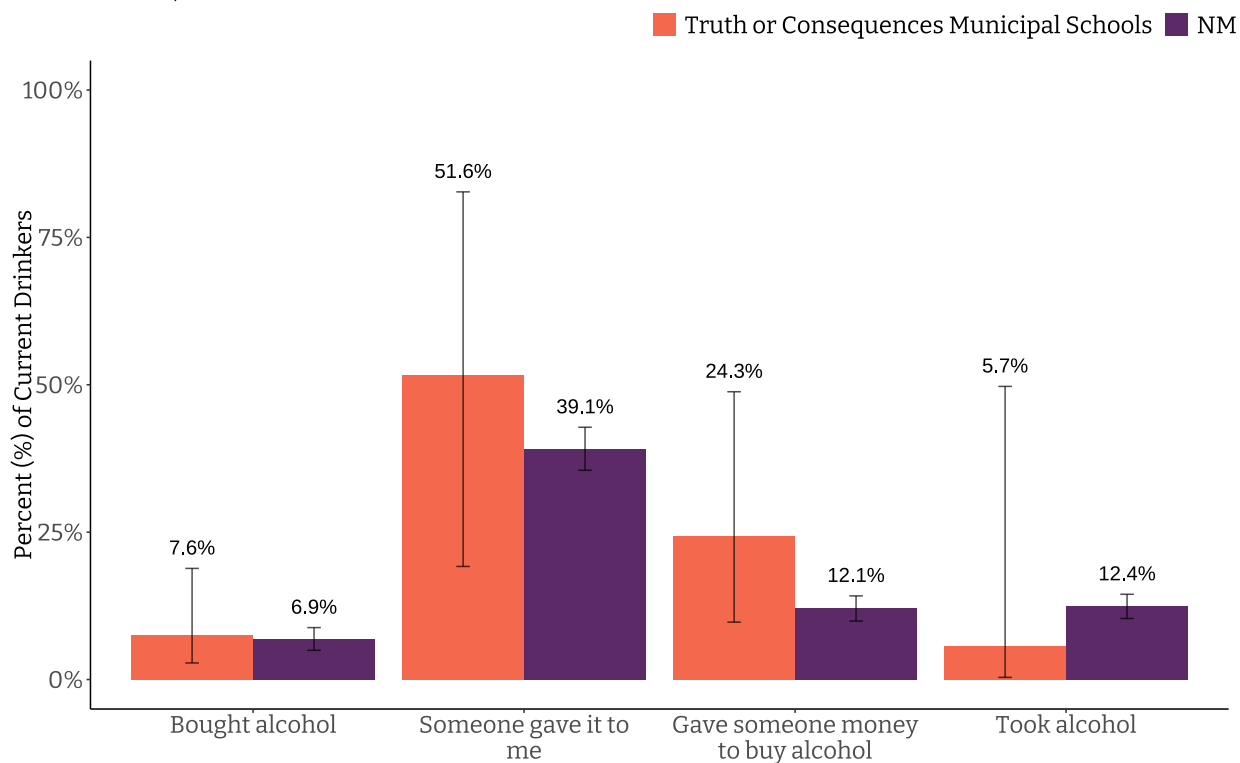
Note: Since 2017, binge drinking has been defined as 5 drinks on any single occasion in the past 30 days for boys, and 4 drinks for girls. In 2015 and earlier years, binge drinking was defined as 5 drinks on any single occasion for both boys and girls.

*Alcohol Use
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*

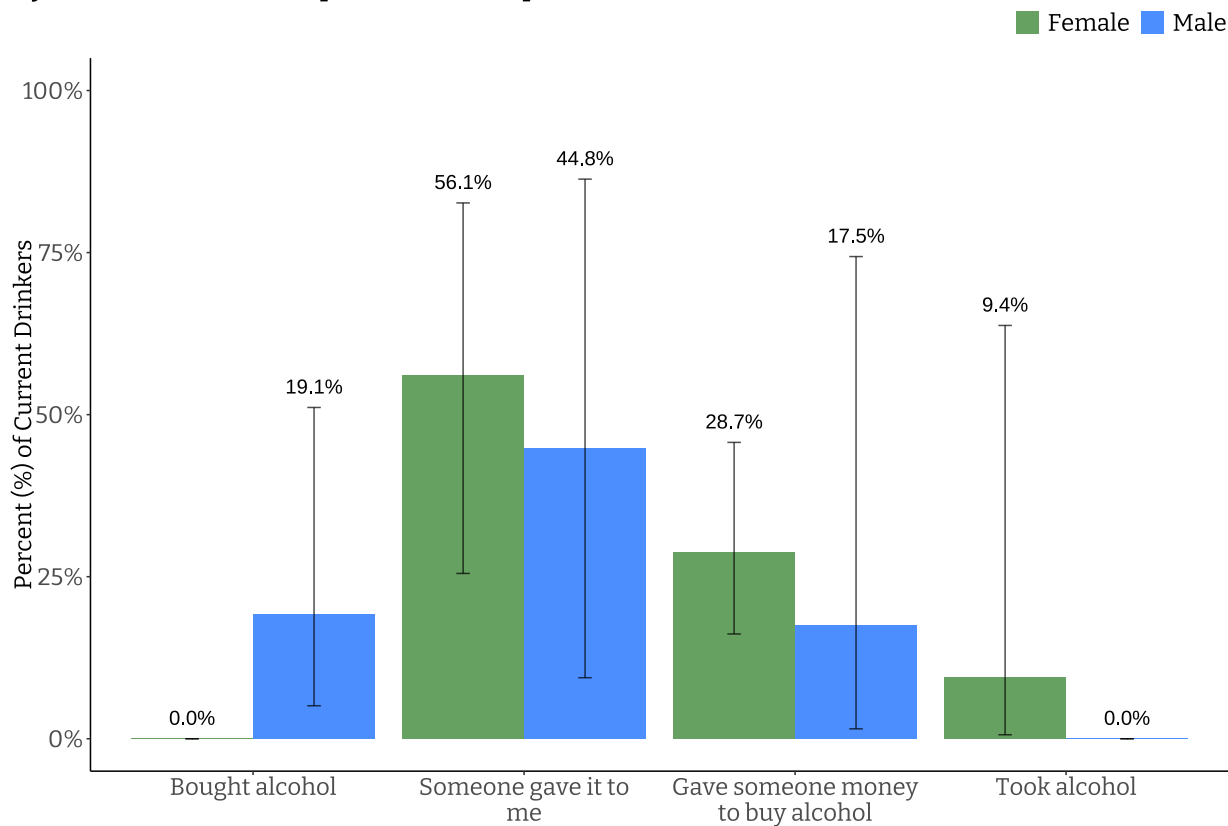


*Alcohol Use**New Mexico & Truth or Consequences Municipal Schools**Grades 9-12, 2023**By Sex, Truth or Consequences Municipal Schools*

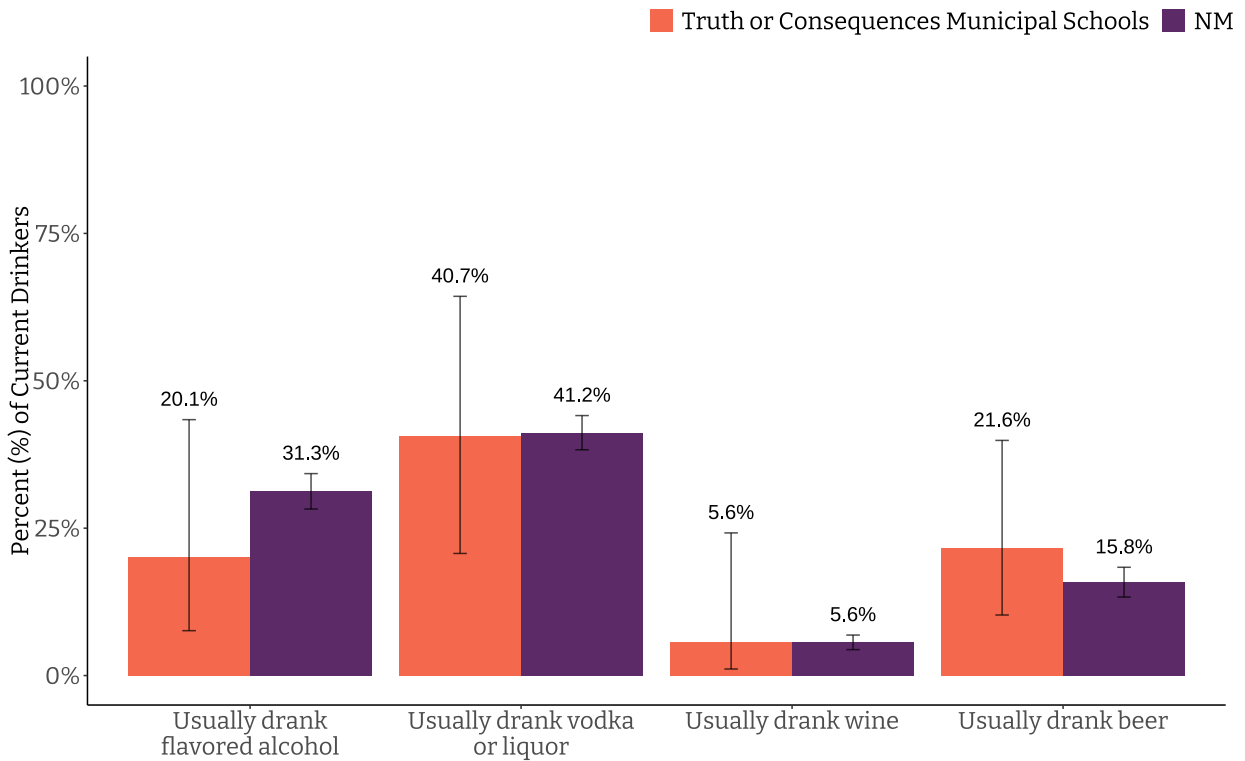
Behaviors of Current Drinkers: How Usually Got Alcohol
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



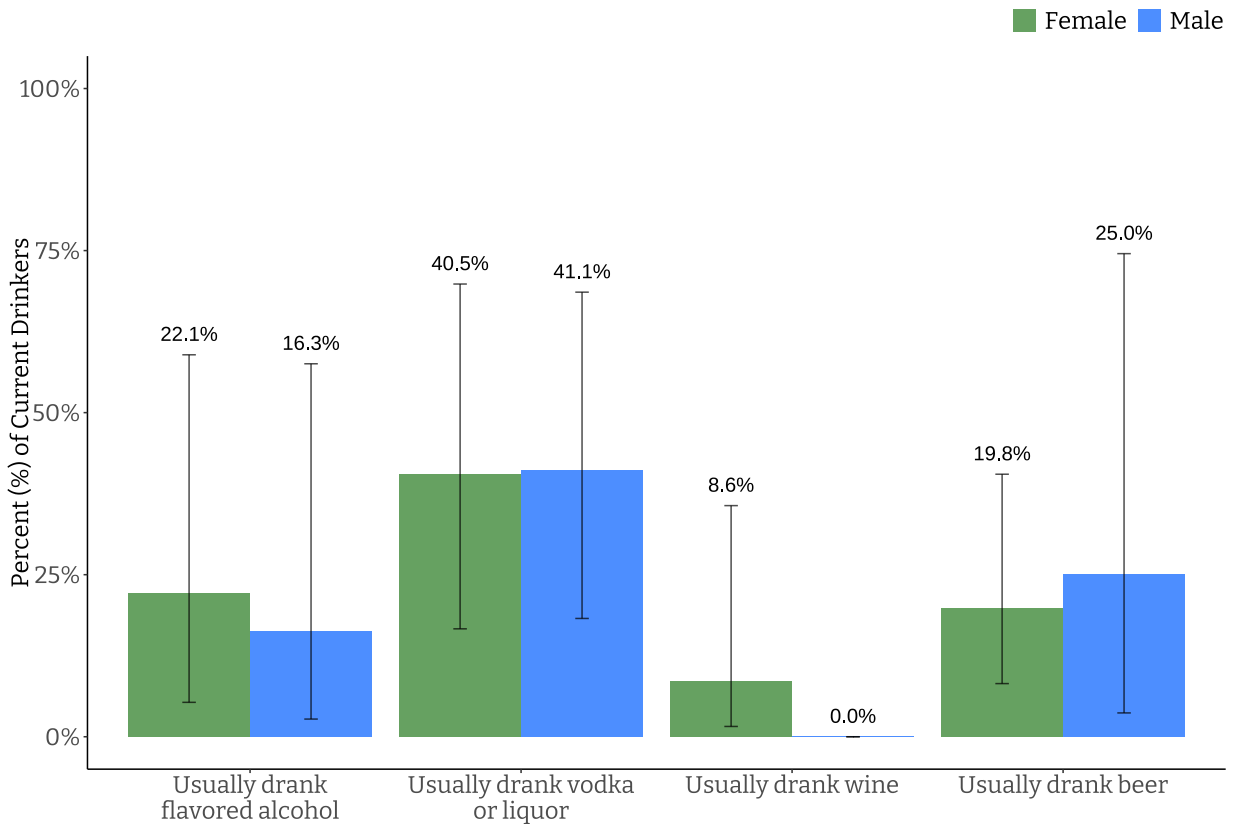
By Sex, Truth or Consequences Municipal Schools



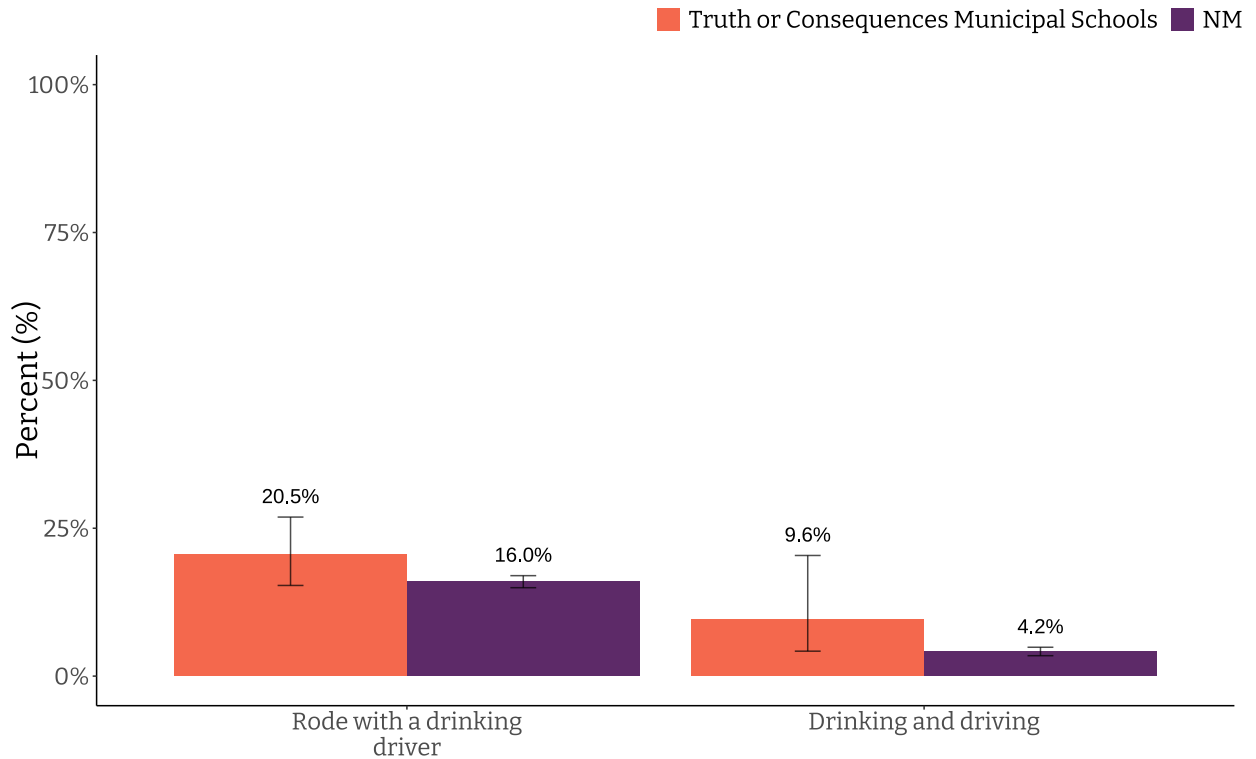
Behaviors of Current Drinkers: Type of Alcohol Usually Consumed
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



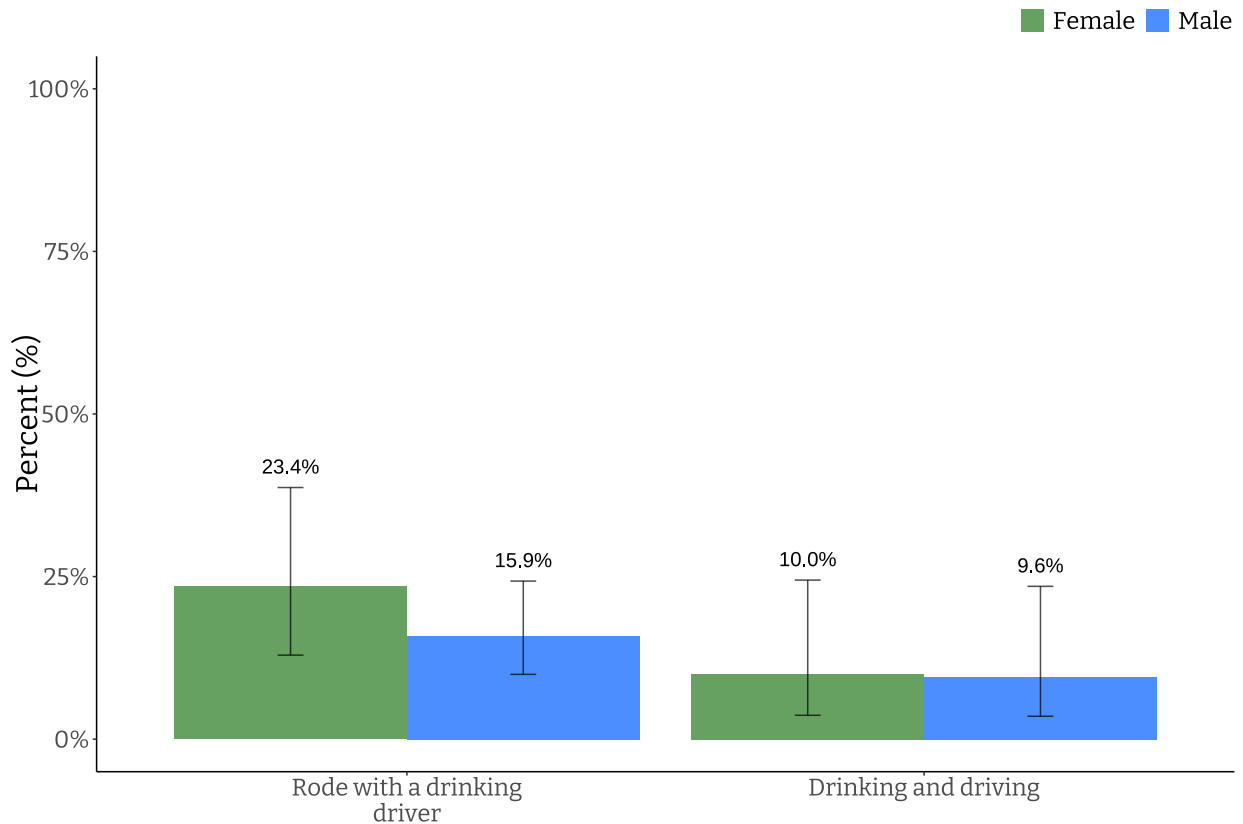
By Sex, Truth or Consequences Municipal Schools



Alcohol Use and Injury
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023

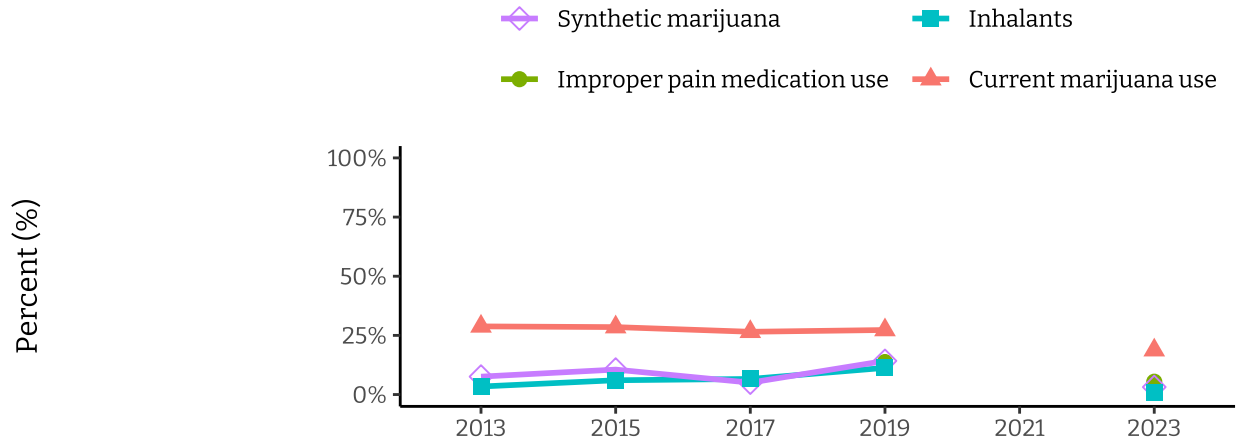


By Sex, Truth or Consequences Municipal Schools



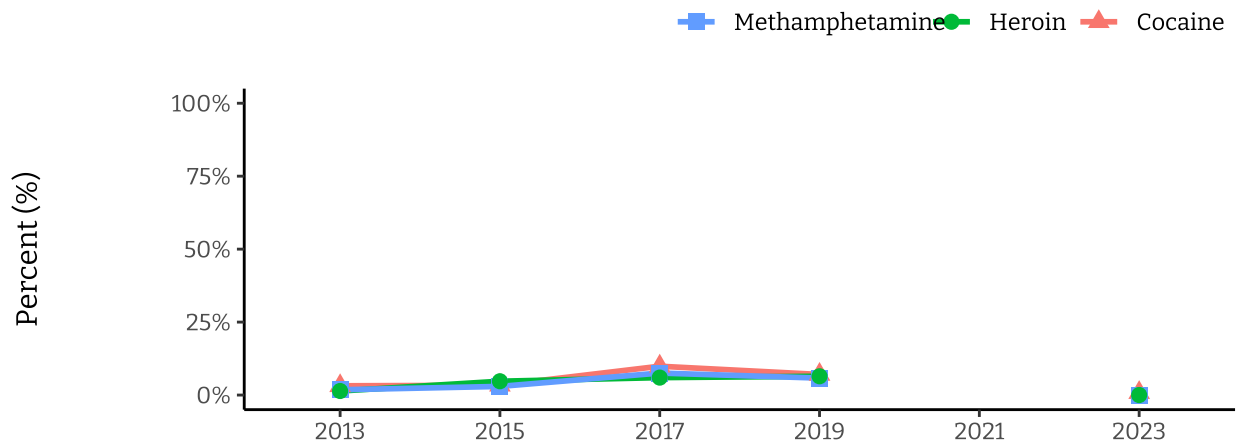
Drug Use

*Current Drug Use
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*



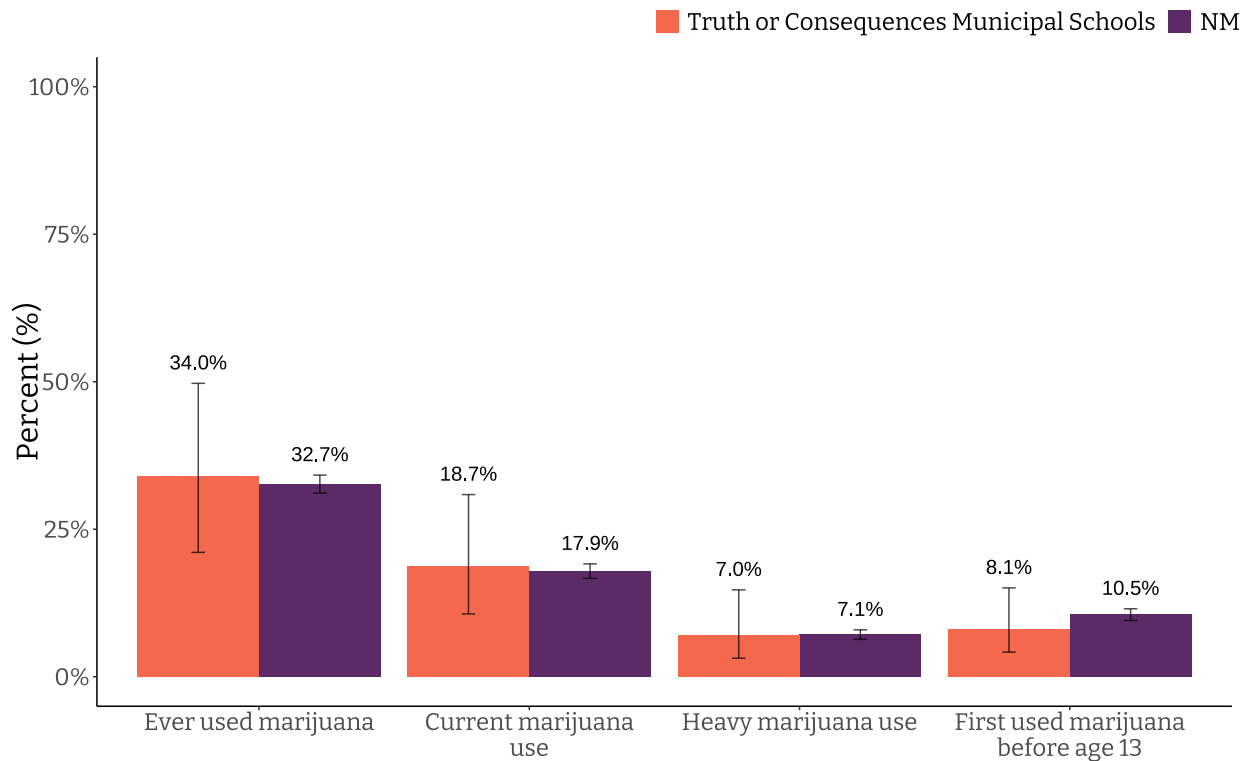
Synthetic marijuana	7.6	10.5	5.0	14.2	3.2
Inhalants	3.4	6.0	6.6	11.3	0.7
Improper pain medication use	28.8	28.5	26.5	27.3	5.4
Current marijuana use	28.8	28.5	26.5	27.3	18.7

*Current Drug Use
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*

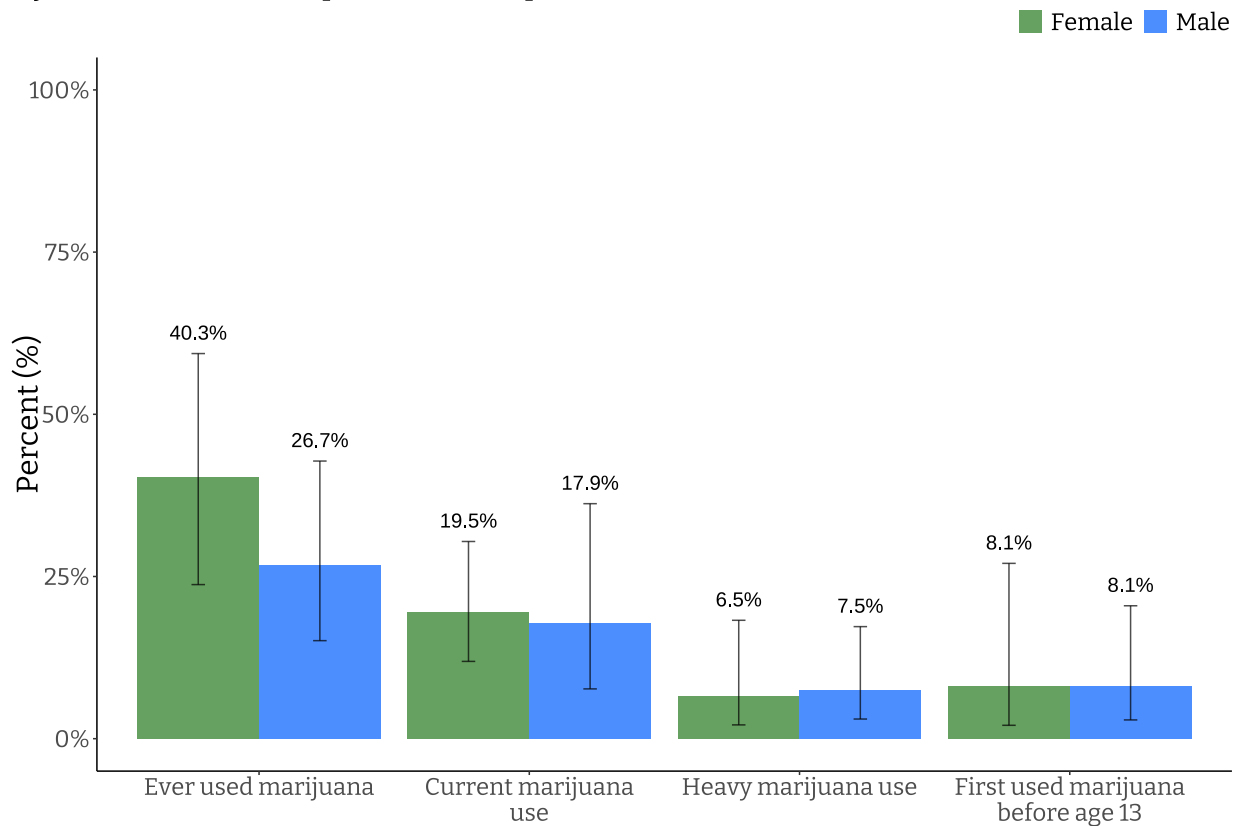


Methamphetamine	1.8	3.0	7.5	5.8	0.0
Heroin	1.4	4.7	6.0	6.4	0.0
Cocaine	3.2	3.4	9.9	7.1	0.8

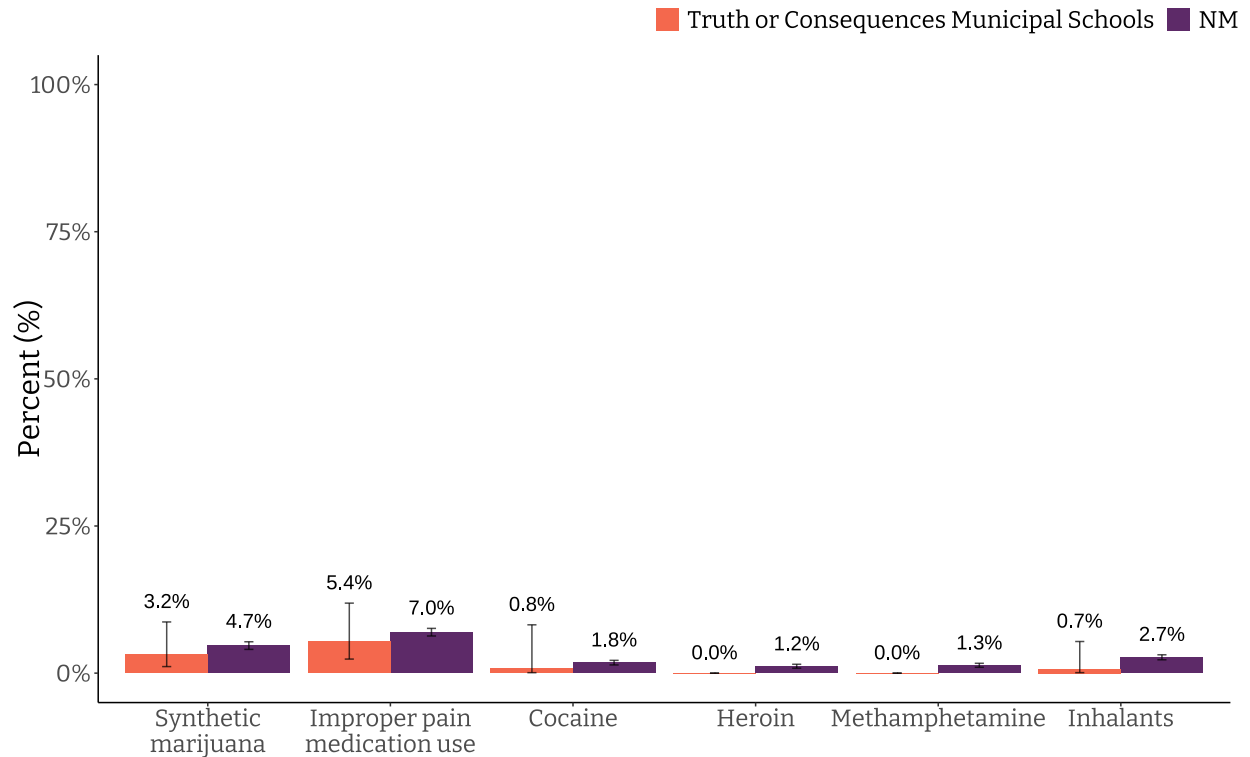
Drug Use: Marijuana
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



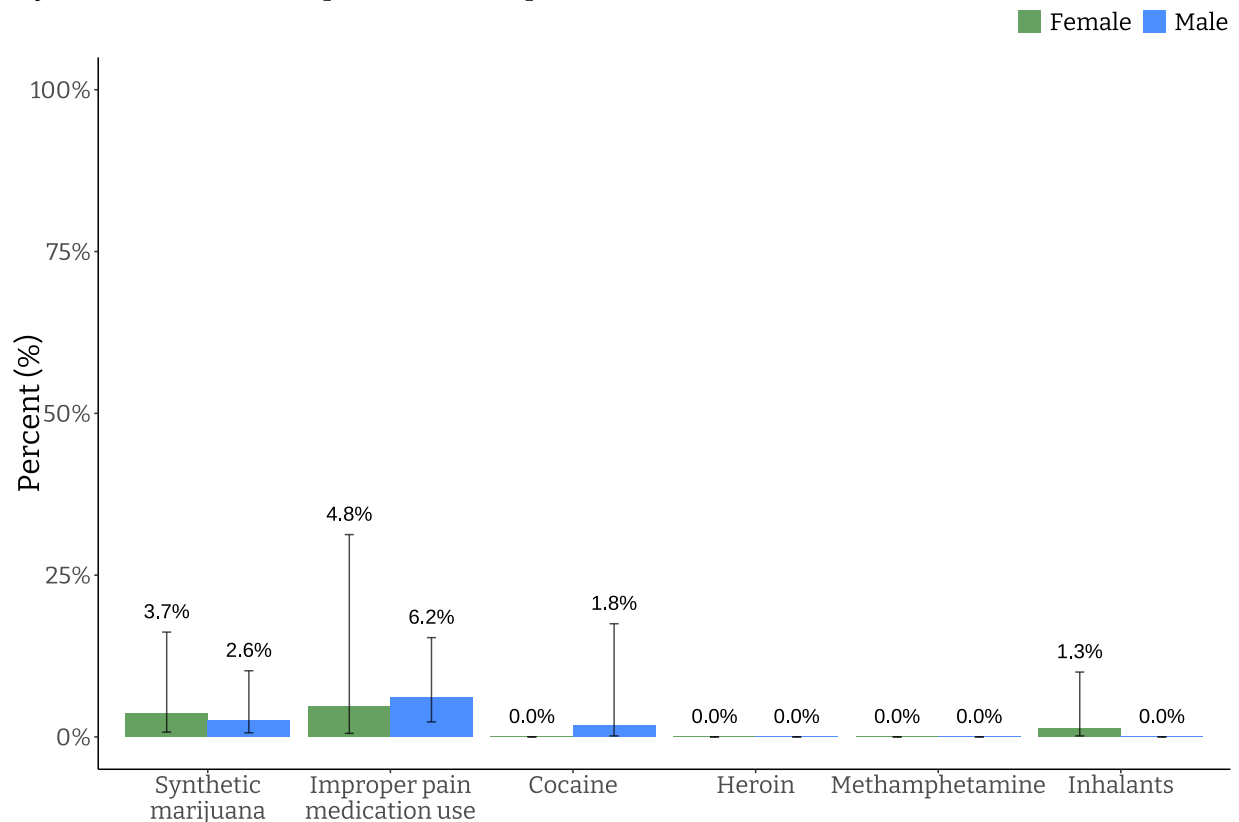
By Sex, Truth or Consequences Municipal Schools



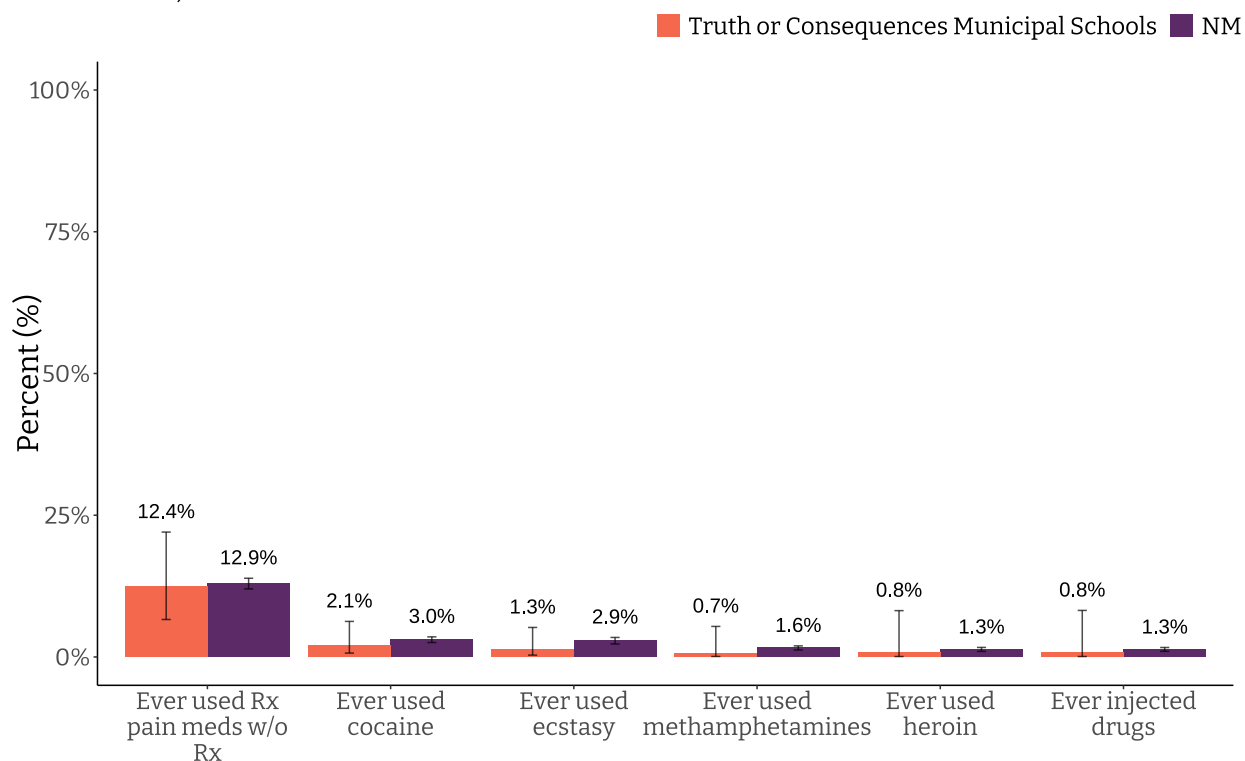
*Current (past 30 day) Drug Use
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



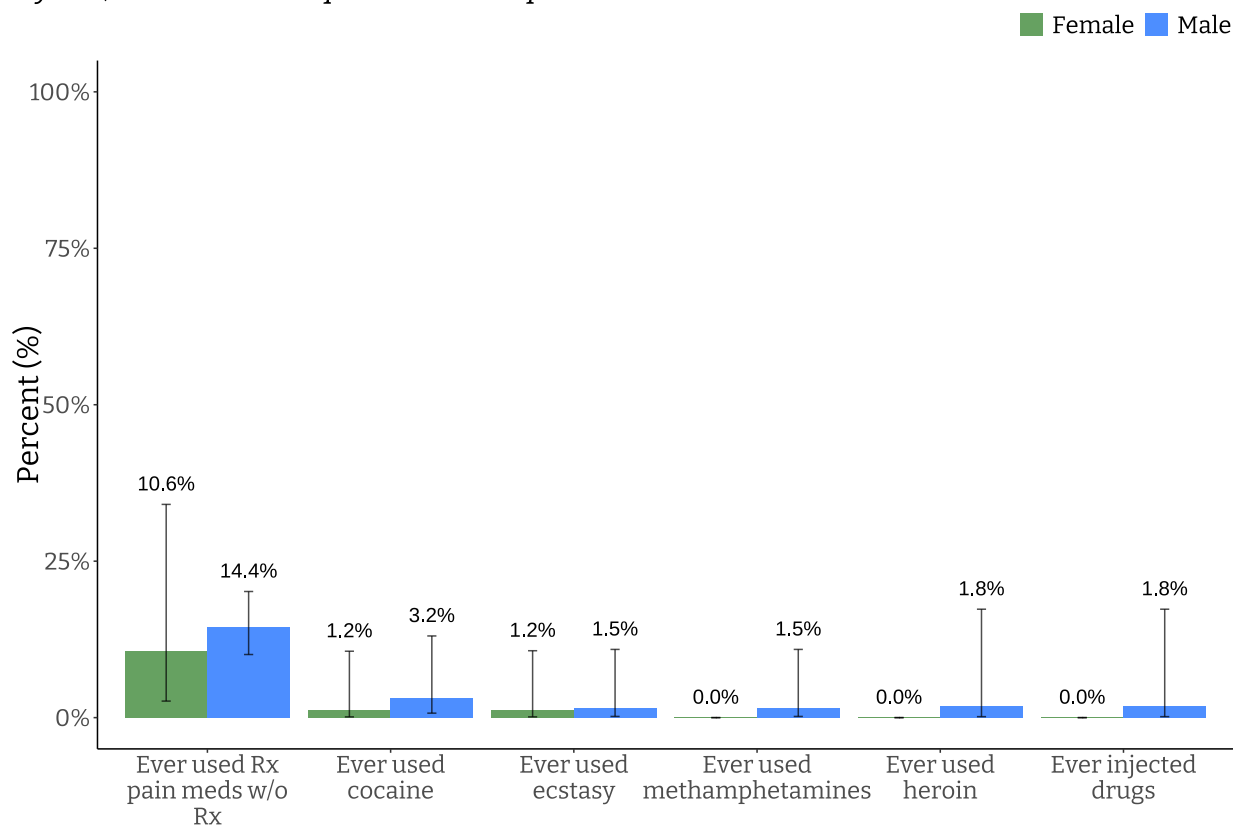
By Sex, Truth or Consequences Municipal Schools



Lifetime Drug Use (ever used in lifetime)
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023

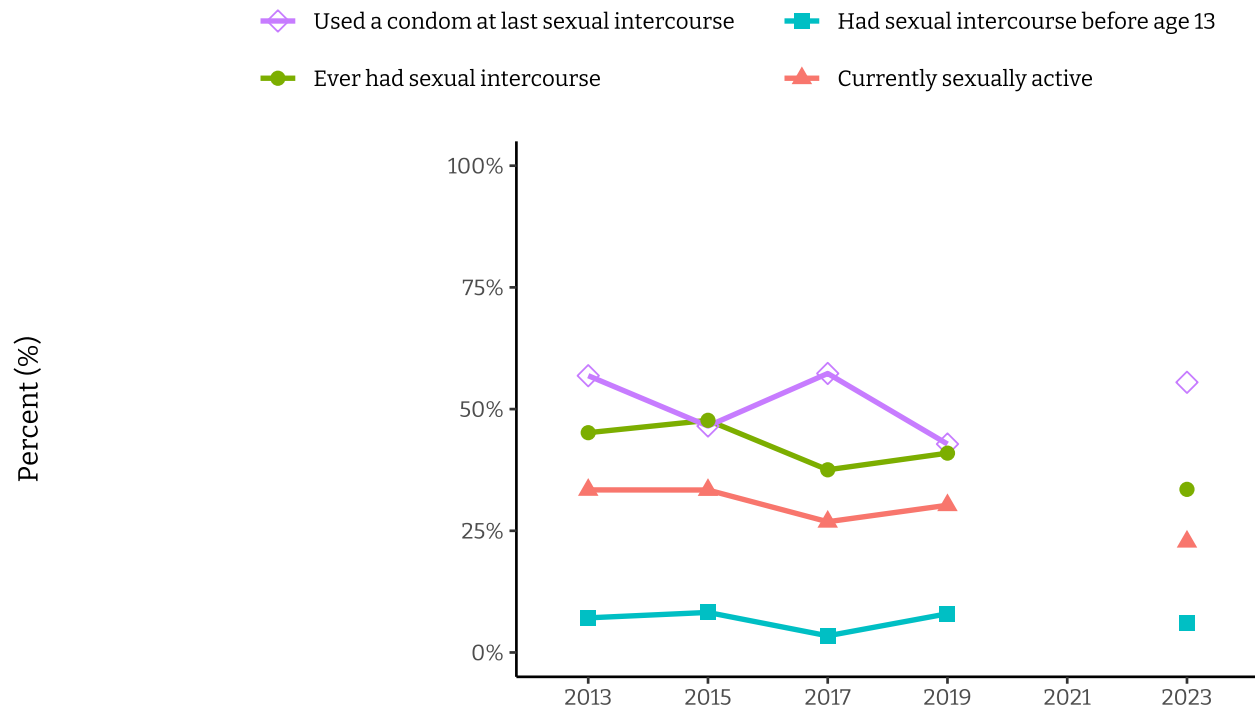


By Sex, Truth or Consequences Municipal Schools



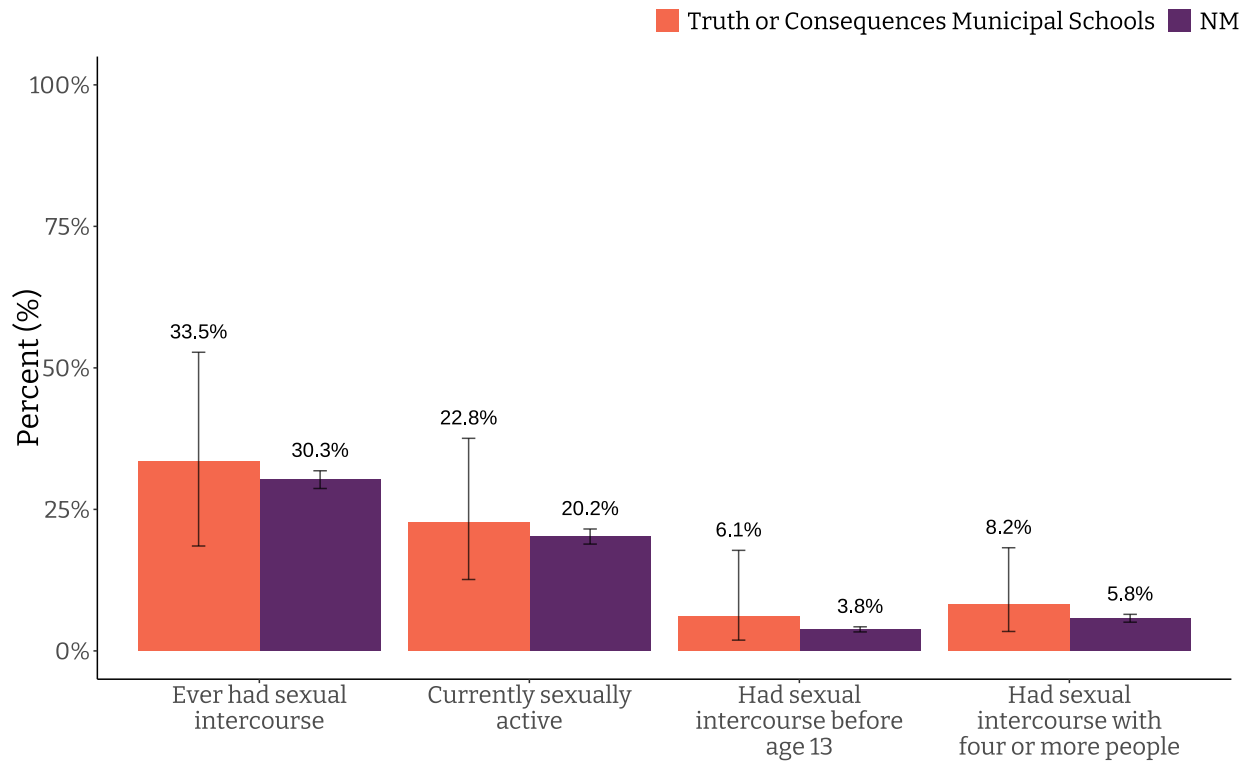
Sexual Behavior

*Sexual Behavior
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*

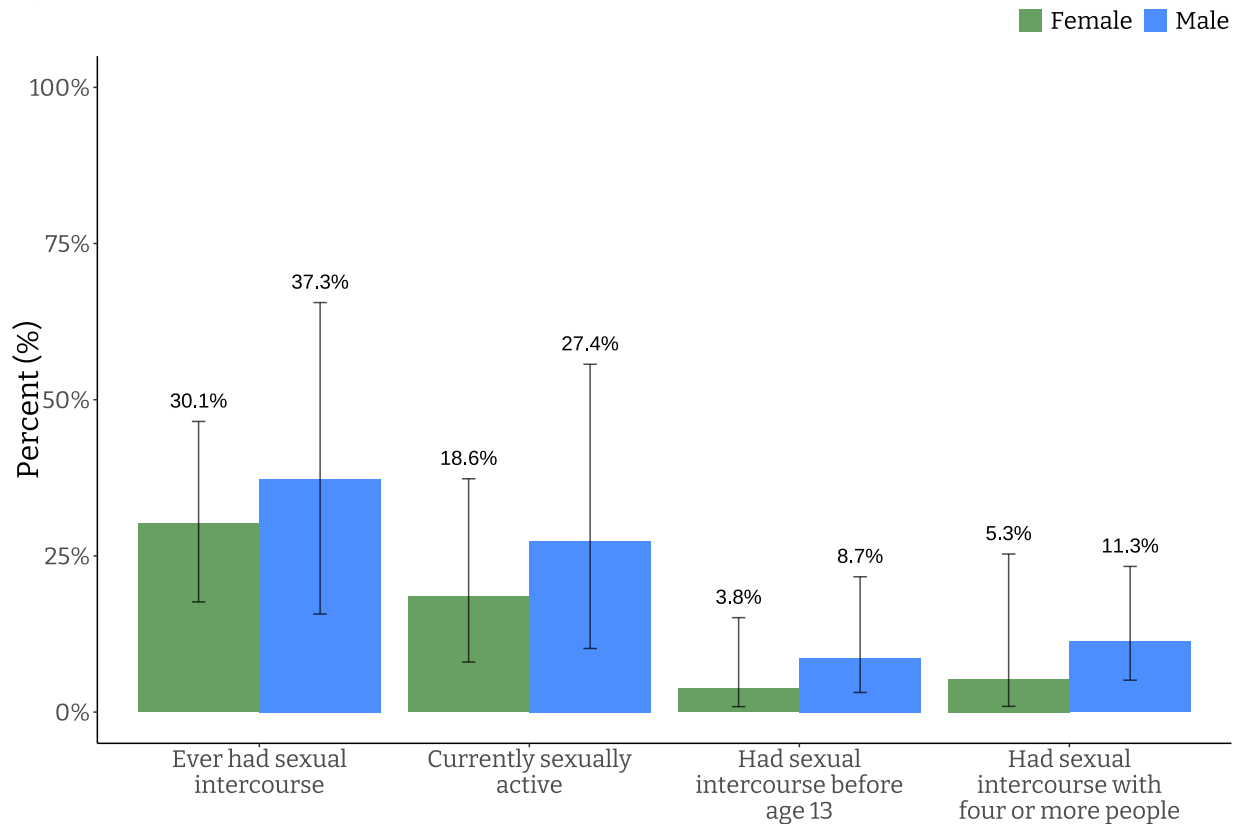


Used a condom at last sexual intercourse	56.9	46.5	57.3	42.8	55.5
Had sexual intercourse before age 13	7.1	8.2	3.4	8.0	6.1
Ever had sexual intercourse	45.2	47.7	37.5	41.0	33.5
Currently sexually active	33.4	33.4	26.9	30.2	22.8

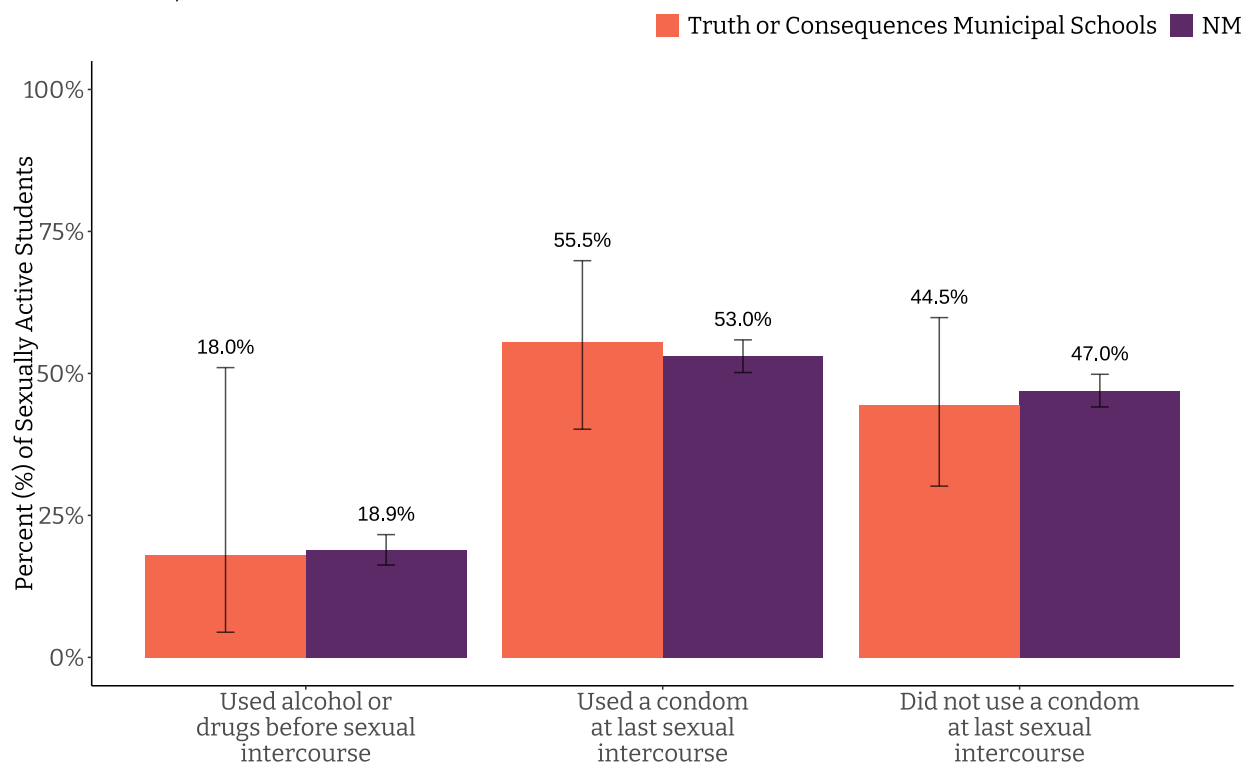
Sexual Behavior
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



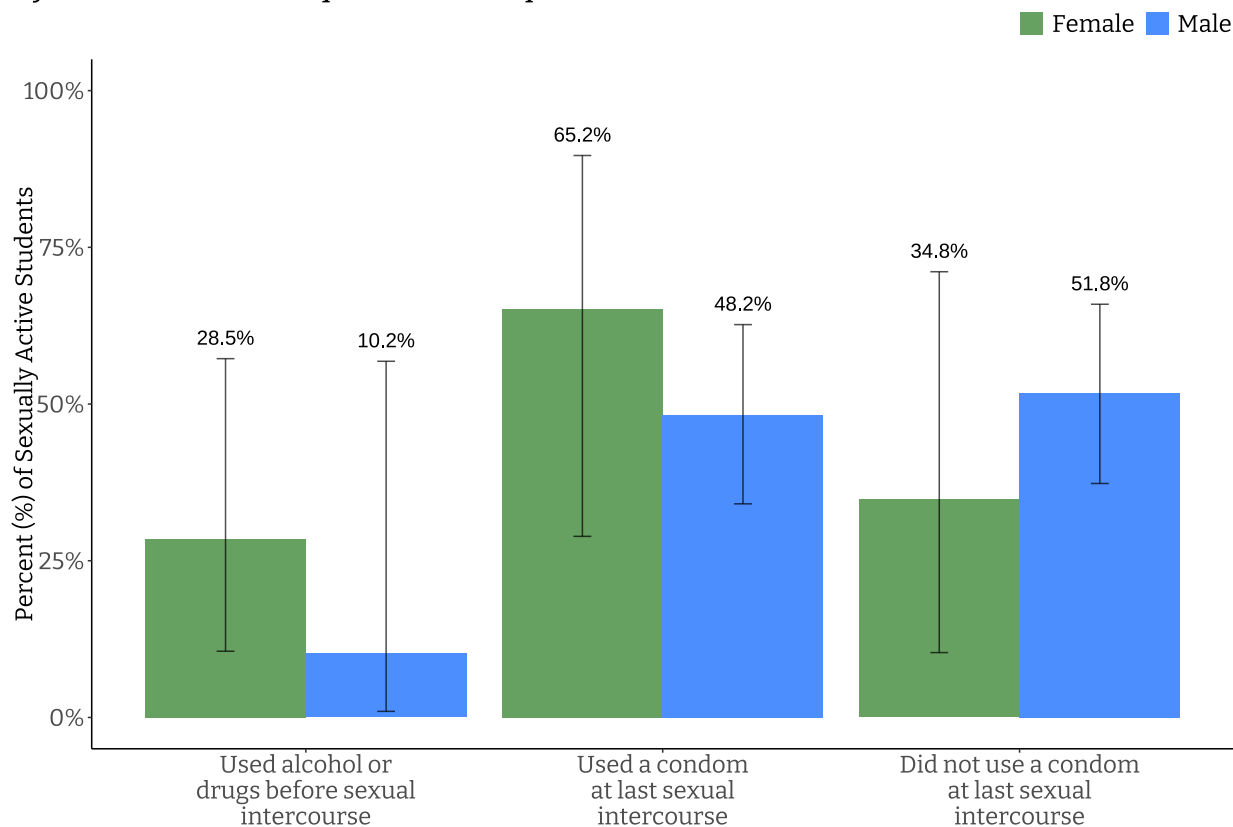
By Sex, Truth or Consequences Municipal Schools



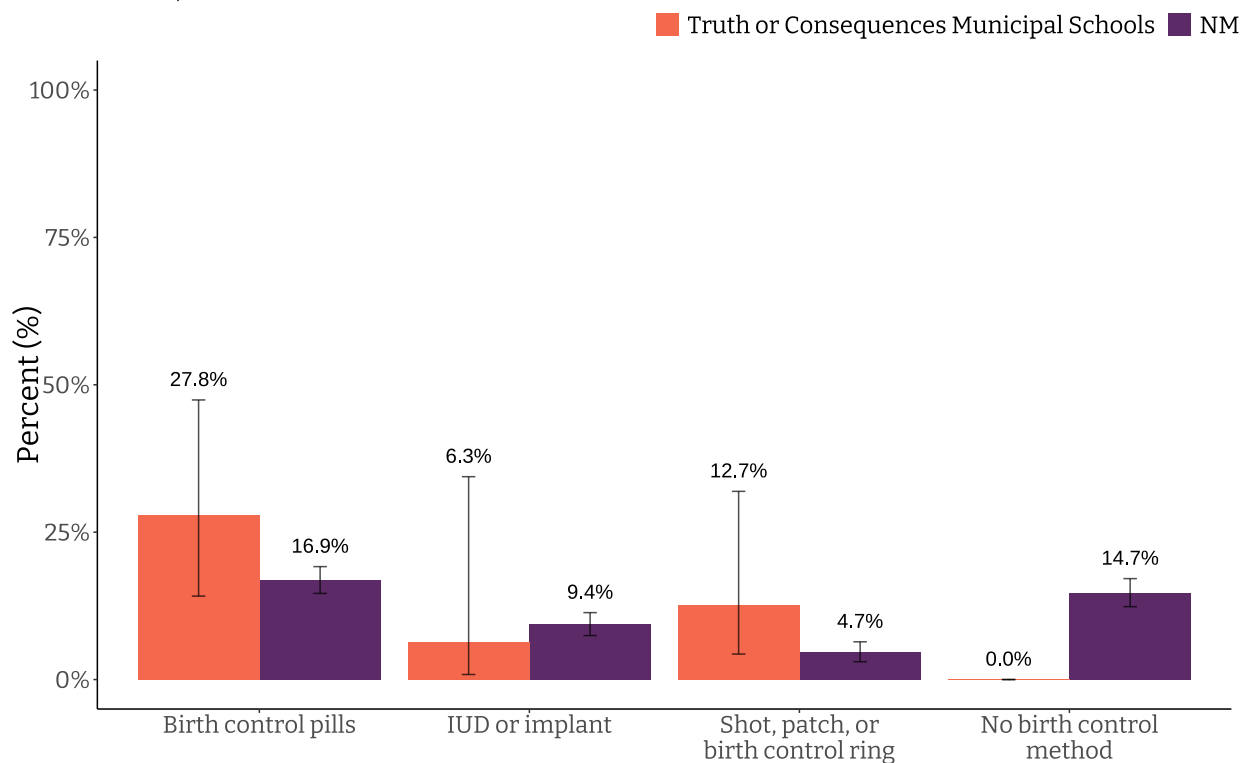
*Sexual Behaviors of Sexually Active Students
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



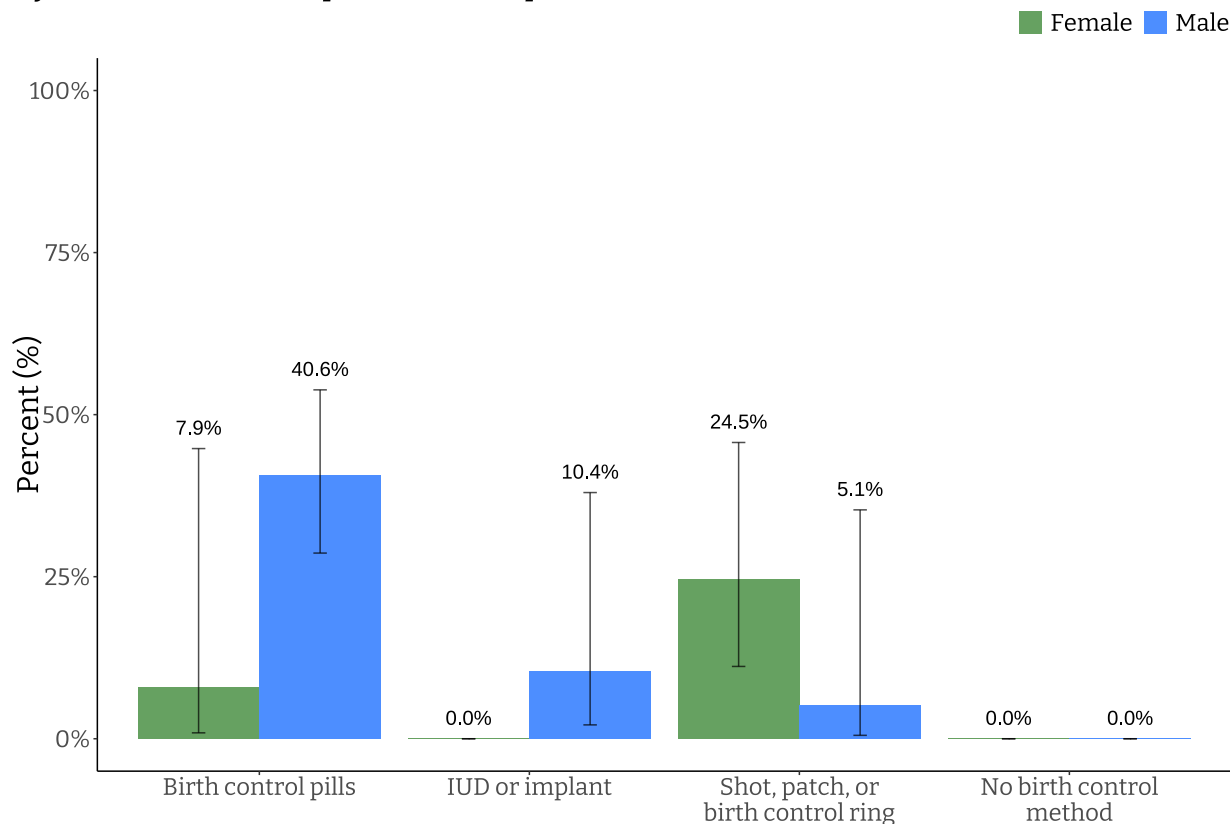
By Sex, Truth or Consequences Municipal Schools



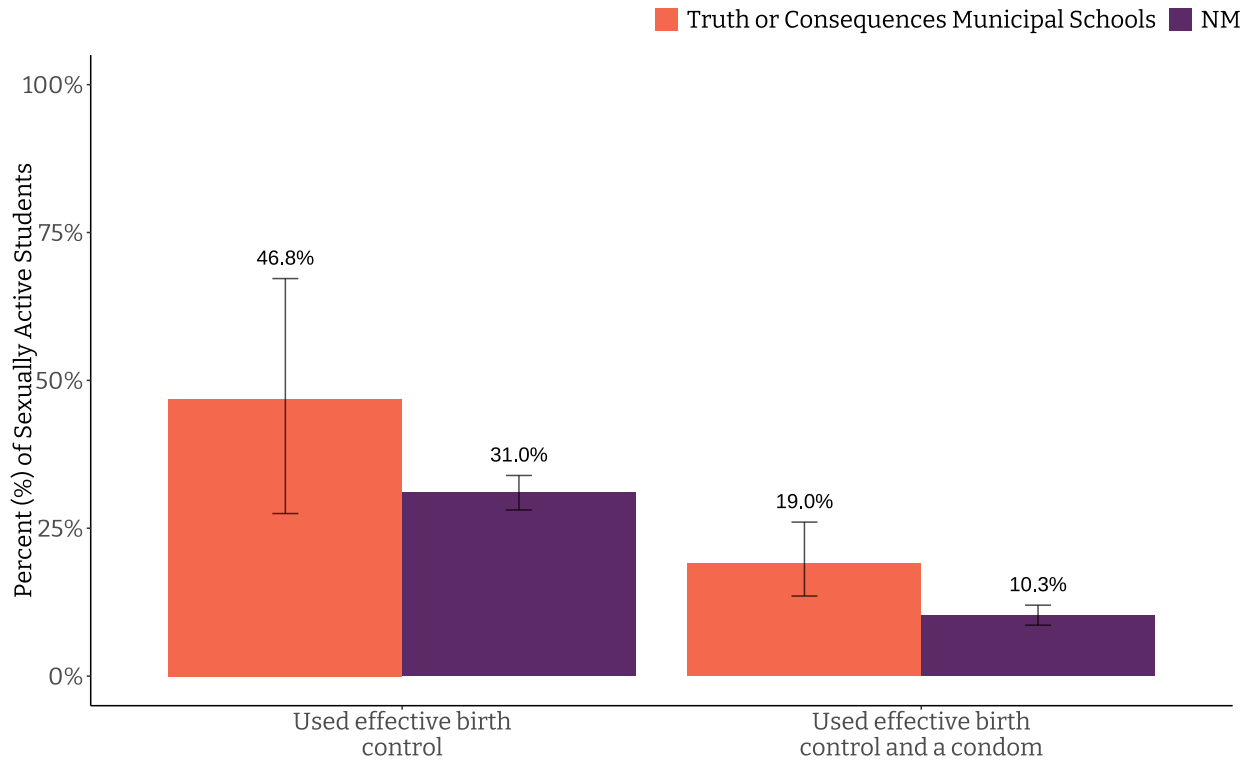
*Birth Control Methods Used by Sexually Active Students
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



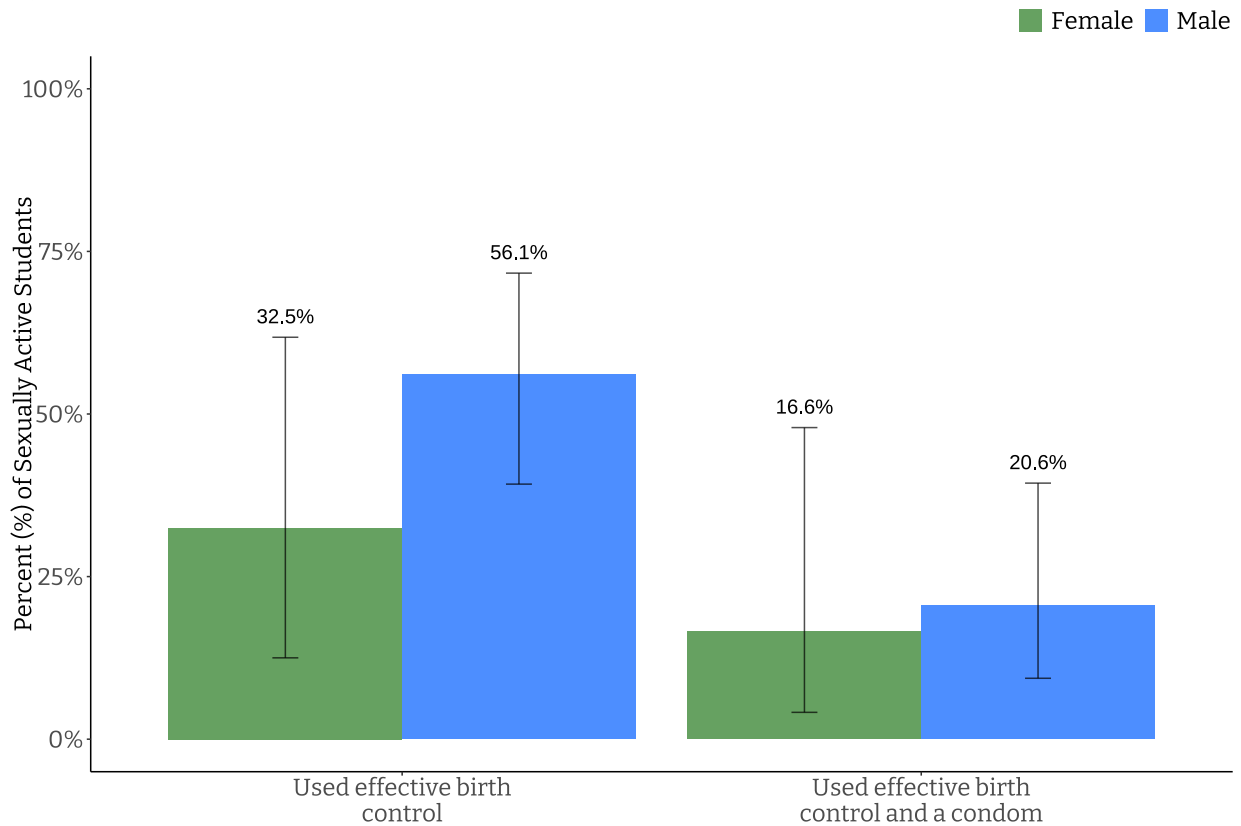
By Sex, Truth or Consequences Municipal Schools



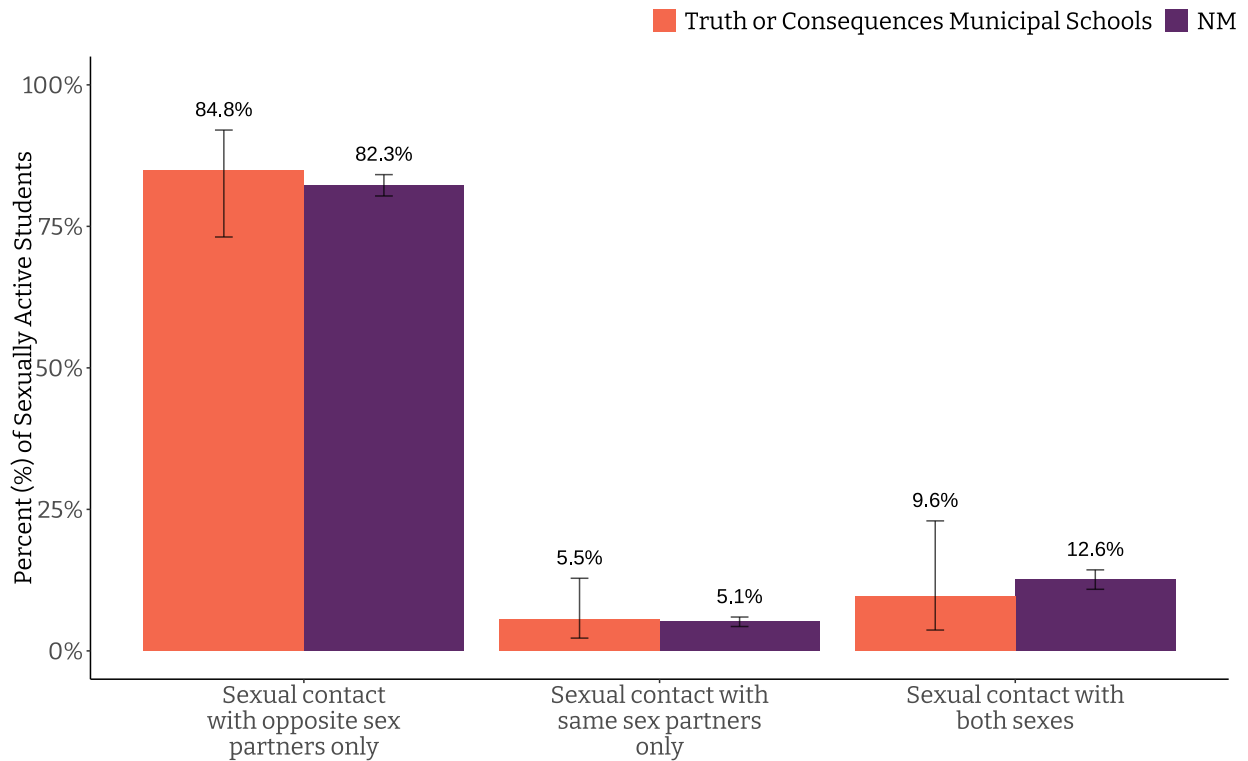
*Birth Control Methods Used by Sexually Active Students
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



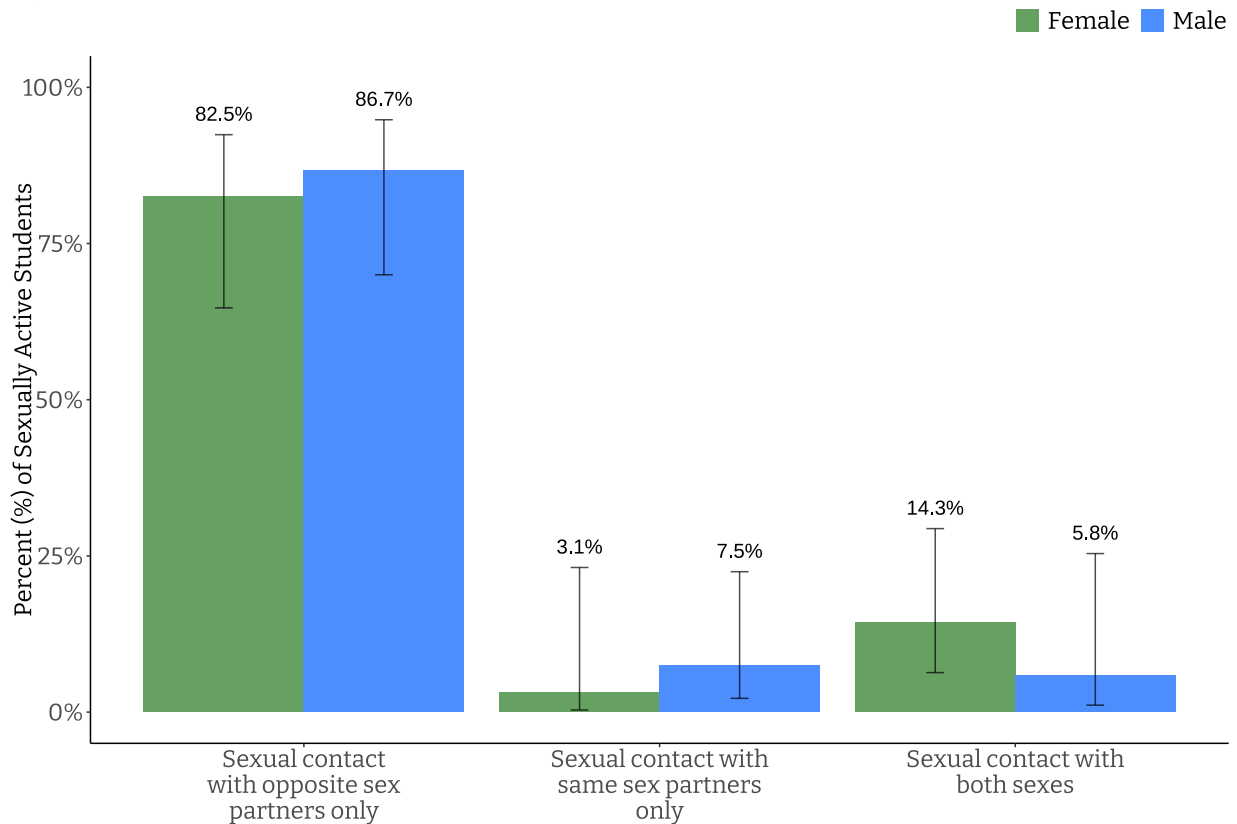
By Sex, Truth or Consequences Municipal Schools



Sex of Sexual Contacts
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023

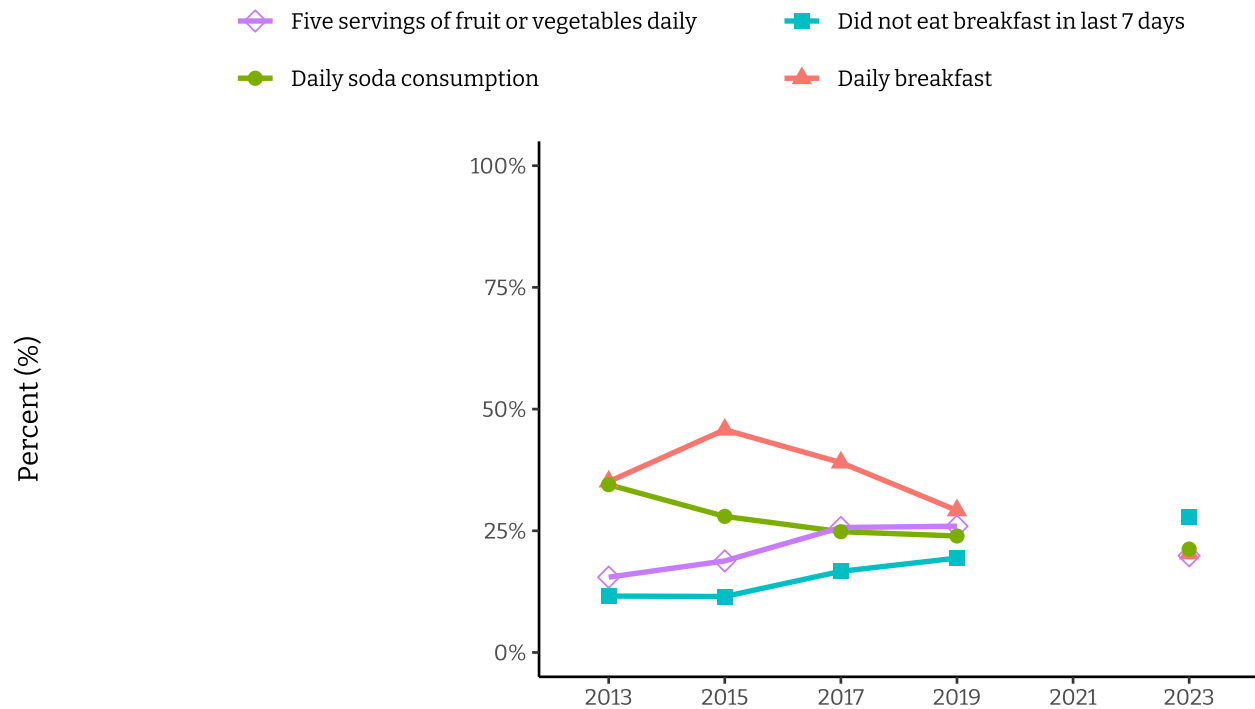


By Sex, Truth or Consequences Municipal Schools

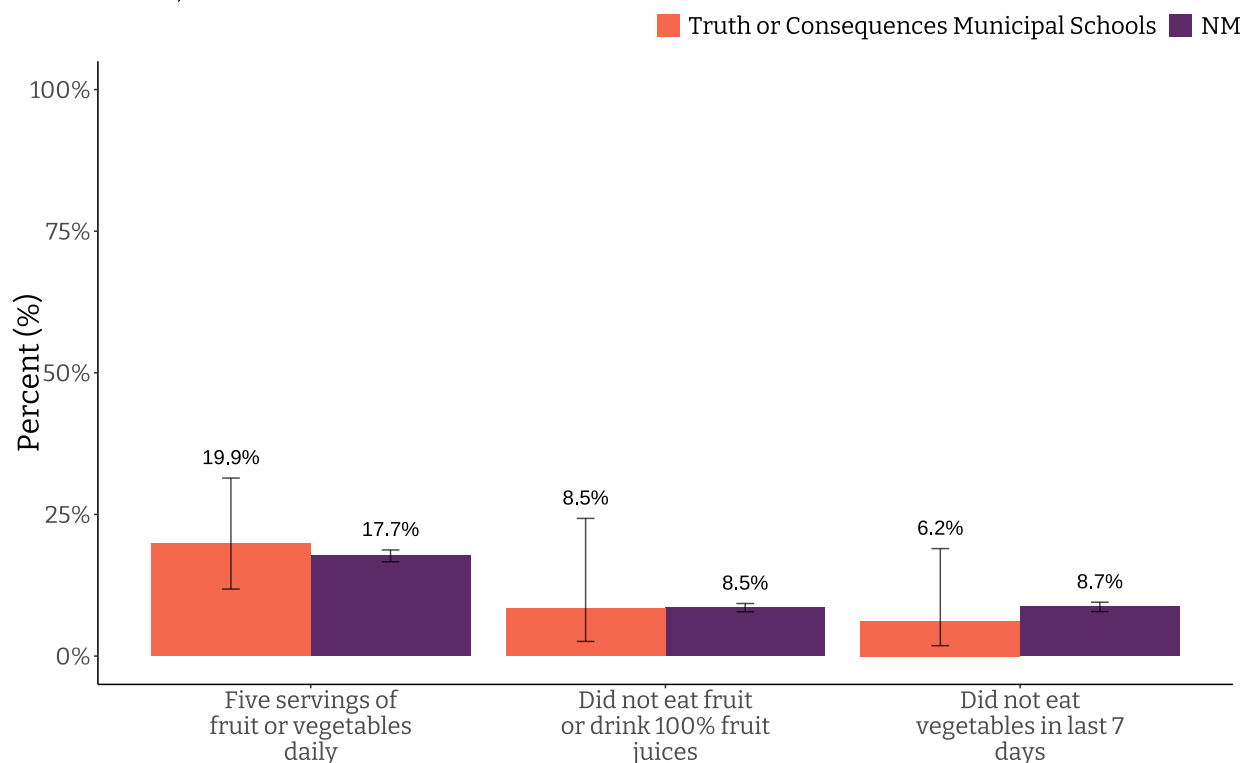
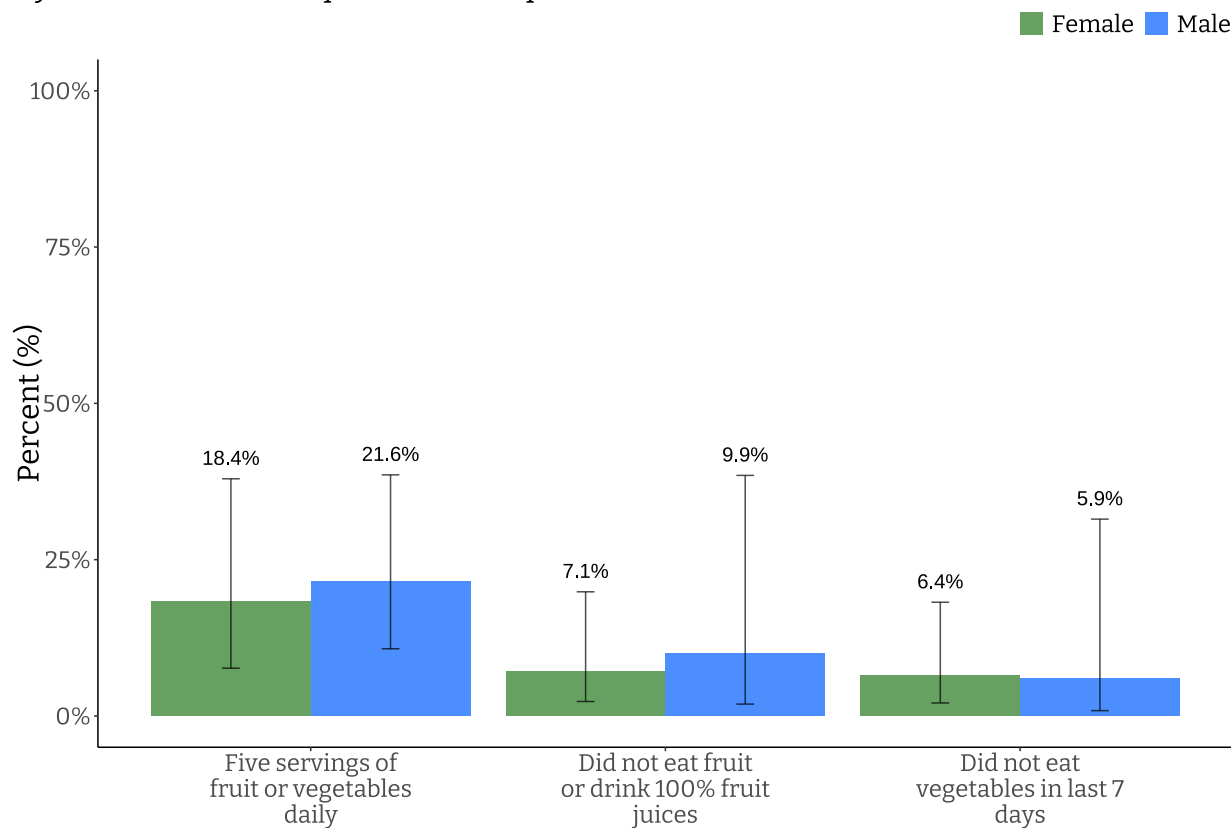


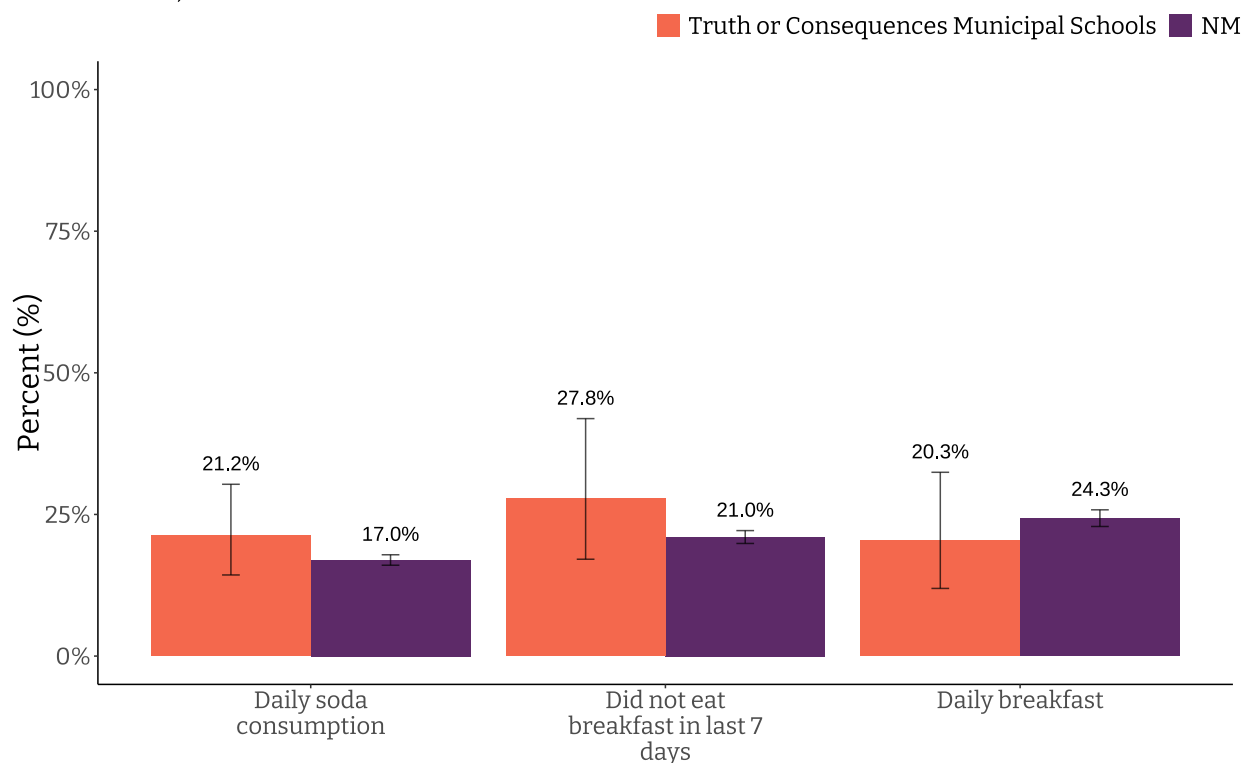
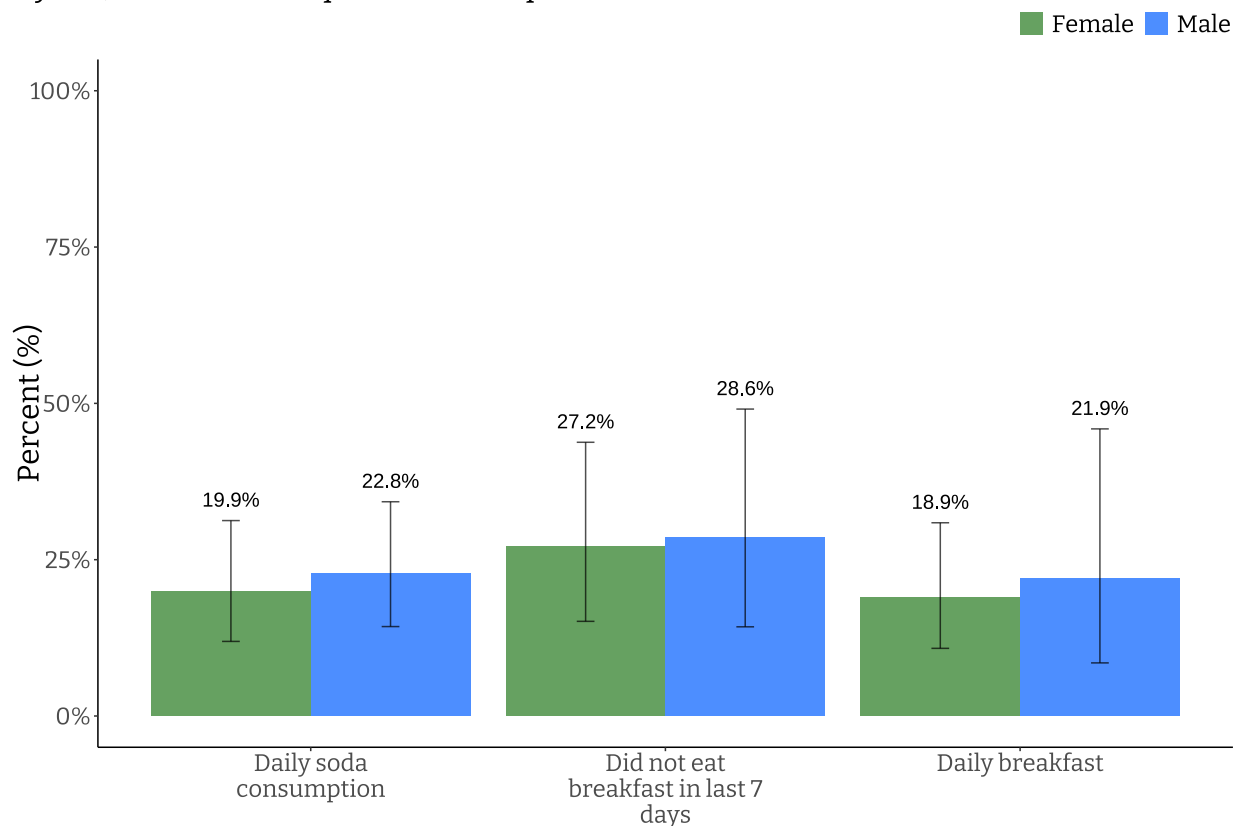
Nutrition

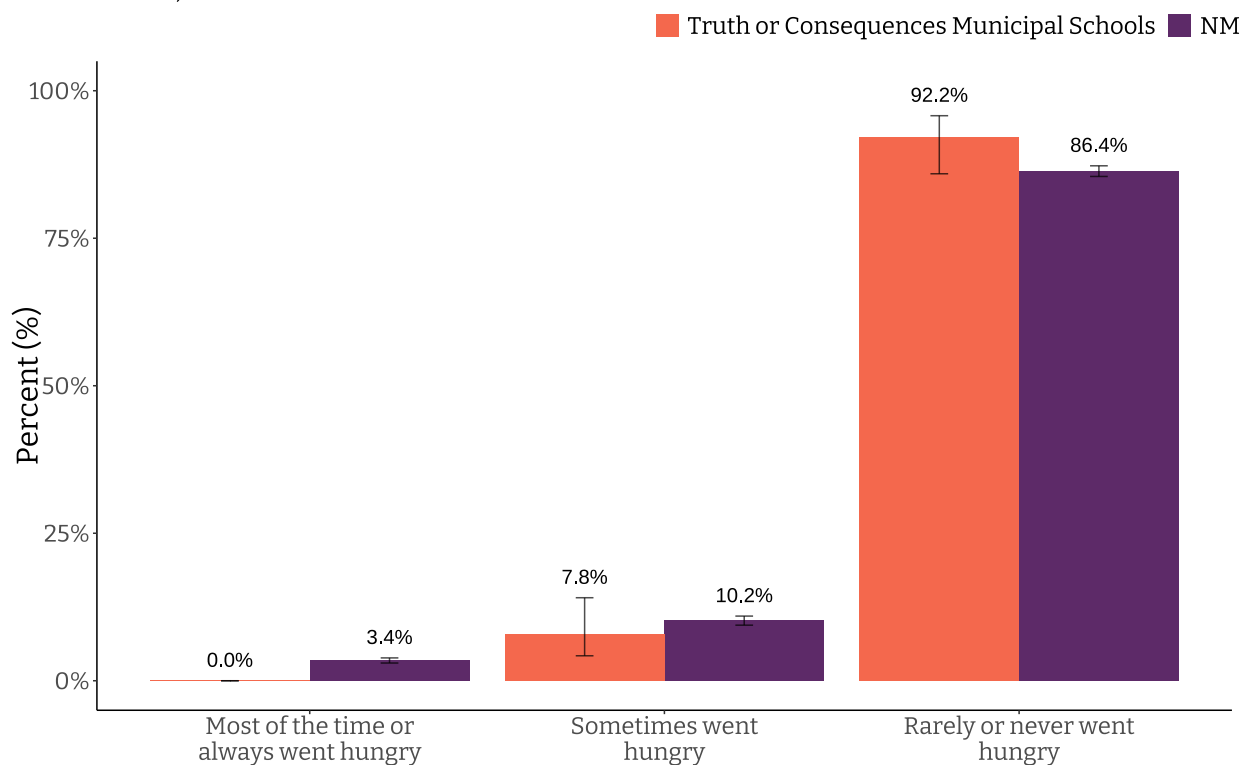
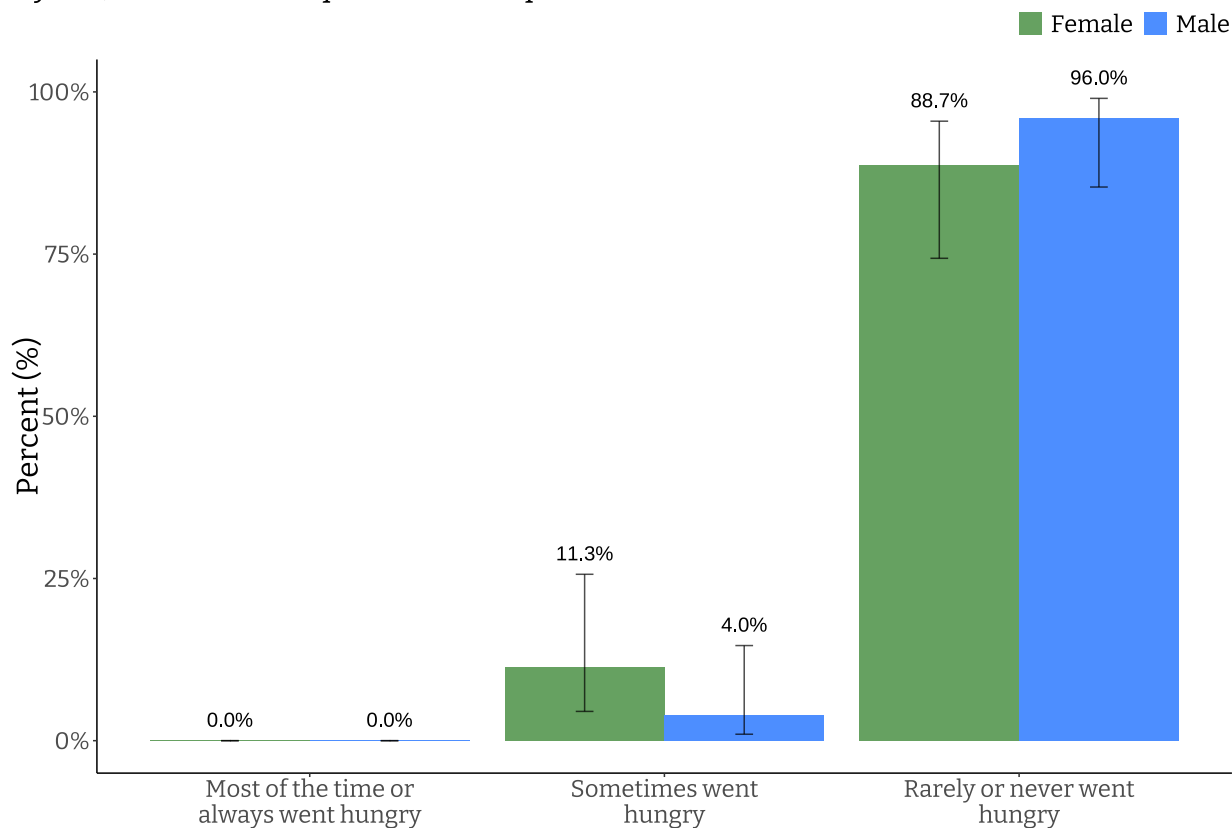
*Nutrition Indicators
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*



Five servings of fruit or vegetables daily	15.5	18.8	25.7	26.0	19.9
Did not eat breakfast in last 7 days	11.6	11.5	16.7	19.4	27.8
Daily soda consumption	34.5	28.0	24.8	23.9	21.2
Daily breakfast	35.1	45.8	39.0	29.2	20.3

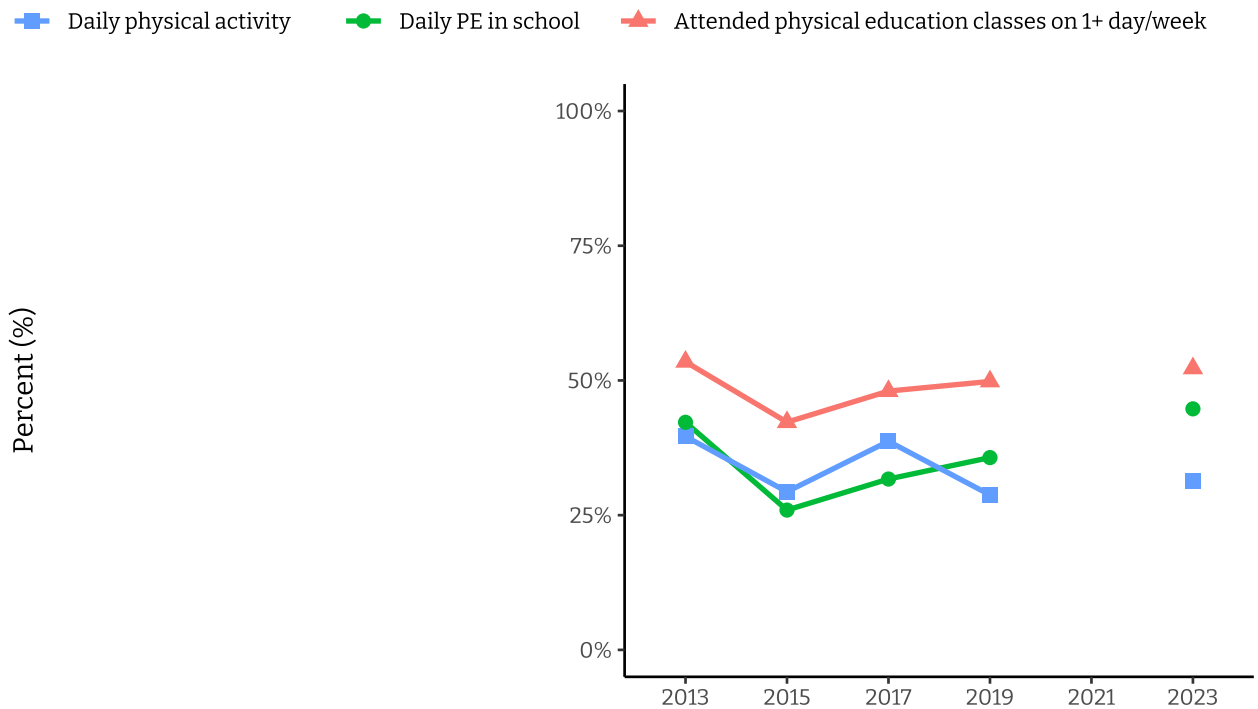
*Nutrition**New Mexico & Truth or Consequences Municipal Schools**Grades 9-12, 2023**By Sex, Truth or Consequences Municipal Schools*

*Nutrition**New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023**By Sex, Truth or Consequences Municipal Schools*

*Nutrition**New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023**By Sex, Truth or Consequences Municipal Schools*

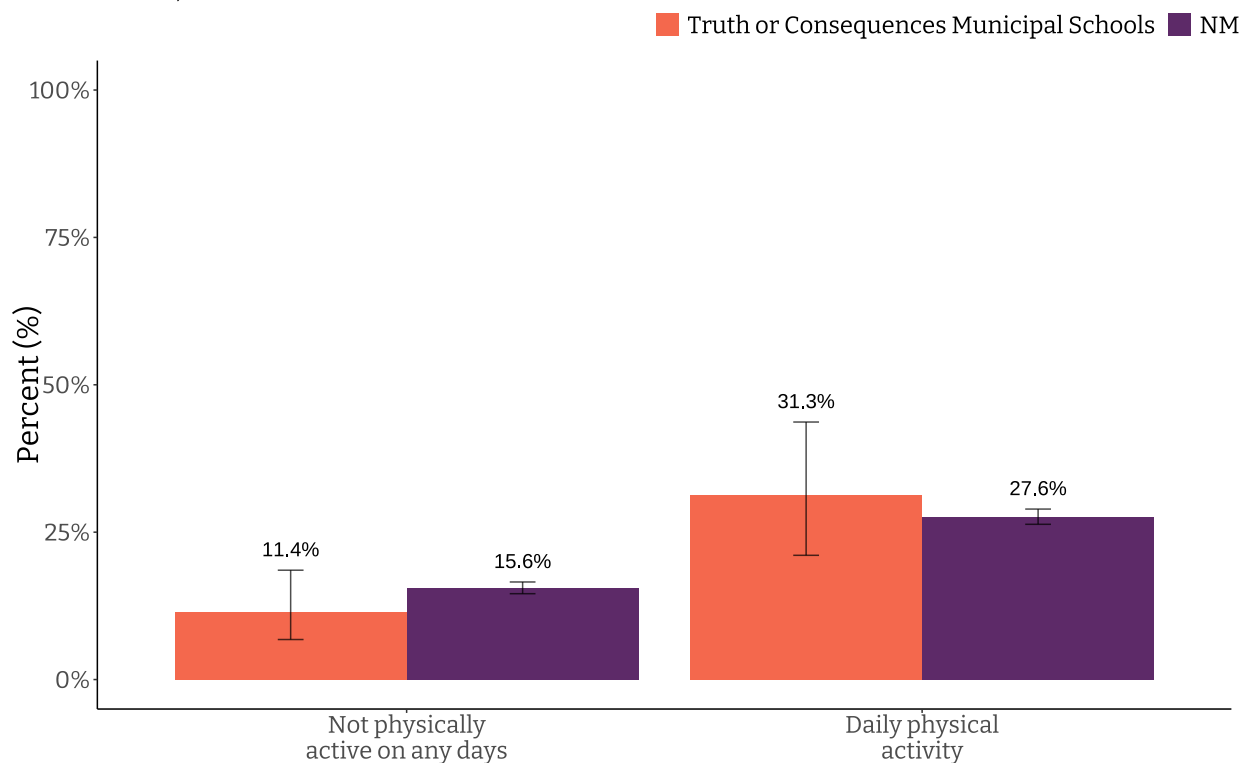
Physical Activity

*Physical Activity Indicators
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*

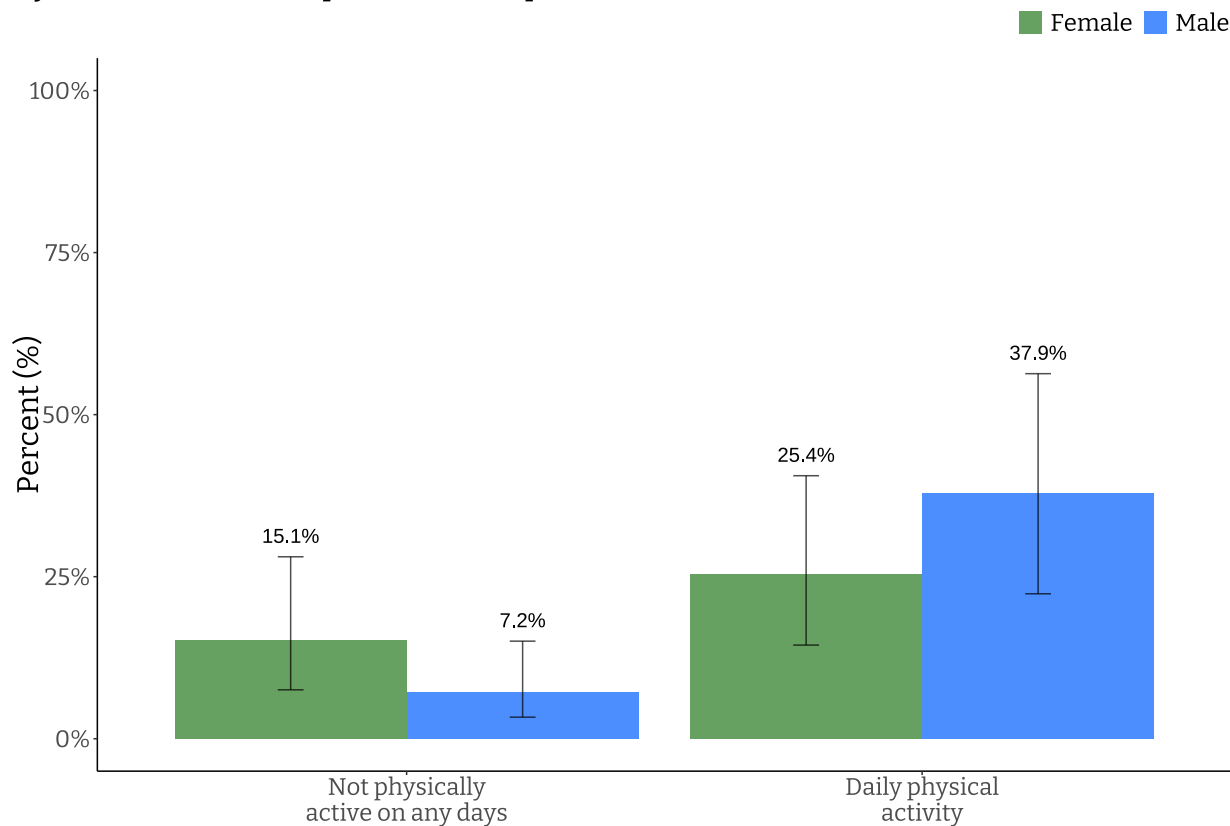


Daily physical activity	39.6	29.3	38.7	28.8	31.3
Daily PE in school	42.2	25.9	31.7	35.7	44.7
Attended physical education classes on 1+ day/week	53.5	42.3	48.0	49.8	52.2

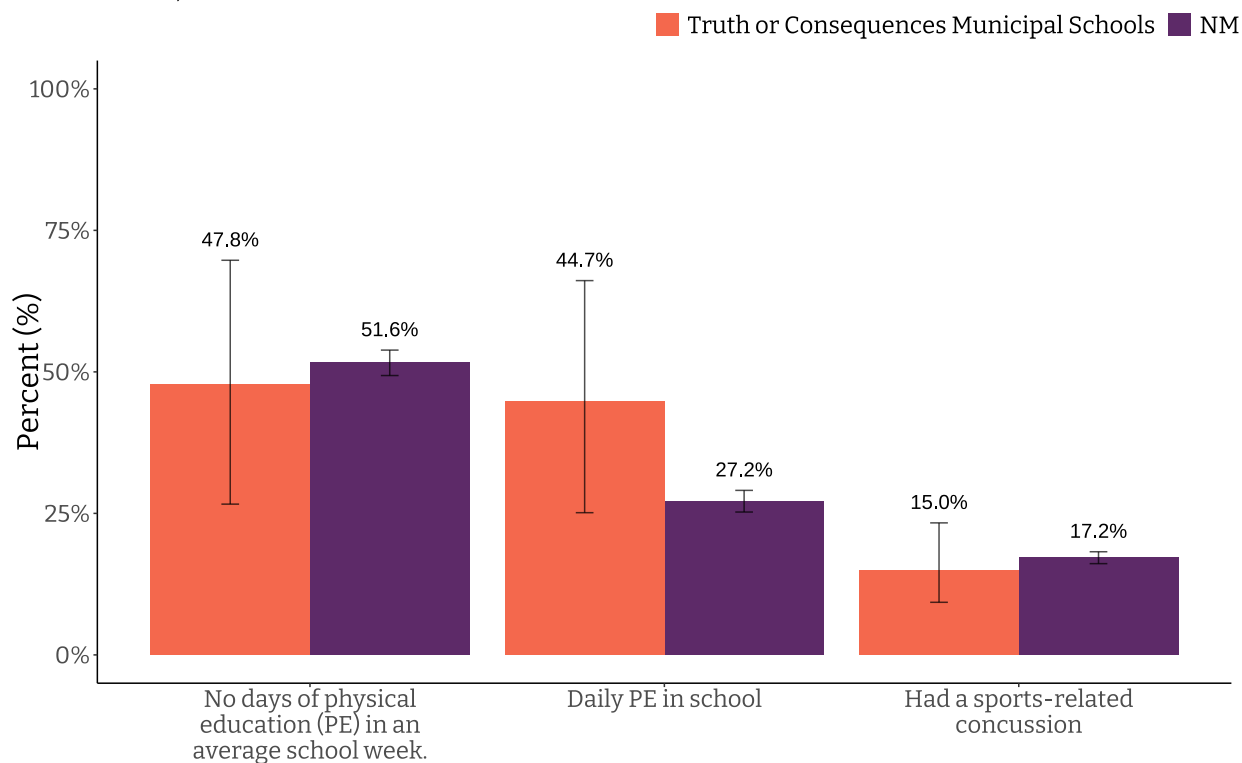
*Physical Activity
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



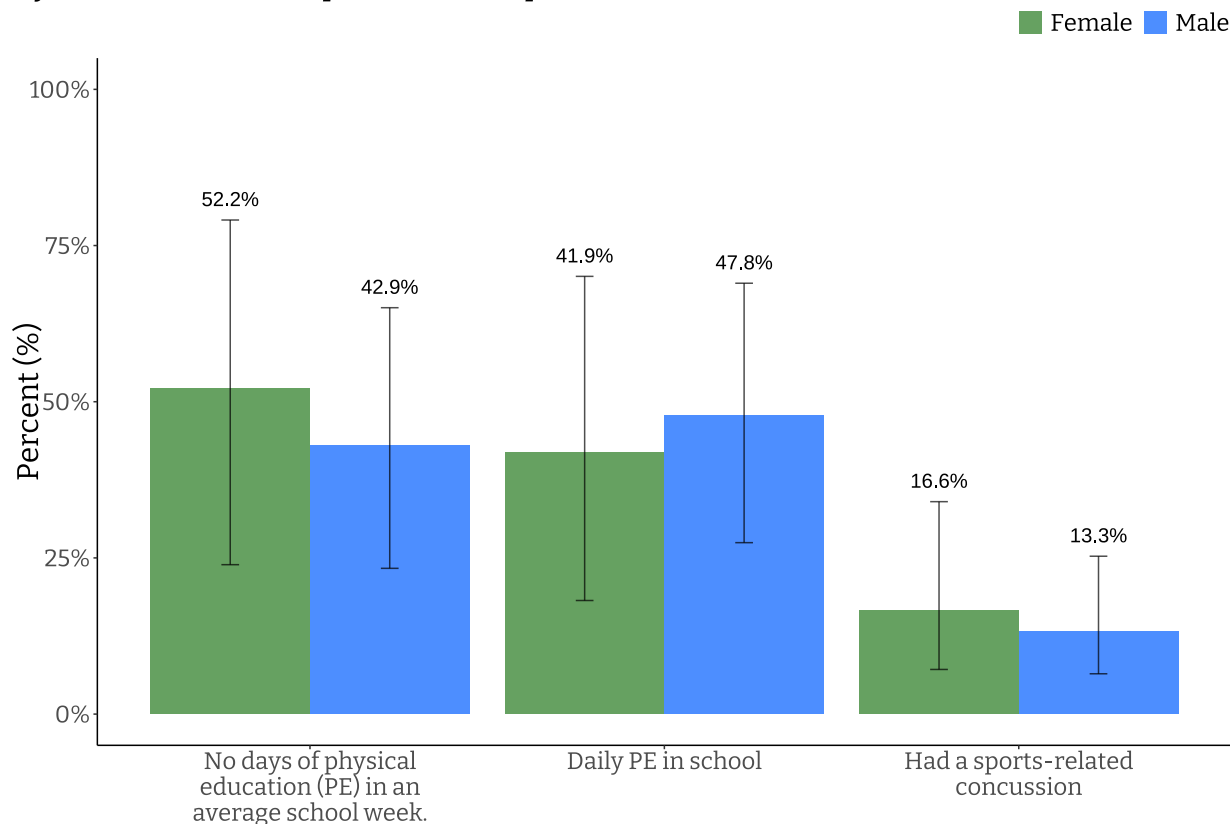
By Sex, Truth or Consequences Municipal Schools



Physical Activity
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023

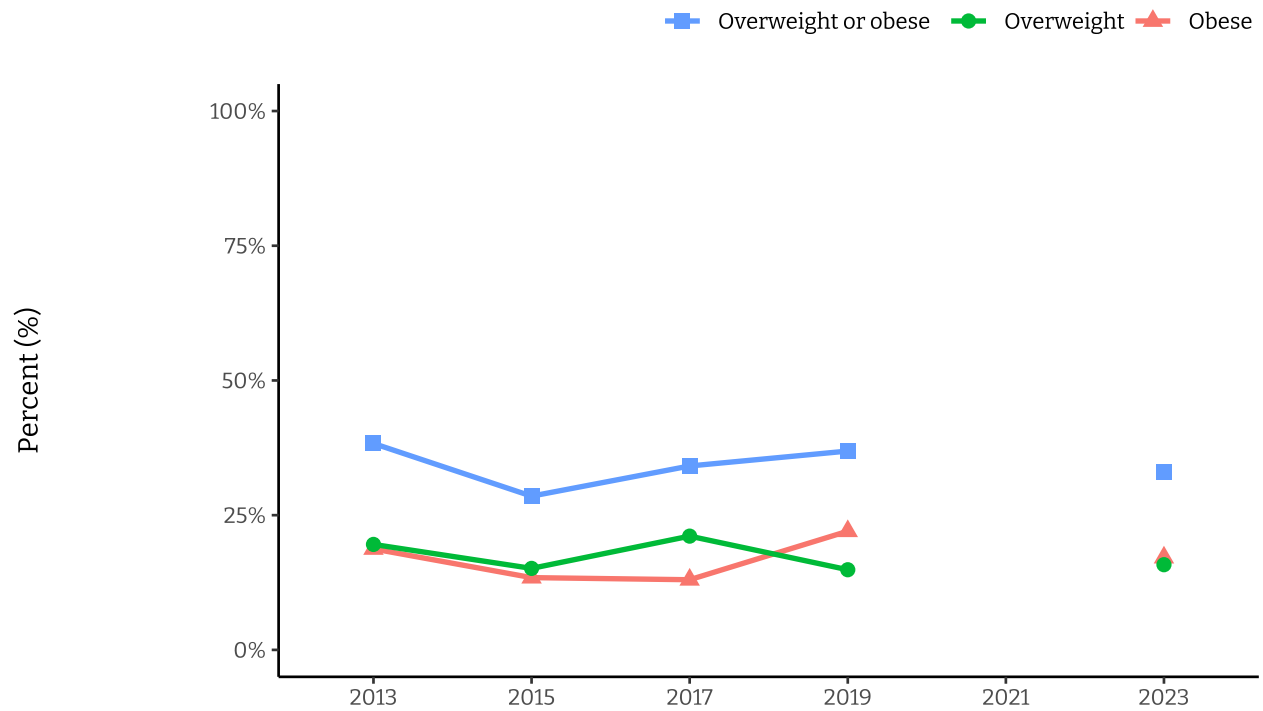


By Sex, Truth or Consequences Municipal Schools



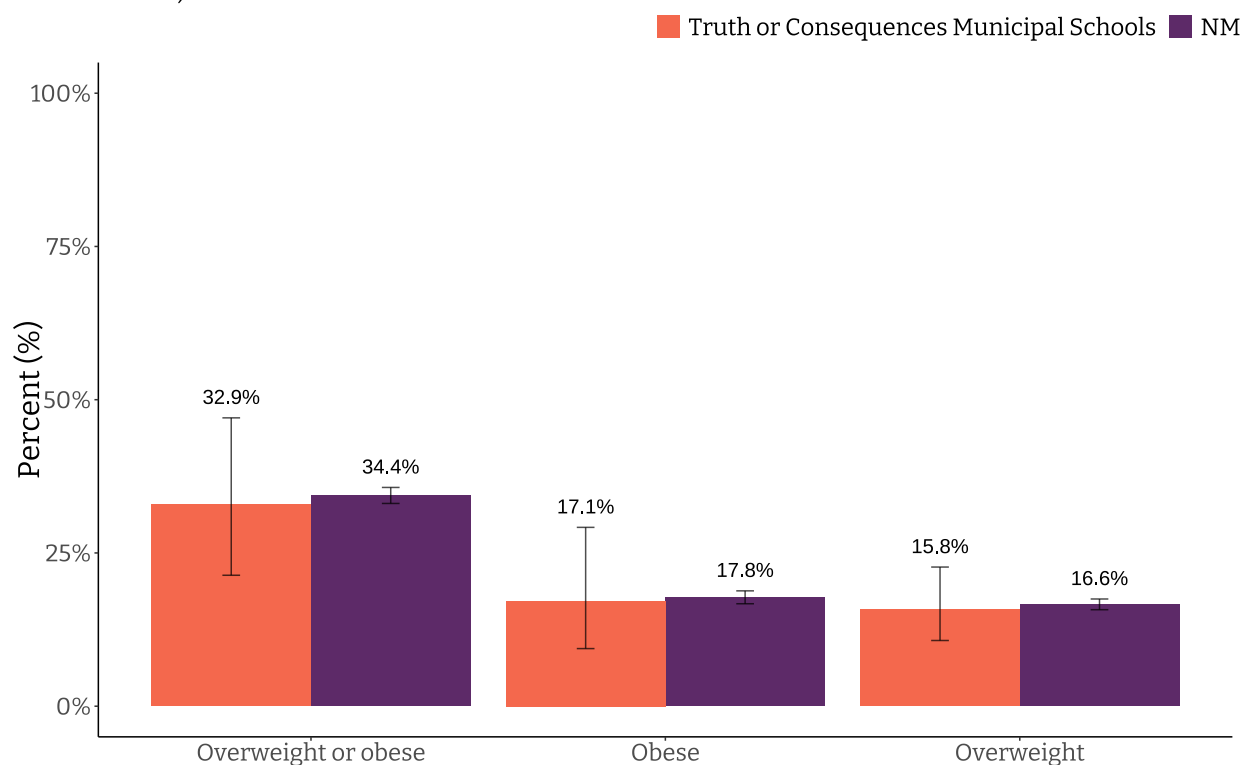
Body Weight

*Obesity and Overweight
by Year, Truth or Consequences Municipal Schools
Grades 9-12, 2013-2023*

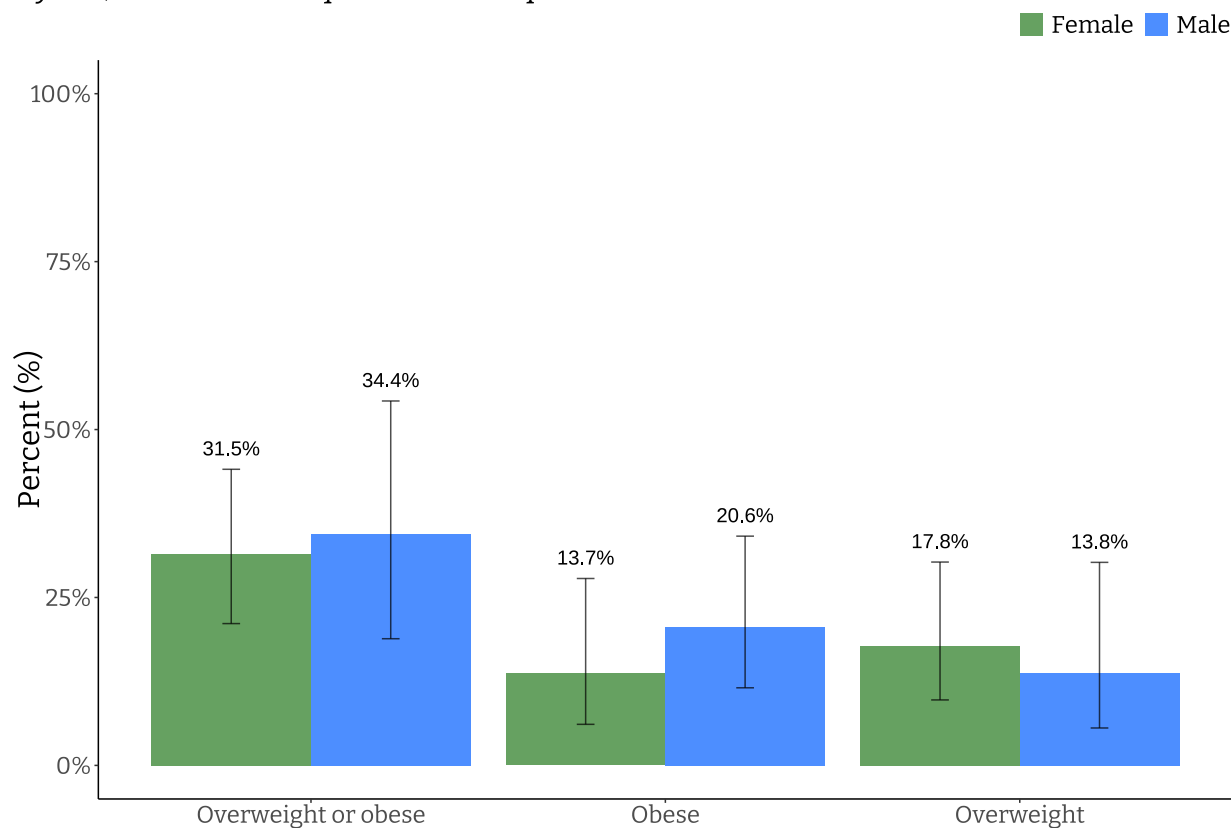


Overweight or obese	38.3	28.5	34.1	36.9	32.9
Overweight	19.6	15.1	21.1	14.9	15.8
Obese	18.7	13.4	13.0	22.0	17.1

*Obesity and Overweight
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*

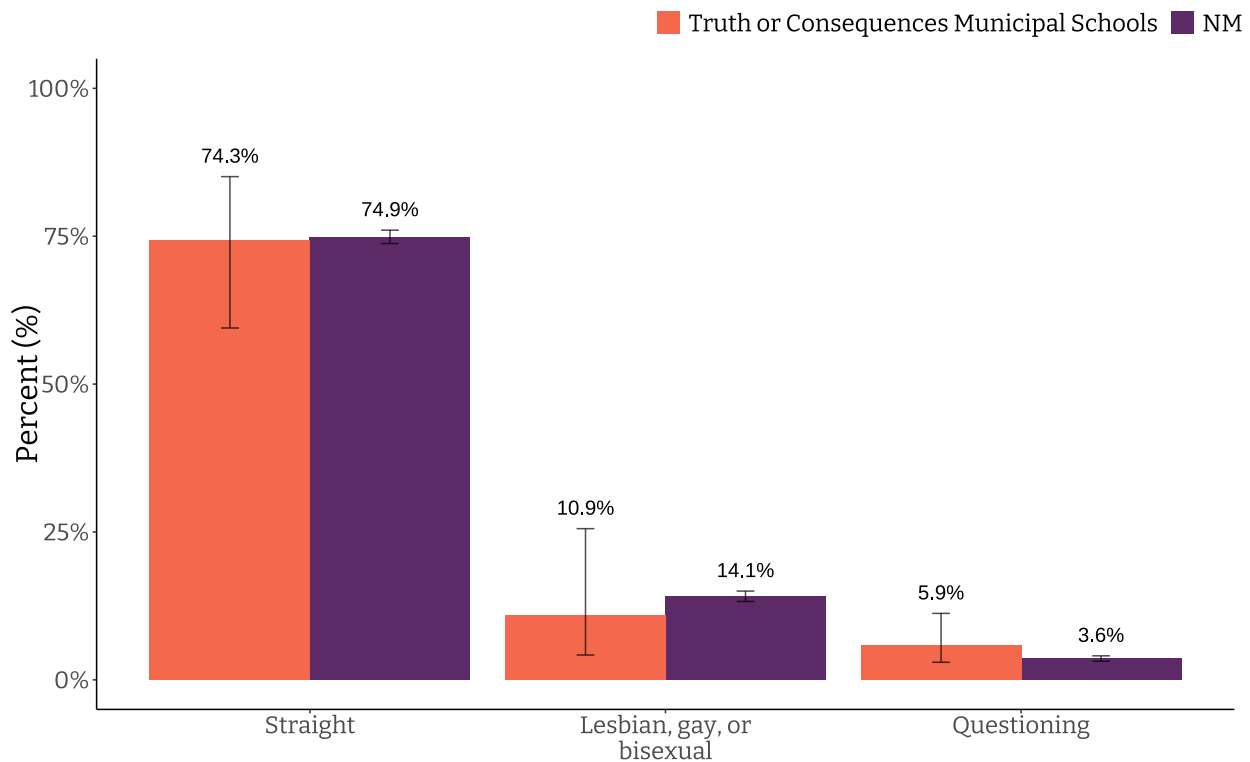


By Sex, Truth or Consequences Municipal Schools

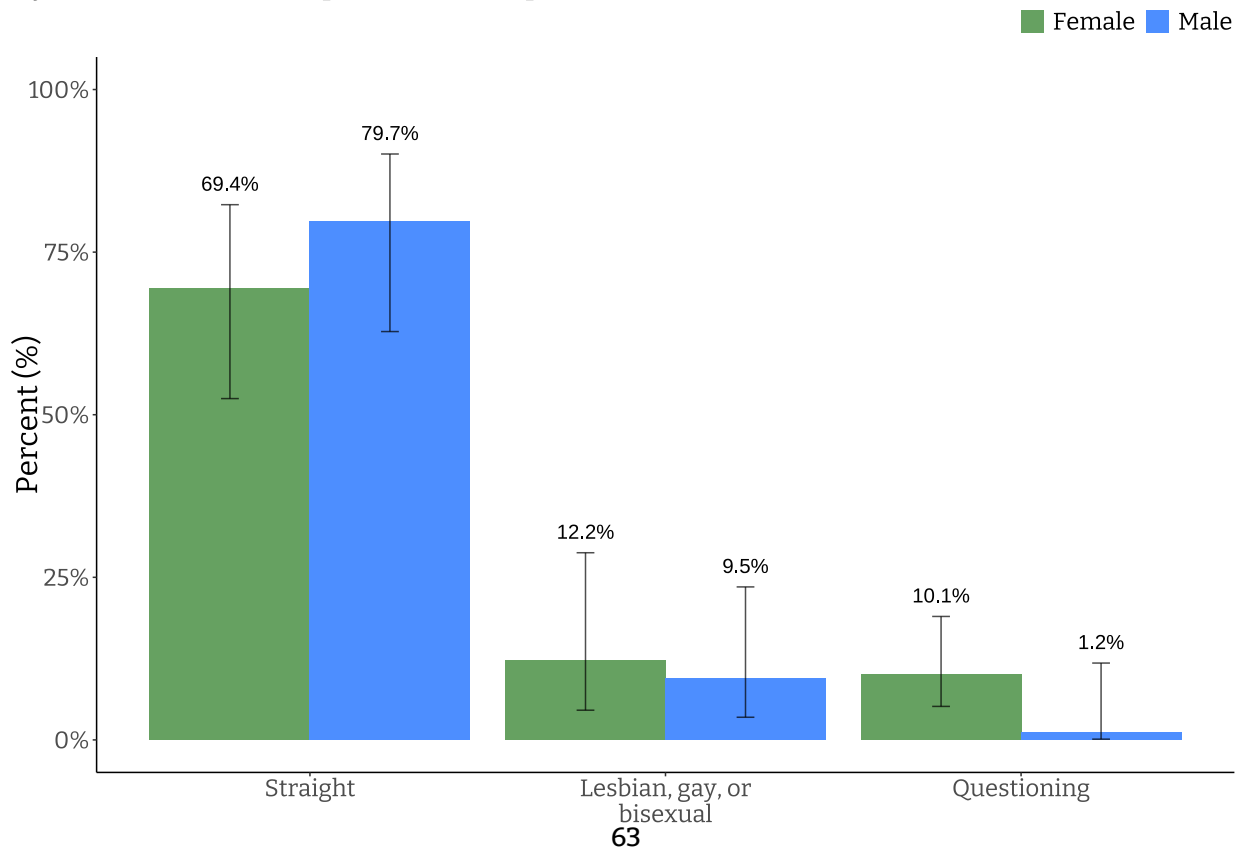


Sexual Identity

Sexual Identity
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023

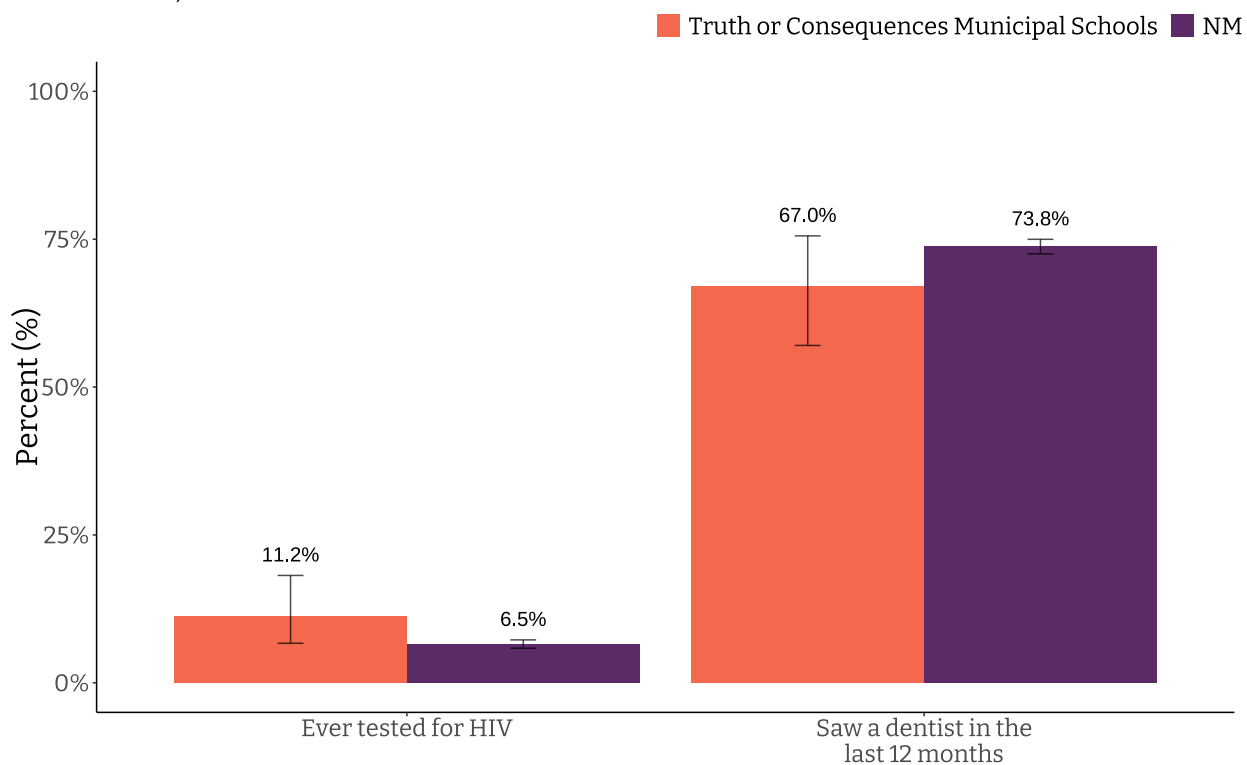


By Sex, Truth or Consequences Municipal Schools

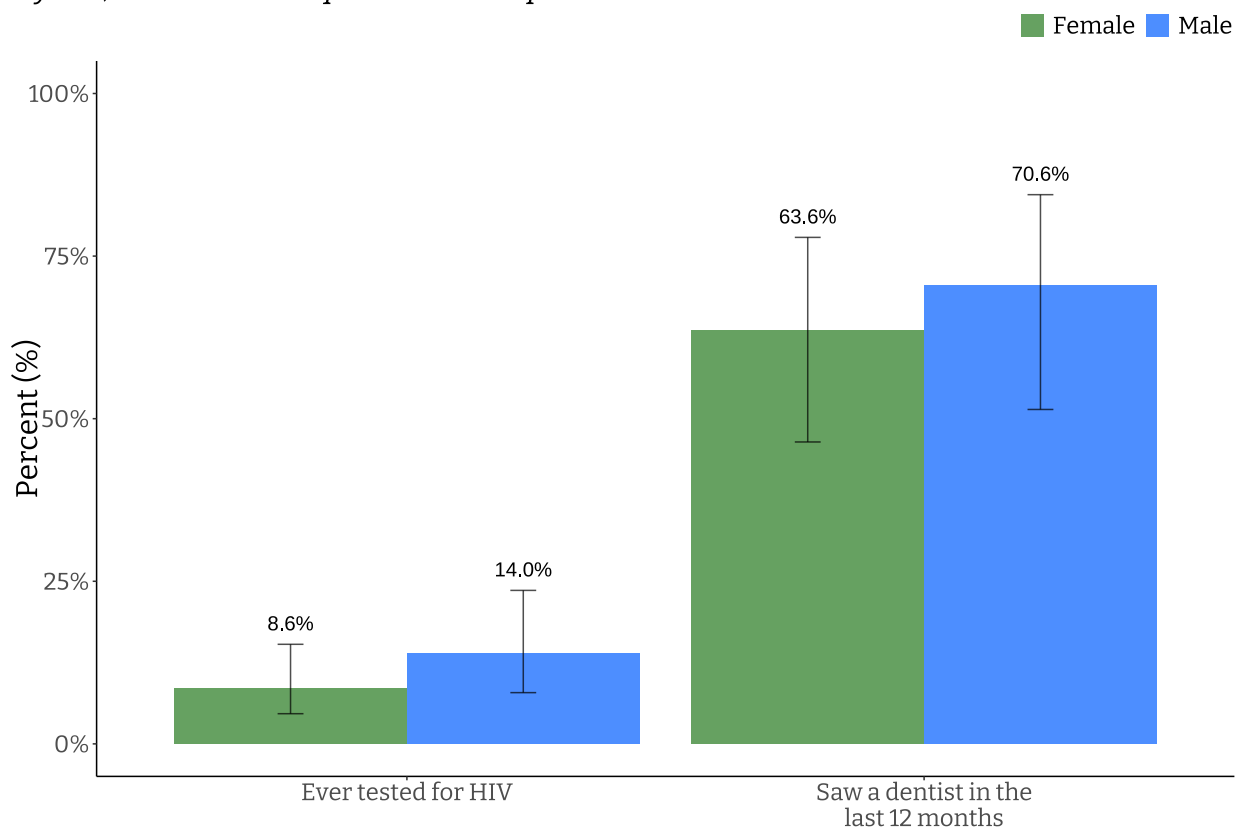


Other Behaviors and Characteristics

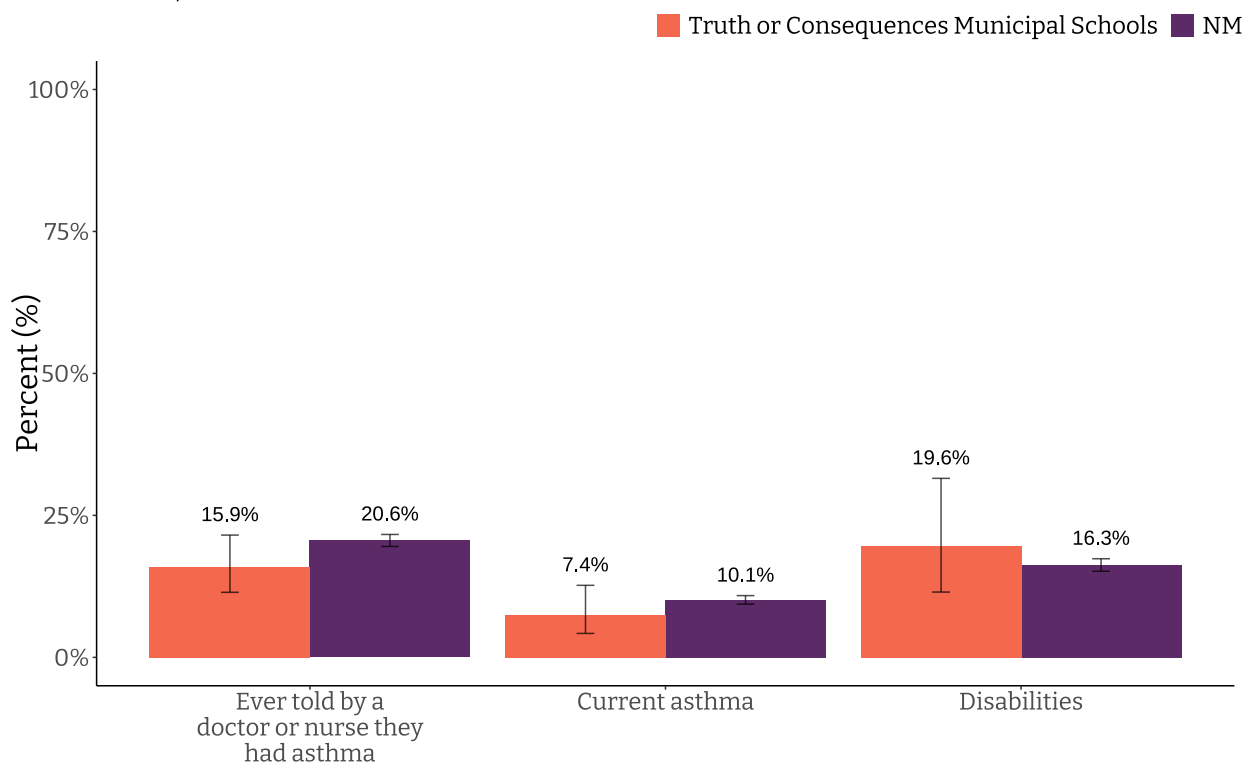
*Other Behaviors and Characteristics: HIV Test and Dental Visits
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



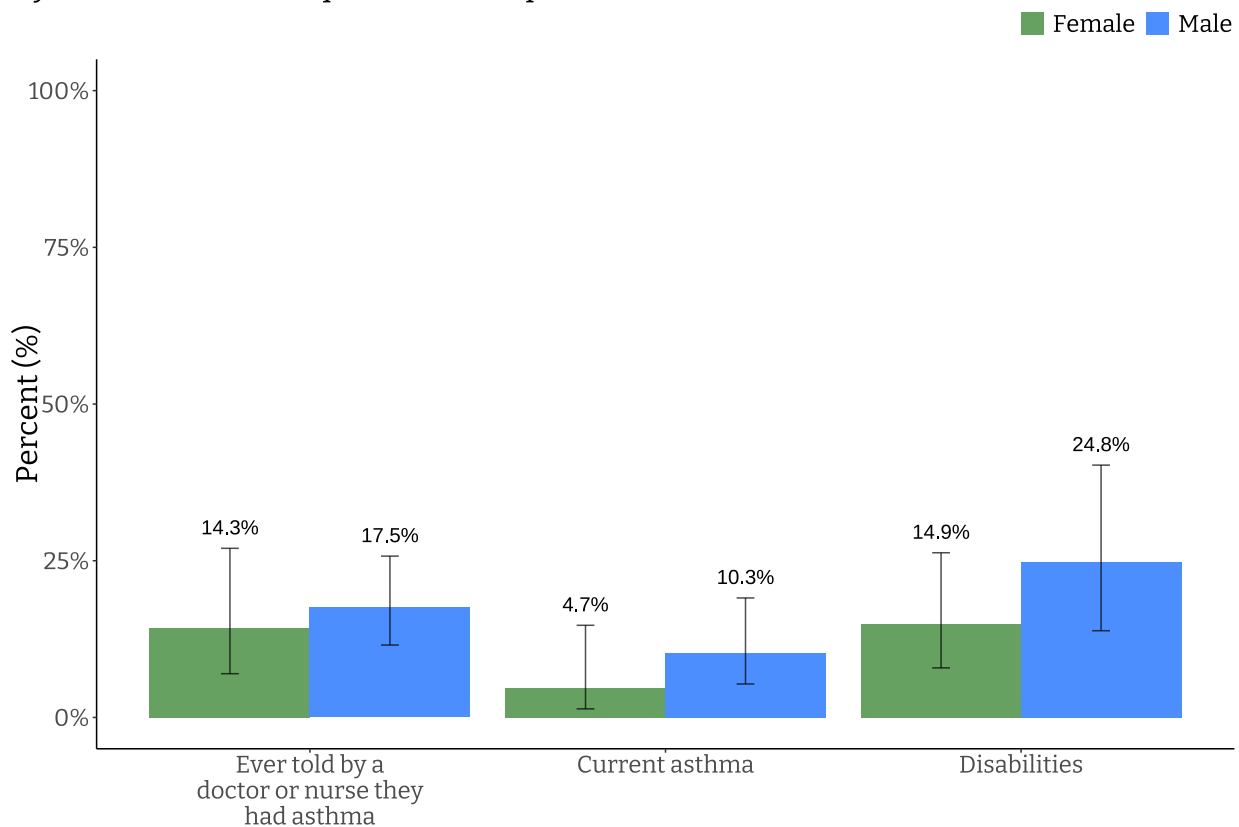
By Sex, Truth or Consequences Municipal Schools



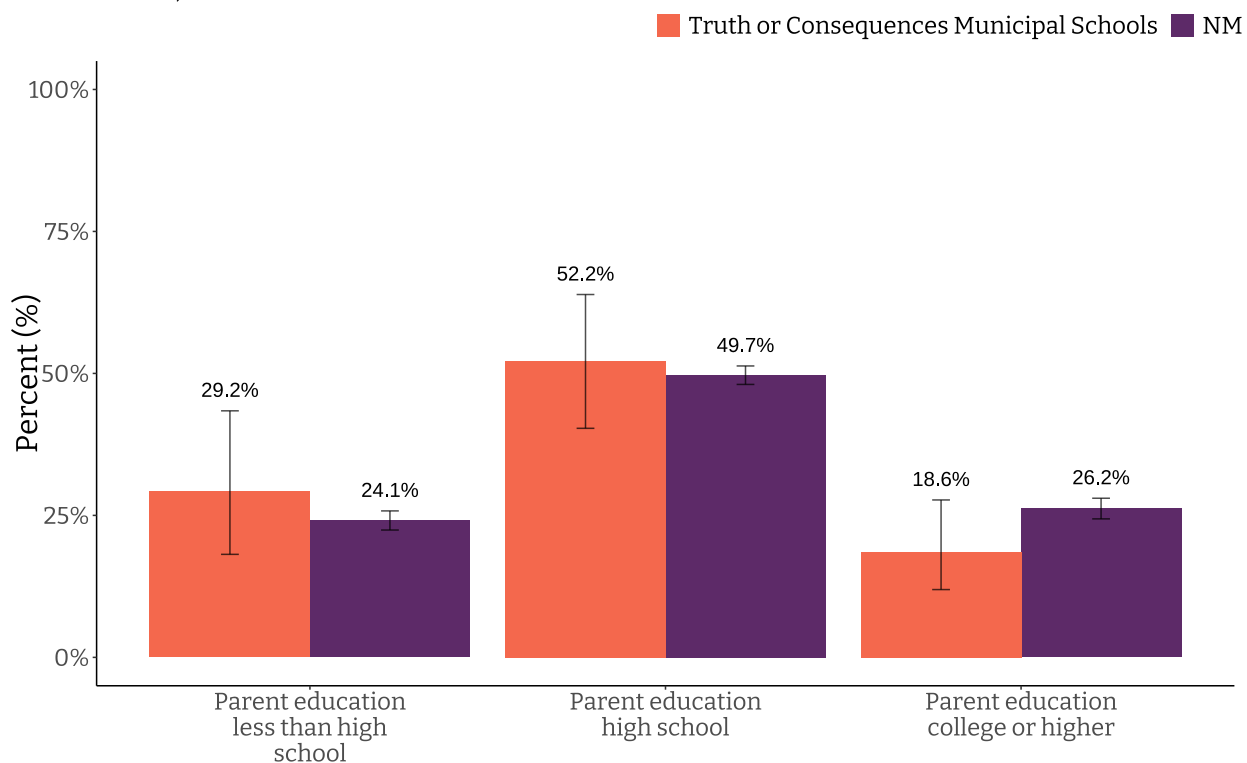
Asthma and Disabilities
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



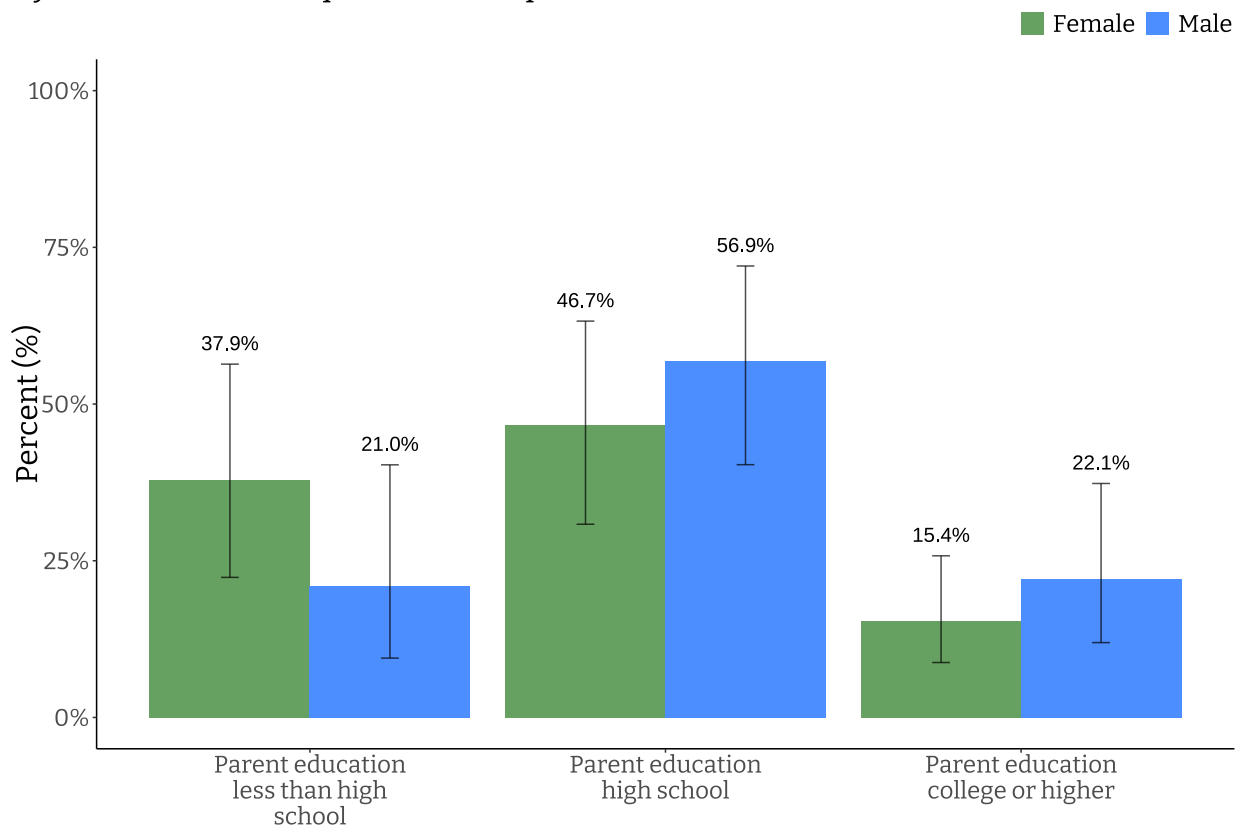
By Sex, Truth or Consequences Municipal Schools



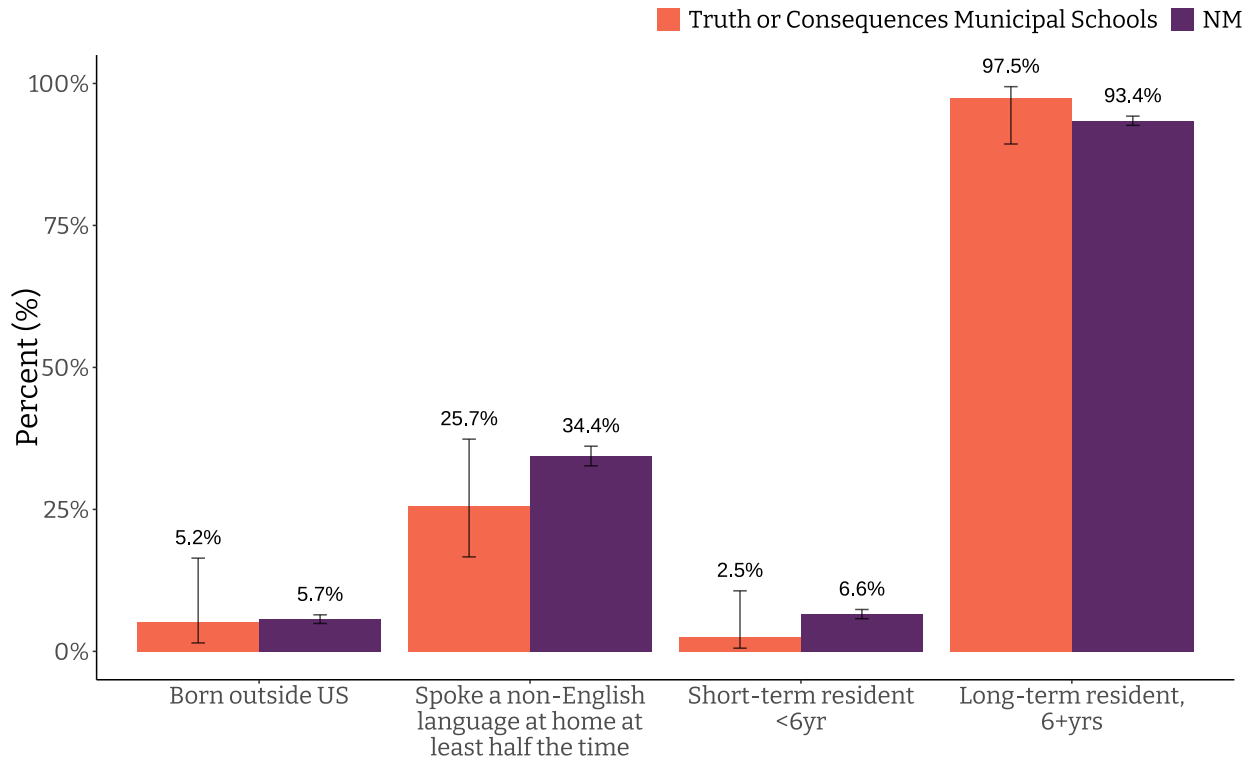
*Other Behaviors and Characteristics: Parents' Education
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



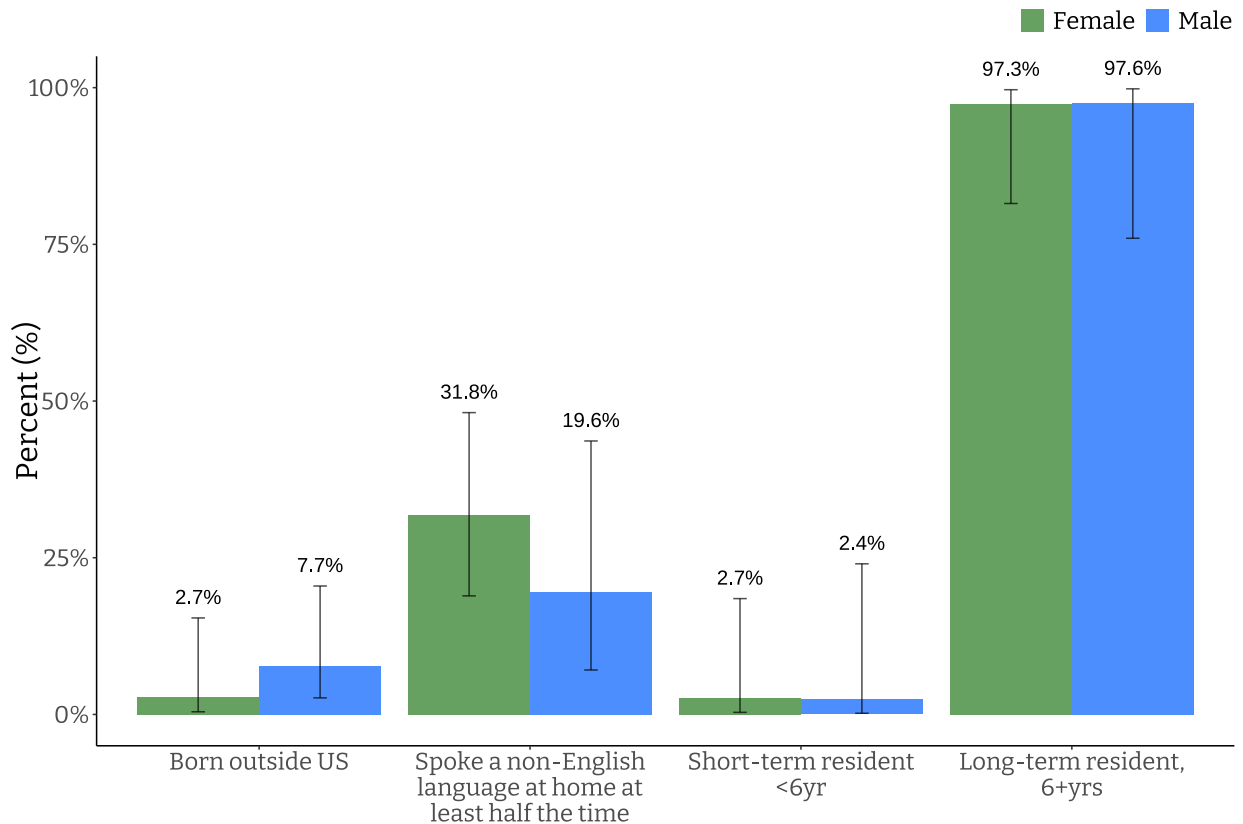
By Sex, Truth or Consequences Municipal Schools



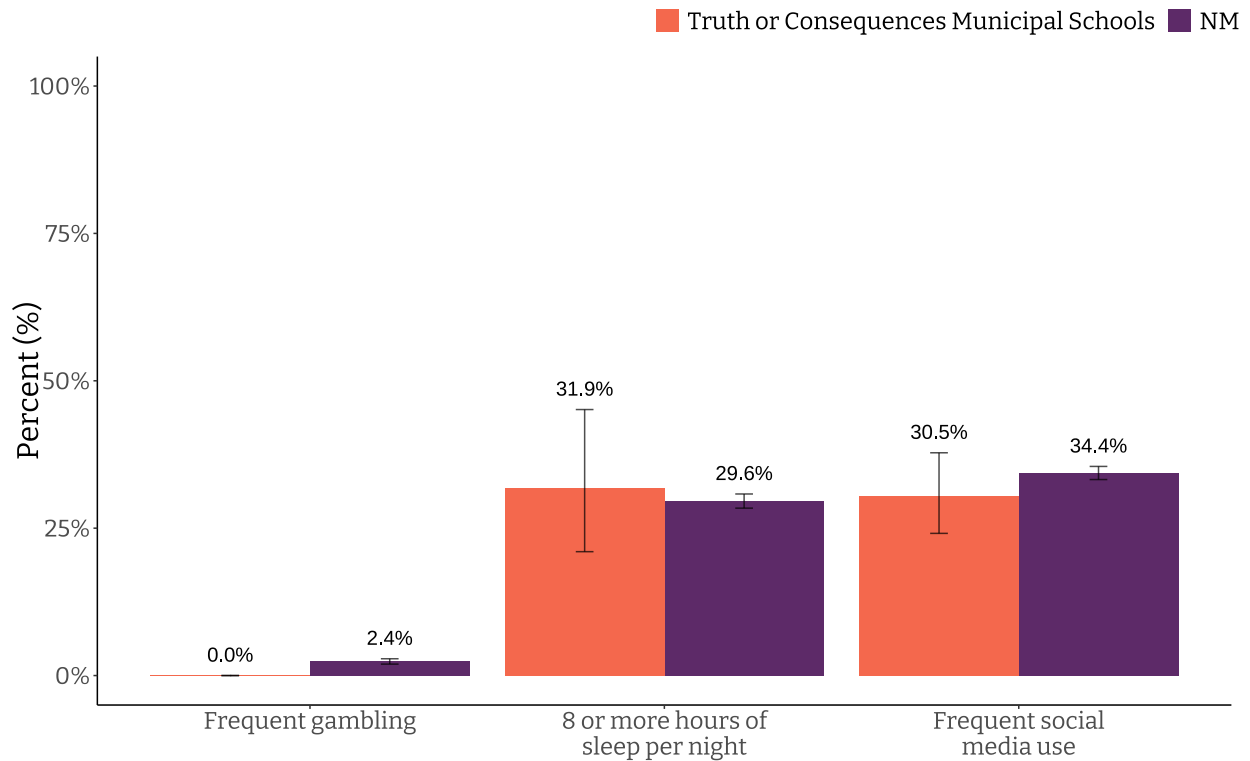
Nativity, Language Spoke at Home, & Residency
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



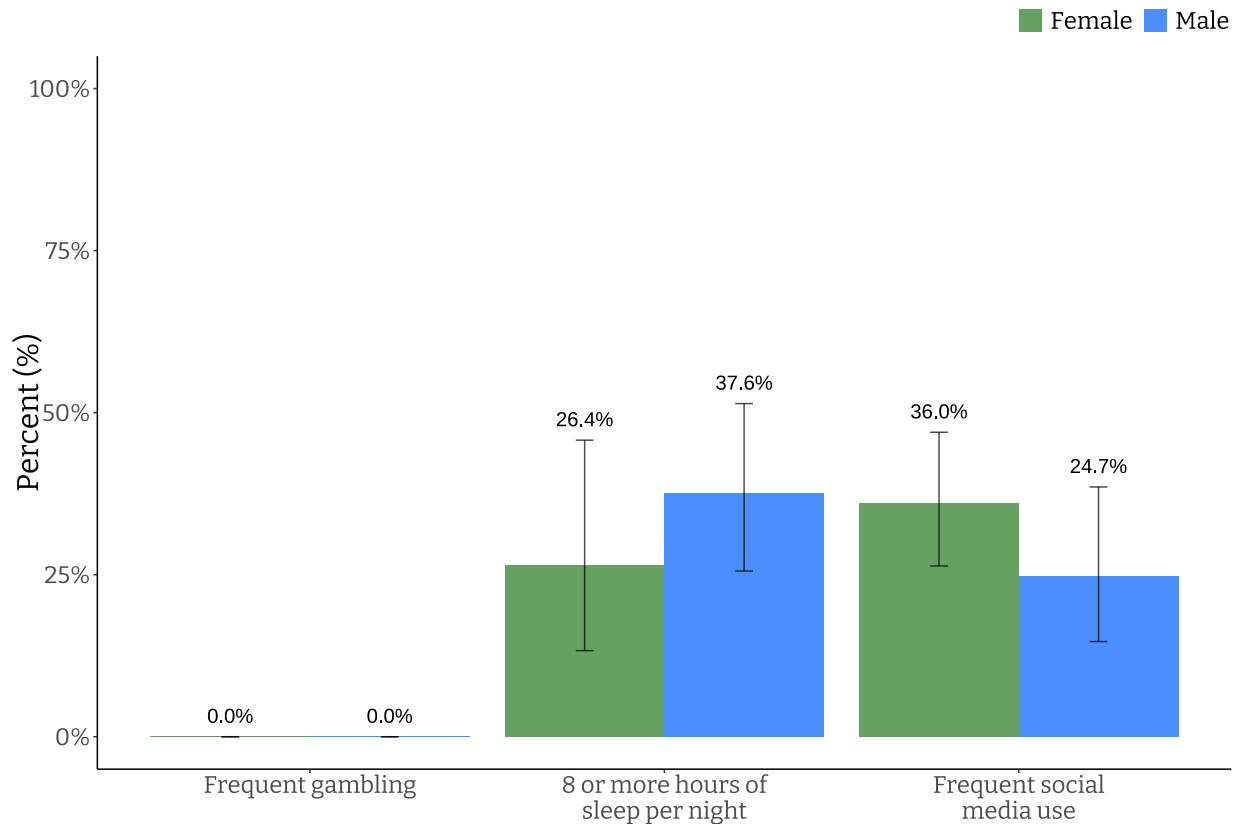
By Sex, Truth or Consequences Municipal Schools



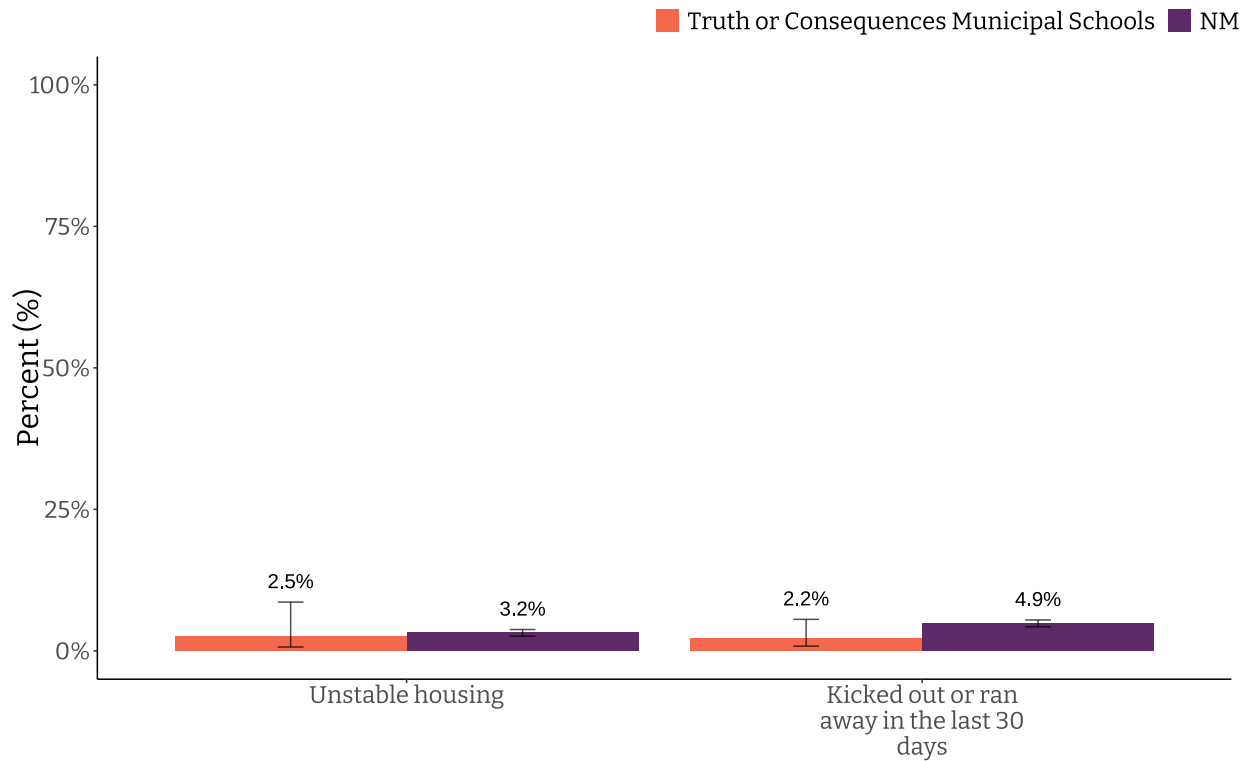
Gambling, Sleep, & Social Media
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



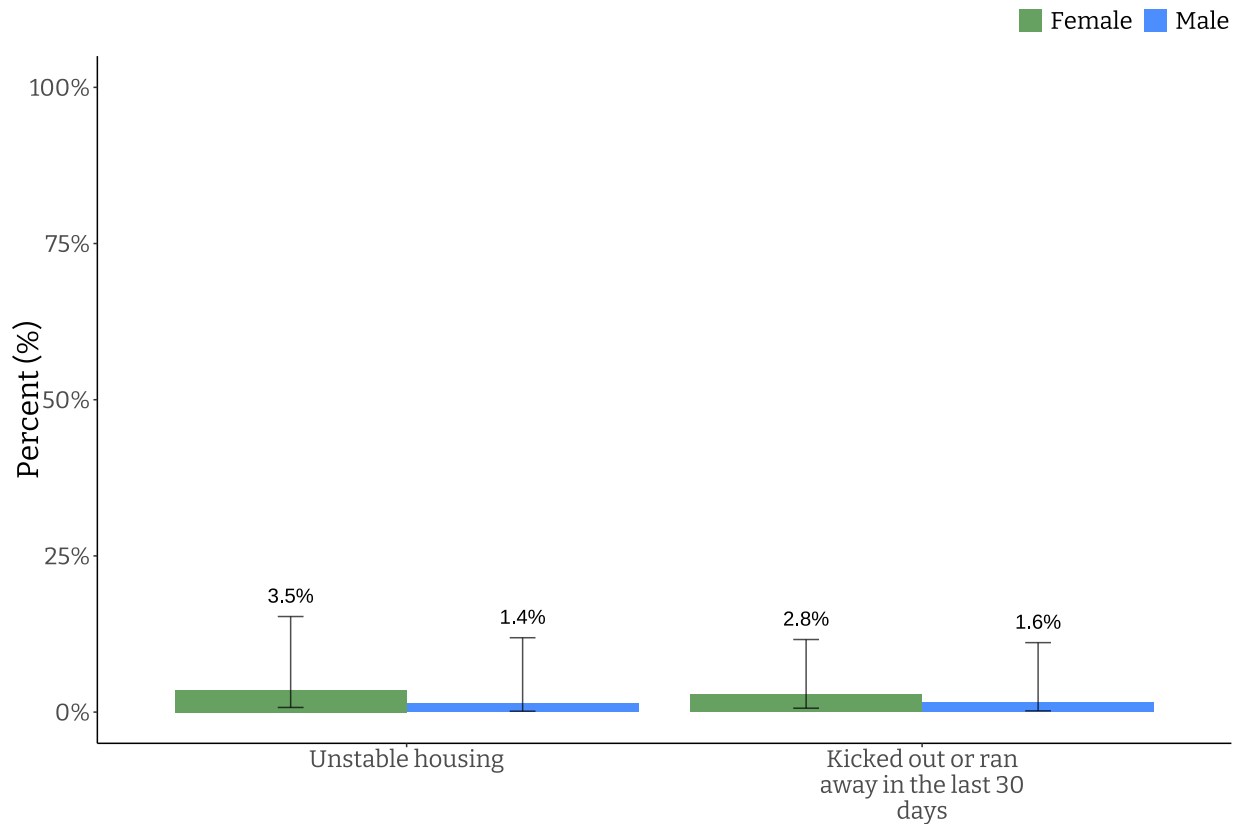
By Sex, Truth or Consequences Municipal Schools



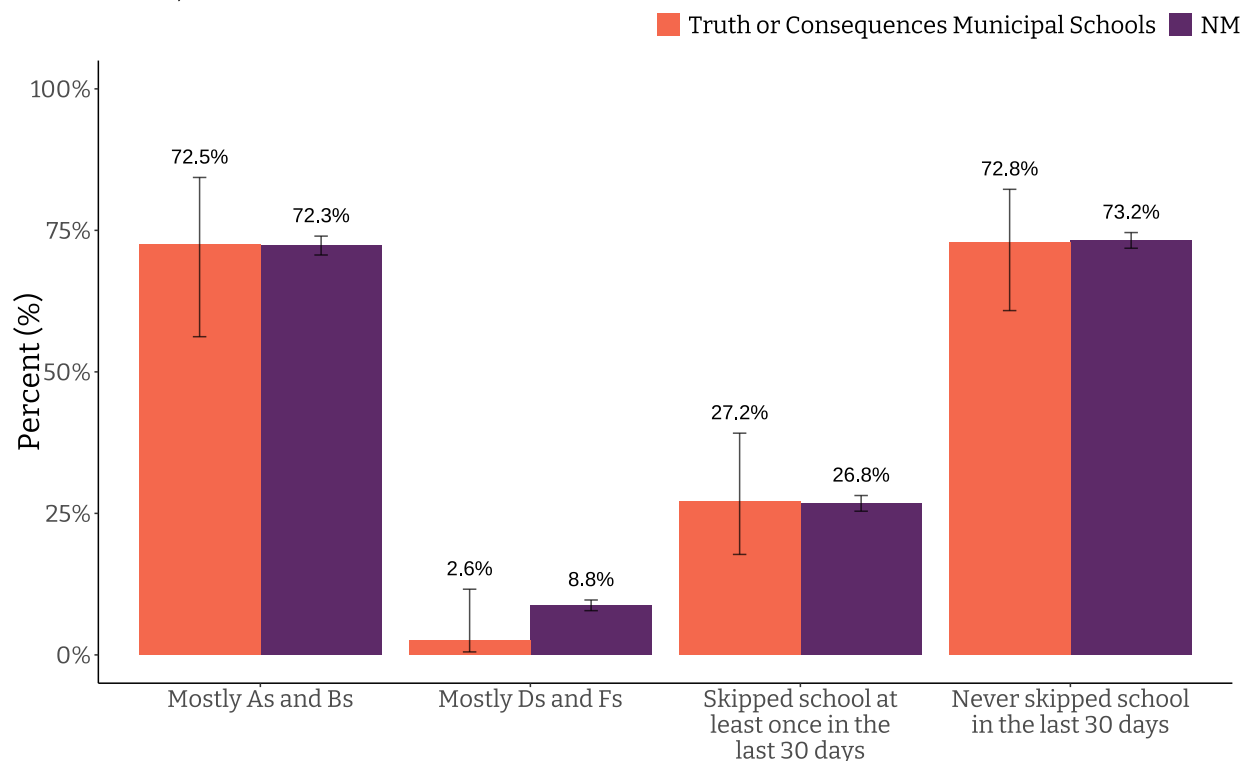
Other Behaviors and Characteristics
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



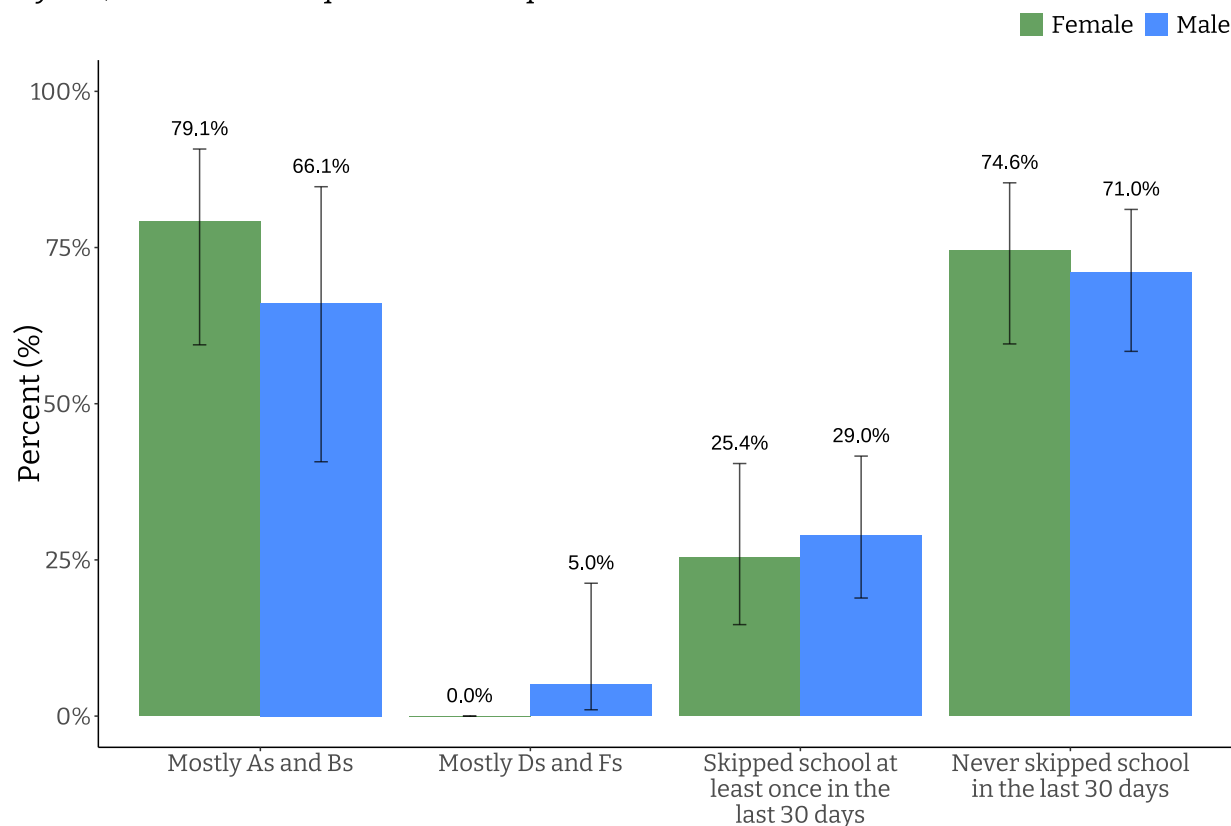
By Sex, Truth or Consequences Municipal Schools



Other Behaviors and Characteristics: School Grades and Attendance
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023

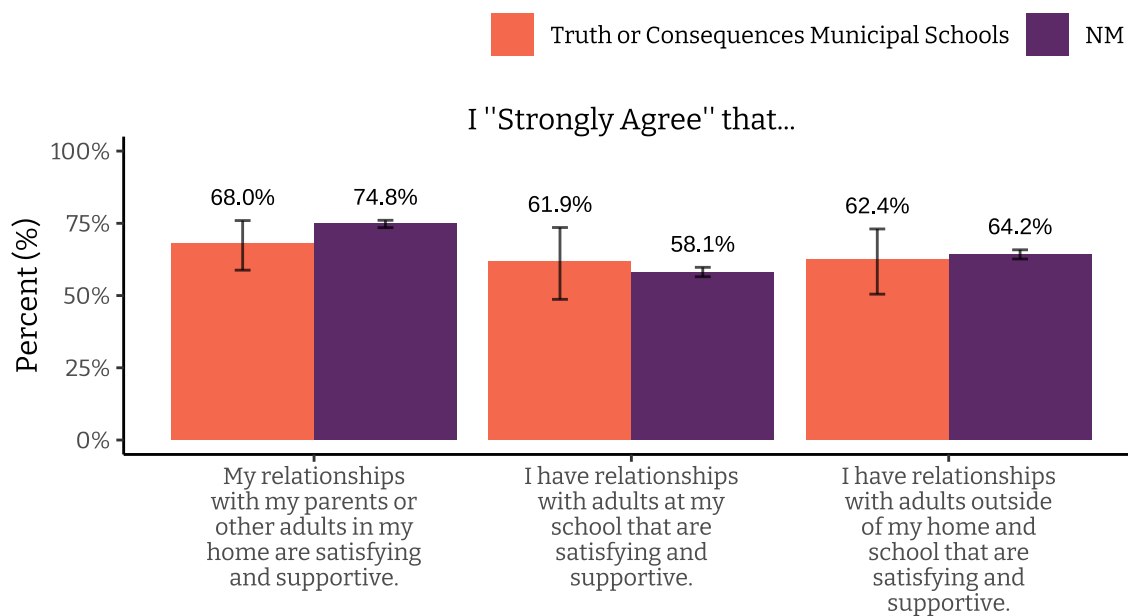


By Sex, Truth or Consequences Municipal Schools

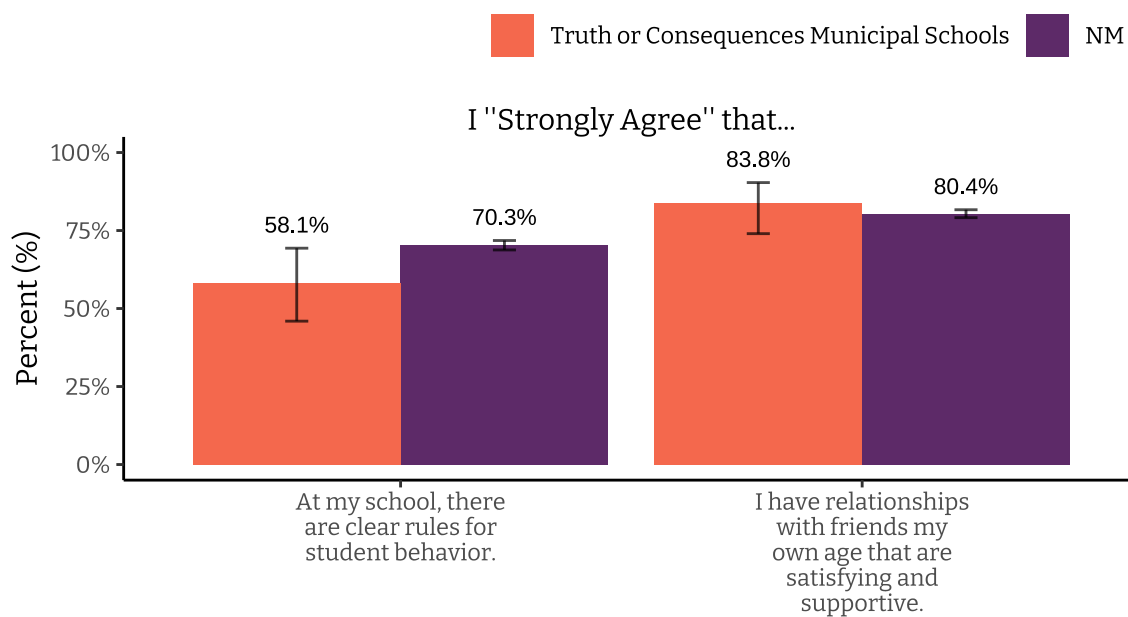


Resiliency/Protective Factors

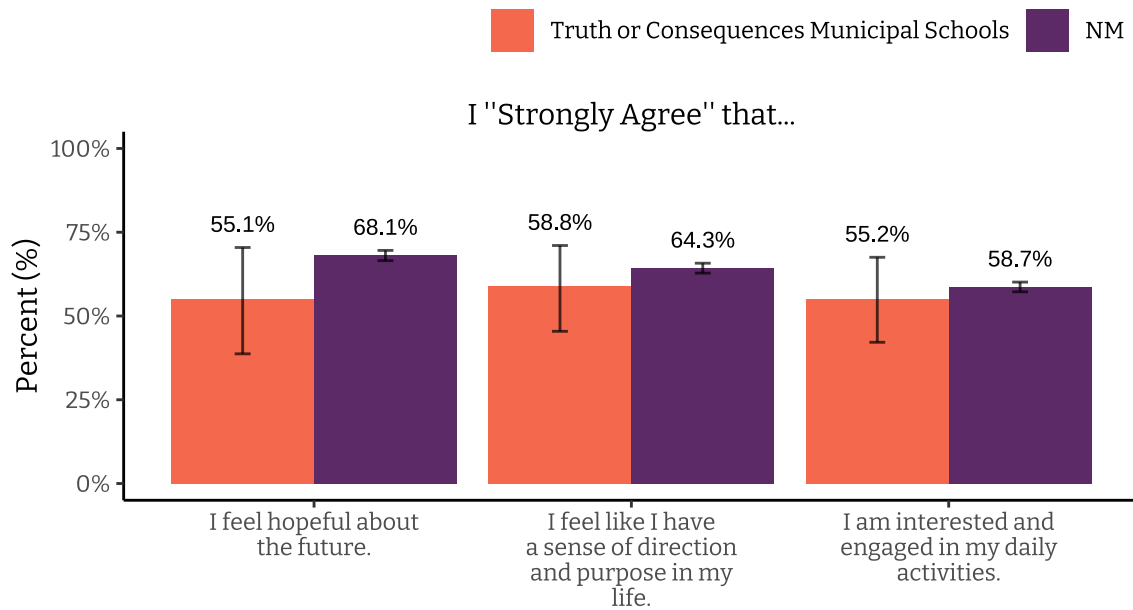
Protective Factors with Adults
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



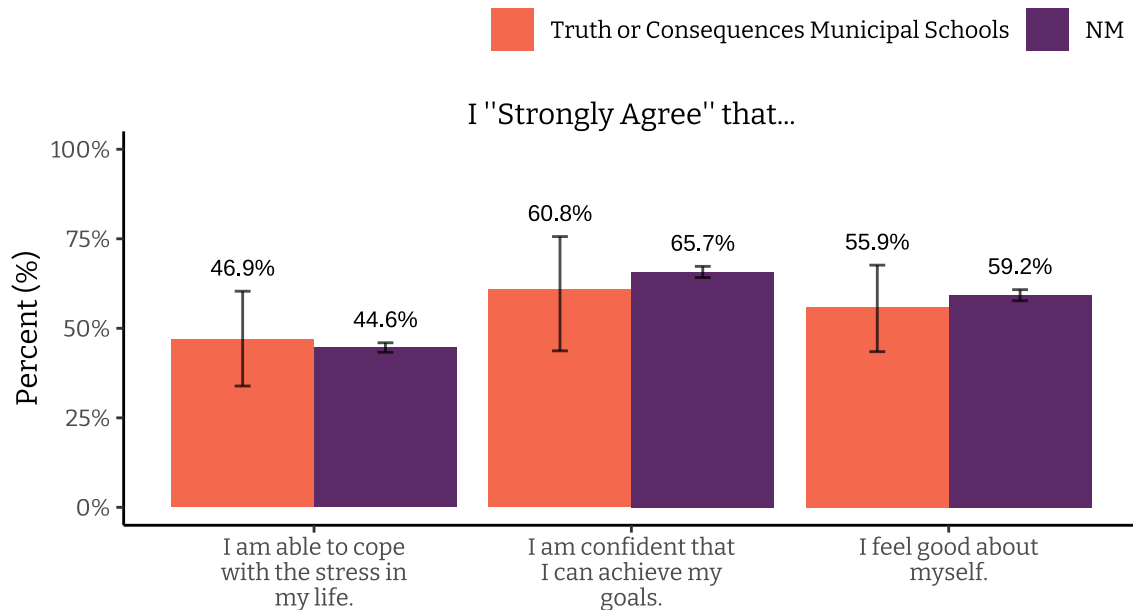
Protective Factors at School and with Peers
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023



*Personal Resiliency Factors
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



*Personal Resiliency Factors (continued)
New Mexico & Truth or Consequences Municipal Schools
Grades 9-12, 2023*



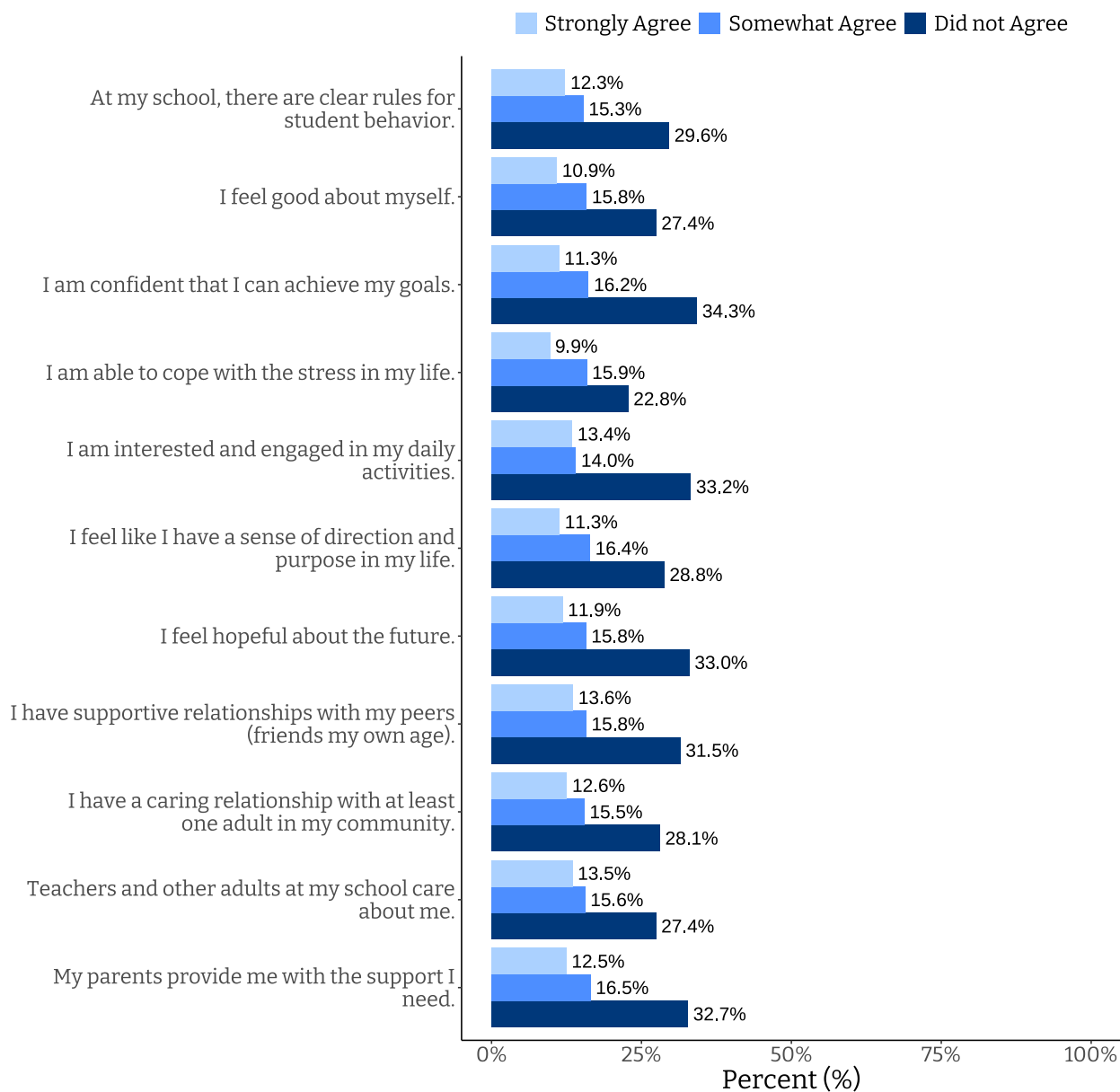
Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors

In a physical fight

by *Personal Resiliency and Protective Factors*

Southwest Public Health Region

Grades 9-12, 2023



How to read this chart:

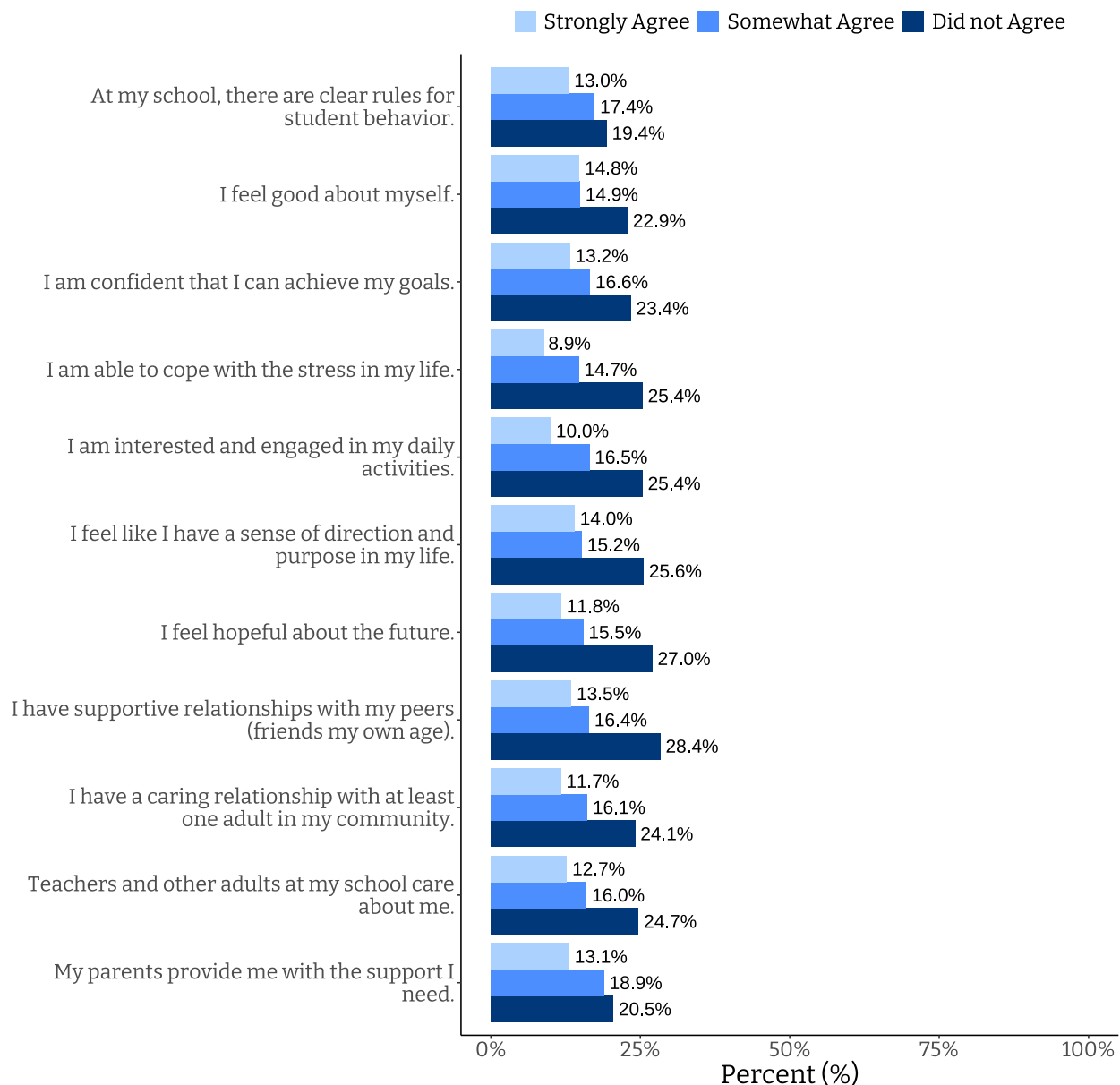
- Of those who did not agree that at their school, there are clear rules for student behavior, 29.6% were in a physical fight in the past 12 months.
- Of those who somewhat agree that at their school, there are clear rules for student behavior, 15.3% were in a physical fight in the past 12 months.
- Of those who strongly agree that at their school, there are clear rules for student behavior, 12.3% were in a physical fight in the past 12 months.

Skipped school because of safety concerns

by *Personal Resiliency and Protective Factors*

Southwest Public Health Region

Grades 9-12, 2023



How to read this chart:

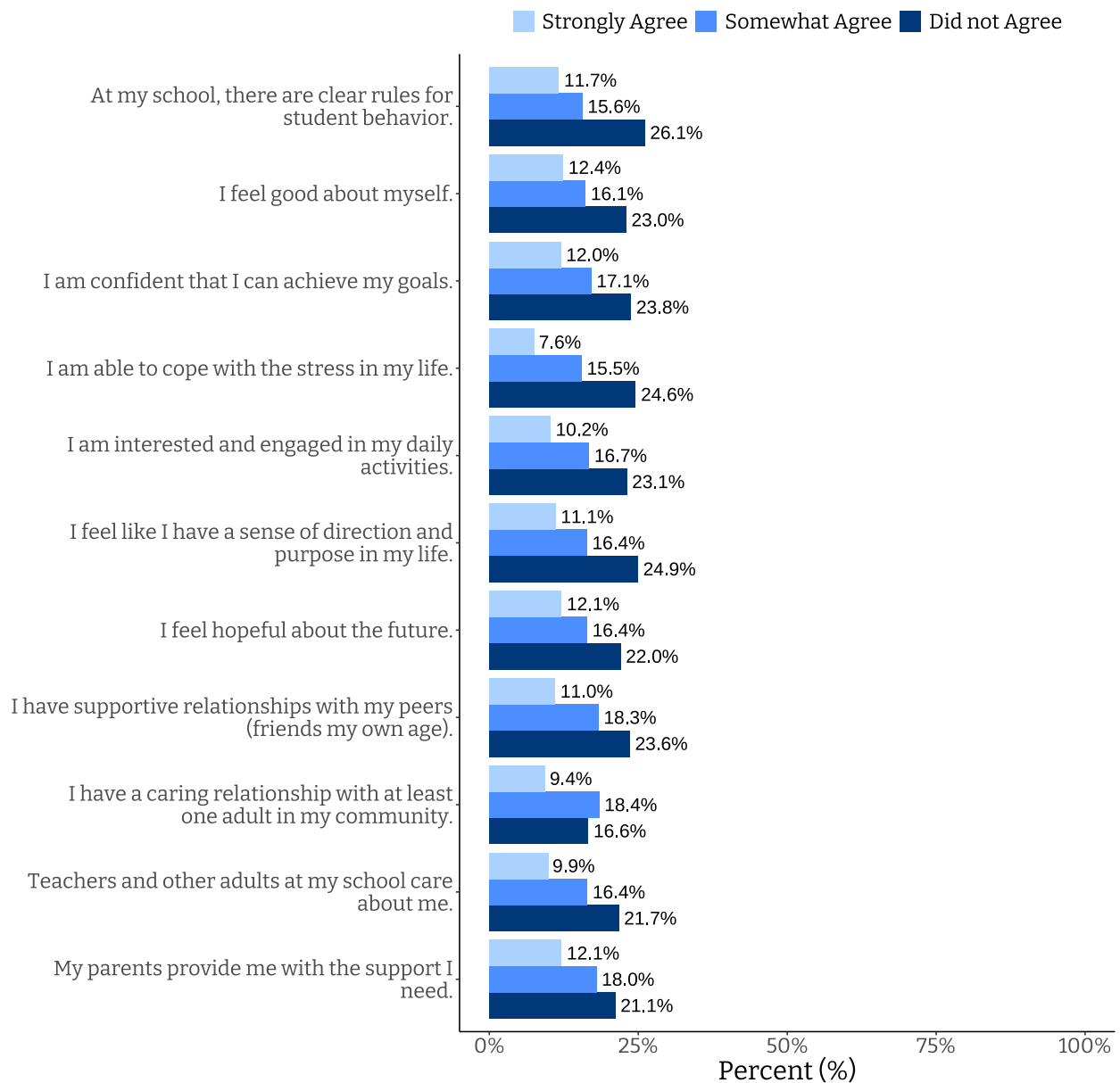
- Of those who did not agree that at their school, there are clear rules for student behavior, 19.4% skipped school because of safety concerns.
- Of those who somewhat agree that at their school, there are clear rules for student behavior, 17.4% skipped school because of safety concerns.
- Of those who strongly agree that at their school, there are clear rules for student behavior, 13% skipped school because of safety concerns.

Bullied on school property

by Personal Resiliency and Protective Factors

Southwest Public Health Region

Grades 9-12, 2023



How to read this chart:

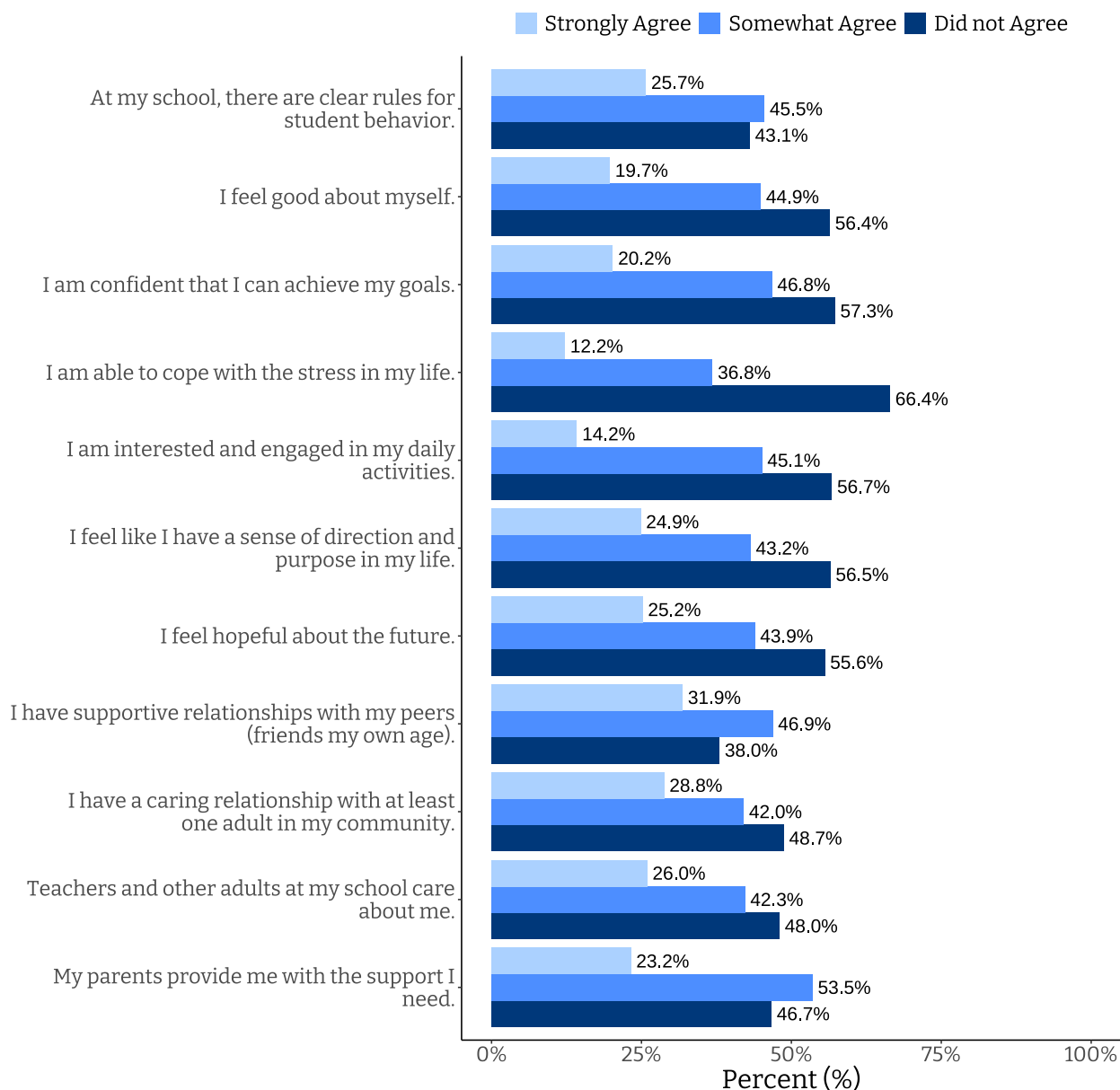
- Of those who did not agree that at their school, there are clear rules for student behavior, 26.1% were bullied at school.
- Of those who somewhat agree that at their school, there are clear rules for student behavior, 15.6% were bullied at school.
- Of those who strongly agree that at their school, there are clear rules for student behavior, 11.7% were bullied at school.

Felt sad or hopeless

by Personal Resiliency and Protective Factors

Southwest Public Health Region

Grades 9-12, 2023



How to read this chart:

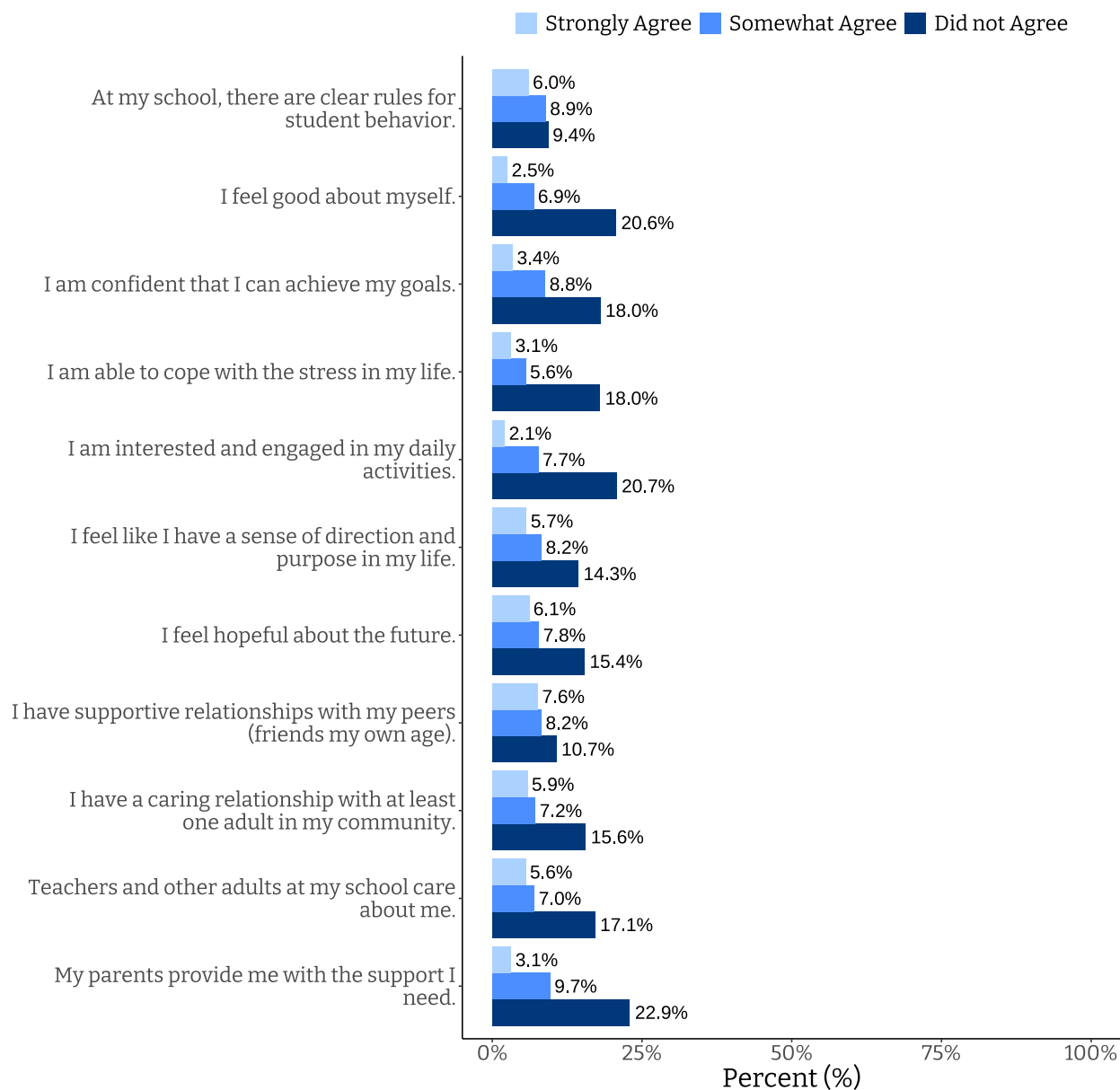
- Of those who did not agree that at their school, there are clear rules for student behavior, 43.1% felt sadness or hopelessness.
- Of those who somewhat agree that at their school, there are clear rules for student behavior, 45.5% felt sadness or hopelessness.
- Of those who strongly agree that at their school, there are clear rules for student behavior, 25.7% felt sadness or hopelessness.

Attempted suicide

by *Personal Resiliency and Protective Factors*

Southwest Public Health Region

Grades 9-12, 2023

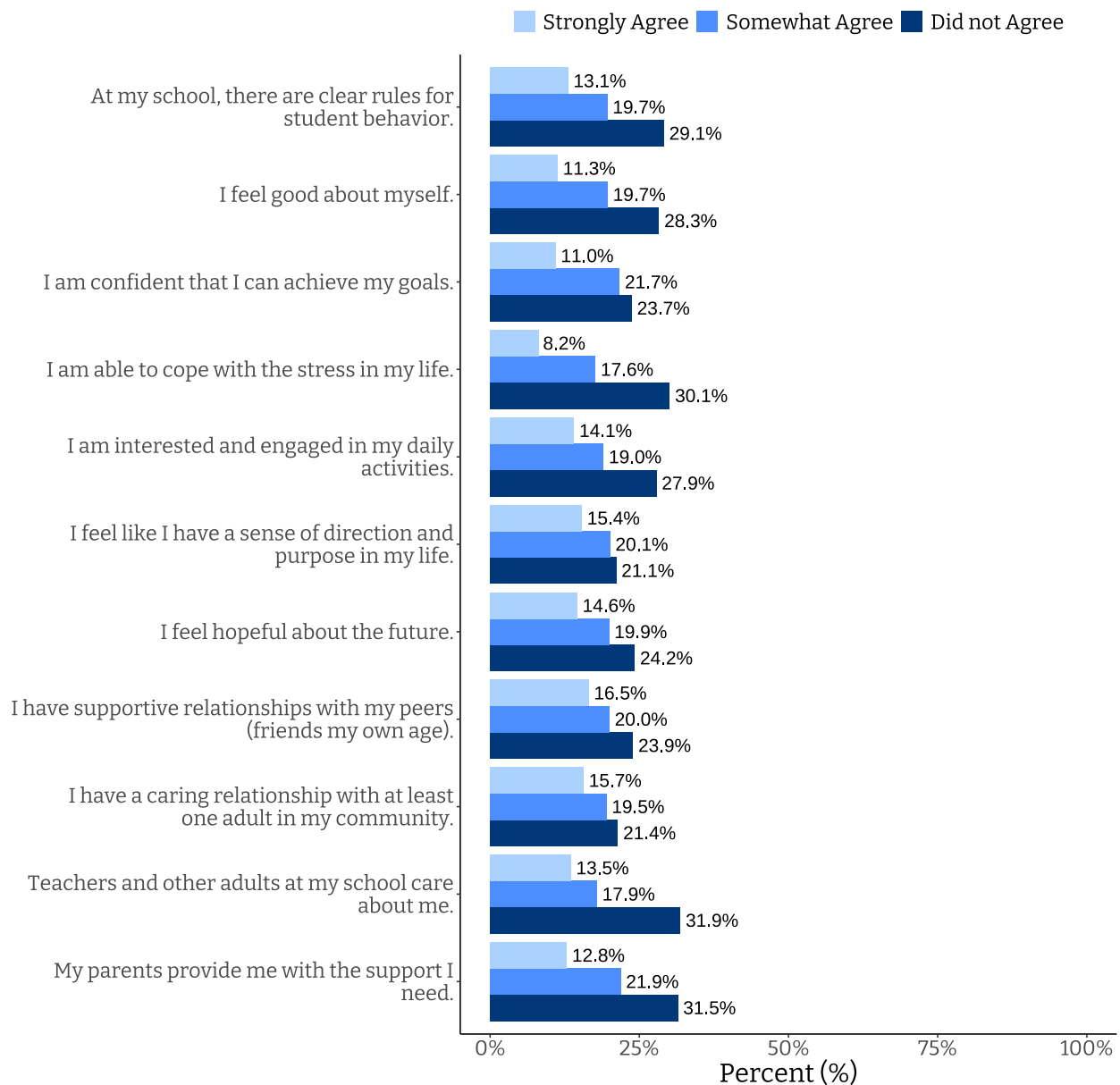


How to read this chart:

- Of those who did not agree that at their school, there are clear rules for student behavior, 9.37% attempted suicide.
- Of those who somewhat agree that at their school, there are clear rules for student behavior, 8.92% attempted suicide.
- Of those who strongly agree that at their school, there are clear rules for student behavior, 6.04% attempted suicide.

Current e-cig use

by *Personal Resiliency and Protective Factors*
 Southwest Public Health Region
 Grades 9-12, 2023



How to read this chart:

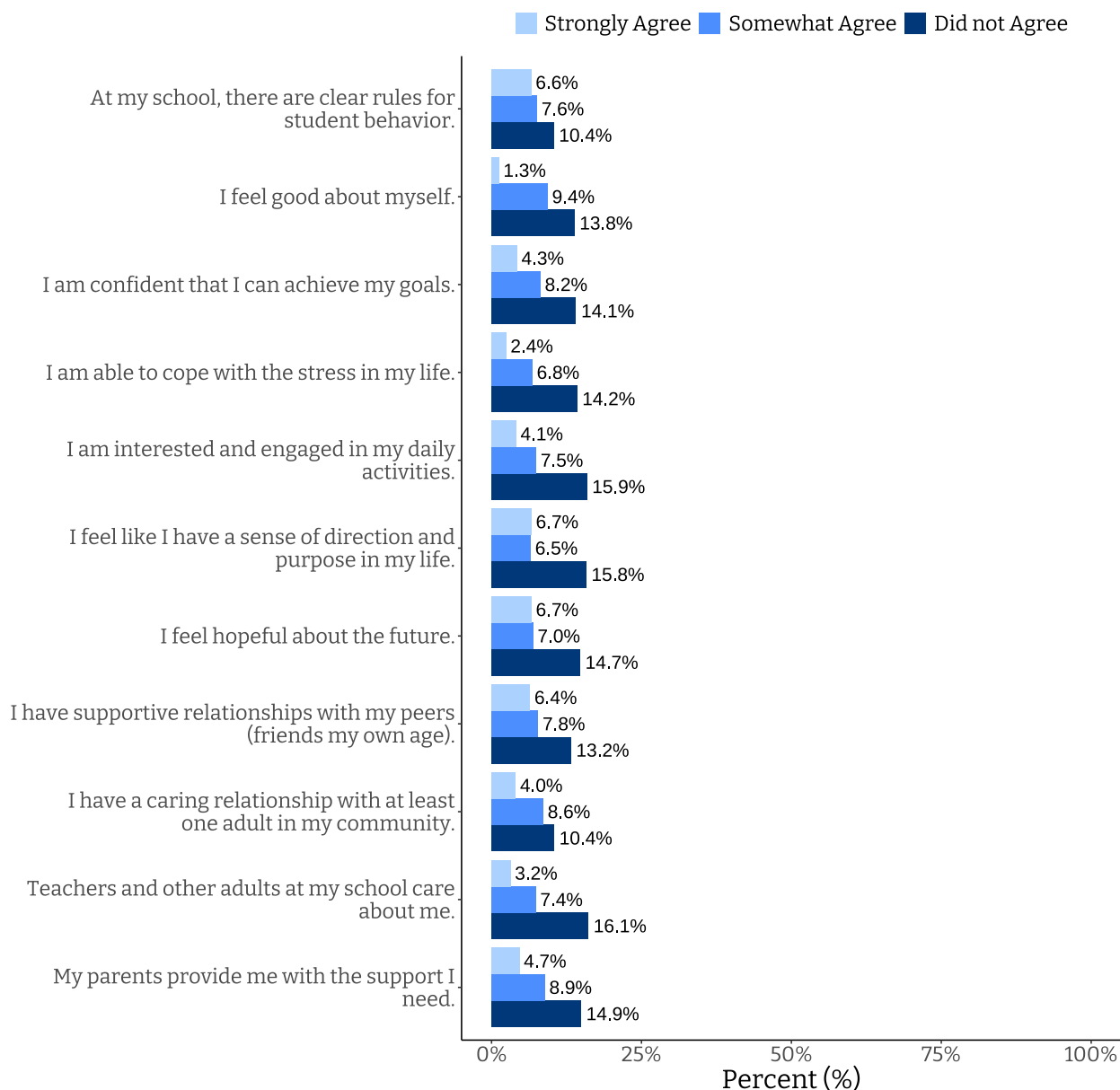
- Of those who did not agree that at their school, there are clear rules for student behavior, 29.1% were current users of e-cigarettes/vapor products.
- Of those who somewhat agree that at their school, there are clear rules for student behavior, 19.7% were current users of e-cigarettes/vapor products.
- Of those who strongly agree that at their school, there are clear rules for student behavior, 13.1% were current users of e-cigarettes/vapor products.

Binge drinking

by Personal Resiliency and Protective Factors

Southwest Public Health Region

Grades 9-12, 2023



How to read this chart:

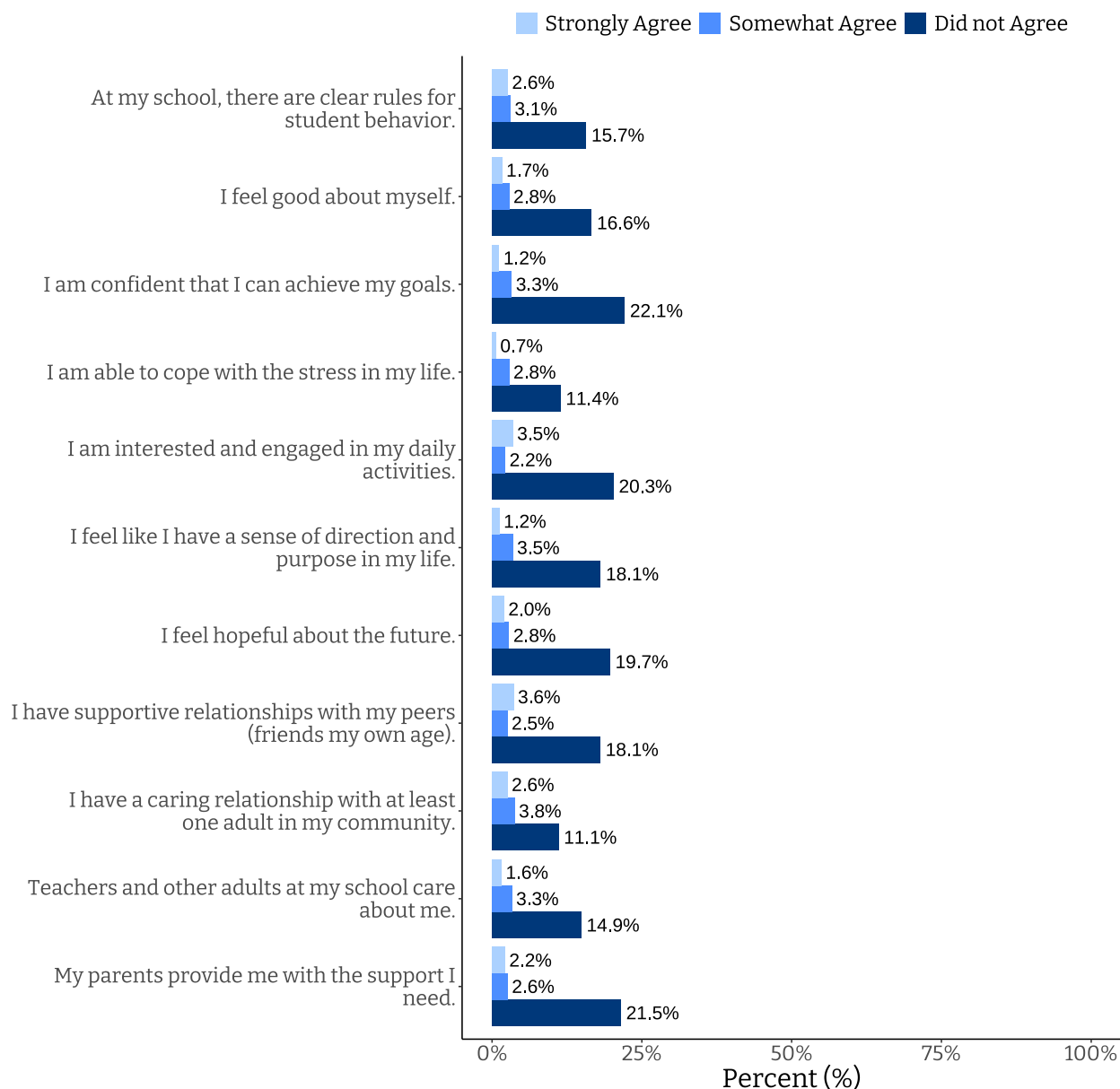
- Of those who did not agree that at their school, there are clear rules for student behavior, 10.4% were binge drinkers.
- Of those who somewhat agree that at their school, there are clear rules for student behavior, 7.61% were binge drinkers.
- Of those who strongly agree that at their school, there are clear rules for student behavior, 6.64% were binge drinkers.

Drinking and driving

by Personal Resiliency and Protective Factors

Southwest Public Health Region

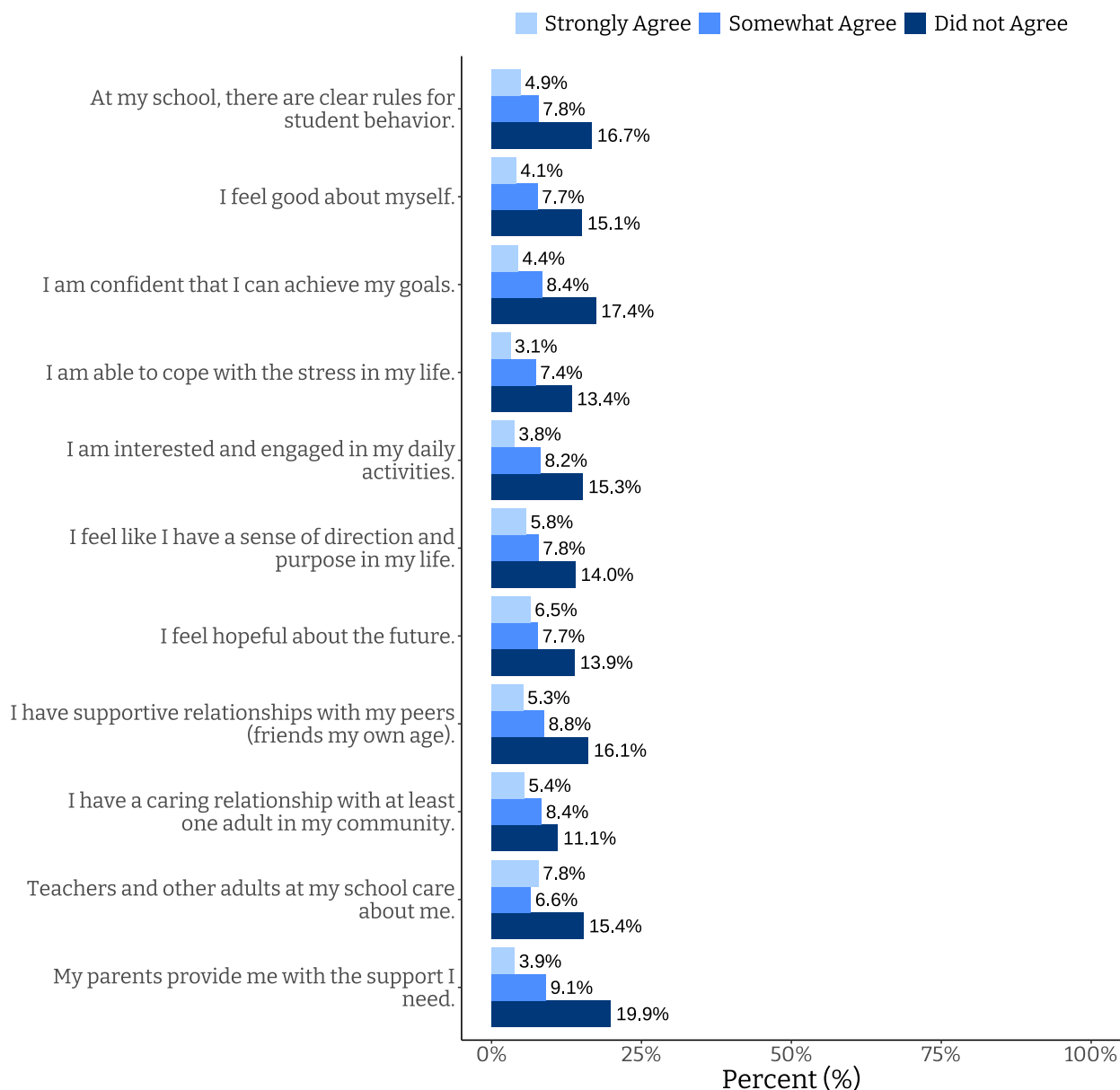
Grades 9-12, 2023



How to read this chart:

- Of those who did not agree that at their school, there are clear rules for student behavior, 15.7% drove when they had been drinking.
- Of those who somewhat agree that at their school, there are clear rules for student behavior, 3.06% drove when they had been drinking.
- Of those who strongly agree that at their school, there are clear rules for student behavior, 2.61% drove when they had been drinking.

Improper pain medication use
by Personal Resiliency and Protective Factors
 Southwest Public Health Region
 Grades 9-12, 2023

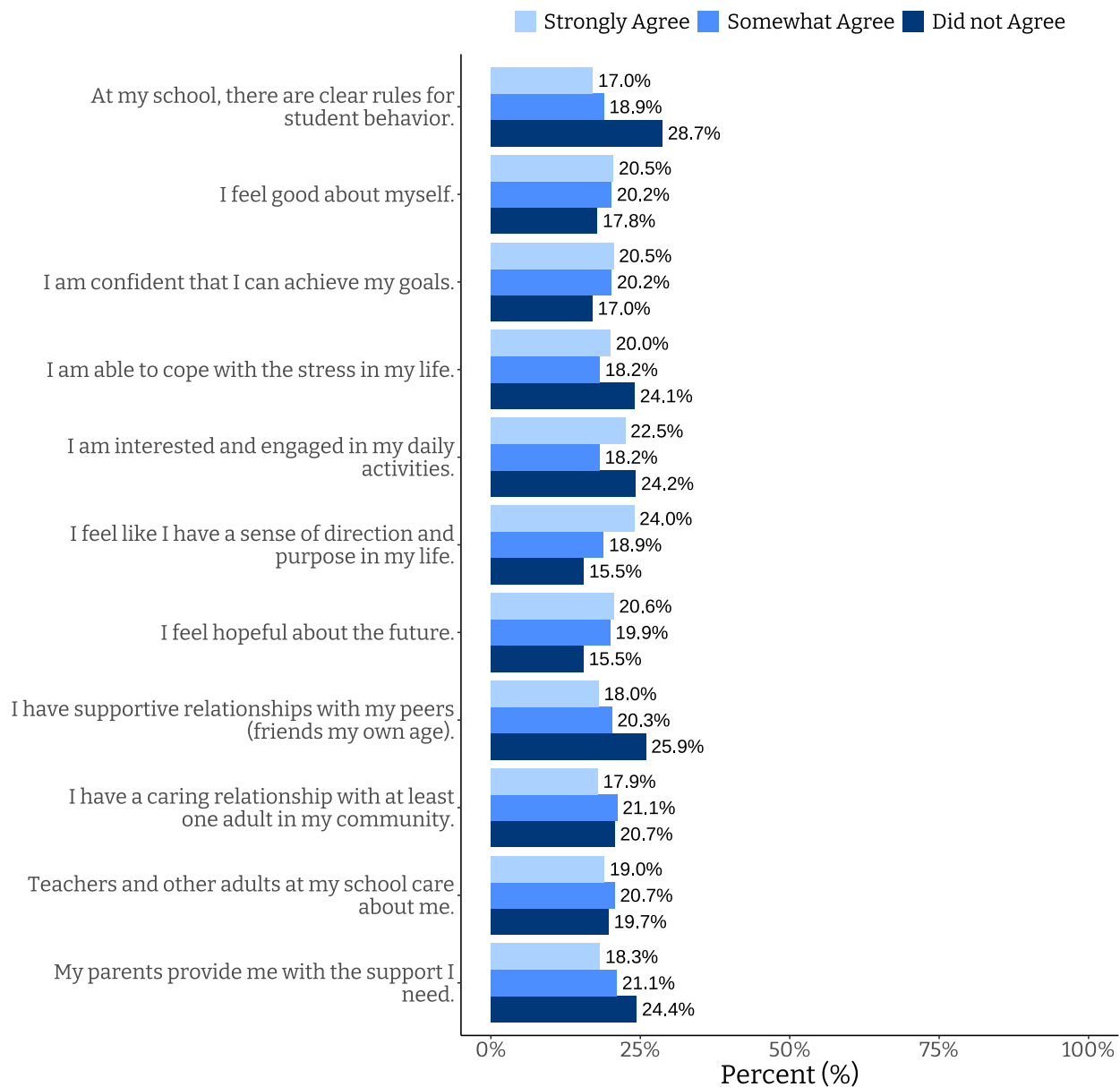


How to read this chart:

- Of those who did not agree that at their school, there are clear rules for student behavior, 16.7% used painkillers to get high.
- Of those who somewhat agree that at their school, there are clear rules for student behavior, 7.81% used painkillers to get high.
- Of those who strongly agree that at their school, there are clear rules for student behavior, 4.86% used painkillers to get high.

Currently sexually active

by *Personal Resiliency and Protective Factors*
Southwest Public Health Region
Grades 9-12, 2023



How to read this chart:

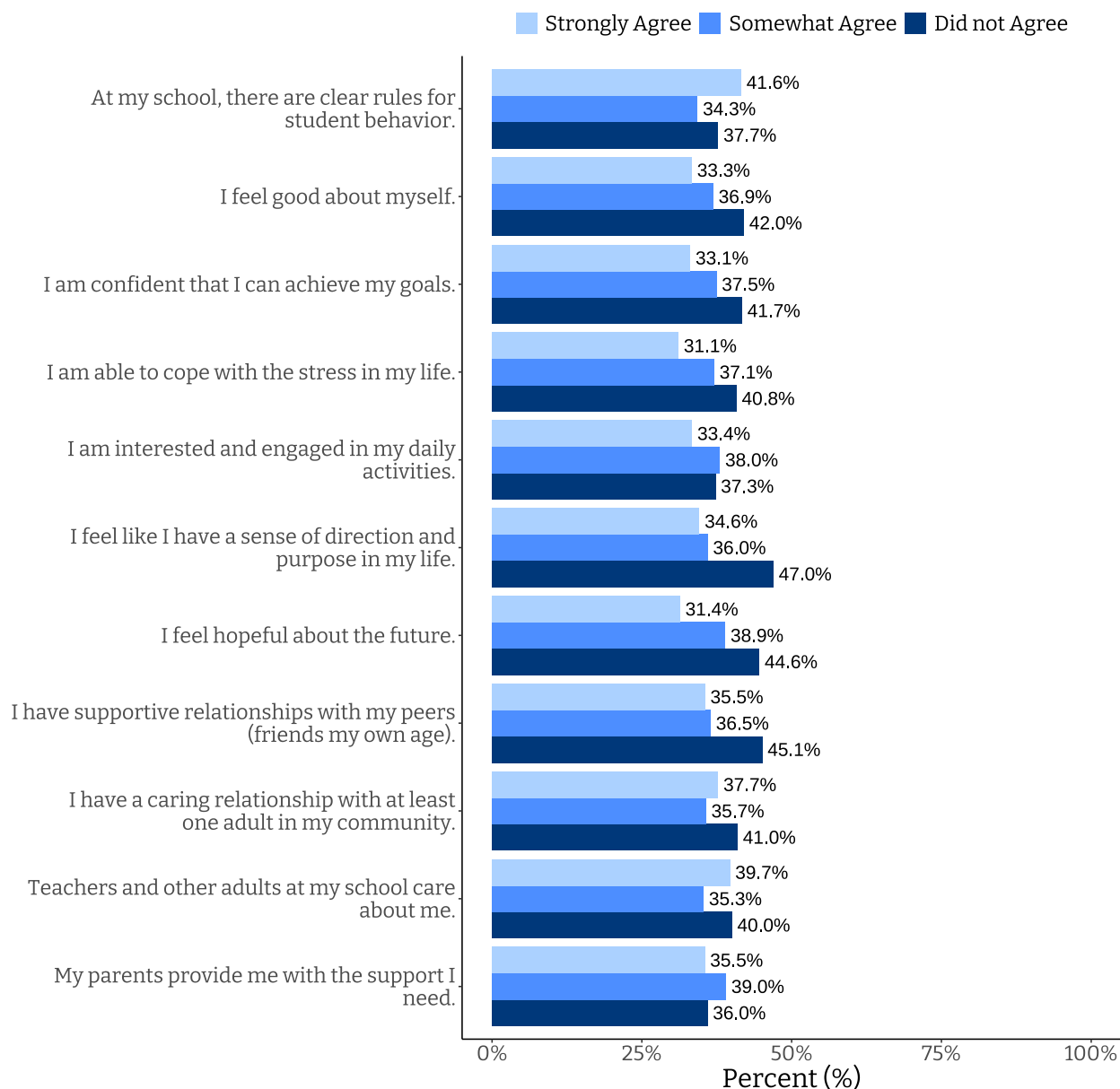
- Of those who did not agree that at their school, there are clear rules for student behavior, 28.7% were sexually active.
- Of those who somewhat agree that at their school, there are clear rules for student behavior, 18.9% were sexually active.
- Of those who strongly agree that at their school, there are clear rules for student behavior, 17% were sexually active.

Overweight or obese

by Personal Resiliency and Protective Factors

Southwest Public Health Region

Grades 9-12, 2023



How to read this chart:

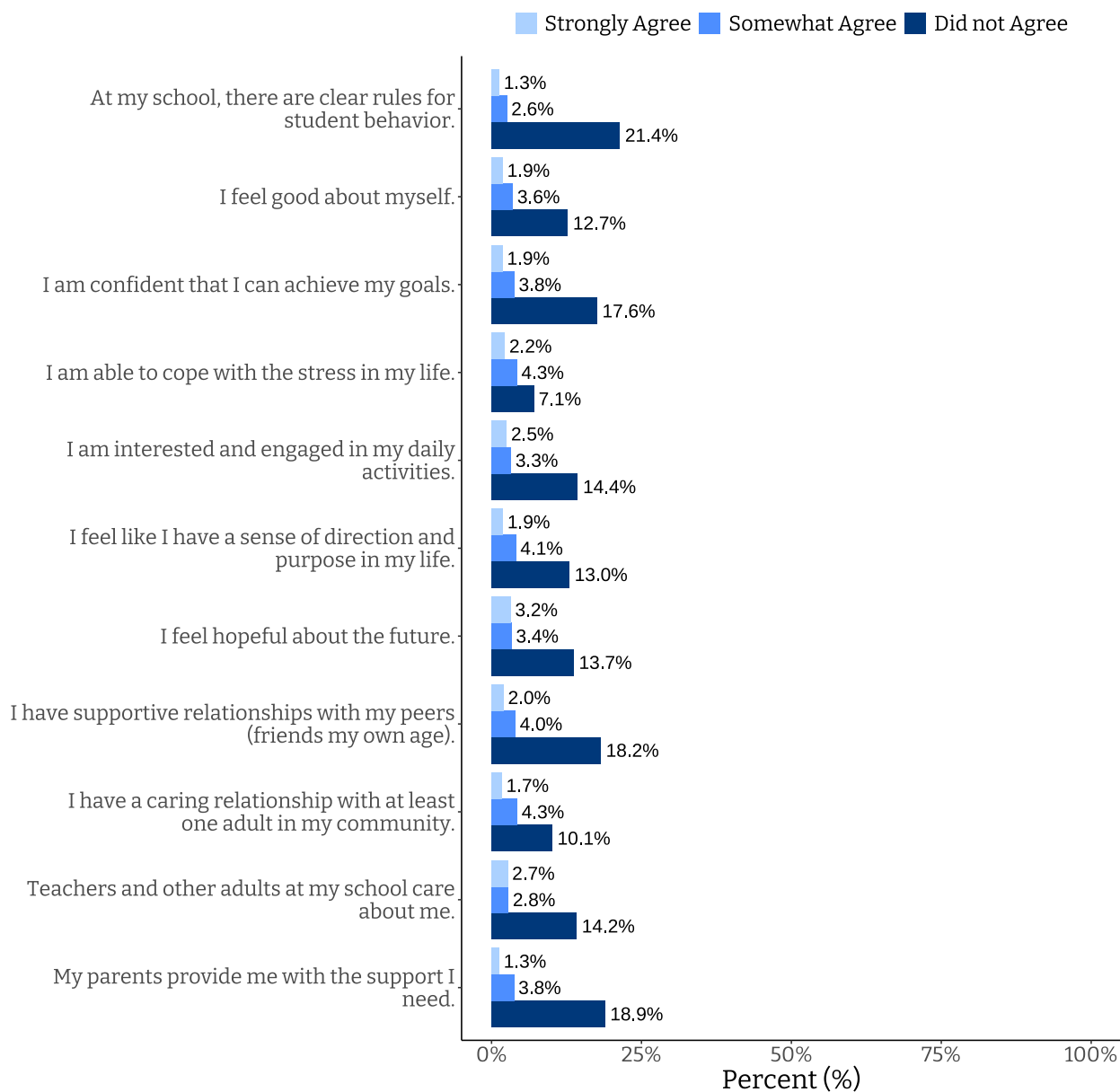
- Of those who did not agree that at their school, there are clear rules for student behavior, 37.7% were overweight or obese.
- Of those who somewhat agree that at their school, there are clear rules for student behavior, 34.3% were overweight or obese.
- Of those who strongly agree that at their school, there are clear rules for student behavior, 41.6% were overweight or obese.

Unstable housing

by Personal Resiliency and Protective Factors

Southwest Public Health Region

Grades 9-12, 2023



How to read this chart:

- Of those who did not agree that at their school, there are clear rules for student behavior, 21.4% had unstable housing.
- Of those who somewhat agree that at their school, there are clear rules for student behavior, 2.58% had unstable housing.
- Of those who strongly agree that at their school, there are clear rules for student behavior, 1.32% had unstable housing.

Appendix A: Questionnaire with Truth or Consequences Municipal Schools Results

Personal Information	Number of responses	Percent (%)
1. How old are you?		
A. 12 years old or younger	0	0.0%
B. 13 years old	0	0.0%
C. 14 years old	22	16.6%
D. 15 years old	31	20.9%
E. 16 years old	33	23.8%
F. 17 years old	33	24.7%
G. 18 years old or older	22	14.0%
2. What is your sex?		
A. Female	72	51.4%
B. Male	68	48.6%
3. In what grade are you?		
A. 9th grade	43	31.7%
B. 10th grade	37	21.1%
C. 11th grade	23	25.3%
D. 12th grade	38	21.9%
E. Ungraded or other grade	0	0.0%
4. Are you Hispanic or Latino?		
A. Yes	79	56.9%
B. No	61	43.1%
5. What is your race? (Select one or more responses.)		
A. American Indian or Alaska Native	25	20.9%
B. Asian	3	1.9%
C. Black or African American	15	13.0%
D. Native Hawaiian or Other Pacific Islander	3	1.9%
E. White	102	79.7%
6. How tall are you without your shoes on?		
Average Height (inches)	118	66.5
7. How much do you weigh without your shoes on?		
Average Weight (lbs)	118	149.8

	Weighted %	95% Confidence Interval
8. Which one of these groups best describes you? (Select only one response.)		
A. American Indian or Alaska Native	6.9	(3.4-13.6)
B. Asian	0.0	(0.0-0.0)
C. Black or African American	6.3	(1.8-20.1)
D. Hispanic or Latino	41.4	(32.7-50.7)
E. Native Hawaiian or Other Pacific Islander	0.5	(0.0-5.6)
F. White	44.9	(38.0-51.9)
9. What is the highest level of schooling your mother completed?		
A. Completed grade school or less	6.5	(1.4-26.0)
B. Some high school	12.4	(7.0-21.1)
C. Completed high school	17.1	(10.3-27.1)
D. Some college	13.3	(5.7-28.3)
E. Completed college	20.6	(14.4-28.5)
F. Graduate or professional school	9.9	(5.2-17.8)
G. Not sure	20.2	(9.8-37.2)
10. What is the highest level of schooling your father completed?		
A. Completed grade school or less	8.5	(4.4-15.7)
B. Some high school	17.4	(9.9-28.8)
C. Completed high school	23.5	(14.6-35.4)
D. Some college	6.7	(3.0-14.2)
E. Completed college	9.3	(5.2-15.9)
F. Graduate or professional school	7.5	(4.8-11.6)
G. Not sure	27.2	(18.0-38.8)
The next 7 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	45.6	(33.1-58.7)
B. Never wore a helmet	40.0	(28.1-53.2)
C. Rarely wore a helmet	9.1	(5.4-14.8)
D. Sometimes wore a helmet	1.8	(0.6-5.3)
E. Most of the time wore a helmet	1.5	(0.3-7.5)
F. Always wore a helmet	2.1	(0.5-7.9)
12. How often do you wear a seat belt when riding in a car driven by someone else?		
A. Never	0.0	(0.0-0.0)
B. Rarely	2.4	(0.6-9.1)
C. Sometimes	9.5	(5.3-16.4)
D. Most of the time	30.9	(24.6-37.9)
E. Always	57.2	(49.5-64.6)
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	79.5	(73.1-84.7)
B. 1 time	6.6	(2.9-14.4)
C. 2 or 3 times	7.1	(5.1-9.8)

D. 4 or 5 times	1.8	(0.4-7.7)
E. 6 or more times	5.0	(2.2-10.9)
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	48.2	(30.1-66.7)
B. I drove a car or other vehicle, but not when I had been drinking alcohol	46.9	(31.3-63.1)
C. 1 time	2.5	(0.9-7.1)
D. 2 or 3 times	2.4	(0.8-7.1)
E. 4 or 5 times	0.0	(0.0-0.0)
F. 6 or more times	0.0	(0.0-0.0)
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 or weed)?		
A. I did not drive a car or other vehicle during the past 30 days	38.8	(26.1-53.3)
B. 0 times	51.6	(39.7-63.3)
C. 1 time	1.7	(0.3-7.8)
D. 2 or 3 times	1.8	(0.5-5.9)
E. 4 or 5 times	0.0	(0.0-0.0)
F. 6 or more times	6.1	(2.2-15.7)
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	47.2	(29.0-66.1)
B. I drove a car or other vehicle, but did not text or e-mail while driving	33.0	(22.5-45.5)
C. 1 or 2 days	5.0	(2.5-10.0)
D. 3 to 5 days	7.2	(3.6-13.9)
E. 6 to 9 days	2.0	(0.4-10.0)
F. 10 to 19 days	0.7	(0.1-6.0)
G. 20 to 29 days	0.0	(0.0-0.0)
H. All 30 days	5.0	(1.9-12.8)
17. Is there a gun in your home?		
A. Yes	53.9	(43.2-64.2)
B. No	36.0	(24.3-49.6)
C. Not sure	10.2	(7.1-14.4)
The next 7 questions ask about violence-related behaviors and experiences.		
18. 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	91.3	(83.4-95.7)
B. 1 day	3.2	(1.2-8.6)
C. 2 or 3 days	1.7	(0.4-6.6)
D. 4 or 5 days	0.0	(0.0-0.0)
E. 6 or more days	3.7	(1.4-9.5)
19. During the past 30 days, on how many days did you carry a gun on school property?		
A. 0 days	100.0	(100.0-100.0)
B. 1 day	0.0	(0.0-0.0)
C. 2 or 3 days	0.0	(0.0-0.0)
D. 4 or 5 days	0.0	(0.0-0.0)

E. 6 or more days	0.0	(0.0-0.0)
20. 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	77.7	(69.0-84.4)
B. 1 day	12.2	(6.7-21.1)
C. 2 or 3 days	6.3	(2.7-13.8)
D. 4 or 5 days	1.5	(0.3-7.3)
E. 6 or more days	2.4	(0.9-6.1)
21. During the past 12 months, how many times were you in a physical fight?		
A. 0 times	77.7	(65.3-86.5)
B. 1 time	11.9	(5.4-24.5)
C. 2 or 3 times	7.4	(4.8-11.3)
D. 4 or 5 times	0.6	(0.1-5.5)
E. 6 or 7 times	0.9	(0.1-9.3)
F. 8 or 9 times	0.0	(0.0-0.0)
G. 10 or 11 times	0.0	(0.0-0.0)
H. 12 or more times	1.5	(0.3-8.5)
22. Have you ever been physically forced to have sexual intercourse when you did not want to?		
A. Yes	7.7	(3.5-16.0)
B. No	92.3	(84.0-96.5)
23. 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	90.8	(78.6-96.4)
B. 1 time	3.9	(0.7-18.7)
C. 2 or 3 times	1.5	(0.3-7.7)
D. 4 or 5 times	2.5	(0.3-17.1)
E. 6 or more times	1.4	(0.3-6.5)
24. 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	34.1	(23.4-46.9)
B. 0 times	60.5	(44.3-74.7)
C. 1 time	3.1	(0.9-10.3)
D. 2 or 3 times	0.8	(0.1-7.8)
E. 4 or 5 times	0.6	(0.1-5.6)
F. 6 or more times	0.9	(0.1-9.3)
The next question asks about times that you felt you were treated badly or unfairly.		
25. During your life, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?		
A. Never	65.9	(53.5-76.5)
B. Rarely	17.0	(10.8-25.6)
C. Sometimes	11.2	(7.1-17.4)

D. Most of the time	5.3	(1.8-14.4)
E. Always	0.6	(0.1-5.6)
The next 3 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.		
26. During the past 12 months, have you ever been bullied on school property?		
A. Yes	24.5	(14.1-38.9)
B. No	75.5	(61.1-85.9)
27. During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)		
A. Yes	10.4	(4.2-23.5)
B. No	89.6	(76.5-95.8)
28. During the past 12 months, have you ever been the victim of teasing or name calling because of your race or ethnic background?		
A. Yes	13.2	(7.1-23.2)
B. No	86.8	(76.8-92.9)
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	79.4	(68.8-87.1)
B. 1 time	5.4	(2.5-11.4)
C. 2 or 3 times	7.4	(5.2-10.3)
D. 4 or 5 times	2.8	(1.0-7.8)
E. 6 or more times	5.0	(2.3-10.4)
The next 4 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	37.1	(26.4-49.3)
B. No	62.9	(50.7-73.6)
31. During the past 12 months, did you ever seriously consider attempting suicide?		
A. Yes	15.0	(6.7-30.4)
B. No	85.0	(69.6-93.3)
32. During the past 12 months, how many times did you actually attempt suicide?		
A. 0 times	94.6	(81.5-98.6)
B. 1 time	3.6	(0.7-15.9)
C. 2 or 3 times	1.9	(0.4-8.0)
D. 4 or 5 times	0.0	(0.0-0.0)
E. 6 or more times	0.0	(0.0-0.0)

33. 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	94.6	(81.5-98.6)
B. Yes	1.4	(0.2-10.3)
C. No	4.0	(1.3-12.0)

The next 4 questions ask about cigarette smoking.

34. Have you ever smoked a cigarette, even one or two puffs?

A. Yes	21.2	(12.8-32.9)
B. No	78.8	(67.1-87.2)

35. How old were you when you first smoked a cigarette, even one or two puffs?

A. I have never smoked a cigarette, not even one or two puffs	78.8	(67.2-87.1)
B. 8 years old or younger	1.8	(0.4-7.6)
C. 9 or 10 years old	3.4	(1.1-10.7)
D. 11 or 12 years old	2.2	(0.6-7.3)
E. 13 or 14 years old	7.7	(4.2-13.7)
F. 15 or 16 years old	5.5	(2.7-10.6)
G. 17 years old or older	0.6	(0.1-5.8)

36. During the past 30 days, on how many days did you smoke cigarettes?

A. 0 days	94.5	(86.8-97.8)
B. 1 or 2 days	2.7	(0.9-7.5)
C. 3 to 5 days	1.3	(0.3-4.9)
D. 6 to 9 days	0.0	(0.0-0.0)
E. 10 to 19 days	0.6	(0.1-5.9)
F. 20 to 29 days	0.0	(0.0-0.0)
G. All 30 days	1.0	(0.1-9.8)

37. 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	94.4	(86.8-97.7)
B. Less than 1 cigarette per day	2.1	(0.7-6.1)
C. 1 cigarette per day	0.6	(0.1-6.0)
D. 2 to 5 cigarettes per day	2.8	(1.0-8.2)
E. 6 to 10 cigarettes per day	0.0	(0.0-0.0)
F. 11 to 20 cigarettes per day	0.0	(0.0-0.0)
G. More than 20 cigarettes per day	0.0	(0.0-0.0)

The next 5 questions ask about electronic vapor products, such as JUUL, Vuse, NJOY, Puff Bar, blu, or Bidi Stick. Electronic vapor products include e-cigarettes, vapes, mods, e-cigs, e-hookahs, or vape pens.

38. Have you ever used an electronic vapor product?

A. Yes	36.7	(23.0-53.0)
B. No	63.3	(47.0-77.0)

39. How old were you when you first used an electronic vapor product, even one or two puffs?

A. I have never used an electronic vapor product, even one or two puffs	61.5	(43.9-76.4)
B. 8 years old or younger	0.0	(0.0-0.0)
C. 9 or 10 years old	0.6	(0.1-5.8)
D. 11 or 12 years old	7.8	(3.6-16.2)

E. 13 or 14 years old	13.7	(8.4-21.7)
F. 15 or 16 years old	14.6	(6.9-28.4)
G. 17 years old or older	1.7	(0.3-8.9)
40. During the past 30 days, on how many days did you use an electronic vapor product?		
A. 0 days	81.3	(70.2-88.9)
B. 1 or 2 days	3.8	(1.2-11.5)
C. 3 to 5 days	5.7	(1.6-18.7)
D. 6 to 9 days	1.7	(0.4-7.3)
E. 10 to 19 days	1.0	(0.1-10.1)
F. 20 to 29 days	0.6	(0.1-5.9)
G. All 30 days	5.9	(3.3-10.4)
41. During the past 30 days, how did you usually get your electronic vapor products? (Select only one response.)		
A. I did not use any electronic vapor products during the past 30 days	81.2	(70.0-88.9)
B. I got or bought them from a friend, family member, or someone else	9.2	(2.9-25.7)
C. I bought them myself in a vape shop or tobacco shop	3.5	(1.5-8.1)
D. I bought them myself in a convenience store, supermarket, discount store, or gas station	0.0	(0.0-0.0)
E. I bought them myself at a mall or shopping center kiosk or stand	0.0	(0.0-0.0)
F. I bought them myself on the Internet, such as from a product website, vape store website, or other website like eBay, Amazon, Facebook Marketplace, or Craigslist	0.0	(0.0-0.0)
G. I took them from a store or another person	0.6	(0.1-6.1)
H. I got them in some other way	5.5	(2.4-12.2)
42. During the past 30 days, did you use an electronic vapor product flavored to taste like menthol, mint, clove or spice, alcoholic drinks, candy, fruit, chocolate, or any other non-tobacco flavor?		
A. Yes	18.1	(10.6-29.2)
B. No	81.9	(70.8-89.4)
The next 3 questions ask about other tobacco products.		
43. 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, Camel Snus, or Velo Nicotine Lozenges? (Do not count any electronic vapor products.)		
A. 0 days	95.7	(88.4-98.5)
B. 1 or 2 days	1.4	(0.3-6.6)
C. 3 to 5 days	1.0	(0.1-9.7)
D. 6 to 9 days	0.0	(0.0-0.0)
E. 10 to 19 days	1.2	(0.1-11.1)
F. 20 to 29 days	0.0	(0.0-0.0)
G. All 30 days	0.7	(0.1-5.3)
44. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild), or Backwoods?		
A. 0 days	95.8	(85.3-98.9)

B. 1 or 2 days	0.8	(0.1-8.1)
C. 3 to 5 days	2.2	(0.6-7.3)
D. 6 to 9 days	0.0	(0.0-0.0)
E. 10 to 19 days	0.6	(0.1-5.8)
F. 20 to 29 days	0.0	(0.0-0.0)
G. All 30 days	0.6	(0.1-5.8)
45. 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	97.6	(86.8-99.6)
B. 1 or 2 days	2.4	(0.4-13.2)
C. 3 to 5 days	0.0	(0.0-0.0)
D. 6 to 9 days	0.0	(0.0-0.0)
E. 10 to 19 days	0.0	(0.0-0.0)
F. 20 to 29 days	0.0	(0.0-0.0)
G. All 30 days	0.0	(0.0-0.0)
The next 6 questions ask about drinking alcohol. This includes drinking beer, wine, flavored alcoholic beverages, 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.		
46. 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	52.2	(34.9-68.9)
B. 8 years old or younger	6.0	(3.3-10.6)
C. 9 or 10 years old	4.5	(1.5-12.7)
D. 11 or 12 years old	3.6	(1.3-9.8)
E. 13 or 14 years old	11.3	(4.9-23.9)
F. 15 or 16 years old	17.9	(7.6-36.6)
G. 17 years old or older	4.4	(1.1-16.4)
47. During the past 30 days, on how many days did you have at least one drink of alcohol?		
A. 0 days	80.3	(61.3-91.3)
B. 1 or 2 days	8.3	(2.2-27.2)
C. 3 to 5 days	5.6	(1.6-17.6)
D. 6 to 9 days	1.4	(0.3-5.9)
E. 10 to 19 days	3.6	(1.2-10.3)
F. 20 to 29 days	0.7	(0.1-6.3)
G. All 30 days	0.0	(0.0-0.0)
48. 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	(82.5-96.0)
B. 1 day	2.7	(0.5-12.0)
C. 2 days	0.0	(0.0-0.0)
D. 3 to 5 days	1.9	(0.4-8.0)
E. 6 to 9 days	0.6	(0.1-6.2)
F. 10 to 19 days	2.7	(0.7-9.9)
G. 20 or more days	0.6	(0.1-6.2)

49. 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	84.0	(66.2-93.4)
B. 1 or 2 drinks	6.5	(1.8-20.8)
C. 3 drinks	0.0	(0.0-0.0)
D. 4 drinks	2.1	(0.6-7.0)
E. 5 drinks	1.4	(0.2-10.9)
F. 6 or 7 drinks	1.1	(0.1-11.2)
G. 8 or 9 drinks	0.7	(0.1-6.7)
H. 10 or more drinks	4.1	(1.2-12.6)

50. 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	80.1	(62.3-90.7)
B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	0.8	(0.1-5.9)
C. I bought it at a restaurant, bar, or club	0.7	(0.1-7.0)
D. I bought it at a public event such as a concert or sporting event	0.0	(0.0-0.0)
E. I gave someone else money to buy it for me	4.7	(1.7-11.9)
F. Someone gave it to me	10.6	(3.0-31.1)
G. I took it from a store or family member	1.1	(0.1-11.1)
H. I got it some other way	2.1	(0.4-9.1)

51. During the past 30 days, what type of alcohol did you drink most often? (Select only one response)

A. I did not drink alcohol during the past 30 days	78.1	(62.3-88.5)
B. Beer	4.7	(2.4-9.0)
C. Wine	1.2	(0.2-9.4)
D. Vodka	0.7	(0.1-8.1)
E. Some other liquor, such as rum, scotch, bourbon, whiskey, or tequila	8.2	(3.3-19.1)
F. Flavored alcoholic beverages, such as hard seltzer, Smirnoff Ice, Bacardi Silver, Mike's Hard Lemonade, Four Loko, or hard apple cider	4.4	(1.3-13.9)
G. Some other type of alcohol	2.6	(1.2-5.5)

The next 4 questions ask about marijuana use. Marijuana also is called pot or weed. For these questions, do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

52. How old were you when you tried marijuana for the first time?

A. I have never tried marijuana	66.0	(50.3-78.9)
B. 8 years old or younger	1.3	(0.3-4.8)
C. 9 or 10 years old	1.0	(0.1-9.8)
D. 11 or 12 years old	5.8	(3.0-11.0)
E. 13 or 14 years old	14.2	(8.6-22.5)
F. 15 or 16 years old	10.5	(4.3-23.5)
G. 17 years old or older	1.1	(0.2-5.5)

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

A. 0 times	81.3	(69.1-89.4)
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B. 1 or 2 times	2.5	(1.2-5.5)
C. 3 to 9 times	5.5	(2.4-12.2)
D. 10 to 19 times	3.7	(1.6-8.3)
E. 20 to 39 times	1.6	(0.3-7.8)
F. 40 or more times	5.4	(2.3-12.4)
54. During the past 30 days, how did you usually get the marijuana you used? (Select only one response.)		
A. I did not use marijuana during the past 30 days	81.5	(69.2-89.6)
B. I or my parent or guardian bought it from a store or dispensary using my Medical Cannabis (marijuana) card	4.3	(2.2-8.5)
C. I bought it from a store or dispensary without a Medical Cannabis (marijuana) card	1.2	(0.3-5.3)
D. A friend or family member gave it to me	5.9	(2.7-12.2)
E. I bought it from a friend or family member	4.1	(1.7-9.5)
F. I took it from a friend or family member without asking	0.0	(0.0-0.0)
G. I got it some other way	3.0	(0.7-12.0)
55. During the past 30 days, how did you usually use marijuana? (Select only one response.)		
A. I did not use marijuana during the past 30 days	82.0	(69.4-90.1)
B. I smoked it in a joint, bong, pipe, or blunt	9.0	(4.7-16.6)
C. I ate it in food such as brownies, cakes, cookies, or candy	0.9	(0.1-9.7)
D. I drank it in tea, cola, alcohol, or other drinks	0.0	(0.0-0.0)
E. I vaped it using an electronic vapor product such as a vape or vape pen	5.6	(2.3-13.0)
F. I dabbed it using waxes or concentrates	1.2	(0.3-5.3)
G. I used it some other way	1.3	(0.3-4.9)
The next question asks about synthetic marijuana use. Synthetic marijuana also is called Spice, fake weed, K2, or Black Mamba.		
56. During the past 30 days, how many times did you use synthetic marijuana?		
A. 0 times	96.8	(91.3-98.9)
B. 1 or 2 times	1.6	(0.3-7.6)
C. 3 to 9 times	0.6	(0.1-5.8)
D. 10 to 19 times	1.0	(0.1-9.8)
E. 20 to 39 times	0.0	(0.0-0.0)
F. 40 or more times	0.0	(0.0-0.0)
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.		
57. 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	87.6	(78.0-93.4)
B. 1 or 2 times	6.8	(3.4-13.1)
C. 3 to 9 times	3.1	(1.4-6.8)
D. 10 to 19 times	1.3	(0.3-5.5)
E. 20 to 39 times	0.0	(0.0-0.0)
F. 40 or more times	1.2	(0.2-9.3)

58. 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?

A. 0 times	94.6	(88.1-97.6)
B. 1 or 2 times	3.5	(1.5-8.0)
C. 3 to 9 times	0.0	(0.0-0.0)
D. 10 to 19 times	0.7	(0.1-6.3)
E. 20 to 39 times	0.0	(0.0-0.0)
F. 40 or more times	1.3	(0.2-9.6)

The next 9 questions ask about other drugs.

59. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

A. 0 times	97.9	(93.7-99.3)
B. 1 or 2 times	0.0	(0.0-0.0)
C. 3 to 9 times	1.4	(0.3-7.0)
D. 10 to 19 times	0.0	(0.0-0.0)
E. 20 to 39 times	0.0	(0.0-0.0)
F. 40 or more times	0.7	(0.1-5.3)

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

A. 0 times	99.2	(91.8-99.9)
B. 1 or 2 times	0.8	(0.1-8.2)
C. 3 to 9 times	0.0	(0.0-0.0)
D. 10 to 19 times	0.0	(0.0-0.0)
E. 20 to 39 times	0.0	(0.0-0.0)
F. 40 or more times	0.0	(0.0-0.0)

61. 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	99.3	(94.6-99.9)
B. 1 or 2 times	0.0	(0.0-0.0)
C. 3 to 9 times	0.7	(0.1-5.4)
D. 10 to 19 times	0.0	(0.0-0.0)
E. 20 to 39 times	0.0	(0.0-0.0)
F. 40 or more times	0.0	(0.0-0.0)

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

A. 0 times	99.2	(91.8-99.9)
B. 1 or 2 times	0.8	(0.1-8.2)
C. 3 to 9 times	0.0	(0.0-0.0)
D. 10 to 19 times	0.0	(0.0-0.0)
E. 20 to 39 times	0.0	(0.0-0.0)
F. 40 or more times	0.0	(0.0-0.0)

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

A. 0 times	100.0	(100.0-100.0)
B. 1 or 2 times	0.0	(0.0-0.0)
C. 3 to 9 times	0.0	(0.0-0.0)
D. 10 to 19 times	0.0	(0.0-0.0)
E. 20 to 39 times	0.0	(0.0-0.0)

F. 40 or more times	0.0	(0.0-0.0)
64. During your life, how many times have you used methamphetamines (also called speed, crystal meth, crank, ice, or meth)?		
A. 0 times	99.3	(94.6-99.9)
B. 1 or 2 times	0.0	(0.0-0.0)
C. 3 to 9 times	0.0	(0.0-0.0)
D. 10 to 19 times	0.7	(0.1-5.4)
E. 20 to 39 times	0.0	(0.0-0.0)
F. 40 or more times	0.0	(0.0-0.0)
65. During the past 30 days, how many times did you use methamphetamines (also called speed, crystal meth, crank, ice, or meth)?		
A. 0 times	100.0	(100.0-100.0)
B. 1 or 2 times	0.0	(0.0-0.0)
C. 3 to 9 times	0.0	(0.0-0.0)
D. 10 to 19 times	0.0	(0.0-0.0)
E. 20 to 39 times	0.0	(0.0-0.0)
F. 40 or more times	0.0	(0.0-0.0)
66. During your life, how many times have you used ecstasy (also called MDMA or Molly)?		
A. 0 times	98.7	(94.8-99.7)
B. 1 or 2 times	0.0	(0.0-0.0)
C. 3 to 9 times	1.3	(0.3-5.2)
D. 10 to 19 times	0.0	(0.0-0.0)
E. 20 to 39 times	0.0	(0.0-0.0)
F. 40 or more times	0.0	(0.0-0.0)
67. During your life, how many times have you used a needle to inject any illegal drug into your body?		
A. 0 times	99.2	(91.8-99.9)
B. 1 time	0.8	(0.1-8.2)
C. 2 or more times	0.0	(0.0-0.0)
The next 7 questions ask about sexual behavior.		
68. How old were you when you had sexual intercourse for the first time?		
A. I have never had sexual intercourse	66.5	(47.2-81.5)
B. 11 years old or younger	4.6	(1.5-13.5)
C. 12 years old	1.4	(0.4-5.3)
D. 13 years old	2.6	(0.8-8.2)
E. 14 years old	2.3	(0.5-11.0)
F. 15 years old	8.6	(4.5-15.9)
G. 16 years old	10.5	(4.0-24.8)
H. 17 years old or older	3.3	(1.1-9.4)
69. During your life, with how many people have you had sexual intercourse?		
A. I have never had sexual intercourse	67.4	(49.1-81.6)
B. 1 person	13.7	(6.7-26.2)
C. 2 people	7.3	(3.4-15.1)
D. 3 people	3.4	(1.2-9.2)
E. 4 people	0.7	(0.1-6.8)
F. 5 people	4.7	(1.9-11.2)

G. 6 or more people	2.7	(0.8-9.5)
70. During the past 3 months, with how many people did you have sexual intercourse?		
A. I have never had sexual intercourse	67.4	(49.1-81.6)
B. I have had sexual intercourse, but not during the past 3 months	9.9	(4.9-18.9)
C. 1 person	16.0	(8.4-28.4)
D. 2 people	2.0	(0.5-8.2)
E. 3 people	3.3	(1.1-9.1)
F. 4 people	0.7	(0.1-6.8)
G. 5 people	0.0	(0.0-0.0)
H. 6 or more people	0.7	(0.1-6.4)
71. Did you drink alcohol or use drugs before you had sexual intercourse the last time?		
A. I have never had sexual intercourse	66.5	(47.2-81.5)
B. Yes	7.1	(3.1-15.3)
C. No	26.4	(13.6-45.1)
72. The last time you had sexual intercourse, did you or your partner use a condom?		
A. I have never had sexual intercourse	67.4	(47.5-82.6)
B. Yes	19.2	(11.7-29.7)
C. No	13.4	(5.8-28.0)
73. The last time you had sexual intercourse with an opposite-sex partner, what one method did you or your partner use to prevent pregnancy? (Select only one response.)		
A. I have never had sexual intercourse with an opposite-sex partner	68.9	(52.0-81.9)
B. No method was used to prevent pregnancy	0.7	(0.1-6.9)
C. Birth control pills (Do not count emergency contraception such as Plan B or the "morning after" pill.)	8.7	(3.4-20.3)
D. Condoms	12.2	(8.1-18.0)
E. An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)	1.3	(0.2-10.0)
F. A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)	2.7	(0.8-9.2)
G. Withdrawal or some other method	4.1	(1.2-13.7)
H. Not sure	1.3	(0.2-10.0)
74. During your life, with whom have you had sexual contact?		
A. I have never had sexual contact	51.1	(37.6-64.5)
B. Females	24.0	(17.0-32.8)
C. Males	20.1	(13.2-29.6)
D. Females and males	4.7	(1.8-12.0)
The next question asks about sexual identity.		
75. Which of the following best describes you?		
A. Heterosexual (straight)	74.3	(59.5-85.1)
B. Gay or lesbian	2.6	(0.5-13.3)
C. Bisexual	8.3	(4.0-16.6)
D. I describe my sexual identity some other way	3.9	(0.9-15.0)
E. I am not sure about my sexual identity (questioning)	5.9	(3.0-11.2)
F. I do not know what this question is asking	5.0	(2.0-11.6)

The next question asks about gender identity. There are many ways that people understand and describe their gender identity. Someone who is transgender describes their gender as different from their sex assigned at birth. Someone who is cisgender describes their gender as being the same as their sex assigned at birth. A nonbinary person describes their gender as being not entirely or exclusively man or woman.

76. What is your gender?

A. Cisgender boy or man	30.2	(23.5-37.9)
B. Cisgender girl or woman	37.6	(29.0-47.1)
C. Transgender boy or man	3.5	(0.9-13.0)
D. Transgender girl or woman	0.0	(0.0-0.0)
E. Nonbinary	2.1	(0.5-8.4)
F. I identify some other way	2.0	(0.4-10.7)
G. I do not know what this question is asking	24.5	(15.7-36.2)

The next 9 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.

77. 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	38.0	(27.5-49.8)
B. 1 to 3 times during the past 7 days	33.9	(20.3-50.7)
C. 4 to 6 times during the past 7 days	12.6	(6.7-22.5)
D. 1 time per day	1.9	(0.4-7.9)
E. 2 times per day	5.6	(2.8-10.6)
F. 3 times per day	3.0	(1.1-8.2)
G. 4 or more times per day	5.0	(1.7-13.8)

78. 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	13.1	(6.3-25.4)
B. 1 to 3 times during the past 7 days	33.7	(25.1-43.4)
C. 4 to 6 times during the past 7 days	25.0	(16.0-36.8)
D. 1 time per day	7.1	(3.0-15.6)
E. 2 times per day	6.8	(3.6-12.7)
F. 3 times per day	7.7	(3.9-14.7)
G. 4 or more times per day	6.7	(2.2-18.5)

79. 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	32.5	(25.5-40.3)
B. 1 to 3 times during the past 7 days	39.4	(31.9-47.5)
C. 4 to 6 times during the past 7 days	13.5	(6.7-25.4)
D. 1 time per day	8.9	(4.3-17.5)
E. 2 times per day	2.9	(0.8-10.3)
F. 3 times per day	0.0	(0.0-0.0)
G. 4 or more times per day	2.7	(0.7-9.4)

80. 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	26.5	(16.8-39.1)
B. 1 to 3 times during the past 7 days	42.1	(32.1-52.7)
C. 4 to 6 times during the past 7 days	20.9	(12.5-32.9)
D. 1 time per day	4.4	(1.7-10.6)
E. 2 times per day	2.6	(0.9-7.2)
F. 3 times per day	0.7	(0.1-6.1)
G. 4 or more times per day	2.9	(0.6-13.4)

81. During the past 7 days, how many times did you eat carrots?

A. I did not eat carrots during the past 7 days	53.7	(41.9-65.1)
B. 1 to 3 times during the past 7 days	30.1	(17.3-46.9)
C. 4 to 6 times during the past 7 days	7.9	(3.4-17.2)
D. 1 time per day	3.2	(1.1-9.1)
E. 2 times per day	4.5	(1.2-15.8)
F. 3 times per day	0.0	(0.0-0.0)
G. 4 or more times per day	0.7	(0.1-6.1)

82. 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	16.2	(11.8-21.9)
B. 1 to 3 times during the past 7 days	40.0	(28.5-52.6)
C. 4 to 6 times during the past 7 days	25.0	(16.6-35.8)
D. 1 time per day	8.2	(4.8-13.8)
E. 2 times per day	7.6	(3.1-17.2)
F. 3 times per day	2.4	(0.7-8.1)
G. 4 or more times per day	0.7	(0.1-6.1)

83. 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	30.4	(22.2-40.0)
B. 1 to 3 times during the past 7 days	33.9	(28.8-39.3)
C. 4 to 6 times during the past 7 days	14.5	(8.0-25.0)
D. 1 time per day	9.0	(4.8-16.2)
E. 2 times per day	7.7	(3.9-14.6)
F. 3 times per day	2.0	(0.5-8.1)
G. 4 or more times per day	2.6	(0.7-9.8)

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

A. 0 days	27.8	(17.1-41.9)
B. 1 day	6.8	(3.4-13.1)
C. 2 days	15.3	(6.3-32.6)
D. 3 days	7.7	(3.5-16.1)
E. 4 days	5.1	(1.9-13.3)
F. 5 days	9.5	(5.7-15.5)
G. 6 days	7.4	(3.4-15.2)
H. 7 days	20.3	(11.9-32.4)

85. During the past 30 days, how often did you go hungry because there was not enough food in your home?

A. Never	78.3	(70.1-84.7)
B. Rarely	13.9	(7.1-25.3)
C. Sometimes	7.8	(4.2-14.1)
D. Most of the time	0.0	(0.0-0.0)
E. Always	0.0	(0.0-0.0)

The next 2 questions ask about physical activity.

86. 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	11.4	(6.8-18.5)
B. 1 day	2.7	(0.7-10.3)
C. 2 days	8.6	(4.4-16.1)
D. 3 days	8.2	(5.5-12.0)
E. 4 days	6.4	(2.1-17.6)
F. 5 days	17.8	(13.0-23.8)
G. 6 days	13.7	(10.6-17.6)
H. 7 days	31.3	(21.1-43.7)

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

A. 0 days	47.8	(26.6-69.7)
B. 1 day	2.0	(0.5-7.7)
C. 2 days	0.6	(0.1-6.1)
D. 3 days	4.2	(1.6-10.2)
E. 4 days	0.7	(0.1-6.9)
F. 5 days	44.7	(25.1-66.1)

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.

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

A. 0 times	85.0	(76.7-90.7)
B. 1 time	8.0	(4.2-14.8)
C. 2 times	4.0	(1.0-14.9)
D. 3 times	0.0	(0.0-0.0)
E. 4 or more times	3.0	(0.7-11.7)

The next question asks about social media, such as Instagram, TikTok, Snapchat, and Twitter.

89. How often do you use social media?

A. I do not use social media	6.1	(3.5-10.6)
B. A few times a month	4.8	(1.7-12.8)
C. About once a week	1.0	(0.1-10.1)
D. A few times a week	11.1	(7.2-16.6)
E. About once a day	7.4	(4.5-12.0)
F. Several times a day	32.7	(23.6-43.2)
G. About once an hour	6.4	(3.3-12.1)
H. More than once an hour	30.5	(24.1-37.8)

The next 12 questions ask about other health-related topics.

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

A. Yes	11.2	(6.7-18.2)
B. No	70.6	(59.1-80.0)
C. Not sure	18.2	(9.9-31.0)

91. 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	67.0	(57.0-75.6)
B. Between 12 and 24 months ago	8.7	(3.5-19.9)
C. More than 24 months ago	9.9	(4.8-19.5)
D. Never	0.0	(0.0-0.0)
E. Not sure	14.4	(8.0-24.5)

92. During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)

A. Never	31.7	(20.4-45.7)
B. Rarely	17.5	(11.9-25.0)
C. Sometimes	27.3	(21.2-34.5)
D. Most of the time	19.1	(12.3-28.4)
E. Always	4.3	(2.1-8.9)

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

A. Yes	15.9	(11.5-21.5)
B. No	74.2	(66.8-80.4)
C. Not sure	9.9	(4.4-21.0)

94. Do you still have asthma?

A. I have never had asthma	52.3	(42.9-61.6)
B. Yes	7.5	(4.4-12.8)
C. No	25.7	(15.7-39.2)
D. Not sure	14.4	(7.3-26.5)

95. Do you have any physical, mental, or emotional disabilities? (Count things such as being deaf, hard-of-hearing; blind, or visually impaired; difficulty walking or climbing stairs; difficulty remembering or concentrating; or difficulty dressing or bathing.)

A. Yes	19.6	(11.5-31.5)
B. No	72.4	(61.2-81.3)
C. Not sure	8.0	(3.9-15.6)

96. On an average school night, how many hours of sleep do you get?

A. 4 or less hours	8.4	(2.4-25.3)
B. 5 hours	11.7	(6.7-19.7)
C. 6 hours	27.3	(19.3-37.2)
D. 7 hours	20.7	(12.1-33.1)
E. 8 hours	24.0	(16.1-34.2)
F. 9 hours	7.1	(2.8-17.0)
G. 10 or more hours	0.7	(0.1-7.1)

97. During the past 30 days, where did you usually sleep?

A. In my parent's or guardian's home	97.5	(91.4-99.3)
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	2.5	(0.7-8.6)

C. In a shelter or emergency housing	0.0	(0.0-0.0)
D. In a motel or hotel	0.0	(0.0-0.0)
E. In a car, park, campground, or other public place	0.0	(0.0-0.0)
F. I do not have a usual place to sleep	0.0	(0.0-0.0)
G. Somewhere else	0.0	(0.0-0.0)
98. 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	2.2	(0.8-5.6)
B. No	97.8	(94.4-99.2)
99. During the past 30 days, on how many days did you miss classes or school without permission?		
A. 0 days	72.8	(60.8-82.3)
B. 1 or 2 days	14.2	(9.0-21.7)
C. 3 to 5 days	5.8	(2.5-13.0)
D. 6 to 9 days	6.3	(2.7-13.9)
E. 10 or more days	0.8	(0.1-7.2)
100. During the past 12 months, how would you describe your grades in school?		
A. Mostly A's	27.4	(12.2-50.6)
B. Mostly B's	39.5	(23.2-58.5)
C. Mostly C's	23.1	(14.9-34.0)
D. Mostly D's	2.4	(0.5-10.5)
E. Mostly F's	0.0	(0.0-0.0)
F. None of these grades	0.0	(0.0-0.0)
G. Not sure	7.7	(3.1-17.8)
101. 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	87.2	(73.8-94.3)
B. 1 or 2 times	6.8	(2.8-15.5)
C. 3 to 9 times	5.3	(2.2-12.2)
D. 10 to 19 times	0.7	(0.1-6.7)
E. 20 to 39 times	0.0	(0.0-0.0)
F. 40 or more times	0.0	(0.0-0.0)
The next 3 questions ask for some information about you and your family.		
102. How often do you speak a language other than English at home?		
A. Never	58.3	(46.0-69.7)
B. Less than half the time	16.0	(9.9-24.9)
C. About half the time	3.9	(1.5-10.0)
D. More than half the time, but not all of the time	5.3	(2.7-10.2)
E. All of the time	16.4	(9.3-27.3)
103. How long have you lived in the United States?		
A. Less than 1 year	0.0	(0.0-0.0)
B. 1 to 3 years	2.5	(0.6-10.7)
C. 4 to 6 years	0.0	(0.0-0.0)
D. More than 6 years but not my whole life	4.0	(1.2-12.6)

E. I have always lived in the United States	93.5	(86.7-96.9)
104. Were you born in the USA?		
A. Yes	94.8	(83.6-98.5)
B. No	5.2	(1.5-16.4)
The next 4 questions ask about your mental health, anxiety, and depression.		
105. During the past two weeks, how often have you had little interest or pleasure in doing things?		
A. Never	46.6	(36.3-57.2)
B. Several days	26.6	(17.1-39.0)
C. More than half the days	17.3	(11.2-25.6)
D. Nearly every day	9.5	(4.9-17.6)
106. During the past two weeks, how often have you felt down, depressed or hopeless?		
A. Never	54.7	(40.8-67.9)
B. Several days	23.1	(14.9-34.1)
C. More than half the days	16.6	(8.3-30.5)
D. Nearly every day	5.7	(2.3-13.0)
107. During the past two weeks, how often have you felt nervous, anxious, or on edge?		
A. Never	44.9	(36.5-53.6)
B. Several days	26.9	(19.4-36.1)
C. More than half the days	16.2	(8.8-27.8)
D. Nearly every day	12.0	(7.8-18.0)
108. During the past two weeks, how often have you not been able to stop or control worrying?		
A. Never	55.6	(43.0-67.5)
B. Several days	23.2	(16.6-31.4)
C. More than half the days	11.3	(5.1-23.2)
D. Nearly every day	10.0	(4.6-20.3)
The next 11 questions ask about your family, your school, other adults, your friends, and yourself. How much do you agree or disagree with the following statements?		
109. My relationships with my parents or other adults at home are satisfying and supportive.		
A. Strongly disagree	8.6	(5.3-13.5)
B. Disagree	6.6	(3.0-14.0)
C. Neither agree or disagree	16.9	(11.1-24.8)
D. Agree	33.4	(25.1-42.8)
E. Strongly agree	34.6	(22.7-48.8)
110. I have relationships with adults at my school that are satisfying and supportive.		
A. Strongly disagree	4.8	(2.0-10.9)
B. Disagree	2.7	(0.7-9.6)
C. Neither agree or disagree	30.6	(22.6-40.0)
D. Agree	48.4	(34.6-62.5)
E. Strongly agree	13.5	(7.7-22.7)
111. I have relationships with adults outside of my home and school that are satisfying and supportive.		
A. Strongly disagree	5.7	(2.5-12.3)
B. Disagree	7.1	(3.9-12.9)

C. Neither agree or disagree	24.7	(16.9-34.6)
D. Agree	42.9	(29.8-57.1)
E. Strongly agree	19.5	(12.2-29.8)
112. I have relationships with friends my own age that are satisfying and supportive.		
A. Strongly disagree	1.9	(0.3-10.3)
B. Disagree	3.0	(1.2-7.7)
C. Neither agree or disagree	11.3	(7.1-17.6)
D. Agree	42.4	(30.8-54.9)
E. Strongly agree	41.4	(32.5-50.9)
113. I am hopeful and optimistic about my future.		
A. Strongly disagree	11.9	(4.9-26.2)
B. Disagree	3.9	(1.3-11.3)
C. Neither agree or disagree	29.1	(23.6-35.2)
D. Agree	30.3	(20.8-41.8)
E. Strongly agree	24.8	(16.3-35.7)
114. I have a sense of direction and purpose in my life.		
A. Strongly disagree	8.0	(3.4-17.8)
B. Disagree	8.2	(2.9-21.1)
C. Neither agree or disagree	25.0	(18.5-32.8)
D. Agree	34.5	(23.9-46.9)
E. Strongly agree	24.3	(17.9-32.2)
115. I am interested and engaged in my daily activities.		
A. Strongly disagree	6.8	(1.9-21.3)
B. Disagree	6.7	(3.1-13.8)
C. Neither agree or disagree	31.3	(23.6-40.2)
D. Agree	40.8	(29.2-53.5)
E. Strongly agree	14.4	(8.5-23.4)
116. I am good at coping with the stress in my life.		
A. Strongly disagree	6.9	(2.0-21.1)
B. Disagree	10.3	(4.9-20.2)
C. Neither agree or disagree	35.9	(30.4-41.8)
D. Agree	23.6	(14.5-36.0)
E. Strongly agree	23.3	(15.1-34.1)
117. I am confident that I can achieve my goals.		
A. Strongly disagree	4.9	(1.9-11.8)
B. Disagree	7.8	(3.3-17.5)
C. Neither agree or disagree	26.5	(18.0-37.2)
D. Agree	34.8	(18.9-55.0)
E. Strongly agree	26.0	(20.2-32.7)
118. I feel good about who I am as a person.		
A. Strongly disagree	9.2	(3.9-20.2)
B. Disagree	6.5	(3.5-11.7)
C. Neither agree or disagree	28.4	(19.7-39.2)
D. Agree	37.0	(24.5-51.6)
E. Strongly agree	18.9	(14.1-24.7)
119. In my school, there are clear rules about what students can and cannot do.		
A. Strongly disagree	7.2	(4.0-12.7)
B. Disagree	6.8	(3.4-13.3)

C. Neither agree or disagree	27.9	(20.2-37.2)
D. Agree	47.4	(35.9-59.2)
E. Strongly agree	10.7	(4.6-22.7)
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 2023 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 <https://www.YouthRisk.org> and <https://www.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 <https://www.YouthRisk.org>. These documents comprise a useful tool for those working on youth-related issues at the state and local level.

The 2023 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 this Report

The main section of this report consists of a series of charts illustrating results from the 2023 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.

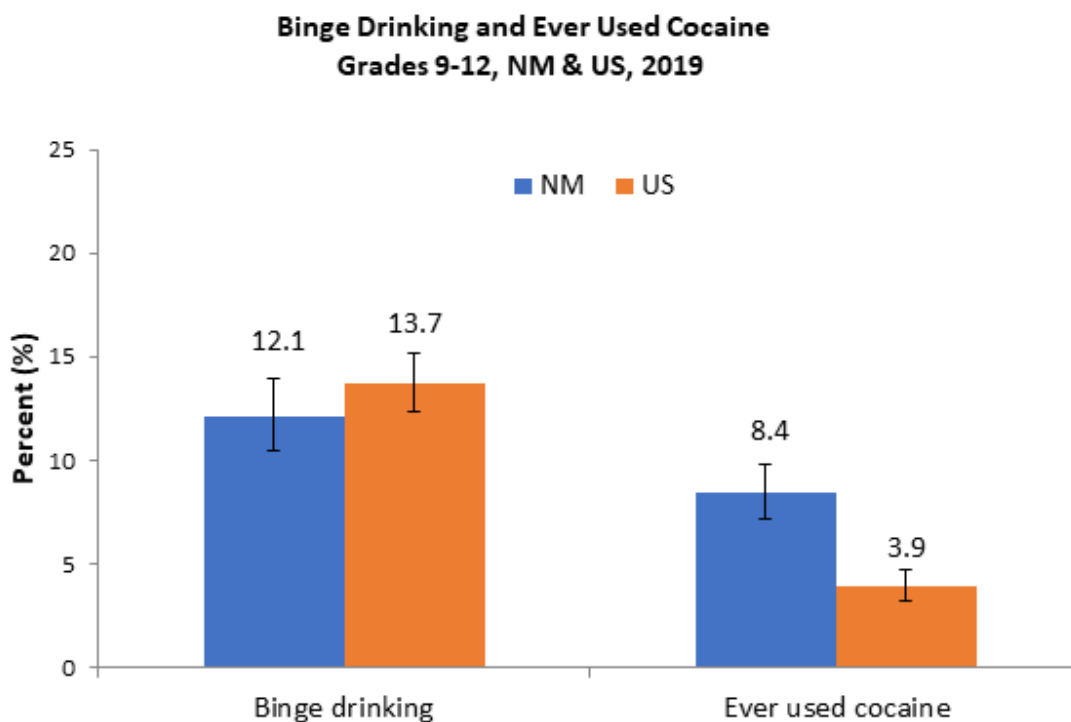
The charts about risk behaviors are followed by two sets of charts about resiliency/protective factors. The first of these two sections compares the state rate for each resiliency factor to the county or school district rate. The second section illustrates the relationship between risk behaviors and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

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).

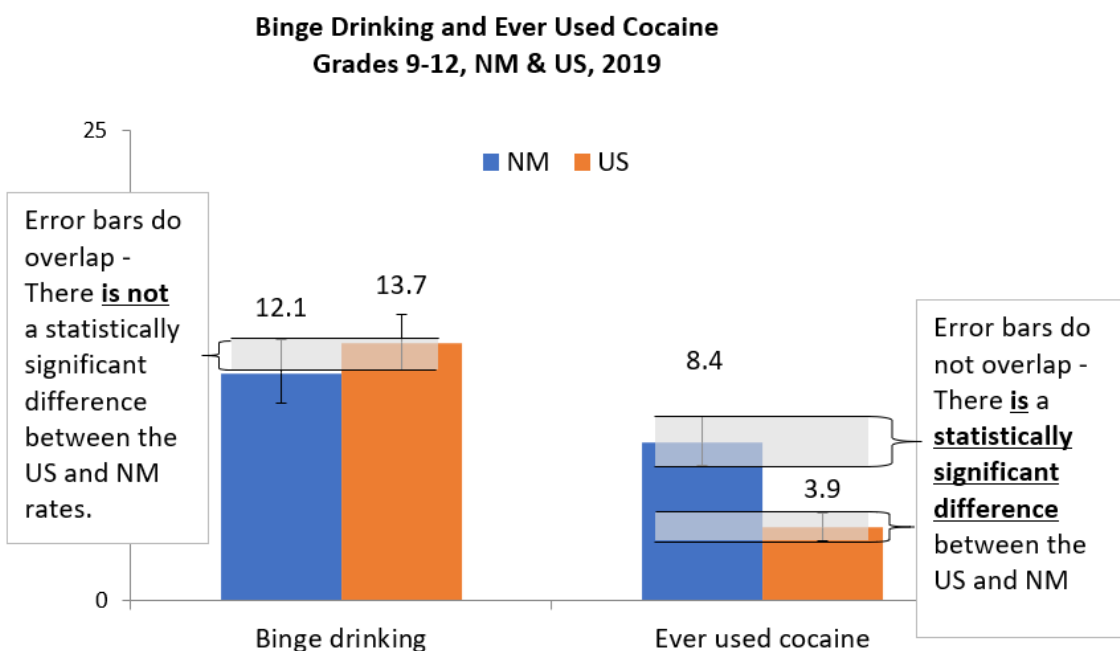
Interpretation of error bars is illustrated in the charts below. This chart compares the New Mexico rates of binge drinking and cocaine use to the United States rates for 2019. The chart shows that the rate of current binge drinking was 12.1% in New Mexico and 13.7% in the United States. The error bar 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%.



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

Among those who reported riding a bicycle, answered 'Never' or 'Rarely' to the question, *When you rode a bicycle during the past 12 months, how often did you wear a helmet?*

Rarely or never wore a Seatbelt

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

Texted or e-mailed while driving

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

Has a gun in the home

Answered 'Yes' 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

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?*

Bullied on school property

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

Electronically bullied

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.)*

Teased or called names because of race/ethnicity

Answered 'Yes' to the question, *During the past 12 months, have you ever been the victim of teasing or name calling because of your race or ethnic background?*

Carried a gun on school property

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

Mental Health and Suicidal Behaviors**Non-suicidal self injury**

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?*

Frequent mental distress

Answered 'Most of the time' or 'Always' to the question, *During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)*

Feelings of 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?*

Symptoms of depression

Positive score on 2-item PHQ screen, including *During the past two weeks, how often have you had little interest in or pleasure in doing things? and During the past two weeks, how often have you felt down, depressed, or hopeless?*

Symptoms of anxiety

Positive score on 2-item GAD screen, including *During the past two weeks, how often have you felt nervous, anxious, or on edge? and During the past two weeks, how often have you not been able to stop or control worrying?*

Seriously considered suicide

Answered 'Yes' to the question, *During the past 12 months, did you ever seriously consider attempting 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 smoked a cigarette, 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, such as Swisher Sweets, Middleton's (including Black & Mild), or Backwoods?*

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 Copenhagen, Grizzly, Shoal, Camel Snus, or Velo Nicotine Lozenges? (Do not count any electronic vapor products.)*

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).

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 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, ice, or meth)?*

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 (also called MDMA or Molly)?*

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?*

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)

Reliable 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 with an opposite-sex partner, what one method did you or your partner use to prevent pregnancy?*

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.)*

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**Disability**

Answered 'Yes' to the question, *Do you have any physical, mental, or emotional disabilities? (Count things such as being deaf, hard-of-hearing; blind, or visually impaired; difficulty walking or climbing stairs; difficulty remembering or concentrating; or difficulty dressing or bathing.)*

Ever diagnosed with asthma

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

Current asthma

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

Short-term U.S. resident

Answered less than '6 years' to the question, *How long have you lived in the United States?*

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?*

Frequent gambling

Answered '20 or more times' 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?*

Frequent social media use

Answered 'more than once an hour' to the question, *How often do you use social media?*

Got recommended amount of sleep

Answered '8 hours' or more to the question, *On an average school night, how many hours of sleep do you get?*

Resiliency/Protective Factors

These questions are explained in context throughout the report.

NM YRRS

YOUTH RISK & RESILIENCY SURVEY