

# YRRS 2015 SUMMARY

The New Mexico Youth Risk and Resiliency Survey (NM-YRRS) is a classroom-based survey used to assess health risks and protective factors among New Mexico high school and middle school students.

students participated in the 2015 YRRS

BY GENDER

Male:

Female:

BY GRADE

Gender not reported:

9th:

10th:

11th:

12th:

Other:

## STRENGTHS

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## AREAS OF CONCERN

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# THE NEW MEXICO YOUTH RISK AND RESILIENCY SURVEY

## PERSONAL SAFETY AND SCHOOL ENVIRONMENT

AI/AN

NM STATEWIDE

- Always wear seat belt
- Bullied on school property\*
- Electronically bullied\*
- Missed school due to safety issues\*\*
- Experienced dating violence\*
- Texted or e-mailed while driving a vehicle\*\*

## WEIGHT, NUTRITION AND PHYSICAL ACTIVITY

AI/AN

NM STATEWIDE

- Overweight or Obese
- Met recommended physical activity guidelines
- Watched TV for 2 hours or more on school days
- Non-school computer use for 2 hours or more on school days
- Average number of school days with physical education per week
- Average hours of sleep on school night
- Seen a dentist in past 12 months

## SEXUAL BEHAVIOR

AI/AN

NM STATEWIDE

- Have not had sexual intercourse
- Used condom last time had sex
- Used alcohol or drugs last time had sex

## ALCOHOL USE

AI/AN

NM STATEWIDE

- Alcohol use\*\*
- Binge drinking (5 or more drinks in a few hours)\*\*
- Rode in car driven by someone who had been drinking alcohol\*\*
- Drove a vehicle after drinking alcohol\*\*
- Drank alcohol on school property\*\*

## RESILIENCY

AI/AN

NM STATEWIDE

- A teacher or adult at school listens to student
- A teacher or adult at school believes student will be a success
- A parent or other adult at home is interested in student's school work
- Student plans to go to college or some other school after high school
- Has a friend who really cares about student
- There are clear rules at school about what a student can and cannot do
- Involved in extracurricular activities outside of school

# YRRS 2015 SUMMARY

## MENTAL HEALTH CONCERNS

AI/AN

NM STATEWIDE

Persistent sadness and hopelessness for at least 2 weeks\*

Overall  
Boys only  
Girls only

Seriously considered suicide\*

Overall  
Boys only  
Girls only

Made a suicide plan\*

Overall  
Boys only  
Girls only

Attempted suicide\*

Overall  
Boys only  
Girls only

Purposely cut or burned self without suicidal intent\*

Overall  
Boys only  
Girls only

## DRUG USE

AI/AN

NM STATEWIDE

Marijuana use\*\*

Synthetic marijuana use (e.g. Spice, K2)\*\*

Cocaine use\*\*

Inhalant use\*\*

Prescription drug without a doctor's prescription\*\*\*

Used a pain killer to get high\*\*

Heroin use\*\*

Methamphetamine use\*\*

Ecstasy use\*\*

Ever injected an illegal drug

Used 2 or more illegal drugs\*\*

Offered an illegal drug on school property\*

\* Past 12 months \*\*Past 30 Days \*\*\*Ever

# THE NEW MEXICO YOUTH RISK AND RESILIENCY SURVEY

## TOBACCO USE

AI/AN

NM STATEWIDE

- Cigarette Use\*\*
- Used chewing tobacco, snuff or dip\*\*
- Smoked cigars or cigarillos\*\*
- Smoked tobacco in a hookah\*\*
- Used any tobacco product\*\*
- Used 2 or more tobacco products\*\*
- Electronic vapor product use\*\*
- Exposed to second-hand smoke past week

### AMONG STUDENTS THAT SMOKED CIGARETTES PAST 30 DAYS

- Average age when smoked first cigarette
- Average number of cigarettes smoked per day\*\*
- Smoked cigarettes every day\*\*
- Used flavored tobacco products
- Tried to quit smoking\*
- Also used electronic vapor product\*\*
- Alcohol use\*\*

\* Past 12 months \*\*Past 30 Days

### KEY FINDINGS

1 in 4

Girls seriously considered suicide

22%

Currently use electronic vapor products like e-cigarettes

25%

Were offered an illegal drug on school property



Albuquerque Area Southwest Tribal Epidemiology Center

The New Mexico Youth Risk and Resiliency Survey (YRRS) is a collaborative project of the New Mexico Department of Health (NMDOH) and the New Mexico Public Education Department (PED) with support and technical assistance from the University of New Mexico Prevention Research Center (UNM PRC), the Albuquerque Area Southwest Tribal Epidemiology Center (AASTECC), and the Division of Adolescent and School Health at the Centers for Disease Control and Prevention (CDC-DASH).

For more information on the NM YRRS and to access other NM YRRS reports and fact sheets visit [www.youthrisk.org](http://www.youthrisk.org) or [www.aastec.net](http://www.aastec.net)