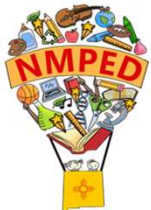




# Youth Risk and Resiliency Survey (YRRS)

José A. Acosta MD, MBA, MPH, Director, Public Health Division, NMDOH



# Intro to the New Mexico Youth Risk and Resiliency Survey (NM YRRS)



- Biennial Study of Public High School and Middle School Student Health
  - The YRRS is part of the CDC's Youth Risk Behavior Surveillance System (YRBSS)
- The YRRS study is a scientific survey with random sampling among public school students.
  - In 2023, 35,720 New Mexico middle school and high school students participated in the study.
- The YRRS estimates the prevalence of health issues among youth. Topics include:
  - Violence, bullying, mental health, obesity, asthma, nicotine use, and sexual health



# Partners

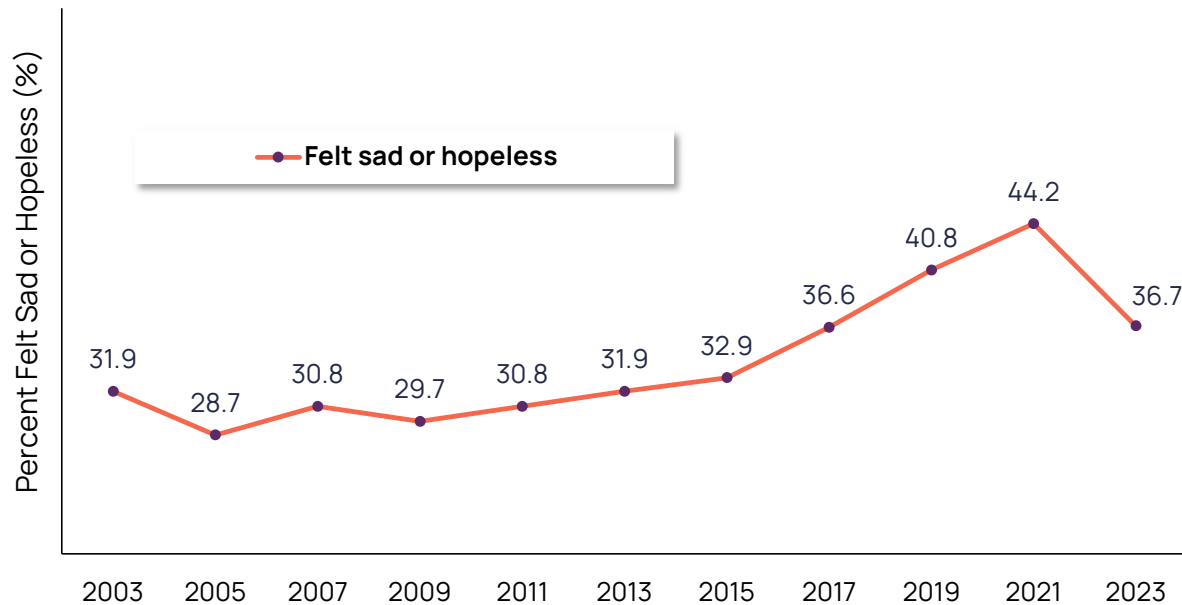
- Centers for Disease Control – Division of Adolescent and School Health (CDC/DASH)
- NM Department of Health
- NM Public Education Department
- UNM Prevention Research Center
- Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) Tribes
- Navajo Nation YRBS (Indian Health Board & Department of Health)
- NM Behavioral Health Services Division (BHSD)
- **School Districts and Schools**
  - In 2023 – 142 high schools and 184 middle schools voluntarily participated in the survey

# Key Findings

- Compared to 2021 YRRS results, the 2023 YRRS showed decreases in many mental health concerns including:
  - Persistent Feelings of Sadness or Hopelessness
  - Frequent Mental Distress
  - Suicide Attempts
- Compared to 2019, most forms of substance use, alcohol use, and nicotine use have decreased among NM high school students including:
  - Electronic Vape Use
  - Prescription Opioid Misuse
  - Cannabis Use

# Persistent Sadness or Hopelessness

Grades 9-12, 2003-2023, New Mexico

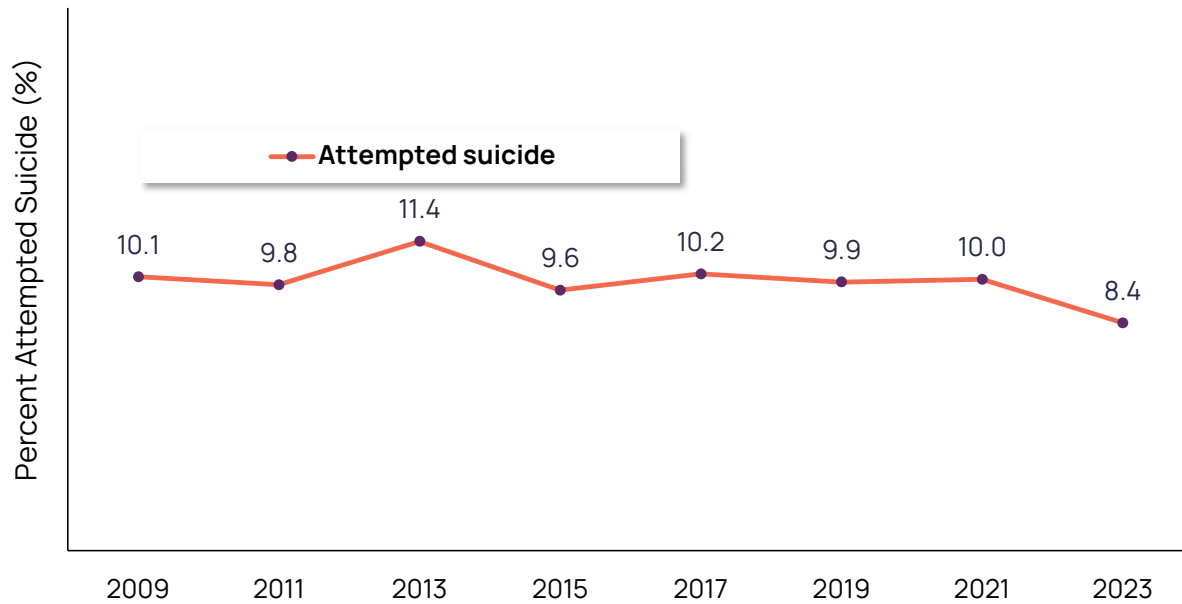


- From 2003 to 2013, the prevalence was unchanged.
- From 2013 to 2021, the prevalence increased 39%.
- **From 2021 to 2023, the prevalence decreased 17%.**

**YRRS 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?

# Attempted Suicide

Grades 9-12, 2009-2023, New Mexico



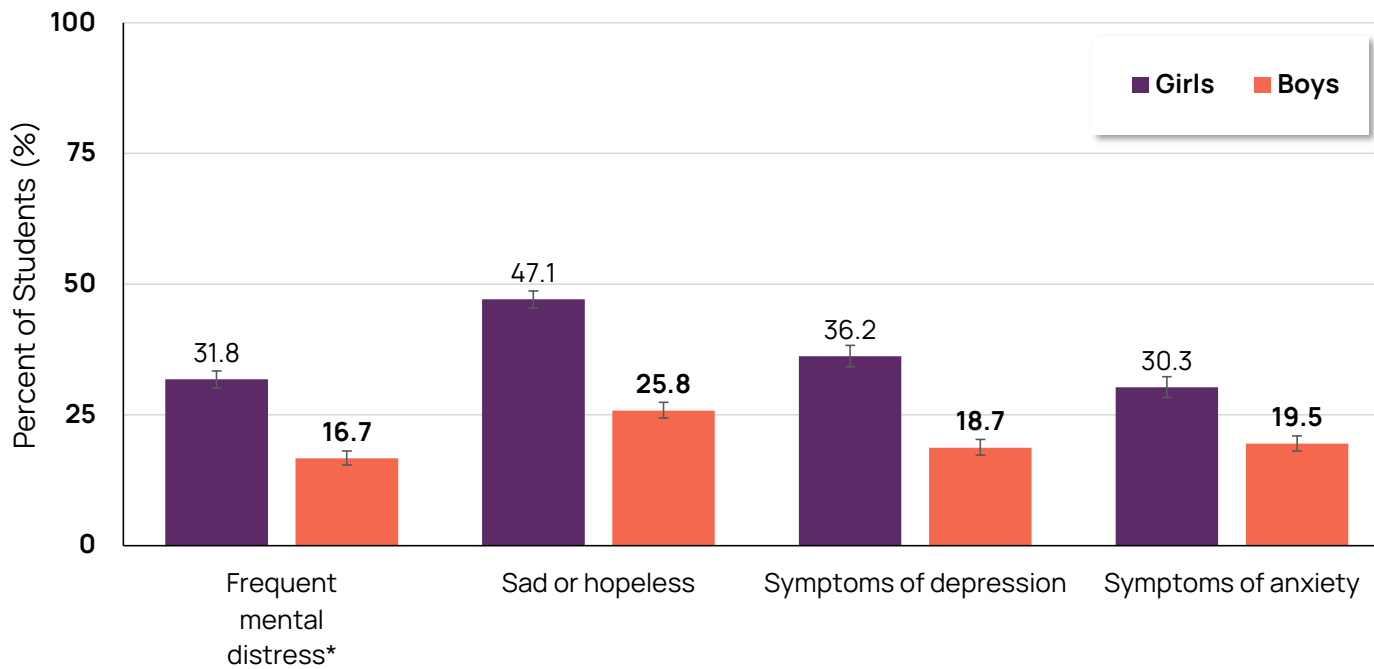
From 2021 to 2023, the prevalence decreased 16%.

**YRRS Question:** Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

During the past 12 months, how many times did you actually attempt suicide?

# Mental Health by Sex

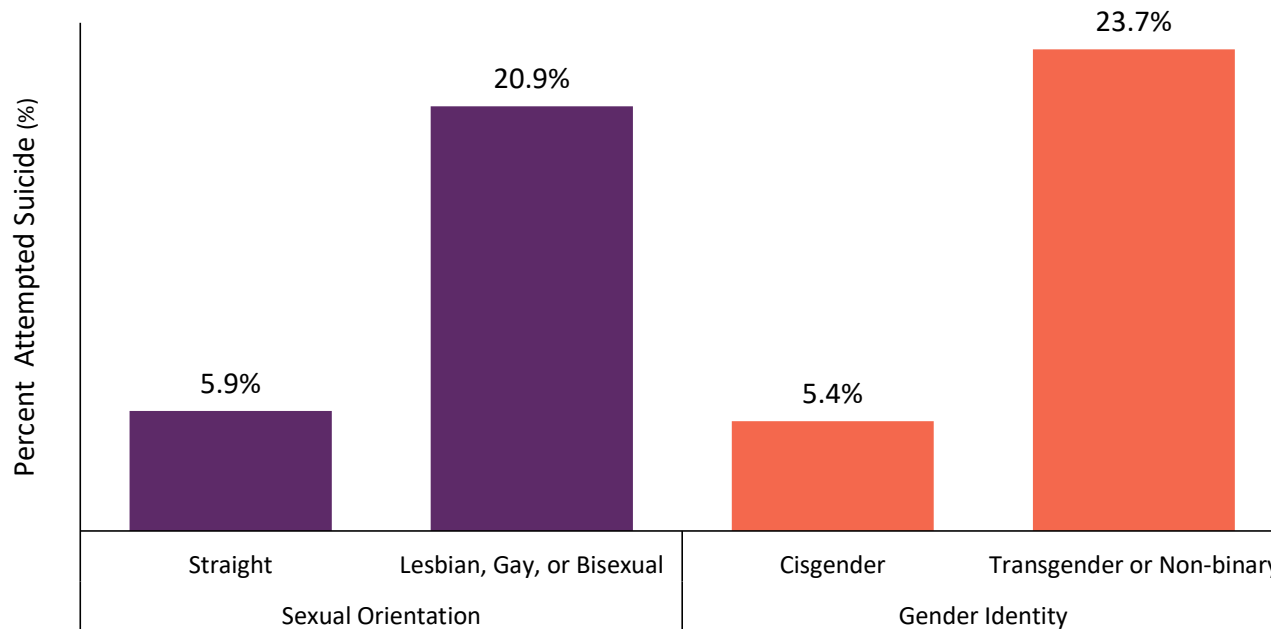
Grades 9-12, 2023, New Mexico



Girls were at least 50% more likely to experience mental health concerns than boys in all mental health measures.

# Attempted Suicide By Sexual Orientation and Gender Identity

Grades 9-12, 2023, New Mexico



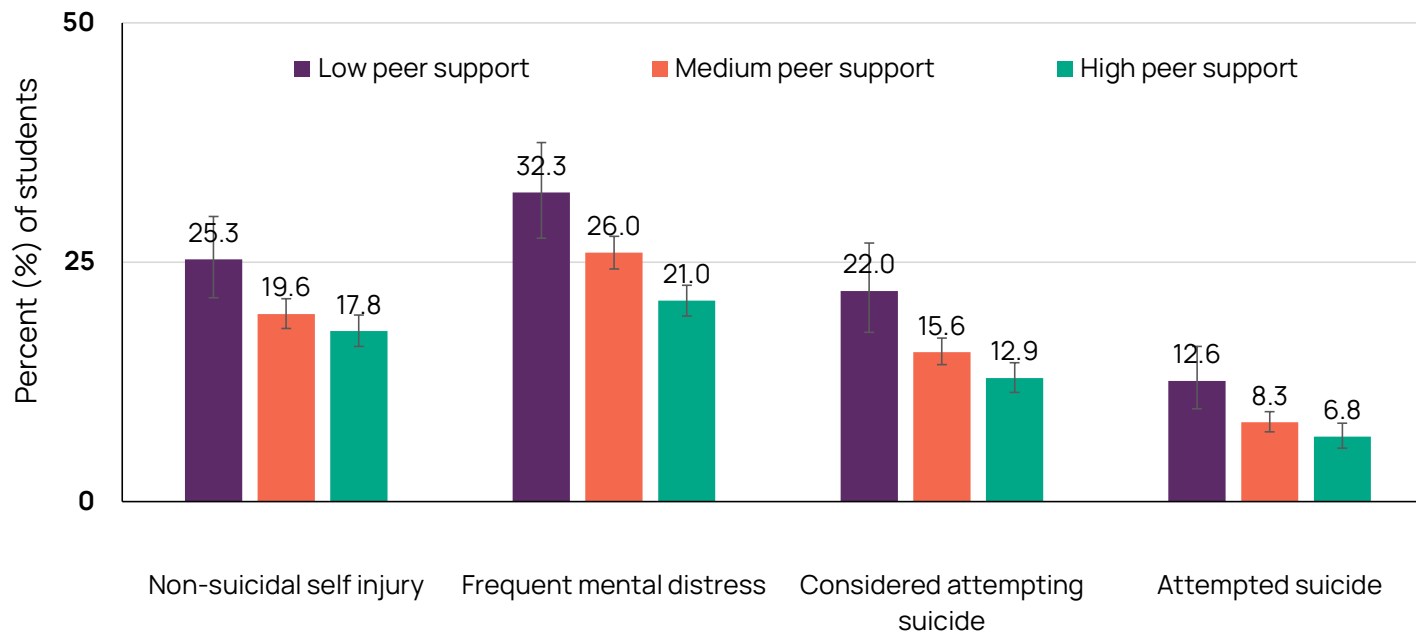
Lesbian, gay, bisexual, or questioning students were more than **three times as likely** to have attempted suicide than straight students.

Transgender or Non-binary students were more than **four times as likely** to have attempted suicide than cisgender students.



# Mental Health By Supportive Peer Relationships

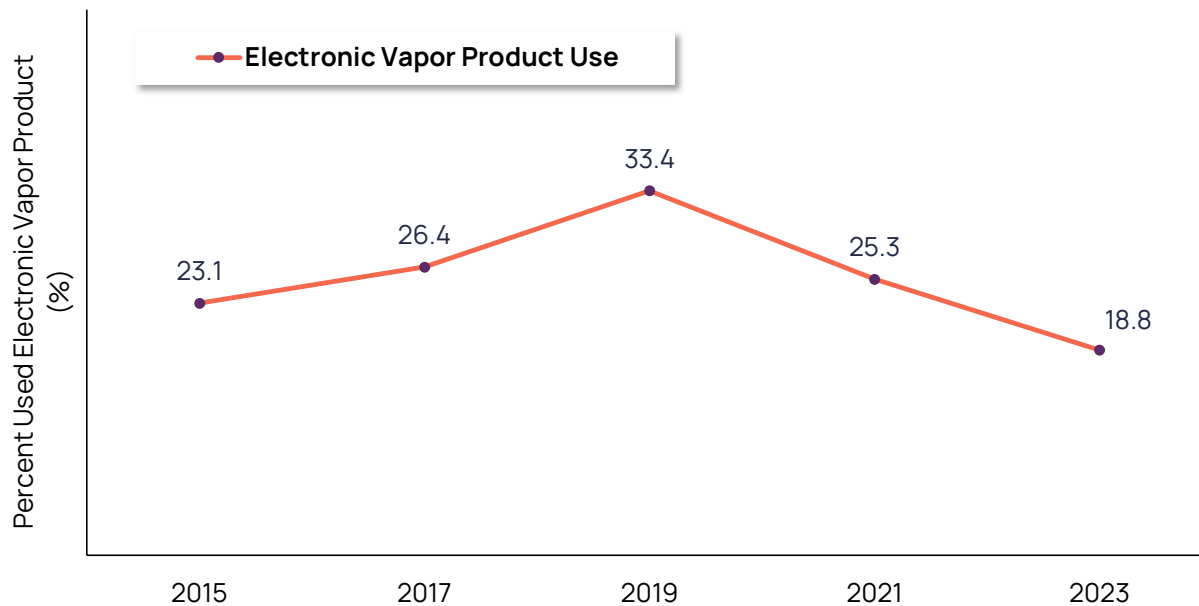
Grades 9-12, 2023, New Mexico



Students with strong supportive relationships with their peers were less likely to experience mental health concerns.

# Electronic Vapor Product Use

Grades 9-12, 2015-2023, New Mexico

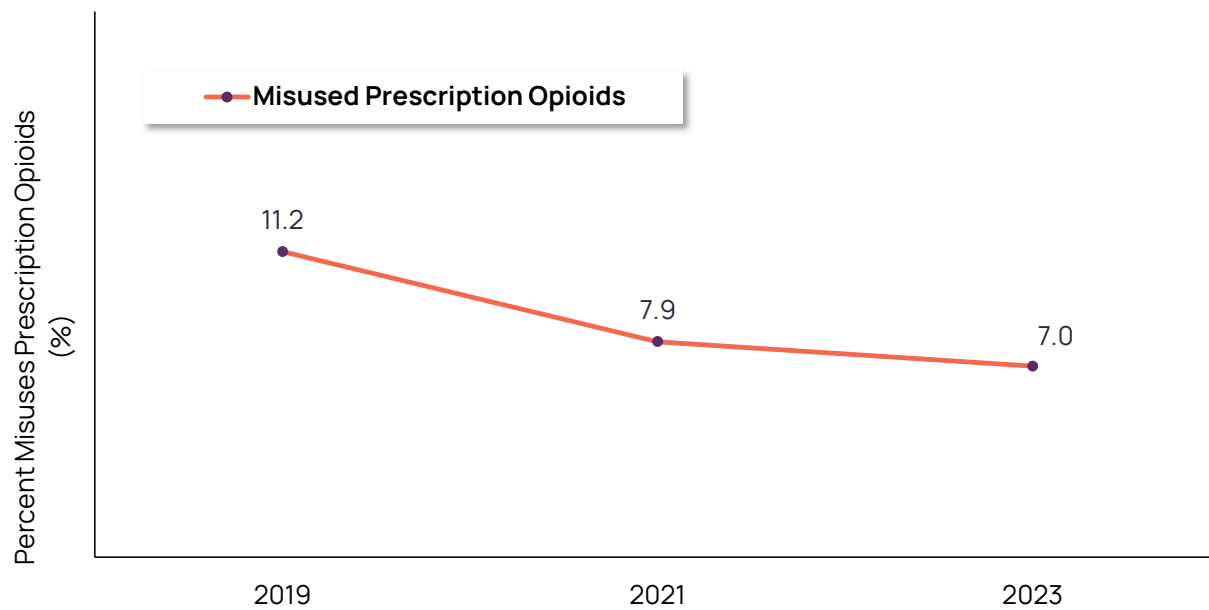


From 2019 to 2023, the prevalence decreased 44%

**YRRS Question:** During the past 30 days, on how many days did you use an electronic vapor product? (such as JUUL, Vuse, NJOY, Puff Bar, Blu, or Bidi Stick. Electronic vapor products include e-cigarettes, vapes, mods, e-cigs, e-hookahs, or vape pens.)

# Misused Prescription Opioids

## Grades 9-12, 2019-2023, New Mexico



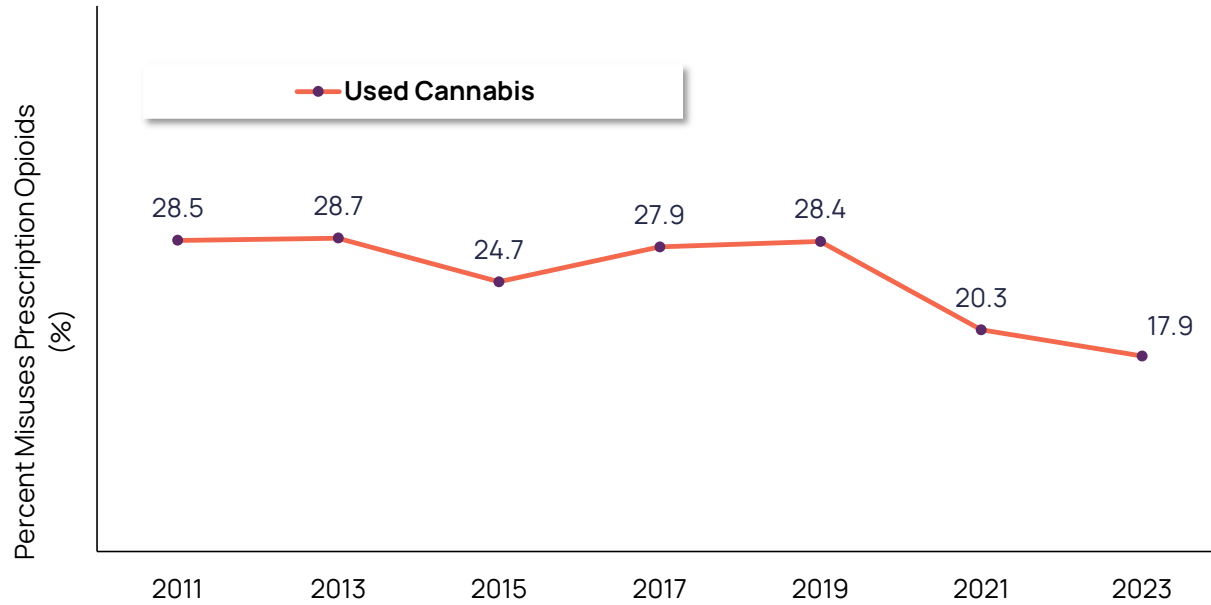
From 2019 to 2023, the prevalence decreased 38%

**YRRS Question:** During the past 30 days, how many times did you take prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it? (Drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.)

\*Note – Data for this measure available since 2019.

# Cannabis Use

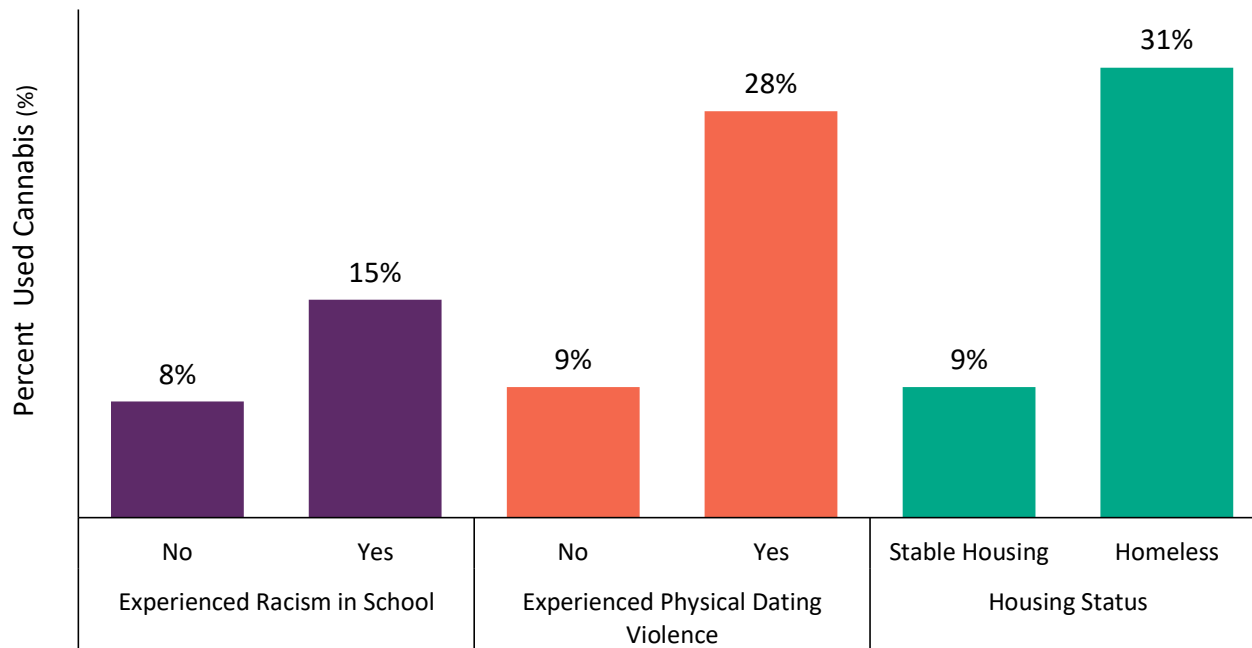
Grades 9-12, 2011-2023, New Mexico



From 2019 to 2023, the prevalence decreased 37%

**YRRS Question:** During the past 30 days, how many times did you use marijuana? (Marijuana also is called pot or weed. For these questions, do not count CBD-only or hemp products)

# Current Use of Cannabis By Selected Risk Factors Grades 9-12, 2023, New Mexico



Several measures in the YRRS are associated with substantial increases in risk of health outcomes.

**Physical dating violence** and **homelessness** were closely associated with many mental health, injury, and substance use outcomes.

# YRRS Limitations

- The YRRS only represents public school students and should not be used to make inferences about students who do not attend school or attend private schools
- The YRRS is a “point-in-time” study. Results often show correlations indicating important relationships. However, results will not definitively answer questions about cause and effect.
- YRRS aggregates results of thousands of students, however, individual students and their families have a wide range of experiences that may not be well expressed in these results.

# Youthrisk.org



The screenshot shows the homepage of youthrisk.org. At the top, there is a navigation menu with the following items: Home, About, Publications (highlighted with a red box), Data Collection, Workshops, Parent Resources, FAQs, and Contact. The main content area features a large image of a young girl with long dark hair, wearing a pink sweater, sitting at a desk and writing in a notebook. Overlaid on the right side of the image is the text "New Mexico Youth Risk and Resiliency Survey" in a large, white, serif font. Below this title is a paragraph: "We are part of the CDC Youth Risk Behavior Surveillance System (YRBSS). We assess the health risk behaviors and resiliency factors of New Mexico high school and middle school students. View some of our results!". At the bottom of the image area, there are two white buttons with black text: "Get Middle School Reports" and "Get High School Reports".

# Office of School and Adolescent Health



- The Office of School and Adolescent Health (OSAH) focuses on building resiliency in adolescents. OSAH uses most of the resiliency data from YRRS to build on service-learning initiatives, positive youth/adult interactions and supporting youth with high adverse childhood experiences (ACEs) scores.
- OSAH provides operational funding for 59 brick and mortar School-Based Health Centers (SBHCs) and for an additional 41 schools to have access to primary and behavioral health care via telehealth or mobile health keeping children and adolescents in school and ready to learn.
- OSAH uses YRRS data to target behavioral health interventions via contractors, providing evidence-based strategies that are known to positively impact adolescent suicide rates.



# NM Access to Behavioral Health for Children (NM-ABC)



- The state's Title V program in the Department of Health (DOH) Children's Medical Services (CMS), in partnership with the University of New Mexico's Health Sciences Center to establish a statewide pediatric mental health care access network in New Mexico (Current cycle: October 2021 – September 2026).
- NM-ABC provides statewide access to training and case consultation related to youth mental health needs (tailored to the specific needs of participants).
- NM-ABC brings no-cost professional development opportunities to providers in under-resourced rural and tribal communities.
- NM-ABC functions as a catalyst for communication and resource sharing between providers in a wide variety of youth-serving settings (including primary care providers, CMS workers, behavioral health providers, and regional networks).

**Thank You!**