



2013 New Mexico Youth Risk and Resiliency Survey (YRRS)



**Behavioral Health Subcommittee
November 7, 2014**

Dan Green, NM Department of Health

What is the YRRS?

- Survey of public school students
 - Middle School (grades 6–8)
 - High School (grades 9–12)
- Part of national Youth Risk Behavior Survey (YRBS)
 - Designed and coordinated by CDC
 - Conducted by CDC and state education and health agencies
- Collects information on
 - Behaviors that risk student health (most from YRBS)
 - Protective (resiliency) factors (*state added*)
- Primary school survey conducted by PED and DOH
- Conducted fall semester of odd numbered years
- Results at
 - State level
 - County level
 - School district level

Very few states produce data below the state-level



YRRS: Partners

- Department of Health
- Public Education Department
- Behavioral Health Services Division
- UNM Prevention Research Center
- School Districts
- Navajo Nation (Indian Health Board and Navajo Department of Health)

3



2013 YRRS Participation

- **Middle School**
 - 16,390 respondents
 - Response rate = 72%
- **High School**
 - 19,080 respondents
 - Response rate = 67%

4



YRRS: Questions

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

5



Data Overview

2013 New Mexico YRRS

Good News!!

Declining NM rates of

- Alcohol use
- Behaviors associated with violence
- Some forms of tobacco use
- Some drug use
- *

8

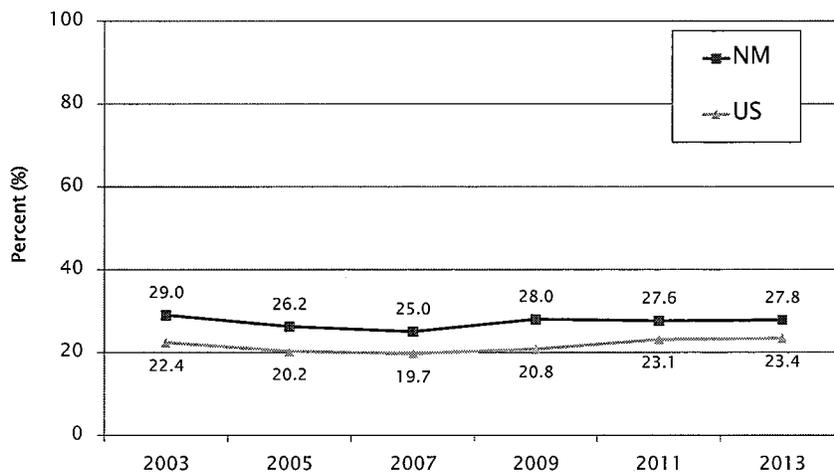
NM YRRS
YOUTH RISK & RESILIENCY SURVEY

NM YRRS
YOUTH RISK & RESILIENCY SURVEY

Drug Use

2013 New Mexico YRRS

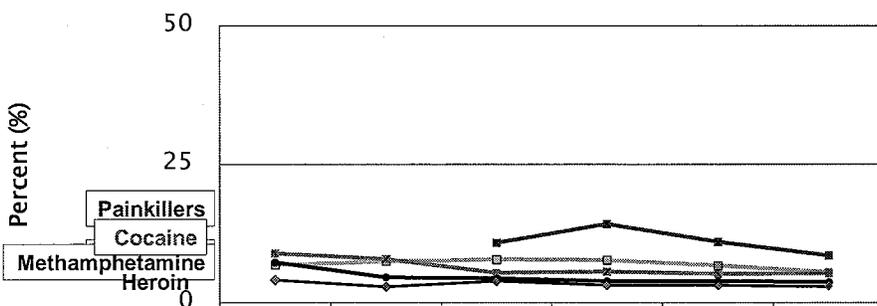
Current Marijuana Use by Year Grades 9 - 12, 2003-2013



10



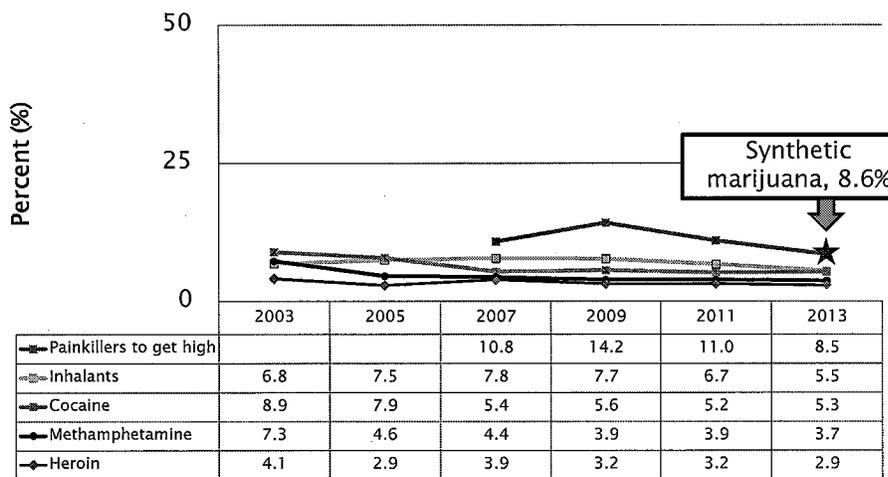
Current Drug Use Grades 9 - 12, NM, 2003-2013



11



Current Drug Use Grades 9 - 12, NM, 2003-2013



12



YRRS CONNECTIONS a monthly report on the NEW MEXICO YOUTH RISK & RESILIENCY SURVEY

2013 NM-YRRS Results: Synthetic Marijuana Use

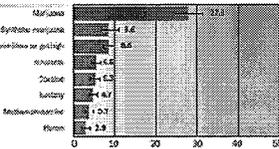
Systematic, nationwide synthetic marijuana use was reported in high school students surveyed in the YRRS for the first time in 2013. Among New Mexico high school students, the prevalence of current (past 30 days) synthetic marijuana use was second only to the prevalence of marijuana use. Among middle school students, lifetime synthetic marijuana use had the third highest prevalence, after marijuana and inhalants.

Synthetic marijuana (marketed under the names K2, Spice, and others) contains dried plant material coated with chemical ad-

ditives designed to bind to and stimulate the same receptors in the brain as THC, the active ingredient in marijuana. Synthetic marijuana use is associated with adverse effects such as increased heart rate and blood pressure, anxiety, agitation, and acute kidney injury. Some of the active chemicals were frequently found in synthetic marijuana products designated by the Drug Enforcement Administration (DEA) as Schedule I controlled substances, making it illegal to sell, buy, or possess them. However, possession of these substances are coded as none if those restrictions by consuming different chemicals in their drug formulas.

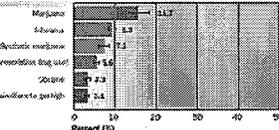
Current Drug Use, Grades 9-12 in NM - 2013

* Current drug use one or more times in the past 30 days.



Lifetime Drug Use, Grades 4-8 in NM - 2013

! Used a prescription drug without a doctor's prescription.



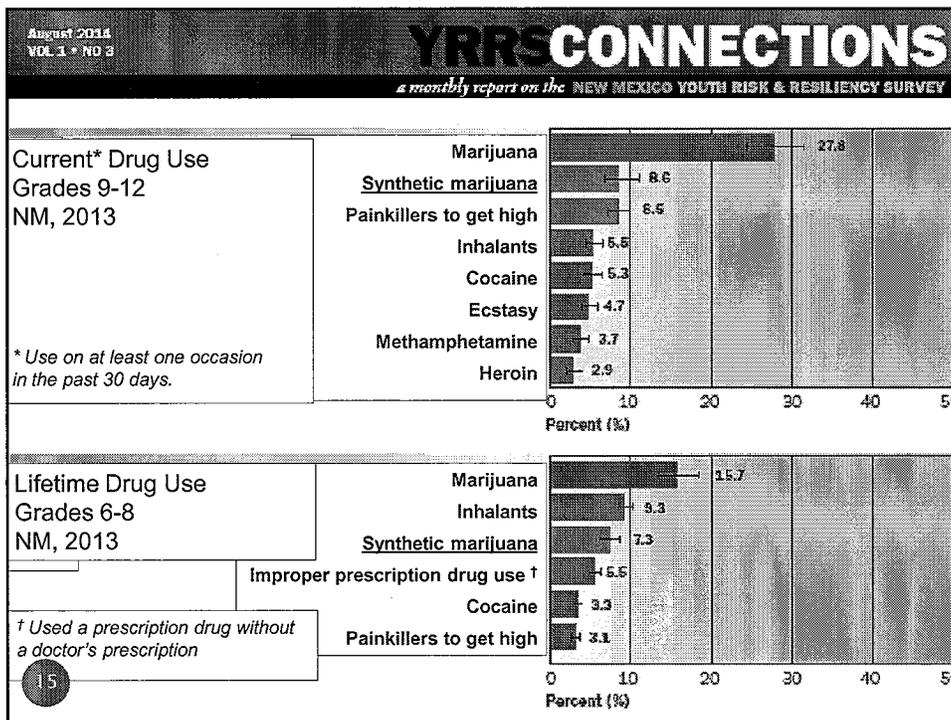
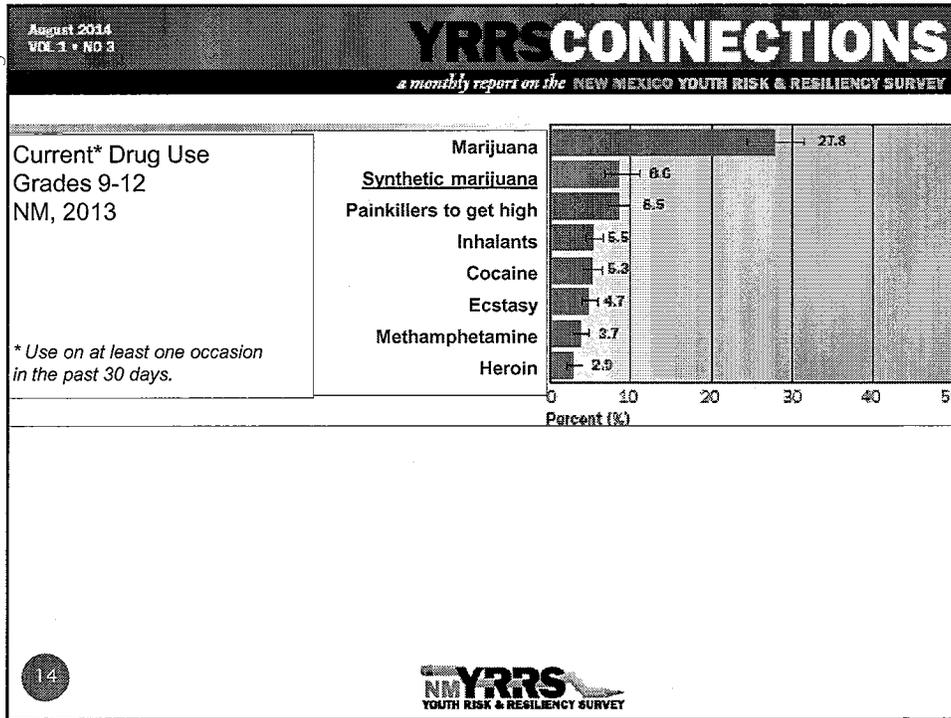
For additional information on synthetic marijuana use, see:

- 1. National Institute on Drug Abuse, *Emergence of Synthetic Marijuana*, 2012. Available at: <http://www.drugabuse.gov/publications/brief-statements/synthetic-marijuana>.
- 2. Centers for Disease Control and Prevention, *Acute Kidney Injury Associated with Synthetic Cannabinoid Use - Multiple States, 2012*. MMWR 2013;62(16):316-318. Available at: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6216a1.htm>.

This report was prepared by the New Mexico Department of Health and the Public Education Department (NM PED), and the University of New Mexico Prevention Evaluation Center. The NM YRRS receives support from the Centers for Disease Control and Prevention in cooperation with the NM PED through grant number 5U49CE000214. For more information about the YRRS, including methodology, implementation, data use, local reports, county-level reports, and more, visit www.yrrs.org or email info@yrrs.org. Please do not use the data without obtaining permission from the reporting entity. Contact: NMED@state.nm.gov.

13





July 2014 VOL 1 • NO 2		YRRS CONNECTIONS <i>a monthly report on the NEW MEXICO YOUTH RISK & RESILIENCY SURVEY</i>			
2013 NM-YRRS Results: Behavior Comparisons, New Mexico and United States					
Indicator	NM% (95% CI)	US% (95% CI)	p-value	Healthier Behavior (US or NM)	
Alcohol Use					
First drank alcohol before age 13	22.3 (20.4–24.2)	18.6 (17.2–20.0)	0.00	US	
Binge drinking (5+ drinks of alcohol on at least one single occasion in the past 30 days)	17.1 (15.4–19.0)	20.8 (19.1–22.7)	0.00	NM	
Drug Use					
First tried marijuana before age 13 years	17.3 (14.6–20.4)	8.6 (7.4–10.1)	0.00	US	
Ever used cocaine	10.3 (8.1–13.0)	5.5 (4.7–6.6)	0.00	US	
Ever used heroin	4.0 (3.2–5.0)	2.2 (1.7–2.8)	0.00	US	
Ever used methamphetamines	5.0 (3.8–6.5)	3.2 (2.6–4.0)	0.02	US	
Offered illegal drugs on school property (in the past 12 months)	32.8 (30.6–35.0)	22.1 (20.2–24.1)	0.00	US	
Sexual Behaviors					
Were currently sexually active (had sexual intercourse at least once in the past 3 months)	26.8 (23.9–30.0)	34.0 (31.6–38.5)	0.00	NM	
Dietary Behaviors					
Daily soda consumption	21.2 (19.1–23.4)	27.0 (23.8–30.5)	0.00	NM	

16

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2013 NM-YRRS Results: Behavior Comparisons, New Mexico and United States			
Indicator	NM	US	
Drug Use			
First tried marijuana before age 13	17.3%	8.6%	
Ever used cocaine	10.3%	5.5%	
Ever used heroin	4.0%	2.2%	
Ever used methamphetamine	5.0%	3.2%	
Offered illegal drugs on school property	32.8%	22.1%	

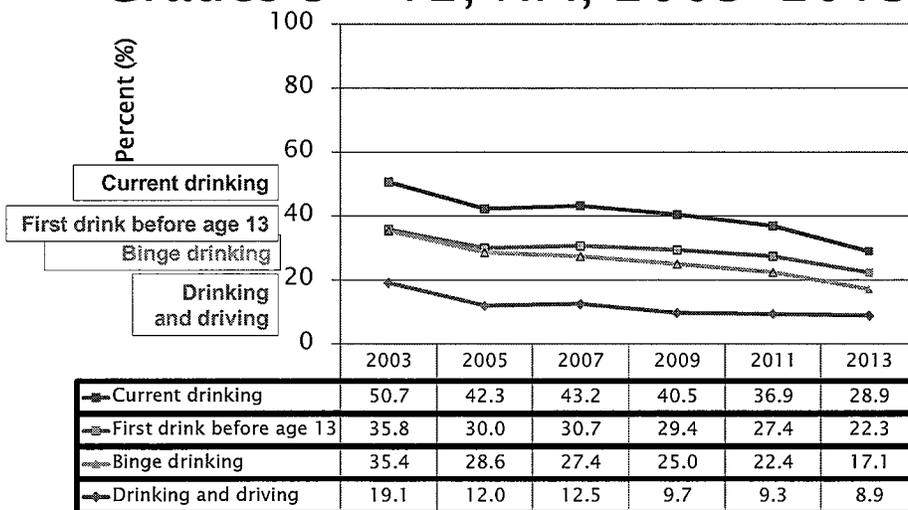
17



Alcohol Use

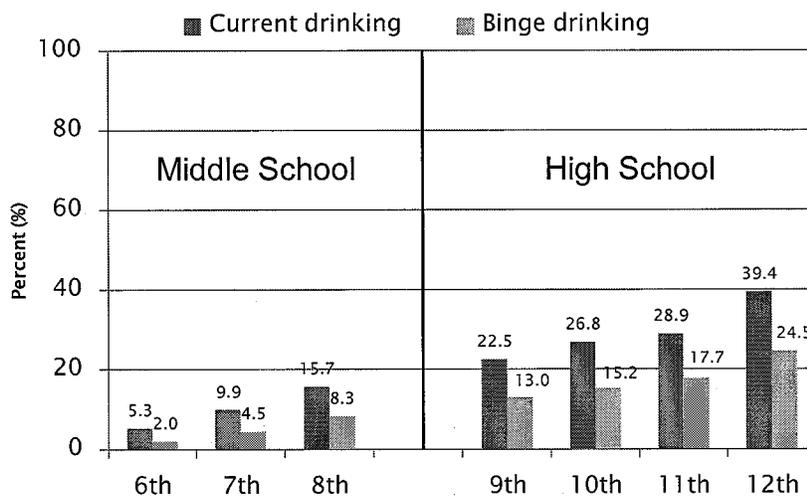
2013 New Mexico YRRS

Alcohol Use Grades 9 – 12, NM, 2003–2013



Decreasing trend for all four indicators

Binge Drinking Grades 6-8 and 9-12, 2013



20

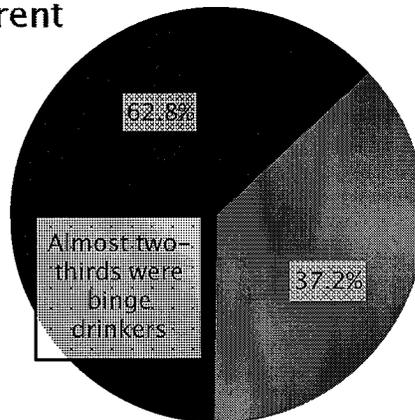
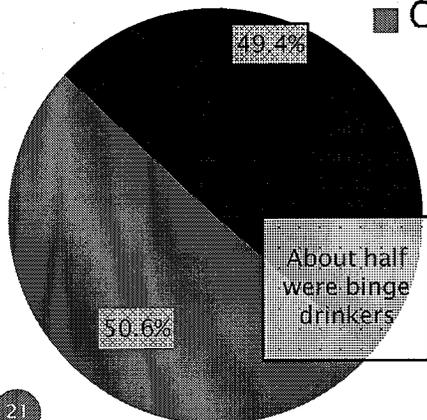


Binge and Current Drinking, Grades 6-8 and 9-12, 2013

Among the 11% of middle school students who reported current drinking...

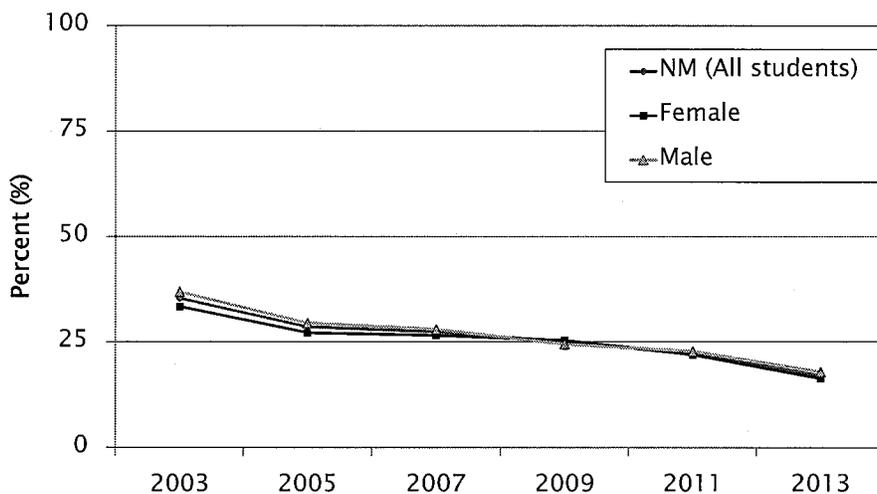
Among the 29% of high school students who reported current drinking...

■ Binge
■ Current



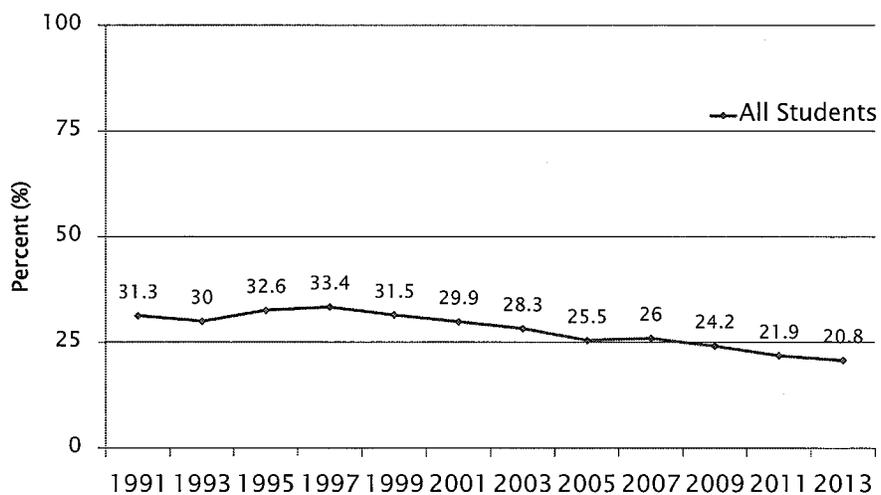
21

Binge Drinking by Year and Sex Grades 9–12, NM, 2003–2013



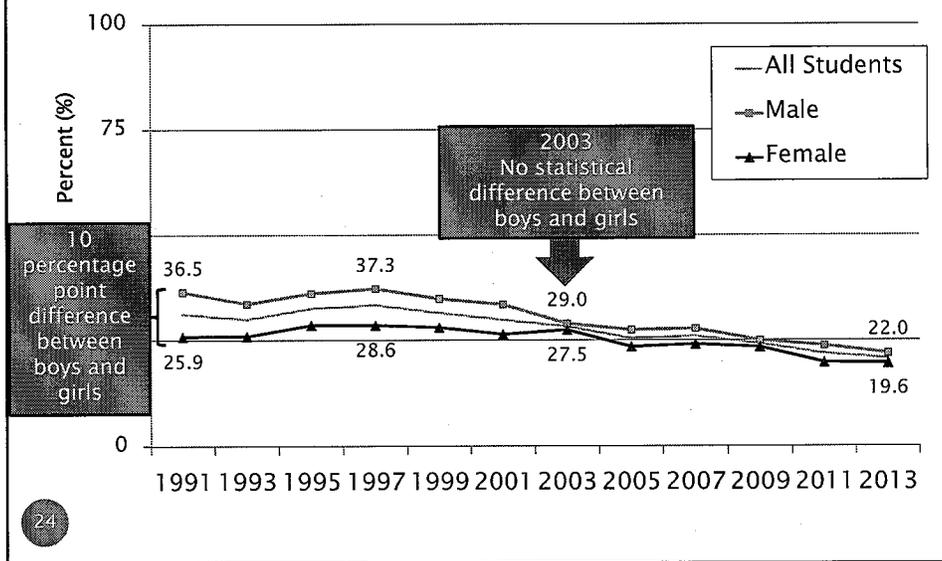
22

Binge Drinking by Year and Sex Grades 9–12, US, 1991–2013



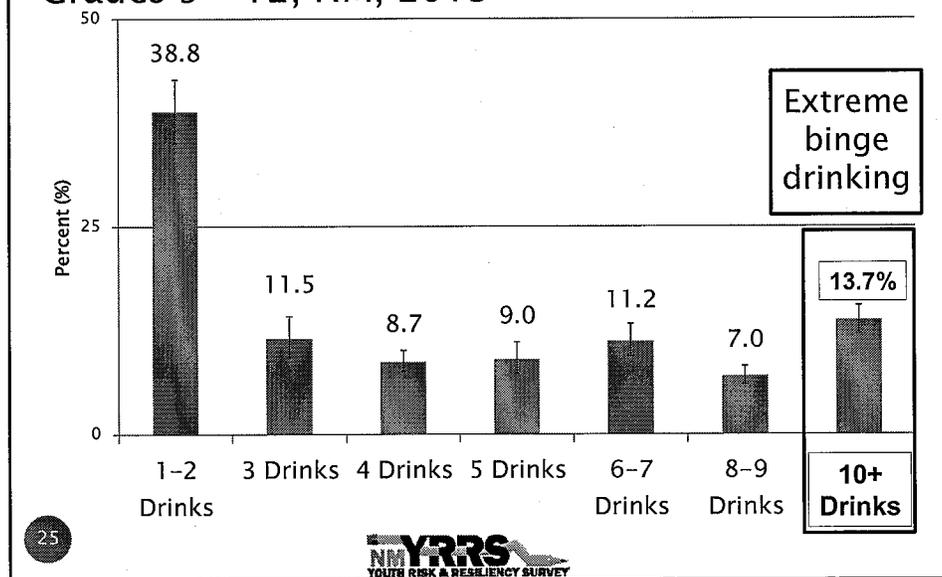
23

Binge Drinking by Year and Sex Grades 9–12, US, 1991–2013



24

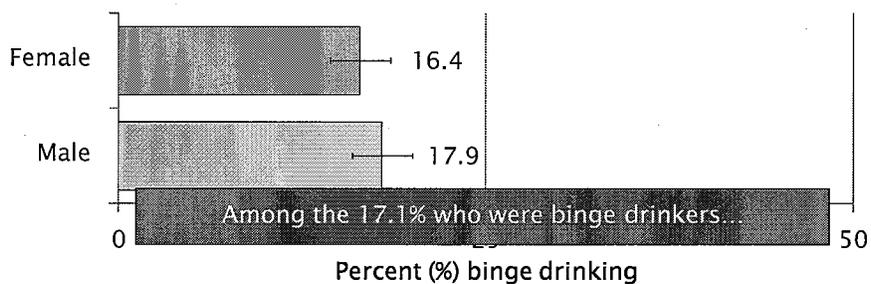
Largest Number of Drinks on a Single Occasion in the past 30 days, among Current Drinkers Grades 9 – 12, NM, 2013



25



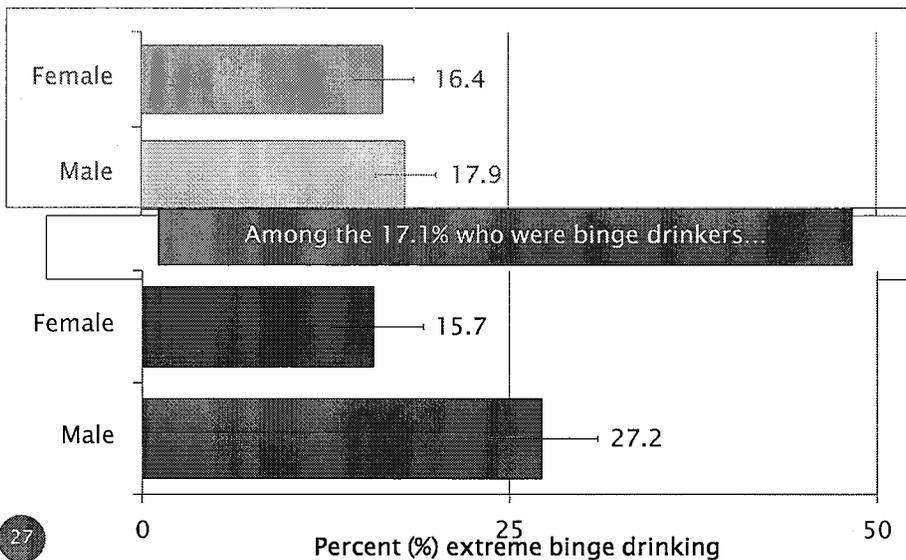
Binge and Extreme Binge Drinking by Gender Grades 9 – 12, NM, 2013



26

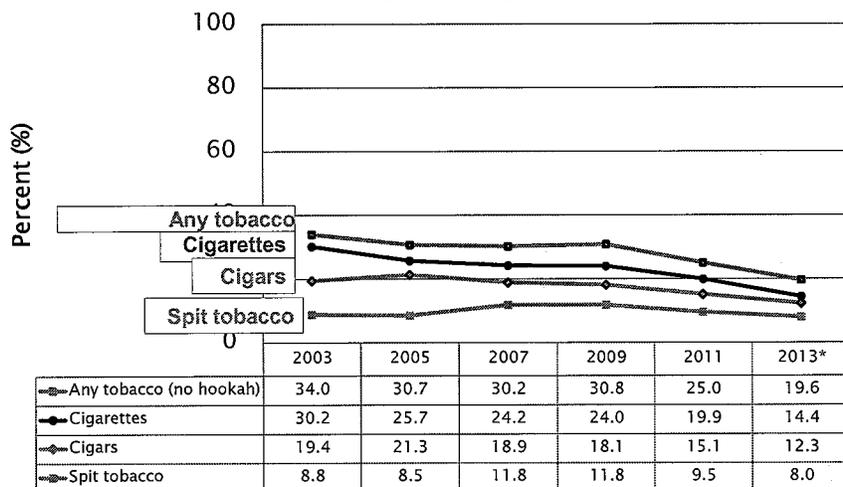


Binge and Extreme Binge Drinking by Gender Grades 9 – 12, NM, 2013



27

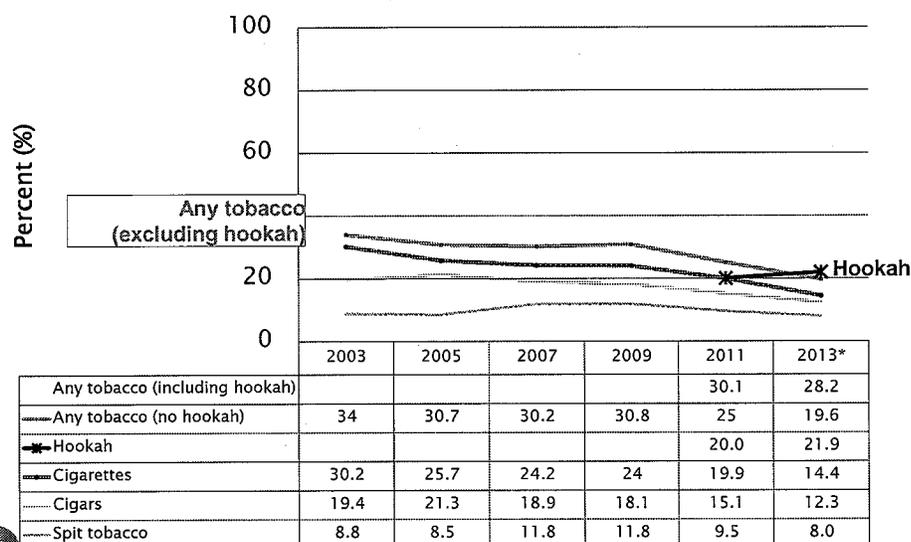
Current Tobacco Use Grades 9 – 12, NM, 2003–2013



28

NM YRRS
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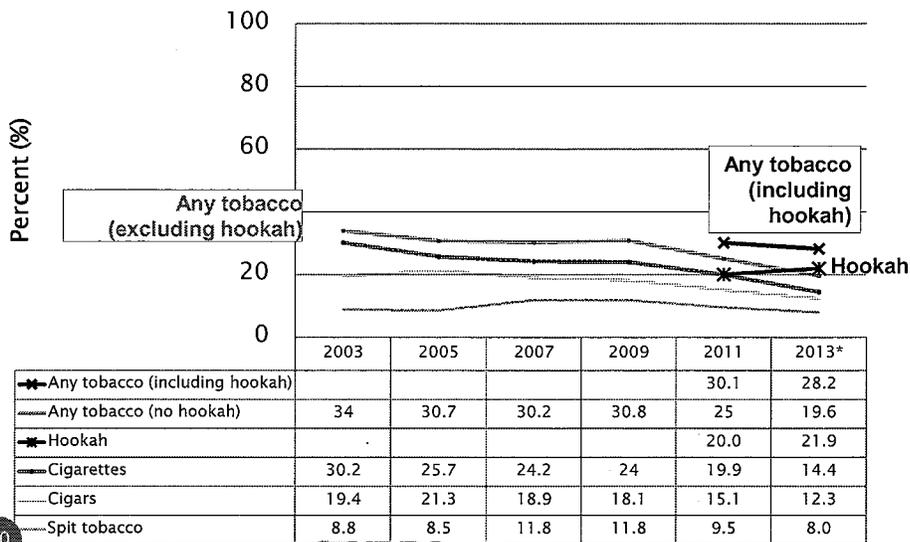
Current Tobacco Use Grades 9 – 12, NM, 2003–2013



29

NM YRRS
YOUTH RISK & RESILIENCY SURVEY

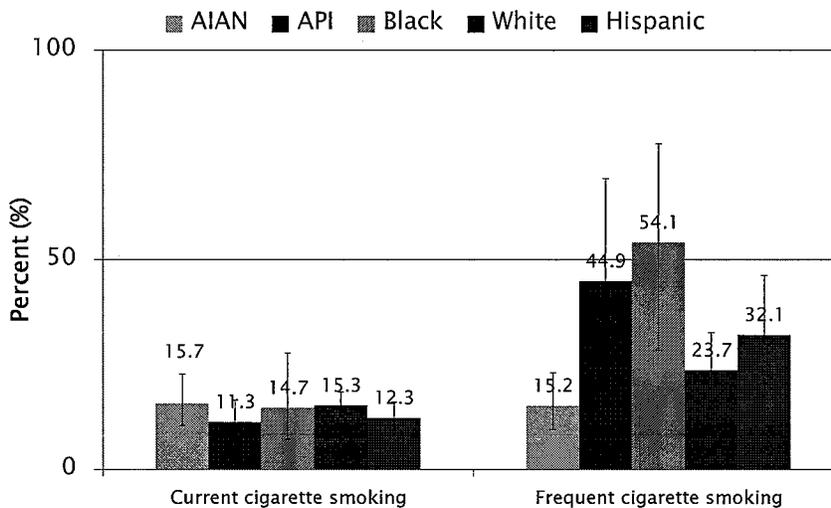
Current Tobacco Use Grades 9 - 12, NM, 2003-2013



30



Current and Frequent Cigarette Smoking Grades 9-12, NM, 2013



31

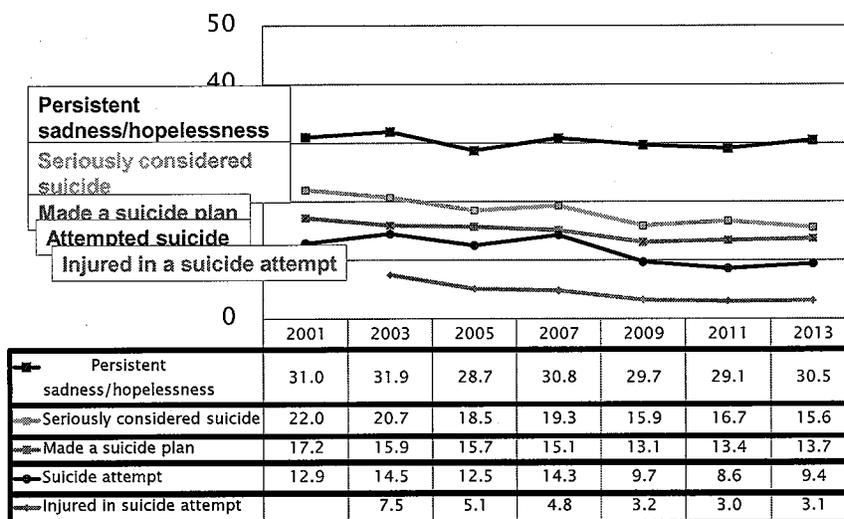




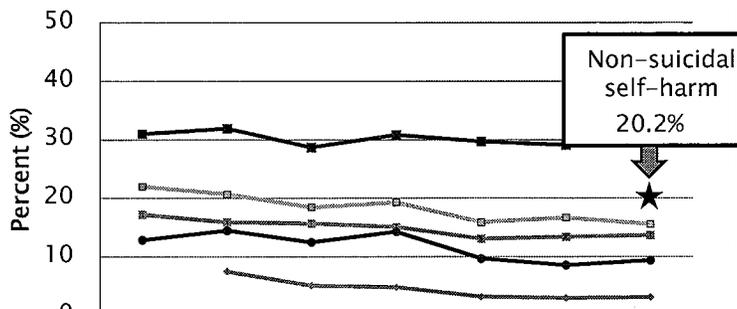
Mental Health

2013 New Mexico YRRS

Mental Health Grades 9 - 12, NM, 2001-2013



Mental Health Grades 9-12, NM, 2001-2013

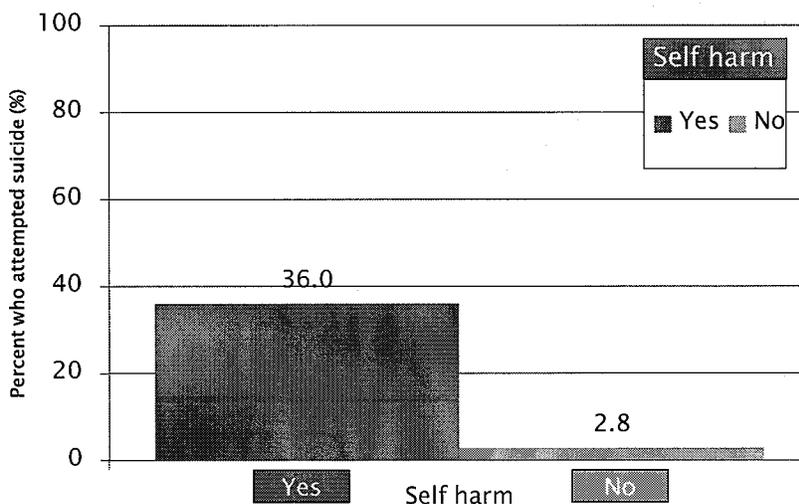


	2001	2003	2005	2007	2009	2011	2013
■ Persistent sadness/hopelessness	31.0	31.9	28.7	30.8	29.7	29.1	30.5
◆ Seriously considered suicide	22.0	20.7	18.5	19.3	15.9	16.7	15.6
■ Made a suicide plan	17.2	15.9	15.7	15.1	13.1	13.4	13.7
● Suicide attempt	12.9	14.5	12.5	14.3	9.7	8.6	9.4
◆ Injured in suicide attempt		7.5	5.1	4.8	3.2	3.0	3.1

34

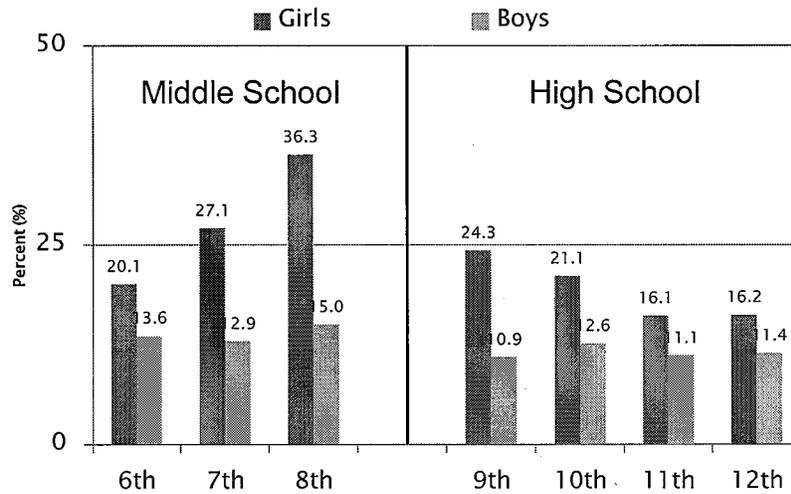


Suicide Attempts by Non-Suicidal Self Harm Grades 9-12, NM, 2013



35

Suicidal Ideation Grades 6–8 and 9–12, 2013



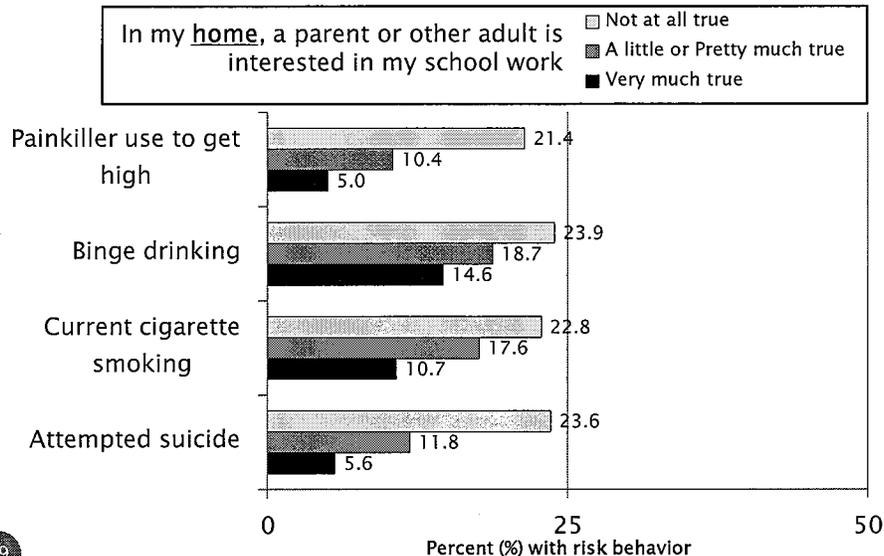
37



Resiliency Factors

2013 New Mexico YRRS

Risk Behaviors by Resiliency Factors in the Home Grades 9–12, 2013



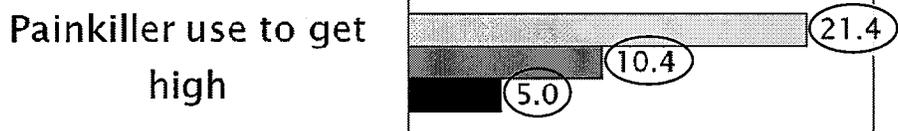
39



Risk Behaviors by Resiliency Factors in the Home Grades 9–12, 2013

In my home, a parent or other adult is interested in my school work

- Not at all true
- ▒ A little or Pretty much true
- Very much true



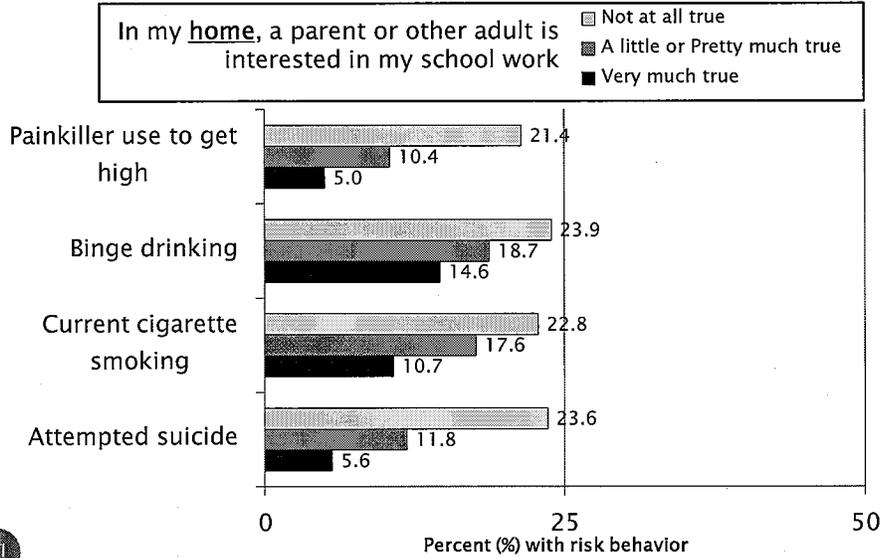
How to read this chart:

- Among students who said it was “Not at all true” that a parent or other adult in their home was interested in their school work, 21.4% used a painkiller to get high.
- Among students who said it was “A Little or Pretty much true” that a parent or other adult in their home was interested in their school work, 10.4% used a painkiller to get high.
- Among students who said it was “Very much true” that a parent or other adult in their home was interested in their school work, 5.0% used a painkiller to get high.

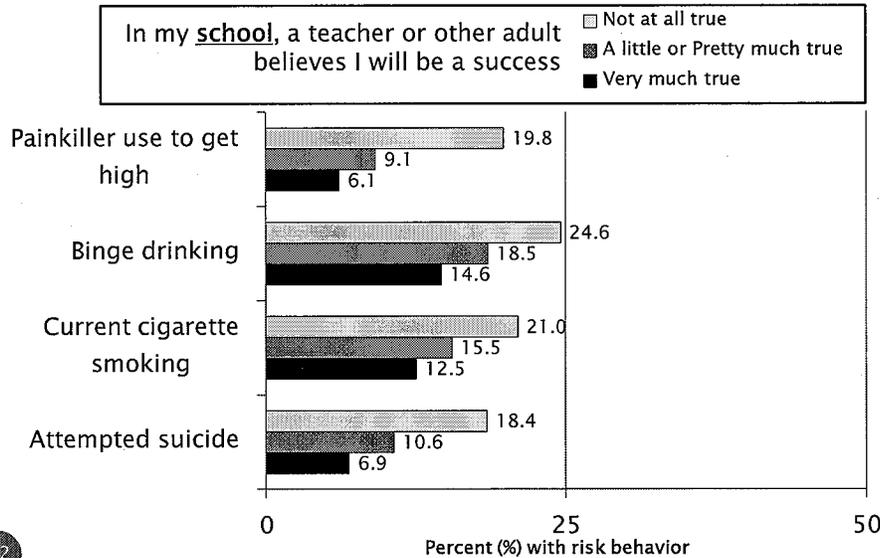
40



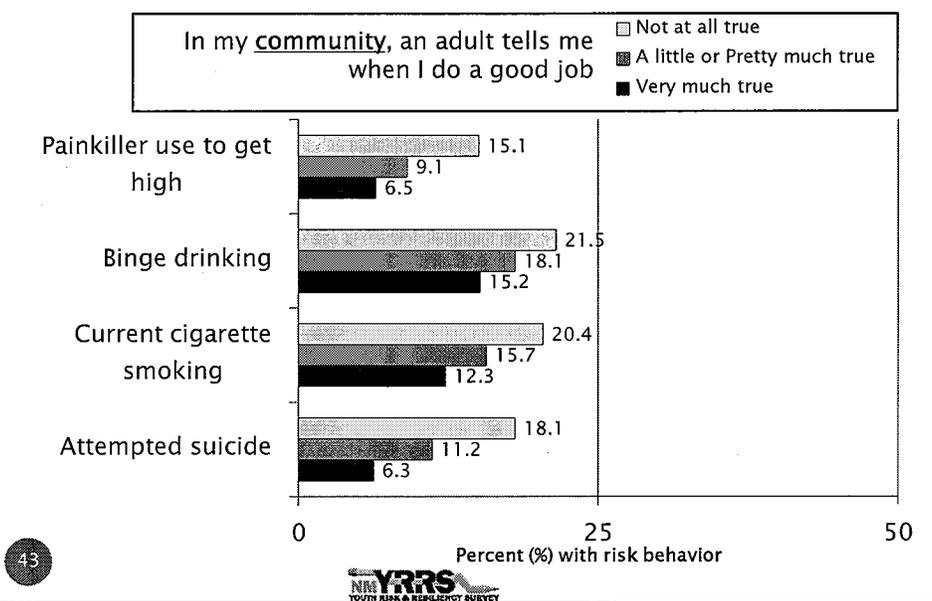
Risk Behaviors by Resiliency Factors in the Home Grades 9-12, 2013



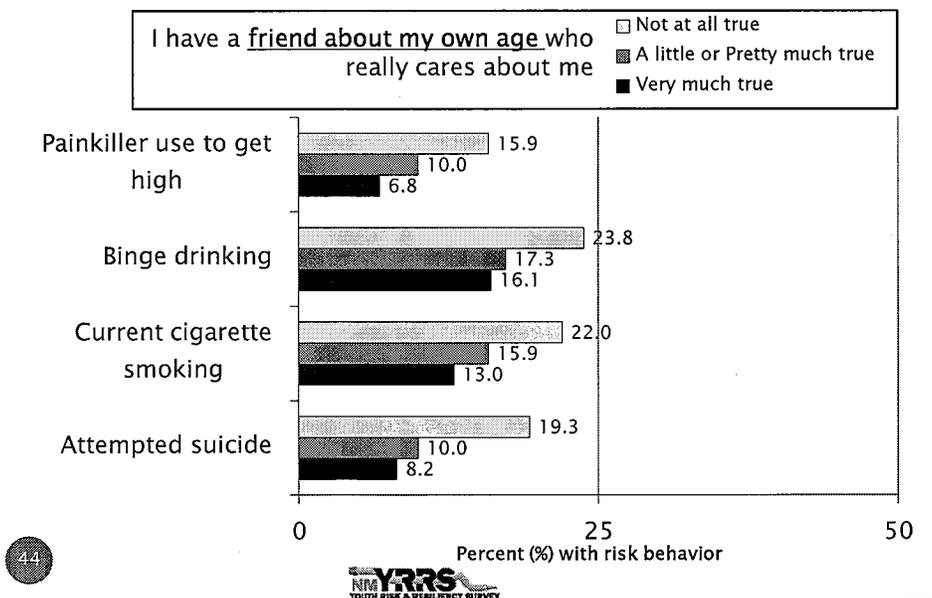
Risk Behaviors by Resiliency Factors in the School Grades 9-12, 2013



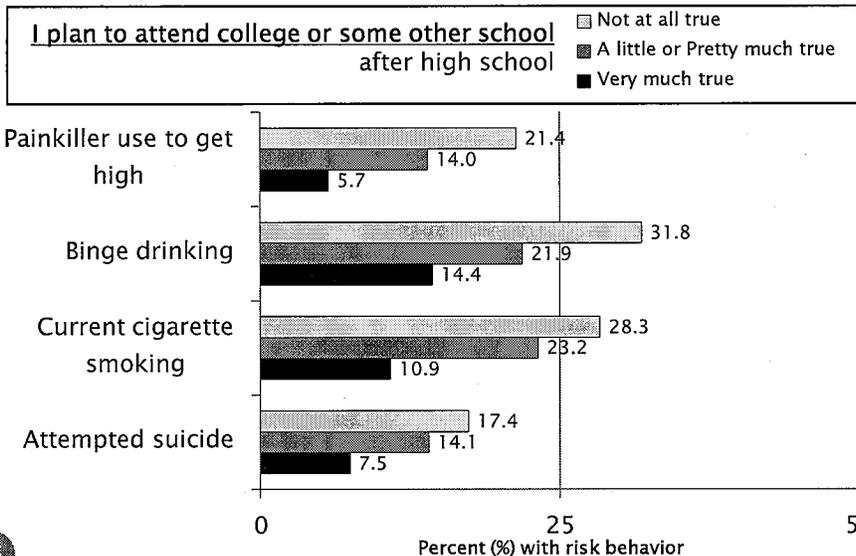
Risk Behaviors by Resiliency Factors in the Community Grades 9–12, 2013



Risk Behaviors by Resiliency Factors with Peers Grades 9–12, 2013



Risk Behaviors by Resiliency Factors - Educational Goals, Grades 9-12, 2013



45



Summary

- Successful collaboration between DOH, PED, and numerous other governmental and nongovernmental agencies
- Declining NM rates of
 - Alcohol use
 - Some forms of tobacco use
 - Some drug use
- High rates of drug use in NM
- Resiliency is important!
 - What parents, teacher, and other adults say and do is important to youth!

46



For more information



- Website
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