



*Health Behaviors and
Conditions of
New Mexicans, 2003*



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

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

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Cover Photo: Los Brazos near Chama, NM in the Fall of 2002
Photographer: Jennifer E. Daniel

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BRFSS data and copies of this report and the 2003 questionnaire can be obtained by contacting: Deborah Klaus at (505) 476-3569 or deborah.klaus@state.nm.us

TABLE OF CONTENTS

Acknowledgments	i
Table of Contents	ii
List of Tables	iii-iv
What is the BRFSS?	v
2003 BRFSS Survey Topics	vi
Limitations of BRFSS Data	vii
Data Presentation	viii
Demographics of the 2003 New Mexico Sample	ix
Summary—NM Health Risk Factors and Chronic Conditions	1
General Health	
Health Status	2-3
Healthy Days	4-5
Frequent Mental Distress	6-7
Health Care	
Health Care Coverage	8-9
Health Care Access	10-11
Immunization	12-15
Chronic Disease and Health Conditions	
Asthma	16-19
Diabetes	20-22
Arthritis	23-29
Disability	30-31
Hypertension Awareness	32-33
Cholesterol Awareness	34-37
Health Behaviors	
Tobacco Use	38-40
Alcohol Consumption	41-45
Consumption of Fruits and Vegetables	46-47
Overweight and Obesity	48-51
Weight Control	52-53
Exercise	54-55
Physical Activity	56-57
Excess Sun Exposure	58-59
HIV/AIDS	60-65
Falls	66-68
Appendix I — Methods	I-III
Appendix II — NM BRFSS Sample Stratification Map: Regions and Counties of New Mexico	IV
References	V-VI

LIST OF TABLES

Table 1. Demographics of the 2003 New Mexico BRFSS Sample.....	ix
Table 2. Summary—NM Health Risk Factors and Chronic Conditions	1
Table 3. Percentage of New Mexicans who reported that their health in general was fair or poor	3
Table 4. Percentage of New Mexicans who reported their physical or mental health kept them from participating in their usual activities for 7 or more days during the past 30 days	5
Table 5. Percentage of New Mexicans who reported frequent mental distress during the past 30 days	7
Table 6. Percentage of New Mexicans without health care coverage	9
Table 7. Percentage of New Mexicans who could not get needed medical care in the past 12 months because of the cost	11
Table 8. Percentage of New Mexicans ages 65 years and older who did not get a flu shot during the past 12 months.....	13
Table 9. Percentage of New Mexicans ages 65 years and older who have never had a pneumococcal vaccination.....	15
Table 10. Percentage of New Mexicans who have been told by a doctor, nurse, or other health professional that they had asthma.....	17
Table 11. Percentage of New Mexicans who currently have asthma.....	18
Table 12. Percentage of New Mexicans who have been told by a doctor that they have diabetes	21
Table 13. 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.....	24
Table 14. Percentage of New Mexicans who have chronic joint symptoms.....	26
Table 15. Percentage of New Mexicans who have been diagnosed with arthritis or have chronic joint symptoms who are limited in any way because of arthritis or joint symptoms	28
Table 16. Percentage of New Mexicans who have been diagnosed with arthritis or have chronic joint symptoms who are affected in the ability, type of or amount of work they can do because of arthritis or joint symptoms	29
Table 17. Percentage of New Mexicans who have a disability	31
Table 18. Percentage of New Mexicans who have been told by a doctor or other health professional that they have high blood pressure.....	33
Table 19. Percentage of New Mexicans who have not had their blood cholesterol checked within the past five years.....	35
Table 20. Percentage of New Mexicans who have been told by a doctor, nurse or other health professional that their blood cholesterol was high	37
Table 21. Percentage of New Mexicans who are current smokers.....	39
Table 22. Percentage of New Mexican smokers who tried to quit smoking for one day or longer because they were trying to quit smoking.....	40
Table 23. Percentage of New Mexicans who are binge drinkers	42
Table 24. Percentage of New Mexican men who are binge drinkers	43
Table 25. Percentage of New Mexican women who are binge drinkers	44
Table 26. Percentage of New Mexicans who are heavy drinkers.....	45
Table 27. Percentage of New Mexicans who reported eating 5 or more servings of fruits and vegetables per day	47
Table 28. Percentage of New Mexicans who are overweight (but not obese) based on Body Mass Index	49

LIST OF TABLES

Table 29. Percentage of New Mexicans who are obese based on Body Mass Index	50
Table 30. Percentage of New Mexicans who are overweight or obese based on Body Mass Index	51
Table 31. Percentage of New Mexicans who are currently trying to lose weight or maintain their current weight.....	53
Table 32. Percentage of New Mexicans who did not participate in any physical activities or exercise during the past month.....	55
Table 33. Percentage of New Mexicans who did meet recommendations for moderate and/or vigorous physical activity.....	57
Table 34. Percentage of New Mexicans who had a sunburn within the past 12 months	59
Table 35. 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	62
Table 36. 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.....	63
Table 37. Percentage of New Mexicans ages 64 years and younger who have ever been tested for HIV	64
Table 38. 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	65
Table 39. Percentage of New Mexicans ages 45 years and older who have fallen down in the past 3 months	67
Table 40. Percentage of New Mexicans ages 45 years and older whose most recent fall in the past 3 months resulted in an injury	68

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 telephone survey methods 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 a 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 2003 NM BRFSS report is available in .pdf format at the NM Department of Health website:

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

2003 NEW MEXICO BRFSS SURVEY TOPICS

Questions in the 2003 New Mexico BRFSS survey addressed a variety of health topics. Relevant demographic information was also collected. General topics are listed below.

Core Components (all states):

Health Status
Health Care Access
Exercise
Diabetes
Hypertension Awareness
Cholesterol Awareness
Consumption of Fruits and Vegetables
Weight Control
Asthma
Immunization
Tobacco Use
Alcohol Consumption
Excess Sun Exposure
Arthritis
Falls
Disability
Physical Activity
Veteran's Status
HIV/AIDS

Demographics Section (all states):

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
Adult Asthma History
Childhood Asthma
Arthritis

State-added Questions on the following topics were included (results not presented here):

Depression
Perception of Health of County
Children's Health Care Access
Disability
Skin Cancer/Excess Sun Exposure

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 a response 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 2003 survey was 77.7%. If the 22.3% 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 related measures of error are the standard error (SE) and the 95% confidence interval. Intercooled STATA 8.0 was used to estimate SE and to produce the corresponding 95% confidence intervals estimates presented in this report. Intercooled STATA 8.0 considers the complex sample design of the BRFSS to calculate the SE and 95% Confidence Interval. Bar graphs included in this report present 95% confidence intervals. In tables, the population estimates are presented along with the 95% confidence intervals. By BRFSS convention, when the number of respondents was less than 50, the weighted percentage was not presented because such estimates are deemed unreliable.

In general, population estimates with smaller standard errors are more precise than population estimates with larger SE. 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 estimates presented by race/ethnicity where the number of Native Americans and those of "other race or multi-race" racial/ethnic groups sampled was small, and resultant errors so large, that the estimates were unreliable. Frequently, discerning possible differences between rates of conditions or risk factors in these smaller populations and 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 five neighboring states (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 2003 NEW MEXICO SAMPLE

Table 1. Demographics of the 2003 BRFSS New Mexico Sample.

Demographic Characteristics	2003 BRFSS Data			2000 Census Data [¥]
	Number in Sample*	Unweighted Percent (%)	Weighted Percent (%)	
TOTAL	5,494	100.0	100.0	
GENDER				
Male	2,233	40.6	48.6	49.2
Female	3,261	59.4	51.4	50.8
AGE				
18-24	375	6.9	14.0	13.5
25-34	794	14.5	17.1	17.9
35-44	990	18.1	19.7	21.5
45-54	1,185	21.7	19.3	18.8
55-64	902	16.5	13.2	12.1
65-74	705	12.9	8.9	9.0
75+	522	9.5	7.8	7.2
RACE/ETHNICITY				
White, non-Hispanic	3,100	56.8	51.3	49.5
Hispanic	1,956	35.8	39.6	38.7
Native American	187	3.4	4.5	7.8
Other race or multi-racial	215	3.9	4.6	4.0
EDUCATION				
Less than High School Graduate	739	13.5	14.6	NA
High School Graduate or G.E.D.	1,475	27.0	27.8	NA
Some College	1,493	27.3	28.0	NA
College Graduate	1,762	32.2	29.6	NA
INCOME				
Less than \$10,000	331	6.7	5.9	NA
\$10-19,999	895	18.2	16.9	NA
\$20-49,999	2,192	44.5	44.3	NA
\$50,000 or more	1,513	30.7	32.8	NA
EMPLOYMENT				
Employed	3,190	58.3	61.1	NA
Unemployed	244	4.5	5.5	NA
Other**	2,035	37.2	33.4	NA
Geographic Region ⊛				
North West	1,201	21.9	20.6	20.0
North East	1,055	19.2	15.8	15.6
South West	1,079	19.6	18.2	18.1
South East	1,061	19.3	14.1	14.6
Bernalillo County	1,098	20.0	31.4	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 5,494.

¥ Source: U.S. Bureau of the Census.

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

⊛ For a list of the counties in each geographic region, see Appendix II at the end of this report.

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

⊛ For a list of the counties in each geographic region, see Appendix II at the end of this report.

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 2003. New Mexico rates were also compared to rates for the Region[‡] and for the U.S.*, and are presented as being either higher (■), lower (□), or similar (■; no statistical difference) to the comparison populations.

Risk Factor/Condition	Weighted Percent (95% CI)**	Year 2010 Target [^]	New Mexico rates vs.	
			Region [‡]	U.S.*
General health status is fair or poor	16.9 (15.8, 18.1)	NA	Similar	Similar
No health care coverage	22.1 (20.7, 23.5)	0%	Similar	Higher
No leisure time physical activity or exercise during the past 30 days	22.9 (21.6, 24.3)	< 20%	Similar	Similar
No regular, moderate physical activity (30 or more minutes per day, 5 or more days per week) or no regular, vigorous physical activity (20 or more minutes per day, 3 or more days per week)	48.7 (47.0, 50.3)	< 30%	Similar	Lower
No flu shot during the past year (Ages 65 years and older)	27.6 (24.9, 30.4)	< 10%	Similar	Similar
No pneumococcal vaccine ever (Ages 65 years and older)	36.1 (33.1, 39.2)	< 10%	Similar	Similar
High blood pressure	21.1 (19.9, 22.4)	< 16%	Lower	Lower
No blood cholesterol screening within past five years	32.0 (30.4, 33.6)	< 20%	Similar	Higher
High blood cholesterol	27.2 (25.7, 28.8)	< 17%	Lower	Lower
Overweight (BMI = 25.0-29.9)	36.4 (34.8, 38.0)	NA	Similar	Similar
Obese (BMI = 30.0+)	20.3 (19.0, 21.6)	< 15%	Lower	Lower
Overweight or obese (BMI = 25.0+)	56.7 (55.0, 58.3)	NA	Similar	Lower
Diagnosed arthritis	25.6 (24.3, 26.9)	NA	Similar	Similar
Chronic joint symptoms [§]	19.1 (17.8, 20.4)	NA	Similar	Higher
History of asthma	10.5 (9.5, 11.5)	NA	Similar	Lower
Current asthma	6.7 (6.0, 7.6)	NA	Similar	Similar
Diabetes	5.7 (5.1, 6.4)	< 2.5%	Lower	Lower
Current smoking [Ⓢ]	22.0 (20.7, 23.4)	< 12%	Similar	Similar
Binge drinking [¥]	15.3 (14.1, 16.6)	< 6%	Similar	Similar
Heavy drinking [¥]	5.6 (4.9, 6.5)	NA	Similar	Similar
Did not eat 5 or more servings of fruits and vegetables per day	77.6 (76.3, 78.9)	NA	Similar	Similar
Had a sunburn within the past 12 months	34.1 (32.5, 35.7)	NA	Similar	Similar
Unaware that medical treatments can help a person with HIV to live longer	13.0 (11.8, 14.4)	NA	Similar	Higher
Unaware that treatment of pregnant mothers can reduce HIV transmission to child	50.5 (48.7, 52.4)	NA	Similar	Higher

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

* U.S. includes 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.

[^] Public Health Service. Healthy People 2010: National Health Promotion and Disease Prevention Objectives--full report with commentary. Washington, DC: U.S. Department of Health and Human Services, 2000.

[§] Chronic joint symptoms: current joint pain beginning more than 3 months ago and never diagnosed with some form of arthritis.

[Ⓢ] Current smoking: respondents who have smoked at least 100 cigarettes in their entire life and now smoke "every day" or "some days".

[¥] Binge drinking: 5 or more drinks on one occasion in past month. Heavy drinking: 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.

HEALTH STATUS

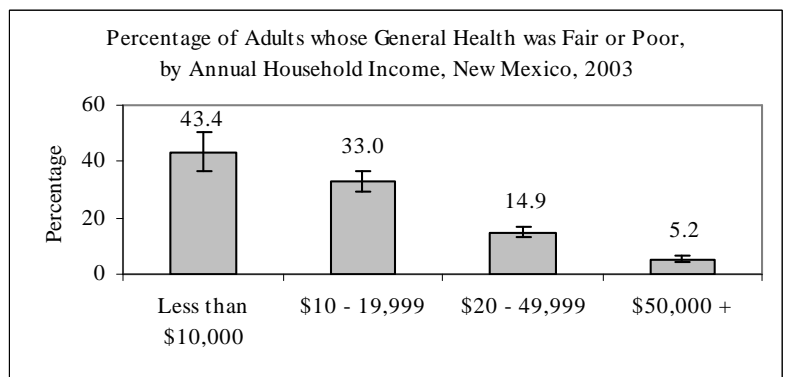
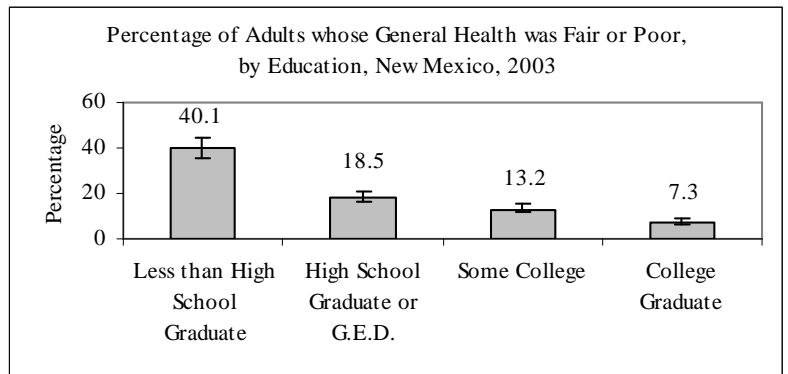
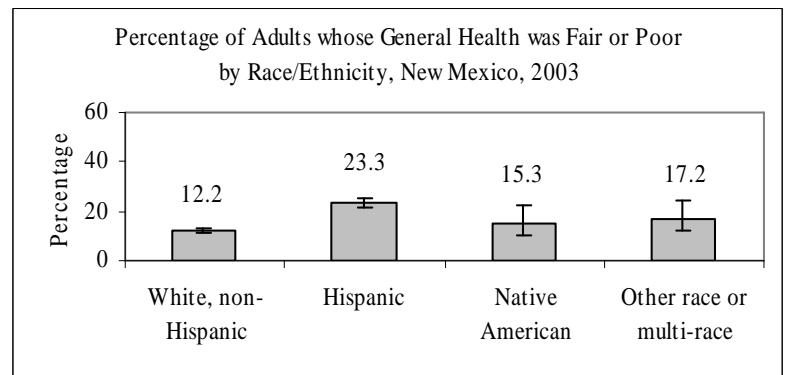
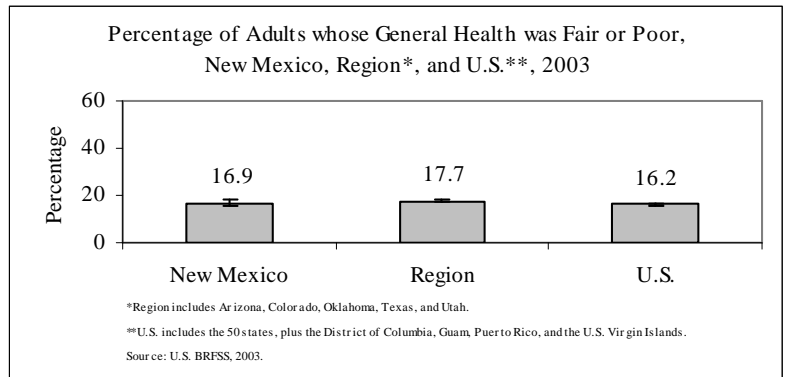
QUESTION:

“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”¹. This question is considered to be a reliable indicator of a person’s general health and well-being.

IN NEW MEXICO,

- ◆ 83.1% of New Mexicans reported that their general health was excellent, very good, or good. 16.9% of New Mexico adults reported that their general health was fair or poor. This percentage was not statistically different from the Region (17.7%) or the U.S. (16.2%).
- ◆ Hispanics were more likely to report fair or poor general health status (23.3%) than White, non-Hispanics (12.2%).
- ◆ New Mexicans with less education or income were more likely to report fair or poor general health status.
- ◆ New Mexicans who were unemployed were more likely to report fair or poor general health status.



HEALTH STATUS

Table 3. Percentage of New Mexicans who reported that their health in general was fair or poor, NM BRFSS, 2003.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,485	1,032	16.9	15.8	18.1
GENDER					
Male	2,227	390	15.8	14.2	17.7
Female	3,258	642	18.0	16.5	19.6
AGE					
18-24	375	41	11.1	8.0	15.3
25-34	793	71	9.4	7.2	12.1
35-44	989	139	13.0	10.8	15.5
45-54	1,183	194	15.8	13.4	18.4
55-64	901	199	22.3	19.2	25.8
65-74	702	184	25.4	22.0	29.2
75+	521	203	38.3	33.8	43.1
RACE/ETHNICITY					
White, non-Hispanic	3,096	450	12.2	10.9	13.5
Hispanic	1,952	508	23.3	21.2	25.5
Native American	187	29	15.3	9.9	22.9
Other race or multi-racial	214	39	17.2	11.8	24.5
EDUCATION					
Less than High School Graduate	737	317	40.1	35.9	44.5
High School Graduate or G.E.D.	1,473	309	18.5	16.2	21.0
Some College	1,492	244	13.2	11.4	15.2
College Graduate	1,758	154	7.3	6.1	8.7
INCOME					
Less than \$10,000	330	155	43.4	36.7	50.3
\$10-19,999	892	311	33.0	29.4	36.8
\$20-49,999	2,189	353	14.9	13.2	16.8
\$50,000 or more	1,512	92	5.2	4.2	6.5
EMPLOYMENT					
Employed	3,185	331	10.1	8.9	11.4
Unemployed	243	58	20.9	15.3	27.7
Other**	2,032	638	28.8	26.6	31.2
Geographic Region[⊛]					
North West	1,200	229	18.8	16.2	21.6
North East	1,052	178	16.5	14.0	19.4
South West	1,077	217	18.4	16.0	21.1
South East	1,061	249	20.7	18.1	23.6
Bernalillo County	1,095	159	13.4	11.3	15.8

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

HEALTHY DAYS

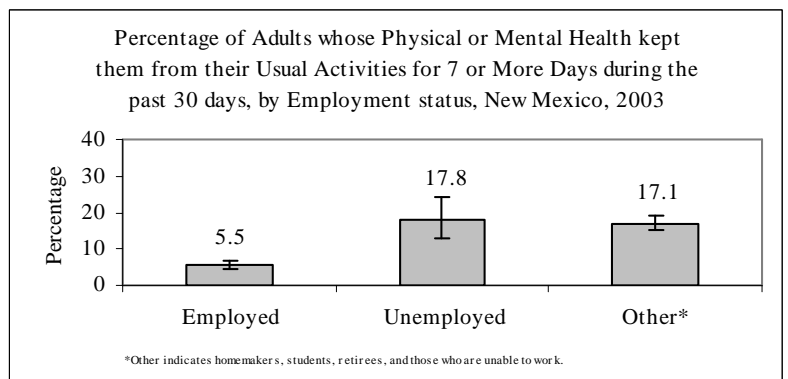
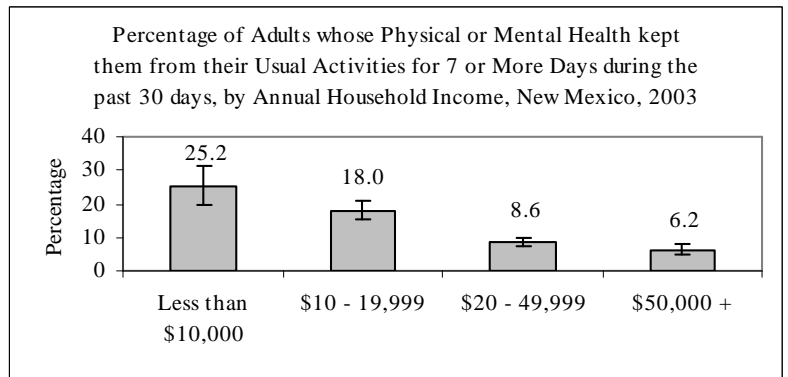
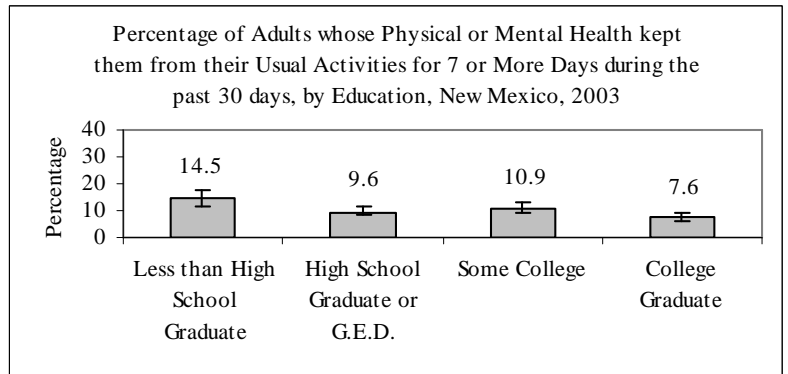
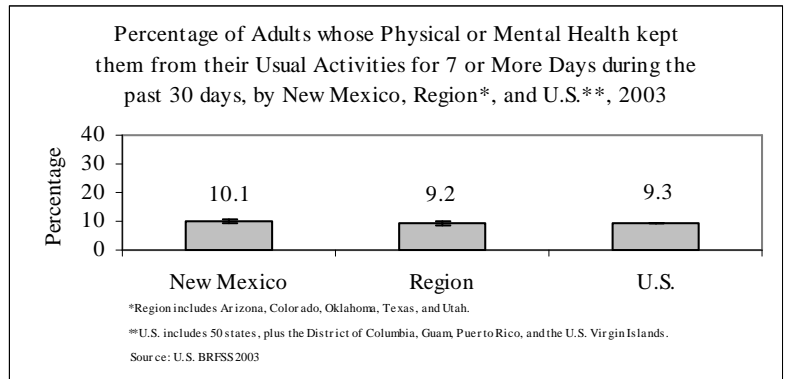
QUESTION:

“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 ¹.

IN NEW MEXICO,

- ◆ 10.1% of New Mexicans reported that their physical or mental health kept them from participating in usual activities for 7 or more days during the past 30 days. This percentage was not statistically different from the Region (9.2%) or the U.S. (9.3%).
- ◆ New Mexicans with less education or income were more likely to report that their poor physical or mental health kept them from participating in usual activities for 7 or more days during the past 30 days.
- ◆ Employed New Mexicans (5.5%) were less likely than unemployed (17.8%) and other employment status (17.1%) New Mexicans to report that their poor physical or mental health kept them from participating in usual activities for 7 or more days during the past 30 days.



HEALTHY DAYS

Table 4. Percentage of New Mexicans who reported that their physical or mental health kept them from participating in their usual activities for 7 or more days during the past 30 days, NM BRFSS, 2003.

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 "7 or more days"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,454	598	10.1	9.2	11.1
GENDER					
Male	2,217	213	9.0	7.7	10.6
Female	3,237	385	11.1	9.9	12.4
AGE					
18-24	375	23	6.2	3.9	10.0
25-34	791	54	7.4	5.4	9.9
35-44	986	101	9.4	7.5	11.6
45-54	1,181	148	12.1	10.1	14.4
55-64	894	107	11.8	9.3	14.8
65-74	699	88	12.2	9.7	15.3
75+	508	77	14.7	11.7	18.4
RACE/ETHNICITY					
White, non-Hispanic	3,079	303	8.9	7.8	10.1
Hispanic	1,944	249	11.6	10.0	13.4
Native American	182	19	9.2	5.5	14.8
Other race or multi-racial	213	19	8.9	4.8	16.0
EDUCATION					
Less than High School Graduate	727	121	14.5	11.8	17.7
High School Graduate or G.E.D.	1,462	172	9.6	8.1	11.4
Some College	1,487	163	10.9	9.0	13.1
College Graduate	1,753	141	7.6	6.2	9.2
INCOME					
Less than \$10,000	325	97	25.2	19.8	31.5
\$10-19,999	884	166	18.0	15.2	21.2
\$20-49,999	2,181	208	8.6	7.4	10.0
\$50,000 or more	1,508	80	6.2	4.7	8.2
EMPLOYMENT					
Employed	3,182	183	5.5	4.6	6.6
Unemployed	243	51	17.8	12.8	24.2
Other**	2,004	361	17.1	15.2	19.1
Geographic Region ⊛					
North West	1,191	140	11.1	9.2	13.3
North East	1,050	117	11.0	9.0	13.5
South West	1,070	108	8.8	7.2	10.8
South East	1,052	127	10.6	8.7	12.8
Bernalillo County	1,091	106	9.4	7.6	11.7

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

FREQUENT MENTAL DISTRESS

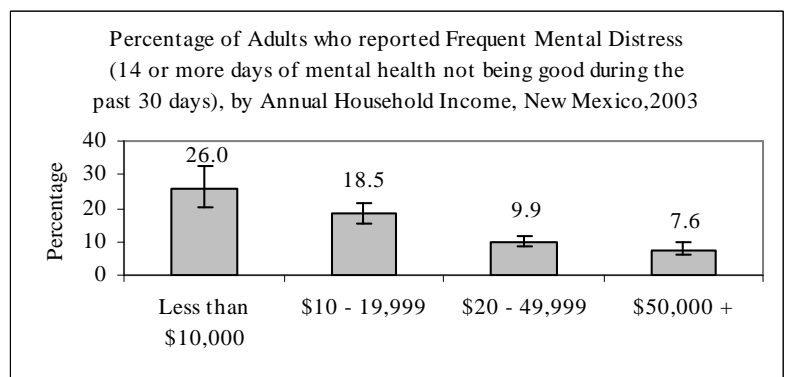
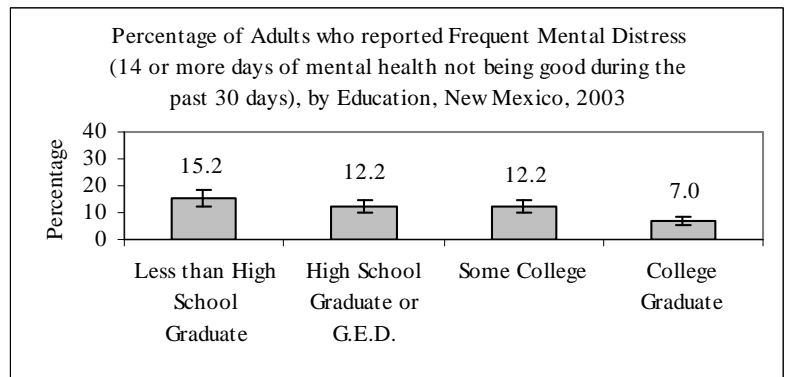
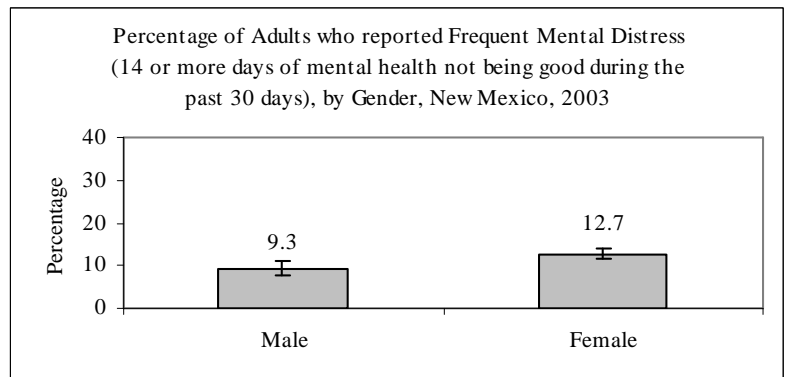
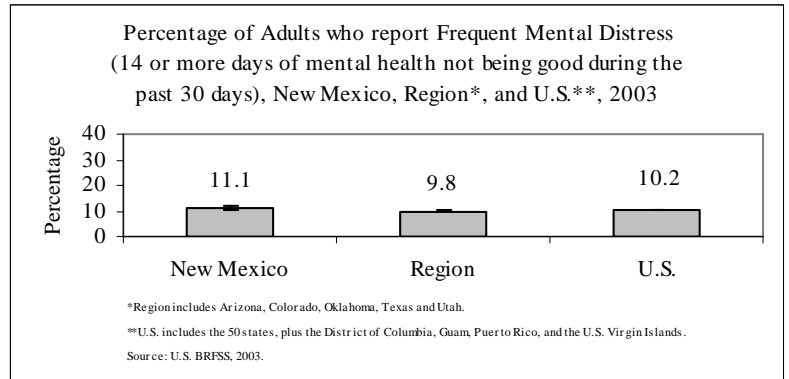
QUESTION:

“Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”

An important determinant of health behaviors related to chronic disease is perceived mental distress². Clinicians and clinical researchers often use a 2 week period to help define clinical depression and other mental illness², thus a minimum of 14 days is used for this report to define those with frequent mental distress.

IN NEW MEXICO,

- ◆ 11.1% of New Mexicans reported frequent mental distress. This percentage was not statistically different from the Region (9.8%) or the U.S. (10.2%).
- ◆ Females were more likely to report frequent mental distress (12.7%) than males (9.3%).
- ◆ New Mexicans with less education and income were more likely to report frequent mental distress.



FREQUENT MENTAL DISTRESS

Table 5. Percentage of New Mexicans who reported frequent mental distress during the past 30 days, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?			
		Total Number Who Responded "14 or more days"	Weighted Percent (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	5,439	622	11.1	10.1	12.1
GENDER					
Male	2,209	207	9.3	7.9	10.9
Female	3,230	415	12.7	11.4	14.2
AGE					
18-24	374	49	13.1	9.6	17.7
25-34	791	96	12.2	9.7	15.2
35-44	985	135	11.9	9.9	14.2
45-54	1,172	161	12.9	10.9	15.2
55-64	889	98	9.9	7.8	12.4
65-74	699	56	7.6	5.6	10.1
75+	509	27	4.9	3.3	7.3
RACE/ETHNICITY					
White, non-Hispanic	3,073	301	9.4	8.2	10.7
Hispanic	1,941	274	13.4	11.7	15.2
Native American	181	21	12.5	7.1	21.1
Other race or multi-racial	210	20	7.2	4.3	12.0
EDUCATION					
Less than High School Graduate	722	114	15.2	12.2	18.6
High School Graduate or G.E.D.	1,462	182	12.2	10.2	14.5
Some College	1,483	192	12.2	10.4	14.4
College Graduate	1,749	132	7.0	5.7	8.4
INCOME					
Less than \$10,000	324	88	26.0	20.3	32.6
\$10-19,999	880	164	18.5	15.5	21.8
\$20-49,999	2,179	223	9.9	8.5	11.5
\$50,000 or more	1,507	106	7.6	6.0	9.6
EMPLOYMENT					
Employed	3,170	303	9.1	7.9	10.3
Unemployed	243	58	19.2	14.1	25.6
Other**	2,003	259	13.4	11.6	15.4
Geographic Region[⊛]					
North West	1,186	158	13.7	11.4	16.4
North East	1,049	123	12.2	10.1	14.8
South West	1,069	118	10.5	8.6	12.7
South East	1,046	117	11.3	9.1	14.0
Bernalillo County	1,089	106	9.0	7.3	11.1

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

HEALTH CARE COVERAGE

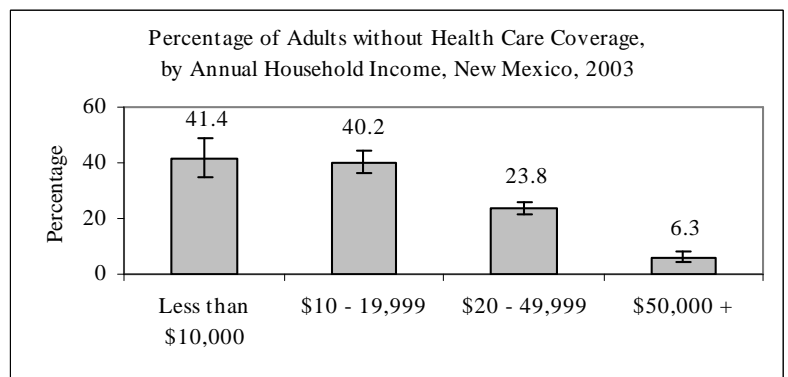
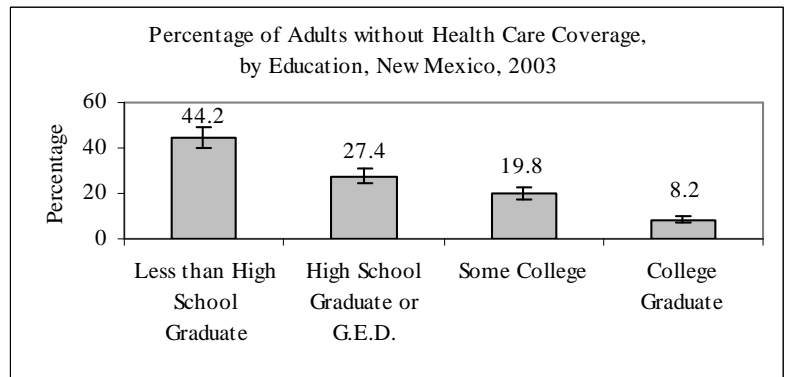
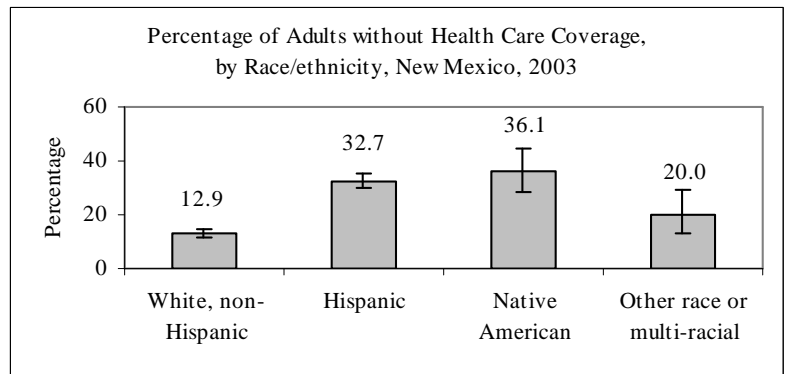
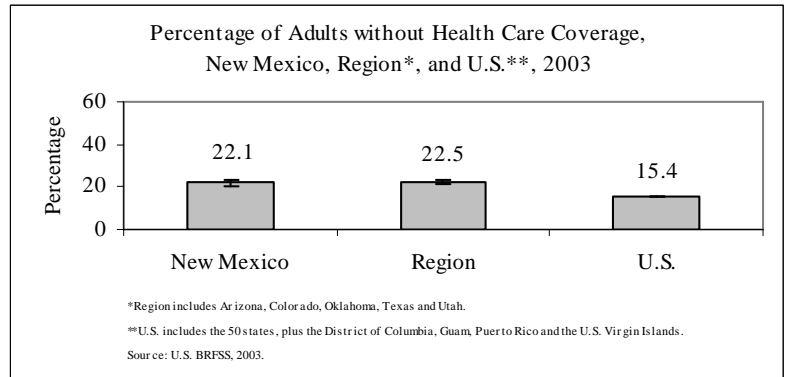
QUESTION:

“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 mortality³ and with delayed access to health care⁴. [Note: In 1999 and 2000, the NM BRFSS used two questions to probe sources of health care coverage. Since 2001, 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 since 2001, 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 in New Mexico without health care coverage (22.1%) was higher than the percentage for the U.S. (15.4%). New Mexico’s percentage was not statistically different from that of the Region (22.5%).
- ◆ White, non-Hispanics were less likely to be without health care coverage (12.9%) than Hispanics (32.7%) and Native Americans (36.1%).
- ◆ Adults without health care coverage were more likely to have less education and income, and to be unemployed.
- ◆ Health care coverage was also associated with age as those in younger age groups were less likely to have coverage.



HEALTH CARE COVERAGE

Table 6. Percentage of New Mexicans without health care coverage, NM BRFSS, 2003.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,483	1,038	22.1	20.7	23.5
GENDER					
Male	2,229	424	23.1	20.9	25.4
Female	3,254	614	21.1	19.3	23.0
AGE					
18-24	369	138	41.4	35.7	47.5
25-34	794	228	30.7	27.1	34.6
35-44	989	232	23.1	20.2	26.3
45-54	1,185	237	19.0	16.5	21.7
55-64	902	167	18.4	15.4	21.7
65-74	703	26	3.7	2.3	6.0
75+	521	6	1.2	0.5	2.9
RACE/ETHNICITY					
White, non-Hispanic	3,097	387	12.9	11.5	14.5
Hispanic	1,949	538	32.7	30.1	35.4
Native American	187	70	36.1	28.2	44.8
Other race or multi-racial	214	37	20.0	13.1	29.1
EDUCATION					
Less than High School Graduate	739	274	44.2	39.7	48.7
High School Graduate or G.E.D.	1,471	321	27.4	24.4	30.5
Some College	1,488	274	19.8	17.3	22.5
College Graduate	1,761	163	8.2	6.9	9.8
INCOME					
Less than \$10,000	330	116	41.4	34.5	48.7
\$10-19,999	893	314	40.2	36.2	44.3
\$20-49,999	2,190	431	23.8	21.6	26.2
\$50,000 or more	1,513	81	6.3	4.8	8.2
EMPLOYMENT					
Employed	3,187	640	21.8	20.1	23.7
Unemployed	242	111	54.1	46.0	62.0
Other**	2,030	280	17.2	15.0	19.5
Geographic Region ⊛					
North West	1,198	224	21.7	18.9	24.8
North East	1,053	212	23.4	20.3	26.7
South West	1,075	239	27.0	23.8	30.5
South East	1,059	207	24.0	20.8	27.5
Bernalillo County	1,098	156	17.9	15.2	21.0

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

HEALTH CARE ACCESS

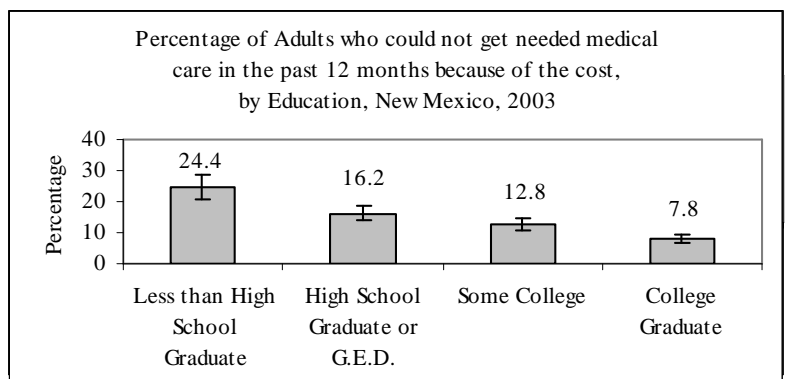
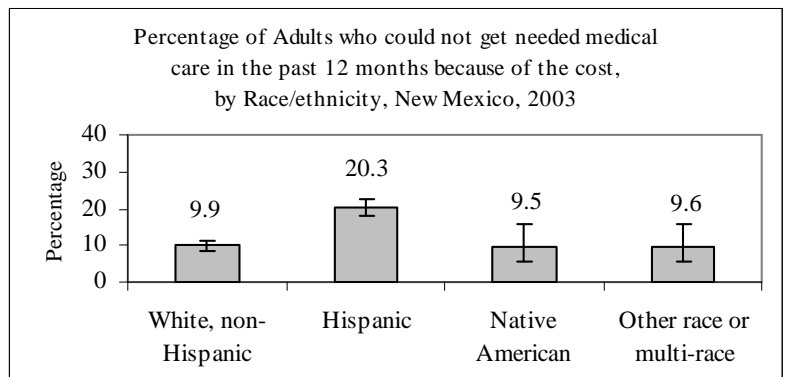
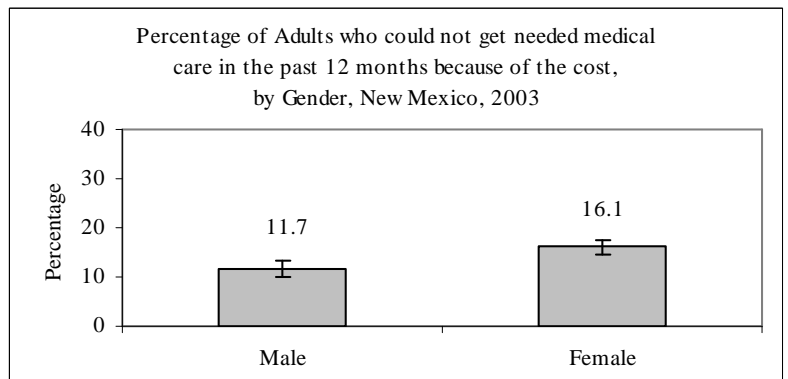
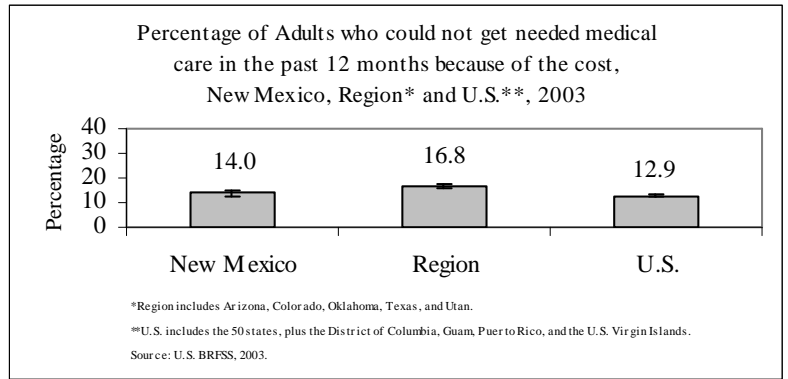
QUESTION:

“Was there a time in the past 12 months when you needed to see a doctor but could not because of the cost?”

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

IN NEW MEXICO,

- ◆ 14.0% of New Mexicans could not get needed medical care in the past 12 months because of the cost. This was less than the percentage for the Region (16.8%). New Mexico’s percentage was not statistically different from the percentage for the U.S. (12.9%).
- ◆ Females were less likely to get needed medical care in the past 12 months because of the cost (16.1%) than were males (11.7%).
- ◆ Hispanics were less likely to get needed medical care in the past 12 months because of cost (20.3%) than were White, non-Hispanics (9.9%), Native Americans (9.5%), and Other race or multi-racial (9.6%).
- ◆ Those with lower income or less education were less likely to get needed medical care in the past 12 months because of cost.



HEALTH CARE ACCESS

Table 7. Percentage of New Mexicans who could not get needed medical care in the past 12 months because of the cost, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Was there a time in the past 12 months when you needed to see a doctor but could not because of the cost?			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,488	766	14.0	12.9	15.1
GENDER					
Male	2,232	241	11.7	10.2	13.5
Female	3,256	525	16.1	14.6	17.6
AGE					
18-24	375	69	17.8	13.8	22.7
25-34	793	132	16.9	14.2	20.1
35-44	988	187	16.8	14.4	19.6
45-54	1,184	181	13.7	11.6	16.1
55-64	901	116	12.3	10.0	15.1
65-74	705	46	6.0	4.4	8.2
75+	521	32	5.6	3.9	8.1
RACE/ETHNICITY					
White, non-Hispanic	3,097	317	9.9	8.7	11.2
Hispanic	1,954	401	20.3	18.3	22.6
Native American	187	21	9.5	5.6	15.7
Other race or multi-racial	214	23	9.6	5.6	15.8
EDUCATION					
Less than High School Graduate	737	181	24.4	20.7	28.4
High School Graduate or G.E.D.	1,474	227	16.2	14.0	18.7
Some College	1,492	211	12.8	11.0	14.9
College Graduate	1,761	144	7.8	6.5	9.4
INCOME					
Less than \$10,000	331	110	34.5	27.8	41.8
\$10-19,999	895	244	28.1	24.6	31.8
\$20-49,999	2,190	290	14.0	12.3	15.8
\$50,000 or more	1,512	55	3.7	2.7	5.0
EMPLOYMENT					
Employed	3,188	426	13.1	11.8	14.6
Unemployed	244	88	33.0	25.9	41.1
Other**	2,032	248	12.4	10.8	14.2
Geographic Region [⊛]					
North West	1,199	163	13.9	11.7	16.5
North East	1,055	161	16.7	14.1	19.8
South West	1,077	165	15.3	13.0	17.9
South East	1,060	164	16.4	13.9	19.3
Bernalillo County	1,097	113	10.8	8.8	13.1

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

IMMUNIZATION

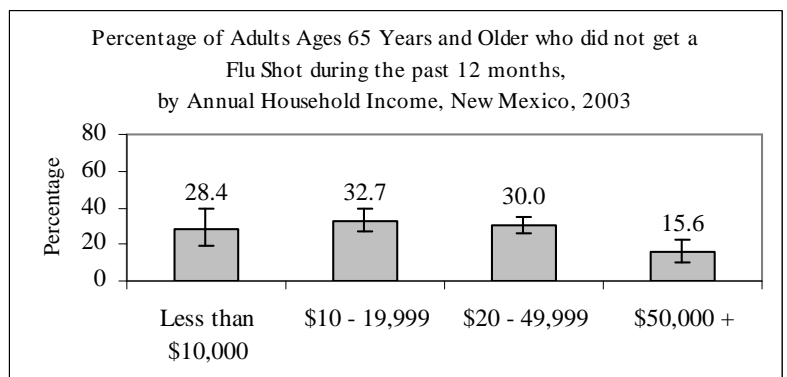
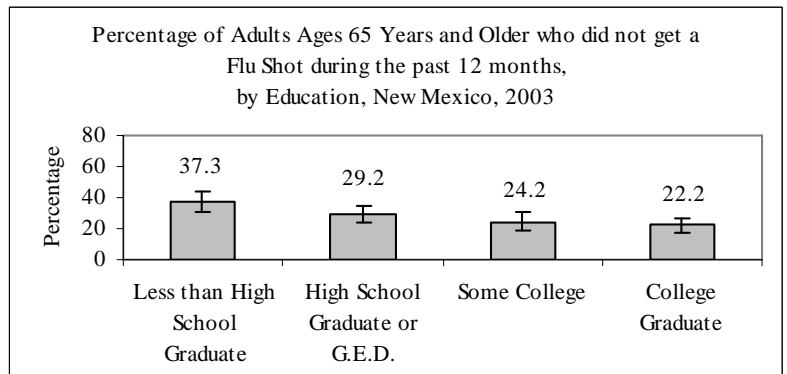
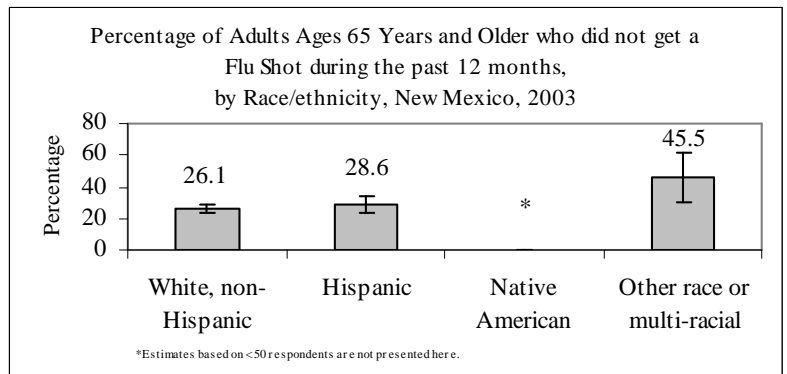
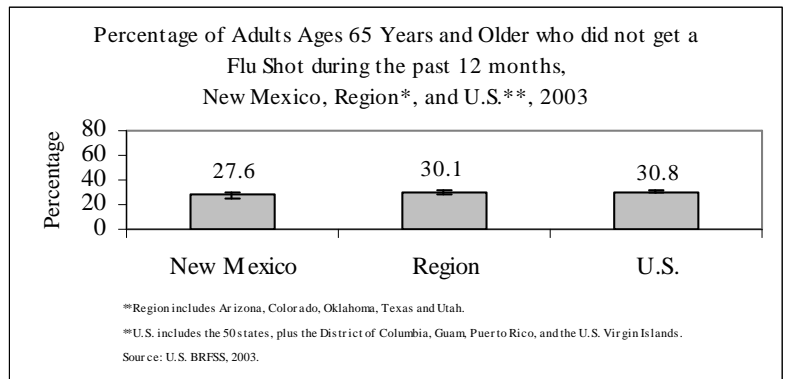
QUESTION:

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

Two vaccine-preventable infectious diseases, influenza and pneumonia, in combination were the seventh leading cause of death in both the U.S. and New Mexico in 2001.^{5,6} Since most of these deaths were among the elderly, recommendations are that people 65 years of age and older receive a yearly influenza immunization as part of routine health maintenance.⁷ 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.⁷

IN NEW MEXICO,

- ◆ 27.6% of adults ages 65 years and older had not been immunized against influenza during the past 12 months. This percentage was not different from the percentages for the Region (30.1%) and the U.S (30.8%).
- ◆ The percentage of adults ages 65 years and older not having been immunized against influenza during the past 12 months was similar for the reported racial/ethnic groups.
- ◆ The percentage of New Mexican adults ages 65 years and older not having been immunized against influenza during the past 12 months was similar among the different education and annual household income groups.



IMMUNIZATION

Table 8. Percentage of New Mexicans ages 65 years and older who did not get a flu shot during the past 12 months, NM BRFSS, 2003.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	1,225	368	27.6	24.9	30.4
GENDER					
Male	504	149	26.5	22.5	30.9
Female	721	219	28.4	24.9	32.3
AGE					
65-74	703	244	32.6	28.9	36.6
75+	522	124	21.8	18.1	26.0
RACE/ETHNICITY					
White, non-Hispanic	851	247	26.1	23.0	29.4
Hispanic	299	93	28.6	23.2	34.6
Native American	13*	—	—	—	—
Other race or multi-racial	50	22	45.5	30.1	61.9
EDUCATION					
Less than High School Graduate	231	91	37.3	30.5	44.6
High School Graduate or G.E.D.	359	112	29.2	24.3	34.6
Some College	270	74	24.2	19.1	30.2
College Graduate	358	90	22.2	17.8	27.3
INCOME					
Less than \$10,000	95	30	28.4	19.5	39.4
\$10-19,999	267	90	32.7	26.7	39.3
\$20-49,999	458	149	30.0	25.6	34.8
\$50,000 or more	179	32	15.6	10.7	22.3
EMPLOYMENT					
Employed	191	67	33.4	26.3	41.4
Unemployed	17*	—	—	—	—
Other**	1,013	293	26.5	23.6	29.6
Geographic Region[⊙]					
North West	231	81	33.9	27.5	40.8
North East	206	72	32.5	25.8	39.9
South West	263	88	32.9	27.1	39.3
South East	284	79	24.6	19.7	30.2
Bernalillo County	241	48	19.5	14.6	25.7

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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.

IMMUNIZATION

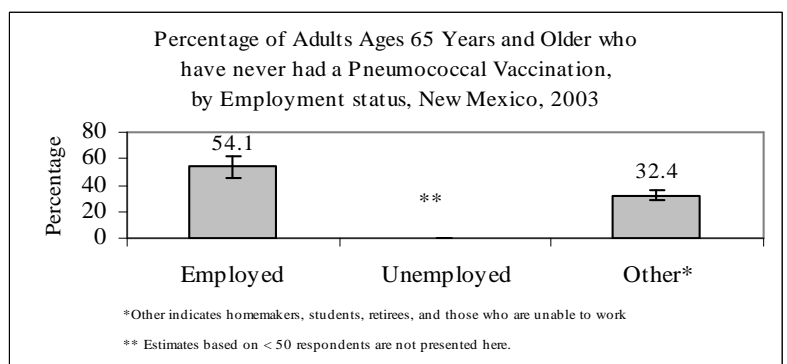
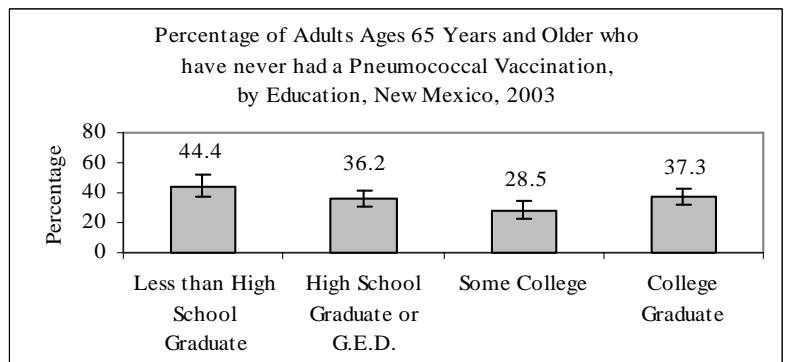
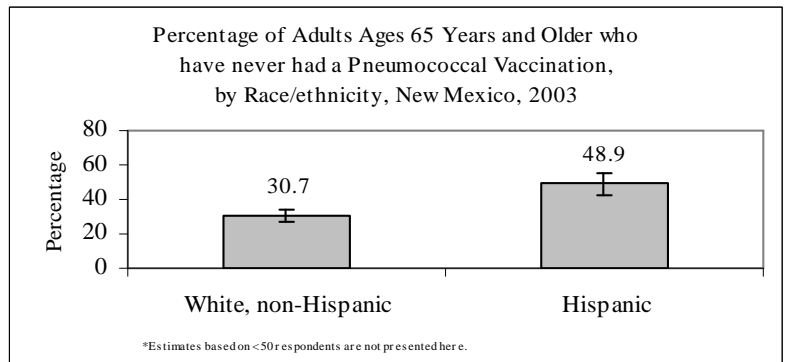
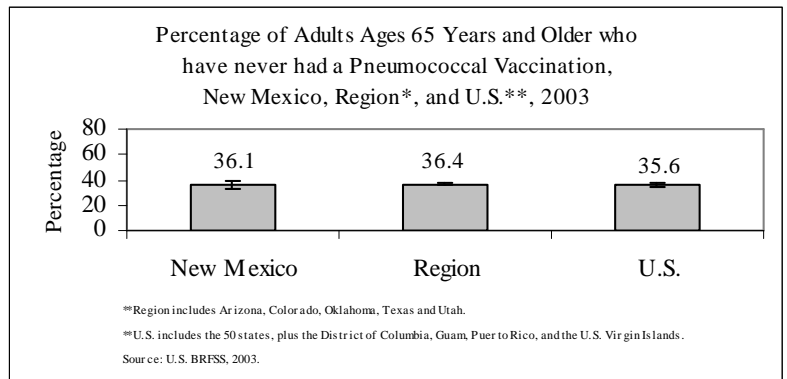
QUESTION:

“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.”

More people in the United States die from pneumococcal disease than any other vaccine-preventable disease combined⁸. Pneumococcal infections are becoming harder to treat due to the bacterium developing resistance to drugs once used effectively. People at higher risk of the disease include: people 65 and older, the very young, and people with special health problems (alcoholism, heart or lung disease, kidney failure, diabetes, HIV, or certain types of cancer)⁸.

IN NEW MEXICO,

- ◆ 36.1% of adults ages 65 years and older had never had a pneumococcal vaccination. The New Mexico percentage was not different from the percentages for the Region (36.4%) and the U.S. (35.6%).
- ◆ The percentage of Hispanic adults ages 65 years and older not having had a pneumococcal vaccination (48.9%) was higher than the percentage for White, non-Hispanics (30.7%).
- ◆ The percentage of adults ages 65 years and older not having had a pneumococcal vaccination was lower among those with some college (28.5%) than the other education groups.
- ◆ The percentage of adults ages 65 years and older not having had a pneumococcal vaccination was lower among those with other employment status (32.4%) than those employed (54.1%).



IMMUNIZATION

Table 9. Percentage of New Mexicans ages 65 years and older who have never had a pneumococcal vaccination, NM BRFSS, 2003.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	1,191	454	36.1	33.1	39.2
GENDER					
Male	480	189	37.7	33.0	42.6
Female	711	265	34.9	31.1	38.9
AGE					
65-74	683	314	44.6	40.4	48.9
75+	508	140	26.4	22.4	30.8
RACE/ETHNICITY					
White, non-Hispanic	831	276	30.7	27.3	34.2
Hispanic	288	144	48.9	42.3	55.6
Native American	12 [*]	—	—	—	—
Other race or multi-racial	48 [*]	—	—	—	—
EDUCATION					
Less than High School Graduate	221	103	44.4	37.0	52.0
High School Graduate or G.E.D.	352	131	36.2	30.8	41.9
Some College	262	87	28.5	23.0	34.6
College Graduate	349	132	37.3	31.7	43.2
INCOME					
Less than \$10,000	91	39	40.2	29.3	52.1
\$10-19,999	255	96	36.9	30.4	44.0
\$20-49,999	452	178	38.2	33.4	43.3
\$50,000 or more	174	68	37.4	29.8	45.6
EMPLOYMENT					
Employed	187	100	54.1	45.9	62.0
Unemployed	14 [*]	—	—	—	—
Other ^{**}	986	343	32.4	29.2	35.7
Geographic Region[⊙]					
North West	228	83	37.9	31.2	45.2
North East	197	88	41.8	34.4	49.6
South West	257	107	44.3	37.9	51.0
South East	275	111	36.7	30.8	43.1
Bernalillo County	234	65	26.3	20.7	32.8

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

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

ASTHMA

QUESTIONS:

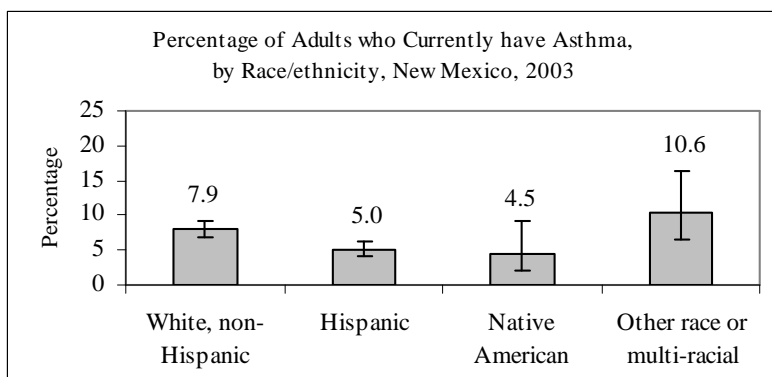
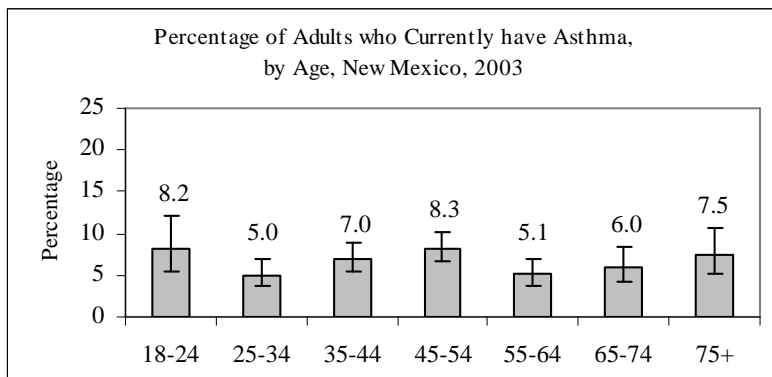
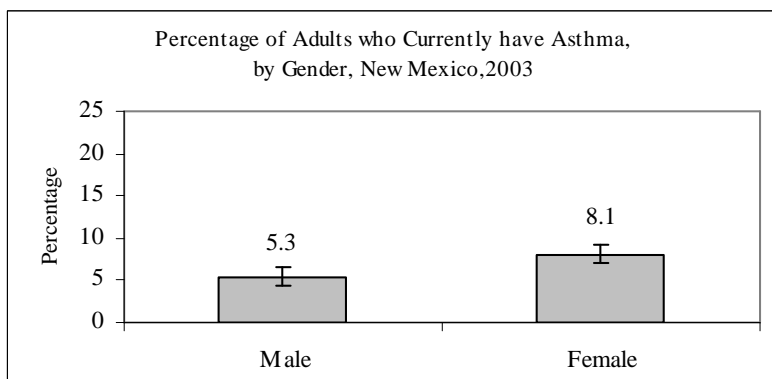
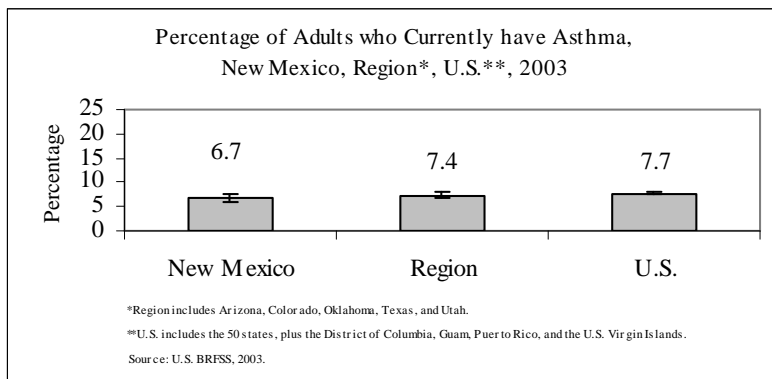
“Have you ever been told by a doctor, nurse or other health professional that you had asthma?”

“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. An estimated nine million children in the United States have been diagnosed with asthma⁹. In 2002, an estimated 16 million persons in the United States had asthma¹⁰. Results presented on this page are based on responses to the second question, “Do you still have asthma?” (see Table 11, pg 34).

IN NEW MEXICO,

- ◆ 6.7% of New Mexicans currently had asthma at the time of the interview. This percentage was not statistically different from the Region (7.4%) or the U.S. (7.7%).
- ◆ The percentage of women who currently had asthma (8.1%) was statistically different from the percentage of men who currently had asthma (5.3%).
- ◆ The percentage of adults who currently had asthma was similar among the different age groups.
- ◆ Insufficient sample size makes comparison of current asthma prevalence across race/ethnic groups difficult. However, asthma prevalence was significantly higher for the white, non-Hispanic population than for the Hispanic population.



ASTHMA

Table 10. Percentage of New Mexicans who have been told by a doctor, nurse or other health professional that they had asthma, NM BRFSS, 2003.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,490	601	10.5	9.5	11.5
GENDER					
Male	2,231	205	9.0	7.7	10.6
Female	3,259	396	11.8	10.6	13.2
AGE					
18-24	375	48	12.2	8.9	16.4
25-34	794	78	8.9	7.0	11.2
35-44	990	110	10.7	8.7	13.2
45-54	1,185	150	12.1	10.1	14.4
55-64	901	99	9.0	7.2	11.2
65-74	704	67	8.9	6.8	11.4
75+	520	49	10.9	8.1	14.7
RACE/ETHNICITY					
White, non-Hispanic	3,096	390	12.8	11.4	14.3
Hispanic	1,956	161	7.5	6.3	9.0
Native American	187	13	6.3	3.4	11.3
Other race or multi-racial	215	32	14.1	9.5	20.3
EDUCATION					
Less than High School Graduate	739	60	8.0	5.9	10.8
High School Graduate or G.E.D.	1,475	118	6.9	5.6	8.5
Some College	1,491	196	13.7	11.6	16.1
College Graduate	1,760	227	12.1	10.5	14.0
INCOME					
Less than \$10,000	331	42	11.7	8.1	16.5
\$10-19,999	894	99	10.6	8.5	13.2
\$20-49,999	2,190	254	11.3	9.8	13.0
\$50,000 or more	1,513	161	10.0	8.4	11.9
EMPLOYMENT					
Employed	3,189	337	10.0	8.8	11.3
Unemployed	244	31	9.6	6.1	14.9
Other**	2,032	233	11.7	10.1	13.5
Geographic Region[⊛]					
North West	1,200	136	10.6	8.8	12.7
North East	1,055	111	10.5	8.5	12.8
South West	1,077	124	10.7	8.8	13.0
South East	1,061	116	10.3	8.4	12.5
Bernalillo County	1,097	114	10.4	8.4	12.7

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

ASTHMA

Table 11. Percentage of New Mexicans who currently have asthma, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Do you still have asthma?			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,486	389	6.7	6.0	7.6
GENDER					
Male	2,229	123	5.3	4.4	6.6
Female	3,257	266	8.1	7.0	9.3
AGE					
18-24	375	31	8.2	5.5	12.0
25-34	792	45	5.0	3.6	6.9
35-44	989	74	7.0	5.4	9.0
45-54	1,185	103	8.3	6.7	10.3
55-64	901	57	5.1	3.8	6.9
65-74	704	44	6.0	4.3	8.3
75+	519	35	7.5	5.1	10.7
RACE/ETHNICITY					
White, non-Hispanic	3,093	246	7.9	6.8	9.2
Hispanic	1,955	107	5.0	4.0	6.2
Native American	187	9	4.5	2.1	9.2
Other race or multi-racial	215	24	10.6	6.7	16.3
EDUCATION					
Less than High School Graduate	739	40	4.7	3.2	6.9
High School Graduate or G.E.D.	1,473	80	5.0	3.9	6.4
Some College	1,490	129	8.8	7.1	10.9
College Graduate	1,759	140	7.6	6.3	9.1
INCOME					
Less than \$10,000	331	32	8.6	5.6	13.0
\$10-19,999	894	67	7.2	5.4	9.4
\$20-49,999	2,188	158	7.0	5.8	8.4
\$50,000 or more	1,512	104	6.3	5.0	7.9
EMPLOYMENT					
Employed	3,187	217	6.4	5.5	7.5
Unemployed	244	22	7.0	4.0	11.8
Other**	2,030	150	7.4	6.1	9.0
Geographic Region[⊛]					
North West	1,199	100	7.7	6.2	9.6
North East	1,054	58	5.4	4.0	7.2
South West	1,077	75	6.5	5.0	8.3
South East	1,060	80	6.9	5.4	8.8
Bernalillo County	1,096	76	6.9	5.3	8.9

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

ASTHMA

QUESTIONS:

Asked of those ever diagnosed with asthma (n=601):
 “How old were you when you were told by a doctor, nurse or other health professional that you had asthma?”

Asked of only those who currently have asthma (n=389):

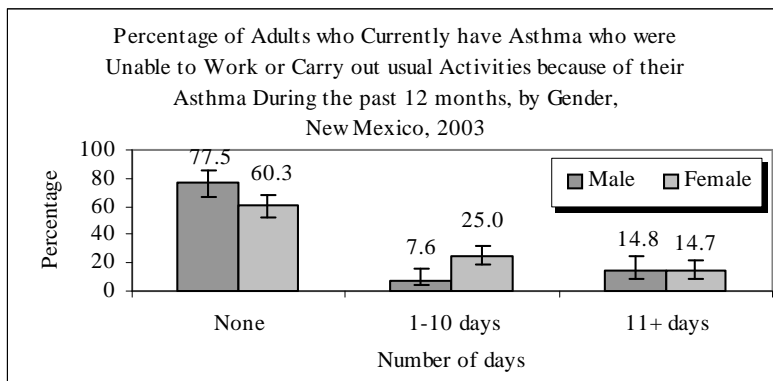
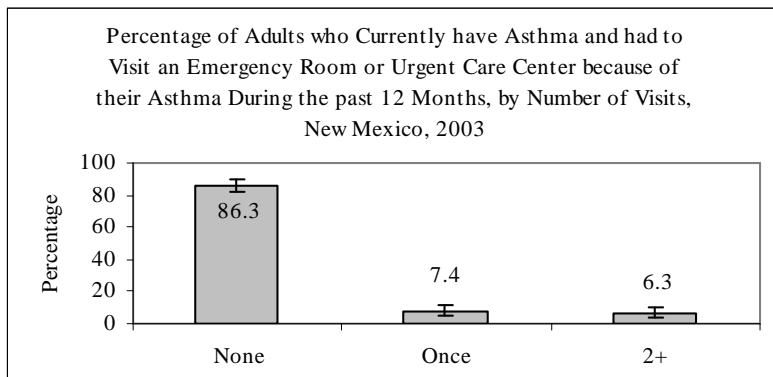
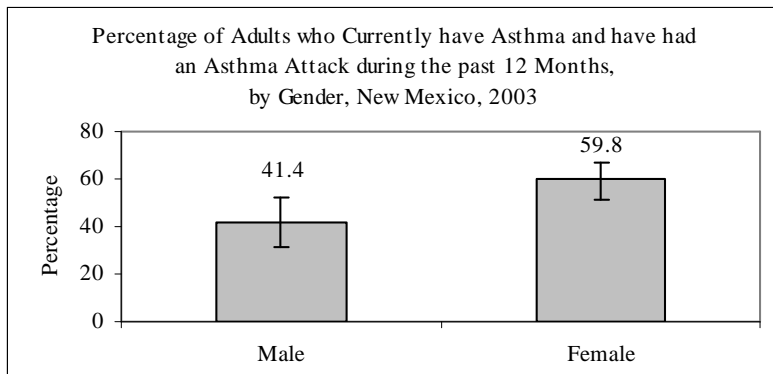
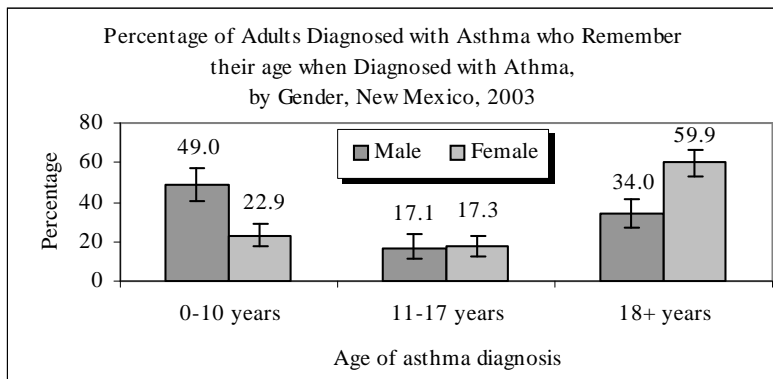
“During the past 12 months, have you had an episode of asthma or an asthma attack?”

“During the past 12 months, how many times did you visit an emergency room or urgent care center because of your asthma?”

“During the past 12 months, how many days were you unable to work or carry out your usual activities because of your asthma?”

IN NEW MEXICO,

- ◆ Males were more likely to report being diagnosed with asthma between 0-10 years of age (49.0%) than females (22.9%). Females were more likely to report being diagnosed with asthma after 18 years of age (59.9%) than males (34.0%).
- ◆ Among males who currently had asthma, the percentage who had an asthma attack during the past 12 months (41.4%) was not statistically different than that of females who currently had asthma, (59.8%).
- ◆ An estimated 13.7% of adults who currently had asthma visited an emergency room or urgent care center at least once during the past 12 months because of asthma.
- ◆ Among those who currently had asthma, symptoms were more likely to prevent females from working or carrying out usual activities for 1-10 days during the past 12 months (25.0% of females with asthma vs. 7.6% of males with asthma).



DIABETES

QUESTION:

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

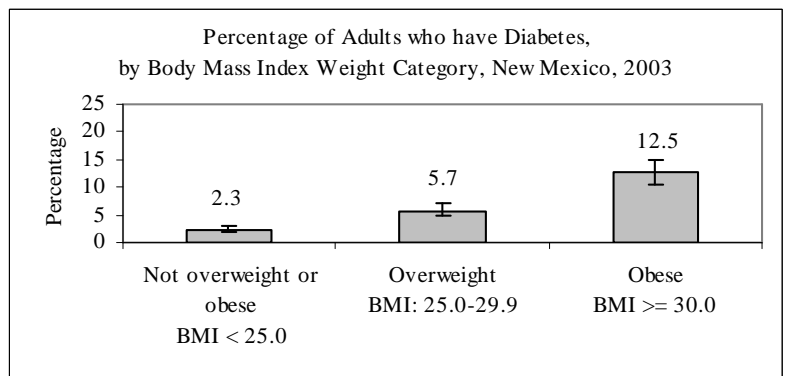
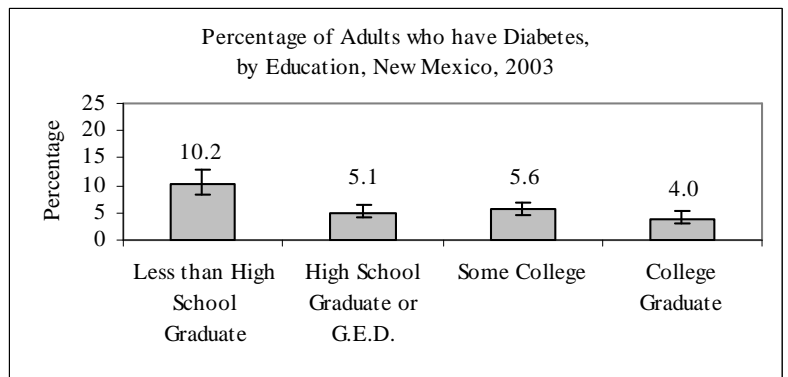
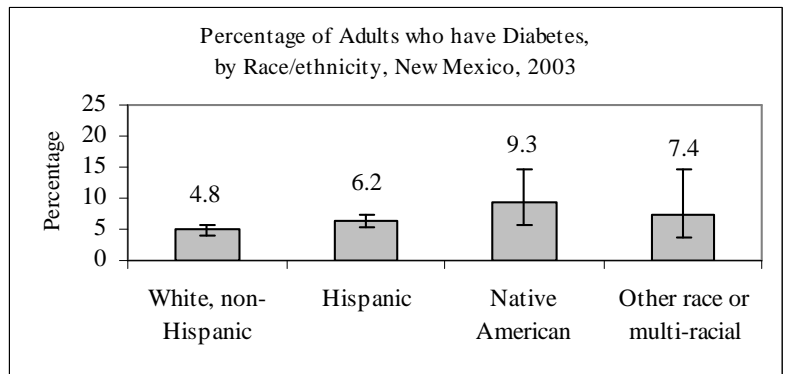
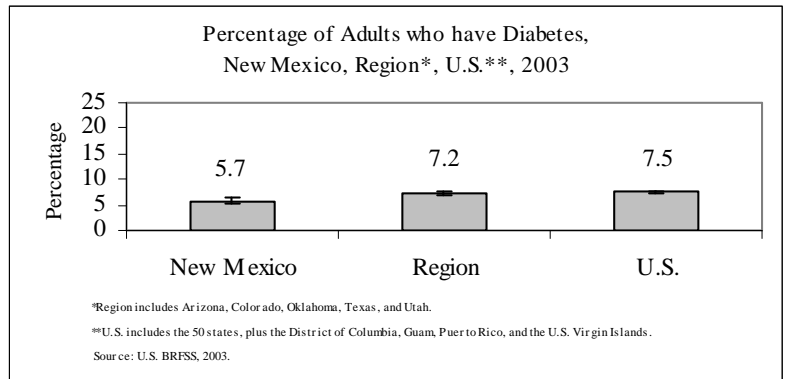
Diabetes is a chronic disease that was the sixth leading cause of death in both the United States and New Mexico in 2003.^{36,37}

Although there are many types of diabetes, all are related to increased blood sugar caused by either lack of insulin or the body’s inability to use insulin properly. Type 2 is the most common form of the disease and occurs more frequently in Native Americans, Hispanics, and African Americans. The disease also occurs more frequently among obese individuals of any race/ethnicity.

People with diabetes are at increased risk of a number of health problems, including cardiovascular disease, end-stage renal disease, blindness, and amputation.

IN NEW MEXICO,

- ◆ The percentage of adults in New Mexico with diabetes was 5.7%. This was statistically different than the percentages for the Region (7.2%) or the U.S. (7.5%).
- ◆ The percentage of adults with diabetes was not statistically different among the different racial/ethnic groups.
- ◆ Adults with lower education and less income were at a higher risk of having diabetes.
- ◆ Adults who were obese had the highest prevalence of diabetes (12.5%), followed by overweight but not obese individuals (5.7%), and then followed by those who were not overweight or obese (2.3%).



DIABETES

Table 12. Percentage of New Mexicans who have been told by a doctor that they have diabetes, NM BRFSS, 2003.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,493	382	5.7	5.1	6.4
GENDER					
Male	2,233	152	5.6	4.6	6.7
Female	3,260	230	5.9	5.0	6.8
AGE					
18-24	375	2	0.6	0.2	2.4
25-34	794	9	0.9	0.4	1.9
35-44	990	26	2.4	1.5	3.8
45-54	1,185	71	5.5	4.3	7.1
55-64	902	101	11.4	9.0	14.4
65-74	705	104	15.3	12.5	18.6
75+	521	68	13.6	10.5	17.3
RACE/ETHNICITY					
White, non-Hispanic	3,100	175	4.8	4.1	5.7
Hispanic	1,955	169	6.2	5.3	7.4
Native American	187	21	9.3	5.7	14.7
Other race or multi-racial	215	16	7.4	3.6	14.6
EDUCATION					
Less than High School Graduate	739	96	10.2	8.2	12.7
High School Graduate or G.E.D.	1,474	101	5.1	4.1	6.4
Some College	1,493	106	5.6	4.5	7.0
College Graduate	1,762	76	4.0	3.0	5.3
INCOME					
Less than \$10,000	331	48	12.3	8.9	16.7
\$10-19,999	894	99	9.2	7.3	11.4
\$20-49,999	2,192	124	4.6	3.8	5.6
\$50,000 or more	1,513	59	3.5	2.6	4.8
EMPLOYMENT					
Employed	3,190	138	3.6	2.9	4.4
Unemployed	244	16	4.2	2.3	7.4
Other**	2,034	226	9.8	8.5	11.4
Geographic Region[⊛]					
North West	1,201	87	6.2	4.9	7.8
North East	1,055	62	5.7	4.3	7.5
South West	1,078	83	6.6	5.3	8.3
South East	1,061	97	6.9	5.6	8.6
Bernalillo County	1,098	53	4.4	3.2	5.9

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

DIABETES

QUESTIONS ASKED OF THE 382 WITH DIABETES:

“About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?”

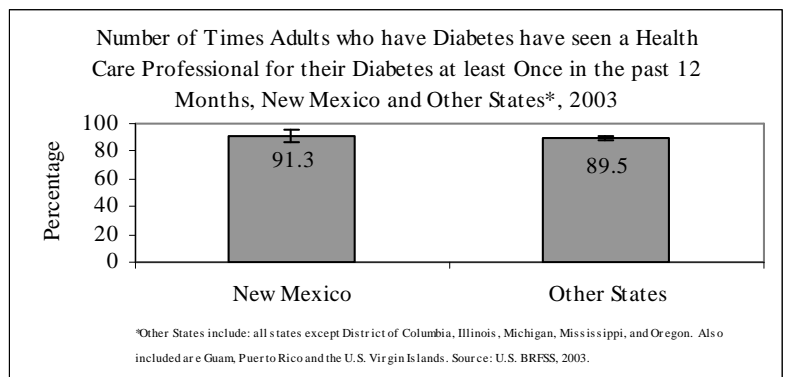
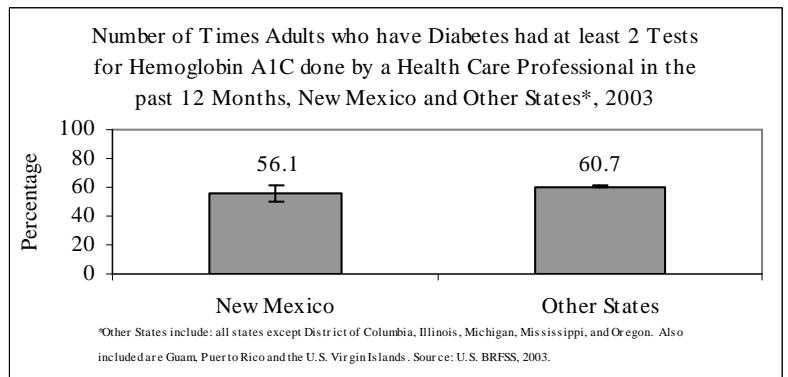
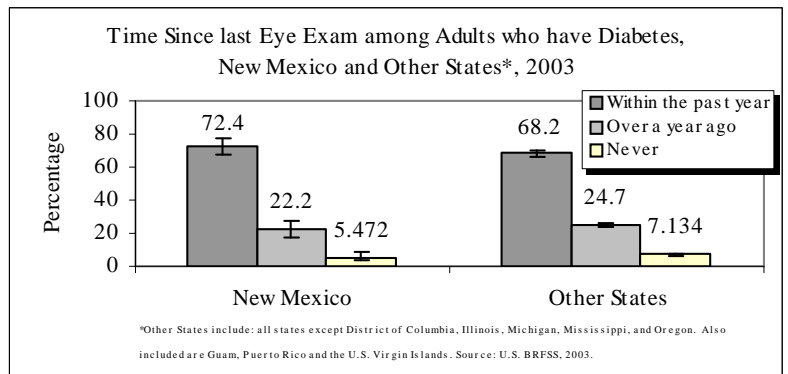
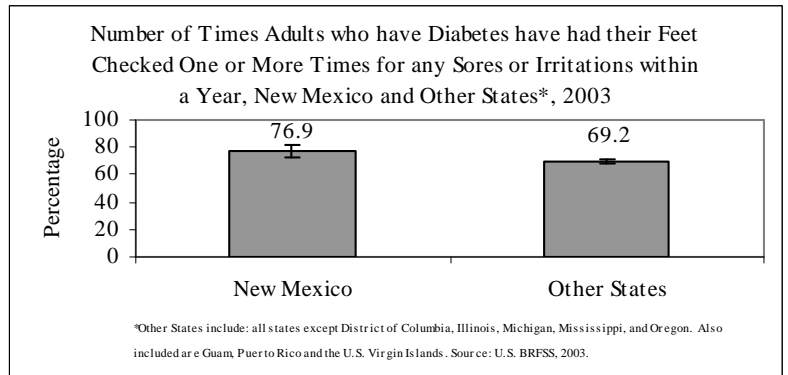
“When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.”

“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,

- ◆ 76.9% of New Mexicans who had diabetes had their feet checked for any sores or irritations at least once in the past year by a health professional. This percentage was higher than the percentage for the Other States (69.2%).
- ◆ 72.4% of New Mexicans who had diabetes had their last eye exam within the past year. This percentage was not significantly different from the Other States (68.2%).
- ◆ 56.1% of New Mexicans who had diabetes had at least two tests for hemoglobin A1C at least once in the past 12 months. This percentage was not significantly different from the Other States (60.7%).
- ◆ 91.3% of New Mexicans who had diabetes had seen a health professional for their diabetes in the past 12 months. This percentage was not significantly different from the Other States (89.5%).



ARTHRITIS

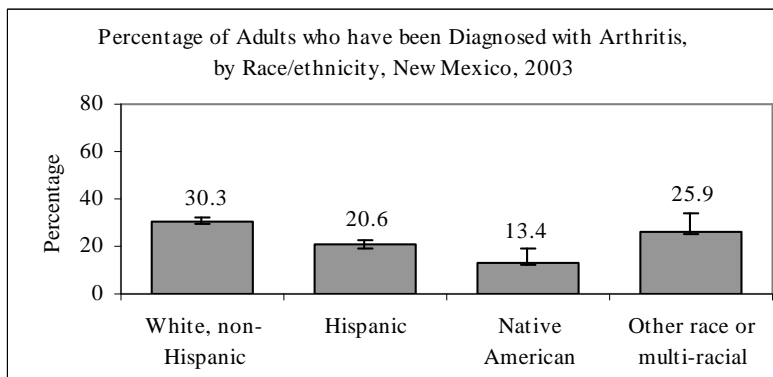
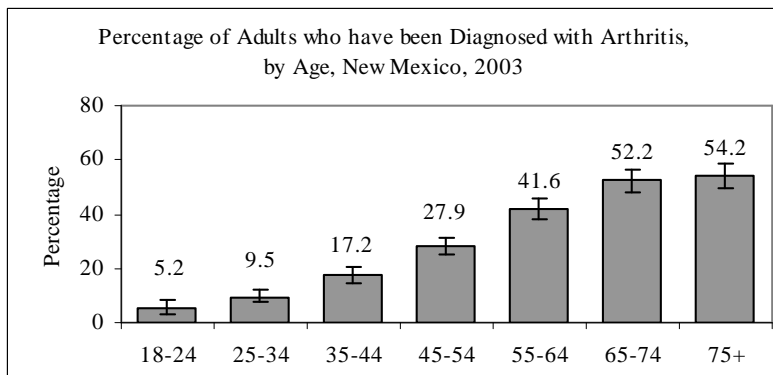
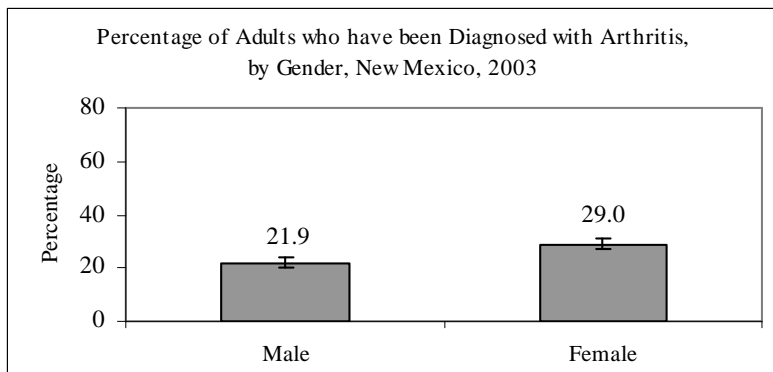
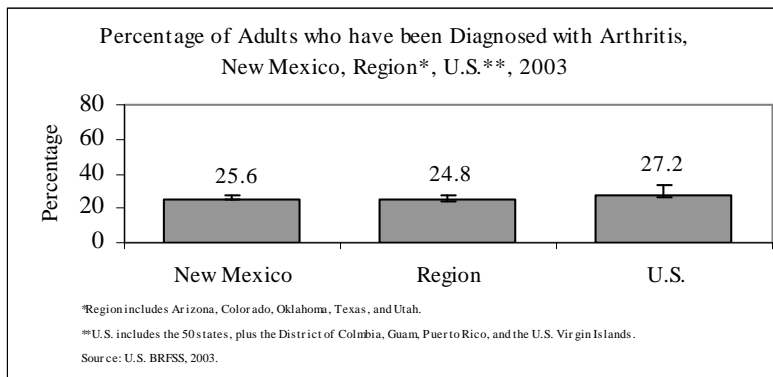
QUESTION:

“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 institutionalization for the elderly. Forty-nine million American adults reported doctor-diagnosed arthritis in 2001 ¹¹.

IN NEW MEXICO,

- ◆ 25.6% of New Mexicans had been diagnosed with some form of arthritis. This percentage was not statistically different from the percentages for the Region (24.8%) or the U.S. (27.2%).
- ◆ Females were more likely to have been diagnosed with some form of arthritis (29.0%) than males (21.9%).
- ◆ The percentage of adults who had been diagnosed with arthritis increased with age.
- ◆ White, non-Hispanics were more likely to have been diagnosed with some form of arthritis (30.3%) than Hispanics (20.6%) and Native Americans (13.4%).



ARTHRITIS

Table 13. 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, NM BRFSS, 2003.

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, rheumatoid arthritis, gout, lupus, or fibromyalgia?			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,387	1,622	25.6	24.3	26.9
GENDER					
Male	2,183	565	21.9	20.0	23.9
Female	3,204	1,057	29.0	27.2	30.9
AGE					
18-24	365	22	5.2	3.3	8.2
25-34	780	72	9.5	7.3	12.1
35-44	968	170	17.2	14.6	20.2
45-54	1,164	344	27.9	25.0	31.0
55-64	892	367	41.6	37.7	45.6
65-74	690	357	52.2	48.0	56.4
75+	509	284	54.2	49.3	59.0
RACE/ETHNICITY					
White, non-Hispanic	3,054	1,028	30.3	28.4	32.2
Hispanic	1,906	485	20.6	18.6	22.7
Native American	186	32	13.4	9.0	19.4
Other race or multi-racial	210	64	25.9	19.2	33.8
EDUCATION					
Less than High School Graduate	715	221	22.9	19.8	26.4
High School Graduate or G.E.D.	1,449	441	24.9	22.5	27.6
Some College	1,473	461	26.9	24.3	29.6
College Graduate	1,742	495	26.1	23.7	28.5
INCOME					
Less than \$10,000	327	150	36.3	30.3	42.7
\$10-19,999	885	304	28.3	25.0	31.8
\$20-49,999	2,167	604	23.6	21.6	25.7
\$50,000 or more	1,498	395	24.9	22.4	27.5
EMPLOYMENT					
Employed	3,132	675	19.3	17.7	20.9
Unemployed	243	62	19.3	14.3	25.7
Other**	2,006	884	38.1	35.6	40.6
Geographic Region[⊛]					
North West	1,176	350	24.9	22.3	27.7
North East	1,043	278	23.6	20.9	26.5
South West	1,055	290	23.8	21.1	26.7
South East	1,036	388	30.2	27.3	33.4
Bernalillo County	1,077	316	25.9	23.1	28.9

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

ARTHRITIS

QUESTIONS:

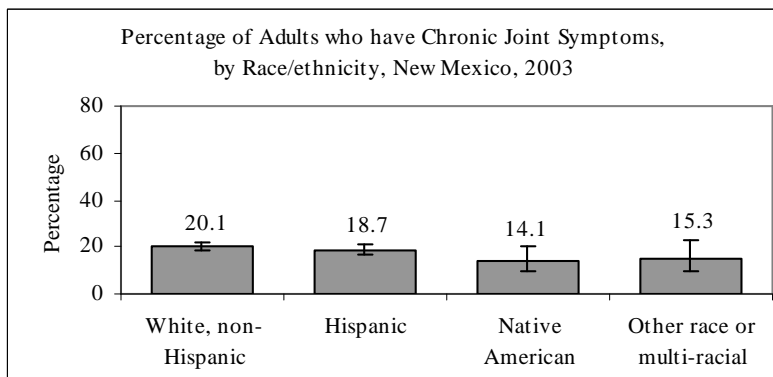
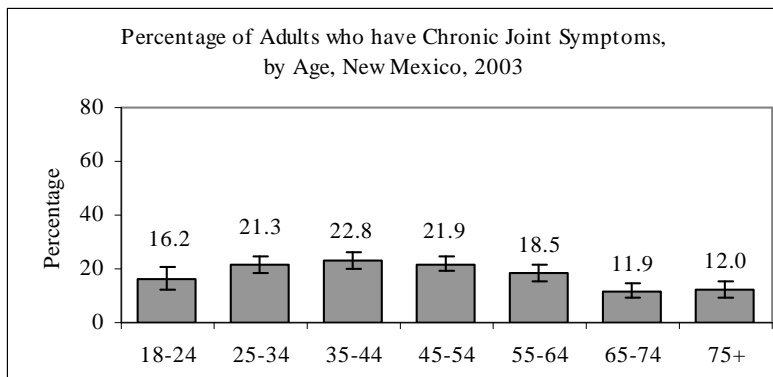
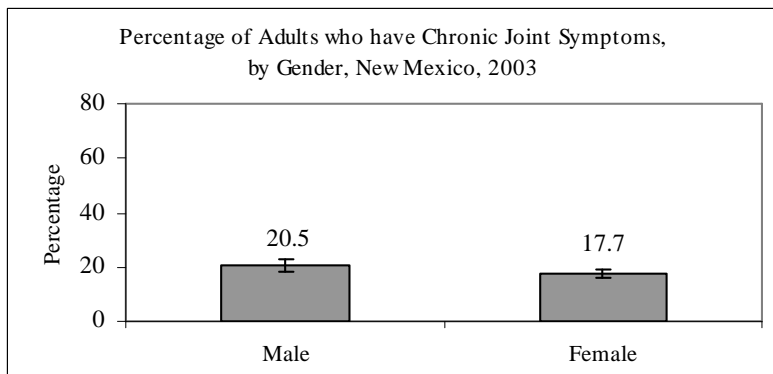
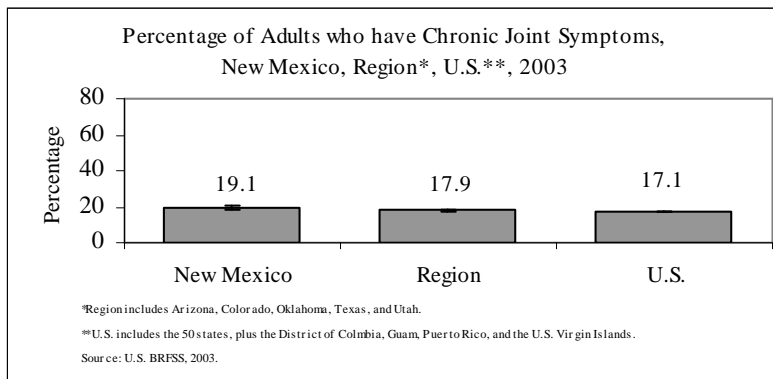
“The next questions refer to your joints. Please do not include the back or neck. During the past 30 days, have you had any symptoms of pain, aching, or stiffness in or around a joint?”

“Did your joint symptoms first begin more than 3 months ago?”

Respondents were considered to have chronic joint symptoms when both questions above were answered “yes” and the respondent has never been diagnosed with some form of arthritis ¹¹.

IN NEW MEXICO,

- ◆ 19.1% of New Mexicans without diagnosed arthritis reported chronic joint symptoms. This percentage was not statistically different from the percentage for the Region (17.9%), but was statistically different from the U.S. (17.1%).
- ◆ There was no statistical difference in chronic joint symptoms between males and females.
- ◆ Adults 25-54 years of age were more likely to have chronic joint symptoms than adults younger than 25 and older than 54 years of age.
- ◆ There was no statistical difference in chronic joint symptoms among the different racial/ethnic groups.



ARTHRITIS

Table 14. Percentage of New Mexicans who have chronic joint symptoms (excluding those with diagnosed arthritis), NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	1. During the past 30 days, have you had any symptoms of pain, aching, or stiffness in or around a joint (not including the back or neck)? 2. Did you joint symptoms first begin more than 3 months ago?			
		Total Number Who Responded "Yes" to questions 1 and 2	Weighted Percent (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	5,387	1,019	19.1	17.8	20.4
GENDER					
Male	2,183	453	20.5	18.6	22.6
Female	3,204	566	17.7	16.2	19.3
AGE					
18-24	365	61	16.2	12.3	21.0
25-34	780	166	21.3	18.2	24.7
35-44	968	217	22.8	19.9	26.1
45-54	1,164	262	21.9	19.2	24.8
55-64	892	163	18.5	15.7	21.7
65-74	690	85	11.9	9.4	14.8
75+	509	62	12.0	9.2	15.5
RACE/ETHNICITY					
White, non-Hispanic	3,054	585	20.1	18.4	21.9
Hispanic	1,906	369	18.7	16.7	20.9
Native American	186	30	14.1	9.5	20.5
Other race or multi-racial	210	29	15.3	9.8	23.1
EDUCATION					
Less than High School Graduate	715	127	18.5	15.3	22.3
High School Graduate or G.E.D.	1,449	247	16.7	14.5	19.1
Some College	1,473	308	20.9	18.5	23.6
College Graduate	1,742	337	19.9	17.7	22.3
INCOME					
Less than \$10,000	327	67	21.4	16.1	27.9
\$10-19,999	885	174	19.4	16.5	22.7
\$20-49,999	2,167	410	19.0	17.1	21.1
\$50,000 or more	1,498	300	20.2	17.9	22.8
EMPLOYMENT					
Employed	3,132	661	20.7	19.1	22.5
Unemployed	243	54	21.2	15.5	28.3
Other**	2,006	304	15.7	13.9	17.7
Geographic Region ⊛					
North West	1,176	214	18.9	16.3	21.8
North East	1,043	218	21.4	18.6	24.5
South West	1,055	208	18.4	15.9	21.0
South East	1,036	187	19.5	16.8	22.6
Bernalillo County	1,077	192	18.2	15.7	21.0

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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.

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ARTHRITIS

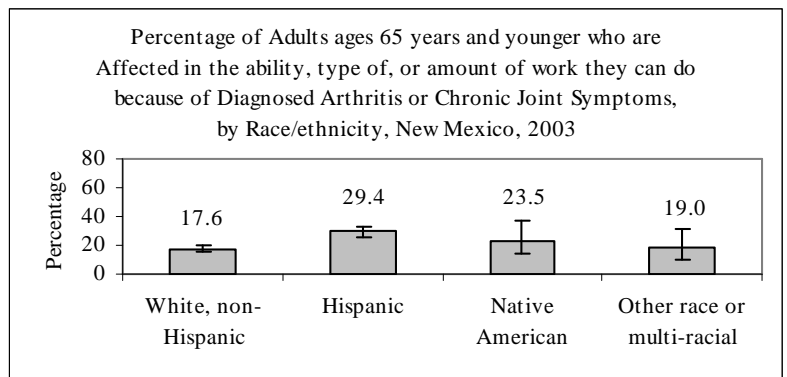
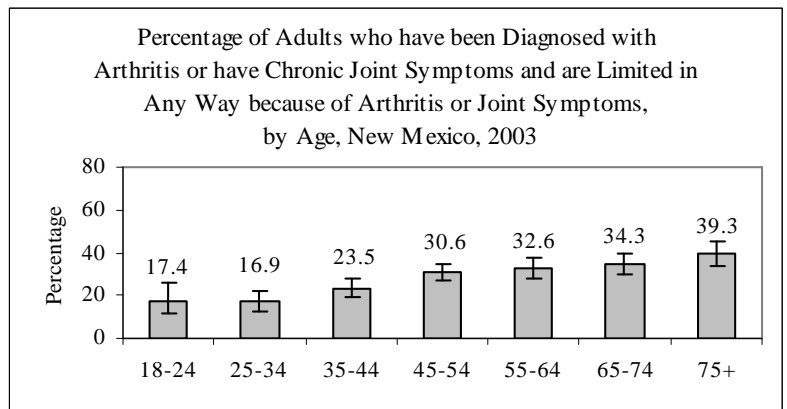
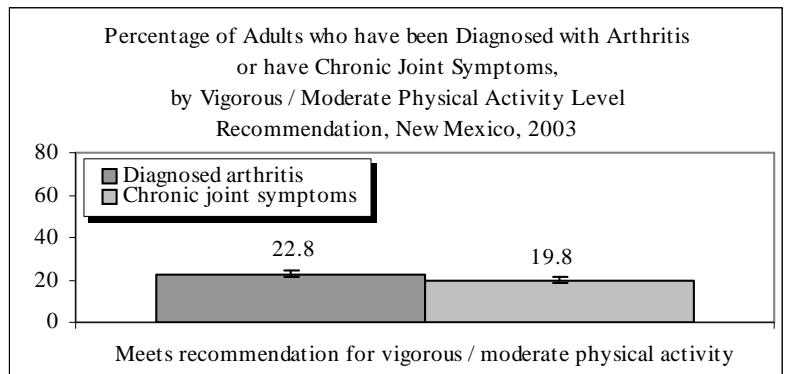
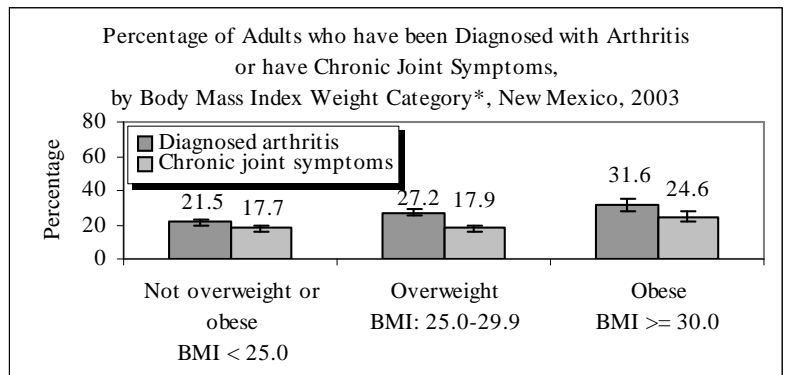
QUESTIONS:

“Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?”

“In this next question we are referring to work for pay. Do arthritis or joint symptoms now affect whether you work, the type of work you do, or the amount of work you do?”

IN NEW MEXICO,

- ◆ 31.6% of obese New Mexicans had been diagnosed with some form of arthritis. This percentage was statistically different from the percentages for overweight (27.2%) and not overweight or obese (21.5%). 24.6% of obese New Mexicans reported chronic joint symptoms. This percentage was statistically different from the percentages for overweight (17.9%) or not overweight or obese (17.1%).
- ◆ 22.8% of respondents who met the recommendations for vigorous / moderate physical activity had arthritis and 19.8% had chronic joint symptoms.
- ◆ The percentage of adults who had been diagnosed with arthritis or had chronic joint symptoms and were limited in any way because of arthritis or joint symptoms increased with age.
- ◆ Hispanics ages 65 years and younger and who had been diagnosed with arthritis or had chronic joint symptoms were more likely to have been affected in their ability to work because of arthritis or joint symptoms (29.4%) than White, non-Hispanics (17.6%).



ARTHRITIS

Table 15. Percentage of New Mexicans who have been diagnosed with arthritis or have chronic joint symptoms who are limited in any way because of arthritis or joint symptoms, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms? (asked of those who have been diagnosed with arthritis or have chronic joint symptoms)			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,973	909	28.1	26.3	30.1
GENDER					
Male	1,145	324	25.6	22.8	28.7
Female	1,828	585	30.4	27.9	32.9
AGE					
18-24	121	26	17.4	11.2	26.1
25-34	295	52	16.9	12.4	22.5
35-44	455	111	23.5	19.3	28.3
45-54	680	211	30.6	26.6	34.9
55-64	578	199	32.6	28.2	37.3
65-74	466	160	34.3	29.5	39.4
75+	368	146	39.3	33.8	45.1
RACE/ETHNICITY					
White, non-Hispanic	1,804	545	28.0	25.6	30.5
Hispanic	975	308	29.4	26.2	32.9
Native American	73	21	24.3	15.3	36.3
Other race or multi-racial	102	28	22.3	14.3	33.1
EDUCATION					
Less than High School Graduate	386	158	38.1	32.4	44.2
High School Graduate or G.E.D.	782	226	27.1	23.5	31.0
Some College	840	266	27.4	24.1	31.0
College Graduate	960	258	25.3	22.2	28.7
INCOME					
Less than \$10,000	228	125	55.1	47.0	63.0
\$10-19,999	529	204	36.8	32.1	41.7
\$20-49,999	1,160	325	25.7	22.8	28.8
\$50,000 or more	791	176	21.2	18.0	24.7
EMPLOYMENT					
Employed	1,556	347	21.5	19.1	24.1
Unemployed	133	41	23.9	16.3	33.6
Other**	1,283	521	38.3	35.2	41.4
Geographic Region ⊛					
North West	630	196	30.1	26.1	34.5
North East	573	173	30.3	26.1	34.9
South West	558	149	24.9	21.2	29.0
South East	632	227	31.7	27.8	35.9
Bernalillo County	580	164	25.9	22.1	30.1

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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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⊛ For a list of the counties in each geographic region, see Appendix II at the end of this report.

ARTHRITIS

Table 16. Percentage of New Mexicans who have been diagnosed with arthritis or have chronic joint symptoms who are affected in the ability to, type of, or amount of, work they can do because of arthritis or joint symptoms, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	In this next question we are referring to work for pay. Do arthritis or joint symptoms now affect whether you work, the type of work you do, or the amount of work you do? (asked of those who have been diagnosed with arthritis or have chronic joint symptoms & younger than 65 years of age)			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	2,123	525	22.4	20.4	24.5
GENDER					
Male	827	187	20.4	17.5	23.7
Female	1,296	338	24.3	21.6	27.1
AGE					
18-24	119	25	18.9	12.3	28.0
25-34	294	47	14.7	10.6	20.0
35-44	454	105	21.8	17.8	26.5
45-54	678	187	25.3	21.8	29.2
55-64	578	161	26.9	22.8	31.4
RACE/ETHNICITY					
White, non-Hispanic	1,209	237	17.6	15.2	20.4
Hispanic	776	254	29.4	25.9	33.2
Native American	63	16	23.5	13.8	37.1
Other race or multi-racial	64	17	19.0	10.6	31.8
EDUCATION					
Less than High School Graduate	222	91	41.5	33.9	49.5
High School Graduate or G.E.D.	533	150	25.5	21.4	30.2
Some College	637	164	21.0	17.8	24.7
College Graduate	730	120	13.9	11.3	16.9
INCOME					
Less than \$10,000	153	82	50.3	40.4	60.1
\$10-19,999	335	118	34.8	28.9	41.1
\$20-49,999	846	199	19.8	17.0	22.9
\$50,000 or more	673	100	14.8	11.9	18.3
EMPLOYMENT					
Employed	1,435	284	18.2	15.9	20.6
Unemployed	122	38	27.0	18.4	37.6
Other**	566	203	32.4	28.1	37.1
Geographic Region ⊛					
North West	463	113	23.2	18.9	28.0
North East	439	115	27.0	22.3	32.2
South West	383	86	22.0	17.7	27.1
South East	426	129	27.2	22.7	32.2
Bernalillo County	412	82	17.6	13.9	21.9

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DISABILITY

QUESTIONS:

“Are you limited in any way in any activities because of physical, mental, or emotional problems?”

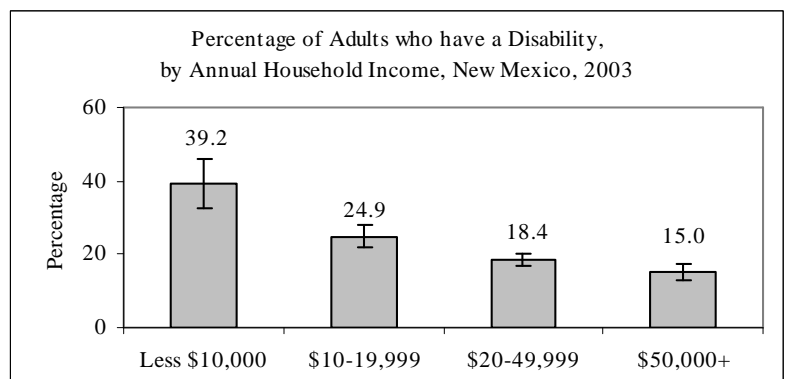
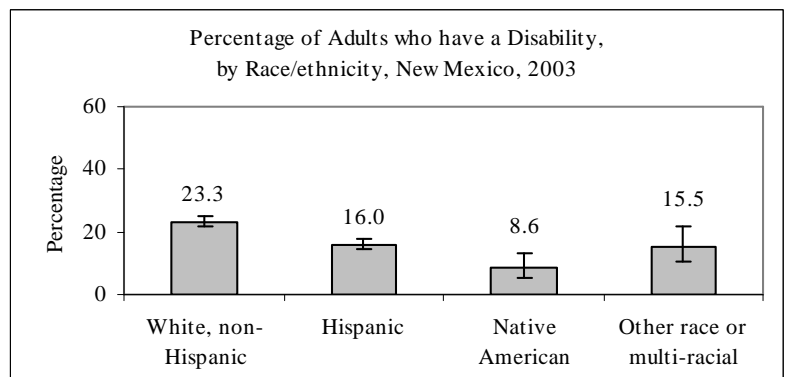
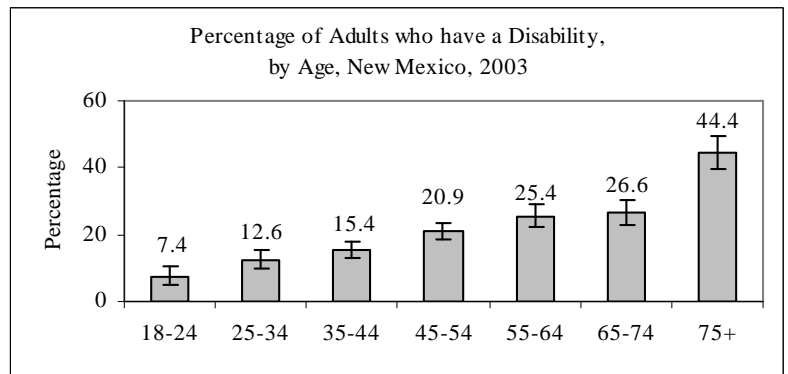
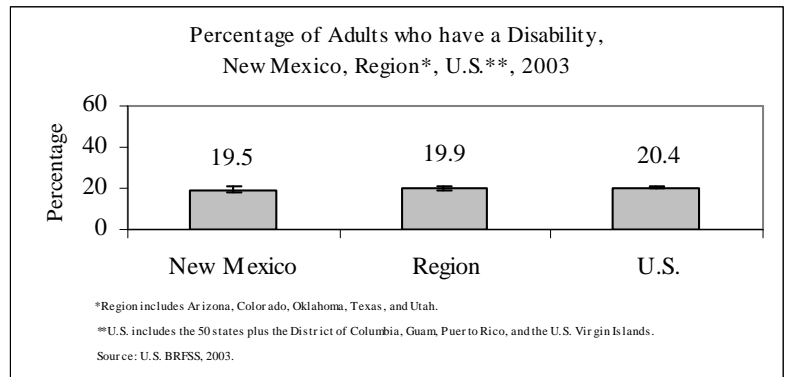
“Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?”

About 54 million Americans report having a disability¹², and this number is expected to increase with increasing life expectancy and age of the population.¹³ In addition to monetary costs, there are social, employment, personal, family and community costs of disability. People with disabilities are also at greater risk of developing additional health conditions, many of which can be prevented.¹⁴

In this report, respondents answering “Yes” to either of the above questions were considered to have a disability.

IN NEW MEXICO,

- ◆ 19.5% of New Mexicans indicated having a disability. This percentage was not statistically different from the percentages for the Region (19.9%) or the U.S. (20.4%).
- ◆ The percentage of adults who indicated having a disability increased with age.
- ◆ White, non-Hispanics were more likely to report having a disability (23.3%) than Hispanics (16.0%) and Native Americans (8.6%).
- ◆ The percentage of adults who indicated having a disability decreased as annual household income increased.



DISABILITY

Table 17. Percentage of New Mexicans who have a disability, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	1. Are you limited in any way in any activities because of physical, mental, or emotional problems? 2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?			
		Total Number Who Responded "Yes" to Question 1 or 2	Weighted Percent (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	5,366	1,225	19.5	18.3	20.7
GENDER					
Male	2,174	493	19.0	17.2	20.8
Female	3,192	732	19.9	18.4	21.6
AGE					
18-24	362	32	7.4	5.1	10.7
25-34	778	94	12.6	10.0	15.6
35-44	965	166	15.4	13.0	18.1
45-54	1,159	257	20.9	18.3	23.7
55-64	889	241	25.4	22.2	28.8
65-74	688	195	26.6	23.0	30.4
75+	505	235	44.4	39.6	49.2
RACE/ETHNICITY					
White, non-Hispanic	3,046	780	23.3	21.6	25.1
Hispanic	1,898	371	16.0	14.2	17.8
Native American	184	23	8.6	5.5	13.1
Other race or multi-racial	207	42	15.5	10.6	22.0
EDUCATION					
Less than High School Graduate	710	181	20.7	17.5	24.2
High School Graduate or G.E.D.	1,438	329	18.3	16.2	20.5
Some College	1,474	340	19.4	17.2	21.8
College Graduate	1,737	373	19.9	17.8	22.2
INCOME					
Less than \$10,000	322	152	39.2	32.7	46.0
\$10-19,999	878	257	24.9	21.8	28.3
\$20-49,999	2,155	465	18.4	16.6	20.3
\$50,000 or more	1,499	234	15.0	13.1	17.3
EMPLOYMENT					
Employed	3,128	448	12.6	11.3	13.9
Unemployed	240	53	17.0	12.2	23.1
Other**	1,993	724	32.5	30.1	34.9
Geographic Region ⊛					
North West	1,171	270	20.0	17.6	22.7
North East	1,040	231	20.9	18.2	23.9
South West	1,051	211	16.6	14.4	19.1
South East	1,029	273	22.9	20.2	25.9
Bernalillo County	1,075	240	18.5	16.1	21.1

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HYPERTENSION AWARENESS

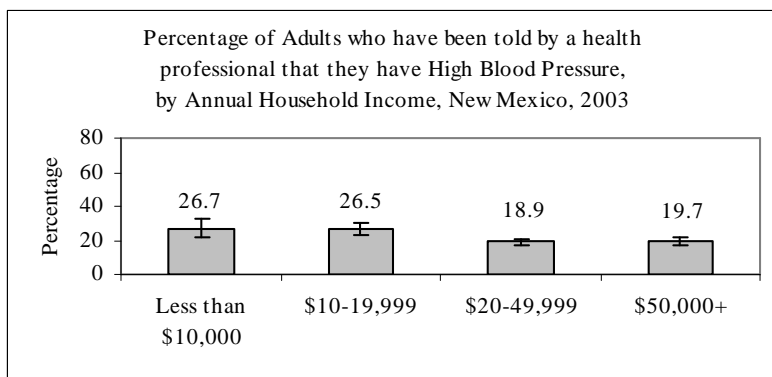
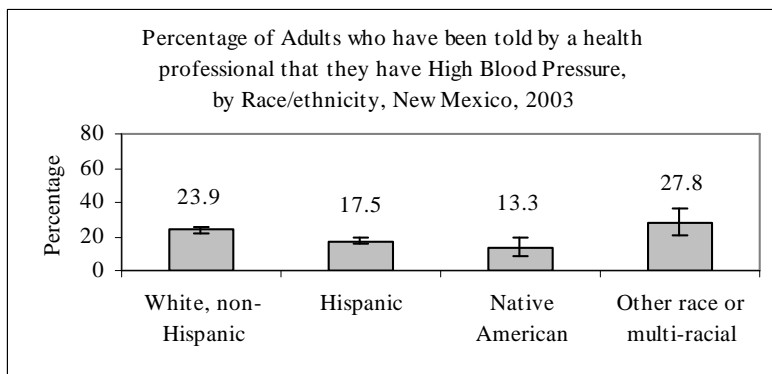
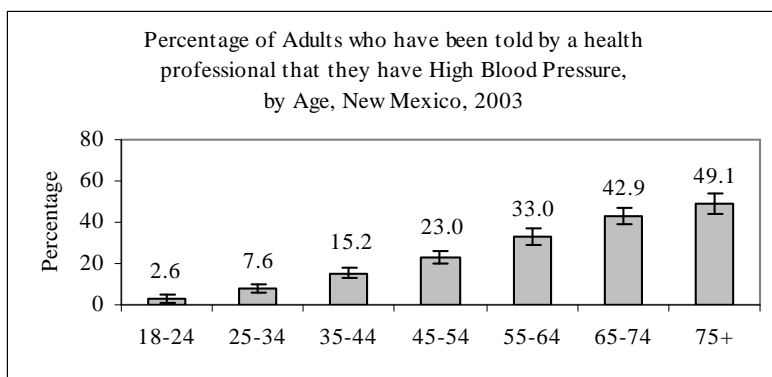
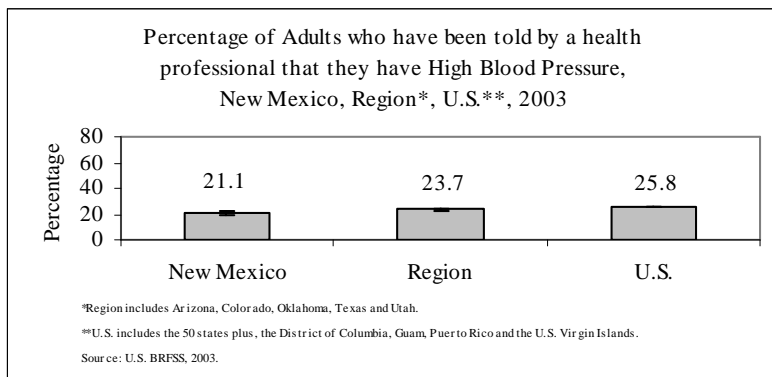
QUESTION:

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

One in four, or more than 50 million, Americans have high blood pressure¹⁵. Blood pressure is considered high when a blood pressure reading is 140/90 mmHG or higher. Often-times, high blood pressure is known as the “silent killer” because a person may not have any symptoms for years. High blood pressure can lead to stroke, heart failure, heart attack, kidney failure, and blindness. There are several steps to take to prevent high blood pressure, such as: maintaining a healthy weight, being physically active, following a healthy diet (lots of fruits and vegetables, low-fat dairy foods, and lowering salt intake), and avoiding excess alcohol consumption.

IN NEW MEXICO,

- ◆ 21.1% of adults in New Mexico had been told by a health care professional that they had high blood pressure. This percentage was statistically different from the percentages for the Region (23.7%) and the U.S. (25.8%).
- ◆ As age increased, having been told by a health care professional that one had high blood pressure increased.
- ◆ Hispanics and Native Americans were less likely to have been told by a health care professional that they had high blood pressure (17.5% and 13.3%, respectively) than White, non-Hispanics (23.9%).
- ◆ As annual household income increased, having been told by a health care professional that one had high blood pressure decreased.



HYPERTENSION AWARENESS

Table 18. Percentage of New Mexicans who have been told by a doctor, nurse, or other health professional that they have high blood pressure, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,492	1,378	21.1	19.9	22.4
GENDER					
Male	2,232	563	21.0	19.2	22.9
Female	3,260	815	21.3	19.7	22.9
AGE					
18-24	375	12	2.6	1.4	4.8
25-34	794	60	7.6	5.8	10.0
35-44	990	143	15.2	12.7	18.0
45-54	1,184	278	23.0	20.3	25.9
55-64	902	316	33.0	29.5	36.8
65-74	705	303	42.9	38.8	47.1
75+	521	261	49.1	44.3	53.9
RACE/ETHNICITY					
White, non-Hispanic	3,099	848	23.9	22.3	25.7
Hispanic	1,956	416	17.5	15.7	19.5
Native American	187	30	13.3	8.9	19.3
Other race or multi-racial	214	72	27.8	20.9	35.9
EDUCATION					
Less than High School Graduate	739	220	22.9	19.8	26.4
High School Graduate or G.E.D.	1,475	409	22.2	19.9	24.7
Some College	1,492	360	20.3	18.2	22.7
College Graduate	1,761	384	20.1	18.0	22.4
INCOME					
Less than \$10,000	331	115	26.7	21.7	32.4
\$10-19,999	895	277	26.5	23.4	30.0
\$20-49,999	2,192	498	18.9	17.2	20.8
\$50,000 or more	1,512	327	19.7	17.5	22.2
EMPLOYMENT					
Employed	3,189	593	16.3	14.9	17.8
Unemployed	244	51	15.5	11.3	20.9
Other**	2,034	731	31.1	28.9	33.5
Geographic Region ⊛					
North West	1,200	306	21.5	19.1	24.2
North East	1,054	218	19.5	16.9	22.3
South West	1,079	291	23.4	20.7	26.2
South East	1,061	328	25.4	22.7	28.4
Bernalillo County	1,098	235	18.4	16.1	21.1

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 across some categories for some variables.

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CHOLESTEROL AWARENESS

QUESTIONS:

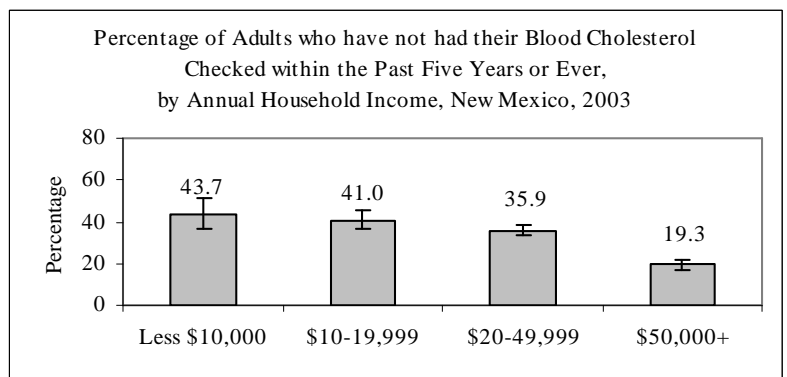
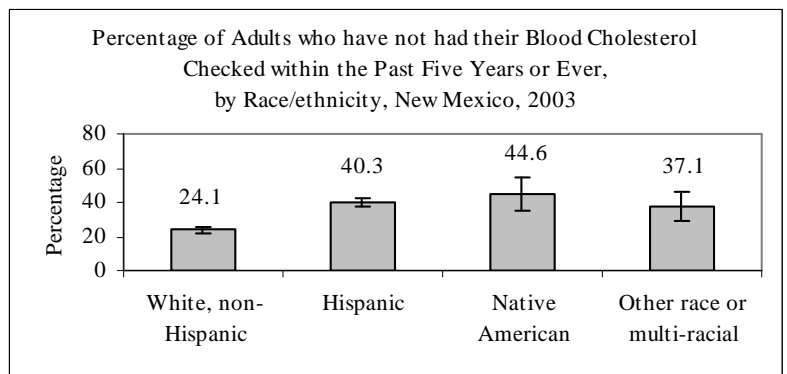
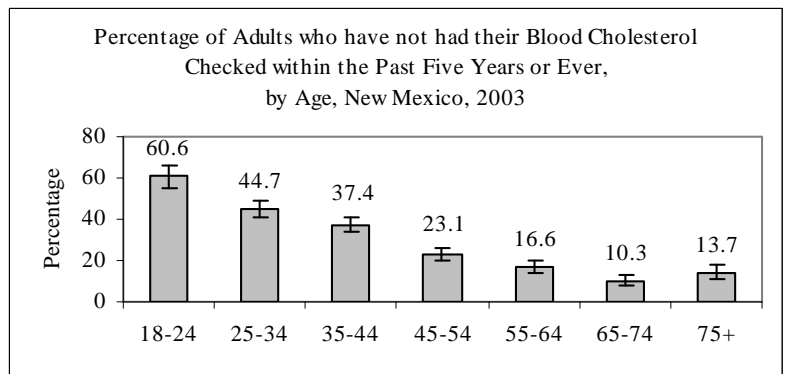
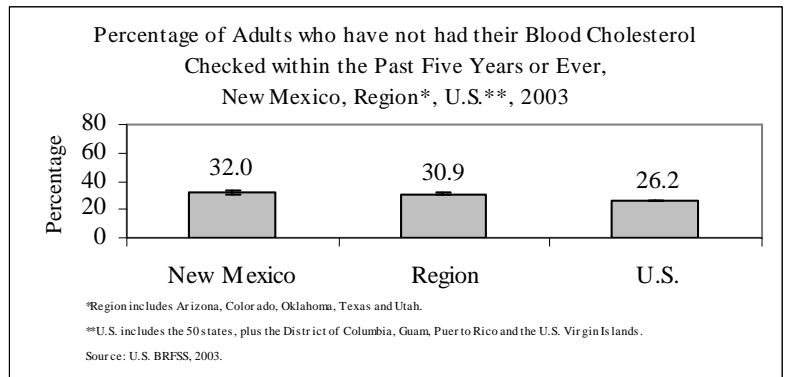
“Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?”

“About how long has it been since you last had your blood cholesterol checked?”

Cholesterol is a waxy, fat-like substance that is found in all cells of the body. The body needs some cholesterol to function properly, but too much cholesterol can be a serious health concern. Having high blood cholesterol increases the risk of getting heart disease. People ages 20 years and older should have their cholesterol levels checked at least once every 5 years¹⁶.

IN NEW MEXICO,

- ◆ 32.0% of adults in New Mexico had not had their blood cholesterol checked within the past five years. This percentage was not statistically different from the percentage for the Region (30.9%), but was statistically different from the percentage for the U.S. (26.2%).
- ◆ As age increased, not having had blood cholesterol checked within the past five years decreased.
- ◆ White, non-Hispanics were more likely to have had their blood cholesterol checked within the past five years (24.1%) than any other racial/ethnic group. This difference may reflect access to health care, which is associated with socio-economic status (employment status, income, etc.).
- ◆ As annual household income increased, not having had blood cholesterol checked within the past five years decreased.



CHOLESTEROL AWARENESS

Table 19. Percentage of New Mexicans who have not had their blood cholesterol checked within the past five years, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Blood cholesterol checked within the past five years			
		Total Number Who Responded "No"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,370	1,460	32.0	30.4	33.6
GENDER					
Male	2,197	634	34.8	32.4	37.4
Female	3,173	826	29.3	27.3	31.3
AGE					
18-24	352	211	60.6	54.5	66.3
25-34	779	340	44.7	40.7	48.7
35-44	975	350	37.4	33.9	41.1
45-54	1,174	267	23.1	20.3	26.1
55-64	890	140	16.6	13.8	19.9
65-74	690	76	10.3	8.0	13.0
75+	489	67	13.7	10.6	17.6
RACE/ETHNICITY					
White, non-Hispanic	3,032	662	24.1	22.3	26.0
Hispanic	1,914	662	40.3	37.6	43.0
Native American	183	68	44.6	35.7	54.0
Other race or multi-racial	206	58	37.1	28.6	46.6
EDUCATION					
Less than High School Graduate	711	281	45.7	41.2	50.3
High School Graduate or G.E.D.	1,437	454	39.4	36.1	42.7
Some College	1,468	407	31.5	28.5	34.6
College Graduate	1,731	311	19.0	17.0	21.3
INCOME					
Less than \$10,000	319	123	43.7	36.8	50.9
\$10-19,999	866	297	41.0	36.9	45.2
\$20-49,999	2,145	642	35.9	33.4	38.5
\$50,000 or more	1,500	251	19.3	16.8	22.0
EMPLOYMENT					
Employed	3,148	940	34.2	32.2	36.3
Unemployed	241	93	44.5	36.5	52.9
Other**	1,958	422	25.9	23.4	28.5
Geographic Region ⊛					
North West	1,171	319	32.4	29.1	35.9
North East	1,031	272	30.8	27.4	34.4
South West	1,055	313	35.3	31.9	38.9
South East	1,041	283	32.6	29.2	36.3
Bernalillo County	1,072	273	30.1	26.9	33.6

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

CHOLESTEROL AWARENESS

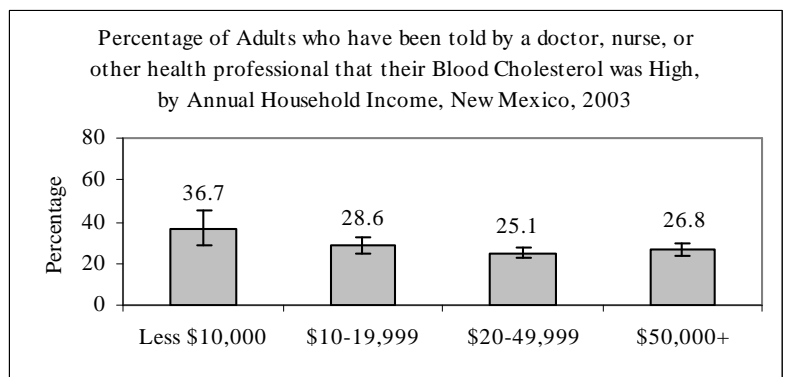
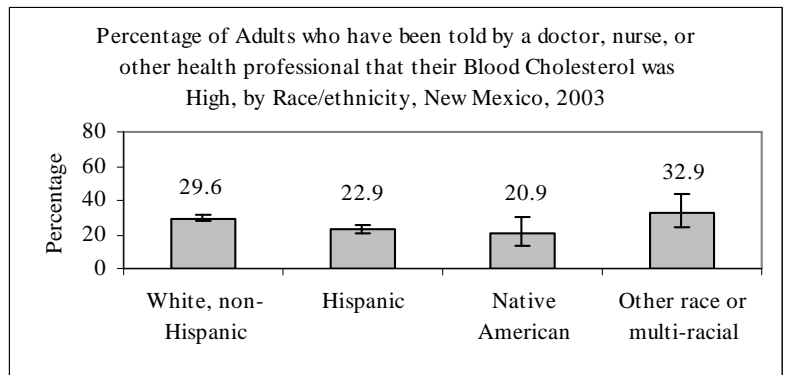
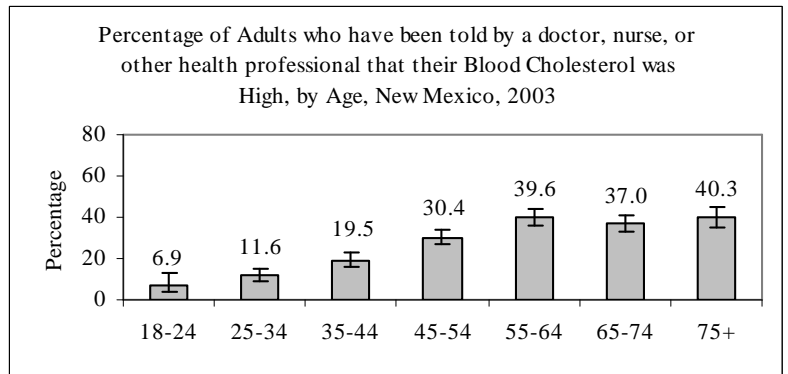
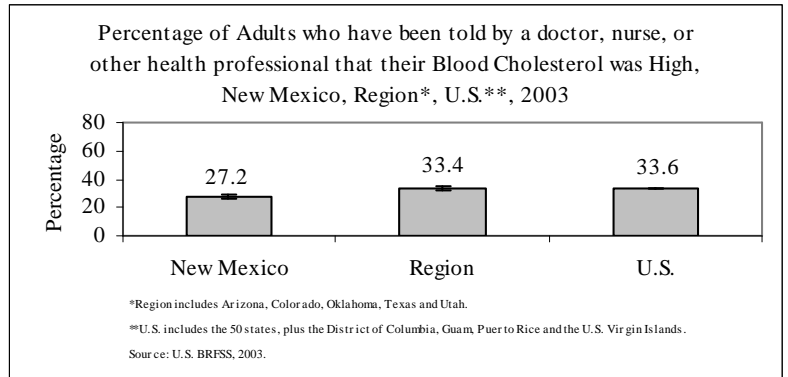
QUESTION:

“Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?”

There are some factors about high blood cholesterol that cannot be controlled for, such as age, sex and heredity. However, keeping a healthy weight and participating in regular exercise, along with a diet low in saturated fats, trans fatty acids, and cholesterol found in egg yolks, meat, and cheese can help keep blood cholesterol low.

IN NEW MEXICO,

- ◆ 27.2% of adults in New Mexico had been told by a health care professional that they had high blood cholesterol. This percentage was statistically different from the percentages for the Region (33.4%) and the U.S. (33.6%).
- ◆ As age increased, having been told by a health care professional that one had high blood cholesterol increased.
- ◆ Hispanics were less likely to have been told by a health care professional that they had high blood cholesterol (22.9%) than White, non-Hispanics (29.6%). Due to the insufficient number of completed interviews with Native American respondents, it could not be verified that the low estimate for the Native American population (20.9%) reflected a true difference between this group and the others.
- ◆ Those with lower income were more likely to have been told by a health care professional that their blood cholesterol was high.



CHOLESTEROL AWARENESS

Table 20. Percentage of New Mexicans who have been told by a doctor, nurse, or other health professional that their blood cholesterol was high, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	4,182	1,255	27.2	25.7	28.8
GENDER					
Male	1,662	515	27.7	25.4	30.2
Female	2,520	740	26.8	24.8	28.9
AGE					
18-24	148	10	6.9	3.5	12.9
25-34	470	59	11.6	8.8	15.1
35-44	681	136	19.5	16.3	23.0
45-54	986	303	30.4	27.1	33.8
55-64	796	315	39.6	35.5	43.7
65-74	639	242	37.0	32.9	41.4
75+	449	184	40.3	35.4	45.4
RACE/ETHNICITY					
White, non-Hispanic	2,560	833	29.6	27.6	31.6
Hispanic	1,315	332	22.9	20.4	25.6
Native American	119	26	20.9	13.8	30.4
Other race or multi-racial	161	53	32.9	24.1	43.2
EDUCATION					
Less than High School Graduate	452	133	24.9	20.6	29.8
High School Graduate or G.E.D.	1,053	354	28.7	25.8	31.9
Some College	1,133	351	28.6	25.6	31.7
College Graduate	1,527	412	25.8	23.3	28.5
INCOME					
Less than \$10,000	213	83	36.7	28.8	45.3
\$10-19,999	613	204	28.6	24.8	32.8
\$20-49,999	1,623	452	25.1	22.8	27.5
\$50,000 or more	1,318	375	26.8	24.1	29.6
EMPLOYMENT					
Employed	2,377	589	22.8	20.9	24.8
Unemployed	160	50	26.0	19.0	34.5
Other**	1,627	610	34.9	32.3	37.6
Geographic Region ⊛					
North West	912	265	27.4	24.2	30.8
North East	819	255	30.1	26.6	33.8
South West	800	241	27.8	24.6	31.4
South East	801	275	31.4	27.9	35.0
Bernalillo County	850	219	23.6	20.5	26.9

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

TOBACCO USE

QUESTIONS:

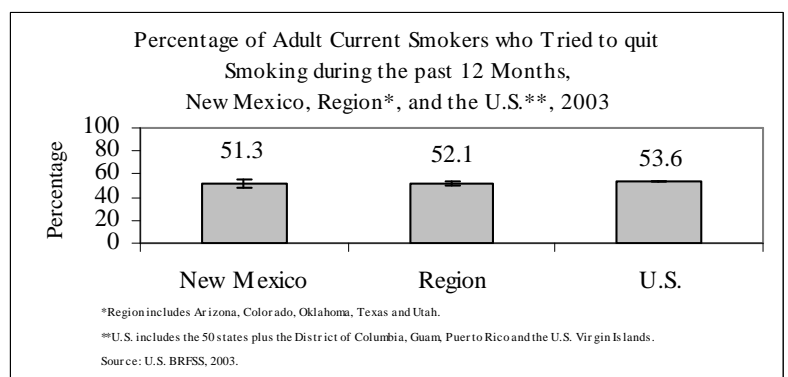
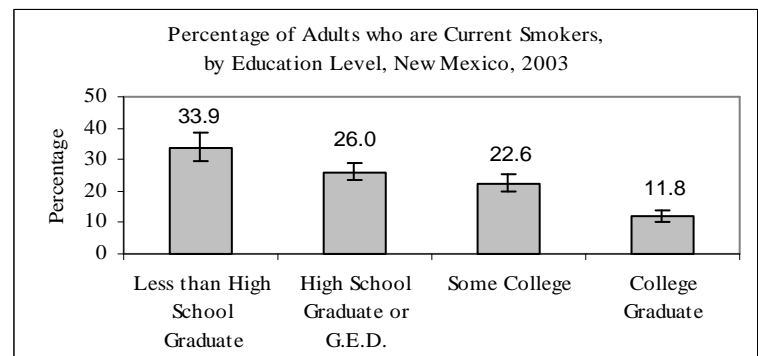
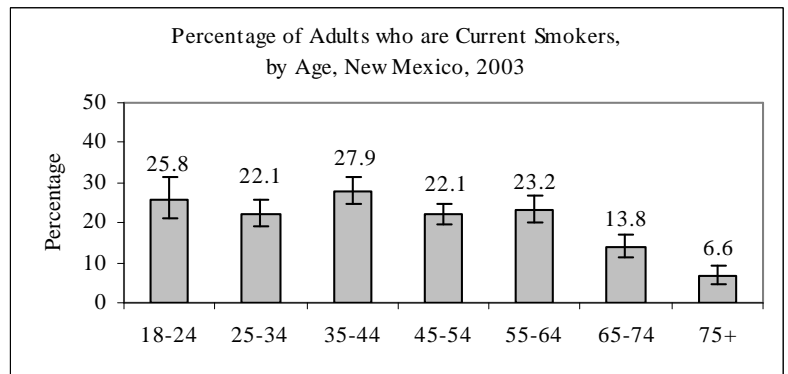
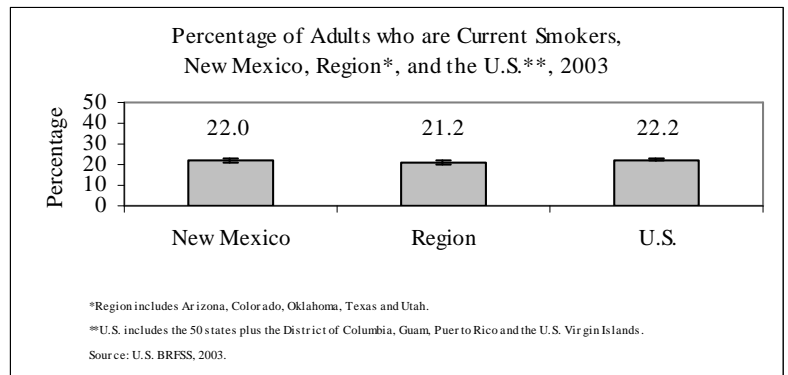
“Have you smoked at least 100 cigarettes in your entire life?”

“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 stroke¹⁷. 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 22.0% for New Mexico. This was not statistically different from the percentages in the Region (21.2%) and the U.S. (22.2%).
- ◆ New Mexicans ages 65 and older smoked less than those under the age of 65 years.
- ◆ There was no statistical difference in the prevalence of smoking between the different racial/ethnic groups.
- ◆ The prevalence of smoking was highest among those with the lowest education and income.
- ◆ 51.3% 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 (52.1%) and the U.S. (53.6%).



TOBACCO USE

Table 21. Percentage of New Mexicans who are current smokers, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Current smoker			
		Total Number Who Responded "Yes" [⊗]	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,480	1,176	22.0	20.7	23.4
GENDER					
Male	2,226	502	23.6	21.5	25.9
Female	3,254	674	20.5	18.9	22.2
AGE					
18-24	375	99	25.8	21.0	31.3
25-34	794	170	22.1	18.9	25.6
35-44	988	276	27.9	24.8	31.3
45-54	1,183	273	22.1	19.5	25.0
55-64	899	203	23.2	20.0	26.7
65-74	699	109	13.8	11.2	16.8
75+	521	38	6.6	4.7	9.2
RACE/ETHNICITY					
White, non-Hispanic	3,094	663	21.9	20.2	23.7
Hispanic	1,950	439	23.5	21.2	26.0
Native American	187	28	15.2	10.2	22.0
Other race or multi-racial	215	42	18.0	12.5	25.2
EDUCATION					
Less than High School Graduate	735	218	33.9	29.6	38.4
High School Graduate or G.E.D.	1,473	383	26.0	23.3	28.8
Some College	1,491	346	22.6	20.1	25.2
College Graduate	1,757	221	11.8	10.2	13.7
INCOME					
Less than \$10,000	330	99	30.7	24.2	37.9
\$10-19,999	894	249	26.8	23.5	30.5
\$20-49,999	2,188	493	24.2	22.1	26.5
\$50,000 or more	1,511	241	16.6	14.4	19.1
EMPLOYMENT					
Employed	3,187	716	23.2	21.5	25.1
Unemployed	244	71	34.6	26.9	43.1
Other**	2,025	381	17.5	15.7	19.5
Geographic Region [⊙]					
North West	1,198	268	23.4	20.6	26.5
North East	1,053	228	22.3	19.4	25.4
South West	1,075	203	19.1	16.5	21.9
South East	1,058	257	24.9	21.9	28.1
Bernalillo County	1,096	220	21.3	18.6	24.4

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

⊗ 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 stopped smoking for one day or longer because they were trying to quit smoking, NM BRFSS, 2003.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	1,175	587	51.3	47.8	54.8
GENDER					
Male	502	244	52.5	47.1	57.8
Female	673	343	50.0	45.5	54.5
AGE					
18-24	99	62	58.2	46.2	69.3
25-34	170	96	58.1	49.3	66.4
35-44	276	141	51.1	44.2	57.9
45-54	273	131	49.5	42.6	56.5
55-64	203	95	45.2	37.0	53.6
65-74	109	45	39.2	29.4	49.9
75+	37 ^x	—	—	—	—
RACE/ETHNICITY					
White, non-Hispanic	663	311	47.9	43.2	52.5
Hispanic	438	238	54.4	48.6	60.2
Native American	28 ^x	—	—	—	—
Other race or multi-racial	42 ^x	—	—	—	—
EDUCATION					
Less than High School Graduate	217	116	54.1	45.8	62.2
High School Graduate or G.E.D.	383	191	52.7	46.5	58.9
Some College	346	181	51.1	44.7	57.5
College Graduate	221	95	45.0	37.2	53.0
INCOME					
Less than \$10,000	99	53	55.8	42.0	68.7
\$10-19,999	249	127	52.5	45.0	59.9
\$20-49,999	493	244	51.5	46.1	56.8
\$50,000 or more	241	121	49.8	42.0	57.6
EMPLOYMENT					
Employed	716	368	53.0	48.5	57.5
Unemployed	71	43	61.6	46.0	75.2
Other ^{**}	380	173	44.2	38.5	50.1
Geographic Region[⊛]					
North West	268	133	50.5	43.3	57.7
North East	228	125	57.5	50.0	64.6
South West	203	89	47.8	40.1	55.6
South East	256	139	58.4	51.2	65.4
Bernalillo County	220	101	46.7	39.0	54.6

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 across some categories for some variables.

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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?”

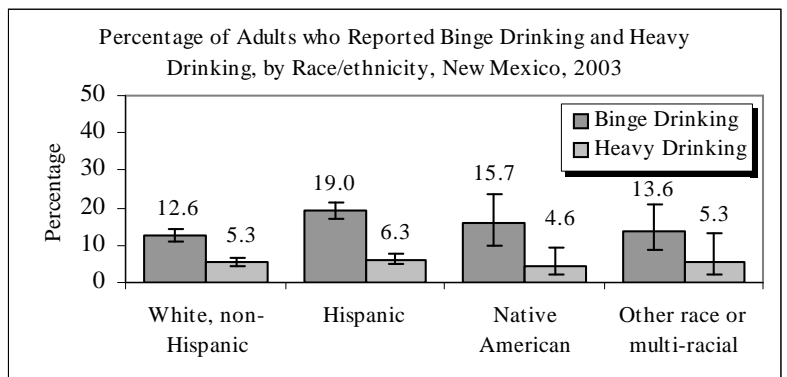
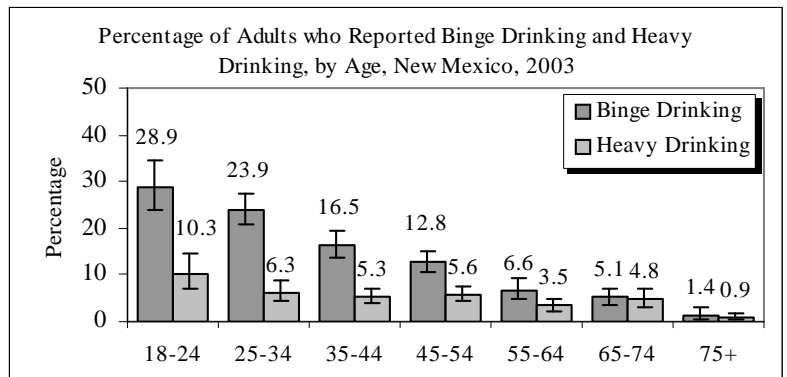
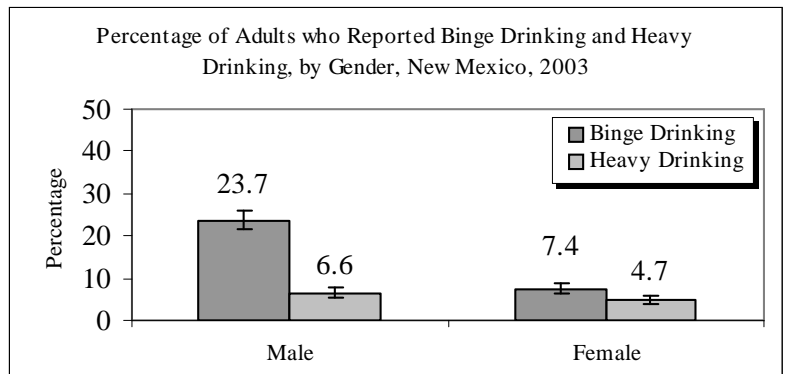
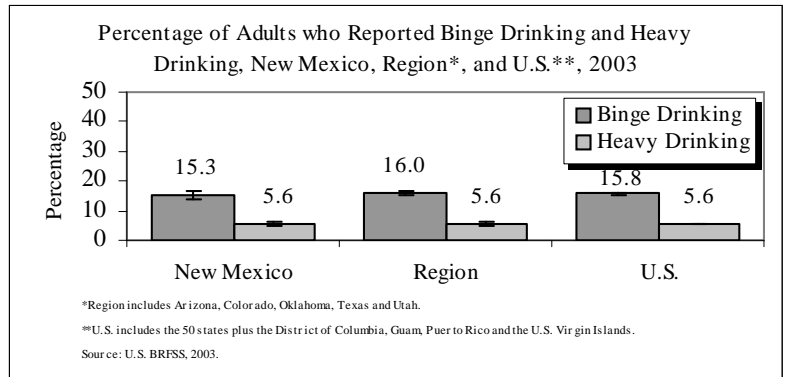
“Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?”

“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.¹⁸ Alcohol is a risk factor for cirrhosis of the liver and for cancers of the oral cavity, larynx, and pharynx.¹⁹ 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,

- ◆ 15.3% and 5.6% of New Mexican adults reported binge drinking and heavy drinking, respectively. These percentages were not statistically different from the percentages for Region (16.0% and 5.6%) and the U.S. (15.8% and 5.6%).
- ◆ The percentage of males who reported binge drinking (23.7%) was higher than the percentage for females (7.4%).
- ◆ Binge drinking and heavy drinking decreased with age.
- ◆ Hispanics were more likely to report binge drinking (19.0%) than White, non-Hispanics (12.6%).



ALCOHOL CONSUMPTION

Table 23. Percentage of New Mexicans who are binge drinkers (≥ 5 drinks on one occasion in past month), NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Binge drinking: 5 or more drinks on one occasion in the past month			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,465	688	15.3	14.1	16.6
GENDER					
Male	2,211	476	23.7	21.5	25.9
Female	3,254	212	7.4	6.3	8.6
AGE					
18-24	371	107	28.9	23.9	34.6
25-34	791	177	23.9	20.7	27.6
35-44	985	155	16.5	13.9	19.4
45-54	1,176	156	12.8	10.8	15.1
55-64	900	46	6.6	4.7	9.2
65-74	699	35	5.1	3.6	7.3
75+	522	7	1.4	0.6	2.9
RACE/ETHNICITY					
White, non-Hispanic	3,090	332	12.6	11.2	14.2
Hispanic	1,941	307	19.0	16.9	21.4
Native American	186	23	15.7	9.9	23.9
Other race or multi-racial	214	24	13.6	8.6	20.9
EDUCATION					
Less than High School Graduate	734	91	16.9	13.4	21.1
High School Graduate or G.E.D.	1,466	211	17.1	14.8	19.8
Some College	1,484	211	17.3	14.9	20.0
College Graduate	1,757	173	11.0	9.4	12.9
INCOME					
Less than \$10,000	330	42	18.5	12.6	26.2
\$10-19,999	887	114	17.4	14.2	21.2
\$20-49,999	2,182	304	17.9	15.9	20.1
\$50,000 or more	1,509	188	12.3	10.5	14.4
EMPLOYMENT					
Employed	3,175	508	18.4	16.7	20.1
Unemployed	242	42	24.6	17.6	33.3
Other**	2,024	134	8.2	6.7	9.9
Geographic Region[⊛]					
North West	1,194	152	16.1	13.5	19.0
North East	1,049	134	16.3	13.7	19.3
South West	1,072	146	16.8	14.2	19.7
South East	1,055	135	16.5	13.8	19.7
Bernalillo County	1,095	121	12.9	10.5	15.6

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

ALCOHOL CONSUMPTION

Table 24. Percentage of New Mexican men who are binge drinkers (≥ 5 drinks on one occasion in past month), NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Male binge drinking: 5 or more drinks on one occasion in the past month			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,211	476	23.7	21.5	25.9
AGE					
18-24	183	79	42.2	34.2	50.7
25-34	326	115	34.5	29.1	40.4
35-44	367	99	24.5	20.0	29.6
45-54	491	112	20.1	16.5	24.2
55-64	336	35	11.9	8.3	16.9
65-74	315	28	9.3	6.2	13.6
75+	185	5	2.2	0.9	5.4
RACE/ETHNICITY					
White, non-Hispanic	1,272	234	19.7	17.1	22.4
Hispanic	748	205	29.0	25.3	33.1
Native American	72	14	23.5	13.3	38.1
Other race or multi-racial	103	21	23.4	14.6	35.1
EDUCATION					
Less than High School Graduate	285	69	28.8	22.5	36.1
High School Graduate or G.E.D.	555	141	27.5	23.2	32.3
Some College	570	145	27.3	23.1	32.1
College Graduate	793	119	15.3	12.7	18.4
INCOME					
Less than \$10,000	116	30	31.9	20.9	45.4
\$10-19,999	312	72	29.0	23.0	35.9
\$20-49,999	872	203	26.9	23.4	30.6
\$50,000 or more	739	139	17.8	14.8	21.2
EMPLOYMENT					
Employed	1,433	358	25.6	23.0	28.4
Unemployed	93	29	38.0	26.0	51.7
Other**	676	85	14.6	11.7	18.2
Geographic Region ⊛					
North West	492	108	24.9	20.4	30.0
North East	426	88	24.1	19.6	29.2
South West	431	97	24.7	20.3	29.7
South East	396	98	27.3	22.3	32.9
Bernalillo County	466	85	20.4	16.3	25.3

* Those who responded "don't know/not sure", who refused to respond or are females are excluded. Consequently, the sample sizes may not add to 5,494 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.

⊛ For a list of the counties in each geographic region, see Appendix II at the end of this report.

ALCOHOL CONSUMPTION

Table 25. Percentage of New Mexican women who are binge drinkers (≥ 5 drinks on one occasion in past month), NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Female binge drinking: 5 or more drinks on one occasion in the past month			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,254	212	7.4	6.3	8.6
AGE					
18-24	188	28	14.6	9.7	21.3
25-34	465	62	13.4	10.2	17.3
35-44	618	56	8.7	6.5	11.5
45-54	685	44	6.0	4.4	8.2
55-64	564	11	1.6	0.9	3.1
65-74	384	7	1.4	0.7	3.1
75+	337	2	0.8	0.2	3.3
RACE/ETHNICITY					
White, non-Hispanic	1,818	98	6.1	4.8	7.6
Hispanic	1,193	102	9.7	7.7	12.0
Native American	114	9	8.7	4.2	16.9
Other race or multi-racial	111	3	1.6	0.4	6.2
EDUCATION					
Less than High School Graduate	449	22	6.0	3.7	9.6
High School Graduate or G.E.D.	911	70	7.9	6.0	10.4
Some College	914	66	8.9	6.7	11.8
College Graduate	964	54	6.1	4.5	8.1
INCOME					
Less than \$10,000	214	12	7.5	3.9	13.9
\$10-19,999	575	42	8.4	5.8	12.1
\$20-49,999	1,310	101	9.5	7.6	11.7
\$50,000 or more	770	49	5.5	4.1	7.4
EMPLOYMENT					
Employed	1,742	150	9.3	7.7	11.1
Unemployed	149	13	11.2	6.3	19.3
Other**	1,348	49	4.6	3.3	6.4
Geographic Region[⊛]					
North West	702	44	7.9	5.6	10.9
North East	623	46	8.9	6.4	12.3
South West	641	49	9.2	6.8	12.3
South East	659	37	6.3	4.4	9.1
Bernalillo County	629	36	5.8	4.0	8.4

* Those who responded "don't know/not sure", who refused to respond or are male are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

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), NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Heavy drinking: 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 (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	5,458	282	5.6	4.9	6.5
GENDER					
Male	2,212	136	6.6	5.4	8.0
Female	3,246	146	4.7	3.9	5.8
AGE					
18-24	371	37	10.3	7.2	14.4
25-34	786	47	6.3	4.5	8.7
35-44	983	54	5.3	3.9	7.2
45-54	1,175	66	5.6	4.3	7.3
55-64	900	35	3.5	2.4	5.1
65-74	702	35	4.8	3.3	7.0
75+	520	6	0.9	0.4	2.0
RACE/ETHNICITY					
White, non-Hispanic	3,086	158	5.3	4.4	6.4
Hispanic	1,939	104	6.3	5.0	7.8
Native American	184	9	4.6	2.2	9.2
Other race or multi-racial	214	9	5.3	2.0	13.3
EDUCATION					
Less than High School Graduate	732	37	6.3	4.3	9.2
High School Graduate or G.E.D.	1,462	84	6.3	4.9	8.1
Some College	1,483	78	6.2	4.7	8.0
College Graduate	1,757	83	4.3	3.3	5.4
INCOME					
Less than \$10,000	329	14	6.7	3.4	12.7
\$10-19,999	883	48	6.3	4.4	9.0
\$20-49,999	2,180	117	5.8	4.7	7.2
\$50,000 or more	1,509	92	5.9	4.7	7.6
EMPLOYMENT					
Employed	3,169	186	6.1	5.2	7.3
Unemployed	241	13	6.6	3.3	12.6
Other**	2,025	82	4.5	3.4	6.0
Geographic Region[⊛]					
North West	1,192	60	6.0	4.5	8.0
North East	1,048	70	7.5	5.7	9.9
South West	1,073	47	5.4	3.8	7.6
South East	1,051	48	5.0	3.5	7.0
Bernalillo County	1,094	57	4.9	3.6	6.5

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

FRUITS AND VEGETABLES

QUESTIONS:

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

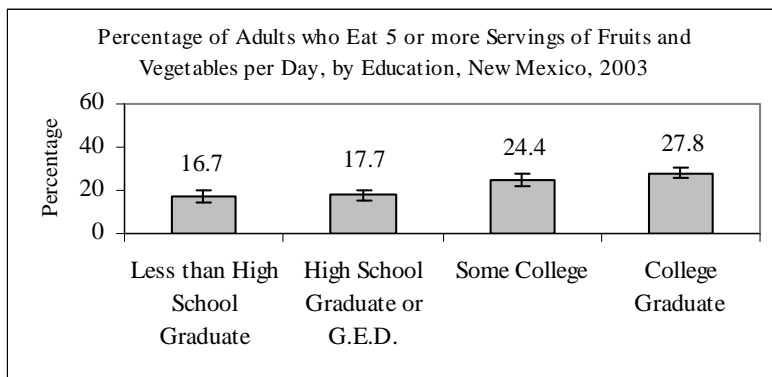
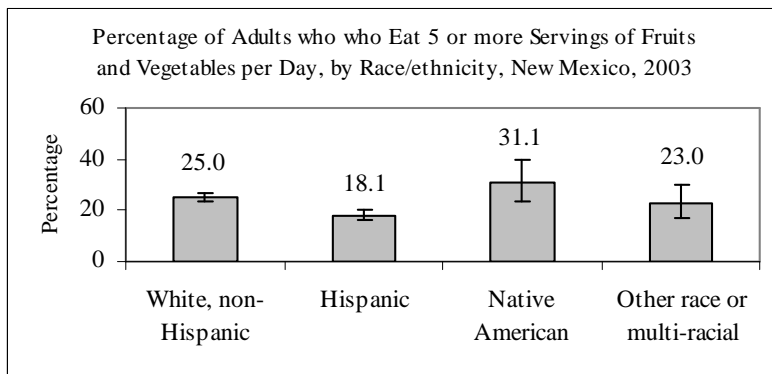
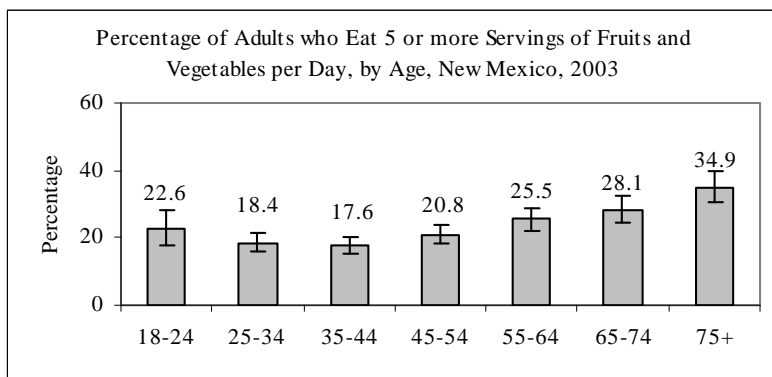
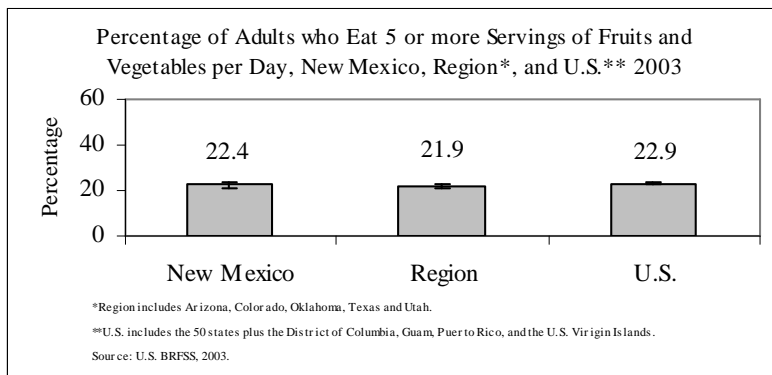
“Not counting juice, how often do you eat fruit?”

“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.²⁰ 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.²¹ 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 22.4%. This percentage was not statistically different from the percentage for the Region (21.9%) or the percentage for the U.S. (22.9%).
- ◆ 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 adult Hispanics who eat 5 or more servings of fruit and vegetables per day (18.1%) was statistically different from White, non-Hispanics (25.0%) and Native Americans (31.1%).
- ◆ 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, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Eat 5 or more servings of fruits and vegetables per day			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,493	1,304	22.4	21.1	23.7
GENDER					
Male	2,233	421	18.5	16.7	20.5
Female	3,260	883	26.1	24.3	27.9
AGE					
18-24	375	80	22.6	18.0	28.0
25-34	794	160	18.4	15.7	21.5
35-44	989	181	17.6	15.1	20.4
45-54	1,185	264	20.8	18.3	23.6
55-64	902	238	25.5	22.3	29.1
65-74	705	194	28.1	24.4	32.2
75+	522	181	34.9	30.4	39.6
RACE/ETHNICITY					
White, non-Hispanic	3,100	805	25.0	23.2	26.9
Hispanic	1,956	373	18.1	16.2	20.2
Native American	187	62	31.1	23.5	39.9
Other race or multi-racial	215	57	23.0	17.1	30.3
EDUCATION					
Less than High School Graduate	739	133	16.7	13.8	20.1
High School Graduate or G.E.D.	1,475	276	17.7	15.4	20.2
Some College	1,493	369	24.4	21.8	27.2
College Graduate	1,762	521	27.8	25.5	30.3
INCOME					
Less than \$10,000	331	60	15.8	11.7	21.1
\$10-19,999	895	188	20.1	17.2	23.4
\$20-49,999	2,192	509	21.7	19.8	23.8
\$50,000 or more	1,513	382	24.0	21.5	26.6
EMPLOYMENT					
Employed	3,190	681	19.4	17.8	21.0
Unemployed	244	56	24.3	18.0	31.8
Other**	2,035	561	27.6	25.3	30.0
Geographic Region ⊛					
North West	1,201	289	22.9	20.2	25.9
North East	1,055	257	22.5	19.7	25.5
South West	1,079	274	23.7	21.0	26.7
South East	1,061	214	18.8	16.2	21.7
Bernalillo County	1,097	270	22.9	20.2	25.8

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

OVERWEIGHT AND OBESITY

QUESTIONS:

“About how much do you weigh without shoes?”

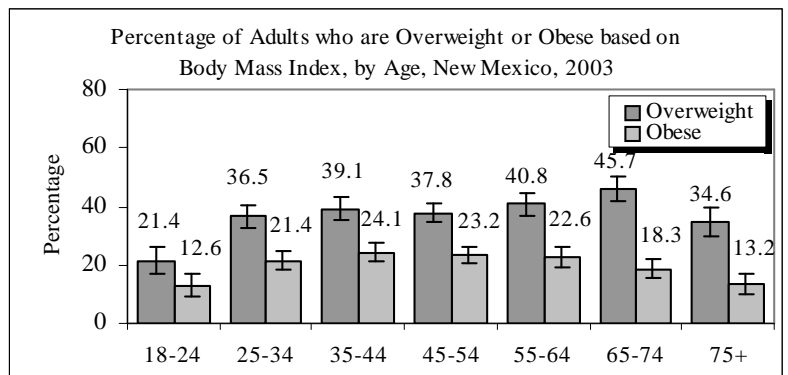
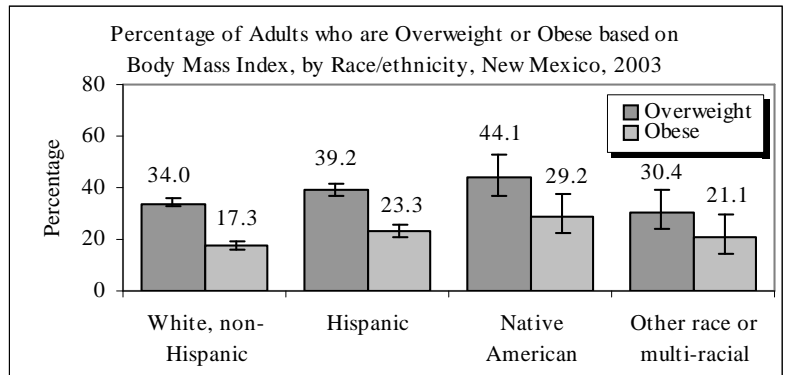
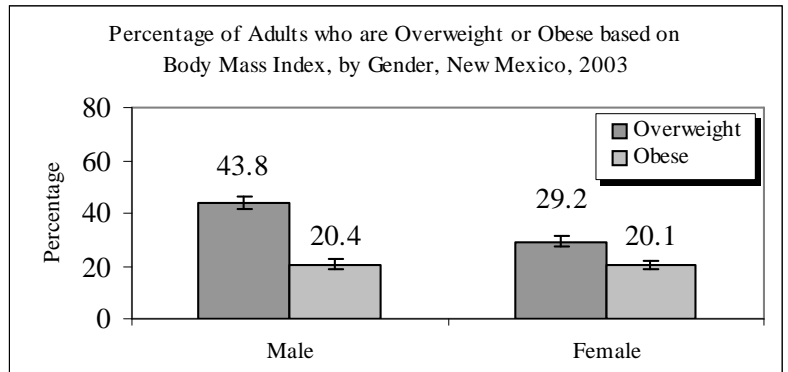
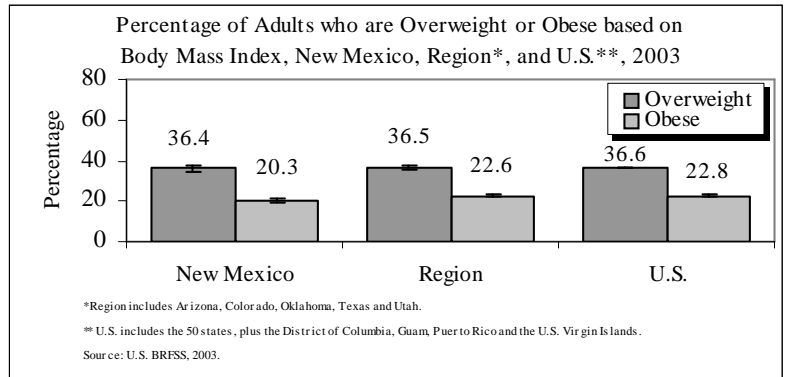
“About how tall are you without shoes?”

Being overweight or obese is a known risk factor 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 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,

- ◆ Nearly 57% of the adult population was either overweight or obese: 36.4% of adults were overweight and an additional 20.3% were obese, based on Body Mass Index (BMI). The percentage overweight was not statistically different from the percentages for the Region (36.5%) or the U.S. (36.6%). The percentage obese was lower than the percentages for the Region (22.6%) and the U.S. (22.8%).
- ◆ Men were more likely to be overweight than women, 43.8% and 29.2%, respectively, but there was no difference for obesity.
- ◆ High rates of overweight and obesity were common to all race/ethnic groups.



OVERWEIGHT

Table 28. Percentage of New Mexicans who are overweight (but not obese) based on Body Mass Index (BMI = 25.0-29.9), NM BRFSS, 2003.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,258	1,910	36.4	34.8	38.0
GENDER					
Male	2,179	989	43.8	41.3	46.3
Female	3,079	921	29.2	27.3	31.1
AGE					
18-24	360	83	21.4	17.0	26.5
25-34	761	269	36.5	32.7	40.5
35-44	947	333	39.1	35.5	42.9
45-54	1,140	426	37.8	34.5	41.2
55-64	862	336	40.8	36.9	44.8
65-74	676	300	45.7	41.4	50.0
75+	498	159	34.6	30.0	39.5
RACE/ETHNICITY					
White, non-Hispanic	2,998	1,012	34.0	32.0	36.1
Hispanic	1,846	738	39.2	36.5	41.9
Native American	182	82	44.1	35.5	53.0
Other race or multi-racial	201	64	30.4	22.9	39.2
EDUCATION					
Less than High School Graduate	665	268	38.3	33.9	42.9
High School Graduate or G.E.D.	1,412	539	37.7	34.6	40.8
Some College	1,455	475	33.1	30.2	36.1
College Graduate	1,721	626	37.4	34.8	40.2
INCOME					
Less than \$10,000	306	90	27.4	21.8	33.7
\$10-19,999	854	302	35.6	31.7	39.7
\$20-49,999	2,140	772	35.6	33.2	38.1
\$50,000 or more	1,489	569	38.9	35.9	41.9
EMPLOYMENT					
Employed	3,071	1,136	37.9	35.8	40.0
Unemployed	230	86	36.5	29.0	44.8
Other**	1,954	687	33.6	31.2	36.2
Geographic Region ⊛					
North West	1,148	452	39.2	35.9	42.6
North East	1,020	361	36.8	33.4	40.4
South West	1,025	369	36.8	33.4	40.2
South East	1,006	359	35.8	32.3	39.4
Bernalillo County	1,059	369	34.3	31.1	37.7

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

OBESITY

Table 29. Percentage of New Mexicans who are obese based on Body Mass Index (BMI \geq 30), NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Obese: Body Mass Index = 30 or greater			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,258	1,073	20.3	19.0	21.6
GENDER					
Male	2,179	436	20.4	18.5	22.5
Female	3,079	637	20.1	18.5	21.8
AGE					
18-24	360	53	12.6	9.3	16.7
25-34	761	159	21.4	18.1	25.0
35-44	947	224	24.1	21.0	27.4
45-54	1,140	254	23.2	20.4	26.2
55-64	862	197	22.6	19.4	26.3
65-74	676	119	18.3	15.3	21.9
75+	498	65	13.2	10.2	17.0
RACE/ETHNICITY					
White, non-Hispanic	2,998	530	17.3	15.7	18.9
Hispanic	1,846	444	23.3	21.0	25.7
Native American	182	56	29.2	22.2	37.4
Other race or multi-racial	201	41	21.1	14.4	29.7
EDUCATION					
Less than High School Graduate	665	165	23.3	19.7	27.4
High School Graduate or G.E.D.	1,412	302	21.5	19.0	24.2
Some College	1,455	339	21.9	19.5	24.5
College Graduate	1,721	267	16.2	14.1	18.5
INCOME					
Less than \$10,000	306	94	29.5	23.5	36.3
\$10-19,999	854	179	20.5	17.4	24.1
\$20-49,999	2,140	457	21.1	19.1	23.2
\$50,000 or more	1,489	276	19.3	17.0	22.0
EMPLOYMENT					
Employed	3,071	646	21.0	19.3	22.8
Unemployed	230	58	23.3	17.2	30.8
Other**	1,954	369	18.5	16.5	20.6
Geographic Region ⊛					
North West	1,148	262	23.4	20.6	26.4
North East	1,020	167	17.3	14.7	20.3
South West	1,025	203	19.2	16.6	22.1
South East	1,006	263	26.5	23.3	29.8
Bernalillo County	1,059	178	17.5	14.9	20.4

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

OVERWEIGHT AND OBESITY

Table 30. Percentage of New Mexicans who are overweight or obese based on Body Mass Index (BMI \geq 25), NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight or Obese: Body Mass Index = 25 or greater			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,258	2,983	56.6	55.0	58.3
GENDER					
Male	2,179	1,425	64.2	61.7	66.6
Female	3,079	1,558	49.2	47.1	51.4
AGE					
18-24	360	136	34.0	28.7	39.7
25-34	761	428	57.8	53.8	61.8
35-44	947	557	63.2	59.6	66.6
45-54	1,140	680	61.0	57.6	64.2
55-64	862	533	63.4	59.6	67.2
65-74	676	419	64.0	59.9	68.0
75+	498	224	47.8	43.0	52.8
RACE/ETHNICITY					
White, non-Hispanic	2,998	1,542	51.3	49.1	53.4
Hispanic	1,846	1,182	62.5	59.6	65.2
Native American	182	138	73.3	63.2	81.4
Other race or multi-racial	201	105	51.5	42.6	60.3
EDUCATION					
Less than High School Graduate	665	433	61.6	56.7	66.2
High School Graduate or G.E.D.	1,412	841	59.2	55.9	62.4
Some College	1,455	814	55.0	51.8	58.1
College Graduate	1,721	893	53.6	50.9	56.4
INCOME					
Less than \$10,000	306	184	56.9	49.4	64.0
\$10-19,999	854	481	56.2	52.0	60.3
\$20-49,999	2,140	1,229	56.7	54.1	59.2
\$50,000 or more	1,489	845	58.2	55.2	61.2
EMPLOYMENT					
Employed	3,071	1,782	58.8	56.7	60.9
Unemployed	230	144	59.8	51.2	67.9
Other**	1,954	1,056	52.1	49.4	54.8
Geographic Region [⊙]					
North West	1,148	714	62.6	59.1	65.9
North East	1,020	528	54.1	50.5	57.7
South West	1,025	572	56.0	52.4	59.5
South East	1,006	622	62.2	58.6	65.7
Bernalillo County	1,059	547	51.8	48.3	55.3

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

WEIGHT CONTROL

QUESTIONS:

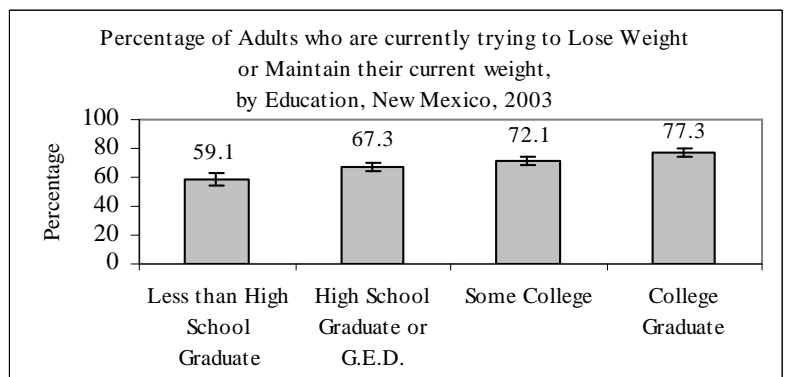
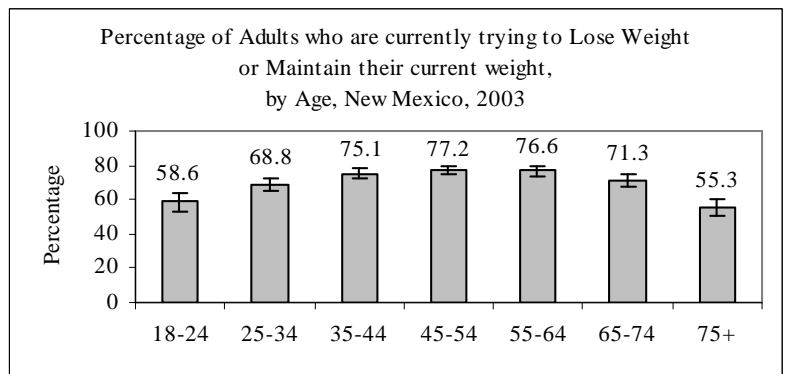
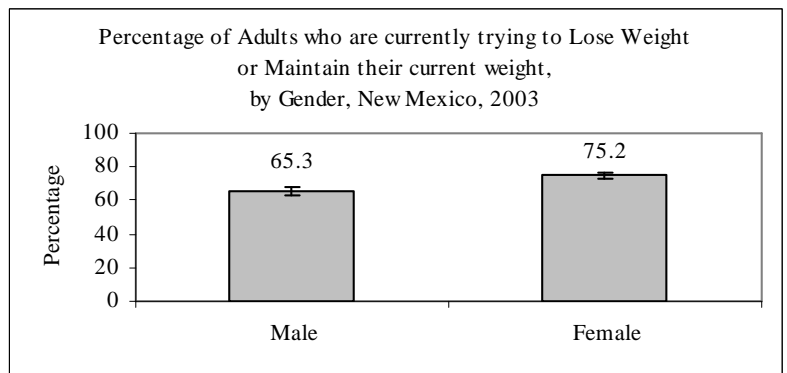
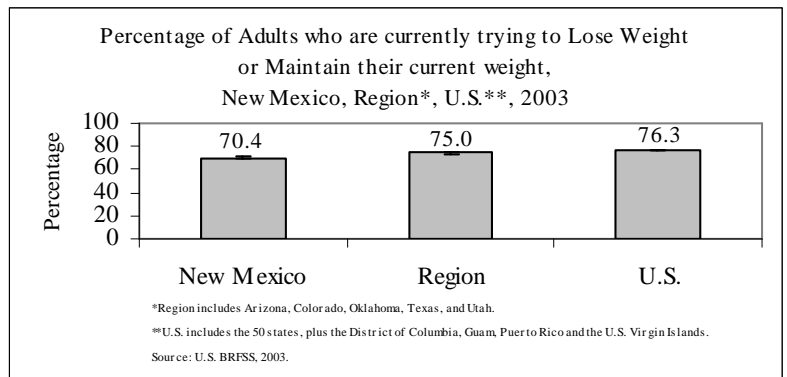
“Are you now trying to lose weight?”

“Are you now trying to maintain your current weight, that is, to keep from gaining weight?”

Maintenance of an appropriate weight is an important health behavior. Achieving and maintaining a healthy weight (Body Mass Index 18.5-24.9) and following a healthy diet reduces the risk of several health conditions such as type 2 diabetes, hypertension, heart disease, breast cancer, and arthritis. Along with improving the health of a person, achieving and maintaining a healthy weight has medical cost benefits.

IN NEW MEXICO,

- ◆ 70.4% of adults in New Mexico were currently trying to lose weight or maintain their current weight. This percentage was statistically different from the percentages for the Region (75.0%) and the U.S. (76.3%).
- ◆ Females were more likely to have been trying to lose weight or maintain their current weight (75.2%) than males (65.3%).
- ◆ Fewer adults were trying to lose weight or maintain their current weight in the younger and older age groups than the middle age groups.
- ◆ Adults with more education were more likely to be trying to lose weight or maintain their current weight than adults with less education.



WEIGHT CONTROL

Table 31. Percentage of New Mexicans who are currently trying to lose weight or maintain their current weight, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	1. Are you now trying to lose weight? 2. Are you now trying to maintain your current weight, that is, to keep from gaining weight?			
		Total Number Who Responded "Yes" to question 1 or 2	Weighted Percent (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	5,487	3,936	70.4	68.8	71.9
GENDER					
Male	2,230	1,462	65.3	62.8	67.6
Female	3,257	2,474	75.2	73.2	77.0
AGE					
18-24	374	230	58.6	52.6	64.4
25-34	793	555	68.8	65.0	72.4
35-44	989	757	75.1	71.7	78.1
45-54	1,183	915	77.2	74.2	79.9
55-64	902	702	76.6	73.1	79.8
65-74	705	484	71.3	67.5	74.9
75+	521	285	55.3	50.4	60.0
RACE/ETHNICITY					
White, non-Hispanic	3,094	2,252	72.5	70.5	74.3
Hispanic	1,955	1,368	67.4	64.7	69.9
Native American	187	146	74.7	65.5	82.1
Other race or multi-racial	215	150	70.0	61.7	77.2
EDUCATION					
Less than High School Graduate	739	454	59.1	54.6	63.5
High School Graduate or G.E.D.	1,471	1,013	67.3	64.2	70.3
Some College	1,491	1,094	72.1	69.1	75.0
College Graduate	1,761	1,358	77.3	75.0	79.5
INCOME					
Less than \$10,000	330	205	57.4	50.1	64.3
\$10-19,999	893	584	62.9	58.8	66.8
\$20-49,999	2,191	1,574	70.5	68.1	72.9
\$50,000 or more	1,511	1,198	78.0	75.3	80.4
EMPLOYMENT					
Employed	3,186	2,375	72.1	70.1	74.0
Unemployed	244	163	63.7	55.3	71.3
Other**	2,032	1,378	68.2	65.7	70.6
Geographic Region [⊙]					
North West	1,200	874	70.9	67.6	73.9
North East	1,053	756	69.3	65.8	72.6
South West	1,078	750	69.9	66.6	73.0
South East	1,060	763	70.4	66.9	73.7
Bernalillo County	1,096	793	70.8	67.5	73.9

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

EXERCISE

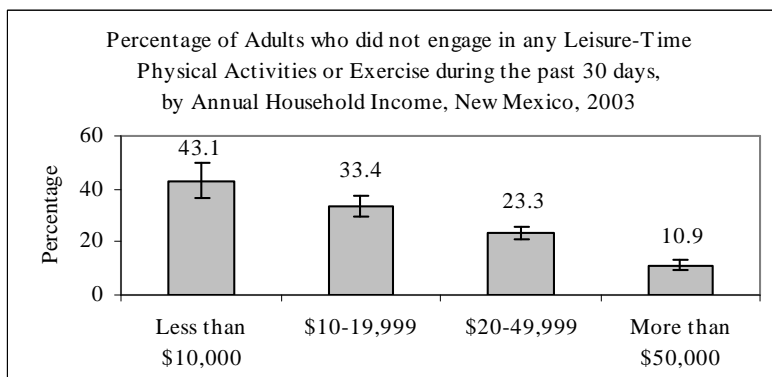
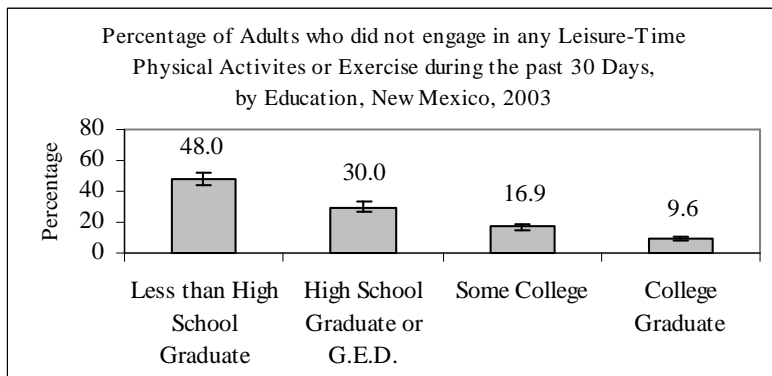
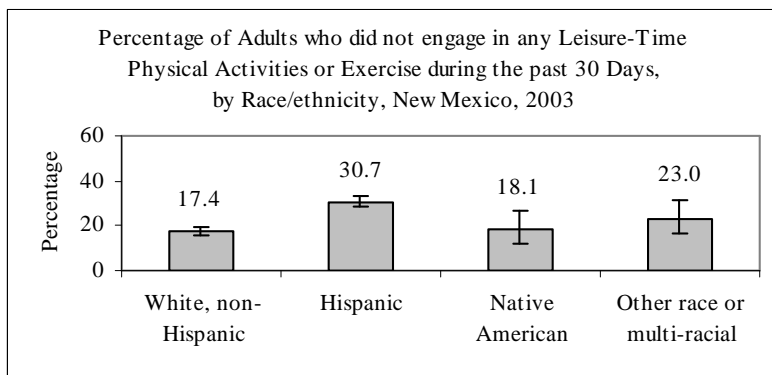
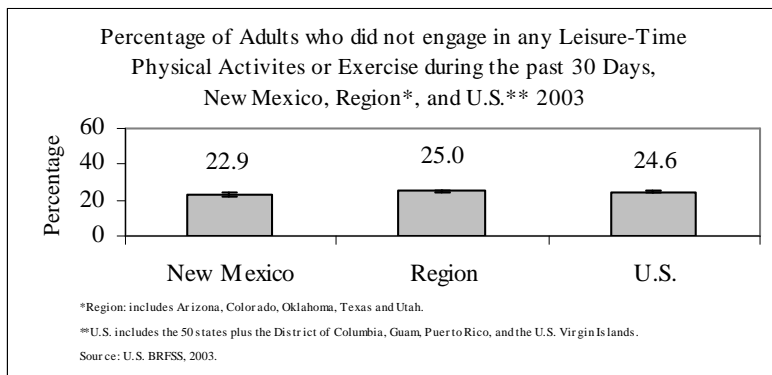
QUESTION:

“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^{22, 23} 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,

- ◆ 22.9% of New Mexicans did not engage in any leisure-time activities or exercise during the past 30 days. This percentage was not statistically different from the percentages for the Region (25.0%) and the U.S. (24.6%).
- ◆ Hispanics (30.7%) were less likely than White, non-Hispanics (17.4%) and Native Americans (18.1%) to have engaged in any leisure-time activities or exercise during the past 30 days. All groups could benefit from increased leisure-time activity.
- ◆ Adults with less income and education were less likely to have engaged in any leisure-time activities or exercise in the past 30 days.



EXERCISE

Table 32. Percentage of New Mexicans who did not participate in any physical activities or exercise during the past month, NM BRFSS, 2003.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,493	1,309	22.9	21.6	24.3
GENDER					
Male	2,233	469	21.2	19.2	23.3
Female	3,260	840	24.6	22.9	26.4
AGE					
18-24	375	65	19.4	15.0	24.8
25-34	794	169	21.1	18.1	24.6
35-44	990	248	24.5	21.6	27.7
45-54	1,185	248	21.0	18.4	23.8
55-64	902	206	21.8	18.8	25.1
65-74	705	183	24.3	21.0	28.0
75+	522	185	34.1	29.7	38.8
RACE/ETHNICITY					
White, non-Hispanic	3,099	599	17.4	16.0	19.0
Hispanic	1,956	615	30.7	28.3	33.2
Native American	187	39	18.1	12.0	26.3
Other race or multi-racial	215	51	23.0	16.4	31.3
EDUCATION					
Less than High School Graduate	739	358	48.0	43.5	52.4
High School Graduate or G.E.D.	1,475	472	30.0	27.2	32.9
Some College	1,493	275	16.9	14.7	19.3
College Graduate	1,761	198	9.6	8.2	11.2
INCOME					
Less than \$10,000	331	153	43.1	36.4	50.0
\$10-19,999	895	312	33.4	29.8	37.2
\$20-49,999	2,192	526	23.3	21.2	25.5
\$50,000 or more	1,513	170	10.9	9.1	13.0
EMPLOYMENT					
Employed	3,190	647	20.0	18.4	21.8
Unemployed	244	73	29.4	22.7	37.1
Other**	2,034	584	27.2	24.9	29.6
Geographic Region ⊛					
North West	1,201	286	23.6	20.8	26.7
North East	1,055	212	21.6	18.8	24.8
South West	1,079	267	25.3	22.3	28.6
South East	1,061	350	32.2	28.9	35.6
Bernalillo County	1,097	194	17.6	15.1	20.3

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

PHYSICAL ACTIVITY

QUESTIONS:

“Now, thinking about the moderate physical activities you do when you are not working in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increase in breathing or heart rate?”

“Now, thinking about the vigorous physical activities you do when you are not working in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?”

Four questions were asked to measure the amount of time each type of exercise was done per week.

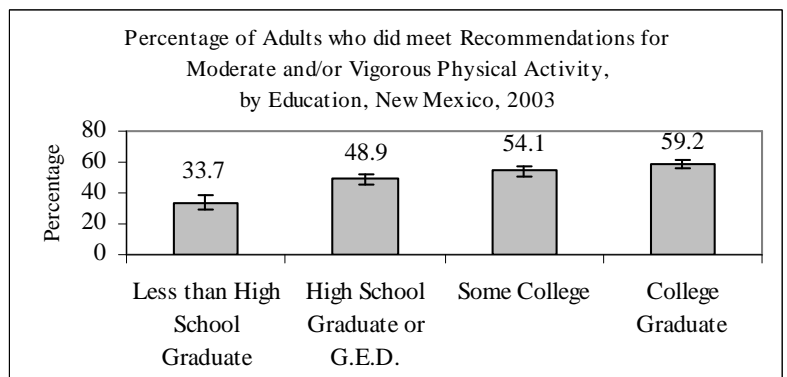
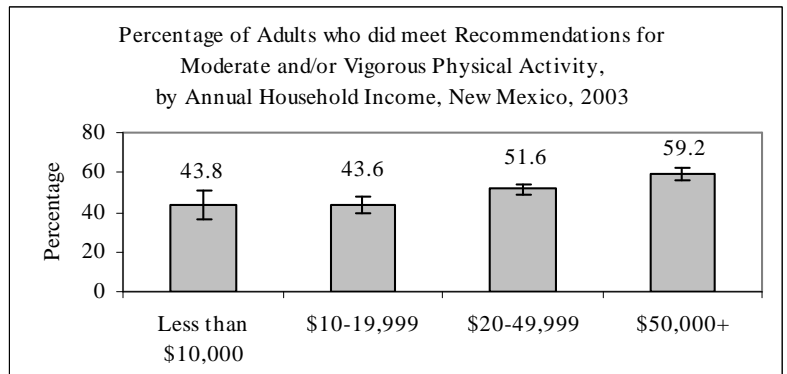
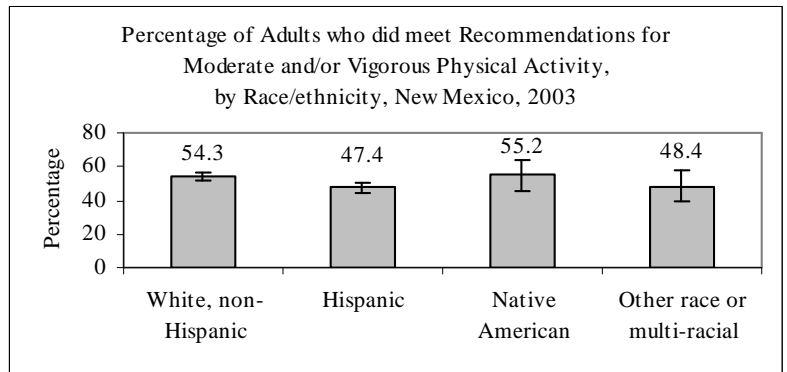
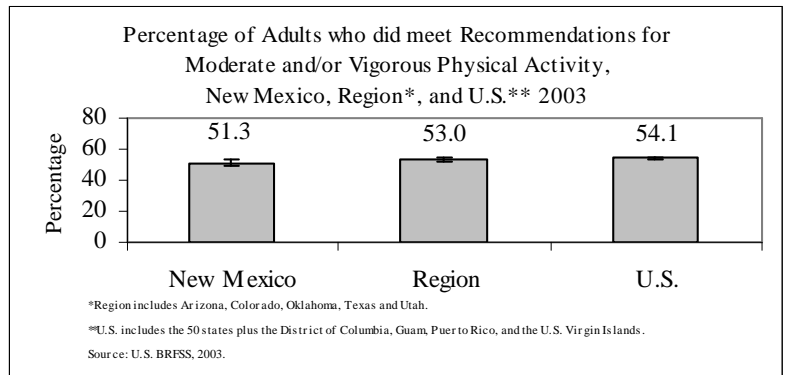
These questions are asked in an effort to better understand the level of exercise New Mexicans obtain.

Moderate exercise causes small increases in breathing or heart rate, resulting from thirty or more minutes per day of moderate physical activity for five or more days per week.

Vigorous exercise causes large increases in breathing or heart rate, resulting from twenty or more minutes per day of vigorous physical activity for three or more days per week.

IN NEW MEXICO,

- ◆ 51.3% of New Mexicans did meet recommendations for moderate and/or vigorous physical activity. This percentage was not statistically different from that of the Region (53.0%), but was statistically different from that of the U.S. (54.1%).
- ◆ White, non-Hispanics were more likely to meet recommendations for moderate and/or vigorous physical activity (54.3%) than Hispanics (47.4%).
- ◆ Those with higher education and greater income were more likely to meet recommendations for moderate and/or vigorous physical activity.



PHYSICAL ACTIVITY

Table 33. Percentage of New Mexicans who did meet recommendations for moderate and/or vigorous physical activity, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Meet recommendations for moderate and/or vigorous physical activity (Moderate: Five or more days per week doing 30 or more minutes of moderate physical activity. Vigorous: Three or more days per week doing 20 or more minutes of vigorous activity.)			
		Total Number Who Did Meet Recommendations	Weighted Percent (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	5,202	2,625	51.3	49.7	53.0
GENDER					
Male	2,122	1,154	54.3	51.7	56.8
Female	3,080	1,471	48.5	46.4	50.7
AGE					
18-24	353	216	60.4	54.3	66.2
25-34	766	423	54.4	50.3	58.4
35-44	940	489	50.8	47.1	54.6
45-54	1,132	595	51.3	47.8	54.7
55-64	861	434	51.7	47.8	55.7
65-74	663	310	47.2	42.9	51.6
75+	476	154	33.6	29.0	38.4
RACE/ETHNICITY					
White, non-Hispanic	2,954	1,569	54.3	52.1	56.4
Hispanic	1,848	852	47.4	44.6	50.2
Native American	170	89	55.2	45.8	64.1
Other race or multi-racial	203	101	48.4	39.7	57.3
EDUCATION					
Less than High School Graduate	676	224	33.7	29.4	38.3
High School Graduate or G.E.D.	1,384	637	48.9	45.6	52.2
Some College	1,443	774	54.1	51.0	57.3
College Graduate	1,694	986	59.2	56.4	61.9
INCOME					
Less than \$10,000	312	117	43.8	36.6	51.2
\$10-19,999	844	367	43.6	39.6	47.8
\$20-49,999	2,100	1,053	51.6	49.0	54.2
\$50,000 or more	1,478	883	59.2	56.1	62.1
EMPLOYMENT					
Employed	3,048	1,635	53.6	51.5	55.8
Unemployed	234	106	45.0	36.9	53.4
Other**	1,916	881	48.0	45.3	50.8
Geographic Region[⊛]					
North West	1,130	579	51.1	47.7	54.6
North East	1,012	546	53.7	50.0	57.3
South West	1,016	521	50.8	47.2	54.3
South East	994	429	44.2	40.5	47.9
Bernalillo County	1,050	550	53.7	50.2	57.2

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

EXCESS SUN EXPOSURE

QUESTION:

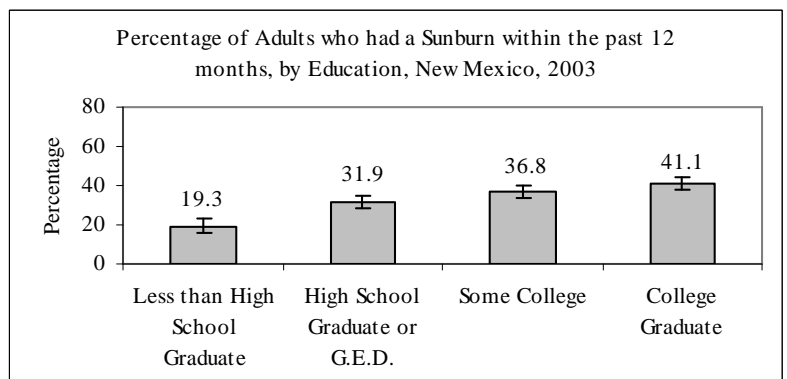
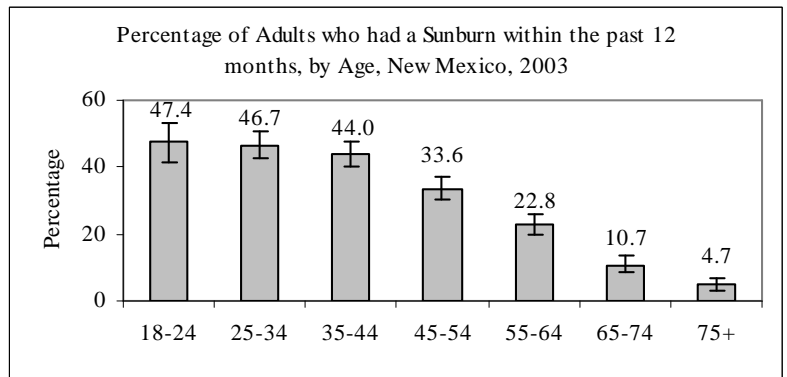
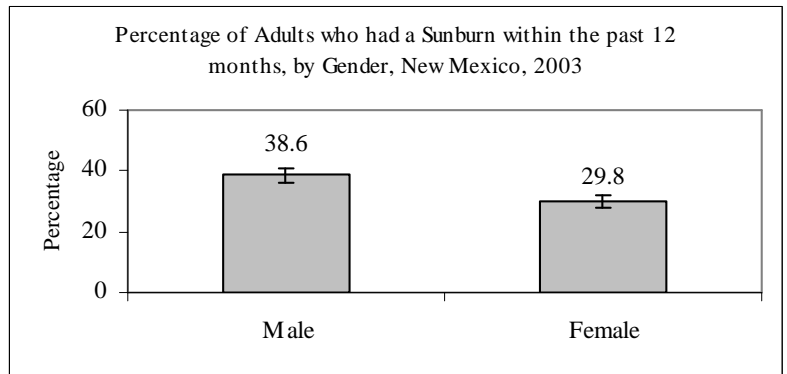
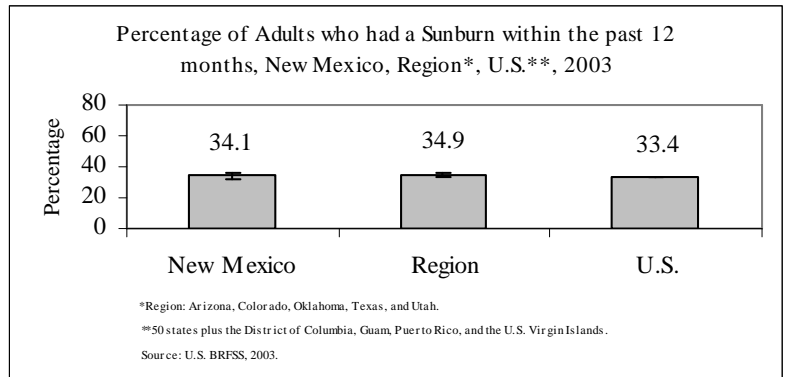
The next question is about sunburns, including any-time that even a small part of your skin was red for more than 12 hours.

“Have you had a sunburn within the past 12 months?”

The most important environmental factor in developing skin cancer is exposure to the sun’s ultraviolet (UV) rays. Over one million cases of basal cell or squamous cell cancer are diagnosed each year in the United States, and skin cancer was expected to have claimed about 9,800 lives in 2003.²⁴ The best practice of preventing skin cancer from the UV rays is to protect yourself year round by covering up (with clothing made of tightly-woven fabric), using sunscreen with at least SPF 15, and wearing sunglasses that block UV rays. Also limiting outdoors activities between 10 a.m. and 4 p.m., when the sun’s UV rays are most intense, will decrease the chances of getting skin cancer.²⁵

IN NEW MEXICO,

- ◆ 34.1% of New Mexicans had a sunburn within the past 12 months. This percentage was not statistically different from the percentages for the Region (34.9%) or the U.S. (33.4%).
- ◆ Males were more likely to have had a sunburn within the past 12 months (38.6%) than Females (29.8%).
- ◆ Younger age groups were more likely to have had a sunburn within the past 12 months than older age groups.
- ◆ Adults with more education were more likely to have had a sunburn within the past 12 months than those with less education.



EXCESS SUN EXPOSURE

Table 34. Percentage of New Mexicans who had a sunburn within the past 12 months, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Have you had a sunburn within the past 12 months?			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,483	1,681	34.1	32.5	35.7
GENDER					
Male	2,226	784	38.6	36.2	41.0
Female	3,257	897	29.8	27.9	31.8
AGE					
18-24	375	183	47.4	41.6	53.3
25-34	794	376	46.7	42.8	50.6
35-44	987	418	44.0	40.4	47.7
45-54	1,184	403	33.6	30.5	36.9
55-64	899	187	22.8	19.6	26.3
65-74	703	84	10.7	8.5	13.3
75+	521	25	4.7	3.1	7.0
RACE/ETHNICITY					
White, non-Hispanic	3,093	1,064	39.7	37.6	41.9
Hispanic	1,954	511	28.9	26.5	31.5
Native American	187	55	27.3	20.4	35.5
Other race or multi-racial	215	41	21.4	15.0	29.5
EDUCATION					
Less than High School Graduate	738	114	19.3	15.8	23.4
High School Graduate or G.E.D.	1,471	393	31.9	28.9	35.0
Some College	1,492	504	36.8	33.8	39.9
College Graduate	1,758	666	41.1	38.4	43.9
INCOME					
Less than \$10,000	330	82	30.8	24.2	38.3
\$10-19,999	894	196	22.9	19.7	26.5
\$20-49,999	2,189	698	34.5	32.1	37.0
\$50,000 or more	1,511	596	42.9	39.9	46.0
EMPLOYMENT					
Employed	3,185	1,212	40.2	38.2	42.3
Unemployed	244	87	38.8	31.0	47.2
Other**	2,030	377	22.1	19.8	24.6
Geographic Region[⊛]					
North West	1,199	422	37.9	34.7	41.3
North East	1,053	328	33.9	30.5	37.4
South West	1,075	310	31.2	28.0	34.5
South East	1,059	272	28.9	25.7	32.3
Bernalillo County	1,097	349	35.7	32.4	39.1

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

HIV/AIDS

QUESTIONS:

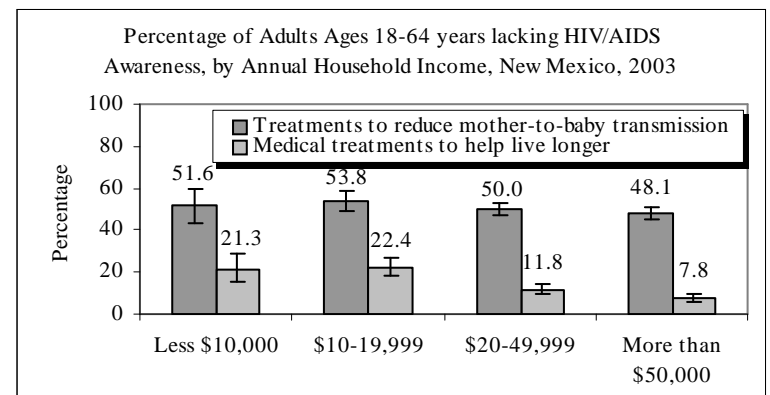
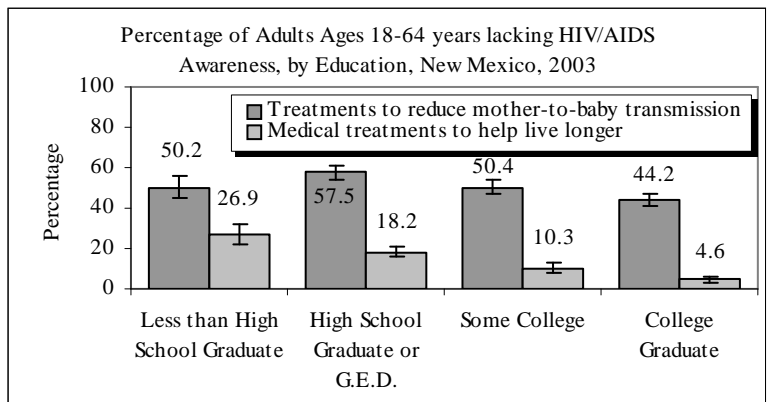
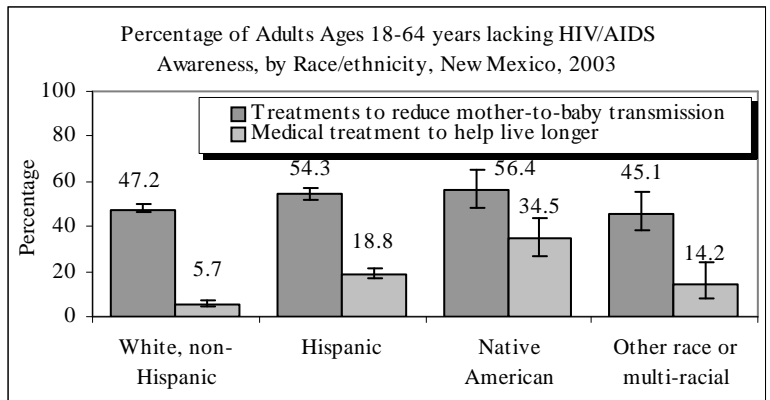
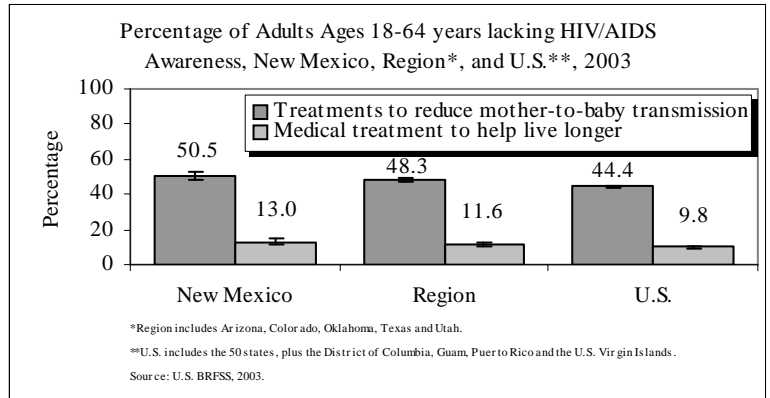
“True or False: A pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby.”

“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. Through the end of 2003, a total of 3,369 AIDS cases had been reported in the state²⁶. 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 2003, several questions designed to assess general public knowledge about HIV/AIDS were asked of all respondents younger than 65 years of age.

IN NEW MEXICO,

- ◆ 50.5% 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 (48.3%), but higher than the percentage for the U.S. (44.4%). 13.0% of New Mexicans were unaware that there are treatments to help people with HIV to live longer. This percentage was similar to the percentage for the Region (11.6%), but higher than the percentage for the U.S. (9.8%).
- ◆ Native Americans were less likely than the other groups to be aware that there are medical treatments to help people with HIV to live longer.
- ◆ Awareness of these issues related to 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.”

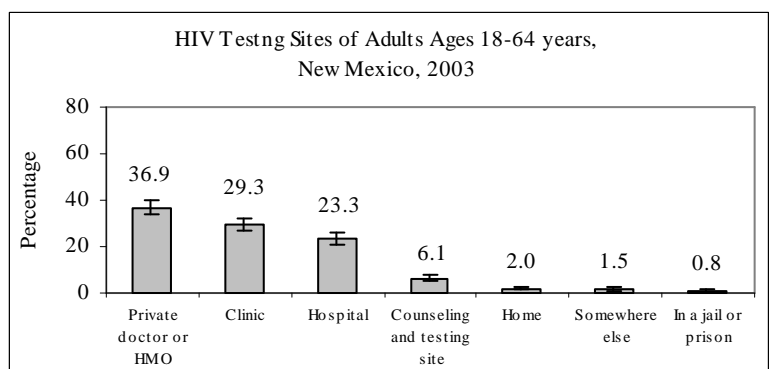
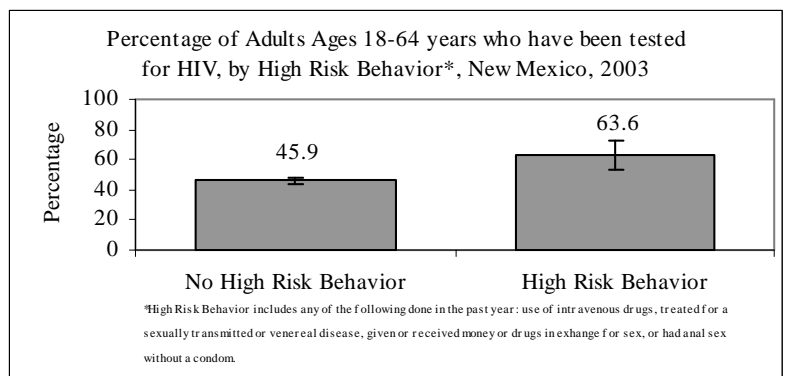
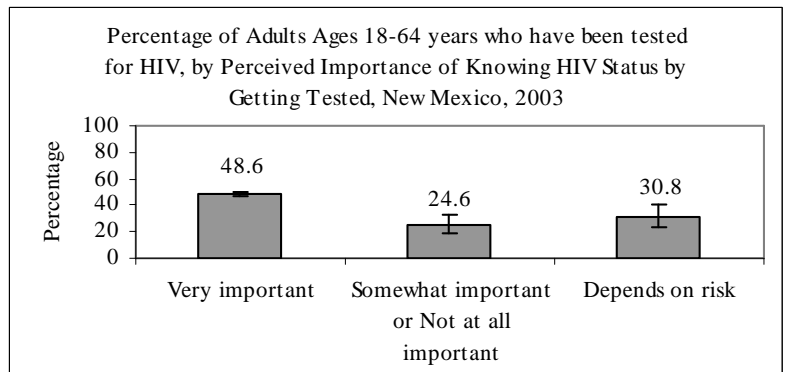
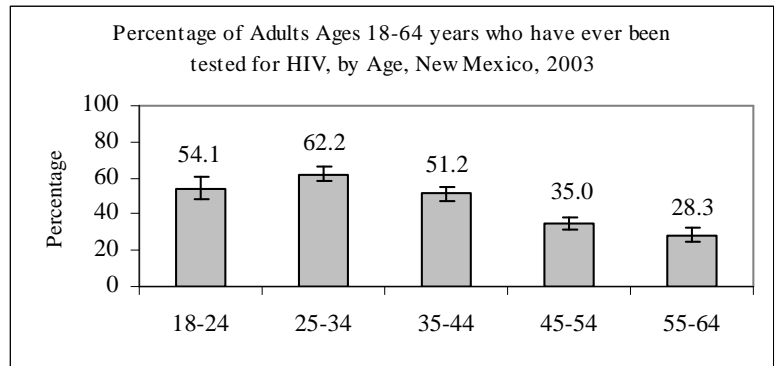
“Where did you have your last HIV test?”

“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, except ages 18-24 years, to have ever been tested for HIV.
- ◆ Among adults ages 18-64 years who felt it was very important to know their HIV status by getting tested, 48.6% had ever been tested for HIV. The proportion having been tested was lower among those who felt that knowing one’s HIV status was only somewhat important or not at all important (24.6%) and lower among those who felt that the importance of getting tested depended on risk of infection (30.8%). Only 0.3% 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 reported at least one high risk behavior, 63.6% had ever been tested for HIV. Among adults ages 64 years and younger who did not report any high risk behavior, 45.9% had ever been tested for HIV.
- ◆ Among adults ages 18-64 years who had ever been tested for HIV, 36.9% 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 35. 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, NM BRFSS, 2003.

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" or "Don't know/not sure"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	4,103	2,032	50.5	48.7	52.4
GENDER					
Male	1,659	889	54.8	51.9	57.6
Female	2,444	1,143	46.4	44.0	48.8
AGE					
18-24	357	167	46.7	40.7	52.7
25-34	767	368	49.3	45.3	53.4
35-44	951	488	54.3	50.6	58.0
45-54	1,134	574	51.2	47.7	54.6
55-64	878	424	49.3	45.3	53.2
RACE/ETHNICITY					
White, non-Hispanic	2,192	1,016	47.2	44.7	49.7
Hispanic	1,571	847	54.3	51.3	57.3
Native American	164	88	56.4	47.0	65.4
Other race or multi-racial	159	71	45.1	35.4	55.2
EDUCATION					
Less than High School Graduate	480	245	50.2	44.7	55.6
High School Graduate or G.E.D.	1,067	607	57.5	53.9	61.1
Some College	1,190	596	50.4	46.9	53.9
College Graduate	1,364	583	44.2	41.1	47.3
INCOME					
Less than \$10,000	231	114	51.6	43.3	59.8
\$10-19,999	602	317	53.8	48.8	58.6
\$20-49,999	1,675	831	50.0	47.0	52.9
\$50,000 or more	1,302	600	48.1	44.8	51.4
EMPLOYMENT					
Employed	2,883	1,425	51.0	48.8	53.3
Unemployed	217	110	52.6	44.0	61.1
Other**	1,000	494	48.3	44.5	52.1
Geographic Region ⊛					
North West	926	492	54.2	50.1	57.9
North East	827	388	48.7	44.6	52.7
South West	785	396	51.7	47.6	55.7
South East	748	355	50.7	46.5	55.0
Bernalillo County	817	401	48.3	44.4	52.3

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

HIV/AIDS

Table 36. 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, NM BRFSS, 2003.

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" or "Don't know/not sure"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	4,099	490	13.0	11.8	14.4
GENDER					
Male	1,658	202	13.3	11.4	15.5
Female	2,441	288	12.8	11.3	14.6
AGE					
18-24	356	59	16.4	12.4	21.4
25-34	767	101	14.6	11.8	17.9
35-44	949	97	10.7	8.5	13.2
45-54	1,135	125	12.0	9.9	14.5
55-64	876	106	12.5	9.9	15.6
RACE/ETHNICITY					
White, non-Hispanic	2,191	127	5.7	4.7	7.0
Hispanic	1,570	286	18.8	16.5	21.4
Native American	164	57	34.5	26.4	43.5
Other race or multi-racial	158	19	14.2	7.8	24.4
EDUCATION					
Less than High School Graduate	480	131	26.9	22.4	31.9
High School Graduate or G.E.D.	1,064	187	18.2	15.5	21.3
Some College	1,189	114	10.3	8.2	12.8
College Graduate	1,364	57	4.6	3.3	6.4
INCOME					
Less than \$10,000	231	48	21.3	15.5	28.6
\$10-19,999	602	125	22.4	18.5	26.8
\$20-49,999	1,674	175	11.8	10.0	14.0
\$50,000 or more	1,301	92	7.8	6.0	10.1
EMPLOYMENT					
Employed	2,880	315	12.6	11.1	14.3
Unemployed	217	26	12.6	8.1	19.1
Other**	999	148	14.5	12.1	17.3
Geographic Region [⊛]					
North West	927	133	16.7	14.0	19.9
North East	824	91	13.1	10.4	16.4
South West	785	106	14.6	11.9	17.8
South East	748	104	16.1	12.9	20.0
Bernalillo County	815	56	8.3	6.2	11.1

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

HIV/AIDS

Table 37. Percentage of New Mexicans ages 64 years and younger who have ever been tested for HIV, NM BRFSS, 2003.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,999	1,845	46.6	44.7	48.5
GENDER					
Male	1,614	734	43.7	40.9	46.6
Female	2,385	1111	49.5	47.0	51.9
AGE					
18-24	352	199	54.1	48.0	60.2
25-34	754	483	62.2	58.2	66.1
35-44	933	496	51.2	47.4	55.0
45-54	1,111	432	35.0	31.8	38.2
55-64	849	235	28.3	24.7	32.2
RACE/ETHNICITY					
White, non-Hispanic	2,136	1061	50.6	48.1	53.2
Hispanic	1,536	643	42.2	39.2	45.2
Native American	161	55	38.6	29.7	48.4
Other race or multi-racial	150	80	53.9	43.5	64.0
EDUCATION					
Less than High School Graduate	472	169	36.1	31.0	41.6
High School Graduate or G.E.D.	1,033	415	41.9	38.2	45.7
Some College	1,165	597	53.1	49.6	56.6
College Graduate	1,327	664	49.5	46.3	52.6
INCOME					
Less than \$10,000	228	107	47.2	39.0	55.6
\$10-19,999	594	289	48.4	43.4	53.3
\$20-49,999	1,643	776	49.9	47.0	52.9
\$50,000 or more	1,265	581	44.3	41.0	47.6
EMPLOYMENT					
Employed	2,803	1305	46.2	44.0	48.4
Unemployed	215	104	48.3	39.8	56.9
Other**	978	436	47.7	43.8	51.6
Geographic Region[⊛]					
North West	902	391	43.6	39.8	47.5
North East	804	374	46.2	42.1	50.3
South West	768	360	47.6	43.6	51.8
South East	730	328	46.7	42.4	51.0
Bernalillo County	795	392	48.3	44.3	52.3

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

HIV/AIDS

Table 38. 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, NM BRFSS, 2003.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	4,068	3,704	91.5	90.4	92.4
GENDER					
Male	1,637	1438	88.8	86.9	90.4
Female	2,431	2266	94.0	92.9	95.0
AGE					
18-24	354	337	95.6	92.5	97.5
25-34	759	730	95.7	93.5	97.2
35-44	944	864	91.2	88.9	93.1
45-54	1,127	1003	88.6	86.0	90.7
55-64	869	757	86.2	83.3	88.7
RACE/ETHNICITY					
White, non-Hispanic	2,177	1936	89.7	88.1	91.0
Hispanic	1,555	1464	93.4	91.7	94.8
Native American	161	148	94.1	89.1	96.9
Other race or multi-racial	159	144	90.8	82.5	95.3
EDUCATION					
Less than High School Graduate	471	442	93.5	90.2	95.8
High School Graduate or G.E.D.	1,053	971	92.2	89.9	94.0
Some College	1,185	1081	92.1	90.3	93.7
College Graduate	1,357	1208	89.2	87.0	91.0
INCOME					
Less than \$10,000	229	206	89.8	83.0	94.1
\$10-19,999	595	560	94.2	91.6	96.1
\$20-49,999	1,666	1531	92.8	91.2	94.1
\$50,000 or more	1,292	1156	89.3	87.2	91.2
EMPLOYMENT					
Employed	2,858	2596	90.9	89.5	92.1
Unemployed	216	207	95.3	89.2	98.0
Other**	991	899	92.2	90.3	93.8
Geographic Region [⊙]					
North West	921	823	90.4	88.2	92.3
North East	817	762	93.5	91.3	95.1
South West	779	707	91.2	88.7	93.2
South East	736	680	92.9	90.1	95.0
Bernalillo County	815	732	90.6	88.2	92.6

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

FALLS

QUESTIONS:

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

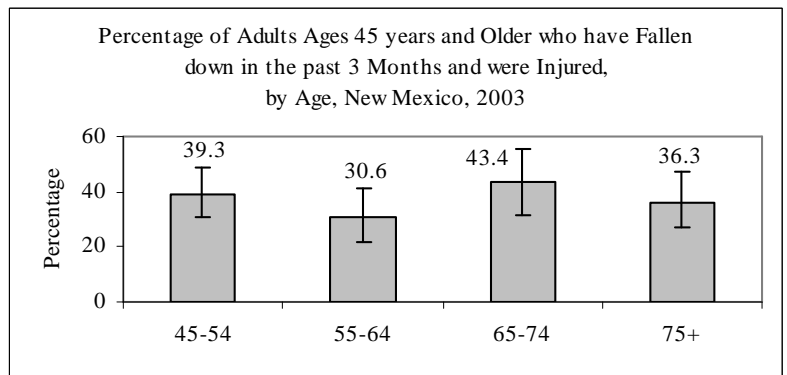
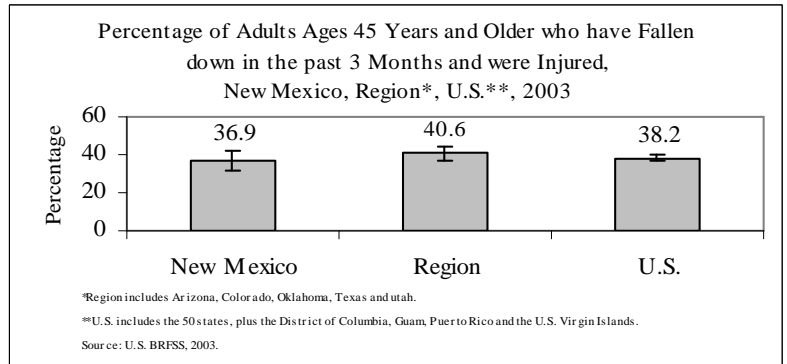
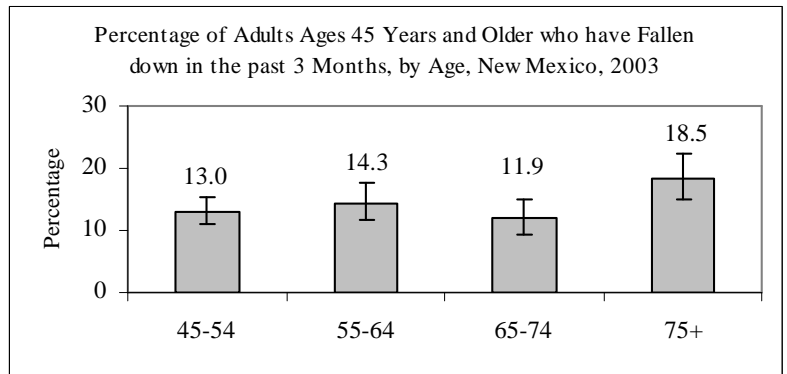
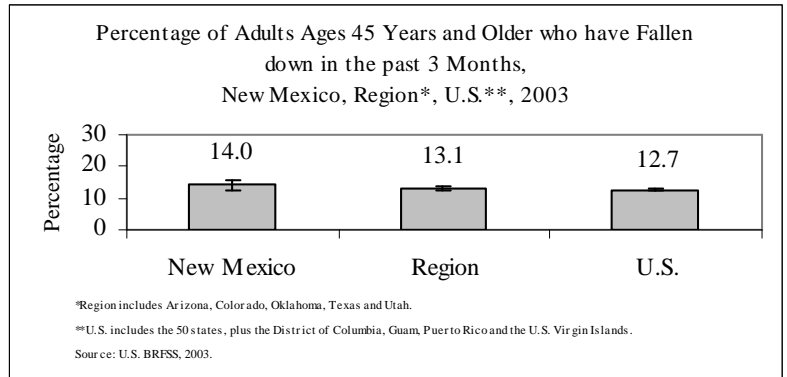
“Were you injured in the most recent fall?”

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.²⁷ Falls also are the most common cause of nonfatal injuries and hospital trauma admissions²⁸ for this age group. Twenty to thirty percent of those who fall suffer moderate to severe injuries.²⁹ Along with long-term consequences such as disability, loss of independence and reduced quality of life, falls can be financially expensive to treat.

The above questions were asked of all respondents greater or equal to 45 years of age.

IN NEW MEXICO,

- ◆ 14.0% 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, 36.9% reported being injured in the fall, which represented 2.5% 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 *and been injured* in the past 3 months was not statistically different for the different age groups.



FALLS

Table 39. Percentage of New Mexicans ages 45 years and older who have fallen down in the past 3 months, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	In the past 3 months, have you had a fall (ages 45 years and older)?			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,258	480	14.0	12.7	15.5
GENDER					
Male	1,318	184	13.8	11.7	16.2
Female	1,940	296	14.2	12.5	16.1
AGE					
45-54	1,165	165	13.0	10.9	15.5
55-64	894	131	14.3	11.7	17.5
65-74	691	85	11.9	9.5	15.0
75+	508	99	18.5	15.1	22.4
RACE/ETHNICITY					
White, non-Hispanic	2,138	322	14.3	12.7	16.1
Hispanic	902	125	12.8	10.6	15.5
Native American	83	10	9.1	4.6	17.3
Other race or multi-racial	112	19	21.9	11.9	37.0
EDUCATION					
Less than High School Graduate	423	64	13.1	10.1	16.9
High School Graduate or G.E.D.	834	90	10.5	8.3	13.2
Some College	835	131	15.0	12.4	17.9
College Graduate	1,159	194	16.2	13.7	19.1
INCOME					
Less than \$10,000	202	50	24.1	17.8	31.7
\$10-19,999	527	80	13.2	10.4	16.6
\$20-49,999	1,227	177	13.6	11.6	15.9
\$50,000 or more	937	126	13.9	11.3	17.0
EMPLOYMENT					
Employed	1,601	204	12.7	10.7	14.9
Unemployed	115	15	8.8	4.8	15.6
Other**	1,537	260	16.1	14.2	18.2
Geographic Region ⊛					
North West	685	113	16.9	13.9	20.6
North East	665	102	14.2	11.6	17.3
South West	627	92	14.1	11.4	17.4
South East	665	99	15.0	12.2	18.3
Bernalillo County	616	74	11.6	9.0	15.0

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 5,494 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 geographic region, see Appendix II at the end of this report.

FALLS

Table 40. Percentage of New Mexicans ages 45 years and older whose most recent fall in the past 3 months resulted in an injury, NM BRFSS, 2003.

Demographic Characteristics	Total Number Who Responded to the Question*	Were you injured? By injured, we mean the fall caused you to limit your regular activities for at least a day or to go see a doctor (ages 45 years and older who fell in the past 3 months)?			
		Total Number Who Responded "Yes"	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	480	182	36.9	31.8	42.3
GENDER					
Male	184	60	32.2	24.7	40.8
Female	296	122	40.9	34.5	47.7
AGE					
45-54	165	64	39.3	30.5	48.9
55-64	131	45	30.6	21.9	40.9
65-74	85	35	43.4	31.8	55.8
75+	99	38	36.3	26.8	47.0
RACE/ETHNICITY					
White, non-Hispanic	322	117	37.2	31.1	43.7
Hispanic	125	49	37.3	28.0	47.5
Native American	10 ^x	—	—	—	—
Other race or multi-racial	19 ^x	—	—	—	—
EDUCATION					
Less than High School Graduate	64	32	49.0	35.9	62.3
High School Graduate or G.E.D.	90	32	35.4	24.6	48.0
Some College	131	50	35.4	26.7	45.2
College Graduate	194	68	35.0	27.0	44.0
INCOME					
Less than \$10,000	50	29	53.4	36.7	69.4
\$10-19,999	80	27	32.6	22.0	45.5
\$20-49,999	177	71	41.8	33.6	50.5
\$50,000 or more	126	34	25.2	17.0	35.7
EMPLOYMENT					
Employed	204	64	30.5	23.1	39.2
Unemployed	15 ^x	—	—	—	—
Other**	260	111	42.0	35.5	48.8
Geographic Region ⊛					
North West	113	36	33.7	24.3	44.6
North East	102	38	33.6	24.4	44.1
South West	92	37	38.5	28.3	49.9
South East	99	41	38.2	28.2	49.4
Bernalillo County	74	30	40.2	27.7	54.1

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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 geographic region, see Appendix II at the end of this report.

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

APPENDIX I—METHODS

The Behavioral Risk Factor Surveillance System (BRFSS) is conducted using random telephone survey methods. One implication of this survey method is that individuals living in households without landline telephones are not represented in the survey sample or the results presented here. Households using only cell phones or not having any phone at all were excluded. Nationally, more than 94.5% of households subscribed to landline telephone service in 2000.³⁰ However, in New Mexico, landline telephone coverage was estimated to be only 91.8%.³⁰ Historical data show that phone coverage varies considerably from county to county within the state.^{31, 32} For example, the 2000 U.S. Census showed the proportion of households without landline telephone coverage was 2.5% for Bernalillo County and 31.6% for McKinley County, respectively.³³

Interviews were performed at computer workstations using Ci3 computer-aided telephone interviewing software provided by Sawtooth Software. The sample frame of all possible landline telephone numbers was provided Genesys Telecommunications Laboratories, Inc.

Calls were made during several time periods throughout the day, in order to maximize the chance of finding randomly selected 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 landline telephones, using a disproportionate stratified sampling (DSS) design. One adult respondent was randomly selected from all adults ages 18 and older living in the randomly selected households. The final 2003 sample size was 5,494.

Under DSS, telephone numbers were selected from two strata or lists. One stratum contained blocks of phone numbers with a high proportion of household phone numbers (the high-density stratum). The other stratum contained blocks of phone numbers with a low proportion of household phone numbers (the low-density stratum). Telephone numbers in the high-density stratum were 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) were 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, thereby reducing the cost of the survey.

Once a residential household has been selected, a respondent is randomly selected from among all adults ages 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. Last names, Social Security Numbers, and addresses are not collected and so 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 Guide³⁴ and an article from the Journal of the American Statistical Association³⁵.

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.

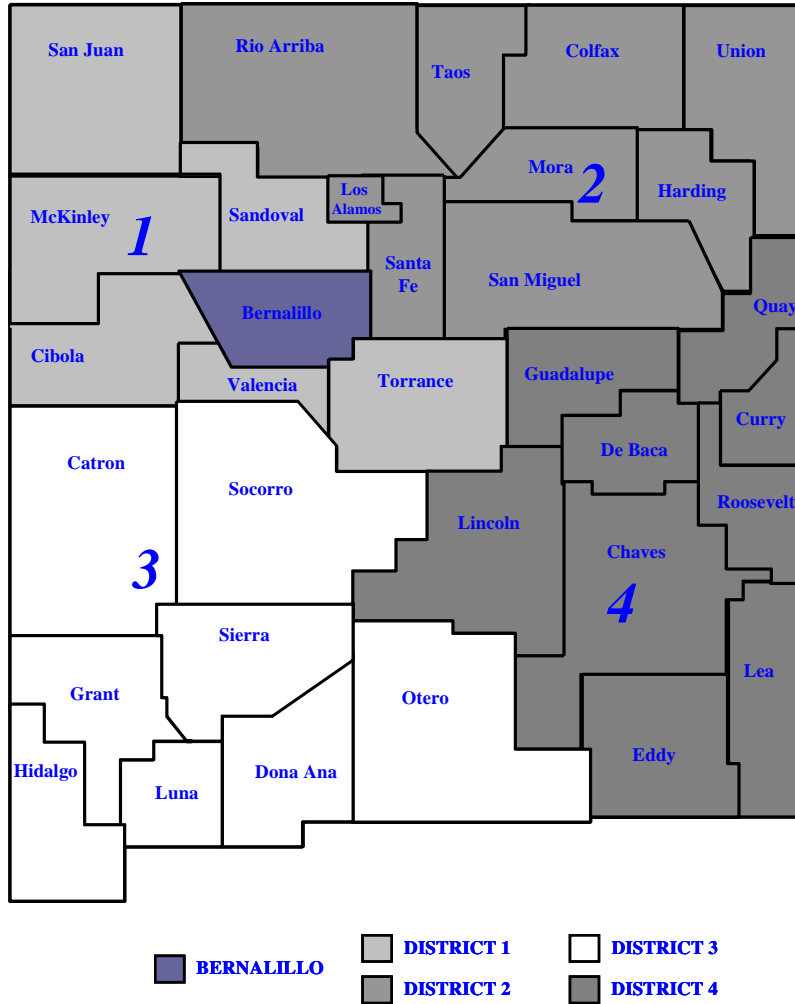
2. A post-stratification weighting procedure is used to adjust for differences in the distribution of the sample by gender and age group compared with the population, as determined by the Census. This component of the weighting process attempts to adjust the estimates so they better reflect the population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

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

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

APPENDIX II—MAP

Geographic Strata and Counties of New Mexico



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