



**HEALTH BEHAVIORS  
AND CONDITIONS OF  
NEW MEXICANS,  
2002**

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

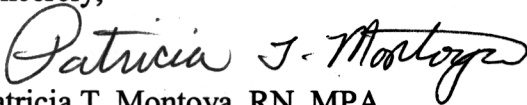
May 6, 2004

Dear Citizens of New Mexico,

This report presents important health conditions and health behaviors that affect risk for disease for the adult population of New Mexico. The *2002 Health Behaviors and Conditions of New Mexicans* plays an important role in the Department of Health Vision of "A Healthy New Mexico" by providing a valuable tool to be used when evaluating the health of adult New Mexicans.

The general purpose of the report is to link research and surveillance to practice by providing health care providers, policymakers, state planners, and interested citizens with up-to-date information on health behaviors and conditions of New Mexicans. I hope you find the information useful.

Sincerely,



Patricia T. Montoya, RN, MPA  
Secretary

# Health Behaviors and Conditions of New Mexicans, 2002

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

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

BRFSS data and copies of this report and the 2002 questionnaire can be obtained by contacting:  
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# TABLE OF CONTENTS

Acknowledgments .....	4
Table of Contents.....	5
List of Tables .....	6-7
What is the BRFSS? .....	8
2002 BRFSS Survey Topics .....	9
Limitations of BRFSS Data .....	10
Data Presentation.....	11
Demographics of the 2002 New Mexico Sample .....	12
Summary—NM Health Risk Factors and Chronic Conditions .....	13
<b>General Health</b>	
Health Status .....	14-15
Healthy Days .....	16-17
<b>Health Care</b>	
Health Care Coverage .....	18-19
Health Care Access.....	20-21
Health Care Utilization.....	22-23
Children’s Health Care Coverage .....	24-25
Oral Health.....	26-27
Immunization.....	28-30
Colorectal Cancer Screening .....	31-33
Prostate Cancer .....	34-35
Women’s Health.....	36-39
<b>Chronic Disease</b>	
Asthma .....	40-42
Diabetes .....	43-45
Arthritis .....	46-47
<b>Health Behaviors</b>	
Tobacco Use .....	48-50
Alcohol Consumption.....	51-55
Fruits and Vegetables .....	56-57
Overweight and Obesity .....	58-61
Exercise.....	62-63
HIV/AIDS .....	64-69
Seatbelt & Child Safety Seat Use .....	70-71
Firearms .....	72-73
Falls.....	74-76
Appendix I — Methods .....	77-79
Appendix II — Health Districts and Counties of New Mexico Map .....	80
References.....	81-82

# LIST OF TABLES

Table 1. Demographics of the 2002 BRFSS New Mexico Sample .....	12
Table 2. Summary—NM Health Risk Factors and Chronic Conditions .....	13
Table 3. Percentage of New Mexicans who stated that their health was fair or poor .....	15
Table 4. Percentage of New Mexicans who reported their physical and mental health kept them from participating in their usual activities for 8 or more days during the past 30 days .....	17
Table 5. Percentage of New Mexicans without health care coverage .....	19
Table 6. Percentage of New Mexicans who could not get needed medical care in the past 12 months .....	21
Table 7. Percentage of New Mexicans who have not seen a doctor for a routine checkup in the past 12 months .....	23
Table 8. Percentage of New Mexico families with one or more children under 18 without health care coverage .....	25
Table 9. Percentage of New Mexicans who have not visited a dentist or a dental clinic for any reason during the past 12 months .....	27
Table 10. Percentage of New Mexicans ages 65 years and older who did not get a flu shot during the past 12 months .....	29
Table 11. Percentage of New Mexicans ages 65 years and older who have never had a pneumococcal vaccination.....	30
Table 12. Percentage of New Mexicans ages 50 years and older who have not had a blood stool test within the past 2 years .....	32
Table 13. Percentage of New Mexicans ages 50 years and older who have never had a sigmoidoscopy or colonoscopy.....	33
Table 14. Percentage of New Mexico men ages 40 years and older who have been diagnosed with prostate cancer.....	35
Table 15. Percentage of New Mexico women ages 40 years and older who have not had a mammogram within the past 2 years .....	37
Table 16. Percentage of New Mexico women ages 18 years and older who have not had a pap smear within the past 3 years .....	39
Table 17. Percentage of New Mexicans who have been told by a doctor, nurse or other health professional that they had asthma .....	41
Table 18. Percentage of New Mexicans who currently have asthma .....	42
Table 19. Percentage of New Mexicans who have been told by a doctor that they have diabetes .....	45
Table 20. Percentage of New Mexicans who have been told by a doctor or other health professional that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.....	47
Table 21. Percentage of New Mexicans who are current smokers .....	49
Table 22. Percentage of New Mexican smokers who tried to quit smoking for one day or longer .....	50
Table 23. Percentage of New Mexicans who are binge drinkers .....	52
Table 24. Percentage of New Mexican men who are binge drinkers .....	53
Table 25. Percentage of New Mexican women who are binge drinkers .....	54
Table 26. Percentage of New Mexicans who are heavy drinkers .....	55
Table 27. Percentage of New Mexicans who reported eating 5 or more servings of fruits and vegetables per day.....	57
Table 28. Percentage of New Mexicans who are overweight (but not obese) based on Body Mass Index.....	59

# LIST OF TABLES

Table 29. Percentage of New Mexicans who are obese based on Body Mass Index.....	60
Table 30. Percentage of New Mexicans who are overweight or obese based on Body Mass Index.....	61
Table 31. Percentage of New Mexicans who did not participate in any physical activities or exercises during the past month.....	63
Table 32. Percentage of New Mexicans ages 64 years and younger who are unaware that a pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby.....	66
Table 33. Percentage of New Mexicans ages 64 years and younger who are unaware that there are medical treatments available that are intended to help a person who is infected with HIV to live longer.....	67
Table 34. Percentage of New Mexicans ages 64 years and younger who have ever been tested for HIV.....	68
Table 35. Percentage of New Mexicans ages 64 years and younger who think it is very important for people to know their HIV status by getting tested.....	69
Table 36. Percentage of New Mexicans who reported to always use seatbelts while driving or riding in a car.....	71
Table 37. Percentage of New Mexicans who keep firearms in or around their homes.....	73
Table 38. Percentage of New Mexicans ages 45 years and older who have fallen down in the past 3 months.....	75
Table 39. Percentage of New Mexicans ages 45 years and older whose most recent fall in the past 3 months resulted in an injury.....	76

# WHAT IS THE BRFSS?

Chronic disease, injury, substance abuse, and 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 a household without a telephone, are not eligible for the survey.

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 were deemed critical.

At about the same time, telephone surveys were emerging as an acceptable means of collecting prevalence data. Telephone surveys were relatively easy for states and local agencies to administer. As a result of these concurrent developments, telephone 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.

The CDC has developed a core set of questions that is included in the questionnaire of every state. Optional modules of questions on a variety of topics are developed by the CDC and made available to the states. Additionally, states are free to include other questions that have been borrowed from other surveys or developed by the state. These questions are referred to as 'state-added' questions.

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 2002 NM BRFSS report is available in .pdf format at the NM Department of Health website:

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

*(Click on 'Health Statistics', then click on 'Epidemiology')*



# 2002 NEW MEXICO BRFSS SURVEY TOPICS

Questions in the 2002 New Mexico 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  
Exercise  
Fruits and Vegetables  
Asthma  
Diabetes  
Oral Health  
Immunization  
Tobacco Use  
Alcohol Consumption  
Seat Belts  
Family Planning\*  
Women's Health  
Prostate Cancer Screening  
Colorectal Cancer Screening  
HIV/AIDS  
Firearms

## **Demographics Section:**

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

## **Optional Modules Included:**

Diabetes  
Healthy Days  
Health Care Coverage and Utilization  
Adult Asthma History  
Arthritis  
Reaction to Race

## **State-added Questions on the following topics were included:**

Firearms  
Children's Health Care Access  
Alcohol Dependence  
Injury (Seatbelt and Car Safety Seat Use)  
Injury (Falls)

\* Family Planning is not addressed in this report due to a CDC review of these questions at the time of this report's publication.

# 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 'do not call' list.\*

*f* is the # who hung-up or terminated before respondent selection.

The cooperation rate for the 2002 survey was 79.5%. If the 20.5% of eligible adults who 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. Telephone surveys are also easier to monitor for quality assurance purposes than are face-to-face surveys. 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.

\*The state and federal "Do Not Call" list only applies to telemarketers and not to health 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 are subject to error (see Appendix I - Sources of Error). Two different, but related, measures of error are the standard error (SE) and the 95% confidence interval. In general, these errors are related in that the 95% confidence interval is equal to the population estimate  $\pm 1.96 \times$  (SE). The 95% confidence intervals presented in this report are calculated by using Intercooled STATA 8, which produces 95% confidence intervals for survey data by using a logit transform. This method of calculation always results in the 95% confidence interval endpoints lying between 0 and 1. 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 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 race or multi-race" 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, Oklahoma, Texas, and Utah) and to the U.S. as a whole (U.S. = all 50 states, plus the District of Columbia, Guam, Puerto Rico, and the U.S. Virgin Islands). 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 2002 NEW MEXICO SAMPLE

Table 1. Demographics of the 2002 BRFSS New Mexico Sample.

Demographic Characteristics	2002 BRFSS Data			2000 Census Data <sup>¥</sup>
	Number in Sample*	Unweighted Percent (%) <sup>§</sup>	Weighted Percent (%) <sup>§</sup>	
<b>TOTAL</b>	4,671	100.0	100.0	
<b>GENDER</b>				
Male	1,913	41.0	48.4	49.2
Female	2,758	59.1	51.6	50.8
<b>AGE</b>				
18-24	366	7.9	13.8	13.5
25-34	644	13.8	17.3	17.9
35-44	872	18.7	20.7	21.5
45-54	994	21.4	19.3	18.8
55-64	741	15.9	12.9	12.1
65-74	595	12.8	9.6	9.0
75+	440	9.5	6.4	7.2
<b>RACE/ETHNICITY</b>				
White, non-Hispanic	2,654	57.3	51.4	49.5
Hispanic	1,615	34.9	38.6	38.7
Native American	189	4.1	6.1	7.8
Other race or multi-racial	171	3.7	3.9	4.0
<b>EDUCATION</b>				
Less than High School Graduate	650	14.0	14.4	NA
High School Graduate or G.E.D.	1,276	27.4	28.3	NA
Some College	1,266	27.2	27.8	NA
College Graduate	1,469	31.5	29.5	NA
<b>INCOME</b>				
Less than \$10,000	280	6.7	5.4	NA
\$10-19,999	791	18.8	18.6	NA
\$20-49,999	1,894	45.0	45.1	NA
\$50,000 or more	1,246	29.6	30.9	NA
<b>EMPLOYMENT</b>				
Employed	2,726	58.5	62.5	NA
Unemployed	162	3.5	3.8	NA
Other**	1,771	38.0	33.8	NA
<b>REGION<sup>⊙</sup></b>				
NW (Health District 1)	919	19.7	20.4	20.0
NE (Health District 2)	968	20.7	15.7	15.6
SW (Health District 3)	988	21.2	18.2	18.1
SE (Health District 4)	918	19.7	14.3	14.6
Bernalillo County	878	18.8	31.5	31.7

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes across categories for some variables may not add to 4,671.

§ 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.

NA indicates that 2000 Censal data were not available for this category.

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

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

# SUMMARY—NM HEALTH RISK FACTORS AND CHRONIC CONDITIONS

Table 2. This table summarizes the estimated prevalence of various health conditions and behaviors among adult New Mexicans in 2002. NM rates were also compared to rates for the Region<sup>‡</sup> 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)**	New Mexico rates vs.	
		Region	U.S.
General health status is fair or poor	17.0 (15.8,18.4)	Similar	Similar
No health care coverage	21.3 (19.7, 22.9)	Similar	Higher
Have not visited a dentist in the past 12 months	32.6 (31.0, 34.3)	Lower	Higher
No flu shot during the past year (Ages 65 years and older)	33.4 (30.1, 36.8)	Similar	Similar
No pneumococcal vaccine ever (Ages 65 years and older)	37.3 (34.0, 40.7)	Similar	Similar
No colorectal cancer screening (Ages 50 years and older)	55.8 (53.4, 58.3)	Similar	Higher
Diagnosed prostate cancer	3.4 (2.5, 4.6)	Similar	Similar
No mammogram (Ages 40 years and older)	30.4 (28.0, 32.8)	Similar	Higher
No Pap smear within past 3 years	15.7 (13.8, 17.8)	Similar	Similar
Diagnosed arthritis	25.5 (24.1, 27.0)	N/A	Similar <sup>1</sup>
History of asthma	11.7 (10.6, 12.9)	Similar	Similar
Asthma	7.8 (7.0, 8.8)	Similar	Similar
Diabetes	6.2 (5.5, 7.0)	Similar	Similar
Current smoking	21.2 (19.8, 22.8)	Similar	Similar
Binge drinking	14.4 (13.1, 15.8)	Lower	Similar
Heavy drinking	5.1 (4.4, 6.0)	Lower	Similar
Do not eat 5 or more serving of fruits and vegetables per day	78.1 (76.6, 79.5)	Similar	Higher
Overweight and obese (BMI more than 25.0)	56.4 (54.6, 58.2)	Lower	Lower
Did not engage in physical activities in the past 30 days	23.0 (21.6, 24.6)	Lower	Lower
Unaware that treatment of pregnant mothers can reduce HIV transmission to child	49.6 (47.6, 51.6)	Similar	Higher
Unaware that medical treatments can help a person with HIV to live longer	13.1 (11.8, 14.5)	Similar	Higher
Always wear seatbelts while driving or riding in a car	86.8 (85.5, 88.0)	Higher	Higher
Firearms kept in or around home	40.1 (38.4, 41.9)	Similar	Higher

<sup>‡</sup> Regions includes the 5 states that border New Mexico (Arizona, Colorado, Oklahoma, Texas, and Utah).

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

\*\* For a discussin of the reasons for using weighted estimates, see Appendix I at the end of this report.

<sup>1</sup> Comparison is to the following other states: Alabama, Alaska, California, Connecticut, Florida, Hawaii, Idaho, Iowa, Indiana, Kentucky, Maryland, Minnesota, Mississippi, Nebraska, New Jersey, North Carolina, North Dakota, Ohio, New York, Oklahoma, Oregon, Pennsylvania, South Carolina, Rhode Island, Tennessee, Texas, Utah, Vermont, and Virginia.

# HEALTH STATUS

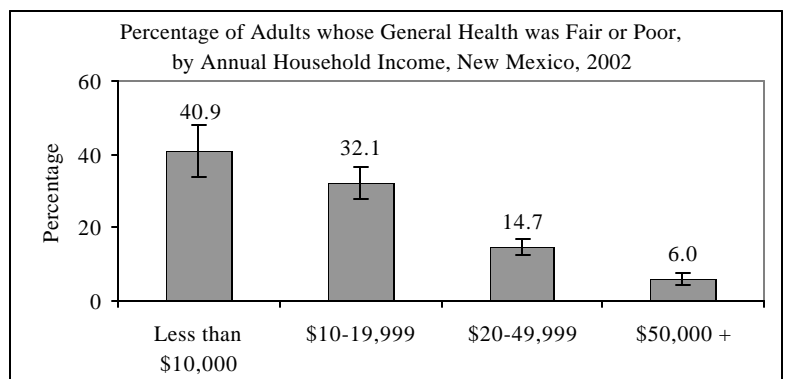
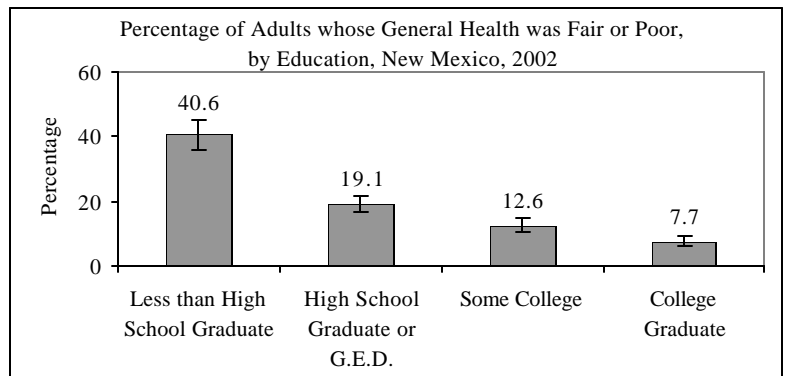
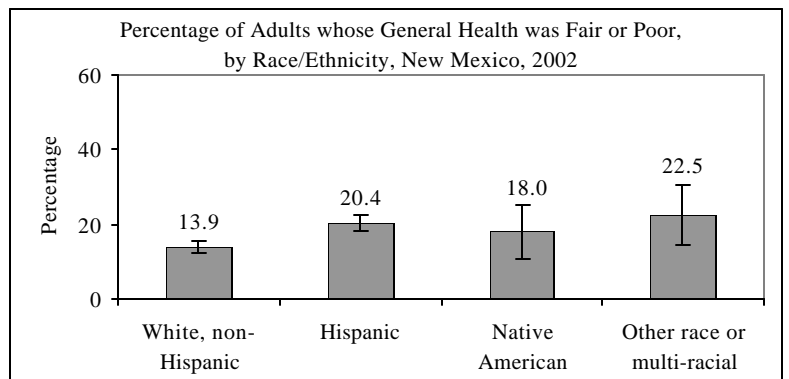
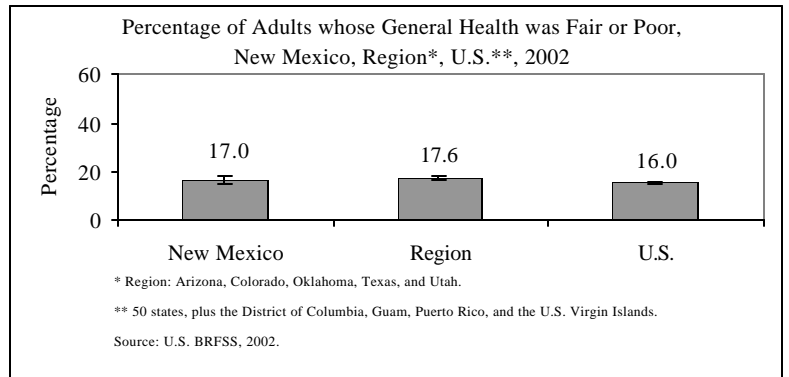
**QUESTION:**

“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,**

- ◆ 83.0% of New Mexicans reported that their general health was excellent, very good, or good. 17.0% of adults reported that their general health was fair or poor. This percentage is not statistically different from the Region (17.6%) or the U.S. (16.0%).
- ◆ Hispanics were more likely to report fair or poor general health status (20.4%) than White, non-Hispanics (13.9%).
- ◆ New Mexicans with less education or income were more likely to report fair or poor general health status.



# HEALTH STATUS

Table 3. Percentage of New Mexicans who stated that their health was fair or poor, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Would you say that in general your health is:			
		Total Number Who Responded "Fair" or "Poor"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,667	880	17.0	15.8	18.4
<b>GENDER</b>					
Male	1,913	317	14.5	12.7	16.5
Female	2,754	563	19.4	17.7	21.2
<b>AGE</b>					
18-24	366	33	8.3	5.7	12.0
25-34	644	61	10.0	7.2	13.7
35-44	872	117	14.1	11.5	17.1
45-54	992	165	17.3	14.7	20.4
55-64	741	160	22.8	19.4	26.6
65-74	595	169	28.0	23.9	32.5
75+	438	174	36.2	31.3	41.5
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,652	417	13.9	12.4	15.5
Hispanic	1,614	386	20.4	18.2	22.7
Native American	189	34	18.0	11.8	26.5
Other race or multi-racial	170	32	22.5	15.4	31.6
<b>EDUCATION</b>					
Less than High School Graduate	649	287	40.6	35.9	45.4
High School Graduate or G.E.D.	1,276	282	19.1	16.8	21.8
Some College	1,265	180	12.6	10.6	15.0
College Graduate	1,467	129	7.7	6.3	9.3
<b>INCOME</b>					
Less than \$10,000	280	127	40.9	34.2	48.0
\$10-19,999	789	262	32.1	28.1	36.5
\$20-49,999	1,893	301	14.7	12.9	16.8
\$50,000 or more	1,246	79	6.0	4.6	7.6
<b>EMPLOYMENT</b>					
Employed	2,724	266	9.9	8.6	11.5
Unemployed	162	45	22.9	16.2	31.4
Other**	1,769	566	29.4	27.0	32.0
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	919	169	17.8	14.9	21.2
NE (Health District 2)	966	142	13.9	11.7	16.5
SW (Health District 3)	988	203	19.0	16.4	22.0
SE (Health District 4)	918	222	21.6	18.8	24.8
Bernalillo County	876	144	14.8	12.4	17.6

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# HEALTHY DAYS

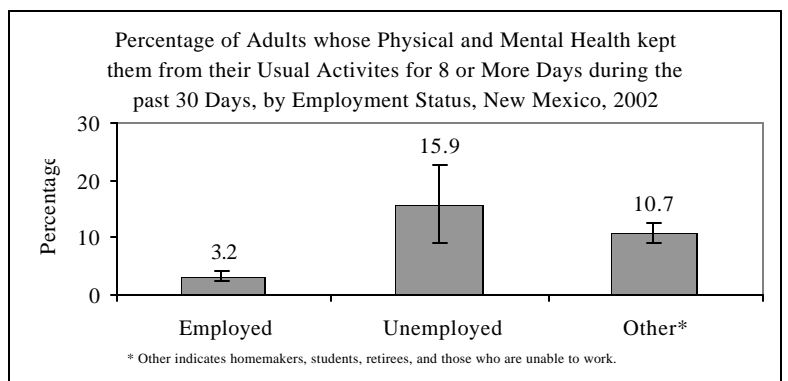
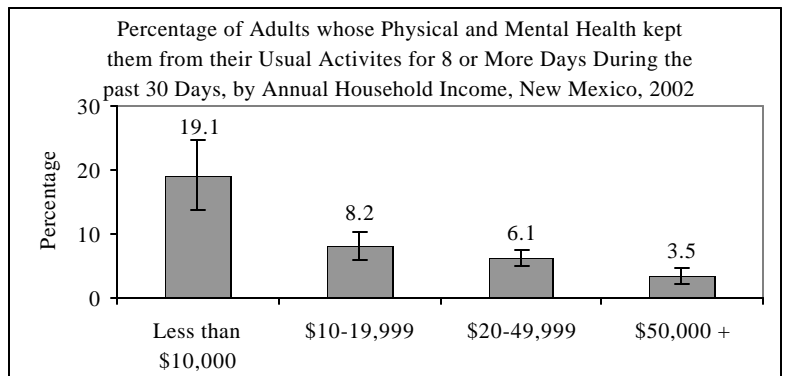
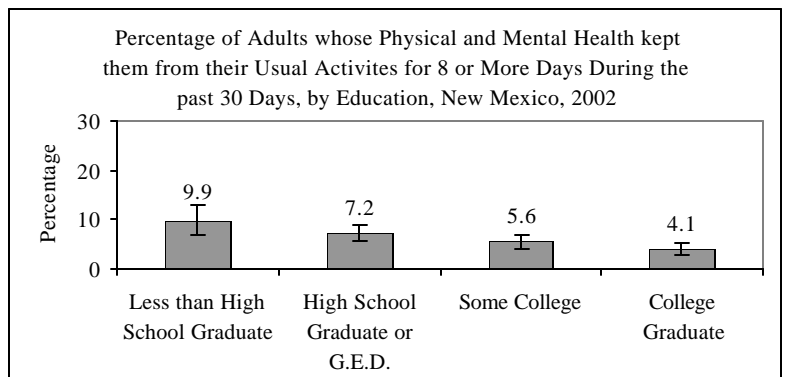
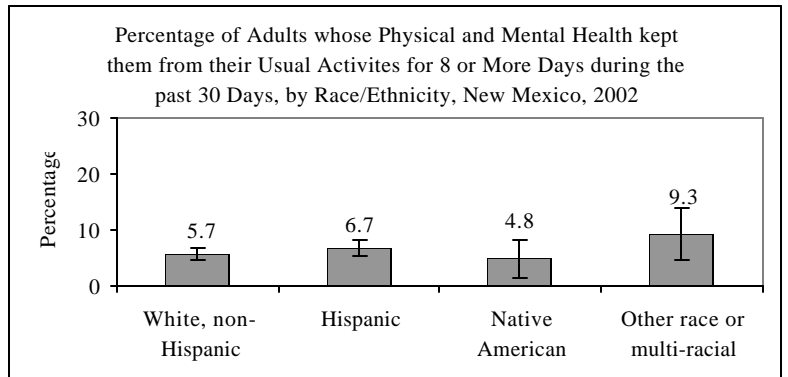
**QUESTION:**

“During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?”

These questions pertaining to a person’s view regarding their health provide a good estimate on the health care burden for acute and chronic conditions in the population <sup>1</sup>.

**IN NEW MEXICO,**

- ◆ 6.2% of New Mexicans reported that their physical and mental health kept them from participating in usual activities for 8 or more days during the past 30 days.
- ◆ Percentages of New Mexicans who reported that their physical and mental health kept them from participating in usual activities for 8 or more days during the past 30 days did not differ statistically among the different racial/ethnic groups.
- ◆ New Mexicans with less education and income were more likely to report that their physical and mental health kept them from participating in usual activities for 8 or more days during the past 30 days.
- ◆ Employed New Mexicans (3.2%) were less likely than unemployed (15.9%) and other employment status (10.7%) New Mexicans to report that their physical and mental health kept them from participating in usual activities for 8 or more days during the past 30 days.





# HEALTHY DAYS

Table 4. Percentage of New Mexicans who reported their physical and mental health kept them from participating in their usual activities for 8 or more days during the past 30 days, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	During the past 30 days, for about how many days did poor physical health or mental health keep you from doing your usual activities, such as self-care, work, or recreation?			
		Total Number Who Responded "8 or more days"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,498	302	6.2	5.4	7.1
<b>GENDER</b>					
Male	1,843	121	5.8	4.6	7.1
Female	2,655	181	6.6	5.5	7.8
<b>AGE</b>					
18-24	352	13	3.7	1.8	7.2
25-34	621	29	5.3	3.4	8.2
35-44	845	64	6.2	4.7	8.1
45-54	964	72	7.1	5.5	9.2
55-64	718	56	7.2	5.4	9.6
65-74	570	41	8.9	6.3	12.5
75+	415	27	4.9	3.2	7.4
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,578	155	5.7	4.7	6.8
Hispanic	1,544	114	6.7	5.3	8.4
Native American	177	9	4.8	2.3	9.6
Other race or multi-racial	162	18	9.3	5.6	15.0
<b>EDUCATION</b>					
Less than High School Graduate	603	63	9.9	7.2	13.5
High School Graduate or G.E.D.	1,223	91	7.2	5.7	9.0
Some College	1,231	80	5.6	4.3	7.2
College Graduate	1,438	68	4.1	3.1	5.5
<b>INCOME</b>					
Less than \$10,000	263	52	19.1	14.3	25.2
\$10-19,999	750	75	8.2	6.2	10.7
\$20-49,999	1,848	120	6.1	5.0	7.6
\$50,000 or more	1,229	40	3.5	2.4	5.0
<b>EMPLOYMENT</b>					
Employed	2,653	97	3.2	2.5	4.1
Unemployed	153	29	15.9	10.2	24.0
Other**	1,687	175	10.7	8.9	12.7
<b>REGION<sup>⊙</sup></b>					
NW (Health District 1)	887	64	6.5	4.9	8.6
NE (Health District 2)	937	58	6.1	4.6	8.0
SW (Health District 3)	950	57	6.1	4.6	8.1
SE (Health District 4)	875	68	7.0	5.4	9.0
Bernalillo County	849	55	5.7	4.1	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 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# HEALTH CARE COVERAGE

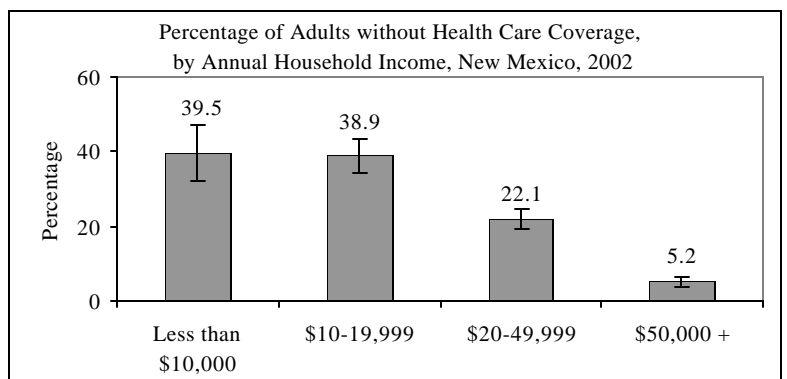
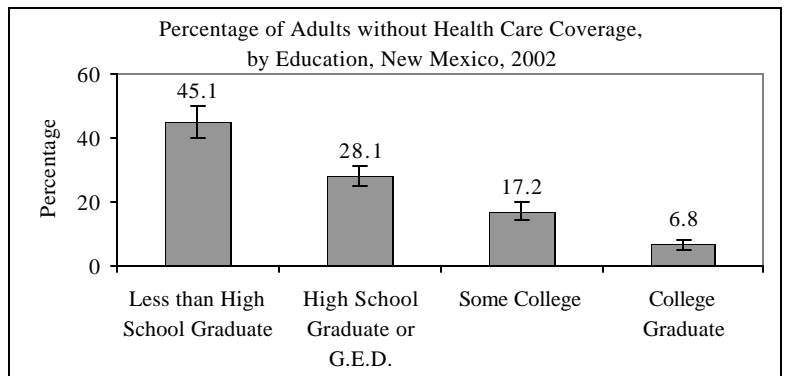
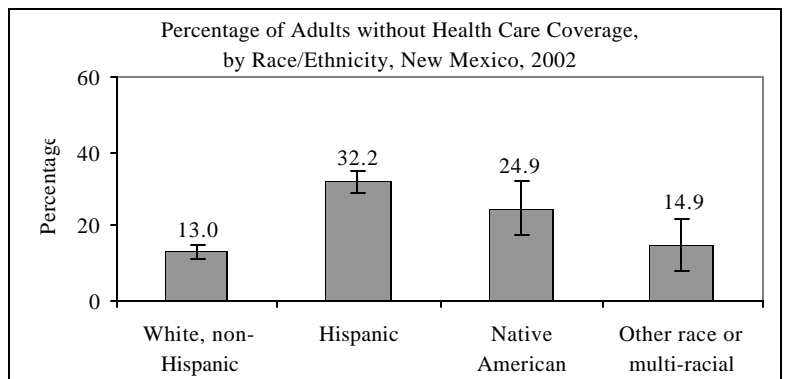
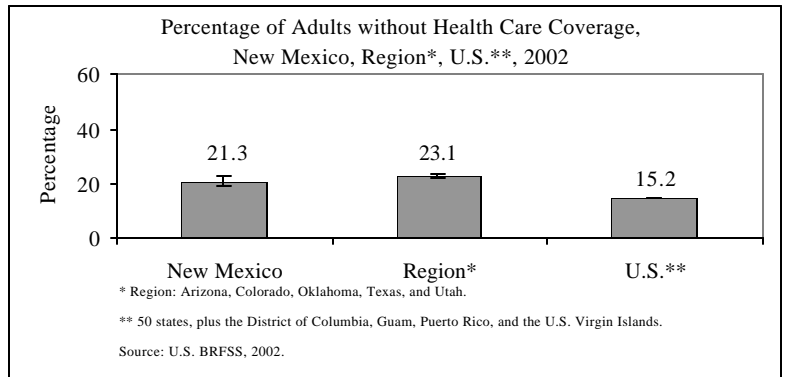
**QUESTION:**

“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 <sup>2</sup> and with delayed access to health care <sup>3</sup>. [Note: In 1999 and 2000, the NM BRFSS used two questions to probe sources of health care coverage. In 2001 and 2002, only one question was used, which provides slightly higher estimates of those without health care coverage than obtained with the two questions. This change may have affected Native American responses more than any other racial/ethnic group. In 1999 and 2000, Indian Health Service (IHS) was listed as an option for health care coverage. Whereas in 2001 and 2002, IHS was not listed as an option. This change in questions may have resulted in more Native Americans reporting no health care coverage.]

**IN NEW MEXICO,**

- ◆ The percentage of adults without health care coverage (21.3%) was higher than the percentage for the U.S. (15.2%). New Mexico’s percentage was not statistically different from the Region (23.1%).
- ◆ The percentage of adults without health care coverage was highest among Hispanics (32.2%) and Native Americans (24.9%) and lowest among White, non-Hispanics (13.0%) and Other race or multi-racial (14.9%).
- ◆ Adults without health care coverage were more likely to have less education and income, and be unemployed.



# HEALTH CARE COVERAGE

Table 5. Percentage of New Mexicans without health care coverage, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?			
		Total Number Who Responded "No"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,662	851	21.3	19.7	22.9
<b>GENDER</b>					
Male	1,910	359	22.3	20.0	24.8
Female	2,752	492	20.3	18.4	22.3
<b>AGE</b>					
18-24	364	133	39.1	33.2	45.4
25-34	644	178	29.0	24.9	33.5
35-44	870	215	25.0	21.6	28.6
45-54	993	187	18.1	15.4	21.0
55-64	741	119	15.0	12.4	18.2
65-74	593	12	2.1	1.1	4.0
75+	438	4	0.8	0.3	2.5
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,650	326	13.0	11.5	14.8
Hispanic	1,612	451	32.2	29.3	35.2
Native American	188	45	24.9	18.2	33.1
Other race or multi-racial	170	20	14.9	9.1	23.4
<b>EDUCATION</b>					
Less than High School Graduate	648	233	45.1	40.2	50.2
High School Graduate or G.E.D.	1,275	297	28.1	24.9	31.6
Some College	1,261	211	17.2	14.8	19.9
College Graduate	1,468	107	6.8	5.4	8.6
<b>INCOME</b>					
Less than \$10,000	279	90	39.5	32.3	47.2
\$10-19,999	791	279	38.9	34.5	43.5
\$20-49,999	1,890	334	22.1	19.6	24.8
\$50,000 or more	1,246	64	5.2	3.9	6.8
<b>EMPLOYMENT</b>					
Employed	2,723	551	21.8	19.9	23.9
Unemployed	161	79	48.4	39.1	57.7
Other**	1,766	218	17.2	14.9	19.8
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	918	162	19.9	16.7	23.6
NE (Health District 2)	966	185	21.8	18.9	25.1
SW (Health District 3)	985	200	24.8	21.7	28.3
SE (Health District 4)	917	182	24.9	21.4	28.8
Bernalillo County	876	122	18.1	15.1	21.6

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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# HEALTH CARE ACCESS

## QUESTIONS:

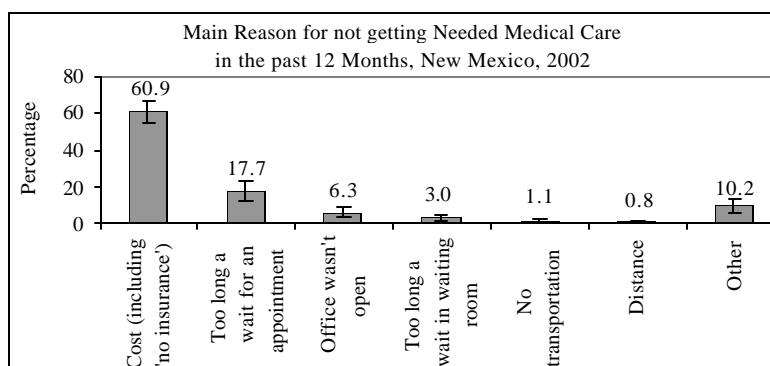
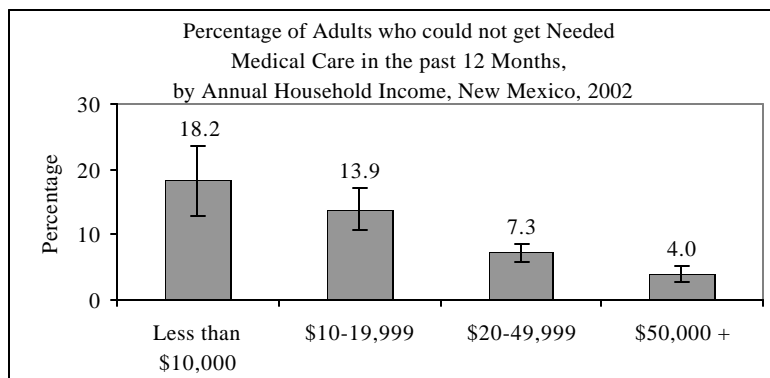
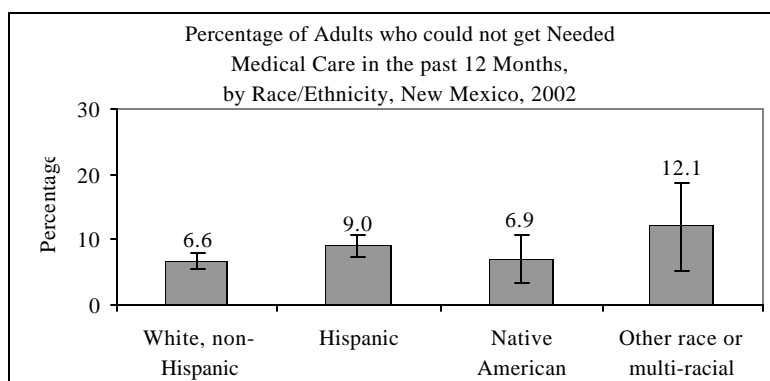
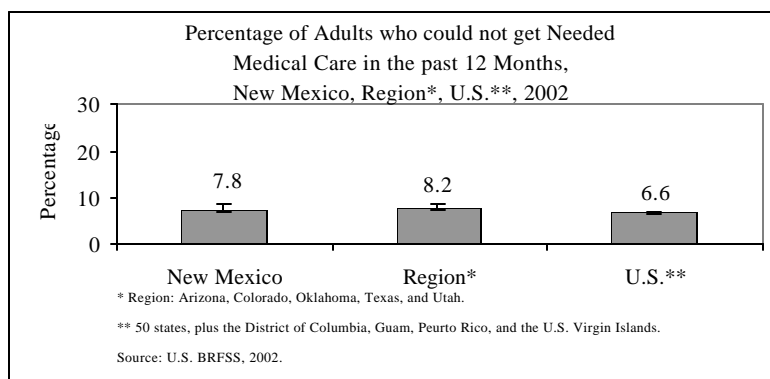
“Was there a time in the past 12 months when you needed medical care, but could not get it?”

“What was the main reason you did not get medical care?”

A person’s ability and willingness to access health care is influenced by many factors, such as cost, length of time to appointment, and hours that health care offices are open.

## IN NEW MEXICO,

- ◆ 7.8% of New Mexicans could not get needed medical care in the past 12 months. This is higher than the percentage for the U.S. (6.6%). New Mexico’s percentage is not statistically different from the percentage for the Region (8.2%).
- ◆ Percentages of not getting needed medical care in the past 12 months were not statistically different among the different racial/ethnic groups.
- ◆ Percentages of not getting needed medical care in the past 12 months were higher among those with less education and income.
- ◆ The main reason given for not getting needed medical care in the past 12 months was cost, including ‘no insurance’, (60.9%).



# HEALTH CARE ACCESS

Table 6. Percentage of New Mexicans who could not get needed medical care in the past 12 months, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Was there a time in the past 12 months when you needed medical care, but could not get it?			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,667	365	7.8	6.9	8.8
<b>GENDER</b>					
Male	1,911	106	5.9	4.8	7.4
Female	2,756	259	9.6	8.3	11.0
<b>AGE</b>					
18-24	366	38	10.5	7.2	15.0
25-34	644	61	8.0	6.0	10.6
35-44	872	87	8.4	6.7	10.6
45-54	992	97	9.8	7.9	12.3
55-64	740	44	5.9	4.2	8.3
65-74	594	20	3.3	2.0	5.3
75+	440	16	3.8	2.0	6.9
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,654	172	6.6	5.5	7.8
Hispanic	1,612	159	9.0	7.5	10.8
Native American	188	17	6.9	4.0	11.7
Other race or multi-racial	171	13	12.1	6.7	20.7
<b>EDUCATION</b>					
Less than High School Graduate	648	71	10.5	8.1	13.6
High School Graduate or G.E.D.	1,274	98	7.9	6.3	9.9
Some College	1,266	104	8.4	6.7	10.6
College Graduate	1,469	92	5.8	4.6	7.5
<b>INCOME</b>					
Less than \$10,000	280	52	18.2	13.6	24.1
\$10-19,999	791	104	13.9	10.9	17.4
\$20-49,999	1,892	132	7.3	6.0	8.8
\$50,000 or more	1,246	50	4.0	2.9	5.5
<b>EMPLOYMENT</b>					
Employed	2,724	209	7.1	6.0	8.3
Unemployed	161	34	20.2	14.0	28.3
Other**	1,770	122	7.9	6.4	9.7
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	917	72	7.7	5.9	10.0
NE (Health District 2)	968	73	7.7	6.0	9.9
SW (Health District 3)	987	89	9.6	7.7	12.0
SE (Health District 4)	918	73	8.0	6.2	10.2
Bernalillo County	877	58	6.8	5.0	9.1

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

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

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# HEALTH CARE UTILIZATION

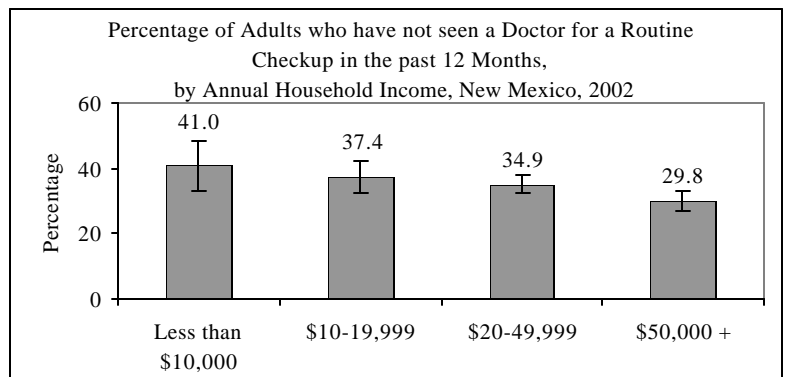
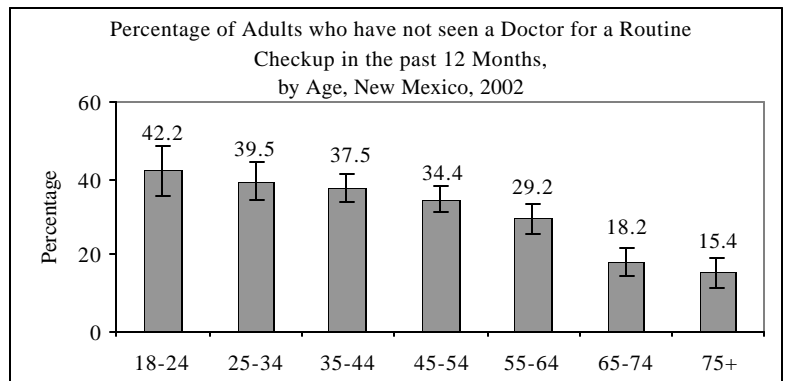
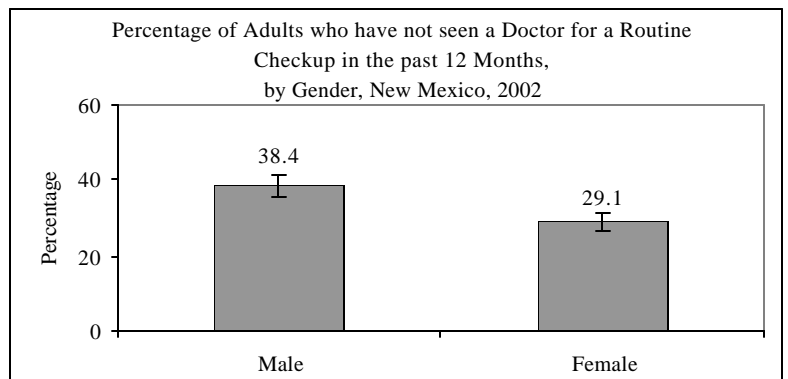
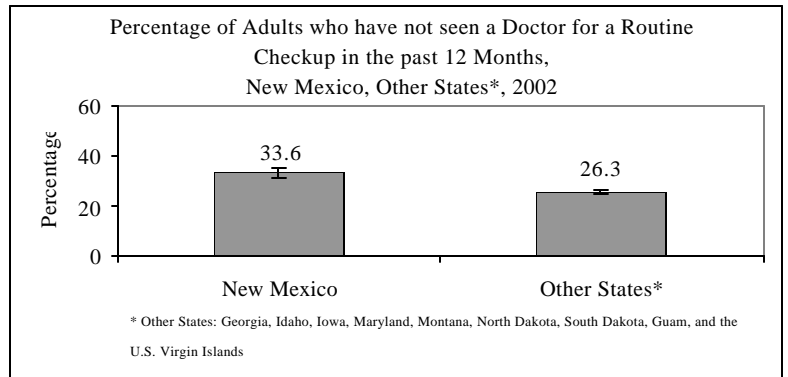
## QUESTION:

“About how long has it been since you last visited a doctor for a routine checkup?”

A yearly medical checkup by a qualified health professional is recommended for good health maintenance. In 2002, this question was not included in the core set of questions, therefore an estimate could only be produced for the states that asked the question.

## IN NEW MEXICO,

- ◆ 66.4% of adults had a routine medical checkup in the past 12 months. 33.6% of adults did not have a routine checkup by a doctor in the past 12 months. This percentage is higher than the percentage for the Other States (26.3%).
- ◆ Males (38.4%) were more likely to not have seen a doctor for a routine checkup in the past 12 months than females (29.1%).
- ◆ Those in younger age groups were more likely to have not seen a doctor for a routine checkup in the past 12 months.
- ◆ The percentage for not having seen a doctor for a routine checkup in the past 12 months was higher for the ‘Less than \$10,000’ income group (41.0%) than the percentage for the ‘\$50,000 +’ income group (29.8%).
- ◆ Percentages for not having seen a doctor for a routine checkup in the past 12 months were not statistically different for the different education groups.



# HEALTH CARE UTILIZATION

Table 7. Percentage of New Mexicans who have not seen a doctor for a routine checkup in the past 12 months, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	About how long has it been since you last visited a doctor for a routine checkup?			
		Total Number Who Responded "Over 12 months ago"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,488	1,405	33.6	31.9	35.4
<b>GENDER</b>					
Male	1,845	685	38.4	35.7	41.2
Female	2,643	720	29.1	26.9	31.3
<b>AGE</b>					
18-24	347	139	42.2	35.9	48.6
25-34	615	234	39.5	34.8	44.4
35-44	847	332	37.5	33.7	41.5
45-54	967	326	34.4	30.9	38.1
55-64	720	198	29.2	25.4	33.4
65-74	569	103	18.2	14.8	22.2
75+	410	68	15.4	11.8	19.7
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,575	790	33.1	30.8	35.4
Hispanic	1,535	512	36.1	33.1	39.2
Native American	179	52	27.5	20.2	36.3
Other race or multi-racial	163	38	24.6	17.6	33.3
<b>EDUCATION</b>					
Less than High School Graduate	606	186	34.9	30.1	40.1
High School Graduate or G.E.D.	1,217	406	36.7	33.3	40.3
Some College	1,230	400	34.2	30.9	37.6
College Graduate	1,433	412	29.4	26.6	32.5
<b>INCOME</b>					
Less than \$10,000	266	90	41.0	33.6	48.8
\$10-19,999	755	269	37.4	32.7	42.3
\$20-49,999	1,844	592	34.9	32.2	37.8
\$50,000 or more	1,227	342	29.8	26.8	33.0
<b>EMPLOYMENT</b>					
Employed	2,642	951	37.3	35.0	39.7
Unemployed	159	56	34.9	26.6	44.3
Other**	1,682	396	26.4	23.7	29.2
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	885	266	30.8	27.1	34.8
NE (Health District 2)	935	274	30.6	27.3	34.1
SW (Health District 3)	948	319	36.0	32.5	39.6
SE (Health District 4)	871	280	35.7	31.7	39.9
Bernalillo County	849	266	34.6	30.9	38.5

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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# CHILDREN'S HEALTH CARE COVERAGE

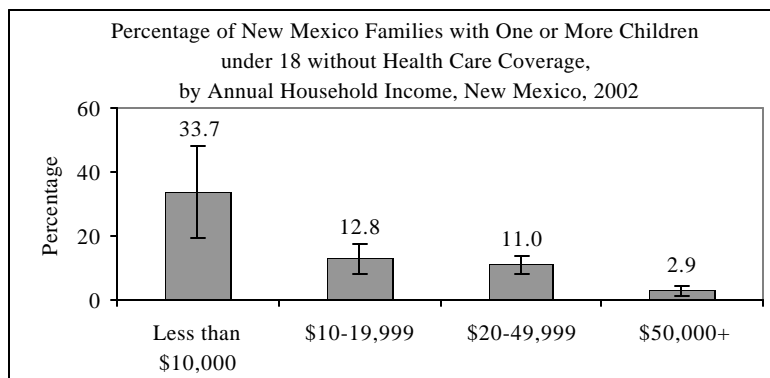
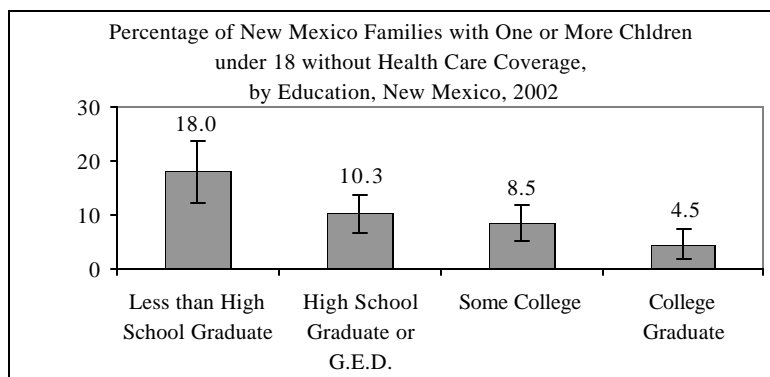
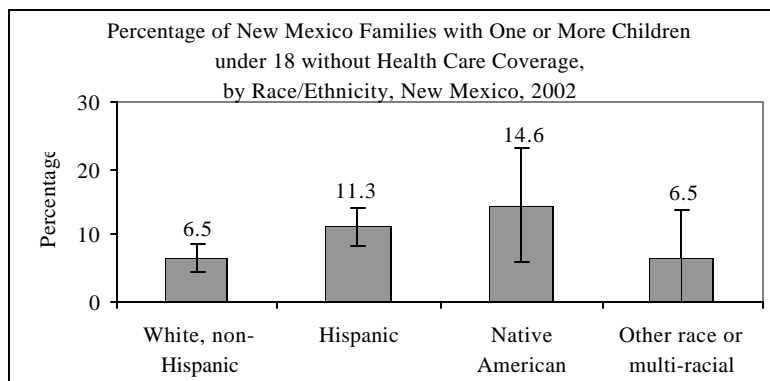
## QUESTION:

“For the children under 18, living in your household, do they have any kind of health care coverage including, health insurance, pre-paid plans such as HMO’s or government plans such as Medicaid or New MexiKids?”

This question is designed to determine whether children in New Mexico have some form of health care coverage.

## IN NEW MEXICO,

- ◆ 9.7% of families with children under 18 did not have health care coverage for at least one of their children.
- ◆ Families with children under 18 without health care coverage for at least one of their children were not statistically different for the different racial/ethnic groups. However, differences may exist but cannot be recognized due to the wide 95% confidence interval resulting from the small sample sizes.
- ◆ Lack of health care coverage for at least one child under 18 was more common when parents had less education or income.





# CHILDREN'S HEALTH CARE COVERAGE

Table 8. Percentage of New Mexico families with one or more children under 18 without health care coverage, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	For the children under 18, living in your household, do they have any kind of health care coverage?			
		Total Number Who Responded "No"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	1,621	136	9.7	8.0	11.7
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	685	46	6.5	4.7	8.8
Hispanic	748	72	11.3	8.7	14.6
Native American	116	13	14.6	7.8	25.4
Other race or multi-racial	61	3	6.5	2.0	18.9
<b>EDUCATION</b>					
Less than High School Graduate	248	44	18.0	12.9	24.5
High School Graduate or G.E.D.	468	44	10.3	7.3	14.3
Some College	473	35	8.5	5.7	12.6
College Graduate	432	13	4.5	2.4	8.2
<b>INCOME</b>					
Less than \$10,000	75	16	33.7	20.9	49.4
\$10-19,999	261	33	12.8	8.7	18.5
\$20-49,999	718	65	11.0	8.4	14.4
\$50,000 or more	468	15	2.9	1.6	5.0
<b>EMPLOYMENT</b>					
Employed	1,161	90	8.8	6.9	11.1
Unemployed	68	6	7.3	3.1	16.3
Other**	392	40	12.9	9.1	18.0
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	345	25	9.6	6.3	14.4
NE (Health District 2)	315	36	13.2	9.2	18.4
SW (Health District 3)	343	28	9.8	6.5	14.5
SE (Health District 4)	309	28	10.2	6.8	15.0
Bernalillo County	309	19	7.7	4.8	12.3

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# ORAL HEALTH

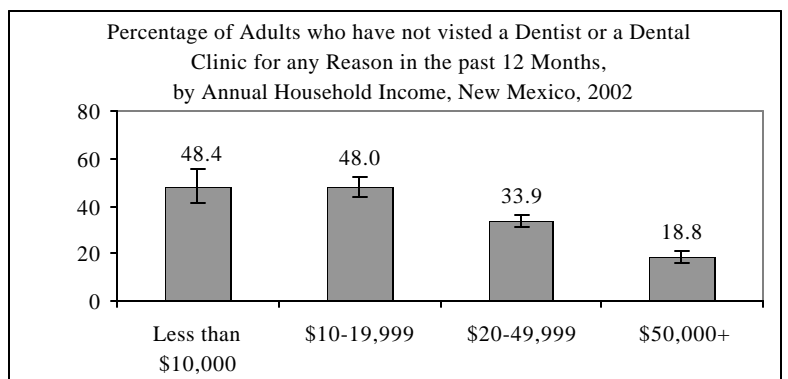
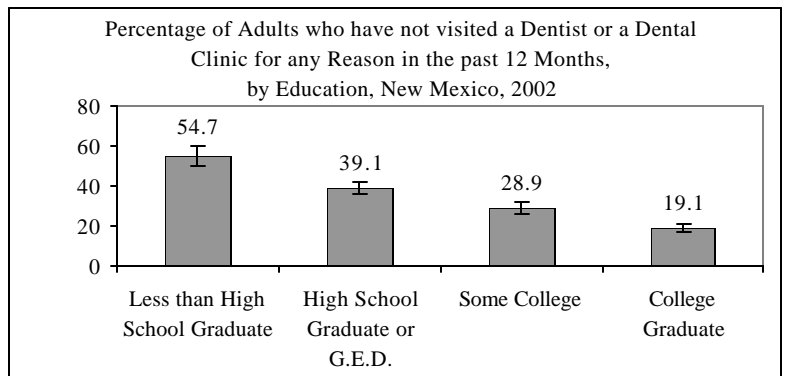
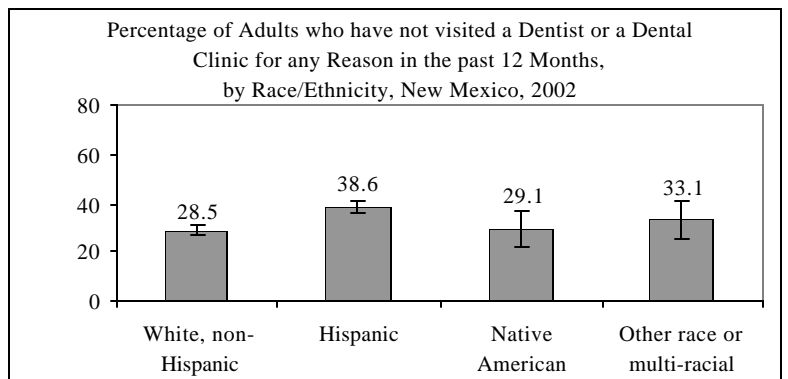
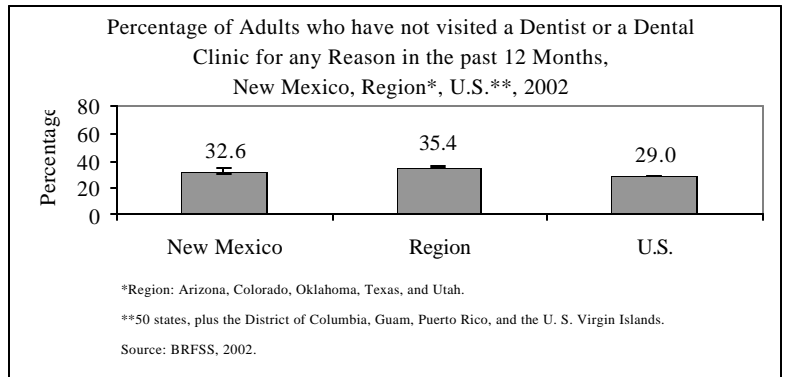
**QUESTION:**

“How long has it been since you last visited a dentist or a dental clinic for any reason?”

Regular dental visits are important in maintaining good oral health. In addition to care of the teeth and gums, dental visits are important in the early detection and treatment of oral diseases. Even people without teeth need to be monitored regularly for good oral health.

**IN NEW MEXICO,**

- ◆ 67.4% of New Mexicans visited a dentist or a dental clinic for any reason in the past 12 months. 32.6% of adults did not visit a dentist or dental clinic for any reason in the past 12 months. This percentage is higher than the percentage for the U.S. (29.0%), but less than the percentage for the Region (35.4%).
- ◆ Hispanics (38.6%) were more likely to have not visited a dentist or a dental clinic for any reason in the past 12 months than White, non-Hispanics (28.5%).
- ◆ New Mexicans with less education and income were more likely to have not visited a dentist or a dental clinic for any reason in the past 12 months.



# ORAL HEALTH

Table 9. Percentage of New Mexicans who have not visited a dentist or a dental clinic for any reason during the past 12 months, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	How long has it been since you last visited a dentist or a dental clinic for any reason?			
		Total Number Who Responded "Over 12 months ago"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,663	1,558	32.6	31.0	34.3
<b>GENDER</b>					
Male	1,912	684	34.5	31.9	37.1
Female	2,751	874	30.9	28.8	33.0
<b>AGE</b>					
18-24	366	129	35.6	29.9	41.8
25-34	644	237	37.4	32.9	42.1
35-44	872	278	31.1	27.6	34.8
45-54	994	279	26.8	23.7	30.1
55-64	741	231	30.8	27.1	34.7
65-74	592	228	34.9	30.7	39.4
75+	436	170	36.3	31.2	41.7
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,650	782	28.5	26.5	30.7
Hispanic	1,611	637	38.6	35.7	41.6
Native American	189	69	29.1	22.1	37.3
Other race or multi-racial	171	56	33.1	25.4	41.9
<b>EDUCATION</b>					
Less than High School Graduate	646	364	54.7	49.8	59.6
High School Graduate or G.E.D.	1,273	515	39.1	35.8	42.5
Some College	1,265	390	28.9	26.0	32.1
College Graduate	1,469	284	19.1	16.8	21.6
<b>INCOME</b>					
Less than \$10,000	279	141	48.4	41.2	55.6
\$10-19,999	790	390	48.0	43.4	52.6
\$20-49,999	1,893	637	33.9	31.3	36.6
\$50,000 or more	1,246	231	18.8	16.4	21.5
<b>EMPLOYMENT</b>					
Employed	2,725	820	29.9	27.8	32.1
Unemployed	162	66	38.5	30.0	47.7
Other**	1,764	666	36.9	34.1	39.7
<b>REGION<sup>⊙</sup></b>					
NW (Health District 1)	919	308	32.7	29.1	36.5
NE (Health District 2)	965	272	27.5	24.4	30.8
SW (Health District 3)	988	368	37.5	34.1	41.1
SE (Health District 4)	914	383	43.8	39.9	47.9
Bernalillo County	877	227	27.2	23.8	30.9

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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# IMMUNIZATION

## QUESTIONS :

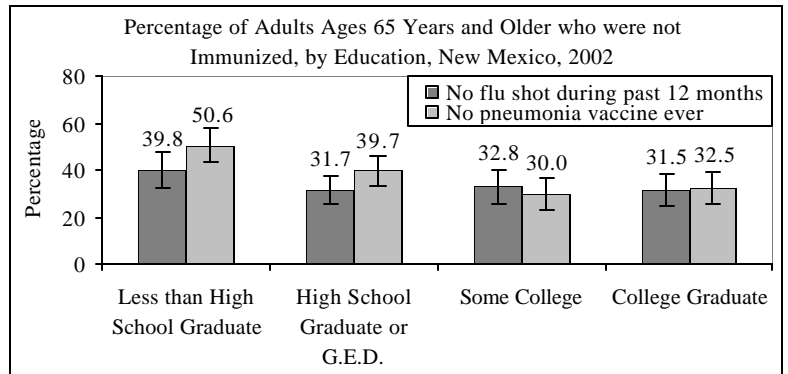
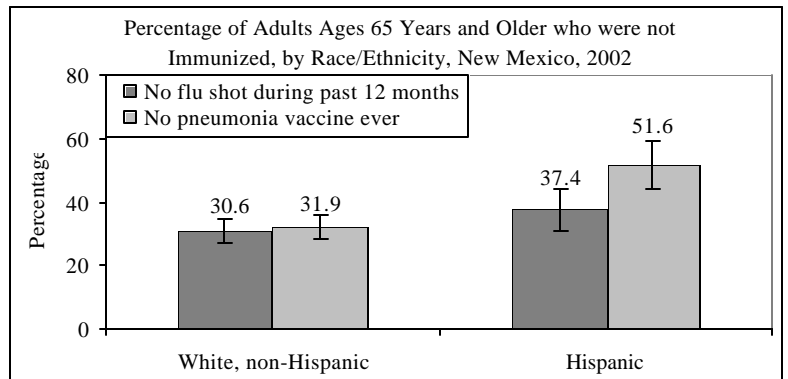
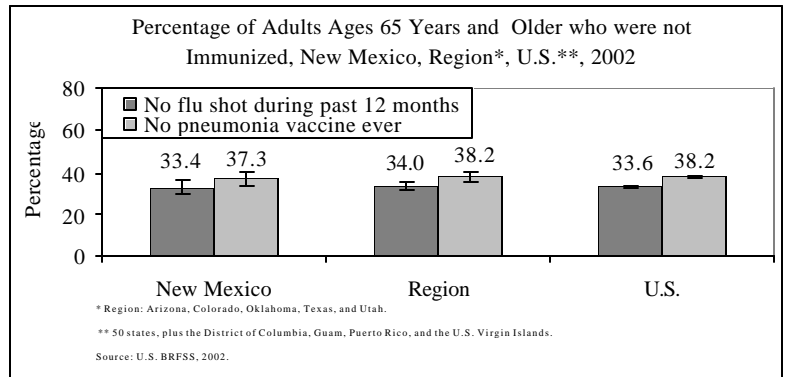
“During the past 12 months, have you had a flu shot?”

“Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person’s lifetime and is different from the flu shot. It is also called the pneumococcal vaccine.”

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 2001<sup>4,5</sup>. 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.

### IN NEW MEXICO,

- ◆ 33.4% of adults ages 65 years and older had not been immunized against influenza during the past 12 months, and 37.3% had never had a pneumococcal vaccine. These New Mexico percentages were not different from the percentages for the Region and the U.S.
- ◆ The percentage of Hispanic adults ages 65 years and older (51.6%) not having had a pneumococcal vaccination was higher than the percentage for White, non-Hispanics (31.9%).
- ◆ The percentage of not having had a flu shot during the past 12 months among those with diabetes, who are at greater risk for influenza, was 40.9%.



# IMMUNIZATION

Table 10. Percentage of New Mexicans ages 65 years and older who did not get a flu shot during the past 12 months, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	During the past 12 months, have you had a flu shot (ages 65 years and older)?			
		Total Number Who Responded "No"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	1,029	339	33.4	30.1	36.8
<b>GENDER</b>					
Male	407	137	33.0	28.2	38.3
Female	622	202	33.6	29.3	38.3
<b>AGE</b>					
65-74	591	217	36.5	32.1	41.0
75+	438	122	28.7	23.9	34.1
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	725	219	30.6	26.9	34.6
Hispanic	248	95	37.4	30.6	44.7
Native American	14*	—	—	—	—
Other race or multi-racial	33*	—	—	—	—
<b>EDUCATION</b>					
Less than High School Graduate	228	84	39.8	32.5	47.5
High School Graduate or G.E.D.	292	96	31.7	25.9	38.2
Some College	228	75	32.8	25.9	40.5
College Graduate	277	83	31.5	25.3	38.5
<b>INCOME</b>					
Less than \$10,000	89	39	45.8	33.8	58.3
\$10-19,999	218	83	38.8	31.6	46.6
\$20-49,999	389	110	27.8	23.1	33.1
\$50,000 or more	152	49	36.1	27.1	46.3
<b>EMPLOYMENT</b>					
Employed	127	58	49.8	40.1	59.5
Unemployed	4*	—	—	—	—
Other**	893	277	31.0	27.6	34.7
<b>REGION<sup>⊙</sup></b>					
NW (Health District 1)	190	75	42.3	34.6	50.5
NE (Health District 2)	205	57	28.1	21.9	35.4
SW (Health District 3)	233	86	38.5	32.1	45.3
SE (Health District 4)	238	77	34.6	28.1	41.7
Bernalillo County	163	44	26.7	19.9	34.7

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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# IMMUNIZATION

Table 11. Percentage of New Mexicans ages 65 years and older who have never had a pneumococcal vaccination, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Have you ever had a pneumonia shot (ages 65 years and older)?			
		Total Number Who Responded "No"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	999	391	37.3	34.0	40.7
<b>GENDER</b>					
Male	395	155	37.6	32.5	43.0
Female	604	236	37.0	32.7	41.6
<b>AGE</b>					
65-74	569	249	42.6	38.0	47.3
75+	430	142	29.4	24.8	34.4
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	708	243	31.9	28.3	35.8
Hispanic	238	125	51.6	44.1	59.0
Native American	13*	—	—	—	—
Other race or multi-racial	31*	—	—	—	—
<b>EDUCATION</b>					
Less than High School Graduate	222	110	50.6	43.1	58.1
High School Graduate or G.E.D.	283	113	39.7	33.3	46.5
Some College	222	74	30.0	23.5	37.4
College Graduate	269	94	32.5	26.3	39.5
<b>INCOME</b>					
Less than \$10,000	87	40	49.2	36.7	61.8
\$10-19,999	211	87	40.8	33.4	48.5
\$20-49,999	379	132	32.9	27.9	38.3
\$50,000 or more	149	61	39.3	30.2	49.2
<b>EMPLOYMENT</b>					
Employed	123	66	56.6	46.7	66.1
Unemployed	4*	—	—	—	—
Other**	867	320	34.6	31.1	38.2
<b>REGION<sup>⊙</sup></b>					
NW (Health District 1)	185	64	36.5	28.9	44.9
NE (Health District 2)	199	78	39.4	32.2	47.1
SW (Health District 3)	225	106	50.1	43.3	56.9
SE (Health District 4)	229	101	45.1	38.1	52.3
Bernalillo County	161	42	23.7	17.5	31.2

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# COLORECTAL CANCER SCREENING

## QUESTIONS :

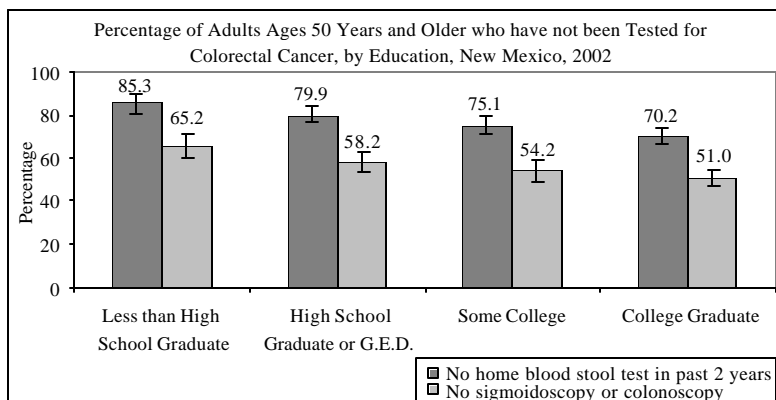
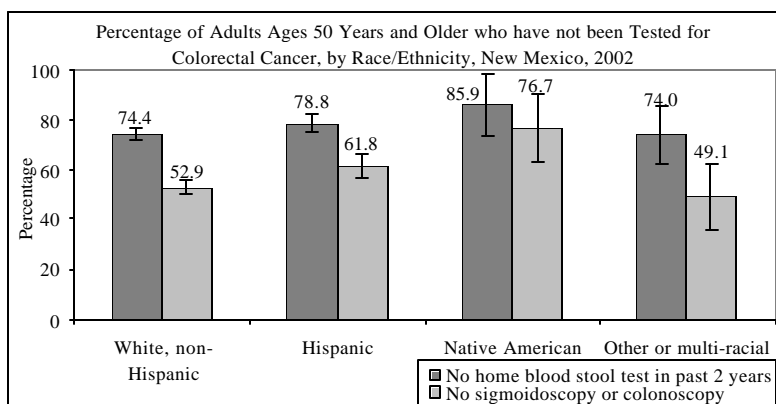
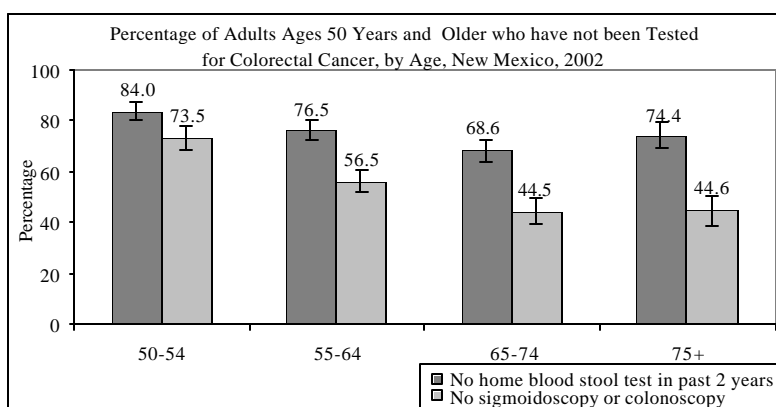
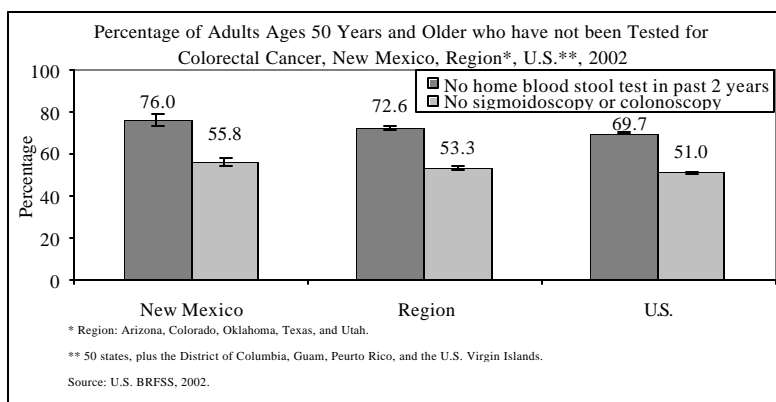
“A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?”

“Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Have you ever had either of these exams?”

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 New Mexico <sup>6</sup>. Beginning at age 50, it is recommended that both men and women have a yearly blood stool test, a flexible sigmoidoscopy every 5 years, and a colonoscopy every 10 years.

## IN NEW MEXICO,

- ◆ The percentage of New Mexican adults ages 50 years and older not having a home blood stool test in the past 2 years (76.0%) was not different from the percentage for the Region (72.6%), but was higher than the percentage for the U.S. (69.7%). New Mexico’s percentage of adults who have never had a sigmoidoscopy or colonoscopy ever (55.8%) was not statistically different from the percentage for the Region (53.3%) and for the U.S. (51.0%).
- ◆ Adults ages 50-54 years (84.0%) were more likely to have not had a home blood stool test in the past 2 years than the older age groups. Adults ages 50-54 years (73.5%) and ages 55-64 years (56.5%) were more likely to never have undergone a sigmoidoscopy or colonoscopy than the other two older age groups.
- ◆ Hispanics (61.8%) and Native Americans (76.7%) ages 50 years and older were more likely than White, non-Hispanics (52.9%) to have never undergone a sigmoidoscopy or colonoscopy.



# COLORECTAL CANCER SCREENING

Table 12. Percentage of New Mexicans ages 50 years and older who have not had a blood stool test within the past 2 years, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Have you had a home blood stool test within the past 2 years (ages 50 years and older)?			
		Total Number Who Responded "No"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,219	1,685	76.0	73.9	78.1
<b>GENDER</b>					
Male	905	644	72.4	68.9	75.6
Female	1,314	1,041	79.3	76.6	81.8
<b>AGE</b>					
50-54	494	404	84.0	80.0	87.3
55-64	730	558	76.5	72.7	79.9
65-74	577	405	68.6	64.0	72.9
75+	418	318	74.4	68.9	79.2
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	1,503	1,118	74.4	71.7	76.9
Hispanic	574	455	78.8	74.6	82.5
Native American	51	43	85.9	68.6	94.5
Other race or multi-racial	72	52	74.0	60.7	84.0
<b>EDUCATION</b>					
Less than High School Graduate	340	294	85.3	80.1	89.3
High School Graduate or G.E.D.	585	460	79.9	76.0	83.3
Some College	532	398	75.1	70.5	79.2
College Graduate	760	532	70.2	66.2	73.9
<b>INCOME</b>					
Less than \$10,000	148	134	88.1	79.1	93.5
\$10-19,999	368	299	81.3	76.1	85.5
\$20-49,999	841	623	75.1	71.6	78.3
\$50,000 or more	597	430	73.2	68.9	77.1
<b>EMPLOYMENT</b>					
Employed	917	717	80.1	77.0	82.9
Unemployed	49*	—	—	—	—
Other**	1,250	929	72.6	69.6	75.5
<b>REGION<sup>⊙</sup></b>					
NW (Health District 1)	413	307	75.3	70.1	79.9
NE (Health District 2)	475	340	70.9	66.0	75.3
SW (Health District 3)	481	374	77.5	73.1	81.3
SE (Health District 4)	452	366	81.0	76.8	84.6
Bernalillo County	398	298	76.0	71.2	80.2

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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# COLORECTAL CANCER SCREENING

Table 13. Percentage of New Mexicans ages 50 years and older who have never had a sigmoidoscopy or colonoscopy, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Have you ever had a sigmoidoscopy or colonoscopy (ages 50 years and older)?			
		Total Number Who Responded "No"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,223	1,240	55.8	53.4	58.3
<b>GENDER</b>					
Male	903	489	54.6	50.8	58.4
Female	1,320	751	56.9	53.7	60.0
<b>AGE</b>					
50-54	492	352	73.5	68.8	77.8
55-64	731	421	56.5	52.2	60.7
65-74	579	263	44.5	39.8	49.4
75+	421	204	44.6	39.1	50.3
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	1,502	804	52.9	49.9	55.9
Hispanic	578	356	61.8	57.0	66.3
Native American	51	38	76.7	60.9	87.5
Other race or multi-racial	73	35	49.1	36.2	62.2
<b>EDUCATION</b>					
Less than High School Graduate	342	216	65.2	59.2	70.9
High School Graduate or G.E.D.	582	344	58.2	53.4	62.8
Some College	532	287	54.2	49.2	59.2
College Graduate	764	390	51.0	46.8	55.2
<b>INCOME</b>					
Less than \$10,000	152	91	61.4	51.9	70.2
\$10-19,999	369	221	59.0	53.0	64.8
\$20-49,999	839	459	55.0	51.1	58.9
\$50,000 or more	597	323	54.5	49.7	59.2
<b>EMPLOYMENT</b>					
Employed	915	593	65.2	61.5	68.8
Unemployed	48*	—	—	—	—
Other**	1,257	613	47.7	44.5	50.9
<b>REGION<sup>⊙</sup></b>					
NW (Health District 1)	410	251	61.1	55.5	66.4
NE (Health District 2)	478	247	53.0	48.0	58.0
SW (Health District 3)	487	280	60.0	55.0	64.8
SE (Health District 4)	453	263	58.4	53.4	63.3
Bernalillo County	395	199	50.3	44.8	55.7

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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# PROSTATE CANCER

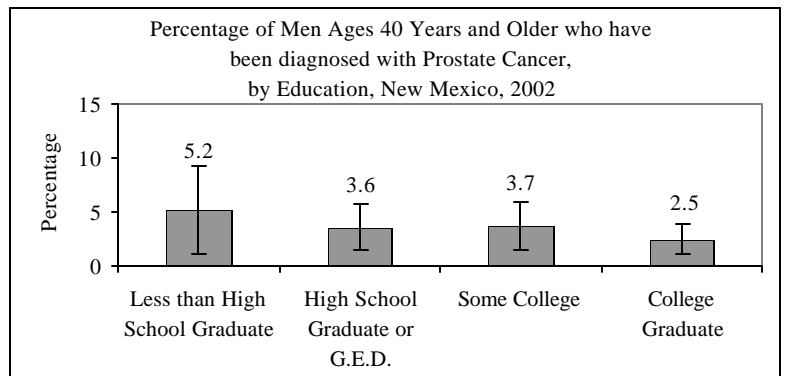
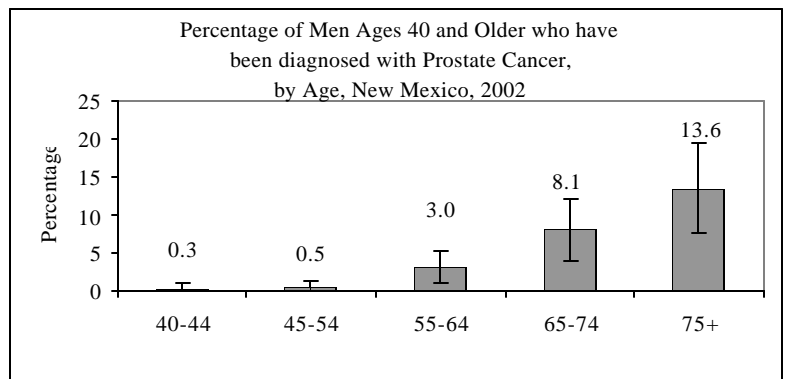
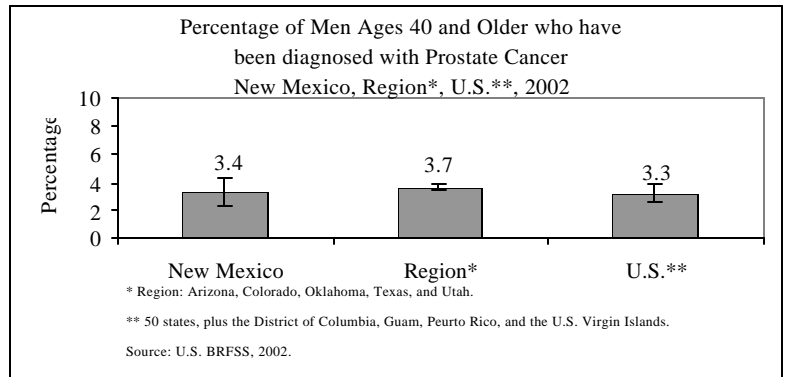
## QUESTION:

“Have you ever been told by a doctor or other health professional that you had 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 32,000 will die <sup>7</sup>. Age, race, ethnicity, and family history are factors that affect the risk for prostate cancer.

## IN NEW MEXICO,

- ◆ 3.4% of New Mexican men ages 40 years and older have been diagnosed with prostate cancer. This New Mexico percentage was not different from the percentages for the Region (3.7%) or for the U.S. (3.3%).
- ◆ Men in older age groups were more likely to have been diagnosed with prostate cancer than men in younger age groups.
- ◆ The percentages of men ages 40 years and older who have been diagnosed with prostate cancer were not statistically different for the different educational groups.



# PROSTATE CANCER

Table 14. Percentage of New Mexico men ages 40 years and older who have been diagnosed with prostate cancer, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Have you ever been told by a doctor or other health professional that you had prostate cancer (men ages 40 years and older)?			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	1,311	51	3.4	2.5	4.6
<b>AGE</b>					
40-44	196	1	0.3	0.0	2.4
45-54	416	2	0.5	0.1	2.1
55-64	286	9	3.0	1.5	6.0
65-74	245	18	8.1	4.8	13.2
75+	159	21	13.6	8.5	20.9
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	837	38	4.0	2.8	5.6
Hispanic	356	7	1.4	0.6	2.9
Native American	46*	—	—	—	—
Other race or multi-racial	53	5	12.2	4.7	28.2
<b>EDUCATION</b>					
Less than High School Graduate	152	9	5.2	2.3	11.3
High School Graduate or G.E.D.	331	13	3.6	2.0	6.3
Some College	317	12	3.7	2.0	6.8
College Graduate	510	17	2.5	1.5	4.2
<b>INCOME</b>					
Less than \$10,000	74	4	9.6	3.4	24.4
\$10-19,999	188	5	2.1	0.7	5.9
\$20-49,999	507	27	4.4	2.9	6.5
\$50,000 or more	447	11	2.1	1.1	4.0
<b>EMPLOYMENT</b>					
Employed	763	12	1.1	0.6	2.0
Unemployed	46*	—	—	—	—
Other**	499	38	7.7	5.4	10.9
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	253	3	0.9	0.3	2.8
NE (Health District 2)	292	10	2.9	1.5	5.7
SW (Health District 3)	271	17	5.6	3.4	9.1
SE (Health District 4)	253	11	4.0	2.2	7.3
Bernalillo County	242	10	3.6	1.8	6.9

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

★ Estimates based on cells with < 50 respondents are not presented here.

# WOMEN'S HEALTH

## QUESTIONS :

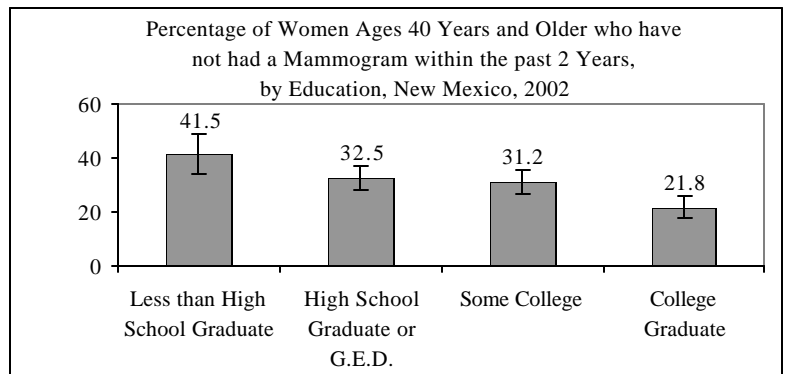
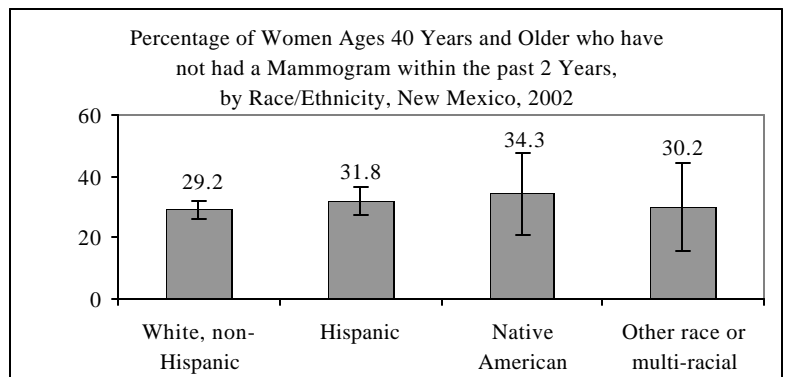
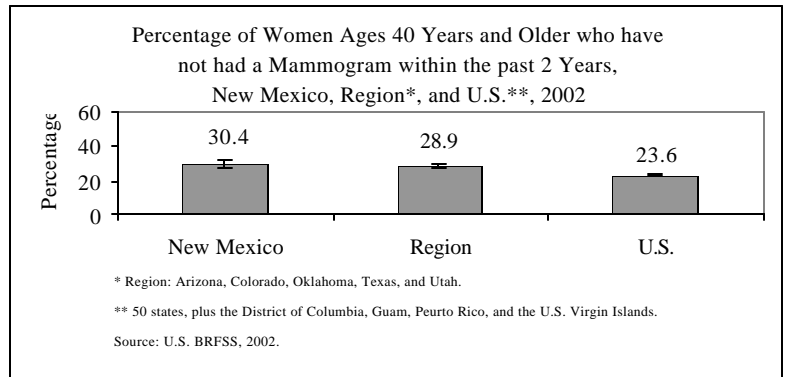
“A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?”

“How long has it been since you had your last mammogram?”

Breast cancer is the second leading cause of cancer death among women in the U.S. and the most commonly diagnosed form of cancer<sup>8</sup>. Mammography is an important tool for reducing mortality from breast cancer.

## IN NEW MEXICO,

- ◆ 30.4% of New Mexican women ages 40 years and older had not had a mammogram within the past 2 years. This percentage is higher than for the U.S. (23.6%), but similar to the percentage for the Region (28.9%).
- ◆ The percentages for not having had a mammogram within the past 2 years for women ages 40 years and older were not different for the different racial/ethnic groups.
- ◆ The percentage of not having had a mammogram within the past 2 years for women ages 40 years and older was higher in those who had less education.



# WOMEN'S HEALTH

Table 15. Percentage of New Mexico women ages 40 years and older who have not had a mammogram within the past 2 years, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	At risk of not having had a mammogram within the past 2 years (Women ages 40 years and older)			
		Total Number Respondents Who are At Risk	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	1,908	597	30.4	28.0	32.8
<b>AGE</b>					
40-44	291	140	46.9	40.2	53.7
45-54	568	174	28.4	24.4	32.7
55-64	447	97	21.2	17.1	26.0
65-74	338	92	25.8	20.8	31.5
75+	264	94	31.2	25.0	38.1
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	1,216	380	29.2	26.3	32.2
Hispanic	555	173	31.8	27.4	36.7
Native American	64	22	34.3	22.5	48.4
Other race or multi-racial	61	16	30.2	17.9	46.2
<b>EDUCATION</b>					
Less than High School Graduate	285	108	41.5	34.6	48.7
High School Graduate or G.E.D.	516	174	32.5	28.1	37.3
Some College	510	175	31.2	26.9	35.9
College Graduate	596	139	21.8	18.1	26.0
<b>INCOME</b>					
Less than \$10,000	128	54	43.3	33.3	53.9
\$10-19,999	330	134	42.2	35.8	48.8
\$20-49,999	721	230	32.4	28.5	36.6
\$50,000 or more	501	106	19.8	16.1	24.0
<b>EMPLOYMENT</b>					
Employed	942	309	31.1	27.8	34.7
Unemployed	52	21	44.6	29.9	60.3
Other**	913	267	28.8	25.5	32.4
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	383	118	30.9	25.8	36.6
NE (Health District 2)	399	130	32.2	27.3	37.5
SW (Health District 3)	393	130	34.4	29.2	39.9
SE (Health District 4)	380	138	37.6	32.2	43.3
Bernalillo County	353	81	23.3	18.7	28.6

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# WOMEN'S HEALTH

## QUESTIONS :

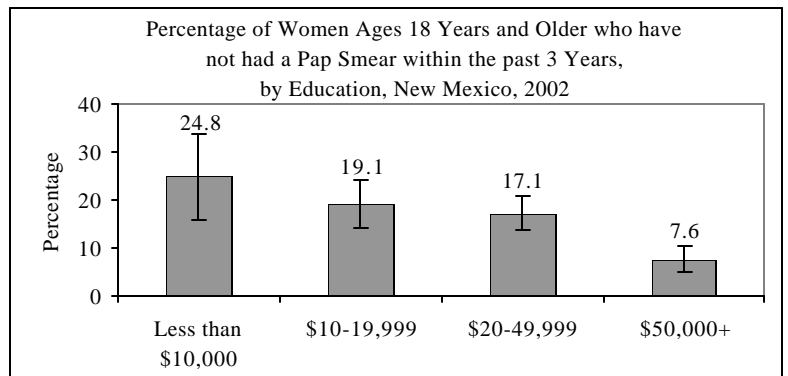
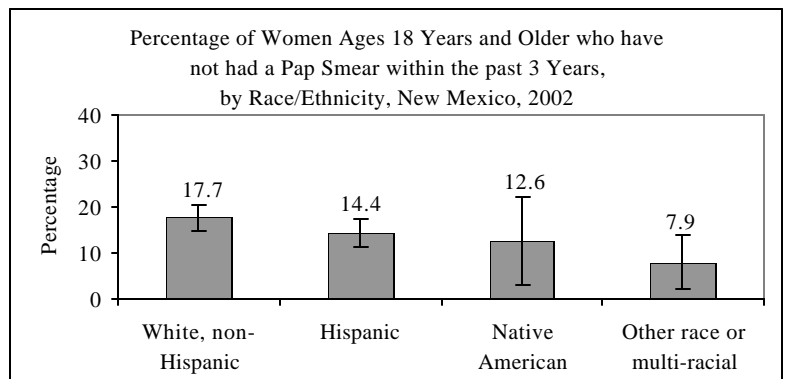
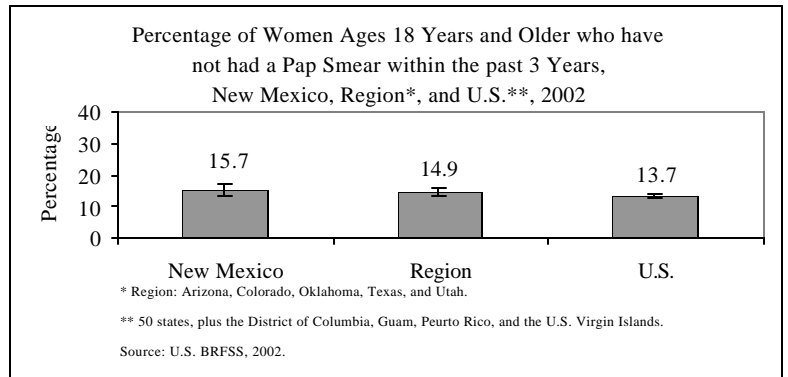
“A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?”

“How long has it been since you had your last Pap smear?”

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

## IN NEW MEXICO,

- ◆ 15.7% of New Mexican women ages 18 years and older have not had a pap smear within the past 3 years. This percentage is not significantly different from the percentages for the Region (14.9%) and the U.S. (13.7%).
- ◆ The percentages for not having had a pap smear within the past 3 years for women ages 18 years and older were not different for the different racial/ethnic groups.
- ◆ The percentage of not having had a pap smear within the past 3 years for women ages 18 years and older was higher in those who had less income.



# WOMEN'S HEALTH

Table 16. Percentage of New Mexico women ages 18 years and older who have not had a pap smear within the past 3 years, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	At risk for not having had a Pap smear within the past 3 years (Women ages 18 years and older)			
		Total Number Respondents Who are At Risk	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,036	334	15.7	13.8	17.8
<b>AGE</b>					
18-24	192	36	23.6	16.5	32.4
25-34	372	22	4.6	3.0	7.2
35-44	439	61	13.3	10.2	17.3
45-54	422	56	12.9	9.5	17.1
55-64	277	47	17.1	12.5	23.1
65-74	182	44	24.3	17.7	32.5
75+	152	68	40.7	31.6	50.5
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	1,109	201	17.7	15.0	20.8
Hispanic	744	113	14.4	11.6	17.8
Native American	98	9	12.6	5.7	25.6
Other race or multi-racial	71	7	7.9	3.7	16.3
<b>EDUCATION</b>					
Less than High School Graduate	278	70	20.1	15.4	25.8
High School Graduate or G.E.D.	528	102	21.3	16.9	26.6
Some College	576	102	15.9	12.7	19.9
College Graduate	653	59	7.5	5.5	10.1
<b>INCOME</b>					
Less than \$10,000	126	37	24.8	17.1	34.7
\$10-19,999	363	79	19.1	14.7	24.5
\$20-49,999	842	131	17.1	13.9	21.0
\$50,000 or more	505	41	7.6	5.3	10.8
<b>EMPLOYMENT</b>					
Employed	1,153	137	12.5	10.1	15.4
Unemployed	74	18	19.5	11.3	31.4
Other**	808	179	20.2	17.0	23.7
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	419	75	19.6	14.8	25.6
NE (Health District 2)	417	51	11.0	8.0	14.8
SW (Health District 3)	424	87	19.2	15.3	23.7
SE (Health District 4)	374	75	19.9	15.7	24.9
Bernalillo County	402	46	11.8	8.6	16.1

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# ASTHMA

## QUESTIONS :

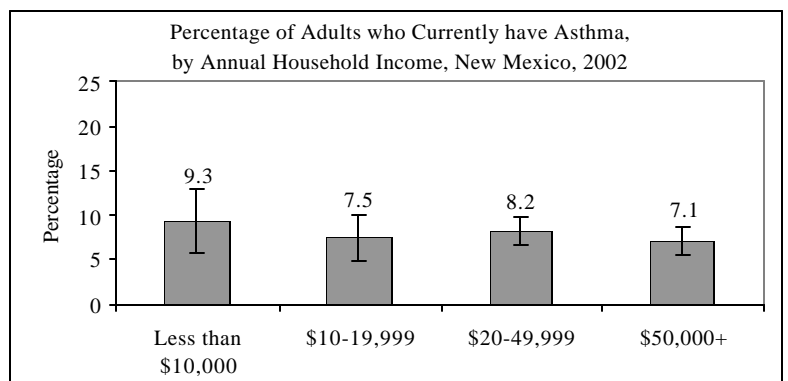
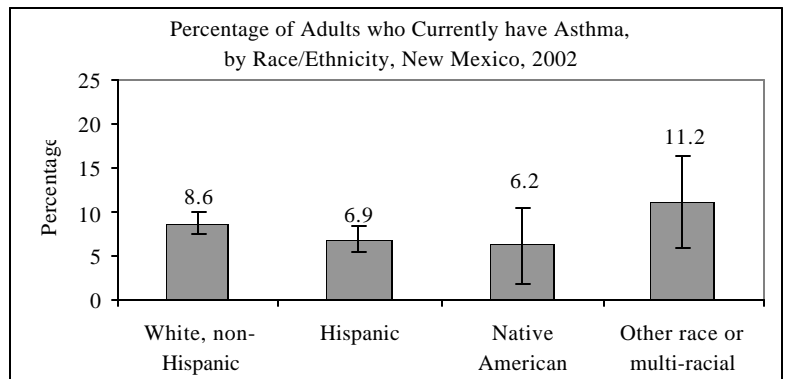
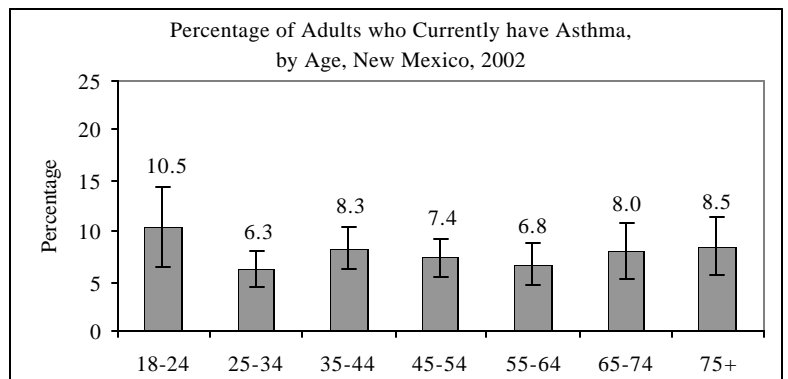
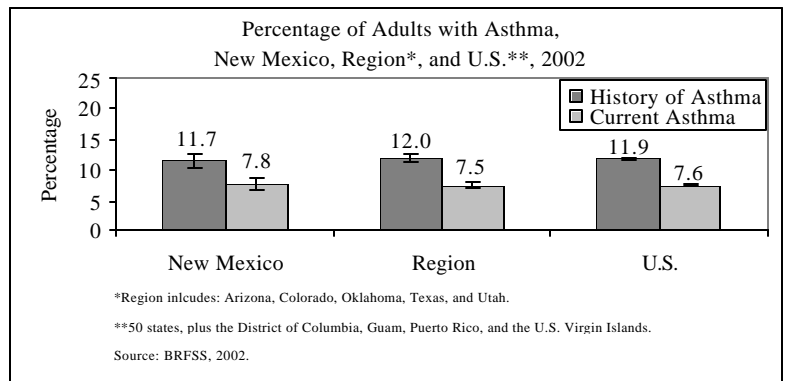
“Have you ever been told by a doctor, nurse or other health professional that you had asthma?”

“Do you still have asthma?”

Asthma is a chronic respiratory disease characterized by inflammation of the airways. Among chronic illnesses in children, asthma is the most common. Approximately 33 percent of asthma patients are under the age of 18. As estimated 14.6 million persons in the United States have asthma.

## IN NEW MEXICO,

- ◆ 11.7% of New Mexicans have a history of asthma and 7.8% still have asthma. These percentages were not statistically different from the Region (12.0% and 7.5%) or the U.S. (11.9% and 7.6%).
- ◆ The percentage of adults who currently have asthma was similar among the different age groups.
- ◆ The percentage of adults who currently have asthma was similar among the different racial/ethnic groups.
- ◆ The percentage of women who currently have asthma (10.4%) was twice as high as the percentage of men who currently have asthma (5.1%).





# ASTHMA

Table 17. Percentage of New Mexicans who have been told by a doctor, nurse or other health professional that they had asthma, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Have you ever been told by a doctor, nurse or other health professional that you had asthma?			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,669	562	11.7	10.6	12.9
<b>GENDER</b>					
Male	1,912	193	9.3	7.9	10.9
Female	2,757	369	13.9	12.3	15.7
<b>AGE</b>					
18-24	366	57	16.0	12.1	21.0
25-34	644	84	11.9	9.3	15.2
35-44	872	112	11.6	9.4	14.1
45-54	994	108	10.4	8.4	12.7
55-64	740	81	9.9	7.8	12.5
65-74	595	66	11.4	8.5	15.0
75+	439	53	10.1	7.5	13.6
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,654	358	12.9	11.4	14.5
Hispanic	1,615	160	10.3	8.6	12.3
Native American	188	16	9.6	5.2	16.9
Other race or multi-racial	171	27	15.1	9.8	22.4
<b>EDUCATION</b>					
Less than High School Graduate	650	71	9.5	7.2	12.5
High School Graduate or G.E.D.	1,276	143	12.4	10.2	14.9
Some College	1,265	163	12.6	10.5	15.1
College Graduate	1,468	185	11.3	9.6	13.2
<b>INCOME</b>					
Less than \$10,000	280	42	12.7	9.1	17.5
\$10-19,999	790	88	11.4	8.7	14.8
\$20-49,999	1,894	227	11.9	10.2	13.8
\$50,000 or more	1,245	142	10.5	8.8	12.6
<b>EMPLOYMENT</b>					
Employed	2,725	312	10.9	9.6	12.4
Unemployed	162	21	12.0	7.4	18.7
Other**	1,770	226	13.0	11.1	15.1
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	918	121	12.2	9.8	15.1
NE (Health District 2)	968	105	10.8	8.8	13.2
SW (Health District 3)	987	127	11.9	9.9	14.4
SE (Health District 4)	918	100	10.7	8.6	13.2
Bernalillo County	878	109	12.1	9.8	14.8

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# ASTHMA

Table 18. Percentage of New Mexicans who currently have asthma, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Do you still have asthma?			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,662	388	7.8	7.0	8.8
<b>GENDER</b>					
Male	1,910	120	5.1	4.2	6.2
Female	2,752	268	10.4	9.0	12.0
<b>AGE</b>					
18-24	365	34	10.5	7.1	15.1
25-34	644	53	6.3	4.7	8.4
35-44	871	77	8.3	6.4	10.6
45-54	991	77	7.4	5.8	9.5
55-64	740	55	6.8	5.0	9.1
65-74	593	48	8.0	5.6	11.2
75+	439	44	8.5	6.1	11.8
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,649	246	8.6	7.4	10.0
Hispanic	1,614	110	6.9	5.5	8.5
Native American	188	11	6.2	3.0	12.4
Other race or multi-racial	170	20	11.2	6.9	17.7
<b>EDUCATION</b>					
Less than High School Graduate	648	55	7.0	5.2	9.4
High School Graduate or G.E.D.	1,273	98	8.2	6.4	10.4
Some College	1,264	110	8.2	6.5	10.3
College Graduate	1,467	125	7.7	6.3	9.4
<b>INCOME</b>					
Less than \$10,000	280	31	9.3	6.3	13.7
\$10-19,999	789	60	7.5	5.3	10.5
\$20-49,999	1,891	160	8.2	6.8	9.9
\$50,000 or more	1,245	97	7.1	5.6	8.8
<b>EMPLOYMENT</b>					
Employed	2,722	207	7.2	6.1	8.4
Unemployed	161	10	5.6	2.8	10.9
Other**	1,767	169	9.3	7.7	11.2
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	917	84	7.8	6.0	10.1
NE (Health District 2)	965	74	7.6	6.0	9.7
SW (Health District 3)	986	87	8.2	6.5	10.3
SE (Health District 4)	917	70	6.9	5.3	8.8
Bernalillo County	877	73	8.2	6.4	10.6

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# DIABETES

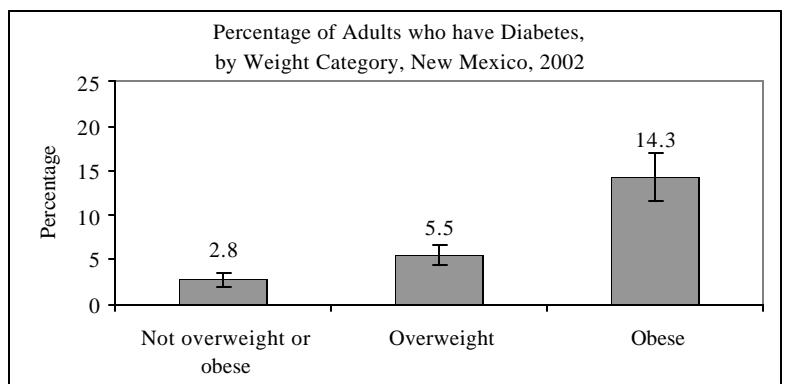
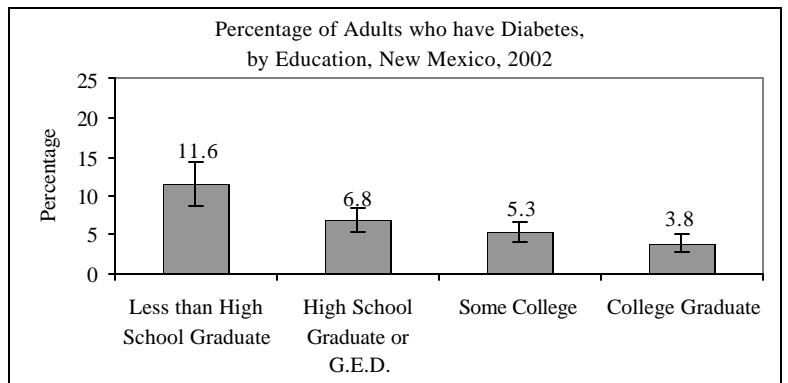
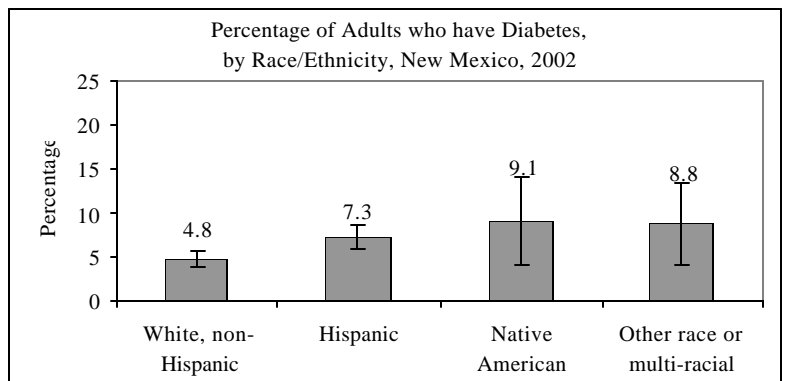
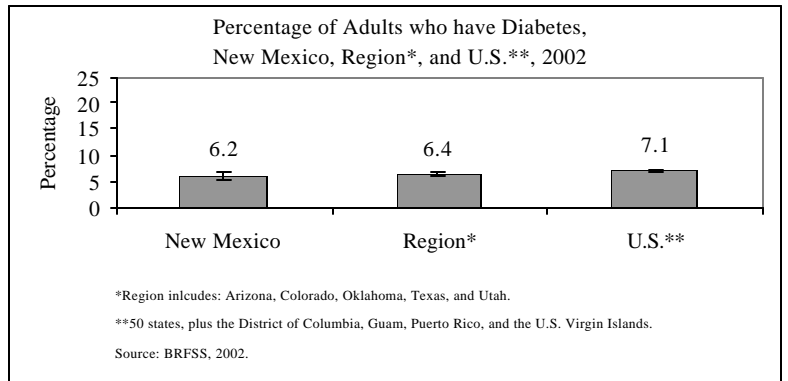
**QUESTION:**

“Have you ever been told by a doctor that you have diabetes?”

Diabetes is a chronic disease that was the sixth leading cause of death in both the U.S. and New Mexico in 2001<sup>12, 13</sup>. Diabetes takes two forms: Type 1, when the pancreas stops producing insulin, and Type 2, when cells no longer respond to insulin. The latter form, which accounts for the majority of cases, runs in families and is more common in those who don't exercise or are overweight. People with diabetes are at increased risk 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 than the percentage with diabetes in the Region (6.4%) or the U.S. (7.1%).
- ◆ The percentage of adults with diabetes was higher among Hispanics (7.3%) than White, non-Hispanics (4.8%).
- ◆ Adults with less education and income were at a higher risk of having diabetes.
- ◆ Among adults with diabetes, obese individuals had the highest prevalence (14.3%), followed by overweight but not obese individuals (5.5%), and then followed by those who were not overweight or obese (2.8%).



# DIABETES

## QUESTIONS :

“About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do not include times when checked by a health professional”

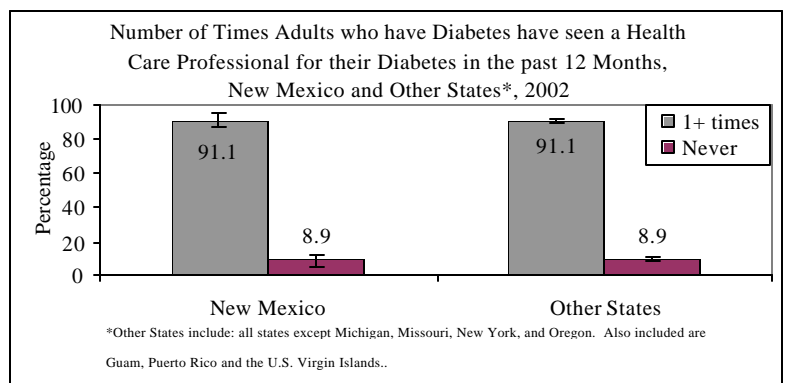
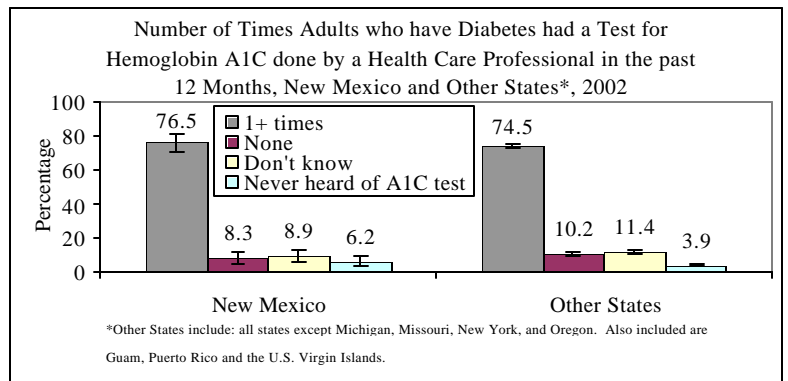
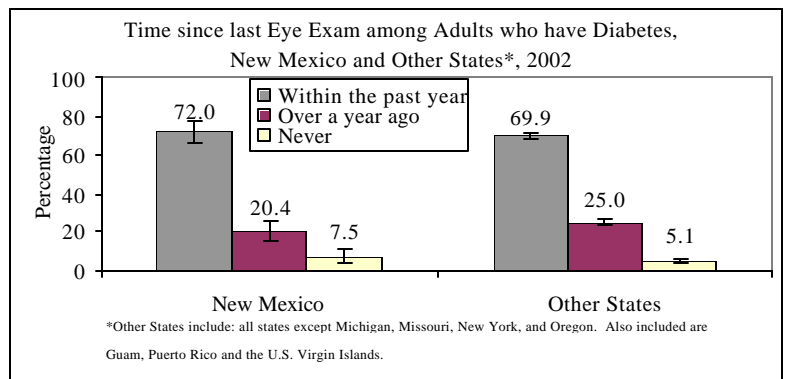
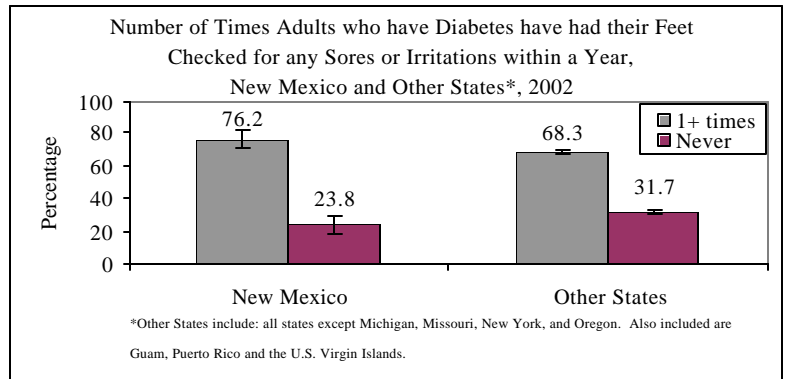
“When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.”

“A test for hemoglobin “A one C” measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse or other health professional checked you for hemoglobin “A one C”?”

“About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?”

## IN NEW MEXICO,

- ◆ 76.2% of New Mexicans who have diabetes had their feet checked for any sores or irritations at least once in the past year either by self exam or by a family member or friend, but not by a health professional. This percentage is higher than the percentage for the Other States (68.3%).
- ◆ 72.0% of New Mexicans who have diabetes had their last eye exam within the past year. This percentage is not significantly different from the Other States (69.9%).
- ◆ 76.5% of New Mexicans who have diabetes had a test for hemoglobin A1C at least once in the past 12 months. This percentage is not significantly different from the Other States (74.5%).
- ◆ 91.1% of New Mexicans who have diabetes have seen a health professional for their diabetes in the past 12 months. This percentage is not significantly different from the Other States (91.1%).



# DIABETES

Table 19. Percentage of New Mexicans who have been told by a doctor that they have diabetes, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Have you ever been told by a doctor that you have diabetes?			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,670	330	6.2	5.5	7.0
<b>GENDER</b>					
Male	1,912	137	6.1	5.0	7.4
Female	2,758	193	6.2	5.3	7.3
<b>AGE</b>					
18-24	365	1	0.4	0.1	3.1
25-34	644	9	1.3	0.6	2.8
35-44	872	29	3.4	2.2	5.2
45-54	994	68	7.8	6.0	10.2
55-64	741	84	12.7	10.1	15.9
65-74	595	90	14.0	11.1	17.5
75+	440	49	11.0	7.9	15.0
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,654	145	4.8	4.0	5.8
Hispanic	1,614	147	7.3	6.0	8.8
Native American	189	18	9.1	5.1	15.7
Other race or multi-racial	171	16	8.8	5.1	14.9
<b>EDUCATION</b>					
Less than High School Graduate	650	90	11.6	9.0	14.7
High School Graduate or G.E.D.	1,276	104	6.8	5.4	8.5
Some College	1,265	78	5.3	4.1	6.8
College Graduate	1,469	58	3.8	2.9	5.1
<b>INCOME</b>					
Less than \$10,000	280	39	12.9	8.9	18.3
\$10-19,999	791	74	8.5	6.5	11.2
\$20-49,999	1,893	118	5.3	4.3	6.6
\$50,000 or more	1,246	50	3.9	2.8	5.3
<b>EMPLOYMENT</b>					
Employed	2,725	113	3.9	3.1	4.8
Unemployed	162	12	7.7	4.1	14.0
Other**	1,771	205	10.4	8.9	12.1
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	918	64	6.9	5.1	9.2
NE (Health District 2)	968	56	5.3	3.9	7.0
SW (Health District 3)	988	75	6.7	5.2	8.6
SE (Health District 4)	918	83	8.0	6.3	10.1
Bernalillo County	878	52	5.1	3.8	6.8

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# ARTHRITIS

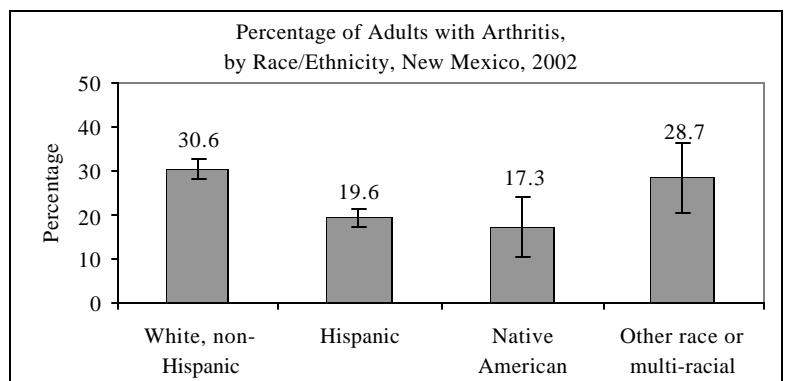
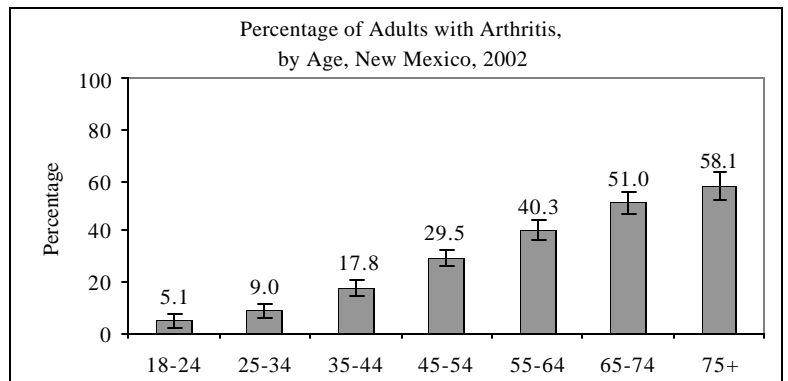
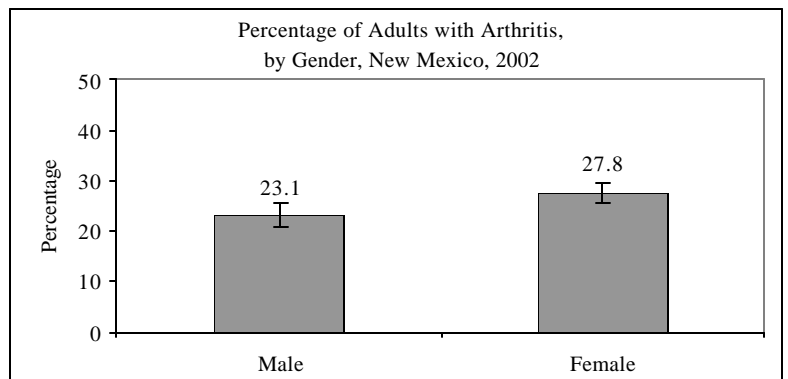
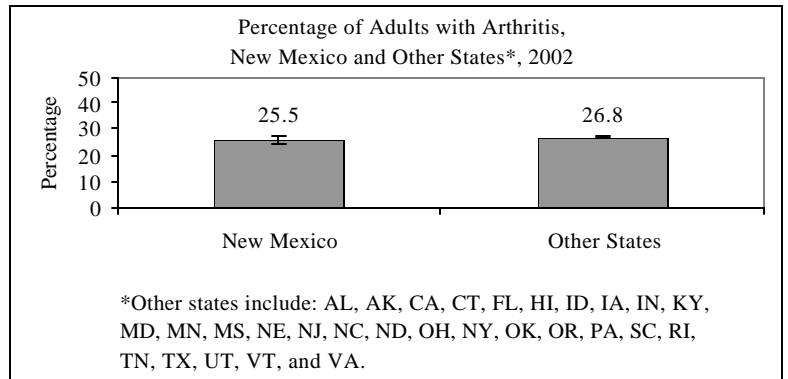
## QUESTION:

“Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?”

Arthritis is the predominant cause of activity limitation in the United States and is a major determinant of nursing home residence for the elderly. Forty-nine million American adults reported doctor-diagnosed arthritis in 2001<sup>14</sup>. [Note: From the years 1999 to 2001, presumptive arthritis was also defined in the annual report. Due to changes in the arthritis questions for 2002, presumptive arthritis is not defined in this report.]

## IN NEW MEXICO,

- ◆ 25.5% of New Mexicans have been diagnosed with some form of arthritis. This percentage is not statistically different from the percentage for the Other States (26.8%).
- ◆ Females (27.8%) are more likely to have been diagnosed with some form of arthritis than males (23.1%).
- ◆ The percentage of adults who have been diagnosed with arthritis increased with age.
- ◆ White, non-Hispanics are more likely to have been diagnosed with some form of arthritis (30.6%) than Hispanics (19.6%) and Native Americans (17.3%).



# ARTHRITIS

Table 20. Percentage of New Mexicans who have been told by a doctor or other health professional that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Have you ever been told by a doctor or other health professional that you have some form of arthritis?			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,480	1,328	25.5	24.1	27.0
<b>GENDER</b>					
Male	1,834	488	23.1	21.0	25.4
Female	2,646	840	27.8	25.9	29.8
<b>AGE</b>					
18-24	346	18	5.1	3.0	8.6
25-34	616	60	9.0	6.7	12.0
35-44	842	143	17.8	14.9	21.1
45-54	963	287	29.5	26.2	33.0
55-64	714	296	40.3	36.2	44.6
65-74	572	285	51.0	46.2	55.7
75+	414	234	58.1	52.4	63.6
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,570	868	30.6	28.5	32.7
Hispanic	1,535	361	19.6	17.4	21.9
Native American	177	31	17.3	11.5	25.2
Other race or multi-racial	161	56	28.7	21.5	37.2
<b>EDUCATION</b>					
Less than High School Graduate	613	196	24.5	20.8	28.6
High School Graduate or G.E.D.	1,216	376	25.5	22.8	28.4
Some College	1,218	360	25.9	23.2	28.9
College Graduate	1,430	396	25.7	23.1	28.5
<b>INCOME</b>					
Less than \$10,000	267	113	35.6	29.2	42.6
\$10-19,999	752	231	24.2	20.8	28.0
\$20-49,999	1,839	546	25.4	23.2	27.8
\$50,000 or more	1,218	308	23.8	21.2	26.7
<b>EMPLOYMENT</b>					
Employed	2,627	550	18.4	16.8	20.2
Unemployed	158	39	21.1	14.8	29.1
Other**	1,690	737	39.2	36.5	42.0
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	879	252	23.6	20.5	27.0
NE (Health District 2)	933	251	24.5	21.6	27.7
SW (Health District 3)	952	285	26.1	23.2	29.2
SE (Health District 4)	873	302	29.3	26.1	32.7
Bernalillo County	843	238	25.2	22.2	28.6

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# TOBACCO USE

## QUESTIONS:

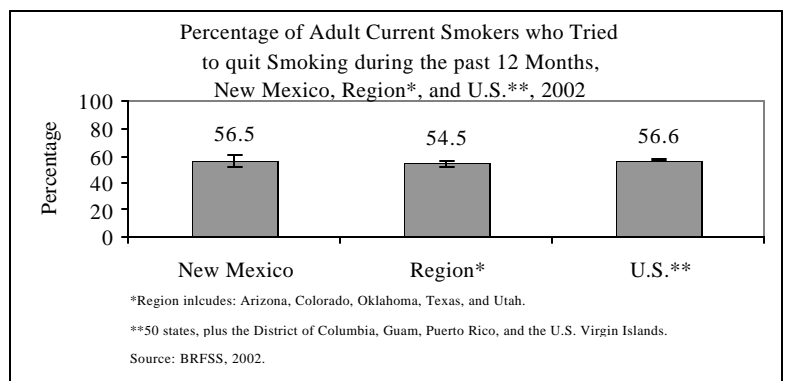
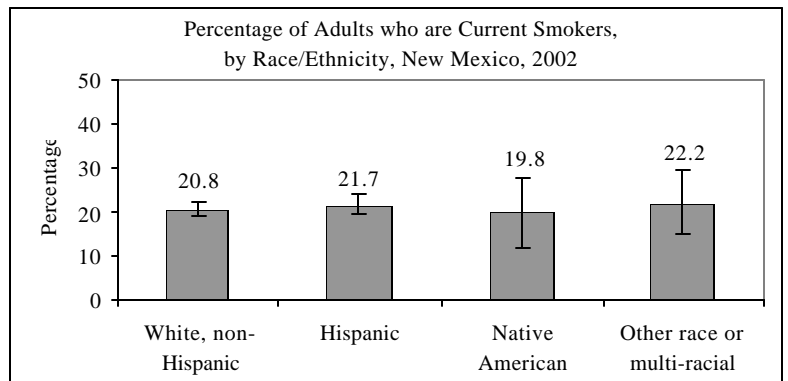
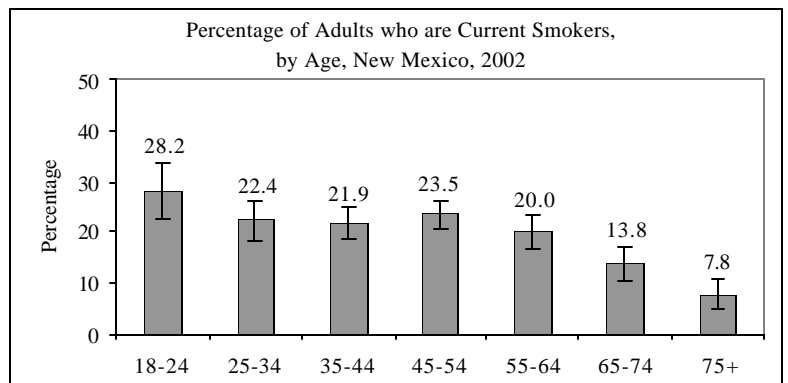
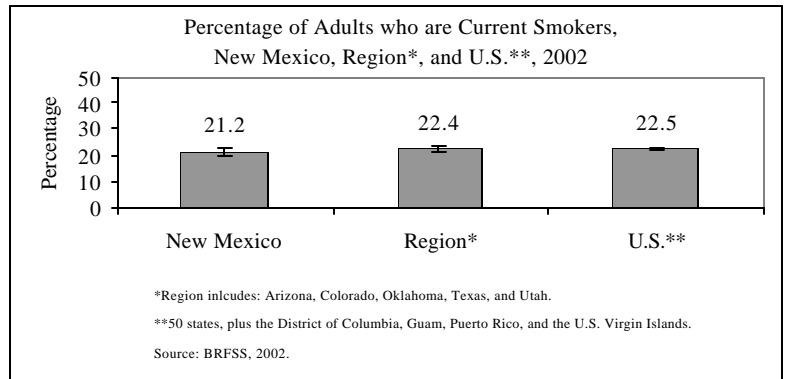
“Have you smoked at least 100 cigarettes in your entire life?”

“Do you now 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<sup>15</sup>. BRFSS defines current smokers as respondents who answer “Yes” to the first question above, and “Every Day” or “Some Days” to the second question.

## IN NEW MEXICO,

- ◆ The prevalence of smoking was 21.2% for New Mexico. This was not statistically different from the percentages in the Region (22.4%) and the U.S. (22.5%).
- ◆ The prevalence of smoking was highest among the younger age groups and declined with age.
- ◆ 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.
- ◆ 56.5% of New Mexican smokers tried to quit smoking at least once during the past year. This was not statistically different from the percentages in the Region (54.5%) and the U.S. (56.6%).





# TOBACCO USE

Table 21. Percentage of New Mexicans who are current smokers, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Current smoker			
		Total Number Who Responded "Yes" <sup>⊗</sup>	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,663	976	21.2	19.8	22.8
<b>GENDER</b>					
Male	1,911	433	23.3	21.0	25.8
Female	2,752	543	19.3	17.5	21.2
<b>AGE</b>					
18-24	366	97	28.2	22.8	34.2
25-34	643	142	22.4	18.6	26.7
35-44	870	205	21.9	18.9	25.2
45-54	994	248	23.5	20.6	26.6
55-64	740	158	20.0	16.9	23.6
65-74	594	86	13.8	10.8	17.4
75+	438	37	7.8	5.3	11.2
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,649	535	20.8	19.0	22.8
Hispanic	1,612	358	21.7	19.3	24.3
Native American	189	33	19.8	13.0	28.9
Other race or multi-racial	171	37	22.2	15.6	30.6
<b>EDUCATION</b>					
Less than High School Graduate	648	188	30.3	25.8	35.2
High School Graduate or G.E.D.	1,273	304	24.5	21.6	27.6
Some College	1,264	311	23.4	20.7	26.4
College Graduate	1,469	172	11.6	9.7	13.8
<b>INCOME</b>					
Less than \$10,000	279	98	30.7	24.8	37.3
\$10-19,999	791	227	31.0	26.6	35.7
\$20-49,999	1,890	407	21.9	19.7	24.4
\$50,000 or more	1,244	161	12.5	10.5	14.8
<b>EMPLOYMENT</b>					
Employed	2,725	607	22.0	20.1	24.0
Unemployed	162	56	37.2	28.5	46.9
Other**	1,764	311	18.1	15.9	20.4
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	917	177	20.4	17.3	24.0
NE (Health District 2)	967	203	21.3	18.4	24.4
SW (Health District 3)	987	201	20.7	17.9	23.8
SE (Health District 4)	915	222	25.9	22.4	29.8
Bernalillo County	877	173	19.9	17.0	23.2

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

⊗ BRFSS defines current smokers as respondents who have smoked at least 100 cigarettes in their entire life and now smoke "every day" or "some days".

# TOBACCO USE

Table 22. Percentage of New Mexican smokers who tried to quit smoking for one day or longer because they were trying to quit smoking, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	976	544	56.5	52.4	60.4
<b>GENDER</b>					
Male	433	242	57.5	51.6	63.2
Female	543	302	55.3	50.0	60.4
<b>AGE</b>					
18-24	97	67	65.8	53.3	76.4
25-34	142	83	59.4	48.9	69.0
35-44	205	114	54.0	45.9	61.8
45-54	248	135	53.4	46.2	60.5
55-64	158	86	52.6	43.3	61.7
65-74	86	43	51.5	38.8	64.1
75+	37*	—	—	—	—
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	535	279	51.5	46.3	56.7
Hispanic	358	211	59.3	52.7	65.5
Native American	33*	—	—	—	—
Other race or multi-racial	37*	—	—	—	—
<b>EDUCATION</b>					
Less than High School Graduate	188	105	63.8	55.0	71.7
High School Graduate or G.E.D.	304	166	54.1	46.9	61.1
Some College	311	171	52.5	45.5	59.3
College Graduate	172	101	59.0	49.5	67.8
<b>INCOME</b>					
Less than \$10,000	98	69	72.6	61.5	81.5
\$10-19,999	227	118	54.1	45.2	62.9
\$20-49,999	407	227	56.7	50.6	62.5
\$50,000 or more	161	83	49.5	40.5	58.5
<b>EMPLOYMENT</b>					
Employed	607	330	54.3	49.2	59.4
Unemployed	56	32	61.4	45.3	75.4
Other**	311	181	60.1	53.0	66.8
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	177	97	59.0	49.7	67.7
NE (Health District 2)	203	117	61.6	53.6	68.9
SW (Health District 3)	201	109	55.8	47.7	63.6
SE (Health District 4)	222	130	59.3	49.7	68.2
Bernalillo County	173	91	50.8	42.2	59.3

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

\* Estimates based on cells with < 50 respondents are not presented here.

# ALCOHOL CONSUMPTION

## QUESTIONS:

*A drink of alcohol is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor.*

“During the past 30 days, how many days per week or per month did you have at least 1 drink of any alcoholic beverage?”

“On the days when you drank, about how many drinks did you drink on the average?”

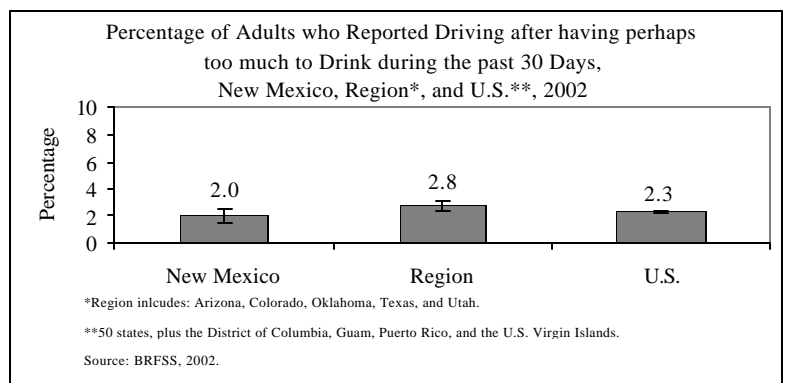
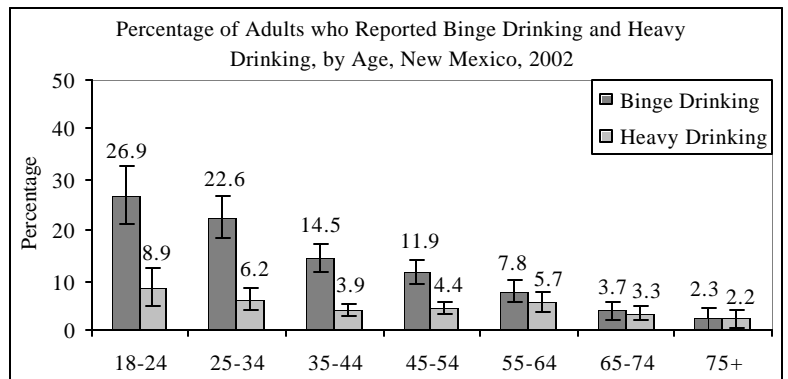
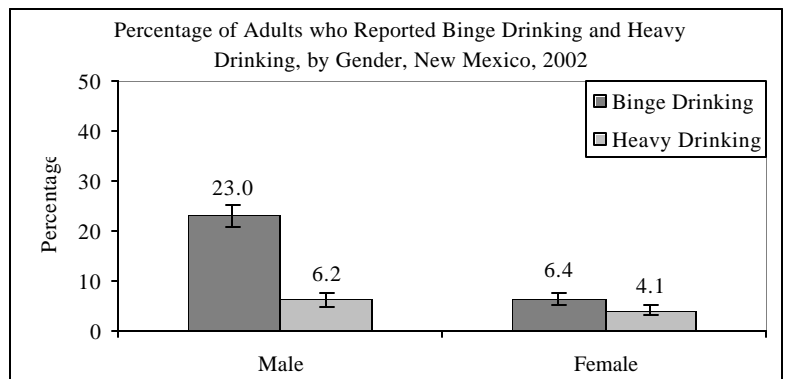
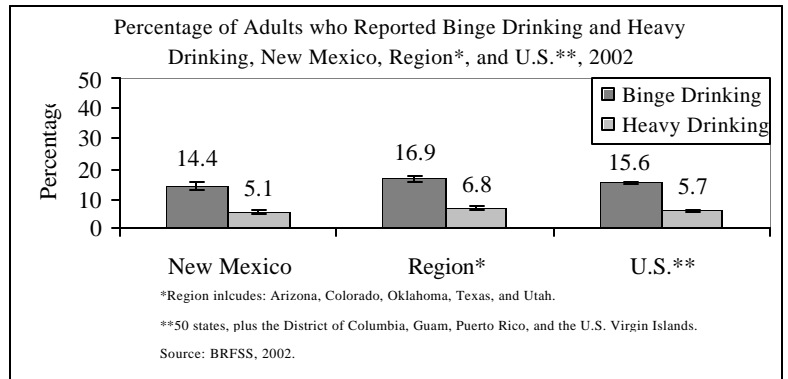
“Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?”

“During the past 30 days, 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% in New Mexico<sup>16</sup>. Alcohol is a risk factor for cirrhosis of the liver and for cancers of the oral cavity, larynx, and pharynx<sup>17</sup>. Binge drinkers 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 on average during the past month and women who averaged = 1 drink per day on average during the past month.

## IN NEW MEXICO,

- ◆ 14.4% and 5.1% of New Mexican adults reported binge drinking and heavy drinking, respectively. These percentages are less than the percentages for the Region (16.9% and 6.8%), but not statistically different from the U.S. (15.6% and 5.7%).
- ◆ The percentage of males who reported binge drinking (23.0%) was higher than the percentage for females (6.4%).
- ◆ 2.0% of New Mexicans reported to have driven after having had perhaps too much to drink during the past 30 days. This percentage is not statistically different from the percentage for the Region (2.8%) and the U.S. (2.3%).



# ALCOHOL CONSUMPTION

Table 23. Percentage of New Mexicans who are binge drinkers (= 5 drinks on one occasion in past month), 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Binge Drinkers: 5 or more drinks on one occasion in the past month			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,640	561	14.4	13.1	15.8
<b>GENDER</b>					
Male	1,891	395	23.0	20.7	25.5
Female	2,749	166	6.4	5.3	7.7
<b>AGE</b>					
18-24	360	94	26.9	21.6	32.9
25-34	640	132	22.6	18.8	27.0
35-44	867	131	14.5	12.0	17.4
45-54	990	118	11.9	9.7	14.4
55-64	737	53	7.8	5.7	10.6
65-74	592	24	3.7	2.4	5.8
75+	437	7	2.3	0.9	5.9
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,645	263	11.9	10.4	13.7
Hispanic	1,596	248	18.3	15.8	21.0
Native American	189	23	9.2	5.4	15.2
Other race or multi-racial	169	20	16.0	9.9	24.8
<b>EDUCATION</b>					
Less than High School Graduate	638	73	15.0	11.3	19.6
High School Graduate or G.E.D.	1,267	172	16.2	13.6	19.0
Some College	1,261	169	16.7	14.1	19.7
College Graduate	1,465	146	10.4	8.6	12.4
<b>INCOME</b>					
Less than \$10,000	280	28	9.7	6.5	14.3
\$10-19,999	780	109	18.4	14.5	23.1
\$20-49,999	1,885	258	16.6	14.5	19.0
\$50,000 or more	1,243	131	11.4	9.5	13.7
<b>EMPLOYMENT</b>					
Employed	2,709	414	17.2	15.4	19.1
Unemployed	160	32	23.5	15.9	33.1
Other**	1,759	113	8.3	6.6	10.4
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	918	89	10.2	8.1	12.9
NE (Health District 2)	961	119	14.4	11.9	17.3
SW (Health District 3)	979	148	18.8	15.9	22.0
SE (Health District 4)	909	102	14.7	11.5	18.5
Bernalillo County	873	103	14.5	11.8	17.7

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# ALCOHOL CONSUMPTION

Table 24. Percentage of New Mexican men who are binge drinkers (= 5 drinks on one occasion in past month), 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Male Binge Drinkers: 5 or more drinks on one occasion in the past month			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	1,819	395	23.0	20.7	25.5
<b>AGE</b>					
18-24	162	59	36.6	28.2	45.9
25-34	244	91	35.6	28.7	43.1
35-44	363	95	24.1	19.5	29.4
45-54	418	84	19.5	15.5	24.3
55-64	289	41	13.9	9.9	19.2
65-74	247	19	6.5	3.9	10.6
75+	159	4	3.1	1.0	9.0
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	1,089	179	18.0	15.4	21.0
Hispanic	622	179	30.6	26.1	35.4
Native American	79	14	14.3	7.7	25.1
Other race or multi-racial	80	18	27.4	17.0	41.1
<b>EDUCATION</b>					
Less than High School Graduate	231	53	25.5	18.5	34.1
High School Graduate or G.E.D.	528	129	27.0	22.5	31.9
Some College	478	111	27.2	22.4	32.6
College Graduate	649	101	15.0	12.0	18.6
<b>INCOME</b>					
Less than \$10,000	97	19	16.8	10.4	26.1
\$10-19,999	285	64	29.5	22.2	37.9
\$20-49,999	799	189	26.3	22.7	30.3
\$50,000 or more	570	99	17.4	14.0	21.3
<b>EMPLOYMENT</b>					
Employed	1,252	305	25.5	22.6	28.6
Unemployed	72	27	36.8	24.6	51.1
Other**	559	62	13.6	10.2	18.1
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	372	62	16.1	12.2	20.9
NE (Health District 2)	407	82	21.9	17.6	27.0
SW (Health District 3)	401	110	31.8	26.6	37.4
SE (Health District 4)	365	71	23.9	18.1	30.8
Bernalillo County	346	70	22.7	17.9	28.3

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 1,913 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# ALCOHOL CONSUMPTION

Table 25. Percentage of New Mexican women who are binge drinkers (= 5 drinks on one occasion in past month), 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Female Binge Drinkers: 5 or more drinks on one occasion in the past month			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,749	166	6.4	5.3	7.7
<b>AGE</b>					
18-24	198	35	17.0	11.5	24.4
25-34	396	41	9.8	7.0	13.6
35-44	504	36	5.3	3.7	7.5
45-54	572	34	4.7	3.2	6.7
55-64	448	12	2.3	1.2	4.5
65-74	345	5	1.3	0.5	3.5
75+	278	3	1.8	0.4	8.4
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	1,556	84	6.3	4.8	8.2
Hispanic	974	69	7.3	5.5	9.6
Native American	110	9	3.8	1.8	7.7
Other race or multi-racial	89	2	1.8	0.4	7.4
<b>EDUCATION</b>					
Less than High School Graduate	407	20	6.1	3.7	9.8
High School Graduate or G.E.D.	739	43	6.0	4.2	8.6
Some College	783	58	8.0	5.7	11.1
College Graduate	816	45	5.3	3.8	7.4
<b>INCOME</b>					
Less than \$10,000	183	9	4.6	2.2	9.2
\$10-19,999	495	45	9.4	6.3	13.8
\$20-49,999	1,086	69	7.3	5.5	9.7
\$50,000 or more	673	32	4.8	3.3	6.9
<b>EMPLOYMENT</b>					
Employed	1,457	109	7.2	5.8	8.9
Unemployed	88	5	6.9	2.5	17.6
Other**	1,200	51	5.4	3.7	7.6
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	546	27	4.8	3.0	7.5
NE (Health District 2)	554	37	7.3	5.1	10.3
SW (Health District 3)	578	38	6.8	4.8	9.6
SE (Health District 4)	544	31	6.1	4.1	8.9
Bernalillo County	527	33	6.9	4.6	10.3

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 2,758 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# ALCOHOL CONSUMPTION

Table 26. Percentage of New Mexicans who are heavy drinkers (among men: 2 or more drinks per day on average in past month, and among women: 1 or more drinks per day on average in past month), 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Heavy Drinkers: Among men, 2 or more drinks per day on average in past month. Among women, 1 or more drinks per day on average in past month.			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,637	222	5.1	4.4	6.0
<b>GENDER</b>					
Male	1,893	111	6.2	5.0	7.8
Female	2,744	111	4.1	3.2	5.2
<b>AGE</b>					
18-24	359	27	8.9	5.6	13.7
25-34	639	37	6.2	4.3	9.0
35-44	864	41	3.9	2.8	5.5
45-54	988	46	4.4	3.2	5.9
55-64	739	38	5.7	3.8	8.3
65-74	593	22	3.3	2.1	5.1
75+	438	11	2.2	1.0	4.6
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,641	141	5.7	4.7	7.0
Hispanic	1,597	62	4.4	3.2	6.0
Native American	189	6	2.5	1.0	6.3
Other race or multi-racial	170	9	8.3	3.9	16.6
<b>EDUCATION</b>					
Less than High School Graduate	641	26	4.3	2.8	6.7
High School Graduate or G.E.D.	1,266	55	5.1	3.7	7.1
Some College	1,257	61	5.8	4.2	8.0
College Graduate	1,464	79	4.9	3.8	6.2
<b>INCOME</b>					
Less than \$10,000	279	5	1.3	0.5	3.3
\$10-19,999	783	33	6.6	4.2	10.3
\$20-49,999	1,882	97	5.0	4.0	6.3
\$50,000 or more	1,239	70	5.5	4.2	7.1
<b>EMPLOYMENT</b>					
Employed	2,704	145	5.6	4.6	6.8
Unemployed	160	6	4.9	1.7	13.2
Other**	1,761	69	4.3	3.1	5.9
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	913	39	4.1	2.8	5.9
NE (Health District 2)	964	45	3.9	2.8	5.3
SW (Health District 3)	975	55	6.3	4.7	8.6
SE (Health District 4)	911	28	3.9	2.6	6.0
Bernalillo County	874	55	6.3	4.5	8.5

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# FRUITS AND VEGETABLES

## QUESTIONS:

“How often do you drink fruit juices such as orange, grapefruit, or tomato?”

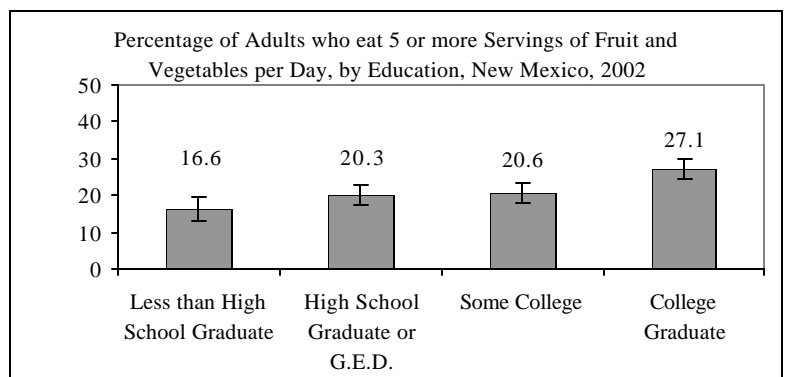
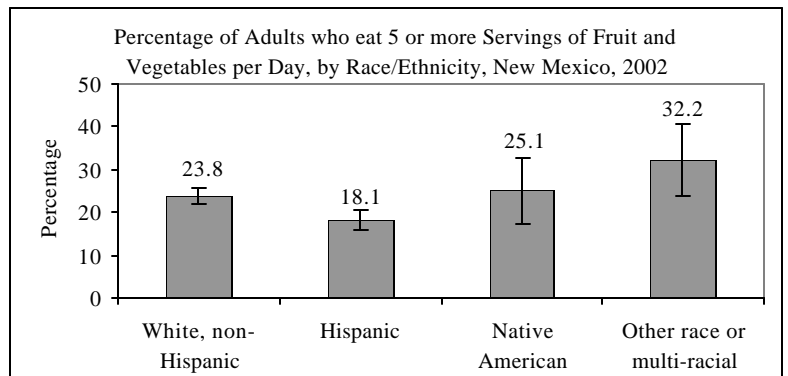
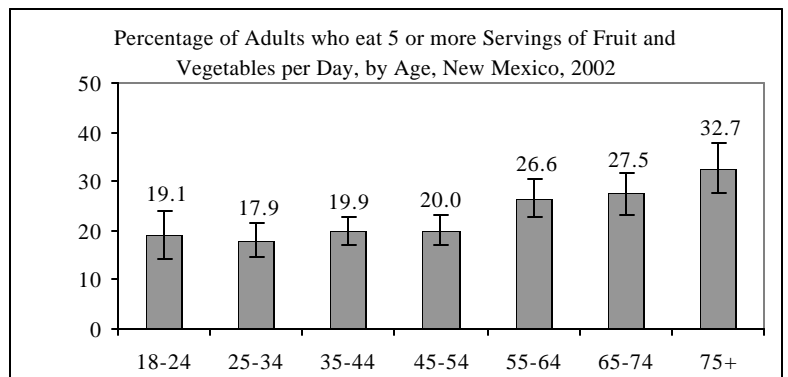
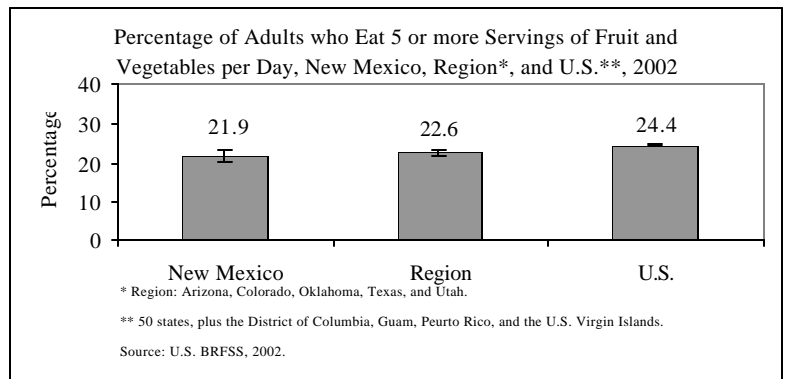
“Not counting juice, how often do you eat fruit?”

“Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?”

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

## IN NEW MEXICO,

- ◆ The percentage of New Mexicans who eat 5 or more servings of fruit and vegetables per day was 21.9%. This percentage was not statistically different from the percentage for the Region (22.6%), but was lower than the percentage for the U.S. (24.4%).
- ◆ Adults in older age groups were more likely than those in younger age groups to eat 5 or more servings of fruit and vegetables per day.
- ◆ The percentage of adults who eat 5 or more servings of fruit and vegetables per day did not differ among the different racial/ethnic groups.
- ◆ Adults with higher education were more likely to eat 5 or more servings of fruit and vegetables per day.





# FRUITS AND VEGETABLES

Table 27. Percentage of New Mexicans who reported eating 5 or more servings of fruits and vegetables per day, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Eat 5 or more servings of fruits and vegetables per day			
		Total Number Respondents Who Eat 5 or more servings per	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,670	1,087	21.9	20.5	23.4
<b>GENDER</b>					
Male	1,913	356	17.8	15.8	20.0
Female	2,757	731	25.7	23.8	27.7
<b>AGE</b>					
18-24	366	68	19.1	14.7	24.5
25-34	643	121	17.9	14.7	21.7
35-44	872	178	19.9	17.1	23.1
45-54	994	204	20.0	17.2	23.3
55-64	741	204	26.6	23.1	30.4
65-74	595	164	27.5	23.5	31.8
75+	440	144	32.7	27.7	38.0
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,653	664	23.8	21.9	25.7
Hispanic	1,615	306	18.1	15.8	20.6
Native American	189	53	25.1	18.2	33.5
Other race or multi-racial	171	56	32.2	24.6	40.9
<b>EDUCATION</b>					
Less than High School Graduate	650	124	16.6	13.5	20.1
High School Graduate or G.E.D.	1,275	269	20.3	17.7	23.1
Some College	1,266	271	20.6	18.0	23.5
College Graduate	1,469	418	27.1	24.4	29.9
<b>INCOME</b>					
Less than \$10,000	280	60	21.4	15.9	28.0
\$10-19,999	790	166	17.8	14.8	21.2
\$20-49,999	1,894	413	21.2	19.0	23.5
\$50,000 or more	1,246	332	24.7	22.0	27.6
<b>EMPLOYMENT</b>					
Employed	2,725	570	19.9	18.1	21.8
Unemployed	162	29	16.5	11.1	24.0
Other**	1,771	484	26.0	23.7	28.5
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	919	222	23.5	20.3	27.0
NE (Health District 2)	968	255	24.9	22.0	28.0
SW (Health District 3)	988	218	20.0	17.4	23.0
SE (Health District 4)	918	195	19.7	17.0	22.6
Bernalillo County	877	197	21.4	18.5	24.7

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# OVERWEIGHT AND OBESITY

## QUESTIONS:

“About how much do you weigh without shoes?”

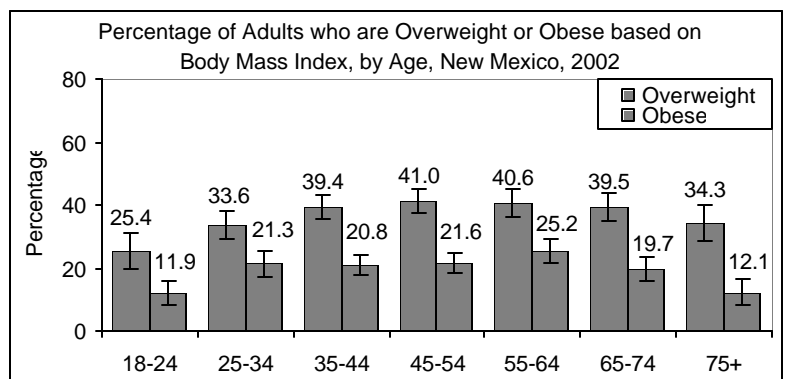
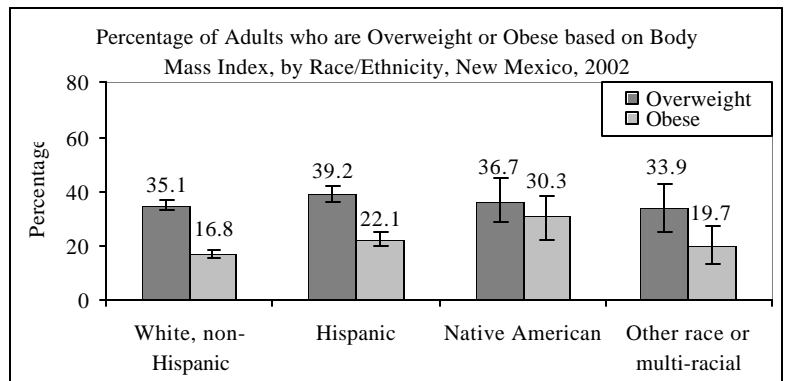
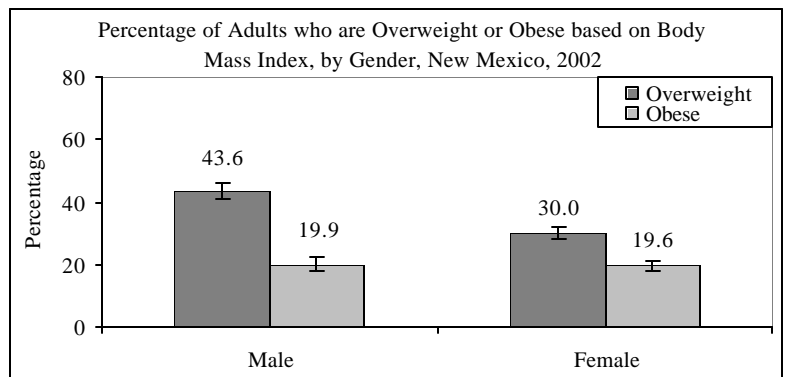
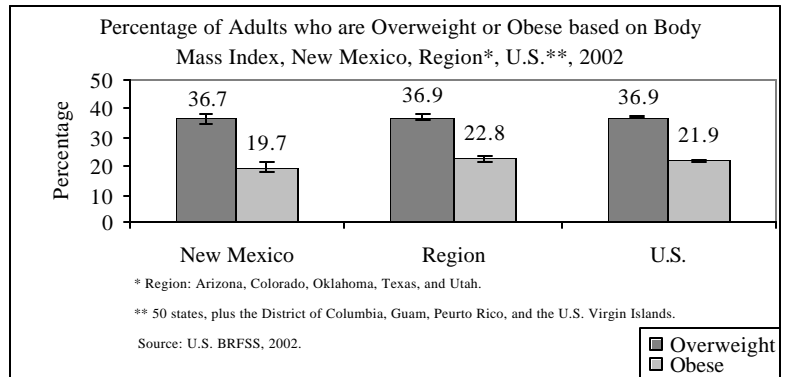
“About how tall are you without shoes?”

Being overweight or obese are known risk factors for diabetes, heart disease and stroke, hypertension, gallbladder disease, osteoarthritis (degeneration of cartilage and cone 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 identify overweight as a BMI of 25-29.9, and obesity as a BMI of 30 or greater.

## IN NEW MEXICO,

- ◆ 36.7% of adults were overweight and an additional 19.7% were obese based on Body Mass Index (BMI). The percentage of being overweight was not statistically different from the percentages for the Region (36.9%) or the U.S. (36.9%). The percentage of obesity was lower than the percentages for the Region (22.8%) and the U.S. (21.9%).
- ◆ The percentage of being overweight was higher among men (43.6%) than women (30.0%), but not statistically different for obesity.
- ◆ The percentages of being overweight were not statistically different among the different racial/ethnic groups. Percentages of obesity for Hispanics (22.1%) and Native Americans (30.3%) were higher than White, non-Hispanics (16.8%).



# OVERWEIGHT AND OBESITY

Table 28. Percentage of New Mexicans who are overweight (but not obese) based on Body Mass Index (BMI = 25.0-29.9), 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight (but not obese): Body Mass Index = 25-29.9			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,488	1,603	36.7	34.9	38.4
<b>GENDER</b>					
Male	1,875	819	43.6	40.8	46.4
Female	2,613	784	30.0	27.9	32.2
<b>AGE</b>					
18-24	347	90	25.4	20.4	31.3
25-34	607	200	33.6	29.2	38.3
35-44	843	304	39.4	35.5	43.4
45-54	966	366	41.0	37.4	44.8
55-64	718	279	40.6	36.5	44.9
65-74	576	230	39.5	34.9	44.2
75+	419	131	34.3	29.0	40.0
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,585	887	35.1	32.9	37.4
Hispanic	1,517	585	39.2	36.1	42.3
Native American	186	71	36.7	28.8	45.4
Other race or multi-racial	163	51	33.9	25.7	43.2
<b>EDUCATION</b>					
Less than High School Graduate	589	221	37.4	32.5	42.6
High School Graduate or G.E.D.	1,236	452	37.8	34.5	41.2
Some College	1,221	424	34.4	31.2	37.7
College Graduate	1,441	506	37.4	34.4	40.5
<b>INCOME</b>					
Less than \$10,000	263	80	29.6	23.5	36.6
\$10-19,999	749	250	32.7	28.5	37.2
\$20-49,999	1,858	697	39.1	36.4	41.9
\$50,000 or more	1,222	443	37.6	34.4	40.9
<b>EMPLOYMENT</b>					
Employed	2,637	989	38.4	36.1	40.7
Unemployed	159	52	37.3	28.4	47.1
Other**	1,688	561	33.4	30.7	36.2
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	895	325	37.4	33.6	41.3
NE (Health District 2)	947	312	34.5	31.1	38.0
SW (Health District 3)	935	352	38.7	35.2	42.3
SE (Health District 4)	872	325	37.5	33.7	41.4
Bernalillo County	839	289	35.8	32.1	39.7

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# OVERWEIGHT AND OBESITY

Table 29. Percentage of New Mexicans who are obese based on Body Mass Index (BMI = 30), 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Obese: Body Mass Index = 30 or greater			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,488	877	19.7	18.3	21.2
<b>GENDER</b>					
Male	1,875	370	19.9	17.8	22.3
Female	2,613	507	19.6	17.8	21.5
<b>AGE</b>					
18-24	347	41	11.9	8.6	16.3
25-34	607	121	21.3	17.4	25.9
35-44	843	180	20.8	17.8	24.3
45-54	966	204	21.6	18.5	25.0
55-64	718	176	25.2	21.6	29.2
65-74	576	106	19.7	16.0	24.1
75+	419	48	12.1	8.6	16.8
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,585	436	16.8	15.1	18.6
Hispanic	1,517	343	22.1	19.6	24.7
Native American	186	52	30.3	22.6	39.3
Other race or multi-racial	163	36	19.7	13.7	27.5
<b>EDUCATION</b>					
Less than High School Graduate	589	153	26.3	22.1	30.9
High School Graduate or G.E.D.	1,236	267	20.3	17.7	23.2
Some College	1,221	251	21.4	18.6	24.4
College Graduate	1,441	206	14.8	12.6	17.3
<b>INCOME</b>					
Less than \$10,000	263	63	25.0	19.0	32.0
\$10-19,999	749	159	20.6	17.2	24.5
\$20-49,999	1,858	369	20.7	18.4	23.2
\$50,000 or more	1,222	225	18.5	16.0	21.3
<b>EMPLOYMENT</b>					
Employed	2,637	502	19.6	17.7	21.6
Unemployed	159	36	22.7	16.0	31.2
Other**	1,688	337	19.7	17.5	22.1
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	895	214	23.7	20.4	27.4
NE (Health District 2)	947	148	16.6	14.0	19.6
SW (Health District 3)	935	194	22.0	19.0	25.2
SE (Health District 4)	872	192	21.4	18.5	24.7
Bernalillo County	839	129	16.7	13.8	19.9

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# OVERWEIGHT AND OBESITY

Table 30. Percentage of New Mexicans who are overweight or obese based on Body Mass Index (BMI = 25), 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight and Obese: Body Mass Index = 25 or greater			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,488	2,480	56.4	54.6	58.2
<b>GENDER</b>					
Male	1,875	1,189	63.5	60.7	66.2
Female	2,613	1,291	49.5	47.2	51.9
<b>AGE</b>					
18-24	347	131	37.3	31.5	43.5
25-34	607	321	54.9	50.0	59.7
35-44	843	484	60.2	56.3	64.1
45-54	966	570	62.6	59.0	66.1
55-64	718	455	65.9	61.8	69.7
65-74	576	336	59.2	54.5	63.7
75+	419	179	46.4	40.8	52.2
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,585	1,323	51.9	49.5	54.2
Hispanic	1,517	928	61.2	58.1	64.3
Native American	186	123	67.0	57.4	75.3
Other race or multi-racial	163	87	53.6	44.5	62.4
<b>EDUCATION</b>					
Less than High School Graduate	589	374	63.6	58.3	68.7
High School Graduate or G.E.D.	1,236	719	58.1	54.6	61.5
Some College	1,221	675	55.7	52.3	59.2
College Graduate	1,441	712	52.2	49.1	55.3
<b>INCOME</b>					
Less than \$10,000	263	143	54.6	47.1	61.9
\$10-19,999	749	409	53.3	48.5	58.2
\$20-49,999	1,858	1,066	59.7	56.9	62.5
\$50,000 or more	1,222	668	56.1	52.8	59.3
<b>EMPLOYMENT</b>					
Employed	2,637	1,491	57.9	55.5	60.2
Unemployed	159	88	60.0	50.6	68.7
Other**	1,688	898	53.1	50.2	56.1
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	895	539	61.1	57.0	65.1
NE (Health District 2)	947	460	51.1	47.5	54.7
SW (Health District 3)	935	546	60.7	57.1	64.1
SE (Health District 4)	872	517	58.9	54.9	62.8
Bernalillo County	839	418	52.4	48.5	56.3

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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# EXERCISE

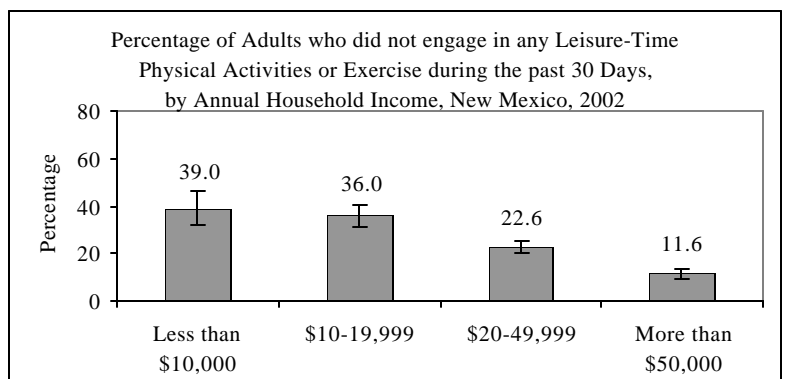
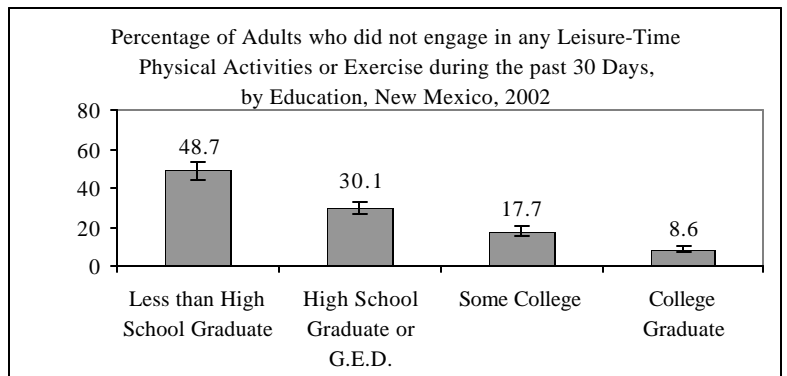
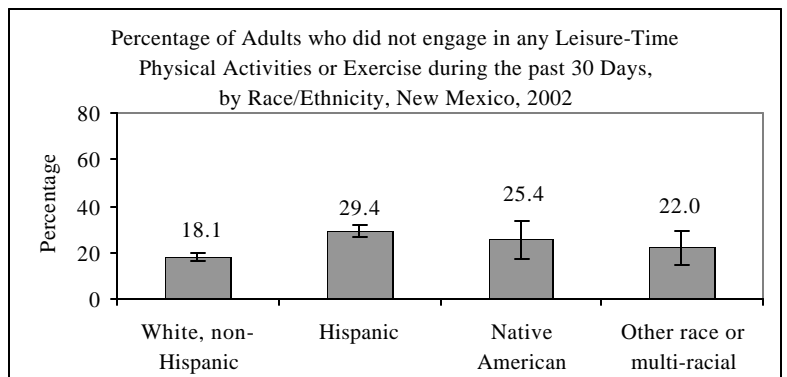
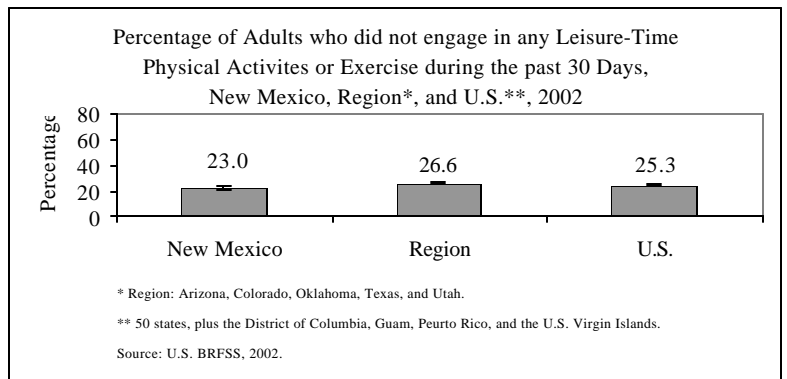
## QUESTION:

“During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?”

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

## IN NEW MEXICO,

- ◆ 23.0% of New Mexicans did not engage in any leisure-time activities or exercise during the past 30 days. This percentage is less than the percentages for the Region (26.6%) and the U.S. (25.3%).
- ◆ Hispanics (29.4%) were more likely than White, non-Hispanics (18.1%) to have not engaged in any leisure-time activities or exercise during the past 30 days.
- ◆ Adults with less income and education were more likely to have not engaged in any leisure-time activities or exercise in the past 30 days.



# EXERCISE

Table 31. Percentage of New Mexicans who did not participate in any physical activities or exercises during the past month, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?			
		Total Number Who Responded "No"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,671	1,110	23.0	21.6	24.6
<b>GENDER</b>					
Male	1,913	398	19.6	17.5	21.9
Female	2,758	712	26.3	24.3	28.3
<b>AGE</b>					
18-24	366	87	23.0	18.2	28.6
25-34	644	146	21.7	18.1	25.9
35-44	872	190	22.4	19.2	25.9
45-54	994	206	20.2	17.5	23.3
55-64	741	168	22.7	19.4	26.4
65-74	595	158	26.5	22.6	30.9
75+	440	154	33.5	28.5	39.0
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,654	520	18.1	16.4	19.8
Hispanic	1,615	486	29.4	26.7	32.2
Native American	189	53	25.4	18.3	34.3
Other race or multi-racial	171	39	22.0	15.7	30.1
<b>EDUCATION</b>					
Less than High School Graduate	650	313	48.7	43.9	53.6
High School Graduate or G.E.D.	1,276	400	30.1	27.1	33.2
Some College	1,266	254	17.7	15.4	20.2
College Graduate	1,469	139	8.6	7.1	10.5
<b>INCOME</b>					
Less than \$10,000	280	111	39.0	32.3	46.2
\$10-19,999	791	269	36.0	31.6	40.6
\$20-49,999	1,894	441	22.6	20.4	25.0
\$50,000 or more	1,246	151	11.6	9.7	13.8
<b>EMPLOYMENT</b>					
Employed	2,726	552	20.2	18.4	22.1
Unemployed	162	41	24.4	17.4	33.0
Other**	1,771	513	28.1	25.6	30.7
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	919	217	23.0	19.8	26.6
NE (Health District 2)	968	179	18.9	16.2	21.9
SW (Health District 3)	988	270	27.8	24.7	31.2
SE (Health District 4)	918	282	31.7	28.0	35.7
Bernalillo County	878	162	18.4	15.7	21.6

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# HIV/AIDS

## QUESTIONS :

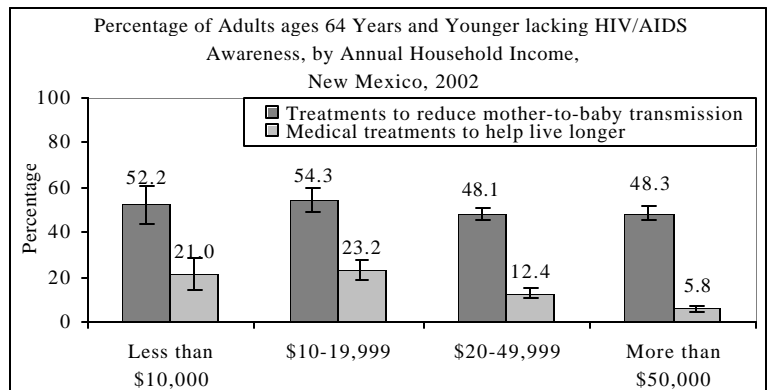
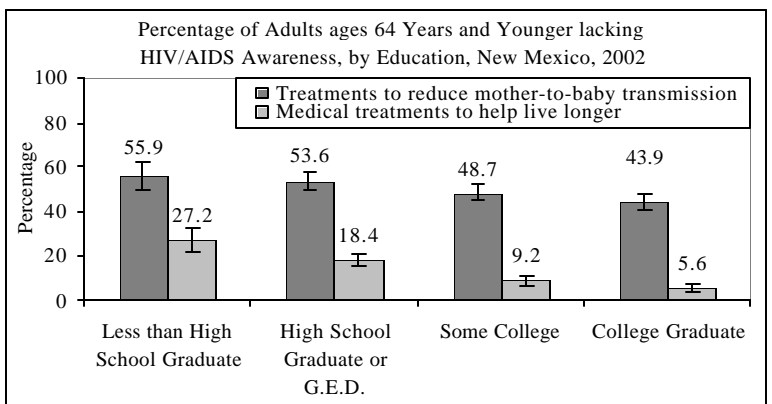
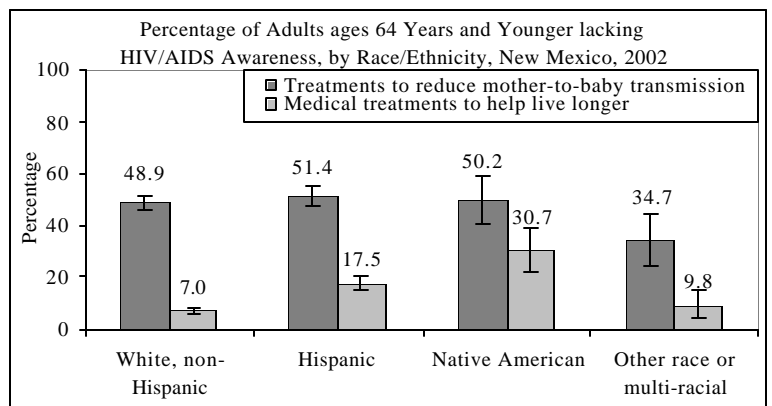
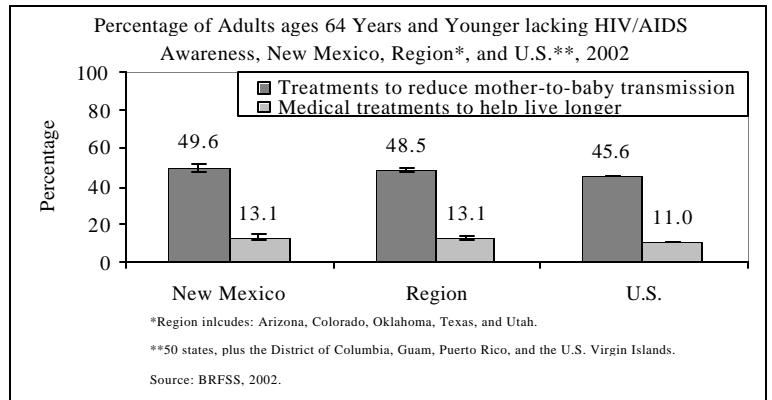
“True or False: A pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby.”

“True or False: There are medical treatments available that are intended to help a person who is infected with HIV to live longer.”

In New Mexico, AIDS cases have been tracked since 1981. As of December 2002, about 2,232 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. In 2002, 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,

- ◆ 49.6% of adults were unaware that there are treatments to reduce the transmission of HIV from pregnant mother to child. This percentage was similar to the Region (48.5%), but higher than the percentage for the U.S. (45.6%). 13.1% of New Mexicans were unaware that there are treatments to help people with HIV live longer. This percentage is similar to the percentage for the Region (13.1%), but higher than the percentage for the U.S. (11.0%).
- ◆ Native Americans were more likely than the other groups to be unaware that there are medical treatments to help people with HIV to live longer.
- ◆ Awareness of HIV was lowest among those with less education and income.





# HIV/AIDS

## QUESTIONS:

“How important do you think it is for people to know their HIV status by getting tested?”

“Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.”

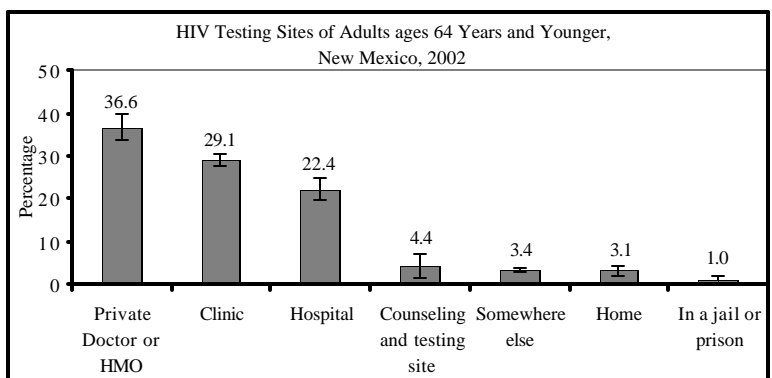
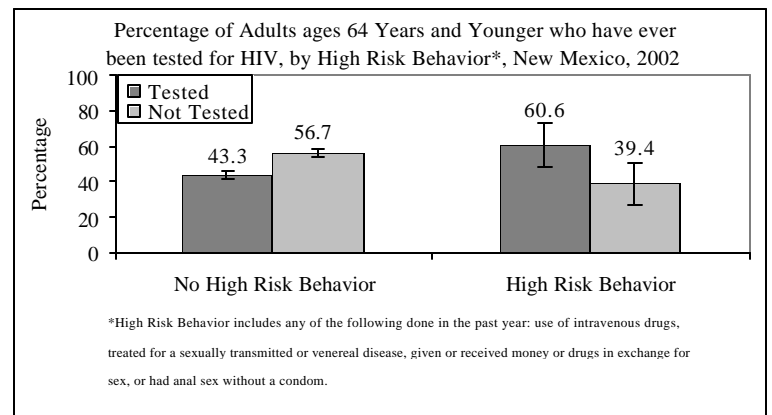
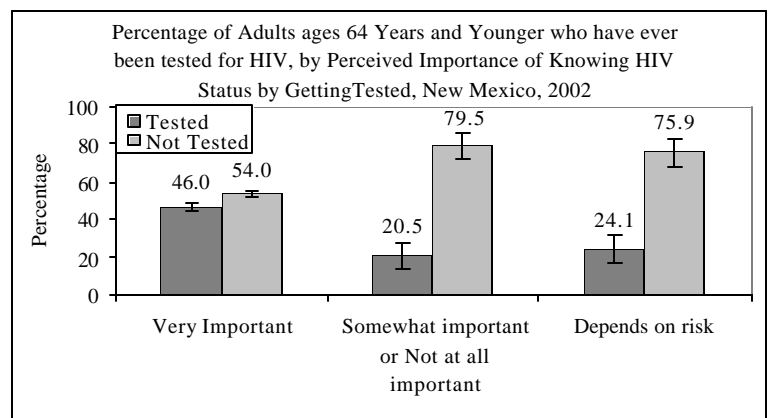
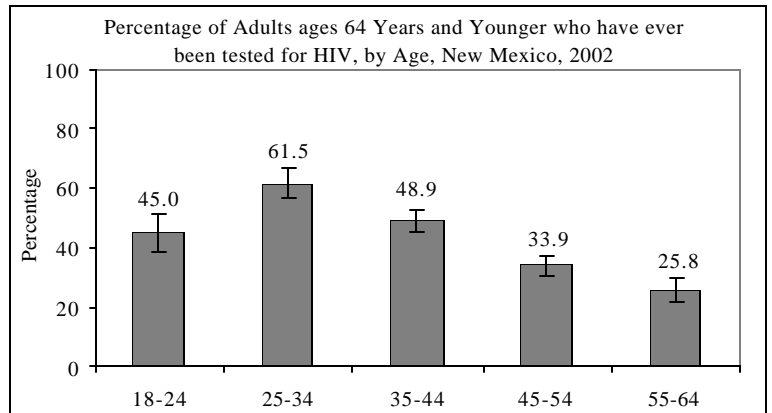
“Where did you have your last HIV test?”

“Do any of these situations apply to you?”

- You have used intravenous drugs in the past year
- You have been treated for a sexually transmitted or venereal disease in the past year
- You have given or received money or drugs in exchange for sex in the past year
- You had anal sex without a condom in the past year

## IN NEW MEXICO,

- ◆ New Mexicans ages 25-34 years were more likely than the other age groups to have ever been tested for HIV.
- ◆ Among adults ages 64 years and younger who felt it was very important to know their HIV status by getting tested, 46.0% had ever been tested for HIV. This percentage is higher than those who felt people knowing their HIV status by getting tested was somewhat important or not at all important (20.5%) and depends on risk (24.1%). Only 0.2% of adults felt it was not at all important to know their HIV status by getting tested.
- ◆ Among adults ages 64 years and younger who have at least one high risk behavior, 60.6% have ever been tested for HIV. This is higher than the percentage of adults ages 64 years and younger who do not have any high risk behavior who have ever been tested for HIV (43.3%).
- ◆ Among adults ages 64 years and younger who have ever been tested for HIV, 36.6% were tested at a private doctor or HMO. This percentage was higher than the percentages for any of the other testing sites.



# HIV/AIDS

Table 32. Percentage of New Mexicans ages 64 years and younger who are unaware that a pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	A pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby.			
		Total Number Who Responded "False" and "Don't know/not sure"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,561	1,752	49.6	47.6	51.6
<b>GENDER</b>					
Male	1,469	767	53.0	49.8	56.1
Female	2,092	985	46.3	43.8	48.9
<b>AGE</b>					
18-24	358	177	49.9	43.7	56.1
25-34	629	259	41.3	36.6	46.1
35-44	853	441	52.5	48.6	56.4
45-54	979	507	53.3	49.6	57.0
55-64	728	359	50.0	45.7	54.2
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	1,901	907	48.9	46.2	51.7
Hispanic	1,327	704	51.4	48.1	54.7
Native American	167	79	50.2	41.0	59.4
Other race or multi-racial	136	44	34.7	25.6	45.0
<b>EDUCATION</b>					
Less than High School Graduate	408	222	55.9	49.9	61.7
High School Graduate or G.E.D.	949	533	53.6	49.6	57.5
Some College	1,023	490	48.7	44.9	52.5
College Graduate	1,179	505	43.9	40.5	47.4
<b>INCOME</b>					
Less than \$10,000	187	100	52.2	43.4	60.9
\$10-19,999	562	292	54.3	49.0	59.6
\$20-49,999	1,483	725	48.1	44.9	51.2
\$50,000 or more	1,081	510	48.3	44.8	51.8
<b>EMPLOYMENT</b>					
Employed	2,552	1,289	51.3	48.9	53.7
Unemployed	155	74	46.6	37.2	56.3
Other**	852	388	45.0	40.9	49.1
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	708	358	49.7	45.2	54.1
NE (Health District 2)	750	367	50.6	46.5	54.7
SW (Health District 3)	739	396	55.7	51.7	59.8
SE (Health District 4)	662	306	46.0	41.6	50.4
Bernalillo County	702	325	47.2	42.9	51.6

\* Those who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# HIV/AIDS

Table 33. Percentage of New Mexicans ages 64 years and younger who are unaware that there are medical treatments available that are intended to help a person who is infected with HIV to live longer, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	There are medical treatments available that are intended to help a person who is infected with HIV to live longer.			
		Total Number Who Responded "False" and "Don't know/not sure"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,559	452	13.1	11.8	14.5
<b>GENDER</b>					
Male	1,470	180	12.4	10.5	14.6
Female	2,089	272	13.8	12.0	15.7
<b>AGE</b>					
18-24	358	55	16.8	12.6	22.2
25-34	628	74	11.5	8.7	14.9
35-44	853	108	12.1	9.8	14.9
45-54	979	107	11.7	9.5	14.3
55-64	728	106	14.8	12.0	18.1
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	1,898	131	7.0	5.7	8.5
Hispanic	1,327	243	17.5	15.1	20.2
Native American	168	57	30.7	23.1	39.5
Other race or multi-racial	136	15	9.8	5.5	16.9
<b>EDUCATION</b>					
Less than High School Graduate	406	114	27.2	22.2	32.8
High School Graduate or G.E.D.	949	173	18.4	15.6	21.7
Some College	1,022	104	9.2	7.3	11.5
College Graduate	1,180	60	5.6	4.1	7.5
<b>INCOME</b>					
Less than \$10,000	187	40	21.0	14.5	29.3
\$10-19,999	561	125	23.2	19.0	28.1
\$20-49,999	1,482	181	12.4	10.5	14.6
\$50,000 or more	1,082	64	5.8	4.4	7.6
<b>EMPLOYMENT</b>					
Employed	2,551	299	11.8	10.3	13.4
Unemployed	155	28	20.8	13.8	30.2
Other**	851	125	15.7	12.7	19.2
<b>REGION<sup>⊙</sup></b>					
NW (Health District 1)	707	116	16.8	13.7	20.4
NE (Health District 2)	750	75	11.0	8.6	13.9
SW (Health District 3)	739	101	14.0	11.3	17.2
SE (Health District 4)	661	97	13.9	11.2	17.1
Bernalillo County	702	63	10.8	8.3	14.1

\* Those who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# HIV/AIDS

Table 34. Percentage of New Mexicans ages 64 years and younger who have ever been tested for HIV, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,476	1,533	43.9	41.9	45.9
<b>GENDER</b>					
Male	1,439	637	43.8	40.6	46.9
Female	2,037	896	44.0	41.4	46.6
<b>AGE</b>					
18-24	354	173	45.0	38.9	51.2
25-34	618	398	61.5	56.7	66.2
35-44	840	425	48.9	44.9	52.9
45-54	954	354	33.9	30.5	37.5
55-64	698	178	25.8	22.2	29.8
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	1,855	834	45.3	42.6	48.1
Hispanic	1,294	560	43.7	40.4	47.1
Native American	165	62	33.5	25.4	42.7
Other race or multi-racial	133	64	46.7	36.9	56.8
<b>EDUCATION</b>					
Less than High School Graduate	394	158	41.5	35.5	47.7
High School Graduate or G.E.D.	925	356	37.5	33.8	41.5
Some College	1,003	477	48.3	44.5	52.1
College Graduate	1,152	541	46.5	43.0	50.0
<b>INCOME</b>					
Less than \$10,000	180	85	38.8	31.0	47.2
\$10-19,999	547	251	44.2	38.7	49.7
\$20-49,999	1,461	668	47.1	44.0	50.3
\$50,000 or more	1,055	451	42.6	39.1	46.1
<b>EMPLOYMENT</b>					
Employed	2,497	1,123	44.9	42.5	47.4
Unemployed	151	73	43.1	33.9	52.8
Other**	826	337	40.9	36.9	45.0
<b>REGION<sup>⊙</sup></b>					
NW (Health District 1)	691	293	41.5	37.1	46.0
NE (Health District 2)	734	316	41.6	37.7	45.7
SW (Health District 3)	722	317	43.6	39.6	47.8
SE (Health District 4)	649	286	43.7	39.2	48.4
Bernalillo County	680	321	46.8	42.5	51.2

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# HIV/AIDS

Table 35. Percentage of New Mexicans ages 64 years and younger who think it is very important for people to know their HIV status by getting tested, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	How important do you think it is for people to know their HIV status by getting tested?			
		Total Number Who Responded "Very important"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,541	3,222	91.5	90.3	92.5
<b>GENDER</b>					
Male	1,465	1,290	89.1	87.2	90.8
Female	2,076	1,932	93.7	92.5	94.8
<b>AGE</b>					
18-24	357	347	96.9	94.0	98.4
25-34	625	591	93.6	90.6	95.7
35-44	852	779	91.8	89.6	93.6
45-54	974	868	88.4	85.8	90.6
55-64	721	627	87.1	83.9	89.7
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	1,887	1,665	88.3	86.5	89.9
Hispanic	1,323	1,255	95.1	93.5	96.2
Native American	167	161	96.5	91.6	98.6
Other race or multi-racial	136	117	85.7	77.0	91.5
<b>EDUCATION</b>					
Less than High School Graduate	403	383	95.8	93.1	97.5
High School Graduate or G.E.D.	941	867	92.3	90.0	94.1
Some College	1,019	930	92.4	90.3	94.0
College Graduate	1,176	1,040	88.0	85.5	90.1
<b>INCOME</b>					
Less than \$10,000	185	179	96.6	92.0	98.6
\$10-19,999	556	524	95.6	93.4	97.0
\$20-49,999	1,476	1,347	91.6	89.7	93.2
\$50,000 or more	1,080	954	88.6	86.3	90.6
<b>EMPLOYMENT</b>					
Employed	2,539	2,284	90.4	89.0	91.7
Unemployed	153	146	96.8	93.2	98.6
Other**	847	790	93.7	91.5	95.4
<b>REGION<sup>⊙</sup></b>					
NW (Health District 1)	704	634	91.4	88.9	93.4
NE (Health District 2)	748	688	91.9	89.4	93.8
SW (Health District 3)	733	662	90.8	88.1	92.9
SE (Health District 4)	659	608	92.7	90.3	94.6
Bernalillo County	697	630	91.1	88.5	93.2

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# SEATBELT & CHILD SAFETY SEAT USE

## QUESTIONS :

“How often do you use seatbelts when you drive or ride in a car?”

“When you ride in the back seat of a vehicle, how often do you use a seat belt?”

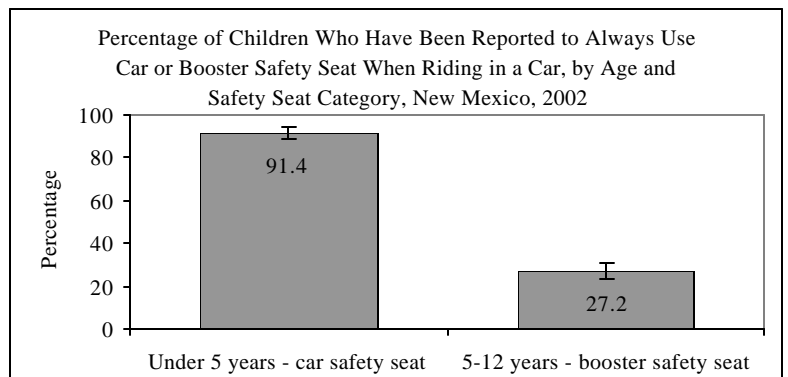
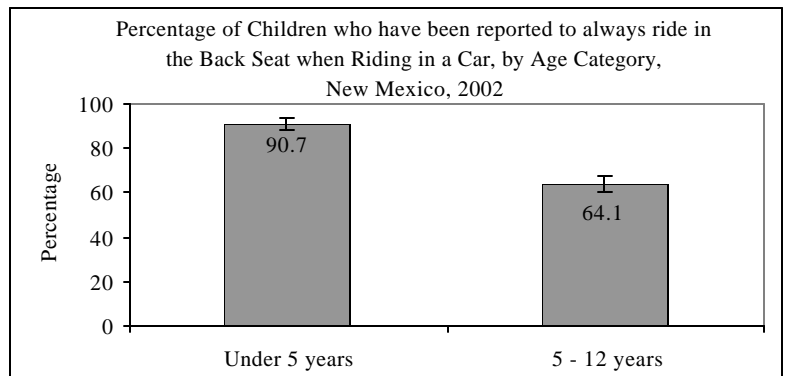
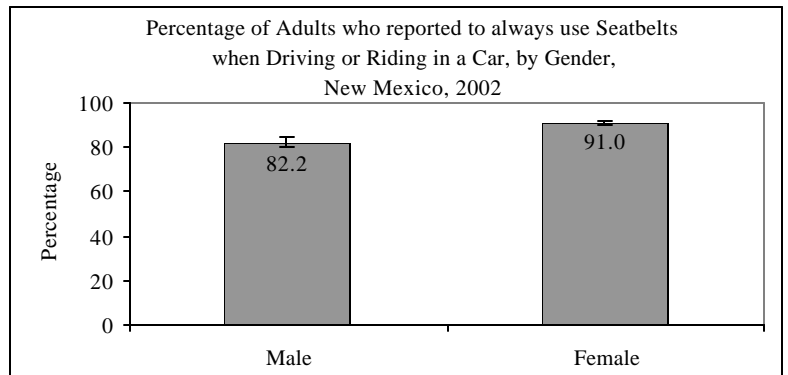
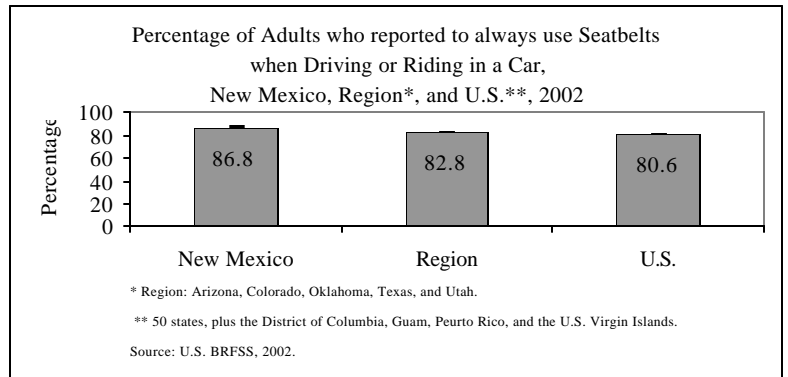
“How often do the children under the age of 5 use a car safety seat when they ride in a car?”

“How often do the children between the ages of 5 and 12 use a booster safety seat when they ride in a car?”

Safety belts saved an estimated 14,000 lives in the United States in 2002<sup>22</sup>. The greatest public health problem for children is motor vehicle injuries, most of which could be prevented<sup>22</sup>. Children 12 years of age and younger should ride in a safety seat or booster seat in the back seat to be located in the safest part of a vehicle. Using National Highway Traffic Administration data for motor vehicle crash deaths for children 0-12 years for 1999-2000, the National Center for Injury Prevention and Control determined that 52% were unrestrained, 18% were incorrectly restrained, and 35% were riding in the front seat<sup>23</sup>.

## IN NEW MEXICO,

- ◆ The percentage of adults who reported always using seatbelts (86.8%) was higher than the percentage in the Region (82.8%) and for the U.S. (80.6%).
- ◆ 90.7% of children under the age of 5 years were reported to always ride in the back seat when riding in a car. This percentage is higher than the percentage for children ages 5-12 years (64.1%).
- ◆ 91.4% of children under the age of 5 years were reported to always use a car safety seat when riding in a car. This percentage is higher than the percentage for children ages 5-12 years who were reported to always use a booster safety seat when riding in a car (27.2%).



# SEATBELT & CHILD SAFETY SEAT USE

Table 36. Percentage of New Mexicans who reported to always use seatbelts while driving or riding in a car, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	How often do you use seatbelts when you drive or ride in a car?			
		Total Number Who Responded "Always"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,668	4,078	86.8	85.5	88.0
<b>GENDER</b>					
Male	1,913	1,582	82.2	80.0	84.3
Female	2,755	2,496	91.0	89.6	92.2
<b>AGE</b>					
18-24	366	301	82.6	77.6	86.6
25-34	644	541	81.9	77.5	85.5
35-44	872	764	88.7	86.1	90.9
45-54	993	866	87.7	85.1	89.9
55-64	741	664	89.0	86.0	91.4
65-74	594	535	90.1	87.0	92.5
75+	439	391	90.6	87.2	93.2
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,652	2,312	87.5	85.9	88.9
Hispanic	1,614	1,421	86.9	84.6	89.0
Native American	189	161	80.8	71.6	87.5
Other race or multi-racial	171	148	85.5	77.6	91.0
<b>EDUCATION</b>					
Less than High School Graduate	649	570	86.4	82.0	89.8
High School Graduate or G.E.D.	1,276	1,111	86.6	84.1	88.8
Some College	1,265	1,079	83.8	81.1	86.2
College Graduate	1,468	1,308	89.8	87.8	91.5
<b>INCOME</b>					
Less than \$10,000	280	246	87.9	82.5	91.8
\$10-19,999	790	698	88.2	84.6	91.0
\$20-49,999	1,894	1,631	85.4	83.2	87.3
\$50,000 or more	1,246	1,095	87.4	85.0	89.5
<b>EMPLOYMENT</b>					
Employed	2,725	2,339	85.3	83.5	86.9
Unemployed	162	135	83.7	75.6	89.6
Other**	1,769	1,593	89.8	87.8	91.5
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	919	808	85.5	82.0	88.4
NE (Health District 2)	966	829	84.9	82.2	87.3
SW (Health District 3)	988	886	88.7	86.1	90.8
SE (Health District 4)	917	765	82.4	79.2	85.1
Bernalillo County	878	790	89.4	86.6	91.7

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# FIREARMS

## QUESTION:

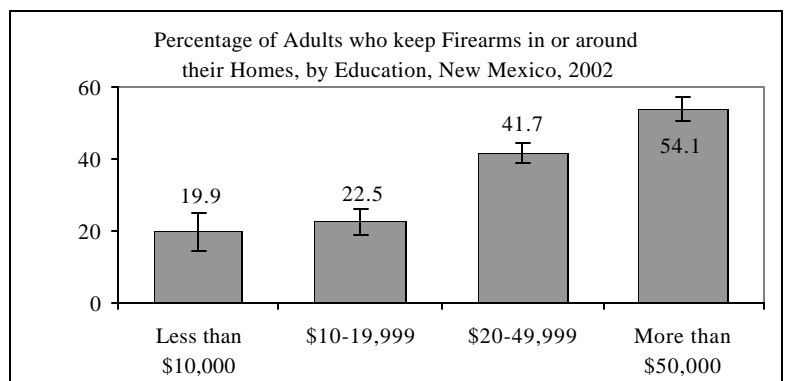
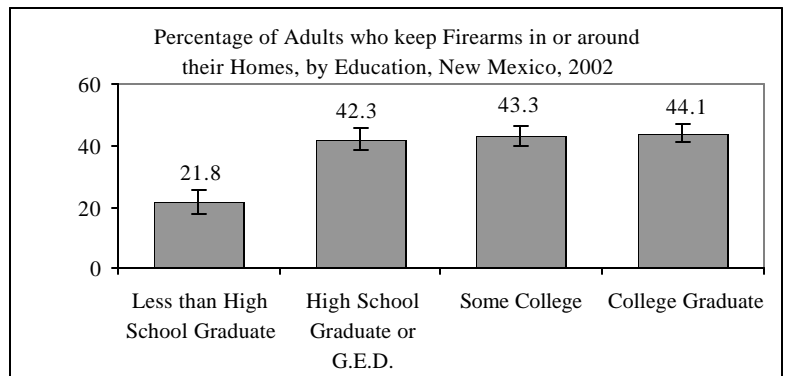
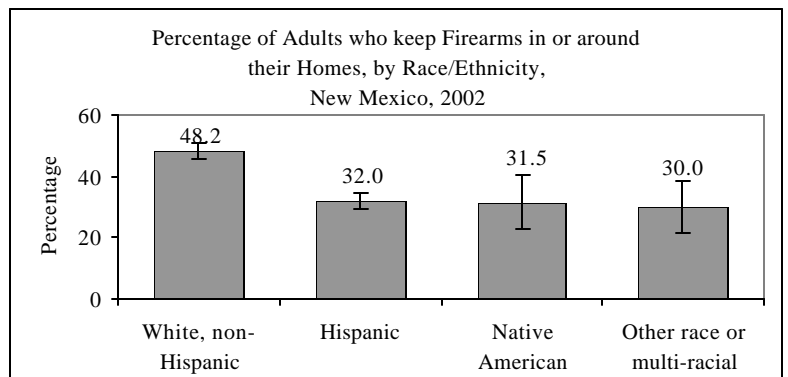
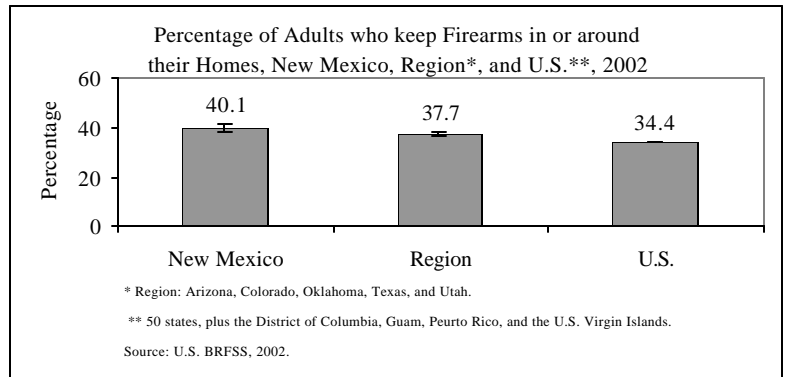
“Are any firearms kept in or around your home? Include those kept in a garage, outdoor storage area, or motor vehicle.”

*Included weapons are pistols, shotguns, and rifles; but not BB guns, starter pistols, or guns that cannot fire.*

In 2001, firearm-related injury death was the second leading cause of injury-related death in the United States and third leading cause of injury-related death in New Mexico<sup>24</sup>. Trends in firearm-related injury rates indicate that both mortality and morbidity from gunshot wounds is declining substantially in the United States. This question was asked to determine how many New Mexicans keep firearms in or around their homes.

## IN NEW MEXICO,

- ◆ 40.1% of adults keep a firearm in or around their home. This is higher than the percentage for the U.S. (34.4%), but not statistically different from the percentage for the Region (37.7%).
- ◆ The percentage of White, non-Hispanics (48.2%) who keep a firearm in or around their home is higher than the percentages for the other racial/ethnic groups.
- ◆ Those with more education and income were more likely to keep a firearm in or around their home.
- ◆ The percentage of males (46.7%) who keep a firearm in or around their home is higher than the percentage for females (34.0%).





# FIREARMS

Table 37. Percentage of New Mexicans who keep firearms in or around their homes, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Are any firearms kept in or around your home?			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval	
				Lower	Upper
<b>TOTAL</b>	4,400	1,805	40.1	38.4	41.9
<b>GENDER</b>					
Male	1,781	901	46.7	43.9	49.6
Female	2,619	904	34.0	31.9	36.2
<b>AGE</b>					
18-24	350	106	27.7	22.7	33.3
25-34	618	212	34.4	29.9	39.1
35-44	830	355	41.3	37.4	45.3
45-54	939	429	46.4	42.6	50.2
55-64	697	323	47.5	43.2	51.8
65-74	547	245	47.5	42.7	52.4
75+	408	132	34.7	29.3	40.5
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	2,493	1,193	48.2	45.9	50.6
Hispanic	1,541	496	32.0	29.3	34.9
Native American	174	58	31.5	23.4	41.0
Other race or multi-racial	161	51	30.0	22.3	39.1
<b>EDUCATION</b>					
Less than High School Graduate	611	138	21.8	17.9	26.3
High School Graduate or G.E.D.	1,195	529	42.3	38.9	45.7
Some College	1,195	534	43.3	39.9	46.7
College Graduate	1,396	604	44.1	41.0	47.3
<b>INCOME</b>					
Less than \$10,000	268	51	19.9	14.7	26.2
\$10-19,999	751	182	22.5	18.8	26.7
\$20-49,999	1,808	776	41.7	38.9	44.5
\$50,000 or more	1,194	659	54.1	50.8	57.5
<b>EMPLOYMENT</b>					
Employed	2,584	1,116	41.9	39.6	44.3
Unemployed	153	49	30.8	22.8	40.1
Other**	1,658	639	37.8	35.1	40.6
<b>REGION<sup>⊙</sup></b>					
NW (Health District 1)	852	394	46.5	42.3	50.7
NE (Health District 2)	930	362	42.1	38.5	45.7
SW (Health District 3)	929	384	42.1	38.6	45.8
SE (Health District 4)	850	412	49.5	45.4	53.5
Bernalillo County	839	253	29.8	26.4	33.5

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# FALLS

## QUESTIONS :

“In the past 3 months, have you fallen down?”

“Did your most recent fall occur inside your home environment?”

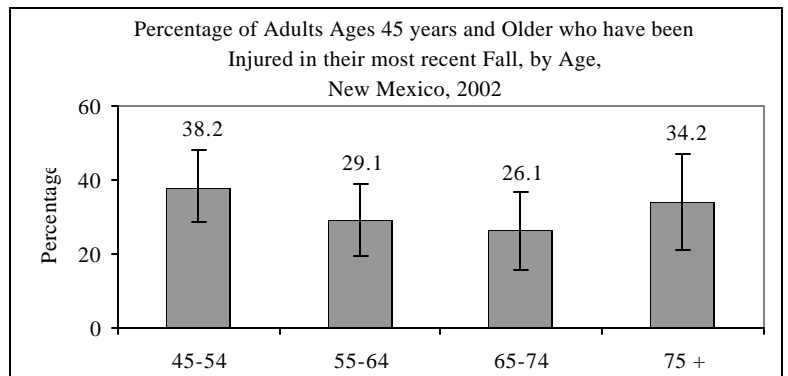
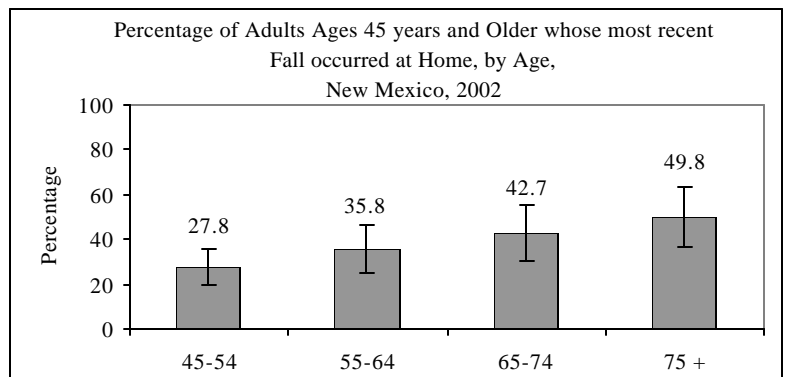
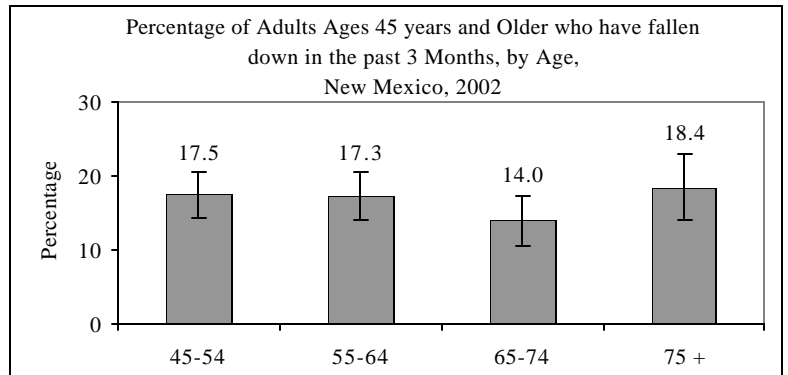
“Were you injured in the most recent fall?”

“Did you see a doctor or receive medical treatment for your most recent fall?”

Falls are a major concern for older adults ages 65 years and older. For this age group, the leading cause of injury death is falls<sup>25</sup>. Falls also are the most common cause of nonfatal injuries and hospital trauma admissions<sup>26</sup> for this age group. Twenty to thirty percent of those who fall suffer moderate to severe injuries<sup>27</sup>. Along with the long-term consequences such as disability, loss of independence and reduced quality of life, falls can be financially expensive to treat.

## IN NEW MEXICO,

- ◆ 16.9% of adults ages 45 years and older had fallen down in the past 3 months. Of those who had fallen down in the past 3 months, 33.1% reported to being injured in the fall. Of those who reported to being injured, 45.6% saw a doctor or received medical treatment for the fall, which represents 2.4% of adults ages 45 years and older.
- ◆ The percentage of adults 45 years and older who had fallen down in the past 3 months was not statistically different for the different age groups.
- ◆ The percentage of adults 45 years and older who had fallen down inside their home in the past 3 months was not statistically different for the different age groups.
- ◆ The percentage of adults 45 years and older who had fallen down and been injured in the past 3 months was not statistically different for the different age groups.



# FALLS

Table 38. Percentage of New Mexicans ages 45 years and older who have fallen down in the past 3 months, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	In the past 3 months, have you fallen down?			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval	
				Lower	Upper
<b>TOTAL</b>	2,632	443	16.9	15.2	18.7
<b>GENDER</b>					
Male	1,067	193	19.1	16.3	22.3
Female	1,565	250	14.9	12.9	17.0
<b>AGE</b>					
45-54	952	166	17.5	14.6	20.7
55-64	702	123	17.3	14.2	20.9
65-74	570	76	14.0	11.0	17.7
75+	408	78	18.4	14.4	23.3
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	1,734	320	18.5	16.5	20.8
Hispanic	713	94	13.5	10.5	17.2
Native American	72	10	11.3	5.5	21.7
Other race or multi-racial	88	14	15.5	7.9	28.2
<b>EDUCATION</b>					
Less than High School Graduate	381	50	12.9	9.4	17.5
High School Graduate or G.E.D.	683	102	15.0	12.1	18.4
Some College	649	124	17.9	14.7	21.5
College Graduate	917	166	18.9	15.8	22.4
<b>INCOME</b>					
Less than \$10,000	180	32	16.6	11.3	23.8
\$10-19,999	414	74	17.8	13.8	22.6
\$20-49,999	1,006	165	15.5	13.2	18.2
\$50,000 or more	754	124	18.3	15.0	22.3
<b>EMPLOYMENT</b>					
Employed	1,256	213	17.2	14.7	20.1
Unemployed	78	16	16.0	9.4	26.0
Other**	1,295	212	16.4	14.2	18.9
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	505	77	15.3	12.0	19.4
NE (Health District 2)	560	115	20.1	16.7	24.0
SW (Health District 3)	554	82	13.8	10.9	17.3
SE (Health District 4)	537	89	16.2	13.1	19.8
Bernalillo County	476	80	18.2	14.4	22.7

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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

‡ 95% of the time, the "true point estimate" will fall between the lower and upper bounds of the 95% Confidence Interval.

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

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

# FALLS

Table 39. Percentage of New Mexicans ages 45 years and older whose most recent fall in the past 3 months resulted in an injury, 2002.

Demographic Characteristics	Total Number Who Responded to the Question*	Were you injured in this most recent fall?			
		Total Number Who Responded "Yes"	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval	
				Lower	Upper
<b>TOTAL</b>	442	146	33.1	27.7	39.0
<b>GENDER</b>					
Male	193	51	26.5	19.0	35.8
Female	249	95	40.5	33.4	48.1
<b>AGE</b>					
45-54	166	65	38.2	28.9	48.5
55-64	122	36	29.1	20.2	39.8
65-74	76	21	26.1	16.8	38.2
75+	78	24	34.2	22.4	48.2
<b>RACE/ETHNICITY</b>					
White, non-Hispanic	320	105	33.1	27.2	39.6
Hispanic	93	31	35.1	22.3	50.5
Native American	10*	—	—	—	—
Other race or multi-racial	14*	—	—	—	—
<b>EDUCATION</b>					
Less than High School Graduate	50	21	33.8	21.0	49.6
High School Graduate or G.E.D.	101	32	32.2	22.5	43.7
Some College	124	36	29.7	20.9	40.4
College Graduate	166	57	36.1	26.6	47.0
<b>INCOME</b>					
Less than \$10,000	32*	—	—	—	—
\$10-19,999	74	30	34.3	23.4	47.2
\$20-49,999	165	44	27.3	20.1	36.0
\$50,000 or more	124	40	34.2	23.7	46.5
<b>EMPLOYMENT</b>					
Employed	213	69	33.3	25.3	42.5
Unemployed	16*	—	—	—	—
Other**	211	69	31.7	25.0	39.4
<b>REGION</b> <sup>⊙</sup>					
NW (Health District 1)	77	29	36.5	24.9	49.9
NE (Health District 2)	115	32	27.1	19.0	37.0
SW (Health District 3)	81	28	34.5	24.0	46.7
SE (Health District 4)	89	27	29.6	20.5	40.6
Bernalillo County	80	30	35.9	24.1	49.7

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 4,671 across some categories for some variables.

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\* Estimates based on cells with < 50 respondents are not presented here.

# 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 94.5% of U.S. households subscribe to telephone service in 2001<sup>28</sup>. However, in New Mexico, phone coverage was estimated to be 91.8%<sup>28</sup>. Historical data show that phone coverage varies considerably from county to county within the state<sup>29</sup>.

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

Calls are made during several time periods throughout the day, in order to maximize the chance of finding respondents at home. The calling periods for the BRFSS in 2002 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 ages 18 and older living in the household. The final 2002 sample size was 4,671.

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 telephones in 0 blocks are household numbers while 50 to 55 percent of telephone numbers from 1+ blocks are household numbers. Consequently, sampling at a higher rate from the one plus block stratum results in a higher “hit rate”, i.e. more of the telephone numbers are household numbers.

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

# APPENDIX I—METHODS

## Sources of Error

Like any estimates produced from population surveys, the estimates produced from the BRFSS are subject to error. The sources of error can be classified into two categories, sampling error and non-sampling error. The information presented below is abstracted from two sources: the BRFSS User's Guide <sup>30</sup> and an article from the Journal of the American Statistical Association <sup>31</sup>.

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

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

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

1. **Telephone non-coverage** 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 of 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.
- ◆ Prompt and frequent feedback to interviewers.
- ◆ Editing of keyed data for extreme or invalid values by a software program at the end of the 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. Discrepancies are reviewed and used for training.
- ◆ All interviewers are monitored at least once a month. New interviewers are monitored consistently until CDC BRFSS protocol is followed.

## 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.

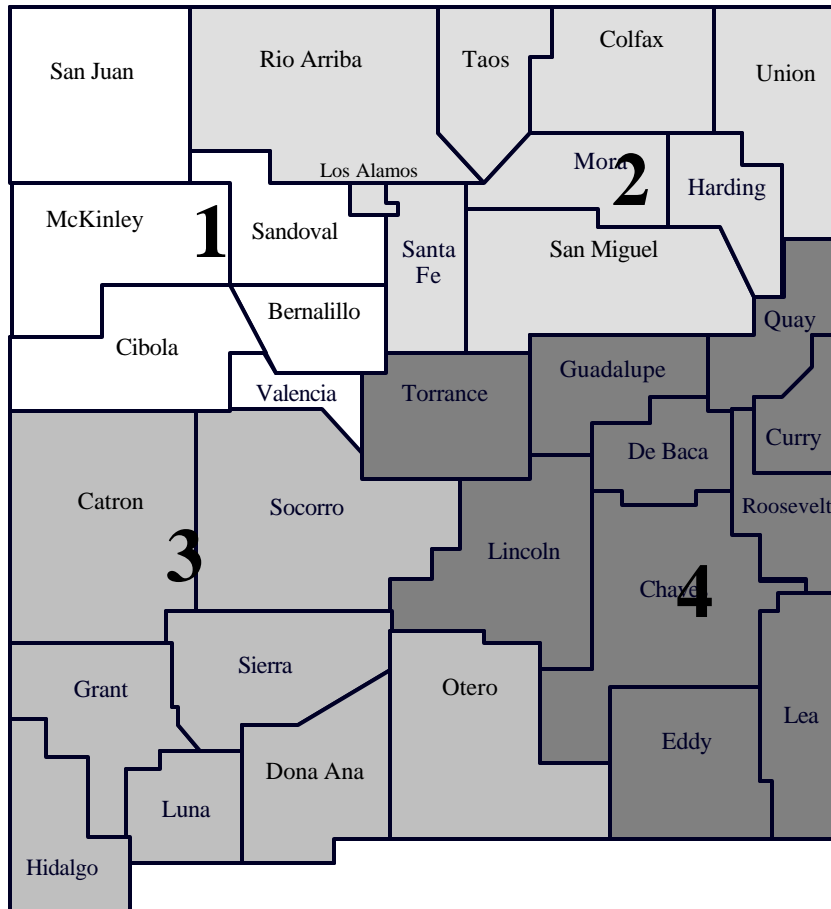
2. A post-stratification weighting procedure is used to adjust for differences in the distribution of the sample by gender and age group compared with the population, as determined by the Census. This component of the weighting process attempts to adjust the estimates so they better reflect the population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

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

STATA 8.0 software was used for all analyses in this report.

# APPENDIX II—MAP

## Health Districts\* and Counties of New Mexico



\* Throughout this report, Bernalillo County has been removed from Health District 1 and presented separately.



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