



# Health Behaviors and Conditions of New Mexicans, 2000

*Results from the New Mexico  
Behavioral Risk Factor Surveillance  
System (BRFSS)*



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Behavioral Risk Factor Surveillance  
System (BRFSS) Survey*

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**This report is dedicated to the memory of Victoria Barr (1957-2002), who worked for a number of years as an interviewer in the Survey Unit. Throughout her struggle with multiple sclerosis, she was an inspiration to us all.**

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Thanks to Isaac Romero for providing the map in Appendix II at the end of this report which defines the New Mexico Public Health Districts.

BRFSS data and copies of this report and the 2000 questionnaire are available from: Wayne A. Honey (505) 476-3569 (wayneh@doh.state.nm.us)

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# What is the BRFSS?

Chronic disease, injury, substance abuse, and preventable infectious disease are the leading causes of morbidity and mortality in the U.S. The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing, nationwide surveillance system that collects data on the prevalence of health conditions in the population and behaviors that affect risk for disease. The surveillance system uses a telephone survey to collect data in all 50 states, the District of Columbia, Guam, Puerto Rico and the U.S. Virgin Islands. Individuals who are 18 years of age and older, live in a private residential household, and have a telephone are eligible for the survey. Adults who live in group homes or in institutions, such as prisons, college dormitories, or nursing homes, or live in households without a telephone, are not eligible for the study.

The BRFSS was initiated in the early 1980s after significant evidence had accumulated that behaviors played a major role in the risk for premature morbidity and mortality. Previous to that time, periodic national surveys were conducted to evaluate health behaviors for the whole country, but data were not available at the state level. Because states were ultimately responsible for efforts to reduce health risk behaviors, state level data was deemed critical.

At about the same time, telephone surveys were emerging as an acceptable means of collecting prevalence data. These types of surveys were relatively easy for states and local agencies to administer. As a result of these concurrent developments, surveys were developed by the Centers for Disease Control and Prevention (CDC) to monitor state-level prevalence of the major behavioral risk factors associated with premature morbidity and mortality. Feasibility studies were conducted in the early 1980's, and the CDC established the BRFSS in 1984 with 15 states participating. New Mexico began participating in the BRFSS in 1986.

Participation in the survey is voluntary, and all data collected are confidential. The identity of the respondent is never known to the interviewer, and the last two digits of the phone number are never sent to the CDC. The CDC removes the remaining eight digits of the phone number from the data file after completing their quality assurance protocol.

The BRFSS is supported and coordinated by the Behavioral Surveillance Branch (BSB), Division of Adult and Community Health (DACH), National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) of the CDC. The CDC has a web site dedicated to the BRFSS:

**<http://www.cdc.gov/brfss>**

Prevalence data from the BRFSS are available online at:

**<http://www.cdc.gov/brfss/index.asp>**

To obtain a copy of this report in .pdf format, go to:

**<http://www.health.state.nm.us/>**



# 2000 BRFSS Survey Topics

Questions in the 2000 BRFSS survey address a variety of health topics. Relevant demographic information is also collected. General topics are listed below.

## **Core components (all states):**

Health Status  
Health Care Access  
Asthma  
Diabetes  
Care-Giving  
Exercise  
Tobacco Use  
Fruit and Vegetable Consumption  
Weight  
Women's Health  
HIV/AIDS

## **Demographics section:**

Age  
Race/ethnicity  
Gender  
Marital Status  
Number of Children in Household  
Education  
Employment Status  
Household Income  
County of Residence  
Number of Residential Telephone Numbers  
County of Residence  
Weight  
Height

## **Optional modules included:**

Disability  
Quality of Life  
Exercise  
Alcohol Consumption  
Diabetes  
Arthritis

## **State-added topics included:**

Personal Care  
Children's Health Care Access  
Environmental Health

## Limitations of BRFSS Data

Households without telephones are not eligible to participate in the BRFSS survey. Data collected by the Bureau of the Census under contract with the Federal Communications Commission (FCC) indicate that unemployed persons and lower income households are less likely to have telephones. Consequently, the BRFSS sample is likely to include a greater proportion of higher income households and employed persons than the population of the state as a whole.

The BRFSS relies on adults to provide information on their own health behaviors and conditions. Respondents may be reluctant to report behaviors that are considered undesirable such as drinking and driving. Consequently, the prevalence of these behaviors may be underestimated by the survey. Respondents may also have trouble remembering details about past behaviors or may remember them incorrectly.

The completion rate [ =  $\frac{\text{number of completed interviews}}{\text{number of completed interviews} + \text{number of refused interviews}}$  ]

for the 2000 survey was 67%. If the 33% of adults who were selected, but refused to be interviewed, differ in a systematic way from those who complete the interview, this may lead to bias in the prevalence estimates.

Telephone interviews have a number of advantages over other sampling methods such as face-to-face interviews and self-administered questionnaires. The lower cost of telephone interviews makes it possible to include a larger number of adults in the survey than would be possible if a face-to-face survey were conducted. Self-administered questionnaires will be affected by the literacy of the selected respondents and may be completed by family members other than the one selected. Telephone surveys are also easier to monitor for quality assurance purposes than are face-to-face surveys.

## Data Presentation

The data in this report are presented in either tabular or graphical form, and are the estimated population percentages of people with a particular condition, risk factor, or behavior. Like any estimate produced from population surveys, the estimates produced from the BRFSS survey are subject to error (see Appendix I - Sources of Error). Two different, but related, measures of error are used in the data presentation; the standard error (SE) and the 95% confidence interval. These errors are related in that the 95% confidence interval is equal to the population estimate  $\pm 1.96(\text{SE})$ . When using bar graphs, we follow the standard practice of including standard error bars. In the Tables, the population estimates are presented along with an error term defining the 95% confidence interval bounds, such that the interval defined will include the true population percentage 95% of the time. By BRFSS convention, when the number of respondents was  $<50$ , we did not present the weighted percentage because such estimates are deemed unreliable.

In general, population estimates with smaller errors are more precise than population estimates with larger errors. Since sample size influences the magnitude of an estimate's error, sample size will also affect the precision of the estimate. This issue is particularly relevant to some of the comparisons in this report, such as comparisons by race/ethnicity, where the number of Native Americans and 'Others' sampled was so small, and resultant errors so large, that the estimates were inherently unreliable. Thus, discerning possible statistically significant differences between rates of conditions and risk factors in these smaller populations compared to the larger White non-Hispanic, and Hispanic populations was difficult.

With respect to certain conditions and risk factors, particularly those addressed by core BRFSS questions which are asked of respondents in each state, we compared estimates in New Mexico (NM) to estimates for the 5 states bordering New Mexico (Region = Arizona, Colorado, Utah, Oklahoma, and Texas) and to the U.S. as a whole (U.S. = all 50 states, D.C., and Puerto Rico). In the case of questions included in optional BRFSS modules, we compared New Mexico estimates to estimates obtained by pooling the data from all the other states (Other States) that administered the question.

# Demographics of 2000 New Mexico Sample

Table 1.  Demographic Characteristic	2000 BRFSS Data			2000 Census Data †
	Number in Sample *	Unweighted Percent (%) <sup>⌘</sup>	Weighted Percent (%) <sup>⌘</sup>	
TOTAL	3,248	100.0	100.0	
GENDER				
Males	1,469	45.2	48.5	49.2
Females	1,779	54.8	51.5	50.8
AGE				
18-24	283	8.7	12.8	13.5
25-34	502	15.5	19.5	17.9
35-44	747	23.0	22.0	21.5
45-54	656	20.2	17.9	18.8
55-64	451	13.9	11.7	12.1
65-74	340	10.5	9.7	9.0
75+	262	8.1	6.4	7.2
RACE/ETHNICITY				
White, non-Hispanic	1,717	53.3	49.2	49.5
Hispanic	1,251	38.8	42.1	38.7
Native American	129	4.0	5.0	7.8
Other	127	3.9	3.7	4.0
EDUCATION				
Less than High School Graduate	518	16.0	17.7	N/A‡
High School Graduate or G.E.D.	870	26.8	28.4	N/A
Some College	886	27.3	26.7	N/A
College Graduate	968	29.9	27.1	N/A
INCOME				
Less than \$10,000	249	8.4	7.3	N/A
\$10-19,999	574	19.4	18.7	N/A
\$20-49,999	1,381	46.7	48.3	N/A
\$50,000 or more	751	25.4	25.8	N/A
EMPLOYMENT				
Employed	1,987	61.3	62.3	N/A
Unemployed	125	3.9	4.1	N/A
Other**	1,127	34.8	33.5	N/A
REGION (NM Health Districts, see map in Appendix II) §				
NW (HD I)	515	15.9	16.6	20.0
NE (HD II)	560	17.3	16.5	15.6
SW (HD III)	660	20.4	20.8	18.1
SE (HD IV)	539	16.6	17.0	14.6
Bernalillo County	965	29.8	29.2	31.7

\* Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

⌘ For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

† Source: U.S. Bureau of the Census.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

‡ NA indicates that 2000 Censal data are not available for this category (≥18 years old).

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, data from Bernalillo County respondents were removed from District 1 and are presented separately.

# Summary - NM Health Risk Factors and Chronic Conditions

This table summarizes the estimated prevalence of various health conditions and behaviors among New Mexicans in 2000. NM rates were also compared to rates for the Region ‡ and for the U.S.\*, and are presented as being either higher (■) lower (□), or similar (■; no statistical difference) to the comparison populations.

Table 2. Risk Factor/ Condition	Weighted Percent (95% CI) <sup>⌘</sup>	Year 2010 Health Target †	NM rates vs.	
			Region	U.S.
General health status is fair or poor	17.1 (± 1.4)	NA <sup>1</sup>	Similar	Higher
No health care coverage (1 question only)	23.5 (± 1.8)	0%	Higher	Higher
No medical checkup in 5 years	10.9 (± 1.2)	NA	Similar	Higher
Missed doctor visit in past year because of cost	12.6 (± 1.4)	NA	Similar	Higher
Never had a mammogram (age 40 and older)	12.7 (± 2.2)	NA	Similar	Similar
No breast exam & mammogram in 2 yrs (age ≥ 50)	29.2 (± 3.8)	NA	Similar	Similar
Never had a Pap smear	6.0 (± 1.6)	<3%	Similar	Similar
No Pap smear in 3 years	14.8 (± 2.2)	<10%	Similar	Similar
Diagnosed arthritis	21.0 (± 1.4)	NA	Similar <sup>2</sup>	Lower <sup>3</sup>
Total arthritis <sup>⌘</sup>	29.8 (± 1.8)	<21%	Similar <sup>2</sup>	Lower <sup>3</sup>
History of asthma	10.0 (± 1.2)	NA	Similar	Similar
Current asthma	6.9 (± 1.0)	NA	Similar	Similar
Diabetes	6.5 (± 1.0)	<2.5%	Similar	Similar
Current smoker	23.6 (± 1.8)	<12%	Higher	Similar
Chronic drinker (≥60 drinks per month)	4.5 (± 1.6)	NA	Similar	Similar
Binge drinker (≥5 drinks on occasion during month)	15.8 (± 0.8)	NA	Similar	Similar
Drink and drive	2.8 (± 0.8)	NA	Similar	Similar
At medium or high risk of infection with HIV	7.0 (± 1.2)	NA	Similar	Similar
Would not encourage sexually-active teenager to use condom	8.0 (± 1.2)	NA	Lower	Lower
Less than 5 servings of fruit and vegetables per day	79.5 (± 1.2)	NA	Higher	Higher
No leisure-time physical activities	24.4 (± 1.6)	<20%	Lower	Lower
No regular or sustained physical activities	76.2 (± 1.6)	<70%	Lower	Lower
Overweight or obese (BMI ≥25.0)	55.4 (± 2.0)	<40%	Similar	Similar

⌘ For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

† Healthy People 2010. Understanding and Improving Health. U.S. Government Printing Office, November 2000.

‡ Region includes the 5 states that border on New Mexico, namely Arizona, Utah, Colorado, Oklahoma, and Texas.

\* U.S. : the 50 states, plus District of Columbia and Puerto Rico.

⌘ 'Total arthritis' includes those with diagnosed arthritis and/or pain, aching, stiffness, or swelling in a joint for most days during the previous month.

<sup>1</sup> NA indicates that a national estimate or national target is not available for this category.

<sup>2</sup> Regional states, except for Utah.

<sup>3</sup> Comparison is to the following other states: Alabama, Alaska, Arizona, Colorado, Connecticut, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Maryland, Minnesota, Mississippi, Nebraska, New Hampshire, New Jersey, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, South Carolina, Tennessee, Texas, Virginia, Wisconsin, and Wyoming.

# Health Status

Question: "Would you say that in general your health is: excellent, very good, good, fair, or poor?"

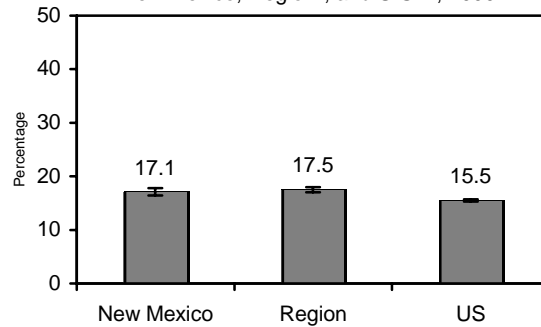
The Centers for Disease Control and Prevention has defined health-related quality of life as "an individual's or group's perceived physical and mental health over time". This question is considered to be a reliable indicator of a person's general health and well-being.

*In New Mexico,*

❖ *About 82.9% of New Mexicans reported that their general health was excellent, very good, or good. 17.1% of adults reported that their general health was fair or poor. This is higher than the percentage for the U.S. (15.5%) but not statistically different from the percentage for the Region (17.5%).*

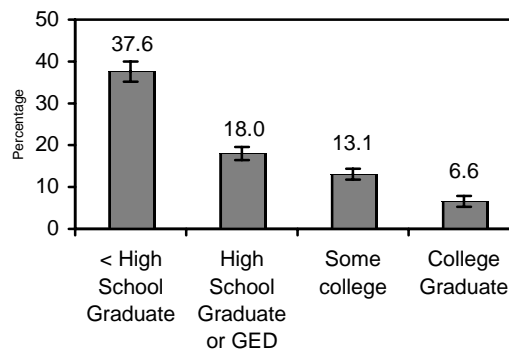
❖ *New Mexicans with lower education or income were more likely to report fair or poor health status.*

Percentage of Adults Whose General Health Was Fair or Poor, New Mexico, Region\*, and U.S.\*\*, 2000.

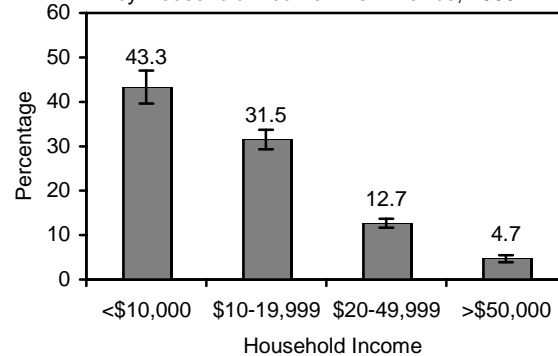


\* Region includes: Arizona, Colorado, Utah, Oklahoma, and Texas.  
 \*\* 50 states, plus the District of Columbia and Puerto Rico.  
 Source: U.S. BRFSS, 2000.

Percentage of Adults Whose General Health Was Fair or Poor, by Education. New Mexico, 2000.



Percentage of Adults Whose General Health Was Fair or Poor, by Household Income. New Mexico, 2000.



# Health Status

Table 3. Percentage of New Mexicans whose general health was fair or poor

	Total Number Who Responded †	Weighted Percent (%) x <sup>‡</sup>	95% Confidence Interval
TOTAL	3,244	17.1	± 1.4
<b>GENDER</b>			
Males	1,467	14.3	± 1.9
Females	1,777	19.8	± 2.1
<b>AGE</b>			
18-24	283	6.7	± 3.4
25-34	502	9.2	± 2.7
35-44	747	15.4	± 2.9
45-54	655	19.5	± 3.6
55-64	451	20.3	± 4.1
65-74	339	31.2	± 5.6
75+	260	33.9	± 6.3
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,716	12.8	± 1.7
Hispanic	1,251	22.9	± 2.6
Native American	127	13.0	± 7.0
Other	126	12.3	± 6.1
<b>EDUCATION</b>			
Less than High School Graduate	516	37.6	± 4.8
High School Graduate or G.E.D.	870	18.0	± 2.7
Some College	884	13.1	± 2.5
College Graduate	968	6.6	± 1.7
<b>INCOME</b>			
Less than \$10,000	248	43.3	± 7.4
\$10-19,999	574	31.5	± 4.4
\$20-49,999	1,379	12.7	± 1.9
\$50,000 or more	750	4.7	± 1.6
<b>EMPLOYMENT</b>			
Employed	1,986	10.8	± 1.5
Unemployed	125	15.5	± 6.5
Other**	1,125	29.2	± 3.0
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	514	15.2	± 3.4
NE (HD II)	560	16.0	± 3.4
SW (HD III)	658	23.0	± 3.5
SE (HD IV)	539	18.8	± 3.7
Bernalillo County	964	13.7	± 2.4

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

x<sup>‡</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Satisfaction with Life

Question: "In general, how satisfied are you with your life?"

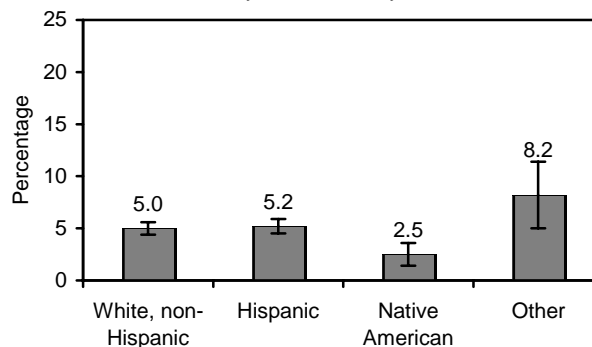
Answers: "Very satisfied", "Satisfied", "Dissatisfied", or "Very Dissatisfied".

This State-added question attempts to measure overall physical, mental, and spiritual well-being <sup>1</sup>.

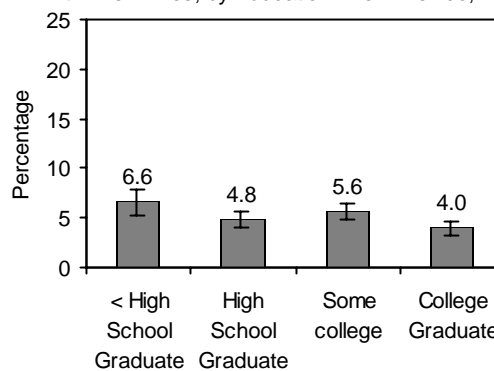
In New Mexico,

- ❖ Only 5.0% of adults were dissatisfied or very dissatisfied with their lives. The percentages were similar in the various ethnic/racial groups, except for Native Americans who had a lower percentage who were dissatisfied or very dissatisfied (2.5%).
- ❖ Low income, but not low education, was associated with dissatisfaction with life.
- ❖ Rates of dissatisfaction were similar among the different age groups, except that the youngest age group (18-24) had the lowest rates of dissatisfaction (2.3%).

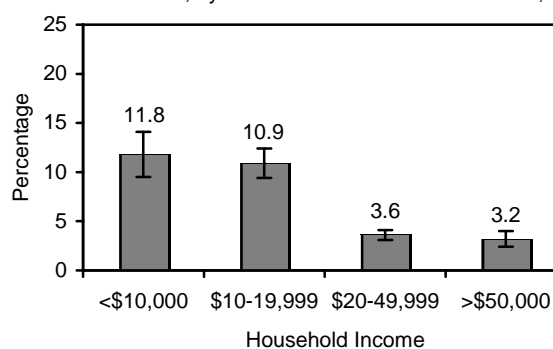
Percentage of Adults Who Were Dissatisfied or Very Dissatisfied With Their Lives, by Race/Ethnicity. New Mexico, 2000.



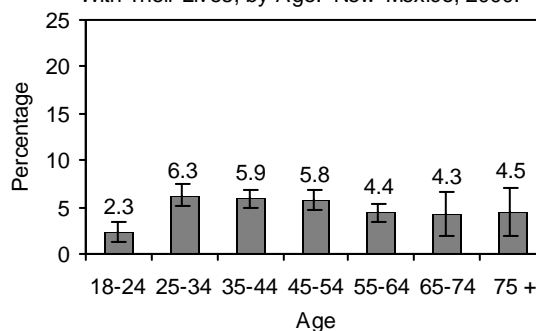
Percentage of Adults Who Were Dissatisfied or Very Dissatisfied With Their Lives, by Education. New Mexico, 2000.



Percentage of Adults Who Are Dissatisfied or Very Dissatisfied With Their Lives, by Household Income. New Mexico, 2000.



Percentage of Adults Who Were Dissatisfied or Very Dissatisfied With Their Lives, by Age. New Mexico, 2000.





## Satisfaction with Life

Table 4. Percentage of New Mexicans who were either dissatisfied or very dissatisfied with their lives

	Total Number Who Responded †	Weighted Percent (%) x <sup>‡</sup>	95% Confidence Interval
TOTAL	3,202	5.1	± 0.8
<b>GENDER</b>			
Males	1,452	4.0	± 1.1
Females	1,750	6.1	± 1.2
<b>AGE</b>			
18-24	281	2.3	± 2.1
25-34	499	6.3	± 2.3
35-44	731	5.9	± 1.9
45-54	645	5.8	± 2.0
55-64	446	4.4	± 2.0
65-74	337	4.3	± 2.3
75+	256	4.5	± 2.6
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,699	5.0	± 1.2
Hispanic	1,227	5.2	± 1.3
Native American	128	2.5	± 2.1
Other	125	8.2	± 6.3
<b>EDUCATION</b>			
Less than High School Graduate	503	6.6	± 2.5
High School Graduate or G.E.D.	860	4.8	± 1.5
Some College	879	5.6	± 1.6
College Graduate	955	4.0	± 1.4
<b>INCOME</b>			
Less than \$10,000	244	11.8	± 4.6
\$10-19,999	565	10.9	± 3.0
\$20-49,999	1,362	3.6	± 1.0
\$50,000 or more	748	3.2	± 1.6
<b>EMPLOYMENT</b>			
Employed	1,966	3.6	± 0.9
Unemployed	124	11.5	± 6.6
Other**	1,105	7.0	± 1.7
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	510	4.2	± 1.7
NE (HD II)	551	4.5	± 1.8
SW (HD III)	653	7.6	± 2.3
SE (HD IV)	530	3.1	± 1.5
Bernalillo County	952	5.2	± 1.7

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

x<sup>‡</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.

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\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Social and Emotional Support

Question: "How often do you get the social and emotional support you need?"

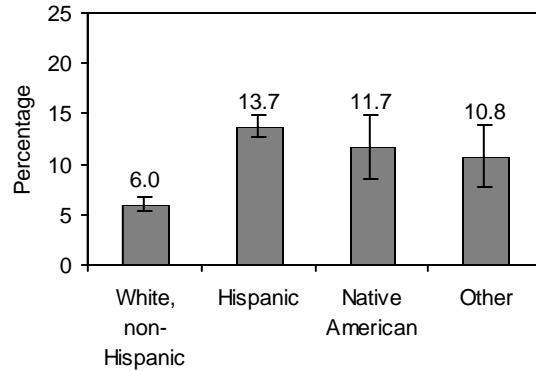
Answers: "Always", "Usually", "Sometimes", "Rarely", or "Never"?"

Emotional and social support from others is an important aid in coping with life's challenges <sup>2</sup>.

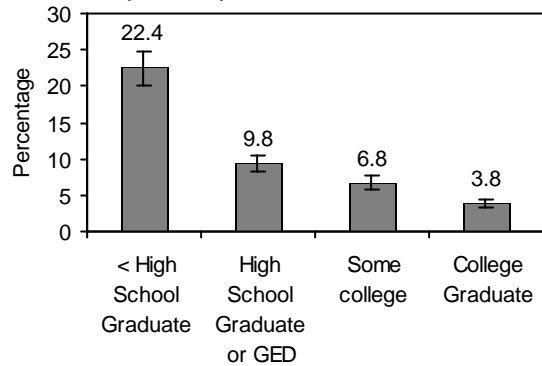
In New Mexico,

- ❖ 9.5% of adults reported that they rarely or never get the social or emotional support they need.
- ❖ The percentage of Hispanics (13.7%), Native Americans (10.8%), and Others (11.7%) who rarely or never get the social or emotional support they need was higher than the percentage of White non-Hispanics (6.0%).
- ❖ The percentage of adults who rarely or never get the social and emotional support they need was highest in those with lower income and education.
- ❖ The percentage of adults who rarely or never get the social and emotional support they need was similar in most age groups, except in the youngest group (18-24 years) where it was lower and in the oldest age group (75+), where it was highest.

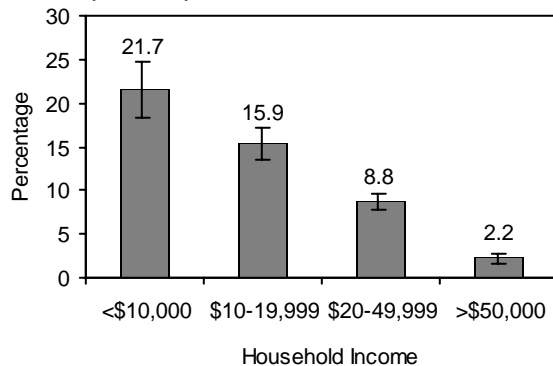
Percentage of Adults Who Rarely or Never Get the Support They Need, by Race/Ethnicity. New Mexico, 2000.



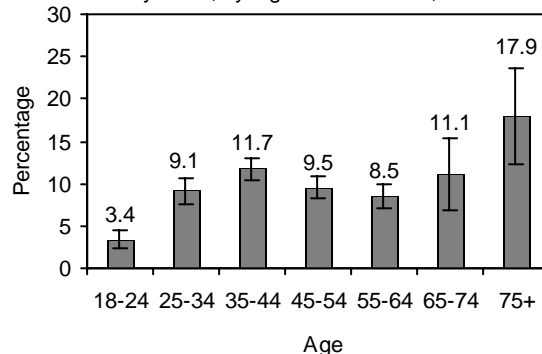
Percentage of Adults Who Rarely or Never Get the Support They Need, by Education. New Mexico, 2000.



Percentage of Adults Who Rarely or Never Get the Support They Need, by Household Income. New Mexico, 2000.



Percentage of Adults Who Rarely or Never Get the Support They Need, by Age. New Mexico, 2000.



## Social and Emotional Support

Table 5. Percentage of New Mexicans who rarely or never get the social or emotional support they need

	Total Number Who Responded †	Weighted Percent (%) x <sup>7</sup>	95% Confidence Interval
<b>TOTAL</b>	3,163	9.6	± 1.2
<b>GENDER</b>			
Males	1,417	10.6	± 1.9
Females	1,746	8.8	± 1.5
<b>AGE</b>			
18-24	280	3.4	± 2.2
25-34	498	9.1	± 3.2
35-44	728	11.7	± 2.7
45-54	644	9.5	± 2.6
55-64	442	8.5	± 2.8
65-74	331	11.1	± 4.2
75+	233	17.9	± 5.7
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,682	6.0	± 1.4
Hispanic	1,209	13.7	± 2.2
Native American	127	11.7	± 6.2
Other	122	10.8	± 5.9
<b>EDUCATION</b>			
Less than High School Graduate	491	22.4	± 4.6
High School Graduate or G.E.D.	858	9.8	± 2.2
Some College	866	6.8	± 1.8
College Graduate	949	3.8	± 1.2
<b>INCOME</b>			
Less than \$10,000	240	21.7	± 6.3
\$10-19,999	558	15.9	± 3.6
\$20-49,999	1,352	8.8	± 1.8
\$50,000 or more	741	2.2	± 1.1
<b>EMPLOYMENT</b>			
Employed	1,949	7.6	± 1.4
Unemployed	125	15.8	± 7.6
Other**	1,082	12.7	± 2.3
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	510	9.4	± 2.8
NE (HD II)	545	6.8	± 2.4
SW (HD III)	640	11.3	± 2.7
SE (HD IV)	524	11.1	± 3.6
Bernalillo County	938	9.4	± 2.2

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

x<sup>7</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Disability

Question 1: "Are you limited in any way in **any activities** because of any impairment or health problem?"

Question 2: "Are you limited in the **kind or amount of work** you can do because of any impairment or health problem?"

Question 3: "Because of any impairment or health problem, do you have **any trouble learning, remembering, or concentrating?**"

Question 4: "If you use **special equipment** or help from others to get around, what type do you use?"

Question 5: "Because of any impairment or health problem, do you need the help of other persons with your personal care needs, such as eating, bathing, dressing, or getting around the house?"

Question 6: "Because of any impairment or health problem, do you need the help of other persons in handling your routine needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes?"

Research has shown that people with disabilities are at higher risk for developing additional disabilities or secondary conditions associated with their disability<sup>3,4</sup> and that many of these additional health conditions can be prevented. Health care costs for people with disabilities are four times higher than for those without disabilities<sup>5</sup>, and the social, employment, personal, family and community costs are difficult to measure.

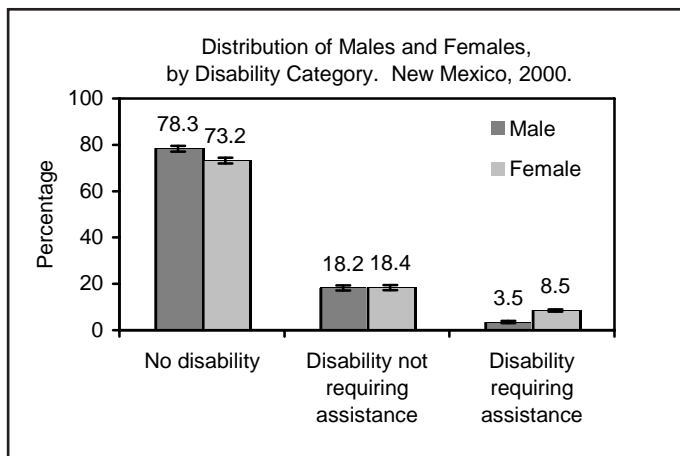
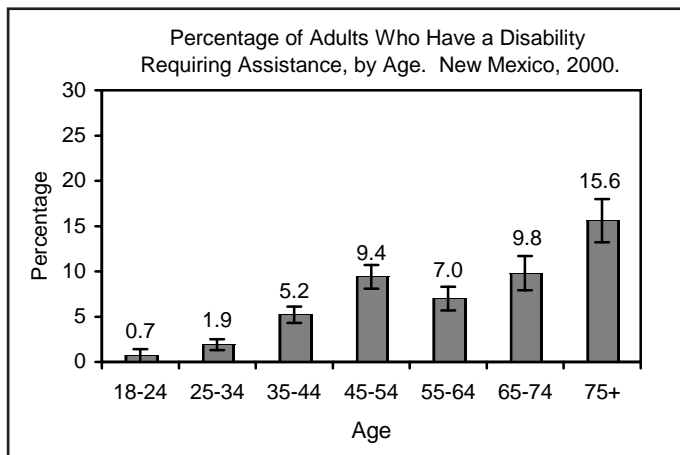
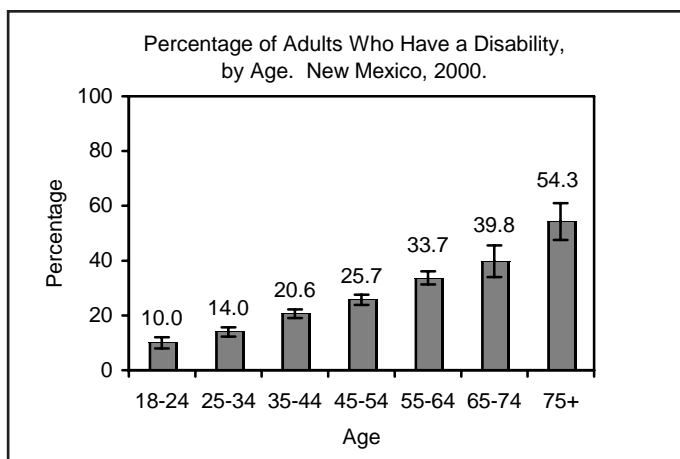
Questions 1-4 above, which address different types of physical and mental limitations, were used to define disability. Respondents answering "Yes" to any of the questions were categorized as having a disability. Questions 5 and 6 were used to group people with disabilities into two sub-groups<sup>6</sup> - those with disabilities not requiring assistance and those with disabilities requiring assistance.

In New Mexico,

- ❖ 24.4% of adults had a disability and 6.0% reported that they required assistance from others for their daily needs.

- ❖ Rates of disability increased with age.

- ❖ Females were about twice as likely to have disabilities requiring assistance as males. This increased risk in females occurred across all age groups and therefore is not related to the longer average lifespan of women.



# Disability

Table 6. Percentage of New Mexicans who have a disability (“Yes” to any of the Disability questions #1-4, pg. 18)

	Total Number Who Responded †	Weighted Percent (%) <sup>⌘</sup>	95% Confidence Interval
TOTAL	3,211	24.4	± 1.6
<b>GENDER</b>			
Males	1,455	21.8	± 2.3
Females	1,756	26.9	± 2.3
<b>AGE</b>			
18-24	279	10.0	± 3.9
25-34	500	14.0	± 3.3
35-44	733	20.6	± 3.2
45-54	651	25.7	± 3.8
55-64	447	33.7	± 4.8
65-74	337	39.8	± 5.8
75+	257	54.3	± 6.7
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,703	27.0	± 2.3
Hispanic	1,232	21.9	± 2.5
Native American	127	15.3	± 7.1
Other	126	28.0	± 8.8
<b>EDUCATION</b>			
Less than High School Graduate	508	33.1	± 4.6
High School Graduate or G.E.D.	860	23.6	± 3.0
Some College	876	23.0	± 3.1
College Graduate	962	21.0	± 2.8
<b>INCOME</b>			
Less than \$10,000	227	45.3	± 7.4
\$10-19,999	566	31.7	± 4.4
\$20-49,999	1,366	22.7	± 2.4
\$50,000 or more	748	14.4	± 2.8
<b>EMPLOYMENT</b>			
Employed	1,969	14.5	± 1.7
Unemployed	124	29.6	± 9.0
Other**	1,113	42.2	± 3.3
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	510	23.2	± 4.0
NE (HD II)	552	21.6	± 3.7
SW (HD III)	655	25.5	± 3.6
SE (HD IV)	532	26.6	± 4.2
Bernalillo County	956	24.7	± 3.0

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

⌘ For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.

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\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Disability

Table 7. Percentage of New Mexicans who have any impairment or health problem that limits any of their normal activities (Disability question #1)

	Total Number Who Responded †	Weighted Percent (%) <sup>✕</sup>	95% Confidence Interval
TOTAL	3,217	16.7	± 1.4
GENDER			
Males	1,457	14.7	± 1.9
Females	1,760	18.5	± 2.0
AGE			
18-24	279	4.6	± 2.8
25-34	501	7.8	± 2.5
35-44	735	14.6	± 2.8
45-54	651	19.5	± 3.4
55-64	447	24.9	± 4.3
65-74	339	28.0	± 5.4
75+	258	34.1	± 6.4
RACE/ETHNICITY			
White, non-Hispanic	1,706	19.4	± 2.0
Hispanic	1,226	14.4	± 2.1
Native American	126	7.7	± 5.1
Other	127	16.4	± 6.6
EDUCATION			
Less than High School Graduate	510	20.1	± 3.9
High School Graduate or G.E.D.	861	14.9	± 2.4
Some College	877	16.8	± 2.7
College Graduate	963	16.0	± 2.5
INCOME			
Less than \$10,000	246	29.6	± 6.4
\$10-19,999	568	20.4	± 3.8
\$20-49,999	1,367	15.3	± 2.0
\$50,000 or more	749	11.5	± 2.4
EMPLOYMENT			
Employed	1,970	9.5	± 1.4
Unemployed	124	18.6	± 7.7
Other**	1,117	29.8	± 3.0
REGION (NM Health Districts, see map in Appendix II) <sup>§</sup>			
NW (HD I)	511	16.6	± 3.5
NE (HD II)	552	15.6	± 3.3
SW (HD III)	656	16.4	± 3.0
SE (HD IV)	533	17.2	± 3.6
Bernalillo County	959	17.2	± 2.6

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

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\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Disability

Table 8. Percentage of New Mexicans limited in the kind or amount of work they can do because of any impairment or health problem (Disability question #2)

	Total Number Who Responded †	Weighted Percent (%) x <sup>7</sup>	95% Confidence Interval
TOTAL	3,217	18.0	± 1.4
<b>GENDER</b>			
Males	1,458	15.4	± 2.0
Females	1,759	20.5	± 2.0
<b>AGE</b>			
18-24	280	4.9	± 3.0
25-34	501	7.8	± 2.5
35-44	732	13.2	± 2.7
45-54	653	20.2	± 3.4
55-64	448	27.3	± 4.4
65-74	337	34.9	± 5.7
75+	259	43.4	± 6.6
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,706	20.5	± 2.0
Hispanic	1,235	15.8	± 2.2
Native American	127	11.5	± 6.3
Other	117	17.6	± 6.6
<b>EDUCATION</b>			
Less than High School Graduate	509	23.8	± 4.1
High School Graduate or G.E.D.	861	18.4	± 2.7
Some College	879	17.0	± 2.7
College Graduate	963	14.8	± 2.4
<b>INCOME</b>			
Less than \$10,000	247	36.7	± 6.9
\$10-19,999	567	24.3	± 4.0
\$20-49,999	1,368	16.4	± 2.1
\$50,000 or more	749	9.1	± 2.1
<b>EMPLOYMENT</b>			
Employed	1,971	9.0	± 1.3
Unemployed	125	22.1	± 8.1
Other**	1,105	34.4	± 3.1
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	511	16.9	± 3.4
NE (HD II)	553	16.7	± 3.3
SW (HD III)	657	18.7	± 3.2
SE (HD IV)	531	20.4	± 3.8
Bernalillo County	959	17.7	± 2.6

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

x<sup>7</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

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# Disability

Table 9. Percentage of New Mexicans who have trouble learning, remembering, or concentrating due to any impairment or health problem (Disability question #3)

	Total Number Who Responded †	Weighted Percent (%) × <sup>1</sup>	95% Confidence Interval
TOTAL	3,217	8.5	± 1.1
<b>GENDER</b>			
Males	1,457	7.3	± 1.6
Females	1,760	9.7	± 1.6
<b>AGE</b>			
18-24	280	5.8	± 3.1
25-34	500	6.3	± 2.3
35-44	734	9.3	± 2.4
45-54	652	10.1	± 2.7
55-64	448	8.9	± 2.9
65-74	339	6.6	± 2.8
75+	247	15.9	± 5.0
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,704	7.7	± 1.4
Hispanic	1,235	9.5	± 1.8
Native American	128	5.3	± 4.7
Other	126	11.9	± 7.0
<b>EDUCATION</b>			
Less than High School Graduate	510	15.2	± 3.5
High School Graduate or G.E.D.	862	8.5	± 2.0
Some College	877	7.8	± 2.0
College Graduate	962	4.9	± 1.5
<b>INCOME</b>			
Less than \$10,000	249	22.5	± 6.0
\$10-19,999	567	11.2	± 2.9
\$20-49,999	1,367	7.7	± 1.6
\$50,000 or more	748	3.3	± 1.6
<b>EMPLOYMENT</b>			
Employed	1,970	4.8	± 1.0
Unemployed	125	13.7	± 7.0
Other**	1,116	14.9	± 2.4
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	512	7.1	± 2.4
NE (HD II)	553	8.8	± 2.5
SW (HD III)	657	9.6	± 2.5
SE (HD IV)	533	10.2	± 3.0
Bernalillo County	956	7.5	± 1.9

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>1</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

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# Disability

Table 10. Percentage of New Mexicans who use special equipment due to an any impairment or health problem (Disability question #4)

	Total Number Who Responded †	Weighted Percent (%) x <sup>‡</sup>	95% Confidence Interval
TOTAL	3,199	5.2	± 0.8
<b>GENDER</b>			
Males	1,449	4.1	± 1.1
Females	1,750	6.1	± 1.2
<b>AGE</b>			
18-24	279	0.5	± 1.0
25-34	500	1.9	± 1.4
35-44	733	2.0	± 1.1
45-54	649	4.4	± 1.9
55-64	446	7.3	± 2.6
65-74	333	10.4	± 3.6
75+	252	26.0	± 6.0
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,696	6.1	± 1.2
Hispanic	1,231	4.3	± 1.2
Native American	126	3.1	± 3.6
Other	123	3.9	± 3.2
<b>EDUCATION</b>			
Less than High School Graduate	538	8.0	± 2.6
High School Graduate or G.E.D.	853	4.6	± 1.3
Some College	875	5.2	± 1.6
College Graduate	957	3.8	± 1.3
<b>INCOME</b>			
Less than \$10,000	245	12.0	± 4.2
\$10-19,999	562	7.6	± 2.4
\$20-49,999	1,361	3.9	± 1.1
\$50,000 or more	747	2.4	± 1.2
<b>EMPLOYMENT</b>			
Employed	1,965	1.3	± 0.5
Unemployed	124	3.9	± 3.4
Other**	1,104	12.7	± 2.1
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	509	4.0	± 1.7
NE (HD II)	549	4.1	± 1.7
SW (HD III)	653	6.3	± 2.0
SE (HD IV)	528	7.0	± 2.5
Bernalillo County	955	4.5	± 1.3

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

x<sup>‡</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

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\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Disability

Table 11. Percentage of New Mexicans who require care for personal or routine needs because of an impairment or health problem (“Yes” to either Question #5 or #6)

	Total Number Who Responded †	Weighted Percent (%) <sup>∧</sup>	95% Confidence Interval
TOTAL	3,206	6.0	± 0.8
<b>GENDER</b>			
Males	1,453	3.5	± 1.0
Females	1,753	8.5	± 1.4
<b>AGE</b>			
18-24	279	0.7	± 1.3
25-34	500	1.9	± 1.2
35-44	732	5.2	± 1.7
45-54	650	9.4	± 2.6
55-64	446	7.0	± 2.5
65-74	336	9.8	± 3.8
75+	256	15.6	± 4.7
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,701	5.8	± 1.2
Hispanic	1,230	6.5	± 1.5
Native American	126	3.8	± 3.8
Other	126	5.1	± 3.8
<b>EDUCATION</b>			
Less than High School Graduate	547	9.8	± 2.8
High School Graduate or G.E.D.	861	5.5	± 1.5
Some College	877	5.9	± 1.7
College Graduate	962	4.2	± 1.4
<b>INCOME</b>			
Less than \$10,000	245	11.8	± 4.0
\$10-19,999	565	8.3	± 2.5
\$20-49,999	1,364	5.0	± 1.3
\$50,000 or more	748	3.2	± 1.4
<b>EMPLOYMENT</b>			
Employed	1,966	2.1	± 0.7
Unemployed	124	6.9	± 4.4
Other**	1,117	13.3	± 2.2
<b>REGION (NM Health Districts, see map in Appendix II) <sup>§</sup></b>			
NW (HD I)	510	5.6	± 2.0
NE (HD II)	550	6.4	± 2.2
SW (HD III)	654	5.9	± 1.8
SE (HD IV)	530	7.0	± 2.6
Bernalillo County	956	5.7	± 1.6

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

<sup>∧</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

<sup>§</sup> For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

## Disability

Table 12. Percentage of New Mexicans who said that on at least 10 days during the past month, pain made it hard for them to carry out their normal activities

	Total Number Who Responded †	Weighted Percent (%) × <sup>‡</sup>	95% Confidence Interval
<b>TOTAL</b>	3,182	11.3	± 1.2
<b>GENDER</b>			
Males	1,446	9.3	± 1.6
Females	1,736	13.2	± 1.8
<b>AGE</b>			
18-24	279	3.4	± 2.5
25-34	500	7.6	± 2.9
35-44	734	8.9	± 2.3
45-54	647	14.4	± 3.1
55-64	442	15.8	± 3.6
65-74	326	18.0	± 4.5
75+	247	20.0	± 5.5
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,693	11.6	± 1.7
Hispanic	1,217	11.3	± 1.9
Native American	125	7.6	± 5.2
Other	123	9.0	± 5.0
<b>EDUCATION</b>			
Less than High School Graduate	498	15.2	± 3.4
High School Graduate or G.E.D.	844	11.0	± 2.2
Some College	872	12.0	± 2.6
College Graduate	964	8.4	± 1.9
<b>INCOME</b>			
Less than \$10,000	232	26.2	± 6.4
\$10-19,999	548	13.8	± 3.1
\$20-49,999	1,363	10.3	± 1.9
\$50,000 or more	747	5.8	± 1.8
<b>EMPLOYMENT</b>			
Employed	1,964	6.4	± 1.3
Unemployed	123	10.1	± 5.2
Other**	1,090	20.7	± 2.6
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	507	9.8	± 2.9
NE (HD II)	547	12.1	± 3.0
SW (HD III)	648	11.4	± 2.5
SE (HD IV)	519	11.7	± 3.0
Bernalillo County	955	11.4	± 2.4

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>‡</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.

For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Disability

Table 13. Percentage of New Mexicans who said that on at least 10 days during the past month, they were sad, blue, or depressed

	Total Number Who Responded †	Weighted Percent (%) × <sup>1</sup>	95% Confidence Interval
TOTAL	3,153	11.3	± 1.2
<b>GENDER</b>			
Males	1,432	7.5	± 1.4
Females	1,721	15.0	± 2.0
<b>AGE</b>			
18-24	278	10.1	± 4.3
25-34	498	12.0	± 3.0
35-44	722	11.7	± 2.6
45-54	642	13.8	± 3.1
55-64	439	10.1	± 2.9
65-74	324	8.5	± 3.4
75+	243	10.2	± 4.0
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,674	10.5	± 1.7
Hispanic	1,209	13.2	± 2.0
Native American	124	7.9	± 5.7
Other	124	7.2	± 4.2
<b>EDUCATION</b>			
Less than High School Graduate	490	16.7	± 3.5
High School Graduate or G.E.D.	833	11.2	± 2.3
Some College	872	11.4	± 2.4
College Graduate	952	8.0	± 2.1
<b>INCOME</b>			
Less than \$10,000	239	23.5	± 6.1
\$10-19,999	552	19.8	± 3.8
\$20-49,999	1,350	9.1	± 1.7
\$50,000 or more	744	6.5	± 2.0
<b>EMPLOYMENT</b>			
Employed	1,946	8.9	± 1.4
Unemployed	125	17.6	± 7.3
Other**	1,077	15.3	± 2.5
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	498	10.0	± 2.8
NE (HD II)	547	11.6	± 3.3
SW (HD III)	638	13.7	± 2.9
SE (HD IV)	519	11.9	± 3.1
Bernalillo County	946	10.0	± 2.1

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>1</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

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# Disability

Table 14. Percentage of New Mexicans who said that on at least 10 days during the past month, they were worried, tense, or anxious

	Total Number Who Responded †	Weighted Percent (%) x <sup>‡</sup>	95% Confidence Interval
TOTAL	3,144	20.9	± 1.6
<b>GENDER</b>			
Males	1,429	15.4	± 2.1
Females	1,715	26.1	± 2.4
<b>AGE</b>			
18-24	276	20.5	± 5.7
25-34	497	24.7	± 4.2
35-44	724	24.3	± 3.4
45-54	639	22.1	± 3.6
55-64	440	17.0	± 3.8
65-74	321	11.8	± 3.9
75+	240	15.4	± 4.8
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,662	21.7	± 2.3
Hispanic	1,221	21.0	± 2.6
Native American	125	16.4	± 7.5
Other	123	15.2	± 7.0
<b>EDUCATION</b>			
Less than High School Graduate	488	23.7	± 4.3
High School Graduate or G.E.D.	739	20.7	± 3.0
Some College	864	21.3	± 3.3
College Graduate	947	19.0	± 2.9
<b>INCOME</b>			
Less than \$10,000	241	31.3	± 6.9
\$10-19,999	549	27.9	± 4.4
\$20-49,999	1,341	18.8	± 2.4
\$50,000 or more	741	18.0	± 3.1
<b>EMPLOYMENT</b>			
Employed	1,940	19.8	± 2.0
Unemployed	125	24.1	± 8.4
Other**	1,074	22.7	± 3.0
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	492	22.8	± 4.3
NE (HD II)	540	23.4	± 4.3
SW (HD III)	640	21.8	± 3.6
SE (HD IV)	518	18.9	± 3.8
Bernalillo County	948	19.0	± 2.9

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# Disability

Table 15. Percentage of New Mexicans who said that on at least 10 days during the past month, they did not get enough rest or sleep

	Total Number Who Responded †	Weighted Percent (%) x <sup>7</sup>	95% Confidence Interval
TOTAL	3,174	32.0	± 1.9
<b>GENDER</b>			
Males	1,441	27.4	± 2.7
Females	1,733	36.4	± 2.7
<b>AGE</b>			
18-24	279	43.9	± 7.0
25-34	500	41.3	± 4.8
35-44	727	33.5	± 1.7
45-54	644	33.7	± 4.2
55-64	442	21.1	± 4.1
65-74	332	15.1	± 4.2
75+	243	13.2	± 4.6
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,685	32.9	± 2.6
Hispanic	1,221	32.5	± 3.0
Native American	122	22.9	± 9.6
Other	124	29.1	± 9.2
<b>EDUCATION</b>			
Less than High School Graduate	495	29.9	± 4.8
High School Graduate or G.E.D.	848	29.4	± 3.5
Some College	870	39.5	± 3.8
College Graduate	956	28.7	± 3.3
<b>INCOME</b>			
Less than \$10,000	243	38.1	± 7.6
\$10-19,999	557	30.9	± 4.5
\$20-49,999	1,359	33.3	± 3.0
\$50,000 or more	743	30.7	± 3.7
<b>EMPLOYMENT</b>			
Employed	1,955	32.6	± 2.4
Unemployed	125	39.1	± 10.1
Other**	1,088	30.2	± 3.3
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	503	32.8	± 4.8
NE (HD II)	547	29.9	± 4.6
SW (HD III)	649	32.0	± 4.0
SE (HD IV)	522	30.3	± 4.6
Bernalillo County	947	33.6	± 3.6

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

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# Health Care Coverage

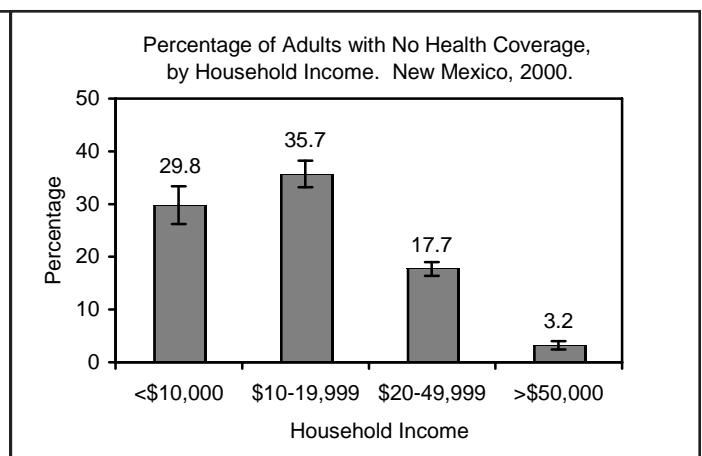
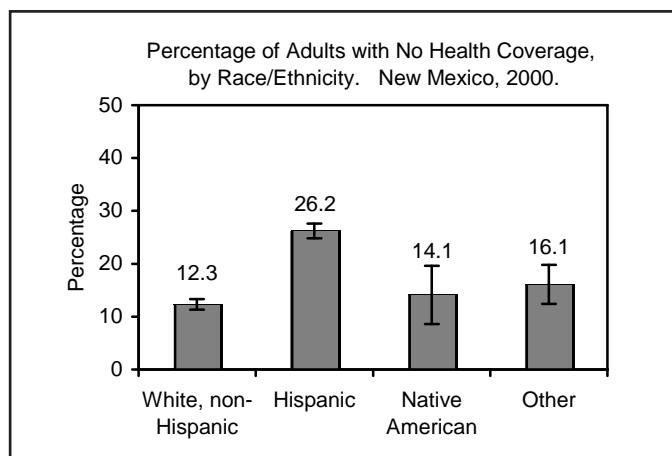
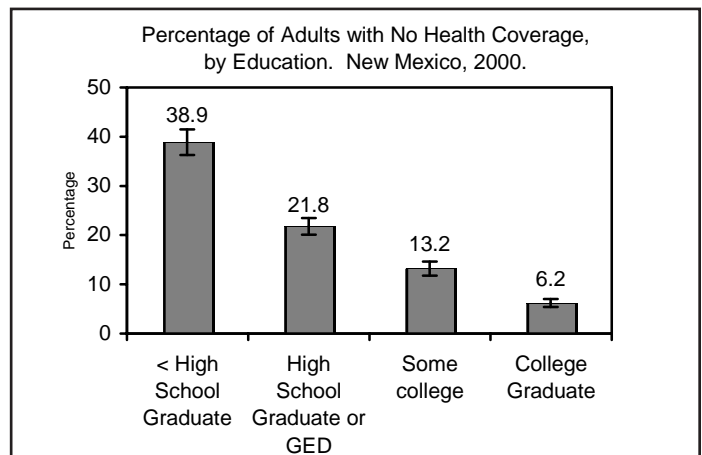
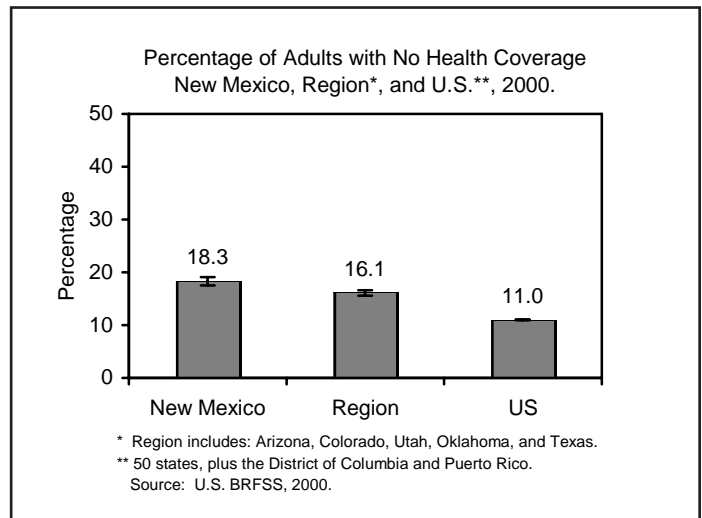
Question 1: "Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?"

Question 2: "There are some types of coverage you may not have considered. Please tell me if you have any of the following? Coverage through: Your employer; someone else's employer; a plan that you or someone else buys on your own; Medicare; Medicaid or Medical Assistance; the military, CHAMPUS, or the VA; the Indian Health Service; or some other source."

Lack of health insurance coverage has been associated with increased mortality <sup>7</sup> and with delayed access to health care <sup>8</sup>. To make sure that all possible sources of health care coverage were considered, both questions were used. Respondents answering "Yes" to either of these questions were counted as having health care coverage.

In New Mexico,

- ❖ 18.3% of adults were without health care coverage. This percentage was higher than the percentage for the Region (16.1%) or the U.S. (11.0%).
- ❖ Adults with no health care coverage were more likely to have lower education and income, and be unemployed.
- ❖ Lack of health care coverage was more frequent among Hispanics (26.2%) than it was among the other three racial/ethnic groups (12.3%, 14.1%, 16.1%).



# Health Care Coverage

Table 16. Percentage of New Mexicans without health care coverage

	Total Number Who Responded †	Weighted Percent (%) x <sup>∇</sup>	95% Confidence Interval
TOTAL	3,231	18.3	± 1.6
<b>GENDER</b>			
Males	1,459	19.9	± 2.6
Females	1,772	16.8	± 2.1
<b>AGE</b>			
18-24	279	28.0	± 6.4
25-34	498	29.1	± 4.7
35-44	745	22.6	± 3.4
45-54	654	16.3	± 3.3
55-64	448	9.4	± 2.9
65-74	338	0.3	± 0.7
75+	262	0.8	± 1.2
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,713	12.3	± 2.0
Hispanic	1,239	26.2	± 2.8
Native American	129	14.1	± 11.0
Other	127	16.1	± 7.4
<b>EDUCATION</b>			
Less than High School Graduate	515	38.9	± 5.2
High School Graduate or G.E.D.	865	21.8	± 3.3
Some College	880	13.2	± 2.7
College Graduate	967	6.2	± 1.6
<b>INCOME</b>			
Less than \$10,000	246	29.8	± 7.1
\$10-19,999	570	35.7	± 4.9
\$20-49,999	1,378	17.7	± 2.5
\$50,000 or more	750	3.2	± 1.5
<b>EMPLOYMENT</b>			
Employed	1,976	19.6	± 2.2
Unemployed	124	44.0	± 10.3
Other**	1,123	12.6	± 2.3
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	515	12.0	± 4.3
NE (HD II)	556	17.0	± 3.9
SW (HD III)	655	23.3	± 3.8
SE (HD IV)	534	22.9	± 4.2
Bernalillo County	962	16.4	± 2.9

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

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# Health Care Access

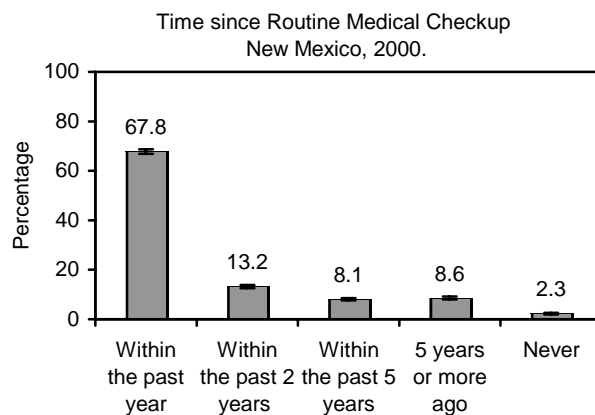
Question 1: "About how long has it been since you last visited a doctor for a routine checkup?"

Answers: "Within the past year", "Within the past two years", "Within the past 5 years", "5 or more years ago", or "Never".

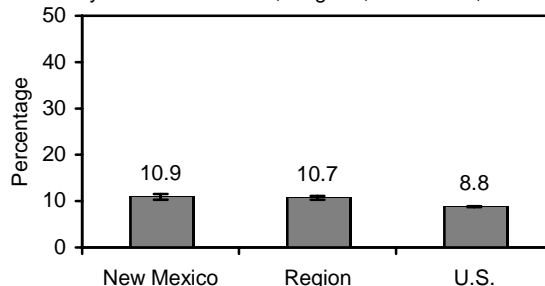
A yearly medical checkup by a qualified health provider is recommended for good health maintenance.

In New Mexico,

- ❖ *More than two out of three adults (67.8%) had a medical checkup within the past year. However, 10.9% of New Mexican adults had not had a checkup in 5 years. This was higher than the rate for the U.S. (8.8%) but not statistically different from the rate for the Region (10.7%).*
- ❖ *Males (15.8%) were more than twice as likely as females (6.3%) to have not had a medical checkup in the past 5 years.*
- ❖ *Those with lower education and income were more likely to have not had a medical checkup within the past 5 years.*

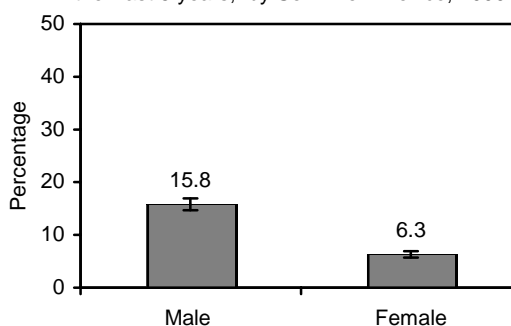


Percentage of Adults Without a Medical Checkup in the Past 5 years. New Mexico, Region\*, and U.S.\*\*, 2000.

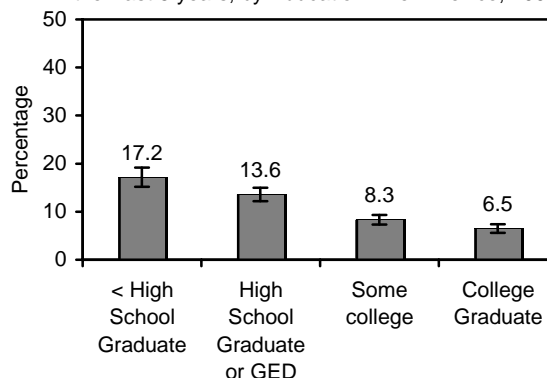


\* Region includes: Arizona, Colorado, Utah, Oklahoma, and Texas.  
\*\* 50 states, plus the District of Columbia and Puerto Rico.  
Source: U.S. BRFSS, 2000.

Percentage of Adults Without a Medical Checkup in the Past 5 years, by Sex. New Mexico, 2000.



Percentage of Adults Without a Medical Checkup in the Past 5 years, by Education. New Mexico, 2000.



# Health Care Access

Table 17. Percentage of New Mexicans without a routine medical checkup in the past 5 years

	Total Number Who Responded †	Weighted Percent (%) × <sup>†</sup>	95% Confidence Interval
TOTAL	3,218	10.9	± 1.3
<b>GENDER</b>			
Males	1,454	15.8	± 2.2
Females	1,764	6.3	± 1.2
<b>AGE</b>			
18-24	278	8.9	± 3.5
25-34	498	15.5	± 3.8
35-44	753	14.4	± 3.0
45-54	649	12.4	± 3.0
55-64	447	5.8	± 2.3
65-74	338	4.2	± 2.2
75+	258	3.9	± 2.5
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,706	9.3	± 1.7
Hispanic	1,237	13.5	± 2.2
Native American	126	5.1	± 4.0
Other	125	11.0	± 6.1
<b>EDUCATION</b>			
< High School Graduate	509	17.2	± 4.0
High School Graduate or G.E.D.	864	13.6	± 2.7
Some College	880	8.3	± 2.0
College Graduate	961	6.5	± 1.7
<b>INCOME</b>			
<\$10,000	245	10.2	± 4.4
\$10-19,999	568	15.1	± 3.3
\$20-49,999	1,372	12.3	± 2.2
\$50,000 or more	746	6.1	± 1.9
<b>EMPLOYMENT</b>			
Employed	1,969	13.9	± 1.8
Unemployed	123	9.7	± 6.2
Other**	1,118	5.4	± 1.4
<b>DISTRICT (map in Appendix II) §</b>			
I	511	10.0	± 3.0
II	554	8.7	± 3.1
III	656	14.0	± 3.0
IV	531	13.7	± 3.7
Bernalillo County	957	8.7	± 2.0

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

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# Health Care Access

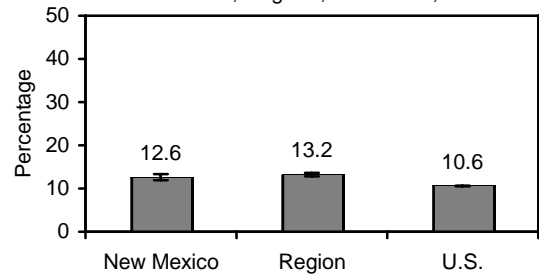
Question: "Was there a time during the last 12 months when you needed to see a doctor but could not because of the cost?"

A person's ability and willingness to access health care is influenced by many factors, including cost.

In New Mexico,

- ❖ 12.6% of adults did not visit a doctor when they needed to within the past year because of cost. This was not statistically different from the percentage for the Region (13.2%) but was higher than the percentage for the U.S. (10.6%).
- ❖ Rates of not visiting a doctor when needed because of cost were higher among those with lower education and income.
- ❖ Rates of not visiting a doctor when needed were higher among Hispanics (17.8%) and Others (19.7%) than they were among White non-Hispanics (8.0%) and Native Americans (10.0%)

Percentage of Adults Who Did Not Visit a Doctor During the Past Year When Needed Because of Cost. New Mexico, Region\*, and U.S.\*\*, 2000.

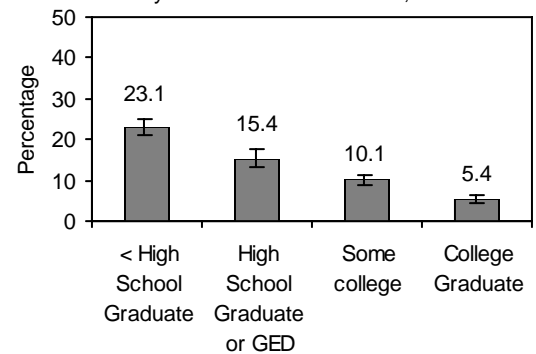


\* Region includes: Arizona, Colorado, Utah, Oklahoma, and Texas.

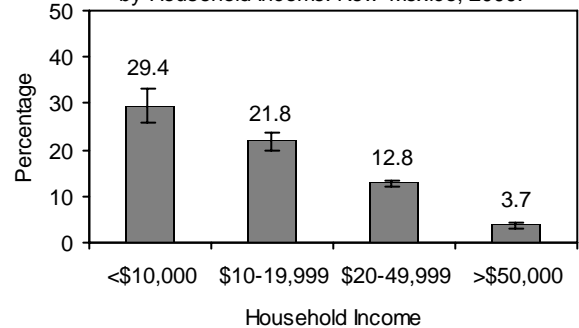
\*\* 50 states, plus the District of Columbia and Puerto Rico.

Source: U.S. BRFSS, 2000.

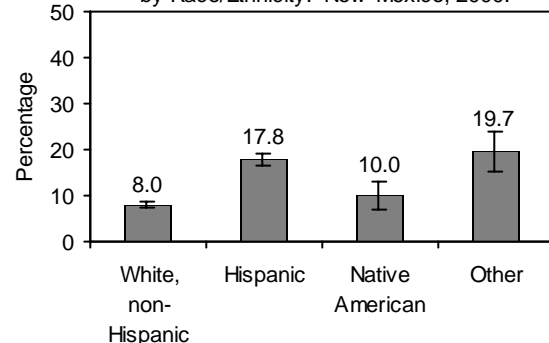
Percentage of Adults Who Did Not Visit Doctor During the Past Year When Needed Because of Cost, by Education. New Mexico, 2000.



Percentage of Adults Who Did Not Visit A Doctor During the Past Year When Needed Because of Cost, by Household Income. New Mexico, 2000.



Percentage of Adults Who Did Not Visit Doctor During the Past Year When Needed Because of Cost, by Race/Ethnicity. New Mexico, 2000.



# Health Care Access

Table 18. Percentage of New Mexicans who did not visit a doctor in the past year when needed because of cost

	Total Number Who Responded †	Weighted Percent (%) × <sup>1</sup>	95% Confidence Interval
TOTAL	3,246	12.6	± 1.3
<b>GENDER</b>			
Males	1,468	9.8	± 1.7
Females	1,778	15.2	± 2.0
<b>AGE</b>			
18-24	283	11.6	± 4.1
25-34	502	18.4	± 3.9
35-44	747	17.3	± 3.0
45-54	655	11.5	± 2.7
55-64	451	7.7	± 2.7
65-74	339	4.9	± 3.5
75+	262	4.7	± 2.7
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,716	8.0	± 1.5
Hispanic	1,250	17.8	± 2.4
Native American	129	10.0	± 5.7
Other	127	19.7	± 8.5
<b>EDUCATION</b>			
Less than High School Graduate	518	23.1	± 4.2
High School Graduate or G.E.D.	869	15.4	± 2.7
Some College	886	10.1	± 2.3
College Graduate	967	5.4	± 1.6
<b>INCOME</b>			
Less than \$10,000	248	29.4	± 7.3
\$10-19,999	574	21.8	± 3.8
\$20-49,999	1,380	12.8	± 2.1
\$50,000 or more	751	3.7	± 1.2
<b>EMPLOYMENT</b>			
Employed	1,986	11.8	± 1.6
Unemployed	125	27.9	± 9.3
Other**	1,126	12.3	± 2.3
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	515	9.3	± 2.8
NE (HD II)	558	12.1	± 2.9
SW (HD III)	660	17.5	± 3.4
SE (HD IV)	539	14.8	± 3.5
Bernalillo County	965	10.0	± 2.4

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

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# Women's Health

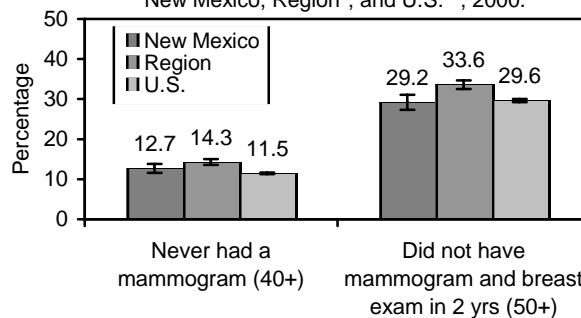
Question: "A mammogram is an X-ray of each breast to look for breast cancer. Have you ever had a mammogram?"

Question: "How long has it been since your last mammogram?"

Question: "A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a breast exam?"

Question: "How long has it been since your last breast exam?"

Percentage of Women Not Screened for Breast Cancer. New Mexico, Region\*, and U.S.\*\*, 2000.



\* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.

\*\* 50 states, plus the District of Columbia and Puerto Rico.

Source: U.S. BRFSS, 2000.

Breast cancer is the second leading cause of cancer death among women in the U.S. and the most commonly diagnosed form of cancer <sup>8</sup>. Along with monthly breast self-exams, clinical breast exams and mammography are important tools for reducing mortality from breast cancer.

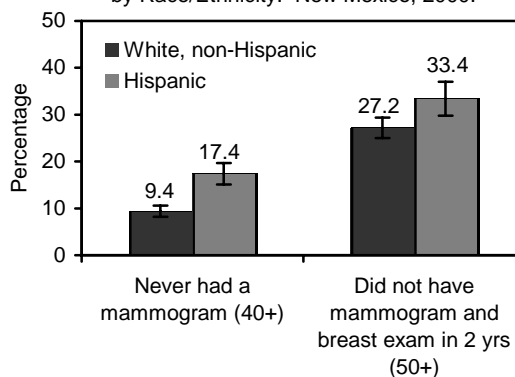
In New Mexico,

- ❖ 12.7% of women 40 years of age and older had never had a mammogram. This was not statistically different from the percentage for the U.S. (11.5%) or the Region (14.3%). Furthermore, 29.2% of women age 50 and older had not had a mammogram and clinical breast exam in the previous two years. This is lower than the percentage for the Region (33.6%) but not statistically different from the percentage for the U.S. (29.6%).

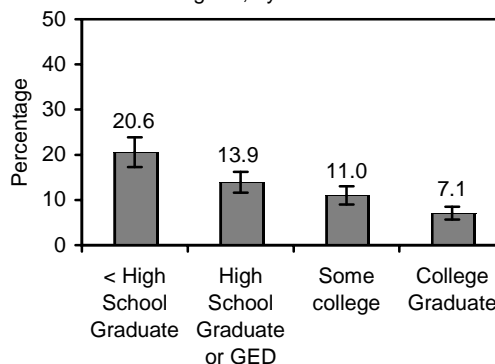
- ❖ White non-Hispanic women had higher rates of breast cancer screening than Hispanic women (both criteria).

- ❖ Rates of never having had a mammogram in women age 40 and older declined with education and income.

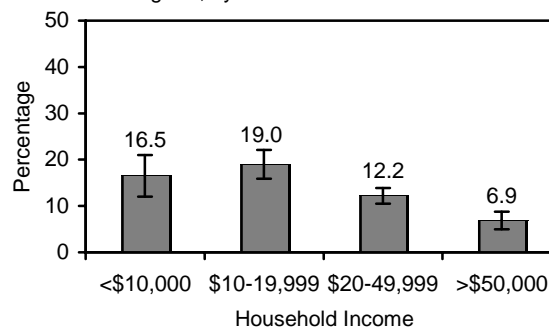
Percentage of Women Not Screened for Breast Cancer, by Race/Ethnicity. New Mexico, 2000.



Percentage of Women Age 40 and Older Who Have Never Had a Mammogram, by Education. New Mexico, 2000.



Percentage of Women Age 40 and Older Who Have Never Had a Mammogram, by Household Income. New Mexico, 2000.



# Women's Health

Question: "A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear"

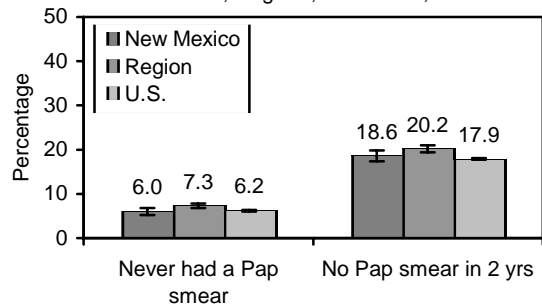
Question: "How long has it been since your last Pap smear?"

The human papillomavirus (HPV) is the major cause of cervical cancer in women <sup>9</sup>. HPV infections are sexually transmitted and risk increases with the number of sexual partners <sup>10</sup>. The Pap test, which detects cellular changes in the cervix indicative of HPV infection <sup>11</sup>, is used to identify women at higher risk for developing cervical cancer. Yearly Pap tests are recommended for all sexually-active women. Data presented are for women with an intact cervix.

In New Mexico,

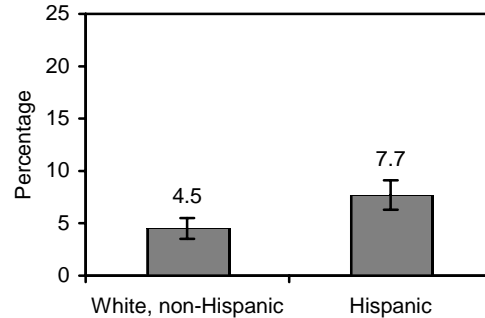
- ❖ 6.0% of women had never had a Pap smear. This was not statistically different from the percentage for the Region (7.3%) and for the U.S. (6.2%). Furthermore, 18.6% of women had not had a Pap smear in two years. This was also not statistically different from the percentage for the Region (20.2%) or for the U.S. (17.9%).
- ❖ Rates of never having had a Pap smear were not statistically different among the different racial/ethnic groups
- ❖ Rates of cervical cancer screening increased with education and income.

Percentage of Women Not Screened for Cervical Cancer. New Mexico, Region\*, and U.S.\*\*, 2000.

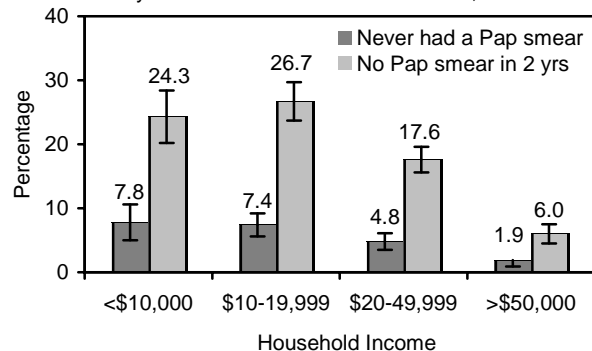


\* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.  
 \*\* 50 states, plus the District of Columbia and Puerto Rico.  
 Source: U.S. BRFSS, 2000.

Percentage of Women Who Never Had a Pap Smear, by Race/Ethnicity. New Mexico, 2000.



Percentage of Women Who Never Had a Pap Smear, by Household Income. New Mexico, 2000.



# Women's Health

Table 19. Percentage of New Mexican women age 40 and older who never had a mammogram

	Total Number Who Responded †	Weighted Percent (%) x <sup>‡</sup>	95% Confidence Interval
TOTAL	1,143	12.7	± 2.2
<b>AGE</b>			
40-44	191	25.3	± 6.7
45-54	338	12.2	± 4.1
55-64	258	7.6	± 3.4
65-74	236	8.8	± 5.2
75+	155	9.3	± 2.9
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	702	9.4	± 2.4
Hispanic	366	17.4	± 4.5
Native American	33*	-	-
Other	35*	-	-
<b>EDUCATION</b>			
Less than High School Graduate	193	20.6	± 6.6
High School Graduate or G.E.D.	297	13.9	± 4.5
Some College	297	11.0	± 4.0
College Graduate	354	7.1	± 2.8
<b>INCOME</b>			
Less than \$10,000	117	16.5	± 8.9
\$10-19,999	201	19.0	± 6.2
\$20-49,999	456	12.2	± 3.4
\$50,000 or more	222	6.9	± 3.7
<b>EMPLOYMENT</b>			
Employed	553	15.0	± 3.4
Unemployed	41*	-	-
Other**	547	10.2	± 3.0
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	185	13.5	± 5.4
NE (HD II)	189	12.9	± 6.0
SW (HD III)	238	16.6	± 5.2
SE (HD IV)	181	9.8	± 5.2
Bernalillo County	347	10.6	± 3.7

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

x<sup>‡</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

\* Estimates bases on cells with <50 respondents are considered unreliable.

# Women's Health

Table 20. Percentage of New Mexican women age 50 and older who did not have a mammogram and a clinical breast exam within the past two years

	Total Number Who Responded †	Weighted Percent (%) × <sup>1</sup>	95% Confidence Interval
TOTAL	762	29.2	± 3.7
AGE			
50-54	157	25.0	± 8.3
55-64	255	22.9	± 5.5
65-74	194	30.1	± 8.0
75+	156	43.7	± 8.6
RACE/ETHNICITY			
White, non-Hispanic	483	27.2	± 4.4
Hispanic	241	33.4	± 7.2
Native American	14*	-	-
Other	18*	-	-
EDUCATION			
Less than High School Graduate	155	45.1	± 9.4
High School Graduate or G.E.D.	203	24.2	± 6.6
Some College	189	25.8	± 6.8
College Graduate	213	22.6	± 6.5
INCOME			
Less than \$10,000	97	46.6	± 11.8
\$10-19,999	152	33.1	± 8.4
\$20-49,999	281	27.0	± 5.9
\$50,000 or more	122	12.8	± 6.4
EMPLOYMENT			
Employed	268	25.3	± 5.9
Unemployed	24*	-	-
Other**	468	30.7	± 5.0
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	113	20.4	± 8.0
NE (HD II)	128	27.6	± 9.3
SW (HD III)	158	36.9	± 8.6
SE (HD IV)	149	39.5	± 9.6
Bernalillo County	232	22.5	± 6.6

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>1</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

\* Estimates bases on cells with <50 respondents are considered unreliable.



## Women's Health

Table 21. Percentage of New Mexico women (with intact cervix) who never had a Pap smear

	Total Number Who Responded †	Weighted Percent (%) × <sup>‡</sup>	95% Confidence Interval
TOTAL	1,331	6.0	± 1.6
<b>AGE</b>			
18-24	139	20.4	± 7.9
25-34	270	1.4	± 1.3
35-44	344	1.3	± 1.2
45-54	240	1.0	± 1.2
55-64	149	4.5	± 3.7
65-74	92	7.8	± 6.8
75+	93	20.4	± 9.3
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	667	4.5	± 1.9
Hispanic	547	7.7	± 2.7
Native American	61	6.0	± 11.3
Other	45*	-	-
<b>EDUCATION</b>			
Less than High School Graduate	214	12.8	± 4.9
High School Graduate or G.E.D.	333	7.0	± 3.9
Some College	374	5.0	± 2.5
College Graduate	406	1.7	± 1.2
<b>INCOME</b>			
Less than \$10,000	133	7.8	± 5.5
\$10-19,999	260	7.4	± 3.6
\$20-49,999	532	4.8	± 2.5
\$50,000 or more	270	1.9	± 2.0
<b>EMPLOYMENT</b>			
Employed	761	3.0	± 1.5
Unemployed	71	1.6	± 3.1
Other**	496	11.1	± 3.5
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	215	4.6	± 4.5
NE (HD II)	230	3.4	± 2.4
SW (HD III)	268	7.6	± 4.1
SE (HD IV)	197	8.7	± 4.6
Bernalillo County	416	5.9	± 2.7

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>‡</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

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For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

\* Estimates bases on cells with <50 respondents are considered unreliable.

# Women's Health

Table 22. Percentage of New Mexican women (with intact cervix) who have not had a Pap smear within the past 2 years

	Total Number Who Responded †	Weighted Percent (%) ⓧ	95% Confidence Interval
TOTAL	1,326	18.6	± 2.5
<b>AGE</b>			
18-24	137	26.5	± 8.7
25-34	270	12.6	± 4.9
35-44	344	17.1	± 4.2
45-54	239	14.2	± 4.9
55-64	149	17.8	± 6.6
65-74	92	16.9	± 9.9
75+	91	45.3	± 11.2
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	664	18.0	± 3.5
Hispanic	547	20.0	± 3.9
Native American	61	17.3	± 12.8
Other	43*	-	-
<b>EDUCATION</b>			
Less than High School Graduate	213	25.5	± 6.5
High School Graduate or G.E.D.	332	23.9	± 5.4
Some College	372	18.1	± 5.0
College Graduate	405	8.8	± 2.7
<b>INCOME</b>			
Less than \$10,000	133	24.3	± 8.2
\$10-19,999	259	26.7	± 6.0
\$20-49,999	531	17.6	± 4.0
\$50,000 or more	270	6.0	± 3.0
<b>EMPLOYMENT</b>			
Employed	759	16.0	± 3.1
Unemployed	71	16.4	± 8.8
Other**	493	22.6	± 4.2
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	214	15.9	± 6.1
NE (HD II)	230	11.6	± 4.9
SW (HD III)	266	24.1	± 5.7
SE (HD IV)	197	24.7	± 6.8
Bernalillo County	414	17.1	± 4.5

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

ⓧ For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

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\*\* Other includes homemakers, students, retirees, and those who are unable to work.

\* Estimates bases on cells with <50 respondents are considered unreliable.

# Children's Health Care Access

*"Thinking about the children*

*Q1) under 5 years old who live in your household,*

*Q2) 5-12 years old who live in your household,*

*Q3) 13-17 years old who live in your household,*

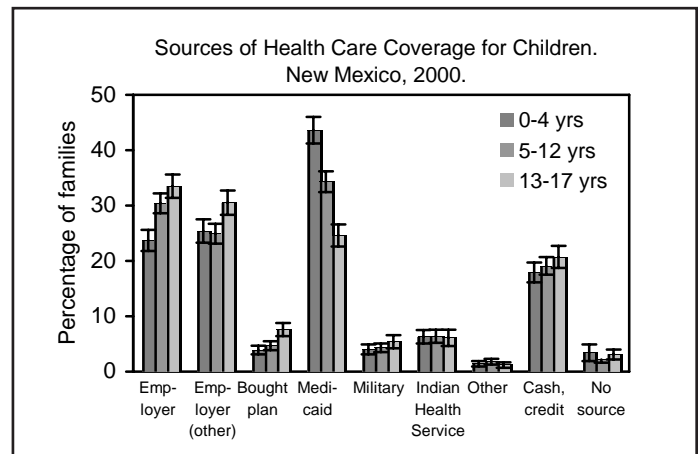
*does this child or children have health care coverage through:*

*Answers: 1) Your employer's health plan, 2) Someone else's employer's health plan, 3) a plan that somebody buys on their own, 4) medicaid, also called Salud! or New MexiKids, 5) the military, CHAMPUS, TriCare, or the VA, 6) the Indian Health Service, 7) Some other source, 8) No payment source, 9) Pay cash, check, or credit card?*

These questions are state-added and are designed to determine the main sources of health care coverage for New Mexico children.

*In New Mexico,*

- ❖ *The main sources of health insurance coverage for children were employer's health plans, which were mentioned by 49.1% of respondents with 0-4 year old children, 55.3% of respondents with 5-12 year old children, and 64.0% of respondents with 13-17 year old children.*
- ❖ *Medicaid was the next most frequent source of health insurance coverage for children, mentioned by 43.6% of respondents with 0-4 year old children, 34.3% of respondents with 5-12 year old children, and 24.6% of respondents with 13-17 year old children.*
- ❖ *Nearly 20% of respondents used cash, check, or credit cards as a source to pay for health care for their children.*
- ❖ *About 2-3% of families had no source of payment for health care coverage for their children.*



# Arthritis

Question: "Have you ever been told by a doctor that you have arthritis?"

Question: "During the past 12 months, have you had pain, aching, stiffness, or swelling in or around a joint?"

Question: "Were these symptoms present on most days for at least a month?"

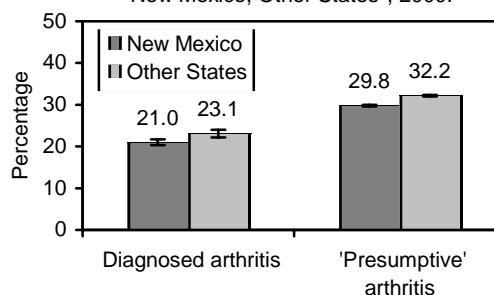
Arthritis is the predominant cause of activity limitation in the United States and is a major determinant of nursing home institutionalization for the elderly. One of every seven people, or more than 41 million people, have arthritis. There are over 100 different types of arthritis.

These questions address rates of arthritis in New Mexico. The last two questions seek to identify undiagnosed arthritis based on the presence of chronic joint symptoms. The category 'presumptive' arthritis includes individuals with diagnosed arthritis and/or chronic joint symptoms.

*In New Mexico,*

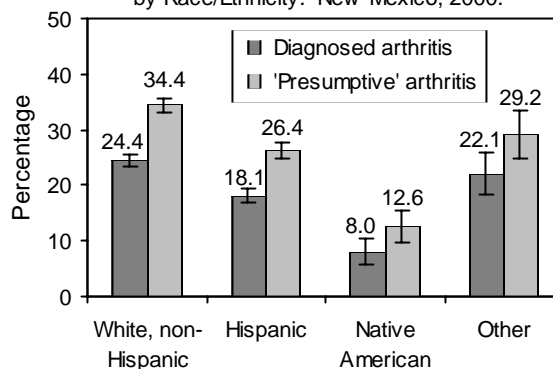
- ❖ *Rates of diagnosed arthritis (21.0%) and 'presumptive' arthritis (29.8%) were lower than the rates for the Other States (23.1% and 32.2%, respectively).*
- ❖ *Rates of diagnosed arthritis and 'presumptive' arthritis were lower in Native Americans (8.0% and 12.6%, respectively) than in the other three racial/ethnic groups.*
- ❖ *Rates of diagnosed arthritis and 'presumptive' arthritis were higher in females (25.3% and 34.6%, respectively) than males (16.4% and 24.8%, respectively).*
- ❖ *Rates of diagnosed and 'presumptive' arthritis increased with age.*

Percentage of Adults with Arthritis. New Mexico, Other States\*, 2000.

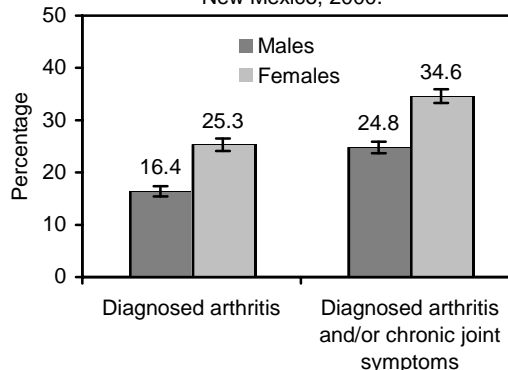


\* Other States: Alabama, Alaska, Arizona, Colorado, Connecticut, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Maryland, Minnesota, Mississippi, Nebraska, New Hampshire, New Jersey, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, South Carolina, Tennessee, Texas, Virginia, Wisconsin, and Wyoming.  
Source: U.S. BRFSS, 2000.

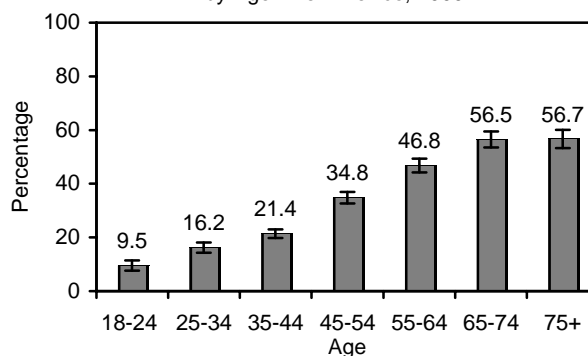
Percentage of Adults with Arthritis, by Race/Ethnicity. New Mexico, 2000.



Percentage of Adults with Arthritis, by Sex. New Mexico, 2000.



Percentage of Adults with 'Presumptive Arthritis', by Age. New Mexico, 2000.



# Arthritis

Table 23. Percentage of New Mexicans ever told by a doctor that they have arthritis

	Total Number Who Responded †	Weighted Percent (%) x <sup>‡</sup>	95% Confidence Interval
TOTAL	3,200	21.0	± 1.5
<b>GENDER</b>			
Males	1,450	16.4	± 2.0
Females	1,750	25.3	± 2.2
<b>AGE</b>			
18-24	279	3.5	± 2.3
25-34	500	5.3	± 2.1
35-44	733	11.3	± 2.4
45-54	649	24.9	± 3.7
55-64	446	38.0	± 3.9
65-74	333	51.0	± 6.0
75+	252	50.1	± 6.8
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,696	24.4	± 2.2
Hispanic	1,232	18.1	± 2.3
Native American	126	8.0	± 4.6
Other	123	22.1	± 7.8
<b>EDUCATION</b>			
Less than High School Graduate	508	24.0	± 4.0
High School Graduate or G.E.D.	854	21.0	± 2.9
Some College	875	21.3	± 2.9
College Graduate	957	18.2	± 2.6
<b>INCOME</b>			
Less than \$10,000	245	29.6	± 6.3
\$10-19,999	562	21.3	± 3.6
\$20-49,999	1,361	20.4	± 2.3
\$50,000 or more	747	16.1	± 2.8
<b>EMPLOYMENT</b>			
Employed	1,965	13.0	± 1.6
Unemployed	124	17.8	± 7.1
Other**	1,104	36.4	± 3.1
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	509	22.3	± 4.5
NE (HD II)	549	20.9	± 4.3
SW (HD III)	653	19.9	± 3.9
SE (HD IV)	528	22.7	± 3.8
Bernalillo County	955	20.1	± 3.2

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

x<sup>‡</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Arthritis

Table 24. Percentage of New Mexicans with 'presumptive' arthritis (2 questions – doctor-diagnosed or pain, aching, stiffness, or swelling in a joint for most days during past month)

	Total Number Who Responded †	Weighted Percent (%) × <sup>‡</sup>	95% Confidence Interval
TOTAL	3,199	29.8	± 1.7
<b>GENDER</b>			
Males	1,449	24.8	± 2.4
Females	1,750	34.6	± 2.5
<b>AGE</b>			
18-24	279	9.5	± 3.8
25-34	500	16.2	± 3.8
35-44	733	21.4	± 3.2
45-54	649	34.8	± 4.1
55-64	446	46.8	± 5.1
65-74	333	56.5	± 6.0
75+	252	56.7	± 6.7
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,696	34.4	± 2.5
Hispanic	1,231	26.4	± 2.7
Native American	126	12.6	± 5.9
Other	123	29.2	± 8.7
<b>EDUCATION</b>			
Less than High School Graduate	508	30.8	± 4.4
High School Graduate or G.E.D.	853	29.9	± 3.3
Some College	875	31.5	± 3.1
College Graduate	957	27.0	± 3.1
<b>INCOME</b>			
Less than \$10,000	245	40.0	± 7.1
\$10-19,999	562	31.7	± 4.3
\$20-49,999	1,361	28.7	± 2.7
\$50,000 or more	747	25.1	± 3.4
<b>EMPLOYMENT</b>			
Employed	1,965	22.1	± 2.0
Unemployed	124	30.2	± 9.4
Other**	1,104	44.3	± 3.3
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	509	30.3	± 4.5
NE (HD II)	549	29.2	± 4.3
SW (HD III)	653	29.8	± 3.9
SE (HD IV)	528	31.1	± 4.3
Bernalillo County	955	29.3	± 3.2

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>‡</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Asthma

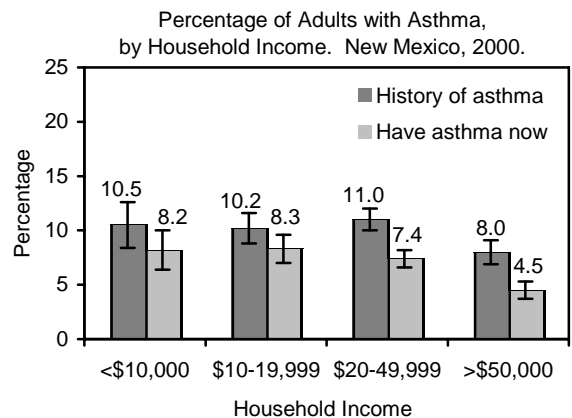
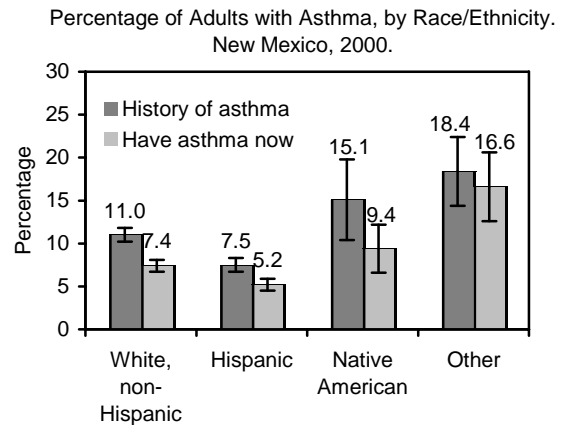
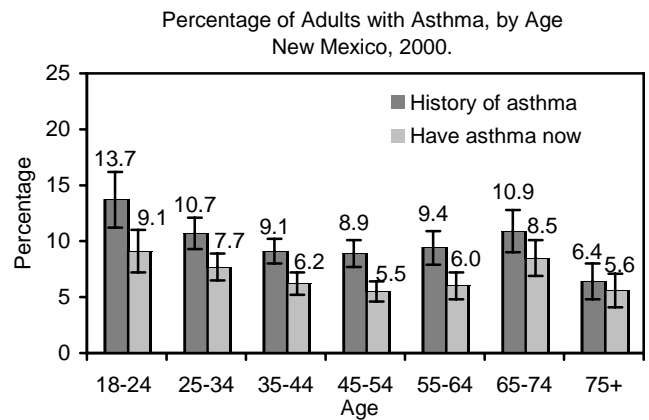
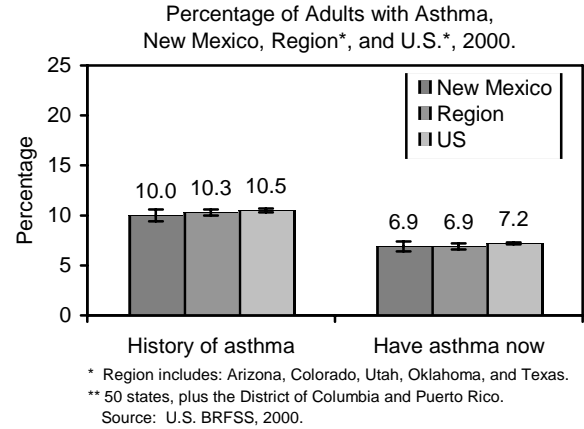
Question: "Did a doctor ever tell you that you had asthma?"

Question: "Do you still have asthma?"

Asthma is a chronic respiratory disease characterized by inflammation of the airways. The Centers for Disease Control and Prevention reported a 61 percent increase in asthma rates between 1982 and 1994. Among chronic illnesses in children, asthma is the most common. Approximately 33 percent of asthma patients are under the age of 18. An estimated 14.6 million persons in the United States have asthma.

In New Mexico,

- ❖ 10.0% of adults have a history of asthma and 6.9% still have asthma.
- ❖ The percentage of adults with a history of asthma or current asthma was slightly higher in the younger age groups, except for the 65-74 age group which was high also.
- ❖ The percentage of adults with a history of asthma or current asthma was lowest in Hispanics (7.5% and 5.2%, respectively) and highest in the 'Other' racial/ethnic category (18.4% and 16.6%, respectively), although the errors on the latter estimates were large.
- ❖ The percentage of adults with a history of asthma or current asthma was highest in those with lower incomes.
- ❖ Rates of current asthma were higher in women (8.2%) than men (5.5%).



# Asthma

Table 25. Percentage of New Mexicans ever told by a doctor that they had asthma

	Total Number Who Responded †	Weighted Percent (%) × <sup>7</sup>	95% Confidence Interval
TOTAL	3,247	10.0	± 1.2
<b>GENDER</b>			
Males	1,469	9.3	± 1.8
Females	1,778	10.7	± 1.6
<b>AGE</b>			
18-24	283	13.7	± 5.0
25-34	502	10.7	± 2.8
35-44	747	9.1	± 2.2
45-54	655	8.9	± 2.3
55-64	451	9.4	± 2.9
65-74	340	10.9	± 3.7
75+	262	6.4	± 3.1
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,715	11.0	± 1.6
Hispanic	1,251	7.5	± 1.6
American Indian/Alaskan Native	129	15.1	± 9.4
Other	127	18.4	± 8.0
<b>EDUCATION</b>			
< High School Graduate	518	5.7	± 2.0
High School Graduate or G.E.D.	870	11.5	± 2.6
Some College	885	11.2	± 2.3
College Graduate	968	10.1	± 2.0
<b>INCOME</b>			
<\$10,000	249	10.5	± 4.1
\$10-19,999	574	10.2	± 2.8
\$20-49,999	1,381	11.0	± 2.0
\$50,000 or more	750	8.0	± 2.1
<b>EMPLOYMENT</b>			
Employed	1,987	9.5	± 1.5
Unemployed	125	11.4	± 6.4
Other**	1,126	10.9	± 2.0
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	515	10.9	± 3.6
NE (HD II)	560	8.4	± 2.5
SW (HD III)	660	9.4	± 2.4
SE (HD IV)	538	11.0	± 2.9
Bernalillo County	965	10.3	± 2.1

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>7</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.

For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.



# Asthma

Table 26. Percentage of New Mexicans currently with asthma

	Total Number Who Responded †	Weighted Percent (%) × <sup>7</sup>	95% Confidence Interval
TOTAL	3,238	6.9	± 1.0
<b>GENDER</b>			
Males	1,468	5.5	± 1.3
Females	1,770	8.2	± 1.4
<b>AGE</b>			
18-24	283	9.1	± 3.8
25-34	502	7.7	± 2.4
35-44	746	6.2	± 1.9
45-54	653	5.5	± 1.8
55-64	448	6.0	± 2.3
65-74	337	8.5	± 3.2
75+	262	5.6	± 2.9
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,711	7.4	± 1.3
Hispanic	1,247	5.2	± 1.4
Native American	129	9.4	± 5.6
Other	127	16.6	± 7.9
<b>EDUCATION</b>			
Less than High School Graduate	517	4.5	± 1.8
High School Graduate or G.E.D.	867	7.9	± 2.0
Some College	883	8.1	± 2.0
College Graduate	965	6.3	± 1.7
<b>INCOME</b>			
Less than \$10,000	249	8.2	± 3.6
\$10-19,999	572	8.3	± 2.5
\$20-49,999	1,377	7.4	± 1.5
\$50,000 or more	748	4.5	± 1.6
<b>EMPLOYMENT</b>			
Employed	1,984	6.1	± 1.2
Unemployed	124	8.1	± 5.5
Other**	1,121	8.3	± 1.8
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	511	6.7	± 2.4
NE (HD II)	558	5.3	± 2.0
SW (HD III)	658	7.2	± 2.2
SE (HD IV)	538	8.3	± 2.5
Bernalillo County	964	6.9	± 1.8

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>7</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.

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\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Diabetes

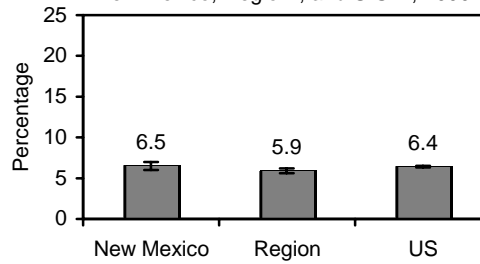
Question: "Have you ever been told by a doctor that you have diabetes?"

Diabetes is a chronic metabolic disease that was the sixth leading cause of death in both the U.S. and the state of New Mexico in 1999<sup>13,14</sup>. Diabetes takes two forms: Type 1, when the pancreas stops producing insulin, and Type 2, when cells no longer respond to insulin. The latter form, which accounts for the majority of cases, runs in families and is more common in those who don't exercise or are overweight. People with diabetes are at increased risk of a number of health problems, including cardiovascular disease, end-stage renal disease, and blindness.

In New Mexico,

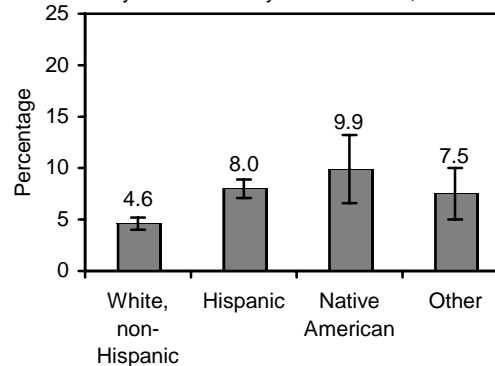
- ❖ *The prevalence of diagnosed diabetes in adults was 6.5%. This was not statistically different from the prevalence in the Region (5.9%) or the U.S. (6.4%).*
- ❖ *Diabetes prevalence was about twice as high in Hispanics (8.0%) and Native Americans (9.9%) as it was in White non-Hispanics (4.6%).*
- ❖ *Diabetes prevalence was correlated with weight status - obese individuals had the highest prevalence (12.9%), followed by overweight but not obese individuals (6.9%), followed by those who were not overweight or obese (2.5%).*
- ❖ *Adults with lower education and income were more likely to have diabetes.*

Percentage of Adults Who Have Diabetes. New Mexico, Region\*, and U.S.\*\*, 2000.

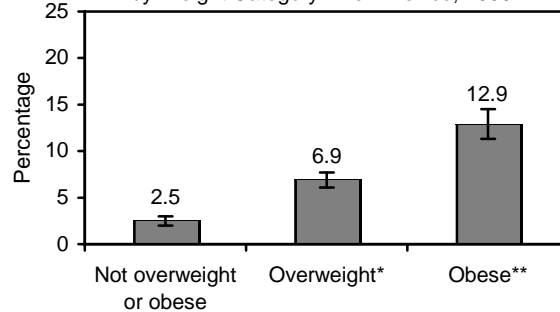


\* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.  
 \*\* 50 states, plus the District of Columbia and Puerto Rico.  
 Source: U.S. BRFSS, 2000

Percentage of Adults Who Have Diabetes, by Race/Ethnicity. New Mexico, 2000.

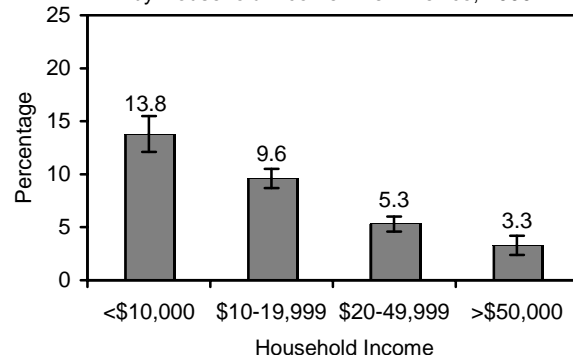


Percentage of Adults Who Have Diabetes, by Weight Category. New Mexico, 2000.



\* BMI =25-29.9  
 \*\* BMI >= 30

Percentage of Adults Who Have Diabetes, by Household Income. New Mexico, 2000.



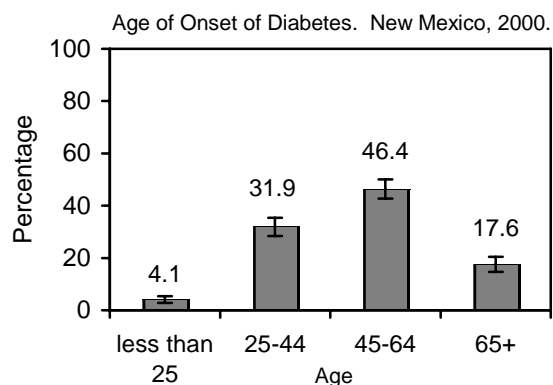
# Diabetes

Question: "How old were you when you were told you have diabetes?"

Question: "Are you now taking insulin or diabetes pills?"

Question: "How often do you check your blood for sugar or glucose?"

Question: "How long has it been since you had an eye exam in which the pupils are dilated?"



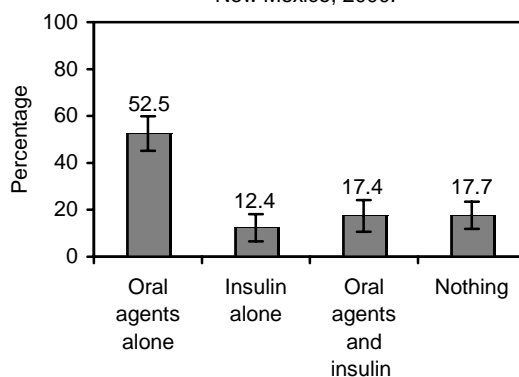
❖ The age of diabetes onset varies, but is maximum during the 45-64 age period

❖ More than 50% of diabetics manage their disease using oral agents alone.

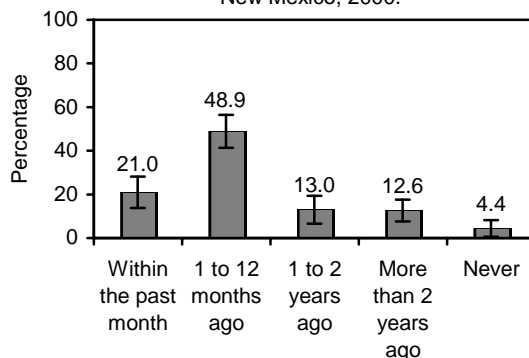
❖ About 30% of adults with diabetes have not had an eye exam within the past year.

❖ 18.5% of diabetics check their blood sugar less than once a week, and 10.1% never check their blood sugar.

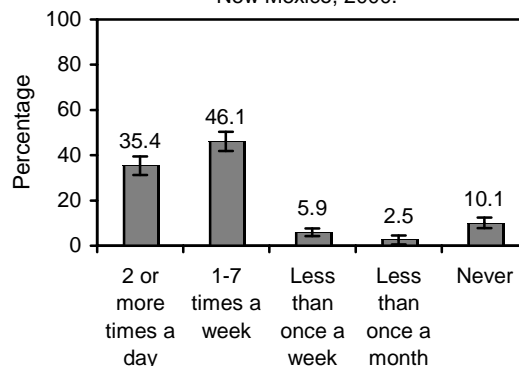
Types of Medications Used for Diabetes Treatment. New Mexico, 2000.



Time since Eye Exam in People with Diabetes. New Mexico, 2000.



Frequency of Blood Glucose Monitoring Among Diabetics. New Mexico, 2000.



# Diabetes

Table 27. Percentage of New Mexicans who have been told by a doctor that they have diabetes

	Total Number Who Responded †	Weighted Percent (%) × <sup>‡</sup>	95% Confidence Interval
TOTAL	3,244	6.5	± 1.0
<b>GENDER</b>			
Males	1,469	6.3	± 1.4
Females	1,775	6.7	± 1.4
<b>AGE</b>			
18-24	283	×	×
25-34	501	1.4	± 1.3
35-44	747	3.9	± 1.6
45-54	653	7.2	± 2.4
55-64	451	13.9	± 4.0
65-74	340	16.6	± 5.0
75+	262	12.9	± 4.6
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,715	4.6	± 1.1
Hispanic	1,249	8.0	± 1.7
Native American	129	9.9	± 6.5
Other	127	7.5	± 4.9
<b>EDUCATION</b>			
Less than High School Graduate	516	11.6	± 3.3
High School Graduate or G.E.D.	870	6.7	± 1.8
Some College	885	4.2	± 1.4
College Graduate	967	4.9	± 1.7
<b>INCOME</b>			
Less than \$10,000	248	13.8	± 6.0
\$10-19,999	574	9.6	± 2.8
\$20-49,999	1,380	5.3	± 1.3
\$50,000 or more	750	3.3	± 1.6
<b>EMPLOYMENT</b>			
Employed	1,985	4.1	± 1.0
Unemployed	124	5.0	± 3.5
Other**	1,126	11.3	± 2.2
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	515	6.6	± 2.5
NE (HD II)	559	6.4	± 2.4
SW (HD III)	659	8.4	± 2.2
SE (HD IV)	538	7.2	± 2.7
Bernalillo County	964	4.8	± 1.7

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>‡</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.

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\*\* Other includes homemakers, students, retirees, and those who are unable to work.

× No respondents with diabetes.

# Tobacco Use

Question: "Have you smoked at least 100 cigarettes in your entire life?"

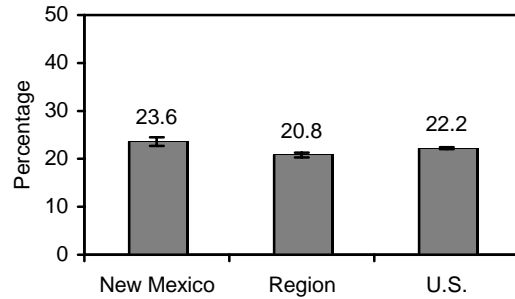
Question: "Do you smoke cigarettes every day, some days, or not at all?"

Smoking and chewing tobacco have been shown to be risk factors for lung, oral, bladder, kidney, and pancreatic cancer, as well as cardiovascular disease, particularly stroke <sup>15</sup>. BRFSS defines current smokers as respondents who answer "Yes" to the first question above, and "Every day" or "Some days" to the second question.

In New Mexico,

- ❖ The prevalence of smoking was 23.6%. This was higher than the rate in the Region (20.8%) but was not statistically different from the rate in the U.S. (22.2%).
- ❖ Rates of smoking are higher among White non-Hispanics (25.8%) than among either Hispanics (22.0%) or Native Americans (16.4%).
- ❖ The prevalence of smoking was highest among those with lower education and income.
- ❖ 8.7% of New Mexican smokers quit smoking during the past year. This was lower than smoking cessation rates in the Region (11.9%) and the U.S. (11.2%)

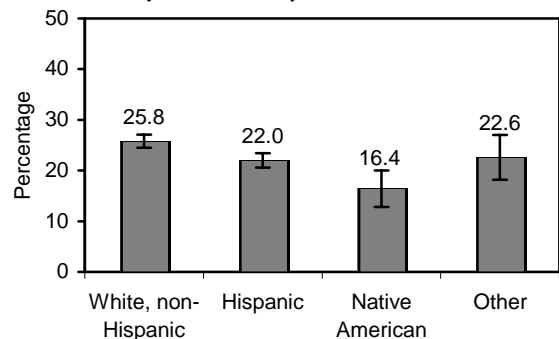
Percentage of Adults Who Smoke. New Mexico, Region\*, and U.S.\*\*, 2000.



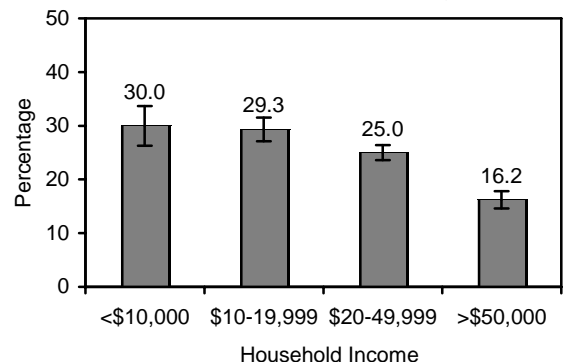
\* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.  
 \*\* 50 states, plus the District of Columbia and Puerto Rico.

Source: U.S. BRFSS, 2000.

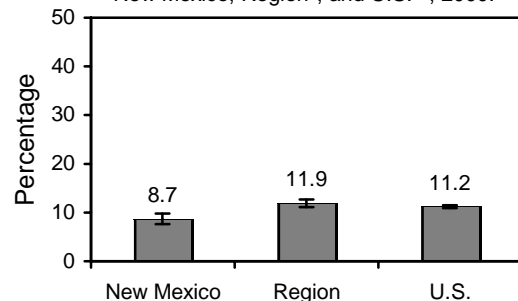
Percentage of Adults Who Smoke, by Race/Ethnicity. New Mexico, 2000.



Percentage of Adults Who Smoke, by Household Income. New Mexico, 2000.



Percentage of Adults Who Have Quit Smoking During Past Year. New Mexico, Region\*, and U.S.\*\*, 2000.



\* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.

\*\* 50 states, plus the District of Columbia and Puerto Rico.

Source: U.S. BRFSS, 2000.

# Tobacco Use

Table 28. Percentage of New Mexicans who are current smokers

	Total Number Who Responded †	Weighted Percent (%) × <sup>1</sup>	95% Confidence Interval
TOTAL	3,242	23.6	± 1.7
<b>GENDER</b>			
Males	1,465	26.2	± 2.7
Females	1,777	21.2	± 2.2
<b>AGE</b>			
18-24	283	28.2	± 6.1
25-34	502	27.4	± 4.6
35-44	746	25.9	± 3.6
45-54	656	25.9	± 3.8
55-64	450	19.9	± 4.0
65-74	338	13.9	± 4.6
75+	260	9.5	± 3.8
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,713	25.8	± 2.5
Hispanic	1,251	22.0	± 2.7
Native American	129	16.4	± 7.1
Other	126	22.6	± 8.8
<b>EDUCATION</b>			
Less than High School Graduate	518	30.8	± 4.9
High School Graduate or G.E.D.	869	26.6	± 3.4
Some College	884	23.5	± 3.1
College Graduate	965	15.8	± 2.8
<b>INCOME</b>			
Less than \$10,000	249	30.0	± 7.3
\$10-19,999	574	29.3	± 4.3
\$20-49,999	1,380	25.0	± 2.7
\$50,000 or more	750	16.2	± 3.1
<b>EMPLOYMENT</b>			
Employed	1,985	25.4	± 2.2
Unemployed	124	39.8	± 10.4
Other**	1,124	18.3	± 2.7
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	515	20.4	± 4.0
NE (HD II)	560	23.6	± 4.2
SW (HD III)	658	21.3	± 3.6
SE (HD IV)	539	28.4	± 4.5
Bernalillo County	961	24.5	± 3.2

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>1</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.

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\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Tobacco Use

Table 29. Percentage of New Mexicans who quit smoking during the past year

	Total Number Who Responded †	Weighted Percent (%) x <sup>7</sup>	95% Confidence Interval
<b>TOTAL</b>	819	8.7	± 2.1
<b>GENDER</b>			
Males	393	8.2	± 2.9
Females	426	9.1	± 3.2
<b>AGE</b>			
18-24	97	12.3	± 6.6
25-34	143	10.5	± 2.8
35-44	210	6.6	± 3.8
45-54	183	5.9	± 3.6
55-64	106	9.9	± 6.1
65-74	50	9.3	± 7.4
75+	27*	-	-
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	458	7.4	± 2.6
Hispanic	296	10.0	± 3.8
Native American	29*	-	-
Other	30*	-	-
<b>EDUCATION</b>			
Less than High School Graduate	156	6.1	± 4.4
High School Graduate or G.E.D.	251	8.4	± 3.7
Some College	243	10.3	± 4.2
College Graduate	166	10.1	± 5.1
<b>INCOME</b>			
Less than \$10,000	76	11.8	± 8.2
\$10-19,999	184	6.7	± 4.1
\$20-49,999	372	9.9	± 3.4
\$50,000 or more	128	8.1	± 4.6
<b>EMPLOYMENT</b>			
Employed	549	9.0	± 2.7
Unemployed	50	9.3	± 8.5
Other**	219	7.5	± 1.9
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	124	12.0	± 6.1
NE (HD II)	138	9.4	± 4.9
SW (HD III)	155	12.2	± 6.4
SE (HD IV)	152	6.0	± 3.9
Bernalillo County	250	6.0	± 3.2

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

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\*\* Other includes homemakers, students, retirees, and those who are unable to work.

\* Estimates bases on cells with <50 respondents are considered unreliable.

# Alcohol Consumption

Question: "During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?"

Question: "During the past month, how many days per week, or per month did you drink any alcoholic beverages, on the average?"

Question: "Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?"

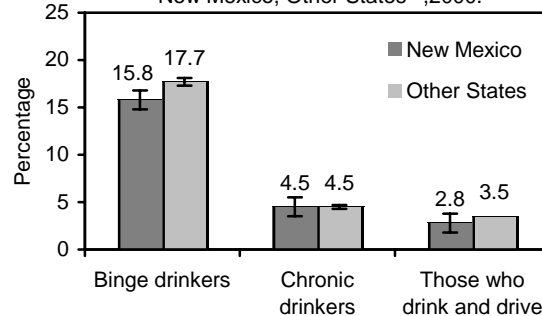
Question: "During the past month, how many times have you driven when you've had perhaps too much to drink?"

Alcohol is a contributing factor in morbidity and mortality from other causes. For example, in 1999, alcohol was a factor in 38% of motor vehicle fatalities nationwide and nearly 45% of those in New Mexico <sup>16</sup>. In addition, alcohol is a risk factor for cirrhosis of the liver and for cancers of the oral cavity, larynx, and pharynx <sup>17</sup>. 'Binge drinkers' had  $\geq 5$  drinks on at least one occasion during the past month; 'chronic drinkers' had  $\geq 60$  drinks during the past month; those who 'drink and drive' had  $\geq 1$  occasion in the past month.

In New Mexico,

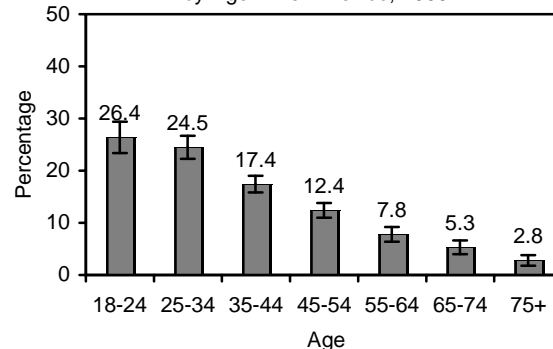
- ❖ 15.8% of adults were classified as binge drinkers. This percentage was not statistically different from the percentage for the Other States (17.7%). Furthermore, 4.5% of adults were classified as chronic drinkers. This percentage was also not statistically different from the percentage in the Other States (4.5%). Finally, the percentage of adults who drink and drive (2.8%) was not statistically different from the percentage who drink and drive in the Other States (3.5%).
- ❖ The percentage of respondents who were classified as binge drinkers was highest among young adults and declined with age.
- ❖ The percentage of respondents who were classified as binge drinkers, chronic drinkers, or who drink and drive was much higher in males than in females.

Percentage of Adults at Risk of Excess Alcohol Consumption. New Mexico, Other States\*\*,2000.

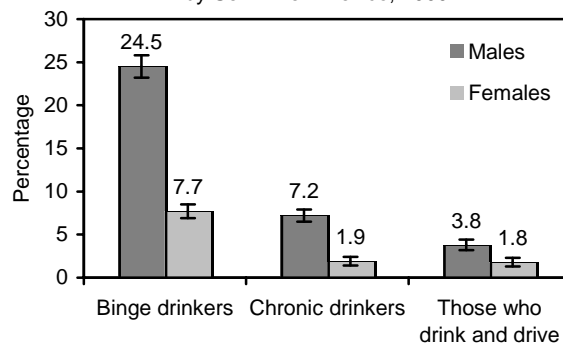


\* Other States: Alaska, Idaho, Illinois, Iowa, Minnesota, Nevada, Ohio, Tennessee, Texas, Vermont, and Wisconsin.  
Source: U.S. BRFSS, 2000.

Percentage of Adults Who Are Binge Drinkers, by Age. New Mexico, 2000.



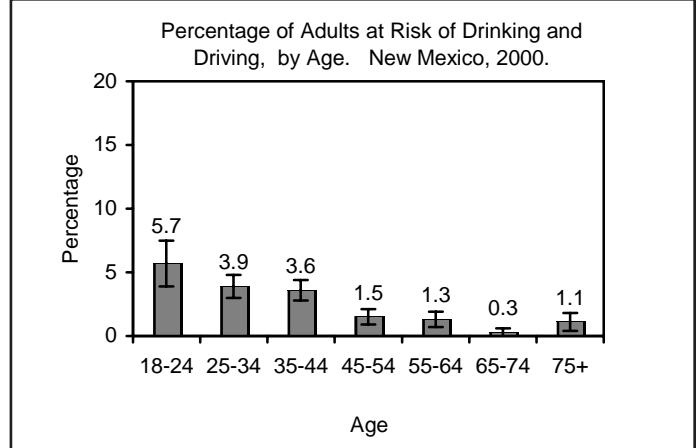
Percentage of Adults at Risk of Excess Alcohol Consumption, by Sex. New Mexico, 2000.





# Alcohol Consumption

- ❖ *Rates of drinking and driving were much higher in young adults and declined with age.*



# Alcohol Consumption

Table 30. Percentage of New Mexicans who are chronic drinkers (> 60 drinks a month)

	Total Number Who Responded †	Weighted Percent (%) x <sup>‡</sup>	95% Confidence Interval
<b>TOTAL</b>	3,170	4.5	± 0.8
<b>GENDER</b>			
Males	1,428	7.2	± 1.4
Females	1,742	1.9	± 0.9
<b>AGE</b>			
18-24	274	7.4	± 3.8
25-34	494	5.4	± 2.3
35-44	727	4.9	± 1.7
45-54	643	2.3	± 1.2
55-64	447	2.8	± 1.6
65-74	331	4.6	± 2.3
75+	248	3.0	± 2.3
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,685	4.6	± 1.3
Hispanic	1,213	4.6	± 1.3
Native American	125	3.1	± 3.3
Other	124	3.1	± 3.6
<b>EDUCATION</b>			
Less than High School Graduate	496	3.3	± 1.8
High School Graduate or G.E.D.	845	5.4	± 1.7
Some College	870	4.7	± 1.5
College Graduate	953	4.1	± 1.9
<b>INCOME</b>			
Less than \$10,000	244	3.1	± 2.5
\$10-19,999	559	6.1	± 2.3
\$20-49,999	1,347	4.6	± 1.2
\$50,000 or more	745	3.7	± 1.5
<b>EMPLOYMENT</b>			
Employed	1,943	4.7	± 1.0
Unemployed	125	6.4	± 4.3
Other**	1,097	3.8	± 1.5
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	507	3.0	± 1.6
NE (HD II)	546	4.4	± 2.6
SW (HD III)	639	6.8	± 2.2
SE (HD IV)	525	4.0	± 1.9
Bernalillo County	947	4.0	± 1.3

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

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# Alcohol Consumption

Table 31. Percentage of New Mexicans who are binge drinkers (> 5 drinks on one occasion in past month)

	Total Number Who Responded †	Weighted Percent (%) × <sup>7</sup>	95% Confidence Interval
<b>TOTAL</b>	3,179	15.8	± 1.5
<b>GENDER</b>			
Males	1,432	24.5	± 2.6
Females	1,747	7.7	± 1.5
<b>AGE</b>			
18-24	276	26.4	± 5.9
25-34	496	24.5	± 4.4
35-44	726	17.4	± 3.1
45-54	645	12.4	± 2.8
55-64	448	7.8	± 2.8
65-74	332	5.3	± 2.5
75+	250	2.8	± 2.0
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,708	14.4	± 2.1
Hispanic	1,220	18.4	± 2.5
Native American	124	11.4	± 6.2
Other	124	12.0	± 7.6
<b>EDUCATION</b>			
Less than High School Graduate	498	15.4	± 4.1
High School Graduate or G.E.D.	849	17.6	± 3.0
Some College	871	16.2	± 2.8
College Graduate	955	13.9	± 2.7
<b>INCOME</b>			
Less than \$10,000	246	11.3	± 4.6
\$10-19,999	559	18.5	± 3.8
\$20-49,999	1,351	17.9	± 2.5
\$50,000 or more	746	13.6	± 2.9
<b>EMPLOYMENT</b>			
Employed	1,947	19.4	± 2.1
Unemployed	125	17.0	± 8.4
Other**	1,102	9.0	± 2.1
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	508	12.1	± 3.2
NE (HD II)	546	20.3	± 4.3
SW (HD III)	646	18.5	± 3.5
SE (HD IV)	525	12.4	± 3.6
Bernalillo County	948	15.6	± 2.7

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>7</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

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\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Alcohol Consumption

Table 32. Percentage of New Mexicans who drink and drive (at least once during past month)

	Total Number Who Responded †	Weighted Percent (%) × <sup>§</sup>	95% Confidence Interval
TOTAL	3,198	2.8	± 0.7
<b>GENDER</b>			
Males	1,694	3.8	± 1.1
Females	1,230	1.8	± 0.9
<b>AGE</b>			
18-24	278	5.7	± 3.5
25-34	498	3.9	± 1.7
35-44	731	3.6	± 1.6
45-54	648	1.5	± 1.2
55-64	449	1.3	± 1.1
65-74	334	0.3	± 0.6
75+	253	1.1	± 1.3
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,694	2.8	± 1.0
Hispanic	1,230	3.0	± 1.1
Native American	127	0.3	± 0.6
Other	124	3.6	± 4.1
<b>EDUCATION</b>			
Less than High School Graduate	509	1.5	± 1.1
High School Graduate or G.E.D.	853	3.1	± 1.4
Some College	872	4.2	± 1.1
College Graduate	958	4.0	± 1.8
<b>INCOME</b>			
Less than \$10,000	246	1.8	± 1.9
\$10-19,999	561	2.6	± 1.3
\$20-49,999	1,360	3.3	± 1.1
\$50,000 or more	748	2.3	± 1.3
<b>EMPLOYMENT</b>			
Employed	1,963	3.5	± 0.9
Unemployed	124	1.9	± 2.4
Other**	1,105	1.7	± 1.2
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	511	0.9	± 0.9
NE (HD II)	552	4.8	± 2.8
SW (HD III)	649	3.3	± 1.6
SE (HD IV)	528	2.1	± 1.3
Bernalillo County	952	2.8	± 1.1

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>§</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.

For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# HIV/AIDS

Question: "What are your chances of getting infected with HIV, the virus that causes AIDS?"

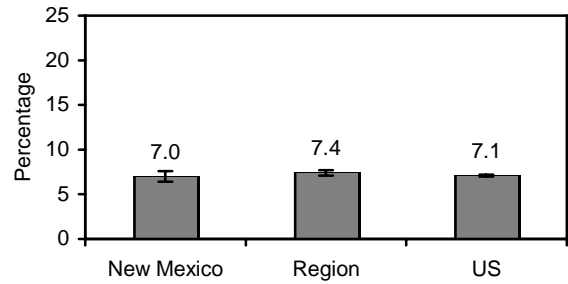
Answer: "High", "Medium", "Low", or "None".

In New Mexico, AIDS cases have been tracked since 1981. As of December 1999, about 1,890 AIDS cases have been reported in the state. Among the cases reported in New Mexico, the most prevalent risk factor category was men having sex with men, followed by injection drug use. This BRFSS question, posed to all adults less than 65 years of age, asked the respondent to rate his/her chance of becoming infected with HIV. This 'perceived' risk does not presume any knowledge of HIV transmission on the part of the respondent.

In New Mexico,

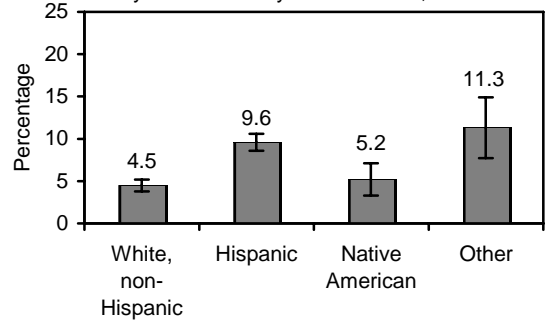
- ❖ 7.0% of adults responded that they believed that they were at high or medium risk for becoming infected with HIV. This percentage was not statistically different from the percentages at risk in the Region (7.4%) or the U.S. (7.1%).
- ❖ The percentage of Hispanics who believed that they were at high to medium risk of HIV infection (9.6%) was about twice as high as the percentage of White non-Hispanics (4.5%).
- ❖ Perceived risk of becoming infected with HIV was higher in the younger age groups.
- ❖ Adults with lower education and income had higher perceived risk of becoming infected with HIV.

Percentage of Adults Who Had High or Medium Perceived Risk of Becoming Infected with HIV. New Mexico, Region\*, and U.S.\*\*, 2000.

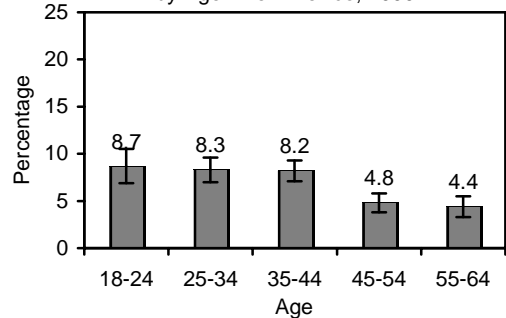


\* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.  
 \*\* 50 states, plus the District of Columbia and Puerto Rico.  
 Source: U.S. BRFSS, 2000.

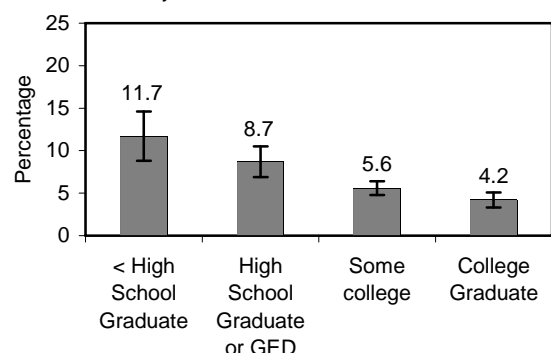
Percentage of Adults Who Are at High or Medium Perceived Risk of Becoming Infected with HIV, by Race/Ethnicity. New Mexico, 2000.



Percentage of Adults Who Are at High or Medium Perceived Risk of Becoming Infected with HIV, by Age. New Mexico, 2000.



Percentage of Adults Who Are at High or Medium Perceived Risk of Becoming Infected with HIV, by Education. New Mexico, 2000.



# HIV/AIDS

Table 33. Percentage of New Mexicans who think that they have high or medium risk of becoming infected with HIV

	Total Number Who Responded †	Weighted Percent (%) x <sup>‡</sup>	95% Confidence Interval
TOTAL	2,598	7.0	± 1.1
GENDER			
Males	1,201	7.4	± 1.8
Females	1,397	6.6	± 1.4
AGE			
18-24	280	8.7	± 3.6
25-34	500	8.3	± 2.6
35-44	726	8.2	± 2.2
45-54	648	4.8	± 1.9
55-64	438	4.4	± 2.2
RACE/ETHNICITY			
White, non-Hispanic	1,316	4.5	± 1.3
Hispanic	1,041	9.6	± 2.0
Native American	119	5.2	± 3.8
Other	109	11.3	± 7.1
EDUCATION			
Less than High School Graduate	337	11.7	± 3.9
High School Graduate or G.E.D.	696	8.7	± 2.4
Some College	734	5.6	± 1.9
College Graduate	829	4.2	± 1.5
INCOME			
Less than \$10,000	168	10.0	± 5.8
\$10-19,999	417	11.2	± 3.6
\$20-49,999	1,124	6.6	± 1.6
\$50,000 or more	695	4.8	± 1.8
EMPLOYMENT			
Employed	1,891	7.3	± 1.3
Unemployed	122	12.4	± 7.3
Other**	582	5.1	± 2.1
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	431	7.0	± 2.6
NE (HD II)	455	8.4	± 3.1
SW (HD III)	503	6.1	± 2.4
SE (HD IV)	419	8.9	± 3.2
Bernalillo County	786	5.9	± 1.8

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

x<sup>‡</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# HIV/AIDS

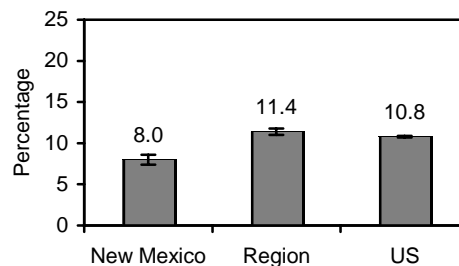
*Question: "If you had a teenager who was sexually active, would you encourage him or her to use a condom?"*

A important mode of HIV transmission is through sexual contact. Condom use is recommended as an effective means of reducing exposure to HIV, the virus that causes AIDS. This BRFSS question gauges respondent attitudes toward AIDS prevention for sexually-active teenagers. This question was posed to all adults less than 65 years of age.

*In New Mexico,*

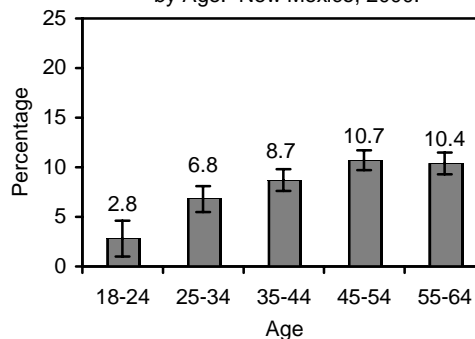
- ❖ *8% of adults would not advise their sexually-active teenager to use a condom to prevent HIV infection. This was lower than the percentage for the Region (11.4%) or the U.S. (10.8%).*
- ❖ *The percentages of adults who would not encourage their sexually-active teenager to use a condom to prevent HIV infection was higher in older age groups than it was in younger age groups.*

Percentage of Adults Who Would Not Advise Their Sexually-Active Teenager to Use a Condom. New Mexico, Region\*, and U.S.\*\*, 2000.



\* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.  
 \*\* 50 states, plus the District of Columbia and Puerto Rico.  
 Source: U.S. BRFSS, 2000.

Percentage of Adults Who Would Not Advise Their Sexually-Active Teenager to Use a Condom, by Age. New Mexico, 2000.



# HIV/AIDS

Table 34. Percentage of New Mexicans who would not advise their sexually-active teenager to use a condom

	Total Number Who Responded †	Weighted Percent (%) × <sup>†</sup>	95% Confidence Interval
TOTAL	2,579	8.0	± 1.2
<b>GENDER</b>			
Males	1,192	8.7	± 1.7
Females	1,387	7.4	± 1.5
<b>AGE</b>			
18-24	278	2.8	± 2.1
25-34	493	6.8	± 2.6
35-44	725	8.7	± 2.2
45-54	646	10.7	± 2.8
55-64	431	10.4	± 3.2
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,292	8.2	± 1.7
Hispanic	1,050	7.2	± 1.7
Native American	114	8.9	± 5.8
Other	108	11.8	± 6.6
<b>EDUCATION</b>			
Less than High School Graduate	349	8.2	± 3.3
High School Graduate or G.E.D.	690	8.1	± 2.3
Some College	725	8.7	± 2.2
College Graduate	812	7.2	± 1.9
<b>INCOME</b>			
Less than \$10,000	170	10.6	± 6.1
\$10-19,999	418	5.6	± 2.4
\$20-49,999	1,119	8.1	± 1.7
\$50,000 or more	695	6.9	± 1.9
<b>EMPLOYMENT</b>			
Employed	1,878	7.7	± 1.3
Unemployed	119	10.2	± 6.2
Other**	577	8.5	± 2.5
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	426	9.8	± 3.2
NE (HD II)	454	6.2	± 2.8
SW (HD III)	507	8.7	± 2.7
SE (HD IV)	411	10.2	± 3.2
Bernalillo County	777	6.3	± 1.7

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>†</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.

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\*\* Other includes homemakers, students, retirees, and those who are unable to work.



# Fruit and Vegetables

Question: "How often do you drink fruit juices such as orange, grapefruit, or tomato?"

Question: "Not counting juice, how often do you eat fruit?"

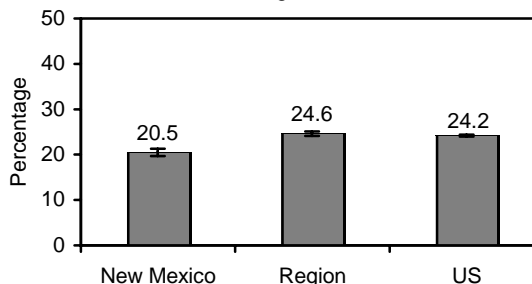
Question: "Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?"

Populations consuming diets high in fruits and vegetables tend to have a lower cancer risk. The cancers for which there is evidence of a protective effect from fruit and vegetable consumption include those of the lung, colon and rectum, breast, oral cavity, esophagus, stomach, pancreas, uterus, cervix, and ovary. Persons with low fruit and vegetable intake had about twice the risk of epithelial cancers of the respiratory and digestive tracts as those with high intake <sup>18</sup>. Fruits, vegetables, and grains contain a number of nutrients, including carotenoids, vitamin A, and vitamin C <sup>19</sup>. The National Cancer Institute recommends that adults consume at least 5 servings of fruit and vegetables a day for good health.

In New Mexico,

- ❖ 20.5% of adults consumed 5 or more servings of fruits and vegetables per day. This was lower than the percentage for the Region (24.6%) and for the U.S. (24.2%).
- ❖ Hispanics (16.5%) were less likely than White non-Hispanics (23.6%) to have consumed 5 or more servings of fruits and vegetables per day.
- ❖ Those with higher income and education were more likely to consume 5 or more servings of fruits and vegetables per day.
- ❖ Adults in older age groups were more likely to consume 5 or more servings of fruits and vegetables per day.

Percentage of Adults Who Eat 5 or more Servings of Fruits and Vegetables Per Day. New Mexico, Region\*, and U.S.\*\*, 2000.

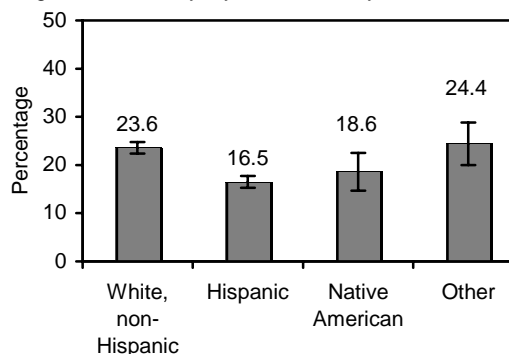


\* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.

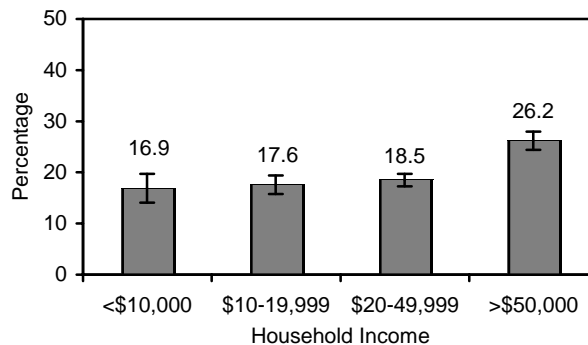
\*\* 50 states, plus the District of Columbia and Puerto Rico.

Source: U.S. BRFSS, 2000

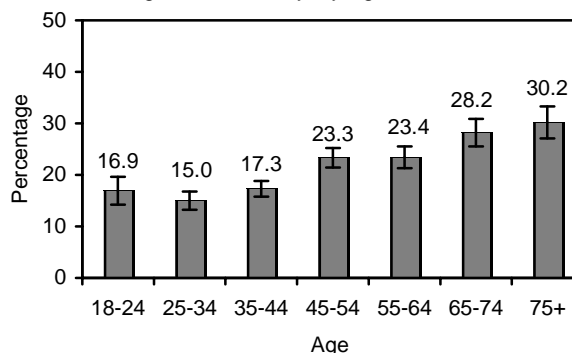
Percentage of Adults Who Eat 5 or More Servings of Fruits and Vegetables Per Day, by Race/Ethnicity. New Mexico, 2000.



Percentage of Adults Who Eat 5 or More Servings of Fruits and Vegetables Per Day, by Household Income. New Mexico, 2000.



Percentage of Adults Who Eat 5 or More Servings of Fruits and Vegetables Per Day, by Age. New Mexico, 2000.



# Fruit and Vegetables

Table 35. Percentage of New Mexicans who consumed 5 or more servings of fruits and vegetables per day

	Total Number Who Responded †	Weighted Percent (%) x <sup>7</sup>	95% Confidence Interval
TOTAL	3,245	20.5	± 1.62
<b>GENDER</b>			
Males	1,467	16.2	± 2.1
Females	1,778	24.5	± 2.3
<b>AGE</b>			
18-24	283	16.9	± 5.3
25-34	502	15.0	± 3.5
35-44	746	17.3	± 3.0
45-54	656	23.3	± 3.8
55-64	450	23.4	± 4.2
65-74	340	28.2	± 5.4
75+	261	30.2	± 6.2
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,717	23.6	± 2.3
Hispanic	1,249	16.5	± 2.3
Native American	129	18.6	± 7.8
Other	127	24.4	± 8.8
<b>EDUCATION</b>			
Less than High School Graduate	517	16.7	± 1.9
High School Graduate or G.E.D.	869	15.7	± 2.6
Some College	886	19.7	± 3.0
College Graduate	968	28.7	± 3.3
<b>INCOME</b>			
Less than \$10,000	249	16.9	± 5.5
\$10-19,999	573	17.6	± 3.6
\$20-49,999	1,381	18.5	± 2.3
\$50,000 or more	751	26.2	± 3.5
<b>EMPLOYMENT</b>			
Employed	1,986	17.8	± 1.9
Unemployed	125	19.7	± 7.8
Other**	1,125	25.3	± 3.0
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	514	19.5	± 3.8
NE (HD II)	559	24.7	± 4.3
SW (HD III)	659	17.8	± 3.2
SE (HD IV)	539	19.1	± 3.7
Bernalillo County	965	21.4	± 3.0

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

x<sup>7</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.

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\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Exercise

Question: "During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, walking, or swimming?"

Question: "How many times per week or month did you take part in this activity during the past month?"

Question: "When you took part in this activity, for how many minutes or hours did you usually keep at it?"

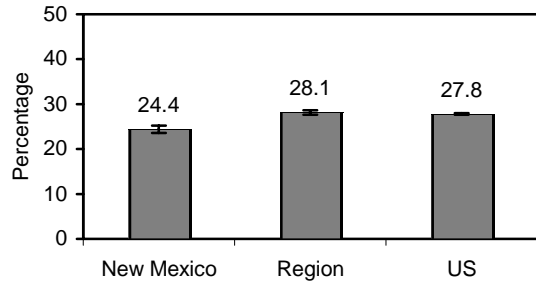
Among the health benefits of regular physical activity <sup>20,21</sup> are: reduced risk of coronary heart disease, lower heart rate and blood pressure, reduced weight, lower serum triglyceride levels, increased "good" cholesterol, reduced risk of Type II diabetes mellitus, reduced risk of osteoporosis by increasing bone density, boosting of immune function, beneficial effect on clotting mechanisms and improved psychological well-being and quality of life.

Regular and sustained physical activity is defined as physical activity done for 30 minutes or more per session, five or more times per week, regardless of intensity.

In New Mexico,

- ❖ 24.4% of adults engaged in no leisure-time physical activities during the previous month. This was lower than the percentage in the Region (28.1%) and the U.S. (27.8%).
- ❖ Hispanics (31.1%) were more likely than White non-Hispanics (19.2%) and Native Americans (21.1%) to have been physically inactive during the previous month.
- ❖ Adults with lower income and education were less likely to have engaged in leisure-time physical activities during the past month.

Percentage of Adults Who Engaged in No Leisure-Time Physical Activities during the Past Month. New Mexico, Region\*, and U.S.\*\*, 2000

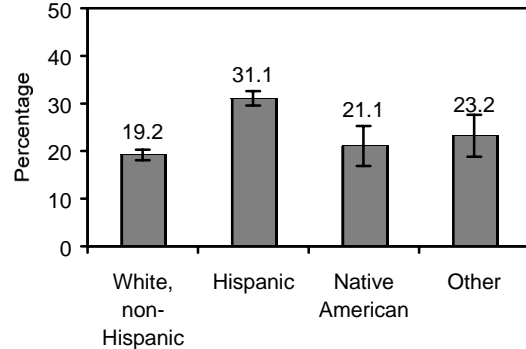


\* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.

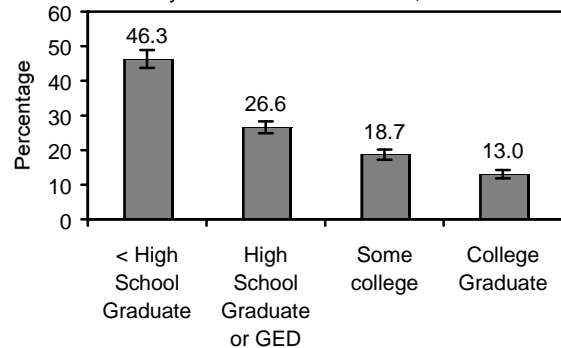
\*\* 50 states, plus the District of Columbia and Puerto Rico.

Source: U.S. BRFSS, 2000

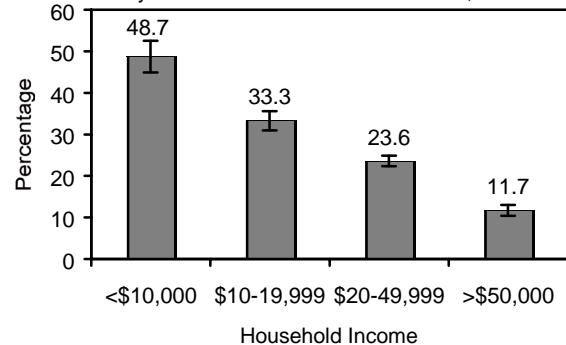
Percentage of Adults Who Engaged in No Leisure-Time Physical Activities during the Past Month, by Race/Ethnicity. New Mexico, 2000.



Percentage of Adults Who Engaged in No Leisure-Time Physical Activities during the Past Month, by Education. New Mexico, 2000.



Percentage of Adults Who Engaged in No Leisure-Time Physical Activities during the Past Month, by Household Income. New Mexico, 2000.



# Exercise

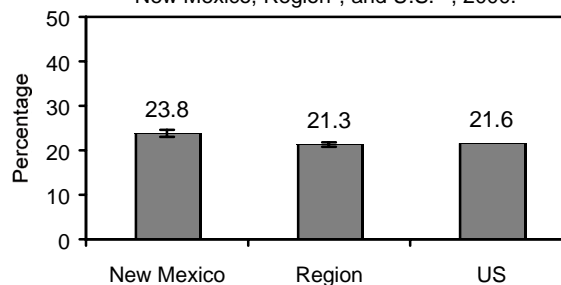
❖ 23.8% of adults engaged in regular and sustained physical activities. This was higher than the percentage of adults engaging in such physical activities in the Region (21.3%) and the U.S. (21.6%).

❖ Regular and sustained physical activity was more common among White non-Hispanics (25.8%) than among Hispanics (20.5%).

❖ Adults with higher education were more likely to engage in regular and sustained physical activity.

❖ The likelihood of engaging in regular and sustained physical activity did not correlate with income.

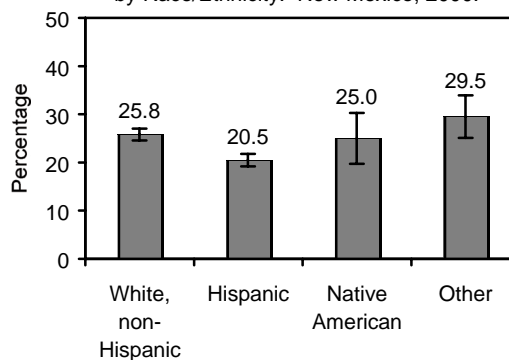
Percentage of Adults Who Engaged in Regular or Sustained Physical Activities during the Past Month. New Mexico, Region\*, and U.S.\*\*, 2000.



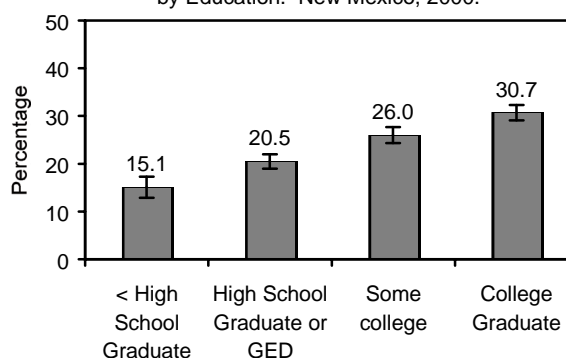
\* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.  
 \*\* 50 states, plus the District of Columbia and Puerto Rico.

Source: U.S. BRFSS, 2000.

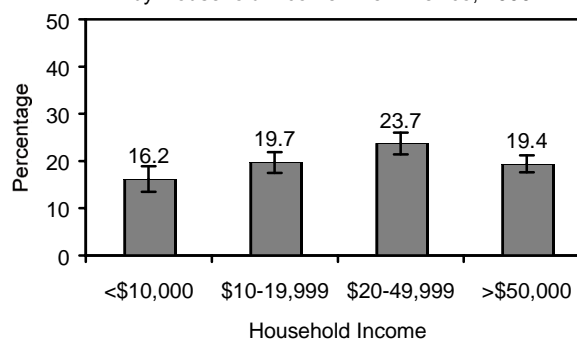
Percentage of Adults Who Engaged in Regular or Sustained Physical Activities during the Past Month, by Race/Ethnicity. New Mexico, 2000.



Percentage of Adults Who Engaged in Regular or Sustained Physical Activities during the Past Month, by Education. New Mexico, 2000.



Percentage of Adults Who Engaged in Regular or Sustained Physical Activities during the Past Month, by Household Income. New Mexico, 2000.



## Exercise

Table 36. Percentage of New Mexicans who engaged in no leisure-time physical activities during the past month

	Total Number Who Responded †	Weighted Percent (%) × <sup>7</sup>	95% Confidence Interval
TOTAL	3,247	24.4	± 1.7
<b>GENDER</b>			
Males	1,468	22.9	± 2.4
Females	1,779	25.8	± 2.3
<b>AGE</b>			
18-24	283	16.1	± 4.8
25-34	502	24.6	± 4.2
35-44	747	24.6	± 3.6
45-54	656	22.0	± 3.6
55-64	451	25.8	± 4.5
65-74	340	28.1	± 5.7
75+	261	36.9	± 6.5
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,717	19.2	± 2.1
Hispanic	1,251	31.1	± 2.9
Native American	129	21.1	± 8.3
Other	127	23.2	± 8.8
<b>EDUCATION</b>			
Less than High School Graduate	518	46.3	± 5.1
High School Graduate or G.E.D.	869	26.6	± 3.3
Some College	886	18.7	± 2.9
College Graduate	968	13.0	± 2.3
<b>INCOME</b>			
Less than \$10,000	249	48.7	± 7.6
\$10-19,999	574	33.3	± 4.5
\$20-49,999	1,381	23.6	± 2.6
\$50,000 or more	751	11.7	± 2.5
<b>EMPLOYMENT</b>			
Employed	1,987	21.5	± 2.0
Unemployed	125	32.9	± 9.9
Other**	1,126	28.5	± 3.0
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	515	23.6	± 4.1
NE (HD II)	560	24.3	± 4.2
SW (HD III)	659	27.2	± 3.8
SE (HD IV)	539	29.3	± 4.2
Bernalillo County	965	20.1	± 2.9

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>7</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Exercise

Table 37. Percentage of New Mexicans who engaged in regular and sustained physical activities (less than 5X per week, less than 30 min each) during the past month

	Total Number Who Responded †	Weighted Percent (%) ⌘	95% Confidence Interval
TOTAL	3,247	23.8	± 1.7
<b>GENDER</b>			
Males	1,459	24.0	± 2.6
Females	1,779	23.6	± 2.2
<b>AGE</b>			
18-24	283	24.3	± 6.3
25-34	502	22.9	± 4.0
35-44	747	21.7	± 3.3
45-54	656	24.9	± 3.7
55-64	451	23.4	± 4.2
65-74	340	26.5	± 5.1
75+	261	24.9	± 5.9
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,717	25.8	± 2.3
Hispanic	1,251	20.5	± 2.5
Native American	129	25.0	± 11.6
Other	127	29.5	± 8.8
<b>EDUCATION</b>			
Less than High School Graduate	518	15.1	± 4.4
High School Graduate or G.E.D.	869	20.5	± 3.0
Some College	886	26.0	± 3.3
College Graduate	968	30.7	± 3.2
<b>INCOME</b>			
Less than \$10,000	249	16.2	± 5.3
\$10-19,999	574	19.7	± 4.3
\$20-49,999	1,381	23.7	± 2.5
\$50,000 or more	751	29.4	± 3.5
<b>EMPLOYMENT</b>			
Employed	1,987	23.7	± 2.2
Unemployed	125	16.8	± 7.2
Other**	1,126	24.9	± 2.9
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	515	24.5	± 4.8
NE (HD II)	560	16.9	± 4.2
SW (HD III)	659	24.1	± 3.6
SE (HD IV)	539	18.2	± 3.6
Bernalillo County	965	24.5	± 3.0

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

⌘ For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.

For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Weight

Question: "About how much do you weigh without shoes?"

Question: "About how tall are you without shoes?"

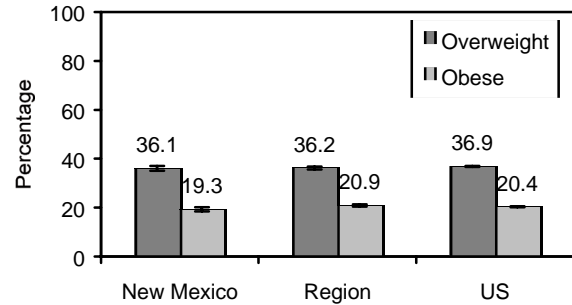
Being overweight or obese are known risk factors for diabetes, heart disease and stroke, hypertension, gallbladder disease, osteoarthritis (degeneration of cartilage and bone of joints), sleep apnea and other breathing problems, and some forms of cancer (uterine, breast, colorectal, kidney, and gallbladder).

Body Mass Index (BMI) is the measurement of choice for many obesity researchers and other health professionals. BMI is a calculation based on height and weight and is not gender-specific.  $BMI = \text{weight in pounds} \times 704.5 / (\text{height in inches})^2$ . The National Institutes of Health (NIH) identify overweight as a BMI of 25-29.9, and obesity as a BMI of 30 or greater.

In New Mexico,

- ❖ 36.1% of adults were overweight and an additional 19.3% were obese based upon body mass index (BMI). These rates of being overweight and obese were not statistically different from rates for the Region (36.2%, 20.9%) or for the U.S. (36.9%, 20.4%).
- ❖ Rates of being overweight and obese were higher in Hispanics (39.5% and 23.5%) than they were in White non-Hispanics (33.7% and 15.7%).
- ❖ Rates of being overweight were higher among men (43.0%) than women (29.2%), whereas rates of obesity were comparable in men (20.1%) and women (18.6%).
- ❖ The percentage of adults who were overweight increased with age, then declined slightly in older age groups.

Percentage of Adults Who Are Overweight or Obese Based on Body Mass Index. New Mexico, Region\*, and U.S.\*\*, 2000.

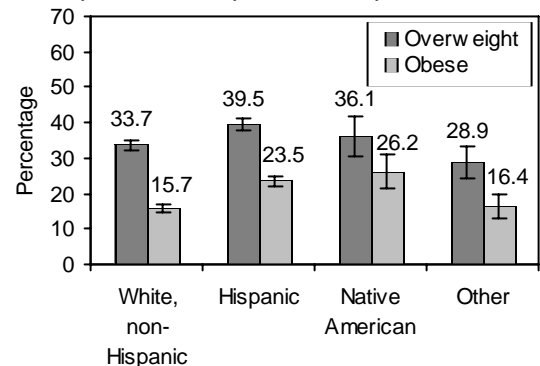


\* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.

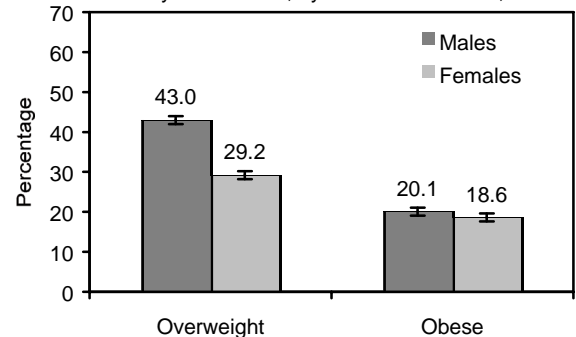
\*\* 50 states, plus the District of Columbia and Puerto Rico.

Source: U.S. BRFSS, 2000.

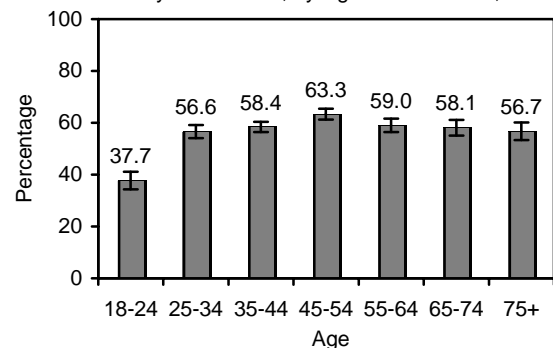
Percentage of Adults Who Are Overweight or Obese Based on Body Mass Index, by Race/Ethnicity. New Mexico, 2000.



Percentage of Adults Who Are Overweight or Obese based on Body Mass Index, by Sex. New Mexico, 2000.



Percentage of Adults Who Are Overweight or Obese based on Body Mass Index, by Age. New Mexico, 2000.



# Weight

Table 38. Percentage of New Mexicans who are overweight based on Body Mass Index (BMI=25-29.9)

	Total Number Who Responded †	Weighted Percent (%) × <sup>1</sup>	95% Confidence Interval
TOTAL	3,103	36.1	± 1.9
<b>GENDER</b>			
Males	1,509	43.0	± 2.9
Females	1,869	29.2	± 2.5
<b>AGE</b>			
18-24	272	25.0	± 6.1
25-34	480	37.9	± 4.9
35-44	716	36.4	± 3.9
45-54	631	40.8	± 4.2
55-64	428	33.9	± 4.9
65-74	329	40.9	± 5.9
75+	244	34.2	± 6.5
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,670	33.7	± 2.6
Hispanic	1,169	39.5	± 3.2
Native American	122	36.1	± 11.3
Other	125	28.9	± 9.2
<b>EDUCATION</b>			
Less than High School Graduate	453	37.0	± 5.3
High School Graduate or G.E.D.	843	35.7	± 3.7
Some College	868	36.7	± 3.6
College Graduate	936	35.3	± 3.5
<b>INCOME</b>			
Less than \$10,000	232	33.0	± 7.2
\$10-19,999	546	33.0	± 4.6
\$20-49,999	1,343	36.7	± 3.0
\$50,000 or more	743	37.6	± 3.8
<b>EMPLOYMENT</b>			
Employed	1,920	37.3	± 2.5
Unemployed	118	35.7	± 9.8
Other**	1,060	33.7	± 3.2
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	495	35.5	± 5.1
NE (HD II)	538	35.0	± 4.6
SW (HD III)	621	36.4	± 4.2
SE (HD IV)	512	37.7	± 4.8
Bernalillo County	934	36.0	± 3.5

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>1</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.



# Weight

Table 39. Percentage of New Mexicans who are obese based on Body Mass Index (BMI<sub>≥</sub>30.0)

	Total Number Who Responded †	Weighted Percent (%) × <sup>‡</sup>	95% Confidence Interval
TOTAL	3,103	19.3	± 1.6
<b>GENDER</b>			
Males	1,509	20.1	± 2.3
Females	1,869	18.6	± 2.1
<b>AGE</b>			
18-24	272	12.7	± 4.4
25-34	480	18.7	± 4.9
35-44	716	22.0	± 3.3
45-54	631	22.5	± 3.7
55-64	428	25.1	± 4.8
65-74	329	17.2	± 4.4
75+	244	9.0	± 4.0
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,670	15.7	± 1.9
Hispanic	1,169	23.5	± 2.7
Native American	122	26.2	± 9.3
Other	125	16.4	± 6.7
<b>EDUCATION</b>			
Less than High School Graduate	453	23.1	± 4.3
High School Graduate or G.E.D.	843	22.1	± 3.1
Some College	868	19.6	± 3.0
College Graduate	936	14.1	± 2.5
<b>INCOME</b>			
Less than \$10,000	232	22.4	± 6.3
\$10-19,999	546	24.3	± 4.1
\$20-49,999	1,343	19.7	± 2.3
\$50,000 or more	743	17.0	± 3.1
<b>EMPLOYMENT</b>			
Employed	1,920	19.4	± 2.0
Unemployed	118	16.9	± 7.2
Other**	1,060	19.5	± 2.7
<b>REGION (NM Health Districts, see map in Appendix II) §</b>			
NW (HD I)	495	20.9	± 4.0
NE (HD II)	538	18.2	± 3.7
SW (HD III)	621	21.8	± 3.6
SE (HD IV)	512	21.7	± 4.1
Bernalillo County	934	16.1	± 2.6

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

×<sup>‡</sup> For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.

For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Weight

Table 40. Percentage of New Mexicans who are overweight or obese based on Body Mass Index (BMI $\geq$ 25)

	Total Number Who Responded †	Weighted Percent (%) $\times^1$	95% Confidence Interval
TOTAL	3,103	55.4	$\pm$ 2.0
<b>GENDER</b>			
Males	1,440	63.1	$\pm$ 2.9
Females	1,663	47.7	$\pm$ 2.7
<b>AGE</b>			
18-24	272	37.7	$\pm$ 6.8
25-34	480	56.6	$\pm$ 5.0
35-44	716	58.4	$\pm$ 4.0
45-54	631	63.3	$\pm$ 4.2
55-64	428	59.0	$\pm$ 5.1
65-74	329	58.1	$\pm$ 6.0
75+	244	56.7	$\pm$ 6.8
<b>RACE/ETHNICITY</b>			
White, non-Hispanic	1,670	49.4	$\pm$ 2.7
Hispanic	1,169	63.0	$\pm$ 3.2
Native American	122	62.3	$\pm$ 12.1
Other	125	45.3	$\pm$ 10.0
<b>EDUCATION</b>			
Less than High School Graduate	453	60.1	$\pm$ 5.6
High School Graduate or G.E.D.	843	57.7	$\pm$ 3.8
Some College	868	56.2	$\pm$ 3.8
College Graduate	936	49.4	$\pm$ 3.6
<b>INCOME</b>			
Less than \$10,000	232	55.4	$\pm$ 8.0
\$10-19,999	546	57.3	$\pm$ 5.0
\$20-49,999	1,343	56.4	$\pm$ 3.0
\$50,000 or more	743	54.6	$\pm$ 4.0
<b>EMPLOYMENT</b>			
Employed	1,920	56.7	$\pm$ 2.6
Unemployed	118	52.5	$\pm$ 10.6
Other**	1,060	53.3	$\pm$ 3.5
<b>REGION (NM Health Districts, see map in Appendix II) <math>\S</math></b>			
NW (HD I)	495	56.4	$\pm$ 5.3
NE (HD II)	538	53.2	$\pm$ 5.0
SW (HD III)	621	58.2	$\pm$ 4.4
SE (HD IV)	512	59.4	$\pm$ 4.8
Bernalillo County	934	52.0	$\pm$ 3.7

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,248 across categories for some variables.

$\times^1$  For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.

$\S$  For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

\*\* Other includes homemakers, students, retirees, and those who are unable to work.

# Environmental Health

Question: "Do you have electricity in your home?"

Question: "Is public sewer service connected to your home?"

Question: "How is water connected to your home?"

Question: "What is the main source for your drinking water?"

Question: "Do you have regular garbage pickup at your home?"

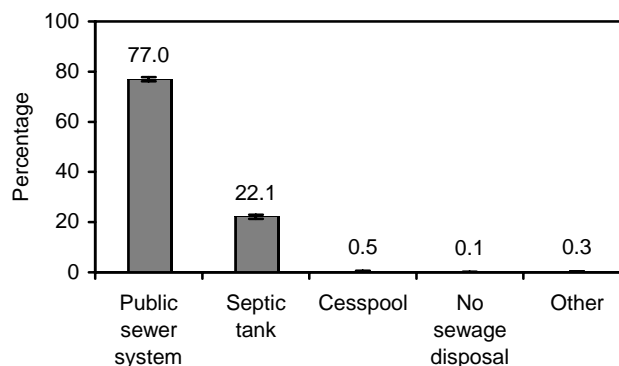
Question: "If not, how do you get rid of your garbage?"

The State of New Mexico is one of the least populated states in the U.S., with an estimated population density in 2000 of ~15 people/square mile. Nearly half of the approximately 1.8 million people in the state live in the three urban areas of Albuquerque, Santa Fe, and Las Cruces. This means that greater than 50% of the state's inhabitants live in smaller communities or remote areas. This set of questions was added to assess the range of household water use, sewage, and garbage disposal practices in the State.

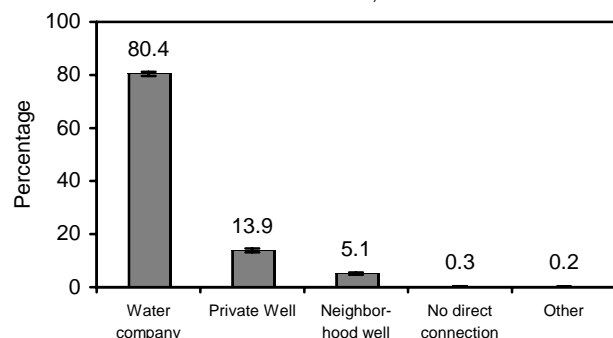
In New Mexico,

- ❖ 99.9% of adults had electricity, 99.5% of adults had sewage disposal, and 99.5% had direct water connection for their houses.
- ❖ Drinking water was obtained from a variety of sources, with public water (65.7%), bottled water or water machines (18.3%), onsite well (11.4%), offsite wells (4.0%), providing over 99% of drinking water needs.
- ❖ 17.2% of households had no regular garbage pickup. For these households, a variety of methods were used to dispose of garbage, including using a dump (60.0%) or collection station (28.9%), burning it (4.0%), paying a hauler to carry it away (1.9%), burying it (0.4%), and 'Other' (4.7%).

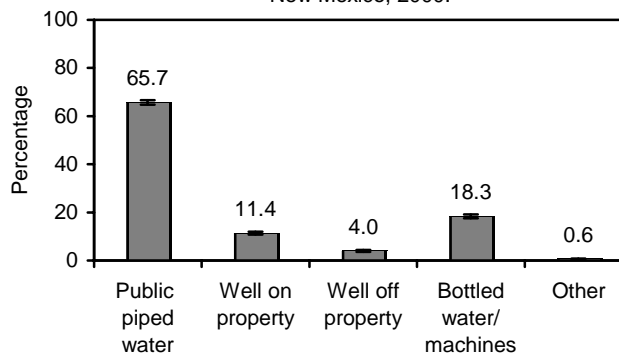
Type of Household Sewage Disposal  
New Mexico, 2000.



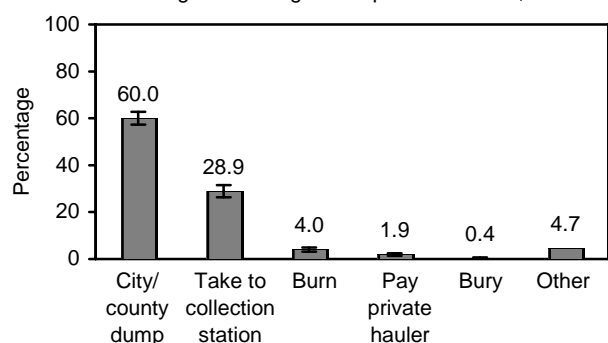
Types of Water Connections to Households.  
New Mexico, 2000.



Sources of Household Drinking Water.  
New Mexico, 2000.



Methods Used for Garbage Disposal by Households With  
No Regular Garbage Pickup. New Mexico, 2000.



# Appendix I - Methods

The Behavioral Risk Factor Surveillance System (BRFSS) is conducted using a random-digit-dial telephone survey. One implication of this survey method is that individuals living in households without telephones are not represented in the survey results. 94% of U.S. households subscribed to telephone service in 1998. However, in New Mexico, phone coverage was estimated to be 88% <sup>22</sup>. Phone coverage varies considerably from county to county within the state. For example, an estimated 98% of households in Los Alamos County have phones compared with only 55% of households in McKinley County <sup>23,24</sup>.

Interviews were performed at PC workstations using Ci3 computer-aided telephone interviewing software provided by Sawtooth Software. Random telephone numbers were provided by Genesys Telecommunications Laboratories, Inc.

Calls are made during several time periods throughout the day, in order to maximize the chance of finding respondents at home. The calling periods for the BRFSS in 2000 were:

Daytime:	10-4 Monday-Friday	Evening:	4-9 Monday-Friday
Weekends:	10-4 Saturday , 1-6 Sunday		

Approximately 1/12 of the annual sample is surveyed each month to avoid bias in the results due to seasonal variation.

## Sample selection

Households were chosen at random from all households in the state with telephones, using a disproportionate stratified sampling (DSS) design. Respondents were randomly selected from all adults 18 and older living in the household. The final 2000 sample size was 3,248 adults.

Under DSS, telephone numbers are selected from two strata or lists. One stratum contains blocks of phone numbers with a high proportion of household phone numbers (the high-density stratum). The other stratum contains blocks of phone numbers with a low proportion of household phone numbers (the low-density stratum). Telephone numbers in the high-density stratum are then sampled at a higher rate than telephone numbers in the low-density stratum. As a consequence, during analysis, records from the low-density stratum receive more weight than records from the high-density stratum.

Blocks of 100 numbers with the same area code, prefix, and first two digits of the suffix (sets of 100 telephone numbers with the same first 8 digits) are used to divide phone numbers into the high- and low-density strata. These blocks of 100 phone numbers with the same first 8 digits are called hundred blocks. Lists of telephone numbers from published directories are used to determine the number of listed household numbers in each hundred block. Telephone numbers from hundred blocks that contain no listed household numbers (0 blocks) are assigned to the low-density stratum. Telephone numbers from hundred blocks that contain one or more listed household numbers (1+ blocks) are assigned to the high-density stratum. The reason for this assignment is that nationally one to two percent of telephone numbers in 0 blocks are household numbers while 50 to 55 percent of telephone numbers from 1+ blocks are household numbers. Consequently, sampling at a higher rate from the one plus block stratum results in a higher "hit rate", i.e. more of the telephone numbers are household numbers.

Once a residential household has been selected, a respondent is randomly selected from among all adults aged 18 and over living in the household. After the interview has been completed, the last two digits of the phone number are dropped from the record. The entire telephone number is dropped from the final database, to preserve the respondent's anonymity. Names, SSNs, and addresses are not included in the record.

# Appendix I - Methods

## Sources of Error

Like any estimates produced from population surveys, the estimates produced from the BRFSS are subject to error. The sources of error can be classified into two categories, sampling error and non-sampling error. The information presented below is abstracted from two sources, The BRFSS User's Guide <sup>25</sup>, and an article from the Journal of the American Statistical Association <sup>26</sup>.

Sampling error results because the estimates are based on a random sample of the population. Since only a subset of the population of interest responds to the questions, different samples will yield different estimates. However, as long as the sampling plan is followed correctly, because the estimates are based on a probability sample, the amount of sampling error in the estimates is known and is reflected in the standard errors and confidence intervals of the estimates.

The second type of error, non-sampling error, could occur even if a census was taken, that is, even if all members of the state's population were asked to complete the survey questionnaire. Non-sampling errors are not reflected in the standard errors of the estimates, and the magnitude of this error is difficult to quantify. Because of non-sampling error, the total error in the estimate is typically larger than the estimated standard errors shown in the report.

Some examples of sources of **non-sampling error** are:

1. **Telephone non-coverage bias** refers to the fact that persons who do not live in residential households with telephones are not represented in the estimates and may differ from those in households with telephones with respect to what is being measured.
  - ❖ Persons living in hospitals, nursing homes, prisons, and college dormitories are excluded.
  - ❖ Rates of telephone non-coverage are higher for some subgroups within the population than for others, e.g. lower income households may be under-represented in the final estimates.
2. **Non-response** is the inability to obtain responses from all individuals selected to be in the sample.
  - ❖ Unit non-response occurs when a respondent cannot be reached or refuses to participate. It can also result from language/cultural barriers, hearing problems or other barriers to participation.
  - ❖ Item non-response refers to the situation where responses to individual questions are missing. This type of error occurs when a respondent refuses to answer a question or doesn't know or can't recall the answer, or the question gets inadvertently skipped in the interview.
3. **Measurement error** is error due to inaccurate responses.
  - ❖ Inaccurate answers may be given by respondents who misunderstand questions, have poor memory, or deliberately give false answers. The accuracy of the responses may also be influenced by attitudes toward the interview, the interviewer's tone of voice, and the length of the interview.
  - ❖ Recording or data entry errors are another form of measurement error.

# Appendix I - Methods

## Quality assurance

While error in survey estimates cannot be avoided entirely, the Survey Unit goes to great lengths to reduce non-sampling error. Some examples of measures taken to reduce error include:

- ❖ Training the interviewers at hire, at the beginning of each new survey year, and at the beginning of each new month of the survey.
- ❖ Using a programmed questionnaire administered via computer (Ci3) that handles all 'skip patterns' and provides prompts to the interviewer.
- ❖ Frequent, prompt feedback to interviewers.
- ❖ Editing of keyed data for extreme or invalid values by a software program at the end of each month, prior to submission of the data to the CDC.
- ❖ Verification callbacks.

- 10% of the respondents who completed the survey are called back every month and asked to complete a short verification survey. This short survey repeats a subset of the questions asked in the original questionnaire.

## Implications of Sample Design for Estimating Prevalence of Risk Factors and Health Conditions in the Population

The estimated prevalence of a risk behavior or condition for the state is actually a weighted percentage. The proportion of respondents in the sample who report a risk factor or condition is adjusted by a weighting factor to produce the prevalence estimate for the state population as a whole. There are several components to the weight used to adjust the sample proportion.

1. The sampling weight reflects the fact that adults within the population have different probabilities of being included in the sample, because:

- ❖ Households with phone numbers in the low-density stratum (described under sample selection above) have a lower probability of being selected than households with phone numbers in the high-density stratum.
- ❖ Households with more than one phone line have a greater chance of being selected.
- ❖ In households containing many adults, each adult has a smaller chance of being randomly selected to complete the survey.

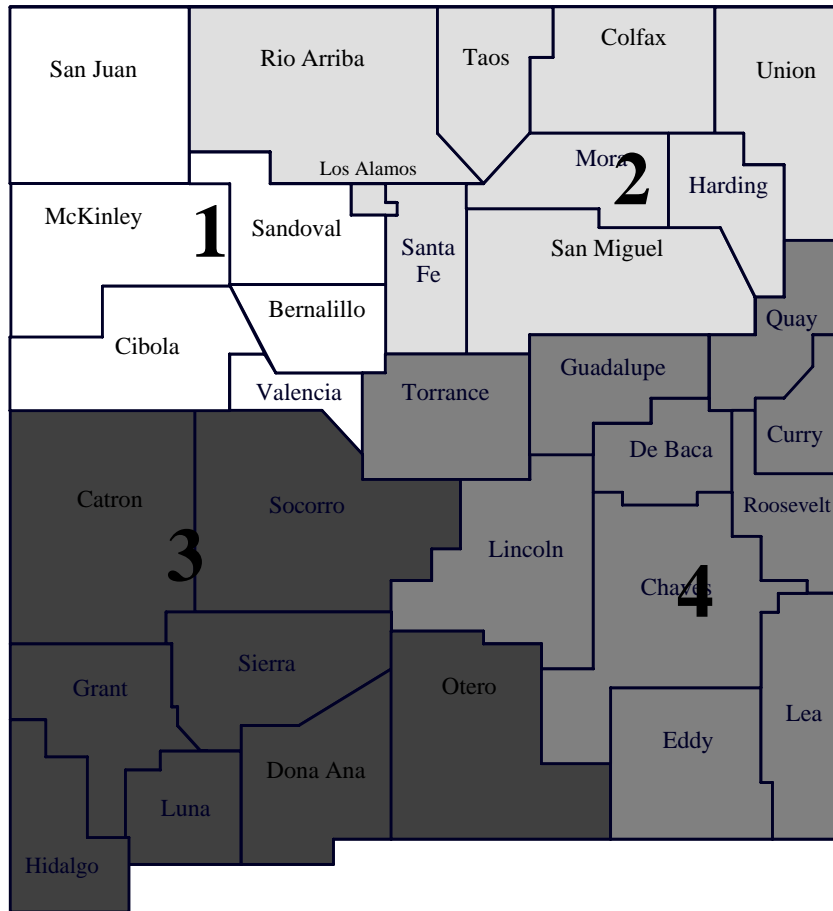
2. A post-stratification weighting procedure is used to adjust for differences in the distribution of the sample by gender and age group compared with the population, as determined by the Census. This component of the weighting process attempts to adjust the estimates so they better reflect the population of the state.

The final weight is the product of the sampling weight and the post-stratification weight.

STATA 7.0 statistical software was used for all analyses in this report.

# Appendix II - Map

## Health Districts and Counties of New Mexico



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