

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
- Middle Eastern or North African
- Native Hawaiian or Pacific Islander
- White

5. Are you Hispanic or Latino?

- Yes
- No

6. Have you ever used a vape, even once or twice?

- Yes
- No (If no, skip the grey box to question 30)

7. How old were you when you first used a vape, 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

8. In total, on how many days have you used vapes 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

9. When was the last time you used vapes, 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

We are going to ask you questions about e-cigarettes, which are battery powered devices that heat a liquid, often containing nicotine, and turn it into an aerosol that people breathe into their lungs. For the rest of this survey, these devices will be called vapes. Vapes are commonly sold under the brands JUUL, Vuse, NJOY, Elf Bar, and blu.

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***Only Answer Questions 10 & 11 if you answered choices 1, 2, or 3 on Question 9.**

*10. During the past 30 days, on how many days did you vape?

- 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

*11. Why do you currently use vapes?

(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 (e.g. smoke rings, etc.)
- 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: _____)

12. Why did you first use vapes?

(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: _____)

13. Which of the following best describes the type of vapes 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 vape (for example, Elf Bar, or Kangvape)
- A vape that uses pre-filled or refillable pods or cartridges (for example, JUUL Vuse, or Suorin)
- A vape 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 15)

14. What brands do you use? (Put 'unsure' if you do not know the brand, and 'any')

Specify: _____

15. Did any of the vapes that you used in the past 30 days contain nicotine?

- Yes
- No
- Don't know

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16. In the past 30 days when you used vapes, 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: _____)

17. 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

18. 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

19. During the past 30 days, how did you get your vape 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: _____)

20. When you have used a vape during the past 30 days, how often did you use someone else's vape device?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Never | Rarely | Sometimes | Most of
the time | Always |
| <input type="radio"/> |

21. I find myself reaching for a vape without thinking about it.

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Never | Rarely | Sometimes | Often | Almost
always |
| <input type="radio"/> |

22. I drop everything to go out and buy vapes or e-juice.

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Never | Rarely | Sometimes | Often | Almost
always |
| <input type="radio"/> |

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Never | Rarely | Sometimes | Often | Almost
always |
| <input type="radio"/> |

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Never | Rarely | Sometimes | Often | Almost
always |
| <input type="radio"/> |

25. 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 vapes over the past 30 days.

- | | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| <input type="radio"/> |

26. Are you seriously thinking about quitting vapes? (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 vapes

27. Why do you want to quit using vapes?

- Short-term consequences (e.g. cough/respiratory problems, decreased athletic performance, fines/citations)
- Long-term concerns (e.g. increased risk of health issues, risk of addiction, financial cost)
- Social disapproval (e.g. friends/family disapproval, embarrassment, distraction at school)
- Other
(Specify: _____)

28. Why do you NOT want to quit using vapes?

(Specify: _____)

29. During the past 12 months, how many times have you stopped using vapes for one day or longer because you were trying to quit using vapes 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

***Only complete the purple box if you did answer 'No' to Question 6**

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

- Definitely yes
- Probably yes
- Probably not
- Definitely not

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

- Definitely yes
- Probably yes
- Probably not
- Definitely not

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

- Definitely yes
- Probably yes
- Probably not
- Definitely not

*33. 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

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

- Not at all harmful
- Slightly harmful
- Somewhat harmful
- Very harmful
- Extremely harmful
- Don't know

36. How harmful do you think vapes are to health?

- Not at all harmful
- Slightly harmful
- Somewhat harmful
- Very harmful
- Extremely harmful
- Don't know

37. Is using vapes 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

38. What harms do you think vapes cause? (Select all that apply)

- Lung and respiratory damage
- Nicotine addiction
- Cardiovascular effects (heart rate, blood pressure)
- Cancer
- Mental health problems (anxiety, depression)
- Other
(Specify: _____)

38. Do you think vapes are addictive?

- Yes
- No

39. How much do you agree with the following statement: "Using vapes can lead to using other substances (such as alcohol, cannabis, or other drugs)"?

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree
- I don't know

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

- Yes
- No

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

- Yes
- No

***Only Answer Question 42 if you answered 'Yes' to on Questions 40 & 41.**

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

Facebook	<input type="radio"/> Daily	<input type="radio"/> Weekly	<input type="radio"/> Monthly	<input type="radio"/> Rarely	<input type="radio"/> Never
X(Twitter)	<input type="radio"/> Daily	<input type="radio"/> Weekly	<input type="radio"/> Monthly	<input type="radio"/> Rarely	<input type="radio"/> Never
YouTube	<input type="radio"/> Daily	<input type="radio"/> Weekly	<input type="radio"/> Monthly	<input type="radio"/> Rarely	<input type="radio"/> Never
Reddit	<input type="radio"/> Daily	<input type="radio"/> Weekly	<input type="radio"/> Monthly	<input type="radio"/> Rarely	<input type="radio"/> Never
Instagram	<input type="radio"/> Daily	<input type="radio"/> Weekly	<input type="radio"/> Monthly	<input type="radio"/> Rarely	<input type="radio"/> Never
Snapchat	<input type="radio"/> Daily	<input type="radio"/> Weekly	<input type="radio"/> Monthly	<input type="radio"/> Rarely	<input type="radio"/> Never
WeChat	<input type="radio"/> Daily	<input type="radio"/> Weekly	<input type="radio"/> Monthly	<input type="radio"/> Rarely	<input type="radio"/> Never
Google	<input type="radio"/> Daily	<input type="radio"/> Weekly	<input type="radio"/> Monthly	<input type="radio"/> Rarely	<input type="radio"/> Never
Tiktok	<input type="radio"/> Daily	<input type="radio"/> Weekly	<input type="radio"/> Monthly	<input type="radio"/> Rarely	<input type="radio"/> Never

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

- Yes
- No (Skip the green box to Question 46)

44. 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

45. 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

46. 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 50)

47. Which smokeless tobacco products have you used?
(Specify: _____)

48. 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

49. 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

50. 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 53)

51. 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

52. 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

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

- Yes
- No (Skip the purple box to Question 56)

54. 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

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

- 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. Have you ever used cannabis (marijuana)?

- Yes
- No (Skip the green box to Question 61)

57. How old were you when you had your first tried cannabis (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

58. During the past 30 days, on how many days did you use cannabis (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

59. Have you ever used cannabis (marijuana) and nicotine at the same time (i.e smoking a rolled cigarette with tobacco and cannabis (marijuana))?

- Yes
- No
- Not sure

60. In the past 30 days how often have you used cannabis (marijuana) and nicotine together?

- Never
- 1-2 times
- 3-7 times
- 7-14 times
- 15 or more times

61. Within the last 30 days, have you used any other substances (e.g alcohol, cannabis) at the same time with nicotine products?

- Yes, with alcohol
- Yes, with cannabis
- Yes with other substances
- No, I have not combined nicotine products with other substances

62. 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 65)

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

- Yes
- No (Skip to Question 65)

64. Was the Quitline helpful to your quitting efforts?

- Very helpful
- Somewhat helpful
- Neutral
- Less than helpful
- Not helpful at all

65. 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 69)

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

- Yes
- No (Skip to Question 69)

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

- Very helpful
- Somewhat helpful
- Neutral
- Less than helpful
- Not helpful at all

68. Have you come across any other program that offers and promotes quitting efforts?

- Yes
- No
- Not sure

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

69. Little interest or pleasure in doing things

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

70. Feeling down, depressed, or hopeless

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

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

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

72. Feeling tired or having little energy

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

73. Poor appetite or overeating

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

74. 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

75. 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

76. 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

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

77. Feeling nervous, anxious, or on edge

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

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

I see myself as....

	Strongly Disagree	Disagree Moderately	Disagree A Little	Neither Agree nor Disagree	Agree A Little	Agree Moderately	Strongly Agree
99. worried, easily upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
100. calm, usually controls his/her emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
101. sociable, enthusiastic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
102. shy, quiet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
103. open to new experiences, with different interests	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
104. conventional (preferring what is already known), unimaginative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
105. critical towards others, quarrelsome	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
106. kind, friendly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
107. reliable, responsible	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
108. messy, careless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Survey