

Healthy Choices + Healthy Students = Academic Success

The **New Mexico Youth Risk & Resiliency Survey (YRRS)** is a tool to assess the health risk behaviors and resiliency (protective) factors of New Mexico high school and middle school students. The YRRS is part of the national CDC Youth Risk Behavior Surveillance (YRBS) system, but the survey results have wide-spread benefits for New Mexico at the state, county, and school district levels. Topic areas include risk behaviors related to alcohol and drug use, unintentional injury, violence, suicidal ideation and attempts, tobacco use, sexual activity, physical activity, and nutrition; resiliency (protective) factors such as relationships in the family, school, community, and with peers; and health status issues such as body weight and asthma.

The YRRS is offered to a selection of high schools and middle schools in each school district in the fall of odd numbered years. All data are self-reported by students who voluntarily complete the survey during one class period.

The YRRS provides:

Administrative Tool: Survey results show a realistic picture of New Mexico middle and high school students' risk behaviors and resiliency factors that identify priorities so that limited resources can be better allocated at the state and local level.

School District Level Report: Participating school districts receive a detailed report specific to their students' risk behaviors and resiliency factors. County and state level reports are also available.

Benefits to participating school districts include:

- Relevant data to design and evaluate health, behavioral health, and prevention programs that are on-target and effective
- Data to seek funding and other support for new initiatives addressing health risk behaviors of students
- Information to support Safe School Plans and the evaluation of the School District Wellness Policy

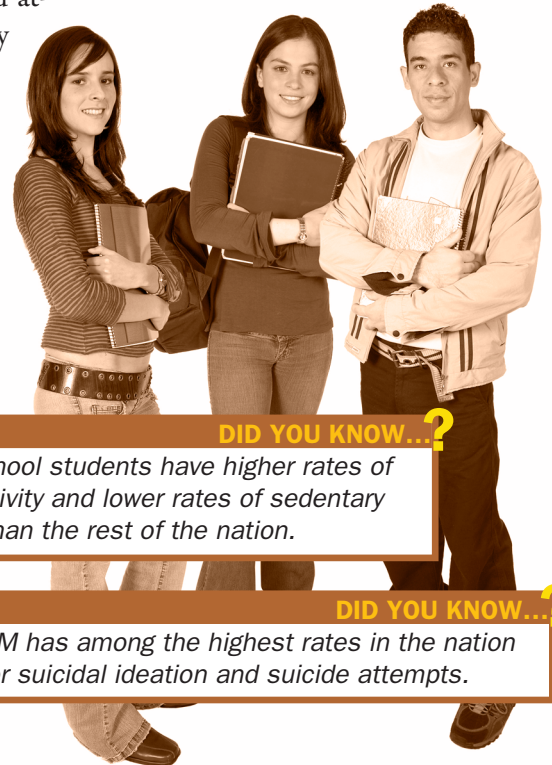
We'll be conducting the 2009 surveys this fall.

Legislators, parents, teachers...

Encourage your local school district to participate!

District superintendents...

Be ready to say YES when your school district is invited to participate!



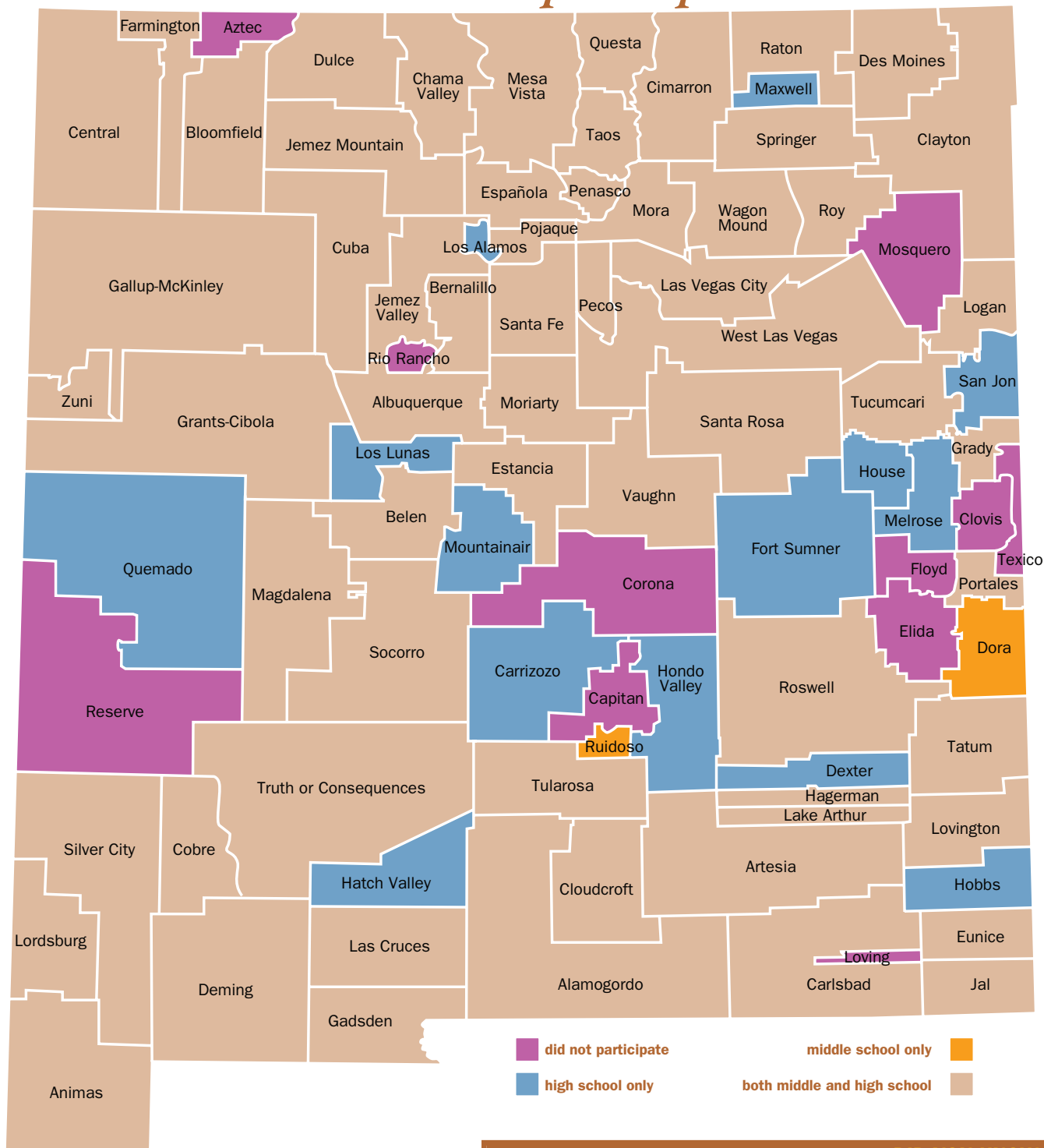
DID YOU KNOW...?

NM high school students have higher rates of physical activity and lower rates of sedentary behaviors than the rest of the nation.

DID YOU KNOW...?

NM has among the highest rates in the nation for suicidal ideation and suicide attempts.

School district participation



DID YOU KNOW...?
 While methamphetamine and cocaine use by NM high school students have been declining in recent years, NM still has among the highest youth substance use rates in the nation.

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