

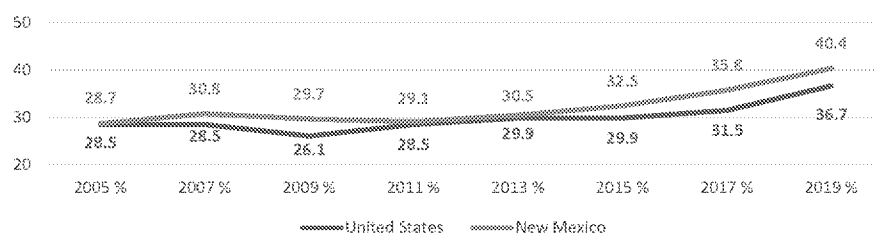
CDC Social Media Question

The next question asks about social media, such as Instagram, Tik Tok, Snapchat, and Twitter.

How often do you use social media?

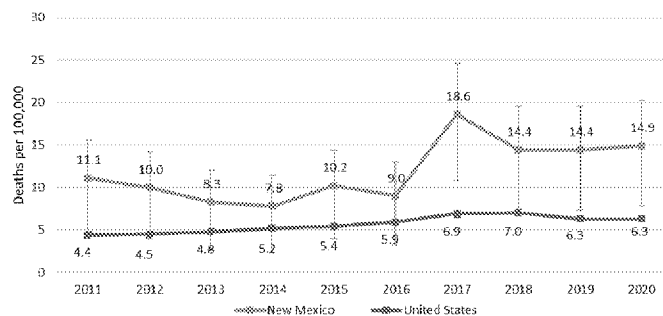
- A. I do not use social media
- B. A few times a month
- C. About once a week
- D. A few times a week
- E. About once a day
- F. Several times a day
- G. About once an hour
- H. More than once an hour

Felt Sad or Hopeless, United States and New Mexico, High School YRRS, 2005-2019



From 2009 to 2019, the % of New Mexico youth that felt sad or hopeless increased 36.0%

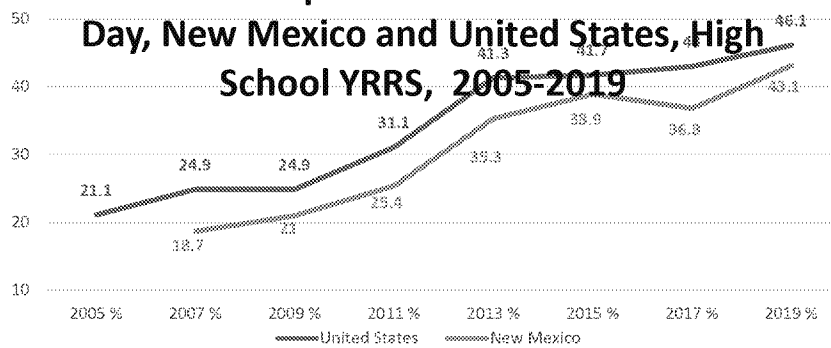
Suicide Deaths, Ages 12-17 New Mexico and United States, 2011-2020



Error bars indicate 95% confidence interval.
Source: 2020 CDC WONDER

From 2011 to 2020, the rate of New Mexico adolescent suicide deaths increased 34.2%

**Played Video Or Computer Games Or
Used A Computer 3 Or More Hours Per
Day, New Mexico and United States, High
School YRRS, 2005-2019**



From 2009 to 2019, the % of New Mexico youth who used a computer 3+ hours a day more than doubled (increased 130.4%)

TABLE B. Entertainment screen media use among 13- to 18-year-olds, 2019 vs. 2021
Percent who did each activity and average time spent per day

Among 13- to 18-year-olds	Percent who spent on target day		Average time among users		Average time among all	
	2019	2021	2019	2021	2019	2021
Television/Videos	86% ^a	92% ^a	3:23	3:54	2:53 ^a	3:14 ^b
• Television on TV set	50%	52%	2:14	2:16	1:57	1:10
• Television on other devices	33%	32%	1:54	2:03	:38	:39
• Online videos	51% ^a	77% ^b	1:37	1:46	:59 ^a	1:22 ^c
• DVDs	4%	4%	#	#	:04	:05
• Movies (in theater)	3%	NA	#	NA	:04	NA
Gaming	54%	55%	2:32	3:01	1:36	1:46
• Console/portable video games	30% ^a	35% ^a	2:43	2:37	:49	:55
• Computer games	18% ^a	15% ^a	2:35	2:29	:19	:26
• Mobile video games	35%	33%	1:19	1:16	:27	:25
Social media	61% ^a	67% ^a	1:56	2:16	1:50 ^a	1:27 ^a
Other						
• Browsing websites	47% ^a	60% ^b	1:18	1:25	:37 ^a	:51 ^b
• Video chatting	20% ^a	26% ^a	1:53	1:18	:19	:20
• E-reading ^d	14%	18%	1:33	1:20	:15	:15
• Making or to music	10%	13%	1:18	1:29	:08	:12
• Writing ^d	5%	4%	#	#	:04	:03
• Anything else	30%	33%	1:54	1:28	:28	:29
Total screen time ^e	7:25	8:28	7:40	8:52 ^a	7:29 ^a	8:29 ^a

Indicates sample size of users is too small for reliable results (n < 30).

Source: Common Sense Census (2021)

What is Known About Social Media?

- Possible Benefits
 - Entertainment
 - Identity Exploration
 - Particularly among LGBTQ communities
 - Social Connection
 - Opportunities for peer support
 - Opportunities for use of algorithm's/machine learning for screening and intervention of mental health and other health issues

What is Known About Social Media?

- Possible Harms

- Cybervictimization/cyberbullying
 - Associated increased risk of self-harm suicide
- Conflict with peers or social exclusion
- Youth engaged in risky behaviors are more likely to engage with other youth engaged in similar behaviors
- Content on suicide attempts or sexual content which normalize harmful behaviors is readily available
- Youth are at risk of “social comparison” where they made compare themselves against unrealistic examples of adolescent life
- Youth may miss out on other important aspects of daily life due to extensive time spent online (sleep, school work, family, extracurricular activities, etc.)

Limitations of Proposed Question

- Lack of background information on reliability/validity/cognitive testing of question. No known available historical/comparative data on question
- Question reduces a complex and important topic area with known positive and negative consequences to a single question about frequency of social media use
 - Does not capture information about what social media is used, about duration of use, whether user is passive or actively participating, what rules/management of use exists, and whether the user is engaging in age-inappropriate or known problematic use of social media
 - It is anticipated that interpreting results from this question to inform action will remain difficult and limited as has been the case with previous screen time questions.

Why is This Question Important?

- Internet media use is known to be a major aspect of adolescent life
 - Estimated 80-90% of youth using at least some internet media
 - Majority of youth using video games
 - The average use being 5-8 hours a day of screen time in 2021.
- Surveillance of this important aspect of adolescent life has important implications not only for mental health, but school outcomes and physical health
- Nationwide there are increased funding, research, and national discussion efforts about this issue including important policy decisions and representative data of New Mexico youth may be important to facilitate localized discussion in these areas

Additional Reading/Select Bibliography

- **White House Strategy to Address National Mental Health Crisis**
 - https://www.whitehouse.gov/briefing-room/statements-releases/2022/03/01/fact-sheet-president-biden-to-announce-strategy-to-address-our-national-mental-health-crisis-as-part-of-unity-agenda-in-his-first-state-of-the-union/?utm_source=SAMHSA&utm_campaign=c660258740-SAMHSA_Headlines_2022_03_03_16008096&utm_medium=email&utm_term=0_e1c4b138c-c660258740-169244609
- **Surgeon General Youth Mental Health Advisory**
 - <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>
- **How Harmful is Social Media? (New Yorker)**
 - <https://www.newyorker.com/culture/annals-of-inquiry/we-know-less-about-social-media-than-we-think>
- **The Impact of Social Media on Youth Mental Health**
 - <https://www.ncmedicaljournal.com/content/81/2/116>
- **Social Media and Adolescent Mental Health: The Good, the Bad, and the Ugly**
 - <https://pubmed.ncbi.nlm.nih.gov/31989847/>
- **Possible Effects of Social Media Use in Adolescent Health Behaviors and Perception**
 - <https://pubmed.ncbi.nlm.nih.gov/32366165/#:~:text=The%20results%20suggest%20that%20problematic,likely%2C%20further%20negative%20health%20outcomes.>

