

# 2005 New Mexico Youth Risk and Resiliency Survey (YRRS)

## Los Alamos County Report

New Mexico Department of Health

New Mexico Public Education Department

University of New Mexico Center for  
Health Promotion and Disease Prevention





## **ACKNOWLEDGEMENTS**

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# 2005 New Mexico Youth Risk and Resiliency Survey (YRRS)

## Los Alamos County

### Introduction

This report contains county-level results from the 2005 New Mexico Youth Risk and Resiliency Survey (YRRS), a statewide survey of public school students, grades 9-12. A companion document, *2005 New Mexico Youth Risk and Resiliency Survey: Statewide Results*, presents results for the state. Together, these documents comprise a useful tool for those working on youth-related issues at the state and local level.

The YRRS is organized into two major content areas: risk behaviors and protective (resiliency) factors. Risk behaviors include behaviors associated with personal safety, violence, sadness and suicidal ideation, tobacco use, alcohol use, drug use, sexual activity, physical activity, and nutrition (Appendix B). Protective factors are measures of the positive and supportive relationships, experiences, activities, resources and values that encourage healthy youth development. Resiliency factors 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; absence of impulsive and sensation seeking behaviors; and community norms and attitudes disapproving of youth alcohol use by high school age youth (Appendix C).

Additionally, this report includes a section on academic performance and motivation. These academic measures include getting good grades (mostly A's and B's), trying hard to do good work in school, planning to go to college, skipping or ditching school, coming to class with paper and something to write with, and completing homework.

### How to Read this Report

This report has three main sections, each of which consists of a set of bar charts. The first section presents the results of the major risk behaviors examined in the survey. Each category of risk behavior is presented with two or three bar charts. The first chart gives results for each year the YRRS had been administered (2001, 2003, and 2005). Another chart compares results for the county to results for the entire state, and the final chart compares the risk behaviors of boys to those of girls within the county. All risk behaviors are defined in Appendix B.

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NOTE: County level YRRS reports are freely available. School district reports 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. However, school district level results will not be released without express permission of the school district superintendent.

The second section presents the results of the protective factors section of the survey. As with the risk behaviors, each set of protective factors is presented with two charts, one comparing the county to the state, and the other comparing boys to girls within the county.

At the end of the section on protective factors are some charts that compare the prevalence of selected risk behaviors among those with and without protective factors. NOTE: This section presents results for the state as a whole, rather than for the county. As can be seen repeatedly, students with protective factors were less likely to engage in risky behaviors than those who did not have the resiliency factors.

The third section of the report gives results for the academic performance and motivation measures. This is followed with some charts illustrating the relationships between selected risk behaviors and the academic measures. NOTE: As with the protective factors, these charts show statewide, not county level, data. Results show that students who do not engage in risky behaviors are more likely to be successful and motivated academically.

### **Understanding The Charts, and A Word about Error Bars**

The bar charts in this report present the percentage of students who reported engaging in any given risk behavior or who reported having any given protective factor. The height of the bars conveys the approximate percentage of students reporting each trait, and provides a quick visual comparison between different groups of students reporting that trait. Underneath each set of bars is a table that presents the percentage of students who reported each trait. For instance, the chart on page 10, Behaviors Causing Unintentional Injury, shows that 8.4% of students in New Mexico rarely or never wore seatbelts, while 4% of students in Los Alamos County rarely or never wore seatbelts.

Because of the high cost and logistical complications involved in conducting a statewide survey, the YRRS was administered to a sample of students, rather than to every single student in each school district. Because YRRS data are about 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 estimates. On the charts in this report, this degree of uncertainty is represented by an error bar (or 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 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).

The proper interpretation of an error bar can be illustrated by looking at the chart below. This chart compares the New Mexico prevalence of smoking and of cocaine use to the United States prevalence for 2005. The chart shows that the prevalence of current smoking was 25.7% in New Mexico and 23.0% in the United States. The error bar for the estimate of current smoking among New Mexico students extends approximately 4 percentage points in either direction, from 22.0% to 29.8%. This means that we are confident that the actual percentage of smokers in this group of students was between 22.0% and 29.8%. The error bar for the estimate current smoking in the US extends approximately 2.5 percentage points in either direction, from 20.7 to 25.3%. We are confident that the actual percentage of smokers among this group was between 20.7% and 25.3%.

How does knowing the upper and lower limits of our error bars help us? While it appears at first glance that New Mexico has a higher prevalence of smoking than the United States (25.7% vs. 23.0%), a closer look at the error bars shows a more complicated picture. The error bars for the New Mexico estimate (22.0% - 29.8%) and the US estimate (20.7% - 25.3%) overlap. Because of this overlap, we do not have a high degree of confidence that the prevalence of smoking in New Mexico is actually different from the prevalence in the United States. In other words, the difference between the prevalence of smoking in New Mexico and the United States is not statistically significant.

For cocaine use, it also appears that New Mexico has a higher prevalence of use than the United States (7.9% vs. 3.4%). The error bar for New Mexico extends from 6.6% to 9.5%, and the error bar for the United States extends from 2.8% to 4.4%. Because the higher extent of the US error bar (4.4%) is lower than the lower extent of the NM error bar (6.6%), these error bars do not overlap. For cocaine use, we are confident in saying that the New Mexico prevalence is higher than the US prevalence. In other words, the difference in the prevalence of smoking in New Mexico and the United States is a statistically significant difference.

Current Smoking and Current Cocaine Use  
Grades 9 - 12, 2005



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

## **Methodology**

The YRRS was implemented in the fall semester of the 2005-06 school year. All public school districts in New Mexico were invited to participate in the 2005 YRRS. Of 89 districts statewide, 79 districts participated. From each participating school district, schools with students from 9th to 12th grades were selected to participate. The probability of selection of each school was proportional to the size of its 9th-12th grade population. In large school districts only some of the schools were selected to participate, while in small districts, all schools were selected. Classrooms were systematically selected from each school, and all students in each selected classroom were asked to participate.

In each participating school, a single day was arranged on which to administer the survey. Questionnaire forms and pencils were distributed to each student in participating classes, and students were asked to fill out the questionnaires independently of other students and without teacher assistance.

Questionnaires were electronically scanned, and data were analyzed using STATA 9.2, a statistical software program.

## **Limitations of the YRRS**

All information from the YRRS was self-reported by the participating students. While most questions on the YRRS come from nationally validated surveys, and data quality has been demonstrated to be very high in national surveys, there is no way to guarantee the truthfulness of the participants in any survey that relies on self-reporting.

A good response rate is one of the most important goals in conducting a survey. At the school district level, a response rate is the percentage of all students selected for the survey who complete and return a useable questionnaire form. At the state level, the response rate incorporates the participation of school districts and schools as well as the participation of students. An adequate response rate means that survey results are more likely to represent the statewide grades 9-12 public school population. The statewide response rate for the 2005 YRRS was 60%, an adequate response rate to represent the population.

In order to achieve a 60% statewide response rate, we aimed for a 75% response rate from each participating school district. Most participating school districts met this target or were close to it. While the response rate was generally very good in participating schools, the overall response rate was driven down by the school districts that declined to participate.

## Participation in Los Alamos County

The response rate in Los Alamos County was 98%.

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 75% is excellent and allows a high degree of confidence in results. Because a high response rate means that more students have been surveyed, a high response rate will also be reflected in the error bars (i.e., with a higher response rate and more students included in the survey, error bars will be smaller and confidence intervals will be narrower). Response rates below 60% are considered low, and caution should be exercised in interpreting results. Low response rates indicate that the data is likely only representative of students who participated in the survey and may not necessarily represent the entire student body.

### Profile of students surveyed

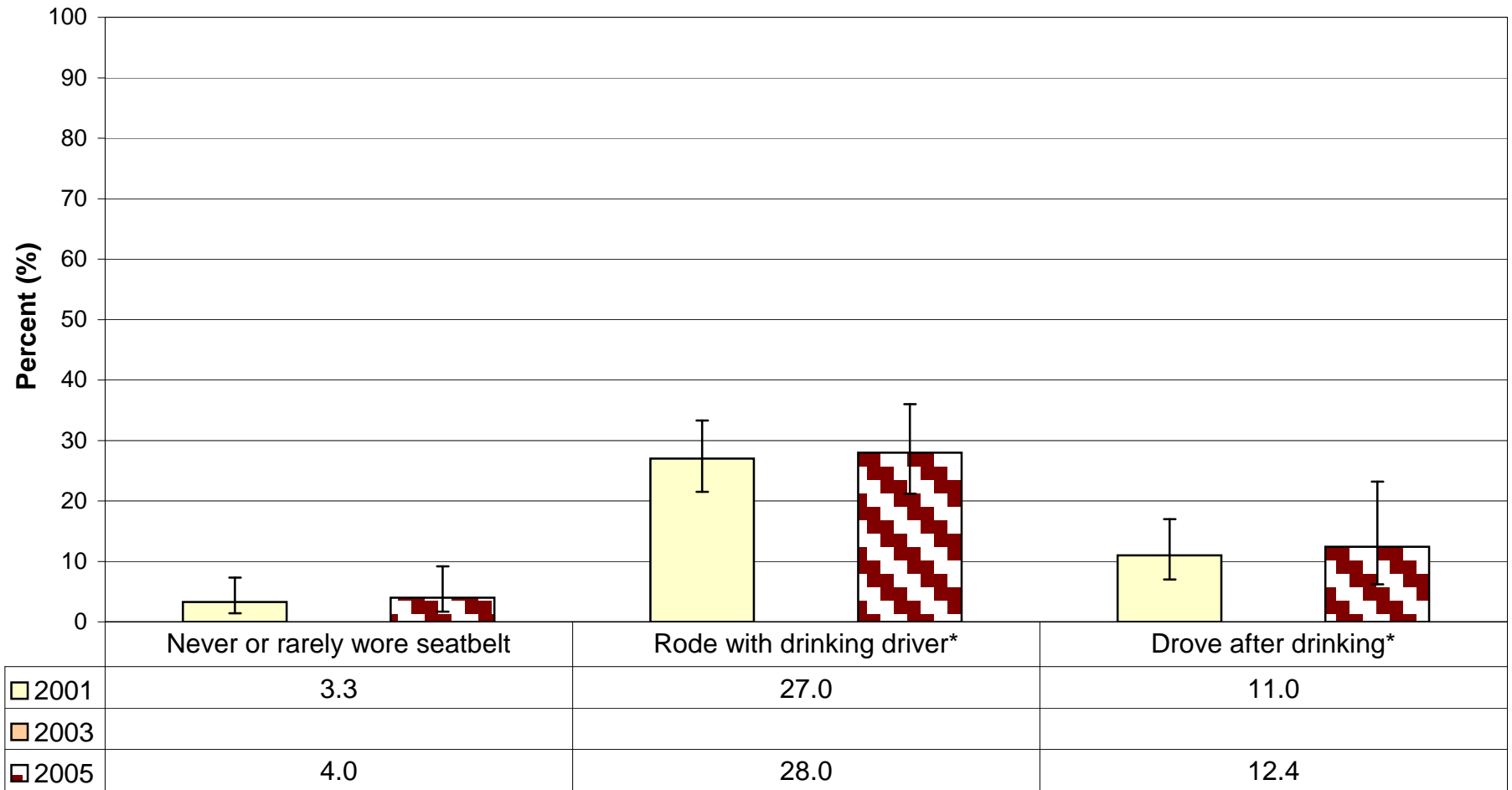
	<u>Number of students</u>	<u>Percent (%)</u>
<u>Total</u>	253	100%
<u>Gender</u>		
Girls	140	(55.6%)
Boys	112	(44.4%)
<u>Race/Ethnicity</u>		
Hispanic	45	(18.1%)
White	178	(71.5%)
American Indian	4	(1.6%)
Black or African-American	9	(3.6%)
Asian or Pacific Islander	13	(5.2%)
<u>Grade Level</u>		
9th	69	(27.4%)
10th	74	(29.4%)
11th	59	(23.4%)
12th	50	(19.8%)
Other:	0	



## Risk Behaviors



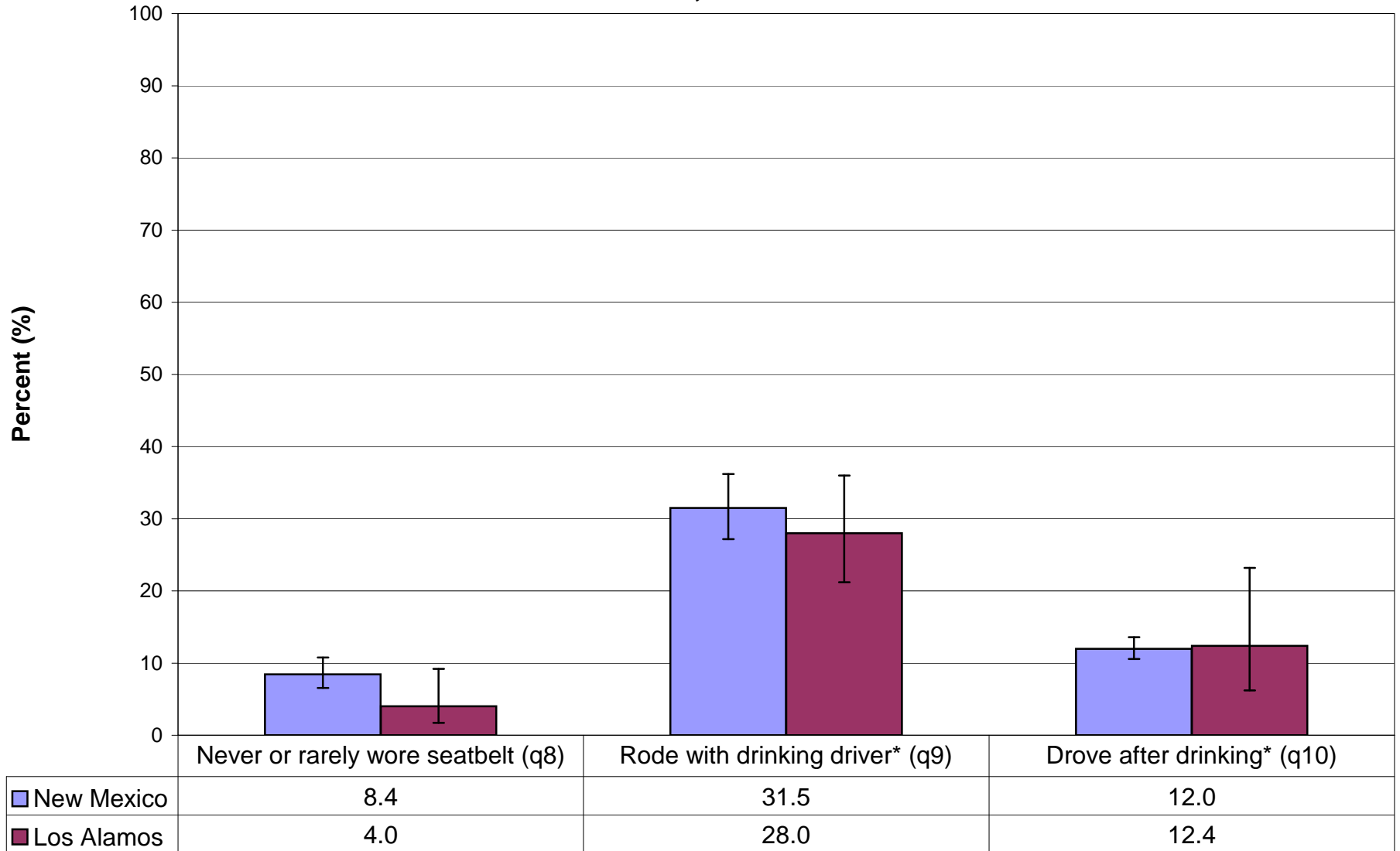
## Behaviors Causing Unintentional Injury Los Alam County; 2001, 2003, and 2005 Grades 9 - 12, NM YRRS



\* In past 30 days

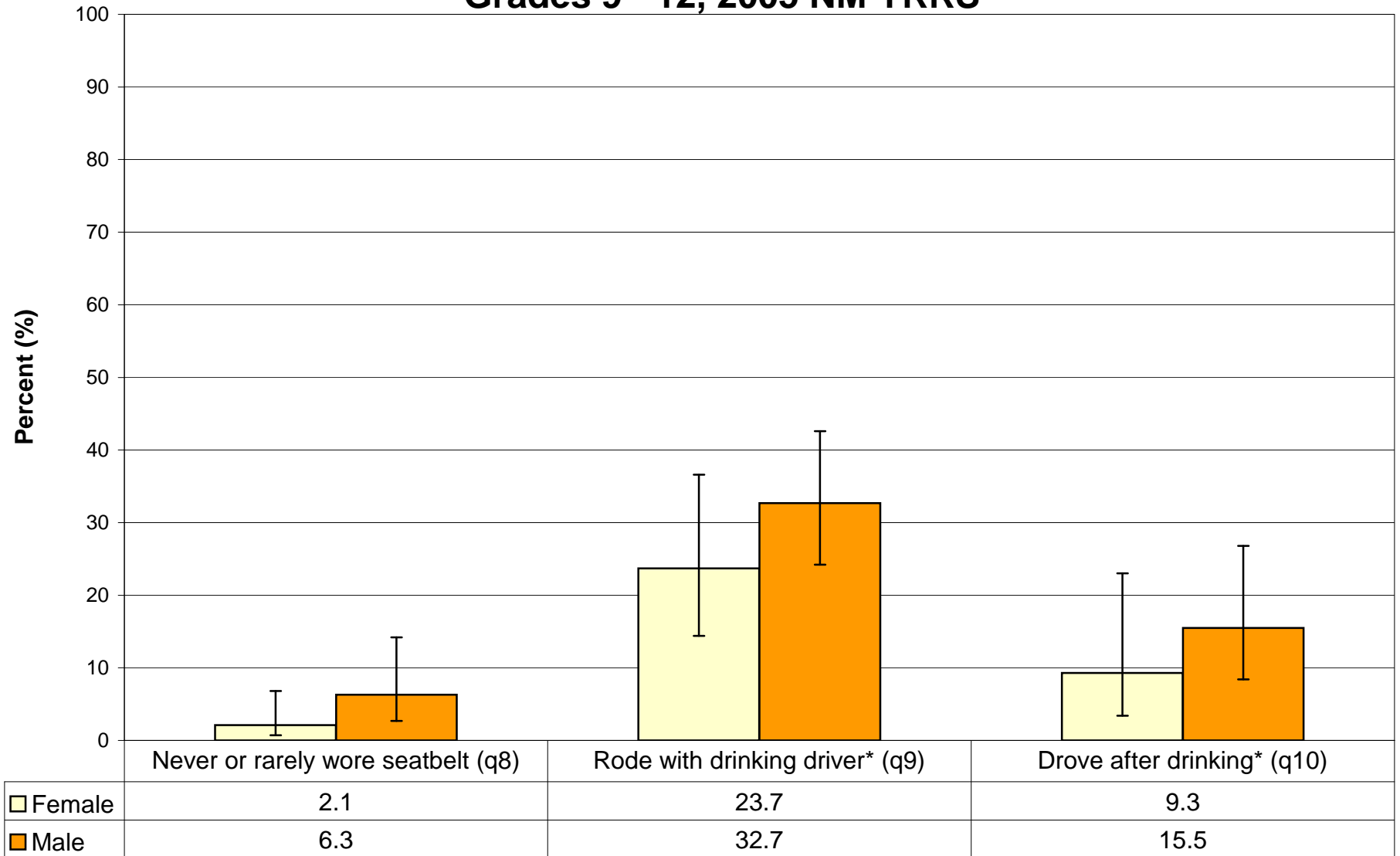
## Behaviors Causing Unintentional Injury

### New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS

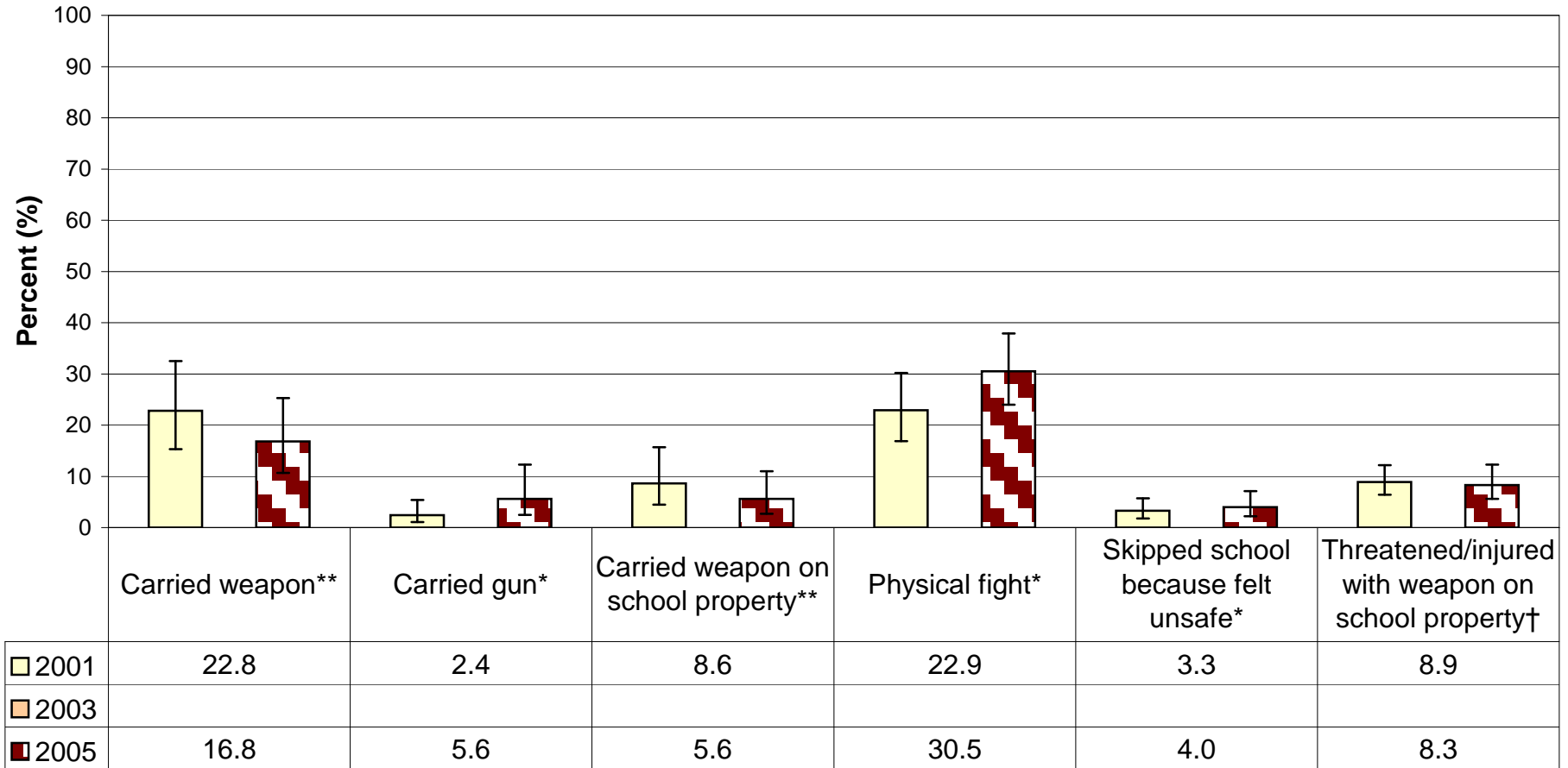


\* In past 30 days

# Behaviors Causing Unintentional Injury by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



## Behaviors Associated with Violence Los Alam County; 2001, 2003, and 2005 Grades 9 - 12, NM YRRS



\* In past 30 days

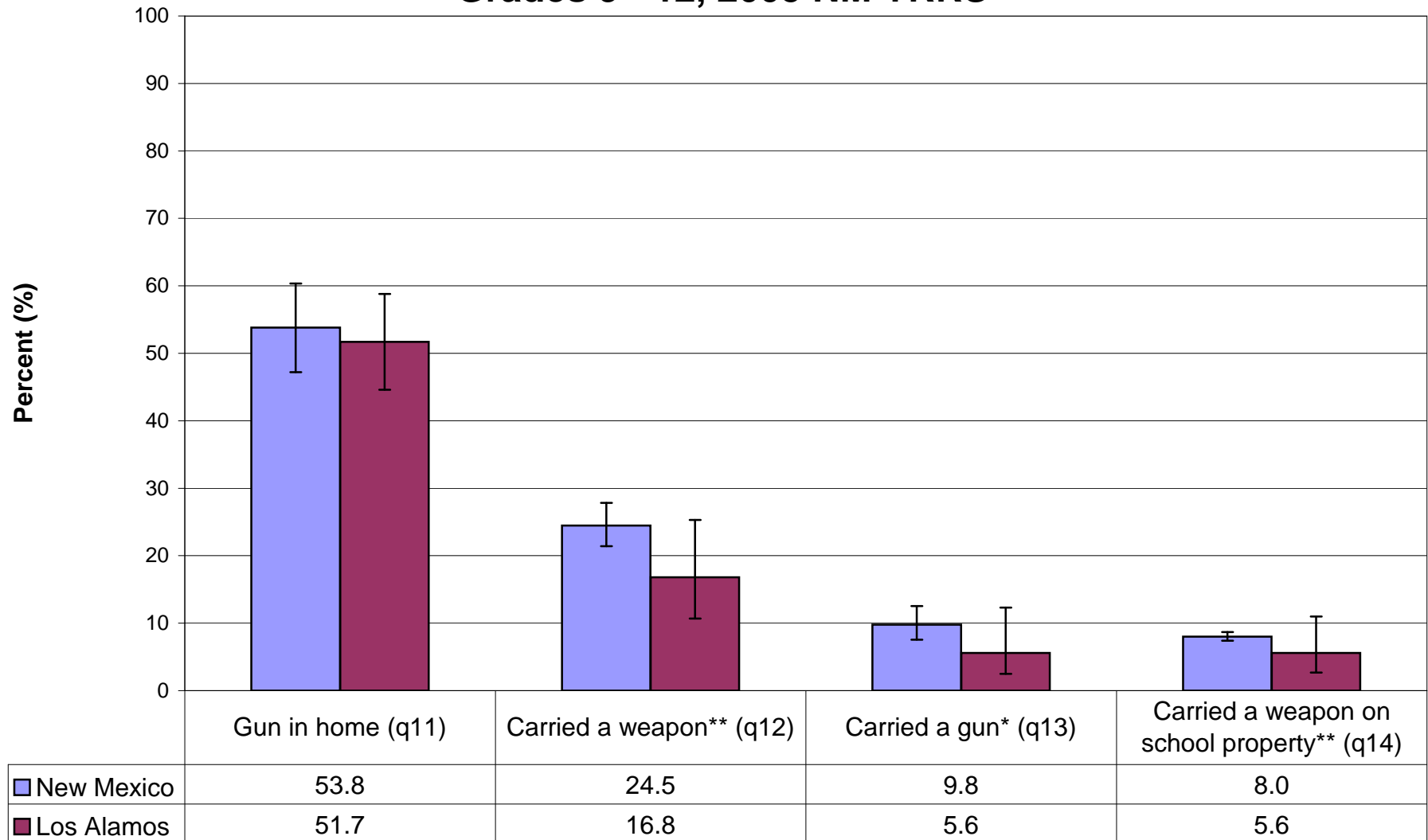
\*\* Carried a weapon such as a gun, knife, or club in past 30 days

† In the past 12 months

## Behaviors Associated with Violence (Weapons)

### New Mexico and Los Alamos County

### Grades 9 - 12, 2005 NM YRRS

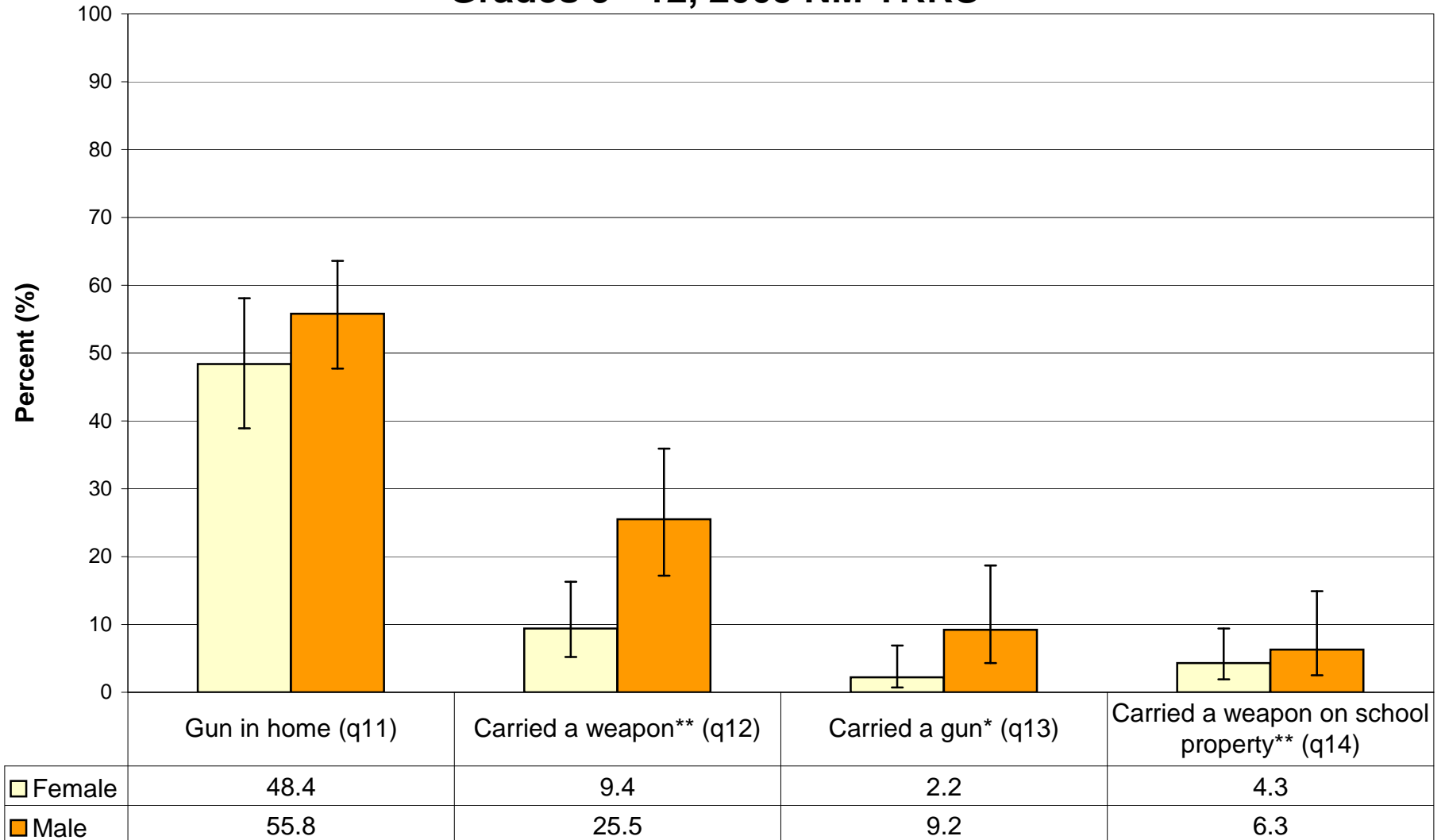


\* In past 30 days

\*\* Carried a weapon such as a gun, knife, or club in past 30 days

† *In the past 12 months*

## Behaviors Associated with Violence (Weapons) by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



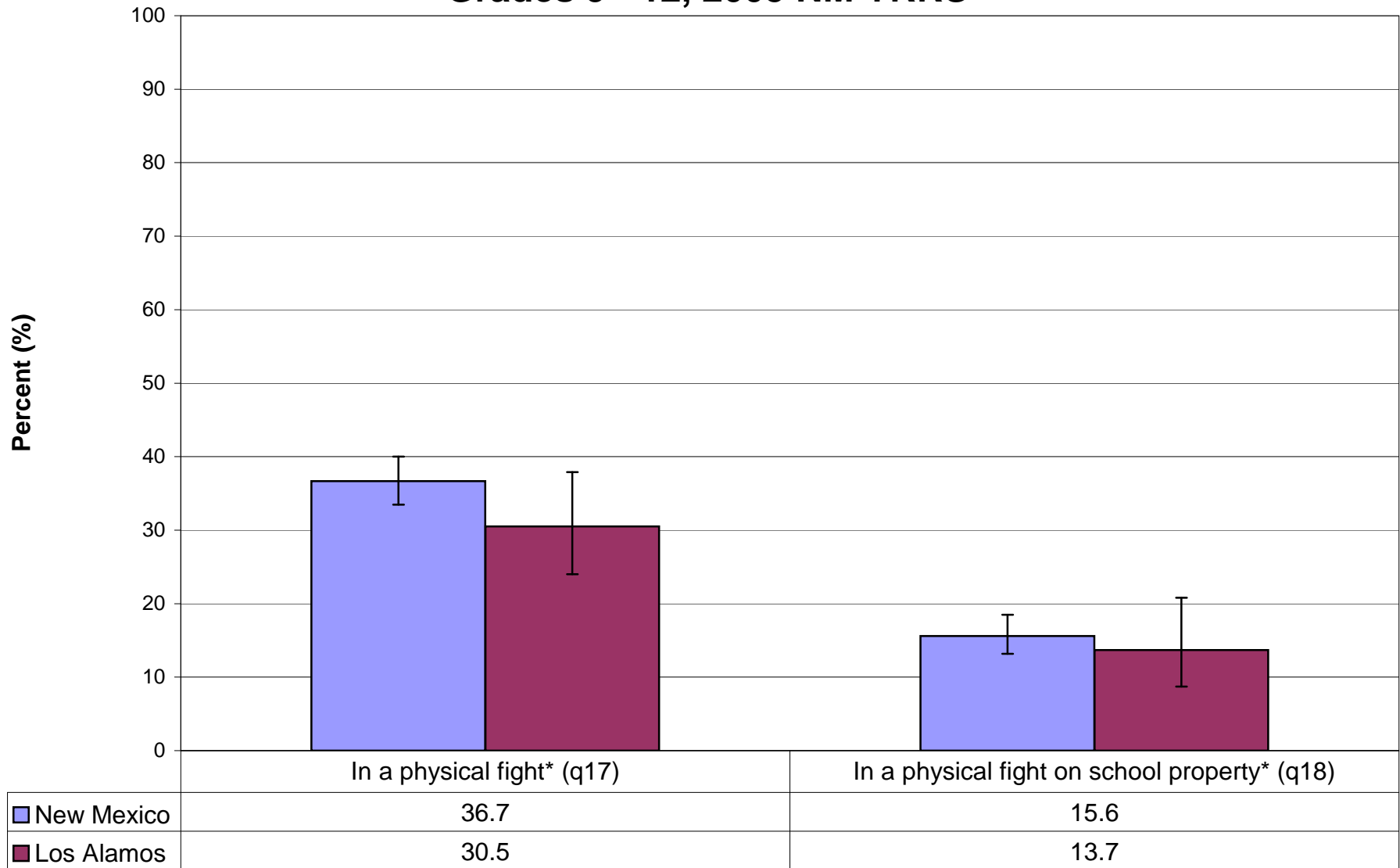
\* In past 30 days

\*\* Carried a weapon such as a gun, knife, or club in past 30 days

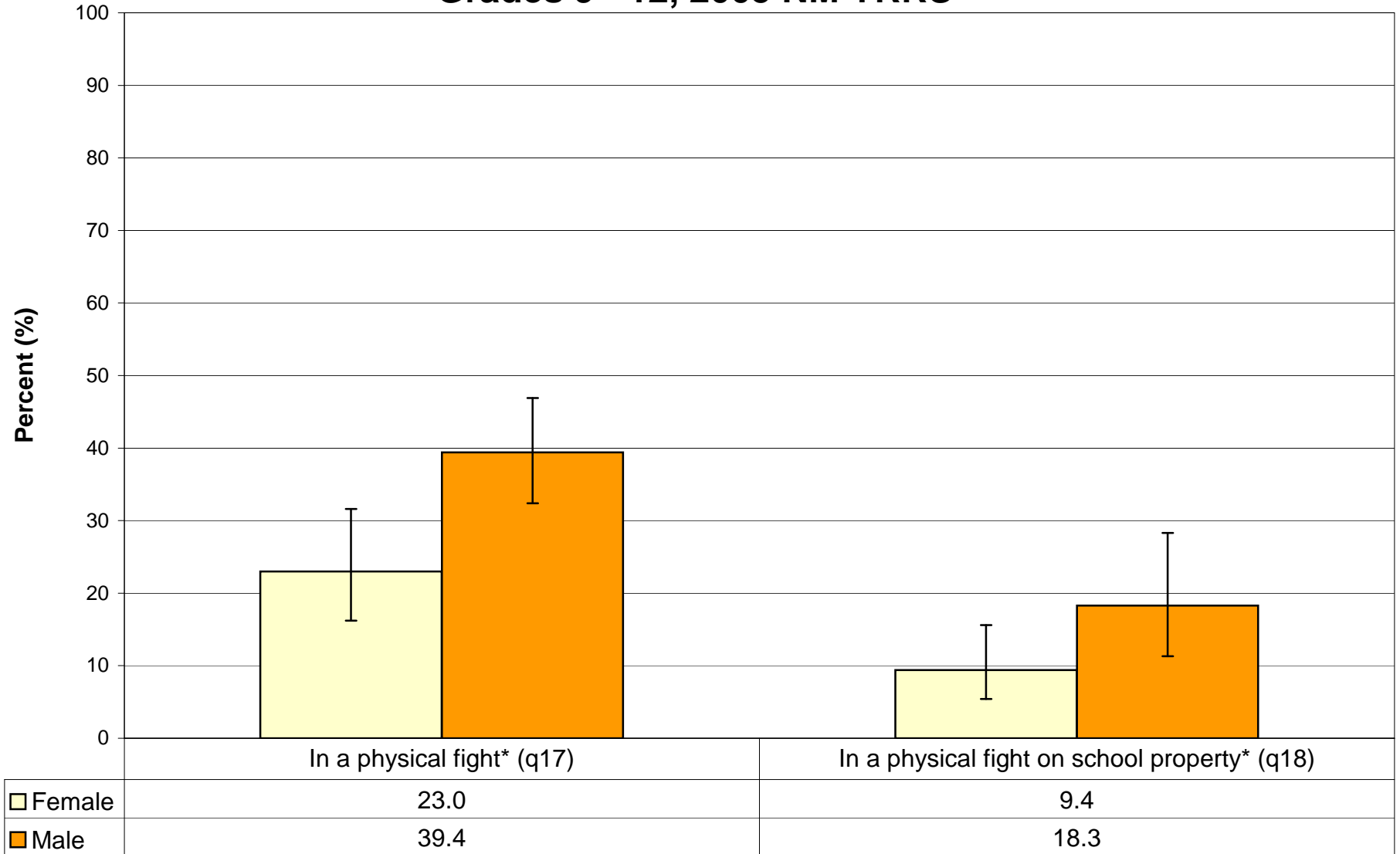
# Behaviors Associated with Violence (Fighting)

## New Mexico and Los Alamos County

### Grades 9 - 12, 2005 NM YRRS



## Behaviors Associated with Violence (Fighting) by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS

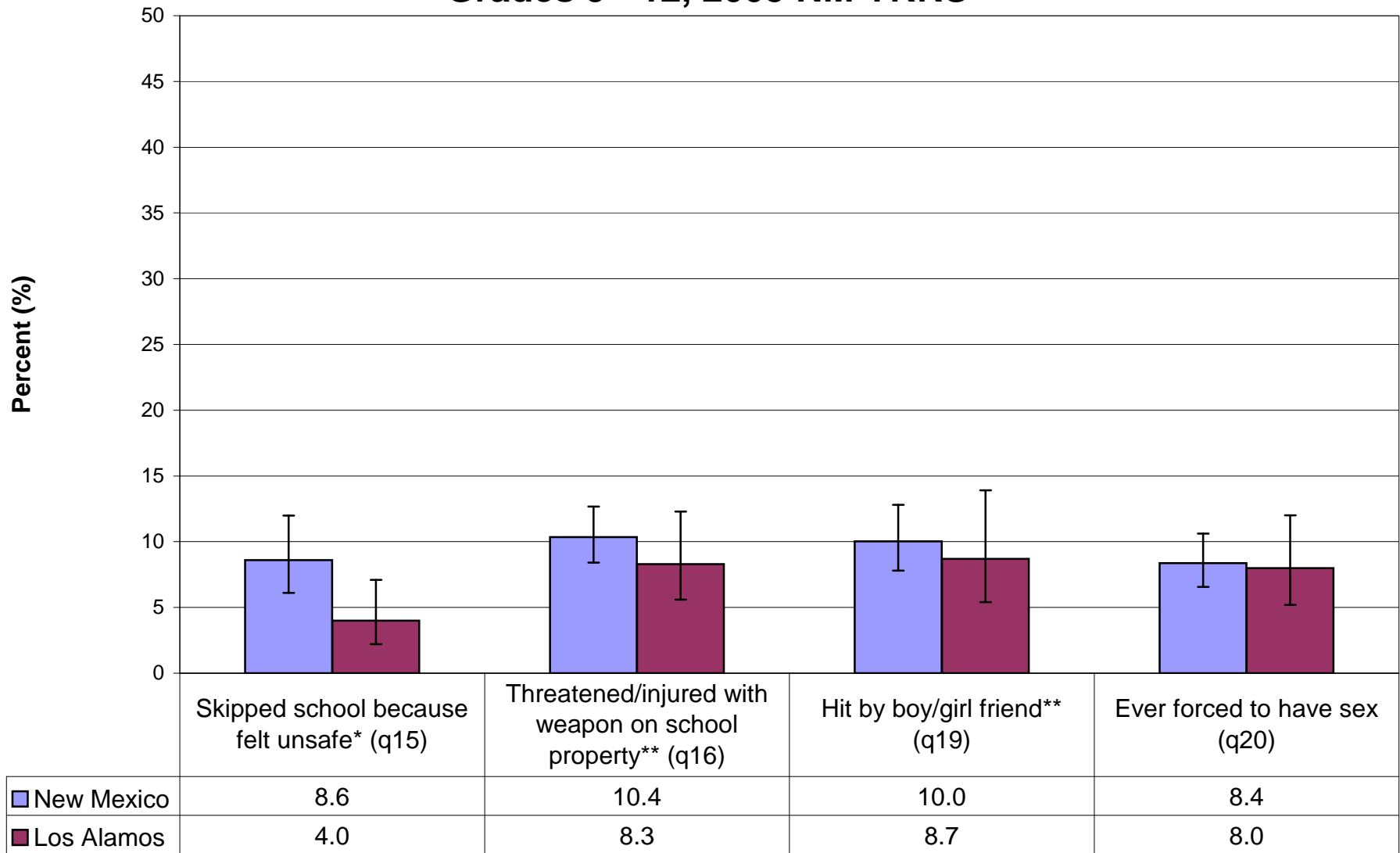


\* In past 12 months

# Behaviors Associated with Violence (Victimization)

## New Mexico and Los Alamos County

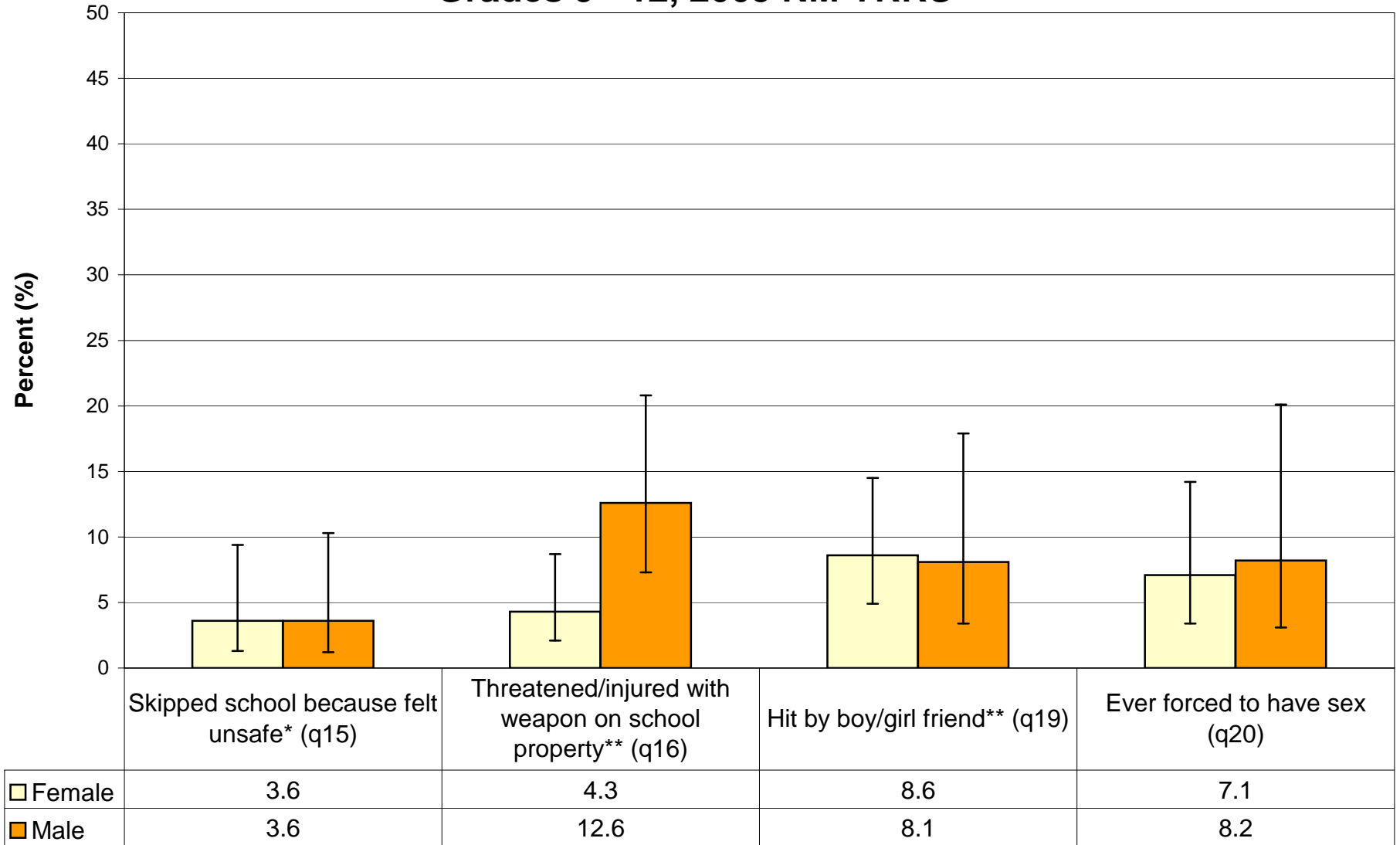
### Grades 9 - 12, 2005 NM YRRS



\* In past 30 days

\*\* In past 12 months

## Behaviors Associated with Violence (Victimization) by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



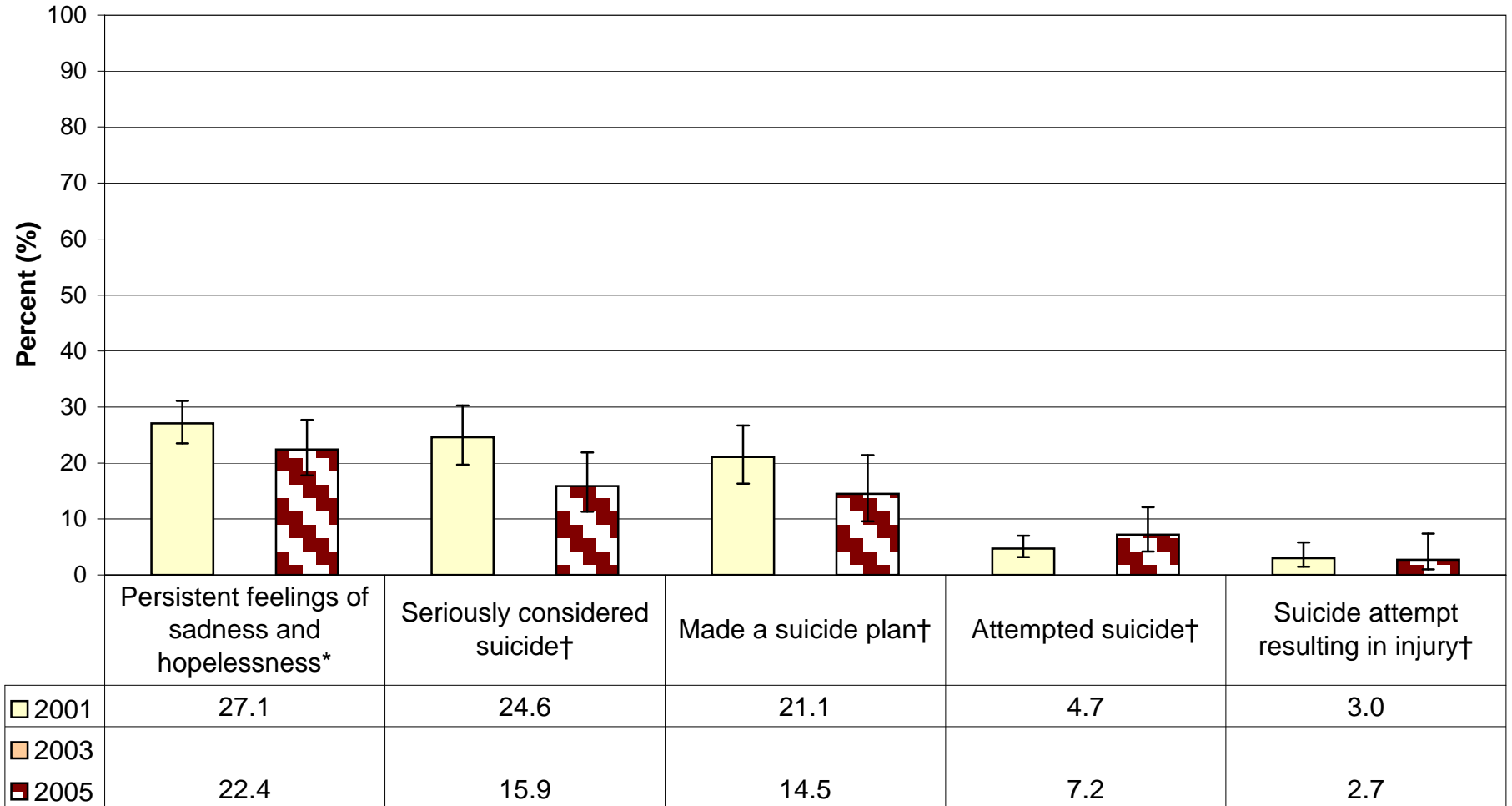
\* In past 30 days

\*\* In past 12 months

# Sadness, Suicidal Ideation, and Suicide Attempts

## Los Alam County; 2001, 2003, and 2005

### Grades 9 - 12, NM YRRS



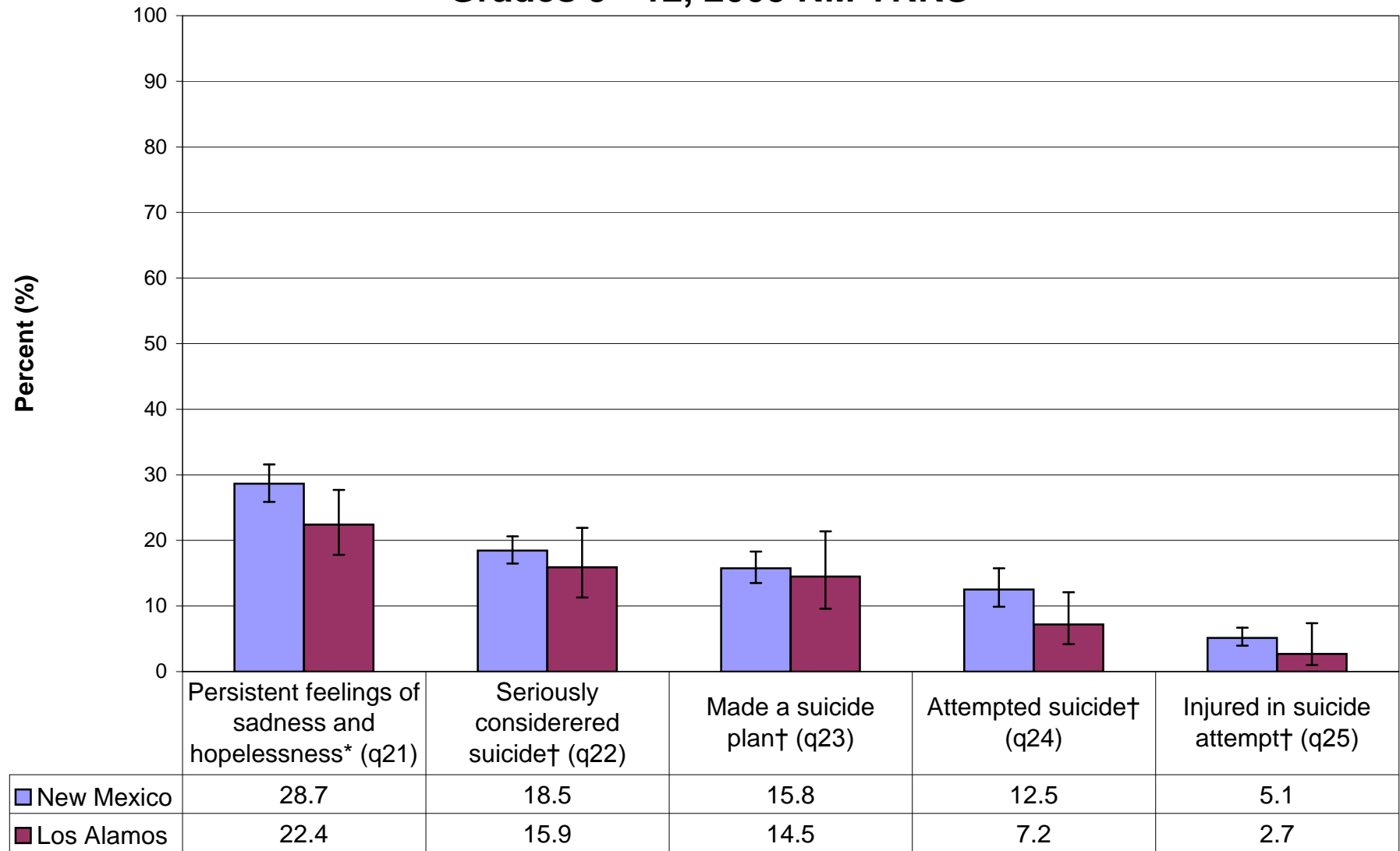
\* Feeling so sad and hopeless every day for at least 2 weeks so stopped some usual activities, within the past 12 months

† In the past 12 months

## Sadness, Suicidal Ideation, and Suicide Attempts

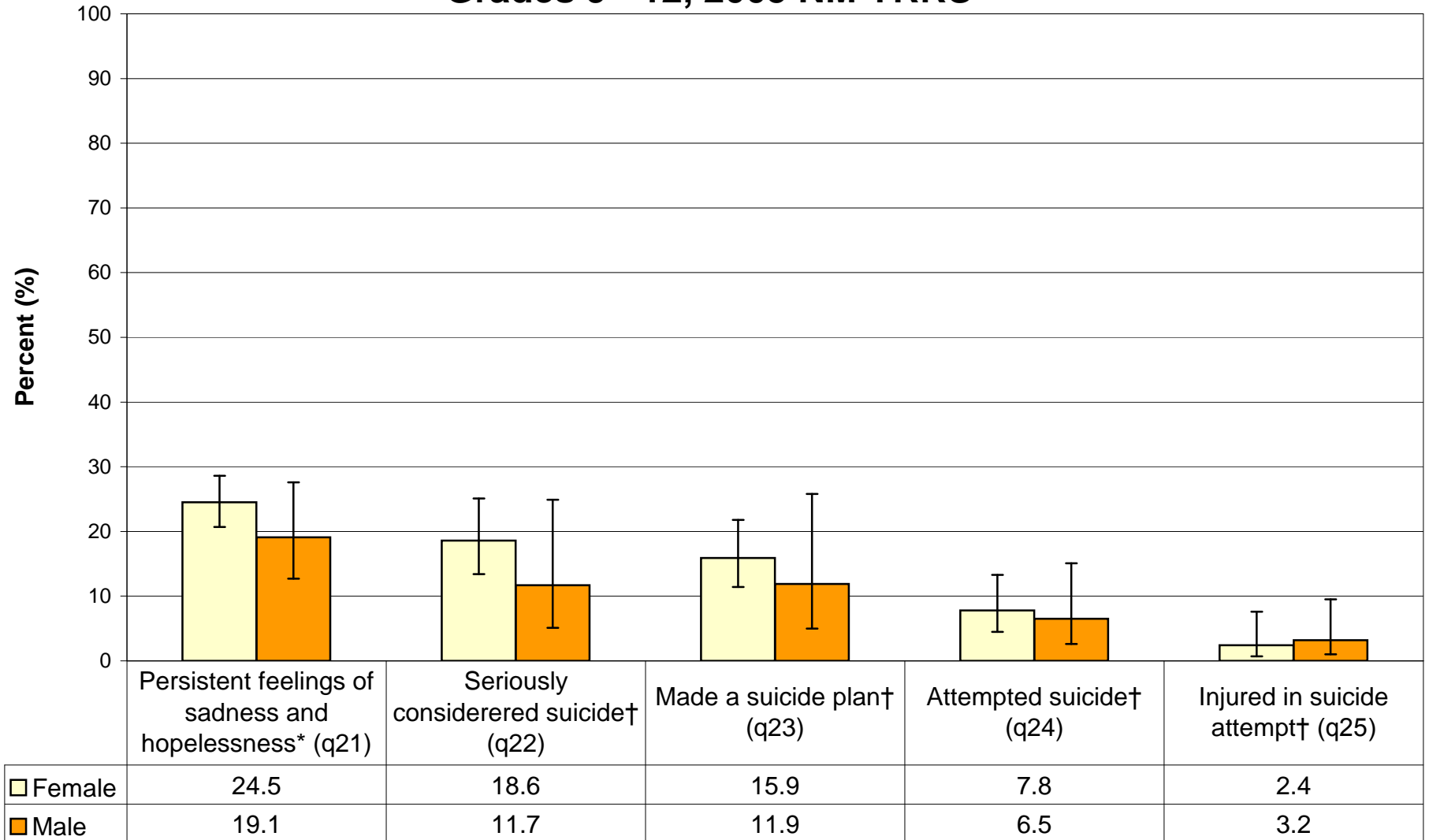
### New Mexico and Los Alamos County

### Grades 9 - 12, 2005 NM YRRS



\* Feeling so sad and hopeless every day for at least 2 weeks so stopped some usual activities, within the past 12 months

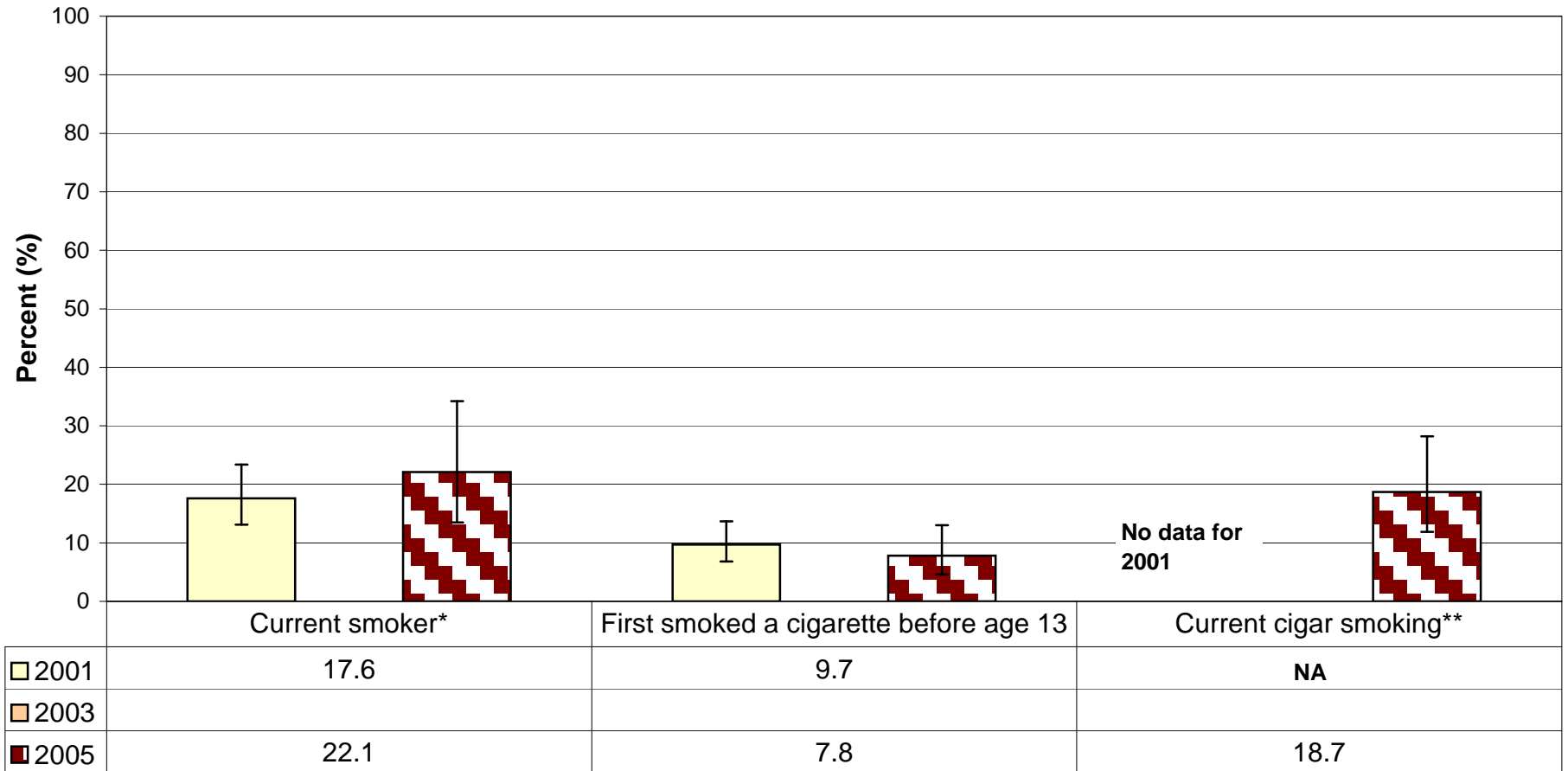
## Sadness, Suicidal Ideation, and Suicide Attempts by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



\* Feeling so sad and hopeless every day for at least 2 weeks so stopped some usual activities, within the past 12 months

† In the past 12 months

## Tobacco Use Los Alam County; 2001, 2003, and 2005 Grades 9 - 12, NM YRRS



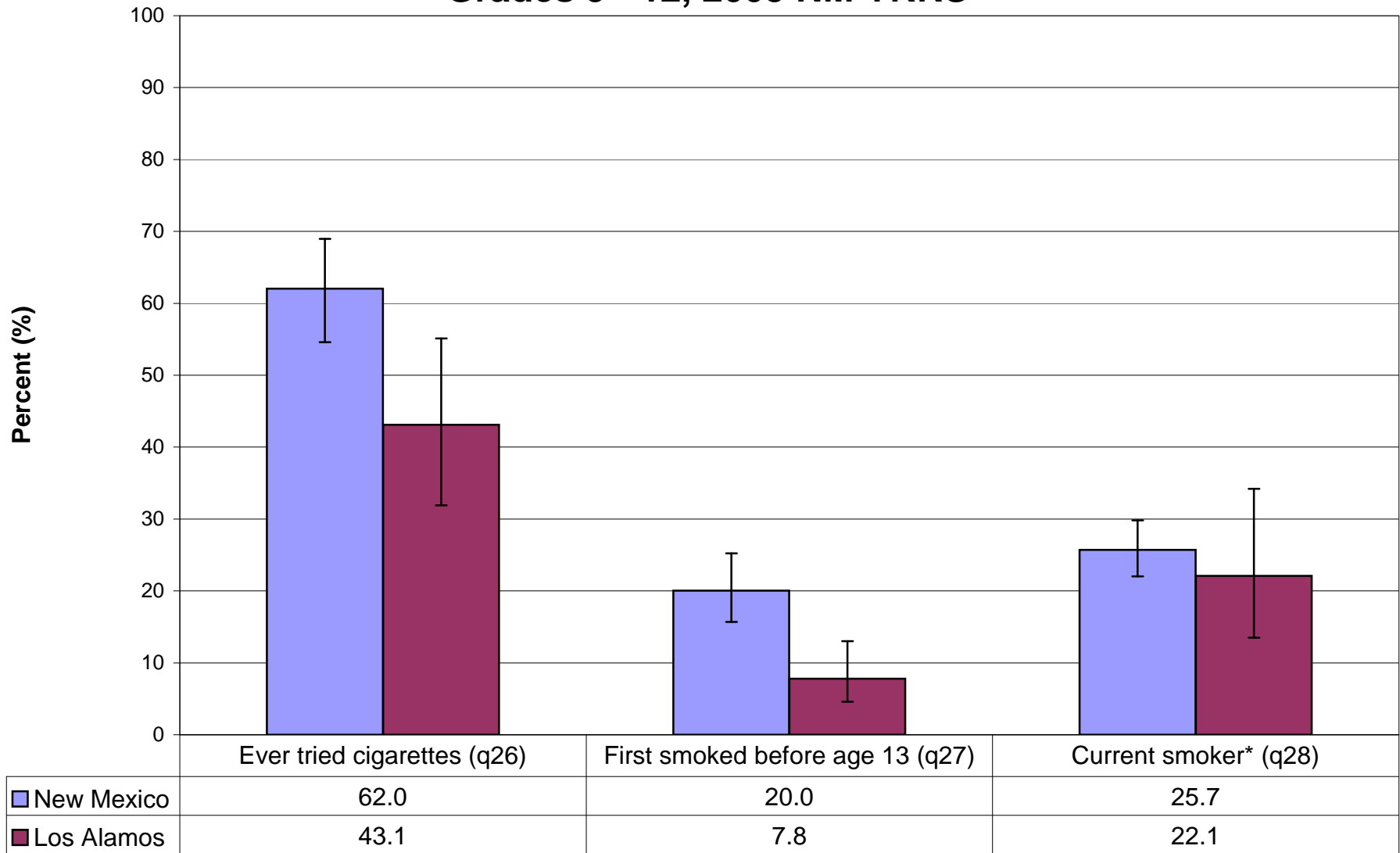
\* Smoked a cigarette in past 30 days

\*\* Smoked a cigar, cigarillo, or little cigar in past 30 days

# Cigarette Smoking

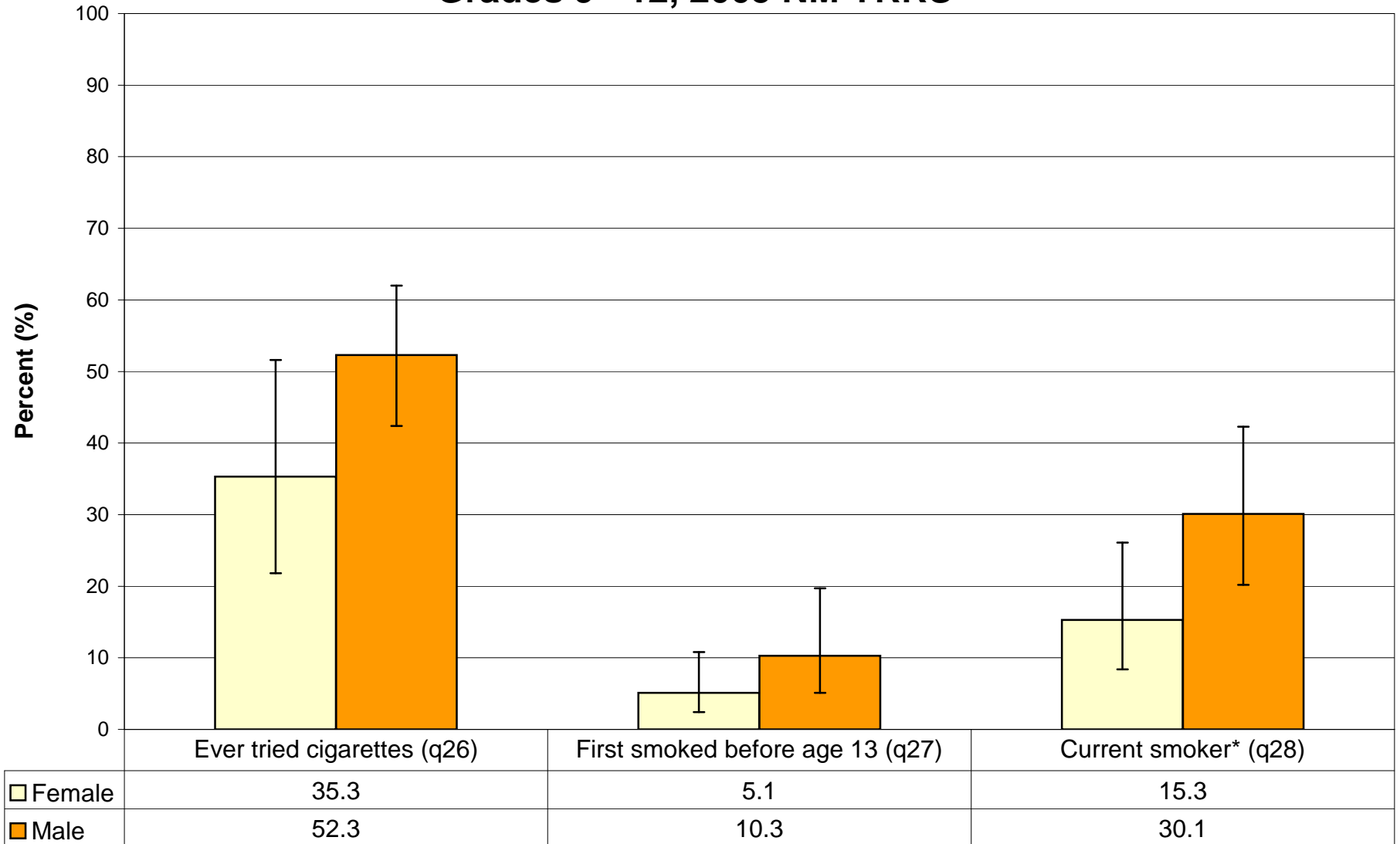
## New Mexico and Los Alamos County

### Grades 9 - 12, 2005 NM YRRS



\* Smoked cigarettes within the past 30 days

## Cigarette Smoking by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS

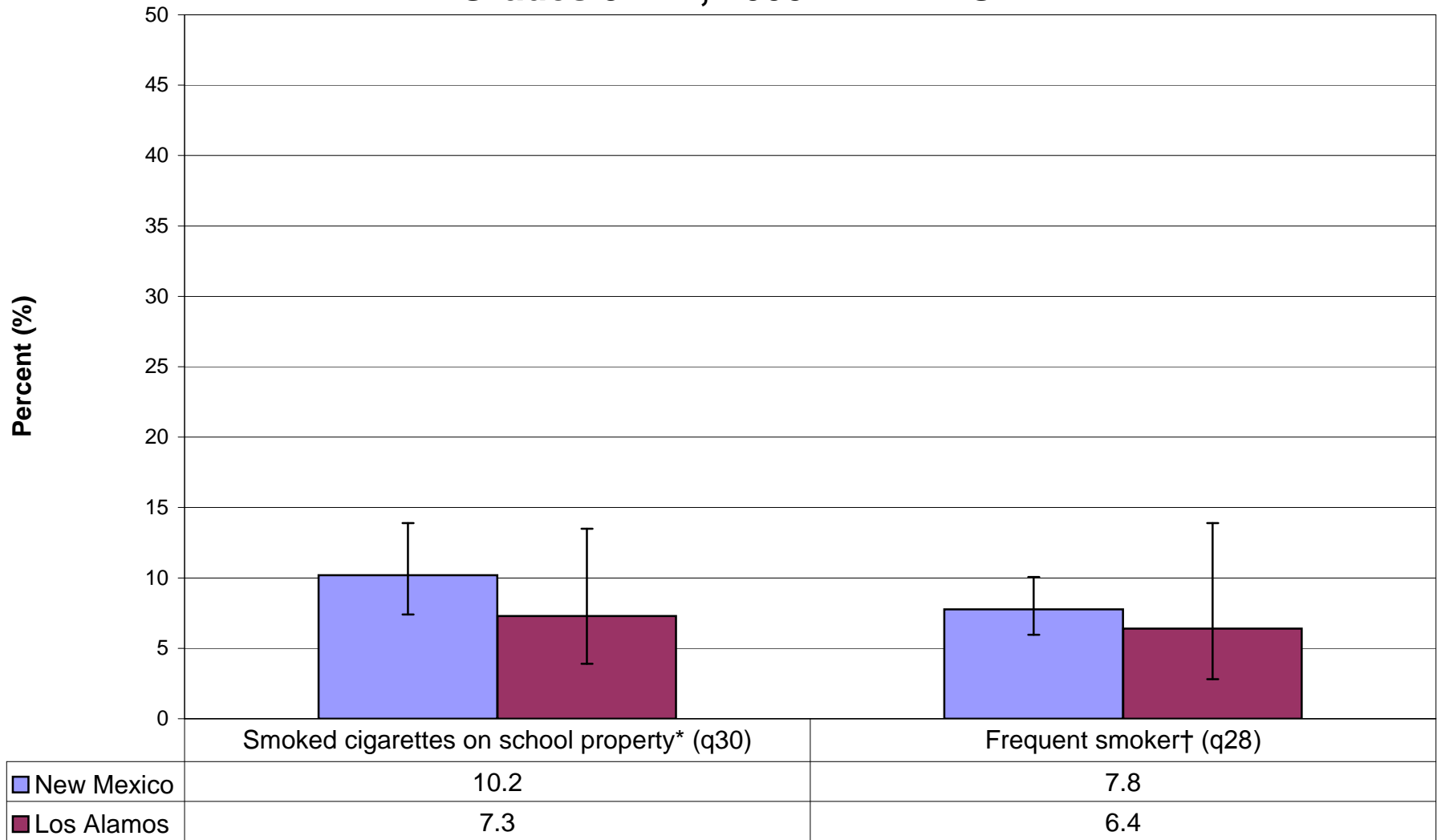


\* Smoked cigarettes within the past 30 days

# Cigarette Smoking (continued)

## New Mexico and Los Alamos County

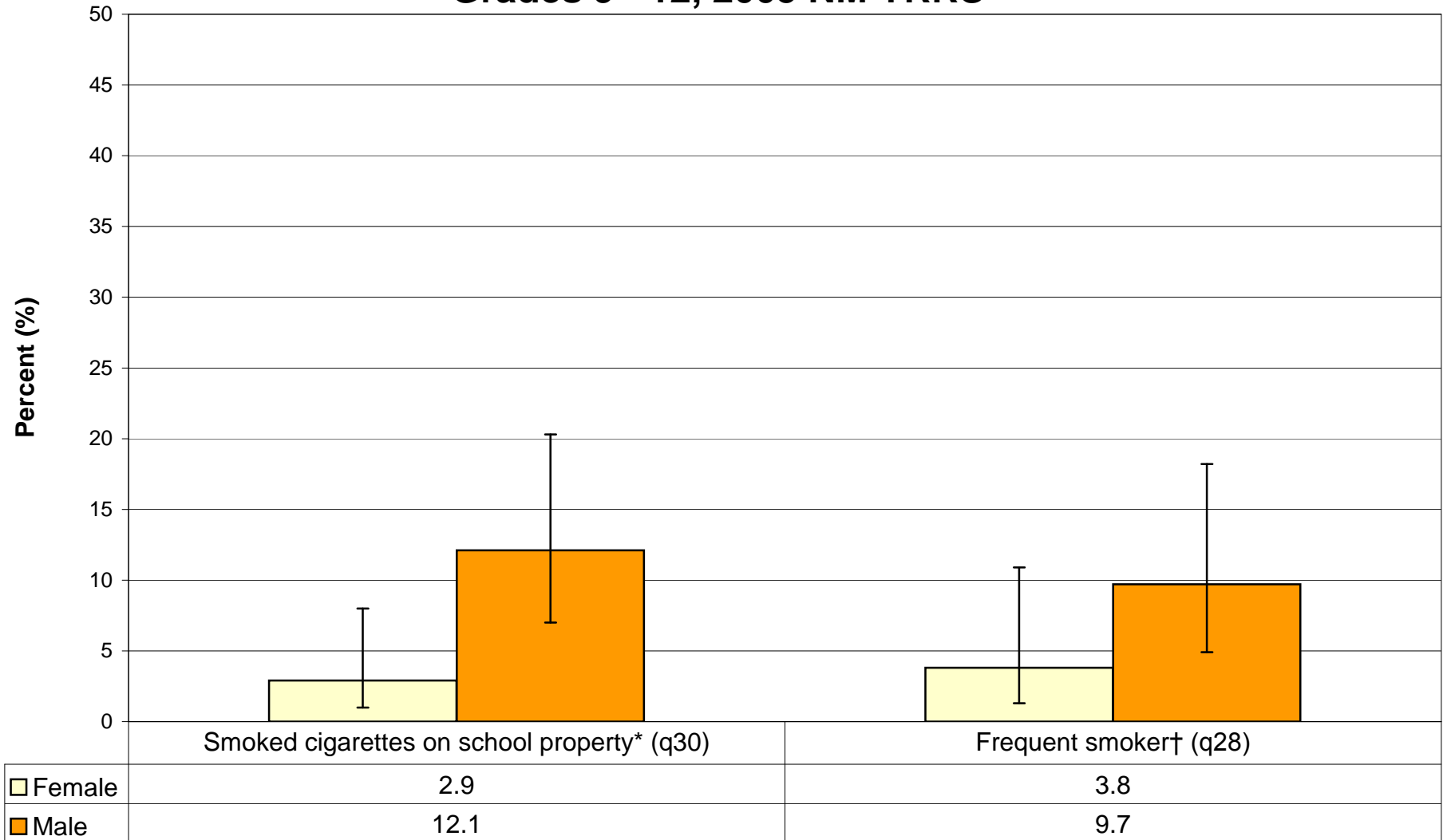
### Grades 9 - 12, 2005 NM YRRS



\* Within the past 30 days

† Smoked cigarettes on 20 or more of past 30 days

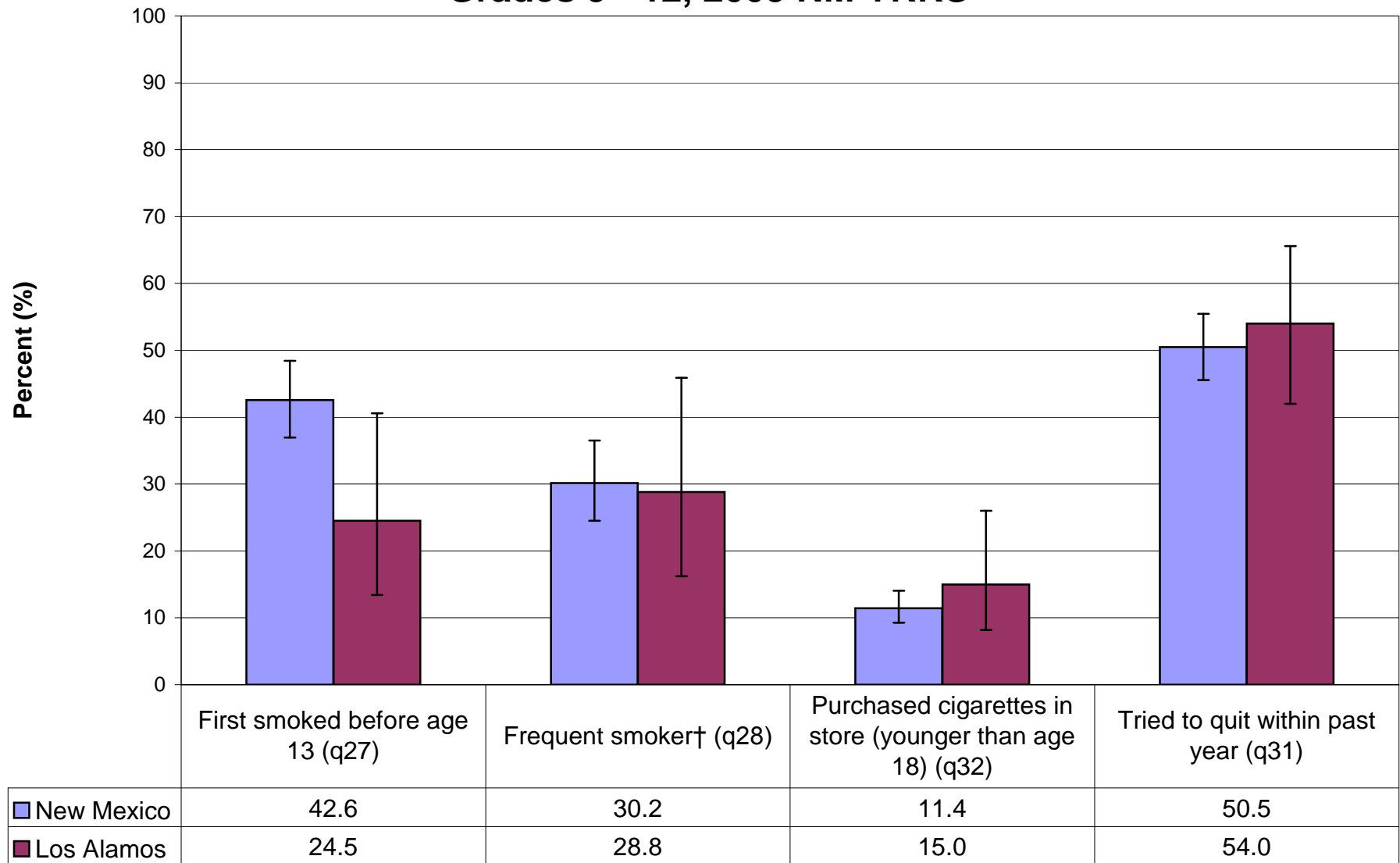
## Cigarette Smoking (continued) by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



\* Within the past 30 days

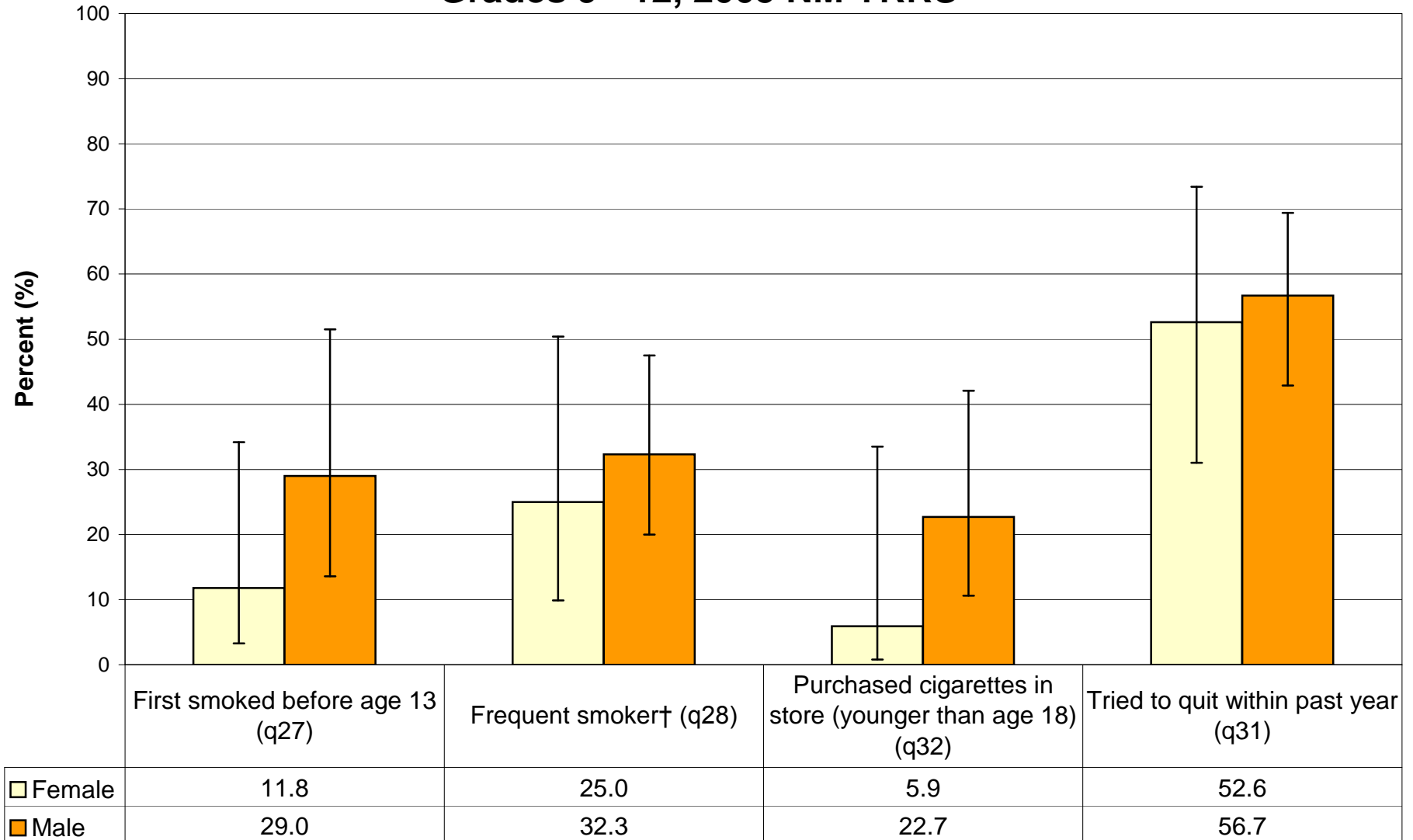
† Smoked cigarettes on 20 or more of past 30 days

## Behaviors of Current Smokers New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



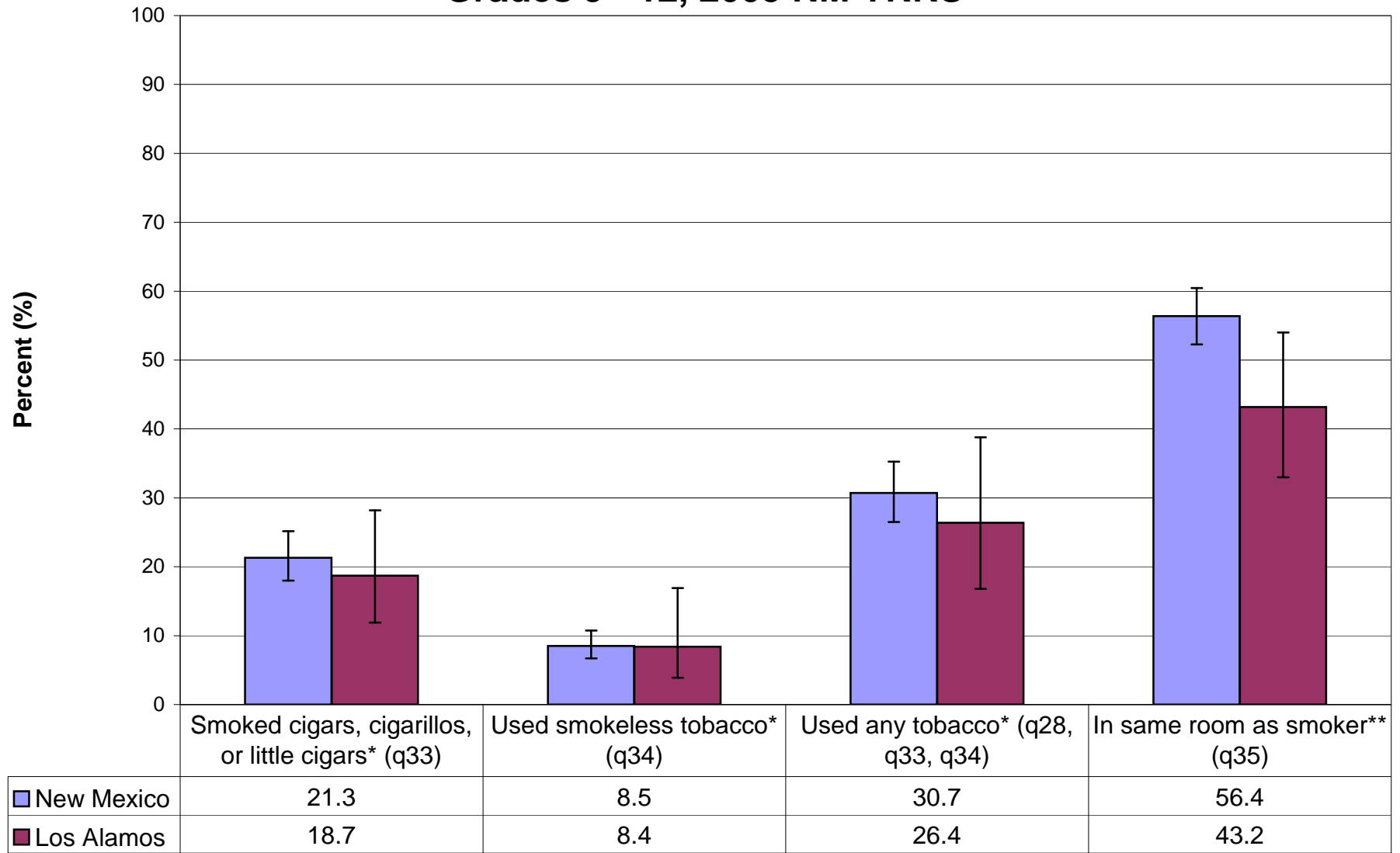
† Smoked cigarettes on 20 or more of past 30 days

## Behaviors of Current Smokers by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



† Smoked cigarettes on 20 or more of past 30 days

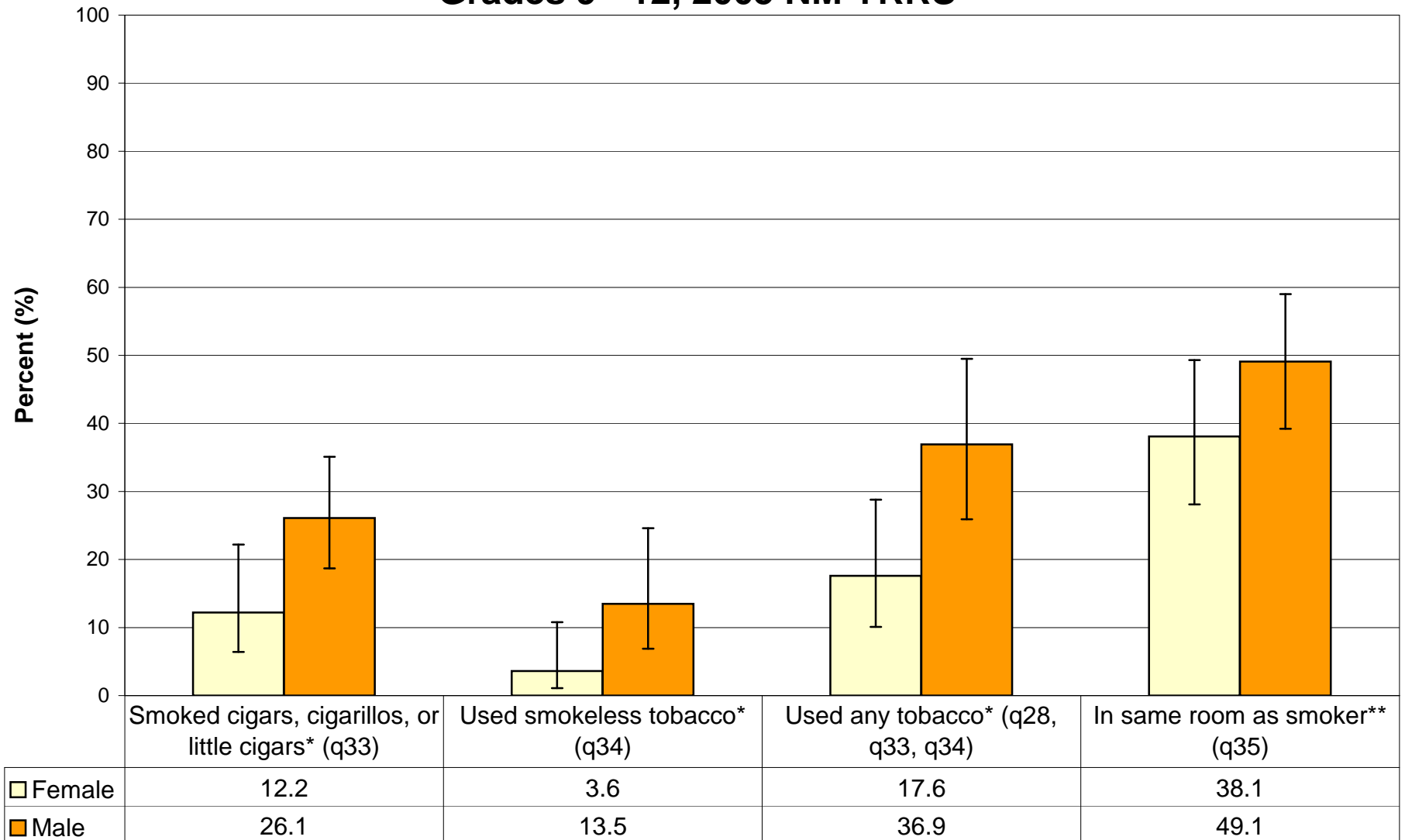
## Other Tobacco Use and Exposure New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



\* In past 30 days

\*\* In past 7 days

## Other Tobacco Use and Exposure by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



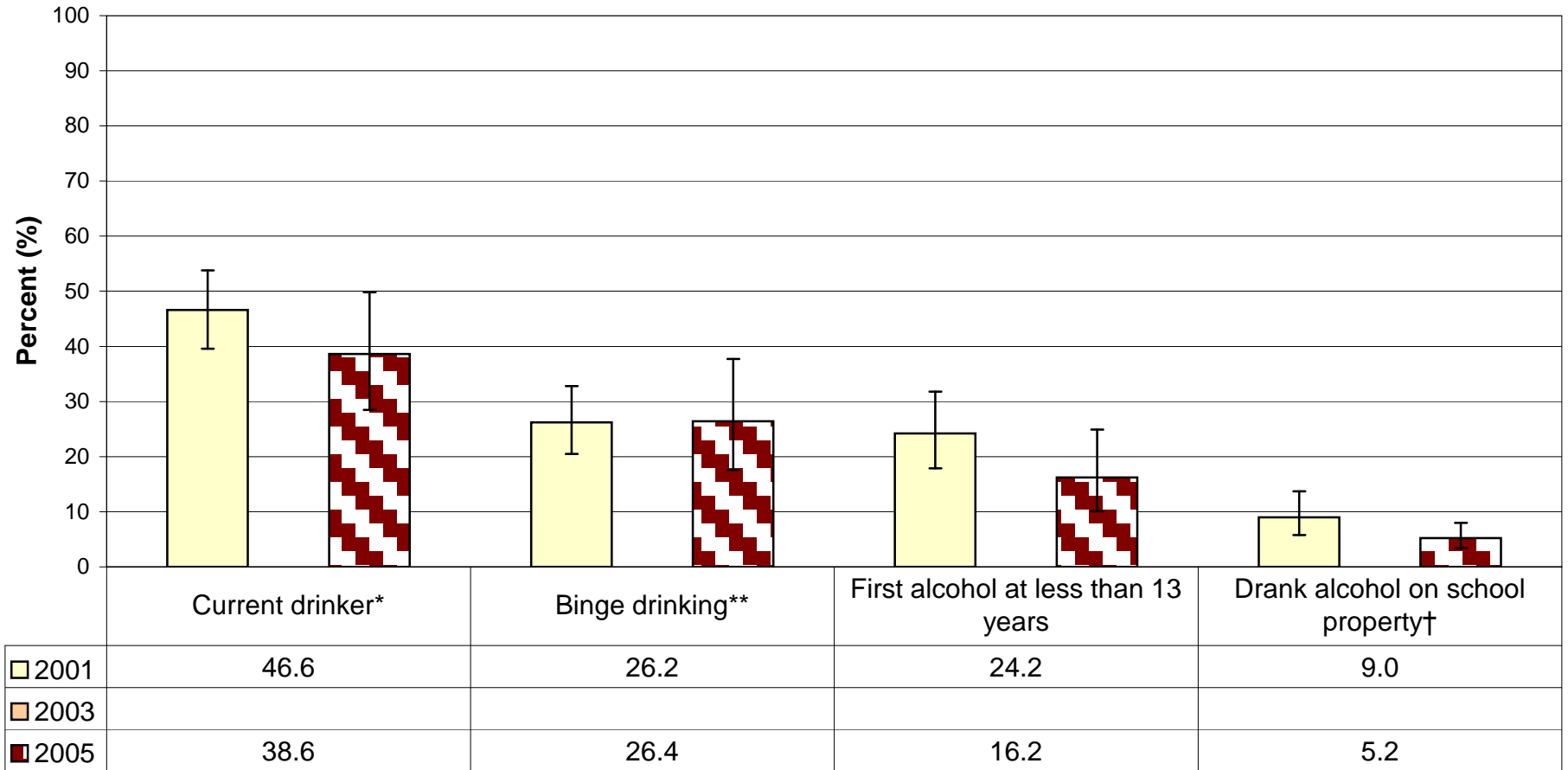
\* In past 30 days

\*\* In past 7 days

# Alcohol Use

## Los Alam County; 2001, 2003, and 2005

### Grades 9 - 12, NM YRRS



\* Had at least one drink of alcohol in the past 30 days

\*\* Had at least 5 or more drinks in a row or within a couple of hours within the past 30 days

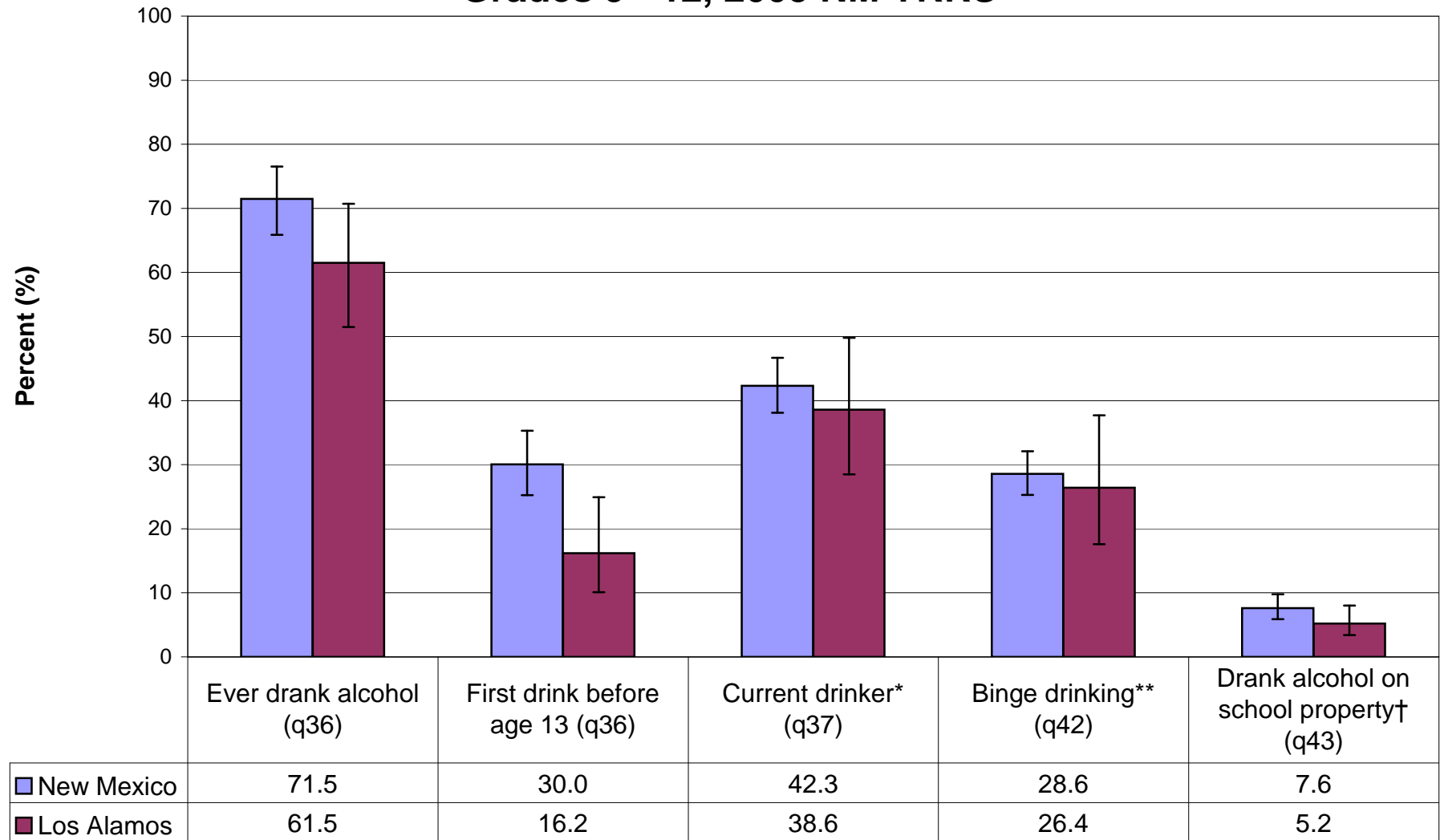
13

† Within the past 30 days

## Alcohol Use

### New Mexico and Los Alamos County

#### Grades 9 - 12, 2005 NM YRRS

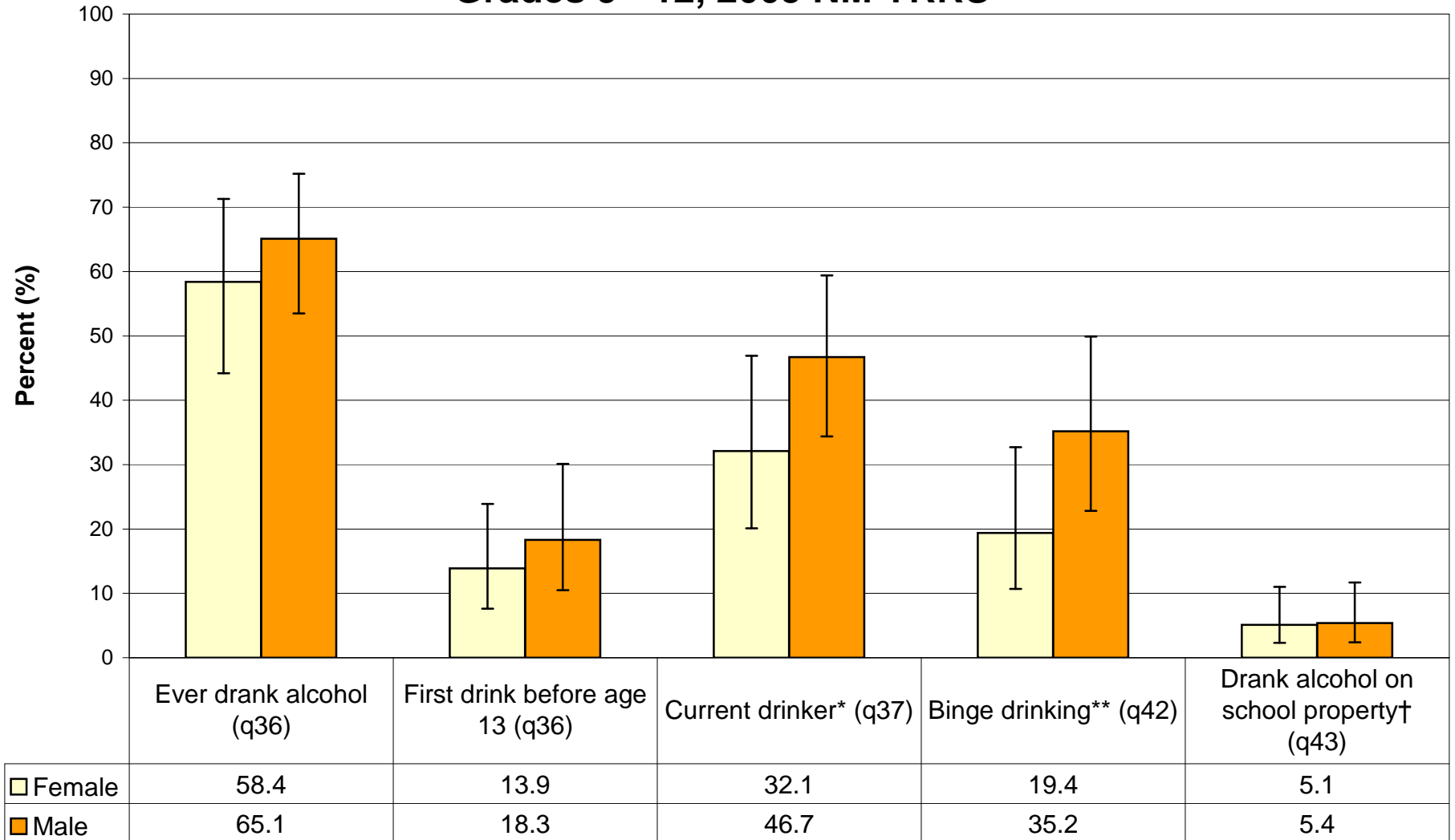


\* Had at least one drink of alcohol in the past 30 days

\*\* Had at least 5 or more drinks in a row or within a couple of hours within the past 30 days

† Within the past 30 days

## Alcohol Use by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS

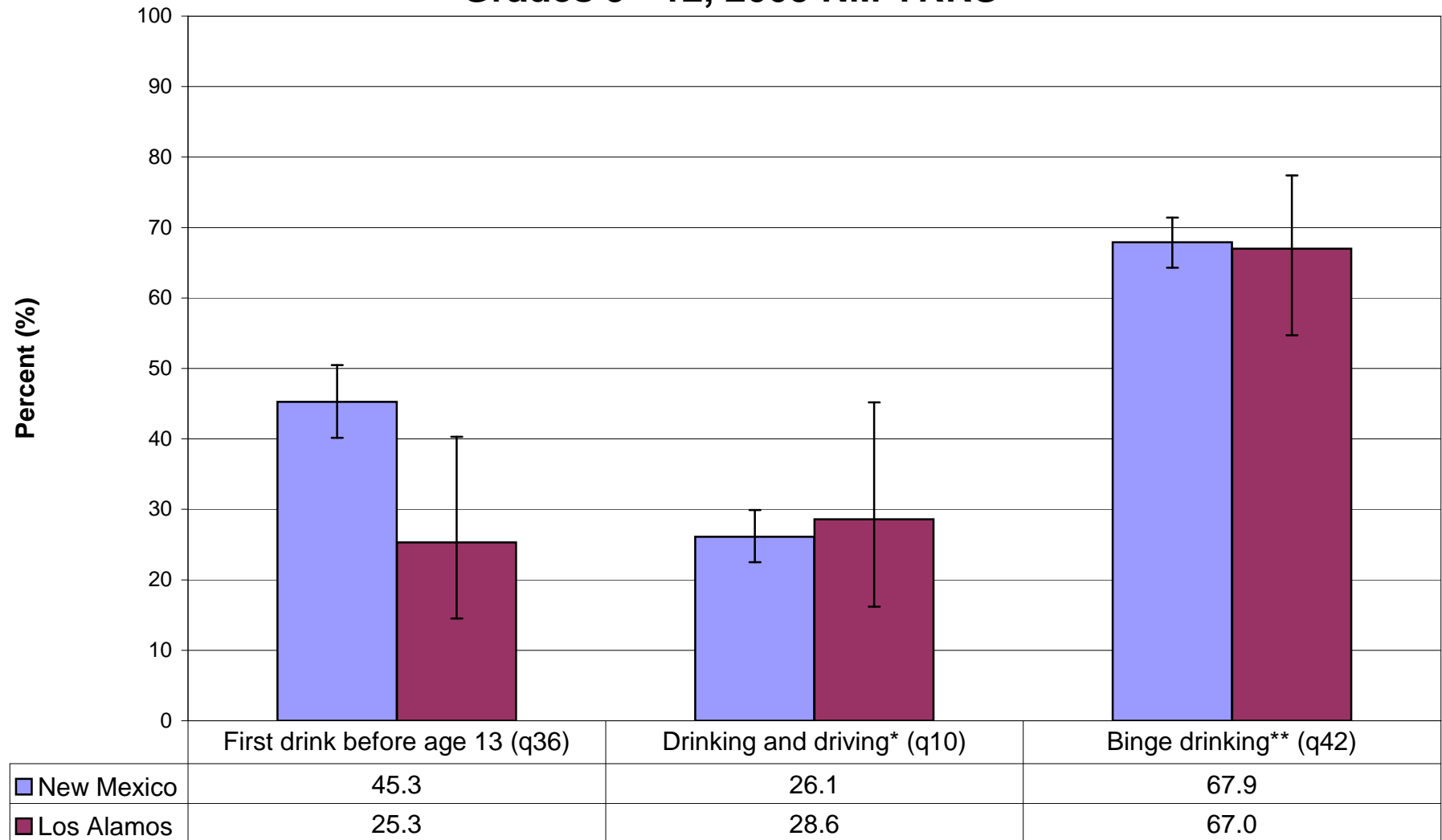


\* Had at least one drink of alcohol in the past 30 days

\*\* Had at least 5 or more drinks in a row or within a couple of hours within the past 30 days

† Within the past 30 days

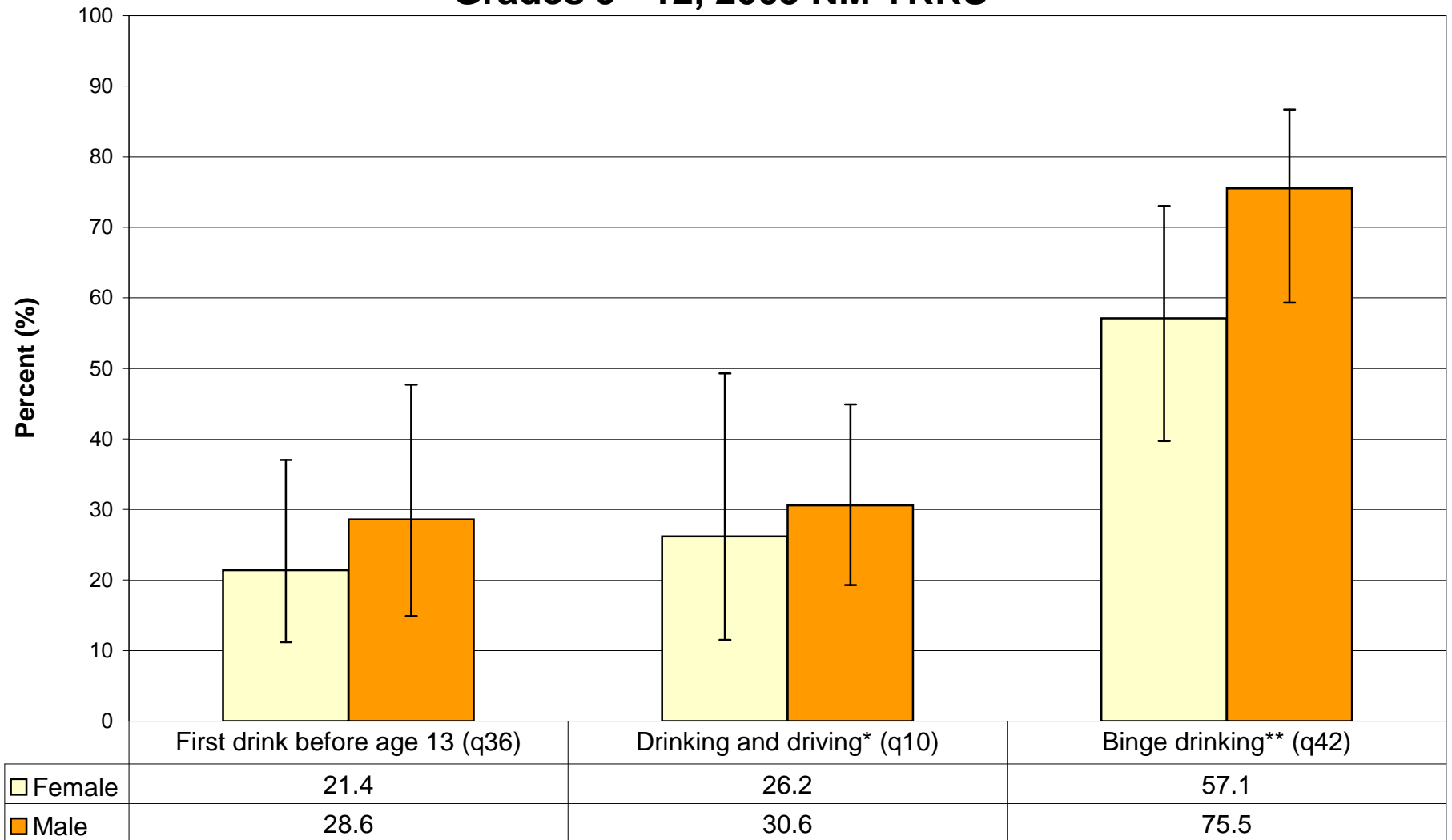
## Behaviors of Current Drinkers New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



\* In the past 30 days

\*\* Had at least 5 or more drinks of alcohol in a row, or within a couple of hours, within the last 30 days

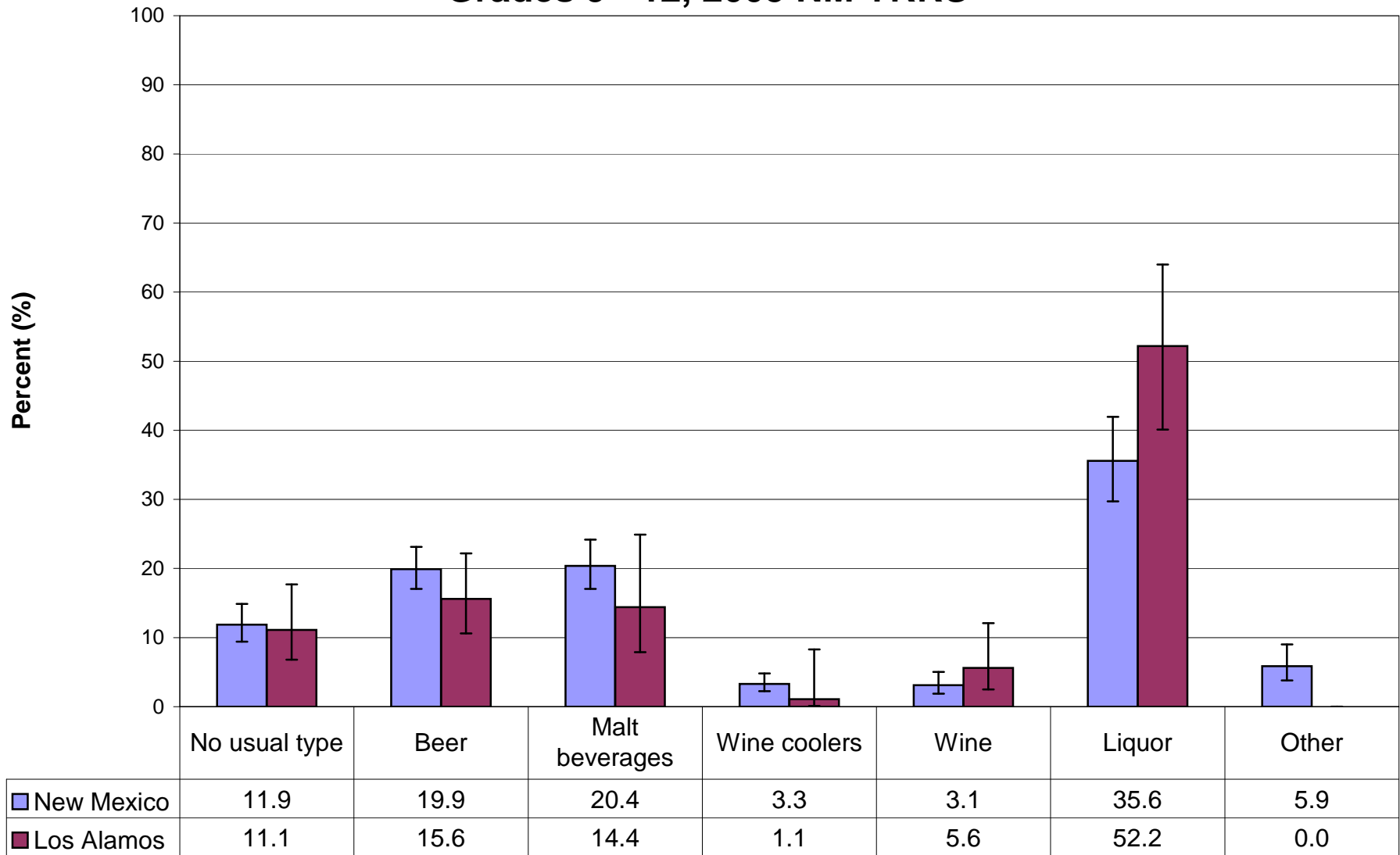
## Behaviors of Current Drinkers by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



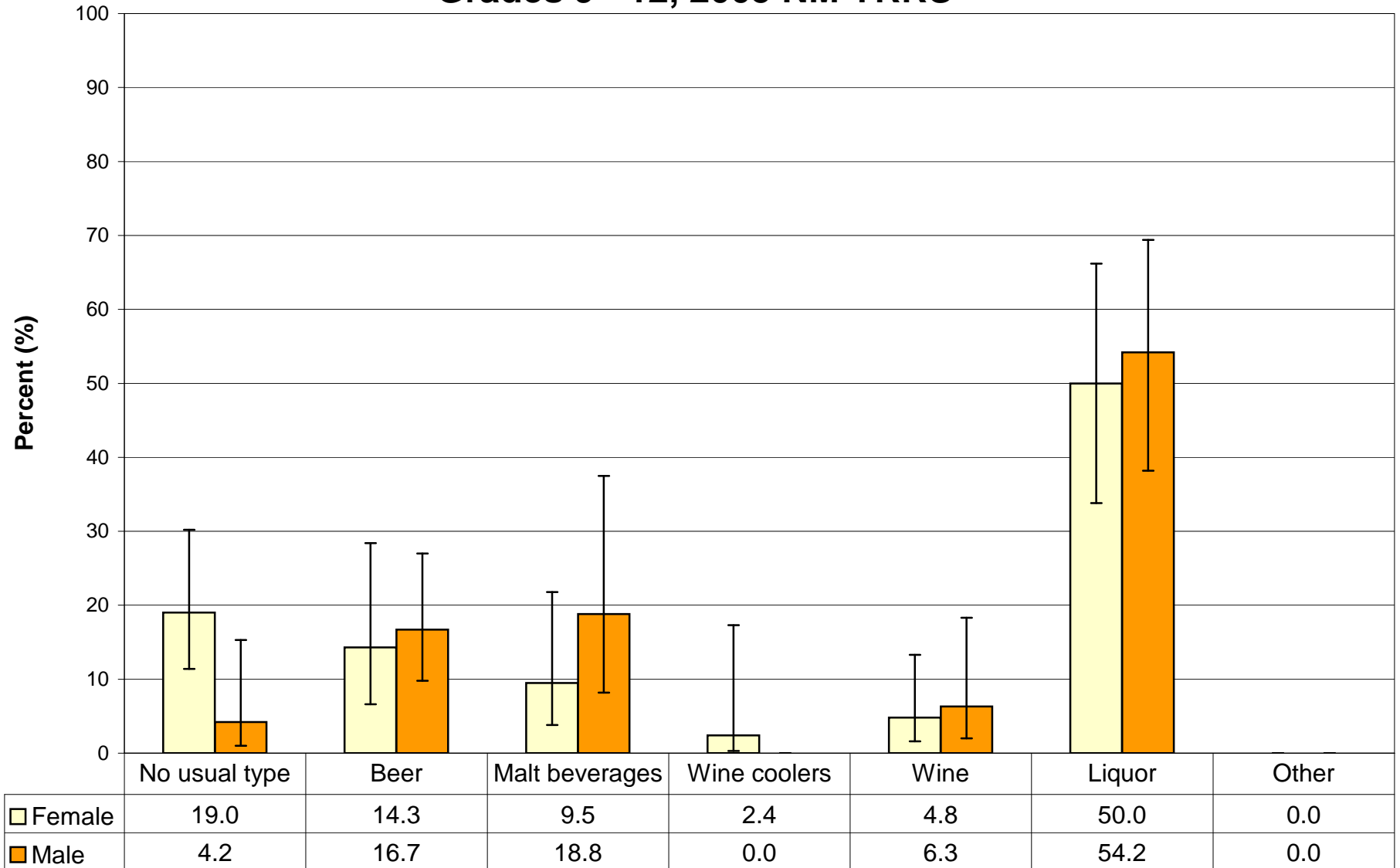
\* In the past 30 days

\*\* Had at least 5 or more drinks of alcohol in a row, or within a couple of hours, within the last 30 days

## Usual Type of Alcohol Consumed by Current Drinkers New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



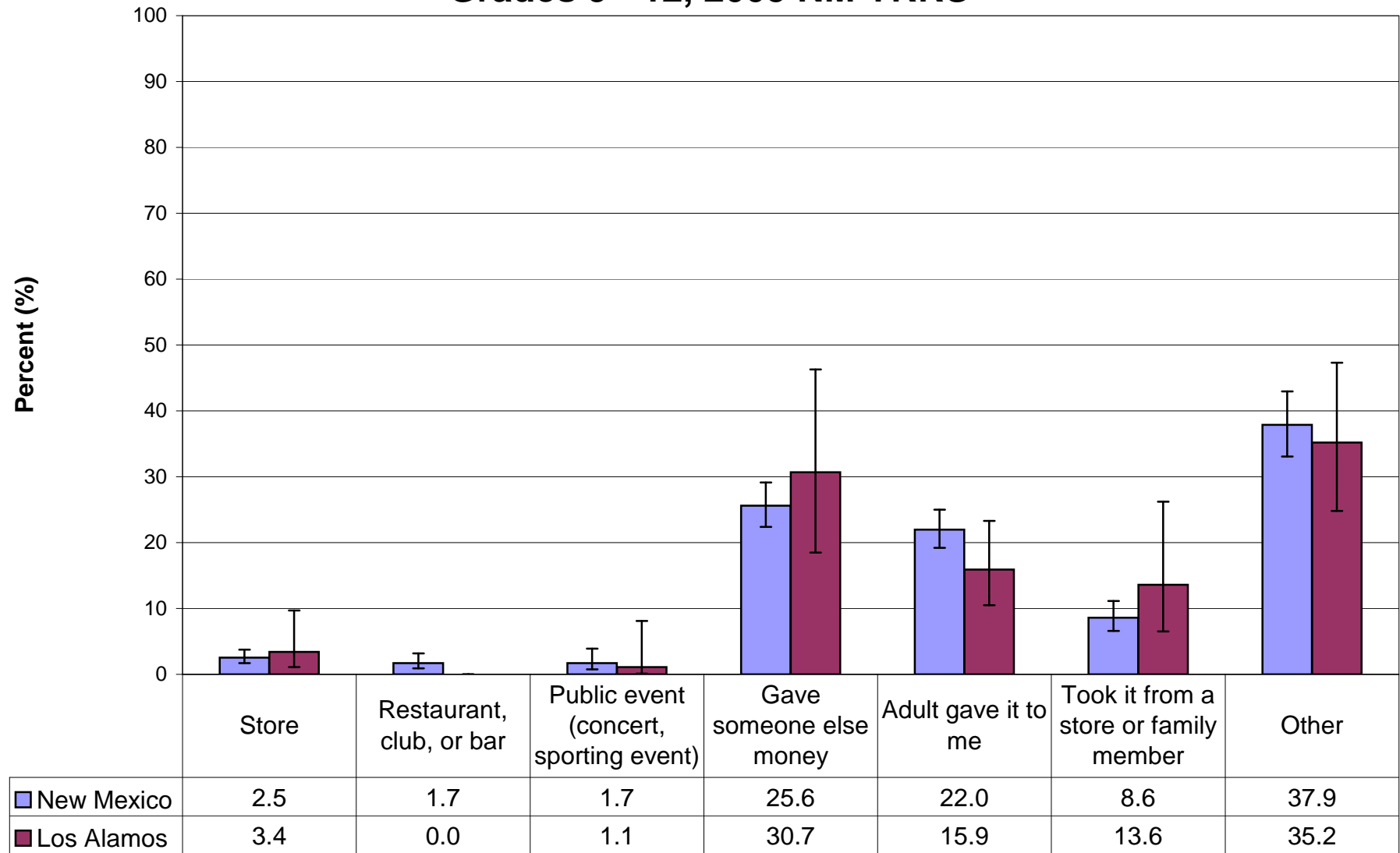
## Usual Type of Alcohol Consumed by Current Drinkers by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



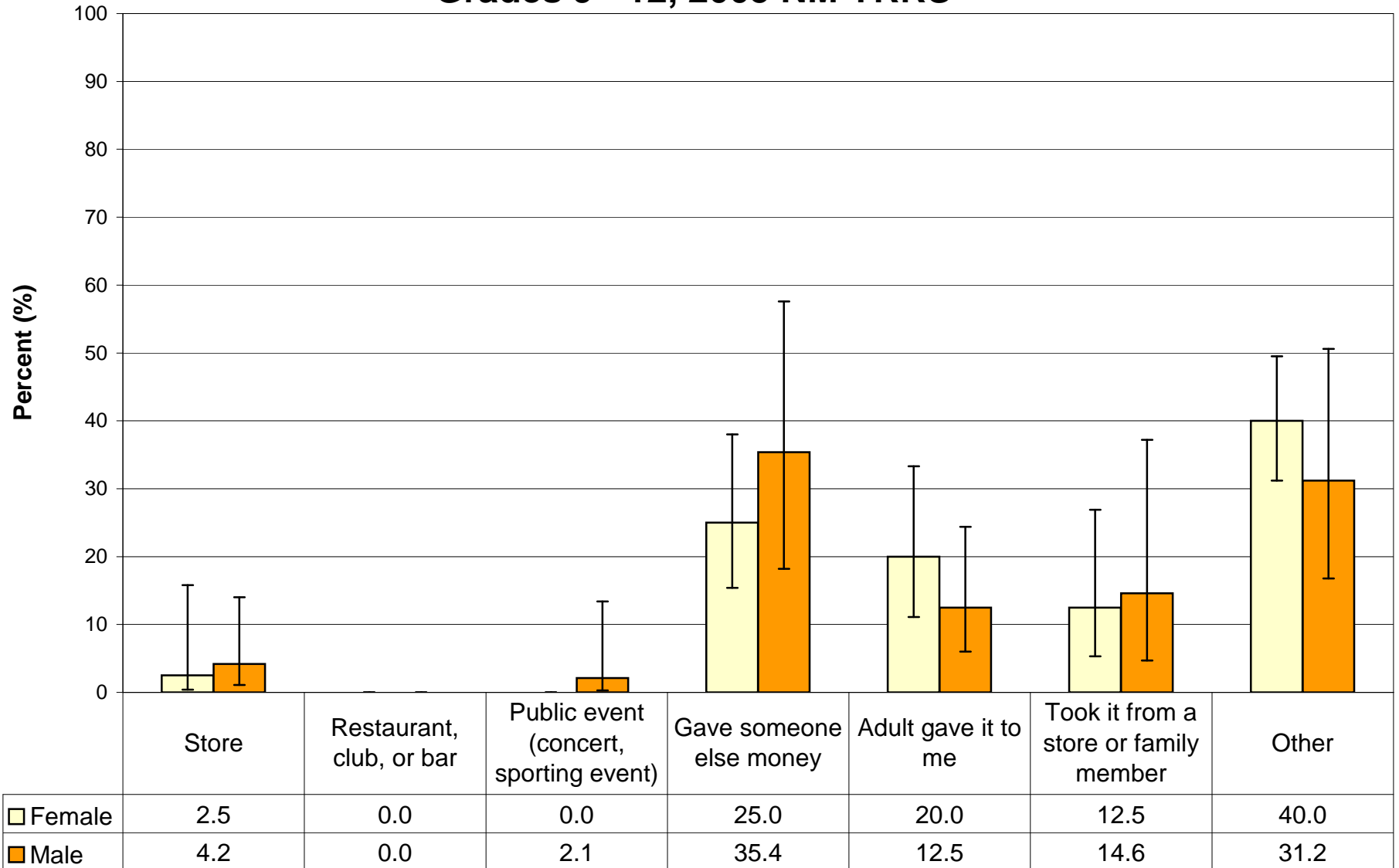
## Usual Source of Alcohol

### New Mexico and Los Alamos County

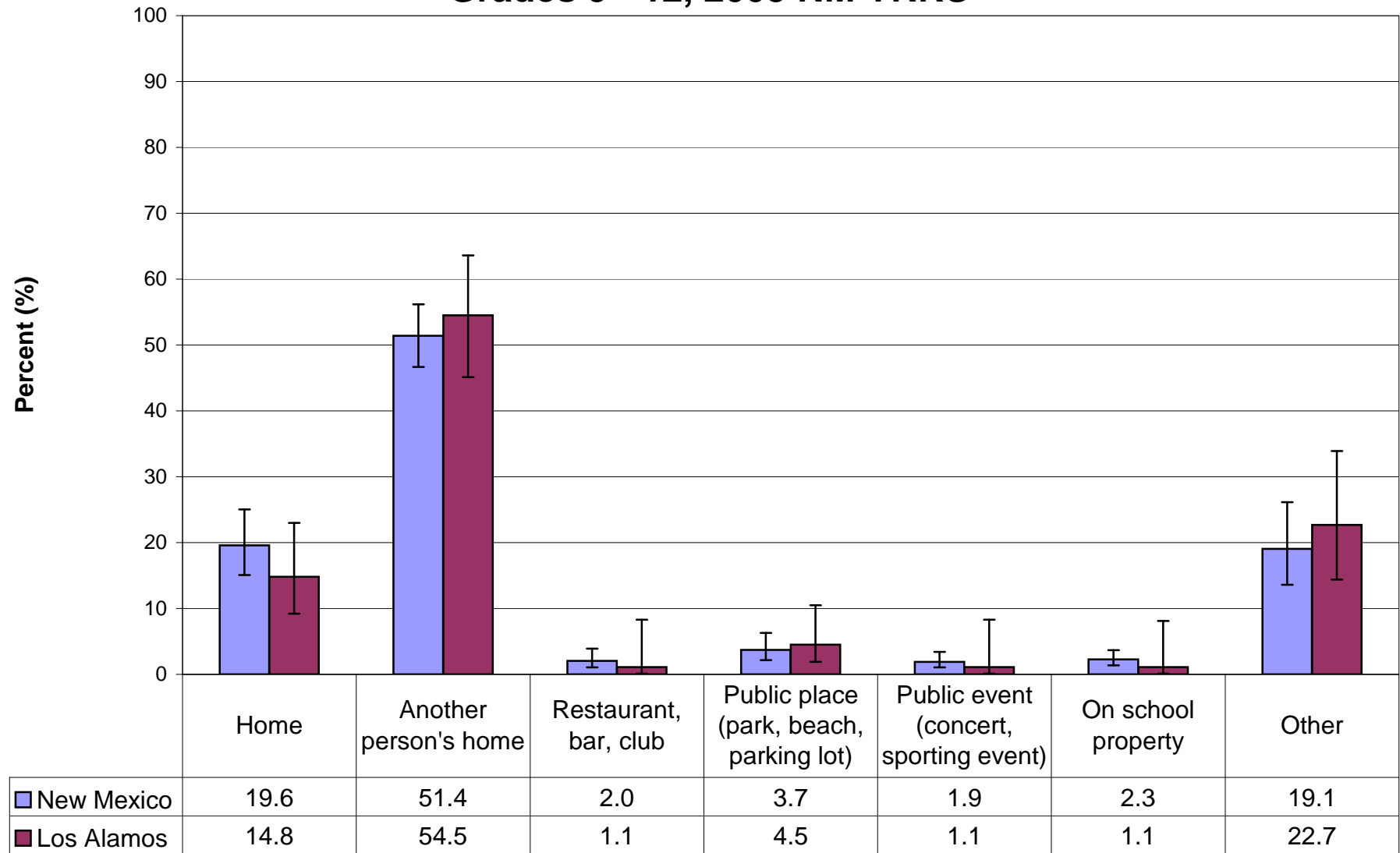
### Grades 9 - 12, 2005 NM YRRS



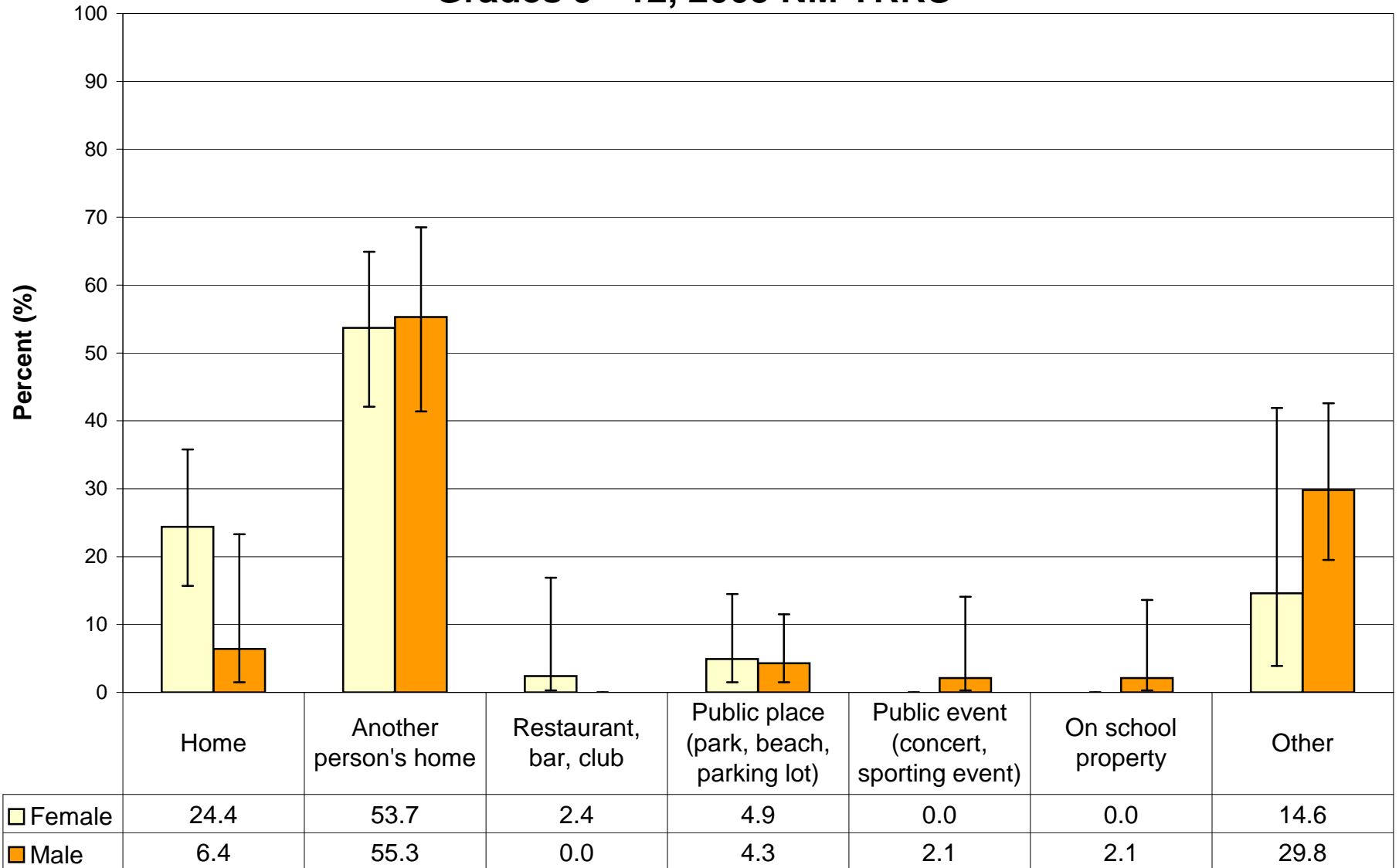
## Usual Source of Alcohol by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



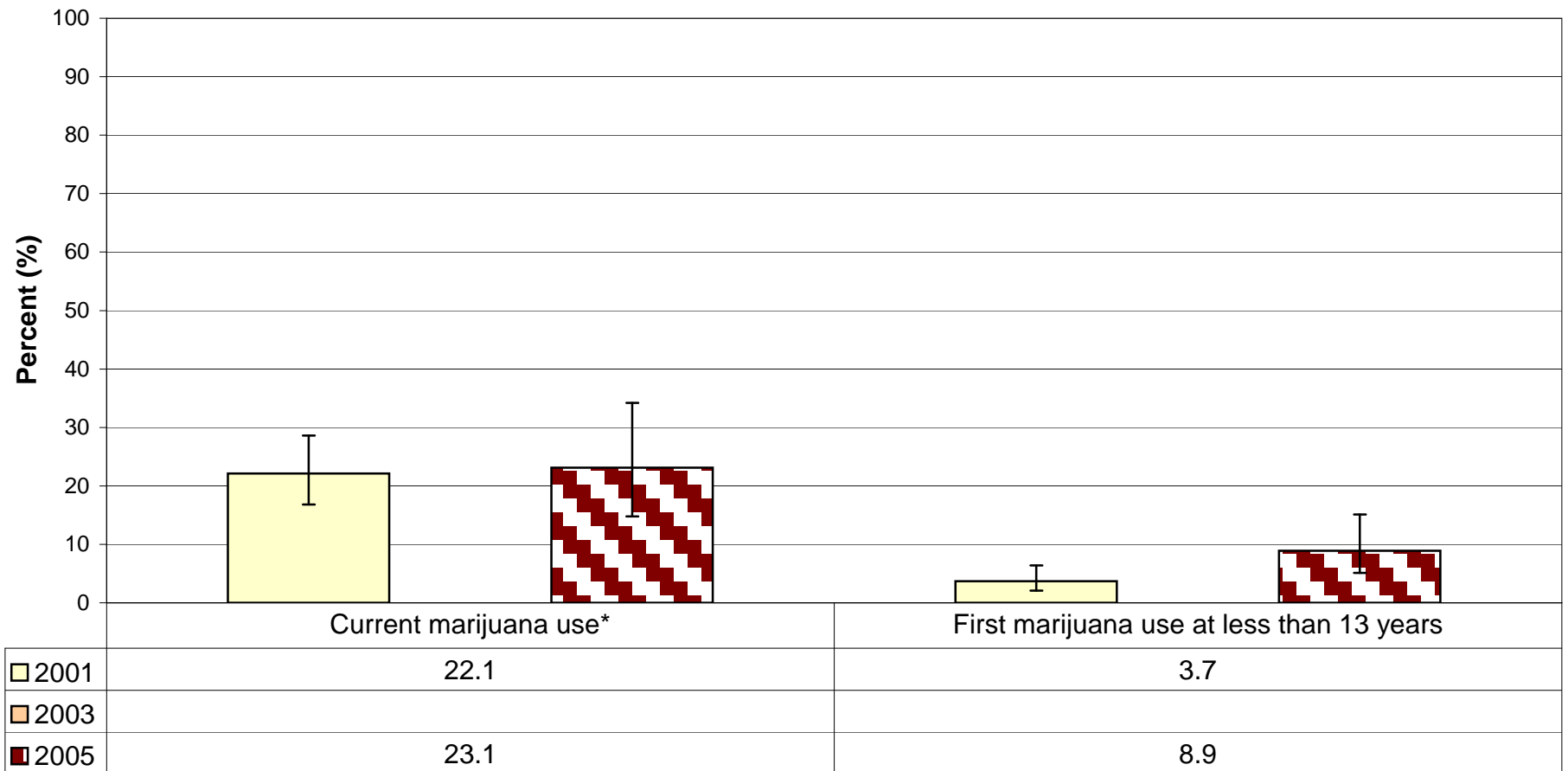
## Usual Location for Drinking New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



## Usual Location for Drinking by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



## Marijuana Use Los Alam County; 2001, 2003, and 2005 Grades 9 - 12, NM YRRS

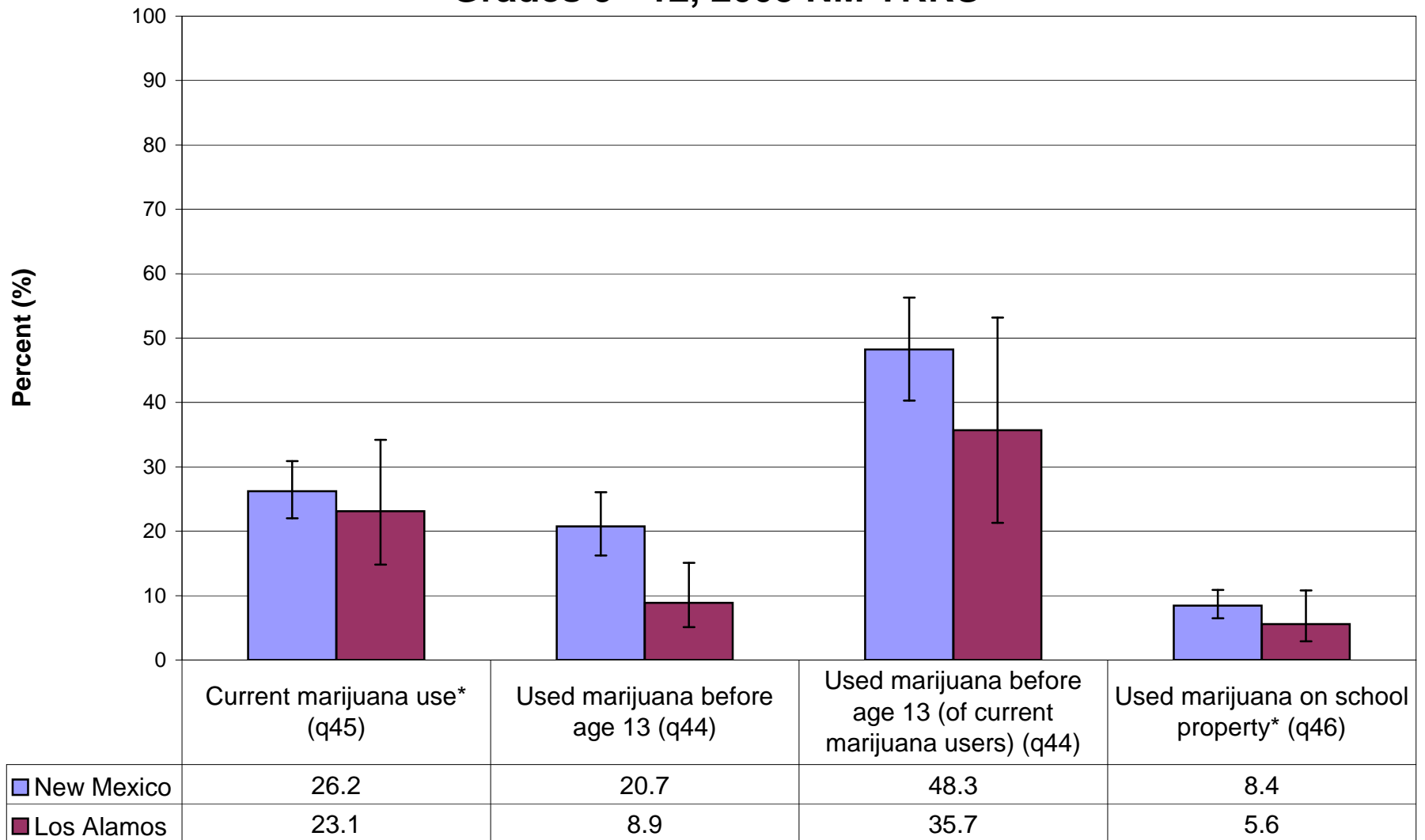


\* Within the past 30 days

# Marijuana Use

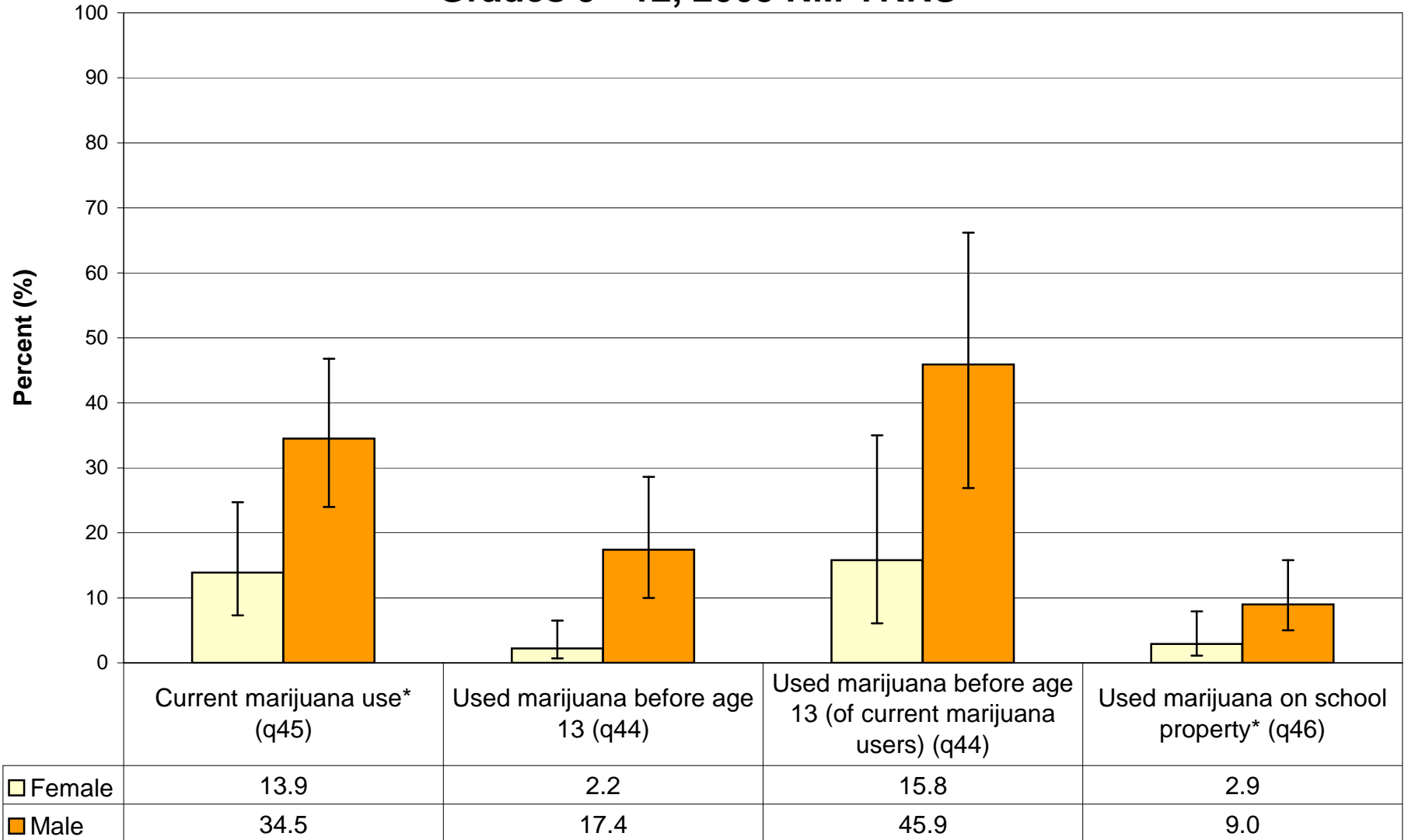
## New Mexico and Los Alamos County

### Grades 9 - 12, 2005 NM YRRS



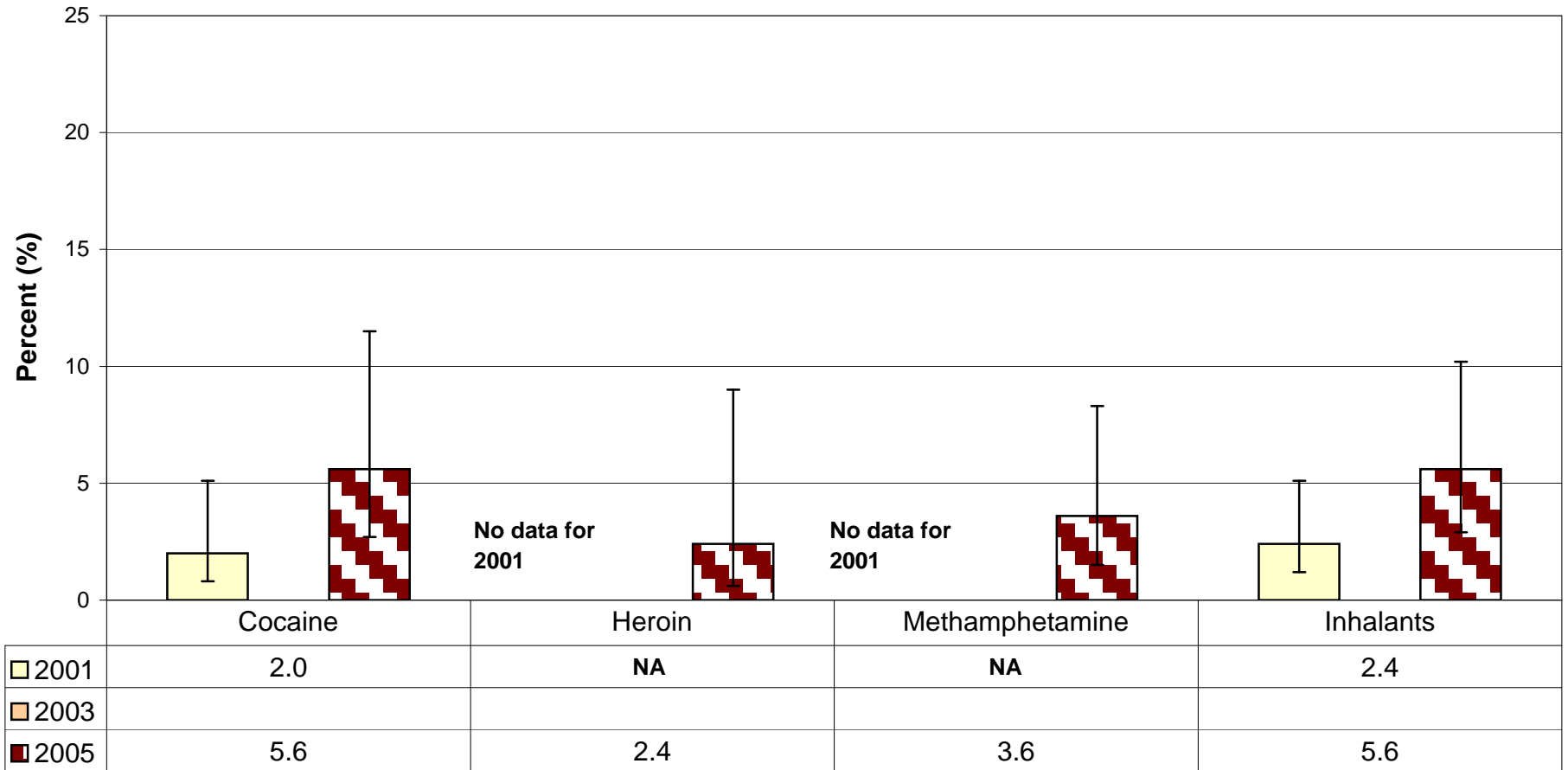
\* Within the past 30 days

## Marijuana Use by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS

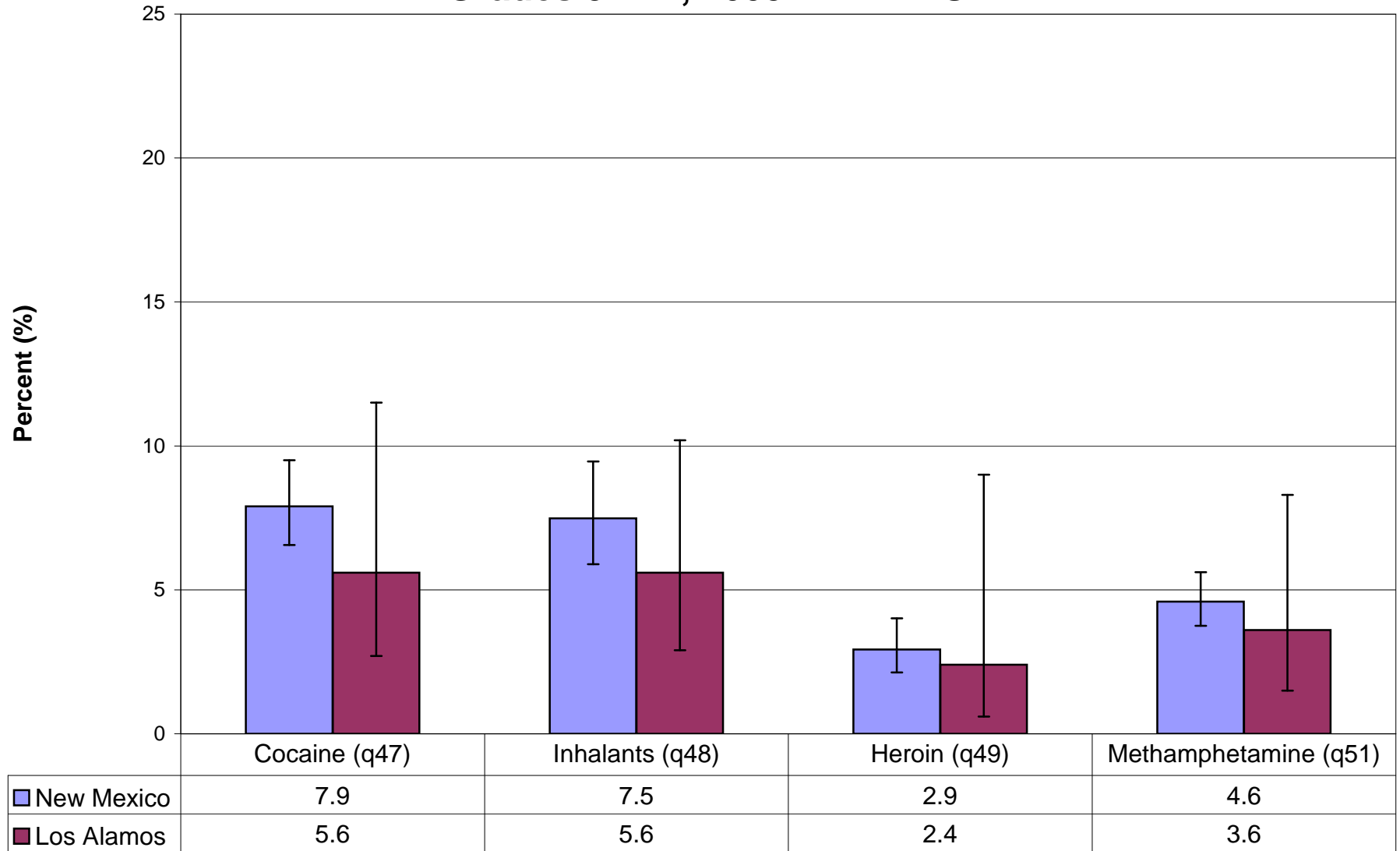


\* Within the past 30 days

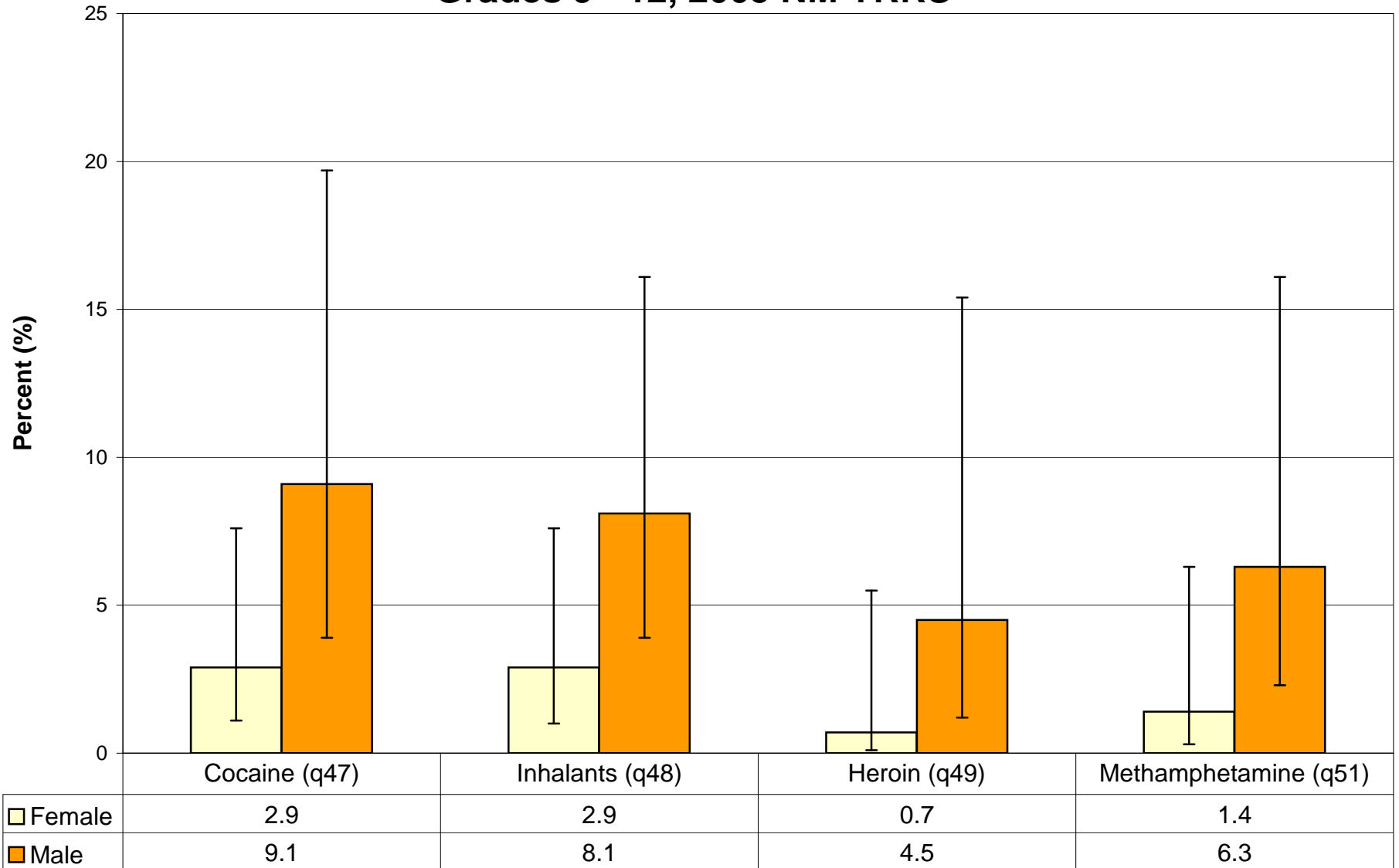
## Past 30-day Drug Use Los Alam County; 2001, 2003, and 2005 Grades 9 - 12, NM YRRS



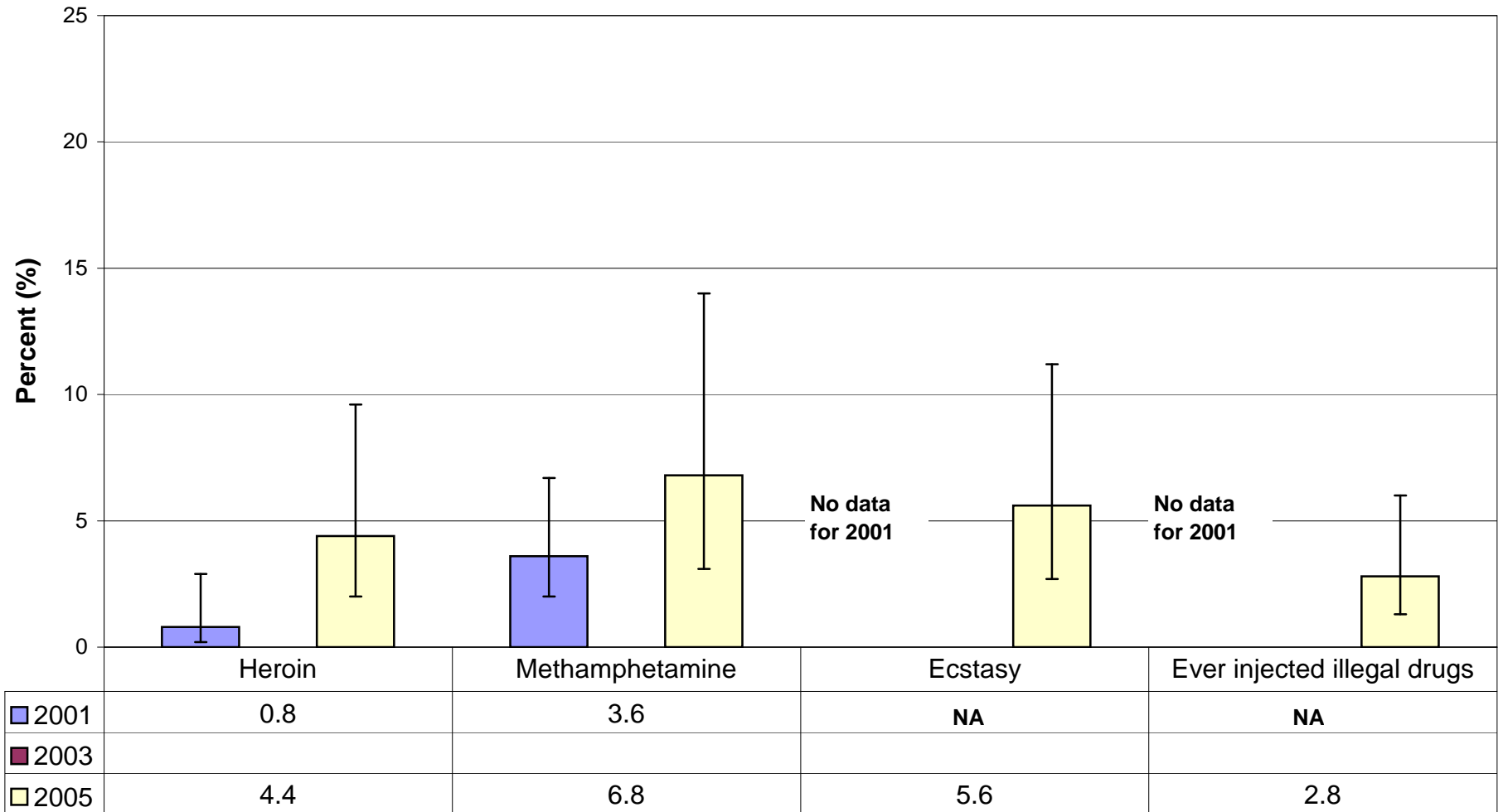
**Past 30 Day Drug Use  
New Mexico and Los Alamos County  
Grades 9 - 12, 2005 NM YRRS**



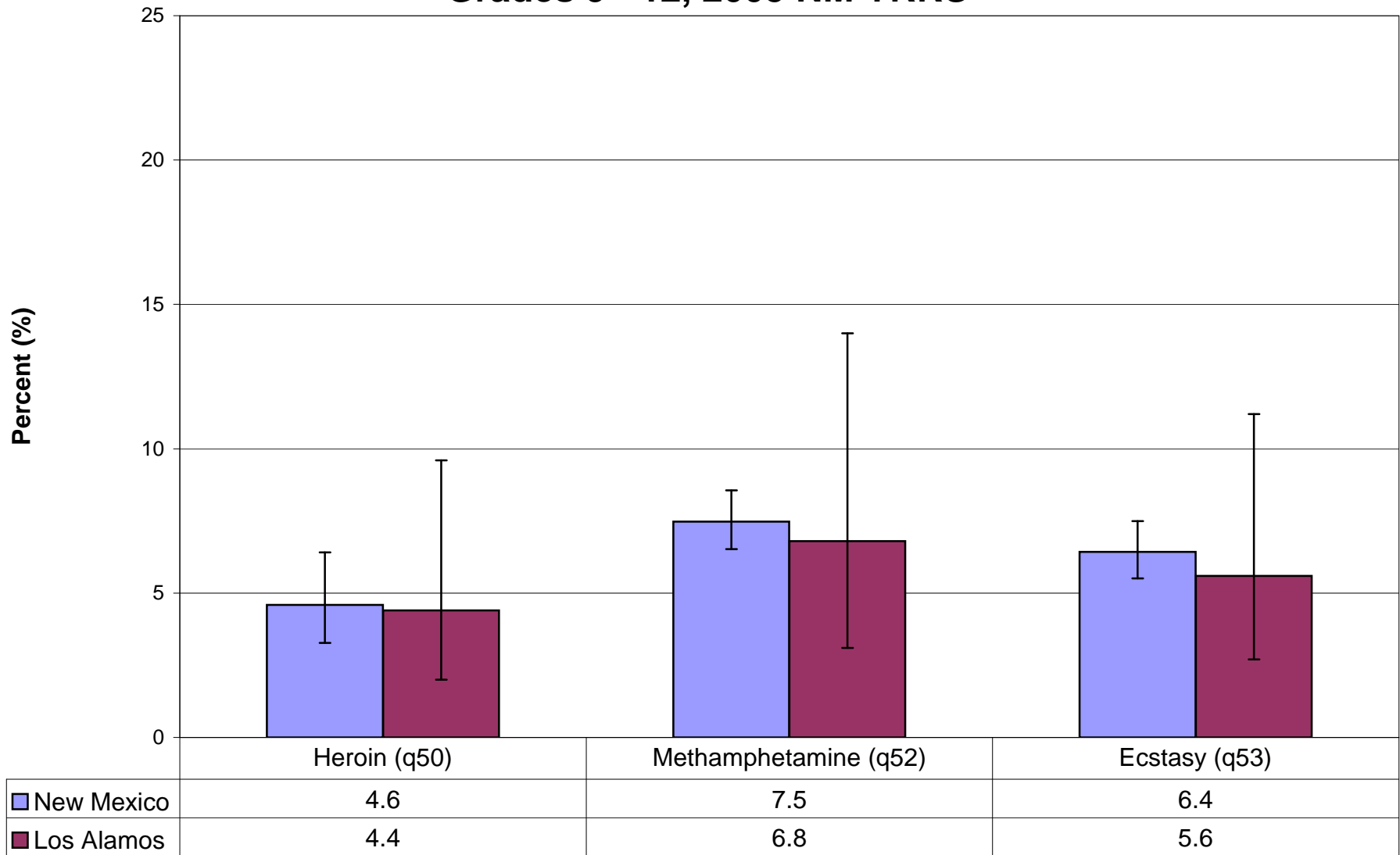
## Past 30 Day Drug Use by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



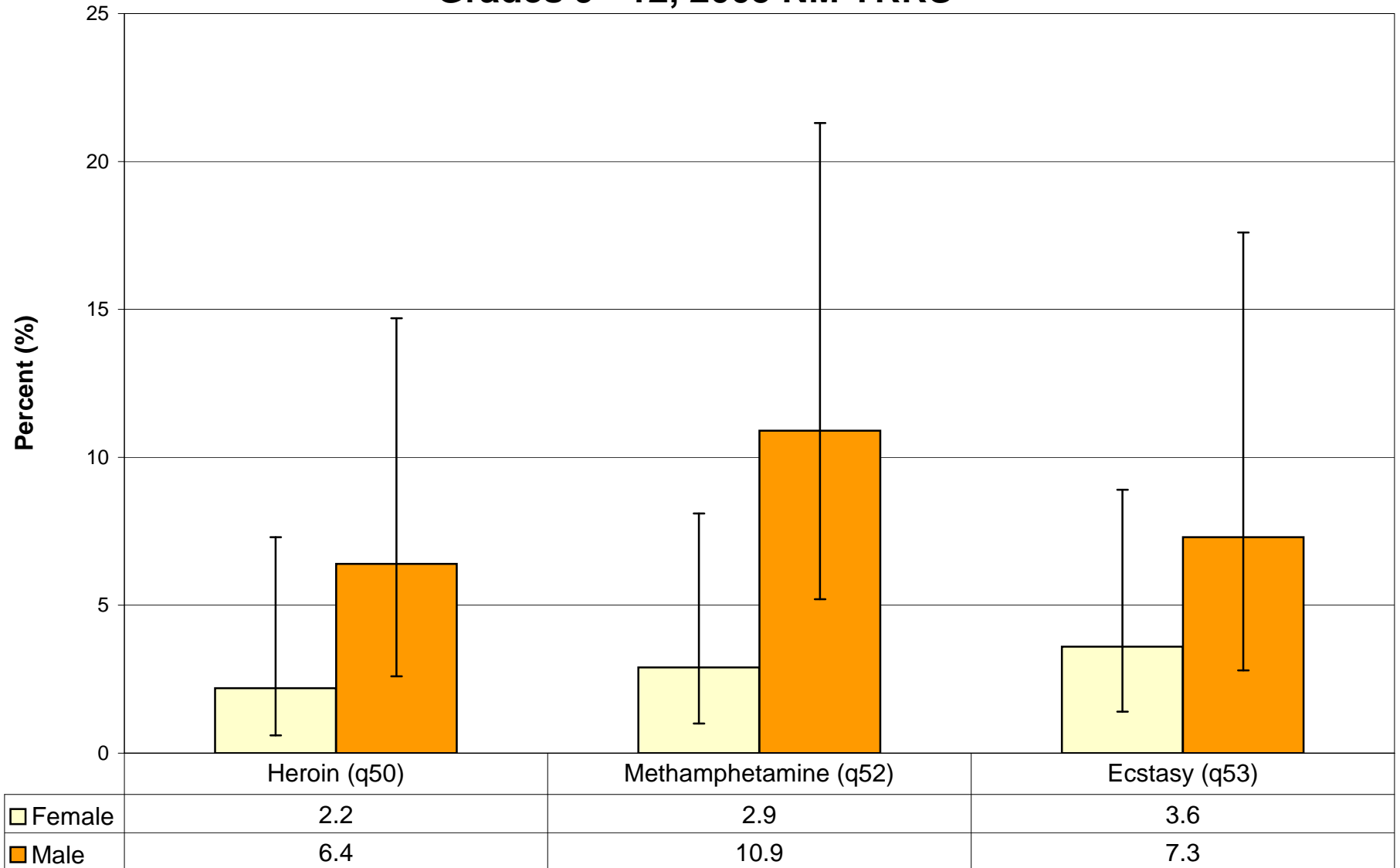
**Past 12-Month Drug Use and Lifetime Injection Drug Use  
Los Alam County; 2001, 2003, and 2005  
Grades 9 - 12, NM YRRS**



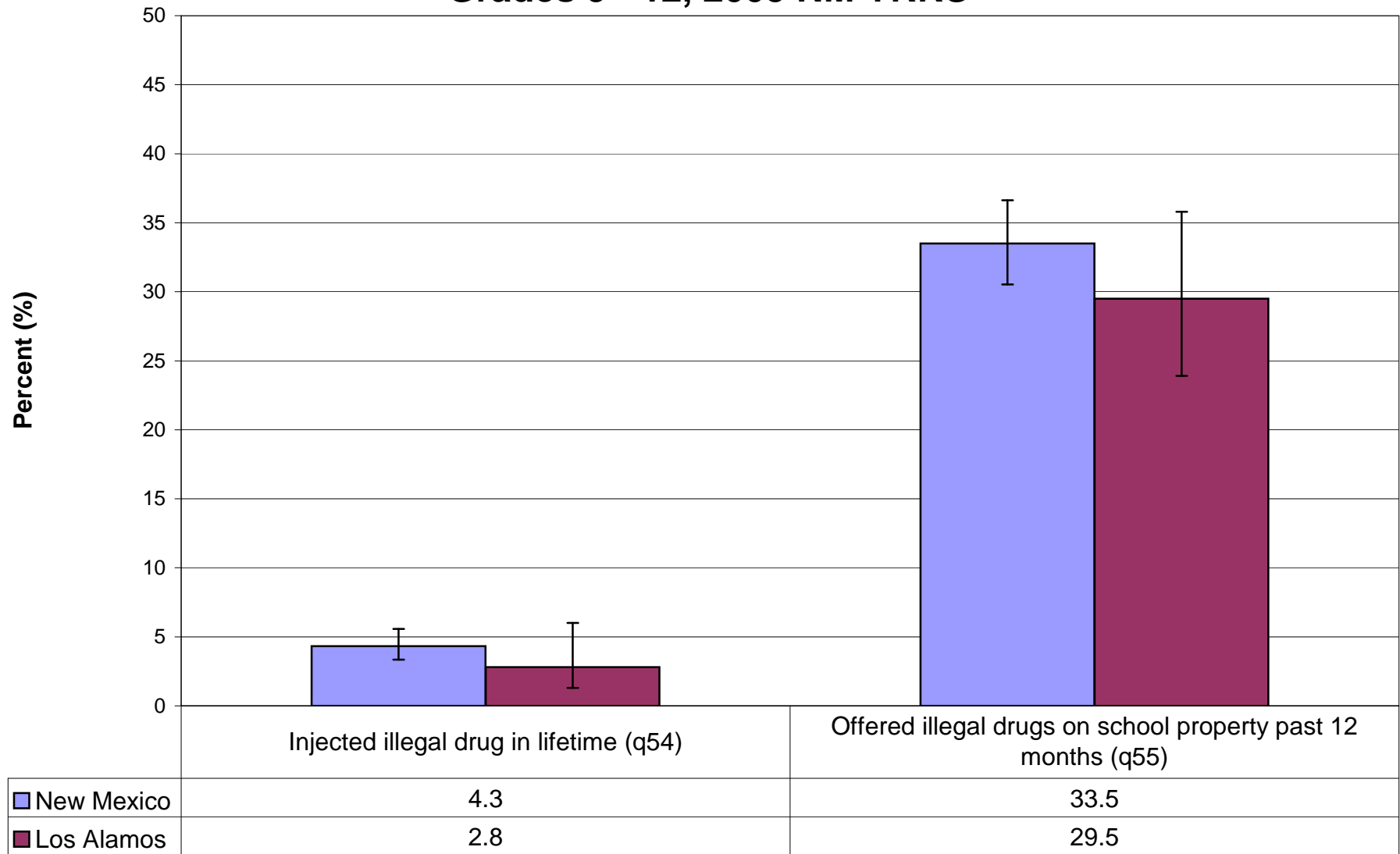
## Past 12 Month Drug Use New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



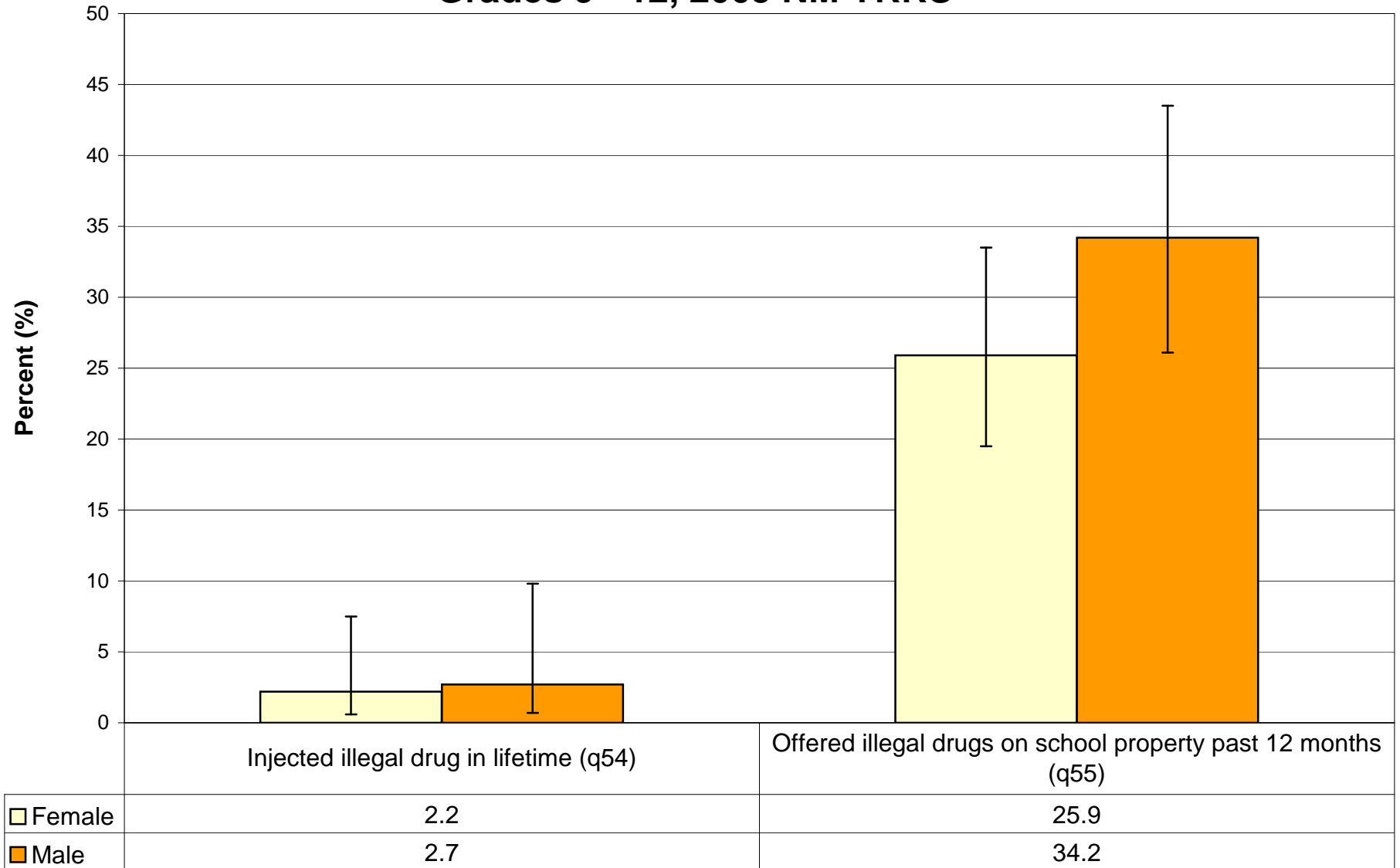
**Past 12 Month Drug Use  
by Gender in Los Alamos County  
Grades 9 - 12, 2005 NM YRRS**



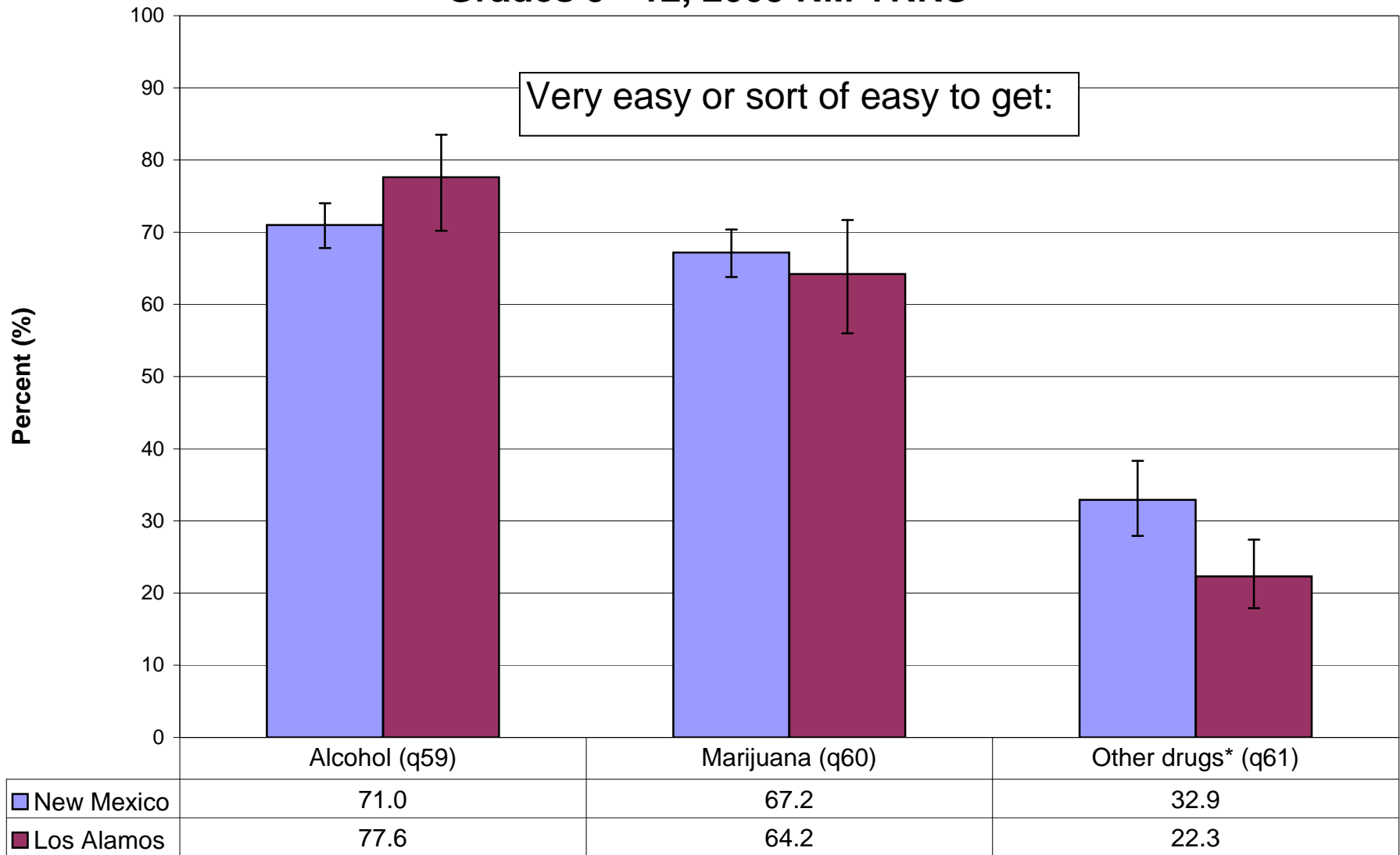
## Other Drug-Related Indicators New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



## Other Drug-Related Indicators by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS

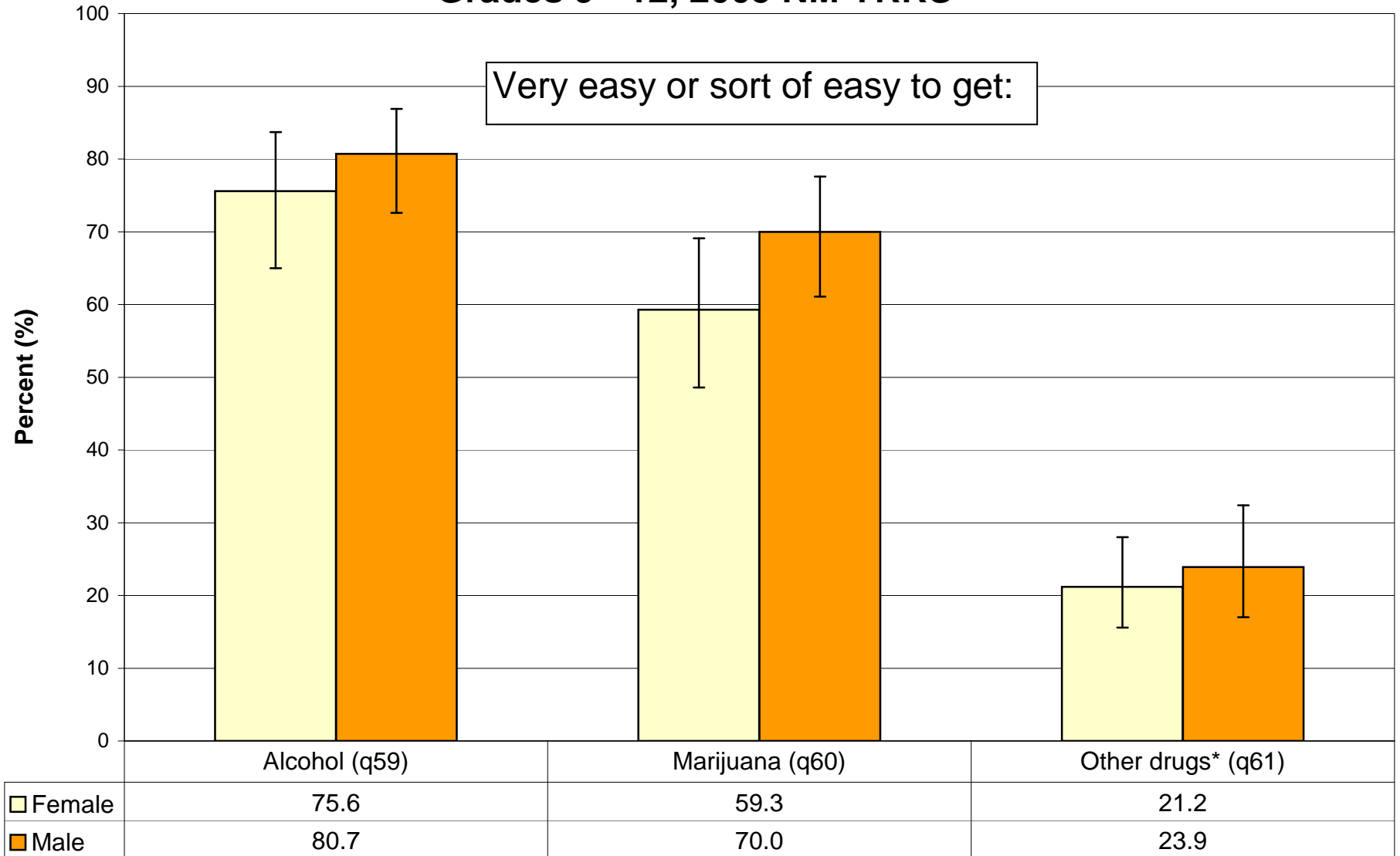


## Ease of Access to Alcohol and Drugs New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



\* Cocaine, LSD, methamphetamines, or other illegal drug

## Ease of Access to Alcohol and Drugs by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS

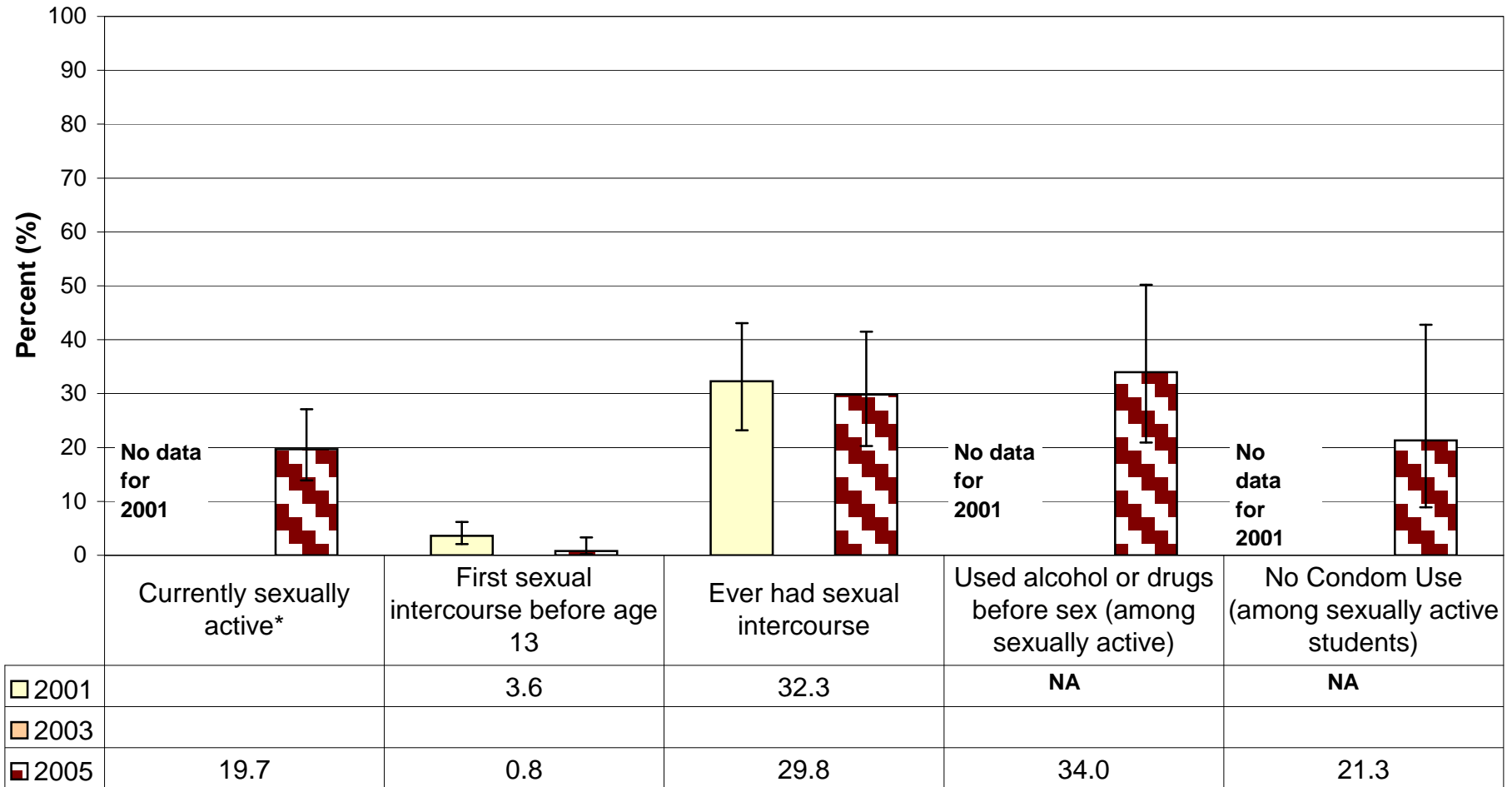


\* Cocaine, LSD, methamphetamines, or other illegal drug

# Sexual Activity

## Los Alam County; 2001, 2003, and 2005

### Grades 9 - 12, NM YRRS

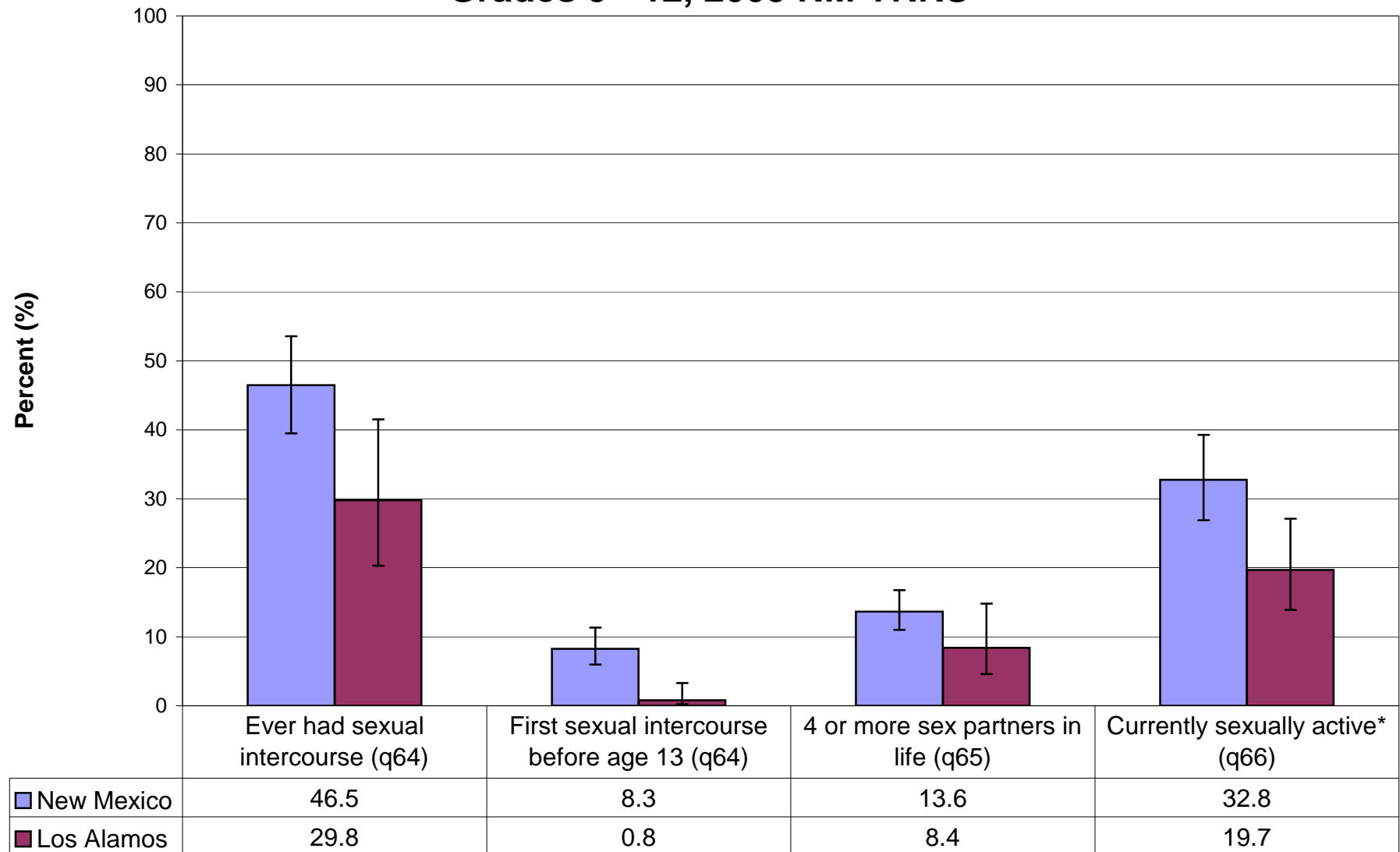


\* Has had sexual intercourse within the past 3 months

## Sexual Activity

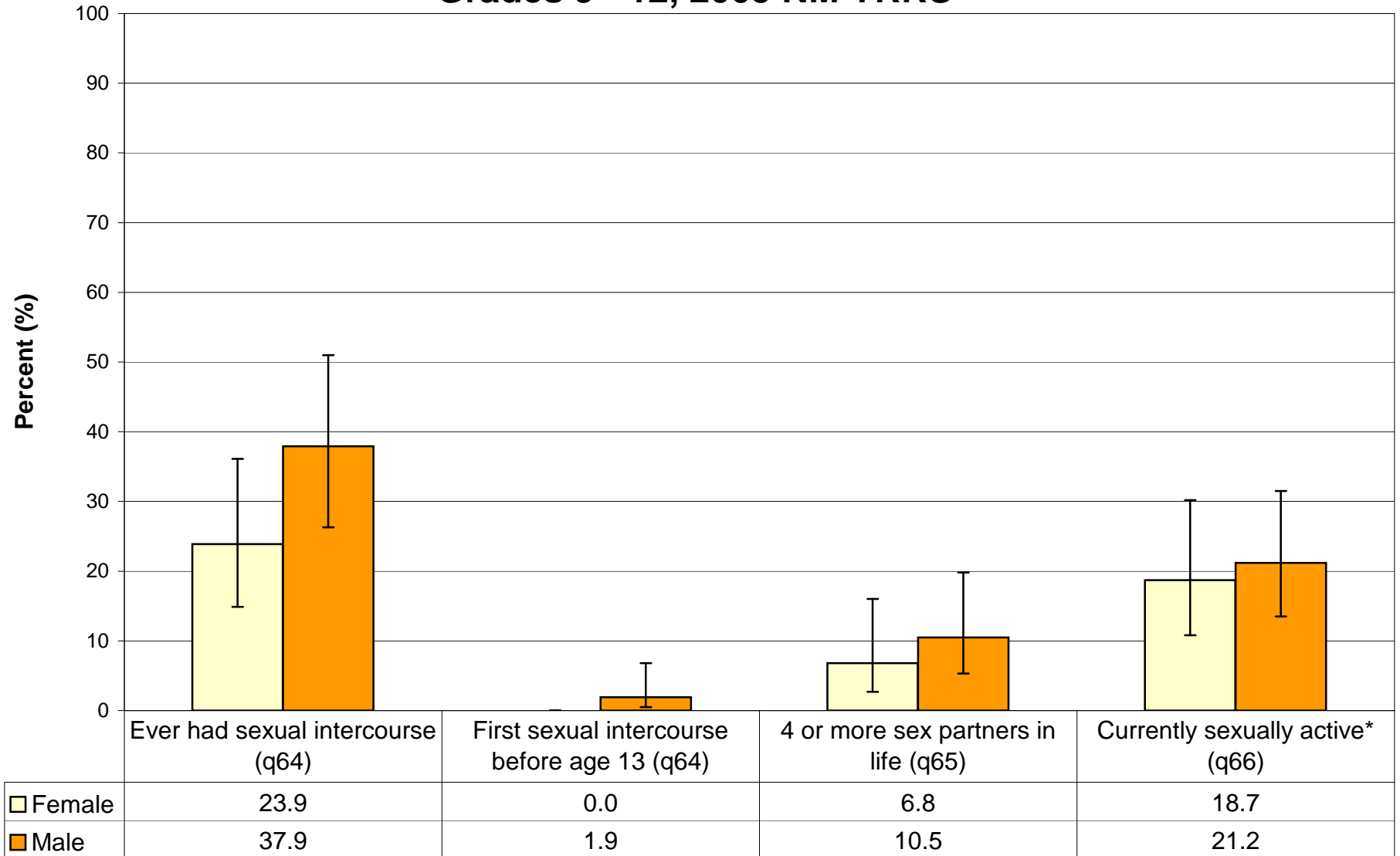
### New Mexico and Los Alamos County

#### Grades 9 - 12, 2005 NM YRRS



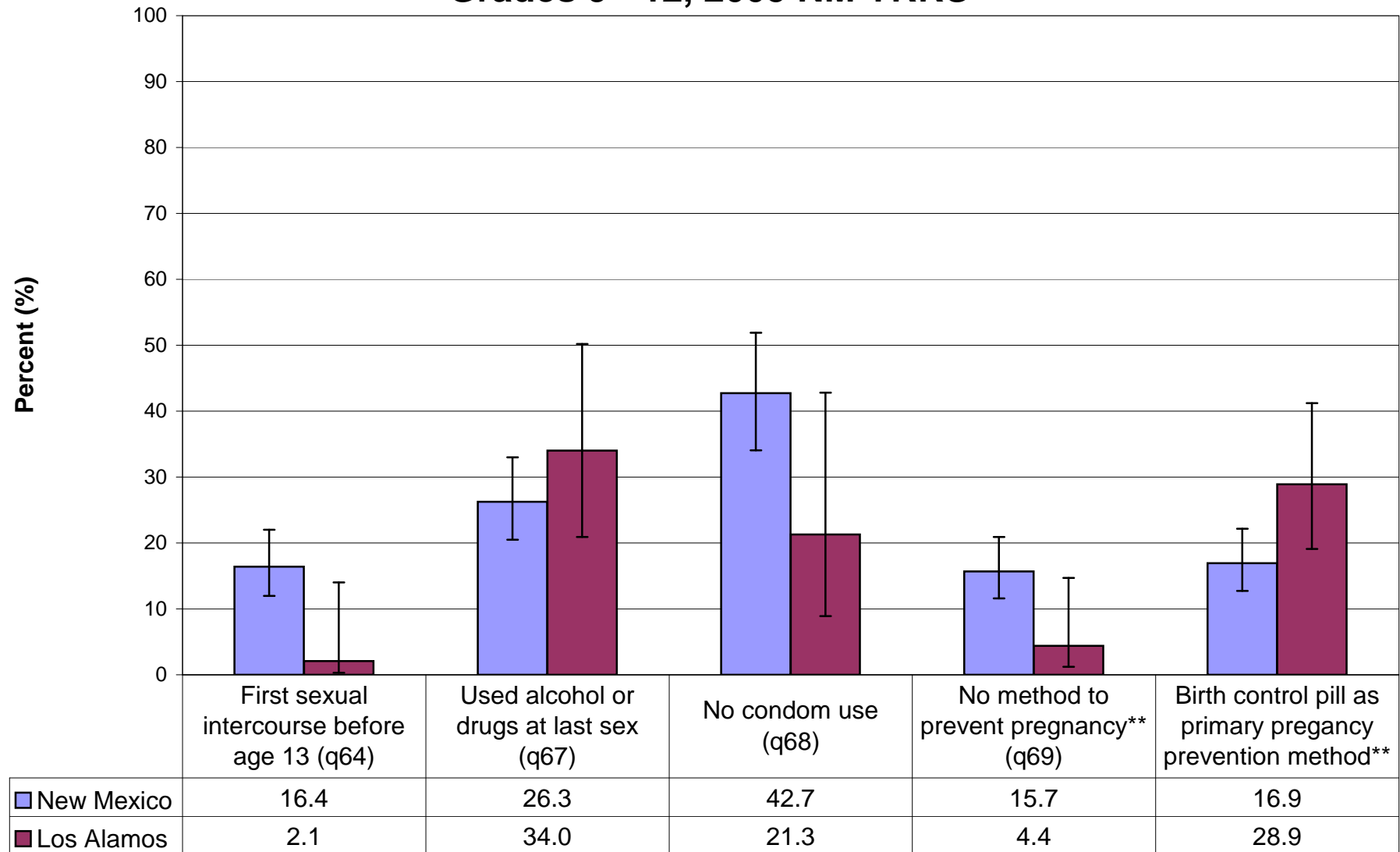
\* Has had sexual intercourse within the past 3 months

## Sexual Activity by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



\* Has had sexual intercourse within the past 3 months

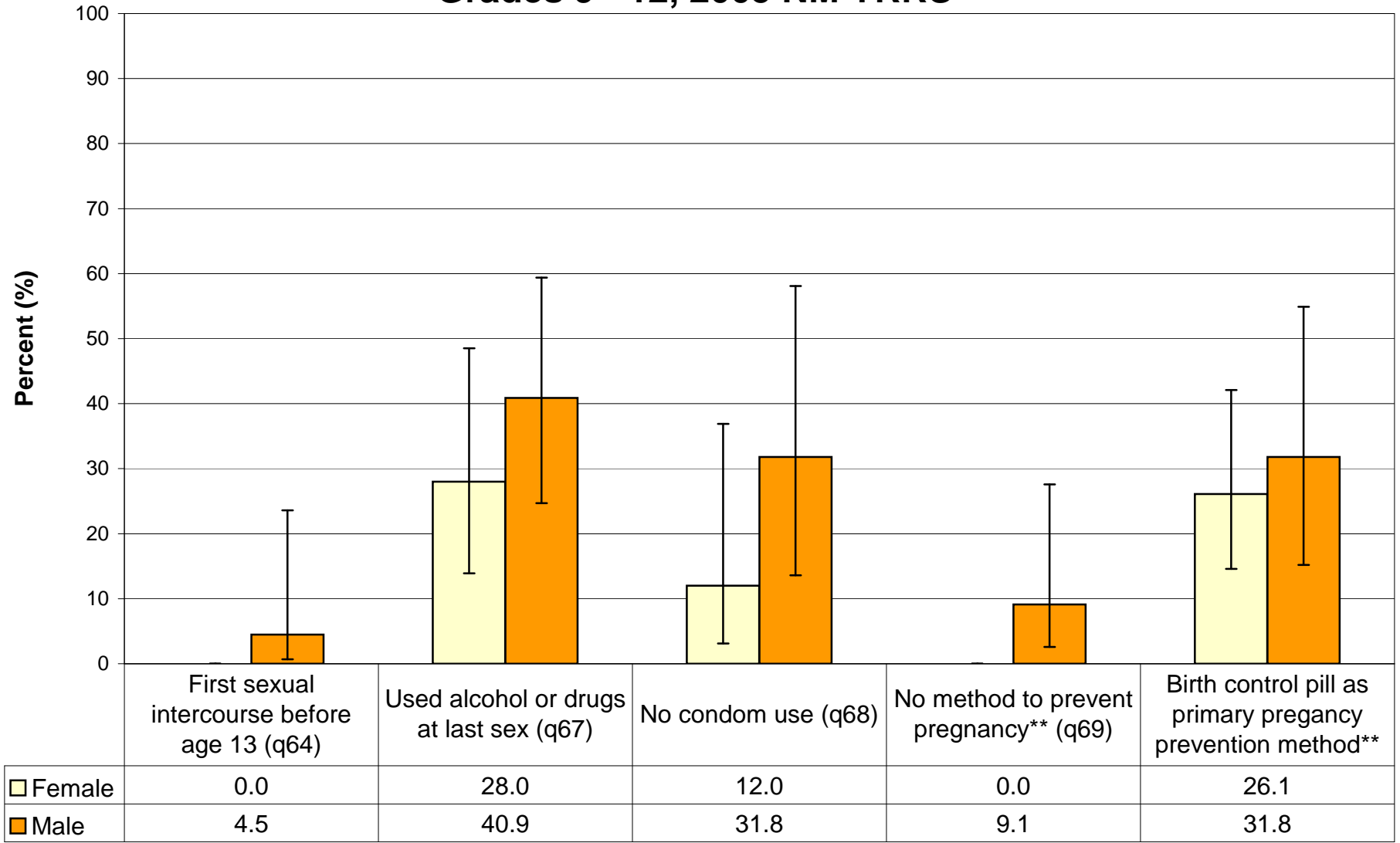
## Behaviors of Sexually Active\* Students New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



\* Has had sexual intercourse within the past 3 months

\*\* Last time had sexual intercourse

## Behaviors of Sexually Active\* Students by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



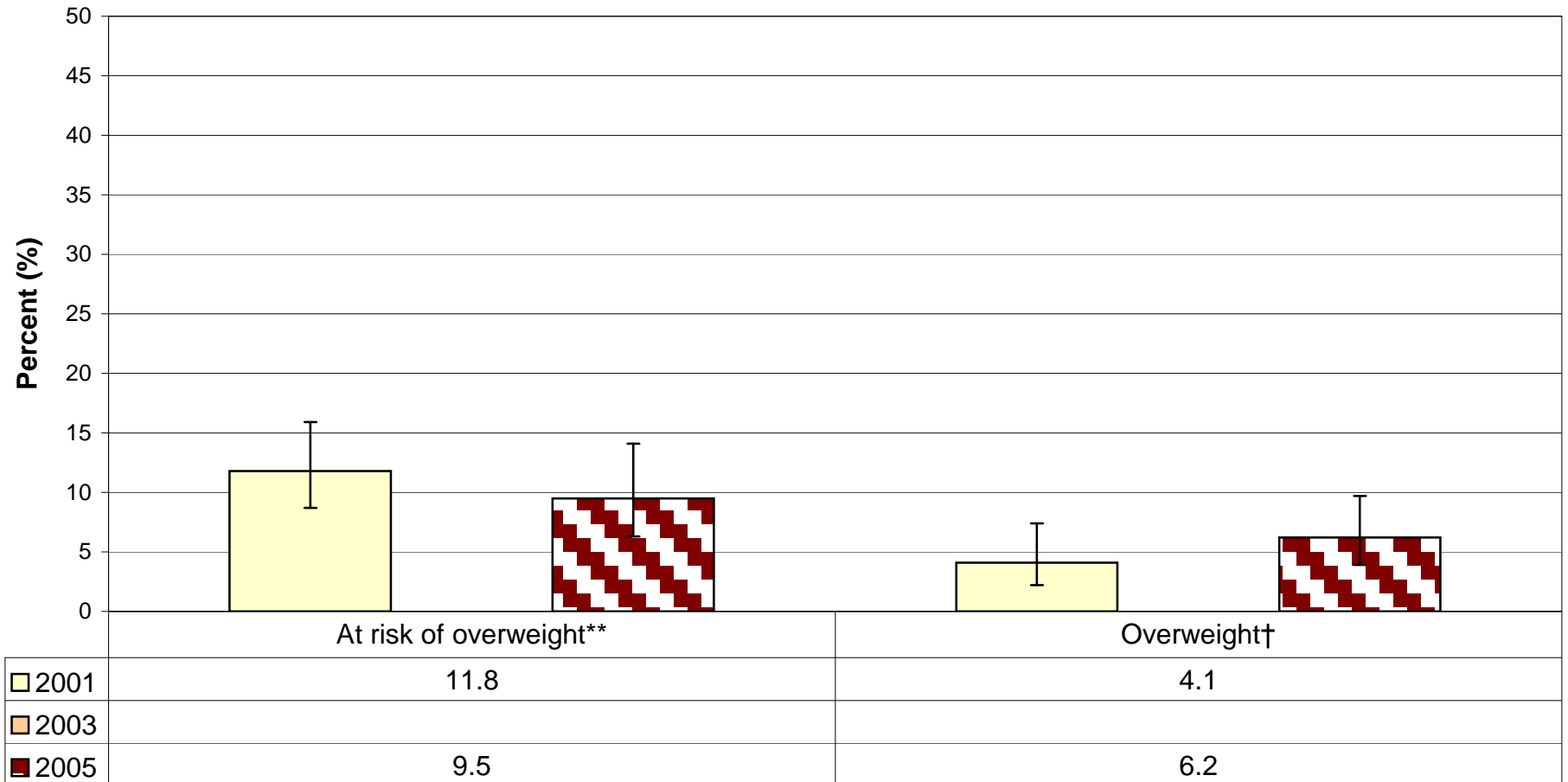
\* Had sexual intercourse within the last 3 months

\*\* Last time had sexual intercourse

## Overweight\*

### Los Alam County; 2001, 2003, and 2005

### Grades 9 - 12, NM YRRS



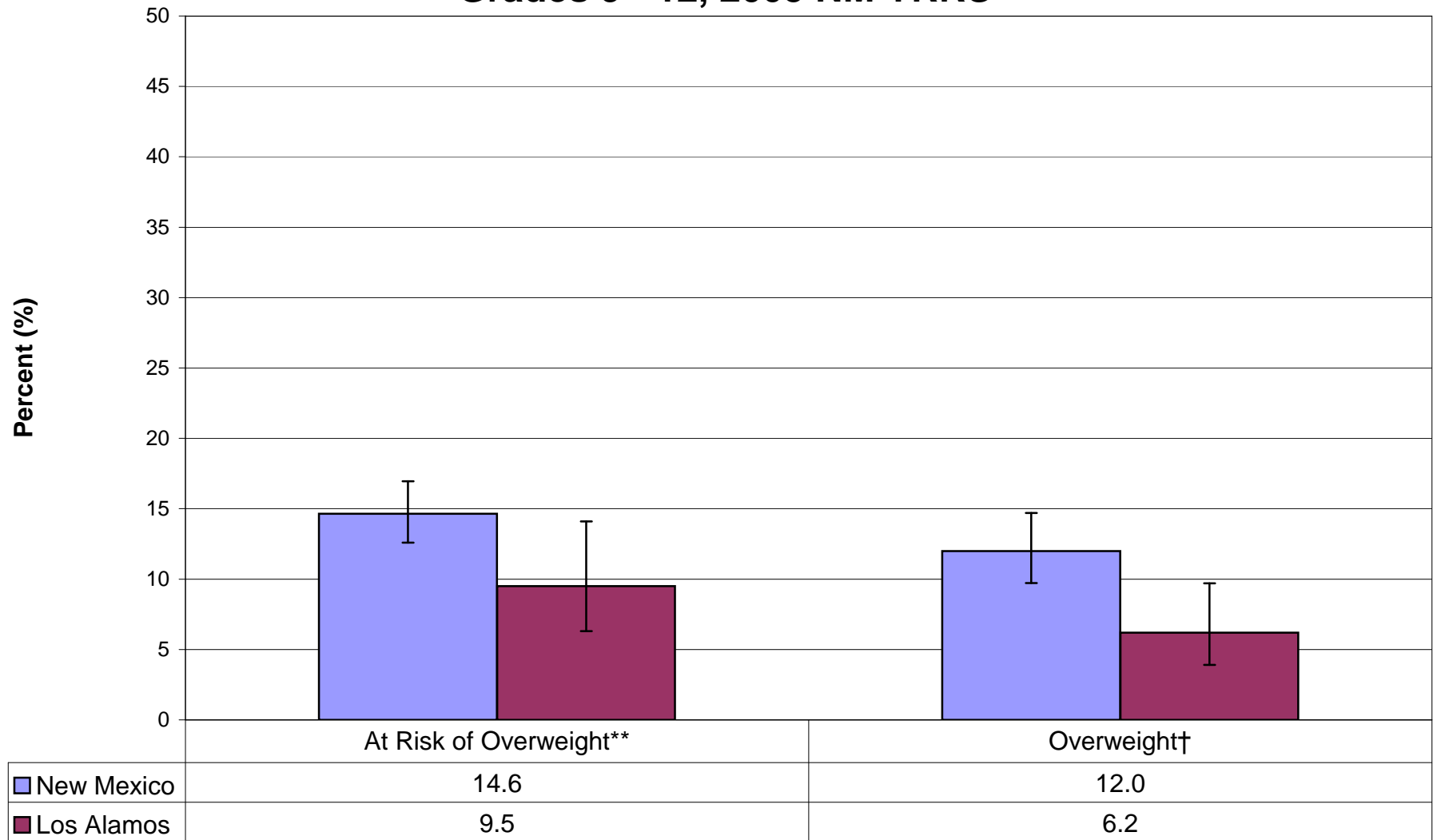
\* Based on Body Mass Index (BMI) calculated from self-reported height and weight

\*\* Students who were  $\geq$  85th percentile but  $<$  95th percentile for BMI, by age and sex, based on reference data

† Students who were  $\geq$  95th percentile for BMI, by age and sex, based on reference data

# Overweight\*

## New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



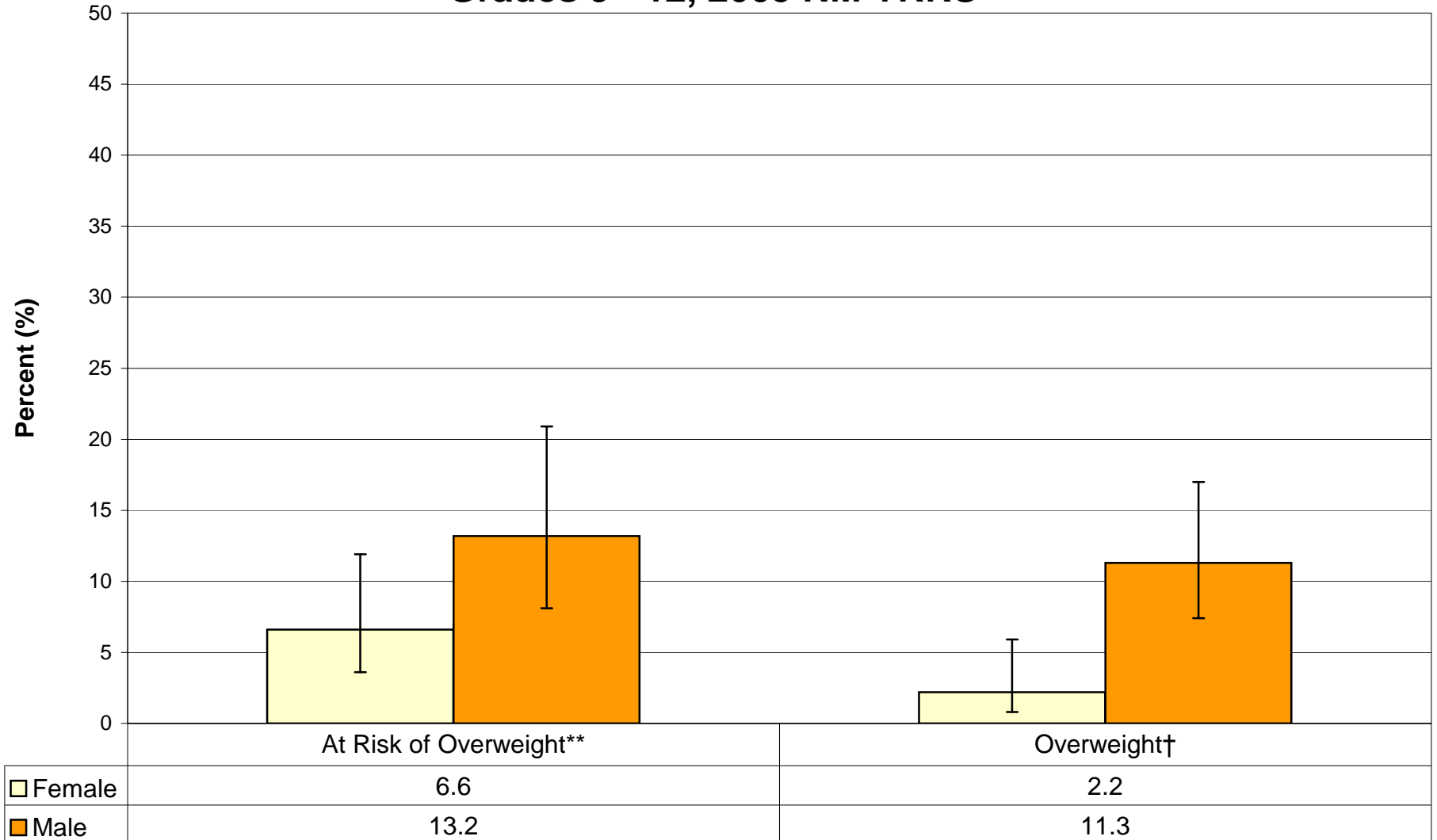
\* Based on Body Mass Index (BMI) calculated from self-reported height and weight

\*\* Students who were  $\geq$  85th percentile but  $<$  95th percentile for BMI, by age and sex, based on reference data

† Students who were  $\geq$  95th percentile for BMI, by age and sex, based on reference data

## Overweight\*

### by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



\* Based on Body Mass Index (BMI) calculated from self-reported height and weight

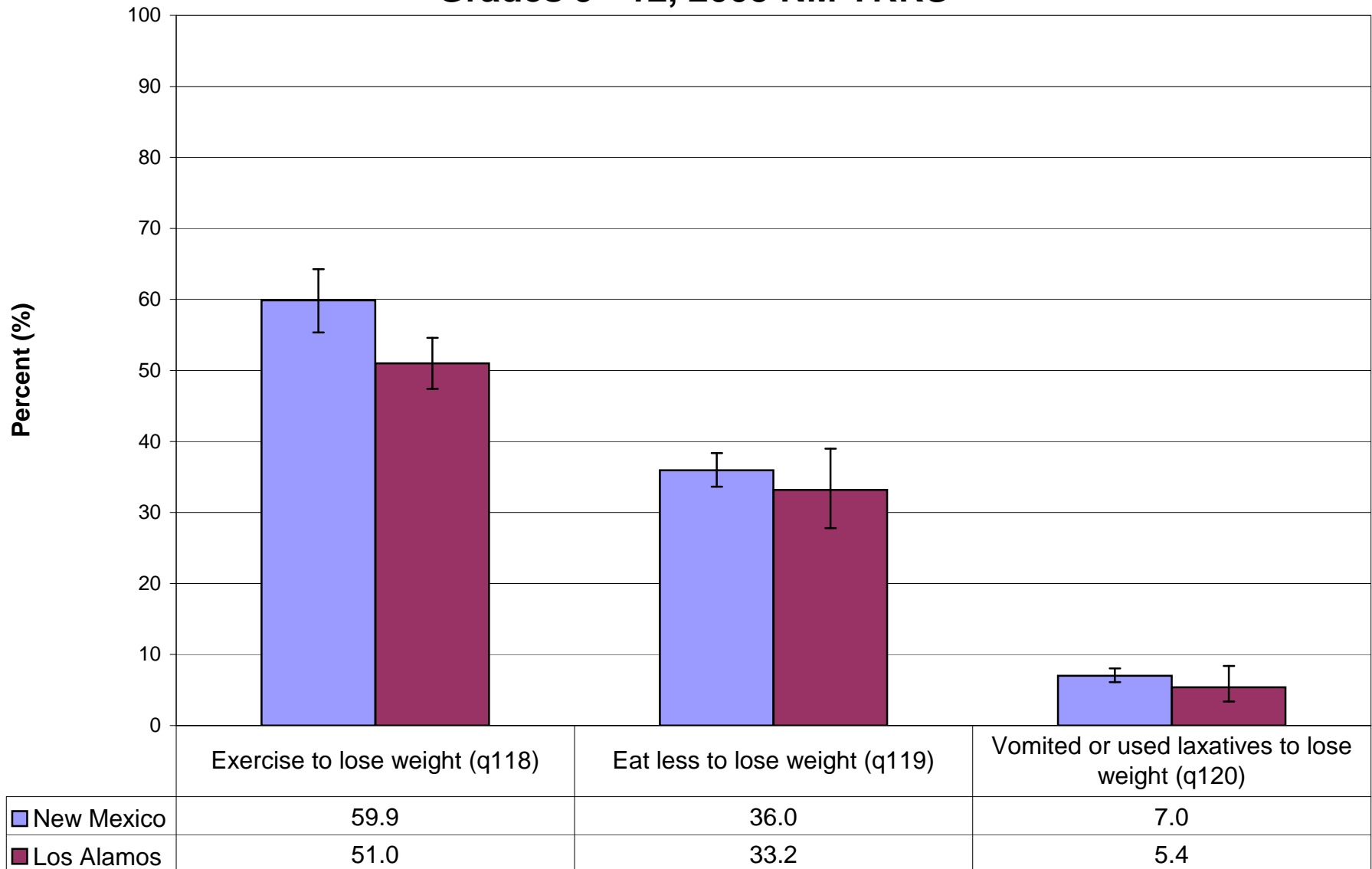
\*\* Students who were  $\geq$  85th percentile but  $<$  95th percentile for BMI, by age and sex, based on reference data

† Students who were  $\geq$  95th percentile for BMI, by age and sex, based on reference data

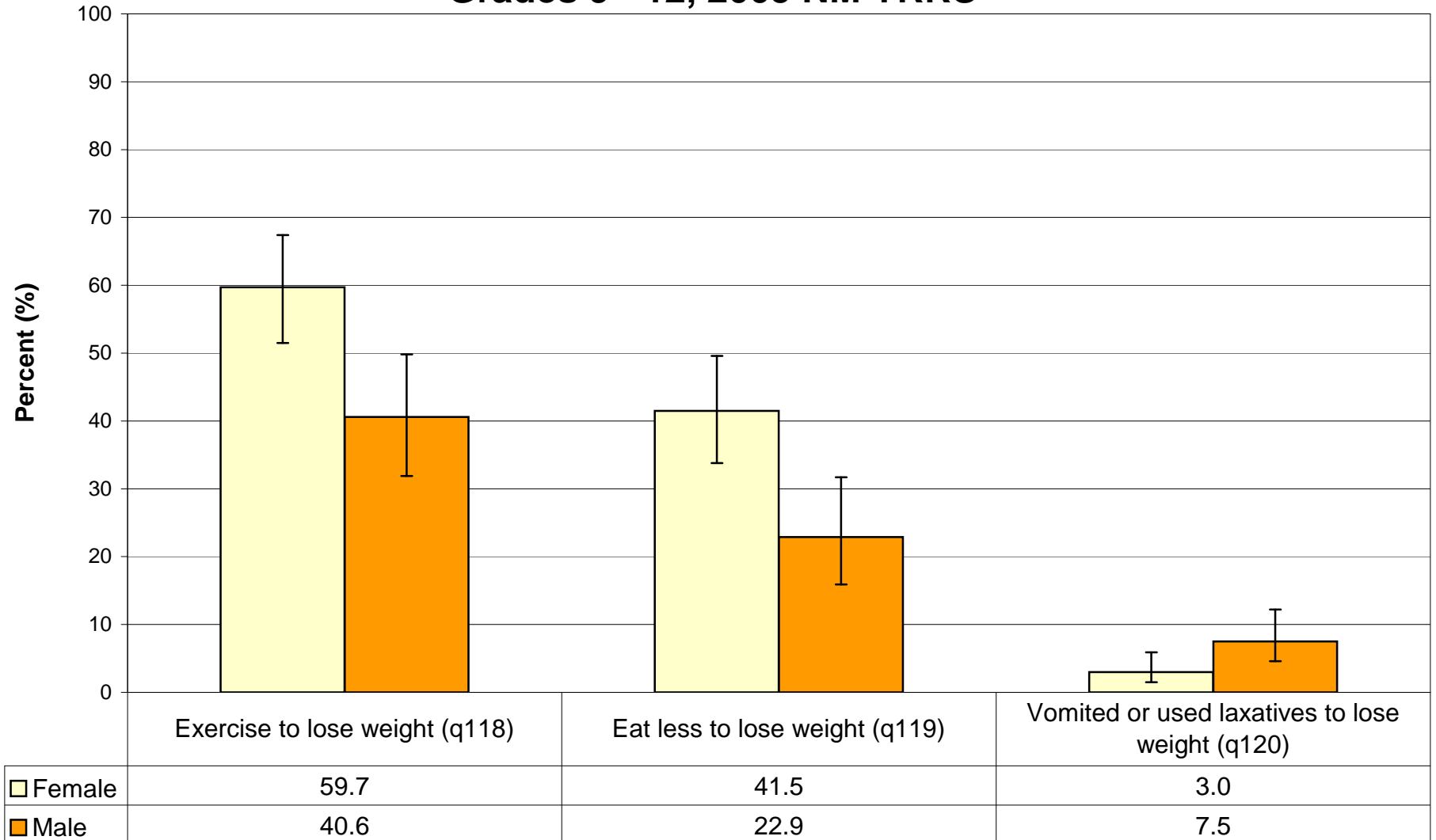
# Weight Loss Methods

## New Mexico and Los Alamos County

### Grades 9 - 12, 2005 NM YRRS



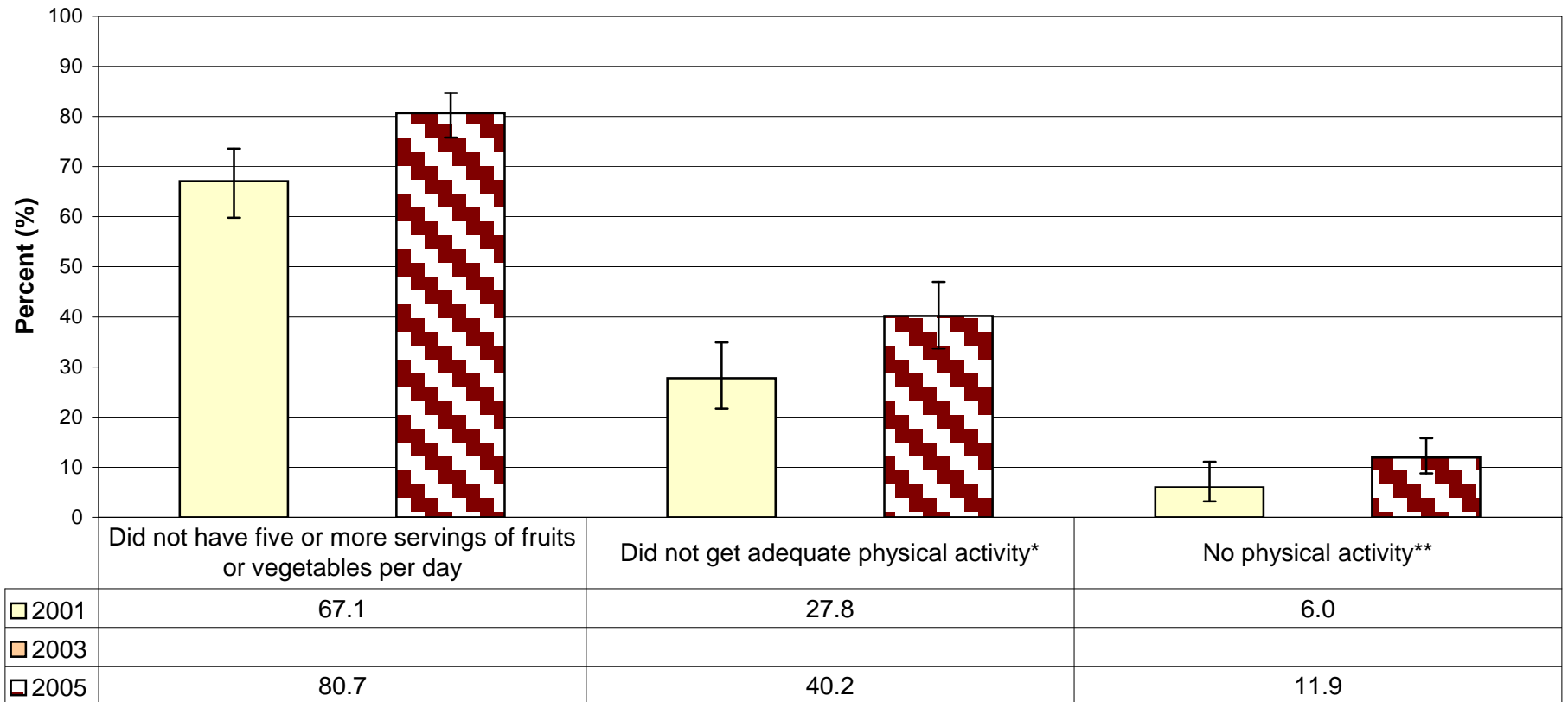
## Weight Loss Methods by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



# Nutrition and Physical Activity

## Los Alam County; 2001, 2003, and 2005

### Grades 9 - 12, NM YRRS

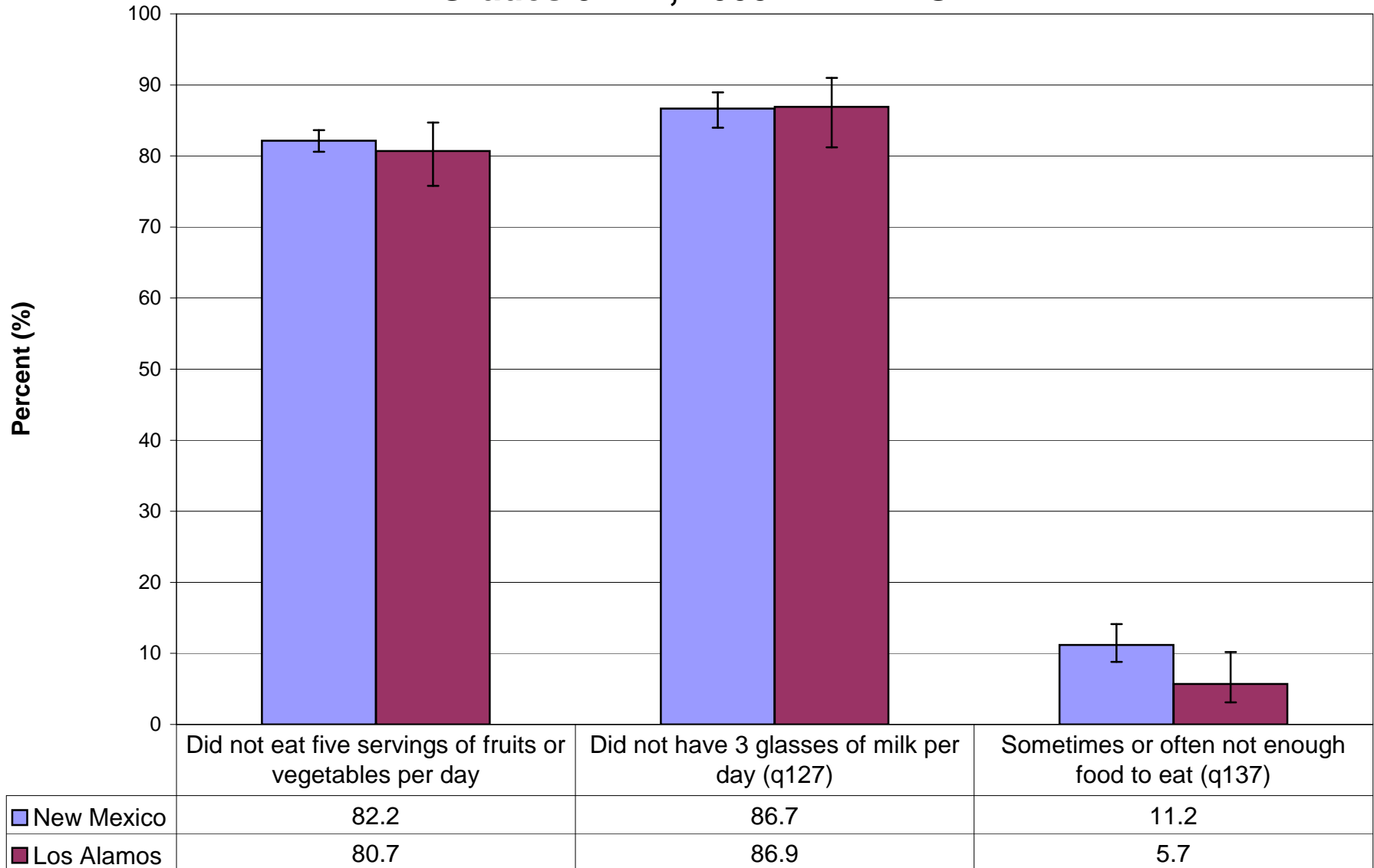


\* Did not get at least 20 minutes of vigorous physical activity (i.e., physical activity that made them sweat and breathe hard) on >3 of the 7 days preceding the survey and or at least 30 minutes of moderate physical activity (i.e., physical activity that did not make them sweat and breathe hard) on >5 of the 7 days preceding the survey).

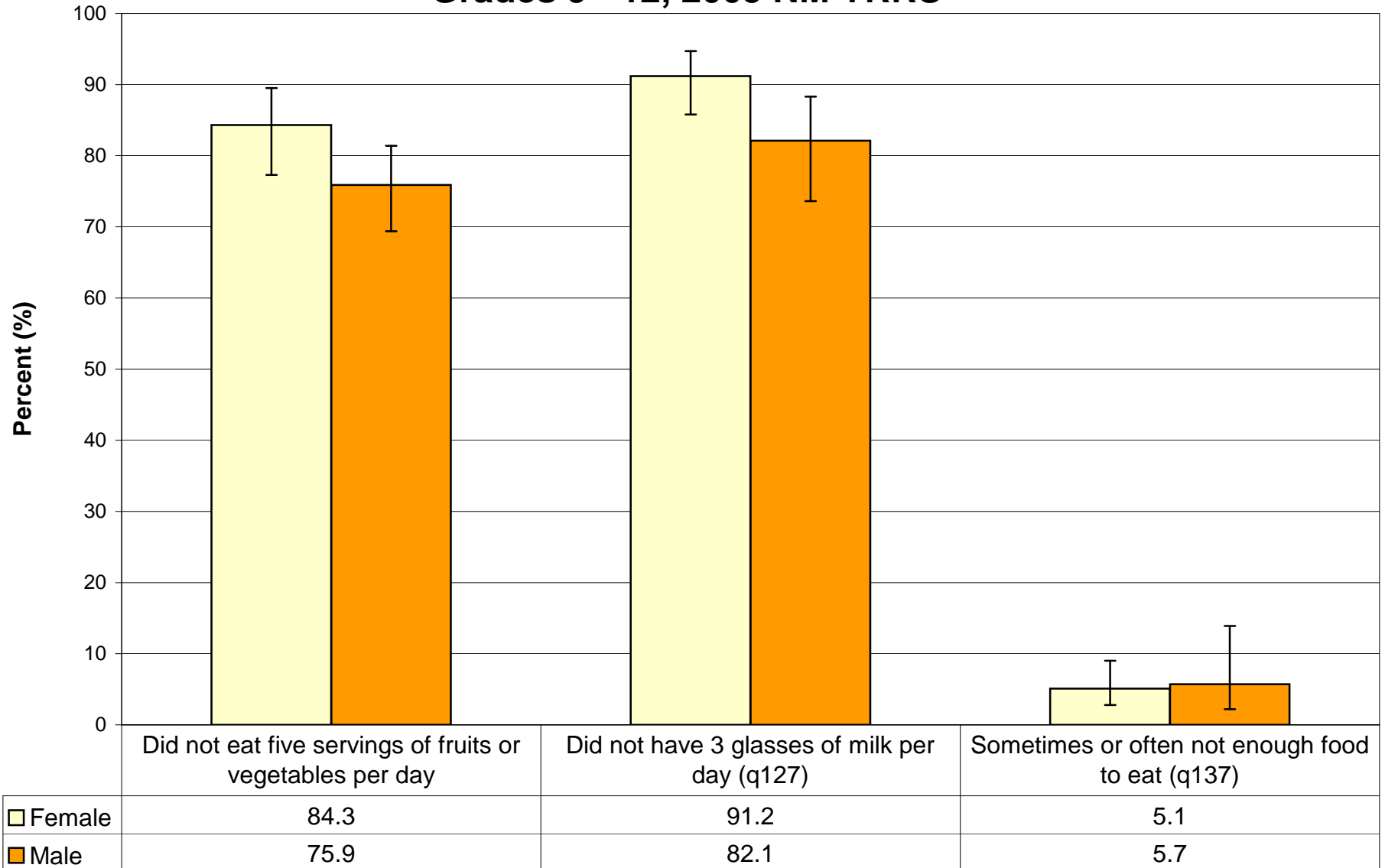
\*\* Less than 20 minutes per day of vigorous physical activity and less than 30 minutes per day of moderate physical activity during the 7 days preceding the survey

## Nutrition

### New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



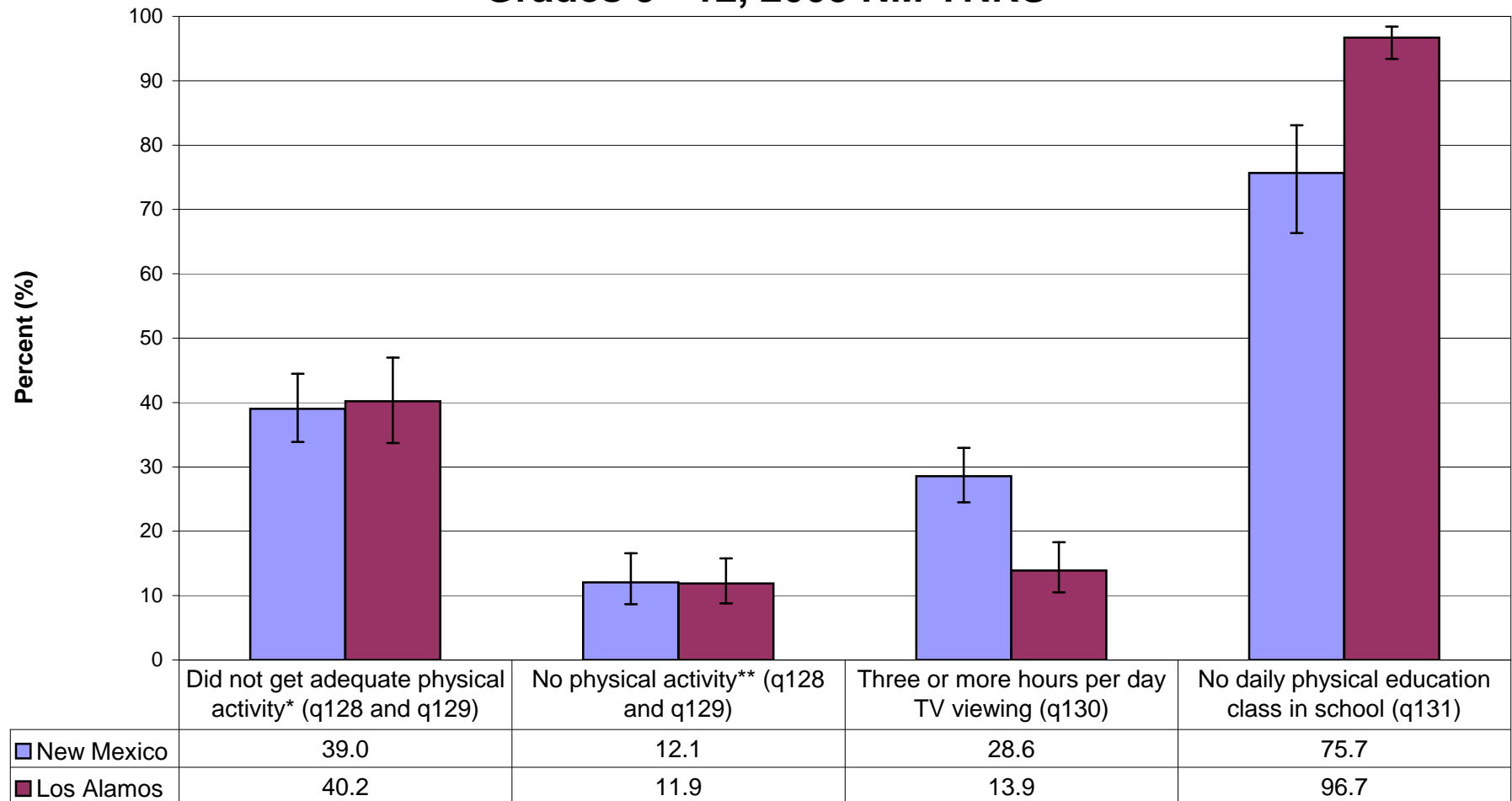
## Nutrition by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



## Physical Activity

### New Mexico and Los Alamos County

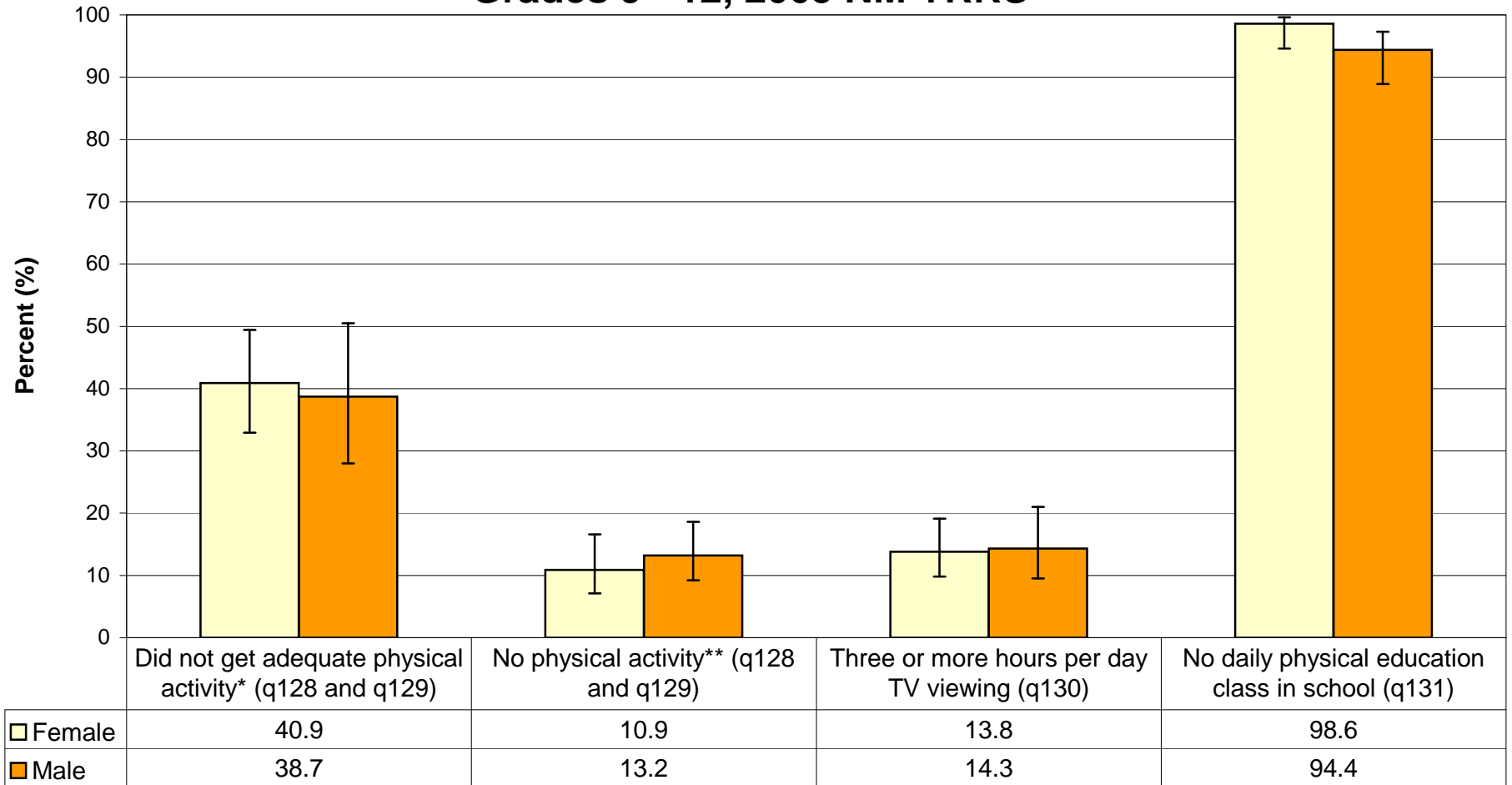
### Grades 9 - 12, 2005 NM YRRS



\* Did not get at least 20 minutes of vigorous physical activity (i.e., physical activity that made them sweat and breathe hard) on >3 of the 7 days preceding the survey and or at least 30 minutes of moderate physical activity (i.e., physical activity that did not make them sweat and breathe hard) on >5 of the 7 days preceding the survey).

\*\* Less than 20 minutes per day of vigorous physical activity and less than 30 minutes per day of moderate physical activity during the 7 days preceding the survey

## Physical Activity by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS

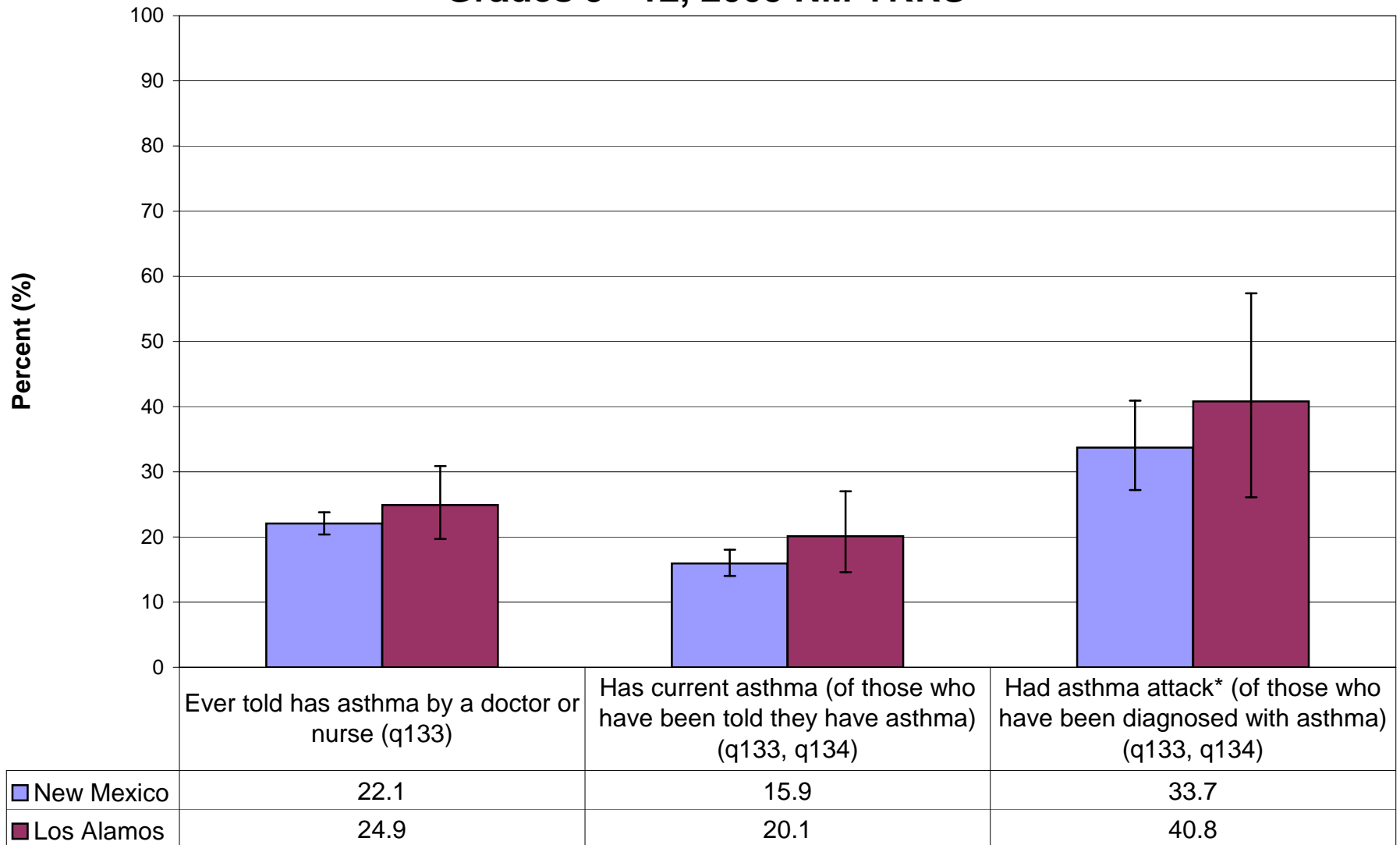


\* Did not get at least 20 minutes of vigorous physical activity (i.e., physical activity that made them sweat and breathe hard) on >3 of the 7 days preceding the survey and or at least 30 minutes of moderate physical activity (i.e., physical activity that did not make them sweat and breathe hard) on >5 of the 7 days preceding the survey).

\*\* Less than 20 minutes per day of vigorous physical activity and less than 30 minutes per day of moderate physical activity during the 7 days preceding the survey

## Asthma

### New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS

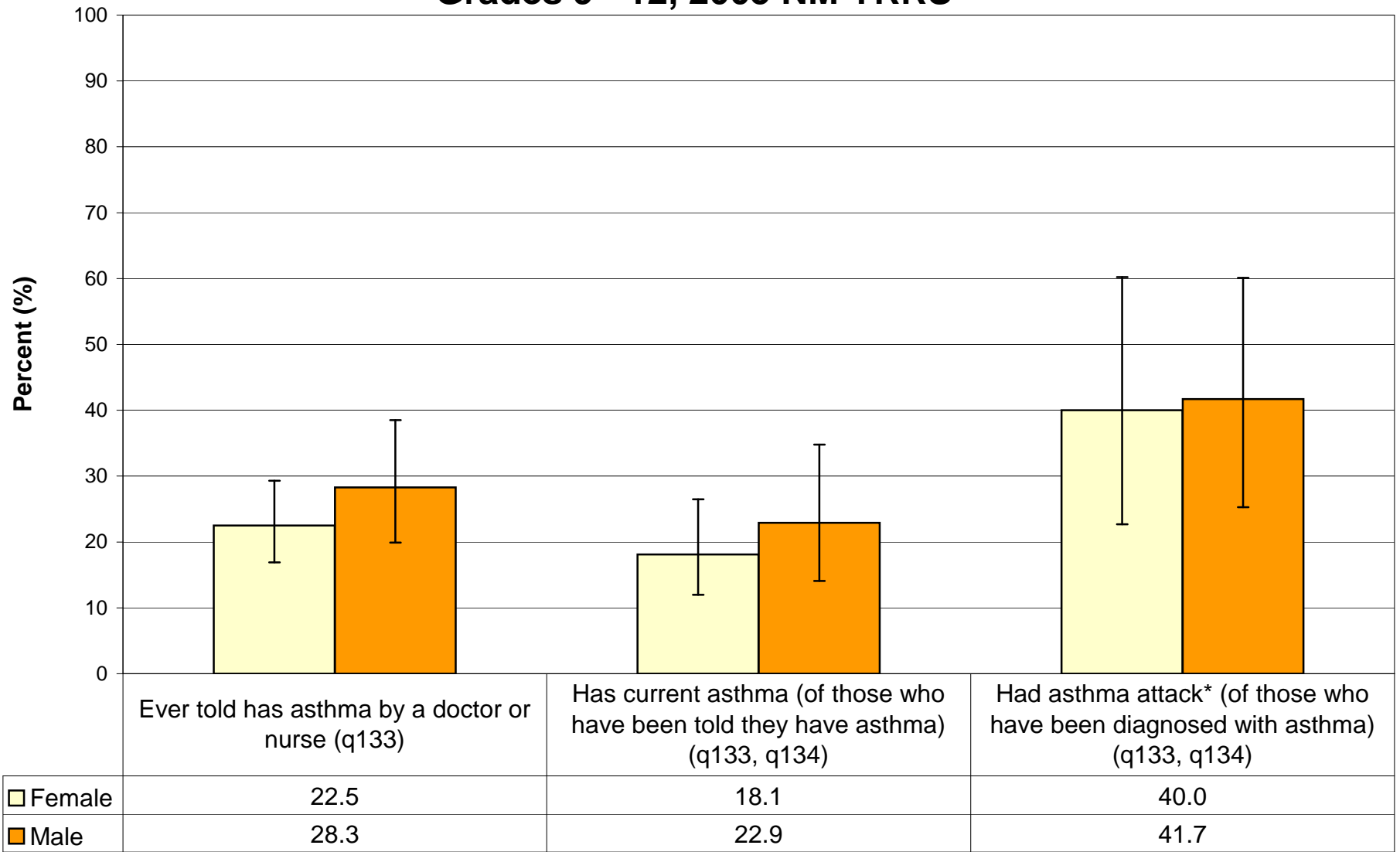


\* In past 12 months

# Asthma

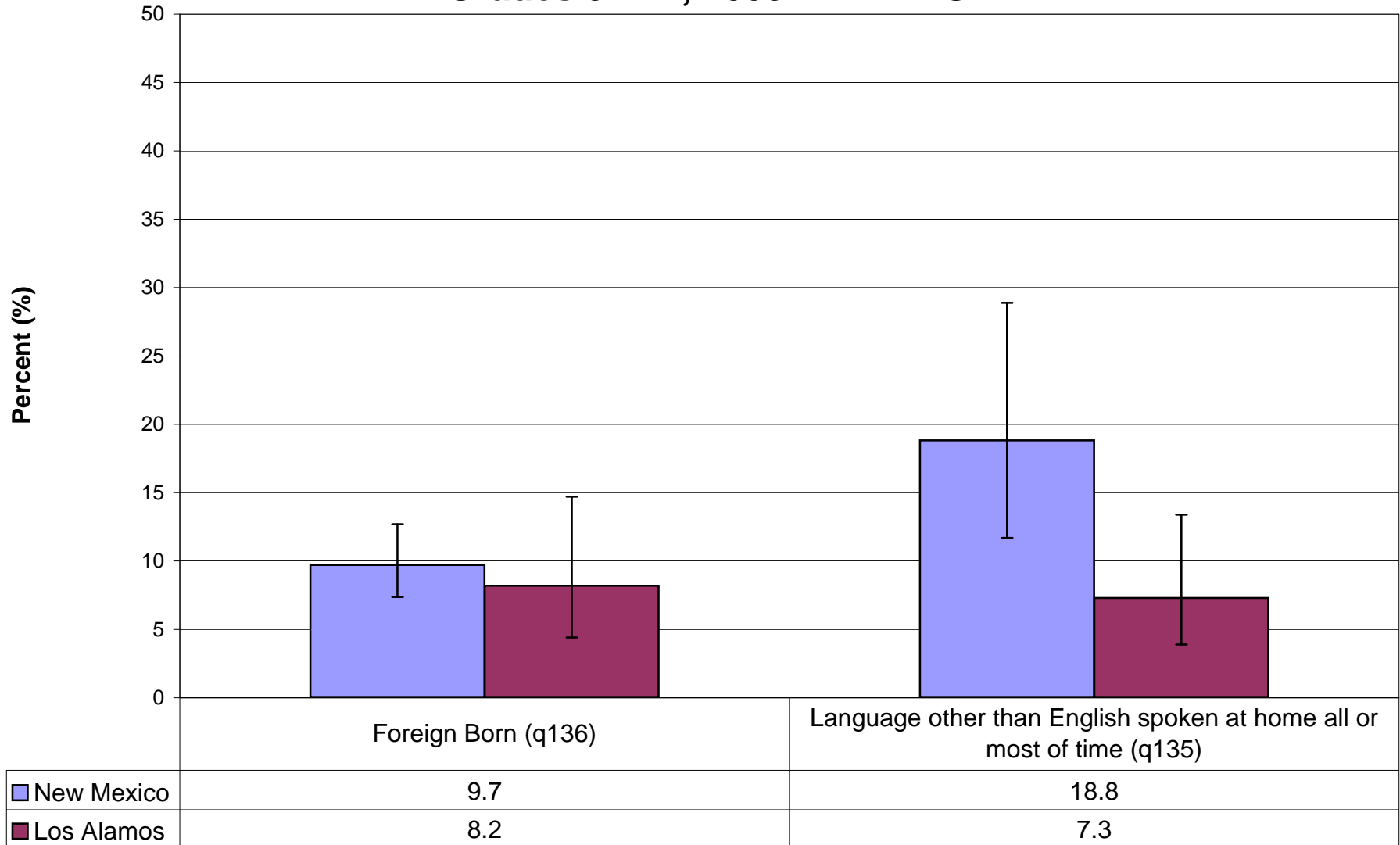
## by Gender in Los Alamos County

### Grades 9 - 12, 2005 NM YRRS

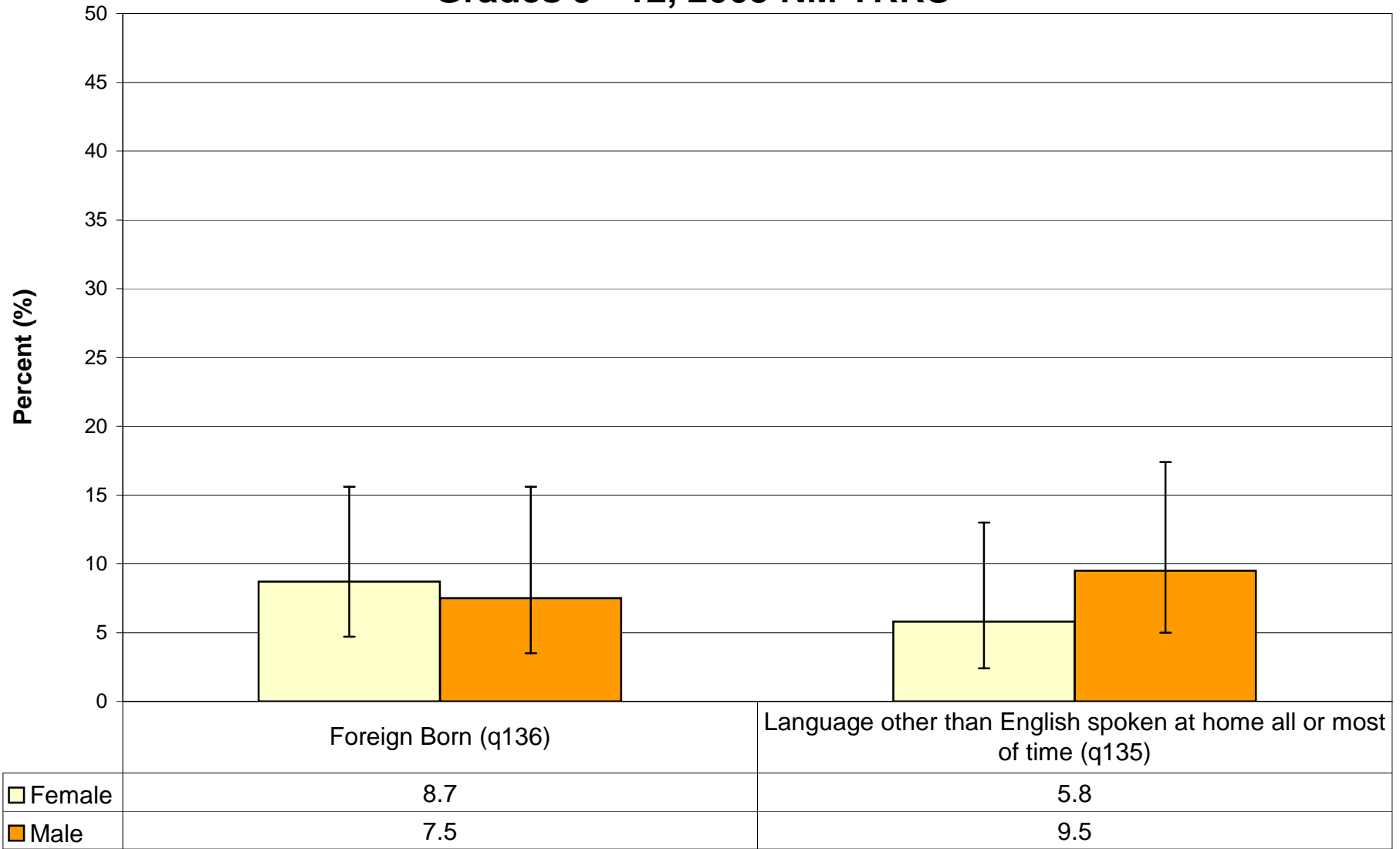


\* In past 12 months

## Country of Birth and Language Spoken at Home New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



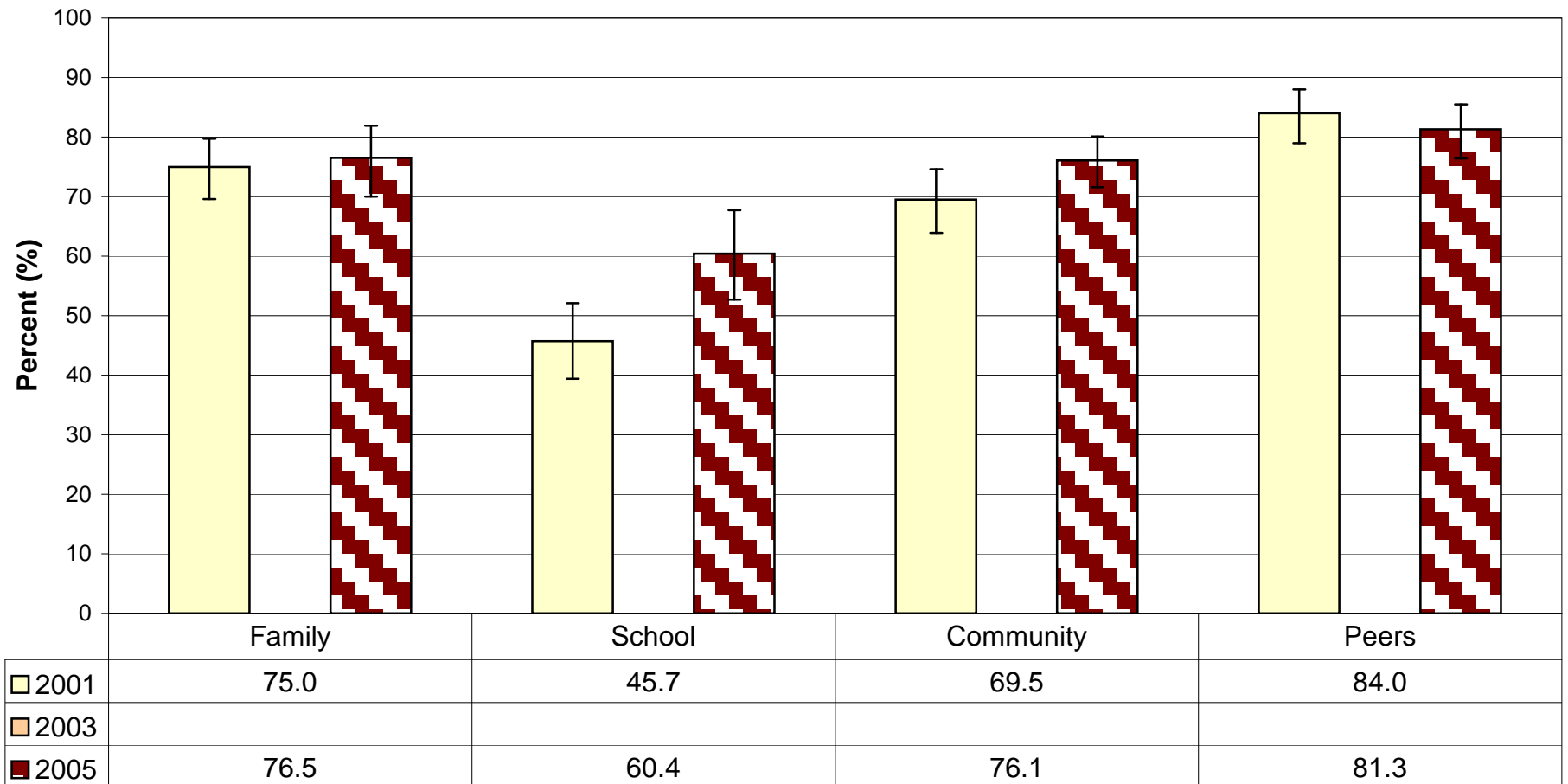
## Country of Birth and Language Spoken at Home by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



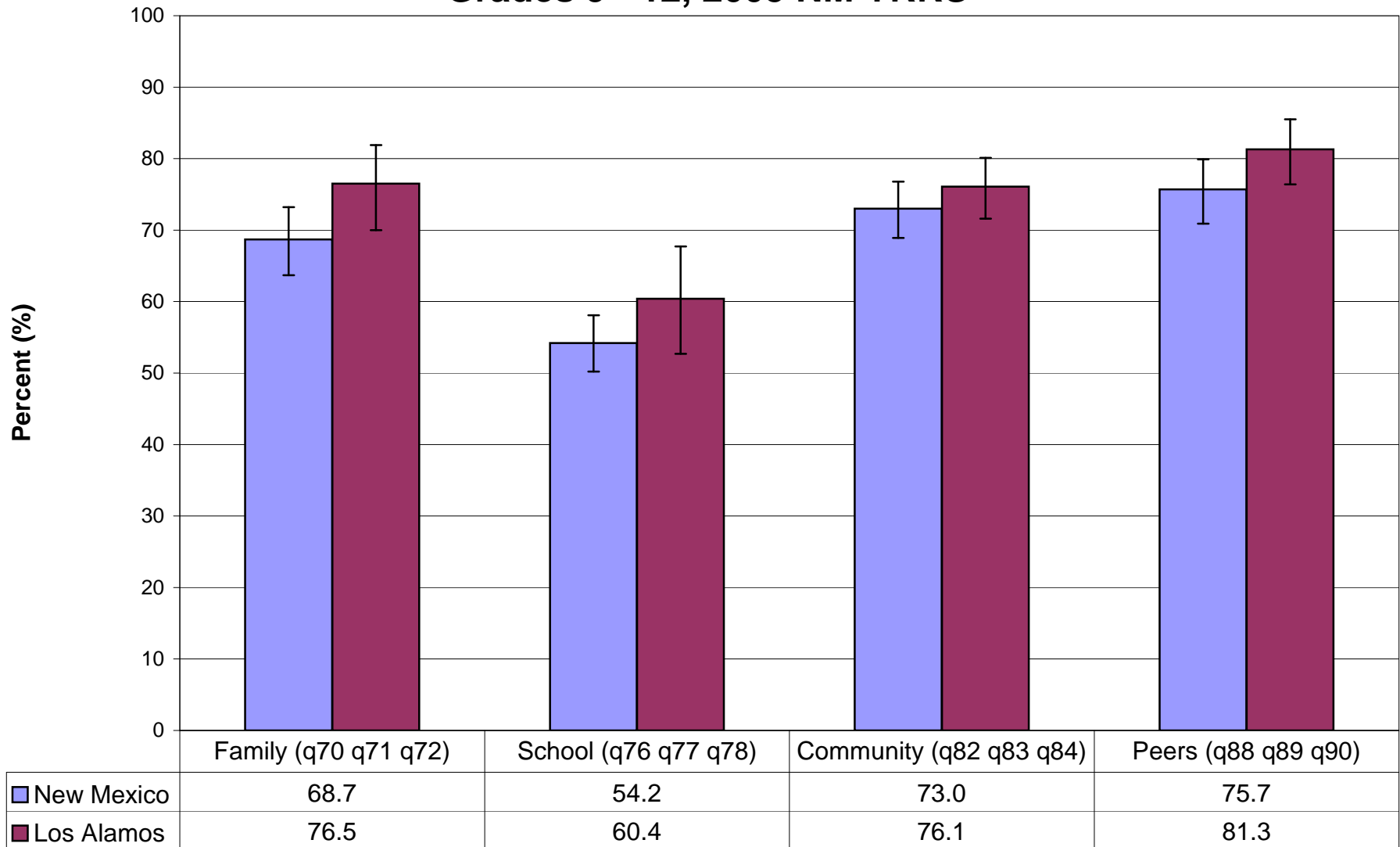


## Protective Factors

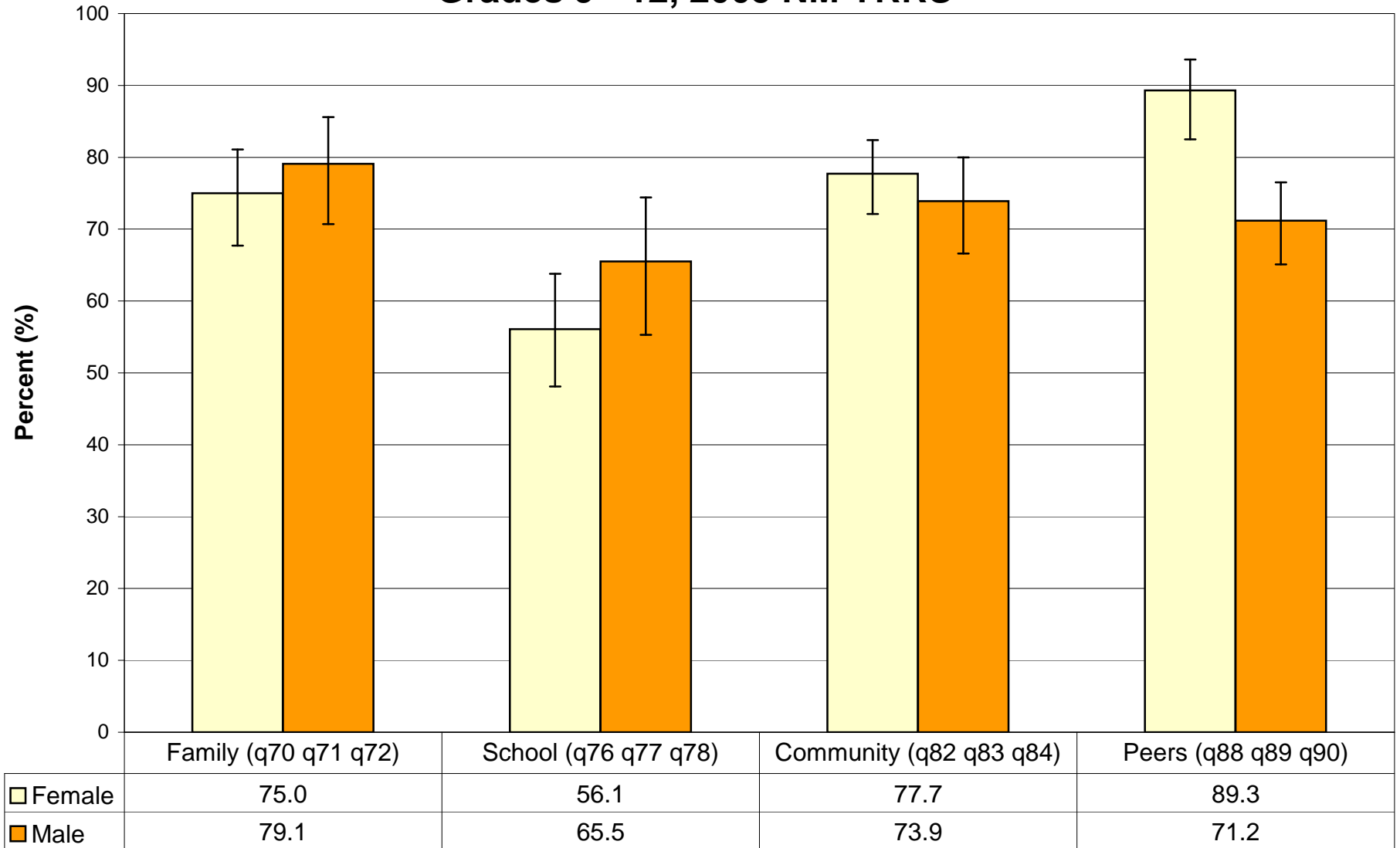
## Caring and Supportive Relationships Los Alam County; 2001, 2003, and 2005 Grades 9 - 12, NM YRRS



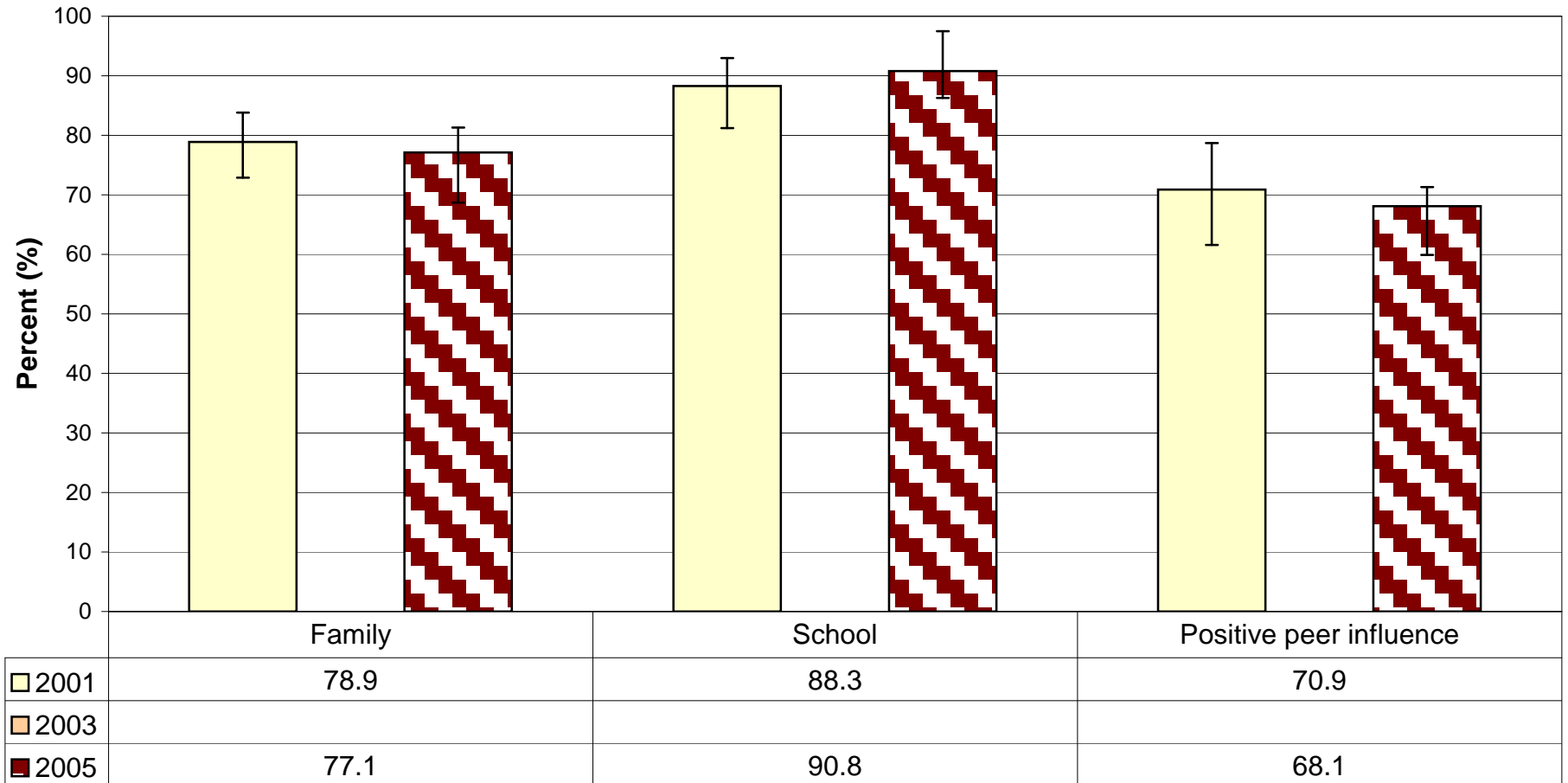
## Caring and Supportive Relationships New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



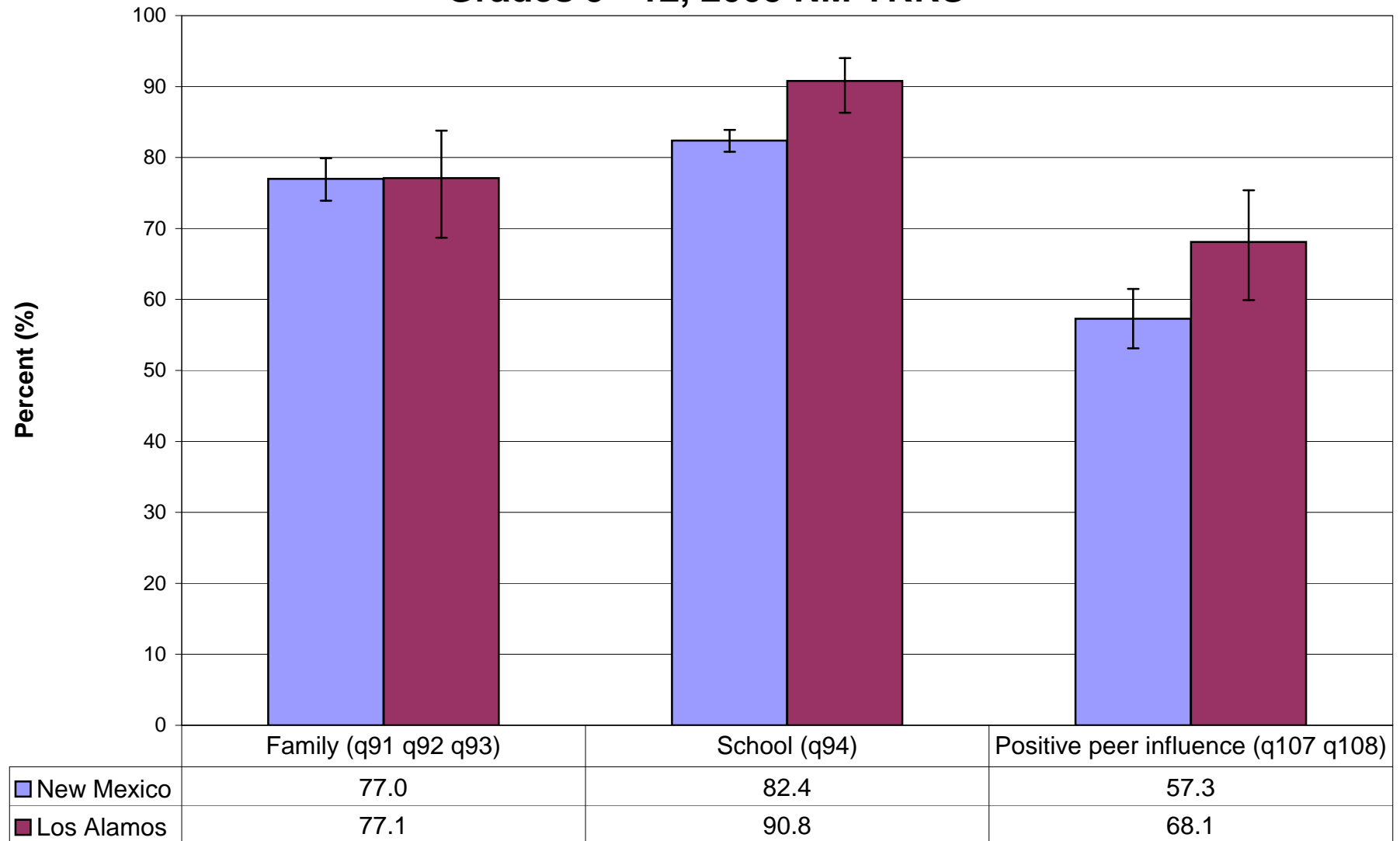
## Caring and Supportive Relationships by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



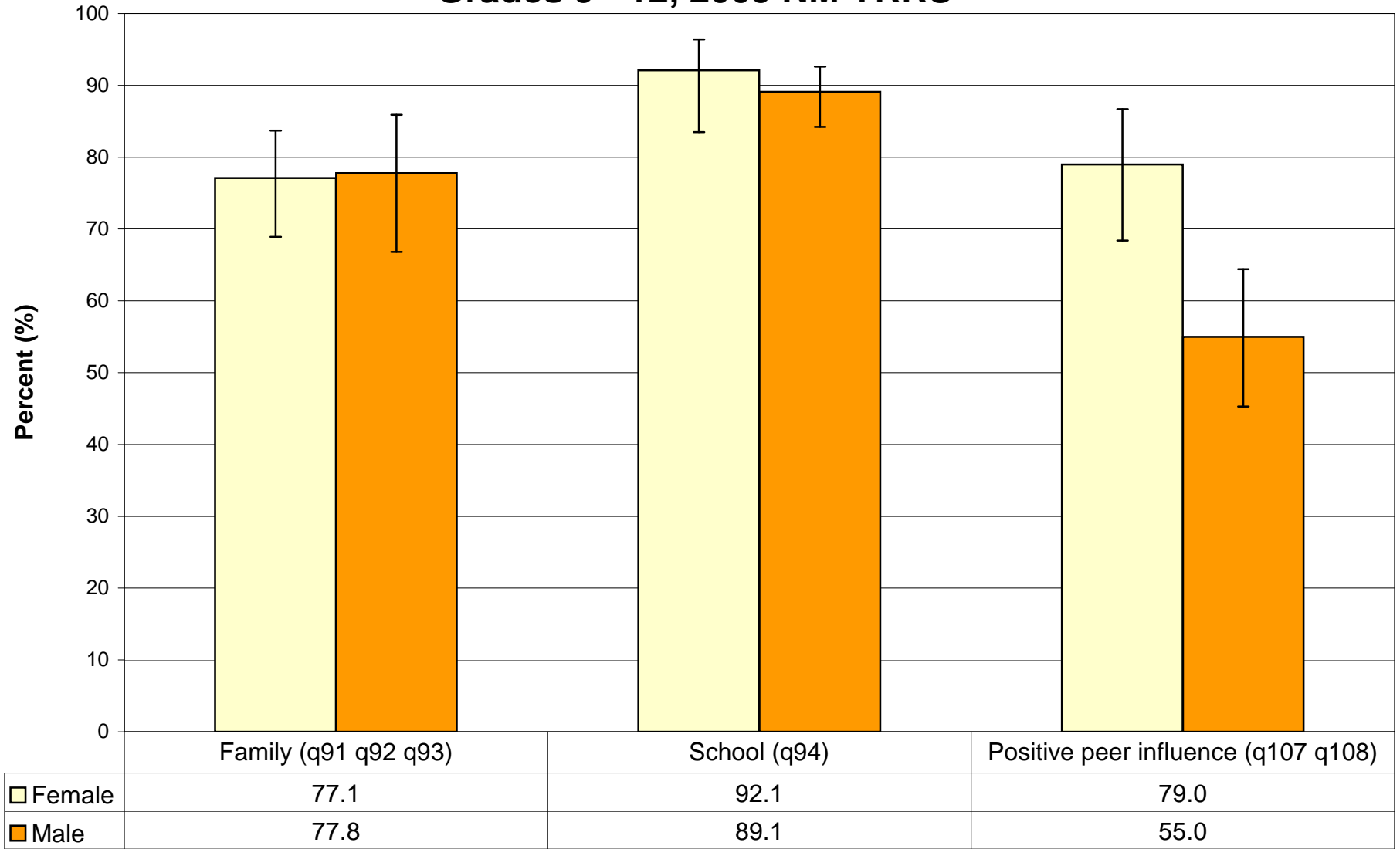
## Boundaries and Peer Influence Los Alam County; 2001, 2003, and 2005 Grades 9 - 12, NM YRRS



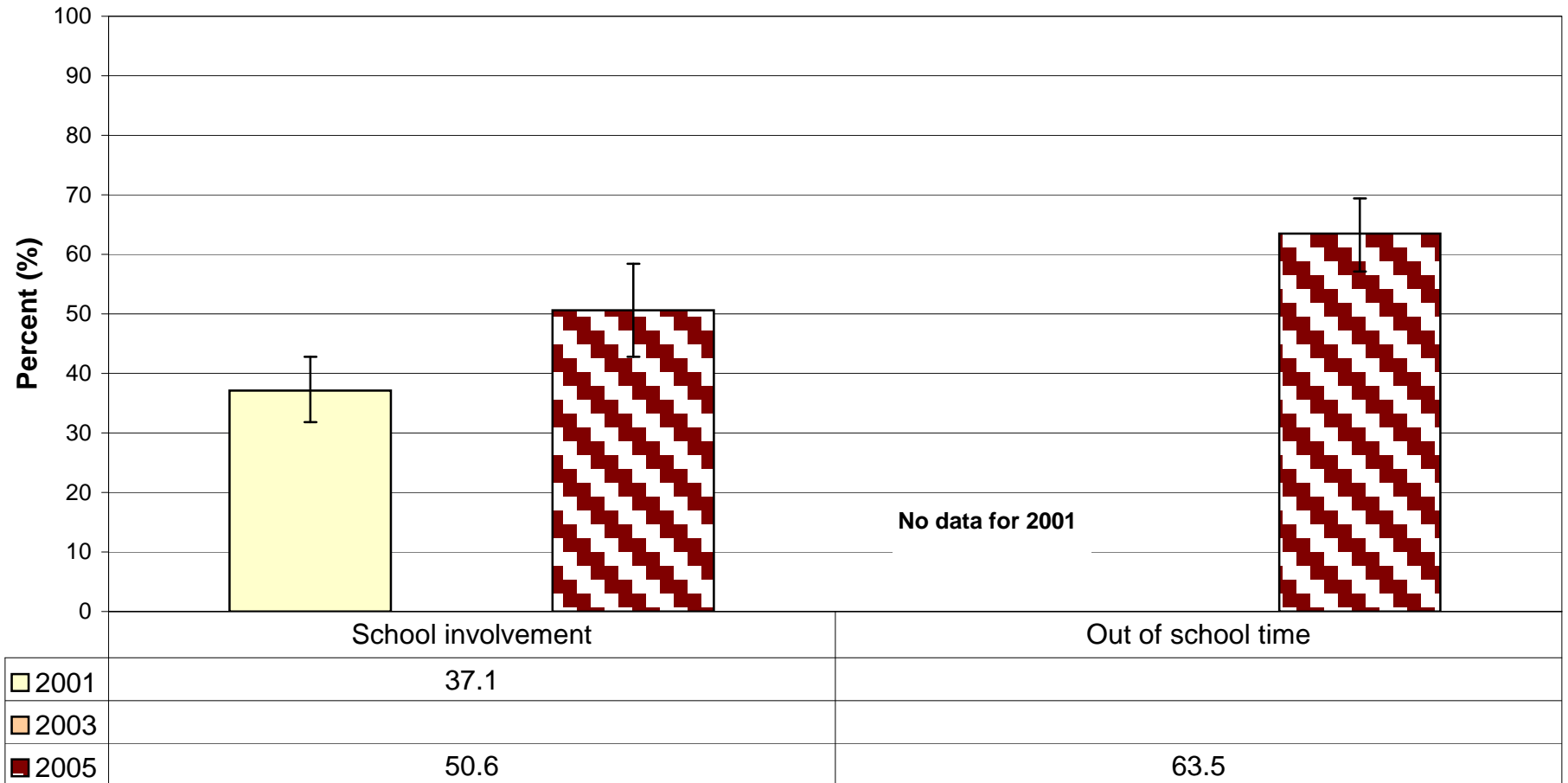
**Boundaries and Peer Influence**  
**New Mexico and Los Alamos County**  
**Grades 9 - 12, 2005 NM YRRS**



## Boundaries and Peer Influence by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS



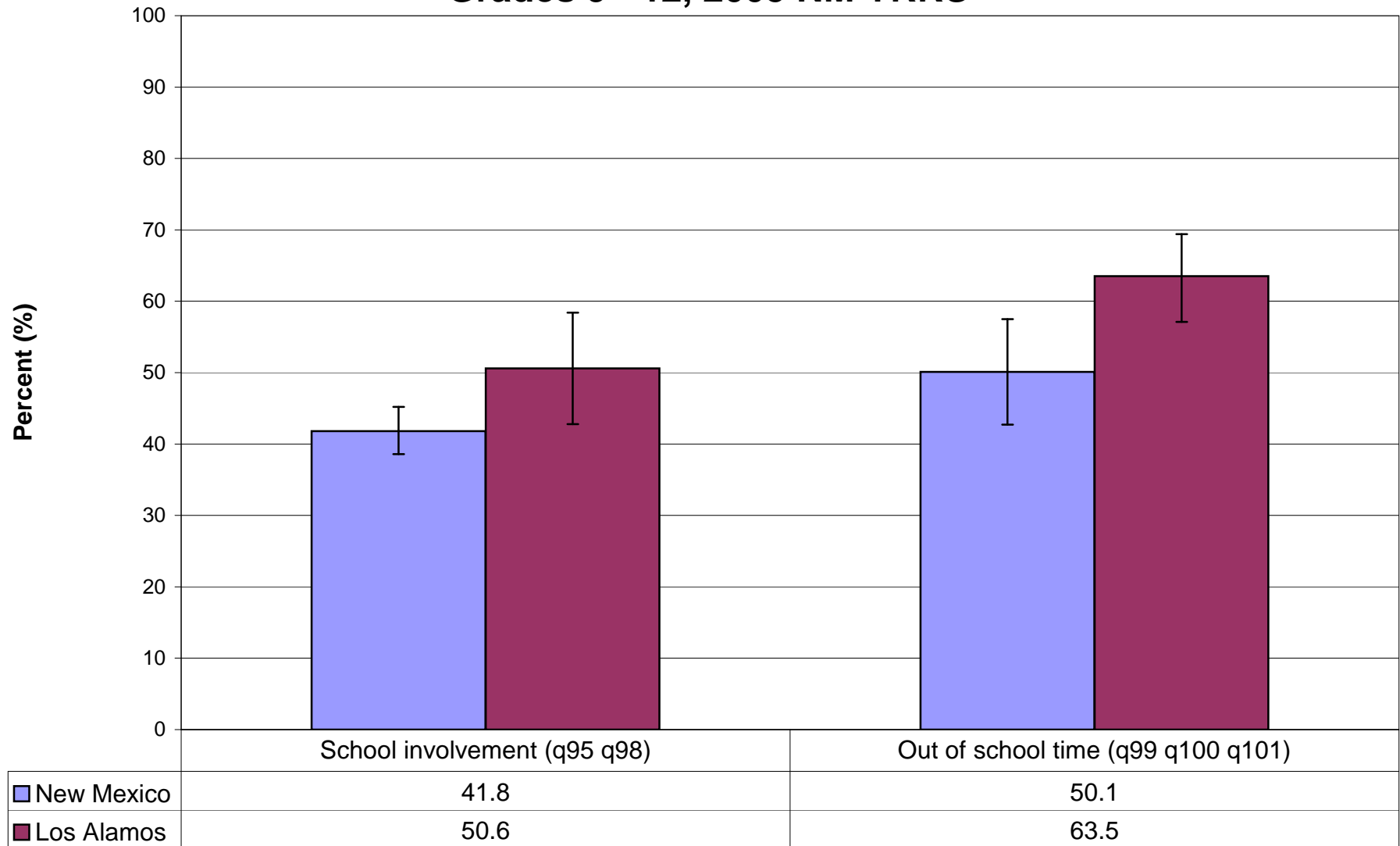
## School Involvement and Out of School Time Los Alam County; 2001, 2003, and 2005 Grades 9 - 12, NM YRRS



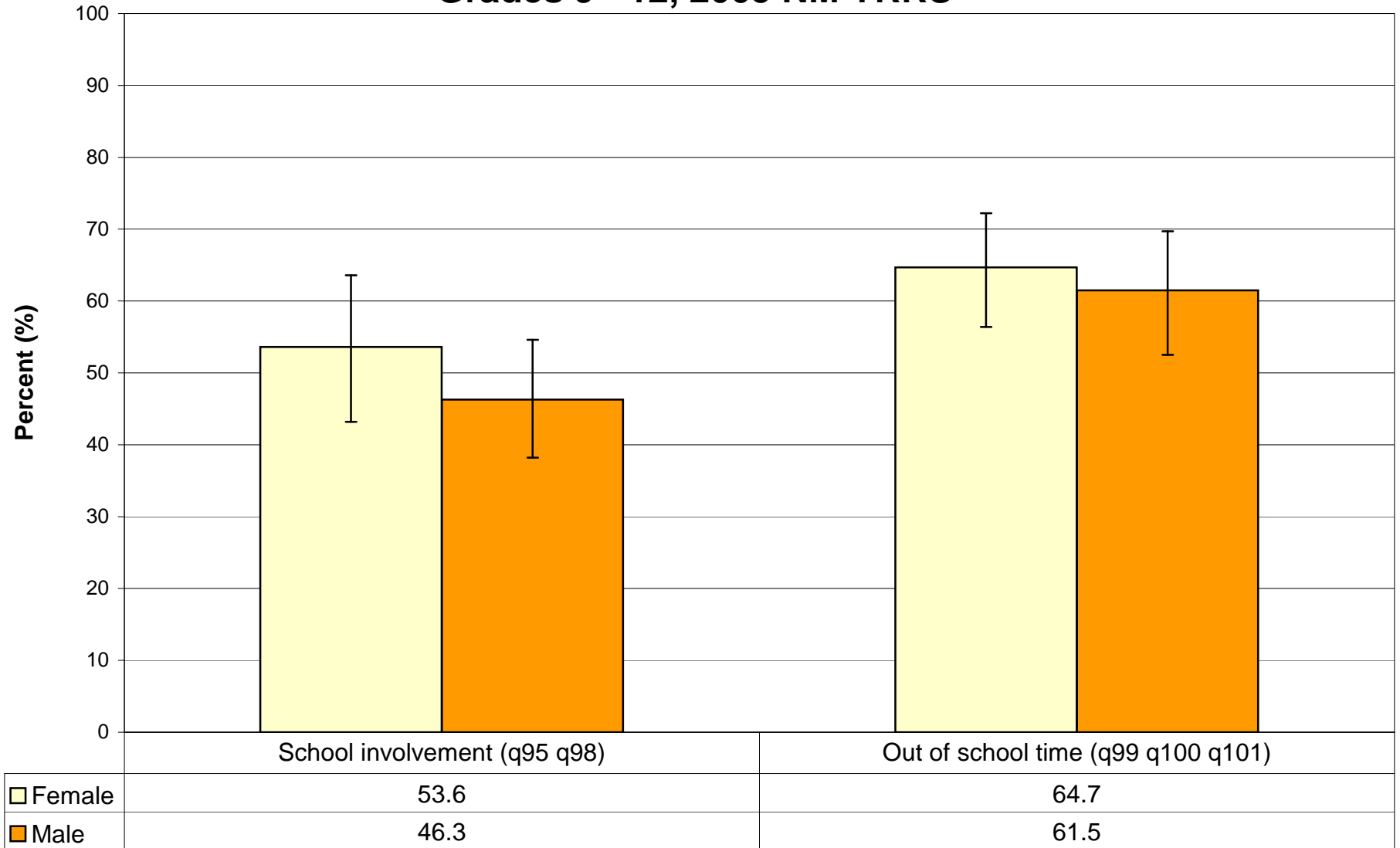
# School Involvement and Out of School Time

## New Mexico and Los Alamos County

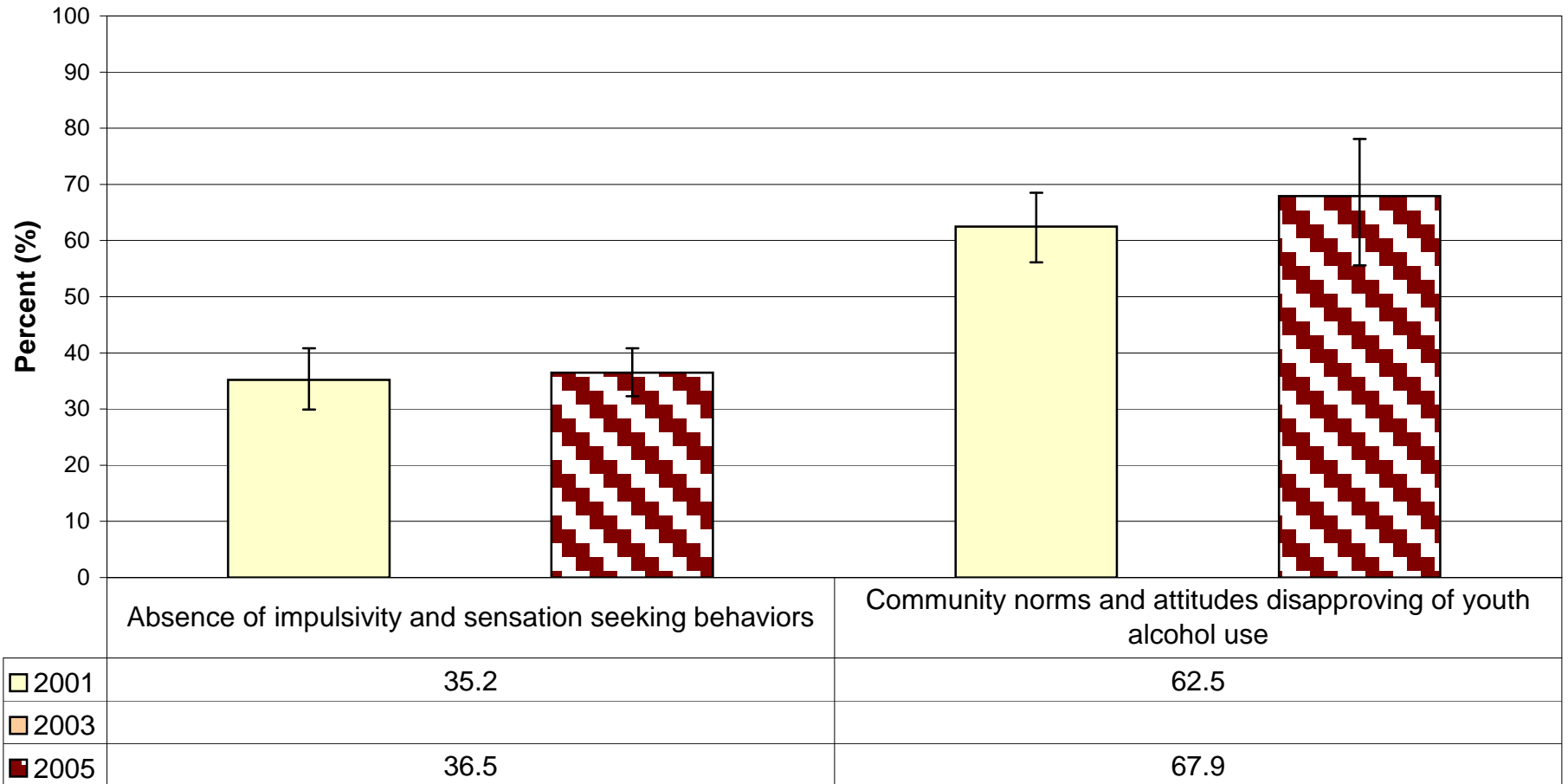
### Grades 9 - 12, 2005 NM YRRS



## School Involvement and Out of School Time by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS

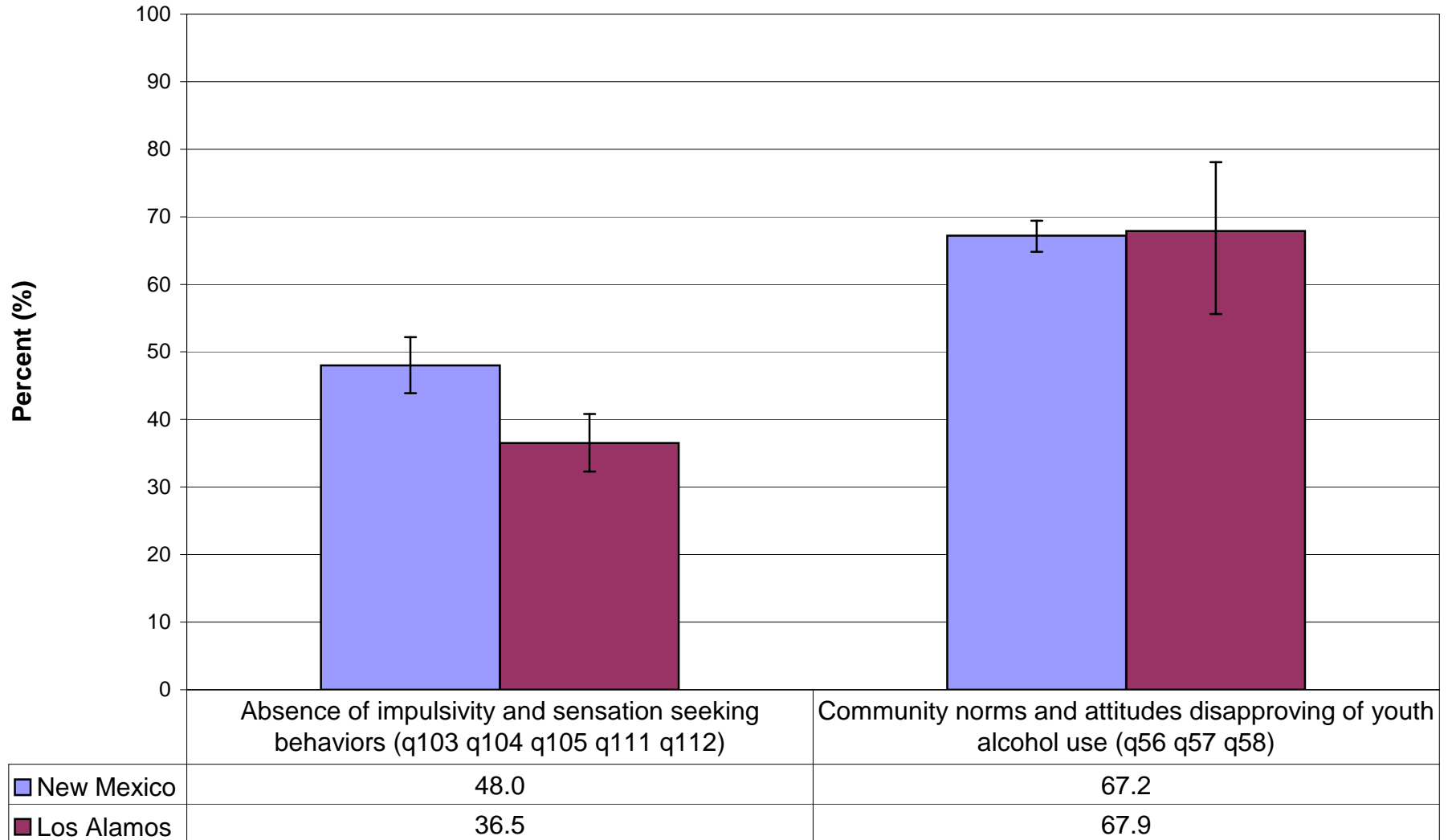


**Other Protective Factors: Impulsivity and Sensation Seeking;  
Community Norms/Attitudes  
Los Alam County; 2001, 2003, and 2005  
Grades 9 - 12, NM YRRS**



## Other Protective Factors: Impulsivity and Sensation Seeking; Community Norms/Attitudes

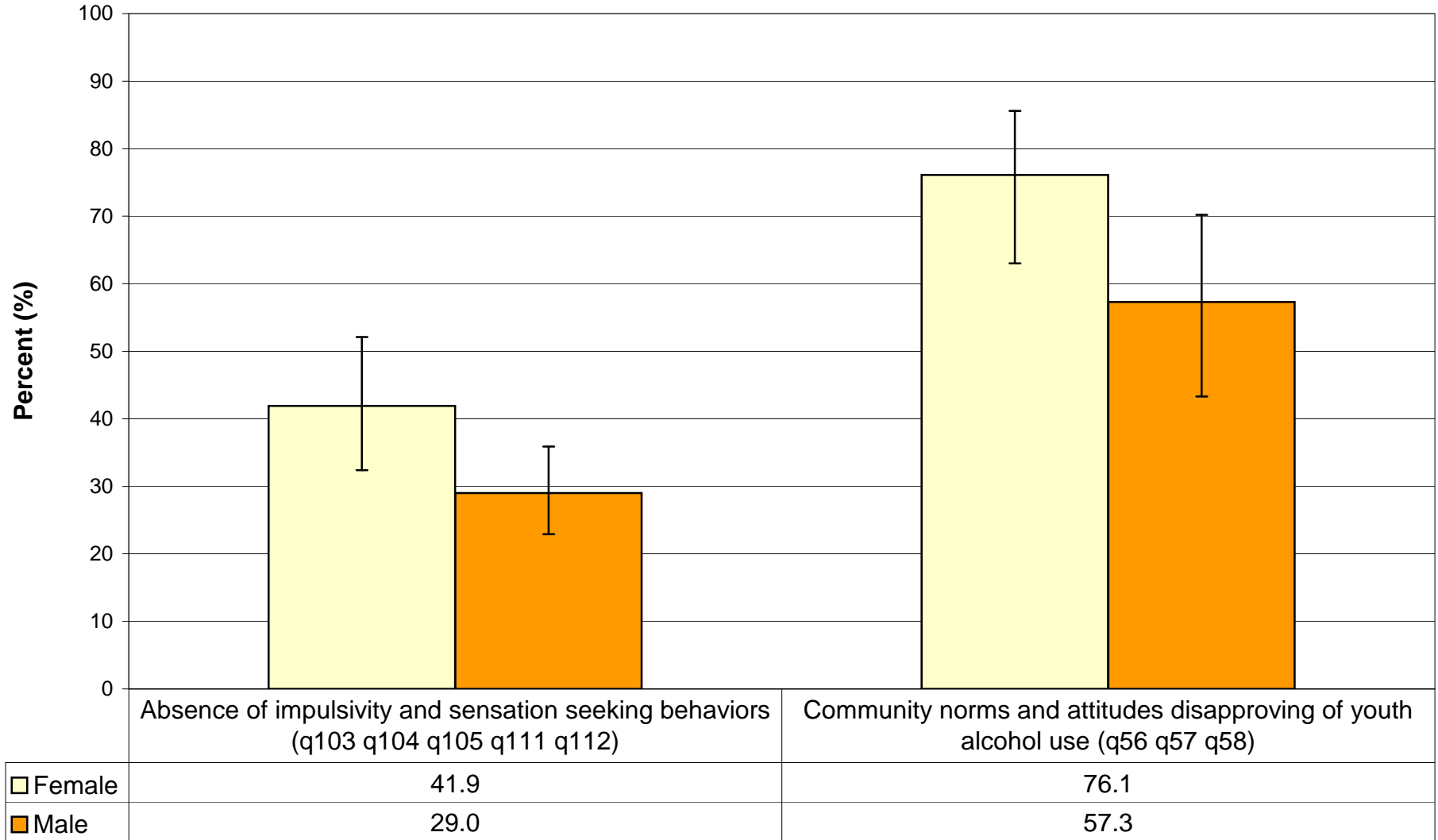
### New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



# Other Protective Factors: Impulsivity and Sensation Seeking; Community Norms/Attitudes

## by Gender in Los Alamos County

### Grades 9 - 12, 2005 NM YRRS





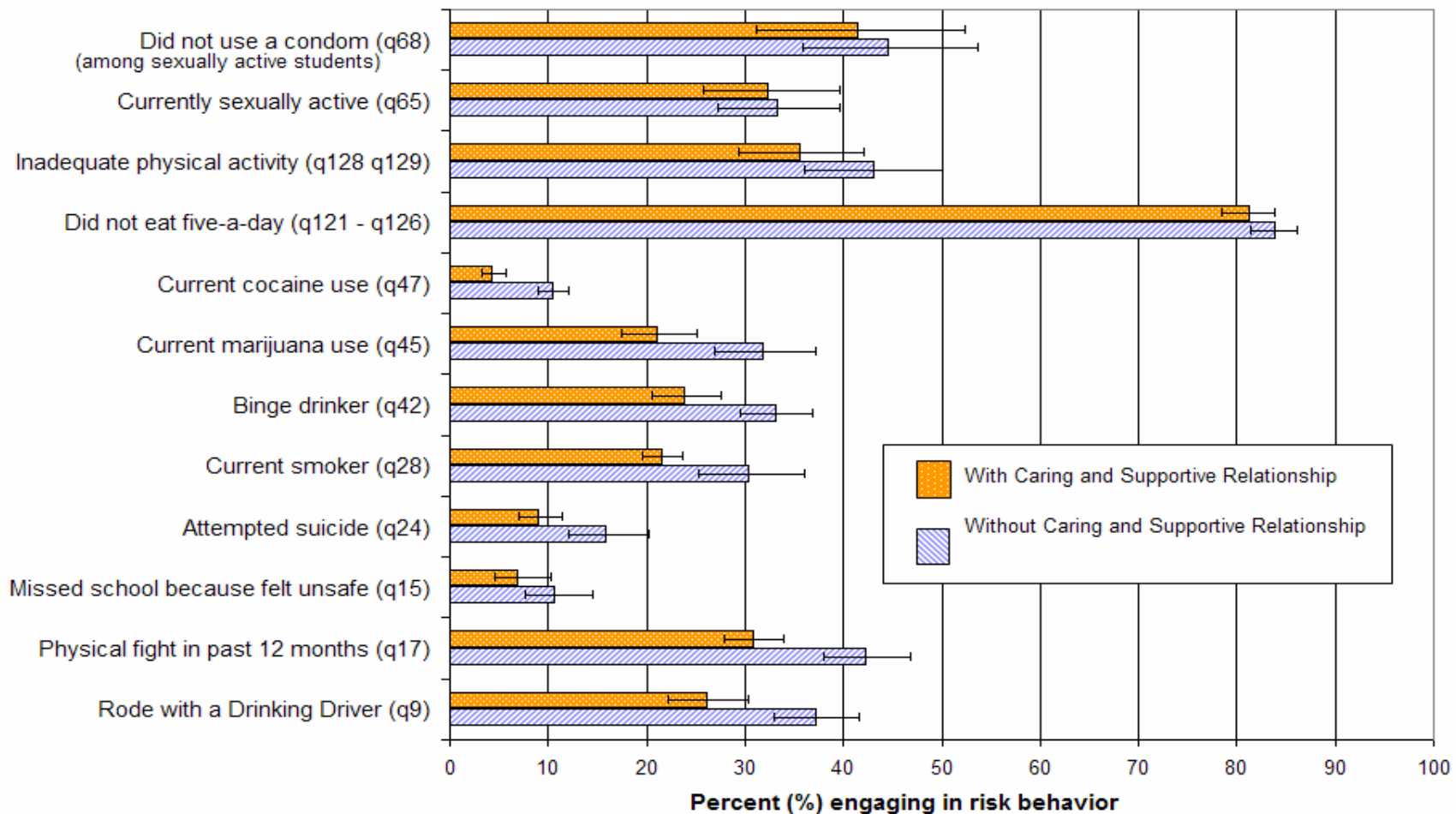
## Relationships Between Protective Factors and Risk Behaviors



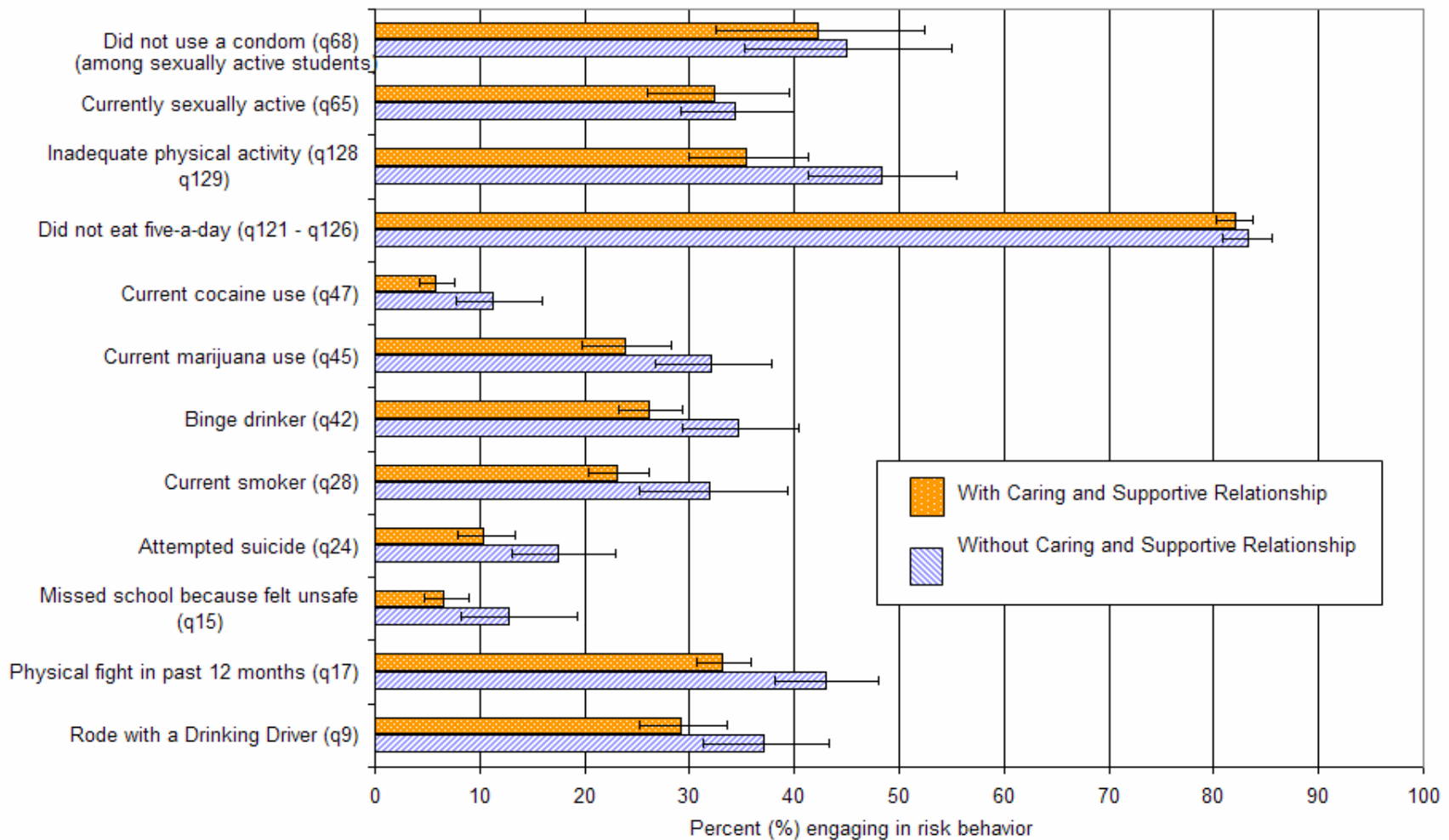
## Caring and Supportive Relationships With an Adult in the Family by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)



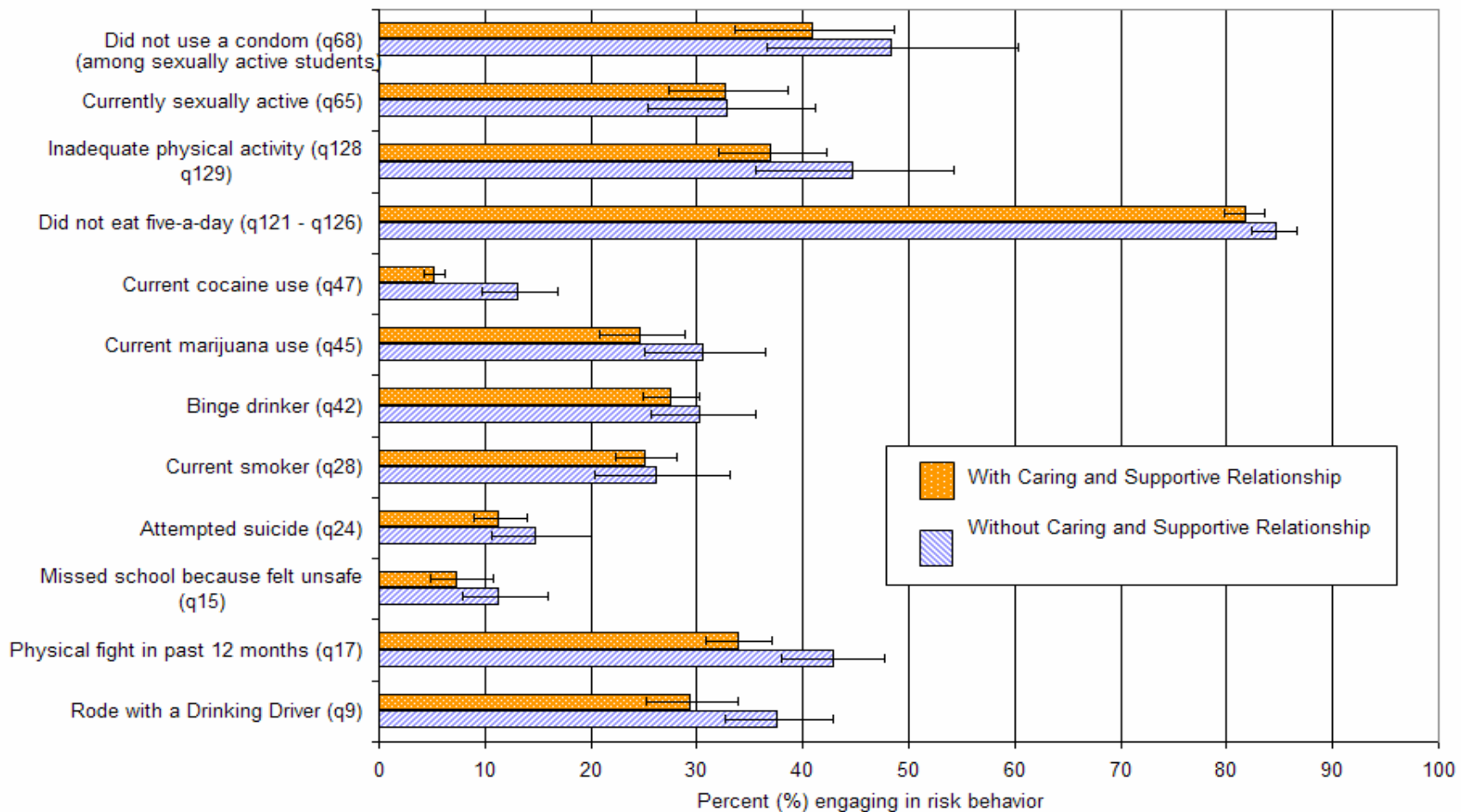
## Caring and Supportive Relationships With an Adult in the School by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)



## Caring and Supportive Relationships With an Adult in the Community by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)

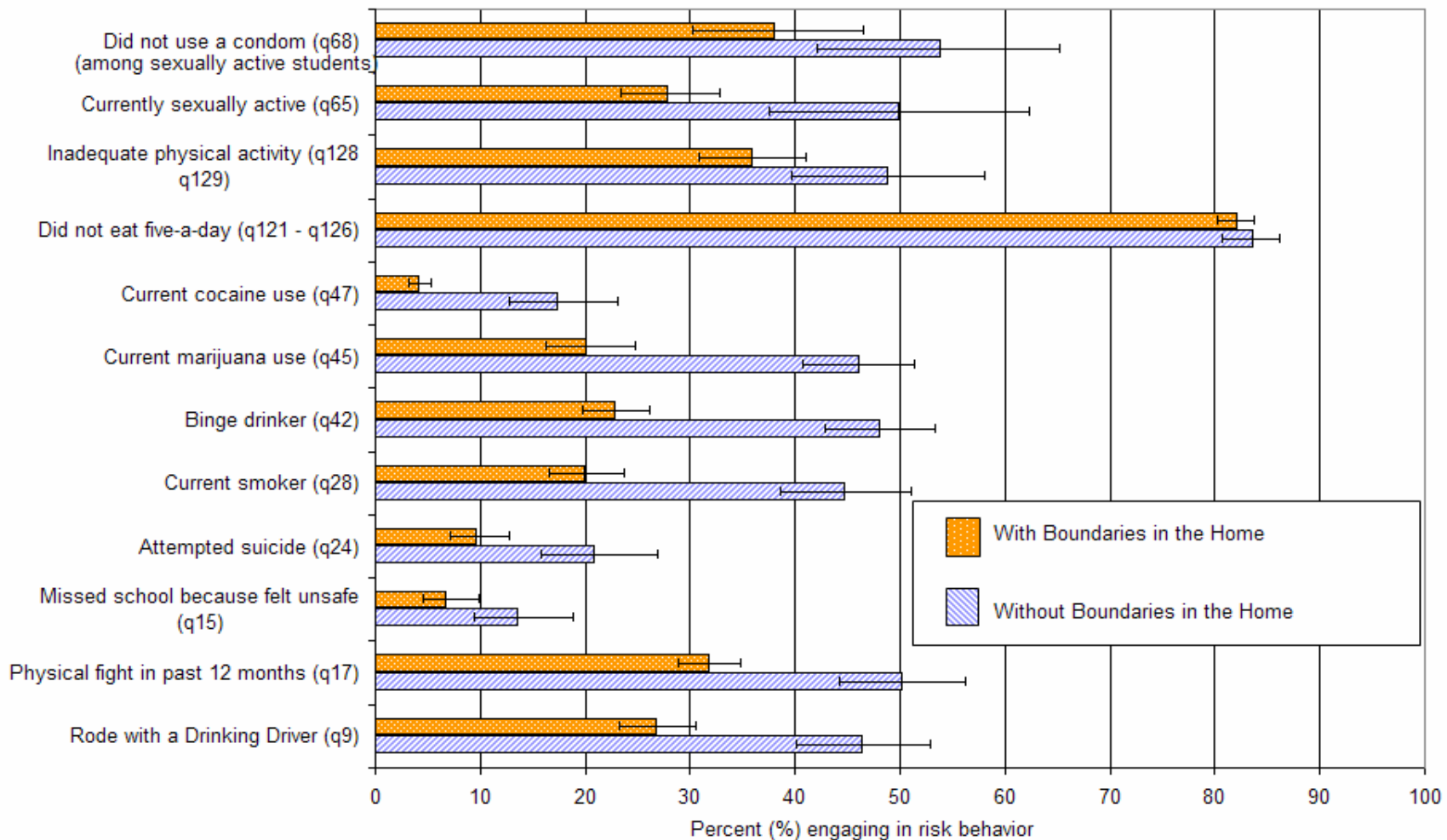


## Caring and Supportive Relationships With Peers by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)



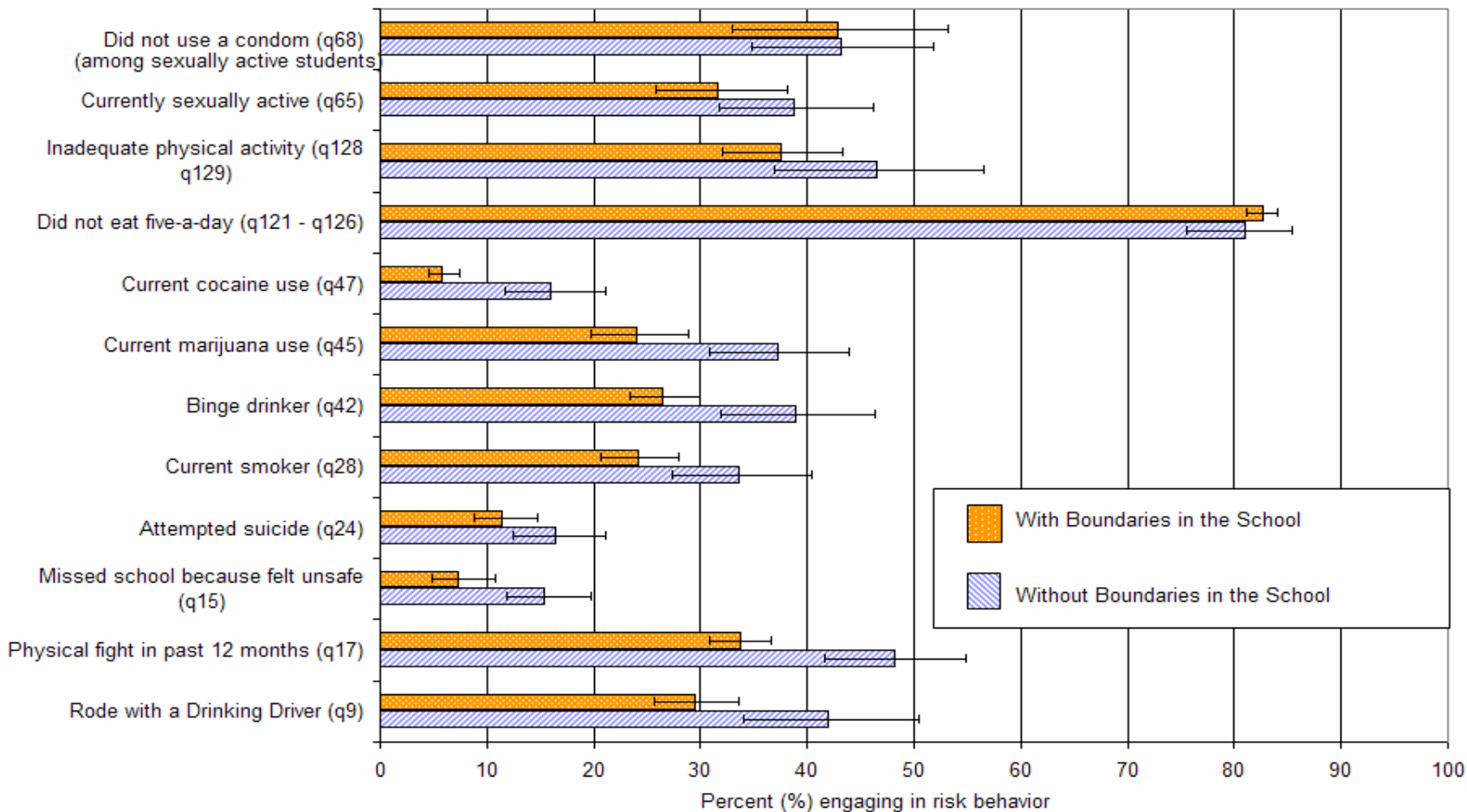
## Boundaries in the Family

### by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)



## Boundaries in the School

### by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)

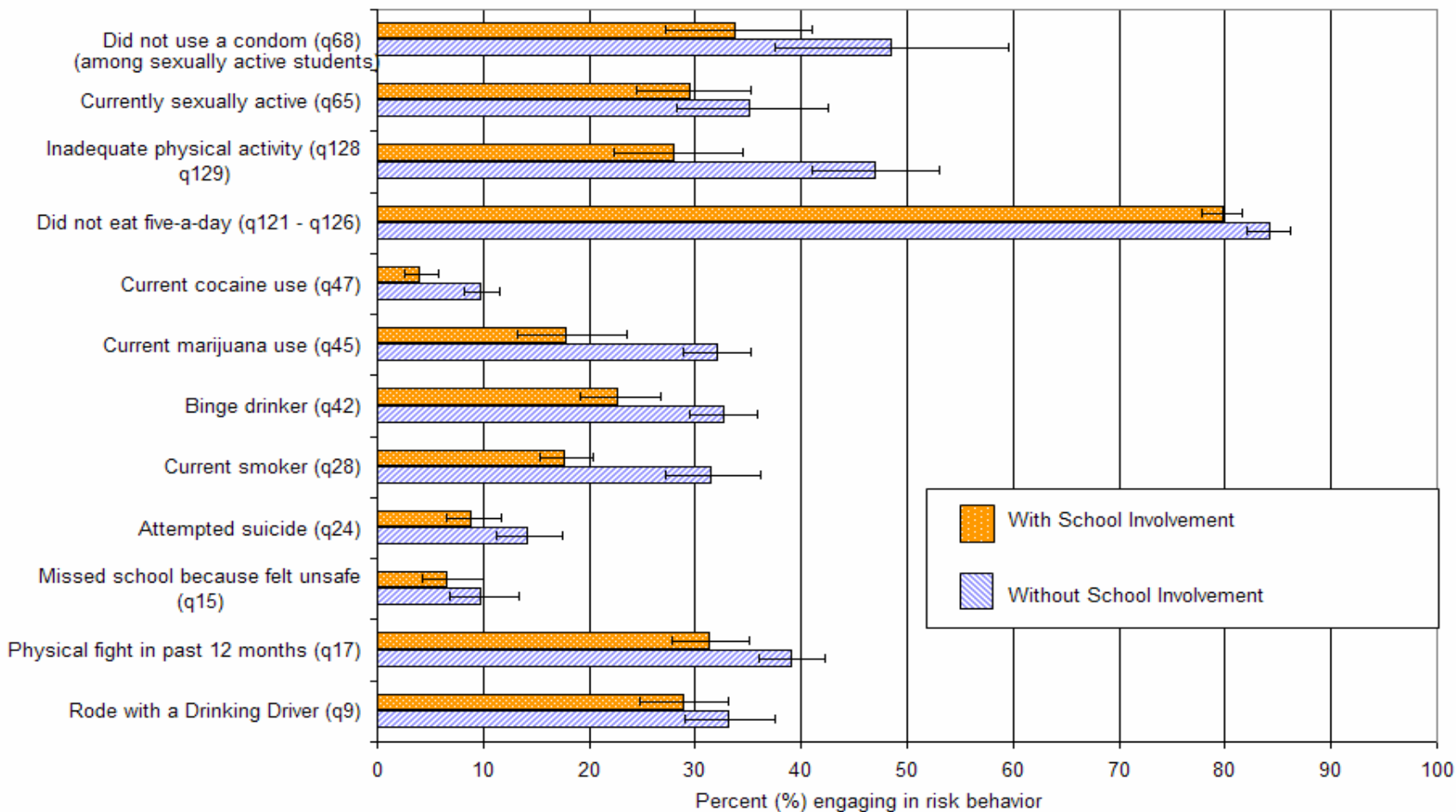


## Positive Peer Influence

### by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)



## School Involvement by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)



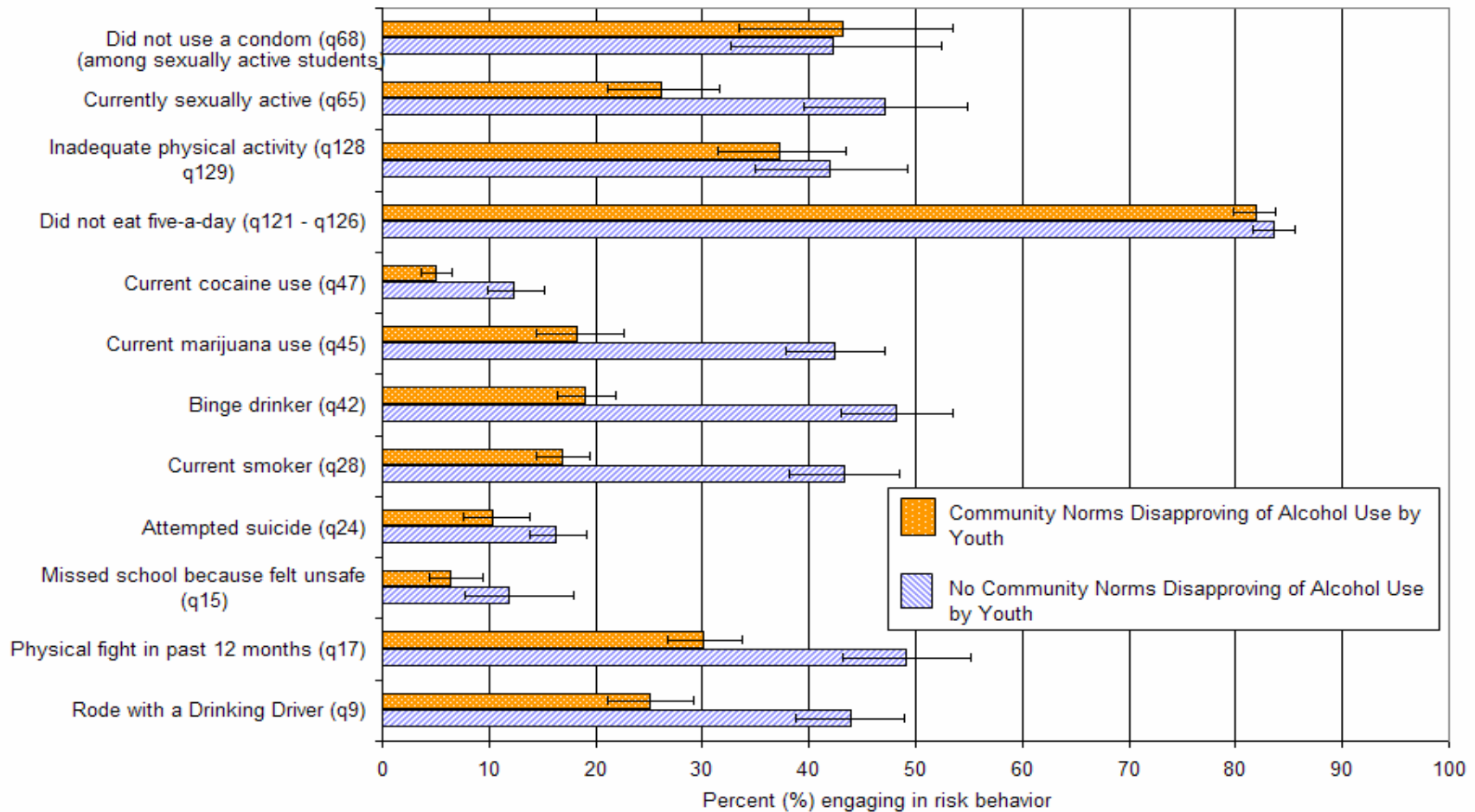
## Constructive Use of Out-of-School time by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)



## Absence of Impulsive and Sensation-Seeking Behaviors by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)



## Community Norms Disapproving of Alcohol Use by Youth by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)

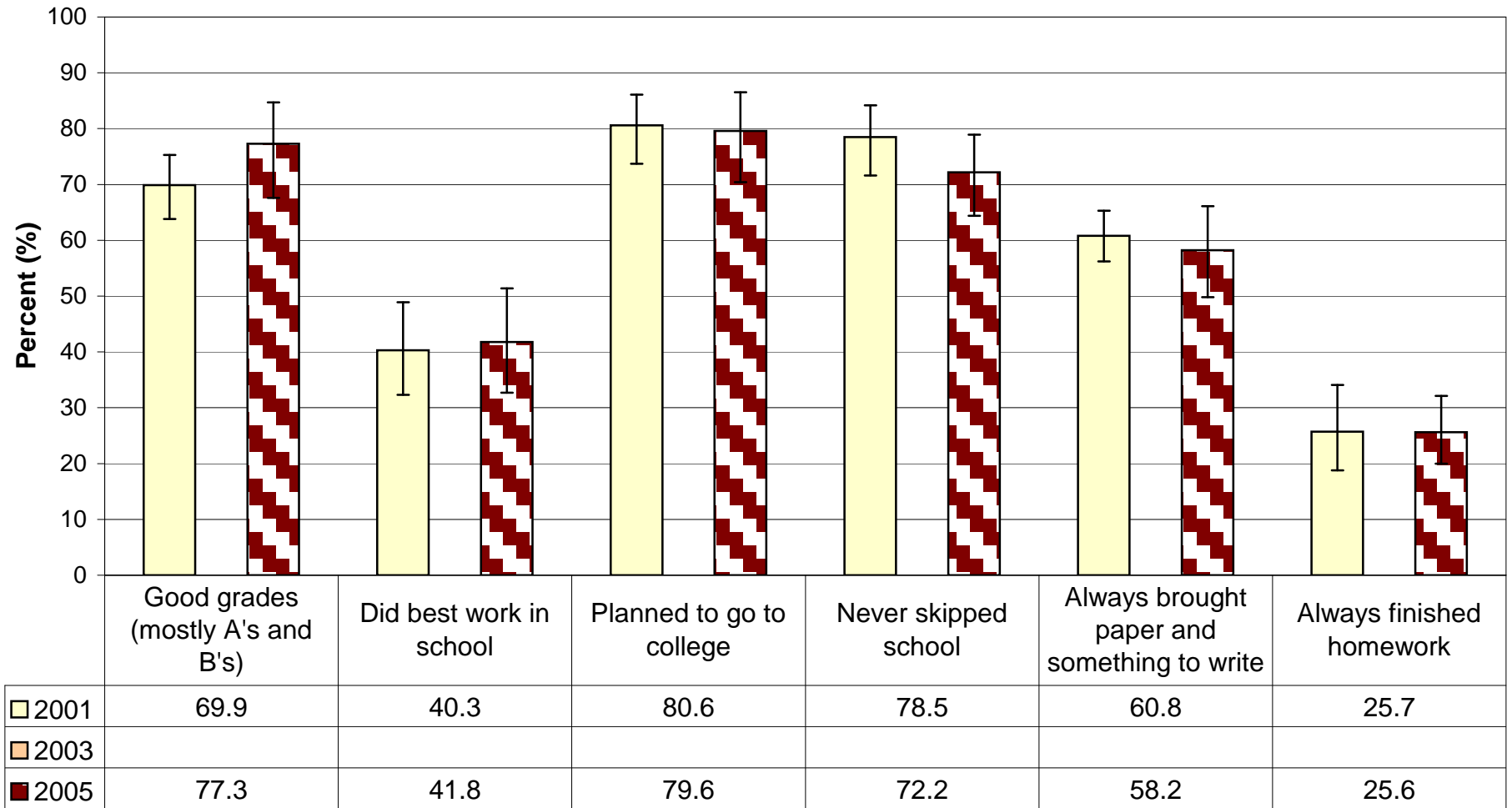




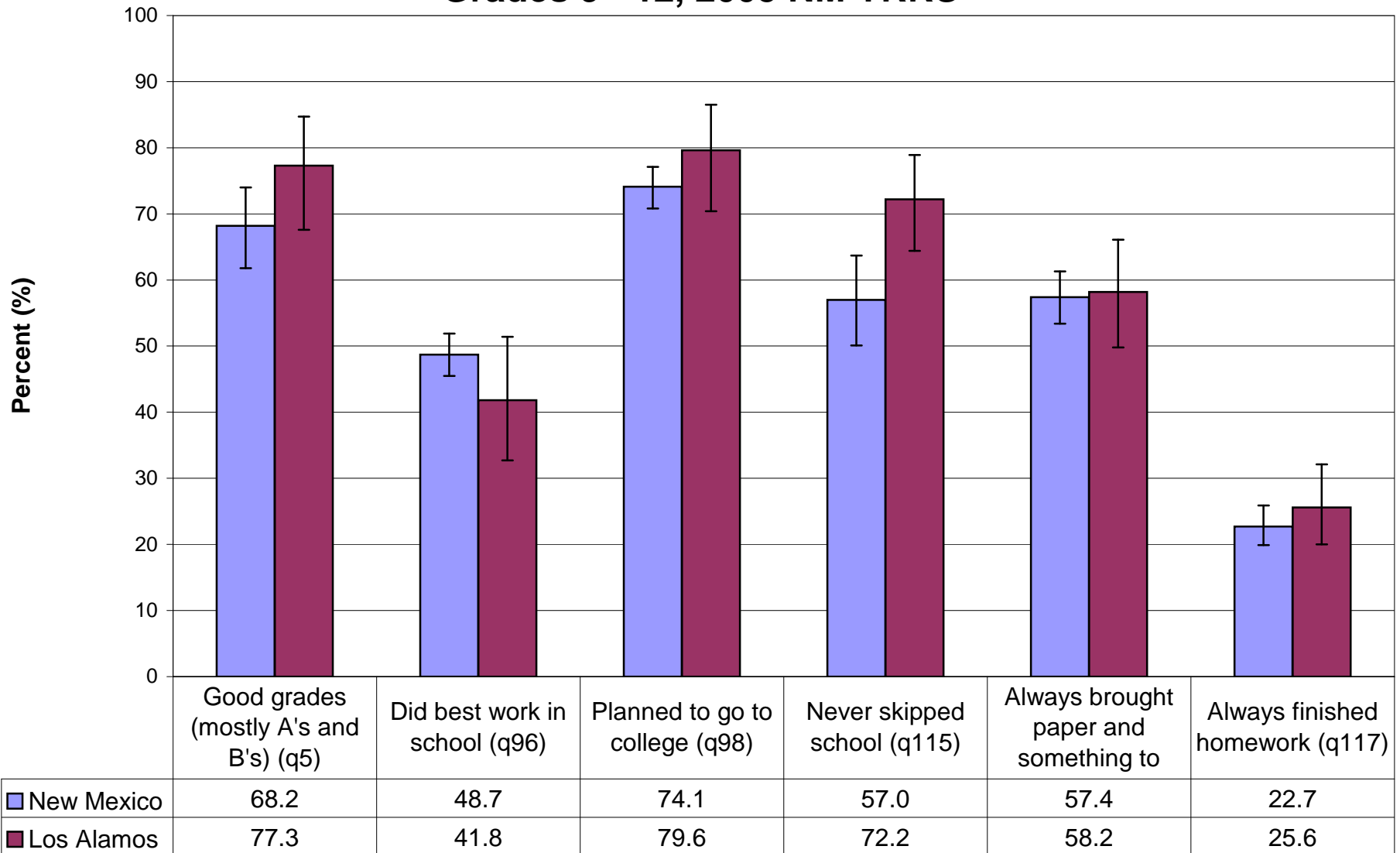
## Academic Performance and Motivation



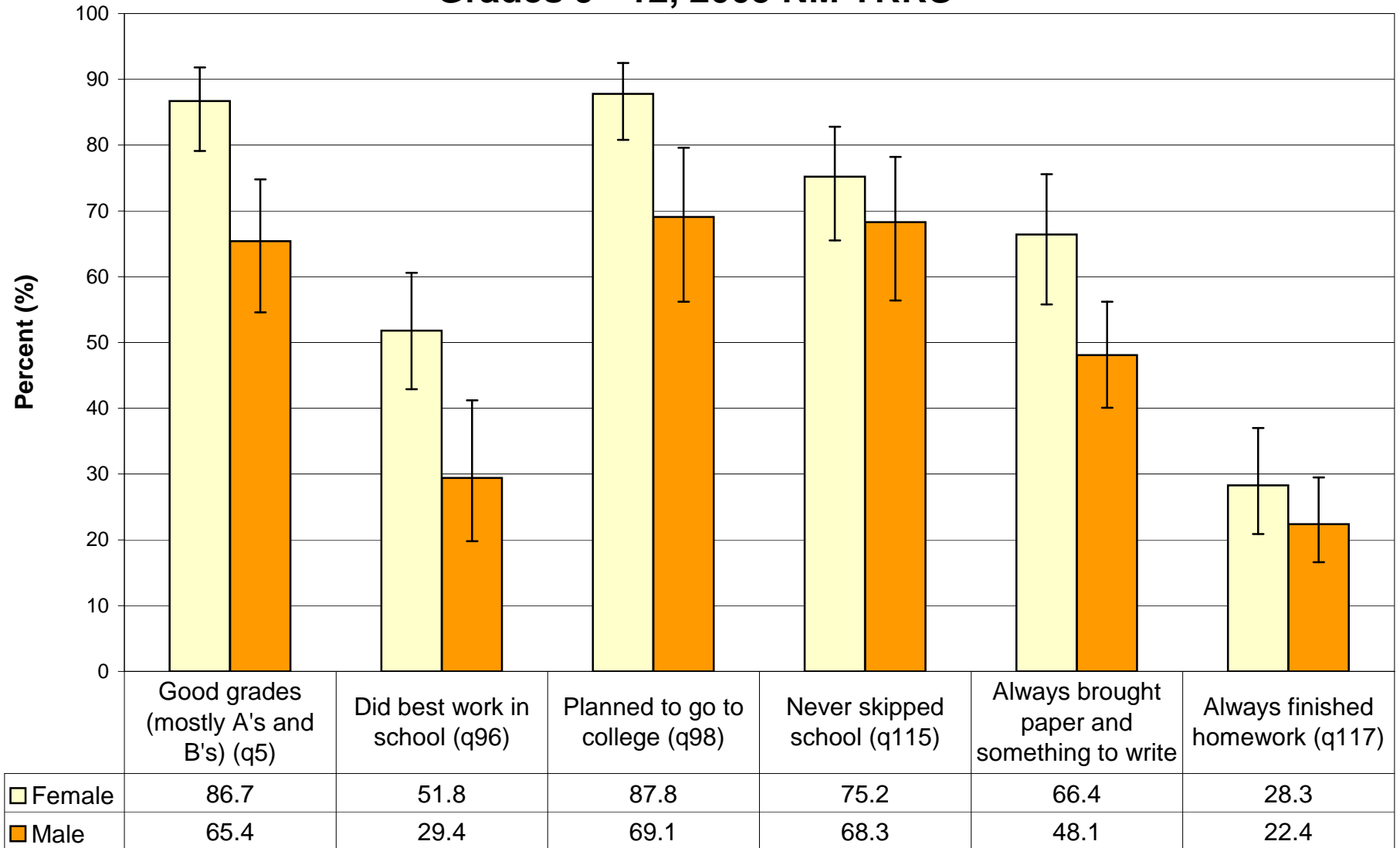
## Academic Motivation and Performance Los Alam County; 2001, 2003, and 2005 Grades 9 - 12, NM YRRS



## Academic Motivation and Performance New Mexico and Los Alamos County Grades 9 - 12, 2005 NM YRRS



## Academic Motivation and Performance by Gender in Los Alamos County Grades 9 - 12, 2005 NM YRRS





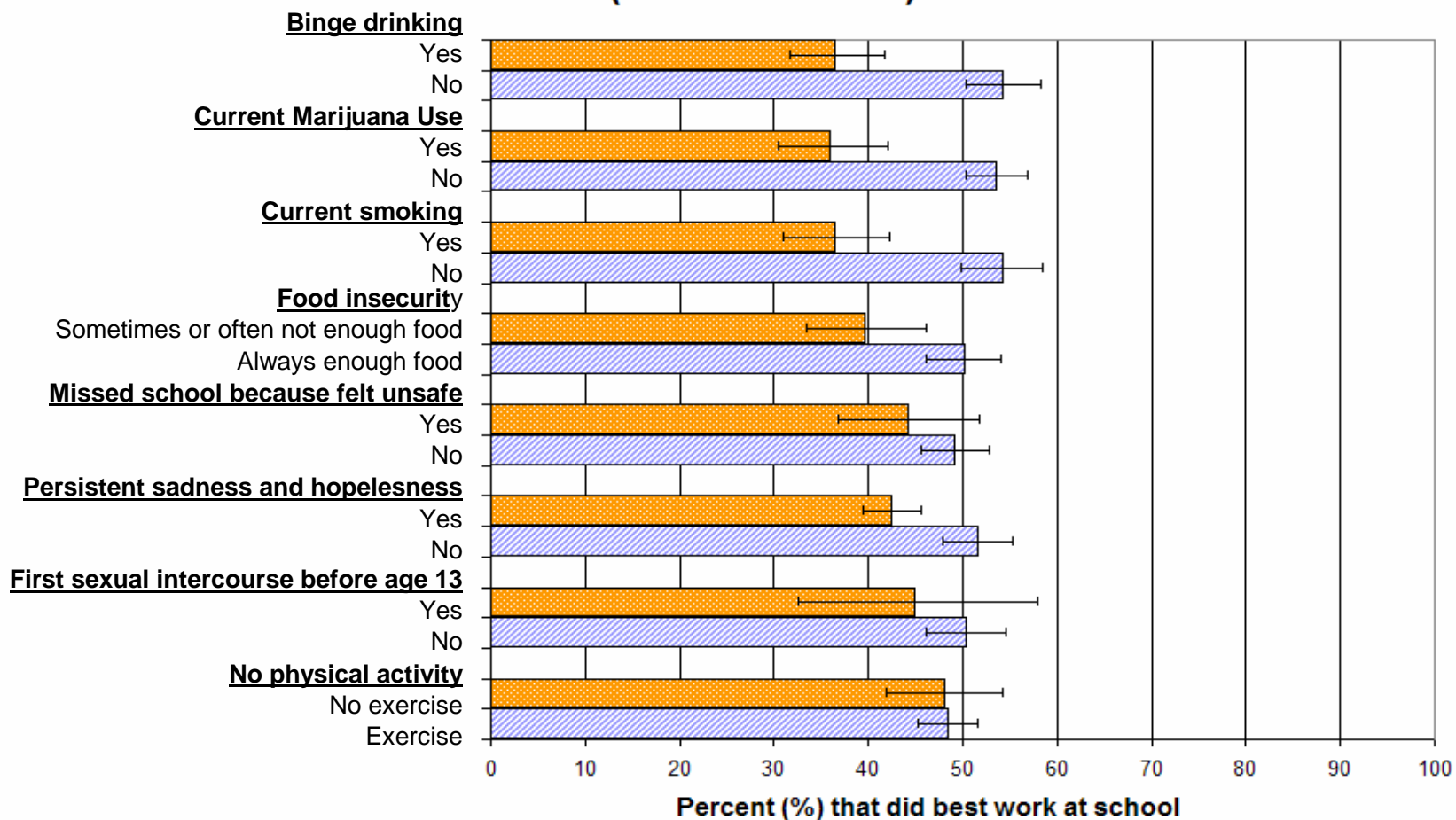
## Relationships Between Academic Motivation and Performance and Risk Behaviors



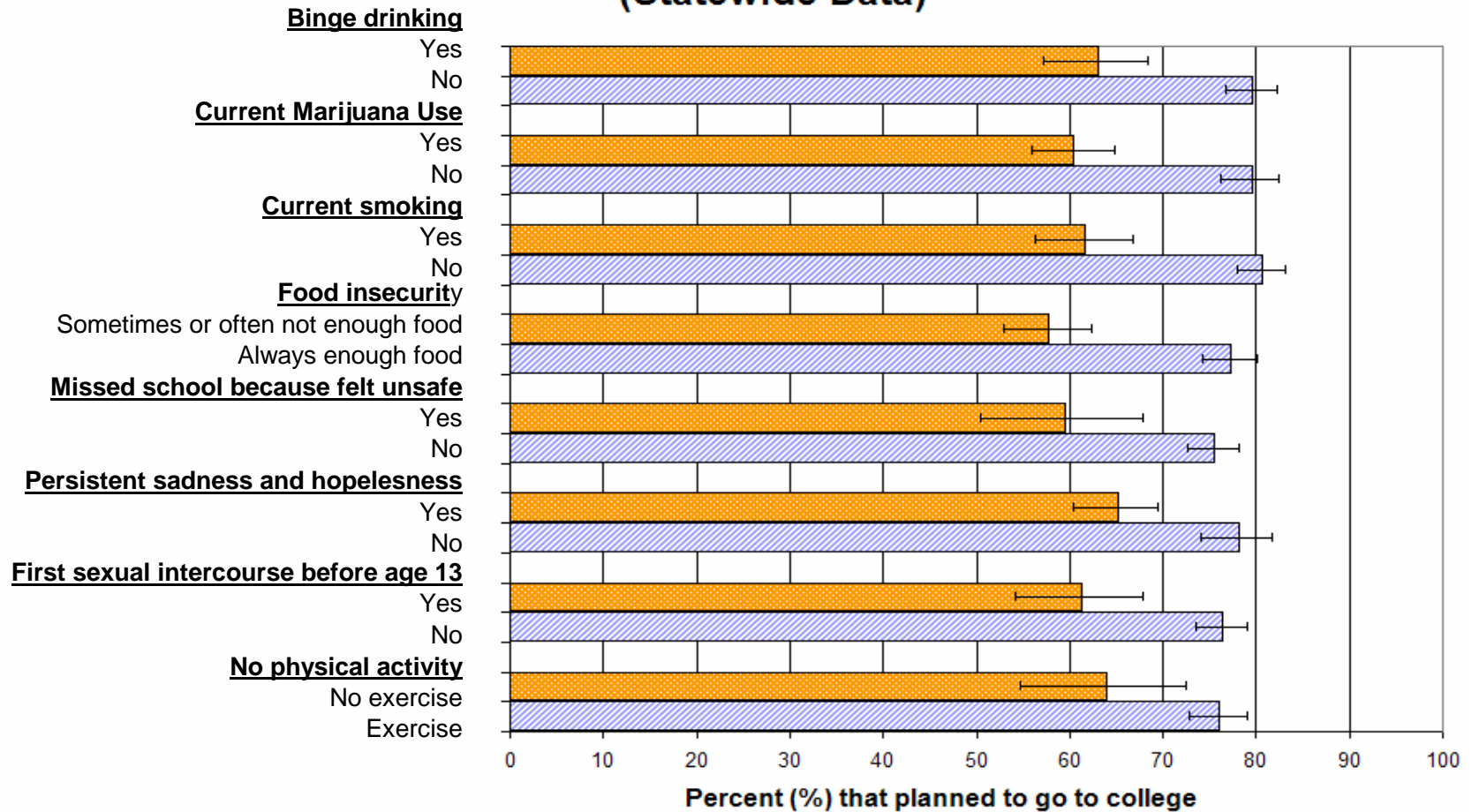
## Got Good Grades (Mostly A's and B's) by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)



## Did Best Work at School by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)



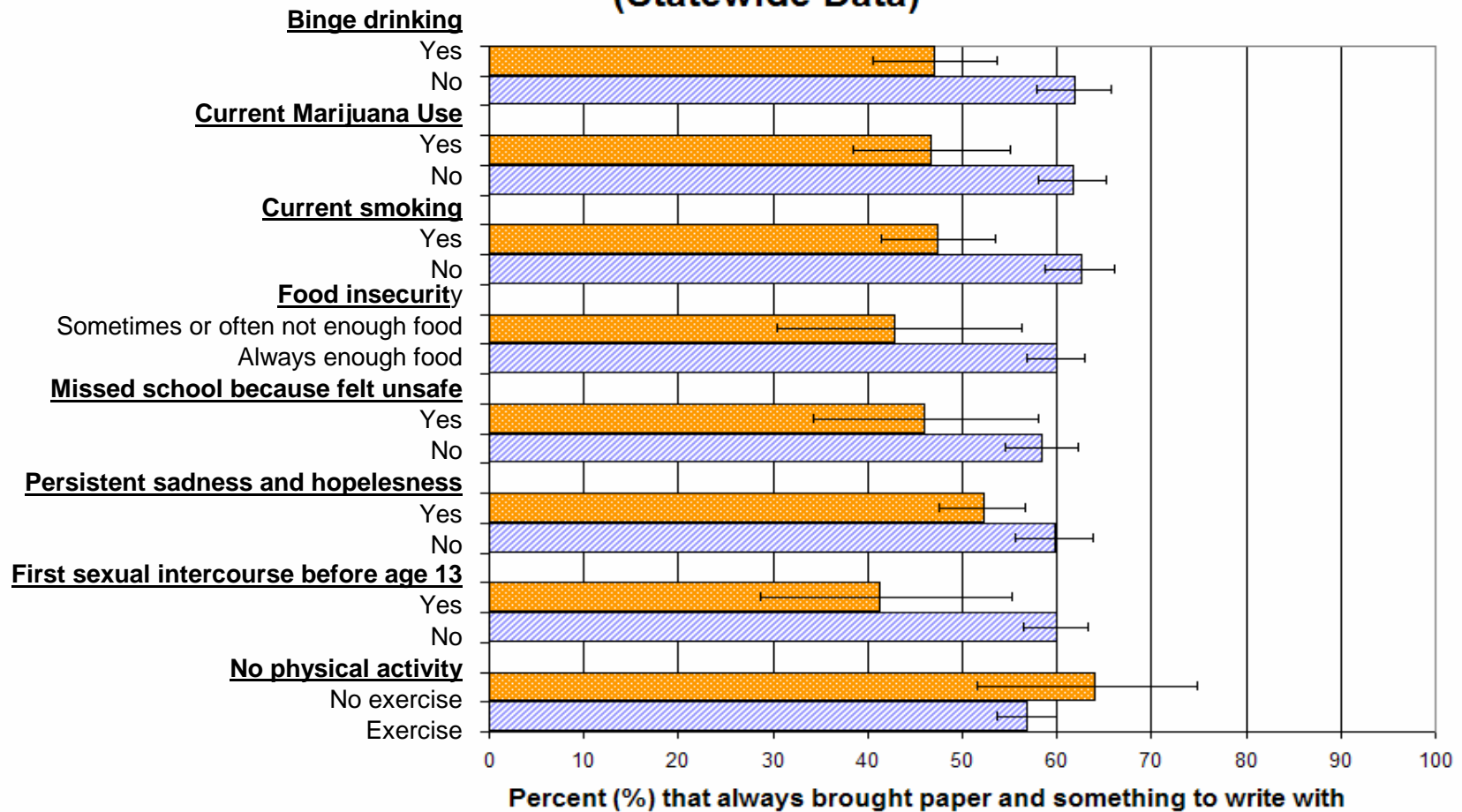
## Planned to Go to College by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)



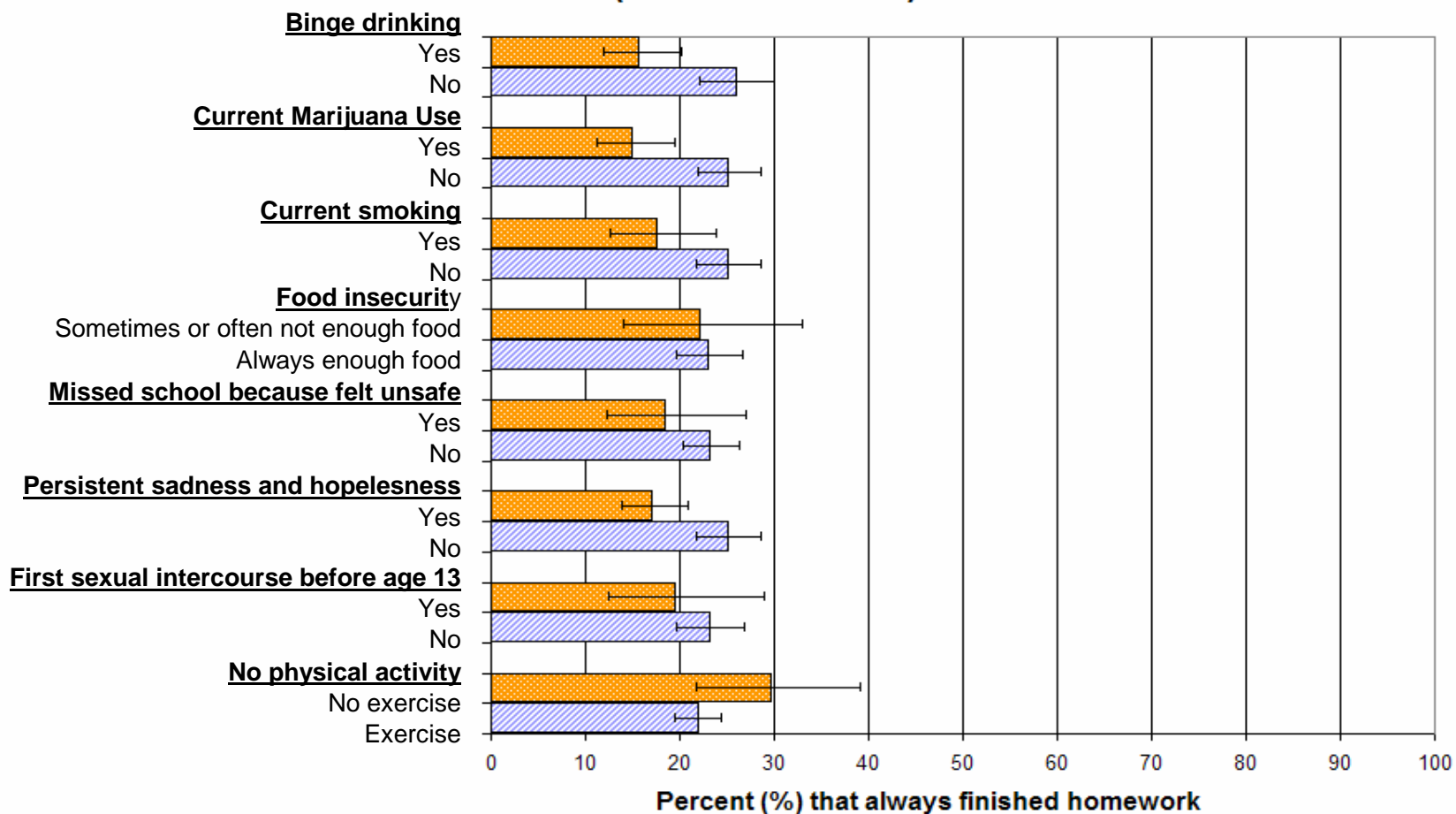
## Didn't Skip School by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)



## Always Brought Paper and Something to Write With by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)



## Always Finished Homework by Selected Risk Behaviors, Grades 9 - 12, NM YRRS (Statewide Data)



## Appendices



Appendix A

## 2005 Youth Risk & Resiliency Survey Results

### Los Alamos County

		<u>Number</u>	<u>(%)</u>
1. How old are you?			
A. 12 years old or younger		1	(0.4%)
B. 13 years old		0	
C. 14 years old		48	(19.0%)
D. 15 years old		68	(27.0%)
E. 16 years old		57	(22.6%)
F. 17 years old		61	(24.2%)
G. 18 years old or older		17	(6.7%)
2. What is your sex?			
A. Female		140	(55.6%)
B. Male		112	(44.4%)
3. In what grade are you?			
A. 9th grade		69	(27.4%)
B. 10th grade		74	(29.4%)
C. 11th grade		59	(23.4%)
D. 12th grade		50	(19.8%)
E. Ungraded or other grade		0	
4. How do you describe yourself?			
A. Hispanic		45	(18.1%)
B. White		178	(71.5%)
C. American Indian		4	(1.6%)
D. Black or African American		9	(3.6%)
E. Asian or Pacific Islander		13	(5.2%)
5. During the past 12 months, how would you describe your grades in school?		<u>Percent</u>	<u>[95% CI]</u>
A. Mostly A's		39.2	[26.1 - 54.1]
B. Mostly B's		35.6	[25.4 - 47.4]
C. Mostly C's		16.8	[11.9 - 23.2]
D. Mostly D's		3.2	[1.3 - 7.5]
E. Mostly F's		2.0	[0.7 - 5.4]
F. None of these grades		2.0	[0.8 - 5.0]
G. Not sure		1.2	[0.4 - 3.4]
6. How tall are you without your shoes on?			
	Mean height in meters	1.7	
	Mean height in feet and inches	5' 7"	
7. How much do you weigh without your shoes on?			
	Mean weight in kilograms	62.6	
	Mean weight in pounds	138	

## Appendix A

### The next 3 questions ask about personal safety.

	<u>Percent</u>	<u>[95% CI]</u>
8. How often do you wear a seat belt when <b>riding in</b> a car driven by someone else?		
A. Never	2.4	[0.8 - 6.8]
B. Rarely	1.6	[0.7 - 3.8]
C. Sometimes	9.9	[5.8 - 16.5]
D. Most of the time	22.6	[18.2 - 27.7]
E. Always	63.5	[54.6 - 71.6]
9. During the past 30 days, how many times did you <b>ride</b> in a car or other vehicle <b>driven by someone who had been drinking alcohol</b> ?		
A. 0 times	72.0	[64.0 - 78.8]
B. 1 time	15.6	[12.3 - 19.6]
C. 2 or 3 times	9.6	[6.3 - 14.4]
D. 4 or 5 times	0.4	[0.1 - 2.7]
E. 6 or more times	2.4	[0.9 - 6.6]
10. During the past 30 days, how many times did you <b>drive</b> a car or other vehicle <b>when you had been drinking alcohol</b> ?		
A. 0 times	87.6	[76.8 - 93.8]
B. 1 time	6.4	[2.5 - 15.1]
C. 2 or 3 times	4.4	[2.3 - 8.3]
D. 4 or 5 times	0.0	
E. 6 or more times	1.6	[0.5 - 5.0]

### The next 10 questions ask about violence-related behaviors.

11. Is there a gun in your home?		
A. Yes	48.0	[41.3 - 54.8]
B. No	44.8	[38.0 - 51.8]
C. Not sure	7.2	[4.5 - 11.4]
12. During the past 30 days, on how many days did you carry <b>a weapon</b> such as a gun, knife, or club?		
A. 0 days	83.2	[74.7 - 89.3]
B. 1 day	5.2	[2.6 - 10.1]
C. 2 or 3 days	4.4	[2.1 - 8.9]
D. 4 or 5 days	2.0	[0.9 - 4.3]
E. 6 or more days	5.2	[2.8 - 9.4]
13. During the past 30 days, on how many days did you carry <b>a gun</b> ?		
A. 0 days	94.4	[87.7 - 97.5]
B. 1 day	3.2	[1.2 - 8.0]
C. 2 or 3 days	1.2	[0.4 - 3.3]
D. 4 or 5 days	0.0	
E. 6 or more days	1.2	[0.3 - 5.4]
14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club <b>on school property</b> ?		
A. 0 days	94.4	[89.0 - 97.3]
B. 1 day	1.2	[0.4 - 3.3]
C. 2 or 3 days	0.8	[0.2 - 2.8]
D. 4 or 5 days	1.2	[0.4 - 3.4]
E. 6 or more days	2.4	[0.8 - 7.2]

## Appendix A

	<b>Percent</b>	<b>[95% CI]</b>
15. During the past 30 days, on how many days did you <b>not</b> go to school because you felt you would be unsafe at school or on your way to or from school?		
A. 0 days	96.0	[92.9 - 97.8]
B. 1 day	2.4	[0.9 - 6.2]
C. 2 or 3 days	1.2	[0.4 - 3.3]
D. 4 or 5 days	0.0	
E. 6 or more days	0.4	[0.1 - 2.9]
16. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club <b>on school property</b> ?		
A. 0 times	91.7	[87.7 - 94.4]
B. 1 time	4.4	[2.4 - 7.7]
C. 2 or 3 times	2.8	[1.6 - 4.7]
D. 4 or 5 times	0.0	
E. 6 or 7 times	0.4	[0.1 - 2.6]
F. 8 or 9 times	0.0	
G. 10 or 11 times	0.0	
H. 12 or more times	0.8	[0.1 - 5.7]
17. During the past 12 months, how many times were you in a physical fight?		
A. 0 times	69.5	[62.1 - 76.0]
B. 1 time	12.9	[9.2 - 17.6]
C. 2 or 3 times	10.8	[8.1 - 14.4]
D. 4 or 5 times	2.8	[1.4 - 5.4]
E. 6 or 7 times	0.8	[0.2 - 3.1]
F. 8 or 9 times	0.4	[0.1 - 2.7]
G. 10 or 11 times	0.4	[0.1 - 2.9]
H. 12 or more times	2.4	[0.9 - 6.1]
18. During the past 12 months, how many times were you in a physical fight <b>on school property</b> ?		
A. 0 times	86.3	[79.2 - 91.3]
B. 1 time	7.2	[3.5 - 14.2]
C. 2 or 3 times	5.6	[3.5 - 9.0]
D. 4 or 5 times	0.0	
E. 6 or 7 times	0.4	[0.1 - 3.0]
F. 8 or 9 times	0.4	[0.1 - 2.9]
G. 10 or 11 times	0.0	
H. 12 or more times	0.0	
19. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?		
A. Yes	8.7	[5.4 - 13.9]
B. No	91.3	[86.1 - 94.6]
20. Have you ever been physically forced to have sexual intercourse when you did not want to?		
A. Yes	8.0	[5.2 - 12.0]
B. No	92.0	[88.0 - 94.8]

## Appendix A

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

	Percent	[95% CI]
21. During the past 12 months, did you ever feel so sad or hopeless almost every day for <b>two weeks or more in a row</b> that you stopped doing some usual activities?		
A. Yes	22.4	[17.8 - 27.7]
B. No	77.6	[72.3 - 82.2]
22. During the past 12 months, did you ever <b>seriously</b> consider attempting suicide?		
A. Yes	15.9	[11.3 - 21.9]
B. No	84.1	[78.1 - 88.7]
23. During the past 12 months, did you make a plan about how you would attempt suicide?		
A. Yes	14.5	[9.6 - 21.4]
B. No	85.5	[78.6 - 90.4]
24. During the past 12 months, how many times did you actually attempt suicide?		
A. 0 times	92.8	[87.9 - 95.8]
B. 1 time	4.5	[2.1 - 9.3]
C. 2 or 3 times	1.8	[0.5 - 6.6]
D. 4 or 5 times	0.0	
E. 6 or more times	0.9	[0.1 - 6.5]
25. <b>If you attempted suicide</b> 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. <b>I did not attempt suicide</b> during the past 12 months	93.2	[88.0 - 96.2]
B. Yes	2.7	[1.0 - 7.4]
C. No	4.1	[1.9 - 8.6]

The next 10 questions ask about tobacco use.

26. Have you ever tried cigarette smoking, even one or two puffs?		
A. Yes	43.1	[31.9 - 55.1]
B. No	56.9	[44.9 - 68.1]
27. How old were you when you smoked a whole cigarette for the first time?		
A. I have never smoked a whole cigarette	67.6	[54.7 - 78.3]
B. 8 years old or younger	2.0	[0.8 - 5.3]
C. 9 or 10 years old	3.3	[1.5 - 6.9]
D. 11 or 12 years old	2.5	[1.2 - 5.2]
E. 13 or 14 years old	14.8	[9.1 - 23.0]
F. 15 or 16 years old	8.2	[4.6 - 14.3]
G. 17 years old or older	1.6	[0.4 - 6.7]
28. During the past 30 days, on how many days did you smoke cigarettes?		
A. 0 days	77.9	[65.8 - 86.5]
B. 1 or 2 days	5.1	[3.0 - 8.7]
C. 3 to 5 days	5.1	[2.5 - 10.0]
D. 6 to 9 days	1.3	[0.4 - 3.9]
E. 10 to 19 days	4.3	[2.1 - 8.5]
F. 20 to 29 days	3.8	[1.8 - 7.9]
G. All 30 days	2.6	[0.6 - 9.8]

## Appendix A

	<b>Percent</b>	<b>[95% CI]</b>
<b>29. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?</b>		
A. I did not smoke cigarettes during the past 30 days	78.0	[66.4 - 86.3]
B. Less than 1 cigarette per day	3.4	[1.8 - 6.2]
C. 1 cigarette per day	7.2	[3.5 - 14.3]
D. 2 to 5 cigarettes per day	8.5	[5.0 - 14.0]
E. 6 to 10 cigarettes per day	1.7	[0.5 - 5.4]
F. 11 to 20 cigarettes per day	0.8	[0.2 - 3.4]
G. More than 20 cigarettes per day	0.4	[0.1 - 3.2]
<b>30. During the past 30 days, on how many days did you smoke cigarettes on school property?</b>		
A. 0 days	92.7	[86.5 - 96.1]
B. 1 or 2 days	4.1	[2.2 - 7.5]
C. 3 to 5 days	1.2	[0.3 - 5.0]
D. 6 to 9 days	1.2	[0.4 - 3.8]
E. 10 to 19 days	0.0	
F. 20 to 29 days	0.8	[0.1 - 5.9]
G. All 30 days	0.0	
<b>31. During the past 12 months, did you ever try to quit smoking cigarettes?</b>		
A. I did not smoke during the past 12 months	74.6	[62.6 - 83.7]
B. Yes	14.8	[10.1 - 21.2]
C. No	10.6	[5.6 - 19.2]
<b>32. During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)</b>		
A. I did not smoke cigarettes during the past 30 days	78.0	[65.9 - 86.6]
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	5.9	[2.9 - 11.8]
C. I bought them from a vending machine	0.4	[0.1 - 3.0]
D. I gave someone else money to buy them for me	3.4	[1.3 - 8.5]
E. I borrowed (or bummed) them from someone else	7.2	[4.1 - 12.2]
F. A person 18 years old or older gave them to me	2.5	[1.3 - 5.0]
G. I took them from a store or family member	0.4	[0.1 - 3.1]
H. I got them some other way	2.1	[0.8 - 5.5]
<b>33. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?</b>		
A. 0 days	81.3	[71.8 - 88.1]
B. 1 or 2 days	9.6	[5.9 - 15.1]
C. 3 to 5 days	4.4	[2.2 - 8.6]
D. 6 to 9 days	1.6	[0.6 - 4.0]
E. 10 to 19 days	2.0	[0.8 - 5.0]
F. 20 to 29 days	0.4	[0.1 - 2.6]
G. All 30 days	0.8	[0.1 - 5.8]

## Appendix A

	<b>Percent</b>	<b>[95% CI]</b>
34. During the past 30 days, on how many days did you use <b>chewing tobacco, snuff, or dip</b> , such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?		
A. 0 days	91.6	[83.1 - 96.1]
B. 1 or 2 days	2.8	[1.2 - 6.2]
C. 3 to 5 days	2.4	[0.8 - 6.7]
D. 6 to 9 days	0.8	[0.2 - 3.0]
E. 10 to 19 days	0.8	[0.2 - 3.0]
F. 20 to 29 days	0.4	[0.1 - 2.9]
G. All 30 days	1.2	[0.3 - 5.1]
35. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?		
A. 0 days	56.8	[46.0 - 67.0]
B. 1 or 2 days	18.4	[14.2 - 23.5]
C. 3 or 4 days	10.8	[7.8 - 14.8]
D. 5 or 6 days	6.0	[2.5 - 13.6]
E. 7 days	8.0	[4.6 - 13.6]
 <b>The next 8 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.</b>		
36. 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	38.5	[29.3 - 48.5]
B. 8 years old or younger	5.3	[2.2 - 12.0]
C. 9 or 10 years old	2.8	[1.3 - 6.3]
D. 11 or 12 years old	8.1	[4.8 - 13.4]
E. 13 or 14 years old	26.3	[20.1 - 33.6]
F. 15 or 16 years old	17.4	[10.5 - 27.6]
G. 17 years old or older	1.6	[0.4 - 6.6]
37. During the past 30 days, on how many days did you have at least one drink of alcohol?		
A. 0 days	61.4	[50.2 - 71.5]
B. 1 or 2 days	15.3	[11.2 - 20.4]
C. 3 to 5 days	10.6	[6.4 - 17.0]
D. 6 to 9 days	7.6	[4.3 - 13.2]
E. 10 to 19 days	3.8	[2.1 - 6.9]
F. 20 to 29 days	0.8	[0.2 - 3.4]
G. All 30 days	0.4	[0.1 - 3.2]
38. During the past 30 days, what brand of beer did you usually drink? (Select only one response)		
A. I did not drink beer during the past 30 days	72.1	[61.3 - 80.9]
B. I do not have a usual brand	11.5	[7.7 - 16.8]
C. Bud Light	1.6	[0.6 - 4.1]
D. Budweiser	0.4	[0.1 - 2.8]
E. Coors Light	3.3	[1.4 - 7.4]
F. Miller Light	0.0	
G. Natural Light	1.6	[0.5 - 5.5]
H. Some other brand	9.4	[6.2 - 14.0]

## Appendix A

	<b>Percent</b>	<b>[95% CI]</b>
39. During the past 30 days, what type of alcohol did you usually drink? (Select only one response)		
A. I did not drink alcohol during the past 30 days	58.1	[45.8 - 69.5]
B. I do not have a usual type	4.6	[2.7 - 7.5]
C. Beer	5.8	[3.7 - 9.1]
D. Malt beverages, such as Smirnoff Ice, Bacardi Silver, and Hard Lemonade	5.8	[3.3 - 10.1]
E. Wine coolers, such as Bartles and James or Seagrams	0.4	[0.1 - 3.1]
F. Wine	2.5	[1.1 - 5.5]
G. Liquor, such as vodka, rum, scotch, bourbon, or whiskey	22.8	[15.4 - 32.4]
H. Some other type	0.0	
40. During the past 30 days, how did you usually get your alcohol? (Select only one response)		
A. I did not drink alcohol during the past 30 days	58.6	[46.3 - 70.0]
B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	1.7	[0.5 - 5.3]
C. I bought it at a restaurant, bar or club	0.0	
D. I bought it at a public event such as a concert or sporting event	0.4	[0.1 - 2.9]
E. I gave someone else money to buy it for me	11.8	[6.1 - 21.6]
F. A person 18 years old or older gave it to me	5.9	[3.3 - 10.3]
G. I took it from a store or family member	6.3	[3.7 - 10.7]
H. I got it some other way	15.2	[10.9 - 20.7]
41. During the past 30 days, where did you usually drink alcohol? (Select only one response)		
A. I did not drink alcohol during the past 30 days	58.6	[46.1 - 70.2]
B. At my home	6.3	[4.2 - 9.5]
C. At another person's home	21.5	[14.4 - 30.9]
D. At a restaurant, bar or club	0.4	[0.1 - 3.3]
E. At a public place such as a park, beach, or parking lot	2.5	[1.2 - 5.1]
F. At a public event such as a concert or sporting event	0.4	[0.1 - 2.9]
G. On school property	0.4	[0.1 - 3.2]
H. Some other location	9.7	[5.6 - 16.2]
42. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?		
A. 0 days	73.6	[62.3 - 82.4]
B. 1 day	8.3	[4.8 - 13.8]
C. 2 days	6.6	[3.8 - 11.3]
D. 3 to 5 days	7.0	[3.7 - 13.1]
E. 6 to 9 days	3.7	[1.7 - 7.9]
F. 10 to 19 days	0.4	[0.1 - 2.7]
G. 20 or more days	0.4	[0.1 - 2.8]
43. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?		
A. 0 days	94.8	[92.0 - 96.6]
B. 1 or 2 days	4.0	[2.3 - 6.9]
C. 3 to 5 days	0.4	[0.1 - 2.7]
D. 6 to 9 days	0.0	
E. 10 to 19 days	0.0	
F. 20 to 29 days	0.4	[0.1 - 3.0]
G. All 30 days	0.4	[0.1 - 2.8]

## Appendix A

<b>The next 3 questions ask about marijuana use. Marijuana also is called grass or pot.</b>	<b>Percent</b>	<b>[95% CI]</b>
44. How old were you when you tried marijuana for the first time?		
A. I have never tried marijuana	65.4	[51.8 - 77.0]
B. 8 years old or younger	1.2	[0.4 - 3.7]
C. 9 or 10 years old	1.6	[0.7 - 3.9]
D. 11 or 12 years old	6.1	[3.2 - 11.2]
E. 13 or 14 years old	15.9	[10.1 - 24.1]
F. 15 or 16 years old	6.1	[2.9 - 12.4]
G. 17 years old or older	3.7	[0.7 - 17.9]
45. During the past 30 days, how many times did you use marijuana?		
A. 0 times	76.9	[65.8 - 85.2]
B. 1 or 2 times	10.1	[6.1 - 16.3]
C. 3 to 9 times	2.8	[1.3 - 6.1]
D. 10 to 19 times	4.0	[2.2 - 7.5]
E. 20 to 39 times	2.4	[0.7 - 7.9]
F. 40 or more times	3.6	[1.5 - 8.5]
46. During the past 30 days, how many times did you use marijuana <b>on school property</b> ?		
A. 0 times	94.4	[89.2 - 97.1]
B. 1 or 2 times	2.0	[0.8 - 5.2]
C. 3 to 9 times	1.2	[0.4 - 3.5]
D. 10 to 19 times	0.8	[0.2 - 3.2]
E. 20 to 39 times	0.0	
F. 40 or more times	1.6	[0.6 - 4.1]
<b>The next 9 questions ask about other drugs.</b>		
47. During the past 30 days, how many times did you use <b>any</b> form of cocaine, including powder, crack, or freebase?		
A. 0 times	94.4	[88.5 - 97.3]
B. 1 or 2 times	3.2	[1.5 - 6.9]
C. 3 to 9 times	0.0	
D. 10 to 19 times	0.8	[0.2 - 3.2]
E. 20 to 39 times	0.8	[0.2 - 2.8]
F. 40 or more times	0.8	[0.2 - 3.1]
48. During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled <b>any</b> paints or sprays to get high?		
A. 0 times	94.4	[89.8 - 97.1]
B. 1 or 2 times	2.8	[1.3 - 5.7]
C. 3 to 9 times	1.2	[0.4 - 3.4]
D. 10 to 19 times	0.0	
E. 20 to 39 times	0.4	[0.1 - 2.9]
F. 40 or more times	1.2	[0.4 - 3.4]

## Appendix A

	<b>Percent</b>	<b>[95% CI]</b>
49. During the past <b>30 days</b> , how many times have you used heroin (also called smack, junk, or China White)?		
A. 0 times	97.6	[91.0 - 99.4]
B. 1 or 2 times	0.4	[0.1 - 2.7]
C. 3 to 9 times	0.8	[0.2 - 3.1]
D. 10 to 19 times	0.0	
E. 20 to 39 times	0.4	[0.1 - 2.9]
F. 40 or more times	0.8	[0.2 - 3.1]
50. During the past <b>12 months</b> , how many times have you used heroin (also called smack, junk, or China White)?		
A. 0 times	95.6	[90.4 - 98.0]
B. 1 or 2 times	2.0	[0.8 - 5.2]
C. 3 to 9 times	0.8	[0.2 - 3.1]
D. 10 to 19 times	0.4	[0.1 - 3.0]
E. 20 to 39 times	0.4	[0.1 - 2.8]
F. 40 or more times	0.8	[0.2 - 3.1]
51. During the past <b>30 days</b> , how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?		
A. 0 times	96.4	[91.7 - 98.5]
B. 1 or 2 times	1.2	[0.3 - 5.0]
C. 3 to 9 times	0.4	[0.1 - 2.9]
D. 10 to 19 times	0.4	[0.1 - 2.9]
E. 20 to 39 times	0.0	
F. 40 or more times	1.6	[0.3 - 7.0]
52. During the past <b>12 months</b> , how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?		
A. 0 times	93.2	[86.0 - 96.9]
B. 1 or 2 times	3.6	[1.5 - 8.5]
C. 3 to 9 times	1.2	[0.4 - 3.4]
D. 10 to 19 times	0.8	[0.2 - 3.1]
E. 20 to 39 times	0.0	
F. 40 or more times	1.2	[0.2 - 7.9]
53. During the past <b>12 months</b> , how many times have you used ecstasy?		
A. 0 times	94.4	[88.8 - 97.3]
B. 1 or 2 times	1.6	[0.5 - 5.4]
C. 3 to 9 times	2.8	[1.2 - 6.5]
D. 10 to 19 times	0.4	[0.1 - 2.7]
E. 20 to 39 times	0.0	
F. 40 or more times	0.8	[0.2 - 3.1]
54. During your life, how many times have you used a needle to inject any <b>illegal</b> drug into your body?		
A. 0 times	97.2	[94.0 - 98.7]
B. 1 time	1.6	[0.6 - 4.0]
C. 2 or more times	1.2	[0.4 - 3.5]
55. During the past 12 months, has anyone offered, sold, or given you an illegal drug <b>on school property</b> ?		
A. Yes	29.5	[23.9 - 35.8]
B. No	70.5	[64.2 - 76.1]

## Appendix A

### The next 3 questions ask about what people think about kids your age drinking alcohol.

	<b>Percent</b>	<b>[95% CI]</b>
56. How wrong would <b>most adults</b> in your community think it was for kids your age to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	34.4	[28.5 - 40.8]
B. Wrong	50.0	[41.7 - 58.3]
C. A little bit wrong	12.8	[7.2 - 21.7]
D. Not wrong at all	2.8	[1.4 - 5.5]
57. How wrong do <b>your parents</b> feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	58.2	[49.5 - 66.4]
B. Wrong	28.7	[25.1 - 32.5]
C. A little bit wrong	9.2	[5.2 - 15.7]
D. Not wrong at all	4.0	[2.1 - 7.6]
58. How wrong do <b>you</b> think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?		
A. Very wrong	28.4	[21.0 - 37.2]
B. Wrong	25.6	[19.4 - 33.0]
C. A little bit wrong	30.0	[24.4 - 36.3]
D. Not wrong at all	16.0	[10.3 - 24.1]
<b>If you wanted to, how easy would each of the following be to get?</b>		
59. Beer, wine, or hard liquor (for example, vodka, whiskey or gin)?		
A. Very hard	8.6	[5.6 - 13.0]
B. Sort of hard	13.9	[9.9 - 19.1]
C. Sort of easy	27.8	[22.6 - 33.5]
D. Very easy	49.8	[42.0 - 57.6]
60. Marijuana?		
A. Very hard	19.5	[14.6 - 25.7]
B. Sort of hard	16.3	[13.2 - 19.9]
C. Sort of easy	29.3	[24.4 - 34.6]
D. Very easy	35.0	[26.8 - 44.1]
61. Cocaine, LSD, methamphetamines, or other illegal drug?		
A. Very hard	38.1	[32.7 - 43.7]
B. Sort of hard	39.7	[34.7 - 44.8]
C. Sort of easy	10.5	[8.2 - 13.5]
D. Very easy	11.7	[8.1 - 16.8]
62. About how many adults have you known personally who, in the past year, have used marijuana, cocaine or other drugs?		
A. None	58.8	[49.2 - 67.8]
B. 1 adult	13.2	[10.3 - 16.8]
C. 2 adults	7.6	[4.6 - 12.3]
D. 3 to 4 adults	9.6	[6.3 - 14.4]
E. 5 or more adults	10.8	[7.1 - 16.2]

## Appendix A

	<b>Percent</b>	<b>[95% CI]</b>
63. About how many adults have you known personally who, in the past year, have sold or dealt drugs?		
A. None	79.0	[68.6 - 86.6]
B. 1 adult	10.7	[6.4 - 17.3]
C. 2 adults	4.4	[2.2 - 8.3]
D. 3 to 4 adults	2.8	[1.5 - 5.2]
E. 5 or more adults	3.2	[1.4 - 6.8]
<b>The next 6 questions ask about sexual behavior.</b>		
64. How old were you when you had sexual intercourse for the first time?		
A. I have never had sexual intercourse	70.2	[58.5 - 79.7]
B. 11 years old or younger	0.8	[0.2 - 3.3]
C. 12 years old	0.0	
D. 13 years old	2.5	[0.8 - 7.8]
E. 14 years old	10.1	[6.2 - 16.0]
F. 15 years old	10.1	[6.6 - 15.1]
G. 16 years old	4.6	[2.2 - 9.4]
H. 17 years old or older	1.7	[0.5 - 5.7]
65. During your life, with how many people have you had sexual intercourse?		
A. I have never had sexual intercourse	69.9	[58.4 - 79.3]
B. 1 person	11.3	[6.9 - 17.8]
C. 2 people	5.0	[3.1 - 8.0]
D. 3 people	5.4	[2.7 - 10.6]
E. 4 people	2.9	[1.1 - 7.8]
F. 5 people	1.3	[0.4 - 4.0]
G. 6 or more people	4.2	[2.2 - 7.7]
66. During the past 3 months, with how many people did you have sexual intercourse?		
A. I have never had sexual intercourse	69.9	[58.5 - 79.2]
B. I have had sexual intercourse, but not during the past 3 months	10.5	[6.6 - 16.2]
C. 1 person	13.0	[9.0 - 18.3]
D. 2 people	4.2	[1.9 - 9.1]
E. 3 people	1.3	[0.5 - 3.3]
F. 4 people	0.4	[0.1 - 2.9]
G. 5 people	0.0	
H. 6 or more people	0.8	[0.1 - 6.2]
67. Did you drink alcohol or use drugs before you had sexual intercourse the <b>last time</b> ?		
A. I have never had sexual intercourse	69.3	[58.1 - 78.6]
B. Yes	9.5	[5.6 - 15.7]
C. No	21.2	[14.7 - 29.5]
68. The <b>last time</b> you had sexual intercourse, did you or your partner use a condom?		
A. I have never had sexual intercourse	69.6	[58.3 - 78.9]
B. Yes	22.1	[15.6 - 30.2]
C. No	8.3	[4.5 - 15.0]

## Appendix A

	<b>Percent</b>	<b>[95% CI]</b>
69. The <b>last time</b> you had sexual intercourse, what <b>one</b> method did you or your partner use to <b>prevent pregnancy</b> ? (Select only <b>one</b> response.)		
A. I have never had sexual intercourse	70.3	[59.4 - 79.4]
B. No method was used to prevent pregnancy	1.3	[0.4 - 3.8]
C. Birth control pills	8.5	[5.0 - 13.9]
D. Condoms	17.8	[12.9 - 24.0]
E. Depo-Provera (injectable birth control)	0.4	[0.1 - 2.9]
F. Withdrawal	0.4	[0.1 - 3.0]
G. Some other method	0.8	[0.2 - 3.2]
H. Not sure	0.4	[0.1 - 3.0]

**The following questions ask about your family, your school, other adults, your friends and yourself.**

**In my home, there is a parent or some other adult ...**

70. who is interested in my school work.		
A. Not true at all	2.4	[1.0 - 5.4]
B. A little true	6.0	[3.8 - 9.3]
C. Pretty much true	20.6	[14.9 - 27.9]
D. Very much true	71.0	[61.9 - 78.7]
71. who talks with me about my problems.		
A. Not true at all	7.9	[4.7 - 13.1]
B. A little true	19.4	[16.5 - 22.7]
C. Pretty much true	24.2	[20.2 - 28.7]
D. Very much true	48.4	[43.9 - 53.0]
72. who listens to me when I have something to say.		
A. Not true at all	5.6	[3.1 - 9.9]
B. A little true	13.1	[9.1 - 18.6]
C. Pretty much true	27.9	[20.8 - 36.3]
D. Very much true	53.4	[45.4 - 61.2]
73. who expects me to follow the rules.		
A. Not true at all	3.2	[1.3 - 7.8]
B. A little true	6.0	[4.0 - 8.8]
C. Pretty much true	24.7	[21.3 - 28.5]
D. Very much true	66.1	[60.6 - 71.2]
74. who believes that I will be a success.		
A. Not true at all	4.8	[2.9 - 8.0]
B. A little true	5.6	[3.4 - 9.3]
C. Pretty much true	19.8	[16.0 - 24.1]
D. Very much true	69.8	[64.9 - 74.2]
75. who always wants me to do my best		
A. Not true at all	3.6	[2.0 - 6.5]
B. A little true	1.6	[0.6 - 4.0]
C. Pretty much true	12.4	[8.8 - 17.2]
D. Very much true	82.3	[76.3 - 87.1]

## Appendix A

### At my school, there is a teacher or some other adult...

	<b>Percent</b>	<b>[95% CI]</b>
76. who really cares about me.		
A. Not true at all	10.0	[6.9 - 14.3]
B. A little true	26.4	[20.7 - 33.0]
C. Pretty much true	33.2	[28.9 - 37.8]
D. Very much true	30.4	[26.0 - 35.2]
77. who notices when I'm not there.		
A. Not true at all	6.0	[3.7 - 9.5]
B. A little true	23.1	[16.3 - 31.6]
C. Pretty much true	33.1	[27.0 - 39.8]
D. Very much true	37.8	[33.6 - 42.3]
78. who listens to me when I have something to say.		
A. Not true at all	4.8	[2.4 - 9.4]
B. A little true	23.1	[18.4 - 28.5]
C. Pretty much true	35.5	[30.9 - 40.3]
D. Very much true	36.7	[30.7 - 43.0]
79. who tells me when I do a good job.		
A. Not true at all	6.8	[3.5 - 12.6]
B. A little true	18.3	[12.0 - 27.0]
C. Pretty much true	35.5	[28.7 - 42.8]
D. Very much true	39.4	[34.2 - 45.0]
80. who always wants me to do my best.		
A. Not true at all	4.4	[2.6 - 7.5]
B. A little true	8.8	[6.1 - 12.6]
C. Pretty much true	36.4	[29.8 - 43.6]
D. Very much true	50.4	[43.6 - 57.2]
81. who believes that I will be a success.		
A. Not true at all	6.4	[3.7 - 10.9]
B. A little true	14.0	[10.8 - 18.0]
C. Pretty much true	38.4	[34.9 - 42.1]
D. Very much true	41.2	[35.9 - 46.7]
<b>Outside of my home and school, there is an adult...</b>		
82. who really cares about me.		
A. Not true at all	6.0	[3.2 - 11.0]
B. A little true	10.0	[6.7 - 14.6]
C. Pretty much true	23.1	[19.2 - 27.5]
D. Very much true	61.0	[55.3 - 66.3]
83. who notices when I am upset about something.		
A. Not true at all	9.6	[6.8 - 13.4]
B. A little true	14.3	[10.9 - 18.6]
C. Pretty much true	25.9	[20.6 - 32.0]
D. Very much true	50.2	[44.8 - 55.6]
84. whom I trust.		
A. Not true at all	7.6	[4.5 - 12.4]
B. A little true	12.0	[8.6 - 16.4]
C. Pretty much true	18.7	[15.1 - 23.0]
D. Very much true	61.8	[56.9 - 66.4]

## Appendix A

	<b>Percent</b>	<b>[95% CI]</b>
85. who tells me when I do a good job.		
A. Not true at all	9.6	[6.4 - 14.1]
B. A little true	12.0	[9.0 - 15.9]
C. Pretty much true	23.6	[19.8 - 27.9]
D. Very much true	54.8	[50.0 - 59.5]
86. who always wants me to do my best.		
A. Not true at all	8.0	[4.7 - 13.1]
B. A little true	10.0	[6.3 - 15.4]
C. Pretty much true	21.1	[16.7 - 26.3]
D. Very much true	61.0	[55.2 - 66.4]
87. who believes that I will be a success.		
A. Not true at all	7.6	[4.3 - 13.1]
B. A little true	10.4	[7.1 - 15.1]
C. Pretty much true	21.7	[17.1 - 27.1]
D. Very much true	60.2	[54.5 - 65.7]
<b>I have a friend about my own age...</b>		
88. who really cares about me.		
A. Not true at all	3.2	[1.6 - 6.2]
B. A little true	7.1	[4.4 - 11.3]
C. Pretty much true	17.1	[13.9 - 20.8]
D. Very much true	72.6	[66.6 - 77.9]
89. who talks with me about my problems.		
A. Not true at all	5.6	[3.7 - 8.2]
B. A little true	12.7	[9.9 - 16.2]
C. Pretty much true	18.3	[14.2 - 23.1]
D. Very much true	63.5	[56.3 - 70.2]
90. who helps me when I'm having a hard time.		
A. Not true at all	4.0	[2.5 - 6.3]
B. A little true	8.7	[5.5 - 13.6]
C. Pretty much true	21.0	[16.3 - 26.8]
D. Very much true	66.3	[58.8 - 73.0]
<b>How true do you feel these statements are for you?</b>		
91. When I am not at home, one of my parents/guardians knows where I am and who I am with.		
A. Not true at all	4.8	[2.4 - 9.2]
B. A little true	16.3	[11.5 - 22.5]
C. Pretty much true	34.9	[31.0 - 39.1]
D. Very much true	44.0	[37.6 - 50.8]
92. My family has clear rules about drug and alcohol use.		
A. Not true at all	3.6	[2.0 - 6.3]
B. A little true	12.7	[8.5 - 18.5]
C. Pretty much true	22.2	[18.3 - 26.7]
D. Very much true	61.5	[54.7 - 67.9]
93. My family has clear rules and standards for my behavior.		
A. Not true at all	2.4	[1.1 - 5.2]
B. A little true	11.6	[7.5 - 17.7]
C. Pretty much true	26.5	[21.5 - 32.2]
D. Very much true	59.4	[55.1 - 63.6]

## Appendix A

	<b>Percent</b>	<b>[95% CI]</b>
94. In my school, there are clear rules about what students can and cannot do.		
A. Not true at all	3.6	[1.5 - 8.1]
B. A little true	5.6	[3.6 - 8.6]
C. Pretty much true	32.3	[27.1 - 37.9]
D. Very much true	58.6	[50.9 - 65.8]
95. At school, I help decide things like class activities or rules.		
A. Not true at all	28.3	[22.0 - 35.5]
B. A little true	31.5	[26.5 - 37.0]
C. Pretty much true	24.7	[20.5 - 29.4]
D. Very much true	15.5	[11.1 - 21.2]
96. At school, I try hard to do my best work.		
A. Not true at all	4.4	[3.0 - 6.4]
B. A little true	17.3	[12.8 - 22.9]
C. Pretty much true	36.5	[30.5 - 43.0]
D. Very much true	41.8	[32.7 - 51.4]
97. I plan to go to college or some other school after high school.		
A. Not true at all	3.2	[1.8 - 5.5]
B. A little true	2.4	[1.3 - 4.5]
C. Pretty much true	14.8	[9.5 - 22.3]
D. Very much true	79.6	[70.4 - 86.5]
98. At school I am involved in sports, clubs, or other extra-curricular activities (such as band, cheerleading, student council, etc.).		
A. Not true at all	17.2	[10.4 - 27.1]
B. A little true	10.4	[6.4 - 16.4]
C. Pretty much true	16.8	[12.0 - 23.1]
D. Very much true	55.6	[45.4 - 65.3]
99. Outside of my home and school, I am a part of clubs, sports teams, church/ temple, or other group activities.		
A. Not true at all	16.8	[12.8 - 21.7]
B. A little true	12.8	[8.1 - 19.7]
C. Pretty much true	20.0	[14.9 - 26.3]
D. Very much true	50.4	[42.3 - 58.5]
100. Outside of my home and school, I am involved in music, art, literature, sports or a hobby.		
A. Not true at all	9.6	[6.2 - 14.7]
B. A little true	11.6	[8.0 - 16.5]
C. Pretty much true	22.4	[18.9 - 26.3]
D. Very much true	56.4	[49.0 - 63.5]
101. Outside of my home and school, I help other people.		
A. Not true at all	4.8	[2.8 - 8.1]
B. A little true	25.2	[19.4 - 32.0]
C. Pretty much true	34.4	[30.5 - 38.5]
D. Very much true	35.6	[30.0 - 41.6]
102. I try to understand what other people feel and think.		
A. Not true at all	4.4	[2.2 - 8.5]
B. A little true	10.0	[6.5 - 15.1]
C. Pretty much true	32.0	[26.4 - 38.2]
D. Very much true	53.6	[47.5 - 59.6]

## Appendix A

	<b>Percent</b>	<b>[95% CI]</b>
103. It is important to think before you act.		
A. Not true at all	3.2	[1.7 - 5.9]
B. A little true	9.6	[6.3 - 14.3]
C. Pretty much true	28.8	[22.0 - 36.7]
D. Very much true	58.4	[49.8 - 66.5]
104. I have to have everything right away.		
A. Not true at all	29.4	[24.5 - 34.9]
B. A little true	45.3	[40.3 - 50.4]
C. Pretty much true	15.9	[13.2 - 19.1]
D. Very much true	9.4	[5.5 - 15.5]
105. I often do things without thinking about what will happen.		
A. Not true at all	21.2	[15.9 - 27.8]
B. A little true	39.6	[33.4 - 46.1]
C. Pretty much true	26.0	[20.5 - 32.4]
D. Very much true	13.2	[8.7 - 19.5]
106. It's hard for me to stick with one thing even when it's fun.		
A. Not true at all	44.0	[34.4 - 54.0]
B. A little true	32.3	[26.0 - 39.2]
C. Pretty much true	14.1	[9.5 - 20.4]
D. Very much true	9.7	[6.7 - 13.8]
107. My friends get into a lot of trouble.		
A. Not true at all	37.6	[29.0 - 47.1]
B. A little true	40.4	[34.4 - 46.8]
C. Pretty much true	12.4	[8.3 - 18.2]
D. Very much true	9.6	[5.3 - 16.7]
108. My friends do well in school.		
A. Not true at all	3.2	[1.6 - 6.3]
B. A little true	16.9	[12.1 - 23.0]
C. Pretty much true	45.4	[40.0 - 50.8]
D. Very much true	34.5	[25.6 - 44.7]
<b>Among the people you consider to be your closest friends, how many would you say do the following?</b>		
109. Drink alcohol once a week or more?		
A. None	39.9	[29.2 - 51.7]
B. A few	32.3	[28.6 - 36.1]
C. Some	14.1	[8.6 - 22.2]
D. Most	12.1	[7.5 - 19.0]
E. All	1.6	[0.6 - 4.0]
110. Have used drugs such as marijuana or cocaine?		
A. None	45.2	[35.9 - 54.8]
B. A few	30.4	[26.0 - 35.2]
C. Some	10.4	[7.2 - 14.8]
D. Most	9.6	[6.6 - 13.7]
E. All	4.4	[2.3 - 8.3]

## Appendix A

The next 7 questions ask about how many times you have done the following things.	Percent	[95% CI]
111. How many times have you done something dangerous because someone dared you to do it?		
A. I've never done this	46.6	[39.3 - 54.0]
B. I've done it but not in the past year	23.3	[17.8 - 29.9]
C. Less than once a month	18.9	[14.9 - 23.7]
D. About once a month	6.0	[3.5 - 10.1]
E. 2 to 3 times a month	2.8	[1.2 - 6.4]
F. Once a week or more	2.4	[1.2 - 4.9]
112. How many times have you done crazy exciting things even if they are a little dangerous?		
A. I've never done this	20.8	[15.8 - 26.8]
B. I've done it but not in the past year	20.4	[15.4 - 26.5]
C. Less than once a month	22.0	[17.9 - 26.8]
D. About once a month	15.2	[12.3 - 18.6]
E. 2 to 3 times a month	12.0	[8.6 - 16.5]
F. Once a week or more	9.6	[5.4 - 16.5]
113. How often do you attend religious or spiritual services?		
A. Every day	3.6	[2.0 - 6.5]
B. 1 to 6 times a week	36.1	[29.0 - 44.0]
C. 1 to 3 times a month	14.1	[10.4 - 18.8]
D. 3 to 11 times a year	7.6	[5.2 - 11.1]
E. Only once or twice a year	16.1	[12.0 - 21.2]
F. Never	22.5	[18.6 - 27.0]
114. During the school year, how many hours a week do you work at a job?		
A. I don't work	62.5	[55.7 - 68.8]
B. 1 to 4 hours per week	12.5	[9.2 - 16.8]
C. 5 to 9 hours per week	10.1	[6.7 - 14.9]
D. 10 to 20 hours per week	11.7	[7.4 - 18.0]
E. Over 20 hours per week	3.2	[1.2 - 8.3]
115. During the last four weeks, how many days of school have you missed because you skipped or ditched?		
A. None	72.2	[64.4 - 78.9]
B. 1 day	13.7	[9.8 - 18.8]
C. 2 days	5.0	[2.8 - 8.7]
D. 3 days	3.3	[1.8 - 6.0]
E. 4 to 5 days	3.7	[1.8 - 7.6]
F. 6 to 10 days	0.8	[0.2 - 3.4]
G. 11 or more days	1.2	[0.2 - 8.9]
116. How often do you come to classes without bringing paper or something to write with?		
A. Never	58.2	[49.8 - 66.1]
B. Sometimes	34.8	[28.2 - 42.2]
C. Usually	7.0	[4.2 - 11.2]
117. How often do you come to classes without your homework finished?		
A. Never	25.6	[20.0 - 32.1]
B. Sometimes	62.2	[57.2 - 67.0]
C. Usually	12.2	[8.0 - 18.1]

## Appendix A

### The next 3 questions ask about body weight.

	Percent	[95% CI]
118. During the past 30 days, did you <b>exercise</b> to lose weight or to keep from gaining weight?		
A. Yes	51.0	[47.4 - 54.6]
B. No	49.0	[45.4 - 52.6]
119. During the past 30 days, did you <b>eat less food, fewer calories, or foods low in fat</b> to lose weight or to keep from gaining weight?		
A. Yes	33.2	[27.8 - 39.0]
B. No	66.8	[61.0 - 72.2]
120. During the past 30 days, did you <b>vomit or take laxatives</b> to lose weight or to keep from gaining weight?		
A. Yes	5.4	[3.4 - 8.4]
B. No	94.6	[91.6 - 96.6]

### The next 7 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

121. During the past 7 days, how many times did you drink <b>100% fruit juices</b> such as orange juice, apple juice, or grape juice? (Do <b>not</b> count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)		
A. I did not drink 100% fruit juice during the past 7 days	13.0	[9.6 - 17.4]
B. 1 to 3 times during the past 7 days	41.5	[34.3 - 49.0]
C. 4 to 6 times during the past 7 days	18.7	[13.4 - 25.5]
D. 1 time per day	10.6	[6.8 - 16.0]
E. 2 times per day	8.1	[4.9 - 13.1]
F. 3 times per day	4.9	[2.7 - 8.7]
G. 4 or more times per day	3.3	[1.8 - 5.8]
122. During the past 7 days, how many times did you eat <b>fruit</b> ? (Do <b>not</b> count fruit juice.)		
A. I did not eat fruit during the past 7 days	8.1	[4.6 - 13.7]
B. 1 to 3 times during the past 7 days	33.5	[27.8 - 39.6]
C. 4 to 6 times during the past 7 days	29.8	[24.5 - 35.7]
D. 1 time per day	13.7	[10.4 - 17.8]
E. 2 times per day	8.9	[6.3 - 12.3]
F. 3 times per day	3.2	[1.6 - 6.3]
G. 4 or more times per day	2.8	[1.4 - 5.7]
123. During the past 7 days, how many times did you eat <b>green salad</b> ?		
A. I did not eat green salad during the past 7 days	14.5	[9.6 - 21.3]
B. 1 to 3 times during the past 7 days	48.8	[41.0 - 56.7]
C. 4 to 6 times during the past 7 days	20.2	[15.9 - 25.2]
D. 1 time per day	12.9	[9.0 - 18.2]
E. 2 times per day	2.0	[0.9 - 4.3]
F. 3 times per day	0.4	[0.1 - 2.8]
G. 4 or more times per day	1.2	[0.4 - 3.3]
124. During the past 7 days, how many times did you eat <b>potatoes</b> ? (Do <b>not</b> count french fries, fried potatoes, or potato chips.)		
A. I did not eat potatoes during the past 7 days	21.5	[16.1 - 28.0]
B. 1 to 3 times during the past 7 days	59.1	[50.0 - 67.6]
C. 4 to 6 times during the past 7 days	13.0	[8.1 - 20.1]
D. 1 time per day	3.2	[1.7 - 6.1]
E. 2 times per day	2.0	[0.9 - 4.6]
F. 3 times per day	0.4	[0.1 - 2.8]
G. 4 or more times per day	0.8	[0.1 - 5.2]

## Appendix A

	<b>Percent</b>	<b>[95% CI]</b>
125. During the past 7 days, how many times did you eat <b>carrots</b> ?		
A. I did not eat carrots during the past 7 days	41.7	[36.0 - 47.6]
B. 1 to 3 times during the past 7 days	38.5	[33.2 - 44.0]
C. 4 to 6 times during the past 7 days	11.7	[7.9 - 17.2]
D. 1 time per day	4.9	[2.6 - 8.9]
E. 2 times per day	2.0	[0.6 - 6.9]
F. 3 times per day	0.4	[0.1 - 2.8]
G. 4 or more times per day	0.8	[0.2 - 2.8]
126. During the past 7 days, how many times did you eat <b>other vegetables</b> ? (Do <b>not</b> count green salad, potatoes, or carrots.)		
A. I did not eat other vegetables during the past 7 days	7.3	[4.3 - 11.9]
B. 1 to 3 times during the past 7 days	42.7	[35.3 - 50.6]
C. 4 to 6 times during the past 7 days	26.6	[19.7 - 34.9]
D. 1 time per day	14.1	[11.0 - 17.9]
E. 2 times per day	7.3	[4.8 - 10.8]
F. 3 times per day	0.8	[0.2 - 2.9]
G. 4 or more times per day	1.2	[0.3 - 4.6]
127. During the past 7 days, how many <b>glasses of milk</b> did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)		
A. I did not drink milk during the past 7 days	12.7	[9.6 - 16.7]
B. 1 to 3 glasses during the past 7 days	19.3	[14.6 - 25.0]
C. 4 to 6 glasses during the past 7 days	16.4	[12.6 - 21.0]
D. 1 glass per day	18.0	[14.2 - 22.6]
E. 2 glasses per day	20.5	[17.2 - 24.3]
F. 3 glasses per day	8.6	[5.5 - 13.2]
G. 4 or more glasses per day	4.5	[2.5 - 7.9]
 <b>The next 7 questions ask about physical activity, personal care and health habits.</b>		
128. On how many of the past 7 days did you exercise or participate in physical activity for <b>at least 20 minutes that made you sweat and breathe hard</b> , such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic act		
A. 0 days	21.5	[16.5 - 27.6]
B. 1 day	9.8	[6.5 - 14.4]
C. 2 days	11.8	[8.2 - 16.6]
D. 3 days	13.8	[9.8 - 19.2]
E. 4 days	10.2	[8.5 - 12.2]
F. 5 days	10.2	[7.5 - 13.6]
G. 6 days	10.2	[7.1 - 14.4]
H. 7 days	12.6	[9.7 - 16.2]
129. On how many of the past 7 days did you participate in physical activity for <b>at least 30 minutes</b> that did <b>not</b> make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?		
A. 0 days	21.5	[16.9 - 27.1]
B. 1 day	19.5	[16.1 - 23.4]
C. 2 days	18.3	[14.4 - 23.0]
D. 3 days	13.0	[9.8 - 17.0]
E. 4 days	6.9	[4.4 - 10.8]
F. 5 days	5.3	[2.9 - 9.5]
G. 6 days	4.1	[2.5 - 6.6]
H. 7 days	11.4	[7.3 - 17.3]

## Appendix A

	<b>Percent</b>	<b>[95% CI]</b>
130. On an average school day, how many hours do you watch TV?		
A. I do not watch TV on an average school day	22.5	[17.1 - 29.1]
B. Less than 1 hour per day	24.2	[19.6 - 29.4]
C. 1 hour per day	22.1	[17.3 - 27.8]
D. 2 hours per day	17.2	[14.6 - 20.2]
E. 3 hours per day	9.4	[6.3 - 13.8]
F. 4 hours per day	2.9	[1.5 - 5.5]
G. 5 or more hours per day	1.6	[0.7 - 4.0]
131. In an average week when you are in school, on how many days do you go to physical education (PE) classes?		
A. 0 days	66.7	[51.7 - 78.9]
B. 1 day	4.9	[2.9 - 8.2]
C. 2 days	4.5	[1.4 - 13.3]
D. 3 days	20.3	[11.6 - 33.2]
E. 4 days	0.4	[0.1 - 2.8]
F. 5 days	3.3	[1.6 - 6.6]
132. If your school has a school-based health center, how many times did you use it for services this year?		
A. My school does not have a school-based health center	42.9	[35.9 - 50.1]
B. 0 times	42.0	[35.9 - 48.5]
C. 1 time	8.6	[6.4 - 11.5]
D. 2 times	3.7	[2.1 - 6.4]
E. 3 or more times	2.9	[1.3 - 6.3]
133. Has a doctor or nurse ever told you that you have asthma?		
A. Yes	24.9	[19.7 - 30.9]
B. No	68.2	[62.4 - 73.4]
C. Not sure	6.9	[4.4 - 10.8]
134. During the past 12 months, have you had an episode of asthma or an asthma attack?		
A. I do not have asthma	72.4	[66.1 - 77.9]
B. No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months	15.0	[11.0 - 20.2]
C. Yes, I have had an episode of asthma or an asthma attack during the past 12 months	9.3	[5.8 - 14.7]
D. Not sure	3.3	[1.6 - 6.6]
<b>These last 3 questions ask for some information about you and your family.</b>		
135. How often do you speak a language other than English at home?		
A. Never	64.5	[55.9 - 72.2]
B. Less than half the time	22.9	[17.5 - 29.2]
C. About half the time	5.3	[3.2 - 8.8]
D. More than half the time but not all of the time	2.9	[1.1 - 7.0]
E. All of the time	4.5	[2.4 - 8.4]
136. Were you born in the USA?		
A. Yes	91.8	[85.3 - 95.6]
B. No	8.2	[4.4 - 14.7]
137. During the past 12 months, which of the following statements best describes the food eaten by you and your family?		
A. Enough food to eat	94.3	[89.8 - 96.9]
B. Sometimes not enough food to eat	3.7	[1.8 - 7.4]
C. Often not enough food to eat	2.0	[0.6 - 6.3]

## Appendix B: Definitions of Risk Behaviors

### Vehicle Safety

Never or Rarely 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 *one or more times* 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?*

Drove after drinking

Answered *one or more times* 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?*

### Violence-Related Behaviors

Carried weapon

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

Carried a gun

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

Carried a weapon on school property

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

In a physical fight

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

In a physical fight on school property

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

### Violence-Related Behaviors: Victimization

Skipped school because felt unsafe

Answered *one or more days* 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?*

Threatened or injured with a weapon on school property

Answered *one or more times* to the question, *During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?*

Physically hurt by boy/girlfriend

Answered 'Yes' to the question, *During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?*

Ever physically 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?*

### Depression and Suicidal Ideation

Persistent 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?*

Seriously considered suicide

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

Made a suicide plan

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

Attempted suicide

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

Injured as result of suicide attempt

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?*

### Cigarette Smoking

Ever tried cigarettes

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

First smoked a cigarette before age 13

Answered *12 years old or younger* to the question, *How old were you when you smoked a whole cigarette for the first time?*

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

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

Frequent Smoker (Smoked cigarettes on 20 of past 30 days)

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

Smoked on school property

Answered *one or more days* to the question, *During the past 30 days, on how many days did you smoke cigarettes on school property?*

Bought cigarettes in a store

Answered *'I bought them in a store such as a convenience store, supermarket, discount store, or gas station'* to the question, *During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)*

### Other Tobacco Use

Current cigar smoking

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

Used smokeless tobacco

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

Used any tobacco

Respondent reported any form of tobacco use in the previous 30 days (i.e., smoking cigarettes, cigars, cigarillos, or little cigars, or using smokeless tobacco).

In same room as smoker

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

### Alcohol Use

#### 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 drinker (Had drink of alcohol in past 30 days)

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

#### Binge drinking

Answered *one or more days* to the question, *During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?*

#### Drank on school property

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

#### First drink before age 13

Answered *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?*

### Marijuana Use

#### Current marijuana use (Used marijuana in past 30 days)

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

#### Used marijuana on school property

Answered *one or more days* to the question, *During the past 30 days, how many times did you use marijuana on school property?*

#### First used marijuana before age 13

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

### Other Drug Use

#### Current cocaine use (Used cocaine in past 30 days)

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

#### Current inhalant use (Used inhalants in past 30 days)

Answered *one or more times* 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?*

#### Past 12 month heroin use

Answered *one or more times* to the question, *During the past 12 months, how many times have you used heroin (also called smack, junk, or China White)?*

#### Past 12 month methamphetamine use

Answered *one or more times* to the question, *During the past 12 months, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?*

#### Past 12 month ecstasy use

Answered *one or more times* to the question, *During the past 12 months, how many times have you used ecstasy?*

#### Injected illegal drug in lifetime

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

#### Offered illegal drugs on school property

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

### Sexual Activity

Ever had sexual intercourse

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

Currently sexually active

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

First sexual intercourse before age 13

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

Used alcohol or drugs before last sexual intercourse

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

No condom use (among sexually active students)

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

- and -

Is currently sexually active (see above)

Birth control pill as primary pregnancy prevention method

Answered *'Birth control pills'* to the question, *The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)*

### Body Weight and Weight Control

Overweight and At risk of overweight

Body Mass Index (BMI) was calculated from self-reported height and weight. The categories *'Overweight'* and *'At risk of overweight'* were based on age- and sex-specific BMI values. These values were determined from national, multi-year reference data.

At risk of Overweight: Greater than or equal to the 85th national BMI percentile for age and sex, and less than the 95th percentile.

Overweight: Greater than or equal to the 95th national BMI percentile for age and sex.

Exercised for weight control in last 30 days

Answered *'Yes'* to the question, *During the past 30 days, did you exercise to lose weight or to keep from gaining weight?*

Ate less for weight control in last 30 days

Answered *'Yes'* to the question, *During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?*

Vomited or used laxatives for weight control in last 30 days

Answered *'Yes'* to the question, *During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?*

### Physical Activity and Nutrition

Does not eat five fruit or vegetable servings a day

Reported consuming fewer than five daily servings of fruit juice, fruit, green salad, potatoes, carrots, or other vegetables over the previous five days.

Did not get adequate physical activity

Reported less than 20 minutes of vigorous activity on 3 of the last 7 days and less than 30 minutes of moderate activity on 5 of the last 7 days.

Answered *less than 3 days* to the question, *On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, , fast dancing, or similar aerobic activities?*

AND

Answered *less than 5 days* to the question, *On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?*

No physical activity

Reported no vigorous activity in the last 7 days and no moderate activity in the last 7 days.

Answered *'0 days'* to the question, *On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, , fast dancing, or similar aerobic activities?*

AND

Answered *'0 days'* to the question, *On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?*

Three or more hours per day TV viewing

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

No daily physical education class in school

Answered *less than 5 hours per day* to the question, *In an average week when you are in school, on how many days do you go to physical education (PE) classes?*

Language other than English spoken at home all or most of time

Answered *'All of the time'* or *'Most of the time'* to the question, *How often do you speak a language other than English at home?*

Food insecurity (Sometimes or often not enough food to eat)

Answered *'Sometimes not enough food to eat'* or *'Often not enough food to eat'* to the question, *During the past 12 months, which of the following statements best describes the food eaten by you and your family?*

## Appendix C: Definitions of Protective Behaviors

Each protective factor is briefly described below. The measure is constructed from the responses to the survey questions listed below its description.

### Caring and Supportive Relationships

Caring and supportive relationships refer to the interactions between youth and parents, peers, and adults in the school and community that convey love, acceptance, and affirmation. These resiliency factors are constructed from responses to the following survey questions.

#### Parent or other adult in the family

How true do you feel these statements are for you?

In my home, there is a parent or some other adult...

Who is interested in my school work.

Who talks with me about my problems.

Who listens to me when I have something to say.

#### Teacher or other adult at school

How true do you feel these statements are for you?

At my school, there is a teacher or some other adult...

Who really cares about me.

Who notices when I'm not there.

Who listens to me when I have something to say.

#### Adult in the Community

How true do you feel these statements are for you?

Outside of my home and school, there is at least one adult...

Who really cares about me.

Who notices when I am upset about something.

Who I trust.

There is at least one adult in my community I could talk to about something important.

#### Peers

How true do you feel these statements are for you?

I have a friend about my own age...

Who really cares about me.

Who talks with me about my problems.

Who helps me when I'm having a hard time.

### Boundaries

Boundaries and expectations refer to interactions with parents, school, and the community that convey standards for acceptable and appropriate behavior.

#### Family

In my home, there is a parent or some other adult...

How true do you feel these statements are for you?

When I am not at home, one of my parents/guardians knows where I am and who I am with.

My family has clear rules about drug and alcohol use.

My family has clear rules and standards for my behavior.

#### School

How true do you feel these statements are for you?

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

## Other Protective Factors

### Positive Peer Influence

Youth standards for acceptable behavior are influenced by their peers and close friends.

How true do you feel these statements are for you?

My friends get into a lot of trouble.

My friends do well in school.

### Constructive Use of Time (School Involvement and Out of School Time)

These are measures of constructive and structured activities in the school and in the community that are available to youth, and in which youth choose to participate.

#### School Involvement

How true do you feel these statements are for you?

At school, I help decide things like class activities or rules.

At school I am involved in sports, clubs, or other extra-curricular activities (such as band, cheerleading, student council, etc.).

#### Out of School Time

How true do you feel these statements are for you?

Outside of my home and school, I am a part of clubs, sports teams, church/temple, or other group activities.

Outside of my home and school, I am involved in music, art, literature, sports or a hobby.

Outside of my home and school, I help other people.

### Lack of Impulsive and Sensation Seeking Behaviors

This reflects the personal decision-making behaviors or processes a young person employs. It is a measure of thoughtfulness, persistence, and impulsivity involved in making decisions.

How true do you feel these statements are for you?

- It is important to think before you act.

- I have to have everything right away.

- I often do things without thinking about what will happen.

How many times have you done something dangerous because someone dared you to do it?

How many times have you done crazy exciting things even if they are a little dangerous?

### Community Norms Disapproving of Alcohol Use by Youth

This is a measure of the extent to which a young person perceives disapproving attitudes in the community towards the use of alcohol by high school aged youth.

How wrong would most adults in your community think it was for kids your age to drink alcohol (beer, wine, or hard liquor) regularly?

How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?

How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?

## Appendix D: Academic Performance and Motivation

Academic performance and motivation measures included the following:

### Good Grades

Answered "Mostly A's" or "Mostly B's" to the question,  
During the past 12 months, how would you describe your grades in school?

### Did Best Work at School

Answered "Very much true" to the statement,  
At school, I try hard to do my best work

Answered "Very much true" to the statement,  
Answered "Very much true" to the question,  
I plan to go to college or some other school after high school.

### Never Skipped School

Answered "None" to the question,  
During the last four weeks, how many days of school have you missed because you skipped or ditched?

### Always Brought Paper and Something to Write With

Answered "Never" to the question,  
How often do you come to classes without bringing paper or something to write with?

### Always Finished Homework

Answered "Never" to the question,  
How often do you come to classes without your homework finished?







Copies of this report can be found at  
<http://www.health.state.nm.us/yrrs.html>

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