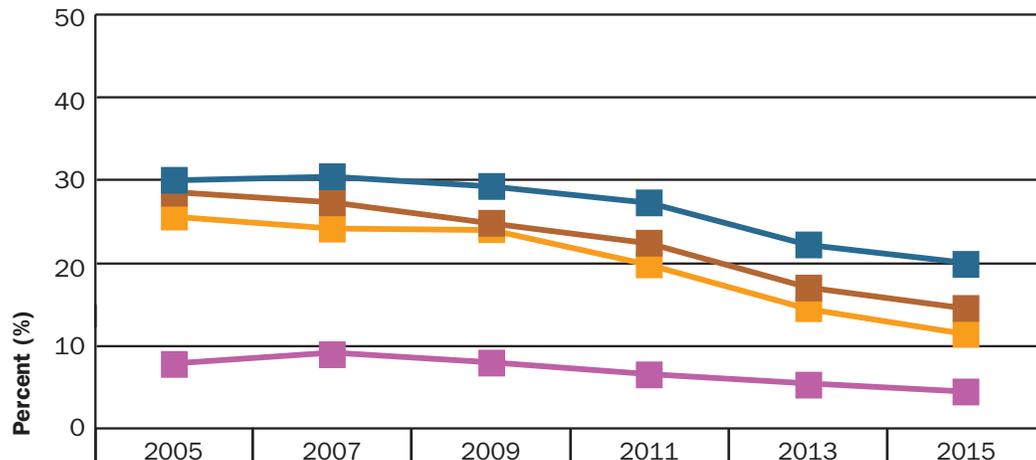


2015 NM-YRRS Results: Important Risk Behavior Trends

Trends in selected health risk behaviors
Grades 9–12 ■ NM ■ 2005–2015



	2005	2007	2009	2011	2013	2015
Drank alcohol before age 13	30.0	30.7	29.4	27.4	22.3	20.1
Binge drinking	28.6	27.4	25.0	22.4	17.1	14.6
Current cigarette smoking	25.7	24.2	24.0	19.9	14.4	11.4
Carried a weapon on school property	8.0	9.3	8.1	6.5	5.4	4.6

The latest results from the 2015 NM High School Youth Risk and Resiliency Survey (NM-YRRS) demonstrate a decreasing prevalence of risk behaviors in a number of areas. Several important indicators of alcohol use, tobacco use, and violent behavior have been on the decline for much of the past 10 years. Specifically, from 2005–2015:

- First drink of alcohol before age 13 decreased by 33%, from 30.0% of students to 20.1%.
- Binge drinking (consuming five or more drinks on at least one single occasion in the last 30 days) fell by 56%, from 25.7% to 11.4%.
- Current cigarette smoking (smoked cigarettes on at least one of the last 30 days) fell by more than 50%, from 27.4% to 12.8%.
- Carrying a weapon on school property in the last 30 days decreased by more than 40%, from 8.0% to 4.6%.

Other trends demonstrate increasing rates of risk behaviors and health concerns. Obesity increased by 30%, from 12.0% to 15.6%. Sedentary behavior, as measured by the percentage of students who engaged in electronic gaming or used a computer for three or more hours per day for purposes other than school work, increased by more than 100%, from 18.7% to 38.9%. Despite encouraging trends in cigarette smoking, overall use of tobacco products revealed mixed results. While current cigarette smoking is at its lowest prevalence in more than a decade, other recently popular tobacco products, such as tobacco smoked through a hookah (11.4%) and e-cigarettes (24.0%), have rates of current use that are as high as or higher than that of cigarettes. In other areas, there has been little change. Current marijuana use has remained fairly constant (26.3% in 2005, 25.3% in 2015), as has current heroin use (2.9% in 2005, 2.8% in 2015). There was a modest decrease in current methamphetamine use, from 4.6% to 3.2%.

More results from 2015 NM-YRRS, for both middle school and high school, are forthcoming.

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