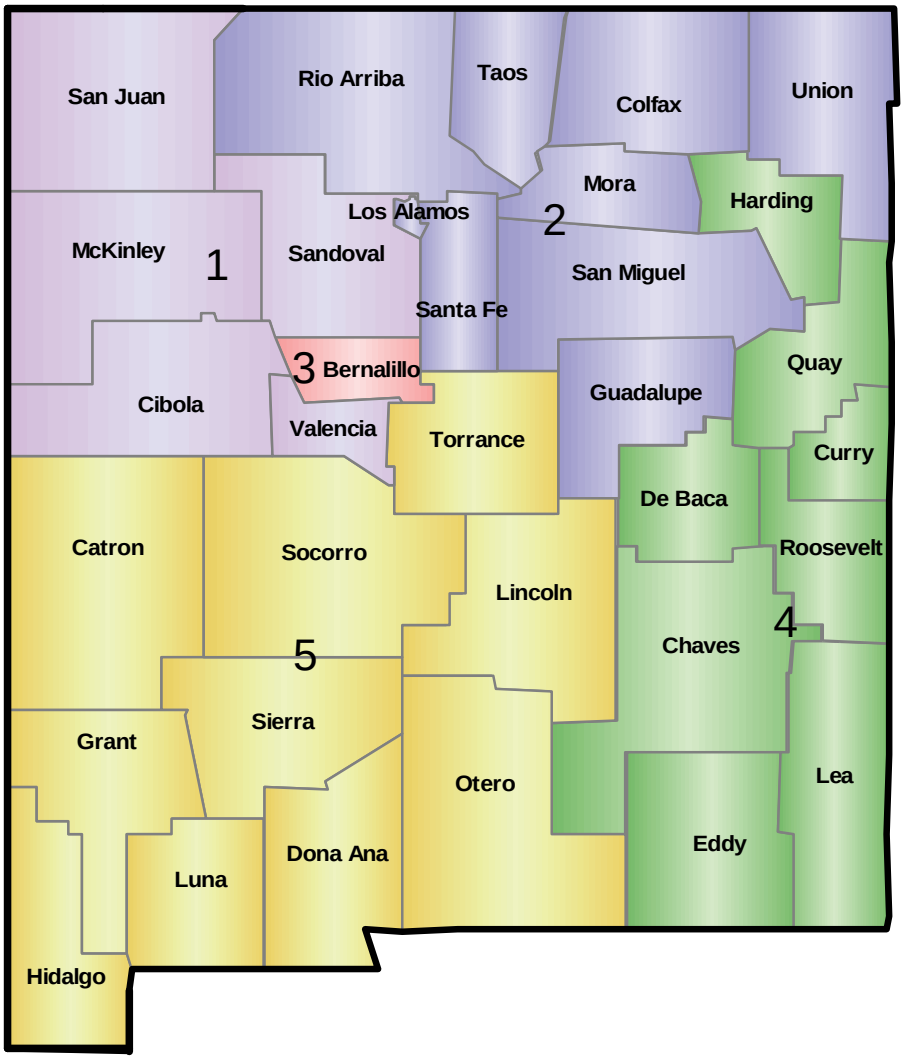
Health Behaviors and Conditions of Adult New Mexicans 2006



Results from the Behavioral Risk Factor Surveillance System (BRFSS)

Health Behaviors and Conditions of New Mexicans, 2006

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

Presented by the
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ACKNOWLEDGMENTS

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The 2006 BRFSS survey was funded by a cooperative agreement with the Centers for Disease Control and Prevention (Grant numbers U58/CCU603446-14-2 and U58/CCU622800-01), and through support from the Diabetes Prevention and Control Program, the Chronic Disease Prevention and Control Bureau, the Family Health Bureau, and the Epidemiology & Response Division, of the New Mexico Department of Health.

Thanks to Tito Rios for providing computer programming and data management support.

Thanks to Isaac Romero for providing the map in Appendix II at the end of this report which presents the geographic stratification of the 2006 NM BRFSS sample design.

BRFSS data and supporting documentation are available at:

www.cdc.gov\brfss
Or
http://www.health.state.nm.us/epi/hdata.html under the Health Behaviors tab.

Additionally, BRFSS data and copies of this report and the 2006 questionnaire can be obtained by contacting: Wayne Honey at (505) 476-3595 or wayne.honey@state.nm.us.

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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 landline 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 landline 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. Prior 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 2006 NM BRFSS report is available in .pdf format at the NM Department of Health website:
http://www.health.state.nm.us/

2006 NEW MEXICO BRFSS SURVEY TOPICS

Questions in the 2006 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
Oral Health
Cardiovascular Disease Prevalence
Asthma
Disability
Tobacco Use
Veteran's Status
Alcohol Consumption
Immunization/Adult Influenza Supplement
Falls
Seatbelt Use
Drinking & Driving
Women's Health
Prostate Cancer Screening
Colorectal Cancer Screening
HIV/AIDS
Emotional Support & Life Satisfaction

Optional Modules Included:
Diabetes
Anxiety & Depression
Adult Asthma History

State-added Questions on the following topics were included:
Emergency Contraceptives
Sexual Orientation
Suicide
Gambling
Bankruptcy
Children's Health Care Access
Asthma in the Workplace
Skin Cancer/Excess Sun Exposure

Demographics Section (all states):
Age
Race/Ethnicity
Tribal Affiliation
Marital Status
Number of Children in Household
Education
Employment Status
Annual Household Income
Weight
Height
County of Residence
Zip Code of Residence
Number of Residential Telephone Numbers
Telephone Coverage History
Gender

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.

In recent years, the adult population has moved rapidly toward exclusive use of cell phones. This shift is most pronounced among younger adults. For a variety of methodological and ethical reasons, cell phones were excluded from the BRFSS sample through 2006. The Centers for Disease Control is actively studying the issues related to inclusion of cell phones in the BRFSS and other telephone surveys. The information gathered through these studies It is hoped that cell phones will be included in the BRFSS sample by 2009.

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. Respondents may also have trouble remembering details about past behaviors or may remember them incorrectly. Consequently, the prevalence of these behaviors may be underestimated by the survey.

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 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:

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

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 # who hung-up or terminated before respondent selection.

The cooperation rate for the 2006 survey was 77.9%. If the 23.1% 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.

DATA PRESENTATION

The data in this report are presented in either tables or graphs, and are the estimated population percentages of adults 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. Inter-cooled Stata 9.2 was used to estimate SE and to produce the corresponding 95% confidence interval estimates presented in this report. Inter-cooled Stata 9.2 is statistical analysis software that considers the complex sample design of the BRFSS to calculate appropriate SE and 95% confidence intervals. 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 marginal total of respondents upon which a particular estimate was based 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. Sample size influences the magnitude of an estimate's probability of error and so affects the likely precision of the estimate. This issue is particularly relevant to some estimates presented by Race/ Ethnicity where the number of Native Americans or those of "other Race" sampled was small, and so resultant SE large, that the estimates were unreliable. Discerning possible differences between rates of conditions or risk factors in these smaller populations and the larger White, non-Hispanic and Hispanic populations was often difficult. This issue is relevant to estimates for any small population group, such as a narrowly defined age group, a small number of respondents with a particular health condition, or a small demographic group such as adults who are retired.

With respect to certain conditions and risk factors, particularly those addressed by core BRFSS questions which were asked of respondents in every state, estimates for the state of New Mexico (NM) were compared to estimates for the five neighboring states (Arizona, Colorado, Oklahoma, Texas, and Utah), referred to as Region in this report, 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). These charts are generally presented in the upper right corner of the first page of a given topic. If no such chart is found, the given question was not asked by all states. In the case of questions included in optional BRFSS modules, estimates for the state of New Mexico were compared to estimates obtained by pooling data from all the other states (Other States) that administered the question.

DEMOGRAPHICS OF THE 2006 NEW MEXICO SAMPLE

Table 1. Demographics of the 2006 BRFSS New Mexico Sample.

Demographic Characteristics	2006 BRFSS Data			2006 Claritus Inter-Censal Estimates[¥]
	Number in Sample*	Unweighted Percent (%)	Weighted Percent (%)	
TOTAL	6,581	100.0	100.0	
GENDER				
Male	2,515	38.2	48.6	48.6
Female	4,066	61.8	51.4	51.4
AGE				
18-24	329	5.0	14.3	14.2
25-34	821	12.6	17.1	17
35-44	1,056	16.2	18.2	18.1
45-54	1,365	20.9	19.1	19.5
55-64	1,348	20.6	14.8	14.7
65-74	937	14.3	9.2	9.1
75+	683	10.5	7.5	7.1
RACE/ETHNICITY[§]				
White, non-Hispanic	3,650	56.1	50.7	46.6
Hispanic	2,040	31.3	37.9	40.5
Native American	654	10.1	8.3	8.3
Other	166	2.6	3.1	3.0
EDUCATION				
Less than High School Graduate	900	13.7	13.7	NA
High School Graduate or G.E.D.	1,807	27.5	28.9	NA
Some College	1,833	27.9	27.8	NA
College Graduate	2,026	30.9	29.6	NA
INCOME				
Less than $10,000	359	6.1	4.9	NA
$10-19,999	1,079	18.4	16.5	NA
$20-49,999	2,448	41.9	42.0	NA
$50,000 or more	1,964	33.6	36.7	NA
EMPLOYMENT				
Employed	3,620	55.2	60.2	NA
Unemployed	256	3.9	4.4	NA
Other**	2,685	40.9	35.3	NA
Geographic Region☼				
North West	1,665	25.4	20.0	20.0
North East	1,218	18.6	15.7	15.8
Bernalillo County	1,269	17.6	31.9	31.9
South East	1,246	19.0	12.6	12.5
South West	1,156	19.4	19.9	19.8

* 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 6,581.

¥ Source: U.S. Bureau of the Census. NA indicates that Inter-Censal data were not available for this category.

§ Due to the complexity of the NM BRFSS sample design, the CDC does not weight by Race/Ethnicity.

☼ 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.

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 2006. 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 statistically significant difference) to the comparison populations.

Risk Factor/Condition	Weighted Percent (95% CI)**	New Mexico rates vs.	
		Region	U.S.
Have Health Insurance Coverage	78.3 (76.8, 79.7)	Similar	Lower
Have Source of On-going Care (Personal Physician)	73.9 (72.2, 75.5)	Similar	Lower
Cost prevented necessary medical care in past year	14.9 (13.7, 16.1)	Similar	Higher
Oral health visit in the past year	35.1 (33.5, 36.7)	Similar	Higher
Flu shot during the past year (Ages 65 years and older)	67.6 (64.7, 70.3)	Similar	Similar
Pneumococcal vaccine ever (Ages 65 years and older)	64.5 (61.5, 67.3)	Similar	Similar
Colorectal cancer sigmoidoscopy (Ages 50 years and older)	49.3 (47.3, 51.3)	Similar	Lower
Mammogram within past 2 years (Female 50 years and older)	73.5 (71.1, 75.7)	Similar	Lower
No Pap smear within past 3 years	83.1 (81.1, 84.9)	Similar	Similar
Diabetes	7.3 (6.6, 8.1)	Similar	Similar
Current smoking	20.1 (18.8, 21.6)	Similar	Similar
Binge drinking 5+ drinks on occasion (Males and Females)	13.0 (11.9, 14.3)	Lower	Lower
Binge drinking 5+ drinks on occasion – Males	17.7 (15.6, 19.9)	Similar	Lower
Binge drinking 5+ drinks on occasion – Females	8.7 (7.5, 10.1)	Similar	Similar
Obese (BMI ≥ 30.0)	22.9 (21.4, 24.4)	Similar	Lower
Did not engage in physical activities in the past 30 days	22.6 (21.3, 24.0)	Lower	Similar

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

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

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

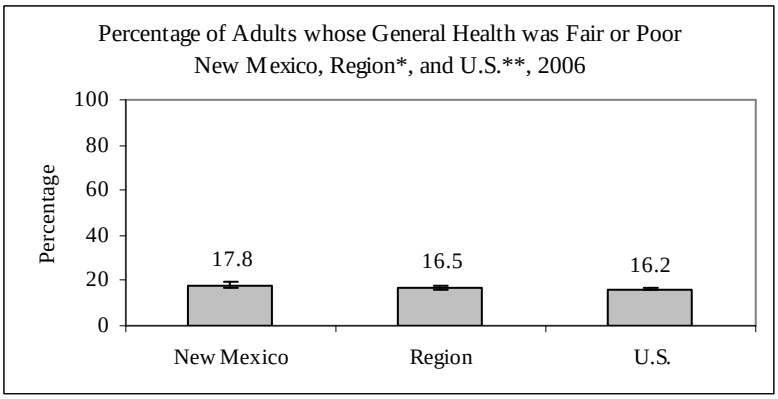
HEALTH STATUS

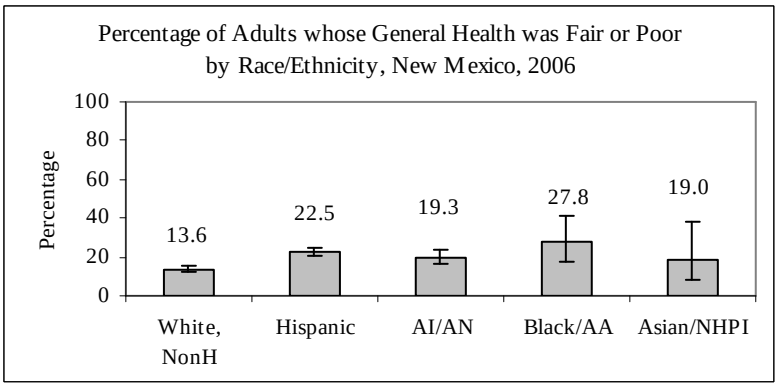
QUESTION:
"Would you say that in general your health is: excellent, very good, good, fair or poor?"

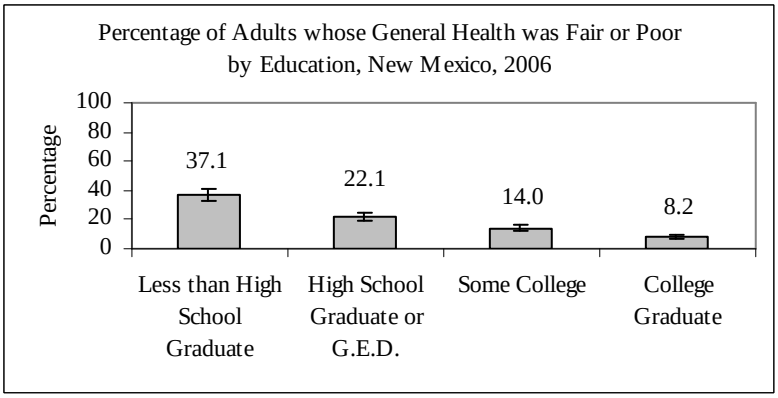
The Centers for Disease Control and Prevention has defined health-related quality of life as "an individual's or group's perceived physical and mental health over time" [1]. This question is considered to be a reliable indicator of a person's general health and well-being.

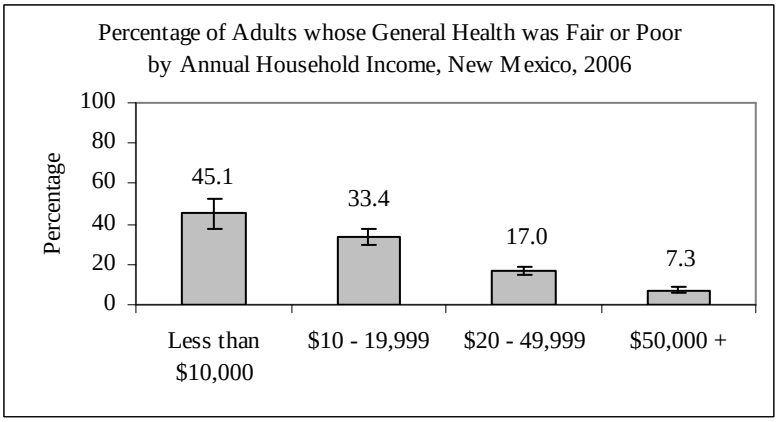
IN NEW MEXICO,

- 82.2% of New Mexicans reported that their general health was excellent, very good, or good. 17.8% of New Mexico adults reported that their general health was fair or poor. This percentage was not statistically different from the Region (16.5%) but was higher than that of the U.S. (16.2%).
- Hispanics, Native Americans and Black/ African Americans were more likely to report fair or poor general health status than White, non-Hispanics. Estimates for the Asian/NHOPI populations are presented here but small sample size for this population did not allow appropriate statistical comparison to other groups.
- 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.
- Fair or Poor Health was also associated with age. Older adult New Mexicans were more likely to report fair or poor general health status.









* Region includes 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.

HEALTH STATUS

Table 3. Percentage of New Mexicans who reported that their health in general was fair or poor, NM BRFSS, 2006.

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	6,568	1,340	17.8	16.7	19.1
GENDER					
Male	2,508	508	17.6	15.7	19.7
Female	4,060	832	18.1	16.6	19.6
AGE					
18-24	329	36	10.7	7.1	15.7
25-34	821	69	7.7	5.9	10.0
35-44	1,054	149	15.0	12.1	18.3
45-54	1,365	264	19.9	17.4	22.7
55-64	1,346	325	23.6	20.9	26.5
65-74	931	256	27.6	24.2	31.3
75+	680	236	33.3	29.2	37.6
RACE/ETHNICITY					
White, non-Hispanic	3,642	599	13.6	12.4	15.0
Hispanic	2,038	540	22.5	20.2	25.1
Native American	652	147	19.3	16.0	23.2
Other Race	166	43	24.7	16.7	35.0
EDUCATION					
Less than High School Graduate	895	390	37.1	33.0	41.3
High School Graduate or G.E.D.	1,803	425	22.1	19.4	25.0
Some College	1,832	306	14.0	12.1	16.1
College Graduate	2,023	212	8.2	7.0	9.7
INCOME					
Less than $10,000	357	170	45.1	38.0	52.4
$10-19,999	1,076	407	33.4	29.9	37.2
$20-49,999	2,446	436	17.0	15.1	19.1
$50,000 or more	1,964	162	7.3	6.0	8.8
EMPLOYMENT					
Employed	3,617	410	10.7	9.5	12.1
Unemployed	256	70	26.4	19.2	35.2
Other**	2,675	856	28.9	26.7	31.3
Geographic Region☼					
North West	1,661	318	18.3	16.0	20.8
North East	1,216	215	16.9	14.5	19.6
Bernalillo County	1,155	174	13.9	11.5	16.6
South East	1,243	322	23.4	20.4	26.6
South West	1,266	307	21.1	18.6	23.9

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

‡ In 95% of repeated samples, 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.

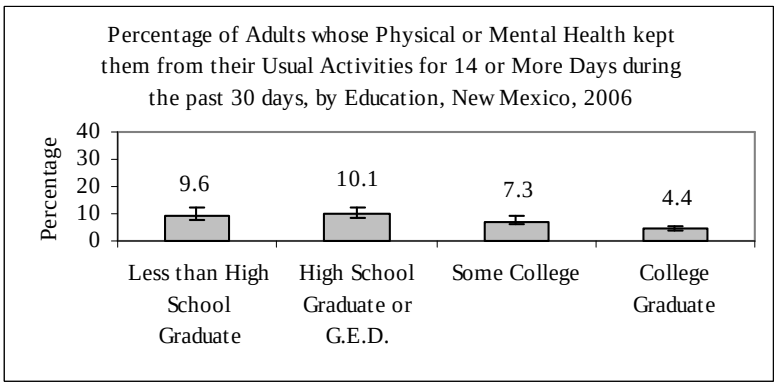
HEALTHY DAYS

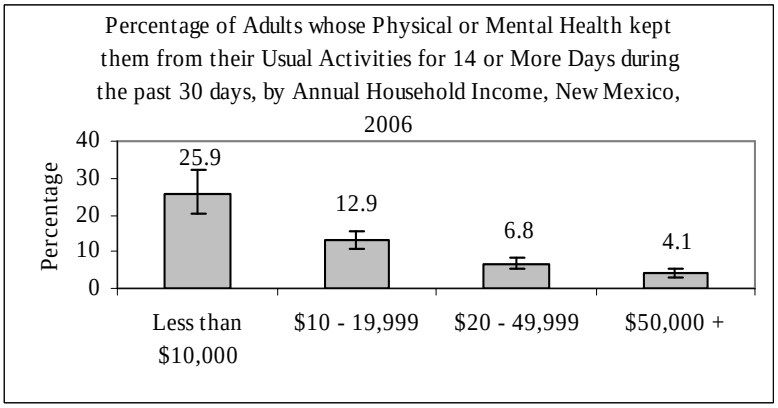
QUESTION:
"During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?"

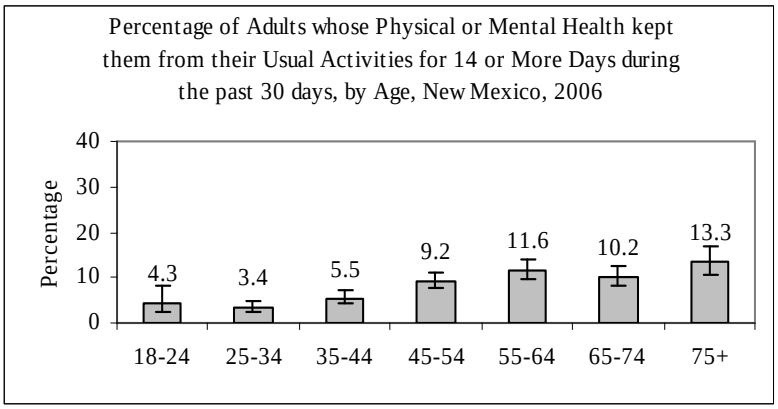
These questions pertaining to a person's view regarding their health provide a good estimate of the health care burden for acute and chronic conditions in the population [1].

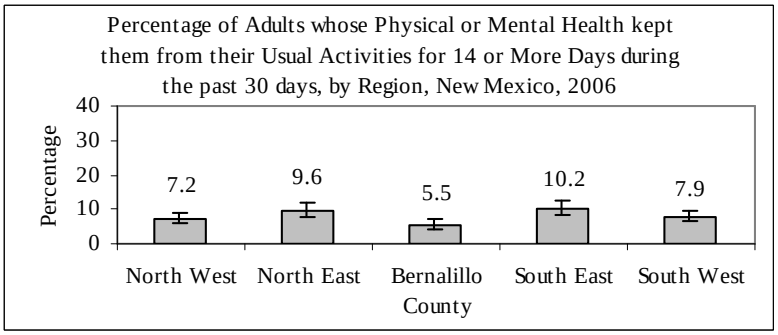
IN NEW MEXICO,

- Over all, 7.6% of New Mexicans reported that their physical or mental health kept them from participating in usual activities for 14 or more days during the past 30 days. There was no measurable difference by gender or by Race/Ethnicity.
- 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 14 or more days during the past 30 days.
- Employed New Mexicans (3.3%) were less likely than unemployed (12.9%) and other employment status (14.2%) New Mexicans to report that their poor physical or mental health kept them from participating in usual activities for 14 or more days during the past 30 days.
- Poor physical or mental health was associated with age, increasingly interfering with usual activities as age increased.
- Residents of Bernalillo County were less likely to report interference of poor physical or mental health in usual activities during the past 30 days than residents of other regions of the state.









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 14 or more days during the past 30 days, NM BRFSS, 2006.

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 "14 or more days"	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,528	580	7.6	6.8	8.4
GENDER					
Male	2,496	218	7.2	6.1	8.6
Female	4,032	362	7.9	6.9	9.0
AGE					
18-24	329	13	4.3	2.2	8.3
25-34	819	34	3.4	2.3	5.0
35-44	1,050	69	5.5	4.1	7.4
45-54	1,359	120	9.2	7.5	11.3
55-64	1,341	161	11.6	9.6	14.0
65-74	923	93	10.2	8.1	12.7
75+	665	89	13.3	10.4	16.8
RACE/ETHNICITY					
White, non-Hispanic	3,626	309	7.0	6.1	8.0
Hispanic	2,022	202	8.5	7.1	10.3
Native American	644	54	7.6	5.4	10.5
Other Race/Ethnicity	165	11	6.5	2.6	15.1
EDUCATION					
Less than High School Graduate	879	115	9.6	7.6	12.1
High School Graduate or G.E.D.	1,791	198	10.1	8.4	12.1
Some College	1,822	147	7.3	5.8	9.1
College Graduate	2,022	119	4.4	3.5	5.4
INCOME					
Less than $10,000	353	99	25.9	20.3	32.4
$10-19,999	1,064	159	12.9	10.6	15.6
$20-49,999	2,434	174	6.8	5.5	8.4
$50,000 or more	1,963	86	4.1	3.2	5.3
EMPLOYMENT					
Employed	3,613	128	3.3	2.6	4.3
Unemployed	256	44	12.9	8.8	18.6
Other**	2,640	406	14.2	12.6	16.0
Geographic Region☼					
North West	1,652	137	7.2	5.8	8.9
North East	1,211	118	9.6	7.7	11.8
Bernalillo County	1,146	72	5.5	4.1	7.3
South East	1,234	136	10.2	8.1	12.7
South West	1,258	115	7.9	6.3	9.8

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

‡ In 95% of repeated samples, 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.

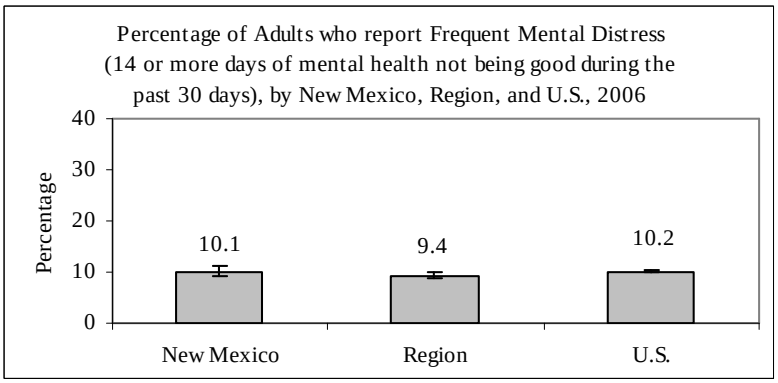
FREQUENT MENTAL DISTRESS

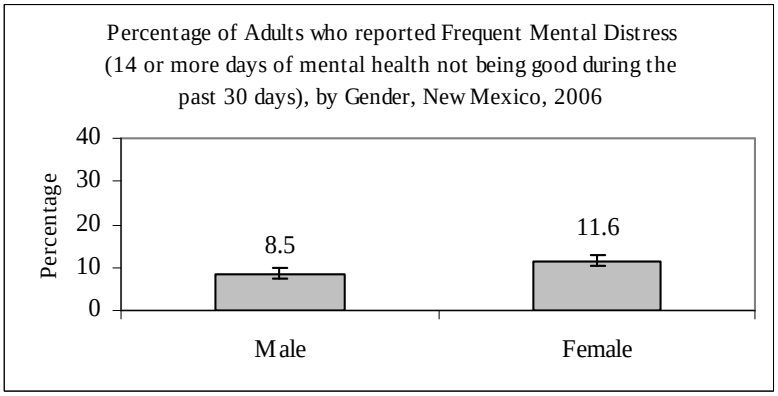
QUESTION:
"Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?"

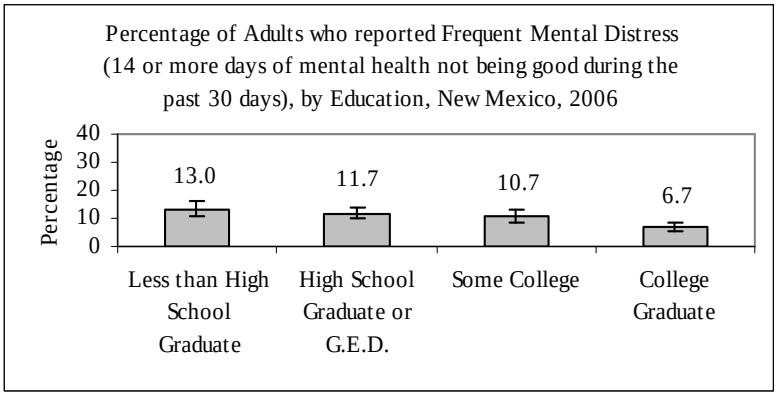
An important determinant of health behaviors related to chronic disease is perceived mental distress [2]. Clinicians and clinical researchers often use a 2 week period to help define clinical depression and other mental illness [2], thus a minimum of 14 days is used for this report to define frequent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

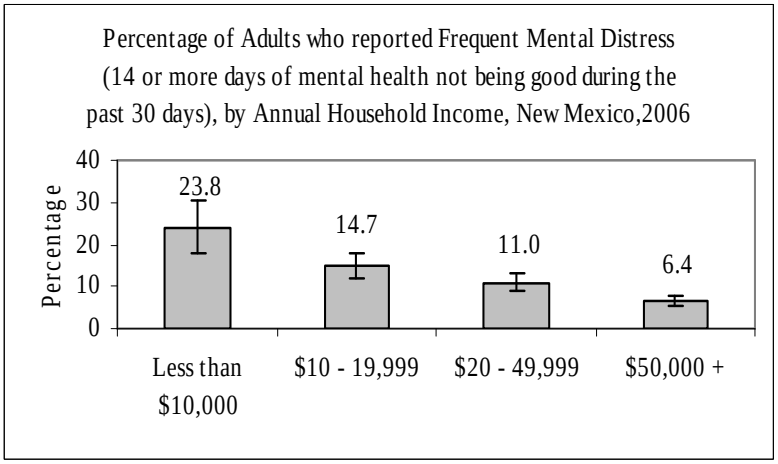
IN NEW MEXICO,

- 10.1% of New Mexicans reported frequent mental distress. This percentage was not statistically different from the Region (9.4%) or the U.S. (10.2%).
- Females were more likely to report frequent mental distress (11.6%) than males (8.5%).
- New Mexicans with less education and income were more likely to report frequent mental distress.
- White, non-Hispanic adults were less likely to report frequent mental distress than adults of other Race/Ethnic groups. Sample size made comparison across groups difficult.
- There was no measurable difference by region of the state.









FREQUENT MENTAL DISTRESS

Table 5. Percentage of New Mexicans who reported frequent mental distress during the past 30 days, NM BRFSS, 2006.

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	6,501	701	10.1	9.2	11.1
GENDER					
Male	2,491	220	8.5	7.2	10.1
Female	4,010	481	11.6	10.3	12.9
AGE					
18-24	398	35	9.5	6.3	14.0
25-34	817	84	10.4	8.1	13.4
35-44	105	127	9.7	7.9	12.0
45-54	1,352	156	10.7	8.9	12.9
55-64	1,332	174	13.1	10.9	15.6
65-74	916	80	8.0	6.2	10.2
75+	664	44	6.5	4.5	9.4
RACE/ETHNICITY					
White, non-Hispanic	3,616	334	8.6	7.5	9.8
Hispanic	2,011	249	11.4	9.6	13.4
Native American	639	93	14.6	11.2	18.8
Other Race/Ethnicity	164	16	6.3	3.5	11.2
EDUCATION					
Less than High School Graduate	873	137	13.0	10.5	15.9
High School Graduate or G.E.D.	1,783	209	11.7	9.7	13.9
Some College	1,815	210	10.7	8.8	12.8
College Graduate	2,016	144	6.7	5.5	8.2
INCOME					
Less than $10,000	348	90	23.8	18.1	30.5
$10-19,999	1,062	172	14.7	12.1	17.7
$20-49,999	2,424	240	11.0	9.2	12.9
$50,000 or more	1,954	138	6.4	5.2	7.7
EMPLOYMENT					
Employed	3,594	316	8.2	7.0	9.5
Unemployed	254	46	13.3	9.1	19.1
Other**	2,633	337	13.0	11.3	14.8
Geographic Region☼					
North West	1,648	173	10.1	8.2	12.2
North East	1,206	132	11.1	9.1	13.5
Bernalillo County	1,145	100	8.9	7.1	11.2
South East	1,225	152	11.1	9.2	13.5
South West	1,251	140	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 6,581 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.

‡ In 95% of repeated samples, 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.

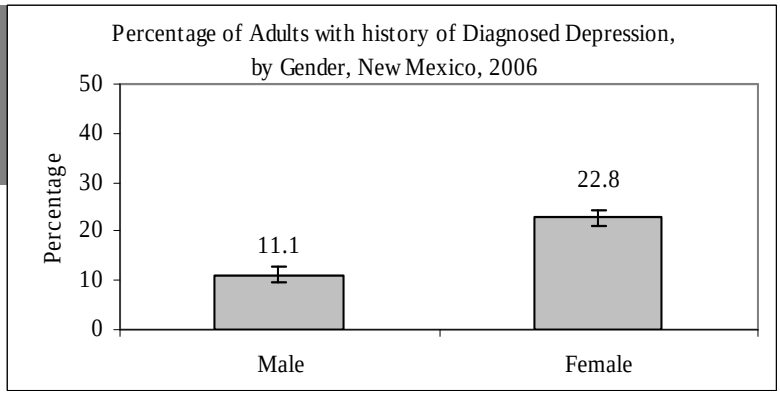
DIAGNOSED DEPRESSION

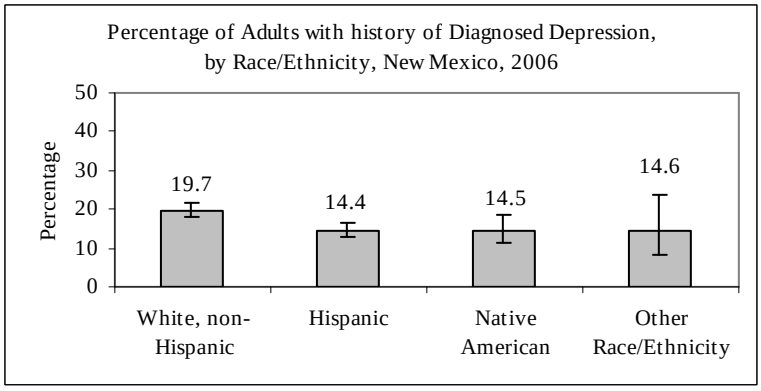
QUESTION:
"Has a doctor or other healthcare provider EVER told you that you have a depressive disorder (including depression, major depression, dysthymia, or minor depression)?"

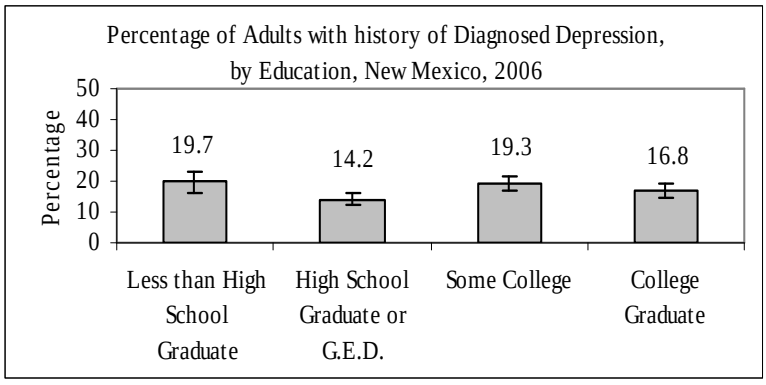
Depression is one of the most prevalent and treatable mental disorders and is commonly encountered by clinicians in primary care practice. Approximately 17% of US adults have experienced a major depressive disorder in their lifetimes.[3] Major depression is usually associated with co-morbid mental disorders, such as anxiety and substance use disorders, marked symptom severity, and impairment of a person's ability to function in work, home, relationship, and social roles.[4] Depression is also a risk factor for suicide and attempted suicide. In addition, depressive disorders have been associated with increased prevalence of chronic medical conditions, such as heart disease, stroke, asthma, arthritis, cancer, diabetes, and obesity[5]. Timely diagnosis and treatment of depressive disorders is important for reducing the significant burden of mental illness, which in turn could affect the impact and course of chronic disease and improve quality of life.

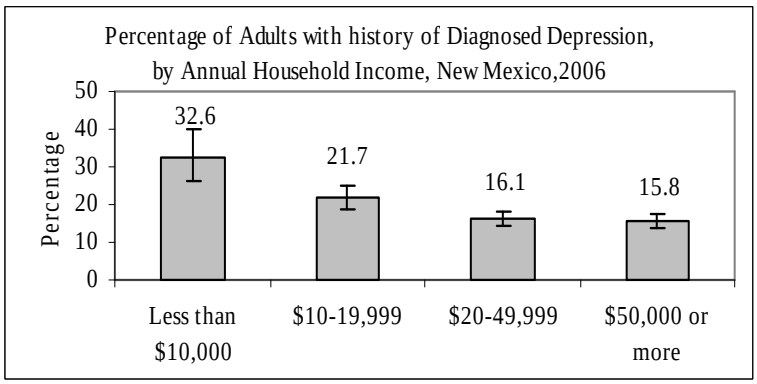
IN NEW MEXICO,

- 17.1% of adult New Mexicans reported a history of diagnosed depression.
- Females were more likely to report a history of diagnosed depression (22.8%) than were males (11.1%).
- Though there was an association between education and diagnosed depression, there was no clear direction of trend.
- Adult New Mexicans with less income were more likely to report a history of diagnosed depression.
- Adult New Mexicans who were unemployed (25.4%) or who were not able to work (49.6%) were more likely to report a history of diagnosed depression than those who were employed (14.5%).









DIAGNOSED DEPRESSION

Table 6. Percentage of adult New Mexicans who report a history of diagnosed depression, NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Question*	History of Diagnosed Depression			
		Total Number Reporting History of Depression	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,146	1,193	17.1	16.0	18.3
GENDER					
Male	2,331	305	11.1	9.7	12.7
Female	3,815	888	22.8	21.1	24.5
AGE					
18-24	311	39	9.2	6.3	13.2
25-34	780	145	16.2	13.5	19.3
35-44	994	194	17.1	14.6	20.1
45-54	1,295	309	22.9	20.2	25.8
55-64	1,253	299	23.4	20.6	26.3
65-74	868	144	15.5	12.8	18.6
75+	614	60	9.7	7.1	12.9
RACE/ETHNICITY					
White, non-Hispanic	3,468	727	19.7	18.1	21.4
Hispanic	1,874	338	14.4	12.7	16.5
Native American	589	92	14.5	11.4	18.3
Other Race/Ethnicity	157	24	14.6	8.5	23.8
EDUCATION					
Less than High School Graduate	796	174	19.7	16.4	23.4
High School Graduate or G.E.D.	1,666	271	14.2	12.1	16.4
Some College	1,756	375	19.3	17.1	21.7
College Graduate	1,919	372	16.8	15.0	18.9
INCOME					
Less than $10,000	331	108	32.6	26.2	39.7
$10-19,999	993	239	21.7	18.6	25.1
$20-49,999	2,321	432	16.1	14.3	18.0
$50,000 or more	1,891	328	15.8	13.9	17.8
EMPLOYMENT					
Employed	3,406	589	14.5	13.1	15.9
Unemployed	245	73	25.4	18.9	33.2
Homemaker/Student	740	137	16.5	13.4	20.2
Retired	1,315	179	13.4	11.3	15.6
Unable to work	430	212	49.6	42.8	56.5
Geographic Region☼					
North West	1,557	280	16.8	14.6	19.3
North East	1,145	244	18.4	16.0	21.1
Bernalillo County	1,068	211	17.2	14.8	19.9
South East	1,170	223	17.3	14.6	20.5
South West	1,184	232	16.1	13.9	18.6

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

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

CURRENT DEPRESSION

QUESTION:

"Over the last 2 weeks, how many days have you had little interest or pleasure in doing things?"

"Over the last 2 weeks, how many days have you felt down, depressed or hopeless?"

"Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep or sleeping too much?"

"Over the last 2 weeks, how many days have you felt tired or had little energy?"

"Over the last 2 weeks, how many days have you had a poor appetite or ate too much?"

"Over the last 2 weeks, how many days have you felt bad about yourself or that you were a failure or had let yourself or your family down?"

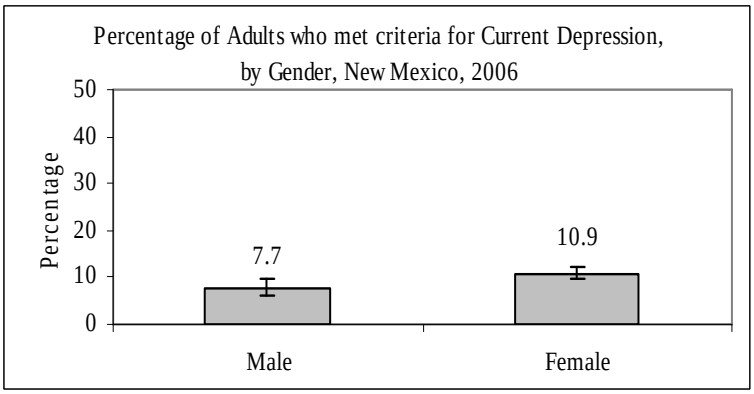
"Over the last 2 weeks, how many days have you had trouble concentrating on things, such as reading the newspaper or watching the TV?"

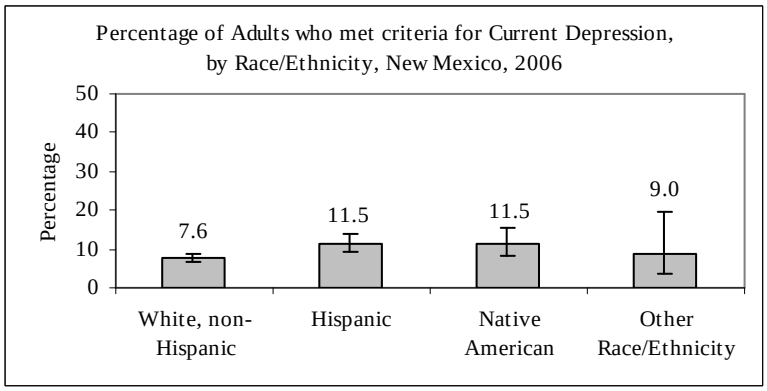
"Over the last 2 weeks, how many days have you moved or spoken so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you were moving around a lot more than usual?

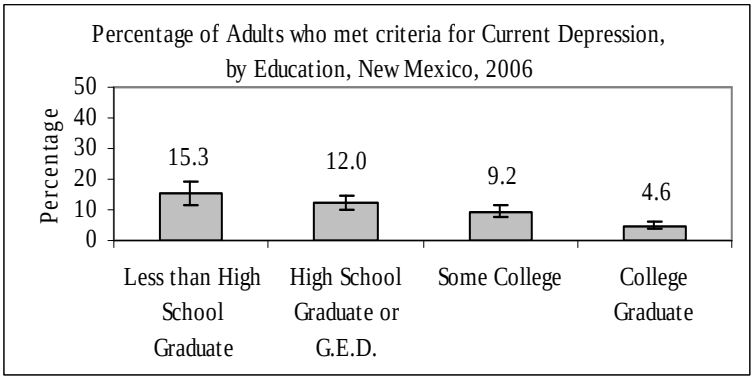
The Patient Health Questionnaire (PHQ-8) is an eight question module that can establish a provisional depressive disorder diagnosis using DSM-IV criteria. It was derived from the primary care evaluation of mental disorders (PRIME-MD) developed by Dr. Kurt Kroenke and Dr. Robert Spitzer. The number of days during which symptoms were reported are converted to points and the number of points are summed across the 8 questions to determine the severity of the depressive symptoms. A score of 10 points or more has 88% sensitivity and specificity for major depression.[6]

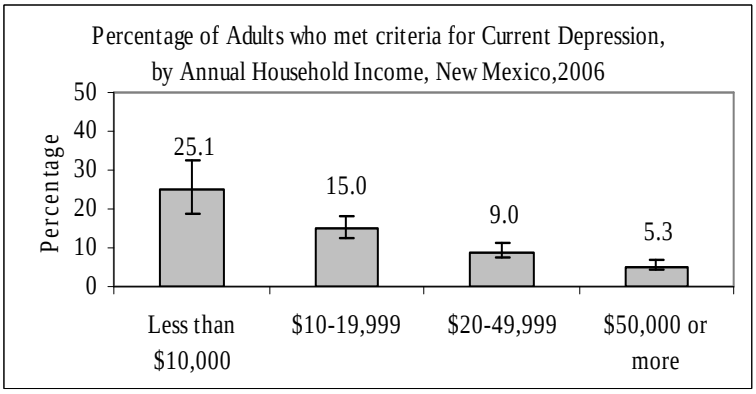
IN NEW MEXICO,

- 9.3% of adult New Mexicans met the criteria for current depression.
- Females were more likely to report current depression (10.9%) than males (7.7%).
- Adult New Mexicans with less education and income were more likely to report current depression.
- Adults who were unemployed (17.7%) or who were not able to work (41.5%) were more likely to report current depression than those who were employed (6.8%).









CURRENT DEPRESSION

Table 7. Percentage of adult New Mexicans who met criteria for current depression, NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Depression			
		Total Number Meeting Criteria for Current Depression	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	5,745	526	9.3	8.3	10.5
GENDER					
Male	2,205	162	7.7	6.3	9.5
Female	3,540	364	10.9	9.5	12.5
AGE					
18-24	290	36	12.5	8.4	18.2
25-34	745	64	7.7	5.7	10.4
35-44	950	97	8.8	6.7	11.5
45-54	1,227	132	11.2	9.1	13.6
55-64	1,184	120	10.1	8.1	12.4
65-74	790	53	6.9	4.9	9.7
75+	531	24	5.3	3.2	8.6
RACE/ETHNICITY					
White, non-Hispanic	3,279	254	7.6	6.5	8.9
Hispanic	1,747	195	11.5	9.4	13.9
Native American	525	63	11.5	8.4	15.4
Other Race/Ethnicity	144	10	9.0	3.8	19.8
EDUCATION					
Less than High School Graduate	710	106	15.3	11.8	19.6
High School Graduate or G.E.D.	1,512	158	12.0	9.7	14.9
Some College	1,661	161	9.2	7.4	11.4
College Graduate	1,854	101	4.6	3.6	5.8
INCOME					
Less than $10,000	292	73	25.1	19.0	32.6
$10-19,999	905	142	15.0	12.2	18.2
$20-49,999	2,195	181	9.0	7.3	11.0
$50,000 or more	1,830	93	5.3	4.1	6.9
EMPLOYMENT					
Employed	3,242	213	6.8	5.6	8.3
Unemployed	231	48	17.7	12.3	24.7
Homemaker/Student	696	54	9.2	6.4	13.3
Retired	1,195	62	5.3	3.9	7.2
Unable to work	371	147	41.5	34.6	48.8
Geographic Region☼					
North West	1,455	128	8.9	7.1	11.2
North East	1,082	90	8.2	6.5	10.5
Bernalillo County	1,008	83	8.8	6.8	11.4
South East	1,083	113	10.7	8.2	13.9
South West	1,099	111	10.5	8.1	13.5

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 across some categories for some variables.

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‡ In 95% of repeated samples, 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.

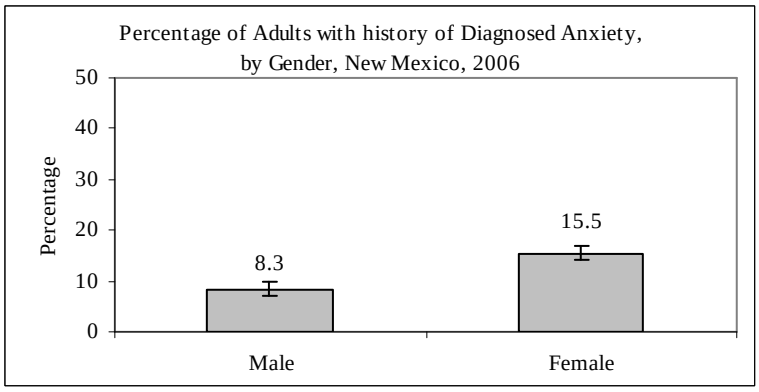
DIAGNOSED ANXIETY DISORDER

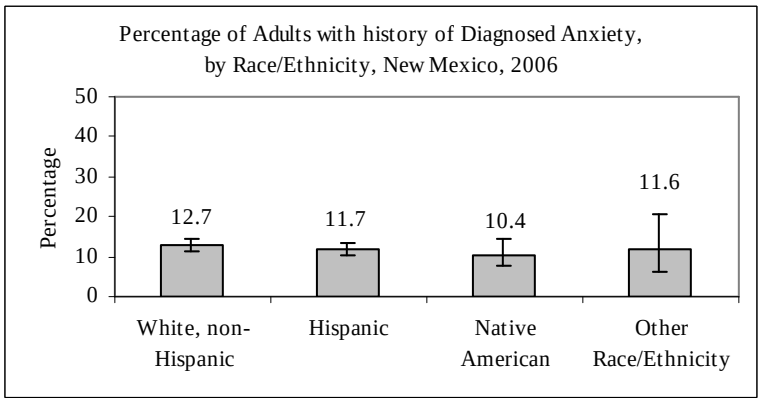
QUESTION:
"Has a doctor or other healthcare provider EVER told you that you had an anxiety disorder (including acute stress disorder, anxiety, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, posttraumatic stress disorder, or social anxiety disorder)? "

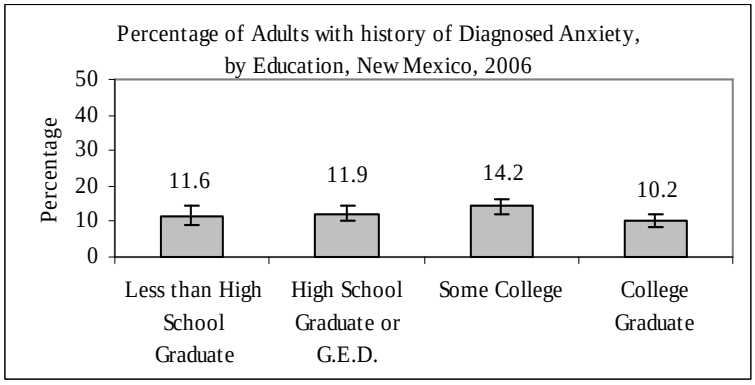
Anxiety disorders, a group of mental disorders including generalized anxiety disorder, panic disorder, social anxiety disorder, posttraumatic stress disorder, and obsessive-compulsive disorder, are the most common mental disorders. Approximately 29% of US adults have experienced an anxiety disorder during their lifetimes.[3] Anxiety disorders commonly occur along with other mental disorders, including mood and substance use disorders. They are also characterized by an early age of onset, chronic or recurrent episodes of illness, and significant disability.[7] Anxiety disorders frequently occur in persons with chronic medical conditions. Adults with lifetime diagnoses of anxiety and asthma reported poorer health-related quality of life, increased disability, and poorer symptom control.[8]

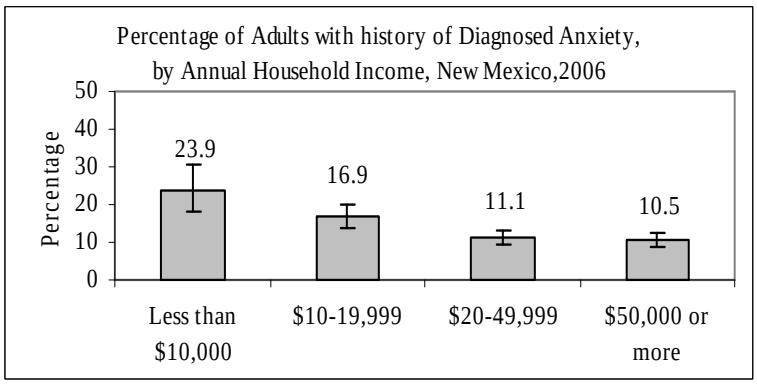
IN NEW MEXICO,

- 12.0% of adult New Mexicans report a history of diagnosed anxiety disorder.
- Females were more likely to report diagnosed anxiety disorder (15.5%) than males (8.3%).
- There was no association between Race/Ethnicity or education and diagnosed anxiety disorder.
- Adult New Mexicans with less income were more likely to report diagnosed anxiety disorder.
- Adult New Mexicans who were unemployed (21.0%) or who were not able to work (38.2%) were more likely to report diagnosed anxiety disorder than those who were employed (9.8%).









DIAGNOSED ANXIETY DISORDER

Table 8. Percentage of adult New Mexicans who report a history of diagnosed anxiety disorder, NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Question*	History of Diagnosed Anxiety			
		Total Number Reporting History of Anxiety	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,155	805	12.0	11.0	13.1
GENDER					
Male	2,339	224	8.3	7.0	9.7
Female	3,816	581	15.5	14.1	17.1
AGE					
18-24	312	29	7.6	4.9	11.7
25-34	779	105	12.1	9.8	15.0
35-44	995	141	12.9	10.6	15.5
45-54	1,301	213	15.3	13.1	17.9
55-64	1,252	202	16.0	13.6	18.7
65-74	870	71	7.6	5.7	9.9
75+	616	44	7.8	5.5	10.9
RACE/ETHNICITY					
White, non-Hispanic	3,473	454	12.7	11.3	14.2
Hispanic	1,877	264	11.7	10.1	13.6
Native American	592	61	10.4	7.6	14.2
Other Race/Ethnicity	156	21	11.6	6.1	20.7
EDUCATION					
Less than High School Graduate	798	110	11.6	9.2	14.5
High School Graduate or G.E.D.	1,666	209	11.9	10.0	14.2
Some College	1,758	268	14.2	12.2	16.5
College Graduate	1,924	218	10.2	8.7	12.0
INCOME					
Less than $10,000	332	86	23.9	18.4	30.4
$10-19,999	997	169	16.9	14.0	20.3
$20-49,999	2,326	279	11.1	9.5	12.9
$50,000 or more	1,895	214	10.5	9.0	12.3
EMPLOYMENT					
Employed	3,413	383	9.8	8.7	11.1
Unemployed	246	56	21.0	14.5	29.5
Homemaker/Student	742	97	11.5	9.0	14.6
Retired	1,316	110	8.5	6.8	10.6
Unable to work	428	157	38.2	31.9	44.9
Geographic Region☼					
North West	1,561	191	12.3	10.3	14.6
North East	1,149	158	12.8	10.8	15.3
Bernalillo County	1,067	133	11.9	9.8	14.3
South East	1,169	169	13.0	10.7	15.7
South West	1,187	153	10.7	8.9	12.8

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 across some categories for some variables.

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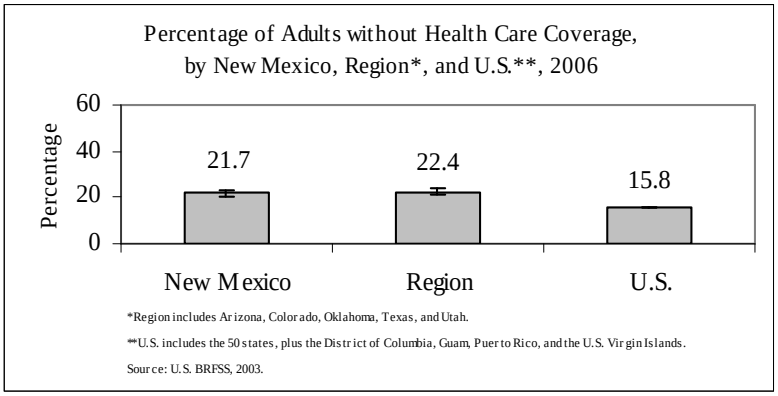
HEALTH CARE COVERAGE

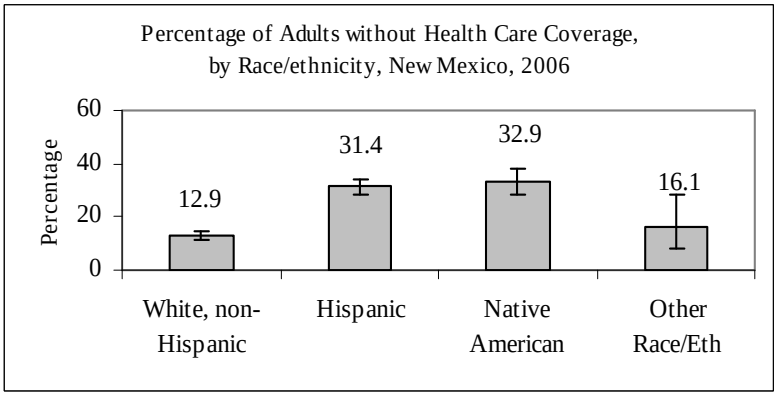
QUESTION:
"Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?"

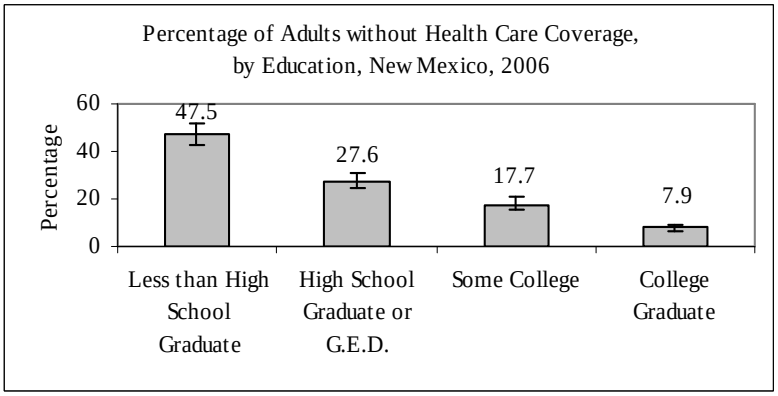
Lack of health insurance coverage has been associated with delayed access to health care and increased risk of chronic disease and mortality.[9] People without health insurance are much less likely than those with insurance to receive recommended preventive services and medications, are less likely to have access to regular care by a personal physician, and are less able to obtain needed health care services. Consequently, the uninsured are more likely to succumb to preventable illnesses, more likely to suffer complications from those illnesses, and more likely to die prematurely.[9,10]

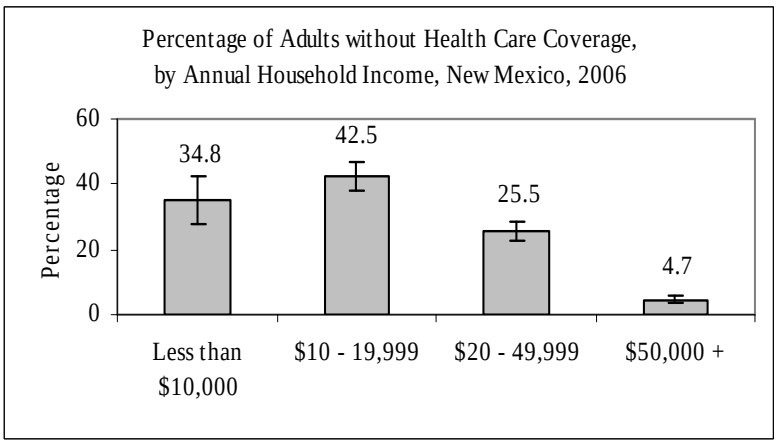
IN NEW MEXICO,

- The percentage of adults in New Mexico without health care coverage (21.7%) was higher than the percentage for the U.S. (15.8%). New Mexico's percentage was not statistically different from that of the Region (22.4%).
- White, non-Hispanics were less likely to be without health care coverage (12.9%) than Hispanics (31.4%) and Native Americans (32.9%).
- 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 9. Percentage of New Mexicans without health care coverage, NM BRFSS, 2006.

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	6,555	1,215	21.7	20.3	23.2
GENDER					
Male	2,502	467	22.7	20.3	25.3
Female	4,053	748	20.8	19.1	22.5
AGE					
18-24	323	130	37.6	31.1	44.5
25-34	819	244	31.0	27.1	35.1
35-44	1,056	246	22.5	19.4	26.0
45-54	1,360	291	20.8	18.3	23.7
55-64	1,347	252	17.8	15.4	20.5
65-74	933	28	2.7	1.7	4.2
75+	680	20	2.8	1.8	4.6
RACE/ETHNICITY					
White, non-Hispanic	3,644	425	12.9	11.5	14.5
Hispanic	2,026	551	31.4	28.5	34.4
Native American	650	200	32.9	28.1	38.2
Other Race/Ethnicity	165	26	16.1	8.5	28.6
EDUCATION					
Less than High School Graduate	895	340	47.5	42.9	52.1
High School Graduate or G.E.D.	1,797	403	27.6	24.4	31.0
Some College	1,825	293	17.7	15.3	20.5
College Graduate	2,024	175	7.9	6.6	9.5
INCOME					
Less than $10,000	359	108	34.8	28.1	42.1
$10-19,999	1,076	365	42.5	38.4	46.8
$20-49,999	2,445	520	25.5	23.0	28.2
$50,000 or more	1,961	97	4.7	3.6	6.1
EMPLOYMENT					
Employed	3,606	746	22.6	20.7	24.6
Unemployed	255	106	47.7	38.9	56.6
Other**	2,676	358	16.9	14.7	19.3
Geographic Region☼					
North West	1,658	340	24.7	21.7	27.9
North East	1,214	198	18.9	16.0	22.1
South West	1,152	141	15.8	12.9	19.1
South East	1,242	255	27.0	23.7	30.7
Bernalillo County	1,262	271	26.9	23.7	30.5

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

‡ In 95% of repeated samples, 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

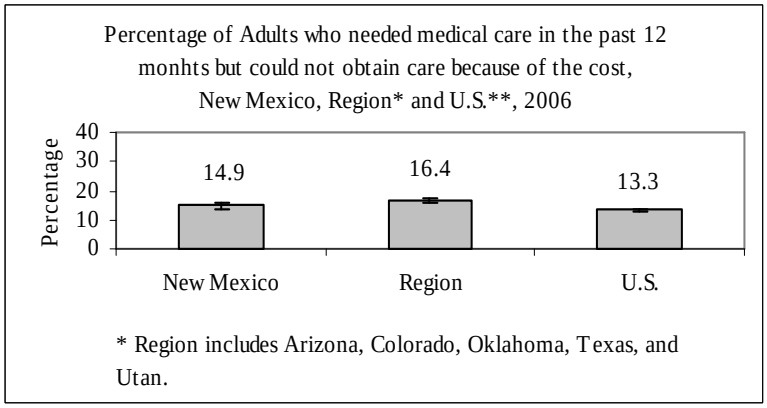
QUESTION:
"Was there a time in the past 12 months when you needed to see a doctor but could not because of the cost?"

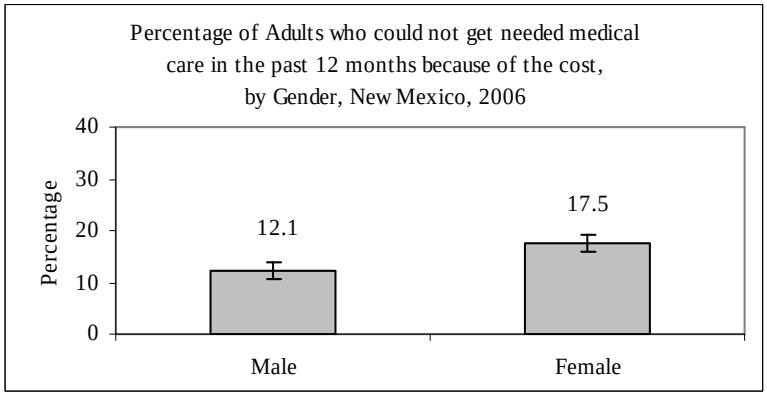
A person's ability and willingness to access health care is influenced by many factors, such as cost, length of time to appointment, and hours that health care offices are open.

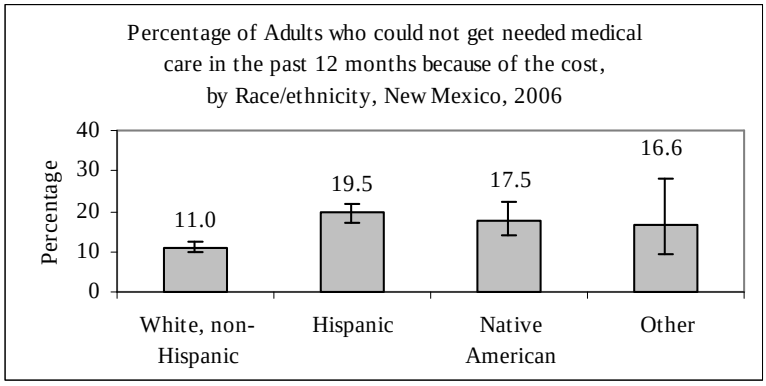
Families with high direct OOP costs are much more likely than other non-elderly families to report that they went without needed services because they needed to pay for other necessities. They are also more likely to report postponing care or having other difficulties.[9]

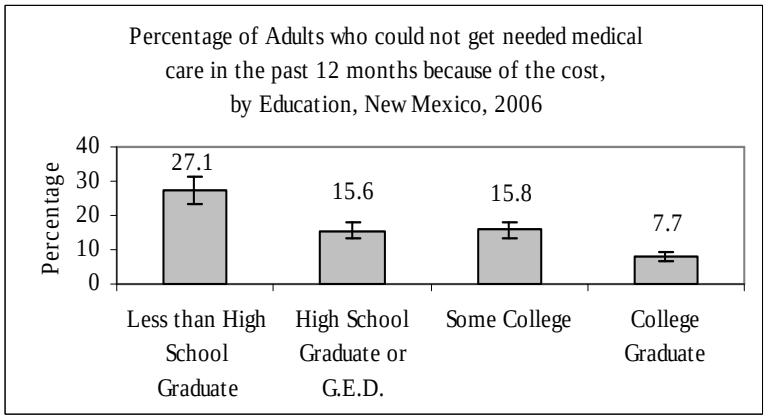
IN NEW MEXICO,

- 14.9% of New Mexicans could not get needed medical care in the past 12 months because of the cost. This was not statistically different from that of the Region (16.4%) but was higher than the percentage for the U.S. (13.3%).
- Women were less likely to get needed medical care in the past 12 months because of the cost (17.5%) than were men (12.1%).
- Hispanic and Native American adults were less likely to get needed medical care in the past 12 months because of cost (19.5% and 17.5%) than were White, non-Hispanics (11.0%).
- 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 10. Percentage of New Mexicans who could not get needed medical care in the past 12 months because of the cost, NM BRFSS, 2006.

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	6,562	992	14.9	13.7	16.1
GENDER					
Male	2,504	296	12.1	10.5	13.9
Female	4,058	696	17.5	16.0	19.1
AGE					
18-24	328	58	15.5	11.4	20.7
25-34	821	175	18.6	15.7	21.9
35-44	1,053	200	17.5	14.8	20.5
45-54	1,361	247	17.4	15.1	20.1
55-64	1,345	215	14.6	12.5	17.0
65-74	933	58	5.9	4.4	8.0
75+	679	33	3.7	2.5	5.5
RACE/ETHNICITY					
White, non-Hispanic	3,646	397	11.0	9.7	12.4
Hispanic	2,030	453	19.5	17.4	21.8
Native American	649	109	17.5	13.8	22.1
Other race or multi-racial	166	22	16.6	9.2	28.2
EDUCATION					
Less than High School Graduate	892	249	27.1	23.3	31.4
High School Graduate or G.E.D.	1,800	281	15.6	13.4	18.0
Some College	1,830	288	15.8	13.6	18.2
College Graduate	2,025	173	7.7	6.4	9.2
INCOME					
Less than $10,000	358	122	33.4	27.1	40.3
$10-19,999	1,077	288	27.5	24.0	31.3
$20-49,999	2,443	404	18.0	16.0	20.3
$50,000 or more	1,961	95	4.5	3.5	5.8
EMPLOYMENT					
Employed	3,616	550	14.6	13.1	16.2
Unemployed	254	90	32.6	25.1	41.1
Other**	2,672	351	13.2	11.6	15.0
Geographic Region☼					
North West	1,660	240	14.4	12.3	16.8
North East	1,213	199	18.4	15.6	21.5
Bernalillo County	1,153	105	10.1	8.0	12.5
South East	1,243	224	19.0	16.3	22.0
South West	1,266	219	17.8	15.2	20.6

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

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

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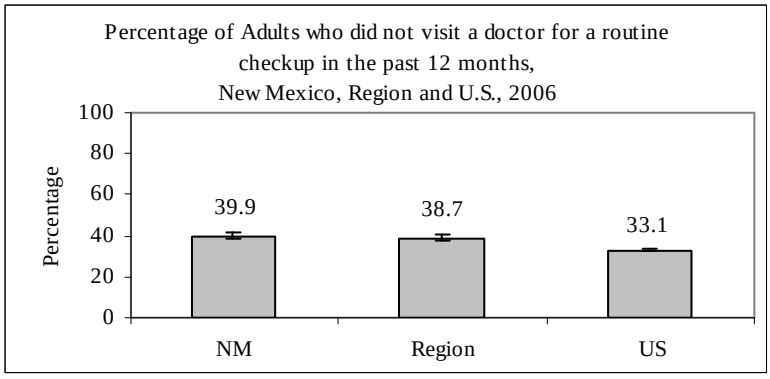
HEALTH CARE ACCESS

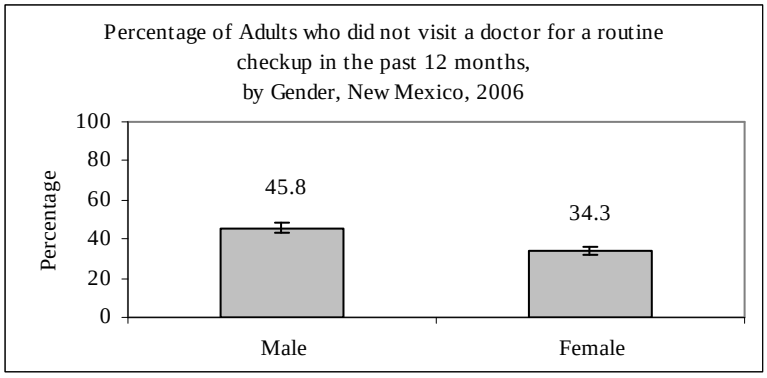
QUESTION:
"About how long has it been since you last visited a doctor for a routine checkup?"

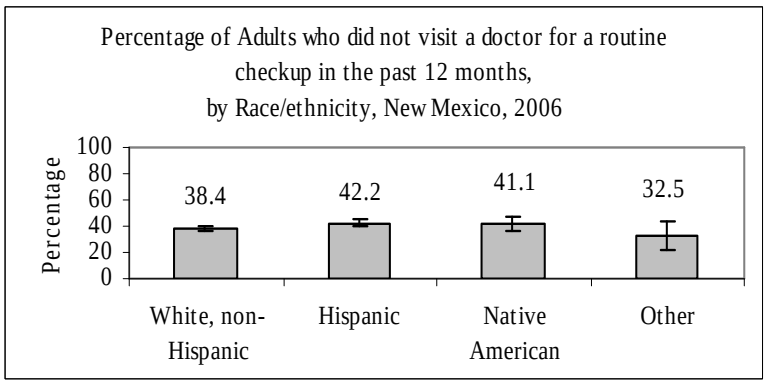
A routine checkup on an annual basis is recommended for effective health maintenance. Routine medical examinations provide opportunities for exchange of information between patient and health care provider, early diagnosis of potentially serious health conditions, and prompt corrective action. Estimates of the proportion of adults obtaining a routine checkup can also serve as one measure of access to health care.[9,10]

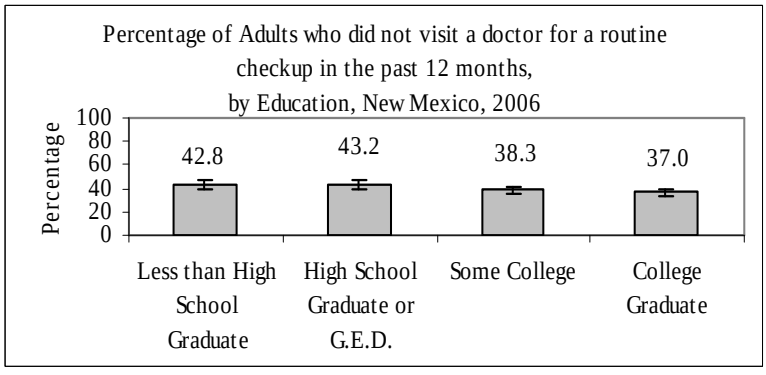
IN NEW MEXICO,

- 39.9% of adults did not visit a physician for a routine checkup in the past 12 months. This was not statistically different from that of the Region (38.7%) but was higher than the percentage for the U.S. (33.1%).
- Though there was no difference between men and women regarding health care coverage, a greater percentage of men had not visited a physician for a routine checkup in the previous 12 months (45.8% and 34.3%, respectively).
- There was not a measurable difference by Race/Ethnicity.
- There was not a measurable difference by income or education status.









HEALTH CARE ACCESS

Table 11. Percentage of Adults who did not visit a doctor for a routine checkup in the past 12 months, NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Question*	About how long has it been since you last visited a doctor for a routine checkup?			
		Total Number Who Did Not Visit MD in Past 12 Months	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,504	2356	39.9	38.2	41.6
GENDER					
Male	2,484	1031	45.8	43.1	48.5
Female	4,020	1325	34.3	32.4	36.4
AGE					
18-24	324	151	46.5	39.5	53.7
25-34	810	368	49.1	44.9	53.3
35-44	1,048	451	44.0	40.3	47.8
45-54	1,355	568	43.1	39.9	46.4
55-64	1,337	428	32.7	29.6	35.9
65-74	928	235	24.1	20.9	27.6
75+	662	140	22.5	18.8	26.8
RACE/ETHNICITY					
White, non-Hispanic	3,612	1276	38.4	36.3	40.6
Hispanic	2,013	770	42.2	39.1	45.4
Native American	646	230	41.1	35.9	46.5
Other	162	52	32.5	22.5	44.4
EDUCATION					
Less than High School Graduate	880	346	42.8	38.3	47.5
High School Graduate or G.E.D.	1,777	685	43.2	39.7	46.8
Some College	1,823	653	38.3	35.2	41.5
College Graduate	2,010	668	37.0	34.3	39.8
INCOME					
Less than $10,000	354	130	36.5	29.8	43.7
$10-19,999	1,063	407	41.1	37.0	45.3
$20-49,999	2,429	943	42.5	39.7	45.4
$50,000 or more	1,953	630	36.0	33.2	38.9
EMPLOYMENT					
Employed	3,596	1486	44.9	42.7	47.2
Unemployed	251	114	46.1	37.8	54.7
Other**	2,640	751	30.7	28.2	33.3
Geographic Region☼					
North West	1,649	606	40.3	37.0	43.6
North East	1,206	413	37.1	33.7	40.6
Bernalillo County	1,142	392	38.6	34.9	42.5
South East	1,229	474	41.2	37.7	44.8
South West	1,251	458	42.6	39.0	46.3

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

‡ In 95% of repeated samples, 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?"

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

Two vaccine-preventable infectious diseases, influenza and pneumonia, in combination, were the eighth leading cause of death in the U.S. in 2006.[13] It is recommended that people 65 years of age and older receive a yearly influenza vaccination as part of routine health maintenance.[14,15] Other individuals at increased risk, those with chronic conditions like diabetes, be vaccinated, as well.

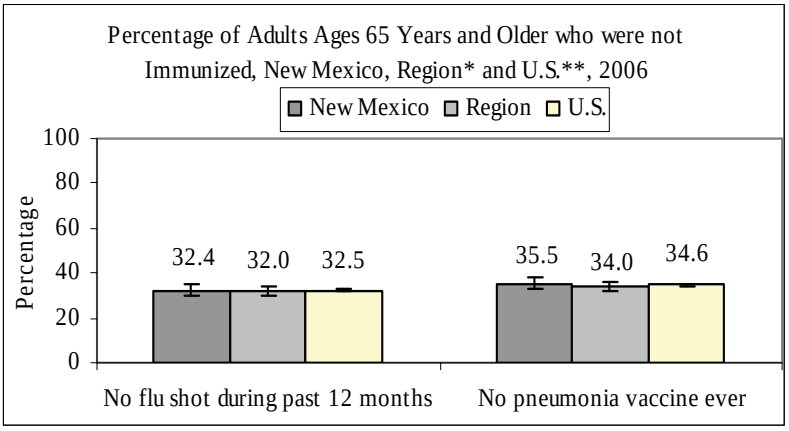
Pneumococcal vaccination is also recommended for adults ages 65 years and older.[14] Those at higher risk of the disease include: the elderly, the very young, and those with special health problems such as alcoholism, heart or lung disease, kidney failure, diabetes, HIV, or some types of cancer.[14,15]

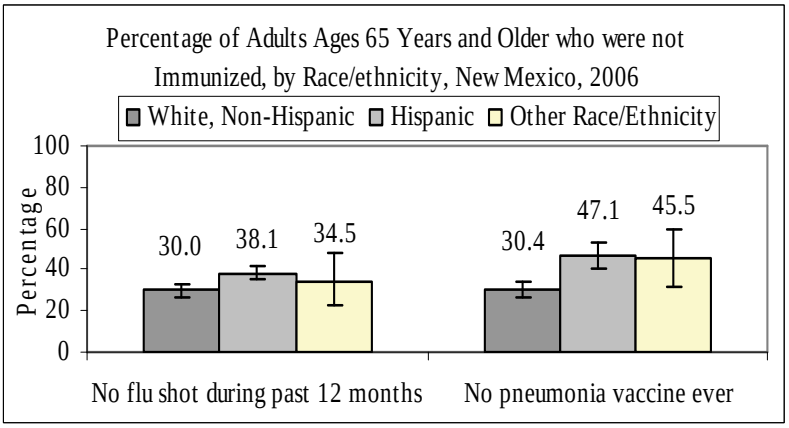
IN NEW MEXICO,

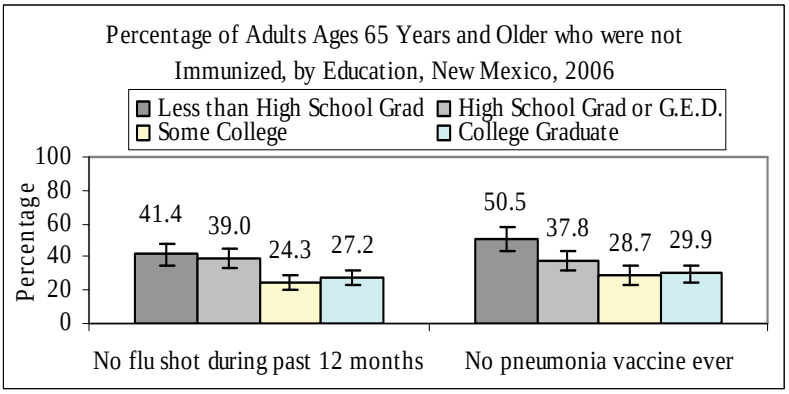
- 32.4% of adults ages 65 years and older had not been immunized against influenza during the past 12 months. This percentage was not different from the percentages for the Region (32.0%) and the U.S (32.5%).

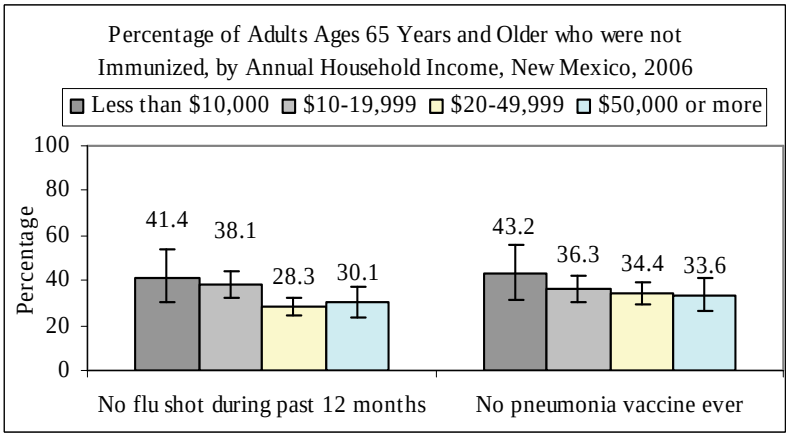
- The percentage of adults ages 65 years and older not having been immunized against influenza during the past 12 months was similar for the reported racial/ethnic groups.

- The percentage of New Mexican adults ages 65 years and older not immunized against influenza during the past 12 months was similar among the different education and annual household income groups.









IMMUNIZATION

Table 12. Percentage of New Mexicans ages 65 years and older who did not get a flu shot during the past 12 months, NM BRFSS, 2006.

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	1,587	537	32.4	29.7	35.3
GENDER					
Male	565	178	29.2	25.1	33.8
Female	1,022	359	34.9	31.4	38.6
AGE					
65-74	919	356	37.4	33.6	41.3
75+	668	181	26.4	22.6	30.5
RACE/ETHNICITY					
White, non-Hispanic	1,113	366	30.0	26.9	33.3
Hispanic	368	130	38.1	32.1	44.4
Other Race	90	34	34.5	22.9	48.3
Other Race includes Native American, Black/African American, Asian, Native Hawaiian and Pacific Islander					
EDUCATION					
Less than High School Grad	291	120	41.4	34.8	48.4
High School Grad or G.E.D.	473	171	39.0	33.6	44.6
Some College	381	116	24.3	19.9	29.4
College Graduate	436	128	27.2	22.5	32.5
INCOME					
Less than $10,000	92	34	38.0	26.9	50.5
$10-19,999	349	126	38.1	32.1	44.5
$20-49,999	602	194	28.3	24.3	32.7
$50,000 or more	264	84	30.1	24.0	37.1
EMPLOYMENT					
Employed	227	90	35.9	28.6	44.0
Unemployed	16×	—	—	—	—
Other**	1,341	438	31.7	28.7	44.0
Geographic Region☼					
North West	316	103	30.5	24.5	37.2
North East	285	98	34.4	28.4	41.0
Bernalillo County	280	89	30.6	24.8	37.1
South East	335	114	33.0	27.8	38.7
South West	367	130	34.7	29.4	40.4

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 across some categories for some variables.

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‡ In 95% of repeated samples, 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 region, see Appendix II at the end of this report.

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

IMMUNIZATION

Table 13. Percentage of New Mexicans ages 65 years and older who have never had a pneumococcal vaccination, NM BRFSS, 2006.

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	1,530	554	35.5	32.7	38.5
GENDER					
Male	531	217	40.1	35.2	45.2
Female	999	337	32.0	28.7	35.6
AGE					
65-74	885	375	41.6	37.8	45.6
75+	645	179	28.1	24.1	32.6
RACE/ETHNICITY					
White, non-Hispanic	1,075	345	30.4	27.2	33.9
Hispanic	357	161	47.1	40.8	53.4
Other Race	85	43	45.5	32.0	59.8
Other Race includes Native American, Black/African American, Asian, Native Hawaiian and Pacific Islander					
EDUCATION					
Less than High School Graduate	276	138	50.5	43.4	57.6
High School Graduate or G.E.D.	455	168	37.8	32.4	43.5
Some College	375	117	28.7	23.4	34.7
College Graduate	419	128	29.9	24.9	35.5
INCOME					
Less than $10,000	90	36	43.2	31.4	55.8
$10-19,999	337	125	36.3	30.4	42.6
$20-49,999	582	208	34.4	29.9	39.2
$50,000 or more	255	85	33.6	26.9	41.0
EMPLOYMENT					
Employed	217	101	47.2	39.1	55.5
Unemployed	15×	—	—	—	—
Other**	1,296	446	33.8	30.7	36.9
Geographic Region☼					
North West	306	106	33.9	27.4	41.0
North East	274	98	37.8	31.4	44.6
Bernalillo County	271	76	27.7	22.0	34.1
South East	317	132	41.2	35.4	47.1
South West	358	139	41.0	35.2	46.9

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 across some categories for some variables.

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

IMMUNIZATION—HEPATITIS B VACCINATION

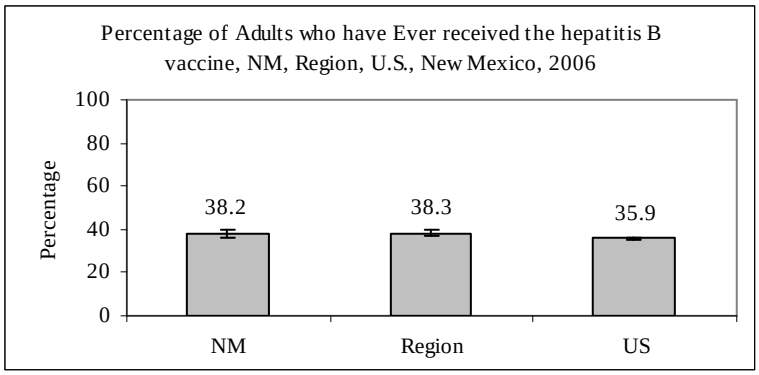
QUESTION:
"Have you EVER received the hepatitis B vaccine? The hepatitis B vaccine is completed after the third shot is given."

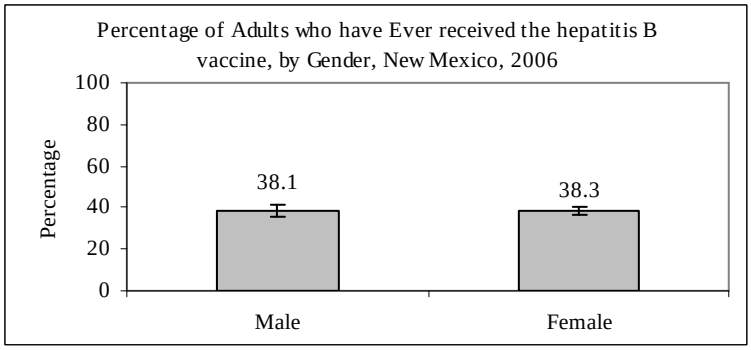
The Hepatitis B virus (HBV) can cause chronic infection, resulting in cirrhosis of the liver, liver cancer, liver failure, and death. Persons with chronic infection also serve as the main reservoir for continued HBV transmission. Hepatitis B vaccination is the most effective measure to prevent HBV infection and its consequences.[47]

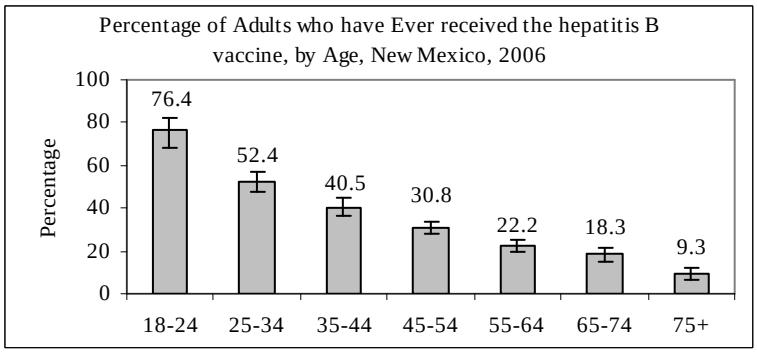
In addition to vaccination of all children, recommendations include vaccination of adults with risk factors for HBV infection.[47] According to the BRFSS, only about six percent of adults report at least one risk factor (see page 80). As can be seen here, a far greater proportion of the adult population has been vaccinated. However, only 54.5% of adults reporting a risk factor for HBV also reported having received the vaccine.

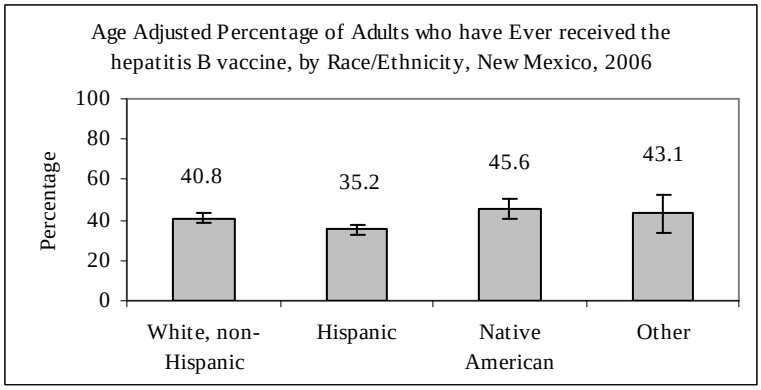
IN NEW MEXICO,

- 38.2% of adults had been immunized against Hepatitis B. This percentage was not different from the percentage for the Region (38.3%) but the estimates for NM and the Region were lower than that of the U.S (35.9%).
- There was no difference by Gender.
- Age was an important factor in immunization. Younger adults were more likely to have been immunized against Hepatitis B than older adults.
- After adjusting for age, Hispanic adults were less likely to have been immunized than members of other Race/Ethnic groups.
- As education level and annual household income improved, history of Hepatitis B vaccination improved, even after adjusting for age.









- 54.5% of adults who reported some risk factor for Hepatitis B infection had been vaccinated. 37.3% of adults who reported no risk factor had been vaccinated.

IMMUNIZATION—HEPATITIS B VACCINATION

Table 14. Percentage of Adult New Mexicans Vaccinated Against Hepatitis B, NM BRFSS, 2006.

Demographic Characteristics	Have you EVER received the hepatitis B vaccine? The hepatitis B vaccine is completed after the third shot is given.				
	Total Number Who Responded to the Question*	Total Number Who Responded "Yes"	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	5,698	1,774	38.2	36.4	40.1
GENDER					
Male	2,163	680	38.1	35.2	41.1
Female	3,535	1,094	38.3	36.1	40.6
AGE					
18-24	281	210	76.4	68.6	82.7
25-34	673	346	52.4	47.8	57.0
35-44	894	363	40.5	36.6	44.6
45-54	1,199	383	30.8	27.7	34.1
55-64	1,191	276	22.2	19.4	25.2
65-74	835	141	18.3	15.3	21.7
75+	596	50	9.3	6.8	12.6
RACE/ETHNICITY					
White, non-Hispanic	3,209	899	35.4	33.1	37.8
Hispanic	1,755	546	39.1	35.7	42.5
Native American	528	251	50.4	44.7	56.1
Other Race	147	57	46.0	34.3	58.2
EDUCATION					
Less than High School Graduate	770	162	27.5	22.9	32.7
High School Graduate or G.E.D.	1,559	453	38.6	34.9	42.6
Some College	1,617	539	40.9	37.5	44.4
College Graduate	1,744	617	40.0	37.1	43.0
INCOME					
Less than $10,000	312	90	34.9	27.9	42.7
$10-19,999	942	236	30.6	26.3	35.2
$20-49,999	2,150	669	38.3	35.3	41.4
$50,000 or more	1,706	636	42.7	39.6	45.8
EMPLOYMENT					
Employed	3,150	1,187	42.9	40.5	45.4
Unemployed	214	81	40.0	31.1	49.6
Homemaker/Student	672	224	45.9	40.5	51.4
Retired	1,256	185	16.8	14.3	19.6
Unable to Work	396	95	30.1	22.9	38.5
Geographic Region☼					
North West	1,425	519	42.2	38.6	45.8
North East	1,038	296	35.2	31.4	39.2
Bernalillo County	1,002	343	41.2	37.2	45.3
South East	1,086	298	33.1	29.4	37.0
South West	1,127	313	35.1	31.3	39.0

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

WOMEN'S HEALTH — MAMMOGRAM

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

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

Breast cancer is the most commonly diagnosed cancer among women in New Mexico across all racial/ethnic groups. Breast cancer accounts for one-third of all cancer cases in women, but less than 20 percent of the cancer deaths. The most effective method of detecting early-stage breast cancer is annual or bi-annual mammography beginning at age 40.[43]

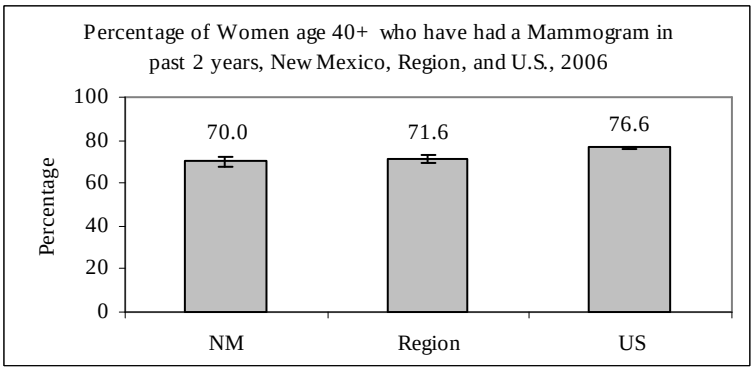
IN NEW MEXICO,

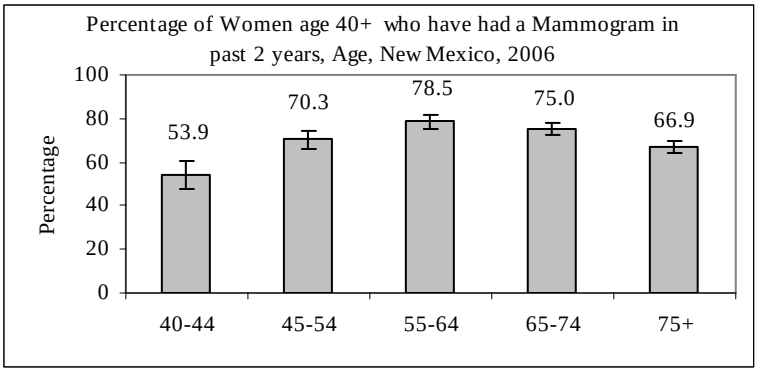
- 70.0% of women aged 40 or more had a mammogram in the previous 2 years. This percentage was similar to the Region (71.6%) but was lower than the US (76.6%), as a whole.

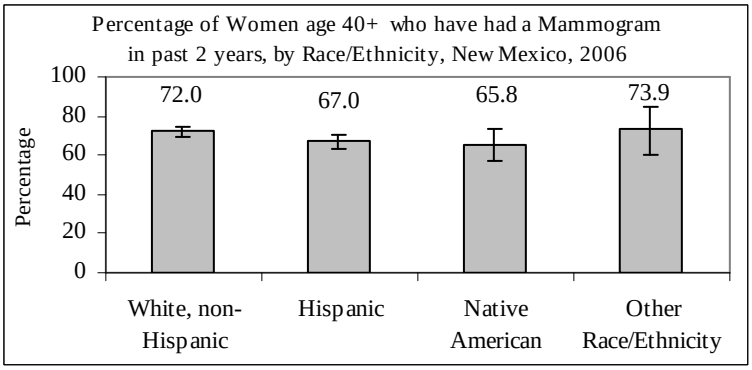
- History of mammogram was associated with age. Women in the youngest and oldest age groups were less likely to report having had a mammogram in the past 2 years than the middle age groups.

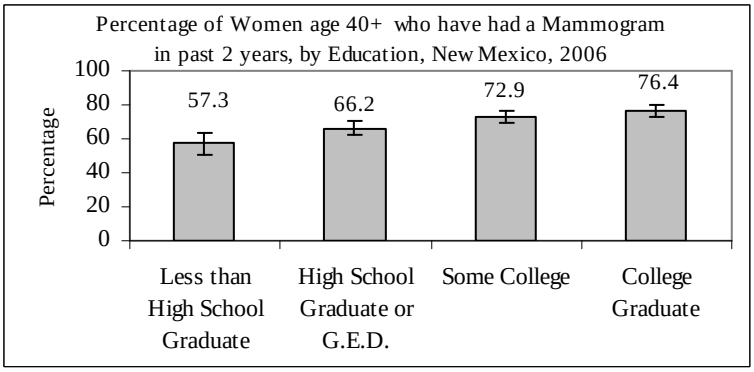
- There was no clear difference in mammogram history by Race/Ethnicity or by employment status, though small sample size in some categories may have made comparison difficult.

- Marital status was also associated with history of mammogram. Women who were currently married were more likely to report having had a mammogram in the previous 2 years (74.3%) than women who were previously married (66.0%), women who were never married (57.2%), or women who were a member of an unmarried couple (49.9%).









- As education level or annual household income increased, history of mammogram in the past 2 years improved.

WOMEN'S HEALTH — MAMMOGRAM

Table 15. Percentage of women aged 40 or more who have had a mammogram in the past 2 years, NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Question*	A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?			
		Total Number Women Age 40+ Who Have Had a Mammogram in Past 2 Years.	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	2,910	2,015	70.0	67.9	72.1
AGE					
40-44	345	176	53.9	47.6	60.1
45-54	792	538	70.3	66.3	74.0
55-64	792	610	78.5	74.9	81.8
65-74	570	425	75.0	70.2	79.2
75+	411	266	66.9	61.3	72.0
RACE/ETHNICITY					
White, non-Hispanic	1,769	1255	72.0	69.5	74.5
Hispanic	825	550	67.0	62.8	70.9
Native American	224	150	65.8	57.6	73.2
Other Race/Ethnicity	63	41	73.9	60.2	84.2
EDUCATION					
Less than High School Graduate	413	248	57.3	51.0	63.3
High School Graduate or G.E.D.	764	505	66.2	61.8	70.3
Some College	844	584	72.9	69.2	76.2
College Graduate	881	672	76.4	72.8	79.7
INCOME					
Less than $10,000	188	109	57.3	48.3	65.9
$10-19,999	540	324	60.5	55.3	65.5
$20-49,999	1,018	697	66.7	62.9	70.3
$50,000 or more	814	650	81.1	77.6	84.1
EMPLOYMENT					
Employed	1,375	952	70.1	67.0	73.1
Unemployed	93	56	62.7	51.0	73.1
Homemaker/Student	394	268	68.3	62.4	73.6
Retired	802	582	74.1	70.3	77.6
Unable to Work	241	154	63.0	54.7	70.6
Geographic Region☼					
North West	678	470	71.0	66.5	75.2
North East	573	394	67.5	62.9	71.7
Bernalillo County	498	381	76.2	71.6	80.3
South East	574	366	63.0	58.5	67.4
South West	580	401	66.3	61.6	70.7

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

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

WOMEN'S HEALTH— PAP SMEAR

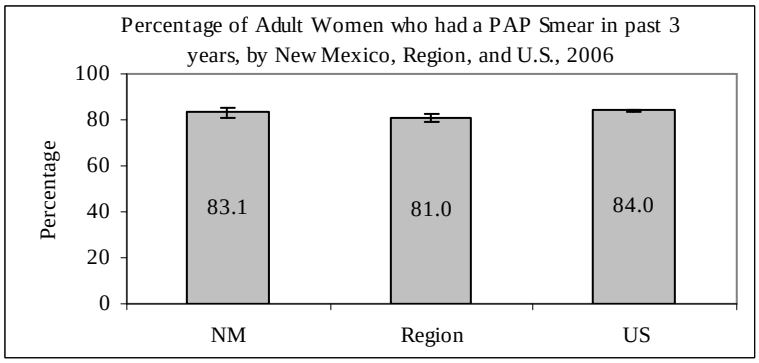
QUESTIONS:
"A Pap test is a test for cancer of the cervix. Have you ever had a Pap test ?"

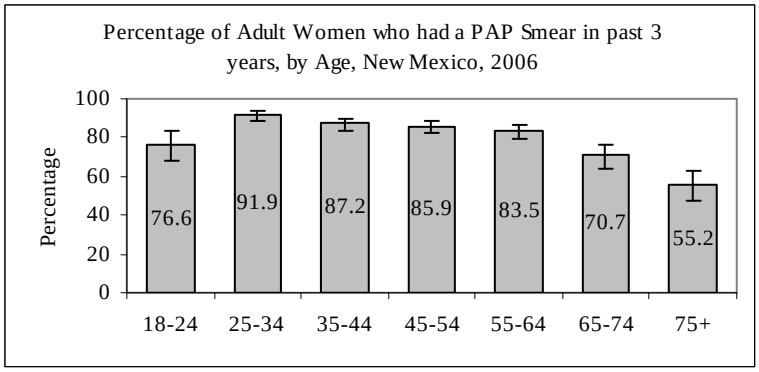
"How long has it been since you had your last Pap test?"

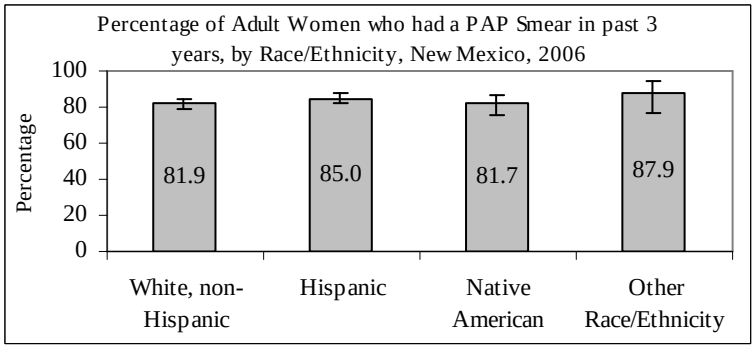
The human papillomavirus (HPV) is the primary cause of cervical cancer. HPV infections are sexually transmitted and risk of infection increases with the number of sexual partners. The Pap test, which detects cellular changes in the cervix, is used to identify women at higher risk for developing cervical cancer.[43]

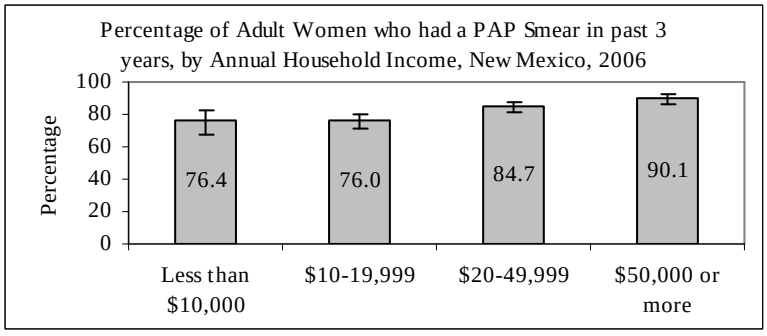
IN NEW MEXICO,

- 83.1% of adult women in New Mexico had a PAP test within the past three years. This percentage was not statistically different from the percentage for the Region (81.0%), but was statistically different from the percentage for the U.S. (84.0%).
- History of PAP test remained fairly stable between age 25 and 64. Women in the youngest age group, 18-24, were less likely than those in the middle age groups to have had a PAP test in the past three years. Beyond age 64, history of PAP test declined with age as expected since PAP test is not recommended for older women who do not have known risk factors and have a history of negative results.
- There was no clear difference in history of PAP test by Race/Ethnicity.
- As annual household income or education level increased, reported PAP test within the past three years increased.









WOMEN'S HEALTH—PAP SMEAR

Table 16. Percentage of adult women who have had a PAP test within the past three years, NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Questions*	Have you ever had a Pap test? How long has it been since you had your last Pap test?			
		Total Number Who Reported PAP Test in Past 3 Years	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,818	2,293	83.1	81.0	84.9
AGE					
18-24	188	147	76.6	67.7	83.6
25-34	488	447	91.9	88.6	94.2
35-44	566	485	87.2	83.8	90.0
45-54	602	507	85.9	82.3	88.9
55-64	488	404	83.5	79.1	87.1
65-74	281	200	70.7	63.8	76.7
75+	205	103	55.2	47.0	63.1
RACE/ETHNICITY					
White, non-Hispanic	1,454	1,168	81.9	79.0	84.5
Hispanic	971	806	85.0	81.8	87.7
Native American	309	254	81.7	75.1	86.8
Other Race/Ethnicity	59	45	87.9	76.5	94.2
EDUCATION					
Less than High School Graduate	402	285	75.8	69.6	81.2
High School Graduate or G.E.D.	736	574	77.8	73.4	81.7
Some College	801	658	84.2	80.1	87.7
College Graduate	875	773	90.1	87.7	92.2
INCOME					
Less than $10,000	179	131	76.4	68.1	83.1
$10-19,999	494	353	76.0	71.1	80.2
$20-49,999	1,064	880	84.7	81.8	87.1
$50,000 or more	794	720	90.1	86.5	92.9
EMPLOYMENT					
Employed	1,570	1,357	86.9	84.4	92.2
Unemployed	127	109	86.7	78.2	92.2
Homemaker/Student	547	448	82.0	76.6	86.4
Retired	431	283	67.0	61.5	72.0
Unable to Work	139	94	75.6	66.2	83.1
Geographic Region☼					
North West	731	574	79.0	74.5	82.9
North East	518	444	87.0	83.1	90.0
Bernalillo County	521	446	86.1	81.8	89.5
South East	521	388	77.0	72.5	81.0
South West	518	434	82.6	77.3	86.9

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

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

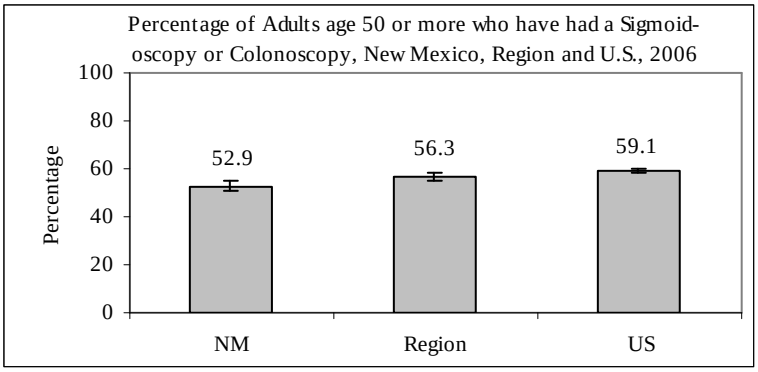
COLORECTAL CANCER SCREENING

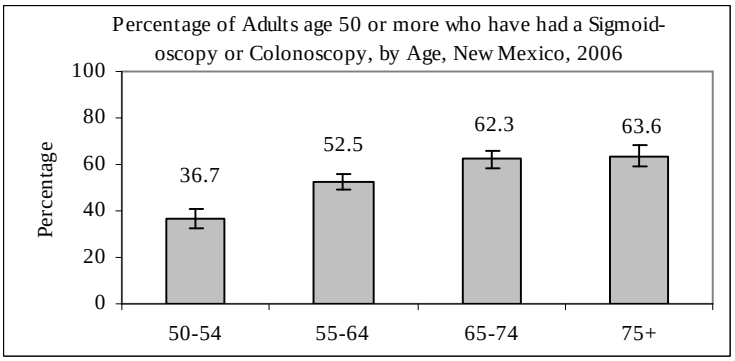
QUESTION:
"Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?"

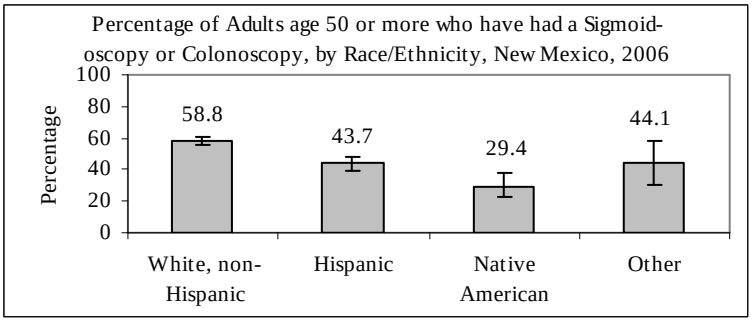
Colorectal cancer is the fourth most frequently diagnosed form of cancer but the second leading cause of cancer deaths among New Mexico adults. Screening can reduce mortality from this disease. Additionally, colorectal cancer screening can prevent this cancer from occurring through the removal of pre-cancerous polyps.[43]

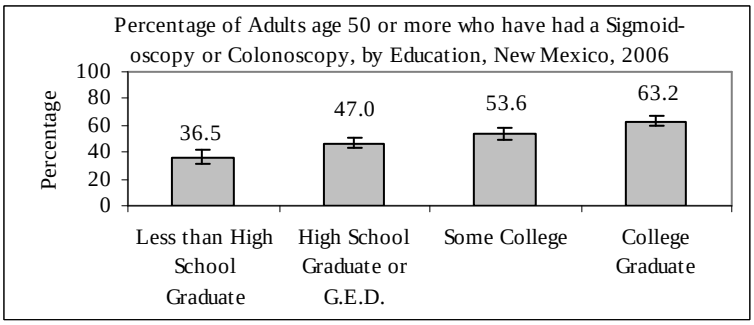
IN NEW MEXICO,

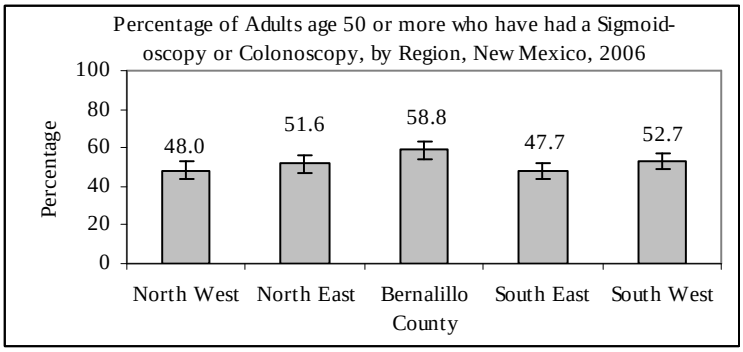
- Adults aged 50 or more who had some form of health care coverage were more likely to report a history of sigmoidoscopy or colonoscopy than adults without coverage (56.5% vs 26.1%).
- 52.9% of adult New Mexicans aged 50 or more reported having had a sigmoidoscopy or colonoscopy, similar to the Region (56.3%) but the state and region were both lower than the U.S. (59.1%).
- There was not a statistically significant difference between men and women.
- White, non-Hispanics aged 50 or more were more likely to have had a sigmoidoscopy or colonoscopy than Hispanics or Native Americans in this age group.
- As household income and education status increased, history of sigmoidoscopy or colonoscopy improved.
- Adults aged 50 or more living in Bernalillo Co. were more likely to have had a sigmoidoscopy or colonoscopy than residents of other regions of the state.











COLORECTAL CANCER SCREENING

Table 17. Percentage of Adults age 50 or more who have had a Sigmoidoscopy or Colonoscopy, NM BRFSS, 2006.

Demographic Characteristics	Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?				
	Total Number Who Responded to the Question*	Total Number Age 50+ Who Have Ever Had Sigmoid/Colonoscopy	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,519	1,806	52.9	50.8	54.9
GENDER					
Male	1,335	670	52.5	49.3	55.7
Female	2,184	1,136	53.2	50.6	55.8
AGE					
50-54	696	243	36.7	32.4	41.2
55-64	1,296	633	52.5	49.1	55.8
65-74	895	532	62.3	58.4	66.0
75+	632	398	63.6	58.9	68.1
RACE/ETHNICITY					
White, non-Hispanic	2,292	1,303	58.8	56.3	61.2
Hispanic	884	380	43.7	39.7	47.8
Native American	233	67	29.4	22.4	37.5
Other	78	35	44.1	30.7	58.4
EDUCATION					
Less than High School Graduate	493	182	36.5	31.4	41.9
High School Graduate or G.E.D.	930	429	47.0	43.1	51.0
Some College	945	499	53.6	49.7	57.6
College Graduate	1,144	693	63.2	59.8	66.5
INCOME					
Less than $10,000	205	76	36.4	28.9	44.6
$10-19,999	629	262	41.4	36.7	46.3
$20-49,999	1,266	657	51.6	48.2	55.0
$50,000 or more	1,006	583	59.9	56.1	63.5
EMPLOYMENT					
Employed	1,474	652	46.2	43.1	49.4
Unemployed	96	46	49.0	37.0	61.1
Homemaker Student	282	148	52.7	45.8	59.6
Retired	1,332	808	63.2	60.0	66.2
Unable Work	331	150	44.8	38.1	51.7
Geographic Region☼					
North West	806	351	48.0	43.5	52.6
North East	709	375	51.6	47.4	55.7
Bernalillo County	610	365	58.8	54.4	63.2
South East	664	325	47.7	43.4	52.0
South West	721	386	52.7	48.5	56.9

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

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

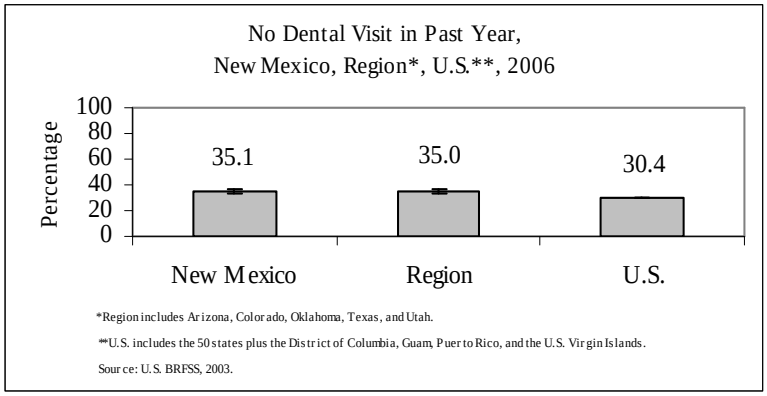
ORAL HEALTH

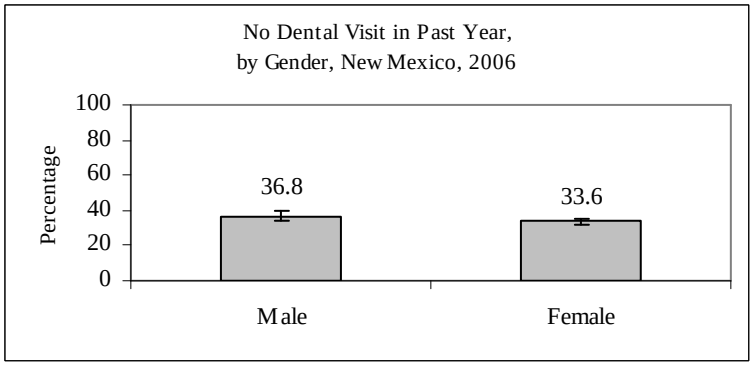
QUESTION:
"How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists."

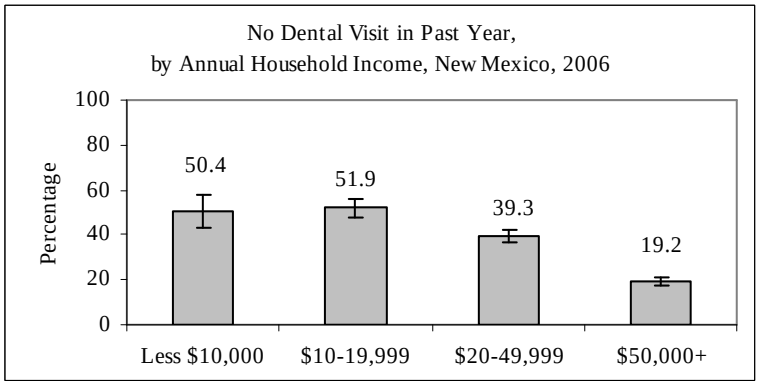
Regular dental visits are important in maintaining good oral health. In addition to care of the teeth and gums, dental visits are important in the early detection and treatment of oral diseases. Even people without teeth need to be monitored regularly for good oral health.

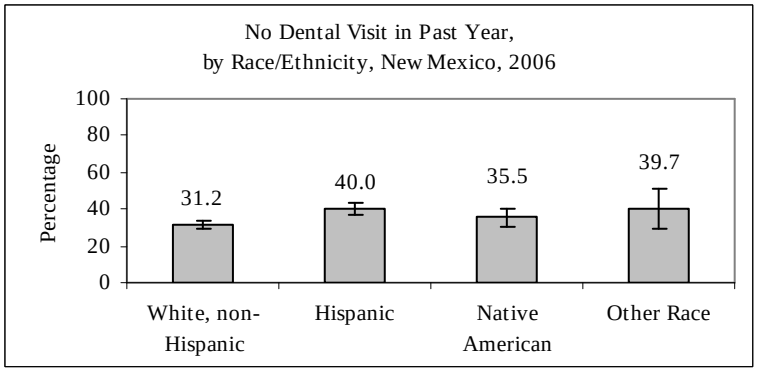
IN NEW MEXICO,

- 35.1% of adult New Mexicans had not visited a dentist in the past year. This percentage was not statistically different from the Region (35.0%) but was higher than the U.S. (30.4%).
- There was not a statistically significant difference between men and women.
- White, non-Hispanics were more likely to have visited a dentist in the past year than adults of other Race/Ethnic Groups.
- Income was associated with dental visits. Over 50% of adults living in households with an annual income less than $20,000 per year had not visited a dentist in the past year.
- Education was also associated with dental visits. Nearly 60% of adults with less than a high school education had not visited a dentist in the past year while 21% of adults graduating from college had not visited a dentist in the past year.
- Adults living in the South East region of NM were less likely to have visited a dentist in the past year.









ORAL HEALTH

Table 18. Percentage of Adult New Mexicans who have not visited a Dentist in the Past Year, NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Question*	How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists.			
		Number Reporting No Visit in Past Year	% No Visit in Past Year	95% Confidence Interval‡ Lower	Upper
TOTAL	6,556	2,338	35.1	33.5	36.7
GENDER					
Male	2,506	963	36.8	34.2	39.4
Female	4,050	1,375	33.6	31.7	35.5
AGE					
18-24	328	117	32.6	26.5	39.4
25-34	818	323	40.3	36.3	44.5
35-44	1,052	354	32.5	29.0	36.1
45-54	1,364	475	35.7	32.6	38.9
55-64	1,346	424	30.8	27.9	33.9
65-74	932	364	37.5	33.8	41.4
75+	676	272	39.3	34.4	43.8
RACE/ETHNICITY					
White, non-Hispanic	3,645	1,203	31.2	29.4	33.2
Hispanic	2,026	816	40.0	37.0	43.1
Native American	651	227	35.5	30.6	40.6
Other race or multi-racial	165	67	39.7	29.0	51.5
EDUCATION					
Less than High School Graduate	892	509	57.8	53.2	62.3
High School Graduate or G.E.D.	1,796	737	39.7	36.4	43.1
Some College	1,829	644	34.4	31.5	37.5
College Graduate	2,024	438	20.8	18.7	23.0
INCOME					
Less than $10,000	358	186	50.4	43.0	57.7
$10-19,999	1,072	548	51.9	47.7	56.1
$20-49,999	2,442	921	39.3	36.6	42.1
$50,000 or more	1,963	405	19.2	17.2	21.4
EMPLOYMENT					
Employed	3,613	1,171	33.0	30.9	35.1
Unemployed	256	111	44.0	35.6	52.9
Other**	2,667	1,047	37.6	35.1	40.2
Geographic Region☼					
North West	1,664	582	34.3	31.3	37.5
North East	1,211	345	30.0	26.8	33.5
Bernalillo County	1,153	340	30.2	26.9	33.7
South East	1,238	559	46.9	43.3	50.6
South West	1,263	502	40.4	36.8	44.0

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

‡ In 95% of repeated samples, 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.

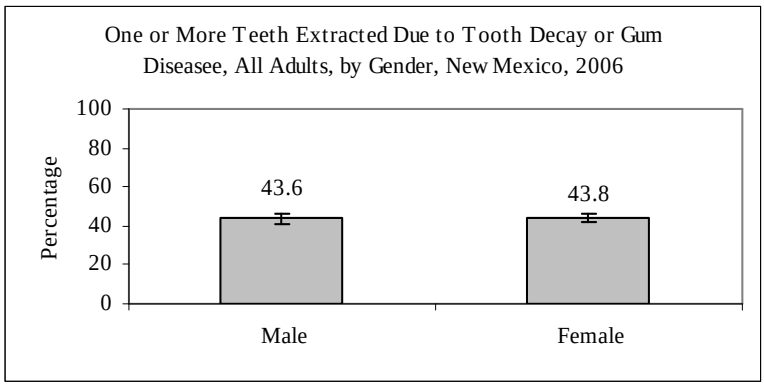
☼ For a list of the counties in each geographic region, see Appendix II at the end of this report.

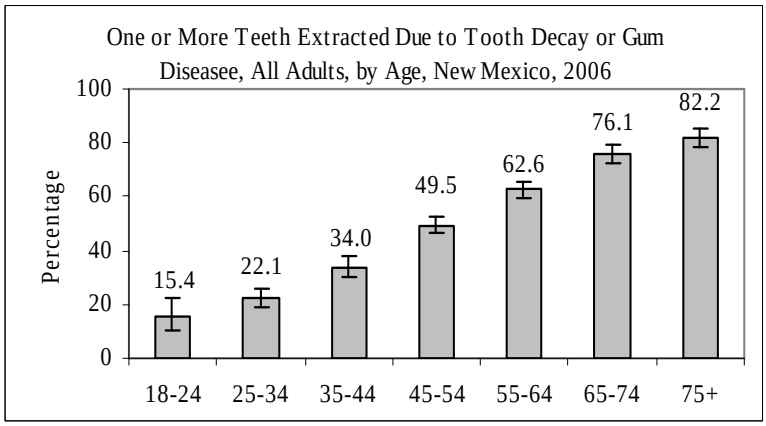
ORAL HEALTH

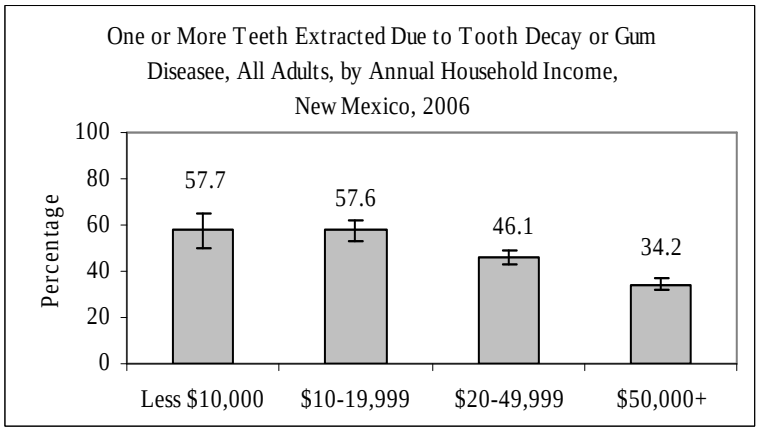
QUESTION:
"How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics."

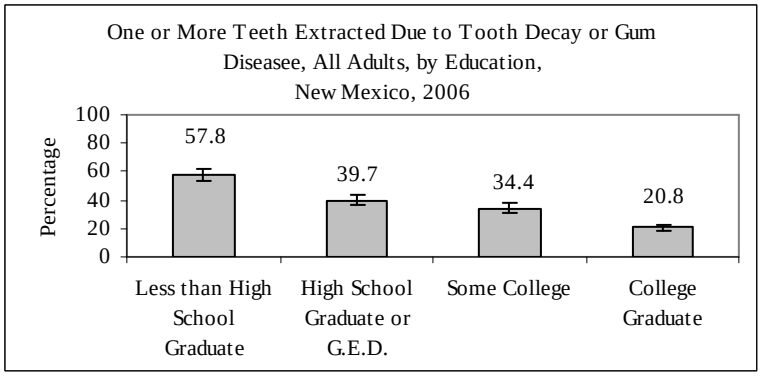
IN NEW MEXICO,

- 43.7% of adult New Mexicans had endured the extraction of at least one tooth due to decay or gum disease. This percentage was not statistically different from the Region (40.9%) but was higher than the U.S. (30.4%).
- There was not a statistically significant difference between men and women.
- There was no difference by Race/ Ethnicity.
- Income was associated with extraction of one or more teeth. Nearly 60% of adults living in households with an annual income less than $20,000 per year had lost at least one tooth to decay or gum disease while 34% living in households with income of $50,000+ had lost at least one tooth.
- Education was also associated with extraction of one or more teeth. Nearly 60% of adults with less than a high school education had lost at least one tooth while 21% of adults graduating from college had lost at least one tooth.
- As might be expected, age was associated with extraction of one or more teeth with older adults being more likely to have lost at least one tooth to decay or disease.









ORAL HEALTH

Table 19. Percentage of Adult New Mexicans who have lost at least one tooth due to decay or gum disease, NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Question*	How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics.			
		Number Reporting One or More Extracted Teeth	% One+ Extracted	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,503	3,417	43.7	42.1	45.4
GENDER					
Male	2,486	1,314	43.6	41.0	46.3
Female	4,017	2,103	43.8	41.8	45.8
AGE					
18-24	329	54	15.4	10.4	22.1
25-34	816	195	22.1	18.9	25.7
35-44	1,047	368	34.0	30.4	37.7
45-54	1,354	681	49.5	46.2	52.8
55-64	1,331	849	62.6	59.4	65.8
65-74	924	704	76.1	72.6	79.3
75+	164	554	82.2	78.4	85.5
RACE/ETHNICITY					
White, non-Hispanic	3,617	1,908	44.2	42.1	46.3
Hispanic	2,013	1,047	43.5	40.4	46.5
Native American	639	329	42.1	37.1	47.2
Other race or multi-racial	165	108	49.9	38.7	61.2
EDUCATION					
Less than High School Graduate	887	615	57.1	52.2	61.7
High School Graduate or G.E.D.	1,780	1,068	50.5	47.0	54.0
Some College	1,818	937	41.9	38.9	45.0
College Graduate	2,004	788	32.7	30.2	35.2
INCOME					
Less than $10,000	351	246	57.7	49.7	65.2
$10-19,999	1,061	717	57.6	53.2	61.9
$20-49,999	2,429	1,300	46.1	43.2	48.9
$50,000 or more	1,948	758	34.2	31.6	36.8
EMPLOYMENT					
Employed	3,592	1,526	35.8	33.7	38.0
Unemployed	252	126	44.2	35.6	53.1
Other**	2,641	1,756	57.3	54.5	60.0
Geographic Region☼					
North West	1,644	869	44.7	41.5	48.0
North East	1,208	594	42.7	39.3	46.1
Bernalillo County	1,141	520	39.2	35.7	42.9
South East	1,231	728	52.4	48.7	56.0
South West	1,252	692	44.9	41.4	48.4

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

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

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HIV/AIDS

QUESTIONS:

"Have you EVER been tested for HIV? "

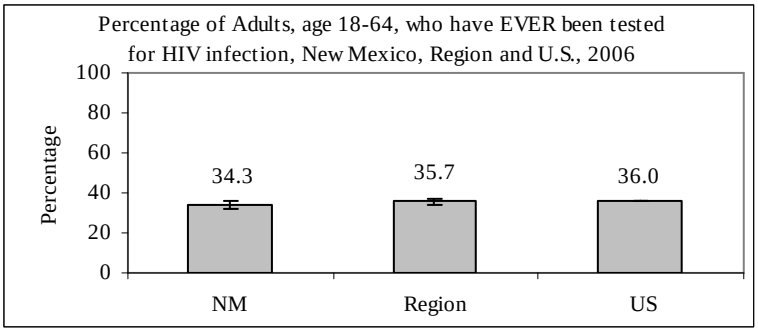
"Where did you have your last HIV test, at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at home, or somewhere else? "

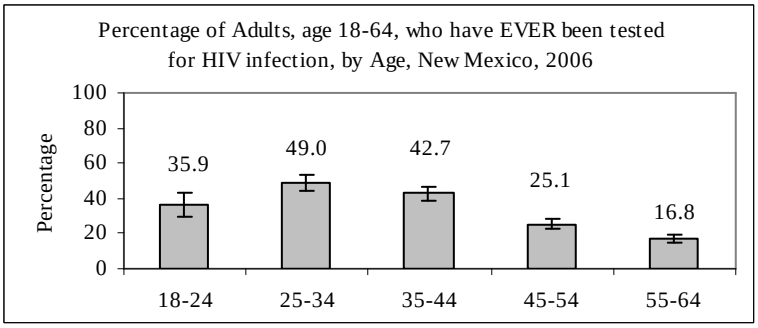
"Was it a rapid test where you could get your results within a couple of hours?"

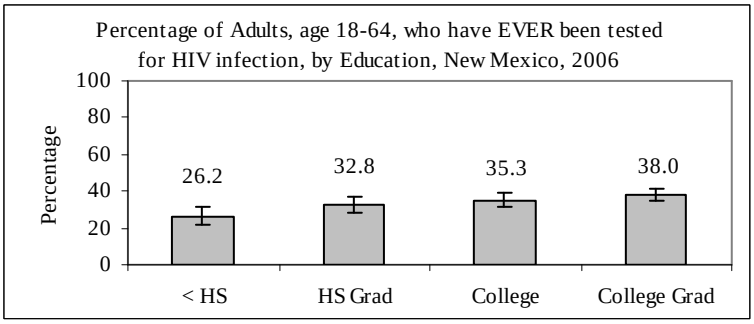
In New Mexico, AIDS cases have been tracked since 1981 and cases of HIV infection have been tracked since 1998. Through the end of 2006, a total of 5,176 HIV/AIDS cases had been reported in the state.[44] Among the cases reported in New Mexico across all years, the most prevalent risk factor category was men having sex with men, followed by injection drug use.[44] In 2006, several questions designed to assess general public access to and utilization of HIV testing were asked of all respondents younger than 65 years of age.

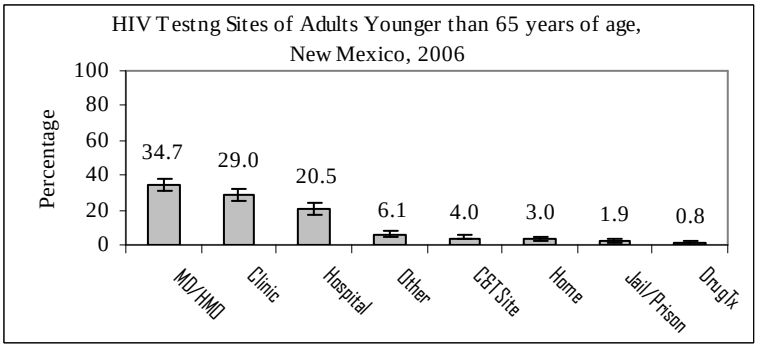
IN NEW MEXICO,

- 34.3% of adults age 18 to 64 reported a history of at least one test for HIV infection. This percentage was not significantly different from that of the region (35.7%) or the U.S. (36.0%).
- History of HIV testing was greatest among those 25 to 44 years of age, with a sharp decline in testing in the older age groups.
- History of HIV testing increased with education level.
- There was no difference in testing history by gender or by Race/Ethnicity.
- Residents of Bernalillo County were more likely to report a history of HIV testing than residents of the other regions of the state.
- Primary care providers, clinics, and hospitals were most frequently reported as the testing site.
- 13.2% of HIV tests were performed using a 'rapid HIV test'.









HIV/AIDS

Table 20. Percentage of New Mexicans ages 64 years and younger who reported a history of HIV testing, NM BRFSS, 2006.

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	4,678	1,496	34.3	32.3	36.2
GENDER					
Male	1,828	540	31.7	28.7	34.9
Female	2,850	956	36.7	34.4	39.2
AGE					
18-24	314	111	35.9	29.1	43.4
25-34	787	393	49.0	44.7	53.3
35-44	1,002	408	42.7	38.8	46.6
45-54	1,311	354	25.1	22.4	28.1
55-64	1,264	230	16.8	14.5	19.4
RACE/ETHNICITY					
White, non-Hispanic	2,403	807	36.1	33.6	38.7
Hispanic	1,561	451	31.4	28.0	35.0
Native American	537	162	33.5	28.0	39.4
Other	133	60	42.9	31.2	55.4
EDUCATION					
Less than High School Graduate	558	142	26.2	21.4	31.5
High School Graduate or G.E.D.	1,235	356	32.8	28.7	37.3
Some College	1,384	466	35.3	31.9	38.9
College Graduate	1,497	530	38.0	34.9	41.2
INCOME					
Less than $10,000	249	91	39.8	31.6	48.5
$10-19,999	680	222	30.9	26.4	35.8
$20-49,999	1,754	592	38.6	35.1	42.1
$50,000 or more	1,636	507	33.1	30.2	36.0
EMPLOYMENT					
Employed	3,209	1055	34.6	32.3	37.0
Unemployed	232	88	41.6	39.8	56.9
Homemaker Student	606	205	35.5	30.4	40.8
Retired	295	41	16.5	11.6	22.9
Unable Work	328	107	35.2	27.3	44.0
Geographic Region☼					
North West	1,263	381	31.6	28.2	35.2
North East	874	300	34.2	30.5	38.2
Bernalillo County	814	300	40.0	35.7	44.4
South East	857	233	28.0	24.2	32.2
South West	852	275	31.2	27.4	35.3

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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:

"Tell me if ANY of these statements is true for you. Do NOT tell me WHICH statements are true for you, just if ANY of them are:

You have hemophilia and have received clotting factor concentrate;

You are a man who has had sex with other men, even just one time;

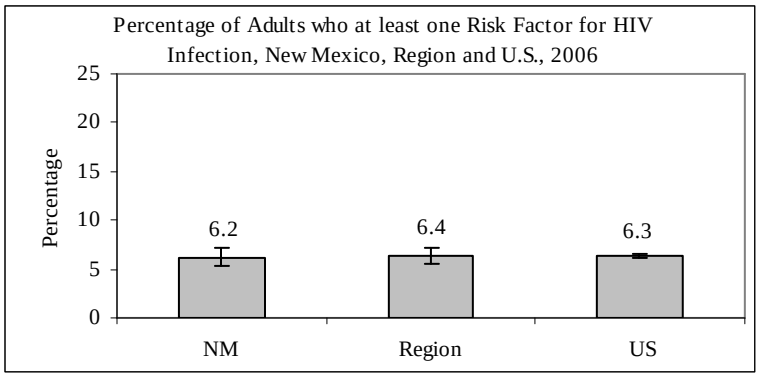
You have taken street drugs by needle, even just one time;

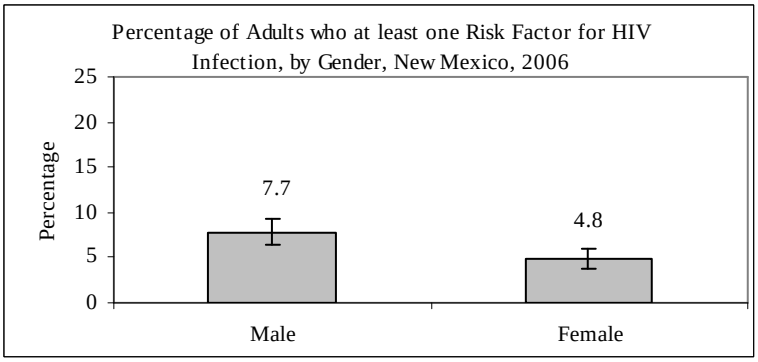
You traded sex for money or drugs, even just one time."

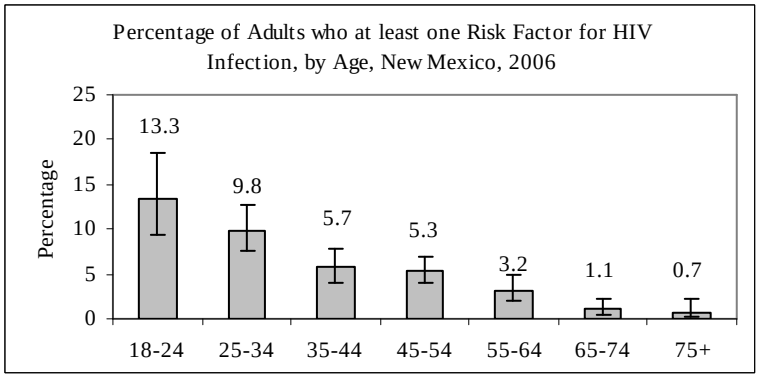
The primary risk factors for HIV and HBV transmission include heterosexuals with multiple sex partners, injection-drug users, and men who have sex with men.[47]

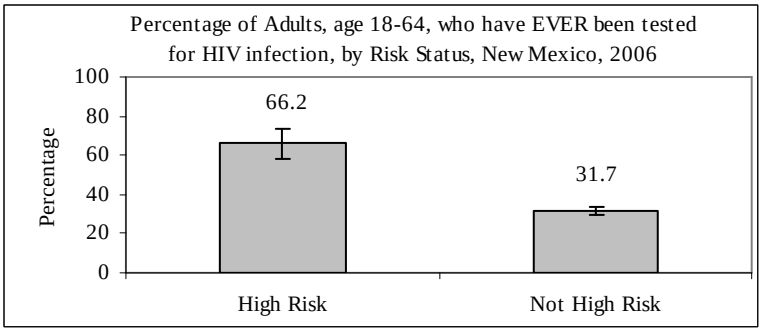
IN NEW MEXICO,

- 6.2% of adult New Mexicans reported at least one risk factor for HIV infection. This percentage was not difference from that of the region (6.4%) or that of the U.S. (6.3%).
- Adult males were more likely to report at least one risk factor (7.7%) than adult females(4.8%).
- Younger adults were more likely to report at least one risk factor for HIV infection.
- There was no difference in risk by Race/ Ethnicity, by education level, by income, or by geographic region of residence.
- 66.2% of adults reporting at least one high risk factor for HIV infection had been tested for HIV.









HIV/AIDS

Table 21. Percentage of adult New Mexicans who reported at least one risk factor for HIV infection, NM BRFSS, 2006.

Demographic Characteristics	Tell me if ANY of these statements is true for YOU. Do NOT tell me WHICH statements are true for you, just if ANY of them are: You have hemophilia and have received clotting factor concentrate; You are a man who has had sex with other men, even just one time; You have taken street drugs by needle, even just one time; You traded sex for money or drugs, even just one time.				
	Total Number Who Responded to the Question*	Total Number Who Responded "Yes"	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	6,395	298	6.2	5.3	7.2
GENDER					
Male	2,438	171	7.7	6.4	9.4
Female	3,957	127	4.8	3.7	6.0
AGE					
18-24	318	43	13.3	9.4	18.5
25-34	804	72	9.8	7.5	12.7
35-44	1,028	55	5.7	4.1	7.8
45-54	1,341	72	5.3	4.1	7.0
55-64	1,310	42	3.2	2.1	4.8
65-74	908	10	1.1	0.5	2.3
75+	648	4	0.7	0.2	2.3
RACE/ETHNICITY					
White, non-Hispanic	3,581	161	6.2	5.0	7.6
Hispanic	1,965	96	6.3	4.8	8.1
Native American	620	34	6.4	4.3	9.4
Other	165	5	4.8	1.6	13.2
EDUCATION					
Less than High School Graduate	853	30	4.5	2.9	7.0
High School Graduate or G.E.D.	1,740	80	7.4	5.5	9.8
Some College	1,803	99	6.7	5.1	8.7
College Graduate	1,990	89	5.4	4.2	6.9
INCOME					
Less than $10,000	349	23	7.8	4.4	13.6
$10-19,999	1,040	51	6.1	4.3	8.7
$20-49,999	2,401	112	6.5	5.1	8.4
$50,000 or more	1,939	85	5.1	3.9	6.6
EMPLOYMENT					
Employed	3,536	196	6.4	5.3	7.7
Unemployed	251	25	12.2	7.4	19.5
Homemaker Student	770	40	8.8	6.1	12.7
Retired	1,377	17	1.6	0.9	2.8
Unable Work	450	20	5.7	3.3	9.6
Geographic Region☼					
North West	1,613	76	5.7	4.2	7.7
North East	1,188	63	5.5	4.0	7.4
Bernalillo County	1,121	66	7.0	5.3	9.2
South East	1,215	41	6.8	4.6	10.0
South West	1,235	52	5.8	4.0	8.4

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

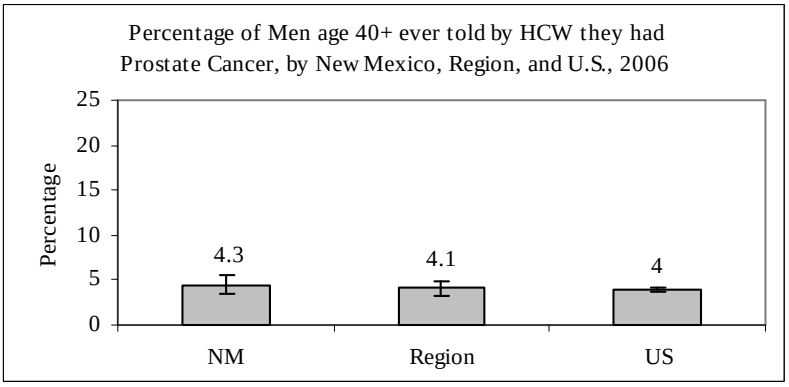
MEN'S HEALTH—PROSTATE CANCER

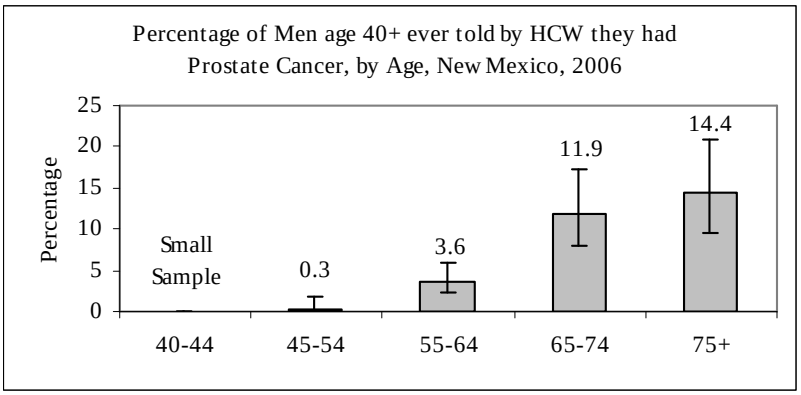
QUESTION:
"Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer? "

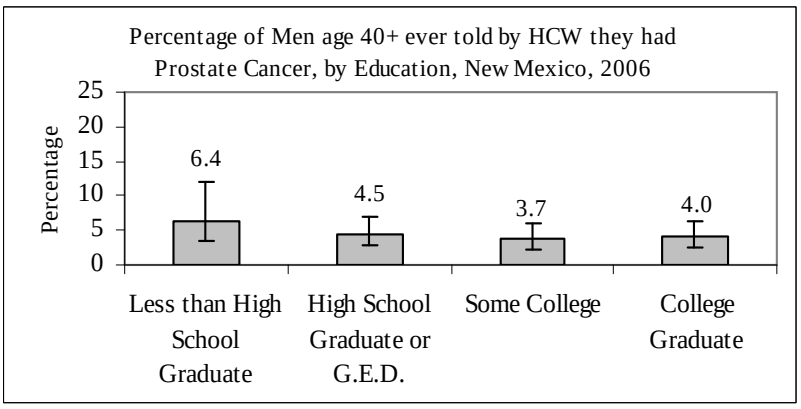
Among adult men in New Mexico, prostate cancer is the most commonly diagnosed form of cancer and the second leading cause of cancer-related death. Annually, approximately 1,257 men will be diagnosed with prostate cancer in New Mexico.[43]

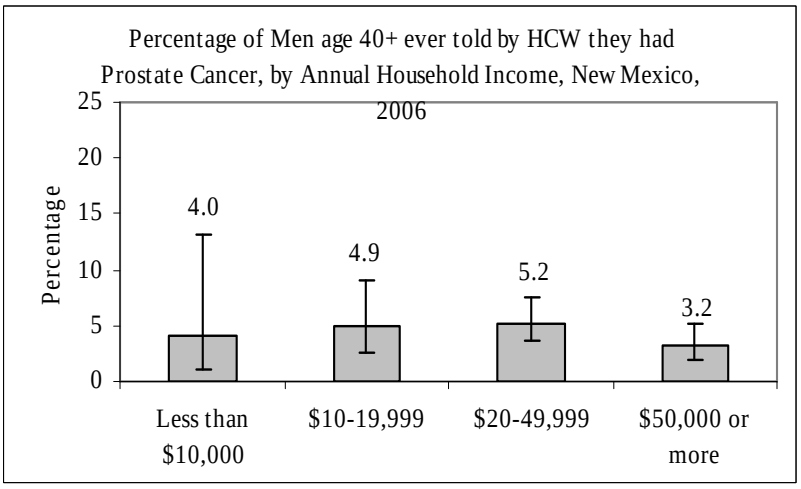
IN NEW MEXICO,

- 4.3% of men age 40 or more in New Mexico had been told by a health professional that they had prostate cancer. This percentage was similar to the percentages for the Region (4.1%) and the U.S. (4.0%).
- As age increased, the percentage of men age 40 and over who had ever been told by a health professional that they had prostate cancer increased.
- There were no clear differences by Race/ Ethnicity, education level, or household income. It is important to note that small sample size in many categories combined with the low over-all prevalence of prostate cancer made comparison of groups difficult.









MEN'S HEALTH—PROSTATE CANCER

Table 22. Percentage of Men age 40 or more who have ever been told by a health professional that they had prostate cancer, NM BRFSS, 2006.

Demographic Characteristics	Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?				
	Total Number Who Responded to the Question*	40+ Age Told by HCW they had Prostate Cancer.	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	1,806	85	4.3	3.4	5.6
AGE					
40-44	197	0	-	-	-
45-54	540	2	0.3	0.1	1.8
55-64	507	17	3.6	2.2	5.9
65-74	327	32	11.9	8.1	17.3
75+	223	34	14.4	9.6	21.0
RACE/ETHNICITY					
White, non-Hispanic	1,139	62	4.8	3.5	6.4
Hispanic	454	20	4.2	2.6	6.9
Native American	143	0	-	-	-
Other Race/Ethnicity	50	-	-	-	-
EDUCATION					
Less than High School Graduate	213	13	6.4	3.4	12.0
High School Graduate or G.E.D.	469	25	4.5	2.8	7.0
Some College	464	18	3.7	2.2	6.1
College Graduate	660	29	4.0	2.6	6.2
INCOME					
Less than $10,000	73	3	4.0	1.1	13.2
$10-19,999	238	14	4.9	2.6	9.1
$20-49,999	682	38	5.2	3.6	7.5
$50,000 or more	667	23	3.2	1.9	5.1
EMPLOYMENT					
Employed	1,025	18	1.7	0.9	2.9
Unemployed/Unable to Work	223	7	1.8	0.8	4.2
Retired/Homemaker/Student	555	60	11.6	8.7	15.2
Geographic Region☼					
North West	444	20	5.5	3.3	9.0
North East	353	21	5.7	3.6	8.8
Bernalillo County	306	11	3.4	1.8	6.2
South East	335	16	3.7	2.2	6.4
South West	359	17	4.2	2.4	7.3

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 across some categories for some variables.

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

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ASTHMA

QUESTIONS:
"Have you ever been told by a doctor, nurse or other health professional that you had asthma?"

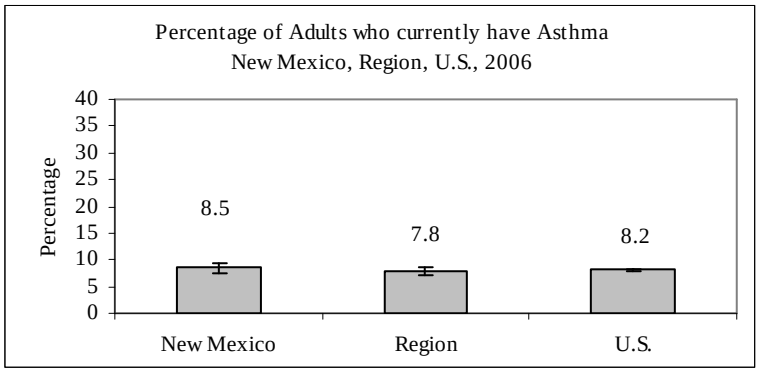
"Do you still have asthma?"

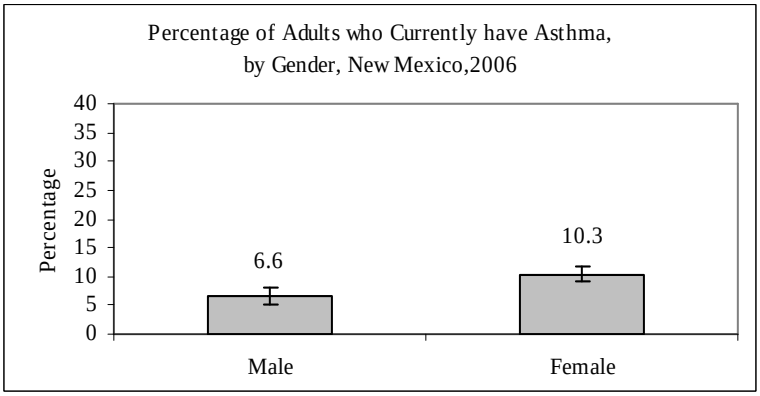
Asthma is a chronic respiratory disease characterized by episodes or attacks of inflammation and narrowing of small airways. Asthma attacks can vary from mild to life threatening. Symptoms can include shortness of breath, cough, wheezing, and chest pain or tightness. The burden from asthma in the United States has increased over the past 2 decades. In 2005, an estimated 22 million individuals of all ages had asthma.[16]

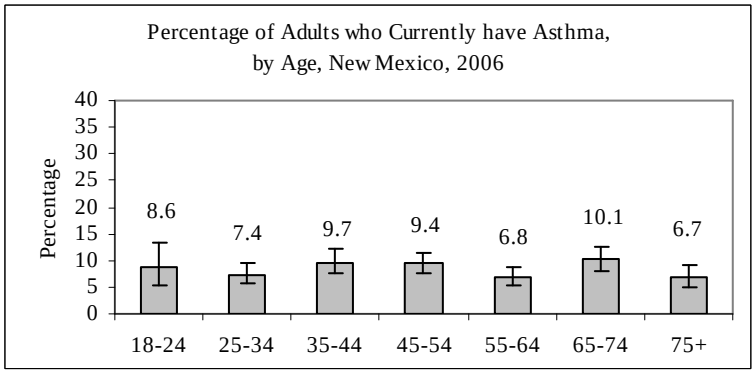
Results presented on this page are based on responses to the second question, "Do you still have asthma?".

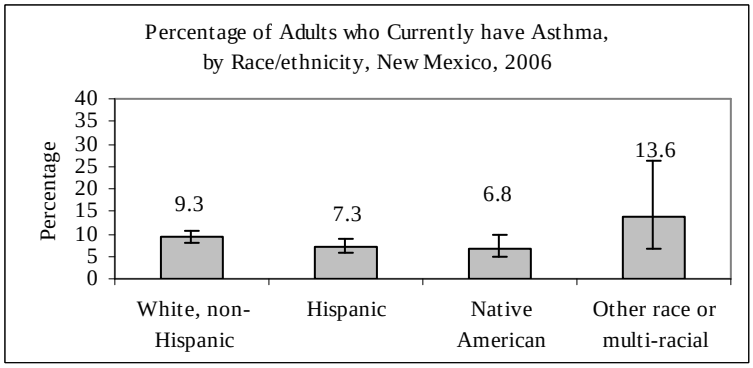
IN NEW MEXICO,

- 8.5% of New Mexicans currently had asthma at the time of the interview. This percentage was not statistically different from the Region (7.8%) or the U.S. (8.2%).
- The percentage of women who currently had asthma (10.3%) was statistically different from the percentage of men who currently had asthma (6.6%).
- The prevalence of current asthma did not vary by Race/Ethnicity, education level, employment status, annual household income, age, or even by region of residence (urban/rural/frontier or health region).









ASTHMA

Table 23. Percentage of Adult New Mexicans who currently have asthma, NM BRFSS, 2006.

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	6,553	549	8.5	7.6	9.5
GENDER					
Male	2,501	146	6.6	5.3	8.1
Female	4,052	403	10.3	9.0	11.6
AGE					
18-24	328	22	8.6	5.5	13.4
25-34	817	65	7.4	5.6	9.7
35-44	1,053	97	9.7	7.5	12.3
45-54	1,361	119	9.4	7.6	11.6
55-64	1,344	102	6.8	5.4	8.6
65-74	931	92	10.1	8.0	12.7
75+	677	49	6.7	4.8	9.1
RACE/ETHNICITY					
White, non-Hispanic	3,634	342	9.3	8.1	10.6
Hispanic	2,029	139	7.3	5.8	9.1
Native American	654	47	6.8	4.7	9.7
Other	165	14	13.6	6.6	26.1
EDUCATION					
Less than High School Graduate	896	69	7.4	5.3	10.2
High School Graduate or G.E.D.	1,798	139	7.8	6.2	9.8
Some College	1,822	163	9.4	7.7	11.5
College Graduate	2,022	178	8.7	7.3	10.4
INCOME					
Less than $10,000	356	49	13.2	8.4	20.0
$10-19,999	1,073	98	8.5	6.6	10.8
$20-49,999	2,441	173	7.1	5.7	8.7
$50,000 or more	1,962	168	8.8	7.4	10.5
EMPLOYMENT					
Employed	3,612	275	7.4	6.3	8.7
Unemployed	255	26	10.2	5.8	17.2
Other**	2,667	248	10.1	8.5	11.9
Geographic Region☼					
North West	1,660	121	8.1	6.4	10.2
North East	1,212	88	7.0	5.5	9.0
Bernalillo County	1,149	102	8.3	6.7	10.4
South East	1,241	120	10.5	8.2	13.4
South West	1,264	116	9.0	6.8	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 6,581 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.

‡ In 95% of repeated samples, 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.

CARDIOVASCULAR DISEASE

QUESTION:

"Has a doctor, nurse, or other health professional ever told you that you had any of the following:

...a heart attack, also called a myocardial infarction?

...angina or coronary heart disease?

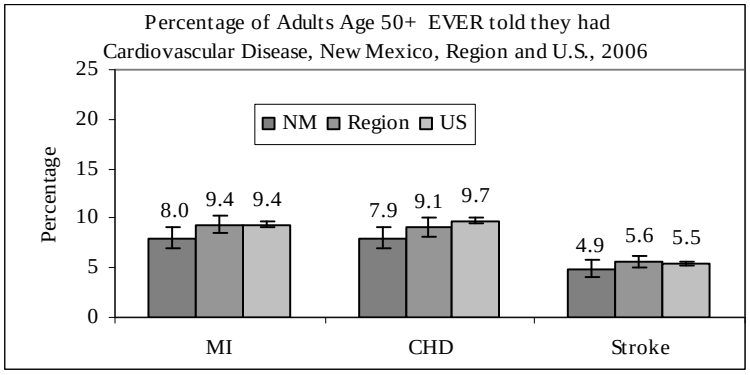
...a stroke?

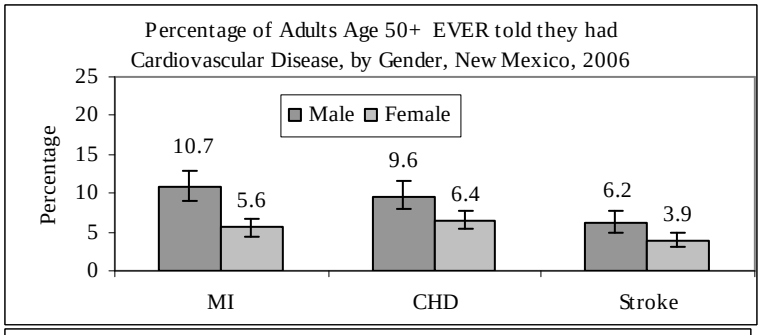
Cardiovascular disease (CVD), primarily heart disease and stroke, causes more deaths in adults of both genders and all race/ethnic groups than any other disease. It is also one of the leading causes of disability in the United States. In 2005, heart disease was the leading cause of death and cerebrovascular disease was the third leading cause of death among adults 50 or more years of age.[45]

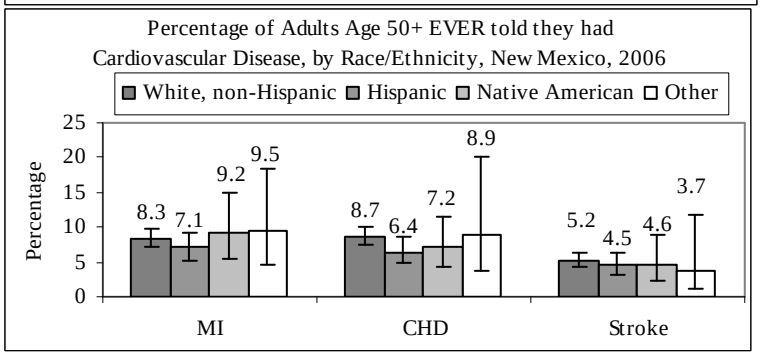
Health conditions such as high blood cholesterol levels, high blood pressure, obesity, and diabetes mellitus can increase the risk of CVD. Behavioral factors, including tobacco and alcohol use, diet high in saturated fat and cholesterol, and physical inactivity, can also increase the risk of development of CVD.[46]

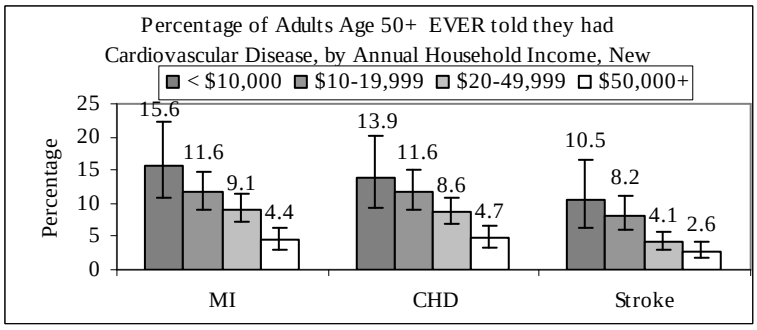
IN NEW MEXICO,

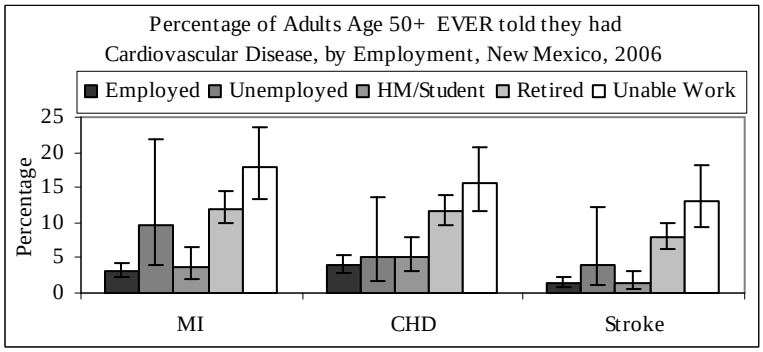
- Among adults age 50+ in New Mexico, 8% report history of myocardial infarction, 7.9% history of coronary heart disease, and 4.9% history of stroke. There was no statistically different from the percentages for the Region or the U.S.
- There was no measurable difference by Race/Ethnicity.
- Adults with lower education and less income were at a higher risk of CVD.
- Men were nearly to times more likely than women to report a history of CVD.
- Adults who were obese were more likely to report history of coronary heart disease than adults who were not obese.











CARDIOVASCULAR DISEASE—MYOCARDIAL INFARCTION

Table 24. Percentage of Adults age 50+ who have EVER been told that they'd had a myocardial infarction, NM BRFSS, 2006.

Demographic Characteristics	Total Number Over Age 50 Who Responded to the Question*	Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?			
		Total Number Who Had Been Told They Had MI	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,664	296	8.0	6.9	9.1
GENDER					
Male	1,382	159	10.7	8.9	12.9
Female	2,282	137	5.6	4.5	6.8
AGE					
50-54	714	29	3.1	2.0	5.0
55-64	1,344	73	5.0	3.8	6.6
65-74	929	92	12.8	10.1	16.1
75+	677	102	14.2	11.2	17.7
RACE/ETHNICITY					
White, non-Hispanic	2,366	191	8.3	7.1	9.9
Hispanic	932	71	7.1	5.3	9.3
Native American	252	23	9.2	5.6	14.8
Other	79	10	9.5	4.6	18.5
EDUCATION					
Less than High School Graduate	528	52	9.4	6.8	12.8
High School Graduate or G.E.D.	976	103	10.0	7.9	12.5
Some College	967	73	7.0	5.3	9.2
College Graduate	1,182	67	6.5	4.8	8.7
INCOME					
Less than $10,000	210	34	15.6	10.7	22.3
$10-19,999	660	81	11.6	9.0	14.9
$20-49,999	1,297	102	9.1	7.3	11.5
$50,000 or more	1,033	45	4.4	3.0	6.4
EMPLOYMENT					
Employed	1,512	57	3.1	2.2	4.3
Unemployed	99	7	9.7	3.9	22.0
Homemaker/Student	306	14	3.6	1.9	6.5
Retired	1392	154	12.0	10.0	14.4
Unable to Work	344	63	18.0	13.5	23.6
Geographic Region☼					
North West	846	68	7.5	5.6	10.1
North East	737	52	7.7	5.7	10.3
Bernalillo County	636	35	6.3	4.4	9.0
South East	688	82	11.2	8.8	14.1
South West	747	58	8.6	6.5	11.2

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

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

CARDIOVASCULAR DISEASE—CHD

Table 25. Percentage of Adults age 50+ who have EVER been told that they'd had angina or coronary heart disease, NM BRFSS, 2006.

Demographic Characteristics	Total Number Over Age 50 Who Responded to the Question*	Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?			
		Total Number Ever Told They Had CHD	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	3,644	306	7.9	6.9	9.0
GENDER					
Male	1,373	149	9.6	7.9	11.6
Female	2,271	157	6.4	5.3	7.7
AGE					
50-54	711	21	2.8	1.6	4.8
55-64	1,342	82	5.3	4.2	6.9
65-74	924	104	12.9	10.3	16.0
75+	667	99	13.7	10.8	17.2
RACE/ETHNICITY					
White, non-Hispanic	2,352	209	8.7	7.4	10.2
Hispanic	927	68	6.4	4.8	8.6
Native American	251	21	7.2	4.4	11.6
Other	79	7	8.9	3.6	20.1
EDUCATION					
Less than High School Graduate	524	51	9.1	6.5	12.4
High School Graduate or G.E.D.	964	406	9.4	7.5	11.7
Some College	964	88	8.0	6.3	10.1
College Graduate	1,181	60	6.2	4.5	8.3
INCOME					
Less than $10,000	207	33	13.9	9.4	20.3
$10-19,999	656	77	11.6	9.0	15.0
$20-49,999	1,292	112	8.6	6.9	10.7
$50,000 or more	1,034	45	4.7	3.3	6.7
EMPLOYMENT					
Employed	1,510	61	3.9	2.9	5.3
Unemployed	100	6	5.1	1.8	13.5
Homemaker/Student	306	23	5.1	3.3	7.8
Retired	1377	151	11.6	9.6	13.9
Unable to Work	341	64	15.8	11.8	20.8
Geographic Region☼					
North West	841	67	8.0	5.9	10.8
North East	730	46	6.7	4.8	9.1
Bernalillo County	633	31	5.1	3.4	7.4
South East	685	91	12.3	9.8	15.3
South West	745	69	9.8	7.6	12.5

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 across some categories for some variables.

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

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CARDIOVASCULAR DISEASE—STROKE

Table 26. Percentage of Adults age 50+ who have EVER been told that they'd had a stroke, NM BRFSS, 2006.

Demographic Characteristics	Total Number Over Age 50 Who Responded to the Question*	Has a doctor, nurse, or other health professional ever told you that you had a stroke?			
		Total Number Ever Told They Had a Stroke	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,671	187	4.9	4.2	5.9
GENDER					
Male	1,385	92	6.2	4.9	7.8
Female	2,286	95	3.9	3.0	4.9
AGE					
50-54	712	8	0.7	0.3	1.8
55-64	1,346	54	3.8	2.7	5.2
65-74	932	58	7.3	5.4	9.8
75+	681	67	9.9	7.5	13.0
RACE/ETHNICITY					
White, non-Hispanic	2,369	122	5.2	4.2	6.4
Hispanic	934	46	4.5	3.2	6.4
Native American	253	14	4.6	2.4	8.8
Other	79	3	3.7	1.1	11.7
EDUCATION					
Less than High School Graduate	531	31	5.1	3.4	7.6
High School Graduate or G.E.D.	978	64	6.3	4.7	8.4
Some College	966	51	5.0	3.6	6.9
College Graduate	1,184	39	3.7	2.5	5.3
INCOME					
Less than $10,000	210	21	10.5	6.4	16.7
$10-19,999	661	58	8.2	5.9	11.1
$20-49,999	1,299	47	4.1	2.9	5.7
$50,000 or more	1,032	26	2.6	1.7	4.1
EMPLOYMENT					
Employed	1,513	27	1.4	0.9	2.3
Unemployed	100	4	3.9	1.2	12.1
Homemaker/Student	306	8	1.4	0.6	3.0
Retired	1394	98	8.0	6.4	10.0
Unable to Work	347	50	13.2	9.4	18.2
Geographic Region☼					
North West	844	47	5.7	4.0	8.2
North East	739	31	4.6	3.1	6.8
Bernalillo County	634	25	4.0	2.6	6.0
South East	693	39	4.6	3.3	6.4
South West	751	45	6.4	4.6	8.8

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 across some categories for some variables.

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DIABETES

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

Diabetes Mellitus is a group of diseases characterized by high levels of blood glucose resulting from insufficient insulin production, insulin action, or both. Diabetes can be associated with serious complications including cardiovascular disease, end-stage renal disease, blindness, amputation, and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.[21]

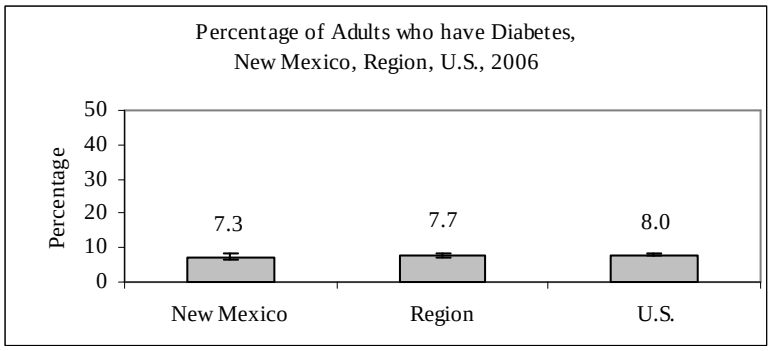
Type 2 is the most common form of the disease and occurs more frequently in Native Americans, Hispanics, and African Americans. The disease also occurs more frequently among obese individuals of any Race/Ethnicity.[20,21]

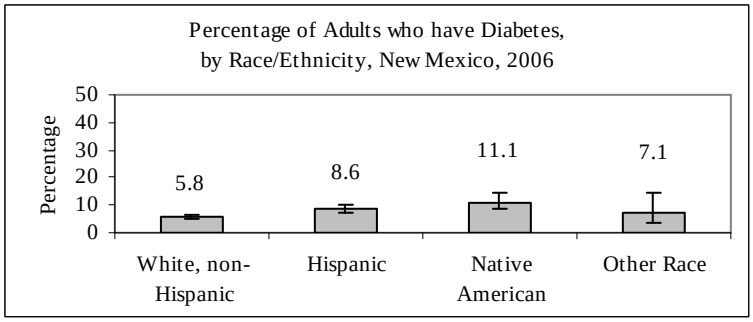
Diabetes was the sixth leading cause of death in both the United States and New Mexico in 2005.[45]

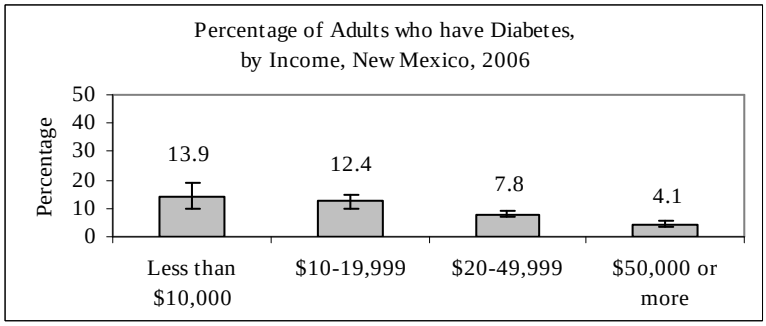
For more information, see Diabetes Prevention & Control Program: http://www.diabetesnm.org/index.htm

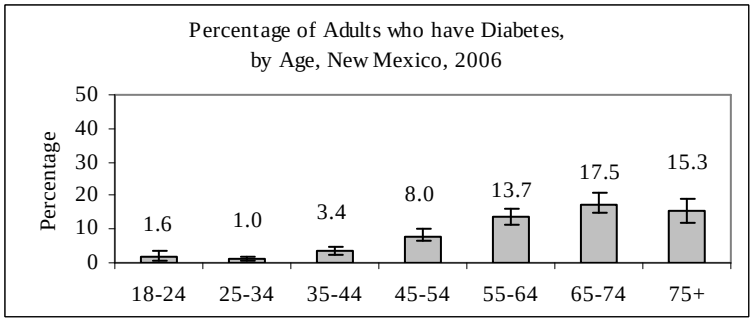
IN NEW MEXICO,

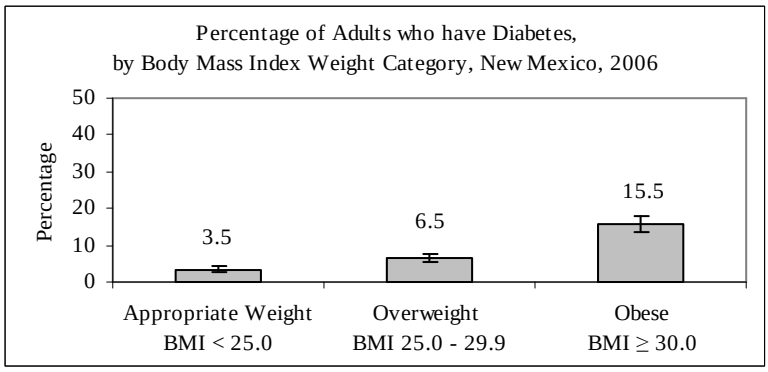
- The percentage of adults in New Mexico with diabetes was 7.3%. This was not statistically different from the percentages for the Region (7.7%) or the U.S. (8.0%).
- Hispanic and Native American adults were more likely to report a diagnosis of diabetes than White, non-Hispanic adults.
- Adults with lower education and less income were at a higher risk of having diabetes.
- Adults who were obese had the highest prevalence of diabetes (15.5%), followed by overweight but not obese individuals (6.5%), and then followed by those who were not overweight or obese (3.5%).











DIABETES

Table 27. Percentage of Adult New Mexicans who have been told by a doctor that they have diabetes, NM BRFSS, 2006.

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	6,577	615	7.3	6.6	8.1
GENDER					
Male	2,513	236	7.0	5.9	8.2
Female	4,064	379	7.7	6.8	8.7
AGE					
18-24	329	7	1.6	0.7	3.8
25-34	821	12	1.0	0.5	2.0
35-44	1,055	42	3.4	2.3	4.9
45-54	1,365	118	8.0	6.5	9.9
55-64	1,348	183	13.7	11.6	16.2
65-74	936	155	17.5	14.6	20.9
75+	682	96	15.3	12.1	19.2
RACE/ETHNICITY					
White, non-Hispanic	3,649	266	5.8	5.0	6.8
Hispanic	2,039	234	8.6	7.3	10.1
Native American	653	100	11.1	8.7	14.2
Other Race	166	11	7.1	3.3	14.7
EDUCATION					
Less than High School Graduate	900	133	10.6	8.5	13.1
High School Graduate or G.E.D.	1,807	193	8.1	6.7	9.6
Some College	1,829	176	8.0	6.6	9.6
College Graduate	2,026	111	4.5	3.5	5.6
INCOME					
Less than $10,000	358	55	13.9	10.1	18.8
$10-19,999	1,079	162	12.4	10.2	15.1
$20-49,999	2,447	238	7.8	6.7	9.1
$50,000 or more	1,964	96	4.1	3.2	5.3
EMPLOYMENT					
Employed	3,618	220	4.4	3.7	5.2
Un- employed	255	25	6.6	3.9	11.0
Homemaker Student	797	54	4.7	3.4	6.4
Retired	1,423	198	15.6	13.3	18.3
Unable to Work	464	116	23.1	18.5	28.3
Geographic Region☼					
North West	1,664	169	8.2	6.7	10.0
North East	1,216	87	6.5	5.0	8.4
Bernalillo County	1,156	83	5.8	4.5	7.3
South East	1,246	144	9.3	7.8	11.2
South West	1,268	130	8.0	6.6	9.7

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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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DISABILITY

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

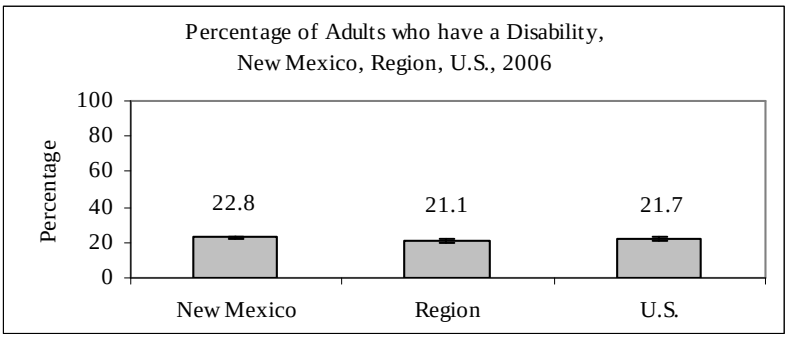
"Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?"

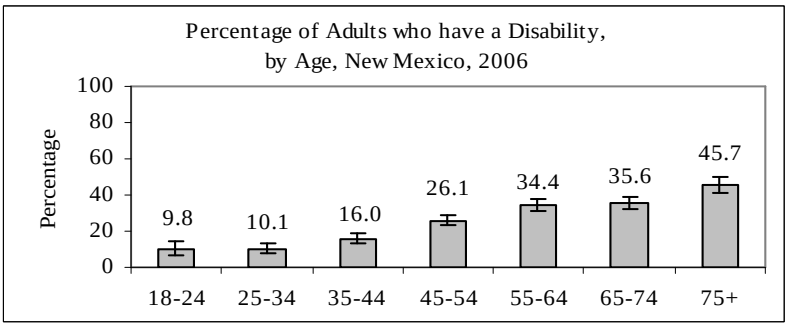
About 54 million Americans report having a disability [17], and this number is expected to increase with increasing life expectancy and age of the population.[18] In addition to monetary costs, there are social, employment, personal, family and community costs of disability. People with disabilities are also at greater risk of developing additional health conditions, many of which can be prevented.[19]

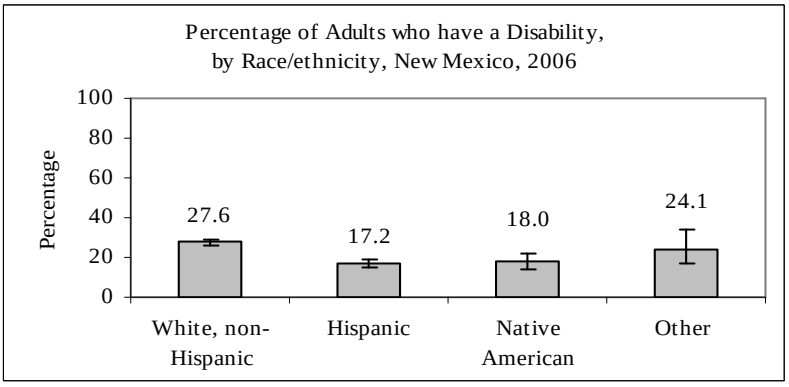
In this report, respondents answering "Yes" to either of the above questions were considered to have a disability.

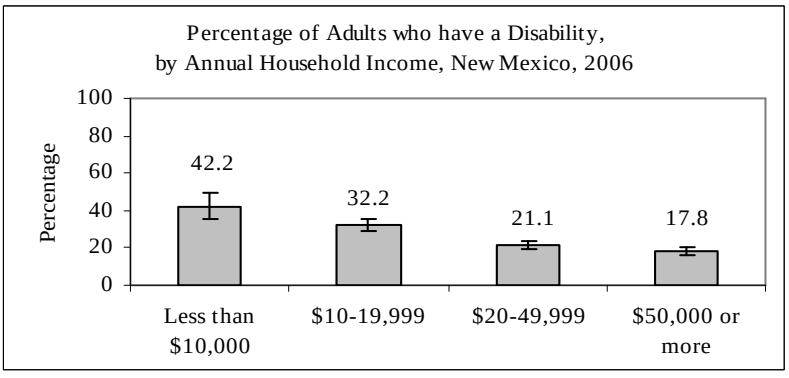
IN NEW MEXICO,

- 22.8% of New Mexicans indicated having a disability. This percentage was not statistically different from the percentages for the Region (21.1%) or the U.S. (21.7%).
- The percentage of adults who indicated having a disability increased with age.
- White, non-Hispanics were more likely to report having a disability (27.6%) than Hispanics (17.2%) and Native Americans (18.0%).
- The percentage of adults who indicated having a disability decreased as annual household income increased.









DISABILITY

Table 28. Percentage of Adult New Mexicans who have a disability, NM BRFSS, 2006.

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	6,556	1,790	22.8	21.5	24.1
GENDER					
Male	2,501	663	21.1	19.2	23.1
Female	4,055	1,127	24.4	22.7	26.1
AGE					
18-24	328	30	9.8	6.5	14.7
25-34	821	79	10.1	7.9	12.9
35-44	1,055	174	16.0	13.5	18.9
45-54	1,362	352	26.1	23.3	29.1
55-64	1,342	478	34.4	31.3	37.5
65-74	929	345	35.6	32.0	39.4
75+	678	325	45.7	41.2	50.3
RACE/ETHNICITY					
White, non-Hispanic	3,640	1,164	27.6	25.8	29.5
Hispanic	2,030	437	17.2	15.2	19.3
Native American	650	129	18.0	14.5	22.1
Other	166	45	24.1	16.6	33.7
EDUCATION					
Less than High School Graduate	893	281	24.4	21.1	28.1
High School Graduate or G.E.D.	1,799	480	21.6	19.2	24.1
Some College	1,826	525	25.1	22.6	27.8
College Graduate	2,023	496	20.9	18.8	23.1
INCOME					
Less than $10,000	356	176	42.2	35.4	49.4
$10-19,999	1,072	417	32.2	28.7	36.0
$20-49,999	2,445	605	21.1	19.1	23.3
$50,000 or more	1,960	393	17.8	15.8	19.9
EMPLOYMENT					
Employed	3,617	605	14.7	13.3	16.3
Unemployed	253	78	25.4	18.6	33.6
Other**	2,666	1,100	36.1	33.8	38.5
Geographic Region☼					
North West	1,662	417	21.7	19.3	24.3
North East	1,207	330	23.1	20.5	26.0
Bernalillo County	1,155	307	22.7	20.0	25.6
South East	1,241	383	26.5	23.5	29.6
South West	1,264	349	21.5	19.1	24.2

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

‡ In 95% of repeated samples, 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).[20]

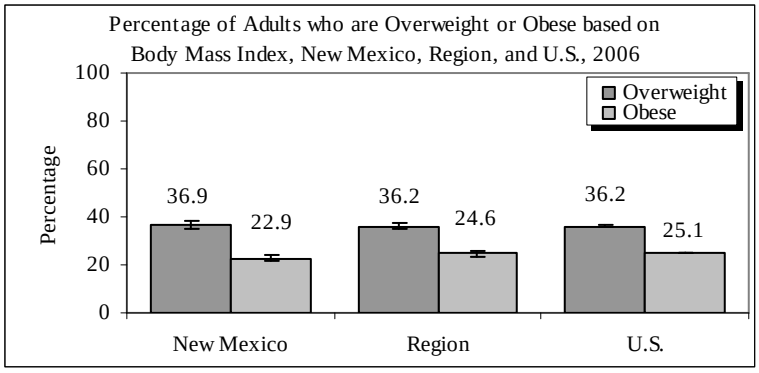
Body Mass Index (BMI) is the measurement of choice for many obesity researchers and other health professionals. BMI is based on height and weight and is not gender-specific. BMI = weight in pounds x 704.5/(height in inches)^2. Overweight is defined as a BMI of 25-29.9, and obesity as a BMI of 30 or greater.[20]

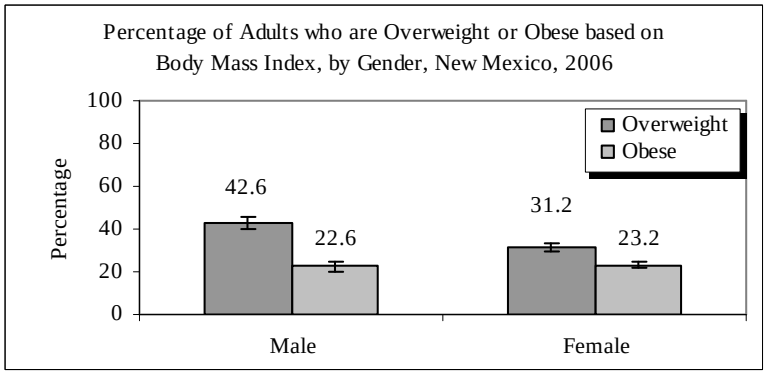
IN NEW MEXICO,

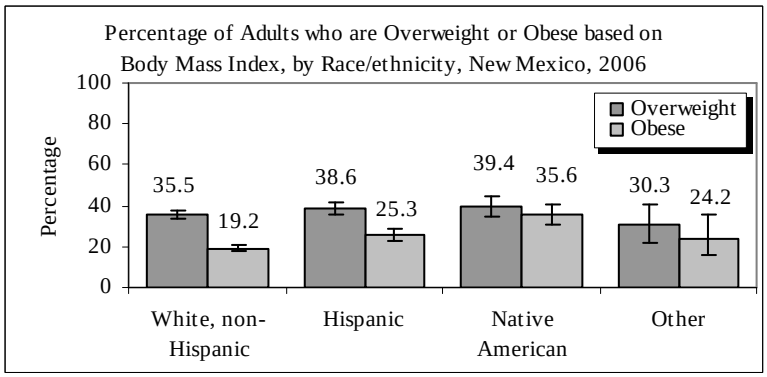
- Nearly 60% of the adult population was either overweight or obese: 36.9% of adults were overweight and an additional 22.9% were obese, based on Body Mass Index (BMI). The percentage overweight was not statistically different from the percentages for the Region (36.2%) or the U.S. (36.2%). The percentage obese was similar to the Region (24.6%) but lower than that of the U.S. (25.1%).

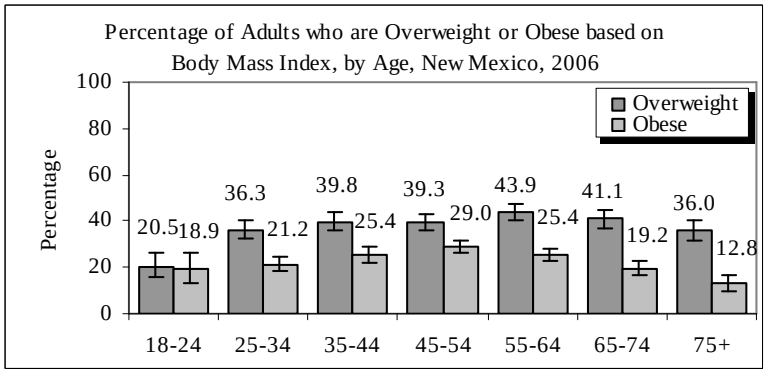
- Men were more likely to be overweight than women, 42.6% and 31.2%, respectively, but there was no difference for obesity.

- High rates of overweight and obesity were common to all Race/Ethnic groups. There were no differences in Overweight between groups. Hispanics were more likely to be obese than White non-Hispanics and Native Americans were more likely to be obese than both groups.









OVERWEIGHT

Table 29. Percentage of New Mexicans who are overweight (but not obese) based on Body Mass Index (BMI = 25.0-29.9), NM BRFSS, 2006.

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	6,330	2,339	36.9	35.3	38.5
GENDER					
Male	2,465	1,091	42.6	40.0	45.3
Female	3,865	1,248	31.2	29.4	33.2
AGE					
18-24	316	81	20.5	15.8	26.1
25-34	791	277	36.3	32.3	40.5
35-44	1,016	376	39.8	36.0	43.7
45-54	1,308	480	39.3	36.0	42.6
55-64	1,016	525	43.9	40.6	47.3
65-74	900	349	41.1	37.2	45.0
75+	651	237	36.0	31.8	40.5
RACE/ETHNICITY					
White, non-Hispanic	3,554	1,276	35.5	33.5	37.6
Hispanic	1,917	756	38.6	35.7	41.7
Native American	634	229	39.4	34.3	44.8
Other	160	53	30.3	21.5	40.8
EDUCATION					
Less than High School Graduate	812	303	38.5	34.0	43.2
High School Graduate or G.E.D.	1,746	666	36.1	32.9	39.4
Some College	1,788	662	36.5	33.6	39.6
College Graduate	1,976	704	37.2	34.6	39.9
INCOME					
Less than $10,000	346	106	29.4	23.5	36.1
$10-19,999	1,039	372	36.7	32.7	40.9
$20-49,999	2,376	896	37.2	34.5	39.9
$50,000 or more	1,936	736	38.7	36.0	41.5
EMPLOYMENT					
Employed	3,504	1,336	38.6	36.5	40.9
Unemployed	247	90	30.9	23.3	39.7
Other**	2,568	911	34.6	32.3	37.1
Geographic Region☼					
North West	1,616	593	37.3	34.2	40.6
North East	1,175	406	36.3	33.0	39.8
Bernalillo County	1,127	427	36.9	33.1	40.0
South East	1,179	447	36.5	33.1	40.0
South West	1,211	456	36.9	33.5	40.5

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

‡ In 95% of repeated samples, 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 30. Percentage of New Mexicans who are obese based on Body Mass Index (BMI ≥ 30), NM BRFSS, 2006.

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	6,330	1,540	22.9	21.4	24.4
GENDER					
Male	2,465	579	22.6	20.3	25.1
Female	3,865	961	23.2	21.5	24.9
AGE					
18-24	316	56	18.9	13.2	26.2
25-34	791	190	21.2	18.0	24.7
35-44	1,016	284	25.4	22.2	28.8
45-54	1,308	392	29.0	26.1	32.0
55-64	1,016	355	25.4	22.6	28.3
65-74	900	182	19.2	16.3	22.5
75+	651	77	12.8	9.8	16.4
RACE/ETHNICITY					
White, non-Hispanic	3,554	712	19.2	17.6	20.8
Hispanic	1,917	533	25.3	22.5	28.3
Native American	634	240	35.6	30.8	40.8
Other	160	43	24.2	15.8	35.4
EDUCATION					
Less than High School Graduate	812	242	27.1	23.1	31.5
High School Graduate or G.E.D.	1,746	489	27.2	24.0	30.7
Some College	1,788	428	22.3	19.8	24.9
College Graduate	1,976	381	17.6	15.6	19.7
INCOME					
Less than $10,000	346	118	29.8	23.8	36.5
$10-19,999	1,039	308	27.2	23.7	31.0
$20-49,999	2,376	571	23.7	21.1	26.5
$50,000 or more	1,936	431	21.6	19.3	24.1
EMPLOYMENT					
Employed	3,504	873	22.8	20.9	24.9
Unemployed	247	69	30.3	22.6	39.3
Other**	2,568	596	22.0	19.9	24.2
Geographic Region☼					
North West	1,616	465	26.9	24.1	29.9
North East	1,175	208	16.4	14.1	18.9
Bernalillo County	1,127	230	20.1	17.0	23.6
South East	1,179	322	27.4	24.2	30.8
South West	1,211	307	25.5	22.5	28.8

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

‡ In 95% of repeated samples, 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 31. Percentage of New Mexicans who are overweight or obese based on Body Mass Index (BMI ≥ 25), NM BRFSS, 2006.

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	6,330	3,879	59.7	58.0	61.4
GENDER					
Male	2,465	1,670	65.2	62.5	67.9
Female	3,865	2,209	54.4	52.3	56.5
AGE					
18-24	316	137	39.3	32.5	46.6
25-34	791	467	57.5	53.2	61.6
35-44	1,016	660	65.1	61.4	68.7
45-54	1,308	872	68.2	65.1	71.2
55-64	1,016	880	69.3	66.2	72.2
65-74	900	531	60.3	56.3	64.1
75+	651	314	48.8	44.2	53.4
RACE/ETHNICITY					
White, non-Hispanic	3,554	1,988	54.7	52.5	56.9
Hispanic	1,917	1,289	63.9	60.7	67.0
Native American	634	469	75.1	70.2	79.4
Other	160	96	54.5	42.6	65.9
EDUCATION					
Less than High School Graduate	812	545	65.6	60.7	70.2
High School Graduate or G.E.D.	1,746	1,155	63.3	59.8	66.7
Some College	1,788	1,090	58.8	55.5	62.0
College Graduate	1,976	1,085	54.8	52.0	57.5
INCOME					
Less than $10,000	346	224	59.2	51.2	66.7
$10-19,999	1,039	680	63.9	59.6	68.0
$20-49,999	2,376	1,467	60.9	58.0	63.7
$50,000 or more	1,936	1,167	60.3	57.4	63.1
EMPLOYMENT					
Employed	3,504	2,209	61.5	59.2	63.7
Unemployed	247	159	61.2	52.0	69.6
Other**	2,568	1,507	56.6	53.9	59.3
Geographic Region☼					
North West	1,616	1,058	64.2	60.8	67.4
North East	1,175	614	52.7	49.1	56.3
Bernalillo County	1,127	657	57.0	53.2	60.7
South East	1,179	769	63.9	60.1	67.5
South West	1,211	763	62.4	58.6	66.0

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 across some categories for some variables.

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

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

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FALLS RESULTING IN INJURY

QUESTIONS:
"In the past 3 months, have you fallen down?"

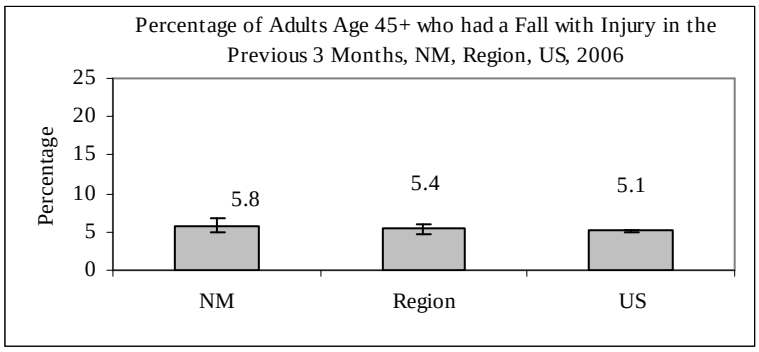
"Were you injured in the most recent fall?"

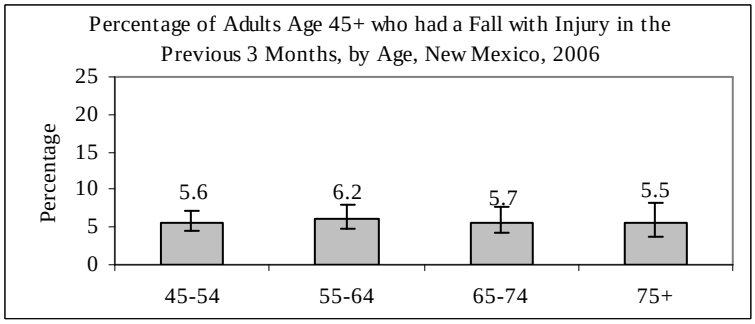
Falls are a major concern for older adults ages 65 years and older. For this age group, the leading cause of injury death is falls.[32] Falls also are the most common cause of nonfatal injuries and hospital trauma admissions[33] for this age group. Twenty to thirty percent of those who fall suffer moderate to severe injuries.[34] Along with long-term consequences such as disability, loss of independence and reduced quality of life, falls can be financially expensive to treat.

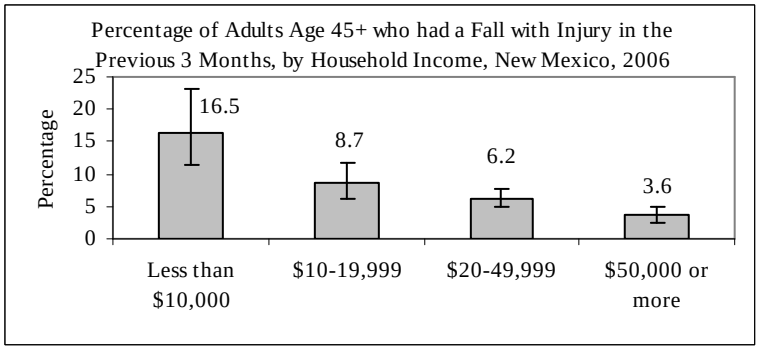
The above questions were asked of all respondents greater or equal to 45 years of age.

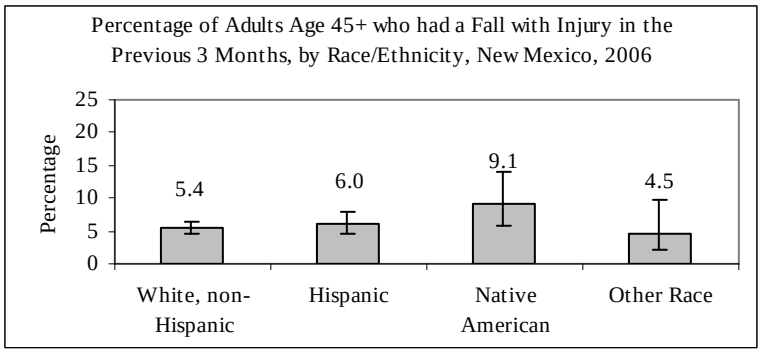
IN NEW MEXICO,

- 5.8% of adults age 45 or more had fallen and been injured in the previous 3 months. This was not statistically difference than the region (5.4%) or the U.S. (5.1%)
- Adults 45 years and older living in a household with an annual income less than $10,000 were several times more likely to report a fall with injury than adults living in households with an annual income of $50,000 or more.
- Adults who were unemployed or unable to work were more likely to report a fall with injury in the previous 3 months.









FALLS RESULTING IN INJURY

Table 32. Percentage of New Mexicans ages 45 years and older who have fallen down AND suffered an injury in the past 3 months, NM BRFSS, 2006.

Demographic Characteristics	In the past 3 months, how many times have you fallen? How many of these falls caused an injury? By an injury, we mean the fall caused you to limit your regular activities for at least a day or to go see a doctor.				
	Total Number Who Responded to the Questions*	Total Number Who Responded "Yes"	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	4,235	263	5.8	5.0	6.7
GENDER					
Male	1,620	84	5.3	4.1	6.8
Female	2,615	179	6.2	5.2	7.3
AGE					
45-54	1,337	85	5.6	4.4	7.2
55-64	1,307	87	6.2	4.8	7.9
65-74	909	53	5.7	4.2	7.7
75+	644	36	5.5	3.6	8.3
RACE/ETHNICITY					
White, non-Hispanic	2,675	157	5.4	4.5	6.5
Hispanic	1,102	71	6.0	4.5	7.9
Native American	308	26	9.1	5.8	14.0
Other Race	103	7	4.5	2.0	9.7
EDUCATION					
Less than High School Graduate	579	44	6.6	4.6	9.4
High School Graduate or G.E.D.	1,104	66	6.6	4.9	8.8
Some College	1,156	69	5.5	4.0	7.3
College Graduate	1,388	84	5.1	4.0	6.5
INCOME					
Less than $10,000	238	38	16.5	11.5	23.1
$10-19,999	716	62	8.7	6.3	11.8
$20-49,999	1,517	92	6.2	4.9	7.8
$50,000 or more	1,276	53	3.6	2.6	5.0
EMPLOYMENT					
Employed	2,012	95	3.9	3.1	4.9
Unemployed	122	13	9.5	5.1	17.1
Homemaker/Student	352	15	4.4	2.4	7.7
Retired	1,371	63	4.5	3.3	6.1
Unable to Work	372	77	22.1	17.1	28.1
Geographic Region☼					
North West	998	60	5.6	4.1	7.6
North East	845	61	7.8	5.9	10.2
Bernalillo County	729	41	5.2	3.7	7.2
South East	801	53	6.0	4.4	8.1
South West	849	47	4.6	3.3	6.4

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

TOBACCO USE

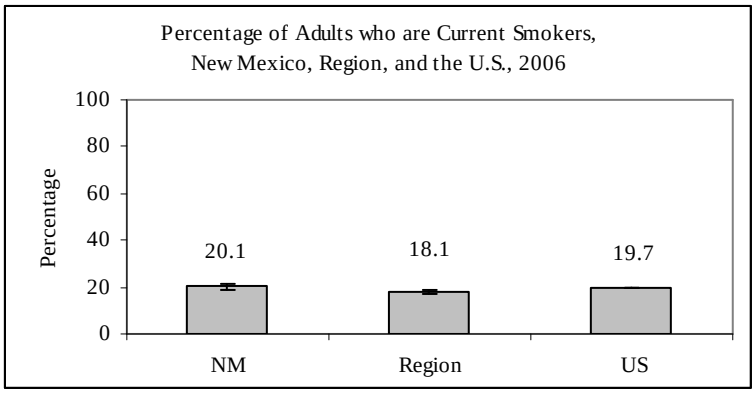
QUESTIONS:
"Have you smoked at least 100 cigarettes in your entire life?"

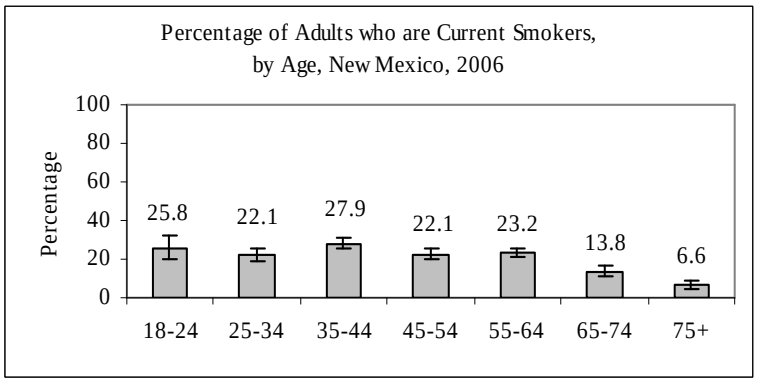
"Do you now smoke cigarettes every day, some days, or not at all?"

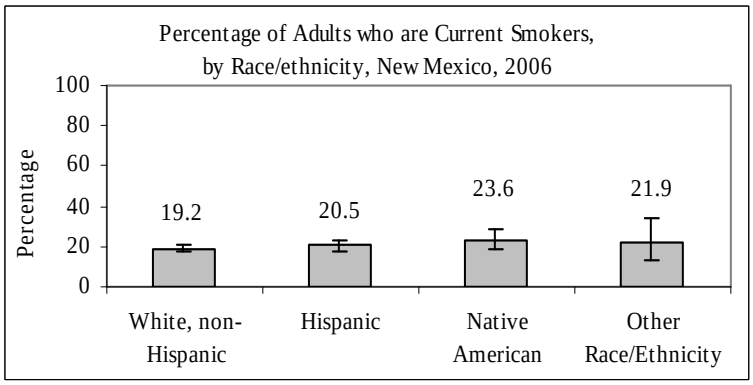
Smoking and chewing tobacco have been shown to be risk factors for lung, oral, bladder, kidney, and pancreatic cancer, as well as for cardiovascular disease, particularly stroke.[22] BRFSS defines current smokers as respondents who have smoked at least 100 cigarettes and now report smoking "Every Day" or "Some Days".

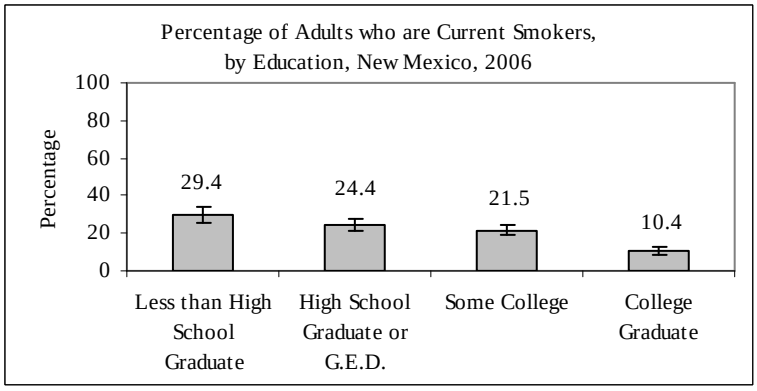
IN NEW MEXICO,

- In New Mexico, 20.1% of adults were current smokers. This was not statistically different from the Region (18.1%) or the U.S. (19.7%).
- 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.
- 58.9% 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 (57.0%) and the U.S. (57.2%).









TOBACCO USE

Table 33. Percentage of New Mexicans who are current smokers, NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Question*	Current smoker			
		Total Number Who Responded "Yes" ⊗	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	6,560	1,263	20.1	18.8	21.6
GENDER					
Male	2,507	545	22.6	20.4	24.9
Female	4,053	718	17.8	16.3	19.5
AGE					
18-24	328	83	25.2	19.7	31.6
25-34	819	181	22.7	19.3	26.5
35-44	1,055	233	21.0	18.1	24.2
45-54	1,359	301	22.1	19.5	25.0
55-64	1,347	276	19.7	17.2	22.5
65-74	932	145	14.5	12.0	17.4
75+	679	41	5.7	3.9	8.4
RACE/ETHNICITY					
White, non-Hispanic	3,640	692	19.2	17.5	20.9
Hispanic	2,035	401	20.5	18.1	23.2
Native American	649	121	23.6	19.0	28.8
Other Race/Ethnicity	165	34	21.9	13.4	33.7
EDUCATION					
Less than High School Graduate	897	225	29.4	25.2	34.0
High School Graduate or G.E.D.	1,801	415	24.4	21.6	27.5
Some College	1,826	401	21.5	19.0	24.1
College Graduate	2,021	219	10.4	8.9	12.3
INCOME					
Less than $10,000	359	118	37.7	30.5	45.4
$10-19,999	1,078	276	28.7	24.9	32.8
$20-49,999	2,440	506	22.7	20.5	25.2
$50,000 or more	1,958	239	10.8	9.3	12.6
EMPLOYMENT					
Employed	3,610	722	20.3	18.6	22.2
Unemployed	256	82	34.6	26.9	43.1
Homemaker/Student	795	120	14.5	11.6	18.3
Retired	1,416	177	12.1	10.1	14.4
Unable to Work	463	159	42.7	35.9	49.7
Geographic Region☼					
North West	1,659	321	22.2	19.5	25.2
North East	1,213	209	18.0	15.4	20.8
Bernalillo County	1,153	198	18.9	16.1	22.1
South East	1,242	268	23.7	20.6	27.3
South West	1,267	267	19.9	17.2	22.9

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

☼ 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 34. Percentage of New Mexican smokers who stopped smoking for one day or longer because they were trying to quit smoking, NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Question - Current Smokers*	During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?			
		Total Number of Current Smokers Who Responded "Yes"	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	1,260	681	58.9	55.1	62.6
GENDER					
Male	544	276	57.0	51.3	62.5
Female	716	405	61.1	56.3	65.7
AGE					
18-24	83	58	73.6	60.9	83.3
25-34	179	107	58.4	49.1	67.1
35-44	233	131	59.8	51.7	67.4
45-54	301	163	59.7	52.8	66.3
55-64	275	139	49.7	42.3	57.1
65-74	145	66	46.4	36.8	56.2
75+	41*	—	—	—	—
RACE/ETHNICITY					
White, non-Hispanic	690	346	55.2	50.3	60.0
Hispanic	401	242	63.8	57.1	69.9
Native American	120	62	50.5	38.3	62.7
Other Race/Ethnicity	34*	—	—	—	—
EDUCATION					
Less than High School Graduate	225	132	64.0	55.3	71.8
High School Graduate or G.E.D.	412	211	57.1	50.2	63.8
Some College	401	217	60.5	54.1	66.5
College Graduate	219	121	53.7	45.0	62.2
INCOME					
Less than $10,000	117	63	58.3	45.2	70.4
$10-19,999	276	151	60.3	51.9	68.0
$20-49,999	505	284	60.7	55.0	66.1
$50,000 or more	238	116	54.6	46.6	62.3
EMPLOYMENT					
Employed	720	381	57.5	52.5	62.4
Unemployed	82	45	50.9	37.1	64.5
Homemaker/Student	120	72	68.0	56.8	77.4
Retired	176	77	46.9	37.6	56.3
Unable to Work	159	106	73.7	63.7	81.7
Geographic Region☼					
North West	321	182	61.5	54.2	68.2
North East	209	132	66.8	58.8	73.9
Bernalillo County	197	98	57.6	48.8	65.8
South East	267	131	58.5	50.5	66.1
South West	266	138	52.5	44.4	60.5

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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

QUESTIONS:

A drink of alcohol is 12-ounce beer, a 5-ounce glass of wine, or a drink with one 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?"

"During the past 30 days, 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 (men) or 4 (women)) 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?"

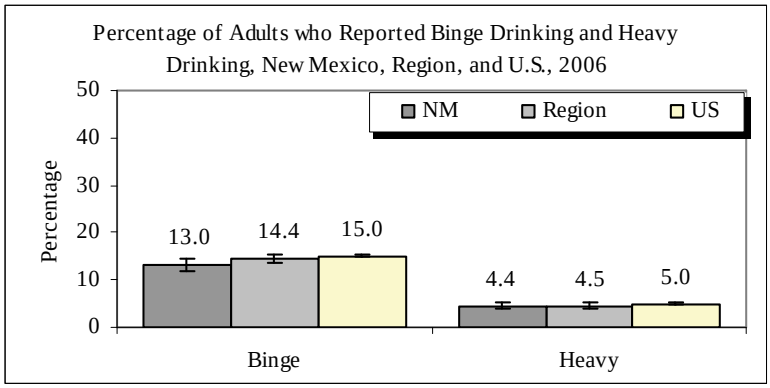
Excessive alcohol consumption is a contributing factor to morbidity and mortality from many causes.[23] Acute binge drinking (defined as 5 or more drinks for males and 4 or more drinks for females on at least one occasion during the past month) is strongly associated with injuries and death from motor vehicle crashes, homicide, suicide, falls and drug overdose. Chronic 'heavy' drinking (defined as > 2 drinks per day for men and > 1 drink per day for women on average during the past month) is strongly associated with numerous alcohol-related diseases, most notably alcohol-related chronic liver disease.[24] Over the past 20 years New Mexico has consistently had among the highest alcohol-related death rates in the United States from both injury and disease causes.

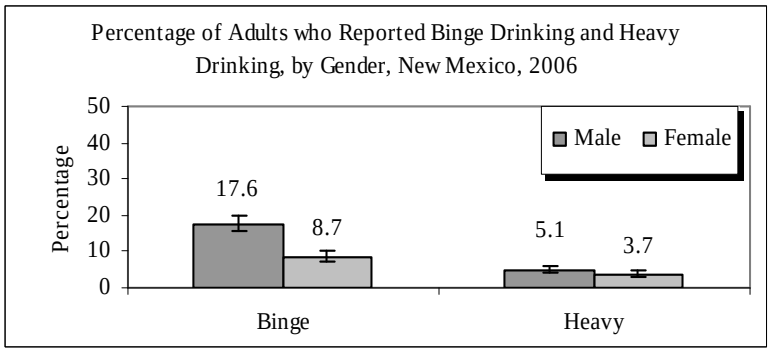
IN NEW MEXICO,

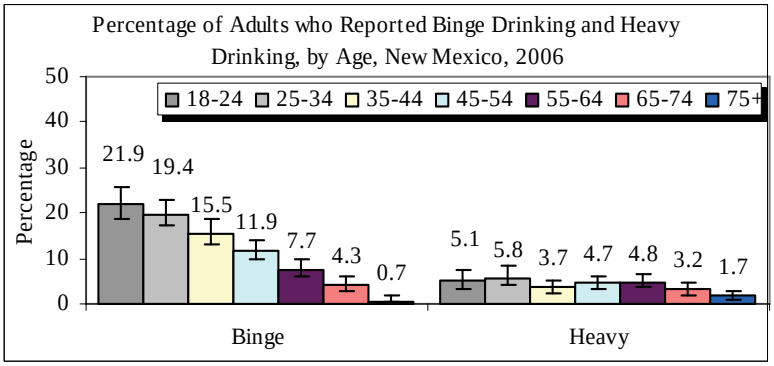
- 13.0% of New Mexico adults reported binge drinking in the past 30 days which was similar to bordering states (Region, 14.4%) but lower than the nation (15.0%). 4.4% of New Mexico adults reported heavy drinking, which was similar to the region (4.5%) and the U.S. (5.0%).

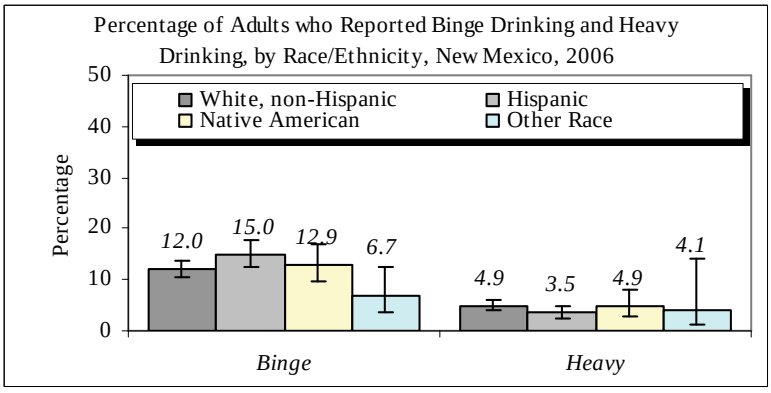
- The percentage of males who reported binge drinking (17.6%) was higher than the percentage for females (8.7%).

- Binge drinking and heavy drinking decreased with age.









- There was no significant difference in binge or heavy drinking by race/ethnicity, education level, or income.

ALCOHOL CONSUMPTION — BINGE

Table 35. Percentage of Adult New Mexicans who are binged at least once in the past 30 days (males ≥ 5 drinks on one occasion or females ≥4 drinks) on one occasion in past month, NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Question*	Binge drinking: Men having 5 or more and Women having 4 or more drinks on one occasion in the past month			
		Total Number Reporting at Least One Binge in Past Month	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,412	657	13.0	11.8	14.3
GENDER					
Male	2,431	385	17.6	15.6	19.9
Female	3,981	272	8.7	7.5	10.1
AGE					
18-24	315	70	21.9	16.6	28.3
25-34	801	139	19.4	16.1	23.1
35-44	1,034	159	15.5	12.9	18.5
45-54	1,340	141	11.9	9.9	14.2
55-64	1,312	104	7.7	6.2	9.7
65-74	908	36	4.3	3.0	6.2
75+	663	6	0.7	0.3	1.7
RACE/ETHNICITY					
White, non-Hispanic	3,578	330	12.0	10.5	13.6
Hispanic	1,982	231	15.0	12.7	17.6
Native American	625	76	12.9	9.8	16.8
Other Race	163	14	6.7	3.5	12.4
EDUCATION					
Less than High School Graduate	865	77	11.0	8.2	14.6
High School Graduate or G.E.D.	1,753	180	14.6	12.0	17.6
Some College	1,805	217	13.8	11.8	16.1
College Graduate	1,979	183	11.8	9.9	13.9
INCOME					
Less than $10,000	349	32	14.1	9.4	20.7
$10-19,999	1,051	81	11.0	8.1	14.8
$20-49,999	2,412	264	14.0	12.1	16.1
$50,000 or more	1,936	231	13.3	11.4	15.5
EMPLOYMENT					
Employed	3,532	467	16.1	14.5	18.0
Unemployed	248	36	13.0	8.6	19.2
Homemaker/Student	781	57	9.0	6.5	12.3
Retired	1387	58	4.4	3.2	6
Unable to Work	453	37	13.7	8.0	22.3
Geographic Region☼					
North West	1,631	167	12.9	10.7	15.5
North East	1,183	125	13.9	11.5	16.8
Bernalillo County	1,124	107	12.4	9.9	15.5
South East	1,221	109	12.6	10.1	15.6
South West	1,229	146	13.9	11.5	16.6

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

ALCOHOL CONSUMPTION — HEAVY

Table 36. Percentage of Adult New Mexicans who are heavy drinkers (2 or more drinks per day (men) or 1 or more drinks per day (women) on average in past month), NM BRFSS, 2006.

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	6,415	255	4.4	3.7	5.1
GENDER					
Male	2,442	132	5.1	4.1	6.3
Female	3,973	123	3.7	3.0	4.7
AGE					
18-24	313	16	5.1	3.0	8.6
25-34	803	41	5.8	4.0	8.3
35-44	1,032	40	3.7	2.5	5.3
45-54	1,343	59	4.7	3.5	6.3
55-64	1,312	58	4.8	3.6	6.5
65-74	911	28	3.2	2.1	4.8
75+	662	13	1.7	0.9	3.0
RACE/ETHNICITY					
White, non-Hispanic	3,582	159	4.9	4.0	6.0
Hispanic	1,983	61	3.5	2.6	4.8
Native American	622	25	4.9	3.0	7.9
Other Race/Ethnicity	164	6	4.1	1.1	14.3
EDUCATION					
Less than High School Graduate	862	23	3.4	2.0	5.8
High School Graduate or G.E.D.	1,759	71	4.7	3.5	6.3
Some College	1,805	74	4.3	3.2	5.8
College Graduate	1,979	87	4.5	3.5	5.8
INCOME					
Less than $10,000	349	10	2.3	1.1	4.5
$10-19,999	1,049	33	3.6	2.3	5.5
$20-49,999	2,412	78	3.8	2.9	5.0
$50,000 or more	1,940	111	5.3	4.2	6.6
EMPLOYMENT					
Employed	3,530	162	4.9	4.1	6.0
Unemployed	251	14	5.8	3.0	10.8
Homemaker/Student	778	19	2.6	1.4	4.6
Retired	1392	43	3.5	2.4	5
Unable to Work	453	17	4.4	2.5	7.5
Geographic Region☼					
North West	1,636	66	4.1	3.0	5.6
North East	1,182	46	4.6	3.3	5.6
Bernalillo County	1,120	45	4.2	3.0	5.8
South East	1,216	36	3.8	2.4	6.0
South West	1,237	61	5.1	3.8	7.0

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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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ALCOHOL CONSUMPTION — MALES

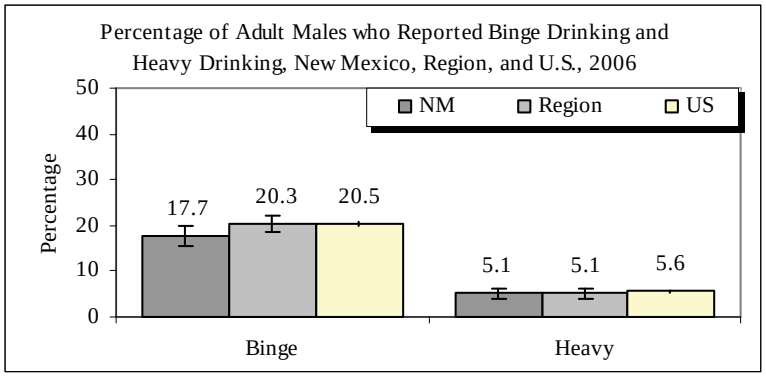
The relationship of drinking behavior to demographic factors follows similar patterns between men and women but the magnitude is quite different. Males have roughly twice the alcohol-related death rates of females, in both the United States and in New Mexico.[23,24]

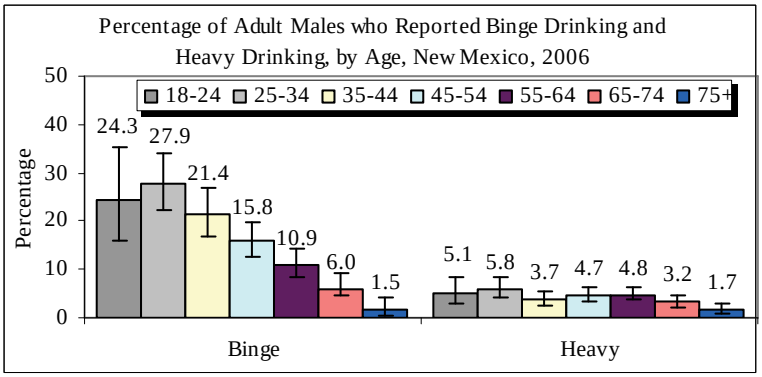
These differences are driven in part by differences in the prevalence of excessive alcohol consumption. Among males, binge drinking is defined as 5 or more drinks on at least one occasion during the past month; and heavy drinking is defined as drinking more than 2 drinks per day on average during the past month.

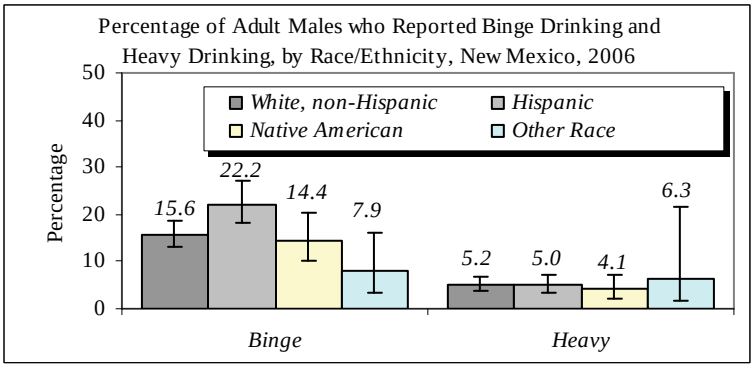
In 2006, men were more likely to have binged in the past 30 days and were more likely to report heavy drinking (even though the definitions of binge and heavy drinking attempt to adjust for differing body mass and metabolism by sex).

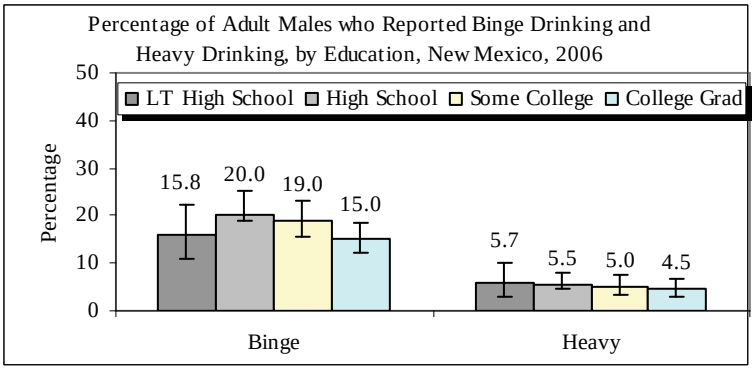
IN NEW MEXICO,

- 17.7% of New Mexico adult males reported binge drinking in the past 30 days which was less than bordering states (Region, 20.3%) and the U.S. (20.5%). 5.1% of New Mexico adult males reported heavy drinking, which was similar to the region (5.1%) and the U.S. (5.6%).
- Among males, both binge drinking and heavy drinking peaked in the age 25-34 category. Adult male binge drinking decreased significantly with age, whereas heavy drinking showed less of a decrease with age.
- Hispanic males reported noticeably (but not significantly) higher binge drinking rates (22.2%) than White, non-Hispanic (15.6%), Native American (14.4%) or Other race (7.9%) males. There were less pronounced differences in heavy drinking by race/ethnicity.









- Binge drinking was highest (20.0%) among males with a high-school level of education and significantly higher in this group than among college graduates (15.0%).

ALCOHOL CONSUMPTION – BINGE (MALES)

Table 37. Percentage of Adult Men who are binge drinkers (≥ 5 drinks on one occasion in past month), NM BRFSS, 2006.

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	2,431	385	17.6	15.6	19.9
AGE					
18-24	124	31	24.3	16.0	35.1
25-34	299	88	27.9	22.4	34.2
35-44	392	92	21.4	17.0	26.7
45-54	537	86	15.8	12.5	19.8
55-64	510	61	10.9	8.2	14.4
65-74	327	22	6.0	3.7	9.4
75+	228	4	1.5	0.5	4.0
RACE/ETHNICITY					
White, non-Hispanic	1,398	189	15.6	13.1	18.5
Hispanic	658	144	22.2	18.1	27.0
Native American	243	39	14.4	10.0	20.3
Other race or multi-racial	77	9	7.9	3.6	16.3
EDUCATION					
Less than High School Graduate	281	43	15.8	10.8	22.4
High School Graduate or G.E.D.	691	109	20.0	15.5	25.4
Some College	635	122	19.0	15.5	23.1
College Graduate	823	111	15.0	12.1	18.5
INCOME					
Less than $10,000	93	15	19.5	10.9	32.6
$10-19,999	319	41	15.8	10.2	23.6
$20-49,999	954	151	18.1	14.9	21.7
$50,000 or more	861	153	18.4	15.2	22.0
EMPLOYMENT					
Employed	1,547	293	20.4	17.8	23.3
Unemployed	90	20	14.2	8.2	23.5
Homemaker/Student**	54	--	--	--	--
Retired	555	35	5.4	3.7	7.7
Unable to Work	179	21	18.4	8.7	34.6
Geographic Region✡					
North West	644	96	17.5	13.8	22.0
North East	450	72	18.0	14.0	22.8
Bernalillo County	419	57	16.2	11.8	21.9
South East	442	71	18.8	14.5	24.1
South West	463	87	19.7	15.6	24.5

* 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 6,581 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.

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

** Insufficient sample size.

ALCOHOL CONSUMPTION – HEAVY (MALES)

Table 38. Percentage of Adult Males who are heavy drinkers (2 or more drinks per day on average in past month), NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Question*	Heavy drinking: Among men, 2 or more drinks per day on average in past month.			
		Total Number Who Responded "Yes"	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,442	132	5.1	4.1	6.3
AGE					
18-24	127	5	3.6	1.4	9.0
25-34	302	25	8.0	5.1	12.4
35-44	391	24	5.2	3.2	8.4
45-54	540	28	4.7	3.0	7.2
55-64	512	29	5.3	3.5	8.0
65-74	329	15	4.3	2.4	7.3
75+	227	6	2.1	0.9	4.9
RACE/ETHNICITY					
White, non-Hispanic	1,404	74	5.2	3.9	6.8
Hispanic	690	38	5.0	3.4	7.3
Native American	242	13	4.1	2.2	7.4
Other Race/Ethnicity	78	5	6.3	1.6	21.5
EDUCATION					
Less than High School Graduate	279	16	5.7	3.1	10.2
High School Graduate or G.E.D.	699	41	5.5	3.8	8.1
Some College	638	38	5.0	3.3	7.5
College Graduate	825	37	4.5	3.0	6.6
INCOME					
Less than $10,000	94	5	3.3	1.3	8.4
$10-19,999	317	17	4.0	2.3	7.1
$20-49,999	957	48	4.9	3.4	6.8
$50,000 or more	866	53	5.5	4.0	7.6
EMPLOYMENT					
Employed	1,550	90	5.3	4.1	6.8
Unemployed	93	9	8.6	3.8	18.3
Homemaker/Student	54	--	--	--	--
Retired	559	20	3.3	2.1	5.4
Unable to Work	180	11	6.1	3.1	11.6
Geographic Region☼					
North West	650	35	5.0	3.2	7.7
North East	453	20	4.8	2.9	7.8
Bernalillo County	415	21	4.2	2.5	6.8
South East	439	22	6.2	3.6	10.7
South West	472	33	6.1	4.1	9.1

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

ALCOHOL CONSUMPTION — FEMALES

Among females, binge drinking is defined as 4 or more drinks on at least one occasion during the past month; and heavy drinking is defined as drinking more than 1 drink per day on average during the past month.

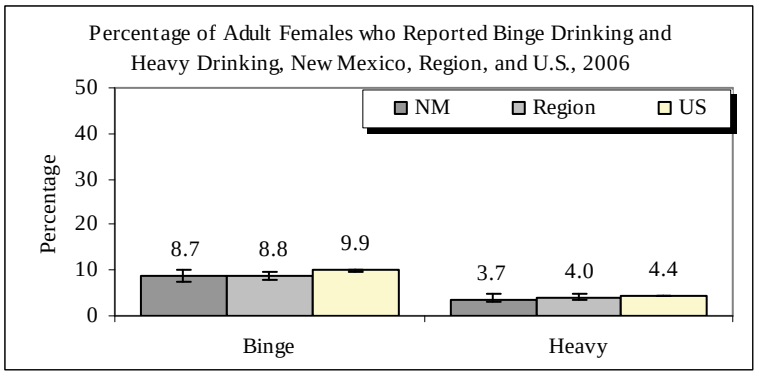
IN NEW MEXICO,

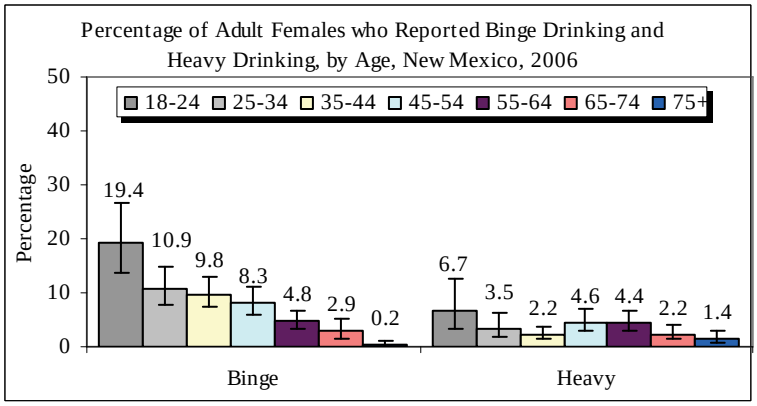
- 8.7% of New Mexico adult females reported binge drinking in the past 30 days which was similar to bordering states (Region, 8.8%) but lower than the U.S. (9.9%). 3.7% of New Mexico adult females reported heavy drinking, which was lower than the region (4.0%) and the U.S. (4.4%).

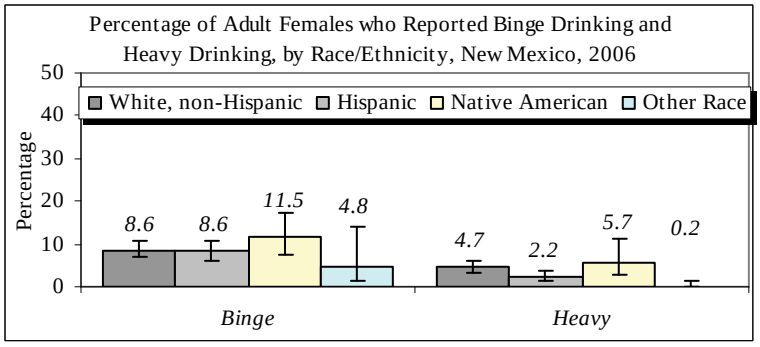
- Among females, both binge drinking and heavy drinking peaked in the age 18-24 category. Adult female binge drinking decreased steadily and significantly with age, whereas heavy drinking was lower among 25-44 year-olds, but higher among 45-64 year-olds.

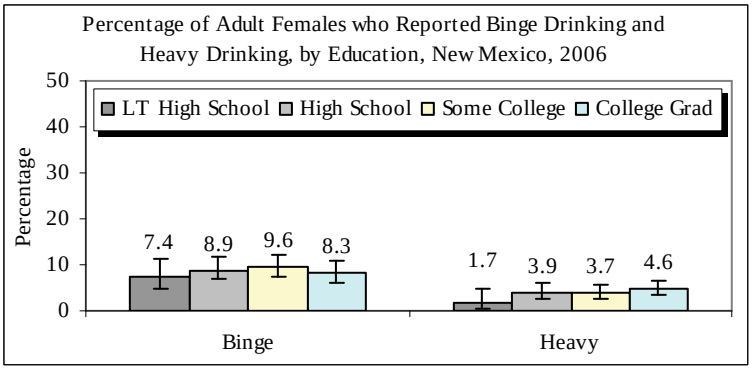
- Native American females reported noticeably (but not significantly) higher binge drinking rates (11.5%) than White, non-Hispanic (8.6%), Hispanic (8.6%), or Other race (4.8%) females. Native American females also reported higher rates of heavy drinking (5.7%) than White, non-Hispanic (4.7%), Hispanic (2.2%) and Other race (0.2%) females, with rates comparable to male rates.

- There were only slight differences in binge drinking prevalence by education level among females, with the highest rate (9.6%) reported among females with an education level of 'Some College'. There were more pronounced differences in the prevalence of heavy drinking among females; the highest rate (4.6%) was reported by college graduates and the lowest rate (1.7%) by females with less than a high-school level of education.









ALCOHOL CONSUMPTION — BINGE (FEMALES)

Table 39. Percentage of Adult Women who are binge drinkers (≥ 4 drinks on one occasion in past month), NM BRFSS, 2006.

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 — HEAVY (FEMALES)

Table 40. Percentage of Adult Females who are heavy drinkers (1 or more drinks per day on average in past month), NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Question*	Heavy drinking: 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	3,973	123	3.7	3.0	4.7
AGE					
18-24	186	11	6.7	3.5	12.5
25-34	501	16	3.5	1.9	6.4
35-44	641	16	2.2	1.3	3.8
45-54	803	31	4.6	3.1	6.9
55-64	800	29	4.4	2.9	6.7
65-74	582	13	2.2	1.3	4.0
75+	435	7	1.4	0.6	3.1
RACE/ETHNICITY					
White, non-Hispanic	2,178	85	4.7	3.5	6.1
Hispanic	1,293	23	2.2	1.4	3.6
Native American	380	12	5.7	2.8	11.4
Other Race/Ethnicity	86	1	0.2	0.0	1.5
EDUCATION					
Less than High School Graduate	583	7	1.7	0.6	4.9
High School Graduate or G.E.D.	1,060	30	3.9	2.5	6.1
Some College	1,167	36	3.7	2.4	5.7
College Graduate	1,154	50	4.6	3.3	6.4
INCOME					
Less than $10,000	255	5	1.6	0.6	4.3
$10-19,999	732	16	3.2	1.7	6.1
$20-49,999	1,455	30	2.8	1.8	4.4
$50,000 or more	1,074	58	5.1	3.8	6.8
EMPLOYMENT					
Employed	1,980	72	4.5	3.3	6.0
Unemployed	158	5	2.9	1.1	7.9
Homemaker/Student	724	17	2.4	1.3	4.3
Retired	833	23	3.6	2.1	6.3
Unable to Work	273	6	2.9	1.1	7.3
Geographic Region☼					
North West	986	31	3.3	2.2	4.9
North East	729	26	4.5	2.8	7.1
Bernalillo County	705	24	4.2	2.7	6.5
South East	777	14	1.6	0.9	2.7
South West	765	28	4.1	2.5	6.8

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

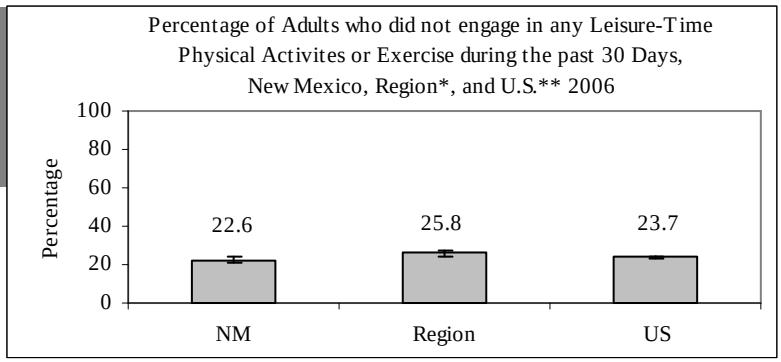
EXERCISE

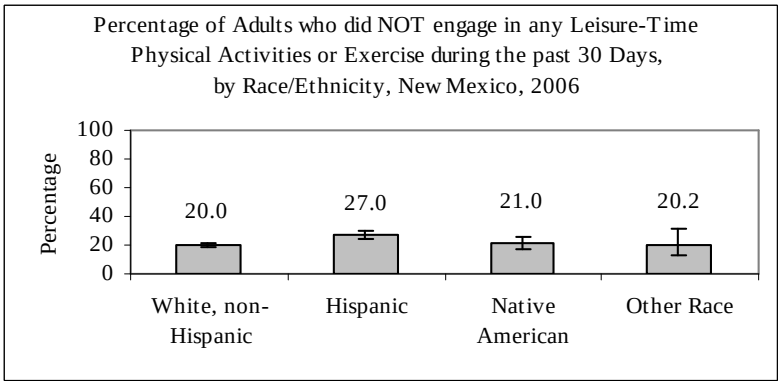
QUESTION:
"During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"

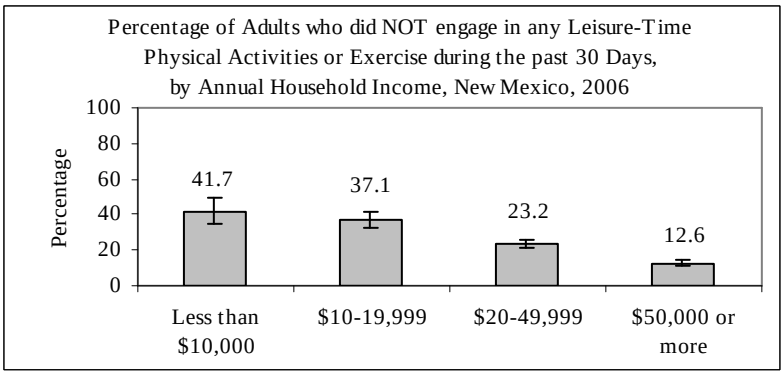
Among the health benefits of regular physical activity are reduced risk of coronary heart disease, lower heart rate and blood pressure, reduced weight, lower serum triglyceride levels, increased "good" cholesterol, reduced risk of osteoporosis by increasing bone density, boosting of immune function, beneficial effect on clotting mechanisms and improved psychological well-being and quality of life.[27]

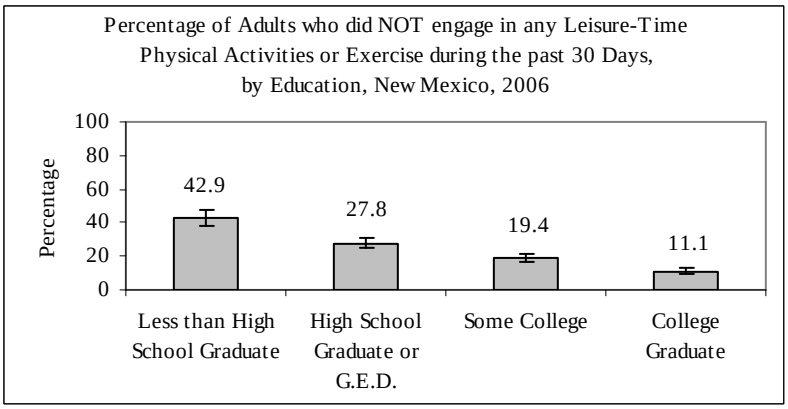
IN NEW MEXICO,

- 22.6% of New Mexicans did not engage in any leisure-time activities or exercise during the past 30 days. This percentage was significantly lower than the percentage for the Region (25.8%) but similar to that of the U.S. (23.7%).
- Hispanics (27.0%) were less likely than White, non-Hispanics (20.0%) and Native Americans (21.0%) 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.
- Residents of the Southeast and Southwest regions of the state were less likely to have engaged in any leisure-time activities than residents of other regions.
- There was little difference by age group until age 65. Adults age 65 or more were less likely to engage in leisure-time activities than adults of younger age groups.









EXERCISE

Table 41. Percentage of Adult New Mexicans who did not participate in any physical activities or exercise during the past month, NM BRFSS, 2006.

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	6,579	1,623	22.6	21.3	24.0
GENDER					
Male	2,514	558	20.0	18.0	22.1
Female	4,065	1065	25.1	23.4	26.9
AGE					
18-24	329	68	17.1	12.8	22.4
25-34	821	170	19.5	16.4	23.0
35-44	1,055	226	21.1	18.1	24.4
45-54	1,365	283	21.9	19.2	24.8
55-64	1,347	329	22.8	20.2	25.6
65-74	937	288	30.6	27.0	34.3
75+	683	250	35.3	31.1	39.8
RACE/ETHNICITY					
White, non-Hispanic	3,648	796	20.0	18.4	21.7
Hispanic	2,040	624	27.0	24.6	29.6
Native American	654	158	21.0	17.3	25.3
Other Race	166	34	20.2	12.3	31.3
EDUCATION					
Less than High School Graduate	900	399	42.9	38.5	47.5
High School Graduate or G.E.D.	1,806	564	27.8	25.1	30.7
Some College	1,833	393	19.4	17.1	21.9
College Graduate	2,025	261	11.1	9.6	12.9
INCOME					
Less than $10,000	358	154	41.7	34.6	49.1
$10-19,999	1,079	413	37.1	33.1	41.2
$20-49,999	2,447	584	23.2	21.0	25.5
$50,000 or more	1,964	265	12.6	10.9	14.6
EMPLOYMENT					
Employed	3,620	706	19.0	17.3	20.8
Unemployed	256	70	31.5	23.6	40.7
Homemaker/Student	797	193	19.0	16.0	22.4
Retired	1423	399	27.4	24.6	30.3
Unable to Work	463	249	50.0	43.4	56.5
Geographic Region☼					
North West	1,665	387	21.1	18.7	23.7
North East	1,218	253	19.8	17.2	22.7
Bernalillo County	1,156	217	18.2	15.6	21.1
South East	1,245	406	32.6	29.3	36.1
South West	1,268	352	26.8	23.8	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 6,581 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.

☼ 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 anytime 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?"

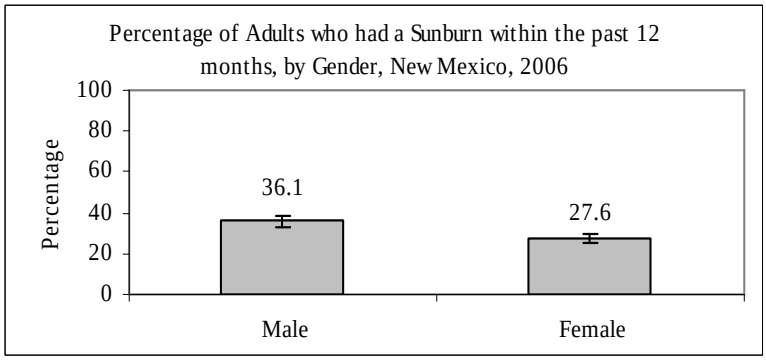
The most important environmental factor in developing skin cancer is blistering burn resulting from over-exposure to the sun's ultraviolet (UV) rays. The best prevention practices for all ages include: avoid the sun between 10:00 AM and 4:00 PM; cover up with tightly-woven fabric and a broad-brimmed hat; use sunscreen (at least SPF 15); and avoid sun lamps and tanning beds.[43]

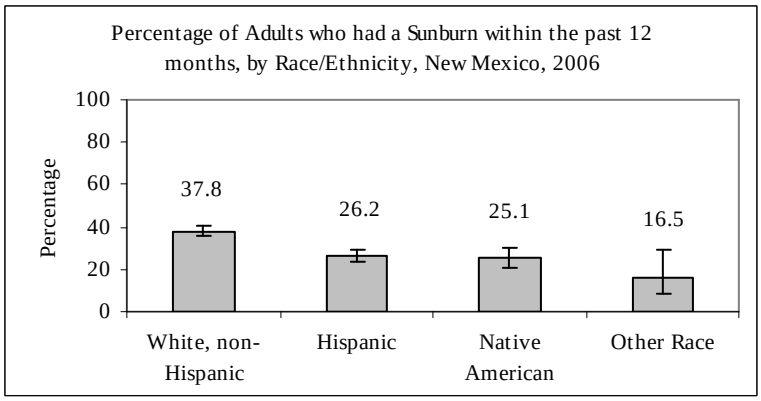
The ABCDE Rule can help to identify skin lesions or moles that should be seen by a medical professional:

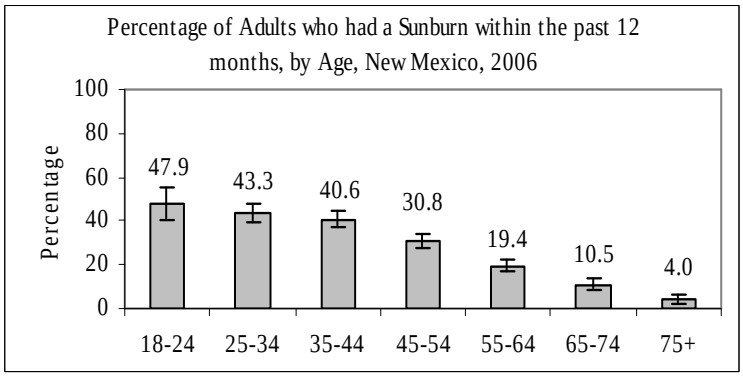
A. Asymmetry (one side doesn't match the other)
B. Border (edges are irregular)
C. Color (is not uniform)
D. Diameter (larger than pencil eraser)
E. Elevation (raised above the skin with uneven surface)

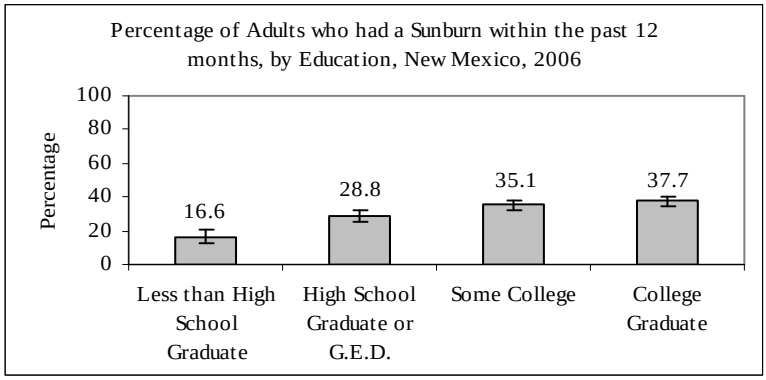
IN NEW MEXICO,

- 31.7% of adult New Mexicans reported having at least one sunburn within the previous 12 months. 23.0% reported two or more in that time period.
- Males were more likely to have had a sunburn within the past 12 months (36.1%) than Females (27.6%).
- White, non-Hispanic adults were more likely than adults of other groups to have had a sunburn within the past 12 months. This group is also more likely to be diagnosed with malignant melanoma and other forms of skin cancer.[38]
- Adults with higher education or greater household income were more likely to have had a sunburn within the past 12 months than those with less education or household income.









- Younger age groups were more likely to have had a sunburn within the past 12 months than older age groups.

EXCESS SUN EXPOSURE

Table 42. Percentage of Adult New Mexicans who had a sunburn within the past 12 months, NM BRFSS,

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	6,066	1,615	31.7	30.0	33.4
GENDER					
Male	2,303	750	36.1	33.4	38.9
Female	3,763	865	27.6	25.6	29.6
AGE					
18-24	306	143	47.9	40.7	55.2
25-34	765	339	43.3	39.1	47.6
35-44	981	388	40.6	36.8	44.5
45-54	1,282	395	30.8	27.8	33.9
55-64	1,237	241	19.4	16.8	22.2
65-74	858	77	10.5	8.1	13.4
75+	604	24	4.0	2.5	6.5
RACE/ETHNICITY					
White, non-Hispanic	3,432	1,074	37.8	35.6	40.1
Hispanic	1,841	365	26.2	23.2	29.3
Native American	582	139	25.1	20.7	30.1
Other race or multi-racial	153	20	16.5	8.8	28.8
EDUCATION					
Less than High School Graduate	783	93	16.6	13.0	20.9
High School Graduate or G.E.D.	1,641	379	28.8	25.5	32.3
Some College	1,732	510	35.1	31.9	38.4
College Graduate	1,901	633	37.7	34.9	40.6
INCOME					
Less than $10,000	324	54	24.8	17.9	33.2
$10-19,999	985	169	21.9	18.2	26.2
$20-49,999	2,288	602	30.8	28.1	33.7
$50,000 or more	1,864	685	40.9	38.0	43.9
EMPLOYMENT					
Employed	3,360	1,151	37.5	35.2	39.8
Unemployed	246	71	26.4	19.8	34.2
Homemaker/Student	732	205	37.7	32.6	43.0
Retired	1298	118	10.1	8.2	12.3
Unable to Work	420	66	17.4	13.1	22.8
Geographic Region☼					
North West	1,544	452	34.4	31.1	37.9
North East	1,132	304	30.8	27.5	34.4
Bernalillo County	1,054	275	30.3	26.8	34.1
South East	1,147	292	31.2	27.6	35.0
South West	1,169	287	32.3	28.7	36.2

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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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EXCESS SUN EXPOSURE—PREVENTION

QUESTIONS:

"When you go outside on a sunny day for more than one hour, how often do you use sunscreen or sunblock?"

"When you go outside on a sunny day for more than an hour, how often do you wear a wide-brimmed hat or any other hat that shades your face, ears, and neck from the sun?"

"Suppose that after several months of not being out in the sun, you then went out in the sun without a hat, sunscreen, or protective clothing for an hour. Would you sunburn, darken without sunburn, or not have anything happen?"

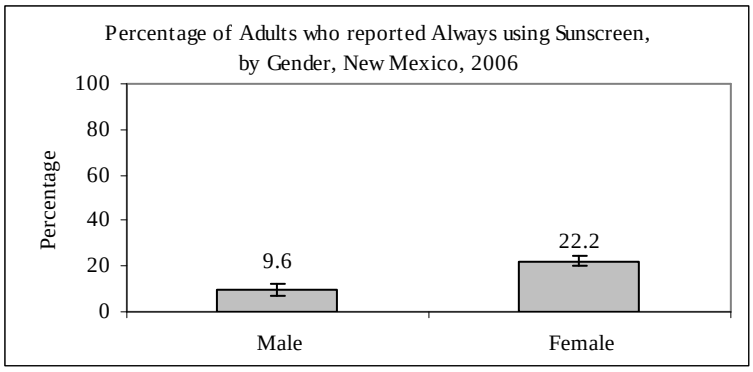
Consistent use of sunscreen is an effective means of preventing sunburn. While 23.1% of those who reported Always using sunscreen reported a sunburn in the past 12 months, 46.0% of those who reported Nearly Always using sunscreen reported a sunburn in the past 12 months.

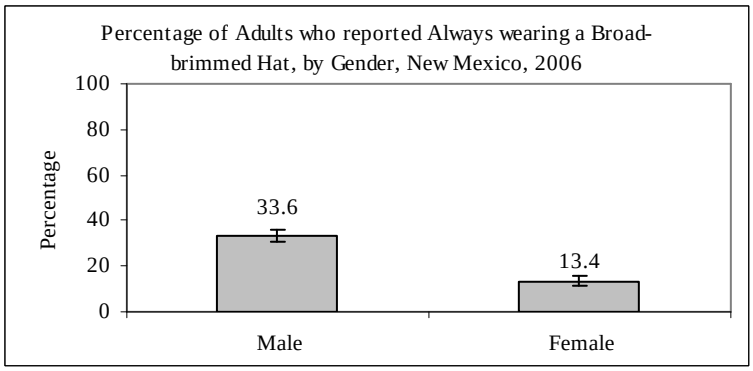
One's perception of risk of sunburn may not result in appropriate preventive behavior. Of those who indicated that they would burn if exposed to the sun for more than an hour without protective clothing or sunscreen, only 20.6% reported always using sunscreen, 26.1% reported always wearing a hat, and 40.2% reported a sunburn in the previous 12 months.

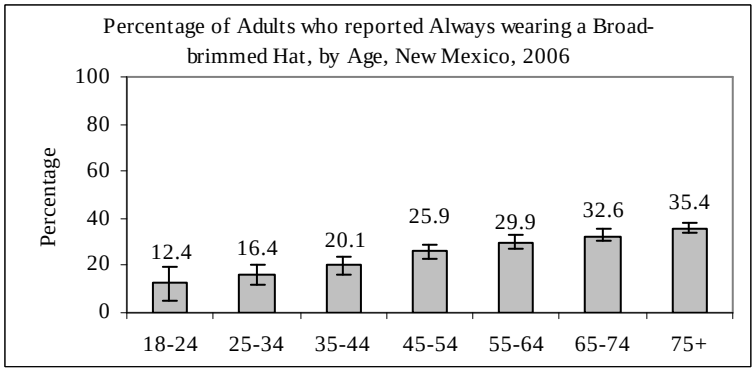
One's perception of risk of sunburn may not be reliable, either. Of those who indicated that they would NOT burn if exposed to the sun for more than an hour without protective clothing or sunscreen, 24.6% reported a sunburn in the previous 12 months.

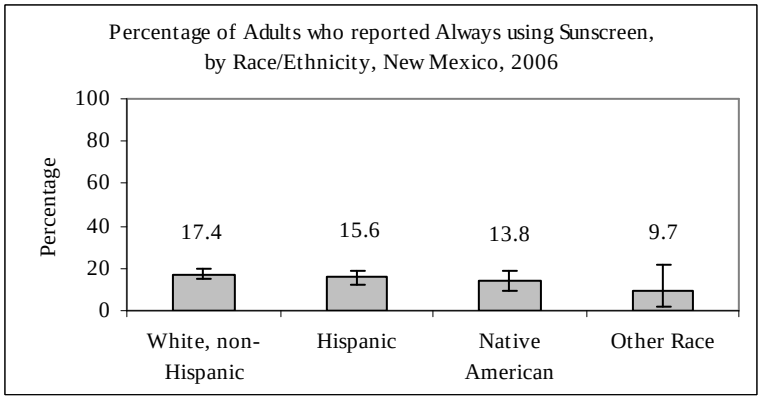
IN NEW MEXICO,

- Women were more likely to report always using sunscreen while men were more likely to report always wearing a broad-brimmed hat.
- Always using sunscreen and always wearing a broad-brimmed hat increased with age.









- While White, non-Hispanic adults are at greater risk of melanoma[38], they were not more likely to report always using sunscreen or always wearing a broad-brimmed hat than members of other groups.

EXCESS SUN EXPOSURE—SUN SCREEN

Table 43. Percentage of Adult New Mexicans who report always using sun screen, NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Question*	How often do you use sun screen or sun block?			
		Total Number Who Responded "Always"	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	6,069	1,043	16.1	14.9	17.4
GENDER					
Male	2,309	224	9.6	8.2	11.3
Female	3,760	819	22.2	20.4	24.0
AGE					
18-24	306	45	13.8	9.7	19.1
25-34	765	113	14.4	11.6	17.6
35-44	981	156	15.3	12.7	15.3
45-54	1,283	226	16.4	14.1	19.0
55-64	1,240	228	17.5	15.1	20.1
65-74	858	160	19.4	16.4	22.7
75+	604	107	19.9	16.2	24.2
RACE/ETHNICITY					
White, non-Hispanic	3,438	622	17.4	15.7	19.1
Hispanic	1,839	305	15.6	13.5	17.9
Native American	581	91	13.8	10.7	17.6
Other Race/Ethnicity	153	15	9.7	4.7	19.0
EDUCATION					
Less than High School Graduate	779	93	11.1	8.7	14.1
High School Graduate or G.E.D.	1,639	273	16.0	13.7	18.6
Some College	1,735	320	17.6	15.3	20.2
College Graduate	1,907	354	16.9	14.9	19.1
INCOME					
Less than $10,000	323	38	7.8	5.3	11.3
$10-19,999	984	150	14.5	12.0	17.5
$20-49,999	2,291	389	15.8	14.0	17.9
$50,000 or more	1,869	348	17.5	15.4	19.8
EMPLOYMENT					
Employed	3,364	565	15.3	13.8	17.0
Unemployed	244	39	12.2	7.8	18.6
Homemaker/Student	731	142	19.9	16.2	24.3
Retired	1300	243	19.2	16.7	22.0
Unable to Work	420	51	9.7	7.0	13.3
Geographic Region☼					
North West	1,542	243	14.4	12.2	16.9
North East	1,136	211	16.5	14.1	19.2
Bernalillo County	1,056	204	17.4	14.9	20.2
South East	1,149	178	14.4	12.1	17.1
South West	1,166	203	16.3	13.7	19.2

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

EXCESS SUN EXPOSURE—USE OF HAT

Table 44. Percentage of Adult New Mexicans who report always wearing a hat, NM BRFSS, 2006.

Demographic Characteristics	Total Number Who Responded to the Question*	How often do you wear a hat when exposed to the sun?			
		Total Number Who Responded "Always"	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	6,071	1,487	23.1	21.8	24.6
GENDER					
Male	2,310	883	33.6	31.1	36.1
Female	3,761	604	13.4	12.1	14.7
AGE					
18-24	306	38	12.4	8.5	17.6
25-34	765	115	16.4	13.3	20.0
35-44	979	191	20.1	17.2	23.3
45-54	1,285	331	25.9	23.1	29.0
55-64	1,240	349	29.9	26.9	33.2
65-74	858	243	32.6	28.8	36.7
75+	606	212	35.4	31.0	40.1
RACE/ETHNICITY					
White, non-Hispanic	3,440	812	22.8	21.0	24.6
Hispanic	1,839	430	21.6	19.2	24.2
Native American	581	191	31.7	26.8	36.9
Other Race/Ethnicity	153	39	24.3	16.4	34.4
EDUCATION					
Less than High School Graduate	783	215	27.8	23.8	32.3
High School Graduate or G.E.D.	1,637	445	25.9	23.1	28.9
Some College	1,735	417	22.0	19.6	24.7
College Graduate	1,907	405	19.6	17.5	21.8
INCOME					
Less than $10,000	323	79	23.6	17.9	30.6
$10-19,999	986	267	28.3	24.5	32.4
$20-49,999	2,292	563	22.8	20.6	25.0
$50,000 or more	1,869	430	21.9	19.6	24.4
EMPLOYMENT					
Employed	3,364	769	22.5	20.7	24.4
Unemployed	245	61	21.4	15.4	29.0
Homemaker/Student	733	104	11.6	8.7	15.3
Retired	1299	414	33.8	30.7	37.0
Unable to Work	421	136	31.2	25.6	37.5
Geographic Region☼					
North West	1,544	435	27.3	24.4	30.4
North East	1,136	264	22.4	19.6	25.4
Bernalillo County	1,054	208	18.3	15.7	21.2
South East	1,149	297	26.8	23.6	30.3
South West	1,168	276	24.5	21.5	27.8

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,581 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.

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

RISK OF HIV & HEPATITIS B INFECTION

QUESTION:

"Tell me if ANY of these statements is true for you. Do NOT tell me WHICH statement or statements are true for you, just if ANY of them are:

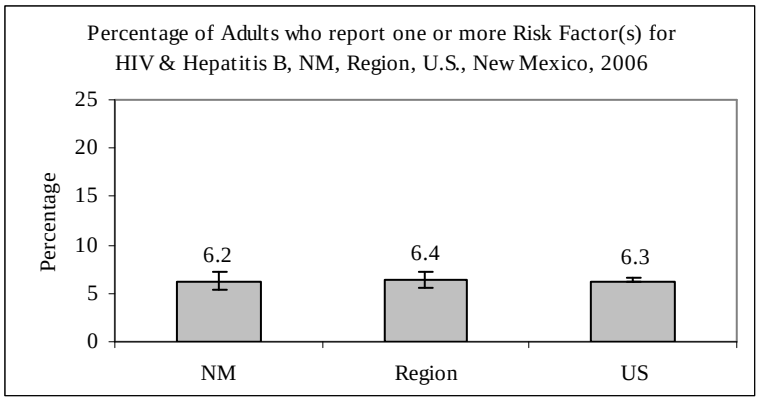
You have hemophilia and have received clotting factor concentrate;
You are a man who has had sex with other men, even just one time;
You have taken street drugs by needle, even just one time;
You traded sex for money or drugs, even just one time."

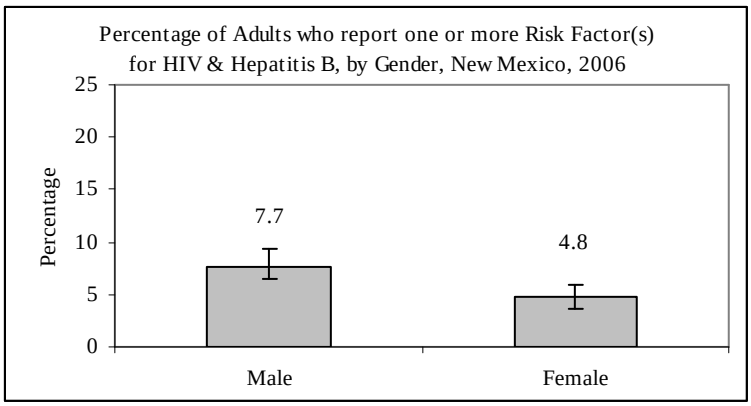
The primary risk factors for HIV and HBV transmission include heterosexuals with multiple sex partners, injection-drug users, and men who have sex with men.[47]

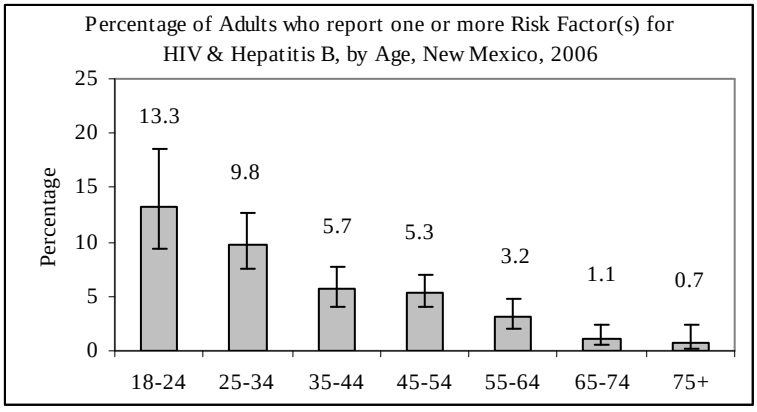
The low adult HBV vaccination coverage (54.5%) reflects the lack of hepatitis B vaccination services in settings in which a high proportion of adults have risk factors for HBV infection.[47]

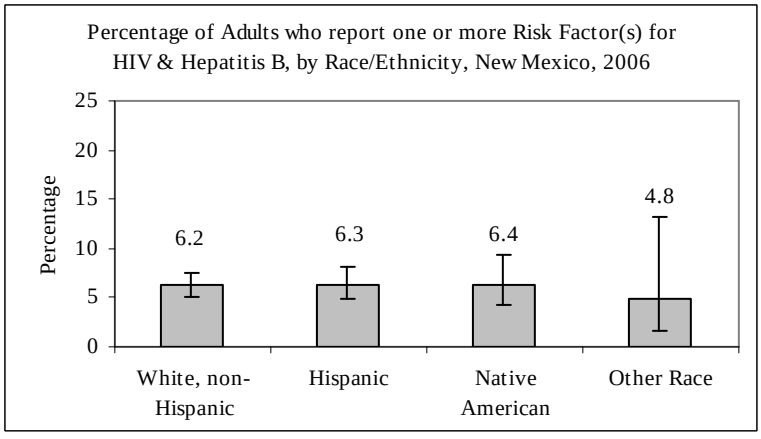
IN NEW MEXICO

- 6.2% of adults reported one or more risk factors for HIV and Hepatitis B infection. This percentage was not different from the percentage for the Region (6.4%) that of the U.S (6.3%).
- Males were more likely to report at least one risk factor.
- Reporting of risk for HIV or Hepatitis B infection declined with age.
- There was no measurable difference in reporting of risk factors by Race/ Ethnicity.
- There was no measurable difference in reporting of risk factors by education level or annual household income.
- 54.5% of adults who reported some risk factor had been vaccinated against Hepatitis B. 37.3% of adults who reported no risk factor had been vaccinated.









RISK OF HIV & HEPATITIS B INFECTION

Table 45. Percentage of Adult New Mexicans Reporting one or more risk factors for HIV and Hepatitis B, NM BRFSS, 2006.

Demographic Characteristics	Tell me if ANY of these statements is true for you. You have hemophilia and have received clotting factor concentrate; you are a man who has had sex with other men, even just one time; you have taken street drugs by needle, even just one time; you traded sex for money or drugs, even just one time.				
	Total Number Who Responded to the Question*	Total Number Who Responded "Yes"	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	6,395	298	6.2	5.3	7.2
GENDER					
Male	2,438	171	7.7	6.4	9.4
Female	3,957	127	4.8	3.7	6.0
AGE					
18-24	318	43	13.3	9.4	18.5
25-34	804	72	9.8	7.5	12.7
35-44	1,028	55	5.7	4.1	7.8
45-54	1,341	72	5.3	4.0	7.0
55-64	1,310	42	3.2	2.1	4.8
65-74	908	10	1.1	0.5	2.3
75+	648	4	0.7	0.2	2.3
RACE/ETHNICITY					
White, non-Hispanic	3,581	161	6.2	5.0	7.6
Hispanic	1,965	96	6.3	4.8	8.1
Native American	620	34	6.4	4.3	9.4
Other Race	165	5	4.8	1.6	13.2
EDUCATION					
Less than High School Graduate	853	30	4.5	2.9	7.0
High School Graduate or G.E.D.	1,740	80	7.4	5.5	9.8
Some College	1,803	99	6.7	5.1	8.7
College Graduate	1,990	89	5.4	4.2	6.9
INCOME					
Less than $10,000	349	23	7.8	4.4	13.6
$10-19,999	1,040	51	6.1	4.3	8.7
$20-49,999	2,401	112	6.5	5.1	8.4
$50,000 or more	1,939	85	5.1	3.9	6.6
EMPLOYMENT					
Employed	3,536	196	6.4	5.3	7.7
Unemployed	251	25	12.2	7.4	19.5
Homemaker/Student	770	40	8.8	6.1	12.7
Retired	1,377	17	1.6	0.9	2.8
Unable to Work	450	20	5.7	3.3	9.6
Geographic Region☼					
North West	1,613	76	5.7	4.2	7.7
North East	1,188	63	5.5	4.0	7.4
Bernalillo County	1,121	66	7.0	5.3	9.2
South East	1,215	41	6.8	4.6	10.0
South West	1,235	52	5.8	4.0	8.4

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.

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

APPENDICES

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, approximately 87.5% of households subscribed to landline telephone service in 2006.[35] Telephone coverage varies considerably from county to county within the state. 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.[36]

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 2006 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 2006 sample size was 6,581.

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 Guide[39] and an article from the Journal of the American Statistical Association.[40]

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 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 direction and magnitude of this error is difficult to estimate accurately. 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:

- **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.

- **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 occurs when a respondent refuses to answer a particular question or doesn't know or can't recall the answer, or the question is inadvertently skipped in the interview (though use of a computer-aided telephone interviewing system, Ci3 CATI, in the case of the NM BRFSS, prevents errors in skip patterns).

- **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.
  - Erroneous recording of data is 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.

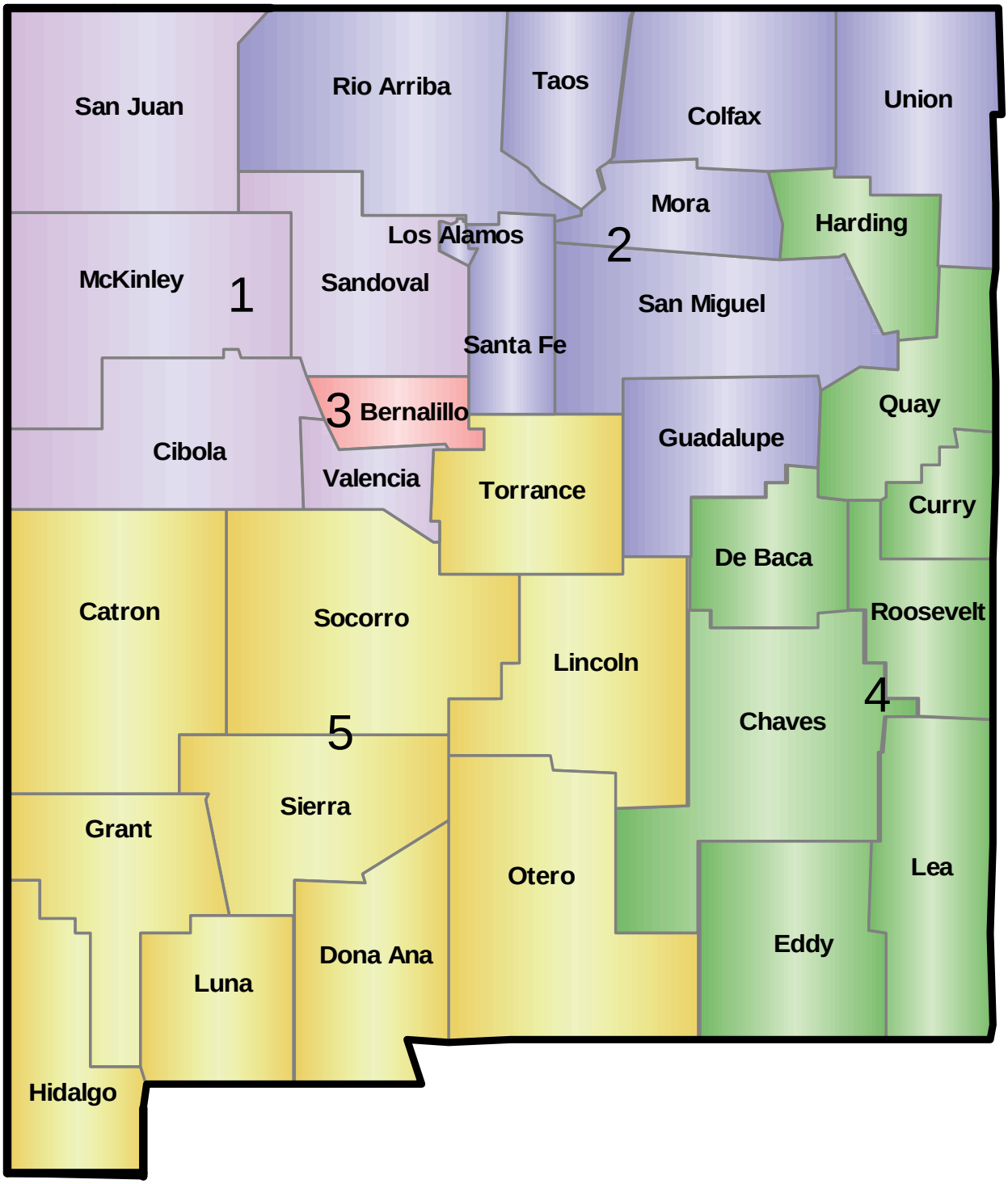
- The sampling weight reflects the fact that adults within the population have different probabilities of being included in the sample, because:
  - Households with phone numbers in the low-density stratum (described under Sample Selection above) have a lower probability of being selected than households with phone numbers in the high-density stratum.
  - Households with more than one landline telephone 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 than an adult who is the sole adult of the household.
- 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.

Inter-cooled Stata 9.2 software was used for all analyses in this report.

APPENDIX II—MAP

Geographic Strata and Counties of New Mexico



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