

NEW MEXICO YOUTH SURVEY



NM-YOUTH

1. How old are you?

- ☐ 8 years old
- ☐ 9 years old
- ☐ 10 years old
- ☐ 11 years old
- ☐ 12 years old
- ☐ 13 years old
- ☐ 14 years old
- ☐ 15 years old
- ☐ 16 years old
- ☐ 17 years old
- ☐ 18 years old
- ☐ 19 years old or older

2. What was your sex at birth?

- ☐ Female
- ☐ Male

3. What grade are you in?

- ☐ 5th
- ☐ 6th
- ☐ 7th
- ☐ 8th
- ☐ 9th
- ☐ 10th
- ☐ 11th
- ☐ 12th
- ☐ Ungraded or other grade

4. What is your race and/or ethnicity? (Select one or more responses.)

- ☐ American Indian or Alaska Native
- ☐ Asian
- ☐ Black or African American
- ☐ Hispanic or Latino
- ☐ Middle Eastern or North African
- ☐ Native Hawaiian or Pacific Islander
- ☐ White

The next several sections of questions ask about your use of particular kinds of tobacco products, such as e-cigarettes, cigarettes, cigars, smokeless tobacco, snus, nicotine pouches

The next several questions are about electronic cigarettes or e-cigarettes, such as JUUL, Vuse, NJOY, Elf Bar, or blu. You also may know them as vapes, mods, e-cigs, e-hookahs, or vape-pens.

For the rest of this survey, these products and devices will be called e-cigarettes.

E-cigarettes are battery-powered devices that heat a liquid, often containing nicotine, and turn it into an aerosol that people breathe into their lungs.

5. Have you ever used an e-cigarette, even once or twice?

- ☐ Yes
- ☐ No (If no, skip the grey box to question 29)

6. How old were you when you first used an e-cigarette, even once or twice?

- ☐ 8 years old or younger
- ☐ 9 years old
- ☐ 10 years old
- ☐ 11 years old
- ☐ 12 years old
- ☐ 13 years old
- ☐ 14 years old
- ☐ 15 years old
- ☐ 16 years old
- ☐ 17 years old
- ☐ 18 years old
- ☐ 19 years old or older

7. In total, on how many days have you used e-cigarettes in your entire life?

- ☐ 1 day
- ☐ 2 to 10 days
- ☐ 11 to 20 days
- ☐ 21 to 50 days
- ☐ 51 to 100 days
- ☐ Over 100 days

8. When was the last time you used an e-cigarette, even one or two times?

(Please choose the first answer that fits)

- ☐ Earlier today
- ☐ Not today, but sometime during the past 7 days
- ☐ Not during the past 7 days, but sometime during the past 30 days
- ☐ Not during the past 30 days, but sometime during the past 6 months
- ☐ Not during the past 6 months, but sometime during the past year
- ☐ 1 to 4 years ago
- ☐ 5 or more years ago

Continue to Next Page →

***Only Answer Questions 9 & 10 if you answered choices 1, 2, or 3 on Question 8.**

*9. During the past 30 days, on how many days did you smoke e-cigarettes?

- ☐ 0 days
- ☐ 1 or 2 days
- ☐ 3 to 5 days
- ☐ 6 to 9 days
- ☐ 10 to 19 days
- ☐ 20 to 29 days
- ☐ All 30 days

*10. Why do you currently use e-cigarettes?

(Select one or more)

- ☐ A friend uses them
- ☐ A family member uses them
- ☐ To try to quit using other tobacco products, such as cigarettes
- ☐ They cost less than other tobacco products, such as cigarettes
- ☐ They are easier to get than other tobacco products, such as cigarettes
- ☐ I've seen people on TV, online, or in movies use them
- ☐ They are less harmful than other forms of tobacco, such as cigarettes
- ☐ They are available in flavors, such as menthol, mint, candy, fruit, or chocolate
- ☐ I can use them unnoticed at home or at school
- ☐ I can use them to do tricks
- ☐ I am curious about them
- ☐ Because I feel anxious, stressed, or depressed
- ☐ To get a high or buzz from nicotine
- ☐ I use them for some other reason:

(Specify: _____)

11. Why did you first use an e-cigarette?

(Select one or more)

- ☐ A friend used them
- ☐ A family member used them
- ☐ To try to quit using other tobacco products, such as cigarettes
- ☐ They cost less than other tobacco products, such as cigarettes
- ☐ They were easier to get than other tobacco products, such as cigarettes
- ☐ I've seen people on TV, online, or in movies use them
- ☐ They are less harmful than other forms of tobacco, such as cigarettes
- ☐ They were available in flavors, such as menthol, mint, candy, fruit, or chocolate
- ☐ I could use them unnoticed at home or at school
- ☐ I could use them to do tricks
- ☐ I was curious about them
- ☐ I was feeling anxious, stressed, or depressed
- ☐ To get a high or buzz from nicotine
- ☐ I used them for some other reason:

(Specify: _____)

12. Which of the following best describes the type of e-cigarette you have used in the past 30 days?

(If you have used more than one type, please think about the one you use most often.)

- ☐ A disposable e-cigarette (for example, Elf Bar, or Kangvape)
- ☐ An e-cigarette that uses pre-filled or refillable pods or cartridges (for example, JUUL Vuse, or Suorin)
- ☐ An e-cigarette with a tank that you refill with liquids (including mod systems that can be customized by the user)
- ☐ I don't know the type (Skip to Question 14)

13. What brands do you use? (put unsure if you do not know the brand)

Specify: _____

14. Did any of the e-cigarettes that you used in the past 30 days contain nicotine?

- ☐ Yes
- ☐ No
- ☐ Don't know

Continue to Next Page →

15. In the past 30 days when you used e-cigarettes, what flavors did you use? (Select one or more)

- ☐ Tobacco-flavor
☐ Menthol
☐ Mint
☐ Spice (such as cinnamon, vanilla, or clove)
☐ Fruit
☐ Chocolate
☐ Alcoholic drinks (such as wine, margarita, or other cocktails)
☐ Non-alcoholic drink (such as coffee, soda, lemonade, or other beverage)
☐ Candy, desserts, or other sweets
☐ Unflavored
☐ Some other flavor not listed here:
(Specify: _____)

16. Did any of the flavors that you used in the past 30 days have names or descriptions that included the word "ice" or "iced" (for example, blueberry ice or strawberry ice)?

- ☐ Yes
☐ No
☐ Don't know

17. Did any of the flavors that you used in the past 30 days have a name that did not describe a specific flavor, such as "solar," "purple," "jazz," "island bash," "fusion" or some other word or phrase?

- ☐ Yes
(Specify: _____)
☐ No
☐ Don't know

18. During the past 30 days, how did you get your e-cigarette devices, pods, cartridges, or e-liquid refills? (Select one or more)

- ☐ I bought them myself from a store
☐ I bought from a personal seller (dealer, plug, etc.)
☐ I had someone else buy them for me
☐ I asked someone to give me some
☐ Someone offered them to me
☐ I got them from a friend
☐ I got them from a family member
☐ I took them from a store or another person
☐ I got them in some other way
(Specify: _____)

19. When you have used an e-cigarette during the past 30 days, how often did you use someone else's e-cigarette device?

- Never Rarely Sometimes Most of the time Always
- ☐ ☐ ☐ ☐ ☐

20. I find myself reaching for an e-cigarette without thinking about it.

- Never Rarely Sometimes Often Almost always
- ☐ ☐ ☐ ☐ ☐

21. I drop everything to go out and buy e-cigarettes or e-juice.

- Never Rarely Sometimes Often Almost always
- ☐ ☐ ☐ ☐ ☐

22. I vape more before going into a situation where vaping is not allowed.

- Never Rarely Sometimes Often Almost always
- ☐ ☐ ☐ ☐ ☐

23. When I haven't been able to vape for a few hours, the craving gets intolerable.

- Never Rarely Sometimes Often Almost always
- ☐ ☐ ☐ ☐ ☐

24. On a scale of 0 to 10, where 0 is no craving and 10 is very intense craving, please rate your average cravings to use e-cigarettes over the past 30 days.

- 1 2 3 4 5 6 7 8 9 10
- ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

25. Are you seriously thinking about quitting e-cigarettes? (Please choose the first answer that fits)

- ☐ Yes, during the next 30 days
☐ Yes, during the next 6 months
☐ Yes, during the next 12 months
☐ Yes, but not during the next 12 months
☐ No, I am not thinking about quitting e-cigarettes

26. Why do you want to quit using e-cigarettes?

☐ Short-term consequences

(Specify: _____)

☐ Long-term concerns

(Specify: _____)

☐ Social disapproval

(Specify: _____)

☐ Other

(Specify: _____)

27. Why do you NOT want to quit using e-cigarettes?

(Specify: _____)

28. During the past 12 months, how many times have you stopped using e-cigarettes for one day or longer because you were trying to quit using e-cigarettes for good?

☐ I did not try to quit during the past 12 months

☐ 1 time

☐ 2 times

☐ 3 to 5 times

☐ 6 to 9 times

☐ 10 or more times

29. How harmful do you think cigarettes are to health?

☐ Not at all harmful

☐ Slightly harmful

☐ Somewhat harmful

☐ Very harmful

☐ Extremely harmful

☐ Don't know

30. How harmful do you think e-cigarettes are to health?

☐ Not at all harmful

☐ Slightly harmful

☐ Somewhat harmful

☐ Very harmful

☐ Extremely harmful

☐ Don't know

31. Is using e-cigarettes less harmful, about the same, or more harmful than smoking cigarettes?

☐ A lot less harmful as compared to smoking cigarettes

☐ Somewhat less harmful

☐ About the same

☐ Somewhat more harmful

☐ A lot more harmful as compared to smoking cigarettes

☐ I don't know

32. What harms do you think e-cigarettes impose?

(Select all that apply)

☐ Lung and respiratory damage

☐ Nicotine addiction

☐ Cardiovascular effects (heart rate, blood pressure)

☐ Cancer

☐ Mental health problems (anxiety, depression)

☐ Other

(Specify: _____)

***Only complete the orange box if you answered 'No' to Question 5.**

*33. Have you ever been curious about using an e-cigarette?

☐ Definitely yes

☐ Probably yes

☐ Probably not

☐ Definitely not

*34. Do you think that you will try an e-cigarette soon?

☐ Definitely yes

☐ Probably yes

☐ Probably not

☐ Definitely not

*35. Do you think you will use an e-cigarette in the next year?

☐ Definitely yes

☐ Probably yes

☐ Probably not

☐ Definitely not

*36. If one of your best friends were to offer you an e-cigarette, would you use it?

☐ Definitely yes

☐ Probably yes

☐ Probably not

☐ Definitely not

37. Have you ever searched for e-cigarette information via social media?

☐ Yes

☐ No

38. Have you ever seen any e-cigarette advertising on social media?

☐ Yes

☐ No

***Only Answer Question 39 if you answered 'Yes' to on Questions 37 & 38.**

***39. How often do you access information about e-cigarettes on the following platforms?**

Facebook	☐ Daily	☐ Weekly	☐ Monthly	☐ Rarely	☐ Never
X(Twitter)	☐ Daily	☐ Weekly	☐ Monthly	☐ Rarely	☐ Never
YouTube	☐ Daily	☐ Weekly	☐ Monthly	☐ Rarely	☐ Never
Reddit	☐ Daily	☐ Weekly	☐ Monthly	☐ Rarely	☐ Never
Instagram	☐ Daily	☐ Weekly	☐ Monthly	☐ Rarely	☐ Never
Snapchat	☐ Daily	☐ Weekly	☐ Monthly	☐ Rarely	☐ Never
WeChat	☐ Daily	☐ Weekly	☐ Monthly	☐ Rarely	☐ Never

40. Have you ever smoked a **cigarette, even one or two puffs?**

- ☐ Yes
☐ No (Skip the green box to Question 43)

41. How old were you when you first smoked a **cigarette, even once or twice?**

- ☐ 8 years old or younger
☐ 9 years old
☐ 10 years old
☐ 11 years old
☐ 12 years old
☐ 13 years old
☐ 14 years old
☐ 15 years old
☐ 16 years old
☐ 17 years old
☐ 18 years old
☐ 19 years old or older

42. During the past 30 days, on how many days did you smoke **cigarettes?**

- ☐ 0 days
☐ 1 or 2 days
☐ 3 to 5 days
☐ 6 to 9 days
☐ 10 to 19 days
☐ 20 to 29 days
☐ All 30 days

43. Have you ever used **chewing tobacco, snuff, dip, snus, dissolvable tobacco products, or nicotine pouches, such as Copenhagen, Grizzly, Skoal, Camel Snus, on!, ZYN, or Velo? (Do not count any electronic vapor products)**

- ☐ Yes
☐ No (Skip the grey box to Question 47)

44. Which of the following smokeless tobacco products have you used?

(Specify: _____)

45. How old were you when you first used **chewing tobacco, snuff, dip, snus, dissolvable tobacco products, or nicotine pouches, even once or twice?**

- ☐ 8 years old or younger
☐ 9 years old
☐ 10 years old
☐ 11 years old
☐ 12 years old
☐ 13 years old
☐ 14 years old
☐ 15 years old
☐ 16 years old
☐ 17 years old
☐ 18 years old
☐ 19 years old or older

46. During the past 30 days, on how many days did you use **chewing tobacco, snuff, dip, snus, dissolvable tobacco products, or nicotine pouches?**

- ☐ 0 days
☐ 1 or 2 days
☐ 3 to 5 days
☐ 6 to 9 days
☐ 10 to 19 days
☐ 20 to 29 days
☐ All 30 days

47. Have you ever used **cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild), Backwoods, Garcia y Vega, Cheyenne, White Owl, or Dutch Masters?**

- ☐ Yes
☐ No (Skip the blue box to Question 50)

Continue to Next Page →

48. How old were you when you first used **cigars, cigarillos, or little cigars**, even once or twice?

- ☐ 8 years old or younger
- ☐ 9 years old
- ☐ 10 years old
- ☐ 11 years old
- ☐ 12 years old
- ☐ 13 years old
- ☐ 14 years old
- ☐ 15 years old
- ☐ 16 years old
- ☐ 17 years old
- ☐ 18 years old
- ☐ 19 years old or older

49. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**, such as Swisher Sweets, Middleton's (including Black & Mild), or Backwoods?

- ☐ 0 days
- ☐ 1 or 2 days
- ☐ 3 to 5 days
- ☐ 6 to 9 days
- ☐ 10 to 19 days
- ☐ 20 to 29 days
- ☐ All 30 days

50. Have you ever had a drink of alcohol, other than a few sips?

- ☐ Yes
- ☐ No (Skip the orange box to Question 53)

51. How old were you when you had your first drink of alcohol other than a few sips?

- ☐ 8 years old or younger
- ☐ 9 years old
- ☐ 10 years old
- ☐ 11 years old
- ☐ 12 years old
- ☐ 13 years old
- ☐ 14 years old
- ☐ 15 years old
- ☐ 16 years old
- ☐ 17 years old
- ☐ 18 years old
- ☐ 19 years old or older

52. During the past 30 days, on how many days did you have at least one drink of alcohol?

- A. 0 days
- ☐ 0 days
 - ☐ 1 or 2 days
 - ☐ 3 to 5 days
 - ☐ 6 to 9 days
 - ☐ 10 to 19 days
 - ☐ 20 to 29 days
 - ☐ All 30 days

53. Have you ever used marijuana?

- ☐ Yes
- ☐ No (Skip the green box to Question 56)

54. How old were you when you had your first tried marijuana for the first time?

- A. 8 years old or younger
- ☐ 8 years old or younger
 - ☐ 9 years old
 - ☐ 10 years old
 - ☐ 11 years old
 - ☐ 12 years old
 - ☐ 13 years old
 - ☐ 14 years old
 - ☐ 15 years old
 - ☐ 16 years old
 - ☐ 17 years old
 - ☐ 18 years old
 - ☐ 19 years old or older

55. During the past 30 days, on how many days did you use marijuana?

- ☐ 0 days
- ☐ 1 or 2 days
- ☐ 3 to 5 days
- ☐ 6 to 9 days
- ☐ 10 to 19 days
- ☐ 20 to 29 days
- ☐ All 30 days

56. Are you aware the New Mexico Department of Health offers 1-800-Quit-Now, a free program that helps people quit nicotine?

- ☐ Yes
☐ No (Skip to Question 59)

57. In the past 12 months have you contacted 1-800-Quit-Now for help quitting?

- ☐ Yes
☐ No (Skip to Question 59)

58. Was the Quitline helpful to your quitting efforts?

- ☐ Yes
☐ No

59. Are you aware the New Mexico Department of Health offers Live Vape Free, an online resource for youths who want to quit or reduce their vaping?

- ☐ Yes
☐ No (Skip to Question 62)

60. In the past 12 months have you contacted Live Vape Free for help quitting or reducing vaping?

- ☐ Yes
☐ No (Skip to Question 62)

61. Was Live Vape Free helpful to your quitting/reduction efforts?

- ☐ Yes
☐ No

Over the last 2 weeks, how often have you been bothered by any of the following problems?

62. Little interest or pleasure in doing things

- ☐ Not at all
☐ Several days
☐ More than half the days
☐ Nearly every day

63. Feeling down, depressed, or hopeless

- ☐ Not at all
☐ Several days
☐ More than half the days
☐ Nearly every day

64. Trouble falling or staying asleep, or sleeping too much

- ☐ Not at all
☐ Several days
☐ More than half the days
☐ Nearly every day

65. Feeling tired or having little energy

- ☐ Not at all
☐ Several days
☐ More than half the days
☐ Nearly every day

66. Poor appetite or overeating

- ☐ Not at all
☐ Several days
☐ More than half the days
☐ Nearly every day

67. Feeling bad about yourself – or that you are a failure or have let yourself or your family down

- ☐ Not at all
☐ Several days
☐ More than half the days
☐ Nearly every day

68. Trouble concentrating on things, such as reading the newspaper or watching television

- ☐ Not at all
☐ Several days
☐ More than half the days
☐ Nearly every day

69. Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual

- ☐ Not at all
☐ Several days
☐ More than half the days
☐ Nearly every day

Continue to Next Page →

Over the last 2 weeks, how often have you been bothered by the following problems?

70. Feeling nervous, anxious, or on edge

- ☐ Not at all
☐ Several days
☐ More than half the days
☐ Nearly every day

71. Not being able to stop or control worrying

- ☐ Not at all
☐ Several days
☐ More than half the days
☐ Nearly every day

Below are a number of statements that describe ways in which people act and think.

For each statement, please indicate how much you agree or disagree with the statement.

	Strongly Agree	Agree	Disagree	Strongly Disagree
72. When I am in a great mood, I tend to get into situations that could cause me problems.	☐	☐	☐	☐
73. I tend to lose control when I am in a great mood.	☐	☐	☐	☐
74. Others are shocked or worried about the things I do when I am feeling very excited.	☐	☐	☐	☐
75. I tend to act without thinking when I am really excited.	☐	☐	☐	☐
76. When I feel bad, I will often do things I later regret in order to make myself feel better now.	☐	☐	☐	☐
77. Sometimes when I feel bad, I can't seem to stop what I am doing even though it is making me feel worse.	☐	☐	☐	☐
78. When I am upset, I often act without thinking.	☐	☐	☐	☐
79. When I feel rejected, I will often say things that I later regret.	☐	☐	☐	☐
80. I usually think carefully before doing anything.	☐	☐	☐	☐
81. I like to stop and think things over before I do them.	☐	☐	☐	☐
82. My thinking is usually careful and purposeful.	☐	☐	☐	☐
83. I tend to value and follow a rational, "sensible" approach to things.	☐	☐	☐	☐
84. I finish what I start.	☐	☐	☐	☐
85. Unfinished tasks really bother me.	☐	☐	☐	☐
86. Once I get going on something I hate to stop.	☐	☐	☐	☐
87. I generally like to see things through to the end.	☐	☐	☐	☐
88. I would like to learn to fly an airplane.	☐	☐	☐	☐
89. I would enjoy the sensation of skiing very fast down a high mountain slope.	☐	☐	☐	☐
90. I quite enjoy taking risks.	☐	☐	☐	☐
91. I welcome new and exciting experiences and sensations, even if they are a little frightening and unconventional.	☐	☐	☐	☐

Continue to Next Page →

I see myself as....

	Strongly Disagree	Disagree Moderately	Disagree A Little	Neither Agree nor Disagree	Agree A Little	Agree Moderately	Strongly Agree
92. worried, easily upset	☐	☐	☐	☐	☐	☐	☐
93. calm, usually controls his/her emotions	☐	☐	☐	☐	☐	☐	☐
94. sociable, enthusiastic	☐	☐	☐	☐	☐	☐	☐
95. shy, quiet	☐	☐	☐	☐	☐	☐	☐
96. open to new experiences, with different interests	☐	☐	☐	☐	☐	☐	☐
97. conventional (preferring what is already known), unimaginative	☐	☐	☐	☐	☐	☐	☐
98. critical towards others, quarrelsome	☐	☐	☐	☐	☐	☐	☐
99. kind, friendly	☐	☐	☐	☐	☐	☐	☐
100. reliable, responsible	☐	☐	☐	☐	☐	☐	☐
101. messy, careless	☐	☐	☐	☐	☐	☐	☐

End of Survey