



New Mexico Youth Risk and Resiliency Survey (YRRS)

School Health Education Institute

**Let's Talk About Kids' Health
October 29, 2018**

Linda J. Peñaloza, PhD, University of New Mexico

Match Indicator ↔ Rate

Grades 9–12, 2017, NM

Indicator	Rate

Hint:
2007
Current
cigarette
smoking =
24.2%

GNC = Gender Non-conforming (genderqueer or genderfluid)

Match Indicator ↔ Rate (Matched) Grades 9–12, 2017, NM

Indicator	Rate
Unstable housing	7.5%
Current cigarette use	10.6%
Current e-cigarette use	24.7%
Binge drinking	10.9%
Ever used heroin	3.4%
Ever used Rx pain killer (without Rx)	16.3%
Concussion (past 12 months)	20.2%
Gambled (past 12 months)	25.6%
Lesbian, Gay, Bisexual, or Not sure	16.5%
Transgender, genderqueer, or genderfluid	3.4%

GNC = Gender Non-conforming (genderqueer or genderfluid)



NMYRRS

YOUTH RISK & RESILIENCY SURVEY

- Biennial survey – public school students – grades 6–8 & 9–12
- Partners
 - NM DOH
 - PED
 - UNM Prevention Research Center
 - AASTEC
 - BHSD
 - Navajo Nation YRBS (Indian Health Board & Department of Health)
- Part of CDC's YR**B**SS
- Unique!
 - Includes questions from California's Healthy Kids Survey Resilience Module
 - Larger NM sample
 - Oversample of AI/AN students & rural students

YRRS: Questions



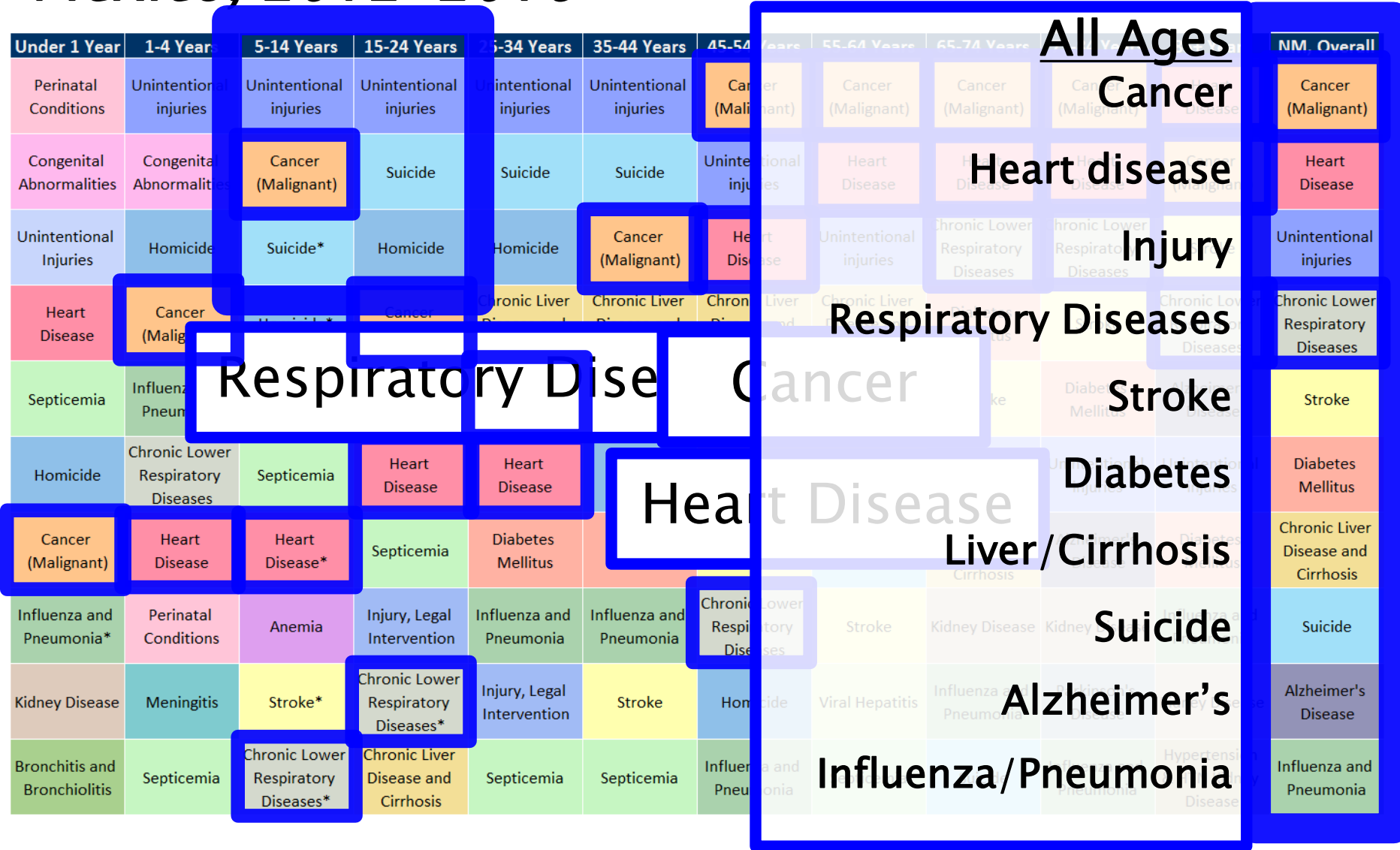
NMYRRS
YOUTH RISK & RESILIENCY SURVEY

- **Types of Questions in YRRS**
 - Mental Health
 - Tobacco Use
 - Alcohol
 - Drug Use
 - Access to Drugs & Alcohol
 - Sexual Behavior
 - Body Weight
 - Violence and Bullying
 - Personal Safety
 - Resiliency/Protective Factors
(State added)

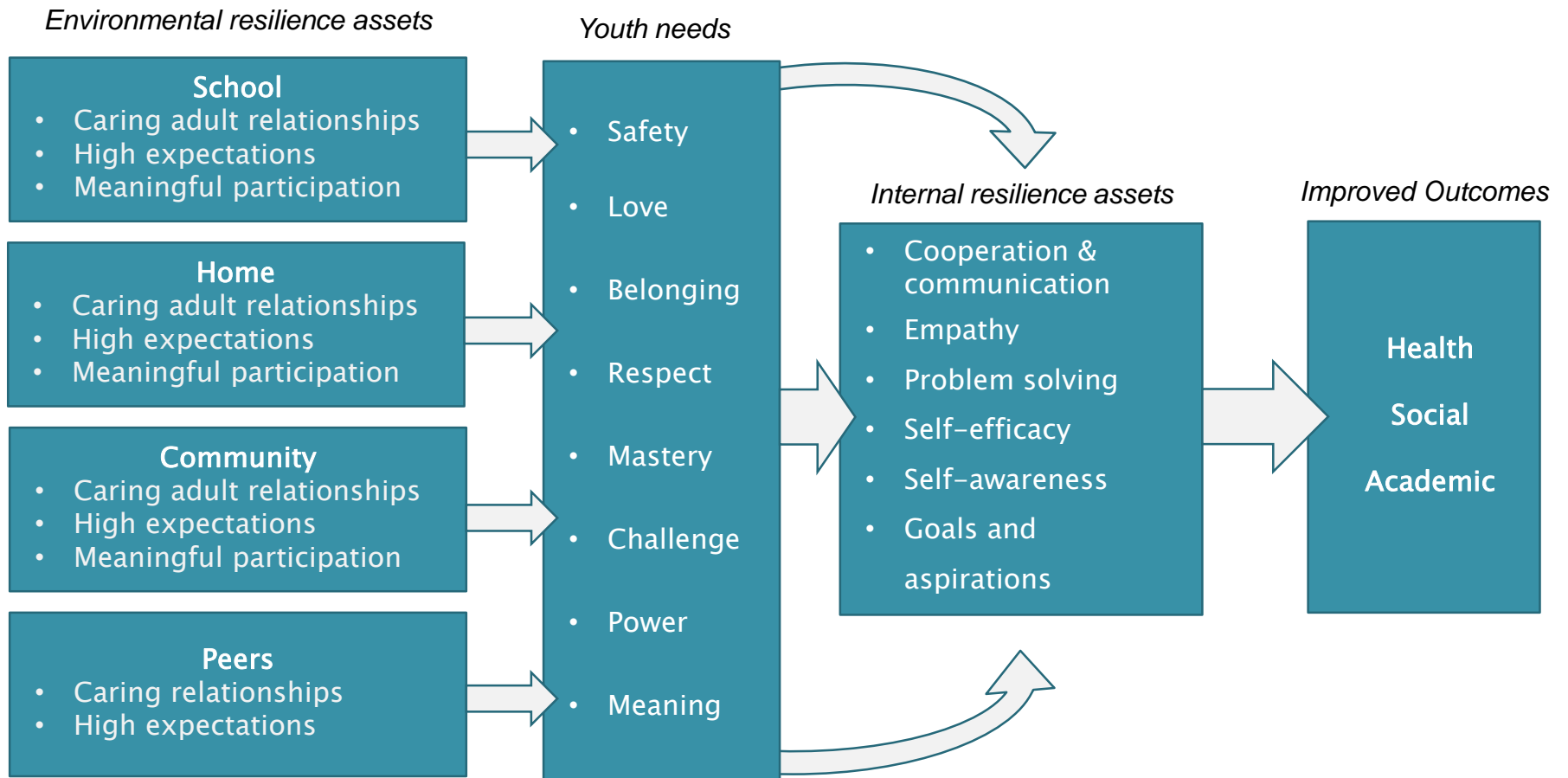


NMYRRS
YOUTH RISK & RESILIENCY SURVEY

10 Leading Causes of Death by Age Group, New Mexico, 2012-2016



Conceptual model for the Resilience and Youth Development Model



YRRS: What can it tell us?

It CAN tell us...

- *What* kids are doing
- Associations
- Trends
- General information about groups of kids

It CAN'T tell us...

- *Why* they do it
- Causes
- Predictions
- Specific information about individual kids

2017 YRRRS Participation

- **Middle School**
 - ~22,000 respondents
 - Response rate = 70%
- **High School**
 - ~18,000 respondents
 - Response rate = 70%

What's new for 2017 ?

- **Gambling**
- **Sports related concussions**
- **Ever used pain-killer**
- **Binge drinking (change)**
- **Gender identity**
 - **Transgender, genderqueer, or genderfluid**

Data Overview

Risk Behavior Trends Youth at High Risk

Good News!!

Decreasing rates of

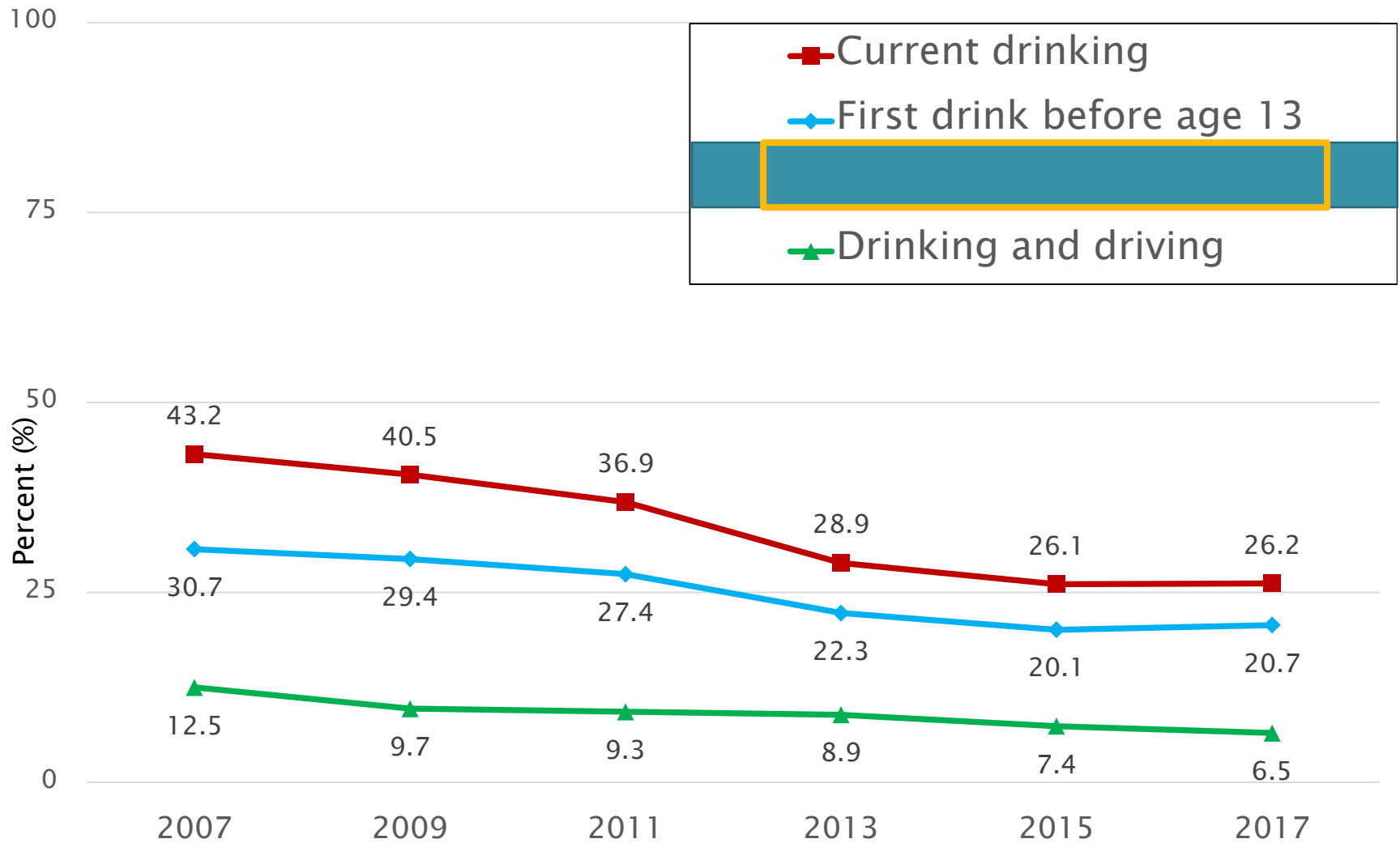
- Alcohol use
- Cigarettes, cigars, hookah
- Painkillers to get high, synthetic marijuana, heroin, methamphetamines, inhalants



Alcohol Use Trends

Alcohol Related Behaviors

Grades 9–12, 2007–2017, NM

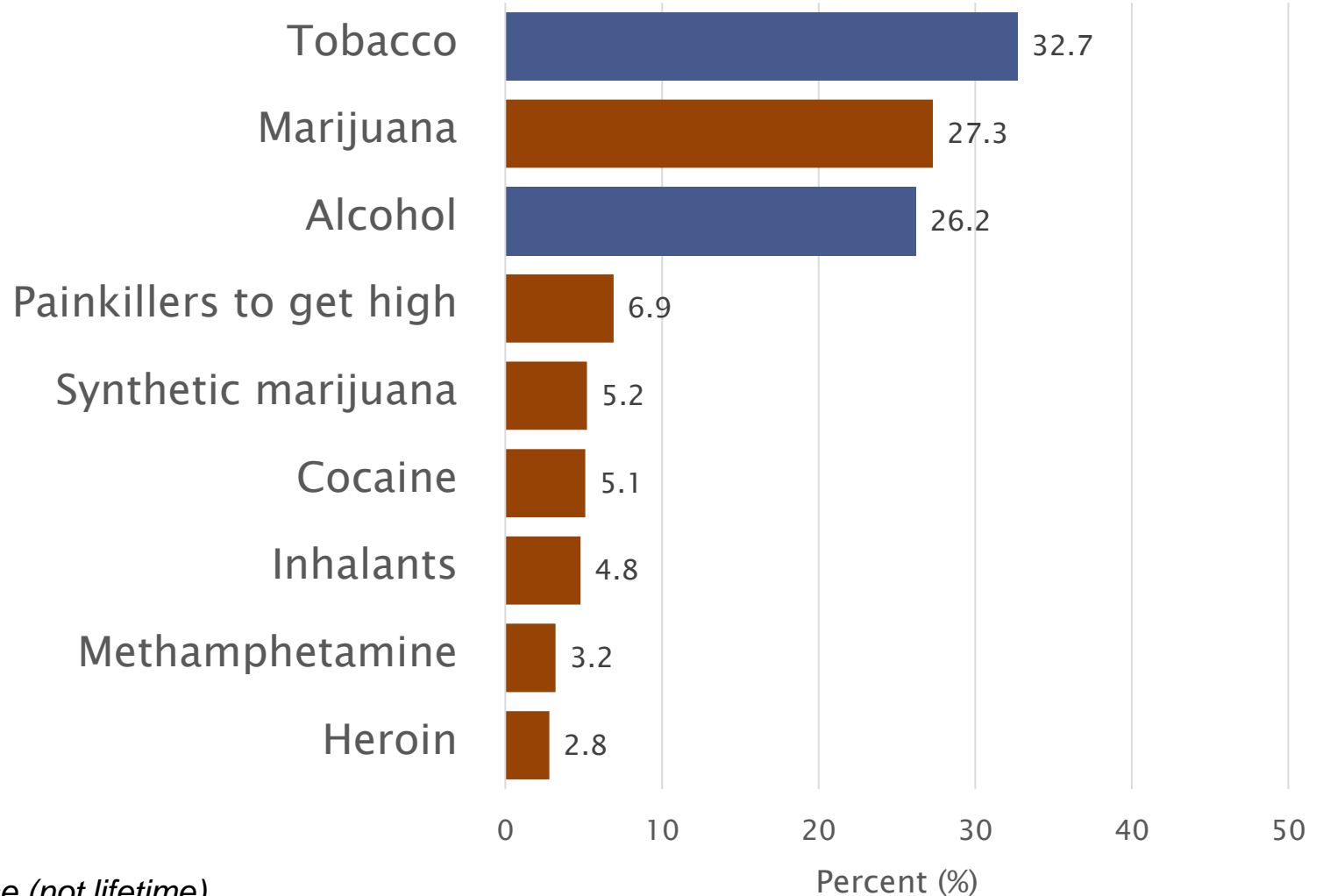


Alcohol Related Behaviors Grades 9–12, 2007–2017, NM



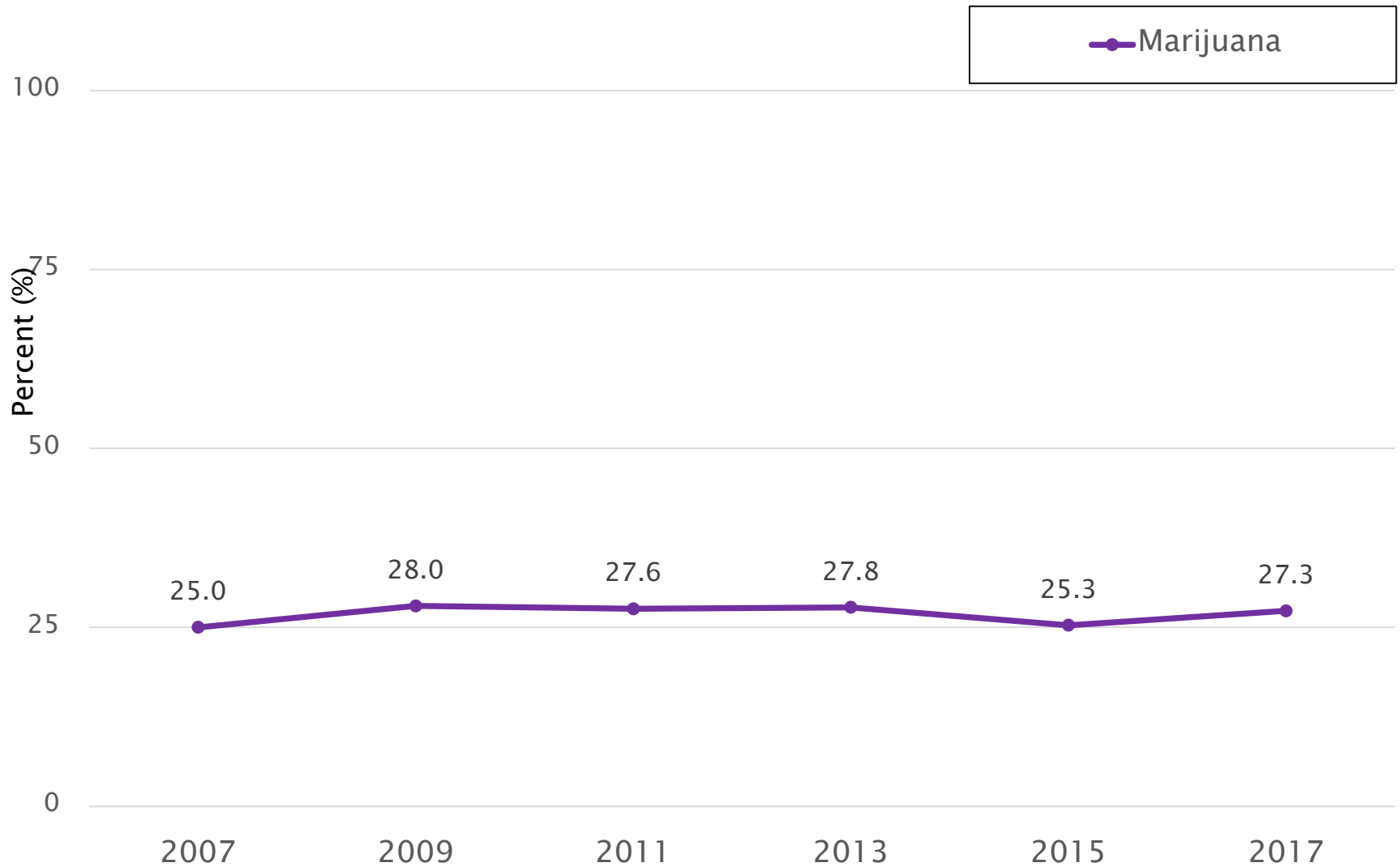
Drug Use Trends

Current Substance Use Grades 9–12, 2017, NM

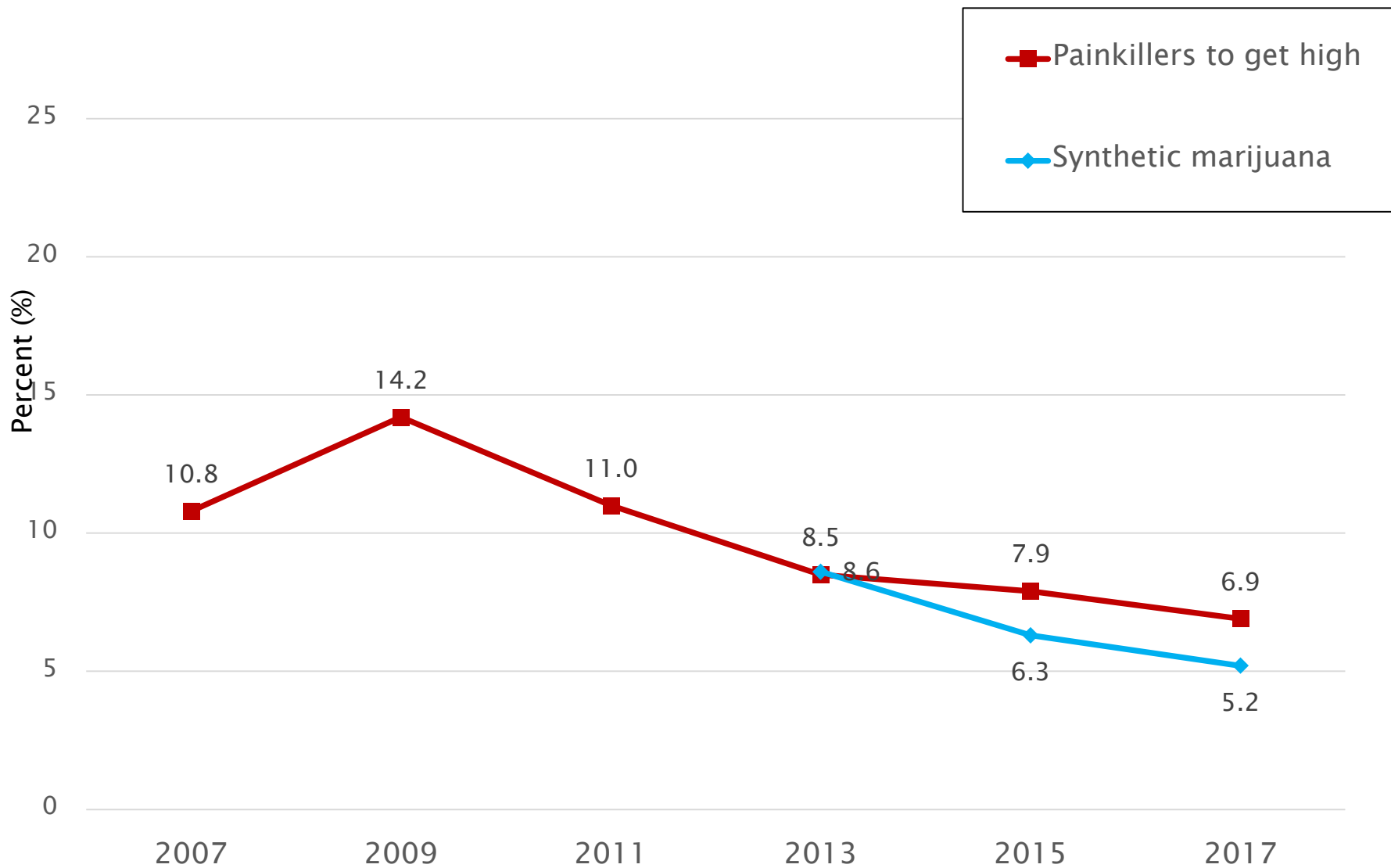


* Current use (not lifetime)

Current Marijuana Use Grades 9–12, 2007–2017, NM

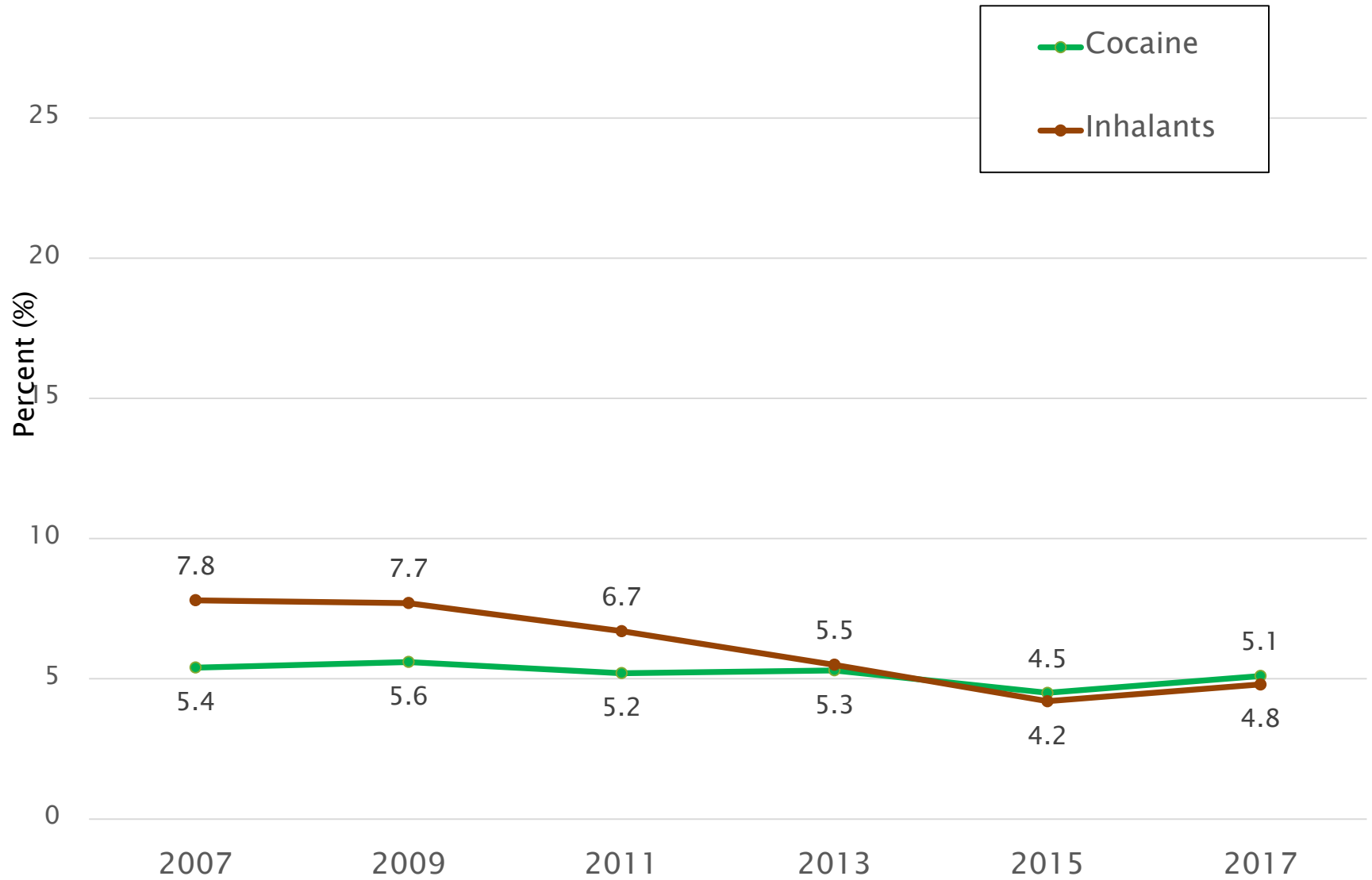


Current Drug Use Grades 9–12, 2007–2017, NM



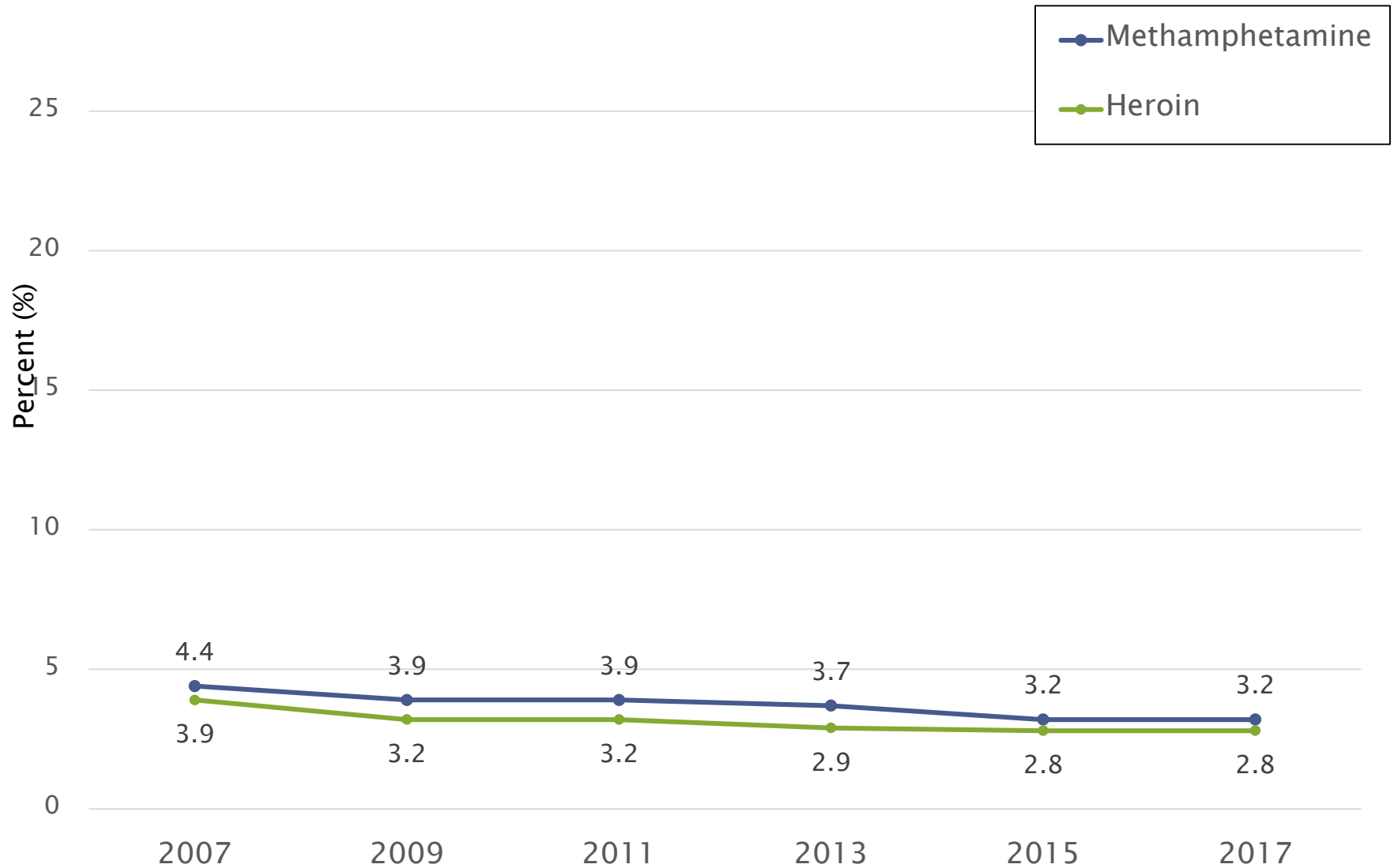
Current Drug Use

Grades 9–12, 2007–2017, NM



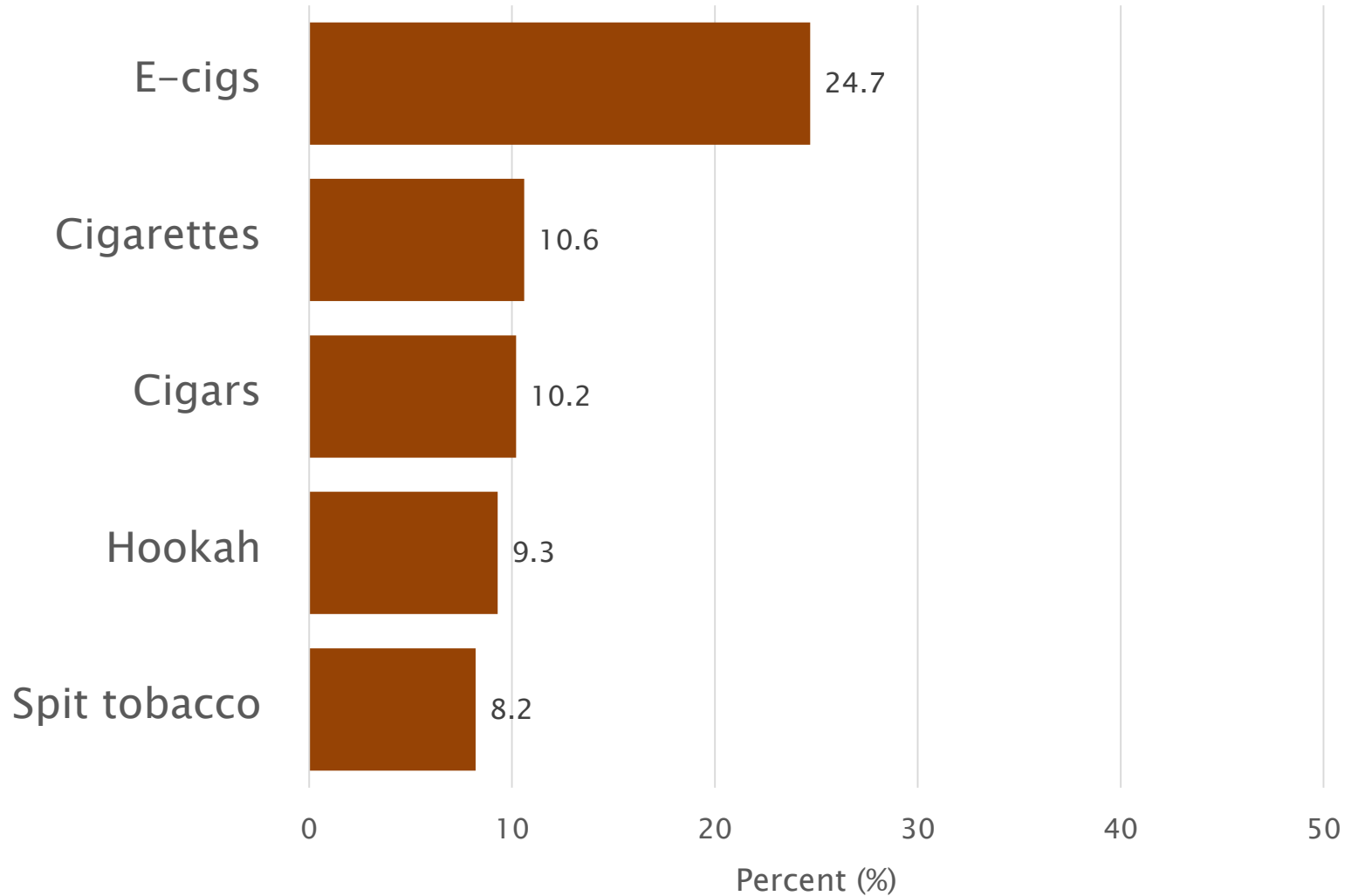
Current Drug Use

Grades 9–12, 2007–2017, NM

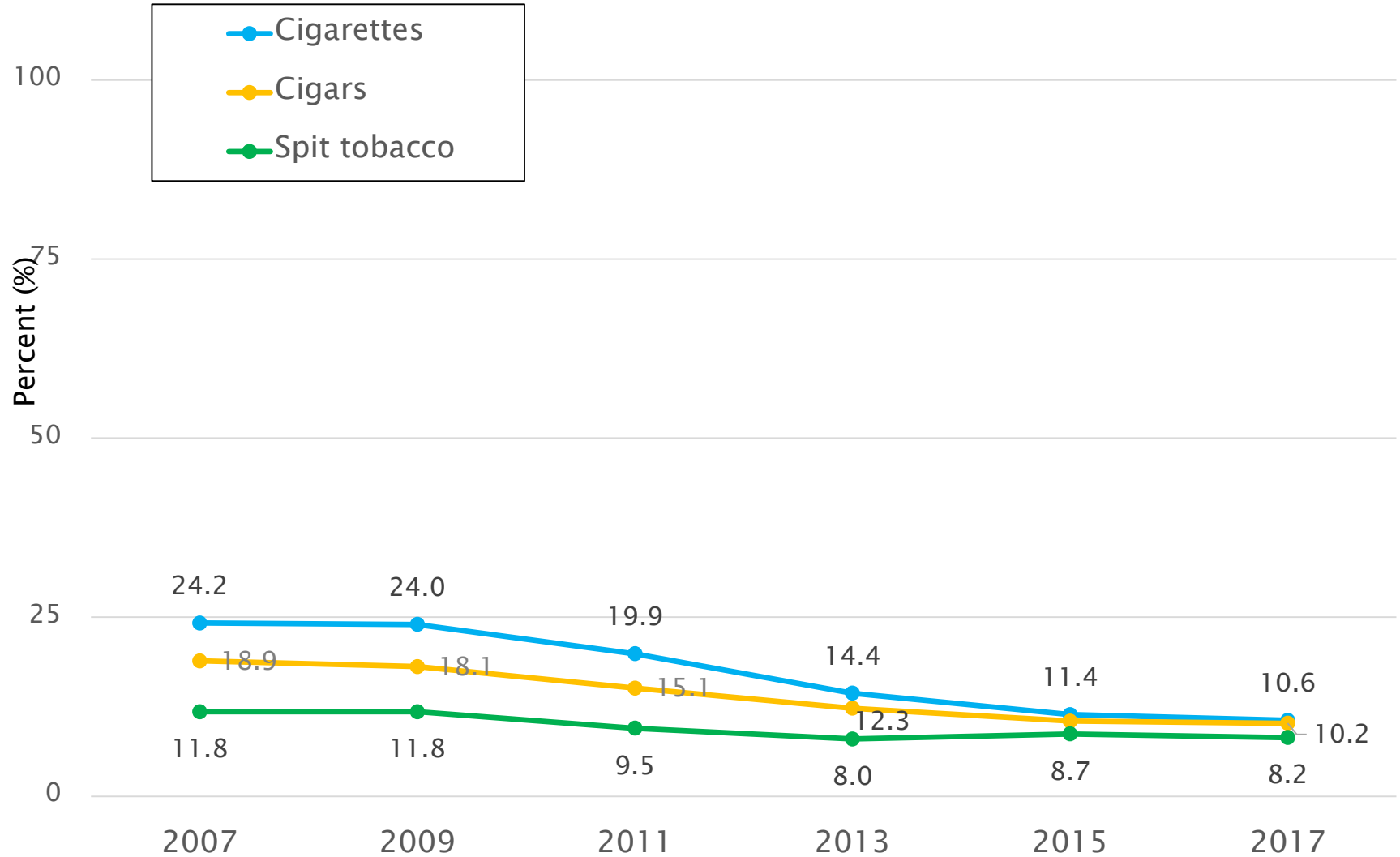


Tobacco Use Trends

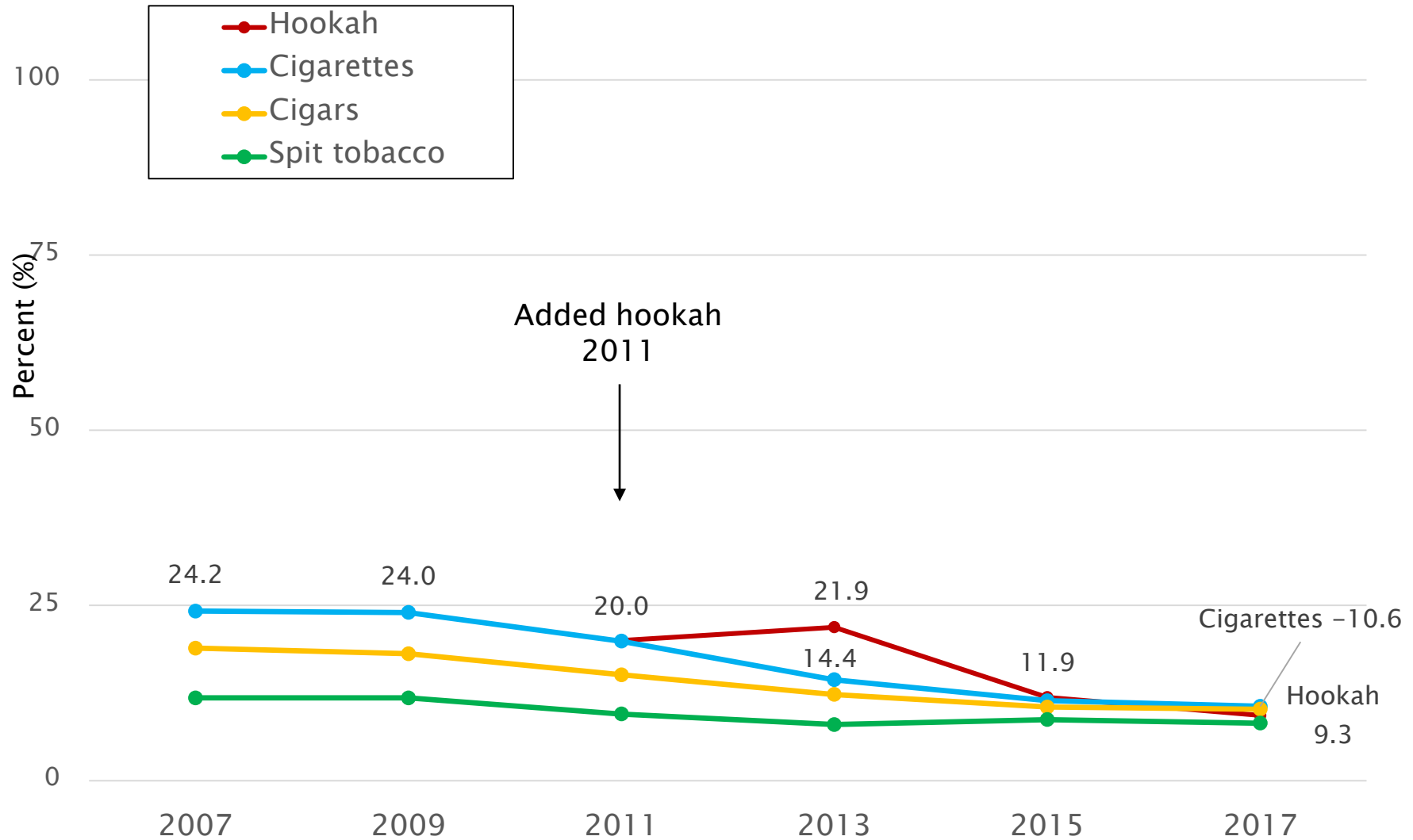
Current Tobacco Use Grades 9–12, 2017, NM



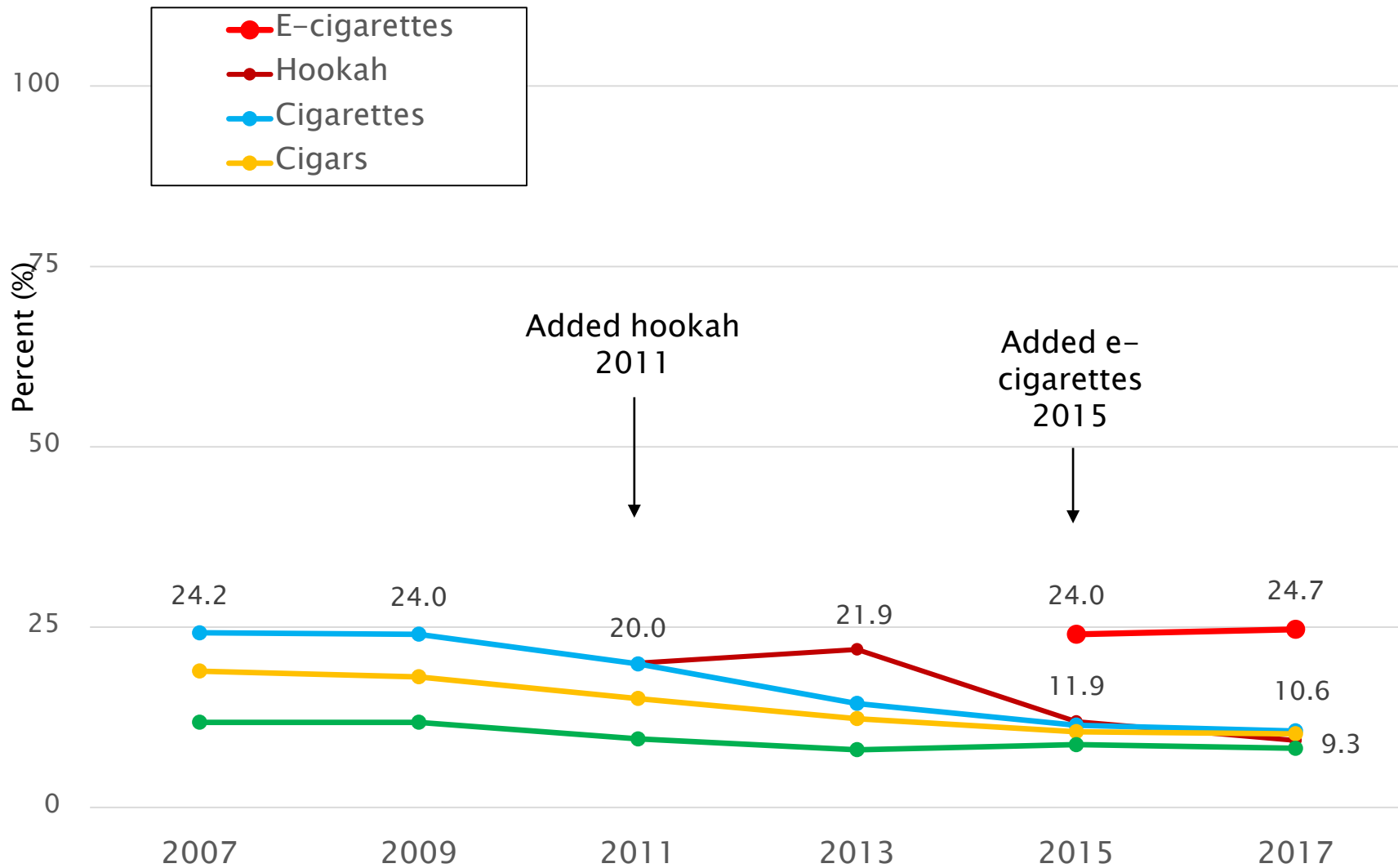
Current Tobacco Use Grades 9–12, 2007–2017, NM



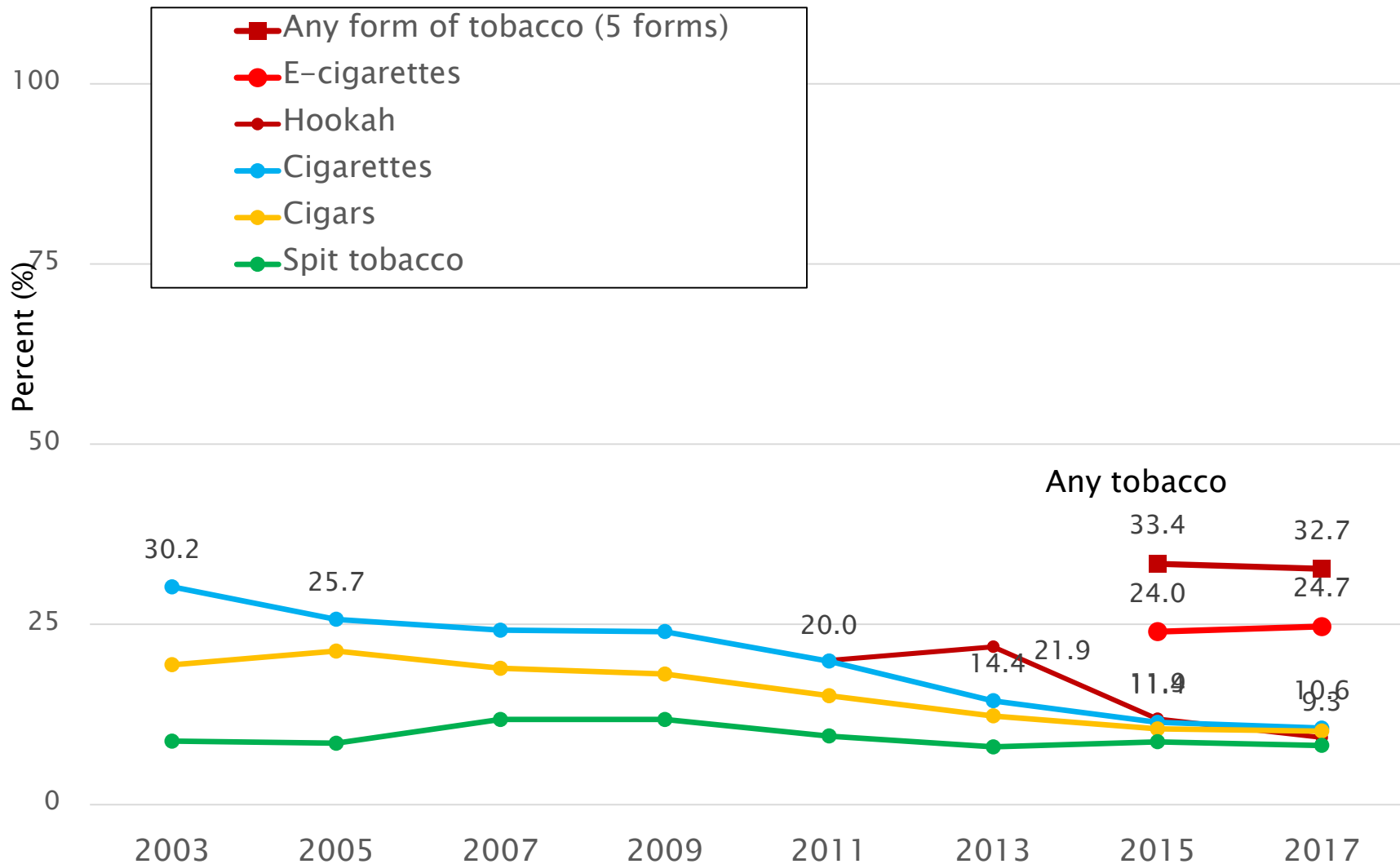
Current Tobacco Use Grades 9–12, 2007–2017, NM



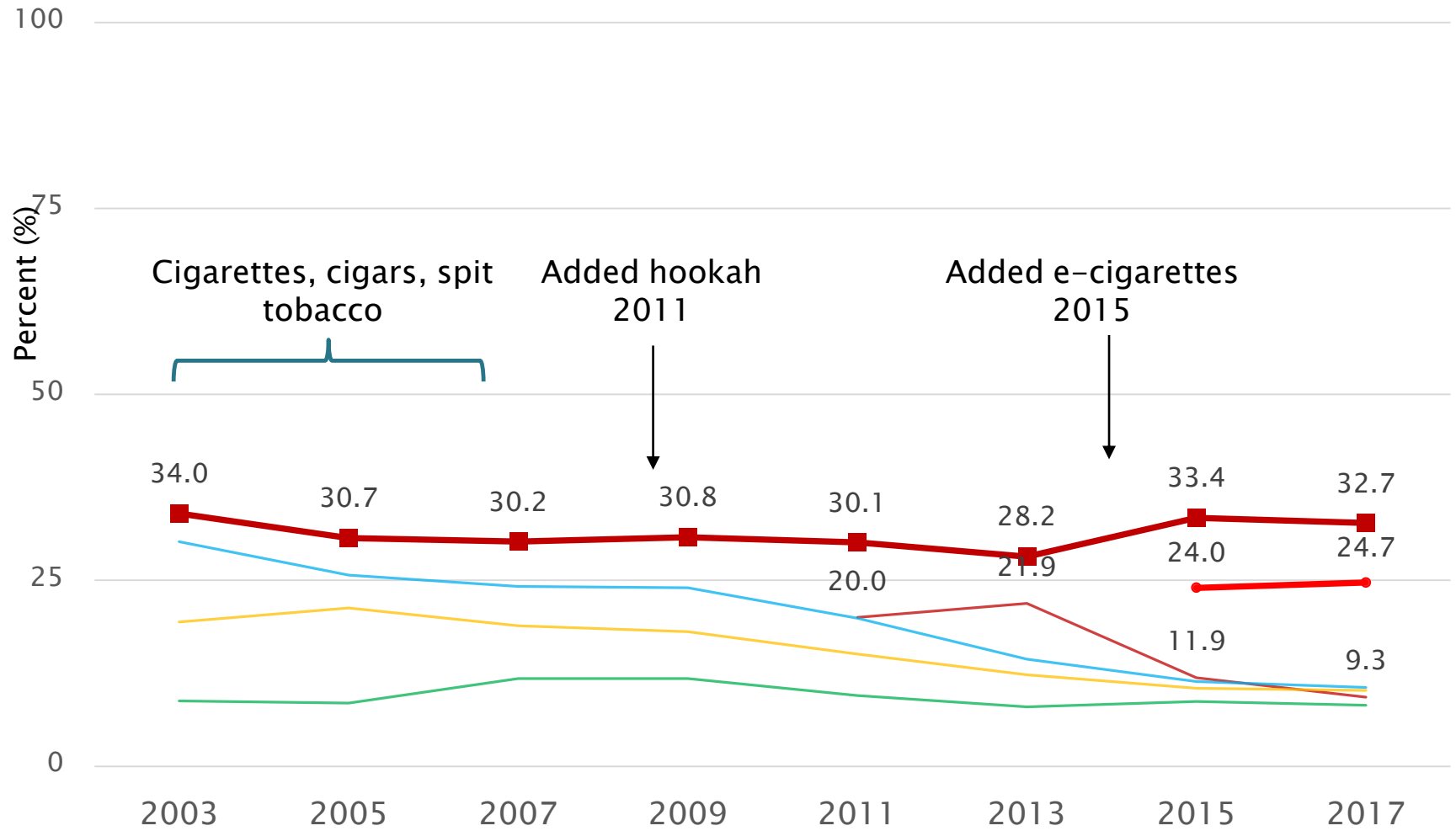
Current Tobacco Use Grades 9–12, 2007–2017, NM



Current Tobacco Use Grades 9–12, 2007–2017, NM



Current Tobacco Use Grades 9–12, 2007–2017, NM



Other Trends

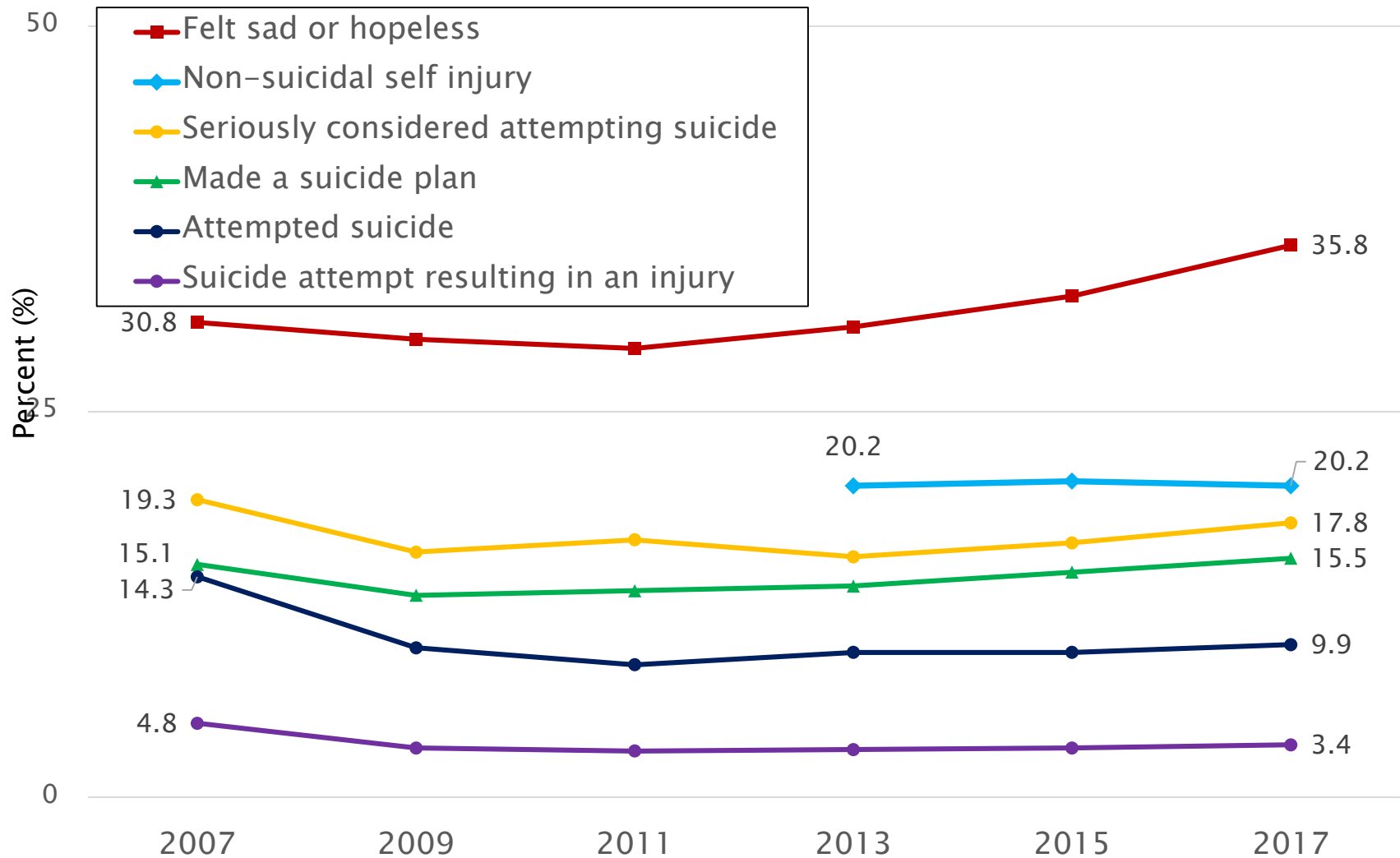
Other Trends

- Feelings of sadness and hopelessness increased, 30.8% (2007) -> 35.8% (2017)
- Other mental health indicators have not changed in recent years (suicidal ideation and attempts; non-suicidal self-harm)
- Physical fighting, fighting on school property, carrying a weapon on school property - decreased slightly
- Skipping school because of safety concerns increased 87% from 2013 -> 2017 (6.3% -> 11.8%)
- Use of effective birth control increased from 17.6% (2009) -> 31.0 (2017)



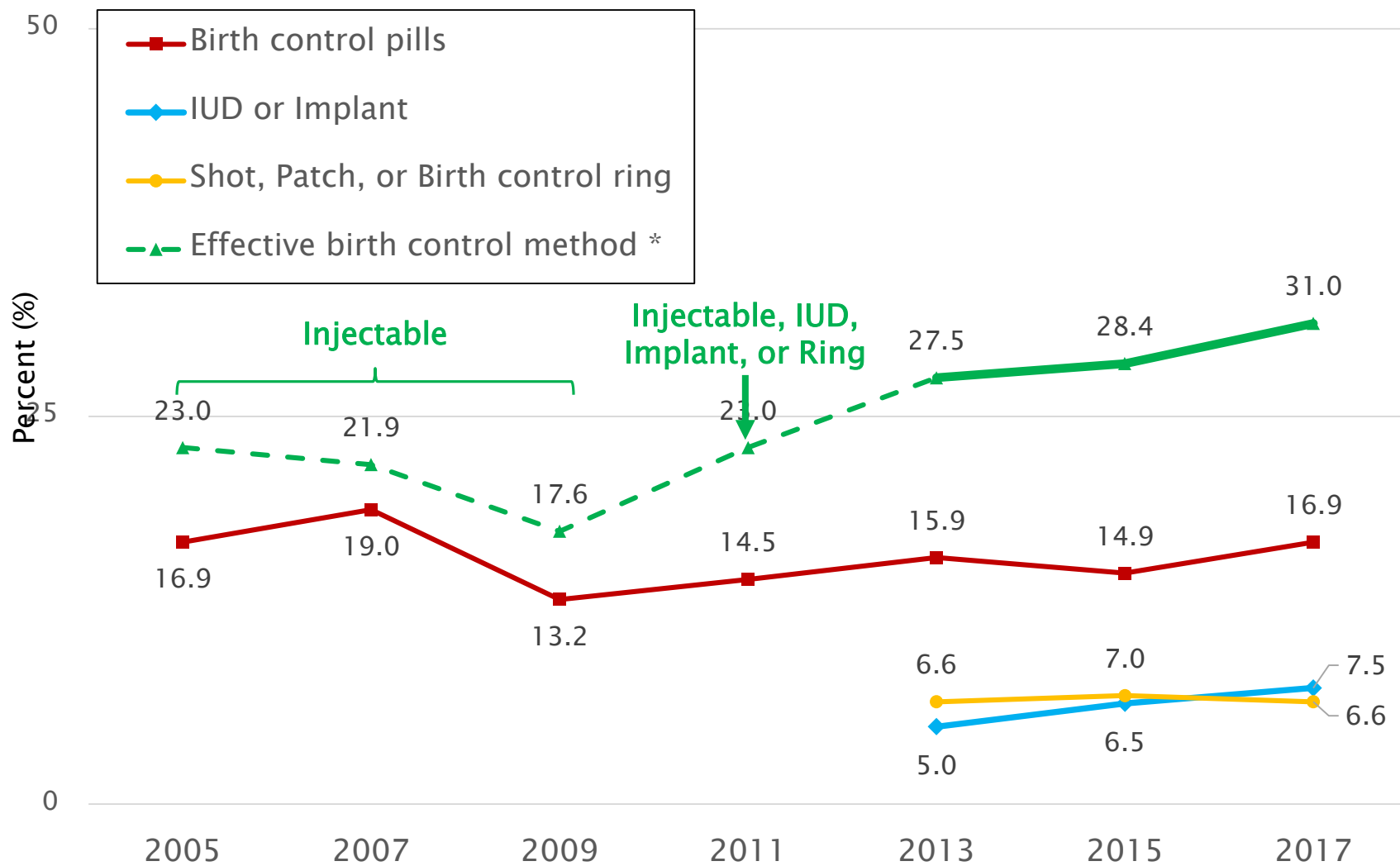
Mental Health Trends

Mental Health Grades 9–12, 2007–2017, NM

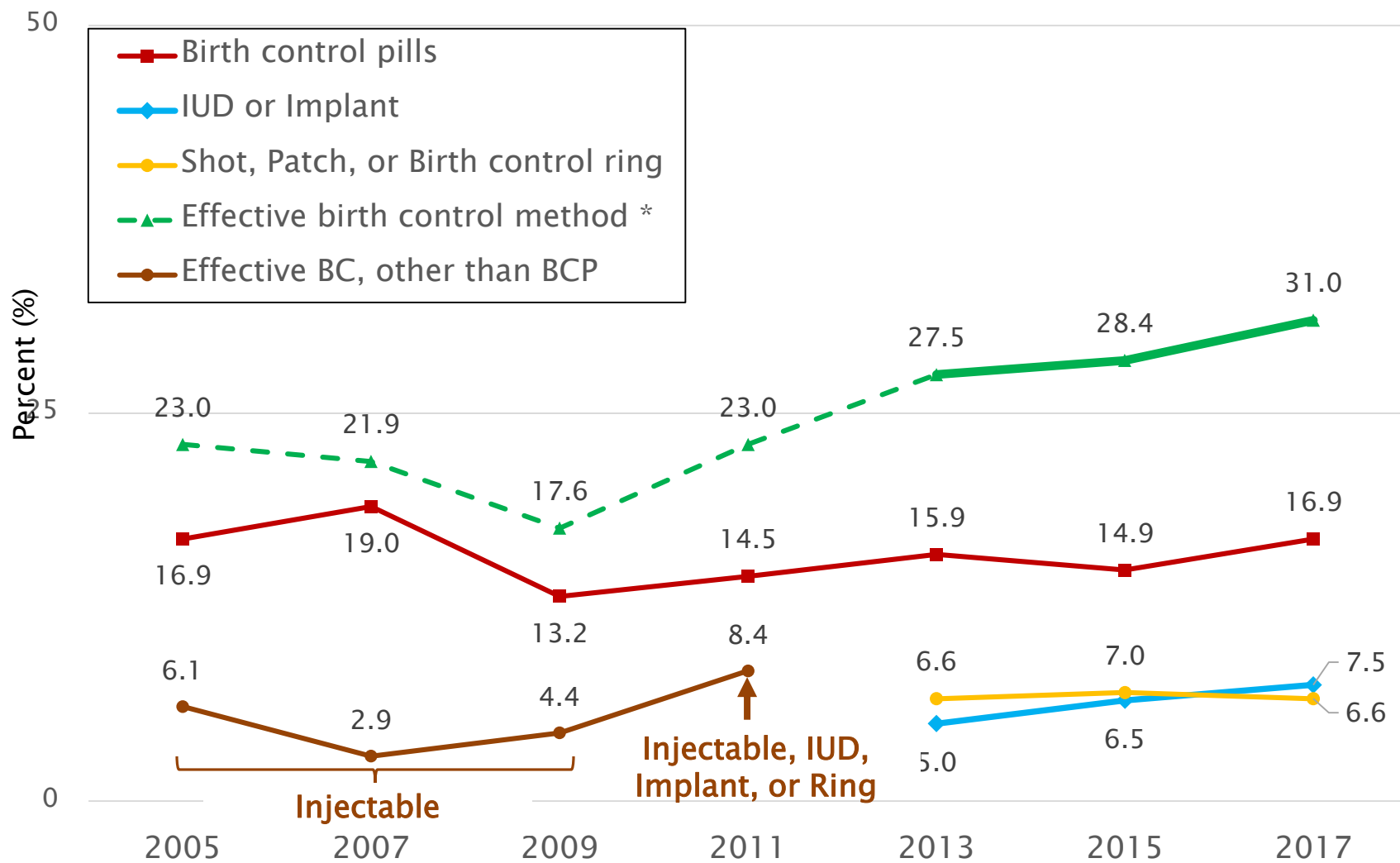


Birth Control Trends

Birth Control Used at Last Sexual Intercourse, Grades 9–12, 2007–2017, NM



Birth Control Used at Last Sexual Intercourse, Grades 9–12, 2007–2017, NM



Notes for Birth Control Slides

- The birth control question has changed over the years of the survey, so the responses are not all strictly comparable. Here are the three different questions we've used since 2005. The highlighted responses are what are considered "effective birth control methods."

2005–2009

The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)

- A. I have never had sexual intercourse
- B. No method was used to prevent pregnancy
- C. Birth control pills
- D. Condoms
- E. Depo–Provera (injectable birth control)
- F. Withdrawal
- G. Some other method
- H. Not sure

2011

The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)

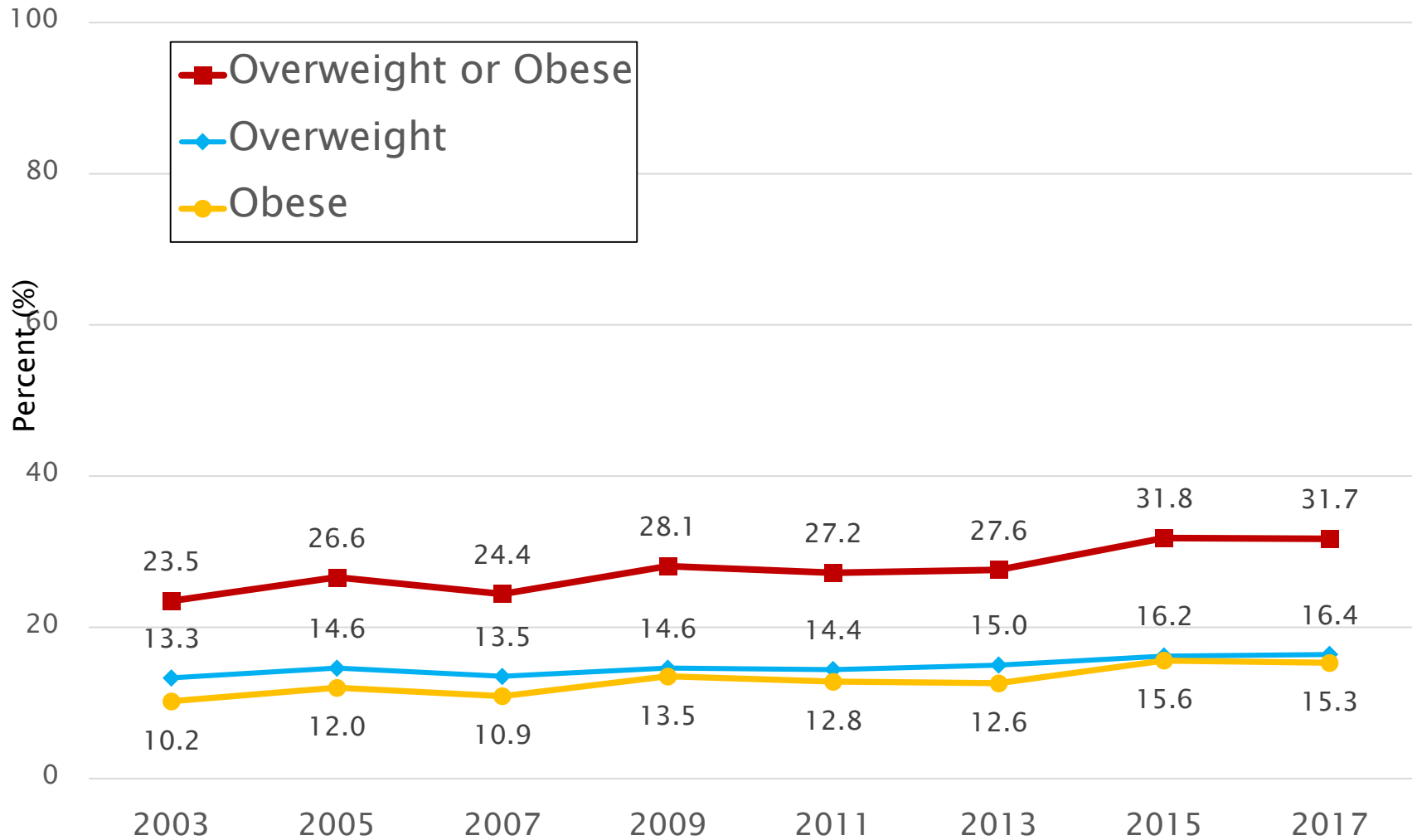
- A I have never had sexual intercourse
- B No method was used to prevent pregnancy
- C Birth control pills
- D Condoms
- E Depo–Provera (or any injectable birth control), Nuva Ring (or any birth control ring), Implanon (or any implant), or any IUD
- F Withdrawal
- G Some other method
- H Not sure

2013–2017The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)

- A I have never had sexual intercourse
- B No method was used to prevent pregnancy
- C Birth control pills
- D Condoms
- E An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)
- F A shot (such as Depo–Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)
- G Withdrawal or some other method
- H Not sure

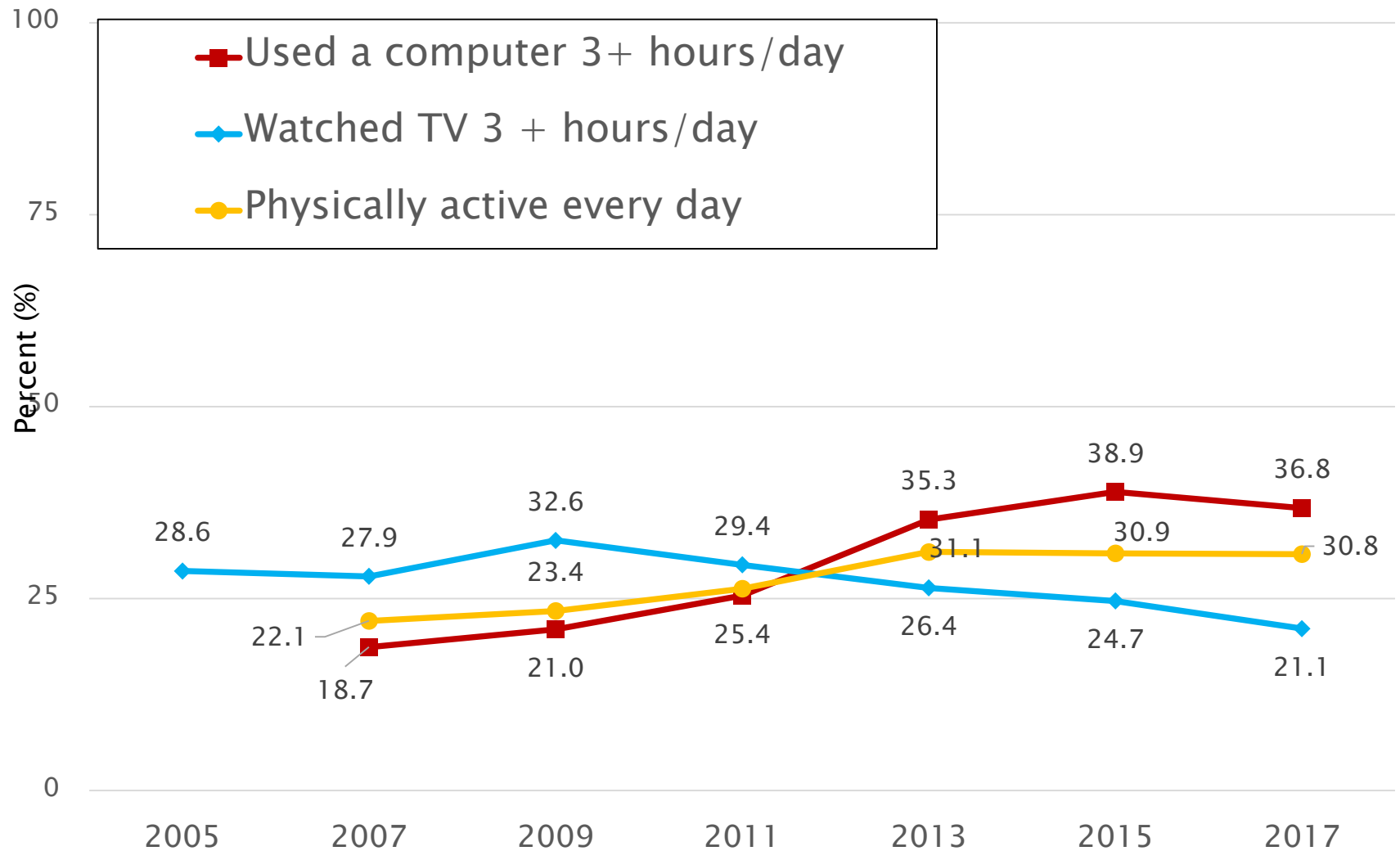
Body Weight and Physical Activity Trends

Obesity and Overweight Grades 9–12, 2007–2017, NM



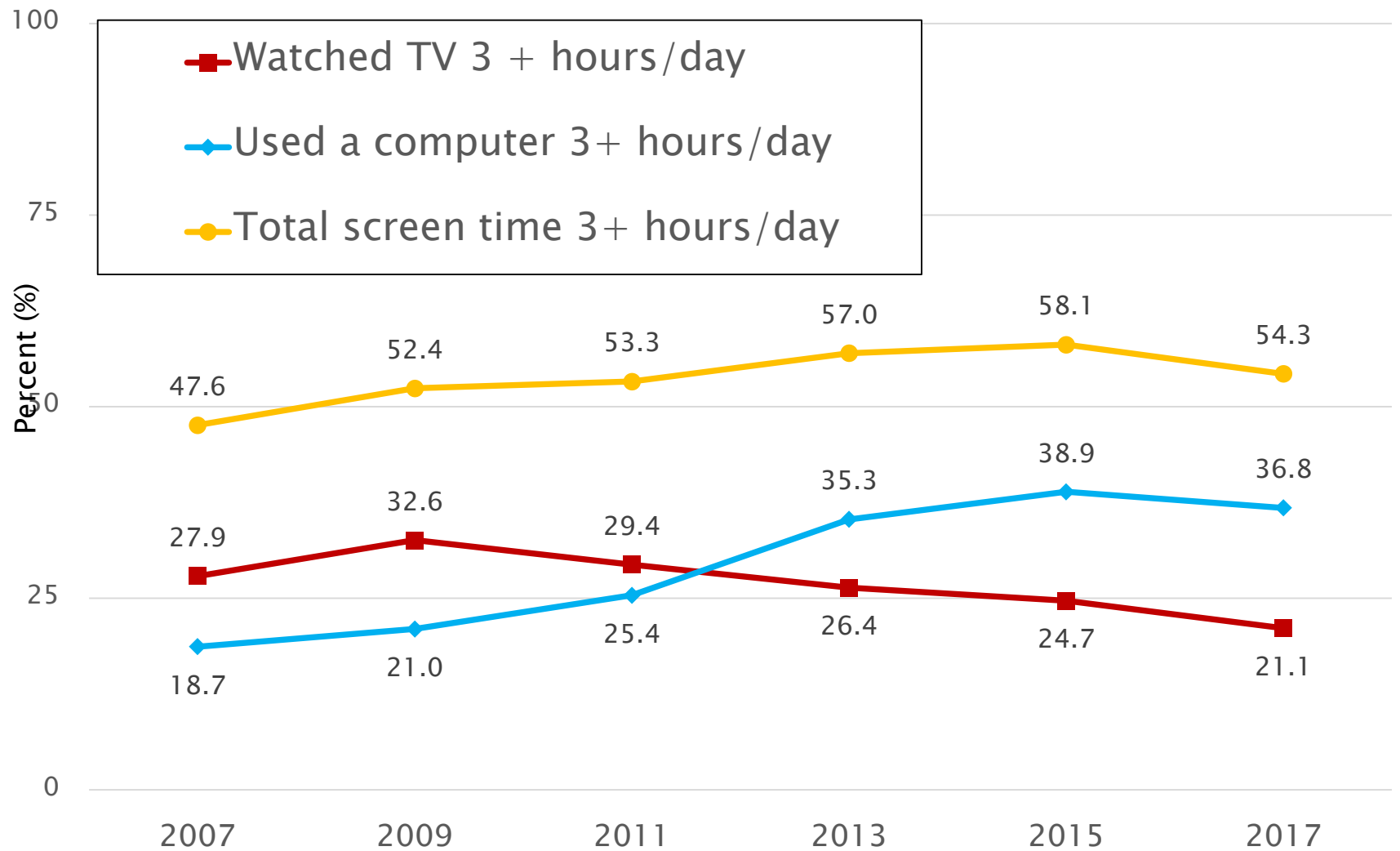
Physical Activity

Grades 9–12, 2007–2017, NM



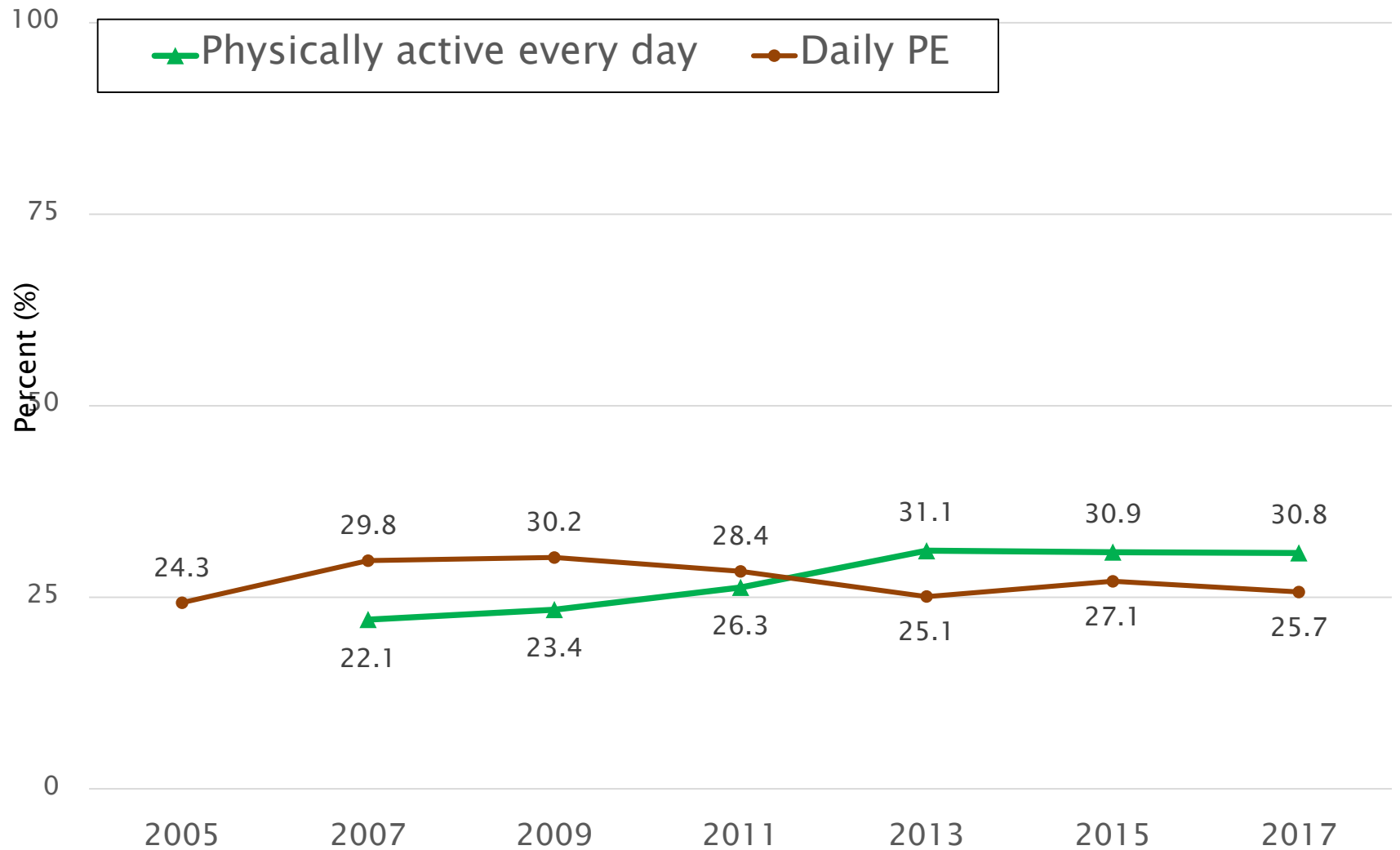
Physical Activity

Grades 9–12, 2007–2017, NM



Physical Activity

Grades 9–12, 2007–2017, NM



Students at High Risk

Gender Identity

Gender identity is an individual's concept of self as man or boy, a woman or girl, another gender, or a blend of genders. A person's gender identity may or may not correspond with the sex they were assigned at birth. When a person's gender identity does not correspond with their sex assigned at birth, they may consider themselves *transgender, genderqueer, or genderfluid*. When a person's gender identity matches their assigned sex at birth they are considered *cisgender*.

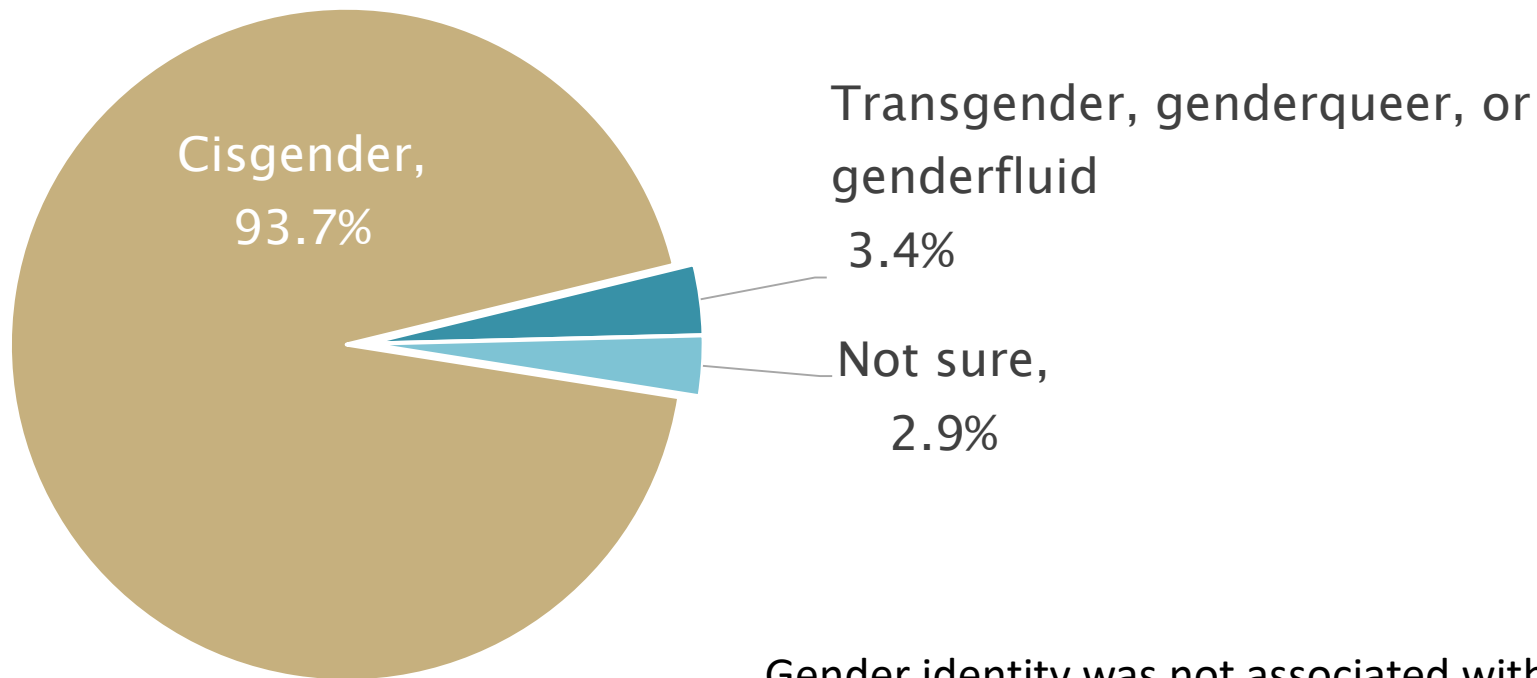
Gender Identity Question

Do you consider yourself transgender, genderqueer, or genderfluid?

- *No, I am not transgender, genderqueer, or genderfluid*
- *Yes, I am transgender, genderqueer, or genderfluid*
- *I am not sure if I am not transgender, genderqueer, or genderfluid*
- *I do not know what this question is asking*

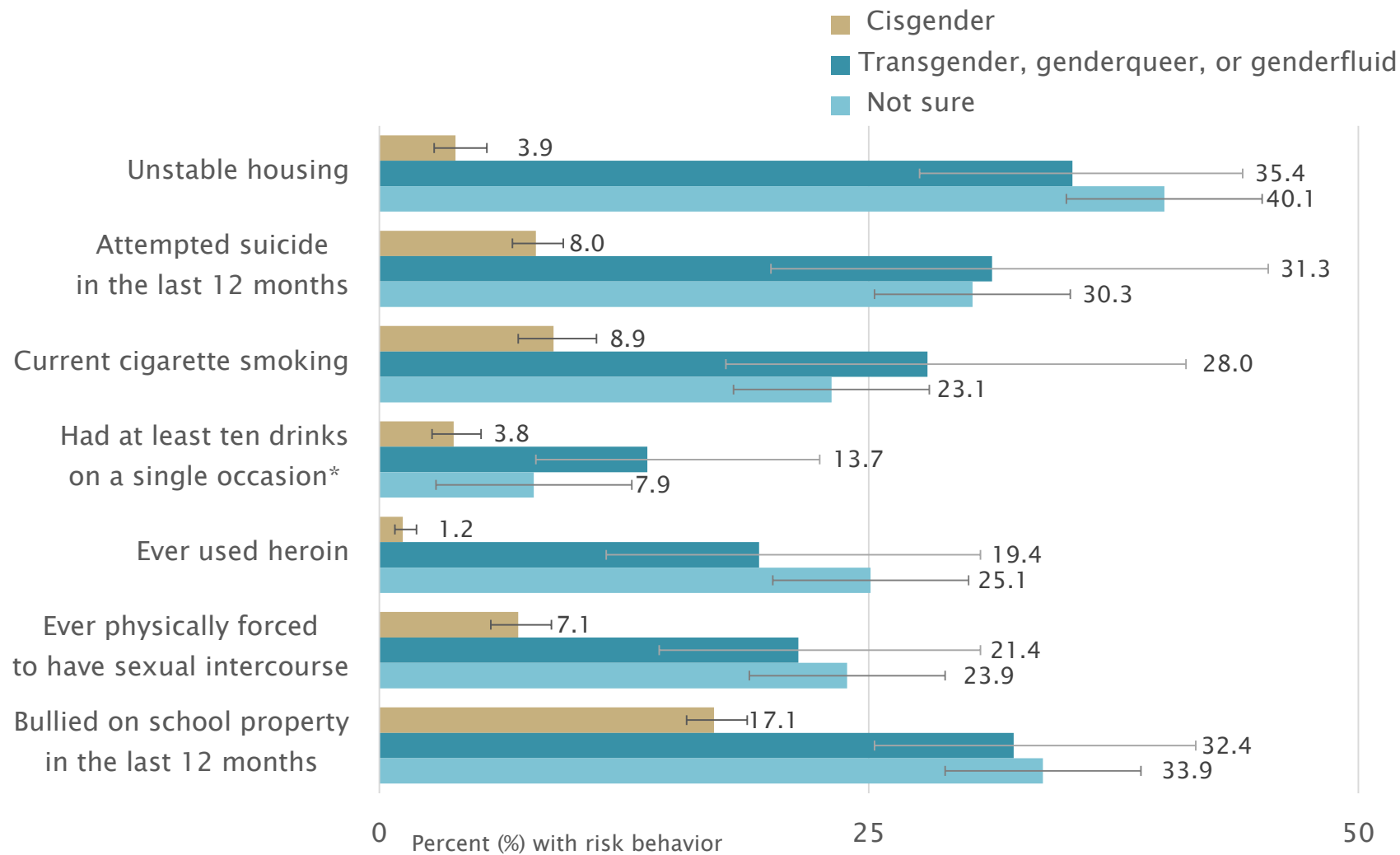
Gender Identity

Grades 9–12, 2017, NM



Gender identity was not associated with sex, race/ethnicity, grade level, or parent education.

Gender Identity by Risk Factors Grades 9–12, 2017, NM



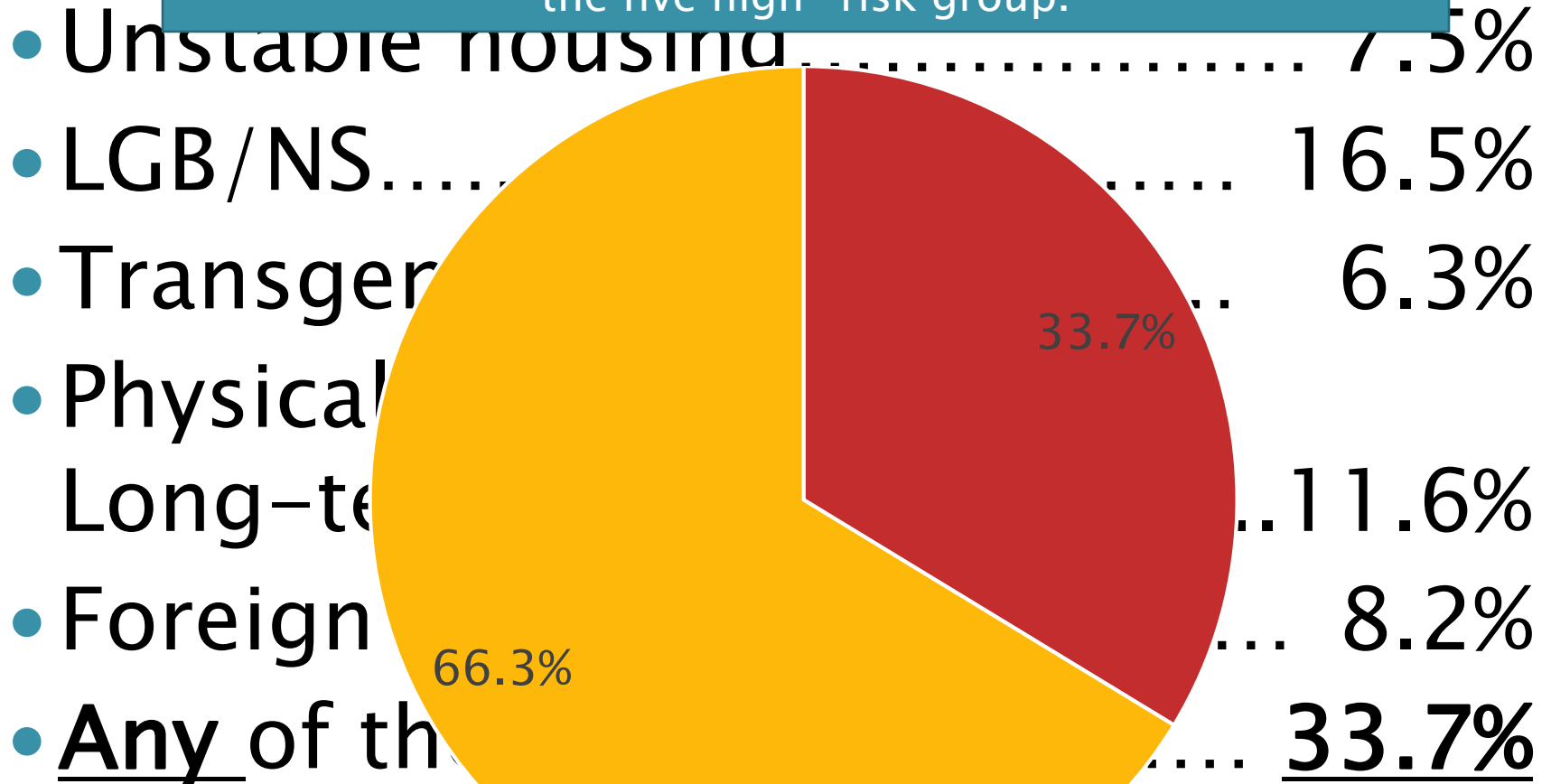
* In the past 30 days

High Risk Groups

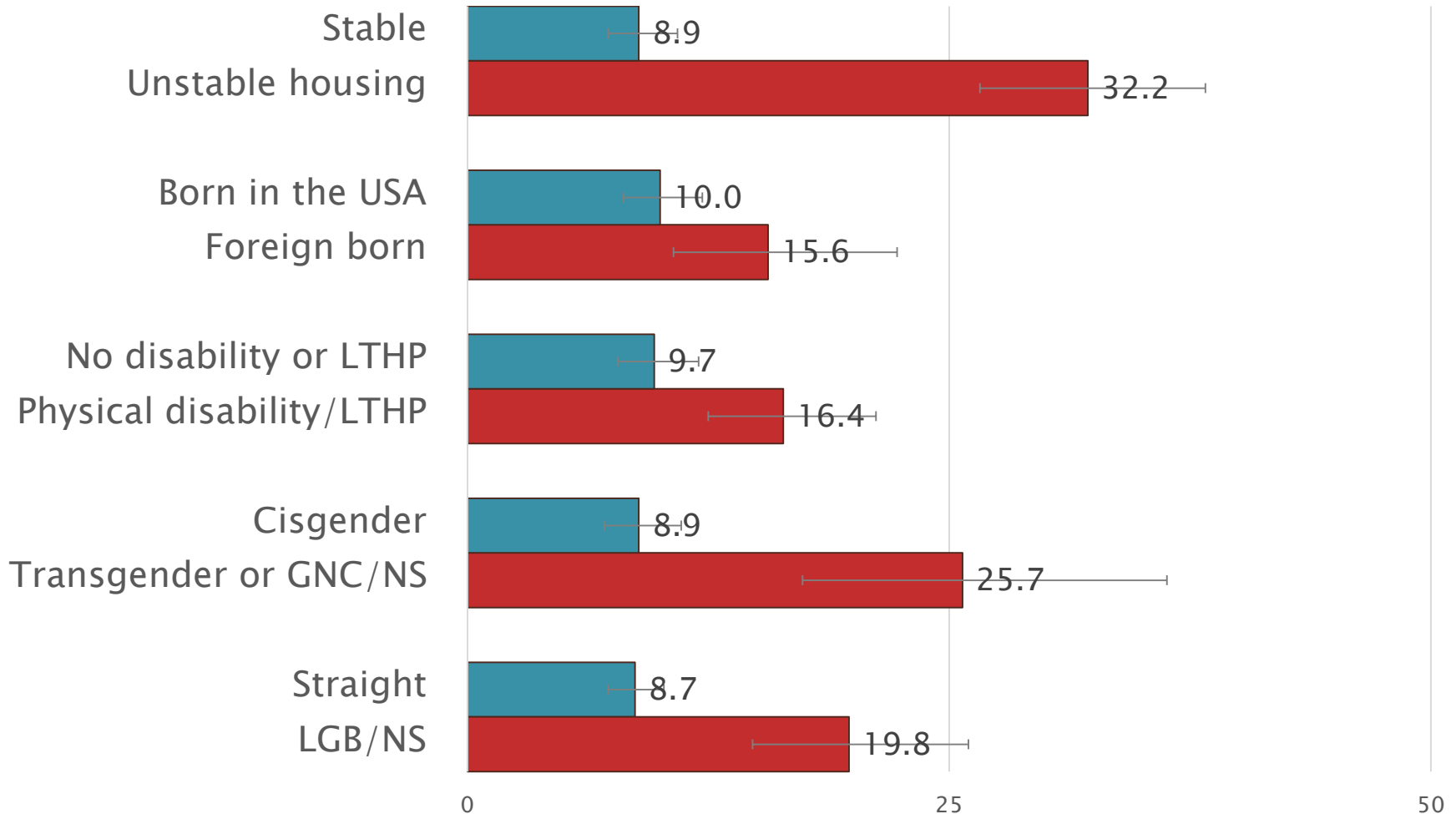
- Unstable housing..... 7.5%
- LGB/NS..... 16.5%
- Transgender/GNC/NS..... 6.3%
- Physical disability or
Long-term health problems.. 11.6%
- Foreign born..... 8.2%
- Any of the five groups..... 33.7%

High Risk Groups

One-third of high school students belong to at least one of the five high-risk groups.



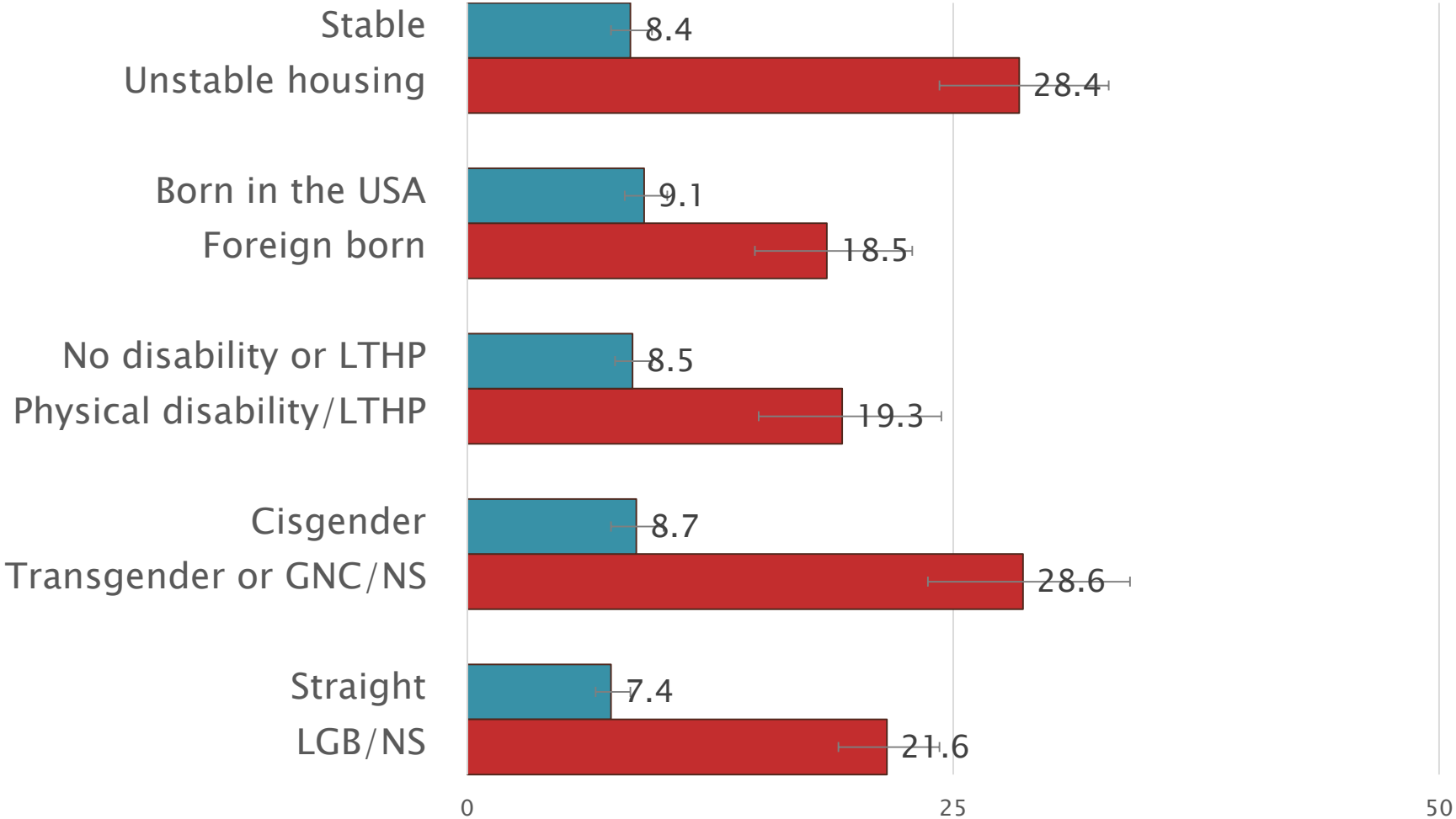
Current Cigarette Smoking by High Risk Identity Groups, Grades 9–12, 2017, NM



LTHP = Long Term Health Problem

Transgender or GNC/NS = Transgender, genderqueer, genderfluid, or not sure of gender identity

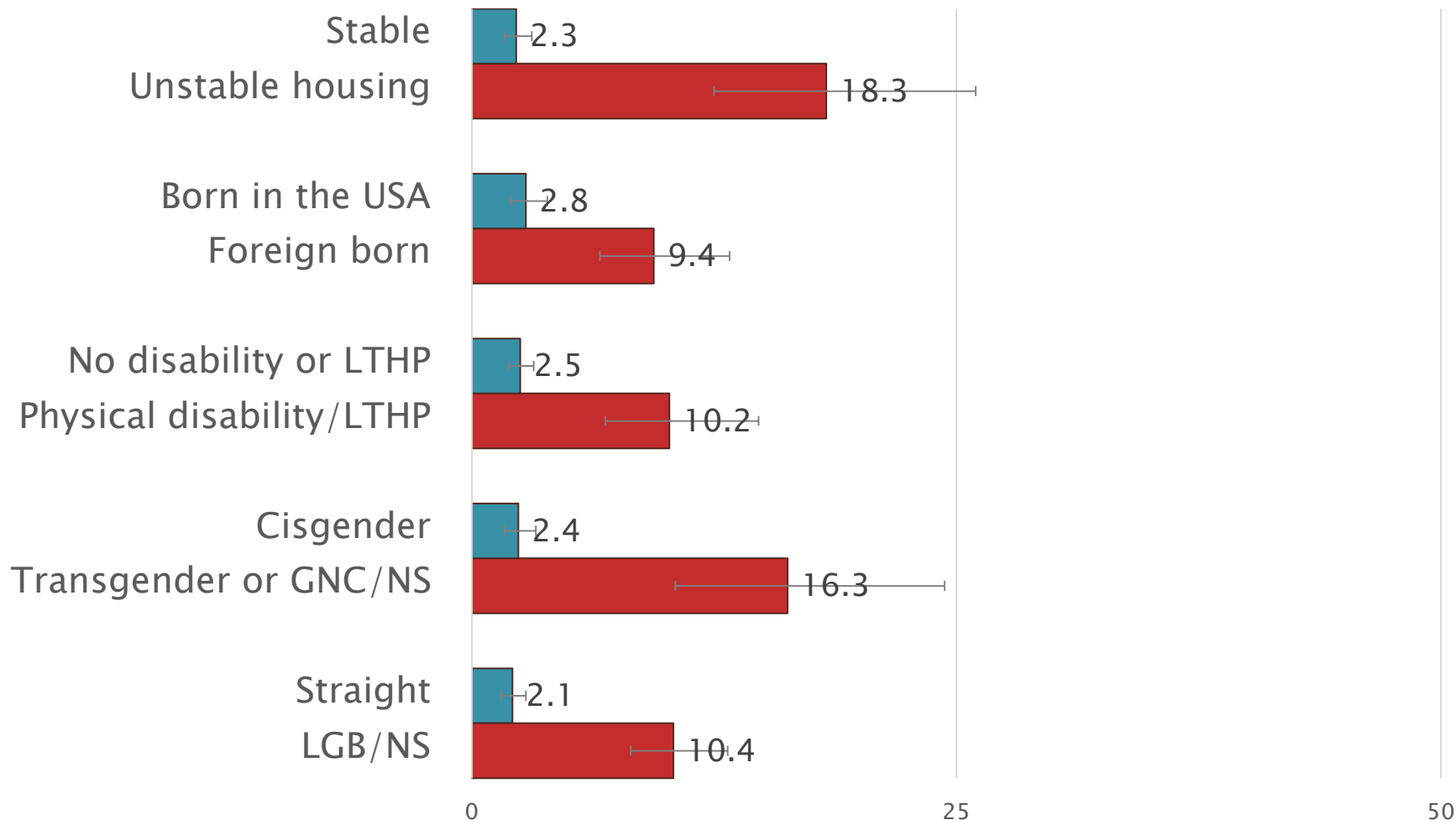
Sexual Assault in the last 12 Months by High Risk Identity Groups Grades 9–12, 2017, NM



LTHP = Long Term Health Problem

Transgender or GNC/NS = Transgender, genderqueer, genderfluid, or not sure of gender identity

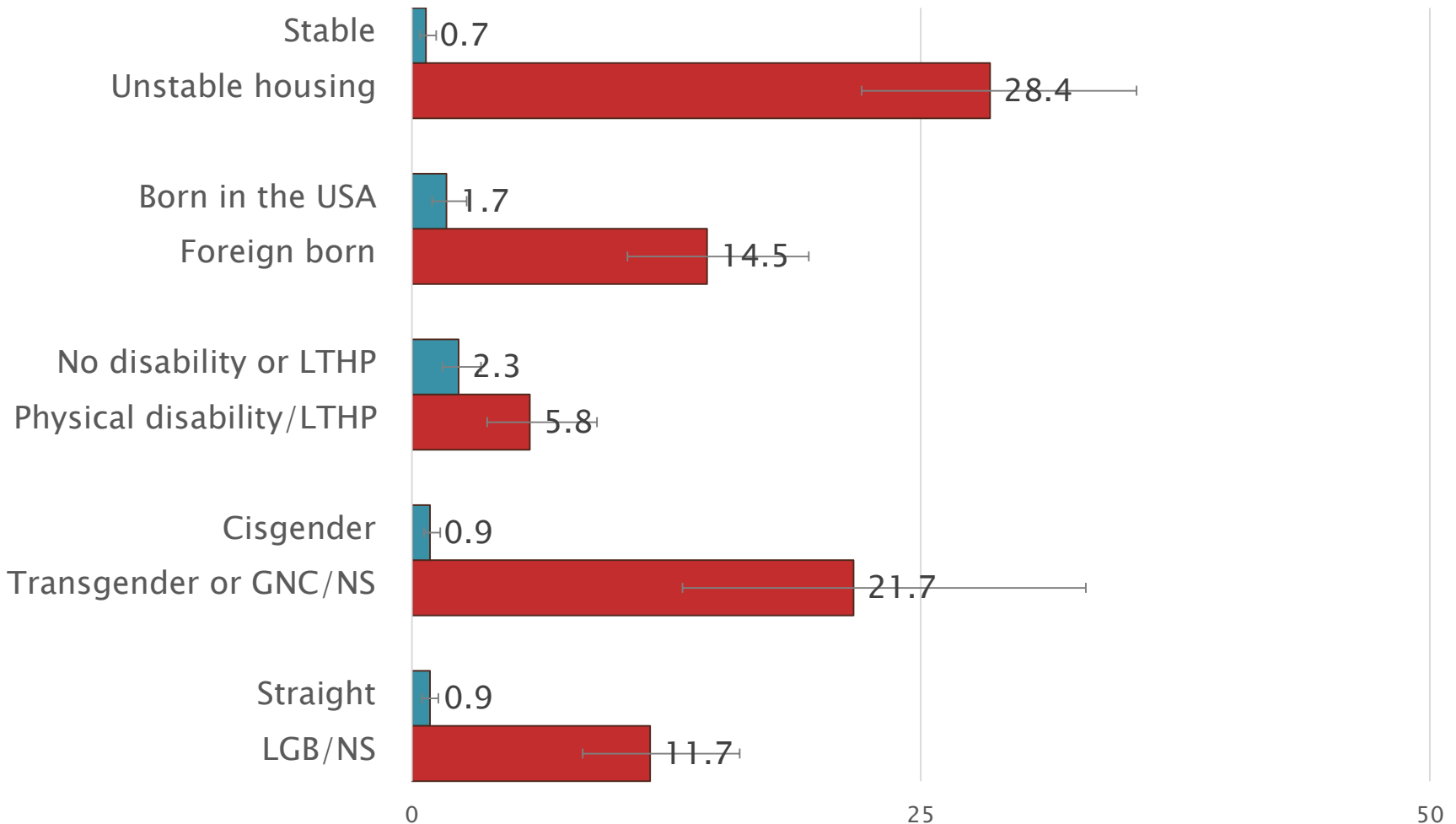
Suicide Attempt Resulting in Injury by High Risk Identity Groups Grades 9–12, 2017, NM



LTHP = Long Term Health Problem

Transgender or GNC/NS = Transgender, genderqueer, genderfluid, or not sure of gender identity

Current Heroin Use by High Risk Identity Groups, Grades 9–12, 2017, NM

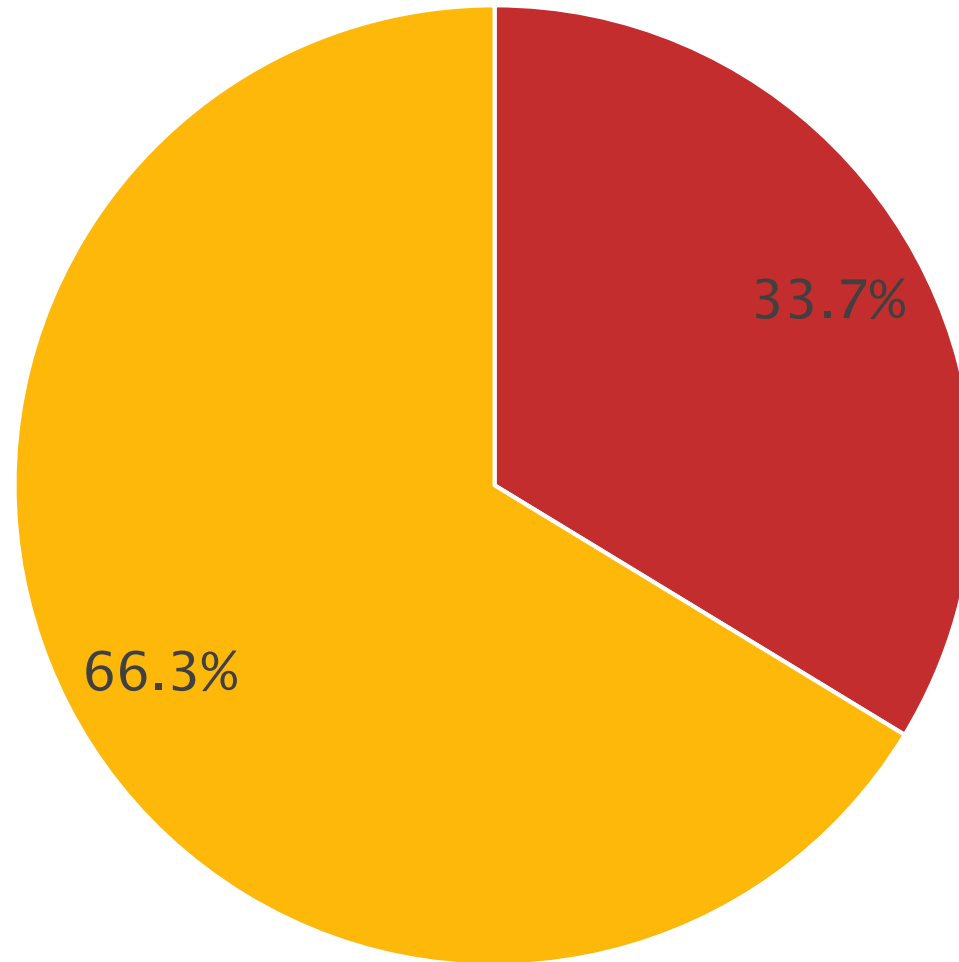


LTHP = Long Term Health Problem

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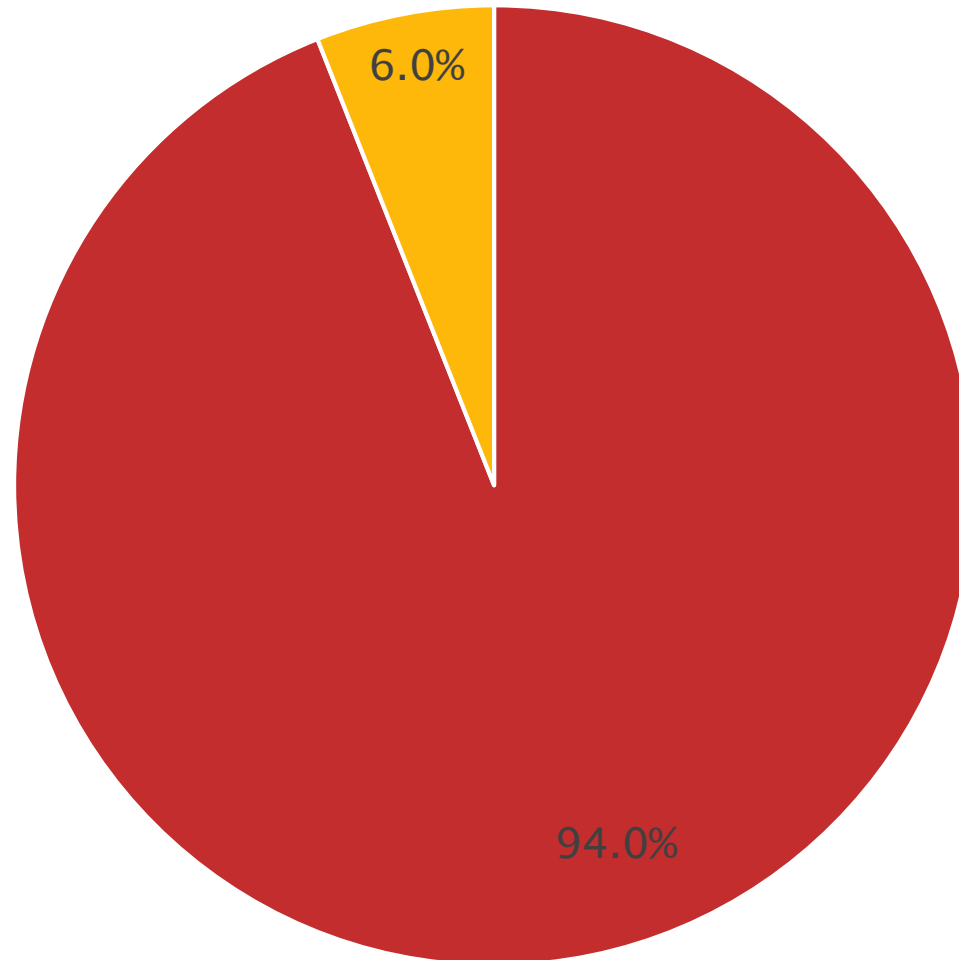
High Risk Groups

One-third of high school students belong to at least one of the five high-risk groups.



High Risk Groups

94.0% of all current heroin users belong to at least one of the five high risk groups.



Summary

Decreasing rates of

- Alcohol use
- Cigarettes, cigars, hookah
 - Overall tobacco use did not decrease, due to e-cigarettes
- Some drug use

Increasing rates of

- Effective birth control use
- Physical activity
-
- Feelings of sadness/hopelessness
- Computer screen viewing time

Summary

Importance of targeting students at high risk –

- **Homeless**
- **Lesbian, gay, bisexual**
- **Gender non-conforming**
- **Physical disabilities or long-term health problems**
- **Foreign-born**

youthrisk.org

Connections Newsletter

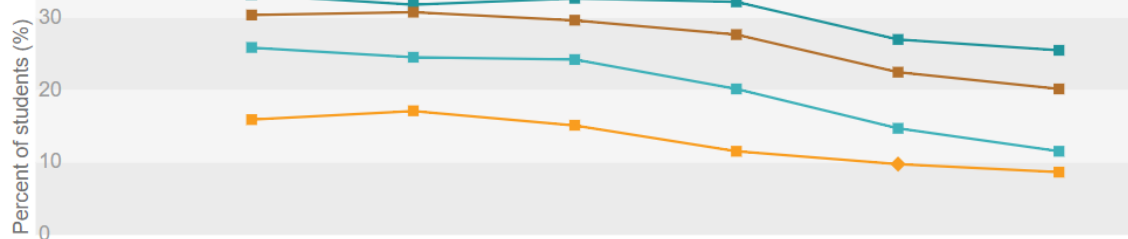
YRRS Data Store

Survey Questionnaires

Survey Reports

County Reports

Requesting Data



	2005	2007	2009	2011	2013	2015
■ Current sexual activity	32.8	31.5	32.6	31.9	26.8	25.1
■ Current alcohol use	30.0	30.7	29.4	27.4	22.3	20.1
◆ Current cigarette smoking	25.7	24.2	24.0	19.9	14.4	11.4
◆ In a fight on school property	15.6	16.9	15.0	11.3	9.7	8.5

NM-YRRS 2005–2015

Trends in selected health risk behaviors, Grades 9–12



NMYRRS ROADSHOW

DATA PRESENTATIONS ACROSS NEW MEXICO

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What is the NM-YRRS?

Recently released results from the national Youth Risk Behavior Survey (YRBS) allow comparisons between high school students in New Mexico, the US, and in other states. In 2017, compared to their US peers, NM students had higher rates of most drug use and e-cigarette use; were more likely to be early initiators

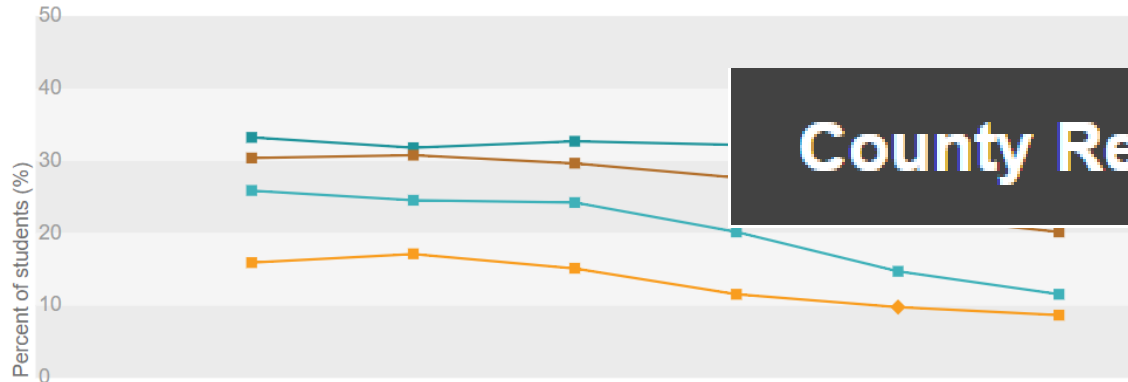
of cigarette smoking, alcohol use, and marijuana use; and were more likely to make a suicide attempt. NM students were more likely than US students to get daily physical activity, and were less likely to engage in excessive computer and video screen use.

For an expanded version of the table below, see <http://youthrisk.org/tables/#/2017> or nmhealth.org/go/youth. Sources: 2017 New Mexico Youth Risk and Resiliency Survey (YRRS) and National Youth Risk Behavior Survey (YRBS, Centers for Disease Control and Prevention). Statistical significance determined by a t-test on the website, Youth Online (nccd.cdc.gov/youthonline).

Risk Behavior Comparisons, New Mexico and United States ■ High School (Grades 9–12), 2017

Indicator	NM% (95% CI)	US% (95% CI)	At higher risk* (US or NM)
Skipped school because of safety concerns (on at least one of the past 30 days)	11.8% (7.6–17.7)	6.7% (5.7–7.8)	–
Experienced physical dating violence (at least once in the past 12 months)	11.0% (9.4–12.9)	8.0% (7.3–8.8)	NM
Persistent feelings of sadness or hopelessness (for at least two weeks in a row during the past 12 months)	35.8% (33.9–37.8)	31.5% (29.6–33.4)	NM
Made a suicide attempt (during the past 12 months)	9.9% (8.5–11.5)	7.4% (6.5–8.4)	NM
Smoked cigarettes before age 13	13.5% (11.8–15.4)	9.5% (8.0–11.2)	NM
Current e-cig use (used e-cigs within the past 30 days)	24.7% (22.2–27.4)	13.2% (11.4–15.2)	NM
First drink of alcohol before age 13	20.7% (18.2–23.5)	15.5% (13.9–17.2)	NM
Binge drinking (for girls, 4 drinks on a single occasion; for boys, 5 drinks on a single occasion; in the past 30 days)	10.9% (9.4–12.5)	13.5% (12.0–15.1)	US
First used marijuana before age 13	15.7% (13.4–18.3)	6.8% (5.8–8.0)	NM
Ever used cocaine	9.4% (7.0–12.4)	4.8% (4.2–5.6)	NM
Ever used heroin	3.4% (2.4–4.7)	1.7% (1.3–2.2)	NM
Ever used methamphetamines	4.1% (3.1–5.4)	2.5% (2.0–3.0)	NM
Daily physical activity (physically active = total of at least 60 minutes that "made you sweat or breathe hard")	30.8% (28.4–33.3)	26.1% (24.1–28.3)	US
Used video or computer 3+ hours per day (not for school purposes, on a school day)	36.8% (34.5–39.1)	43.0% (41.1–44.9)	US

County Reports



	2005	2007	2009	2011	2013	2015
■ Current sexual activity	32.8	31.5	32.6	31.9	26.8	25.1
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NM-YRRS 2005–2015

Trends in selected health risk behaviors, Grades 9–12

NMYRRS ROADSHOW

DATA PRESENTATIONS ACROSS NEW MEXICO

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What is the NM-YRRS?

For more information

- Website
www.youthrisk.org
- Linda Peñaloza, PhD
(505) 272-4462
lpenaloza@salud.unm.edu
- Dan Green
(505) 476-1779
Dan.Green@state.nm.us
- Jimmie Thompson
(505) 827-1804
Jimmie.Thompson@state.nm.us

