



Health Behaviors and Conditions of New Mexicans, 2001

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

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System (BRFSS)*

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BRFSS data and copies of this report and the 2001 questionnaire are available from:
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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 household 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 U.S. BRFSS are available online at:

<http://apps.nccd.cdc.gov/brfss/index.asp>

This 2001 NM BRFSS report is available in .pdf format at the NM Department of Health web-site:

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

2001 BRFSS Survey Topics

Questions in the 2001 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
- Hypertension
- Cholesterol
- Asthma
- Arthritis
- Immunization
- Tobacco Use
- Alcohol Consumption
- Firearms
- Physical Activity
- Prostate Cancer Screening
- Colorectal Cancer Screening
- HIV/AIDS

Optional modules included:

- Disability
- Diabetes

State-added questions included:

- Health Care Coverage and Utilization
- Children's Health Care Access
- Intimate Partner Violence
- Tobacco
- Cardiovascular Disease
- Immunizations
- Disabilities - Personal Care

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
- Weight
- Height

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 BRFSS Cooperation Rate is an outcome rate with the number of completed interviews in the numerator and the number of eligible respondents who are capable of completing the interview in the denominator. The formula for the cooperation rate is:

$$\left[\frac{a}{a+b+c+d+e+f} \right]$$

where *a* is the # of completed interviews.
b is the # of refused interviews.
c is the # of selected respondents not available during the interviewing period.
d is the # of interviews terminated during the interview.
e is the # on the 'never call' list.
f is the # who hung-up or terminated before respondent selection.

The cooperation rate for the 2001 survey was 62.3%. If the 37.3% of adults who were selected, but were not interviewed, differed in a systematic way from those who completed 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 tables or graphs, 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 95% confidence interval 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 those of "other" racial/ethnic groups 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 were 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 data from all the other states (Other States) that administered the question.

Demographics of the 2001 New Mexico Sample

Table 1 Demographic Characteristic	2001 BRFSS Data			2000 Census Data †
	Number in Sample *	Unweighted Percent (%) [⌘]	Weighted Percent (%) [⌘]	
TOTAL	3,621	100.0	100.0	
GENDER				
Males	1,502	41.5	48.5	49.2
Females	2,119	58.5	51.5	50.8
AGE				
18-24	312	8.7	12.9	13.5
25-34	554	15.4	19.4	17.9
35-44	750	20.9	21.6	21.5
45-54	749	20.8	18.1	18.8
55-64	510	14.2	11.9	12.1
65-74	419	11.6	10.0	9.0
75+	303	8.4	6.2	7.2
RACE/ETHNICITY				
White, non-Hispanic	1,898	53.1	48.6	49.5
Hispanic	1,271	35.6	37.7	38.7
Native American	232	6.5	8.0	7.8
Other	173	4.8	5.7	4.0
EDUCATION				
Less than High School Graduate	621	17.2	17.9	N/A‡
High School Graduate or G.E.D.	1,038	28.8	29.3	N/A
Some College	931	25.8	26.0	N/A
College Graduate	1,020	28.3	26.8	N/A
INCOME				
Less than \$10,000	229	7.1	5.7	N/A
\$10-19,999	667	20.6	19.2	N/A
\$20-49,999	1,504	46.5	47.6	N/A
\$50,000 or more	831	25.7	27.6	N/A
EMPLOYMENT				
Employed	2,165	60.0	63.0	N/A
Unemployed	106	2.9	3.4	N/A
Other**	1,339	37.1	33.6	N/A
REGION (NM Health Districts, see map in Appendix II) §				
NW (HD I)	717	20.1	20.1	20.0
NE (HD II)	731	20.5	15.6	15.6
SW (HD III)	721	20.2	18.3	18.1
SE (HD IV)	689	19.3	14.4	14.6
Bernalillo County	716	20.0	31.6	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 3,621 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.

§ 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 2001. 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.

Risk Factor/ Condition	Weighted Percent (95% CI) [⌘]	Year 2010 Target †	NM rates vs.	
			Region	U.S.
General health status is fair or poor	16.9 (± 1.4)	NA ¹	Similar	Higher
No health care coverage	22.5 (± 1.8)	0%	Higher	Higher
No flu shot during past year (Ages 65 years and older)	30.2 (± 3.7)	<10%	Lower	Lower
No pneumococcal vaccine ever (Ages 65 years and older)	37.5 (± 4.0)	<10%	Similar	Similar
No colorectal cancer screening (Ages 50 years and older)	56.9 (± 3.0)	<50%	Similar	Similar
No fecal occult blood test (Ages 50 years and older)	60.7 (± 2.9)	<50%	Similar	Higher
No prostate-specific antigen test (Ages 40 years and older)	44.8 (± 3.9)	<40%	Higher	Higher
Diagnosed prostate cancer	3.7 (± 1.4)	NA	Similar	Similar
Diagnosed arthritis	21.7 (± 1.6)	<5%	Similar	Similar
'Presumptive' arthritis	31.6 (± 2.0)	<15%	Similar	Similar
History of asthma	10.8 (± 1.2)	NA	Similar	Similar
Asthma now	6.8 (± 1.0)	NA	Similar	Similar
Diabetes	7.6 (± 1.6)	<2.5%	Similar	Similar
High blood pressure	20.0 (± 1.6)	<16%	Lower	Lower
Never had cholesterol checked	32.8 (± 1.8)	NA	Higher	Higher
High cholesterol	17.9 (± 1.4)	<17%	Lower	Lower
Had heart attack (Ages 50 years and older)	8.7 (± 1.8)	NA	NC ²	Similar ³
Stroke (Ages 50 years and older)	5.0 (± 1.2)	NA	NC ²	Similar ³
Coronary heart disease (Ages 50 years and older)	8.2 (± 1.5)	NA	NC ²	Lower ³
Current smoking	23.9 (± 1.7)	<12%	Similar	Similar
Binge drinking	15.8 (± 1.5)	NA	Similar	Similar
Heavy drinking	5.0 (± 0.8)	NA	Similar	Similar
Unaware that treatment of pregnant mothers can reduce HIV transmission to child	49.2 (± 2.2)	NA	Similar	Higher
Unaware that there are treatments available to help those infected with HIV to live longer	15.2 (± 1.6)	NA	Higher	Higher
Unaware that treatments are highly effective in helping those infected with HIV to live longer	83.0 (± 1.8)	NA	Higher	Higher
No leisure-time physical activities	23.0 (± 1.6)	<20%	Similar	Similar
Do not meet recommended physical activity levels	49.8 (± 2.0)	<30%	Lower	Lower
Overweight and obese (BMI ≥ 25.0)	57.2 (± 2.0)	<40%	Similar	Similar
Firearms in home	34.9 (± 1.9)	NA	Similar	Higher

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

† Healthy People 2000. DHHS Publication Number (PHS) 91-5021, 1991.

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

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

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

2 No comparison; one or more of the states in the Region were not asked this question.

3 Comparison is to the following other states: Alabama, Arkansas, Colorado, DC, Iowa, Minnesota, Mississippi, Missouri, Montana, New York, North Dakota, Ohio, Oklahoma, South Carolina, Tennessee, Utah, Virginia, Washington, West Virginia, and Wyoming.

Health Status

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

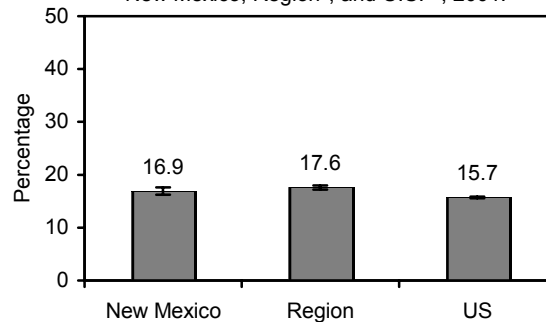
The Centers for Disease Control and Prevention has defined health-related quality of life as "an individual's or group's perceived physical and mental health over time". This question is considered to be a reliable indicator of a person's general health and well being.

In New Mexico,

- ❖ *83.1% of New Mexicans reported that their general health was excellent, very good, or good. 16.9% of adults reported that their general health was fair or poor. This is higher than the percentage for the U.S. (15.7%) but not statistically different from the percentage for the Region (17.6%).*

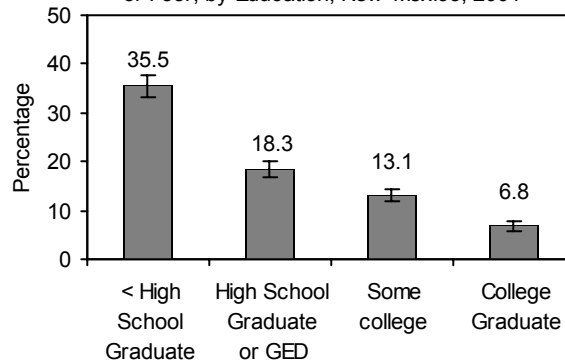
- ❖ *New Mexicans with lower education or income were more likely to report fair or poor health status.*

Percentage of Adults Whose General Health Was Fair or Poor. New Mexico, Region*, and U.S.**, 2001.

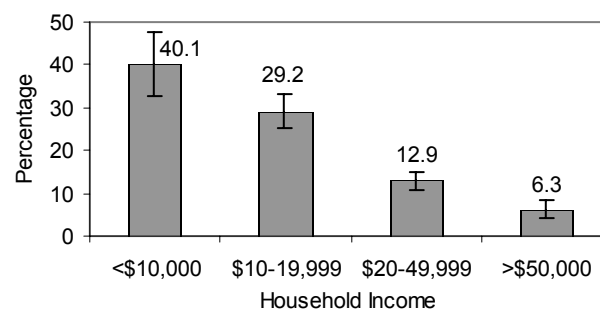


* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
 ** 50 states, plus the District of Columbia and Puerto Rico.
 Source: U.S. BRFSS, 2001.

Percentage of Adults Whose General Health Was Fair or Poor, by Education, New Mexico, 2001



Percentage of Adults Whose General Health Was Fair or Poor, by Household Income, New Mexico, 2001



Health Status

Table 3. Percentage of New Mexicans who stated that their health was fair or poor.

	Total Number Who Responded †	Weighted Percent (%) × [‡]	95% Confidence Interval
TOTAL	3,616	16.9	± 1.4
GENDER			
Males	1,499	15.7	± 2.0
Females	2,117	18.1	± 1.9
AGE			
18-24	312	8.3	± 3.5
25-34	554	10.2	± 3.4
35-44	750	13.3	± 3.0
45-54	747	16.9	± 3.3
55-64	507	22.8	± 4.2
65-74	419	29.5	± 5.2
75+	313	36.0	± 6.1
RACE/ETHNICITY			
White, non-Hispanic	1,897	12.0	± 1.7
Hispanic	1,268	23.1	± 2.8
Native American	231	16.6	± 5.1
Other	173	20.0	± 8.0
EDUCATION			
< High School Graduate	620	35.5	± 4.6
High School Graduate or G.E.D.	1,037	18.3	± 3.2
Some College	931	13.1	± 2.7
College Graduate	1,017	6.8	± 1.9
INCOME			
<\$10,000	229	40.1	± 7.6
\$10-19,999	667	29.2	± 4.1
\$20-49,999	1,501	12.9	± 2.0
\$50,000 or more	830	6.3	± 1.9
EMPLOYMENT			
Employed	2,163	8.8	± 1.5
Unemployed	106	16.6	± 7.9
Other**	1,336	32.1	± 3.0
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	716	15.9	± 2.9
NE (HD II)	730	15.7	± 3.3
SW (HD III)	721	21.0	± 3.5
SE (HD IV)	688	19.3	± 3.2
Bernalillo County	714	14.5	± 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 3,621 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.

Satisfaction with Life

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

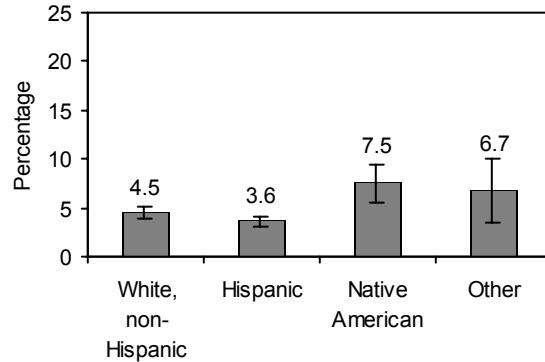
Answers: "Very satisfied", "Satisfied", "Dissatisfied", or "Very Dissatisfied".

This question attempts to measure overall physical, mental, and spiritual well-being ¹.

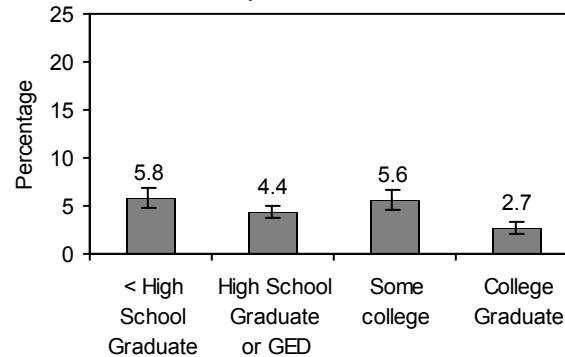
In New Mexico,

- ❖ Only 4.5% of adults reported that they are dissatisfied or very dissatisfied with their lives.
- ❖ The percentage dissatisfied or very dissatisfied with their lives was not statistically different among the various racial/ethnic groups, except that rates among Hispanics (3.6%) were lower than rates among Native Americans (7.5%).
- ❖ Low income, but not low education, was associated with dissatisfaction with life.
- ❖ The percentages of those dissatisfied or very dissatisfied with life were not statistically different across the different age groups, except for the rate in the 45-64 age group which was higher than the rates in the 18-24 and the 35-44 age groups.

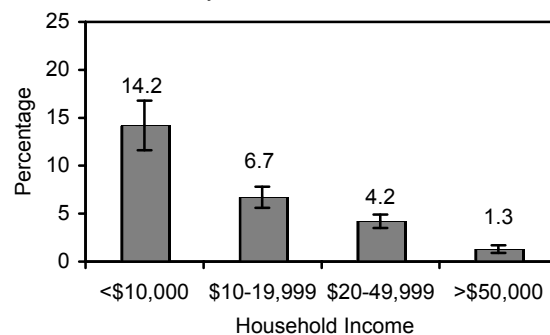
Percentage of Adults Who Are Dissatisfied or Very Dissatisfied With Their Lives, by Race/Ethnicity. New Mexico, 2001.



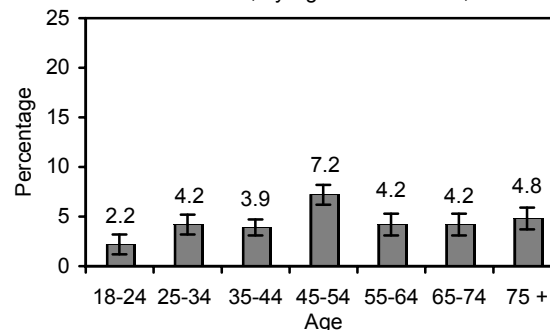
Percentage of Adults Who Are Dissatisfied or Very Dissatisfied With Their Lives, by Education. New Mexico, 2001.



Percentage of Adults Who Are Dissatisfied or Very Dissatisfied With Their Lives, by Household Income. New Mexico, 2001.



Percentage of Adults Who Are Dissatisfied or Very Dissatisfied With Their Lives, by Age. New Mexico, 2001.



Satisfaction with Life

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

	Total Number Who Responded †	Weighted Percent (%) x [‡]	95% Confidence Interval
TOTAL	3,488	4.5	± 0.8
GENDER			
Males	1,445	3.9	± 1.2
Females	2,043	5.0	± 1.0
AGE			
18-24	301	2.2	± 1.9
25-34	535	4.2	± 1.9
35-44	723	3.9	± 1.5
45-54	724	7.2	± 2.0
55-64	488	4.2	± 2.1
65-74	405	4.2	± 2.1
75+	292	4.8	± 2.2
RACE/ETHNICITY			
White, non-Hispanic	1,846	4.5	± 1.1
Hispanic	1,218	3.6	± 1.1
Native American	215	7.5	± 3.9
Other	164	6.7	± 6.6
EDUCATION			
< High School Graduate	593	5.8	± 2.1
High School Graduate or G.E.D.	1,003	4.4	± 1.4
Some College	893	5.6	± 2.0
College Graduate	993	2.7	± 1.1
INCOME			
<\$10,000	215	14.2	± 5.2
\$10-19,999	649	6.7	± 2.1
\$20-49,999	1,455	4.2	± 1.3
\$50,000 or more	819	1.3	± 0.8
EMPLOYMENT			
Employed	2,094	2.9	± 0.8
Unemployed	100	9.4	± 5.7
Other**	1,293	6.9	± 1.9
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	693	6.2	± 2.0
NE (HD II)	693	4.0	± 1.5
SW (HD III)	709	3.9	± 1.4
SE (HD IV)	664	3.8	± 1.6
Bernalillo County	694	4.4	± 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 3,621 across categories for some variables.

x[‡] 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.

Social and Emotional Support

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

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

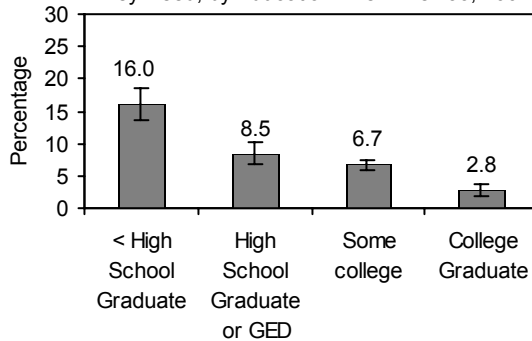
Emotional and social support from others is an important aid in coping with life's challenges ².

In New Mexico,

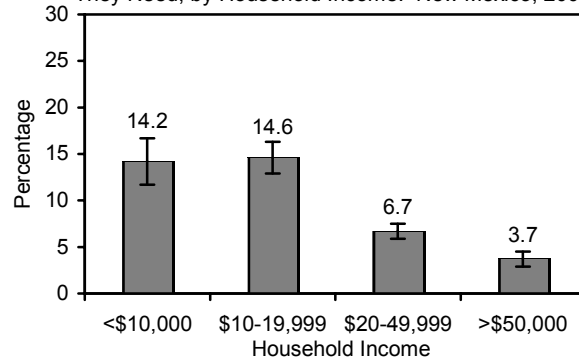
- ❖ 7.9% of adults reported that they rarely or never get the social or emotional support they need.
- ❖ The percentages of Hispanics (10.2%), Native Americans (13.5%) who rarely or never get the social or emotional support they need were higher than the percentage of White, non-Hispanics (5.2%).
- ❖ The percentage of adults who rarely or never get the social and emotional support they need was highest in those with less education or income.
- ❖ The percentage of adults who rarely or never get the social and emotional support tended to be higher among older age groups.

percentage

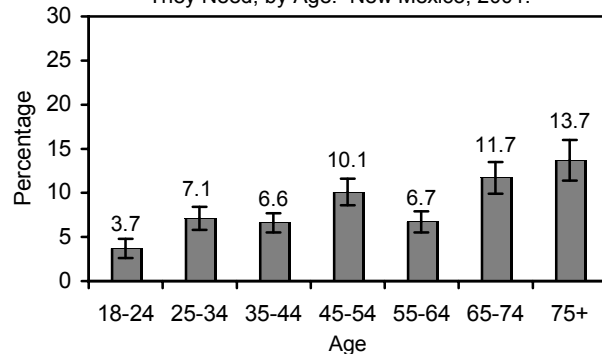
Percentage of Adults Who Rarely or Never Get the Support They Need, by Education. New Mexico, 2001.



Percentage of Adults Who Rarely or Never Get the Support They Need, by Household Income. New Mexico, 2001.



Percentage of Adults Who Rarely or Never Get the Support They Need, by Age. New Mexico, 2001.



Social and Emotional Support

Table 5. Percentage of New Mexicans who do not get the social or emotional support they need.

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	3,472	7.9	± 1.0
GENDER			
Males	1,433	9.0	± 1.6
Females	2,039	7.3	± 1.4
AGE			
18-24	300	3.7	± 2.1
25-34	534	7.1	± 2.5
35-44	723	6.6	± 2.2
45-54	724	10.1	± 2.9
55-64	484	6.7	± 2.3
65-74	406	11.7	± 3.6
75+	282	13.7	± 4.6
RACE/ETHNICITY			
White, non-Hispanic	1,840	5.2	± 1.1
Hispanic	1,213	10.2	± 2.0
Native American	217	13.5	± 5.5
Other	163	8.0	± 4.8
EDUCATION			
< High School Graduate	589	16.0	± 3.6
High School Graduate or G.E.D.	1,000	8.5	± 1.9
Some College	896	6.7	± 1.9
College Graduate	981	2.8	± 1.2
INCOME			
<\$10,000	213	14.2	± 5.0
\$10-19,999	644	14.6	± 3.3
\$20-49,999	1,454	6.7	± 1.5
\$50,000 or more	817	3.7	± 1.6
EMPLOYMENT			
Employed	2,085	6.6	± 1.3
Unemployed	101	13.5	± 7.0
Other**	1,285	9.7	± 1.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	691	11.3	± 2.7
NE (HD II)	698	6.8	± 2.1
SW (HD III)	705	7.8	± 2.0
SE (HD IV)	663	7.7	± 2.2
Bernalillo County	691	5.7	± 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 3,621 across categories for some variables.

x⁷ 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

Question 1: "Are you limited in any way in **any activities** because of physical, mental, or emotional problems?"

Question 2: "Because of any impairment or health problem, do you have **any trouble learning, remembering, or concentrating?**"

Question 3: "Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?"

Question 4: "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?"

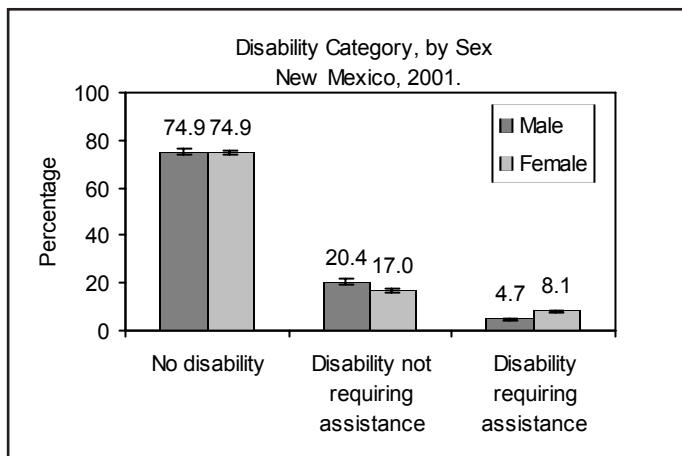
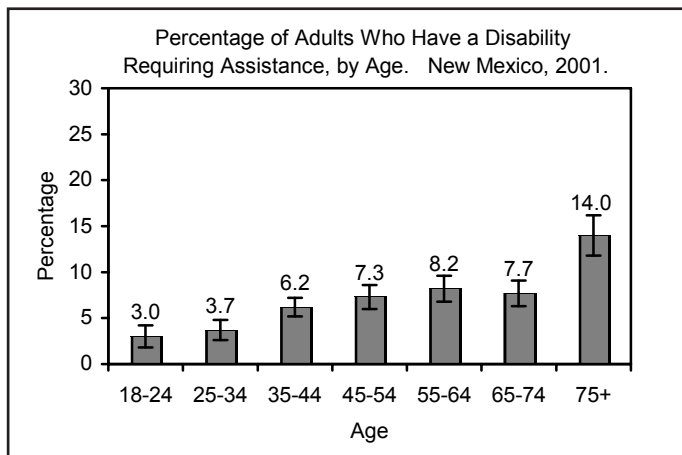
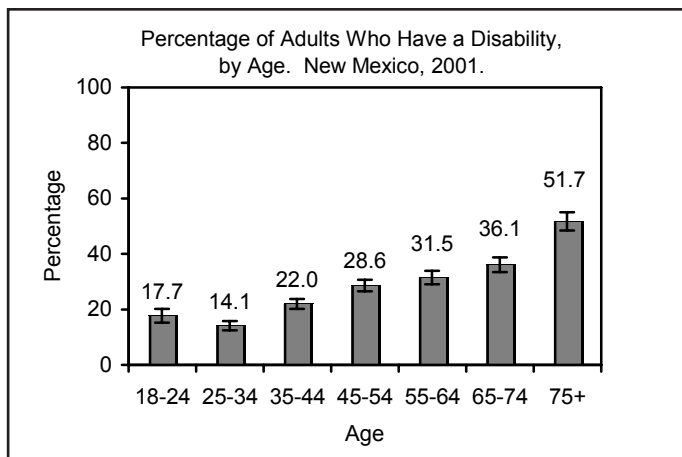
Question 5: "Because of any impairment or health problem, do you need the help of other persons in handling your routine needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes?"

Research has shown that people with disabilities are at higher risk for developing additional disabilities or secondary conditions associated with their disability^{3,4} 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 disabilities⁵, and the social, employment, personal, family and community costs are difficult to measure.

Questions 1-3 (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 4 and 5 were used to group people with disabilities into two sub-groups⁶ - those with disabilities not requiring assistance and those with disabilities requiring assistance.

In New Mexico,

- ❖ 25.5% of adults had a disability and 6.4% reported that they required assistance from others for their daily needs.
- ❖ Rates of disability increased with age.
- ❖ Females were almost twice as likely to have disabilities requiring assistance as males. This increased risk among 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 3 disability screening questions, see pg. 18).

	Total Number Who Responded †	Weighted Percent (%)× ¹	95% Confidence Interval
TOTAL	3,507	25.5	± 1.7
GENDER			
Males	1,451	25.5	± 2.6
Females	2,056	25.6	± 2.2
AGE			
18-24	301	17.7	± 5.0
25-34	537	14.1	± 3.4
35-44	726	22.0	± 3.6
45-54	726	28.6	± 4.1
55-64	494	31.5	± 4.7
65-74	408	36.1	± 5.4
75+	295	51.7	± 6.5
RACE/ETHNICITY			
White, non-Hispanic	1,855	27.9	± 2.4
Hispanic	1,227	22.3	± 2.7
Native American	217	18.9	± 5.9
Other	166	36.1	± 9.7
EDUCATION			
< High School Graduate	598	28.4	± 4.2
High School Graduate or G.E.D.	1,008	24.5	± 3.1
Some College	903	27.6	± 3.7
College Graduate	992	22.8	± 3.0
INCOME			
<\$10,000	220	45.9	± 8.0
\$10-19,999	649	30.0	± 4.1
\$20-49,999	1,464	24.3	± 2.6
\$50,000 or more	818	18.2	± 3.1
EMPLOYMENT			
Employed	2,095	18.1	± 2.0
Unemployed	102	24.1	± 9.8
Other**	1,309	39.3	± 3.1
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	697	25.6	± 3.6
NE (HD II)	706	22.8	± 3.4
SW (HD III)	710	27.3	± 3.8
SE (HD IV)	671	24.9	± 3.6
Bernalillo County	697	24.0	± 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 3,621 across categories for some variables.

×¹ 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 7. Percentage of New Mexicans limited in any way in any activities because of physical, mental, or emotional problems (Disability question #1).

	Total Number Who Responded †	Weighted Percent (%) × [§]	95% Confidence Interval
TOTAL	3,576	18.4	± 1.5
GENDER			
Males	1,481	18.6	± 2.3
Females	2,095	18.3	± 1.9
AGE			
18-24	309	9.1	± 3.5
25-34	550	9.4	± 2.8
35-44	742	16.2	± 3.2
45-54	739	22.6	± 3.9
55-64	503	25.4	± 4.3
65-74	413	27.3	± 5.0
75+	233	32.9	± 6.1
RACE/ETHNICITY			
White, non-Hispanic	1,878	21.1	± 1.9
Hispanic	1,270	14.8	± 3.3
Native American	230	12.0	± 10.5
Other	168	25.8	± 8.9
EDUCATION			
Less than High School Graduate	611	17.9	± 3.5
High School Graduate or G.E.D.	1,027	17.7	± 2.6
Some College	922	21.2	± 3.3
College Graduate	1,009	16.8	± 2.6
INCOME			
Less than \$10,000	226	42.2	± 7.2
\$10-19,999	662	26.2	± 3.9
\$20-49,999	1,495	14.2	± 1.9
\$50,000 or more	830	9.3	± 2.1
EMPLOYMENT			
Employed	2,144	12.1	± 1.7
Unemployed	105	18.6	± 8.4
Other**	1,326	30.1	± 2.9
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	712	17.3	± 3.0
NE (HD II)	726	16.6	± 3.0
SW (HD III)	716	20.1	± 3.4
SE (HD IV)	683	18.9	± 3.2
Bernalillo County	711	18.9	± 3.3

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

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Disability

Table 8. Percentage of New Mexicans who have trouble, learning, remembering or concentrating because of any impairment or health problem (Disability question #2).

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	3,492	12.0	± 1.3
GENDER			
Males	1,447	11.0	± 1.9
Females	2,045	13.0	± 1.7
AGE			
18-24	298	10.0	± 4.1
25-34	537	8.9	± 2.7
35-44	723	11.0	± 2.7
45-54	725	14.0	± 3.2
55-64	491	12.5	± 3.2
65-74	405	14.4	± 3.7
75+	293	20.3	± 5.2
RACE/ETHNICITY			
White, non-Hispanic	1,849	11.0	± 1.6
Hispanic	1,221	12.2	± 2.0
American Indian/Alaskan Native	216	14.8	± 5.4
Other	165	16.9	± 8.6
EDUCATION			
< High School Graduate	597	17.7	± 3.4
High School Graduate or G.E.D.	1,003	11.5	± 2.4
Some College	896	12.7	± 2.7
College Graduate	990	8.2	± 1.9
INCOME			
<\$10,000	218	26.0	± 6.8
\$10-19,999	645	16.4	± 3.2
\$20-49,999	1,456	11.2	± 2.0
\$50,000 or more	819	5.6	± 1.8
EMPLOYMENT			
Employed	2,091	7.5	± 1.3
Unemployed	131	10.9	± 7.0
Other**	1,299	20.5	± 2.6
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	693	12.9	± 2.8
NE (HD II)	543	11.6	± 2.6
SW (HD III)	666	13.9	± 3.1
SE (HD IV)	581	12.8	± 2.7
Bernalillo County	1,045	9.4	± 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 3,621 across categories for some variables.

x⁷ 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 use special equipment because of any impairment or health problem (Disability question #3).

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	3,581	5.7	± 0.8
GENDER			
Males	1,487	5.6	± 1.2
Females	2,094	5.8	± 1.1
AGE			
18-24	309	1.0	± 1.4
25-34	551	1.5	± 1.2
35-44	741	3.4	± 1.4
45-54	741	5.6	± 1.8
55-64	505	7.2	± 2.5
65-74	413	12.7	± 3.7
75+	300	21.8	± 5.4
RACE/ETHNICITY			
White, non-Hispanic	1,880	6.5	± 1.2
Hispanic	1,257	4.9	± 1.3
American Indian/Alaskan Native	231	3.3	± 2.4
Other	169	7.8	± 4.8
EDUCATION			
< High School Graduate	614	6.7	± 2.0
High School Graduate or G.E.D.	1,029	5.1	± 1.4
Some College	921	6.8	± 1.8
College Graduate	1,011	4.8	± 1.4
INCOME			
<\$10,000	228	14.0	± 4.6
\$10-19,999	662	9.8	± 2.5
\$20-49,999	1,497	4.5	± 1.1
\$50,000 or more	831	2.7	± 1.2
EMPLOYMENT			
Employed	2,147	2.0	± 0.6
Unemployed	104	3.1	± 3.6
Other**	1,328	13.0	± 2.0
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	712	5.5	± 1.7
NE (HD II)	725	4.9	± 1.6
SW (HD III)	720	7.7	± 2.2
SE (HD IV)	686	5.7	± 1.7
Bernalillo County	710	5.3	± 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 3,621 across categories for some variables.

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Disability

Table 10. Percentage of New Mexicans who require care for personal or routine needs ("Yes" to Question 4 or 5, pg. 18).

	Total Number Who Responded †	Weighted Percent (%) × ⁷	95% Confidence Interval
TOTAL	3,482	6.4	± 1.0
GENDER			
Males	1,443	4.7	± 1.3
Females	2,039	8.1	± 1.4
AGE			
18-24	301	3.0	± 2.4
25-34	535	3.7	± 2.1
35-44	723	6.2	± 2.0
45-54	725	7.3	± 2.6
55-64	488	8.2	± 2.7
65-74	403	7.7	± 2.8
75+	292	14.0	± 4.3
RACE/ETHNICITY			
White, non-Hispanic	1,843	5.8	± 1.2
Hispanic	1,220	7.1	± 1.6
Native American	215	4.5	± 3.1
Other	162	11.5	± 8.2
EDUCATION			
< High School Graduate	595	9.6	± 2.6
High School Graduate or G.E.D.	1,002	7.1	± 1.8
Some College	892	6.7	± 2.2
College Graduate	988	3.4	± 1.2
INCOME			
<\$10,000	215	18.8	± 5.7
\$10-19,999	647	7.8	± 2.2
\$20-49,999	1,451	5.9	± 1.6
\$50,000 or more	817	2.2	± 1.1
EMPLOYMENT			
Employed	2,086	1.9	± 0.7
Unemployed	101	8.5	± 6.8
Other**	1,294	14.7	± 2.3
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	694	6.2	± 2.0
NE (HD II)	701	6.3	± 1.9
SW (HD III)	709	7.9	± 2.5
SE (HD IV)	665	7.1	± 2.0
Bernalillo County	687	5.6	± 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 3,621 across categories for some variables.

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Disability

Table 11. 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 (%) ×¹	95% Confidence Interval
TOTAL	3,543	12.1	± 1.2
GENDER			
Males	1,332	12.2	± 1.9
Females	2,011	11.9	± 1.6
AGE			
18-24	295	7.1	± 3.3
25-34	525	6.9	± 2.7
35-44	716	11.4	± 2.7
45-54	722	14.8	± 3.0
55-64	487	15.6	± 3.5
65-74	393	15.1	± 4.0
75+	285	19.3	± 5.3
RACE/ETHNICITY			
White, non-Hispanic	1,828	12.8	± 1.7
Hispanic	1,304	10.7	± 2.0
Native American	212	12.5	± 5.2
Other	158	15.0	± 6.6
EDUCATION			
< High School Graduate	581	14.2	± 3.2
High School Graduate or G.E.D.	988	13.2	± 2.5
Some College	882	12.7	± 2.5
College Graduate	987	8.9	± 2.0
INCOME			
<\$10,000	209	27.4	± 7.4
\$10-19,999	639	15.8	± 3.1
\$20-49,999	1,438	10.1	± 1.8
\$50,000 or more	815	8.4	± 2.2
EMPLOYMENT			
Employed	2,078	7.6	± 1.4
Unemployed	96	14.9	± 8.0
Other**	1,268	20.2	± 2.5
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	687	11.5	± 2.6
NE (HD II)	695	12.1	± 2.8
SW (HD III)	703	14.5	± 3.1
SE (HD IV)	653	14.6	± 2.9
Bernalillo County	681	10.2	± 2.5

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

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** 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, they were sad, blue, or depressed.

	Total Number Who Responded †	Weighted Percent (%) × [‡]	95% Confidence Interval
TOTAL	3,419	11.2	± 1.2
GENDER			
Males	1,421	8.0	± 1.6
Females	1,998	14.2	± 1.8
AGE			
18-24	294	10.3	± 3.8
25-34	531	9.4	± 2.7
35-44	719	12.4	± 2.9
45-54	712	13.4	± 3.2
55-64	469	10.9	± 3.0
65-74	389	9.0	± 3.0
75+	275	12.3	± 4.2
RACE/ETHNICITY			
White, non-Hispanic	1,810	9.6	± 1.5
Hispanic	1,195	12.8	± 2.2
Native American	211	12.2	± 4.8
Other	162	13.1	± 7.8
EDUCATION			
< High School Graduate	572	15.2	± 3.3
High School Graduate or G.E.D.	980	12.1	± 2.3
Some College	878	11.8	± 2.8
College Graduate	984	7.3	± 1.7
INCOME			
<\$10,000	208	25.6	± 7.3
\$10-19,999	633	16.6	± 3.3
\$20-49,999	1,434	11.0	± 2.0
\$50,000 or more	811	5.8	± 1.8
EMPLOYMENT			
Employed	2,061	8.6	± 1.4
Unemployed	101	11.8	± 6.2
Other**	1,253	16.2	± 2.4
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	677	11.1	± 2.6
NE (HD II)	688	10.5	± 2.6
SW (HD III)	696	11.6	± 2.6
SE (HD IV)	649	10.2	± 2.5
Bernalillo County	683	11.8	± 2.8

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

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Disability

Table 13. 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 (%) × ⁷	95% Confidence Interval
TOTAL	3,405	19.9	± 1.6
GENDER			
Males	1,419	17.0	± 2.3
Females	1,986	22.5	± 2.2
AGE			
18-24	296	22.9	± 5.5
25-34	526	19.9	± 3.9
35-44	719	24.4	± 3.8
45-54	715	22.4	± 3.8
55-64	479	15.2	± 3.6
65-74	380	11.3	± 3.5
75+	270	11.5	± 4.1
RACE/ETHNICITY			
White, non-Hispanic	1,797	18.5	± 2.1
Hispanic	1,194	20.7	± 2.8
Native American	213	23.8	± 6.9
Other	159	21.6	± 8.7
EDUCATION			
< High School Graduate	566	18.0	± 3.7
High School Graduate or G.E.D.	976	20.7	± 3.1
Some College	882	24.3	± 3.5
College Graduate	976	16.0	± 2.7
INCOME			
<\$10,000	207	35.1	± 8.4
\$10-19,999	630	21.9	± 3.6
\$20-49,999	1,430	18.8	± 2.5
\$50,000 or more	809	17.1	± 3.1
EMPLOYMENT			
Employed	2,061	18.7	± 2.0
Unemployed	101	18.8	± 8.4
Other**	1,242	22.2	± 2.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	681	18.0	± 3.3
NE (HD II)	687	20.3	± 3.4
SW (HD III)	691	21.1	± 3.7
SE (HD IV)	639	18.9	± 3.3
Bernalillo County	681	20.6	± 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 3,621 across categories for some variables.

×⁷ 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 14. 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 [‡]	95% Confidence Interval
TOTAL	3,461	30.2	± 1.9
GENDER			
Males	1,438	27.8	± 2.7
Females	2,023	32.4	± 2.5
AGE			
18-24	297	44.4	± 6.5
25-34	532	35.1	± 4.7
35-44	723	33.5	± 4.1
45-54	723	32.0	± 4.1
55-64	484	21.2	± 4.3
65-74	397	14.6	± 4.0
75+	287	8.4	± 3.5
RACE/ETHNICITY			
White, non-Hispanic	1,832	30.8	± 2.5
Hispanic	1,208	29.1	± 3.1
Native American	215	31.9	± 7.5
Other	165	26.9	± 8.2
EDUCATION			
< High School Graduate	584	26.4	± 4.4
High School Graduate or G.E.D.	994	32.1	± 3.5
Some College	890	32.2	± 3.8
College Graduate	988	28.7	± 3.4
INCOME			
<\$10,000	211	34.8	± 8.1
\$10-19,999	645	30.0	± 4.4
\$20-49,999	1,449	30.6	± 2.9
\$50,000 or more	815	29.1	± 3.7
EMPLOYMENT			
Employed	2,087	32.1	± 2.4
Unemployed	101	31.1	± 10.9
Other**	1,272	26.4	± 2.9
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	686	31.7	± 4.1
NE (HD II)	691	28.2	± 4.0
SW (HD III)	706	30.2	± 4.0
SE (HD IV)	660	32.4	± 4.2
Bernalillo County	692	29.2	± 3.9

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

x[‡] 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 15. Percentage of New Mexicans who said that on at least 20 days during the past month, they felt healthy and full of energy 2001

	Total Number Who Responded †	Weighted Percent (%) × ⁷	95% Confidence Interval
TOTAL	3,409	65.2	± 1.9
GENDER			
Males	1,422	69.0	± 2.8
Females	1,987	61.6	± 2.5
AGE			
18-24	298	65.0	± 6.1
25-34	527	66.4	± 4.6
35-44	715	65.9	± 4.1
45-54	718	64.6	± 4.3
55-64	482	66.5	± 4.9
65-74	379	66.7	± 5.4
75+	270	56.6	± 6.8
RACE/ETHNICITY			
White, non-Hispanic	1,804	65.8	± 2.6
Hispanic	1,194	65.0	± 3.2
Native American	212	61.3	± 8.1
Other	158	65.4	± 9.6
EDUCATION			
< High School Graduate	571	64.2	± 4.7
High School Graduate or G.E.D.	973	62.6	± 3.6
Some College	878	64.6	± 3.8
College Graduate	982	69.0	± 3.4
INCOME			
<\$10,000	205	49.2	± 8.5
\$10-19,999	625	59.9	± 4.6
\$20-49,999	1,438	66.3	± 2.9
\$50,000 or more	810	72.2	± 3.6
EMPLOYMENT			
Employed	2,074	69.0	± 2.4
Unemployed	99	59.2	± 11.6
Other**	1,235	58.4	± 3.39
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	676	60.7	± 4.3
NE (HD II)	693	66.8	± 4.3
SW (HD III)	694	64.2	± 4.3
SE (HD IV)	644	63.3	± 4.2
Bernalillo County	692	68.5	± 3.9

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

×⁷ 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.

Health Care Coverage

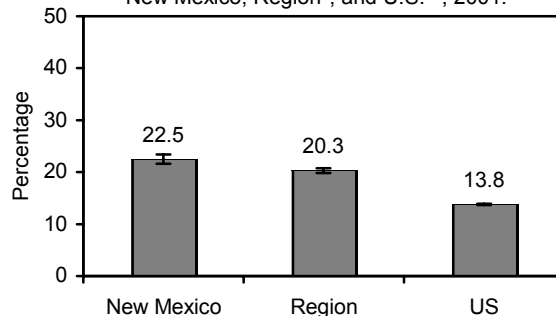
Question 1: "Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?"

Lack of health insurance coverage has been associated with increased mortality ⁷ and with delayed access to health care ⁸. [Note: In 1999 and 2000, the NM BRFSS used two questions to probe sources of health care coverage. In 2001, only one question was used, which provides slightly higher estimates of those without health care coverage than obtained with two questions.]

In New Mexico,

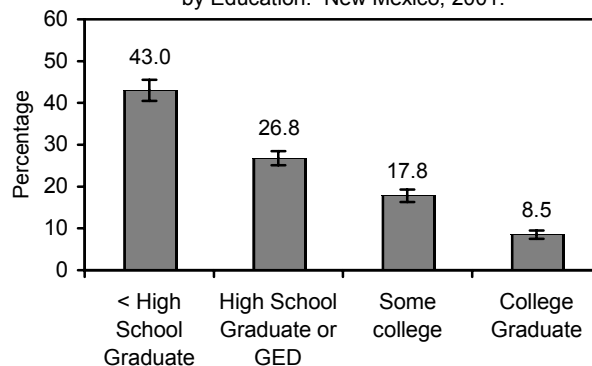
- ❖ *The percentage of adults without health care coverage (22.5%) was higher than the percentage in the U.S. (13.8%) and the Region (20.3%).*
- ❖ *Adults with no health care coverage were more likely to have less education and income, and be unemployed.*
- ❖ *The percentage of adults with no health care coverage was highest among Hispanics (31.8%) and Native Americans (39.4%) and lowest among White, non-Hispanics (13.3%) and Other racial/ethnic groups (17.1%). [Note: In previous years, the percentage of Native Americans lacking health care coverage was much lower, probably because a follow-up question asked in past years mentioned the Indian Health Service as a possible source for health care coverage.]*

Percentage of Adults with No Health Coverage
New Mexico, Region*, and U.S.**, 2001.

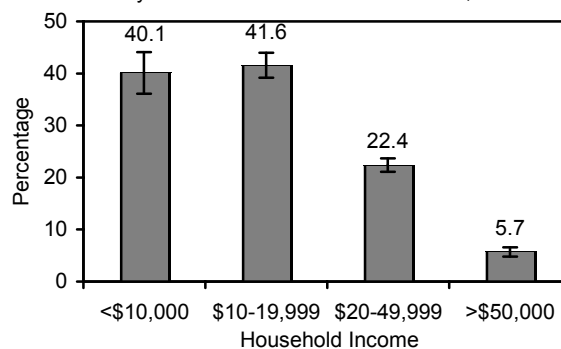


* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 2001.

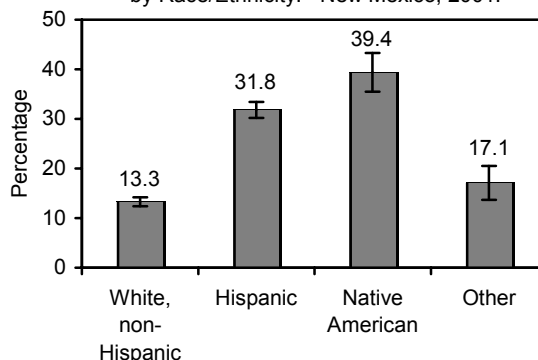
Percentage of Adults Without Health Care Coverage,
by Education. New Mexico, 2001.



Percentage of Adults Without Health Care Coverage,
by Household Income. New Mexico, 2001.



Percentage of Adults Without Health Care Coverage,
by Race/Ethnicity. New Mexico, 2001.



Health Care Coverage

Table 16. Percentage of New Mexicans who do not have health care coverage.

	Total Number Who Responded †	Weighted Percent (%) × ¹	95% Confidence Interval
TOTAL	3,611	22.5	± 1.8
GENDER			
Males	1,496	24.5	± 2.7
Females	2,115	20.6	± 2.1
AGE			
18-24	309	38.2	± 4.8
25-34	550	34.6	± 3.6
35-44	750	24.4	± 3.2
45-54	749	18.5	± 3.6
55-64	509	16.8	± 3.4
65-74	418	1.8	± 1.4
75+	302	1.6	± 2.3
RACE/ETHNICITY			
White, non-Hispanic	1,892	13.3	± 1.8
Hispanic	1,268	31.8	± 3.1
Native American	231	39.4	± 7.8
Other	173	17.1	± 6.7
EDUCATION			
< High School Graduate	619	43.0	± 5.0
High School Graduate or G.E.D.	1,032	26.8	± 3.3
Some College	931	17.8	± 2.9
College Graduate	1,018	8.5	± 2.0
INCOME			
<\$10,000	227	40.1	± 8.0
\$10-19,999	667	41.6	± 4.7
\$20-49,999	1,500	22.4	± 2.6
\$50,000 or more	831	5.7	± 1.8
EMPLOYMENT			
Employed	2,162	23.7	± 2.2
Unemployed	105	52.3	± 11.6
Other**	1,333	17.1	± 2.5
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	712	24.4	± 3.8
NE (HD II)	730	24.6	± 4.0
SW (HD III)	720	26.2	± 3.9
SE (HD IV)	687	26.7	± 4.0
Bernalillo County	715	15.6	± 3.1

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

×¹ 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.

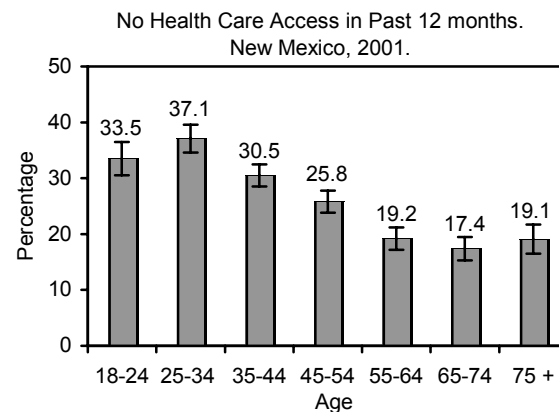
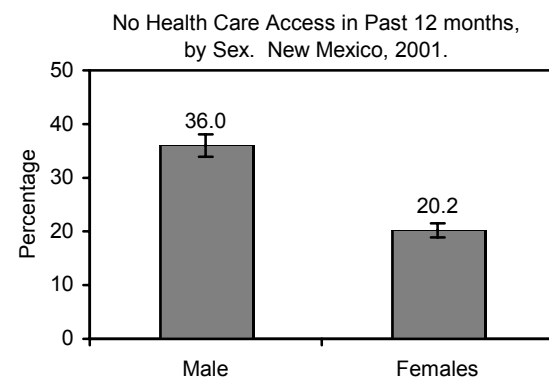
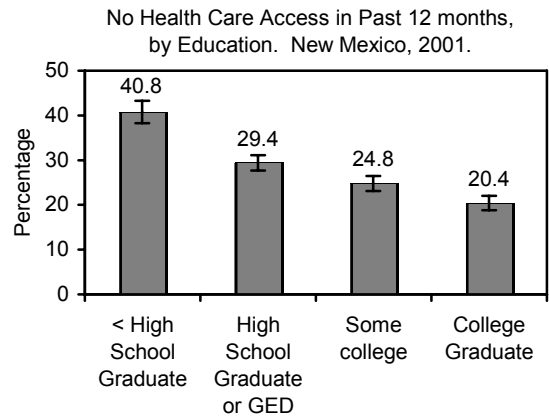
Health Care Access

Question: "In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?"

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 (72.2%) had a medical checkup within the past year.*
- ❖ *Males (36.0%) were nearly twice as likely as females (20.2%) to have not had a medical checkup in the past year.*
- ❖ *Those with less education or income were more likely to have not had a medical checkup within the past year.*
- ❖ *Those in younger age groups were more likely to have not had a medical checkup within the past year.*



Health Care Access

Table 17. Percentage of New Mexicans who have seen a doctor, nurse, or other health professional to get any kind of care in the past 12 months.

	Total Number Who Responded †	Weighted Percent (%) ⌘¹	95% Confidence Interval
TOTAL	3,514	27.8	± 1.8
GENDER			
Males	1,454	36.0	± 3.0
Females	2,060	20.2	± 2.1
AGE			
18-24	300	33.5	± 6.0
25-34	539	37.1	± 5.0
35-44	724	30.5	± 4.0
45-54	733	25.8	± 4.0
55-64	494	19.2	± 3.9
65-74	409	17.4	± 4.2
75+	295	19.1	± 5.1
RACE/ETHNICITY			
White, non-Hispanic	1,856	22.5	± 2.3
Hispanic	1,233	33.7	± 3.2
Native American	215	32.4	± 7.9
Other	166	30.4	± 9.3
EDUCATION			
< High School Graduate	604	40.8	± 5.0
High School Graduate or G.E.D.	1,009	29.4	± 3.4
Some College	901	24.8	± 3.4
College Graduate	994	20.4	± 3.1
INCOME			
<\$10,000	217	30.8	± 7.9
\$10-19,999	652	31.4	± 4.7
\$20-49,999	1,467	30.0	± 2.9
\$50,000 or more	823	22.2	± 3.4
EMPLOYMENT			
Employed	2,102	31.2	± 2.4
Unemployed	102	40.6	± 12.1
Other**	1,308	20.0	± 2.7
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	694	28.8	± 4.1
NE (HD II)	707	27.4	± 4.2
SW (HD III)	714	29.9	± 3.9
SE (HD IV)	675	30.0	± 4.0
Bernalillo County	698	25.3	± 3.8

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

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Health Care Access

Question: "Was there a time In the past 12 months when you needed medical care but couldn't get it?"

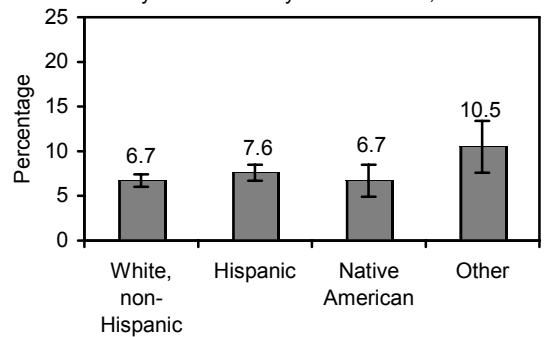
Question: "Do any of the following reasons explain why you couldn't get medical care?"

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

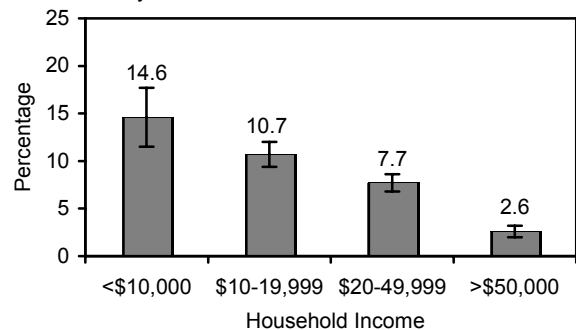
In New Mexico,

- ❖ 7.2% of adults needed medical care in the past 12 months but couldn't get it.
- ❖ Rates of needing medical care but not being able to get it were higher among those with less education and lower incomes.
- ❖ Rates of needing medical care but not being able to get it were not statistically different among the different racial/ethnic groups.
- ❖ The major reason given for not being able to get medical care when needed during the past year was cost (63.0%).

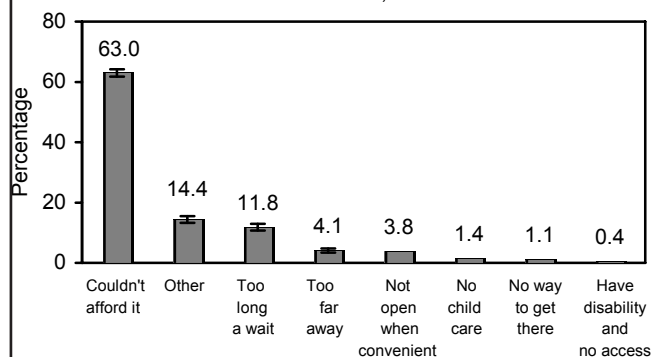
Percentage of Adults Who Needed Medical Care During Past Year But Couldn't Get It, by Race/Ethnicity. New Mexico, 2001.



Percentage of Adults Who Needed Medical Care During the Past Year But Couldn't Get It, by Household Income. New Mexico, 2001.



Major Reason for Not Getting Medical Care When Needed During the Past Year. New Mexico, 2001.



Health Care Access

Table 18. Percentage of New Mexicans who needed medical care in the past 12 months but couldn't get it.

	Total Number Who Responded †	Weighted Percent (%) × ¹	95% Confidence Interval
TOTAL	3,511	7.2	± 1.0
GENDER			
Males	1,454	5.6	± 1.4
Females	2,057	8.7	± 1.4
AGE			
18-24	300	11.3	± 3.8
25-34	537	8.3	± 2.6
35-44	725	8.0	± 2.3
45-54	732	7.0	± 2.3
55-64	494	5.3	± 2.0
65-74	408	2.7	± 1.5
75+	295	3.5	± 2.0
RACE/ETHNICITY			
White, non-Hispanic	1,854	6.7	± 1.3
Hispanic	1,2303	7.6	± 1.7
Native American	218	6.7	± 3.6
Other	165	10.5	± 5.7
EDUCATION			
< High School Graduate	602	8.2	± 2.4
High School Graduate or G.E.D.	1,009	8.4	± 2.2
Some College	901	8.5	± 2.1
College Graduate	993	4.0	± 1.3
INCOME			
<\$10,000	219	14.6	± 6.1
\$10-19,999	650	10.7	± 2.6
\$20-49,999	1,466	7.7	± 1.7
\$50,000 or more	821	2.6	± 1.2
EMPLOYMENT			
Employed	2,101	6.4	± 1.2
Unemployed	101	18.8	± 8.5
Other**	1,307	7.5	± 1.7
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	697	7.5	± 2.2
NE (HD II)	703	6.2	± 1.9
SW (HD III)	712	6.7	± 2.1
SE (HD IV)	673	9.2	± 2.6
Bernalillo County	697	6.8	± 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 3,621 across categories for some variables.

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Immunization

Question: "During the past 12 months, have you had a flu shot?"

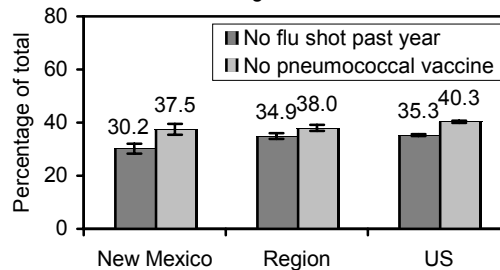
Question: "Have you ever had a pneumonia shot?"

Two vaccine-preventable infectious diseases, influenza and pneumonia, in combination were the seventh leading cause of death in both the U.S. and New Mexico in 1999^{9,10}. Since most of these deaths are among the elderly, recommendations are that people 65 years of age and older receive a yearly influenza immunization as part of routine health maintenance. Other individuals at increased risk, such as those with chronic conditions like diabetes, also should be immunized. Pneumococcal vaccination is also recommended for adults ages 65 years and older. Data presented here are for adults ages 65 years and older.

In New Mexico,

- ❖ 30.2% of adults ages 65 years and older had not been immunized against influenza during the past 12 months, whereas 37.5% had never had a pneumococcal vaccine. This NM rate of influenza immunization was lower than rates for the Region (34.9%) and the U.S. (35.3%). NM rates of pneumococcal immunization were not statistically different from rates for the Region (38.0%) and for the U.S. (40.3%).
- ❖ Rates of not having been immunized against influenza in adults ages 65 years and older were higher among those with less education and income.
- ❖ Rates of not having had a pneumococcal vaccine were higher in Hispanic adults ages 65 years and older (45.0%) than they were in White, non-Hispanics (32.5%).
- ❖ Rates of influenza immunization were much higher among adults (all ages) with diabetes (57.1%) (and therefore at higher risk) than among those without diabetes (30.1%).

Percentage of Adults 65 Years of Age and Older Who Failed to Get a Flu Shot during the past 12 months. New Mexico, Region*, and U.S.**, 2001.

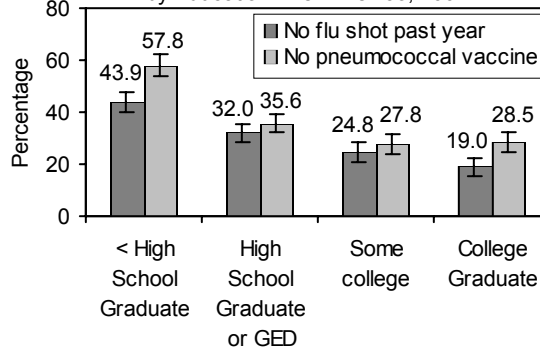


* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.

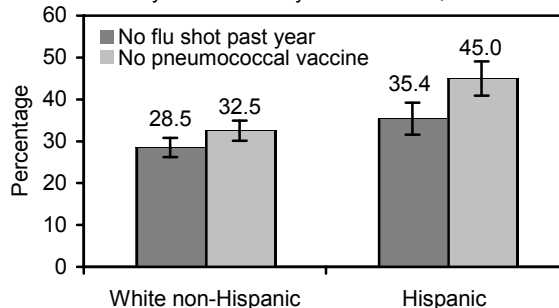
** 50 states, plus the District of Columbia and Puerto Rico.

Source: U.S. BRFSS, 2001.

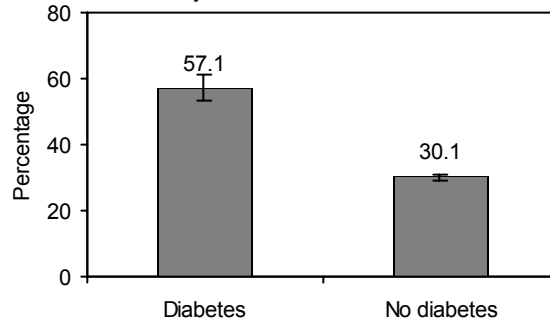
Percentage of Adults Age 65 and Older Who Were Not Immunized, by Education. New Mexico, 2001.



Percentage of Adults Age 65 and Older Who Were Not Immunized, by Race/Ethnicity. New Mexico, 2001.



Percentage of Adults (all Ages) Who Got A Flu Shot During Past 12 Months, by Diabetes status. New Mexico, 2001.



Immunization

Table 19. Percentage of New Mexico 65 or older who did not get a flu shot during the past 12 months.

	Total Number Who Responded †	Weighted Percent (%) × ¹	95% Confidence Interval
TOTAL	719	30.2	± 3.7
GENDER			
Males	264	25.7	± 5.8
Females	455	33.5	± 4.8
RACE/ETHNICITY			
White, non-Hispanic	456	28.5	± 4.6
Hispanic	170	35.4	± 7.5
American Indian/Alaskan Native	16*	-	-
Other	42*	-	-
EDUCATION			
< High School Graduate	182	43.9	± 8.2
High School Graduate or G.E.D.	218	32.0	± 6.8
Some College	137	24.8	± 7.8
College Graduate	178	19.0	± 6.8
INCOME			
<\$10,000	75	46.4	± 14.0
\$10-19,999	179	36.0	± 7.8
\$20-49,999	254	27.4	± 6.2
\$50,000 or more	83	21.2	± 9.3
EMPLOYMENT			
Employed	81	46.5	± 12.5
Unemployed	1*	-	-
Other**	632	27.3	± 3.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	122	30.6	± 8.9
NE (HD II)	124	19.6	± 7.8
SW (HD III)	169	40.0	± 8.1
SE (HD IV)	153	41.0	± 8.5
Bernalillo County	138	22.5	± 7.5

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

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

Immunization

Table 20. Percentage of New Mexico 65 or older who have never had a pneumococcal vaccine.

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	702	37.5	± 4.0
GENDER			
Males	253	38.7	± 6.6
Females	449	36.6	± 5.0
RACE/ETHNICITY			
White, non-Hispanic	456	32.5	± 4.7
Hispanic	170	45.0	± 8.1
American Indian/Alaskan Native	16*	-	-
Other	40*	-	-
EDUCATION			
< High School Graduate	174	57.8	± 8.5
High School Graduate or G.E.D.	217	35.6	± 7.0
Some College	142	27.8	± 8.2
College Graduate	175	28.5	± 7.5
INCOME			
<\$10,000	64	55.8	± 14.0
\$10-19,999	177	43.6	± 8.4
\$20-49,999	246	33.1	± 6.5
\$50,000 or more	81	32.9	± 11.1
EMPLOYMENT			
Employed	79	51.3	± 12.8
Unemployed	2*	-	-
Other**	617	35.3	± 4.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	114	37.8	± 9.8
NE (HD II)	121	38.1	± 9.7
SW (HD III)	166	43.9	± 8.3
SE (HD IV)	151	53.1	± 8.8
Bernalillo County	137	24.3	± 7.8

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

x⁷ 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.

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

Colorectal Cancer Screening

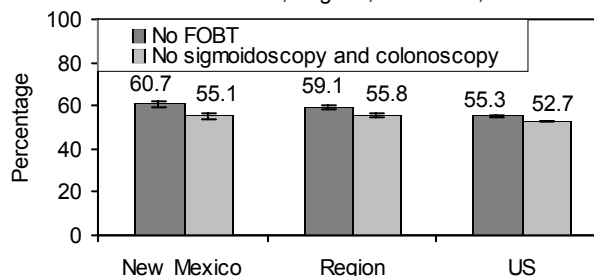
Question: "A sigmoidoscopy or colonoscopy is when a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had this exam?"

Colorectal cancer (which includes cancers of both the colon and rectum) is the second-leading cause of cancer-related death in the United States and in New Mexico ¹¹. Beginning at age 50, it is recommended that both men and women should have a yearly fecal occult blood test (FOBT), a flexible sigmoidoscopy every 5 years, and colonoscopy every 10 years.

In New Mexico,

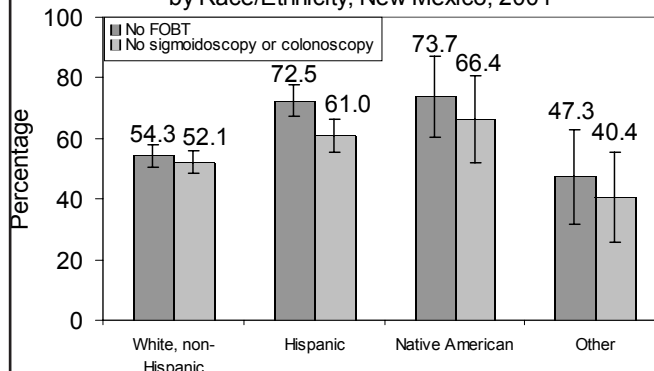
- ❖ *55.1% of adults ages 50 years and older had never undergone sigmoidoscopy and colonoscopy and 60.7% had never done a home blood stool test or FOBT. This sigmoidoscopy and colonoscopy rate was not statistically different from the rates for the Region (55.8%) or the U.S. (52.7%). The rate of never having a FOBT was higher than the rate for the U.S. (55.3%) but not statistically different from the rate for the Region (59.1%).*
- ❖ *Hispanics ages 50 years and older were more likely (61.0% and 72.5%) than White, non-Hispanics (52.1% and 54.3%) to have never undergone sigmoidoscopy or colonoscopy or had a home blood stool test.*
- ❖ *Adults ages 50 years or older with less education were more likely to have never undergone sigmoidoscopy and colonoscopy or had a home blood stool test.*
- ❖ *The percentage of adults ages 50 years and older who had ever undergone sigmoidoscopy and colonoscopy or who ever had a home blood stool test increased with age, but never exceeded about 60%.*

Percentage of Adults Ages 50 Years and Older Who Have Not Been Tested for Colorectal Cancer, New Mexico, Region*, and U.S.**, 2001

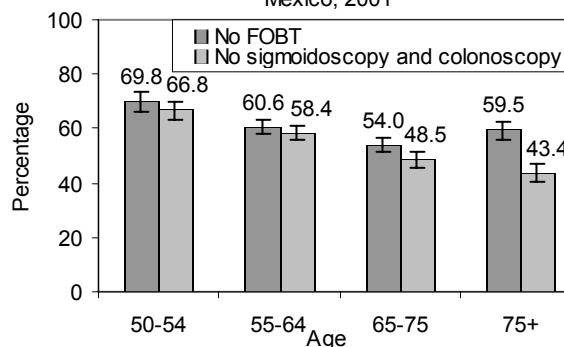


* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
 ** 50 states, plus the District of Columbia and Puerto Rico.
 Source: U.S. BRFSS, 2001.

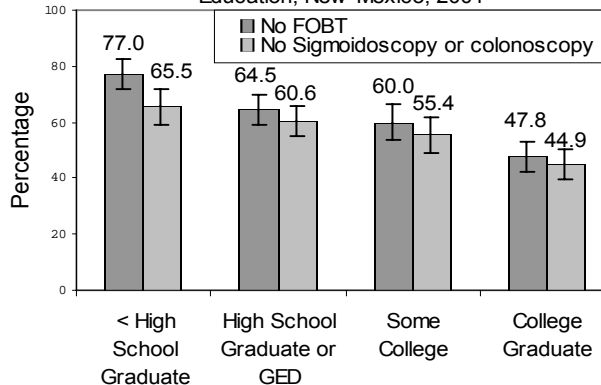
Percentage of Adults Ages 50 Years and Older Who Have Never Been Tested for Colorectal Cancer, by Race/Ethnicity, New Mexico, 2001



Percentage of Adults Ages 50 and Older who have never been Tested for Colorectal Cancer, by Age, New Mexico, 2001



Percentage of Adults Ages 50 Years and Older Who Have Never Been Tested for Colorectal Cancer, by Education, New Mexico, 2001



Colorectal Cancer Screening

Table 21. Percentage of New Mexicans age 50 and older who have never had sigmoidoscopy or colonoscopy.

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	1,526	55.1	± 3.0
GENDER			
Males	594	53.8	± 4.7
Females	932	56.1	± 3.7
AGE			
50-54	336	66.8	± 6.8
55-64	491	58.4	± 5.1
65-74	406	48.5	± 5.5
75+	293	43.4	± 6.5
RACE/ETHNICITY			
White, non-Hispanic	934	52.1	± 3.7
Hispanic	437	61.0	± 5.5
American Indian/Alaskan Native	64	66.4	+ 14.2
Other	67	40.4	+ 14.9
EDUCATION			
< High School Graduate	295	65.5	± 6.2
High School Graduate or G.E.D.	427	60.6	± 5.4
Some College	327	55.4	± 6.6
College Graduate	474	44.9	± 5.3
INCOME			
<\$10,000	119	60.6	± 9.7
\$10-19,999	303	66.1	± 6.3
\$20-49,999	574	56.4	± 4.9
\$50,000 or more	336	47.0	± 6.2
EMPLOYMENT			
Employed	594	63.6	± 4.7
Unemployed	20*	-	-
Other**	910	49.0	± 3.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	298	59.5	± 6.3
NE (HD II)	314	50.2	± 6.3
SW (HD III)	313	56.2	± 6.0
SE (HD IV)	296	62.3	± 6.0
Bernalillo County	294	50.4	± 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 3,621 across categories for some variables.

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x⁸ Estimates bases on cells with <50 respondents are considered unreliable.

Table 22. Percentage of New Mexicans age 50 and older who have never done a home blood stool test (FOBT).

	Total Number Who Responded †	Weighted Percent (%) × ⁷	95% Confidence Interval
TOTAL	1,534	60.7	± 2.9
GENDER			
Males	600	58.8	± 4.7
Females	934	62.3	± 3.7
AGE			
50-54	336	69.8	± 6.8
55-64	497	60.6	± 5.1
65-74	407	54.0	± 5.6
75+	294	59.5	± 6.5
RACE/ETHNICITY			
White, non-Hispanic	936	54.3	± 3.7
Hispanic	441	72.5	± 5.1
American Indian/Alaskan Native	64	73.7	± 13.2
Other	69	47.3	± 15.7
EDUCATION			
< High School Graduate	301	77.0	± 5.5
High School Graduate or G.E.D.	429	64.5	± 5.3
Some College	327	60.0	± 6.6
College Graduate	474	47.8	± 5.4
INCOME			
<\$10,000	119	77.7	± 8.6
\$10-19,999	303	70.8	± 6.2
\$20-49,999	581	60.3	± 4.9
\$50,000 or more	337	50.2	± 6.2
EMPLOYMENT			
Employed	598	67.6	± 4.6
Unemployed	20*	-	-
Other**	914	55.6	± 3.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	300	61.1	± 6.2
NE (HD II)	317	62.0	± 6.2
SW (HD III)	312	67.0	± 5.8
SE (HD IV)	297	70.2	± 5.8
Bernalillo County	297	51.7	± 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 3,621 across categories for some variables.

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

Prostate Cancer Screening

Question: "Have you ever had a prostate-specific antigen or PSA test?"

Question: "How long since your last PSA test?"

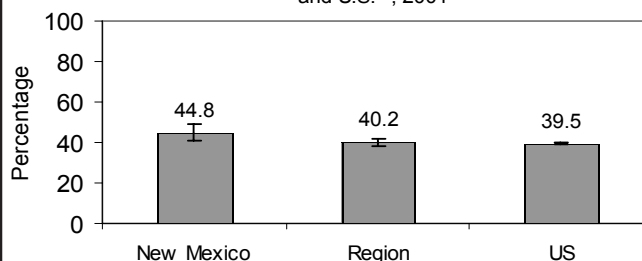
Question: "Have you ever been told by a health professional that you have prostate cancer?"

Prostate cancer is the most commonly diagnosed form of cancer, other than skin cancer, among men in the United States and is second only to lung cancer as a cause of cancer-related death among men. The American Cancer Society estimates that in 2002, 189,000 men will be diagnosed with prostate cancer and an estimated 30,200 will die ¹². Age, race, ethnicity, and family history are factors that affect the risk for prostate cancer. The American Cancer Society recommends screening by PSA test beginning at age 50.

In New Mexico,

- ❖ *44.8% of men in this age group have not had a PSA test. This is higher than the percentage for the Region (40.2%) and the U.S. (39.5%)*
- ❖ *Rates of not having had a PSA test were higher in Hispanics (58.3%) and Native Americans (63.3%) than they were in White, non-Hispanics (35.2%).*
- ❖ *Rates of not having been screened for prostate cancer were highest in those with less education and income.*

Percentage of Men Ages 40 and Older who have not had a Prostate-specific Antigen (PSA) Test, New Mexico, Region*, and U.S.**, 2001

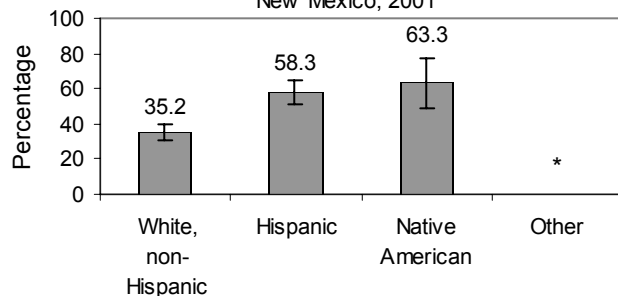


* Region includes: Arizona, Colorado, Utah, Oklahoma, and Texas.

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

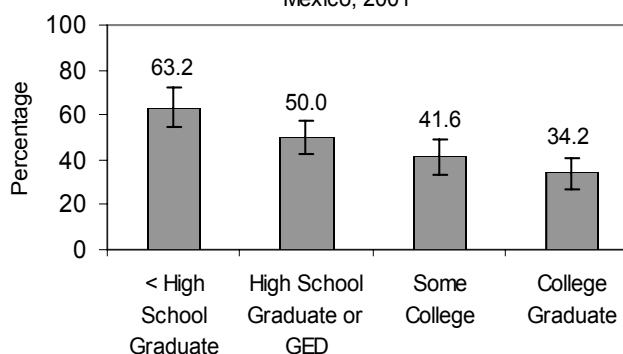
Source: U.S. BRFSS, 2001

Percentage of Men Ages 40 and Older who have not had a Prostate-specific Antigen (PSA) Test, by Race/Ethnicity, New Mexico, 2001

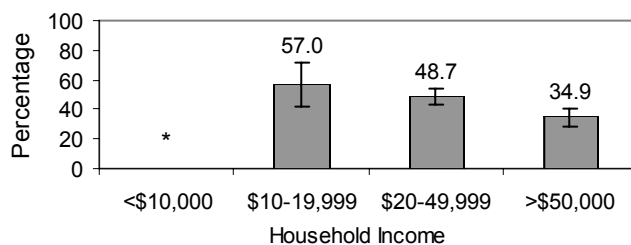


* <50 respondents.

Percentage of Men Ages 40 and Older who have not had a Prostate-specific Antigen (PSA) Test, by Education, New Mexico, 2001



Percentage of Men Ages 40 and Older who have not had a Prostate-specific Antigen (PSA) Test, by Household Income, New Mexico, 2001



* <50 respondents.

Prostate Cancer Screening

Table 25. Percentage of New Mexico men age 40 and older who have not had a prostate-specific antigen (PSA) test

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	928	44.8	± 3.9
AGE			
40-44	180	76.4	± 8.0
45-54	199	56.4	± 6.8
55-64	203	29.3	± 7.2
65-74	163	12.6	± 5.3
75+	88	26.8	± 10.5
RACE/ETHNICITY			
White, non-Hispanic	537	35.2	± 4.7
Hispanic	277	58.3	± 6.7
Native American	61	63.3	± 14.1
Other	42*	-	-
EDUCATION			
Less than High School Graduate	149	63.2	± 8.8
High School Graduate or G.E.D.	139	50.0	± 7.4
Some College	225	41.6	± 7.81
College Graduate	314	34.2	± 6.9
INCOME			
Less than \$10,000	43*	-	-
\$10-19,999	131	57.0	± 15.1
\$20-49,999	387	48.7	± 6.0
\$50,000 or more	301	34.9	± 6.2
EMPLOYMENT			
Employed	570	55.6	± 4.8
Unemployed	23*	-	-
Other**	335	21.9	± 4.9
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	178	50.0	± 8.2
NE (HD II)	205	47.2	± 7.9
SW (HD III)	188	46.7	± 8.0
SE (HD IV)	182	41.0	± 7.8
Bernalillo County	170	40.9	± 8.4

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

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Prostate Cancer Screening

Table 26. Percentage of New Mexico men age 40 and older whose last PSA test was more than 2 years ago.

	Total Number Who Responded †	Weighted Percent (%) × ⁷	95% Confidence Interval
TOTAL	516	15.5	± 3.6
AGE			
40-44	38*	-	-
45-54	133	18.0	± 7.1
55-64	141	13.5	± 6.4
65-74	135	8.2	± 5.1
75+	64	24.8	± 11.9
RACE/ETHNICITY			
White, non-Hispanic	340	16.4	± 4.6
Hispanic	125	18.5	± 7.2
Native American	22*	-	-
Other	23*	-	-
EDUCATION			
Less than High School Graduate	56	11.0	± 8.0
High School Graduate or G.E.D.	125	17.2	± 7.9
Some College	132	17.7	± 7.6
College Graduate	203	14.2	± 5.4
INCOME			
Less than \$10,000	14*	-	-
\$10-19,999	60	14.5	± 8.8
\$20-49,999	211	18.2	± 6.1
\$50,000 or more	190	12.2	± 5.3
EMPLOYMENT			
Employed	260	17.2	± 5.4
Unemployed	7*	-	-
Other**	249	13.3	± 4.5
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	89	22.8	± 10.0
NE (HD II)	112	11.8	± 6.7
SW (HD III)	107	14.3	± 6.9
SE (HD IV)	104	19.7	± 8.8
Bernalillo County	101	12.0	± 6.7

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

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

Prostate Cancer Screening

Table 27. Percentage of New Mexico men age 40 and older who have been diagnosed with prostate cancer.

	Total Number Who Responded †	Weighted Percent (%) × [†]	95% Confidence Interval
TOTAL	960	3.7	± 1.4
AGE			
40-44	175	0.7	± 1.4
45-54	308	×	×
55-64	211	5.2	± 3.8
65-74	169	9.5	± 5.2
75+	92	9.9	± 6.6
RACE/ETHNICITY			
White, non-Hispanic	578	3.2	± 1.4
Hispanic	293	4.2	± 2.7
Native American	64	3.5	± 6.8
Other	43*	-	-
EDUCATION			
Less than High School Graduate	160	4.7	± 4.0
High School Graduate or G.E.D.	244	3.1	± 2.3
Some College	229	3.4	± 2.4
College Graduate	326	3.9	± 2.6
INCOME			
Less than \$10,000	46*	-	-
\$10-19,999	142	3.8	± 3.4
\$20-49,999	395	4.0	± 2.4
\$50,000 or more	306	3.2	± 2.1
EMPLOYMENT			
Employed	582	1.6	± 1.3
Unemployed	25*	-	-
Other**	353	7.8	± 3.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	186	1.3	± 1.8
NE (HD II)	210	4.3	± 3.2
SW (HD III)	196	4.4	± 2.8
SE (HD IV)	184	3.9	± 3.2
Bernalillo County	178	4.2	± 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 3,621 across categories for some variables.

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

× No respondents with prostate cancer in this age category.

Children's Health Care Access

Question: "For the children under 18 living in your household, do they have any kind of health coverage including health insurance, pre-paid plans such as HMOs or government plans such as Medicaid or New MexiKids?"

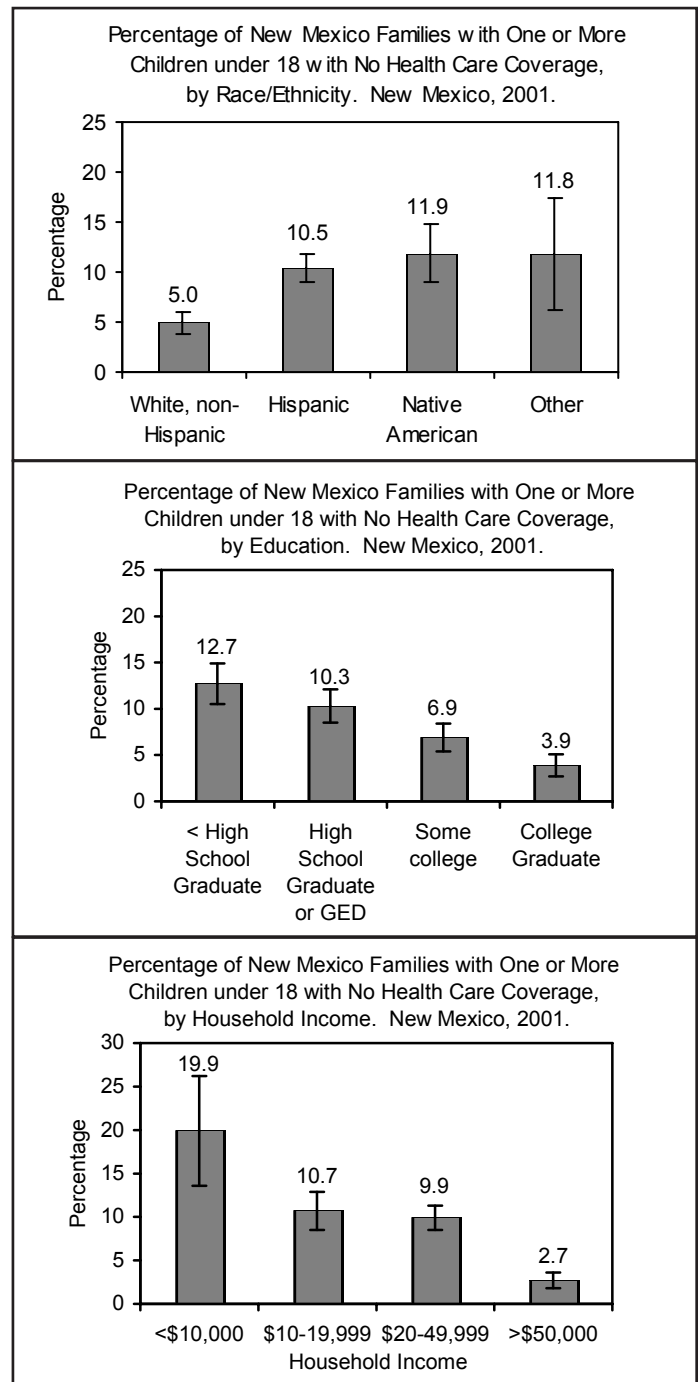
Question: "How does the household pay for most of the children's medical care?"

Question: "Was there a time in the past 12 months that any of the children needed medical care, but could not because of the cost?"

These questions are designed to determine whether children in New Mexico have some form of health care coverage.

In New Mexico,

- ❖ 8.5% of families with children under 18 did not have health insurance coverage for at least one of their children.
- ❖ Lack of health insurance coverage for at least one child under 18 in the household was more common among Hispanics (10.5%) and Native Americans (11.9%) than among White, non-Hispanics (5.0%). (Note: The higher rate among Native Americans may be due to the fact that the Indian Health Service was not mentioned as a source of health care coverage for Native American children].
- ❖ Lack of health insurance coverage for at least one child under 18 was more common when parents had less education or income.



Children's Health Care Access

Table 28. Percentage of New Mexico families with one or more children under 18 with no health coverage.

	Total Number Who Responded †	Weighted Percent (%) x [†]	95% Confidence Interval
TOTAL	1,358	8.5	± 1.7
RACE/ETHNICITY			
White, non-Hispanic	551	5.0	± 2.1
Hispanic	624	10.5	± 2.7
Native American	115	11.9	± 5.8
Other	56	11.8	± 11.2
EDUCATION			
Less than High School Graduate	257	12.7	± 4.4
High School Graduate or G.E.D.	426	10.3	± 3.5
Some College	364	6.9	± 2.9
College Graduate	309	3.9	± 2.3
INCOME			
Less than \$10,000	67	19.9	± 12.5
\$10-19,999	248	10.7	± 4.4
\$20-49,999	619	9.9	± 2.8
\$50,000 or more	334	2.7	± 1.7
EMPLOYMENT			
Employed	1,005	7.6	± 1.9
Unemployed	51	20.6	± 14.8
Other**	300	10.3	± 3.4
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	301	7.5	± 3.1
NE (HD II)	252	9.9	± 4.2
SW (HD III)	290	9.9	± 4.4
SE (HD IV)	258	12.7	± 5.1
Bernalillo County	248	5.2	± 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 3,621 across categories for some variables.

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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?"

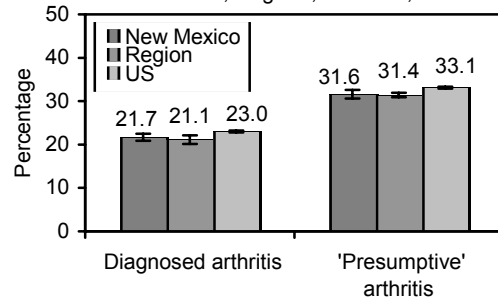
Arthritis is the predominant cause of activity limitation in the United States and is a major determinant of nursing home residence for the elderly. One of every seven people, or more than 41 million people, have arthritis. There are over 100 different types of arthritis.

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,

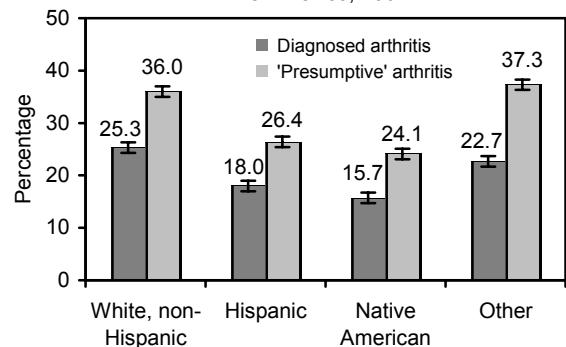
- ❖ *Rates of diagnosed arthritis (21.7%) and 'presumptive' arthritis (31.6%) were lower than the rates for the Other States (23.0% and 33.1%, respectively).*
- ❖ *Rates of diagnosed arthritis and 'presumptive' arthritis were higher in White non-Hispanics (25.3% and 36.0%) than they were in Native Americans (15.7% and 24.1%) and Hispanics (18.0% and 26.4%).*
- ❖ *Rates of diagnosed arthritis and 'presumptive' arthritis were higher in females (25.4% and 34.7%) than males (17.8% and 28.3%).*
- ❖ *Rates of diagnosed and 'presumptive' arthritis increased with age.*

Percentage of Adults with Arthritis. New Mexico, Region*, and U.S., 2001.

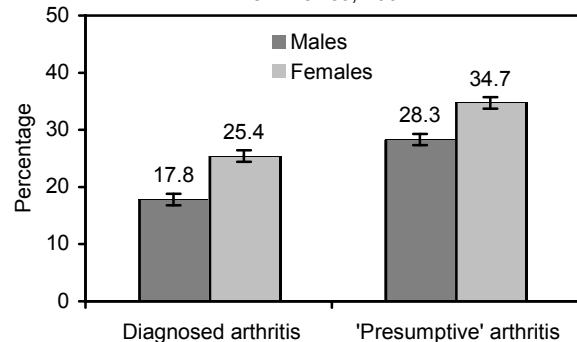


* Region includes: Arizona, Colorado, Utah, Oklahoma, and Texas.
 ** 50 states, plus the District of Columbia and Puerto Rico.
 Source: U.S. BRFSS, 2001.

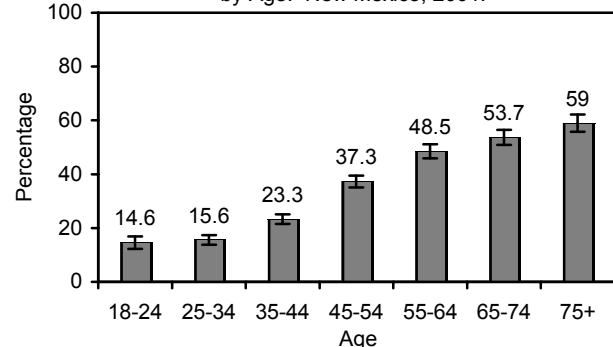
Percentage of Adults with Arthritis, by Race/Ethnicity. New Mexico, 2001.



Percentage of Adults with Arthritis, by Sex. New Mexico, 2001.



Percentage of Adults with 'Presumptive' Arthritis, by Age. New Mexico, 2001.



Arthritis

Table 29. Percentage of New Mexicans who have been told that they have arthritis.

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	3,602	21.7	± 1.5
GENDER			
Males	1,497	17.8	± 2.2
Females	2,105	25.4	± 2.2
AGE			
18-24	310	5.0	± 2.9
25-34	551	6.9	± 2.6
35-44	748	12.5	± 2.7
45-54	745	24.8	± 4.0
55-64	508	39.6	± 4.9
65-74	414	45.4	± 5.5
75+	302	51.3	± 6.5
RACE/ETHNICITY			
White, non-Hispanic	1,891	25.3	± 2.2
Hispanic	1,264	18.0	± 2.4
American Indian/Alaskan Native	230	15.7	± 5.6
Other	170	22.7	± 8.0
EDUCATION			
< High School Graduate	615	22.3	± 3.9
High School Graduate or G.E.D.	835	20.5	± 2.7
Some College	924	23.2	± 3.2
College Graduate	1,017	21.3	± 2.9
INCOME			
<\$10,000	226	26.6	± 6.2
\$10-19,999	661	24.1	± 3.9
\$20-49,999	1,499	20.4	± 2.4
\$50,000 or more	828	17.8	± 2.9
EMPLOYMENT			
Employed	2,157	14.4	± 1.7
Unemployed	106	13.0	± 6.4
Other**	1,328	36.2	± 3.1
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	714	19.7	± 3.0
NE (HD II)	728	21.0	± 3.3
SW (HD III)	714	21.3	± 3.4
SE (HD IV)	688	23.7	± 3.4
Bernalillo County	711	22.8	± 3.4

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

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

Arthritis

Table 30. Percentage of New Mexicans who have presumptive arthritis (diagnoses and/or chronic joint symptoms).

	Total Number Who Responded †	Weighted Percent (%) × ⁷	95% Confidence Interval
TOTAL	3,606	31.6	± 1.8
GENDER			
Males	1,495	28.3	± 2.6
Females	2,111	34.7	± 2.4
AGE			
18-24	310	14.6	± 4.6
25-34	551	15.6	± 3.6
35-44	749	23.3	± 3.6
45-54	747	37.3	± 4.3
55-64	508	48.5	± 5.1
65-74	416	53.7	± 5.5
75+	301	59.0	± 6.3
RACE/ETHNICITY			
White, non-Hispanic	1,892	36.0	± 2.5
Hispanic	1,266	26.4	± 2.7
American Indian/Alaskan Native	231	24.1	± 6.4
Other	170	37.3	± 9.2
EDUCATION			
< High School Graduate	617	31.1	± 4.4
High School Graduate or G.E.D.	1,036	29.9	± 3.2
Some College	925	34.3	± 3.6
College Graduate	1,017	31.2	± 3.3
INCOME			
<\$10,000	226	41.4	± 7.7
\$10-19,999	662	34.1	± 4.3
\$20-49,999	1,500	30.4	± 2.7
\$50,000 or more	829	27.9	± 3.5
EMPLOYMENT			
Employed	2,160	24.4	± 2.1
Unemployed	106	25.0	± 9.6
Other**	1,329	45.8	± 3.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	714	30.0	± 3.7
NE (HD II)	729	31.6	± 3.8
SW (HD III)	716	31.5	± 3.9
SE (HD IV)	687	32.3	± 3.8
Bernalillo County	713	32.7	± 3.9

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

×⁷ 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

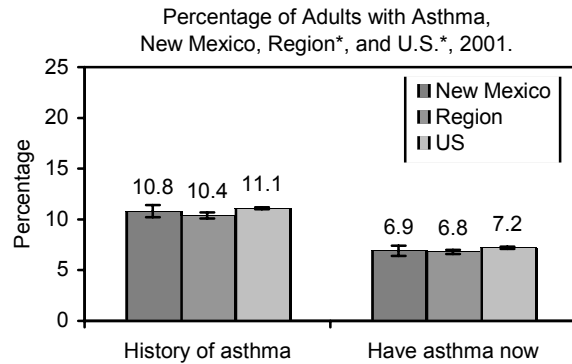
Question: "Did a doctor ever tell you that you had asthma?"

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,

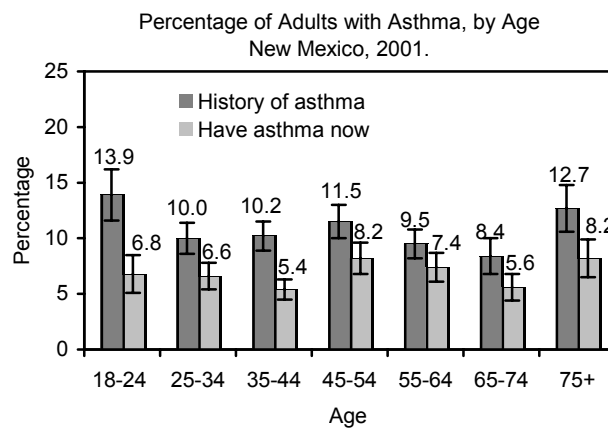
- ❖ *10.8% of adults have a history of asthma and 6.8% still have asthma. These percentages were not statistically different from the percentages for the Region or the U.S.*
- ❖ *The percentage of adults with a history of asthma or current asthma was similar among the different age groups*
- ❖ *The percentage of adults with a history of asthma or current asthma was lower in Hispanics (8.4% and 4.8%, respectively) and Native Americans (5.5% and 4.3%) than in White, non-Hispanics (13.0% and 8.3%) and the Other racial/ethnic groups (15.6% and 11.0%).*
- ❖ *The percentage of adults with a history of asthma or current asthma was highest in those with lower incomes.*
- ❖ *Rates of current asthma were nearly twice as high in women (8.9%) than in men (4.5%).*



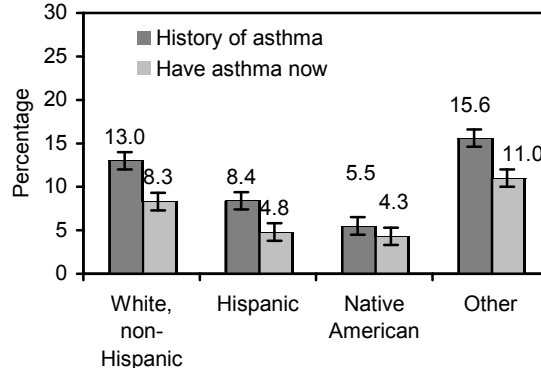
* Region includes: Arizona, Colorado, Utah, Oklahoma, and Texas.

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

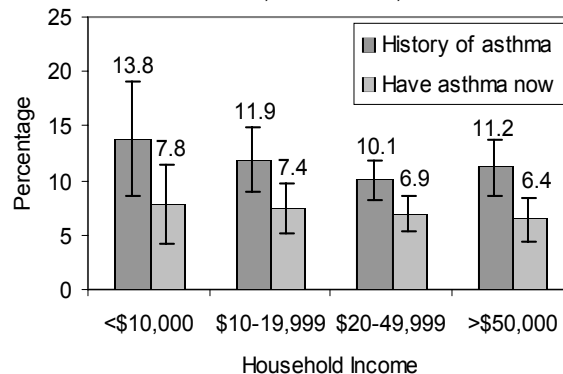
Source: U.S. BRFSS, 2001.



Percentage of Adults with Asthma, by Race/Ethnicity, New Mexico, 2001.



Percentage of Adults with Asthma, by Household Income, New Mexico, 2001



Asthma

Table 31. Percentage of New Mexicans who have been told that they had asthma.

	Total Number Who Responded †	Weighted Percent (%) × ⁷	95% Confidence Interval
TOTAL	3,616	10.8	± 1.2
GENDER			
Males	1,498	8.8	± 1.7
Females	2,118	12.7	± 1.7
AGE			
18-24	312	13.9	± 4.5
25-34	543	10.0	± 2.8
35-44	750	10.2	± 2.5
45-54	748	11.5	± 3.0
55-64	510	9.5	± 2.6
65-74	417	8.4	± 3.2
75+	302	12.7	± 4.2
RACE/ETHNICITY			
White, non-Hispanic	1,896	13.0	± 1.8
Hispanic	1,270	8.4	± 1.8
American Indian/Alaskan Native	230	5.5	± 2.9
Other	173	15.6	± 7.9
EDUCATION			
< High School Graduate	920	9.6	± 2.7
High School Graduate or G.E.D.	1,037	8.2	± 1.8
Some College	930	15.6	± 3.0
College Graduate	1,018	9.9	± 2.2
INCOME			
<\$10,000	229	13.8	± 5.3
\$10-19,999	667	11.9	± 3.0
\$20-49,999	1,501	10.1	± 1.8
\$50,000 or more	830	11.2	± 2.6
EMPLOYMENT			
Employed	2,163	9.4	± 1.5
Unemployed	106	11.5	± 7.2
Other**	1,336	13.3	± 2.3
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	714	10.9	± 2.5
NE (HD II)	730	10.2	± 2.6
SW (HD III)	721	9.7	± 2.5
SE (HD IV)	689	10.3	± 2.5
Bernalillo County	715	11.9	± 2.8

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

×⁷ 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 32. Percentage of New Mexicans who currently have asthma.

	Total Number Who Responded †	Weighted Percent (%) ×¹	95% Confidence Interval
TOTAL	3,597	6.8	± 1.0
GENDER			
Males	1,492	4.5	± 1.3
Females	2,105	8.9	± 1.5
AGE			
18-24	308	6.8	± 3.3
25-34	549	6.6	± 2.3
35-44	749	5.4	± 1.7
45-54	746	8.2	± 2.8
55-64	509	7.4	± 2.5
65-74	413	5.6	± 2.3
75+	299	8.2	± 3.4
RACE/ETHNICITY			
White, non-Hispanic	1,887	8.3	± 1.5
Hispanic	1,266	4.8	± 1.3
American Indian/Alaskan Native	228	4.3	± 2.6
Other	169	11.0	± 7.6
EDUCATION			
< High School Graduate	716	5.7	± 2.0
High School Graduate or G.E.D.	1,033	5.2	± 1.4
Some College	923	10.4	± 2.5
College Graduate	1,014	5.8	± 1.8
INCOME			
<\$10,000	227	7.8	± 3.6
\$10-19,999	662	7.4	± 2.3
\$20-49,999	1,494	6.9	± 1.6
\$50,000 or more	826	6.4	± 2.0
EMPLOYMENT			
Employed	2,158	5.9	± 1.1
Unemployed	106	9.4	± 6.8
Other**	1,322	8.2	± 1.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	711	6.7	± 1.9
NE (HD II)	729	6.7	± 2.2
SW (HD III)	717	6.2	± 2.1
SE (HD IV)	687	7.6	± 2.2
Bernalillo County	726	6.9	± 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 3,621 across categories for some variables.

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§ 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.

Diabetes

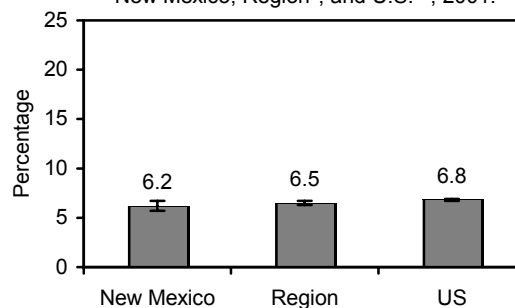
Question: "Have you ever been told by a doctor that you have diabetes?"

Diabetes is a chronic metabolic disease that was the sixth leading cause of death in both the U.S. and New Mexico in 1999^{9,10}. 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 for a number of health problems, including cardiovascular disease, end-stage renal disease, and blindness.

In New Mexico,

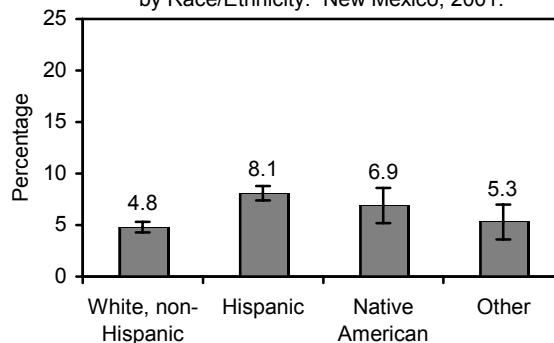
- ❖ *The percentage of adults with diabetes was 6.2%. This was not statistically different from the percentage with diabetes in the Region (6.5%) or the U.S. (6.8%).*
- ❖ *The percentage of adults with diabetes was higher among Hispanics (8.1%) than White, non-Hispanics (4.8%).*
- ❖ *Among adults with diabetes, obese individuals had the highest prevalence (13.0%), followed by overweight but not obese individuals (6.4%), and followed by those who were not overweight or obese (2.7%).*
- ❖ *Adults with less education and income were at higher risk of having diabetes.*

Percentage of Adults Who Have Diabetes. New Mexico, Region*, and U.S.**, 2001.

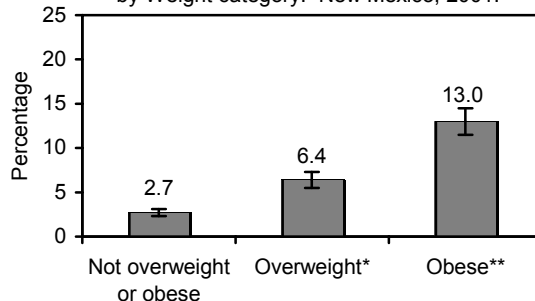


* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
 ** 50 states, plus the District of Columbia and Puerto Rico.
 Source: U.S. BRFSS, 2001.

Percentage of Adults Who Have Diabetes, by Race/Ethnicity. New Mexico, 2001.

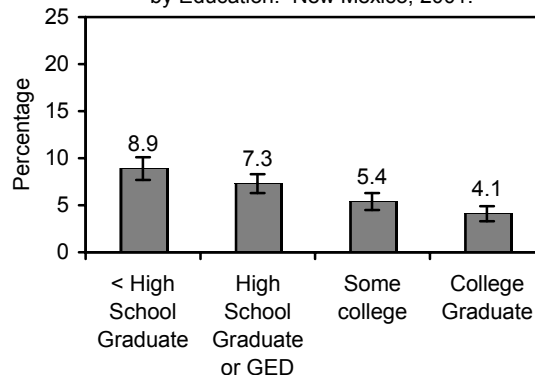


Percentage of Adults Who Have Diabetes, by Weight category. New Mexico, 2001.



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

Percentage of Adults Who Have Diabetes, by Education. New Mexico, 2001.



Diabetes

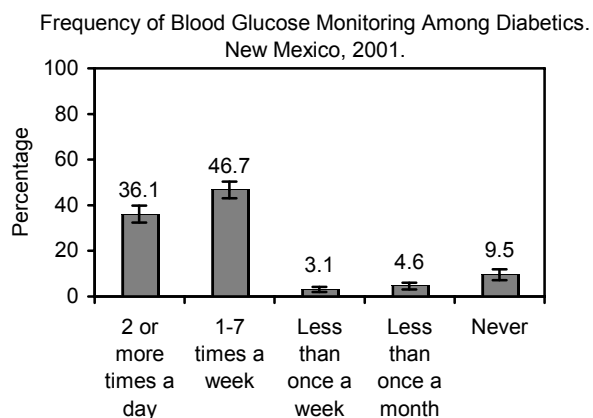
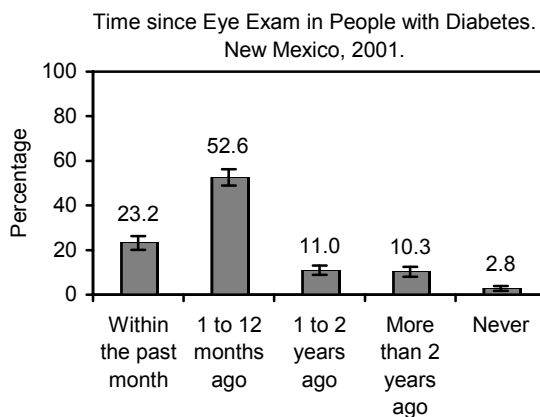
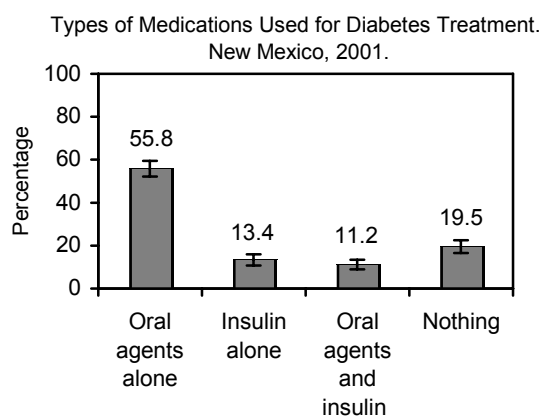
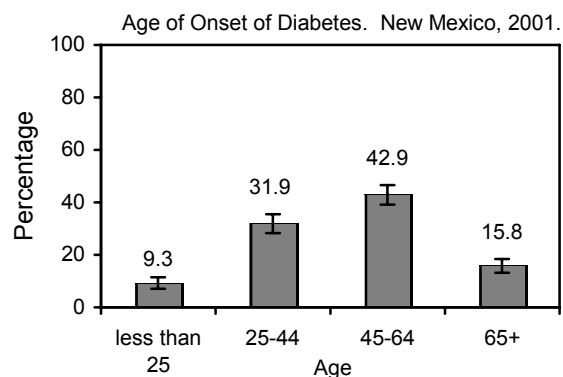
Question: "How old were you when you were told you have diabetes?"

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 varied, but was greatest during the 45-64 age period.
- ❖ 55.8% of diabetics manage their disease using oral agents alone.
- ❖ 24.1% of adults with diabetes have not had an eye exam within the past year.
- ❖ 17.2% of diabetics check their blood sugar less than once a week, and 9.5% never check their blood sugar.



Diabetes

Table 33. Percentage of New Mexicans who have been told by a doctor that they have diabetes.

	Total Number Who Responded †	Weighted Percent (%) × ¹	95% Confidence Interval
TOTAL	3,619	6.2	± 0.9
GENDER			
Males	1,501	5.9	± 1.4
Females	2,118	6.5	± 1.2
AGE			
18-24	312	0.3	± 0.6
25-34	554	1.0	± 0.8
35-44	750	3.0	± 1.4
45-54	748	9.3	± 3.0
55-64	510	11.7	± 3.4
65-74	418	14.8	± 4.0
75+	303	11.9	± 4.0
RACE/ETHNICITY			
White, non-Hispanic	1,898	4.8	± 0.9
Hispanic	1,271	8.1	± 1.3
American Indian/Alaskan Native	230	6.9	± 3.3
Other	173	5.3	± 3.3
EDUCATION			
< High School Graduate	519	8.9	± 2.4
High School Graduate or G.E.D.	1,038	7.3	± 1.9
Some College	931	5.4	± 1.8
College Graduate	1,020	4.1	± 1.5
INCOME			
<\$10,000	229	12.3	± 4.7
\$10-19,999	666	8.6	± 2.5
\$20-49,999	1,504	5.1	± 1.2
\$50,000 or more	831	4.9	± 2.0
EMPLOYMENT			
Employed	2,165	3.6	± 1.0
Unemployed	106	3.7	± 3.4
Other**	1,337	11.4	± 2.0
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	717	7.6	± 2.4
NE (HD II)	730	4.6	± 1.6
SW (HD III)	720	6.6	± 1.9
SE (HD IV)	689	6.8	± 2.0
Bernalillo County	716	5.7	± 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 3,621 across categories for some variables.

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Cardiovascular Health - Heart Disease/Stroke

Question: "Have you ever been told by a doctor that you had any of the following:

- 1) heart attack or myocardial infarction,
- 2) angina or coronary heart disease,
- 3) stroke?"

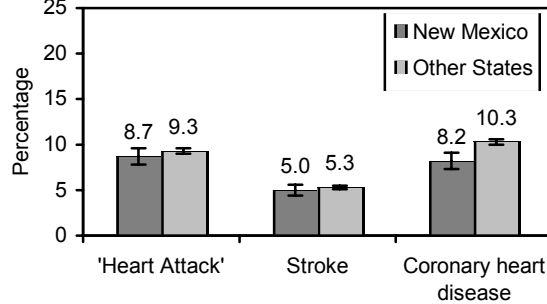
The term 'cardiovascular disease' (CVD) encompasses a number of clinical conditions, including coronary heart disease (e.g. myocardial infarction or "heart attack" and angina pectoris), cerebrovascular disease or stroke, peripheral vascular disease, and congestive heart failure.

Heart disease was the number one cause of death in the U.S. and New Mexico in 1999 and stroke was the third leading cause in the U.S. and the fifth leading cause of death in New Mexico ^{9,10}.

In New Mexico,

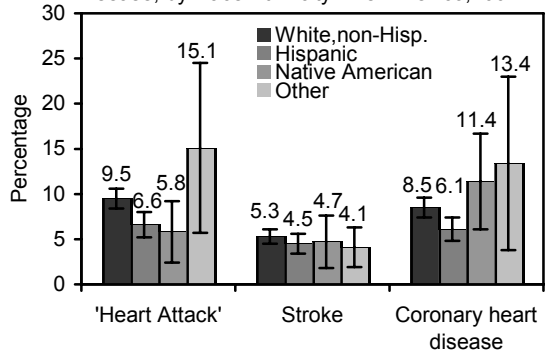
- ❖ Rates of heart attacks (8.7%), stroke (5.0%) and coronary heart disease (8.2%) in adults ages 50 years and older were not statistically different from rates in the Other States queried (9.3%, 5.3%, and 10.3%).
- ❖ Lower income was associated with higher rates of cardiovascular disease.
- ❖ Rates of cardiovascular disease in New Mexicans ages 50 years and older were not statistically different among the different racial/ethnic groups.
- ❖ Males ages 50 years and older were more than twice as likely as females to have had a heart attack (13.0% vs. 5.1%) and nearly twice as likely to have coronary heart disease (10.7% vs. 6.1%). Rates of stroke were not statistically different.

Percentage of Adults Age 50 and Older with Cardiovascular Disease. New Mexico, Other States*, 2001.

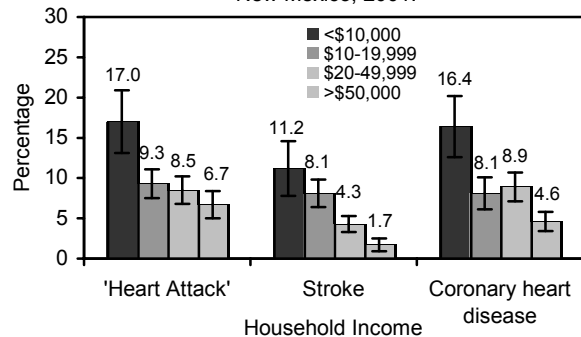


* Other States: AL, AR, CO, IA, MN, MS, MO, MT, NY, ND, OH, OK, SC, TN, UT, VA, WA, WV, and WY.
Source: U.S. BRFSS, 2001.

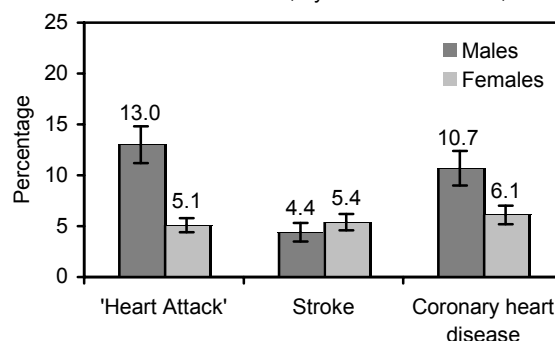
Percentage of Adults Age 50 and Older with Cardiovascular Disease, by Race/Ethnicity. New Mexico, 2001.



Percentage of Adults Age 50 and Older with Cardiovascular Disease, by Household Income. New Mexico, 2001.



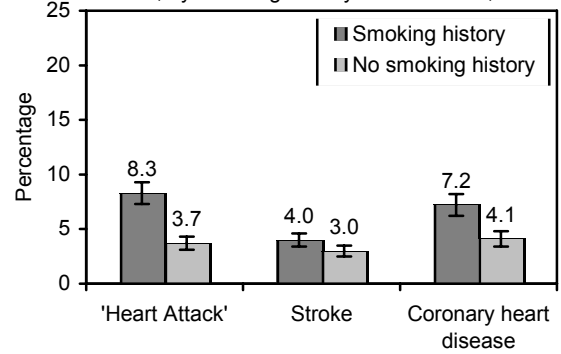
Percentage of Adults Age 50 Years and Older with Cardiovascular Disease, by Sex. New Mexico, 2001.



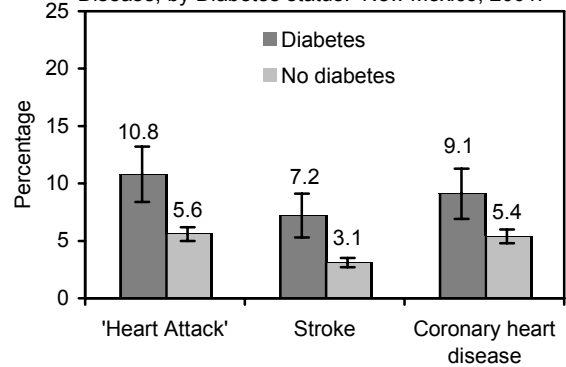
Cardiovascular Health - Heart Disease/Stroke

- ❖ *Rates of cardiovascular disease in adults ages 50 years and older with a smoking history were about twice as high as rates in those with no smoking history.*
- ❖ *Rates of cardiovascular disease in diabetics ages 40 years and older were about twice as high as those in non-diabetics ages 40 years and older.*

Percentage of Adults Age 40 and Older with Cardiovascular Disease, by Smoking History. New Mexico, 2001.



Percentage of Adults Age 40 and Older with Cardiovascular Disease, by Diabetes status. New Mexico, 2001.



Cardiovascular Health - Heart Disease/Stroke

Table 34. Percentage of New Mexicans 50 years and over who have been told by a doctor that they had a heart attack.

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	1,501	8.7	± 1.8
GENDER			
Males	586	13.0	± 3.5
Females	915	5.1	± 1.4
AGE			
50-54	327	5.3	± 4.5
55-64	488	6.1	± 2.7
65-74	399	11.2	± 3.4
75+	287	14.2	± 4.3
RACE/ETHNICITY			
White, non-Hispanic	918	9.5	± 2.1
Hispanic	433	6.6	± 2.7
Native American	60	5.8	± 6.8
Other	67	15.1	± 18.7
EDUCATION			
< High School Graduate	297	11.5	± 3.7
High School Graduate or G.E.D.	419	8.6	± 2.9
Some College	514	10.8	± 5.4
College Graduate	470	5.7	± 2.7
INCOME			
<\$10,000	112	17.0	± 7.8
\$10-19,999	300	9.3	± 3.5
\$20-49,999	568	8.5	± 3.4
\$50,000 or more	332	6.7	± 3.3
EMPLOYMENT			
Employed	585	3.4	± 1.7
Unemployed	20*	-	-
Other**	895	12.2	± 2.7
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	292	7.6	± 3.3
NE (HD II)	309	6.5	± 3.0
SW (HD III)	308	10.3	± 3.7
SE (HD IV)	293	10.3	± 3.8
Bernalillo County	288	8.7	± 4.3

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 cross categories for some variables.

x⁷ 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 based on cells with <50 respondents are considered unreliable.

Cardiovascular Health - Heart Disease/Stroke

Table 35. Percentage of New Mexicans 50 years and over who have been told by a doctor that they had a stroke.

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	1,505	5.0	± 1.2
GENDER			
Males	588	4.4	± 1.8
Females	917	5.4	± 1.6
AGE			
50-54	329	1.8	± 0.9
55-64	488	3.0	± 1.7
65-74	399	6.0	± 2.4
75+	291	12.4	± 4.5
RACE/ETHNICITY			
White, non-Hispanic	920	5.3	± 1.6
Hispanic	434	4.5	± 2.2
Native American	61	4.7	± 5.8
Other	67	4.1	± 4.3
EDUCATION			
< High School Graduate	298	7.1	± 3.1
High School Graduate or G.E.D.	421	6.4	± 2.6
Some College	316	3.7	± 2.3
College Graduate	469	3.2	± 1.8
INCOME			
<\$10,000	115	11.2	± 6.7
\$10-19,999	299	8.1	± 3.3
\$20-49,999	569	4.3	± 1.9
\$50,000 or more	332	1.7	± 1.6
EMPLOYMENT			
Employed	585	0.9	± 0.4
Unemployed	20*)()(
Other**	899	7.8	± 2.0
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	292	5.4	± 2.7
NE (HD II)	310	3.8	± 2.9
SW (HD III)	311	5.8	± 2.6
SE (HD IV)	293	6.2	± 3.1
Bernalillo County	288	4.1	± 2.3

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

x⁷ 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.

)(No respondents reporting coronary heart disease.

Cardiovascular Health - Heart Disease/Stroke

Table 36. Percentage of New Mexicans 50 years and over who have been told by a doctor that they have coronary heart disease.

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	1,492	8.2	± 1.8
GENDER			
Males	582	10.7	± 3.3
Females	910	6.1	± 1.8
AGE			
50-54	327	5.8	± 4.7
55-64	486	6.1	± 2.5
65-74	395	10.8	± 3.6
75+	284	11.2	± 4.2
RACE/ETHNICITY			
White, non-Hispanic	914	8.5	± 2.1
Hispanic	430	6.1	± 2.6
Native American	60	11.4	± 10.6
Other	65	13.4	± 19.1
EDUCATION			
< High School Graduate	290	6.6	± 3.0
High School Graduate or G.E.D.	417	8.0	± 2.8
Some College	314	10.7	± 5.5
College Graduate	471	7.7	± 3.1
INCOME			
<\$10,000	115	16.4	± 7.6
\$10-19,999	293	8.1	± 3.9
\$20-49,999	569	8.9	± 3.6
\$50,000 or more	332	4.6	± 2.4
EMPLOYMENT			
Employed	583	4.2	± 1.8
Unemployed	20*	⌘	⌘
Other**	888	11.1	± 2.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	290	8.7	± 3.7
NE (HD II)	309	7.3	± 3.6
SW (HD III)	307	7.8	± 3.1
SE (HD IV)	288	9.3	± 3.7
Bernalillo County	287	7.9	± 4.3

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

x⁷ 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 based on cells with <50 respondents are considered unreliable.

⌘ No respondents reporting coronary heart disease.

Cardiovascular Health - Hypertension

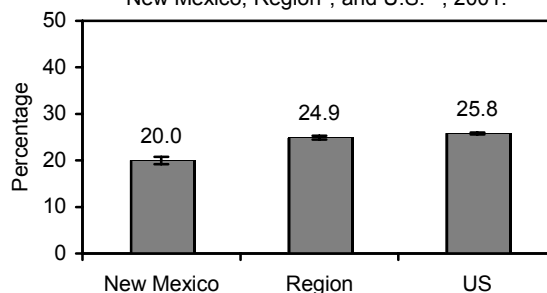
Question: "Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?"

Hypertension, or high blood pressure, is the leading cause of stroke and a major cause of heart attacks or myocardial infarctions ¹³. Risk factors for hypertension include family history, diabetes, race (African-Americans have high risk), older age, being overweight, inactivity, smoking, and a diet high in fat or sodium.

In New Mexico,

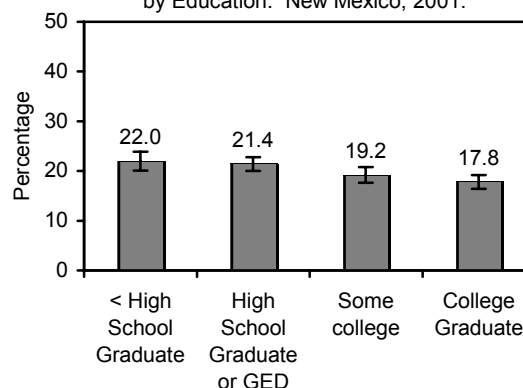
- ❖ 19.9% of adults had hypertension. This was not statistically different from the rate for the Region (24.9%) but lower than the rate for the U.S. (25.8%).
- ❖ Although there was a trend by income and education level, rates of hypertension were not statistically different among those from different education and income levels.
- ❖ Rates of hypertension were higher among those who were overweight or obese.

Percentage of Adults with Hypertension. New Mexico, Region*, and U.S.**, 2001.

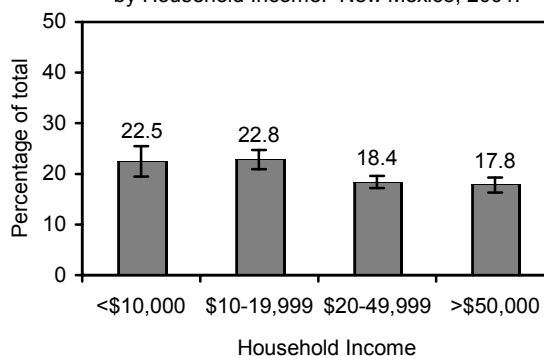


* Region: Arizona, Colorado, Oklahoma, Utah, and Texas.
 ** 50 states, plus the District of Columbia and Puerto Rico.
 Source: U.S. BRFSS, 2001.

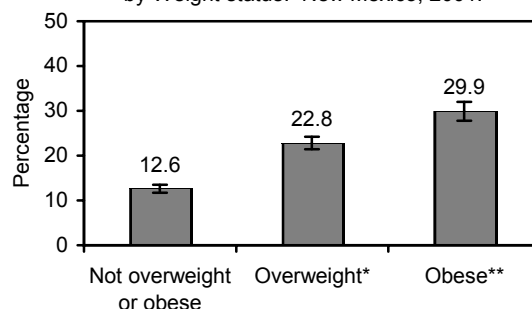
Percentage of Adults with Hypertension, by Education. New Mexico, 2001.



Percentage of Adults with Hypertension, by Household Income. New Mexico, 2001.



Percentage of Adults with Hypertension, by Weight status. New Mexico, 2001.



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

Cardiovascular Health - Hypertension

Table 37. Percentage of New Mexicans who have been told that they have high blood pressure.

	Total Number Who Responded †	Weighted Percent (%) × ⁷	95% Confidence Interval
TOTAL	3,611	19.9	± 1.5
GENDER			
Males	1,497	19.6	± 2.3
Females	2,114	20.2	± 2.0
AGE			
18-24	309	6.0	± 42.9
25-34	551	6.4	± 2.3
35-44	749	14.6	± 3.2
45-54	748	21.9	± 3.8
55-64	509	34.6	± 4.9
65-74	418	39.1	± 5.4
75+	303	42.0	± 6.4
RACE/ETHNICITY			
White, non-Hispanic	1,893	21.1	± 2.1
Hispanic	1,270	17.5	± 2.4
American Indian/Alaskan Native	231	18.3	± 6.2
Other	170	26.4	± 8.1
EDUCATION			
< High School Graduate	620	22.0	± 3.7
High School Graduate or G.E.D.	1,038	21.4	± 2.8
Some College	925	19.2	± 3.1
College Graduate	1,017	17.8	± 2.7
INCOME			
<\$10,000	227	22.5	± 5.9
\$10-19,999	665	22.8	± 3.8
\$20-49,999	1,500	18.4	± 2.3
\$50,000 or more	829	17.8	± 3.0
EMPLOYMENT			
Employed	2,159	14.8	± 1.8
Unemployed	106	10.6	± 5.9
Other**	1,335	30.5	± 2.9
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	715	20.6	± 3.3
NE (HD II)	730	18.2	± 3.2
SW (HD III)	718	18.9	± 3.0
SE (HD IV)	689	22.0	± 3.4
Bernalillo County	713	10.9	± 3.3

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

×⁷ 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.

Cardiovascular Health - Cholesterol

Question: "Have you ever had your blood cholesterol checked?"

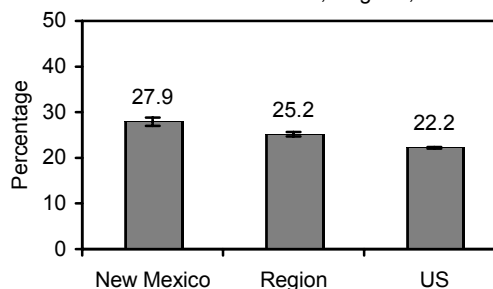
Question: "Have you ever been told you have high blood cholesterol?"

High blood cholesterol is an important risk factor for cardiovascular disease ¹⁴. Cholesterol screening is recommended for men ages 35-65 and women ages 45-65. Cholesterol is a fatty substance that is transported through the blood complexed to specialized carrier proteins. These lipoprotein complexes occur in either low-density (LDL) or high-density (HDL) forms. High serum levels of LDLs (so-called "bad cholesterol") increase risk for cardiovascular disease, whereas high levels of HDLs ("good cholesterol") reduce risk.

In New Mexico,

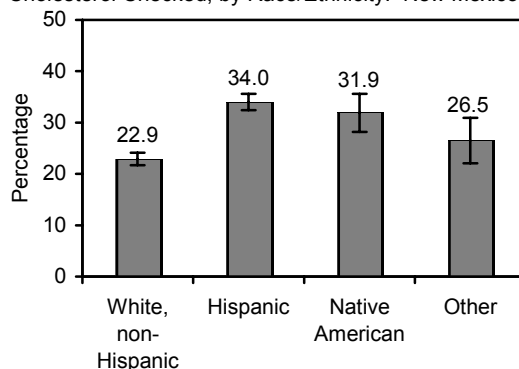
- ❖ The percentage of adults who had never had their blood cholesterol checked (27.9%) was higher than the percentage for the Region (25.2%) or for the U.S. (22.2%) .
- ❖ The percentage of adults who had never had their blood cholesterol checked was higher among Hispanics (34.0%) and Native Americans (31.9%) than it was among White, non-Hispanics (22.9%).
- ❖ The percentage of New Mexicans with high blood cholesterol (17.9%) was lower than the percentage for the Region (20.7%) or the U.S. (22.5%).
- ❖ The percentage of adults with high blood cholesterol increased dramatically with age.

Percentage of Adults Who Have Never Had Their Blood Cholesterol Checked. New Mexico, Region*, and U.S.**, 2001.

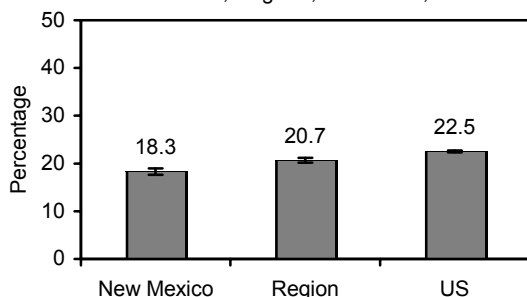


* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
 ** 50 states, plus the District of Columbia and Puerto Rico.
 Source: U.S. BRFSS, 2001.

Percentage of Adults Who Have Never Had Their Blood Cholesterol Checked, by Race/Ethnicity. New Mexico, 2001.

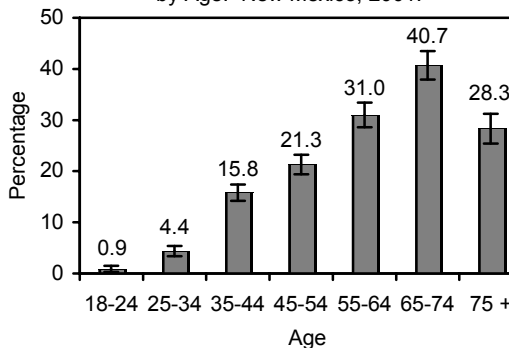


Percentage of Adults Who Have High Blood Cholesterol. New Mexico, Region*, and U.S.**, 2001.



* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
 ** 50 states, plus the District of Columbia and Puerto Rico.
 Source: U.S. BRFSS, 2001.

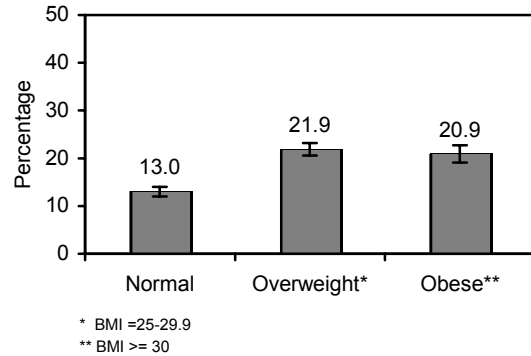
Percentage of Adults Who Have High Blood Cholesterol, by Age. New Mexico, 2001.



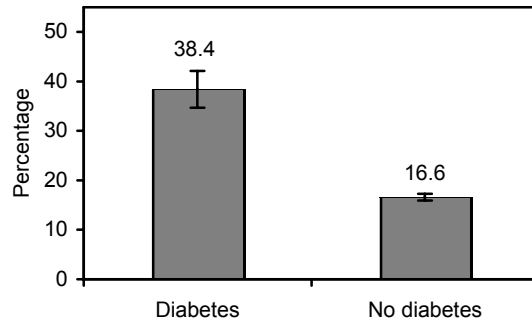
Cardiovascular Health - Cholesterol

- ❖ *Blood cholesterol was more likely elevated among those who were obese (20.9%) or overweight (21.9%) compared to those of normal weight (13.0%).*
- ❖ *People with diabetes (38.4%) were twice as likely to have an elevated blood cholesterol level than people without diabetes (16.6%).*

Percentage of Adults Who Have High Blood Cholesterol, by Weight category. New Mexico, 2001.



Percentage of Adults Who Have High Blood Cholesterol, by Diabetes status. New Mexico, 2001.



Cardiovascular Health - Cholesterol

Table 38. Percentage of New Mexicans who have never had their blood cholesterol checked.

	Total Number Who Responded †	Weighted Percent (%) × [§]	95% Confidence Interval
TOTAL	3,565	27.9	± 1.8
GENDER			
Males	1,481	31.2	± 2.9
Females	2,084	24.7	± 2.2
AGE			
18-24	296	61.3	± 6.5
25-34	538	47.7	± 5.1
35-44	744	28.7	± 3.9
45-54	745	14.2	± 2.8
55-64	508	9.2	± 2.7
65-74	416	8.0	± 2.9
75+	294	7.4	± 3.0
RACE/ETHNICITY			
White, non-Hispanic	1,868	22.9	± 2.3
Hispanic	1,250	34.0	± 3.2
American Indian/Alaskan Native	230	31.9	± 7.3
Other	171	26.5	± 8.7
EDUCATION			
< High School Graduate	608	39.3	± 4.9
High School Graduate or G.E.D.	1,018	34.2	± 3.5
Some College	918	24.3	± 3.3
College Graduate	1,010	16.8	± 2.9
INCOME			
<\$10,000	225	39.5	± 8.1
\$10-19,999	653	36.8	± 4.7
\$20-49,999	1,482	31.7	± 2.9
\$50,000 or more	822	14.8	± 3.0
EMPLOYMENT			
Employed	2,134	31.8	± 2.4
Unemployed	103	46.6	± 11.9
Other**	1,317	18.7	± 2.6
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	702	29.6	± 4.1
NE (HD II)	724	23.3	± 4.0
SW (HD III)	705	30.7	± 4.2
SE (HD IV)	683	36.1	± 4.3
Bernalillo County	708	23.7	± 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 3,621 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.

Cardiovascular Health - Cholesterol

Table 39. Percentage of New Mexicans who have high blood cholesterol .

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	3,551	17.9	± 1.4
GENDER			
Males	1,474	18.4	± 2.3
Females	2,077	17.4	± 1.8
AGE			
18-24	302	0.9	± 1.1
25-34	536	4.4	± 1.9
35-44	744	15.8	± 3.2
45-54	743	21.3	± 3.7
55-64	502	31.0	± 4.7
65-74	415	40.7	± 5.5
75+	291	28.3	± 5.8
RACE/ETHNICITY			
White, non-Hispanic	1,863	21.3	± 2.1
Hispanic	1,245	15.1	± 2.3
American Indian/Alaskan Native	229	12.4	± 4.6
Other	169	13.9	± 7.1
EDUCATION			
< High School Graduate	605	13.5	± 2.8
High School Graduate or G.E.D.	1,013	16.4	± 2.5
Some College	916	19.3	± 3.1
College Graduate	1,006	21.3	± 3.0
INCOME			
<\$10,000	223	21.4	± 6.0
\$10-19,999	651	16.2	± 3.1
\$20-49,999	1,477	16.1	± 2.2
\$50,000 or more	820	20.6	± 3.1
EMPLOYMENT			
Employed	2,129	13.7	± 1.7
Unemployed	102	9.6	± 5.8
Other**	1,309	26.8	± 2.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	701	16.3	± 2.9
NE (HD II)	720	19.4	± 3.2
SW (HD III)	703	18.3	± 3.1
SE (HD IV)	680	17.4	± 3.0
Bernalillo County	704	18.0	± 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 3,621 across categories for some variables.

x⁷ 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.

Tobacco Use

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

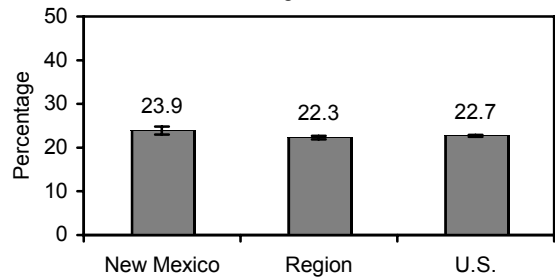
Question: "Do you smoke cigarettes every day, some days, or not at all?"

Smoking and chewing tobacco have been shown to be risk factors for lung, oral, bladder, kidney, and pancreatic cancer, as well as for cardiovascular disease, particularly stroke ¹⁵. 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,

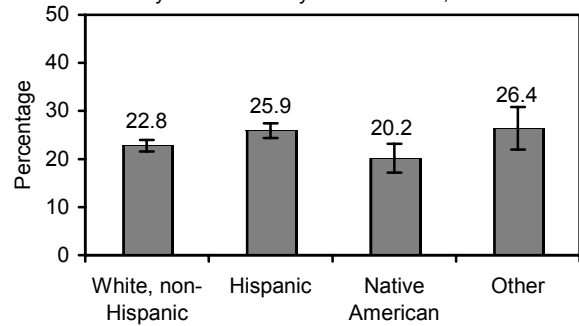
- ❖ The prevalence of smoking was 23.9%. This was not statistically different from the rates in the Region (22.3%) and the U.S. (22.7%).
- ❖ There was no statistical difference in the prevalence of smoking among the different racial/ethnic groups.
- ❖ The prevalence of smoking was highest among those with the lowest education and income.
- ❖ The prevalence of smoking was highest in younger age groups but declined with age.
- ❖ 55.4% of New Mexican smokers tried to quit smoking during the past year. This was not statistically different from the rates in the Region (56.6%) and the U.S. (55.7%).

Percentage of Adults Who Are Current Smokers. New Mexico, Region*, and U.S.**, 2001.

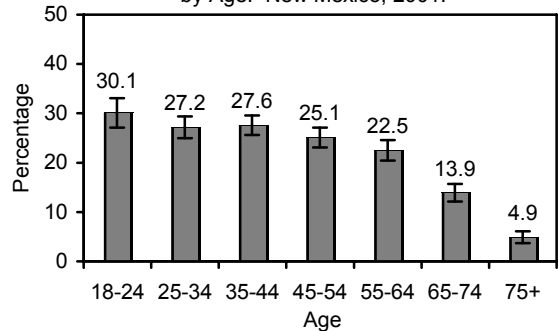


* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
 ** 50 states, plus the District of Columbia and Puerto Rico.
 Source: U.S. BRFSS, 2001.

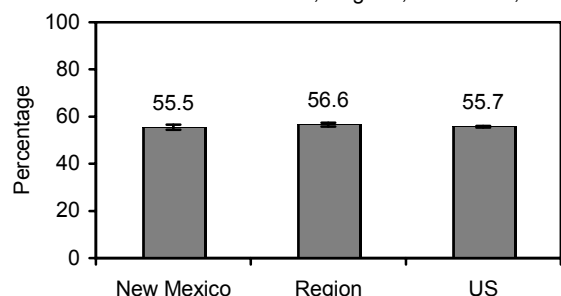
Percentage of Adults Who Are Current Smokers, by Race/Ethnicity. New Mexico, 2001.



Percentage of Adults Who Are Current Smokers, by Age. New Mexico, 2001.



Percentage of Adults Smokers Who Tried to Quit Smoking During the Past Year. New Mexico, Region*, and U.S.**, 2001.



* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
 ** 50 states, plus the District of Columbia and Puerto Rico.
 Source: U.S. BRFSS, 2001.

Tobacco Use

Table 40. Percentage of New Mexicans who are current smokers.

	Total Number Who Responded †	Weighted Percent (%) × ¹	95% Confidence Interval
TOTAL	3,602	23.9	± 1.7
GENDER			
Males	1,495	27.8	± 2.8
Females	2,107	20.3	± 2.0
AGE			
18-24	307	30.1	± 5.9
25-34	552	27.2	± 4.4
35-44	748	27.6	± 3.9
45-54	747	25.1	± 3.9
55-64	506	22.5	± 4.2
65-74	417	13.9	± 3.6
75+	301	4.9	± 2.4
RACE/ETHNICITY			
White, non-Hispanic	1,889	22.8	± 2.3
Hispanic	1,263	25.9	± 3.0
American Indian/Alaskan Native	231	20.2	± 5.9
Other	172	26.4	± 8.7
EDUCATION			
< High School Graduate	619	32.9	± 4.7
High School Graduate or G.E.D.	1,034	26.7	± 3.3
Some College	922	25.0	± 3.5
College Graduate	1,016	13.9	± 2.5
INCOME			
<\$10,000	227	31.7	± 7.5
\$10-19,999	665	30.5	± 4.5
\$20-49,999	1,495	25.9	± 2.7
\$50,000 or more	828	15.9	± 3.0
EMPLOYMENT			
Employed	2,153	26.2	± 2.3
Unemployed	106	41.3	± 11.4
Other**	1,332	17.6	± 2.5
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	714	24.8	± 3.7
NE (HD II)	728	20.6	± 3.5
SW (HD III)	714	23.1	± 3.7
SE (HD IV)	688	26.3	± 3.8
Bernalillo County	711	24.3	± 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 3,621 across categories for some variables.

×¹ 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.

Tobacco Use

Table 41. Percentage of New Mexicans who tried to quit smoking during the past year.

	Total Number Who Responded †	Weighted Percent (%) × [‡]	95% Confidence Interval
TOTAL	829	55.4	± 4.1
GENDER			
Males	392	55.6	± 5.8
Females	437	55.3	± 5.6
AGE			
18-24	83	68.9	± 10.7
25-34	554	60.9	± 9.1
35-44	749	51.4	± 8.4
45-54	183	51.4	± 9.2
55-64	118	45.3	± 10.5
65-74	64	50.6	± 14.0
75+	19*	-	-
RACE/ETHNICITY			
White, non-Hispanic	426	49.6	± 5.7
Hispanic	300	57.7	± 6.8
American Indian/Alaskan Native	50	71.0	± 14.2
Other	44*	-	-
EDUCATION			
< High School Graduate	193	62.9	± 8.1
High School Graduate or G.E.D.	261	52.5	± 7.3
Some College	224	57.9	± 7.9
College Graduate	179	45.3	± 9.6
INCOME			
<\$10,000	73	69.2	± 12.4
\$10-19,999	185	65.8	± 8.2
\$20-49,999	378	51.4	± 6.1
\$50,000 or more	124	46.5	± 10.4
EMPLOYMENT			
Employed	549	54.0	± 5.0
Unemployed	43*	-	-
Other**	235	52.8	± 7.9
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	175	57.1	± 8.3
NE (HD II)	143	52.1	± 9.6
SW (HD III)	160	61.5	± 8.5
SE (HD IV)	179	56.2	± 8.1
Bernalillo County	160	51.4	± 8.9

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 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.

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

Tobacco Use

Table 42. Percentage of New Mexicans smokers who, during the past year, were advised by a health professional to quit smoking.

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	781	48.9	± 4.3
GENDER			
Males	369	39.0	± 6.0
Females	412	61.5	± 5.6
AGE			
18-24	78	49.1	± 12.3
25-34	143	32.5	± 9.0
35-44	193	47.7	± 8.6
45-54	173	53.2	± 9.4
55-64	110	60.5	± 10.6
65-74	63	79.6	± 10.3
75+	18*	-	-
RACE/ETHNICITY			
White, non-Hispanic	409	51.3	± 5.8
Hispanic	278	45.8	± 7.2
American Indian/Alaskan Native	43*	-	-
Other	41*	-	-
EDUCATION			
< High School Graduate	185	42.0	± 8.8
High School Graduate or G.E.D.	242	48.0	± 7.5
Some College	217	53.2	± 8.2
College Graduate	136	54.5	± 10.0
INCOME			
<\$10,000	69	40.9	± 14.1
\$10-19,999	174	46.4	± 9.3
\$20-49,999	357	48.5	± 6.3
\$50,000 or more	121	50.5	± 10.3
EMPLOYMENT			
Employed	517	46.0	± 5.2
Unemployed	40*	-	-
Other**	224	62.2	± 7.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	169	45.7	± 8.6
NE (HD II)	135	46.1	± 10.0
SW (HD III)	157	47.3	± 9.2
SE (HD IV)	166	48.3	± 8.5
Bernalillo County	147	53.7	± 9.3

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

x⁷ 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.

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?"

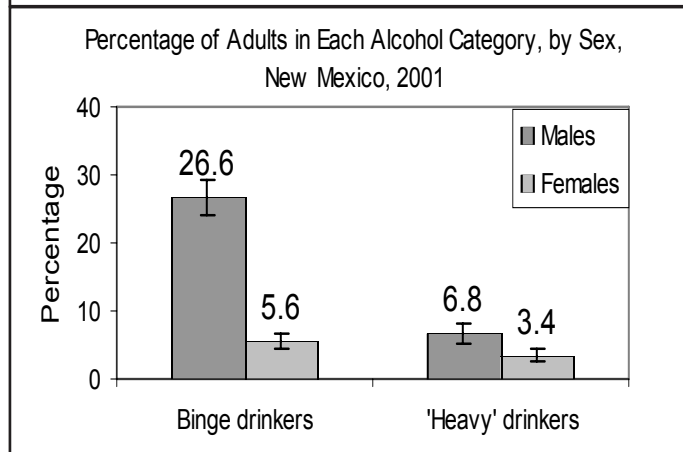
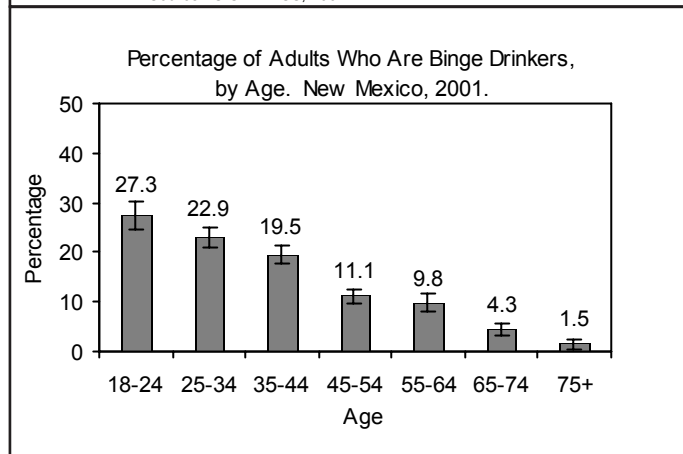
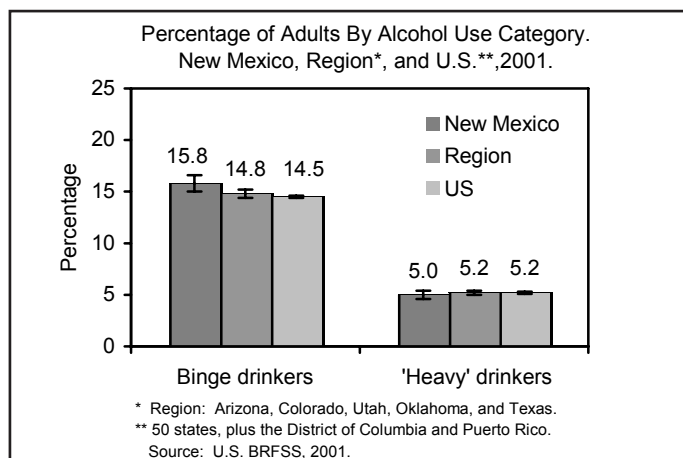
Question: "Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?"

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 many causes. For example, in 1999, alcohol was a factor in 38% of motor vehicle fatalities nationwide and nearly 45% of those in New Mexico ¹⁶. In addition, alcohol is a risk factor for cirrhosis of the liver and for cancers of the oral cavity, larynx, and pharynx ¹⁷. Binge drinkers are defined as those who had 5 or more drinks on at least one occasion during the past month; heavy drinkers were men who averaged ≥ 2 drinks per day or women who averaged ≥ 1 drinks per day during the past month.

In New Mexico,

- ❖ 15.8% of adults were classified as binge drinkers. This rate was not statistically different from the rates in the Region (14.8%) or the U.S. (14.5%). 5.0% were classified as 'heavy' drinkers. This rate also was not statistically different from the rates for both the Region (5.2%) and the U.S. (5.2%).
- ❖ 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 binge drinkers or heavy drinkers was much higher in males than in females.



Alcohol Consumption

Table 43. Percentage of New Mexicans who are binge drinkers (≥ 5 drinks on one occasion in past month).

	Total Number Who Responded †	Weighted Percent (%) × [§]	95% Confidence Interval
TOTAL	3,578	15.8	± 1.5
GENDER			
Males	1,477	26.6	± 2.7
Females	2,101	5.6	± 1.2
AGE			
18-24	303	27.3	± 5.7
25-34	546	22.9	± 4.2
35-44	745	19.5	± 3.4
45-54	741	11.1	± 2.9
55-64	505	9.8	± 3.6
65-74	412	4.3	± 2.3
75+	302	1.5	± 1.7
RACE/ETHNICITY			
White, non-Hispanic	1,881	12.6	± 1.9
Hispanic	1,264	19.0	± 2.7
American Indian/Alaskan Native	227	21.0	± 6.4
Other	171	13.6	± 6.0
EDUCATION			
< High School Graduate	609	16.3	± 3.8
High School Graduate or G.E.D.	1,019	19.1	± 3.0
Some College	923	17.1	± 3.1
College Graduate	1,016	10.8	± 2.3
INCOME			
<\$10,000	223	10.4	± 5.2
\$10-19,999	659	16.5	± 3.7
\$20-49,999	1,488	18.0	± 2.3
\$50,000 or more	831	14.4	± 3.0
EMPLOYMENT			
Employed	2,141	20.3	± 2.1
Unemployed	105	21.7	± 9.6
Other**	1,321	6.7	± 1.7
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	707	15.1	± 3.2
NE (HD II)	724	11.3	± 2.9
SW (HD III)	714	17.8	± 3.5
SE (HD IV)	680	14.4	± 3.1
Bernalillo County	708	17.9	± 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 3,621 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.

Alcohol Consumption

Table 44. Percentage of New Mexicans who are heavy drinkers (Men: 2 or more drinks per day average in past month; Women: 1 or more drinks per day average in past month).

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	3,580	5.0	± 0.8
GENDER			
Males	1,479	6.8	± 1.5
Females	2,101	3.4	± 0.9
AGE			
18-24	303	7.5	± 3.3
25-34	547	5.0	± 2.2
35-44	745	5.2	± 1.9
45-54	745	5.0	± 1.8
55-64	504	5.5	± 2.3
65-74	411	3.9	± 2.0
75+	301	1.2	± 1.1
RACE/ETHNICITY			
White, non-Hispanic	1,879	4.6	± 1.5
Hispanic	1,257	5.3	± 1.5
American Indian/Alaskan Native	228	7.2	± 3.9
Other	171	3.6	± 3.0
EDUCATION			
< High School Graduate	612	5.3	± 2.2
High School Graduate or G.E.D.	1,020	5.3	± 1.7
Some College	921	5.9	± 1.9
College Graduate	1,106	3.8	± 1.2
INCOME			
<\$10,000	227	6.8	± 4.2
\$10-19,999	658	4.9	± 2.1
\$20-49,999	1,489	5.7	± 1.4
\$50,000 or more	829	4.8	± 1.7
EMPLOYMENT			
Employed	2,141	5.6	± 1.2
Unemployed	105	9.8	± 6.3
Other**	1,323	3.5	± 1.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	706	5.0	± 2.0
NE (HD II)	726	4.7	± 1.7
SW (HD III)	716	6.0	± 2.1
SE (HD IV)	677	5.8	± 2.0
Bernalillo County	709	4.5	± 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 3,621 across categories for some variables.

x⁷ 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.

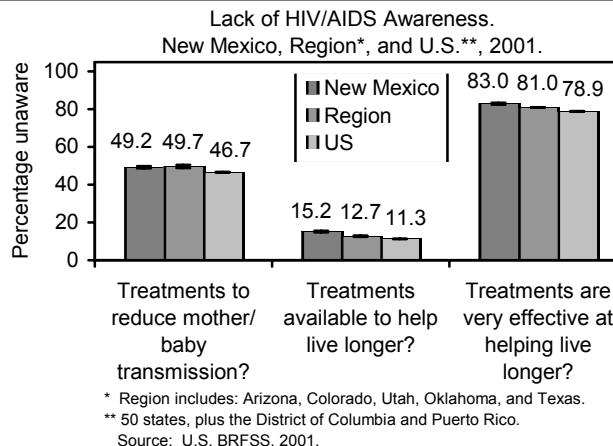
HIV/AIDS

Question: "True or False: a pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby?"

Question: "True or False: there are medical treatments available that are intended to help a person with HIV live longer?"

Question: "How effective do you think these treatments are in helping persons with HIV live longer?"

Question: "How important do you think it is for people to know there HIV status?"



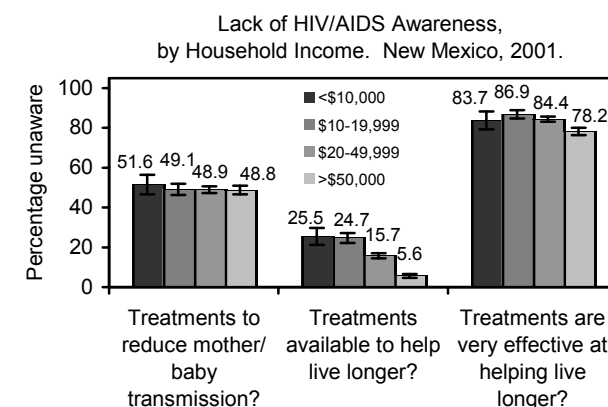
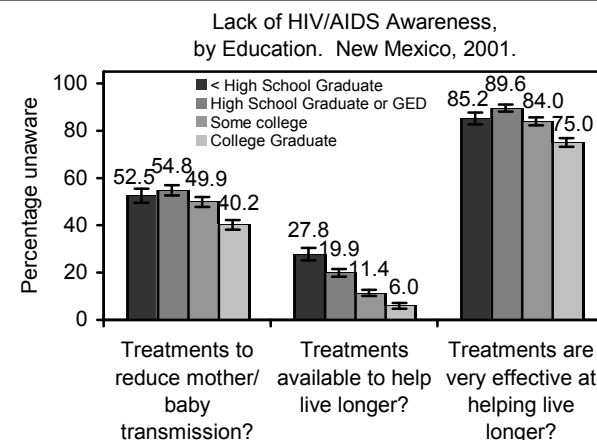
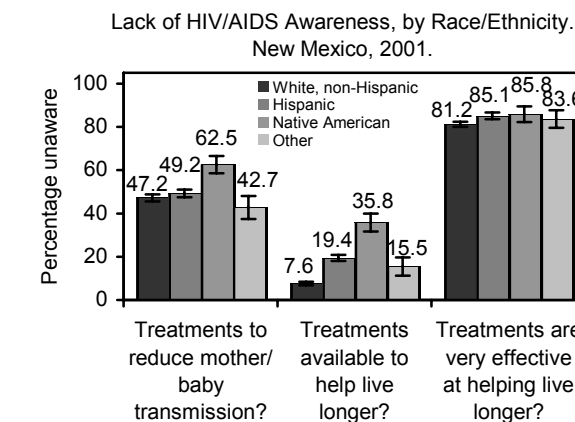
In New Mexico, AIDS cases have been tracked since 1981. As of December 2001, about 2,152 AIDS cases have been reported in the state. Among the cases reported in New Mexico, the most prevalent risk factor category was men having sex with men, followed by injection drug use. This year several questions designed to assess general public knowledge about HIV/AIDS were asked of all respondents less than 65 years of age.

In New Mexico,

- ❖ 49.2% of adults were unaware that there are treatments to reduce the transmission of HIV from pregnant mother to child. This was higher than the percentage for the U.S.(46.7%). Also, 15.2% were unaware that there are treatments to help people with HIV live longer, and 83.0% were unaware that these treatments are very effective. These percentages were higher than the percentages in the Region (12.7%, 81.0%) and the U.S. (11.3% ,78.9%).

- ❖ Native Americans were more likely than the other groups to be unaware that there are treatment options for pregnant mothers and others infected with HIV.

- ❖ Lack of HIV awareness was highest among those with lower education and income.



HIV/AIDS

Table 45. Percentage of New Mexicans who are unaware there are medical treatments that can reduce the chances of a pregnant woman passing HIV to her baby.

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	2,822	49.2	± 2.2
GENDER			
Males	1,202	53.7	± 3.4
Females	1,620	44.6	± 2.9
AGE			
18-24	303	44.1	± 6.2
25-34	539	47.9	± 5.0
35-44	730	50.1	± 5.3
45-54	735	51.4	± 4.4
55-64	496	51.2	± 5.1
RACE/ETHNICITY			
White, non-Hispanic	1,413	47.2	± 3.1
Hispanic	1,051	49.2	± 3.6
American Indian/Alaskan Native	204	62.5	± 8.0
Other	122	42.7	± 10.6
EDUCATION			
< High School Graduate	428	52.5	± 6.0
High School Graduate or G.E.D.	799	54.8	± 4.1
Some College	769	49.9	± 4.2
College Graduate	822	40.2	± 4.0
INCOME			
<\$10,000	155	51.6	± 9.8
\$10-19,999	477	49.1	± 5.6
\$20-49,999	1,221	48.9	± 3.4
\$50,000 or more	741	48.8	± 4.2
EMPLOYMENT			
Employed	2,034	49.6	± 2.6
Unemployed	101	58.7	± 11.4
Other**	685	46.1	± 4.5
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	579	53.4	± 4.7
NE (HD II)	589	51.4	± 4.8
SW (HD III)	546	48.9	± 5.0
SE (HD IV)	526	50.1	± 4.9
Bernalillo County	563	44.9	± 4.6

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

x⁷ 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

Table 46. Percentage of New Mexicans who are unaware that there are medical treatments available that are intended to help a person with HIV live longer.

	Total Number Who Responded †	Weighted Percent (%) x [‡]	95% Confidence Interval
TOTAL	2,825	15.2	± 1.6
GENDER			
Males	1,204	15.4	± 2.4
Females	1,621	15.0	± 2.1
AGE			
18-24	302	17.3	± 4.7
25-34	541	16.4	± 3.8
35-44	731	12.0	± 2.8
45-54	736	13.1	± 3.1
55-64	495	19.3	± 4.1
RACE/ETHNICITY			
White, non-Hispanic	1,413	7.6	± 1.6
Hispanic	999	19.4	± 2.8
American Indian/Alaskan Native	205	35.8	± 8.2
Other	125	15.5	± 8.3
EDUCATION			
< High School Graduate	428	27.8	± 5.2
High School Graduate or G.E.D.	797	19.9	± 3.2
Some College	772	11.4	± 2.6
College Graduate	824	6.0	± 2.3
INCOME			
<\$10,000	155	25.5	± 8.4
\$10-19,999	477	24.7	± 5.0
\$20-49,999	1,223	15.7	± 2.5
\$50,000 or more	743	5.6	± 2.0
EMPLOYMENT			
Employed	2,039	13.6	± 1.8
Unemployed	101	24.4	± 10.8
Other**	683	18.6	± 3.5
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	580	21.5	± 4.0
NE (HD II)	589	16.6	± 3.8
SW (HD III)	544	12.9	± 3.0
SE (HD IV)	526	15.6	± 3.6
Bernalillo County	567	11.5	± 3.1

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

x[‡] 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

Table 47. Percentage of New Mexicans who are unaware that medical treatments are very effective in helping people with HIV to live longer.

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	2,409	83.0	± 1.8
GENDER			
Males	1,020	84.9	± 2.6
Females	1,389	81.2	± 2.4
AGE			
18-24	248	88.9	± 4.6
25-34	455	85.3	± 3.6
35-44	641	80.9	± 3.7
45-54	648	81.2	± 3.5
55-64	403	79.7	± 4.6
RACE/ETHNICITY			
White, non-Hispanic	1,306	81.2	± 2.4
Hispanic	834	85.1	± 2.9
American Indian/Alaskan Native	134	85.8	± 7.1
Other	105	83.6	± 8.2
EDUCATION			
< High School Graduate	305	85.2	± 4.9
High School Graduate or G.E.D.	634	89.6	± 2.9
Some College	683	84.0	± 3.3
College Graduate	784	75.0	± 3.6
INCOME			
<\$10,000	118	83.7	± 8.9
\$10-19,999	369	86.9	± 4.2
\$20-49,999	1,040	84.4	± 2.6
\$50,000 or more	704	78.2	± 3.6
EMPLOYMENT			
Employed	1,772	83.2	± 2.0
Unemployed	79	82.8	± 10.5
Other**	556	82.3	± 3.7
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	469	85.7	± 3.4
NE (HD II)	502	79.8	± 4.1
SW (HD III)	468	85.0	± 3.7
SE (HD IV)	450	85.3	± 3.8
Bernalillo County	505	80.7	± 3.8

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

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§ 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

Table 48. Percentage of New Mexicans who do not think it is important for people to know their HIV status by being tested .

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	2,822	1.9	± 0.5
GENDER			
Males	1,201	2.4	± 5.8
Females	1,621	1.5	± 0.6
AGE			
18-24	302	0.3	± 0.7
25-34	541	0.8	± 0.9
35-44	730	2.2	± 1.3
45-54	733	2.8	± 1.3
55-64	496	3.5	± 1.6
RACE/ETHNICITY			
White, non-Hispanic	1,413	2.1	± 0.8
Hispanic	1,047	1.4	± 0.7
American Indian/Alaskan Native	204	3.6	± 3.1
Other	125	0.2	± 0.4
EDUCATION			
< High School Graduate	427	0.7	± 0.7
High School Graduate or G.E.D.	797	2.5	± 1.2
Some College	771	1.1	± 0.7
College Graduate	823	2.8	± 1.3
INCOME			
<\$10,000	155	3.7	± 3.7
\$10-19,999	475	1.3	± 0.9
\$20-49,999	1,222	1.5	± 0.7
\$50,000 or more	741	2.6	± 1.3
EMPLOYMENT			
Employed	2,034	1.9	± 0.6
Unemployed	101	1.4	± 2.7
Other**	685	2.3	± 1.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	579	2.6	± 1.6
NE (HD II)	587	3.1	± 1.5
SW (HD III)	546	1.6	± 1.1
SE (HD IV)	525	1.3	± 1.0
Bernalillo County	566	1.3	± 0.9

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

x⁷ 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

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?"

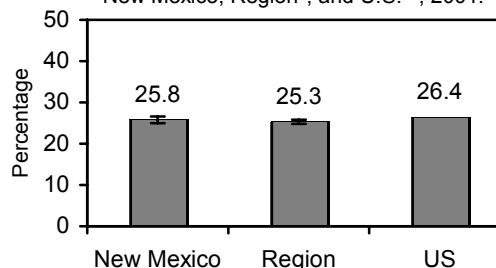
Among the health benefits of regular physical activity ^{18,19} are: reduced risk of coronary heart disease, lower heart rate and blood pressure, reduced weight, lower serum triglyceride levels, increased "good" cholesterol, reduced risk of Type II diabetes mellitus, reduced risk of osteoporosis by increasing bone density, boosting of immune function, beneficial effect on clotting mechanisms and improved psychological well-being and quality of life.

Recommended levels of physical activity ²⁰ are vigorous activity for 20 minutes or more, 3 or more times per week or moderate activity for 30 minutes or more, 5 or more times per week.

In New Mexico,

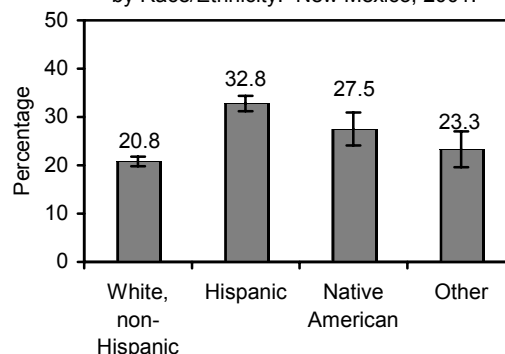
- ❖ *About 25.8% of adults engaged in no leisure-time physical activities within the previous month. This was not statistically different from the percentages in the Region (25.3%) and the U.S. (26.4%).*
- ❖ *Hispanics (32.8%) and Native Americans (27.5%) were more likely than White, non-Hispanics (20.8%) to have been physically inactive during the previous month.*
- ❖ *Adults with lower income and education were more likely to have engaged in no 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.**, 2001.

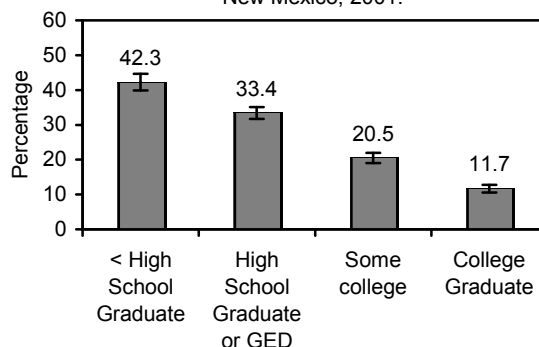


* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
 ** 50 states, plus the District of Columbia and Puerto Rico.
 Source: U.S. BRFSS, 2001.

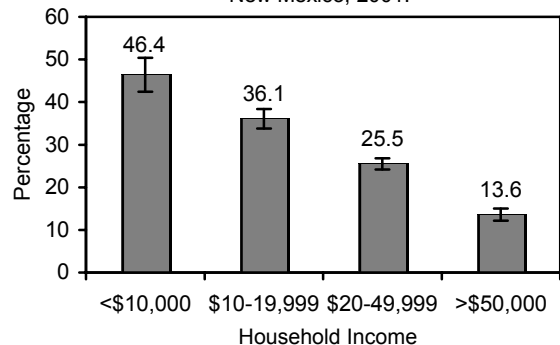
Percentage of Adults Who Engaged in No Leisure-Time Physical Activities during the Past Month, by Race/Ethnicity. New Mexico, 2001.



Percentage of Adults Who Engaged in No Leisure-Time Physical Activities during the Past Month, by Education. New Mexico, 2001.



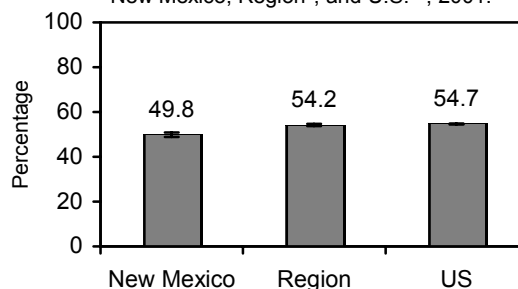
Percentage of Adults Who Engaged in No Leisure-Time Physical Activities during the Past Month, by Household Income. New Mexico, 2001.



Exercise

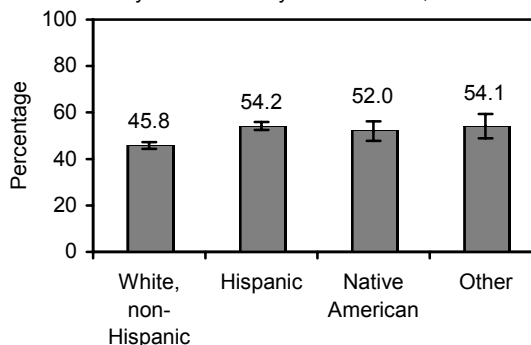
- ❖ *49.8% of adults did not engage in recommended amounts of physical activity. This is lower than the percentages in the Region (54.2%) and the U.S. (54.7%).*
- ❖ *A greater percentage of Hispanics (54.2%) than White, non-Hispanics (45.8%) did not engage in recommended levels of physical activity.*
- ❖ *Adults with higher education and incomes were more likely to engage in recommended levels of physical activity than those with lower education and income.*

Percentage of Adults Who Did Not Engage in Recommended Levels of Physical Activities ^aduring the Past Month. New Mexico, Region*, and U.S.**, 2001.

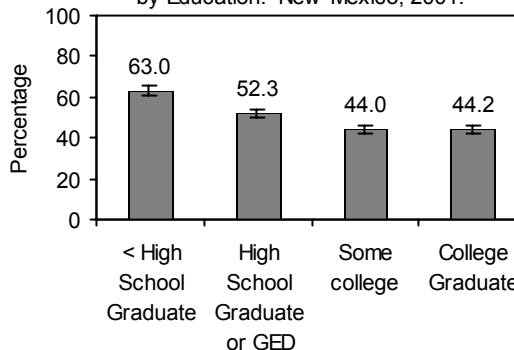


* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
 ** 50 states, plus the District of Columbia and Puerto Rico.
 Source: U.S. BRFSS, 2001.

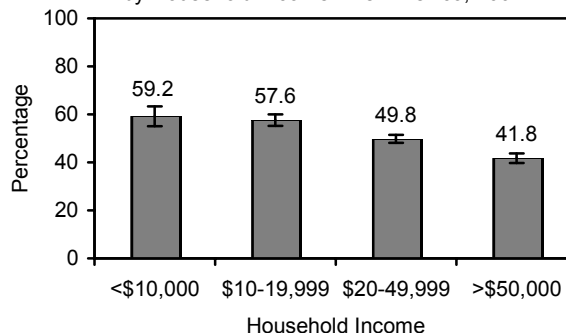
Percentage of Adults Who Did Not Engage in Recommended Levels of Physical Activities ^aduring the Past Month, by Race/Ethnicity. New Mexico, 2001.



Percentage of Adults Who Did Not Engage in Recommended Levels of Physical Activities ^aduring the Past Month, by Education. New Mexico, 2001.



Percentage of Adults Who Did Not Engage in Recommended Levels of Physical Activities ^aduring the Past Month, by Household Income. New Mexico, 2001.



Exercise

Table 49. Percentage of New Mexicans who engaged in no physical activities during the past month (physically inactive).

	Total Number Who Responded †	Weighted Percent (%) x [‡]	95% Confidence Interval
TOTAL	3,620	25.8	± 1.7
GENDER			
Males	1,502	24.3	± 2.6
Females	2,118	27.4	± 2.2
AGE			
18-24	312	18.9	± 4.7
25-34	554	24.8	± 4.2
35-44	750	26.9	± 3.9
45-54	749	24.7	± 3.7
55-64	509	26.7	± 4.4
65-74	419	27.5	± 4.7
75+	318	39.9	± 6.3
RACE/ETHNICITY			
White, non-Hispanic	1,897	20.8	± 2.0
Hispanic	1,261	32.8	± 3.1
American Indian	232	27.5	± 6.7
Other	173	23.3	± 7.3
EDUCATION			
< High School Graduate	621	42.3	± 4.8
High School Graduate or G.E.D.	938	33.4	± 3.4
Some College	930	20.5	± 3.0
College Graduate	1,020	11.7	± 2.2
INCOME			
<\$10,000	229	46.4	± 7.9
\$10-19,999	667	36.1	± 4.5
\$20-49,999	1,503	25.5	± 2.6
\$50,000 or more	831	13.6	± 2.8
EMPLOYMENT			
Employed	2,165	22.7	± 2.1
Unemployed	106	34.1	± 10.6
Other**	1,338	30.9	± 2.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	717	30.1	± 3.9
NE (HD II)	730	23.9	± 3.6
SW (HD III)	721	28.3	± 3.7
SE (HD IV)	689	29.8	± 4.0
Bernalillo County	716	20.9	± 3.3

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

x[‡] 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 50. Percentage of New Mexicans who do not meet recommended levels of physical activity [Ⓔ].

	Total Number Who Responded †	Weighted Percent (%) [Ⓧ]	95% Confidence Interval
TOTAL	3,411	49.8	± 2.0
GENDER			
Males	1,431	49.0	± 3.1
Females	1,980	50.6	± 2.6
AGE			
18-24	301	40.2	± 6.2
25-34	539	46.0	± 5.1
35-44	713	53.3	± 4.4
45-54	717	52.4	± 4.5
55-64	474	54.2	± 5.2
65-74	375	46.9	± 5.8
75+	272	59.6	± 6.7
RACE/ETHNICITY			
White, non-Hispanic	1,798	45.8	± 2.7
Hispanic	1,198	54.2	± 3.3
American Indian	220	52.0	± 8.4
Other	157	54.1	± 10.3
EDUCATION			
< High School Graduate	573	63.0	± 4.8
High School Graduate or G.E.D.	983	52.3	± 3.7
Some College	878	44.0	± 3.9
College Graduate	971	44.2	± 3.8
INCOME			
<\$10,000	213	59.2	± 8.2
\$10-19,999	631	57.6	± 4.7
\$20-49,999	1,435	49.8	± 3.3
\$50,000 or more	801	41.8	± 4.0
EMPLOYMENT			
Employed	2,072	48.7	± 2.6
Unemployed	97	54.1	± 12.2
Other**	1,240	51.5	± 3.3
REGION (NM Health Districts, see map in Appendix II) [§]			
NW (HD I)	676	51.7	± 4.3
NE (HD II)	687	44.4	± 4.4
SW (HD III)	695	52.2	± 4.5
SE (HD IV)	647	49.1	± 4.4
Bernalillo County	680	49.7	± 4.2

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 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.

[Ⓔ] Moderate activity for 30 or more minutes, 5 or more days per week, or vigorous activity for 20 or more minutes, 3 or more times per week. (*Health People 2010*).

Weight

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

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

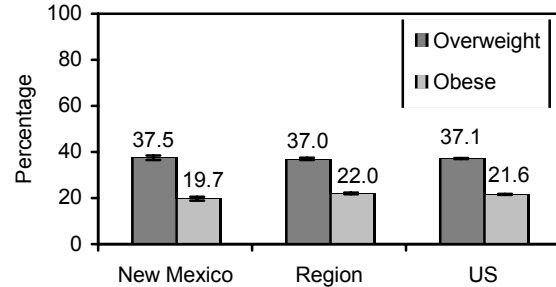
Being overweight or obese are known risk factors for diabetes, heart disease and stroke, hypertension, gallbladder disease, osteoarthritis (degeneration of cartilage and bone of joints), sleep apnea and other breathing problems, and some forms of cancer (uterine, breast, colorectal, kidney, and gallbladder).

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,

- ❖ 37.5% of adults were overweight and an additional 19.7% were obese based on body mass index (BMI). This rate of being overweight was not statistically different from rates for the Region or the U.S. (37.0%, 37.1%). Rates of obesity were lower than rates for the Region (22.0%) but not statistically different from the rates for the U.S. (21.6%)
- ❖ Rates of obesity were much higher among Native Americans (36.6%) than among the other three racial/ethnic groups (16.0%, 22.2%, 14.3%)
- ❖ Rates of being overweight were higher among men (45.1%) than women (30.1%), whereas rates of obesity were comparable in men (20.7%) and women (18.8%).
- ❖ The percentage of adults who were overweight increased with age, but declined in the two oldest age groups.

Percentage of Adults Who Are Overweight or Obese Based on Body Mass Index. New Mexico, Region*, and U.S.**, 2001.

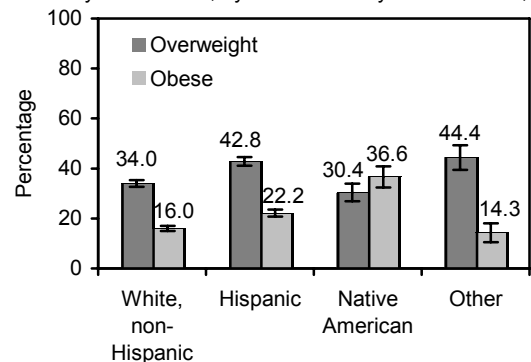


* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.

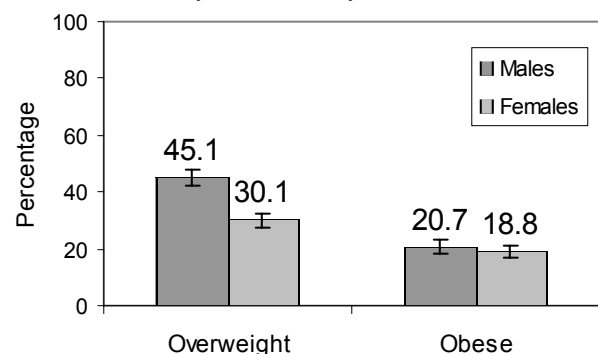
** 50 states, plus the District of Columbia and Puerto Rico.

Source: U.S. BRFSS, 2001.

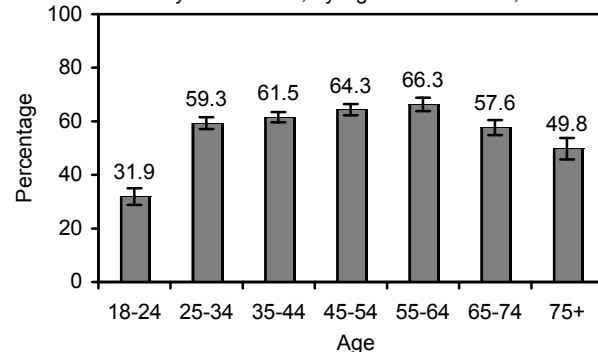
Percentage of Adults Who Are Overweight or Obese Based on Body Mass Index, by Race/Ethnicity. New Mexico, 2001.



Percentage of Adults Who Are Overweight or Obese based on Body Mass Index, by Sex, New Mexico, 2001



Percentage of Adults Who Are Overweight or Obese based on Body Mass Index, by Age. New Mexico, 2001.



Weight

Table 51. Percentage of New Mexicans who are overweight based on Body Mass Index (BMI=25-29.9).

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	3,470	37.5	± 2.0
GENDER			
Males	1,470	45.1	± 3.0
Females	2,000	30.1	± 2.4
AGE			
18-24	300	24.8	± 5.6
25-34	532	37.5	± 5.0
35-44	716	38.6	± 4.3
45-54	713	38.9	± 4.4
55-64	493	44.6	± 5.2
65-74	415	37.7	± 5.4
75+	222	41.4	± 6.6
RACE/ETHNICITY			
White, non-Hispanic	1,849	34.0	± 2.6
Hispanic	1,188	42.8	± 3.4
Native American	226	30.4	± 7.0
Other	167	44.4	± 9.7
EDUCATION			
< High School Graduate	567	39.8	± 5.1
High School Graduate or G.E.D.	1,001	34.8	± 3.4
Some College	902	40.0	± 3.9
College Graduate	992	36.8	± 3.7
INCOME			
<\$10,000	217	36.2	± 7.2
\$10-19,999	635	35.5	± 4.4
\$20-49,999	1,464	37.5	± 2.8
\$50,000 or more	817	40.4	± 3.9
EMPLOYMENT			
Employed	2,092	39.0	± 2.5
Unemployed	101	26.7	± 10.0
Other**	1,275	35.8	± 3.1
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	695	39.1	± 4.4
NE (HD II)	705	40.7	± 4.3
SW (HD III)	700	36.2	± 4.3
SE (HD IV)	657	35.0	± 4.1
Bernalillo County	687	37.2	± 4.1

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

x⁷ 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 52. Percentage of New Mexicans who are obese based on Body Mass Index (BMI \geq 30).

	Total Number Who Responded †	Weighted Percent (%) \times^{∇}	95% Confidence Interval
TOTAL	3,470	19.7	± 1.6
GENDER			
Males	1,470	20.7	± 2.6
Females	2,000	18.8	± 2.0
AGE			
18-24	300	7.2	± 3.0
25-34	532	21.9	± 4.2
35-44	716	22.9	± 3.6
45-54	713	25.4	± 4.2
55-64	493	21.7	± 4.2
65-74	415	20.0	± 4.4
75+	222	8.4	± 3.5
RACE/ETHNICITY			
White, non-Hispanic	1,849	16.0	± 2.0
Hispanic	1,188	22.2	± 2.7
Native American	226	36.6	± 8.4
Other	167	14.3	± 7.5
EDUCATION			
< High School Graduate	567	29.4	± 4.9
High School Graduate or G.E.D.	1,001	20.7	± 3.0
Some College	902	20.2	± 3.2
College Graduate	992	12.3	± 2.4
INCOME			
<\$10,000	217	19.3	± 5.7
\$10-19,999	635	27.5	± 4.3
\$20-49,999	1,464	19.1	± 2.6
\$50,000 or more	817	18.1	± 3.1
EMPLOYMENT			
Employed	2,092	19.5	± 2.1
Unemployed	101	29.0	± 11.2
Other**	1,275	19.3	± 2.6
REGION (NM Health Districts, see map in Appendix II) \S			
NW (HD I)	695	24.5	± 3.7
NE (HD II)	705	15.4	± 3.1
SW (HD III)	700	22.9	± 4.1
SE (HD IV)	657	23.6	± 3.8
Bernalillo County	687	15.6	± 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 3,621 across categories for some variables.

\times^{∇} 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.

Weight

Table 53. Percentage of New Mexicans who are overweight or obese based on Body Mass Index (BMI \geq 25)

	Total Number Who Responded †	Weighted Percent (%) \times^{\dagger}	95% Confidence Interval
TOTAL	3,470	57.2	\pm 2.0
GENDER			
Males	1,470	65.8	\pm 2.9
Females	2,000	48.9	\pm 2.6
AGE			
18-24	300	31.9	\pm 5.9
25-34	532	59.3	\pm 4.9
35-44	716	61.5	\pm 4.2
45-54	713	64.3	\pm 4.2
55-64	493	66.3	\pm 4.8
65-74	415	57.6	\pm 5.5
75+	222	49.8	\pm 6.6
RACE/ETHNICITY			
White, non-Hispanic	1,849	50.1	\pm 2.7
Hispanic	1,188	65.0	\pm 3.2
Native American	226	67.0	\pm 7.6
Other	167	58.7	\pm 9.5
EDUCATION			
< High School Graduate	567	69.2	\pm 4.6
High School Graduate or G.E.D.	1,001	55.5	\pm 3.7
Some College	902	60.2	\pm 3.8
College Graduate	992	49.1	\pm 3.7
INCOME			
<\$10,000	217	49.2	\pm 8.2
\$10-19,999	635	60.5	\pm 4.6
\$20-49,999	1,464	50.0	\pm 3.0
\$50,000 or more	817	57.8	\pm 4.0
EMPLOYMENT			
Employed	2,092	58.5	\pm 2.6
Unemployed	101	55.7	\pm 11.6
Other**	1,275	55.0	\pm 3.3
REGION (NM Health Districts, see map in Appendix II) \S			
NW (HD I)	695	63.6	\pm 4.3
NE (HD II)	705	56.1	\pm 4.3
SW (HD III)	700	59.1	\pm 4.4
SE (HD IV)	657	58.6	\pm 4.3
Bernalillo County	687	47.2	\pm 4.2

= Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,621 across categories for some variables.

\times^{\dagger} 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.

Firearms

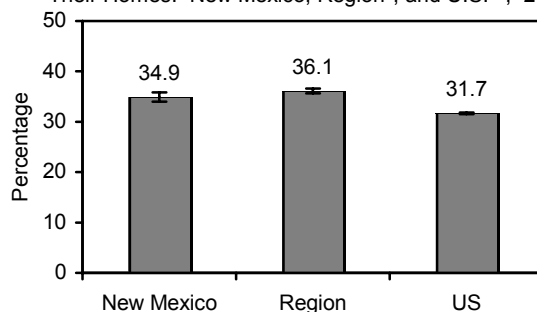
Question: "Are any firearms now kept in or around your home? Include those kept in a garage, outdoor storage area, car, truck, or other motor vehicle."

Between 1993 and 1998, firearm-related injuries were the second leading cause of injury-related death in the United States ²¹. Trends in firearm-related injury rates indicate that both mortality and morbidity from gunshot wounds is declining substantially in the United States. However, firearm-related injury continues to be a public health concern accounting for approximately 31,000 deaths and 64,500 non-fatal injuries treated in hospital ERs in 1998 . This question was asked to determine how many New Mexicans keep firearms in or around their homes.

In New Mexico,

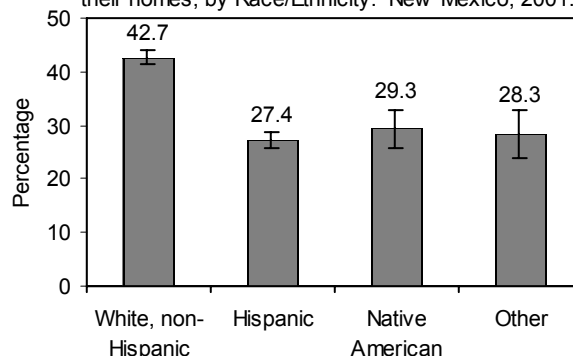
- ❖ *34.9% of adults keep a firearm in or around their home. This is higher than the percentage for the U.S. (31.7%) but not statistically different from the percentage for the Region (36.1%)*
- ❖ *The percentage of White, non-Hispanics (42.7%) who keep a firearm in or around their home is much higher than the percentage of Hispanics (27.4%), Native Americans (29.3%), or Other racial/ethnic groups (28.3%) who keep a firearm in or around their home.*
- ❖ *Those with higher education and income were more likely to keep a firearm in or around their home.*

Percentage of New Mexicans Who Keep Firearms In or Around Their Homes. New Mexico, Region*, and U.S.**, 2001.

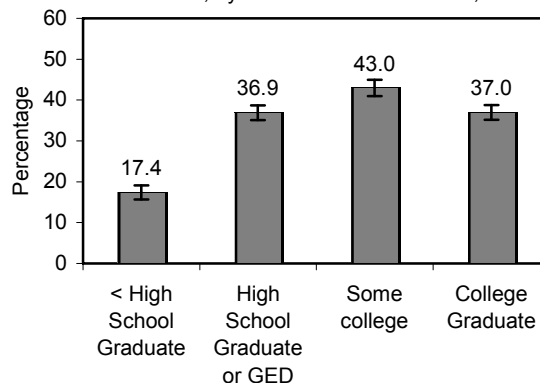


* Region includes: Arizona, Colorado, Utah, Oklahoma, and Texas.
 ** 50 states, plus the District of Columbia and Puerto Rico.
 Source: U.S. BRFSS, 2001.

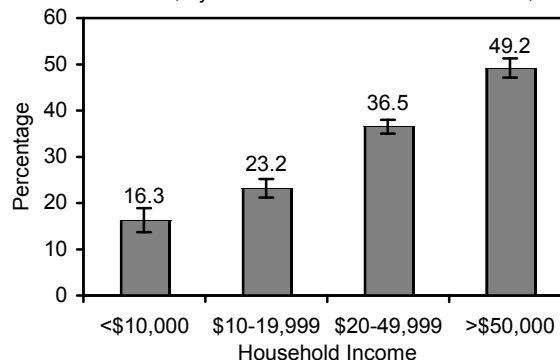
Percentage of New Mexicans who keep firearms in or around their homes, by Race/Ethnicity. New Mexico, 2001.



Percentage of New Mexicans who keep firearms in or around their homes, by Education. New Mexico, 2001.



Percentage of New Mexicans who keep firearms in or around their homes, by Household Income. New Mexico, 2001.



Firearms

Table 54. Percentage of New Mexican who keep firearms in or around the home.

	Total Number Who Responded †	Weighted Percent (%) x ⁷	95% Confidence Interval
TOTAL	3,438	34.9	± 1.9
GENDER			
Males	1,399	41.3	± 3.0
Females	2,039	28.9	± 2.3
AGE			
18-24	310	24.8	± 5.4
25-34	541	30.8	± 4.5
35-44	711	36.9	± 4.3
45-54	712	38.8	± 4.4
55-64	472	42.6	± 5.2
65-74	386	38.4	± 5.5
75+	292	32.4	± 6.4
RACE/ETHNICITY			
White, non-Hispanic	1,765	42.7	± 2.7
Hispanic	1,250	27.4	± 2.9
Native American	226	29.3	± 7.2
Other	160	28.3	± 8.9
EDUCATION			
Less than High School Graduate	603	17.4	± 3.4
High School Graduate or G.E.D.	983	36.9	± 3.6
Some College	876	43.0	± 3.9
College Graduate	968	37.0	± 3.6
INCOME			
Less than \$10,000	220	16.3	± 5.2
\$10-19,999	652	23.2	± 3.9
\$20-49,999	1,441	36.5	± 2.9
\$50,000 or more	787	49.2	± 4.1
EMPLOYMENT			
Employed	2,064	37.5	± 2.5
Unemployed	103	23.9	± 10.7
Other**	1,263	31.1	± 3.0
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	670	42.3	± 4.3
NE (HD II)	710	32.7	± 4.0
SW (HD III)	680	34.7	± 4.2
SE (HD IV)	648	46.2	± 4.3
Bernalillo County	694	27.5	± 3.9

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

x⁷ 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.

Appendix I - Methods

The Behavioral Risk Factor Surveillance System (BRFSS) is conducted using a randomized telephone survey. One implication of this survey method is that individuals living in households without telephones are not represented in the survey results. More than 94% of U.S. households subscribed to telephone service in 2001. However, in New Mexico, phone coverage was estimated to be 88% ²². 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 ^{23,24}.

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 2001 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 2001 sample size was 3,621 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 ²⁵, and an article from the Journal of the American Statistical Association ²⁶.

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** refers to the fact that persons who do not live in residential households with telephones are not represented in the estimates.

- ❖ 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 faulty 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.
- ❖ Editing of all completed surveys with follow-up callbacks to the respondent to resolve discrepancies.
- ❖ Further editing during data entry if responses to questionnaires do not follow pre-programmed database skip patterns.
- ❖ 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 Sampling Design for Estimating Prevalence of Risk Factors and Health Conditions in the Population

The estimated prevalence of a risk behavior for the state is actually a weighted percentage. The proportion of respondents in the sample who report engaging in the behavior 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.

Appendix I - Methods

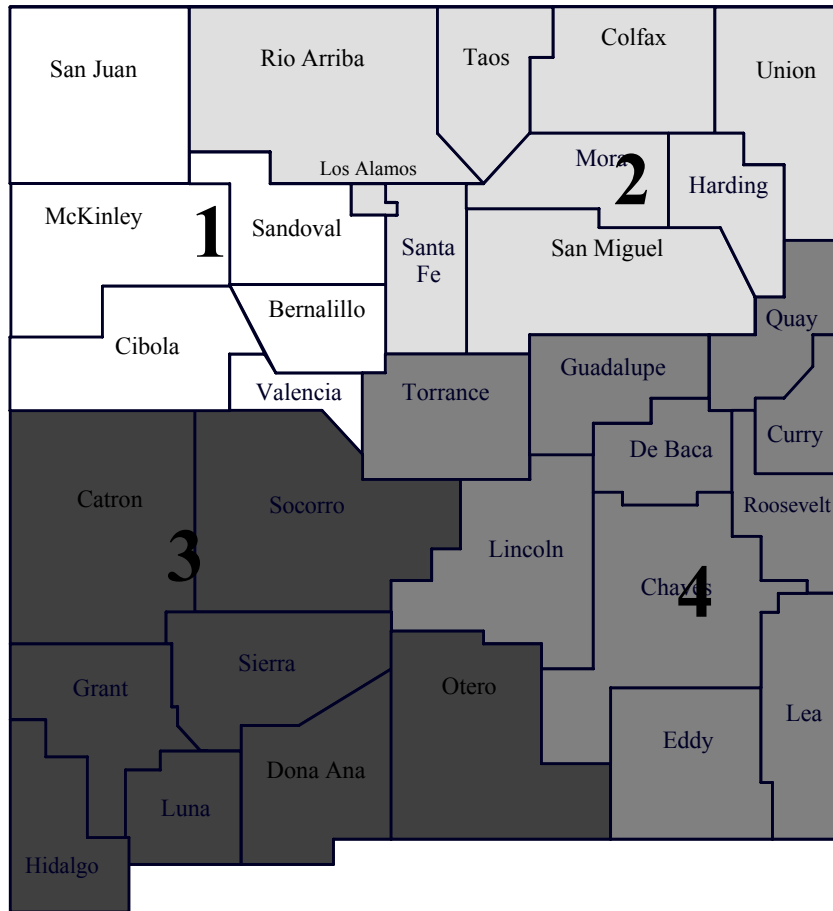
2. A post-stratification weighting procedure is used to adjust for differences in the distribution of the sample by gender and age group compared with the population, as determined by the Census. This component of the weighting process attempts to adjust the estimates so they better reflect the population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

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

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

Appendix II - Map

Health Districts and Counties of New Mexico



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